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