

Obesity, Overweight, and Weight Control Among Florida Public Middle School Students



Results from the 2013 Florida Middle School Health Behavior Survey (MSHBS)

Fact Sheet 4

Introduction

The Florida 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. 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 2013, a total of 6,738 out of 8,080 sampled students in 96 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. The prevalence estimates and 95% confidence intervals (95% CI, represented by the error bars) were calculated using SAS® 9.3. The difference in prevalence between two different populations is statistically significant if the 95% confidence intervals of the two prevalence estimates do not overlap. Data are presented by sex and by three racial/ethnic groupings: non-Hispanic (NH) white, non-Hispanic black, and Hispanic.

Overweight†

In 2013, 16.4% of students (approximately 84,800) were overweight. Being overweight did not vary significantly by sex or race/ethnicity.

† 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 sex.

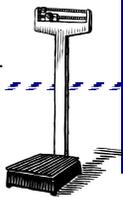


Figure 1: Middle School Students Who Were Overweight†, by Gender and Race/Ethnicity, 2013

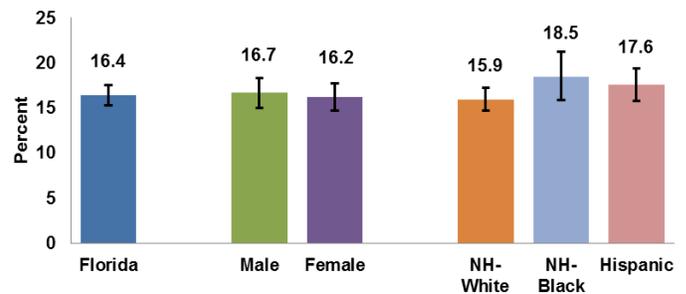
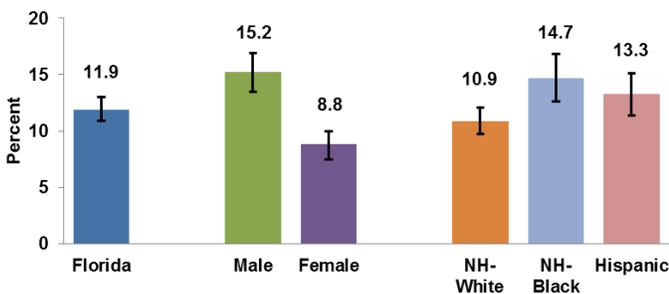


Figure 2: Middle School Students Who Were Obese‡, by Gender and Race/Ethnicity, 2013



Obese‡

In 2013, 11.9% of students (approximately 61,600) were obese. Males were significantly more likely to be obese than females. Non-Hispanic black students were significantly more likely to be obese than non-Hispanic white students.

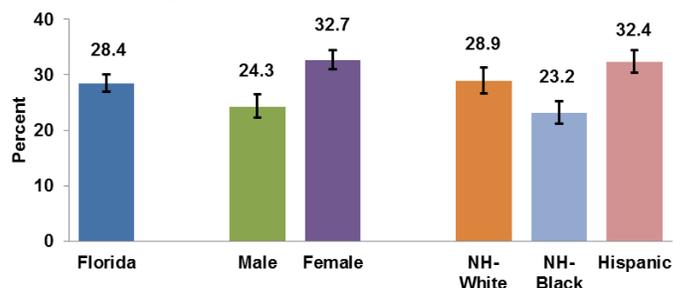
‡ Body mass index (BMI) greater than or equal to the 95th percentile in weight distribution among students having the same age and sex.

Thought they were overweight

In 2013, 28.4% of students (approximately 167,000) described their bodies as slightly or very overweight. Females were significantly more likely to describe their bodies as slightly or very overweight than males. Hispanic and non-Hispanic white students were significantly more likely to describe their bodies as slightly or very overweight than non-Hispanic black students.



Figure 3: Middle School Students Who Thought They Were Overweight, by Gender and Race/Ethnicity, 2013





Trying to lose weight

In 2013, 44.3% of students (approximately 257,900) were trying to lose weight. Females were significantly more likely to try to lose weight than males. Hispanic students were significantly more likely to try to lose weight than non-Hispanic white and non-Hispanic black students.

Figure 4: Middle School Students Who Were Trying to Lose Weight, by Gender and Race/Ethnicity, 2013

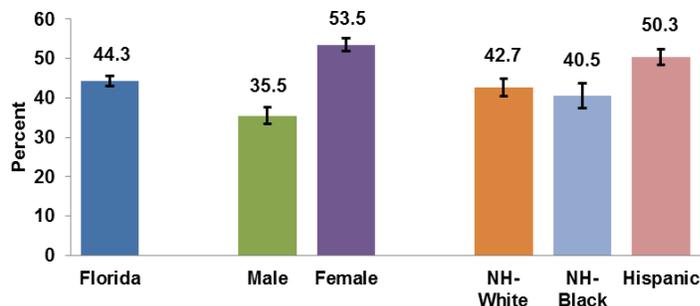
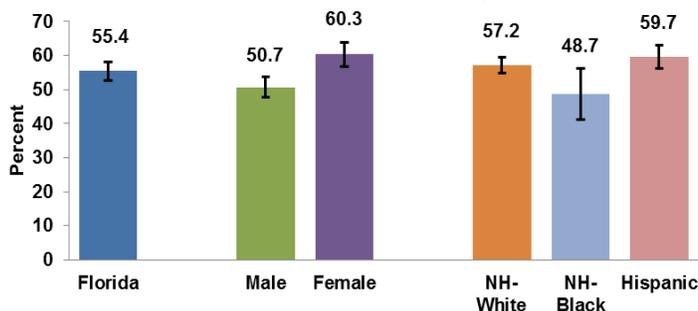


Figure 5: Middle School Students Who Attempted Healthy Weight Loss, by Gender and Race/Ethnicity, 2013



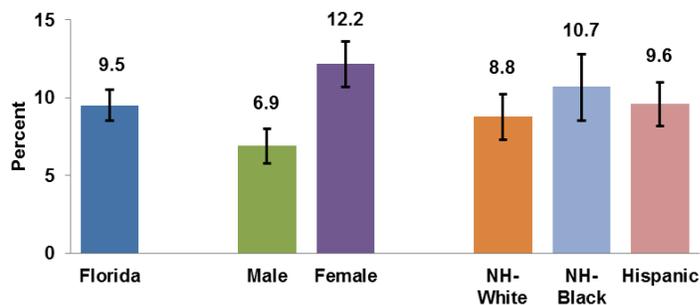
Healthy weight loss attempts

In 2013, 55.4% of students (approximately 341,800) attempted to lose weight or to keep from gaining weight in a healthy way, such as exercising or eating less food, fewer calories, or foods low in fat during the past month. Females were significantly more likely to attempt to lose weight in a healthy manner than males. This behavior did not vary significantly by race/ethnicity.

Risky weight loss attempts

In 2013, 9.5% of students (approximately 58,400) attempted to lose weight or to keep from gaining weight in an unhealthy manner, such as fasting for an entire day, taking diet pills without a doctor's advice, vomiting, or taking laxatives during the past month. Females were significantly more likely to attempt to lose weight in an unhealthy manner than males. This behavior did not vary significantly by race/ethnicity.

Figure 6: Middle School Students Who Attempted Unhealthy Weight Loss, by Gender and Race/Ethnicity, 2013



For more information about the MSHBS, please contact the Chronic Disease Epidemiology Section located in the Bureau of Epidemiology, Florida Department of Health, at (850) 245-4401 or visit our website at: www.floridahealth.gov/MSHBS. This document was developed by the Bureau of Epidemiology for the Florida Department of Education in cooperation with the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health Project Number 1U87PS004277-01.