



A young man wearing a black beanie and a grey t-shirt is sitting on a set of stairs, leaning forward with his arms crossed. He is looking directly at the camera. In the background, two other people are walking up the stairs, but they are heavily blurred. The entire image has a warm, orange-yellow color cast.

2001+2003

# FloridaYRBS

The Youth Risk Behavior Survey

# The 2001 + 2003 Florida Youth Risk Behavior Survey

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# Executive Summary

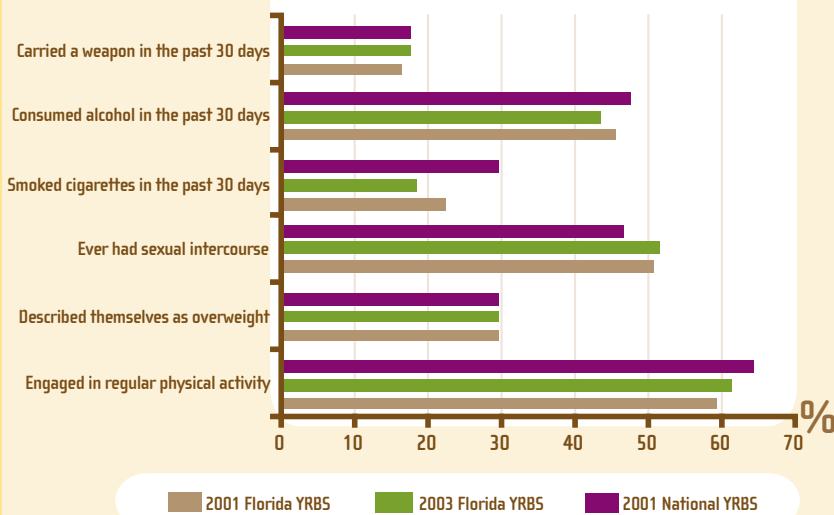
The Youth Risk Behavior Survey (YRBS) is a school-based survey that collects information on behaviors associated with the major causes of morbidity and mortality among youth. More than 70 schools were randomly selected for this survey. This report describes the major findings from the survey conducted in 2001 and 2003.

The chart to the right summarizes the key findings detailed in this report and compares the results from the 2001 and 2003 Florida YRBS with data from the 2001 National YRBS. Results from the 2003 Florida YRBS indicate that many of the changes in health risk behaviors between 2001 and 2003 were positive, particularly with respect to tobacco use. The data from the 2003 National YRBS will be available in the summer of 2004 at <http://www.cdc.gov/YRBS>.

Compared to 2001 national benchmarks, Florida YRBS results showed that many of Florida's high school students were engaging in positive behaviors. Florida youth were less likely than students nationally to engage in risk behaviors relating to suicide, tobacco use, alcohol use, and were more likely to report condom use. However, Florida students were more likely than students nationally to be at risk for behaviors related to physical inactivity and nutrition (see table on page 2 for detailed information).

The results of the Florida YRBS will assist health professionals, educators, and policy makers to identify and focus efforts to reduce health risk behaviors among youth in Florida. In addition, results of this survey will be utilized to target program funding, guide program content development, and inform the public about youth exposure to health risks. Subsequent successful Youth Risk Behavior Surveys will allow Florida to track changes in the risk behaviors of our adolescent population.

Percent of Florida Public High School Students Who Engaged in Selected Risk Behaviors Compared to the National YRBS



**Youth Risk Behaviors** The YRBS identifies risk behaviors in six categories. The following chart shows the percentages of Florida public high school students in 2001 who engaged in risk behaviors compared to percentages from the 2001 National YRBS.

# Introduction

The Youth Risk Behavior Survey (YRBS) is a school-based anonymous classroom survey of risk behaviors among public high school students (grades 9–12). It is conducted nationally and by more than 50 states, territories and large cities in odd-numbered years. Data from the national YRBS and youth risk behavior surveys conducted in other states and cities are available at <http://www.cdc.gov/YRBS>. Florida public high school students first participated in the YRBS in 1991. The purpose of the survey is to monitor trends in risk behaviors among our adolescent population.

Among youth and young adults aged 10 to 24 years, approximately three fourths of all deaths result from only four causes: motor vehicle crashes, other unintentional injuries (e.g., drownings and falls), homicide and suicide. Among adolescents, substantial morbidity and social problems result from sexually transmitted diseases and unintended pregnancies. Many young adults who develop AIDS in their twenties were infected with HIV during adolescence. Among adults, two-thirds of all deaths are due to cardiovascular disease and cancer. Many of these premature deaths result from behaviors established during adolescence. The YRBS asks questions about the behaviors that put youth and young adults at increased risk of morbidity, mortality, and social problems related to these outcomes.<sup>1</sup>

**Methods** In 2001 and 2003, the Florida YRBS was conducted by the Florida Department of Health, in collaboration with the Department of Education and the Department of Children and Families. In 2001 and 2003 the YRBS found continued cooperation on the part of school districts, individual schools and classrooms. The response rates for 2001 and 2003 were 71 percent and 66 percent, respectively.

Response rates must be greater than or equal to 60

## Youth Risk Behaviors

	2001 FLORIDA	2001 NATIONAL
<b>I. Unintentional and Intentional Injuries</b>		
Seriously consider attempting suicide	15. %	19. %
Made a plan about how they would commit suicide	11.3 %	14.8 %
<b>II. Tobacco Use</b>		
Used any tobacco on the past 30 days	26.6 %	33.9 %
Tried cigarette smoking, even one or two puffs	57.4 %	63.9 %
Got their own cigarettes by buying them in a store or gas station during the past 30 days	6.0 %	8.6 %
Smoked cigarettes on school property on one or more of the past 30 days	7.0 %	9.9 %
Smoked cigarettes daily, that is, at least one cigarette every day for 30 days	13.7 %	20.0 %
Used chewing tobacco or snuff on one or more of the past 30 days	5.8 %	8.2 %
<b>III. Alcohol and Drug Use</b>		
Consumed five or more drinks of alcohol in a row, that is, within a couple of hours, (binge drinking) on one or more of the past 30 days	24.8 %	29.9 %
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life	12.0 %	14.7 %
Used methamphetamines one or more times during their life	7.6 %	9.8 %
Were offered, sold, or given an illegal drug on school property by someone during the past 12 months	24.9 %	28.5 %
<b>IV. Sexual Behavior</b>		
Did not have sexual intercourse	49.9 %	45.6 %
Used birth control pills the last time they had sexual intercourse, among students who had sexual intercourse during the past 3 months	13.4 %	18.2 %
Used a condom the last time they had sexual intercourse, among students who had sexual intercourse during the past 3 months	65.1 %	57.9 %
<b>V. Nutrition</b>		
Reported trying to lose weight	42.2 %	46.0 %
Exercised to lose weight or to keep from gaining weight during the past 30 days	55.3 %	59.9 %
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days	39.6 %	43.8 %
Ate fruit one or more times during the past seven days	80.8 %	84.4 %
<b>VI. Physical Activity</b>		
Attended physical education (PE) class on one or more days during an average school week	41.6 %	51.7 %
Exercised or participated in vigorous physical activity that made them sweat or breathe hard on 3 or more of the past 7 days	58.8 %	64.6 %
Exercised or participated in moderate physical activity that did not make them sweat or breathe hard for at least 30 minutes on at least 5 of the past 7 days	22.0 %	25.5 %

<sup>1</sup> Grunbaum JA, Kann L, Kinchen S et al: Youth Risk Behavior Surveillance—United States, 2001. *Surveillance Summaries*, June 28, 2002. *Morbidity and Mortality Weekly Report*, 2002; 51 (SS-4).

percent in order for the data to be weighted and generalizable to the Florida public high school population. The response rate to a survey is the total number of completed surveys divided by the total number of persons asked to complete the survey. For the YRBS, the response rate is a combination of the number of school districts and individual schools that agree to participate, the number of classrooms that administer the survey, and the number of individual students who actually complete a questionnaire.

Differences between subgroups were calculated using a 95 percent confidence interval. The prevalence data used in this report were considered statistically significant if the 95 percent confidence intervals did not overlap. A confidence interval is a range of responses in which the true percentage falls. A 95 percent confidence interval means that if this survey were repeated many times, the true percentage would fall within this interval 95 percent of the time. These results are presented as rounded percentages, and therefore, not all of the percentages add up to 100 percent.\*

**Composition of the Sample** The data used in this report have been weighted to reflect the actual gender, race/ethnicity and grade composition of Florida public high schools. The 2001 and 2003 unweighted data closely represented the actual composition of Florida public high schools. In 2001, non-Hispanic white students were slightly underrepresented, while students listed as Other (American Indian, Asian, Native Hawaiian, etc.) were overrepresented. In 2003, non-Hispanic whites and non-Hispanic blacks were slightly underrepresented, while Hispanic/Latino students and students listed as Other were overrepresented. Data for students of multiple races are not included in this report due to the limited size of the sample group.

To correct for any differences between the YRBS sample and the overall Florida high school population, the responses were statistically weighted by the CDC. Weighting is a procedure that adjusts for oversampling and any discrepancies between the sample and the entire population from which the sample is drawn. The weighted survey results that are presented in this report accurately reflect the gender, race/ethnicity, and grade level distribution of public high school students in the state; thus, these findings can be generalized to all public high school students in Florida.



### Additional Information

For more detailed information about the Florida Youth Risk Behavior Survey, please call the Bureau of Epidemiology at the Florida Department of Health, (850) 245-4401, or write to us at: 4052 Bald Cypress Way, Bin A-12, Tallahassee, Florida, 32399-1720. For information about the national and other state Youth Risk Behavior Surveys, please visit the CDC web site at: <http://www.cdc.gov/yrbs/>.

Demographics of Florida YRBS respondents by year				
	2001		2003	
DEMOGRAPHIC CHARACTERISTICS	PERCENTAGE OF FLORIDA PUBLIC HIGH SCHOOL STUDENTS	NUMBER OF SURVEY RESPONDENTS*	PERCENTAGE OF FLORIDA PUBLIC HIGH SCHOOL STUDENTS	NUMBER OF SURVEY RESPONDENTS*
<b>Gender</b>				
Girls	48.8	2,100	49.3	2,139
Boys	51.2	2,101	50.7	1,913
<b>Total</b>	<b>100.0</b>	<b>4,201</b>	<b>100.0</b>	<b>4,052</b>
<b>Race/Ethnicity</b>				
non-Hispanic Black	23.8	1,001	23.5	786
Hispanic/Latino	18.5	846	21	1,033
non-Hispanic White	55.3	2,102	53	1,983
Other race	1.8	192	1.8	172
Multiple races	0.7	68	0.7	73
<b>Total</b>	<b>100.0</b>	<b>4,209</b>	<b>100.0</b>	<b>4,049</b>
<b>Grade</b>				
9th	34.8	1,347	33.8	1,179
10th	24.8	1,121	25	1,124
11th	21.3	902	21.5	974
12th	17.3	743	18.7	725
<b>Total</b>	<b>100.0</b>	<b>4,113</b>	<b>100.0</b>	<b>4,002</b>
<b>Total</b>	<b>4,237</b>		<b>4,080</b>	

\*Because not all students answer demographic questions, total number of survey respondents will vary.

# Personal Safety

Personal safety behaviors impact the risk for motor vehicle crashes, unintentional injuries, homicide, and suicide. Six behaviors are highlighted in this report that increase the risk of these causes of injury and death.

**Seat Belt Use** Overall, 15.6 percent of students in 2001 and 13.7 percent of students in 2003 never or rarely wore a seat belt when riding in a car driven by someone else. In 2001 and 2003, boys were more likely than girls to never or rarely wear a seat belt. In 2001, Non-Hispanic White students were less likely than Non-Hispanic Black and Hispanic students to never or rarely wear seat belts, but in 2003 there was not a significant difference among different races/ethnicities.

**How often do you wear a seat belt when riding in a car driven by someone else?**

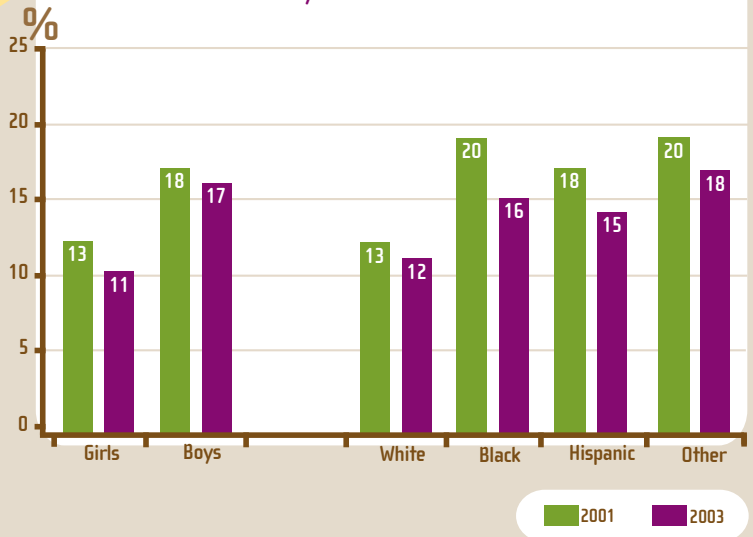
- a. Never | b. Rarely | c. Sometimes | d. Most of the time | e. Always

**Bicycle Helmet Use** Overall, 67.1 percent of students in 2001 and 66.2 percent of students in 2003 reported having ridden a bicycle in the previous 12 months. Of those who rode a bicycle in the past 12 months, 88.4 percent in 2001 and 87.3 percent in 2003 never or rarely wore a bicycle helmet. Boys and girls, and students of all races/ethnicities were equally likely to never or rarely wear a bicycle helmet.

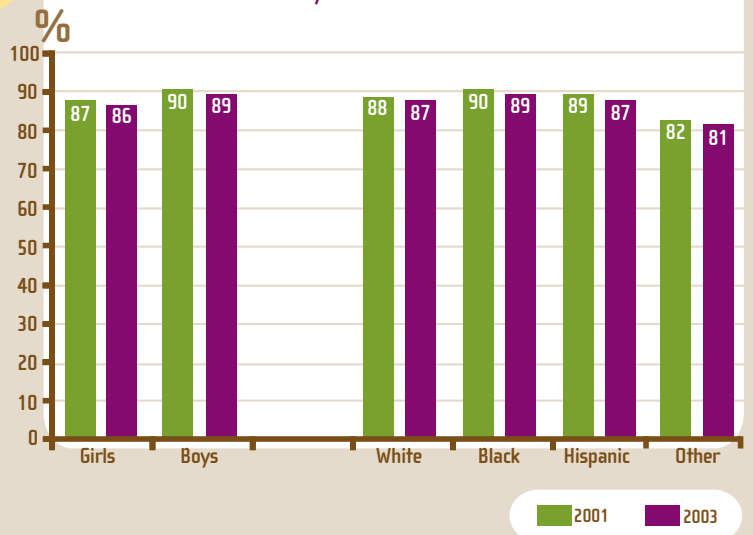
**When you rode a bicycle during the past 12 months, how often did you wear a helmet?**

- a. I did not ride a bicycle in the past 12 months | b. Never wore a helmet | c. Rarely wore a helmet | d. Sometimes wore a helmet | e. Most of the time I wore a helmet | f. Always wore a helmet

Students Who Never or Rarely Wore A Seatbelt



Students Who Never or Rarely Wore a Bike Helmet



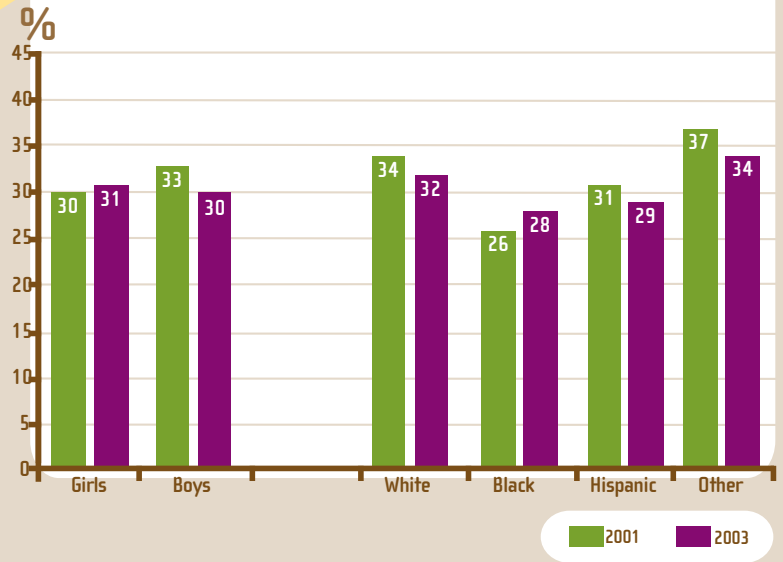
### Riding in a Car Driven by Someone Who Had Been Drinking

From 2001 to 2003, there was not a significant change in the percentage of students who rode in a car driven by someone who had been drinking (31.5 percent in 2001 and 30.4 percent in 2003). In both years boys and girls were equally likely to engage in this behavior. In 2001, non-Hispanic Black students were less likely than students of all other races/ethnicities to engage in this behavior, but in 2003 students of all races/ethnicities were equally likely to ride in a car driven by someone who had been drinking.

During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

- a. 0 times
- b. 1 time
- c. 2 or 3 times
- d. 4 or 5 times
- e. 6 or more times

Students Who Rode in a Car Driven by Someone Who Had Been Drinking

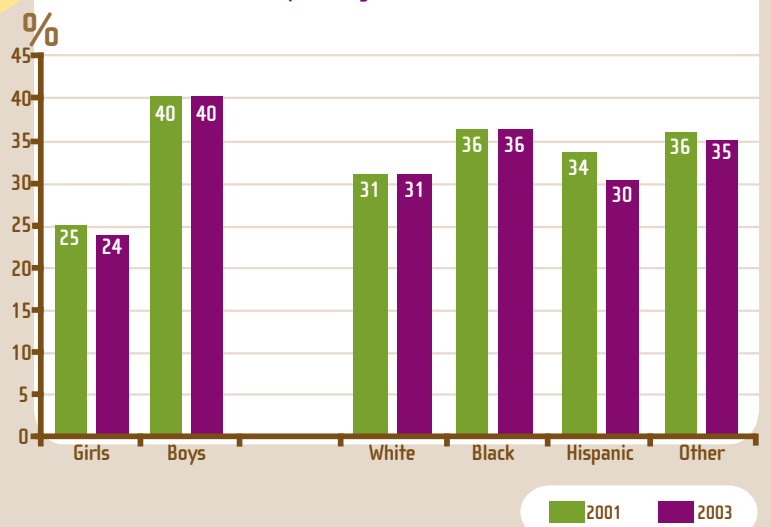


**Physical Fight** Overall, 32.8 percent of students in 2001 and 32.1 percent of students in 2003 were in a physical fight some time in the previous 12 months. Among those who had been in a physical fight, 4.2 percent in 2001 and 4.7 percent in 2003, sustained an injury that had to be treated by a doctor or nurse. In 2001 and 2003, boys were more likely than girls to have an injury due to a physical fight (5.2 percent versus 3 percent in 2001 and 6.4 percent versus 2.8 percent in 2003) and boys were also more likely to engage in a physical fight. In both years, students of all races/ethnicities were equally likely to have been in a fight one or more times in the past 12 months.

During the past 12 months, how often were you in a physical fight?

- a. 0 times
- b. 1 time
- c. 2 or 3 times
- d. 4 or 5 times
- e. 6 or 7 times
- f. 8 or 9 times
- g. 10 or 11 times
- h. 12 or more times

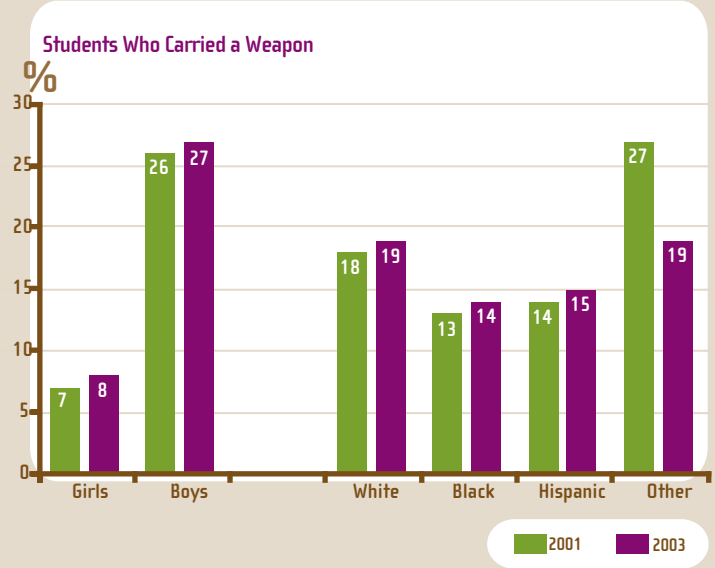
Students Who Were in a Physical Fight



**Carry a Weapon** Overall, 16.4 percent of students in 2001 and 17.2 percent of students in 2003 carried a weapon on at least one of the previous 30 days. In both 2001 and 2003, boys were much more likely than girls and non-Hispanic White students were more likely than non-Hispanic Black students to carry a weapon.

During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

- a. 0 times | b. 1 time | c. 2 or 3 times | d. 4 or 5 times | e. 6 or more times



**Suicide** Overall, 15.4 percent of students in 2001 and 15.8 percent of students in 2003 seriously considered suicide at least one time in the past 12 months. In both 2001 and 2003, girls were much more likely than boys to consider suicide and girls were more likely than boys to plan and to attempt suicide. Non-Hispanic Black students were least likely to consider suicide (11.2 percent in 2001 and 13.3 percent in 2003), while non-Hispanic White students and students listed as other were most likely to consider suicide (17.1 percent and 23.7 percent in 2001; 17.1 percent and 22.7 percent in 2003).

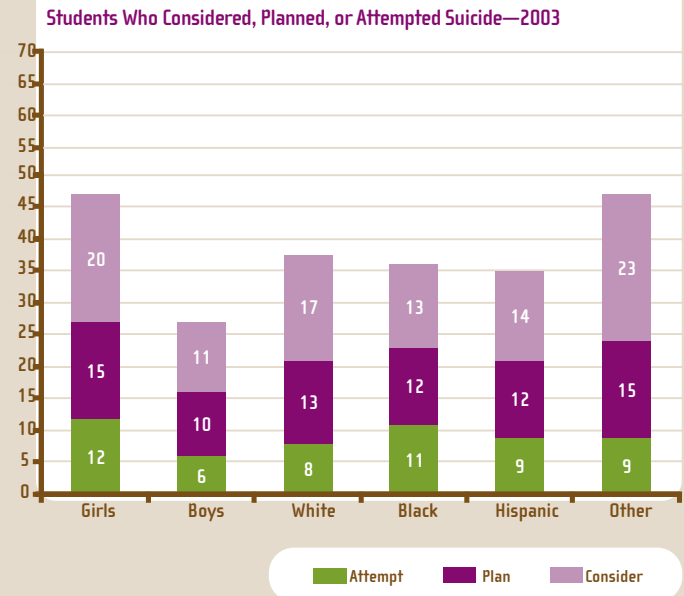
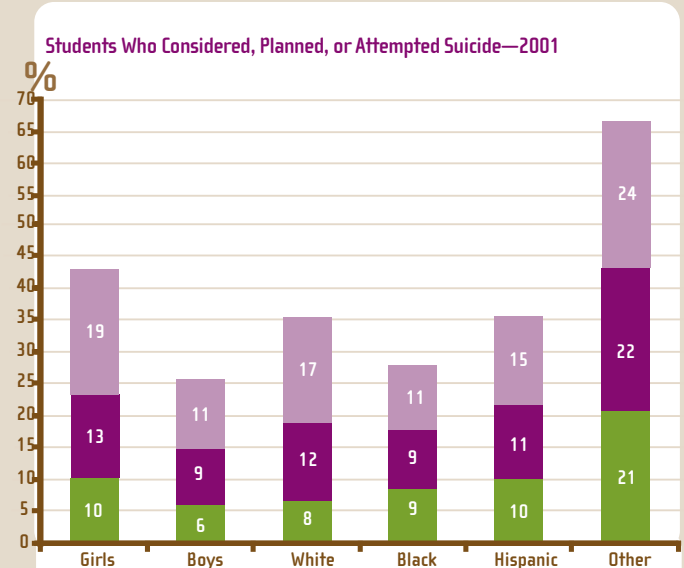
During the past 12 months . . .

1. did you ever seriously consider attempting suicide [yes/no];
2. did you make a plan about how you would attempt suicide [yes/no]; and
3. how many times did you actually attempt suicide [0-6 or more]?

Considerers answered "yes," "no," and "0."

Planners answered "yes," "yes," and "0."

Attempters answered "yes," "yes," and "1 or more times."





# Drug & Alcohol Use

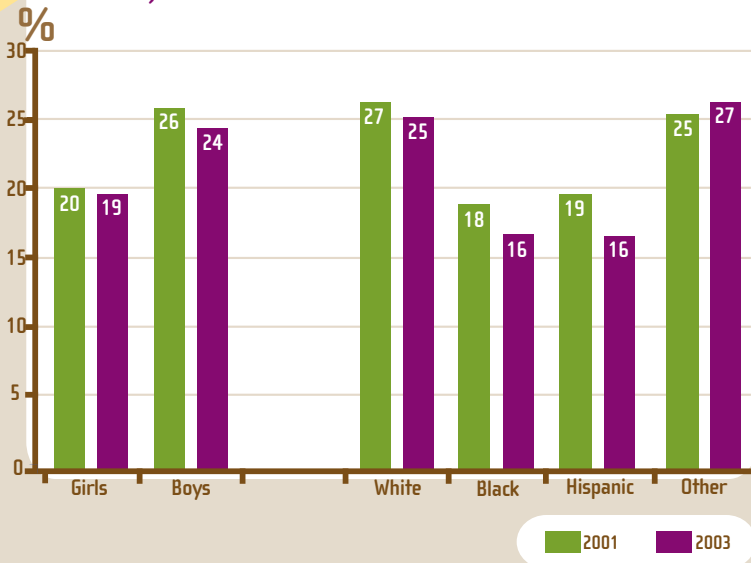
## Lifetime and Current Marijuana Use

Overall, 40.2 percent of students in 2001 and 40.6 percent of students in 2003 used marijuana at least one time in their lives (lifetime use), while 23.1 percent in 2001 and 21.4 percent in 2003 used marijuana in the past 30 days (current use). Boys were more likely than girls to try marijuana (44 percent versus 36.3 percent in 2001 and 43.5 percent versus 37.8 percent in 2003), and non-Hispanic Black and Hispanic students were less likely than non-Hispanic White students to ever use marijuana (32.7 percent and 34.6 percent versus 45.2 percent in 2001 and 32.6 percent and 34.6 percent versus 46.5 percent in 2003).

During the past 30 days, how many times did you use marijuana?

- a. 0 days | b. 1 or 2 times | c. 3 to 9 times | d. 10 to 19 times | e. 20 to 39 times | f. 40 or more times

Current Marijuana Use



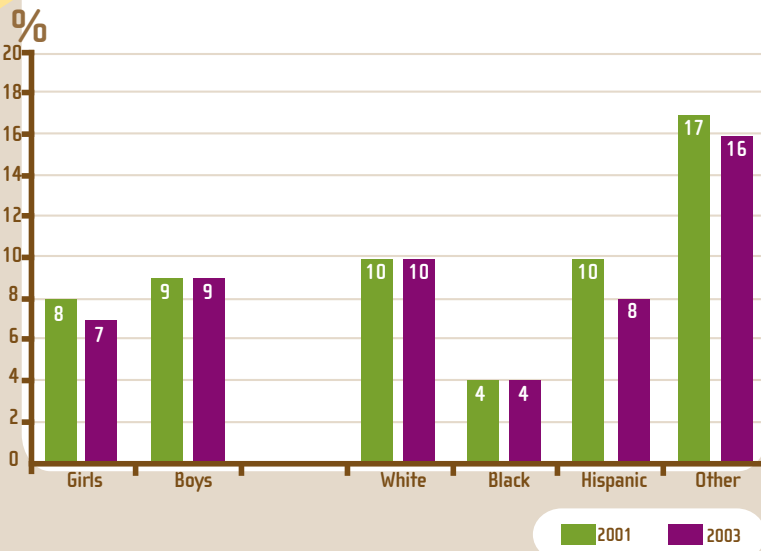
## Lifetime Cocaine Use

Overall, 8.3 percent of students in 2001 and 8.1 percent of students in 2003 used cocaine at least one time in their lives (lifetime use), while 4 percent in 2001 and 2003 used cocaine in the past 30 days (current use). Boys and girls were equally likely to have used cocaine one or more times in their lives, but in 2003 boys were more likely than girls to report current use (5.1 percent versus 2.9 percent). Non-Hispanic Black students were much less likely than students of all other races/ethnicities to ever use cocaine (3.5 percent in 2001 and 3.6 percent in 2003).

During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

- a. 0 times | b. 1 or 2 times | c. 3 to 9 times | d. 10 to 19 times | e. 20 to 39 times | f. 40 or more times

Lifetime Cocaine Use

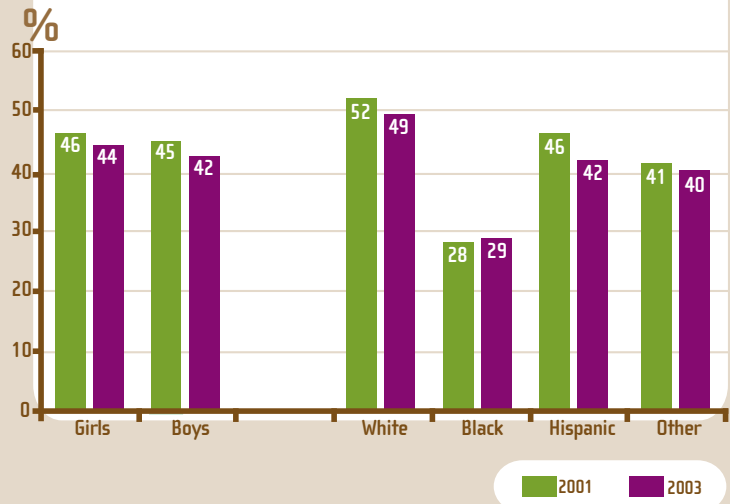


**Any Alcohol Use** Overall, 45 percent of students in 2001 and 42.7 percent of students in 2003 had at least one alcoholic drink on at least one of the previous 30 days. Boys and girls were equally likely to report any alcohol use in the past 30 days (45.5 percent and 44.6 percent in 2001; 41.9 percent and 43.8 percent in 2003). In both 2001 and 2003, non-Hispanic Black students were less likely than students of all other races/ethnicities to engage in this behavior (28.3 percent in 2001 and 28.5 percent in 2003).

**During the past 30 days, on how many days did you have at least one drink of alcohol?**

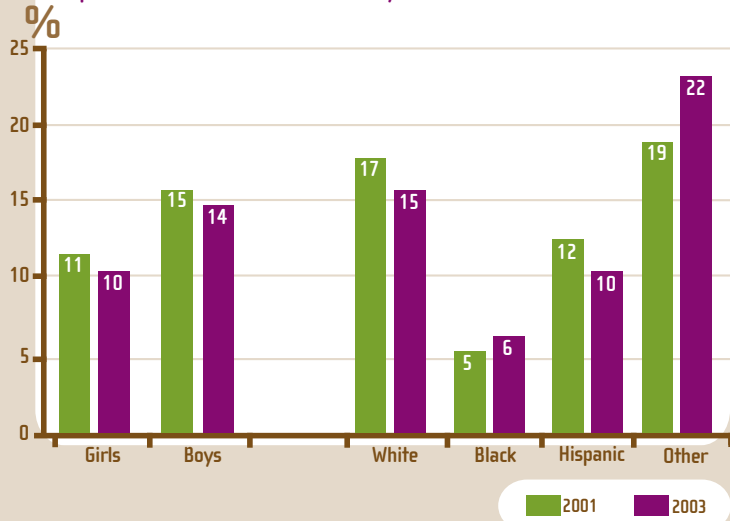
- a. 0 days | b. 1 or 2 days | c. 3 to 5 days | d. 6 to 9 days | e. 10 to 19 days | f. 20 to 29 days | g. all 30 days

Any Alcohol Use in the Past 30 Days



**Frequent Alcohol Use** Occasional alcohol use was defined as drinking on one to five of the previous 30 days and frequent drinking was defined as having at least one alcoholic drink on six or more of the previous 30 days. Overall, 13.4 percent of students in 2001 and 12 percent of students in 2003 were frequent alcohol users. Non-Hispanic Black students were less likely than students of all other races/ethnicities to engage in this behavior.

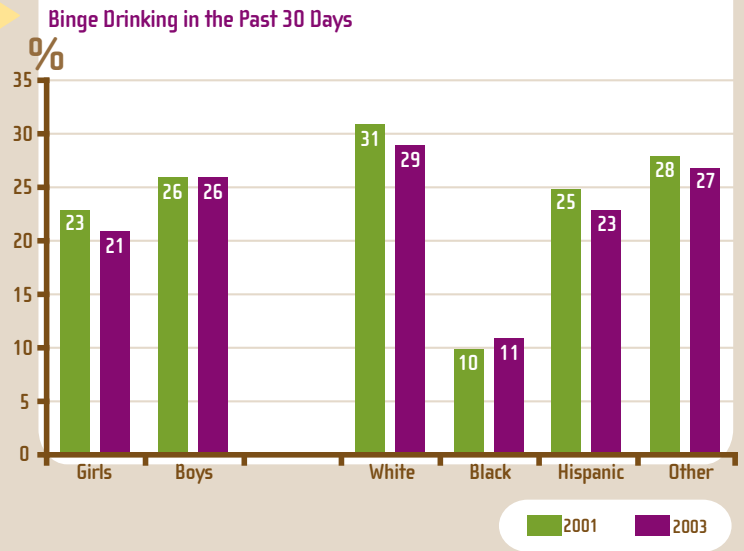
Frequent Alcohol Use in the Past 30 Days



**Binge Drinking** Binge drinkers were defined as those who had five or more drinks of alcohol in a row (within a couple of hours) on at least one of the past 30 days. In 2001, binge drinking was equally common among boys and girls, but in 2003 boys were more likely than girls to engage in this behavior. In 2001 and 2003, non-Hispanic Black students were much less likely than students of all other races/ethnicities to report binge drinking in the past 30 days (10.0 percent in 2001 and 10.8 percent in 2003).

**During the past 30 days, on how many days did you have five or more drinks of alcohol in a row?**

- a. 0 days | b. 1 or 2 days | c. 3 to 5 days | d. 6 to 9 days | e. 10 to 19 days | f. 20 to 29 days | g. all 30 days



# Tobacco Use

**Any Cigarette Use** Overall, 21.5 percent of students in 2001 and 18.1 percent of students in 2003 smoked a cigarette on at least one of the previous 30 days (current smokers). In 2001 and 2003, boys and girls were equally likely to be current smokers and non-Hispanic Black students were much less likely than students of all other races/ethnicities to report current cigarette use (8.9 percent in 2001 and 8.2 percent in 2003).

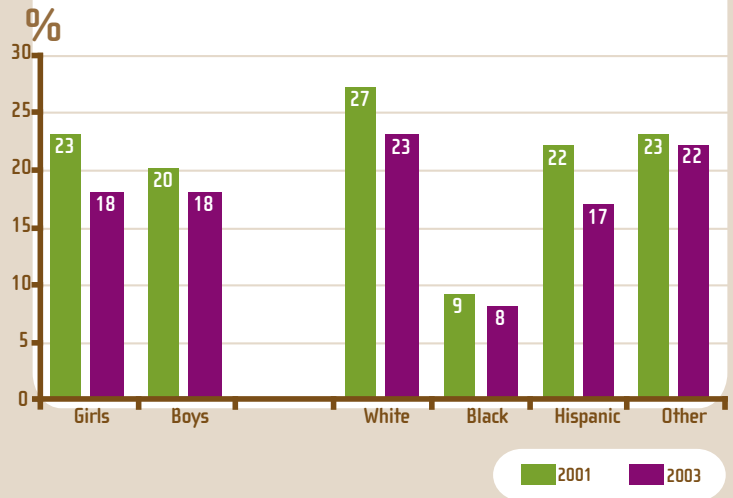
For more information on tobacco use among middle and high school students, go to <http://www.doh.state.fl.us/tobacco> or call the Florida Department of Health, Bureau of Epidemiology at (850) 245-4401.

**During the past 30 days, on how many days did you smoke cigarettes?**

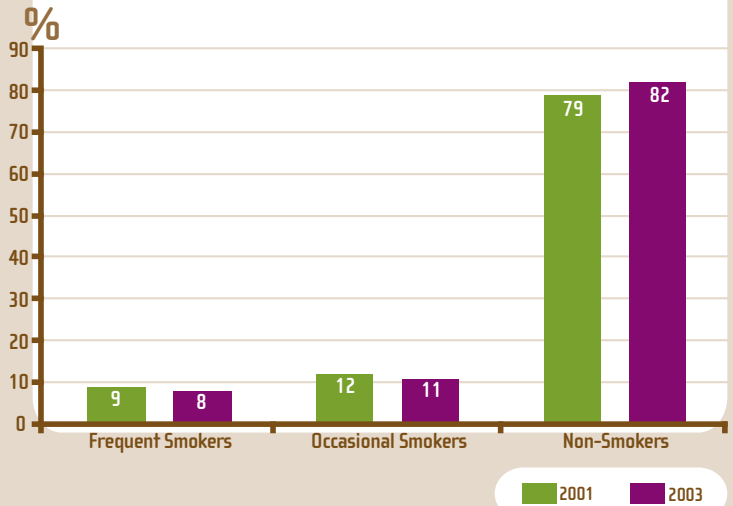
- a. 0 days | b. 1 or 2 days | c. 3 to 5 days | d. 6 to 9 days | e. 10 to 19 days | f. 20 to 29 days | g. all 30 days

**Frequency of Cigarette Use** Overall, 12.2 percent in 2001 and 10.6 percent in 2003 smoked a cigarette on one to 19 of the past 30 days (occasional smokers), while 9.3 percent in 2001 and 7.5 percent in 2003 smoked a cigarette on 20 or more of the past 30 days (frequent smokers). In both years, boys and girls were equally likely to be frequent smokers. Students listed as other and non-Hispanic White students were more likely than non-Hispanic Black students to report frequent cigarette use (13.2 percent and 10.5 percent versus 2.6 percent in 2001 and 14.3 percent and 12.9 percent versus 2.8 percent in 2003).

Cigarette Use in the Past 30 Days



Frequency of Cigarette Use in the Past 30 Days



**Smokeless Tobacco Use** Overall 5.8 percent of students in 2001 and 4.8 percent of students in 2003 used smokeless tobacco on at least one of the past 30 days (current user). Boys were much more likely than girls to use smokeless tobacco (9.8 percent versus 1.6 percent in 2001 and 8.1 percent versus 1.3 percent in 2003). Non-Hispanic white students and students listed as other were more likely than non-Hispanic Black and Hispanic students to use smokeless tobacco in the past 30 days.

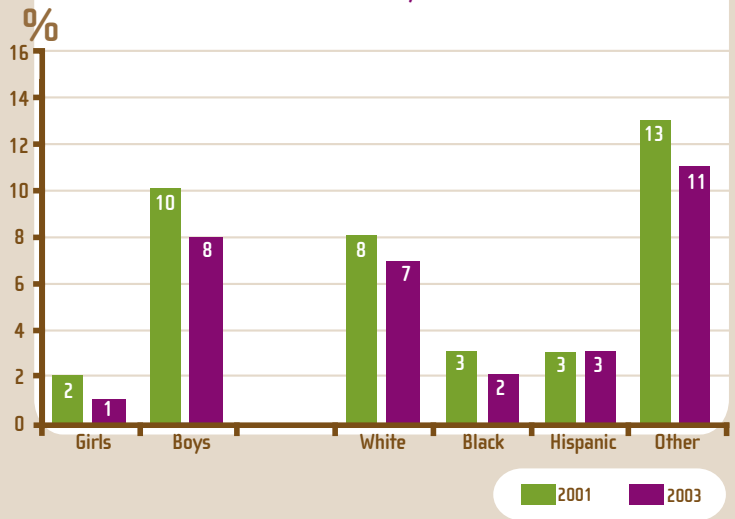
**During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?**

- a. 0 times | b. 1 time | c. 2 or 3 times | d. 4 or 5 times
- | e. 6 or 7 times | f. 8 or 9 times | g. 10 or 11 times |
- h. 12 or more times

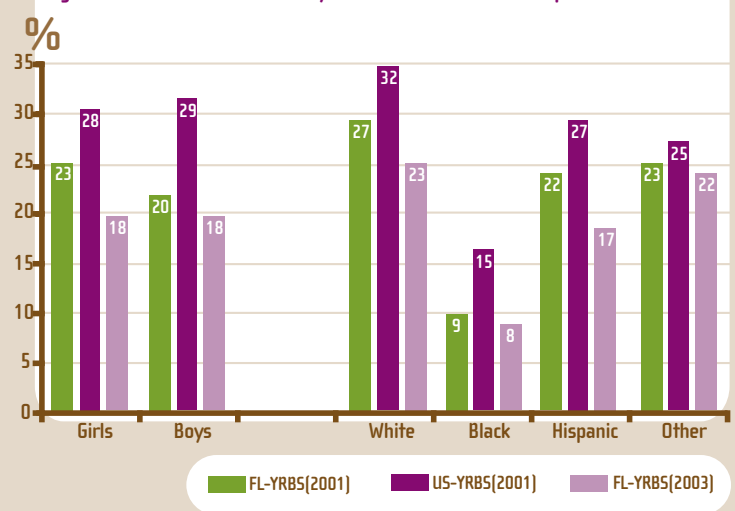
**Comparing 2001 and 2003 YRBS Data with 2001 National YRBS Data** Comparing estimates of cigarette use in the past 30 days in Florida to the national data show that Florida has a lower smoking prevalence than the average in the United States, based on the national 2001 YRBS data (<http://www.cdc.gov/YRBS>). The 2003 National YRBS data will not be available until the summer of 2004.

Differences between the Florida data and the national data were most marked among boys and non-Hispanic Black students.

Smokeless Tobacco Use in the Past 30 Days



Cigarette Use in the Past 30 Days: State and National Comparisons





# Sexual Activity

## Lifetime & Current Sexual Intercourse

In 2001 and 2003, 50.1 percent and 48.7 percent of students, respectively, never had sexual intercourse; 13.5 percent and 15 percent had sexual intercourse in their life, but not within the past 3 months, and 36.4 percent and 36.2 percent had sexual intercourse within the past 3 months. Girls were more likely than boys to have never had sexual intercourse boys were more likely than girls to have had sexual intercourse, but not within the past 3 months. In 2001 and 2003, non-Hispanic Black students were more likely than students of all other races/ethnicities to have sexual intercourse.

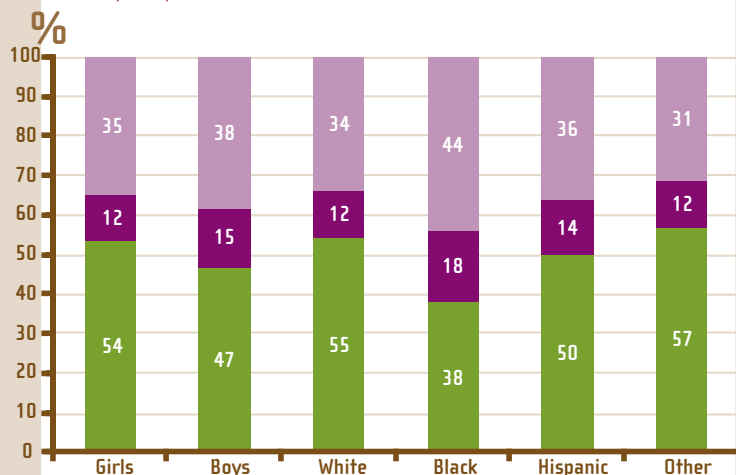
### Have you ever had sexual intercourse?

a. No | b. Yes

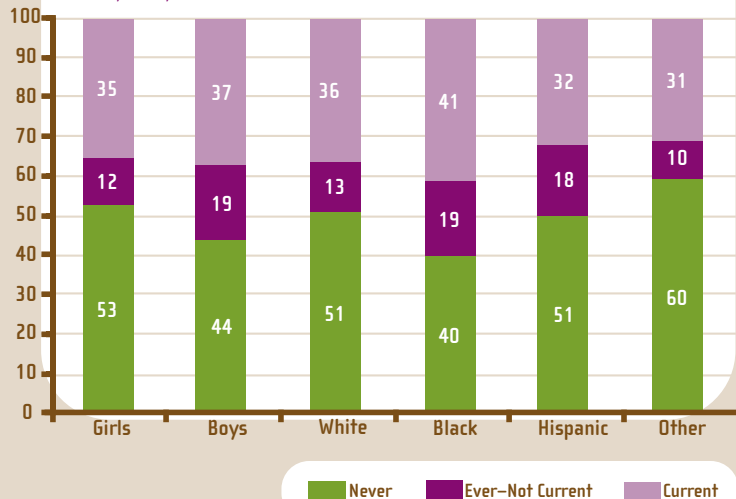
### In the past 3 months, with how many people did you have sexual intercourse?

a. I have never had sexual intercourse | b. I have had sexual intercourse, but not in the past 3 months. | c. 1 person | d. 2 people | e. 3 people | f. 4 people | g. 5 people | h. 6 or more people

Never, Ever, and Current Sexual Intercourse—2001



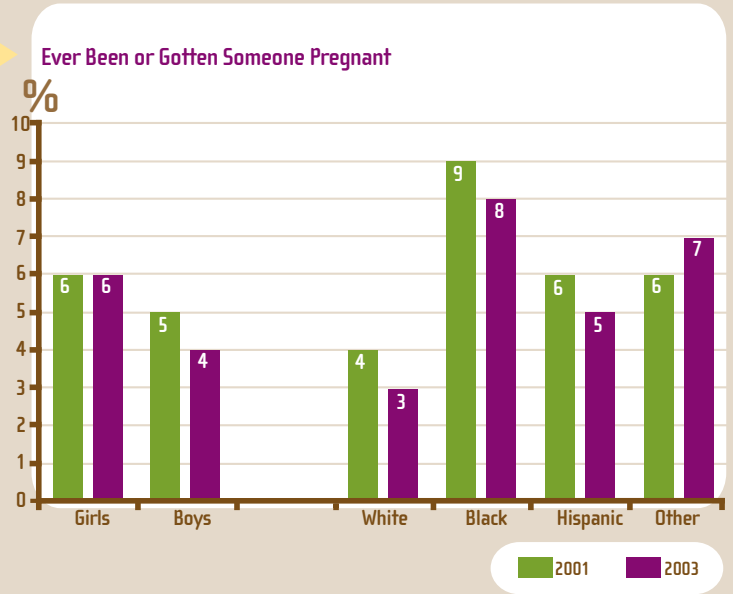
Never, Ever, and Current Sexual Intercourse—2003



**Pregnancy** Overall 5.7 percent of students in 2001 and 5 percent of students in 2003 have either been or have gotten someone pregnant at least once. In 2001 and 2003, boys and girls were equally likely to have either been or gotten someone pregnant. Non-Hispanic Black students were more likely than non-Hispanic White students to have either been pregnant or have gotten someone pregnant (9.3 percent versus 4 percent in 2001 and 8.4 percent versus 3.3 percent in 2003).

**How many times have you been pregnant or gotten someone pregnant?**

- a. 0 times | b. 1 time | c. 2 or more times | d. Not sure

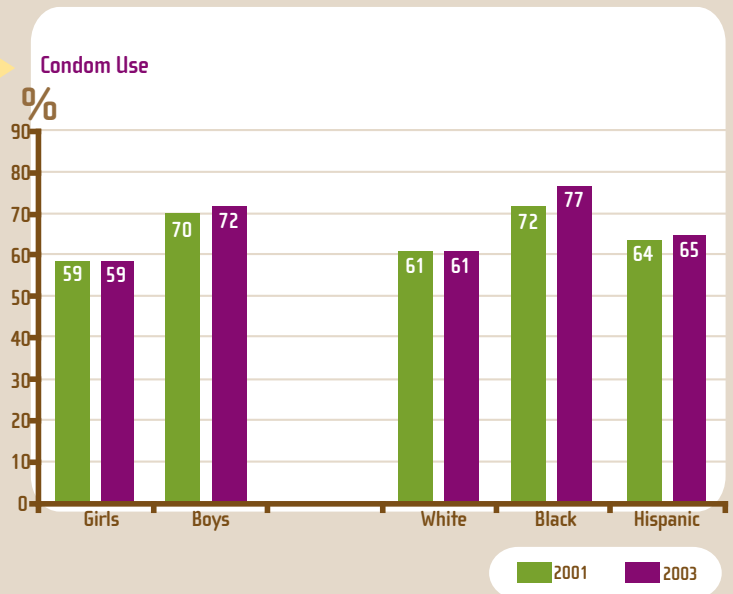


**Pregnancy Prevention** Among students who had sexual intercourse in the past three months, girls were more likely to use birth control pills the last time they had sexual intercourse to prevent pregnancy than boys were to report that their partner used birth control pills (17.1 percent versus 9.5 percent in 2001; 16.3 percent versus 11.9 percent in 2003).

Condoms were the most commonly used form of pregnancy prevention for both girls and boys. Among students who had sexual intercourse in the past three month, boys were more likely to have used a condom the last time they had sexual intercourse (70.3 percent versus 59.3 percent in 2001; 71.7 percent versus 59.4 percent in 2003). Condom use varied by race/ethnicity: non-Hispanic Black students were more likely to use condoms than non-Hispanic White students (72.1 percent versus 61.3 percent in 2001; 76.9 percent versus 61.2 percent in 2003).

**The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?**

- a. I have never had sexual intercourse | b. No method was used | c. Birth control pills | d. Condoms | e. Withdrawal | f. Some other method | g. Not sure



# Nutrition

**Body Weight** Overall, 28.7 percent of students in 2001 and 29.1 percent of students in 2003 perceived themselves slightly or very overweight. Girls were more likely than boys to perceive themselves as overweight (33.6 percent versus 24.1 percent in 2001; 32.6 percent versus 25.6 percent in 2003). In 2001, non-Hispanic Black students were less likely than students of all other races/ethnicities to describe themselves as slightly or very overweight (19.7 percent).

**How do you describe your weight?**

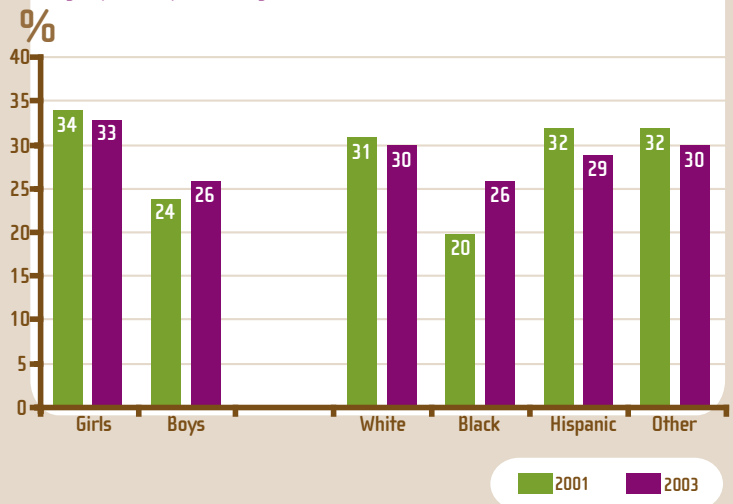
- a. very underweight | b. slightly underweight |
- c. about the right weight | d. slightly overweight |
- e. very overweight

**Trying to Lose Weight** Overall, 42.2 percent of students in 2001 and 43.8 percent of students in 2003 were trying to lose weight. Girls were much more likely than boys to try to lose weight (57.1 percent versus 28 percent in 2001 and 57.3 percent versus 30.6 percent in 2003). In both years, non-Hispanic White and Hispanic students were more likely than non-Hispanic Black students (44.5 percent and 47 percent versus 33.3 percent in 2001; 45.6 percent and 45.7 percent versus 39.2 percent in 2003) to engage in this behavior.

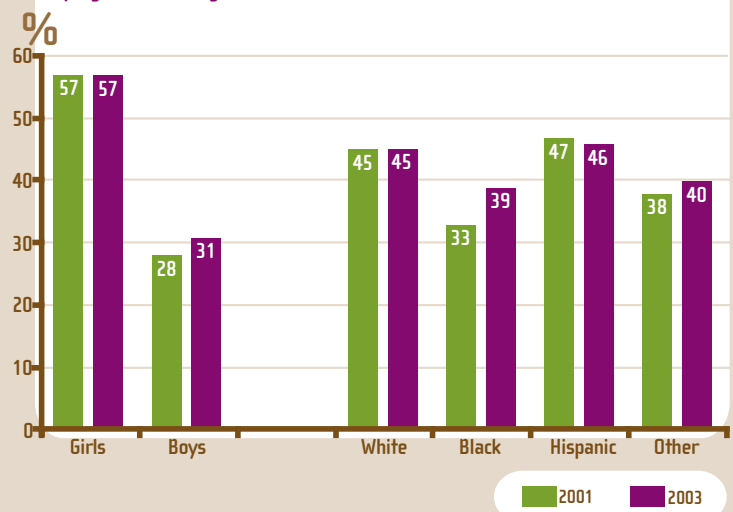
**Which of the following are you trying to do about your weight?**

- a. lose weight | b. gain weight | c. stay the same weight |
- d. I am not trying to do anything about my weight

**Self-Perception of Body Weight: Students Who Reported Being Slightly or Very Overweight**



**Trying to Lose Weight**



## Fruit and Vegetable Consumption

Students were asked a series of questions about the foods they ate in the previous seven days. Between 2001 and 2003 the percentage of students who consumed NO fruits or vegetables in the past week did not change significantly. Boys and girls and students of all race/ethnicity were equally likely to eat no fruits or vegetables.

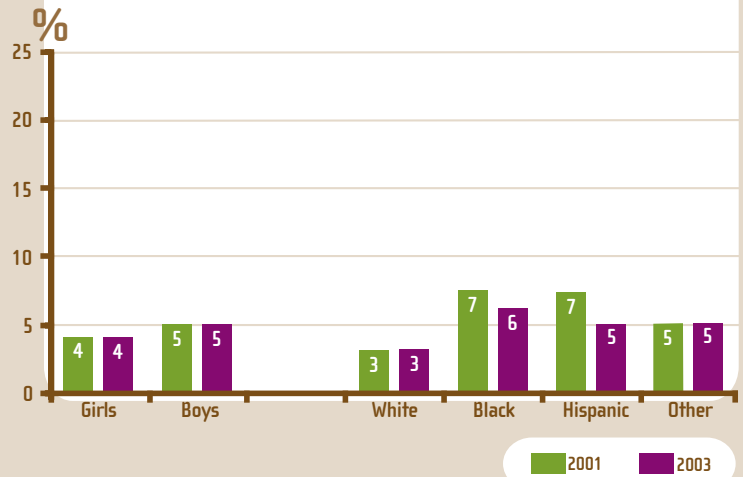
This variable was constructed based on the responses to 5 questions: During the past 7 days, how many times did you eat . . . fruit; green salad; potatoes (do not count French fries, fried potatoes, or potato chips.); carrots; and other vegetables (do not count green salad, potatoes, or carrots.)

a. I did not eat [fruits, green salad, potatoes, carrots, vegetables] | b. 1 to 3 times during the past 7 days | c. 4 to 6 times during the past 7 days | d. 1 time per day | e. 2 times per day | f. 3 times per day | g. 4 or more times per day

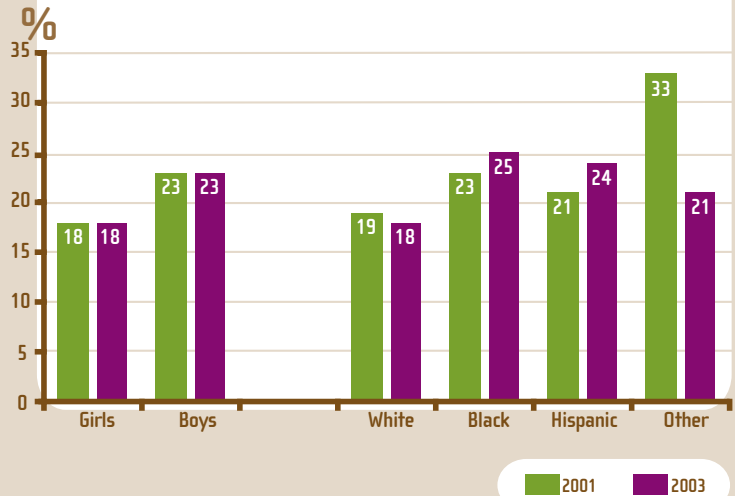
## Five or More Servings of Fruits and Vegetables Per Day

Overall, the percentage of students who ate at least 5 servings of fruits and vegetables per day was 20.3 percent in 2001 and 23.3 percent in 2003. Boys were more likely than girls to consume 5 or more servings of fruits and vegetables per day (22.6 percent versus 17.8 percent in 2001 and 23.3 percent versus 18.1 percent in 2003). In 2003, non-Hispanic White students were less likely than Hispanic and non-Hispanic Black students to consume 5 servings of fruits and vegetables per day (17.6 percent versus 23.9 percent and 24.5 percent, respectively).

Consumed No Fruits and Vegetables in the Past 7 Days



Students Who Ate 5 or More Servings of Fruits and Vegetables Per Day During the Past 7 Days

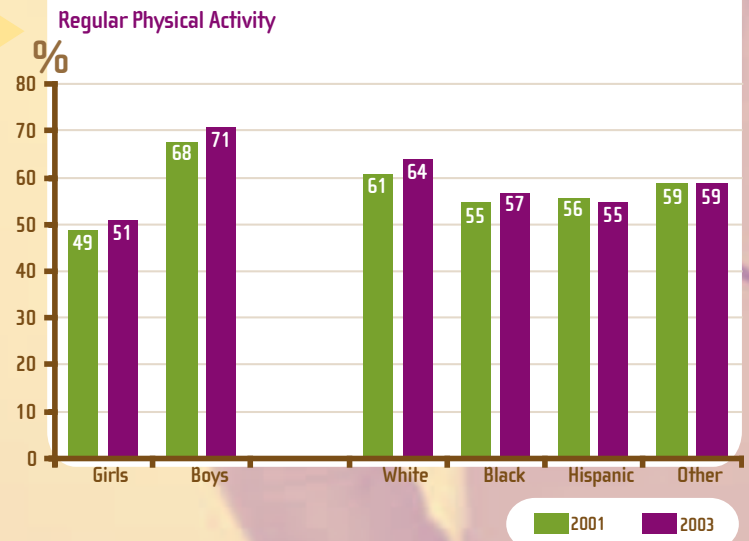


# Physical Activity

**Exercise** Students were asked a series of questions about physical activity, the type of exercise they get and how often they exercise, and how often they participate in physical education at school, or in organized sports run by a school or outside organization. Overall 58.8 percent of students in 2001 and 60.8 percent of students in 2003 engaged in physical activity that made them sweat and breathe hard on three or more of the past seven days (regular physical activity). Boys were much more likely than girls to engage in physical activity on at least three of the past seven days (68.4 percent versus 48.8 percent in 2001 and 70.9 percent versus 50.6 percent in 2003). This was fairly uniform across all races/ethnicities.

**On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?**

- a. 0 days | b. 1 day | c. 2 days | d. 3 days | e. 4 days | f. 5 days | g. 6 days | h. 7 days



### Hours of TV Watched on an Average School Day

Overall, 44.9 percent of students in 2001 and 42.7 percent of students in 2003 watched three or more hours of TV per day on an average school day. Non-Hispanic Black students were most likely and non-Hispanic White students were least likely to engage in this behavior (65.1 percent versus 34.4 percent in 2001 and 61.6 percent versus 32.9 percent in 2003).

On an average school day, how many hours do you watch TV?

- a. I do not watch TV on an average school day | b. Less than 1 hour per day | c. 1 hour per day | d. 2 hours per day | e. 3 hours per day | f. 4 hours per day | g. 5 or more hours per day

Students Who Watched 3 or More Hours of TV Per Day on an Average School Day



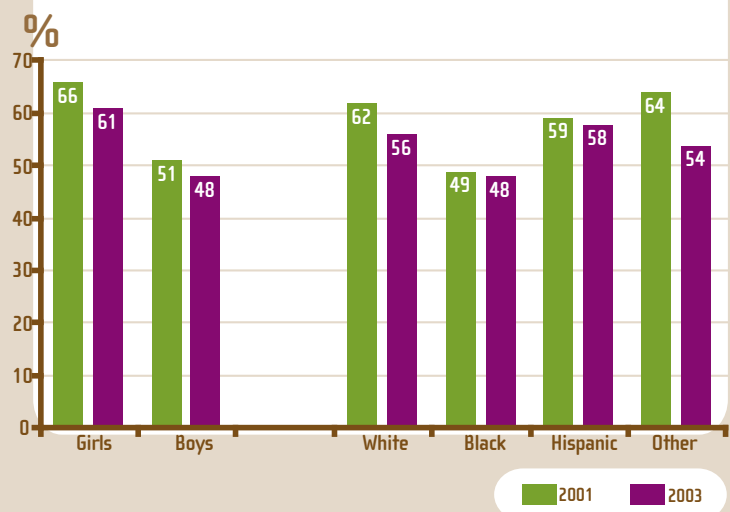
### Physical Education in School

A majority of high school students never attend Physical Education (P.E.) classes in school. Overall, 58.4 percent of students in 2001 and 54.4 percent of students in 2003 attended physical education classes on 0 days. Girls were more likely than boys to have no P.E. activity in school (66.3 percent versus 50.7 percent in 2001 and 60.7 percent versus 48.1 percent in 2003). Non-Hispanic Black students were more likely than students of all other races/ethnicities to have P.E. activity in school.

In an average week when you are in school, on how many days do you go to physical education (PE)?

- a. 0 days | b. 1 day | c. 2 days | d. 3 days | e. 4 days | f. 5 days

No P.E. in School



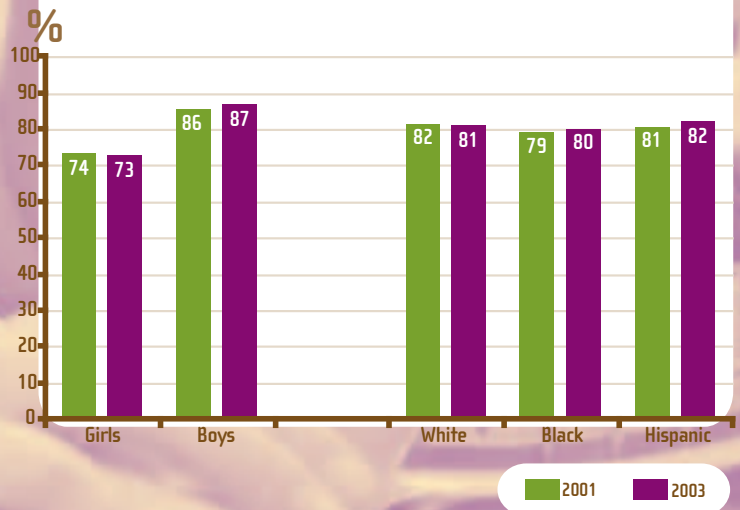
### Minutes of Exercise in Physical Education

Among the students who attended physical education classes in school, 80.8 percent in 2001 and 80.9 percent in 2003 actually exercised or played sports in class for more than 20 minutes. Boys were more likely than girls to exercise for more than 20 minutes during an average physical education class. This was fairly uniform across race/ethnic groups.

**During an average physical education class, how many minutes do you spend actually exercising or playing sports?**

**a. I do not take P.E. | b. Less than 10 minutes | c. 10 to 20 minutes | d. 21 to 30 minutes | e. More than 30 minutes**

More Than 20 Minutes of Physical Activity Among Those Who Take P.E.



# Summary

The data from the 2001 and 2003 Florida YRBS suggest that many public high school students practice behaviors that place them at risk for serious health problems. These problems range from those of immediate concern such as traumatic brain injury resulting from not wearing a seat belt to more distant problems such as heart disease due to poor nutrition, physical inactivity, tobacco use and alcohol abuse.

Some risk behaviors are found more often among specific subgroups. For example, boys are more likely than girls to get into physical fights, carry weapons, use smokeless tobacco, binge drink and use drugs. Girls are less likely to eat fruits and vegetables, and be physically active; they are more likely to attempt suicide and be overweight. Considerable variation also was evident by race/ethnic group. Non-Hispanic White students were most likely to be physically active, and least likely to not wear a seat belt and to have ever been or gotten someone pregnant. But non-Hispanic White students were more likely to carry a weapon, and use tobacco and other drugs, including alcohol. Non-Hispanic White students were least likely to ride in a car driven by someone who had been drinking, to carry a weapon, or use tobacco or alcohol, or other drugs. However, they were more likely to not use a seat belt, to be in a physical fight, to be sexually active, and to have been or gotten someone pregnant. Hispanic students were less likely to carry a weapon or use smokeless tobacco than their non-Hispanic White counterparts, and were most likely to have eaten fruits and vegetables. However, they also were most likely to be at risk for becoming overweight.



## Acknowledgements

Special thanks to our colleagues at Florida public schools and districts, county health departments, the Florida Department of Education, ORC Macro, Westat, the Centers for Disease Control and Prevention (CDC), and the Florida Department of Health for making the Florida Youth Risk Behavior Survey possible.

## Additional Information

For more detailed information about the Florida Youth Risk Behavior Survey, please call the Bureau of Epidemiology at the Florida Department of Health, (850) 245-4401, or write to us at: 4052 Bald Cypress Way, Bin A-12, Tallahassee, Florida, 32399-1720. For information about the national and other state Youth Risk Behavior Surveys, please visit the CDC web site at: <http://www.cdc.gov/yrbs/>.

