

# Weight Management

Among Florida Public Middle School Students



Results from the 2011 Florida Middle School Health Behavior Survey (MSHBS)

\*Fact Sheet 5\*

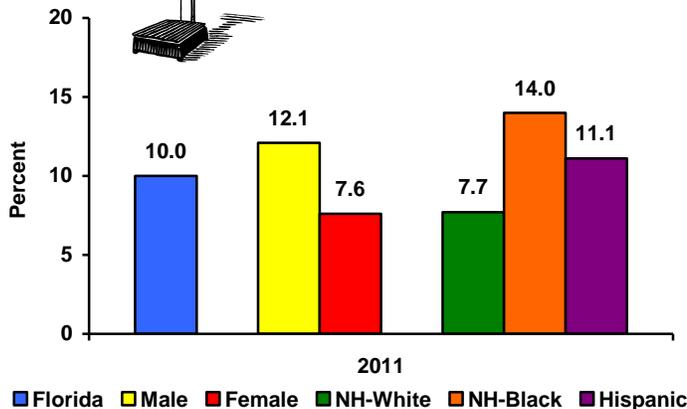
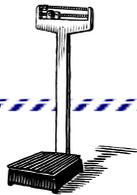
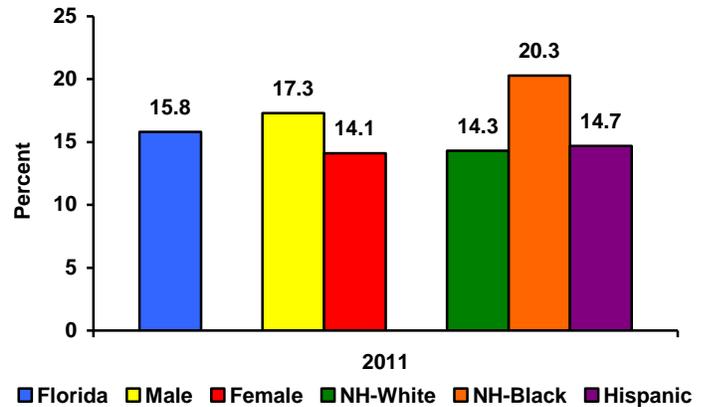
## Introduction

The Middle School Health Behavior Survey (MSHBS) is a self-administered, school-based, anonymous survey that has been conducted in Florida public middle schools every two years since 2009. In 2011, 6,057 students in 94 public middle schools in Florida completed the MSHBS. The overall response rate was 83%. 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.

### Overweight\*

In 2011, approximately 61,000 students (15.8%) were overweight. The prevalence of this indicator did not vary significantly by gender. Non-Hispanic black students had a significantly higher prevalence of this indicator than non-Hispanic white and Hispanic students.

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



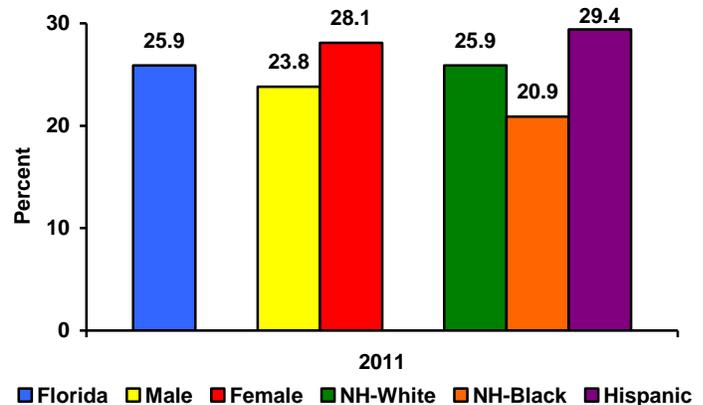
### Obese\*

In 2011, approximately 38,500 students (10.0%) were obese. Males had a significantly higher prevalence of this indicator than females. Non-Hispanic black and Hispanic students had a significantly higher prevalence of this indicator than non-Hispanic white students.

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

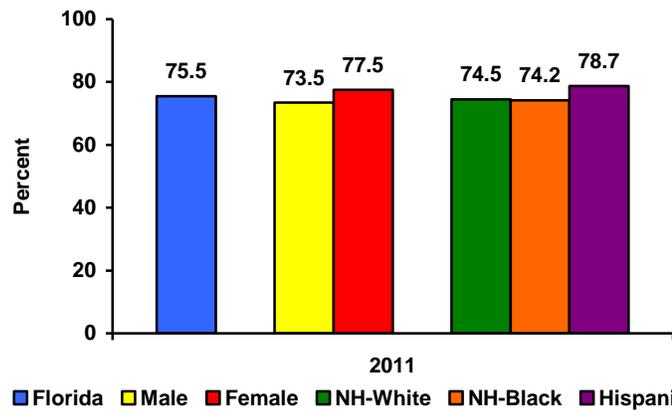
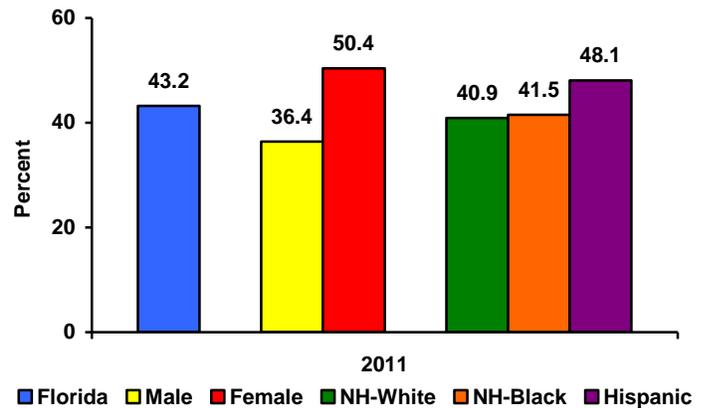
### Thought they were overweight

In 2011, approximately 149,900 students (25.9%) described their body as slightly or very overweight. Females had a significantly higher prevalence of this behavior than males. Hispanic and non-Hispanic white students had a significantly higher prevalence of this behavior than non-Hispanic black students.



**Were trying to lose weight**

In 2011, approximately 257,300 students (43.2%) were trying to lose weight. Females had a significantly higher prevalence of this behavior than males. Hispanic students had a significantly higher prevalence of this behavior than non-Hispanic white and non-Hispanic black students.



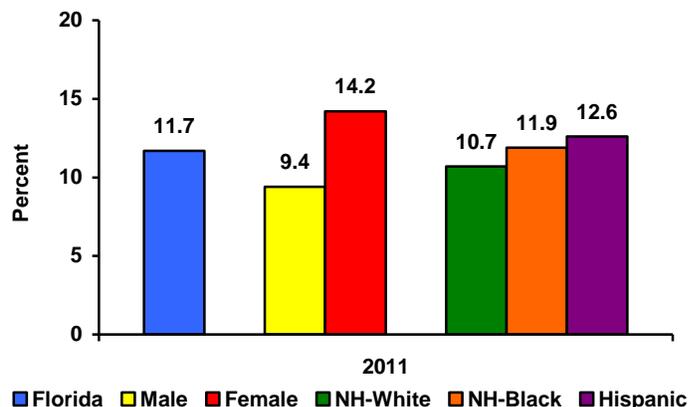
**Healthy weight loss attempts**

In 2011, approximately 455,800 students (75.5%) attempted to lose weight or to keep from gaining weight in a healthy way, such as exercising or eating less food, fewer calories, or foods low in fat during the past month. Females had a significantly higher prevalence of this behavior than males. Hispanic students had a significantly higher prevalence of this behavior than non-Hispanic white and non-Hispanic black students.



**Risky weight loss attempts**

In 2011, approximately 70,800 students (11.7%) attempted to lose weight or to keep from gaining weight in an unhealthy manner, such as fasting for an entire day, taking diet pills without a doctor's advice, vomiting, or taking laxatives during the past month. Females had a significantly higher prevalence of this behavior than males. The prevalence of this behavior did not vary significantly by race/ethnicity.



**References**

For more information on adolescent and child BMI please see: Centers for Disease Control and Prevention. (2011). *Body Mass Index: Considerations for Practitioners*. Retrieved from <http://www.cdc.gov/obesity/downloads/BMIforPractitioners.pdf>

For more information about the MSHBS, please contact the Chronic Disease Epidemiology and Surveillance Section, at (850) 245-4401, or by e-mail at [ChronicDisease@flhealth.gov](mailto:ChronicDisease@flhealth.gov). You can also visit our website at <http://www.floridahealth.gov/reports-and-data/survey-data/middle-school-health-behavior-survey/index.html>