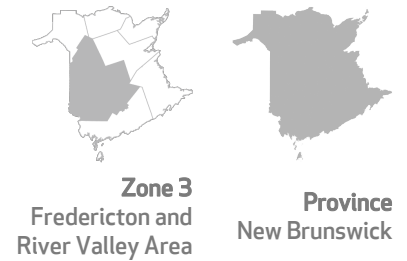


STUDENT WELLNESS SURVEY

# Grades 6-12: Physical Health



## General health

Perceived health, very good or excellent %   2022-2023	<b>53.1</b>	<b>54.7</b>
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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	<b>26.3</b>	<b>26.5</b>
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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	<b>26.0</b>	<b>23.7</b>
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### School commute

Commutes actively %   2022-2023	<b>8.7</b>	<b>8.8</b>
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Commutes inactively %   2022-2023	<b>77.9</b>	<b>77.7</b>
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Mixed (actively and inactively) %   2022-2023	<b>13.4</b>	<b>13.5</b>
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### Leisure screen time

Has 2 hours or less of screen time, weekdays %   2022-2023	<b>14.6</b>	<b>15.0</b>
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Has more than 2 hours of screen time, weekdays %   2022-2023	<b>85.4</b>	<b>85.0</b>
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	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Has 2 hours or less of screen time, weekends %   2022-2023	13.3	14.2
Has more than 2 hours of screen time, weekends %   2022-2023	86.7	85.8

## Sleep

Sleeps 8 hours or more %   2022-2023	34.2	35.2
Uses an electronic device before bed %   2021-2022	88.4	89.4
Uses it 1 to 3 nights a week %   2021-2022	14.2	13.1
Uses it every night %   2021-2022	62.4	65.2
Has trouble going to sleep %   2021-2022	65.5	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	43.5	43.4
Eats highly processed foods 1 time or none per day %   2022-2023	37.0	38.3
Drinks sugary drinks %   2022-2023	70.1	66.9
Drinks high energy drinks %   2022-2023	15.8	15.1

### Eating habits

Did not eat a meal from a fast food restaurant, last 7 days %   2021-2022	33.2	33.0
Ate a meal from a fast food restaurant 3 times or more, last 7 days %   2021-2022	11.8	12.7
Did not eat while using an electronic device, last 7 days %   2021-2022	24.2	26.7
Ate 7 times or more while using an electronic device, last 7 days %   2021-2022	20.1	19.5
Eats the evening meal with family or friends, daily %   2021-2022	42.4	44.5
Eats the evening meal with family or friends, most days %   2021-2022	58.1	60.3
Eats breakfast, daily %   2021-2022	34.0	36.2

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Eats breakfast, most days %   2021-2022	45.4	48.2

### Barriers to daily breakfast

No time %   2021-2022	26.4	24.8
Not hungry %   2021-2022	33.9	34.8
Feels sick after breakfast %   2021-2022	18.4	17.2
Tries to lose weight %   2021-2022	10.7	10.0
Has nothing to eat at home %   2021-2022	3.4	3.6

### Safety

Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months %   2022-2023	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	18.3	17.3
Wears a helmet when biking %   2022-2023	29.7	28.2
Has been injured and had to be treated %   2022-2023	17.1	15.6

### Sexual violence

Has been sexually violated %   2022-2023	15.0	14.1
Victim of dating violence, last 12 months (among those who dated) %   2022-2023	22.4	19.8
Knows when legally able to consent to sexual activity %   2022-2023	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 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.

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### Caption

n/a = Not applicable / not available

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