

Unhealthy Dietary Behaviors Among Florida Public High School Students



Results from the 2007 Florida Youth Risk Behavior Survey

Fact Sheet 6

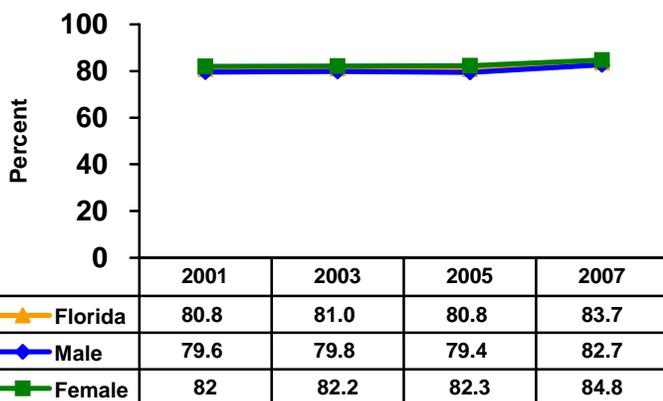
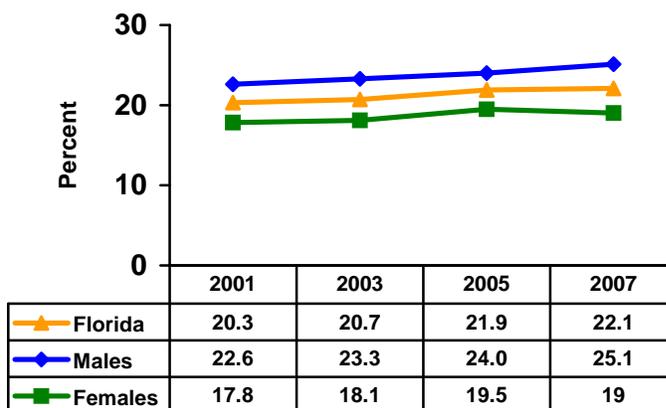
Introduction

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 2007, 4,523 students in 69 public high schools in Florida completed the YRBS. The overall response rate was 61 percent. Since 2001, the response rate has been high enough for the data to be weighted to represent all Florida public high school students.

Ate five or more servings of fruits and vegetables a day



In 2007, approximately 170,900 students (22.1%) ate five or more servings per day of fruits and vegetables during the past seven days. This prevalence did not change significantly from 2001 to 2007. Males had a significantly higher prevalence of this behavior than females from 2001 to 2007.



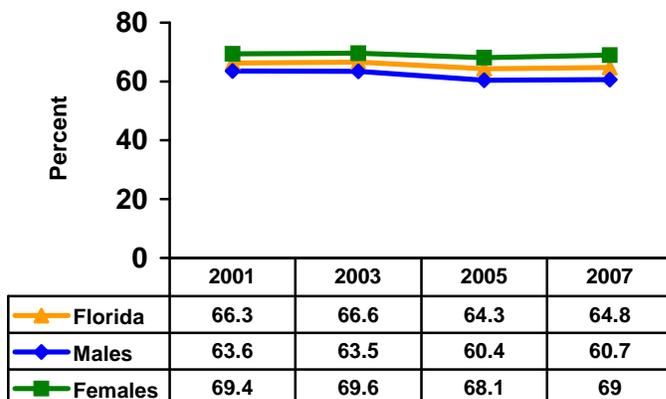
Ate fruits one or more times per week

In 2007, approximately 654,700 students (83.7%) ate fruit one or more times during the past seven days. This prevalence stayed the same from 2001 to 2007. This prevalence did not differ between males and females during this time period.



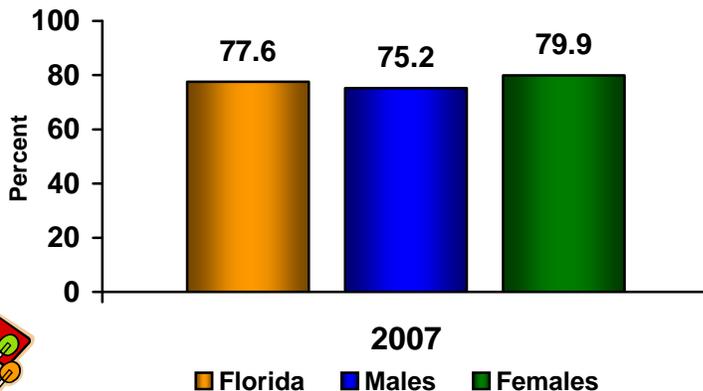
Ate green salad at least one time per week

In 2007, approximately 507,200 students (64.8%) ate green salad one or more times during the past seven days. This prevalence did not change significantly from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.

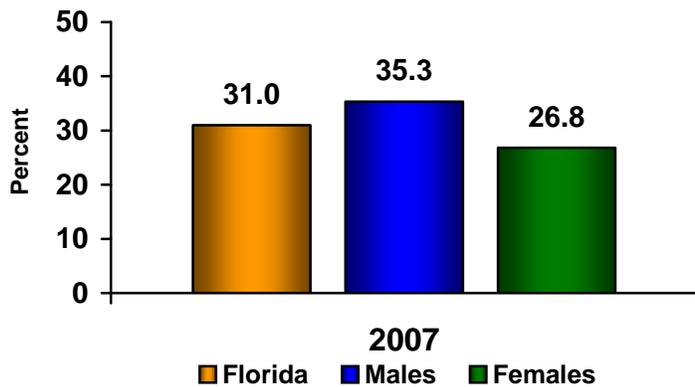


Ate snacks like candy, chips, cookies, ice cream, or cupcakes at school*

In 2007, approximately 535,300 students (77.6%) ate snacks at school one or more times during the past seven days. Females were significantly more likely than males to have eaten these snacks at school during the past seven days.



*Question first asked in 2007



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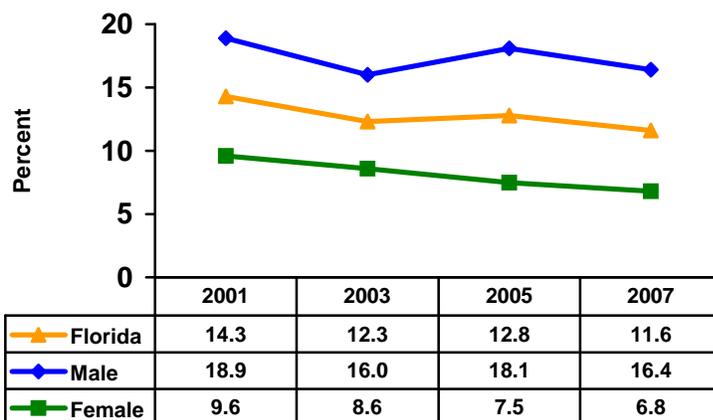
Drank soda one or more times per week*

In 2007, approximately 241,700 students (31.0%) drank a can, bottle, or glass of soda, not including diet soda, one or more times during the past seven days. Males had a statistically significant higher prevalence of this behavior than females.



Drank at least three glasses of milk daily

In 2007, approximately 90,200 students (11.6%) drank three or more glasses of milk per day during the past seven days. This prevalence decreased significantly by 18.9% from 2001 to 2007. Males had a significantly higher prevalence of this behavior than females from 2001 to 2007.



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.doh.state.fl.us/disease_ctrl/epi/Chronic_Disease/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 Coordinated School Health Program in Cooperation with the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health Project Number U87-CCU433630-05.

