

# 2005 Florida YRBS

## Youth Risk Behavior Survey



Changes and Trends from 2001 to 2005





# **THE FLORIDA YOUTH RISK BEHAVIOR SURVEY**

## **CHANGES AND TRENDS FROM 2001 TO 2005**

**JEB BUSH, GOVERNOR**

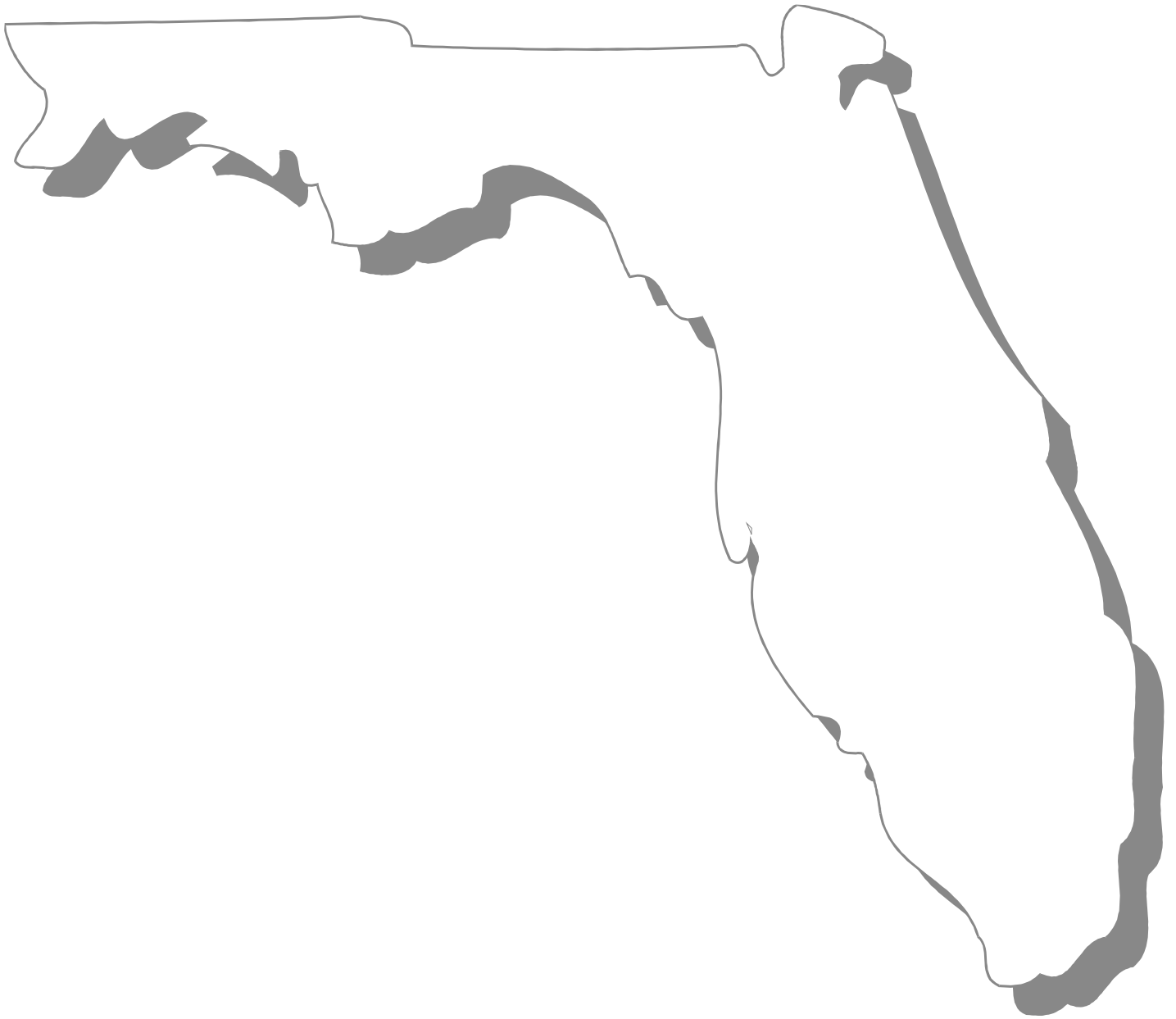


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## EXECUTIVE SUMMARY

The Youth Risk Behavior Survey (YRBS) is a school-based confidential random survey among high school students that is administered in every odd numbered year. This survey collects information on risk behaviors associated with major causes of morbidity and mortality among youth. These risk behaviors are: (1) behaviors that contribute to unintentional injuries and violence; (2) alcohol and other drug use; (3) tobacco use; (4) sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases; (5) unhealthy dietary behaviors; and (6) physical inactivity.

In 2005, 4,564 students in 75 public high schools in Florida completed the YRBS. The overall response rate was 66 percent. This report presents risk behaviors among Florida high school students in 2005 and shows the trends of risk behaviors during 2001 to 2005. This report also compares the 2005 Florida YRBS data with 2005 national YRBS data.

The Florida YRBS data indicate that Florida high school students have made progress toward positive behaviors since 2001. The data show decreases over the last 5 years in the prevalence of risk behaviors, particularly those related to unintentional injuries or violence, alcohol or drug use, and tobacco use. These prevalence decreases range from a 4.3 percent decrease of having ever had at least one drink of alcohol to a 44.3 percent decrease of not going to school due to feeling unsafe on the way to or from school. The prevalence of positive behaviors, such as physical activity, has increased since 2001. The table on the following page lists the major changes in behaviors among Florida high school students from 2001 through 2005.

Risk behaviors varied among demographic subgroups. Boys were more likely than girls to carry a weapon, be involved in a physical fight, use tobacco products, or use cocaine. Boys were less likely than girls to wear a seat belt or a bicycle helmet. On the other hand, girls were more likely than boys to consider suicide and to perceive themselves as being overweight. Girls were less likely than boys to be physically active, eat five or more servings of fruits and vegetables per day, or report condom use during last intercourse.

Non-Hispanic White students were more likely than their non-Hispanic Black and Hispanic counterparts to carry a weapon, use marijuana, binge drink, use tobacco products, or to use birth control pills. Non-Hispanic Black students were more likely than their non-Hispanic White and Hispanic counterparts to report lifetime sexual intercourse, to have been pregnant or have gotten someone pregnant, or to watch TV for three or more hours per day. Non-Hispanic Black students were less likely than their non-Hispanic White and Hispanic counterparts to drink alcohol, binge drink, use tobacco products, or try to lose weight. Although the prevalence of risk behaviors among Hispanic students differed from that of their non-Hispanic White and non-Hispanic Black counterparts, the prevalence among Hispanic students for any specific risk behavior was neither the highest nor the lowest among the three race/ethnicity groups.

Compared to their national counterparts during 2001-2005, Florida high school students were less likely to binge drink, use tobacco, report birth control pill use, or to attend physical education class; but more likely to watch TV for three or more hours on an average school day.

## Significant Changes among Florida High School Youth During 2001-2005

Youth Risk Behaviors	Prevalence among Florida High School Youth by Year			% Change 2001 to 2005
	2001	2003	2005	
<b>Unintentional and Intentional Injuries</b>				
Never or rarely wore a seat belt when riding in a car driven by someone else	15.6	13.7	12.5	- 19.9
Rode in a car or other vehicle driven by someone who had been drinking alcohol in the past 30 days	31.5	30.4	27.2	- 13.7
Drove a car or other vehicle when they had been drinking alcohol in the past 30 days	12.9	11.3	10.2	- 20.9
Did not go to school because they felt unsafe on their way to or from school in the past 30 days	14.0	7.3	7.8	- 44.3
Had been threatened or injured with a weapon such as a gun, knife, or club on school property during the past 12 months	9.2	8.4	7.9	- 14.1
Had property, such as their car, clothing, or books stolen or deliberately damaged on school property during the past 12 months	N/A	29.7	25.7	- 13.5*
Were in a physical fight during the past 12 months	32.8	32.1	30.0	- 8.5
<b>Alcohol and Drug Use</b>				
Had at least one drink of alcohol in their life	74.5	73.5	71.3	- 4.3
Had their first drink of alcohol before age 13	30.7	29.4	25.4	- 17.3
Had at least one drink of alcohol in past 30 days	45.0	42.7	39.7	- 11.8
Participated in binge drinking in past 30 days	24.8	23.2	21.3	- 14.1
Ever used marijuana	40.2	40.6	35.2	- 12.4
Used marijuana in the past 30 days	23.1	21.4	16.8	- 27.3
Tried marijuana before age 13	11.3	10.2	8.9	- 21.2
Used marijuana on school property in past 30 days	5.8	4.9	4.0	- 31.0
Ever used heroin	3.7	3.3	2.8	- 24.3
Ever used methamphetamines	7.6	6.4	4.9	- 35.5
Ever used ecstasy	N/A	9.7	6.5	- 33.0*
Ever took steroids without a doctor's prescription	5.0	5.0	4.0	- 20.0
<b>Tobacco Use</b>				
Ever tried cigarette smoking, even one or two puffs	57.4	53.8	47.6	- 17.1
Smoked a whole cigarette for the first time before age 13	19.9	18.4	13.6	- 31.7
Smoked cigarettes in the past 30 days (current smokers)	21.5	18.1	17.2	- 20.0
Smoked on 20 or more of the past 30 days (frequent smokers)	9.3	7.5	6.4	- 31.2
Smoked on school property in the past 30 days	7.0	5.2	4.4	- 37.1
Ever smoked daily	13.7	12.4	10.2	- 25.5
Smoked cigars, cigarillos, or little cigars in past 30 days	15.3	13.4	12.3	- 19.6
Used any kind of tobacco in the past 30 days	26.6	22.7	21.6	- 18.8
<b>Sexual Behaviors</b>				
Among students who had sexual intercourse during the past 3 months, the percentage who drank alcohol or used drugs before last sexual intercourse	24.0	21.9	19.9	- 17.1
<b>Weight Management &amp; Dietary Behaviors</b>				
Exercised to control weight in the past 30 days	55.3	57.1	59.0	+ 6.7
Took diet pills, powders, or liquids without a doctor's advice to lose weight or keep from gaining weight	8.7	7.4	6.0	- 31.0
Ate potatoes in past 7 days	68.2	65.3	83.3	+ 22.1
<b>Physical Activity</b>				
Participated in sufficient moderate physical activity	22.0	22.3	24.7	+ 12.3
Watched 3 or more hours of TV on average school day	44.9	42.7	40.9	- 8.9

\* Decreased from 2003 to 2005

## INTRODUCTION

Health outcomes, attitudes and behaviors of youth, related to the identified risk factors, are influenced by community and family values and standards, as well as the local environment; health related needs and priorities; racial and ethnic diversity; culture; and programs and practices that also impact these risk areas. Increasingly, Florida's state agencies; schools and school districts; community-based organizations; and families are joining forces to build systems of support to address persistent barriers to student learning and to create a healthier generation. As most young people are enrolled in educational institutions, schools are a large part of their local environment and can play a major role in improving child health outcomes.

Florida's public schools are administered through 67 school districts, one in each county. Each of the districts has a large degree of autonomy in making decisions that impact student health and education. Each school district is governed by its school board and superintendent, and is advised by a School Health Advisory Committee, made up of representatives from the eight component areas of the Coordinated School Health Model as defined by the Centers for Disease Prevention and Control and as stated in Florida Statute (s. 381.0056) (20)(5) (18b). Florida's diverse school systems lead to considerable variation in health and physical education curricula and instruction, as well as school policies and practices.

School districts readily recognize the academic needs of their students and work towards effectively reducing student discipline issues. However, school districts and their community partners require data to help them in providing resources, support, or programs to help positively impact risk factors/behaviors, especially those that negatively impact student achievement. The YRBS provides school districts and their community partners with data which helps them to recognize the most critical issues and needs of Florida's students. The following report provides the reader with the most recent data on Florida's students. This report will assist school districts and community organizations with their program planning focused on programs and other support to best meet the needs of Florida's diverse student population.

## BACKGROUND

Approximately three-fourths of all deaths among children and young adults, from 10 to 24 years old, result from injuries including 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 unhealthy behaviors established during adolescence.

The Youth Risk Behavior Survey (YRBS) is a random school-based anonymous survey of risk behaviors among high school students (grades 9-12). It has been conducted nationally and by more than 50 states, territories, and large cities in odd-numbered years since 1991. The main purposes of this survey are to: (1) determine the prevalence of health-risk behaviors among high school students; (2) assess whether these behaviors increase, decrease, or remain unchanged over time; and (3) examine the co-occurrence of health-risk behaviors.

The YRBS monitors health-risk behaviors in six areas. These areas are: (1) behaviors that contribute to unintentional injuries and violence; (2) alcohol and other drug use; (3) tobacco use; (4) sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases; (5) unhealthy dietary behaviors; and (6) physical inactivity.

The YRBS data have been used widely by national, state, and local programs to monitor priority health-risk behaviors among youth and to evaluate intervention programs. More information about the Florida YRBS and its additional publications can be found on the Bureau of Epidemiology's website at [http://www.doh.state.fl.us/disease\\_ctrl/epi/Chronic\\_Disease/YRBS/Intro.htm](http://www.doh.state.fl.us/disease_ctrl/epi/Chronic_Disease/YRBS/Intro.htm). Data from the national YRBS, other states' YRBS, and select cities' YRBS are available on the Centers for Disease Control and Prevention's (CDC) website at <http://www.cdc.gov/YRBS>.

## METHODS

Beginning in 2001, the Florida YRBS has been conducted by the Florida Department of Health in collaboration with the Florida Departments of Education, Children and Families, Juvenile Justice, and school districts around the state. The sampling method is based on a two-stage cluster probability sample design. First, a random sample of public high schools is selected for participation in the survey. Second, within each selected school, a random sample of classrooms is selected and all students in those classes are invited to participate in the survey.

The overall survey response rates of the 2001, 2003, and 2005 Florida YRBS were 71 percent, 66 percent, and 66 percent, respectively. The survey response rate is for the YRBS is calculated by combining the percent of school districts and individual schools that agree to participate, the percent of classrooms that administer the survey, and the percent of individual students who actually complete the survey. The response rate in 2005 was considered high enough for the survey data to be representative of all Florida public high school students.

The prevalence rates of various risk behaviors are presented in this report. The prevalence of behavior X is defined as the percent of public high school students who reported behavior X among all public high school students at the time of the survey. The prevalence in this report are adjusted, or "weighted" to represent all Florida high school students. Weighting is a procedure that adjusts for the chance of a student being selected to complete the survey and for discrepancies between the students who completed the survey and the overall population of Florida public high school students.

The 2005 YRBS is the third survey with weighted data available. Trends are provided using data from all three surveys. Trend data are presented by gender and race/ethnicity. The race/ethnicity groups included in this report are non-Hispanic White, non-Hispanic Black, and Hispanic. National YRBS data are also included for comparison to Florida levels.

Comparisons of prevalence between subgroups were made using 95 percent confidence intervals (C.I.) in this report. A 95 percent C.I. is a range in which the "true" rate will fall 95 percent of the time. Two prevalence rates were considered statistically significant at p-value less than 0.05 level, if the 95 percent C.I. did not overlap. If there was overlap of the 95 percent C.I., then a 95

percent C.I. of the difference of the two prevalence rates was calculated for further testing. This difference was considered statistically different only if the 95 percent C.I. of the difference of the two prevalence rates did not include zero (0).

The results discussed in this report are statistically significant at the 0.05 level, unless otherwise specified. The results in this report are presented as rounded percentages, and therefore, not all of the percentages add up to 100 percent.

This report includes overall state-level prevalence, prevalence by gender and by race/ethnicity in 2005. The Florida YRBS data from 2001-2005 are also presented and compared with national averages. In-depth analyses of data among subgroups, such as physical activity and nutrition among students who were overweight, are not included in this report. The in-depth analyses will be published in other reports.

**COMPOSITION OF THE SAMPLE**

The following table shows sample size and weighted percentage by demographics for each year:

<b>DEMOGRAPHICS OF FLORIDA YRBS RESPONDENTS BY YEAR</b>						
	2001		2003		2005	
Demographic Characteristics	Percentage of Florida Public High School Students	Number of Surveys Respondents*	Percentage of Florida Public High School Students	Number of Surveys Respondents*	Percentage of Florida Public High School Students	Number of Surveys Respondents*
<b>Gender</b>						
Boys	48.8	2,100	49.3	2,139	50.7	2,122
Girls	51.2	2,101	50.7	1,913	49.3	2,407
<b>Total</b>	<b>100.0</b>	<b>4,201</b>	<b>100.0</b>	<b>4,052</b>	<b>100.0</b>	<b>4,529</b>
<b>Race/Ethnicity</b>						
African American	23.8	1,001	23.5	786	23.3	935
Hispanic/Latino	18.5	846	21.0	1,033	22.0	1,215
White	55.3	2,102	53.0	1,983	51.6	2,065
Other race	1.8	192	1.8	172	2.0	203
Multiple races	0.7	68	0.7	73	1.1	102
<b>Total</b>	<b>100.0</b>	<b>4,209</b>	<b>100.0</b>	<b>4,049</b>	<b>100.0</b>	<b>4,520</b>
<b>Grade</b>						
9 <sup>th</sup>	34.8	1,347	33.8	1,179	31.7	1,439
10 <sup>th</sup>	24.8	1,121	25.0	1,124	25.8	1,336
11 <sup>th</sup>	21.3	902	21.5	974	22.7	991
12 <sup>th</sup>	17.3	743	18.7	725	19.1	735
<b>Total</b>	<b>100.0</b>	<b>4,113</b>	<b>100.0</b>	<b>4,002</b>	<b>100.0</b>	<b>4,501</b>
<b>Total</b>	<b>4,237</b>		<b>4,080</b>		<b>4,564</b>	

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



# PERSONAL SAFETY



# SEAT BELT USE

*The data below includes students who reported never or rarely wearing a seat belt when riding in a car driven by someone else.*

One of eight students (12.5 percent) in 2005 never or rarely wore a seat belt when riding in a car driven by someone else.

Boys (14.7 percent) had a higher prevalence of never or rarely wearing a seat belt than girls (10.1 percent).

The prevalence of never or rarely wearing a seat belt among Hispanic students (12.6 percent) was lower than that among non-Hispanic Black students (18.5 percent), but higher than that among non-Hispanic White students (9.6 percent).

The prevalence of never or rarely wearing a seat belt among all Florida high school students decreased by 19.9 percent from 15.6 percent in 2001 to 12.5 percent in 2005.

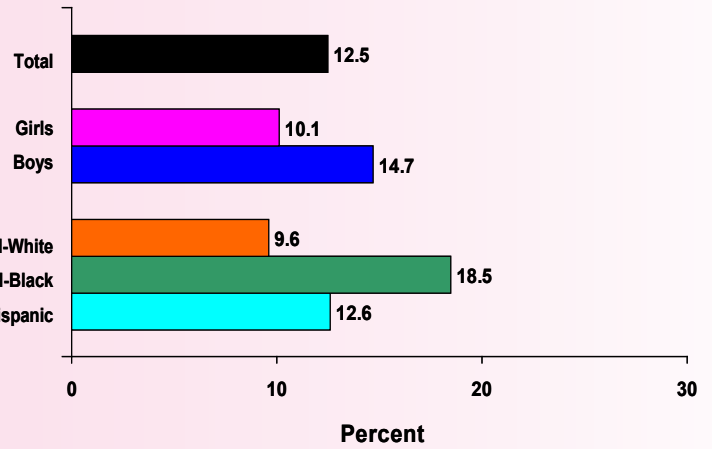
The prevalence decreased by 20.5 percent among girls and by 19.7 percent among boys.

There was no difference in the prevalence between Florida and the national average in 2001 and in 2005. However, in 2003, the prevalence among Florida high school students (13.7 percent) was lower than the national average (18.2 percent).

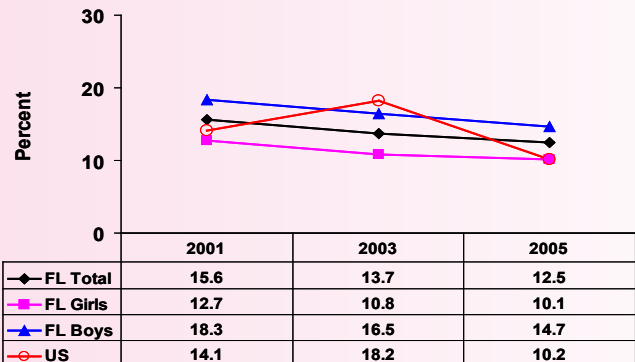
Among the three race/ethnicity groups, the prevalence of never or rarely wearing a seat belt decreased by 25.0 percent among non-Hispanic White students and by 30.0 percent among Hispanic students from 2001 to 2005.

There was no significant change in the prevalence among non-Hispanic Black students during 2001-2005.

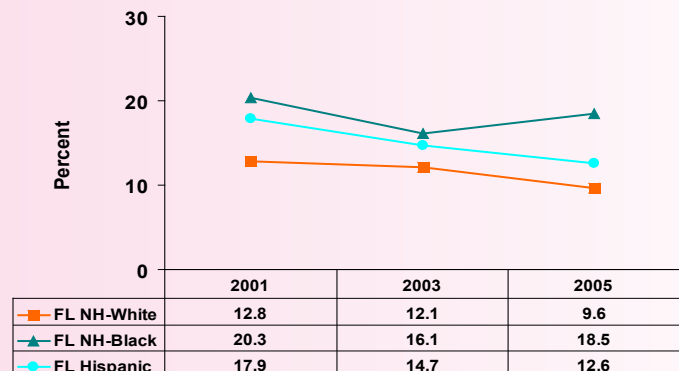
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else, Florida, 2005



Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else, by gender, Florida, 2001-2005



Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else, by race/ethnicity, Florida, 2001-2005



# BICYCLE HELMET USE

*The data below represents bicycle helmet usage among students who reported having ridden a bicycle in the past 12 months.*

Nearly two thirds (65.7 percent) of students in 2005 reported having ridden a bicycle in the previous 12 months.

Of those who rode a bicycle in the past 12 months, seven out of eight (87.7 percent) students never or rarely wore a bicycle helmet.

Boys (89.2 percent) had a higher prevalence of never or rarely wearing a bicycle helmet than girls (85.6 percent).

Both non-Hispanic Black (90.8 percent) and Hispanic (90.3 percent) students had a higher prevalence of never or rarely wearing a bicycle helmet than non-Hispanic White students (85.8 percent).

There was no significant change in the prevalence of never or rarely wearing bicycle helmet among students in Florida from 2001 to 2005.

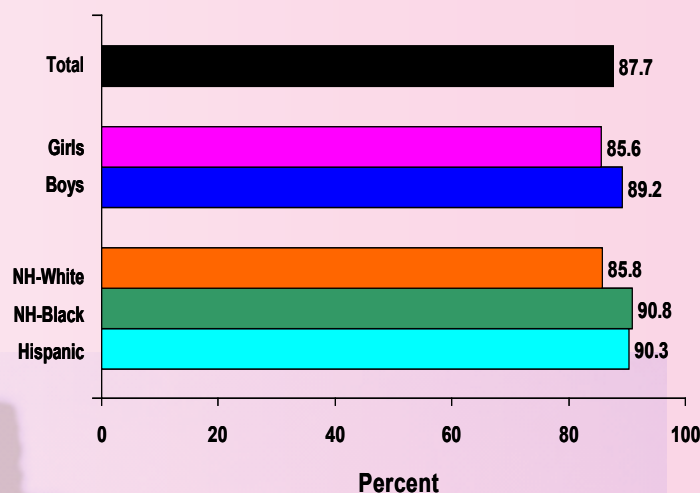
Florida had a higher prevalence of never or rarely wearing a bicycle helmet than the national average in 2001 and 2005.

There was no significant difference in the prevalence between Florida and the national average in 2003.

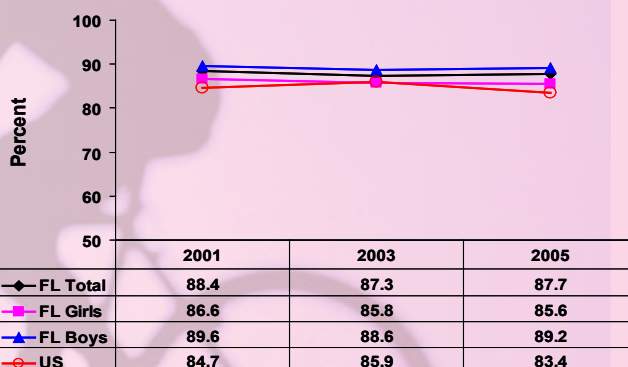
There was no significant change in the prevalence within each race/ethnicity group from 2001 to 2005.

There was no significant difference in the prevalence among the three race/ethnicity groups in 2001 and 2003.

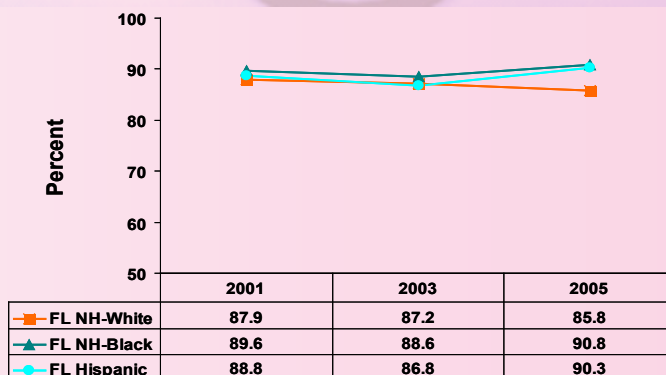
Percentage of students who never or rarely wore a bicycle helmet among students who rode a bicycle during the past 12 month, Florida, 2005



Percentage of students who never or rarely wore a bicycle helmet among students who rode a bicycle during the past 12 month, by gender, Florida, 2001- 2005



Percentage of students who never or rarely wore a bicycle helmet among students who rode a bicycle during the past 12 month, by race/ethnicity, Florida, 2001-2005



# RIDING IN A CAR DRIVEN BY SOMEONE WHO HAD BEEN DRINKING ALCOHOL

*The data below includes students who reported riding in a car or other vehicle in which the driver had been drinking alcohol during the past 30 days.*

In 2005, more than a quarter (27.2 percent) of students reported riding in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days.

There were no gender or race/ethnicity differences in the prevalence of riding in a vehicle driven by someone who had been drinking alcohol.

The overall prevalence decreased by 13.7 percent from 31.5 percent in 2001 to 27.2 percent in 2005. Among boys, the prevalence decreased 18.5 percent from 2001 to 2005.

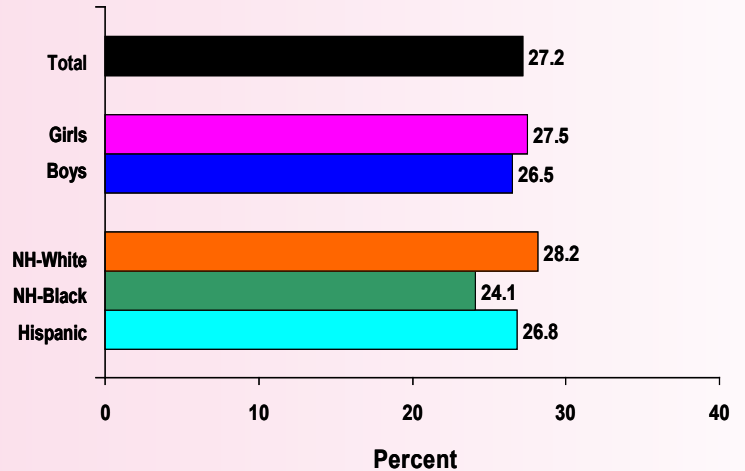
The prevalence did not decrease significantly among girls between 2001 and 2005.

There was no difference in the prevalence between Florida and the national level in all three survey years.

Among three race/ethnicity groups, the prevalence decreased by 17.3 percent among non-Hispanic White students from 34.1 percent in 2001 to 28.2 percent in 2005.

There was no statistically significant change in the prevalence among non-Hispanic Black or Hispanic students during 2001 to 2005.

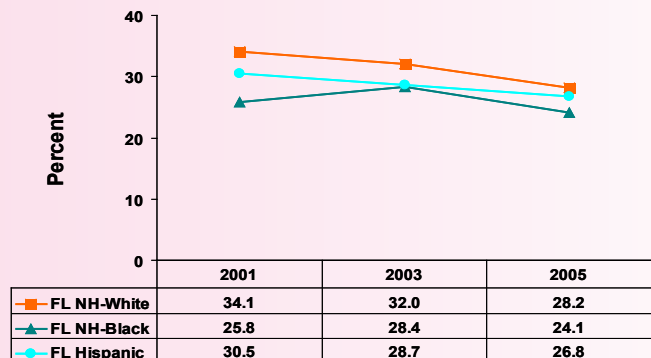
Percentage of students who rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days, Florida, 2005



Percentage of students who rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days, by gender, Florida, 2001- 2005



Percentage of students who rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days, by race/ethnicity, Florida, 2001-2005



# PHYSICAL FIGHTING

The data below includes students who reported being involved in one or more physical fights during the past 12 months.

Approximately one third (30.0 percent) of students reported being involved in one or more physical fights during the past 12 months in 2005.

The prevalence of being involved in a physical fight was higher among boys (37.2 percent) than among girls (22.6 percent), and higher among non-Hispanic Blacks (34.4 percent) than among non-Hispanic Whites (27.3 percent).

The overall prevalence of being involved in a physical fight decreased by 8.5 percent from 32.8 percent in 2001 to 30.0 percent in 2005. The decrease in the prevalence during 2001 to 2005 among either boys or girls was not statistically significant.

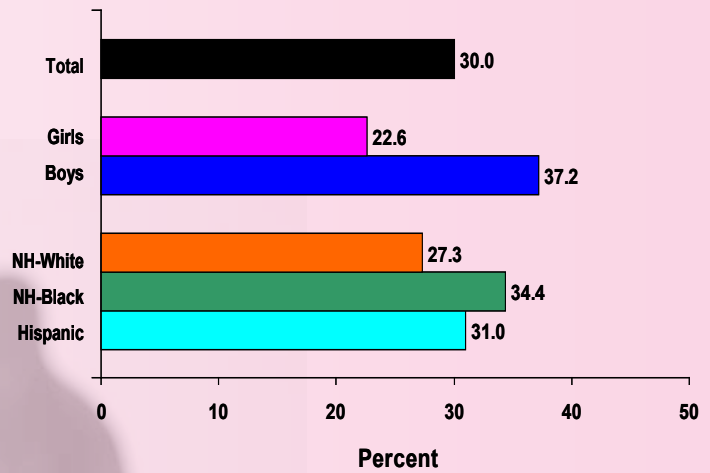
Compared to girls, boys had a higher prevalence of being involved in a physical fight in all three of the survey years.

2005 was the first survey year in which the prevalence among Florida high school students was lower (30.0 percent) than the national average (35.9 percent).

There was no significant change in the prevalence of being involved in a physical fight among each racial/ethnic group from 2001 to 2005.

Non-Hispanic Black students had a higher prevalence of being involved in a physical fight than non-Hispanic White students in all three survey years.

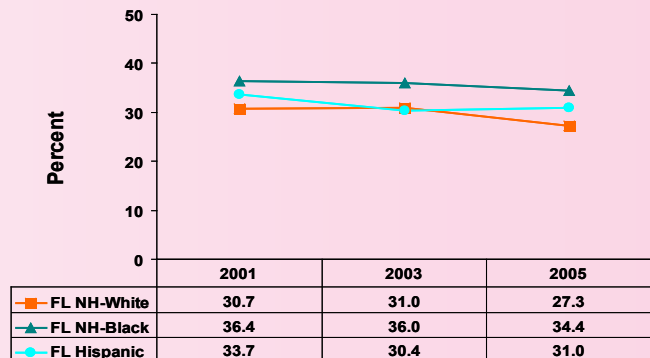
Percentage of students who were in a physical fight one or more times during the past 12 months, Florida, 2005



Percentage of students who were in a physical fight one or more times during the past 12 months, by gender, Florida, 2001-2005



Percentage of students who were in a physical fight one or more times during the past 12 months, by race/ethnicity, Florida, 2001-2005



# CARRYING A WEAPON

*The data below represents the prevalence of students who reported carrying a weapon during the past 30 days.*

Overall, 15.2 percent of students carried a weapon such as a gun, knife, or club on one or more of the previous 30 days in 2005.

Boys (23.6 percent) had a much higher prevalence of carrying a weapon than girls (6.6 percent).

Non-Hispanic White students (16.6 percent) had a higher prevalence of carrying a weapon than both non-Hispanic Black (12.9 percent) and Hispanic (13.0 percent) students.

There was no significant change in the overall, or gender-specific prevalence from 2001 to 2005.

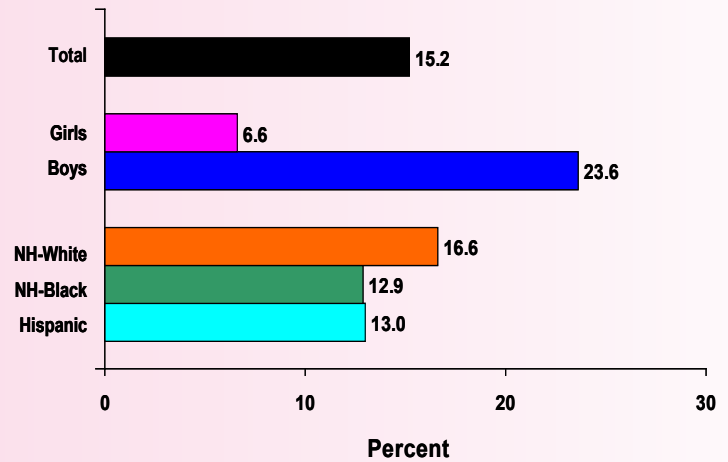
Boys had a higher prevalence than girls in all three survey years.

In 2005, the overall prevalence of Florida high school students (15.2 percent) was lower than the national average (18.5 percent).

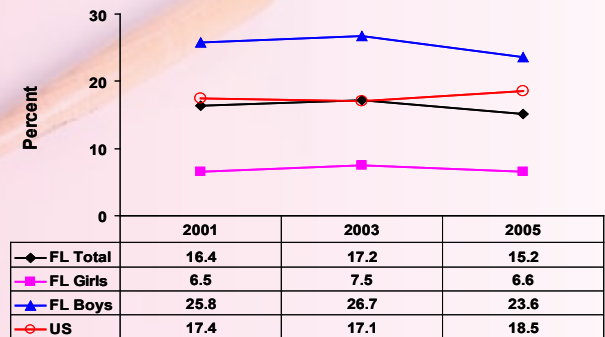
There was no significant change in the race/ethnicity-specific prevalence from 2001 to 2005.

Non-Hispanic White students had a higher prevalence of carrying a weapon during the past 30 days than both non-Hispanic Black and Hispanic students in all three survey years.

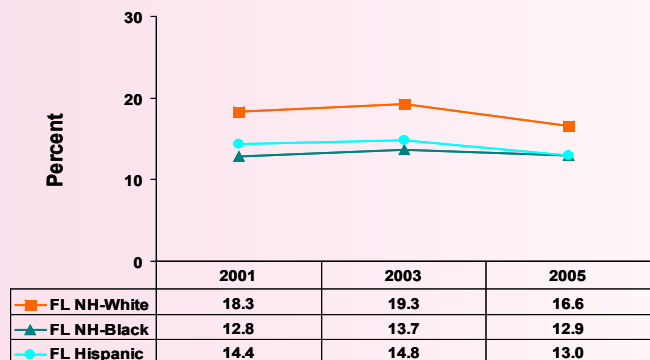
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days, Florida, 2005



Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days, by gender, Florida, 2001-2005



Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days, by race/ethnicity, Florida, 2001-2005



# SUICIDE

**The data below includes students who reported having seriously thought about or considered suicide at least one time in the past 12 months.**

Approximately one of seven (14.5 percent) students seriously considered suicide at least one time in the past 12 months in 2005.

More girls (19.0 percent) than boys (10.1 percent) considered suicide in the past 12 months.

There was no significant difference in this behavior among the racial/ethnic groups.

From 2001 to 2005, there was no significant change in the overall, or gender-specific prevalence of seriously considering suicide during the past 12 months among Florida high school students.

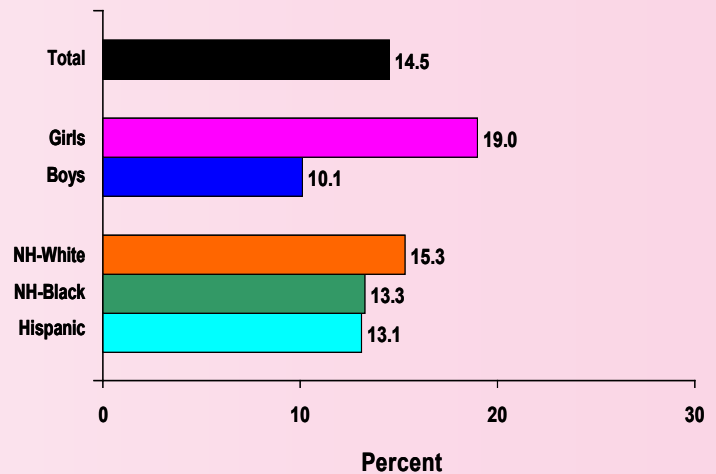
Girls had a higher prevalence of seriously considering suicide than boys in all three survey years.

The prevalence among Florida high school students was lower than the national average in both 2001 and 2005.

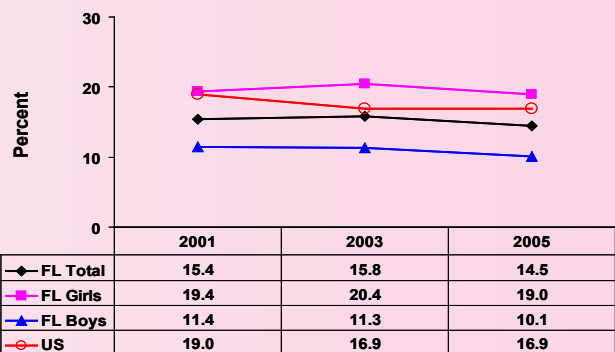
There was no significant change in the race/ethnicity-specific prevalence of seriously considering suicide in the past 12 months among Florida high school students from 2001 to 2005.

Non-Hispanic White students had a higher prevalence of seriously considering suicide than non-Hispanic Black students in 2001 and 2003.

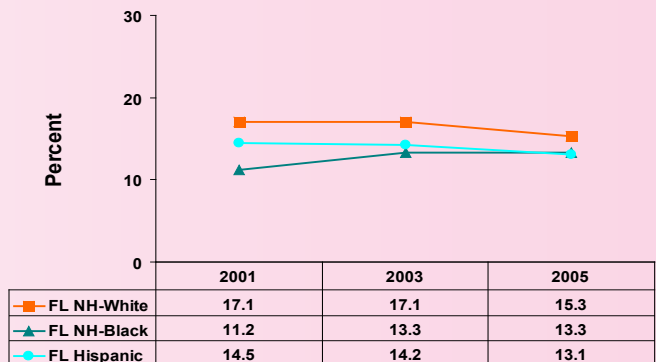
Percentage of students who seriously considered attempting suicide during the past 12 months, Florida, 2005



Percentage of students who seriously considered attempting suicide during the past 12 months, by gender, Florida, 2001-2005



Percentage of students who seriously considered attempting suicide during the past 12 months, by race/ethnicity, Florida, 2001-2005





# Drug and Alcohol Use



Drug and Alcohol Use

# CURRENT MARIJUANA USE

*Current marijuana use is defined as having used marijuana on one or more of the past 30 days prior to the survey.*

One of six (16.8 percent) Florida high school students used marijuana one or more times during the past 30 days in 2005.

There was no gender difference in the prevalence of current marijuana use.

Non-Hispanic White students (19.2 percent) had a higher prevalence of current marijuana use than both non-Hispanic Black (12.8 percent) and Hispanic (15.3 percent) students.

The overall prevalence of current marijuana use among Florida high school students decreased by 27.3 percent from 23.1 percent in 2001 to 16.8 percent in 2005.

The prevalence decreased by 21.5 percent among girls and decreased by 30.8 percent among boys from 2001 to 2005.

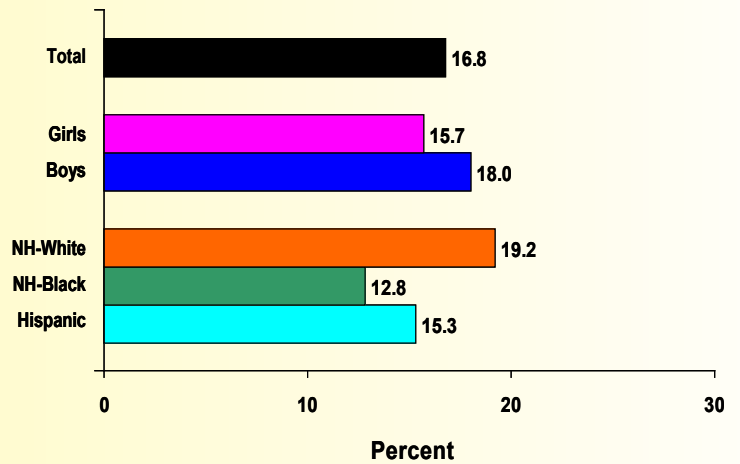
In 2005, Florida high school students had a lower prevalence (16.8 percent) of current marijuana use than their national counterparts (20.2 percent).

The prevalence of current marijuana use decreased by 28.4 percent among non-Hispanic White students from 26.8 percent in 2001 to 19.2 percent in 2005. Despite this decrease, non-Hispanic White students had a higher prevalence than both non-Hispanic Black and Hispanic students in all three survey years.

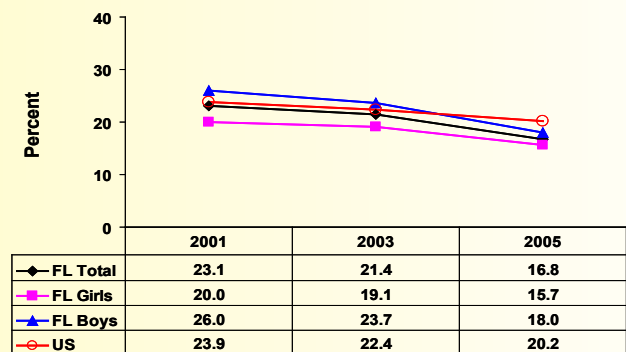
Among non-Hispanic Black students, the prevalence decreased by 26.9 percent from 17.5 percent in 2001 to 12.8 percent in 2005.

There was no significant decrease in the prevalence among Hispanic students during 2001-2005.

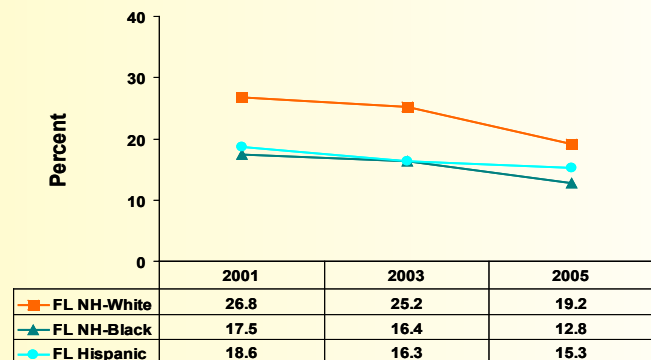
Percentage of students who used marijuana one or more times during the past 30 days, Florida, 2005



Percentage of students who used marijuana one or more times during the past 30 days, by gender, Florida, 2001- 2005



Percentage of students who used marijuana one or more times during the past 30 days, by race/ethnicity, Florida, 2001-2005



# CURRENT COCAINE USE

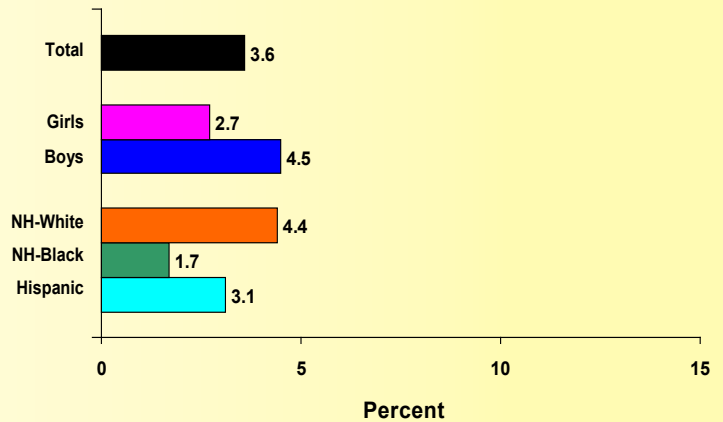
*Current cocaine use is defined as having used any form of cocaine on one or more occasions during the past 30 days prior to the survey.*

Overall, 3.6 percent of Florida high school students reported current cocaine use in 2005.

Boys (4.5 percent) had a higher prevalence of current cocaine use than girls (2.7 percent).

Non-Hispanic White students (4.4 percent) had a higher prevalence of current cocaine use than both non-Hispanic Black (1.7 percent) and Hispanic (3.1 percent) students.

Percentage of students who used cocaine one or more times during the past 30 days, Florida, 2005

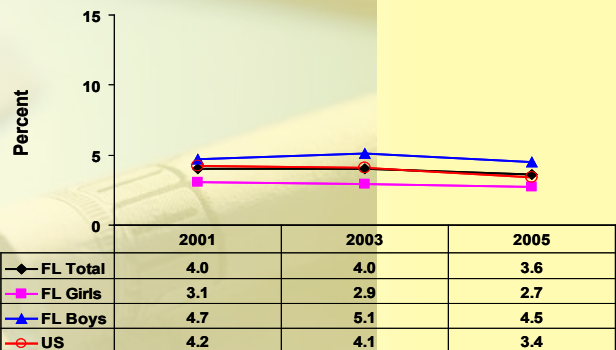


There was no significant change in the overall or gender-specific prevalence of current cocaine use during 2001 to 2005.

Compared to girls, boys had a higher prevalence of current cocaine use in all three survey years.

There was no significant difference in the prevalence of current cocaine use between Florida high school students and their national counterparts during 2001-2005.

Percentage of students who used cocaine one or more times during the past 30 days, by gender, Florida, 2001- 2005



Percentage of students who used cocaine one or more times during the past 30 days, by race/ethnicity, Florida, 2001-2005



Non-Hispanic White students had a higher prevalence of current cocaine use than non-Hispanic Black students during 2001-2005.

The prevalence of each race/ethnicity group did not change significantly from 2001 to 2005.

# CURRENT ALCOHOL USE

*Current alcohol use is defined as drinking one or more alcoholic beverages on one or more of the past 30 days prior to the survey.*

Approximately two of five (39.7 percent) students reported current alcohol use in 2005.

There was no significant gender difference in the prevalence of current alcohol use (41.2 percent among females vs. 38.3 percent among males).

Non-Hispanic White (45.1 percent) and Hispanic (41.8 percent) students had a higher prevalence than non-Hispanic Black students (25.9 percent).

The overall prevalence of current alcohol use among Florida high school students decreased by 11.8 percent from 45.0 percent in 2001 to 39.7 percent in 2005.

The prevalence decreased by 14.1 percent among boys.

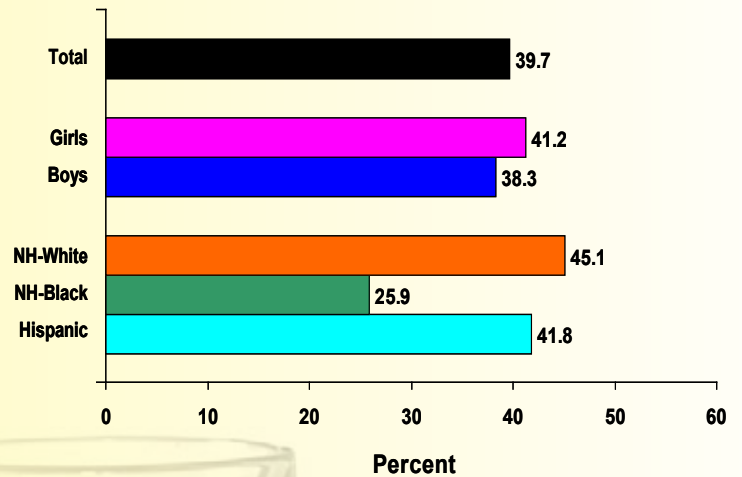
There was no significant difference in the overall prevalence of current alcohol use between Florida high school students and their national counterparts during 2001-2005.

The prevalence of current alcohol use decreased by 12.6 percent among non-Hispanic White students from 51.6 percent in 2001 to 45.1 percent in 2005.

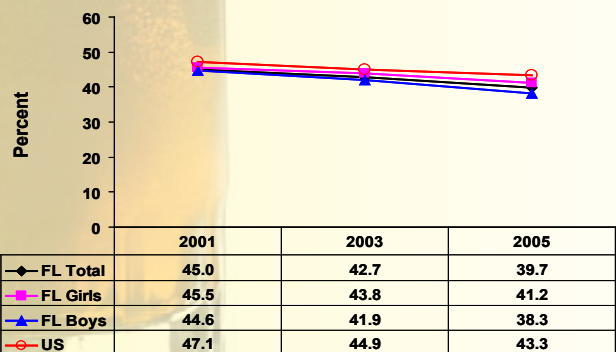
There was no significant difference in the prevalence of current alcohol use among non-Hispanic Black or Hispanic students during 2001-2005.

Non-Hispanic White and Hispanic students had a higher prevalence of current alcohol use than non-Hispanic Black students in all three survey years.

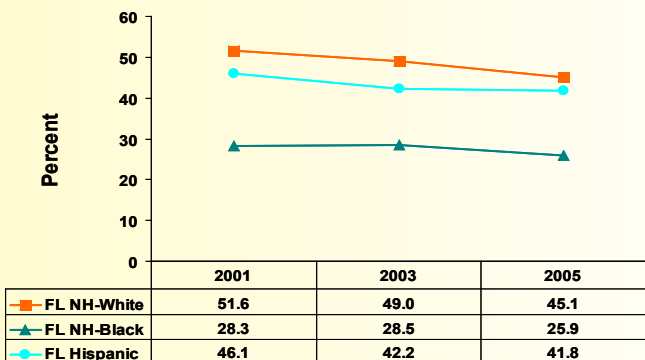
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days, Florida, 2005



Percentage of students who had at least one drink of alcohol on one or more of the past 30 days, by gender, Florida, 2001-2005



Percentage of students who had at least one drink of alcohol on one or more of the past 30 days, by race/ethnicity, Florida, 2001-2005



# BINGE DRINKING

***Binge drinking is defined as having had five or more alcoholic beverages in a row (within a couple of hours) on at least one of the past 30 days prior to the survey.***

Approximately one in five (21.3 percent) Florida high school students reported binge drinking during the past 30 days in 2005.

There were no gender differences in the prevalence of binge drinking in 2005.

Non-Hispanic White students (26.8 percent) had the highest prevalence of binge drinking and non-Hispanic Black students (10.0 percent) had the lowest prevalence of binge drinking among the racial/ethnic groups.

The overall prevalence of binge drinking decreased by 14.1 percent among Florida high school students from 24.8 percent in 2001 to 21.3 percent in 2005.

Boys (25.9 percent) had a higher prevalence of binge drinking than girls (20.5 percent) in 2003, but the prevalence was not statistically significant in 2001 or in 2005.

The decrease in gender specific prevalence of binge drinking from 2001 to 2005 was not statistically significant.

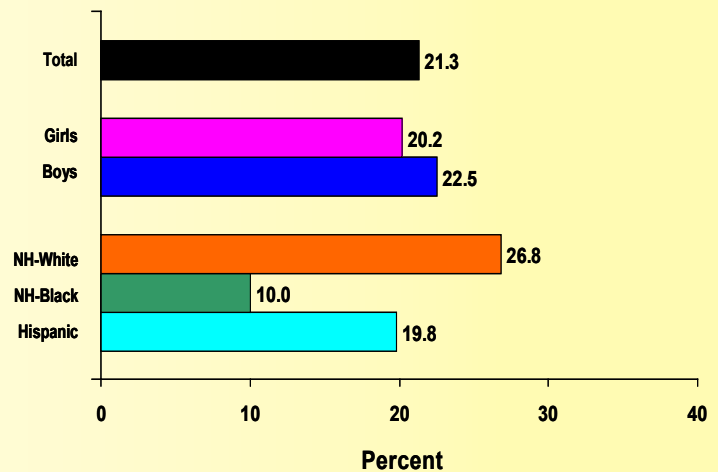
The prevalence of binge drinking was lower among Florida high school students than their national counterparts during 2001-2005.

The prevalence of binge drinking among non-Hispanic White students decreased by 13.8 percent from 31.1 percent in 2001 to 26.8 percent in 2005.

There was no significant change in the prevalence among non-Hispanic Black or Hispanic students during 2001-2005.

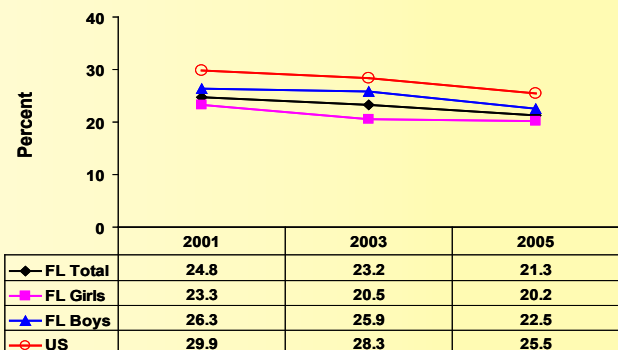
Non-Hispanic White students had the highest prevalence, and non-Hispanic Black students had the lowest prevalence of binge drinking in all three survey years.

Percentage of students who had five or more drinks of alcohol in a row\* on one or more of the past 30 days, Florida, 2005



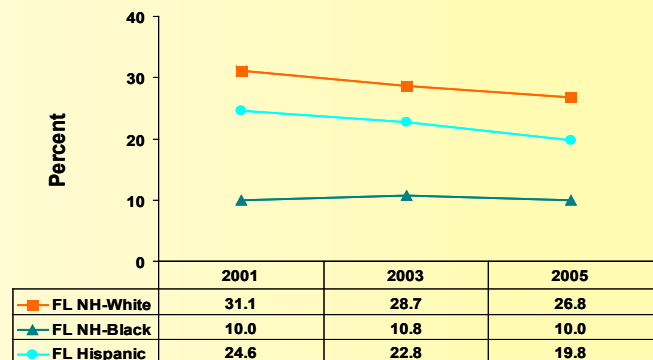
\* Within a couple of hours

Percentage of students who had five or more drinks of alcohol in a row\* on one or more of the past 30 days, by gender, Florida, 2001- 2005



\* Within a couple of hours

Percentage of students who had five or more drinks of alcohol in a row\* on one or more of the past 30 days, by race/ethnicity, Florida, 2001-2005



\* Within a couple of hours



# Tobacco



TOBACCO

# CURRENT CIGARETTE USE

*Current cigarette use is defined by having smoked cigarettes on one or more of the past 30 days prior to the survey.*

One in six (17.2 percent) Florida high school students was a current cigarette smoker in 2005.

There were no gender differences in the prevalence of current cigarette use.

Among the racial/ethnic groups, non-Hispanic White students had the highest prevalence (22.0 percent) of current cigarette use, and non-Hispanic Black students had the lowest prevalence (7.3 percent).

The overall prevalence of current cigarette use among Florida high school students decreased by 20.0 percent from 21.5 percent in 2001 to 17.2 percent in 2005.

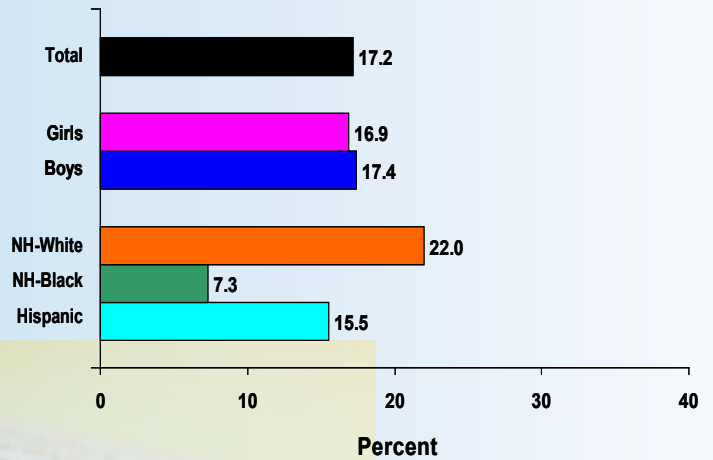
The prevalence among girls decreased by 26.2 percent from 22.9 percent in 2001 to 16.9 percent in 2005, but there was no significant change in the prevalence among boys during this time period.

The prevalence of current cigarette use was lower among Florida high school students than their national counterparts in all three survey years.

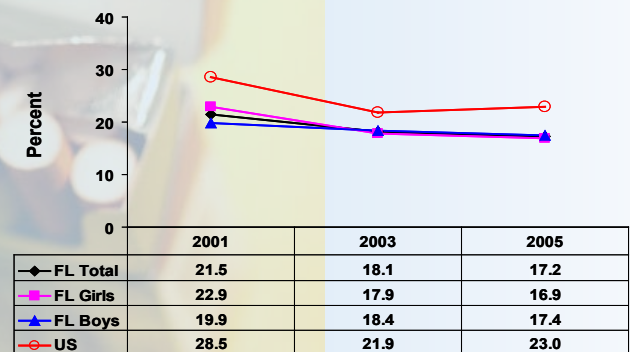
The prevalence decreased by 17.6 percent among non-Hispanic White and decreased by 28.9 percent among Hispanic students from 2001 to 2005.

Among the three racial/ethnic groups, non-Hispanic White students had the highest prevalence, and non-Hispanic Black students had the lowest prevalence of current cigarette use in all three survey years.

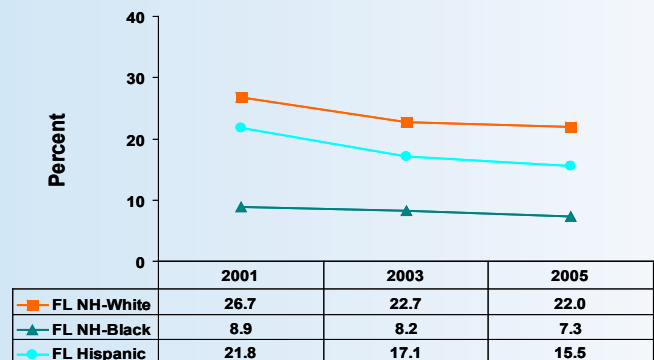
Percentage of students who smoked cigarettes on one or more of the past 30 days, Florida, 2005



Percentage of students who smoked cigarettes on one or more of the past 30 days, by gender, Florida, 2001- 2005



Percentage of students who smoked cigarettes on one or more of the past 30 days, by race/ethnicity, Florida, 2001-2005



# CURRENT SMOKELESS TOBACCO USE

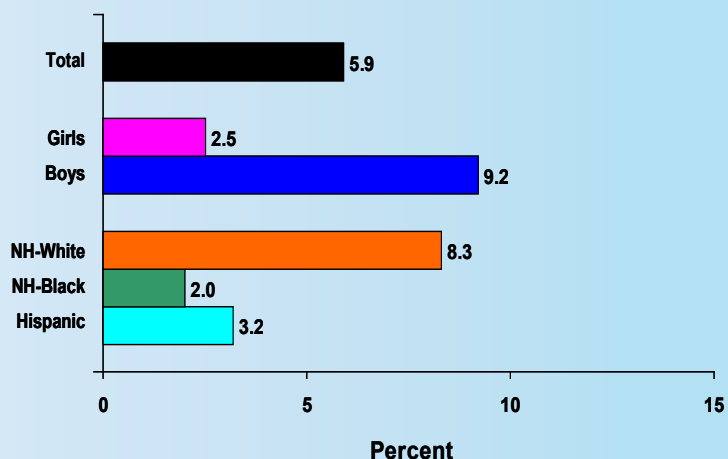
*Current smokeless tobacco use is defined as having used chewing tobacco, snuff, or dip on one or more of the past 30 days prior to the survey.*

Overall, 5.9 percent of Florida high school students were current smokeless tobacco users in 2005.

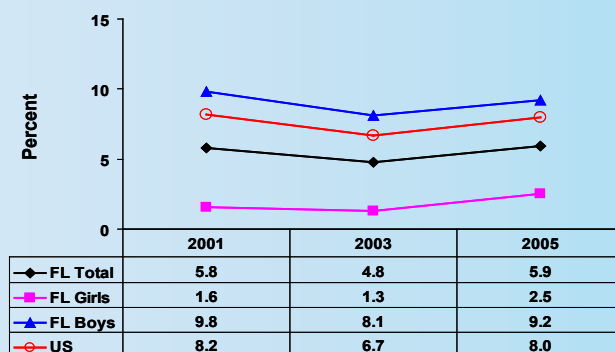
Boys (9.2 percent) had a higher prevalence of current smokeless tobacco use than girls (2.5 percent).

Non-Hispanic White students (8.3 percent) had a higher prevalence of current smokeless tobacco use than both non-Hispanic Black (2.0 percent) and Hispanic (3.2 percent) students.

Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days, Florida, 2005



Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days, by gender, Florida, 2001-2005

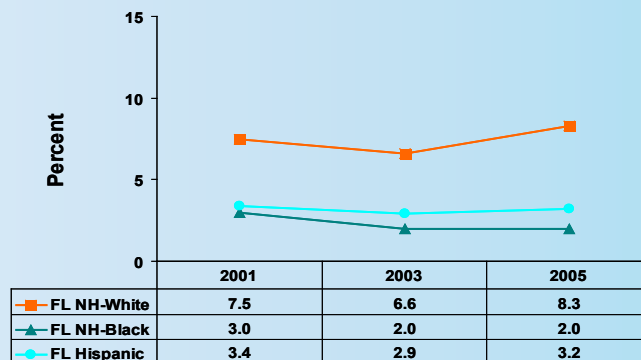


There was no significant change in overall or gender-specific prevalence among Florida high school students from 2001 to 2005.

Boys had a higher prevalence than girls in all three survey years.

The prevalence among Florida high school students was lower than the national average in all three survey years.

Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days, by race/ethnicity, Florida, 2001-2005



There was no significant change in the race/ethnicity-specific prevalence during 2001-2005.

Non-Hispanic White students had a higher prevalence than both non-Hispanic Black and Hispanic students in all three survey years.

# CURRENT CIGAR USE

*Current cigar use is defined as smoking cigars, cigarillos, or little cigars on one or more of the past 30 days prior to the survey.*

Overall, one in eight (12.3 percent) Florida high school students was a current cigar smoker in 2005.

Boys (15.1 percent) had a higher prevalence of current cigar smoking than girls (9.0 percent).

Non-Hispanic White students (14.5 percent) had a higher prevalence of current cigar smoking than their non-Hispanic Black (8.1 percent) and Hispanic (10.7 percent) counterparts.

The prevalence of current cigar smoking among boys decreased by 25.2 percent from 20.2 percent in 2001 to 15.1 percent in 2005; there was no significant decrease among girls in the same time period.

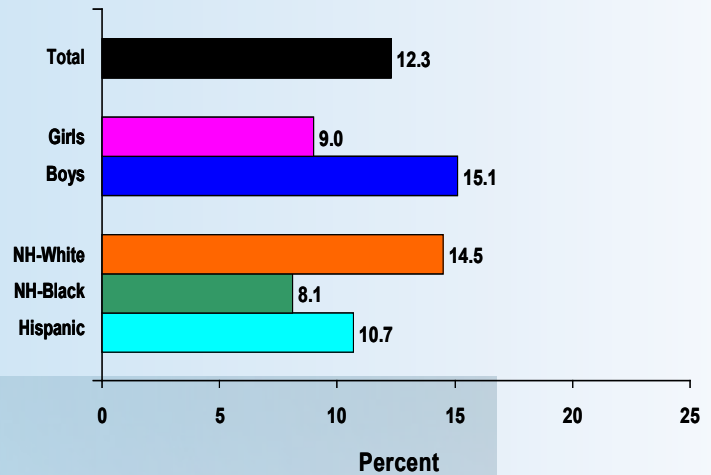
Boys had a higher prevalence of current cigar smoking than girls in all three survey years.

There was no significant difference in the prevalence of current cigar smoking between Florida high school students and their national counterparts during 2001-2005.

The prevalence of current cigar smoking decreased by 14.7 percent among non-Hispanic White students and decreased by 28.3 percent among non-Hispanic Black students from 2001 to 2005. No significant change occurred among Hispanic students during 2001-2005.

Non-Hispanic White students had a higher prevalence of current cigar smoking than both non-Hispanic Black students and Hispanic students in all three survey years.

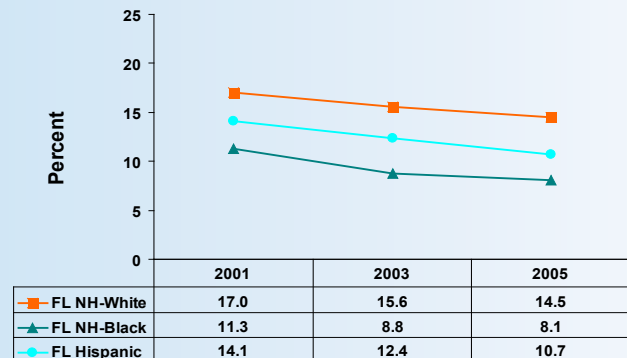
Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days, Florida, 2005



Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days, by gender, Florida, 2001-2005



Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days, by race/ethnicity, Florida, 2001-2005



# CURRENT USE OF ANY FORM OF Tobacco

*The definition for current use of any tobacco includes smoking cigarettes, cigars, specialty tobacco, or using smokeless tobacco on one or more of the past 30 days prior to the survey.*

Overall, 21.6 percent of Florida high school students were current tobacco users in 2005.

Boys (23.6 percent) had a higher prevalence of current tobacco use than girls (19.6 percent).

Among three racial/ethnic groups, non-Hispanic White students (27.9 percent) had the highest prevalence, and non-Hispanic Black students (10.0 percent) had the lowest prevalence of current tobacco use.

The overall prevalence of current tobacco use among Florida high school students decreased by 18.8 percent from 26.6 percent in 2001 to 21.6 percent in 2005.

The prevalence decreased by 21.3 percent among girls and decreased by 16.0 percent among boys from 2001 to 2005.

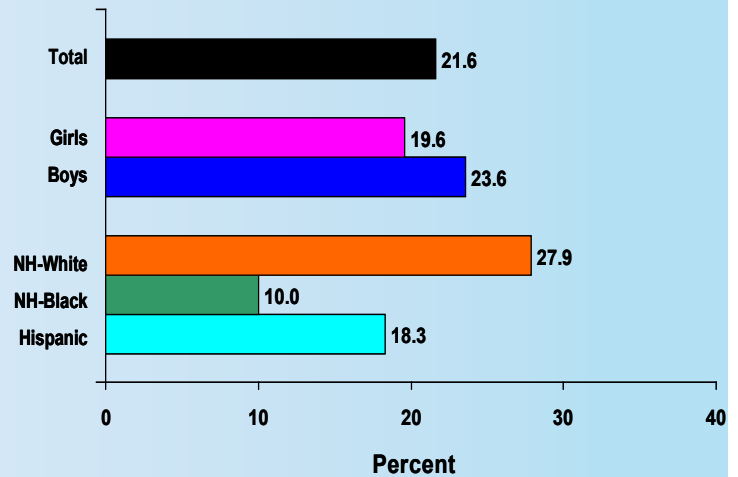
Boys had a higher prevalence of current tobacco use than girls in all three survey years.

Compared to their national counterparts, Florida high school students had a lower prevalence of current tobacco use during 2001-2005.

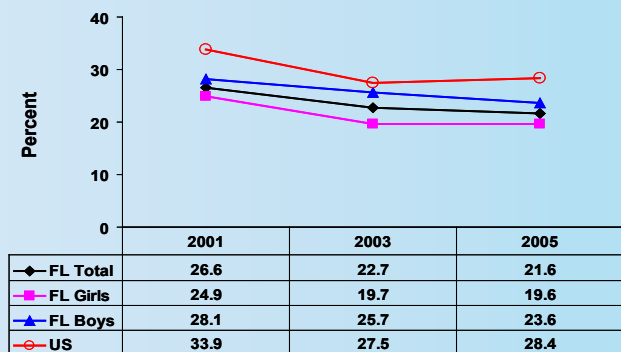
The prevalence of current tobacco use decreased in all race/ethnicity groups during 2001 to 2005.

The prevalence decreased by 14.4 percent among non-Hispanic White students, by 30.1 percent among non-Hispanic Black students, and by 24.7 percent among Hispanic students from 2001 to 2005.

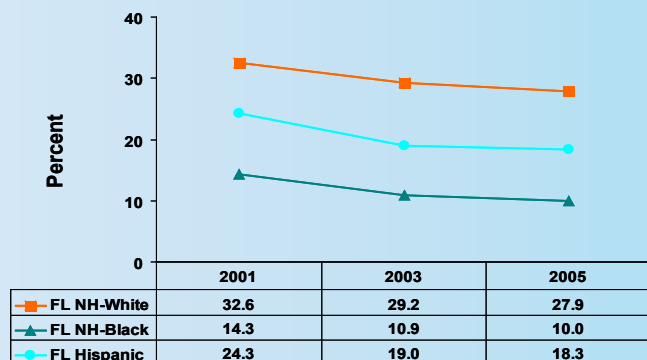
Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days, Florida, 2005



Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days, by gender, Florida, 2001-2005



Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days, by race/ethnicity, Florida, 2001-2005





# Sexual Activity



SEXUAL ACTIVITY

# SEXUAL INTERCOURSE

*The data below includes students who reported that they have ever had sexual intercourse.*

In 2005, about half (50.5 percent) of Florida high school students reported that they have had sexual intercourse.

Boys (53.5 percent) had a higher prevalence than girls (47.1 percent) of having ever had sexual intercourse.

Among the racial/ethnic groups, non-Hispanic White students reported the lowest prevalence (45.4 percent), and non-Hispanic Black students reported the highest prevalence (62.2 percent) of having ever had sexual intercourse.

The overall or gender-specific prevalence of having ever had sexual intercourse did not change significantly from 2001 to 2005.

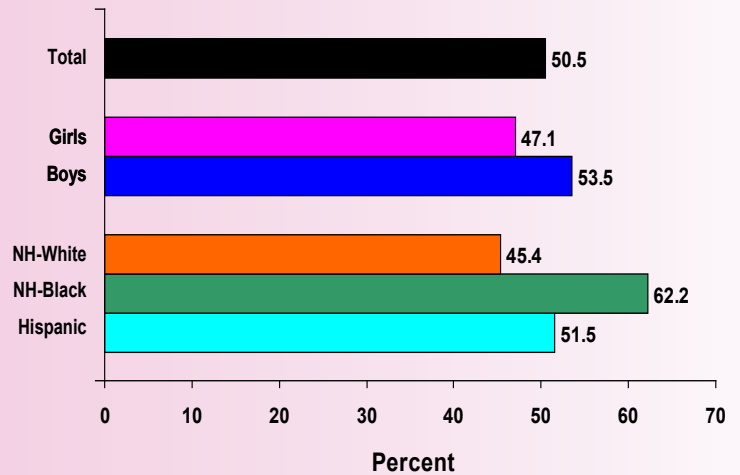
Boys had a higher prevalence of having ever had sexual intercourse than girls in all three survey years.

Compared to their national counterparts, Florida high school students had a higher prevalence of having ever had sexual intercourse in 2001 and in 2003, but not in 2005.

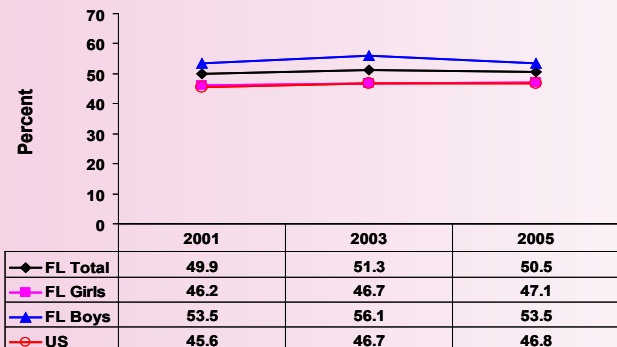
The race/ethnicity-specific prevalence of having ever had sexual intercourse did not change significantly over time from 2001 to 2005.

Non-Hispanic Black students had a higher prevalence of having ever had sexual intercourse than both non-Hispanic White students and Hispanic students in all three survey years.

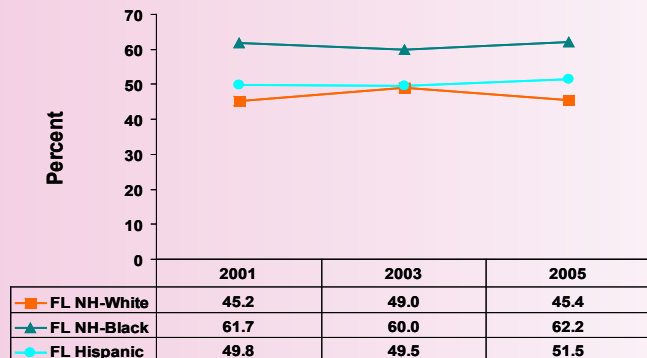
Percentage of students who ever had sexual intercourse, Florida, 2005



Percentage of students who ever had sexual intercourse, by gender, Florida, 2001-2005



Percentage of students who ever had sexual intercourse, by race/ethnicity, Florida, 2001-2005



# CURRENT SEXUAL ACTIVITY

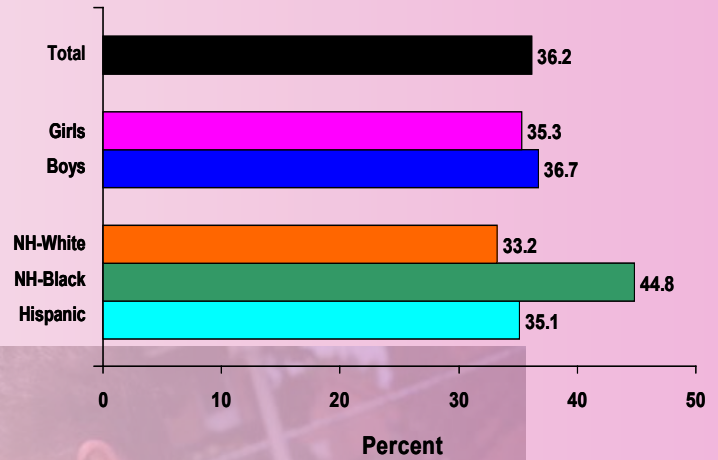
*Current sexual activity examines students who reported having had sexual intercourse with one or more people during the past three months.*

In 2005, more than a third (36.2 percent) of Florida high school students had sex with one or more people during the past three months.

There were no significant gender differences of current sexual activity.

Among the racial/ethnic groups, non-Hispanic Black students had a higher prevalence (44.8 percent) of current sexual activity than non-Hispanic White (33.2 percent) and Hispanic (35.1 percent) students.

Percentage of students who had sexual intercourse with one or more people during the past three months, Florida, 2005



From 2001 to 2005, there were no significant changes in overall or gender-specific prevalence of current sexual activity.

There was no significant difference in the overall prevalence of current sexual activity between Florida high school students and their national counterparts in all three survey years.

Percentage of students who had sexual intercourse with one or more people during the past three months, by gender, Florida, 2001-2005



There was no significant change in the prevalence of current sexual activity among any of the three racial/ethnic groups during 2001-2005.

Non-Hispanic Black students had a higher prevalence of current sexual activity than Hispanic students in all three survey years.

Non-Hispanic Black students had a higher prevalence of current sexual activity than non-Hispanic White students in 2001 and 2005, but not in 2003.

Percentage of students who had sexual intercourse with one or more people during the past three months, by race/ethnicity, Florida, 2001-2005



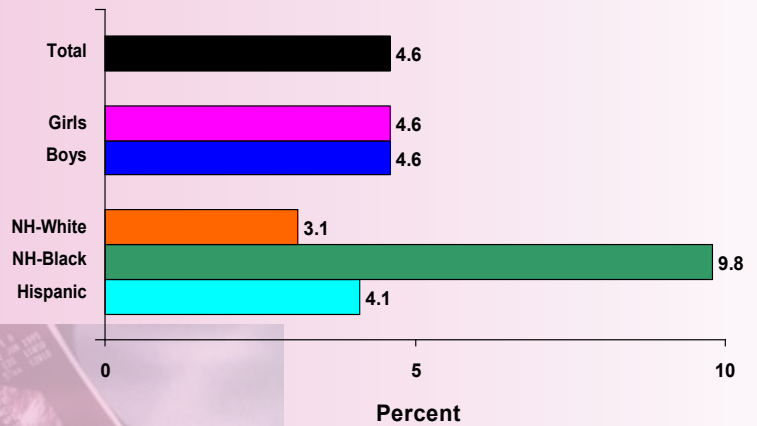
# PREGNANCY

*The data below includes students who reported having been pregnant or having gotten someone else pregnant one or more times.*

In 2005, 4.6 percent of Florida high school students have been or have gotten someone pregnant one or more times. There was no gender difference in the prevalence.

Non-Hispanic Black students reported a higher prevalence (9.8 percent) of pregnancy than both non-Hispanic White students (3.1 percent) and Hispanic students (4.1 percent).

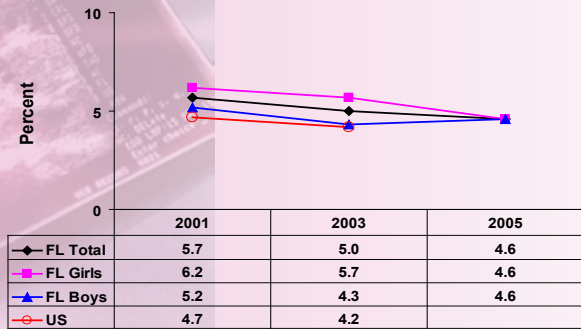
Percentage of students who have been pregnant or have gotten someone pregnant one or more times, Florida, 2005



There were no significant decreases in the overall or gender-specific prevalence of having been or having gotten someone pregnant from 2001 to 2005.

There was no significant difference in the overall prevalence between Florida high school students and their national counterparts from 2001 to 2005.

Percentage of students who have been pregnant or have gotten someone pregnant one or more times, by gender, Florida, 2001-2005



There were no significant changes in the racial/ethnic-specific prevalence of having been or having gotten someone pregnant from 2001 to 2005.

The prevalence was higher among non-Hispanic Black students than non-Hispanic White students and Hispanic students in all three survey years.

Percentage of students who have been pregnant or have gotten someone pregnant one or more times, by race/ethnicity, Florida, 2001-2005



# PREGNANCY PREVENTION: CONDOM USE

*The prevalence of condom use was analyzed only among students who reported having sexual intercourse during past three months.*

Approximately two thirds (66.8 percent) of students who had sexual intercourse during the past three months reported using a condom in 2005.

More boys (70.7 percent) reported condom use than did girls (63.3 percent).

Non-Hispanic Black students (72.4 percent) had a higher prevalence of condom use than non-Hispanic White students (63.2 percent).

There were no significant changes in the overall or gender-specific prevalence of condom use during 2001 to 2005.

The prevalence was higher among boys than among girls in all three survey years.

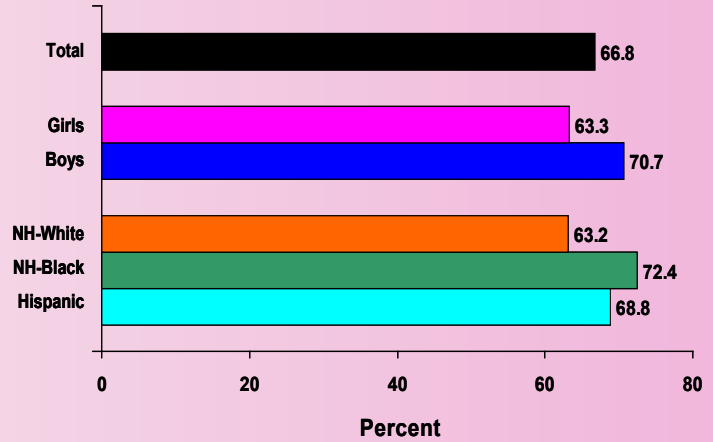
Compared to their national counterparts, Florida high school students had a higher prevalence of condom use in 2001 and 2005, but not in 2003.

There were no significant changes in the prevalence of condom use in all racial/ethnic groups from 2001 to 2005.

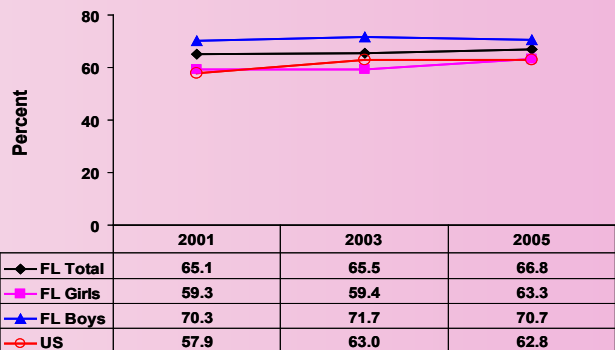
Non-Hispanic Black students had a higher prevalence of condom use than their non-Hispanic White counterparts in all three survey years.

Non-Hispanic Black students had a higher prevalence of condom use than their Hispanic counterparts in 2001 and 2003, but not in 2005.

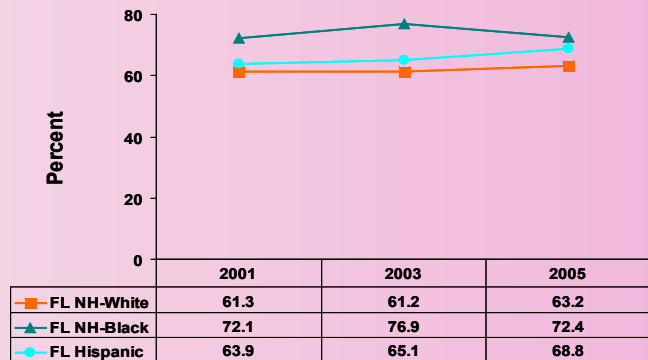
Percentage of students who used a condom during last sexual intercourse among those who had sexual intercourse in the previous three months, Florida, 2005



Percentage of students who used a condom during last sexual intercourse among those who had sexual intercourse in the previous three months, by gender, Florida, 2001-2005



Percentage of students who used a condom during last sexual intercourse among those who had sexual intercourse in the previous three months, by race/ethnicity, Florida, 2001-2005



# PREGNANCY PREVENTION: BIRTH CONTROL PILL USE

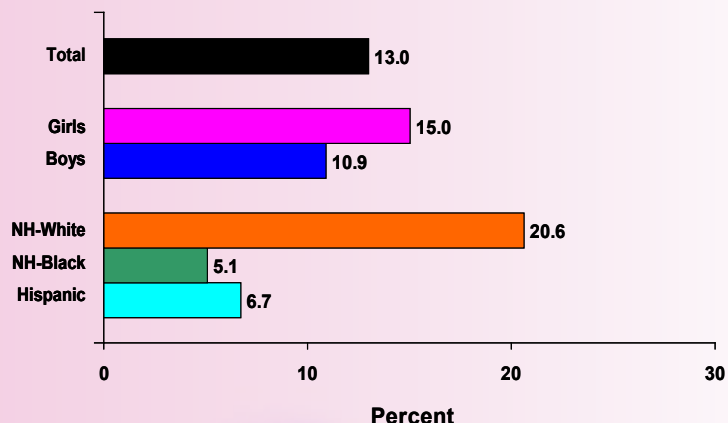
*The prevalence of birth control pill use was analyzed only among students who reported having sexual intercourse during past three months.*

About 13.0 percent of Florida high school students reported using birth control pills during their last sexual intercourse in 2005.

More girls (15.0 percent) reported birth control pill use than boys who reported their partner using birth control pills (10.9 percent).

The prevalence of birth control pill use was higher among Non-Hispanic White students (20.6 percent) than both non-Hispanic Black students (5.1 percent) and Hispanic students (6.7 percent).

Percentage of students who used birth control pills during last sexual intercourse among those who had sexual intercourse in the previous three months, Florida, 2005

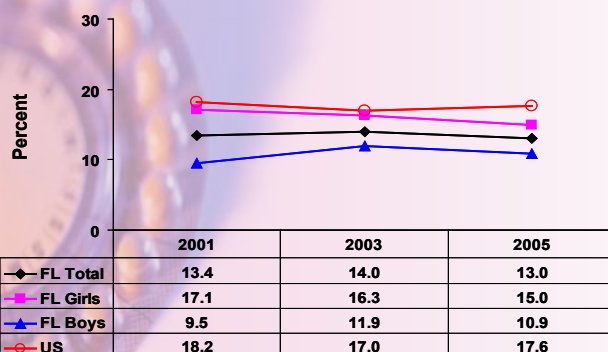


The overall or gender-specific prevalence of birth control pill use was unchanged from 2001 to 2005.

More girls reported birth control pill use than boys did for their partners in all three survey years.

Compared to their national counterparts, Florida high school students were less likely to report birth control pill use during 2001-2005.

Percentage of students who used birth control pills during last sexual intercourse among those who had sexual intercourse in the previous three months, by gender, Florida, 2001- 2005



The prevalence of birth control pill use by Hispanic students decreased by 44.2 percent from 12.0 percent in 2001 to 6.7 percent in 2005.

Non-Hispanic white students had the highest prevalence of birth control pill use among the three racial/ethnic groups in all three survey years.

In 2001, Hispanic students had a higher prevalence of birth control pill use than non-Hispanic Black students, but there was no significant difference in 2003 or 2005.

Percentage of students who used birth control pills during last sexual intercourse among those who had sexual intercourse in the previous three months, by race/ethnicity, Florida, 2001-2005



# HIV/AIDS EDUCATION

*The data below includes students who reported receiving some education about HIV and/or AIDS in school.*

Approximately seven out of eight (88.4 percent) Florida high school students reported learning about HIV infection or AIDS in school in 2005.

More girls (90.3 percent) reported having been taught about HIV infection or AIDS in school than did boys (86.7 percent).

The prevalence of receiving HIV infection or AIDS education in school was higher among non-Hispanic White students (90.7 percent) than both non-Hispanic Black students (86.4 percent) and Hispanic students (85.9 percent).

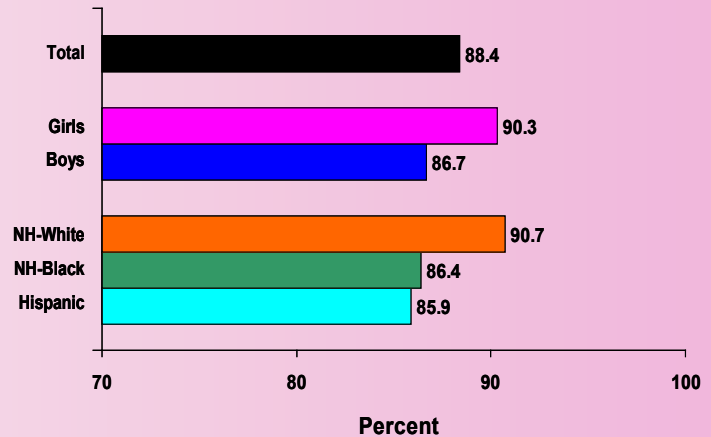
There were no significant changes in the overall or gender-specific prevalence of reported HIV or AIDS education in school among Florida high school students from 2001 to 2005.

There was no difference between the Florida high school students' prevalence and the national average during 2001-2005.

There were no significant changes in racial/ethnic-specific prevalence from 2001 to 2005.

Non-Hispanic White students had a higher prevalence of reporting HIV/AIDS education in school than their Hispanic counterparts in all three survey years. The prevalence among non-Hispanic White students was also higher than that among non-Hispanic Black students in 2003 and 2005.

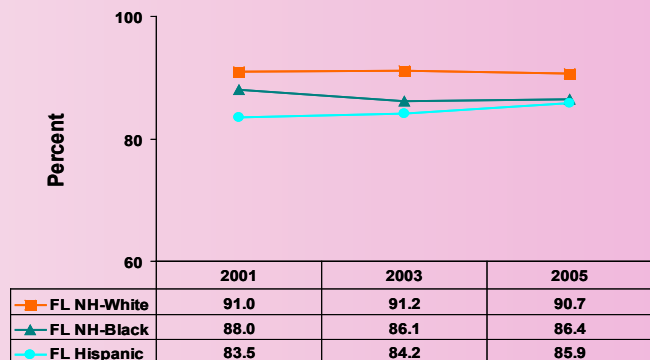
Percentage of students who had been taught in school about AIDS or HIV infection, Florida, 2005



Percentage of students who had been taught in school about AIDS or HIV infection, by gender, Florida, 2001-2005



Percentage of students who had been taught in school about AIDS or HIV infection, by race/ethnicity, Florida, 2001-2005





# Weight Management & Dietary Behaviors



WEIGHT MANAGEMENT & DIETARY BEHAVIORS

# OVERWEIGHT

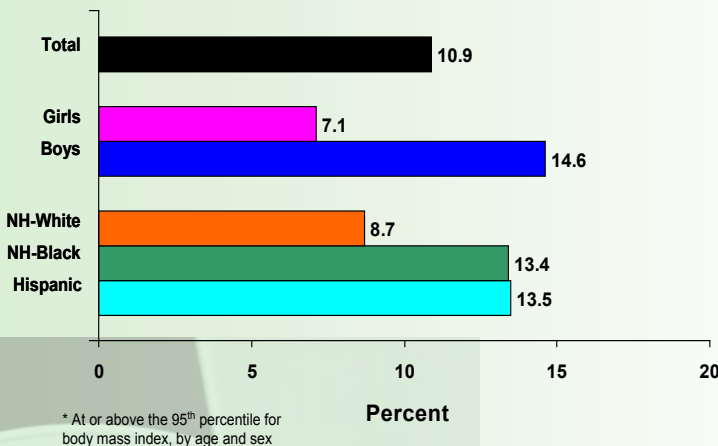
**Overweight is defined as having body mass index (BMI) that is greater than or equal to the 95th percentile of body mass index-for-age distribution with the same age and gender. The body mass index distribution was developed by the National Center for Health Statistics and the National Center for Chronic Disease Prevention and Health Promotion (2000).**

One in ten (10.9 percent) Florida high school students were overweight in 2005.

The prevalence of overweight was higher among boys (14.6 percent) than among girls (7.1 percent).

Both non-Hispanic Black students (13.4 percent) and Hispanic students (13.5 percent) had a higher prevalence of overweight than did non-Hispanic White students (8.7 percent).

Percentage of students who were overweight\*, Florida, 2005

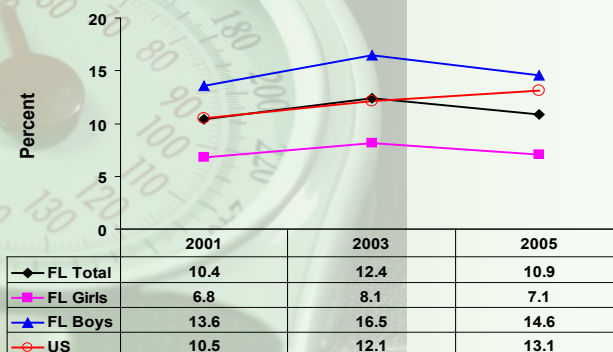


There were no significant changes in the overall or gender-specific prevalence of overweight among Florida high school students from 2001 to 2005.

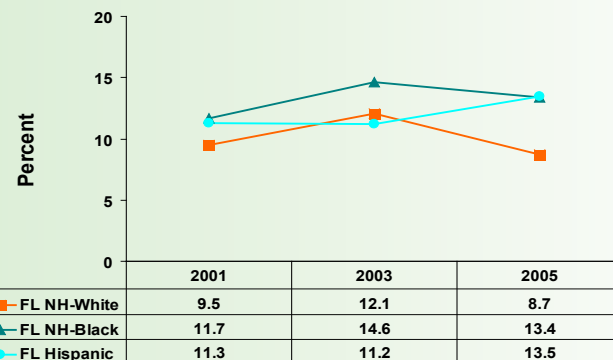
Boys had a higher prevalence of overweight than girls in all three survey years.

The overall prevalence of overweight in Florida high school students was similar to the national average in 2001 and 2003, but lower than the national average in 2005.

Percentage of students who were overweight\*, by gender, Florida, 2001-2005



Percentage of students who were overweight\*, by race/ethnicity, Florida, 2001-2005



There were no significant changes in the racial/ethnic-specific prevalence from 2001 to 2005.

There were no significant differences in the prevalence of overweight among the three racial/ethnic groups in 2001 and 2003. In 2005, non-Hispanic White students had a lower prevalence of being overweight than their non-Hispanic Black and Hispanic counterparts.

# AT RISK OF OVERWEIGHT

*At risk of overweight is defined as having body mass index (BMI) greater than or equal to the 85th percentile and less than the 95th percentile of body mass index-for-age distribution with the same age and gender. The body mass index distribution was developed by the National Center for Health Statistics and the National Center for Chronic Disease Prevention and Health Promotion (2000).*

Approximately, one in seven (14.4 percent) Florida high school students were at risk of overweight in 2005.

The prevalence of at risk of overweight did not differ significantly between boys and girls.

Both non-Hispanic Black students (16.3 percent) and Hispanic students (16.5 percent) had a higher prevalence of at risk of overweight than did non-Hispanic White students (12.5 percent).

There were no significant changes in the overall or gender-specific prevalence of at risk of overweight among Florida high school students from 2001 to 2005.

There was no significant difference in the prevalence of at risk of overweight between boys and girls during all three survey years.

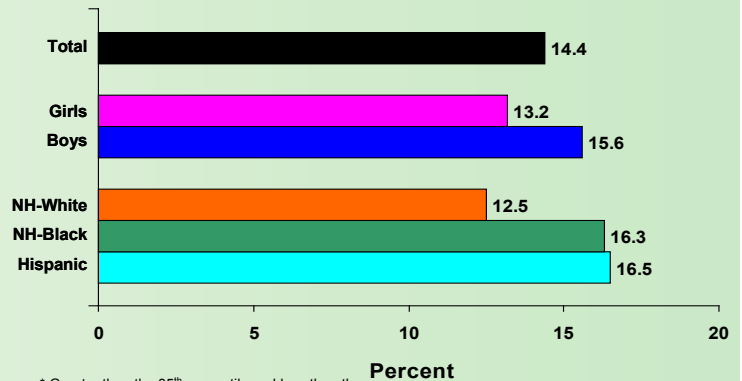
The overall prevalence of at risk of overweight in Florida high school students did not differ significantly from the national average during 2001 to 2005.

There were no significant changes in the racial/ethnic-specific prevalence from 2001 to 2005.

Non-Hispanic White students had a lower prevalence of at risk of overweight than their non-Hispanic Black and Hispanic counterparts from 2001 to 2005.

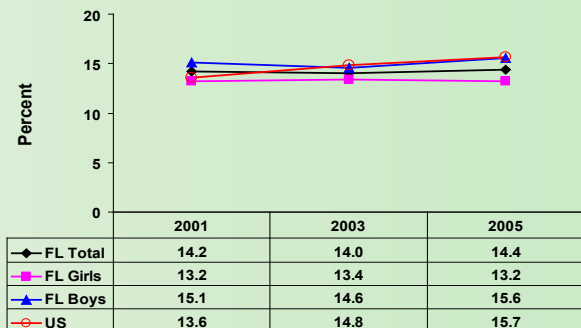
Hispanic and non-Hispanic Black students did not differ significantly during 2001 to 2005.

Percentage of students who were at risk of overweight\*, Florida, 2005



\* Greater than the 85<sup>th</sup> percentile and less than the 95<sup>th</sup> percentile for body mass index, by age and sex

Percentage of students who were at risk overweight\*, by gender, Florida, 2001- 2005



\* Greater than the 85<sup>th</sup> percentile and less than the 95<sup>th</sup> percentile for body mass index, by age and sex

Percentage of students who were at risk of overweight\*, by race/ethnicity, Florida, 2001-2005



\* Greater than the 85<sup>th</sup> percentile and less than the 95<sup>th</sup> percentile for body mass index, by age and sex

# SELF PERCEPTION OF BEING OVERWEIGHT

*Self perception of being overweight is defined as students who respond to the question “How do you describe your weight?” with “slightly overweight” or “very overweight.”*

Overall, 28.1 percent of Florida high school students described themselves as overweight in 2005.

Girls (30.8 percent) were more likely than boys (25.4 percent) to describe themselves as overweight.

Hispanic students (33.7 percent) were more likely than their non-Hispanic White (27.9 percent) and non-Hispanic Black (24.2 percent) counterparts to describe themselves as overweight.

There were no significant changes in the overall or gender-specific prevalence of self perception of being overweight from 2001 to 2005.

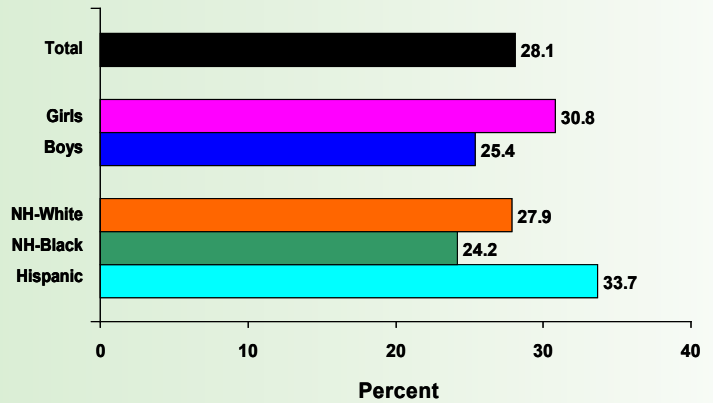
Girls had a higher prevalence of reporting being overweight than did boys in all three survey years.

Florida high school students had a lower prevalence of self perception of being overweight than the national average in 2005.

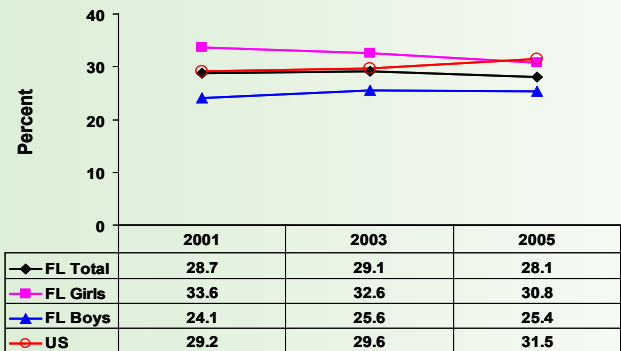
The prevalence of self perception of being overweight among non-Hispanic White students decreased by 10.6 percent from 2001 to 2005, but there were no significant changes among non-Hispanic Black and Hispanic students in the same time period.

The prevalence among non-Hispanic Black students was lower than that among non-Hispanic White students and Hispanic students in 2001 and lower than that among non-Hispanic White students in 2003.

Percentage of students who described their body as overweight, Florida, 2005



Percentage of students who described their body as overweight, by gender, Florida, 2001-2005



Percentage of students who described their body as overweight, by race/ethnicity, Florida, 2001-2005



*Of the 28.1 percent of Florida high school students who described themselves as overweight, only 1 in 3 actually were overweight based on BMI. Girls were more likely than boys and non-Hispanic White students were more likely than non-Hispanic Black students, to perceive themselves as overweight when they actually were not, based on their BMI.*

# TRYING TO LOSE WEIGHT

*The data below includes students who indicated that they are currently trying to lose weight.*

Nearly two out of five (43.3 percent) Florida high school students reported trying to lose weight in 2005.

Girls (56.0 percent) had a higher prevalence of trying to lose weight than boys (30.7 percent).

Non-Hispanic White (44.3 percent) and Hispanic (47.8 percent) students had a higher prevalence of trying to lose weight than non-Hispanic Black students (36.1 percent) in 2005.

There were no significant changes in the overall or gender-specific prevalence of trying to lose weight among students from 2001 to 2005.

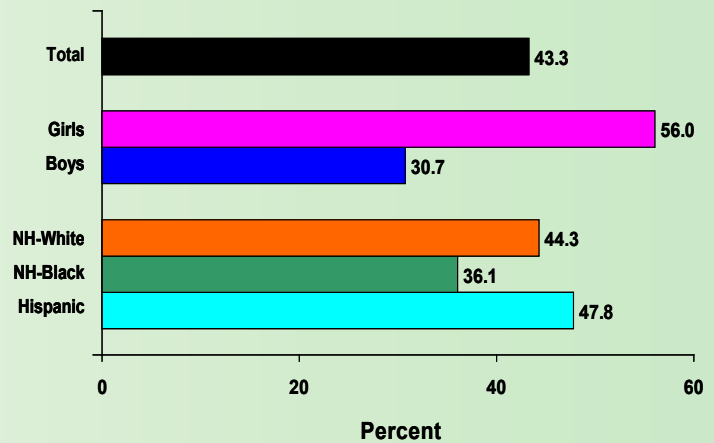
Girls had a higher prevalence than boys of trying to lose weight in all three survey years.

Florida high school students had a lower prevalence of trying to lose weight than the national average in 2001 and 2005, but there was no significant difference in 2003.

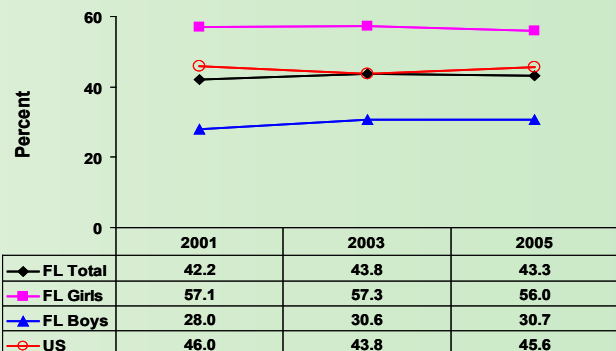
There was no significant change in the prevalence in any racial/ethnic group from 2001-2005.

Non-Hispanic White and Hispanic students had a higher prevalence of trying to lose weight than non-Hispanic Black students in all three survey years.

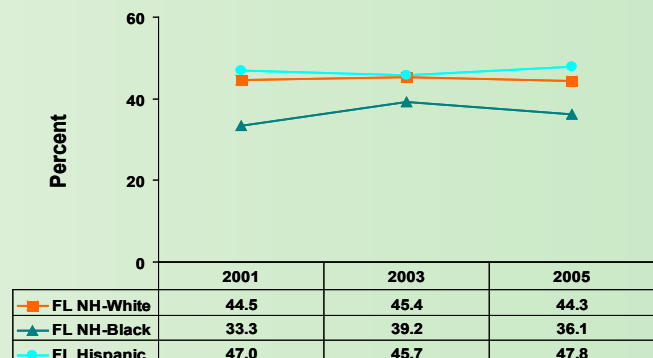
Percentage of students who were trying to lose weight, Florida, 2005



Percentage of students who were trying to lose weight, by gender, Florida, 2001-2005



Percentage of students who were trying to lose weight, by race/ethnicity, Florida, 2001-2005



*Of the 10.9 percent of Florida public high school students who were overweight based on their BMI, 78.8 percent reported trying to lose weight.*

# FRUIT AND VEGETABLE CONSUMPTION

*The data below includes students who reported eating 5 or more servings of fruits and vegetables per day during the past 7 days.*

Approximately one out of five (21.9 percent) Florida high school students reported eating five or more servings of fruits and vegetables per day during the past seven days (5-A-Day) in 2005.

Boys (24.0 percent) had a higher prevalence of 5-A-Day than girls (19.5 percent).

The prevalence of 5-A-Day was higher among non-Hispanic Black students (25.4 percent) than among non-Hispanic White students (20.0 percent) in 2005.

There were no significant changes in overall or gender-specific prevalence of 5-A-Day among Florida high school students from 2001 to 2005.

Boys had a higher prevalence of 5-A-Day than girls in all three survey years.

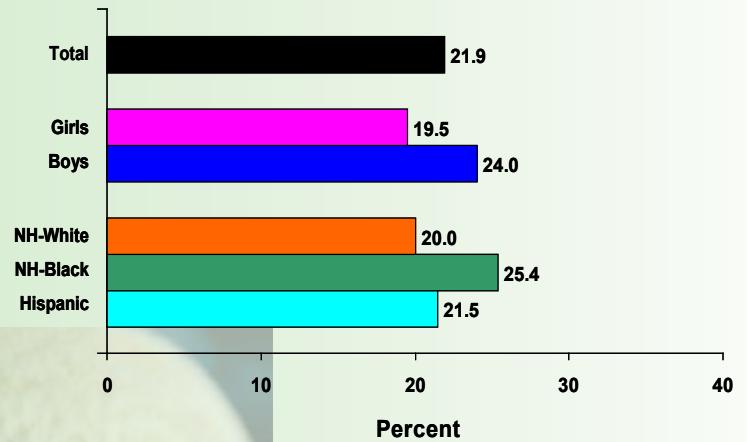
There was no significant difference between the prevalence among Florida high school students and the national average during 2001-2005.

There were no significant changes in the racial/ethnic-specific prevalence of 5-A-Day among Florida high school students from 2001 to 2005.

Non-Hispanic Black students had a higher prevalence than non-Hispanic White students and did not differ significantly from their Hispanic counterparts during all three survey years.

Hispanic students had a higher prevalence of 5-A-Day than non-Hispanic White students in 2003, but the prevalence was not significantly different between the two groups in 2001 and 2005.

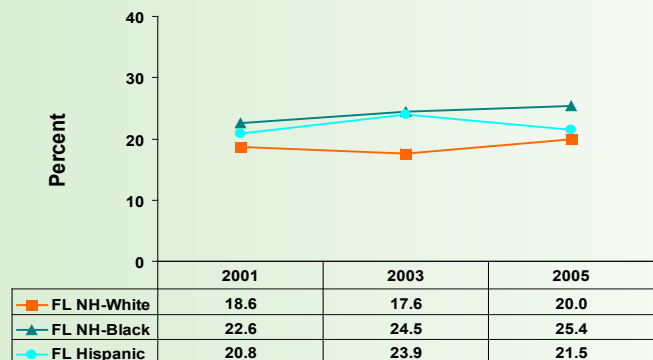
Percentage of students who ate five or more servings per day of fruits and vegetables during the past seven days, Florida, 2005



Percentage of students who ate five or more servings per day of fruits and vegetables during the past seven days, by gender, Florida, 2001-2005



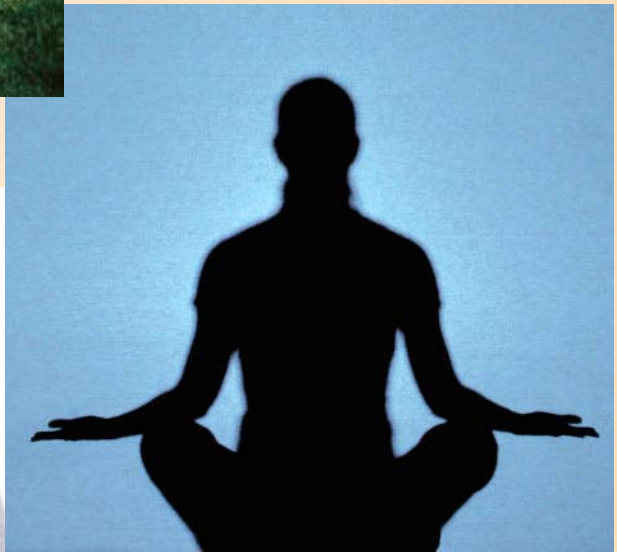
Percentage of students who ate five or more servings per day of fruits and vegetables during the past seven days, by race/ethnicity, Florida, 2001-2005







# PHYSICAL ACTIVITY



PHYSICAL ACTIVITY

# MODERATE PHYSICAL ACTIVITY

**Recommended moderate physical activity is defined as having exercised or participated in physical activities for at least 30 minutes on five or more of the past seven days, which did not cause students to sweat or breathe hard.**

Approximately one of four (24.7 percent) Florida high school students achieved the recommended level of moderate physical activity in 2005.

Boys (28.6 percent) had a higher prevalence of achieving the recommended level of moderate physical activity than did girls (20.7 percent).

Non-Hispanic White students (26.8 percent) had a higher prevalence of achieving the recommended level of moderate physical activity than both non-Hispanic Black students (22.3 percent) and Hispanic students (21.6 percent) in 2005.

The overall prevalence of achieving the recommended level of moderate physical activity increased by 12.3 percent among students from 22.0 percent in 2001 to 24.7 percent in 2005.

The prevalence of achieving recommended moderate physical activity increased by 21.1 percent among girls from 2001 to 2005, but there were no significant changes among boys during this time.

Boys had a higher prevalence than girls of achieving recommended moderate activity in all three survey years.

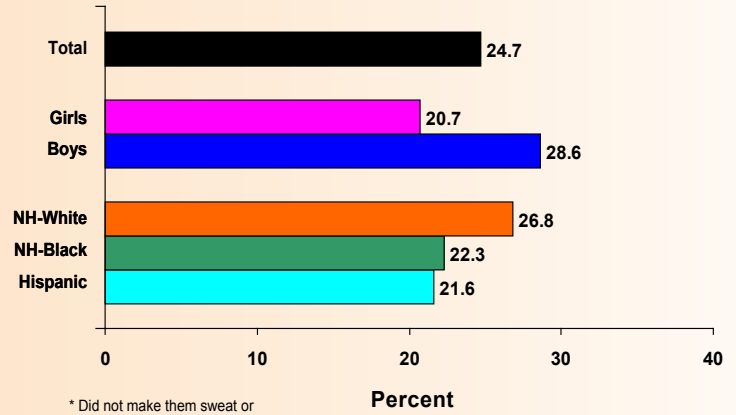
The prevalence among Florida students was lower than the national average in 2001 and 2003, but there was no difference between the prevalence in Florida students and the national average in 2005.

The prevalence of achieving recommended moderate physical activity among non-Hispanic White students increased by 19.6 percent from 2001 to in 2005. The prevalence was unchanged among non-Hispanic Black and Hispanic students from 2001 to 2005.

Non-Hispanic White students had a higher prevalence than Hispanic students in both 2003 and 2005.

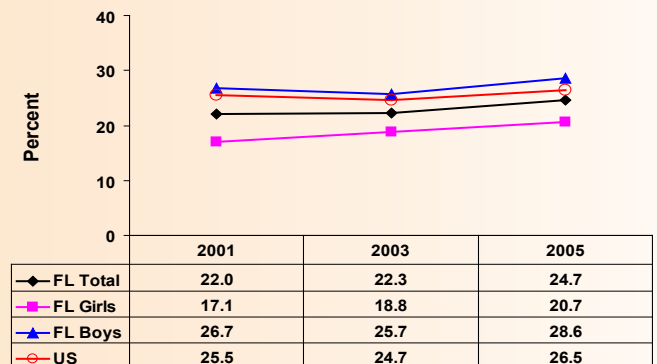
There was no difference in the prevalence between Hispanic students and non-Hispanic Black students during 2001-2005.

Percentage of students who participated in sufficient moderate physical activity\* on five or more of the past seven days, Florida, 2005



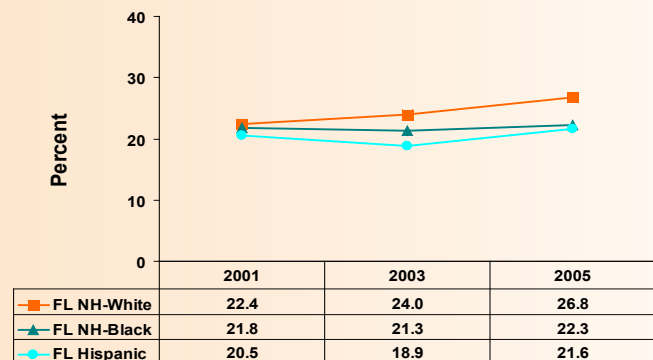
\* Did not make them sweat or breathe hard for 30 minutes or more

Percentage of students who participated in sufficient moderate physical activity\* on five or more of the past seven days, by gender, Florida, 2001-2005



Did not make them sweat or breathe hard for 30 minutes or more

Percentage of students who participated in sufficient moderate physical activity\* on five or more of the past seven days, by race/ethnicity, Florida, 2001-2005



\* Did not make them sweat or breathe hard for 30 minutes or more

# VIGOROUS PHYSICAL ACTIVITY

**Recommended vigorous physical activity is having exercised or participated in physical activities for at least 20 minutes on three or more of the past seven days, which caused students to sweat and breathe hard.**

Overall, three of five (60.2 percent) Florida high school students achieved the recommended level of vigorous physical activity in 2005.

Boys (70.4 percent) had a higher prevalence of achieving recommended vigorous activity than did girls (50.0 percent).

The prevalence among non-Hispanic White students (63.5 percent) was higher than that among both Hispanic students (57.3 percent) and non-Hispanic Black students (54.9 percent) in 2005.

There were no significant changes in overall or gender-specific prevalence from 2001 to 2005.

Boys had a higher prevalence of achieving recommended vigorous activity than did girls in all three survey years.

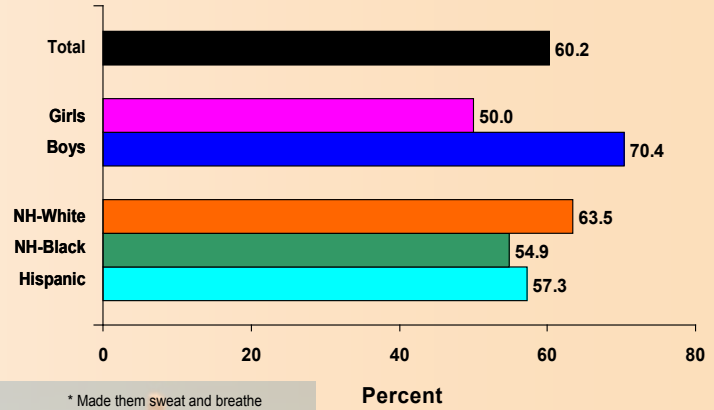
The prevalence of achieving recommended vigorous physical activity among Florida high school students was lower than the national average in 2001 and 2005. In 2003, the prevalence among Florida students was the same as the national average.

There were no changes in racial/ethnic-specific prevalence from 2001 to 2005.

Non-Hispanic White students had a higher prevalence than did non-Hispanic Black and Hispanic students in all three survey years.

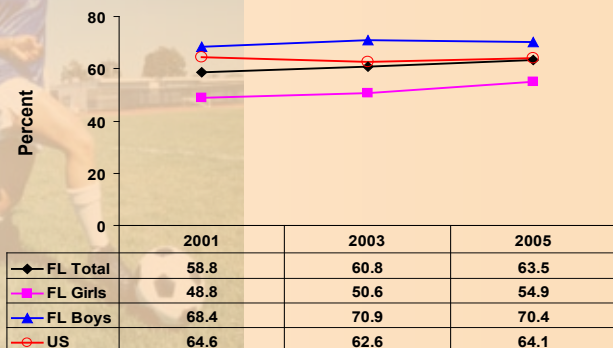
There was no difference in the prevalence between Hispanic students and non-Hispanic Black students during 2001-2005.

Percentage of students who participated in sufficient vigorous physical activity\* on three or more of the past seven days, Florida, 2005



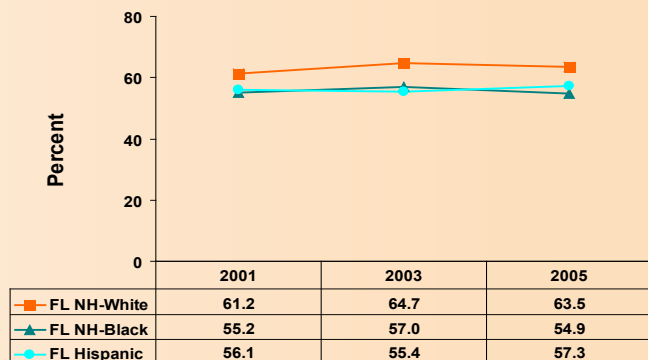
\* Made them sweat and breathe hard for 20 minutes or more

Percentage of students who participated in sufficient vigorous physical activity\* on three or more of the past seven days, by gender, Florida, 2001-2005



\* Made them sweat and breathe hard for 20 minutes or more

Percentage of students who participated in sufficient vigorous physical activity\* on three or more of the past seven days, by race/ethnicity, Florida, 2001-2005



\* Made them sweat and breathe hard for 20 minutes or more

# PHYSICAL EDUCATION (PE) IN SCHOOL

*The data below includes students who reported attending a physical education class on one or more days during an average school week.*

Two out of five (39.6 percent) Florida high school students reported attending a PE class on one or more days during an average school week in 2005.

Boys (48.2 percent) had a higher prevalence of attending a PE class than girls (30.9 percent).

Non-Hispanic Black students (48.1 percent) and Hispanic (41.9 percent) students had a higher prevalence of attending PE than non-Hispanic White (35.2 percent).

There were no significant changes in overall or gender-specific prevalence from 2001 to 2005.

Boys had a higher prevalence than girls in all three survey years.

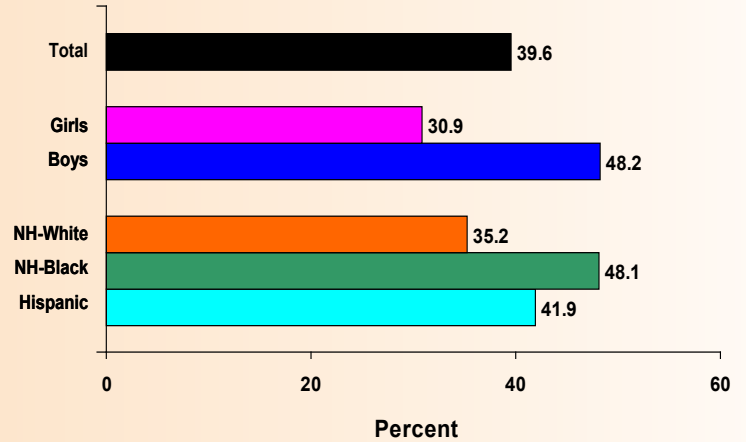
The prevalence among Florida high school students was lower than the national average in all three survey years.

There were no significant changes in racial/ethnic-specific prevalence from 2001 to 2005.

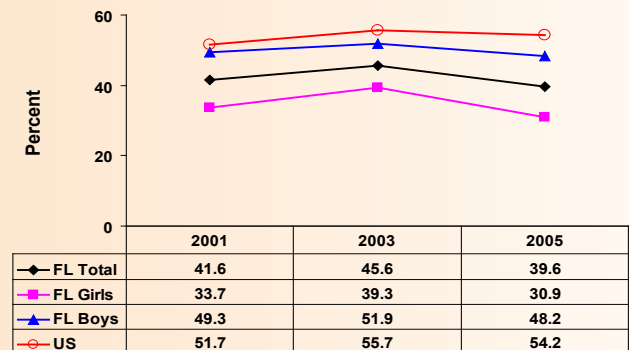
Non-Hispanic Black students had a higher prevalence than non-Hispanic White students in all three survey years.

Hispanic students had a lower prevalence than non-Hispanic Black students in 2001 and 2003. Hispanic students, however, had a higher prevalence than non-Hispanic white students in 2005.

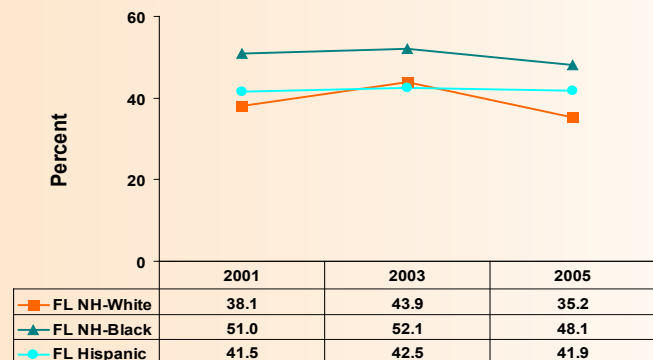
Percentage of students who attended physical education classes on one or more days in an average week when they were in school, Florida, 2005



Percentage of students who attended physical education classes on one or more days in an average week when they were in school, by gender, Florida, 2001- 2005



Percentage of students who attended physical education classes on one or more days in an average week when they were in school, by race/ethnicity, Florida, 2001-2005



# WATCHING TV FOR 3 HOURS OR MORE ON AN AVERAGE SCHOOL DAY

*The data below includes students who reported watching three or more hours of TV on an average school day.*

Approximately two of five (40.9 percent) Florida high school students reported watching three or more hours of TV on an average school day in 2005.

There were no significant gender differences in watching TV for three or more hours.

Among the three racial/ethnic groups, non-Hispanic Black students (62.3 percent) had the highest prevalence of watching TV for three or more hours on an average school day, and non-Hispanic White students (29.5 percent) had the lowest prevalence.

The overall prevalence among Florida high school students decreased by 8.9 percent from 44.9 percent in 2001 to 40.9 percent in 2005.

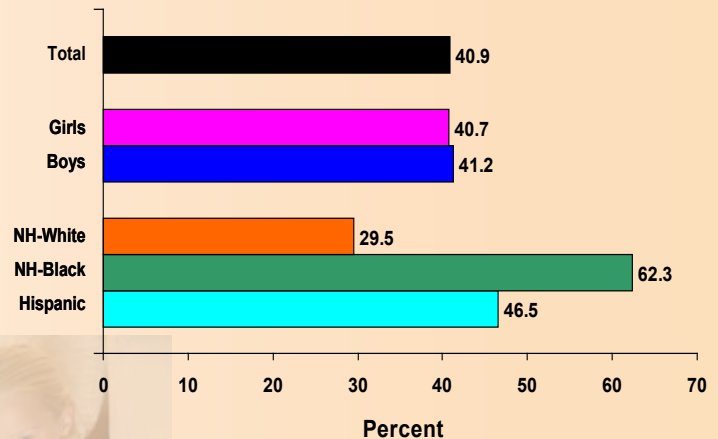
Boys had a higher prevalence than girls in 2001, but there was no significant gender difference in the prevalence in 2003 and 2005.

The overall prevalence among Florida high school students was higher than the national average in all three survey years.

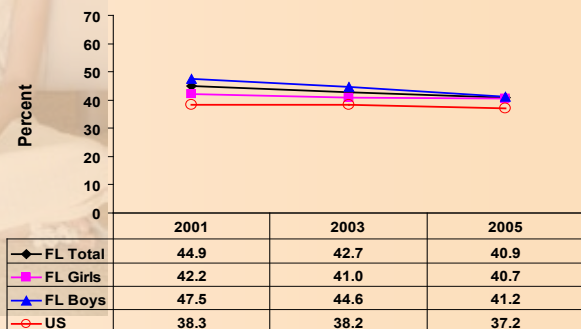
The prevalence of watching TV for 3 or more hours among non-Hispanic White students decreased by 14.2 percent from 2001 to 2005, but did not change significantly among non-Hispanic Black and Hispanic students during the same period of time.

Non-Hispanic Black students had the highest prevalence, and non-Hispanic White students had the lowest prevalence in all three survey years.

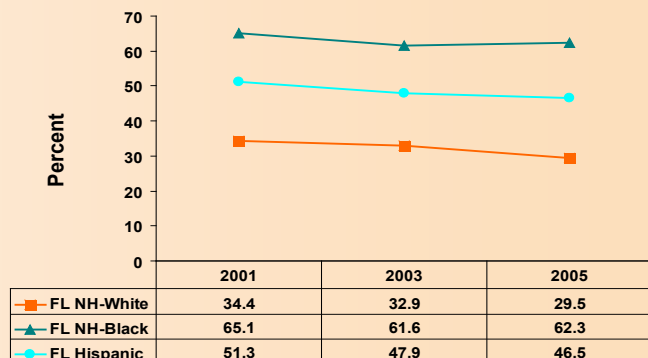
Percentage of students who watched three or more hours per day of TV on an average school day, Florida, 2005



Percentage of students who watched three or more hours per day of TV on an average school day, by gender, Florida, 2001-2005



Percentage of students who watched three or more hours per day of TV on an average school day, by race/ethnicity, Florida, 2001-2005



## **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.

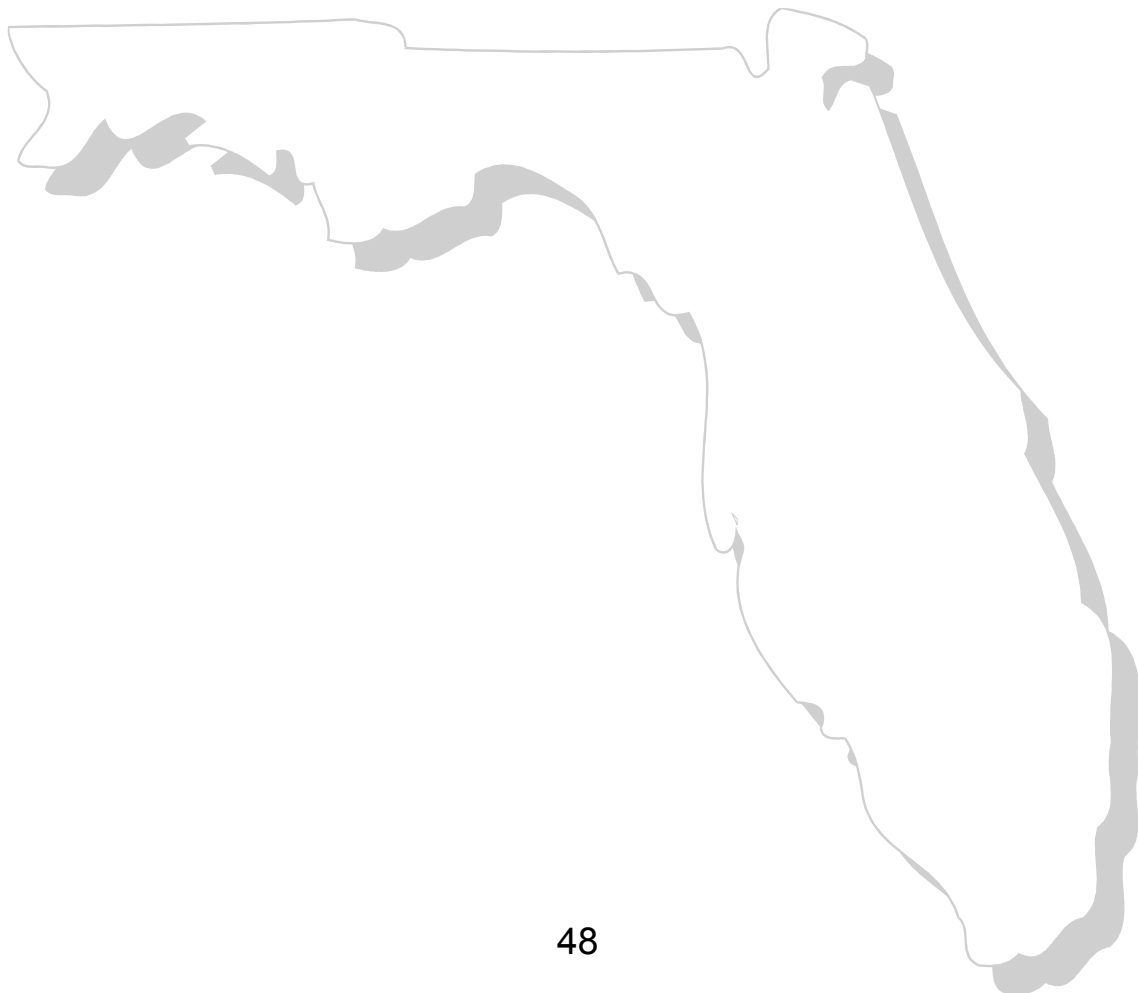
## **ADDITIONAL INFORMATION**

For more information about the Florida Youth Risk Behavior Survey, please call the Bureau of Epidemiology at the Florida Department of Health, (850) 245-4401, or visit our website at:

[http://www.doh.state.fl.us/disease\\_ctrl/epi/Chronic\\_Disease/YRBS/Intro.htm](http://www.doh.state.fl.us/disease_ctrl/epi/Chronic_Disease/YRBS/Intro.htm)

Visit the CDC's website (<http://www.cdc.gov/yrbs>) for more information about the National Youth Risk Behavior Survey.

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**August 2006**

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