

Dietary Behaviors

Among Florida Public Middle School Students



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

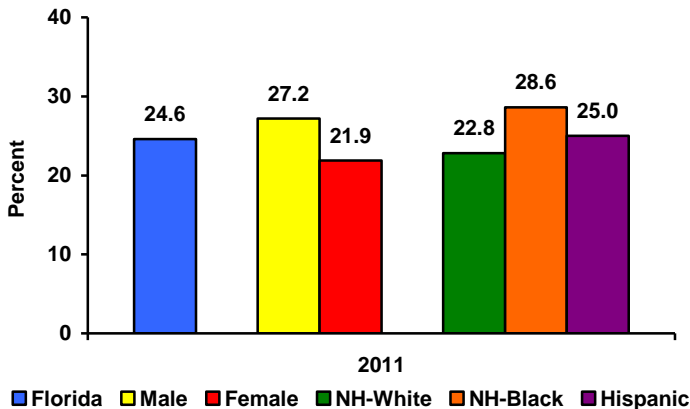
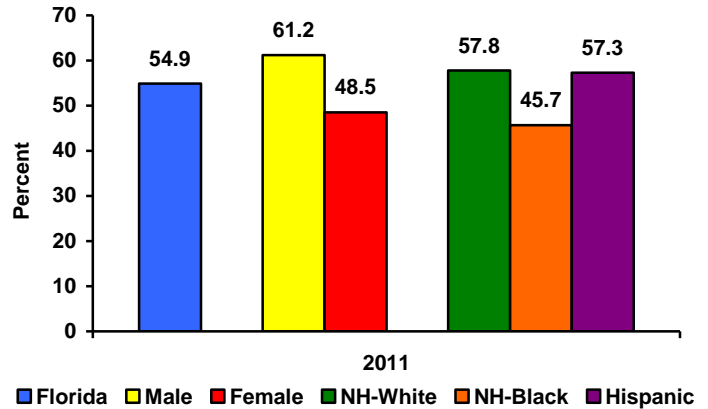
Fact Sheet 6

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.

Ate breakfast daily

In 2011, approximately 304,800 students (54.9%) ate breakfast daily. Males had a significantly higher prevalence of this behavior than females. Hispanic and non-Hispanic white students had a significantly higher prevalence of this behavior than non-Hispanic black students.



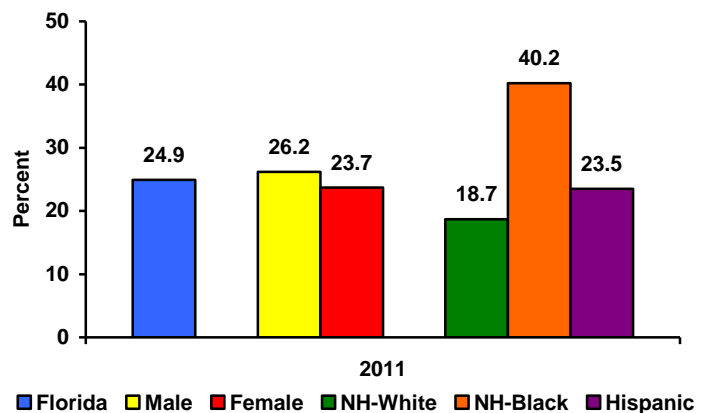
Drank soda daily

In 2011, approximately 130,600 students (24.6%) drank a can, bottle, or glass of soda (not including diet-sodas) one or more times per day. Males had a significantly higher prevalence of this behavior than females. The prevalence of this behavior did not vary significantly by race/ethnicity.



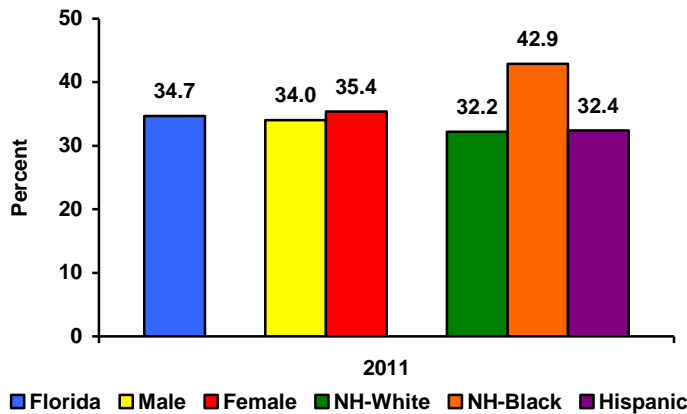
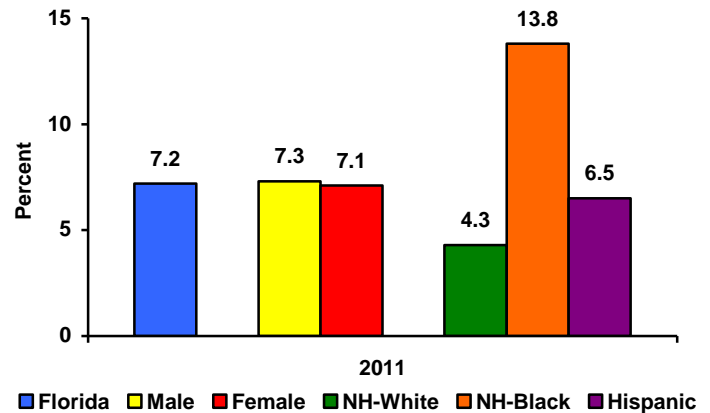
Drank sugared drinks daily

In 2011, approximately 133,100 students (24.9%) drank sugared drinks such as punch, Kool-Aid, sports drinks, or other fruit-flavored drinks (not including 100% fruit juices) one or more times per day. The prevalence of this behavior did not vary significantly by gender. Non-Hispanic black students had a significantly higher prevalence of this behavior than Hispanic students, and Hispanic students had a significantly higher prevalence compared to non-Hispanic white students.



Ate fast food

In 2011, approximately 38,900 students (7.2%) ate at fast food restaurants, such as McDonalds, Burger King, Pizza Hut, Taco Bell, KFC, or Subway, on five or more of the past seven days. The prevalence of this behavior did not vary significantly by gender. Non-Hispanic black students had a significantly higher prevalence of this behavior than Hispanic students, and Hispanic students had a significantly higher prevalence compared to non-Hispanic white students.



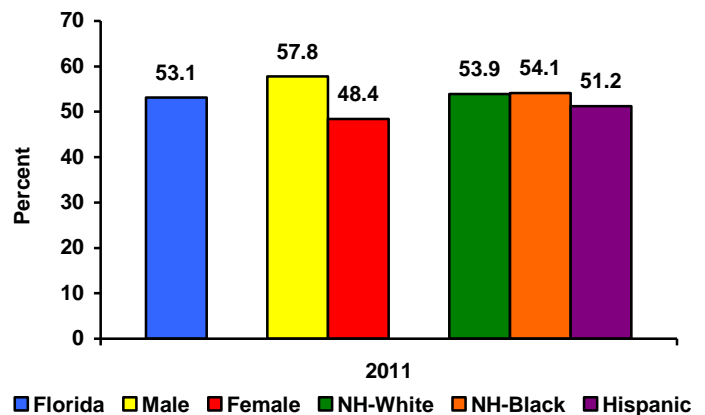
Ate snacks with high fat content

In 2011, approximately 185,500 students (34.7%) ate snacks, such as candy, chips, cookies, ice cream, or cupcakes on one or more of the past seven days. The prevalence of this behavior did not vary significantly by gender. Non-Hispanic black students had a significantly higher prevalence of this behavior than non-Hispanic white and Hispanic students.



Did not read labels when choosing snacks

In 2011, approximately 287,000 students (53.1%) hardly ever or never read food labels for “low fat”, “less calories”, or “low carbs” before choosing or buying food or snacks. Males had a significantly higher prevalence of this behavior than females. The prevalence of this behavior did not vary significantly by race/ethnicity.



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. You can also visit our website at <http://www.floridahealth.gov/reports-and-data/survey-data/middle-school-health-behavior-survey/index.html>