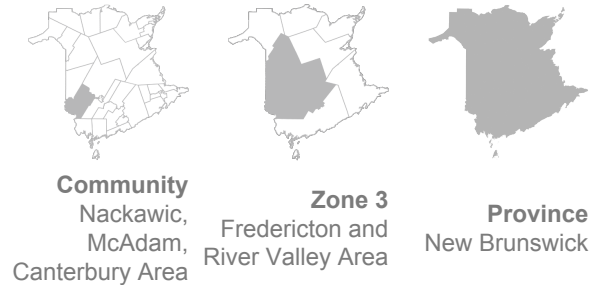


POPULATION HEALTH

# Health behaviours



## Healthy Eating

### 👤 Children

Eat breakfast daily %   2023-2024	42.4	46.4	50.5
Eat 5 or more servings of vegetables or fruit daily - parents' point of view %   2016-2017	51.6	51.2	49.4
Eat 5 or more servings of vegetables or fruit daily %   2023-2024	60.1	58.9	56.5
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view %   2016-2017	30.0	29.0	28.2
Eat non-nutritious foods %   2023-2024	86.8	88.6	86.0
Drink sugary beverages %   2023-2024	72.9	70.2	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days %   2016-2017	52.7	57.0	59.1

### 👤 Youth

Eat breakfast daily %   2023-2024	27.0	32.7	35.6
Eat 5 or more servings of vegetables or fruit daily %   2023-2024	40.8	49.1	49.1
Ate meals while using an electronic device 7 times or more in the last 7 days %   2023-2024	26.9	21.2	20.3
Eat highly processed foods 1 time or less per day %   2023-2024	28.6	29.8	32.1
Drink sugary beverages %   2023-2024	78.7	70.4	67.7

	Community Nackawic, McAdam, Canterbury 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	8.7	12.1	12.6
<b>👤 Adults and seniors</b>			
Eat 5 or more servings of vegetables or fruit daily %   2020	37.3	43.6	41.9
Adults %   2020	36.2	45.1	43.2
Seniors %   2020	40.1	38.9	38.5

## Physical Activity, Sedentary Behaviours and Sleep

### 👨👩 Children

Parents - are physically active with their children %   2016-2017	40.7	34.3	31.7
Moderate or vigorous physical activity %   2023-2024	29.1	23.8	21.9
Screen time, 2 hours or less per day %   2023-2024	24.5	25.5	25.8
Spends 3 hours or more playing video games %   2023-2024	22.6	18.6	18.4
Engages in leisure reading %   2023-2024	77.1	79.2	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	25.5	25.5	24.8
Screen time, 2 hours or less of leisure screen time per day %   2023-2024	29.8	28.6	28.1
Screen time, 2 hours or less, weekdays %   2023-2024	14.7	16.0	15.8
Screen time, 2 hours or less, weekends %   2023-2024	15.5	14.8	14.8
Spends 3 hours or more per day on social media %   2023-2024	46.8	45.0	46.8
Spends 3 hours or more playing games on an electronic device, weekdays %   2023-2024	28.8	25.1	25.1
Reads for fun every day %   2022-2023	49.2	54.4	52.2

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Sleep 8 hours or more every night %   2023-2024	49.7	52.9	55.6
<b>👤 Adults and seniors</b>			
Moderate or vigorous physical activity %   2020	49.8	52.5	49.9
Adults %   2020	55.0	54.7	51.0
Seniors %   2020	53.5	47.4	47.4
Usually sleeps for 7 hours or more each night %   2020	50.9	60.2	59.1
Adults %   2020	49.0	59.2	58.3
Seniors %   2020	55.9	58.6	59.1

## Tobacco, Alcohol and Drug Use

<b>👤 Youth</b>			
At risk of becoming a future smoker %   2023-2024	32.3	33.4	31.0
Daily or occasional vaper %   2023-2024	23.2	14.5	14.0
Daily or occasional smoker %   2023-2024	12.1	7.1	6.6
Heavy drinking %   2023-2024	17.0	11.2	12.0
Cannabis use %   2023-2024	25.1	16.3	14.3
Drug use %   2022-2023	28.7	29.1	29.4
<b>👤 Adults and seniors</b>			
Daily or occasional smoker %   2020	16.2	17.8	17.5
Adults %   2020	19.5	20.1	19.9
Seniors %   2020	7.7	9.9	10.5
Heavy drinking %   2020	24.0	23.9	26.9
Adults %   2020	27.7	27.0	30.0

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Seniors %   2020	14.4	10.4	13.1
Cannabis use - adults and seniors %   2020	8.9	9.9	7.6

## Sexual Activity

### Youth

Youth - report they know when they are legally able to consent to sexual activity %   2022-2023	77.3	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
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## Injury Prevention

### Youth

Wear a helmet when riding a bicycle %   2022-2023	19.4	29.7	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs %   2022-2023	18.8	12.3	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs %   2022-2023	22.7	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.

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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