New Brunswick Elementary Student Wellness Survey

Grades K-5

At a Glance

The New Brunswick Elementary 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. The purpose of the survey is to examine the health and wellness attitudes and behaviours of students and to share data to promote action around wellness. The data was collected from over 12,000 students in grades 4 and 5 and 24,000 parents of students in kindergarten to grade 5 across 203 (94%) public schools in New Brunswick.

New Brunswick %

<table>
<thead>
<tr>
<th></th>
<th>2013-2014</th>
<th>2016-2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of students (grades 4-5):</td>
<td>8,243</td>
<td>12,874</td>
</tr>
<tr>
<td>Number of parents (grades K-5):</td>
<td>14,367</td>
<td>24,276</td>
</tr>
</tbody>
</table>

**CONTEXT**

- Aboriginal children (First Nation, Métis or Inuit) 3.5 3.6
- Immigrant children 12.1 11.9
- Children diagnosed with a learning exceptionality or special education need 12.5 13.3

**LEARNING**

Children engaging in daily leisure reading 78.5 79.2

**SOCIAL AND EMOTIONAL DEVELOPMENT**

- Mental fitness (High and Moderate levels) 83.7 86.8
- Mental fitness needs highly satisfied by family 74.7 79.6
- Mental fitness needs highly satisfied by friends 89.9 89.5
- Mental fitness needs highly satisfied by school 62.6 68.4
- High level of school connectedness 57.8 60.2
- High level of pro-social behaviour 30.7 34.3
- High level of oppositional behaviour 23.5 23.8
- Children having been bullied during the year 40.8 35.8

**HEALTHY LIFESTYLE**

- Children eating five or more servings of vegetables or fruit 50.6 52.7
- Children eating non-nutritious foods (candy, sweets, chips or fries) 78.5 76.7
- Children drinking non-nutritious beverages (pop, sports drinks, etc.) 52.2 46.0
- Children eating breakfast daily 70.0 69.8
- Children meeting the guidelines on 60 minutes of daily physical activity 35.2 23.2
- Children having more than two hours per day of screen time 54.8 56.7
- Children living with someone who smokes or uses tobacco 34.8 31.5
- Parents aware of Healthier Food and Nutrition in Public Schools policy (Policy 711) 67.0 64.8

**HEALTH STATUS**

- Children that are of healthy weight 57.0 57.9
- Children that are overweight or obese 35.6 35.1
- Children that are underweight 7.4 7.0

For more information about the New Brunswick Student Wellness Survey, please consult our website at: www.nbhc.ca.

Note: Due to a significantly lower school participation rate in 2013-2014 (62%) compared to 2016-2017 (84%), caution should be used when comparing survey results.

- Collected from parents of students K to 5
- Collected from students in grades 4 and 5
- Statistically significant differences at a 95% level of confidence:
  - Unfavourable change from 2013-2014 to 2016-2017
  - Favourable change from 2013-2014 to 2016-2017