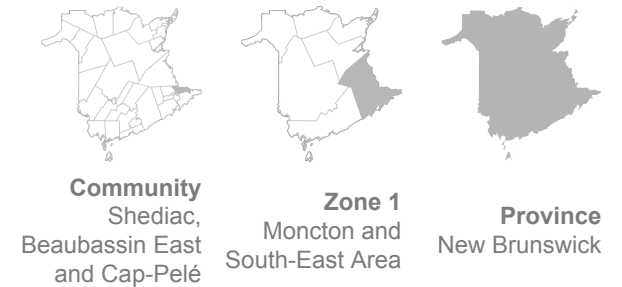


POPULATION HEALTH  
**Health behaviours**





**Healthy Eating**

**👤 Children**

Eat breakfast daily %   2023-2024	<b>49.6</b>	<b>53.8</b>	<b>50.5</b>
Eat 5 or more servings of vegetables or fruit daily - parents' point of view %   2016-2017	<b>43.7</b>	<b>49.6</b>	<b>49.4</b>
Eat 5 or more servings of vegetables or fruit daily %   2023-2024	<b>59.4</b>	<b>56.9</b>	<b>56.5</b>
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view %   2016-2017	<b>23.8</b>	<b>27.5</b>	<b>28.2</b>
Eat non-nutritious foods %   2023-2024	<b>79.4</b>	<b>83.2</b>	<b>86.0</b>
Drink sugary beverages %   2023-2024	<b>61.1</b>	<b>63.0</b>	<b>67.2</b>
Parents - ate at a fast food place at least once with their child in the last 7 days %   2016-2017	<b>63.2</b>	<b>59.0</b>	<b>59.1</b>

	Community Shediac, Beaubassin East and Cap-Pelé	Zone 1 Moncton and South-East Area	Province New Brunswick
<b>👤 Youth</b>			
Eat breakfast daily %   2023-2024	37.2	39.8	35.6
Eat 5 or more servings of vegetables or fruit daily %   2023-2024	50.9	50.9	49.1
Ate meals while using an electronic device 7 times or more in the last 7 days %   2023-2024	15.4	19.0	20.3
Eat highly processed foods 1 time or less per day %   2023-2024	37.5	34.6	32.1
Drink sugary beverages %   2023-2024	55.5	63.9	67.7
Ate at a fast food place or restaurant 3 times or more in the last 7 days %   2023-2024	11.9	10.5	12.6
<b>👤 Adults and seniors</b>			
Eat 5 or more servings of vegetables or fruit daily %   2020	36.0	41.3	41.9
Adults %   2020	33.5	42.0	43.2
Seniors %   2020	41.3	39.3	38.5
<b>Physical Activity, Sedentary Behaviours and Sleep</b>			
<b>👤 Children</b>			
Parents - are physically active with their children %   2016-2017	25.5	29.6	31.7

	Community Shediac, Beaubassin East and Cap-Pelé	Zone 1 Moncton and South-East Area	Province New Brunswick
Moderate or vigorous physical activity %   2023-2024	18.3	20.7	21.9
Screen time, 2 hours or less per day %   2023-2024	31.5	26.7	25.8
Spends 3 hours or more playing video games %   2023-2024	16.9	18.0	18.4
Engages in leisure reading %   2023-2024	79.4	79.3	78.3
Sleep 9 hours or more every night %   2019-2020	n/a	n/a	n/a
<b> Youth</b>			
Moderate or vigorous physical activity %   2023-2024	24.7	25.0	24.8
Screen time, 2 hours or less of leisure screen time per day %   2023-2024	30.6	29.1	28.1
Screen time, 2 hours or less, weekdays %   2023-2024	16.3	16.4	15.8
Screen time, 2 hours or less, weekends %   2023-2024	16.2	15.1	14.8
Spends 3 hours or more per day on social media %   2023-2024	44.5	44.6	46.8
Spends 3 hours or more playing games on an electronic device, weekdays %   2023-2024	21.9	24.0	25.1
Reads for fun every day %   2022-2023	48.0	53.3	52.2
Sleep 8 hours or more every night %   2023-2024	58.3	57.8	55.6
<b> Adults and seniors</b>			

	Community Shediac, Beaubassin East and Cap-Pelé	Zone 1 Moncton and South-East Area	Province New Brunswick
Moderate or vigorous physical activity %   2020	51.2	49.0	49.9
Adults %   2020	55.3	49.9	51.0
Seniors %   2020	41.0	46.1	47.4
Usually sleeps for 7 hours or more each night %   2020	52.3	57.7	59.1
Adults %   2020	46.5	57.0	58.3
Seniors %   2020	66.6	60.1	59.1

## Tobacco, Alcohol and Drug Use

### Youth

At risk of becoming a future smoker %   2023-2024	27.2	28.9	31.0
Daily or occasional vaper %   2023-2024	10.9	11.3	14.0
Daily or occasional smoker %   2023-2024	4.8	5.6	6.6
Heavy drinking %   2023-2024	12.3	10.6	12.0
Cannabis use %   2023-2024	9.4	12.1	14.3
Drug use %   2022-2023	26.6	28.7	29.4

	Community Shediac, Beaubassin East and Cap-Pelé	Zone 1 Moncton and South-East Area	Province New Brunswick
<b>👤 Adults and seniors</b>			
Daily or occasional smoker %   2020	15.1	15.0	17.5
Adults %   2020	16.2	16.2	19.9
Seniors %   2020	12.5	11.4	10.5
Heavy drinking %   2020	29.1	26.7	26.9
Adults %   2020	33.7	30.5	30.0
Seniors %   2020	18.7	15.5	13.1
Cannabis use - adults and seniors %   2020	6.6	7.3	7.6

## Sexual Activity

### 👤 Youth

Youth - report they know when they are legally able to consent to sexual activity %   2022-2023	70.8	75.6	75.3
Teens - gave birth Rate per 1,000 females	n/a	n/a	n/a
Sexually transmitted infections - chlamydia Rate per 10,000 population aged 15 to 19   2019	S	176	125

### 👥 All population

	Community Shediac, Beaubassin East and Cap-Pelé	Zone 1 Moncton and South-East Area	Province New Brunswick
Sexually transmitted infections - chlamydia Rate per 10,000 population   2019	S	39	29

## Injury Prevention

### Youth

Wear a helmet when riding a bicycle %   2022-2023	22.7	31.3	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs %   2022-2023	10.2	8.5	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs %   2022-2023	15.7	14.9	17.3

## 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.

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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

 Below-average performance