

STUDENT WELLNESS SURVEY

Grades 6-12: Physical Health


 Province
New Brunswick

 Zone 1
Moncton and
South-East Area

General health

Perceived health, very good or excellent % 2022-2023	54.7	56.0
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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 % 2022-2023	26.5	26.2
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Movement and rest

The Canadian 24-Hour Movement Guidelines for Children and Youth recommend at least 60 minutes per day of moderate to vigorous physical activity and uninterrupted 9 to 11 hours of sleep per night.

Physical activity

Daily physical activity, 1 hour or more % 2022-2023	23.7	23.1
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School commute

Commutes actively % 2022-2023	8.8	10.3
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Commutes inactively % 2022-2023	77.7	75.8
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Mixed (actively and inactively) % 2022-2023	13.5	13.8
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Leisure screen time

Has 2 hours or less of screen time, weekdays % 2022-2023	15.0	16.5
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Has more than 2 hours of screen time, weekdays % 2022-2023	85.0	83.5
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	Province New Brunswick	Zone 1 Moncton and South-East Area
Has 2 hours or less of screen time, weekends % 2022-2023	14.2	15.1
Has more than 2 hours of screen time, weekends % 2022-2023	85.8	84.9

Sleep

Sleeps 8 hours or more % 2022-2023	35.2	37.2
Uses an electronic device before bed % 2021-2022	89.4	88.4
Uses it 1 to 3 nights a week % 2021-2022	13.1	13.8
Uses it every night % 2021-2022	65.2	63.0
Has trouble going to sleep % 2021-2022	65.1	64.3

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.

Food choices

Eats vegetables or fruits 5 times or more per day % 2022-2023	43.4	45.2
Eats highly processed foods 1 time or none per day % 2022-2023	38.3	40.0
Drinks sugary drinks % 2022-2023	66.9	62.5
Drinks high energy drinks % 2022-2023	15.1	13.1

Eating habits

Did not eat a meal from a fast food restaurant, last 7 days % 2021-2022	33.0	35.4
Ate a meal from a fast food restaurant 3 times or more, last 7 days % 2021-2022	12.7	11.3
Did not eat while using an electronic device, last 7 days % 2021-2022	26.7	29.0
Ate 7 times or more while using an electronic device, last 7 days % 2021-2022	19.5	18.9
Eats the evening meal with family or friends, daily % 2021-2022	44.5	45.4
Eats the evening meal with family or friends, most days % 2021-2022	60.3	61.5
Eats breakfast, daily % 2021-2022	36.2	40.4

	Province New Brunswick	Zone 1 Moncton and South-East Area
Eats breakfast, most days % 2021-2022	48.2	53.2

Barriers to daily breakfast

No time % 2021-2022	24.8	24.5
Not hungry % 2021-2022	34.8	33.2
Feels sick after breakfast % 2021-2022	17.2	14.9
Tries to lose weight % 2021-2022	10.0	9.9
Has nothing to eat at home % 2021-2022	3.6	3.8

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 Survey (SWS). It contains self-reported information regarding the physical health 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

When students are supported in adopting positive health behaviours, they build a lifestyle that will prevent diseases and maintain good health for them in the long term. By better understanding the health behaviours of students, we can better plan for services and allocate resources to support a healthier lifestyle for them and our communities.

Availability of the data

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

Note about 2021-2022 data

The methodology of the 2021-2022 edition of the SWS was significantly changed. This was the first cycle to adopt online data collection, and a shorter data collection period. Also, the survey questionnaire was thoroughly revised for this cycle. Many questions were removed or amended. As such, some indicators are no longer comparable to previous years. As such, caution always needs to be exercised when attempting to compare the results of the survey with results from prior survey cycles outside of what is displayed in this Data Table.

The 2021-2022 edition of the SWS was conducted during the COVID-19 pandemic. Some schools may have had lower participation from their students than previous years. Some students may have participated to the survey during periods of remote learning.

Caption

n/a = Not applicable / not available

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