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 goups with which students identify.

Self-identifies as Indigenous % | 2025-2026	**4.2**
Self-identifies as a person with a disability or special need % | 2025-2026	**9.2**
Self-identifies as immigrant, newcomer or refugee % | 2025-2026	**14.0**
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