

## New Brunswick Student Wellness Survey

### RESULTS AT A GLANCE

The *New Brunswick Student Wellness Survey* is a provincial initiative of the Department of Social Development – Wellness Branch, in co-operation with the Department of Education and Early Childhood Development. Data collection and analysis is conducted by the New Brunswick Health Council. Provincially, over 38,000 grades 6–12 students have participated in each cycle of the initiative. The following table presents a comparison of results between the 2015–2016 and the 2018–2019 cycles for:

#### New Brunswick

	2015-2016 %	2018-2019 %
Number of students	38,573	38,982
<b>INDIVIDUAL PROTECTIVE FACTORS</b>		
Youth having a high level of pro-social behaviour	86	85
Youth eating 5 or more servings of vegetables or fruit	46	42
Youth having more than two hours per day of recreational screen time	63	71
Youth meeting the guidelines on 60 minutes of daily moderate or vigorous physical activity	22	19
Youth sleeping 8 hours or more every night	39	37
<b>FAMILY/FRIEND PROTECTIVE FACTORS</b>		
Youth with mental fitness needs highly satisfied by family	80	79
Youth with mental fitness needs highly satisfied by friends	82	81
Youth participating in activities or groups inside school	49	54
Youth participating in activities or groups outside school	51	55
<b>COMMUNITY PROTECTIVE FACTORS</b>		
Youth with mental fitness needs highly satisfied by school	59	57
Youth with high level of school connectedness	92	92
Youth taking part in volunteer activities in the last 12 months	74	72
Youth reporting being treated fairly in their community	39	37
Youth needing to see or talk to someone for a mental or emotional problem in the last 12 months	n/a	30
Youth who needed to see or talk to someone about their mental or emotional problem but did not see someone	n/a	9
<b>OUTCOMES</b>		
Youth reporting their learning needs are met at their school	81	80
Youth with high and moderate levels of resilience	73	71
Youth reporting that their health is “Very good” or “Excellent”	66	60
Youth with high and moderate levels of mental fitness	79	78
<b>IMPACT/RISK FACTORS</b>		
Youth smoking daily or occasionally	11	14
Youth having tried E-cigarettes (electronic cigarettes, vape)	22	29
Youth consuming alcohol heavily (5 or more drinks at one time, at least once a month)	17	15
Youth using cannabis in the last 12 months	19	21
Youth victims of dating violence in the last 12 months	16	17
Youth reporting symptoms of depression in the last 12 months	31	38
Youth reporting symptoms of anxiety in the last 12 months	33	38
Youth with high level of oppositional behaviours	15	15