STUDENT WELLNESS AND EDUCATION SURVEY

Grades 6-12: Key Indicators



Community
Dalhousie, Balmoral, Belledune Area



Zone 5
Restigouche Area



Province
New Brunswick

General health

Perceived health, very good or excellent % | 2025-2026	**49.5**	**51.7**	**51.0**
Overweight or obese % | 2025-2026	**29.3**	**29.2**	**26.9**

Mental health

Perceived mental health, very good or excellent % | 2025-2026	**41.3**	**44.5**	**42.0**
Symptoms of anxiety or depression, last 12 months % | 2025-2026	**46.1**	**46.4**	**46.4**
Life satisfaction (scale from 0-10) Number | 2025-2026	**7.5**	**7.5**	**7.4**
High level of mental fitness % | 2025-2026	**27.2**	**26.8**	**28.0**
Average resilience score (scale from 17 to 51) Number | 2025-2026	**44.7**	**44.5**	**45.2**

School and community

Victim of bullying, last 2 months % | 2025-2026	**50.6**	**50.9**	**47.3**
High level of school connectedness % | 2025-2026	**87.9**	**88.2**	**89.8**
Average score of community belonging (scale from 5-25) Number | 2025-2026	**17.8**	**17.4**	**18.1**

Physical activity, leisure screen time, and sleep

Daily physical activity, 1 hour or more % | 2025-2026	**22.5**	**22.2**	**24.3**

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
Has 2 hours or less of leisure screen time per day % | 2025-2026	**6.8**	**7.5**	**11.3**
Sleeps 8 hours or more, weekdays % | 2025-2026	**65.2**	**64.3**	**62.9**

Healthy eating

Eats vegetables or fruits 5 times or more per day % | 2025-2026	**55.4**	**56.7**	**57.3**
Eats breakfast, daily % | 2025-2026	**35.7**	**34.5**	**36.6**

Substance use

Daily smoker % | 2025-2026	**3.4**	**3.3**	**2.2**
Daily vaper % | 2025-2026	**9.5**	**8.3**	**5.8**
Heavy drinking, last 12 months % | 2025-2026	**11.9**	**10.9**	**8.3**
Daily cannabis user, last 12 months % | 2025-2026	**6.0**	**5.2**	**3.2**

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 general health, mental health, experiences at school and in the community, physical activity, leisure screen time, sleep, healthy eating, as well as substance use.
The questionnaire previously comprised modules, which means that certain questions were asked every other cycle.

Why it is important
The results from the Student Wellness and Education Survey allows the NBHC to inform citizens, schools, districts, and decision-makers about the wellness and education of students in our province. This information can be used to make future improvements to student's wellness and education in the province.

Availability of the data
The information in this data table is available by school district, school sector, overall New Brunswick, 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 Student Wellness and Education Survey page.

Note about 2021-2022 data
The methodology of the 2021-2022 edition of the SWES was significantly changed. This was the first cycle to adopt online data collection, and a shorter data collection period. Also, the survey questionnaire was thoroughly revised for this cycle. Many questions were removed or amended. As such, some indicators are no longer comparable to previous years. As such, caution always needs to be exercised when attempting to compare the results of the survey with results from prior survey cycles outside of what is displayed in this Data Table.
The 2021-2022 edition of the SWES was conducted during the COVID-19 pandemic. Some schools may have had lower participation from their students than previous years. Some students may have participated to the survey during periods of remote learning.

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