2017: Florida High School Students

Healthy Weight

Physical Activity

- Participated in moderate to vigorous exercise for 60+ minutes every day
  - 23%

Organized Sports

- Played on at least one sports team at school or in their community
  - 47%

Nutrition

- Ate vegetables daily
  - 55%
- Ate fruit or drank juice daily
  - 60%
- Ate breakfast daily
  - 37%
- Ate dinner at home with a parent at least 4x a week
  - 65%

Encouraging Trends 2007-2017

- Daily soda consumption has decreased from 31% to 18%
- Daily TV watching for 3+ hrs has decreased from 40% to 23%

Source: 2017 Florida Youth Risk Behavior Survey