

Overweight and Unhealthy Dietary Behaviors Among Florida Public High School Students



Results from the 2009 Florida Youth Risk Behavior Survey

Fact Sheet 5

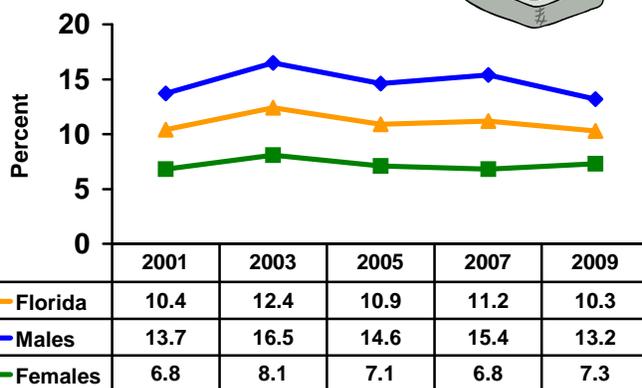
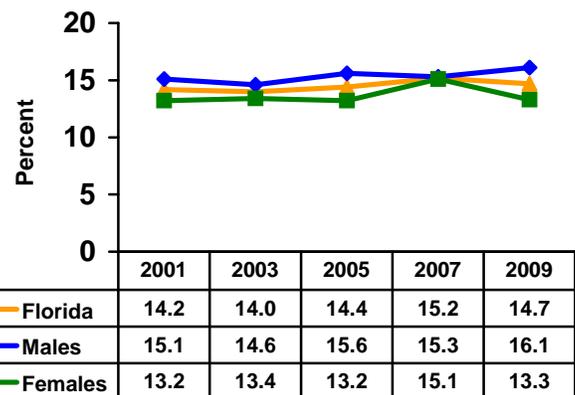
Introduction

The Florida Youth Risk Behavior Survey (YRBS) is a self-administered, school-based anonymous survey that has been conducted in Florida public high schools every two years since 1991. 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 2009, 5,684 students in 80 public high schools in Florida completed the YRBS. The overall response rate was 71%. Since 2001, the response rate has been high enough for the data to be weighted to represent all Florida public high school students.

Overweight*

In 2009, approximately 96,500 students (14.7%) were overweight. This prevalence did not change significantly from 2001 to 2009. Males had a significantly higher prevalence of being overweight than females in 2009.

* Body mass index (BMI) is greater than or equal to the 85th percentile and less than the 95th percentile in weight distribution among students having the same age and gender.



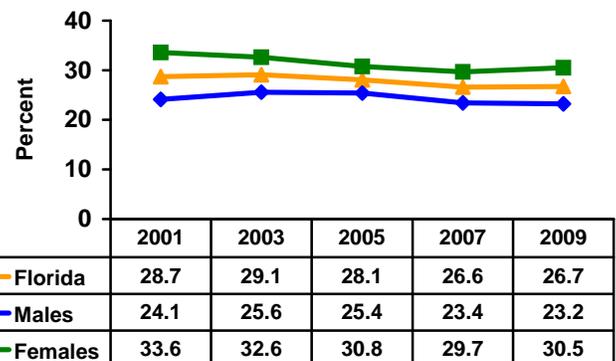
Obese*

In 2009, approximately 67,700 students (10.3%) were obese. This prevalence did not change significantly from 2001 to 2009. Males had a significantly higher prevalence of being obese than females from 2001 to 2009.

* Body mass index (BMI) is greater than or equal to the 95th percentile in weight distribution among students having the same age and gender.

Thought they were overweight

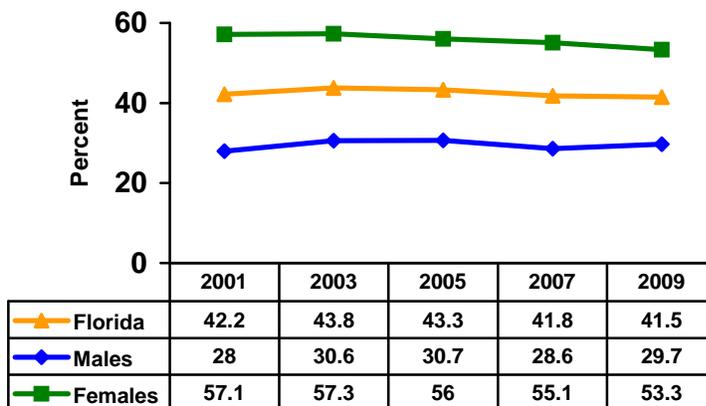
In 2009, approximately 203,200 students (26.7%) described their body as slightly or very overweight. This prevalence did not change significantly from 2001 to 2009. Females had a higher prevalence of this behavior than males from 2001 to 2009.





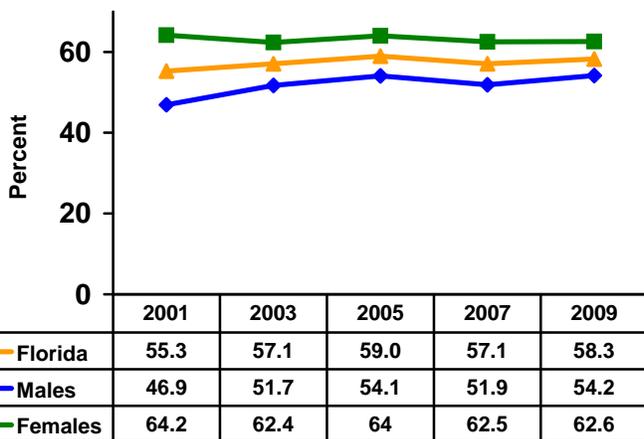
Were trying to lose weight

In 2009, approximately 315,200 students (41.5%) were trying to lose weight. This prevalence remained at the same level from 2001 to 2009. Females had a significantly higher prevalence of this behavior than males from 2001 to 2009.



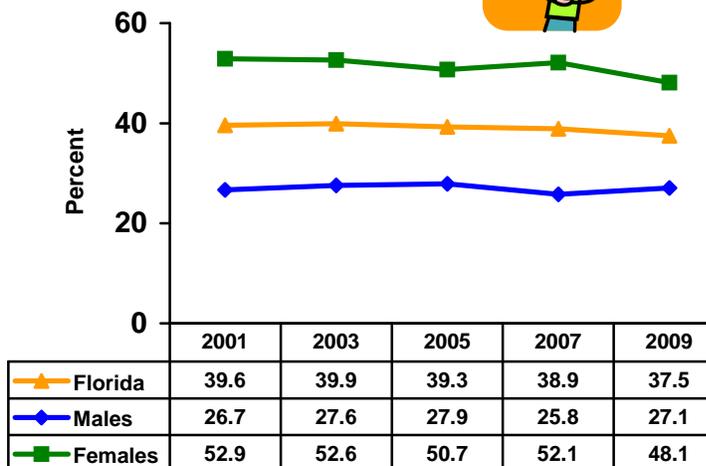
Exercised to lose weight or avoid gaining weight

In 2009, approximately 443,500 students (58.3%) exercised to lose weight or to avoid gaining weight during the past 30 days. This prevalence did not change significantly from 2001 to 2009. Females had a significantly higher prevalence of this behavior than males from 2001 to 2009.



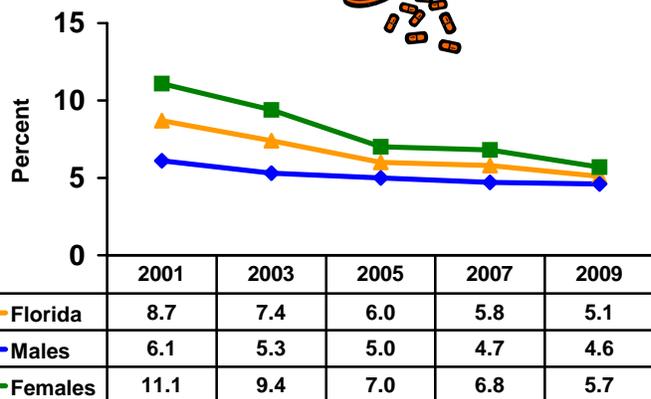
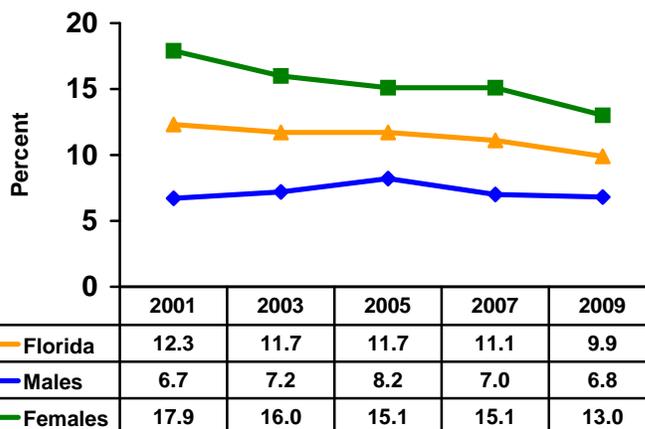
Ate less food, fewer calories, or foods low in fat to lose weight or avoid gaining weight

In 2009, approximately 284,300 students (37.5%) ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight during the past 30 days. This prevalence remained at the same level during 2001 to 2009. Females had a significantly higher prevalence of this behavior than males from 2001 to 2009.



Went without eating for 24 or more hours to lose weight or avoid gaining weight

In 2009, approximately 75,400 students (9.9%) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days. This prevalence decreased significantly by 19.5% from 2001 to 2009. Females had a significantly higher prevalence of this behavior than males from 2001 to 2009.

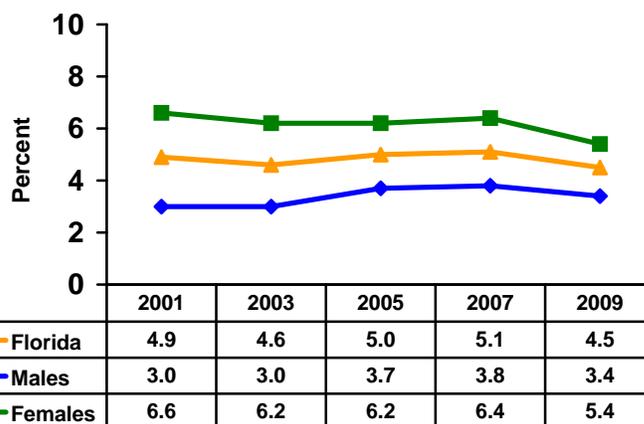


Took diet pills, powders, or liquids to lose weight or avoid gaining weight

In 2009, approximately 39,100 students (5.1%) took diet pills, powders, or liquids without a doctor's advice to lose weight or to avoid gaining weight during the past 30 days. This prevalence decreased significantly by 41.4% from 2001 to 2009. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007, but not in 2009.

Vomited or took laxatives to lose weight or avoid gaining weight

In 2009, approximately 34,100 students (4.5%) vomited or took laxatives to lose weight or to avoid gaining weight during the past 30 days. This prevalence did not change significantly from 2001 to 2009. Females had a significantly higher prevalence of this behavior than males from 2001 to 2009.



For more information about the YRBS, 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 or visit our website at: <http://www.FloridaChronicDisease.org/YRBS/Intro.htm>. For an interactive database of YRBS data, visit the CDC's YRBS web site at: www.cdc.gov/yrbs. This document was developed by the Bureau of Epidemiology for the Florida Department of Education's Office of Healthy Schools in Cooperation with the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health Project Number U87/CCU001239-02.

