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