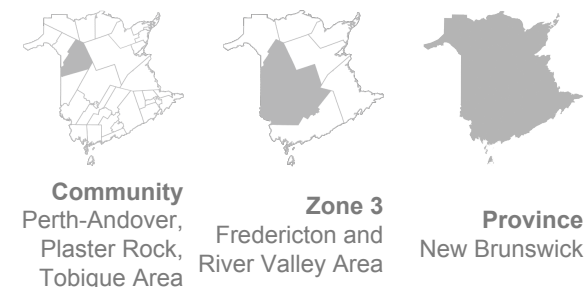


POPULATION HEALTH  
**Health behaviours**



**Healthy Eating**

**👤 Children**


Eat breakfast daily %   2025-2026	<b>21.2</b>	<b>45.7</b>	<b>49.6</b>
Eat 5 or more servings of vegetables or fruit daily - parents' point of view %   2016-2017	<b>42.1</b>	<b>51.2</b>	<b>49.4</b>
Eat 5 or more servings of vegetables or fruit daily %   2025-2026	<b>52.9</b>	<b>66.0</b>	<b>65.0</b>
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view %   2016-2017	<b>29.5</b>	<b>29.0</b>	<b>28.2</b>
Eat non-nutritious foods %   2023-2024	<b>90.9</b>	<b>88.6</b>	<b>86.0</b>
Drink sugary beverages %   2023-2024	<b>85.1</b>	<b>70.2</b>	<b>67.2</b>
Parents - ate at a fast food place at least once with their child in the last 7 days %   2016-2017	<b>52.1</b>	<b>57.0</b>	<b>59.1</b>

	Community Perth-Andover, Plaster Rock, Tobique Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
<b>🧑 Youth</b>			
Eat breakfast daily %   2025-2026	20.6	32.6	36.6
Eat 5 or more servings of vegetables or fruit daily %   2025-2026	52.9	56.6	57.3
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 %   2024-2025	31.6	30.1	32.7
Drink sugary beverages %   2024-2025	83.6	71.4	68.0
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
<b>🧑 Adults and seniors</b>			
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
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	Community Perth-Andover, Plaster Rock, Tobique Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Moderate or vigorous physical activity %   2025-2026	39.4	31.0	28.2
Screen time, 2 hours or less per day %   2025-2026	16.5	23.4	23.5
Spends 3 hours or more playing video games %   2025-2026	28.7	23.5	22.9
Engages in leisure reading %   2024-2025	65.0	80.9	79.4
Sleep 9 hours or more every night %   2019-2020	n/a	n/a	n/a
<b> Youth</b>			
Moderate or vigorous physical activity %   2025-2026	22.3	25.9	24.3
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 %   2025-2026	66.0	58.9	59.5
Spends 3 hours or more playing games on an electronic device, weekdays %   2025-2026	31.3	25.1	24.6
Reads for fun every day %   2024-2025	48.3	56.0	55.4
Sleep 8 hours or more every night %   2025-2026	52.7	59.4	62.9
<b> Adults and seniors</b>			

	<b>Community</b> Perth-Andover, Plaster Rock, Tobique Area	<b>Zone 3</b> Fredericton and River Valley Area	<b>Province</b> New Brunswick
Moderate or vigorous physical activity %   2020	<b>46.9</b>	<b>52.5</b>	<b>49.9</b>
Adults %   2020	<b>47.1</b>	<b>54.7</b>	<b>51.0</b>
Seniors %   2020	<b>47.1</b>	<b>47.4</b>	<b>47.4</b>
Usually sleeps for 7 hours or more each night %   2020	<b>53.6</b>	<b>60.2</b>	<b>59.1</b>
Adults %   2020	<b>52.1</b>	<b>59.2</b>	<b>58.3</b>
Seniors %   2020	<b>57.6</b>	<b>58.6</b>	<b>59.1</b>

## Tobacco, Alcohol and Drug Use

### Youth

At risk of becoming a future smoker %   2023-2024	<b>40.5</b>	<b>33.4</b>	<b>31.0</b>
Daily or occasional vaper %   2025-2026	<b>20.2</b>	<b>11.8</b>	<b>11.1</b>
Daily or occasional smoker %   2025-2026	<b>13.6</b>	<b>7.1</b>	<b>6.3</b>
Heavy drinking %   2025-2026	<b>15.1</b>	<b>7.9</b>	<b>8.3</b>
Cannabis use %   2025-2026	<b>19.8</b>	<b>12.0</b>	<b>10.8</b>
Drug use %   2024-2025	<b>35.4</b>	<b>30.9</b>	<b>30.0</b>

	Community Perth-Andover, Plaster Rock, Tobique Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
<b>👤 Adults and seniors</b>			
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 %   2024-2025	71.2	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

	<b>Community</b> Perth-Andover, Plaster Rock, Tobique Area	<b>Zone 3</b> Fredericton and River Valley Area	<b>Province</b> New Brunswick
Sexually transmitted infections - chlamydia Rate per 10,000 population   2019	S	<b>36</b>	<b>29</b>

## Injury Prevention

### Youth

Wear a helmet when riding a bicycle %   2022-2023	<b>15.3</b>	<b>29.7</b>	<b>28.2</b>
Driver of an off-road vehicle - under the influence of alcohol or drugs %   2024-2025	<b>17.0</b>	<b>10.9</b>	<b>10.3</b>
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs %   2024-2025	<b>24.1</b>	<b>15.3</b>	<b>14.8</b>

## 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

 Above-average performance

 Below-average performance