

## 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
<b>Province</b>				
New Brunswick	23.9	24.8	23.7	22.2
<b>Health zones</b>				
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
<b>Communities</b>				
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

	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023	Academic Year 2021-2022
Hillsborough, Riverside-Albert, Alma Area	<b>24.0</b>	<b>23.5</b>	<b>23.2</b>	<b>25.6</b>
Kedgwick, Saint-Quentin and Grimmer	<b>22.9</b>	<b>24.2</b>	<b>24.7</b>	<b>19.9</b>
Minto, Chipman, Cambridge-Narrows Area	<b>24.1</b>	<b>20.3</b>	<b>23.6</b>	<b>21.3</b>
Miramichi, Rogersville, Blackville Area	<b>24.9</b>	<b>25.8</b>	<b>24.2</b>	<b>24.1</b>
Moncton	<b>23.8</b>	<b>24.9</b>	<b>23.0</b>	<b>21.9</b>
Nackawic, McAdam, Canterbury Area	<b>23.5</b>	<b>25.5</b>	<b>26.0</b>	<b>23.7</b>
Neguac, Alnwick, Esgenoopetitj Area	<b>21.7</b>	<b>23.9</b>	<b>16.7</b>	<b>18.7</b>
New Maryland, Kingsclear, Lincoln Area	<b>32.0</b>	<b>30.7</b>	<b>32.8</b>	<b>25.9</b>
Oromocto, Gagetown, Fredericton Junction Area	<b>26.3</b>	<b>23.5</b>	<b>26.1</b>	<b>23.6</b>
Perth-Andover, Plaster Rock, Tobique Area	<b>26.0</b>	<b>20.0</b>	<b>22.4</b>	<b>22.9</b>
Quispamsis, Rothesay, Hampton Area	<b>24.9</b>	<b>26.9</b>	<b>25.8</b>	<b>25.2</b>
Riverview and Coverdale	<b>24.6</b>	<b>26.8</b>	<b>25.4</b>	<b>25.1</b>
Sackville, Dorchester, Port Elgin Area	<b>22.5</b>	<b>22.6</b>	<b>20.6</b>	<b>24.4</b>
Saint John, Simonds and Musquash	<b>21.8</b>	<b>23.4</b>	<b>23.8</b>	<b>20.5</b>
Salisbury and Petitcodiac	<b>25.2</b>	<b>31.2</b>	<b>25.6</b>	<b>24.4</b>
Shediac, Beaubassin East and Cap-Pelé	<b>22.8</b>	<b>24.7</b>	<b>24.2</b>	<b>19.3</b>
Shippagan, Lamèque, Inkerman Area	<b>18.2</b>	<b>19.5</b>	<b>19.6</b>	<b>16.2</b>
St. George, Grand Manan, Blacks Harbour Area	<b>22.9</b>	<b>22.7</b>	<b>22.8</b>	<b>20.9</b>
St. Stephen, Saint Andrews, Campobello Island Area	<b>21.1</b>	<b>24.9</b>	<b>22.6</b>	<b>24.1</b>
Sussex, Norton, Sussex Corner Area	<b>24.7</b>	<b>23.9</b>	<b>22.7</b>	<b>22.3</b>
Tracadie and Saint-Isidore	<b>18.9</b>	<b>22.9</b>	<b>19.6</b>	<b>19.4</b>

## School districts

Anglophone East School District	<b>23.1</b>	<b>25.5</b>	<b>23.9</b>	<b>23.2</b>
Anglophone North School District	<b>23.4</b>	<b>23.7</b>	<b>22.8</b>	<b>21.7</b>

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

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

### Disability or special need

Disability or special need	<b>22.6</b>	<b>24.1</b>	n/a	n/a
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### Racialized groups

Racialized groups	<b>22.3</b>	<b>24.1</b>	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