Students in grades 6 to 12 who reported eating breakfast daily

Unit : %

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022	Academic Year 2018-2019
Province				
New Brunswick	**36.6**	**35.6**	**36.2**	**41.2**
Health zones				
Zone 1 - Moncton and South-East Area	**41.5**	**39.8**	**40.4**	**45.7**
Zone 2 - Fundy Shore and Saint John Area	**33.8**	**34.0**	**33.2**	**38.5**
Zone 3 - Fredericton and River Valley Area	**32.6**	**32.7**	**34.0**	**37.8**
Zone 4 - Madawaska and North-West Area	S	**36.8**	**36.9**	**50.0**
Zone 5 - Restigouche Area	**34.5**	**30.0**	**33.4**	**34.0**
Zone 6 - Bathurst and Acadian Peninsula Area	**41.6**	**38.8**	**40.0**	**44.9**
Zone 7 - Miramichi Area	**28.8**	**29.2**	**30.4**	**34.5**
Communities				
Bathurst, Beresford, Petit-Rocher Area	**41.4**	**40.2**	**39.7**	**43.3**
Bouctouche, Richibucto, Saint-Antoine Area	**33.5**	**33.2**	**35.5**	**41.6**
Campbellton, Atholville, Tide Head Area	**33.8**	**30.3**	**33.0**	**35.7**
Caraquet, Paquetville, Bertrand Area	**38.3**	**36.1**	**39.0**	**45.3**
Dalhousie, Balmoral, Belledune Area	**35.7**	**29.7**	**34.1**	**31.6**
Dieppe and Memramcook	**52.8**	**48.2**	**48.7**	**58.1**
Douglas, Saint Marys, Doaktown Area	**24.8**	**21.4**	**25.7**	**26.5**
Edmundston, Rivière-Verte, Lac Baker Area	S	**38.4**	**36.5**	**51.6**
Florenceville-Bristol, Woodstock, Wakefield Area	**26.9**	**29.8**	**26.9**	**35.6**
Fredericton	**37.6**	**37.0**	**39.2**	**42.7**
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	**45.0**	**53.8**
Grand Falls, Saint-Léonard, Drummond Area	**34.1**	**32.7**	**34.9**	**46.1**

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022	Academic Year 2018-2019
Hillsborough, Riverside-Albert, Alma Area	**26.8**	**26.4**	**29.1**	**36.6**
Kedgwick, Saint-Quentin and Grimmer	S	**41.1**	**44.0**	**47.4**
Minto, Chipman, Cambridge-Narrows Area	**21.5**	**21.5**	**25.4**	**33.3**
Miramichi, Rogersville, Blackville Area	**28.1**	**28.7**	**30.1**	**33.8**
Moncton	**43.3**	**41.4**	**40.9**	**45.5**
Nackawic, McAdam, Canterbury Area	**22.3**	**27.0**	**26.3**	**31.6**
Neguac, Alnwick, Esgenoopetitj Area	**35.8**	**33.2**	**32.6**	**40.2**
New Maryland, Kingsclear, Lincoln Area	**42.9**	**37.1**	**35.1**	**33.1**
Oromocto, Gagetown, Fredericton Junction Area	**28.4**	**31.0**	**32.3**	**34.9**
Perth-Andover, Plaster Rock, Tobique Area	**20.6**	**18.0**	**21.2**	**25.4**
Quispamsis, Rothesay, Hampton Area	**34.7**	**37.4**	**36.4**	**43.0**
Riverview and Coverdale	**35.0**	**39.0**	**39.8**	**43.5**
Sackville, Dorchester, Port Elgin Area	**33.8**	**33.0**	**38.8**	**41.2**
Saint John, Simonds and Musquash	**34.2**	**33.2**	**32.5**	**36.0**
Salisbury and Petitcodiac	**29.9**	**31.0**	**31.4**	**36.2**
Shediac, Beaubassin East and Cap-Pelé	**42.2**	**37.2**	**40.7**	**46.1**
Shippagan, Lamèque, Inkerman Area	**44.7**	**39.0**	**38.6**	**46.8**
St. George, Grand Manan, Blacks Harbour Area	**28.3**	**29.0**	**27.0**	**29.5**
St. Stephen, Saint Andrews, Campobello Island Area	**33.5**	**31.5**	**30.6**	**37.5**
Sussex, Norton, Sussex Corner Area	**30.9**	**32.5**	**30.1**	**38.9**
Tracadie and Saint-Isidore	**42.0**	**37.9**	**42.1**	**46.6**

School districts

Anglophone East School District	**36.4**	**38.2**	**37.8**	**42.3**
Anglophone North School District	**26.5**	**27.0**	**29.0**	**31.0**

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022	Academic Year 2018-2019
Anglophone South School District	**33.3**	**33.7**	**33.1**	**38.0**
Anglophone West School District	**30.7**	**31.6**	**32.8**	**36.5**
Anglophone sector	**32.5**	**33.4**	**33.6**	**37.7**
District scolaire francophone Nord-Est	**43.5**	**39.0**	**40.8**	**45.8**
District scolaire francophone Nord-Ouest	S	**38.5**	**37.5**	**51.5**
District scolaire francophone Sud	**50.6**	**43.7**	**45.2**	**52.5**
Francophone sector	**46.9**	**41.4**	**42.4**	**50.1**
Grades				
Grades 6 to 8	**45.4**	**43.1**	**43.8**	**50.5**
Grades 9 to 12	**30.4**	**30.3**	**30.5**	**34.7**
Gender				
Female	**31.0**	**30.1**	**31.4**	n/a
Male	**43.2**	**42.1**	**42.8**	n/a
Non-binary	**22.8**	**24.0**	**20.7**	n/a
Sex at birth				
Female	**30.3**	**29.3**	**29.9**	**35.8**
Male	**43.3**	**42.5**	**43.0**	**46.7**
2SLGBTQIA+ status				
2SLGBTQIA+	**23.3**	**24.3**	**27.0**	n/a
Indigenous identity				
Indigenous	**26.9**	**25.0**	**26.2**	**31.3**
Immigrant				
Immigrants	**44.1**	**44.0**	**43.0**	**45.4**

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022	Academic Year 2018-2019
Disability or special need				
Disability or special need	**32.9**	**33.7**	n/a	n/a
Racialized groups				
Racialized groups	**40.8**	**40.1**	n/a	n/a
Socioeconomic status				
High socioeconomic status	**43.5**	n/a	n/a	n/a
Low socioeconomic status	**27.8**	n/a	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who reported eating breakfast daily.

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator is calculated by dividing the number of respondents who answered "7+ times" by the number of respondents who answered "never, 1-2 times, 3-4 times, 5-6 times or 7+ times" to the question: In the last 7 days, how many times did you: c) Eat breakfast?

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), and Edmundston, Rivière-Verte, Lac Baker Area (community). Users are advised to exercise caution if comparing data from the community of Grand Bay-Westfield, Westfield, Greenwich Area to other New Brunswick communities. The data for the community of Grand Bay-Westfield, Westfield, Greenwich Area is based on students in grades 6 to 8, while data from the other communities are based on students in grades 6 to 12. Survey results are assigned to communities based on the location of the school. The community of Grand Bay-Westfield, Westfield, Greenwich Area does not have any schools with grades 9 to 12.

Unit	Interpretation	NBHC code
%	Higher is better	SH_EAT12_1

Caption

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