

# Dietary Behaviors Among Florida Public High School Students



Results from the 2009 Florida Youth Risk Behavior Survey

\*Fact Sheet 6\*

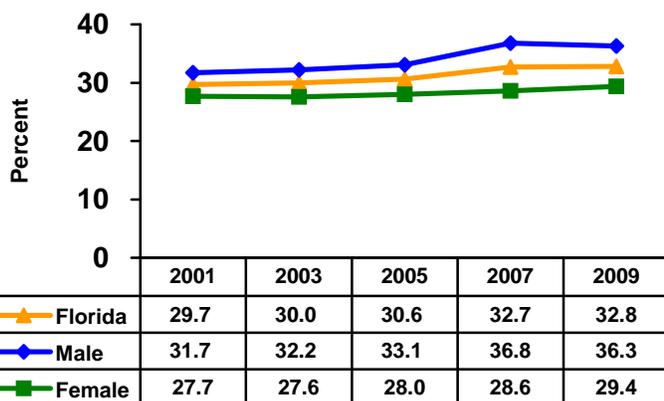
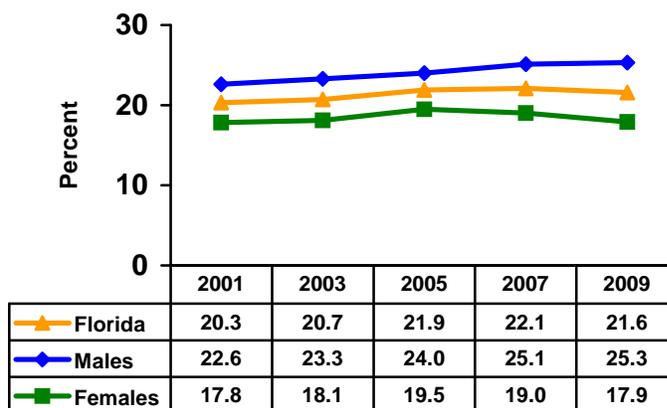
## Introduction

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 2009, 5,684 students in 80 public high schools in Florida completed the YRBS. The overall response rate was 71%. Since 2001, the response rate has been high enough for the data to be weighted to represent all Florida public high school students.



### Ate fruits and vegetables five or more times per day

In 2009, approximately 163,000 students (21.6%) ate fruits and vegetables five or more times per day during the past seven days. This prevalence did not change significantly from 2001 to 2009. Males had a significantly higher prevalence of this behavior than females from 2001 to 2009.



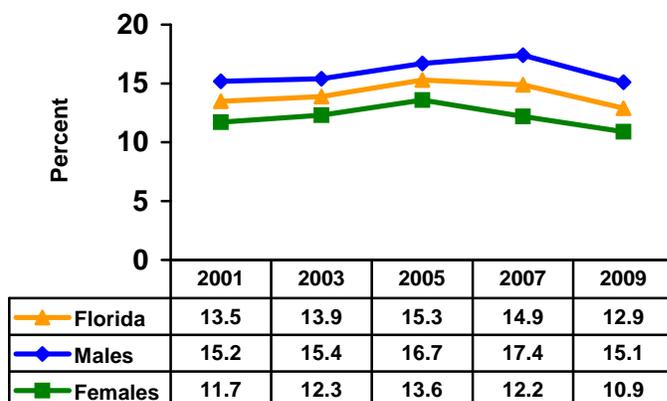
### Ate fruits two or more times daily

In 2009, approximately 250,200 students (32.8%) ate fruits two or more times per day during the past seven days. This prevalence increased significantly by 10.4% from 2001 to 2009. Males had a significantly higher prevalence of this behavior than females from 2003 to 2009.



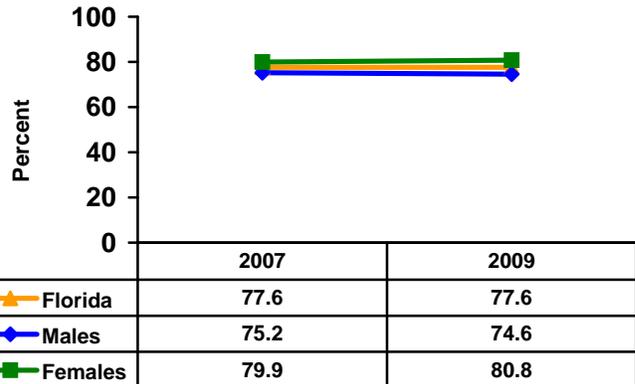
### Ate vegetables three or more times daily

In 2009, approximately 99,000 students (12.9%) ate vegetables three or more times daily during the past seven days. This prevalence did not change significantly from 2001 to 2009. Males had a significantly higher prevalence of this behavior than females from 2001 to 2009, with the exception of 2005.

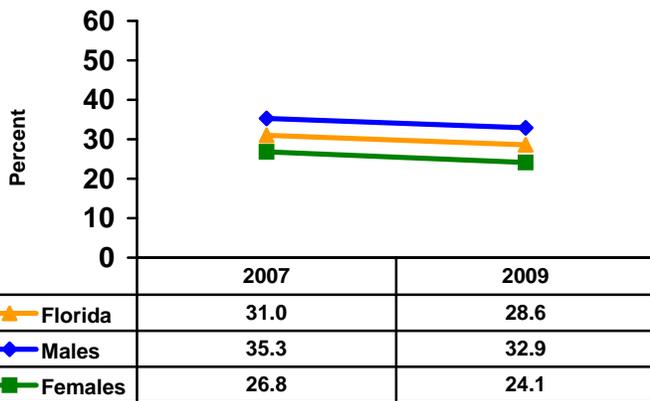


**Ate snacks like candy, chips, cookies, ice cream, or cupcakes at school\***

In 2009, approximately 590,700 students (77.6%) ate snacks at school one or more times during the past seven days. This prevalence did not change from 2007 to 2009. Females were significantly more likely than males to have eaten these snacks at school during the past seven days in 2007 and 2009.



\*Question first asked in 2007



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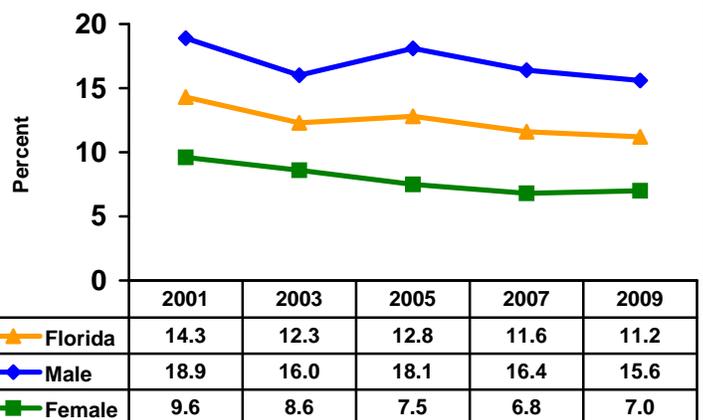
**Drank soda one or more times per week\***

In 2009, approximately 218,700 students (28.6%) drank a can, bottle, or glass of soda, not including diet soda, one or more times during the past seven days. This prevalence did not change significantly from 2007 to 2009. Males had a significantly higher prevalence of this behavior than females.



**Drank at least three glasses of milk daily**

In 2009, approximately 85,600 students (11.2%) drank three or more glasses of milk per day during the past seven days. This prevalence decreased significantly by 21.7% from 2001 to 2009. Males had a significantly higher prevalence of this behavior than females from 2001 to 2009.



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](mailto:Jamie.Weitz@doh.state.fl.us) or visit our website at: <http://www.FloridaChronicDisease/YRBS/Intro.htm>. For an interactive database of YRBS data, visit the CDC's YRBS web site at: [www.cdc.gov/yrbs](http://www.cdc.gov/yrbs). This document was developed by the Bureau of Epidemiology for the Florida Department of Education's Office of Healthy Schools in Cooperation with the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health Project Number U87/CCU001239-02.

