

Overweight and Related Risk Factors among Florida High School Youth



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Executive Summary

Overweight has become an emerging health problem in adolescents in recent years. Risk behaviors, including poor dietary habits and inactivity, contribute to the increase in the prevalence of overweight among youth. The Department of Health conducts two surveys, the Florida Youth Risk Behavior Survey (YRBS) and the Florida Youth Tobacco Survey (FYTS), to monitor the prevalence of overweight and its related behavioral factors among Florida public high school students. This report presents major findings from these two surveys.

1. Overweight

Approximately one in nine Florida high school students was overweight in 2003. The prevalence of overweight was higher among male students than among female students.

The prevalence of overweight among high school students has increased by 28.6 percent from 2000 to 2003. A dramatic increase of 45.6 percent in the prevalence was observed among non-Hispanic White students from 2002 to 2003.

2. At-risk of overweight

One out of eight Florida public high school students was at risk of becoming overweight in 2003, a prevalence almost unchanged since 2000. More male students (13.6 percent) were at-risk of becoming overweight than female students (11.4 percent) in 2000. More non-Hispanic Black students and Hispanic students were at-risk of becoming overweight than non-Hispanic White students.

3. Self-perception of overweight

Most students were aware of the problem of overweight. In 2003, approximately 80 percent of students who were overweight were aware they were overweight. In addition, some students tended to perceive themselves more overweight than they actually were. In contrast to the 12.4

percent of students who were actually overweight, 29.1 percent perceived themselves as being overweight. Among students who were overweight, female students and non-Hispanic White students were more perceptive about being overweight than their counterparts.

4. Nutrition and physical activity

Consuming at least five servings of fruits and vegetables a day is recommended to all Americans, and it is an indicator of a healthy diet in the survey. Approximately one in five students consumed at least five servings of fruits and vegetables a day in 2003. More male students than female students, more non-Hispanic Black and Hispanic students than non-Hispanic White students reported consuming at least five servings of fruits and vegetables a day.

Healthy People 2010 recommends that adolescents participate in vigorous physical activity for at least 20 minutes a day on three days or more per week. Approximately 61 percent of Florida public high school students participated in vigorous physical activity in 2003. Male students and non-Hispanic White students were more physically active than their counterpart students in engaging in vigorous physical activity and in doing exercises to strengthen muscles.

One of the Healthy People 2010 objectives is that 75 percent of children and adolescents will watch TV for no more than two hours a day by 2010. In Florida, 57.3 percent of public high school students watched TV for two or fewer hours a day. More non-Hispanic White students and normal weight students did so than did their counterparts.

Students with normal body weight were more physically active than their overweight counterparts and more likely to report participating in vigorous physical activity in the past seven days, or participating in any sports team in the previous 12 months.

5. Activities to control weight among overweight students

Among students who were overweight, 76.8 percent tried to lose weight and 78.0 percent planned to lose weight by participating in more exercise. However, a small portion of students tried to control weight using less healthy or

harmful ways. The survey found that, among students who were overweight, approximately one of seven fasted for 24 hours or longer; one of nine students took diet products without a doctor's advice. A small percent (5.4 percent) of students used vomiting or taking laxatives as the means to lose weight. Female students were more likely than male students to use these unhealthy ways to control their body weight.

Introduction

Chronic diseases, such as heart disease, cancer, and diabetes, are the leading causes of death and disability in the United States. These diseases account for 7 out of every 10 deaths and affect the quality of life of 90 million Americans. Overweight and obese individuals are at increased risk for these chronic diseases. Furthermore, being overweight during childhood and adolescence may increase the risk of adult overweight and the development of chronic diseases earlier in life.

Although chronic diseases are among the most common and costly health problems, they are also among the most preventable. Overweight and obesity can be prevented by

adopting healthy behaviors, such as eating nutritious foods and being physically active.

This report presents data about the prevalence of overweight and the unhealthy behaviors that may contribute to overweight among Florida public high school students. Specifically, this report will discuss the prevalence of overweight and its trends over time, recent data on diet and physical activity, and efforts taken to lose or maintain body weight. Data used for this report were primarily collected by the YRBS, but for time-trend analyses, data from FYTS were incorporated.

Background

The YRBS is a school-based survey to monitor health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth. It surveys representative samples of ninth through twelfth grade students. The survey is conducted every two years, usually during the spring semester. The national survey, conducted by the Centers for Disease Control and Prevention (CDC), provides data representative of high school students in public and private schools in the United States. The state and local surveys, conducted by Florida Department of Health and Department of Education, provide data representative of the state or local school districts.

The Florida YRBS has been conducted in Florida since 1991, with the exception of 1995 as a non-survey year. In 2001 and 2003, survey response rates were high enough to weight the data and permit findings to be generalizable

to all Florida public high school students. The majority of in-depth analyses in this report are based on the 2003 YRBS.

The FYTS is a statewide, school-based confidential survey of Florida public middle and high school students conducted annually since 1998. Its primary purpose is to track tobacco use and exposure to second-hand smoke among students. The FYTS also collects data about body height and weight. The FYTS data for overweight were used in this report for a trend analysis.

FYTS and YRBS are two different school-based surveys. Although similar methods were used to draw survey samples, the actual samples of two surveys are different. Therefore, the results of the same indicator from two surveys are close to each other, but do not match exactly.

Sample and Methodology

The Florida Department of Health, Bureau of Epidemiology, Chronic Disease Surveillance and Epidemiology Section conducted both the 2003 YRBS and FYTS as a joint effort with Department of Children and Family. The surveys were supported by Department of Education, school districts, and other governmental agencies in the state.

The YRBS and the FYTS samples use a two-stage cluster design. First, public high schools in the state are randomly selected to participate. Then, classrooms within these schools are randomly selected for survey administration. All students in the selected classrooms were asked to participate in the survey. In March and April 2003, 4,080 high school students participated in the YRBS and another 4,390 high school students participated in the FYTS. The school response rate was 95 percent, the student response rate was 69 percent, and the overall response rate was 66 percent.

The data presented in this report were weighted to take into account the probability of selection and to reflect the actual sex, grade, and racial/ethnic composition of Florida public high schools. The weighted data were representative of all public high school students (grades 9-12).

Because both of the YRBS and the FYTS are complex random surveys, all estimates of prevalence are subject to random sample errors. A 95 percent confidence interval

(CI) is presented with each prevalence estimate in the detailed tables. Prevalence estimates and 95 percent CIs were calculated using the Statistical Analysis System (SAS). Tests of statistical significance were also conducted to determine whether observed differences between prevalence estimates were likely to be the result of chance alone. Test results with a probability value (p-value) of less than 0.05 are considered statistically significant.

Overweight and at-risk of overweight were defined based on gender, age, and body mass index (BMI). Students were considered overweight when their BMI was greater than or equal to the 95th percentile of BMI among children with the same age and gender, according to the charts of "Body mass index-for-age percentile," developed by the CDC^{1,2}. Similarly, students were considered at-risk of overweight when their BMI was between the 85th percentile and the 95th percentile of the BMI of children with the same age and gender in the charts mentioned above.

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1. <http://www.cdc.gov/nchs/data/nhanes/growth-charts/set1clinical/cj411023.pdf>
 2. <http://www.cdc.gov/nchs/data/nhanes/growth-charts/set1clinical/cj411024.pdf>

Results

1. Changes in overweight and at-risk of overweight Prevalence in 2000-2003

a. Changes in the overweight prevalence

The overall prevalence of overweight increased by 28.6 percent among Florida high school students between 2000 and 2003. It was stable between 2000 and 2002, but increased from 9.6 percent in 2002 to 11.7 percent in 2003. The prevalence of overweight was higher among boys than among girls during all the years and it increased among both boys and girls. The increase in the prevalence was 26.1 percent among boys and 40.0 percent among girls from 2000 to 2003 (Figure 1).

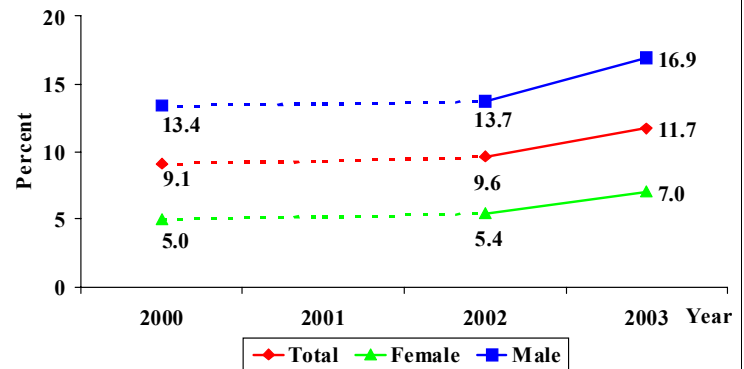
Overweight was more prevalent among non-Hispanic Black students than among non-Hispanic White students. The prevalence of overweight was almost unchanged in all three racial/ethnic groups from 2000 to 2002. From 2002 to 2003, the prevalence increased among non-Hispanic White students, but it did not change significantly among non-Hispanic Black and Hispanic students during this time period. The gap in the prevalence of overweight between non-Hispanic Black and non-Hispanic White students was minimized due to a greater increase in prevalence among non-Hispanic White students (Figure 2).

There was no difference in the prevalence of overweight among students by grade. An increase in the prevalence for each of four grades was observed during the four-year period. However, the change in the prevalence was not statistically significant (Figure 3).

b. Changes in the at-risk of overweight prevalence

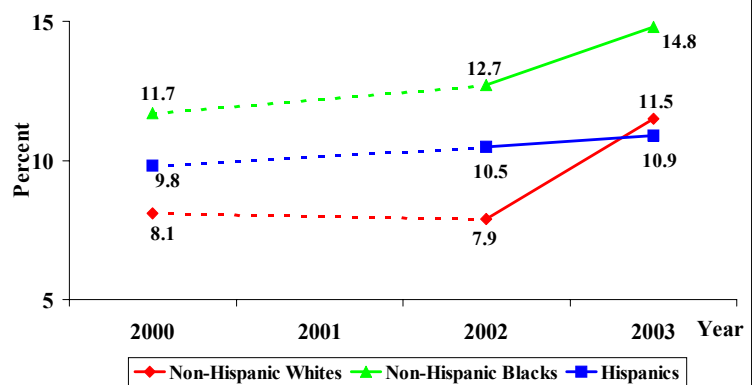
Approximately one out of eight high school students (13.5 percent) was at-risk of overweight in 2003. More male students than female students were at-risk

Figure 1: Prevalence of overweight among public high school students, by gender, Florida, 2000-2003*



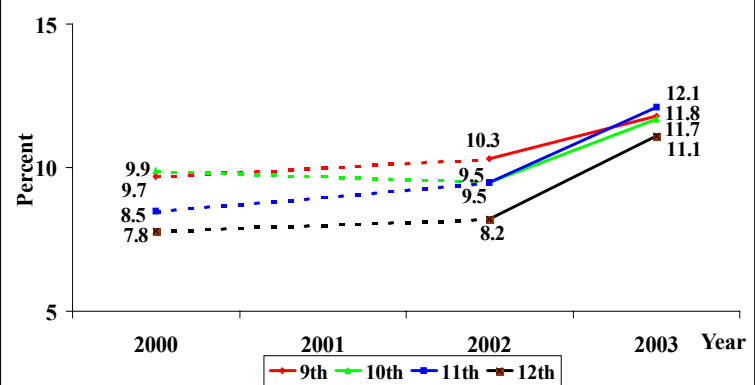
* Data source: FYTS; 2001 data were unavailable

Figure 2: Prevalence of overweight among public high school students, by race/ethnicity, Florida, 2000-2003*



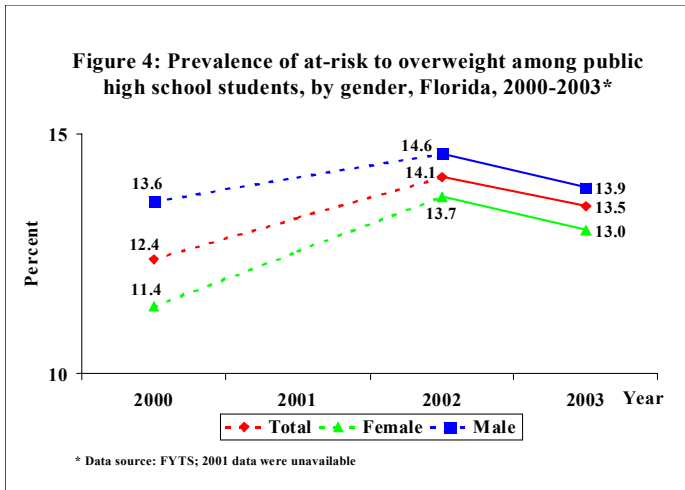
* Data source: FYTS; 2001 data were unavailable

Figure 3: Prevalence of overweight among public high school students, by grade level, Florida, 2000-2003*

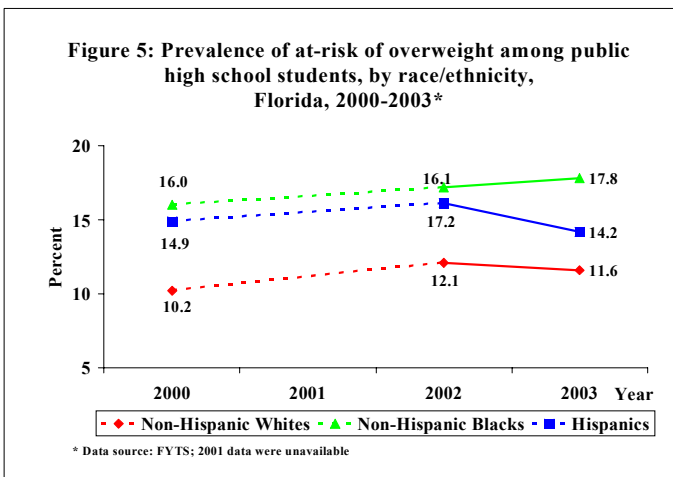


* Data source: FYTS; 2001 data were unavailable

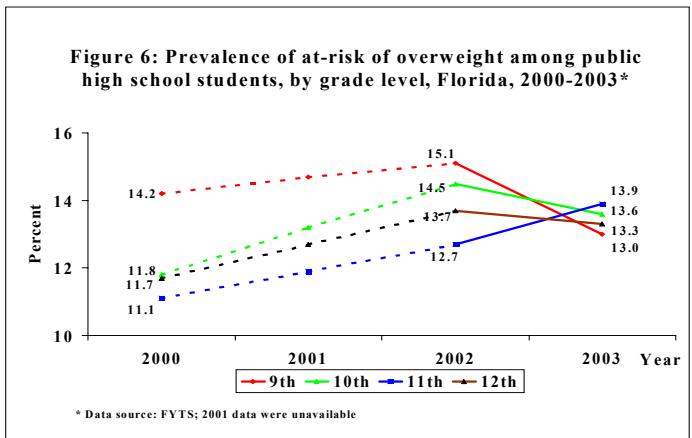
of overweight. However, the gender difference was found statistically significant only for the year 2000. The overall prevalence of at-risk of overweight was almost unchanged from 2000 to 2003. It peaked at 14.1 percent in 2002. A slight and non-statistically significant decrease was observed from 2002 to 2003 (Figure 4).



The prevalence of at-risk of overweight was unchanged for all racial/ethnic groups from 2000 to 2003. The prevalence was higher among non-Hispanic Black and Hispanic students than among non-Hispanic White students in all the years. The difference between the prevalence among Hispanic students and non-Hispanic White students disappeared in 2003 (Figure 5).



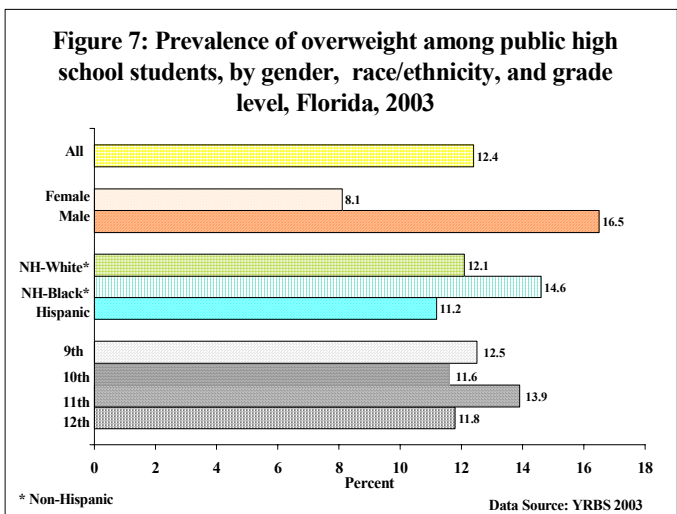
There were no statistical differences in the prevalence of at-risk of overweight among students in four grade levels. Moreover, the grade-specific prevalence did not change significantly from 2000 to 2003 (Figure 6).



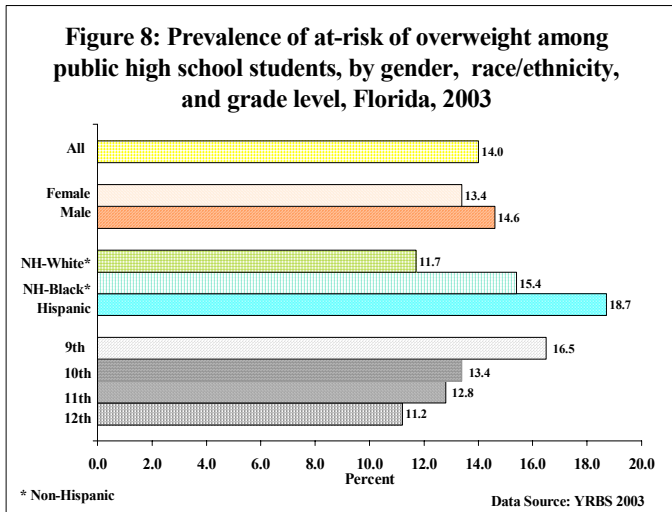
2. Overweight and at-risk of overweight in 2003

a. Overweight and at-risk of overweight

Approximately one-eighth (12.4 percent) of high school students were overweight. Overweight was more common among male students (16.5 percent) than female students (8.1 percent). There were no statistically significant differences in the prevalence of overweight among students in three racial/ethnic groups or in four grade levels (Figure 7, Table 1).



Approximately 14.0 percent of students were at-risk of overweight in Florida high schools. There was no statistically significant difference in prevalence of at-risk of overweight between males (14.6 percent) and females (13.4 percent). Both non-Hispanic Black students (15.4 percent) and Hispanic students (18.7 percent) had a higher prevalence than non-Hispanic White students (11.7 percent). Ninth grade students (16.5 percent) had a higher prevalence of at risk of overweight than twelfth grade students (11.2 percent) (Figure 8, Table 1).



b. Self-perception of overweight and actual overweight

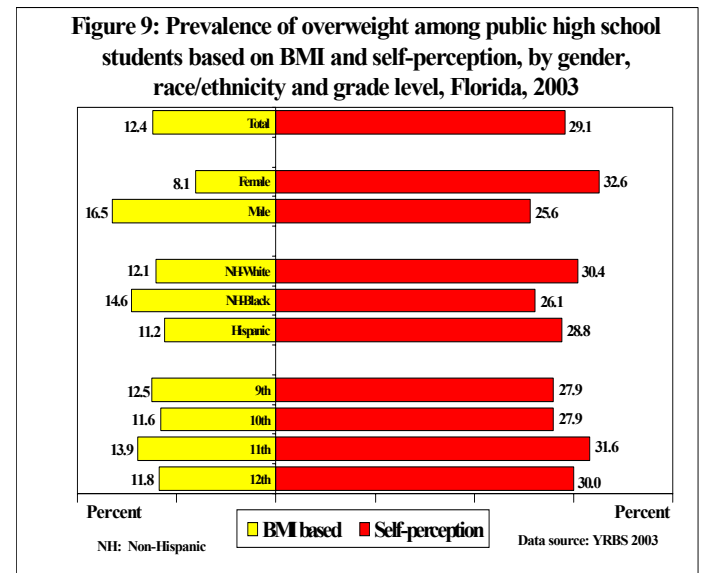
The YRBS survey respondents were asked, "How do you describe your weight?" The answer options were "very underweight," "slightly underweight," "about the right weight," "slightly overweight," and "very overweight."

Self-perception of overweight is defined as students who responded "slightly overweight" or "very overweight" to the above question. Statewide, 29.1 percent of high school students considered themselves overweight, a percentage that was higher than the prevalence (12.4 percent) of actual overweight according to their BMI. The prevalence of overweight based on self-perception was significantly higher than the prevalence of actual overweight in both genders, among all three racial/ethnic groups and all four grade levels (Figure 9).

The majority of survey respondents reported correctly if they were overweight. Approximately 80 percent of stu-

dents who were actually overweight based on BMI considered themselves overweight. On the other hand, among students who were not overweight, 21.8 percent considered themselves overweight.

Among students who were overweight based on BMI, more female students (87.5 percent) than male students (76.6 percent) reported correctly that they were overweight. The prevalence of self-reported overweight among students who were overweight based on BMI was not statistically different among non-Hispanic Whites (83.7 percent), non-Hispanic Blacks (76.2 percent) and Hispanics (75.3 percent), and did not vary significantly among four grade levels: ninth (77.4 percent), tenth (83.5 percent), eleventh (81.1 percent), and twelfth (78.8 percent).



3. Behaviors related to overweight

Healthy diet and regular physical activity are both important for maintaining a healthy weight. Over time, even a small decrease in caloric intake and a small increase in physical activity can help prevent weight gain or facilitate weight loss.

This section presents data on diet and physical activity among Florida public high school students in 2003.

a. Fruits and vegetables consumption

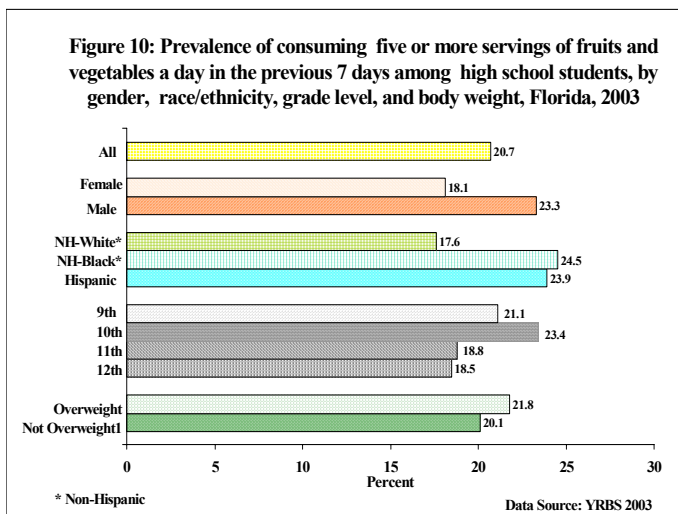
A balanced diet is essential for healthy growth and development for youth. The Healthy People 2010 goals includes the objective of increasing the proportion of per-

sons aged 2 and older who consume at least two daily servings of fruit and at least three daily servings of vegetables¹. In the 2003 Florida YRBS, six questions were asked, such as, "During the past seven days, how many times did you drink (eat) fruit juices (fruit, green salad, potatoes, carrots, or other vegetables)?" An indicator of consuming five servings of fruits and vegetables a day was derived from these questions using a method developed by the CDC.

Overall, approximately one in five (20.7 percent) of Florida public high school students consumed at least five servings of fruits and vegetables per day in 2003. The prevalence was significantly higher among:

- Male students (23.3 percent) than female students (18.1 percent).
- Non-Hispanic Black students (24.5 percent) and Hispanic students (23.9 percent) than non-Hispanic White students (17.6 percent).

There was no difference in the prevalence among students in four grade levels or between overweight students and non-overweight students (Figure 10, Table 2A).



b. Regular vigorous physical activity

"Regular vigorous physical activity" is defined as engaging in activities that cause sweating or breathing hard for

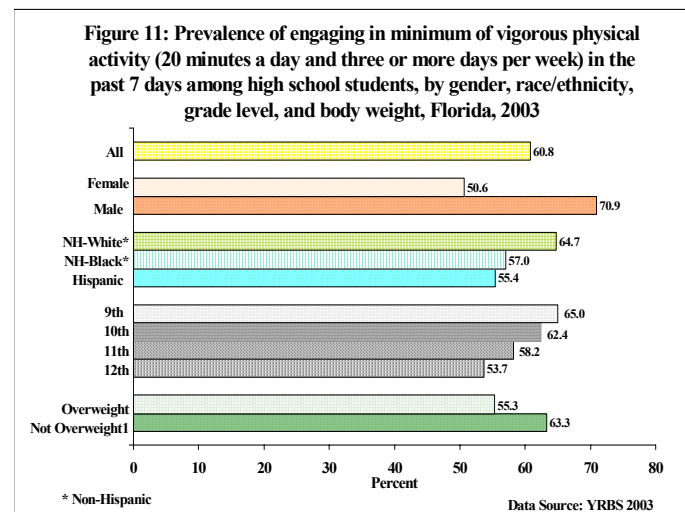
1. http://www.glma.org/policy/hp2010/pdf/nutrition_&_weight.pdf

at least 20 minutes a day, three or more days per week. The Health People 2010 report calls for increasing the proportion of adolescents who engage in regular vigorous physical activity to 85 percent.

The YRBS asked students, "On how many of the past seven days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?" The answer options for this question ranged from zero days to seven days.

Overall, 60.8 percent of Florida high school students engaged in regular vigorous physical activity in 2003. The prevalence of engaging in regular vigorous physical activity was:

- Higher among male students (70.9 percent) than among female students (50.6 percent).
- Higher among non-Hispanic White students (64.7 percent) than among non-Hispanic Black students (57.0 percent) and Hispanic students (55.4 percent).
- The highest among ninth grade students (65.0 percent) and the lowest among twelfth grade students (53.7 percent).
- Higher among normal weight students (63.3 percent) than among overweight students (55.3 percent) (Figure 11, Table 2A).



c. Physical education (PE) in school

School physical education classes can increase adolescent participation in physical activity and help students to

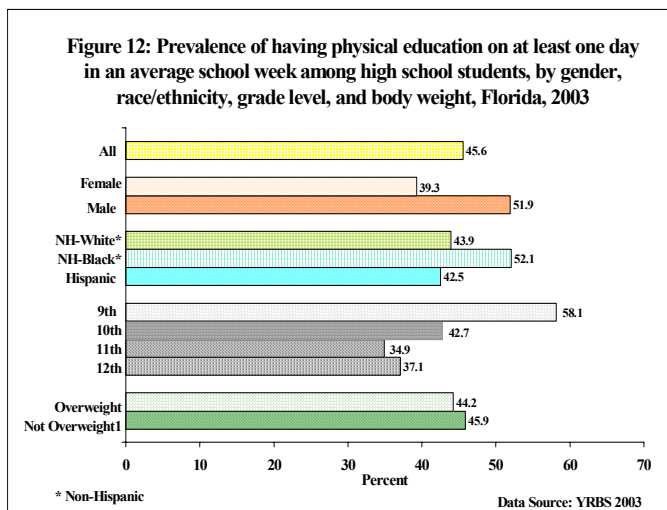
develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.

The YRBS survey respondents were asked, "In an average week when you are in school, on how many days do you go to physical education (PE) classes?" Responses to this question ranged from zero days to five days.

Statewide, 45.6 percent of students attended PE classes on at least one day a week. The prevalence of having PE class at least one day a week was higher among:

- Male students (51.9 percent) than among female students (39.3 percent).
- Non-Hispanic Black students (52.1 percent) than among non-Hispanic White students (43.9 percent) and Hispanic students (42.5 percent).
- Ninth grade students (58.1 percent) than among students in any other grade levels.
- Tenth grade students (42.7 percent) than among students in eleventh grade (34.9 percent).

Overall, there was no difference in PE participation between overweight students (44.2 percent) and normal weight students (45.9 percent). However, among male students, normal weight students (53.6 percent) were more likely than overweight students (45.3 percent) to have PE class at least one day a week (Figure 12, Table 2A).

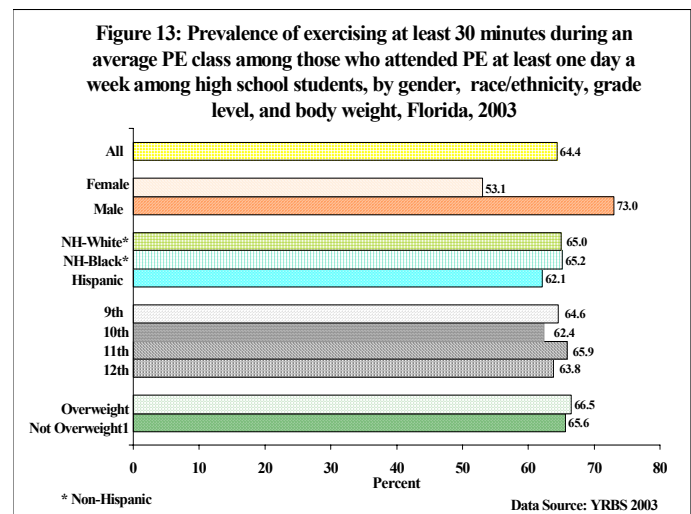


d. Exercise during physical education

The YRBS respondents were asked, "During an average physical education (PE) class, how many minutes do you

spend actually exercising or playing sports?" The answer options were "I do not take PE," "Less than 10 minutes," "10 to 20 minutes," "21 to 30 minutes," "31 to 40 minutes," "41 to 50 minutes," "51 to 60 minutes," and "More than 60 minutes."

Among students who had PE at least one day a week, 64.4 percent of them spent at least 30 minutes exercising or playing sports. More male students (73.0 percent) spent at least 30 minutes exercising or playing sports than did female students (53.1 percent). There was no difference in the prevalence among racial/ethnic groups, among grade levels, or between normal weight students and overweight students (Figure 13, Table 2A).



e. Exercise to strengthen muscles

The YRBS measures the student's participation in physical activities by asking students, "On how many of the past seven days did you do exercise to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?" The answer options ranged from zero days to seven days.

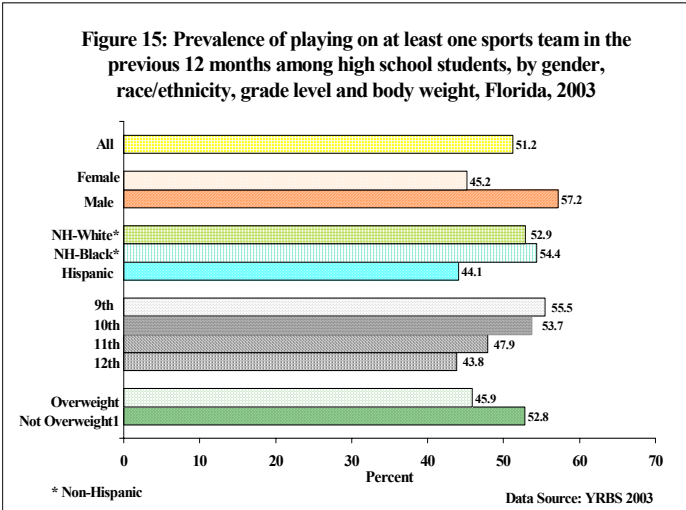
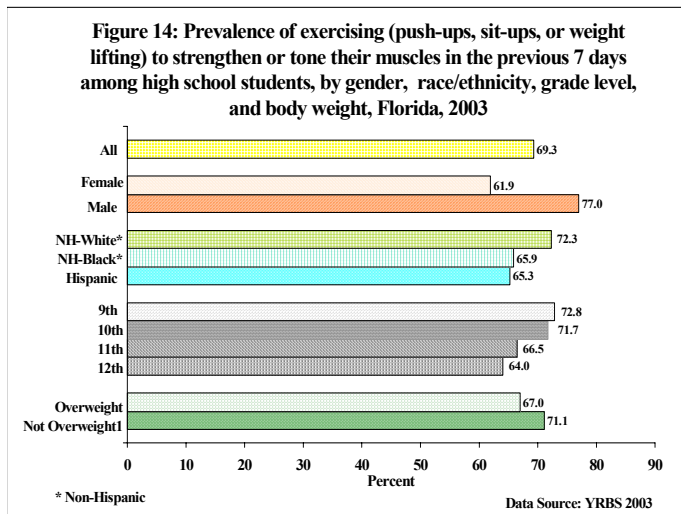
Overall, 69.3 percent of Florida public high school students did exercise to strengthen/tone their muscles in the past seven days prior to the 2003 survey. This prevalence was higher among:

- Male students (77.0 percent) than among female students (61.9 percent).

- Non-Hispanic White students (72.3 percent) than among non-Hispanic Black students (65.9 percent) and Hispanic students (65.3 percent).
- Ninth (72.8 percent) and tenth (71.7 percent) grade students than among eleventh (66.5 percent) and twelfth (64.0 percent) grade students.

- Ninth (55.5 percent) and tenth (53.7 percent) grade students than among students in eleventh (47.9 percent) and twelfth (43.8 percent) grade levels.
- Normal weight students (52.8 percent) than among students who were overweight (45.9 percent) (Figure 15, Table 2B).

Overall, there was no difference in exercising to strengthen muscles between overweight students (67.0 percent) and normal weight students (71.1 percent). Among male students, however, more normal weight students (79.1 percent) exercised to strengthen or tone their muscles than overweight students (70.9 percent) (Figure 14, Table 2A).



f. Participation in sports team

The YRBS surveyed students’ participation in sports teams. The survey respondents were asked, "During the past 12 months, on how many sports teams did you play (including any teams run by your school or community groups)?" The respondents were given the following answer options "0 teams," "1 team," "2 teams," and "3 or more teams."

Statewide, 51.2 percent of public high school students played on at least one sports team during the previous 12 months. This prevalence was higher among:

- Male students (57.2 percent) among than female students (45.2 percent).
- Non-Hispanic White students (52.9 percent) and non-Hispanic Black students (54.4 percent) than among Hispanic students (44.1 percent).

g. Watching television (TV)

Watching TV is the most common sedentary leisure activity in the United States. Watching TV for extended hours is one of the contributing factors to overweight and obesity in young people. One of the goals of Healthy People 2010 is that 75 percent of children and adolescents will watch TV for two or fewer hours on an average school day by 2010.

The YRBS asked survey respondents, "On an average school day, how many hours do you watch TV?" Seven answer options were given ranging from "I do not watch TV on an average school day" to "five or more hours per day".

Overall, 57.3 percent of Florida public high school students watched TV for no more than two hours on an average school day. This prevalence was the highest among non-Hispanic White students (67.1 percent) and the lowest among non-Hispanic Black students (38.4 percent). This prevalence was also the highest among twelfth grade students (64.1 percent) and the lowest among ninth grade students (51.2 percent). Normal weight students had a higher prevalence (59.2 percent) than students who were overweight (48.3 percent) (Figure 16, Table 2B).

4. Activities to control body weight

Students were asked if they were trying to control body weight and what measures they were taking to control their body weight. Only data from overweight students (based on their BMI) are presented in this part of the report.

a. Intention to lose weight

The YRBS asked students, "Which of the following are you trying to do about your weight?" The answer options were "Lose weight," "Gain weight," "Stay the same weight," and "I am not trying to do anything about my weight."

Among Florida public high school students who were overweight in 2003, 76.8 percent were trying to lose weight. More female students (87.8 percent) than male students (71.7 percent) tried to lose weight. There was no difference in attempting to lose weight among racial/ethnic groups or among grade levels (Figure 17, Table 3).

b. Taking diet pills, powders, or liquids without a doctor's advice

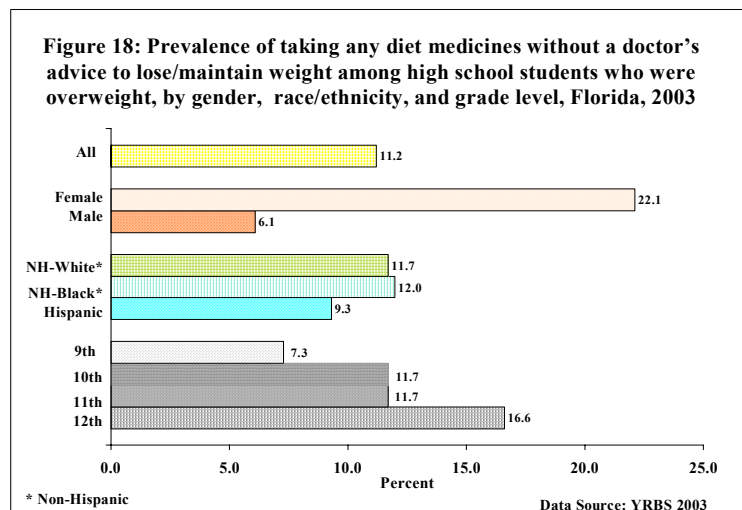
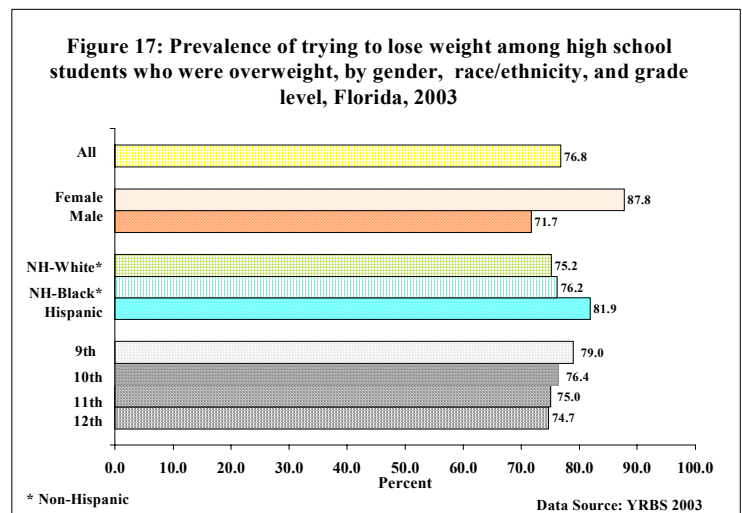
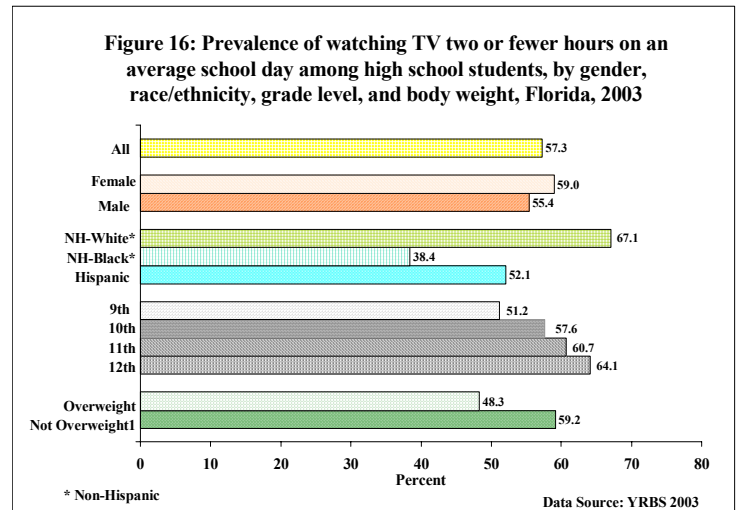
The YRBS respondents were asked, "During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or keep from gaining weight? (Do not include meal replacement products such as Slim Fast)."

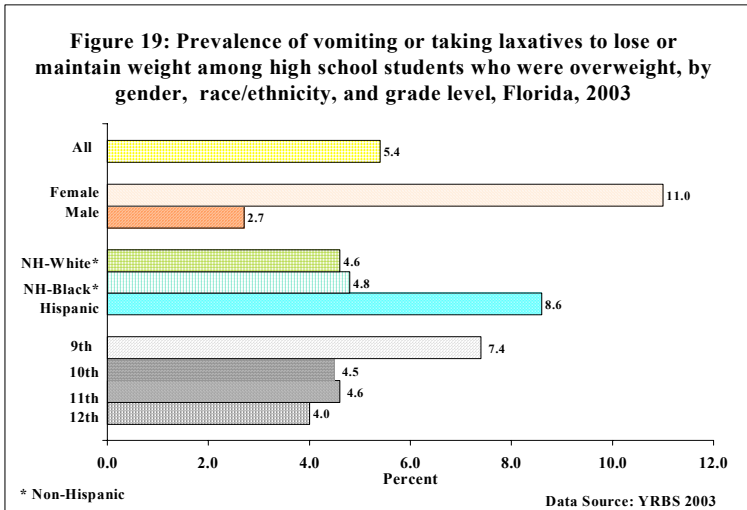
Statewide, 11.2 percent of high school students who were overweight took diet medicines without a doctor's advice to lose or maintain weight. More female students (22.1 percent) took diet medications than male students (6.1 percent). There was no statistical difference in the prevalence among the three racial/ethnic groups. There was also no statistical difference in the prevalence among students in different grade levels (Figure 18, Table 3).

c. Vomiting or taking laxatives

The survey respondents were also asked, "During the past 30 days, did you vomit or take laxatives to lose weight or keep from gaining weight?"

Among overweight students, 5.4 percent vomited or took laxatives to lose or maintain body weight. More

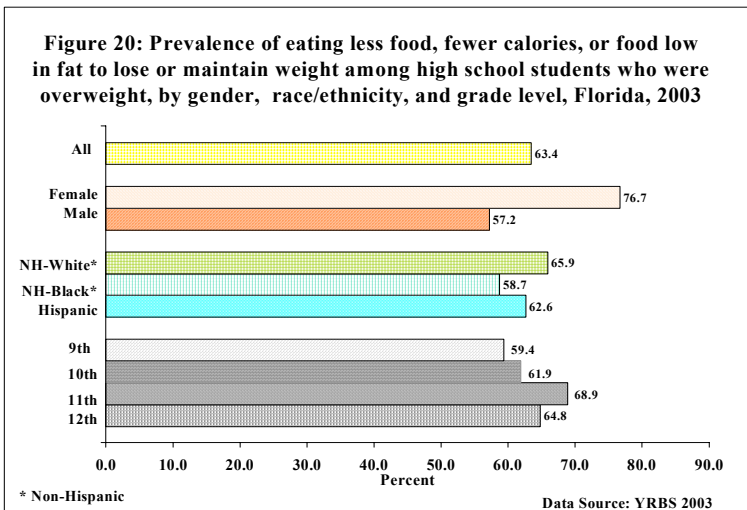




female students (11.0 percent) than male students (2.7 percent) vomited or took laxatives to lose or maintain weight. Although more Hispanic students (8.6 percent) used vomiting or laxatives as the means to lose weight than did non-Hispanic White (4.6 percent) and non-Hispanic Black (4.8 percent) students, the difference was not statistically significant. There was no significant difference among students in different grade levels in the prevalence of vomiting or taking laxatives (Figure 19, Table 3).

d. Eating less food

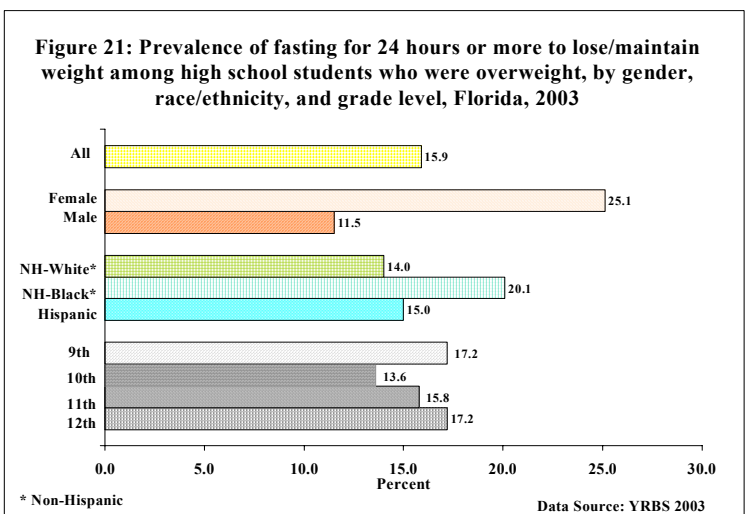
The YRBS asked if students were eating less to lose weight. "During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight?"



Overall 63.4 percent of Florida public high school students who were overweight ate less food, fewer calories, or food low in fat to lose or maintain weight. More female students (76.7 percent) than male students (57.2 percent) reported eating less to lose or maintain weight (Figure 20, Table 3).

e. Fasting for 24 hours or more

The YRBS survey respondents were also asked, "During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or keep from gaining weight?"



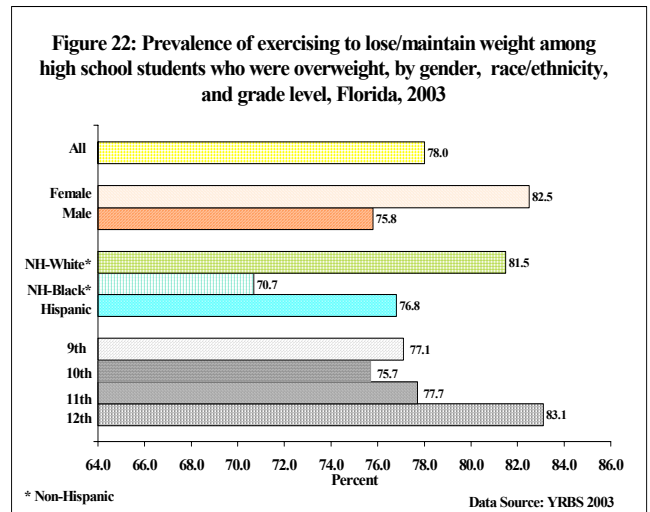
One of seven (15.9 percent) overweight students fasted for 24 hours or more to control body weight. Female students (25.1 percent) had a significantly higher prevalence of using this method than male students (11.5 percent). There was no racial/ethnic or grade level difference in the prevalence of fasting for weight control (Figure 21, Table 3).

f. Participating in exercise

The YRBS asked respondents if they did more exercise to lose weight or keep from gaining weight in the past 30 days.

Statewide, 78.0 percent of Florida public high school students who were overweight did exercise

to control body weight in the past 30 days prior to the survey. There was no difference in the prevalence of participating in exercise to control body weight by gender, race/ethnicity, or grade level (Figure 22, Table 3).



Detailed Tables

Table 1: Prevalence of overweight and at-risk of overweight among Florida public high school students, by sex, race/ethnicity, race/ethnicity-sex, and grade level, 2003*

		Overweight			At-risk		
		%	95% CI		%	95% CI	
All		12.4	11.2	13.7	14.0	12.7	15.3
Sex	Male	16.5	14.5	18.5	14.6	12.7	16.5
	Female	8.1	6.7	9.5	13.4	11.7	15.1
Race/ethnicity	NH White	12.1	10.4	13.8	11.7	10.1	13.4
	NH Black	14.6	11.7	17.5	15.4	12.5	18.4
	Hispanic	11.2	8.8	13.6	18.7	15.8	21.6
Race/ethnicity-sex	NH White male	16.6	13.9	19.3	13.8	11.3	16.3
	NH White female	6.9	5.1	8.7	9.2	7.2	11.3
	NH Black male	16.4	11.9	20.9	12.1	8.1	16.1
	NH Black female	13.0	9.2	16.8	18.5	14.2	22.7
	Hispanic male	16.6	12.5	20.6	19.7	15.3	24.1
	Hispanic female	5.6	3.3	7.9	17.6	13.8	21.5
Grade level	9th	12.5	9.6	15.4	16.5	13.3	19.7
	10th	11.6	8.9	14.4	13.4	11.1	15.8
	11th	13.9	11.6	16.2	12.8	10.4	15.2
	12th	11.8	9.0	14.7	11.2	8.7	13.8

* Data Source: 2003 YRBS

Table 2A: Behaviors related to overweight among Florida public high school students, by sex, race/ethnicity, race/ethnicity-sex, and body weight, 2003*

Nutrition and physical activity in the previous seven days										
		Had 5 or more servings of fruits and vegetables on an average day			Engaged in regular moderate physical activity			Engaged in regular, vigorous physical activity		
		%	95% CI		%	95% CI		%	95% CI	
All		20.7	19.3	22.1	22.3	20.9	23.7	60.8	59.1	62.4
Sex	Male	23.3	21.2	25.4	25.7	23.5	27.8	70.9	68.7	73.1
	Female	18.1	16.3	19.8	18.8	16.9	20.6	50.6	48.3	53.0
Race/ethnicity	NH White	17.6	15.8	19.4	24.0	22.0	26.0	64.7	62.5	66.9
	NH Black	24.5	21.3	27.6	21.3	18.2	24.4	57.0	53.2	60.7
	Hispanic	23.9	21.0	26.8	18.9	16.3	21.5	55.4	52.1	58.7
Race/ethnicity-sex	NH White male	19.7	17.0	22.4	27.8	24.8	30.8	73.6	70.7	76.6
	NH White female	15.2	12.9	17.5	19.7	17.1	22.4	55.2	51.9	58.5
	NH Black male	27.7	22.7	32.6	23.4	18.7	28.1	67.9	62.6	73.3
	NH Black female	21.6	17.5	25.7	19.6	15.5	23.7	47.2	42.1	52.3
	Hispanic male	28.1	23.6	32.7	22.5	18.4	26.6	67.8	63.3	72.4
	Hispanic female	19.6	16.1	23.2	15.2	12.0	18.4	43.7	39.3	48.2
Overweight	All	21.8	17.4	26.3	19.9	15.5	24.2	55.3	49.8	60.7
	Male	22.9	16.8	28.9	18.3	13.1	23.5	62.4	54.7	70.0
	Female	19.5	14.2	24.9	23.3	14.8	31.8	40.0	30.8	49.2
Normal weight	All	20.1	18.5	21.7	22.7	21.1	24.4	63.3	61.4	65.1
	Male	23.0	20.5	25.5	26.6	23.7	29.4	73.5	71.2	75.7
	Female	17.3	15.0	19.6	19.0	16.9	21.2	53.5	49.7	57.2
Physical education and other exercise										
		Had physical education at least one day in an average week in school			Exercised at least 30 minutes during an average PE class			Past 7 days: exercised (push-ups, sit-ups...) to strengthen muscles		
		%	95% CI		%	95% CI		%	95% CI	
All		45.6	43.8	47.3	64.4	61.9	67.0	69.3	67.7	70.8
Sex	Male	51.9	49.4	54.5	73.0	69.8	76.2	77.0	74.9	79.0
	Female	39.3	36.9	41.7	53.1	49.1	57.1	61.9	59.6	64.1
Race/ethnicity	NH White	43.9	41.4	46.3	65.0	61.3	68.6	72.3	70.2	74.4
	NH Black	52.1	48.2	56.1	65.2	59.9	70.4	65.9	62.2	69.5
	Hispanic	42.5	39.1	45.9	62.1	57.0	67.3	65.3	62.2	68.5
Race/ethnicity-sex	NH White male	50.1	46.6	53.6	73.2	68.8	77.7	77.7	74.9	80.5
	NH White female	37.3	33.9	40.7	53.0	47.1	58.8	66.7	63.6	69.8
	NH Black male	60.0	54.1	65.8	75.5	68.9	82.1	76.4	71.6	81.2
	NH Black female	45.3	39.9	50.7	52.8	44.6	61.0	56.8	51.7	62.0
	Hispanic male	48.7	43.5	53.9	70.2	63.6	76.9	74.6	70.3	78.9
	Hispanic female	37.0	32.5	41.4	51.7	43.9	59.4	56.5	52.0	60.9
Overweight	All	44.2	38.6	49.9	66.5	58.4	74.6	67.0	61.9	72.1
	Male	45.3	37.6	53.1	70.3	58.9	81.8	70.9	64.8	76.9
	Female	41.8	32.8	50.9	57.8	41.4	74.1	58.6	50.8	66.5
Normal weight	All	45.9	43.9	48.0	65.6	62.6	68.5	71.1	69.3	72.9
	Male	53.6	50.0	57.1	73.9	69.9	78.0	79.1	76.4	81.8
	Female	38.7	35.6	41.8	54.4	48.1	60.8	63.4	59.9	66.9

* Data Source: 2003 YRBS

Table 2B: Behaviors related to overweight among Florida public high school students, by sex, race/ethnicity, race/ethnicity-sex, and body weight, 2003*

Played on sports team and watched TV							
		Previous 12 months: played on at least one sports team			Watched TV two or fewer hours on an average school day		
		%	95% CI		%	95% CI	
All		51.2	49.5	52.9	57.3	55.6	58.9
Sex	Male	57.2	54.8	59.7	55.4	53.0	57.9
	Female	45.2	42.8	47.5	59.0	56.7	61.3
Race/ethnicity	NH White	52.9	50.5	55.2	67.1	64.9	69.4
	NH Black	54.4	50.7	58.2	38.4	34.8	42.1
	Hispanic	44.1	40.8	47.4	52.1	48.8	55.5
Race/ethnicity-sex	NH White male	56.1	52.7	59.5	64.0	60.7	67.3
	NH White female	49.4	46.1	52.7	70.6	67.6	73.6
	NH Black male	65.6	60.2	71.1	39.3	33.8	44.8
	NH Black female	44.7	39.6	49.9	37.4	32.5	42.3
	Hispanic male	51.8	46.9	56.8	48.8	43.9	53.8
	Hispanic female	36.4	32.1	40.7	55.1	50.7	59.6
Overweight	All	45.9	40.5	51.4	48.3	42.9	53.8
	Male	51.9	45.6	58.1	48.6	42.1	55.1
	Female	33.2	27.1	39.3	47.8	38.9	56.6
Normal weight	All	52.8	50.8	54.8	59.2	57.2	61.1
	Male	59.1	56.3	61.8	57.4	54.0	60.7
	Female	46.8	43.5	50.1	60.9	57.9	63.8

* Data Source: 2003 YRBS

Table 3: Efforts to control body weight among Florida public high school students who were overweight, by sex, race/ethnicity, and race/ethnicity-sex, 2003*

Self-awareness and actions taken to control weight										
		Trying to lose weight			Past 30 days: took diet pills, powders or liquids without doctor's advice			Previous 30 days: vomited or took laxatives		
		%	95% CI		%	95% CI		%	95% CI	
All		76.8	72.1	81.5	11.2	7.8	14.5	5.4	3.0	7.7
Sex	Male	71.7	65.5	77.8	6.1	3.0	9.2	2.7	0.6	4.8
	Female	87.8	82.0	93.6	22.1	14.2	30.0	11.0	5.1	16.9
Race/ethnicity	NH White	75.2	68.4	82.0	11.7	6.9	16.5	4.6	1.3	7.9
	NH Black	76.2	66.9	85.5	12.0	4.6	19.4	4.8	0.0	9.7
	Hispanic	81.9	72.7	91.1	9.3	3.0	15.6	8.6	2.8	14.3
Race/ethnicity-sex	NH White male	69.1	60.4	77.8	4.7	1.1	8.4	0.6	0.0	1.9
	NH White female	92.0	84.7	99.3	30.9	17.6	44.2	15.5	4.4	26.6
	NH Black male	69.5	55.0	84.0	7.9	0.0	17.1	7.6	0.0	16.5
	NH Black female	83.6	72.2	94.9	16.4	4.4	28.5	1.7	0.0	5.1
	Hispanic male	79.9	68.6	91.3	8.0	0.8	15.2	3.9	0.0	7.9
	Hispanic female**
Food control and exercise during the previous 30 days										
		Ate less food, fewer calories, or foods low in fat			Went without eating for 24 hours or more			Did exercises to lose weight or to keep from gaining weight		
		%	95% CI		%	95% CI		%	95% CI	
All		63.4	58.1	68.7	15.9	11.8	19.9	78.0	73.5	82.4
Sex	Male	57.2	50.5	63.9	11.5	7.1	15.9	75.8	70.1	81.6
	Female	76.7	69.1	84.3	25.1	17.0	33.3	82.5	75.8	89.3
Race/ethnicity	NH White	65.9	58.5	73.3	14.0	8.8	19.2	81.5	75.7	87.4
	NH Black	58.7	47.8	69.6	20.1	10.8	29.5	70.7	60.7	80.7
	Hispanic	62.6	51.1	74.1	15.0	6.8	23.2	76.8	66.8	86.9
Race/ethnicity-sex	NH White male	58.9	49.7	68.0	8.6	3.1	14.0	78.4	70.8	85.9
	NH White female	85.3	75.8	94.8	28.9	16.6	41.1	90.2	83.4	97.1
	NH Black male	52.2	36.3	68.1	18.0	5.9	30.1	68.3	53.6	83.0
	NH Black female	65.8	51.0	80.7	22.5	7.8	37.3	73.4	59.4	87.4
	Hispanic male	56.4	42.5	70.2	12.7	3.3	22.1	74.3	61.9	86.7
	Hispanic female**

* Data Source: 2003 YRBS

** Cells were left blank since sample size for each indicator was less than 30 among Hispanic female

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