POPULATION HEALTH

Health behaviours

Community
Perth-Andover,
Plaster Rock,
Tobique Area

Zone 3
Fredericton and
River Valley Area

Province
New Brunswick

Healthy Eating

Children

	Community	Zone 3	Province
Eat breakfast daily % | 2023-2024	28.5	46.4	50.5
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % | 2016-2017	42.1	51.2	49.4
Eat 5 or more servings of vegetables or fruit daily % | 2023-2024	47.2	58.9	56.5
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % | 2016-2017	29.5	29.0	28.2
Eat non-nutritious foods % | 2023-2024	90.9	88.6	86.0
Drink sugary beverages % | 2023-2024	85.1	70.2	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days % | 2016-2017	52.1	57.0	59.1

Youth

	Community	Zone 3	Province
Eat breakfast daily % | 2023-2024	18.0	32.7	35.6
Eat 5 or more servings of vegetables or fruit daily % | 2023-2024	39.6	49.1	49.1
Ate meals while using an electronic device 7 times or more in the last 7 days % | 2023-2024	27.4	21.2	20.3
Eat highly processed foods 1 time or less per day % | 2023-2024	32.1	29.8	32.1
Drink sugary beverages % | 2023-2024	79.5	70.4	67.7

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	Community Perth-Andover, Plaster Rock, Tobique 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	14.3	12.1	12.6

🚹 Adults and seniors

Eat 5 or more servings of vegetables or fruit daily % | 2020	38.3	43.6	41.9
Adults % | 2020	40.4	45.1	43.2
Seniors % | 2020	34.1	38.9	38.5

Physical Activity, Sedentary Behaviours and Sleep

🚸 Children

Parents - are physically active with their children % | 2016-2017	36.0	34.3	31.7
Moderate or vigorous physical activity % | 2023-2024	26.3	23.8	21.9
Screen time, 2 hours or less per day % | 2023-2024	17.9	25.5	25.8
Spends 3 hours or more playing video games % | 2023-2024	20.6	18.6	18.4
Engages in leisure reading % | 2023-2024	75.2	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	20.0	25.5	24.8
Screen time, 2 hours or less of leisure screen time per day % | 2023-2024	25.2	28.6	28.1
Screen time, 2 hours or less, weekdays % | 2023-2024	14.6	16.0	15.8
Screen time, 2 hours or less, weekends % | 2023-2024	16.3	14.8	14.8
Spends 3 hours or more per day on social media % | 2023-2024	53.2	45.0	46.8
Spends 3 hours or more playing games on an electronic device, weekdays % | 2023-2024	26.2	25.1	25.1
Reads for fun every day % | 2022-2023	44.0	54.4	52.2

	Community Perth-Andover, Plaster Rock, Tobique Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Sleep 8 hours or more every night % | 2023-2024	48.4	52.9	55.6
⋔ Adults and seniors			
Moderate or vigorous physical activity % | 2020	46.9	52.5	49.9
Adults % | 2020	47.1	54.7	51.0
Seniors % | 2020	47.1	47.4	47.4
Usually sleeps for 7 hours or more each night % | 2020	53.6	60.2	59.1
Adults % | 2020	52.1	59.2	58.3
Seniors % | 2020	57.6	58.6	59.1

Tobacco, Alcohol and Drug Use

	Community Perth-Andover, Plaster Rock, Tobique Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
⋔ Youth			
At risk of becoming a future smoker % | 2023-2024	40.5	33.4	31.0
Daily or occasional vaper % | 2023-2024	26.9	14.5	14.0
Daily or occasional smoker % | 2023-2024	13.0	7.1	6.6
Heavy drinking % | 2023-2024	25.0	11.2	12.0
Cannabis use % | 2023-2024	25.7	16.3	14.3
Drug use % | 2022-2023	27.1	29.1	29.4
⋔ Adults and seniors			
Daily or occasional smoker % | 2020	19.1	17.8	17.5
Adults % | 2020	21.6	20.1	19.9
Seniors % | 2020	12.4	9.9	10.5
Heavy drinking % | 2020	20.9	23.9	26.9
Adults % | 2020	22.6	27.0	30.0

	Community Perth-Andover, Plaster Rock, Tobique Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Seniors % | 2020	17.4	10.4	13.1
Cannabis use - adults and seniors % | 2020	13.8	9.9	7.6

Sexual Activity

🧍 Youth

Youth - report they know when they are legally able to consent to sexual activity % | 2022-2023	79.5	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

Injury Prevention

🧍 Youth

Wear a helmet when riding a bicycle % | 2022-2023	15.3	29.7	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs % | 2022-2023	21.0	12.3	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % | 2022-2023	27.8	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