



Social Determinants of Health

Health

October 2025

Quality of Care NL is proud to partner
with **Choosing Wisely Canada**



Who We Are



Quality of Care NL is an applied health and social systems research and evaluation program aimed at improving social and health outcomes in Newfoundland and Labrador.



Proud partner of Choosing Wisely Canada  **Choosing Wisely NL**

Health



Health is more than the absence of disease or injury. It also refers to physical, mental and social well-being and is determined by an individual's circumstances and environment.

A major indicator of well-being is how a person rates their own health status. Similarly, access to health care is fundamental to health and staying well.

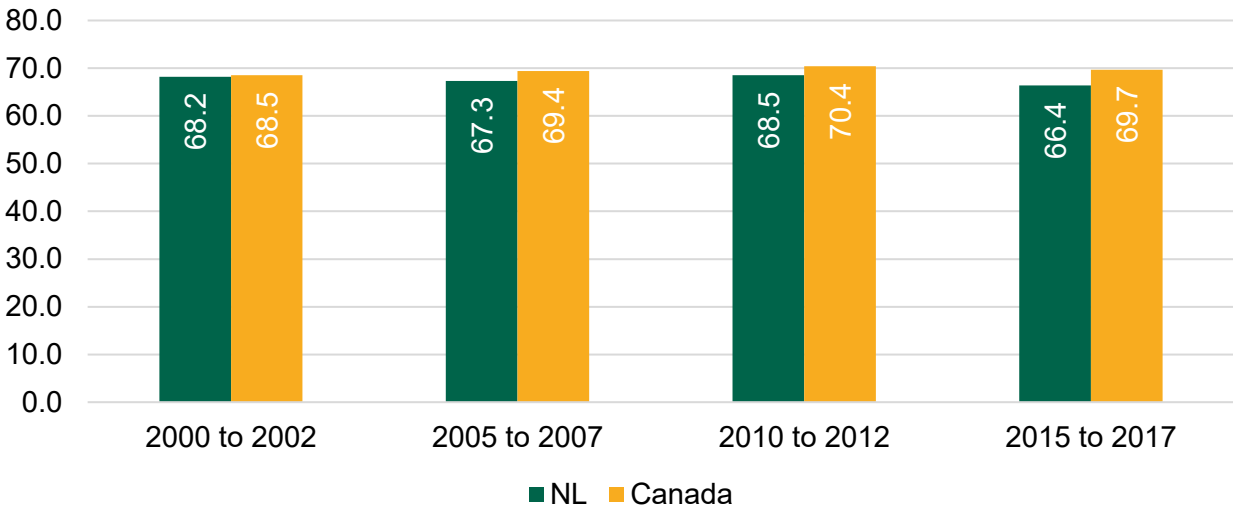


Healthy People: Health-adjusted Life Expectancy

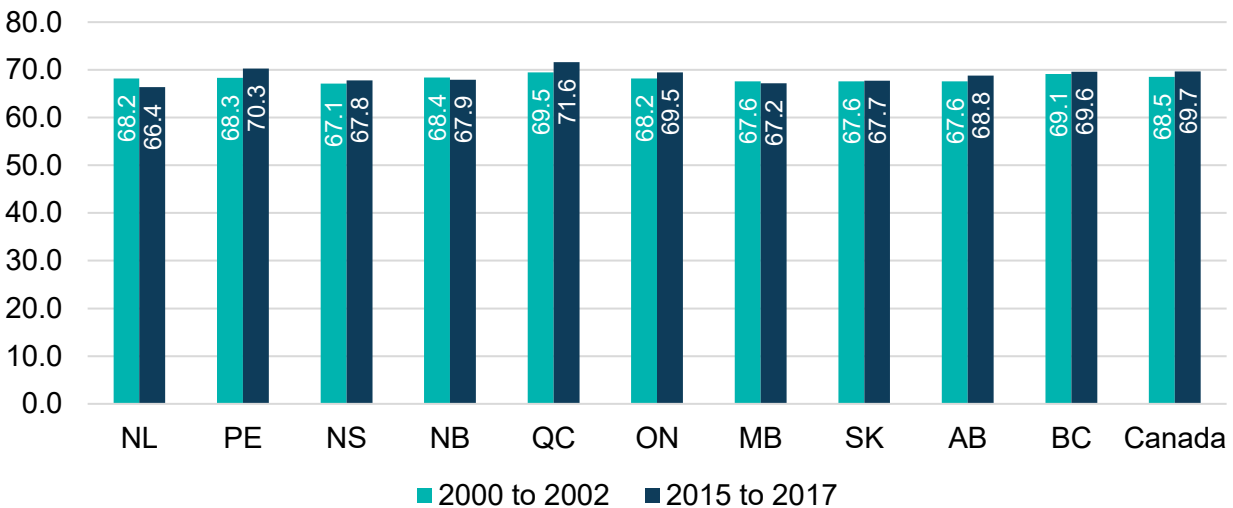
Health-adjusted life expectancy is the number of years in good health that an individual can expect to live given the current morbidity and mortality conditions. Health-adjusted life expectancy is not only a measure of quantity of life but also a measure of quality of life.

- From 2000/2002 to 2015/2017, health-adjusted life expectancy was lower in NL compared to Canada and this gap has grown.
- In 2000/2002 health adjusted life expectancy was 0.3 years lower in NL compared to Canada and in 2015/2017 it was 3.3 years lower in NL.
- In 2000/2002, NL ranked fifth (tied with ON) for health-adjusted life expectancy among the Canadian provinces and in 2015/2017 NL ranked tenth (1=best and 10=worst).

Health-adjusted Life Expectancy (from birth) in Newfoundland and Labrador and Canada (years), 2000/2002 to 2015/2017

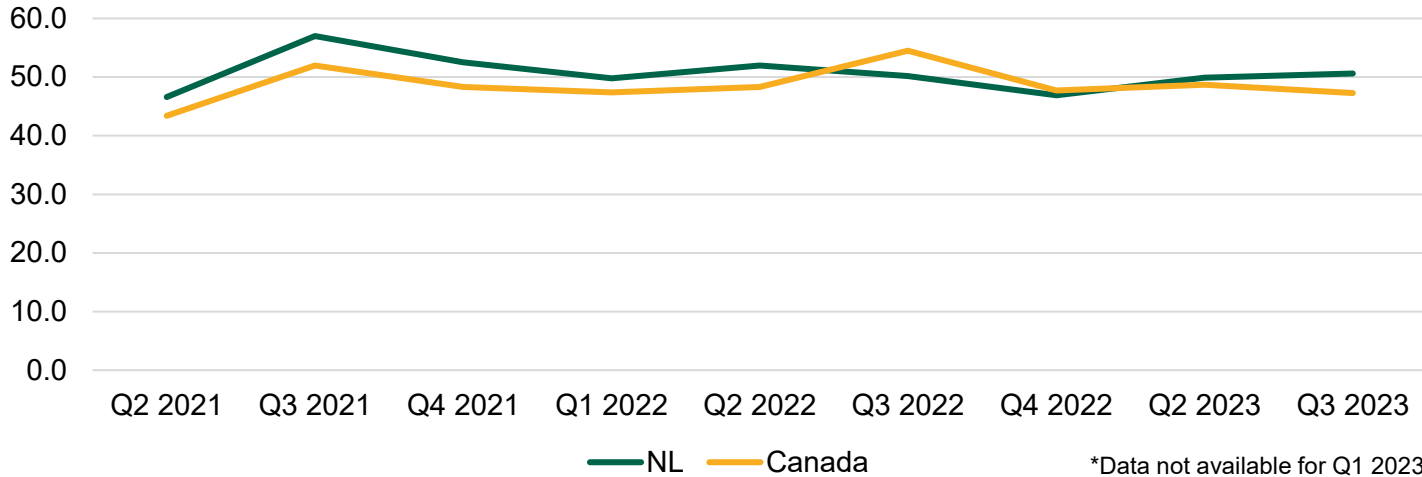


Health-adjusted Life Expectancy (from birth) by Province (years), 2000/2002 and 2015/2017

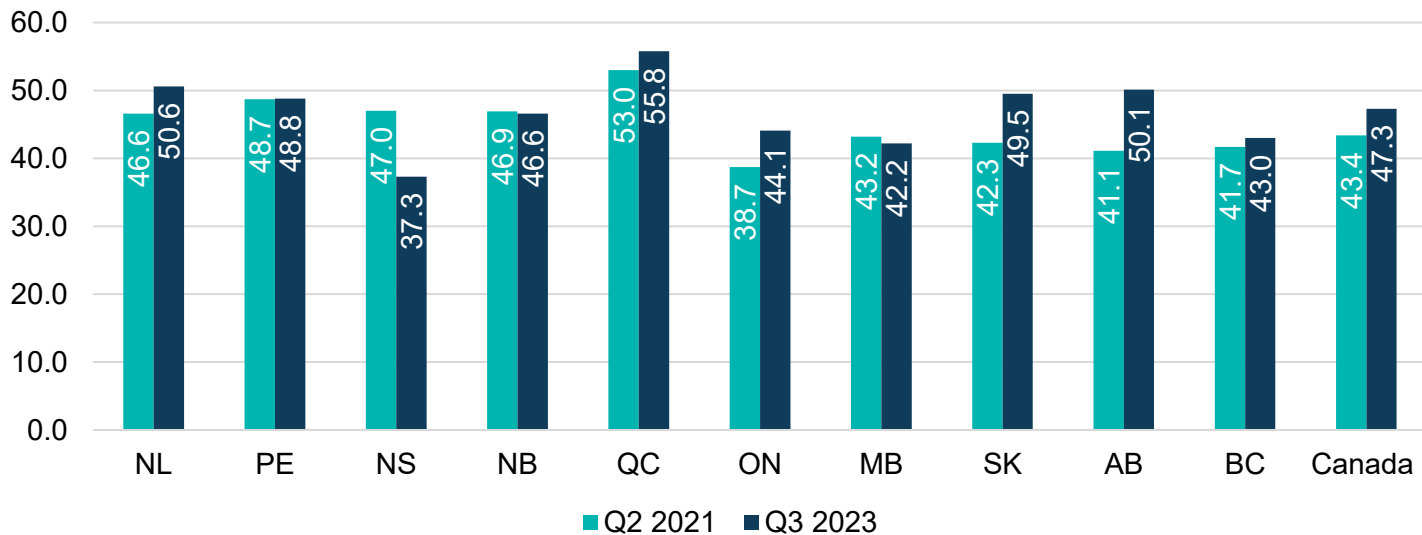


Source: Statistics Canada. Table 13-10-0370-01 Health-adjusted life expectancy, by sex; Canadian Vital Statistics Death Database (CVSD), 2000/2002 to 2015/2017

Self-rated Mental Health (excellent or very good) for those Aged 15 Years and Older in Newfoundland and Labrador and Canada (%), Q2 2021 to Q3 2023



Self-rated Mental Health (excellent or very good) for those Aged 15 Years and Older by Province (%), Q2 2021 and Q3 2023



Source: Statistics Canada. Table 45-10-0079-01 Perceived mental health by gender and province; Canadian Social Survey (CSS), Q2 2021 to Q3 2023

Healthy People: Self-rated Mental Health

Self-rated mental health was measured using the following question, “In general, how is your mental health?” The possible response categories included: excellent, very good, good, fair or poor.

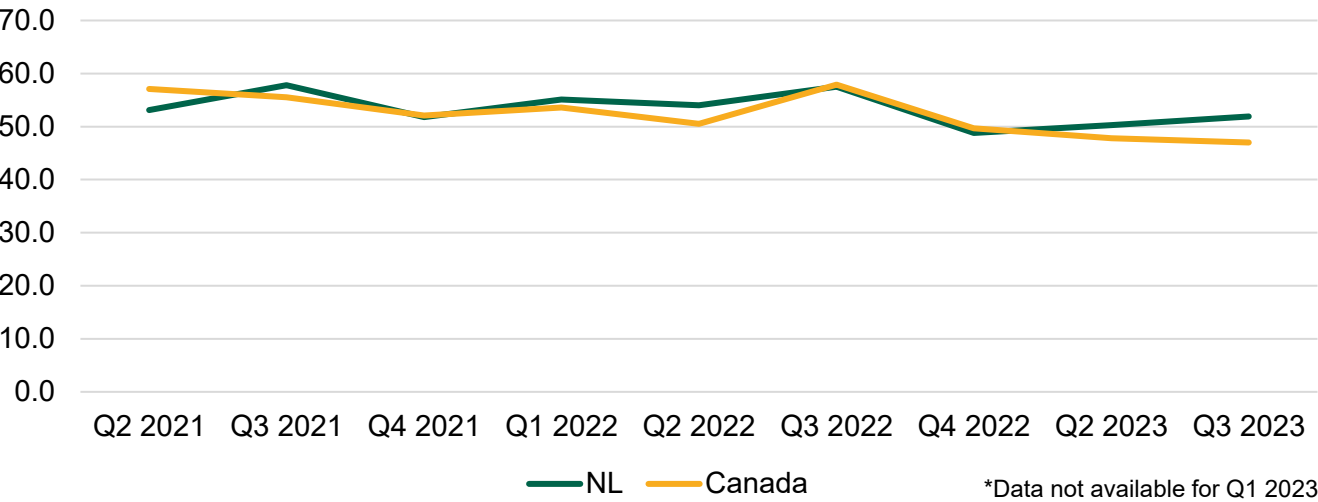
- Overall from Q2 2021 to Q3 2023, excellent or very good self-rated mental health rates have increased by 9% in both NL and across Canada.
- Excellent or very good self-rated mental health rates have generally been higher in NL compared to Canada (with a couple exceptions).
- In Q2 2021, NL ranked fifth among the Canadian provinces for the proportion of those reporting excellent or very good mental health and in Q3 2023 NL ranked second (1=best and 10=worst).

Healthy People: Self-rated Health

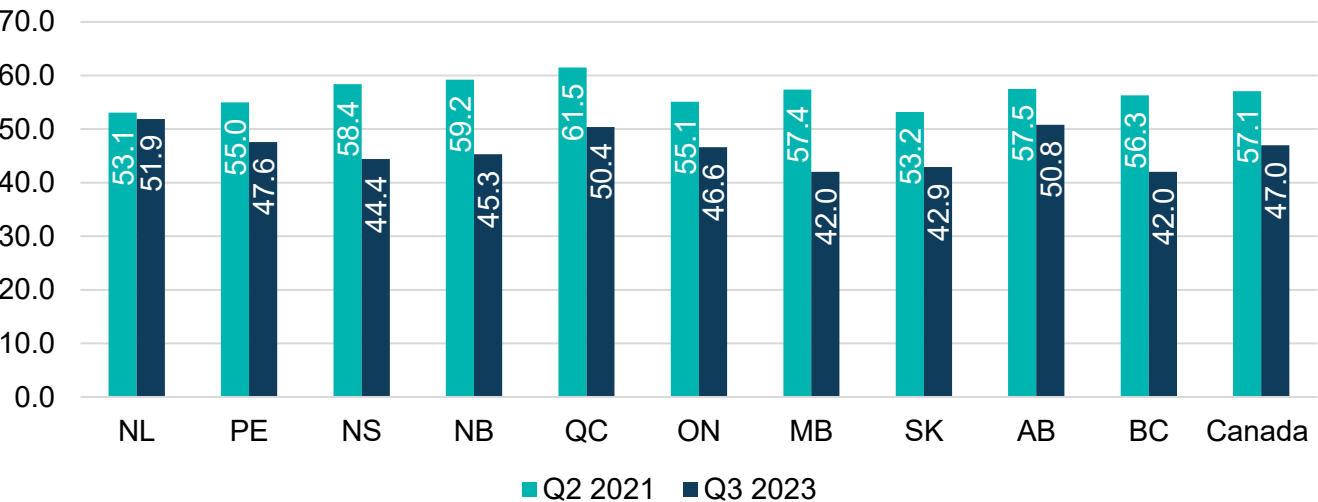
Self-rated health was measured using the following question, “In general, how is your health?” The possible response categories included: excellent, very good, good, fair or poor.

- Overall from Q2 2021 to Q3 2023, excellent or very good self-rated health rates have decreased across Canada but remained more stable with a slight decrease in NL.
- From Q2 2021 to Q3 2023, all provinces saw a decrease in the proportion of those reporting excellent or very good health.
- In Q2 2021, NL ranked tenth among the Canadian provinces for the proportion of those reporting excellent or very good health and in Q3 2023 NL ranked first (1=best and 10=worst).

Self-rated Health (excellent or very good) for those Aged 15 Years and Older in Newfoundland and Labrador and Canada (%), Q2 2021 to Q3 2023

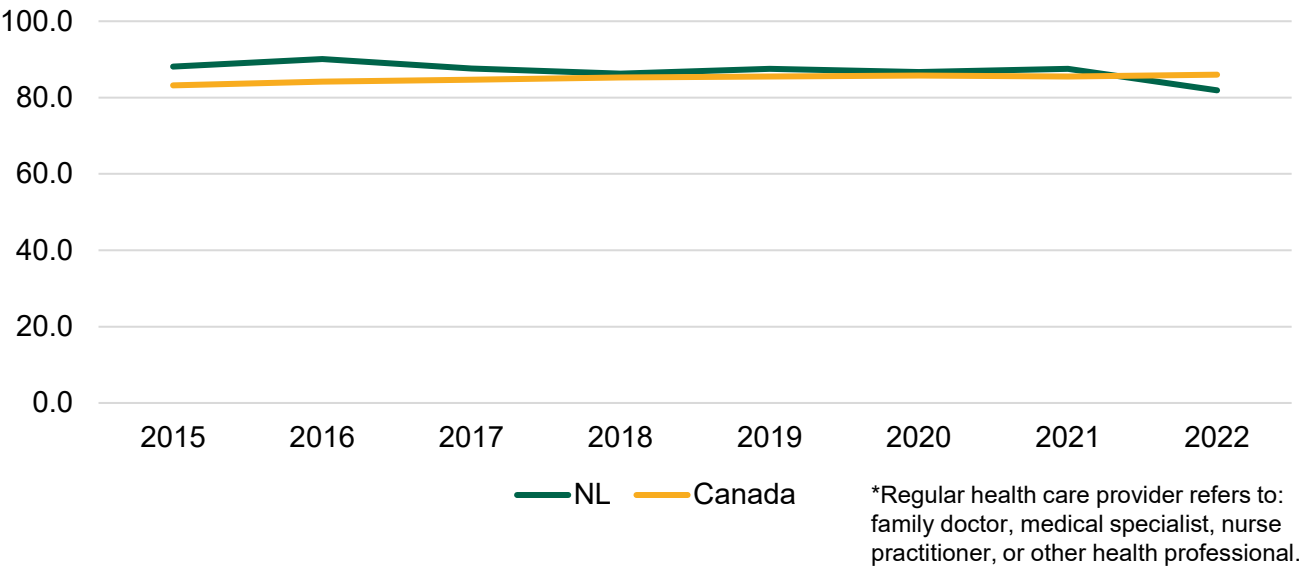


Self-rated Health (excellent or very good) for those Aged 15 Years and Older by Province (%), Q2 2021 and Q3 2023

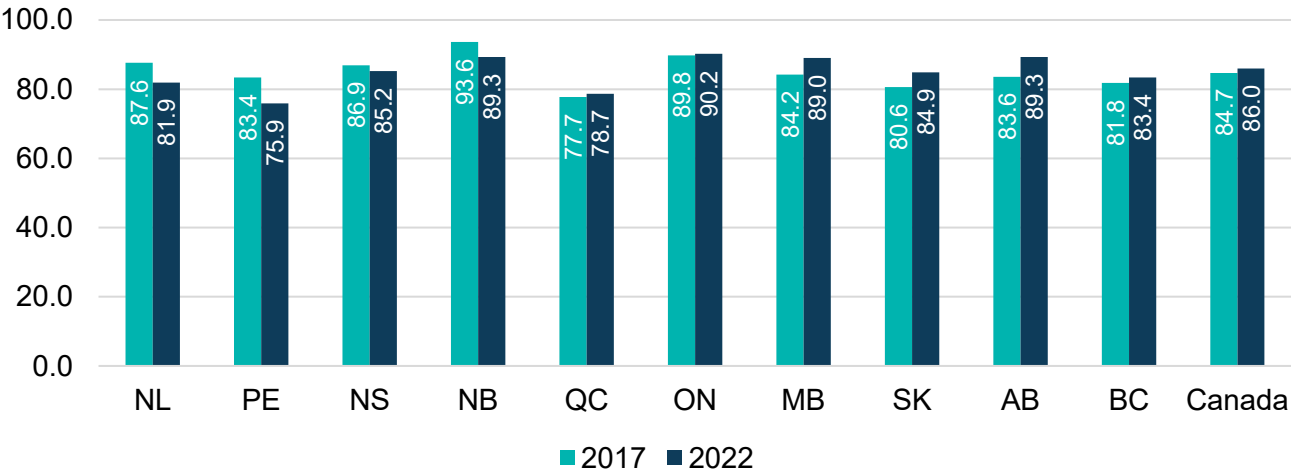


Source: Statistics Canada. Table 45-10-0081-01 Perceived health by gender and province; Canadian Social Survey (CSS), Q2 2021 to Q3 2023

Percentage of Individuals who have a Regular Health Care Provider* in Newfoundland and Labrador and Canada (aged ≥ 12 years) (%), 2015 to 2022



Percentage of Individuals who have a Regular Health Care Provider* by Province (aged ≥ 12 years) (%), 2017 and 2022



Source: Statistics Canada. Table 13-10-0096-01 Health characteristics, annual estimates; Canadian Community Health Survey (CCHS), 2015 to 2022

Health Services: Regular Health Care Provider

Access to health care is fundamental to health and staying well. Having reasonable and equitable access to universal health services facilitates earlier diagnosis, lowers mortality and comorbidity rates, and leads to improved physical, mental, emotional and social outcomes. However, when barriers such as provider availability, inadequate health insurance coverage, cost of non-insured health services (e.g. dental care, prescription drugs and mental health counselling), socio-cultural issues and health literacy prevent people from getting these services, health suffers.

- From 2015 to 2022, the proportion of individuals reporting they had a regular healthcare provider increased slightly across Canada but remained fairly stable in NL until 2022 when the proportion decreased.
- In 2022, the proportion of individuals reporting they had a regular healthcare provider was approximately 5% lower in NL compared to Canada.
- In 2017, NL ranked third among the Canadian provinces for having a regular healthcare provider and in 2022 NL ranked eighth (1=best and 10=worst).



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