

POPULATION HEALTH

Health behaviours



Community
Quispamsis,
Rothesay,
Hampton Area



Zone 2
Fundy Shore and
Saint John Area



Province
New Brunswick

Healthy Eating

Children

Eat breakfast daily % 2023-2024	57.1	49.5	50.5
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % 2016-2017	56.7	49.3	49.4
Eat 5 or more servings of vegetables or fruit daily % 2023-2024	62.7	57.1	56.5
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % 2016-2017	25.5	29.0	28.2
Eat non-nutritious foods % 2023-2024	90.4	89.8	86.0
Drink sugary beverages % 2023-2024	63.5	70.0	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days % 2016-2017	55.5	56.1	59.1

Youth

Eat breakfast daily % 2023-2024	37.4	34.0	35.6
Eat 5 or more servings of vegetables or fruit daily % 2023-2024	49.4	47.9	49.1
Ate meals while using an electronic device 7 times or more in the last 7 days % 2023-2024	17.7	22.6	20.3
Eat highly processed foods 1 time or less per day % 2023-2024	29.7	29.3	32.1
Drink sugary beverages % 2023-2024	64.4	69.7	67.7

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Ate at a fast food place or restaurant 3 times or more in the last 7 days % 2023-2024	11.4	12.9	12.6
Adults and seniors			
Eat 5 or more servings of vegetables or fruit daily % 2020	42.7	40.3	41.9
Adults % 2020	44.3	41.9	43.2
Seniors % 2020	47.8	40.0	38.5

Physical Activity, Sedentary Behaviours and Sleep

Children

Parents - are physically active with their children % 2016-2017	32.7	34.2	31.7
Moderate or vigorous physical activity % 2023-2024	23.1	23.7	21.9
Screen time, 2 hours or less per day % 2023-2024	32.9	25.5	25.8
Spends 3 hours or more playing video games % 2023-2024	14.7	18.8	18.4
Engages in leisure reading % 2023-2024	83.5	79.1	78.3
Sleep 9 hours or more every night % 2019-2020	n/a	n/a	n/a

Youth

Moderate or vigorous physical activity % 2023-2024	26.9	24.7	24.8
Screen time, 2 hours or less of leisure screen time per day % 2023-2024	30.0	27.8	28.1
Screen time, 2 hours or less, weekdays % 2023-2024	16.9	15.2	15.8
Screen time, 2 hours or less, weekends % 2023-2024	14.5	14.1	14.8
Spends 3 hours or more per day on social media % 2023-2024	42.1	47.3	46.8
Spends 3 hours or more playing games on an electronic device, weekdays % 2023-2024	20.7	25.4	25.1
Reads for fun every day % 2022-2023	55.2	53.8	52.2

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Sleep 8 hours or more every night % 2023-2024	58.0	52.0	55.6
👤 Adults and seniors			
Moderate or vigorous physical activity % 2020	49.4	51.5	49.9
Adults % 2020	53.9	53.5	51.0
Seniors % 2020	48.8	48.4	47.4
Usually sleeps for 7 hours or more each night % 2020	64.9	57.6	59.1
Adults % 2020	68.2	58.2	58.3
Seniors % 2020	54.8	55.7	59.1

Tobacco, Alcohol and Drug Use

👤 Youth			
At risk of becoming a future smoker % 2023-2024	34.6	33.6	31.0
Daily or occasional vaper % 2023-2024	14.5	14.9	14.0
Daily or occasional smoker % 2023-2024	6.8	6.8	6.6
Heavy drinking % 2023-2024	13.1	11.6	12.0
Cannabis use % 2023-2024	16.5	15.8	14.3
Drug use % 2022-2023	28.4	28.9	29.4
👤 Adults and seniors			
Daily or occasional smoker % 2020	9.1	19.5	17.5
Adults % 2020	11.0	22.0	19.9
Seniors % 2020	3.1	10.5	10.5
Heavy drinking % 2020	26.0	27.4	26.9
Adults % 2020	31.4	30.6	30.0

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Seniors % 2020	8.1	12.3	13.1
Cannabis use - adults and seniors % 2020	5.1	8.8	7.6

Sexual Activity

Youth

Youth - report they know when they are legally able to consent to sexual activity % 2022-2023	76.7	76.1	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	76	125

All population

Sexually transmitted infections - chlamydia Rate per 10,000 population 2019	S	22	29
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Injury Prevention

Youth

Wear a helmet when riding a bicycle % 2022-2023	38.9	30.8	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs % 2022-2023	9.0	10.5	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % 2022-2023	13.2	15.4	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.

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Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size