Survey

This Summary Report complements the 2019 Montana Youth Risk Behavior Survey Report and contains information regarding risk behaviors of Montana youth in relation to:

- Unintentional injuries and violence;
- Tobacco use;
- Alcohol and other drug use;
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection;
- Unhealthy dietary behaviors; and
- Inadequate physical activity.

### Intimidation and Bullying

*(percentage of students/past 12 months)*

- Did not go to school because they felt unsafe at school or on their way to or from school
- Were in a physical fight on school property
- Had been bullied on school property
- Had been electronically bullied
- Had been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual
- Had been forced by someone they were dating to have sexual intercourse
- Had been physically hurt on purpose by someone they were dating

### Unintentional Injuries and Violence
### VEHICLE-RELATED BEHAVIORS

<table>
<thead>
<tr>
<th>Percentage of students who...</th>
<th>Montana</th>
<th>Grade Level</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9th</td>
<td>10th</td>
</tr>
<tr>
<td>Always wore a seat belt when riding in a vehicle driven by someone else</td>
<td>52%</td>
<td>50%</td>
</tr>
<tr>
<td>Always wore a seat belt when driving a vehicle</td>
<td>72%</td>
<td>75%</td>
</tr>
<tr>
<td>Rode in a car driven by someone who had been drinking alcohol/past 30 days</td>
<td>19%</td>
<td>20%</td>
</tr>
<tr>
<td>Drove a car after they had been drinking/among drivers, past 30 days</td>
<td>7%</td>
<td>3%</td>
</tr>
<tr>
<td>Texted or e-mailed while driving/among drivers, past 30 days</td>
<td>53%</td>
<td>23%</td>
</tr>
<tr>
<td>Used the Internet or Apps on their cell phone while driving/among drivers, past 30 days</td>
<td>46%</td>
<td>27%</td>
</tr>
</tbody>
</table>

### Mental Health and Suicide Ideation

<table>
<thead>
<tr>
<th>Mental Health and Suicide Ideation (percentage of students/past 12 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt so sad or hopeless for 2 weeks or more in a row that they stopped doing usual activities</td>
</tr>
<tr>
<td>Seriously considered suicide</td>
</tr>
<tr>
<td>Made a plan to attempt suicide</td>
</tr>
<tr>
<td>Attempted suicide</td>
</tr>
<tr>
<td>Suicide attempt resulted in an injury or overdose requiring medical treatment</td>
</tr>
<tr>
<td>Montana</td>
</tr>
<tr>
<td>---------</td>
</tr>
<tr>
<td>37</td>
</tr>
<tr>
<td>23</td>
</tr>
<tr>
<td>20</td>
</tr>
<tr>
<td>10</td>
</tr>
<tr>
<td>36</td>
</tr>
</tbody>
</table>

The 2019 Montana Youth Risk Behavior Survey (YRBS) was conducted in February 2019. The Montana YRBS results are based on a random sampling completed by 3,819 high school students. The results are representative of all students in grades 9-12 in Montana. The Office of Public Instruction acknowledges and appreciates the commitment, cooperation and support of the participating schools and their students.

Go to www opi mt gov/yrb s to access all YRBS reports for Montana students in grades 7-8, Native American students on reservations, Native American students in urban schools, alternative school students, non-public accredited school students and students with disabilities. This Web site also contains Montana regional data, trend data, Montana and U.S. comparative data, and school-specific data.

For more information on the Montana YRBS, contact the Office of Public Instruction, Susan Court, (406) 444-3178 or scourt@mt.gov.
### Physical Activity

<table>
<thead>
<tr>
<th>Percentage of students who...</th>
<th>Montana</th>
<th>Grade Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attended physical education (PE) class one or more days during an average school week</td>
<td>57%</td>
<td>9th</td>
</tr>
<tr>
<td>Attended physical education (PE) class on all 5 days of the school week</td>
<td>33%</td>
<td>9th</td>
</tr>
<tr>
<td>Were not physically active for 60 minutes per day on any of the past 7 days</td>
<td>12%</td>
<td>9th</td>
</tr>
<tr>
<td>Had a concussion from playing a sport or being physically active during the last 12 months</td>
<td>17%</td>
<td>9th</td>
</tr>
</tbody>
</table>

### Dietary Behaviors

Dietary Behaviors (percentage of students/past 7 days)

- **Ate fruit or drank 100% fruit juices one or more times per day**
  - 2011: 62%
  - 2013: 61%
  - 2015: 58%
  - 2017: 55%
  - 2019: 55%

- **Ate vegetables (green salad, potatoes, carrots or other vegetables) one or more times per day**
  - 2011: 67%
  - 2013: 67%
  - 2015: 66%
  - 2017: 63%
  - 2019: 62%

- **Drank a can, bottle or glass of soda or pop daily**
  - 2011: 23%
  - 2013: 18%
  - 2015: 19%
  - 2017: 15%
  - 2019: 13%

- **Did not drink milk**
  - 2011: 14%
  - 2013: 16%
  - 2015: 19%
  - 2017: 24%
  - 2019: 24%

- **Ate breakfast daily**
  - 2011: 40%
  - 2013: 40%
  - 2015: 38%
  - 2017: 37%
  - 2019: 33%
Weight Management

Weight Management (percentage of students)
*BMI, 2019 YRBS, CDC

- Had obesity
- Were overweight
- Described themselves as slightly or very overweight
- Were trying to lose weight

Obesity and Overweight Trends

Obesity and Overweight Trends (percentage of students)

- Had obesity
- Were overweight

Physical Activity/Inactivity

Physical Activity/Inactivity (percentage of students)

- Were physically active at least 60 minutes per day on 5 or more of the past 7 days
- Watched television 3 or more hours per day
- Spent 3 or more hours a day on screen time playing video or computer games, Xbox, PlayStation, an iPad or tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media
- Played on one or more sports teams during the past 12 months

Physical Activity
33% of Montana high school students currently use a tobacco product (cigarettes, cigars, smokeless tobacco, or electronic vapor products).

**Tobacco Use Behaviors**

(percentage by grade level)

- Ever tried cigarette smoking: 9th 25, 10th 30, 11th 33, 12th 37
- Currently smoked cigarettes: 9th 10, 10th 10, 11th 10, 12th 10
- Currently used smokeless tobacco: 9th 4, 10th 5, 11th 6, 12th 10
- Ever used an electronic vapor product: 9th 47, 10th 58, 11th 61, 12th 68
- Currently used an electronic vapor product: 9th 21, 10th 30, 11th 30, 12th 42

**Sexual Activity and Condom Usage**

(by grade level)

- Ever had sex: 9th 24, 10th 39, 11th 52, 12th 51
- Used a condom during last sexual intercourse: 9th 63, 10th 60, 11th 56, 12th 63

**Number of sexual partners past 3 months**

- 1 person: 25%
- 2 people: 4%
- 3 people: 2%
- 4 or more people: 1%
- Never had sex: 56%
- Have had sex but not during the past 3 months: 12%

**Sexual Behavior**
Sexual Behavior Trends
(percentage of students)

- Ever had sexual intercourse
- Had sexual intercourse with 4 or more persons in their lifetime
- Were currently sexually active (past 3 months)
- Drank alcohol or used drugs before last sexual intercourse
- Used a condom during last sexual intercourse

Tobacco Use Trends
(percentage of students)
[Current is during the past 30 days]

- Had ever tried cigarette smoking
- Currently smoked cigarettes
- Currently used smokeless tobacco
- Had ever used an electronic vapor product
- Currently used an electronic vapor product

Tobacco Use
Had their first drink of alcohol before age 13 years
Currently drank alcohol
Currently were binge drinking
Usually got the alcohol they drank by someone giving it to them
Had ever used marijuana

OTHER DRUG USE
Percentage of students who had ever (used)...

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Montana</th>
<th>9th</th>
<th>10th</th>
<th>11th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana</td>
<td>40%</td>
<td>28%</td>
<td>39%</td>
<td>44%</td>
<td>51%</td>
</tr>
<tr>
<td>Synthetic marijuana</td>
<td>7%</td>
<td>6%</td>
<td>7%</td>
<td>6%</td>
<td>7%</td>
</tr>
<tr>
<td>Prescription pain medicine</td>
<td>13%</td>
<td>11%</td>
<td>14%</td>
<td>13%</td>
<td>14%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>4%</td>
<td>3%</td>
<td>4%</td>
<td>3%</td>
<td>6%</td>
</tr>
<tr>
<td>Inhalants</td>
<td>8%</td>
<td>10%</td>
<td>9%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Methamphetamines</td>
<td>2%</td>
<td>2%</td>
<td>3%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>4%</td>
<td>3%</td>
<td>4%</td>
<td>3%</td>
<td>7%</td>
</tr>
<tr>
<td>Been offered, sold, or given an illegal drug on school property during the past 12 months</td>
<td>23%</td>
<td>24%</td>
<td>24%</td>
<td>21%</td>
<td>19%</td>
</tr>
</tbody>
</table>