

POPULATION HEALTH

Health behaviours



Community
Caraquet,
Paquetville,
Bertrand Area



Zone 6
Bathurst and
Acadian
Peninsula Area



Province New Brunswick

Healthy Eating

∱ Children

53.3	54.9	50.0
48.3	48.5	49.4
52.3	53.1	56.5
27.5	27.7	28.2
80.1	80.5	86.0
61.1	65.3	67.2
63.7	64.8	59.1
	48.3 52.3 27.5 80.1 61.1	53.3 54.9 48.3 48.5 52.3 53.1 27.5 27.7 80.1 80.5 61.1 65.3 63.7 64.8



	Community Caraquet, Paquetville, Bertrand Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
† Youth			
Eat breakfast daily % 2023-2024	36.1	38.8	35.6
Eat 5 or more servings of vegetables or fruit daily % 2024-2025	52.9	50.2	52.3
Ate meals while using an electronic device 7 times or more in the last 7 days % 2023-2024	16.1	17.3	20.3
Eat highly processed foods 1 time or less per day % 2024-2025	37.8	37.6	32.7
Drink sugary beverages % 2024-2025	60.6	65.2	68.0
Ate at a fast food place or restaurant 3 times or more in the last 7 days $\%$ 2023-2024	20.3	16.6	12.6
Å Adults and seniors			
Eat 5 or more servings of vegetables or fruit daily % 2020	40.0	39.7	41.9
Adults % 2020	40.4	42.5	43.2
Seniors % 2020	39.6	36.5	38.5
Physical Activity, Sedentary Behaviours and Sleep			
Parents - are physically active with their children % 2016-2017	22.7	26.1	31.7



	Community Caraquet, Paquetville, Bertrand Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
Moderate or vigorous physical activity % 2023-2024	15.8	16.8	21.9
Screen time, 2 hours or less per day % 2024-2025	21.0	23.1	23.6
Spends 3 hours or more playing video games % 2024-2025	22.7	24.5	22.7
Engages in leisure reading % 2024-2025	73.4	74.1	79.4
Sleep 9 hours or more every night % 2019-2020	n/a	n/a	n/a
∯ Youth			
Moderate or vigorous physical activity % 2024-2025	18.7	21.6	23.9
Screen time, 2 hours or less of leisure screen time per day % 2023-2024	29.0	27.5	28.1
Screen time, 2 hours or less, weekdays % 2023-2024	16.0	16.0	15.8
Screen time, 2 hours or less, weekends % 2023-2024	15.1	16.1	14.8
Spends 3 hours or more per day on social media % 2024-2025	54.5	59.4	57.2
Spends 3 hours or more playing games on an electronic device, weekdays % 2024-2025	26.3	25.1	24.3
Reads for fun every day % 2024-2025	43.6	49.9	55.4
Sleep 8 hours or more every night % 2024-2025	68.5	68.6	61.4

Adults and seniors



	Community Caraquet, Paquetville, Bertrand Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
Moderate or vigorous physical activity % 2020	48.0	46.0	49.9
Adults % 2020	45.7	45.6	51.0
Seniors % 2020	53.4	49.3	47.4
Usually sleeps for 7 hours or more each night % 2020	60.3	69.1	59.1
Adults % 2020	61.5	66.1	58.3
Seniors % 2020	66.8	67.3	59.1

Tobacco, Alcohol and Drug Use

Youth

At risk of becoming a future smoker % 2023-2024	23.7	26.3	31.0
Daily or occasional vaper % 2024-2025	8.3	12.6	12.0
Daily or occasional smoker % 2024-2025	3.6	5.4	6.2
Heavy drinking % 2024-2025	9.3	12.3	8.7
Cannabis use % 2024-2025	4.7	8.2	11.3
Drug use % 2024-2025	29.5	29.9	30.0



	Community Caraquet, Paquetville, Bertrand Area	Acadian	Province New Brunswick
Adults and seniors			
Daily or occasional smoker % 2020	17.9	17.3	17.5
Adults % 2020	24.4	20.8	19.9
Seniors % 2017	15.6	9.0	10.8
Heavy drinking % 2020	29.7	23.5	26.9
Adults % 2020	36.8	30.3	30.0
Seniors % 2020	13.7	12.2	13.1
Cannabis use - adults and seniors % 2020	4.9	3.9	7.6

Youth

Youth - report they know when they are legally able to consent to sexual activity % 2024-2025	60.9	67.2	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	95	125

W All population



Sexually transmitted infections - chlamydia Rate per 10,000 population 2019	Paquetville, Bertrand Area		New Brunswick
	Caraquet, Paquetville, Bertrand Area	Bathurst and Acadian Peninsula Area	Province New Brunswick
	Community	Zone 6	

Injury Prevention

Youth

Wear a helmet when riding a bicycle % 2022-2023	18.4	21.5	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs $\% \mid 2024-2025$	11.9	13.4	10.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % 2024-2025	12.2	17.7	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.



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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

P Below-average performance