Students in grades 6 to 12 who reported at least 60 minutes per day of moderate or vigorous intensity physical activity in the last 7 days

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	**24.3**	**23.9**	**24.8**	**23.7**
Health zones				
Zone 1 - Moncton and South-East Area	**23.6**	**23.7**	**25.0**	**23.1**
Zone 2 - Fundy Shore and Saint John Area	**24.9**	**23.0**	**24.7**	**24.2**
Zone 3 - Fredericton and River Valley Area	**25.9**	**26.1**	**25.5**	**26.0**
Zone 4 - Madawaska and North-West Area	S	**22.6**	**23.8**	**21.9**
Zone 5 - Restigouche Area	**22.2**	**21.5**	**22.7**	**19.3**
Zone 6 - Bathurst and Acadian Peninsula Area	**22.9**	**21.6**	**22.8**	**20.7**
Zone 7 - Miramichi Area	**24.1**	**24.6**	**25.6**	**23.4**
Communities				
Bathurst, Beresford, Petit-Rocher Area	**24.4**	**25.2**	**24.3**	**22.1**
Bouctouche, Richibucto, Saint-Antoine Area	**21.4**	**22.2**	**21.7**	**20.2**
Campbellton, Atholville, Tide Head Area	**22.1**	**21.7**	**22.7**	**20.7**
Caraquet, Paquetville, Bertrand Area	**20.8**	**18.7**	**21.7**	**19.5**
Dalhousie, Balmoral, Belledune Area	**22.5**	**21.3**	**22.8**	**17.4**
Dieppe and Memramcook	**24.4**	**24.4**	**25.0**	**23.3**
Douglas, Saint Marys, Doaktown Area	**31.7**	**27.9**	**25.4**	**27.6**
Edmundston, Rivière-Verte, Lac Baker Area	S	**22.6**	**24.0**	**21.8**
Florenceville-Bristol, Woodstock, Wakefield Area	**25.7**	**25.1**	**28.1**	**28.6**
Fredericton	**26.3**	**26.2**	**25.9**	**25.1**
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	n/a	n/a

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Grand Falls, Saint-Léonard, Drummond Area	**21.5**	**22.6**	**23.4**	**20.9**
Hillsborough, Riverside-Albert, Alma Area	**19.6**	**24.0**	**23.5**	**23.2**
Kedgwick, Saint-Quentin and Grimmer	S	**22.9**	**24.2**	**24.7**
Minto, Chipman, Cambridge-Narrows Area	**20.1**	**24.1**	**20.3**	**23.6**
Miramichi, Rogersville, Blackville Area	**24.4**	**24.9**	**25.8**	**24.2**
Moncton	**22.8**	**23.8**	**24.9**	**23.0**
Nackawic, McAdam, Canterbury Area	**22.1**	**23.5**	**25.5**	**26.0**
Neguac, Alnwick, Esgenoopetitj Area	**21.0**	**21.7**	**23.9**	**16.7**
New Maryland, Kingsclear, Lincoln Area	**33.0**	**32.0**	**30.7**	**32.8**
Oromocto, Gagetown, Fredericton Junction Area	**25.5**	**26.3**	**23.5**	**26.1**
Perth-Andover, Plaster Rock, Tobique Area	**22.3**	**26.0**	**20.0**	**22.4**
Quispamsis, Rothesay, Hampton Area	**27.7**	**24.9**	**26.9**	**25.8**
Riverview and Coverdale	**24.6**	**24.6**	**26.8**	**25.4**
Sackville, Dorchester, Port Elgin Area	**27.2**	**22.5**	**22.6**	**20.6**
Saint John, Simonds and Musquash	**22.2**	**21.8**	**23.4**	**23.8**
Salisbury and Petitcodiac	**28.1**	**25.2**	**31.2**	**25.6**
Shediac, Beaubassin East and Cap-Pelé	**24.4**	**22.8**	**24.7**	**24.2**
Shippagan, Lamèque, Inkerman Area	**23.9**	**18.2**	**19.5**	**19.6**
St. George, Grand Manan, Blacks Harbour Area	**27.0**	**22.9**	**22.7**	**22.8**
St. Stephen, Saint Andrews, Campobello Island Area	**25.9**	**21.1**	**24.9**	**22.6**
Sussex, Norton, Sussex Corner Area	**27.3**	**24.7**	**23.9**	**22.7**
Tracadie and Saint-Isidore	**20.7**	**18.9**	**22.9**	**19.6**

School districts

Anglophone East School District	**23.7**	**23.1**	**25.5**	**23.9**

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Anglophone North School District	**22.9**	**23.4**	**23.7**	**22.8**
Anglophone South School District	**25.1**	**23.0**	**24.5**	**24.3**
Anglophone West School District	**25.7**	**25.8**	**25.6**	**25.9**
Anglophone sector	**24.7**	**24.0**	**25.0**	**24.6**
District scolaire francophone Nord-Est	**22.9**	**21.5**	**23.2**	**20.0**
District scolaire francophone Nord-Ouest	S	**22.8**	**24.1**	**21.7**
District scolaire francophone Sud	**23.9**	**24.9**	**24.6**	**22.2**
Francophone sector	**23.3**	**23.5**	**24.1**	**21.5**
Grades				
Grades 6 to 8	**30.0**	**28.5**	**29.6**	**28.0**
Grades 9 to 12	**20.3**	**20.4**	**21.3**	**20.6**
Gender				
Female	**19.0**	**18.7**	**18.6**	**18.0**
Male	**30.0**	**29.6**	**31.3**	**30.0**
Non-binary	**18.3**	**15.8**	**17.0**	**13.1**
Sex at birth				
Female	**18.6**	**18.3**	**18.4**	**17.4**
Male	**30.2**	**29.8**	**31.3**	**30.1**
2SLGBTQIA+ status				
2SLGBTQIA+	**13.9**	**14.1**	**14.4**	**14.6**
Indigenous identity				
Indigenous	**24.9**	**23.8**	**26.0**	**24.7**
Immigrant				

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Immigrants	**21.0**	**20.9**	**22.1**	**19.1**
Disability or special need				
Disability or special need	**22.7**	**22.6**	**24.1**	n/a
Racialized groups				
Racialized groups	**22.1**	**22.3**	**24.1**	n/a
Socioeconomic status				
High socioeconomic status	**33.7**	n/a	n/a	n/a
Low socioeconomic status	**19.2**	n/a	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who reported at least 60 minutes per day of moderate or vigorous intensity physical activity in the last 7 days. This indicator is based on the Canadian 24 Hour Movement Guidelines for Children and Youth.

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator is calculated by dividing the number of respondents who answered "7 days" by the number of respondents who answered "0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days or 7 days" to the question: Here are some examples of physical activity: running, brisk walking, inline skating, biking, dancing, skateboarding, swimming, soccer, basketball, and football. Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

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_PHY01_1

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