

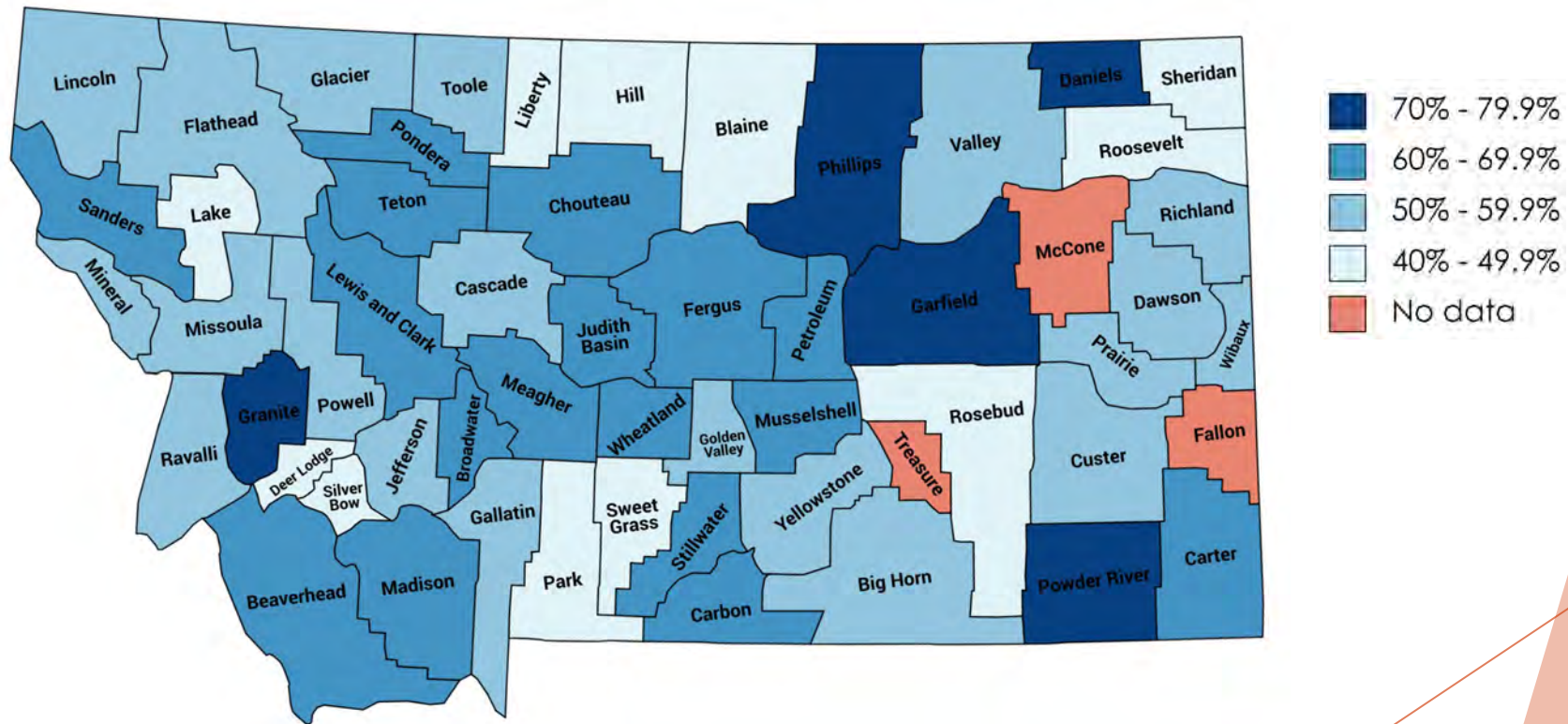
Physical Activity and Other Health Behavior Maps

2021 Montana Youth Risk Behavior Survey
County-Level Data

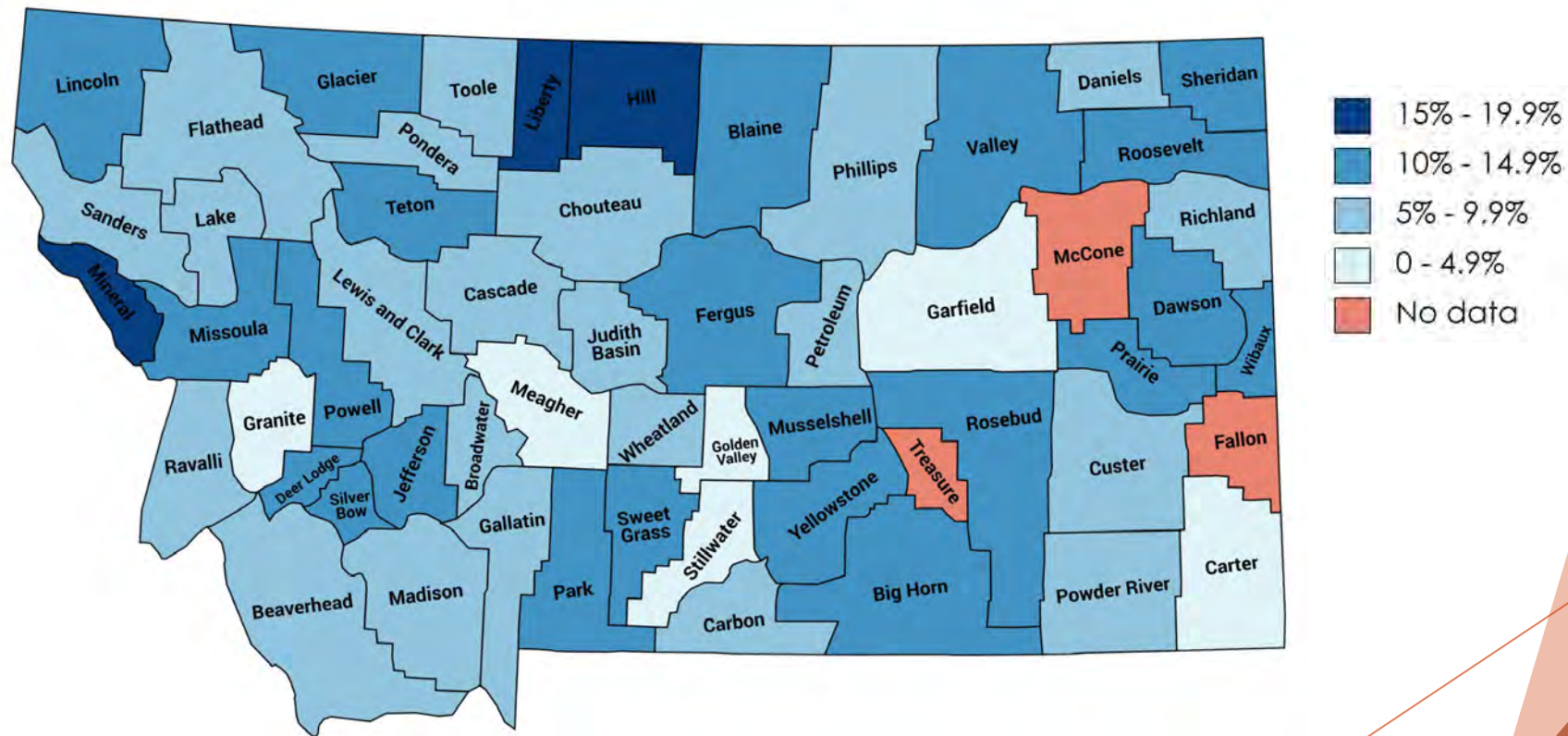


Percentage of Montana High School students. . .

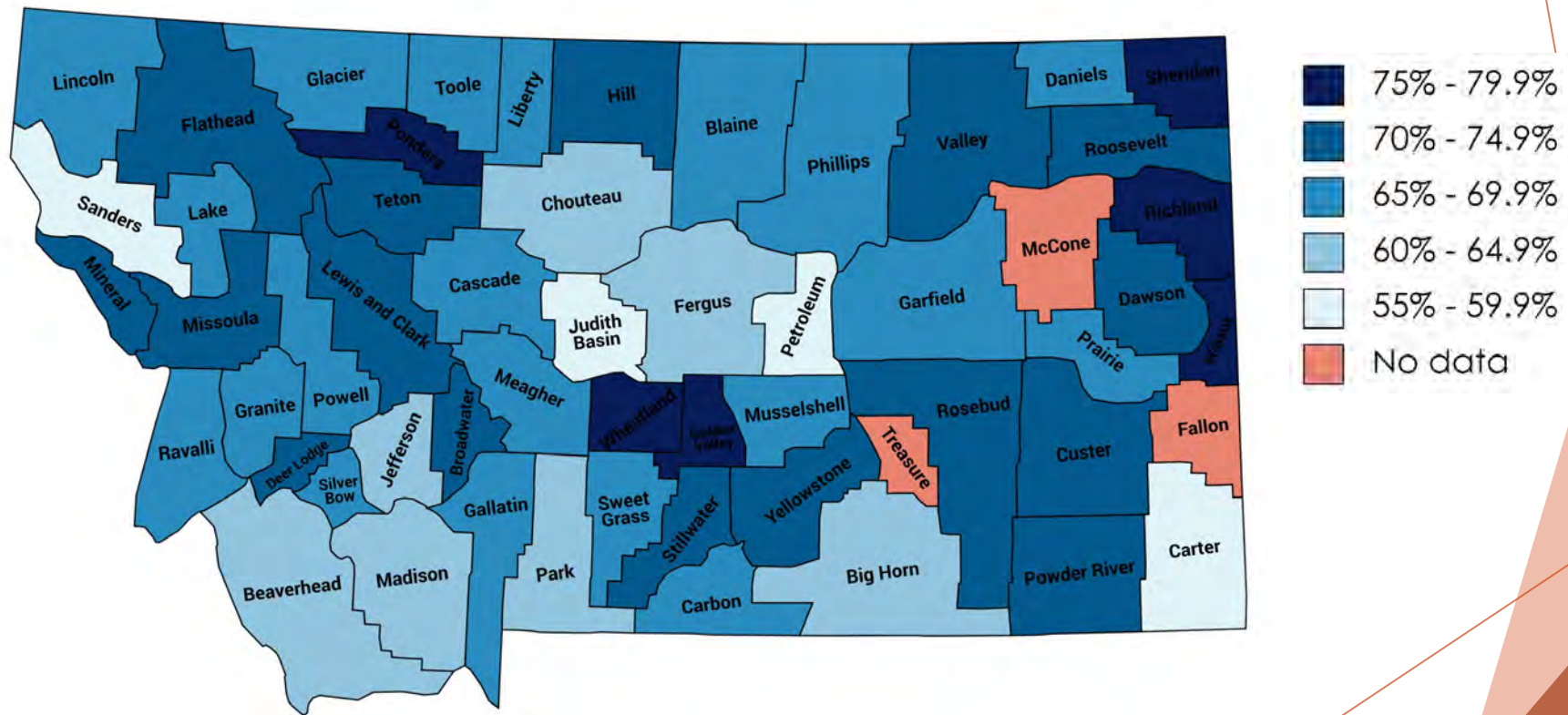
Were physically active on five or more of the past 7 days, for at least 60 minutes per day with increased heart rate and made breathing hard some of the time (“Recommended level of physical activity”.)



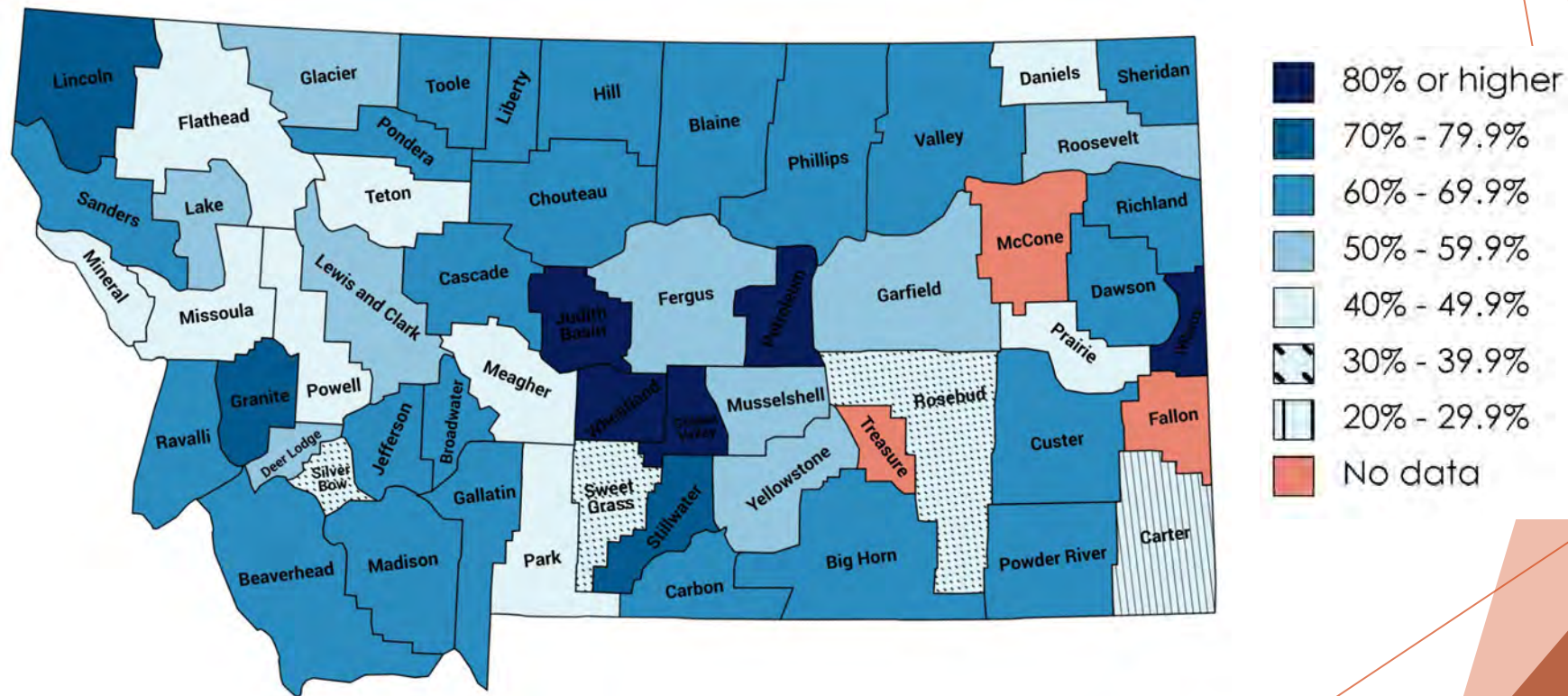
Did not get 60 minutes of physical activity on any of the past 7 days



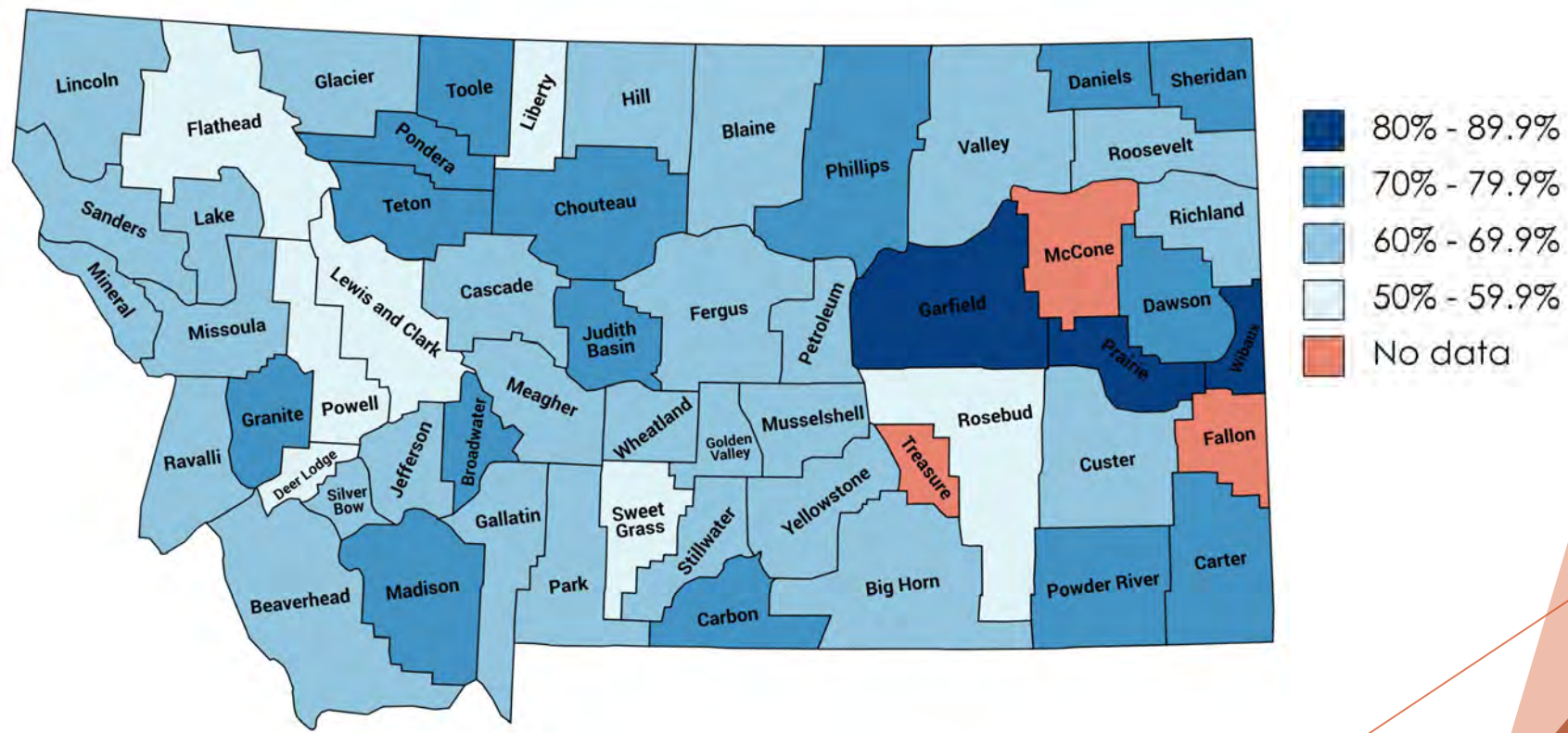
Spent three or more hours on screen time on an average school day (TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media. Do not count schoolwork.)



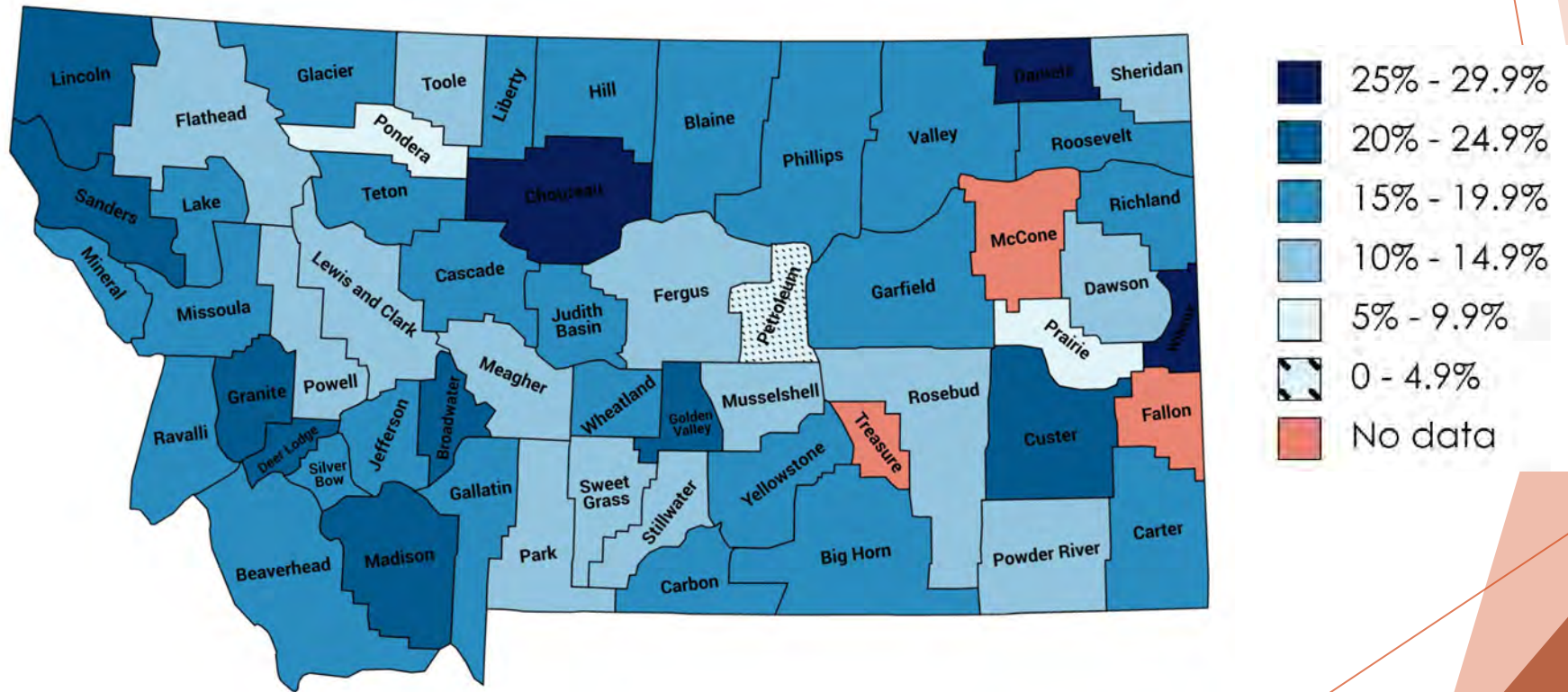
Attended physical education (PE) class one or more times during an average school week



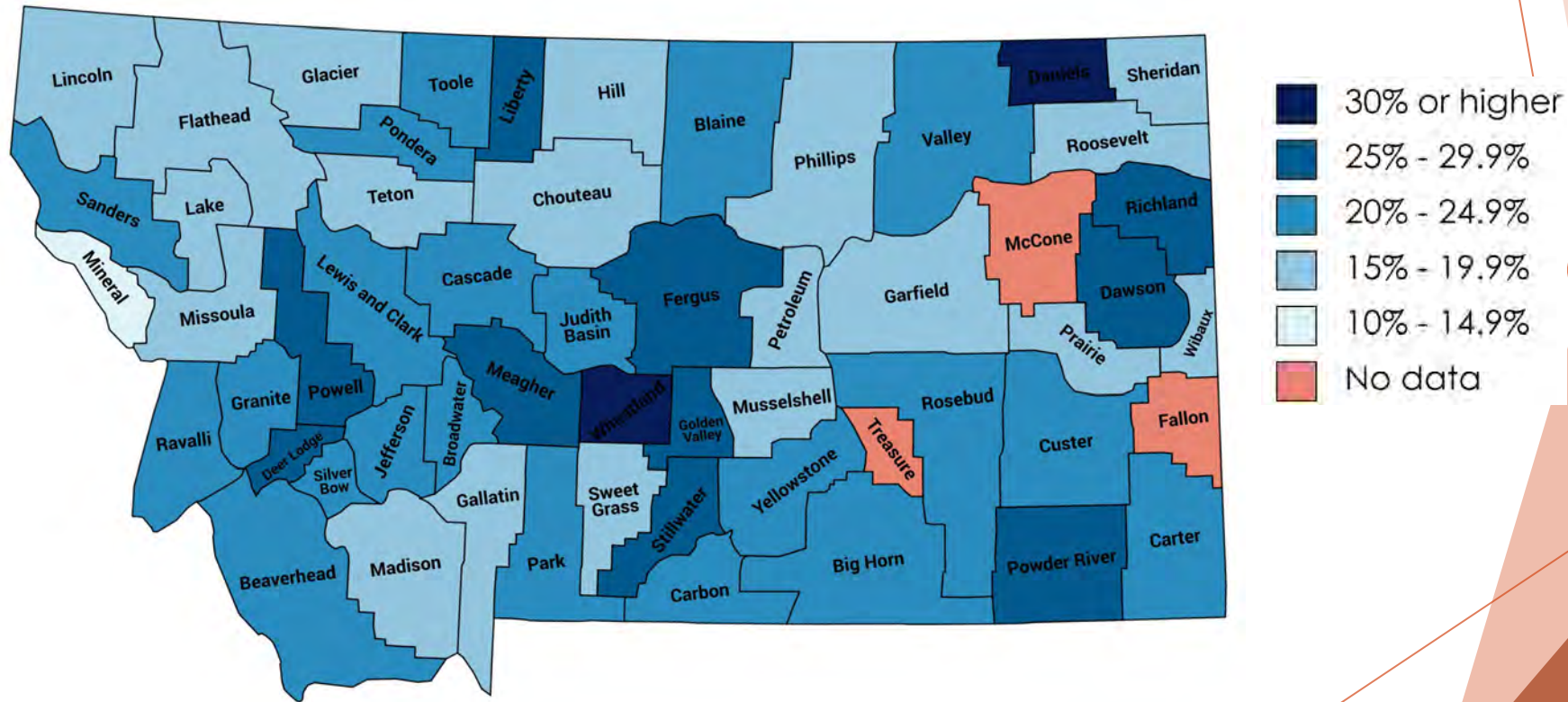
Played on one or more sports teams run by the school or community, past 12 months



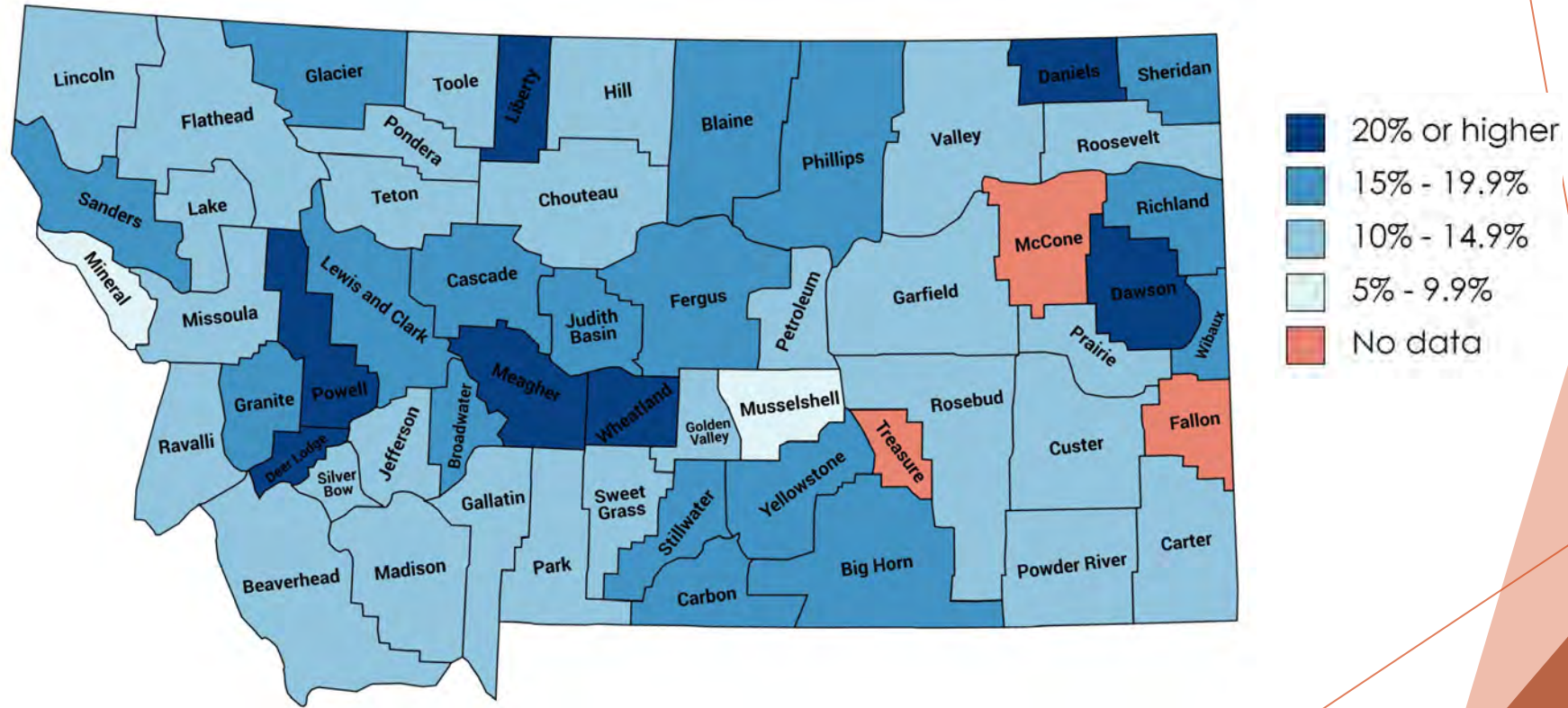
Had a concussion from playing a sport or being physically active, past 12 months



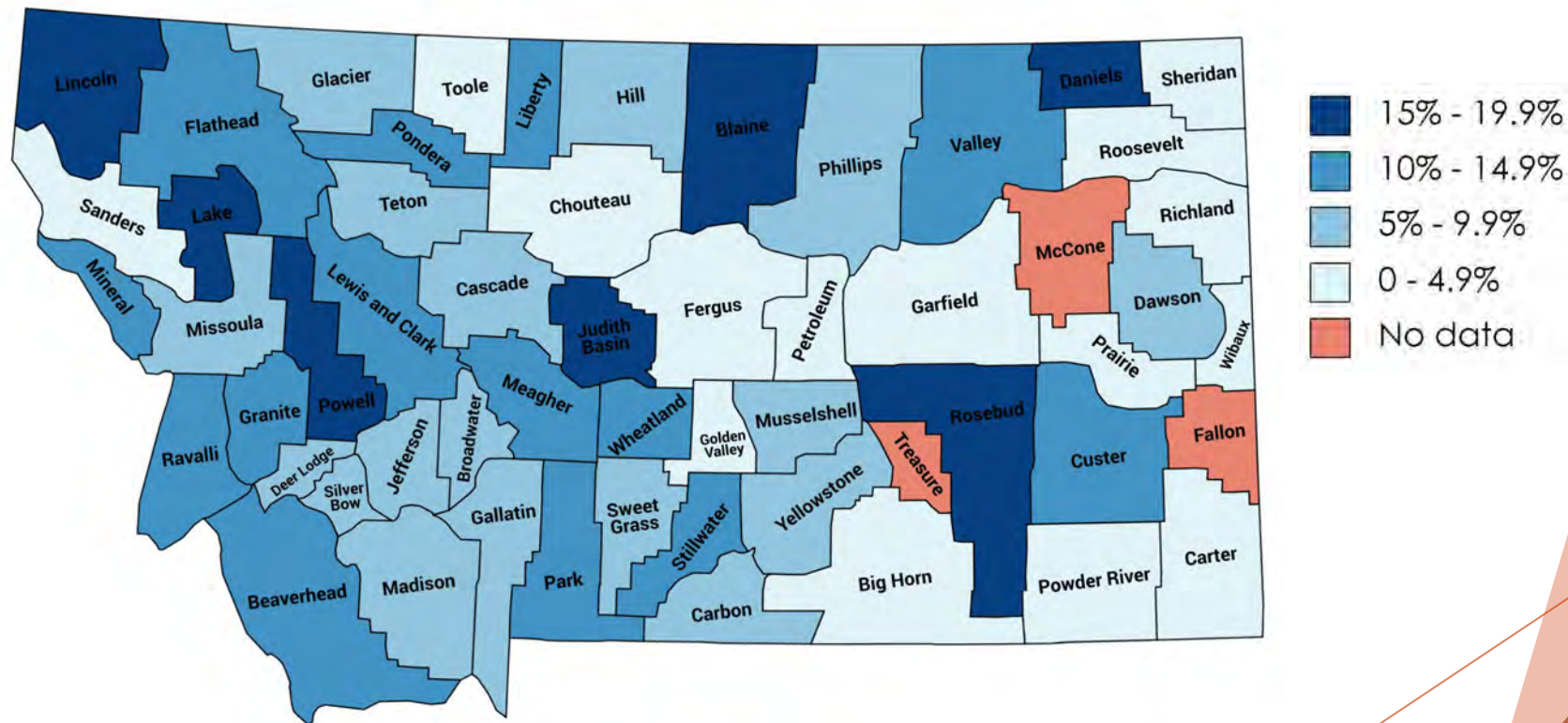
Had ever been told by a doctor or nurse they have asthma



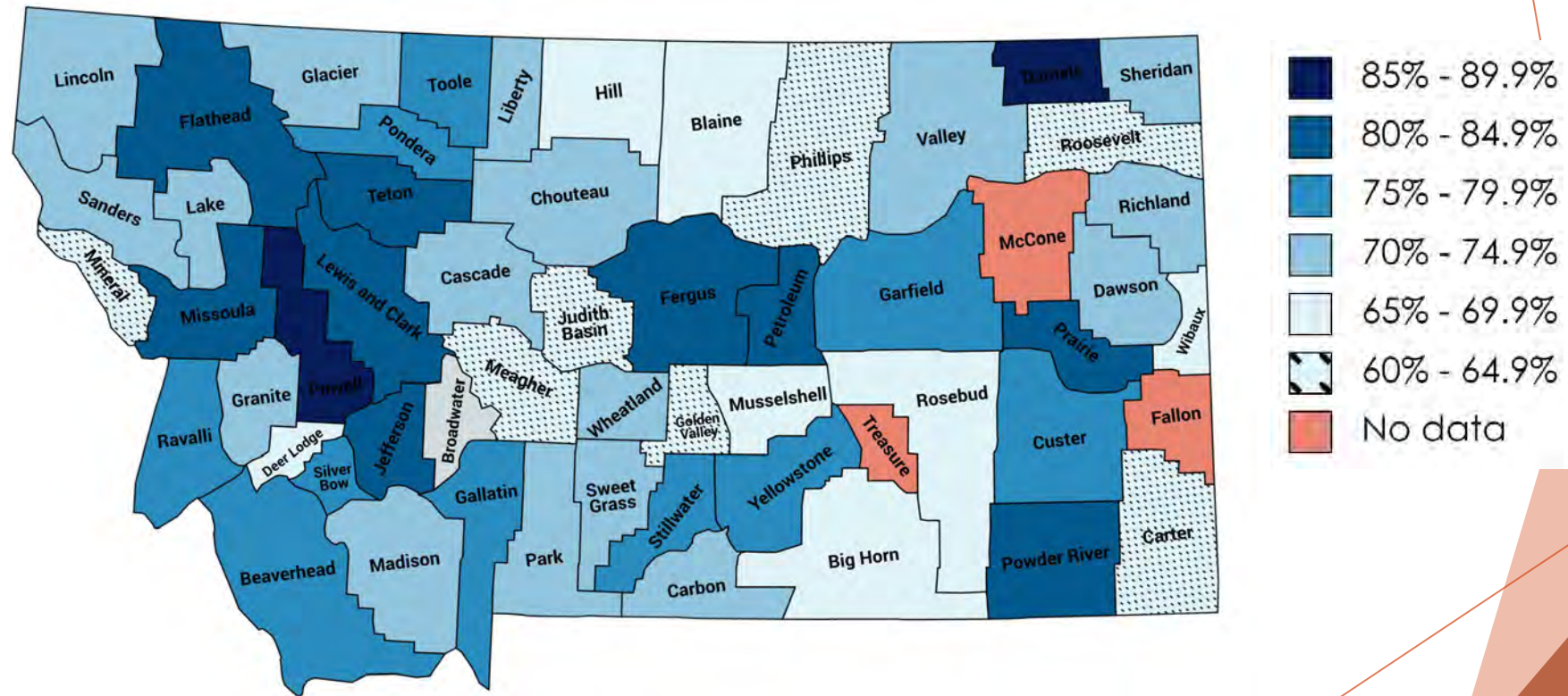
Currently have asthma



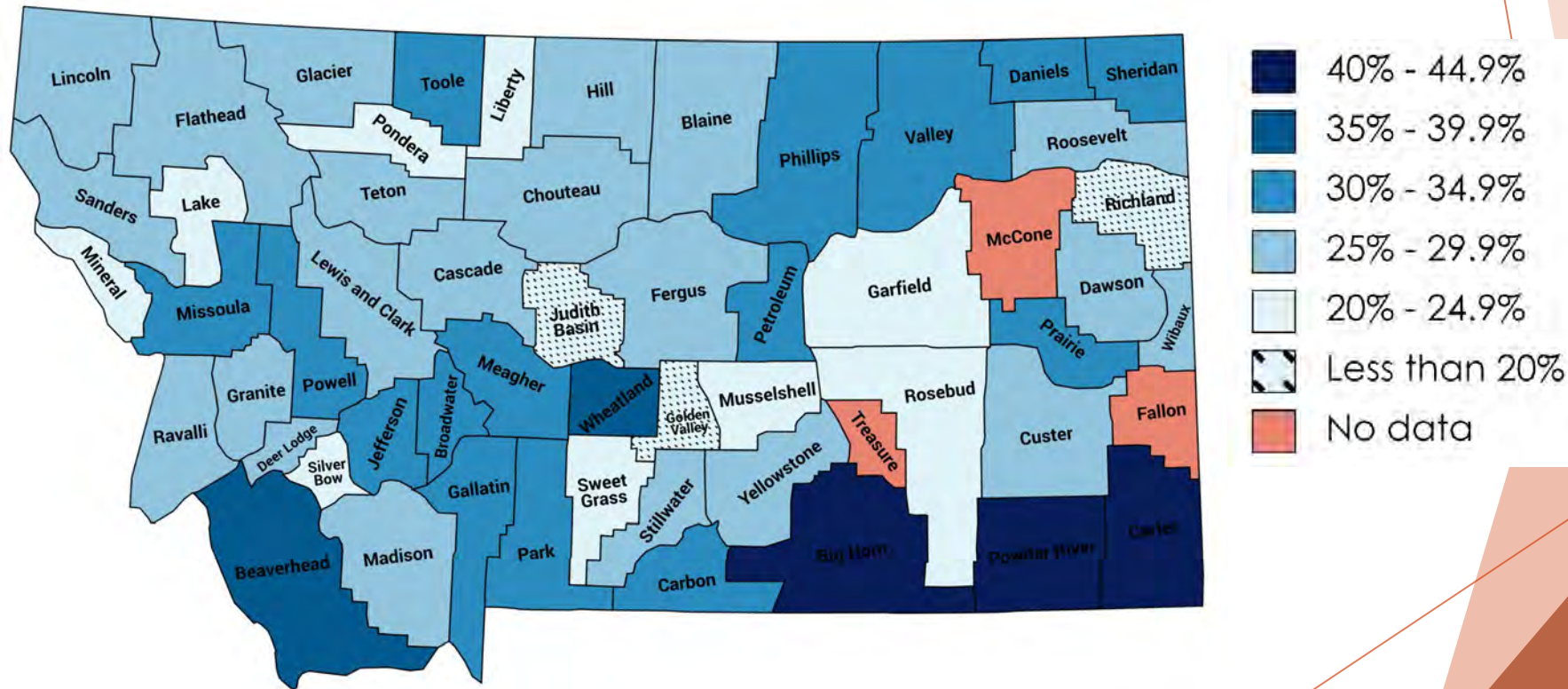
Among students with asthma, those who missed one or more days of school because of their asthma, past 30 days



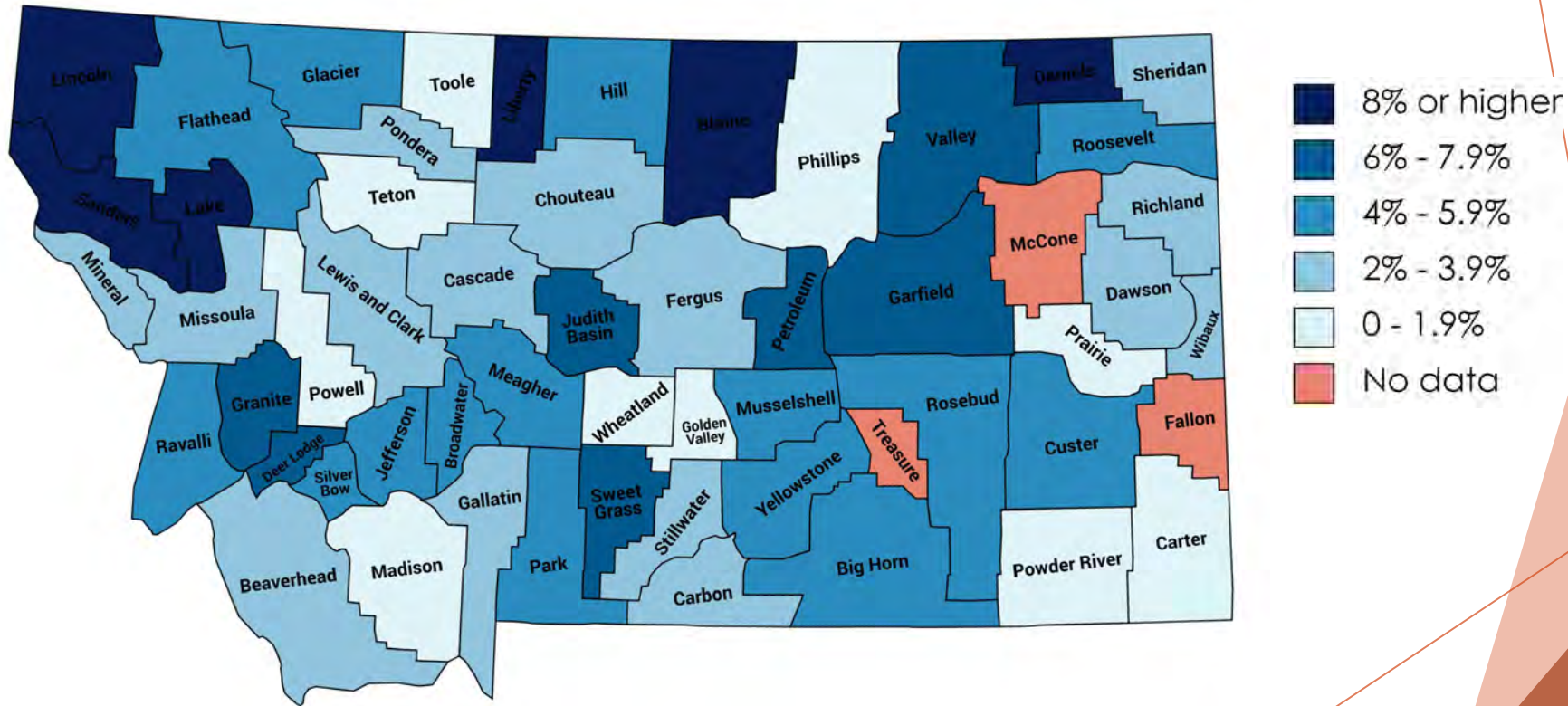
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work, past 12 months



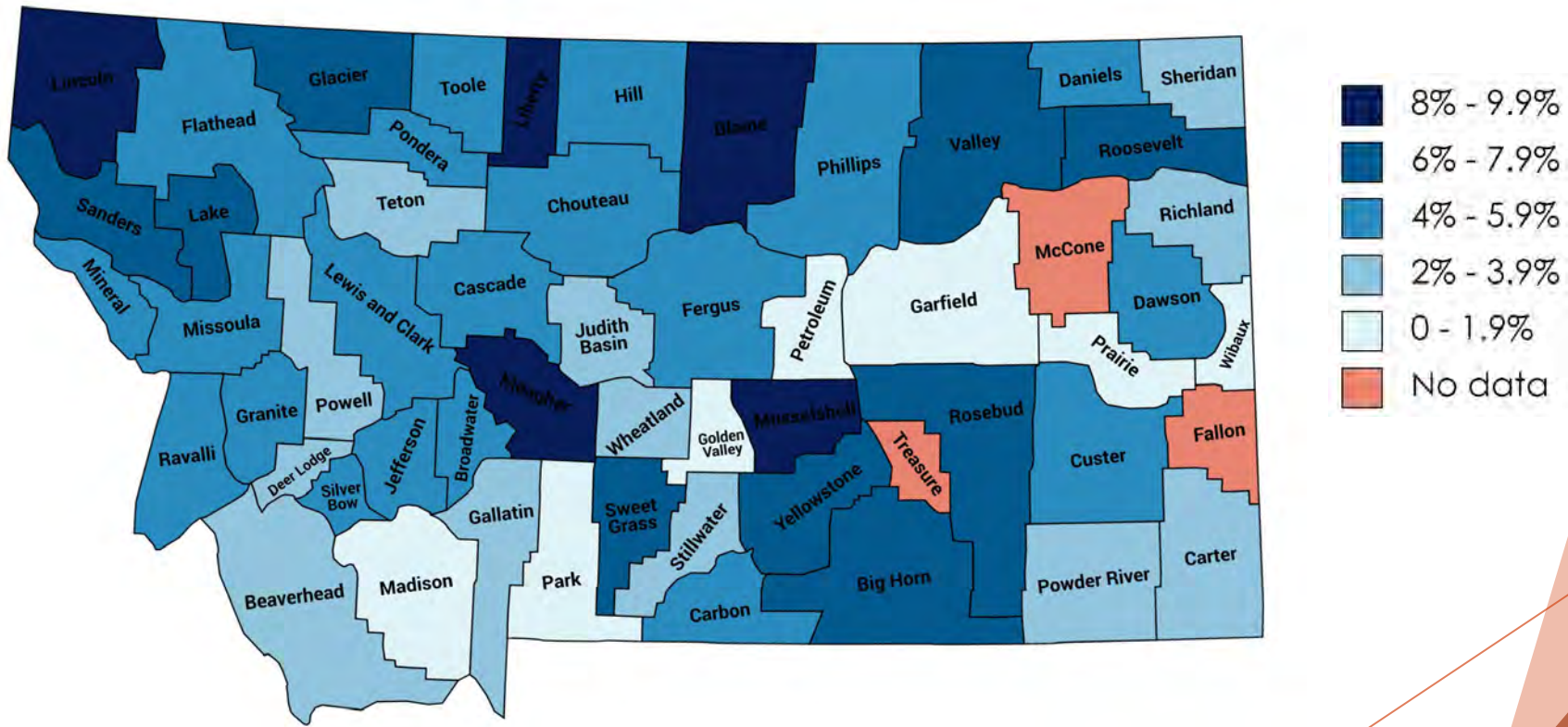
Got 8 or more hours of sleep on an average school night



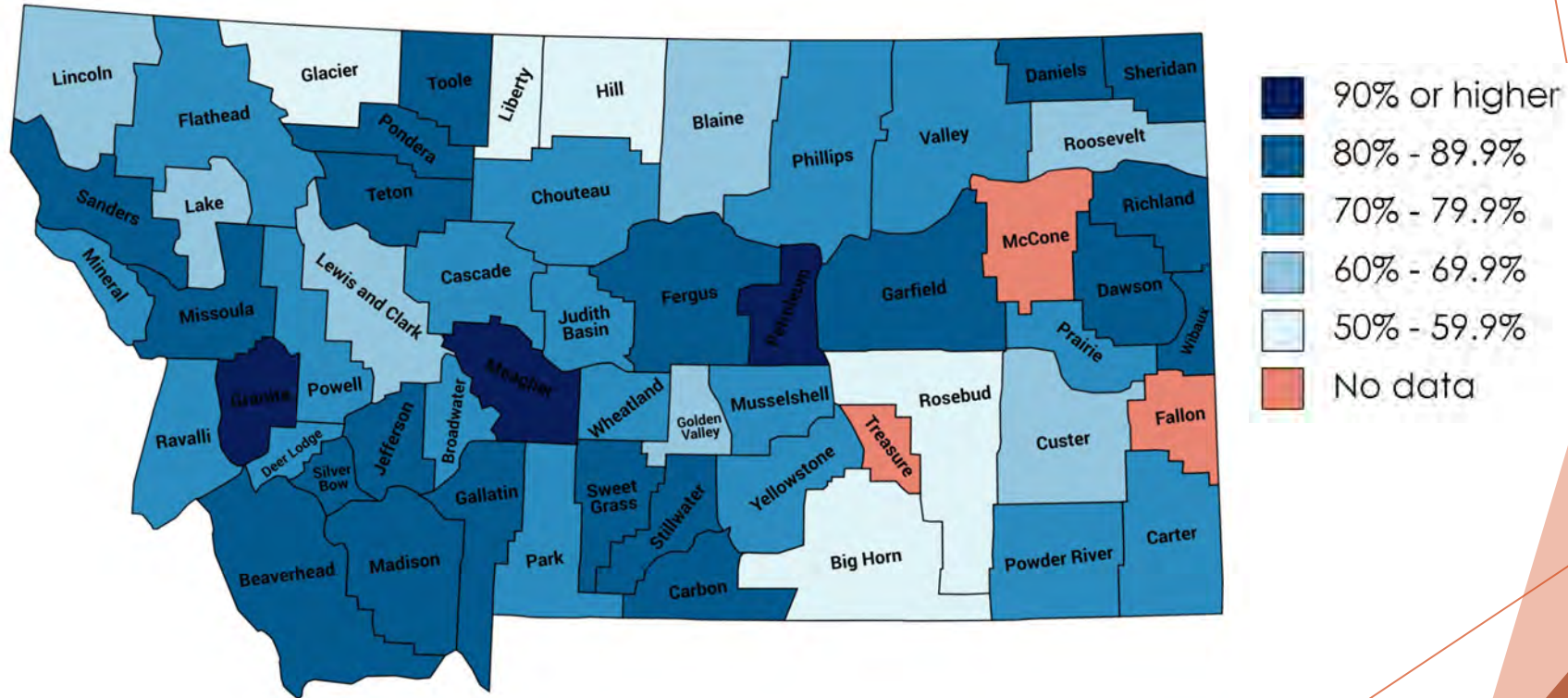
Did not usually sleep in their parent's or guardian's home, past 30 days ("homelessness".)



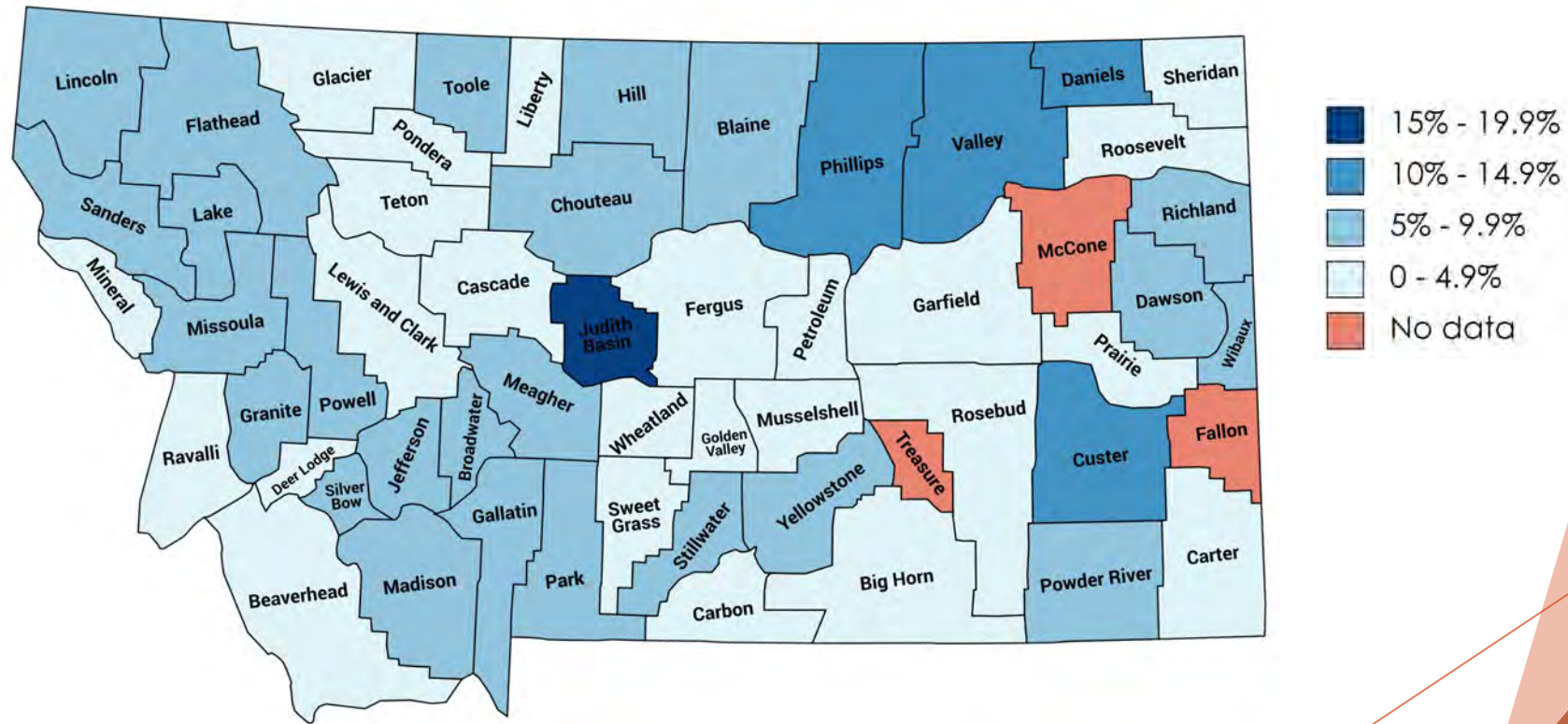
Slept away from their parents or guardians because they were kicked out, ran away, or were abandoned, past 30 days



Earned mostly A's or B's in school, past 12 months



Used an indoor tanning device, past 12 months (such as a sunlamp, sunbed, or tanning booth.)



Received help from a resource teacher, speech therapist, or other special education teacher, past 12 months

