

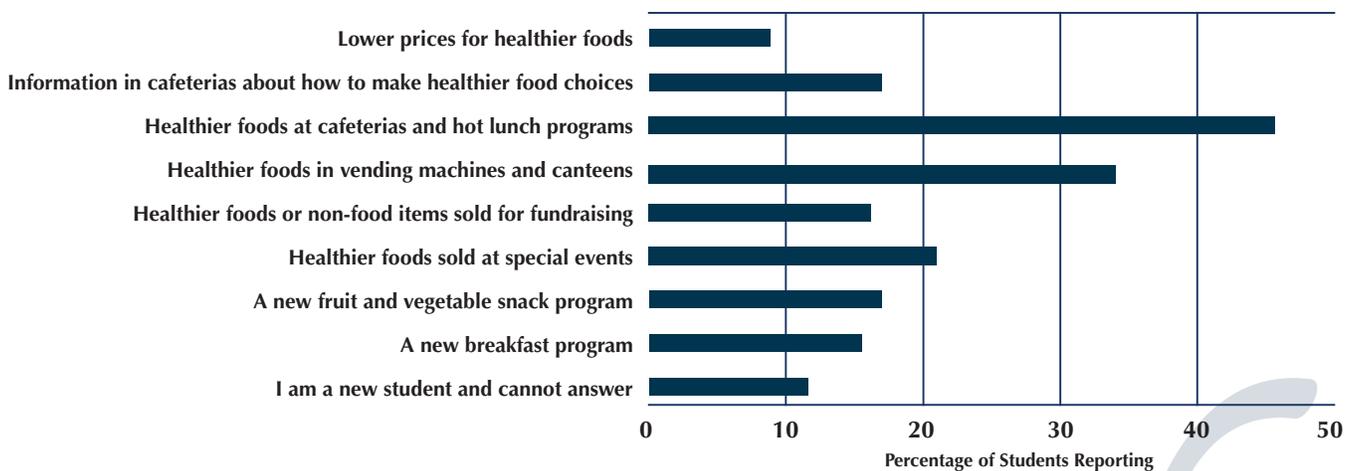


## ENVIRONMENTS

- As people undertake healthy lifestyle changes, the environments in which they live, work, and play can either support or discourage their plans to undertake and sustain positive changes.

### Healthy Eating

- 84% of students felt they have a clean and pleasant place to eat their lunch.
- 66% of students said that they have enough time to eat their lunch at school.
- 23% of students reported that there is enough variety of foods offered at school.
- Students reported noticing the following changes in healthy eating at school in the last 12 months:

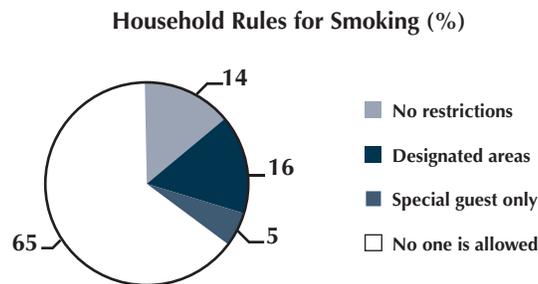


### Physical Activity

- 68% of students felt emphasis is placed on student participation in competitive sports and 67% of students indicated their school has awards recognizing student participation in competitive sports.
- 52% of students felt emphasis is placed on participation in non-competitive sports or clubs; and 29% of students indicated their school has awards recognizing student participation in non-competitive sports or clubs.
- 57% of students felt emphasis is placed on involving students in planning/organizing physical activities.
- 48% of students felt emphasis is placed on school staff being physically active.
- 81% of students reported the indoor facilities met their physical activity needs, whereas 62% indicated the outdoor facilities met their physical activity needs.

### Tobacco Use & Exposure to Tobacco Smoke

- 65% of students said that smoking is totally banned in their home.
- At least one person inside 28% of students' homes smoked on a daily basis.
- 37% of students rode in a car with someone who was smoking during the week preceding the survey.
- When asked, "At your school, what are the rules about smoking tobacco?", students responded:
  - I don't think there are any rules (3%)
  - Smoking is allowed in some areas on school property (8%)
  - Smoking is not allowed anywhere on school property (73%)
  - I don't know (16%)



### Student Connectedness (Mental Fitness)

A sense of "connection" to the school and school rules can support students in making healthy choices. Students who feel an attachment to their school, and who consider their teachers to be supportive, are less likely to engage in unhealthy or risky behaviours. Students' ratings on school connectedness are as follows:

How strongly do you agree or disagree with the following statements?	Percentage of Students Reporting	
	Strongly Agree	Agree
I feel close to people at my school	27	56
I feel I am part of my school	32	50
I am happy to be at my school	32	47
I feel the teachers at my school treat me fairly	30	52
I feel safe in my school	33	50

- These results were obtained from the 2006-2007 New Brunswick Student Wellness Survey.
- The survey data were gathered from over 33,000 students in the province.
- The majority of the students surveyed were in grades 6 to 12 with some grade 5 students included.
- 184 schools were included in the survey.