

Montana Board of Public Education Executive Summary

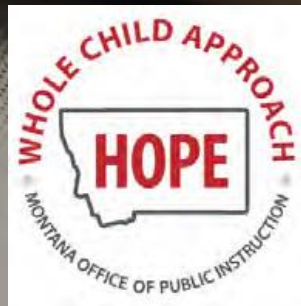
Date: January 18-19, 2024

Presentation	Youth Risk Behavior Survey Report
Presenter	Genie Zeeck
Position Title	Health Enhancement Program Specialist Office of Public Instruction
Overview	This is an informational item to review the results of the 2023 Youth Risk Behavior Survey.
Requested Decision(s)	Informational Item
Related Issue(s)	Student health; Student safety; YRBS
Recommendation(s)	n/a



Montana
Office of Public Instruction
Elsie Arntzen, State Superintendent
opi.mt.gov

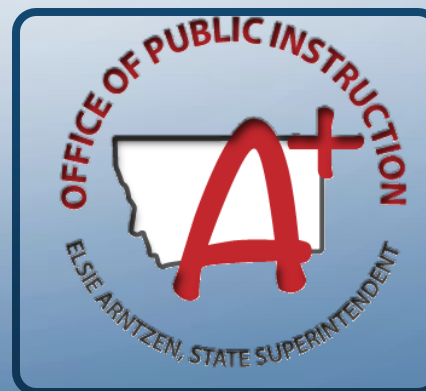
MONTANA YOUTH RISK BEHAVIOR SURVEY



OFFICE OF PUBLIC INSTRUCTION
SUPERINTENDENT ELSIE ARNTZEN

THE MONTANA YOUTH RISK BEHAVIOR SURVEY (YRBS)

Developed by the U.S. Centers for Disease Control and Prevention (CDC) in 1991. Since 1991, the Montana OPI has administered the YRBS through a cooperative agreement with the U.S. Centers for Disease Control and Prevention (CDC). Montana OPI has partnered with other state agencies to bring this information to you.



THE YRBS TRACKS SPECIFIC BEHAVIORS

The survey is a measurement of health risk behaviors that contribute to the leading causes of mortality, morbidity, and social problems among youth and adults in the United States.

These behaviors fall into six categories

Unintentional injuries
and violence

Tobacco use

Alcohol and
other drug use

Dietary behaviors
and nutrition

Sexual
behaviors

Physical Inactivity

The Breakdown

- **Participation**

- Voluntary
- Student reported
- Confidential
- Completed in one class period during February and March of odd years
- All Montana schools 7-12 have the option to participate for their own survey.

- **Data**

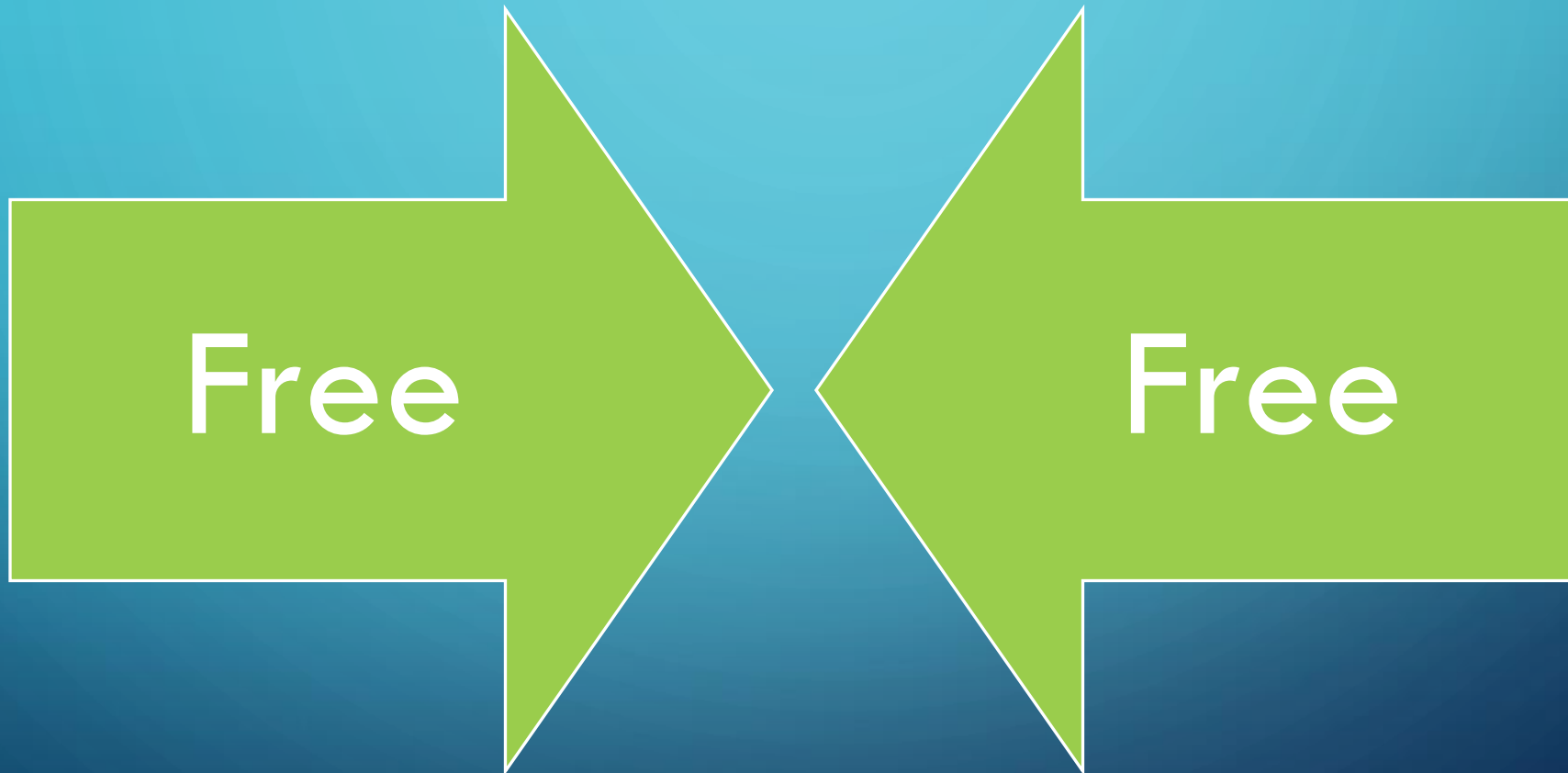
- CDC report attains a random sample of 50 schools for the state survey
- We participated with three schools in the USA sample in 2021
- Data available: School-specific, county-level, MASS, Grades 7-8, Native Americans on or near a reservation, Native American students in urban schools, Alternative schools, Non-public Accredited schools, and Students with Disabilities.

- **Longevity**

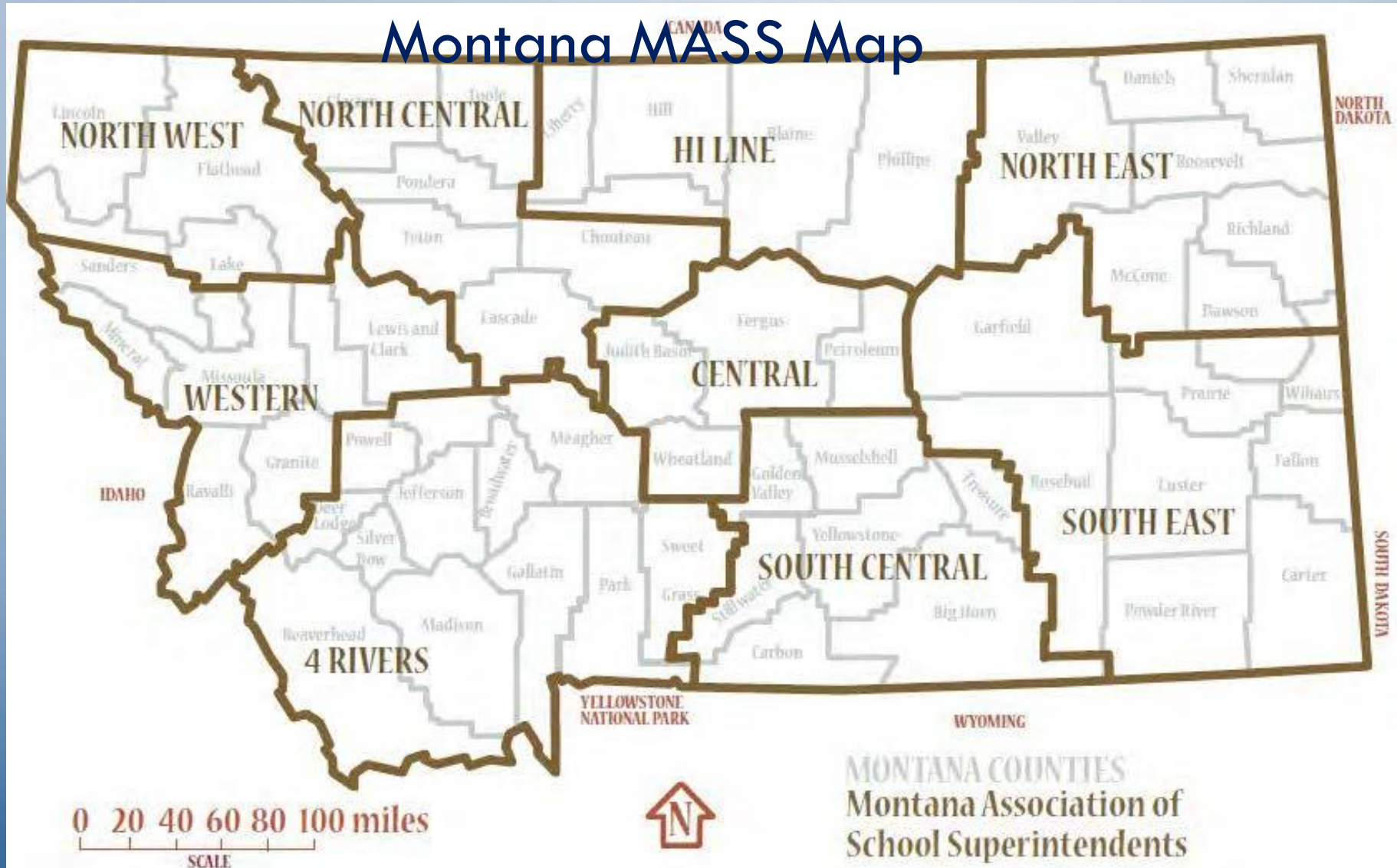
- Montana OPI has attained one of the the longest YRBS trend analysis data in the nation.
- The survey occurs biennially in odd-numbered years.
- The data is stored and can be attained for grants, school improvement and staff development for years.



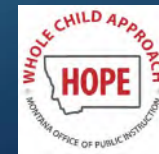
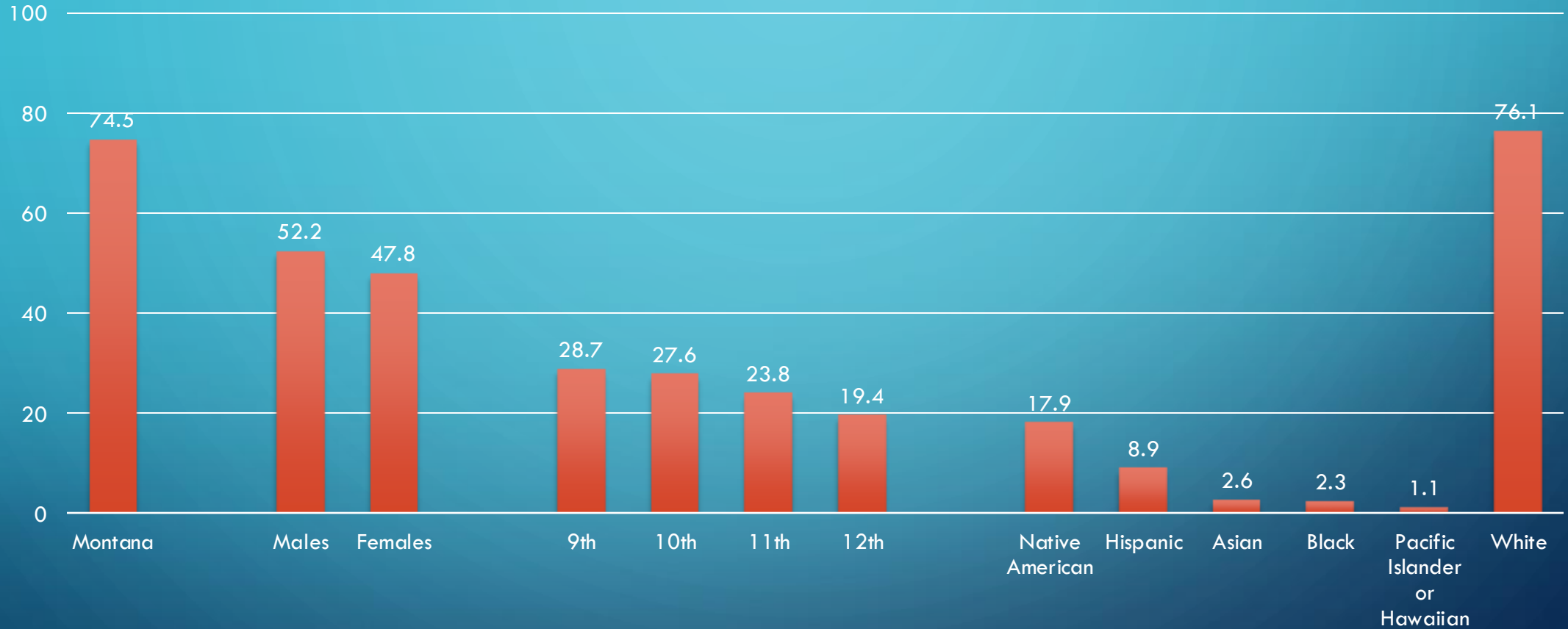
THERE IS NO COST TO THE SCHOOL!



Montana MASS Map

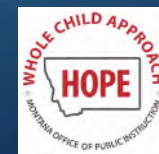
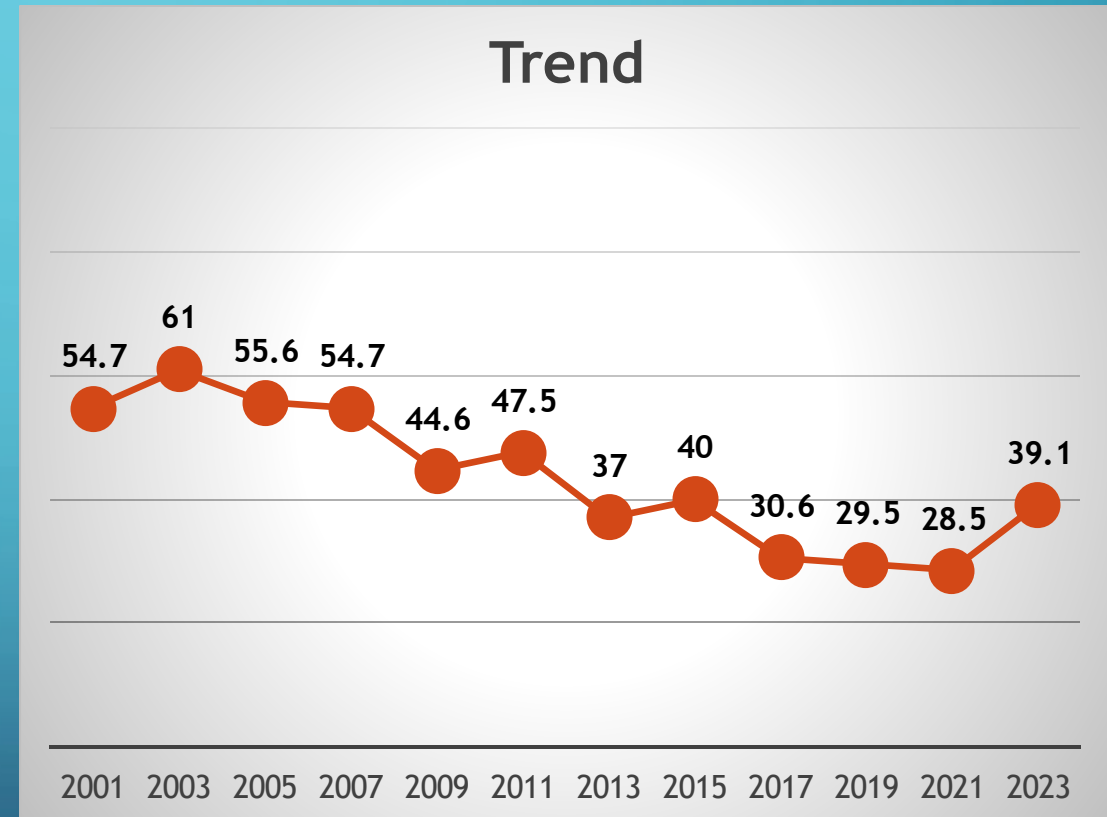
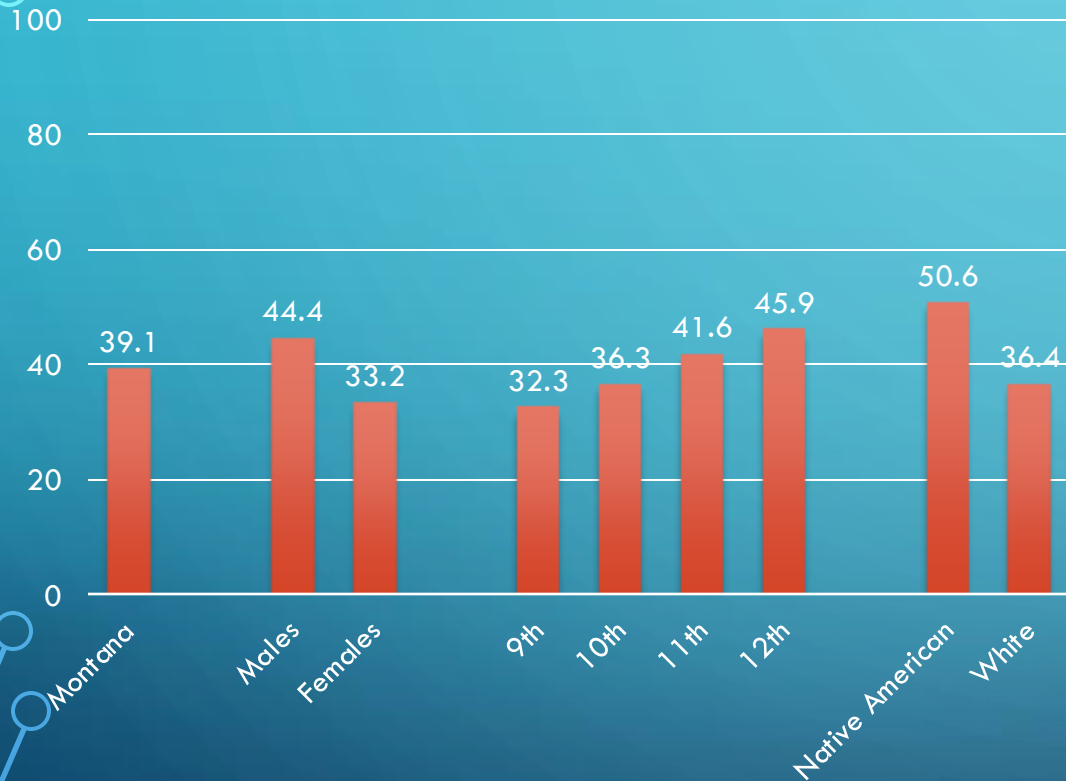


Frequency Distribution of the Survey for 2023



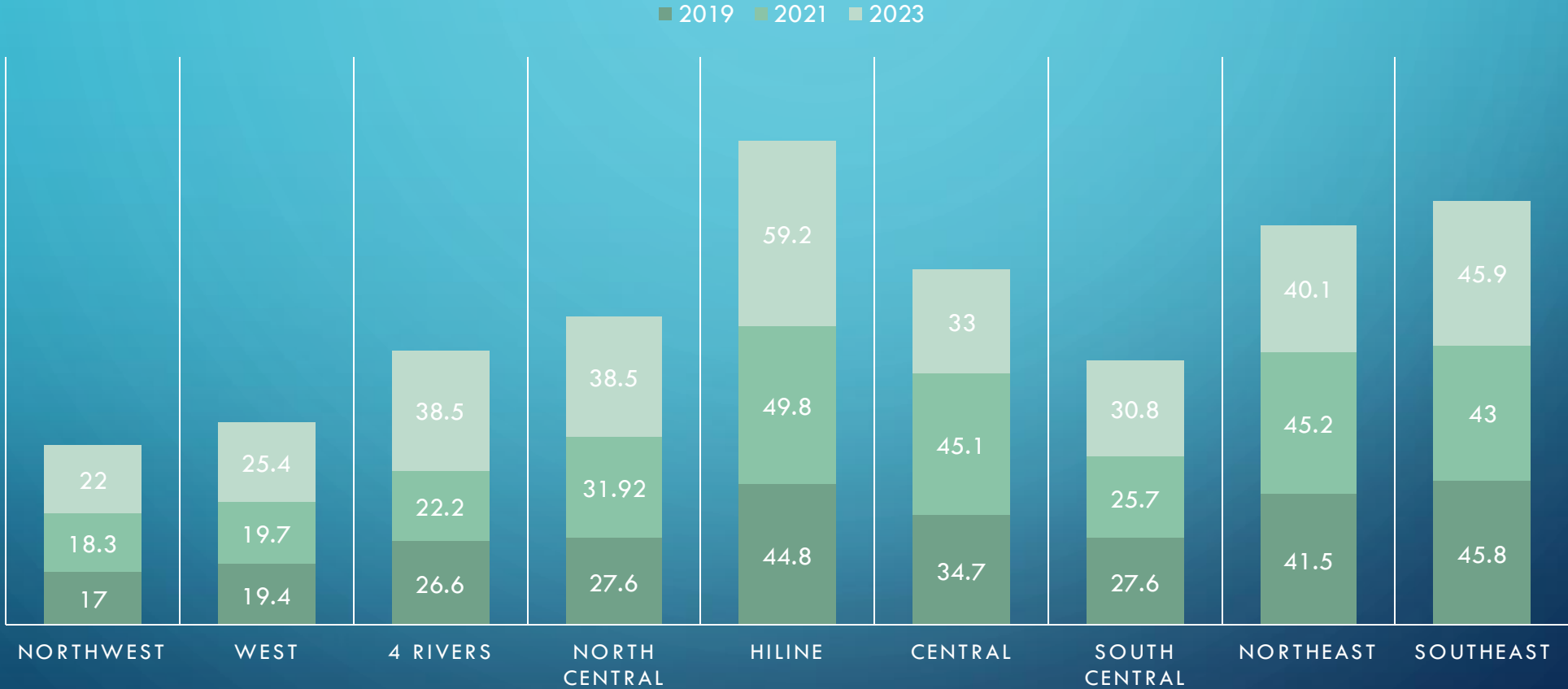
Percentage of students who did not ALWAYS wear a seat belt when driving a car

(Among drivers during the past 30 days)



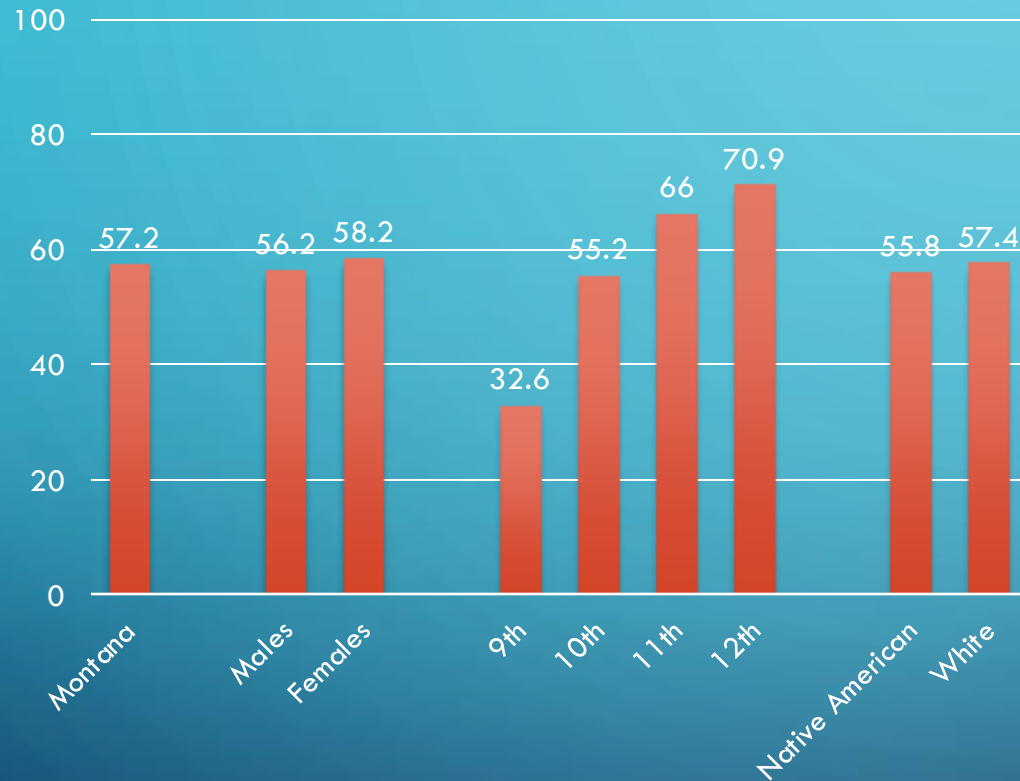
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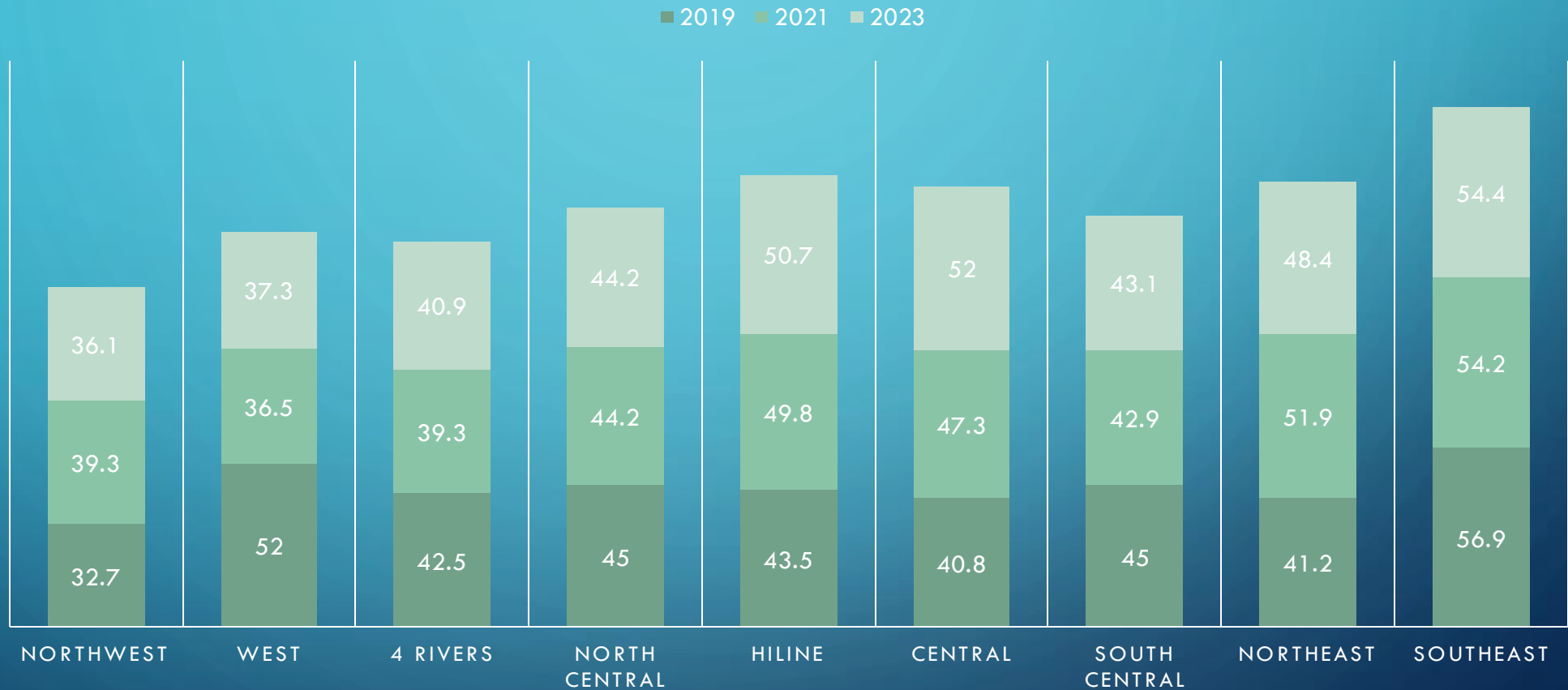
Percentage of students who texted or e-mailed while driving a car

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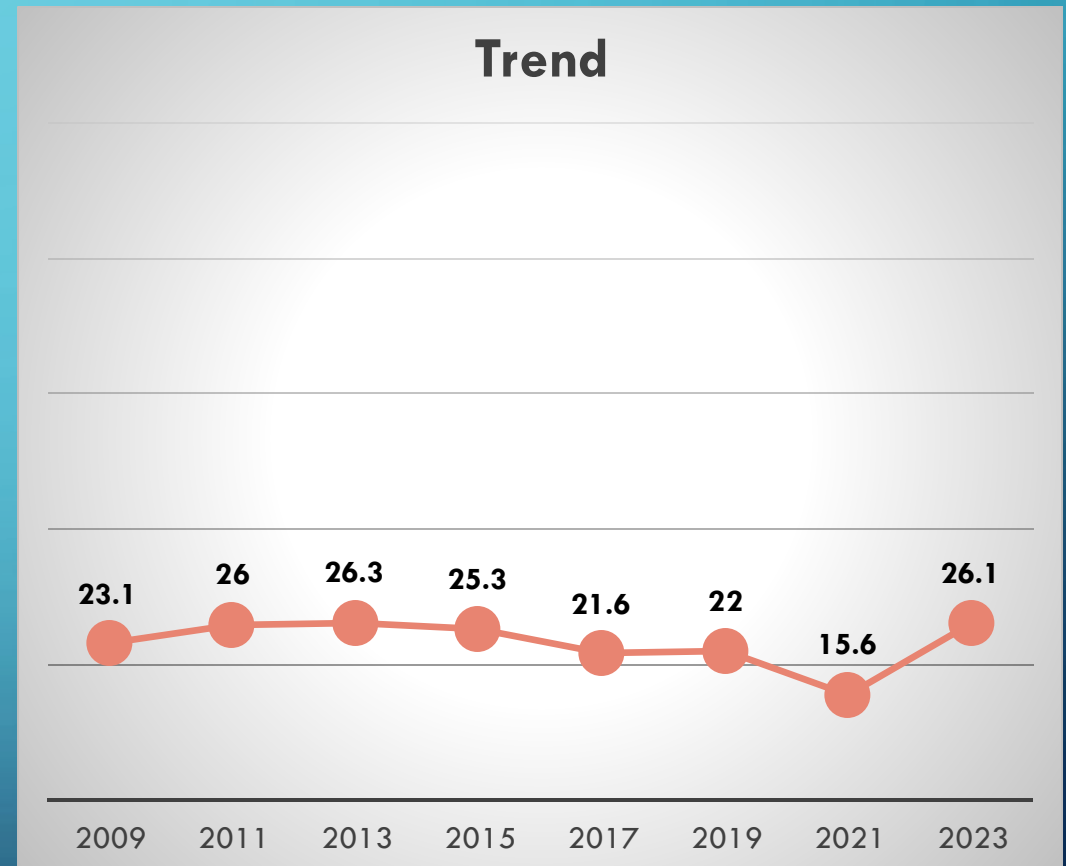
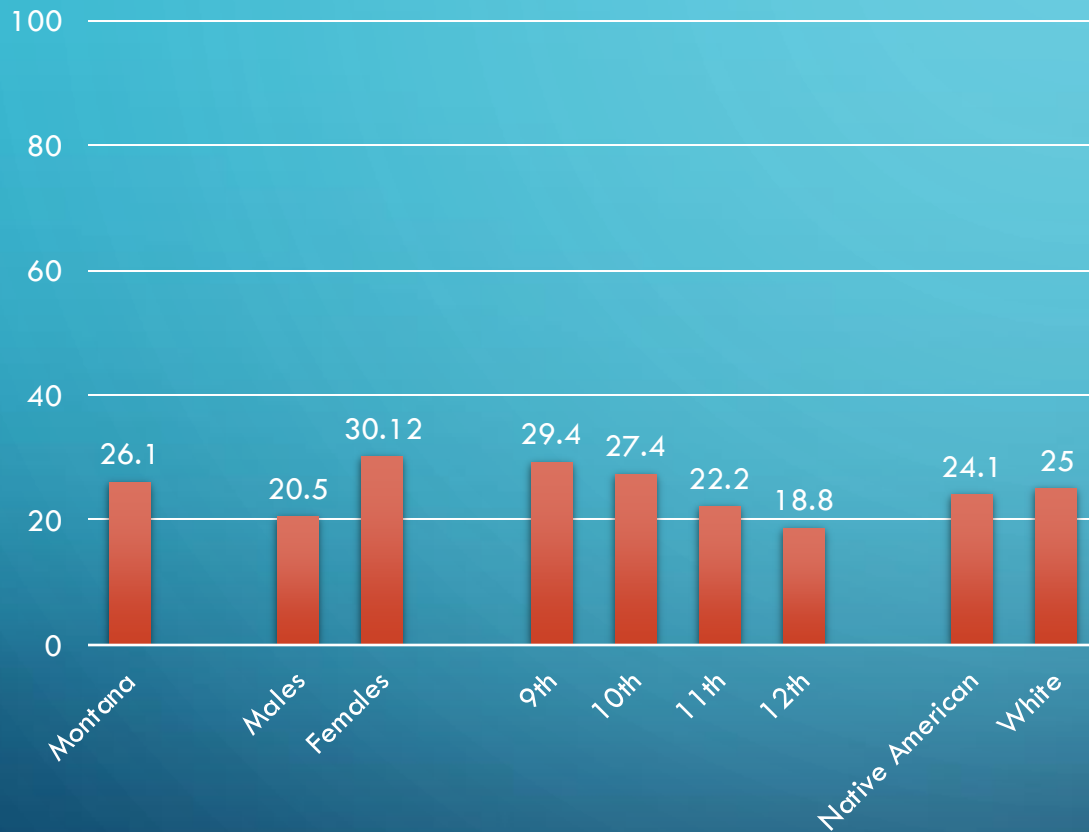


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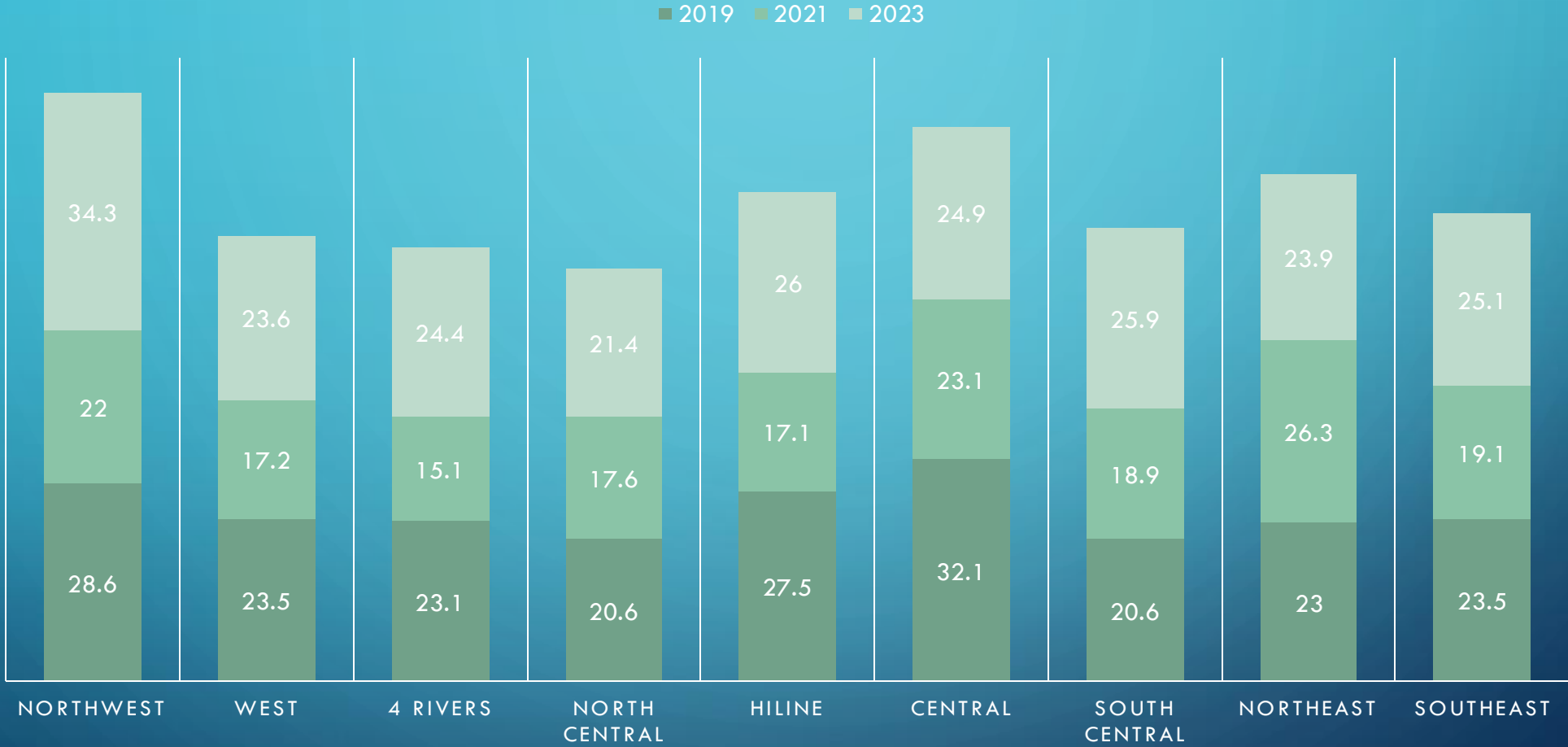
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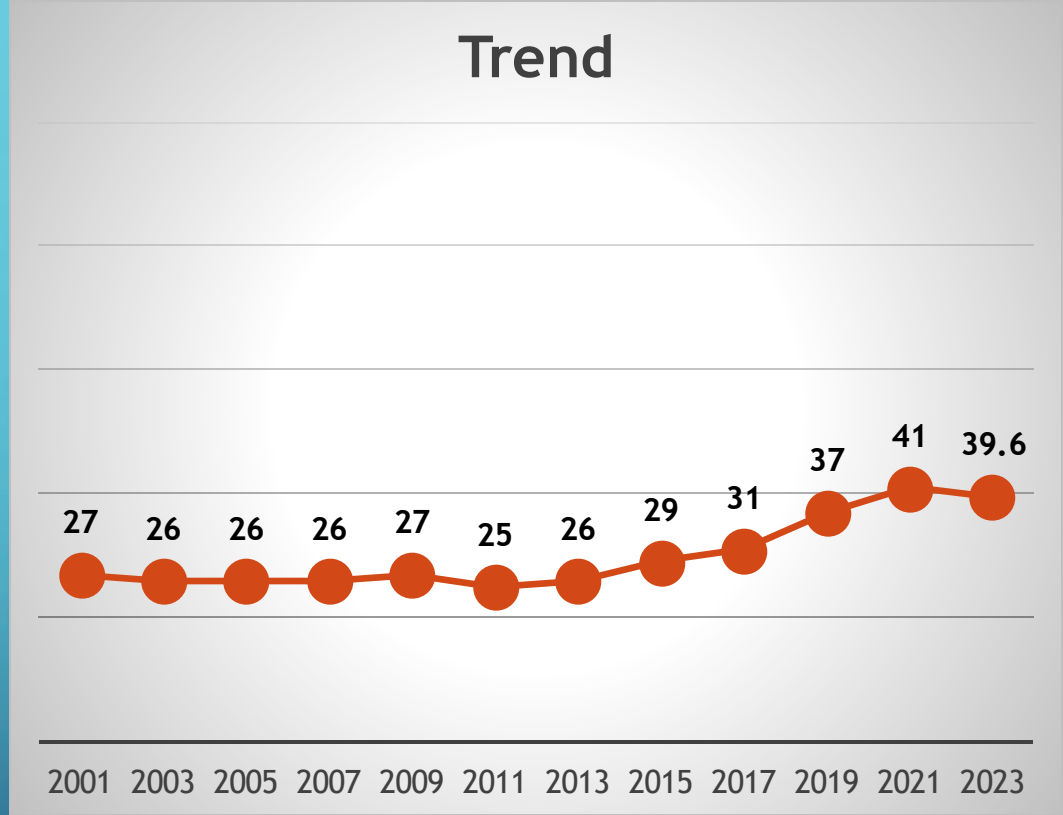
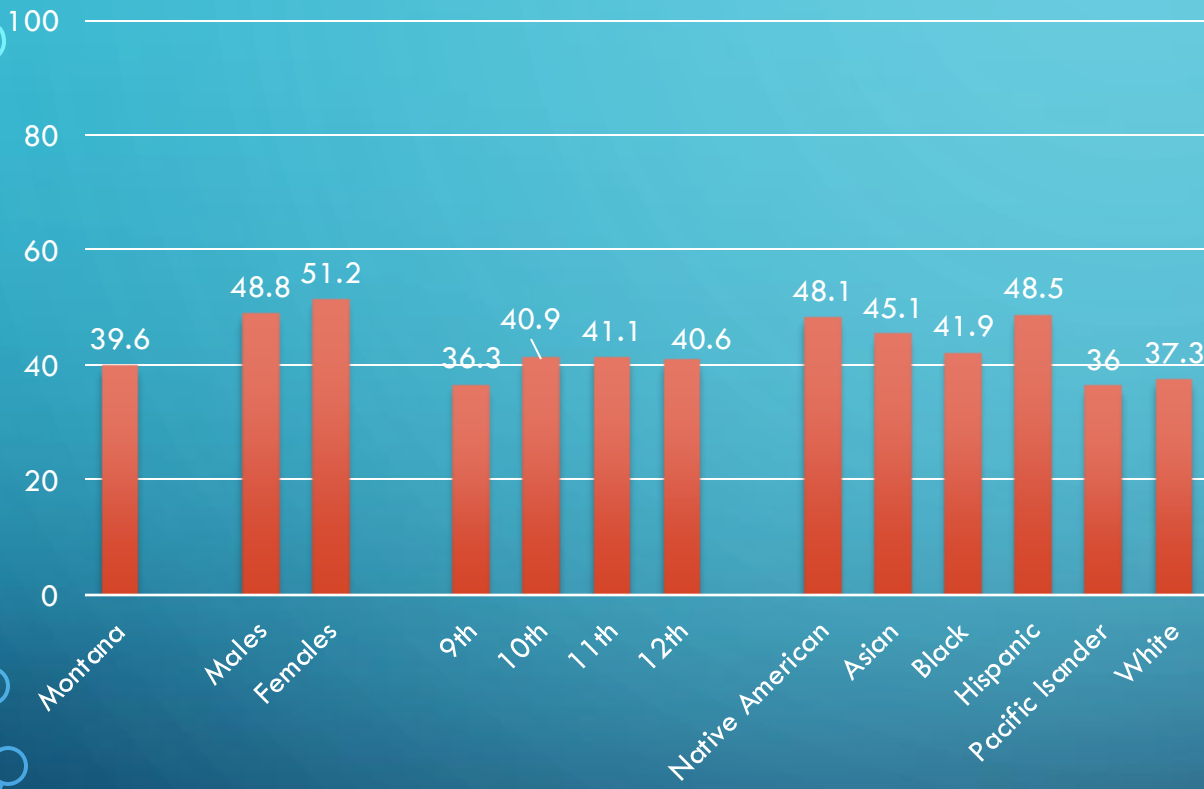
Percentage of students who were bullied on school property (past 12 months)



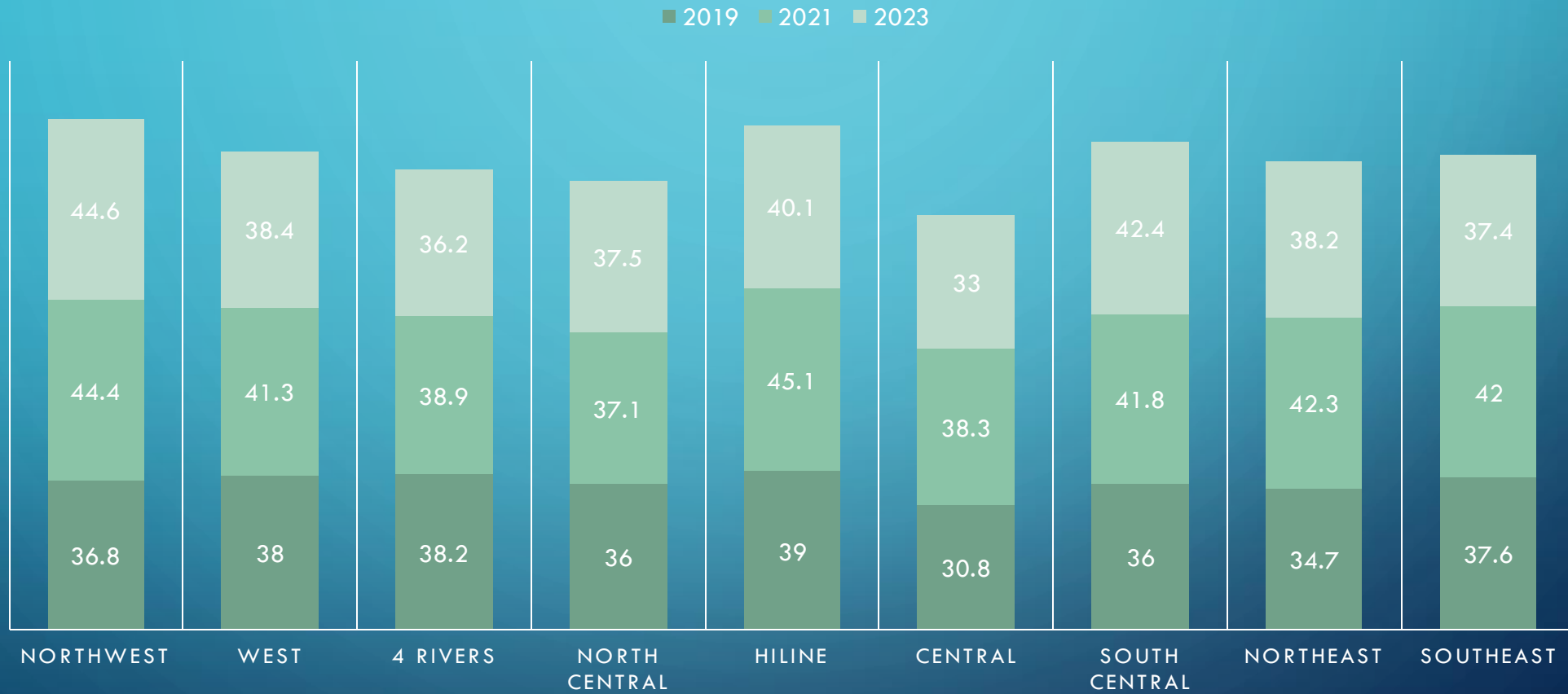
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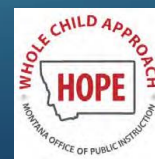
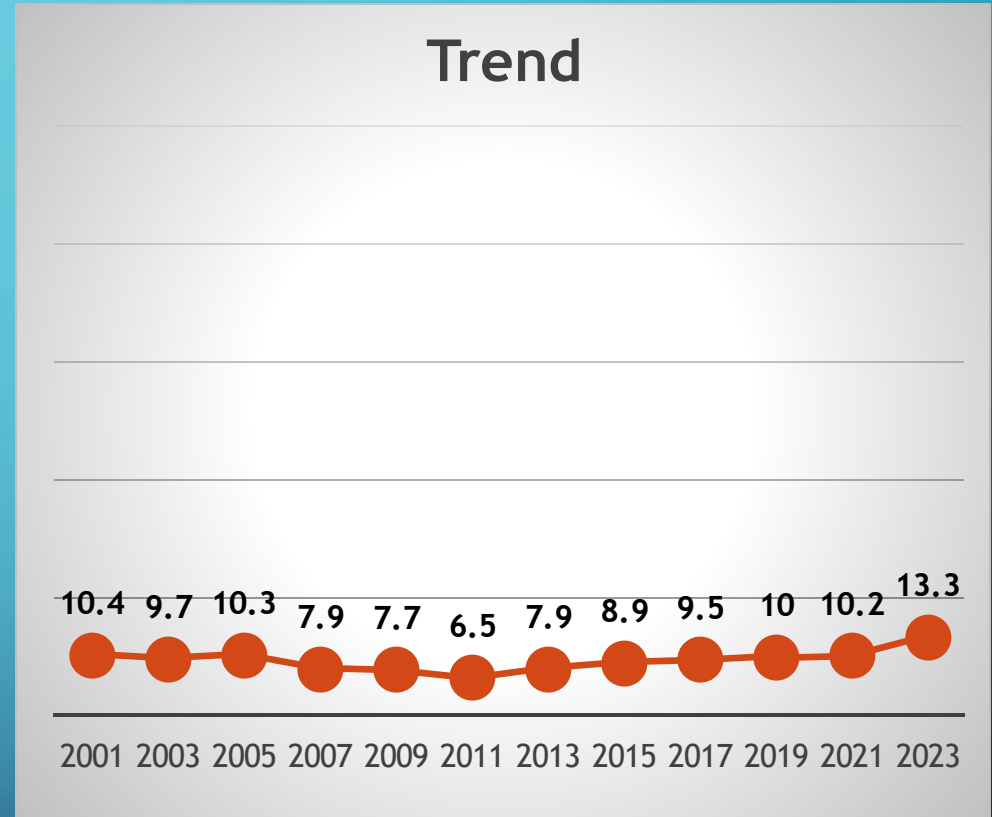
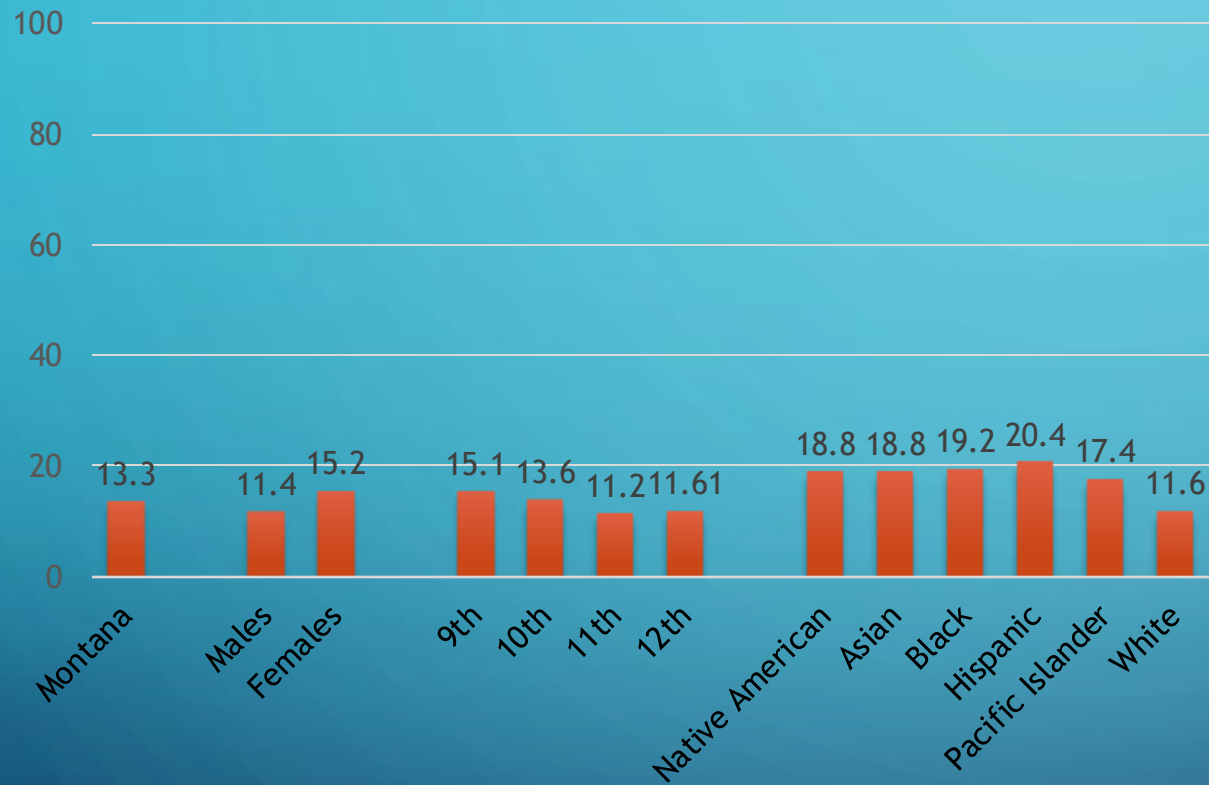
Percentage of students who felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities (past 12 months)



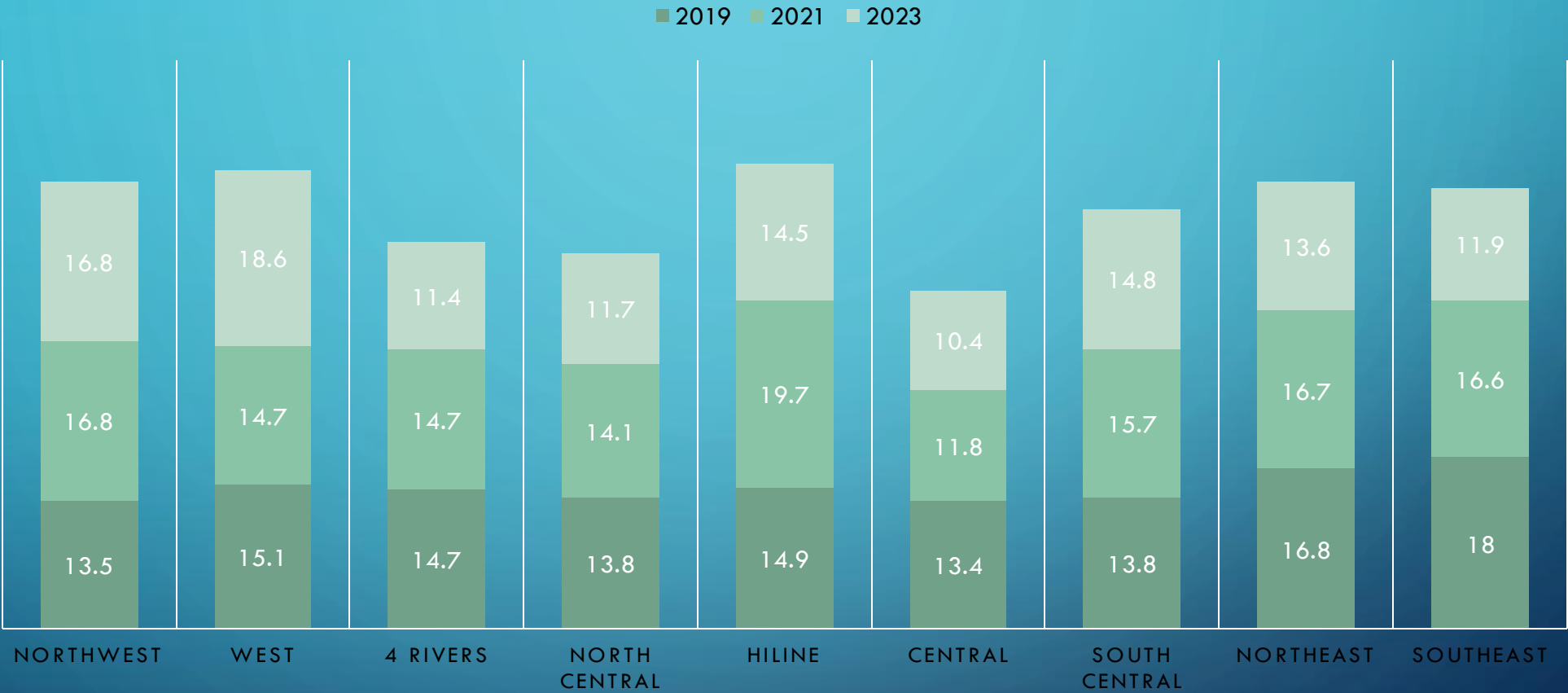
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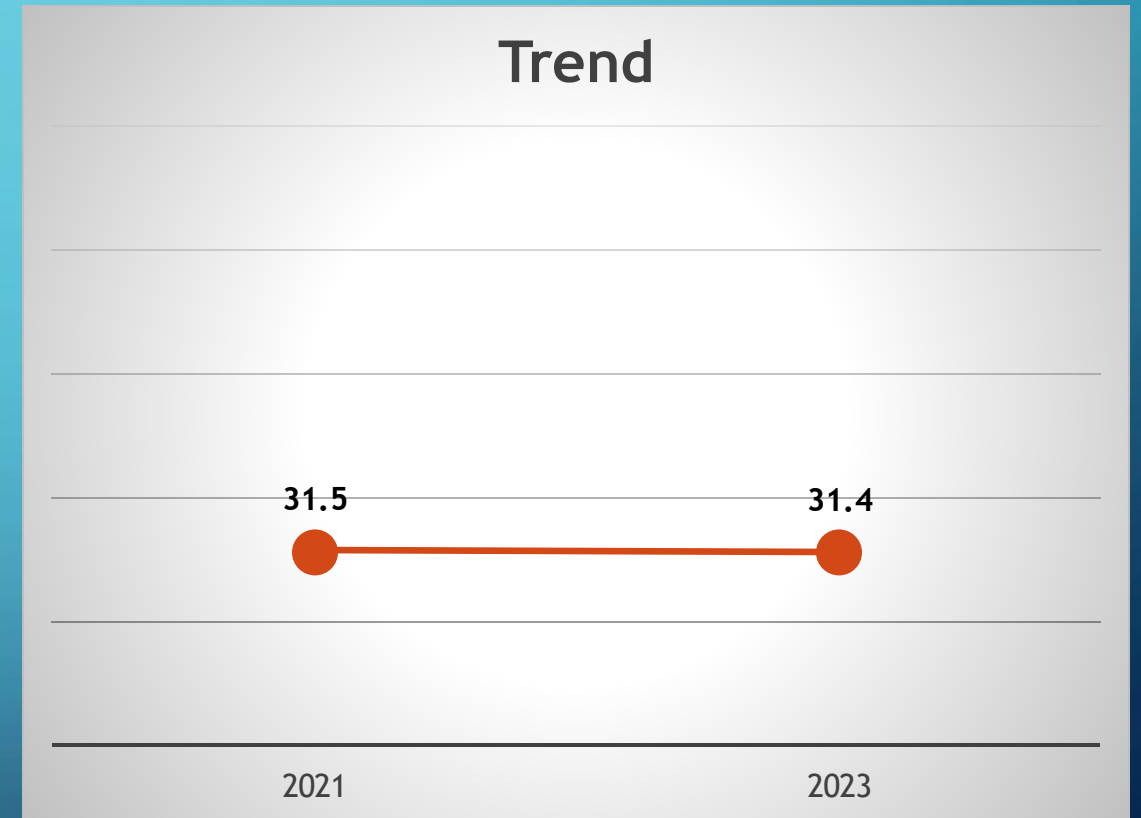
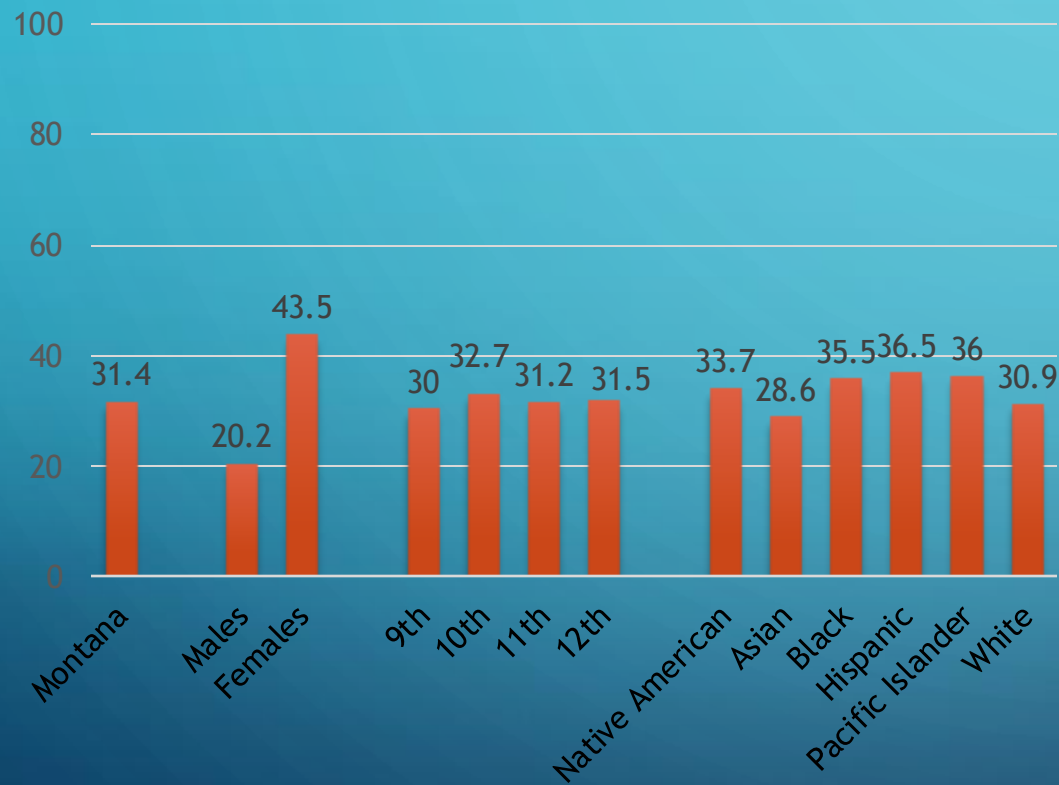
Percentage of students who attempted suicide during the past 12 months



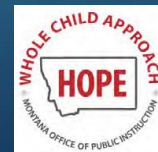
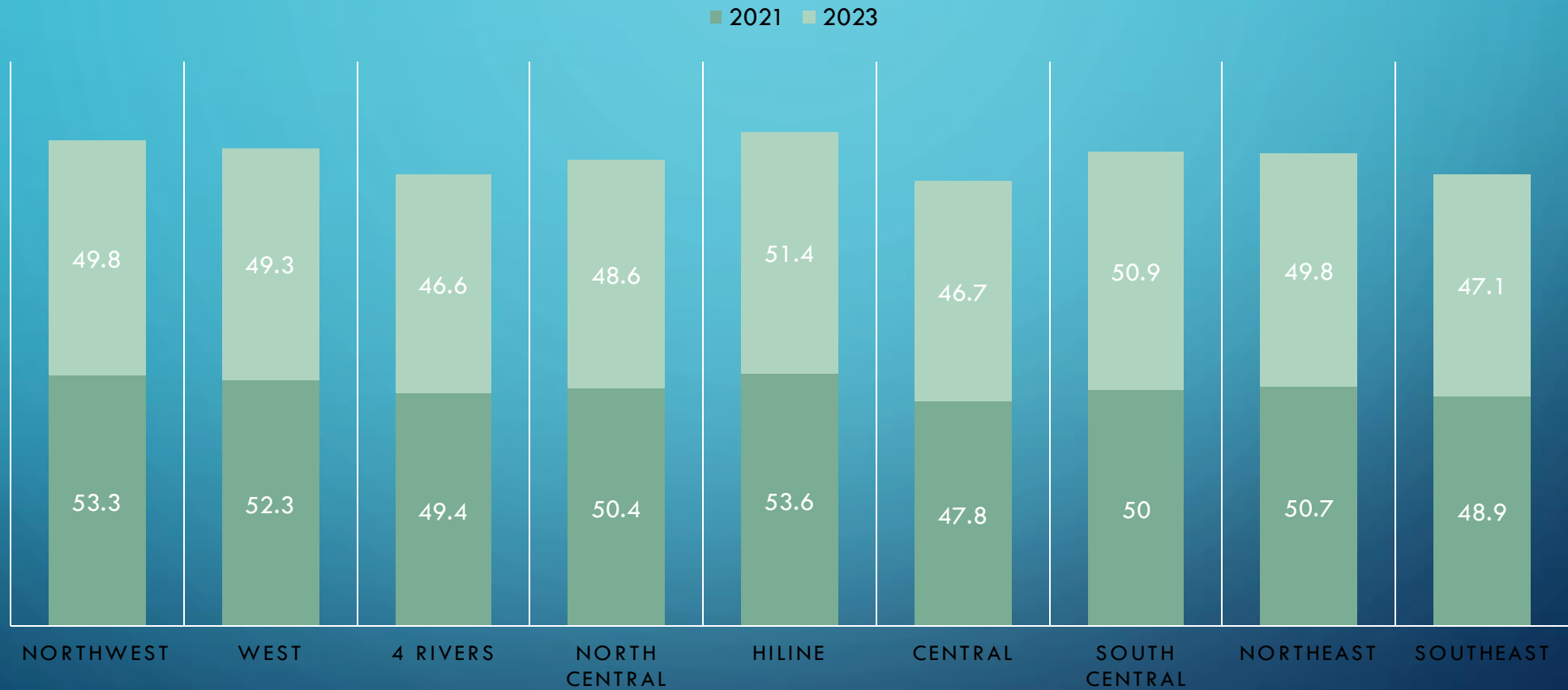
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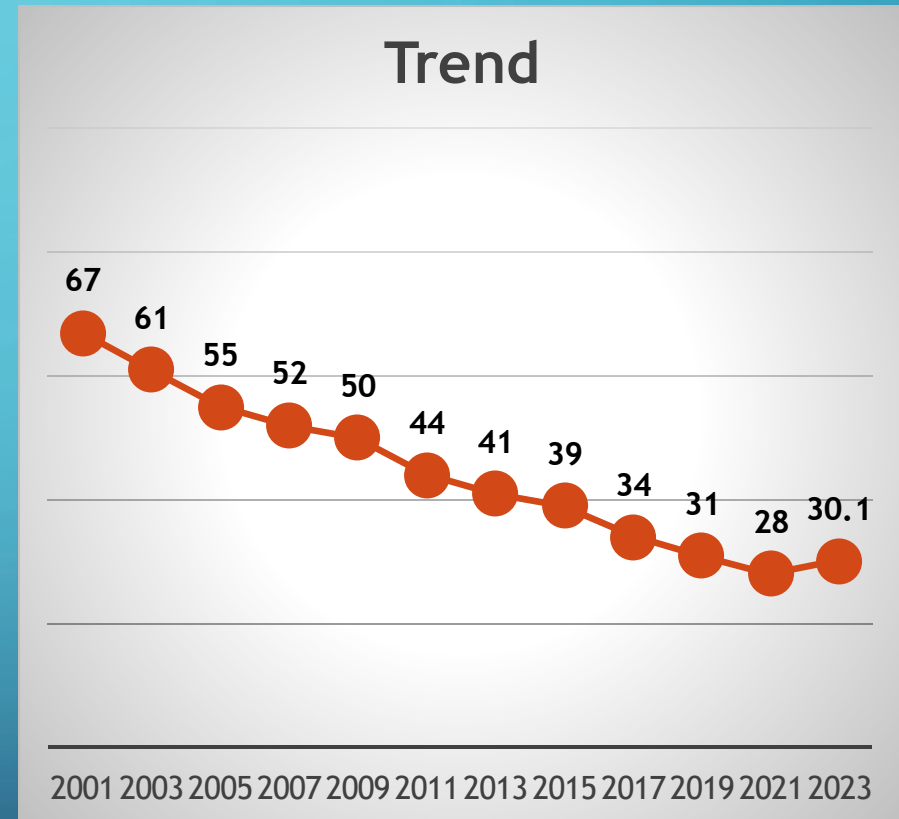
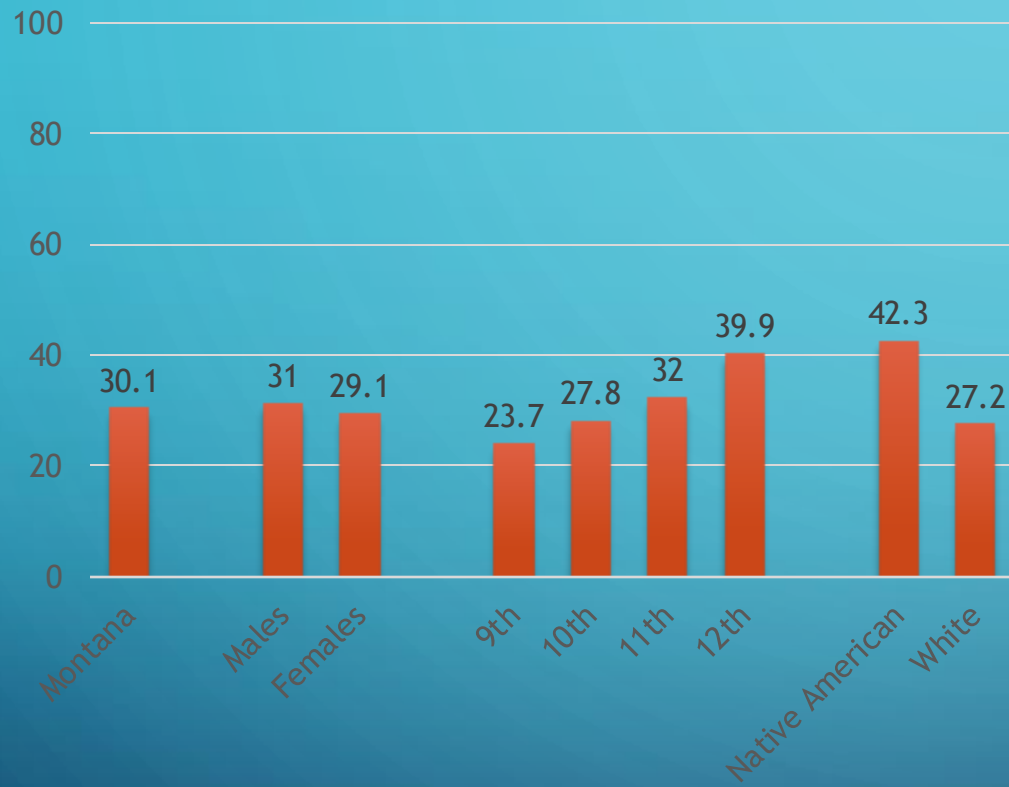
Percentage of students who experienced poor mental health most of the time or always, including stress, anxiety, or depression (past 30 days)



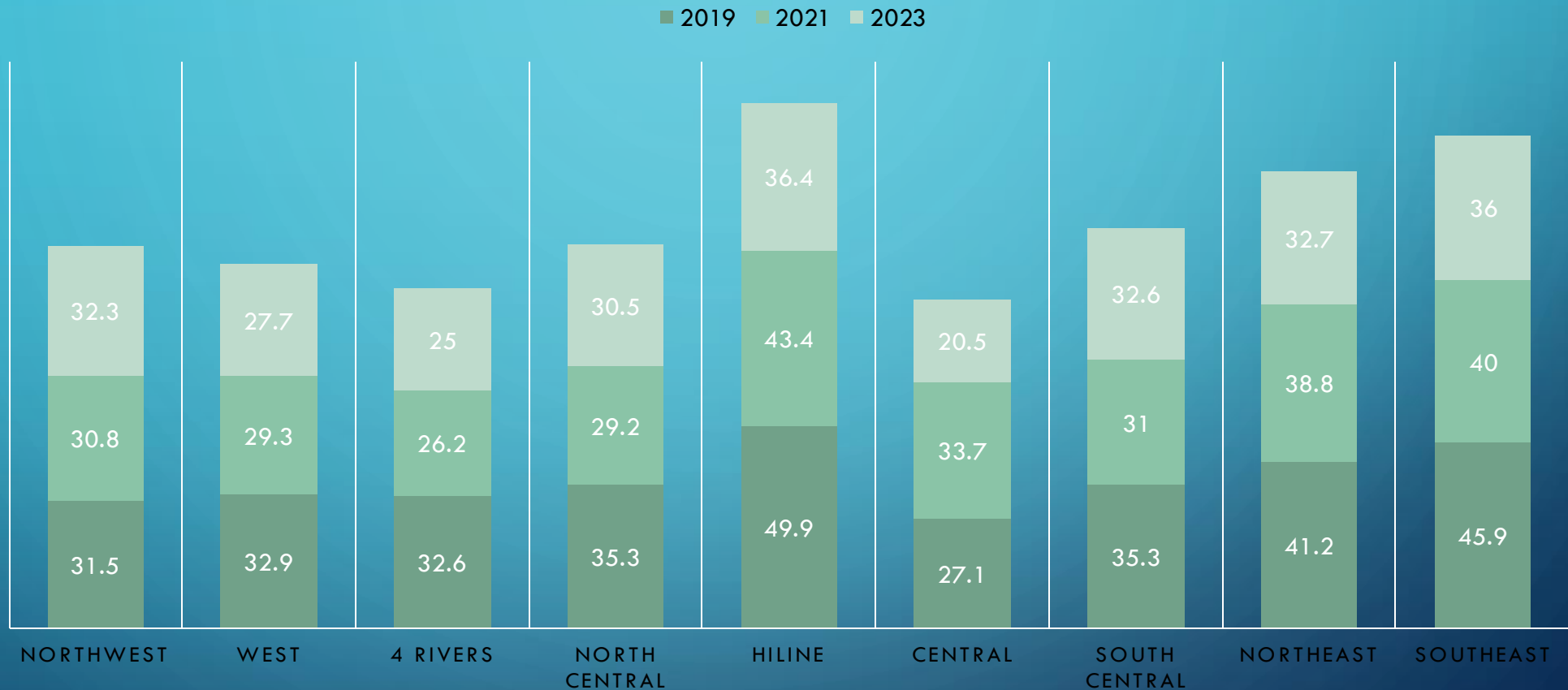
Percentage of students who experienced poor mental health sometimes or most of the time, including stress, anxiety, or depression (past 30 days)



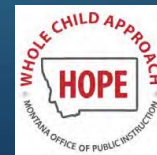
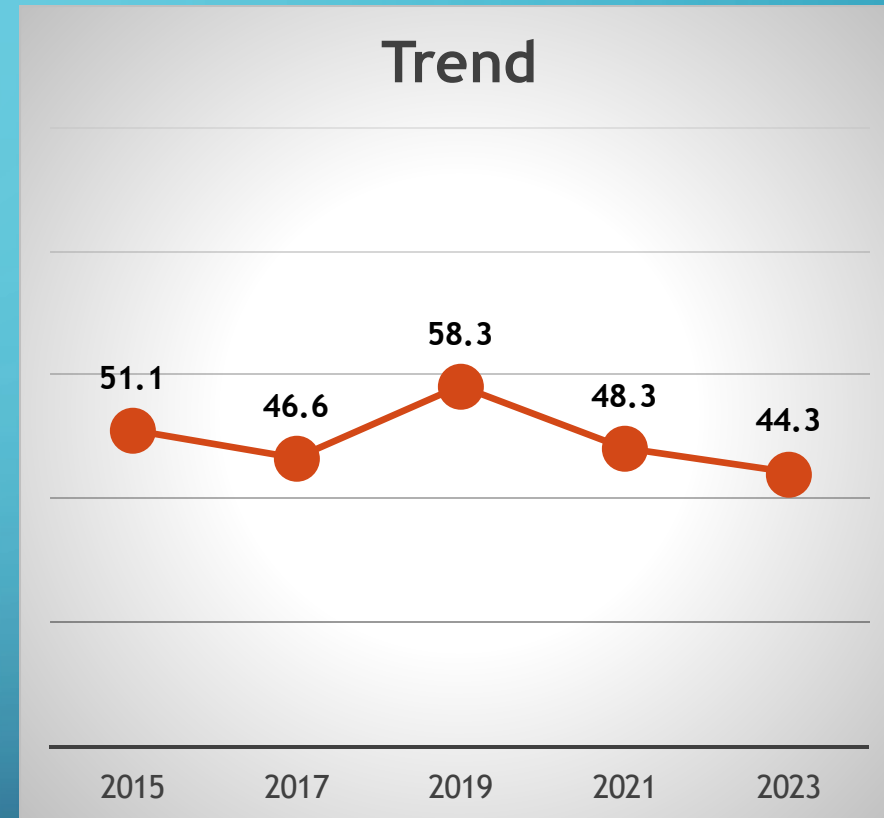
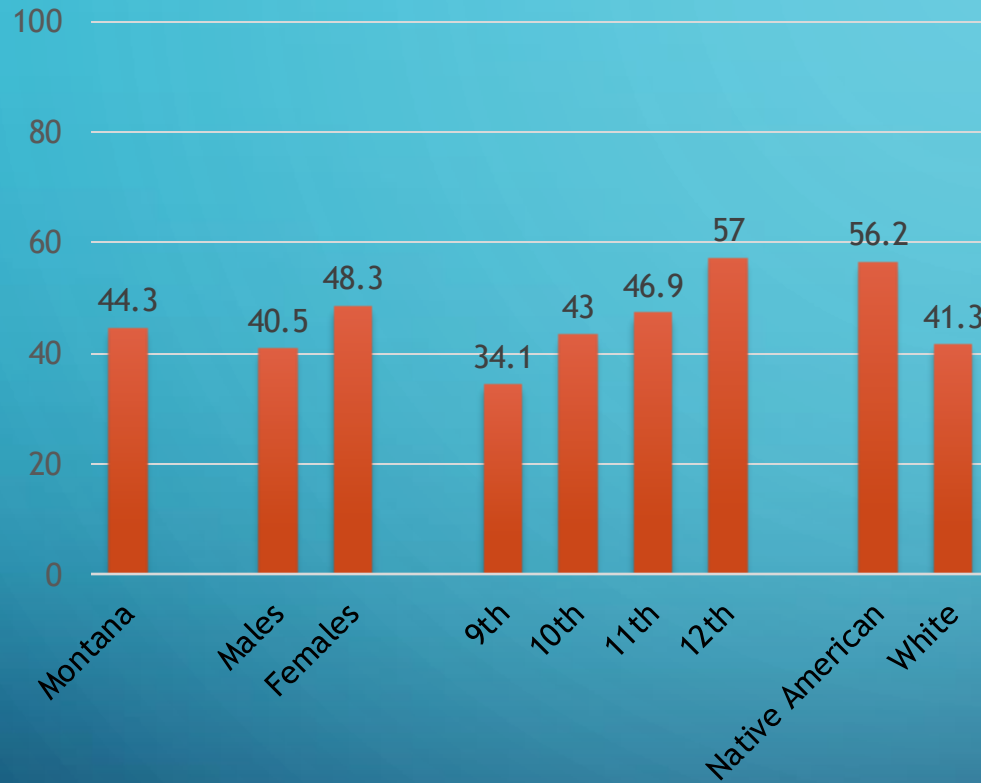
Percentage of students who ever tried cigarette smoking



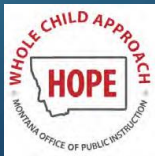
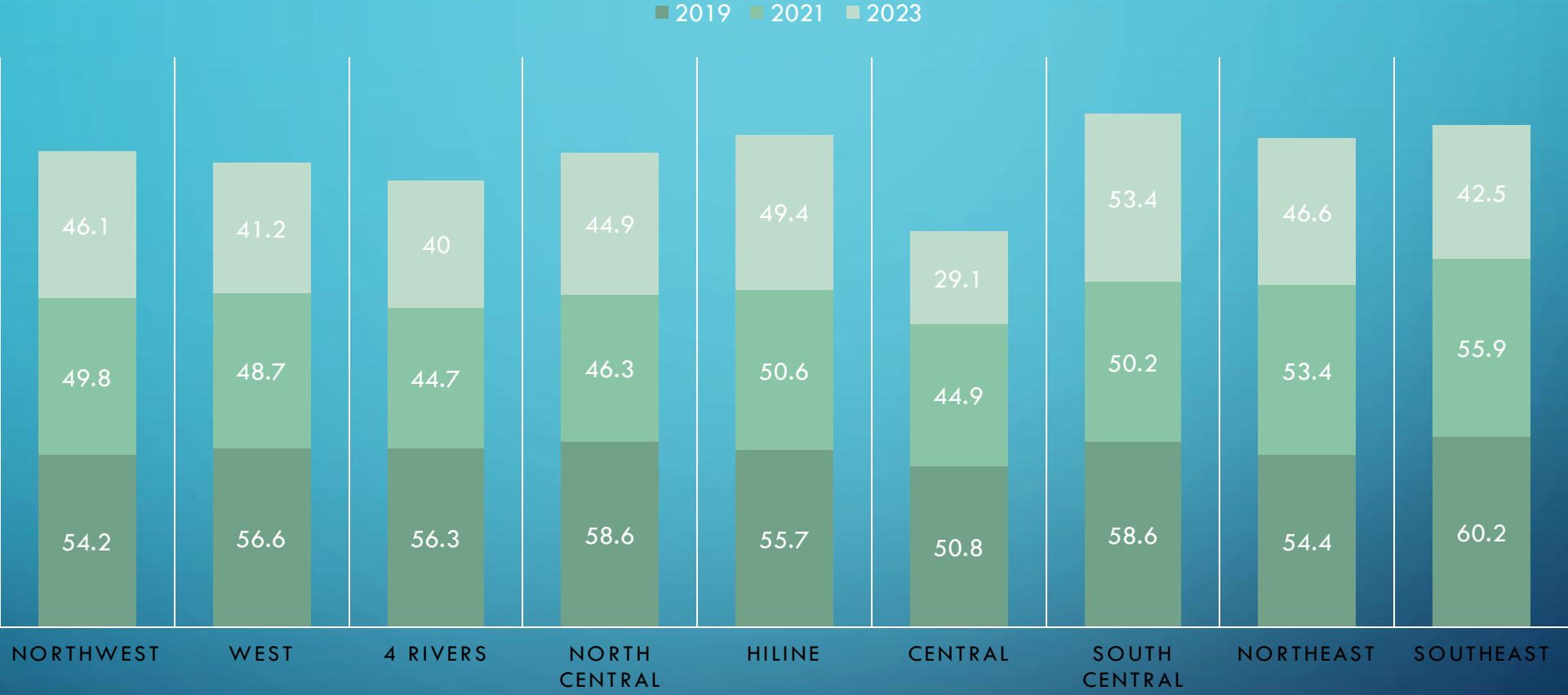
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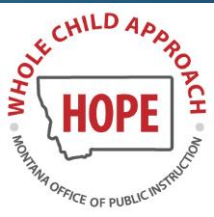
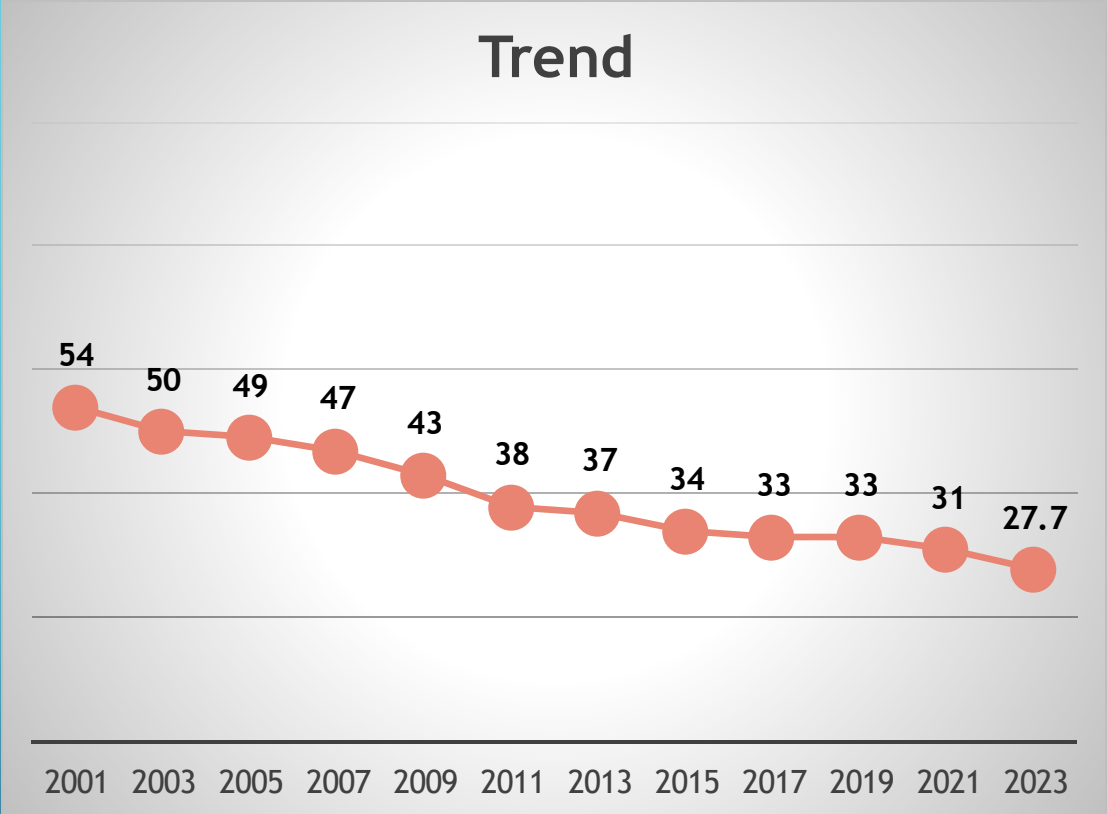
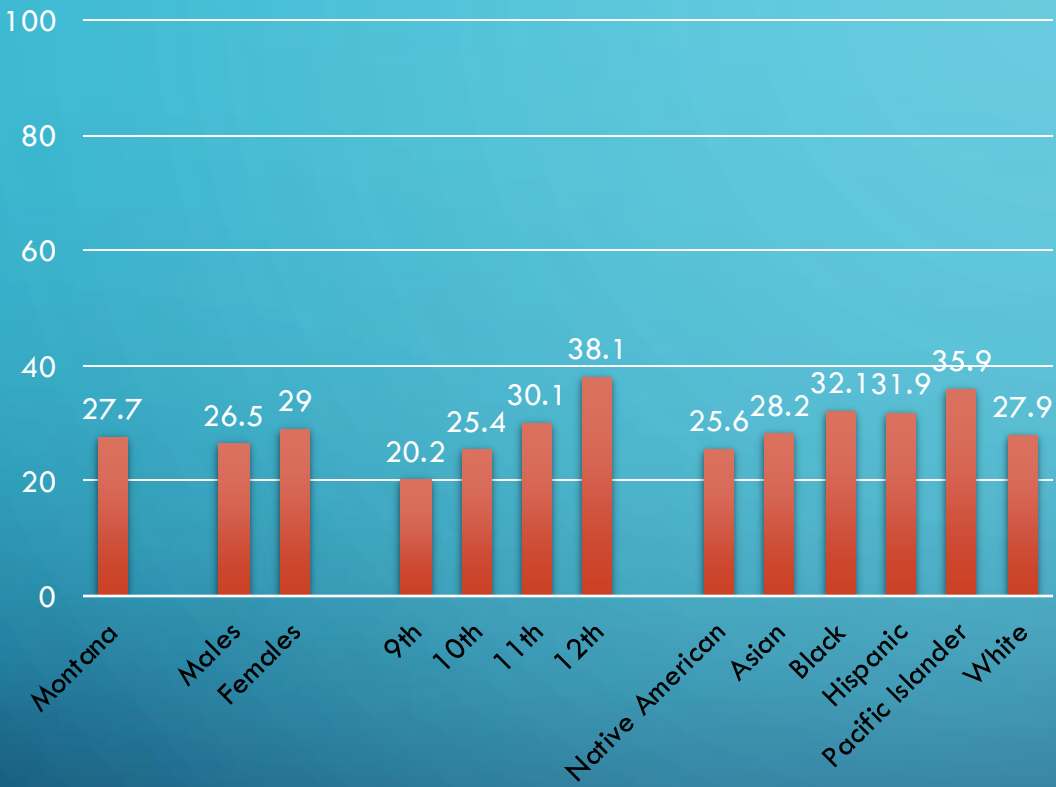
Percentage of students who ever used an electronic vapor product



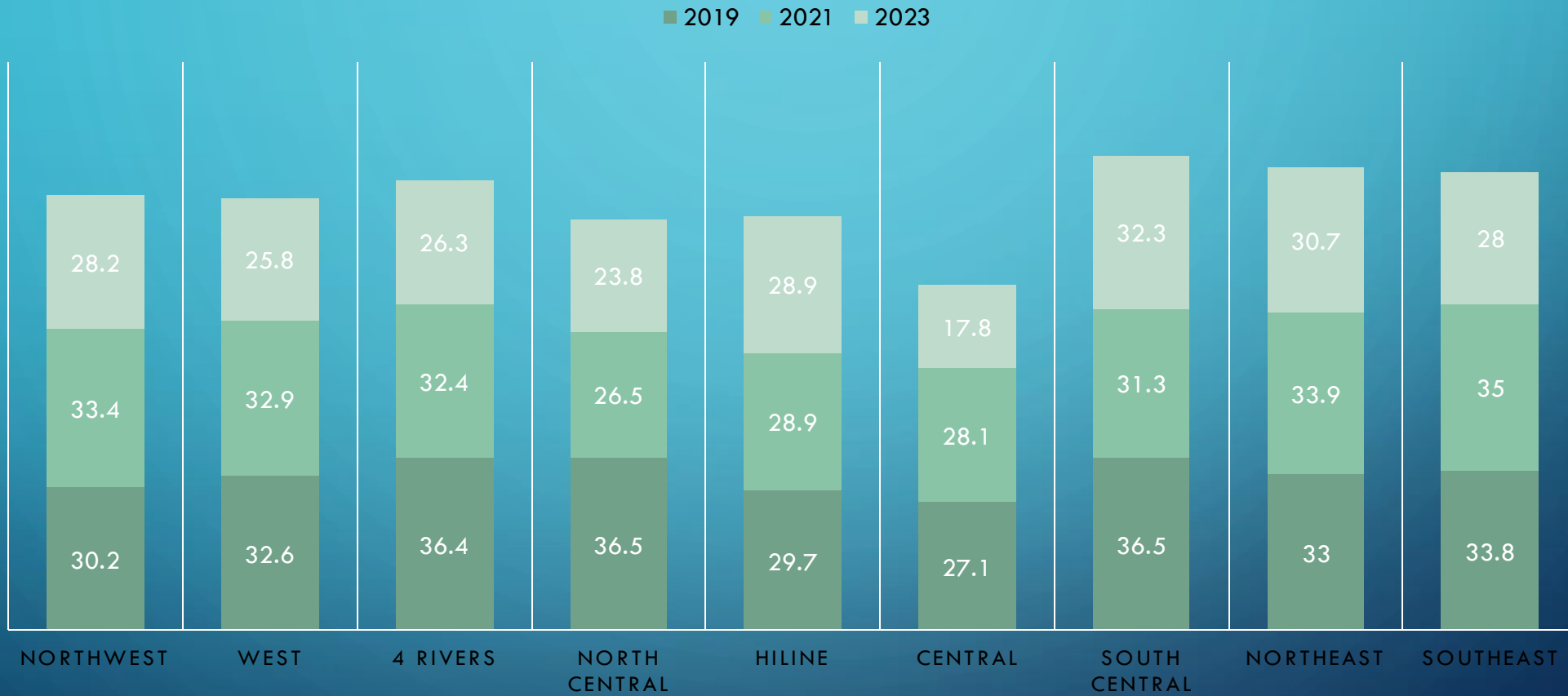
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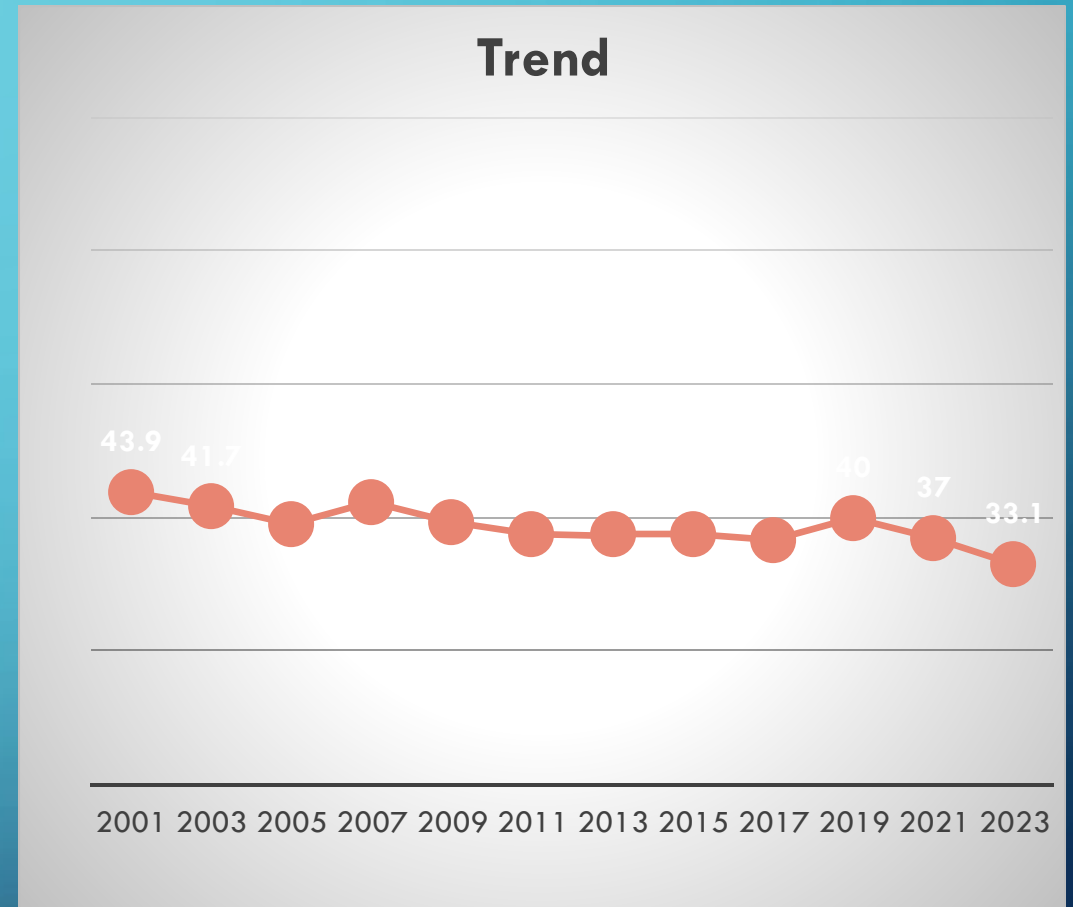
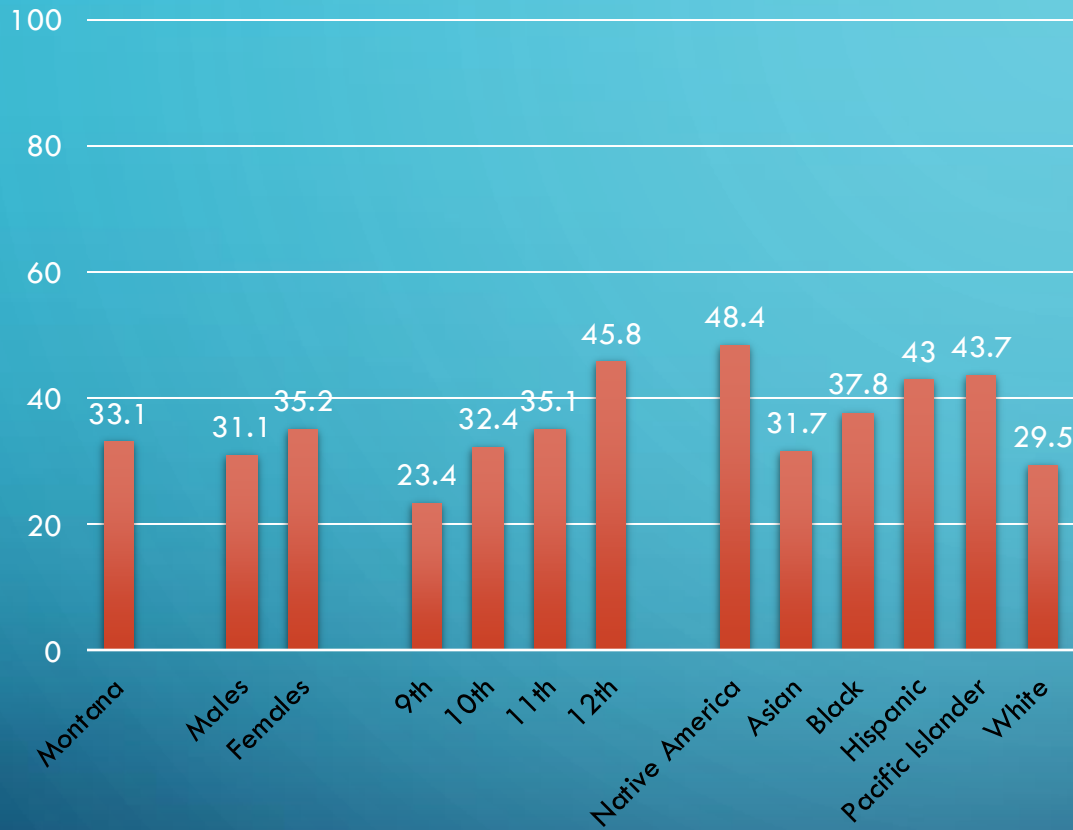
Percentage of students who currently drink alcohol. (past 30 days)



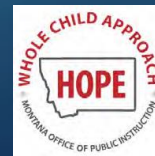
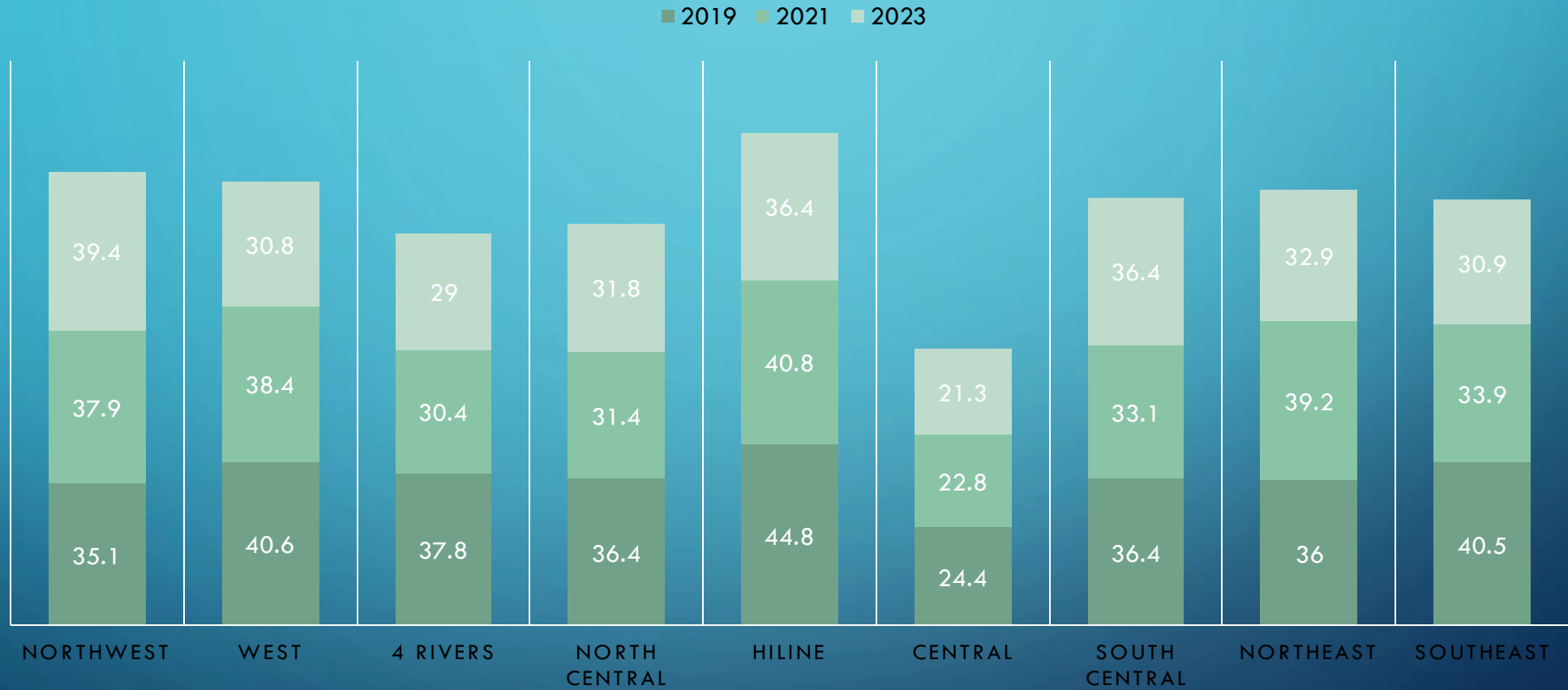
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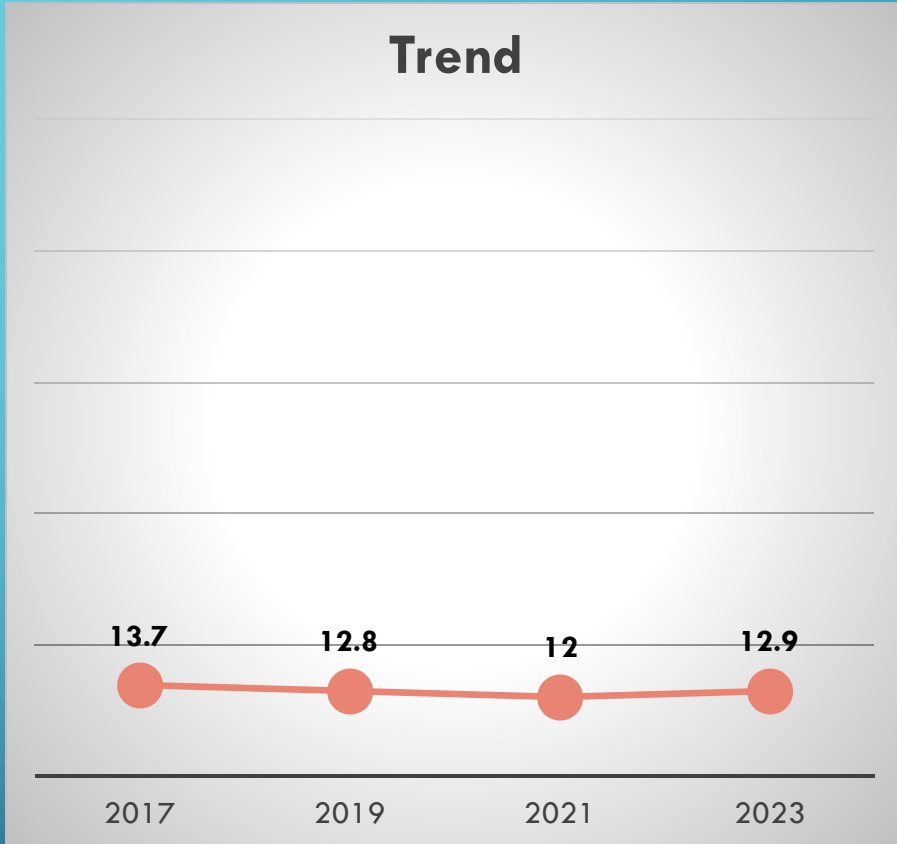
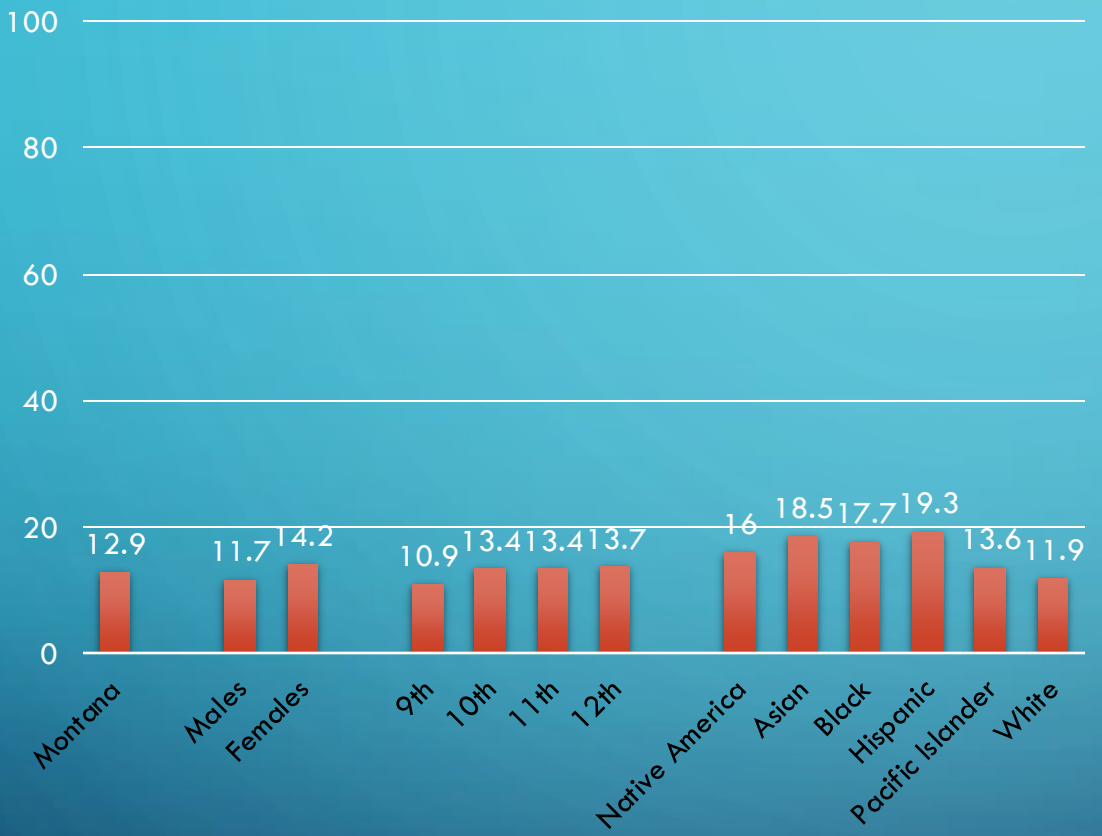
Percentage of students who ever used marijuana.



Percentage of students who ever used marijuana.

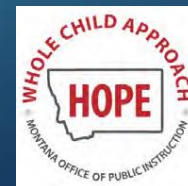
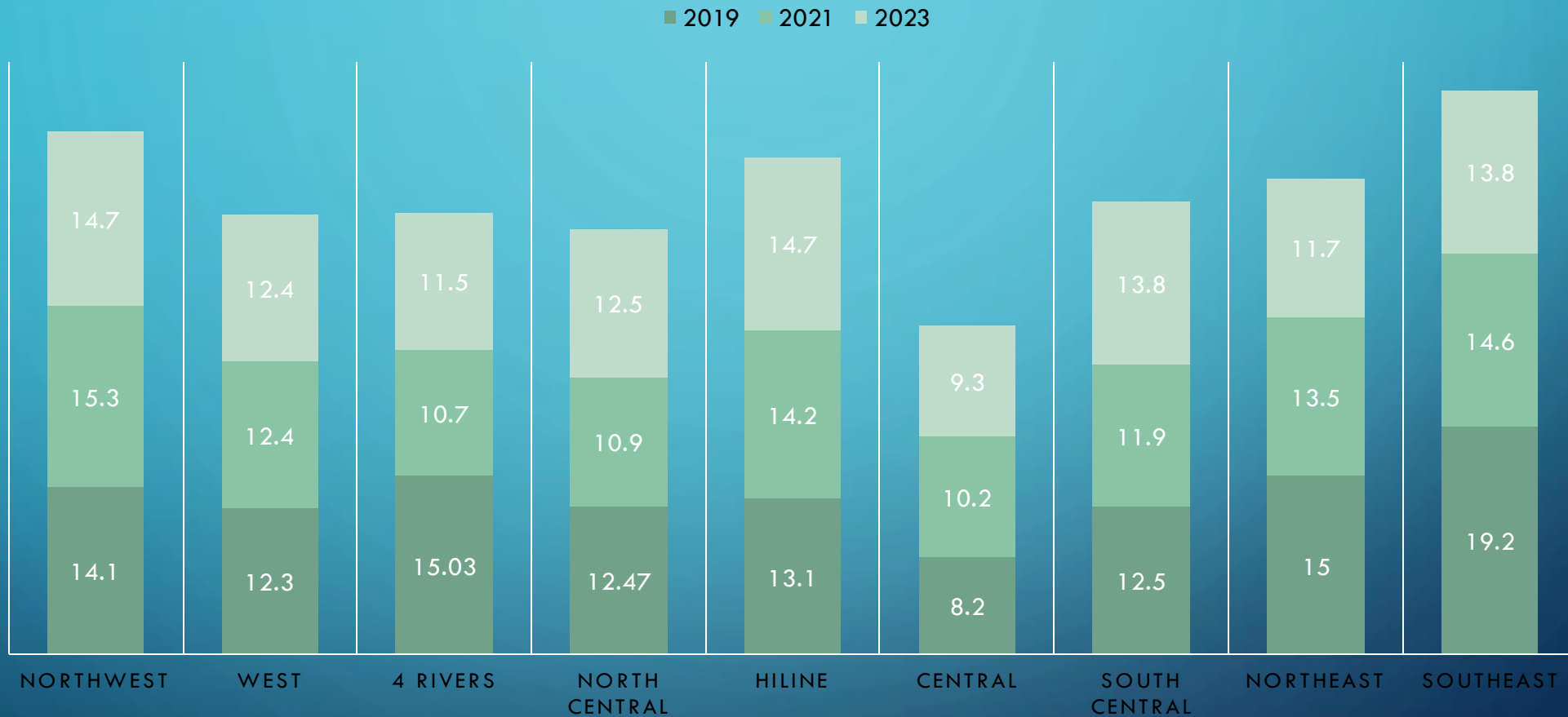


Percentage of students who ever took prescription pain medication without a prescription or differently than how a doctor told them to use it.

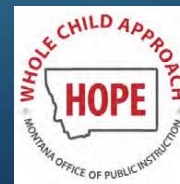
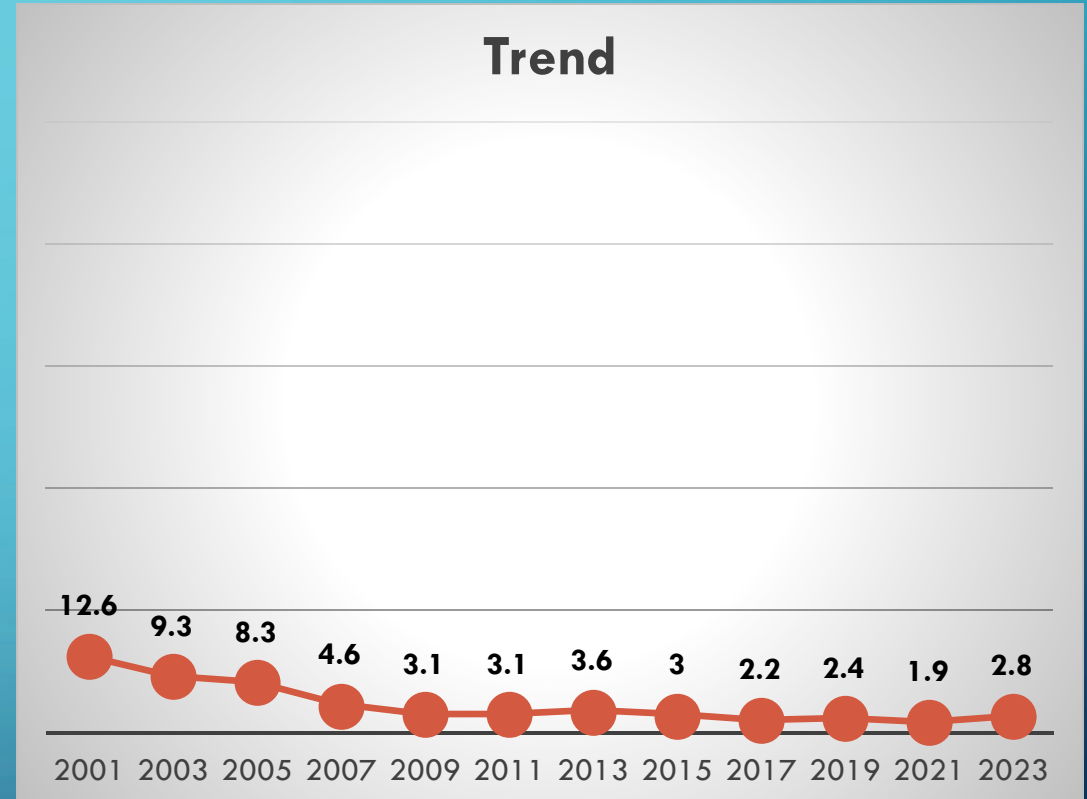
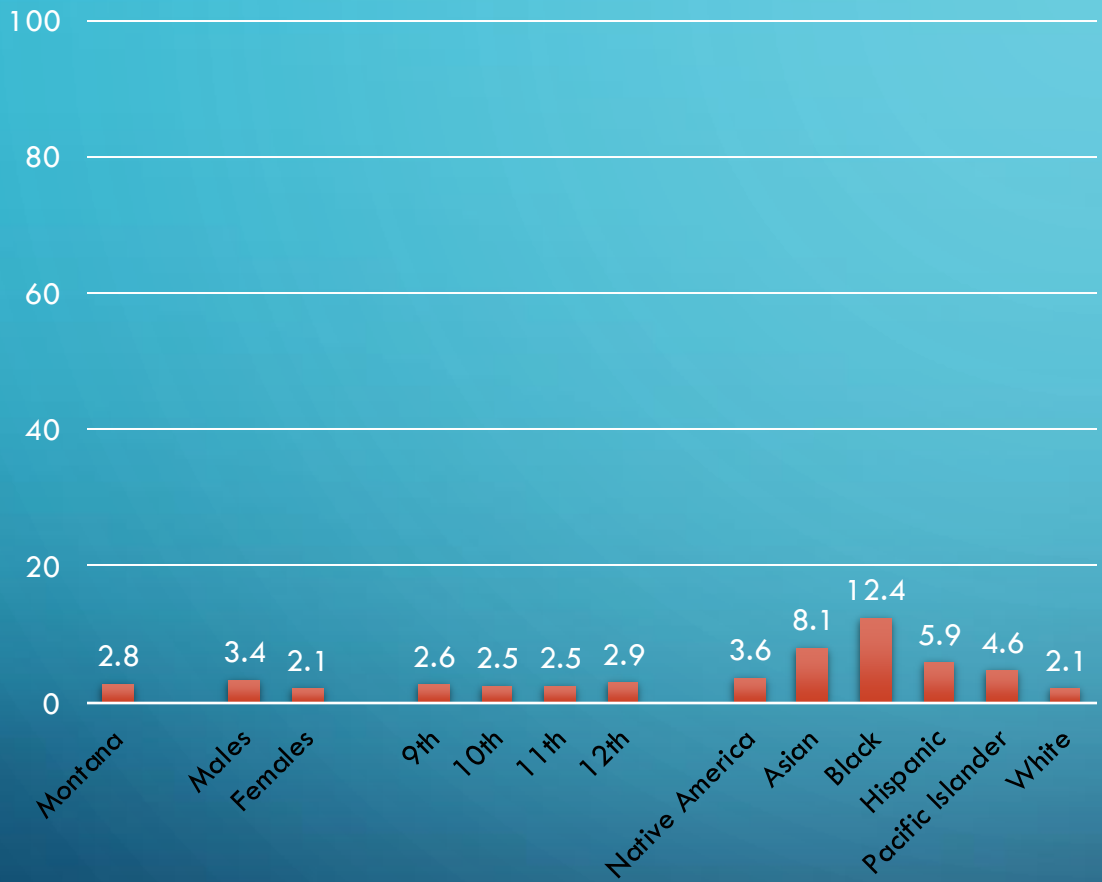


Percentage of students who have taken prescription pain medicine without a doctor's prescription or differently than how a doctor directed.

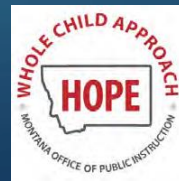
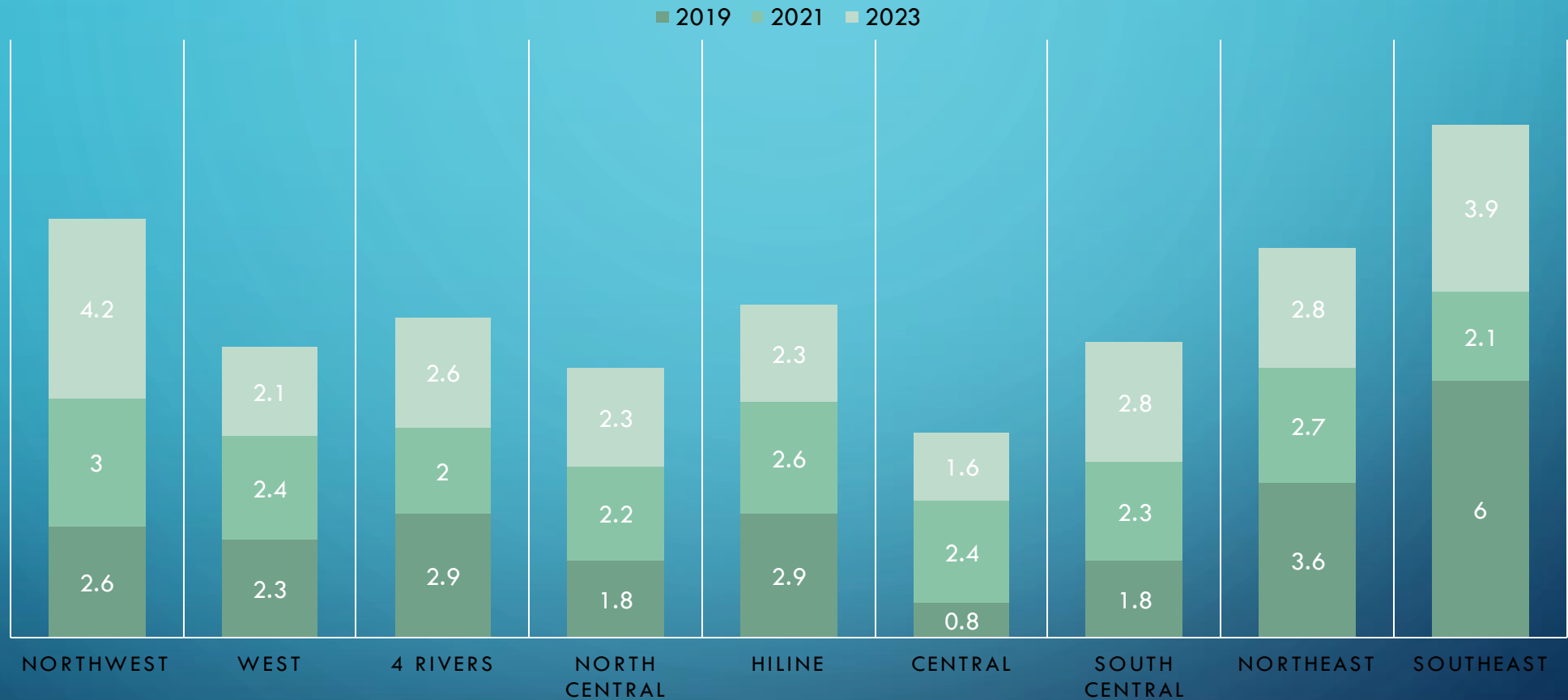
(one or more times in their life)



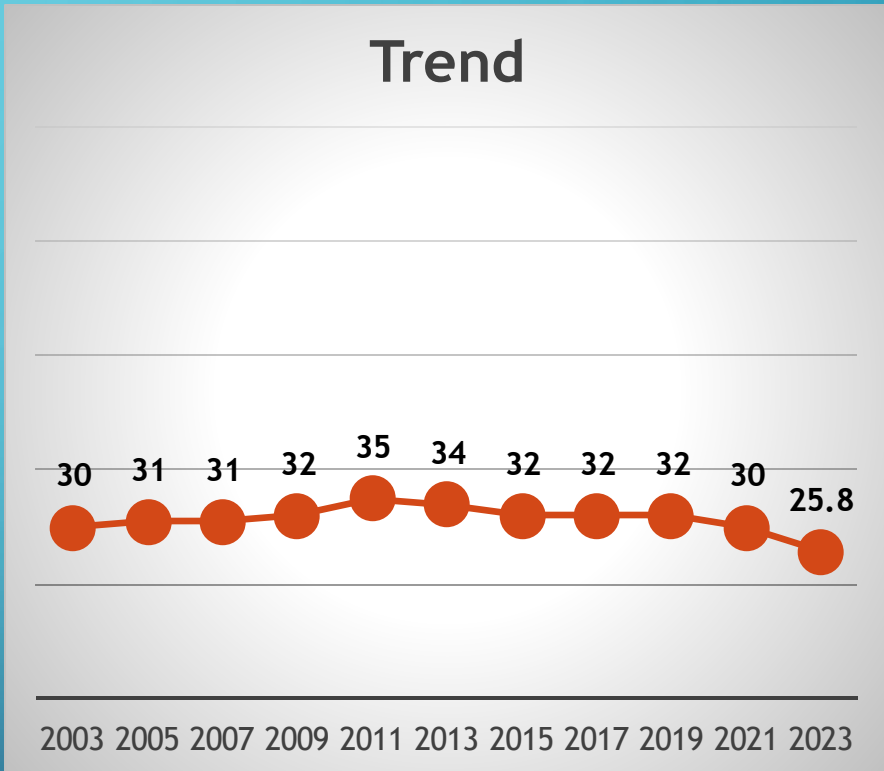
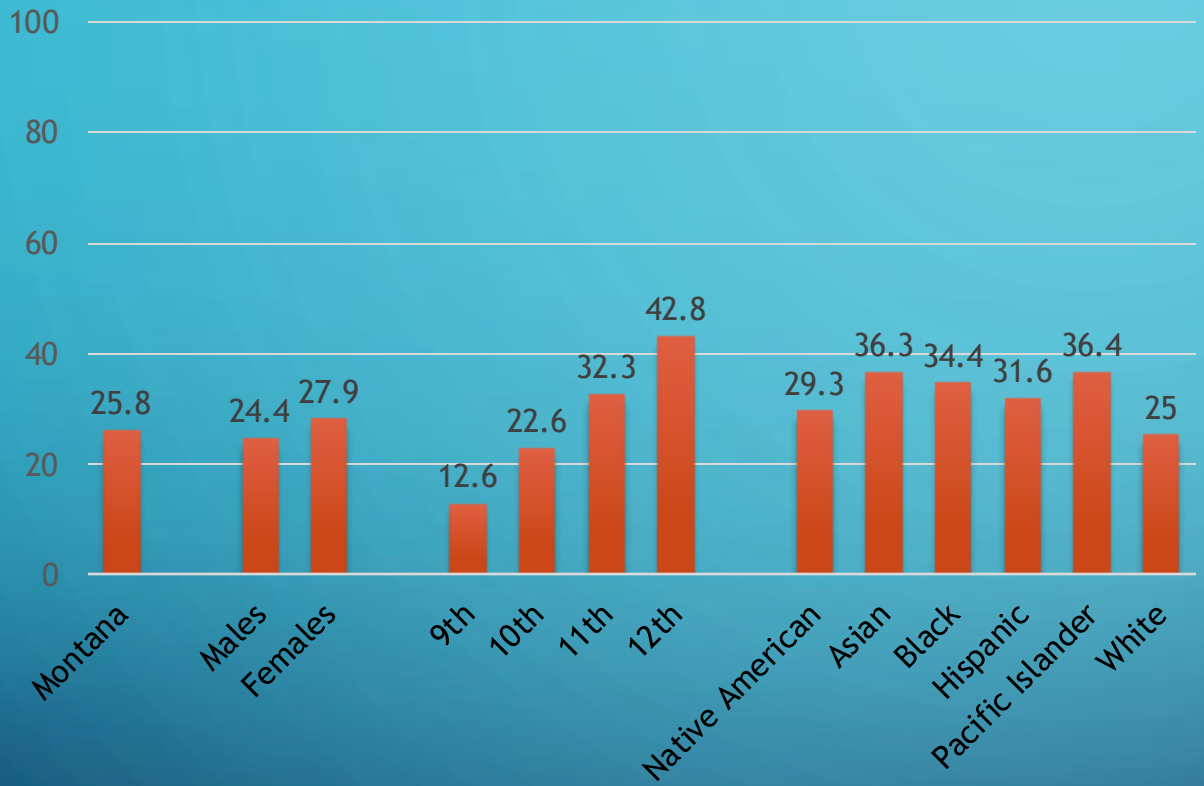
Percentage of students who ever used methamphetamines one or more times.



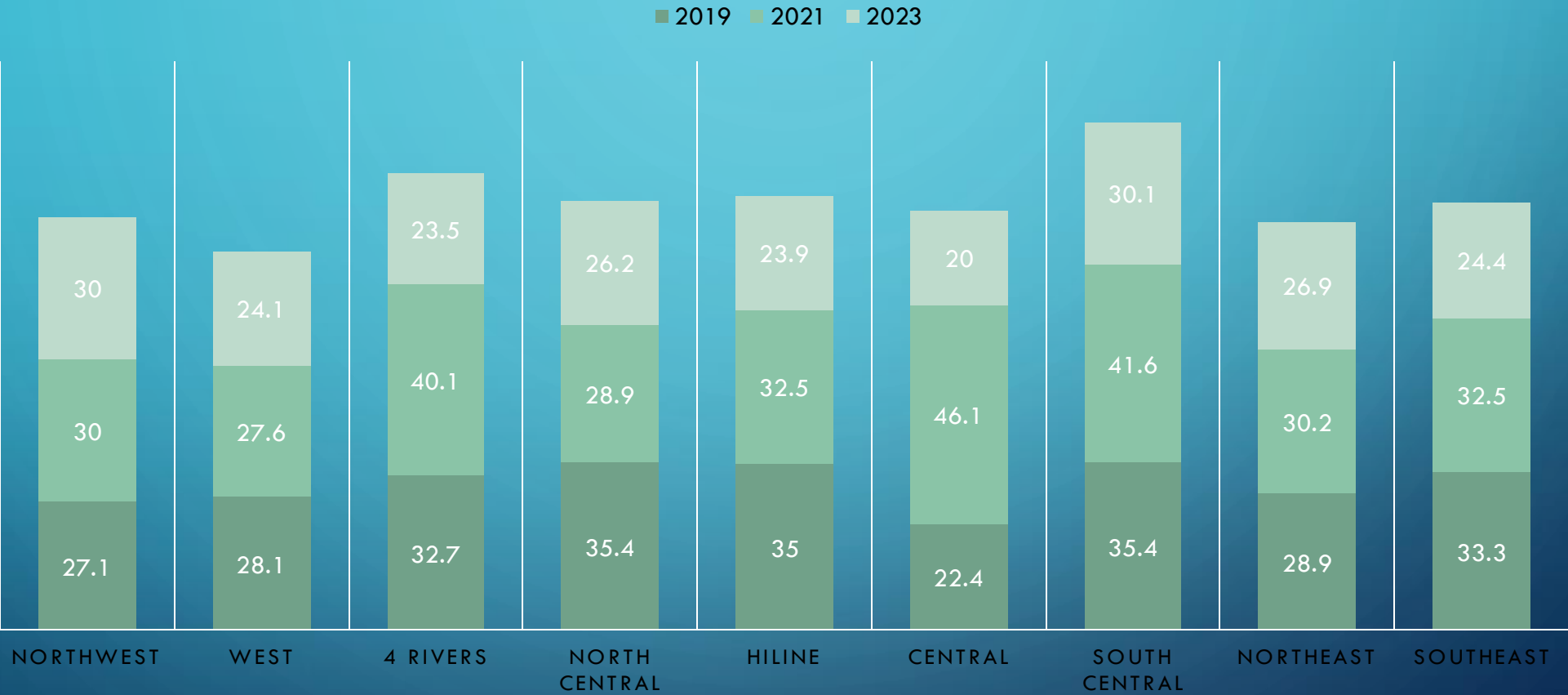
Percentage of students who used methamphetamines. (one or more times in their life)



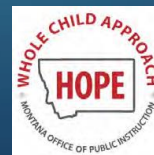
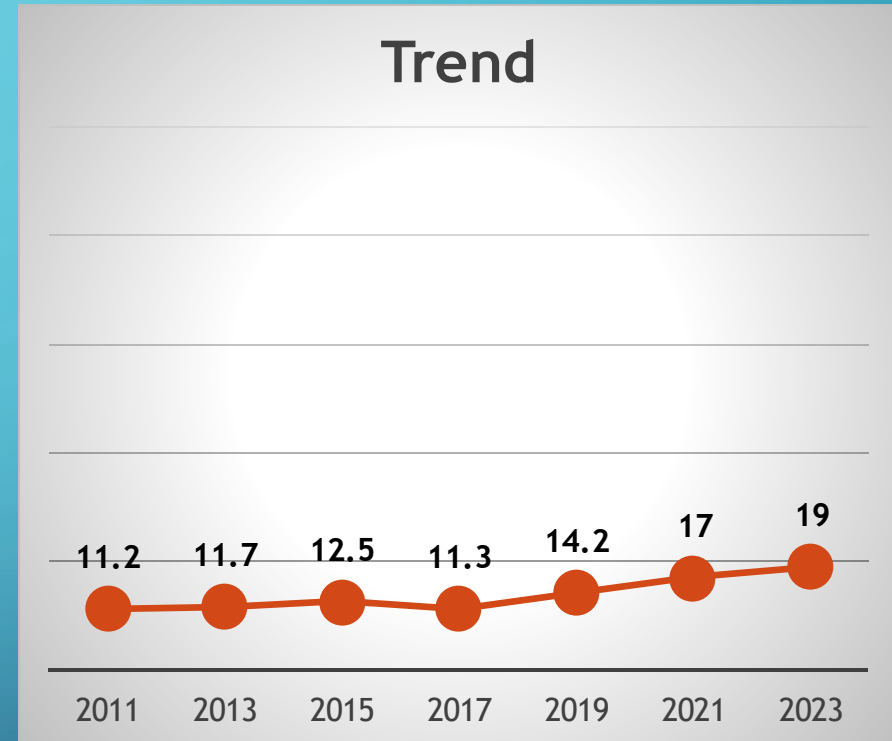
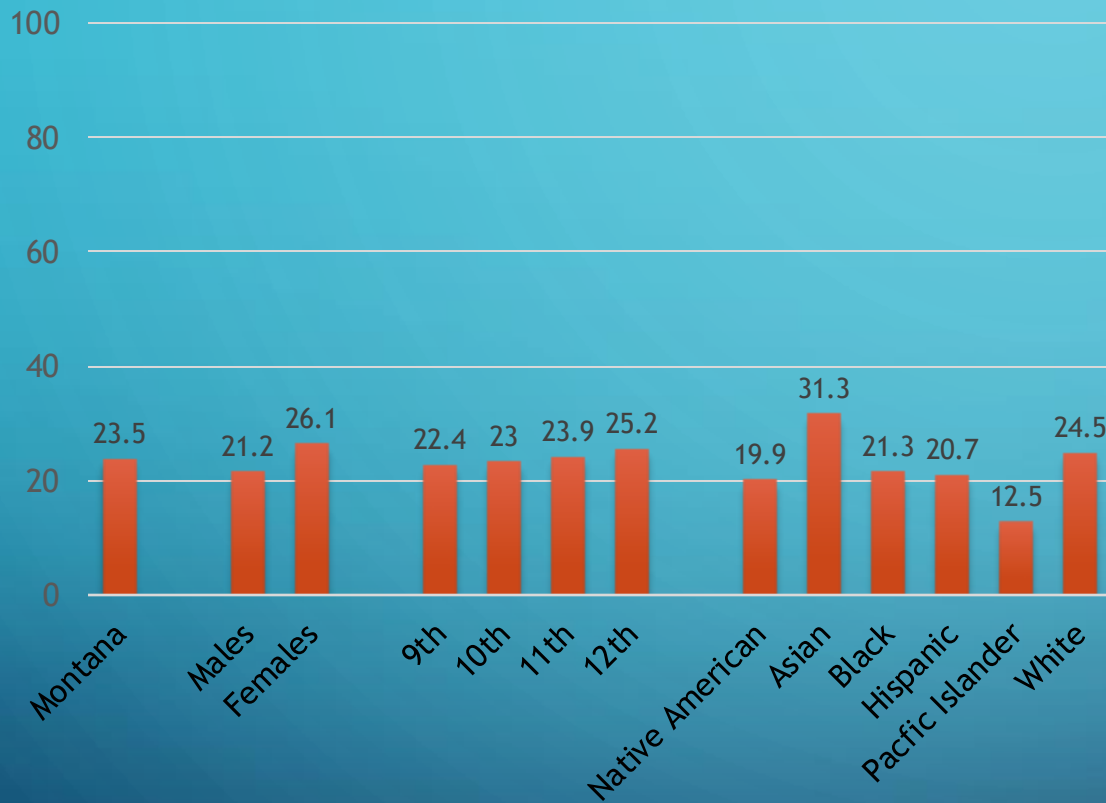
Percentage of students who are currently sexually active (past 3 months)



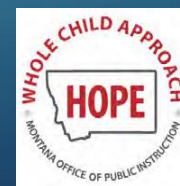
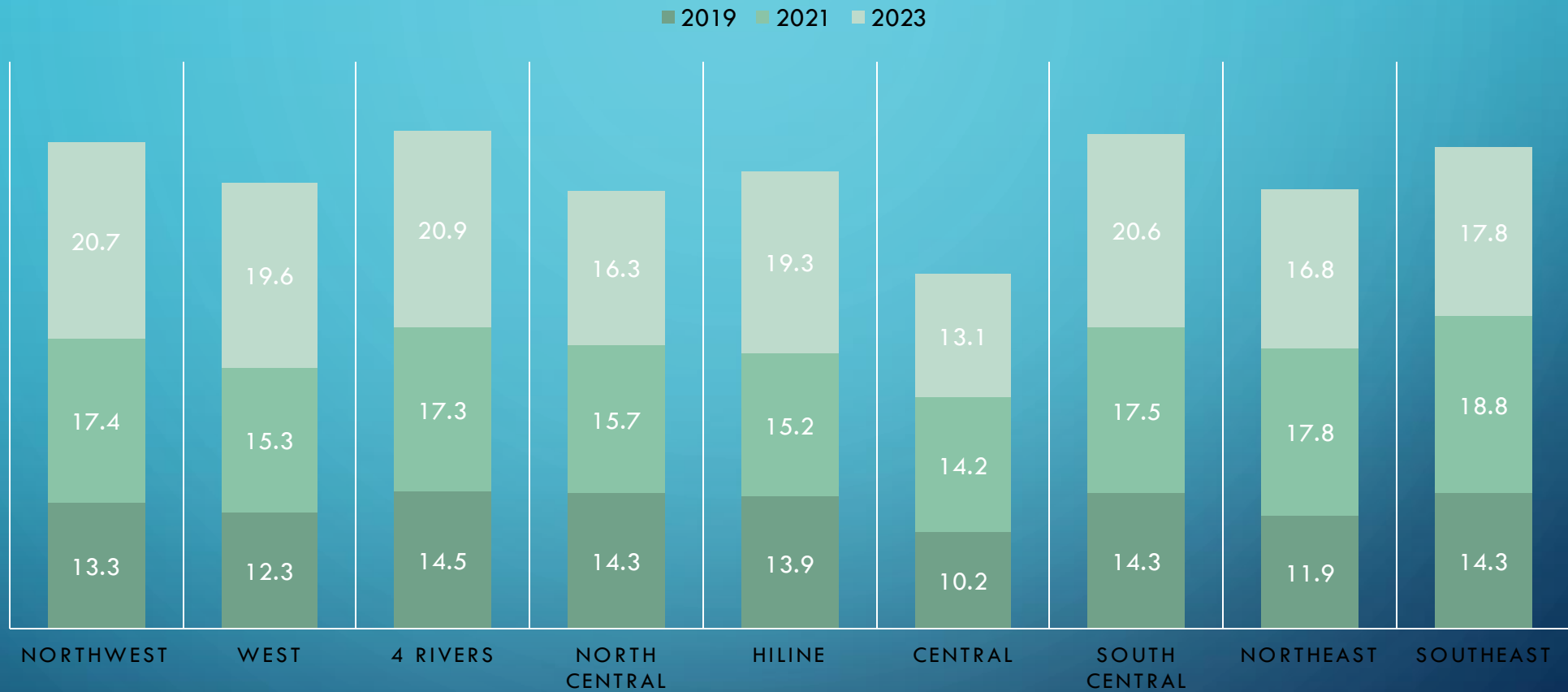
Percentage of students who are currently sexually active (past 3 months)



Percentage of students who did not eat breakfast during the past 7 days

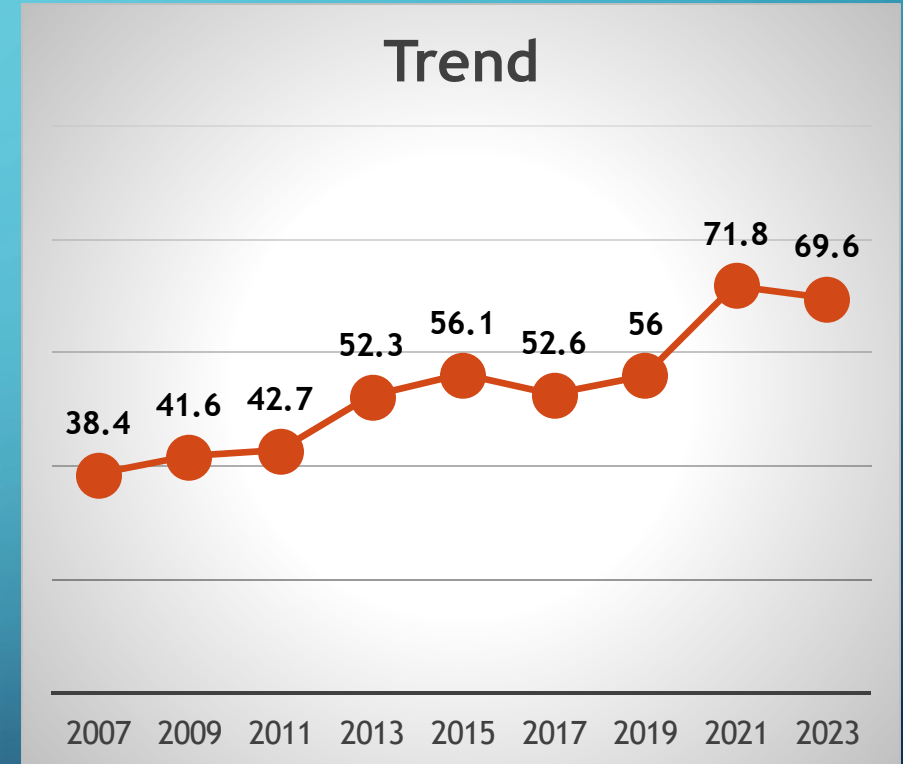
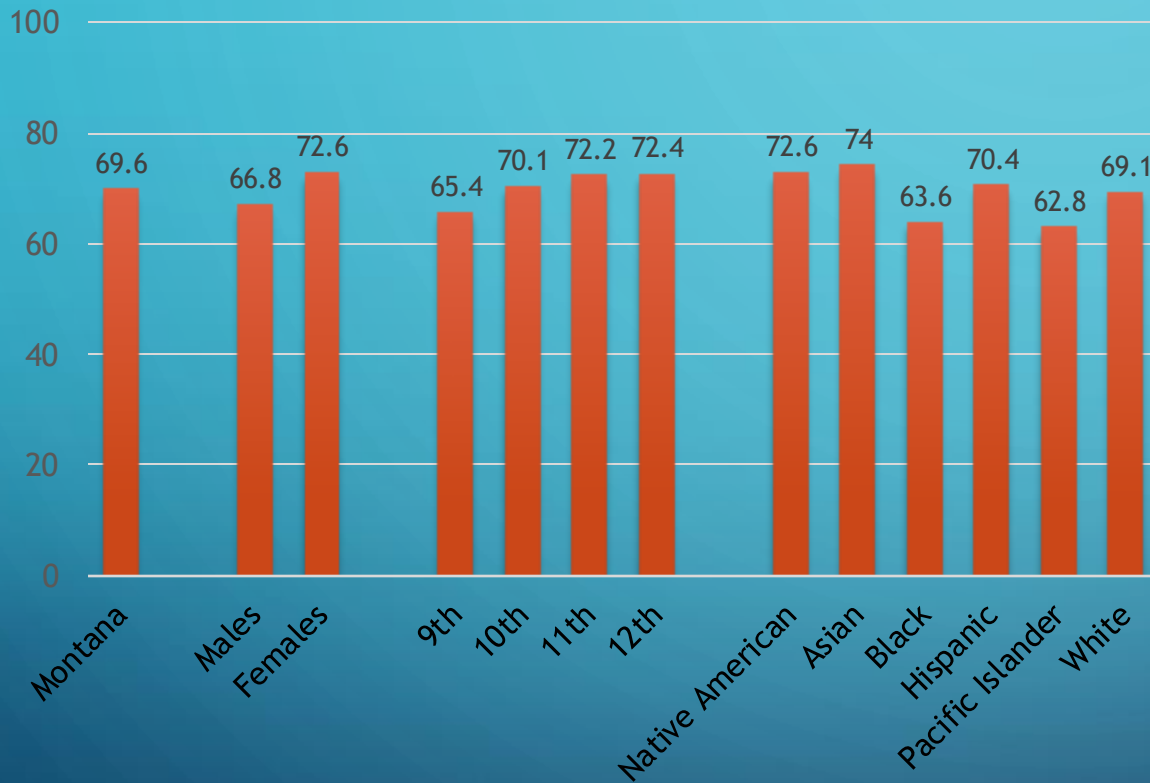


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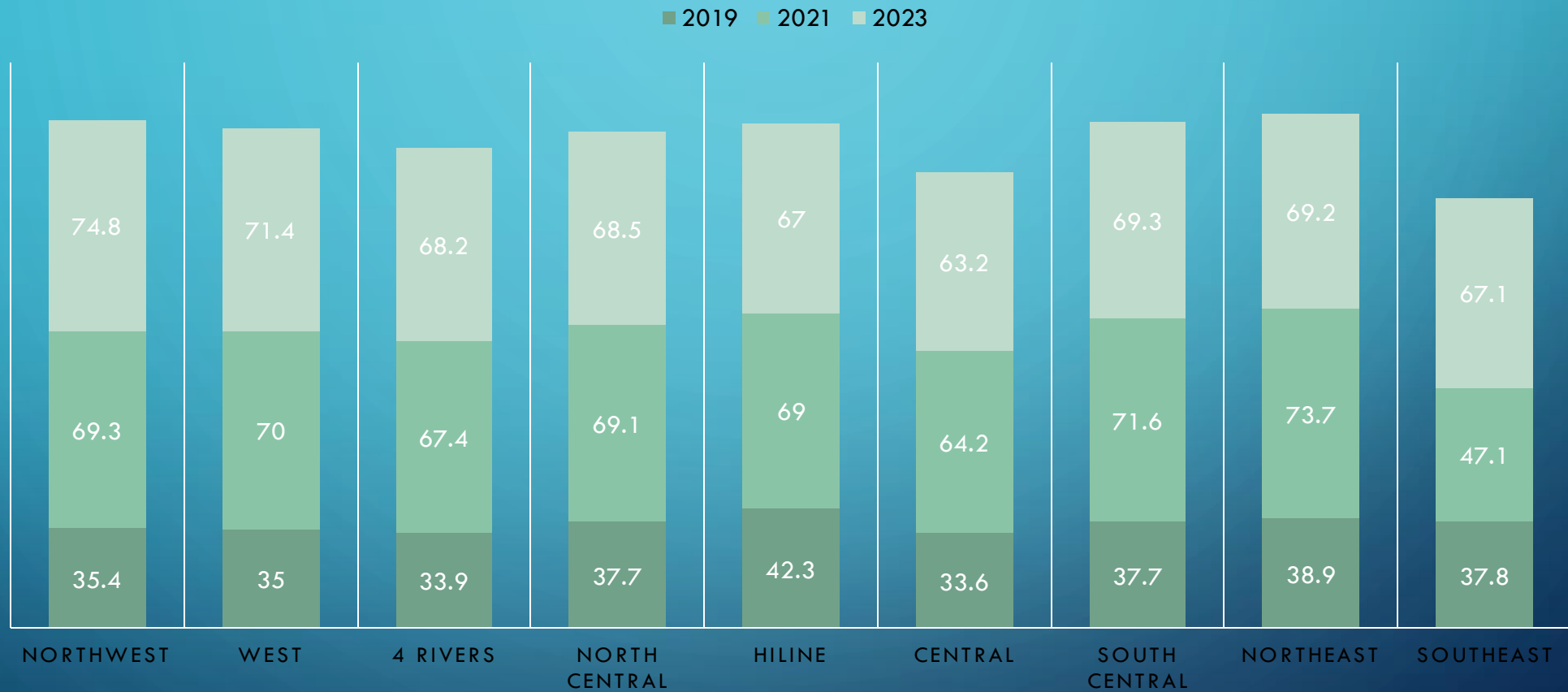


Percentage of students who spent 3 or more hours on screen time on an average school day

(not for schoolwork; time in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media)

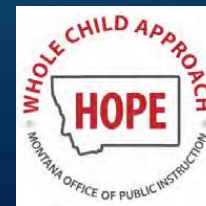


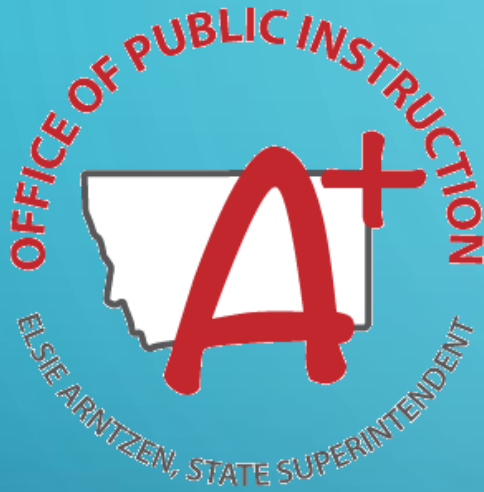
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These important surveys cannot happen without the help of dedicated partners at the state level, in the school districts and in our communities such as yourselves supporting our efforts.





Genie Zeeck

Health Enhancement Program Specialist
Montana Office of Public Instruction

- Phone: 406.444.3178
- Website: <http://opi.mt.gov/v/Leadership/Data-Reporting/Youth-Risk-Behavior-Survey>
- Email: genie.zeeck@mt.gov