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

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	**15.8**	**15.9**	**16.6**	**16.3**
Health zones				
Zone 1 - Moncton and South-East Area	**15.5**	**14.9**	**16.0**	**16.4**
Zone 2 - Fundy Shore and Saint John Area	**16.0**	**16.2**	**17.5**	**18.0**
Zone 3 - Fredericton and River Valley Area	**15.7**	**17.5**	**18.4**	**15.8**
Zone 4 - Madawaska and North-West Area	S	**13.7**	**13.1**	**13.8**
Zone 5 - Restigouche Area	**17.1**	**16.4**	**15.2**	**14.9**
Zone 6 - Bathurst and Acadian Peninsula Area	**12.5**	**13.5**	**11.7**	**13.5**
Zone 7 - Miramichi Area	**21.2**	**19.6**	**19.8**	**17.6**
Communities				
Bathurst, Beresford, Petit-Rocher Area	**11.1**	**14.6**	**13.8**	**17.0**
Bouctouche, Richibucto, Saint-Antoine Area	**17.6**	**16.5**	**14.6**	**19.4**
Campbellton, Atholville, Tide Head Area	**19.9**	**17.3**	**16.9**	**13.7**
Caraquet, Paquetville, Bertrand Area	**15.9**	**13.2**	**9.0**	**11.9**
Dalhousie, Balmoral, Belledune Area	**13.3**	**15.3**	**13.0**	**16.5**
Dieppe and Memramcook	**12.4**	**13.0**	**15.8**	**12.8**
Douglas, Saint Marys, Doaktown Area	**19.1**	**22.5**	**23.7**	**24.7**
Edmundston, Rivière-Verte, Lac Baker Area	S	**11.2**	**11.5**	**14.1**
Florenceville-Bristol, Woodstock, Wakefield Area	**16.7**	**18.4**	**23.4**	**17.7**
Fredericton	**13.0**	**16.0**	**16.0**	**12.5**
Grand Bay-Westfield, Westfield, Greenwich Area	**15.7**	**16.0**	**19.3**	**18.4**
Grand Falls, Saint-Léonard, Drummond Area	S	**18.2**	**15.3**	**13.7**

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Hillsborough, Riverside-Albert, Alma Area	**23.3**	**13.6**	**21.5**	**13.6**
Kedgwick, Saint-Quentin and Grimmer	S	**10.8**	**13.2**	**13.5**
Minto, Chipman, Cambridge-Narrows Area	**21.4**	**19.4**	**17.3**	**18.1**
Miramichi, Rogersville, Blackville Area	**21.9**	**19.0**	**20.6**	**18.4**
Moncton	**15.6**	**15.3**	**15.1**	**16.0**
Nackawic, McAdam, Canterbury Area	**17.4**	**15.2**	**15.6**	**16.5**
Neguac, Alnwick, Esgenoopetitj Area	**16.4**	**24.1**	**10.7**	S
New Maryland, Kingsclear, Lincoln Area	**13.6**	**14.5**	**17.4**	**15.8**
Oromocto, Gagetown, Fredericton Junction Area	**19.0**	**20.3**	**20.5**	**18.0**
Perth-Andover, Plaster Rock, Tobique Area	**26.4**	**24.6**	**21.5**	**23.6**
Quispamsis, Rothesay, Hampton Area	**12.8**	**15.6**	**16.2**	**16.5**
Riverview and Coverdale	**19.5**	**13.8**	**19.0**	**19.9**
Sackville, Dorchester, Port Elgin Area	**16.0**	**17.3**	**18.5**	**16.4**
Saint John, Simonds and Musquash	**15.5**	**16.2**	**17.5**	**17.6**
Salisbury and Petitcodiac	**15.4**	**17.0**	**17.4**	**21.4**
Shediac, Beaubassin East and Cap-Pelé	**15.1**	**14.8**	**15.8**	**19.8**
Shippagan, Lamèque, Inkerman Area	**12.6**	**15.3**	**16.1**	**13.9**
St. George, Grand Manan, Blacks Harbour Area	**23.3**	**22.2**	**19.2**	**21.0**
St. Stephen, Saint Andrews, Campobello Island Area	**21.0**	**15.1**	**21.3**	**14.9**
Sussex, Norton, Sussex Corner Area	**18.0**	**15.3**	**16.8**	**23.3**
Tracadie and Saint-Isidore	**12.9**	**10.4**	**7.6**	**9.8**

School districts

Anglophone East School District	**17.3**	**16.4**	**18.1**	**18.4**
Anglophone North School District	**20.4**	**20.0**	**20.1**	**19.7**

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Anglophone South School District	**16.2**	**16.5**	**17.5**	**18.4**
Anglophone West School District	**15.9**	**17.8**	**18.7**	**16.3**
Anglophone sector	**16.8**	**17.2**	**18.3**	**17.8**
District scolaire francophone Nord-Est	**11.9**	**12.7**	**10.2**	**11.3**
District scolaire francophone Nord-Ouest	S	**11.7**	**12.2**	**12.6**
District scolaire francophone Sud	**13.3**	**13.1**	**13.9**	**13.6**
Francophone sector	**13.4**	**12.8**	**12.6**	**12.8**
Grades				
Grade 4	**15.6**	**15.5**	**16.6**	**15.6**
Grade 5	**16.0**	**16.4**	**16.6**	**17.0**
Gender				
Female	**12.5**	**13.3**	**14.2**	**13.5**
Male	**17.9**	**17.2**	**17.9**	**17.9**
Non-binary	**25.0**	n/a	n/a	**27.4**
Indigenous identity				
Indigenous	**17.6**	**20.8**	**19.8**	**19.8**
Immigrant				
Immigrants	**13.5**	**14.9**	**15.7**	**14.4**

About

This indicator is the percentage of students in grades 4 and 5 who have a low 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 lower 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
%	Lower is better	SE_MEFLO_1

Caption
n/a = Not applicable / not available
S = Data suppressed due to confidentiality requirements and/or small sample size