2015 Healthy Weight
Florida High School Students

Physical Activity

2005 - 2015 Trend
Since 2005, the percentage of Florida’s youth who meet the weekly recommendations for physical activity has increased from 31% to 42%.

49% of Florida’s youth play on at least one sports team either at school or recreationally.

Encouraging Trends

Since 2007, the percentage of students who drink soda daily decreased from 31% to 21%.

Since 2005, the percentage of students who watch TV for 3+ hours per day has decreased from 41% to 28%.

2015 Youth Nutrition

- 61% ate fruit daily
- 57% ate vegetables daily
- 39% ate breakfast daily

Source: 2015 Florida Youth Risk Behavior Survey