

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

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	54.8	55.7	55.8	55.6
Health zones				
Zone 1 - Moncton and South-East Area	53.5	54.6	54.4	56.1
Zone 2 - Fundy Shore and Saint John Area	55.8	56.4	56.6	55.2
Zone 3 - Fredericton and River Valley Area	56.0	56.7	57.1	54.8
Zone 4 - Madawaska and North-West Area	S	55.8	56.2	57.4
Zone 5 - Restigouche Area	55.2	55.5	56.6	55.0
Zone 6 - Bathurst and Acadian Peninsula Area	53.7	53.9	53.5	55.8
Zone 7 - Miramichi Area	56.1	56.9	55.9	55.9
Communities				
Bathurst, Beresford, Petit-Rocher Area	53.1	50.5	53.8	54.5
Bouctouche, Richibucto, Saint-Antoine Area	53.2	55.1	55.2	55.6
Campbellton, Atholville, Tide Head Area	55.8	53.7	53.7	53.3
Caraquet, Paquetville, Bertrand Area	56.2	59.9	52.5	62.1
Dalhousie, Balmoral, Belledune Area	54.2	58.0	60.6	57.4
Dieppe and Memramcook	48.6	51.7	53.2	56.4
Douglas, Saint Marys, Doaktown Area	56.2	54.9	57.3	50.9
Edmundston, Rivière-Verte, Lac Baker Area	S	54.0	55.4	57.2
Florenceville-Bristol, Woodstock, Wakefield Area	55.9	55.1	56.9	53.9
Fredericton	56.0	57.3	58.1	55.7
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	n/a	n/a
Grand Falls, Saint-Léonard, Drummond Area	52.7	56.9	56.5	56.7

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Hillsborough, Riverside-Albert, Alma Area	55.3	55.8	55.1	57.4
Kedgwick, Saint-Quentin and Grimmer	S	60.0	58.8	59.8
Minto, Chipman, Cambridge-Narrows Area	56.3	59.0	53.4	56.2
Miramichi, Rogersville, Blackville Area	56.0	56.7	55.2	56.1
Moncton	54.2	55.3	54.6	57.0
Nackawic, McAdam, Canterbury Area	55.6	57.4	56.1	53.4
Neguac, Alnwick, Esgenoopetitj Area	56.9	59.0	62.0	54.0
New Maryland, Kingsclear, Lincoln Area	49.0	49.6	56.3	53.0
Oromocto, Gagetown, Fredericton Junction Area	57.6	57.2	55.5	53.9
Perth-Andover, Plaster Rock, Tobique Area	56.0	56.4	55.7	56.1
Quispamsis, Rothesay, Hampton Area	56.1	58.0	57.6	57.4
Riverview and Coverdale	54.9	54.5	56.5	56.1
Sackville, Dorchester, Port Elgin Area	56.7	58.4	54.4	53.9
Saint John, Simonds and Musquash	56.2	56.3	56.8	54.6
Salisbury and Petitcodiac	58.6	55.0	55.5	54.3
Shediac, Beaubassin East and Cap-Pelé	50.0	51.7	49.9	53.5
Shippagan, Lamèque, Inkerman Area	56.6	57.5	57.1	55.4
St. George, Grand Manan, Blacks Harbour Area	55.1	57.1	58.8	54.1
St. Stephen, Saint Andrews, Campobello Island Area	50.4	51.0	51.8	53.9
Sussex, Norton, Sussex Corner Area	57.0	56.6	54.9	54.4
Tracadie and Saint-Isidore	51.5	54.2	51.2	54.3
School districts				
Anglophone East School District	55.9	56.5	55.7	56.1
Anglophone North School District	56.6	55.8	55.4	55.3

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Anglophone South School District	56.0	56.6	56.8	55.3
Anglophone West School District	56.7	56.8	57.2	55.0
Anglophone sector	56.3	56.6	56.5	55.4
District scolaire francophone Nord-Est	53.5	55.0	54.6	56.2
District scolaire francophone Nord-Ouest	S	55.5	55.7	57.1
District scolaire francophone Sud	49.3	51.5	52.7	56.0
Francophone sector	50.8	53.3	53.8	56.2
Grades				
Grades 6 to 8	53.5	54.8	55.5	55.2
Grades 9 to 12	55.6	56.2	56.0	55.9
Gender				
Female	53.3	54.3	54.7	55.1
Male	56.8	57.5	57.4	57.8
Non-binary	46.2	45.9	48.9	42.6
Sex at birth				
Female	53.1	53.9	54.4	53.7
Male	56.7	57.7	57.5	57.8
2SLGBTQIA+ status				
2SLGBTQIA+	53.4	51.8	52.4	49.7
Indigenous identity				
Indigenous	55.2	53.3	54.5	52.0
Immigrant				
Immigrants	55.4	56.2	56.4	57.6

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Disability or special need				
Disability or special need	52.3	51.4	50.4	n/a
Racialized groups				
Racialized groups	54.7	55.4	55.5	n/a
Socioeconomic status				
High socioeconomic status	51.6	n/a	n/a	n/a
Low socioeconomic status	55.3	n/a	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who have a moderate 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 between 2 specified cutoffs 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
Higher is better

NBHC code
SH_MEFMO_1

Caption

n/a = Not applicable / not available
S = Data suppressed due to confidentiality requirements and/or small sample size