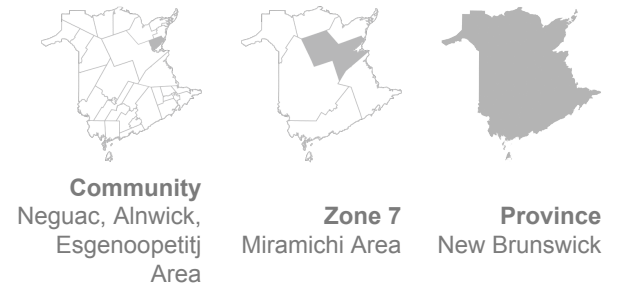


POPULATION HEALTH
Health behaviours



Healthy Eating

👤 Children

Eat breakfast daily % 2025-2026	49.2	39.6	49.6
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % 2019-2020	35.9	n/a	n/a
Eat 5 or more servings of vegetables or fruit daily % 2025-2026	58.0	63.5	65.0
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % 2019-2020	33.8	n/a	n/a
Eat non-nutritious foods % 2023-2024	93.1	89.9	86.0
Drink sugary beverages % 2023-2024	83.1	75.1	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days % 2019-2020	62.3	n/a	n/a

	Community Neguac, Alnwick, Esgenoopetitj Area	Zone 7 Miramichi Area	Province New Brunswick
🧑 Youth			
Eat breakfast daily % 2025-2026	35.8	28.8	36.6
Eat 5 or more servings of vegetables or fruit daily % 2025-2026	48.1	50.6	57.3
Ate meals while using an electronic device 7 times or more in the last 7 days % 2023-2024	21.4	23.6	20.3
Eat highly processed foods 1 time or less per day % 2024-2025	39.0	32.6	32.7
Drink sugary beverages % 2024-2025	69.9	71.5	68.0
Ate at a fast food place or restaurant 3 times or more in the last 7 days % 2023-2024	17.2	15.0	12.6
🧑 Adults and seniors			
Eat 5 or more servings of vegetables or fruit daily % 2020	38.4	38.1	41.9
Adults % 2020	42.1	39.7	43.2
Seniors % 2020	28.5	34.4	38.5
Physical Activity, Sedentary Behaviours and Sleep			
🧑 Children			
Parents - are physically active with their children % 2019-2020	29.2	n/a	n/a

	Community Neguac, Alnwick, Essex, Grand Falls Area	Zone 7 Miramichi Area	Province New Brunswick
Moderate or vigorous physical activity % 2025-2026	30.4	30.8	28.2
Screen time, 2 hours or less per day % 2025-2026	13.9	15.5	23.5
Spends 3 hours or more playing video games % 2025-2026	37.1	30.0	22.9
Engages in leisure reading % 2024-2025	67.0	77.7	79.4
Sleep 9 hours or more every night % 2019-2020	69.5	n/a	n/a
👤 Youth			
Moderate or vigorous physical activity % 2025-2026	21.0	24.1	24.3
Screen time, 2 hours or less of leisure screen time per day % 2023-2024	27.4	23.4	28.1
Screen time, 2 hours or less, weekdays % 2023-2024	15.9	13.5	15.8
Screen time, 2 hours or less, weekends % 2023-2024	20.0	12.4	14.8
Spends 3 hours or more per day on social media % 2025-2026	63.6	65.7	59.5
Spends 3 hours or more playing games on an electronic device, weekdays % 2025-2026	27.1	27.5	24.6
Reads for fun every day % 2024-2025	45.5	50.9	55.4
Sleep 8 hours or more every night % 2025-2026	65.1	57.3	62.9
👤 Adults and seniors			

	Community Neguac, Alnwick, Esgenoopetitj Area	Zone 7 Miramichi Area	Province New Brunswick
Moderate or vigorous physical activity % 2020	41.0	48.6	49.9
Adults % 2020	38.2	49.5	51.0
Seniors % 2020	48.5	46.1	47.4
Usually sleeps for 7 hours or more each night % 2020	57.1	63.0	59.1
Adults % 2020	56.2	61.6	58.3
Seniors % 2020	59.5	58.8	59.1

Tobacco, Alcohol and Drug Use

Youth

At risk of becoming a future smoker % 2023-2024	22.3	32.3	31.0
Daily or occasional vaper % 2025-2026	17.3	15.6	11.1
Daily or occasional smoker % 2025-2026	10.0	8.9	6.3
Heavy drinking % 2025-2026	13.7	13.3	8.3
Cannabis use % 2025-2026	12.3	14.7	10.8
Drug use % 2024-2025	32.4	30.1	30.0

	Community Neguac, Alnwick, Esgenoopetitj Area	Zone 7 Miramichi Area	Province New Brunswick
👤 Adults and seniors			
Daily or occasional smoker % 2020	19.3	21.2	17.5
Adults % 2020	21.4	25.3	19.9
Seniors % 2020	13.6	11.6	10.5
Heavy drinking % 2020	26.1	23.5	26.9
Adults % 2020	31.0	28.4	30.0
Seniors % 2020	12.8	14.2	13.1
Cannabis use - adults and seniors % 2020	4.9	5.5	7.6

Sexual Activity

👤 Youth

Youth - report they know when they are legally able to consent to sexual activity % 2024-2025	67.9	70.9	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	139	125

👥 All population

	Community Neguac, Alnwick, Esgenoopetitj Area	Zone 7 Miramichi Area	Province New Brunswick
Sexually transmitted infections - chlamydia Rate per 10,000 population 2019	S	21	29

Injury Prevention

Youth

Wear a helmet when riding a bicycle % 2022-2023	9.9	19.3	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs % 2024-2025	19.5	13.7	10.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % 2024-2025	25.4	17.2	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