Obesity
and Montana Students

What is the problem?

Among high school students...  

Overweight
- 12% are obese\(^2\)
- 14% are overweight\(^3\)

Physical Activity
- 48% had not participated in moderate to vigorous physical activity on at least 5 of the past 7 days
- 74% had not participated in moderate to vigorous physical activity on each of the past 7 days
- 11% did not participate in any physical activity during the past 7 days
- 48% were not enrolled in physical education class
- 78% did not attend physical education class daily

Unhealthy Dietary Behaviors
- 89% did not eat 2 or more servings of fruit per day
- 75% did not eat 2 or more servings of vegetables per day
- 70% did not eat breakfast on each of the past 7 days

What are the solutions?

Among middle/junior and senior high schools...

Health Education
- 88% of schools require 2 or more health education courses
- 94% of schools teach about balancing food intake and physical activities
- 55% of schools teach 22 critical nutrition and dietary behavior topics

Physical Education
- 50% of schools do not allow waivers, exemptions, or substitutions for physical education
- 83% of schools offer students intramural activities or physical activity clubs
- 16% of schools require physical education in grades 11 or 12

Food Services
- 22% of schools have fruits available for purchase
- 13% of schools have vegetables available for purchase
- 86% of schools offer a self-serve salad bar to students
- 66% of schools have bottled water available for purchase
- 26% of schools prohibited less nutritious foods and beverages from being sold for fundraising purposes

\(^1\) 2021 Montana Youth Risk Behavior Survey data representative of all high school students in Montana.
\(^2\) >95\textsuperscript{th} percentile for BMI by age and sex.
\(^3\) >85\textsuperscript{th} percentile but <95\textsuperscript{th} percentile for BMI by age and sex.
\(^4\) 2020 School Health Profiles data representative of middle/junior and senior high schools in Montana.
\(^5\) Among schools that allow students to purchase snack foods or beverages from vending machines or at the school store or snack bar.