

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

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**Florida Department of Health and Florida Department of Education Announce
Improvement in Health Behaviors for Florida Youth**

TALLAHASSEE – The Florida Department of Health and the Florida Department of Education today announced improvement in healthy behaviors for Florida’s high school youth. Recent statistics from the Youth Risk Behavior Survey indicate significant progress in three health behaviors that contribute to a healthier weight for Florida’s students.

New data from the Youth Risk Behavior Survey show improvements in the following areas:

- A decrease in the percentage of high school students who drank soda 1 or more times daily from 31% in 2007 to 22.1% in 2013.
- An increase in the percentage of high school students who had sufficient physical activity, defined as 60 minutes per day on five or more of the past seven days, from 38.4% in 2007 to 43.9% in 2013.
- A decrease in the percentage of high school students who watched three or more hours of TV on an average school day from 40.2% in 2007 to 31.2% in 2013.

“These encouraging results demonstrate that Florida’s high school students are acting on the health messages provided through collaboration with our partners like the Department of Education,” said State Surgeon General and Secretary of Health, Dr. John Armstrong. “This joint effort has created supportive school environments that help our students make healthier choices, such as drinking more water, being more active, and watching less television.

“We’re proud to partner with the Florida Department of Health to promote healthy behaviors for our students,” said Commissioner of Education, Pam Stewart. “The survey results show that students are making informed decisions that allow them to focus on learning that will prepare them for success in college, a career and in life.”

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses, and entire communities to help Florida’s children and adults make consistent, informed choices about healthy eating and active living. For more information, please visit www.HealthiestWeightFL.com

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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