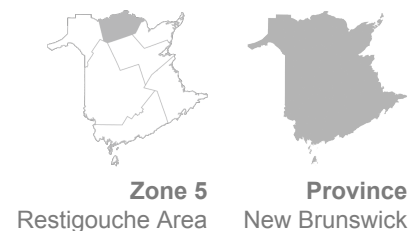


## STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Physical Health



## General health

Perceived health, very good or excellent %   2024-2025	46.6	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	28.4	27.0
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## Physical activity, leisure screen time, and sleep

### Physical activity

Daily physical activity, 1 hour or more %   2024-2025	21.5	23.9
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Participates in before lunch, noon hour, or after school physical activity organized by school %   2024-2025	44.3	40.1
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### School commute

Commutes actively %   2024-2025	10.3	10.1
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Commutes inactively %   2024-2025	77.8	77.0
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Mixed (actively and inactively) %   2024-2025	11.9	12.9
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### Leisure screen time

Has 2 hours or less of leisure screen time per day %   2024-2025	9.8	12.3
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Average hours and minutes of leisure screen time per day Number   2024-2025	5.0	4.7
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	<b>Zone 5 Restigouche Area</b>	<b>Province New Brunswick</b>
Spends 3 hours or more playing games on an electronic device, weekdays %   2024-2025	<b>30.9</b>	<b>24.3</b>

## Sleep

Sleeps 8 hours or more, weekdays %   2024-2025	<b>61.9</b>	<b>61.4</b>
Average hours and minutes of sleep per night Number   2024-2025	<b>8.9</b>	<b>8.8</b>
Uses an electronic device before bed %   2023-2024	<b>92.2</b>	<b>88.9</b>
Uses it 1 to 3 nights a week %   2023-2024	<b>13.2</b>	<b>14.7</b>
Uses it every night %   2023-2024	<b>69.0</b>	<b>62.1</b>
Has trouble going to sleep %   2023-2024	<b>62.4</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.

### Type of food and drinks

Eats vegetables or fruits 5 times or more per day %   2024-2025	<b>47.4</b>	<b>52.3</b>
Eats highly processed foods 1 time or none per day %   2024-2025	<b>32.2</b>	<b>32.7</b>
Drinks sugary drinks %   2024-2025	<b>67.1</b>	<b>68.0</b>
Drinks high energy drinks %   2024-2025	<b>20.4</b>	<b>19.4</b>

### Eating habits

Did not eat a meal from a fast food restaurant, last 7 days %   2023-2024	<b>29.9</b>	<b>32.2</b>
Ate a meal from a fast food restaurant 3 times or more, last 7 days %   2023-2024	<b>14.5</b>	<b>12.6</b>
Did not eat while using an electronic device, last 7 days %   2023-2024	<b>24.8</b>	<b>24.5</b>
Ate 7 times or more while using an electronic device, last 7 days %   2023-2024	<b>21.1</b>	<b>20.3</b>
Eats the evening meal with family/guardian(s) or friends, daily %   2023-2024	<b>46.1</b>	<b>44.1</b>
Eats the evening meal with family/guardian(s) or friends, most days %   2023-2024	<b>60.4</b>	<b>59.4</b>
Eats breakfast, daily %   2023-2024	<b>30.0</b>	<b>35.6</b>

	<b>Zone 5 Restigouche Area</b>	<b>Province New Brunswick</b>
Eats breakfast, most days %   2023-2024	<b>41.4</b>	<b>47.5</b>

### Barriers to daily breakfast

No time %   2023-2024	<b>22.5</b>	<b>26.6</b>
Not hungry %   2023-2024	<b>41.8</b>	<b>36.0</b>
Feels sick after breakfast %   2023-2024	<b>16.0</b>	<b>16.3</b>
Tries to lose weight %   2023-2024	<b>10.5</b>	<b>10.6</b>
Has nothing to eat at home %   2023-2024	<b>3.7</b>	<b>3.6</b>

### Safety

Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months %   2024-2025	<b>14.1</b>	<b>10.3</b>
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months %   2024-2025	<b>17.5</b>	<b>14.8</b>

### Sexual violence

Has been sexually violated %   2024-2025	<b>13.8</b>	<b>12.5</b>
Victim of dating violence, last 12 months (among those who dated) %   2024-2025	<b>13.8</b>	<b>13.4</b>
Knows when legally able to consent to sexual activity %   2024-2025	<b>67.8</b>	<b>70.3</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.

**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