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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 %		
		2013-2014	2016-2017	
Number of students (grades 4-5):		8,243	12,874	
Number of parents (grades K-5):		14,367	24,276	
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 (94%), caution should be used when comparing survey results.