

Students in grades 4 and 5 who have a high level of mental fitness

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	22.4	21.2	19.8	21.0
Health zones				
Zone 1 - Moncton and South-East Area	22.4	22.3	20.2	20.1
Zone 2 - Fundy Shore and Saint John Area	23.0	20.0	18.7	20.2
Zone 3 - Fredericton and River Valley Area	22.1	20.5	17.1	19.4
Zone 4 - Madawaska and North-West Area	S	26.4	26.4	28.6
Zone 5 - Restigouche Area	22.9	19.7	18.7	24.6
Zone 6 - Bathurst and Acadian Peninsula Area	25.6	24.4	27.5	26.9
Zone 7 - Miramichi Area	19.7	13.9	17.7	18.6
Communities				
Bathurst, Beresford, Petit-Rocher Area	21.0	23.9	22.0	21.6
Bouctouche, Richibucto, Saint-Antoine Area	22.4	22.2	19.8	16.3
Campbellton, Atholville, Tide Head Area	23.7	14.6	16.2	27.7
Caraquet, Paquetville, Bertrand Area	39.6	26.7	24.6	25.7
Dalhousie, Balmoral, Belledune Area	22.0	26.6	21.9	20.4
Dieppe and Memramcook	26.1	27.3	20.0	23.3
Douglas, Saint Marys, Doaktown Area	25.4	17.1	18.7	15.1
Edmundston, Rivière-Verte, Lac Baker Area	S	29.3	32.3	26.7
Florenceville-Bristol, Woodstock, Wakefield Area	20.1	18.6	14.9	13.2
Fredericton	23.8	23.5	19.1	23.8
Grand Bay-Westfield, Westfield, Greenwich Area	22.1	15.4	11.2	14.5
Grand Falls, Saint-Léonard, Drummond Area	S	21.7	18.4	29.9

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Hillsborough, Riverside-Albert, Alma Area	27.5	23.6	15.2	28.8
Kedgwick, Saint-Quentin and Grimmer	S	28.0	25.1	30.1
Minto, Chipman, Cambridge-Narrows Area	9.6	24.4	18.8	16.6
Miramichi, Rogersville, Blackville Area	19.9	14.6	17.8	18.0
Moncton	22.3	23.0	22.5	20.9
Nackawic, McAdam, Canterbury Area	16.6	22.9	11.7	16.9
Neguac, Alnwick, Esgenoopetitj Area	18.0	8.7	16.6	24.4
New Maryland, Kingsclear, Lincoln Area	26.2	19.2	18.4	20.7
Oromocto, Gagetown, Fredericton Junction Area	19.7	15.3	13.6	16.8
Perth-Andover, Plaster Rock, Tobique Area	23.9	14.8	14.4	12.0
Quispamsis, Rothesay, Hampton Area	24.6	18.6	22.1	21.3
Riverview and Coverdale	16.8	14.1	16.0	17.4
Sackville, Dorchester, Port Elgin Area	23.5	16.1	14.3	16.7
Saint John, Simonds and Musquash	25.1	21.4	18.8	22.7
Salisbury and Petitcodiac	21.9	19.3	20.2	17.5
Shediac, Beaubassin East and Cap-Pelé	17.2	20.2	15.7	14.4
Shippagan, Lamèque, Inkerman Area	25.1	20.8	33.2	26.3
St. George, Grand Manan, Blacks Harbour Area	12.1	16.3	15.1	15.8
St. Stephen, Saint Andrews, Campobello Island Area	15.2	22.8	15.9	17.9
Sussex, Norton, Sussex Corner Area	23.4	20.5	16.3	15.4
Tracadie and Saint-Isidore	26.2	25.9	35.0	35.4
School districts				
Anglophone East School District	21.7	19.0	18.4	18.3
Anglophone North School District	18.7	17.0	16.3	18.5

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Anglophone South School District	23.4	20.2	18.5	19.6
Anglophone West School District	22.0	20.0	17.3	19.1
Anglophone sector	22.0	19.5	17.9	19.0
District scolaire francophone Nord-Est	27.1	23.5	27.9	28.2
District scolaire francophone Nord-Ouest	S	27.2	28.4	30.1
District scolaire francophone Sud	22.8	25.9	21.7	23.0
Francophone sector	23.1	25.5	24.4	25.6
Grades				
Grade 4	21.7	21.1	19.4	21.1
Grade 5	23.0	21.4	20.2	20.9
Gender				
Female	26.5	24.7	23.2	24.9
Male	19.2	18.7	17.3	17.9
Non-binary	13.7	n/a	n/a	13.4
Indigenous identity				
Indigenous	20.7	20.6	19.6	19.5
Immigrant				
Immigrants	25.7	22.5	22.1	24.9

About

This indicator is the percentage of students in grades 4 and 5 who have a high level of mental fitness.

Source

Student Wellness and Education Survey, Grades 4-5

Calculations

This indicator is calculated by dividing the number of respondents who have a total mental fitness score higher than a specified cutoff by the number of respondents who described their feelings and ideas for at least 5 of the following 9 questionnaire items: 'I feel I do things well at school', 'I like to spend time with my parents', 'I feel I do things well at home', 'I feel I have a choice about when and how to do my school work', 'I like to spend time with my teachers', 'I feel I have a choice about which activities to do with my friends', 'I feel I do things well when I am with my friends', 'I like to spend time with my friends' and 'I feel like I have a choice about when and how to do my household chores'. The response options for these 9 items are not like me, a little like me and a lot like me.

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_MEFHI_1

Caption

n/a = Not applicable / not available

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