

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

ALTERNATIVE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

The following frequency distributions are based upon surveys with 396 alternative school students in Montana during February of 2019. Frequency distributions may not total 396 due to nonresponse and percents may not total 100 percent due to rounding.

Question	Responses	Count	Percent
Q-1. How old are you?			
A.	12 years old or younger	1	0.25%
B.	13 years old	0	0.00%
C.	14 years old	7	1.78%
D.	15 years old	43	10.91%
E.	16 years old	104	26.40%
F.	17 years old	163	41.37%
G.	18 years old or older	76	19.29%
	TOTALS	394	100.00%
Q-2. What is your sex?			
A.	Female	202	51.79%
B.	Male	188	48.21%
	TOTALS	390	100.00%
Q-3. In what grade are you?			
A.	9th grade	18	4.63%
B.	10th grade	88	22.62%
C.	11th grade	139	35.73%
D.	12th grade	142	36.50%
E.	Ungraded or other grade	2	0.51%
	TOTALS	389	100.00%
Q-4. Are you Hispanic or Latino?			
A.	Yes	47	12.05%
B.	No	343	87.95%
	TOTALS	390	100.00%
Q-5. What is your race?			
A.	American Indian or Alaskan Native	46	10.85%
B.	Asian	7	1.65%
C.	Black or African American	17	4.01%
D.	Native Hawaiian or Other Pacific Islander	7	1.65%
E.	White	347	81.84%
	TOTALS	424	100.00%

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

A.	Less than 4 ft	0	0.00%
B.	4ft to 4 ft, 6 in	2	0.52%
C.	4ft, 7in to 5 ft	15	3.88%
D.	5ft, 1in to 5ft, 6in	169	43.67%
E.	Over 5ft, 6in	201	51.94%
TOTALS		387	100.00%

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

A.	Less than 90 lbs	1	0.26%
B.	90-99 lbs	6	1.57%
C.	100-109 lbs	12	3.14%
D.	110-119lbs	26	6.81%
E.	120-129 lbs	55	14.40%
F.	130-139 lbs	45	11.78%
G.	140 lbs +	237	62.04%
TOTALS		382	100.00%

Q-8. How often do you wear a seat belt when riding in a car driven by someone else?

A.	Never	25	6.33%
B.	Rarely	36	9.11%
C.	Sometimes	58	14.68%
D.	Most of the time	109	27.59%
E.	Always	167	42.28%
TOTALS		395	100.00%

Q-9. How often do you wear a seat belt when driving a car?

A.	I do not drive a car	126	32.06%
B.	Never	19	4.83%
C.	Rarely	33	8.40%
D.	Sometimes	15	3.82%
E.	Most of the time	40	10.18%
F.	Always	160	40.71%
TOTALS		393	100.00%

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?

A.	0 times	296	75.13%
B.	1 time	37	9.39%
C.	2 or 3 times	35	8.88%
D.	4 or 5 times	9	2.28%
E.	6 or more times	17	4.31%
TOTALS		394	100.00%

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

A.	I did not drive a car or other vehicle during the past 30 days	157	40.05%
B.	0 times	201	51.28%
C.	1 time	18	4.59%
D.	2 or 3 times	9	2.30%
E.	4 or 5 times	2	0.51%
F.	6 or more times	5	1.28%
TOTALS		392	100.00%

Q-12. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?

A.	I did not drive a car or other vehicle during the past 30 days	154	39.19%
B.	0 days	106	26.97%
C.	1 or 2 days	35	8.91%
D.	3 to 5 days	29	7.38%
E.	6 to 9 days	15	3.82%
F.	10 to 19 days	12	3.05%
G.	20 to 29 days	11	2.80%
H.	All 30 days	31	7.89%
TOTALS		393	100.00%

Q-13. During the past 30 days, on how many days did you use the Internet or apps on your cell phone (such as YouTube, Instagram, or Facebook) while driving a car or other vehicle? (Do not count using your cell phone to get driving directions or to determine your location.)

A.	I did not drive a car or other vehicle during the past 30 days	154	39.39%
B.	0 days	117	29.92%
C.	1 or 2 days	27	6.91%
D.	3 to 5 days	13	3.32%
E.	6 to 9 days	12	3.07%
F.	10 to 19 days	16	4.09%
G.	20 to 29 days	10	2.56%
H.	All 30 days	42	10.74%
TOTALS		391	100.00%

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

A.	0 days	281	71.14%
B.	1 day	19	4.81%
C.	2 or 3 days	24	6.08%
D.	4 or 5 days	2	0.51%
E.	6 or more days	69	17.47%
TOTALS		395	100.00%

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Q-15. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

A.	0 days	338	85.57%
B.	1 day	14	3.54%
C.	2 or 3 days	5	1.27%
D.	4 or 5 days	7	1.77%
E.	6 or more days	31	7.85%
TOTALS		395	100.00%

Q-16. During the past 12 months, on how many days did you carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)

A.	0 days	343	87.06%
B.	1 day	7	1.78%
C.	2 or 3 days	12	3.05%
D.	4 or 5 days	6	1.52%
E.	6 or more days	26	6.60%
TOTALS		394	100.00%

Q-17. 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?

A.	0 days	328	82.83%
B.	1 day	26	6.57%
C.	2 or 3 days	21	5.30%
D.	4 or 5 days	6	1.52%
E.	6 or more days	15	3.79%
TOTALS		396	100.00%

Q-18. 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?

A.	0 times	345	87.34%
B.	1 time	21	5.32%
C.	2 or 3 times	11	2.78%
D.	4 or 5 times	8	2.03%
E.	6 or 7 times	3	0.76%
F.	8 or 9 times	2	0.51%
G.	10 or 11 times	0	0.00%
H.	12 or more times	5	1.27%
TOTALS		395	100.00%

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Q-19. During the past 12 months, how many times were you in a physical fight?

A.	0 times	252	64.45%
B.	1 time	46	11.76%
C.	2 or 3 times	62	15.86%
D.	4 or 5 times	11	2.81%
E.	6 or 7 times	3	0.77%
F.	8 or 9 times	5	1.28%
G.	10 or 11 times	1	0.26%
H.	12 or more times	11	2.81%
TOTALS		391	100.00%

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

A.	0 times	333	84.09%
B.	1 time	36	9.09%
C.	2 or 3 times	16	4.04%
D.	4 or 5 times	4	1.01%
E.	6 or 7 times	0	0.00%
F.	8 or 9 times	0	0.00%
G.	10 or 11 times	0	0.00%
H.	12 or more times	7	1.77%
TOTALS		396	100.00%

Q-21. Have you ever been physically forced to have sexual intercourse when you did not want to?

A.	Yes	103	26.48%
B.	No	286	73.52%
TOTALS		389	100.00%

Q-22. During the past 12 months, how many times did anyone force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)

A.	0 times	314	81.14%
B.	1 time	25	6.46%
C.	2 or 3 times	28	7.24%
D.	4 or 5 times	6	1.55%
E.	6 or more times	14	3.62%
TOTALS		387	100.00%

Q-23. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)

A.	I did not date or go out with anyone during the past 12 months	107	27.23%
B.	0 times	230	58.52%
C.	1 time	15	3.82%
D.	2 or 3 times	26	6.62%
E.	4 or 5 times	5	1.27%
F.	6 or more times	10	2.54%
TOTALS		393	100.00%

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Q-24. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)

A.	I did not date or go out with anyone during the past 12 months	100	25.32%
B.	0 times	248	62.78%
C.	1 time	13	3.29%
D.	2 or 3 times	14	3.54%
E.	4 or 5 times	7	1.77%
F.	6 or more times	13	3.29%
TOTALS		395	100.00%

Q-25. During the past 12 months, have you ever been bullied on school property?

A.	Yes	118	30.73%
B.	No	266	69.27%
TOTALS		384	100.00%

Q-26. During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)

A.	Yes	134	34.01%
B.	No	260	65.99%
TOTALS		394	100.00%

Q-27. During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?

A.	Yes	76	19.49%
B.	No	314	80.51%
TOTALS		390	100.00%

Q-28. 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?

A.	Yes	252	65.45%
B.	No	133	34.55%
TOTALS		385	100.00%

Q-29. During the past 12 months, did you ever seriously consider attempting suicide?

A.	Yes	185	47.19%
B.	No	207	52.81%
TOTALS		392	100.00%

Q-30. During the past 12 months, did you make a plan about how you would attempt suicide?

A.	Yes	146	37.53%
B.	No	243	62.47%
TOTALS		389	100.00%

Q-31. During the past 12 months, how many times did you actually attempt suicide?

A.	0 times	283	72.56%
B.	1 time	63	16.15%
C.	2 or 3 times	28	7.18%
D.	4 or 5 times	7	1.79%
E.	6 or more times	9	2.31%
TOTALS		390	100.00%

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Q-32. 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?

A.	I did not attempt suicide during the past 12 months	269	68.45%
B.	Yes	48	12.21%
C.	No	76	19.34%
TOTALS		393	100.00%

Q-33. Have you ever tried cigarette smoking, even one or two puffs?

A.	Yes	277	72.32%
B.	No	106	27.68%
TOTALS		383	100.00%

Q-34. How old were you when you first tried cigarette smoking, even one or two puffs?

A.	I have never tried cigarette smoking, not even one or two puffs	112	28.87%
B.	8 years old or younger	35	9.02%
C.	9 or 10 years old	26	6.70%
D.	11 or 12 years old	50	12.89%
E.	13 or 14 years old	78	20.10%
F.	15 or 16 years old	69	17.78%
G.	17 years old or older	18	4.64%
TOTALS		388	100.00%

Q-35. During the past 30 days, on how many days did you smoke cigarettes?

A.	0 days	228	57.58%
B.	1 or 2 days	42	10.61%
C.	3 to 5 days	23	5.81%
D.	6 to 9 days	25	6.31%
E.	10 to 19 days	16	4.04%
F.	20 to 29 days	17	4.29%
G.	All 30 days	45	11.36%
TOTALS		396	100.00%

Q-36. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

A.	I did not smoke cigarettes during the past 30 days	229	57.97%
B.	Less than 1 cigarette per day	46	11.65%
C.	1 cigarette per day	29	7.34%
D.	2 to 5 cigarettes per day	64	16.20%
E.	6 to 10 cigarettes per day	14	3.54%
F.	11 to 20 cigarettes per day	7	1.77%
G.	More than 20 cigarettes per day	6	1.52%
TOTALS		395	100.00%

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Q-37. Have you ever used an electronic vapor product?

A.	Yes	310	80.52%
B.	No	75	19.48%
TOTALS		385	100.00%

Q-38. During the past 30 days, on how many days did you use an electronic vapor product?

A.	0 days	147	37.40%
B.	1 or 2 days	39	9.92%
C.	3 to 5 days	31	7.89%
D.	6 to 9 days	28	7.12%
E.	10 to 19 days	25	6.36%
F.	20 to 29 days	24	6.11%
G.	All 30 days	99	25.19%
TOTALS		393	100.00%

Q-39. During the past 30 days, on how many days did you use an electronic vapor product on school property?

A.	0 days	243	61.68%
B.	1 or 2 days	35	8.88%
C.	3 to 5 days	26	6.60%
D.	6 to 9 days	16	4.06%
E.	10 to 19 days	16	4.06%
F.	20 to 29 days	16	4.06%
G.	All 30 days	42	10.66%
TOTALS		394	100.00%

Q-40. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)

A.	I did not use any electronic vapor products during the past 30 days	150	38.27%
B.	I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store	56	14.29%
C.	I got them on the Internet	7	1.79%
D.	I gave someone else money to buy them for me	60	15.31%
E.	I borrowed them from someone else	51	13.01%
F.	A person who can legally buy these products gave them to me	23	5.87%
G.	I took them from a store or another person	5	1.28%
H.	I got them some other way	40	10.20%
TOTALS		392	100.00%

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Q-41. What is the main reason you have used electronic vapor products? (Select only one response.)

A.	I have never used an electronic vapor product	89	22.47%
B.	Friend or family member used them	58	14.65%
C.	To try to quit using other tobacco products	43	10.86%
D.	They cost less than other tobacco products	5	1.26%
E.	They are easier to get than other tobacco products	3	0.76%
F.	They are less harmful than other forms of tobacco	31	7.83%
G.	They are available in flavors, such as mint, candy, fruit, or chocolate	33	8.33%
H.	I used them for some other reason	134	33.84%
TOTALS		396	100.00%

Q-42. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.)

A.	0 days	345	87.34%
B.	1 or 2 days	14	3.54%
C.	3 to 5 days	11	2.78%
D.	6 to 9 days	9	2.28%
E.	10 to 19 days	4	1.01%
F.	20 to 29 days	3	0.76%
G.	All 30 days	9	2.28%
TOTALS		395	100.00%

Q-43. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

A.	0 days	311	78.73%
B.	1 or 2 days	37	9.37%
C.	3 to 5 days	18	4.56%
D.	6 to 9 days	16	4.05%
E.	10 to 19 days	4	1.01%
F.	20 to 29 days	2	0.51%
G.	All 30 days	7	1.77%
TOTALS		395	100.00%

Q-44. During the past 12 months, did you ever try to quit using all tobacco products, including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products?

A.	I did not use any tobacco products during the past 12 months	142	36.04%
B.	Yes	128	32.49%
C.	No	124	31.47%
TOTALS		394	100.00%

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Q-45. How old were you when you had your first drink of alcohol other than a few sips?

A.	I have never had a drink of alcohol other than a few sips	82	20.81%
B.	8 years old or younger	50	12.69%
C.	9 or 10 years old	24	6.09%
D.	11 or 12 years old	53	13.45%
E.	13 or 14 years old	103	26.14%
F.	15 or 16 years old	73	18.53%
G.	17 years old or older	9	2.28%
TOTALS		394	100.00%

Q-46. During the past 30 days, on how many days did you have at least one drink of alcohol?

A.	0 days	181	46.89%
B.	1 or 2 days	82	21.24%
C.	3 to 5 days	53	13.73%
D.	6 to 9 days	31	8.03%
E.	10 to 19 days	25	6.48%
F.	20 to 29 days	8	2.07%
G.	All 30 days	6	1.55%
TOTALS		386	100.00%

Q-47. During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row, that is, within a couple of hours (if you are female) or 5 or more drinks of alcohol in a row, that is, within a couple of hours (if you are male)?

A.	0 days	242	61.27%
B.	1 day	44	11.14%
C.	2 days	36	9.11%
D.	3 to 5 days	37	9.37%
E.	6 to 9 days	13	3.29%
F.	10 to 19 days	14	3.54%
G.	20 or more days	9	2.28%
TOTALS		395	100.00%

Q-48. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?

A.	I did not drink alcohol during the past 30 days	187	47.22%
B.	1 or 2 drinks	58	14.65%
C.	3 drinks	21	5.30%
D.	4 drinks	13	3.28%
E.	5 drinks	20	5.05%
F.	6 or 7 drinks	30	7.58%
G.	8 or 9 drinks	26	6.57%
H.	10 or more drinks	41	10.35%
TOTALS		396	100.00%

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Q-49. During the past 30 days, how did you usually get the alcohol you drank?

A.	I did not drink alcohol during the past 30 days	188	47.96%
B.	I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	13	3.32%
C.	I bought it at a restaurant, bar, or club	4	1.02%
D.	I bought it at a public event such as a concert or sporting event	2	0.51%
E.	I gave someone else money to buy it for me	63	16.07%
F.	Someone gave it to me	65	16.58%
G.	I took it from a store or family member	13	3.32%
H.	I got it some other way	44	11.22%
TOTALS		392	100.00%

Q-50. During your life, how many times have you used marijuana?

A.	0 times	103	26.01%
B.	1 or 2 times	23	5.81%
C.	3 to 9 times	25	6.31%
D.	10 to 19 times	20	5.05%
E.	20 to 39 times	17	4.29%
F.	40 to 99 times	27	6.82%
G.	100 or more times	181	45.71%
TOTALS		396	100.00%

Q-51. How old were you when you tried marijuana for the first time?

A.	I have never tried marijuana	97	24.56%
B.	8 years old or younger	26	6.58%
C.	9 or 10 years old	34	8.61%
D.	11 or 12 years old	62	15.70%
E.	13 or 14 years old	78	19.75%
F.	15 or 16 years old	85	21.52%
G.	17 years old or older	13	3.29%
TOTALS		395	100.00%

Q-52. During the past 30 days, how many times did you use marijuana?

A.	0 times	176	44.78%
B.	1 or 2 times	44	11.20%
C.	3 to 9 times	26	6.62%
D.	10 to 19 times	27	6.87%
E.	20 to 39 times	24	6.11%
F.	40 or more times	96	24.43%
TOTALS		393	100.00%

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Q-53. During your life, how many times have you used synthetic marijuana?

A.	0 times	326	82.74%
B.	1 or 2 times	29	7.36%
C.	3 to 9 times	22	5.58%
D.	10 to 19 times	6	1.52%
E.	20 to 39 times	2	0.51%
F.	40 or more times	9	2.28%
TOTALS		394	100.00%

Q-54. During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

A.	0 times	254	64.30%
B.	1 or 2 times	45	11.39%
C.	3 to 9 times	44	11.14%
D.	10 to 19 times	19	4.81%
E.	20 to 39 times	8	2.03%
F.	40 or more times	25	6.33%
TOTALS		395	100.00%

Q-55. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

A.	0 times	317	80.46%
B.	1 or 2 times	38	9.64%
C.	3 to 9 times	15	3.81%
D.	10 to 19 times	13	3.30%
E.	20 to 39 times	5	1.27%
F.	40 or more times	6	1.52%
TOTALS		394	100.00%

Q-56. 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?

A.	0 times	326	82.74%
B.	1 or 2 times	34	8.63%
C.	3 to 9 times	18	4.57%
D.	10 to 19 times	5	1.27%
E.	20 to 39 times	7	1.78%
F.	40 or more times	4	1.02%
TOTALS		394	100.00%

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Q-57. During your life, how many times have you used heroin (also called smack, junk, or China White)?

A.	0 times	369	93.89%
B.	1 or 2 times	9	2.29%
C.	3 to 9 times	9	2.29%
D.	10 to 19 times	0	0.00%
E.	20 to 39 times	1	0.25%
F.	40 or more times	5	1.27%
TOTALS		393	100.00%

Q-58. During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?

A.	0 times	355	90.33%
B.	1 or 2 times	17	4.33%
C.	3 to 9 times	8	2.04%
D.	10 to 19 times	6	1.53%
E.	20 to 39 times	4	1.02%
F.	40 or more times	3	0.76%
TOTALS		393	100.00%

Q-59. During your life, how many times have you used ecstasy (also called MDMA)?

A.	0 times	326	82.74%
B.	1 or 2 times	34	8.63%
C.	3 to 9 times	17	4.31%
D.	10 to 19 times	6	1.52%
E.	20 to 39 times	6	1.52%
F.	40 or more times	5	1.27%
TOTALS		394	100.00%

Q-60. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

A.	0 times	376	95.67%
B.	1 or 2 times	5	1.27%
C.	3 to 9 times	5	1.27%
D.	10 to 19 times	2	0.51%
E.	20 to 39 times	2	0.51%
F.	40 or more times	3	0.76%
TOTALS		393	100.00%

Q-61. During your life, how many times have you used a needle to inject any illegal drug into your body?

A.	0 times	374	96.14%
B.	1 time	6	1.54%
C.	2 or more times	9	2.31%
TOTALS		389	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-62. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

A.	Yes	128	32.99%
B.	No	260	67.01%
TOTALS		388	100.00%

Q-63. Have you ever had sexual intercourse?

A.	Yes	286	74.09%
B.	No	100	25.91%
TOTALS		386	100.00%

Q-64. How old were you when you had sexual intercourse for the first time?

A.	I have never had sexual intercourse	104	26.67%
B.	11 years old or younger	24	6.15%
C.	12 years old	19	4.87%
D.	13 years old	48	12.31%
E.	14 years old	51	13.08%
F.	15 years old	77	19.74%
G.	16 years old	51	13.08%
H.	17 years old or older	16	4.10%
TOTALS		390	100.00%

Q-65. During your life, with how many people have you had sexual intercourse?

A.	I have never had sexual intercourse	112	28.57%
B.	1 person	65	16.58%
C.	2 people	37	9.44%
D.	3 people	34	8.67%
E.	4 people	29	7.40%
F.	5 people	22	5.61%
G.	6 or more people	93	23.72%
TOTALS		392	100.00%

Q-66. During the past 3 months, with how many people did you have sexual intercourse?

A.	I have never had sexual intercourse	112	28.64%
B.	I have had sexual intercourse, but not during the past 3 months	58	14.83%
C.	1 person	160	40.92%
D.	2 people	39	9.97%
E.	3 people	9	2.30%
F.	4 people	4	1.02%
G.	5 people	1	0.26%
H.	6 or more people	8	2.05%
TOTALS		391	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-67. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

A.	I have never had sexual intercourse	108	27.91%
B.	Yes	82	21.19%
C.	No	197	50.90%
TOTALS		387	100.00%

Q-68. The last time you had sexual intercourse, did you or your partner use a condom?

A.	I have never had sexual intercourse	114	29.31%
B.	Yes	119	30.59%
C.	No	156	40.10%
TOTALS		389	100.00%

Q-69. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

A.	I have never had sexual intercourse	107	27.79%
B.	No method was used to prevent pregnancy	44	11.43%
C.	Birth control pills	67	17.40%
D.	Condoms	71	18.44%
E.	An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	42	10.91%
F.	A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	18	4.68%
G.	Withdrawal or some other method	24	6.23%
H.	Not sure	12	3.12%
TOTALS		385	100.00%

Q-70. How do you describe your weight?

A.	Very underweight	16	4.10%
B.	Slightly underweight	54	13.85%
C.	About the right weight	150	38.46%
D.	Slightly overweight	130	33.33%
E.	Very overweight	40	10.26%
TOTALS		390	100.00%

Q-71. Which of the following are you trying to do about your weight?

A.	Lose weight	189	48.21%
B.	Gain weight	73	18.62%
C.	Stay the same weight	46	11.73%
D.	I am not trying to do anything about my weight	84	21.43%
TOTALS		392	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-72. 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.)

A.	I did not drink 100% fruit juice during the past 7 days	128	32.74%
B.	1 to 3 times during the past 7 days	163	41.69%
C.	4 to 6 times during the past 7 days	44	11.25%
D.	1 time per day	18	4.60%
E.	2 times per day	18	4.60%
F.	3 times per day	12	3.07%
G.	4 or more times per day	8	2.05%
TOTALS		391	100.00%

Q-73. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

A.	I did not eat fruit during the past 7 days	84	21.54%
B.	1 to 3 times during the past 7 days	149	38.21%
C.	4 to 6 times during the past 7 days	63	16.15%
D.	1 time per day	30	7.69%
E.	2 times per day	44	11.28%
F.	3 times per day	7	1.79%
G.	4 or more times per day	13	3.33%
TOTALS		390	100.00%

Q-74. During the past 7 days, how many times did you eat green salad?

A.	I did not eat green salad during the past 7 days	182	46.43%
B.	1 to 3 times during the past 7 days	145	36.99%
C.	4 to 6 times during the past 7 days	31	7.91%
D.	1 time per day	21	5.36%
E.	2 times per day	5	1.28%
F.	3 times per day	2	0.51%
G.	4 or more times per day	6	1.53%
TOTALS		392	100.00%

Q-75. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

A.	I did not eat potatoes during the past 7 days	152	38.87%
B.	1 to 3 times during the past 7 days	166	42.46%
C.	4 to 6 times during the past 7 days	48	12.28%
D.	1 time per day	13	3.32%
E.	2 times per day	4	1.02%
F.	3 times per day	1	0.26%
G.	4 or more times per day	7	1.79%
TOTALS		391	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-76. During the past 7 days, how many times did you eat carrots?

A.	I did not eat carrots during the past 7 days	207	53.21%
B.	1 to 3 times during the past 7 days	122	31.36%
C.	4 to 6 times during the past 7 days	34	8.74%
D.	1 time per day	14	3.60%
E.	2 times per day	5	1.29%
F.	3 times per day	1	0.26%
G.	4 or more times per day	6	1.54%
TOTALS		389	100.00%

Q-77. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

A.	I did not eat other vegetables during the past 7 days	102	26.22%
B.	1 to 3 times during the past 7 days	154	39.59%
C.	4 to 6 times during the past 7 days	73	18.77%
D.	1 time per day	18	4.63%
E.	2 times per day	28	7.20%
F.	3 times per day	5	1.29%
G.	4 or more times per day	9	2.31%
TOTALS		389	100.00%

Q-78. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)

A.	I did not drink soda or pop during the past 7 days	76	19.49%
B.	1 to 3 times during the past 7 days	154	39.49%
C.	4 to 6 times during the past 7 days	74	18.97%
D.	1 time per day	35	8.97%
E.	2 times per day	25	6.41%
F.	3 times per day	11	2.82%
G.	4 or more times per day	15	3.85%
TOTALS		390	100.00%

Q-79. During the past 7 days, how many glasses of milk did you drink? (Count 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.)

A.	I did not drink milk during the past 7 days	110	28.28%
B.	1 to 3 glasses during the past 7 days	108	27.76%
C.	4 to 6 glasses during the past 7 days	73	18.77%
D.	1 glass per day	40	10.28%
E.	2 glasses per day	31	7.97%
F.	3 glasses per day	11	2.83%
G.	4 or more glasses per day	16	4.11%
TOTALS		389	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-80. During the past 7 days, how many times did you drink a can, bottle, or glass of an energy drink, such as Red Bull or Jolt? (Do not count diet or sports drinks such as Gatorade or PowerAde.)

A.	I did not drink energy drinks during the past 7 days	227	58.35%
B.	1 to 3 times during the past 7 days	100	25.71%
C.	4 to 6 times during the past 7 days	29	7.46%
D.	1 time per day	17	4.37%
E.	2 times per day	7	1.80%
F.	3 times per day	4	1.03%
G.	4 or more times per day	5	1.29%
TOTALS		389	100.00%

Q-81. During the past 7 days, on how many days did you eat breakfast?

A.	0 days	100	25.91%
B.	1 day	58	15.03%
C.	2 days	57	14.77%
D.	3 days	49	12.69%
E.	4 days	25	6.48%
F.	5 days	24	6.22%
G.	6 days	16	4.15%
H.	7 days	57	14.77%
TOTALS		386	100.00%

Q-82. 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 spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

A.	0 days	109	27.95%
B.	1 day	41	10.51%
C.	2 days	60	15.38%
D.	3 days	52	13.33%
E.	4 days	36	9.23%
F.	5 days	30	7.69%
G.	6 days	19	4.87%
H.	7 days	43	11.03%
TOTALS		390	100.00%

Q-83. On an average school day, how many hours do you watch TV?

A.	I do not watch TV on an average school day	105	26.85%
B.	Less than 1 hour per day	62	15.86%
C.	1 hour per day	43	11.00%
D.	2 hours per day	67	17.14%
E.	3 hours per day	55	14.07%
F.	4 hours per day	17	4.35%
G.	5 or more hours per day	42	10.74%
TOTALS		391	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-84. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.)

A.	I do not play video or computer games or use a computer for something that is not school work	97	24.94%
B.	Less than 1 hour per day	40	10.28%
C.	1 hour per day	48	12.34%
D.	2 hours per day	35	9.00%
E.	3 hours per day	62	15.94%
F.	4 hours per day	32	8.23%
G.	5 or more hours per day	75	19.28%
TOTALS		389	100.00%

Q-85. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

A.	0 days	247	64.49%
B.	1 day	27	7.05%
C.	2 days	20	5.22%
D.	3 days	33	8.62%
E.	4 days	9	2.35%
F.	5 days	47	12.27%
TOTALS		383	100.00%

Q-86. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)

A.	0 teams	306	78.87%
B.	1 team	48	12.37%
C.	2 teams	25	6.44%
D.	3 or more teams	9	2.32%
TOTALS		388	100.00%

Q-87. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

A.	0 times	320	81.84%
B.	1 time	32	8.18%
C.	2 times	19	4.86%
D.	3 times	10	2.56%
E.	4 or more times	10	2.56%
TOTALS		391	100.00%

Q-88. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

A.	During the past 12 months	244	63.21%
B.	Between 12 and 24 months ago	48	12.44%
C.	More than 24 months ago	40	10.36%
D.	Never	10	2.59%
E.	Not sure	44	11.40%
TOTALS		386	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-89. Has a doctor or nurse ever told you that you have asthma?

A.	Yes	129	33.51%
B.	No	223	57.92%
C.	Not sure	33	8.57%
TOTALS		385	100.00%

Q-90. On an average school night, how many hours of sleep do you get?

A.	4 or less hours	56	14.43%
B.	5 hours	54	13.92%
C.	6 hours	96	24.74%
D.	7 hours	103	26.55%
E.	8 hours	59	15.21%
F.	9 hours	15	3.87%
G.	10 or more hours	5	1.29%
TOTALS		388	100.00%

Q-91. During the past 30 days, where did you usually sleep?

A.	In my parent's or guardian's home	327	83.85%
B.	In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing	31	7.95%
C.	In a shelter or emergency housing	3	0.77%
D.	In a motel or hotel	7	1.79%
E.	In a car, park, campground, or other public place	1	0.26%
F.	I do not have a usual place to sleep	1	0.26%
G.	Somewhere else	20	5.13%
TOTALS		390	100.00%

Q-92. During the past 12 months, how would you describe your grades in school?

A.	Mostly A's	75	19.28%
B.	Mostly B's	145	37.28%
C.	Mostly C's	73	18.77%
D.	Mostly D's	23	5.91%
E.	Mostly F's	14	3.60%
F.	None of these grades	10	2.57%
G.	Not sure	49	12.60%
TOTALS		389	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-93. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do not count getting a spray-on tan.)

A.	0 times	352	90.49%
B.	1 or 2 times	14	3.60%
C.	3 to 9 times	10	2.57%
D.	10 to 19 times	7	1.80%
E.	20 to 39 times	3	0.77%
F.	40 or more times	3	0.77%
TOTALS		389	100.00%

Q-94. During the past 12 months, did you receive help from a resource teacher, speech therapist or other special education teacher at school?

A.	Yes	105	27.93%
B.	No	271	72.07%
TOTALS		376	100.00%