

POPULATION HEALTH

Health behaviours



Healthy Eating

†å Children

Eat breakfast daily % 2024-2025	50.0
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % 2016-2017	49.4
Eat 5 or more servings of vegetables or fruit daily % 2023-2024	56.5
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % 2016-2017	28.2
Eat non-nutritious foods % 2023-2024	86.0
Drink sugary beverages % 2023-2024	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days % 2016-2017	59.1

Youth



	Province New Brunswick
Eat breakfast daily % 2023-2024	35.6
Eat 5 or more servings of vegetables or fruit daily $\%$ 2024-2025	52.3
Ate meals while using an electronic device 7 times or more in the last 7 days % 2023-2024	20.3
Eat highly processed foods 1 time or less per day % 2024-2025	32.7
Drink sugary beverages % 2024-2025	68.0
Ate at a fast food place or restaurant 3 times or more in the last 7 days % 2023-2024	12.6
∯ Adults and seniors	
Eat 5 or more servings of vegetables or fruit daily % 2020	41.9
Adults % 2020	43.2
Seniors % 2020	38.5
Physical Activity, Sedentary Behaviours and Sleep	
†∳ Children	
Parents - are physically active with their children % 2016-2017	31.7
Moderate or vigorous physical activity % 2023-2024	21.9
Screen time, 2 hours or less per day % 2024-2025	23.6



Province New Brunswick

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22.7
79.4
n/a
23.9
28.1
15.8
14.8
57.2
24.3
55.4
61.4
49.9
51.0
47.4



Province

Tobacco, Alcohol and Drug Use

† Youth At risk of becoming a future smoker % | 2023-2024 31.0 Daily or occasional vaper % | 2024-2025 12.0 Daily or occasional smoker % | 2024-2025 6.2 Heavy drinking % | 2024-2025 8.7 Cannabis use % | 2024-2025 11.3 Drug use % | 2024-2025 30.0 Adults and seniors Daily or occasional smoker % | 2020 17.5 Adults % | 2020 19.9 Seniors % | 2020 10.5



Province

	New Brunswick
Heavy drinking % 2020	26.9
Adults % 2020	30.0
Seniors % 2020	13.1
Cannabis use - adults and seniors % 2020	7.6
Sexual Activity	
† Youth	
Youth - report they know when they are legally able to consent to sexual activity $\% \mid 2024-2025$	70.3
Teens - gave birth Rate per 1,000 females 2022	7
Sexually transmitted infections - chlamydia Rate per 10,000 population aged 15 to 19 2019	125
₩ All population	
Sexually transmitted infections - chlamydia Rate per 10,000 population 2019	29
Injury Prevention	
† Youth	
Wear a helmet when riding a bicycle % 2022-2023	28.2



Province New Brunswick

Driver of an off-road vehicle - under the influence of alcohol or drugs % | 2024-2025

10.3

Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % | 2024-2025

14.8



About this Table

Health behaviours are shaped by individual choices, they are also influenced by the external factors (social, economic, health care services and the environment) around us.

Content and description

Information by age groups about healthy eating, physical activity, sedentary behaviours and sleep. Tobacco, alcohol and drug use, sexual activity and injury prevention are also part of the information available.

Why is this important?

Positive health behaviours can prevent diseases and maintain good health, thus improving length and quality of life.

By monitoring health behaviours over time, it is possible to develop a proactive approach to population health. This can be done by identifying gaps in the community, by better planning for health services based on needs, by developing programs and policies to meet those needs and by evaluating the impact over time.

Availability of the data

Indicators from a variety of sources are collected, organized, and analyzed by the NBHC. These data sources are used to represent the population health of New Brunswickers. Each have various levels of reliability and limitations as detailed in the Indicator pages. The information for this data table is available for the 33 NBHC Communities, 7 Health Zones and for New Brunswick overall.

The Population Health data table series provides comprehensive view about the people who live, learn, work, take part in activities and in community life in this area.



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Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size

Above-average performance

P Below-average performance