

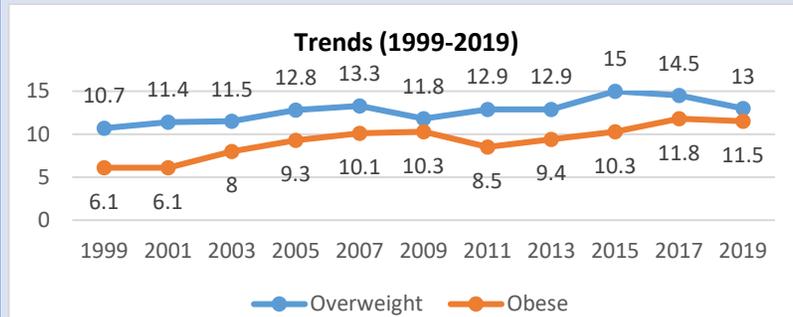
# Montana Students and Nutrition/Dietary Behaviors

2019 Montana Youth Risk Behavior Survey  
 Montana Office of Public Instruction, Elsie Arntzen, Superintendent

## Weight

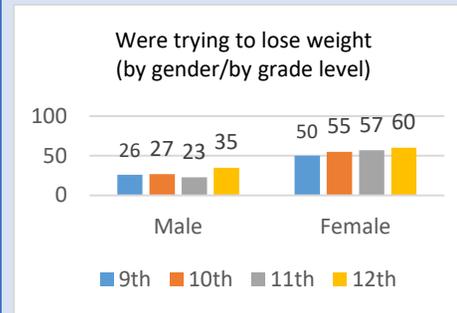
13% of students were **overweight** ( $\geq$  85<sup>th</sup> percentile but < 95<sup>th</sup> percentile for body mass index); 12.4% Hispanic, 17.5% Native American, 12.5% White

11.5% of students were **obese** ( $\geq$  95<sup>th</sup> percentile for body mass index); 14.8% Hispanic, 19.9% Native American, 10.1% White



## Weight Management

41.3% of students were trying to lose weight



23.7% of males and 37.1% of females described themselves as slightly or very overweight

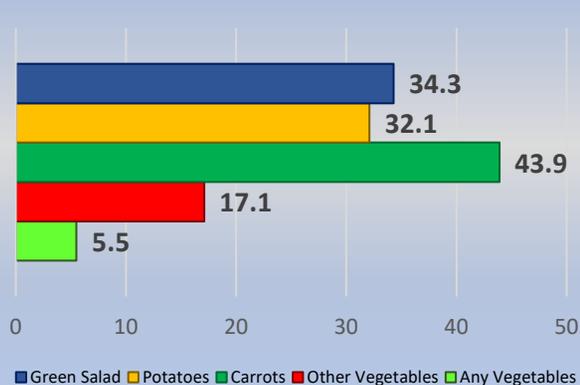
## Fruits and Fruit Juice



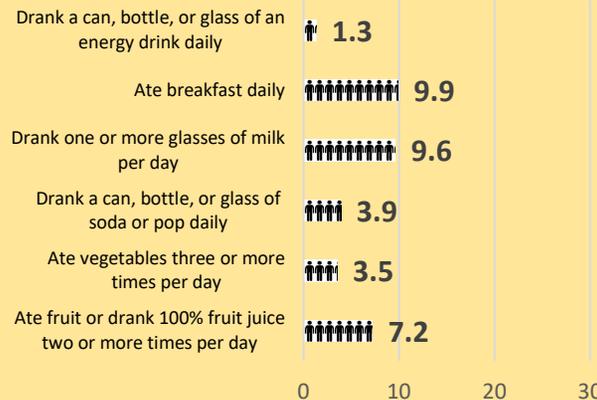
32.4% of students did not drink 100% fruit juice during the past 7 days (33.2% Hispanic, 26.4% Native American, 33% White)

10.9% of students did not eat fruit during the past 7 days (12.8% males, 9.0% females)

## Percentage of Students Who Did Not Eat the Following Vegetables During the Past 7 Days



## Number of Montana students in a class of 30 who:



## Breakfast Consumption/Past 7 Days

