

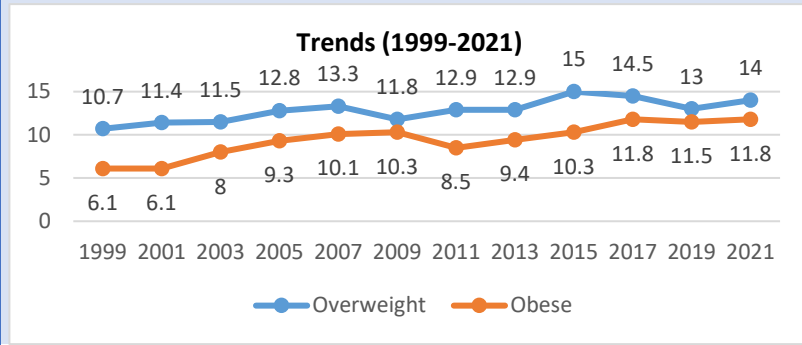
# Montana Students and Nutrition/Dietary Behaviors

2021 Montana Youth Risk Behavior Survey  
 Montana Office of Public Instruction, Elsie Arntzen, Superintendent

## Weight

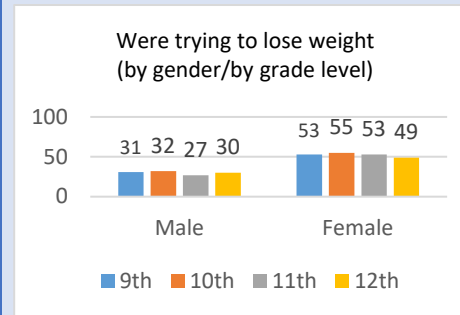
14% of students were **overweight** ( $\geq$  85<sup>th</sup> percentile but < 95<sup>th</sup> percentile for body mass index); 23.4% Black, 19.4% Hispanic, 21.1% Native American, 12.8% White

11.8% of students were **obese** ( $\geq$  95<sup>th</sup> percentile for body mass index); 18.5% Black, 11.7% Hispanic, 21.6% Native American, 10.1% White



## Weight Management

41.3% of students were trying to lose weight



25.3% of males and 31.6% of females described themselves as slightly or very overweight

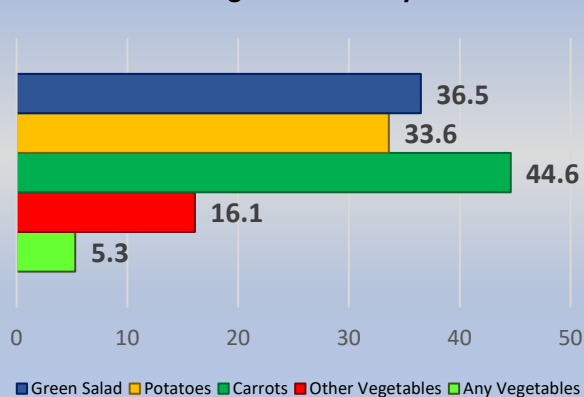
## Fruits and Fruit Juice



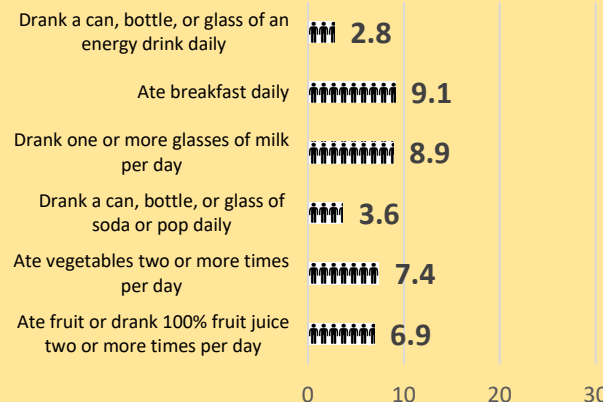
34.3% of students did not drink 100% fruit juice during the past 7 days (32.3% Black, 33.0% Hispanic, 25.0% Native American, 35.4% White)

10.4% of students did not eat fruit during the past 7 days (11.4% males, 9.2% 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

