

2015 Montana Youth Risk Behavior Survey

Special Report: Breakfast

Health Risk Behaviors of Students
Who Did Not Eat Breakfast



October 2016

Youth Risk Behavior Survey Program
Health Enhancement and Safety Division



Montana
Office of Public Instruction
Denise Juneau, State Superintendent

opi.mt.gov

2015 Montana Youth Risk Behavior Survey Breakfast 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.

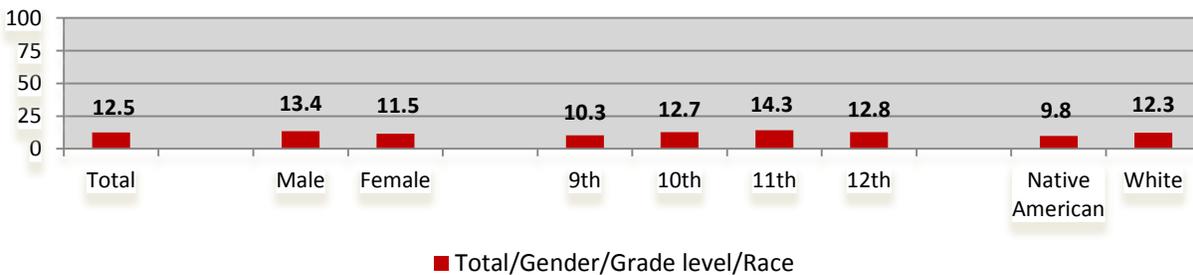
Survey Validity, Limitations and Results

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.

For the purpose of this report, students that “did not eat breakfast” are those students who answered ‘0’ [zero] to the question, ‘During the past 7 days, on how many days did you eat breakfast? Students who ate breakfast are those who answered any response other than “0”. Thirty-three separate risk behaviors were queried for association with students who did not eat breakfast. These findings are presented in bullet, table and graph forms in the following report.

MONTANA STUDENTS WHO DID NOT EAT BREAKFAST

During the past 7 days, 12.5 percent of students did not eat breakfast on any of the 7 days.



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

2015 Montana Youth Risk Behavior Survey Breakfast Report

Findings +

More Likely

Montana high school students who did not eat breakfast are more likely than students who ate breakfast to have:

- Never or rarely wore a seat belt when driving (16% of non-breakfast eating students compared to 7% of breakfast eating students).
- Driven a car or other vehicle when drinking alcohol (19% of non-breakfast eating students compared to 10% of breakfast eating students).
- Not gone to school because they felt unsafe at school or on their way to or from school during the past 30 days (9% of non-breakfast eating students compared to 4% of breakfast eating students).
- Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months (39% of non-breakfast eating students compared to 28% of breakfast eating students).
- Seriously considered attempting suicide during the past 12 months (30% of non-breakfast eating students compared to 17% of breakfast eating students).
- Attempted suicide during the past 12 months (16% of non-breakfast eating students compared to 8% of breakfast eating students).
- Ever smoked a cigarette in their lifetime (53% of non-breakfast eating students compared to 37% of breakfast eating students).
- Smoked a cigarette during the past 30 days (24% of non-breakfast eating students compared to 12% of breakfast eating students).
- Ever used an electronic vapor product (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens such as blu, NJOY, or Starbuzz) in their lifetime (61% of non-breakfast eating students compared to 50% of breakfast eating students).
- Used electronic vapor products during the past 30 days (37% of non-breakfast eating students compared to 28% of breakfast eating students).
- Ever had a drink of alcohol in their lifetime (78% of non-breakfast eating students compared to 69% of breakfast eating students).
- Had a drink of alcohol during the past 30 days (44% of non-breakfast eating students compared to 33% of breakfast eating students).
- Had five or more drinks of alcohol within a couple hours during the past 30 days (29% of non-breakfast eating students compared to 19% of breakfast eating students).
- Ever used marijuana in their lifetime (51% of non-breakfast eating students compared to 36% of breakfast eating students).
- Used marijuana during the past 30 days (30% of non-breakfast eating students compared to 18% of breakfast eating students).
- Ever used ecstasy in their lifetime (11% of non-breakfast eating students compared to 5% of breakfast eating students).
- Had sexual intercourse during the past 3 months (42% of non-breakfast eating students compared to 31% of breakfast eating students).
- Did not eat fruit or drink 100% fruit juice during the past 7 days (15% of non-breakfast eating students compared to 4% of breakfast eating students).
- Did not eat green salad, potatoes, carrots, or other vegetables during the past 7 days (14% of non-breakfast eating students compared to 4% of breakfast eating students).
- Drank a can, bottle, or glass of soda or pop daily during the past 7 days (29% of non-breakfast eating students compared to 17% of breakfast eating students).

2015 Montana Youth Risk Behavior Survey Breakfast Report

Less Likely

Montana high school students who did not eat breakfast are less likely than students who ate breakfast to have:

- Been physically active at least 60 minutes per day on 5 or more of the past 7 days (41% of non-breakfast eating students compared to 56% of breakfast eating students).
- Got 8 or more hours of sleep on an average school night (21% of non-breakfast eating students compared to 34% of breakfast eating students).
- Made mostly A's or B's in school during the past 12 months (60% of non-breakfast eating students compared to 77% of breakfast eating students).

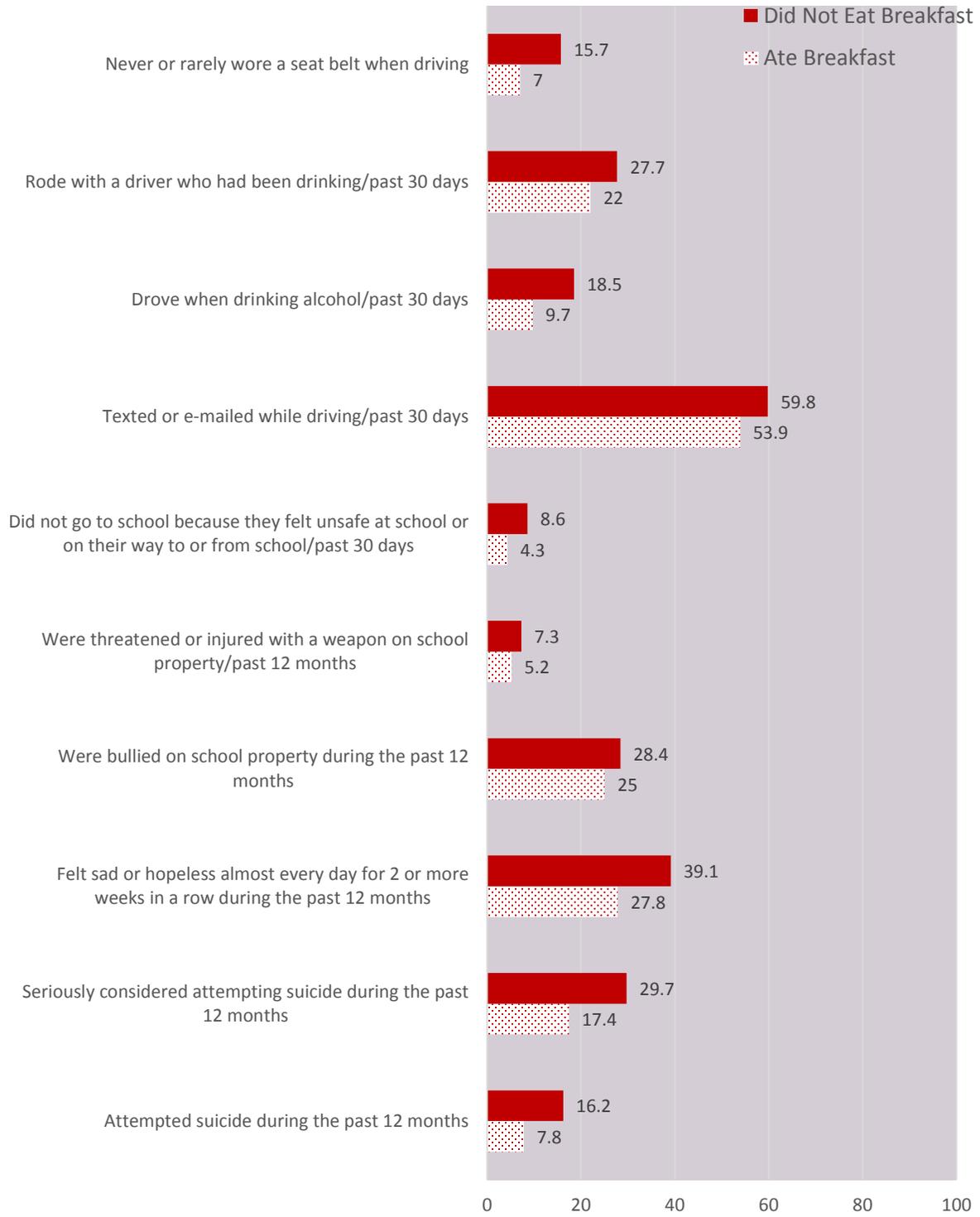
2015 Montana Youth Risk Behavior Survey Breakfast Report

Health Risk Behavior - percentage of students	Students who did NOT eat breakfast	Students who ate breakfast
Never or rarely wore a seat belt when driving	15.7% (11.7-19.7)	7.0% (5.6-8.4)
Rode with a driver who had been drinking during the past 30 days	27.7% (22.6-32.8)	22.0% (20.1-24.0)
Drove when drinking alcohol during the past 30 days	18.5% (13.9-23.2)	9.7% (7.9-11.5)
Texted or e-mailed while driving a car or other vehicle during the past 30 days	59.8% (53.6-66.1)	53.9% (50.4-57.4)
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	8.6% (5.5-11.7)	4.3% (3.5-5.2)
Were threatened or injured with a weapon on school property during the past 12 months	7.3% (4.6-10.0)	5.2% (4.3-6.2)
Were bullied on school property during the past 12 months	28.4% (24.1-32.6)	25.0% (23.0-27.0)
Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months	39.1% (34.2-44.0)	27.8% (26.2-29.5)
Seriously considered attempting suicide during the past 12 months	29.7% (25.2-34.2)	17.4% (16.1-18.7)
Attempted suicide during the past 12 months	16.2% (13.1-19.3)	7.8% (6.6-9.0)
Ever tried cigarette smoking	53.1% (48.5-57.8)	36.9% (33.8-40.1)
Smoked a cigarette during the past 30 days	24.1% (18.9-29.2)	11.6% (9.9-13.2)
Used smokeless tobacco during the past 30 days	15.9% (12.8-19.1)	11.7% (10.2-13.1)
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)	60.5% (55.2-65.7)	49.6% (47.2-52.0)
Used electronic vapor products during the past 30 days	37.6% (32.9-42.3)	28.2% (25.9-30.5)
Ever had a drink of alcohol in their lifetime	77.5% (73.4-81.6)	68.9% (66.9-70.8)
Had a drink of alcohol during the past 30 days	43.5% (38.4-48.7)	32.9% (30.6-35.1)
Had 5 or more drinks of alcohol within a couple hours during the past 30 days	29.0% (24.8-33.1)	19.4% (17.7-21.1)
Ever used marijuana in their lifetime	50.7% (45.6-55.8)	35.5% (31.9-39.1)
Used marijuana during the past 30 days	29.8% (25.7-34.0)	17.9% (15.7-20.1)

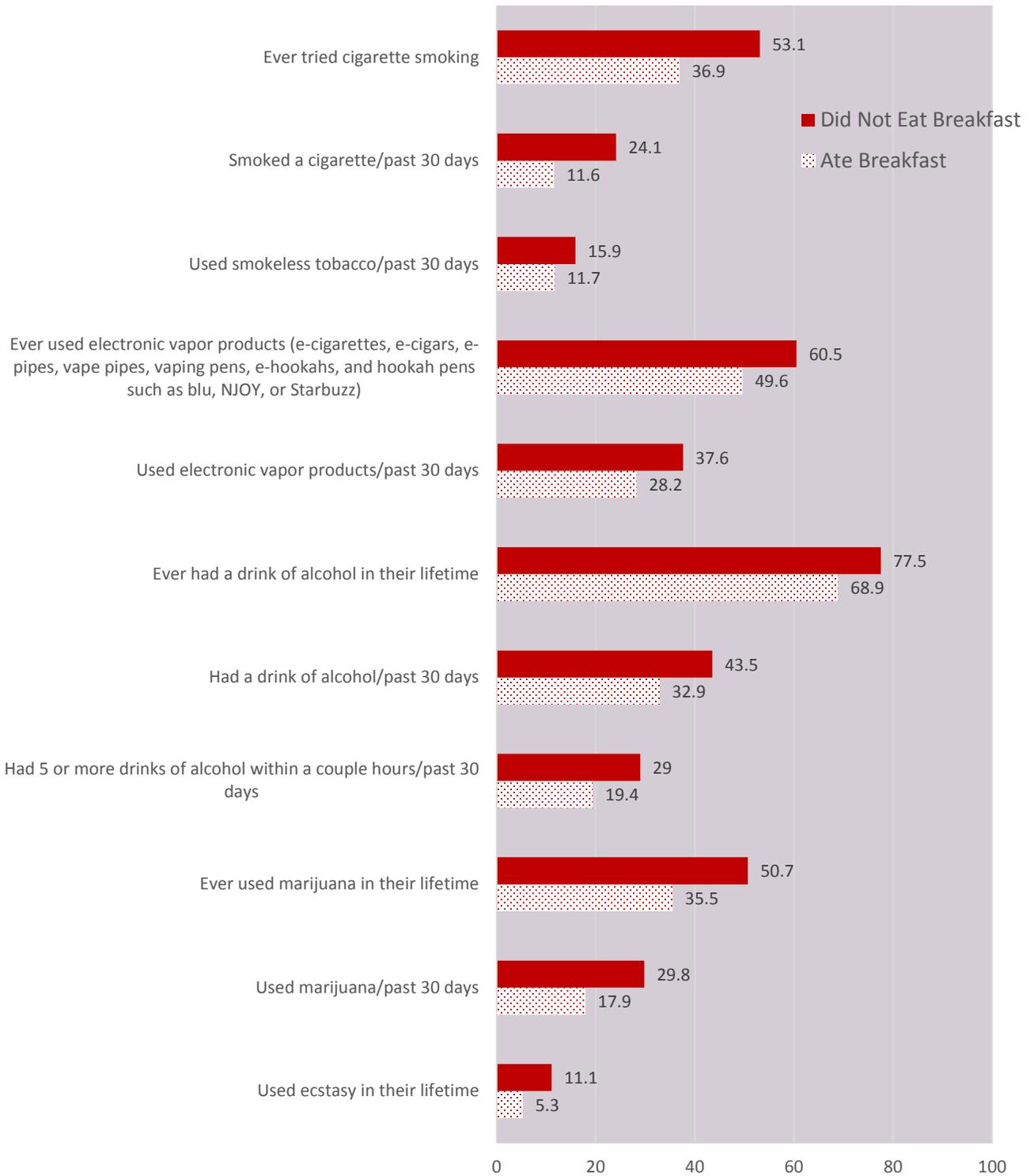
2015 Montana Youth Risk Behavior Survey Breakfast Report

Health Risk Behavior by percentage of students	Students who did NOT eat breakfast	Students who ate breakfast
Ever used ecstasy in their lifetime	11.1% (8.2-13.9)	5.3% (4.4-6.1)
Had sexual intercourse during the past 3 months	42.0% (35.4-48.5)	31.0% (28.5-33.5)
Did not eat fruit or drink 100% fruit juice during the past 7 days	15.0% (11.2-18.9)	3.7% (3.0-4.4)
Did not eat green salad, potatoes, carrots, or other vegetables during the past 7 days	13.5% (10.7-16.3)	3.9% (2.9-5.0)
Drank a can, bottle, or glass of soda or pop daily during the past 7 days	28.5% (23.9-33.1)	17.2% (15.8-18.6)
Were physically active at least 60 minutes per day on 5 or more of the past 7 days	41.4% (36.9-45.9)	55.8% (53.9-57.6)
Watched 3 or more hours of TV on an average school day	27.7% (22.6-32.8)	21.1% (19.3-22.9)
Played video or computer games 3 or more hours per day on an average school day	39.8% (35.2-44.3)	33.4% (31.5-35.3)
Had 8 or more hours of sleep on an average school night	20.9% (17.2-24.6)	34.4% (32.5-36.2)
Made mostly A's or B's in school during the past 12 months	60.1% (55.6-64.7)	77.2% (74.9-79.4)
Were obese (\geq 95 th percentile for body mass index)	13.1% (9.7-16.6)	10.0% (8.8-11.1)
Were overweight (\geq 85 th percentile but $<$ 95 th percentile for body mass index)	16.7% (13.3-20.2)	14.7% (13.3-16.1)
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	16.5% (12.2-20.7)	11.8% (10.6-13.1)

2015 Montana Youth Risk Behavior Survey Breakfast Report



2015 Montana Youth Risk Behavior Survey Breakfast Report



2015 Montana Youth Risk Behavior Survey Breakfast Report

