



Physical Health

and Montana Students

What is the problem?¹

Among high school students. . .

Overweight

- 14% are obese²
- 15% are overweight³

Physical Activity

- 52% 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
- 12% did not participate in any physical activity during the past 7 days
- 45% did not attend physical education class daily
- 58% played on at least one sports team

Unhealthy Dietary Behaviors

- 83% did not eat 2 or more servings of fruit per day
- 76% did not eat 2 or more servings of vegetables per day
- 20% did not eat breakfast on each of the past 7 days

What are the solutions?⁴

Among middle/junior and senior high schools. . .

Health Education

- 86% of schools require 2 or more health education courses
- 96% of schools teach about balancing food intake and physical activities
- 64% of schools teach 22 critical nutrition and dietary behavior topics

Physical Education

- 46% of schools do not allow waivers, exemptions, or substitutions for physical education
- 86% of schools offer students intramural activities or physical activity clubs
- 16% of schools require physical education in grades 11 or 12

Food Services⁵

- 16% of schools have fruits available for purchase
- 7% of schools have vegetables available for purchase
- 62% of schools offer a self-serve salad bar to students
- 66% of schools have bottled water available for purchase
- 23% of schools prohibited less nutritious foods and beverages from being sold for fundraising purposes

¹ 2023 Montana Youth Risk Behavior Survey data representative of all high school students in Montana.

² $\geq 95^{\text{th}}$ percentile for BMI by age and sex.

³ $\geq 85^{\text{th}}$ percentile but $< 95^{\text{th}}$ percentile for BMI by age and sex.

⁴ 2022 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.