

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

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
<b>Province</b>				
New Brunswick	61.9	62.8	63.6	62.7
<b>Health zones</b>				
Zone 1 - Moncton and South-East Area	62.1	62.8	63.9	63.5
Zone 2 - Fundy Shore and Saint John Area	60.9	63.8	63.8	61.8
Zone 3 - Fredericton and River Valley Area	62.2	62.0	64.4	64.7
Zone 4 - Madawaska and North-West Area	S	59.9	60.5	57.6
Zone 5 - Restigouche Area	60.0	63.8	66.2	60.5
Zone 6 - Bathurst and Acadian Peninsula Area	62.0	62.1	60.8	59.5
Zone 7 - Miramichi Area	59.1	66.5	62.5	63.8
<b>Communities</b>				
Bathurst, Beresford, Petit-Rocher Area	67.8	61.5	64.1	61.4
Bouctouche, Richibucto, Saint-Antoine Area	60.1	61.3	65.6	64.3
Campbellton, Atholville, Tide Head Area	56.4	68.1	67.0	58.6
Caraquet, Paquetville, Bertrand Area	44.5	60.1	66.4	62.3
Dalhousie, Balmoral, Belledune Area	64.7	58.1	65.2	63.0
Dieppe and Memramcook	61.6	59.7	64.2	63.9
Douglas, Saint Marys, Doaktown Area	55.5	60.4	57.6	60.2
Edmundston, Rivière-Verte, Lac Baker Area	S	59.5	56.2	59.2
Florenceville-Bristol, Woodstock, Wakefield Area	63.2	63.0	61.6	69.1
Fredericton	63.1	60.5	64.9	63.8
Grand Bay-Westfield, Westfield, Greenwich Area	62.2	68.6	69.6	67.1
Grand Falls, Saint-Léonard, Drummond Area	S	60.1	66.3	56.4

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Hillsborough, Riverside-Albert, Alma Area	49.2	62.8	63.4	57.6
Kedgwick, Saint-Quentin and Grimmer	S	61.2	61.7	56.4
Minto, Chipman, Cambridge-Narrows Area	69.1	56.2	63.9	65.3
Miramichi, Rogersville, Blackville Area	58.2	66.4	61.6	63.6
Moncton	62.1	61.7	62.3	63.1
Nackawic, McAdam, Canterbury Area	66.0	61.8	72.7	66.5
Neguac, Alnwick, Esgenooetitj Area	65.6	67.1	72.7	66.0
New Maryland, Kingsclear, Lincoln Area	60.3	66.3	64.1	63.4
Oromocto, Gagetown, Fredericton Junction Area	61.3	64.3	65.9	65.1
Perth-Andover, Plaster Rock, Tobique Area	49.7	60.6	64.0	64.4
Quispamsis, Rothesay, Hampton Area	62.6	65.8	61.7	62.3
Riverview and Coverdale	63.7	72.2	65.0	62.7
Sackville, Dorchester, Port Elgin Area	60.6	66.6	67.2	66.8
Saint John, Simonds and Musquash	59.4	62.4	63.7	59.7
Salisbury and Petitcodiac	62.7	63.7	62.4	61.1
Shediac, Beaubassin East and Cap-Pelé	67.7	65.0	68.5	65.9
Shippagan, Lamèque, Inkerman Area	62.3	63.8	50.6	59.8
St. George, Grand Manan, Blacks Harbour Area	64.6	61.6	65.7	63.2
St. Stephen, Saint Andrews, Campobello Island Area	63.8	62.1	62.8	67.2
Sussex, Norton, Sussex Corner Area	58.6	64.2	67.0	61.2
Tracadie and Saint-Isidore	60.9	63.6	57.4	54.8
<b>School districts</b>				
Anglophone East School District	61.1	64.6	63.5	63.3
Anglophone North School District	60.8	63.0	63.5	61.9

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Anglophone South School District	60.4	63.3	63.9	62.0
Anglophone West School District	62.2	62.2	64.1	64.7
Anglophone sector	61.2	63.3	63.8	63.2
District scolaire francophone Nord-Est	61.0	63.8	61.9	60.5
District scolaire francophone Nord-Ouest	S	61.1	59.4	57.3
District scolaire francophone Sud	63.9	61.0	64.4	63.3
Francophone sector	63.4	61.8	62.9	61.6
<b>Grades</b>				
Grade 4	62.7	63.4	64.0	63.3
Grade 5	61.0	62.3	63.2	62.1
<b>Gender</b>				
Female	61.0	62.0	62.6	61.7
Male	62.9	64.1	64.8	64.1
Non-binary	61.3	n/a	n/a	59.3
<b>Indigenous identity</b>				
Indigenous	61.7	58.6	60.7	60.7
<b>Immigrant</b>				
Immigrants	60.8	62.6	62.2	60.7

## About

This indicator is the percentage of students in grades 4 and 5 who have a moderate 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 between 2 specified cutoffs 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_MEFMO_1

## Caption

n/a = Not applicable / not available

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