

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 |

| | Academic Year 2025-2026 | Academic Year 2024-2025 | Academic Year 2022-2023 | Academic Year 2021-2022 |
|--|----------------------------|----------------------------|----------------------------|----------------------------|
| 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 | | | | |

| | Academic Year 2025-2026 | Academic Year 2024-2025 | Academic Year 2022-2023 | Academic Year 2021-2022 |
|-----------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 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