

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

Unit : %

	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023	Academic Year 2021-2022
Province				
New Brunswick	23.9	24.8	23.7	22.2
Health zones				
Zone 1 - Moncton and South-East Area	23.7	25.0	23.1	22.4
Zone 2 - Fundy Shore and Saint John Area	23.0	24.7	24.2	22.4
Zone 3 - Fredericton and River Valley Area	26.1	25.5	26.0	23.3
Zone 4 - Madawaska and North-West Area	22.6	23.8	21.9	20.8
Zone 5 - Restigouche Area	21.5	22.7	19.3	17.9
Zone 6 - Bathurst and Acadian Peninsula Area	21.6	22.8	20.7	19.7
Zone 7 - Miramichi Area	24.6	25.6	23.4	23.5
Communities				
Bathurst, Beresford, Petit-Rocher Area	25.2	24.3	22.1	21.8
Bouctouche, Richibucto, Saint-Antoine Area	22.2	21.7	20.2	20.7
Campbellton, Atholville, Tide Head Area	21.7	22.7	20.7	18.8
Caraquet, Paquetville, Bertrand Area	18.7	21.7	19.5	17.0
Dalhousie, Balmoral, Belledune Area	21.3	22.8	17.4	16.6
Dieppe and Memramcook	24.4	25.0	23.3	22.8
Douglas, Saint Marys, Doaktown Area	27.9	25.4	27.6	22.0
Edmundston, Rivière-Verte, Lac Baker Area	22.6	24.0	21.8	21.9
Florenceville-Bristol, Woodstock, Wakefield Area	25.1	28.1	28.6	25.1
Fredericton	26.2	25.9	25.1	22.9
Grand Falls, Saint-Léonard, Drummond Area	22.6	23.4	20.9	18.9

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Hillsborough, Riverside-Albert, Alma Area	24.0	23.5	23.2	25.6
Kedgwick, Saint-Quentin and Grimmer	22.9	24.2	24.7	19.9
Minto, Chipman, Cambridge-Narrows Area	24.1	20.3	23.6	21.3
Miramichi, Rogersville, Blackville Area	24.9	25.8	24.2	24.1
Moncton	23.8	24.9	23.0	21.9
Nackawic, McAdam, Canterbury Area	23.5	25.5	26.0	23.7
Neguac, Alnwick, Esgenoopetitj Area	21.7	23.9	16.7	18.7
New Maryland, Kingsclear, Lincoln Area	32.0	30.7	32.8	25.9
Oromocto, Gagetown, Fredericton Junction Area	26.3	23.5	26.1	23.6
Perth-Andover, Plaster Rock, Tobique Area	26.0	20.0	22.4	22.9
Quispamsis, Rothesay, Hampton Area	24.9	26.9	25.8	25.2
Riverview and Coverdale	24.6	26.8	25.4	25.1
Sackville, Dorchester, Port Elgin Area	22.5	22.6	20.6	24.4
Saint John, Simonds and Musquash	21.8	23.4	23.8	20.5
Salisbury and Petitcodiac	25.2	31.2	25.6	24.4
Shediac, Beaubassin East and Cap-Pelé	22.8	24.7	24.2	19.3
Shippagan, Lamèque, Inkerman Area	18.2	19.5	19.6	16.2
St. George, Grand Manan, Blacks Harbour Area	22.9	22.7	22.8	20.9
St. Stephen, Saint Andrews, Campobello Island Area	21.1	24.9	22.6	24.1
Sussex, Norton, Sussex Corner Area	24.7	23.9	22.7	22.3
Tracadie and Saint-Isidore	18.9	22.9	19.6	19.4

School districts

Anglophone East School District	23.1	25.5	23.9	23.2
Anglophone North School District	23.4	23.7	22.8	21.7

	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023	Academic Year 2021-2022
Anglophone South School District	23.0	24.5	24.3	22.6
Anglophone West School District	25.8	25.6	25.9	23.3
Anglophone sector	24.0	25.0	24.6	22.9
District scolaire francophone Nord-Est	21.5	23.2	20.0	18.8
District scolaire francophone Nord-Ouest	22.8	24.1	21.7	21.2
District scolaire francophone Sud	24.9	24.6	22.2	21.6
Francophone sector	23.5	24.1	21.5	20.6
Grades				
Grades 6 to 8	28.5	29.6	28.0	26.7
Grades 9 to 12	20.4	21.3	20.6	18.9
Gender				
Female	18.7	18.6	18.0	16.8
Male	29.6	31.3	30.0	28.3
Non-binary	15.8	17.0	13.1	11.9
Sex at birth				
Female	18.3	18.4	17.4	16.3
Male	29.8	31.3	30.1	28.4
2SLGBTQIA+ status				
2SLGBTQIA+	14.1	14.4	14.6	13.3
Indigenous identity				
Indigenous	23.8	26.0	24.7	23.3
Immigrant				
Immigrants	20.9	22.1	19.1	18.0

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

Disability or special need

Disability or special need	22.6	24.1	n/a	n/a
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Racialized groups

Racialized groups	22.3	24.1	n/a	n/a
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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 over 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

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