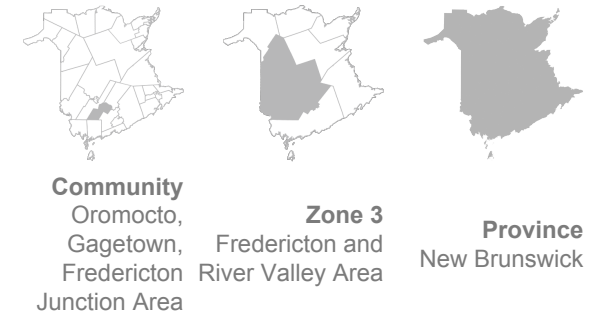


POPULATION HEALTH  
**Health behaviours**



**Healthy Eating**

**👤 Children**

Eat breakfast daily %   2025-2026	<b>41.6</b>	<b>45.7</b>	<b>49.6</b>
Eat 5 or more servings of vegetables or fruit daily - parents' point of view %   2016-2017	<b>54.9</b>	<b>51.2</b>	<b>49.4</b>
Eat 5 or more servings of vegetables or fruit daily %   2025-2026	<b>62.1</b>	<b>66.0</b>	<b>65.0</b>
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view %   2016-2017	<b>26.8</b>	<b>29.0</b>	<b>28.2</b>
Eat non-nutritious foods %   2023-2024	<b>85.3</b>	<b>88.6</b>	<b>86.0</b>
Drink sugary beverages %   2023-2024	<b>69.7</b>	<b>70.2</b>	<b>67.2</b>

	Community Oromocto, Gagetown, Fredericton Junction Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Parents - ate at a fast food place at least once with their child in the last 7 days %   2016-2017	58.0	57.0	59.1
<b>🧑 Youth</b>			
Eat breakfast daily %   2025-2026	28.4	32.6	36.6
Eat 5 or more servings of vegetables or fruit daily %   2025-2026	54.0	56.6	57.3
Ate meals while using an electronic device 7 times or more in the last 7 days %   2023-2024	23.6	21.2	20.3
Eat highly processed foods 1 time or less per day %   2024-2025	29.6	30.1	32.7
Drink sugary beverages %   2024-2025	71.3	71.4	68.0
Ate at a fast food place or restaurant 3 times or more in the last 7 days %   2023-2024	13.3	12.1	12.6
<b>🧑 Adults and seniors</b>			
Eat 5 or more servings of vegetables or fruit daily %   2020	50.7	43.6	41.9
Adults %   2020	51.8	45.1	43.2
Seniors %   2020	45.5	38.9	38.5

## Physical Activity, Sedentary Behaviours and Sleep

	Community Oromocto, Gagetown, Fredericton Junction Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
<b>👤 Children</b>			
Parents - are physically active with their children %   2016-2017	39.7	34.3	31.7
Moderate or vigorous physical activity %   2025-2026	28.4	31.0	28.2
Screen time, 2 hours or less per day %   2025-2026	16.6	23.4	23.5
Spends 3 hours or more playing video games %   2025-2026	27.5	23.5	22.9
Engages in leisure reading %   2024-2025	77.9	80.9	79.4
Sleep 9 hours or more every night %   2019-2020	n/a	n/a	n/a
<b>👤 Youth</b>			
Moderate or vigorous physical activity %   2025-2026	25.5	25.9	24.3
Screen time, 2 hours or less of leisure screen time per day %   2023-2024	23.1	28.6	28.1
Screen time, 2 hours or less, weekdays %   2023-2024	11.5	16.0	15.8
Screen time, 2 hours or less, weekends %   2023-2024	11.7	14.8	14.8
Spends 3 hours or more per day on social media %   2025-2026	62.1	58.9	59.5
Spends 3 hours or more playing games on an electronic device, weekdays %   2025-2026	31.4	25.1	24.6

	Community Oromocto, Gagetown, Fredericton Junction Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Reads for fun every day %   2024-2025	53.3	56.0	55.4
Sleep 8 hours or more every night %   2025-2026	56.9	59.4	62.9
<b>👤 Adults and seniors</b>			
Moderate or vigorous physical activity %   2020	50.9	52.5	49.9
Adults %   2020	52.9	54.7	51.0
Seniors %   2020	41.2	47.4	47.4
Usually sleeps for 7 hours or more each night %   2020	50.3	60.2	59.1
Adults %   2020	51.2	59.2	58.3
Seniors %   2020	53.0	58.6	59.1

## Tobacco, Alcohol and Drug Use

<b>👤 Youth</b>			
At risk of becoming a future smoker %   2023-2024	39.8	33.4	31.0
Daily or occasional vaper %   2025-2026	14.0	11.8	11.1
Daily or occasional smoker %   2025-2026	6.9	7.1	6.3

	Community Oromocto, Gagetown, Fredericton Junction Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Heavy drinking %   2025-2026	8.6	7.9	8.3
Cannabis use %   2025-2026	14.7	12.0	10.8
Drug use %   2024-2025	32.1	30.9	30.0
<b>👤 Adults and seniors</b>			
Daily or occasional smoker %   2020	24.1	17.8	17.5
Adults %   2020	27.2	20.1	19.9
Seniors %   2020	9.3	9.9	10.5
Heavy drinking %   2020	25.9	23.9	26.9
Adults %   2020	30.0	27.0	30.0
Seniors %   2020	11.5	10.4	13.1
Cannabis use - adults and seniors %   2020	17.7	9.9	7.6

## Sexual Activity

### 👤 Youth

Youth - report they know when they are legally able to consent to sexual activity %   2024-2025	70.6	72.2	70.3
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	Community Oromocto, Gagetown, Fredericton Junction Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
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	148	125
<b>👤 All population</b>			
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	29.2	29.7	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs %   2024-2025	10.7	10.9	10.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs %   2024-2025	14.5	15.3	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.

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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.


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**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