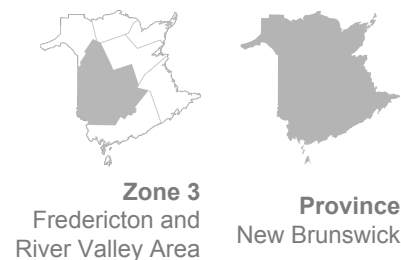


POPULATION HEALTH
Health behaviours



Healthy Eating

👤 Children

Eat breakfast daily % 2025-2026	45.7	49.6
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % 2016-2017	51.2	49.4
Eat 5 or more servings of vegetables or fruit daily % 2025-2026	66.0	65.0
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % 2016-2017	29.0	28.2
Eat non-nutritious foods % 2023-2024	88.6	86.0
Drink sugary beverages % 2023-2024	70.2	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days % 2016-2017	57.0	59.1

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
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Youth

Eat breakfast daily % 2025-2026	32.6	36.6
Eat 5 or more servings of vegetables or fruit daily % 2025-2026	56.6	57.3
Ate meals while using an electronic device 7 times or more in the last 7 days % 2023-2024	21.2	20.3
Eat highly processed foods 1 time or less per day % 2024-2025	30.1	32.7
Drink sugary beverages % 2024-2025	71.4	68.0
Ate at a fast food place or restaurant 3 times or more in the last 7 days % 2023-2024	12.1	12.6



Adults and seniors

Eat 5 or more servings of vegetables or fruit daily % 2020	43.6	41.9
Adults % 2020	45.1	43.2
Seniors % 2020	38.9	38.5

Physical Activity, Sedentary Behaviours and Sleep

Children

Parents - are physically active with their children % 2016-2017	34.3	31.7
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	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Moderate or vigorous physical activity % 2025-2026	31.0	28.2
Screen time, 2 hours or less per day % 2025-2026	23.4	23.5
Spends 3 hours or more playing video games % 2025-2026	23.5	22.9
Engages in leisure reading % 2024-2025	80.9	79.4
Sleep 9 hours or more every night % 2019-2020	n/a	n/a
 Youth		
Moderate or vigorous physical activity % 2025-2026	25.9	24.3
Screen time, 2 hours or less of leisure screen time per day % 2023-2024	28.6	28.1
Screen time, 2 hours or less, weekdays % 2023-2024	16.0	15.8
Screen time, 2 hours or less, weekends % 2023-2024	14.8	14.8
Spends 3 hours or more per day on social media % 2025-2026	58.9	59.5
Spends 3 hours or more playing games on an electronic device, weekdays % 2025-2026	25.1	24.6
Reads for fun every day % 2024-2025	56.0	55.4
Sleep 8 hours or more every night % 2025-2026	59.4	62.9
 Adults and seniors		

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Moderate or vigorous physical activity % 2020	52.5	49.9
Adults % 2020	54.7	51.0
Seniors % 2020	47.4	47.4
Usually sleeps for 7 hours or more each night % 2020	60.2	59.1
Adults % 2020	59.2	58.3
Seniors % 2020	58.6	59.1

Tobacco, Alcohol and Drug Use

Youth

At risk of becoming a future smoker % 2023-2024	33.4	31.0
Daily or occasional vaper % 2025-2026	11.8	11.1
Daily or occasional smoker % 2025-2026	7.1	6.3
Heavy drinking % 2025-2026	7.9	8.3
Cannabis use % 2025-2026	12.0	10.8
Drug use % 2024-2025	30.9	30.0

Zone 3
Fredericton and River Valley Area

Province
New Brunswick

Adults and seniors

Daily or occasional smoker % 2020	17.8	17.5
Adults % 2020	20.1	19.9
Seniors % 2020	9.9	10.5
Heavy drinking % 2020	23.9	26.9
Adults % 2020	27.0	30.0
Seniors % 2020	10.4	13.1
Cannabis use - adults and seniors % 2020	9.9	7.6

Sexual Activity

Youth

Youth - report they know when they are legally able to consent to sexual activity % 2024-2025	72.2	70.3
Teens - gave birth Rate per 1,000 females 2022	8	7
Sexually transmitted infections - chlamydia Rate per 10,000 population aged 15 to 19 2019	148	125

All population

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Sexually transmitted infections - chlamydia Rate per 10,000 population 2019	36	29

Injury Prevention

Youth

Wear a helmet when riding a bicycle % 2022-2023	29.7	28.2
Driver of an off-road vehicle - under the influence of alcohol or drugs % 2024-2025	10.9	10.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % 2024-2025	15.3	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