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**

	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**
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**

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