

## 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
<b>Province</b>				
New Brunswick	17.3	18.8	19.6	24.9
<b>Health zones</b>				
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
<b>Communities</b>				
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, Esgenooetitj 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
<b>School districts</b>				
Anglophone East School District	19.1	20.0	22.0	27.1
Anglophone North School District	20.3	23.6	23.7	28.3

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
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
<b>Grades</b>				
Grades 6 to 8	16.9	18.2	19.0	23.0
Grades 9 to 12	17.5	19.2	20.0	26.3
<b>Gender</b>				
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
<b>Sex at birth</b>				
Female	18.1	19.9	20.9	26.6
Male	16.0	17.2	17.9	22.8
<b>2SLGBTQIA+ status</b>				
2SLGBTQIA+	32.1	34.8	34.3	39.0
<b>Indigenous identity</b>				
Indigenous	24.3	28.1	29.5	33.7
<b>Immigrant</b>				
Immigrants	14.8	16.2	17.3	21.4

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
<b>Disability or special need</b>				
Disability or special need	28.5	31.3	31.4	n/a
<b>Racialized groups</b>				
Racialized groups	17.3	18.6	19.7	n/a
<b>Socioeconomic status</b>				
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**  
Lower is better

**NBHC code**  
SH\_MEFLO\_1

## Caption

n/a = Not applicable / not available

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