

Students in grades 4 and 5 who reported being physically active for at least 60 minutes per day in the last 7 days

Unit : %

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2019-2020	Academic Year 2016-2017
Province				
New Brunswick	28.2	21.9	n/a	23.2
Health zones				
Zone 1 - Moncton and South-East Area	24.9	20.7	n/a	22.5
Zone 2 - Fundy Shore and Saint John Area	31.3	23.7	n/a	24.6
Zone 3 - Fredericton and River Valley Area	31.0	23.8	n/a	24.3
Zone 4 - Madawaska and North-West Area	S	18.8	n/a	19.6
Zone 5 - Restigouche Area	31.5	19.0	n/a	28.0
Zone 6 - Bathurst and Acadian Peninsula Area	25.6	16.8	n/a	17.9
Zone 7 - Miramichi Area	30.8	24.4	n/a	26.4
Communities				
Bathurst, Beresford, Petit-Rocher Area	23.8	18.8	n/a	23.1
Bouctouche, Richibucto, Saint-Antoine Area	18.4	21.8	19.7	17.2
Campbellton, Atholville, Tide Head Area	32.1	20.8	n/a	31.7
Caraquet, Paquetville, Bertrand Area	25.2	15.8	n/a	16.1
Dalhousie, Balmoral, Belledune Area	30.8	16.7	n/a	25.5
Dieppe and Memramcook	18.1	14.2	n/a	22.9
Douglas, Saint Marys, Doaktown Area	28.5	22.4	26.2	23.9
Edmundston, Rivière-Verte, Lac Baker Area	S	18.3	27.6	20.8
Florenceville-Bristol, Woodstock, Wakefield Area	33.7	24.1	21.5	26.8
Fredericton	28.9	23.9	n/a	23.0
Grand Bay-Westfield, Westfield, Greenwich Area	36.5	32.0	n/a	24.0

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2019-2020	Academic Year 2016-2017
Grand Falls, Saint-Léonard, Drummond Area	S	16.2	15.6	16.8
Hillsborough, Riverside-Albert, Alma Area	25.8	24.4	n/a	23.7
Kedgwick, Saint-Quentin and Grimmer	S	27.3	n/a	21.5
Minto, Chipman, Cambridge-Narrows Area	30.3	28.5	26.4	19.6
Miramichi, Rogersville, Blackville Area	30.8	24.7	n/a	27.0
Moncton	26.0	21.8	n/a	23.1
Nackawic, McAdam, Canterbury Area	37.2	29.1	n/a	31.3
Neguac, Alnwick, Esgenoopetitj Area	30.4	20.8	20.6	20.3
New Maryland, Kingsclear, Lincoln Area	35.2	18.5	36.5	21.3
Oromocto, Gagetown, Fredericton Junction Area	28.4	23.9	n/a	27.7
Perth-Andover, Plaster Rock, Tobique Area	39.4	26.3	n/a	14.6
Quispamsis, Rothesay, Hampton Area	33.0	23.1	n/a	27.3
Riverview and Coverdale	34.2	23.1	18.8	27.7
Sackville, Dorchester, Port Elgin Area	33.0	24.7	21.5	25.0
Saint John, Simonds and Musquash	30.8	23.6	n/a	24.3
Salisbury and Petitcodiac	29.5	26.8	n/a	26.0
Shediac, Beaubassin East and Cap-Pelé	24.5	18.3	n/a	16.7
Shippagan, Lamèque, Inkerman Area	24.8	12.8	19.1	9.1
St. George, Grand Manan, Blacks Harbour Area	25.7	21.6	n/a	21.3
St. Stephen, Saint Andrews, Campobello Island Area	32.5	19.7	15.8	22.5
Sussex, Norton, Sussex Corner Area	28.7	25.8	26.0	22.6
Tracadie and Saint-Isidore	30.4	16.5	20.1	16.0
School districts				
Anglophone East School District	29.5	23.7	n/a	26.4

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2019-2020	Academic Year 2016-2017
Anglophone North School District	31.5	25.5	n/a	27.8
Anglophone South School District	31.4	23.9	n/a	24.6
Anglophone West School District	32.2	24.3	n/a	24.2
Anglophone sector	31.2	24.1	n/a	25.2
District scolaire francophone Nord-Est	25.2	15.2	n/a	17.1
District scolaire francophone Nord-Ouest	S	18.7	n/a	20.2
District scolaire francophone Sud	18.8	16.6	n/a	19.1
Francophone sector	21.2	16.5	n/a	18.7
Grades				
Grade 4	28.1	22.0	n/a	n/a
Grade 5	28.3	21.8	n/a	n/a
Gender				
Female	24.0	17.1	n/a	19.1
Male	32.0	26.3	n/a	27.2
Non-binary	35.8	n/a	n/a	n/a
Indigenous identity				
Indigenous	33.0	29.8	n/a	n/a
Immigrant				
Immigrants	25.7	20.3	n/a	n/a

About

This indicator is the percentage of students in grades 4 and 5 who reported being physically active for at least 60 minutes per day in the last 7 days. This indicator is based on the Canadian 24 Hour Movement Guidelines for Children and Youth.

Source

Student Wellness and Education Survey, Grades 4-5

Calculations

This indicator is calculated by dividing the number of respondents who answered "7 days" by the number of respondents who answered "none, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days or 7 days" to the question: Being very physically active means doing activities that make you breathe hard and sweat, such as running, biking, playing sports, skating, dancing, swimming, etc. Last week, on how many days were you very physically active for a total of 60 minutes (1 hour: it can be done at 5-10 minutes at one time, or all at once)?

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_PHY01_1

Caption

n/a = Not applicable / not available

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