

Overweight and Unhealthy Dietary Behaviors Among Florida Public High School Students



Results from the 2007 Florida Youth Risk Behavior Survey

Fact Sheet 5

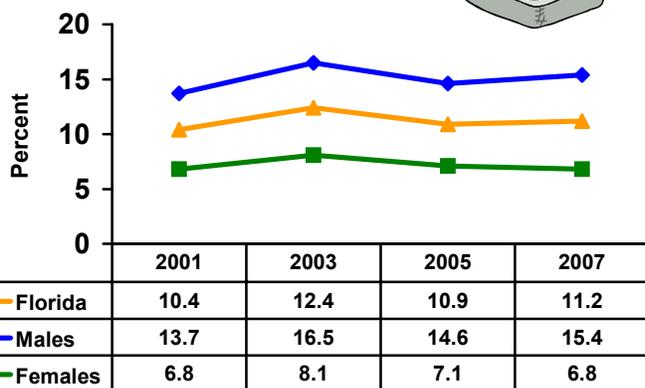
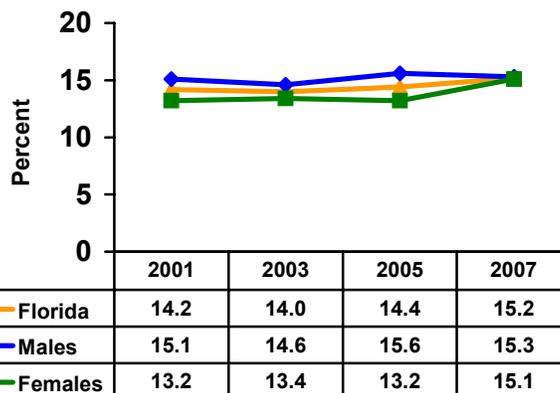
Introduction

The Florida Youth Risk Behavior Survey (YRBS) is a self-administered, school-based anonymous survey that has been conducted in Florida public high schools every two years since 1991. 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 2007, 4,523 students in 69 public high schools in Florida completed the YRBS. The overall response rate was 61 percent. Since 2001, the response rate has been high enough for the data to be weighted to represent all Florida public high school students.

At risk of becoming overweight*

In 2007, approximately 103,700 students (15.2%) were at risk of becoming overweight. This prevalence did not change significantly from 2001 to 2007. While males had a higher prevalence of being at risk of overweight during this time period, females closed the gap in 2007.

* Body mass index (BMI) is 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.



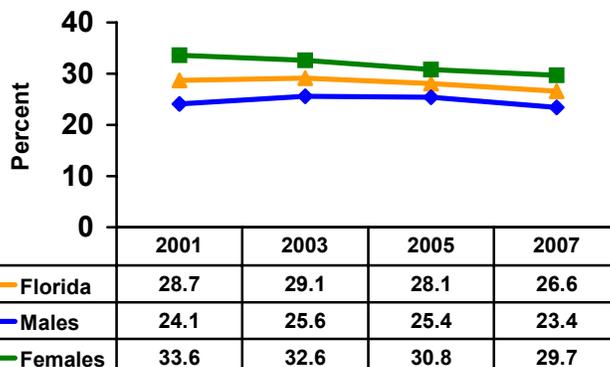
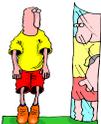
Overweight*

In 2007, approximately 76,000 students (11.2%) were overweight. This prevalence did not change significantly from 2001 to 2007. Males had a significantly higher prevalence of being overweight than females from 2001 to 2007.

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

Thought they were overweight

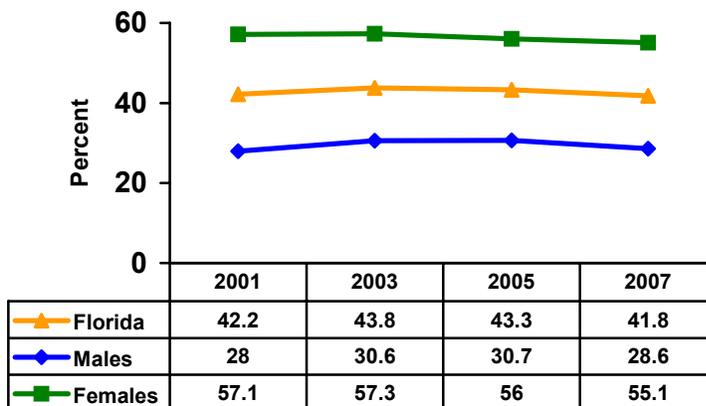
In 2007, approximately 209,400 (26.6%) described their body as slightly or very overweight. This prevalence did not change significantly from 2001 to 2007. Females have had a higher prevalence of this behavior than males from 2001 to 2007.





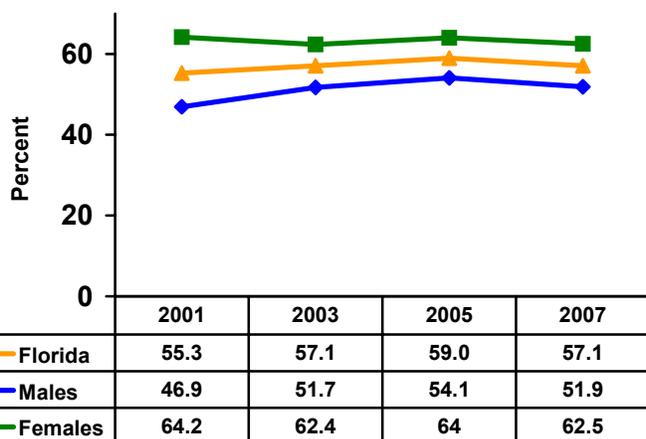
Were trying to lose weight

In 2007, approximately 329,400 students (41.8%) were trying to lose weight. This prevalence remained at the same level from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.



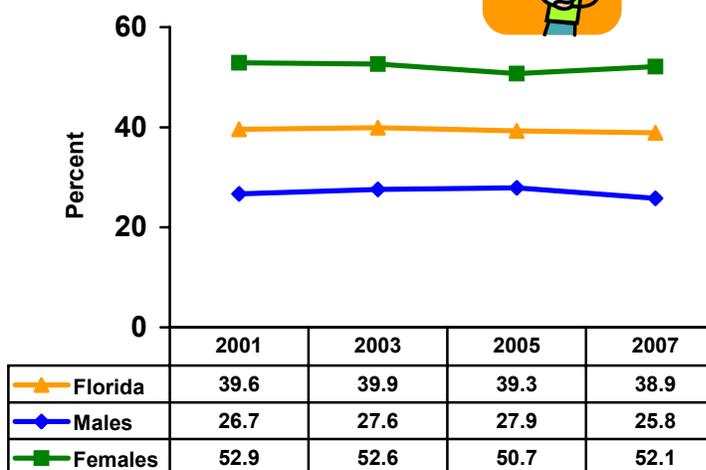
Exercised to lose weight or to avoid gaining weight

In 2007, approximately 448,400 students (57.1%) exercised to lose weight or to avoid gaining weight during the past 30 days. This prevalence did not change significantly from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.



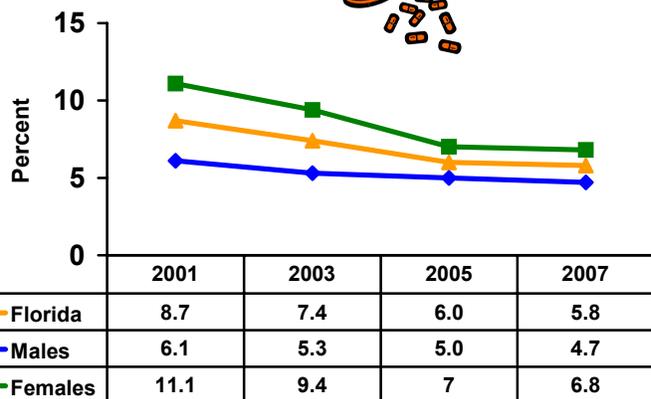
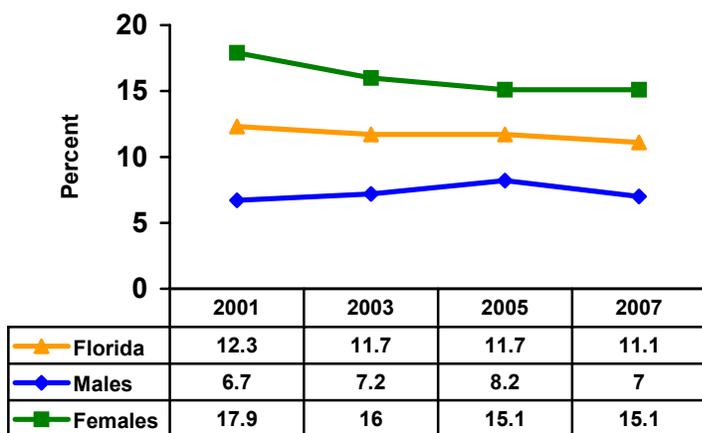
Ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight

In 2007, approximately 305,700 students (38.9%) ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight during the past 30 days. This prevalence remained at the same level during 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.



Went without eating for 24 or more hours to lose weight or to avoid gaining weight

In 2007, approximately 87,300 students (11.1%) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days. This prevalence remained at the same level from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.

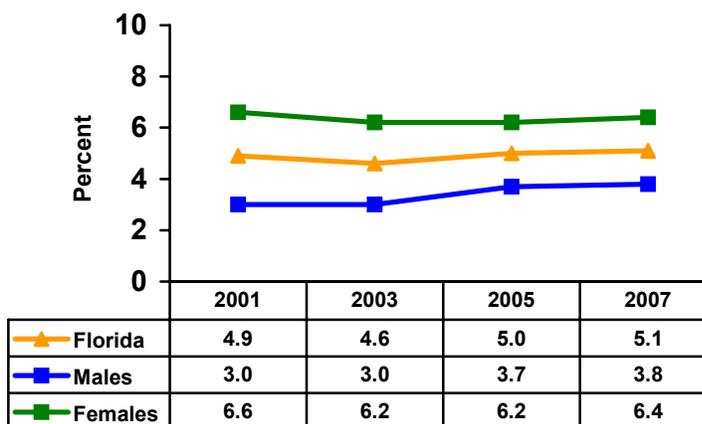


Took diet pills, powders, or liquids to lose weight or to avoid gaining weight

In 2007, approximately 45,600 students (5.8%) took diet pills, powders, or liquids without a doctor's advice to lose weight or to avoid gaining weight during the past 30 days. This prevalence decreased significantly by 33.3% from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.

Vomited or took laxatives to lose weight or to avoid gaining weight

In 2007, approximately 40,400 students (5.1%) vomited or took laxatives to lose weight or to avoid gaining weight during the past 30 days. This prevalence did not change significantly from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.



For more information about the YRBS, 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 or visit our website at: http://www.doh.state.fl.us/disease_ctrl/epi/Chronic_Disease/YRBS/Intro.htm. For an interactive database of YRBS data, visit the CDC's YRBS web site at: www.cdc.gov/yrbs. This document was developed by the Bureau of Epidemiology for the Florida Coordinated School Health Program in Cooperation with the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health Project Number U87-CCU433630-05.

