

# Overweight and Unhealthy Dietary Behaviors Among Florida Public High School Students



Results from the 2011 Florida Youth Risk Behavior Survey

\*Fact Sheet 5\*

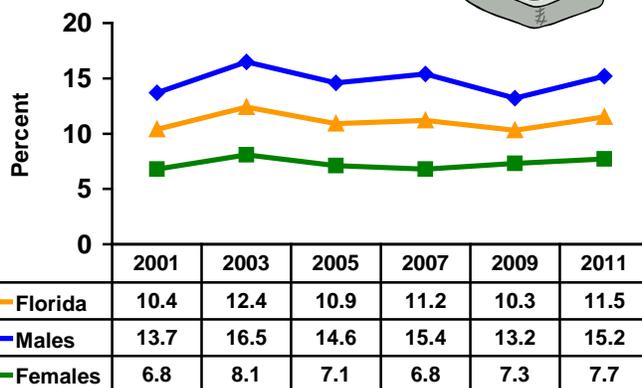
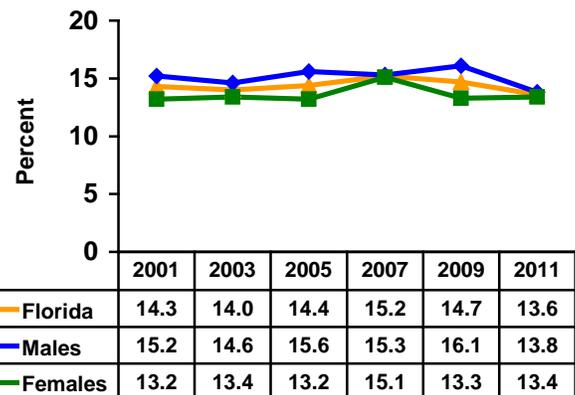
## Introduction

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 2011, 6,212 students in 78 public high schools in Florida completed the YRBS. The overall response rate was 75%. Since 2001, the response rate has been high enough for the data to be weighted to represent all Florida public high school students.

## Overweight\*

In 2011, approximately 92,500 students (13.6%) were overweight. This prevalence did not change significantly from 2001 to 2011. The prevalence of this indicator did not vary significantly by gender, 2001 to 2011

\* Body mass index (BMI) is greater than or equal to the 85<sup>th</sup> percentile and less than the 95<sup>th</sup> percentile in weight distribution among students having the same age and gender.



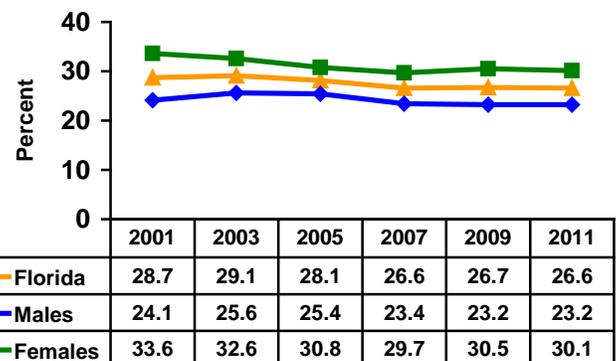
## Obese\*

In 2011, approximately 78,200 students (11.5%) were obese. This prevalence did not change significantly from 2001 to 2011. Males consistently had a significantly higher prevalence of this indicator than females.

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

## Thought they were overweight

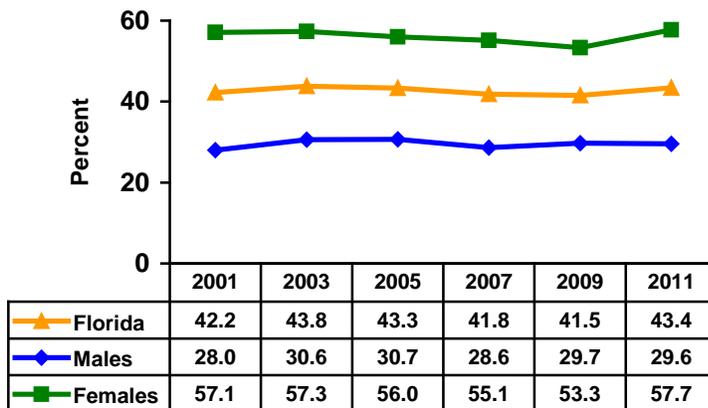
In 2011, approximately 205,200 students (26.6%) described their body as slightly or very overweight. This prevalence did not change significantly from 2001 to 2011. Females had a significantly higher prevalence of this behavior than males in all years except 2005.





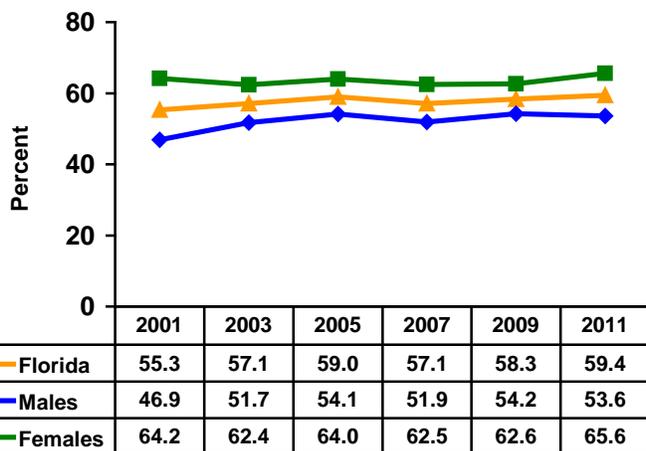
**Were trying to lose weight**

In 2011, approximately 335,200 students (43.4%) were trying to lose weight. This prevalence remained at the same level from 2001 to 2011. Females consistently had a significantly higher prevalence of this behavior than males. In addition, from 2009 to 2011, there was a significant increase (8.3%) in this behavior among females.



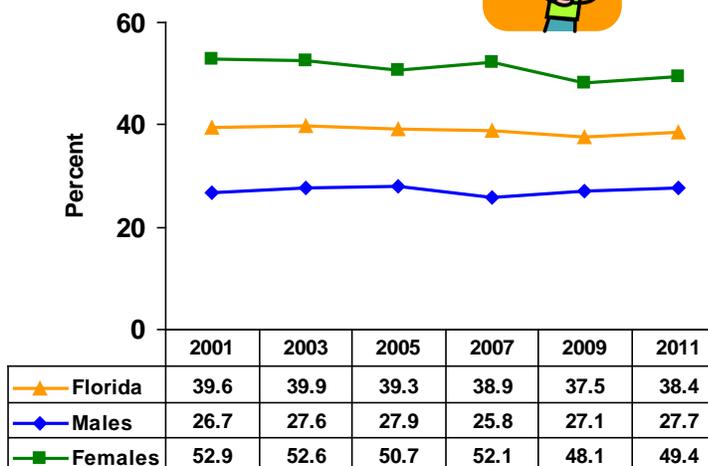
**Exercised to lose weight or avoid gaining weight**

In 2011, approximately 458,200 students (59.4%) exercised to lose weight or to avoid gaining weight during the past 30 days. This prevalence did not change significantly from 2001 to 2011. Females consistently had a significantly higher prevalence of this behavior than males.



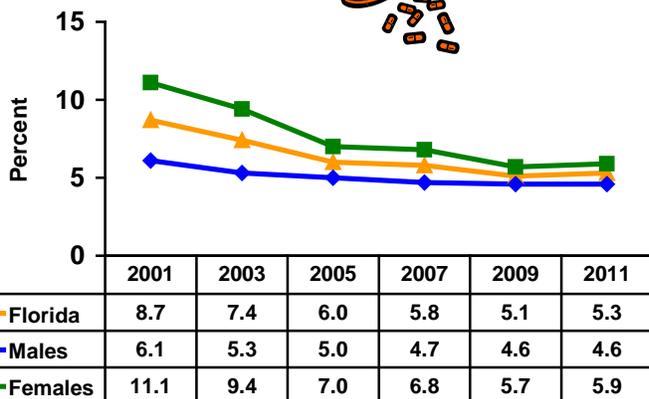
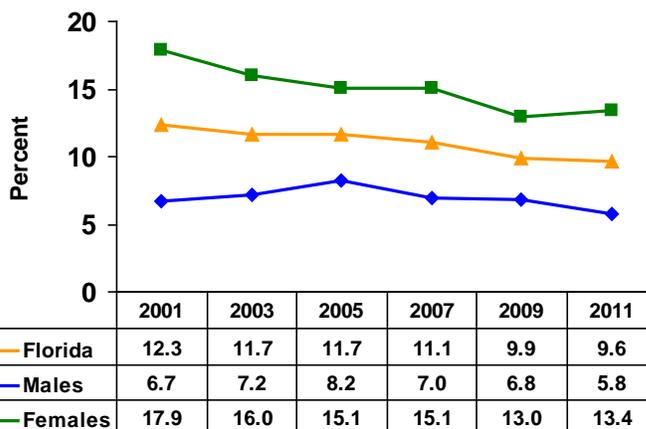
**Ate less food, fewer calories, or foods low in fat to lose weight or avoid gaining weight**

In 2011, approximately 295,800 students (38.4%) 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 did not change significantly from 2001 to 2011. Females consistently had a significantly higher prevalence of this behavior than males.



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

In 2011, approximately 73,700 students (9.6%) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days. This prevalence decreased significantly by 22.0% from 2001 to 2011. Females consistently had a significantly higher prevalence of this behavior than males.

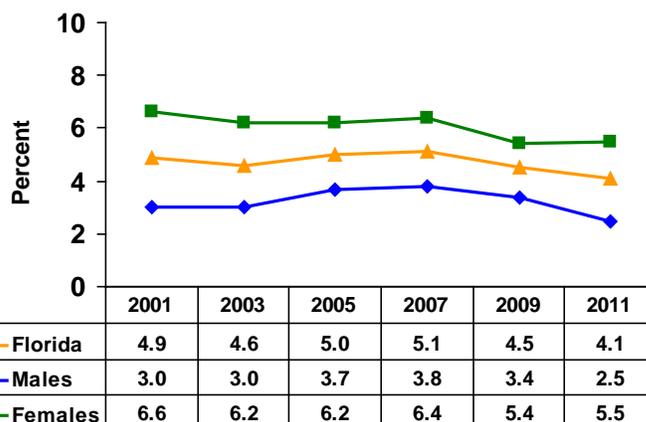


**Took diet pills, powders, or liquids to lose weight or avoid gaining weight**

In 2011, approximately 40,800 students (5.3%) 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 39.1% from 2001 to 2011. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007, but not in 2009 or 2011.

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

In 2011, approximately 31,300 students (4.1%) 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 2011. Females consistently had a significantly higher prevalence of this behavior than males.



For more information about the YRBS, please contact the Chronic Disease Epidemiology Surveillance and Evaluation Section at (850) 245-4401, by e-mail at [ChronicDisease@doh.state.fl.us](mailto:ChronicDisease@doh.state.fl.us), or visit our website at: <http://www.FloridaChronicDisease.org/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.

