

Students in grades 6 to 12 who have a high level of mental fitness

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	28.0	25.6	24.6	19.5
Health zones				
Zone 1 - Moncton and South-East Area	30.9	28.2	27.1	20.8
Zone 2 - Fundy Shore and Saint John Area	25.6	22.9	21.9	17.1
Zone 3 - Fredericton and River Valley Area	24.7	22.8	22.0	17.7
Zone 4 - Madawaska and North-West Area	S	29.4	29.7	24.7
Zone 5 - Restigouche Area	26.8	24.5	23.2	21.4
Zone 6 - Bathurst and Acadian Peninsula Area	31.8	29.7	28.6	22.2
Zone 7 - Miramichi Area	25.0	23.1	23.9	19.2
Communities				
Bathurst, Beresford, Petit-Rocher Area	30.9	29.6	27.0	20.8
Bouctouche, Richibucto, Saint-Antoine Area	29.7	25.3	24.7	20.9
Campbellton, Atholville, Tide Head Area	26.5	25.9	25.9	23.5
Caraquet, Paquetville, Bertrand Area	31.4	29.7	30.5	20.4
Dalhousie, Balmoral, Belledune Area	27.2	22.7	19.6	18.5
Dieppe and Memramcook	43.2	38.3	36.4	28.9
Douglas, Saint Marys, Doaktown Area	18.7	19.1	19.3	19.2
Edmundston, Rivière-Verte, Lac Baker Area	S	32.7	31.9	26.2
Florenceville-Bristol, Woodstock, Wakefield Area	26.8	27.6	23.5	20.2
Fredericton	27.3	24.0	24.0	19.0
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	n/a	n/a
Grand Falls, Saint-Léonard, Drummond Area	30.7	25.5	24.7	21.1

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Hillsborough, Riverside-Albert, Alma Area	21.0	18.6	16.8	12.5
Kedgwick, Saint-Quentin and Grimmer	S	26.6	34.0	27.7
Minto, Chipman, Cambridge-Narrows Area	15.3	14.4	15.0	11.8
Miramichi, Rogersville, Blackville Area	25.2	23.3	24.3	19.2
Moncton	30.2	28.4	27.3	20.2
Nackawic, McAdam, Canterbury Area	20.8	21.8	22.0	19.9
Neguac, Alnwick, Esgenoopetitj Area	22.5	20.2	20.0	20.0
New Maryland, Kingsclear, Lincoln Area	33.1	30.3	26.3	20.6
Oromocto, Gagetown, Fredericton Junction Area	18.6	18.8	17.7	14.2
Perth-Andover, Plaster Rock, Tobique Area	15.2	13.3	13.1	8.5
Quispamsis, Rothesay, Hampton Area	26.5	23.5	23.2	17.4
Riverview and Coverdale	26.1	25.7	21.5	14.8
Sackville, Dorchester, Port Elgin Area	25.6	17.8	20.4	16.3
Saint John, Simonds and Musquash	25.5	22.5	21.4	17.4
Salisbury and Petitcodiac	18.3	18.4	18.4	15.3
Shediac, Beaubassin East and Cap-Pelé	36.3	32.0	34.5	25.4
Shippagan, Lamèque, Inkerman Area	29.6	26.6	23.9	22.4
St. George, Grand Manan, Blacks Harbour Area	23.2	21.9	17.1	16.6
St. Stephen, Saint Andrews, Campobello Island Area	30.1	26.7	24.6	15.9
Sussex, Norton, Sussex Corner Area	21.3	20.3	21.4	15.7
Tracadie and Saint-Isidore	35.1	31.8	33.6	25.7
School districts				
Anglophone East School District	24.9	23.5	22.3	16.8
Anglophone North School District	23.1	20.6	20.9	16.4

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Anglophone South School District	25.2	22.4	21.5	16.8
Anglophone West School District	23.1	22.4	21.0	17.4
Anglophone sector	24.2	22.5	21.5	16.9
District scolaire francophone Nord-Est	32.3	30.2	28.9	23.8
District scolaire francophone Nord-Ouest	S	31.5	31.9	26.4
District scolaire francophone Sud	40.9	36.8	35.4	27.1
Francophone sector	37.6	33.8	32.9	26.0
Grades				
Grades 6 to 8	29.6	27.0	25.5	21.9
Grades 9 to 12	26.9	24.6	24.0	17.8
Gender				
Female	30.0	27.2	26.1	21.1
Male	27.4	25.3	24.7	19.5
Non-binary	10.3	8.6	9.4	6.6
Sex at birth				
Female	28.8	26.2	24.8	19.7
Male	27.3	25.2	24.6	19.4
2SLGBTQIA+ status				
2SLGBTQIA+	14.5	13.4	13.3	11.3
Indigenous identity				
Indigenous	20.5	18.5	16.0	14.3
Immigrant				
Immigrants	29.7	27.6	26.3	21.0

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Disability or special need				
Disability or special need	19.2	17.3	18.2	n/a
Racialized groups				
Racialized groups	28.1	26.0	24.7	n/a
Socioeconomic status				
High socioeconomic status	36.9	n/a	n/a	n/a
Low socioeconomic status	19.1	n/a	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who have a high level of mental fitness.

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator is calculated by dividing the number of respondents who have a total mental fitness score higher than a specified cutoff by the number of respondents who described their feelings and ideas for at least 9 of the following 18 questionnaire items: I feel I do things well at school, my teachers like me and care about me, I feel free to express myself at home, I feel my teachers think I am good at things, I like to spend time with my parents, I feel free to express myself with my friends, I feel I do things well at home, my parents like me and care about me, I feel I have a choice about when and how to do my schoolwork, I feel my parents think that I am good at things, I like to be with my teachers, I feel I have a choice about which activities to do with my friends, I feel I do things well when I am with my friends, my friends like me and care about me, I feel free to express myself at school, I feel my friends think I am good at things, I like to spend time with my friends and I feel like I have a choice about when and how to do my household chores. The response options for these 18 items are: : really false for me, sort of false for me, sort of true for me and really true for me.

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_MEFHI_1

Caption

n/a = Not applicable / not available

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