

# Prevention of Unhealthy Dietary Behavior Among Florida Public High School Students



Results from the 2005 Florida Youth Risk Behavior Survey

\*Fact Sheet 6\*

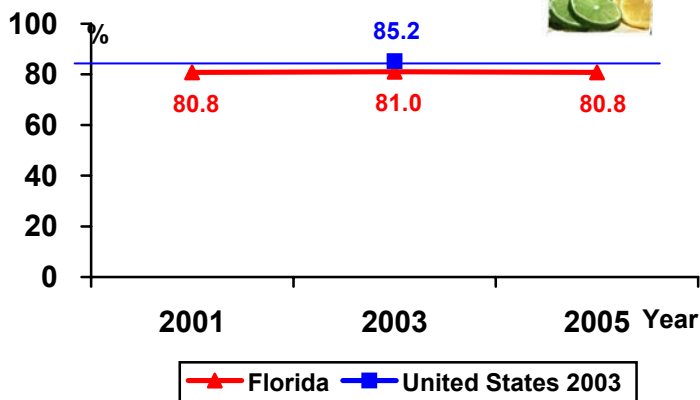
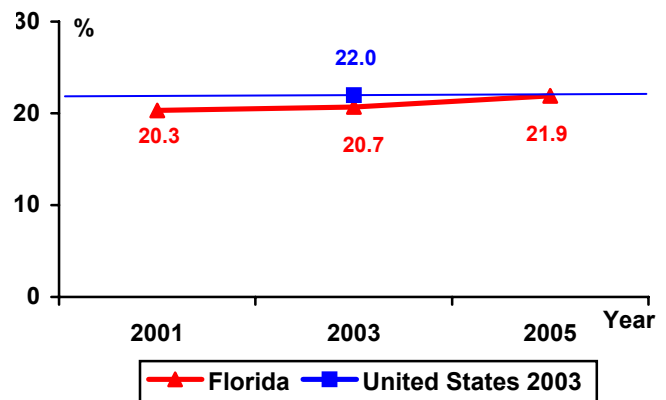
## Introduction:

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.

### Ate five or more servings of fruits and vegetables a day



Approximately 165,000 students (21.9 percent) ate five or more servings per day of fruits and vegetables during the past seven days in 2005. This prevalence did not change significantly from 2001 to 2005. There was no significant difference in this prevalence between Florida during 2001-2005 and the national level of 22.0 percent in 2003.

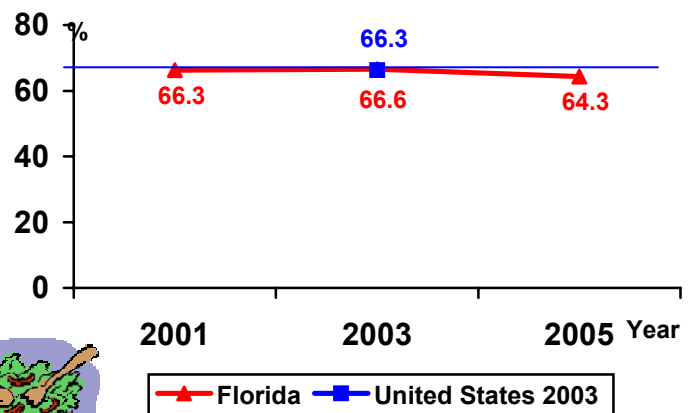


### Ate fruits one or more times per week

Approximately 619,000 students (80.8 percent) ate fruit one or more times during the past seven days in 2005. This prevalence stayed the same from 2001 to 2005. Compared to the national average of 85.2 percent in 2003, Florida had a significantly lower prevalence of eating fruits one or more times in the past seven days during 2001-2005.

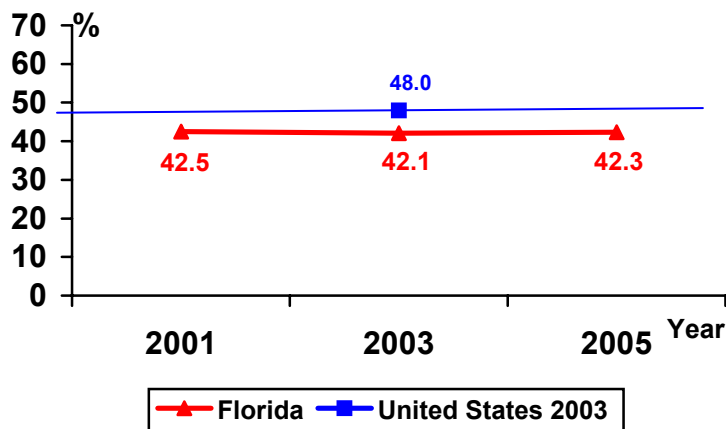
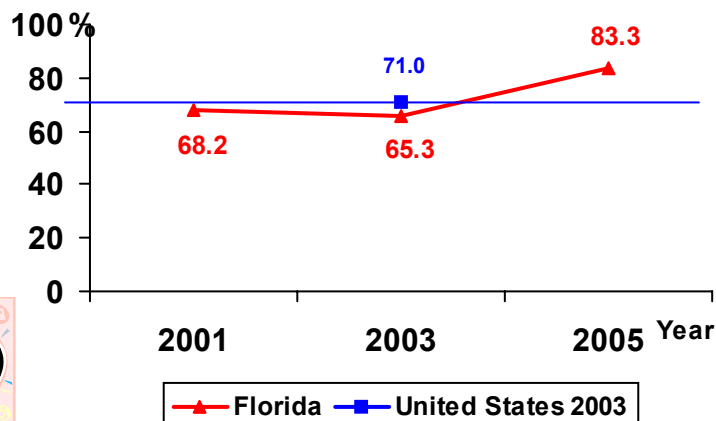
### Ate green salad one or more times per week

Approximately 491,000 students (64.3 percent) ate green salad one or more times during the past seven days in 2005. This prevalence did not change significantly from 2001 to 2005. There was no significant difference in this prevalence between Florida during 2001-2005 and the national level of 66.3 percent in 2003.



**Ate potatoes one or more times per week**

Approximately 638,000 students (83.3 percent) ate potatoes one or more times during the past seven days in 2005. This prevalence increased significantly by 22.1 percent from 2001 to 2005. Compared to national average of 71.0 percent in 2003, Florida had significantly lower prevalences in 2001 and 2003, and a significantly higher prevalence in 2005.



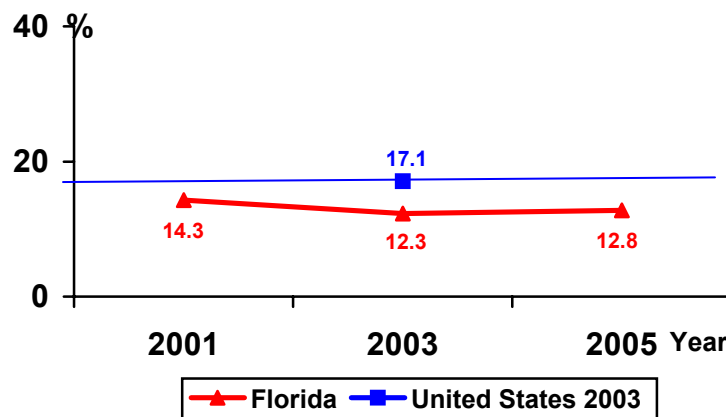
**Ate carrots one or more times per week**

Approximately 323,000 students (42.3 percent) ate carrots one or more times during the past seven days in 2005. This prevalence remained the same from 2001 to 2005. Compared to the national average of 48.0 percent in 2003, Florida youth had a significantly lower prevalence of eating carrots one or more times in the past seven days during 2001-2005.



**Drank three or more glasses of milk per day**

Approximately 98,000 students (12.8 percent) drank three or more glasses of milk per day during the past seven days in 2005. This prevalence remained at the same level during 2001-2005. Compared to the national average of 17.1 percent in 2003, Florida had a significantly lower prevalence in 2003 (12.3 percent) and 2005 (12.8 percent)



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](mailto: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](mailto:Zhaohui_Fan@doh.state.fl.us). You can also check out our web site at: [www.doh.state.fl.us](http://www.doh.state.fl.us). For an interactive database of YRBS data, try the CDC's YRBS web site at: [www.cdc.gov/yrbs](http://www.cdc.gov/yrbs).

