



**For Immediate Release**  
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## **DOH SECRETARY ANNOUNCES YOUTH PHYSICAL ACTIVITY AND NUTRITION SURVEY RESULTS**

Florida Department of Health (DOH) Secretary John O. Agwunobi, M.D., M.B.A., today announced the results of the Youth Physical Activity and Nutrition Survey. These results indicate self-reported behaviors of middle school students in Florida. Conducted in the spring of 2003, it is the first survey of its kind.

“As the Governor’s Task Force on the Obesity Epidemic evaluates the causes and health and economic impact of overweight and obesity in Florida, these results shed light on a number of likely contributing factors to the obesity epidemic in our youngest citizens,” said Agwunobi. “In order to address this epidemic we must encourage healthy lifestyles in our youth.”

Results from the survey include:

- Fewer than half of middle school students ate breakfast every day during the previous seven days.
- Nearly half of students ate at a fast food restaurant on two or more of the previous seven days.
- More than one third of middle school students have access to fast food in school.
- Thirty-nine percent of middle school students did not go to physical education classes at all during an average week at school; 45 percent went to physical education classes five days during the average school week
- Youth with lower grades (mostly C’s, D’s or F’s) were more likely to participate in no physical education classes during the average week
- Seventy-two percent of middle school students usually went home right after school. When they got home, 49 percent watched television, went online or played video games; 29 percent talked on the phone; 46.6 percent did homework.
- Two thirds of middle school students watched television two or more hours on an average school day; 45 percent watched television three or more hours on an average school day.
- Seventy-six percent of middle school students watched television, played video games or used the computer for fun for 3 or more hours on the average school day.
- Seventy-six percent of middle school students have a television in the room where they sleep. Youth who have a television in the room where they sleep were nearly twice as likely to watch 3 or more hours of television on the average school day.

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