

2019 Montana Youth Risk Behavior Survey

Native American Trend Analysis

Unintentional Injuries and Violence

The percentage of students who:	2011	2013	2015	2017	2019	10-Year Trend	2017-2019 Change
Rarely or never wore a seat belt when riding in a car	15.5	19.3	13.7	11.2	14.6	No Change	No Change
Rarely or never wear a seat belt when driving/past 30 days		22.4	11.4	11.3	10.2	Decreased	No Change
Rode with a driver who had been drinking alcohol/past 30 days	36.2	27.3	25.9	25.5	18.1	Decreased	No Change
Drove a vehicle when they had been drinking alcohol/past 30 days		12.5	10.9	7.1	2.7	Decreased	Decreased
Texted or e-mailed while driving a car or other vehicle/past 30 days		46.9	41.1	47.2	39.6	No Change	No Change
Carried a weapon (such as a gun, knife, or club)/past 30 days	20.2	23.7	16.5	19.5	17.7	No Change	No Change
Carried a weapon on school property/past 30 days	7.5	7.5	5.1	6.4	3.2	No Change	No Change
Carried a gun (not counting for hunting or for a sport such as target shooting)/past 30 days				7.5	4.8	No Change	No Change
Did not go to school because they felt unsafe at school or on their way to or from school	5.5	10.4	9.1	12.1	7.3	No Change	No Change
Were threatened or injured with a weapon on school property/past 12 months	6.0	7.5	5.3	7.7	6.4	No Change	No Change
Were in a physical fight/past 12 months	36.9	39.9	27.6	28.0	27.1	Decreased	No Change
Were in a physical fight on school property/past 12 months	14.3	12.2	9.7	7.3	10.5	No Change	No Change
Ever physically forced to have sexual intercourse	12.2	9.6	11.4	10.6	9.6	No Change	No Change
Ever experienced sexual violence (kissing, touching or forced sexual intercourse)/past 12 months				9.6	5.3	No Change	Decreased
Experienced sexual dating violence (kissing, touching or forced sexual intercourse by someone they were dating)/past 12 months		13.3	10.1	6.5	2.1	Decreased	Decreased
Experienced physical dating violence (hit, slammed or injured by someone they were dating)/past 12 months		12.0	8.7	11.3	11.4	No Change	No Change
Were bullied on school property/past 12 months	20.5	21.4	22.1	20.1	18.3	No Change	No Change
Were electronically bullied (texting, Instagram, Facebook, or other social media)/past 12 months	15.9	15.4	16.9	17.1	15.7	No Change	No Change
Have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual/past 12 months				10.7	13.2	No Change	No Change

Unintentional Injuries and Violence

The percentage of students who:	2011	2013	2015	2017	2019	10-Year Trend	2017-2019 Change
Felt sad or hopeless for two or more weeks in a row/past 12 months	30.9	31.4	38.6	42.6	39.6	Increased	No Change
Seriously considered attempting suicide/past 12 months	21.2	23.2	24.3	28.2	26.1	No Change	No Change
Made a plan about how they would attempt suicide/past 12 months	15.1	19.2	20.6	18.6	20.4	No Change	No Change
Attempted suicide/past 12 months	11.9	15.5	15.6	18.3	15.4	No Change	No Change
Had a suicide that resulted in an injury, poisoning, or overdose that required medical treatment/past 12 months	5.2	4.6	7.3	3.4	5.4	No change	No Change

Tobacco Use

The percentage of students who:	2011	2013	2015	2017	2019	10-Year Trend	2017-2019 Change
Ever tried cigarette smoking (even one or two puffs)	77.6	66.5	64.8	57.8	48.9	Decreased	No Change
First tried cigarette smoking before age 13 years				25.5	19.1	No Change	No Change
Currently smoked cigarettes/past 30 days	41.4	31.2	20.3	19.3	13.2	Decreased	No Change
Currently smoked cigarettes frequently (20 or more of the past 30 days)	15.5	12.4	5.4	5.3	3.3	Decreased	No Change
Currently smoked cigarettes daily/past 30 days	12.7	7.2	2.0	3.4	3.3	Decreased	No Change
Ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])			57.1	48.5	65.7	No Change	Increased
Currently used an electronic vapor product/past 30 days			33.5	19.6	28.4	No Change	No Change
Currently used electronic vapor products frequently (20 or more of the past 30 days)			5.7	3.5	6.7	No Change	No Change
Currently used electronic vapor products daily/past 30 days			2.6	2.6	4.2	No Change	No Change
Currently smoked cigars (cigars, cigarillos, or little cigars)/past 30 days	14.7	11.2	8.4	11.0	6.4	Decreased	No Change
Currently smoked cigarettes or cigars/past 30 days	47.2	34.1	25.8	22.3	13.7	Decreased	Decreased
Currently smoked cigarettes or used electronic vapor products/past 30 days			42.5	31.0	34.2	No Change	No Change

Alcohol and Other Drug Use

The percentage of students who:	2011	2013	2015	2017	2019	10-Year Trend	2017-2019 Change
Had their first drink of alcohol before age 13 years	22.7	23.9	19.7	17.8	17.1	No Change	No Change
Currently drank alcohol/past 30 days	43.7	31.3	31.7	26.7	25.3	Decreased	No Change
Ever used marijuana	69.4	58.2	62.5	58.7	58.9	No Change	No Change
Tried marijuana for the first time before age 13 years	27.9	25.7	22.2	19.4	20.6	No Change	No Change
Currently used marijuana/past 30 days	43.8	33.8	33.9	32.0	28.5	Decreased	No Change
Ever took prescription pain medicine without a doctor's prescription (such as, codeine, Vicodin, OxyContin, Hydrocodone, and Percocet)				16.0	14.2	No Change	No Change
Ever used cocaine	11.8	8.3	7.3	4.1	2.8	Decreased	No Change
Ever used inhalants	25.0	19.0	13.9	8.9	8.8	Decreased	No Change
Ever used heroin (also called "smack," "junk," or "China White,")	3.8	2.9	1.3	2.0	1.0	Decreased	No Change
Used ecstasy (also called "MDMA")	11.4	9.7	7.7	6.5	3.2	Decreased	No Change
Ever took steroids without a doctor's prescription	4.6	3.5	3.2	3.0	0	Decreased	Decreased
Ever injected any illegal drug	1.4	3.4	1.2	3.7	0.4	No Change	Decreased
Were offered, sold, or given an illegal drug on school property/past 12 months	32.2	23.0	17.8	21.0	15.6	Decreased	No Change

Sexual Behaviors

The percentage of students who:	2011	2013	2015	2017	2019	10-Year Trend	2017-2019 Change
Ever had sexual intercourse	67.4	61.5	58.1	56.3	54.6	Decreased	No Change
Had sexual intercourse for the first time before age 13 years	10.8	11.2	4.0	6.2	6.1	Decreased	No Change
Had sexual intercourse with four or more persons during their life	29.5	24.8	22.7	19.6	16.2	Decreased	No Change
Were currently sexually active/past 3 months	49.0	42.1	42.7	42.4	34.9	Decreased	No Change
Drank alcohol or used drugs before last sexual intercourse	21.1	29.1	23.6	18.7	*		
Used a condom during last sexual intercourse	54.2	56	65.3	49.6	*		
Used birth control pills before last sexual intercourse	12.6	16.5	14.9	12.4	*		
Did not use any method to prevent pregnancy during last sexual intercourse	19.1	12.3	16.8	17.5	*		
*Non-reportable data/less than 100 student responses							

Dietary Behaviors

The percentage of students who:	2011	2013	2015	2017	2019	10-Year Trend	2017-2019 Change
Had obesity (\geq 95 th percentile for body mass index)	12.5	14.2	15.9	19.7	19.9	Increased	No Change
Were overweight (\geq 85 th percentile but $<$ 95 th percentile for body mass index)	14.0	18.8	16.2	21.1	17.5	No Change	No Change
Described themselves as slightly or very overweight	35.7	36.7	35.5	42.6	43.7	Increased	No Change
Were trying to lose weight	45.9	55.7	54.4	56.4	55.3	No Change	No Change
Did not drink 100% fruit juice/past 7 days	19.7	18.1	16.3	24.0	26.4	Increased	No Change
Did not eat fruit/past 7 days	13.5	12.4	7.0	11.8	10.2	No Change	No Change
Did not eat fruit or drink 100% fruit juice/past 7 days	6.5	5.6	4.3	6.8	6.3	No Change	No Change
Ate fruit or drank 100% fruit juices one or more times per day/past 7 days	57.6	57.4	61.8	60.0	54.7	No Change	No Change
Ate fruit or drank 100% fruit juices two or more times per day/past 7 days	25.0	29.1	33.3	23.8	22.7	No Change	No Change
Did not eat green salad/past 7 days	40.3	42.4	39.2	33.0	38.6	No Change	No Change
Did not eat potatoes/past 7 days	29.6	33.3	36.2	35.3	36.6	No Change	No Change
Did not eat carrots/past 7 days	54.4	45.8	45.6	49.3	50.5	No Change	No Change
Did not eat other vegetables/past 7 days	24.4	24.0	19.2	20.9	31.6	No Change	Increased
Did not eat vegetables/past 7 days	7.0	6.7	8.3	6.7	10.8	No Change	No Change
Ate vegetables one or more times per day/past 7 days	55.8	59.1	57.6	57.7	52.8	No Change	No Change
Ate vegetables two or more times per day/past 7 days	24.2	24.3	23.7	24.8	20.4	No Change	No Change
Did not drink a can, bottle, or glass of soda or pop/past 7 days	13.7	16.5	21.8	21.0	20.7	Increased	No Change
Drank a can, bottle, or glass of soda or pop one or more times per day/past 7 days	30.3	23.9	23.7	18.9	15.9	Decreased	No Change
Drank a can, bottle, or glass of soda or pop two or more times per day/past 7 days	23.4	17.0	12.9	13.8	9.5	Decreased	No Change
Did not drink milk/past 7 days		22.4	15.3	25.3	30.0	No Change	No Change
Drank one or more glasses of milk per day/past 7 days		28.8	28.9	32.3	19.1	No Change	Decreased
Drank three or more glasses of milk per day/past 7 days		9.4	9.4	10.8	5.2	No Change	Decreased
Drank a can, bottle, or glass of an energy drink one or more times per day/past 7 days				4.7	10.1	Increased	Increased
Did not eat breakfast/past 7 days	14.0	13.5	9.8	12.4	13.7	No Change	No Change
Ate breakfast on all 7 days/past 7 days	30.3	27.6	28.4	27.5	24.6	No Change	No Change

Physical Inactivity

The percentage of students who:	2011	2013	2015	2017	2019	10-Year Trend	2017-2019 Change
Were physically active at least 60 minutes per day on 5 or more days/past 7 days	53.5	51.7	49.7	49.4	43.2	No Change	No Change
Were physically active at least 60 minutes per day on all of the past 7 days	26.6	28.1	30.1	26.6	20.7	.	No Change
Watched television 3 or more hours per day on an average school day	29.1	32.5	26.0	22.8	25.1	Decreased	No Change
Played video or computer games or used a computer 3 or more hours per day on an average school day	22.4	38.3	34.8	40.3	46.2	Increased	No Change
Attended physical education (PE) classes on 1 or more day in an average school week	53.4	65.2	60.1	57.8	59.3	No Change	No Change
Attended physical education (PE) classes on all 5 days in an average school week	31.8	42.7	34.5	36.0	35.8	No Change	No Change
Played on at least one sports team run by their school or community/past 12 months	58.5	63.4	58.6	59.5	61.2	No Change	No Change
Had a concussion from playing a sport or being physically active/past 12 months				17.7	13.5	No Change	No Change

Other

The percentage of students who:	2011	2013	2015	2017	2019	10-Year Trend	2017-2019 Change
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work/past 12 months			63.0	71.6	66.3	No Change	No Change
Never saw a dentist for a check-up, exam, teeth cleaning, or other dental work/past 12 months			1.4	1.8	1.2	No Change	No Change
Had been told by a doctor or nurse they had asthma	24.9	19.1	24.6	24.4	27.3	No Change	No Change
Got 8 or more hours of sleep on an average school night			28.4	29.0	24.8	No Change	No Change
Did not usually sleep in their parent's or guardian's home/past 30 days				6.3	2.2	Decreased	Decreased
Used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth)/past 12 months		8.3	8.3	6.5	3.4	Decreased	No Change
Received help from a resource teacher, speech therapist, or other special education teacher at school/past 12 months	21.8	19.9	21.4	23.0	16.2	No Change	No Change