POPULATION HEALTH
Health behaviours

Zone 7
Miramichi Area

Province
New Brunswick
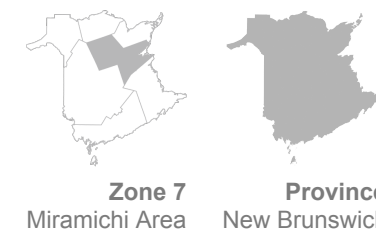
Healthy Eating

👫 Children

	Zone 7	Province
Eat breakfast daily % | 2023-2024	**44.6**	**50.5**
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 % | 2023-2024	**54.9**	**56.5**
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

New Brunswick | Conseil de la santé
Health Council | du Nouveau-Brunswick

	Zone 7 Miramichi Area	Province New Brunswick
Eat breakfast daily % | 2023-2024	29.2	35.6
Eat 5 or more servings of vegetables or fruit daily % | 2023-2024	44.6	49.1
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 % | 2023-2024	30.2	32.1
Drink sugary beverages % | 2023-2024	72.6	67.7
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

	Zone 7 Miramichi Area	Province New Brunswick
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

	Zone 7 Miramichi Area	Province New Brunswick
Parents - are physically active with their children % | 2016-2017	37.2	31.7
Moderate or vigorous physical activity % | 2023-2024	24.4	21.9
Screen time, 2 hours or less per day % | 2023-2024	18.2	25.8

	Zone 7 Miramichi Area	Province New Brunswick
Spends 3 hours or more playing video games % | 2023-2024	19.5	18.4
Engages in leisure reading % | 2023-2024	76.5	78.3
Sleep 9 hours or more every night % | 2019-2020	n/a	n/a

Youth

	Zone 7 Miramichi Area	Province New Brunswick
Moderate or vigorous physical activity % | 2023-2024	25.6	24.8
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 % | 2023-2024	51.3	46.8
Spends 3 hours or more playing games on an electronic device, weekdays % | 2023-2024	27.0	25.1
Reads for fun every day % | 2022-2023	47.7	52.2
Sleep 8 hours or more every night % | 2023-2024	50.9	55.6

Adults and seniors

	Zone 7 Miramichi Area	Province New Brunswick
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 % | 2023-2024	16.7	14.0
Daily or occasional smoker % | 2023-2024	8.7	6.6
Heavy drinking % | 2023-2024	15.4	12.0
Cannabis use % | 2023-2024	17.7	14.3
Drug use % | 2022-2023	26.9	29.4

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 % | 2022-2023	**72.9**	**75.3**
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**

Injury Prevention

👤 Youth

Wear a helmet when riding a bicycle % | 2022-2023	**19.3**	**28.2**

	Zone 7 Miramichi Area	Province New Brunswick
Driver of an off-road vehicle - under the influence of alcohol or drugs %	2022-2023	**14.6**	**11.5**
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs %	2022-2023	**19.8**	**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.

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