

POPULATION HEALTH

Health behaviours



Province
New Brunswick

Healthy Eating

Children

Eat breakfast daily % 2022-2023	51.0
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 % 2016-2017	52.7
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 % 2016-2017	76.7
Drink non-nutritious sugary beverages % 2019-2020	n/a
Parents - ate at a fast food place at least once with their child in the last 7 days % 2016-2017	59.1

Youth

Eat breakfast daily % 2021-2022	36.2
Eat 5 or more servings of vegetables or fruit daily % 2022-2023	43.4
Ate meals while using an electronic device 7 times or more in the last 7 days % 2021-2022	19.5
Eat highly processed foods 1 time or less per day % 2022-2023	38.3
Drink sugary beverages % 2022-2023	66.9
Ate at a fast food place or restaurant 3 times or more in the last 7 days % 2021-2022	12.7

Adults and seniors

	Province New Brunswick
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 % 2016-2017	23.2
Screen time, 2 hours or less per day % 2022-2023	22.0
Sleep 9 hours or more every night % 2019-2020	n/a

Youth

Moderate or vigorous physical activity % 2022-2023	23.7
Screen time, 2 hours or less per day % 2021-2022	24.2
Screen time, 2 hours or less, weekdays % 2022-2023	15.0
Screen time, 2 hours or less, weekends % 2022-2023	14.2
Spends 3 hours or more per day on social media % 2022-2023	61.5
Sleep 8 hours or more every night % 2022-2023	35.2

Adults and seniors

Moderate or vigorous physical activity % 2020	49.9
Adults % 2020	51.0
Seniors % 2020	47.4
Usually sleeps for 7 hours or more each night % 2020	59.1
Adults % 2020	58.3
Seniors % 2020	59.1

Tobacco, Alcohol and Drug Use

Youth

At risk of becoming a future smoker % 2021-2022	33.3
Tried e-cigarettes (vaping) % 2021-2022	28.3
Daily or occasional smoker % 2022-2023	6.7
Heavy drinking % 2022-2023	12.3
Cannabis use % 2022-2023	15.4
Drug use % 2022-2023	29.4

Adults and seniors

Daily or occasional smoker % 2020	17.5
Adults % 2020	19.9
Seniors % 2020	10.5
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 % 2022-2023	75.3
Teens - gave birth Rate per 1,000 females 2019	10
Sexually transmitted infections - chlamydia Rate per 10,000 population aged 15 to 19 2019	125

All population

Province
New Brunswick

Sexually transmitted infections - chlamydia Rate per 10,000 population | 2019

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Injury Prevention

Youth

Wear a helmet when riding a bicycle % 2022-2023	28.2
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Driver of an off-road vehicle - under the influence of alcohol or drugs % 2022-2023	11.5
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Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % 2022-2023	17.3
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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.

Caption

n/a = Not applicable / not available

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