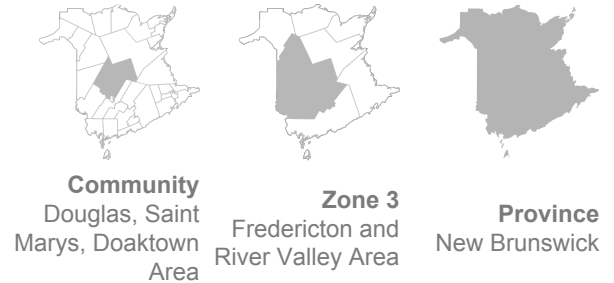


POPULATION HEALTH

Health behaviours



Healthy Eating

👤 Children

Eat breakfast daily % 2023-2024	29.8	46.4	50.5
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % 2019-2020	49.3	n/a	n/a
Eat 5 or more servings of vegetables or fruit daily % 2023-2024	53.4	58.9	56.5
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % 2019-2020	29.8	n/a	n/a
Eat non-nutritious foods % 2023-2024	84.8	88.6	86.0
Drink sugary beverages % 2023-2024	72.0	70.2	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days % 2019-2020	59.4	n/a	n/a

👤 Youth

Eat breakfast daily % 2023-2024	21.4	32.7	35.6
Eat 5 or more servings of vegetables or fruit daily % 2023-2024	43.4	49.1	49.1
Ate meals while using an electronic device 7 times or more in the last 7 days % 2023-2024	21.9	21.2	20.3
Eat highly processed foods 1 time or less per day % 2023-2024	31.8	29.8	32.1
Drink sugary beverages % 2023-2024	79.4	70.4	67.7

	Community Douglas, Saint Marys, Doaktown 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	9.9	12.1	12.6
👤 Adults and seniors			
Eat 5 or more servings of vegetables or fruit daily % 2020	44.3	43.6	41.9
Adults % 2020	46.9	45.1	43.2
Seniors % 2020	36.0	38.9	38.5

Physical Activity, Sedentary Behaviours and Sleep

👨👩 Children

Parents - are physically active with their children % 2019-2020	41.8	n/a	n/a
Moderate or vigorous physical activity % 2023-2024	22.4	23.8	21.9
Screen time, 2 hours or less per day % 2023-2024	23.5	25.5	25.8
Spends 3 hours or more playing video games % 2023-2024	17.8	18.6	18.4
Engages in leisure reading % 2023-2024	74.3	79.2	78.3
Sleep 9 hours or more every night % 2019-2020	60.5	n/a	n/a

👤 Youth

Moderate or vigorous physical activity % 2023-2024	25.4	25.5	24.8
Screen time, 2 hours or less of leisure screen time per day % 2023-2024	25.0	28.6	28.1
Screen time, 2 hours or less, weekdays % 2023-2024	16.8	16.0	15.8
Screen time, 2 hours or less, weekends % 2023-2024	13.3	14.8	14.8
Spends 3 hours or more per day on social media % 2023-2024	53.9	45.0	46.8
Spends 3 hours or more playing games on an electronic device, weekdays % 2023-2024	33.8	25.1	25.1
Reads for fun every day % 2022-2023	44.2	54.4	52.2

	Community Douglas, Saint Marys, Doaktown Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Sleep 8 hours or more every night % 2023-2024	50.8	52.9	55.6
👤 Adults and seniors			
Moderate or vigorous physical activity % 2020	58.9	52.5	49.9
Adults % 2020	62.2	54.7	51.0
Seniors % 2020	48.2	47.4	47.4
Usually sleeps for 7 hours or more each night % 2020	65.6	60.2	59.1
Adults % 2020	66.6	59.2	58.3
Seniors % 2020	62.4	58.6	59.1

Tobacco, Alcohol and Drug Use

👤 Youth			
At risk of becoming a future smoker % 2023-2024	42.9	33.4	31.0
Daily or occasional vaper % 2023-2024	22.2	14.5	14.0
Daily or occasional smoker % 2023-2024	9.2	7.1	6.6
Heavy drinking % 2023-2024	18.9	11.2	12.0
Cannabis use % 2023-2024	19.2	16.3	14.3
Drug use % 2022-2023	31.7	29.1	29.4
👤 Adults and seniors			
Daily or occasional smoker % 2020	20.1	17.8	17.5
Adults % 2020	21.7	20.1	19.9
Seniors % 2020	14.8	9.9	10.5
Heavy drinking % 2020	22.2	23.9	26.9
Adults % 2020	26.8	27.0	30.0

	Community Douglas, Saint Marys, Doaktown Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Seniors % 2020	12.5	10.4	13.1
Cannabis use - adults and seniors % 2020	10.7	9.9	7.6

Sexual Activity

Youth

Youth - report they know when they are legally able to consent to sexual activity % 2022-2023	80.9	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	14.7	29.7	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs % 2022-2023	23.6	12.3	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % 2022-2023	27.9	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.

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