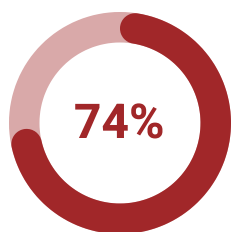


Risk factors for type 2 diabetes are high among Montana's children.

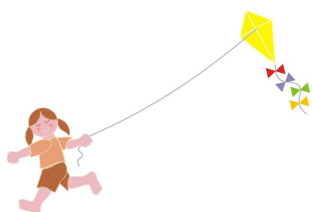


Some risk factors for type 2 diabetes are beyond our control: race, ethnicity, and sex at birth all play a part. However, other risk factors are things we can take charge of: how much exercise we get, the foods and drinks we consume, and our weight. By supporting changes in these areas of our children's lives, we can improve their opportunity to live their healthiest lives as they grow up.



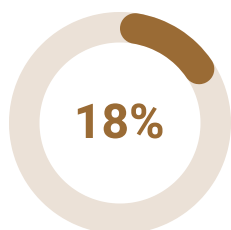
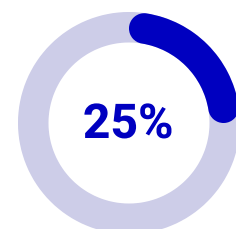
Getting Enough Physical Activity

- Experts recommend all children be physically active, and that children and adolescents between the ages of 6-17 years get at least 60 minutes of exercise a day. Three out of every four (74%) of Montana high school students are not reaching this level.
- Being physically active lowers the risk for type 2 diabetes because it helps the body use insulin better, decreasing insulin resistance. Physical activity improves health in lots of other ways, too, from controlling blood pressure to boosting mental health.
- Girls experienced the highest level of inactivity, with 82% not meeting the recommended amount, as well as American Indian or Alaska Native students (79%).



Overweight or Obese

- People who are overweight—especially if they have excess belly fat—are more likely to have insulin resistance, kids included. Insulin resistance is a major risk factor for type 2 diabetes.
- Weight is tricky for children and teens because they are still growing. However, they are considered overweight if they are at or above the 85th percentile of body mass index (BMI) for their age, and obese if they are at or above the 95th percentile of BMI for their age.
- One in four (25%) Montana high school students are either overweight or obese. Overweightness and obesity were experienced even more by American Indian/ Alaska Native students (42%) and boys (25%).



Drinking Sugary Beverages Every Day

- Drinking sugar-sweetened beverages regularly - such as non-diet soda or pop or non-low calorie sports drinks - is associated with a higher risk of type 2 diabetes compared to people who rarely have such drinks.
- Sugary beverages are also associated with higher weight, and may contribute to overweightness or obesity.
- Almost one in five (18%) high school students reported drinking a sugary beverage on a daily basis. This was higher among boys (23%).



Data Source: Centers for Disease Control and Prevention (CDC). 2021 Youth Risk Behavior Survey Data. Available at: www.cdc.gov/yrbs. Accessed on March 30, 2023.

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