

Middle School Health Behavior Survey (MSHBS)

Fact Sheet 7: Physical Activity

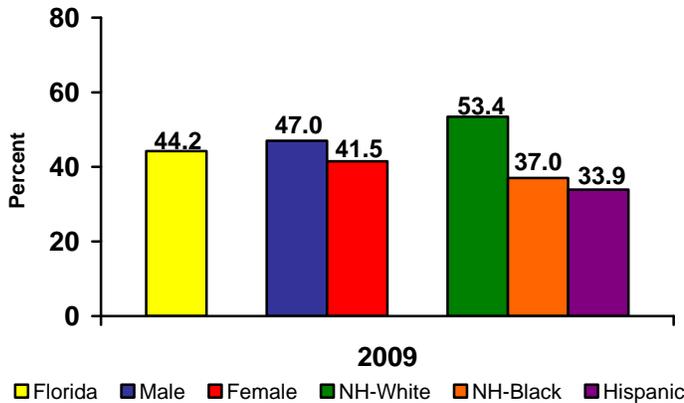
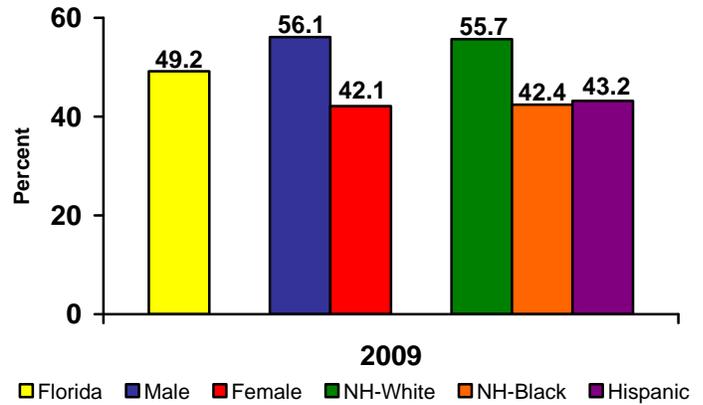


Introduction

The Middle School Health Behavior Survey (MSHBS) is a self-administered, school-based, anonymous survey. The MSHBS was first administered in the spring of 2009 to 6,356 Florida public middle school students in 99 schools throughout the state. The survey response rate was 81%. The data presented in this fact sheet are weighted to represent the entire population of public middle school students in Florida. Data are presented by gender and by three racial/ethnic groupings: non-Hispanic (NH) white, non-Hispanic (NH) black, and Hispanic.

Achieved recommended physical activity

In 2009, approximately only half (49.2%) of students achieved the recommended amount of physical activity, defined as being physically active for a combined total of 60 minutes or more on five or more of the past seven days. Males had a significantly higher prevalence of this behavior than females. Non-Hispanic white students had a significantly higher prevalence of this behavior than non-Hispanic black and Hispanic students.



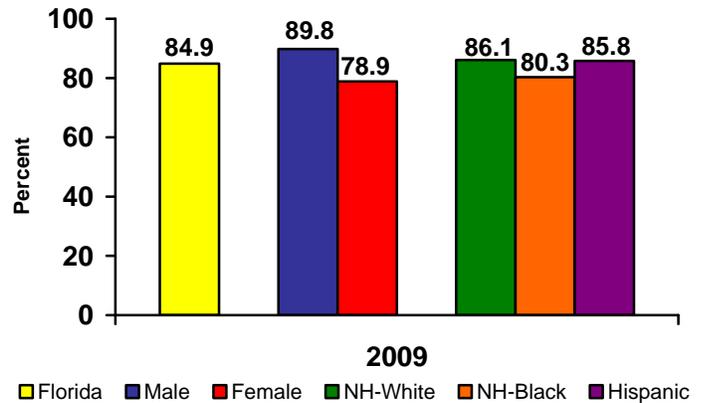
Attended daily PE classes

In 2009, 44.2% of students attended PE class daily in an average school week. Males had a significantly higher prevalence of this behavior than females. Non-Hispanic white students had a significantly higher prevalence of this behavior than non-Hispanic black and Hispanic students.



Exercised more than 20 minutes in PE

In 2009, among students enrolled in PE class, the majority (84.9%) spent more than 20 minutes actually exercising or playing sports. Males had a significantly higher prevalence of this behavior than females. There were no significant differences between the three race/ethnicity groups.



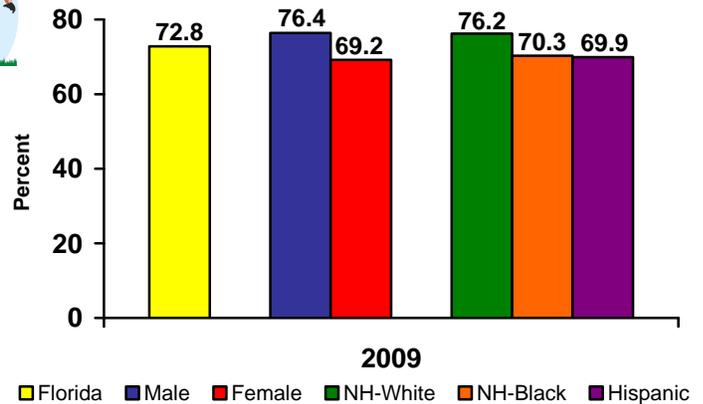
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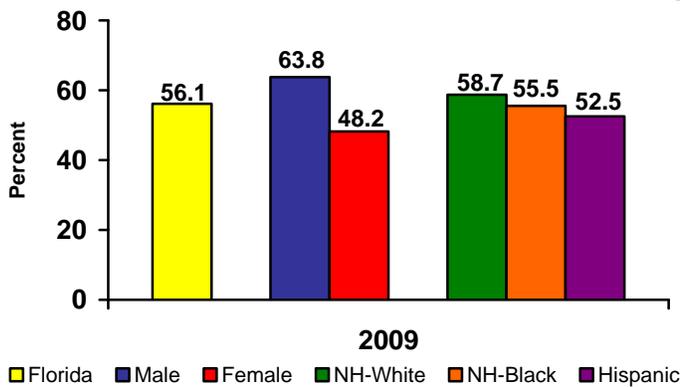
Played sports in the past year

In 2009, 72.8% of students participated in one or more sports or activities, such as tennis, football, softball, bike riding, skating or skateboarding, gymnastics, dance, karate, or soccer, during the past year. Males had a significantly higher prevalence of this behavior than females and non-Hispanic white students had a significantly higher prevalence than Hispanic students.



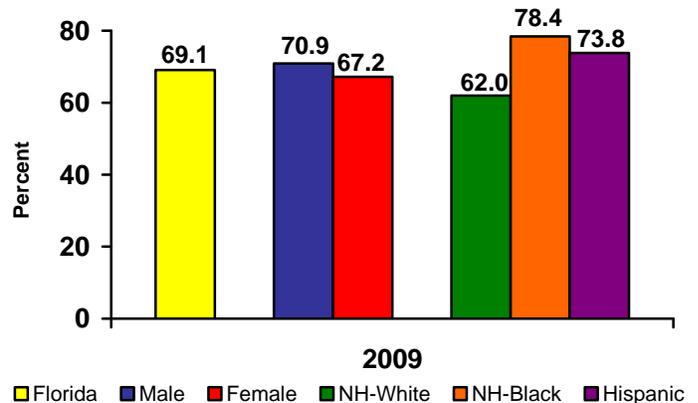
Played sports on three or more days during the past week

In 2009, 56.1% participated in a sport or activity, such as tennis, football, softball, bike riding, skating or skateboarding, gymnastics, dance, karate, or soccer, on three or more times during the past seven days. Males had a significantly higher prevalence of this behavior than females and non-Hispanic white students had a significantly higher prevalence than Hispanic students.



Combined screen time of 3 or more hours

In 2009, 69.1% of students spent 3 or more hours on an average school day, either watching TV, playing video games, or using the computer for fun or for homework. Males and females did not differ significantly in this behavior. Non-Hispanic white students had a significantly lower prevalence of this behavior than non-Hispanic black and Hispanic students.



For more information about the MSHBS, 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.org>.

