

STUDENT WELLNESS AND EDUCATION SURVEY

Grades K-5: Parent/Guardian Perspective



Province
New Brunswick

Demographics

Context

Percentage of eligible public schools that participated at the provincial level % 2022-2023	75.0
Number of parents who participated Number 2023-2024	7,200

Gender identity

Gender identity refers to the gender that a person feels internally and individually.

Boy % 2023-2024	49.6
Girl % 2023-2024	49.7

Population groups

People with different backgrounds may have different experiences in their daily lives. This may include the way they are treated. The following are groups with which students identify.

Self-identifies as Indigenous % 2023-2024	2.9
Self-identifies as immigrant, newcomer or refugee % 2023-2024	14.9
Newcomer, 2 years or less % 2023-2024	68.8
Recent immigrant, 5 years or less % 2023-2024	85.8
Self-identifies as a person with a disability or special need % 2023-2024	5.4
Identifies with racialized groups % 2023-2024	17.3

Healthy Lifestyles

Province
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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	27.4
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Movement and rest

Daily physical activity, 1 hour or more % 2023-2024	78.8
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Sleeps 9 hours or more % 2023-2024	71.4
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Healthy eating

Canada's Food Guide recommends eating a variety of healthy foods each day, including plenty of vegetables and fruits. It also recommends to eat without distractions.

Eats vegetables or fruits 5 or more times per day % 2023-2024	44.4
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Did not eat meals while watching TV last week % 2023-2024	40.6
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Ate meals 3 times or more while watching TV last week % 2023-2024	31.9
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Second-hand smoke

People allowed to smoke inside home % 2023-2024	0.7
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People allowed to smoke inside family vehicle % 2023-2024	1.1
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Modeling

Parent is physically active with child, often and very often % 2023-2024	29.5
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Reports someone they live with smokes cigarettes % 2023-2024	13.3
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Parent ate at a fast-food place with child 3 times or more, last week % 2023-2024	4.1
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Engages in leisure reading % 2023-2024	90.7
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Parent lifestyle

Eats vegetables or fruits 5 or more times per day % 2023-2024	45.4
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Eats highly processed foods 1 time or none per day % 2023-2024	46.0
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Drinks sugary drinks % 2023-2024	47.7
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	Province New Brunswick
Eats the evening meal with child, daily % 2023-2024	62.2
Eats the evening meal with child, most days % 2023-2024	84.8
Eats breakfast daily % 2023-2024	62.7
Daily moderate or vigorous physical activity % 2023-2024	72.2
Has more than 2 hours of screen time, most days, except working hours % 2023-2024	13.6
Engages in leisure activities % 2023-2024	86.7

About this Table

Content and description

This table presents data collected from parents/guardians of students in kindergarten to grade 5 through the New Brunswick Student Wellness and Education Survey (SWES).

Why it's 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

Due to the very low response rate for the parent/guardian questionnaire, some schools will not receive their K to 5 results due to the extremely low number of parents/guardians who responded. While schools will be able to compare their results in this data table to their school district, school sector and overall New Brunswick, these results will not be available on the NBHC web site for the 2023-2024 edition of this survey.

Due to this very low response rate, survey results are deemed to be not representative of the overall student and parent/guardian population. Therefore, results at the school, district, sector, and provincial levels are not to be used for planning or comparing to previous editions of the survey.

More information is available on our [New Brunswick Student and Education Wellness 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