

Dietary Behaviors and Weight Management

Among Florida Public Middle School Students

Results from the 2013 Florida Middle School Health Behavior Survey (MSHBS)

Fact Sheet 5



Introduction

The Florida Middle School Health Behavior Survey (MSHBS) is a self-administered, school-based, anonymous survey that has been conducted in Florida public middle schools every two years since 2009. It is part of a national survey effort led by the Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth in the United States. In 2013, a total of 6,738 out of 8,080 sampled students in 96 public middle schools in Florida completed the MSHBS. The overall response rate was 83%. The data presented in this fact sheet are weighted to represent the entire population of public middle school students in Florida. Since 2009, the response rate has been high enough for the data to be weighted to represent all Florida public middle school students. The prevalence estimates and 95% confidence intervals (95% CI, represented by the error bars) were calculated using SAS[®] 9.3. The difference in prevalence between two different populations is statistically significant if the 95% confidence intervals of the two prevalence estimates do not overlap. Data are presented by sex and by three racial/ethnic groupings: non-Hispanic (NH) white, non-Hispanic black, and Hispanic.

Ate breakfast daily

In 2013, 54.1% of students (approximately 310,600) ate breakfast daily. Males were significantly more likely to eat breakfast than females. This behavior did not vary significantly by race/ethnicity.



Figure 1: Middle School Students Who Ate Breakfast Daily, by Gender and Race/Ethnicity, 2013

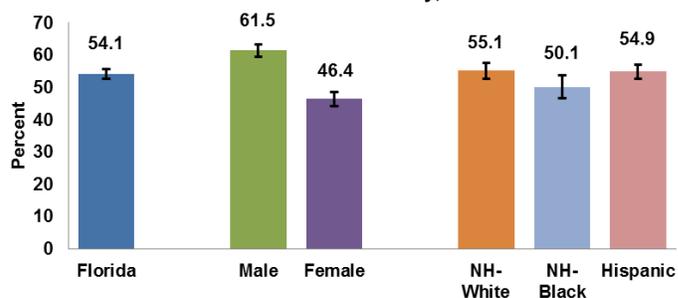
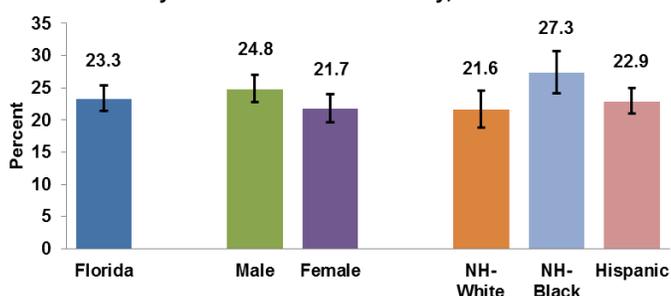


Figure 2: Middle School Students Who Drank Regular Soda Daily, by Gender and Race/Ethnicity, 2013



Drank soda daily

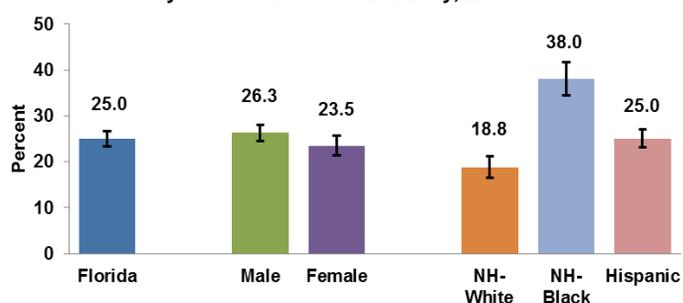
In 2013, 23.3% of students (approximately 131,000) drank a can, bottle or glass of soda (not including diet sodas) one or more times per day. This behavior did not vary significantly by sex or race/ethnicity.



Drank sugared drinks daily

In 2013, 25.0% of students (approximately 140,000) 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. This behavior did not vary significantly by sex. Non-Hispanic black students were significantly more likely to drink sugared drinks daily than Hispanic students and non-Hispanic white students.

Figure 3: Middle School Students Who Drank Sugared Drinks Daily, by Gender and Race/Ethnicity, 2013





Ate fast food

In 2013, 7.5% of students (approximately 41,200) 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. This behavior did not vary significantly by sex. Non-Hispanic black students were significantly more likely to eat fast food than Hispanic students, and Hispanic students were significantly more likely to eat fast food than non-Hispanic white students.



Figure 4: Middle School Students Who Ate Fast Food on Five or More of the Past Seven Days, by Gender and Race/Ethnicity, 2013

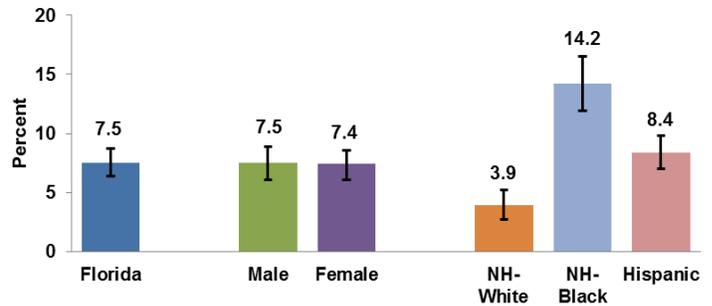
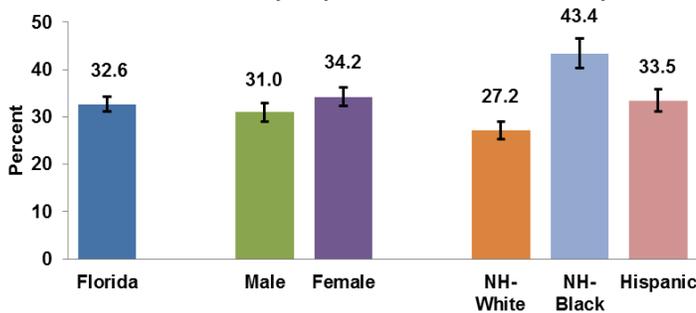


Figure 5: Middle School Students Who Ate High Fat Snacks on One or More of the Past Seven Days, by Gender and Race/Ethnicity, 2013



Ate snacks with high fat content

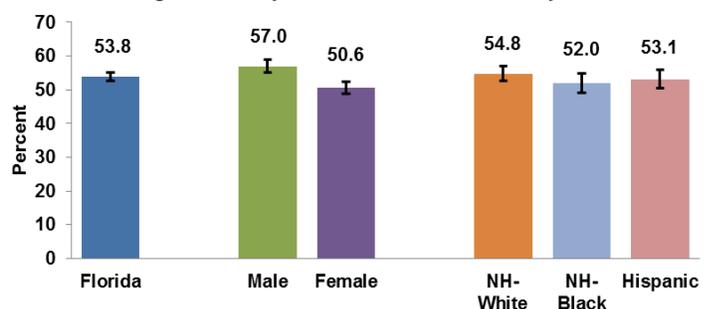
In 2013, 32.6% of students (approximately 179,400) ate snacks, such as candy, chips, cookies, ice cream or cupcakes on one or more of the past seven days. This behavior did not vary significantly by sex. Non-Hispanic black students were significantly more likely to eat snacks with high fat content than non-Hispanic white and Hispanic students.

Did not read labels when choosing snacks

In 2013, 53.8% of students (approximately 252,900) hardly ever or never read food labels for “low fat,” “less calories” or “low carbs” before choosing or buying food or snacks. Males were significantly more likely to not read food labels than females. This behavior did not vary significantly by race/ethnicity.



Figure 6: Middle School Students Who Did Not Read Labels When Choosing Snacks, by Gender and Race/Ethnicity, 2013



For more information about the MSHBS, please contact the Chronic Disease Epidemiology Section located in the Bureau of Epidemiology, Florida Department of Health, at (850) 245-4401 or visit our website at: www.floridahealth.gov/MSHBS. This document was developed by the Bureau of Epidemiology for the Florida Department of Education in cooperation with the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health Project Number 1U87PS004277-01.