Citizens who take part in moderate or vigorous physical activity at least two and a half hours per week

Unit : %

	Year 2020	Year 2017	Year 2014
Province			
New Brunswick	**49.9**	**51.1**	**49.0**
Health zones			
Zone 1 - Moncton and South-East Area	**49.0**	**51.1**	**45.9**
Zone 2 - Fundy Shore and Saint John Area	**51.5**	**52.1**	**52.3**
Zone 3 - Fredericton and River Valley Area	**52.5**	**53.9**	**51.0**
Zone 4 - Madawaska and North-West Area	**43.7**	**47.2**	**49.2**
Zone 5 - Restigouche Area	**49.3**	**46.1**	**47.6**
Zone 6 - Bathurst and Acadian Peninsula Area	**46.0**	**48.3**	**49.2**
Zone 7 - Miramichi Area	**48.6**	**48.9**	**43.0**
Communities			
Bathurst, Beresford, Petit-Rocher Area	**49.2**	**51.9**	**53.9**
Bouctouche, Richibucto, Saint-Antoine Area	**46.6**	**49.3**	**45.8**
Campbellton, Atholville, Tide Head Area	**51.7**	**45.5**	**45.3**
Caraquet, Paquetville, Bertrand Area	**48.0**	**45.9**	**45.9**
Dalhousie, Balmoral, Belledune Area	**46.9**	**46.7**	**49.8**
Dieppe and Memramcook	**53.6**	**53.0**	**52.8**
Douglas, Saint Marys, Doaktown Area	**58.9**	**56.0**	**48.5**
Edmundston, Rivière-Verte, Lac Baker Area	**41.4**	**46.8**	**51.4**
Florenceville-Bristol, Woodstock, Wakefield Area	**48.2**	**51.8**	**45.3**
Fredericton	**53.6**	**54.2**	**51.9**
Grand Bay-Westfield, Westfield, Greenwich Area	**55.2**	**58.6**	**52.5**

	Year 2020	Year 2017	Year 2014
Grand Falls, Saint-Léonard, Drummond Area	**47.5**	**47.0**	**43.8**
Hillsborough, Riverside-Albert, Alma Area	**55.4**	**57.9**	**52.1**
Kedgwick, Saint-Quentin and Grimmer	**43.9**	**49.6**	**53.6**
Minto, Chipman, Cambridge-Narrows Area	**51.9**	**49.6**	**55.8**
Miramichi, Rogersville, Blackville Area	**50.1**	**50.5**	**45.2**
Moncton	**46.9**	**49.6**	**41.9**
Nackawic, McAdam, Canterbury Area	**49.8**	**51.1**	**45.8**
Neguac, Alnwick, Esgenoopetitj Area	**41.0**	**40.1**	**33.6**
New Maryland, Kingsclear, Lincoln Area	**57.4**	**55.7**	**53.9**
Oromocto, Gagetown, Fredericton Junction Area	**50.9**	**57.0**	**55.6**
Perth-Andover, Plaster Rock, Tobique Area	**46.9**	**50.8**	**50.9**
Quispamsis, Rothesay, Hampton Area	**49.4**	**54.4**	**56.0**
Riverview and Coverdale	**47.7**	**53.3**	**46.6**
Sackville, Dorchester, Port Elgin Area	**53.3**	**51.1**	**50.0**
Saint John, Simonds and Musquash	**49.2**	**50.0**	**51.5**
Salisbury and Petitcodiac	**42.3**	**48.1**	**35.5**
Shediac, Beaubassin East and Cap-Pelé	**51.2**	**51.9**	**49.2**
Shippagan, Lamèque, Inkerman Area	**39.2**	**40.9**	**44.4**
St. George, Grand Manan, Blacks Harbour Area	**55.1**	**49.3**	**47.6**
St. Stephen, Saint Andrews, Campobello Island Area	**56.6**	**52.9**	**52.5**
Sussex, Norton, Sussex Corner Area	**55.5**	**52.9**	**51.6**
Tracadie and Saint-Isidore	**44.8**	**49.1**	**46.4**
Age			
18-64	**51.0**	**52.2**	**49.7**

	Year 2020	Year 2017	Year 2014
65 and over	**47.4**	**47.4**	**46.0**
Sex at birth			
Female	**45.4**	**45.5**	**44.5**
Male	**55.2**	**57.0**	**53.8**
Sexual identity			
Minority sexual identity	**40.1**	n/a	n/a
Heterosexual	**50.6**	n/a	n/a
Language			
Preferred language of service: English	**50.7**	**51.9**	**48.6**
Preferred language of service: French	**47.4**	**48.1**	**49.8**
Indigenous identity			
Indigenous	**49.9**	**49.0**	**53.6**
Non-Indigenous	**49.9**	**51.1**	**48.9**
Immigrant			
Immigrants	**51.4**	**51.6**	n/a
Non-immigrants	**50.4**	**51.1**	n/a
Education level			
High school or less	**47.1**	**47.9**	**45.3**
Postsecondary	**51.8**	**53.2**	**51.3**
Household income			
Less than $25,000	**41.1**	**43.6**	**44.9**
$25,000 to less than $60,000	**50.7**	**51.3**	**46.9**
$60,000 or more	**54.3**	**54.9**	**52.8**

	Year 2020	Year 2017	Year 2014
Persons with a disability			
Without disability	**54.5**	**55.3**	**52.2**
With disability	**35.8**	**36.6**	**37.6**

About

This indicator is the percentage of citizens who take part in moderate or vigorous physical activity at least two and a half hours per week.

Source

Primary Health Survey and Primary Care Survey

Calculations

This indicator is calculated by dividing the number of respondents who answered "at least 2½ hours per week" by the number of respondents who answered "at least 2½ hours per week, at least 1 hour but less than 2½ hours per week, at least ½ an hour but less than 1 hour per week, for less than ½ an hour per week or I don't take part in any moderate or vigorous physical activity" to the question: Moderate and vigorous physical activities are activities that increase your heart rate and make you get out of breath and sweat. Thinking about the past month, what best describes your typical physical activity level?

Notes

The 2020 edition of the Primary Health Survey (PHS) was conducted during the COVID-19 pandemic. While the pandemic did not influence the survey's response rate, NBHC had to assess the impact of surveying during the pandemic. Accordingly, advanced statistical analyses were performed to allow for comparison between the results obtained in 2020 and those obtained in previous PHS cycles. Despite these analyses, users are advised to use the PHS 2020 data with caution, especially when creating estimates for small sub-populations or when comparing it to other PHS editions.

Unit	Interpretation	NBHC code
%	Higher is better	PH_PHY01_1

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