

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

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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

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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