



# NEW BRUNSWICK STUDENT WELLNESS SURVEY (2009-2010): GRADES 6-12 SUMMARY OF RESULTS: : ANGLOPHONE WEST

The following table provides an overview of the 2009-2010 New Brunswick Student Wellness Survey outcomes in your district. The purpose of this table is to provide results at the level of the new education districts outlined in June 2012. Provincial outcomes for 2009-2010 are also included. Results in the 2009-2010 NBSWS District feedback reports may vary from some results presented in this table because of new district composition and different approaches to analysis

Mental Fitness Variables: Percentage of Students in Your District Reporting...	2009-2010 %	NB %
High level of mental fitness	16	17
Medium level of mental fitness	68	70
Low level of mental fitness	16	14
Feeling connected to their school	79	83
Feeling close to people at their school	79	81
Feeling part of their school	77	79
Feeling happy to be at their school	75	75
Feeling teachers at school treat them fairly	77	79
Feeling safe in their school	80	83
Level of oppositional behaviours	16	16
Identifying their own behaviour as pro-social	69	73
Healthy Eating Variables: Percentage of Students in Your District Reporting...		
Eating vegetables and fruit 5 or more times on the previous day	24	24
Drinking sweetened non-nutritious beverages (e.g. pop) 1-2 servings in the previous day	40	40
Eating breakfast every day in the previous week	38	41
Eating dinner with at least one parent, step-parent or guardian the previous day	62	52
Bought lunch away from school at a restaurant or store (at least 3 times per week)	12	14
Bought lunch at school (at least three times per week)	19	25
Brought lunch to school (at least three times per week)	57	51
Noticing healthier foods offered at cafeteria or hot lunch program	30	28
Noticing healthier foods in vending machines or canteens	21	19
Noticing information in cafeteria about how to make healthier food choices	11	11
Noticing healthier foods sold at sports events & special events (e.g. dances, etc.)	11	10
Noticing healthier foods sold at fund-raising events	11	10
Noticing lower prices for healthier foods	9	7



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Physical Activity Variables: Percentage of Students in Your District Reporting...	2009-2010 %	NB %
Being active (hard & moderate activity) at least 90 minutes daily	41	40
Being active (hard & moderate activity) at least 60 minutes daily	58	57
Spending 2 hours or less per day in sedentary activities, e.g. watching TV, computer time	40	40
Being a healthy weight (BMI)	70	70
Using active transportation modes to and from school, e.g. biking, skateboarding	24	26
Having parents that were physically active at least 3 times per week	54	50
Having 3 or more close friends who were active	72	71
School has awards recognizing student participation in competitive sports	74	69
School has awards recognizing student participation in non-competitive sports or clubs	36	41
School places importance on student participation in competitive sports	51	52
School places importance on student participation in non-competitive sports or clubs	52	55
Taking part in competitive sports organized by schools, e.g. Varsity, JV sports	42	39
Taking part in non-competitive physical activities inside of school, e.g. intramurals	37	37

Tobacco Use Variables: Percentage of Students in Your District Reporting...		
Obtaining cigarettes (students who had tried smoking):		
% Buying from a store, friends or someone or asking someone to buy them	50	50
% Getting them from family, friends or someone else	50	50
Susceptibility to smoking (never-smoked)	23	27
Having ever tried smoking	32	26
Being regular smokers (last 30 days)	14	12
Having at least one parent who smokes	45	41
Having at least one sibling who smokes	20	19
Smoking is not allowed within the home	75	75
Special guests are allowed to smoke within the home	3	4
Designated areas for smoking within the home	12	12
Smoking is allowed anywhere within the home	11	10
Being exposed to smoking in a vehicle during the previous week	35	32
School has a clear set of rules about smoking	66	70
Students caught breaking school rules about smoking get into trouble	52	58