



Montana Map

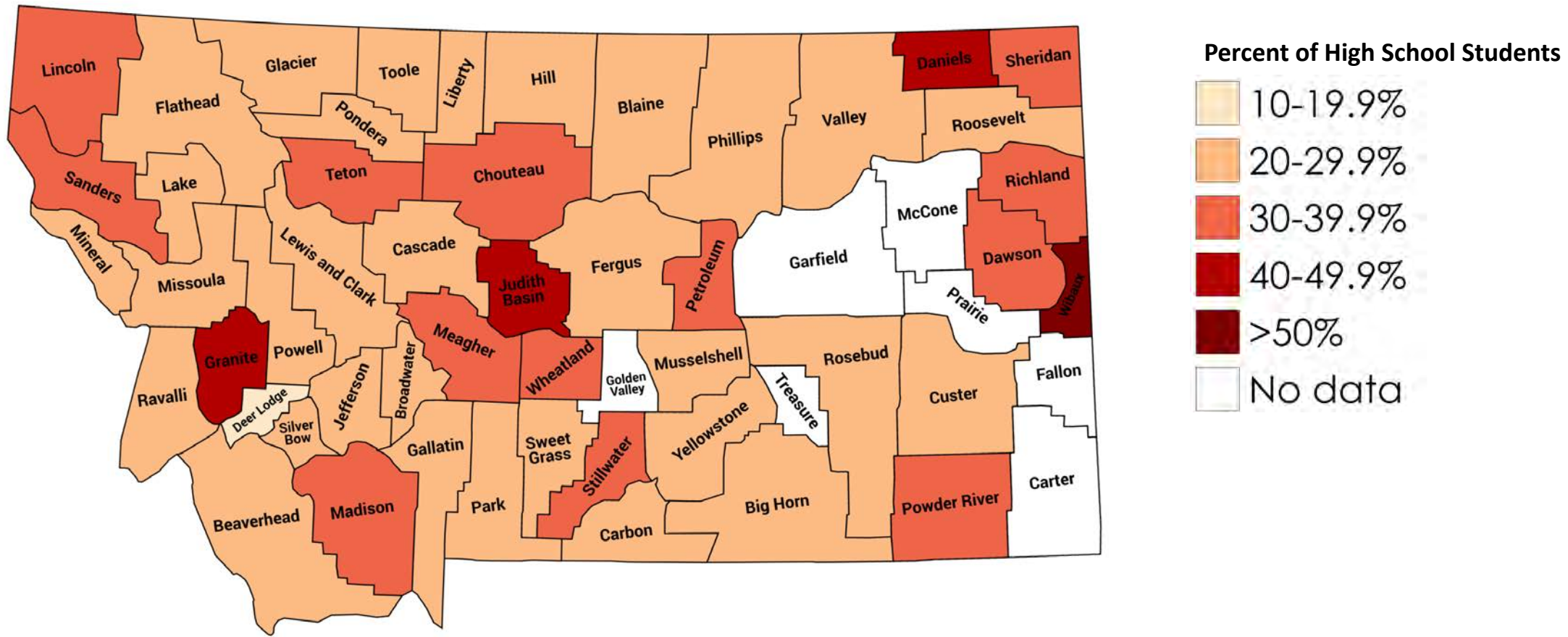
Physical Activity Behaviors

2019 Montana Youth Risk Behavior Survey

Montana Office of Public Instruction

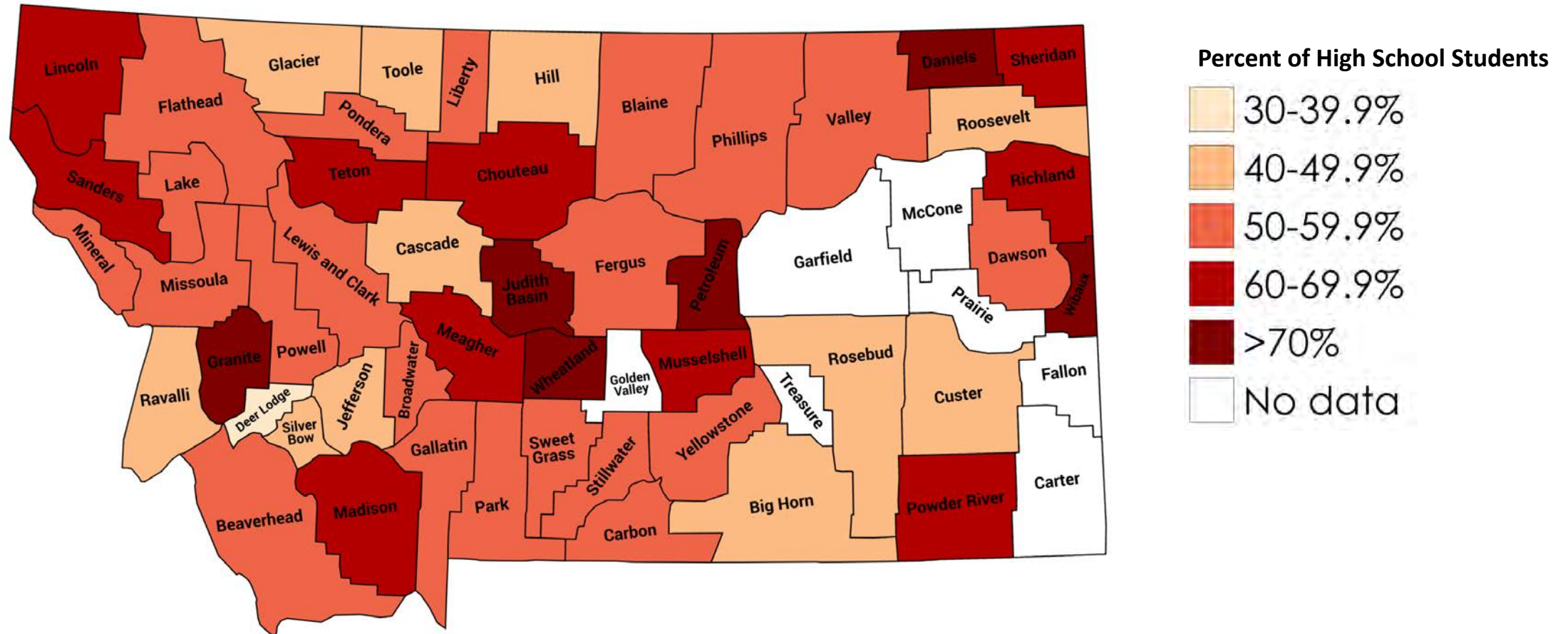
Were physically active at least 60 minutes per day on each of the past 7 days

2019 Montana YRBS



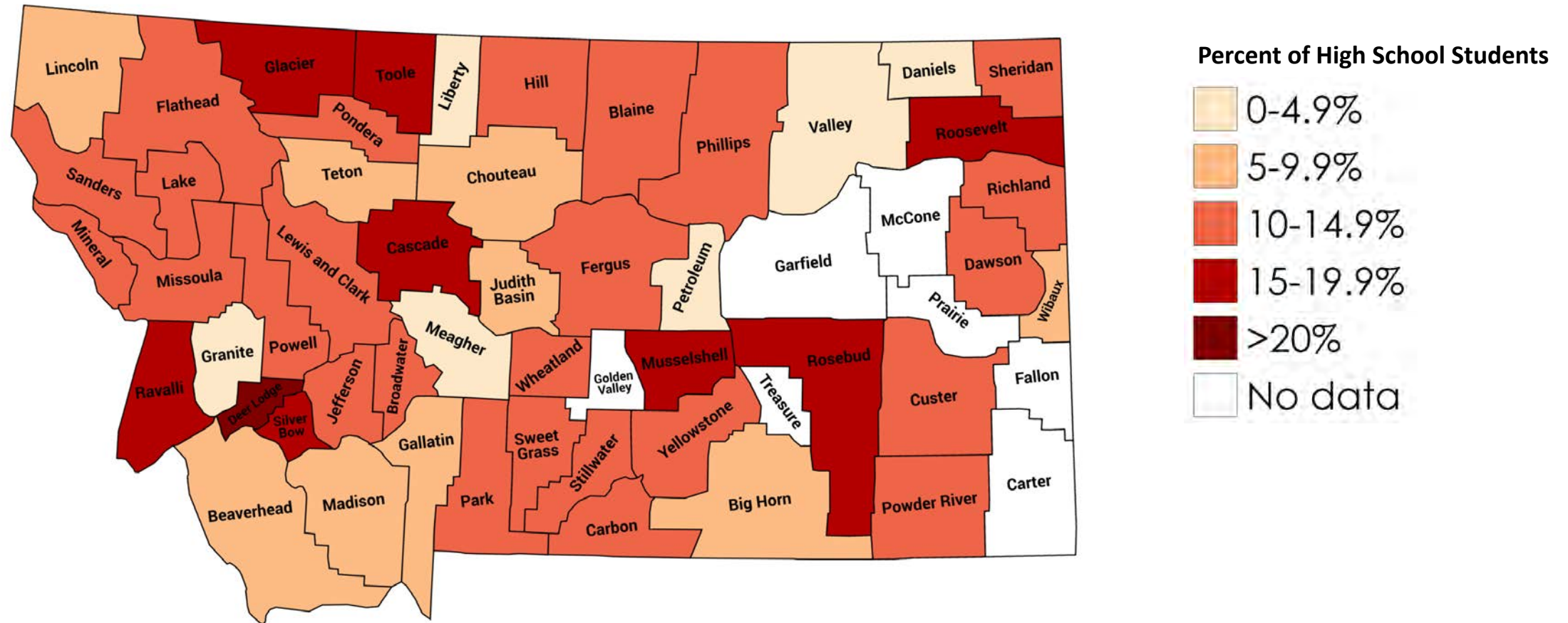
Were physically active at least 60 minutes per day on 5 or more of the past 7 days

2019 Montana YRBS



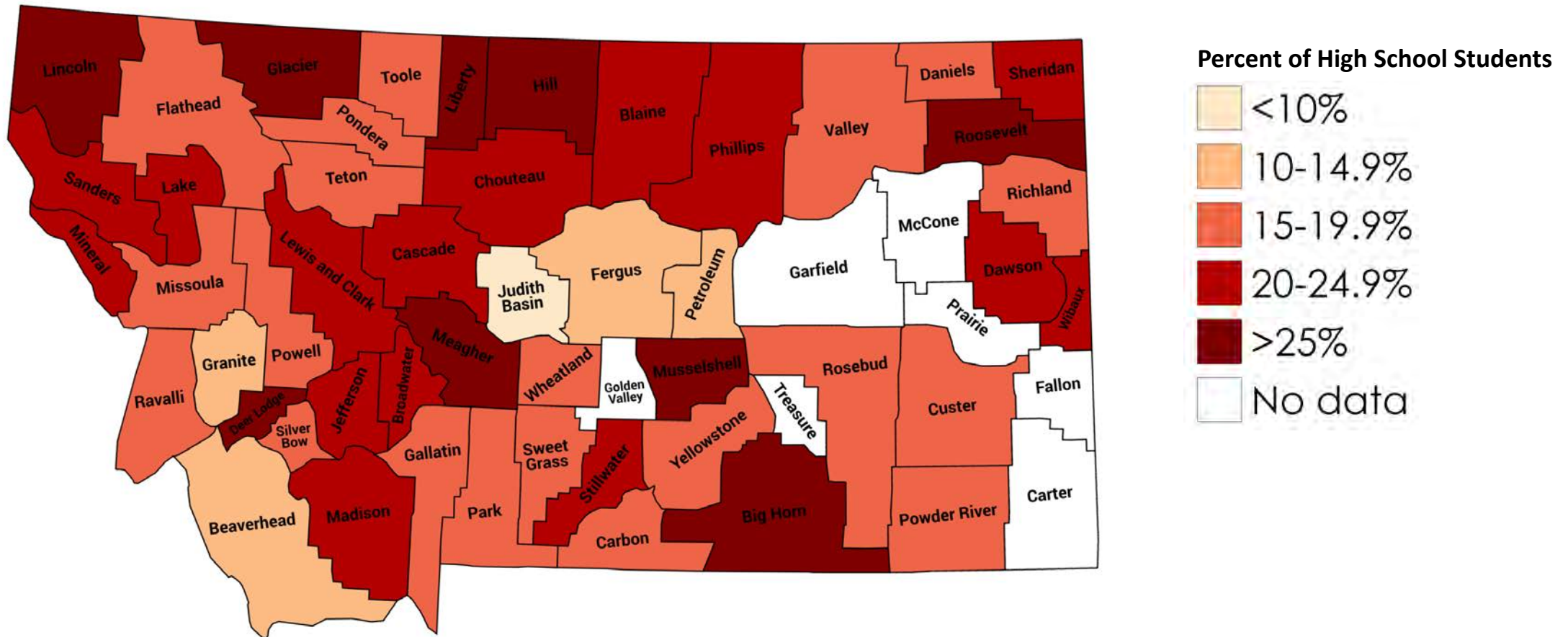
Were not physically active for at least 60 minutes per day on any of the past 7 days

2019 Montana YRBS



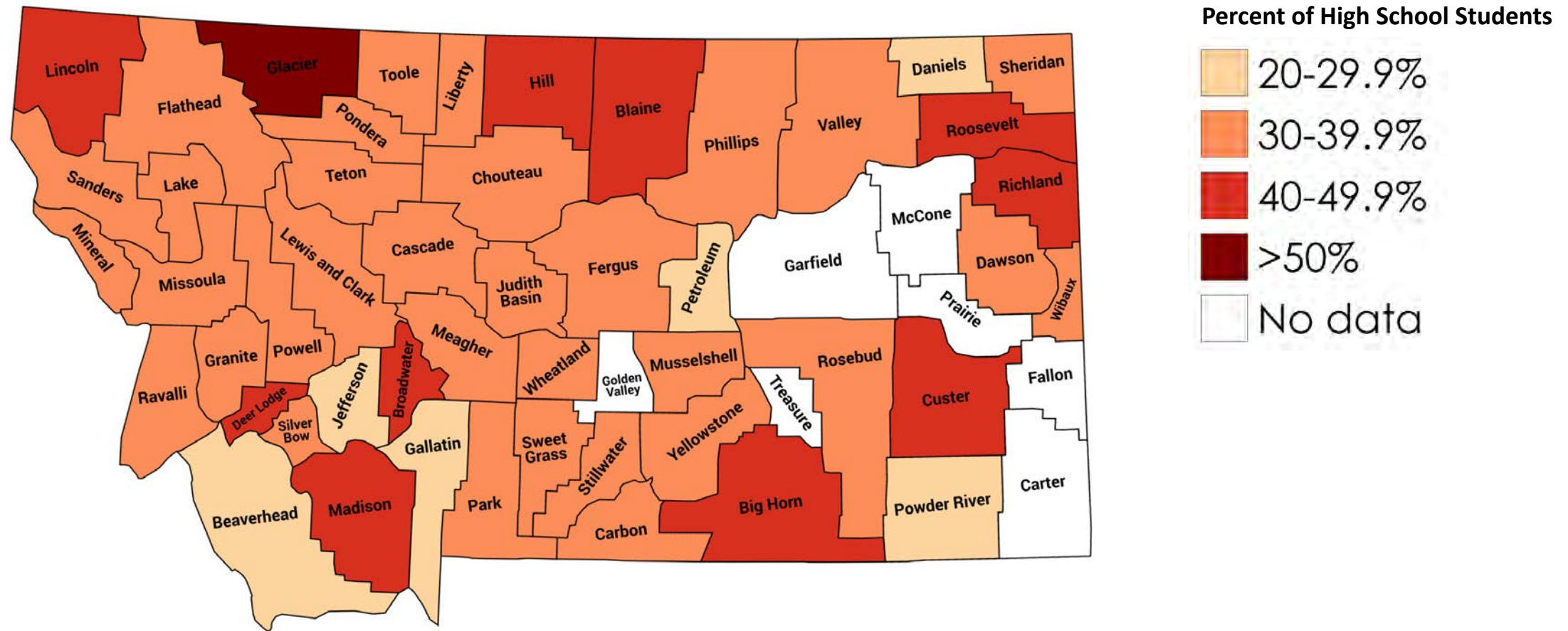
Watched television 3 or more hours per day on an average school day

2019 Montana YRBS



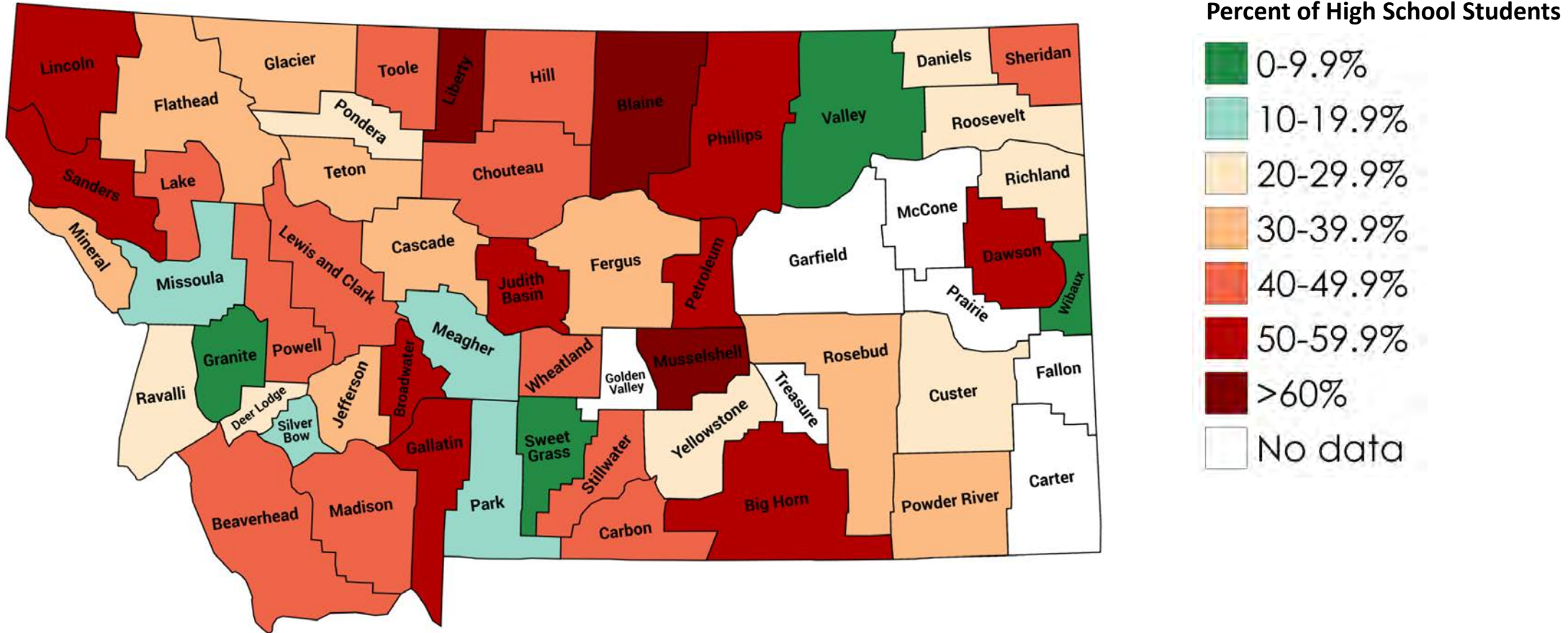
Played video or computer games or used a computer 3 or more hours per day for something that was not school work on an average school day (playing games, watching videos, texting, or using social media on a smartphone, computer, Xbox, PlayStation, iPad, or other tablet)

2019 Montana YRBS



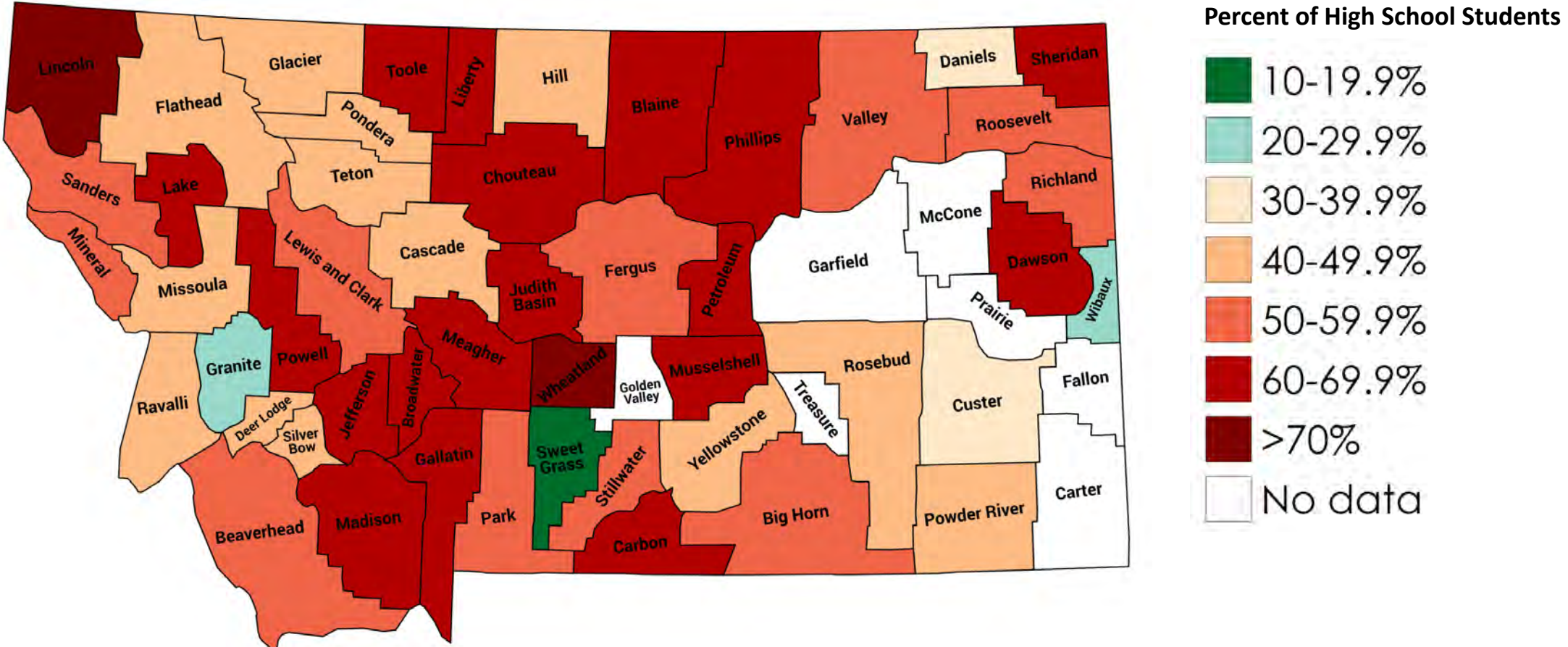
Attended physical education (PE) classes on all 5 days in an average school week

2019 Montana YRBS



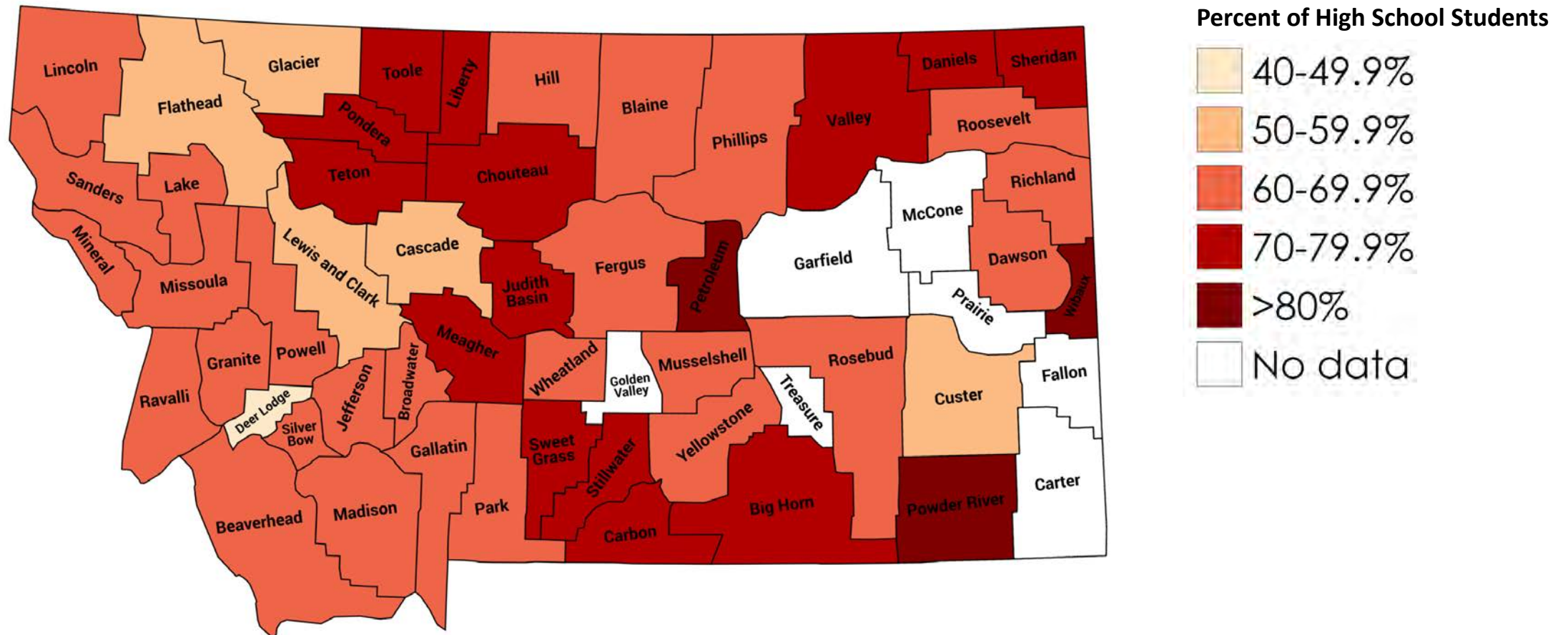
Attended physical education (PE) class on at least 3 of 5 days in an average school week

2019 Montana YRBS



Played on one or more sports teams during the past 12 months

2019 Montana YRBS



Had a concussion from playing a sport or being physically active during the past 12 months

2019 Montana YRBS

