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**

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
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