Grades 6-12: Physical Health

Province
New Brunswick

Zone 1
Moncton and
South-East Area

General health

Perceived health, very good or excellent % | 2023-2024	**54.3**	**55.7**

Healthy weights

Overweight and obesity in childhood and adolescence have been associated with elevated health risks and morbidities, and increased mortality rates in adulthood. They are risk factors for a large number of serious diseases and conditions like high blood pressure, heart disease, diabetes, stroke, some cancers, and mental health problems.

Overweight or obese % | 2023-2024	**26.9**	**26.1**

Movement and rest

Physical activity

Daily physical activity, 1 hour or more % | 2023-2024	**24.8**	**25.0**

School commute

Commutes actively % | 2022-2023	**8.8**	**10.3**
Commutes inactively % | 2022-2023	**77.7**	**75.8**
Mixed (actively and inactively) % | 2022-2023	**13.5**	**13.8**

Leisure screen time

Has 2 hours or less of screen time, weekdays % | 2023-2024	**15.8**	**16.4**
Has 2 hours or less of screen time, weekends % | 2023-2024	**14.8**	**15.1**
Spends 3 hours or more playing games on an electronic device, weekdays % | 2023-2024	**25.1**	**24.0**

	Province New Brunswick	**Zone 1** Moncton and South-East Area
Sleep		
Sleeps 8 hours or more % | 2023-2024	55.6	57.8
Average hours and minutes of sleep Number | 2023-2024	8.6	8.7
Uses an electronic device before bed % | 2023-2024	88.9	87.9
Uses it 1 to 3 nights a week % | 2023-2024	14.7	15.7
Uses it every night % | 2023-2024	62.1	59.3
Has trouble going to sleep % | 2023-2024	60.9	59.9

Healthy eating

Canada's Food Guide recommends eating a variety of healthy foods each day, including plenty of vegetables and fruits, and to limit highly processed foods. It also recommends to eat without distractions.

	Province New Brunswick	**Zone 1** Moncton and South-East Area
Food choices		
Eats vegetables or fruits 5 times or more per day % | 2023-2024	49.1	50.9
Eats highly processed foods 1 time or none per day % | 2023-2024	32.1	34.6
Drinks sugary drinks % | 2023-2024	67.7	63.9
Drinks high energy drinks % | 2023-2024	17.0	15.5
Eating habits		
Did not eat a meal from a fast food restaurant, last 7 days % | 2023-2024	32.2	34.8
Ate a meal from a fast food restaurant 3 times or more, last 7 days % | 2023-2024	12.6	10.5
Did not eat while using an electronic device, last 7 days % | 2023-2024	24.5	26.6
Ate 7 times or more while using an electronic device, last 7 days % | 2023-2024	20.3	19.0
Eats the evening meal with family or friends, daily % | 2023-2024	44.1	45.9
Eats the evening meal with family or friends, most days % | 2023-2024	59.4	61.2
Eats breakfast, daily % | 2023-2024	35.6	39.8
Eats breakfast, most days % | 2023-2024	47.5	52.1

	Province New Brunswick	Zone 1 Moncton and South-East Area
Barriers to daily breakfast		
No time % | 2023-2024	**26.6**	**25.8**
Not hungry % | 2023-2024	**36.0**	**34.2**
Feels sick after breakfast % | 2023-2024	**16.3**	**14.4**
Tries to lose weight % | 2023-2024	**10.6**	**10.2**
Has nothing to eat at home % | 2023-2024	**3.6**	**3.7**

Safety

Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months % | 2022-2023	**11.5**	**8.5**
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months % | 2022-2023	**17.3**	**14.9**
Wears a helmet when biking % | 2022-2023	**28.2**	**31.3**
Has been injured and had to be treated % | 2022-2023	**15.6**	**14.3**

Sexual violence

Has been sexually violated % | 2022-2023	**14.1**	**13.5**
Victim of dating violence, last 12 months (among those who dated) % | 2022-2023	**19.8**	**18.6**
Knows when legally able to consent to sexual activity % | 2022-2023	**75.3**	**75.6**

About this Table

Content and description
This table presents data collected from students in grades 6 to 12 through the New Brunswick Student Wellness and Education Survey (SWES). It contains self-reported information regarding the social and emotional development of New Brunswick students in grades 6 to 12. Topics include general health, physical activity, screen time, sleep, healthy eating, safety, and sexual violence.
The questionnaire comprises modules, which means that certain questions are asked every other cycle.

Why it is important
Only when we understand who our students are and what their needs are can we better plan for services and allocate resources to meet their health and educational needs.

Availability of the data
The information in this data table is available by school district, school sector and overall New Brunswick,by the seven (7) New Brunswick health zones and 33 communities created by the NBHC, as well as by demographic groups. More information is available on our New Brunswick Student Wellness and Education Survey page.

Note about demographic groups:
In 2023, the NBHC undertook a review of the demographic questions in its surveys to more accurately report on the experience of citizens who identify with particular groups. As such, starting in 2024, all demographic groups (characteristics) have been adjusted to reflect this change. Data tables and indicator pages were adjusted to allow for trending where applicable.

Caption

n/a = Not applicable / not available

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

🚩 Above-average performance

🚩 Below-average performance