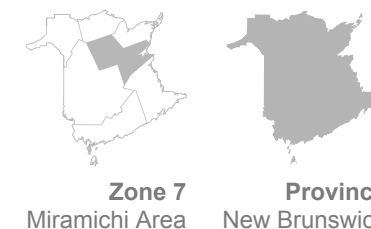


POPULATION HEALTH
Health behaviours



Healthy Eating

Children

Eat breakfast daily % 2025-2026	39.6	49.6
Eat 5 or more servings of vegetables or fruit daily - parents' point of view % 2016-2017	42.0	49.4
Eat 5 or more servings of vegetables or fruit daily % 2025-2026	63.5	65.0
Eat meals while watching television 3 times or more in the last 7 days - parents' point of view % 2016-2017	35.0	28.2
Eat non-nutritious foods % 2023-2024	89.9	86.0
Drink sugary beverages % 2023-2024	75.1	67.2
Parents - ate at a fast food place at least once with their child in the last 7 days % 2016-2017	66.2	59.1

Youth

	Zone 7 Miramichi Area	Province New Brunswick
Eat breakfast daily % 2025-2026	28.8	36.6
Eat 5 or more servings of vegetables or fruit daily % 2025-2026	50.6	57.3
Ate meals while using an electronic device 7 times or more in the last 7 days % 2023-2024	23.6	20.3
Eat highly processed foods 1 time or less per day % 2024-2025	32.6	32.7
Drink sugary beverages % 2024-2025	71.5	68.0
Ate at a fast food place or restaurant 3 times or more in the last 7 days % 2023-2024	15.0	12.6
👤 Adults and seniors		
Eat 5 or more servings of vegetables or fruit daily % 2020	38.1	41.9
Adults % 2020	39.7	43.2
Seniors % 2020	34.4	38.5

Physical Activity, Sedentary Behaviours and Sleep

👨👩 Children

Parents - are physically active with their children % 2016-2017	37.2	31.7
Moderate or vigorous physical activity % 2025-2026	30.8	28.2
Screen time, 2 hours or less per day % 2025-2026	15.5	23.5

	Zone 7 Miramichi Area	Province New Brunswick
Spends 3 hours or more playing video games % 2025-2026	30.0	22.9
Engages in leisure reading % 2024-2025	77.7	79.4
Sleep 9 hours or more every night % 2019-2020	n/a	n/a
🧑 Youth		
Moderate or vigorous physical activity % 2025-2026	24.1	24.3
Screen time, 2 hours or less of leisure screen time per day % 2023-2024	23.4	28.1
Screen time, 2 hours or less, weekdays % 2023-2024	13.5	15.8
Screen time, 2 hours or less, weekends % 2023-2024	12.4	14.8
Spends 3 hours or more per day on social media % 2025-2026	65.7	59.5
Spends 3 hours or more playing games on an electronic device, weekdays % 2025-2026	27.5	24.6
Reads for fun every day % 2024-2025	50.9	55.4
Sleep 8 hours or more every night % 2025-2026	57.3	62.9
🧑 Adults and seniors		
Moderate or vigorous physical activity % 2020	48.6	49.9
Adults % 2020	49.5	51.0
Seniors % 2020	46.1	47.4

	Zone 7 Miramichi Area	Province New Brunswick
Usually sleeps for 7 hours or more each night % 2020	63.0	59.1
Adults % 2020	61.6	58.3
Seniors % 2020	58.8	59.1

Tobacco, Alcohol and Drug Use

Youth

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

Adults and seniors

Daily or occasional smoker % 2020	21.2	17.5
Adults % 2020	25.3	19.9
Seniors % 2020	11.6	10.5

	Zone 7 Miramichi Area	Province New Brunswick
Heavy drinking % 2020	23.5	26.9
Adults % 2020	28.4	30.0
Seniors % 2020	14.2	13.1
Cannabis use - adults and seniors % 2020	5.5	7.6

Sexual Activity

Youth

Youth - report they know when they are legally able to consent to sexual activity % 2024-2025	70.9	70.3
Teens - gave birth Rate per 1,000 females 2022	9	7
Sexually transmitted infections - chlamydia Rate per 10,000 population aged 15 to 19 2019	139	125

All population

Sexually transmitted infections - chlamydia Rate per 10,000 population 2019	21	29
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Injury Prevention

Youth

Wear a helmet when riding a bicycle % 2022-2023	19.3	28.2
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	Zone 7 Miramichi Area	Province New Brunswick
Driver of an off-road vehicle - under the influence of alcohol or drugs % 2024-2025	13.7	10.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs % 2024-2025	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