

2015 Montana Youth Risk Behavior Survey

Athletes Report

A Health Risk Behavior Comparison of Montana High School Students
Based on Sports Team Participation



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Youth Risk Behavior Survey Program
Health Enhancement and Safety Division



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Montana
Office of Public Instruction
Denise Juneau, State Superintendent

2015 Montana Youth Risk Behavior Survey Athletes 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 2015 YRBS was conducted in February 2015. 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 2015 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, “athletes” are defined as those youth who answered “one or more teams” to the question, “During the past 12 months, on how many sports teams did you play?” Thirty-one separate risk behaviors were queried for association with sports participation. These findings are presented in bullet, table and graph forms in the following report.

Background +

According to the 2015 YRBS, 62 percent of Montana high school students reported playing on a sports team during the past 12 months. Sixty-four percent of males and 60 percent of females played on a sports team. Among Montana high school students who played on a sports team, 66 percent were ninth graders, 65 percent were tenth graders, 61 percent were eleventh graders and 56 percent were twelfth grade students.

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

2015 Montana Youth Risk Behavior Survey Athletes Report

Findings

Montana high school students who are athletes are more likely than non-athletes to have:

- Texted or e-mailed while driving a car or other vehicle during the past 30 days (58% of athletes compared to 49% of non-athletes).
- Had 8 or more hours of sleep on an average school night (35% of athletes compared to 29% of non-athletes).
- Made mostly A's or B's in school during the past 12 months (81% of athletes compared to 66 percent of non-athletes).

Montana high school students who are athletes are less likely than non-athletes to have:

- Never or rarely wore a seat belt when riding in a car driven by someone else (8% of athletes compared to 12% of non-athletes).
- Felt so sad or hopeless for two weeks or more in a row that they stopped doing usual activities during the past 12 months (25% of athletes compared to 37% of non-athletes).
- Seriously considered attempting suicide during the past 12 months (16% of athletes compared to 24% of non-athletes).
- Made a plan about how they would attempt suicide during the past 12 months (13% of athletes compared to 20% of non-athletes).
- Attempted suicide during the past 12 months (7% of athletes compared to 11% of non-athletes).
- Ever tried cigarette smoking in their lifetime (35% of athletes compared to 45% of non-athletes).
- Smoked a cigarette during the past 30 days (10% of athletes compared to 19% of non-athletes).
- Ever used marijuana in their lifetime (34% of athletes compared to 43% of non-athletes).
- Ever used synthetic marijuana in their lifetime (7% of athletes compared to 13% of non-athletes).
- Described themselves as slightly or very overweight (25% of athletes compared to 37% of non-athletes).
- Tried to lose weight (36% of athletes compared to 48% of non-athletes).
- Not eaten fruit during the past 7 days (6% of athletes compared to 16% of non-athletes).
- Not drank milk during the past 7 days (13% of athletes compared to 20% of non-athletes).
- Not eaten breakfast during any of the past 7 days (9% of athletes compared to 17% of non-athletes).

2015 Montana Youth Risk Behavior Survey Athletes Report

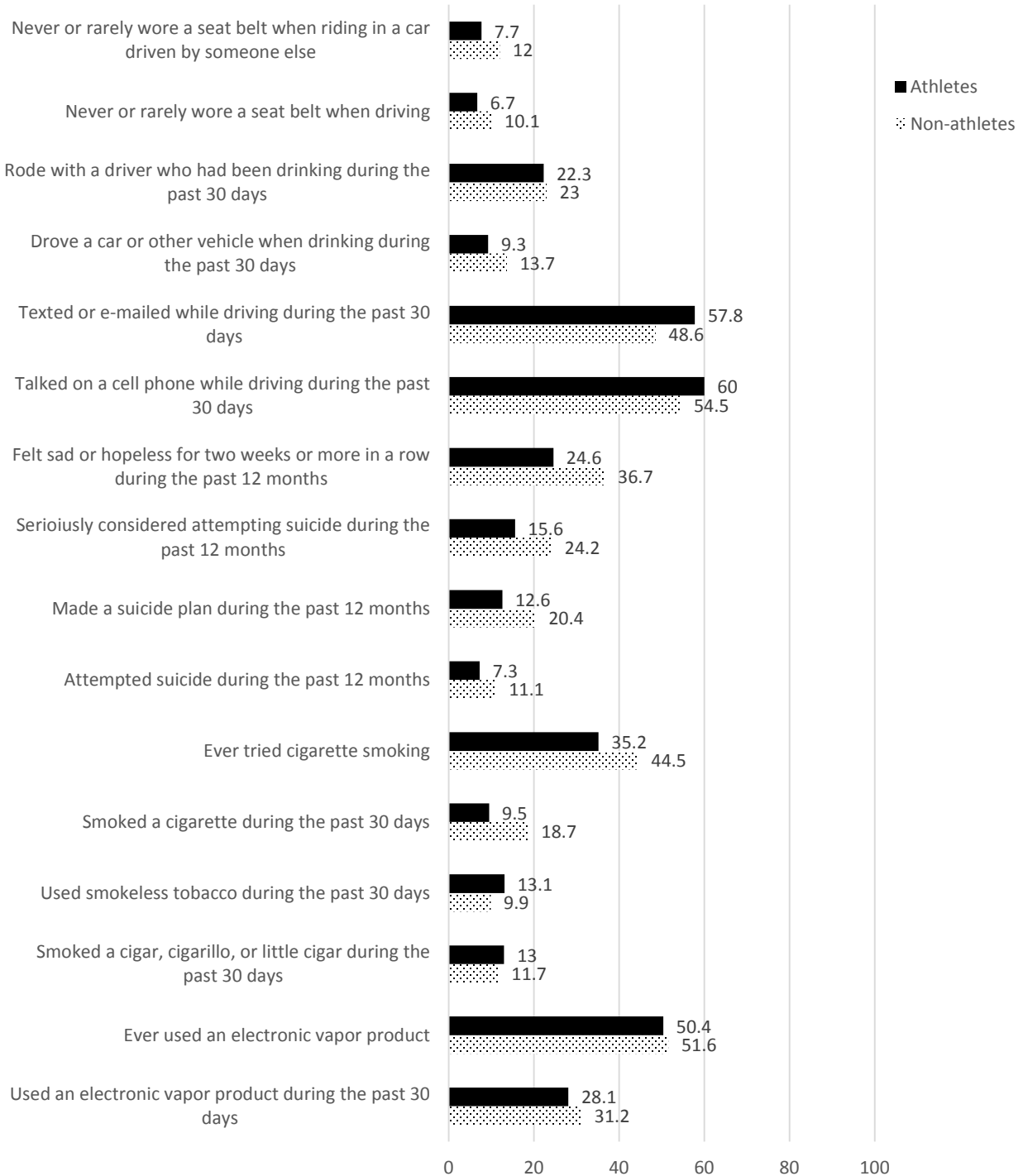
Health Risk Behavior	Athletes	Non-athletes
Never or rarely wore a seat belt when riding in a car driven by someone else	7.7% (6.4-9.0)	12.0% (9.9-14.1)
Never or rarely wore a seat belt when driving	6.7% (5.4-8.1)	10.1% (7.9-12.4)
Rode with a driver who had been drinking alcohol during the past 30 days	22.3% (20.3-24.2)	23.0% (20.3-25.7)
Drove a car or other vehicle during the past 30 days when they had been drinking alcohol	9.3% (7.6-10.8)	13.7% (10.3-17.1)
Texted or e-mailed while driving a car or other vehicle during the past 30 days	57.8% (54.1-61.6)	48.6% (44.4-52.8)
Talked on a cell phone while driving a car or other vehicle during the past 30 days	60.0% (56.6-63.3)	54.5% (50.9-58.1)
Felt sad or hopeless for two weeks or more in a row during the past 12 months	24.6% (22.7-26.6)	36.7% (34.0-39.5)
Seriously considered attempting suicide during the past 12 months	15.6% (13.9-17.3)	24.2% (22.1-26.3)
Made a plan about how they would attempt suicide during the past 12 months	12.6% (11.1-14.0)	20.4% (18.2-22.6)
Attempted suicide during the past 12 months	7.3% (5.9-8.8)	11.1% (9.0-13.3)
Ever tried cigarette smoking (even one or two puffs)	35.2% (31.9-38.4)	44.5% (40.9-48.1)
Smoked a cigarette during the past 30 days	9.5% (8.1-10.9)	18.7% (15.7-21.7)
Used smokeless tobacco (chewing tobacco, snuff, or dip) during the past 30 days	13.1% (11.3-14.9)	9.9% (7.9-11.8)
Smoked a cigar, cigarillo, or little cigar during the past 30 days	13.0% (11.3-14.3)	11.7% (9.7-13.6)
Ever used electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens such as blu, NJOY, or Starbuzz)	50.4% (47.8-53.1)	51.6% (48.4-54.7)
Used an electronic vapor product during the past 30 days	28.1% (26.0-30.1)	31.2% (28.1-34.4)

2015 Montana Youth Risk Behavior Survey Athletes Report

Health Risk Behavior	Athletes	Non-athletes
Ever had a drink of alcohol in their lifetime	69.0% (66.9-71.2)	71.6% (68.9-74.3)
Drank alcohol during the past 30 days	32.0% (29.9-34.1)	37.5% (34.1-40.9)
Had 5 or more drinks of alcohol within a couple hours during the past 30 days (binge drink)	19.2% (17.5-20.9)	22.4% (19.3-25.6)
Ever used marijuana in their lifetime	33.9% (29.8-38.0)	43.0% (39.3-46.6)
Ever used synthetic marijuana in their lifetime	7.2% (5.9-8.5)	12.7% (10.1-15.4)
Ever had sexual intercourse in their lifetime	43.4% (40.2-46.7)	45.0% (41.5-48.4)
Had sexual intercourse during the past 3 months (currently sexually active)	31.7% (29.1-34.4)	33.2% (30.0-36.4)
Described themselves as slightly or very overweight	24.9% (23.0-26.9)	37.2% (34.4-40.0)
Were trying to lose weight	36.2% (34.0-38.5)	48.2% (45.4-51.1)
Did not eat fruit during the past 7 days	6.2% (5.3-7.0)	15.7% (13.8-17.6)
Did not drink a can, bottle, or glass of soda or pop during the past 7 days	26.6% (24.4-28.7)	24.6% (21.7-27.5)
Did not drink milk during the past 7 days	12.8% (11.4-14.2)	20.3% (18.1-22.4)
Did not eat breakfast during the past 7 days	9.4% (8.2-10.6)	17.4% (15.0-19.7)
Had 8 or more hours of sleep on an average school night	34.8% (32.9-36.7)	28.7% (26.3-31.2)
Made mostly A's or B's in school during the past 12 months	81.1% (78.8-83.4)	66.2% (63.1-69.4)

2015 Montana Youth Risk Behavior Survey Athletes Report

Percentage of students by risk behavior



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