

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

Unit : %

	Academic Year 2023-2024	Academic Year 2022-2023	Academic Year 2021-2022	Academic Year 2018-2019
Province				
New Brunswick	24.8	23.7	22.2	19.4
Health zones				
Zone 1 - Moncton and South-East Area	25.0	23.1	22.4	19.5
Zone 2 - Fundy Shore and Saint John Area	24.7	24.2	22.4	19.7
Zone 3 - Fredericton and River Valley Area	25.5	26.0	23.3	20.4
Zone 4 - Madawaska and North-West Area	23.8	21.9	20.8	19.4
Zone 5 - Restigouche Area	22.7	19.3	17.9	16.0
Zone 6 - Bathurst and Acadian Peninsula Area	22.8	20.7	19.7	17.6
Zone 7 - Miramichi Area	25.6	23.4	23.5	17.9
Communities				
Bathurst, Beresford, Petit-Rocher Area	24.3	22.1	21.8	19.2
Bouctouche, Richibucto, Saint-Antoine Area	21.7	20.2	20.7	16.7
Campbellton, Atholville, Tide Head Area	22.7	20.7	18.8	18.3
Caraquet, Paquetville, Bertrand Area	21.7	19.5	17.0	17.4
Dalhousie, Balmoral, Belledune Area	22.8	17.4	16.6	12.7
Dieppe and Memramcook	25.0	23.3	22.8	22.3
Douglas, Saint Marys, Doaktown Area	25.4	27.6	22.0	20.6
Edmundston, Rivière-Verte, Lac Baker Area	24.0	21.8	21.9	20.3
Florenceville-Bristol, Woodstock, Wakefield Area	28.1	28.6	25.1	22.5
Fredericton	25.9	25.1	22.9	20.0
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	28.2	18.4

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Grand Falls, Saint-Léonard, Drummond Area	23.4	20.9	18.9	18.7
Hillsborough, Riverside-Albert, Alma Area	23.5	23.2	25.6	24.5
Kedgwick, Saint-Quentin and Grimmer	24.2	24.7	19.9	16.4
Minto, Chipman, Cambridge-Narrows Area	20.3	23.6	21.3	20.4
Miramichi, Rogersville, Blackville Area	25.8	24.2	24.1	17.5
Moncton	24.9	23.0	21.9	19.0
Nackawic, McAdam, Canterbury Area	25.5	26.0	23.7	22.9
Neguac, Alnwick, Esgenoopetitj Area	23.9	16.7	18.7	21.6
New Maryland, Kingsclear, Lincoln Area	30.7	32.8	25.9	25.1
Oromocto, Gagetown, Fredericton Junction Area	23.5	26.1	23.6	19.1
Perth-Andover, Plaster Rock, Tobique Area	20.0	22.4	22.9	16.8
Quispamsis, Rothesay, Hampton Area	26.9	25.8	25.2	21.4
Riverview and Coverdale	26.8	25.4	25.1	22.1
Sackville, Dorchester, Port Elgin Area	22.6	20.6	24.4	18.3
Saint John, Simonds and Musquash	23.4	23.8	20.5	19.4
Salisbury and Petitcodiac	31.2	25.6	24.4	20.6
Shediac, Beaubassin East and Cap-Pelé	24.7	24.2	19.3	15.6
Shippagan, Lamèque, Inkerman Area	19.5	19.6	16.2	16.9
St. George, Grand Manan, Blacks Harbour Area	22.7	22.8	20.9	16.1
St. Stephen, Saint Andrews, Campobello Island Area	24.9	22.6	24.1	21.6
Sussex, Norton, Sussex Corner Area	23.9	22.7	22.3	17.7
Tracadie and Saint-Isidore	22.9	19.6	19.4	14.9
School districts				
Anglophone East School District	25.5	23.9	23.2	20.3

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Anglophone North School District	23.7	22.8	21.7	17.2
Anglophone South School District	24.5	24.3	22.6	19.8
Anglophone West School District	25.6	25.9	23.3	20.2
Anglophone sector	25.0	24.6	22.9	19.7
District scolaire francophone Nord-Est	23.2	20.0	18.8	17.3
District scolaire francophone Nord-Ouest	24.1	21.7	21.2	19.9
District scolaire francophone Sud	24.6	22.2	21.6	18.9
Francophone sector	24.1	21.5	20.6	18.5
Grades				
Grades 6 to 8	29.6	28.0	26.7	23.9
Grades 9 to 12	21.3	20.6	18.9	16.2
Gender				
Female	18.6	18.0	16.8	n/a
Male	31.3	30.0	28.3	n/a
Non-binary	17.0	13.1	11.9	n/a
Sex at birth				
Female	18.4	17.4	16.3	14.3
Male	31.3	30.1	28.4	24.6
2SLGBTQIA+ status				
2SLGBTQIA+	14.4	14.6	13.3	n/a
Indigenous identity				
Indigenous	26.0	24.7	23.3	20.8
Immigrant				

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Immigrants	22.1	19.1	18.0	16.9
Disability or special need				
Disability or special need	24.1	n/a	n/a	n/a
Racialized groups				
Racialized groups	24.1	n/a	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who report 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