

Students in grades 4 and 5 who reported eating breakfast daily

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	49.6	50.0	50.5	51.0
Health zones				
Zone 1 - Moncton and South-East Area	53.0	51.0	53.8	52.0
Zone 2 - Fundy Shore and Saint John Area	48.2	50.1	49.5	52.8
Zone 3 - Fredericton and River Valley Area	45.7	47.3	46.4	47.5
Zone 4 - Madawaska and North-West Area	S	56.0	52.5	56.7
Zone 5 - Restigouche Area	44.1	47.0	51.9	42.6
Zone 6 - Bathurst and Acadian Peninsula Area	52.3	54.9	54.9	53.9
Zone 7 - Miramichi Area	39.6	42.7	44.6	45.9
Communities				
Bathurst, Beresford, Petit-Rocher Area	53.4	55.2	53.5	52.8
Bouctouche, Richibucto, Saint-Antoine Area	45.7	48.8	60.0	51.0
Campbellton, Atholville, Tide Head Area	44.0	47.8	53.9	41.3
Caraquet, Paquetville, Bertrand Area	53.5	53.3	56.8	55.9
Dalhousie, Balmoral, Belledune Area	44.4	46.0	49.4	44.3
Dieppe and Memramcook	58.6	55.7	54.9	58.7
Douglas, Saint Marys, Doaktown Area	29.9	26.2	29.8	36.6
Edmundston, Rivière-Verte, Lac Baker Area	S	57.6	58.1	55.5
Florenceville-Bristol, Woodstock, Wakefield Area	41.4	41.8	45.9	42.9
Fredericton	51.7	53.6	51.0	51.6
Grand Bay-Westfield, Westfield, Greenwich Area	54.5	56.0	52.4	51.1
Grand Falls, Saint-Léonard, Drummond Area	S	51.8	45.6	54.2

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Hillsborough, Riverside-Albert, Alma Area	36.6	43.2	47.1	50.6
Kedgwick, Saint-Quentin and Grimmer	S	61.5	49.2	65.7
Minto, Chipman, Cambridge-Narrows Area	31.4	30.3	31.7	25.7
Miramichi, Rogersville, Blackville Area	38.2	43.9	43.4	47.5
Moncton	53.7	51.4	54.3	52.2
Nackawic, McAdam, Canterbury Area	42.8	39.6	42.4	47.0
Neguac, Alnwick, Esgenooetitj Area	49.2	32.3	58.5	27.6
New Maryland, Kingsclear, Lincoln Area	51.8	51.1	50.1	49.9
Oromocto, Gagetown, Fredericton Junction Area	41.6	46.8	45.1	50.1
Perth-Andover, Plaster Rock, Tobique Area	21.2	32.8	28.5	36.7
Quispamsis, Rothesay, Hampton Area	55.7	57.4	57.1	59.6
Riverview and Coverdale	50.3	49.6	52.2	47.2
Sackville, Dorchester, Port Elgin Area	45.9	42.2	48.6	46.2
Saint John, Simonds and Musquash	48.0	49.7	50.0	52.6
Salisbury and Petitcodiac	52.6	50.3	45.6	47.1
Shediac, Beaubassin East and Cap-Pelé	46.5	46.7	49.6	45.1
Shippagan, Lamèque, Inkerman Area	58.6	56.9	61.0	48.2
St. George, Grand Manan, Blacks Harbour Area	36.9	34.4	29.7	38.1
St. Stephen, Saint Andrews, Campobello Island Area	39.9	41.2	40.5	45.8
Sussex, Norton, Sussex Corner Area	41.8	45.4	43.8	50.2
Tracadie and Saint-Isidore	44.3	54.1	52.7	57.6
School districts				
Anglophone East School District	48.9	46.3	47.7	47.9
Anglophone North School District	38.8	40.2	42.2	44.5

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Anglophone South School District	47.7	49.9	49.5	52.5
Anglophone West School District	44.4	45.7	43.9	45.9
Anglophone sector	46.1	46.6	46.5	48.4
District scolaire francophone Nord-Est	53.8	56.9	57.8	52.3
District scolaire francophone Nord-Ouest	S	59.6	58.1	61.2
District scolaire francophone Sud	58.8	58.4	61.3	57.9
Francophone sector	58.1	58.2	59.9	56.9
Grades				
Grade 4	50.1	51.3	50.6	52.1
Grade 5	49.2	48.7	50.4	49.9
Gender				
Female	50.0	49.6	50.4	51.1
Male	49.7	51.1	51.3	51.7
Non-binary	45.2	n/a	n/a	36.6
Indigenous identity				
Indigenous	41.0	43.9	42.5	40.6
Immigrant				
Immigrants	49.0	47.1	47.5	49.4

About

This indicator is the percentage of students in grades 4 and 5 who reported eating breakfast daily.

Source

Student Wellness and Education Survey, Grades 4-5

Calculations

This indicator is calculated by dividing the number of respondents who answered "7+ times" by the number of respondents who answered "none, 1 time, 2 times, 3 times, 4 times, 5 times, 6 times or 7+ times" to the question: Last week, how many times did you eat breakfast?

Notes

Due to a low school participation rate in some areas of the province for the 2025-2026 edition of this survey, survey results are not available for District scolaire francophone Nord-Ouest (school district), Madawaska and North-West Area (health zone), Kedgwick, Saint-Quentin and Grimmer (community), Grand Falls, Saint-Léonard, Drummond Area (community), and Edmundston, Rivière-Verte, Lac Baker Area (community). The 2019-2020 edition of this survey was conducted during the COVID-19 pandemic. Since the number of schools that participated in 2019-2020 is much lower than other editions of the survey, results at the provincial level were deemed not representative of the total student population. Therefore, survey results for New Brunswick, health zones and demographic groups are not available for the 2019-2020 edition. However, 2019-2020 results are available for communities in which the number of participating schools was deemed sufficient to be representative of the student population in that community.

Unit	Interpretation	NBHC code
%	Higher is better	SE_EAT04_1

Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size