

POPULATION HEALTH  
**Health behaviours**



**Healthy Eating**

**👤 Children**



Eat breakfast daily %   2025-2026	<b>44.4</b>	<b>44.1</b>	<b>49.6</b>
Eat 5 or more servings of vegetables or fruit daily - parents' point of view %   2016-2017	<b>49.8</b>	<b>46.5</b>	<b>49.4</b>
Eat 5 or more servings of vegetables or fruit daily %   2025-2026	<b>62.4</b>	<b>61.7</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>25.3</b>	<b>27.7</b>	<b>28.2</b>
Eat non-nutritious foods %   2023-2024	<b>86.5</b>	<b>85.1</b>	<b>86.0</b>
Drink sugary beverages %   2023-2024	<b>74.4</b>	<b>68.4</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>57.5</b>	<b>59.4</b>	<b>59.1</b>

	Community Dalhousie, Balmoral, Restigouche Area Belledune Area	Zone 5	Province New Brunswick
<b>🧑 Youth</b>			
Eat breakfast daily %   2025-2026	35.7	34.5	36.6
Eat 5 or more servings of vegetables or fruit daily %   2025-2026	55.4	56.7	57.3
Ate meals while using an electronic device 7 times or more in the last 7 days %   2023-2024	22.3	21.1	20.3
Eat highly processed foods 1 time or less per day %   2024-2025	32.6	32.2	32.7
Drink sugary beverages %   2024-2025	70.0	67.1	68.0
Ate at a fast food place or restaurant 3 times or more in the last 7 days %   2023-2024	14.1	14.5	12.6
<b>🧑 Adults and seniors</b>			
Eat 5 or more servings of vegetables or fruit daily %   2020	45.5	43.4	41.9
Adults %   2020	48.3	45.5	43.2
Seniors %   2020	30.9	34.4	38.5

## Physical Activity, Sedentary Behaviours and Sleep

### 🧑 Children

Parents - are physically active with their children %   2016-2017	30.4	31.9	31.7
---	------	------	------

	Community Dalhousie, Balmoral, Restigouche Area Belledune Area	Zone 5	Province New Brunswick
Moderate or vigorous physical activity %   2025-2026	30.8	31.5	28.2
Screen time, 2 hours or less per day %   2025-2026	24.7	22.5	23.5
Spends 3 hours or more playing video games %   2025-2026	23.2	27.4	22.9
Engages in leisure reading %   2024-2025	73.7	71.5	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	22.5	22.2	24.3
Screen time, 2 hours or less of leisure screen time per day %   2023-2024	24.3	24.7	28.1
Screen time, 2 hours or less, weekdays %   2023-2024	11.4	11.9	15.8
Screen time, 2 hours or less, weekends %   2023-2024	13.2	12.9	14.8
Spends 3 hours or more per day on social media %   2025-2026	67.0	66.7	59.5
Spends 3 hours or more playing games on an electronic device, weekdays %   2025-2026	32.3	31.2	24.6
Reads for fun every day %   2024-2025	47.1	43.5	55.4
Sleep 8 hours or more every night %   2025-2026	65.2	64.3	62.9
<b> Adults and seniors</b>			

	Community Dalhousie, Balmoral, Restigouche Area Belledune Area	Zone 5	Province New Brunswick
Moderate or vigorous physical activity %   2020	46.9	49.3	49.9
Adults %   2020	46.2	49.8	51.0
Seniors %   2020	47.9	48.6	47.4
Usually sleeps for 7 hours or more each night %   2020	56.0	55.5	59.1
Adults %   2020	55.0	53.1	58.3
Seniors %   2020	59.4	57.5	59.1

## Tobacco, Alcohol and Drug Use

### Youth

At risk of becoming a future smoker %   2023-2024	34.3	30.0	31.0
Daily or occasional vaper %   2025-2026	17.9	14.8	11.1
Daily or occasional smoker %   2025-2026	10.2	9.8	6.3
Heavy drinking %   2025-2026	11.9	10.9	8.3
Cannabis use %   2025-2026	14.4	13.9	10.8
Drug use %   2024-2025	29.8	28.8	30.0

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
<b>👤 Adults and seniors</b>			
Daily or occasional smoker %   2020	17.8	20.1	17.5
Adults %   2020	21.3	22.1	19.9
Seniors %   2020	11.1	16.2	10.5
Heavy drinking %   2020	26.8	27.3	26.9
Adults %   2020	31.0	32.6	30.0
Seniors %   2020	18.7	15.3	13.1
Cannabis use - adults and seniors %   2020	7.2	7.6	7.6

## Sexual Activity

<b>👤 Youth</b>			
Youth - report they know when they are legally able to consent to sexual activity %   2024-2025	70.2	67.8	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	69	125

## 👤 All population

	Community Dalhousie, Balmoral, Restigouche Area Belledune Area	Zone 5	Province New Brunswick
Sexually transmitted infections - chlamydia Rate per 10,000 population   2019	S	15	29

## Injury Prevention

### Youth

Wear a helmet when riding a bicycle %   2022-2023	20.5	19.0	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs %   2024-2025	15.3	14.1	10.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs %   2024-2025	17.3	17.5	14.8

## 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

 Above-average performance

 Below-average performance