



# Obesity



## and Montana Students

### What is the problem?<sup>1</sup>

#### Among high school students. . .

##### Overweight

- 12% are obese<sup>2</sup>
- 13% are overweight<sup>3</sup>

##### Physical Activity

- 49% had not participated in moderate to vigorous physical activity on at least 5 of the past 7 days
- 76% 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
- 43% were not enrolled in physical education class
- 67% did not attend physical education class daily

##### Unhealthy Dietary Behaviors

- 81% did not eat 2 or more servings of fruit per day
- 74% did not eat 2 or more servings of vegetables per day
- 67% did not eat breakfast on each of the past 7 days

### What are the solutions?<sup>4</sup>

#### 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<sup>5</sup>

- 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

<sup>1</sup> 2019 Youth Risk Behavior Survey data representative of high school students in Montana.

<sup>2</sup>  $\geq$ 95<sup>th</sup> percentile for BMI by age and sex.

<sup>3</sup>  $\geq$ 85<sup>th</sup> percentile but  $<$ 95<sup>th</sup> percentile for BMI by age and sex.

<sup>4</sup> 2020 School Health Profiles data representative of middle/junior and senior high schools in Montana.

<sup>5</sup> Among schools that allow students to purchase snack foods or beverages from vending machines or at the school store or snack bar.