POPULATION HEALTH

Health behaviours

| | **Community** Dieppe and Memramcook | **Zone 1** Moncton and South-East Area | **Province** New Brunswick |

Healthy Eating

👫 Children

	Community	Zone 1	Province
Eat breakfast daily % | 2023-2024	**54.9**	**53.8**	**50.5**
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % | 2016-2017	**53.5**	**49.6**	**49.4**
Eat 5 or more servings of vegetables or fruit daily % | 2023-2024	**56.6**	**56.9**	**56.5**
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % | 2016-2017	**24.6**	**27.5**	**28.2**
Eat non-nutritious foods % | 2023-2024	**82.9**	**83.2**	**86.0**
Drink sugary beverages % | 2023-2024	**56.6**	**63.0**	**67.2**
Parents - ate at a fast food place at least once with their child in the last 7 days % | 2016-2017	**58.3**	**59.0**	**59.1**

🧍 Youth

	Community	Zone 1	Province
Eat breakfast daily % | 2023-2024	**48.2**	**39.8**	**35.6**
Eat 5 or more servings of vegetables or fruit daily % | 2023-2024	**54.5**	**50.9**	**49.1**
Ate meals while using an electronic device 7 times or more in the last 7 days % | 2023-2024	**11.8**	**19.0**	**20.3**
Eat highly processed foods 1 time or less per day % | 2023-2024	**38.1**	**34.6**	**32.1**
Drink sugary beverages % | 2023-2024	**52.6**	**63.9**	**67.7**

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	Community Dieppe and Memramcook	Zone 1 Moncton and South-East Area	Province New Brunswick
Ate at a fast food place or restaurant 3 times or more in the last 7 days %	2023-2024	10.1	10.5	12.6

👤 Adults and seniors

	Community Dieppe and Memramcook	Zone 1 Moncton and South-East Area	Province New Brunswick
Eat 5 or more servings of vegetables or fruit daily %	2020	49.4	41.3	41.9
Adults %	2020	51.4	42.0	43.2
Seniors %	2020	40.5	39.3	38.5

Physical Activity, Sedentary Behaviours and Sleep

👫 Children

	Community Dieppe and Memramcook	Zone 1 Moncton and South-East Area	Province New Brunswick
Parents - are physically active with their children %	2016-2017	28.3	29.6	31.7
Moderate or vigorous physical activity %	2023-2024	14.2	20.7	21.9
Screen time, 2 hours or less per day %	2023-2024	31.0	26.7	25.8
Spends 3 hours or more playing video games %	2023-2024	16.7	18.0	18.4
Engages in leisure reading %	2023-2024	80.1	79.3	78.3
Sleep 9 hours or more every night %	2019-2020	n/a	n/a	n/a

👤 Youth

	Community Dieppe and Memramcook	Zone 1 Moncton and South-East Area	Province New Brunswick
Moderate or vigorous physical activity %	2023-2024	25.0	25.0	24.8
Screen time, 2 hours or less of leisure screen time per day %	2023-2024	30.9	29.1	28.1
Screen time, 2 hours or less, weekdays %	2023-2024	19.1	16.4	15.8
Screen time, 2 hours or less, weekends %	2023-2024	16.8	15.1	14.8
Spends 3 hours or more per day on social media %	2023-2024	41.8	44.6	46.8
Spends 3 hours or more playing games on an electronic device, weekdays %	2023-2024	18.8	24.0	25.1
Reads for fun every day %	2022-2023	48.4	53.3	52.2

	Community Dieppe and Memramcook	Zone 1 Moncton and South-East Area	Province New Brunswick
Sleep 8 hours or more every night %	2023-2024	**70.3**	**57.8**	**55.6**

🧍 Adults and seniors

Moderate or vigorous physical activity %	2020	**53.6**	**49.0**	**49.9**
Adults %	2020	**54.2**	**49.9**	**51.0**
Seniors %	2020	**51.6**	**46.1**	**47.4**
Usually sleeps for 7 hours or more each night %	2020	**64.5**	**57.7**	**59.1**
Adults %	2020	**64.7**	**57.0**	**58.3**
Seniors %	2020	**63.5**	**60.1**	**59.1**

Tobacco, Alcohol and Drug Use

🧍 Youth

At risk of becoming a future smoker %	2023-2024	**26.2**	**28.9**	**31.0**
Daily or occasional vaper %	2023-2024	**6.7**	**11.3**	**14.0**
Daily or occasional smoker %	2023-2024	**3.4**	**5.6**	**6.6**
Heavy drinking %	2023-2024	**11.5**	**10.6**	**12.0**
Cannabis use %	2023-2024	**7.1**	**12.1**	**14.3**
Drug use %	2022-2023	**28.1**	**28.7**	**29.4**

🧍 Adults and seniors

Daily or occasional smoker %	2020	**11.1**	**15.0**	**17.5**
Adults %	2020	**12.0**	**16.2**	**19.9**
Seniors %	2020	**7.3**	**11.4**	**10.5**
Heavy drinking %	2020	**26.0**	**26.7**	**26.9**
Adults %	2020	**27.7**	**30.5**	**30.0**
Seniors %	2020	**19.4**	**15.5**	**13.1**

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	Community Dieppe and Memramcook	Zone 1 Moncton and South-East Area	Province New Brunswick
Cannabis use - adults and seniors % | 2020	5.7	7.3	7.6

Sexual Activity

Youth

Youth - report they know when they are legally able to consent to sexual activity % | 2022-2023	72.1	75.6	75.3
Teens - gave birth Rate per 1,000 females | 2019	S	9	10
Sexually transmitted infections - chlamydia Rate per 10,000 population aged 15 to 19 | 2019	S	176	125

All population

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	39.6	31.3	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs % | 2022-2023	6.8	8.5	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % | 2022-2023	14.4	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.

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