

# Middle School Health Behavior Survey (MSHBS)

## Fact Sheet 5: Weight Management



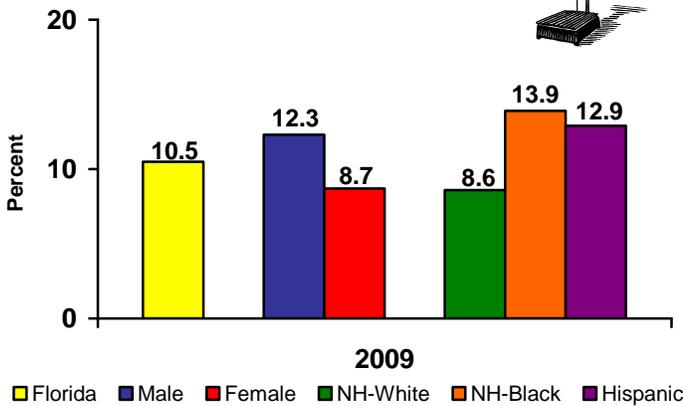
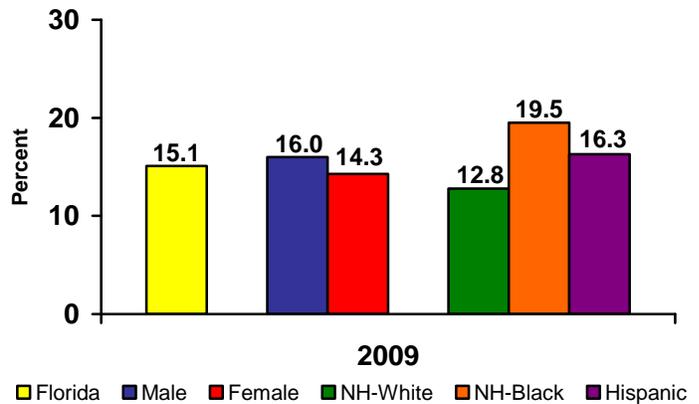
### Introduction

The Middle School Health Behavior Survey (MSHBS) is a self-administered, school-based, anonymous survey. The MSHBS was first administered in the spring of 2009 to 6,356 Florida public middle school students in 99 schools throughout the state. The survey response rate was 81%. The data presented in this fact sheet are weighted to represent the entire population of public middle school students in Florida. Data are presented by gender and by three racial/ethnic groupings: non-Hispanic (NH) white, non-Hispanic (NH) black, and Hispanic.

### Overweight\*

In 2009, 15.1% of students were overweight. Males had higher prevalence than females but the difference was not significant. Non-Hispanic black students had a significantly higher prevalence of being overweight than non-Hispanic white and Hispanic students.

\* Body mass index (BMI) 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.



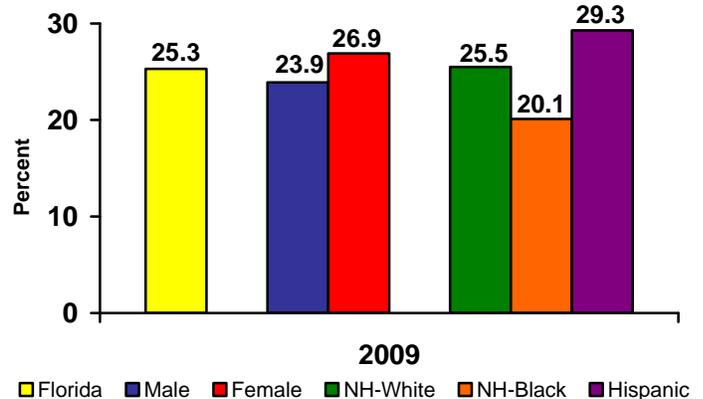
### Obese\*

In 2009, 10.5% of students were obese. Males had a significantly higher prevalence of being obese than females. Non-Hispanic white students had a significantly lower prevalence of being obese than non-Hispanic black and Hispanic students.

\* Body mass index (BMI) 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 one out of four students (25.3%) described their body as slightly or very overweight. Females had a higher prevalence of this behavior than males but the difference was not significant. Non-Hispanic black students had a significantly lower prevalence of describing themselves as overweight than Hispanic students and Hispanic students had a significantly higher prevalence of this behavior than non-Hispanic white students.

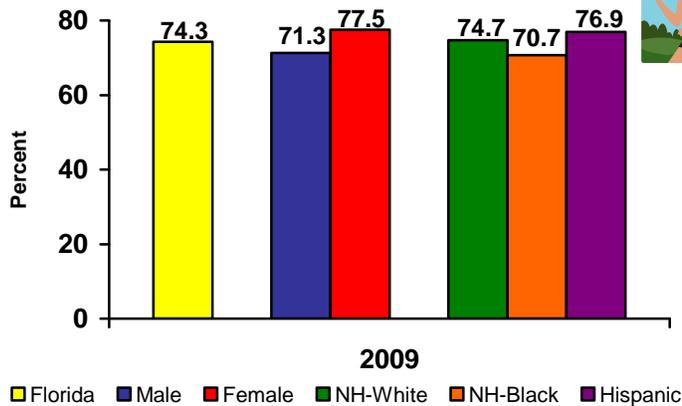
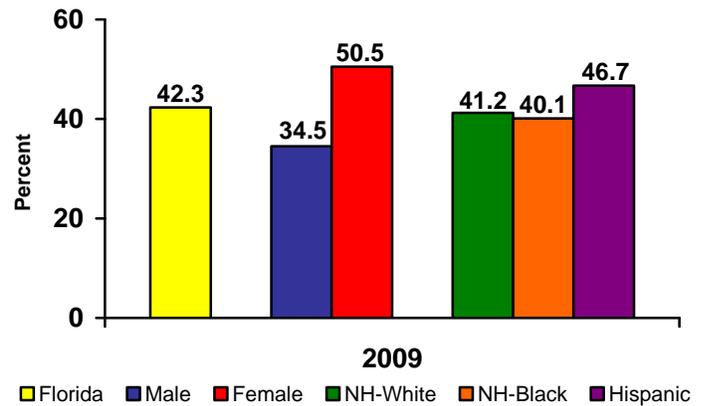


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### Were trying to lose weight

In 2009, 42.3% of students were trying to lose weight. Females had a significantly higher prevalence of this behavior than males. Hispanic students had a significantly higher prevalence of this behavior than non-Hispanic white and non-Hispanic black students.

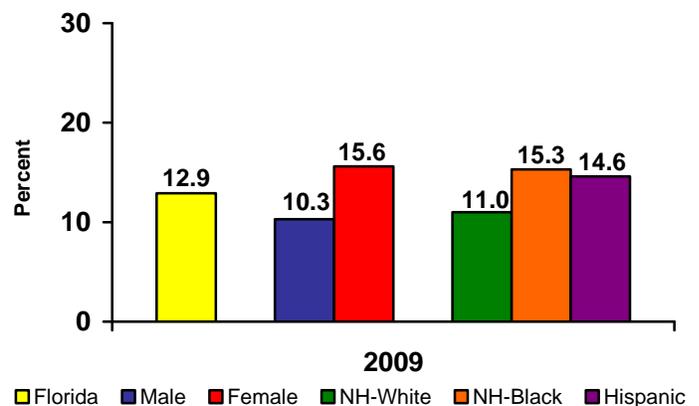


### Healthy weight loss attempts

In 2009, 74.3% of students attempted to lose weight in a healthy way, such as exercising or eating less food, fewer calories, or foods low in fat. Females had a significantly higher prevalence of this behavior than males. Hispanic students had a significantly higher prevalence of this behavior than non-Hispanic black students.

### Risky weight loss attempts

In 2009, 10.3% of students attempted to lose weight in an unhealthy manner, such as fasting for an entire day, taking diet pills without a doctor's advice, vomiting, or taking laxatives. Females had a significantly higher prevalence of risky weight loss attempts than males. Non-Hispanic white students had a significantly lower prevalence of this behavior than non-Hispanic black and Hispanic students.



For more information about the MSHBS, 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](mailto:Jamie.Weitz@doh.state.fl.us) or visit our website at <http://www.FloridaChronicDisease.org>.

