

Students in grades 6 to 12 who are overweight or obese (based on self-reported height and weight)

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	26.9	27.0	26.9	26.5
Health zones				
Zone 1 - Moncton and South-East Area	26.2	26.2	26.1	26.2
Zone 2 - Fundy Shore and Saint John Area	26.1	25.5	26.1	25.3
Zone 3 - Fredericton and River Valley Area	28.1	26.9	27.2	26.3
Zone 4 - Madawaska and North-West Area	S	27.4	27.2	27.8
Zone 5 - Restigouche Area	29.2	28.4	27.1	27.6
Zone 6 - Bathurst and Acadian Peninsula Area	26.7	30.0	28.1	28.0
Zone 7 - Miramichi Area	30.9	31.9	32.7	31.0
Communities				
Bathurst, Beresford, Petit-Rocher Area	25.6	29.3	27.4	27.0
Bouctouche, Richibucto, Saint-Antoine Area	33.7	31.7	32.7	31.5
Campbellton, Atholville, Tide Head Area	29.2	28.6	27.9	27.7
Caraquet, Paquetville, Bertrand Area	25.1	25.1	23.9	20.9
Dalhousie, Balmoral, Belledune Area	29.3	28.1	26.2	27.4
Dieppe and Memramcook	19.4	21.6	20.8	20.3
Douglas, Saint Marys, Doaktown Area	35.3	34.5	38.6	44.4
Edmundston, Rivière-Verte, Lac Baker Area	S	27.8	28.8	28.4
Florenceville-Bristol, Woodstock, Wakefield Area	29.3	27.6	30.1	28.4
Fredericton	25.8	23.9	24.3	23.6
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	n/a	n/a

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Grand Falls, Saint-Léonard, Drummond Area	20.9	25.7	24.7	25.8
Hillsborough, Riverside-Albert, Alma Area	25.9	33.9	26.5	32.0
Kedgwick, Saint-Quentin and Grimmer	S	30.4	27.5	30.5
Minto, Chipman, Cambridge-Narrows Area	29.2	38.0	33.0	35.3
Miramichi, Rogersville, Blackville Area	30.6	32.2	32.7	31.0
Moncton	26.1	25.1	25.5	25.0
Nackawic, McAdam, Canterbury Area	26.3	31.3	31.0	25.3
Neguac, Alnwick, Esgenoopetitj Area	35.9	28.5	33.4	30.9
New Maryland, Kingsclear, Lincoln Area	27.7	27.9	25.8	19.9
Oromocto, Gagetown, Fredericton Junction Area	31.7	27.8	28.7	26.6
Perth-Andover, Plaster Rock, Tobique Area	37.0	33.2	33.6	33.7
Quispamsis, Rothesay, Hampton Area	20.2	20.7	20.2	19.8
Riverview and Coverdale	24.4	25.7	26.2	28.5
Sackville, Dorchester, Port Elgin Area	30.7	28.4	28.7	29.0
Saint John, Simonds and Musquash	27.3	28.0	27.8	26.4
Salisbury and Petitcodiac	29.3	26.9	26.2	30.9
Shediac, Beaubassin East and Cap-Pelé	27.3	31.3	28.1	28.8
Shippagan, Lamèque, Inkerman Area	33.3	35.8	32.4	37.1
St. George, Grand Manan, Blacks Harbour Area	33.2	28.1	29.7	34.5
St. Stephen, Saint Andrews, Campobello Island Area	29.6	26.9	28.7	31.9
Sussex, Norton, Sussex Corner Area	29.3	27.2	29.8	25.0
Tracadie and Saint-Isidore	25.9	30.7	29.8	29.2
School districts				
Anglophone East School District	27.4	26.7	27.1	27.5

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Anglophone North School District	30.5	31.9	32.1	30.7
Anglophone South School District	26.1	25.6	26.0	25.4
Anglophone West School District	28.6	27.1	27.7	26.4
Anglophone sector	27.7	27.2	27.5	26.8
District scolaire francophone Nord-Est	27.4	28.8	27.4	27.6
District scolaire francophone Nord-Ouest	S	26.7	27.1	27.8
District scolaire francophone Sud	23.4	24.9	23.6	23.8
Francophone sector	24.4	26.4	25.4	25.7
Grades				
Grades 6 to 8	29.2	29.6	29.2	29.5
Grades 9 to 12	25.9	25.7	25.8	25.2
Gender				
Female	21.1	21.1	21.1	20.6
Male	31.1	31.1	30.9	30.6
Non-binary	36.1	37.0	34.4	34.2
Sex at birth				
Female	21.7	21.7	22.0	21.6
Male	31.1	31.3	30.9	30.6
2SLGBTQIA+ status				
2SLGBTQIA+	33.0	32.1	32.7	30.7
Indigenous identity				
Indigenous	35.5	33.3	35.3	34.4
Immigrant				

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Immigrants	25.0	23.4	24.1	21.8
Disability or special need				
Disability or special need	35.4	33.0	30.7	n/a
Racialized groups				
Racialized groups	26.8	26.4	26.0	n/a
Socioeconomic status				
High socioeconomic status	21.4	n/a	n/a	n/a
Low socioeconomic status	34.9	n/a	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who are overweight or obese (based on self-reported height and weight).

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator is calculated by dividing the number of respondents who "have a BMI higher than an age/gender specific cutoff" by the number of respondents who "give their height and their weight". The BMI is obtained by dividing the weight in kilograms by the height in square metres. Conversions are applied to obtain the correct unit of measure from the following questions: How much do you weigh without your shoes on? And how tall are you without your shoes on?

Notes

This indicator has replaced SH_BMI02_3 starting with the 2021-2022 edition of the questionnaire. 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
%	Lower is better	SH_BMI03_1

Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size