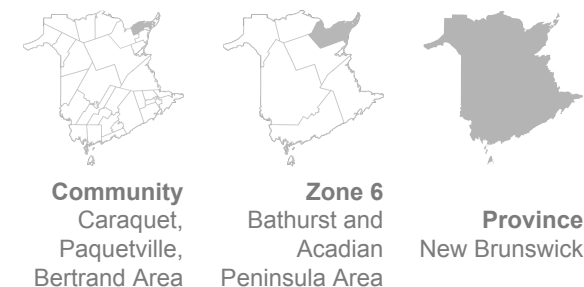


POPULATION HEALTH
Health behaviours



Healthy Eating

👤 Children



Eat breakfast daily % 2025-2026	53.5	52.3	49.6
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 % 2025-2026	64.9	60.9	65.0
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 Caraquet, Paquetville, Bertrand Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
🧑 Youth			
Eat breakfast daily % 2025-2026	38.3	41.6	36.6
Eat 5 or more servings of vegetables or fruit daily % 2025-2026	56.8	55.5	57.3
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
🧑 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

🧑 Children

Parents - are physically active with their children % 2016-2017	22.7	26.1	31.7
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	Community Caraquet, Paquetville, Bertrand Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
Moderate or vigorous physical activity % 2025-2026	25.2	25.6	28.2
Screen time, 2 hours or less per day % 2025-2026	25.4	23.9	23.5
Spends 3 hours or more playing video games % 2025-2026	18.7	22.4	22.9
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 % 2025-2026	20.8	22.9	24.3
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 % 2025-2026	61.7	60.6	59.5
Spends 3 hours or more playing games on an electronic device, weekdays % 2025-2026	27.7	26.4	24.6
Reads for fun every day % 2024-2025	43.6	49.9	55.4
Sleep 8 hours or more every night % 2025-2026	68.0	71.3	62.9
 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 % 2025-2026	12.0	11.9	11.1
Daily or occasional smoker % 2025-2026	8.1	6.1	6.3
Heavy drinking % 2025-2026	16.0	13.0	8.3
Cannabis use % 2025-2026	6.8	8.8	10.8
Drug use % 2024-2025	29.5	29.9	30.0

Community Caraquet, Paquetville, Bertrand Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
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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

Sexual Activity

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

All population

Community Caraquet, Paquetville, Bertrand Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
S	17	29

Sexually transmitted infections - chlamydia Rate per 10,000 population | 2019

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.

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