

STUDENT WELLNESS AND EDUCATION SURVEY

Grades K-5: Parent/Guardian Perspective



Province
New Brunswick

Child demographics

Context

Number of parents/guardians who participated Number | 2025-2026 **6,252**

Gender identity

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

Boy % | 2025-2026 **50.1**

Girl % | 2025-2026 **47.7**

Child 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 % | 2025-2026 **4.2**

Self-identifies as immigrant, newcomer or refugee % | 2025-2026 **14.0**

Self-identifies as a person with a disability or special need % | 2025-2026 **9.2**

Identifies with racialized groups % | 2025-2026 **17.0**

Child's healthy lifestyles

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 % | 2025-2026 **32.3**

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Movement and rest

Daily physical activity, 1 hour or more % 2025-2026	78.8
Sleeps 9 hours or more, weekdays % 2025-2026	96.8
Average hours and minutes of sleep per night, weekdays Number 2025-2026	10.4

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 % 2025-2026	47.3
Did not eat meals while watching TV last week % 2025-2026	38.6
Ate meals 3 times or more while watching TV last week % 2025-2026	35.4

Parents'/guardians' healthy lifestyles

Parent/guardian is physically active with child, often and very often % 2025-2026	31.5
Reports they or someone they live with smokes cigarettes % 2025-2026	13.9
Parent/guardian ate at a fast-food place with child 3 times or more, last week % 2025-2026	4.2
Engages in leisure reading % 2025-2026	86.8
Eats vegetables or fruits 5 or more times per day % 2025-2026	43.6
Eats highly processed foods 1 time or none per day % 2025-2026	58.1
Drinks sugary drinks % 2025-2026	49.1
Eats the evening meal with child, daily % 2025-2026	57.9
Eats the evening meal with child, most days % 2025-2026	81.2
Eats breakfast daily % 2025-2026	52.6
Moderate or vigorous physical activity, most days % 2025-2026	72.4
Has more than 2 hours of screen time, most days, except working hours % 2025-2026	16.5
Engages in leisure activities, most days % 2025-2026	84.7

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People allowed to smoke inside home % | 2025-2026 **0.6**

People allowed to smoke inside family vehicle % | 2025-2026 **1.4**

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). Some of the data is about children, while some is about parents/guardians, because according to the scientific literature, parents' behaviours have an impact on children's behaviours.

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. 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.

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