

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

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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

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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