

STUDENT WELLNESS AND EDUCATION SURVEY

Grades 6-12: Physical Health



Zone 3
Fredericton and
River Valley Area



Province
New Brunswick

General health

Perceived health, very good or excellent % 2024-2025	44.3	46.9
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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	26.9	27.0
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Physical activity, leisure screen time, and sleep

Physical activity

Daily physical activity, 1 hour or more % 2024-2025	26.1	23.9
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Participates in before lunch, noon hour, or after school physical activity organized by school % 2024-2025	41.8	40.1
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School commute

Commutes actively % 2024-2025	10.0	10.1
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Commutes inactively % 2024-2025	78.0	77.0
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Mixed (actively and inactively) % 2024-2025	12.0	12.9
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Leisure screen time

Has 2 hours or less of leisure screen time per day % 2024-2025	11.3	12.3
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Average hours and minutes of leisure screen time per day Number 2024-2025	4.8	4.7
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	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Spends 3 hours or more playing games on an electronic device, weekdays % 2024-2025	25.1	24.3

Sleep

Sleeps 8 hours or more, weekdays % 2024-2025	60.8	61.4
Average hours and minutes of sleep per night Number 2024-2025	8.8	8.8
Uses an electronic device before bed % 2023-2024	88.3	88.9
Uses it 1 to 3 nights a week % 2023-2024	15.5	14.7
Uses it every night % 2023-2024	60.9	62.1
Has trouble going to sleep % 2023-2024	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.

Type of food and drinks

Eats vegetables or fruits 5 times or more per day % 2024-2025	51.4	52.3
Eats highly processed foods 1 time or none per day % 2024-2025	30.1	32.7
Drinks sugary drinks % 2024-2025	71.4	68.0
Drinks high energy drinks % 2024-2025	20.9	19.4

Eating habits

Did not eat a meal from a fast food restaurant, last 7 days % 2023-2024	32.5	32.2
Ate a meal from a fast food restaurant 3 times or more, last 7 days % 2023-2024	12.1	12.6
Did not eat while using an electronic device, last 7 days % 2023-2024	22.2	24.5
Ate 7 times or more while using an electronic device, last 7 days % 2023-2024	21.2	20.3
Eats the evening meal with family/guardian(s) or friends, daily % 2023-2024	41.1	44.1
Eats the evening meal with family/guardian(s) or friends, most days % 2023-2024	56.9	59.4
Eats breakfast, daily % 2023-2024	32.7	35.6

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Eats breakfast, most days % | 2023-2024 **44.3** **47.5**

Barriers to daily breakfast

No time % | 2023-2024 **29.2** **26.6**

Not hungry % | 2023-2024 **35.5** **36.0**

Feels sick after breakfast % | 2023-2024 **17.7** **16.3**

Tries to lose weight % | 2023-2024 **10.7** **10.6**

Has nothing to eat at home % | 2023-2024 **3.5** **3.6**

Safety

Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months % | 2024-2025 **10.9** **10.3**

Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months % | 2024-2025 **15.3** **14.8**

Sexual violence

Has been sexually violated % | 2024-2025 **12.6** **12.5**

Victim of dating violence, last 12 months (among those who dated) % | 2024-2025 **15.8** **13.4**

Knows when legally able to consent to sexual activity % | 2024-2025 **72.2** **70.3**

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.

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