

Physical Activity Among Florida Public High School Students



Results from the 2009 Florida Youth Risk Behavior Survey

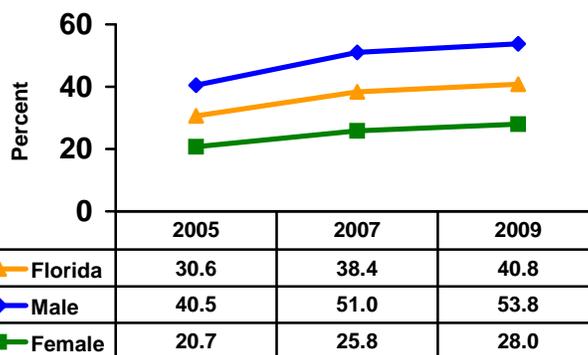
Fact Sheet 7

Introduction

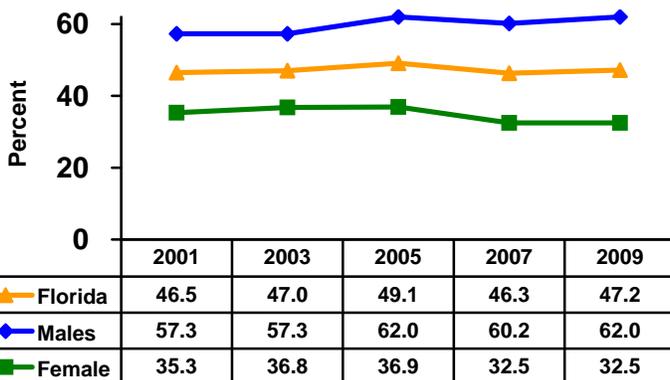
The Florida Youth Risk Behavior Survey (YRBS) is a self-administered, school-based anonymous survey that has been conducted in Florida public high schools every two years since 1991. It is part of a national survey effort led by the Centers for Disease Control and Prevention (CDC) to monitor priority 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.

Had sufficient physical activity*

In 2009, approximately 309,800 students (40.8%) met the current recommendation of being physically active for a total of 60 minutes per day on five or more of the past seven days. This prevalence increased significantly by 33.3% from 2005 to 2009. Males had a significantly higher prevalence of this behavior than females during this time period.



*Question first asked in 2005



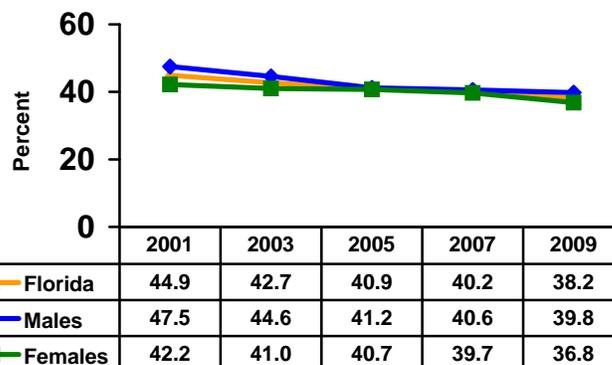
Exercised to strengthen or tone muscles

In 2009, approximately 356,100 students (47.2%) did exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting, on three or more of 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 during this time period.



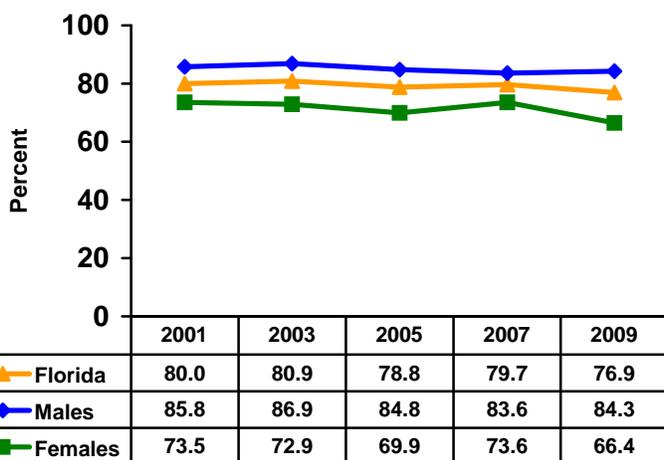
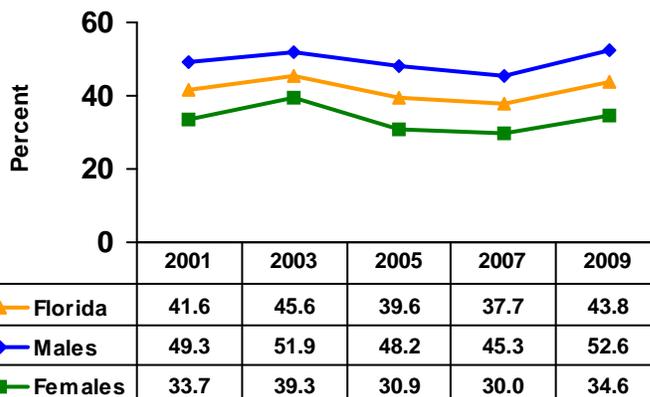
Watched television (TV)

In 2009, approximately 288,400 students (38.2%) watched three or more hours per day of TV on an average school day. This prevalence decreased significantly by 14.9% from 2001 to 2009. Males did not differ significantly from females in 2009.



Enrolled in physical education one or more days in an average school week

In 2009, approximately 329,700 students (43.8%) attended physical education (PE) classes on one or more days in an average school week. This prevalence did not change significantly from 2001 to 2009. Males had a significantly higher prevalence of this behavior than females during this time period.



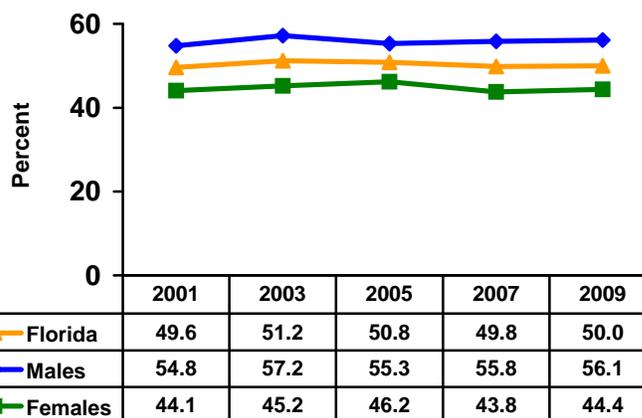
Exercised more than 20 minutes in an average physical education class

Among students enrolled in PE class in 2009, approximately 252,000 (76.9%) actually exercised or played sports for more than 20 minutes during an average PE class. This prevalence decreased significantly among females by 9.8% from 2007 to 2009. Males had a significantly higher prevalence of this behavior than females from 2001 to 2009.



Played on one or more sports teams during the past 12 months

In 2009, approximately 377,600 students (50.0%) played on one or more sports teams during the past 12 months. This prevalence remained at the same level from 2001 to 2009. Males had a significantly higher prevalence of this behavior than females during this time period.



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.FloridaChronicDisease/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 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.

