



2014 Florida's Healthiest Weight State Profile

Measure	Year(s)	Rate Type	Number	Rate
Socio-Demographic Characteristics				
Total Population ¹	2014		19,548,031	
Population under 18 years old ¹	2014	Percent of Total Population	4,098,223	21.0%
Population 18-64 years old ¹	2014	Percent of Total Population	11,858,052	60.7%
Population 65 years and older ¹	2014	Percent of Total Population	3,591,756	18.4%
Population- White ¹	2014	Percent of Total Population	15,286,521	78.2%
Population- Black ¹	2014	Percent of Total Population	3,263,817	16.7%
Population- Other ¹	2014	Percent of Total Population	997,693	5.1%
Population- Hispanic ¹	2014	Percent of Total Population	4,686,032	24.0%
Population- Non-Hispanic ¹	2014	Percent of Total Population	14,861,999	76.0%
Population below 100% poverty ²	2013 5-yr est	Percent of Total Population	3,186,329	16.3%
Population 5+ that speak English less than very well ³	2013 5-yr est	Percent of Total Population		11.7%
Adults 18-64 with any health care coverage ⁴	2014	Percent of Population 18-64		77.2%
Adults reporting a personal doctor or health care provider ⁴	2014	Percent of Total Adult Population		75.8%
Weight, Activity, and Eating Habits among Adults				
Adults who are at a healthy weight ⁴	2014	Percent of Total Adult Population		35.7%
Adults who are underweight ⁴	2014	Percent of Total Adult Population		2.1%
Adults who are overweight or obese ⁴	2014	Percent of Total Adult Population		62.2%
Adults who are overweight ⁴	2014	Percent of Total Adult Population		36.0%
Adults who are obese ⁴	2014	Percent of Total Adult Population		26.2%
Adults who participated in 150 minutes or more (or vigorous equivalent minutes) of aerobic physical activity per week ⁴	2013	Percent of Total Adult Population		50.2%
Adults who participated in muscle strengthening exercises two or more times week ⁴	2013	Percent of Total Adult Population		29.6%
Adults who participated in enough aerobic and muscle strengthening exercises to meet guidelines ⁴	2013	Percent of Total Adult Population		19.9%
Adults who are sedentary ⁴	2014	Percent of Total Adult Population		23.7%
Adults who consume at least 5 servings of fruits and vegetables a day ⁴	2013	Percent of Total Adult Population		18.3%
Weight, Activity, and Eating Habits among Children and Teens				
Youth 11-17 years old who are at a healthy weight ⁵	2014	Percent of Florida Public Middle and High School Students		67.6%
Youth 11-17 years old who are underweight ⁵	2014	Percent of Florida Public Middle and High School Students		4.2%
Youth 11-17 years old who are overweight or obese ⁵	2014	Percent of Florida Public Middle and High School Students		28.2%
Youth 11-17 years old who are overweight ⁵	2014	Percent of Florida Public Middle and High School Students		15.8%
Youth 11-17 years old who are obese ⁵	2014	Percent of Florida Public Middle and High School Students		12.4%

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Weight, Activity, and Eating Habits among Children and Teens				
High school students who attend PE classes on one or more days in an average week when they were in school ⁶	2013	Percent of Florida Public High School Students		42.8%
Middle school students who attend PE classes on one or more days in an average week when they were in school ⁷	2013	Percent of Florida Public Middle School Students		66.9%
Youth 11-17 years old participating in 60 minutes of daily physical activity ⁵	2014	Percent of Florida Public Middle and High School Students		22.9%
High school students who ate vegetables 3 or more times per day ⁶	2013	Percent of Florida Public High School Students		15.1%
Middle school students who ate vegetables 3 or more times per day ⁷	2013	Percent of Florida Public Middle School Students		15.7%
High school students who ate fruit or drank 100% fruit juices two or more times per day ⁶	2013	Percent of Florida Public High School Students		34.1%
Middle school students who ate fruit or drank 100% fruit juices two or more times per day ⁷	2013	Percent of Florida Public Middle School Students		37.4%
High school students who drank a can, bottle or glass of soda or pop at least one time per day ⁶	2013	Percent of Florida Public High School Students		22.1%
Middle school students who drank a can, bottle or glass of soda or pop at least one time per day ⁷	2013	Percent of Florida Public Middle School Students		23.3%
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 ⁷	2014	Percent of Live Births to All Mothers	97,364	44.3%
Live births to mothers who are overweight (BMI 25.0-29.9) at time pregnancy occurred ⁸	2014	Percent of Live Births to All Mothers	53,059	24.1%
Live births to mothers who are obese (BMI \geq 30) at time pregnancy occurred ⁸	2014	Percent of Live Births to All Mothers	47,243	21.5%
Live births to mothers who initiate breast feeding ⁸	2014	Percent of Live Births to All Mothers	185,186	84.2%
Mothers who breastfed or pumped milk for her new baby for four or more weeks ⁹	2012	Percent of New Mothers		70.9%
Mothers who breastfed or pumped milk for her new baby for at least three months ⁹	2012	Percent of New Mothers		52.7%
Built Environment				
Population that live within a 1/2 mile of healthy food source ¹⁰	2013	Percent of Total Population		31.8%
Population that live within a 1/2 mile of a fast food restaurant ¹⁰	2013	Percent of Total Population		33.5%
Population that live within a ten minute walk (1/2 mile) of an off-street trail system ¹⁰	2013	Percent of Total Population		10.6%
Workers who drive alone to work ¹¹	2013 5-yr est	Percent of Total Population		79.5%
Workers who ride a bicycle to work ¹¹	2013 5-yr est	Percent of Total Population		0.7%
Workers who walk to work ¹¹	2013 5-yr est	Percent of Total Population		1.6%

Note:

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

Data Sources

- ¹ Florida Legislature's Office of Economic and Demographic Research (EDR)
- ² U.S. Census Bureau, Table S1701
- ³ U.S. Census Bureau, Table S1601
- ⁴ Florida Department of Health, Bureau of Community Health Promotion, Behavioral Risk Factor Surveillance System (BRFSS)
- ⁵ Florida Department of Health, Bureau of Community Health Promotion, Florida Youth Tobacco Survey (FYTS)
- ⁶ Florida Department of Health, Bureau of Community Health Promotion, Youth Risk Behavior Survey (YRBS)
- ⁷ Florida Department of Health, Bureau of Community Health Promotion, Middle School Health Behavior Survey (MSHBS)
- ⁸ Florida Department of Health, Bureau of Vital Statistics
- ⁹ Pregnancy Risk Assessment Monitoring System (PRAMS)
- ¹⁰ Florida Department of Health, Environmental Public Health Tracking, Florida Geographic Data Library, U.S. Census Bureau
- ¹¹ U.S. Census Bureau, Table S0801

12/1/2015