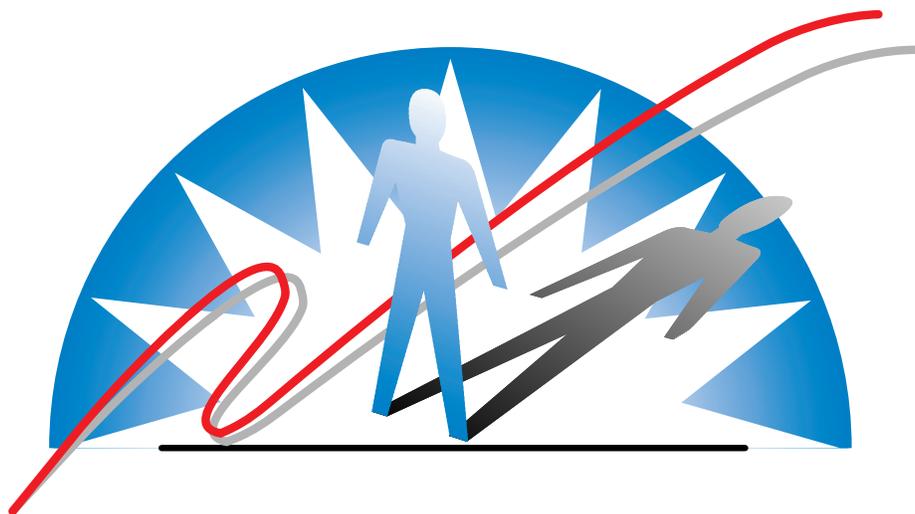


2005

Montana Youth Risk Behavior Survey Grades 7-8



Montana Office of Public Instruction

MONTANA YOUTH RISK BEHAVIOR SURVEY REPORT - 2005
FOR GRADES 7-8

**STATEWIDE ANALYSIS OF
SELECTED BEHAVIOR RISK FACTORS**

July 2005

**Prepared for
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- the co-sponsors of the YRBS -- the Montana Board of Crime Control, the Montana Department of Public Health and Human Services, the Billings Area Indian Health Service, the Montana Department of Transportation, Healthy Mothers/Healthy Babies Montana Coalition, and Blue Cross and Blue Shield of Montana;
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and, most importantly,

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Introduction



I. INTRODUCTION

The Youth Risk Behavior Surveillance System is an epidemiologic surveillance system that was established by the U.S. Centers for Disease Control and Prevention (CDC) to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence and adulthood. In the United States, 70.8 percent of all deaths among youth and young adults aged 10-24 years result from only four causes: motor-vehicle crashes (32.3 percent), other unintentional injuries (11.7 percent), homicide (15.1 percent), and suicide (11.7 percent). Substantial morbidity and social problems also result from the approximately 870,000 pregnancies that occur each year among females aged 15-19 years and the estimated 3 million cases of sexually transmitted diseases (STDs) that occur each year among persons aged 10-19 years.

One out of every six cases (one of five in Montana) of acquired immune deficiency syndrome (AIDS) that is diagnosed in the United States occurs among those who are aged 20 to 29 years old. Since the average incubation period between human immunodeficiency virus (HIV) infection and AIDS diagnosis is ten years, a high proportion of those 20 to 29 year olds diagnosed with AIDS were infected as teenagers. HIV infection is now reported as the fifth leading cause of death among persons aged 15 to 24 years old.

Among adults aged 25 years or older, 62.9 percent of all deaths in the United States result from cardiovascular diseases (39.4 percent) and cancer (23.5 percent). Leading causes of morbidity and mortality among all age groups in the United States are related to the following: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including human immunodeficiency virus (HIV) infection; unhealthy dietary behaviors; physical inactivity; and overweight. Behaviors are frequently interrelated and often are established during youth and extend into adulthood. Mortality, morbidity, and social problems that teenagers encounter are largely related to a small number of negative behaviors such as drinking and driving and sexual intercourse at a young age. Tobacco use, excessive consumption of fats, and insufficient physical activity (behaviors formed during adolescence) are known to lead to diseases that are not manifest until adulthood. These behaviors and associated health problems are largely preventable.

In 1988, CDC initiated a process to identify and monitor important health behaviors among youth. The leading causes of mortality, morbidity, and social problems among youth were analyzed and behaviors contributing to these problems were identified and categorized into six risk areas: 1) behaviors that result in unintentional and intentional injuries; 2) tobacco use; 3) alcohol and drug abuse; 4) sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; 5) physical inactivity; and 6) dietary behaviors.

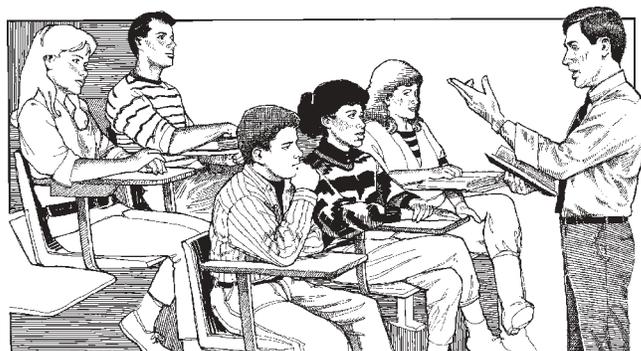
The purpose of the Youth Risk Behavior Survey (YRBS) is to assist educators and health professionals in determining the prevalence of the aforementioned health-risk behaviors among Montana 7th and 8th grade students. This report describes the results of the survey and the methods used to conduct the survey. The results will be used to focus the continuing development of statewide comprehensive health education and to reduce those health behaviors that place Montana youth at risk.

Survey results for each of the risk factors are presented in two parts:

1. an overview of the risk factor as it applies to Montana youth; and
2. highlights of the results of the 2005 YRBS for Montana 7th and 8th grades in bullet format.

Appendix A lists all survey questions and corresponding frequency distributions, while Appendix B contains graphs associated with the highlights presented in the text. Appendix C also contains charts of specific questions asked in the 2005 YRBS.

Survey Methods



II. SURVEY METHODS

DESCRIPTION OF YRBS

The Youth Risk Behavior Survey (YRBS) was developed cooperatively by the Centers for Disease Control and Prevention (CDC), 19 other federal agencies, and state and local departments of education to measure the extent to which adolescents engage in health risk behaviors. The 2005 survey instrument consisted of 90 questions which assessed the six priority health risk behaviors which result in the greatest amount of morbidity, mortality, and social problems among youth. These behaviors include behaviors that result in unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; physical inactivity; and unhealthy dietary behaviors.

SAMPLE SELECTION PROCESS

All public and private schools in Montana with students in grades 7 and 8 were eligible to be selected for inclusion in the sample. One hundred and forty-nine schools elected to participate in the volunteer sample and 80 percent of the students in these schools volunteered to participate in the survey. A total of 9,178 7th and 8th grade students participated in the 2005 Montana YRBS. The results presented in this report are based on the behavior and opinion of the participants in the sample; because the survey was not random it is not possible to use the results of the survey to draw conclusions about health-risk behaviors of all 7th and 8th grade students in Montana.

Superintendents of school districts were contacted during November 2004 to obtain approval to approach principals of randomly selected schools about the survey. Sufficient time was allowed to gain school board and/or parent approval, and to answer any questions about the survey. Each participating school submitted a list of second-period classes and a random set of these classes was selected and surveyed. In smaller schools, a census of students was attempted. Survey coordinators for each school were assigned by school administrators and packets of information, including instructions, survey booklets, and answer sheets, were mailed to each school during February 2005. Surveys were administered during second-period classes and returned to the Office of Public Instruction (OPI) for processing within one week of survey administration.

Teachers administering the survey to students were provided with detailed written instructions to ensure uniform survey administration across sites. To encourage accurate responses to sensitive questions, a strict protocol was implemented to **protect the privacy and confidentiality of all participating students**. Participation in the survey was voluntary. Students could decline to participate, turn in blank or incomplete survey forms, or stop completing the survey at any time. The protocols used in the YRBS ensure that participating schools are not violating any federal laws protecting students' rights and privacy, including the Protection of Pupil Rights Amendment and the Family Educational Rights and Privacy Act (FERPA).

SURVEY VALIDITY AND LIMITATIONS

The 2005 Grades 7-8 Youth Risk Behavior Survey was not a random survey. It would not be valid to generalize the findings from this survey to all 7th and 8th grade students in Montana. It is only valid to attribute the results of this survey to the 9,178 students who reported their behaviors in response to the items in the questionnaire. In addition, respondents in self-reported surveys may have a tendency to under-report behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonusage, etc.) and overreport behaviors which are socially desirable (amount of exercise, etc.).

Survey Results



III. SURVEY RESULTS

UNINTENTIONAL INJURIES AND VIOLENCE

Overview

Accidents and suicides are the leading causes of death among Montana youth aged 15 to 19 years old.

- The death rate for Montana teens aged 15 to 19, from accidents, homicide and suicide, was 81 per 100,000, compared to 51 per 100,000 nationally.¹
- In 2003, 65 percent of deaths among youth aged 15 to 19 years old in Montana were attributed to accidents. Seventy-one percent of these accidental deaths were due to motor vehicle crashes.² The death rate for Montana youth from motor vehicle accidents ranks second highest in the nation.
- The second leading cause of death among Montana youth in 2003 was suicide, which accounted for 16 percent of all deaths.²

Obviously, controlling or lowering the death rate due to these two causes, which account for over three-fourths of all deaths among Montana youth, would not only preserve Montana's most important resource, but also increase the social and economic well-being of the state and its population.

Twenty questions were asked of participants in the survey regarding unintentional injuries and violence (see Appendix A). Unintentional injury and violence questions were related to personal safety, violence-related behaviors, and sad feelings and attempted suicide. Questions related to unintentional injuries and violence were developed for middle and high school students throughout the United States and, consequently, some of the questions may not relate well to youth in Montana. In particular, many Montana students may carry firearms for hunting or predator control and report that they are carrying a weapon -- even onto school property. The purpose for carrying these weapons may not have any relationship to self-protection or aggressive behavior as the survey was attempting to measure. However, this situation should not lessen the importance of firearm safety. Each year, Montana youth place themselves at risk for accidental injury or death when carrying firearms. The issue addressed in this survey is the access to firearms by Montana youth.

Highlights of the survey related to unintentional injuries and violence

- In 2005, about one-tenth (11 percent) of all 7th and 8th grade respondents reported "Never or Rarely" wearing seat belts when riding in a car driven by someone else. Approximately 39 percent of 7th and 8th grade respondents wear seat belts all the time (Figure 1, Appendix B).

- Approximately 25 percent of the respondents, within the 30 days prior to the survey, rode in a car driven by someone who had been drinking. Within 30 days prior to the survey, nearly one in 16 (6 percent) of the survey participants had driven a car when they had been drinking alcohol (Figure 1, Appendix B).
- In the past 12 months, 15 percent of the survey participants had seriously considered attempting suicide and 83 percent of those considering suicide had actually made a plan to attempt suicide. Twelve percent of the students taking the survey reported that they had actually attempted suicide (Figure 1, Appendix B).
- During the past 12 months, 41 percent of survey respondents reported being in a physical fight. Approximately 23 percent had been in two or more fights within the past 12 months (Figure 1, Appendix B).
- In 2005, 36 percent of 7th and 8th grade male respondents reported "Always" wearing seat belts, whereas 43 percent of the female 7th and 8th grade respondents "Always" wore seat belts. The 2005 figures represent significant increases over the 2001 and 2003 rates (Figure 2, Appendix B).
- Twenty-five percent of the 7th and 8th grade respondents reported that, within the 30 days prior to the survey, they had ridden in a car driven by someone who had been drinking (Figure 3, Appendix B).
- Of those 7th and 8th grade students riding in a car driven by someone who had been drinking (25 percent), approximately one in five (20 percent) indicated that, within the 30 days prior to the survey, they had ridden six or more times in a vehicle driven by someone who had been drinking (Figure 3, Appendix B).
- Six percent of 7th and 8th grade respondents reported that, within the 30 days prior to the survey, they had driven a car after drinking alcohol (Figure 4, Appendix B).
- Of those students reporting that they had been driving and drinking (6 percent), approximately one in four (24 percent) reported drinking and driving six or more times in the 30 days prior to the survey (Figure 4, Appendix B).
- 7th and 8th grade males were far more likely to have been involved in a physical fight than females (Figure 5, Appendix B).
- In the past year, 4 percent of 7th and 8th grade survey respondents reported having been injured in a physical fight (Figure 5, Appendix B).
- In 2005, 8 percent of 7th and 8th grade respondents reported that their boyfriend or girlfriend had hit, slapped, or physically hurt them on purpose. Six percent had been forced to have sexual intercourse when they did not want to.

- In 2005, physical fighting and injuries from fighting among Montana 7th and 8th grade students remained about the same as in 2003.
- Fifteen percent of 7th and 8th grade respondents reported seriously considering attempting suicide (Figure 6, Appendix B).

TOBACCO USE

Overview

- In 2002, an estimated 21.2 percent of adult Montanans reported being current smokers.³
- Approximately one out of every five deaths in Montana can be attributed to tobacco use, as each year over 1,400 Montanans die prematurely from tobacco-related illnesses. The estimated annual cost of direct medical expenses related to smoking in Montana in 1998 was \$216 million.⁴
- Eighty percent of people who use tobacco start smoking or using smokeless tobacco before age 18, thus making nicotine addiction a disease that begins in childhood.⁵

Eleven questions were asked of Montana students regarding the use of tobacco (Appendix A). The questions related to frequency and use of both cigarettes and smokeless tobacco. In addition, several questions were asked about the use of tobacco products on school property.

Highlights of the survey related to tobacco use

- Thirty-five percent of 7th and 8th grade students have tried smoking. Eleven percent smoked cigarettes on one or more days in the month prior to taking the survey. Both of these figures represent significant declines from 2001 and 2003 rates (Figure 7, Appendix B).
- Five percent of 7th and 8th grade students reported that they smoked two or more cigarettes on the days they smoked (Figure 7, Appendix B).
- In 2005, 7 percent of 7th and 8th grade students reported using chewing tobacco, the same as in 2001 and 2003 (Figure 7, Appendix B).
- Eleven percent of 7th and 8th grade students reported that they are current smokers, i.e., that they have smoked in the past 30 days. The rate in 2003 was 13 percent of survey respondents (Figure 8, Appendix B).
- During the past 12 months, 69 percent of 7th and 8th grade students who smoked, indicated that they had tried to quit smoking cigarettes.

- Nine percent of the male 7th and 8th grade respondents reported having used chewing tobacco or snuff during the 30 days prior to the survey as compared to 4 percent of the females. In 2005 the number of male students using chewing tobacco remained the same as in 2003 (Figure 8, Appendix B).

ALCOHOL AND OTHER DRUG USE

Overview

Excessive alcohol consumption contributes to cirrhosis of the liver, motor vehicle and other accidents, suicides, homicides, and some types of cancer. Traffic accidents involving drinking historically have been and continue to be a major problem in Montana. Alcohol related crashes tend to result in more severe injuries than do crashes with no alcohol involvement.

- In 2003, out of all Montana traffic fatalities, 128 (or 41 percent) involved a blood alcohol concentration (BAC) of 0.08 or higher, down from a high of 60 percent of all traffic fatalities in 1985.⁶
- For ages 15-20, 51 percent of highway fatalities involving Montana youth were alcohol related in 2001, versus a national average of 38.1 percent.⁷
- In 2002, 20 percent of adult Montanans reported binge drinking (i.e., consuming five or more drinks on one occasion in the past 30 days).³ A large proportion of this group indicated that they began drinking in high school.

Eighteen questions were asked of Montana students regarding their use of alcohol and drugs (Appendix A). The questions related to frequency of use, age of first use, and types and forms of drugs used.

Highlights of the survey related to alcohol and other drug use

- One in four (23 percent) 7th and 8th grade students had at least one drink of alcohol during the 30 days prior to the survey. Of those students who had a drink of alcohol, 23 percent were less than nine years old when they had their first drink (Appendix A and Figure 9, Appendix B).
- Nine percent of 7th and 8th grade respondents had used marijuana one or more times during the 30 days prior to the survey. In 2005, 7th and 8th grade students reported the median age of first use of marijuana was 11 to 12 years old, which was similar to the age reported in the 2003 YRBS (Appendix A and Figure 9, Appendix B).
- Three percent of 7th and 8th grade students reported using methamphetamines in their lifetimes (Figure 9, Appendix B).

- Five percent of 7th and 8th grade respondents reported using cocaine at least once during their lifetime (Figure 10, Appendix B).
- Twelve percent of the 7th and 8th grade students reported that they had five or more drinks in a row at least once during the past 30 days (Figure 10, Appendix B).
- Fifteen percent of 7th and 8th grade students reported smoking marijuana at least once in their lifetimes. Both male and female students were equally likely to have tried marijuana in their lifetimes (Figure 10, Appendix B).

SEXUAL BEHAVIORS

Overview

- Nationally, half of all high school students have had sexual intercourse, reflecting a *decline* during the last decade from 54 percent in 1991 to 46.7 percent in 2003. Males (46.2 percent) are slightly more likely than females (43.6 percent) to report having had sex.⁸ Montana trends for sexual activity also declined from a high of 51 percent of high school students having had sexual intercourse in 1991 to 43.6 percent in 2003.
- In addition, the teen birthrate has declined steadily since 1991. Nationally, the 2002 rate of 43.0 births per 1,000 females aged 15-19 is a record low and is 31 percent lower than the 1991 rate of 62.1. Montana teen birth rates have decreased from 47 births per 1,000 females aged 15-19 in 1991 to 35 births per 1,000 females in 2003.²

Seven questions were asked of Montana students regarding their sexual behaviors (Appendix A). Questions related to frequency, numbers of partners, abstinence, alcohol use, and contraception.

Highlights of the survey related to sexual behaviors that contribute to unintended pregnancy and STDs

- Four of five (81 percent) of 7th and 8th grade respondents reported not having had sexual intercourse. This is about the same rate as in 2003 and 2001 (Figure 11, Appendix B).
- Seventy-eight percent of 7th and 8th grade students have had HIV/AIDS education (Figure 11, Appendix B).
- Four percent of 7th and 8th grade survey respondents have had sexual intercourse with four or more people during their life (Figure 11, Appendix B).

- Sixty-eight percent of the sexually active 7th and 8th grade survey respondents reported wearing a condom during their last sexual intercourse. One-fifth (18 percent) did not use any method to prevent pregnancy (Appendix A).
- Nineteen percent of 7th and 8th grade survey respondents reported having had sexual intercourse in their lifetime. Eight percent of the survey respondents reported that they had sexual intercourse within the three-month period prior to the survey.
- 7th and 8th grade males were more likely to report having had sexual intercourse than females (Figure 12, Appendix B).
- Fifty-six percent of 7th and 8th grade survey respondents who have had sexual intercourse reported having had sex with multiple (two or more) partners. Male students were more likely to have had multiple partners than females (Figure 13, Appendix B).
- Twenty-nine percent of 7th and 8th grade survey respondents who have had sexual intercourse reported using alcohol or drugs the last time they had sex. Female students were slightly more likely to have used alcohol or drugs before sexual intercourse (Figure 13, Appendix B).
- Thirty-two percent of 7th and 8th grade survey respondents who have had sexual intercourse reported not using a condom the last time they had sex (Figure 13, Appendix B).

PHYSICAL INACTIVITY

Overview

Inadequate physical activity behaviors established during youth may extend into adulthood and increase risk for coronary heart disease, hypertension, non-insulin dependent diabetes, osteoporosis, obesity, and mental health problems.

- Body Mass Index (BMI) for adult Montanans indicates that 38 percent of adult Montanans are overweight (BMI between 25.0 and 29.9) and 19 percent are obese (BMI of 30 or more).³
- In 2002, 19 percent of adult Montanans reported “no leisure time physical activity,” 42 percent do not meet the moderate physical activity recommendations (i.e., 30 minutes of activity, five or more times a week) and 67 percent do not meet vigorous physical activity recommendations (i.e., 20 or more minutes of activity, three or more times a week, at 50 percent or more capacity).³

Seven questions were asked of Montana students regarding their physical activity (Appendix A). The questions related to types of physical activity as well as frequency of activity.

Highlights of the survey related to physical inactivity

- Three of every four (75 percent) Montana 7th and 8th grade students played on one or more sports teams during the past 12 months. Twenty-five percent of 7th and 8th grade students attended physical education classes daily (Figure 14, Appendix B).
- Over one-half (55 percent) of 7th and 8th grade students watch TV two or more hours per day (Figure 14, Appendix B).
- Fifty-five percent of 7th and 8th grade students were physically active for 60 minutes or more on three or more of the seven days prior to the survey (Figure 14, Appendix B).

DIETARY BEHAVIORS

Overview

- Evidence suggests that approximately 33 percent of all cancer deaths in the United States are related to dietary factors.⁹ Using this average, in Montana an estimated 606 of the total 1,838 cancer deaths for the year 2003 were related to dietary excesses and imbalances.
- In addition, 21 percent of Montana youth live in poverty and thus are at risk for hunger. Montana ranked 38th among the 50 states for the percent of children living in poverty.¹⁰
- In Montana, 42,912 children, or 2 in 10, were living in poverty.¹¹

Seven questions were asked of Montana students regarding unhealthy dietary behaviors (Appendix A). The questions related to types of food the youth were eating as well as frequency.

Highlights of the survey related to dietary behaviors

- Slightly over one-half (57 percent) of 7th and 8th grade students think they are "about the right weight." More boys tend to think they are at about the right weight than girls (Figure 15, Appendix B).
- Fifty-four percent of 7th and 8th grade girls are trying to lose weight. Only 32 percent of the boys reported that they are trying to lose weight (Figure 15, Appendix B).
- Thirty percent of 7th and 8th grade students reported eating fruit at least once on a daily basis. Forty-two percent ate a green salad daily (Figure 15, Appendix B).
- Twenty-eight percent of 7th and 8th grade students reported drinking three or more glasses of milk per day during the week prior to the survey (Figure 15, Appendix B).

RESOURCES

- ¹ Kids Count Survey, 2003.
- ² Montana Department of Public Health and Human Services, Vital Statistics, 2003.
- ³ Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Online Prevalence Data, 1995-2004.
- ⁴ Centers for Disease Control and Prevention, State Tobacco Control Highlights, 2002.
- ⁵ U.S. Department of Health and Human Services, 1994.
- ⁶ U.S. Department of Transportation, National Highway Traffic Safety Administration, Montana Drunk Driving Statistics, 2003.
- ⁷ Mothers Against Drunk Driving (MADD Online: Montana Statistics), National Highway Traffic Safety Administration, 2001.
- ⁸ Centers for Disease Control and Prevention, Youth Risk Behavior Trends, 2003.
- ⁹ American Cancer Society, Cancer Facts and Figures, 2002
- ¹⁰ Kids Count Survey, 2004
- ¹¹ Children's Defense Fund, 2003

Conclusions



IV. CONCLUSIONS AND RECOMMENDATIONS

Results of the 2005 Grades 7-8 Montana Youth Risk Behavior Survey indicate that although progress has been made over the past several years in decreasing risk from undesirable behaviors, Montana health, education, and social professionals need to continue to focus on those primary risk behaviors that cause the greatest amount of mortality, morbidity, and social problems among Montana youth. These primary risk behaviors are initiated during adolescence, yet the consequences of unhealthy behaviors are exhibited from adolescence through adulthood. For example, youth may start smoking in their early teens, but complications such as emphysema do not appear until adulthood.

Important risk behaviors where improvement will be needed in order for Montana to meet current health objectives are:

- **Seat belt usage** -- only 39 percent of Montana 7th and 8th grade survey respondents reported wearing seat belts *all* of the time when riding in a car driven by someone else. While this level of usage is a slight increase over the 2003 level of 36 percent and the 2001 level of 36 percent, it is still far short of the current Healthy People 2010 objective for seat belt use of 92 percent of all occupants wearing seat belts *all* of the time.
- **Bicycle helmet usage** -- only seven percent of bicyclists reported using helmets *all* of the time. The current Healthy People 2010 objective is for 79 percent of bicyclists to use helmets.
- **Injurious suicide attempts** -- the number of injurious suicide attempts reported by Montana 7th and 8th grade youth was approximately the same in 2005 as in 2003 and 2001 (30 per 1,000 people). The YRBS data showed little difference between 2005 and 2003 in the percent of students who actually attempted suicide. Montana's teen suicide rate ranks third highest in the nation. The current Healthy People 2010 objective is to reduce the incidence of suicide attempts to one percent for adolescents aged 14-17.
- **Smokeless tobacco use** -- Montana 7th and 8th grade youth are continuing to use smokeless tobacco products at rates that are higher than national trends. In 2005, nine percent of Montana males and four percent of females in grades 7 and 8 used snuff or chewing tobacco in the 30 days prior to the survey. The current rate of use among males and females is exactly the same as the 2003 rates. The current Healthy People 2010 objective is to reduce usage to less than one percent by 2010.
- **Alcohol usage** -- the 2005 Grades 7-8 YRBS indicates that approximately 23 percent of Montana 7th and 8th grade youth had used alcohol in the month prior to the survey. The current Healthy People 2010 objective is to reduce alcohol intake to 11 percent of youth aged 12-17 and to 29 percent of youth aged 18-20.

- **Marijuana usage** -- the 2005 Grades 7-8 YRBS indicates that 9 percent of Montana youth in grades 7 and 8 had used marijuana during the 30 days prior to the survey. This rate is about 2 percentage points lower than the rate reported in 2003. The current Healthy People 2010 objective is to reduce the use of marijuana in the past month to less than one percent for the age group that includes 7th and 8th grade students.
- **Sexual behavior** -- the 2005 Grades 7-8 YRBS indicates that 95 percent of Montana 7th and 8th grade youth had abstained from sexual intercourse or used condoms if they were sexually active. This matches the current Health People 2010 objective which is to increase responsible adolescent sexual behavior to 95 percent of youth.

There is still much to do to achieve the national health objectives for the reported health-risk behaviors of 7th and 8th grade youth. Although reported behaviors related to the risk behaviors of driving while drinking, riding with a drinking driver, suicide attempts, fighting, smoking, alcohol and other drug use, sexual behaviors, and physical activity have shown some improvement since 1999, a long-term, comprehensive approach to improving health and reducing risks is needed to provide Montana's 7th and 8th grade youth with healthier lives further removed from the illness, death and social problems linked to preventable health risks.

There are several areas where Montana appears to be meeting or exceeding national objectives:

- Montana schools continue to provide HIV/AIDS education to its young people. About 78 percent of Montana 7th and 8th grade youth indicated they have received education related to AIDS/HIV infection.
- Over 50 percent of Montana 7th and 8th grade youth regularly perform physical activities for 60 minutes or more at least three days per week. The current national objective is to maintain the rate at 40 percent.

In order for Montana to help develop youth who will become healthy, responsible adults and to meet the current health objectives, the following recommendations are set forth:

1. Ensure that comprehensive health education and programs are implemented at adequate levels to continue to educate 7th and 8th grade youth. Comprehensive school health programs and policies that support what is taught in the Health Enhancement classroom encourage long-term healthy lifestyles. Going beyond the classroom (e.g., drug-free and tobacco-free schools) involves the community and other agencies in the health of its young people. There is no greater tool for changing behavior patterns than effective, skills-based, age-appropriate health education. If Montana 7th and 8th grade youth are to change risk behaviors, they will need to have full understanding of the positive aspects of healthy behaviors, as well as the negative consequences of unhealthy behaviors.

Other comprehensive recommendations include:

- Communities should be encouraged to provide for developmentally appropriate preschool programs that help prepare children for school, thereby improving the prospects with regard to school performance, problem behaviors and physical health.
 - Montana students should have daily access to and participation in health enhancement classes.
 - Montana schools should be encouraged to provide programs for parents such as parenting skills and encourage parents to talk to their children regarding health issues.
 - Montana schools should consider programs that provide students who are in need of social and health services either the services or proper referrals to services (i.e., "full-service schools" or "school-linked services").
 - Montana schools should have policies and programs in place that encourage school completion for all students and reduce the incidence of school dropouts.
 - Montana schools should provide for all students guidance counselors who are properly prepared to deal with student issues.
2. Comprehensive health education and life management skills should be taught in all schools at appropriate age and developmental levels.
 3. The effectiveness of comprehensive health education programs needs to be evaluated and, if necessary, modified in order to meet current health education objectives.
 4. Improve the behavior patterns of Montana 7th and 8th grade youth in the following areas:
 - increasing seat belt and helmet use,
 - reducing alcohol use,
 - reducing marijuana use,
 - reducing use of tobacco products, especially smokeless tobacco, by young males and females, and
 - increasing the number of youth who abstain from sexual intercourse, delaying the age of first sexual intercourse, increasing the number of sexually active youth who choose to reestablish abstinence from sexual intercourse, recognizing that there are

youth who are sexually active, and increasing the use of condoms among sexually active youth.

5. Continue to address significant health-risk behaviors through prevention efforts that include the following concepts:

- Unintentional Injuries and Violence

Montana students should have access to and participate in accident prevention education, suicide prevention education and violence prevention education programs such as peer mediation and/or conflict resolution.

Montana schools should provide policies for staff and students that encourage safe, disciplined and drug-free environments.

- Tobacco Use

Montana students should have access to and participate in tobacco education and prevention programs, including smokeless tobacco, at all grade levels.

Montana schools should be tobacco-free.

- Alcohol and Other Drug Use

Montana students should have access to and participate in alcohol education and prevention programs at all grade levels.

Montana students should have access to and participate in bicycle/pedestrian safety and driver education programs at appropriate levels.

- Sexuality

Montana students should have access to and participate in age-appropriate human sexuality education as part of a comprehensive school health program or as part of a family or faith-based structured program in line with family and community values.

- Physical Inactivity

Montana students should engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness three or more days per week for 20 or more minutes per occasion.

- Nutrition

Montana students should have access to lunch and breakfast services in the home or at school that are consistent with the nutritional principles in the "Dietary Guidelines for Americans."

Nutrition education should be part of a comprehensive school health program at all grades. Ongoing education on safe weight management practices and acceptance of body size differences in 7th and 8th grade youth should be a part of nutrition education.

6. Continue collaborative efforts involving state and local agencies (both public and private) to ensure that health behavior risks of 7th and 8th grade youth are addressed in a coordinated manner. Meeting the health and safety needs of adolescents requires coordinated efforts involving schools, communities, health services and parents.
7. Continue the support of comprehensive health education and programs by school boards, school administrators, teachers, health service agencies, legislators, and parents.
8. Continue to monitor 7th and 8th grade youth behavior patterns using the Youth Risk Behavior Survey (YRBS) instrument developed through the U.S. Public Health Service, Centers for Disease Control and Prevention.

APPENDIX A
FREQUENCY DISTRIBUTIONS

2005 MONTANA YOUTH RISK BEHAVIOR SURVEY 7TH AND 8TH GRADE FREQUENCY DISTRIBUTIONS

The following frequency distributions are based upon surveys with 9,178 volunteer 7th and 8th grade students Montana during February of 2005. Frequency distributions may not total 9,178 due to non-response and percents may not total 100 percent due to rounding.

Q-1 How old are you?

	<u>Percent</u>
A. 12 years old or younger	15.1%
B. 13 years old	47.4%
C. 14 years old	34.0%
D. 15 years old	3.1%
E. 16 years old	0.2%
F. 17 years old	0.1%
G. 18 years old or older	0.1%

Q-2 What is your sex?

	<u>Percent</u>
A. Female	49.9%
B. Male	50.1%

Q-3 In what grade are you?

	<u>Percent</u>
A. 7th grade	47.7%
B. 8th grade	52.2%
C. Other	0.1%

Q-4 How do you describe yourself? (Select one or more responses.)

	<u>Percent</u>
A. American Indian or Alaska Native	14.5%
B. Asian	1.8%
C. Black or African American	1.3%
D. Hispanic or Latino	3.3%
E. Native Hawaiian or Other Pacific Islander	1.1%
F. White	81.2%

Q-5 How would you describe your health in general?

	<u>Percent</u>
A. Excellent	21.9%
B. Very good	39.2%
C. Good	31.5%
D. Fair	6.5%
E. Poor	0.9%

Q-6 How tall are you without your shoes on?

	<u>Percent</u>
A. Less than 4 ft	0.5%
B. 4 ft to 4 ft, 6 in	1.0%
C. 4 ft, 7 in to 5 ft	12.1%
D. 5 ft, 1 in to 5 ft, 6 in	60.1%
E. Over 5 ft, 6 in	26.3%

Q-7 How much do you weigh without your shoes on?

	<u>Percent</u>
A. Less than 90 lbs	7.9%
B. 90-99 lbs	10.5%
C. 100-109 lbs	15.2%
D. 110-119 lbs	17.0%
E. 120-129 lbs	14.9%
F. 133-139 lbs	10.8%
G. 140 lbs +	23.8%

The next 5 questions ask about personal safety.

Q-8 When you rode a bicycle during the past 12 months, how often did you wear a helmet?

	<u>Percent</u>
A. I did not ride a bicycle during the past 12 months	10.8%
B. Never wore a helmet	59.0%
C. Rarely wore a helmet	10.5%
D. Sometimes wore a helmet	6.8%
E. Most of the time wore a helmet	6.6%
F. Always wore a helmet	6.4%

Q-9 How often do you wear a seat belt when riding in a car driven by someone else?

	<u>Percent</u>
A. Never	3.7%
B. Rarely	7.3%
C. Sometimes	15.8%
D. Most of the time	33.8%
E. Always	39.4%

Q-10 During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

	<u>Percent</u>
A. 0 times	75.4%
B. 1 time	9.9%
C. 2 or 3 times	7.5%
D. 4 or 5 times	2.2%
E. 6 or more times	5.0%

Q-11 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	<u>Percent</u>
A. 0 times	94.2%
B. 1 time	2.5%
C. 2 or 3 times	1.5%
D. 4 or 5 times	0.4%
E. 6 or more times	1.4%

The next 10 questions ask about violence-related behaviors.

Q-12 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

	<u>Percent</u>
A. 0 days	75.5%
B. 1 day	7.4%
C. 2 or 3 days	6.4%
D. 4 or 5 days	2.4%
E. 6 or more days	8.2%

Q-13 During the past 30 days, on how many days did you carry a gun?

	<u>Percent</u>
A. 0 days	88.5%
B. 1 day	4.6%
C. 2 or 3 days	3.2%
D. 4 or 5 days	1.2%
E. 6 or more days	2.5%

Q-14 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

	<u>Percent</u>
A. 0 days	94.5%
B. 1 day	2.4%
C. 2 or 3 days	1.1%
D. 4 or 5 days	0.4%
E. 6 or more days	1.5%

Q-15 During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	<u>Percent</u>
A. 0 days	93.8%
B. 1 day	3.6%
C. 2 or 3 days	1.4%
D. 4 or 5 days	0.4%
E. 6 or more days	0.9%

Q-16 During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

	<u>Percent</u>
A. 0 times	91.2%
B. 1 time	4.5%
C. 2 or 3 times	1.9%
D. 4 or 5 times	0.6%
E. 6 or 7 times	0.3%
F. 8 or 9 times	0.2%
G. 10 or 11 times	0.0%
H. 12 or more times	1.1%

Q-17 During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

	<u>Percent</u>
A. 0 times	66.7%
B. 1 time	16.8%
C. 2 or 3 times	10.4%
D. 4 or 5 times	2.4%
E. 6 or 7 times	1.1%
F. 8 or 9 times	0.7%
G. 10 or 11 times	0.2%
H. 12 or more times	1.8%

Q-18 During the past 12 months, how many times were you in a physical fight?

	<u>Percent</u>
A. 0 times	58.9%
B. 1 time	18.2%
C. 2 or 3 times	12.6%
D. 4 or 5 times	3.6%
E. 6 or 7 times	1.8%
F. 8 or 9 times	1.0%
G. 10 or 11 times	0.5%
H. 12 or more times	3.3%

Q-19 During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

	<u>Percent</u>
A. 0 times	95.8%
B. 1 time	3.2%
C. 2 or 3 times	0.6%
D. 4 or 5 times	0.1%
E. 6 or more times	0.4%

Q-20 During the past 12 months, how many times were you in a physical fight on school property?

	<u>Percent</u>
A. 0 times	79.1%
B. 1 time	12.7%
C. 2 or 3 times	5.6%
D. 4 or 5 times	1.1%
E. 6 or 7 times	0.4%
F. 8 or 9 times	0.2%
G. 10 or 11 times	0.1%
H. 12 or more times	0.8%

Q-21 During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	<u>Percent</u>
A. Yes	7.8%
B. No	92.2%

Q-22 Have you ever been physically forced to have sexual intercourse when you did not want to?

	<u>Percent</u>
A. Yes	5.9%
B. No	94.1%

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

Q-23 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

	<u>Percent</u>
A. Yes	23.6%
B. No	76.4%

Q-24 During the past 12 months, did you ever seriously consider attempting suicide?

	<u>Percent</u>
A. Yes	15.0%
B. No	85.0%

Q-25 During the past 12 months, did you make a plan about how you would attempt suicide?

	<u>Percent</u>
A. Yes	12.5%
B. No	87.5%

Q-26 During the past 12 months, how many times did you actually attempt suicide?

	<u>Percent</u>
A. 0 times	87.8%
B. 1 time	8.1%
C. 2 or 3 times	2.4%
D. 4 or 5 times	0.5%
E. 6 or more times	1.2%

Q-27 If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

	<u>Percent</u>
A. I did not attempt suicide during the past 12 months	80.3%
B. Yes	3.1%
C. No	16.6%

The next 11 questions ask about tobacco use.

Q-28 Have you ever tried cigarette smoking, even one or two puffs?

	<u>Percent</u>
A. Yes	34.9%
B. No	65.1%

Q-29 How old were you when you smoked a whole cigarette for the first time?

	<u>Percent</u>
A. I have never smoked a whole cigarette	77.9%
B. 8 years old or younger	4.8%
C. 9 or 10 years old	4.6%
D. 11 or 12 years old	8.0%
E. 13 or 14 years old	4.6%
F. 15 or 16 years old	0.1%
G. 17 years old or older	0.1%

Q-30 During the past 30 days, on how many days did you smoke cigarettes?

	<u>Percent</u>
A. 0 days	88.6%
B. 1 or 2 days	4.8%
C. 3 to 5 days	1.7%
D. 6 to 9 days	1.3%
E. 10 to 19 days	1.2%
F. 20 to 29 days	0.8%
G. All 30 days	1.6%

Q-31 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	88.6%
B. Less than 1 cigarette per day	4.1%
C. 1 cigarette per day	2.5%
D. 2 to 5 cigarettes per day	3.4%
E. 6 to 10 cigarettes per day	0.6%
F. 11 to 20 cigarettes per day	0.2%
G. More than 20 cigarettes per day	0.6%

Q-32 During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	88.3%
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	0.5%
C. I bought them from a vending machine	0.2%
D. I gave someone else money to buy them for me	2.6%
E. I borrowed (or bummed) them from someone else	3.1%
F. A person 18 years old or older gave them to me	0.8%
G. I took them from a store or family member	2.0%
H. I got them some other way	2.5%

Q-33 During the past 30 days, on how many days did you smoke cigarettes on school property?

	<u>Percent</u>
A. 0 days	96.6%
B. 1 or 2 days	1.8%
C. 3 to 5 days	0.5%
D. 6 to 9 days	0.3%
E. 10 to 19 days	0.2%
F. 20 to 29 days	0.1%
G. All 30 days	0.5%

Q-34 Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

	<u>Percent</u>
A. Yes	8.3%
B. No	91.7%

Q-35 During the past 12 months, did you ever try to quit smoking cigarettes?

	<u>Percent</u>
A. I did not smoke during the past 12 months	84.7%
B. Yes	10.6%
C. No	4.8%

Q-36 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	<u>Percent</u>
A. 0 days	93.5%
B. 1 or 2 days	3.1%
C. 3 to 5 days	1.0%
D. 6 to 9 days	0.6%
E. 10 to 19 days	0.5%
F. 20 to 29 days	0.3%
G. All 30 days	0.9%

Q-37 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?

	<u>Percent</u>
A. 0 days	97.0%
B. 1 or 2 days	1.3%
C. 3 to 5 days	0.6%
D. 6 to 9 days	0.2%
E. 10 to 19 days	0.2%
F. 20 to 29 days	0.1%
G. All 30 days	0.6%

Q-38 During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

	<u>Percent</u>
A. 0 days	94.9%
B. 1 or 2 days	2.8%
C. 3 to 5 days	0.7%
D. 6 to 9 days	0.5%
E. 10 to 19 days	0.4%
F. 20 to 29 days	0.2%
G. All 30 days	0.6%

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

Q-39 During your life, on how many days have you had at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	44.2%
B. 1 or 2 days	22.9%
C. 3 to 9 days	14.3%
D. 10 to 19 days	6.9%
E. 20 to 39 days	4.9%
F. 40 to 99 days	3.2%
G. 100 or more days	3.6%

Q-40 How old were you when you had your first drink of alcohol other than a few sips?

	<u>Percent</u>
A. I have never had a drink of alcohol other than a few sips	54.9%
B. 8 years old or younger	10.3%
C. 9 or 10 years old	8.9%
D. 11 or 12 years old	16.3%
E. 13 or 14 years old	9.3%
F. 15 or 16 years old	0.2%
G. 17 years old or older	0.2%

Q-41 During the past 30 days, on how many days did you have at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	77.1%
B. 1 or 2 days	14.1%
C. 3 to 5 days	4.0%
D. 6 to 9 days	2.3%
E. 10 to 19 days	1.4%
F. 20 to 29 days	0.4%
G. All 30 days	0.7%

Q-42 During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	<u>Percent</u>
A. 0 days	88.1%
B. 1 day	5.3%
C. 2 days	2.5%
D. 3 to 5 days	1.8%
E. 6 to 9 days	1.0%
F. 10 to 19 days	0.4%
G. 20 or more days	0.7%

Q-43 During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

	<u>Percent</u>
A. 0 days	97.1%
B. 1 or 2 days	1.7%
C. 3 to 5 days	0.4%
D. 6 to 9 days	0.2%
E. 10 to 19 days	0.2%
F. 20 to 29 days	0.1%
G. All 30 days	0.4%

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

Q-44 During your life, how many times have you used marijuana?

	<u>Percent</u>
A. 0 times	84.9%
B. 1 or 2 times	4.9%
C. 3 to 9 times	3.2%
D. 10 to 19 times	1.7%
E. 20 to 39 times	1.6%
F. 40 to 99 times	1.1%
G. 100 or more times	2.6%

Q-45 How old were you when you tried marijuana for the first time?

	<u>Percent</u>
A. I have never tried marijuana	84.5%
B. 8 years old or younger	2.3%
C. 9 or 10 years old	2.4%
D. 11 or 12 years old	5.7%
E. 13 or 14 years old	4.9%
F. 15 or 16 years old	0.1%
G. 17 years old or older	0.0%

Q-46 During the past 30 days, how many times did you use marijuana?

	<u>Percent</u>
A. 0 times	91.5%
B. 1 or 2 times	3.5%
C. 3 to 9 times	2.3%
D. 10 to 19 times	0.9%
E. 20 to 39 times	0.6%
F. 40 or more times	1.2%

Q-47 During the past 30 days, how many times did you use marijuana on school property?

	<u>Percent</u>
A. 0 times	97.6%
B. 1 or 2 times	1.2%
C. 3 to 9 times	0.3%
D. 10 to 19 times	0.3%
E. 20 to 39 times	0.1%
F. 40 or more times	0.5%

The next 9 questions ask about other drugs.

Q-48 During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

	<u>Percent</u>
A. 0 times	96.3%
B. 1 or 2 times	1.9%
C. 3 to 9 times	0.7%
D. 10 to 19 times	0.4%
E. 20 to 39 times	0.1%
F. 40 or more times	0.6%

Q-49 During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

	<u>Percent</u>
A. 0 times	97.8%
B. 1 or 2 times	1.1%
C. 3 to 9 times	0.3%
D. 10 to 19 times	0.3%
E. 20 to 39 times	0.1%
F. 40 or more times	0.5%

Q-50 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	<u>Percent</u>
A. 0 times	85.0%
B. 1 or 2 times	8.2%
C. 3 to 9 times	3.1%
D. 10 to 19 times	1.4%
E. 20 to 39 times	0.7%
F. 40 or more times	1.7%

Q-51 During your life, how many times have you used heroin (also called smack, junk, or China White)?

	<u>Percent</u>
A. 0 times	98.0%
B. 1 or 2 times	0.7%
C. 3 to 9 times	0.4%
D. 10 to 19 times	0.2%
E. 20 to 39 times	0.2%
F. 40 or more times	0.5%

Q-52 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

	<u>Percent</u>
A. 0 times	97.2%
B. 1 or 2 times	1.3%
C. 3 to 9 times	0.5%
D. 10 to 19 times	0.3%
E. 20 to 39 times	0.2%
F. 40 or more times	0.5%

Q-53 During your life, how many times have you used ecstasy (also called MDMA)?

	<u>Percent</u>
A. 0 times	97.3%
B. 1 or 2 times	1.4%
C. 3 to 9 times	0.5%
D. 10 to 19 times	0.2%
E. 20 to 39 times	0.1%
F. 40 or more times	0.5%

Q-54 During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

	<u>Percent</u>
A. 0 times	97.0%
B. 1 or 2 times	1.4%
C. 3 to 9 times	0.6%
D. 10 to 19 times	0.3%
E. 20 to 39 times	0.2%
F. 40 or more times	0.5%

Q-55 During your life, how many times have you used a needle to inject any illegal drug into your body?

	<u>Percent</u>
A. 0 times	97.8%
B. 1 time	1.2%
C. 2 or more times	1.0%

Q-56 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

	<u>Percent</u>
A. Yes	13.8%
B. No	86.2%

The next 8 questions ask about sexual behavior.

Q-57 Have you ever had sexual intercourse?

	<u>Percent</u>
A. Yes	18.6%
B. No	81.4%

Q-58 How old were you when you had sexual intercourse for the first time?

	<u>Percent</u>
A. I have never had sexual intercourse	82.8%
B. 11 years old or younger	5.9%
C. 12 years old	4.2%
D. 13 years old	4.6%
E. 14 years old	2.2%
F. 15 years old	0.3%
G. 16 years old	0.0%
H. 17 years old or older	0.0%

Q-59 During your life, with how many people have you had sexual intercourse?

	<u>Percent</u>
A. I have never had sexual intercourse	83.6%
B. 1 person	7.2%
C. 2 people	3.4%
D. 3 people	1.8%
E. 4 people	0.8%
F. 5 people	0.5%
G. 6 or more people	2.7%

Q-60 During the past 3 months, with how many people did you have sexual intercourse?

	<u>Percent</u>
A. I have never had sexual intercourse	83.4%
B. I have had sexual intercourse, but not during the past 3 months	8.3%
C. 1 person	4.9%
D. 2 people	1.2%
E. 3 people	0.5%
F. 4 people	0.3%
G. 5 people	0.2%
H. 6 or more people	1.1%

Q-61 Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	<u>Percent</u>
A. I have never had sexual intercourse	81.8%
B. Yes	5.4%
C. No	12.8%

Q-62 The last time you had sexual intercourse, did you or your partner use a condom?

	<u>Percent</u>
A. I have never had sexual intercourse	83.3%
B. Yes	11.3%
C. No	5.4%

Q-63 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

	<u>Percent</u>
A. I have never had sexual intercourse	83.2%
B. No method was used to prevent pregnancy	3.0%
C. Birth control pills	1.3%
D. Condoms	9.7%
E. Depo-Provera (injectable birth control)	0.1%
F. Withdrawal	0.5%
G. Some other method	0.5%
H. Not sure	1.7%

The next 7 questions ask about body weight.

Q-64 How do you describe your weight?

	<u>Percent</u>
A. Very underweight	2.8%
B. Slightly underweight	13.3%
C. About the right weight	57.1%
D. Slightly overweight	23.7%
E. Very overweight	3.1%

Q-65 Which of the following are you trying to do about your weight?

	<u>Percent</u>
A. Lose weight	42.6%
B. Gain weight	9.7%
C. Stay the same weight	23.8%
D. I am not trying to do anything about my weight	23.9%

Q-66 During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	63.4%
B. No	36.6%

Q-67 During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	35.5%
B. No	64.5%

Q-68 During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	11.2%
B. No	88.8%

Q-69 During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

	<u>Percent</u>
A. Yes	3.9%
B. No	96.1%

Q-70 During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	5.0%
B. No	95.0%

The next 7 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed.

Q-71 During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

	<u>Percent</u>
A. I did not drink 100% fruit juice during the past 7 days	20.6%
B. 1 to 3 times during the past 7 days	35.3%
C. 4 to 6 times during the past 7 days	18.0%
D. 1 time per day	7.9%
E. 2 times per day	8.0%
F. 3 times per day	4.3%
G. 4 or more times per day	6.0%

Q-72 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

	<u>Percent</u>
A. I did not eat fruit during the past 7 days	10.5%
B. 1 to 3 times during the past 7 days	37.6%
C. 4 to 6 times during the past 7 days	22.1%
D. 1 time per day	10.5%
E. 2 times per day	9.8%
F. 3 times per day	4.8%
G. 4 or more times per day	4.7%

Q-73 During the past 7 days, how many times did you eat green salad?

	<u>Percent</u>
A. I did not eat green salad during the past 7 days	32.2%
B. 1 to 3 times during the past 7 days	42.1%
C. 4 to 6 times during the past 7 days	13.5%
D. 1 time per day	7.6%
E. 2 times per day	2.6%
F. 3 times per day	0.6%
G. 4 or more times per day	1.4%

Q-74 During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

	<u>Percent</u>
A. I did not eat potatoes during the past 7 days	31.2%
B. 1 to 3 times during the past 7 days	50.8%
C. 4 to 6 times during the past 7 days	11.5%
D. 1 time per day	3.8%
E. 2 times per day	1.2%
F. 3 times per day	0.4%
G. 4 or more times per day	1.1%

Q-75 During the past 7 days, how many times did you eat carrots?

	<u>Percent</u>
A. I did not eat carrots during the past 7 days	42.4%
B. 1 to 3 times during the past 7 days	40.5%
C. 4 to 6 times during the past 7 days	9.5%
D. 1 time per day	3.6%
E. 2 times per day	1.5%
F. 3 times per day	0.7%
G. 4 or more times per day	1.8%

Q-76 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

	<u>Percent</u>
A. I did not eat other vegetables during the past 7 days	16.2%
B. 1 to 3 times during the past 7 days	41.5%
C. 4 to 6 times during the past 7 days	22.0%
D. 1 time per day	9.9%
E. 2 times per day	5.9%
F. 3 times per day	1.9%
G. 4 or more times per day	2.6%

Q-77 During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

	<u>Percent</u>
A. I did not drink milk during the past 7 days	8.3%
B. 1 to 3 glasses during the past 7 days	15.6%
C. 4 to 6 glasses during the past 7 days	16.6%
D. 1 glass per day	12.7%
E. 2 glasses per day	18.8%
F. 3 glasses per day	13.9%
G. 4 or more glasses per day	14.1%

The next 7 questions ask about physical activity.

Q-78 On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

	<u>Percent</u>
A. 0 days	7.5%
B. 1 day	8.3%
C. 2 days	10.8%
D. 3 days	13.0%
E. 4 days	13.0%
F. 5 days	14.8%
G. 6 days	8.7%
H. 7 days	23.9%

Q-79 On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

	<u>Percent</u>
A. 0 days	24.2%
B. 1 day	15.4%
C. 2 days	15.1%
D. 3 days	12.2%
E. 4 days	7.8%
F. 5 days	6.9%
G. 6 days	3.7%
H. 7 days	14.8%

Q-80 During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

	<u>Percent</u>
A. 0 days	18.1%
B. 1 day	13.2%
C. 2 days	14.0%
D. 3 days	12.3%
E. 4 days	10.3%
F. 5 days	11.0%
G. 6 days	6.4%
H. 7 days	14.8%

Q-81 On an average school day, how many hours do you watch TV?

	<u>Percent</u>
A. I do not watch TV on an average school day	8.6%
B. Less than 1 hour per day	17.6%
C. 1 hour per day	18.7%
D. 2 hours per day	25.3%
E. 3 hours per day	15.8%
F. 4 hours per day	6.4%
G. 5 or more hours per day	7.6%

Q-82 In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	<u>Percent</u>
A. 0 days	11.4%
B. 1 day	3.0%
C. 2 days	17.3%
D. 3 days	37.9%
E. 4 days	5.4%
F. 5 days	25.0%

Q-83 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	<u>Percent</u>
A. I do not take PE	9.0%
B. Less than 10 minutes	3.6%
C. 10 to 20 minutes	11.4%
D. 21 to 30 minutes	18.1%
E. 31 to 40 minutes	24.0%
F. 41 to 50 minutes	22.5%
G. 51 to 60 minutes	7.6%
H. More than 60 minutes	3.8%

Q-84 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

	<u>Percent</u>
A. 0 teams	24.8%
B. 1 team	22.4%
C. 2 teams	23.1%
D. 3 or more teams	29.7%

The next question asks about AIDS education.

Q-85 Have you ever been taught about AIDS or HIV infection in school?

	<u>Percent</u>
A. Yes	78.0%
B. No	10.5%
C. Not sure	11.5%

Q-86 Has a doctor or nurse ever told you that you have asthma?

	<u>Percent</u>
A. Yes	16.3%
B. No	77.5%
C. Not sure	6.2%

Q-87 During the past 12 months, have you had an episode of asthma or an asthma attack?

	<u>Percent</u>
A. I do not have asthma	79.0%
B. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months	9.0%
C. Yes, I have had an episode of asthma or an asthma attack during the past 12 months	6.6%
D. Not sure	5.4%

Q-88 At school during the past 12 months, did you receive help from a resource teacher, speech therapist or other special education teacher?

	<u>Percent</u>
A. Yes	15.2%
B. No	84.8%

Q-89 How often do you wear a seat belt when driving a car?

	<u>Percent</u>
A. I do not drive a car	52.7%
B. Never	4.9%
C. Rarely	5.7%
D. Sometimes	6.8%
E. Most of the time	12.3%
F. Always	17.6%

Q-90 Do you drive, and did you complete driver education (classroom and behind-the-wheel)?

	<u>Percent</u>
A. No, I do not drive; I do not have a valid license or permit, and no, I did not complete driver education.	78.8%
B. No, I do not drive; I do not have a valid license or permit, but yes, I completed driver education.	2.0%
C. Yes, I drive with a valid license or permit, but no, I did not complete driver education.	2.8%
D. Yes, I drive with a valid license or permit, and yes, I did complete driver education.	0.9%
E. Yes, I drive regularly on public roads, but I do not have a valid license or permit.	15.5%

APPENDIX B

REFERENCED FIGURES

Figure 1

Unintentional injury and violence risk behaviors of 7th and 8th grade students

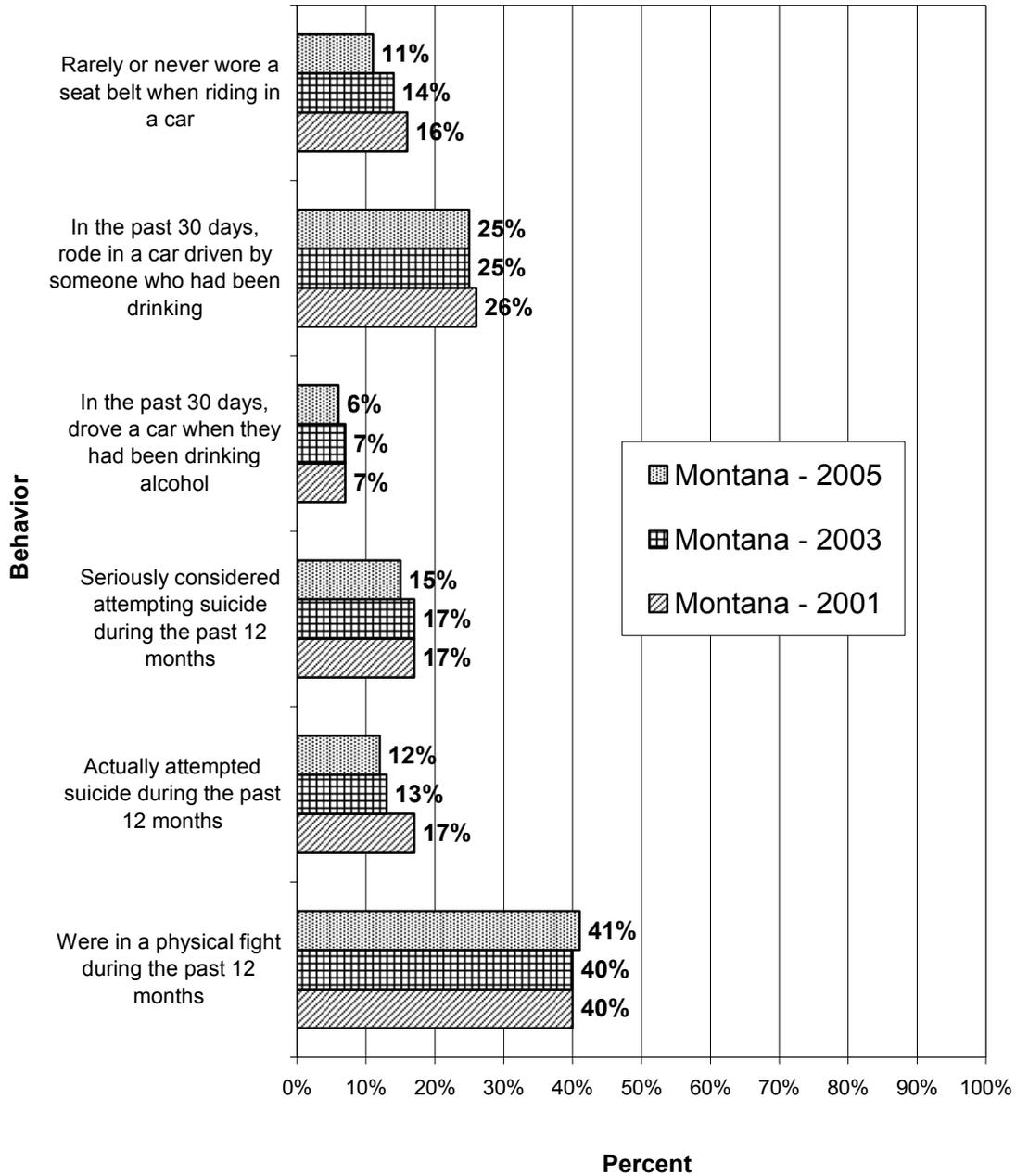


Figure 2

Percent of 7th and 8th grade students who "Always" wear a seat belt when riding in a car driven by someone else

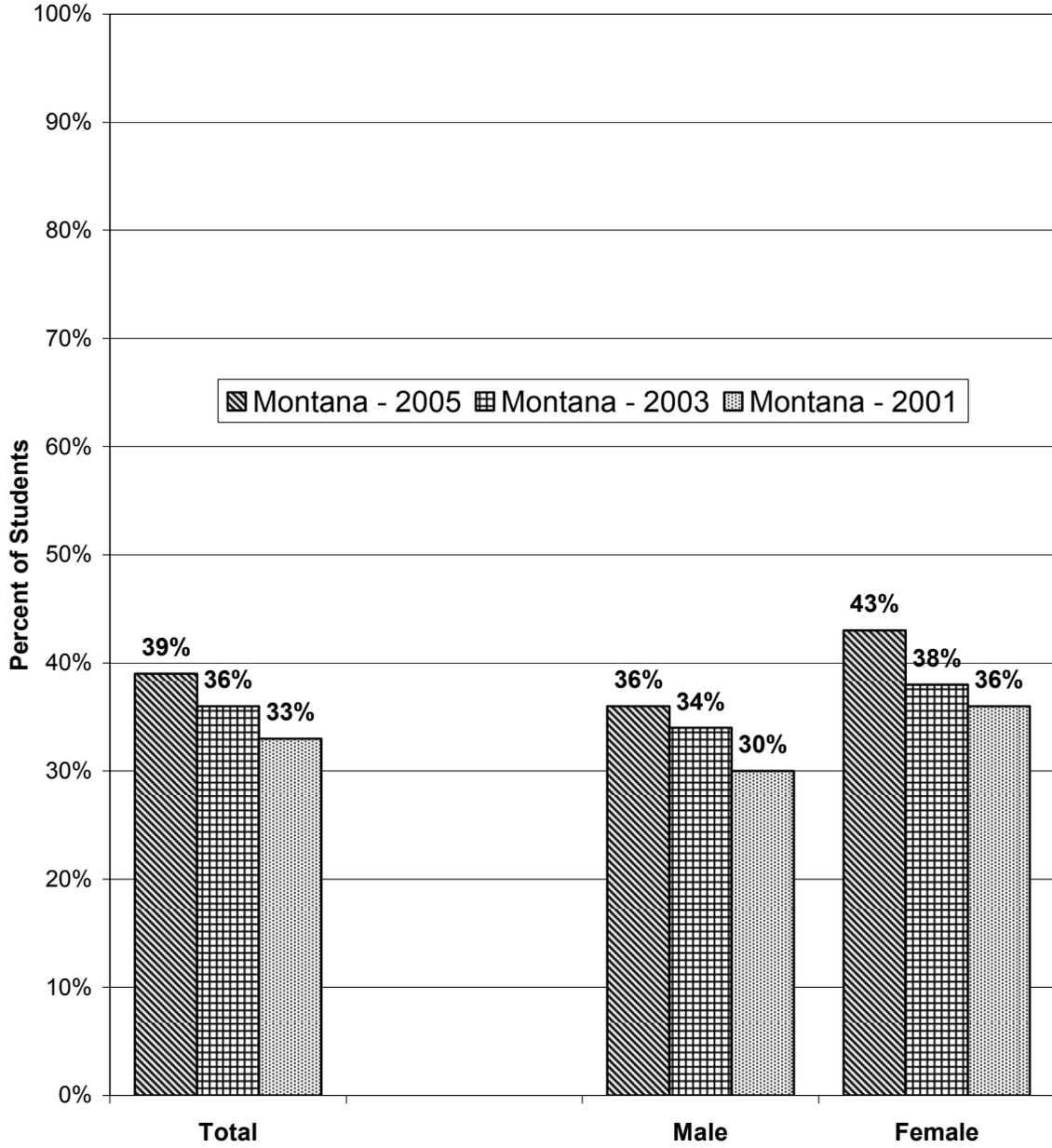
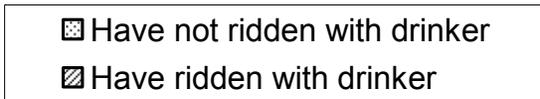
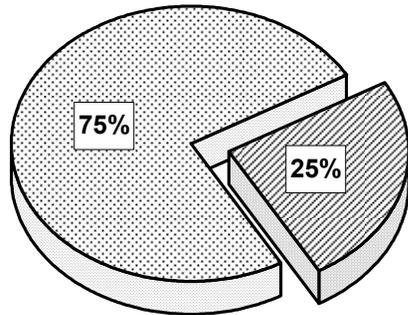


Figure 3

Percent of those 7th and 8th grade students who, during the past 30 days, reported riding in a vehicle that was driven by someone who had been drinking, by number of times

Percent of all 7th and 8th grade students



Number of times they rode with drinker, by percent

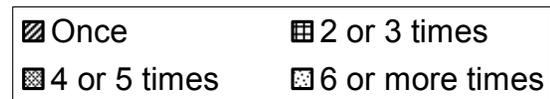
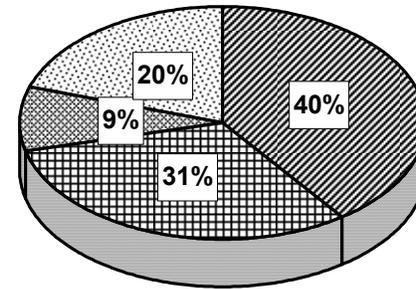
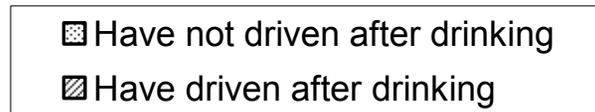
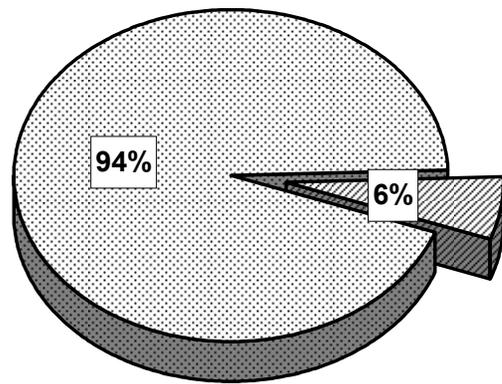


Figure 4

Percent of those 7th and 8th grade students who reported that during the 30 days prior to the survey they drove a vehicle after drinking, by the number of times

Percent of all 7th and 8th grade students



Number of times they drove while drinking, by percent

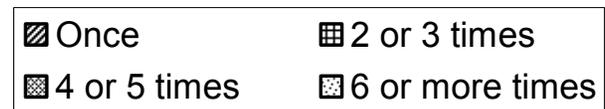
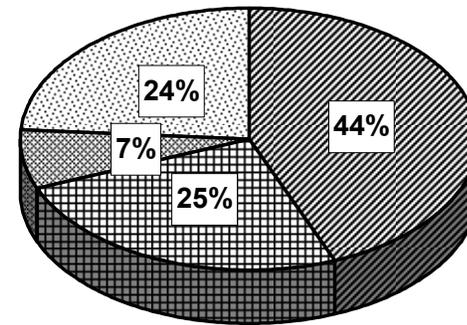


Figure 5

Percent of 7th and 8th grade students involved and/or injured in a physical fight in the past 12 months

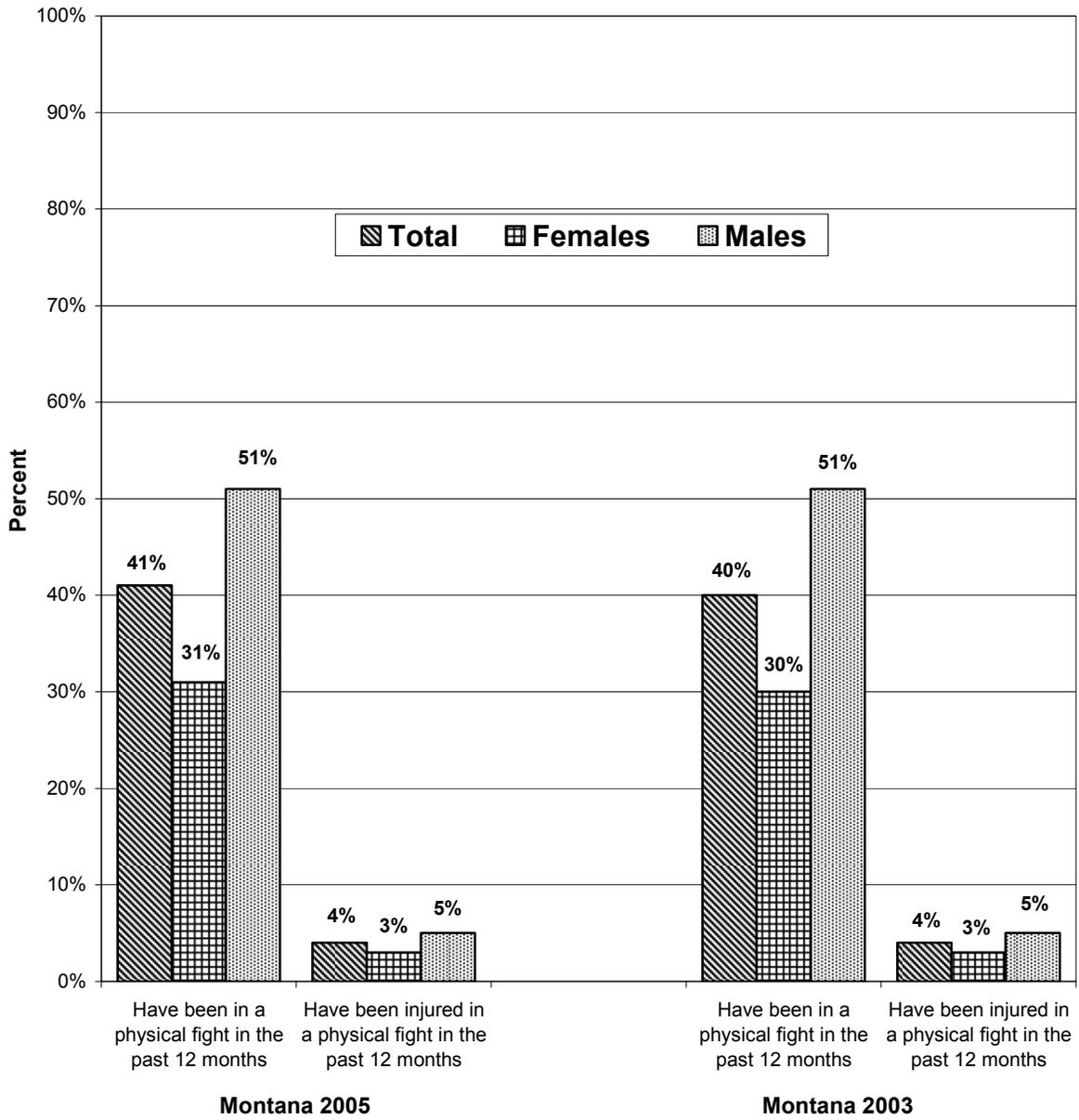


Figure 6

Percent of 7th and 8th grade students who considered, planned, or attempted suicide in the past 12 months

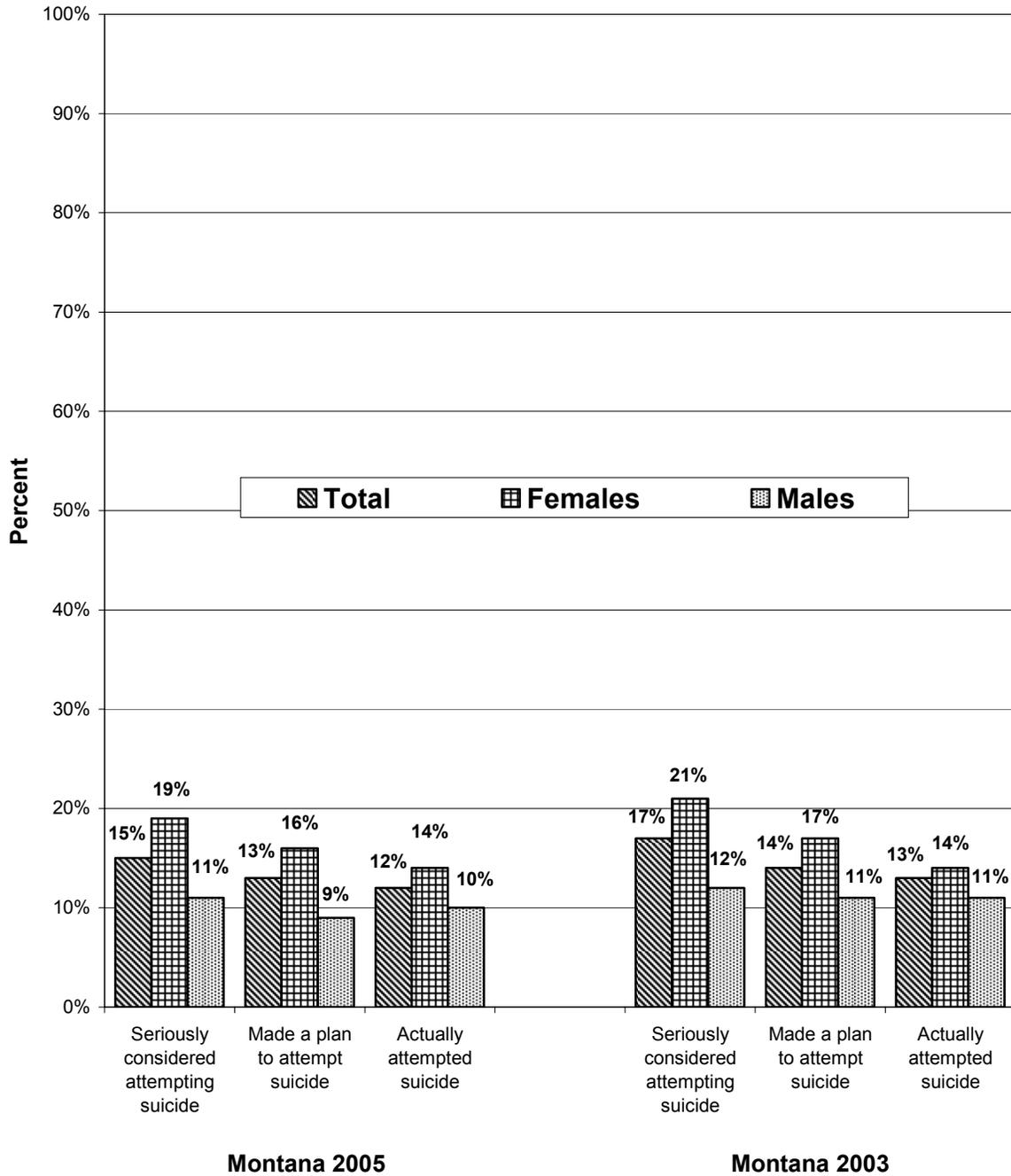


Figure 7

Tobacco use risk behaviors of 7th and 8th grade students

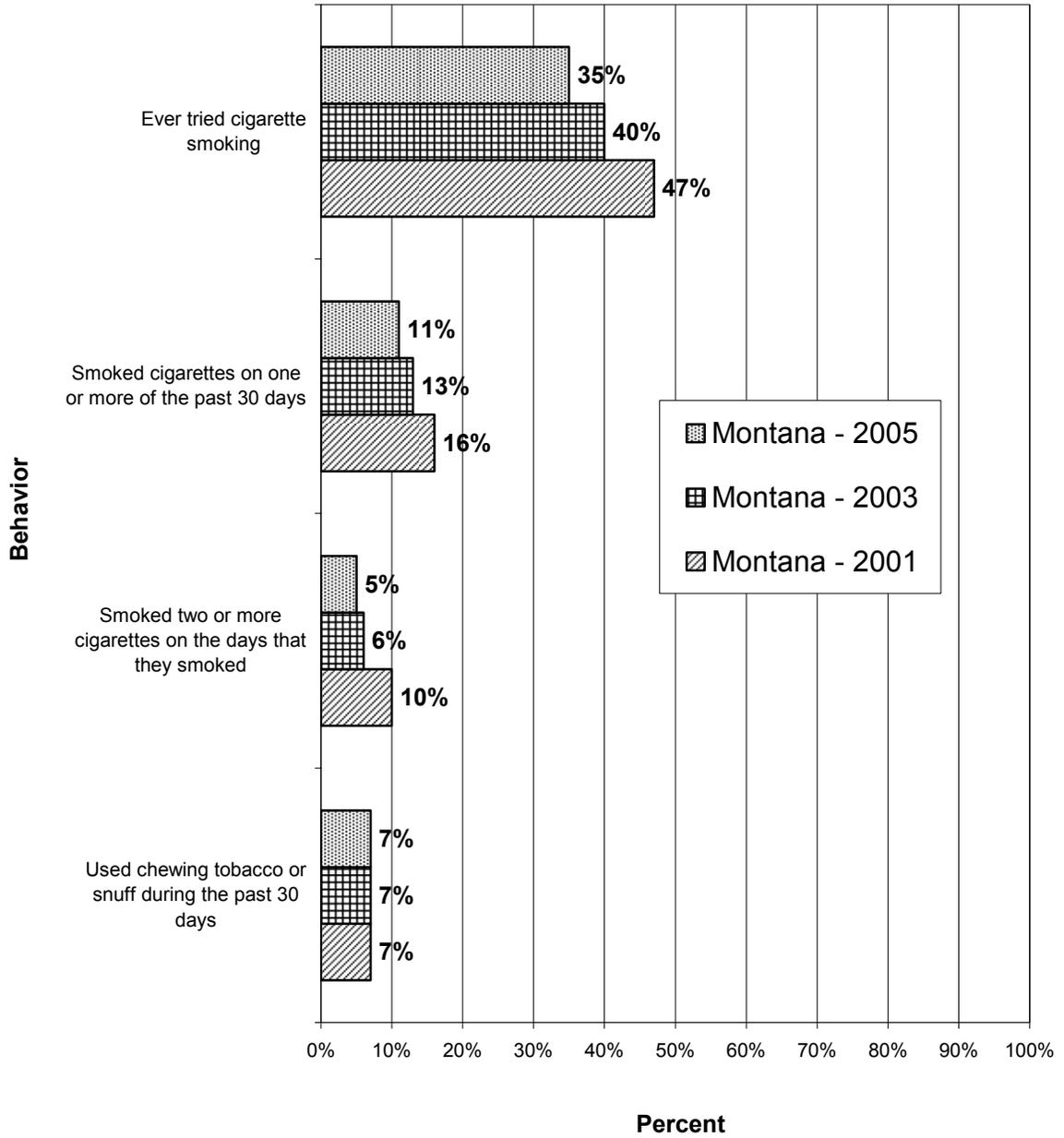


Figure 8

Percent of 7th and 8th grade students who reported that they were current smokers or that they used chewing tobacco or snuff in the 30 days prior to the survey, by gender

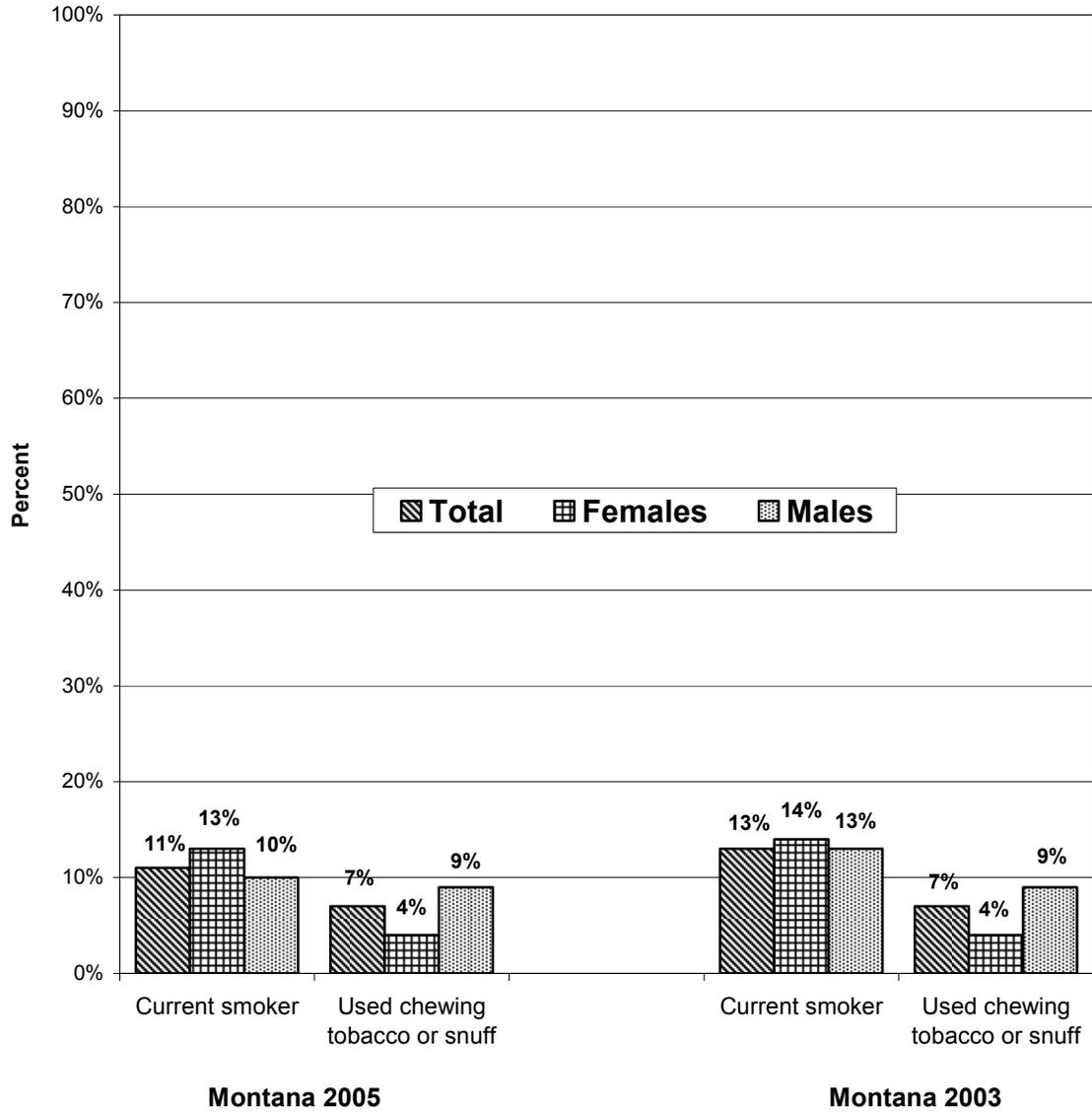


Figure 9

Alcohol and other drug use risk behaviors of Montana 7th and 8th grade students

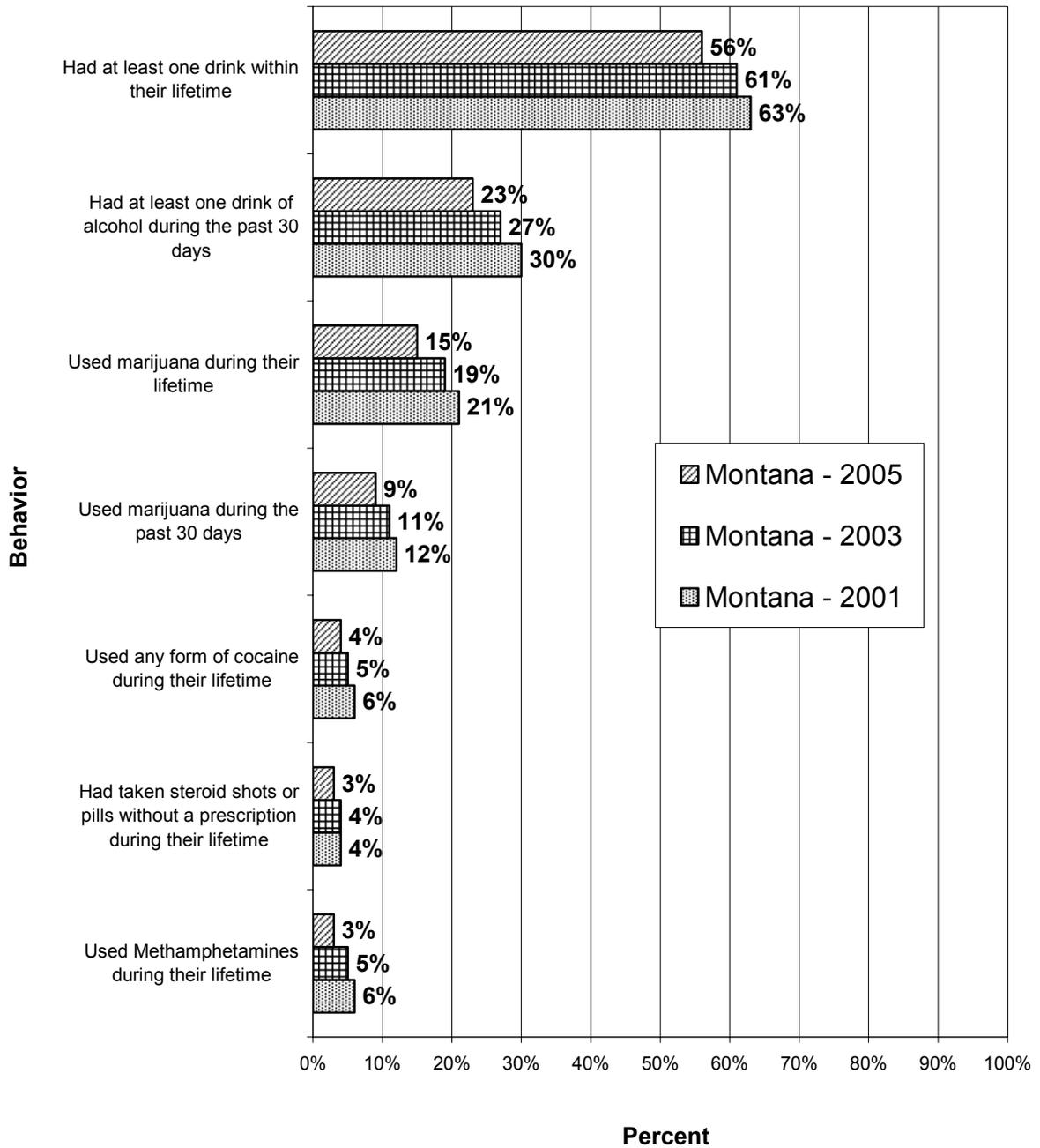


Figure 10

Percent of 7th and 8th grade students with a potential for alcohol and other drug use

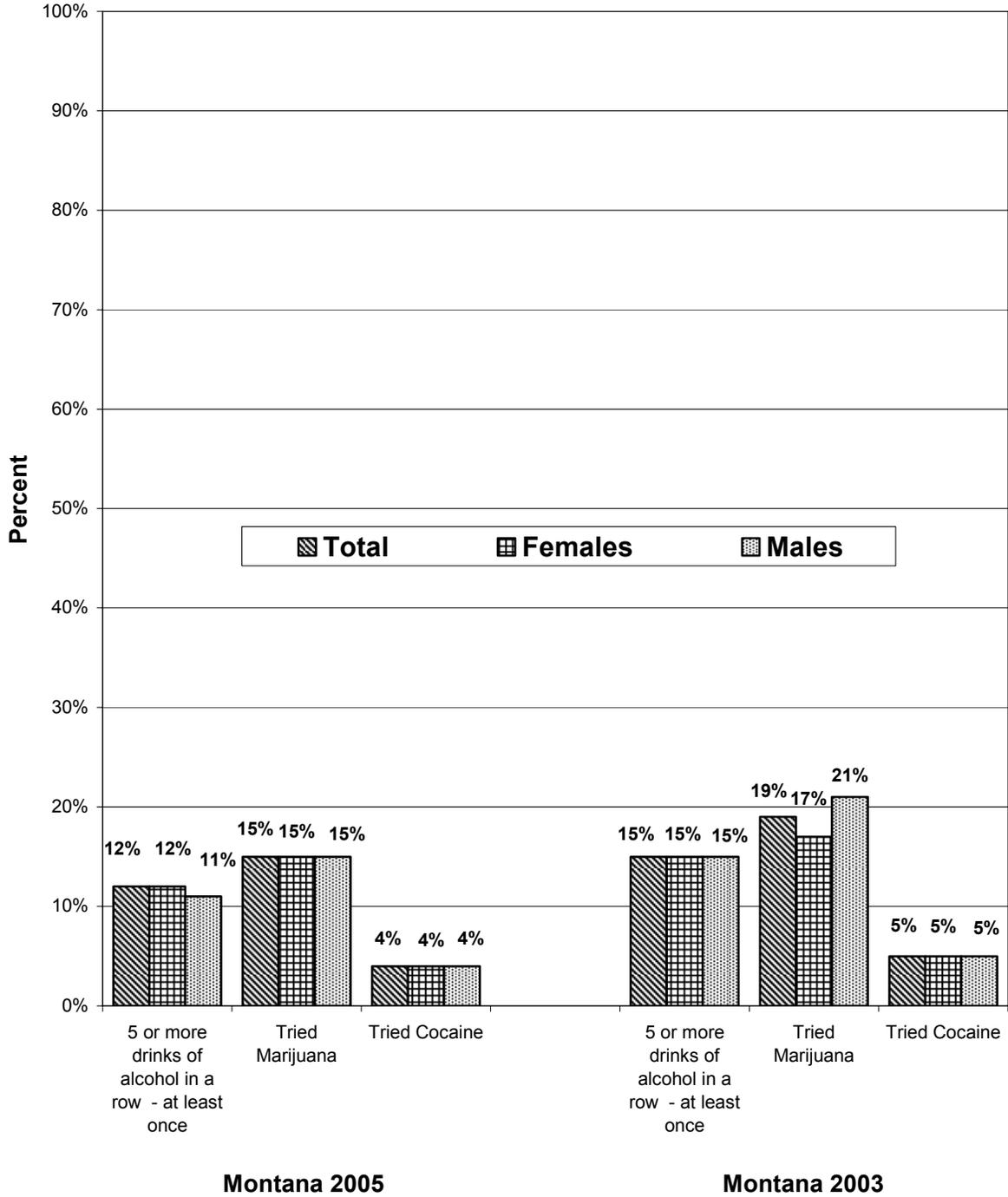


Figure 11

Sexual behaviors of 7th and 8th grade students

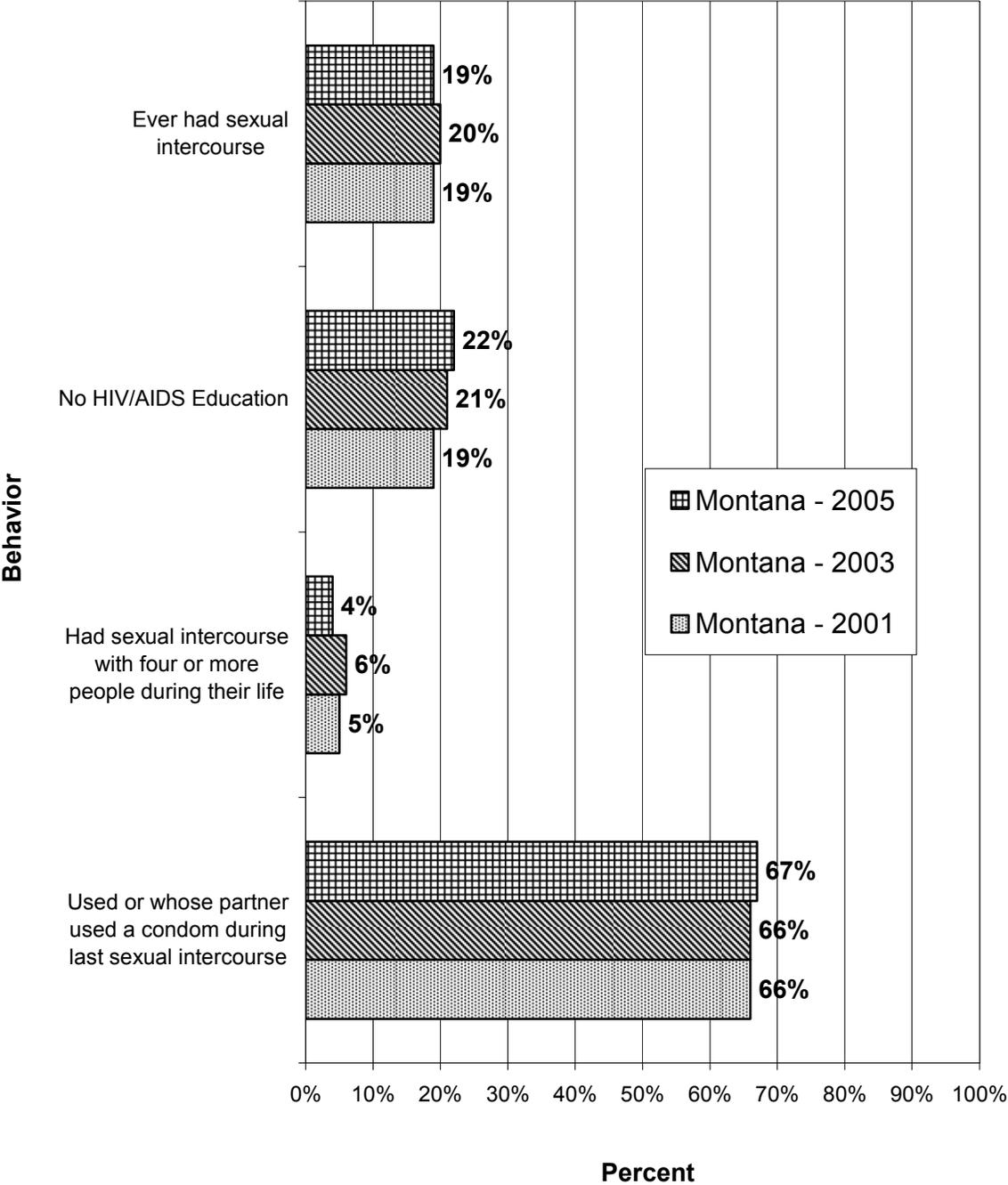


Figure 12

Percent of 7th and 8th grade students who reported ever having had sexual intercourse, by gender

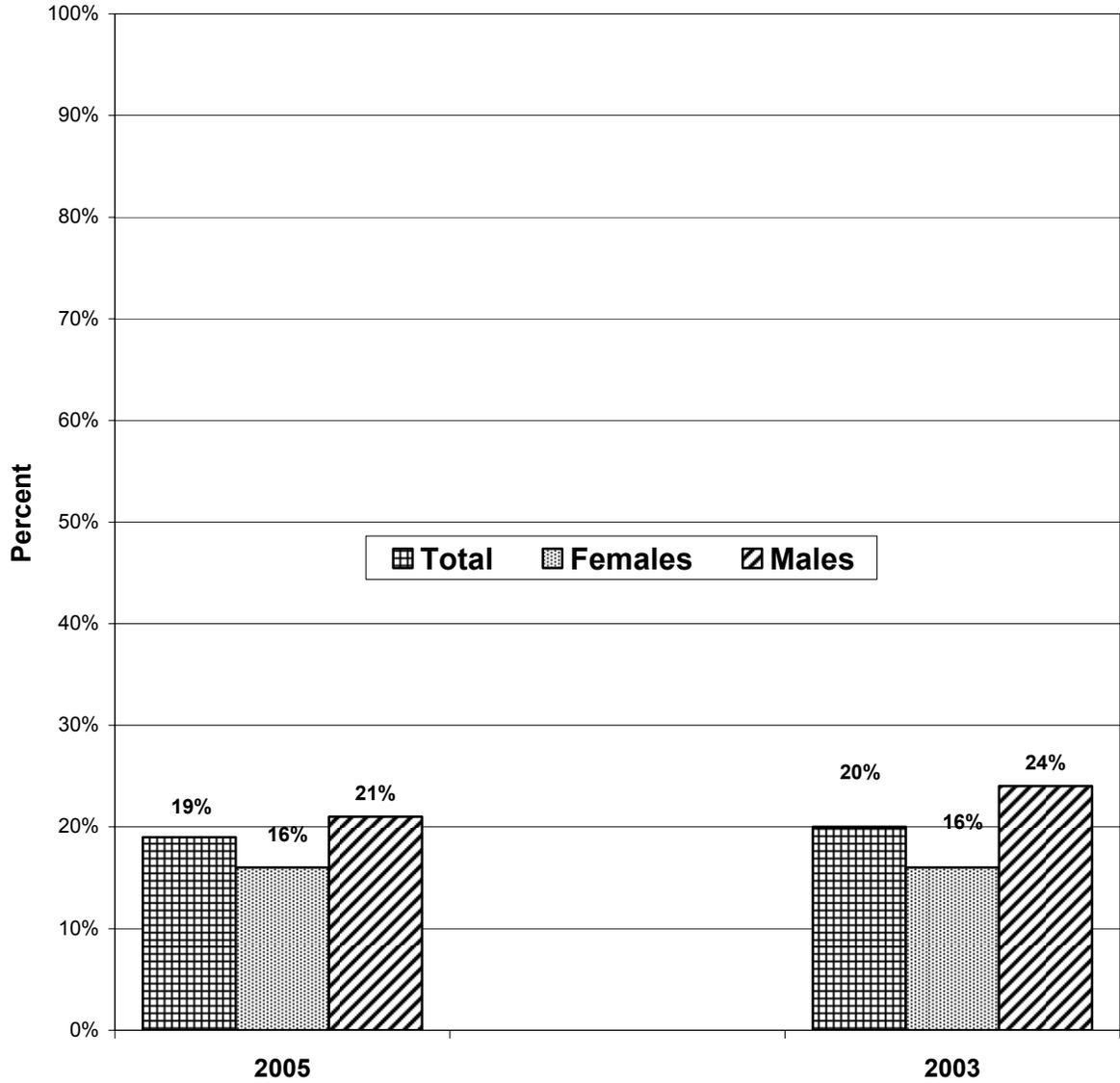


Figure 13

Percent of 7th and 8th grade students who have had sexual intercourse and reported having engaged in high-risk sexual behaviors

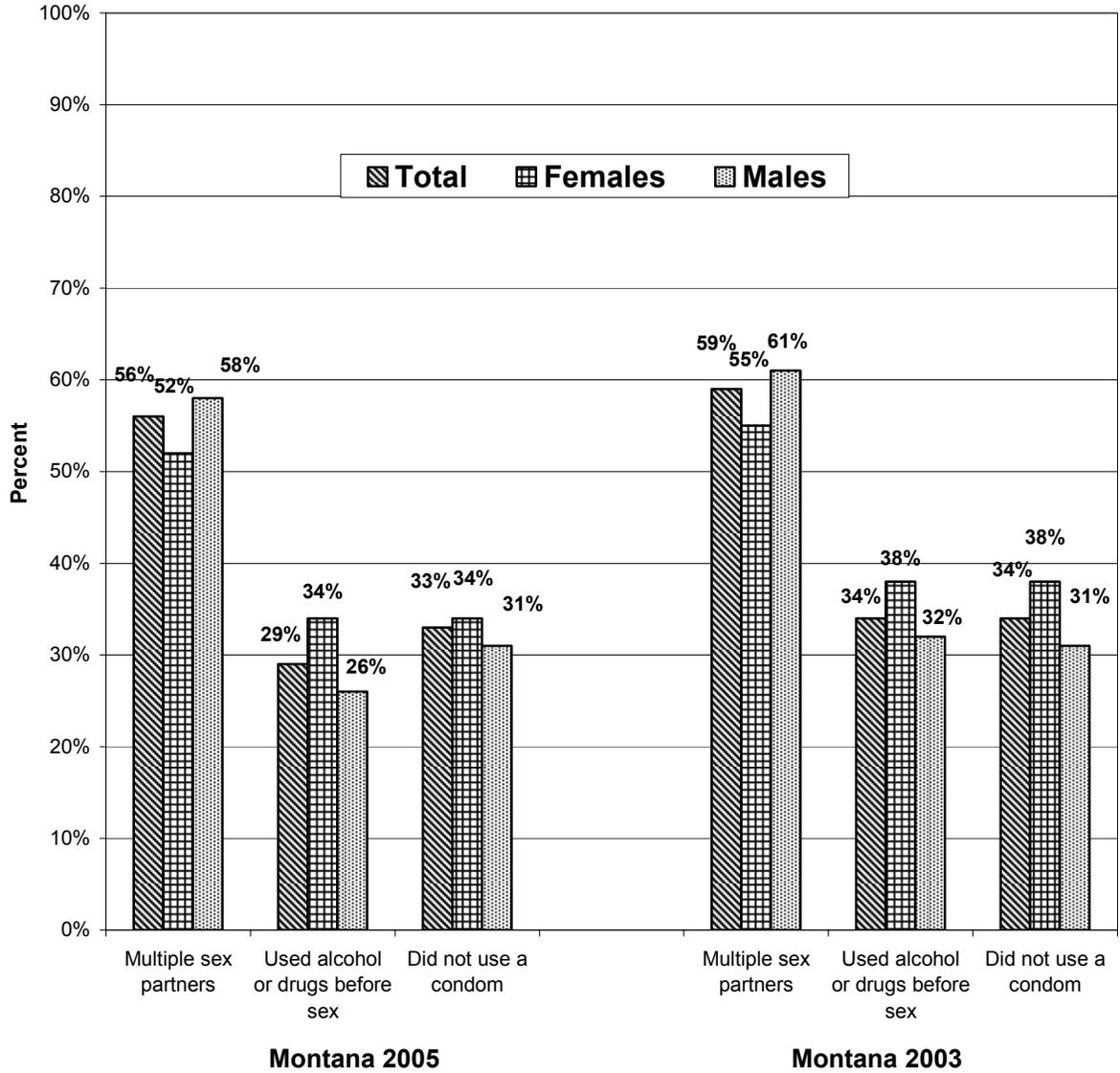


Figure 14

Physical activities of 7th and 8th grade students

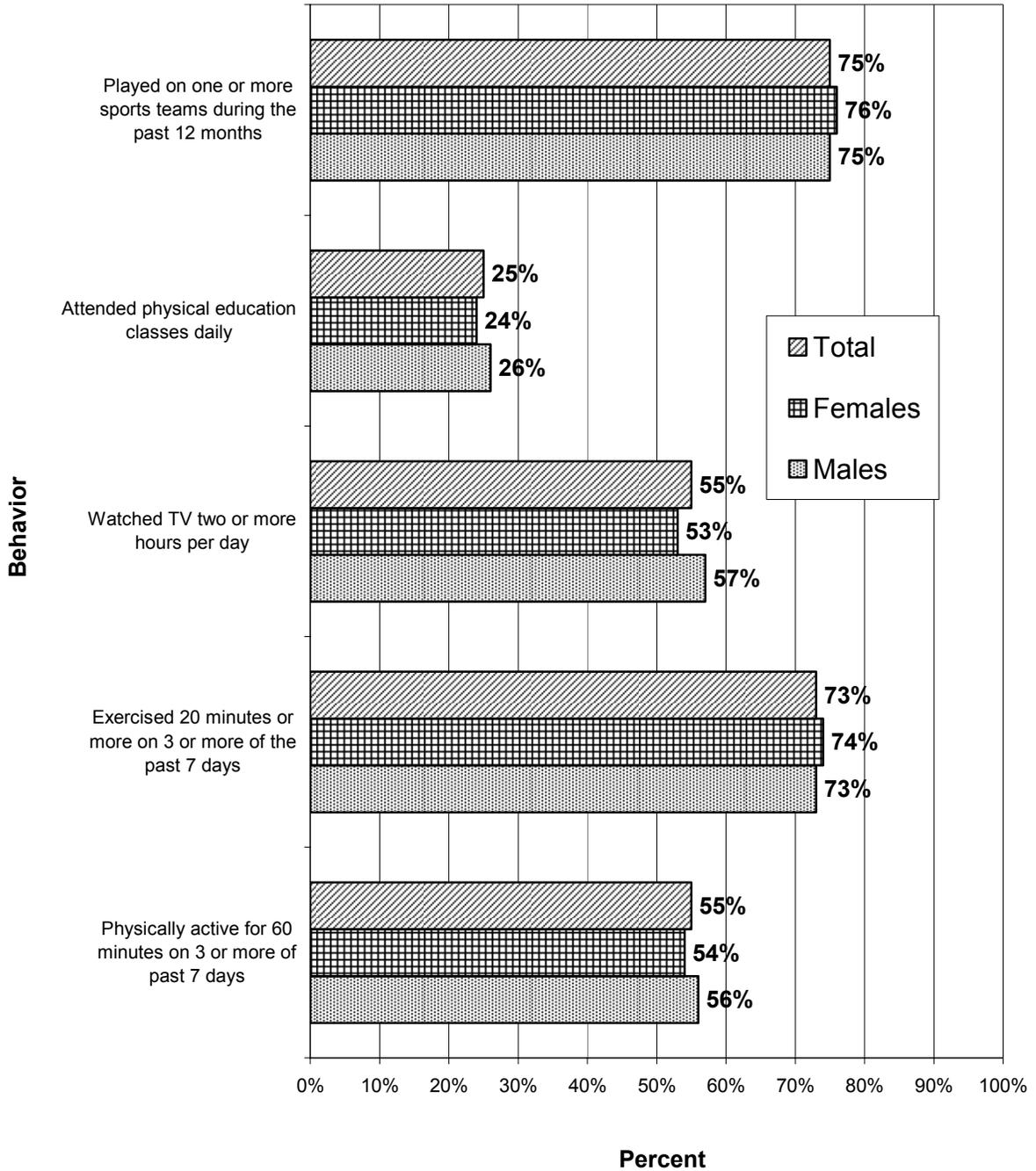
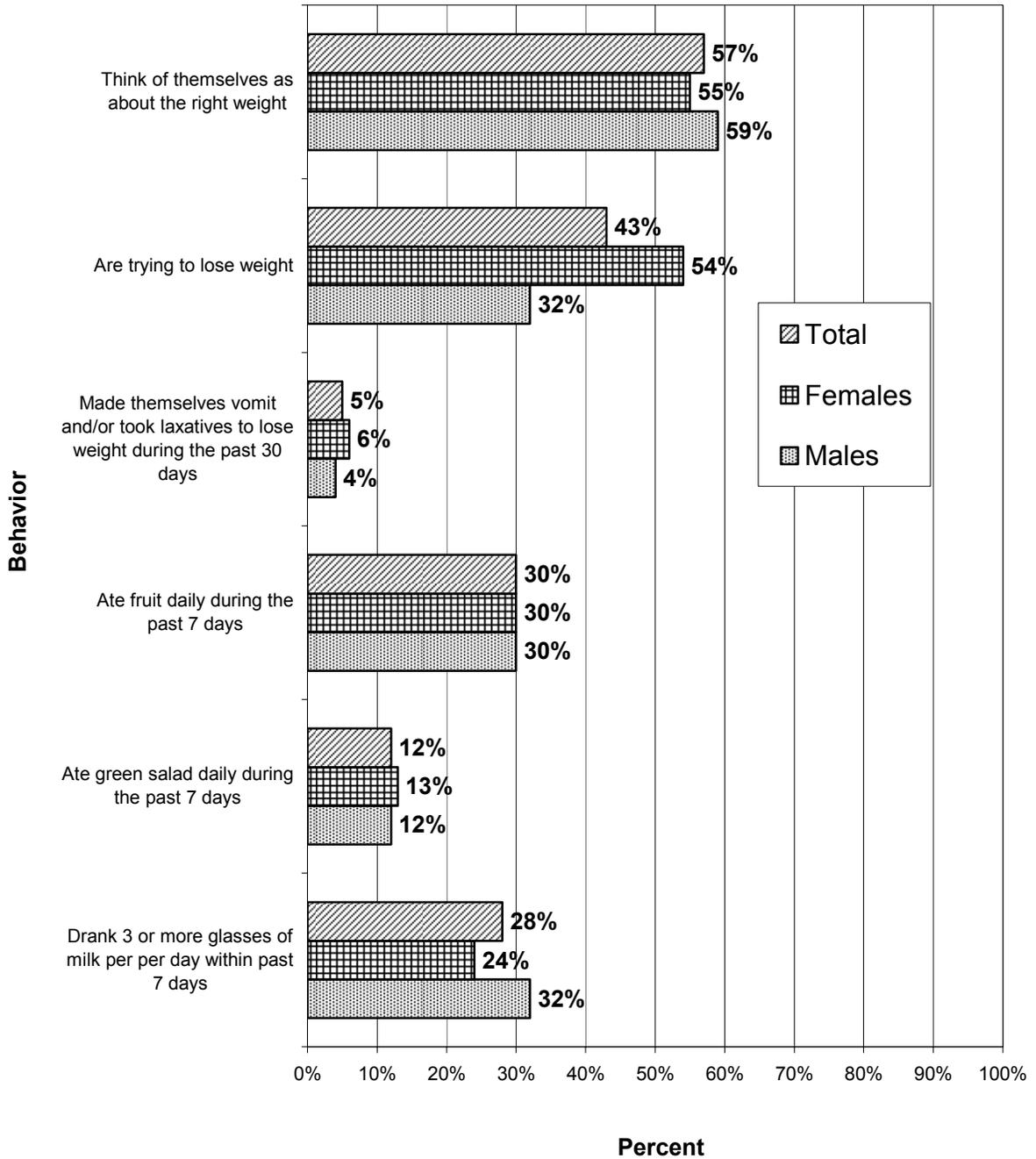


Figure 15

Dietary behaviors of 7th and 8th grade students



APPENDIX C

ADDITIONAL CHARTS

List of Charts in Appendix C

<u>Topic</u>	<u>YRBS Question</u>	<u>Chart</u>
Demographic - age	Q-1	1
Demographic - grade	Q-3	2
Seat belt usage	Q-9	3
Seat belt usage	Q-89	4
Physical fighting	Q-20	5
Suicide related	Q-23	6
Tobacco use	Q-29	7
Tobacco use	Q-31	8
Tobacco use	Q-33	9
Alcohol use	Q-39	10
Marijuana use	Q-44	11
Drug use	Q-50	12
Drug use	Q-55	13
Sexual behavior	Q-60	14
Sexual behavior	Q-63	15
Weight	Q-64	16
Physical activity	Q-79	17
Physical activity	Q-83	18
Physical activity	Q-84	19
HIV/AIDS Education	Q-85	20

Chart 1
Q-1 How old are you?

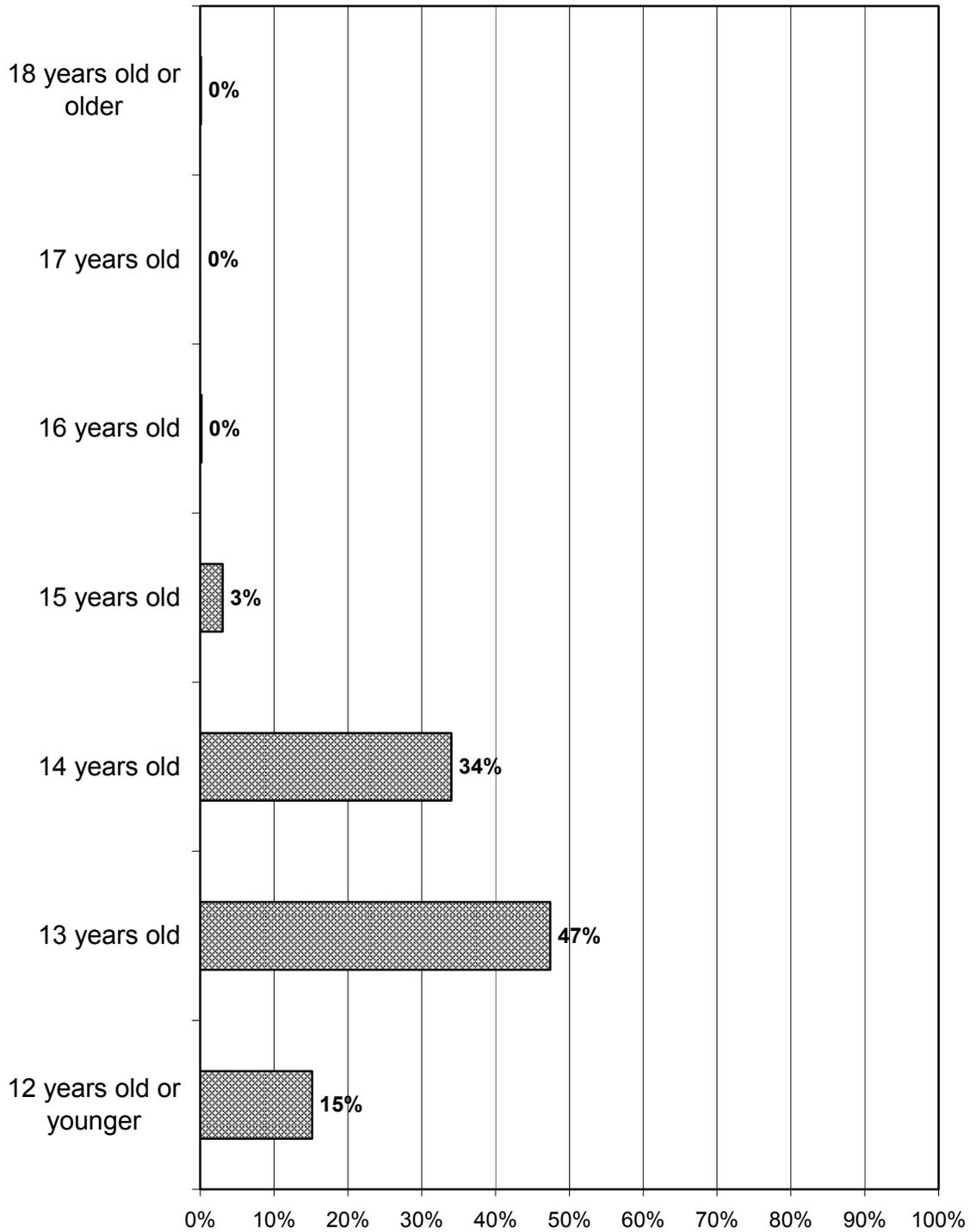


Chart 2
Q-3 In what grade are you?

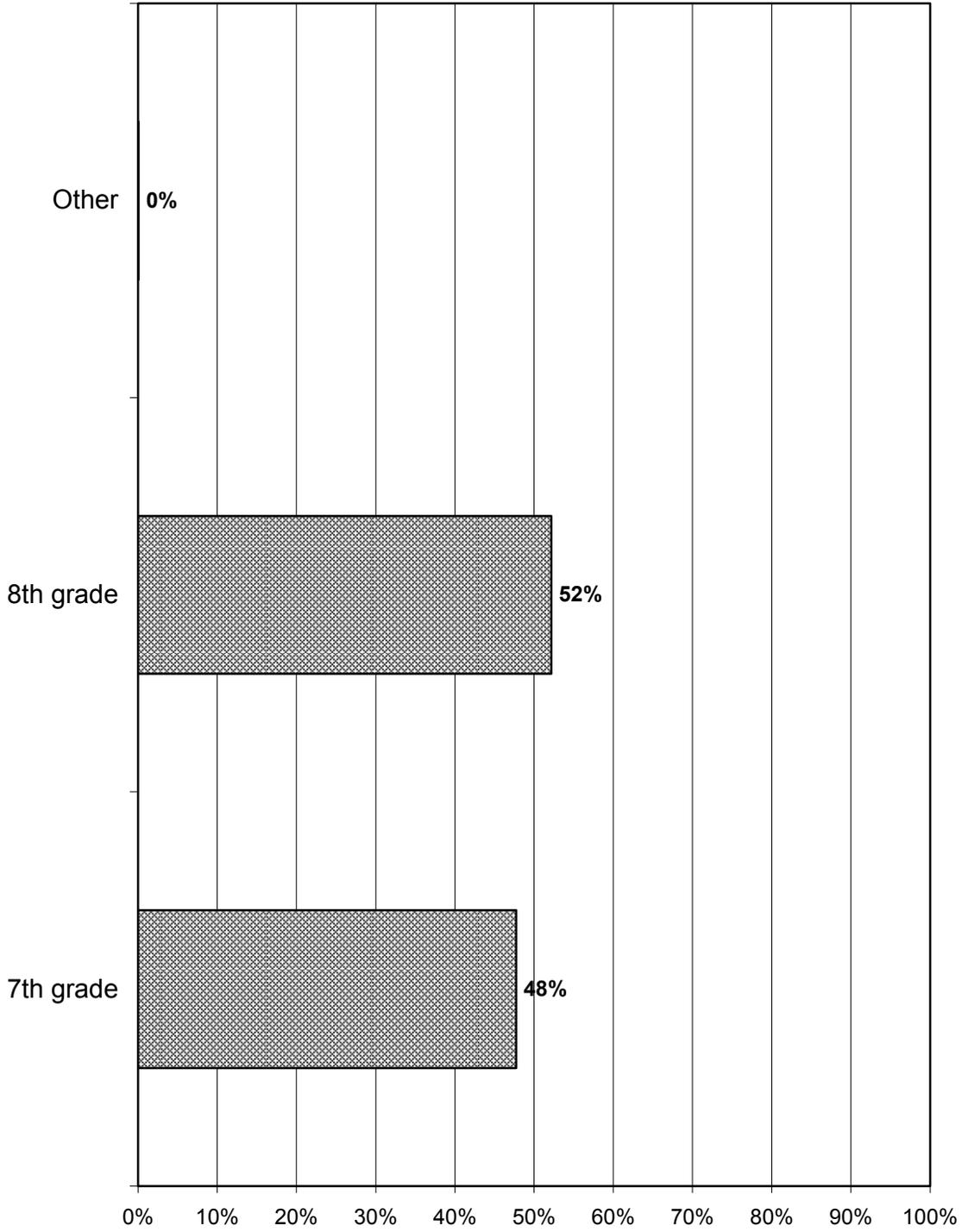


Chart 3

Q-9 How often do you wear a seat belt when riding in a car driven by someone else?

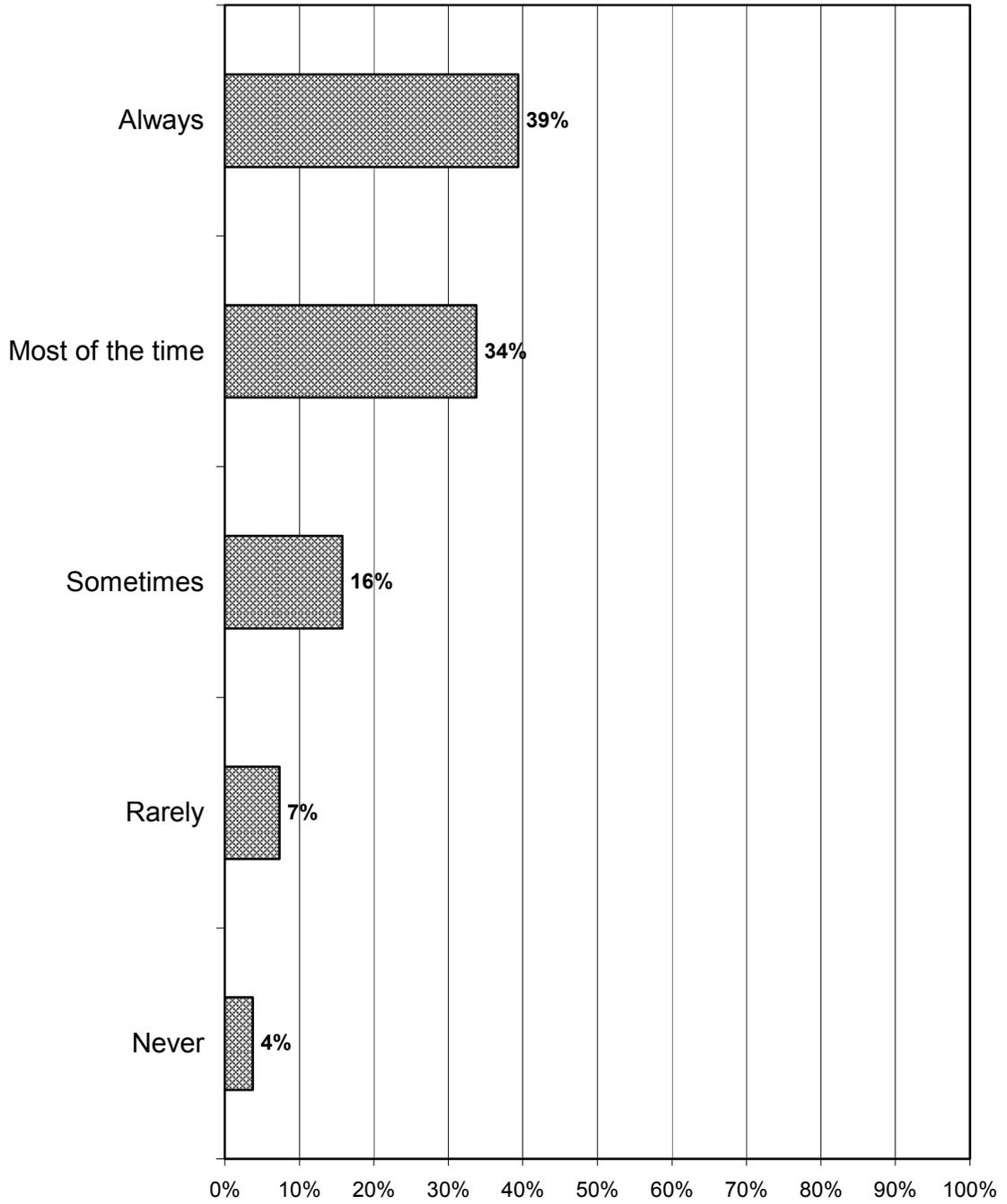


Chart 4

Q-89 How often do you wear a seat belt when driving a car?

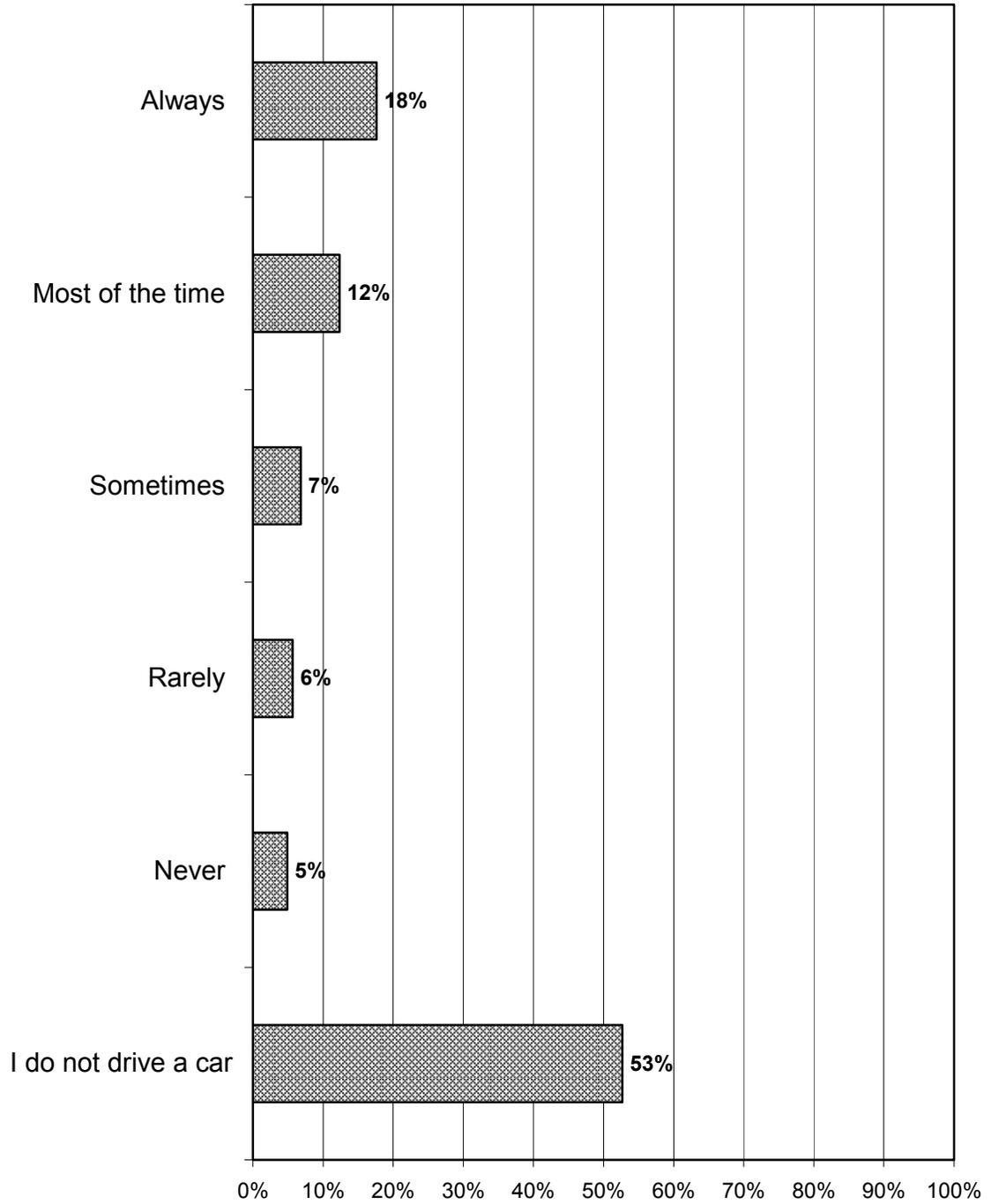


Chart 5

Q-20 During the past 12 months, how many times were you in a physical fight on school property?

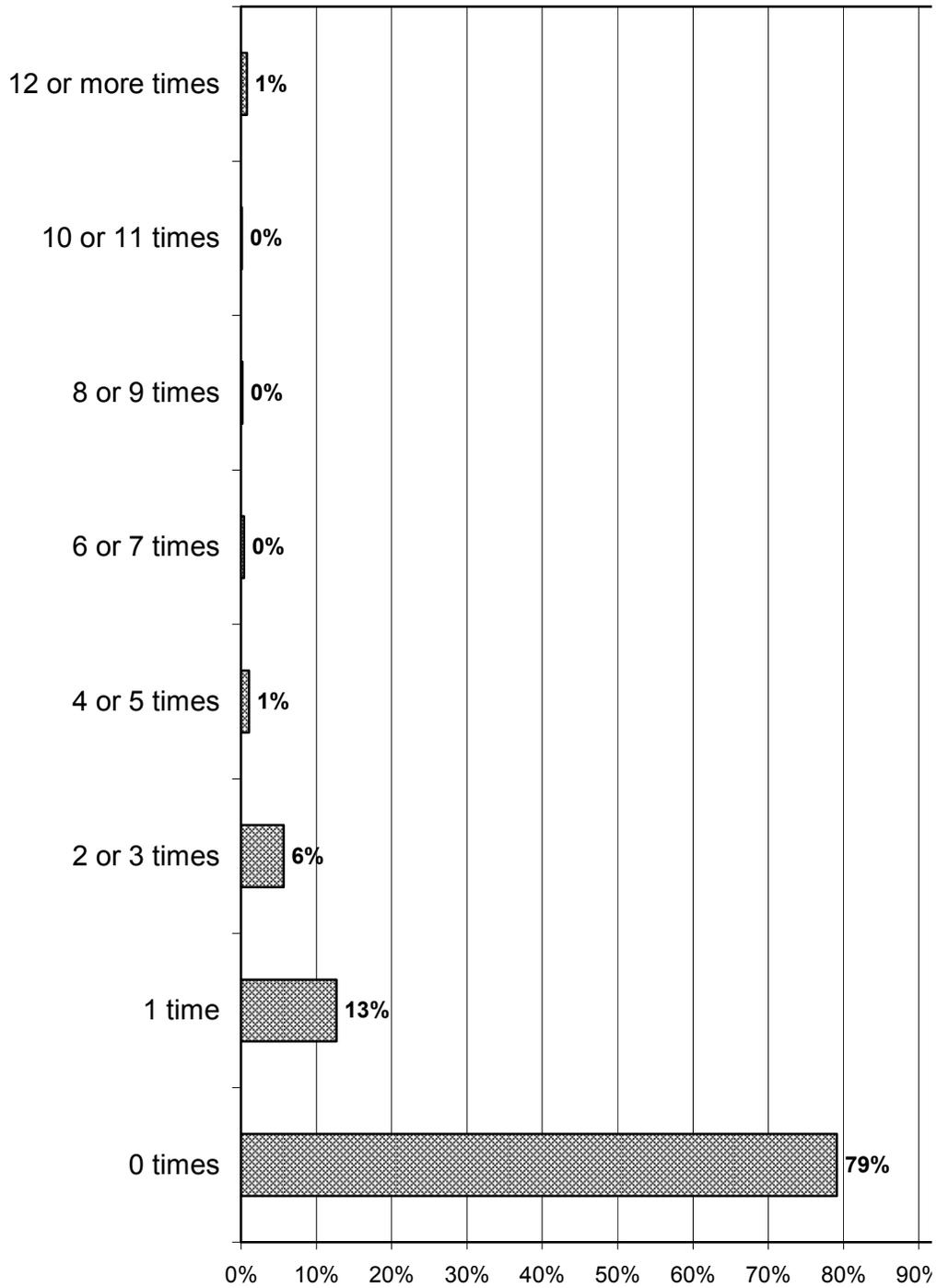


Chart 6

Q-23 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

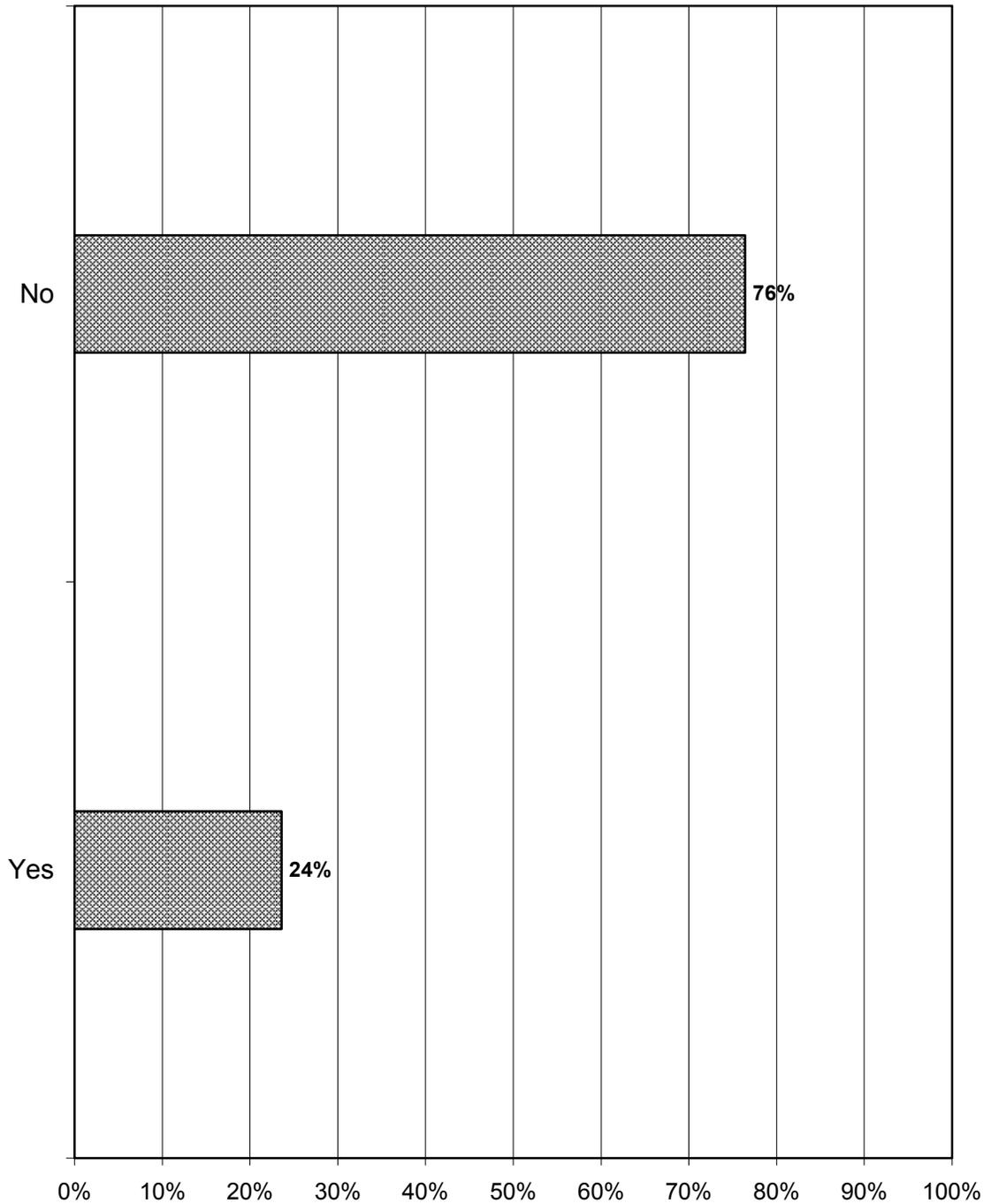


Chart 7

Q-29 How old were you when you smoked a whole cigarette for the first time?

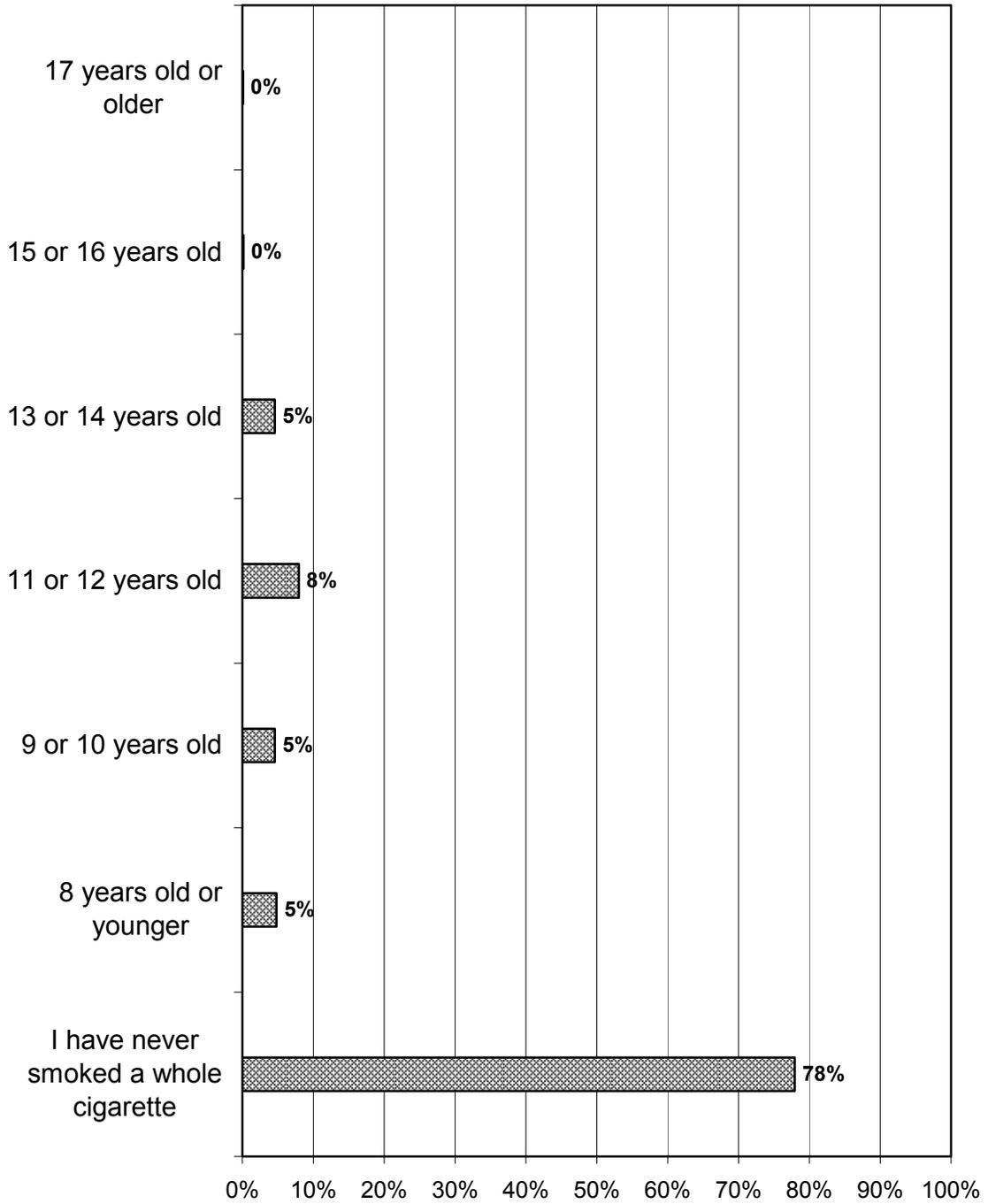


Chart 8

Q-31 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

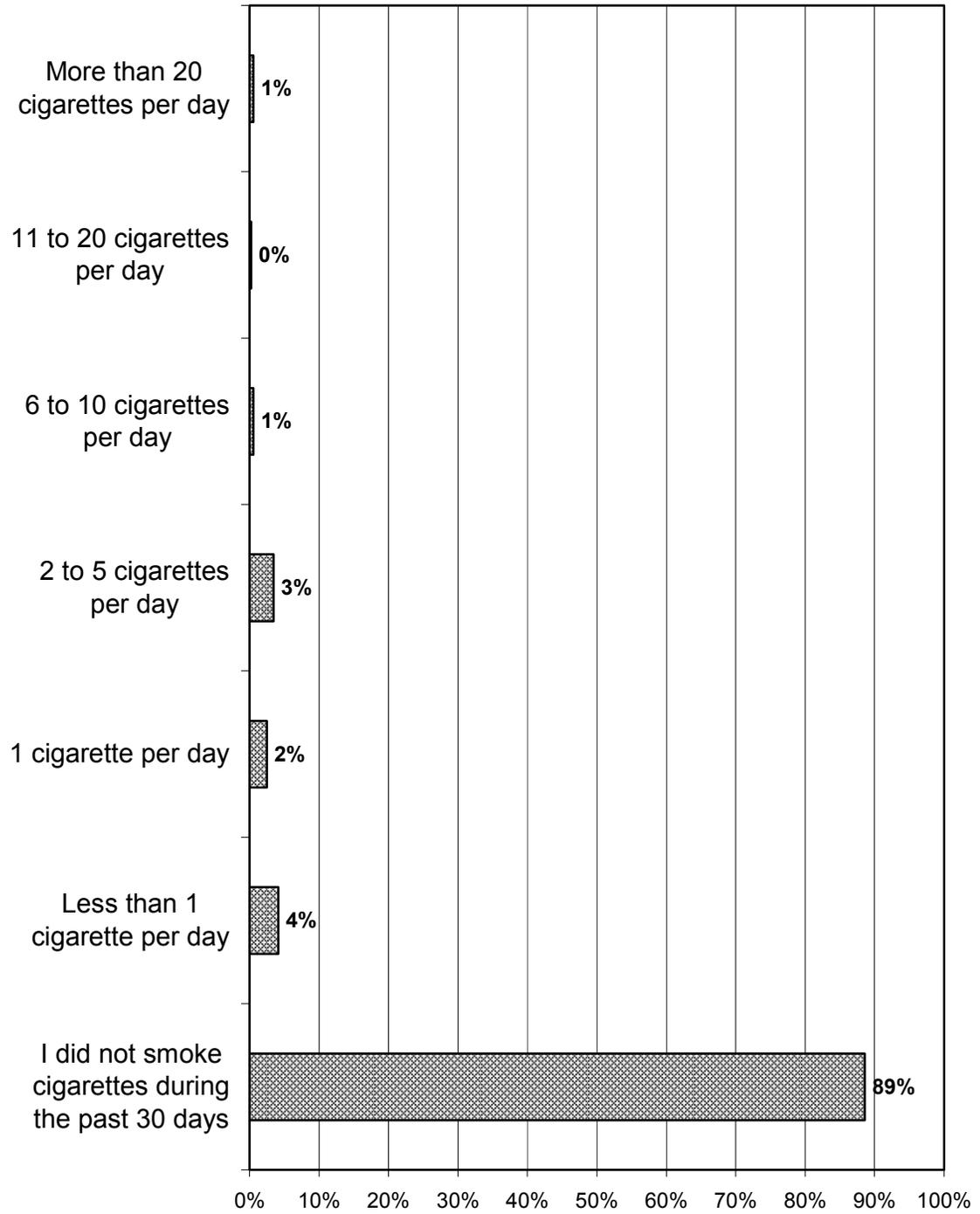


Chart 9

Q-33 During the past 30 days, on how many days did you smoke cigarettes on school property?

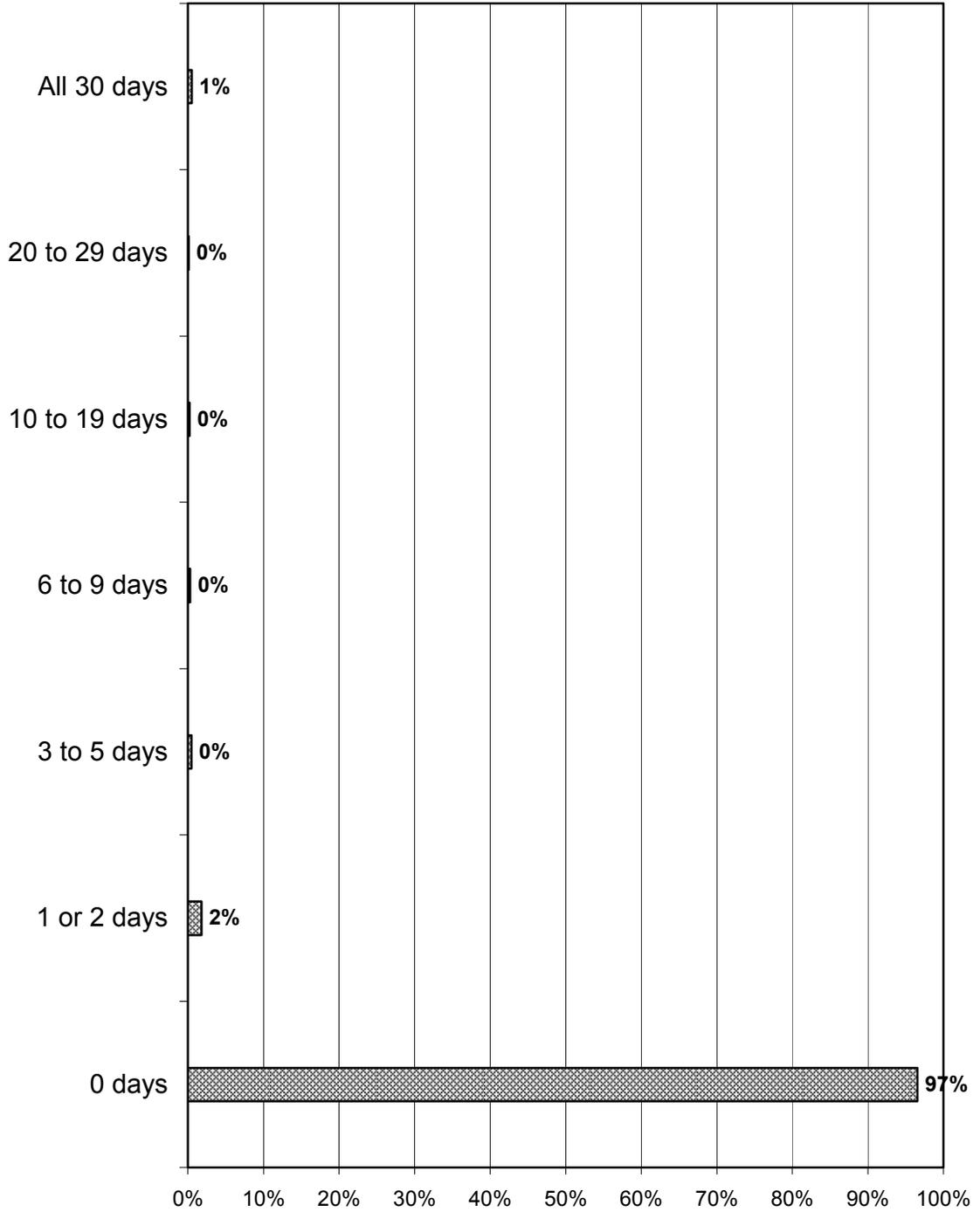


Chart 10

Q-39 During your life, on how many days have you had at least one drink of alcohol?

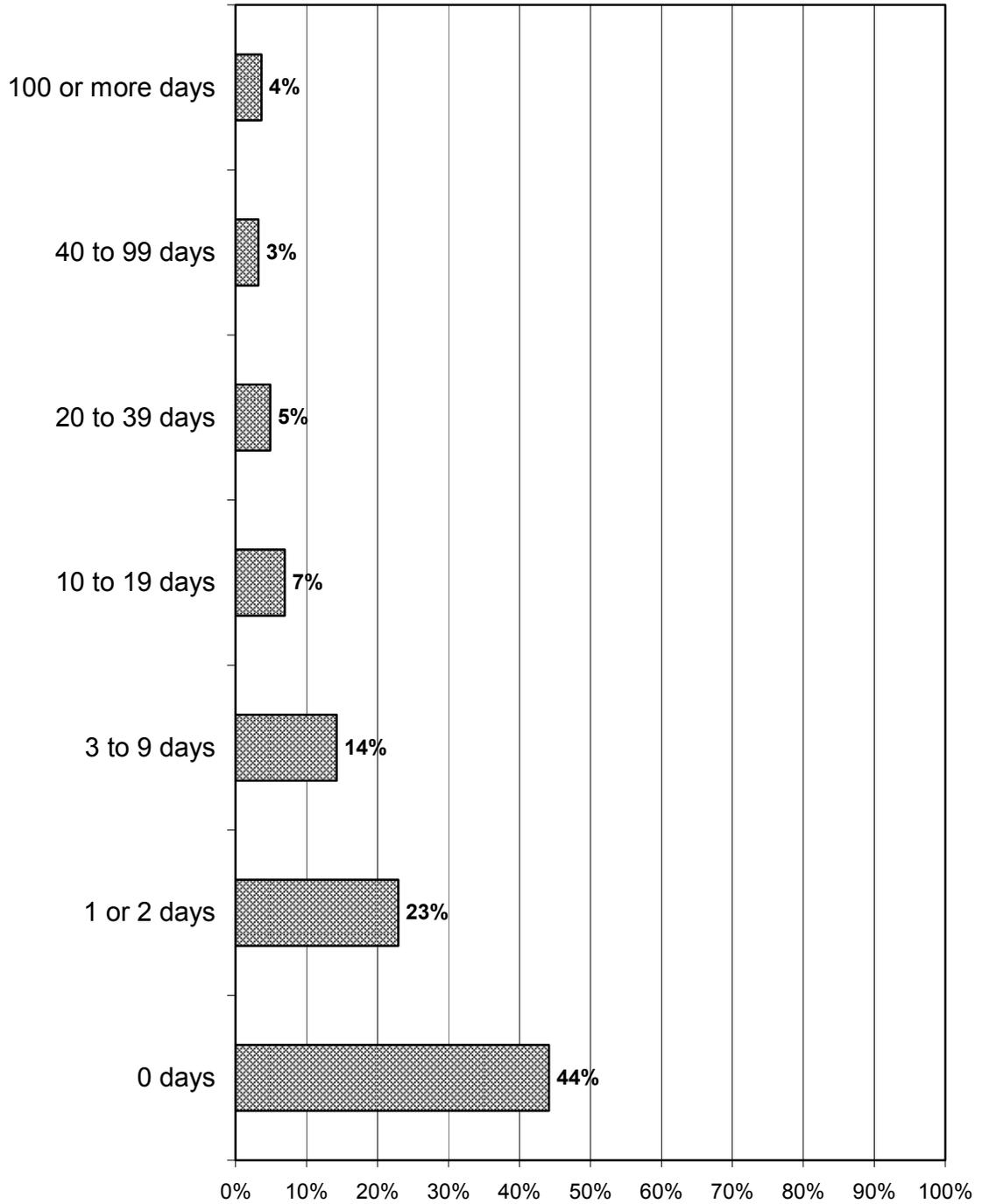


Chart 11
Q-44 During your life, how many times have you used marijuana?

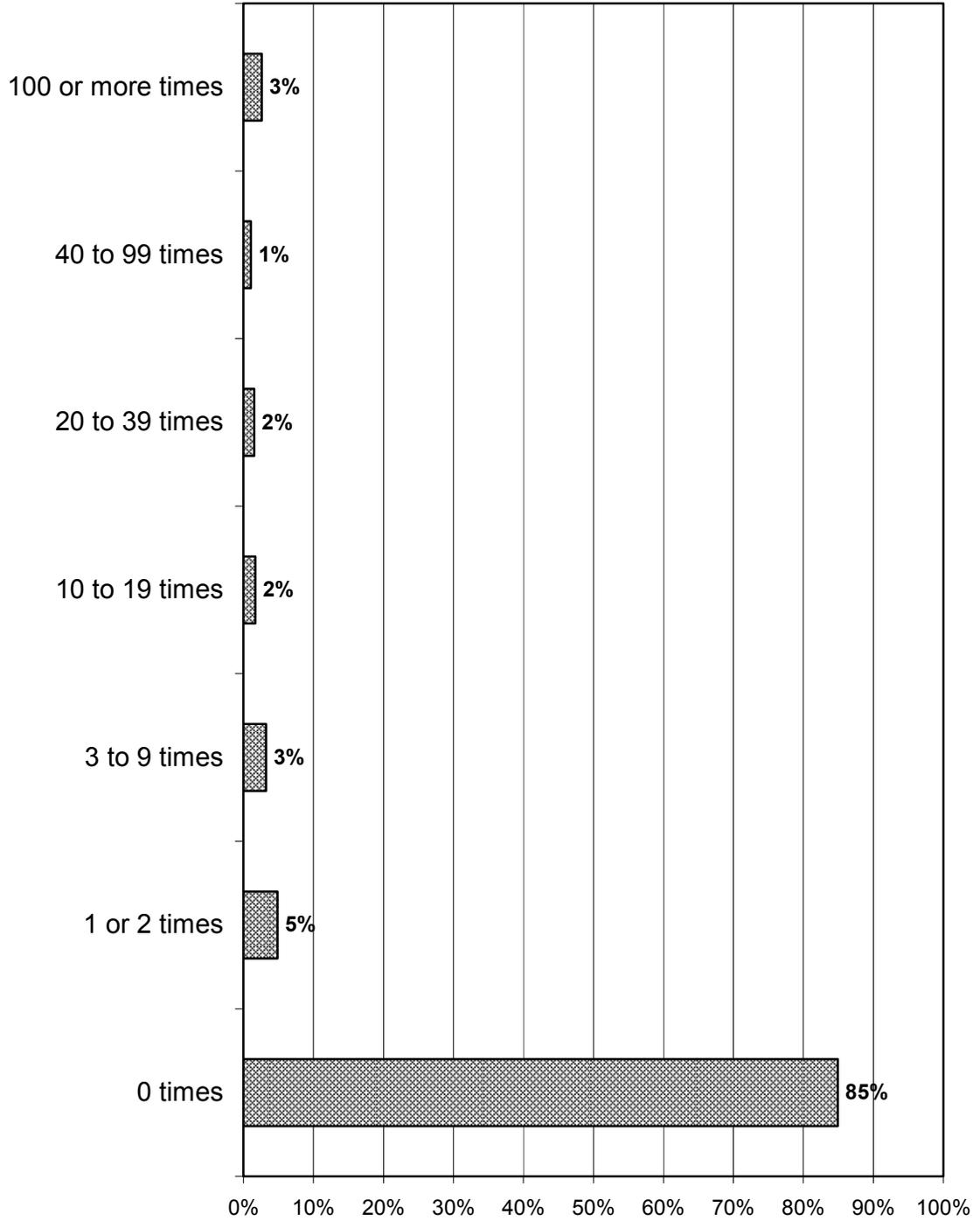


Chart 12

Q-50 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

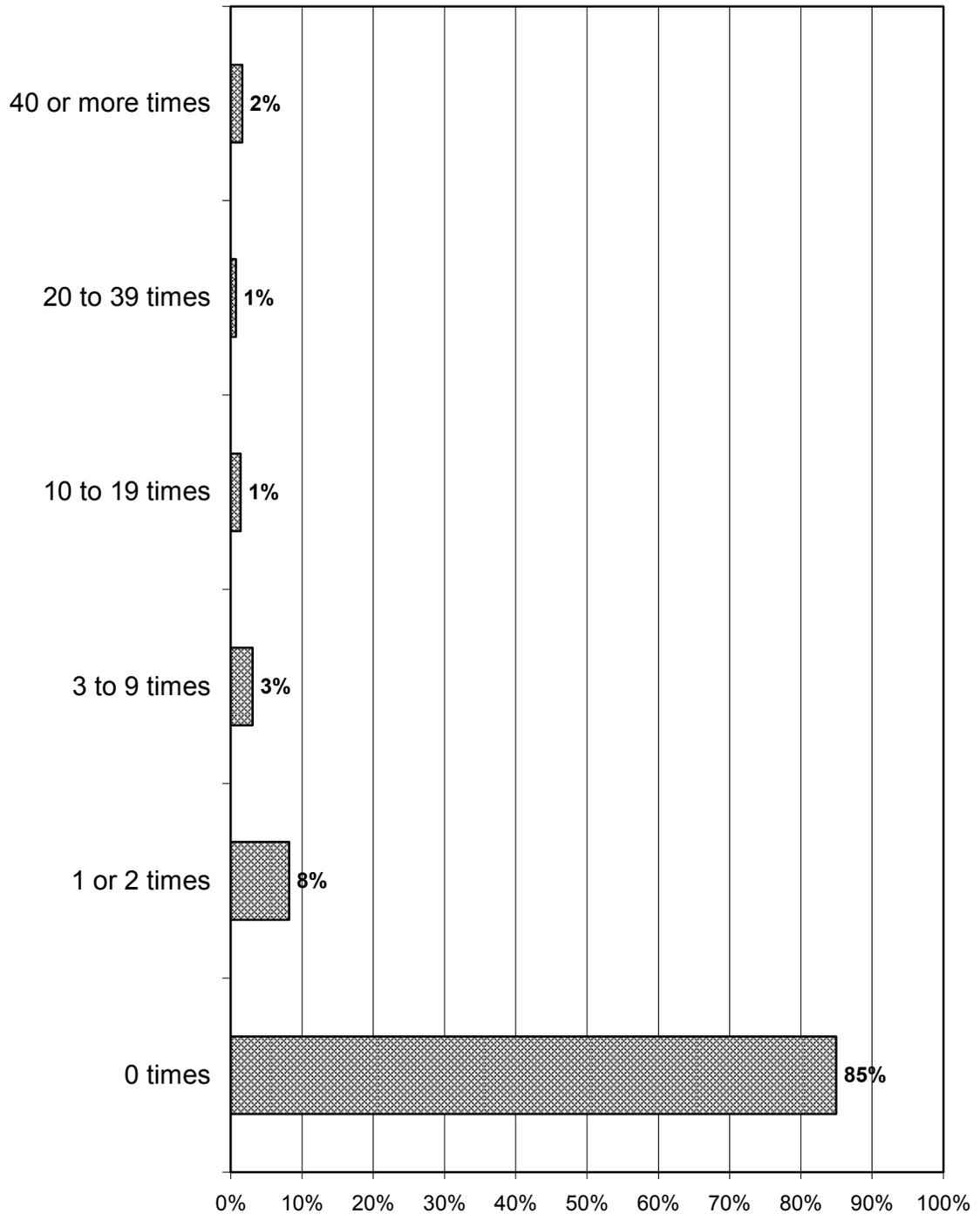


Chart 13

Q-55 During your life, how many times have you used a needle to inject any illegal drug into your body?

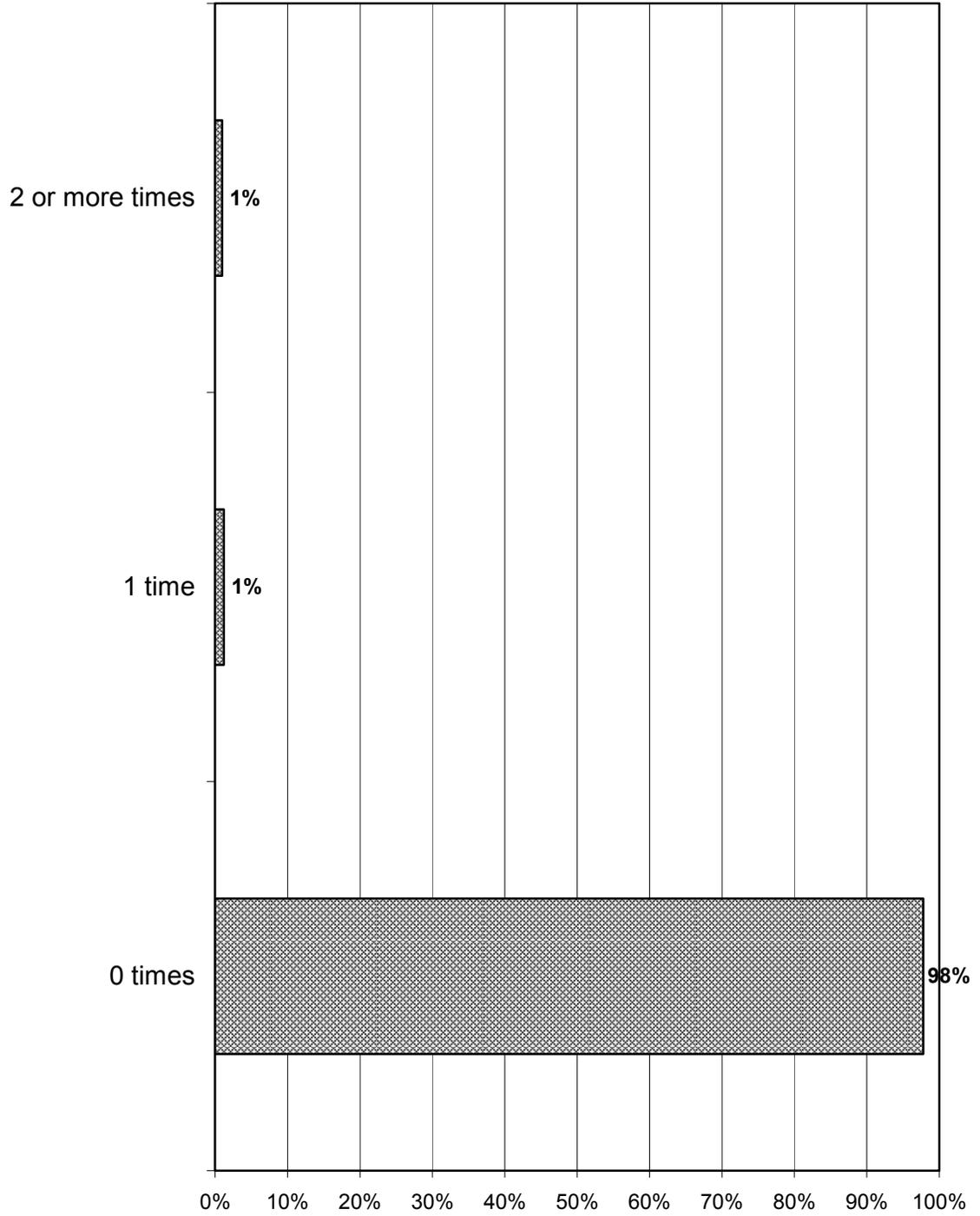


Chart 14

Q-60 During the past 3 months, with how many people did you have sexual intercourse?

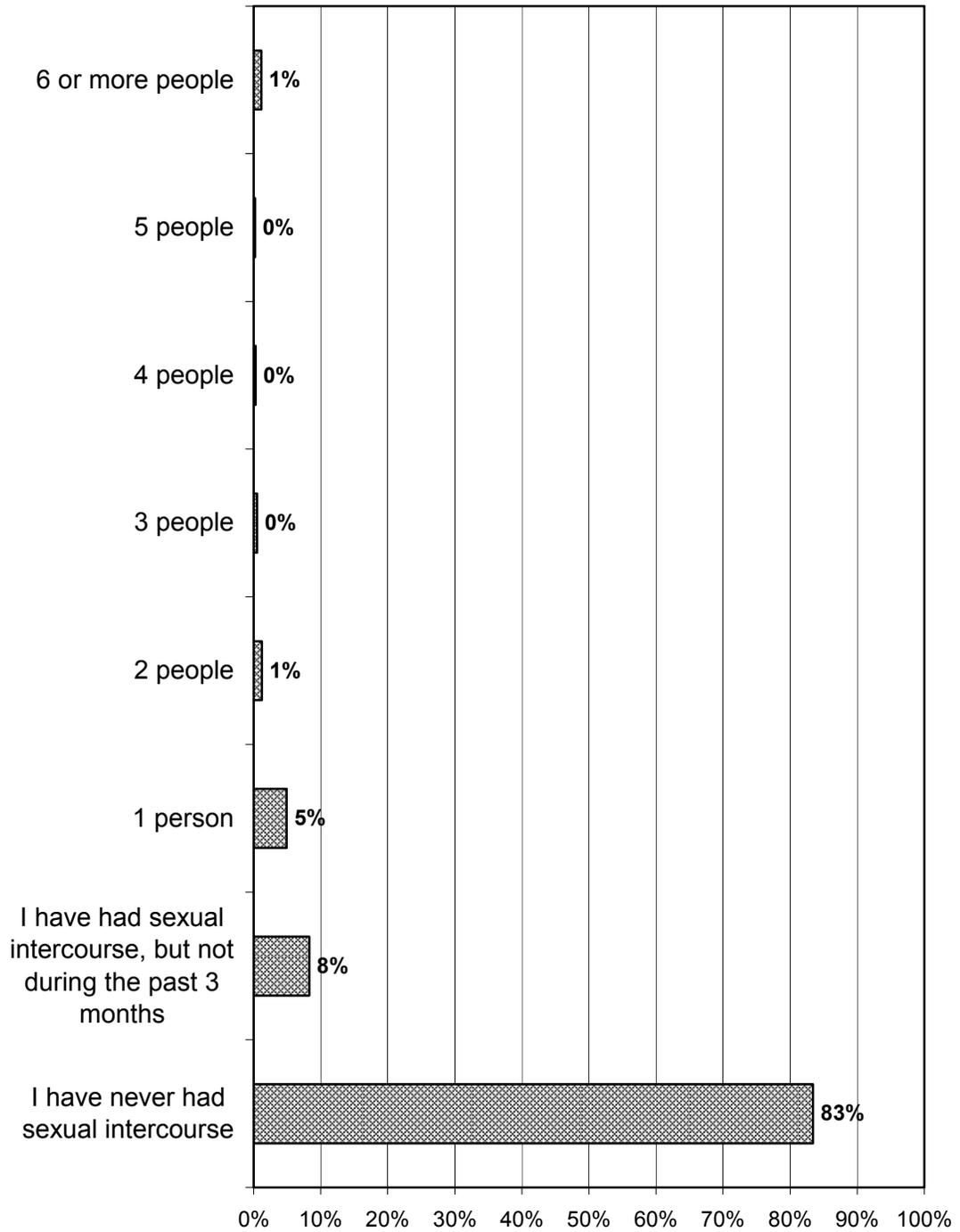


Chart 15

Q-63 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

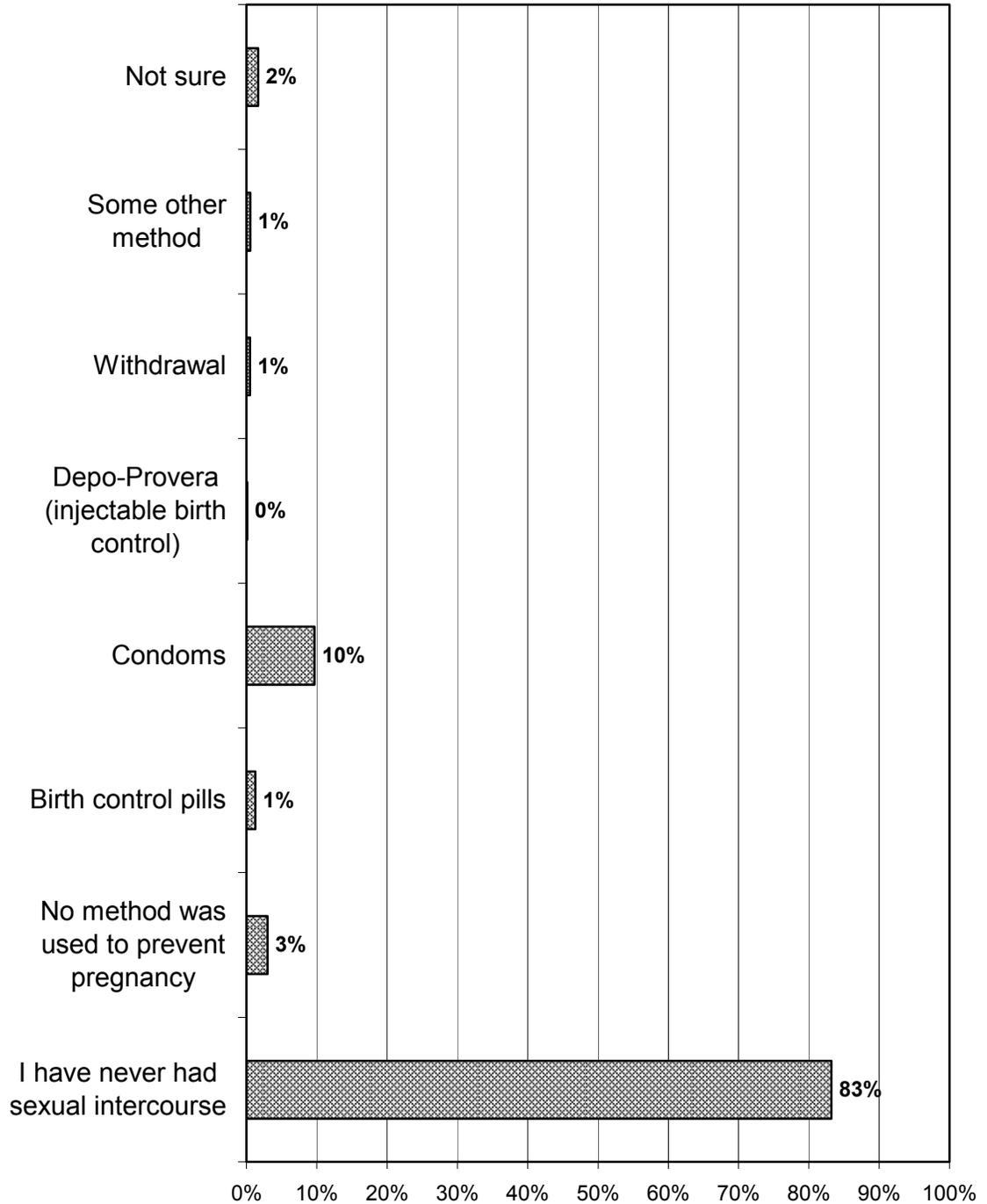


Chart 16

Q-64 How do you describe your weight?

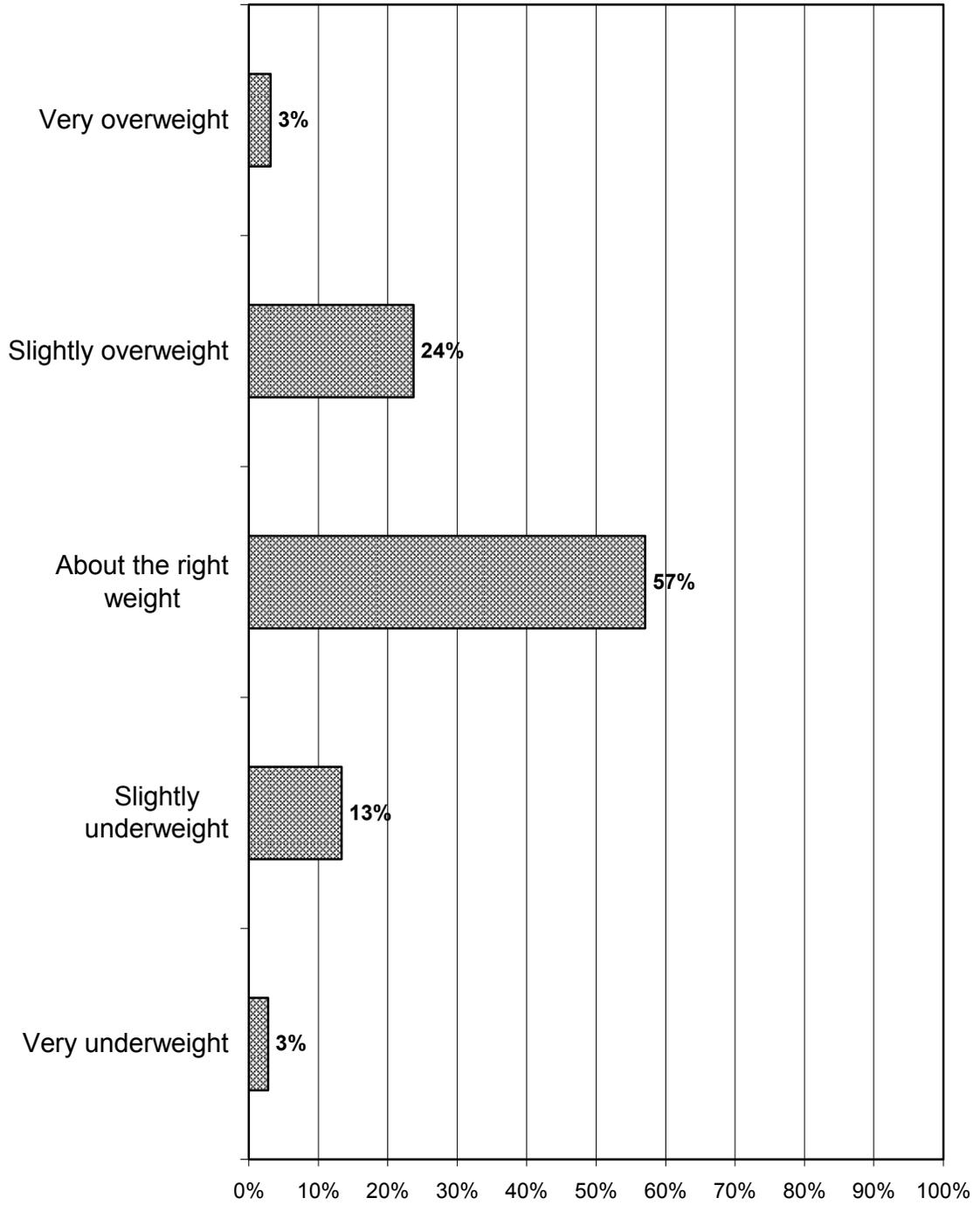


Chart 17

Q-79 On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

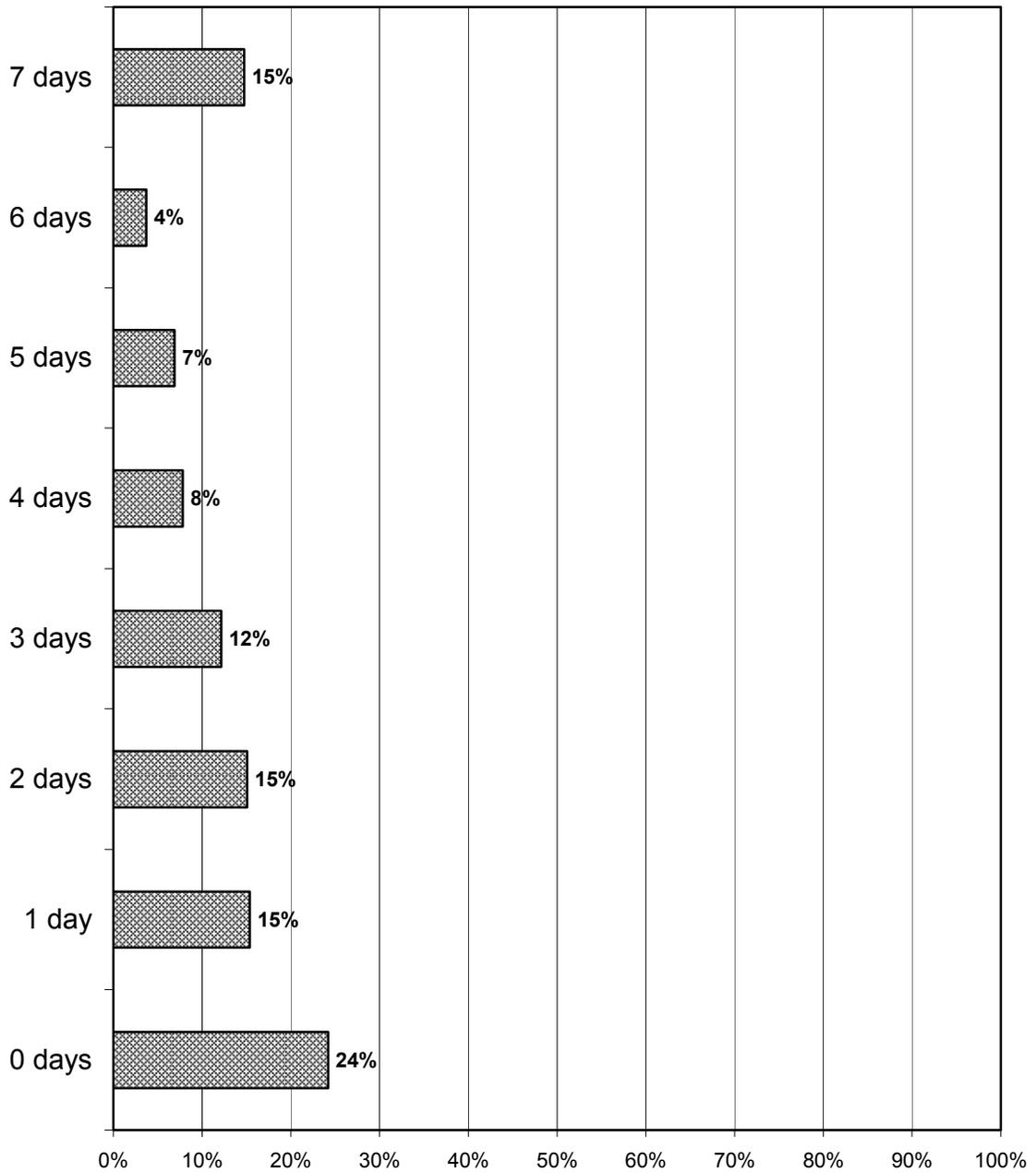


Chart 18

Q-83 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

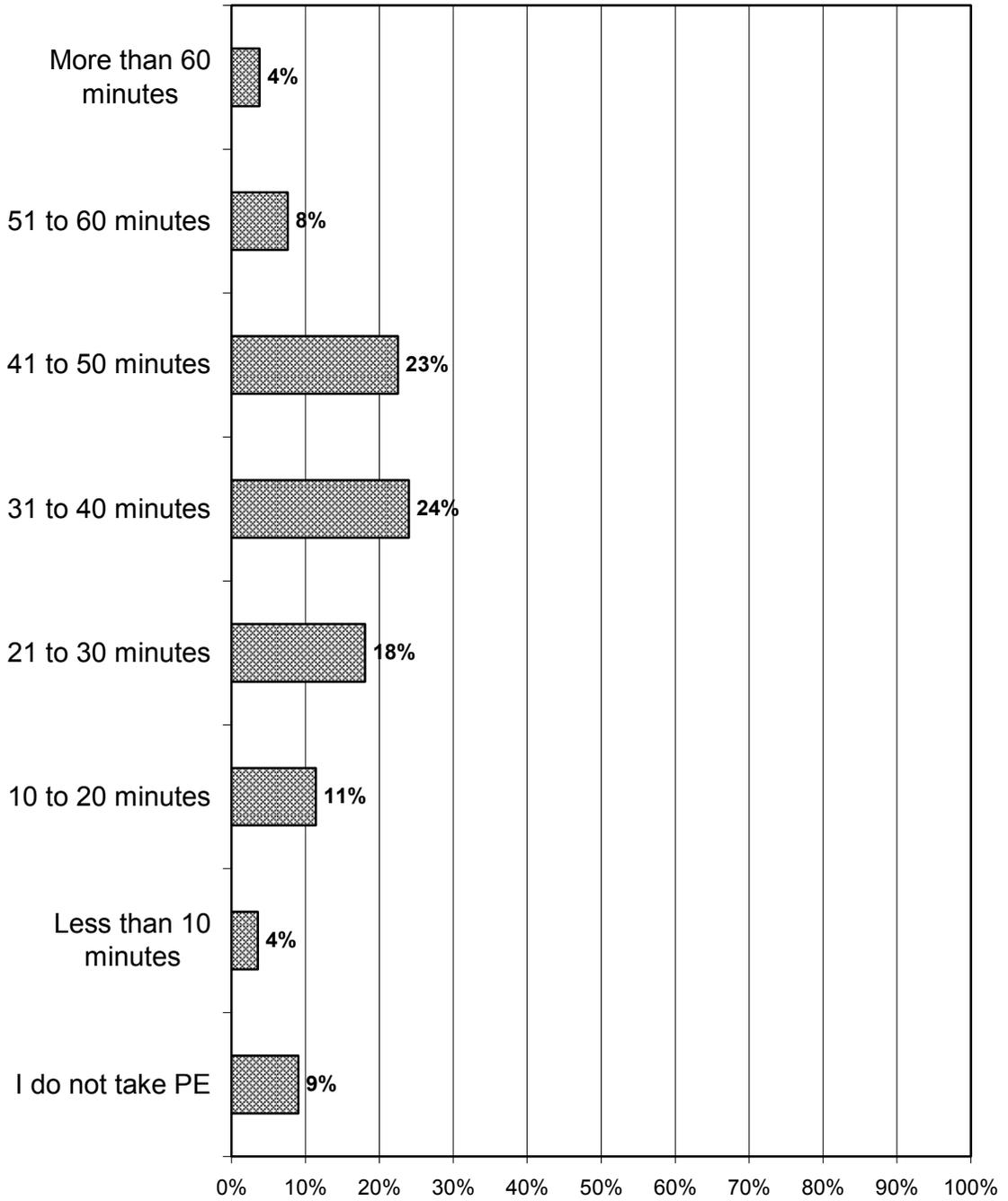


Chart 19

Q-84 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

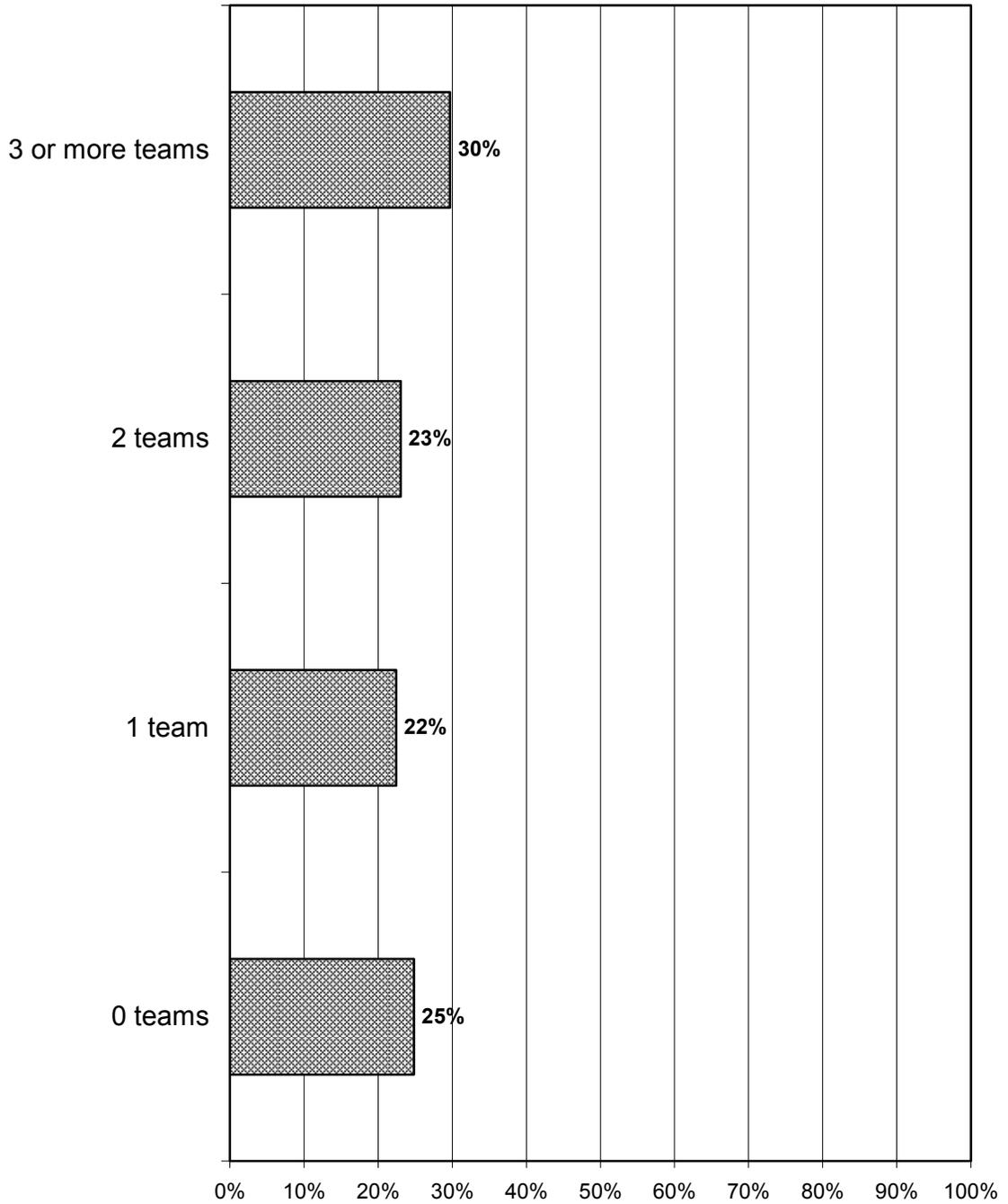
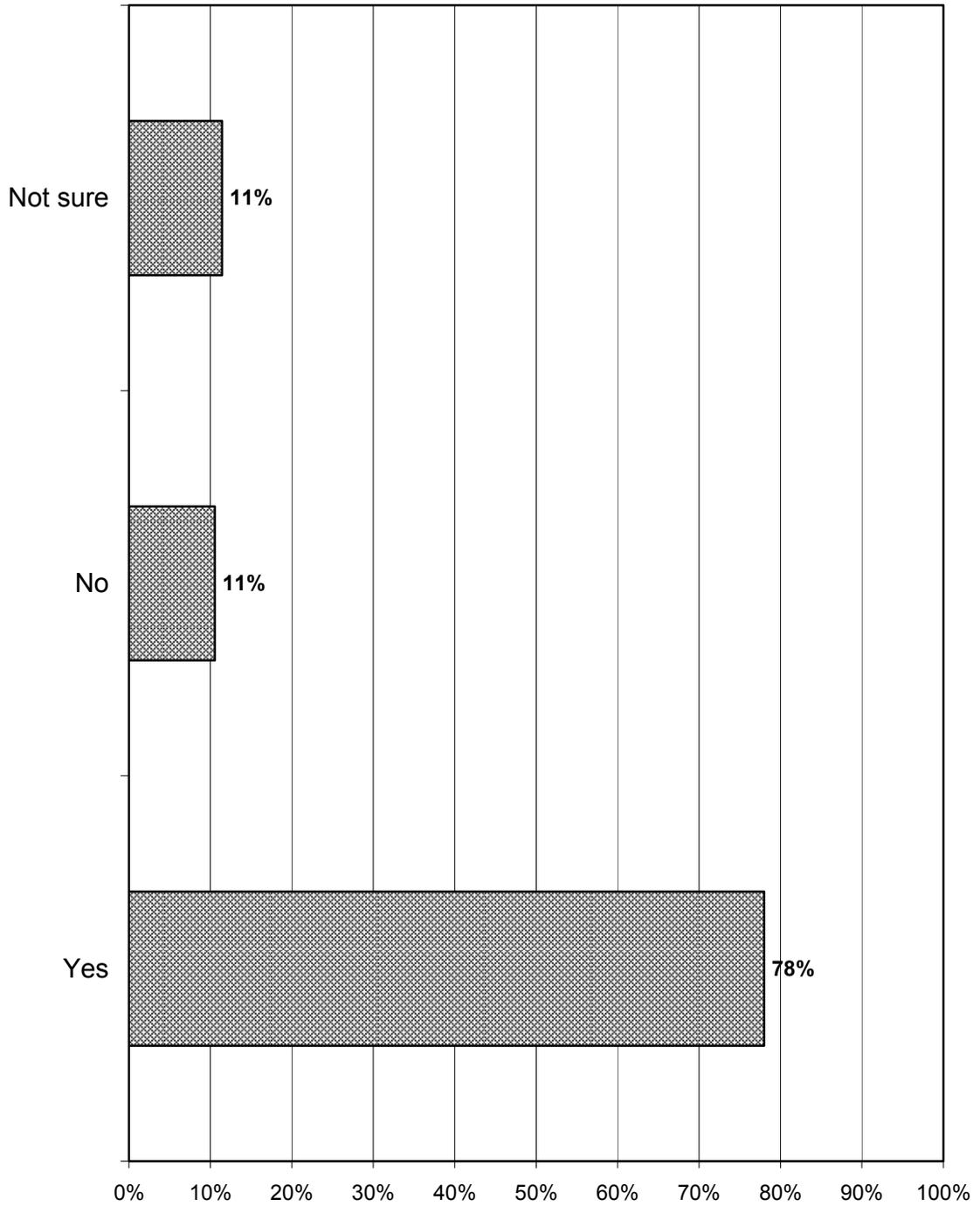


Chart 20
Q-85 Have you ever been taught about AIDS or HIV infection in school?



Montana Office of Public Instruction

Montana Board of Crime Control

Montana Department of Public Health & Human Services

Indian Health Service

Healthy Mothers Healthy Babies

Blue Cross and Blue Shield of Montana

Montana Department of Transportation
Traffic & Safety Bureau

Division of Adolescent and School Health
Centers for Disease Control and Prevention



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