Percentage of High School Students Who Had Obesity,* by Sex,† Grade,† and Race/Ethnicity,† 2019

* ≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts. In 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

†M > F; 10th > 9th, 12th > 9th; H > W, N > W (Based on t-test analysis, p < 0.05.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

Missing bar indicates fewer than 100 students in the subgroup.

This graph contains weighted results.
Percentage of High School Students Who Had Obesity,* 1999-2019†

* ≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts. In 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

† Increased 1999-2019, increased 1999-2005, increased 2005-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).] This graph contains weighted results.
Percentage of High School Students Who Were Overweight,* by Sex, Grade, and Race/Ethnicity, 2019

* ≥ 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts. In 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Were Overweight,* 1999-2019†

* ≥ 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts. In 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

†Increased 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).] This graph contains weighted results.
Percentage of High School Students Who Described Themselves As Slightly or Very Overweight, by Sex,* Grade,* and Race/Ethnicity,* 2019

F > M; 12th > 9th, 12th > 10th, 12th > 11th; H > W, N > H, N > W (Based on t-test analysis, p < 0.05.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

Missing bar indicates fewer than 100 students in the subgroup.

This graph contains weighted results.
Percentage of High School Students Who Described Themselves As Slightly or Very Overweight, 1993-2019

Decreased 1993-2019, decreased 1993-1997, no change 1997-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.
Percentage of High School Students Who Were Trying to Lose Weight, by Sex,* Grade,* and Race/Ethnicity,* 2019

*F > M; 12th > 9th, 12th > 10th, 12th > 11th; N > H, N > W (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Were Trying to Lose Weight, 1993-2019

No change 1993-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Did Not Drink Fruit Juice,* by Sex,† Grade, and Race/Ethnicity, 2019

*100% fruit juices one or more times during the 7 days before the survey
†F > M (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Did Not Drink Fruit Juice,* 1999-2019†

*100% fruit juices one or more times during the 7 days before the survey
†Increased 1999-2019, increased 1999-2011, increased 2011-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Fruit,* by Sex,† Grade, and Race/Ethnicity, 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Male</th>
<th>Female</th>
<th>9th</th>
<th>10th</th>
<th>11th</th>
<th>12th</th>
<th>Black</th>
<th>Hispanic</th>
<th>Native American</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent</td>
<td>10.9</td>
<td>12.8</td>
<td>9.0</td>
<td>9.9</td>
<td>11.9</td>
<td>10.4</td>
<td>11.8</td>
<td>13.5</td>
<td>10.2</td>
<td>10.8</td>
<td></td>
</tr>
</tbody>
</table>

*One or more times during the 7 days before the survey
†M > F (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Fruit, *1999-2019†

*One or more times during the 7 days before the survey
†Decreased 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Fruit or Drink 100% Fruit Juices,* by Sex,† Grade, and Race/Ethnicity, 2019

- *Such as orange juice, apple juice, or grape juice, during the 7 days before the survey
- †M > F (Based on t-test analysis, p < 0.05.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

Missing bar indicates fewer than 100 students in the subgroup.

This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Fruit or Drink 100% Fruit Juices,* 1999-2019†

*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey
†No change 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Ate Fruit or Drank 100% Fruit Juices One or More Times Per Day,* by Sex, Grade,† and Race/Ethnicity, 2019

*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey
†9th > 11th, 12th > 11th (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Ate Fruit or Drank 100% Fruit Juices One or More Times Per Day,* 1999-2019†

*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey
†Decreased 1999-2019, no change 1999-2015, decreased 2015-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).] This graph contains weighted results.
Percentage of High School Students Who Ate Fruit or Drank 100% Fruit Juices Two or More Times Per Day,* by Sex, Grade,† and Race/Ethnicity, 2019

*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey
†12th > 11th (Based on t-test analysis, p < 0.05.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Ate Fruit or Drank 100% Fruit Juices Two or More Times Per Day,* 1999-2019†

*Such as orange juice, apple juice, or grape juice, during the 7 days before the survey
†Decreased 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Green Salad,* by Sex,† Grade, and Race/Ethnicity, 2019

*One or more times during the 7 days before the survey
†M > F (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Green Salad, *1999-2019†

*One or more times during the 7 days before the survey

†Increased 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Potatoes,* by Sex, Grade,† and Race/Ethnicity,‡ 2019

- 32.1% Total
- 30.7% Male
- 33.8% Female
- 35.0% 9th
- 32.6% 10th
- 30.8% 11th
- 29.7% 12th
- 36.7% Black
- 36.6% Hispanic
- 31.0% Native American
- 31.0% White

*One or more times during the 7 days before the survey
†9th > 12th; H > W, N > W (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Potatoes,* 1999-2019†

*One or more times during the 7 days before the survey
†Increased 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Carrots,* by Sex, Grade, and Race/Ethnicity,† 2019

*One or more times during the 7 days before the survey
†N > W (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Carrots,* 1999-2019†

*One or more times during the 7 days before the survey
†Increased 1999-2019 (Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).)

This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Other Vegetables,* by Sex,† Grade, and Race/Ethnicity,‡ 2019

*One or more times during the 7 days before the survey
†M > F; N > H, N > W (Based on t-test analysis, p < 0.05.)
‡All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Other Vegetables,* 1999-2019†

*One or more times during the 7 days before the survey
†Increased 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Vegetables,* by Sex,† Grade,† and Race/Ethnicity,† 2019

*Green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey
†M > F; 10th > 12th; N > W (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category.  All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.

Montana - YRBS, 2019 - QNVEG0
Percentage of High School Students Who Did Not Eat Vegetables,* 1999-2019†

*Green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey
†Increased 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.

2.6 3.1 3.6 4.0 3.9 4.5 3.5 3.9 5.1
4.7
5.5

0 20 40 60 80 100
1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

Percent
Percentage of High School Students Who Ate Vegetables One or More Times Per Day,* by Sex, Grade, and Race/Ethnicity,† 2019

*Green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey
†W > N (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Ate Vegetables One or More Times Per Day,* 1999-2019†

*Green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey

†Decreased 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Ate Vegetables Two or More Times Per Day,* by Sex, Grade, and Race/Ethnicity,† 2019

*Green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey
†H > N (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Ate Vegetables Two or More Times Per Day,* 1999-2019†

*Green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey

†Decreased 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Ate Vegetables Three or More Times Per Day,* by Sex, Grade, and Race/Ethnicity, 2019

*Green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Ate Vegetables Three or More Times Per Day,* 1999-2019†

*Green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey
†No change 1999-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Did Not Drink a Can, Bottle, or Glass of Soda or Pop,* by Sex,† Grade, and Race/Ethnicity,‡ 2019

*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey
†F > M; W > N (Based on t-test analysis, p < 0.05.)
‡All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Did Not Drink a Can, Bottle, or Glass of Soda or Pop,*
2007-2019†

*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey
†Increased 2007-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.
Percentage of High School Students Who Drank a Can, Bottle, or Glass of Soda or Pop One or More Times Per Day,* by Sex, † Grade, † and Race/Ethnicity, 2019

*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey
†M > F; 12th > 9th (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Drank a Can, Bottle, or Glass of Soda or Pop One or More Times Per Day,* 2007-2019†

*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey
†Decreased 2007-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Drank a Can, Bottle, or Glass of Soda or Pop Two or More Times Per Day,* by Sex,† Grade, and Race/Ethnicity, 2019

*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey
†M > F (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Drank a Can, Bottle, or Glass of Soda or Pop Two or More Times Per Day,* 2007-2019†

*Such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey
†Decreased 2007-2019 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).] This graph contains weighted results.
Percentage of High School Students Who Did Not Drink Milk,* by Sex,† Grade,† and Race/Ethnicity,‡ 2019

*During the 7 days before the survey
†F > M; 11th > 9th, 11th > 10th, 12th > 9th, 12th > 10th; N > W (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Did Not Drink Milk,* 2013-2019†

*During the 7 days before the survey
†Increased 2013-2019 [Based on linear trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05).]
This graph contains weighted results.
Percentage of High School Students Who Drank One or More Glasses Per Day of Milk,* by Sex,† Grade,† and Race/Ethnicity,† 2019

*Counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey
†M > F; 9th > 11th; H > N, W > N (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Drank One or More Glasses Per Day of Milk,* 2013-2019†

*Counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey

†Decreased 2013-2019 [Based on linear trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05).]

This graph contains weighted results.
Percentage of High School Students Who Drank Three or More Glasses Per Day of Milk,* by Sex,† Grade, and Race/Ethnicity,† 2019

*Counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey
†M > F; W > N (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Drank Three or More Glasses Per Day of Milk, *2013-2019†

*Counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey

†Decreased 2013-2019 [Based on linear trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05).]

This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Breakfast,* by Sex, Grade,† and Race/Ethnicity, 2019

[Bar chart showing the percentage of high school students who did not eat breakfast, by sex, grade, and race/ethnicity for the years 2019 in Montana.]

*During the 7 days before the survey

†10th > 9th, 10th > 11th (Based on t-test analysis, p < 0.05.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

Missing bar indicates fewer than 100 students in the subgroup.

This graph contains weighted results.
Percentage of High School Students Who Did Not Eat Breakfast,* 2011-2019†

*During the 7 days before the survey
†Increased 2011-2019 [Based on linear trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05).]

This graph contains weighted results.
Percentage of High School Students Who Ate Breakfast on All 7 Days,* by Sex,† Grade,† and Race/Ethnicity,‡ 2019

*During the 7 days before the survey
†M > F; 9th > 11th, 9th > 12th; W > H, W > N (Based on t-test analysis, p < 0.05.)
‡All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Ate Breakfast on All 7 Days,* 2011-2019†

*During the 7 days before the survey
†Decreased 2011-2019 [Based on linear trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05).]
This graph contains weighted results.
Percentage of High School Students Who Drank a Can, Bottle, or Glass of an Energy Drink,* by Sex,† Grade, and Race/Ethnicity,‡ 2019

*Such as Red Bull or Jolt, not including diet energy drinks or sports drinks such as Gatorade or PowerAde, one or more times per day during the 7 days before the survey
†M > F; H > W, N > W (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
Missing bar indicates fewer than 100 students in the subgroup.
This graph contains weighted results.
Percentage of High School Students Who Drank a Can, Bottle, or Glass of an Energy Drink,* 2017-2019†

*Such as Red Bull or Jolt, not including diet energy drinks or sports drinks such as Gatorade or PowerAde, one or more times per day during the 7 days before the survey
†No change 2017-2019 [Based on linear trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05).]