

Dietary Behaviors Among Florida Public High School Students



Results from the 2011 Florida Youth Risk Behavior Survey

Fact Sheet 6

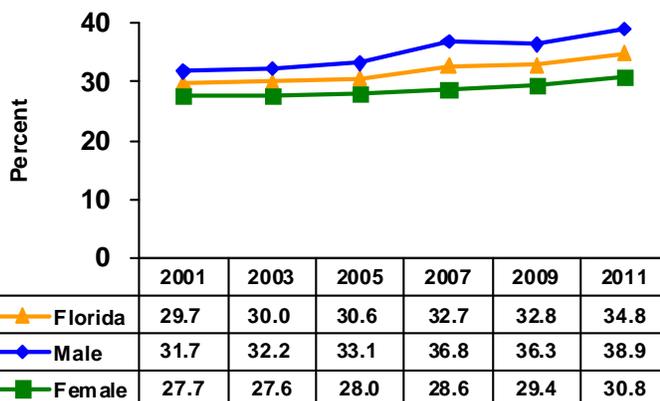
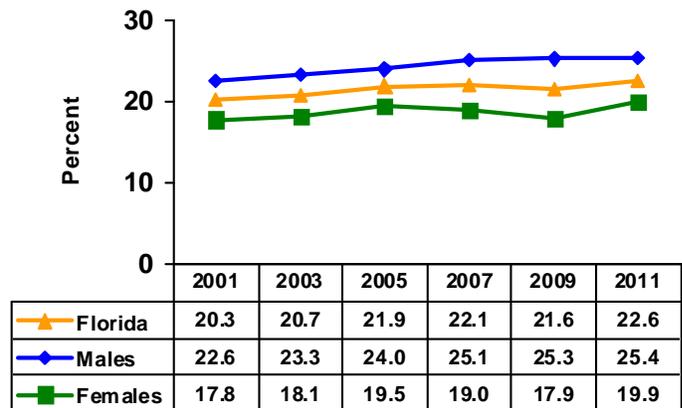
Introduction

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 2011, 6,212 students in 78 public high schools in Florida completed the YRBS. The overall response rate was 75%. Since 2001, the response rate has been high enough for the data to be weighted to represent all Florida public high school students.



Ate fruits and vegetables five or more times per day

In 2011, approximately 171,500 students (22.6%) ate fruits and vegetables five or more times per day during the past seven days. This prevalence increased significantly by 11.3% from 2001 to 2011. Males consistently had a significantly higher prevalence of this behavior than females.



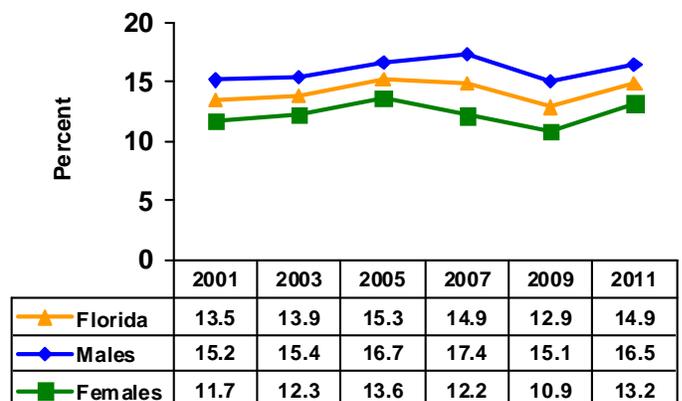
Ate fruits two or more times daily

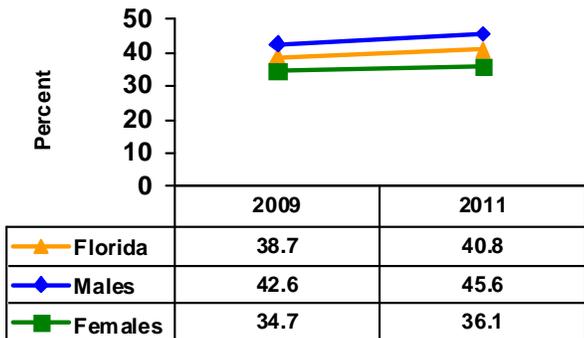
In 2011, approximately 266,800 students (34.8%) ate fruits two or more times per day during the past seven days. This prevalence increased significantly by 17.2% from 2001 to 2011. Males had a significantly higher prevalence of this behavior than females from 2003 to 2011.



Ate vegetables three or more times daily

In 2011, approximately 113,200 students (14.9%) ate vegetables three or more times daily during the past seven days. This prevalence did not change significantly from 2001 to 2011, but from 2009 to 2011, there was a 15.5% increase in this behavior. Males had a significantly higher prevalence of this behavior than females in all years except 2005.





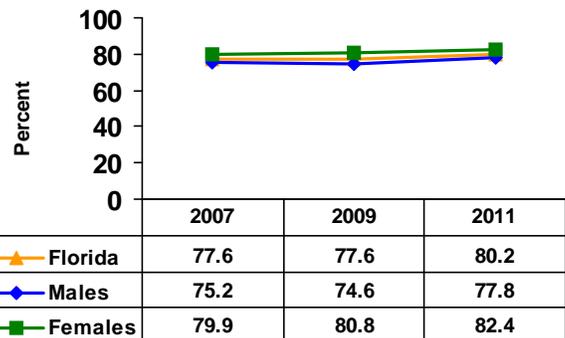
*Question first asked in 2009

Ate breakfast daily*

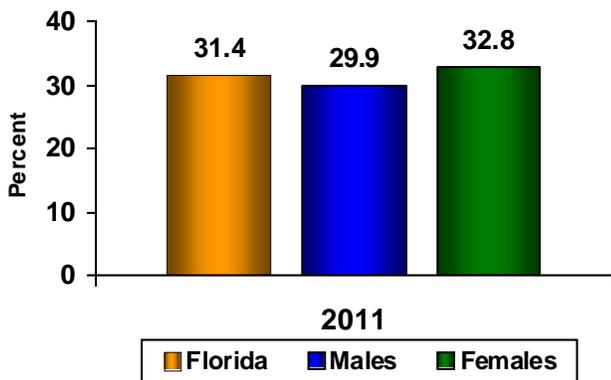
In 2011, approximately 309,700 students (40.8%) ate breakfast on seven of the past seven days. The prevalence of this behavior did not change from 2009 to 2011. Males had a significantly higher prevalence of this behavior than females in 2009 and 2011

Ate snacks like candy, chips, cookies, ice cream, or cupcakes at school*

In 2011, approximately 607,600 students (80.2%) ate snacks at school one or more times during the past seven days. This prevalence increased by 3.4% from 2007 to 2011. Females had a significantly higher prevalence of this behavior than males from 2007 to 2011.



*Question first asked in 2007



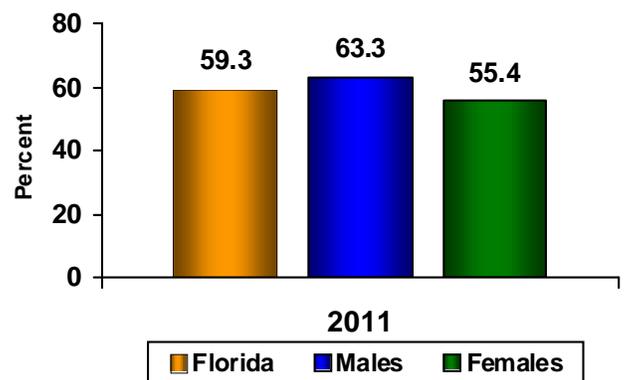
*Question first asked in 2011

Ate fast food three or more times a week*

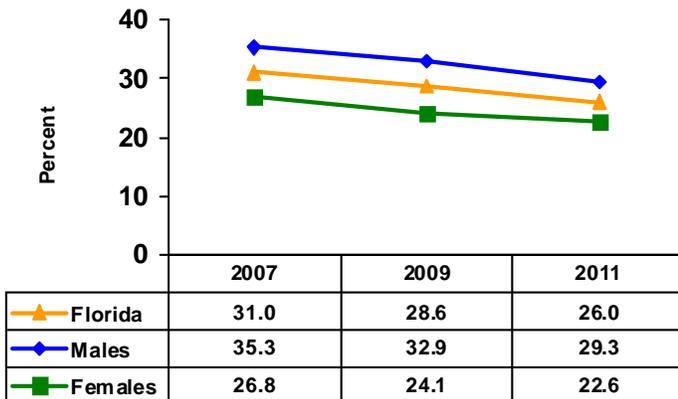
In 2011, approximately 237,800 students (31.4%) ate at fast food restaurants such as McDonalds, Burger King, Pizza Hut, Taco Bell, Kentucky Fried Chicken, or Subway three or more days during the past seven. In 2011, prevalence of this behavior did not vary significantly by gender

Ate dinner with parents three or more times a week*

In 2011, approximately 449,300 students (59.3%) ate dinner together with their parents or guardians on three or more days during the past seven. In 2011, the prevalence of this behavior did not vary significantly by gender.



*Question first asked in 2011



*Question first asked in 2007

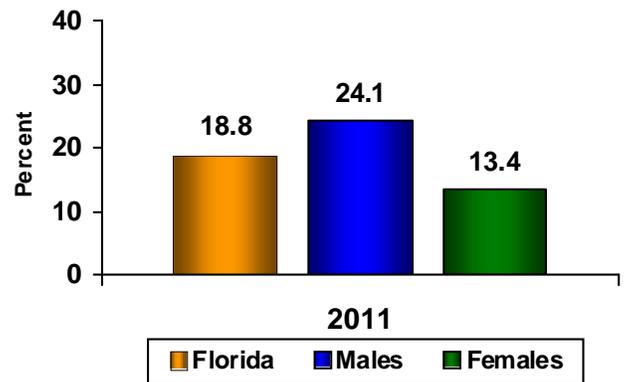
Drank soda one or more times per daily*

In 2011, approximately 198,100 students (26.0%) drank a can, bottle, or glass of soda, not including diet soda, one or more times per day during the past seven days. This prevalence decreased significantly by 16.1% from 2007 to 2011. Males had a significantly higher prevalence of this behavior than females from 2007 to 2011.

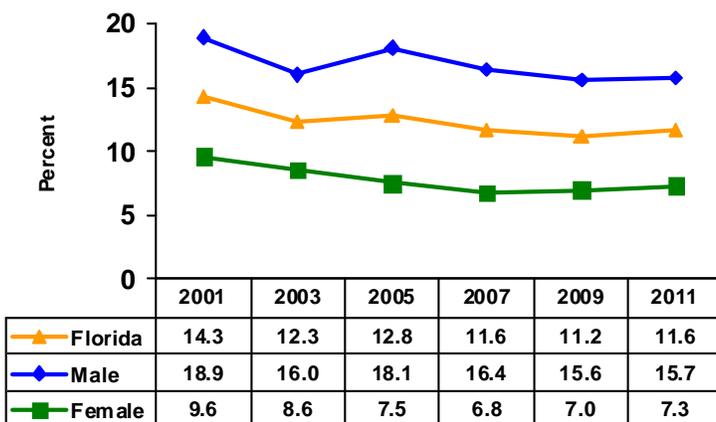


Drank sports drink one or more times daily*

In 2011, approximately 143,300 students (18.8%) drank a can, bottle, or glass of sports drink, not including low-calorie sports drinks, one or more times per day during the past seven days. Males had a significantly higher prevalence of this behavior than females in 2011. The prevalence was not significantly different based on race/ethnicity, grade or age.



*Question first asked in 2011



Drank at least three glasses of milk daily

In 2011, approximately 88,100 students (11.6%) drank three or more glasses of milk per day during the past seven days. This prevalence decreased significantly by 18.9% from 2001 to 2011. Males consistently had a significantly higher prevalence of this behavior than females.



For more information about the YRBS, please contact the Chronic Disease Epidemiology Surveillance and Evaluation Section at (850) 245-4401, by e-mail at ChronicDisease@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.

