

# Middle School Health Behavior Survey (MSHBS)

## Fact Sheet 6: Dietary Behaviors

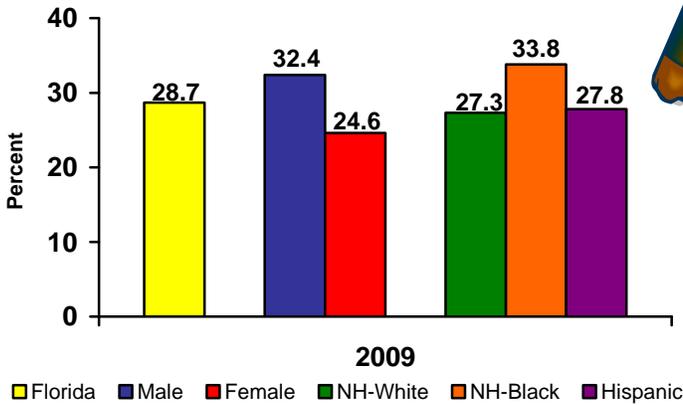
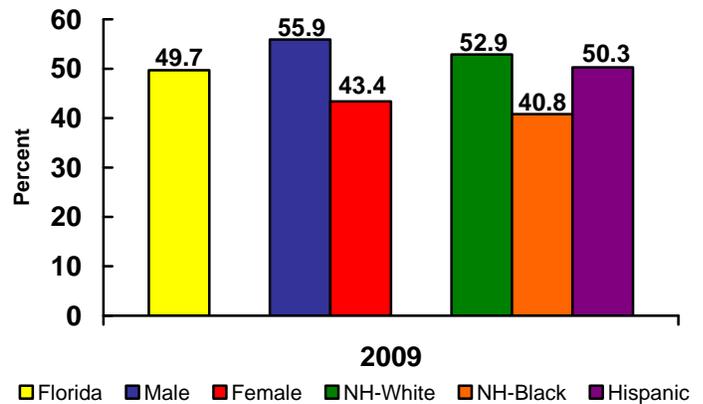


### Introduction

The Middle School Health Behavior Survey (MSHBS) is a self-administered, school-based, anonymous survey. The MSHBS was first administered in the spring of 2009 to 6,356 Florida public middle school students in 99 schools throughout the state. The survey response rate was 81%. The data presented in this fact sheet are weighted to represent the entire population of public middle school students in Florida. Data are presented by gender and by three racial/ethnic groupings: non-Hispanic (NH) white, non-Hispanic (NH) black, and Hispanic.

### Ate breakfast daily

In 2009, approximately half (49.7%) of Florida middle school students ate breakfast daily. Males had a significantly higher prevalence of this behavior than females. Non-Hispanic black students had a significantly lower prevalence of eating breakfast daily than both Hispanic and non-Hispanic white students.

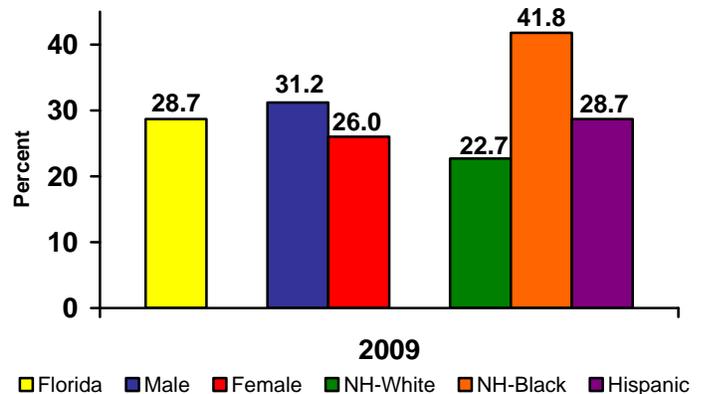


### Drank soda daily

In 2009, 28.7% of students drank a can, bottle, or glass of soda (not including diet-sodas) one or more times per day. Males had a significantly higher prevalence of this behavior than females. Non-Hispanic black students had a significantly higher prevalence of drinking soda daily than non-Hispanic white and Hispanic students.

### Drank sugared drinks daily

In 2009, 28.7% of students drank sugared drinks such as punch, Kool-Aid, sports drinks, or other fruit-flavored drinks (not including 100% fruit juices) one or more times per day. Males had a significantly higher prevalence of this behavior than females. Non-Hispanic black students had the highest prevalence of drinking sugared drinks daily and Hispanic students had a significantly higher prevalence of this behavior than non-Hispanic white students.

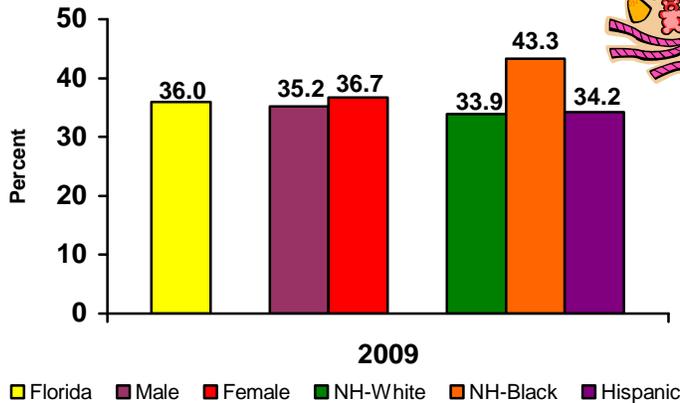
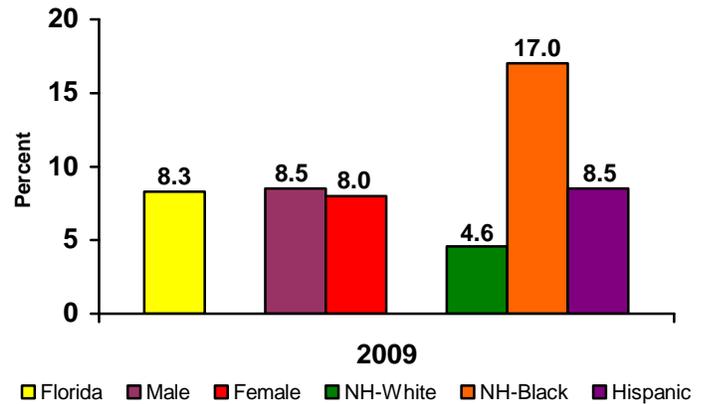


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### Ate fast food

In 2009, 8.3% of students ate at fast food restaurants, such as McDonalds, Burger King, Pizza Hut, Taco Bell, KFC, or Subway, on five or more of the past seven days. The prevalence of this behavior did not differ significantly by gender. Non-Hispanic black students significantly had the highest prevalence, and Hispanic students had a significantly higher prevalence than non-

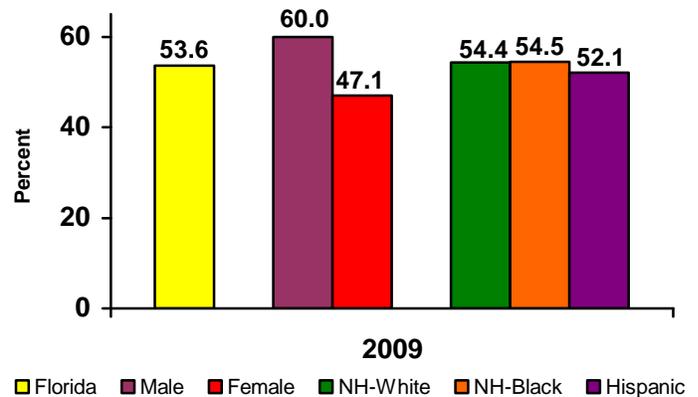


### Ate snacks with high fat content

In 2009, 36.0% of students ate snacks, such as candy, chips, cookies, ice cream, or cupcakes on one or more of the past seven days. The prevalence of this behavior did not differ significantly by gender. Non-Hispanic black students had a significantly higher prevalence of this behavior than non-Hispanic white and Hispanic students.

### Did not read labels when choosing snacks

In 2009, 53.6% of students hardly ever or never read food labels for "low fat", "less calories", or "low carbs" before choosing or buying food or snacks. Males had a significantly higher prevalence of not checking food labels than females. There were no significant differences between the three race/ethnicity groups.



For more information about the MSHBS, please contact Ms. Jamie Weitz, M.S., Florida Youth Survey Coordinator, at (850) 245-4444, Ext. 2424, or by e-mail at [Jamie.Weitz@doh.state.fl.us](mailto:Jamie.Weitz@doh.state.fl.us) or visit our website at <http://www.FloridaChronicDisease.org>.