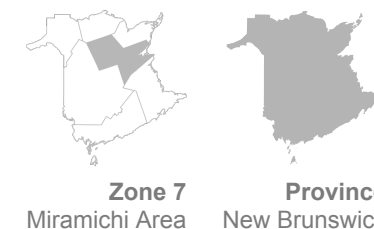


## POPULATION HEALTH

# Health behaviours



## Healthy Eating

### 👤 Children

Eat breakfast daily %   2024-2025	42.7	50.0
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

	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 %   2024-2025	44.2	52.3
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
<b>👤 Adults and seniors</b>		
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 %   2023-2024	24.4	21.9
Screen time, 2 hours or less per day %   2024-2025	18.8	23.6

	<b>Zone 7 Miramichi Area</b>	<b>Province New Brunswick</b>
Spends 3 hours or more playing video games %   2024-2025	<b>27.7</b>	<b>22.7</b>
Engages in leisure reading %   2024-2025	<b>77.7</b>	<b>79.4</b>
Sleep 9 hours or more every night %   2019-2020	n/a	n/a
<b> Youth</b>		
Moderate or vigorous physical activity %   2024-2025	<b>24.6</b>	<b>23.9</b>
Screen time, 2 hours or less of leisure screen time per day %   2023-2024	<b>23.4</b>	<b>28.1</b>
Screen time, 2 hours or less, weekdays %   2023-2024	<b>13.5</b>	<b>15.8</b>
Screen time, 2 hours or less, weekends %   2023-2024	<b>12.4</b>	<b>14.8</b>
Spends 3 hours or more per day on social media %   2024-2025	<b>63.8</b>	<b>57.2</b>
Spends 3 hours or more playing games on an electronic device, weekdays %   2024-2025	<b>26.4</b>	<b>24.3</b>
Reads for fun every day %   2024-2025	<b>50.9</b>	<b>55.4</b>
Sleep 8 hours or more every night %   2024-2025	<b>54.9</b>	<b>61.4</b>
<b> Adults and seniors</b>		
Moderate or vigorous physical activity %   2020	<b>48.6</b>	<b>49.9</b>
Adults %   2020	<b>49.5</b>	<b>51.0</b>
Seniors %   2020	<b>46.1</b>	<b>47.4</b>

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

## Tobacco, Alcohol and Drug Use

### Youth

At risk of becoming a future smoker %   2023-2024	<b>32.3</b>	<b>31.0</b>
Daily or occasional vaper %   2024-2025	<b>15.5</b>	<b>12.0</b>
Daily or occasional smoker %   2024-2025	<b>7.1</b>	<b>6.2</b>
Heavy drinking %   2024-2025	<b>13.3</b>	<b>8.7</b>
Cannabis use %   2024-2025	<b>14.6</b>	<b>11.3</b>
Drug use %   2024-2025	<b>30.1</b>	<b>30.0</b>

### Adults and seniors

Daily or occasional smoker %   2020	<b>21.2</b>	<b>17.5</b>
Adults %   2020	<b>25.3</b>	<b>19.9</b>
Seniors %   2020	<b>11.6</b>	<b>10.5</b>

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

## Sexual Activity

### Youth

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

### All population

Sexually transmitted infections - chlamydia Rate per 10,000 population   2019	<b>21</b>	<b>29</b>
---	-----------	-----------

## Injury Prevention

### Youth

Wear a helmet when riding a bicycle %   2022-2023	<b>19.3</b>	<b>28.2</b>
---	-------------	-------------

	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.

.....

**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