STUDENT WELLNESS AND EDUCATION SURVEY
Grades 6-12: Physical Health

	Community Hillsborough, Riverside-Albert, Alma Area	**Zone 1** Moncton and South-East Area	**Province** New Brunswick

General health
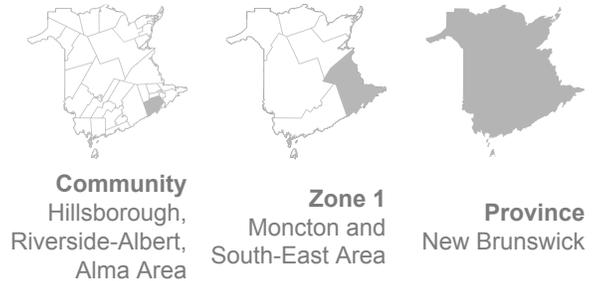
	Community	Zone 1	Province
Perceived health, very good or excellent % | 2025-2026	33.7	52.9	51.0

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.

	Community	Zone 1	Province
Overweight or obese % | 2025-2026	25.9	26.2	26.9

Physical activity, leisure screen time, and sleep

Physical activity

	Community	Zone 1	Province
Daily physical activity, 1 hour or more % | 2025-2026	19.6	23.6	24.3

School commute

	Community	Zone 1	Province
Commutes actively % | 2025-2026	10.0	10.4	9.5
Commutes inactively % | 2025-2026	77.4	75.1	77.3
Mixed (actively and inactively) % | 2025-2026	12.6	14.5	13.2

Leisure screen time

	Community	Zone 1	Province
Has 2 hours or less of leisure screen time per day % | 2025-2026	8.1	11.8	11.3
Average hours and minutes of leisure screen time per day Number | 2025-2026	5.4	4.7	4.8

	Community Hillsborough, Riverside-Albert, Alma Area	Zone 1 Moncton and South-East Area	Province New Brunswick
Spends 3 hours or more playing games on an electronic device, weekdays % | 2025-2026	28.1	22.6	24.6

Sleep

Sleeps 8 hours or more, weekdays % | 2025-2026	58.0	65.6	62.9
Average hours and minutes of sleep per night, weekdays Number | 2025-2026	8.5	8.9	8.8
Uses an electronic device before bed % | 2025-2026	87.5	85.4	87.0
Uses it 1 to 3 nights a week % | 2025-2026	13.7	15.6	14.4
Uses it every night % | 2025-2026	64.5	57.7	61.1
Has trouble going to sleep % | 2025-2026	62.1	52.0	53.7

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.

Type of food

Eats vegetables or fruits 5 times or more per day % | 2025-2026	50.4	59.0	57.3

Eating habits

Eats the evening meal with family/guardian(s) or friends, daily % | 2025-2026	43.2	51.4	49.3
Eats the evening meal with family/guardian(s) or friends, most days % | 2025-2026	60.1	66.1	64.2
Eats breakfast, daily % | 2025-2026	26.8	41.5	36.6
Eats breakfast, most days % | 2025-2026	37.4	55.1	50.0

Sexual violence

Has been sexually violated % | 2025-2026	17.1	10.5	11.6

	Community Hillsborough, Riverside-Albert, Alma Area	Zone 1 Moncton and South-East Area	Province New Brunswick
Victim of dating violence, last 12 months (among those who dated) % | 2025-2026	18.9	10.6	12.3

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, leisure screen time, sleep, healthy eating, and sexual violence.

The questionnaire previously comprised modules, which means that certain questions were 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