

Physical Activity Among Florida Public Middle School Students

Results from the 2013 Florida Middle School Health Behavior Survey (MSHBS)

Fact Sheet 6



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.

Achieved recommended physical activity[†]

In 2013, 32.2% of students (approximately 191,000) achieved the recommended amount of physical activity, defined as being physically active for a combined total of 60 minutes or more on seven of the past seven days. Males were significantly more likely to achieve the recommended amount of physical activity than females. Non-Hispanic white students were significantly more likely to achieve the recommended amount of physical activity than non-Hispanic black and Hispanic students.

[†] Recommended level of physical activity changed from five days in 2011 to seven days in 2013.

Figure 1: Middle School Students Who Achieved Recommended Physical Activity[†], by Gender and Race/Ethnicity, 2013

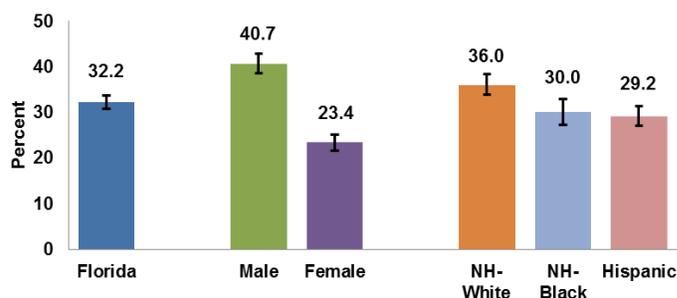
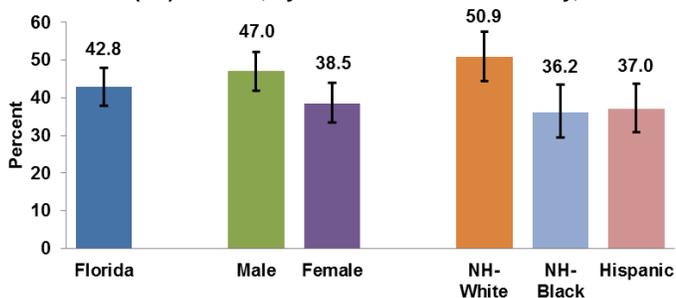


Figure 2: Middle School Students Who Attended Daily Physical Education (PE) Classes, by Gender and Race/Ethnicity, 2013



Attended daily physical education (PE) classes

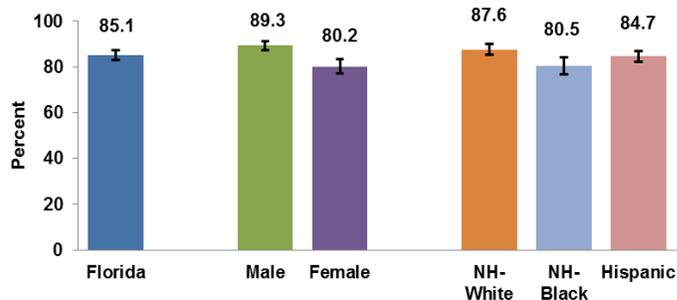
In 2013, 42.8% of students (approximately 252,800) attended PE class daily in an average school week. This behavior did not vary significantly by sex. Non-Hispanic white students were significantly more likely to attend daily PE classes than non-Hispanic black and Hispanic students.

Exercised more than 20 minutes in PE

In 2013, among students enrolled in PE class, 85.1% (approximately 327,000) spent more than 20 minutes actually exercising or playing sports. Males were significantly more likely to have actually exercised more than 20 minutes in PE than females. Non-Hispanic white students were significantly more likely to have actually exercised more than 20 minutes in PE class than non-Hispanic black students.



Figure 3: Middle School Students Who Exercised More Than 20 Minutes in PE, by Gender and Race/Ethnicity, 2013





Played on a sports team in the past year

In 2013, 55.7% of students (approximately 330,000) participated in one or more team sports, such as football, softball, soccer or basketball during the past year. Males were significantly more likely to have played on a sports team in the past year than females. This behavior did not vary significantly by race/ethnicity.

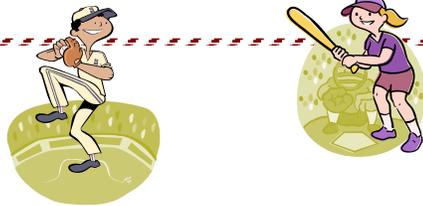


Figure 4: Middle School Students Who Played on a Sports Team in the Past Year, by Gender and Race/Ethnicity, 2013

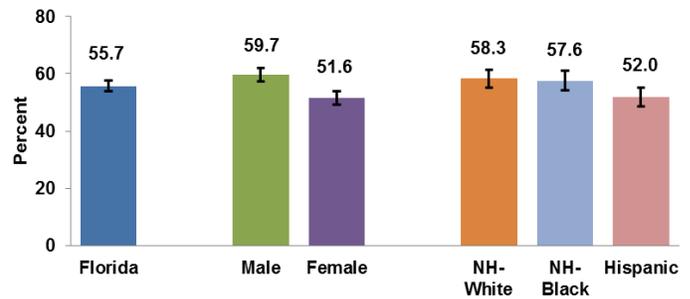
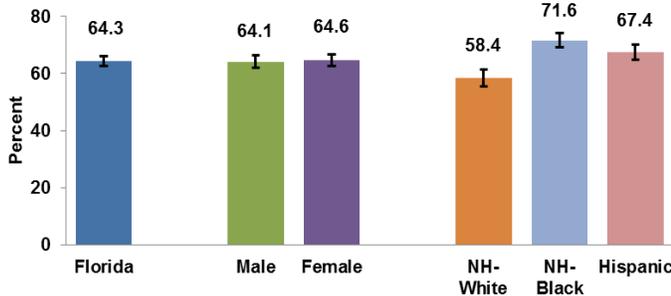
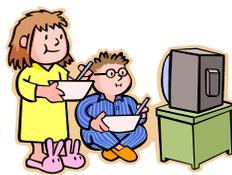


Figure 5: Middle School Students with a Combined Screen Time of Three or More Hours, by Gender and Race/Ethnicity, 2013



Combined screen time of three or more hours

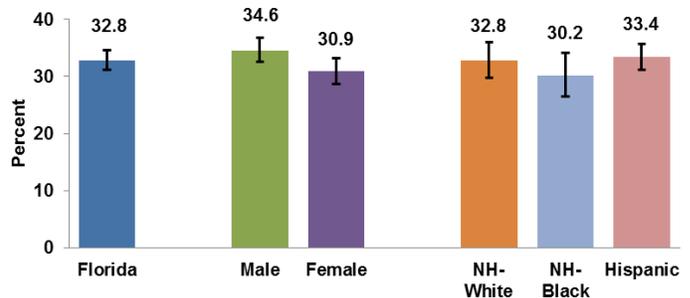
In 2013, 64.3% of students (approximately 397,000) spent 3 or more hours on an average school day, watching TV, playing video games or using the computer for fun (not for homework). This behavior did not vary significantly by sex. Non-Hispanic black students were significantly more likely to have a higher combined screen time than non-Hispanic white students.



Family rules for screen time use

In 2013, 32.8% of students (approximately 179,400) reported that their families had rules about how much time they are allowed to spend watching television or using the computer. This behavior did not vary significantly by sex or race/ethnicity.

Figure 6: Middle School Students with Family Rules for Screen Time Use, by Gender and Race/Ethnicity, 2013



For more information about the MSHBS, please contact the Chronic Disease Epidemiology Section located in the Bureau of Epidemiology, Florida Department of Health, at (850) 245-4401 or visit our website at: www.floridahealth.gov/MSHBS. This document was developed by the Bureau of Epidemiology for the Florida Department of Education in cooperation with the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health Project Number 1U87PS004277-01.