

Students in grades 6 to 12 who have a high or moderate level of mental fitness

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2022-2023	Academic Year 2021-2022
Province				
New Brunswick	82.7	81.2	75.1	77.8
Health zones				
Zone 1 - Moncton and South-East Area	84.4	82.8	76.9	78.2
Zone 2 - Fundy Shore and Saint John Area	81.5	79.4	72.3	75.2
Zone 3 - Fredericton and River Valley Area	80.7	79.5	72.6	76.4
Zone 4 - Madawaska and North-West Area	S	85.2	82.0	85.1
Zone 5 - Restigouche Area	82.0	80.0	76.4	77.9
Zone 6 - Bathurst and Acadian Peninsula Area	85.5	83.6	77.9	82.9
Zone 7 - Miramichi Area	81.1	80.0	75.2	77.1
Communities				
Bathurst, Beresford, Petit-Rocher Area	84.0	80.1	75.3	80.4
Bouctouche, Richibucto, Saint-Antoine Area	82.8	80.4	76.5	76.8
Campbellton, Atholville, Tide Head Area	82.4	79.6	76.8	79.1
Caraquet, Paquetville, Bertrand Area	87.5	89.6	82.5	83.7
Dalhousie, Balmoral, Belledune Area	81.4	80.7	76.0	76.1
Dieppe and Memramcook	91.8	90.0	85.4	87.1
Douglas, Saint Marys, Doaktown Area	74.9	74.0	70.1	77.0
Edmundston, Rivière-Verte, Lac Baker Area	S	86.7	83.5	86.7
Florenceville-Bristol, Woodstock, Wakefield Area	82.7	82.7	74.1	77.3
Fredericton	83.3	81.4	74.7	78.6
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	n/a	79.4

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Grand Falls, Saint-Léonard, Drummond Area	83.4	82.4	77.8	81.0
Hillsborough, Riverside-Albert, Alma Area	76.4	74.4	69.8	70.3
Kedgwick, Saint-Quentin and Grimmer	S	86.6	87.5	88.3
Minto, Chipman, Cambridge-Narrows Area	71.6	73.3	68.1	72.9
Miramichi, Rogersville, Blackville Area	81.2	80.1	75.3	76.9
Moncton	84.3	83.7	77.2	77.8
Nackawic, McAdam, Canterbury Area	76.4	79.2	73.3	72.8
Neguac, Alnwick, Esgenoopetitj Area	79.5	79.3	74.0	78.3
New Maryland, Kingsclear, Lincoln Area	82.0	79.9	73.6	77.0
Oromocto, Gagetown, Fredericton Junction Area	76.2	76.1	68.1	71.9
Perth-Andover, Plaster Rock, Tobique Area	71.3	69.7	64.6	70.3
Quispamsis, Rothesay, Hampton Area	82.7	81.5	74.8	76.8
Riverview and Coverdale	81.0	80.2	71.0	74.8
Sackville, Dorchester, Port Elgin Area	82.4	76.1	70.2	74.6
Saint John, Simonds and Musquash	81.8	78.9	72.0	75.2
Salisbury and Petitcodiac	76.8	73.4	69.6	70.7
Shediac, Beaubassin East and Cap-Pelé	86.3	83.7	78.9	80.8
Shippagan, Lamèque, Inkerman Area	86.3	84.1	77.7	84.8
St. George, Grand Manan, Blacks Harbour Area	78.3	79.0	70.6	71.1
St. Stephen, Saint Andrews, Campobello Island Area	80.4	77.7	69.8	72.8
Sussex, Norton, Sussex Corner Area	78.3	77.0	70.1	74.3
Tracadie and Saint-Isidore	86.6	86.0	80.0	86.1
School districts				
Anglophone East School District	80.9	80.0	72.9	74.5

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Anglophone North School District	79.7	76.4	71.7	74.9
Anglophone South School District	81.2	79.0	72.0	75.0
Anglophone West School District	79.9	79.2	72.4	75.9
Anglophone sector	80.5	79.0	72.3	75.2
District scolaire francophone Nord-Est	85.8	85.2	79.9	83.5
District scolaire francophone Nord-Ouest	S	86.9	83.5	86.5
District scolaire francophone Sud	90.2	88.2	83.1	83.9
Francophone sector	88.5	87.1	82.2	84.3
Grades				
Grades 6 to 8	83.1	81.8	77.0	79.0
Grades 9 to 12	82.5	80.8	73.7	76.9
Gender				
Female	83.3	81.5	76.2	79.0
Male	84.2	82.8	77.3	80.6
Non-binary	56.5	54.5	49.2	50.8
Sex at birth				
Female	81.9	80.1	73.4	75.5
Male	84.0	82.8	77.2	80.5
2SLGBTQIA+ status				
2SLGBTQIA+	67.9	65.2	61.0	62.8
Indigenous identity				
Indigenous	75.7	71.9	66.3	69.4
Immigrant				

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Immigrants	85.2	83.8	78.6	80.0
Disability or special need				
Disability or special need	71.5	68.7	n/a	n/a
Racialized groups				
Racialized groups	82.7	81.4	n/a	n/a
Socioeconomic status				
High socioeconomic status	88.5	n/a	n/a	n/a
Low socioeconomic status	74.5	n/a	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who have a high or moderate level of mental fitness.

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator is calculated by dividing the number of respondents who have a total mental fitness score higher than a specified cutoff by the number of respondents who described their feelings and ideas for at least 9 of the following 18 questionnaire items: I feel I do things well at school, my teachers like me and care about me, I feel free to express myself at home, I feel my teachers think I am good at things, I like to spend time with my parents, I feel free to express myself with my friends, I feel I do things well at home, my parents like me and care about me, I feel I have a choice about when and how to do my schoolwork, I feel my parents think that I am good at things, I like to be with my teachers, I feel I have a choice about which activities to do with my friends, I feel I do things well when I am with my friends, my friends like me and care about me, I feel free to express myself at school, I feel my friends think I am good at things, I like to spend time with my friends and I feel like I have a choice about when and how to do my household chores. The response options for these 18 items are: : really false for me, sort of false for me, sort of true for me and really true for me.

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_MEFHM_1

Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size