

Montana Youth Risk Behavior Survey

- **15%** of students were overweight (BMI \geq 85th percentile but $<$ 95th percentile)
- **10%** of students were obese (BMI \geq 95th percentile)
- **30%** of students describe themselves as overweight (24% males, 36% females)
- **41%** of students were trying to lose weight (28% males, 55% females)

Weight



- **10%** of students did not eat fruit on any of the past 7 days
- **5%** of students did not eat any vegetable during the past 7 days
- **19%** of students drank a can, bottle, or glass of soda or pop daily during the past 7 days
- **42%** of students drank one or more glasses of milk per day during the past 7 days
- **13%** of students did not eat breakfast during the past week, and only **38%** ate breakfast on all seven days

Nutrition



- **29%** of students were physically active for a total of at least 60 minutes per day on all of the past 7 days (36% males, 21% females)
- **33%** of students attend physical education classes daily
- **62%** of students played on at least one sports team during the past 12 months

Physical Activity



- **22%** of students watched 3 or more hours of TV per day
- **34%** of students played video or computer games or used a computer for non-school work for 3 or more hours per day (16% in 2007)

Screen Time



Dietary Behaviors and Physical Activity