

**Montana Office of Public Instruction**

# **Tobacco Free School Districts of Excellence**

AND

# **Comprehensive School Physical Activity**



**Kris Minard**

**OPI Tobacco Use Prevention Education**

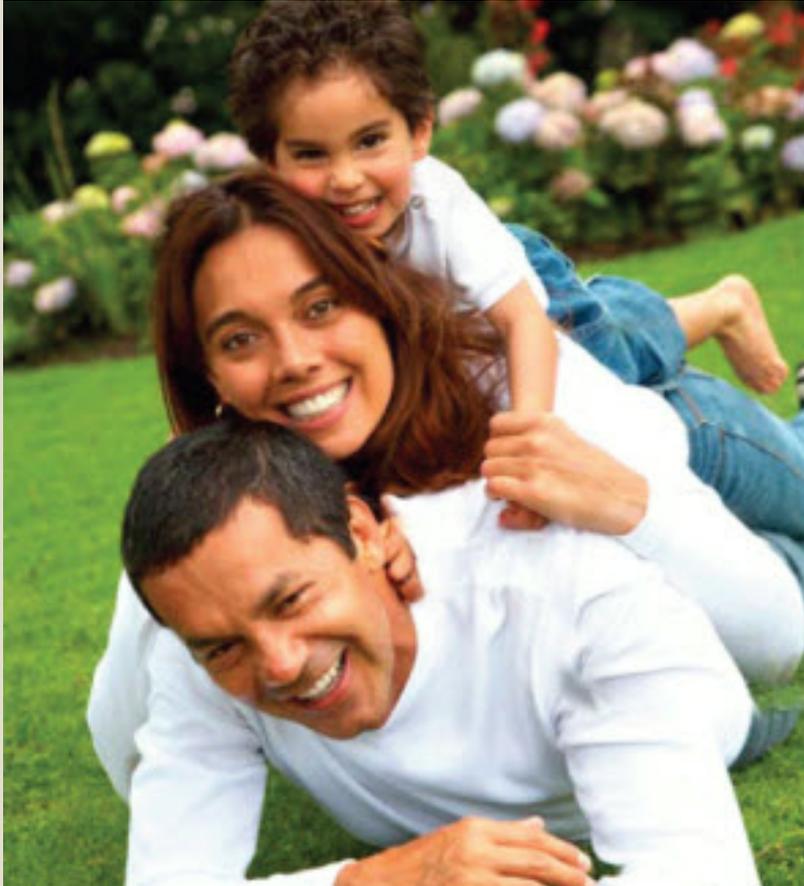
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Montana  
**Office of Public Instruction**  
Denise Juneau, State Superintendent

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**TOBACCO USE**  
TARGETING THE NATION'S  
LEADING KILLER



Montana  
**Office of Public Instruction**  
Denise Juneau, State Superintendent

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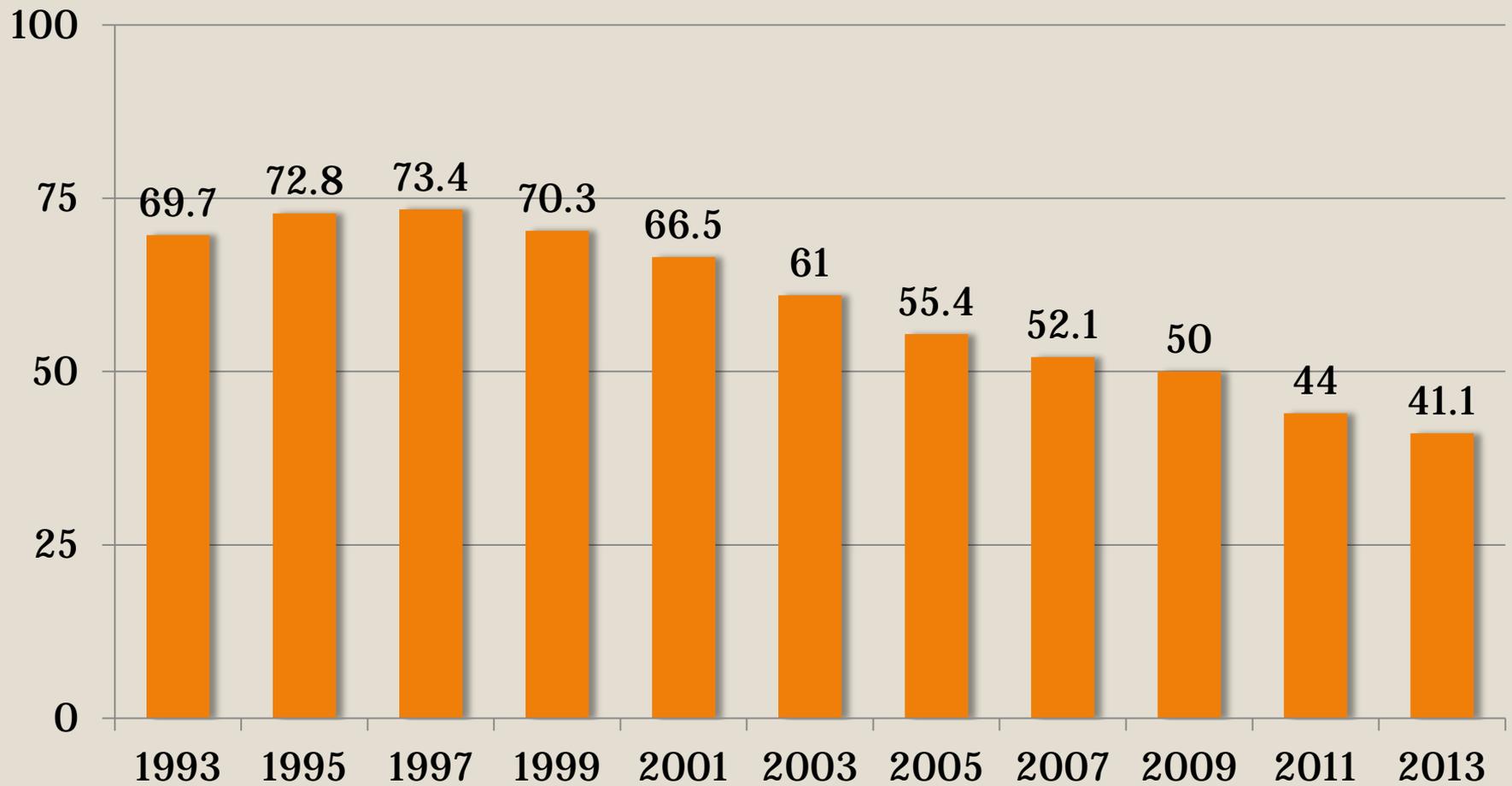
# Montana Youth and Tobacco



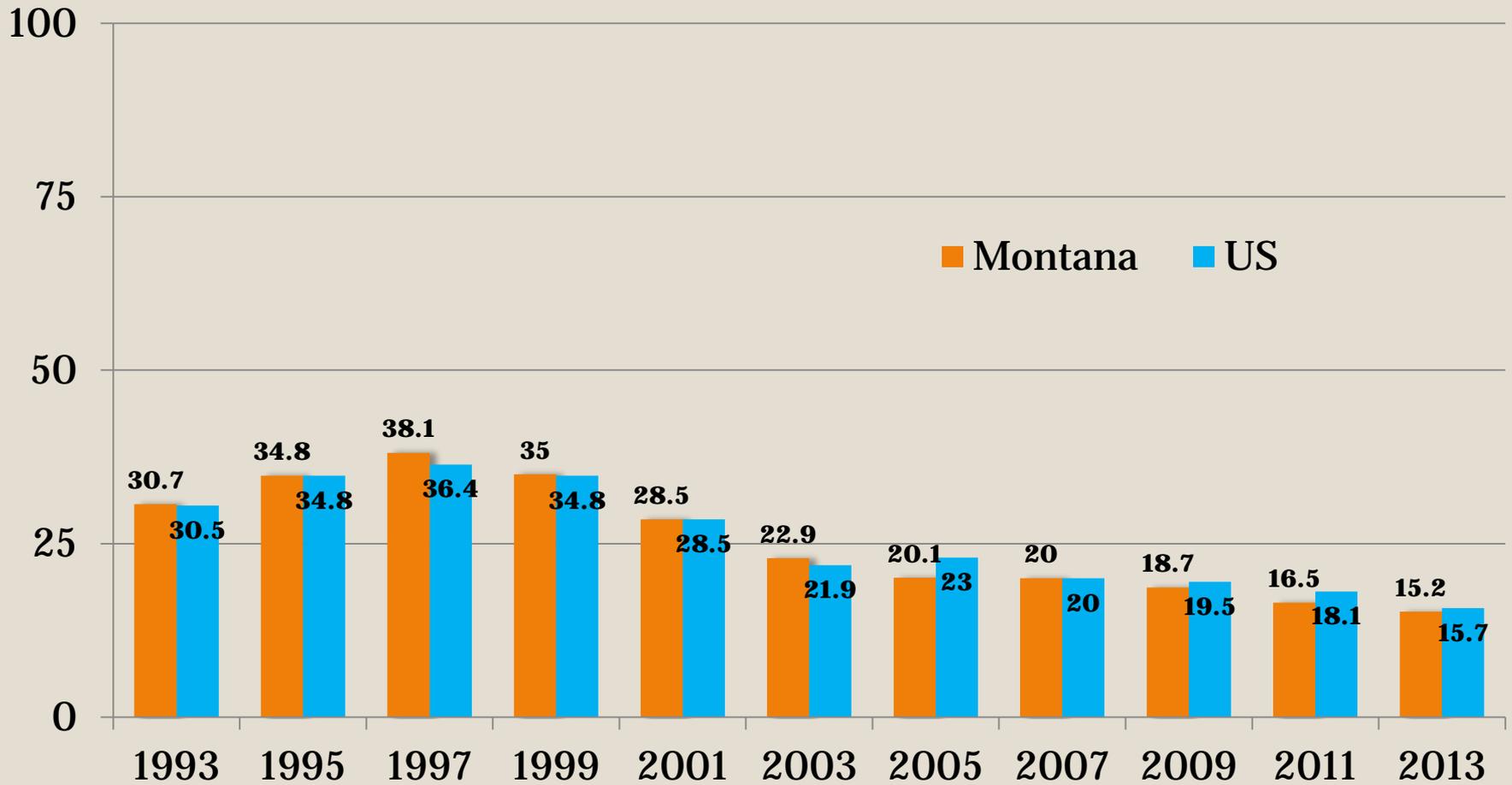
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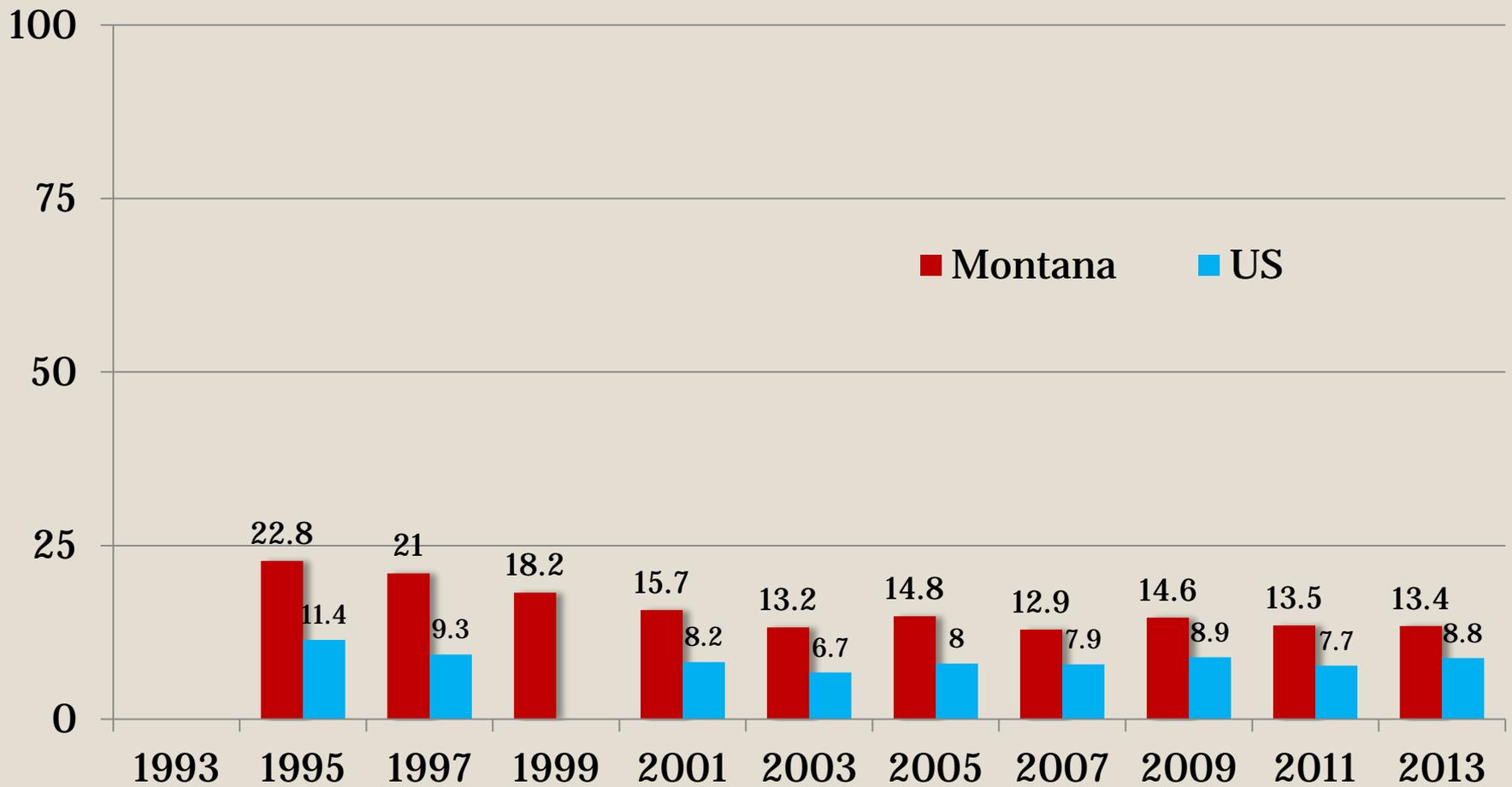
## Ever tried cigarette smoking in their lifetime % of Montana high school students



# Smoked cigarettes on one or more of the past 30 days % of high school students

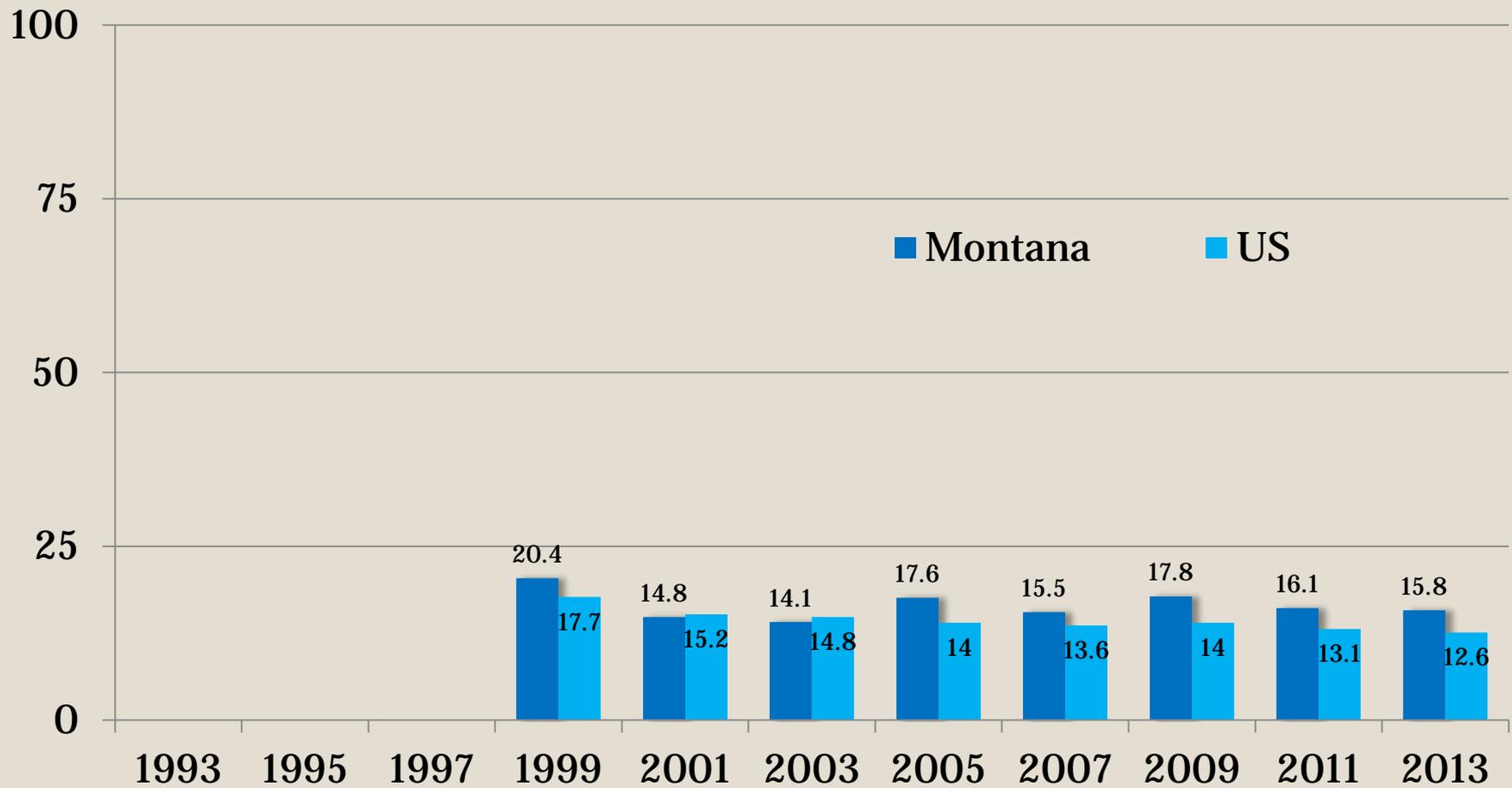


# Used chewing tobacco, snuff, or dip on one or more of the past 30 days % of high school students



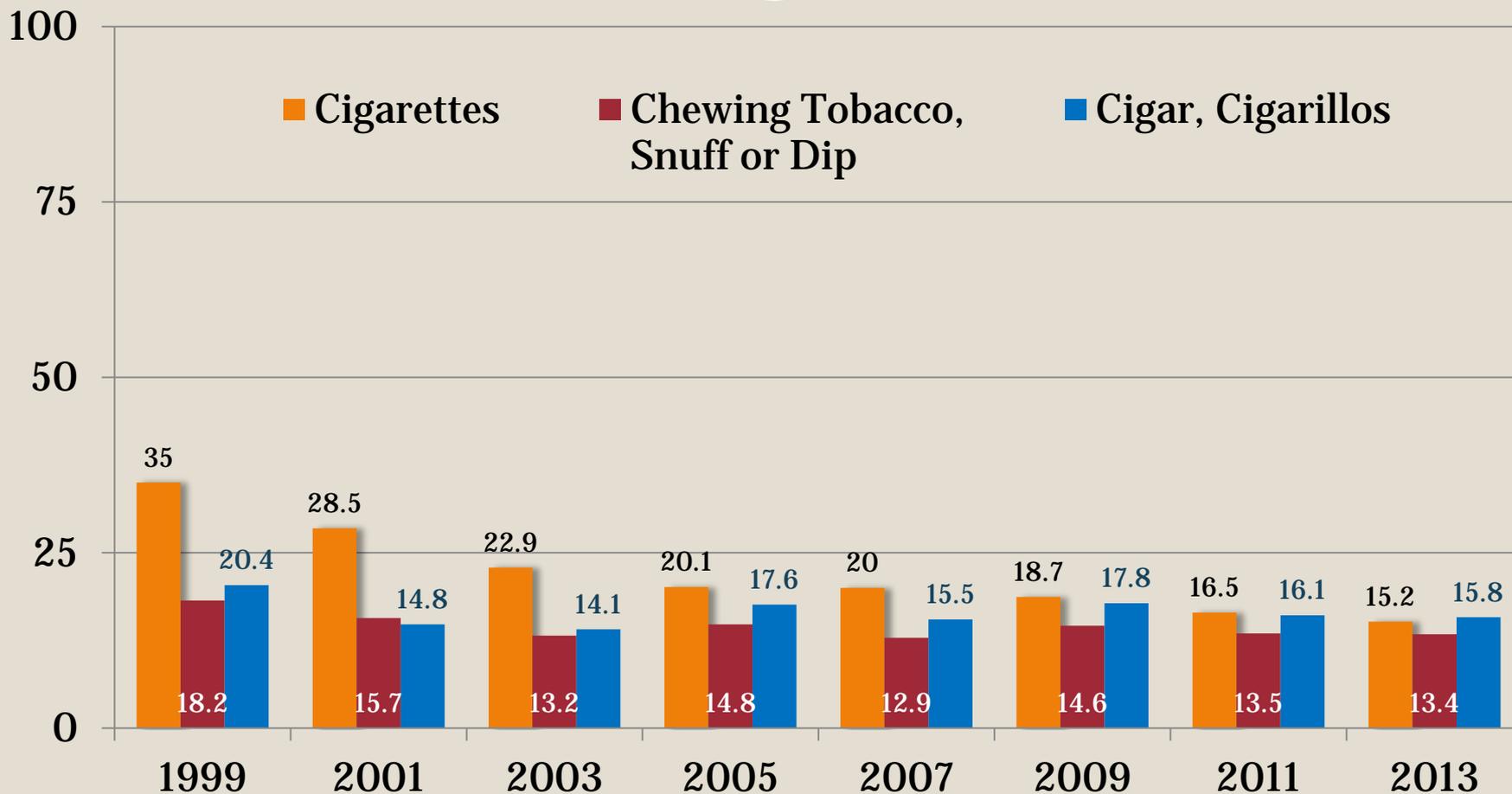
# Smoked cigars, cigarillos, or little cigars on one or more of the past 30 days

## % of high school students

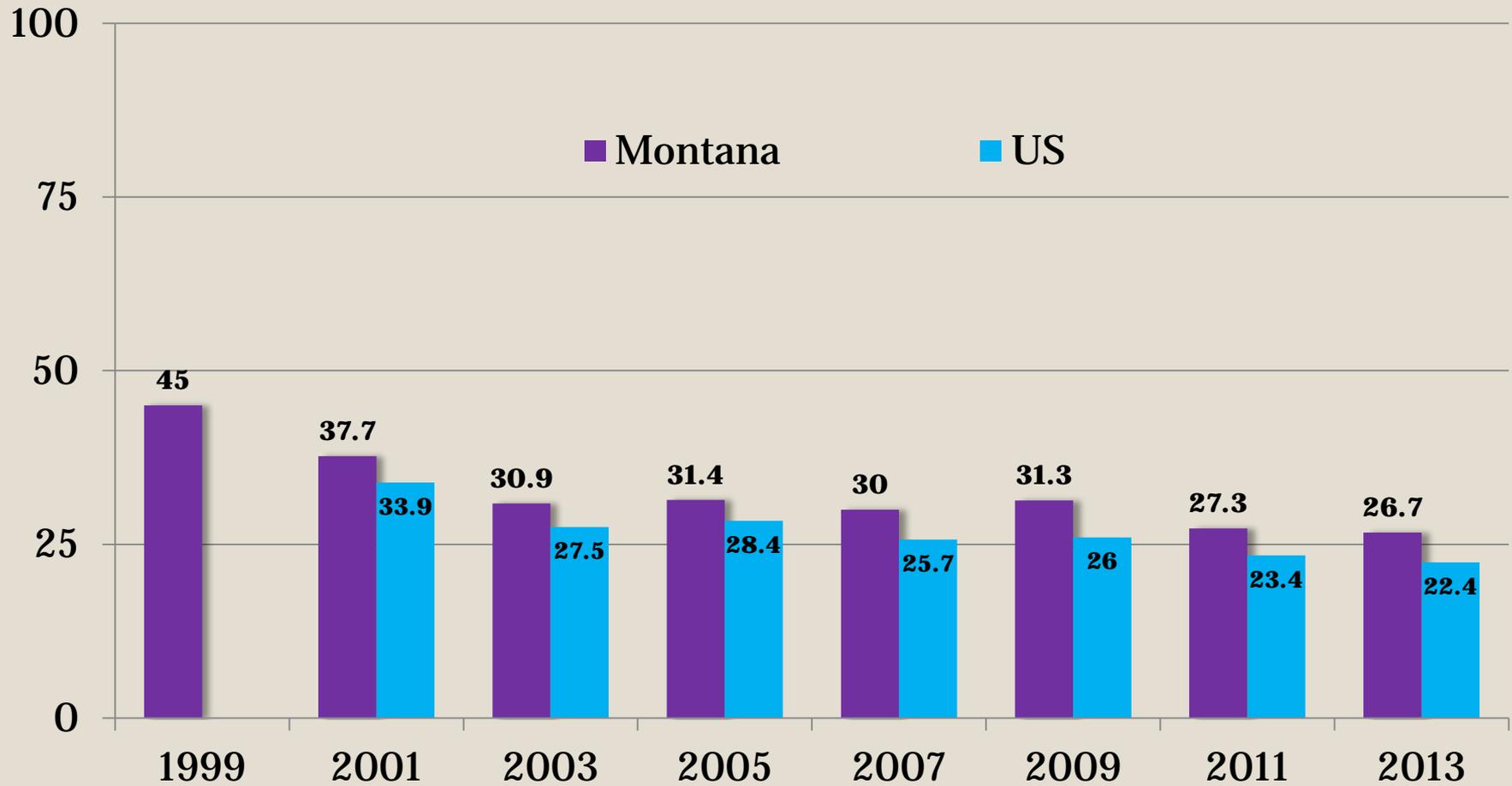


# Tobacco Product Use

## % of Montana high school students

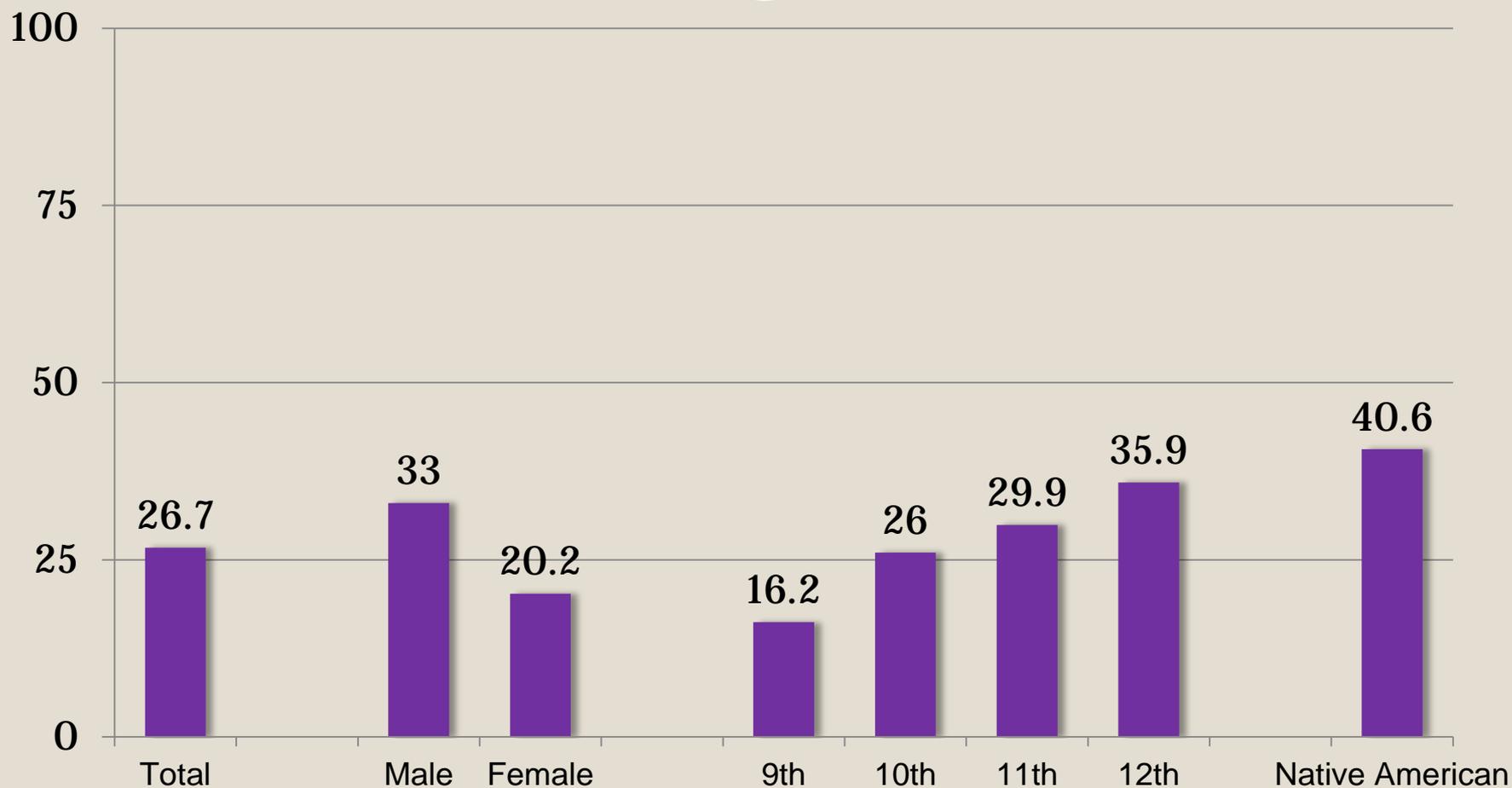


Smoked cigarettes or cigars or used chewing tobacco, snuff, or dip  
on one or more of the past 30 days – “current tobacco user”  
% of high school students

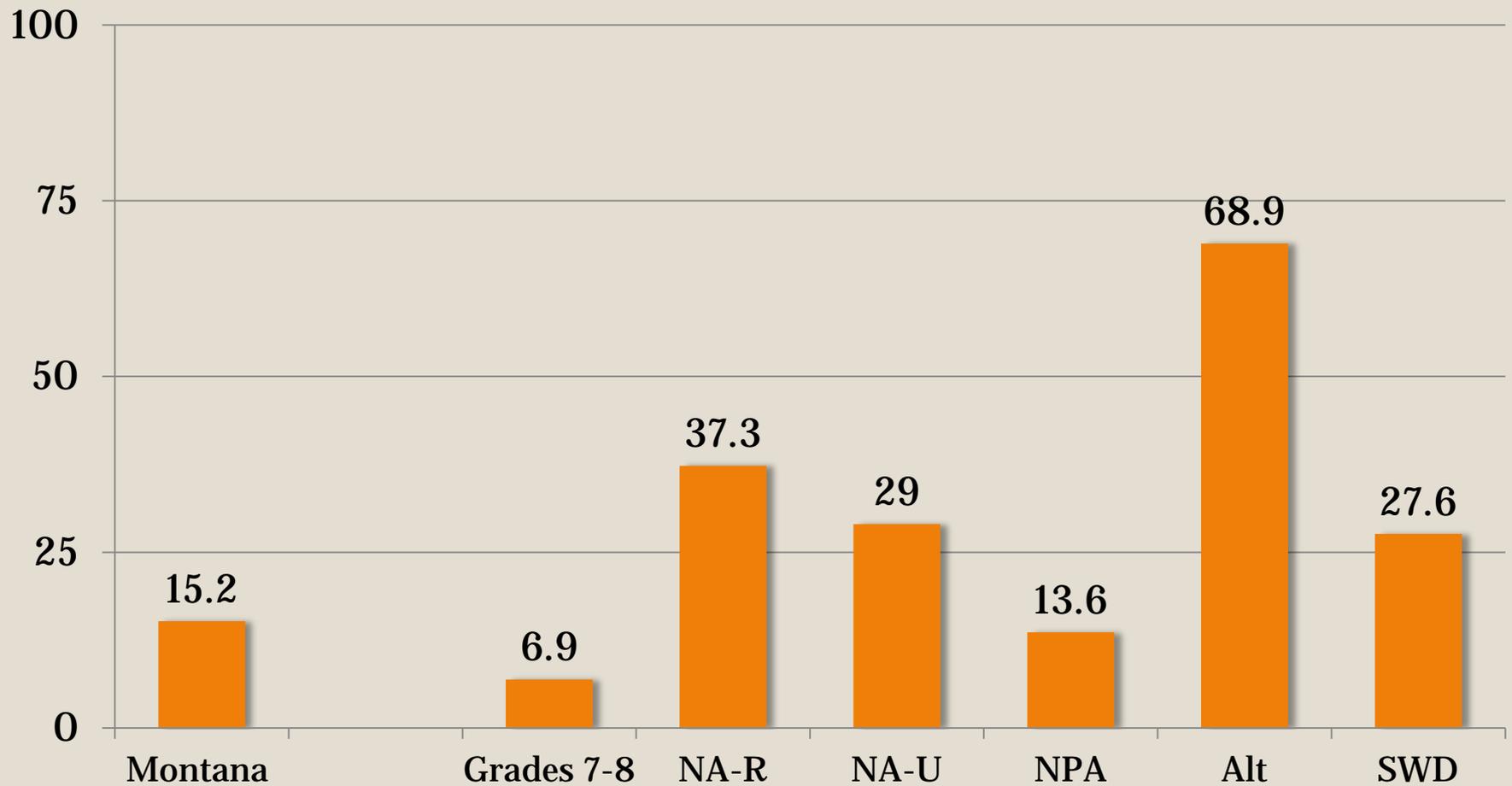


# Smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days

% of Montana high school students

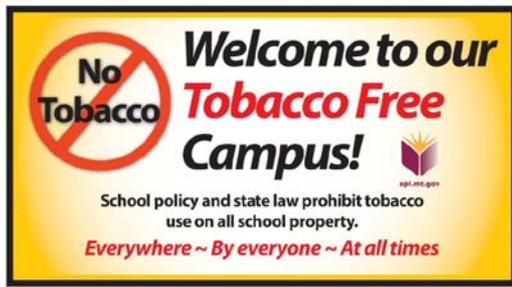


# Smoked cigarettes on one or more of the past 30 days % of Montana high school students



# ALL SCHOOLS IN MONTANA ARE TOBACCO FREE

It's state law. (20-1-220)



Nearly 70% of Montana Schools have been recognized as **TOBACCO FREE DISTRICTS of EXCELLENCE** for adopting policy and procedures that go above and beyond what state law requires:

- Prohibit use of all tobacco products (**including Electronic Cigarettes**) on school property, in school vehicles and at all school sponsored events
- Prohibit tobacco industry marketing, advertising and sponsorship
- Prohibit student apparel that references tobacco products
- Include tobacco use prevention education and teacher training
- Include cessation referral information for students and staff
- Provide disciplinary procedures for tobacco violations





# Montana Tobacco Free School Districts of Excellence – May 2014

epi.mt.gov

Absarokee Public Schools\*  
 Alder-Upper Ruby Elementary  
 Alzada Elementary  
 Amsterdam Elementary  
 Anaconda Public Schools\*  
 Anderson Elementary  
 Arlee Public Schools\*  
 Arrowhead Elementary  
 Ashland Elementary  
 Auchard Creek Elementary  
 Avon Elementary  
 Ayers Elementary  
 Bainville K-12 Schools  
 Baker K-12 Schools  
 Basin Elementary  
 Beaverhead Co. High School  
 Belfry K-12 Schools  
 Belgrade Public Schools\*  
 Belt Public Schools\*  
 Benton Lake Elementary  
 Biddle Elementary  
 Big Sandy Public Schools\*  
 Big Timber Elementary  
 Birney Elementary  
 Bloomfield Elementary  
 Bonner Elementary  
 Boulder Elementary  
 Bozeman Public Schools\*  
 Bridger K-12 Schools  
 Broadus Public Schools\*  
 Broadview Public Schools\*  
 Brockton Public Schools\*  
 Butte Public Schools\*  
 Bynum Elementary  
 Cardwell Elementary  
 Carter Elementary  
 Cascade Public Schools\*  
 Centerville Public Schools\*  
 Charlo Public Schools\*  
 Circle Public Schools\*  
 Chester-Joplin-Inverness PS\*  
 Cohagen Elementary  
 Colstrip Public Schools\*  
 Columbia Falls Public Schools\*  
 Columbus Public Schools\*  
 Cooke City Elementary

Cottonwood Elem (Custer)  
 Cottonwood Elem (Gallatin)  
 Cottonwood Elementary (Hill)  
 Creston Elementary  
 Cut Bank Public Schools\*  
 Darby K-12 Schools  
 Davey Elementary  
 Deer Creek Elementary  
 Deer Lodge Elementary  
 Deer Park Elementary  
 Deerfield Elementary  
 Denton Public Schools\*  
 Divide Elementary  
 Dodson K-12 Schools  
 Dupuyer Elementary  
 East Helena Elementary  
 Ekalaka Public Schools\*  
 Elliston Elementary  
 Ennis K-12 School  
 Evergreen Elementary  
 Fair-Mont-Egan Elementary  
 Fishtail Elementary  
 Fortine Elementary  
 Frazer Public Schools\*  
 Frenchtown K-12 Schools  
 Fromberg K-12 Schools  
 Galata Elementary  
 Gallatin Gateway Elementary  
 Gardiner Public Schools\*  
 Garrison Elementary  
 Geraldine Public Schools\*  
 Gildford Colony Elementary  
 Glendive Public Schools\*  
 Gold Creek Elementary  
 Golden Ridge Elementary  
 Grant Elementary  
 Grass Range Public Schools\*  
 Greenfield Elementary  
 Greycliff Elementary  
 Hall Elementary  
 Hardin Public Schools\*  
 Harlem Public Schools\*  
 Harrison K-12 Schools  
 Hawks Home Elementary  
 Hays-Lodge Pole K-12 Schools  
 Helena Flats Elementary

Helena Public Schools\*  
 Helmville Elementary  
 Hobson K-12 Schools  
 Huntley Project K-12 Schools  
 Hysam K-12 Schools  
 Jackson Elementary  
 Jefferson High School  
 Joliet Public Schools\*  
 Jordan Public Schools\*  
 Judith Gap Public Schools\*  
 Kalispell Public Schools\*  
 Kester Elementary  
 Kila Elementary  
 King Colony Elementary  
 Kinsey Elementary  
 Kircher Elementary  
 Knees (Twin Hills) Elementary  
 Lambert Public Schools\*  
 LaMotte Elementary  
 Laurel Public Schools\*  
 Lavina K-12 Schools  
 Libby K-12 Schools  
 Liberty (Eagle Creek) Elementary  
 Lima K-12 Schools  
 Lincoln K-12 Schools  
 Lindsay Elementary  
 Livingston Public Schools\*  
 Malta K-12 Schools  
 Manhattan Public Schools\*  
 McCormick Elementary  
 McLeod Elementary  
 Melrose Elementary  
 Melville Elementary  
 Miami Elementary  
 Missoula County Public Schools\*  
 Molt Elementary  
 Monforton Elementary  
 Montana City Elementary  
 Morin Elementary  
 Nashua K-12 Schools  
 No. Harlem Colony Elementary  
 North Star Public Schools\*  
 Noxon Public Schools\*  
 Nye Elementary  
 Olney-Bissell Elementary  
 Opheim K-12 Schools  
 Ophir K-12 Schools

Ovando Elementary  
 Paradise Elementary  
 Park City Public Schools\*  
 Pendroy Elementary  
 Pine Creek Elementary  
 Pine Grove Elementary  
 Plains Public Schools\*  
 Plentywood K-12 Schools  
 Plevna K-12 Schools  
 Pioneer Elementary  
 Polaris Elementary  
 Powell County High School  
 Pryor Public Schools\*  
 Ramsay Elementary  
 Rau Elementary  
 Reed Point Public Schools\*  
 Reichle Elementary  
 Richey Public Schools\*  
 Ronan Public Schools\*  
 Rosebud K-12 Schools  
 Ross Elementary  
 Roy K-12 Schools  
 Ryegate K-12 Schools  
 S H Elementary  
 S Y Elementary  
 Saco Public Schools\*  
 Sand Springs Elementary  
 Savage Public Schools\*  
 Shawmut Elementary  
 Shelby Public Schools\*  
 Sheridan Public Schools\*  
 Shields Valley Public Schools  
 South Stacey Elementary  
 Spring Creek Colony Elementary  
 Spring Creek Elementary (Big Horn)  
 Spring Creek Elementary (Custer)  
 Springdale Elementary  
 St. Regis K-12 Schools  
 Sun River Valley Public Schools\*  
 Sunburst K-12 Schools  
 Swan Lake-Salmon Elementary  
 Terry K-12 Schools  
 Thompson Falls Public Schools\*  
 Three Forks Public Schools\*  
 Townsend K-12 Schools  
 Trail Creek Elementary  
 Trego Elementary

Trinity Elementary  
 Trout Creek Elementary  
 Turner Public Schools\*  
 Ulm Elementary  
 Upper West Shore Elementary  
 Valier Public Schools\*  
 Valley View Elementary  
 Vaughn Elementary  
 West Glacier Elementary  
 West Valley Elementary  
 West Yellowstone K-12 Schools  
 White Sulphur Springs PS\*  
 Whitefish Public Schools\*  
 Whitlash Elementary  
 Wibaux K-12 Schools  
 Willow Creek Public Schools\*  
 Winnett K-12 Schools  
 Wisdom Elementary  
 Wise River Elementary  
 Wolf Creek Elementary  
 Wolf Point Public Schools\*  
 Wyola Elementary  
 Yaak Elementary  
 Zurich Elementary

\* Elementary and High School District

## **Concerns**

- Slow to little progress in decline of tobacco use over the last 10 years.
- Smokeless Tobacco Use – Especially Boys
- Alternative School Student Tobacco Use
- Native American Student Tobacco Use
- Cigars/Cigarillos
- Youth and E Cigarettes

**“An ounce of prevention is worth a pound of cure.”**

# SCHOOL HEALTH GRANT



**Promote the adoption of comprehensive physical activity programs in schools.**

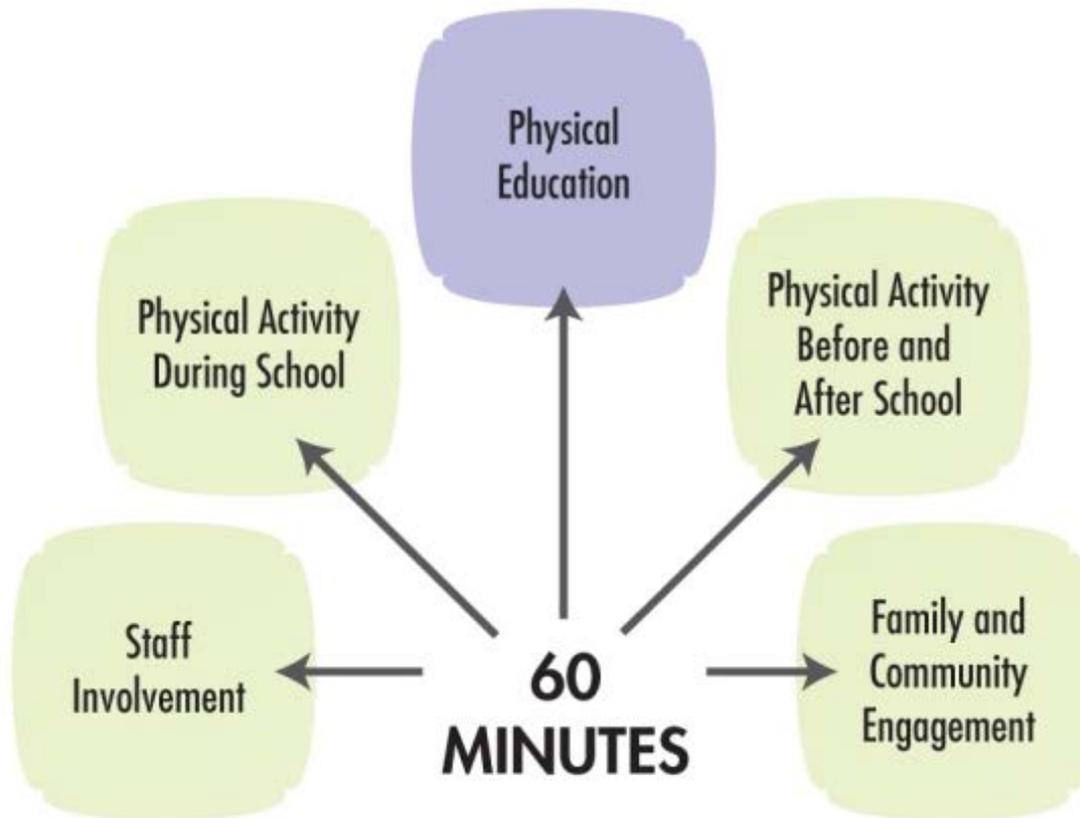
**Create supportive nutrition environments in schools.**



<b>Dietary Behaviors</b>	<b>MONTANA</b>	<b>US</b>
<b>Did not eat fruit or drink 100% fruit juices</b> (during the 7 days before the survey)	4.1 (3.6–4.7) 4,821	5.0 (4.5–5.7) 13,322
<b>Did not eat vegetables</b> (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	3.9 (3.2–4.7) 4,756	6.6 (5.9–7.4) 13,227
<b>Did not drink milk</b> (during the 7 days before the survey)	13.9 (12.8–15.1) 4,771	19.4 (17.9–20.9) 13,280
<b>Drank a can, bottle, or glass of soda or pop</b> (not including diet soda or diet pop, during the 7 days before the survey)	73.7 (71.8–75.6) 4,832	77.7 (75.6–79.6) 13,324
<b>Drank a can, bottle, or glass of soda or pop one or more times per day</b> (not including diet soda or diet pop, during the 7 days before the survey)	18.2 (16.4–20.2) 4,832	27.0 (23.8–30.5) 13,324
<b>Drank a can, bottle, or glass of soda or pop two or more times per day</b> (not including diet soda or diet pop, during the 7 days before the survey)	10.7 (9.5–12.0) 4,832	19.4 (16.5–22.6) 13,324
<b>Drank a can, bottle, or glass of soda or pop three or more times per day</b> (not including diet soda or diet pop, during the 7 days before the survey)	5.1 (4.4–6.0) 4,832	11.2 (9.6–13.1) 13,324
<b>Did not eat breakfast</b> (during the 7 days before the survey)	11.7 (10.6–12.8) 4,826	13.7 (12.3–15.2) 13,323
<b>Did not eat breakfast on all 7 days</b> (during the 7 days before the survey)	59.7 (57.4–62.0) 4,826	61.9 (60.3–63.5) 13,323

Physical Activity	MONTANA	US
<b>Did not participate in at least 60 minutes of physical activity on at least 1 day</b> (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	10.7 (9.7–11.7) 4,747	15.2 (13.9–16.6) 13,310
<b>Were not physically active at least 60 minutes per day on 5 or more days</b> (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	45.2 (43.4–47.0) 4,747	52.7 (50.8–54.7) 13,310
<b>Were not physically active at least 60 minutes per day on all 7 days</b> (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	72.3 (70.6–73.9) 4,747	72.9 (71.2–74.5) 13,310
<b>Did not participate in muscle strengthening activities on 3 or more days</b> (such as push-ups, sit-ups, or weight lifting during the 7 days before the survey)	—	48.3 (46.1–50.5) 12,407
<b>Played video or computer games or used a computer 3 or more hours per day</b> (for something that was not school work on an average school day)	29.7 (28.3–31.1) 4,802	41.3 (39.2–43.4) 13,255
<b>Watched television 3 or more hours per day</b> (on an average school day)	22.6 (21.0–24.3) 4,800	32.5 (30.4–34.7) 13,245
<b>Did not attend physical education classes on 1 or more days</b> (in an average week when they were in school)	45.6 (41.7–49.5) 4,749	52.0 (46.2–57.8) 13,228
<b>Did not attend physical education classes on all 5 days</b> (in an average week when they were in school)	65.1 (61.0–69.1) 4,749	70.6 (65.9–74.9) 13,228
<b>Did not play on at least one sports team</b> (run by their school or community groups during the 12 months before the survey)	36.3 (34.3–38.3) 4,777	46.0 (43.7–48.4) 13,195

<b>Weight Control</b>	<b>MONTANA</b>	<b>US</b>
<b>Were obese</b> ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	9.4 (8.4–10.5) 4,679	13.7 (12.6–14.9) 12,580
<b>Were overweight</b> ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	12.9 (11.8–14.1) 4,679	16.6 (15.4–17.8) 12,580
<b>Described themselves as slightly or very overweight</b>	27.7 (26.3–29.1) 4,831	31.1 (29.8–32.5) 13,341
<b>Were not trying to lose weight</b>	58.6 (56.6–60.7) 4,827	52.3 (50.5–54.0) 13,324
<b>Did not eat for 24 or more hours to lose weight or keep from gaining weight</b> (during the 30 days before the survey)	11.7 (10.5–12.9) 4,814	13.0 (12.0–14.1) 13,357
<b>Took diet pills, powders, or liquids</b> (without a doctor's advice, to lose weight or to keep from gaining weight during the 30 days before the survey)	5.1 (4.5–5.9) 4,805	5.0 (4.3–5.8) 13,336
<b>Vomited or took laxatives to lose weight or to keep from gaining weight</b> (during the 30 days before the survey)	4.4 (3.9–5.1) 4,778	4.4 (3.9–5.0) 13,284
<b>Other Health Topics</b>		
<b>Had ever been told by a doctor or nurse that they had asthma</b>	19.8 (18.7–21.0) 4,778	21.0 (20.0–22.0) 13,236

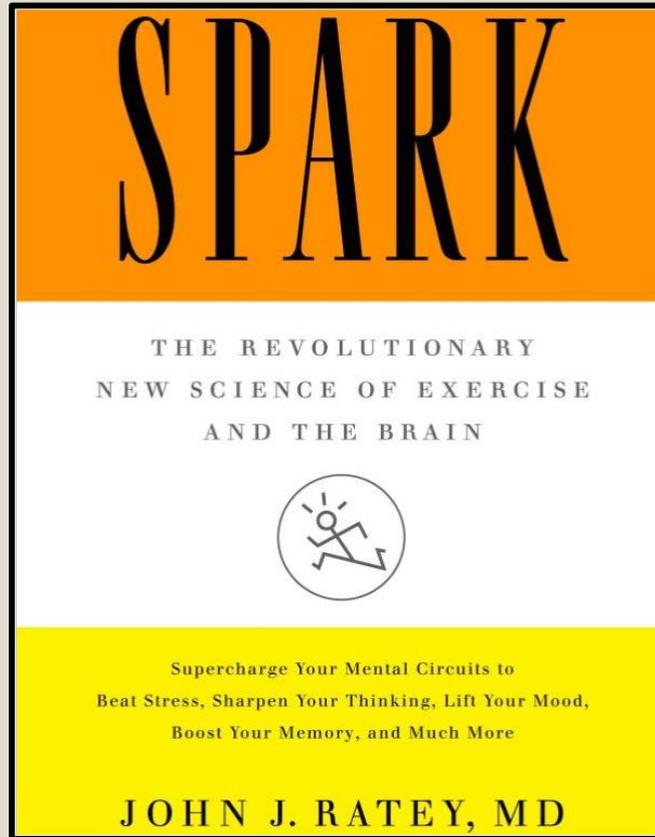


COMPREHENSIVE SCHOOL  
PHYSICAL ACTIVITY PROGRAM



Montana  
Office of Public Instruction  
Denise Juneau, State Superintendent

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**“If exercise came in pill form, it would be plastered across the front page, hailed as the blockbuster drug of the century.”**

**Kris Minard**

**Tobacco Prevention Education Specialist  
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