Almost half of adults are trying to lose weight (63%).

Adults who are overweight or obese describe themselves as being at 'about the right weight' (29%).

Adults tried to eat more fruits and vegetables in the past 12 months (82%).

Adults meet aerobic recommendations (45%).

Adults meet muscle strengthening recommendations (38%).

Adults agree with the statement "it is easy to purchase healthy foods in my neighborhood" (4 in 5).

Source: 2016 Florida Behavioral Risk Factor Surveillance System
http://www.flhealth.gov/brfss
http://www.flhealthcharts.com

To see how the Florida Department of Health is using this data to improve the health of Floridians check out:
http://www.healthiestweightflorida.com
http://www.floridahealth.gov