

# Prevention of Sedentary Life Style Among Florida Public High School Students



Results from the 2005 Florida Youth Risk Behavior Survey

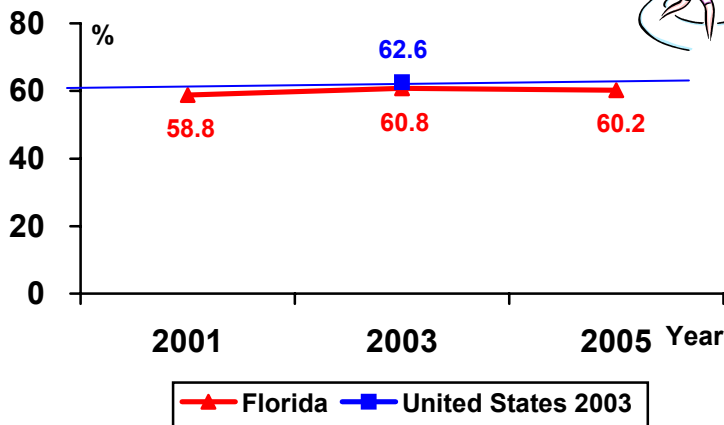
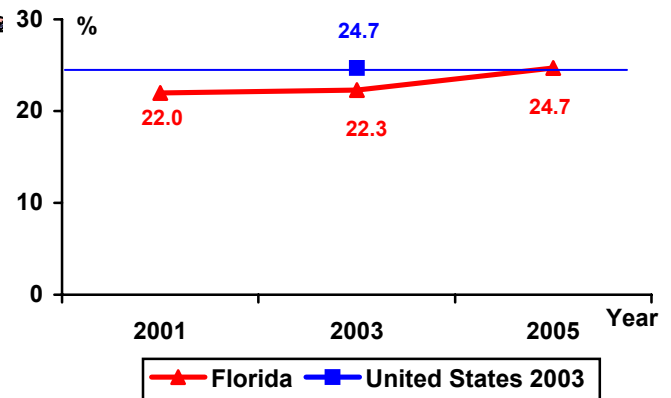
\*Fact Sheet 7\*

## Introduction:

The Florida Youth Risk Behavior Survey (YRBS) is a self-administered, school-based anonymous survey that 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.

### Had sufficient moderate physical activity

Approximately 187,000 students (24.7 percent) participated in physical activity that did not make them sweat or breathe hard for 30 minutes or more on five or more of the past seven days in 2005. This prevalence increased significantly by 12.3 percent from 2001 to 2005. Compared to the national level of 24.7 percent in 2003, Florida had significantly lower prevalences in 2001 (22.0 percent) and 2003 (22.3 percent).

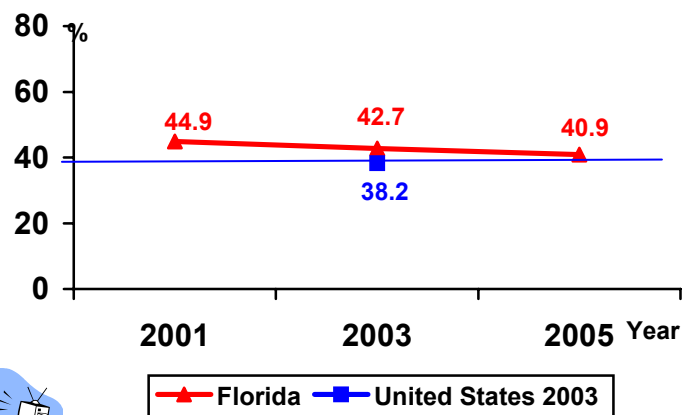


### Had sufficient vigorous physical activity

Approximately 458,000 students (60.2 percent) participated in physical activity that made them sweat or breathe hard for 20 minutes or more on three or more of the past seven days in 2005. This prevalence did not change significantly from 2001 to 2005. Compared to the national level of 62.6 percent in 2003, Florida had a significantly lower prevalence in 2001 (58.8 percent).

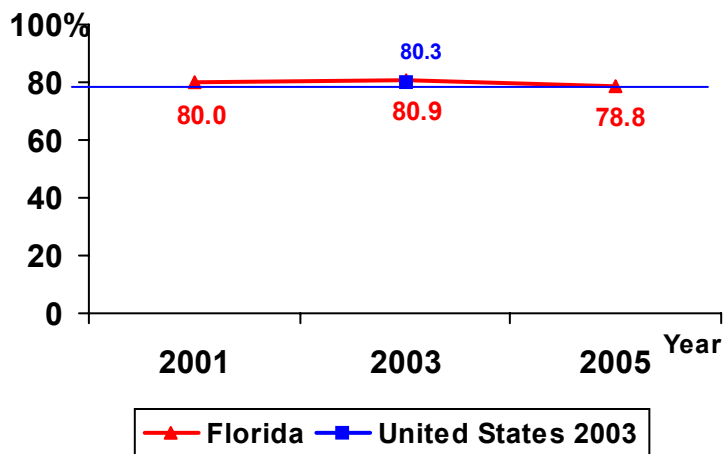
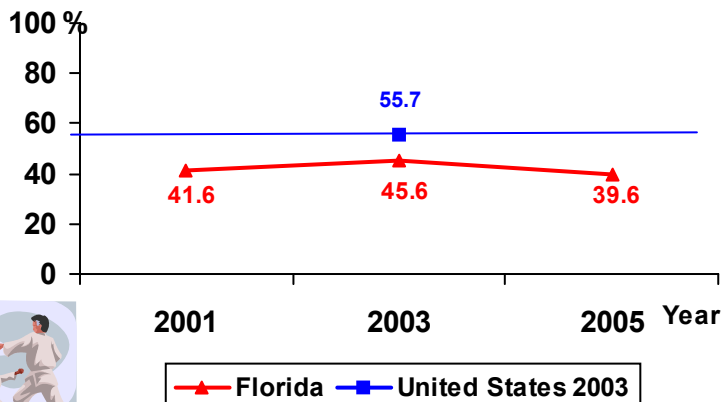
### Watched three or more hours per day of television (TV)

Approximately 310,000 students (40.9 percent) watched three or more hours per day of TV on an average school day in 2005. This prevalence decreased significantly by 8.9 percent from 2001 to 2005. Compared to the national average of 38.2 percent in 2003, Florida had significantly higher prevalences in 2001 (44.9 percent) and 2003 (42.7 percent).



**Enrolled in physical education one or more days in an average school week**

Approximately 276,000 students (39.6 percent) attended physical education (PE) classes on one or more days in an average school week in 2005. This prevalence did not change significantly from 2001 to 2005. Compared to the national average of 55.7 percent in 2003, Florida had a significantly lower prevalence during 2001-2005.



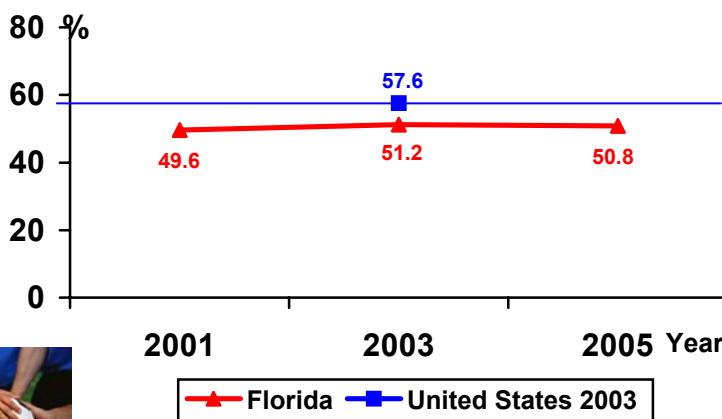
**Exercised more than 20 minutes in an average physical education class**

Among students enrolled in PE class, approximately 216,000 students (78.8 percent) actually exercised or played sports more than 20 minutes during an average PE class in 2005. This prevalence remained the same from 2001 to 2005. Compared to the national average of 80.3 percent in 2003, Florida did not have a significantly different prevalence during 2001-2005.



**Played on one or more sports teams during the past 12 months**

Approximately 384,000 students (50.8 percent) played on one or more sports teams during the past 12 months in 2005, and this prevalence remained at the same level during 2001-2005. Compared to the national average of 57.6 percent in 2003, Florida had a significantly lower prevalence during 2001-2005.



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).

