

Students in grades 6 to 12 who reported eating breakfast at least 5 times a week

Unit : %

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Province			
New Brunswick	50.0	47.5	48.2
Health zones			
Zone 1 - Moncton and South-East Area	55.1	52.1	53.2
Zone 2 - Fundy Shore and Saint John Area	47.3	45.3	44.8
Zone 3 - Fredericton and River Valley Area	46.3	44.3	45.4
Zone 4 - Madawaska and North-West Area	S	49.9	49.8
Zone 5 - Restigouche Area	48.7	41.4	44.8
Zone 6 - Bathurst and Acadian Peninsula Area	54.9	51.0	52.6
Zone 7 - Miramichi Area	40.6	40.1	41.4
Communities			
Bathurst, Beresford, Petit-Rocher Area	54.9	51.9	52.7
Bouctouche, Richibucto, Saint-Antoine Area	48.9	47.4	48.5
Campbellton, Atholville, Tide Head Area	47.4	41.4	44.5
Caraquet, Paquetville, Bertrand Area	52.4	50.0	50.7
Dalhousie, Balmoral, Belledune Area	50.5	41.5	45.3
Dieppe and Memramcook	66.5	61.7	65.3
Douglas, Saint Marys, Doaktown Area	37.4	33.2	32.9
Edmundston, Rivière-Verte, Lac Baker Area	S	52.1	49.0
Florenceville-Bristol, Woodstock, Wakefield Area	40.7	41.1	39.9
Fredericton	52.5	49.2	51.8
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	57.7

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Grand Falls, Saint-Léonard, Drummond Area	46.3	45.7	49.2
Hillsborough, Riverside-Albert, Alma Area	37.4	34.8	37.6
Kedgwick, Saint-Quentin and Grimmer	S	52.7	55.8
Minto, Chipman, Cambridge-Narrows Area	31.7	33.1	32.2
Miramichi, Rogersville, Blackville Area	40.0	39.8	41.4
Moncton	56.9	53.3	53.0
Nackawic, McAdam, Canterbury Area	31.7	38.3	34.0
Neguac, Alnwick, Esgenoopetitj Area	46.5	42.5	41.3
New Maryland, Kingsclear, Lincoln Area	56.3	52.7	43.2
Oromocto, Gagetown, Fredericton Junction Area	42.0	40.4	41.4
Perth-Andover, Plaster Rock, Tobique Area	29.2	27.0	33.5
Quispamsis, Rothesay, Hampton Area	49.2	51.2	49.6
Riverview and Coverdale	49.2	51.3	51.7
Sackville, Dorchester, Port Elgin Area	44.6	43.6	51.2
Saint John, Simonds and Musquash	47.2	43.3	43.1
Salisbury and Petitcodiac	40.2	41.7	42.0
Shediac, Beaubassin East and Cap-Pelé	57.8	50.4	53.9
Shippagan, Lamèque, Inkerman Area	57.1	54.0	51.1
St. George, Grand Manan, Blacks Harbour Area	42.2	40.0	38.8
St. Stephen, Saint Andrews, Campobello Island Area	45.8	41.4	41.9
Sussex, Norton, Sussex Corner Area	43.9	42.9	42.2
Tracadie and Saint-Isidore	54.9	48.2	54.7
School districts			
Anglophone East School District	49.1	49.1	49.3

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Anglophone North School District	38.9	37.5	39.7
Anglophone South School District	46.6	44.9	44.6
Anglophone West School District	44.3	42.8	44.0
Anglophone sector	45.6	44.4	45.0
District scolaire francophone Nord-Est	57.0	51.3	53.2
District scolaire francophone Nord-Ouest	S	51.7	50.4
District scolaire francophone Sud	65.8	58.5	60.2
Francophone sector	61.1	55.2	56.2
Grades			
Grades 6 to 8	58.7	55.5	56.0
Grades 9 to 12	43.9	41.7	42.4
Gender			
Female	44.3	42.0	43.4
Male	56.9	53.9	55.2
Non-binary	35.4	35.7	31.3
Sex at birth			
Female	43.5	41.1	41.6
Male	57.0	54.3	55.4
2SLGBTQIA+ status			
2SLGBTQIA+	35.6	35.3	37.7
Indigenous identity			
Indigenous	37.5	35.0	35.2
Immigrant			

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Immigrants	57.9	55.9	55.0
Disability or special need			
Disability or special need	44.8	44.0	n/a
Racialized groups			
Racialized groups	54.7	51.7	n/a
Socioeconomic status			
High socioeconomic status	58.1	n/a	n/a
Low socioeconomic status	39.1	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who reported eating breakfast at least 5 times a week.

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator is calculated by dividing the number of respondents who answered "5-6 times or 7+ times" by the number of respondents who answered "never, 1-2 times, 3-4 times, 5-6 times or 7+ times" to the question: In the last 7 days, how many times did you: c) Eat breakfast?

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_EAT12_2

Caption

n/a = Not applicable / not available

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