

POPULATION HEALTH  
**Health behaviours**



**Community**  
Caraquet,  
Paquetville,  
Bertrand Area



**Zone 6**  
Bathurst and  
Acadian  
Peninsula Area



**Province**  
New Brunswick

## Healthy Eating

### 👶 Children

		Community	Zone 6	Province
Eat breakfast daily %   2024-2025		53.3	54.9	50.0
Eat 5 or more servings of vegetables or fruit daily - parents' point of view %   2016-2017		48.3	48.5	49.4
Eat 5 or more servings of vegetables or fruit daily %   2023-2024		52.3	53.1	56.5
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view %   2016-2017		27.5	27.7	28.2
Eat non-nutritious foods %   2023-2024		80.1	80.5	86.0
Drink sugary beverages %   2023-2024		61.1	65.3	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days %   2016-2017		63.7	64.8	59.1

	Community	Zone 6	Province
	Caraquet, Paquetville, Bertrand Area	Bathurst and Acadian Peninsula Area	New Brunswick
<b>Youth</b>			
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
<b>Adults and seniors</b>			
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
<b>Physical Activity, Sedentary Behaviours and Sleep</b>			
<b>Children</b>			
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
<b>Youth</b>			
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	<b>48.0</b>	<b>46.0</b>	<b>49.9</b>
Adults %   2020	<b>45.7</b>	<b>45.6</b>	<b>51.0</b>
Seniors %   2020	<b>53.4</b>	<b>49.3</b>	<b>47.4</b>
Usually sleeps for 7 hours or more each night %   2020	<b>60.3</b>	<b>69.1</b>	<b>59.1</b>
Adults %   2020	<b>61.5</b>	<b>66.1</b>	<b>58.3</b>
Seniors %   2020	<b>66.8</b>	<b>67.3</b>	<b>59.1</b>

## Tobacco, Alcohol and Drug Use

### Youth

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

	Community Caraquet, Paquetville, Bertrand Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick	
<b>Adults and seniors</b>				
Daily or occasional smoker %   2020		<b>17.9</b>	<b>17.3</b>	<b>17.5</b>
Adults %   2020		<b>24.4</b>	<b>20.8</b>	<b>19.9</b>
Seniors %   2017		<b>15.6</b>	<b>9.0</b>	<b>10.8</b>
Heavy drinking %   2020		<b>29.7</b>	<b>23.5</b>	<b>26.9</b>
Adults %   2020		<b>36.8</b>	<b>30.3</b>	<b>30.0</b>
Seniors %   2020		<b>13.7</b>	<b>12.2</b>	<b>13.1</b>
Cannabis use - adults and seniors %   2020		<b>4.9</b>	<b>3.9</b>	<b>7.6</b>

## Sexual Activity

### >Youth

Youth - report they know when they are legally able to consent to sexual activity %   2024-2025	<b>60.9</b>	<b>67.2</b>	<b>70.3</b>
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	<b>95</b>	<b>125</b>

### All population

	Community	Zone 6	Province
Sexually transmitted infections - chlamydia Rate per 10,000 population   2019	Caraquet, Paquetville, Bertrand Area	Bathurst and Acadian Peninsula Area	New Brunswick
	S	17	29

## 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 %   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.

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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.

**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