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**

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