

STUDENT WELLNESS SURVEY

Grades 6-12: Physical Health



Community
Shippagan,
Lamèque,
Inkerman Area



Zone 6
Bathurst and
Acadian Peninsula
Area



Province
New Brunswick

General health

Perceived health, very good or excellent % 2022-2023	62.3	61.3	54.7
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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 % 2022-2023	37.1	28.0	26.5
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Movement and rest

The Canadian 24-Hour Movement Guidelines for Children and Youth recommend at least 60 minutes per day of moderate to vigorous physical activity and uninterrupted 9 to 11 hours of sleep per night.

Physical activity

Daily physical activity, 1 hour or more % 2022-2023	19.6	20.7	23.7
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School commute

Commutes actively % 2022-2023	6.6	4.8	8.8
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Commutes inactively % 2022-2023	82.9	84.4	77.7
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Mixed (actively and inactively) % 2022-2023	10.5	10.8	13.5
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Leisure screen time

Has 2 hours or less of screen time, weekdays % 2022-2023	14.9	14.4	15.0
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Has more than 2 hours of screen time, weekdays % 2022-2023	85.1	85.6	85.0
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	Community Shippagan, Lamèque, Inkerman Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
Has 2 hours or less of screen time, weekends % 2022-2023	15.3	14.6	14.2
Has more than 2 hours of screen time, weekends % 2022-2023	84.7	85.4	85.8
Sleep			
Sleeps 8 hours or more % 2022-2023	41.2	37.6	35.2
Uses an electronic device before bed % 2021-2022	90.2	91.1	89.4
Uses it 1 to 3 nights a week % 2021-2022	8.8	11.1	13.1
Uses it every night % 2021-2022	73.0	70.4	65.2
Has trouble going to sleep % 2021-2022	64.0	65.1	65.1

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 % 2022-2023	44.3	42.4	43.4
Eats highly processed foods 1 time or none per day % 2022-2023	44.9	42.4	38.3
Drinks sugary drinks % 2022-2023	67.1	66.6	66.9
Drinks high energy drinks % 2022-2023	16.9	14.9	15.1

Eating habits

Did not eat a meal from a fast food restaurant, last 7 days % 2021-2022	27.1	29.9	33.0
Ate a meal from a fast food restaurant 3 times or more, last 7 days % 2021-2022	20.3	16.8	12.7
Did not eat while using an electronic device, last 7 days % 2021-2022	30.5	30.7	26.7
Ate 7 times or more while using an electronic device, last 7 days % 2021-2022	21.3	18.1	19.5
Eats the evening meal with family or friends, daily % 2021-2022	55.5	52.0	44.5

	Community Shippagan, Lamèque, Inkerman Area	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
Eats the evening meal with family or friends, most days % 2021-2022	71.0	67.8	60.3
Eats breakfast, daily % 2021-2022	38.6	40.0	36.2
Eats breakfast, most days % 2021-2022	51.1	52.6	48.2
Barriers to daily breakfast			
No time % 2021-2022	21.0	20.2	24.8
Not hungry % 2021-2022	37.9	38.4	34.8
Feels sick after breakfast % 2021-2022	11.2	15.2	17.2
Tries to lose weight % 2021-2022	8.7	8.6	10.0
Has nothing to eat at home % 2021-2022	2.3	2.7	3.6

Safety

Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months % 2022-2023	22.7	16.9	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months % 2022-2023	25.3	22.2	17.3
Wears a helmet when biking % 2022-2023	11.7	21.5	28.2
Has been injured and had to be treated % 2022-2023	13.6	13.0	15.6

Sexual violence

Has been sexually violated % 2022-2023	15.6	14.6	14.1
Victim of dating violence, last 12 months (among those who dated) % 2022-2023	15.4	18.6	19.8
Knows when legally able to consent to sexual activity % 2022-2023	71.7	73.1	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 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. The questionnaire comprises modules, which means that certain questions are asked every other cycle.

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 in this data table is available by school district, school sector and overall New Brunswick, as well as by the seven (7) New Brunswick health zones and 33 communities created by the NBHC. 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.

Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size