

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%

Sports Team

49%

of Florida's youth play on at least one sports team either at school or recreationally



Encouraging Trends

2007-2015

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

21%

2005-2015

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