

POPULATION HEALTH

Health behaviours



Community
Perth-Andover,
Plaster Rock,
Tobique Area



Zone 3
Fredericton and
River Valley Area



Province
New Brunswick

Healthy Eating

👤 Children

Eat breakfast daily % 2019-2020	n/a	n/a	n/a
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % 2019-2020	n/a	n/a	n/a
Eat 5 or more servings of vegetables or fruit daily % 2019-2020	n/a	n/a	n/a
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % 2019-2020	n/a	n/a	n/a
Eat non-nutritious foods % 2019-2020	n/a	n/a	n/a
Drink non-nutritious sugary beverages % 2019-2020	n/a	n/a	n/a
Parents - ate at a fast food place at least once with their child in the last 7 days % 2019-2020	n/a	n/a	n/a

👤 Youth

Eat breakfast daily % 2021-2022	21.2	34.0	36.2
Eat 5 or more servings of vegetables or fruit daily % 2021-2022	36.6	46.6	45.9
Ate meals while using an electronic device 7 times or more in the last 7 days % 2021-2022	24.5	20.1	19.5
Eat highly processed foods 1 time or less per day % 2021-2022	33.4	34.6	36.7
Drink sugary beverages % 2021-2022	78.9	69.7	68.8

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Ate at a fast food place or restaurant 3 times or more in the last 7 days % 2021-2022	15.1	11.8	12.7
👤 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 % 2019-2020	n/a	n/a	n/a
Moderate or vigorous physical activity % 2019-2020	n/a	n/a	n/a
Screen time, 2 hours or less per day % 2019-2020	n/a	n/a	n/a
Sleep 9 hours or more every night % 2019-2020	n/a	n/a	n/a

👤 Youth

Moderate or vigorous physical activity % 2021-2022	22.9	23.3	22.2
Screen time, 2 hours or less per day % 2021-2022	23.8	25.1	24.2
Sleep 8 hours or more every night % 2021-2022	21.7	28.0	30.2

👤 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

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Tobacco, Alcohol and Drug Use

Youth

At risk of becoming a future smoker % 2021-2022	41.7	34.5	33.3
Tried e-cigarettes (vaping) % 2021-2022	43.7	26.5	28.3
Daily or occasional smoker % 2021-2022	14.2	6.9	6.2
Heavy drinking % 2021-2022	18.1	10.0	11.6
Cannabis use % 2021-2022	25.7	17.3	15.9
Drug use % 2018-2019	26.5	24.6	24.6

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
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 % 2018-2019	68.6	72.6	71.2
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

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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 % 2018-2019	12.8	33.2	31.0
Driver of an off-road vehicle - under the influence of alcohol or drugs % 2018-2019	15.6	8.7	9.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % 2018-2019	21.7	16.2	17.2

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 was suppressed due to low respondent counts