

NEW BRUNSWICK STUDENT WELLNESS SURVEY 2012-2013



Results by gender

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Engager. Évaluer. Informer. Recommander.

The New Brunswick Student Wellness Survey (NBSWS) is a provincial initiative of the Department of Healthy and Inclusive Communities in cooperation 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 in grades 6 to 12, and to share data to promote action around wellness. The data was collected from 35,954 students across 177 schools in New Brunswick.



ANNEX TABLES

The following section summarizes all the indicators listed in the report.

It also provides additional data about relevant indicators that can help identify areas of strength to build on, as well as areas of improvement that can be targeted to help empower students to adopt healthy life styles. The tables cover the following themes:

- Healthy Eating
- Physical Activity
- Tobacco and Substance Use
- Bullying
- Oppositional Behaviour
- Pro-Social Behaviour
- Mental Fitness
- School Connectedness
- Resilience Factors
- School Performance and Requirements
- Student Participation, Engagement, and Contribution to the Community.

Healthy Eating

	Female n=17,401	Male n= 17,154	New Brunswick n=35,954
Food intake for key indicators of healthy eating the day before the survey			
<i>Eat 5 or more fruits and vegetables (%)</i>	45	42	43
<i>Drink at least 3 servings of milk (%)</i>	18	31	24
<i>Consume fewer than 2 non-nutritious beverages (%)</i>	76	58	67
<i>Consumes no energy drinks (%)</i>	95	86	90
Frequency of eating breakfast in the week prior to the survey			
<i>Ate breakfast every day (%)</i>	37	47	42
<i>Ate breakfast 2 or fewer times (%)</i>	29	25	27
Reason for skipping breakfast			
<i>I'm trying to lose weight (%)</i>	9	2	6
<i>There is nothing to eat at home (%)</i>	5	4	4
<i>The bus comes too early (%)</i>	11	8	10
<i>I feel sick when I eat breakfast (%)</i>	17	6	12
<i>I sleep in (%)</i>	11	13	12
<i>I'm not hungry in the morning (%)</i>	27	19	23
<i>I don't have time (%)</i>	29	18	24
<i>Ate 3 main meals[†] the day before the survey (%)</i>	69	76	72
<i>Ate 2 or more snacks^{††} the day before the survey (%)</i>	64	66	65
<i>Ate lunch alone (by him/herself) the day before the survey (%)</i>	7	11	9
<i>At dinner with at least one parent, step-parent or guardian the day before the survey (%)</i>	64	64	64
<i>Ate at a fast food place or restaurant at least 3 times in the week prior to the survey (%)</i>	10	14	12
<i>Ate meals while watching television at least 3 times in the week prior to the survey (%)</i>	34	43	38

[†] Main meals: breakfast, lunch, dinner

^{††} Snacks: morning snack, afternoon snack, evening snack

Results by gender

Healthy Eating

	Female <i>n</i> =17,401	Male <i>n</i> = 17,154	New Brunswick <i>n</i> =35,954
Lunch habits on school in the week prior to the survey (at least 3 times)			
<i>Did not eat lunch (%)</i>	11	8	10
<i>Bought their lunch away from school at a store or restaurant (%)</i>	8	15	12
<i>Bought their lunch at school (%)</i>	21	23	22
<i>Brought their lunch to school (%)</i>	56	51	53
Has enough time to eat lunch at school on most school days (%)	74	70	72
Healthy foods at school			
<i>Offered in the cafeteria or hot lunch program (%)</i>	24	19	21
<i>Offered in vending machines or canteens (%)</i>	11	12	11
<i>Information in your cafeteria about how to make healthier choices (%)</i>	11	10	10
<i>Sold at sporting events or special events (e.g. dances or movie nights) (%)</i>	8	9	9
<i>Sold at fund-raising events (%)</i>	7	8	8
<i>Lower prices for healthier foods (%)</i>	6	7	7
Noticed a new fruit and vegetable snack program in school in the last 12 months (%)	9	9	9
See school staff eating healthy foods (% , most or some of them)	58	52	55
Believe that students who eat healthy do better at school (% agree and strongly agree)	63	58	60

Physical Activity

	Female n= 17,401	Male n= 17,154	New Brunswick n=35,954
Not physically active in the week prior to the survey (%)	47	32	40
Physical activity and inactivity			
<i>Physically active at least 60 minutes daily (moderate and hard physical activity) (%)</i>	53	68	60
<i>Spent 2 hours or less per day of screen time</i>	23	21	23
<i>Participate in competitive school sports teams (e.g., junior varsity or varsity sports) (%)</i>	39	41	40
<i>Participate in non-competitive physical activity organized by the school (e.g., intramurals) (%)</i>	36	41	38
<i>Take part in non-competitive physical activity not organized by your school (%)</i>	63	62	63
<i>Take part in competitive physical activity not organized by your school (%)</i>	53	62	57
Has healthy weight (%)	67	63	65
Used active [†] transportation modes to and from school in the week prior to the survey (%)	21	27	24
Parents were physically active at least 3 times in the 7 days prior to the survey (%)	44	41	43
Has at least three physically active friends (%)	57	69	63
School has awards for students participating in: (as reported by students)			
<i>Competitive sports (%)</i>	64	66	65
<i>Non-competitive sports (%)</i>	30	33	31
School places emphasis on student participation in: (as reported by students)			
<i>Competitive sports (%,"a lot" or "some")</i>	65	62	63
<i>Non-competitive sports or physical activity clubs (e.g. intramurals) (%,"a lot" or "some")</i>	51	48	50
School places emphasis on offering a variety of: (as reported by students)			
<i>Competitive sports (%,"a lot" or "some")</i>	65	63	64
<i>Non-competitive sports or physical activities (%,"a lot" or "some")</i>	50	49	49
School places emphasis on developing positive attitudes about physical activity (%,"some" or "a lot")	64	62	63
Seeing the school staff being physically active (%,"most" or "some" of them)	37	36	37
Had 3 Physical Education Classes or more at school in the 7 days prior to the survey (%)	33	36	35
Has the chance to be physically active in some or in all other classes besides Physical Education at school (%,"some" or "all other classes")	26	28	27
Parents, step-parents, or guardians support me being physically active (%,"very supportive" or "supportive")	85	85	85
Believe that students who are physically active do better at school (%,"strongly agree" and "agree")	50	51	51
Spent no time on reading not counting for homework, at school or at work in the 7 days prior to the survey (%)	20	30	25

[†] Active: Only active or mixed (e.g. walk, bike, skateboard)

Tobacco and Substance Use

	Female <i>n</i> =17,401	Male <i>n</i> = 17,154	New Brunswick <i>n</i> =35,954
Has ever tried smoking (%)	25	29	27
<i>Grade 6</i>	3	6	4
<i>Grade 7</i>	9	12	10
<i>Grade 8</i>	15	20	18
<i>Grade 9</i>	28	30	29
<i>Grade 10</i>	33	38	35
<i>Grade 11</i>	36	44	40
<i>Grade 12</i>	42	50	47
Average age at which grade 12 students smoked their first whole cigarette (years)	15	14	14
Students that are current smokers (%)	5	9	7
<i>Grade 6</i>	0	0	0
<i>Grade 7</i>	1	2	1
<i>Grade 8</i>	2	4	3
<i>Grade 9</i>	5	10	8
<i>Grade 10</i>	7	11	9
<i>Grade 11</i>	8	15	12
<i>Grade 12</i>	9	18	14
Source of cigarettes (among students who had tried smoking)			
<i>Buy them at a store (%)</i>	11	21	16
<i>Buy them from a friend or someone else (%)</i>	12	15	13
<i>Ask someone to buy them for me (%)</i>	15	12	14
<i>Is given cigarettes by a parent, sibling, friend or someone else (%)</i>	42	33	37
Smoking within the home			
<i>At least one parent (or step-parent or guardian) smokes (%)</i>	39	38	39
<i>At least one sibling smokes (%)</i>	18	17	18

Tobacco and Substance Use

	Female n= 17,401	Male n= 17,154	New Brunswick n=35,954
Smoking rules at home			
<i>Live In homes where smoking was not allowed (%)</i>	79	77	78
<i>Only special guests are allowed to smoke (%)</i>	2	2	2
<i>There are designated areas for smoking (%)</i>	12	12	12
<i>Smoking is allowed anywhere in the home (%)</i>	7	8	8
Had friends that smoke	28	32	31
Does not know if school has a clear set of rules about smoking (%)	26	22	24
Rules about smoking at school (as reported buy students who know if the school has clear rules about smoking)			
<i>Students caught breaking smoking rules get into trouble (%)</i>	63	66	64
Was in a car with someone who was smoking cigarettes in the 7 days prior to the survey (% , one or more days)	27	27	27
Has positive attitudes about smoking/ Pro-smoking attitudes (%) ¹	32	34	33
Has negative attitudes about smoking/ Anti-smoking attitudes (%) ²	95	88	92
See school staff being tobacco-free (% , most or some of them)	55	57	56
Students that are susceptible to smoking (among students who had never tried smoking (%)	22	26	24
Has ever had a drink of alcohol that is more than just a sip (%)	62	63	63
Average age at which grade 12 students drank alcohol that was more than a sip (years)	15	14	14
Frequency of drinking alcohol in the last 12 months (% , once a month or more)	28	31	30
Has ever used or tried marijuana or cannabis (a joint, pot, weed, hash...) (%)	28	33	31
Average age at which grade 12 students first used or tried marijuana or cannabis (years)	15	14	15

¹ *Smoking can help people when they are bored ; Smoking helps people stay slim; People who smoke become more popular; Smoking is cool; Smoking should be allowed around kids at home; Smoking should be allowed around kids in cars*

² *There is danger to my health from an occasional cigarette ; Quitting smoking reduces health damage even after many years of smoking ; People can become addicted to tobacco; Tobacco smoke can be harmful to the health of non-smokers; it is nicer to date people who do not smoke)*

 **Bullying**

	Female <i>n</i> = 17,401	Male <i>n</i> = 17,154	New Brunswick <i>n</i> =35,954
Have never bullied (%)	63	62	63
Have never been bullied (%)	34	50	42
Methods of being bullied at school in the past couple of months through: (% at least once)			
<i>Being called mean names, being made fun of, or teased in a hurtful way</i>	46	37	41
<i>Being left out of things, excluded from groups, ignored</i>	37	24	30
<i>Being hit, kicked, pushed, shoved around, or locked in or out</i>	11	18	15
<i>Other students telling lies or spreading false rumours about them and trying to make others dislike them</i>	42	26	34
<i>Mean names and comments about their race/ religion / personal features</i>	22	18	20
<i>Other students made sexual jokes, comments, or gestures to them</i>	24	18	21
<i>Using a computer or email messages or pictures</i>	19	9	14
<i>Using a cell phone.</i>	16	7	12
Reaction the last time when student saw or heard another student being bullied:			
<i>I ignored it (%)</i>	23	34	28
<i>I told my parents about it (%)</i>	27	10	19
<i>I told my teacher about it (%)</i>	14	8	11
<i>I told my principal or vice-principal about it (%)</i>	8	5	7
<i>I told an adult at the school about it (%)</i>	10	5	8
<i>I joined in the bullying (%)</i>	1	3	2
If a student complains to an adult at school about bullying, how often is something done about it? (% reported often and always)	39	42	40

■ Oppositional Behaviour

	Female n=17,401	Male n= 17,154	New Brunswick n=35,954
High level of oppositional behaviours	19	26	22
<i>I cut classes or skip school (%)</i> [†]	16	17	16
<i>I make other people do what I want (%)</i> [†]	16	19	18
<i>I disobey my parents (%)</i> [†]	21	22	22
<i>I talk back to my teachers (%)</i> [†]	13	23	18
<i>I get into fights (%)</i> [†]	9	17	13
<i>I often say mean things to people to get what I want (%)</i> [†]	6	11	9
<i>I take things that are not mine from home, school, or elsewhere (%)</i> [†]	5	9	7

■ Pro-Social Behaviour

	n=17,401	n= 17,154	n=35,954
Strong level of pro-social behaviours	86	75	81
I often...			
<i>Do favours for people without being asked</i> ^{††}	69	59	64
<i>Lend things to people without being asked</i> ^{††}	54	44	50
<i>Help people without being asked</i> ^{††}	71	61	66
<i>Compliment people without being asked</i> ^{††}	79	59	69
<i>Share things with people without being asked</i> ^{††}	69	56	63

[†] % of students reporting 3,4,5 or 6 on a scale from 1 to 6

^{††} % of students reporting 4,5, or 6 on a scale of 1 to 6

Mental Fitness

	Female n=17,401	Male n= 17,154	New Brunswick n=35,954
Participation in any activities			
<i>At school[†] (%)</i>	77	70	74
<i>Outside school^{††} (%)</i>	78	76	77
Levels of mental fitness			
<i>High mental fitness (%)</i>	27	22	25
<i>Medium mental fitness (%)</i>	53	54	53
<i>Low mental fitness (%)</i>	20	24	22
Components of mental fitness: autonomy, competency and relatedness			
<i>High competency level (%)</i>	77	75	76
<i>High autonomy level (%)</i>	72	67	70
<i>High relatedness level (%)</i>	79	72	75
Satisfaction of mental fitness needs			
<i>High level of family-related mental fitness (%)</i>	78	77	77
<i>High level of school-related mental fitness (%)</i>	61	56	59
<i>High level of friends-related mental fitness (%)</i>	84	80	82

[†] % Activities at school: Dance, drama, music, art, science or technology, student clubs or groups, sports or intramurals, or others

^{††} % Activities outside of school: Dance, drama, music, art, science or technology, community or youth groups, sports or physical activities, or others

 School Connectedness

	Female <i>n</i> =17,401	Male <i>n</i> = 17,154	New Brunswick <i>n</i> =35,954
Strong level of school connectedness	90	89	89
I feel close to people at my school (%)			
<i>Strongly Agree</i>	22	25	24
<i>Agree</i>	53	55	54
<i>Disagree</i>	18	14	16
<i>Strongly Disagree</i>	7	6	6
I feel I am part of my school (%)			
<i>Strongly Agree</i>	23	25	24
<i>Agree</i>	53	52	52
<i>Disagree</i>	18	16	16
<i>Strongly Disagree</i>	7	8	7
I am happy to be at my school (%)			
<i>Strongly Agree</i>	23	23	24
<i>Agree</i>	50	50	49
<i>Disagree</i>	18	16	17
<i>Strongly Disagree</i>	9	10	10
I feel the teachers at my school treat me fairly (%)			
<i>Strongly Agree</i>	22	23	23
<i>Agree</i>	57	53	54
<i>Disagree</i>	15	15	15
<i>Strongly Disagree</i>	6	9	8
I feel safe in my school (%)			
<i>Strongly Agree</i>	24	26	25
<i>Agree</i>	58	56	56
<i>Disagree</i>	13	12	12
<i>Strongly Disagree</i>	5	7	6
I feel my learning needs are met at my school (%)			
<i>Strongly Agree</i>	21	23	23
<i>Agree</i>	58	56	56
<i>Disagree</i>	15	14	14
<i>Strongly Disagree</i>	5	7	6

Resilience Factors

	Female <i>n</i> =17,401	Male <i>n</i> = 17,154	New Brunswick <i>n</i> =35,954
I am able to solve problems without harming myself or others (%) †	47	41	44
I know where to go in my community to get help (%) †	25	26	26
Getting an education is important to me (%) †	67	51	59
I try to finish what I start (%) †	48	45	46
I have people I look up to (%) †	51	42	47
My parent(s)/caregiver(s) know a lot about me (%) †	52	48	50
My family stands by me during difficult times (%) †	53	47	50
My friends stand by me during difficult times (%) †	52	39	46
I have opportunities to develop skills that will be useful (%) †	46	42	44
I am treated fairly in my community (%) †	39	35	37
I feel I belong(ed) at my school (%) †	32	30	31
I enjoyed my cultural and family traditions (%) †	46	38	42

† Describes me a lot

School Performance and Requirements

Female
n=
17,401

Male
n=
17,154

New
Brunswick
n=35,954

Students describing their marks in the past year as:			
<i>Excellent (90% or more) (%)</i>	27	19	23
<i>Above average (80-89%) (%)</i>	38	34	36
<i>Average (70-79%) (%)</i>	27	33	30
<i>Below average (60-69%) (%)</i>	7	11	9
<i>Poor (59% or less) (%)</i>	2	2	2
Time spent doing homework in 7 days prior to the survey:			
<i>Total of <1 hour (%)</i>	46	57	51
<i>Total of 1-6 hour (%)</i>	43	35	39
<i>Total of 7 hours or more (%)</i>	11	8	10
Reporting usually getting 8 hours of sleep or more each night (%)	37	39	38
Having a part-time job outside of school (%)	36	35	36
Work at part time job on weekdays usually (% sometimes or often of those who have part-time job)	83	82	82
Students preferences (% very important or important):			
<i>Getting good grades</i>	96	91	94
<i>Making friends</i>	87	84	85
<i>Participating in school activities outside of class</i>	52	48	50
<i>Getting to class on time</i>	84	76	80
<i>Learning new things</i>	85	83	84
<i>Expressing my opinion in class</i>	56	57	57
<i>Getting involved in the student council or other similar groups</i>	30	21	26
<i>Learning about my culture/heritage (e.g., Francophone, First Nations, Irish)</i>	49	47	48

Student Participation in the Community

	Female n= 17,401	Male n= 17,154	New Brunswick n=35,954
Volunteering at least monthly (% , sometimes or usually)	67	57	62
Type of volunteering activities volunteering (outside of school requirements and without being paid) in the last 12 month			
<i>Helping in my community (%)</i>	38	28	33
<i>Helping neighbours or relatives (%)</i>	66	58	62
Helped in activities of healthy eating, physical activity or tobacco free living, organized by your school in the last 12 months (%) ¹	38	34	36
Participation in any activities			
<i>At school (%)</i>	77	70	74
<i>Outside school (%)</i>	78	76	77
Participation in activities outside of school (%):			
<i>Dance</i>	15	3	9
<i>Drama</i>	5	3	4
<i>Music</i>	16	11	13
<i>Art</i>	12	5	9
<i>Science or technology</i>	2	4	3
<i>Community or Youth groups</i>	18	12	15
<i>Sports or physical activities</i>	43	54	48
<i>Other activities</i>	22	21	22
Participation in activities at school (%):			
<i>Dance</i>	10	5	8
<i>Drama</i>	12	6	9
<i>Music</i>	15	10	13
<i>Art</i>	17	9	13
<i>Science or technology</i>	9	10	10
<i>Student Clubs/groups</i>	21	9	15
<i>Sports or intramurals</i>	37	44	40
<i>Other activities</i>	22	21	22

¹ Activities like: School assembly, class activity, school health fair, breakfast or lunch program, healthy living promotion, healthy living contest, counseling or support program, presentations to other students, noon or after school activities)