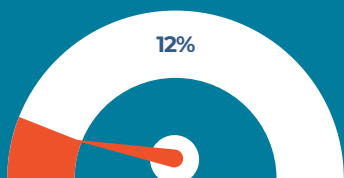




Not Enough New Brunswick Youth are Meeting National Health Behaviour Guidelines

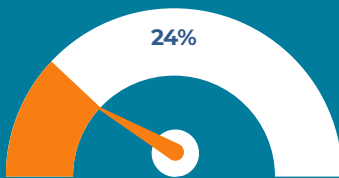
Results from the 2024-2025 edition of the NB Student Wellness and Education Survey (Grades 6-12)

Recreational Screen Time



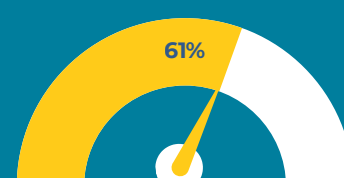
Only 12% of youth meet the Canadian health behaviour guideline of **≤2 hours of recreational screen time** per day.

Physical Activity



Only 24% of youth meet the Canadian health behaviour guideline of **60+ minutes** of daily activity.

Sleep



61% of youth meet the Canadian health behaviour guideline of at least **8 hours of sleep** per night.

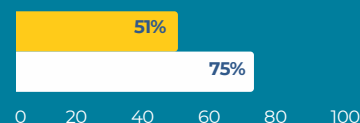
Every NB Community Faces Youth Health Behaviours Challenges – Some More Than Others



Ranges from 6% in the Hillsborough Area to 17% in the New Maryland Area.



Ranges from 18% in the Shippagan Area to 32% in the New Maryland Area.



Ranges from 51% in the Minto Area to 75% in Dieppe and Memramcook.

Resource:

24-Hour Movement Guidelines - csepguidelines.ca



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