

Physical Activity Among Florida Public High School Students



Results from the 2013 Florida Youth Risk Behavior Survey

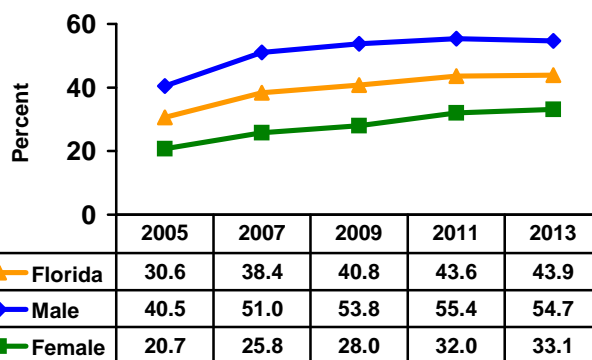
Fact Sheet 7

Introduction

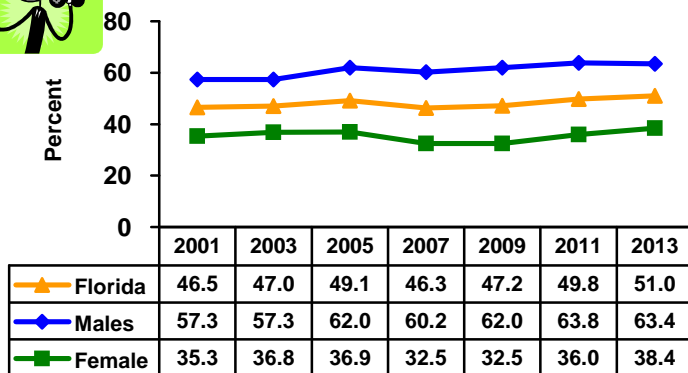
The Florida Youth Risk Behavior Survey (YRBS) is a self-administered, school-based anonymous survey which has been conducted in Florida public high schools every two years since 1991. It is part of a national survey effort led by the Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth in the United States. In 2013, a total of 6,089 students in 73 public high schools in Florida completed the YRBS. The overall response rate was 69%. Since 2001, the response rate has been high enough for the data to be weighted to represent all Florida public high school students. The prevalence estimates and 95% confidence intervals (95% CI) were calculated using SAS 9.3. The difference in prevalence between two different populations or between two different years is statistically significant if the 95% confidence intervals of the two prevalence estimates do not overlap.

Had sufficient physical activity*

In 2013, approximately 340,500 students (43.9%) met the current recommendation of being physically active for a total of 60 minutes per day on five or more of the past seven days. This prevalence increased significantly by 43.5% from 2005 to 2013. Males were significantly more likely to exercise sufficiently than females.



*Question first asked in 2005

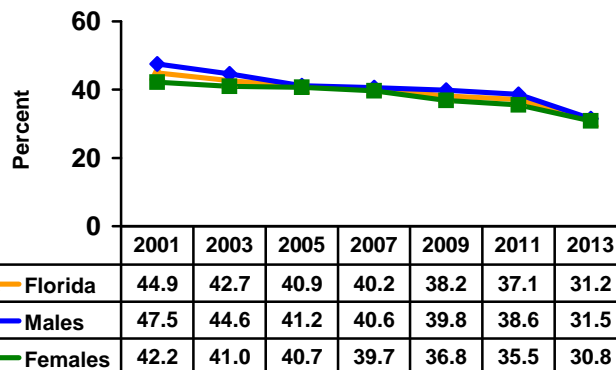


Exercised to strengthen or tone muscles

In 2013, approximately 379,400 students (51.0%) did exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting, on three or more of the past seven days. This prevalence increased significantly by 9.7% from 2001 to 2013. Males consistently performed exercises to strengthen or tone muscles significantly more frequently than females.

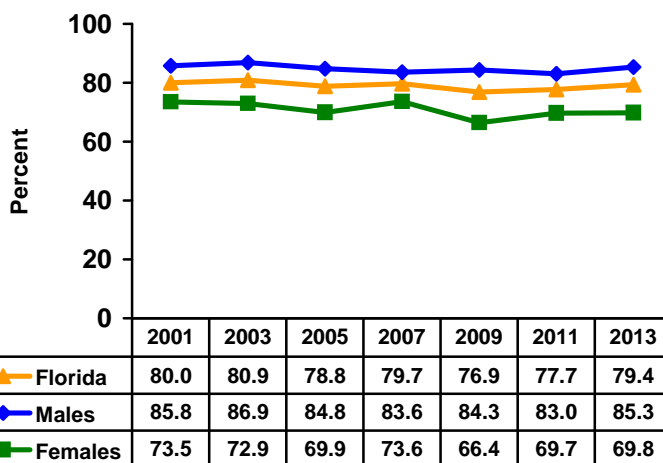
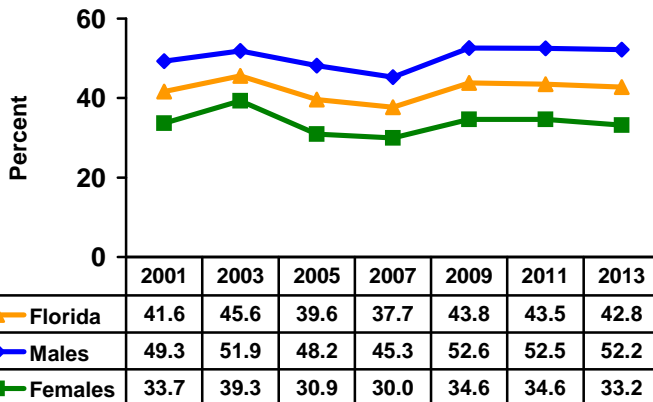
Watched television (TV)

In 2013, approximately 241,600 students (31.2%) watched three or more hours per day of TV on an average school day. The prevalence of TV watching decreased significantly by 30.5% from 2001 to 2013. The behavior did not vary significantly by gender from 2001 to 2013.



Enrolled in physical education one or more days in an average school week

In 2013, approximately 328,500 students (42.8%) attended physical education (PE) classes on one or more days in an average school week. This prevalence increased by 2.9% from 2001 to 2013. Males consistently attended PE significantly more frequently than females.



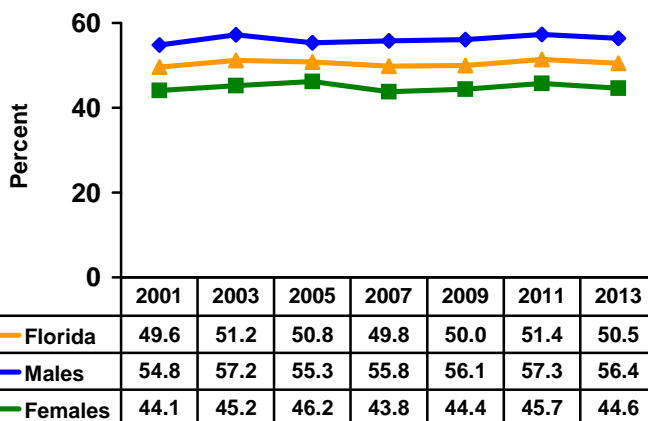
Exercised more than 20 minutes in an average physical education class

Among students enrolled in PE class in 2013, approximately 249,800 (79.4%) actually exercised or played sports for more than 20 minutes during an average PE class. This prevalence did not change significantly from 2001 to 2013. Males consistently stayed significantly more active during PE than females.



Played on one or more sports teams during the past 12 months

In 2013, approximately 391,300 students (50.5%) played on one or more sports teams during the past 12 months. This prevalence did not change significantly from 2001 to 2013. Males consistently played on sports teams significantly more often than females.



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@flhealth.gov, or visit our website at: <http://www.floridahealth.gov/reports-and-data/survey-data/youth-risk-behavior-survey/index.html>. For an interactive database of YRBS data, visit the CDC's YRBS web site at: www.cdc.gov/yrebs. 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 1U87PS004277-01.