

POPULATION HEALTH  
**Health behaviours**



## Healthy Eating

### Children

	Community	Zone 2	Province
Eat breakfast daily %   2024-2025	56.0	50.1	50.0
Eat 5 or more servings of vegetables or fruit daily - parents' point of view %   2016-2017	45.5	49.3	49.4
Eat 5 or more servings of vegetables or fruit daily %   2023-2024	48.5	57.1	56.5
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view %   2016-2017	27.1	29.0	28.2
Eat non-nutritious foods %   2023-2024	90.9	89.8	86.0
Drink sugary beverages %   2023-2024	74.5	70.0	67.2

	Community	Zone 2	Province
	Grand Bay-Westfield, Fundy Shore and Westfield, Saint John Area Greenwich Area		New Brunswick
Parents - ate at a fast food place at least once with their child in the last 7 days %   2016-2017	55.4	56.1	59.1
<b>&gt;Youth</b>			
Eat breakfast daily %   2021-2022	45.0	33.2	36.2
Eat 5 or more servings of vegetables or fruit daily %   2021-2022	51.6	45.2	45.9
Ate meals while using an electronic device 7 times or more in the last 7 days %   2021-2022	14.2	20.3	19.5
Eat highly processed foods 1 time or less per day %   2021-2022	26.2	34.0	36.7
Drink sugary beverages %   2021-2022	74.0	71.7	68.8
Ate at a fast food place or restaurant 3 times or more in the last 7 days %   2021-2022	9.2	12.4	12.7
<b>Adults and seniors</b>			
Eat 5 or more servings of vegetables or fruit daily %   2020	45.4	40.3	41.9
Adults %   2020	48.9	41.9	43.2
Seniors %   2020	36.4	40.0	38.5

## Physical Activity, Sedentary Behaviours and Sleep

Community	Zone 2	Province
Grand Bay-Westfield, Fundy Shore and Westfield, Saint John Area		
Greenwich Area		

## Children

Parents - are physically active with their children %   2016-2017	31.7	34.2	31.7
Moderate or vigorous physical activity %   2023-2024	32.0	23.7	21.9
Screen time, 2 hours or less per day %   2024-2025	18.8	23.5	23.6
Spends 3 hours or more playing video games %   2024-2025	20.7	22.0	22.7
Engages in leisure reading %   2024-2025	76.9	79.6	79.4
Sleep 9 hours or more every night %   2019-2020	n/a	n/a	n/a

## Youth

Moderate or vigorous physical activity %   2021-2022	28.2	22.4	22.2
Screen time, 2 hours or less of leisure screen time per day %   2021-2022	30.6	24.3	24.2
Screen time, 2 hours or less, weekdays %   2021-2022	16.1	14.0	14.5
Screen time, 2 hours or less, weekends %   2021-2022	14.4	13.5	13.9
Spends 3 hours or more per day on social media %   2021-2022	45.2	47.7	47.7
Spends 3 hours or more playing games on an electronic device, weekdays %   2022-2023	n/a	25.0	25.1

	Community	Zone 2	Province
Reads for fun every day %   2022-2023	Grand Bay-Westfield, Fundy Shore and Westfield, Saint John Area Greenwich Area	n/a	53.8
Sleep 8 hours or more every night %		n/a	n/a
<b>Adults and seniors</b>			
Moderate or vigorous physical activity %   2020		55.2	51.5
Adults %   2020		56.1	53.5
Seniors %   2020		52.0	48.4
Usually sleeps for 7 hours or more each night %   2020		57.0	57.6
Adults %   2020		57.3	58.2
Seniors %   2020		55.3	55.7
			59.1
			58.3
			59.1

## Tobacco, Alcohol and Drug Use

### Youth

At risk of becoming a future smoker %   2021-2022	37.5	35.5	33.3
Daily or occasional vaper %   2021-2022	5.2	17.2	16.5
Daily or occasional smoker %   2021-2022	3.3	6.3	6.2

	Community	Zone 2	Province
	Grand Bay-Westfield, Fundy Shore and Westfield, Saint John Area	Greenwich Area	New Brunswick
Heavy drinking %   2015-2016		0.0	15.9
Cannabis use %   2021-2022		3.8	17.5
Drug use %   2018-2019		11.3	26.9
<b>Adults and seniors</b>			24.6
Daily or occasional smoker %   2020		14.3	19.5
Adults %   2020		15.5	22.0
Seniors %   2020		11.4	10.5
Heavy drinking %   2020		27.6	27.4
Adults %   2020		31.9	30.6
Seniors %   2020		16.6	12.3
Cannabis use - adults and seniors %   2020		9.1	8.8
			7.6

## Sexual Activity

### >Youth

Youth - report they know when they are legally able to consent to sexual activity %   2018-2019	49.2	70.9	71.2
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	Community	Zone 2	Province
Teens - gave birth Rate per 1,000 females	Grand Bay-Westfield, Fundy Shore and Westfield, Saint John Area Greenwich Area	n/a	n/a
Sexually transmitted infections - chlamydia Rate per 10,000 population aged 15 to 19   2019	S	<b>76</b>	<b>125</b>
<b>All population</b>			
Sexually transmitted infections - chlamydia Rate per 10,000 population   2019	S	<b>22</b>	<b>29</b>

## Injury Prevention

### Youth

Wear a helmet when riding a bicycle %   2018-2019	<b>58.9</b>	<b>37.0</b>	<b>31.0</b>
Driver of an off-road vehicle - under the influence of alcohol or drugs %   2022-2023	n/a	<b>10.5</b>	<b>11.5</b>
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs %   2015-2016	<b>4.0</b>	<b>13.7</b>	<b>16.9</b>

## 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.

**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