

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

Unit : %

| | Academic Year 2025-2026 | Academic Year 2024-2025 | Academic Year 2023-2024 | Academic Year 2022-2023 |
|--|----------------------------|----------------------------|----------------------------|----------------------------|
| Province | | | | |
| New Brunswick | 17.3 | 18.8 | 19.6 | 24.9 |
| Health zones | | | | |
| Zone 1 - Moncton and South-East Area | 15.6 | 17.2 | 18.4 | 23.1 |
| Zone 2 - Fundy Shore and Saint John Area | 18.5 | 20.6 | 21.5 | 27.7 |
| Zone 3 - Fredericton and River Valley Area | 19.3 | 20.5 | 20.9 | 27.4 |
| Zone 4 - Madawaska and North-West Area | S | 14.8 | 14.1 | 18.0 |
| Zone 5 - Restigouche Area | 18.0 | 20.0 | 20.2 | 23.6 |
| Zone 6 - Bathurst and Acadian Peninsula Area | 14.5 | 16.4 | 17.9 | 22.1 |
| Zone 7 - Miramichi Area | 18.9 | 20.0 | 20.2 | 24.8 |
| Communities | | | | |
| Bathurst, Beresford, Petit-Rocher Area | 16.0 | 19.9 | 19.2 | 24.7 |
| Bouctouche, Richibucto, Saint-Antoine Area | 17.2 | 19.6 | 20.1 | 23.5 |
| Campbellton, Atholville, Tide Head Area | 17.6 | 20.4 | 20.4 | 23.2 |
| Caraquet, Paquetville, Bertrand Area | 12.5 | 10.4 | 17.0 | 17.5 |
| Dalhousie, Balmoral, Belledune Area | 18.6 | 19.3 | 19.9 | 24.0 |
| Dieppe and Memramcook | 8.2 | 10.0 | 10.4 | 14.6 |
| Douglas, Saint Marys, Doaktown Area | 25.1 | 26.0 | 23.4 | 29.9 |
| Edmundston, Rivière-Verte, Lac Baker Area | S | 13.3 | 12.7 | 16.5 |
| Florenceville-Bristol, Woodstock, Wakefield Area | 17.3 | 17.3 | 19.6 | 25.9 |
| Fredericton | 16.7 | 18.6 | 17.9 | 25.3 |
| Grand Bay-Westfield, Westfield, Greenwich Area | n/a | n/a | n/a | n/a |
| Grand Falls, Saint-Léonard, Drummond Area | 16.6 | 17.6 | 18.9 | 22.2 |

| | Academic Year 2025-2026 | Academic Year 2024-2025 | Academic Year 2023-2024 | Academic Year 2022-2023 |
|--|----------------------------|----------------------------|----------------------------|----------------------------|
| Hillsborough, Riverside-Albert, Alma Area | 23.6 | 25.6 | 28.0 | 30.2 |
| Kedgwick, Saint-Quentin and Grimmer | S | 13.4 | 7.2 | 12.5 |
| Minto, Chipman, Cambridge-Narrows Area | 28.4 | 26.7 | 31.7 | 31.9 |
| Miramichi, Rogersville, Blackville Area | 18.8 | 19.9 | 20.5 | 24.7 |
| Moncton | 15.7 | 16.3 | 18.1 | 22.8 |
| Nackawic, McAdam, Canterbury Area | 23.6 | 20.8 | 21.9 | 26.7 |
| Neguac, Alnwick, Esgenoopetitj Area | 20.5 | 20.7 | 18.0 | 26.0 |
| New Maryland, Kingsclear, Lincoln Area | 18.0 | 20.1 | 17.4 | 26.4 |
| Oromocto, Gagetown, Fredericton Junction Area | 23.8 | 23.9 | 26.8 | 31.9 |
| Perth-Andover, Plaster Rock, Tobique Area | 28.7 | 30.3 | 31.2 | 35.4 |
| Quispamsis, Rothesay, Hampton Area | 17.3 | 18.5 | 19.2 | 25.2 |
| Riverview and Coverdale | 19.0 | 19.8 | 22.1 | 29.0 |
| Sackville, Dorchester, Port Elgin Area | 17.6 | 23.9 | 25.2 | 29.8 |
| Saint John, Simonds and Musquash | 18.2 | 21.1 | 21.8 | 28.0 |
| Salisbury and Petitcodiac | 23.2 | 26.6 | 26.1 | 30.4 |
| Shediac, Beaubassin East and Cap-Pelé | 13.7 | 16.3 | 15.7 | 21.1 |
| Shippagan, Lamèque, Inkerman Area | 13.7 | 15.9 | 19.0 | 22.3 |
| St. George, Grand Manan, Blacks Harbour Area | 21.7 | 21.0 | 24.1 | 29.4 |
| St. Stephen, Saint Andrews, Campobello Island Area | 19.6 | 22.3 | 23.7 | 30.2 |
| Sussex, Norton, Sussex Corner Area | 21.7 | 23.0 | 23.7 | 29.9 |
| Tracadie and Saint-Isidore | 13.4 | 14.0 | 15.2 | 20.0 |
| School districts | | | | |
| Anglophone East School District | 19.1 | 20.0 | 22.0 | 27.1 |
| Anglophone North School District | 20.3 | 23.6 | 23.7 | 28.3 |

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|--|----------------------------|----------------------------|----------------------------|----------------------------|
| Anglophone South School District | 18.8 | 21.0 | 21.7 | 28.0 |
| Anglophone West School District | 20.1 | 20.8 | 21.8 | 27.6 |
| Anglophone sector | 19.5 | 21.0 | 22.0 | 27.7 |
| District scolaire francophone Nord-Est | 14.2 | 14.8 | 16.5 | 20.1 |
| District scolaire francophone Nord-Ouest | S | 13.1 | 12.3 | 16.5 |
| District scolaire francophone Sud | 9.8 | 11.8 | 11.9 | 16.9 |
| Francophone sector | 11.5 | 12.9 | 13.4 | 17.8 |
| Grades | | | | |
| Grades 6 to 8 | 16.9 | 18.2 | 19.0 | 23.0 |
| Grades 9 to 12 | 17.5 | 19.2 | 20.0 | 26.3 |
| Gender | | | | |
| Female | 16.7 | 18.5 | 19.2 | 23.8 |
| Male | 15.8 | 17.2 | 17.9 | 22.7 |
| Non-binary | 43.5 | 45.5 | 41.7 | 50.8 |
| Sex at birth | | | | |
| Female | 18.1 | 19.9 | 20.9 | 26.6 |
| Male | 16.0 | 17.2 | 17.9 | 22.8 |
| 2SLGBTQIA+ status | | | | |
| 2SLGBTQIA+ | 32.1 | 34.8 | 34.3 | 39.0 |
| Indigenous identity | | | | |
| Indigenous | 24.3 | 28.1 | 29.5 | 33.7 |
| Immigrant | | | | |
| Immigrants | 14.8 | 16.2 | 17.3 | 21.4 |

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|-----------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Disability or special need | | | | |
| Disability or special need | 28.5 | 31.3 | 31.4 | n/a |
| Racialized groups | | | | |
| Racialized groups | 17.3 | 18.6 | 19.7 | n/a |
| Socioeconomic status | | | | |
| High socioeconomic status | 11.5 | n/a | n/a | n/a |
| Low socioeconomic status | 25.5 | n/a | n/a | n/a |

About

This indicator is the percentage of students in grades 6 to 12 who have a low 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 lower 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 |
|------|-----------------|------------|
| % | Lower is better | SH_MEFLO_1 |

Caption

n/a = Not applicable / not available

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