Florida Department of Health
Behavioral Risk Factor Surveillance System

Shape of Florida

66%
of Florida adults are overweight or obese





1 in 6
adults experienced 14 or more days of poor mental health in the past month

25% **do not participate in any physical activity**



66%
eat at least 2 servings of fruit or vegetables per day



16% **are heavy drinkers or binge drinkers**



63% **get 7 or more hours of sleep a night**



Learn More:
Scan the QR or visit
FloridaHealth.gov/BRFSS

Source: 2023, 2024, 2025 Florida Behavioral Risk Factor Surveillance System

Florida HEALTH