

Students in grades 4 and 5 who reported eating breakfast on most days

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	65.4	64.9	65.8	66.0
Health zones				
Zone 1 - Moncton and South-East Area	68.3	66.0	68.5	67.2
Zone 2 - Fundy Shore and Saint John Area	64.3	65.0	64.6	67.3
Zone 3 - Fredericton and River Valley Area	61.8	63.3	63.1	63.2
Zone 4 - Madawaska and North-West Area	S	69.9	67.4	71.7
Zone 5 - Restigouche Area	56.4	58.4	63.5	59.6
Zone 6 - Bathurst and Acadian Peninsula Area	66.3	70.0	71.5	67.8
Zone 7 - Miramichi Area	56.8	55.3	58.0	59.4
Communities				
Bathurst, Beresford, Petit-Rocher Area	66.5	70.0	72.0	66.7
Bouctouche, Richibucto, Saint-Antoine Area	65.2	65.8	73.1	66.7
Campbellton, Atholville, Tide Head Area	55.1	59.8	64.8	59.5
Caraquet, Paquetville, Bertrand Area	71.0	70.4	73.2	70.4
Dalhousie, Balmoral, Belledune Area	58.1	56.6	61.8	59.7
Dieppe and Memramcook	72.2	71.8	72.0	74.6
Douglas, Saint Marys, Doaktown Area	41.9	41.9	50.9	56.8
Edmundston, Rivière-Verte, Lac Baker Area	S	70.2	72.2	71.9
Florenceville-Bristol, Woodstock, Wakefield Area	56.0	60.4	62.8	60.1
Fredericton	67.5	68.7	67.4	66.6
Grand Bay-Westfield, Westfield, Greenwich Area	72.6	70.3	69.6	72.3
Grand Falls, Saint-Léonard, Drummond Area	S	67.7	62.2	70.1

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Hillsborough, Riverside-Albert, Alma Area	63.4	62.1	56.3	71.8
Kedgwick, Saint-Quentin and Grimmer	S	74.8	63.1	75.4
Minto, Chipman, Cambridge-Narrows Area	50.1	44.5	42.2	41.8
Miramichi, Rogersville, Blackville Area	55.8	56.0	56.9	60.4
Moncton	68.1	65.0	67.8	66.6
Nackawic, McAdam, Canterbury Area	54.9	58.8	59.4	61.5
Neguac, Alnwick, Esgenoopetitj Area	63.9	49.5	70.7	48.2
New Maryland, Kingsclear, Lincoln Area	67.2	68.2	68.2	65.5
Oromocto, Gagetown, Fredericton Junction Area	60.8	61.3	61.7	64.6
Perth-Andover, Plaster Rock, Tobique Area	41.7	51.4	45.8	56.1
Quispamsis, Rothesay, Hampton Area	73.5	73.0	73.9	74.0
Riverview and Coverdale	67.5	68.6	68.5	64.6
Sackville, Dorchester, Port Elgin Area	66.5	59.8	65.3	62.0
Saint John, Simonds and Musquash	62.2	64.1	64.1	67.0
Salisbury and Petitcodiac	67.8	60.8	61.4	62.9
Shediac, Beaubassin East and Cap-Pelé	62.6	59.3	65.2	57.5
Shippagan, Lamèque, Inkerman Area	71.3	72.5	74.8	63.6
St. George, Grand Manan, Blacks Harbour Area	56.2	52.3	39.5	47.8
St. Stephen, Saint Andrews, Campobello Island Area	57.0	56.3	55.9	59.8
Sussex, Norton, Sussex Corner Area	58.1	59.3	59.9	64.8
Tracadie and Saint-Isidore	59.3	68.2	67.8	70.3
School districts				
Anglophone East School District	65.3	60.6	62.3	63.2
Anglophone North School District	54.7	53.2	56.1	58.7

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Anglophone South School District	64.0	64.8	64.4	66.9
Anglophone West School District	60.3	61.9	60.3	61.7
Anglophone sector	62.3	61.6	61.7	63.5
District scolaire francophone Nord-Est	67.6	71.4	73.3	67.0
District scolaire francophone Nord-Ouest	S	74.2	72.5	75.8
District scolaire francophone Sud	72.8	73.7	77.2	72.9
Francophone sector	72.9	73.2	75.4	71.8
Grades				
Grade 4	65.0	65.5	65.2	66.5
Grade 5	65.8	64.4	66.4	65.5
Gender				
Female	66.5	65.6	67.2	66.5
Male	64.8	64.9	65.3	66.1
Non-binary	60.5	n/a	n/a	51.4
Indigenous identity				
Indigenous	58.2	57.3	55.7	55.8
Immigrant				
Immigrants	63.6	60.4	61.0	60.8

About

This indicator is the percentage of students in grades 4 and 5 who reported eating breakfast on most days.

Source

Student Wellness and Education Survey, Grades 4-5

Calculations

This indicator is calculated by dividing the number of respondents who answered "5 times, 6 times or 7+ times" by the number of respondents who answered "none, 1 time, 2 times, 3 times, 4 times, 5 times, 6 times or 7+ times" to the question: Last week, how many times did you eat breakfast?

Notes

Due to a low school participation rate in some areas of the province for the 2025-2026 edition of this survey, survey results are not available for District scolaire francophone Nord-Ouest (school district), Madawaska and North-West Area (health zone), Kedgwick, Saint-Quentin and Grimmer (community), Grand Falls, Saint-Léonard, Drummond Area (community), and Edmundston, Rivière-Verte, Lac Baker Area (community). The 2019-2020 edition of this survey was conducted during the COVID-19 pandemic. Since the number of schools that participated in 2019-2020 is much lower than other editions of the survey, results at the provincial level were deemed not representative of the total student population. Therefore, survey results for New Brunswick, health zones and demographic groups are not available for the 2019-2020 edition. However, 2019-2020 results are available for communities in which the number of participating schools was deemed sufficient to be representative of the student population in that community.

Unit	Interpretation	NBHC code
%	Higher is better	SE_EAT04_2

Caption

n/a = Not applicable / not available

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