POPULATION HEALTH
Health behaviours

Community
Shediac, Beaubassin East and Cap-Pelé

Zone 1
Moncton and South-East Area

Province
New Brunswick
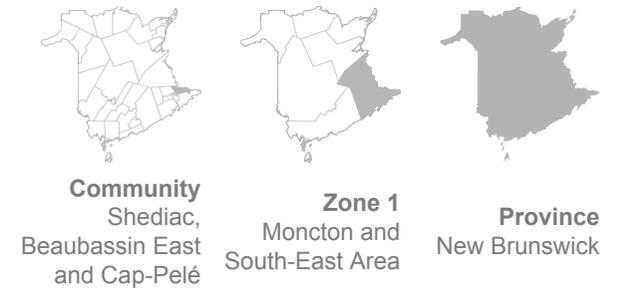
Healthy Eating

👫 Children

	Community	Zone 1	Province
Eat breakfast daily % | 2025-2026	46.5	53.0	49.6
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % | 2016-2017	43.7	49.6	49.4
Eat 5 or more servings of vegetables or fruit daily % | 2025-2026	60.3	64.2	65.0
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % | 2016-2017	23.8	27.5	28.2
Eat non-nutritious foods % | 2023-2024	79.4	83.2	86.0
Drink sugary beverages % | 2023-2024	61.1	63.0	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days % | 2016-2017	63.2	59.0	59.1

	Community Shediac, Beaubassin East and Cap-Pelé	Zone 1 Moncton and South-East Area	Province New Brunswick
👤 Youth			
Eat breakfast daily % | 2025-2026	**42.2**	**41.5**	**36.6**
Eat 5 or more servings of vegetables or fruit daily % | 2025-2026	**59.5**	**59.0**	**57.3**
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 % | 2024-2025	**32.9**	**34.5**	**32.7**
Drink sugary beverages % | 2024-2025	**63.4**	**64.4**	**68.0**
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**
👤 Adults and seniors			
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**

Physical Activity, Sedentary Behaviours and Sleep

	Community Shediac, Beaubassin East and Cap-Pelé	Zone 1 Moncton and South-East Area	Province New Brunswick
👫 Children			
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 % | 2025-2026	24.5	24.9	28.2
Screen time, 2 hours or less per day % | 2025-2026	22.4	25.0	23.5
Spends 3 hours or more playing video games % | 2025-2026	24.5	21.8	22.9
Engages in leisure reading % | 2024-2025	85.5	80.7	79.4
Sleep 9 hours or more every night % | 2019-2020	n/a	n/a	n/a

Youth

Moderate or vigorous physical activity % | 2025-2026	24.4	23.6	24.3
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 % | 2025-2026	59.9	57.8	59.5
Spends 3 hours or more playing games on an electronic device, weekdays % | 2025-2026	17.3	22.6	24.6
Reads for fun every day % | 2024-2025	55.0	59.7	55.4
Sleep 8 hours or more every night % | 2025-2026	70.2	65.6	62.9

Adults and seniors

	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 % | 2025-2026	9.3	8.3	11.1
Daily or occasional smoker % | 2025-2026	3.8	4.5	6.3
Heavy drinking % | 2025-2026	8.1	6.9	8.3
Cannabis use % | 2025-2026	7.7	9.0	10.8
Drug use % | 2024-2025	24.5	28.9	30.0

	Community Shediac, Beaubassin East and Cap-Pelé	Zone 1 Moncton and South-East Area	Province New Brunswick
♂ Adults and seniors			
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

	Community	Zone 1	Province
♂ Youth			
Youth - report they know when they are legally able to consent to sexual activity % | 2024-2025	**60.7**	**69.9**	**70.3**
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 % | 2024-2025	9.8	7.4	10.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % | 2024-2025	15.1	12.7	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.

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