

## STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Physical Health



### General health

Perceived health, very good or excellent %   2023-2024	<b>65.0</b>	<b>54.3</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 %   2023-2024	<b>27.2</b>	<b>26.9</b>
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### Movement and rest

#### Physical activity

Daily physical activity, 1 hour or more %   2023-2024	<b>23.8</b>	<b>24.8</b>
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#### School commute

Commutes actively %   2022-2023	<b>7.9</b>	<b>8.8</b>
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Commutes inactively %   2022-2023	<b>81.1</b>	<b>77.7</b>
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Mixed (actively and inactively) %   2022-2023	<b>11.0</b>	<b>13.5</b>
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#### Leisure screen time

Has 2 hours or less of screen time, weekdays %   2023-2024	<b>17.1</b>	<b>15.8</b>
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Has 2 hours or less of screen time, weekends %   2023-2024	<b>17.4</b>	<b>14.8</b>
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Spends 3 hours or more playing games on an electronic device, weekdays %   2023-2024	<b>23.9</b>	<b>25.1</b>
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**Zone 4**  
 Madawaska and  
 North-West Area

**Province**  
 New Brunswick

## Sleep

Sleeps 8 hours or more %   2023-2024	<b>63.8</b>	<b>55.6</b>
Average hours and minutes of sleep Number   2023-2024	<b>8.9</b>	<b>8.6</b>
Uses an electronic device before bed %   2023-2024	<b>87.9</b>	<b>88.9</b>
Uses it 1 to 3 nights a week %   2023-2024	<b>13.0</b>	<b>14.7</b>
Uses it every night %   2023-2024	<b>63.7</b>	<b>62.1</b>
Has trouble going to sleep %   2023-2024	<b>59.0</b>	<b>60.9</b>

## 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 %   2023-2024	<b>51.6</b>	<b>49.1</b>
Eats highly processed foods 1 time or none per day %   2023-2024	<b>35.0</b>	<b>32.1</b>
Drinks sugary drinks %   2023-2024	<b>67.4</b>	<b>67.7</b>
Drinks high energy drinks %   2023-2024	<b>16.5</b>	<b>17.0</b>

### Eating habits

Did not eat a meal from a fast food restaurant, last 7 days %   2023-2024	<b>29.0</b>	<b>32.2</b>
Ate a meal from a fast food restaurant 3 times or more, last 7 days %   2023-2024	<b>15.3</b>	<b>12.6</b>
Did not eat while using an electronic device, last 7 days %   2023-2024	<b>34.2</b>	<b>24.5</b>
Ate 7 times or more while using an electronic device, last 7 days %   2023-2024	<b>14.3</b>	<b>20.3</b>
Eats the evening meal with family or friends, daily %   2023-2024	<b>60.7</b>	<b>44.1</b>
Eats the evening meal with family or friends, most days %   2023-2024	<b>75.2</b>	<b>59.4</b>
Eats breakfast, daily %   2023-2024	<b>36.8</b>	<b>35.6</b>
Eats breakfast, most days %   2023-2024	<b>49.9</b>	<b>47.5</b>

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### Barriers to daily breakfast

No time %   2023-2024	<b>23.0</b>	<b>26.6</b>
Not hungry %   2023-2024	<b>38.4</b>	<b>36.0</b>
Feels sick after breakfast %   2023-2024	<b>14.6</b>	<b>16.3</b>
Tries to lose weight %   2023-2024	<b>9.3</b>	<b>10.6</b>
Has nothing to eat at home %   2023-2024	<b>3.0</b>	<b>3.6</b>

### Safety

Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months %   2022-2023	<b>15.6</b>	<b>11.5</b>
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months %   2022-2023	<b>22.8</b>	<b>17.3</b>
Wears a helmet when biking %   2022-2023	<b>18.2</b>	<b>28.2</b>
Has been injured and had to be treated %   2022-2023	<b>14.0</b>	<b>15.6</b>

### Sexual violence

Has been sexually violated %   2022-2023	<b>12.9</b>	<b>14.1</b>
Victim of dating violence, last 12 months (among those who dated) %   2022-2023	<b>15.7</b>	<b>19.8</b>
Knows when legally able to consent to sexual activity %   2022-2023	<b>74.0</b>	<b>75.3</b>

## 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.

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### 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