Introduction
The Florida 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. 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 2013, a total of 6,738 out of 8,080 sampled students in 96 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. The prevalence estimates and 95% confidence intervals (95% CI, represented by the error bars) were calculated using SAS® 9.3. The difference in prevalence between two different populations is statistically significant if the 95% confidence intervals of the two prevalence estimates do not overlap. Data are presented by sex and by three racial/ethnic groupings: non-Hispanic (NH) white, non-Hispanic black, and Hispanic.

Overweight†
In 2013, 16.4% of students (approximately 84,800) were overweight. Being overweight did not vary significantly by sex or race/ethnicity.

‡ 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 sex.

Obese‡
In 2013, 11.9% of students (approximately 61,600) were obese. Males were significantly more likely to be obese than females. Non-Hispanic black students were significantly more likely to be obese 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 sex.

Thought they were overweight
In 2013, 28.4% of students (approximately 167,000) described their bodies as slightly or very overweight. Females were significantly more likely to describe their bodies as slightly or very overweight than males. Hispanic and non-Hispanic white students were significantly more likely to describe their bodies as slightly or very overweight than non-Hispanic black students.
Trying to lose weight
In 2013, 44.3% of students (approximately 257,900) were trying to lose weight. Females were significantly more likely to try to lose weight than males. Hispanic students were significantly more likely to try to lose weight than non-Hispanic white and non-Hispanic black students.

Healthy weight loss attempts
In 2013, 55.4% of students (approximately 341,800) 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 were significantly more likely to attempt to lose weight in a healthy manner than males. This behavior did not vary significantly by race/ethnicity.

Risky weight loss attempts
In 2013, 9.5% of students (approximately 58,400) 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 were significantly more likely to attempt to lose weight in an unhealthy manner than males. This behavior did not vary significantly by race/ethnicity.