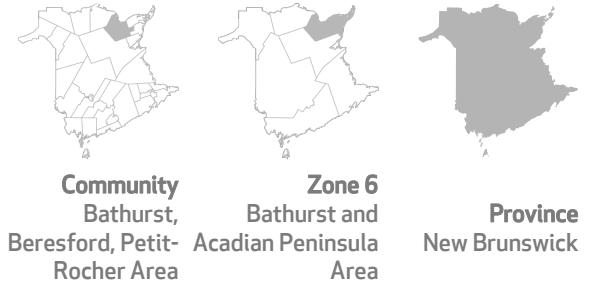


STUDENT WELLNESS SURVEY - 6 TO 12

# Physical Health



## General health

Perceived health, very good or excellent %   2021-2022	59.7	62.6	54.5
Overweight or obese %   2021-2022	27.9	29.2	28.3

## Movement and rest

### Physical activity

Daily moderate or vigorous physical activity %   2021-2022	21.8	19.7	22.2
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### School commute

Commutes actively %   2018-2019	2.5	3.1	7.0
Commutes inactively %   2018-2019	86.2	83.3	77.9
Mixed (actively and inactively) %   2018-2019	11.3	13.6	15.1

### Leisure screen time

Has 2 hours or less of screen time, weekdays %   2021-2022	13.3	12.8	14.5
Has more than 2 hours of screen time, weekdays %   2021-2022	86.7	87.2	85.5
Has 2 hours or less of screen time, weekends %   2021-2022	13.8	13.4	13.9
Has more than 2 hours of screen time, weekends %   2021-2022	86.2	86.6	86.1

### Sleep

	Community Bathurst, Beresford, Petit- Rocher Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
Sleeps 8 hours or more %   2021-2022	32.5	35.6	30.2
Uses an electronic device before bed %   2021-2022	90.8	91.1	89.4
Uses it 1 to 3 nights a week %   2021-2022	12.0	11.1	13.1
Uses it every night %   2021-2022	68.0	70.4	65.2
Has trouble going to sleep %   2021-2022	66.5	65.1	65.1

## Healthy eating

### Food choices

Eats 5 or more servings of vegetables or fruit per day %   2021-2022	44.5	42.7	45.9
Eats highly processed foods 1 time or less per day %   2021-2022	39.0	39.5	36.7
Drinks sugary drinks %   2021-2022	67.5	68.9	68.8
Drinks high energy drinks %   2021-2022	14.8	15.1	16.0

### Eating habits

Did not eat fast food, last 7 days %   2021-2022	30.2	29.9	33.0
Ate fast food 3 times or more, last 7 days %   2021-2022	16.2	16.8	12.7
Did not eat while using an electronic device, last 7 days %   2021-2022	29.0	30.7	26.7
Ate 7 times or more while using an electronic device, last 7 days %   2021-2022	19.0	18.1	19.5
Eats the evening meal with family or friends, daily %   2021-2022	48.1	52.0	44.5
Eats the evening meal with family or friends, most days %   2021-2022	65.1	67.8	60.3
Eats breakfast, daily %   2021-2022	39.7	40.0	36.2
Eats breakfast, most days %   2021-2022	52.7	52.6	48.2

### Barriers to daily breakfast

	Community Bathurst, Beresford, Petit- Rocher Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
No time %   2021-2022	20.4	20.2	24.8
Not hungry %   2021-2022	36.1	38.4	34.8
Feels sick after breakfast %   2021-2022	17.2	15.2	17.2
Tries to lose weight %   2021-2022	9.9	8.6	10.0
Has nothing to eat at home %   2021-2022	2.9	2.7	3.6

## Safety

Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months %   2018-2019	11.6	13.8	9.3
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months %   2018-2019	20.6	21.2	17.2
Wears a helmet when biking %   2018-2019	29.2	20.0	31.0
Has been injured and had to be treated %   2018-2019	29.2	25.9	30.1

## Sexual violence

Has been sexually violated %   2018-2019	11.4	11.7	10.4
Victim of dating violence, last 12 months (among those who dated) %   2018-2019	18.1	16.6	16.6
Knows when legally able to consent to sexual activity %   2018-2019	71.5	75.5	71.2

## 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.

### 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 for this data table is available at different geographical levels as well as by demographic groups.

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.

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### Caption

n/a = Not applicable / not available

S = Data was suppressed due to low respondent counts