

## STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Physical Health



**Community**  
Fredericton



**Zone 3**  
Fredericton and  
River Valley Area



**Province**  
New Brunswick

## General health

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Perceived health, very good or excellent %   2023-2024	56.8	52.6	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	24.3	27.2	26.9
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## Movement and rest

### Physical activity

Daily physical activity, 1 hour or more %   2023-2024	25.9	25.5	24.8
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### School commute

Commutes actively %   2022-2023	10.4	8.7	8.8
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Commutes inactively %   2022-2023	75.5	77.9	77.7
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Mixed (actively and inactively) %   2022-2023	14.1	13.4	13.5
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### Leisure screen time

Has 2 hours or less of screen time, weekdays %   2023-2024	18.0	16.0	15.8
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Has 2 hours or less of screen time, weekends %   2023-2024	15.9	14.8	14.8
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Spends 3 hours or more playing games on an electronic device, weekdays %   2023-2024	22.2	25.1	25.1
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## Sleep

Sleeps 8 hours or more %   2023-2024	53.6	52.9	55.6
Average hours and minutes of sleep Number   2023-2024	8.4	8.4	8.6
Uses an electronic device before bed %   2023-2024	86.8	88.3	88.9
Uses it 1 to 3 nights a week %   2023-2024	16.7	15.5	14.7
Uses it every night %   2023-2024	57.3	60.9	62.1
Has trouble going to sleep %   2023-2024	58.9	61.8	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.

### Food choices

Eats vegetables or fruits 5 times or more per day %   2023-2024	52.0	49.1	49.1
Eats highly processed foods 1 time or none per day %   2023-2024	30.6	29.8	32.1
Drinks sugary drinks %   2023-2024	67.1	70.4	67.7
Drinks high energy drinks %   2023-2024	14.3	16.9	17.0

### Eating habits

Did not eat a meal from a fast food restaurant, last 7 days %   2023-2024	33.2	32.5	32.2
Ate a meal from a fast food restaurant 3 times or more, last 7 days %   2023-2024	12.0	12.1	12.6
Did not eat while using an electronic device, last 7 days %   2023-2024	23.9	22.2	24.5
Ate 7 times or more while using an electronic device, last 7 days %   2023-2024	19.0	21.2	20.3
Eats the evening meal with family or friends, daily %   2023-2024	41.8	41.1	44.1
Eats the evening meal with family or friends, most days %   2023-2024	58.5	56.9	59.4

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Eats breakfast, daily %   2023-2024	37.0	32.7	35.6
Eats breakfast, most days %   2023-2024	49.2	44.3	47.5
<b>Barriers to daily breakfast</b>			
No time %   2023-2024	29.4	29.2	26.6
Not hungry %   2023-2024	33.2	35.5	36.0
Feels sick after breakfast %   2023-2024	16.3	17.7	16.3
Tries to lose weight %   2023-2024	10.2	10.7	10.6
Has nothing to eat at home %   2023-2024	2.9	3.5	3.6
<b>Safety</b>			
Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months %   2022-2023	8.4	12.3	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months %   2022-2023	14.9	18.3	17.3
Wears a helmet when biking %   2022-2023	35.6	29.7	28.2
Has been injured and had to be treated %   2022-2023	17.8	17.1	15.6
<b>Sexual violence</b>			
Has been sexually violated %   2022-2023	14.5	15.0	14.1
Victim of dating violence, last 12 months (among those who dated) %   2022-2023	22.5	22.4	19.8
Knows when legally able to consent to sexual activity %   2022-2023	75.6	76.4	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.

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### 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