POPULATION HEALTH
Health behaviours

Community
Fredericton

Zone 3
Fredericton and
River Valley Area

Province
New Brunswick
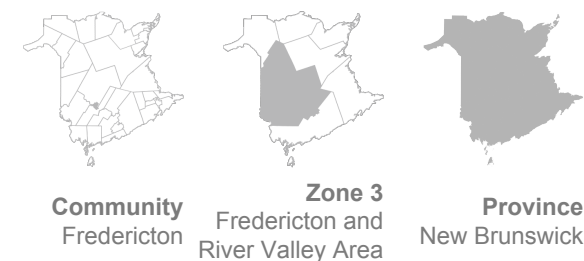
Healthy Eating

👫 Children

Eat breakfast daily % | 2024-2025	**53.6**	**47.3**	**50.0**
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % | 2016-2017	**53.2**	**51.2**	**49.4**
Eat 5 or more servings of vegetables or fruit daily % | 2023-2024	**61.7**	**58.9**	**56.5**
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % | 2016-2017	**27.8**	**29.0**	**28.2**
Eat non-nutritious foods % | 2023-2024	**89.6**	**88.6**	**86.0**
Drink sugary beverages % | 2023-2024	**67.2**	**70.2**	**67.2**
Parents - ate at a fast food place at least once with their child in the last 7 days % | 2016-2017	**56.2**	**57.0**	**59.1**

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Youth			
Eat breakfast daily % | 2023-2024	**37.0**	**32.7**	**35.6**
Eat 5 or more servings of vegetables or fruit daily % | 2024-2025	**52.8**	**51.4**	**52.3**
Ate meals while using an electronic device 7 times or more in the last 7 days % | 2023-2024	**19.0**	**21.2**	**20.3**
Eat highly processed foods 1 time or less per day % | 2024-2025	**30.9**	**30.1**	**32.7**
Drink sugary beverages % | 2024-2025	**67.8**	**71.4**	**68.0**
Ate at a fast food place or restaurant 3 times or more in the last 7 days % | 2023-2024	**12.0**	**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	**44.2**	**45.1**	**43.2**
Seniors % | 2020	**39.1**	**38.9**	**38.5**

Physical Activity, Sedentary Behaviours and Sleep

Children			
Parents - are physically active with their children % | 2016-2017	**31.1**	**34.3**	**31.7**

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Moderate or vigorous physical activity %	2023-2024	23.9	23.8	21.9
Screen time, 2 hours or less per day %	2024-2025	26.0	24.5	23.6
Spends 3 hours or more playing video games %	2024-2025	22.2	23.3	22.7
Engages in leisure reading %	2024-2025	84.1	80.9	79.4
Sleep 9 hours or more every night %	2019-2020	n/a	n/a	n/a

Youth

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Moderate or vigorous physical activity %	2024-2025	26.2	26.1	23.9
Screen time, 2 hours or less of leisure screen time per day %	2023-2024	30.7	28.6	28.1
Screen time, 2 hours or less, weekdays %	2023-2024	18.0	16.0	15.8
Screen time, 2 hours or less, weekends %	2023-2024	15.9	14.8	14.8
Spends 3 hours or more per day on social media %	2024-2025	52.2	56.6	57.2
Spends 3 hours or more playing games on an electronic device, weekdays %	2024-2025	22.2	25.1	24.3
Reads for fun every day %	2024-2025	59.5	56.0	55.4
Sleep 8 hours or more every night %	2024-2025	62.9	60.8	61.4

Adults and seniors

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Moderate or vigorous physical activity % | 2020	53.6	52.5	49.9
Adults % | 2020	55.3	54.7	51.0
Seniors % | 2020	47.6	47.4	47.4
Usually sleeps for 7 hours or more each night % | 2020	63.8	60.2	59.1
Adults % | 2020	65.9	59.2	58.3
Seniors % | 2020	56.5	58.6	59.1

Tobacco, Alcohol and Drug Use

Youth

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
At risk of becoming a future smoker % | 2023-2024	30.7	33.4	31.0
Daily or occasional vaper % | 2024-2025	10.7	12.8	12.0
Daily or occasional smoker % | 2024-2025	5.6	7.2	6.2
Heavy drinking % | 2024-2025	5.5	8.4	8.7
Cannabis use % | 2024-2025	10.2	13.2	11.3
Drug use % | 2024-2025	30.3	30.9	30.0

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	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Adults and seniors			
Daily or occasional smoker % | 2020	**14.0**	**17.8**	**17.5**
Adults % | 2020	**16.0**	**20.1**	**19.9**
Seniors % | 2020	**7.0**	**9.9**	**10.5**
Heavy drinking % | 2020	**21.6**	**23.9**	**26.9**
Adults % | 2020	**25.3**	**27.0**	**30.0**
Seniors % | 2020	**9.1**	**10.4**	**13.1**
Cannabis use - adults and seniors % | 2020	**7.8**	**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**
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**

All population

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
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	35.6	29.7	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs % | 2024-2025	7.4	10.9	10.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % | 2024-2025	11.6	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.

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