



Are New Brunswick children and youth achieving healthy weights?

It's a fact:

New Brunswick has one of the highest percentage of children and youth who are overweight or obese, and the situation is not improving.

Overweight or obese children **36%** no change (2013-14) (2010-11)

Overweight or obese youth **28%** up from 23% (2012-13) (2009-10)

Indicators moving in the right direction



The percentage of youth physically active at least 60 minutes has increased
2009-2010: 57% 2012-2013: 60%



The percentage of children who spend 2 hours or less of daily screen time has increased
2010-2011: 38% 2013-2014: 45%



The percentage of youth who consume fewer than two non-nutritious beverages has increased
2009-2010: 64% 2012-2013: 67%



The percentage of children who consume sweetened non-nutritious beverages has decreased
2010-2011: 57% 2013-2014: 52%

Indicators moving in the wrong direction



The percentage of youth walking or bicycling to school has decreased
2012: 42% 2013: 34%



The percentage of youth who spend 2 hours or less of daily screen time has decreased
2009-2010: 25% 2012-2013: 23%

Concerns can be different for boys and girls



Among children, more boys consume non-nutritious drinks than girls

Boys: 56%
Girls: 48%

Among youth, girls are less physically active than boys

Girls: 53%
Boys: 68%

Eating breakfast daily

70% of children eat breakfast daily (kindergarten to grade 5, 2013-2014), but only 42% of youth do (grades 6 to 12, 2012-2013)