

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, Esgenooopetitj 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