POPULATION HEALTH
Health behaviours

Community
Minto, Chipman, Cambridge-Narrows Area

Zone 3
Fredericton and River Valley Area

Province
New Brunswick

Healthy Eating

👫 Children

	Community	Zone 3	Province
Eat breakfast daily %	2023-2024	**31.7**	**46.4**	**50.5**
Eat 5 or more servings of vegetables or fruit daily - parents' point of view %	2019-2020	**41.5**	n/a	n/a
Eat 5 or more servings of vegetables or fruit daily %	2023-2024	**53.8**	**58.9**	**56.5**
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view %	2019-2020	**48.8**	n/a	n/a
Eat non-nutritious foods %	2023-2024	**90.9**	**88.6**	**86.0**
Drink sugary beverages %	2023-2024	**79.4**	**70.2**	**67.2**
Parents - ate at a fast food place at least once with their child in the last 7 days %	2019-2020	**45.7**	n/a	n/a

🚶 Youth

	Community	Zone 3	Province
Eat breakfast daily %	2023-2024	**21.5**	**32.7**	**35.6**
Eat 5 or more servings of vegetables or fruit daily %	2023-2024	**38.9**	**49.1**	**49.1**
Ate meals while using an electronic device 7 times or more in the last 7 days %	2023-2024	**31.1**	**21.2**	**20.3**
Eat highly processed foods 1 time or less per day %	2023-2024	**28.2**	**29.8**	**32.1**
Drink sugary beverages %	2023-2024	**80.1**	**70.4**	**67.7**

	Community Minto, Chipman, Cambridge-Narrows Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Ate at a fast food place or restaurant 3 times or more in the last 7 days % | 2023-2024	10.6	12.1	12.6

🧍 Adults and seniors

Eat 5 or more servings of vegetables or fruit daily % | 2020	43.0	43.6	41.9
Adults % | 2020	48.4	45.1	43.2
Seniors % | 2020	33.9	38.9	38.5

Physical Activity, Sedentary Behaviours and Sleep

👫 Children

Parents - are physically active with their children % | 2019-2020	31.7	n/a	n/a
Moderate or vigorous physical activity % | 2023-2024	28.5	23.8	21.9
Screen time, 2 hours or less per day % | 2023-2024	16.8	25.5	25.8
Spends 3 hours or more playing video games % | 2023-2024	22.9	18.6	18.4
Engages in leisure reading % | 2023-2024	74.5	79.2	78.3
Sleep 9 hours or more every night % | 2019-2020	57.7	n/a	n/a

🧍 Youth

Moderate or vigorous physical activity % | 2023-2024	20.3	25.5	24.8
Screen time, 2 hours or less of leisure screen time per day % | 2023-2024	20.9	28.6	28.1
Screen time, 2 hours or less, weekdays % | 2023-2024	13.2	16.0	15.8
Screen time, 2 hours or less, weekends % | 2023-2024	10.7	14.8	14.8
Spends 3 hours or more per day on social media % | 2023-2024	53.0	45.0	46.8
Spends 3 hours or more playing games on an electronic device, weekdays % | 2023-2024	36.0	25.1	25.1
Reads for fun every day % | 2022-2023	50.2	54.4	52.2

	Community Minto, Chipman, Cambridge-Narrows Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Sleep 8 hours or more every night % | 2023-2024	46.3	52.9	55.6

👤 Adults and seniors

Moderate or vigorous physical activity % | 2020	51.9	52.5	49.9
Adults % | 2020	57.0	54.7	51.0
Seniors % | 2020	43.4	47.4	47.4
Usually sleeps for 7 hours or more each night % | 2020	47.2	60.2	59.1
Adults % | 2020	44.0	59.2	58.3
Seniors % | 2020	53.7	58.6	59.1

Tobacco, Alcohol and Drug Use

👤 Youth

At risk of becoming a future smoker % | 2023-2024	40.9	33.4	31.0
Daily or occasional vaper % | 2023-2024	18.4	14.5	14.0
Daily or occasional smoker % | 2023-2024	13.6	7.1	6.6
Heavy drinking % | 2023-2024	15.6	11.2	12.0
Cannabis use % | 2023-2024	23.8	16.3	14.3
Drug use % | 2022-2023	30.5	29.1	29.4

👤 Adults and seniors

Daily or occasional smoker % | 2020	24.9	17.8	17.5
Adults % | 2020	32.9	20.1	19.9
Seniors % | 2020	10.7	9.9	10.5
Heavy drinking % | 2020	28.7	23.9	26.9
Adults % | 2020	41.6	27.0	30.0

	Community Minto, Chipman, Cambridge-Narrows Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Seniors % | 2020	9.6	10.4	13.1
Cannabis use - adults and seniors % | 2020	8.2	9.9	7.6

Sexual Activity

Youth

Youth - report they know when they are legally able to consent to sexual activity % | 2022-2023	76.0	76.4	75.3
Teens - gave birth Rate per 1,000 females | 2019	S	11	10
Sexually transmitted infections - chlamydia Rate per 10,000 population aged 15 to 19 | 2019	S	148	125

All population

Sexually transmitted infections - chlamydia Rate per 10,000 population | 2019	S	36	29

Injury Prevention

Youth

Wear a helmet when riding a bicycle % | 2022-2023	13.4	29.7	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs % | 2022-2023	15.9	12.3	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % | 2022-2023	23.0	18.3	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