STUDENT WELLNESS AND EDUCATION SURVEY

Grades 6-12: Physical Health

	Community Moncton	**Zone 1** Moncton and South-East Area	**Province** New Brunswick

General health

Perceived health, very good or excellent % | 2023-2024	**56.2**	**55.7**	**54.3**

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	**25.5**	**26.1**	**26.9**

Movement and rest

Physical activity

Daily physical activity, 1 hour or more % | 2023-2024	**24.9**	**25.0**	**24.8**

School commute

Commutes actively % | 2022-2023	**11.4**	**10.3**	**8.8**
Commutes inactively % | 2022-2023	**74.4**	**75.8**	**77.7**
Mixed (actively and inactively) % | 2022-2023	**14.2**	**13.8**	**13.5**

Leisure screen time

Has 2 hours or less of screen time, weekdays % | 2023-2024	**16.8**	**16.4**	**15.8**
Has 2 hours or less of screen time, weekends % | 2023-2024	**14.8**	**15.1**	**14.8**
Spends 3 hours or more playing games on an electronic device, weekdays % | 2023-2024	**24.2**	**24.0**	**25.1**

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Sleep			
Sleeps 8 hours or more % | 2023-2024	**57.8**	**57.8**	**55.6**
Average hours and minutes of sleep Number | 2023-2024	**8.6**	**8.7**	**8.6**
Uses an electronic device before bed % | 2023-2024	**86.8**	**87.9**	**88.9**
Uses it 1 to 3 nights a week % | 2023-2024	**17.0**	**15.7**	**14.7**
Uses it every night % | 2023-2024	**57.0**	**59.3**	**62.1**
Has trouble going to sleep % | 2023-2024	**58.4**	**59.9**	**60.9**

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.

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
Food choices			
Eats vegetables or fruits 5 times or more per day % | 2023-2024	**51.8**	**50.9**	**49.1**
Eats highly processed foods 1 time or none per day % | 2023-2024	**34.4**	**34.6**	**32.1**
Drinks sugary drinks % | 2023-2024	**64.5**	**63.9**	**67.7**
Drinks high energy drinks % | 2023-2024	**14.8**	**15.5**	**17.0**
Eating habits			
Did not eat a meal from a fast food restaurant, last 7 days % | 2023-2024	**35.6**	**34.8**	**32.2**
Ate a meal from a fast food restaurant 3 times or more, last 7 days % | 2023-2024	**10.5**	**10.5**	**12.6**
Did not eat while using an electronic device, last 7 days % | 2023-2024	**25.0**	**26.6**	**24.5**
Ate 7 times or more while using an electronic device, last 7 days % | 2023-2024	**20.5**	**19.0**	**20.3**
Eats the evening meal with family or friends, daily % | 2023-2024	**45.6**	**45.9**	**44.1**
Eats the evening meal with family or friends, most days % | 2023-2024	**59.5**	**61.2**	**59.4**

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
Eats breakfast, daily % | 2023-2024	41.4	39.8	35.6
Eats breakfast, most days % | 2023-2024	53.3	52.1	47.5

Barriers to daily breakfast

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
No time % | 2023-2024	25.9	25.8	26.6
Not hungry % | 2023-2024	32.6	34.2	36.0
Feels sick after breakfast % | 2023-2024	13.8	14.4	16.3
Tries to lose weight % | 2023-2024	10.5	10.2	10.6
Has nothing to eat at home % | 2023-2024	3.5	3.7	3.6

Safety

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months % | 2022-2023	5.9	8.5	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months % | 2022-2023	11.7	14.9	17.3
Wears a helmet when biking % | 2022-2023	32.9	31.3	28.2
Has been injured and had to be treated % | 2022-2023	13.7	14.3	15.6

Sexual violence

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
Has been sexually violated % | 2022-2023	13.0	13.5	14.1
Victim of dating violence, last 12 months (among those who dated) % | 2022-2023	18.5	18.6	19.8
Knows when legally able to consent to sexual activity % | 2022-2023	76.8	75.6	75.3

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