













# New Brunswick Student Wellness Survey


Grades 6-12

## At a Glance

The New Brunswick Student Wellness Survey is a provincial initiative of the Department of Social Development – Wellness Branch, 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 38,573 students across 183 schools in New Brunswick.

	<b>New Brunswick %</b>		
	<b>2012-2013</b>	<b>2015-2016</b>	
	<i>n</i> = 35,954	<i>n</i> = 38,573	
<b>CONTEXT</b>			
Students who identify themselves as Aboriginal	5.4	5.6	
Students who identify themselves as immigrants	5.1	5.5	
Students who identify themselves as part of the LGBTQ community*	NA	14.6	
Students diagnosed with a learning exceptionality or special education need	NA	19.0	
Reporting going to school or to bed hungry because of lack of food (often and always)	NA	4.9	
<b>LEARNING</b>			
I feel my learning needs are met at my school (Strongly agree or Agree)	79.2	81.4	
How important is getting good grades to you? (Very important or Important)	93.6	93.9	-
How important is learning new things to you? (Very important or Important)	84.1	89.0	
On average, spends up to 2 hours per day reading for fun	-	49.7	
<b>SOCIAL AND EMOTIONAL DEVELOPMENT</b>			
Resilience (High and Moderate levels)	65.6	73.0	
Mental fitness (High and Moderate levels)	77.5	79.1	
High level of satisfaction of family-related mental fitness needs	77.5	79.8	
High level of satisfaction of friends-related mental fitness needs	82.2	82.5	-
High level of satisfaction of school-related mental fitness needs	59.8	58.9	-
Strong level of school connectedness	89.3	92.2	
Strong level of pro-social behaviours	80.8	86.0	
High level of oppositional behaviours	22.1	14.8	
In the past couple of months, I have been bullied at least once	57.7	52.0	

\* Collected among grades 7-12 students only  
 Data not comparable because of methodological changes

Statistically significant differences at a 95% level of confidence:  
 Favourable change from 2012-2013 to 2015-2016

## New Brunswick At a Glance

**New Brunswick %**  
**2012-2013**    **2015-2016**  
*n* = 35,954    *n* = 38,573



<b>PARTICIPATION AND ENGAGEMENT</b>			
Participating in activities or groups inside school	-	49.1	⊖
Participating in activities or groups outside school	-	51.0	⊖

<b>HEALTHY LIFESTYLE</b>			
Fruit and vegetable consumption the day before the survey (5 servings or more)	43.5	46.2	👍
Consumption of sweetened non-nutritious beverages the day before the survey	66.3	58.4	👍
Consumption of high energy drinks the day before the survey	9.8	8.5	👍
Eating breakfast daily	42.1	45.9	👍
Students meeting the guideline on 60 min of moderate or vigorous activity daily	-	21.9	⊖
Students who spend more than 2 hours per day of screen time	64.4	63.1	👍
Students sleeping 8 hours or more every night	37.9	38.8	-
Students that are susceptible to smoking (among students who had never tried it)	24.2	21.9	👍
Daily or occasional smoker	12.3	11.2	👍
Daily smoker	4.2	4.4	-
Grade 12 students who have tried smoking	54.2	45.8	👍
Was in a car with someone who was smoking cigarettes (at least once in the past 7 days)	27.1	21.0	👍
Drinking once a month or more in the last 12 months*	29.5	25.0	👍
Using marijuana or cannabis (a joint, pot, weed, hash) in the past 12 months*	25.3	19.1	👍

<b>SAFETY</b>			
Has been injured and had to be treated by a doctor or nurse during the past 12 months	NA	30.1	
Students who reported being exposed to dating violence in the past 12 months*	NA	15.7	

<b>HEALTH STATUS</b>			
Overweight or obese	27.6	28.0	-
Self-reported health (Very good or Excellent)	NA	65.7	
Rating of life satisfaction (mean score, scale from 0 to 10)	NA	7.5	

For more information about the New Brunswick Student Wellness Survey and its results, please consult the NBHC website at:  
[www.nbhc.ca](http://www.nbhc.ca).

\* Collected among grades 7-12 students only  
 ⊖ Data not comparable because of methodological changes

Statistically significant differences at a 95% level of confidence:  
 👍 Favourable change from 2012-2013 to 2015-2016