

2019 Montana Youth Risk Behavior Survey



Suicide Report

A Health Risk Behavior Comparison of Montana High School Students
Based on Attempted Suicide

Youth Risk Behavior Survey Program
Health Enhancement and Safety Division
August 2019

2019 Montana Youth Risk Behavior Survey – Suicide Report

Montana Youth Risk Behavior Survey

The Montana Youth Risk Behavior Survey (YRBS) is administered by the Montana Office of Public Instruction every two years to students in grades 7 through 12. The purpose of the survey is 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. While all schools in Montana can participate in the survey on a volunteer basis, approximately 50 high schools are randomly selected to be included to provide the Montana statewide data to be used in other national YRBS reports.

The 2019 YRBS was conducted in February 2019. Schools administering the survey were provided with detailed written instructions on conducting a random survey in their schools. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students. The questionnaire was designed without skip patterns to ensure survey completion by students in a similar period of time.

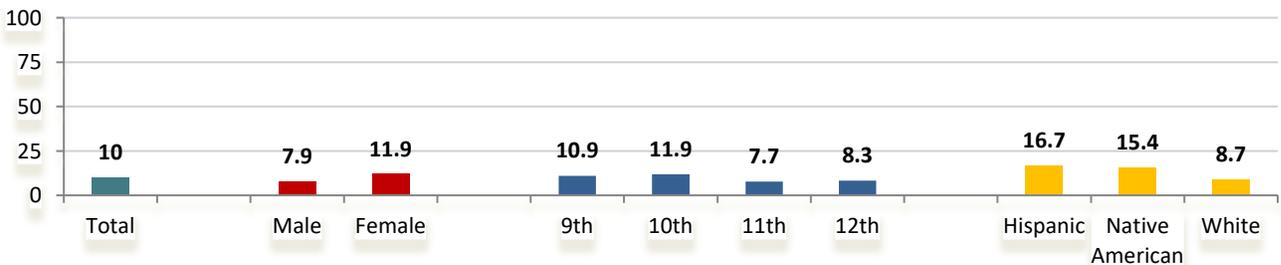
Survey Validity, Limitations and Results

Data used in this report from the 2019 YRBS are based on a random sample survey of Montana high school students. The weighted data results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana. However, users should be careful in using the data since respondents in self-reported surveys may have a tendency to underreport behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonuse, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

For the purpose of this report, youth that are classified as having attempted suicide are those Montana youth in 2019 that reported attempting suicide one or more times during the 12 months prior to taking the YRBS. Fifty-one separate risk behaviors were queried for association with the attempted suicide question. These findings are presented in bullet, table and graph forms in the following report.

MONTANA ATTEMPTED SUICIDE RATES

During the past 12 months, 10.0 percent of students attempted suicide one or more times.



For more on the YRBS go to www.opi.mt.gov/yrbs.

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Findings

Montana high school students who had attempted suicide are more likely than those students who had not attempted suicide to have:

- Never or rarely wore a seat belt when riding in a car driven by someone else (17% of students who attempted suicide compared to 6% of students who had not attempted suicide).
- Never or rarely wore a seat belt when driving a vehicle (16% of students who attempted suicide compared to 6% of students who had not attempted suicide).
- Rode with a driver who had been drinking alcohol during the past 30 days (30% of students who attempted suicide compared to 18% of students who had not attempted suicide).
- Drove when drinking alcohol during the past 30 days (16% of students who attempted suicide compared to 6% of students who had not attempted suicide).
- Carried a weapon such as a gun, knife, or club during the past 30 days (36% of students who attempted suicide compared to 22% of students who had not attempted suicide).
- Not gone to school because they felt unsafe at school or on their way to or from school during the past 30 days (26% of students who attempted suicide compared to 7% of students who had not attempted suicide).
- Been threatened or injured with a weapon on school property during the past 12 months (23% of students who attempted suicide compared to 6% of students who had not attempted suicide).
- Ever been physically forced to have sexual intercourse when they did not want to (29% of students who attempted suicide compared to 7% of students who had not attempted suicide).
- Been bullied on school property on school property during the past 12 months (48% of students who attempted suicide compared to 19% of students who had not attempted suicide).
- Been electronically bullied during the past 12 months (47% of students who attempted suicide compared to 14% of students who had not attempted suicide).
- Been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months (35% of students who attempted suicide compared to 11% of students who had not attempted suicide).
- Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months (85% of students who attempted suicide compared to 32% of students who had not attempted suicide).
- Made a plan about how they would attempt suicide during the past 12 months (76% of students who attempted suicide compared to 13% of students who had not attempted suicide).
- Ever tried cigarette smoking (57% of students who attempted suicide compared to 28% of students who had not attempted suicide).
- Smoked a cigarette during the past 30 days (24% of students who attempted suicide compared to 6% of students who had not attempted suicide).
- Used smokeless tobacco during the past 30 days (11% of students who attempted suicide compared to 6% of students who had not attempted suicide).
- Smoked cigars, cigarillos, or little cigars during the past 30 days (13% of students who attempted suicide compared to 7% of students who had not attempted suicide).
- Ever used electronic vapor products (79% of students who attempted suicide compared to 56% of students who had not attempted suicide).
- Used electronic vapor products during the past 30 days (54% of students who attempted suicide compared to 28% of students who had not attempted suicide).
- Used an electronic vapor product on school property during the past 30 days (36% of students who attempted suicide compared to 17% of students who had not attempted suicide).
- Had a drink of alcohol during the past 30 days (59% of students who attempted suicide compared to 31% of students who had not attempted suicide).

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Montana high school students who had attempted suicide are **more likely** than those students who had not attempted suicide to have:

- Had 4 or more drinks, if female, 5 or more drinks, if male, of alcohol within a couple hours during the past 30 days [binge drink] (34% of students who attempted suicide compared to 16% of students who had not attempted suicide).
- Ever used marijuana in their lifetime (69% of students who attempted suicide compared to 37% of students who had not attempted suicide).
- Used marijuana during the past 30 days (45% of students who attempted suicide compared to 19% of students who had not attempted suicide).
- Ever used methamphetamines in their lifetime (9% of students who attempted suicide compared to 1% of students who had not attempted suicide).
- Ever used ecstasy in their lifetime (12% of students who attempted suicide compared to 3% of students who had not attempted suicide).
- Ever took prescription pain medication without a doctor's prescription or differently than how a doctor told them to use it (such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) (32% of students who attempted suicide compared to 11% of students who had not attempted suicide).
- Ever had sexual intercourse in their lifetime (68% of students who attempted suicide compared to 41% of students who had not attempted suicide).
- Had sexual intercourse with four or more persons during their life (26% of students who attempted suicide compared to 10% of students who had not attempted suicide).
- Had sexual intercourse during the past 3 months (50% of students who attempted suicide compared to 30% of students who had not attempted suicide).
- Drank alcohol or used drugs before last sexual intercourse (33% of students who attempted suicide compared to 16% of students who had not attempted suicide).
- Not eaten breakfast during the past 7 days (24% of students who attempted suicide compared to 13% of students who had not attempted suicide).
- Watched 3 or more hours of TV on an average school day (27% of students who attempted suicide compared to 18% of students who had not attempted suicide).
- Had a concussion from playing a sport or being physically active during the past 12 months (29% of students who attempted suicide compared to 15% of students who had not attempted suicide).
- Not usually slept in their parent's or guardian's home during the past 30 days (10% of students who attempted suicide compared to 2% of students who had not attempted suicide).
- Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months (28% of students who attempted suicide compared to 13% of students who had not attempted suicide).

Montana high school students who had attempted suicide are **less likely** than those students who had not attempted suicide to have:

- Been physically active for at least 60 minutes per day on 5 or more of the past 7 days (39% of students who attempted suicide compared to 53% of students who had not attempted suicide).
- Played on at least one sports team during the past 12 months (49% of students who attempted suicide compared to 62% of students who had not attempted suicide).
- Had 8 or more hours of sleep on an average school night (21% of students who attempted suicide compared to 31% of students who had not attempted suicide).
- Made mostly A's or B's in school during the past 12 months (60% of students who attempted suicide compared to 79% of students who had not attempted suicide).

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Health Risk Behavior by percentage of students	Students Who Attempted Suicide	Students Who Did Not Attempt Suicide	Statistical Difference
Never or rarely wore a seat belt when riding in a car driven by someone else	17.2% (12.3-22.2)	5.8% (4.5-7.1)	
Never or rarely wore a seat belt when driving	15.6% (9.7-21.5)	6.2% (4.9-7.5)	
Rode with a driver who had been drinking during the past 30 days	30.2% (25.0-35.5)	17.5% (16.0-19.1)	
Drove when drinking alcohol during the past 30 days	15.6% (10.3-20.9)	6.1% (4.8-7.4)	
Texted or e-mailed while driving a car or other vehicle during the past 30 days	53.9% (46.3-61.6)	53.8% (50.7-56.9)	
Used the Internet or apps on their cell phone while driving during the past 30 days	49.6% (42.3-56.9)	46.4% (44.0-48.8)	
Carried a weapon such as a gun, knife, or club during the past 30 days	36.0% (29.9-42.0)	21.8% (20.0-23.6)	
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	26.0% (21.4-30.7)	7.2% (5.8-8.5)	
Were threatened or injured with a weapon on school property during the past 12 months	23.3% (18.2-28.4)	5.6% (4.7-6.6)	
Ever physically forced to have sexual intercourse when they did not want to	29.3% (23.6-35.0)	7.3% (6.3-8.2)	
Were bullied on school property during the past 12 months	47.7% (42.4-53.0)	19.1% (17.2-20.9)	
Were electronically bullied (texting, Instagram, Facebook, or other social media) during the past 12 months	46.8% (41.3-52.2)	14.3% (13.1-15.6)	
Were the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months	35.3% (30.3-40.3)	10.9% (9.6-12.2)	
Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months	84.8% (79.6-89.9)	32.0% (30.3-33.8)	
Made a plan about how they would attempt suicide during the past 12 months	76.4% (72.0-80.8)	12.5% (11.3-13.7)	
Ever tried cigarette smoking	56.8% (49.6-64.1)	27.8% (25.4-30.3)	
Smoked a cigarette during the past 30 days	23.6% (18.6-28.6)	5.8% (4.7-7.0)	
Used smokeless tobacco (chewing tobacco, snuff, or dip) during the past 30 days	10.5% (7.0-14.1)	5.5% (4.5-6.5)	
Smoked cigars, cigarillos, or little cigars during the past 30 days	13.4% (9.5-17.2)	6.5% (5.2-7.7)	
Ever used electronic vapor products	79.2% (74.0-84.3)	55.6% (52.9-58.2)	

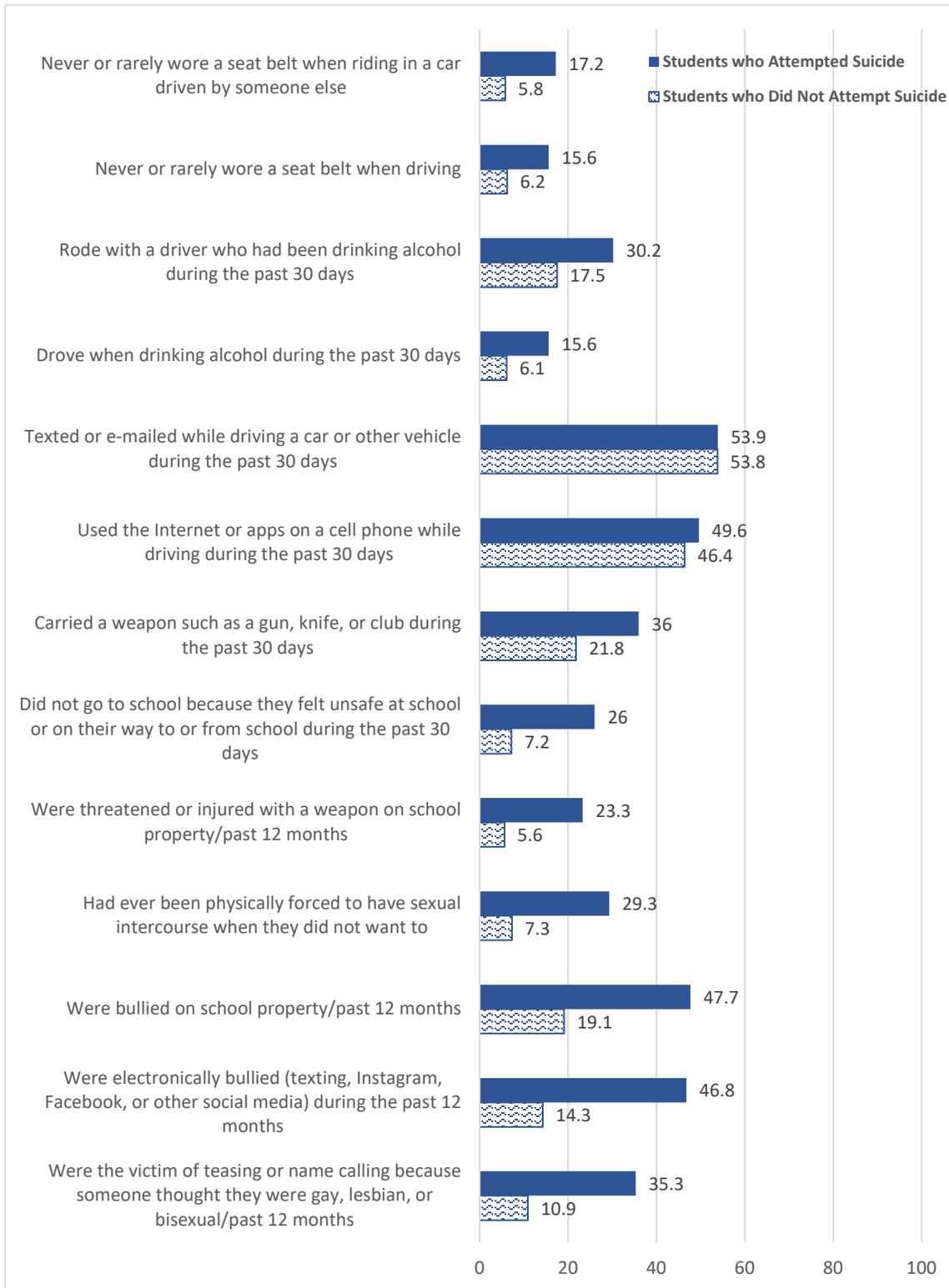
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Used an electronic vapor product during the past 30 days	54.0% (46.8-61.2)	28.2% (25.6-30.9)	
Used an electronic vapor product on school property during the past 30 days	36.3% (30.4-42.3)	17.1% (15.4-18.9)	
Had a drink of alcohol during the past 30 days	58.6% (53.1-64.1)	31.2% (28.9-33.4)	
Had 4 or more drinks, if female, 5 or more drinks, if male, of alcohol within a couple hours during the past 30 days	33.8% (28.3-39.3)	16.0% (14.2-17.9)	
Ever used marijuana in their lifetime	69.2% (63.2-75.3)	37.1% (33.9-40.2)	
Used marijuana during the past 30 days	45.3% (39.8-50.8)	18.8% (16.8-20.9)	
Ever used methamphetamines in their lifetime	8.6% (5.7-11.4)	1.1% (0.7-1.6)	
Ever used ecstasy in their lifetime	12.1% (7.9-16.2)	3.0% (2.2-3.7)	
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (codeine, Vicodin, OxyContin, Hydrocodone and Percocet)	32.0% (27.1-36.9)	10.5% (9.3-11.8)	
Ever had sexual intercourse in their lifetime	68.1% (62.1-74.1)	40.7% (37.7-48.8)	
Had sexual intercourse with four or more persons during their life	25.8% (20.7-31.0)	10.4% (9.0-11.9)	
Had sexual intercourse during the past 3 months	50.4% (29.7-84.7)	29.7% (26.9-32.5)	
Drank alcohol or used drugs before last sexual intercourse	33.1% (24.9-41.2)	15.6% (13.1-18.2)	
Were obese (at or above the 95 th percentile for body mass index)	16.1% (11.9-20.3)	10.8% (9.2-12.4)	
Were overweight (at or above the 85 th percentile but below the 95 th percentile for body mass index)	16.6% (11.5-21.8)	12.3% (11.0-13.6)	
Did not eat fruit or drink 100% fruit juice during the past 7 days	6.4% (3.1-9.6)	4.8% (4.0-5.6)	
Did not eat green salad, potatoes, carrots, or other vegetables during the past 7 days	10.0% (5.4-14.6)	4.7% (3.7-5.6)	
Drank a can, bottle, or glass of soda or pop daily during the past 7 days	17.9% (13.5-22.3)	12.0% (10.5-13.6)	
Did not drink milk during the past 7 days	24.7% (19.4-30.1)	22.4% (20.6-24.1)	
Did not eat breakfast during the past 7 days	24.4% (20.2-28.6)	12.9% (11.6-14.2)	
Were physically active at least 60 minutes per day on 5 or more of the past 7 days	39.0% (33.2-44.8)	53.1% (50.6-55.7)	
Were not physically active at least 60 minutes per day on any of the past 7 days	14.2% (10.3-18.0)	11.1% (9.7-12.4)	

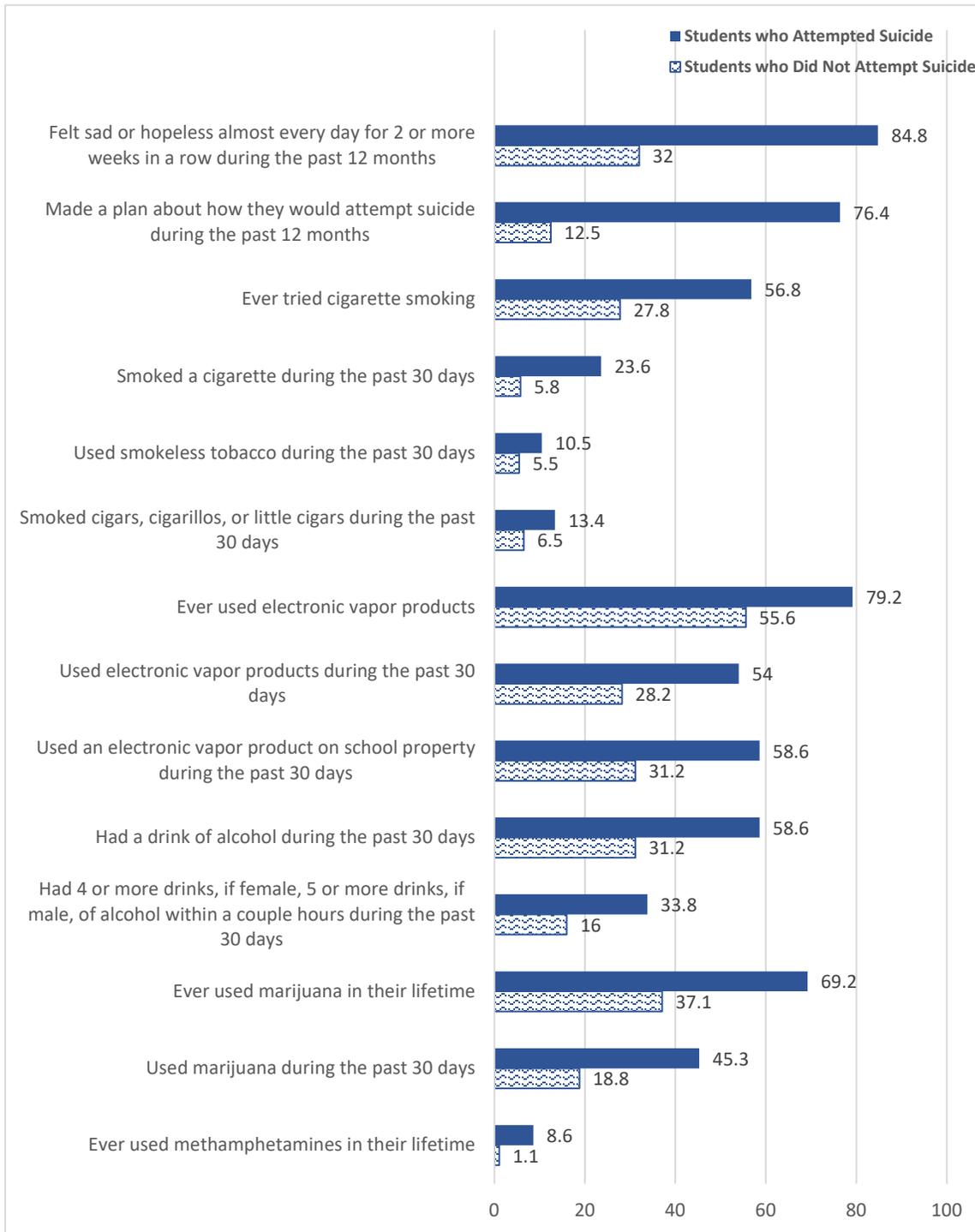
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Health Risk Behavior by percentage of students	Students Who Attempted Suicide	Students Who Did Not Attempt Suicide	Statistical Difference
Watched 3 or more hours of TV on an average school day	26.5% (21.8-31.2)	18.4% (16.6-21.1)	
Played video or computer games 3 or more hours per day on an average school day	38.7% (32.7-44.8)	37.3% (34.7-39.8)	
Played on at least one sports team during the past 12 months	49.4% (43.2-55.6)	62.1% (59.5-64.7)	
Had a concussion from playing a sport or being physically active during the past 12 months	28.6% (22.4-34.7)	15.0% (13.6-16.5)	
Did not usually sleep in their parent's or guardian's home during the past 30 days	10.0% (6.4-13.6)	2.4% (1.8-3.1)	
Had 8 or more hours of sleep on an average school night	21.3% (16.0-26.5)	30.9% (28.8-32.9)	
Made mostly A's or B's in school during the past 12 months	59.6% (52.1-67.0)	79.2% (77.0-81.3)	
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	27.8% (22.1-33.6)	12.8% (11.5-14.2)	

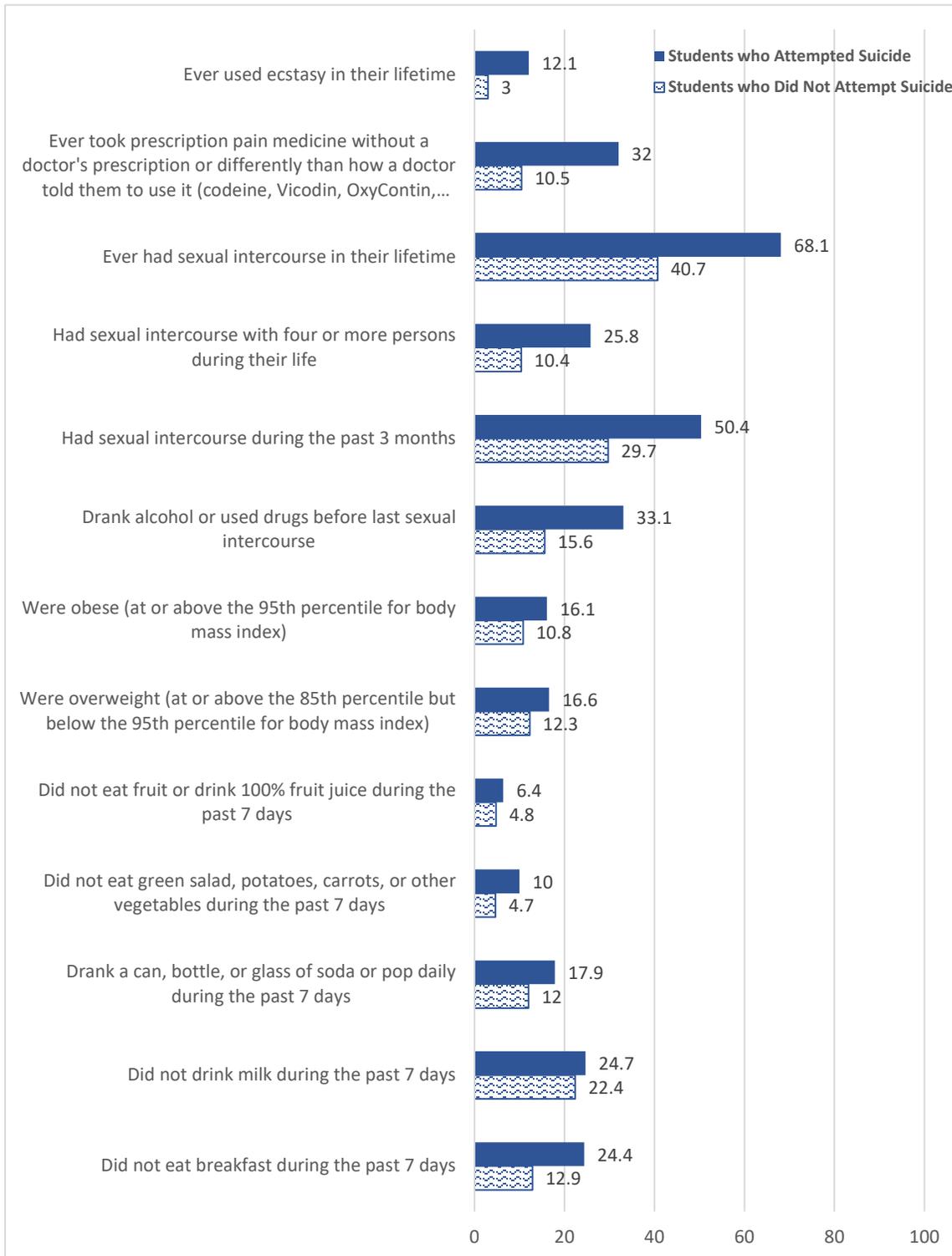
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