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**

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

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
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	NBHC code
%	Higher is better	SH_MEFMO_1

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