



2012 Healthiest Weight Profile- Florida

Measure	Year(s)	Rate Type	Number	Rate
Socio-Demographic Characteristics				
Total Population ¹	2012		19,042,458	
Population under 18 years old ¹	2012	Percent of Total Population	4,024,968	21.1%
Population 18-64 years old ¹	2012	Percent of Total Population	11,598,797	60.9%
Population 65 years and older ¹	2012	Percent of Total Population	3,418,693	18.0%
Population- White ¹	2012	Percent of Total Population	14,930,936	78.4%
Population- Black ¹	2012	Percent of Total Population	3,150,349	16.5%
Population- Other ¹	2012	Percent of Total Population	961,173	5.0%
Population- Hispanic ¹	2012	Percent of Total Population	4,412,802	23.2%
Population- Non-Hispanic ¹	2012	Percent of Total Population	14,629,656	76.8%
Population below 100% poverty ²	2011 5-yr est	Percent of Total Population	2,679,400	14.7%
Households where no one over age 14 speaks English "very well" ³	2010	Percent of Total Population		7.2%
Adults 18-64 with any health care coverage ³	2012	Percent of Population 18-64		72.4%
Adults reporting a personal doctor or health care provider ³	2010	Percent of Total Adult Population		81.7%
Weight, Activity, and Eating Habits among Adults				
Adults who are at a healthy weight ³	2012	Percent of Total Adult Population		36.4%
Adults who are underweight ³	2012	Percent of Total Adult Population		1.5%
Adults who are overweight or obese ³	2012	Percent of Total Adult Population		62.1%
Adults who are overweight ³	2012	Percent of Total Adult Population		36.9%
Adults who are obese ³	2012	Percent of Total Adult Population		25.2%
Adults who participated in 150 minutes or more of aerobic physical activity per week ³	2011	Percent of Total Adult Population		52.8%
Adults who participated in muscle strengthening exercises more than twice per week ³	2011	Percent of Total Adult Population		29.2%
Adults who participated in enough aerobic and muscle strengthening exercises to meet guidelines ³	2011	Percent of Total Adult Population		21.4%
Adults who are sedentary ³	2009	Percent of Total Adult Population		24.7%
Adults who consume at least 5 servings of fruits and vegetables a day ³	2009	Percent of Total Adult Population		24.4%
Weight, Activity, and Eating Habits among Children and Teens				
Middle and high school students who are at a healthy weight ⁴	2012	Percent of Florida Public Middle and High School Students		68.7%
Middle and high school students who are underweight ⁴	2012	Percent of Florida Public Middle and High School Students		4.2%
Middle and high school students who are overweight ⁴	2012	Percent of Florida Public Middle and High School Students		15.5%
Middle and high school students who are obese ⁴	2012	Percent of Florida Public Middle and High School Students		11.5%

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Weight, Activity, and Eating Habits among Children and Teens				
Middle and high school students who attend PE classes on one or more days in an average week when they were in school ⁵	2011	Percent of Florida Public Middle and High School Students		54.5%
Middle and high school students participating in 60 minutes of daily physical activity ⁵	2011	Percent of Florida Public Middle and High School Students		28.9%
Middle and high school students who ate vegetables 3 or more times per day ⁵	2011	Percent of Florida Public Middle and High School Students		15.0%
Middle and high school students who ate fruit or drank 100% fruit juices two or more times per day ⁵	2011	Percent of Florida Public Middle and High School Students		36.0%
Middle and high school students who drank a can, bottle or glass of soda or pop at least one time per day ⁵	2011	Percent of Florida Public Middle and High School Students		25.4%
Maternal Weight and Breastfeeding among Mothers				
Live births to mothers who are at a healthy weight (BMI 18.5-24.9) at time pregnancy occurred ⁶	2012	Percent of Live Births to All Mothers	96,972	45.5%
Live births to mothers who are overweight (BMI 25.0-29.9) at time pregnancy occurred ⁶	2012	Percent of Live Births to All Mothers	50,636	23.8%
Live births to mothers who are obese (BMI ≥ 30) at time pregnancy occurred ⁶	2012	Percent of Live Births to All Mothers	43,940	20.6%
Live births to mothers who initiate breast feeding ⁶	2012	Percent of Live Births to All Mothers	172,427	81.0%
Mothers who breastfed or pumped milk for her new baby for four or more weeks ⁷	2011	Percent of New Mothers		67.6%
Mothers who breastfed or pumped milk for her new baby for at least three months ⁷	2011	Percent of New Mothers		46.7%
Built Environment				
Population that live within a 1/2 mile of healthy food source ⁸	2010	Percent of Total Population		32.2%
Population that live within a 1/2 mile of a fast food restaurant ⁸	2010	Percent of Total Population		33.5%
Population that live within a ten minute walk (1/2 mile) of an off-street trail system ⁸	2010	Percent of Total Population		9.6%
Workers who drive alone to work ⁸	2009 5-yr est	Percent of Total Population		79.4%
Workers who ride a bicycle to work ⁸	2009 5-yr est	Percent of Total Population		0.6%
Workers who walk to work ⁸	2009 5-yr est	Percent of Total Population		1.6%

Notes

Where rates are based on a sample, no number (count) is available.

Data for middle and high school students are obtained by combining the MSBHS and YRBS to generate prevalence rates.

Data Sources

¹ Florida Legislature's Office of Economic and Demographic Research (EDR)

² U.S. Census Bureau, 2011 5-year estimate

³ Behavioral Risk Factor Surveillance System (BRFSS)

⁴ Florida Youth Tobacco Survey (FYTS)

⁵ Middle School Health Behavior Survey (MSHBS) / Youth Risk Behavior Survey (YRBS)

⁶ Florida State Office of Vital Statistics

⁷ Pregnancy Risk Assessment Monitoring System (PRAMS)

⁸ Florida Environmental Public Health Tracking