

Prevention of Unhealthy Weight Management Among Florida Public High School Students



Results from the 2005 Florida Youth Risk Behavior Survey

Fact Sheet 5

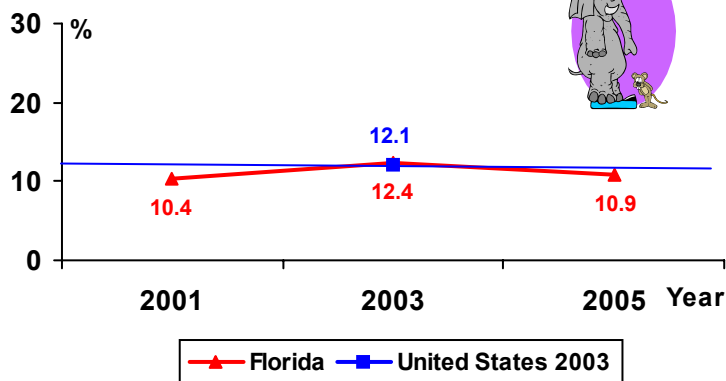
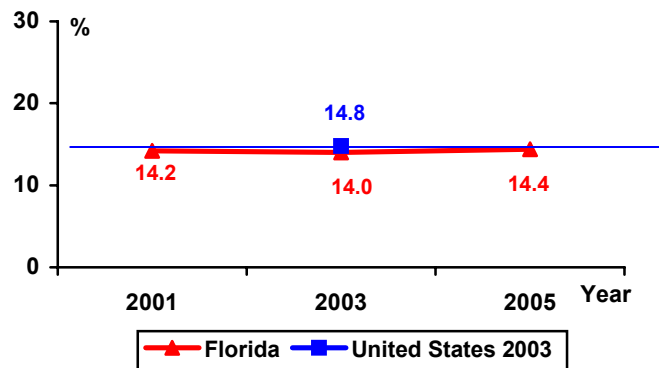
Introduction:

The Florida Youth Risk Behavior Survey (YRBS) is a self-administered, school-based anonymous survey that 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 2005, 4,564 students in 75 public high schools in Florida completed the YRBS. The overall response rate was 66 percent. Since 2001, the response rate has been high enough for the data to be weighted to represent all Florida public high school students.

Was at risk of becoming overweight*

Approximately 99,000 students (14.4 percent) were at risk of becoming overweight in 2005. This prevalence did not change significantly from 2001 to 2005. There was no significant difference in the prevalence of students at risk of becoming overweight between Florida during 2001-2005 and the national level of 14.8 percent in 2005.

* Body mass index (BMI) is greater than or equal to the 85th percentile and less than the 95th percentile in weight distribution among students having the same age and gender.



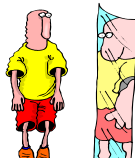
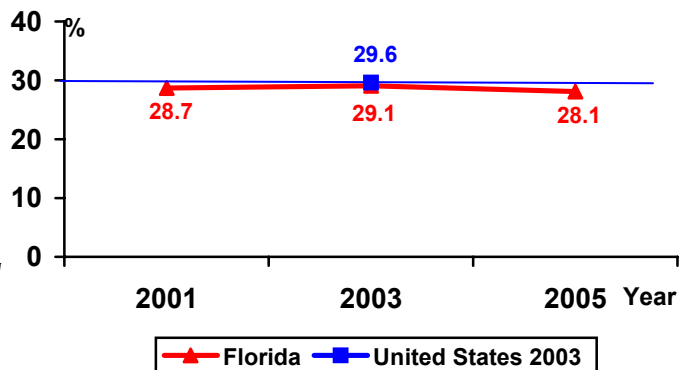
Was overweight*

Approximately 75,000 students (10.9 percent) were overweight in 2005. This prevalence stayed the same from 2001 to 2005. Compared to the national average of 12.1 percent in 2003, Florida had a significantly lower prevalence of students being overweight in 2001 (10.4 percent). However, Florida showed no significant difference from the national average in 2003 and 2005.

* Body mass index (BMI) is greater than or equal to the 95th percentile in weight distribution among students having the same age and gender.

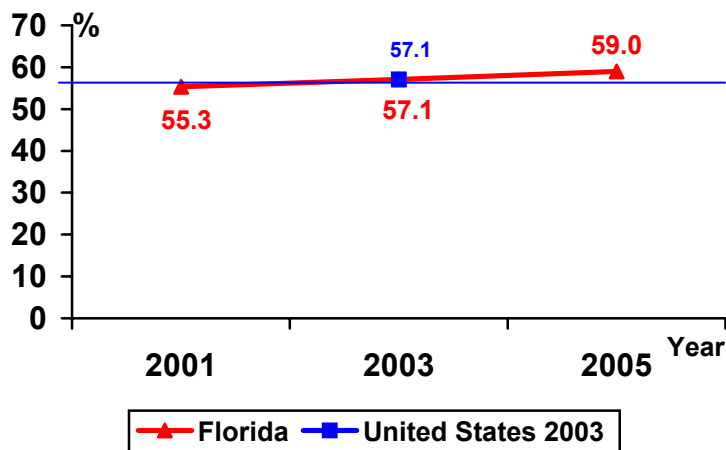
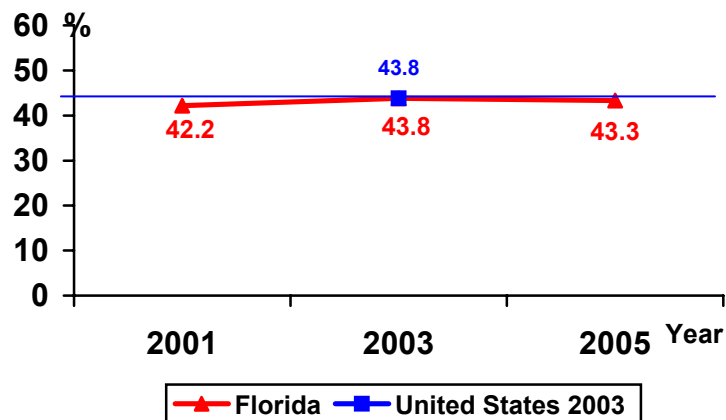
Thought they were overweight

Approximately 126,000 students (28.1 percent) thought they were overweight in 2005. This prevalence did not change significantly from 2001 to 2005. There was no significant difference in the percentage of students who thought they were overweight between Florida during 2001-2005 and the national level of 29.6 percent in 2003.



Were trying to lose weight

Approximately 333,000 students (43.3 percent) were trying to lose their weight in 2005. This prevalence remained at the same level during 2001-2005. There was no significant difference in the prevalence of youth trying to lose weight between Florida in 2001-2005 and the national average of 43.8 percent in 2003.

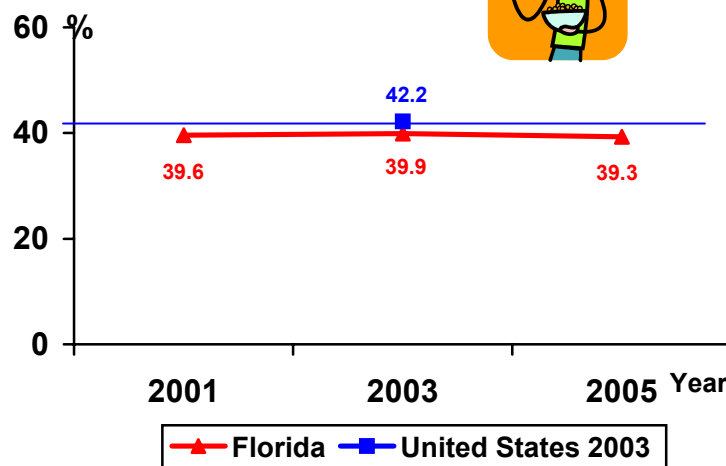


Exercised to lose weight or to avoid gaining weight

Approximately 451,000 students (59.0 percent) exercised to lose weight or to avoid gaining weight during the past 30 days in 2005. This prevalence increased significantly by 6.7 percent from 2001 to 2005. Compared to the national average of 57.1 percent in 2003, Florida did not have significantly different prevalence during 2001-2005.

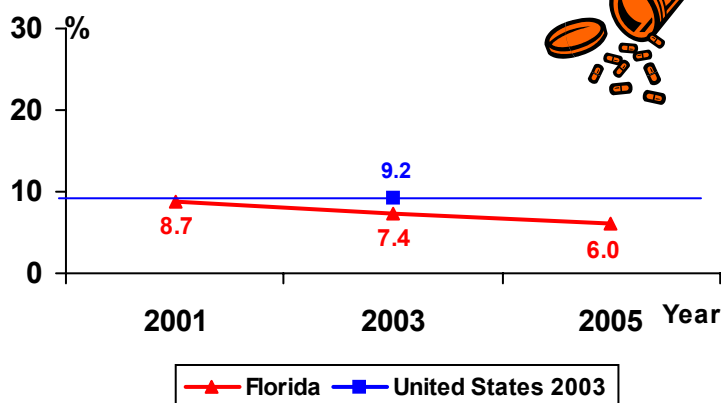
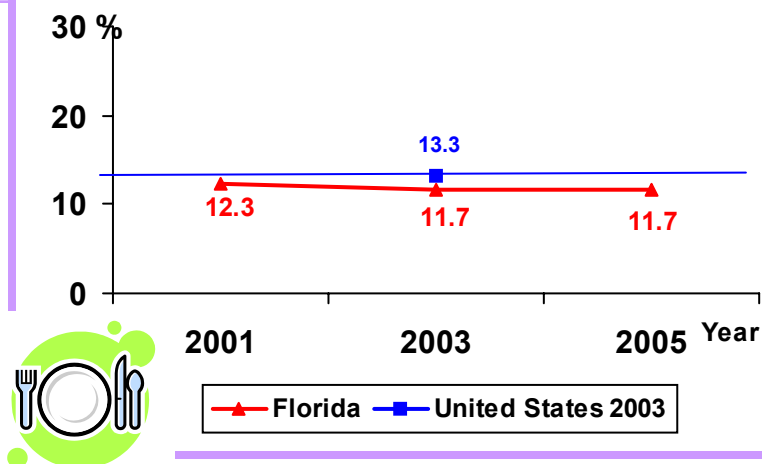
Ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight

Approximately 301,000 students (39.3 percent) ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight during the past 30 days in 2005. This prevalence remained at the same level during 2001-2005. Compared to the national average of 42.2 percent in 2003, Florida had a significantly lower prevalence in 2001 (39.6 percent) and 2005 (39.3 percent).



Went without eating for 24 or more hours to lose weight or to avoid gaining weight

Approximately 89,000 students (11.7 percent) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days in 2005. This prevalence remained at the same level from 2001 to 2005. There was no significant difference in this prevalence between the national average of 13.3 percent in 2003 and the Florida prevalence during 2001-2005.

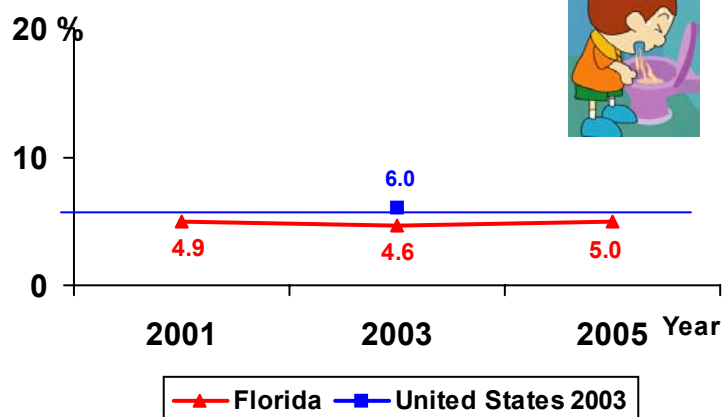


Took diet pills, powders, or liquid to lose weight or to avoid gaining weight

Approximately 46,000 students (6.0 percent) took diet pills, powders, or liquid without a doctor's advice to lose weight or to avoid gaining weight during the past 30 days in 2005. This prevalence decreased significantly by 31.0 percent from 2001 to 2005. Compared to the national average of 9.2 percent in 2003, Florida had a significantly lower prevalence in 2003 (7.4 percent) and 2005 (6.0 percent).

Vomited or took laxatives to lose weight or to avoid gaining weight

Approximately 38,000 students (5.0 percent) vomited or took laxatives to lose weight or to avoid gaining weight during the past 30 days in 2005. This prevalence did not change significantly from 2001 to 2005. Compared to the national average of 6.0 percent in 2003, Florida had a significantly lower prevalence at 4.6 percent in 2003.



For more information about the YRBS, please contact: Ms. Jamie Weitz, M.S., Florida Youth Survey Coordinator, at (850) 245-4444, extension 2424, or by e-mail at Jamie_Weitz@doh.state.fl.us; or contact Mr. Zhaohui Fan, M.P.H., Epidemiologist, at extension 2418, or by e-mail at Zhaohui_Fan@doh.state.fl.us. You can also check out our web site at: www.doh.state.fl.us. For an interactive database of YRBS data, try the CDC's YRBS web site at: www.cdc.gov/yrbs.