

POPULATION HEALTH

Health behaviours



Community
Shippagan,
Lamèque,
Inkerman Area



Zone 6
Bathurst and
Acadian
Peninsula Area



Province
New Brunswick

Healthy Eating

Children

Eat breakfast daily % 2023-2024	61.0	54.9	50.5
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % 2019-2020	40.8	n/a	n/a
Eat 5 or more servings of vegetables or fruit daily % 2023-2024	38.2	53.1	56.5
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % 2019-2020	31.1	n/a	n/a
Eat non-nutritious foods % 2023-2024	77.0	80.5	86.0
Drink sugary beverages % 2023-2024	57.2	65.3	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days % 2019-2020	66.5	n/a	n/a

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Youth

Eat breakfast daily % 2023-2024	39.0	38.8	35.6
Eat 5 or more servings of vegetables or fruit daily % 2023-2024	48.3	47.9	49.1
Ate meals while using an electronic device 7 times or more in the last 7 days % 2023-2024	18.2	17.3	20.3
Eat highly processed foods 1 time or less per day % 2023-2024	33.3	36.9	32.1
Drink sugary beverages % 2023-2024	68.5	65.9	67.7
Ate at a fast food place or restaurant 3 times or more in the last 7 days % 2023-2024	16.8	16.6	12.6

Adults and seniors

Eat 5 or more servings of vegetables or fruit daily % 2020	40.8	39.7	41.9
Adults % 2020	43.0	42.5	43.2
Seniors % 2020	35.8	36.5	38.5

Physical Activity, Sedentary Behaviours and Sleep

Children

Parents - are physically active with their children % 2019-2020	31.4	n/a	n/a
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	Community Shippagan, Lamèque, Inkerman Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
Moderate or vigorous physical activity % 2023-2024	12.8	16.8	21.9
Screen time, 2 hours or less per day % 2023-2024	17.1	24.7	25.8
Spends 3 hours or more playing video games % 2023-2024	23.7	19.1	18.4
Engages in leisure reading % 2023-2024	64.8	73.4	78.3
Sleep 9 hours or more every night % 2019-2020	73.1	n/a	n/a

Youth

Moderate or vigorous physical activity % 2023-2024	19.5	22.8	24.8
Screen time, 2 hours or less of leisure screen time per day % 2023-2024	26.0	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	16.7	16.1	14.8
Spends 3 hours or more per day on social media % 2023-2024	53.0	49.4	46.8
Spends 3 hours or more playing games on an electronic device, weekdays % 2023-2024	31.6	26.9	25.1
Reads for fun every day % 2022-2023	43.5	45.9	52.2
Sleep 8 hours or more every night % 2023-2024	66.3	63.4	55.6

Adults and seniors

	Community Shippagan, Lamèque, Inkerman Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
Moderate or vigorous physical activity % 2020	39.2	46.0	49.9
Adults % 2020	41.4	45.6	51.0
Seniors % 2020	44.6	49.3	47.4
Usually sleeps for 7 hours or more each night % 2020	72.7	69.1	59.1
Adults % 2020	74.3	66.1	58.3
Seniors % 2020	69.3	67.3	59.1

Tobacco, Alcohol and Drug Use

Youth

At risk of becoming a future smoker % 2023-2024	26.5	26.3	31.0
Daily or occasional vaper % 2023-2024	20.9	15.3	14.0
Daily or occasional smoker % 2023-2024	9.2	6.6	6.6
Heavy drinking % 2023-2024	21.8	15.3	12.0
Cannabis use % 2023-2024	13.9	11.6	14.3
Drug use % 2022-2023	32.2	32.7	29.4

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Adults and seniors

Daily or occasional smoker % 2020	17.7	17.3	17.5
Adults % 2020	20.7	20.8	19.9
Seniors % 2020	11.2	9.0	10.5
Heavy drinking % 2020	22.1	23.5	26.9
Adults % 2020	25.6	30.3	30.0
Seniors % 2020	13.9	12.2	13.1
Cannabis use - adults and seniors % 2020	3.0	3.9	7.6

Sexual Activity

Youth

Youth - report they know when they are legally able to consent to sexual activity % 2022-2023	71.7	73.1	75.3
Teens - gave birth Rate per 1,000 females 2019	S	6	10
Sexually transmitted infections - chlamydia Rate per 10,000 population aged 15 to 19 2019	S	95	125

All population

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Sexually transmitted infections - chlamydia Rate per 10,000 population 2019	S	17	29

Injury Prevention

 Youth

Wear a helmet when riding a bicycle % 2022-2023	11.7	21.5	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs % 2022-2023	22.7	16.9	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % 2022-2023	25.3	22.2	17.3

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