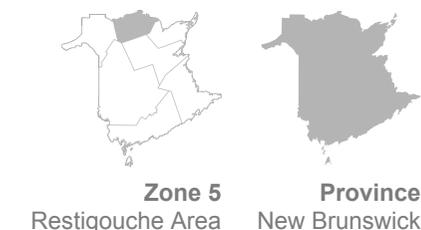


POPULATION HEALTH
Health behaviours



Healthy Eating

Children

Eat breakfast daily % 2025-2026	44.1	49.6
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % 2016-2017	46.5	49.4
Eat 5 or more servings of vegetables or fruit daily % 2025-2026	61.7	65.0
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % 2016-2017	27.7	28.2
Eat non-nutritious foods % 2023-2024	85.1	86.0
Drink sugary beverages % 2023-2024	68.4	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days % 2016-2017	59.4	59.1

Youth

	Zone 5 Restigouche Area	Province New Brunswick
Eat breakfast daily % 2025-2026	34.5	36.6
Eat 5 or more servings of vegetables or fruit daily % 2025-2026	56.7	57.3
Ate meals while using an electronic device 7 times or more in the last 7 days % 2023-2024	21.1	20.3
Eat highly processed foods 1 time or less per day % 2024-2025	32.2	32.7
Drink sugary beverages % 2024-2025	67.1	68.0
Ate at a fast food place or restaurant 3 times or more in the last 7 days % 2023-2024	14.5	12.6
👤 Adults and seniors		
Eat 5 or more servings of vegetables or fruit daily % 2020	43.4	41.9
Adults % 2020	45.5	43.2
Seniors % 2020	34.4	38.5

Physical Activity, Sedentary Behaviours and Sleep

👤 Children

Parents - are physically active with their children % 2016-2017	31.9	31.7
Moderate or vigorous physical activity % 2025-2026	31.5	28.2
Screen time, 2 hours or less per day % 2025-2026	22.5	23.5

	Zone 5 Restigouche Area	Province New Brunswick
Spends 3 hours or more playing video games % 2025-2026	27.4	22.9
Engages in leisure reading % 2024-2025	71.5	79.4
Sleep 9 hours or more every night % 2019-2020	n/a	n/a
🧑 Youth		
Moderate or vigorous physical activity % 2025-2026	22.2	24.3
Screen time, 2 hours or less of leisure screen time per day % 2023-2024	24.7	28.1
Screen time, 2 hours or less, weekdays % 2023-2024	11.9	15.8
Screen time, 2 hours or less, weekends % 2023-2024	12.9	14.8
Spends 3 hours or more per day on social media % 2025-2026	66.7	59.5
Spends 3 hours or more playing games on an electronic device, weekdays % 2025-2026	31.2	24.6
Reads for fun every day % 2024-2025	43.5	55.4
Sleep 8 hours or more every night % 2025-2026	64.3	62.9
🧑 Adults and seniors		
Moderate or vigorous physical activity % 2020	49.3	49.9
Adults % 2020	49.8	51.0
Seniors % 2020	48.6	47.4

	Zone 5 Restigouche Area	Province New Brunswick
Usually sleeps for 7 hours or more each night % 2020	55.5	59.1
Adults % 2020	53.1	58.3
Seniors % 2020	57.5	59.1

Tobacco, Alcohol and Drug Use

Youth

At risk of becoming a future smoker % 2023-2024	30.0	31.0
Daily or occasional vaper % 2025-2026	14.8	11.1
Daily or occasional smoker % 2025-2026	9.8	6.3
Heavy drinking % 2025-2026	10.9	8.3
Cannabis use % 2025-2026	13.9	10.8
Drug use % 2024-2025	28.8	30.0

Adults and seniors

Daily or occasional smoker % 2020	20.1	17.5
Adults % 2020	22.1	19.9
Seniors % 2020	16.2	10.5

	Zone 5 Restigouche Area	Province New Brunswick
Heavy drinking % 2020	27.3	26.9
Adults % 2020	32.6	30.0
Seniors % 2020	15.3	13.1
Cannabis use - adults and seniors % 2020	7.6	7.6

Sexual Activity

Youth

Youth - report they know when they are legally able to consent to sexual activity % 2024-2025	67.8	70.3
Teens - gave birth Rate per 1,000 females 2022	15	7
Sexually transmitted infections - chlamydia Rate per 10,000 population aged 15 to 19 2019	69	125

All population

Sexually transmitted infections - chlamydia Rate per 10,000 population 2019	15	29
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Injury Prevention

Youth

Wear a helmet when riding a bicycle % 2022-2023	19.0	28.2
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	Zone 5 Restigouche Area	Province New Brunswick
Driver of an off-road vehicle - under the influence of alcohol or drugs % 2024-2025	14.1	10.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % 2024-2025	17.5	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