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

Community
Dalhousie, Balmoral, Belledune Area

Zone 5
Restigouche Area

Province
New Brunswick

General health

Perceived health, very good or excellent % | 2024-2025	**42.0**	**46.6**	**46.9**

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 % | 2024-2025	**28.1**	**28.4**	**27.0**

Physical activity, leisure screen time, and sleep

Physical activity

Daily physical activity, 1 hour or more % | 2024-2025	**21.3**	**21.5**	**23.9**
Participates in before lunch, noon hour, or after school physical activity organized by school % | 2024-2025	**47.0**	**44.3**	**40.1**

School commute

Commutes actively % | 2024-2025	**4.9**	**10.3**	**10.1**
Commutes inactively % | 2024-2025	**85.7**	**77.8**	**77.0**
Mixed (actively and inactively) % | 2024-2025	**9.4**	**11.9**	**12.9**

Leisure screen time

Has 2 hours or less of leisure screen time per day % | 2024-2025	**8.8**	**9.8**	**12.3**

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
Average hours and minutes of leisure screen time per day Number | 2024-2025	5.1	5.0	4.7
Spends 3 hours or more playing games on an electronic device, weekdays % | 2024-2025	30.2	30.9	24.3

Sleep

Sleeps 8 hours or more, weekdays % | 2024-2025	61.0	61.9	61.4
Average hours and minutes of sleep per night Number | 2024-2025	8.7	8.9	8.8
Uses an electronic device before bed % | 2023-2024	93.9	92.2	88.9
Uses it 1 to 3 nights a week % | 2023-2024	14.3	13.2	14.7
Uses it every night % | 2023-2024	70.2	69.0	62.1
Has trouble going to sleep % | 2023-2024	63.1	62.4	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.

Type of food and drinks

Eats vegetables or fruits 5 times or more per day % | 2024-2025	46.1	47.4	52.3
Eats highly processed foods 1 time or none per day % | 2024-2025	32.6	32.2	32.7
Drinks sugary drinks % | 2024-2025	70.0	67.1	68.0
Drinks high energy drinks % | 2024-2025	17.1	20.4	19.4

Eating habits

Did not eat a meal from a fast food restaurant, last 7 days % | 2023-2024	33.6	29.9	32.2
Ate a meal from a fast food restaurant 3 times or more, last 7 days % | 2023-2024	14.1	14.5	12.6
Did not eat while using an electronic device, last 7 days % | 2023-2024	24.6	24.8	24.5

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
Ate 7 times or more while using an electronic device, last 7 days % | 2023-2024	22.3	21.1	20.3
Eats the evening meal with family/guardian(s) or friends, daily % | 2023-2024	44.9	46.1	44.1
Eats the evening meal with family/guardian(s) or friends, most days % | 2023-2024	56.7	60.4	59.4
Eats breakfast, daily % | 2023-2024	29.7	30.0	35.6
Eats breakfast, most days % | 2023-2024	41.5	41.4	47.5

Barriers to daily breakfast

No time % | 2023-2024	23.9	22.5	26.6
Not hungry % | 2023-2024	40.9	41.8	36.0
Feels sick after breakfast % | 2023-2024	17.9	16.0	16.3
Tries to lose weight % | 2023-2024	10.7	10.5	10.6
Has nothing to eat at home % | 2023-2024	3.0	3.7	3.6

Safety

Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months % | 2024-2025	15.3	14.1	10.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months % | 2024-2025	17.3	17.5	14.8

Sexual violence

Has been sexually violated % | 2024-2025	16.1	13.8	12.5
Victim of dating violence, last 12 months (among those who dated) % | 2024-2025	13.9	13.8	13.4
Knows when legally able to consent to sexual activity % | 2024-2025	70.2	67.8	70.3

New Brunswick | Conseil de la santé
Health Council | du Nouveau-Brunswick

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