

# Physical Activity

Among Florida Public Middle School Students



Results from the 2011 Florida Middle School Health Behavior Survey (MSHBS)

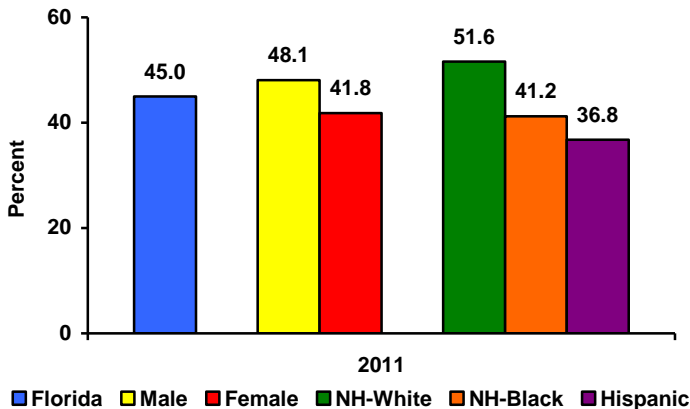
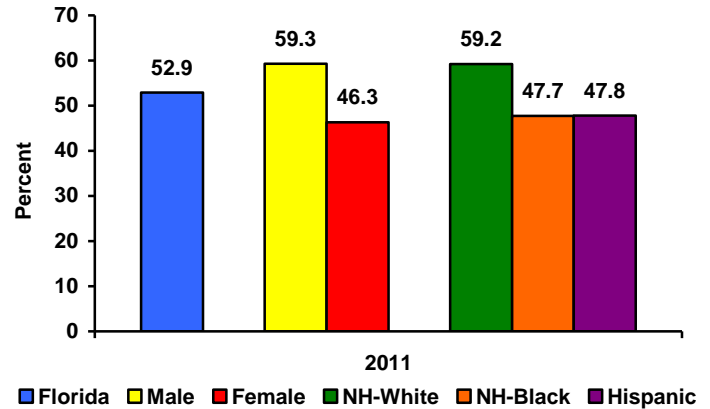
\*Fact Sheet 7\*

## Introduction

The Middle School Health Behavior Survey (MSHBS) is a self-administered, school-based, anonymous survey that has been conducted in Florida public middle schools every two years since 2009. In 2011, 6,057 students in 94 public middle schools in Florida completed the MSHBS. The overall response rate was 83%. 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.

### Achieved recommended physical activity

In 2011, approximately 309,800 students (52.9%) achieved the recommended amount of physical activity, defined as being physically active for a combined total of 60 minutes or more on five or more of the past seven days. Males had a significantly higher prevalence of this behavior than females. Non-Hispanic white students had a significantly higher prevalence of this behavior than non-Hispanic black and Hispanic students.



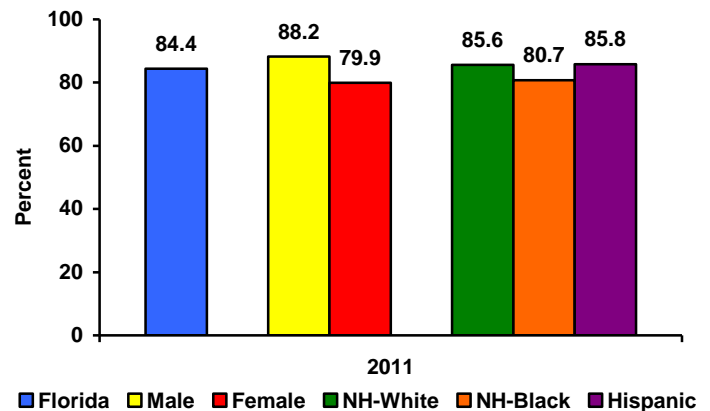
### Attended daily PE classes

In 2011, approximately 264,300 students (45.0%) attended PE class daily in an average school week. The prevalence of this behavior did not vary significantly by gender or race/ethnicity.



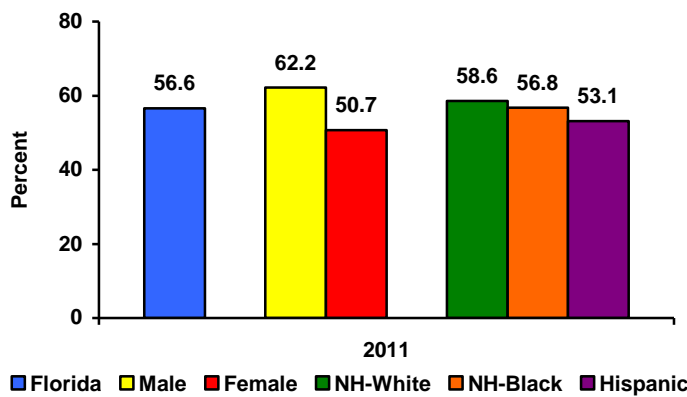
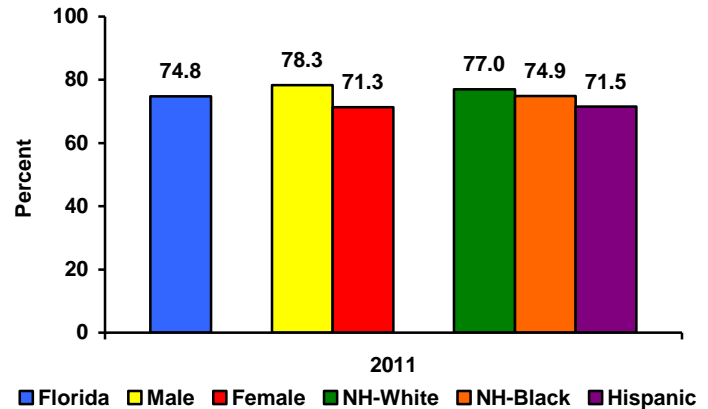
### Exercised more than 20 minutes in PE

In 2011, among students enrolled in PE class, approximately 353,400 (84.4%) spent more than 20 minutes actually exercising or playing sports. Males had a significantly higher prevalence of this behavior than females. Hispanic and non-Hispanic white students had a significantly higher prevalence of this behavior than non-Hispanic black students.



**Played sports in the past year**

In 2011, approximately 438,900 students (74.8%) participated in one or more sports or activities, such as tennis, football, softball, bike riding, skating or skateboarding, gymnastics, dance, karate, or soccer, during the past year. Males had a significantly higher prevalence of this behavior than females. Non-Hispanic white students had a significantly higher prevalence of this behavior than Hispanic students.



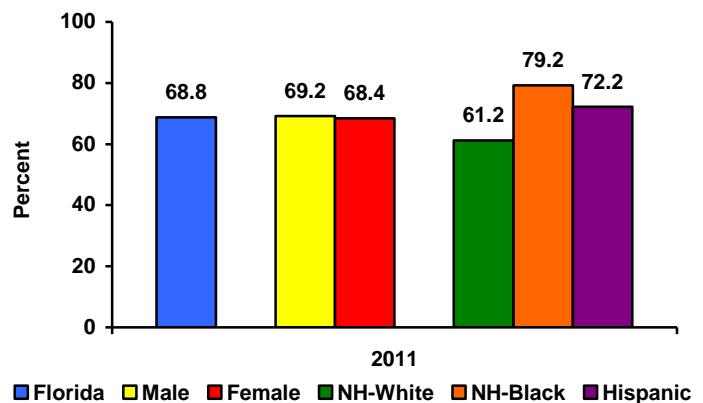
**Played sports on three or more days during the past week**

In 2011, approximately 330,900 students (56.6%) participated in a sport or activity, such as tennis, football, softball, bike riding, skating or skateboarding, gymnastics, dance, karate, or soccer, on three or more times during the past seven days. Males had a significantly higher prevalence of this behavior than females. The prevalence of this behavior did not vary significantly by race/ethnicity.



**Combined screen time of three or more hours**

In 2011, approximately 415,700 students (68.8%) spent 3 or more hours on an average school day, either watching TV, playing video games, or using the computer for fun or for homework. The prevalence of this behavior did not vary significantly by gender. Non-Hispanic black students had a significantly higher prevalence of this behavior than Hispanic students, and Hispanic students had a significantly higher prevalence compared to non-Hispanic white students.



For more information about the MSHBS, please contact the Chronic Disease Epidemiology and Surveillance Section, at (850) 245-4401, or by e-mail at [ChronicDisease@flhealth.gov](mailto:ChronicDisease@flhealth.gov). You can also visit our website at <http://www.floridahealth.gov/reports-and-data/survey-data/middle-school-health-behavior-survey/index.html>