



MONTANA STUDENT NUTRITION/DIETARY BEHAVIORS

Fruits and Fruit Juice

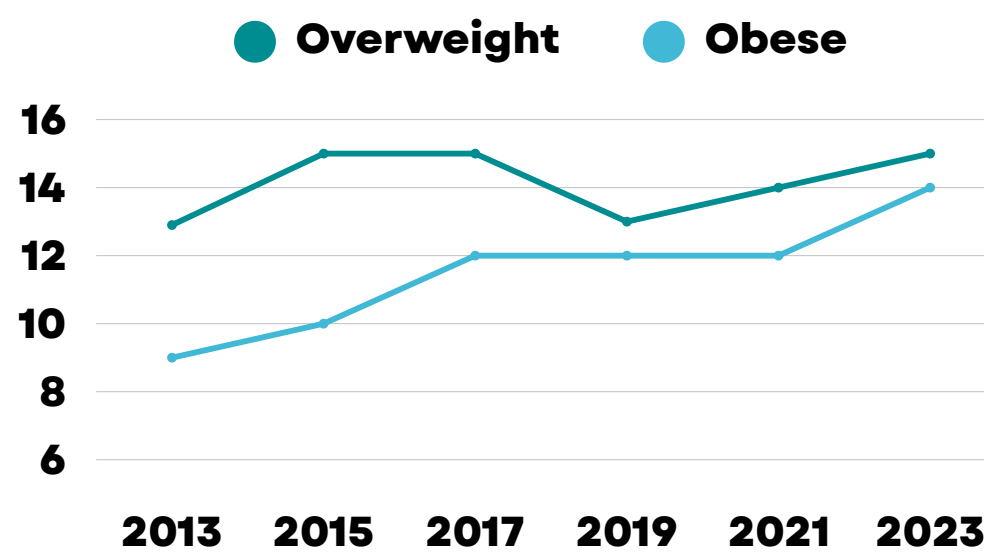


34.7% of students did not drink 100% fruit juice during the past 7 days (41.8% Asian, 32.1% Black, 32.3% Hispanic, 29.8% Native American, 36.0% White).

12.6% of students did not eat fruit during the past 7 days (13.9% males, 11.1% females)

Weight

14.6% of students were overweight (\geq 85th percentile for body mass index < 95th percentile for body mass index); 7.0% Asian, 7.4% Black, 18.5% Hispanic, 17.6% Native American, 13.8% White

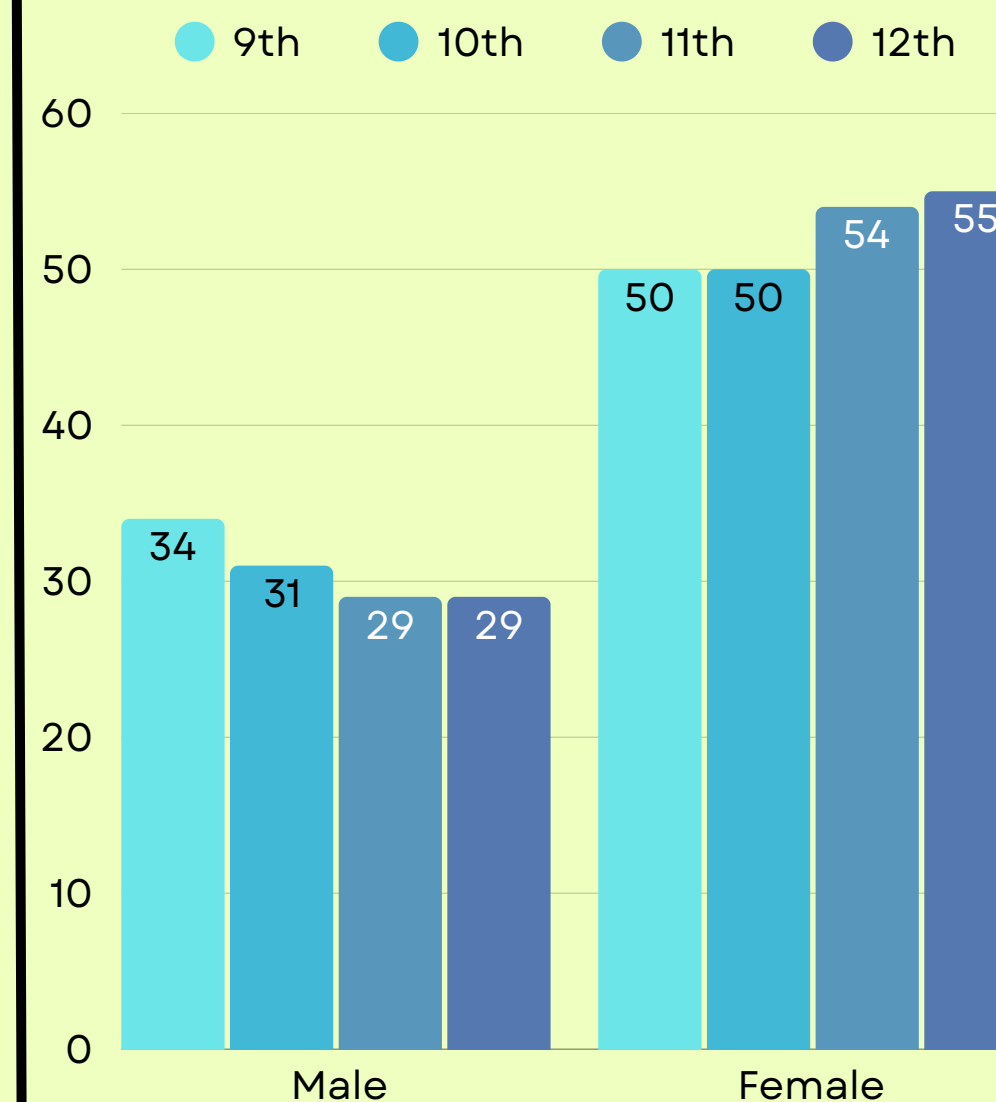


14.0% of students were obese ($>$ 95th percentile for body mass index); 1.5% Asian, 18.8% Black, 15.0% Hispanic, 24.6% Native American, 12.4% White

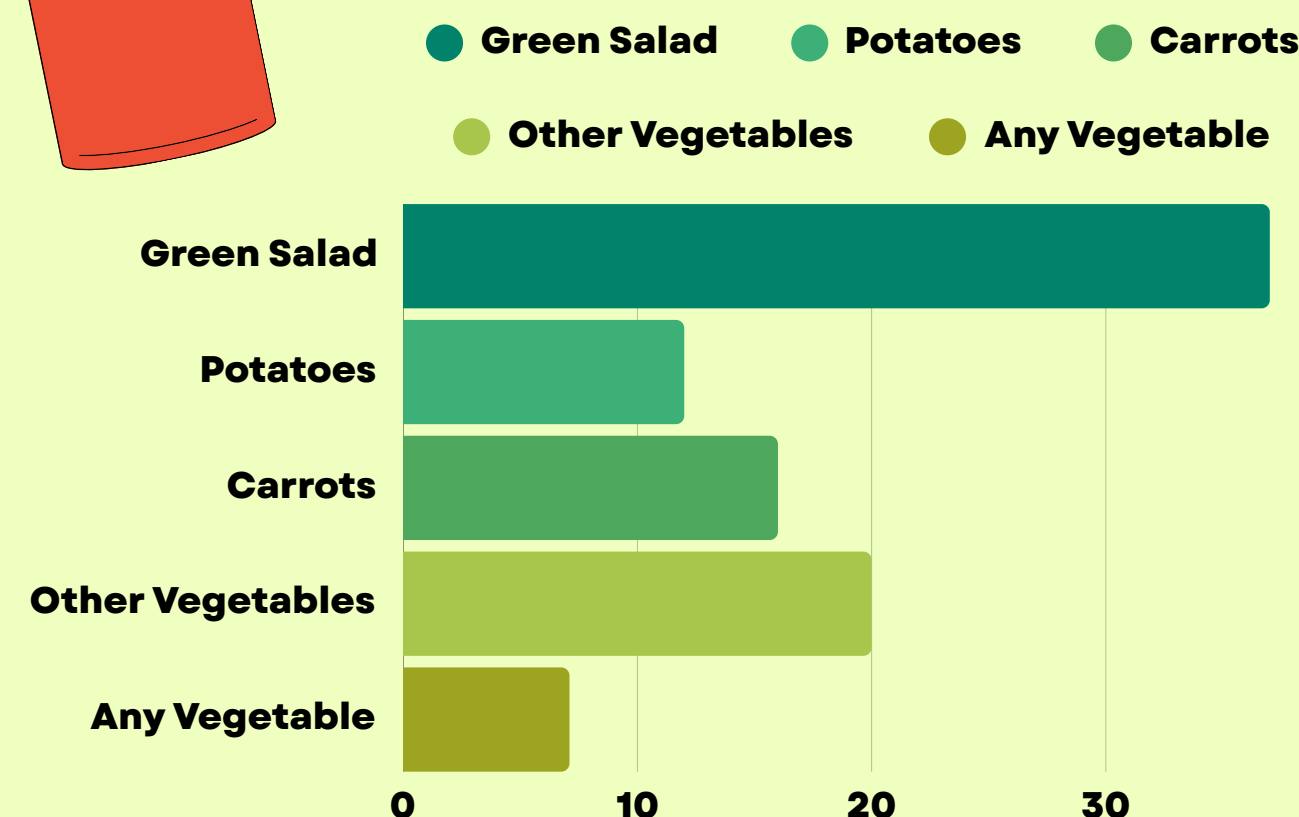
Weight Management

- 30% of students described themselves as slightly or significantly overweight
- 26.4% of males and 33.8% of females described themselves as slightly or significantly overweight
- 41.3% of students were trying to lose weight
- 30.7% of males and 52.4% of females were trying to lose weight

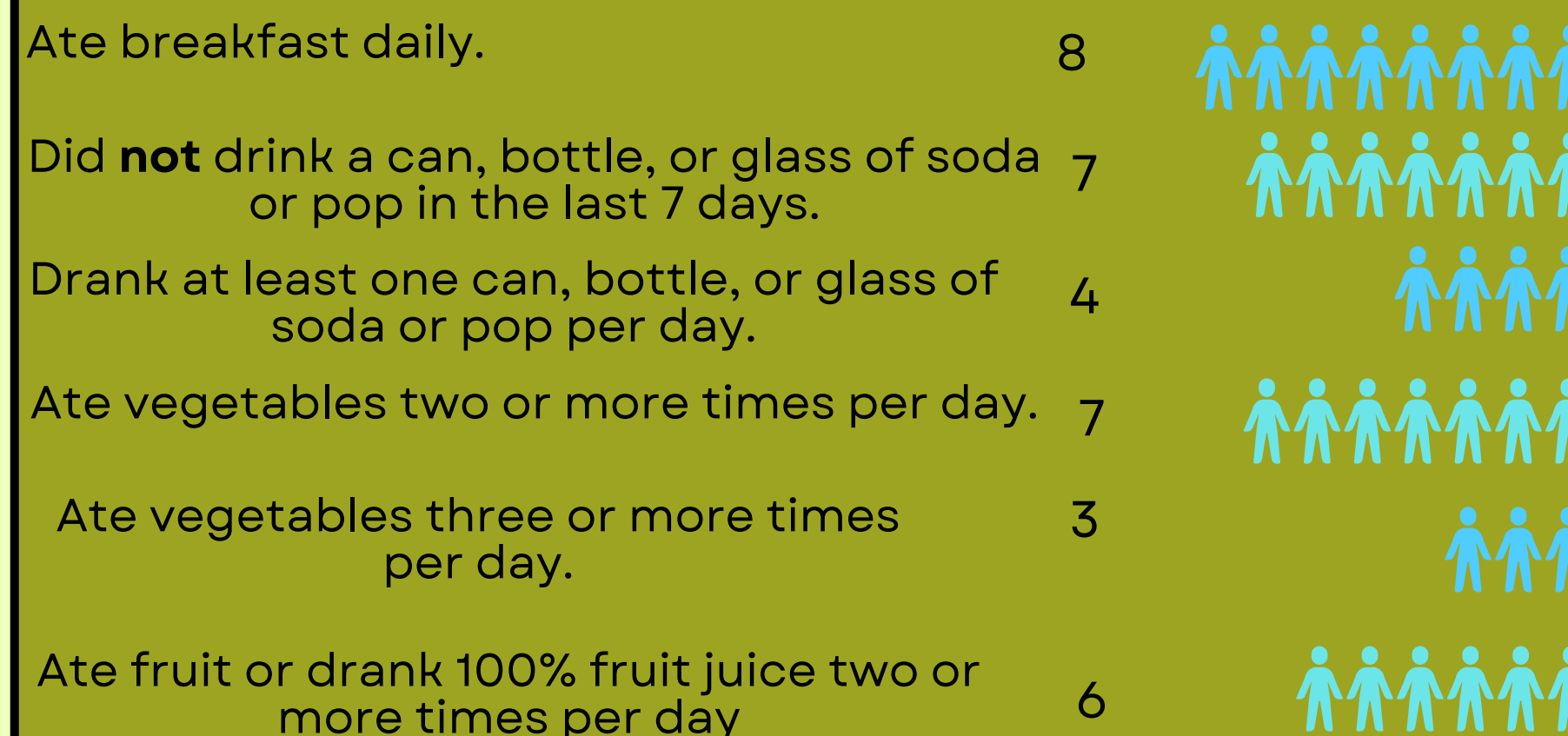
Were trying to lose weight (by gender/by grade)



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 during the past 7 days

