

**2019**

**Montana  
Youth Risk  
Behavior  
Survey  
High School Results**



AND 2019 COMPARATIVE TABLES FOR:  
- GRADES 7-8  
-AMERICAN INDIAN STUDENTS ON OR NEAR A RESERVATION  
-AMERICAN INDIAN STUDENTS IN URBAN SCHOOLS  
-NONPUBLIC ACCREDITED SCHOOLS  
-ALTERNATIVE SCHOOLS  
-STUDENTS WITH DISABILITIES

## ACKNOWLEDGMENT

The 2019 Youth Risk Behavior Survey (YRBS) report is a continuation of the surveillance and reporting system for adolescent risk behaviors developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, U.S. Centers for Disease Control and Prevention (CDC). The YRBS was first used in Montana in 1991. Superintendent Elsie Arntzen, and the Montana Office of Public Instruction, acknowledge the participation, support and cooperation of those persons who made the 2019 Montana Youth Risk Behavior Survey possible. Sincere appreciation is expressed to:

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- the cosponsors of the YRBS – Montana Board of Crime Control, Montana Department of Public Health and Human Services, Billings Area Indian Health Service, Montana Department of Transportation;
- the district superintendents, school principals, YRBS coordinators and teachers who cooperated with and supported the survey; and, most importantly,
- the Montana students who participated in the survey.

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## Preface

Montana is proud to have completed 28 years of participation in the Youth Risk Behavior Survey. These results are valuable to educators, school boards, and communities in understanding the health risks of local students; enabling districts to design local health and physical education curriculum to address local needs. In addition, these results drive state collaboration as well as program and policy decisions. The Montana Office of Public Instruction uses these results to establish benchmarks for reducing adolescent risk behaviors and increasing pro-social behaviors, designing state priorities for health programs, and evaluating the effectiveness of many health-related programs across the health and education systems.

Because the Office of Public Instruction believes in *Putting Montana Students First*, the results of the Youth Risk Behavior Survey have also helped drive the Montana Every Student Succeeds Act State Plan. Sections of this plan focus on suicide prevention, school safety, and support for schools to address substance abuse and mental health topics within their own school plans. We believe in making data driven decisions, and use the Youth Risk Behavior Survey as the platform to make program and policy decisions within the agency regarding the health of Montana students.

Thank you to all the schools who continue to administer this survey, providing Montana with this critical data. We are proud to focus our health and safety programs based on what students report through this survey, and are thankful for all the school and community partners that make this project a reality.



# 2019 Montana Youth Risk Behavior Survey

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## INTRODUCTION

The Youth Risk Behavior Survey (YRBS) is an epidemiologic surveillance system that was established by the U.S. Centers for Disease Control and Prevention (CDC) 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 and adulthood.

In 2016 in the United States, 74 percent of all deaths among persons aged 10-24 years resulted from four causes: motor vehicle crashes (22%), other unintentional injuries (20%), suicide (17%), and homicide (15%). Among persons aged 15-19 years, 209,809 births; 488,700 cases of chlamydia, gonorrhea, and syphilis; and 1,652 diagnoses of human immunodeficiency virus (HIV) were reported. Among persons aged 25 years or more, 54% of all deaths in the United States resulted from cardiovascular disease (31%) and cancer (23%). These leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of priority health-risk behaviors: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; unhealthy dietary behaviors; and physical inactivity. These behaviors frequently are interrelated and are established during childhood and adolescence and extend into adulthood.

To monitor priority health-risk behaviors in each of these six categories and obesity and asthma among youth and young adults, CDC developed the YRBS. Since 1991, the YRBS has been administered biennially by the Montana Office of Public Instruction.

The purpose of the YRBS is to assist educators and health professionals in determining the prevalence of the health-risk behaviors among youth. This report describes the results of the survey and the methods used to conduct the survey. The results will be used to focus the continuing development of statewide comprehensive health education and to reduce those health behaviors that place Montana youth at risk.

Survey results are presented in the following parts:

- Introduction
- Survey Methods
- Frequency Distributions
- Point of Interest (POI) Graphs - Gender, Grade Level and Race
- Trend Analysis Tables (2009 - 2019)
- Comparative Tables by Student Population

## SURVEY METHODS

### DESCRIPTION OF YRBS

The YRBS was developed cooperatively by the CDC, 19 other federal agencies, and state and local departments of education to measure the extent to which adolescents engage in health-risk behaviors. The 2019 survey instrument consisted of 94 questions which assessed the six priority health-risk behaviors which result in the greatest amount of morbidity, mortality, and social problems among youth. These behaviors include behaviors that result in unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; unhealthy dietary behaviors and physical inactivity.

### SAMPLE SELECTION PROCESS

All public schools in Montana with students in grades 9 through 12 were eligible to be selected for inclusion in the sample. Fifty schools were randomly selected with probability proportional to enrollment. The 2019 YRBS was completed by 3,819 students in 47 public high schools during February of 2019. The school response rate was 94 percent, the student response rate was 85 percent, and the overall response rate was 80 percent. The weighted results presented in this report are based on the behavior and opinion of the participants in the sample; however, the results can be used to make inferences concerning the priority health-risk behaviors of all high school students in Montana.



Superintendents of school districts were contacted during October 2018 to obtain approval to administer the YRBS. Sufficient time was allowed to gain school board and/or parent approval, and to answer any questions about the survey. Each participating school submitted a list of second-period classes and a random set of these classes was selected and surveyed. In smaller schools, a census of students was provided. Survey coordinators for each school were assigned by school administrators and packets of information, including instructions, survey booklets, and answer sheets, were mailed to each school during February 2019. Surveys were administered during second period classes during the last week of February and returned to the Office of Public Instruction (OPI) for processing within one week of survey administration.

The teachers who administered the survey to students were provided detailed written instructions to ensure uniform survey administration across sites. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students. Participation in the survey was voluntary. Students could decline to participate, turn in blank or incomplete survey

forms, or stop completing the survey at any time. The protocols used in the YRBS ensure that participating schools are not violating any federal laws protecting students' rights and privacy, including the Protection of Pupil Rights Amendment and the Family Educational Rights and Privacy Act (FERPA).

#### **SURVEY VALIDITY AND LIMITATIONS**

A weighting procedure was performed to reduce bias by compensating for differing patterns of nonresponse at the school and student levels and to reflect the likelihood of sampling each student. The weighted 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.

The approximate error rate, using a normal approximation, is plus-or-minus 3 percent. However, users should be careful when 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 non-usage, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

# 2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

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## FREQUENCY DISTRIBUTIONS

The 2019 YRBS results are representative of all students in grades 9-12. The weighted demographic characteristics of the sample are as follows:

Female	49.0%	9 <sup>th</sup> grade	26.7%	Black*	0.6%
Male	51.0%	10 <sup>th</sup> grade	25.5%	Hispanic/Latino	5.3%
		11 <sup>th</sup> grade	24.5%	Native American	10.5%
		12 <sup>th</sup> grade	22.9%	White*	79.8%
		Other	0.4%	All other races	0.7%
				Multiple races	3.0%

\*Non-Hispanic

## Frequency Distributions

(Percentage of Montana High School Students)

1. How old are you?	
A. 15 years or younger	37.8
B. 16 or 17 years old	48.2
C. 18 years old or older	14.0

2. What is your sex?	
A. Female	49.0
B. Male	51.0

3. In what grade are you?	
A. 9 <sup>th</sup> grade	26.7
B. 10 <sup>th</sup> grade	25.5
C. 11 <sup>th</sup> grade	24.5
D. 12 <sup>th</sup> grade	22.9
E. Ungraded or other grade	0.4

4. Are you Hispanic or Latino?	
A. Yes	5.2
B. No	94.8

5. What is your race?	
A. Black	0.6
B. Hispanic/Latino	5.3
C. Native American	10.5
D. White	79.8
E. All other races*	0.7
F. Multiple races*	3.0

\*Non-Hispanic

6. Height Chart

7. Weight Chart

**The next 6 questions ask about safety.**

8. How often do you wear a seat belt when <b>riding</b> in a car driven by someone else?	
A. Never	2.2
B. Rarely	5.3
C. Sometimes	9.9
D. Most of the time	30.3
E. Always	52.3

9. How often do you wear a seat belt when <b>driving</b> a car?	
A. I do not drive a car	20.8
B. Never	2.3
C. Rarely	3.5
D. Sometimes	5.6
E. Most of the time	12.0
F. Always	55.9

10. During the past 30 days, how many times did you <b>ride</b> in a car or other vehicle <b>driven by someone who had been drinking alcohol</b> ?	
A. 0 times	80.9
B. 1 time	8.7
C. 2 or 3 times	6.0
D. 4 or 5 times	1.5
E. 6 or more times	2.9

11. During the past 30 days, how many times did you <b>drive</b> a car or other vehicle <b>when you had been drinking alcohol</b> ?	
A. I did not drive a car or other vehicle during the past 30 days	25.7
B. 0 times	69.0
C. 1 time	2.8
D. 2 or 3 times	1.7
E. 4 or 5 times	0.4
F. 6 or more times	0.3

12. During the past 30 days, on how many days did you <b>text or e-mail</b> while <b>driving</b> a car or other vehicle?	
A. I did not drive a car or other vehicle during the past 30 days	25.5
B. 0 days	34.8
C. 1 or 2 days	12.5
D. 3 to 5 days	5.5
E. 6 to 9 days	4.6
F. 10 to 19 days	5.2
G. 20 to 29 days	3.9
H. All 30 days	8.0

13. During the past 30 days, on how many days did you <b>use the Internet or apps on your cell phone</b> (such as YouTube, Instagram, or Facebook) while driving a car or other vehicle? (Do not count using your cell phone to get driving directions or to determine your location.)	
A. I did not drive a car or other vehicle during the past 30 days	25.1
B. 0 days	40.5
C. 1 or 2 days	10.3
D. 3 to 5 days	4.4
E. 6 to 9 days	3.3
F. 10 to 19 days	4.3
G. 20 to 29 days	3.6
H. All 30 days	8.4

The next 11 questions ask about violence-related behaviors.

14. During the past 30 days, on how many days did you carry a <b>weapon</b> such as a gun, knife, or club?	
A. 0 days	76.9
B. 1 day	4.5
C. 2 or 3 days	5.4
D. 4 or 5 days	2.2
E. 6 or more days	11.1

15. During the past 30 days, on how many days did you carry a <b>weapon</b> such as a gun, knife, or club <b>on school property</b> ?	
A. 0 days	93.0
B. 1 day	1.3
C. 2 or 3 days	1.0
D. 4 or 5 days	0.4
E. 6 or more days	4.3

16. <b>During the past 12 months</b> , on how many days did you carry a <b>gun</b> ? (Do <b>not</b> count the days when you carried a gun only for hunting or for a sport, such as target shooting.)	
A. 0 days	92.3
B. 1 day	1.7
C. 2 or 3 days	2.0
D. 4 or 5 days	0.7
E. 6 or more days	3.3

17. During the past 30 days, on how many days did you <b>not</b> go to school because you felt you would be unsafe at school or on your way to or from school?	
A. 0 days	90.7
B. 1 day	4.9
C. 2 or 3 days	3.0
D. 4 or 5 days	0.6
E. 6 or more days	0.9

18. During the past 12 months, how many times has someone threatened or injured you with a <b>weapon</b> such as a gun, knife, or club <b>on school property</b> ?	
A. 0 times	92.1
B. 1 time	3.5
C. 2 or 3 times	2.5
D. 4 or 5 times	0.7
E. 6 or 7 times	0.3
F. 8 or 9 times	0.1
G. 10 or 11 times	0.2
H. 12 or more times	0.7

19. During the past 12 months, how many times were you in a <b>physical fight</b> ?	
A. 0 times	76.7
B. 1 time	11.4
C. 2 or 3 times	7.2
D. 4 or 5 times	1.9
E. 6 or 7 times	0.9
F. 8 or 9 times	0.3
G. 10 or 11 times	0.3
H. 12 or more times	1.5

20. During the past 12 months, how many times were you in a <b>physical fight on school property</b> ?	
A. 0 times	92.0
B. 1 time	5.2
C. 2 or 3 times	1.6
D. 4 or 5 times	0.4
E. 6 or 7 times	0.2
F. 8 or 9 times	0.1
G. 10 or 11 times	0.1
H. 12 or more times	0.4

21. Have you ever been physically forced to have sexual intercourse when you did not want to?	
A. Yes	9.8
B. No	90.2

22. During the past 12 months, how many times did <b>anyone</b> force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)	
A. 0 times	88.9
B. 1 time	6.1
C. 2 or 3 times	3.2
D. 4 or 5 times	0.6
E. 6 or more times	1.3

23. During the past 12 months, how many times did <b>someone you were dating or going out with</b> force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)	
A. I did not date or go out with anyone during the past 12 months	34.8
B. 0 times	61.1
C. 1 time	1.8
D. 2 or 3 times	1.6
E. 4 or 5 times	0.2
F. 6 or more times	0.5

24. During the past 12 months, how many times did <b>someone you were dating or going out with</b> physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)	
A. I did not date or go out with anyone during the past 12 months	34.1
B. 0 times	60.7
C. 1 time	2.5
D. 2 or 3 times	1.4
E. 4 or 5 times	0.3
F. 6 or more times	1.0

**The next 3 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.**

25. During the past 12 months, have you ever been bullied <b>on school property</b> ?	
A. Yes	22.0
B. No	78.0

26. During the past 12 months, have you ever been <b>electronically</b> bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)	
A. Yes	17.9
B. No	82.1

27. During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian or bisexual?	
A. Yes	13.3
B. No	86.7

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

28. During the past 12 months, did you ever feel so sad or hopeless almost every day for <b>two weeks or more in a row</b> that you stopped doing some usual activities?	
A. Yes	36.7
B. No	63.3

29. During the past 12 months, did you ever <b>seriously</b> consider attempting suicide?	
A. Yes	23.4
B. No	76.6

30. During the past 12 months, did you make a plan about how you would attempt suicide?	
A. Yes	19.5
B. No	80.5

31. During the past 12 months, how many times did you actually attempt suicide?	
A. 0 times	90.0
B. 1 time	5.8
C. 2 or 3 times	3.0
D. 4 or 5 times	0.5
E. 6 or more times	0.6

32. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?	
A. I did not attempt suicide during the past 12 months	89.9
B. Yes	3.7
C. No	6.4

The next 4 questions ask about cigarette smoking.

33. Have you ever tried cigarette smoking, even one or two puffs?	
A. Yes	31.0
B. No	69.0

34. How old were you when you first tried cigarette smoking, even one or two puffs?	
A. I have never tried cigarette smoking, not even one or two puffs	69.0
B. 8 years old or younger	3.0
C. 9 or 10 years old	2.6
D. 11 or 12 years old	4.4
E. 13 or 14 years old	8.8
F. 15 or 16 years old	9.4
G. 17 years old or older	2.8

35. During the past 30 days, on how many days did you smoke cigarettes?	
A. 0 days	92.3
B. 1 or 2 days	3.3
C. 3 to 5 days	1.3
D. 6 to 9 days	0.8
E. 10 to 19 days	0.7
F. 20 to 29 days	0.4
G. All 30 days	1.2

36. During the past 30 days, on the days you smoked, how many cigarettes did you smoke <b>per day</b> ?	
A. I did not smoke cigarettes during the past 30 days	92.4
B. Less than 1 cigarette per day	3.5
C. 1 cigarette per day	1.3
D. 2 to 5 cigarettes per day	2.2
E. 6 to 10 cigarettes per day	0.1
F. 11 to 20 cigarettes per day	0.2
G. More than 20 cigarettes per day	0.2

The next 5 questions ask about electronic vapor products, such as JUUL, Vuse, MarkTen, and blu. Electronic vapor products include e-cigarettes, e-cigars, vapes, vape pens, e-cigars, e-hookahs, hookah pens and mods.

37. Have you ever used an electronic vapor product?	
A. Yes	58.3
B. No	41.7

38. During the past 30 days, on how many days did you use an electronic vapor product?	
A. 0 days	69.8
B. 1 or 2 days	5.9
C. 3 to 5 days	3.5
D. 6 to 9 days	2.8
E. 10 to 19 days	5.2
F. 20 to 29 days	4.0
G. All 30 days	8.7

39. During the past 30 days, on how many days did you use an electronic vapor product <b>on school property</b> ?	
A. 0 days	81.1
B. 1 or 2 days	5.8
C. 3 to 5 days	2.8
D. 6 to 9 days	2.2
E. 10 to 19 days	3.0
F. 20 to 29 days	1.7
G. All 30 days	3.4

40. During the past 30 days, how did you <b>usually</b> get your own electronic vapor products? (Select only <b>one</b> response.)	
A. I did not use any electronic vapor products during the past 30 days	69.9
B. I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store	5.7
C. I got them on the Internet	0.7
D. I gave someone else money to buy them for me	6.9
E. I borrowed them from someone else	10.6
F. A person who can legally buy these products gave them to me	2.6
G. I took them from a store or another person	0.2
H. I got them some other way	3.4

41. What is the <b>main</b> reason you have used electronic vapor products? (Select only <b>one</b> response.)	
A. I have never used an electronic vapor product	45.2
B. Friend or family member used them	13.5
C. To try to quit using other tobacco products	1.9
D. They cost less than other tobacco products	0.9
E. They are easier to get than other tobacco products	0.8
F. They are less harmful than other forms of tobacco	4.8
G. They are available in flavors, such as mint, candy, fruit, or chocolate	7.0
H. I used them for some other reason	25.9

The next 3 questions ask about other tobacco products.

42. During the past 30 days, on how many days did you use <b>chewing tobacco, snuff, dip, snus, or dissolvable tobacco</b> products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.)	
A. 0 days	93.7
B. 1 or 2 days	2.4
C. 3 to 5 days	0.8
D. 6 to 9 days	0.7
E. 10 to 19 days	0.7
F. 20 to 29 days	0.2
G. All 30 days	1.4

43. During the past 30 days, on how many days did you smoke <b>cigars, cigarillos, or little cigars</b> ?	
A. 0 days	92.5
B. 1 or 2 days	4.3
C. 3 to 5 days	1.5
D. 6 to 9 days	0.6
E. 10 to 19 days	0.4
F. 20 to 29 days	0.1
G. All 30 days	0.5

44. During the past 12 months, did you ever try to <b>quit</b> using <b>all</b> tobacco products, including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products?	
A. I did not use any tobacco products during the past 12 months	60.1
B. Yes	21.7
C. No	18.2

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

45. How old were you when you had your first drink of alcohol other than a few sips?	
A. I have never had a drink of alcohol other than a few sips	38.2
B. 8 years old or younger	5.7
C. 9 or 10 years old	4.4
D. 11 or 12 years old	7.5
E. 13 or 14 years old	18.9
F. 15 or 16 years old	21.9
G. 17 years old or older	3.5

46. During the past 30 days, on how many days did you have at least one drink of alcohol?	
A. 0 days	66.6
B. 1 or 2 days	16.4
C. 3 to 5 days	8.6
D. 6 to 9 days	4.7
E. 10 to 19 days	2.4
F. 20 to 29 days	0.7
G. All 30 days	0.6

47. During the past 30 days, on how many days did you have <b>4</b> or more drinks of alcohol in a row, that is, within a couple of hours (if you are <b>female</b> ) or <b>5</b> or more drinks of alcohol in a row, that is, within a couple of hours (if you are <b>male</b> )?	
A. 0 days	82.5
B. 1 day	5.7
C. 2 days	4.5
D. 3 to 5 days	3.5
E. 6 to 9 days	2.3
F. 10 to 19 days	1.0
G. 20 or more days	0.5



48. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?	
A. I did not drink alcohol during the past 30 days	69.3
B. 1 or 2 drinks	10.0
C. 3 drinks	1.5
D. 4 drinks	2.4
E. 5 drinks	4.5
F. 6 or 7 drinks	4.5
G. 8 or 9 drinks	2.2
H. 10 or more drinks	5.6

49. During the past 30 days, how did you <b>usually</b> get the alcohol you drank?	
A. I did not drink alcohol during the past 30 days	66.4
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	1.0
C. I bought it at a restaurant, bar, or club	0.2
D. I bought it at a public event such as a concert or sporting event	0.2
E. I gave someone else money to buy it for me	7.4
F. Someone gave it to me	13.1
G. I took it from a store or family member	4.3
H. I got it some other way	7.5

The next 3 questions ask about marijuana use. Marijuana also is called grass, pot, or weed.

50. During your life, how many times have you used marijuana?	
A. 0 times	60.0
B. 1 or 2 times	9.6
C. 3 to 9 times	8.1
D. 10 to 19 times	4.4
E. 20 to 39 times	4.2
F. 40 to 99 times	4.2
G. 100 or more times	9.5

51. How old were you when you tried marijuana for the first time?	
A. I have never tried marijuana	60.1
B. 8 years old or younger	1.0
C. 9 or 10 years old	1.8
D. 11 or 12 years old	4.7
E. 13 or 14 years old	13.0
F. 15 or 16 years old	16.1
G. 17 years old or older	3.4

52. During the past 30 days, how many times did you use marijuana?	
A. 0 times	78.9
B. 1 or 2 times	7.5
C. 3 to 9 times	4.9
D. 10 to 19 times	2.4
E. 20 to 39 times	1.8
F. 40 or more times	4.6

The next question asks about synthetic marijuana use. Synthetic marijuana also is called Spice, fake weed, K2, King Kong, Yucatan Fire, or Skunk.

53. During your life, how many times have you used synthetic marijuana?	
A. 0 times	93.5
B. 1 or 2 times	3.4
C. 3 to 9 times	1.2
D. 10 to 19 times	0.6
E. 20 to 39 times	0.3
F. 40 or more times	1.0

The next question asks about the use of prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it. For this question, count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.

54. During your life, how many times have you taken <b>prescription pain medicine</b> without a doctor's prescription or differently than how a doctor told you to use it?	
A. 0 times	87.2
B. 1 or 2 times	6.3
C. 3 to 9 times	3.2
D. 10 to 19 times	1.7
E. 20 to 39 times	0.6
F. 40 or more times	1.0

The next 8 questions ask about other drugs.

55. During your life, how many times have you used <b>any</b> form of <b>cocaine</b> , including powder, crack, or freebase?	
A. 0 times	95.9
B. 1 or 2 times	2.4
C. 3 to 9 times	1.0
D. 10 to 19 times	0.3
E. 20 to 39 times	0.2
F. 40 or more times	0.3

60. During your life, how many times have you taken <b>steroid pills or shots</b> without a doctor's prescription?	
A. 0 times	98.4
B. 1 or 2 times	0.8
C. 3 to 9 times	0.3
D. 10 to 19 times	0.2
E. 20 to 39 times	0.1
F. 40 or more times	0.3

56. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or <b>inhaled</b> any paints or sprays to get high?	
A. 0 times	92.0
B. 1 or 2 times	4.6
C. 3 to 9 times	1.8
D. 10 to 19 times	0.7
E. 20 to 39 times	0.3
F. 40 or more times	0.7

61. During your life, how many times have you used a needle to inject any <b>illegal</b> drug into your body?	
A. 0 times	99.0
B. 1 time	0.6
C. 2 or more times	0.5

57. During your life how many times have you used <b>heroin</b> (also called smack, junk, or China White)?	
A. 0 times	98.3
B. 1 or 2 times	0.6
C. 3 to 9 times	0.3
D. 10 to 19 times	0.1
E. 20 to 39 times	0.2
F. 40 or more times	0.4

62 During the past 12 months, has anyone offered, sold, or given you an illegal drug <b>on school property</b> ?	
A. Yes	22.5
B. No	77.5

The next 7 questions ask about sexual behavior.

58. During your life, how many times have you used <b>methamphetamines</b> (also called speed, crystal meth, crank, ice, or meth)?	
A. 0 times	97.6
B. 1 or 2 times	1.0
C. 3 to 9 times	0.3
D. 10 to 19 times	0.3
E. 20 to 39 times	0.3
F. 40 or more times	0.5

63. Have you ever had sexual intercourse?	
A. Yes	43.8
B. No	56.2

59. During your life, how many times have you used <b>ecstasy</b> (also called MDMA)?	
A. 0 times	95.7
B. 1 or 2 times	2.7
C. 3 to 9 times	0.8
D. 10 to 19 times	0.2
E. 20 to 39 times	0.2
F. 40 or more times	0.5

64. How old were you when you had sexual intercourse for the first time?	
A. I have never had sexual intercourse	56.1
B. 11 years old or younger	2.2
C. 12 years old	1.4
D. 13 years old	3.2
E. 14 years old	9.2
F. 15 years old	13.0
G. 16 years old	10.5
H. 17 years old or older	4.3

65. During your life, with how many people have you had sexual intercourse?	
A. I have never had sexual intercourse	56.2
B. 1 person	17.8
C. 2 people	8.5
D. 3 people	5.4
E. 4 people	3.7
F. 5 people	2.2
G. 6 or more people	6.2

66. During the past 3 months, with how many people did you have sexual intercourse?	
A. I have never had sexual intercourse	56.1
B. I have had sexual intercourse, but not during the past 3 months	12.0
C. 1 person	25.1
D. 2 people	3.8
E. 3 people	1.6
F. 4 people	0.5
G. 5 people	0.2
H. 6 or more people	0.6

67. Did you drink alcohol or use drugs before you had sexual intercourse the <b>last time</b> ?	
A. I have never had sexual intercourse	56.3
B. Yes	7.8
C. No	35.8

68. The <b>last time</b> you had sexual intercourse, did you or your partner use a condom?	
A. I have never had sexual intercourse	56.4
B. Yes	25.0
C. No	18.7

69. The <b>last time</b> you had sexual intercourse, what <b>one</b> method did you or your partner use to <b>prevent pregnancy</b> ? (Select only <b>one</b> response.)	
A. I have never had sexual intercourse	56.7
B. No method was used to prevent pregnancy	4.3
C. Birth control pills	10.1
D. Condoms	16.8
E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	4.5
F. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	2.5
G. Withdrawal or some other method	3.8
H. Not sure	1.3

The next 2 questions ask about body weight.

70. How do you describe your weight?	
A. Very underweight	2.9
B. Slightly underweight	14.6
C. About the right weight	52.0
D. Slightly overweight	25.3
E. Very overweight	5.2

71. Which of the following are you trying to do about your weight?	
A. <b>Lose</b> weight	41.3
B. <b>Gain</b> weight	18.8
C. <b>Stay</b> the same weight	16.2
D. I am <b>not trying to do anything</b> about my weight	23.7

The next 10 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

72. During the past 7 days, how many times did you drink <b>100% fruit juices</b> such as orange juice, apple juice, or grape juice? (Do <b>not</b> count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)	
A. I did not drink 100% fruit juice during the past 7 days	32.4
B. 1 to 3 times during the past 7 days	42.9
C. 4 to 6 times during the past 7 days	13.2
D. 1 time per day	4.4
E. 2 times per day	3.6
F. 3 times per day	1.1
G. 4 or more times per day	2.4

73. During the past 7 days, how many times did you eat <b>fruit</b> ? (Do <b>not</b> count fruit juice.)	
A. I did not eat fruit during the past 7 days	10.9
B. 1 to 3 times during the past 7 days	34.7
C. 4 to 6 times during the past 7 days	24.3
D. 1 time per day	10.6
E. 2 times per day	11.5
F. 3 times per day	4.2
G. 4 or more times per day	3.7

74. During the past 7 days, how many times did you eat <b>green salad</b> ?	
A. I did not eat green salad during the past 7 days	34.3
B. 1 to 3 times during the past 7 days	43.4
C. 4 to 6 times during the past 7 days	13.3
D. 1 time per day	5.4
E. 2 times per day	1.8
F. 3 times per day	0.7
G. 4 or more times per day	1.1

75. During the past 7 days, how many times did you eat <b>potatoes</b> ? (Do <b>not</b> count French fries, fried potatoes, or potato chips.)	
A. I did not eat potatoes during the past 7 days	32.1
B. 1 to 3 times during the past 7 days	52.3
C. 4 to 6 times during the past 7 days	10.5
D. 1 time per day	2.3
E. 2 times per day	1.1
F. 3 times per day	0.4
G. 4 or more times per day	1.0

76. During the past 7 days, how many times did you eat <b>carrots</b> ?	
A. I did not eat carrots during the past 7 days	43.9
B. 1 to 3 times during the past 7 days	40.7
C. 4 to 6 times during the past 7 days	9.1
D. 1 time per day	3.3
E. 2 times per day	1.7
F. 3 times per day	0.3
G. 4 or more times per day	1.0

77. During the past 7 days, how many times did you eat <b>other vegetables</b> ? (Do not count green salad, potatoes, or carrots.)	
A. I did not eat other vegetables during the past 7 days	17.1
B. 1 to 3 times during the past 7 days	40.3
C. 4 to 6 times during the past 7 days	22.9
D. 1 time per day	10.2
E. 2 times per day	6.1
F. 3 times per day	1.7
G. 4 or more times per day	1.6

78. During the past 7 days, how many times did you drink a <b>can, bottle, or glass of soda or pop</b> , such as Coke, Pepsi, or Sprite? (Do <b>not</b> count diet soda or diet pop.)	
A. I did not drink soda or pop during the past 7 days	28.5
B. 1 to 3 times during the past 7 days	41.4
C. 4 to 6 times during the past 7 days	17.1
D. 1 time per day	6.3
E. 2 times per day	3.4
F. 3 times per day	1.2
G. 4 or more times per day	2.0

79. During the past 7 days, how many <b>glasses of milk</b> did you drink? (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)	
A. I did not drink milk during the past 7 days	23.5
B. 1 to 3 glasses during the past 7 days	27.8
C. 4 to 6 glasses during the past 7 days	16.8
D. 1 glass per day	11.7
E. 2 glasses per day	11.3
F. 3 glasses per day	4.5
G. 4 or more glasses per day	4.4

80. During the past 7 days, how many times did you drink a <b>can, bottle, or glass of an energy drink</b> , such as Red Bull or Jolt? (Do <b>not</b> count diet energy drinks or sports drinks such as Gatorade or PowerAde.)	
A. I did not drink energy drinks during the past 7 days	71.7
B. 1 to 3 times during the past 7 days	19.6
C. 4 to 6 times during the past 7 days	4.3
D. 1 time per day	1.9
E. 2 times per day	1.1
F. 3 times per day	0.5
G. 4 or more times per day	0.9

81. During the past 7 days, on how many days did you eat <b>breakfast</b> ?	
A. 0 days	14.2
B. 1 day	9.2
C. 2 days	10.6
D. 3 days	9.3
E. 4 days	7.7
F. 5 days	8.6
G. 6 days	7.4
H. 7 days	32.9

**The next 5 questions ask about physical activity.**

82. During the past 7 days, on how many days were you physically active for a total of <b>at least 60 minutes per day</b> ? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)	
A. 0 days	12.0
B. 1 day	6.5
C. 2 days	8.5
D. 3 days	9.9
E. 4 days	12.1
F. 5 days	16.2
G. 6 days	9.5
H. 7 days	25.3

83. On an average school day, how many hours do you watch TV?	
A. I do not watch TV on an average school day	22.8
B. Less than 1 hour per day	22.4
C. 1 hour per day	17.3
D. 2 hours per day	18.4
E. 3 hours per day	10.4
F. 4 hours per day	4.5
G. 5 or more hours per day	4.2

84. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.)	
A. I do not play video or computer games or use a computer for something that is not school work	23.0
B. Less than 1 hour per day	13.8
C. 1 hour per day	10.9
D. 2 hours per day	15.6
E. 3 hours per day	14.0
F. 4 hours per day	9.5
G. 5 or more hours per day	13.2

85. In an average week when you are in school, on how many days do you go to physical education (PE) classes?	
A. 0 days	43.4
B. 1 day	1.9
C. 2 days	3.8
D. 3 days	11.6
E. 4 days	6.6
F. 5 days	32.8

90. On an average school night, how many hours of sleep do you get?	
A. 4 or less hours	7.0
B. 5 hours	10.7
C. 6 hours	20.7
D. 7 hours	31.7
E. 8 hours	23.1
F. 9 hours	5.2
G. 10 or more hours	1.5

86. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)	
A. 0 teams	39.2
B. 1 team	24.7
C. 2 teams	19.5
D. 3 or more teams	16.5

91. During the past 30 days, where did you usually sleep?	
A. In my parent's or guardian's home	95.4
B. In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing	2.0
C. In a shelter or emergency housing	0.6
D. In a motel or hotel	0.4
E. In a car, park, campground, or other public place	0.4
F. I do not have a usual place to sleep	0.3
G. Somewhere else	0.9

**The next question asks about concussions. A concussion is when a blow or jolt to the head causes problems such as headaches, dizziness, being dazed or confused, difficulty remembering or concentrating, vomiting, blurred vision, or being knocked out.**

87. During the last 12 months, how many times did you have a concussion from playing a sport or being physically active?	
A. 0 times	83.4
B. 1 time	10.9
C. 2 times	3.1
D. 3 times	0.9
E. 4 or more times	1.6

92. During the past 12 months, how would you describe your grades in school?	
A. Mostly A's	46.2
B. Mostly B's	30.6
C. Mostly C's	14.8
D. Mostly D's	3.3
E. Mostly F's	1.5
F. None of these grades	0.4
G. Not sure	3.4

**The next 7 questions ask about other health-related topics.**

88. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?	
A. During the past 12 months	76.9
B. Between 12 and 24 months ago	9.2
C. More than 24 months ago	4.4
D. Never	1.2
E. Not sure	8.3

93. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do not count getting a spray-on tan.)	
A. 0 times	93.8
B. 1 or 2 times	2.4
C. 3 to 9 times	1.9
D. 10 to 19 times	1.0
E. 20 to 39 times	0.5
F. 40 or more times	0.3

89. Has a doctor or nurse ever told you that you have asthma?	
A. Yes	21.8
B. No	73.3
C. Not sure	5.0

94. During the past 12 months, did you receive help from a resource teacher, speech therapist, or other special education teacher at school?	
A. Yes	14.9
B. No	85.1

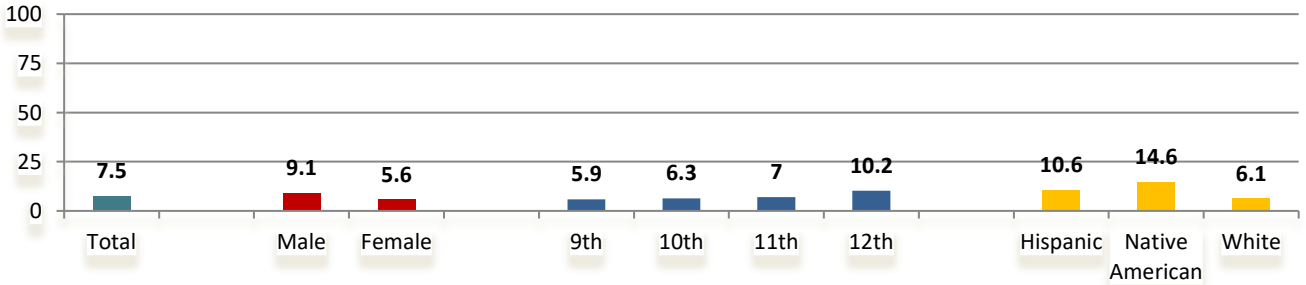
# Point of Interest Graphs



# Unintentional Injuries and Violence

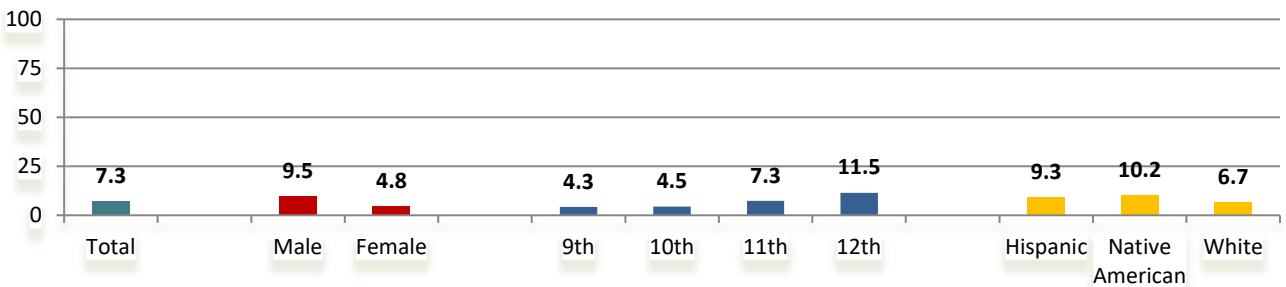
## SEAT BELT USE – RIDER

Statewide, 7.5 percent of Montana students never or rarely wore a seat belt when riding in a car driven by someone else.



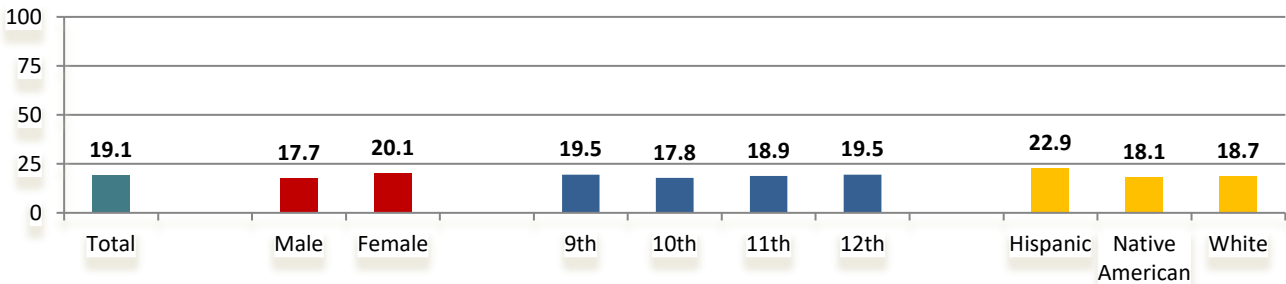
## SEAT BELT USE – DRIVER

Among Montana students who drive a car, 7.3 percent never or rarely wear a seat belt when driving



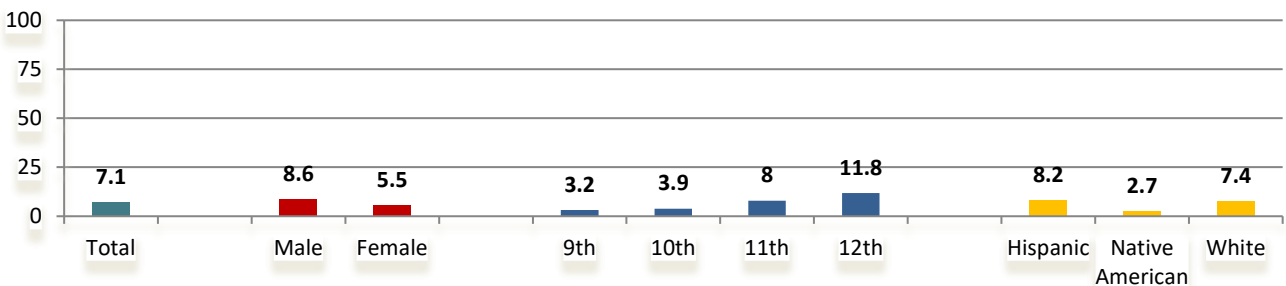
## RODE WITH A DRIVER WHO HAD BEEN DRINKING ALCOHOL

During the past 30 days, 19.1 percent of students rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.



## DROVE WHEN DRINKING ALCOHOL

Among students who drove a car or other vehicle during the past 30 days, 7.1 percent drove when they had been drinking alcohol one or more times during the past 30 days.

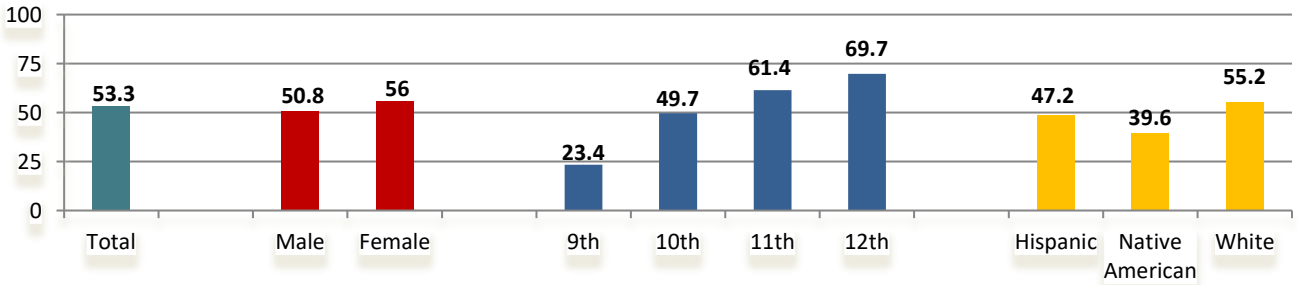




# Unintentional Injuries and Violence

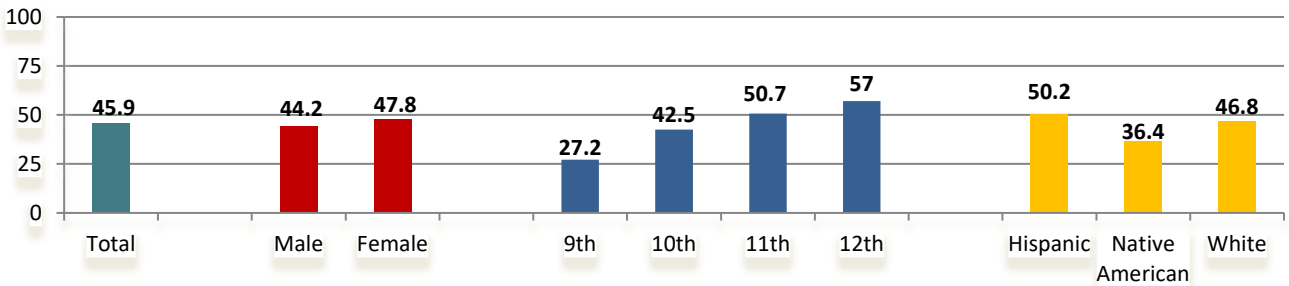
## TEXTING AND DRIVING

Among Montana students who drove a car or other vehicle during the past 30 days, 53.3 percent texted or e-mailed while driving.



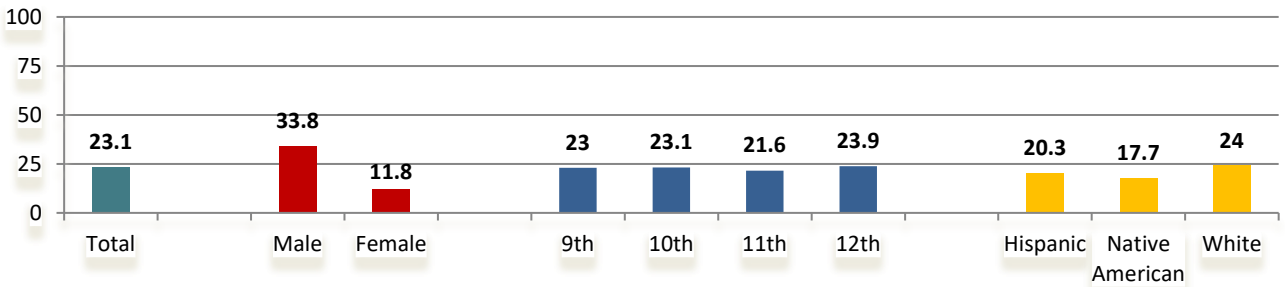
## CELL PHONE USE AND DRIVING

Among students who drove a car or other vehicle during the past 30 days, 45.9 percent used the Internet or Apps on their cell phone while driving.



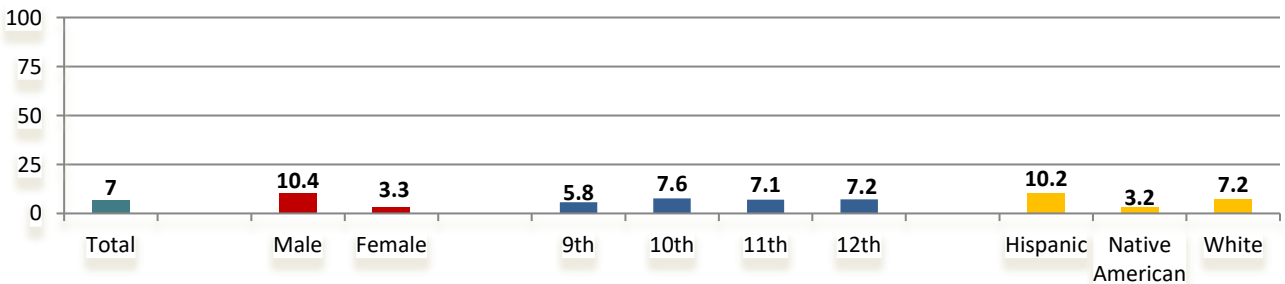
## CARRIED A WEAPON

Statewide, 23.1 percent of Montana students carried a weapon such as a gun, knife, or club on one or more of the past 30 days.



## CARRIED A WEAPON ON SCHOOL PROPERTY

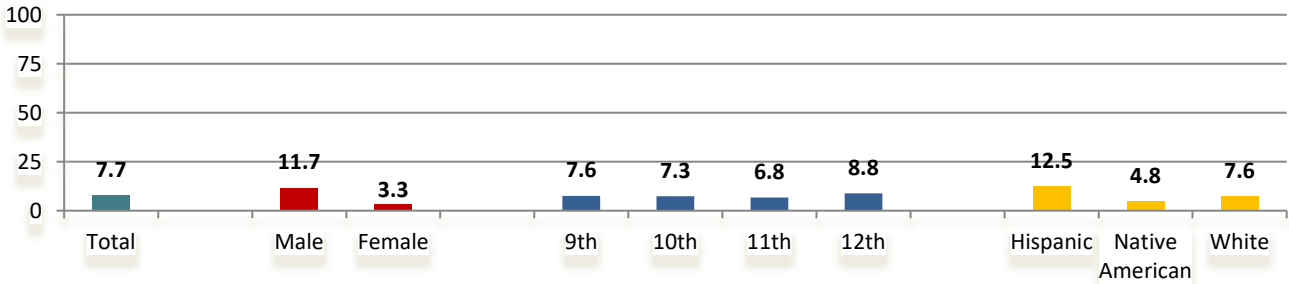
Statewide, 7.0 percent of Montana students carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days.



# Unintentional Injuries and Violence

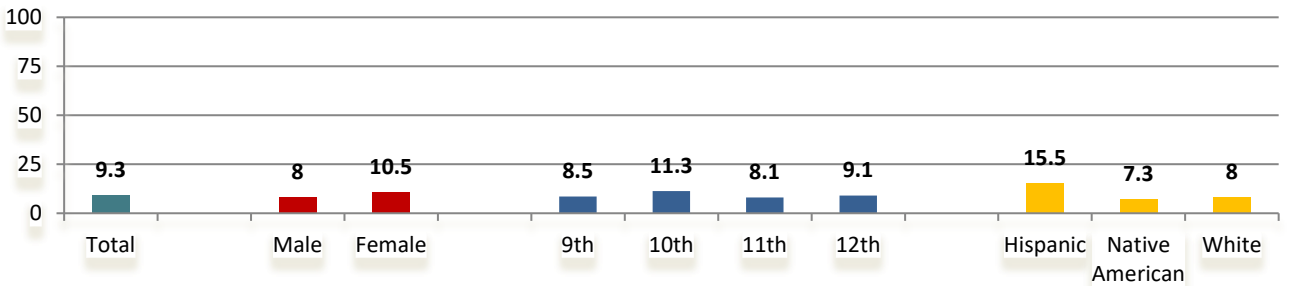
## CARRIED A GUN

During the past 12 months, 7.7 percent of Montana students carried a gun on one or more days (not counting for hunting or for a sport such as target shooting).



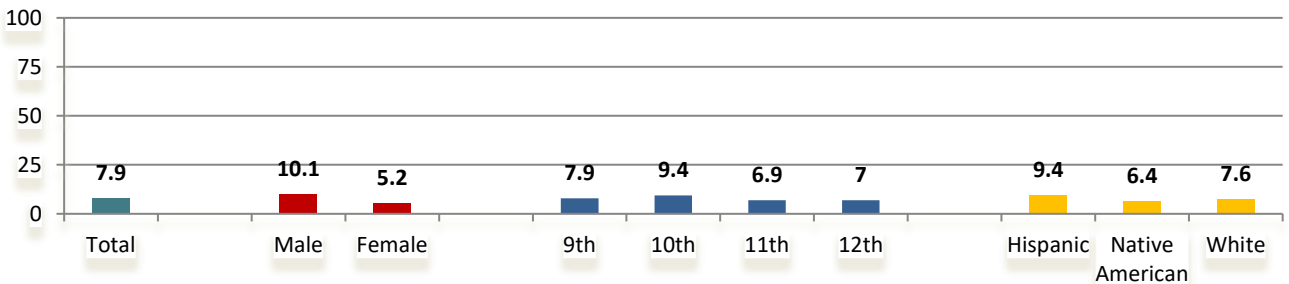
## DID NOT GO TO SCHOOL BECAUSE OF SAFETY CONCERNS

During the past 30 days, 9.3 percent of Montana students did not go to school on one or more days because they felt they would be unsafe at school or on their way to or from school.



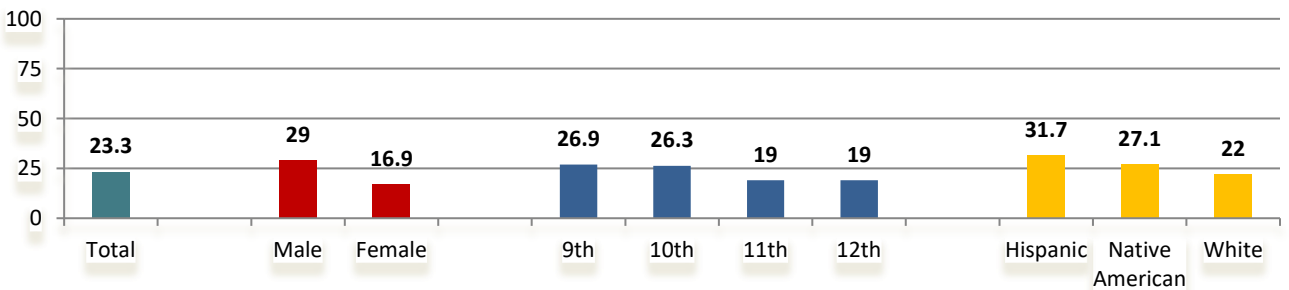
## THREATENED OR INJURED WITH A WEAPON ON SCHOOL PROPERTY

During the past 12 months, 7.9 percent of students had been threatened or injured, one or more times, with a weapon such as a gun, knife, or club on school property.



## IN A PHYSICAL FIGHT

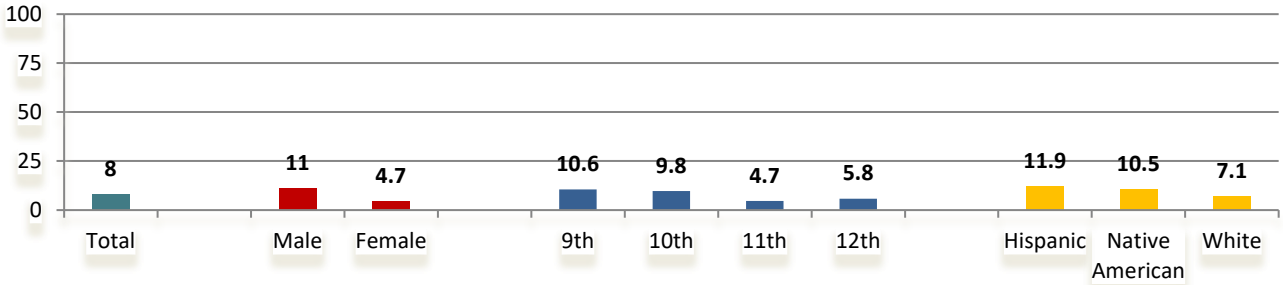
Statewide, 23.3 percent of Montana students were in a physical fight one or more times during the past 12 months.



# Unintentional Injuries and Violence

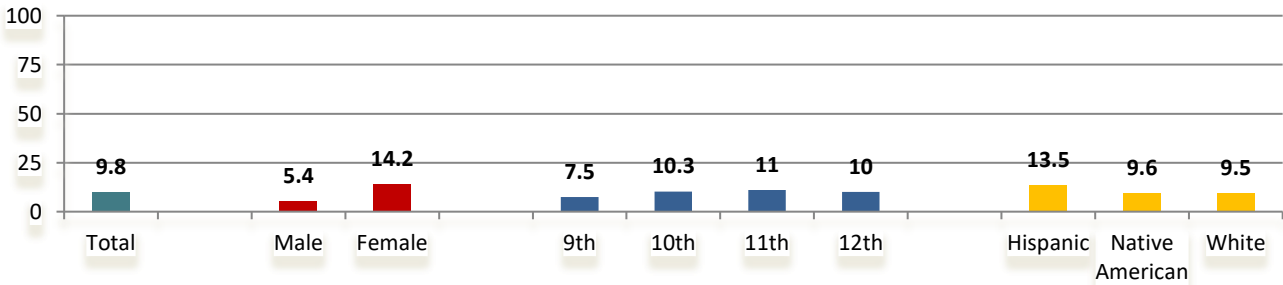
## IN A PHYSICAL FIGHT ON SCHOOL PROPERTY

Statewide, 8.0 percent of students were in a physical fight on school property one or more times during the past 12 months.



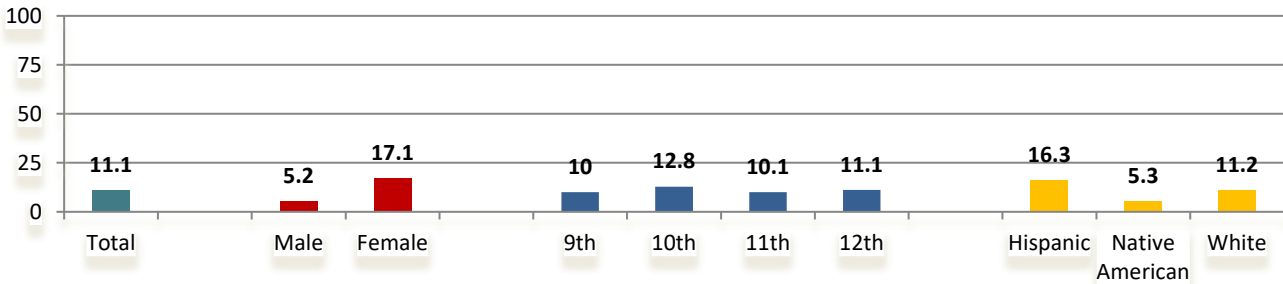
## FORCED SEXUAL INTERCOURSE

Statewide, 9.8 percent of Montana students had ever been physically forced to have sexual intercourse when they did not want to.



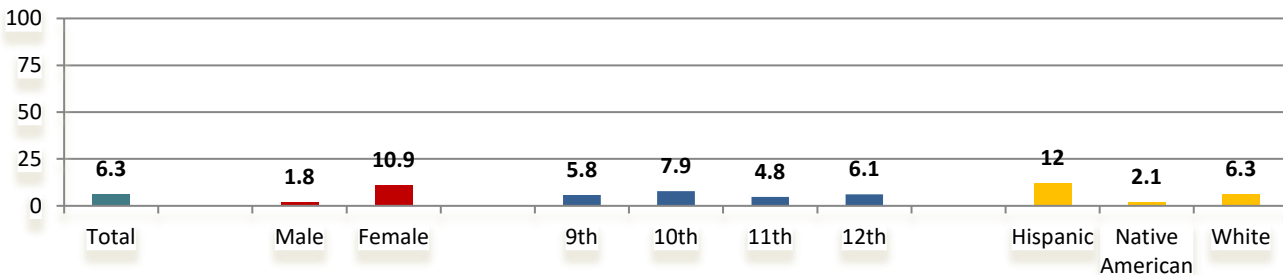
## SEXUAL VIOLENCE

Statewide, 11.1 percent of Montana students had experienced sexual violence during the past 12 months (being forced by anyone to do sexual things such as kissing, touching, or being physically forced to have sexual intercourse, that they did not want to do).



## SEXUAL DATING VIOLENCE

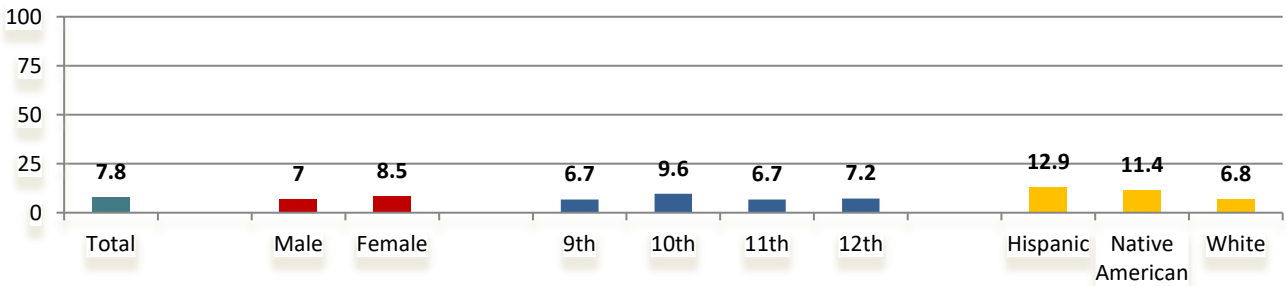
Among students who dated or went out with someone during the past 12 months, 6.3 percent of Montana students had been forced by someone they were dating or going out with to do sexual things they did not want to do.



# Unintentional Injuries and Violence

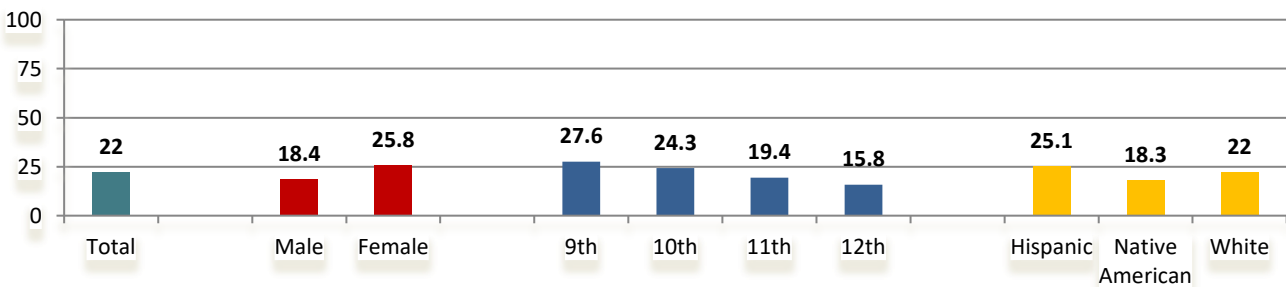
## PHYSICAL DATING VIOLENCE

Among students who dated or went out with someone during the past 12 months, 7.8 percent had been physically hurt on purpose by someone they were dating or going out with one or more times during the past 12 months.



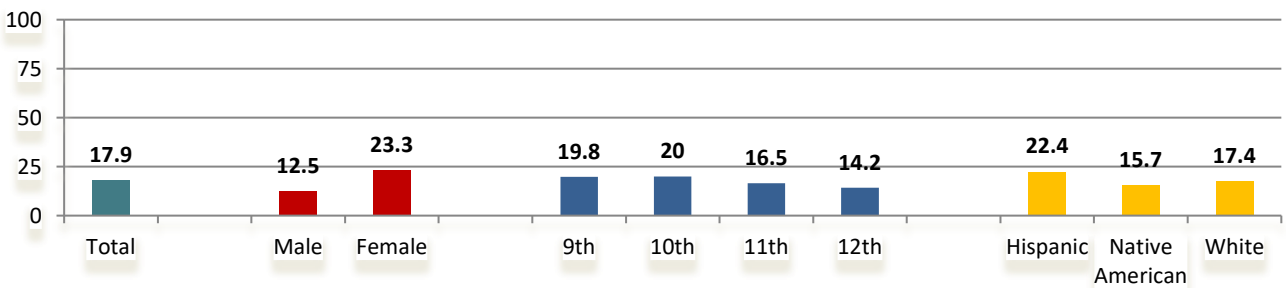
## BULLIED ON SCHOOL PROPERTY

During the past 12 months, 22.0 percent of students had been bullied on school property.



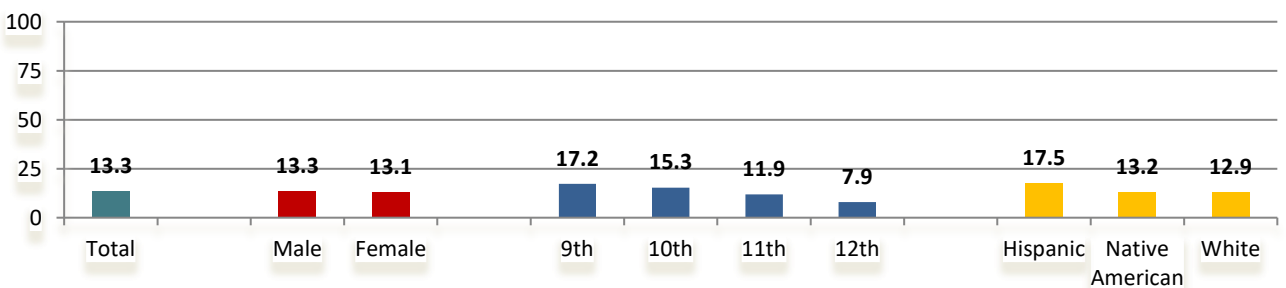
## ELECTRONIC BULLYING

Statewide, 17.9 percent of Montana students had been electronically bullied during the past 12 months.



## BULLYING AND SEXUAL ORIENTATION

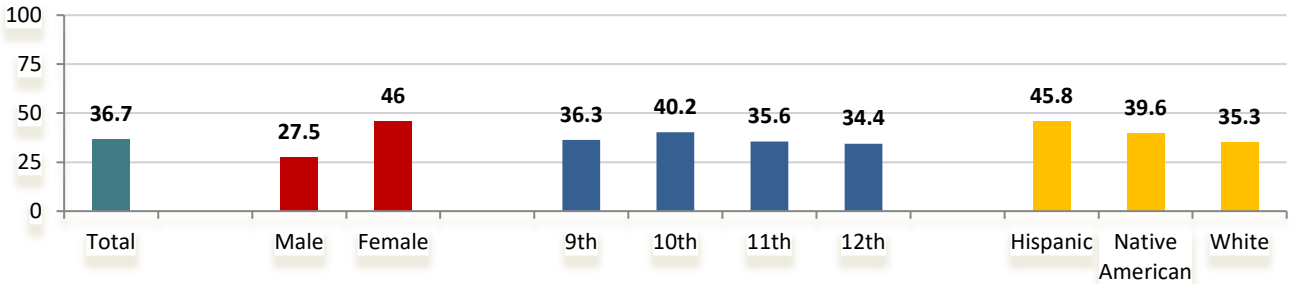
During the past 12 months, 13.3 percent of students have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual.



# UNINTENTIONAL INJURIES AND VIOLENCE

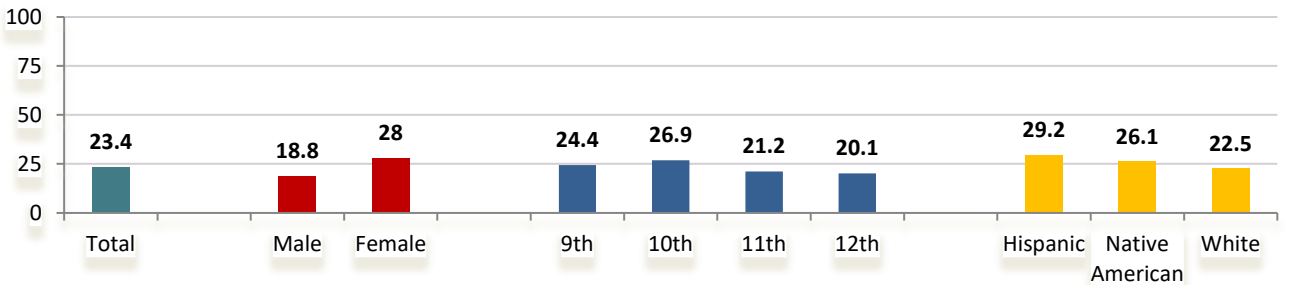
## FELT SAD OR HOPELESS

During the past 12 months, 36.7 percent of students felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.



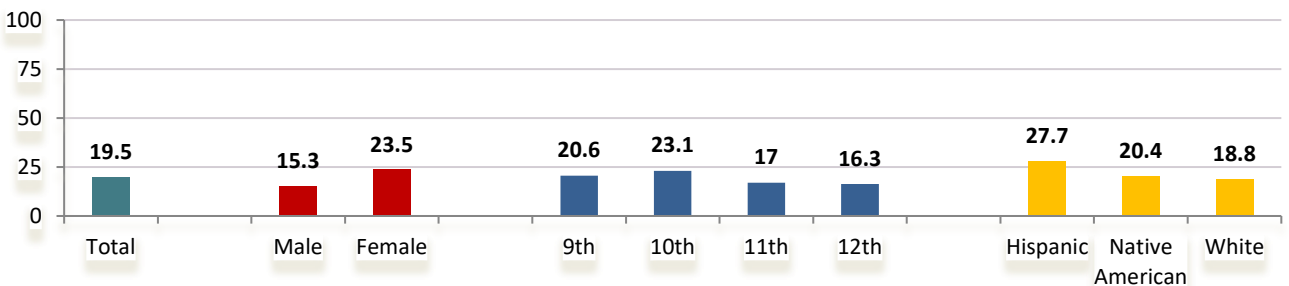
## SERIOUSLY CONSIDERED SUICIDE

During the past 12 months, 23.4 percent of students seriously considered attempting suicide.



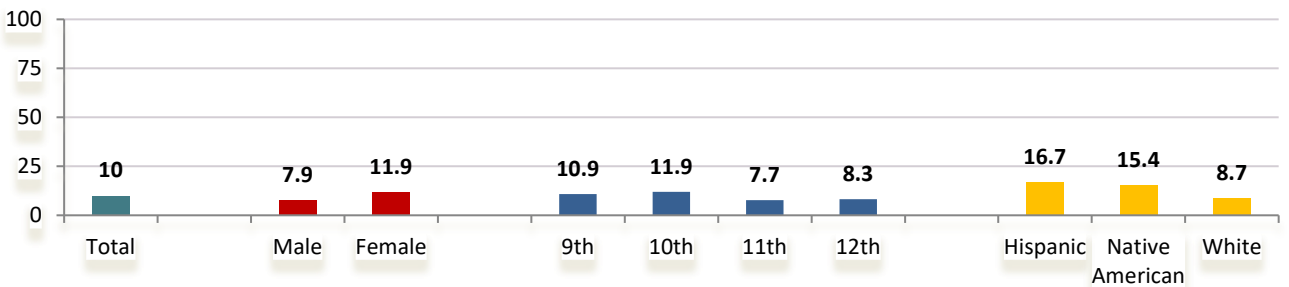
## MADE A SUICIDE PLAN

During the past 12 months, 19.5 percent of students made a plan about how they would attempt suicide.



## ATTEMPTED SUICIDE

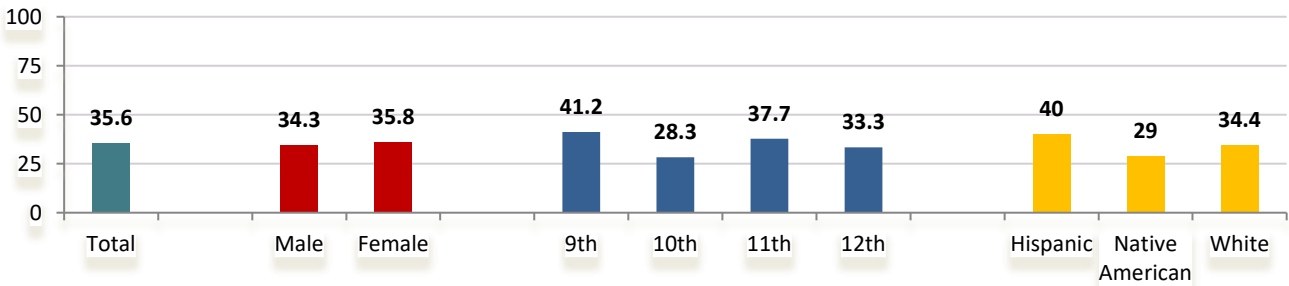
During the past 12 months, 10.0 percent of students actually attempted suicide one or more times.



# Unintentional Injuries and Violence

## SUICIDE ATTEMPT TREATED BY A DOCTOR OR NURSE

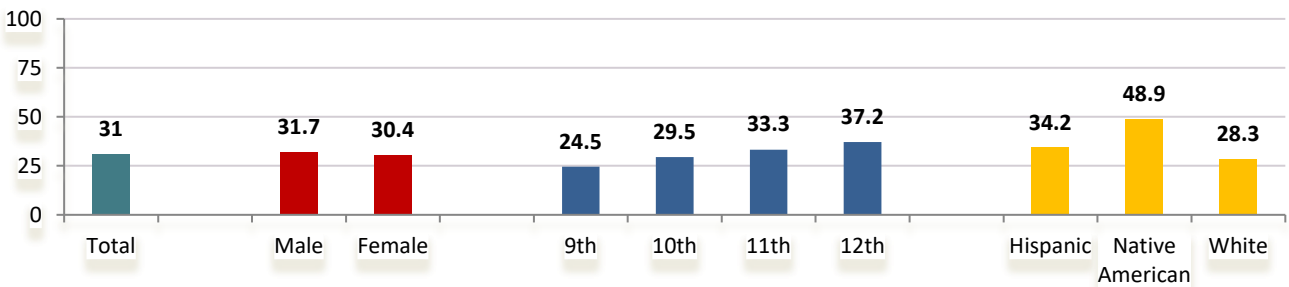
Among students who attempted suicide during the past 12 months, 35.6 percent had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.



# Tobacco Use

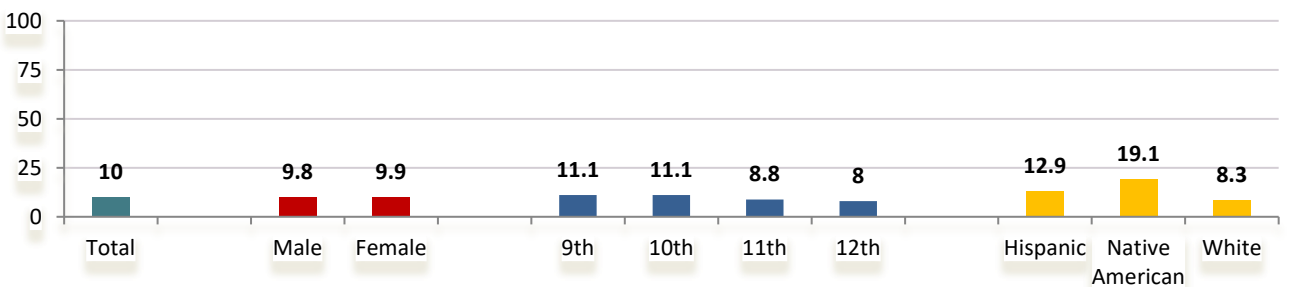
## LIFETIME CIGARETTE USE

Statewide, 31.0 percent of students had ever tried cigarette smoking (even one or two puffs).



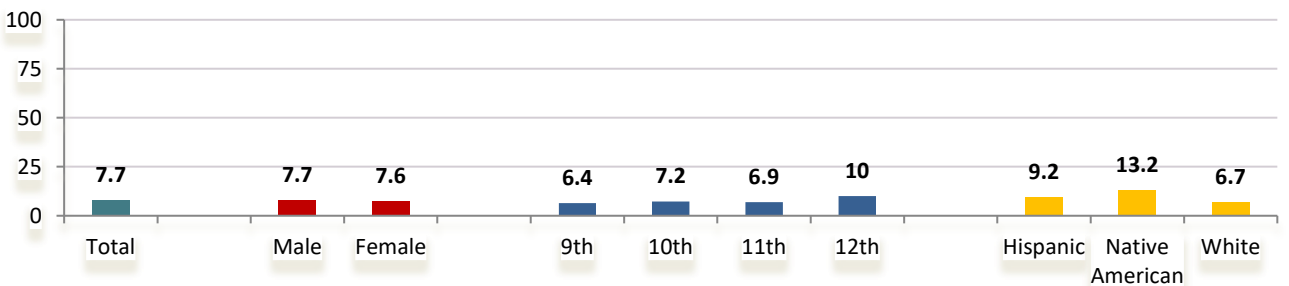
## FIRST TRIED CIGARETTE SMOKING BEFORE AGE 13 YEARS

Statewide, 10.0 percent of students had first tried cigarette smoking before age 13 years.



## CURRENT SMOKER

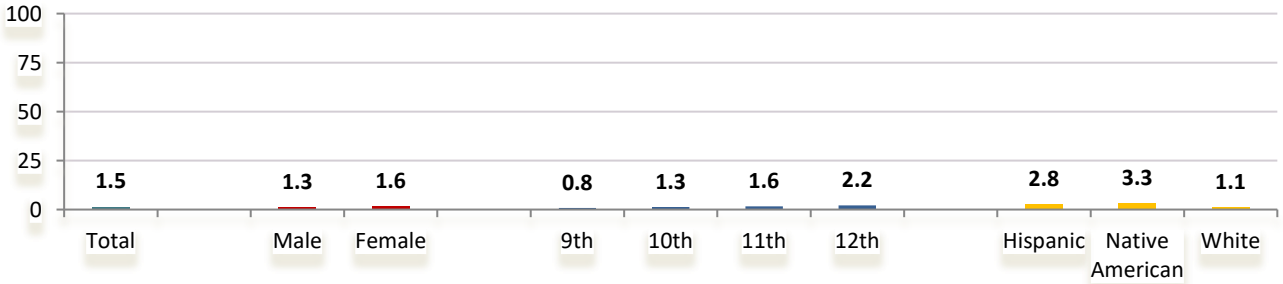
Statewide, 7.7 percent of students smoked cigarettes on one or more of the past 30 days.



# Tobacco Use

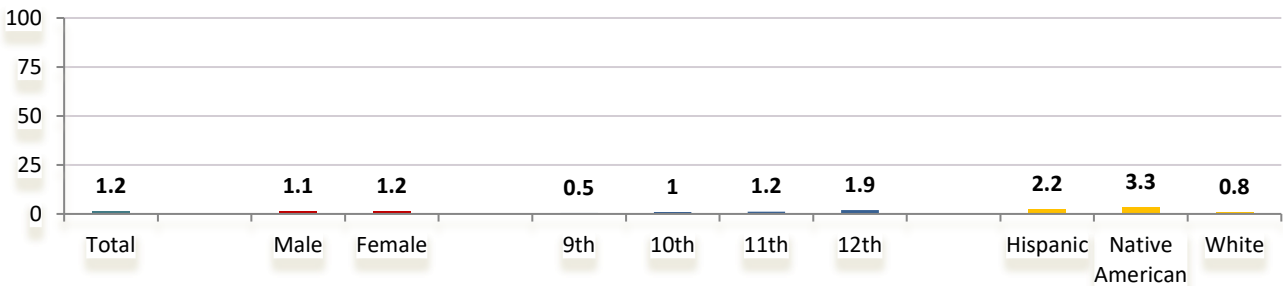
## FREQUENT SMOKER

Statewide, 1.5 percent of students had smoked cigarettes on 20 or more of the past 30 days.



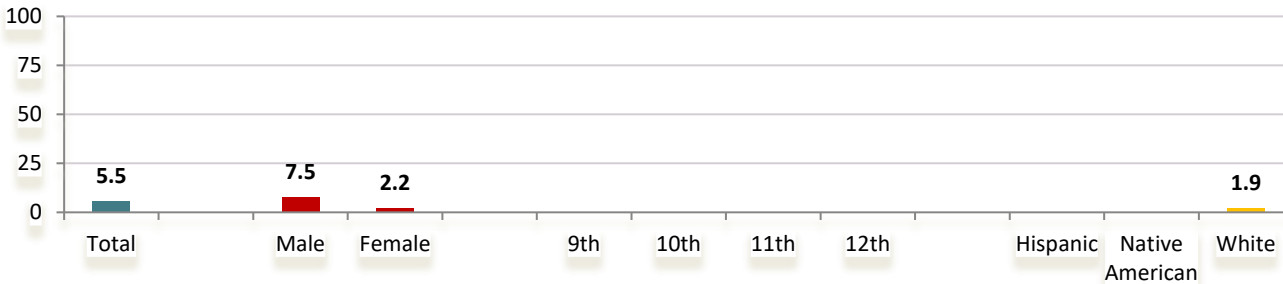
## DAILY SMOKER

Statewide, 1.2 percent of students had smoked a cigarette on each of the past 30 days.



## SMOKED MORE THAN 10 CIGARETTES PER DAY

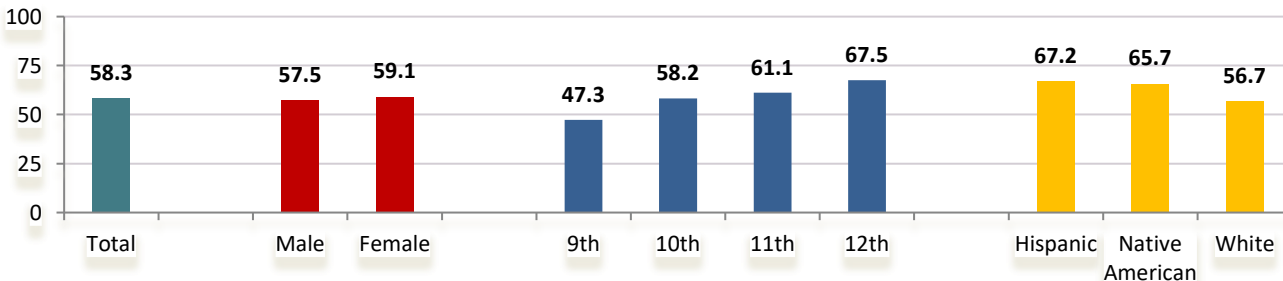
Among students who reported current cigarette use, 5.5 percent smoked more than 10 cigarettes per day on the days they smoked during the past 30 days.



*Missing bar indicates fewer than 100 students in this subgroup*

## LIFETIME ELECTRONIC VAPOR PRODUCT USE

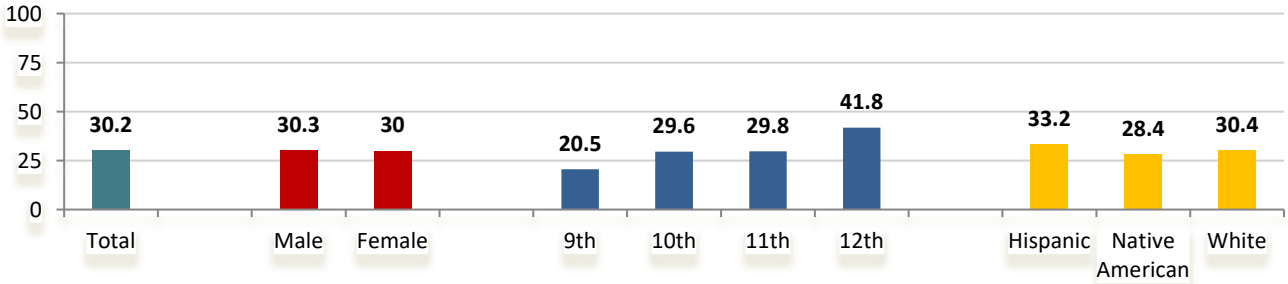
Statewide, 58.3 percent of students had ever used electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo]).



# Tobacco Use

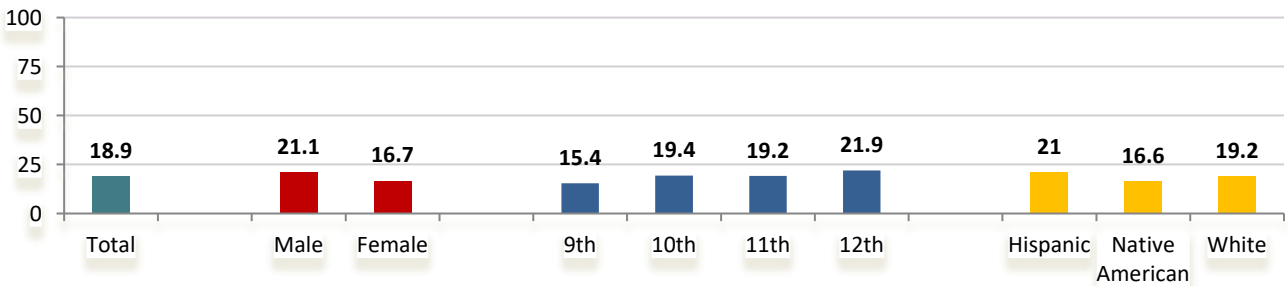
## CURRENT ELECTRONIC VAPOR PRODUCT USE

Statewide, 30.2 percent of students used an electronic vapor product on one or more of the past 30 days.



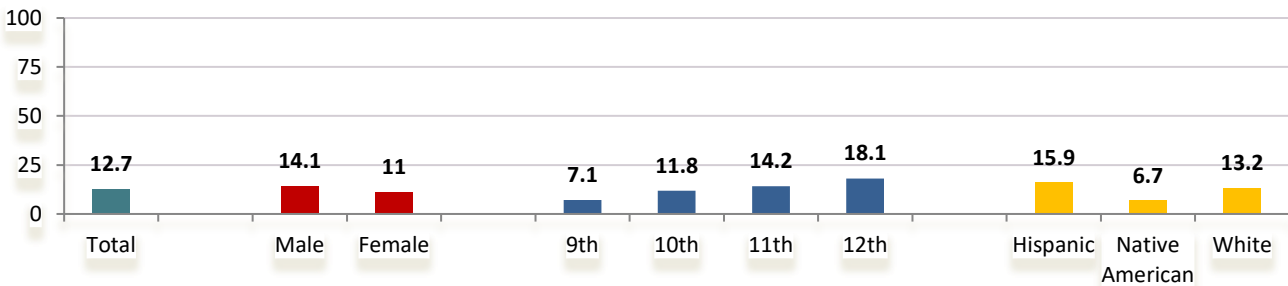
## ELECTRONIC VAPOR PRODUCT USE ON SCHOOL PROPERTY

Statewide, 18.9 percent of students used an electronic vapor product on school property during the past 30 days.



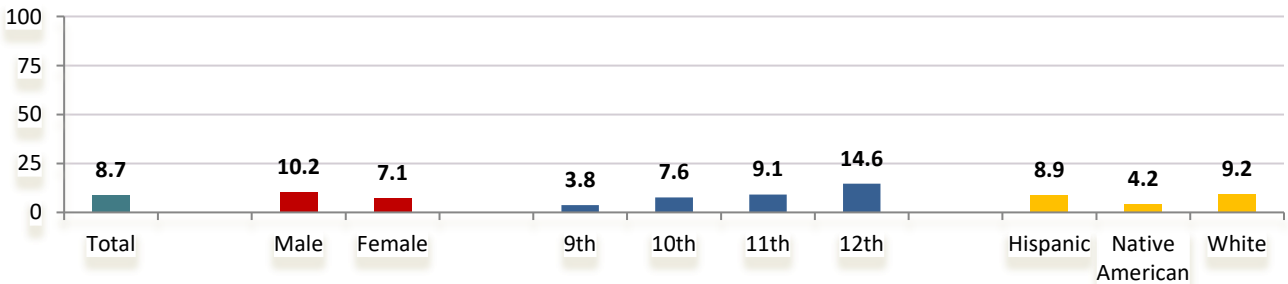
## FREQUENT ELECTRONIC VAPOR PRODUCT USE

Statewide, 12.7 percent of students used electronic vapor products on 20 or more of the past 30 days.



## DAILY ELECTRONIC VAPOR PRODUCT USE

Statewide, 8.7 percent of students used electronic vapor products on all of the past 30 days.

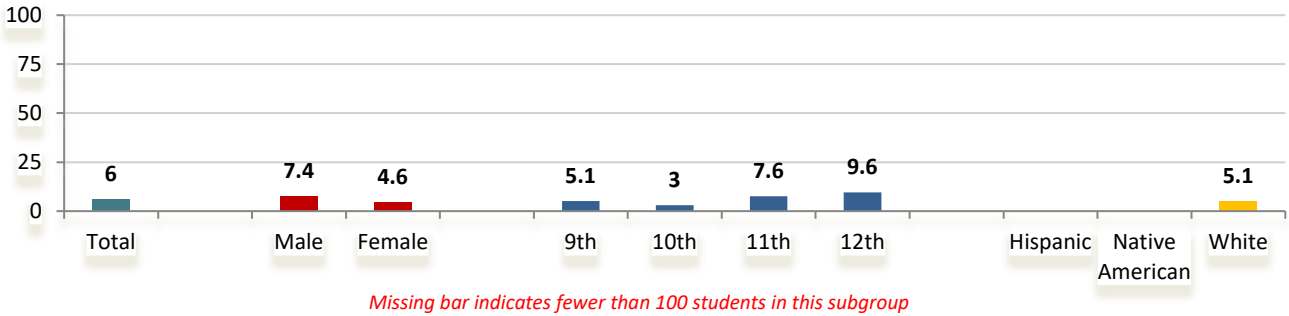




# Tobacco Use

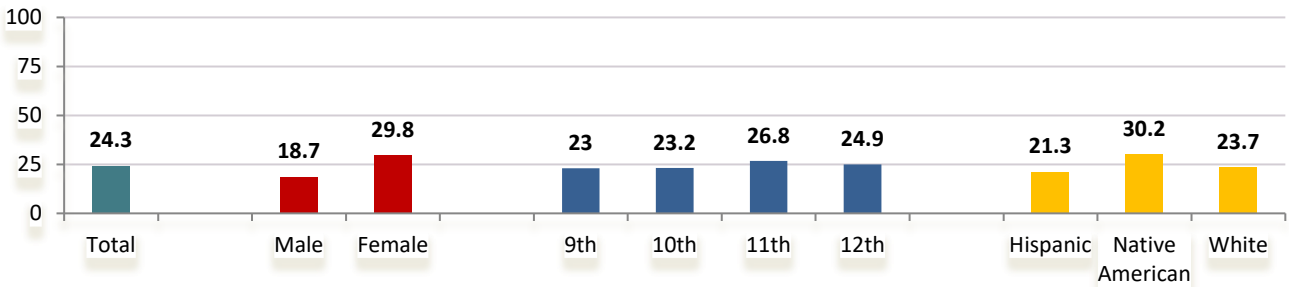
## ACCESS TO ELECTRONIC VAPOR PRODUCTS

Among students who used electronic vapor products during the past 30 days, 6.0 percent usually got their own electronic vapor products by buying them in a store such as a convenience store, supermarket, discount store, gas station, or vape store.



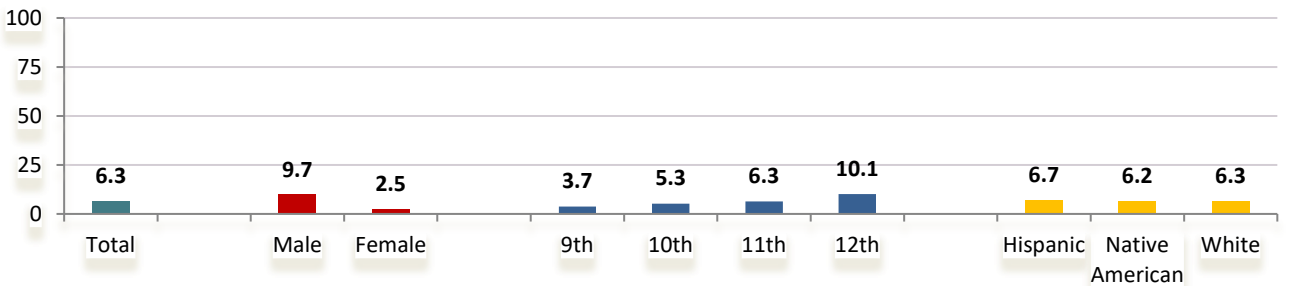
## REASON FOR USE OF ELECTRONIC VAPOR PRODUCTS

Among students who used electronic vapor products during the past 30 days, 24.3 percent did so mainly because a friend or family member used them.



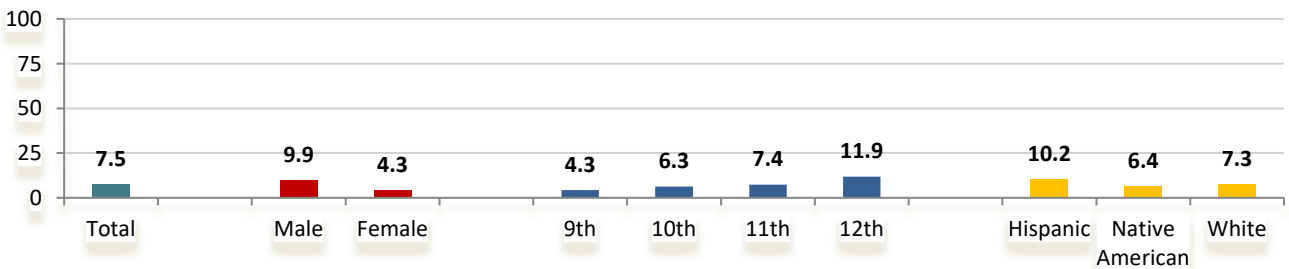
## CURRENT SMOKELESS TOBACCO USE

Statewide, 6.3 percent of high school students used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products (such as Copenhagen, Grizzly, Skoal, or Camel Snus) during the past 30 days.



## CURRENT CIGAR USE

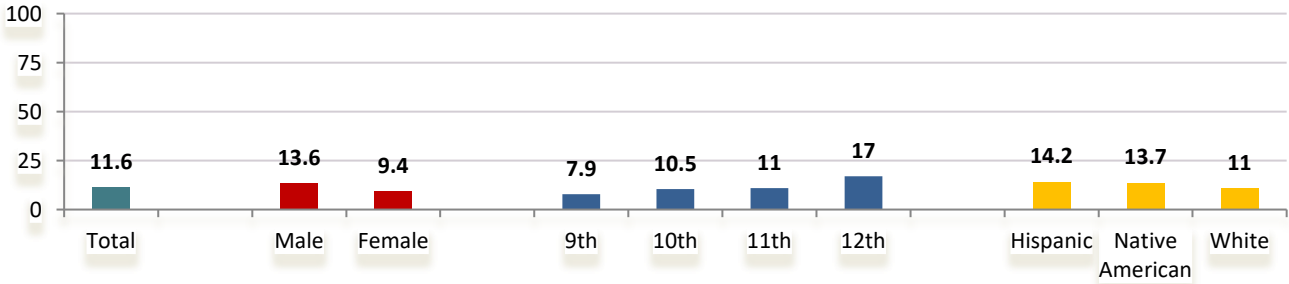
During the past 30 days, 7.5 percent of Montana high school students smoked cigars, cigarillos, or little cigars.



# Tobacco Use

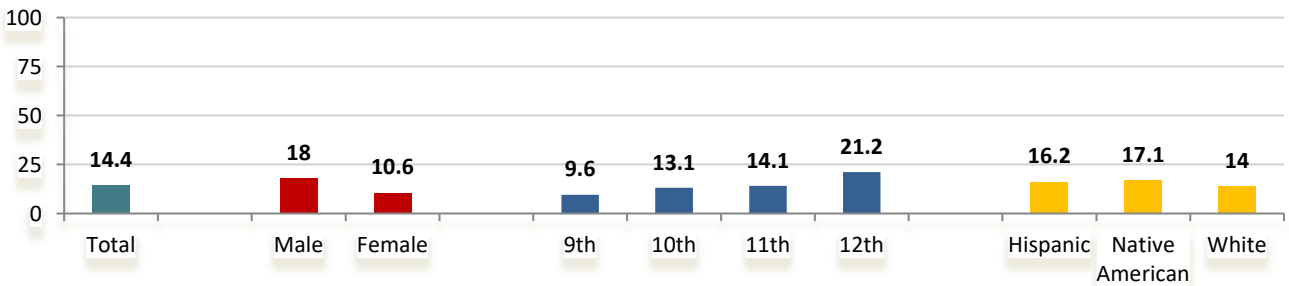
## CURRENT CIGARETTE OR CIGAR USE

During the past 30 days, 11.6 percent of Montana high school students had smoked cigarettes or cigars.



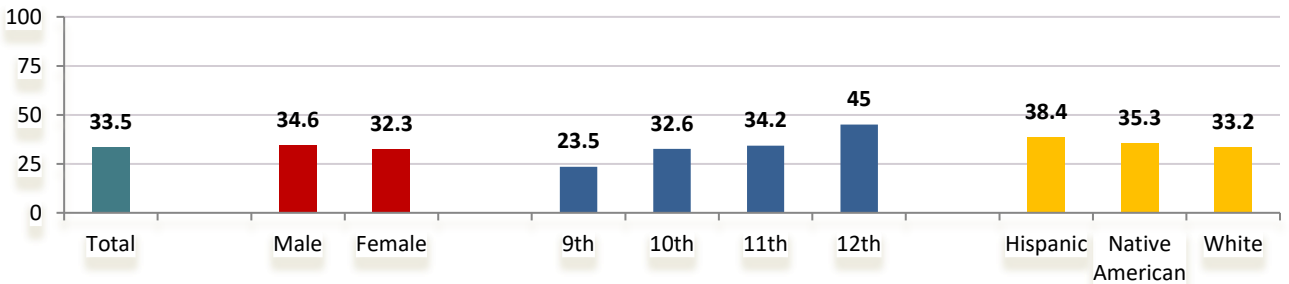
## CURRENT CIGARETTE, CIGAR OR SMOKELESS TOBACCO USE

During the past 30 days, 14.4 percent of students smoked cigarettes or cigars or used smokeless tobacco.



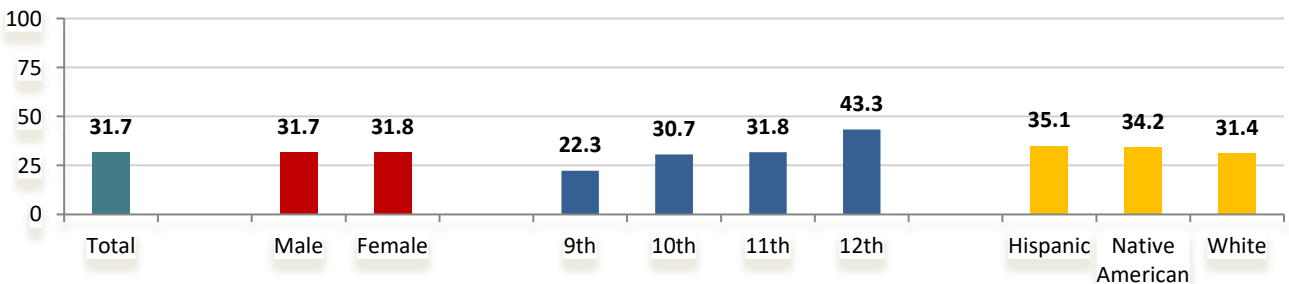
## CURRENT CIGARETTE, CIGAR, SMOKELESS TOBACCO OR ELECTRONIC VAPOR PRODUCT USE

During the past 30 days, 33.5 percent of Montana high school students had smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products.



## CURRENT CIGARETTE OR ELECTRONIC VAPOR PRODUCT USE

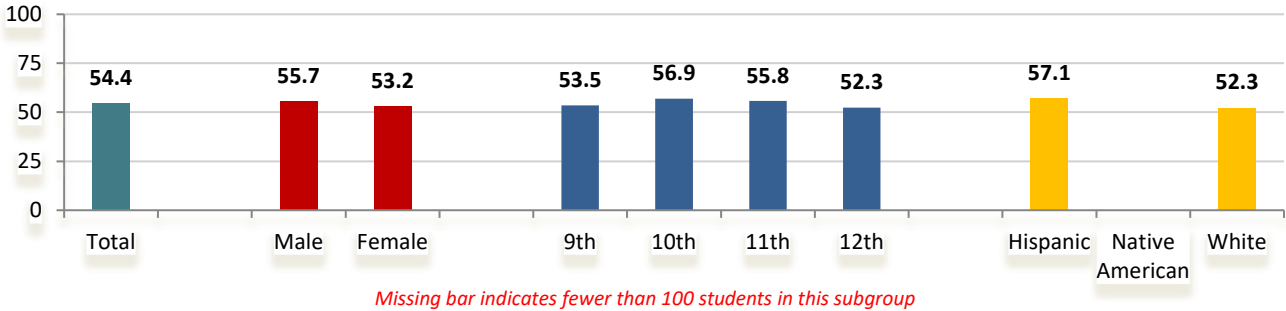
During the past 30 days, 31.7 percent of students smoked cigarettes or used electronic vapor products.



# Tobacco Use

## TOBACCO PRODUCT CESSATION

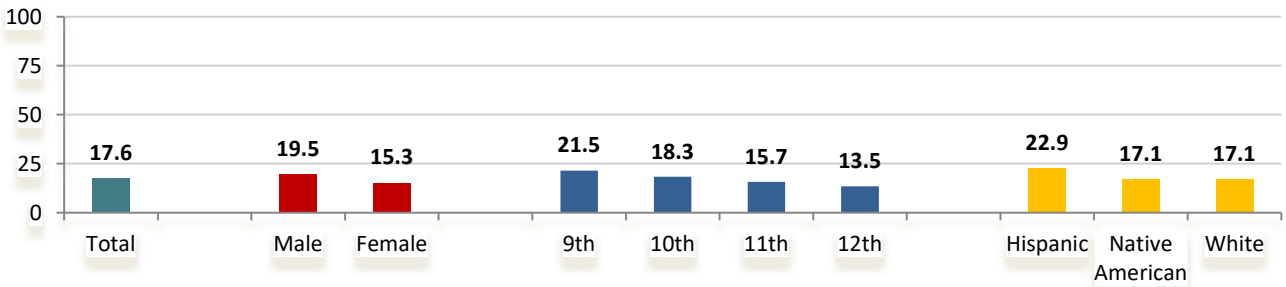
Among users of tobacco products during the past 12 months, 54.4 percent of students tried to quit using all products including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products.



# Alcohol and Other Drug Use

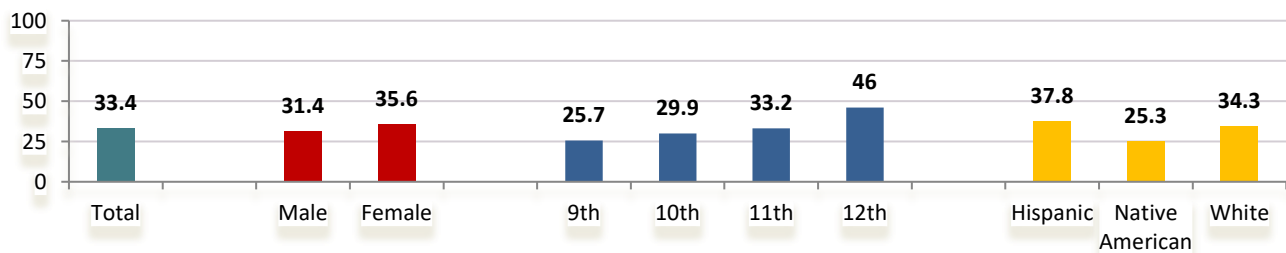
## DRANK ALCOHOL BEFORE AGE 13 YEARS

Statewide, 17.6 percent of students had their first drink of alcohol other than a few sips before age 13 years.



## CURRENT ALCOHOL USE

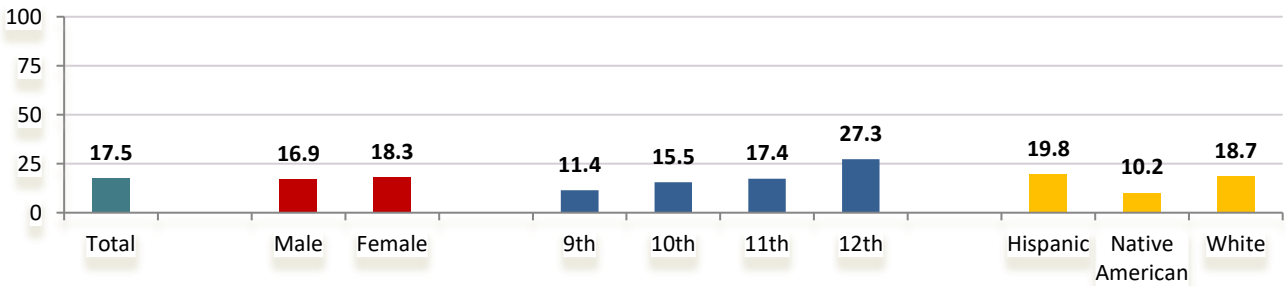
Statewide, 33.4 percent of students had at least one drink of alcohol on one or more of the past 30 days.



# Alcohol and Other Drug Use

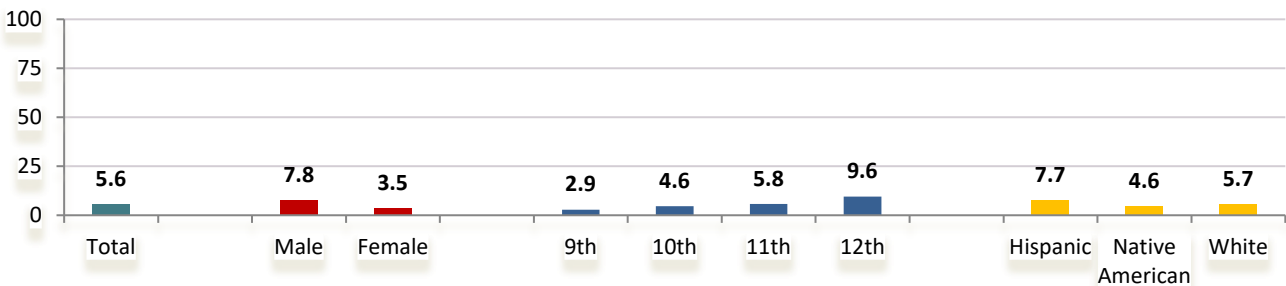
## BINGE DRINKING

During the past 30 days, 17.5 percent of students had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours.



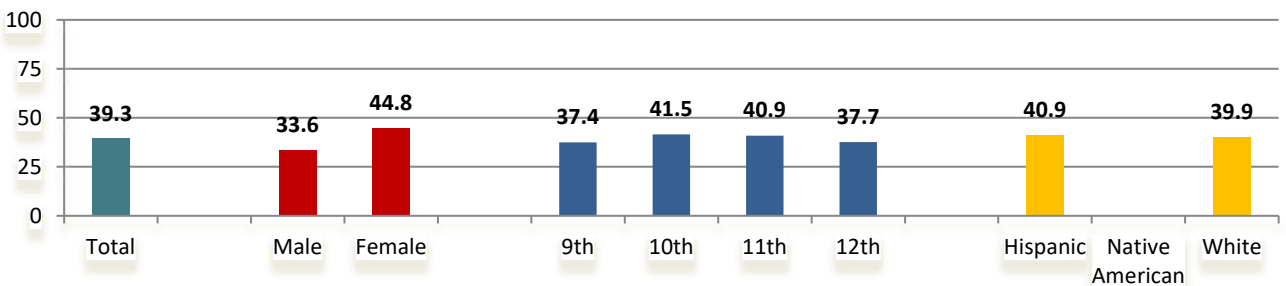
## 10 OR MORE DRINKS OF ALCOHOL

Statewide, 5.6 percent of students had ten or more drinks of alcohol in a row; that is, within a couple of hours during the past 30 days.



## OBTAINED ALCOHOL FROM SOMEONE

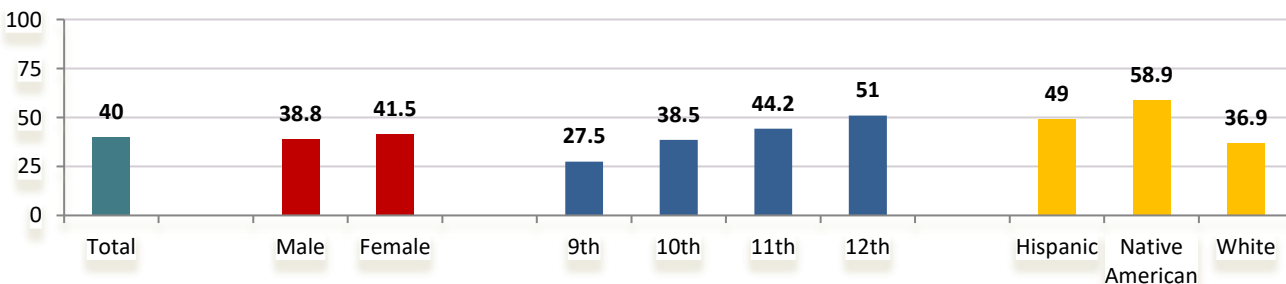
Among students who reported current alcohol use, 39.3 percent usually got the alcohol they drank from someone who gave it to them during the past 30 days.



*Missing bar indicates fewer than 100 students in this subgroup*

## LIFETIME MARIJUANA USE

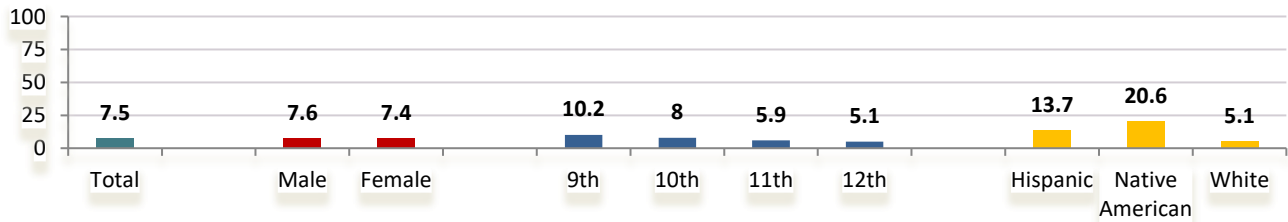
Statewide, 40.0 percent of students had used marijuana one or more times during their life.



# Alcohol and Other Drug Use

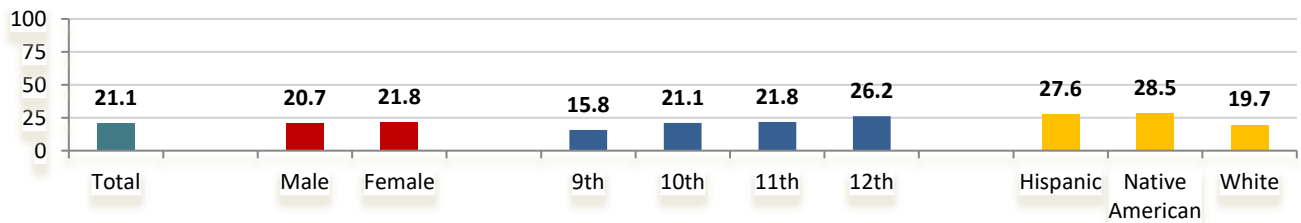
## TRIED MARIJUANA BEFORE AGE 13 YEARS

Statewide, 7.5 percent of students had tried marijuana for the first time before age 13 years.



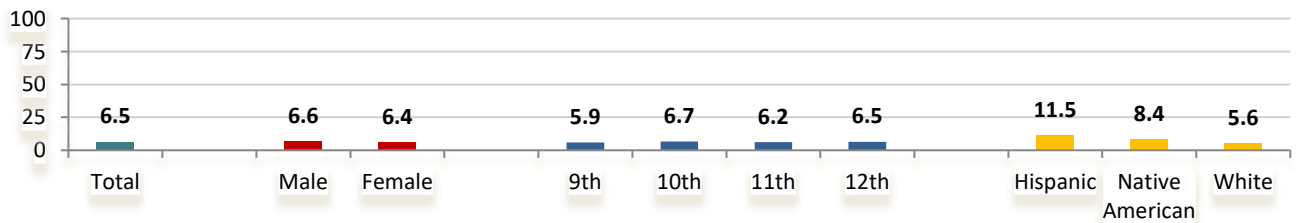
## CURRENT MARIJUANA USE

During the past 30 days, 21.1 percent of Montana high school students used marijuana one or more times.



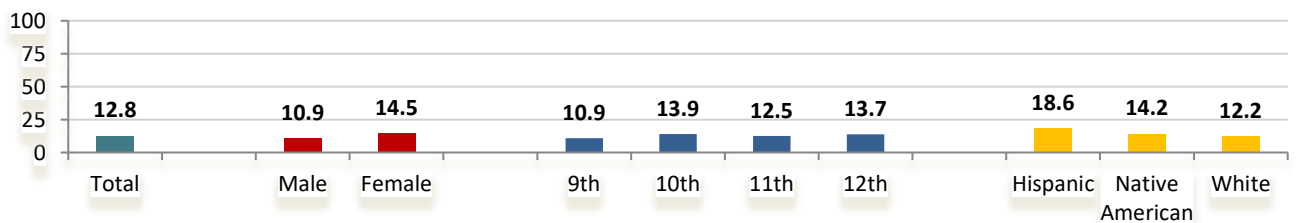
## LIFETIME SYNTHETIC MARIJUANA

Statewide, 6.5 percent of students had ever used synthetic marijuana during their life.



## LIFETIME PRESCRIPTION PAIN MEDICINE

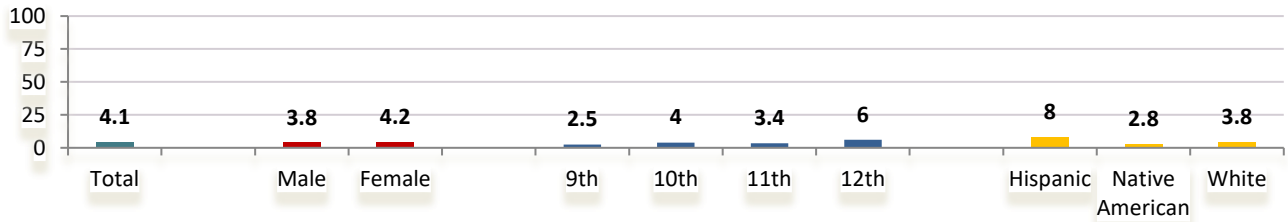
Statewide, 12.8 percent of students took prescription pain medicine (such as codeine, Vicodin, OxyContin, Hydrocodone and Percocet) without a doctor's prescription or differently than how a doctor told them to use it during their life.



# Alcohol and Other Drug Use

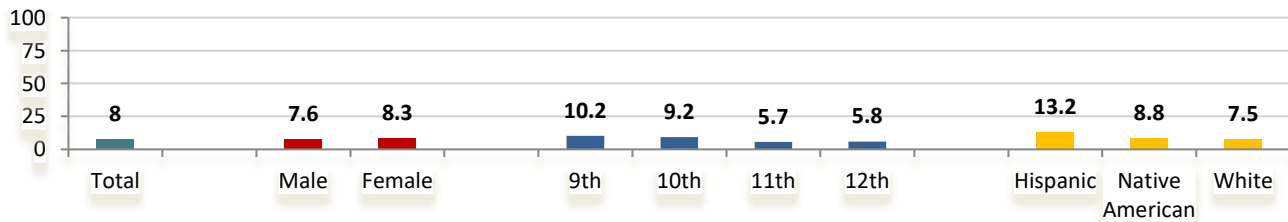
## LIFETIME COCAINE USE

Statewide, 4.1 percent of students used any form of cocaine, including powder, crack, or freebase one or more times during their life.



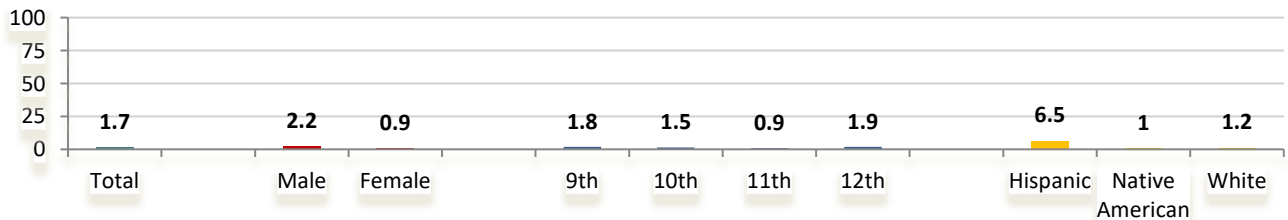
## LIFETIME INHALANT USE

Statewide, 8.0 percent of students sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.



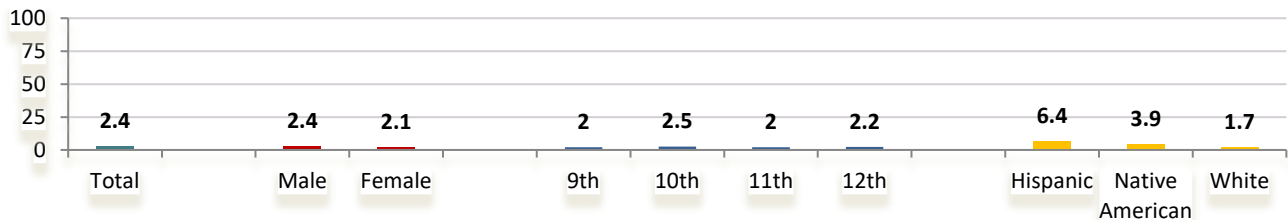
## LIFETIME HEROIN USE

Statewide, 1.7 percent of students used heroin one or more times during their life.



## LIFETIME METHAMPHETAMINE USE

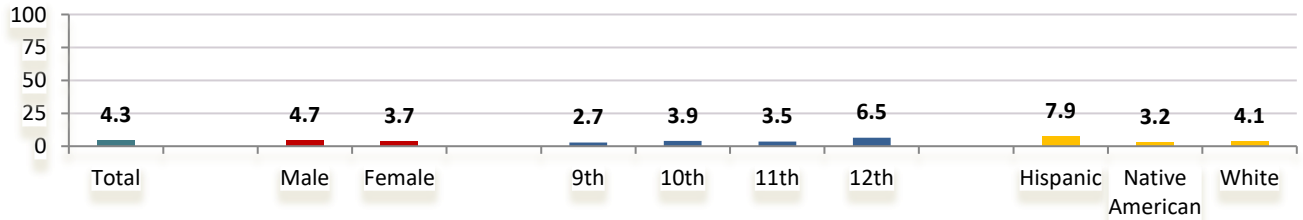
Statewide, 2.4 percent of students had used methamphetamines one or more times during their life.



# Alcohol and Other Drug Use

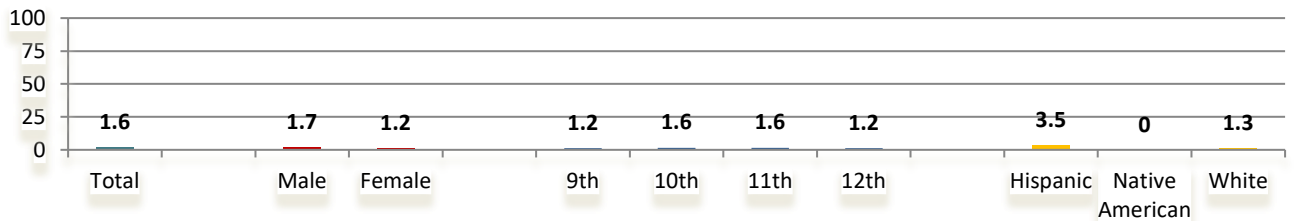
## LIFETIME ECSTASY USE

Statewide, 4.3 percent of students used ecstasy, also called "MDMA," one or more times during their life.



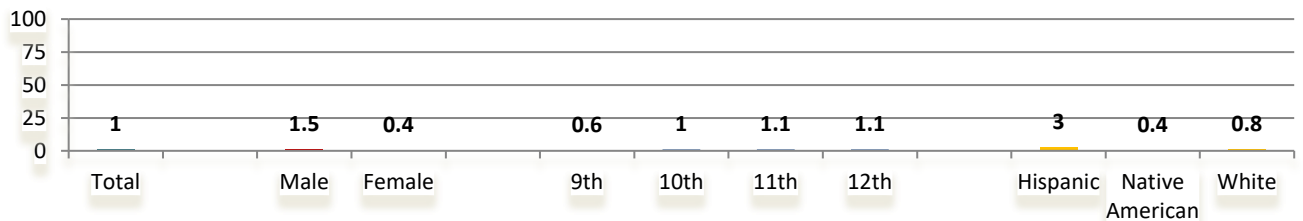
## ILLEGAL STEROID USE

Statewide, 1.6 percent of students took steroid pills or shots without a doctor's prescription during their life.



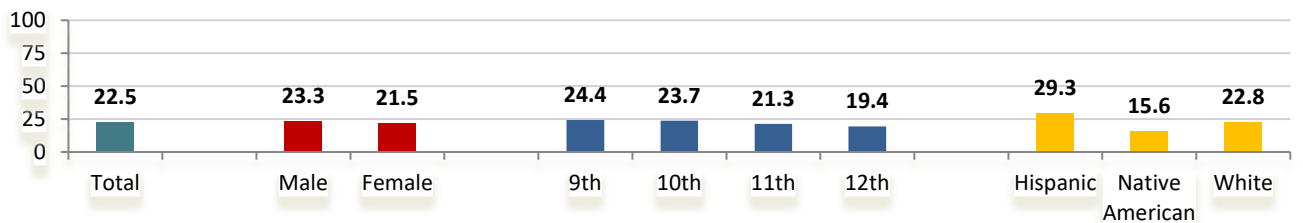
## LIFETIME INJECTING DRUG USE

Statewide, 1.0 percent of students used a needle to inject any illegal drug into their body during their lifetime.



## OFFERED, SOLD, OR GIVEN AN ILLEGAL DRUG ON SCHOOL PROPERTY

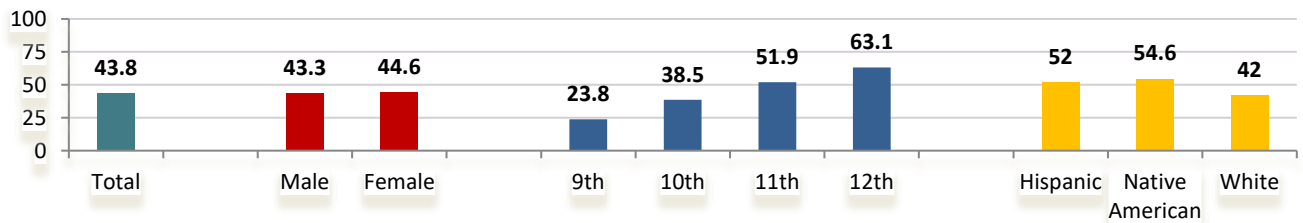
Statewide, 22.5 percent of students were offered, sold, or given an illegal drug by someone on school property during the past 12 months.



# Sexual Behaviors

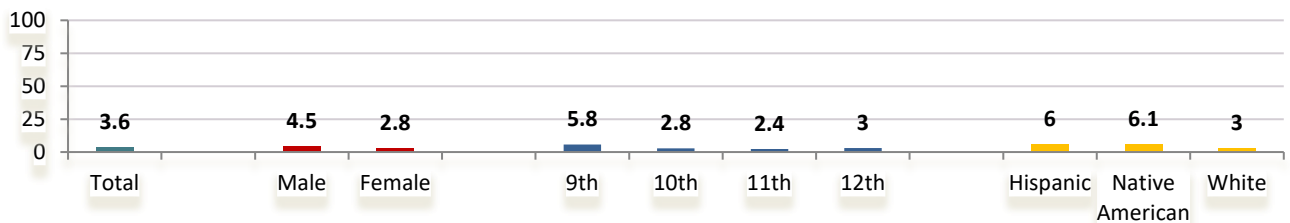
## LIFETIME SEXUAL INTERCOURSE

Statewide, 43.8 percent of students have ever had sexual intercourse during their life.



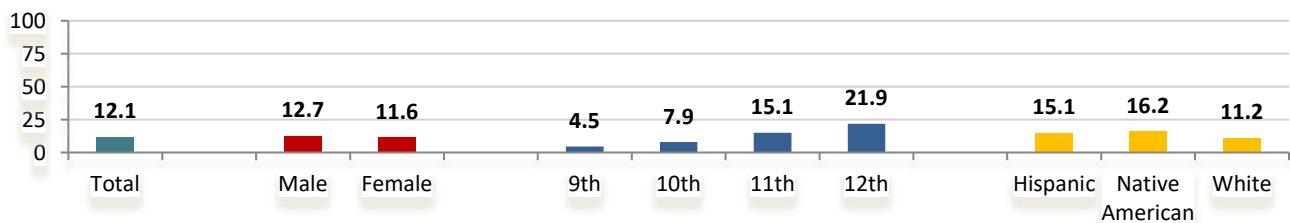
## SEXUAL INTERCOURSE BEFORE AGE 13 YEARS

Statewide, 3.6 percent of students had sexual intercourse for the first time before age 13 years.



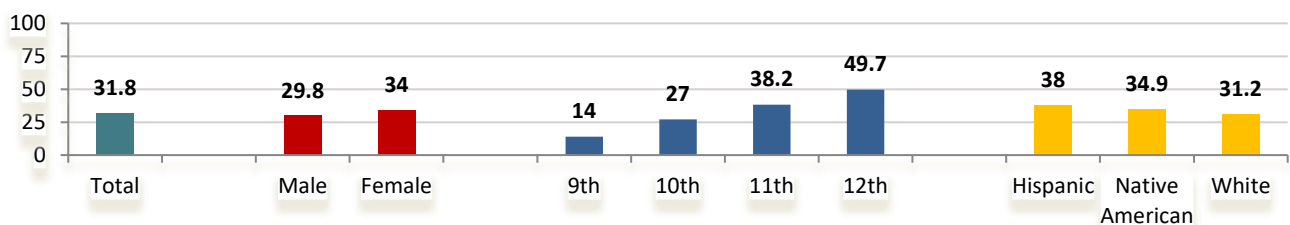
## MULTIPLE SEXUAL PARTNERS

Among Montana high school students, 12.1 percent had sexual intercourse with four or more persons during their life.



## CURRENTLY SEXUALLY ACTIVE

During the past three months, 31.8 percent of students had sexual intercourse with one or more people.

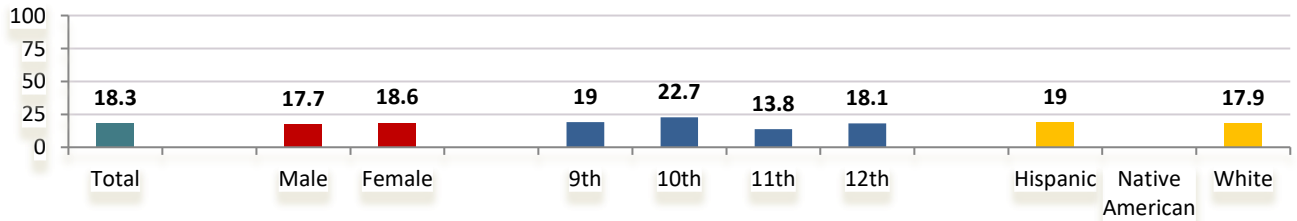




# Sexual Behaviors

## DRANK ALCOHOL OR USED DRUGS BEFORE LAST SEXUAL INTERCOURSE

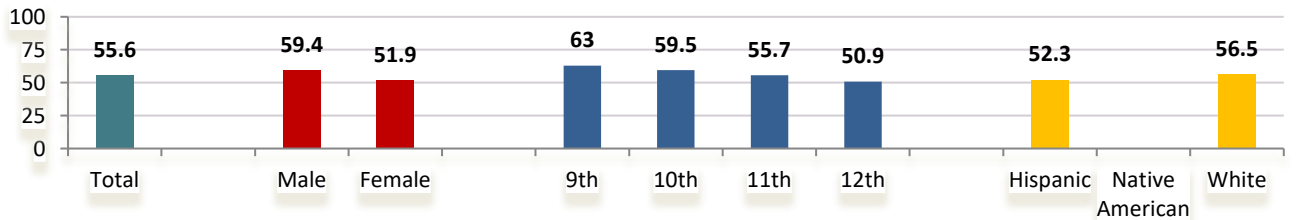
Among students who had sexual intercourse during the past three months, 18.3 percent drank alcohol or used drugs before last sexual intercourse.



*Missing bar indicates fewer than 100 students in this subgroup*

## CONDOM USE

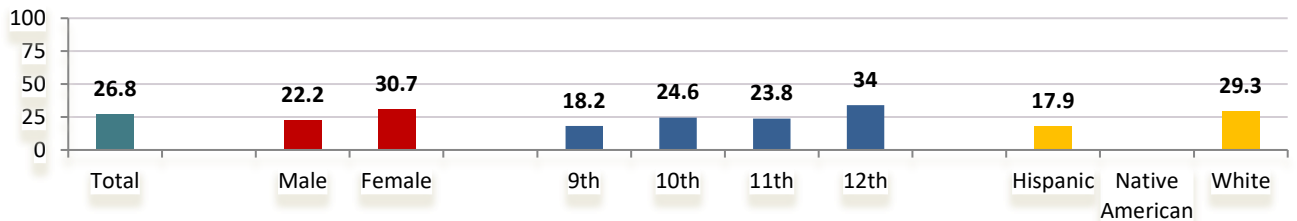
Among currently sexually active students, 55.6 percent used a condom during last sexual intercourse.



*Missing bar indicates fewer than 100 students in this subgroup*

## BIRTH CONTROL PILL USE

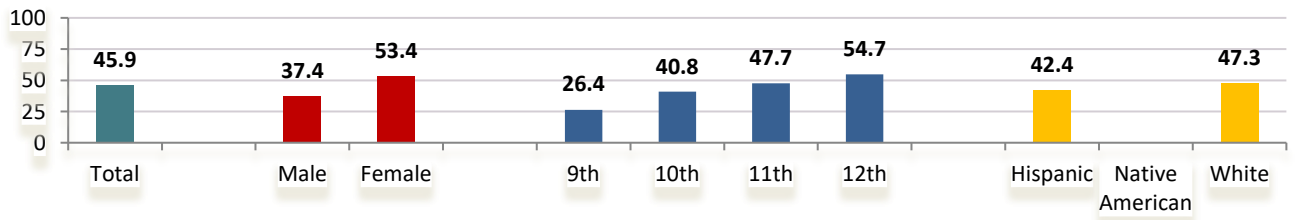
Among currently sexually active students, 26.8 percent used birth control pills to prevent pregnancy before last sexual intercourse.



*Missing bar indicates fewer than 100 students in this subgroup*

## CONTRACEPTIVE USE

Among currently sexually active students, 45.9 percent used birth control pills; an IUD or implant; or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse.

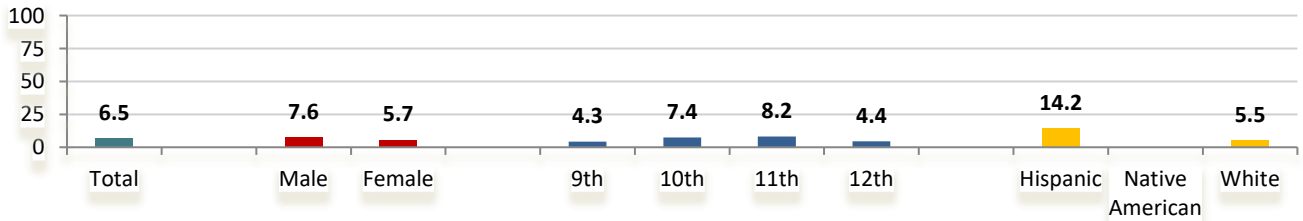


*Missing bar indicates fewer than 100 students in this subgroup*

# Sexual Behaviors

## NO METHOD USED TO PREVENT PREGNANCY

Among currently sexually active students, 6.5 percent used no method of birth control to prevent pregnancy before last sexual intercourse.

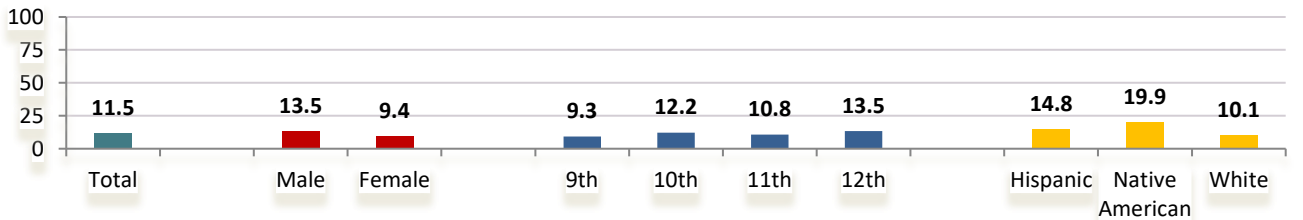


*Missing bar indicates fewer than 100 students in this subgroup*

# Dietary Behaviors and Nutrition

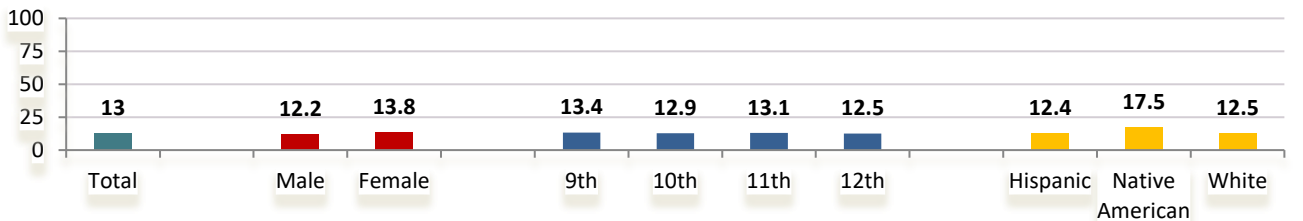
## OBESITY

Statewide, 11.5 percent of students were obese (i.e., at or above the 95<sup>th</sup> percentile for body mass index, by age and sex).



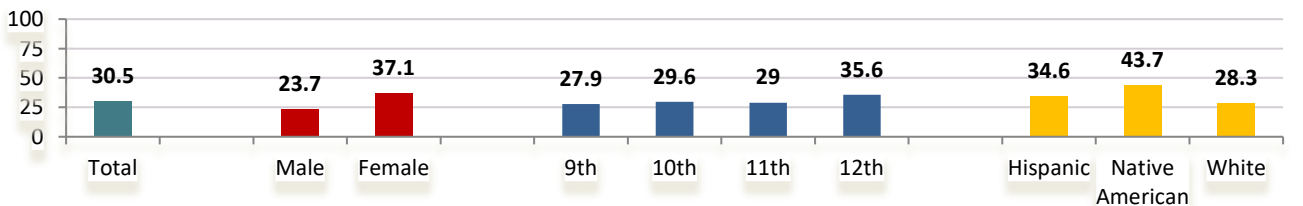
## OVERWEIGHT

Statewide, 13.0 percent of students were overweight (i.e., at or above the 85<sup>th</sup> percentile but below the 95<sup>th</sup> percentile for body mass index, by age and sex).



## DESCRIBED THEMSELVES AS OVERWEIGHT

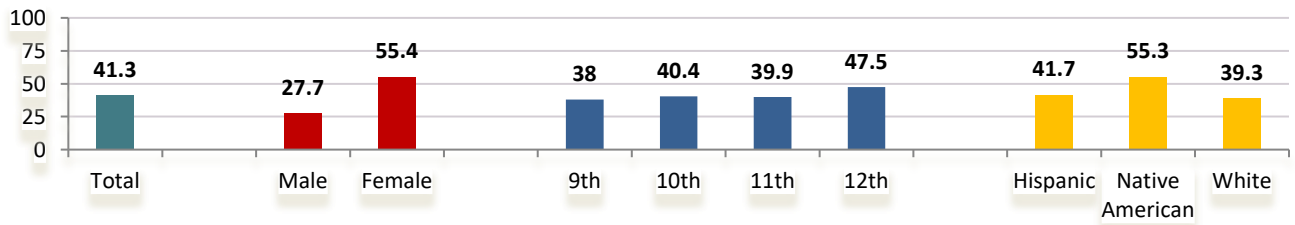
Statewide, 30.5 percent of students described themselves as slightly or very overweight.



# Dietary Behaviors and Nutrition

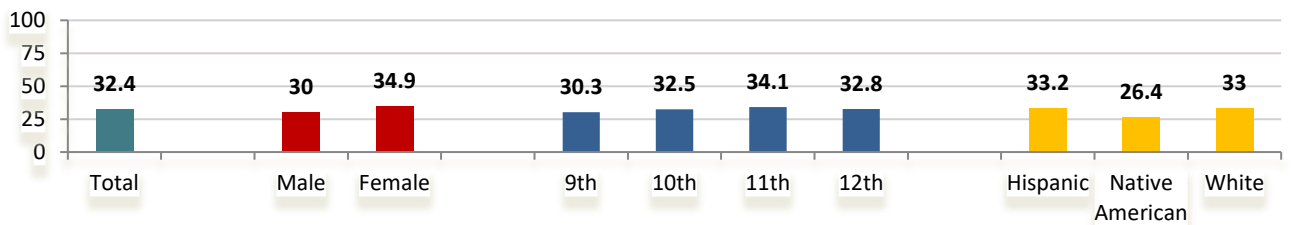
## WERE TRYING TO LOSE WEIGHT

Statewide, 41.3 percent of students were trying to lose weight.



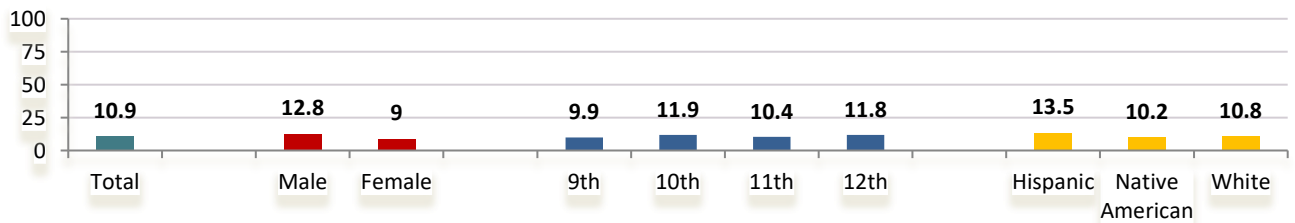
## 100% FRUIT JUICES

Statewide, 32.4 percent of students did not drink fruit juice during the past seven days.



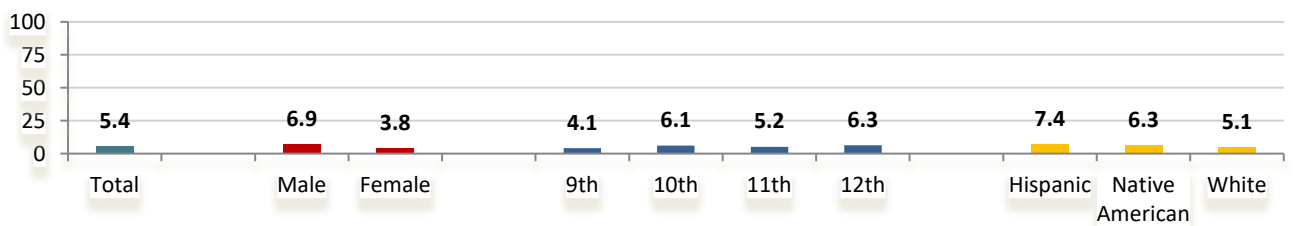
## FRUIT CONSUMPTION

Statewide, 10.9 percent of students did not eat fruit on any of the past seven days.



## FRUIT OR FRUIT JUICES

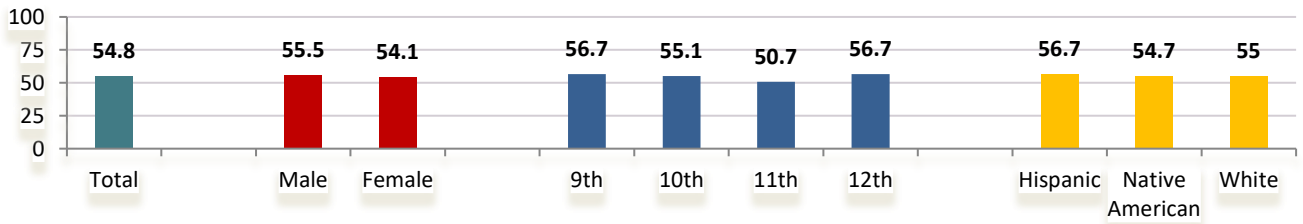
Statewide, 5.4 percent of students did not eat fruit or drink 100% fruit juice on any of the past seven days.



# Dietary Behaviors and Nutrition

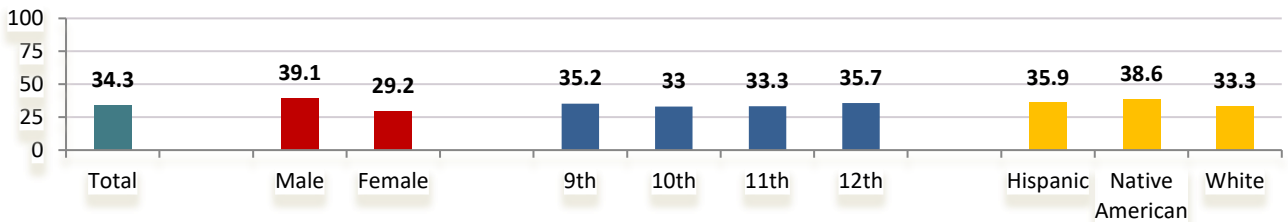
## FRUIT OR FRUIT JUICES - DAILY

Statewide, 54.8 percent of students ate fruit or drank fruit juice each of the past seven days.



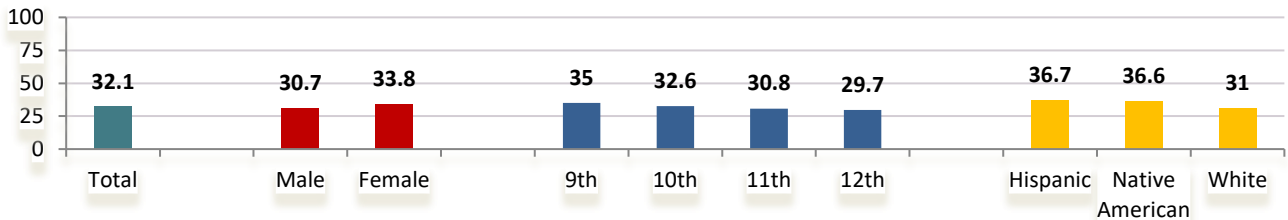
## GREEN SALAD

Statewide, 34.3 percent of students did not eat a green salad on any of the past seven days.



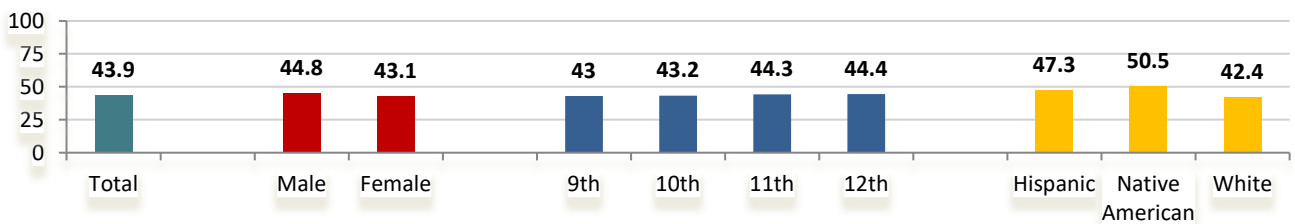
## POTATOES

Statewide, 32.1 percent of students did not eat potatoes on any of the past seven days.



## CARROTS

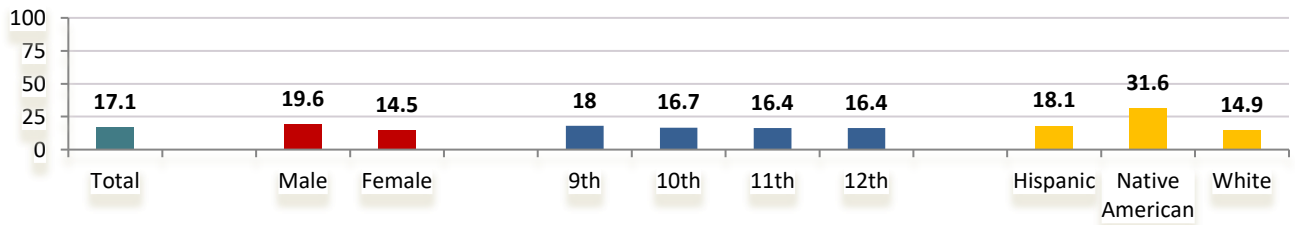
Statewide, 43.9 percent of students did not eat carrots on any of the past seven days.



# Dietary Behaviors and Nutrition

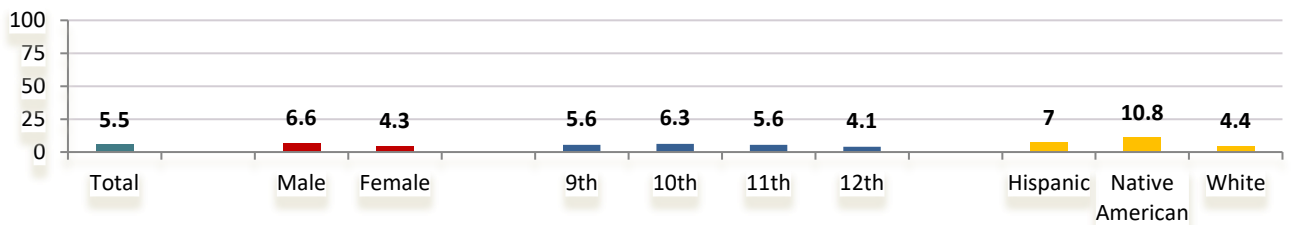
## OTHER VEGETABLES

Statewide, 17.1 percent of students did not eat other vegetables during the past seven days.



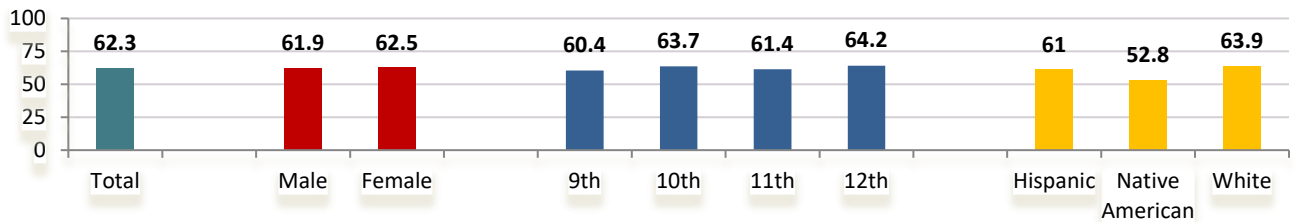
## NO VEGETABLES

Statewide, 5.5 percent of students did not eat vegetables during the past seven days.



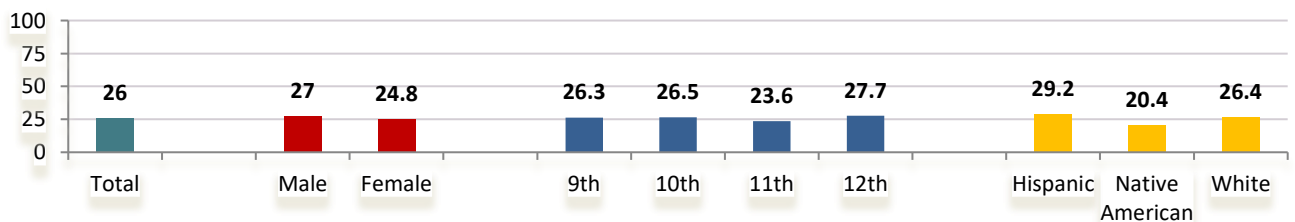
## ATE VEGETABLES ONE OR MORE TIMES PER DAY

Statewide, 62.3 percent of students ate vegetables one or more times per day during the past seven days.



## ATE VEGETABLES TWO OR MORE TIMES PER DAY

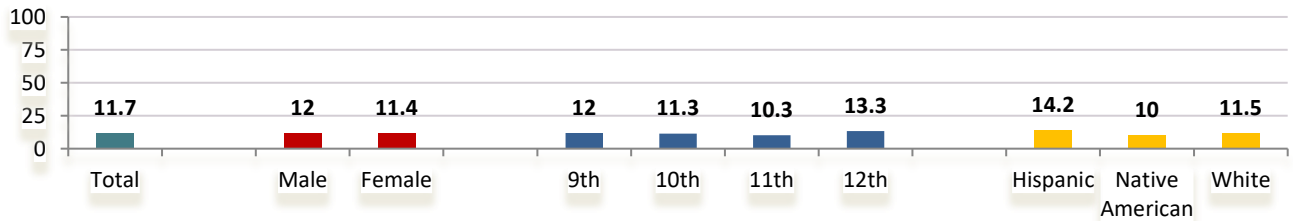
Statewide, 26.0 percent of students ate vegetables two or more times per day during the past seven days.



# Dietary Behaviors and Nutrition

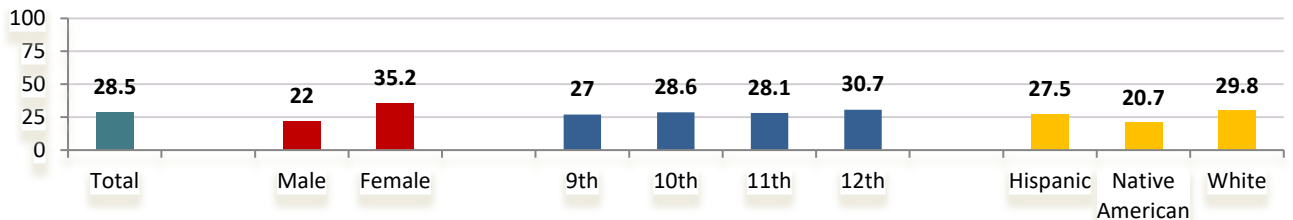
## ATE VEGETABLES THREE OR MORE TIMES PER DAY

Statewide, 11.7 percent of students ate vegetables three or more times per day during the past seven days.



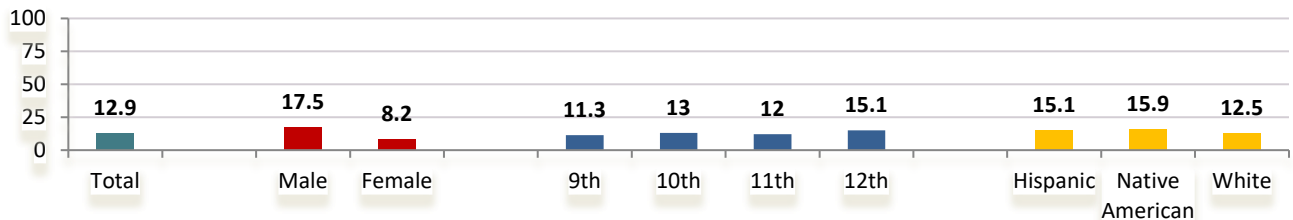
## NO SODA OR POP

Statewide, 28.5 percent of students did not drink a can, bottle, or glass of soda or pop during the past seven days.



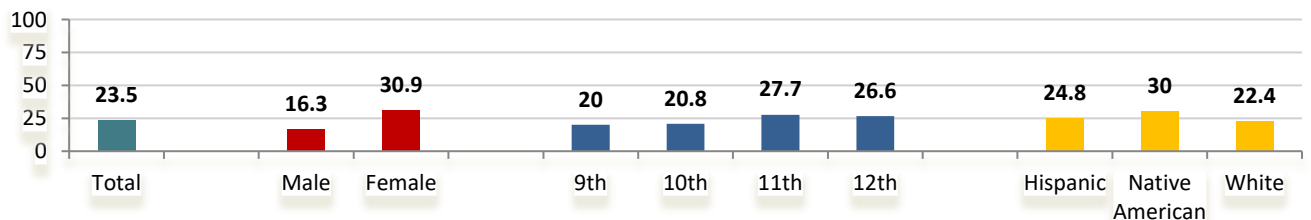
## DRANK SODA OR POP DAILY

Statewide, 12.9 percent of students drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days.



## NO MILK CONSUMPTION

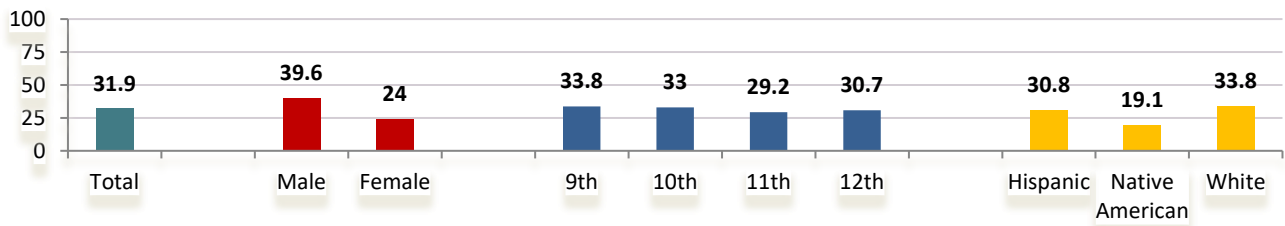
Statewide, 23.5 percent of students did not drink milk during the past seven days.



# Dietary Behaviors and Nutrition

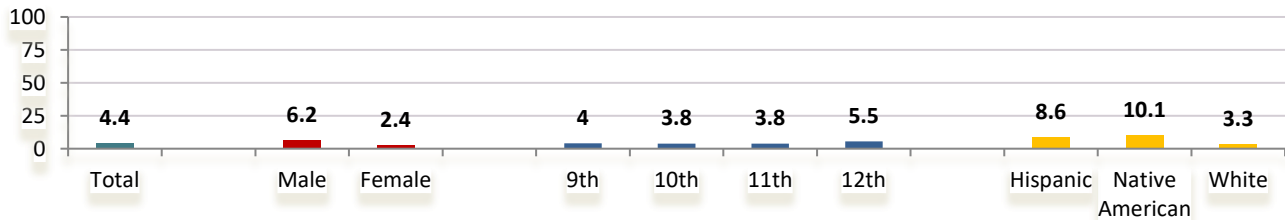
## DAILY MILK CONSUMPTION

Statewide, 31.9 percent of students drank one or more glasses of milk per day during the past seven days.



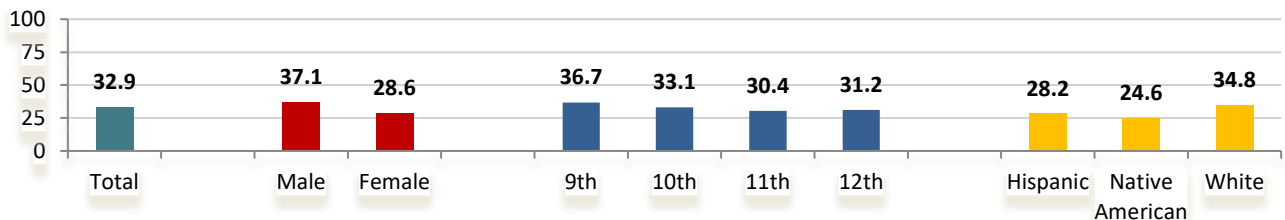
## DAILY ENERGY DRINK

Statewide, 4.4 percent of students drank a can, bottle, or glass of an energy drink (such as Red Bull or Jolt) one or more times per day during the past seven days.



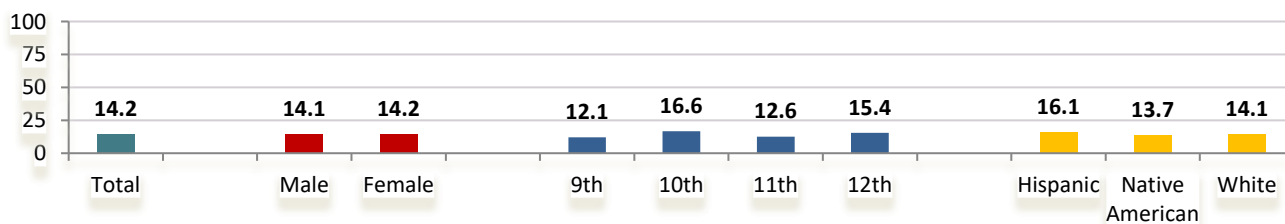
## DAILY BREAKFAST

Statewide, 32.9 percent of students ate breakfast on all of the past seven days.



## NO BREAKFAST

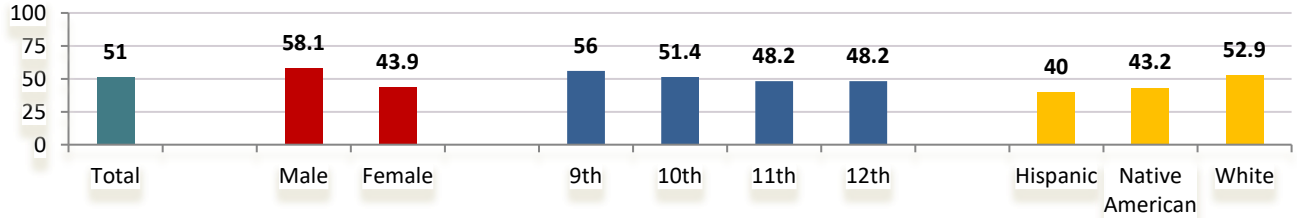
Statewide, 14.2 percent of students did not eat breakfast on any of the past seven days.



# Physical Activity

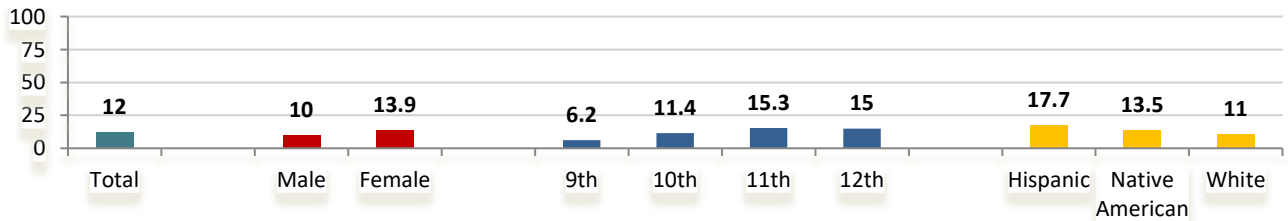
## Met Recommended Levels of Physical Activity

Statewide, 51.0 percent of students were physically active for a total of at least 60 minutes per day on five or more of the past seven days.



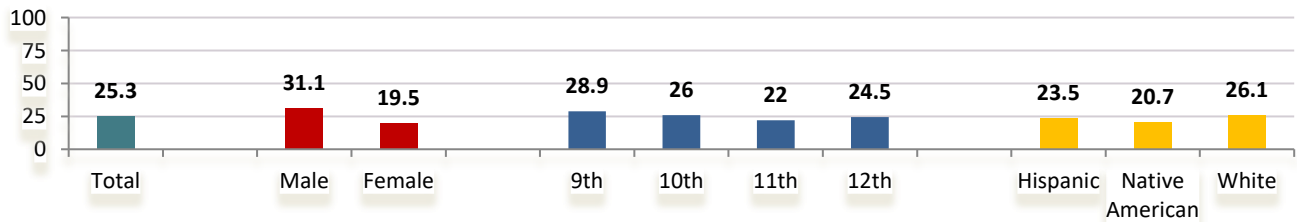
## No Physical Activity

Statewide, 12.0 percent of students did not participate in at least 60 minutes of physical activity on any of the past seven days.



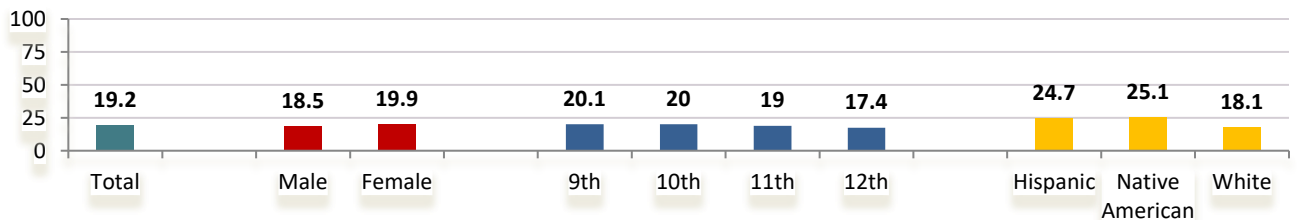
## DAILY PHYSICAL ACTIVITY

Statewide, 25.3 percent of students were physically active at least 60 minutes per day on all of the past seven days.



## WATCHED TV THREE OR MORE HOURS PER DAY

Statewide, 19.2 percent of students watched three or more hours of TV per day on an average school day.

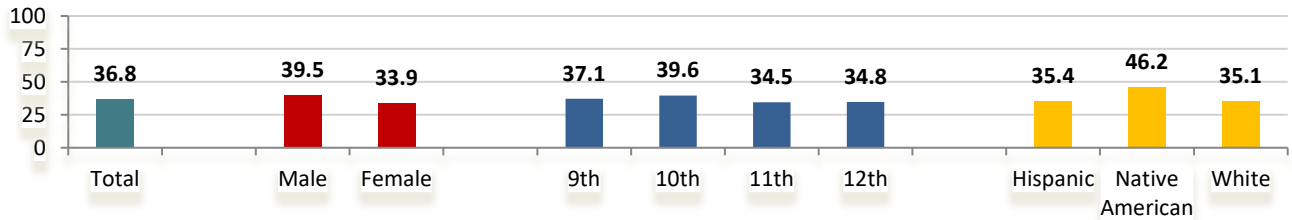




# Physical Activity

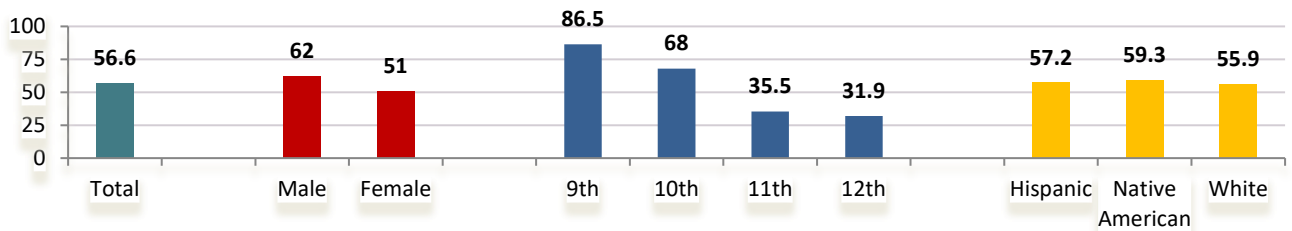
## VIDEO GAMES OR COMPUTER USE THREE OR MORE HOURS PER DAY

Statewide, 34.6 percent of students played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day.



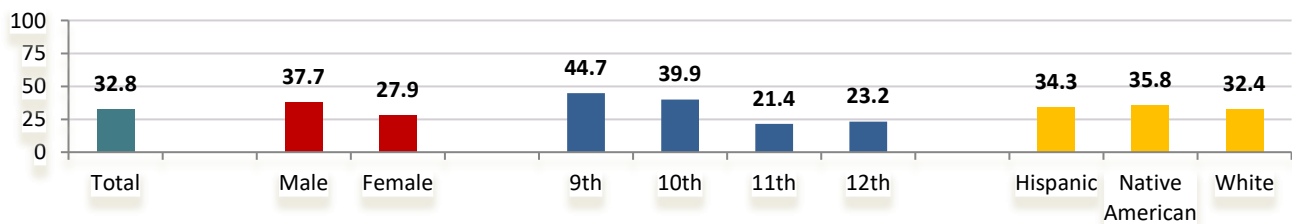
## PHYSICAL EDUCATION ATTENDANCE

Statewide, 56.6 percent of students attended physical education (PE) classes on one or more days in an average week when they were in school.



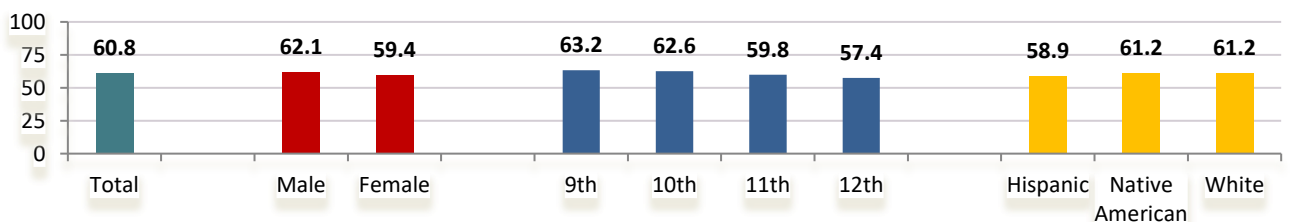
## DAILY PHYSICAL EDUCATION ATTENDANCE

Statewide, 32.8 percent of students attended physical education (PE) classes daily in an average week when they were in school.



## PLAYED ON AT LEAST ONE SPORTS TEAM

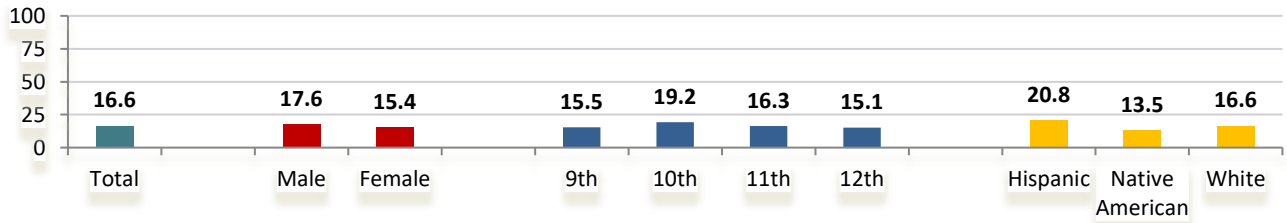
Statewide, 60.8 percent of students played on one or more sports teams during the past 12 months.



# Physical Activity

## CONCUSSION

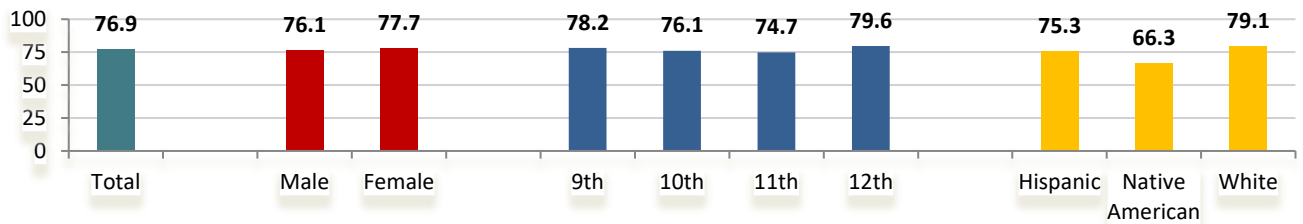
Statewide, 16.6 percent of students had a concussion from playing a sport or being physically active during the past 12 months.



## Other

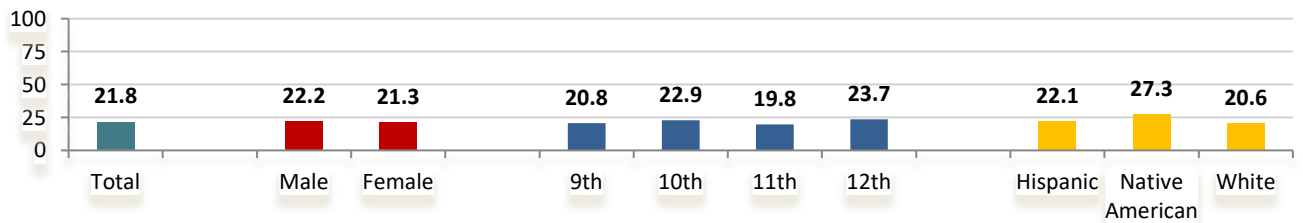
## DENTAL CARE

Statewide, 76.9 percent of students saw a dentist during the past 12 months.



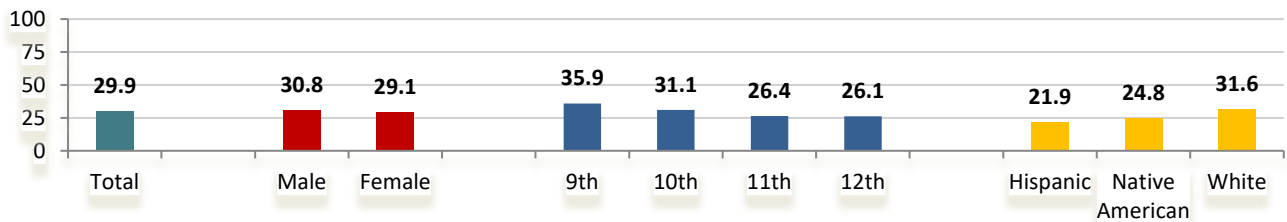
## LIFETIME ASTHMA

Statewide, 21.8 percent of students had ever been told by a doctor or nurse that they had asthma.



## 8 HOURS OF SLEEP

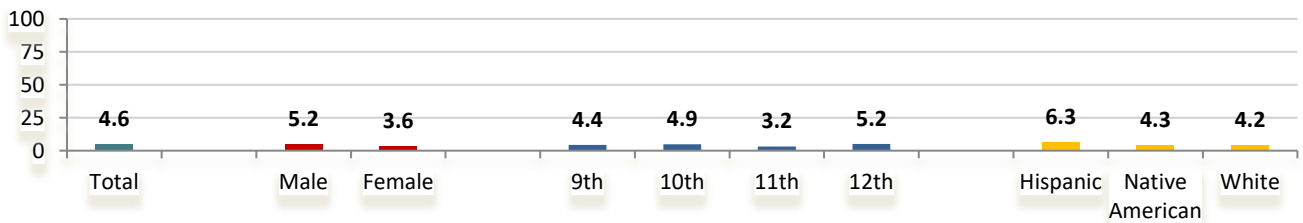
Statewide, 29.9 percent of students had 8 or more hours of sleep on an average school night.



# Other

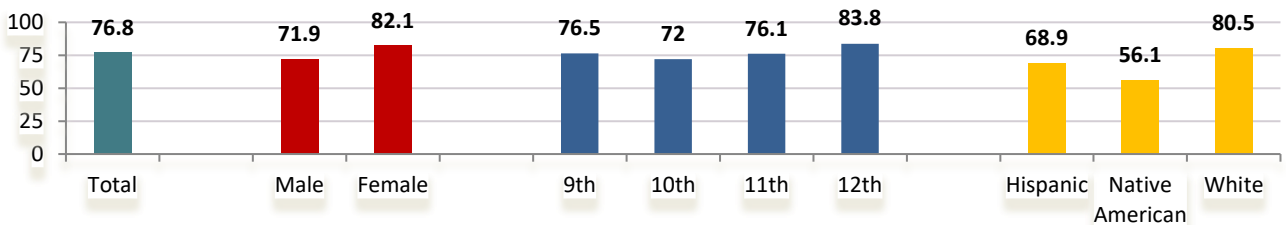
## HOMELESSNESS

During the past 30 days, 4.6 percent of students did not usually sleep in their parent's or guardian's home.



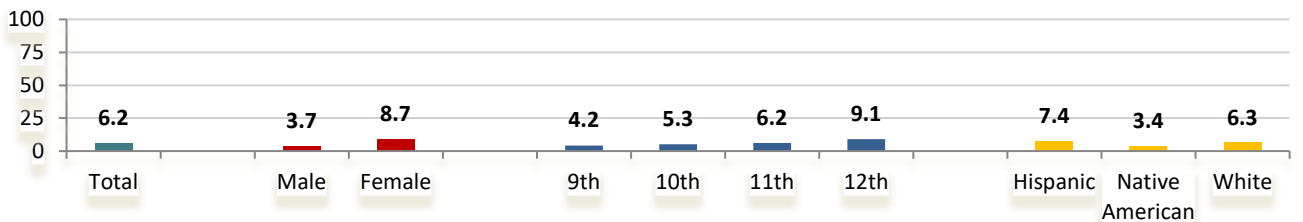
## MOSTLY A'S OR B'S

Statewide, 76.8 percent of students made mostly A's or B's in school during the past 12 months.



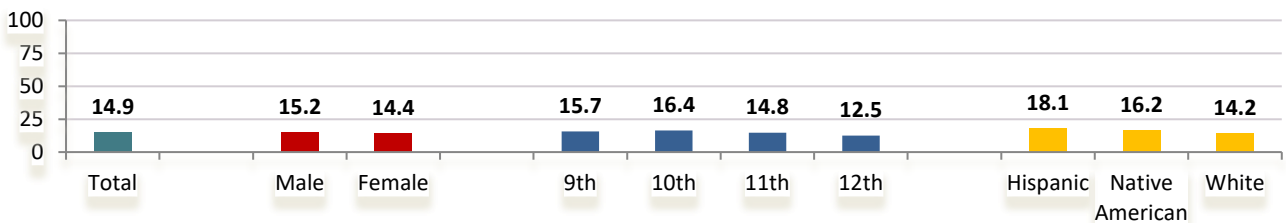
## INDOOR TANNING DEVICES

Statewide, 6.2 percent of students used an indoor tanning device such as a sunlamp, sunbed, or tanning booth one or more times during the past 12 months.



## STUDENTS WITH SPECIAL NEEDS

Statewide, 14.9 percent of students received help from a resource teacher, speech therapist, or other special education teacher at school during the past 12 months.



## 2019 Youth Risk Behavior Survey Results Montana – 10-year Trend Analysis Report

Percentage of students who:

Injury and Violence	2009	2011	2013	2015	2017	2019	10-year Trend	Change from 2017-2019
Rarely or never <b>wore a seat belt when riding</b> in a car	13.1	11.2	10.1	9.5	7.8	7.5	<b>Decreased</b>	No change
Rarely or never <b>wore a seat belt when driving</b> a car			11.4	8.2	8.7	7.3	<b>Decreased</b>	No change
Rode with a <b>driver who had been drinking alcohol</b> during the past 30 days	28.8	26.1	24.5	23.0	19.8	19.1	<b>Decreased</b>	No change
<b>Drove when drinking</b> alcohol during the past 30 days			12.6	10.9	7.6	7.1	<b>Decreased</b>	No change
<b>Texted</b> or e-mailed while driving a car during the past 30 days			55.8	54.6	54.2	53.3	No change	No change
Used the <b>Internet or Apps</b> on their cell phone while driving						45.9		
Carried a <b>weapon</b> during the past 30 days	23.0	23.5	25.7	26.4	25.2	23.1	No change	No change
Carried a <b>weapon on school property</b> during the past 30 days	7.9	9.3	9.9	10.6	8.5	7.0	No change	No change
Carried a gun during the past 30 days					7.7	7.7	No change	No change
Did not go to school because they felt <b>unsafe at school or on their way to or from school</b> during the past 30 days	5.2	4.2	8.8	5.0	8.0	9.3	<b>Increased</b>	No change
Were <b>threatened or injured with a weapon on school property</b> during the past 12 months	7.4	7.5	6.3	5.5	7.0	7.9	No change	No change
Were in a <b>physical fight</b> during the past 12 months	31.7	25.4	22.8	22.4	20.1	23.3	<b>Decreased</b>	<b>Increased</b>
Were in a <b>physical fight on school property</b> during the past 12 months	10.8	9.1	7.3	7.6	6.3	8.0	<b>Decreased</b>	<b>Increased</b>
Were ever <b>physically forced to have sexual intercourse</b> when they did not want to	9.2	9.8	8.7	8.7	9.3	9.8	No change	No change
Experienced <b>sexual violence</b> by anyone during the past 12 months					9.8	11.1	No change	No change
Experienced <b>physical dating violence by someone they dated</b> or went out with during the past 12 months			8.8	8.2	7.2	7.8	No change	No change
Experienced <b>sexual dating violence by someone they dated</b> or went out with during the past 12 months			11.1	10.0	6.5	6.3	<b>Decreased</b>	No change
Were <b>bullied on school property</b> during the past 12 months	23.1	26.0	26.3	25.3	21.6	22.0	<b>Decreased</b>	No change
Were <b>electronically bullied</b> during the past 12 months		19.2	18.1	18.5	17.6	17.9	No change	No change
Have ever been the <b>victim of teasing or name calling</b> because someone thought they were <b>gay, lesbian, or bisexual</b> during the past 12 months			13.2	14.7	10.6	13.3	<b>Increased</b>	<b>Increased</b>

# 2019 Youth Risk Behavior Survey Results

## Montana – 10-year Trend Analysis Report

Percentage of students who:

<b>Injury and Violence</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>10-year Trend</b>	<b>Change from 2017-2019</b>
<b>Felt sad or hopeless</b> for 2 or more weeks in a row that they stopped doing some usual activities during the past 12 months	27.3	25.2	26.4	29.3	31.0	36.7	Increased	Increased
<b>Seriously considered</b> attempting suicide during the past 12 months	17.4	15.2	16.8	18.8	20.8	23.4	Increased	Increased
<b>Made a plan</b> about how they would attempt suicide during the past 12 months	13.4	12.3	13.6	15.5	16.6	19.5	Increased	Increased
<b>Attempted suicide</b> during the past 12 months	7.7	6.5	7.9	8.9	9.5	10.0	Increased	No change
Had a <b>suicide attempt</b> result in an injury, poisoning, or overdose that had to be treated by a doctor or a nurse during the past 12 months	2.8	2.4	2.6	3.1	3.1	3.7	No change	No change
<b>Tobacco Use</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>10-year Trend</b>	<b>Change from 2017-2019</b>
Ever tried <b>cigarette</b> smoking in their life	50.0	44.0	41.1	39.1	33.9	31.0	Decreased	No change
First tried cigarette smoking before age 13 years					10.6	10.0	No change	No change
<b>Currently</b> smoked cigarettes, past 30 days	18.7	16.5	15.2	13.1	12.1	7.7	Decreased	Decreased
<b>Currently</b> smoked cigarettes <b>frequently</b> , 20 or more of the past 30 days	7.9	6.4	5.5	3.6	3.1	1.5	Decreased	Decreased
<b>Currently</b> smoked cigarettes <b>daily</b> , all of the past 30 days	5.9	4.7	3.7	2.2	2.1	1.2	Decreased	Decreased
Smoked <b>more than 10 cigarettes per day</b> during the past 30 days	4.0	6.9	5.7	5.5	4.6	5.5	No change	No change
Ever used an <b>electronic vapor product</b> in their life				51.1	46.6	58.3	Increased	Increased
<b>Currently</b> used electronic vapor products				29.5	22.5	30.2	No change	Increased
<b>Currently</b> used electronic vapor products <b>frequently</b> , 20 or more of the past 30 days				4.6	3.7	12.7	Increased	Increased
<b>Currently</b> used electronic vapor products <b>daily</b> , all of the past 30 days				3.0	2.4	8.7	Increased	Increased
<b>Currently</b> smoked cigarettes or used <b>electronic vapor products</b> , past 30 days				33.7	27.7	31.7	No change	Increased
<b>Currently</b> smoked <b>cigars</b> , past 30 days	17.8	16.1	15.8	12.6	12.9	7.5	Decreased	Decreased
<b>Currently</b> smoked <b>cigarettes or cigars</b> , past 30 days	28.2	25.2	23.6	20.1	17.9	11.6	Decreased	Decreased

## 2019 Youth Risk Behavior Survey Results Montana – 10-year Trend Analysis Report

Percentage of students who:

<b>Alcohol and Other Drug Use</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>10-year Trend</b>	<b>Change from 2017-2019</b>
Drank alcohol <b>before age 13 years</b>	24.0	21.4	19.9	19.6	19.5	17.6	<b>Decreased</b>	No change
<b>Currently</b> drank alcohol, during the past 30 days	42.8	38.3	37.1	34.2	33.1	33.4	<b>Decreased</b>	No change
Usually obtained the alcohol they drank by <b>someone giving</b> it to them	37.9	34.1	36.3	34.9	40.1	39.3	No change	No change
Ever used <b>marijuana</b> in their life	42.2	39.2	37.6	37.5	36.7	40.0	<b>Decreased</b>	No change
Tried marijuana <b>before age 13 years</b>	9.7	8.0	7.9	8.0	7.0	7.5	<b>Decreased</b>	No change
<b>Currently</b> used marijuana, past 30 days	23.1	21.2	21.0	19.5	19.8	21.1	<b>Decreased</b>	No change
Ever took <b>prescription pain medicine</b> without a doctor's prescription					13.7	12.8	No change	No change
Ever used <b>cocaine</b> in their life	7.2	6.1	6.4	5.2	4.4	4.1	<b>Decreased</b>	No change
Ever used <b>inhalants</b> in their life	14.2	11.6	9.9	8.0	6.4	8.0	<b>Decreased</b>	<b>Increased</b>
Ever used <b>heroin</b> in their life	3.0	2.6	2.6	2.1	1.7	1.7	<b>Decreased</b>	No change
Ever used <b>methamphetamines</b> in their life	3.1	3.1	3.6	3.0	2.2	2.4	<b>Decreased</b>	No change
Ever used <b>ecstasy</b> in their life	7.3	8.2	8.2	6.1	4.5	4.3	<b>Decreased</b>	No change
Ever used <b>synthetic marijuana</b> in their life				9.6	7.3	6.5	<b>Decreased</b>	<b>Decreased</b>
Ever took <b>steroids</b> in their life	3.9	2.9	2.6	2.5	2.1	1.6	<b>Decreased</b>	No change
Ever <b>injected any illegal drug</b> in their life	3.7	2.0	2.4	1.7	1.8	1.0	<b>Decreased</b>	<b>Decreased</b>
Were <b>offered, sold, or given an illegal drug on school property</b> during the past 12 months	20.7	25.2	22.8	21.7	21.7	22.5	No change	No change
<b>Sexual Behaviors</b>								
<b>Sexual Behaviors</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>10-year Trend</b>	<b>Change from 2017-2019</b>
Ever had <b>sexual intercourse</b> in their life	47.6	47.9	46.0	44.0	43.2	43.8	<b>Decreased</b>	No change
Had sexual intercourse <b>before age 13 years</b>	5.7	4.4	4.3	3.1	2.9	3.6	<b>Decreased</b>	No change
Had sexual intercourse with <b>four or more persons</b> in their life	16.0	15.0	14.7	13.4	12.4	12.1	<b>Decreased</b>	No change
Were <b>currently sexually active</b> , past 3 months	32.2	34.7	34.1	32.3	31.6	31.8	No change	No change
Drank <b>alcohol or used drugs</b> before last sexual intercourse	25.7	21.1	21.7	19.7	17.8	18.3	<b>Decreased</b>	No change
Used a <b>condom</b> during last sexual intercourse	67.5	62.4	61.5	59.2	55.4	55.6	<b>Decreased</b>	No change
Used <b>birth control pills</b> before last sexual intercourse	27.4	21.4	24.9	27.1	25.4	26.8	No change	No change
Used an <b>IUD</b> before last sexual intercourse		6.8	1.9	4.2	7.2	12.3	<b>Increased</b>	<b>Increased</b>
Used a <b>shot, patch, or birth control ring</b> during last sexual intercourse			6.3	6.6	7.9	6.8	No change	No change
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse			33.2	37.9	40.6	45.9	<b>Increased</b>	<b>Increased</b>

## 2019 Youth Risk Behavior Survey Results Montana – 10-year Trend Analysis Report

Percentage of students who:

Sexual Behaviors	2009	2011	2013	2015	2017	2019	10-year Trend	Change from 2017-2019
Used <b>both</b> a condom during and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse			13.1	15.2	14.6	16.6	<b>Increased</b>	No change
Did <b>not use any method</b> to prevent pregnancy during last sexual intercourse	6.4	8.5	7.6	8.8	8.7	6.5	No change	No change
Weight Management and Dietary Behaviors	2009	2011	2013	2015	2017	2019	10-year Trend	Change from 2017-2019
Were <b>overweight</b>	11.8	12.9	12.9	15.0	14.5	13.0	<b>Increased</b>	No change
Were <b>obese</b>	10.3	8.5	9.4	10.3	11.8	11.5	<b>Increased</b>	No change
Described themselves as <b>slightly or very overweight</b>	28.9	26.3	27.7	29.5	30.5	30.5	No change	No change
Were trying to <b>lose weight</b>	41.6	40.1	41.4	40.7	41.1	41.3	No change	No change
Did not <b>drink 100% fruit juice</b> during the past 7 days	20.0	17.7	22.1	24.2	26.9	32.4	<b>Increased</b>	<b>Increased</b>
Did not eat <b>fruit</b> during the past 7 days	11.2	10.1	8.8	9.7	9.8	10.9	No change	No change
Did not eat <b>fruit or drink 100% fruit juice</b> during the past 7 days	5.2	4.0	4.1	5.1	5.2	5.4	No change	No change
Did not eat a <b>green salad</b> during the past 7 days	28.6	28.7	29.8	32.5	31.9	34.3	<b>Increased</b>	No change
Did not eat <b>potatoes</b> during the past 7 days	27.1	25.5	26.7	27.6	29.1	32.1	<b>Increased</b>	<b>Increased</b>
Did not eat <b>carrots</b> during the past 7 days	40.7	42.8	41.5	43.2	44.7	43.9	No change	No change
Did not eat <b>other vegetables</b> during the past 7 days	15.4	14.1	13.7	15.3	16.3	17.1	No change	No change
Did not eat <b>green salad, carrots, or other vegetables</b> during the past 7 days	4.5	3.5	3.9	5.1	4.7	5.5	No change	No change
Ate <b>vegetables one</b> or more times per day during the past 7 days	66.1	66.5	66.8	66.0	62.7	62.3	<b>Decreased</b>	No change
Ate <b>vegetables two</b> or more times per day during the past 7 days	29.2	28.5	29.4	28.5	27.2	26.0	No change	No change
Ate <b>vegetables three</b> or more times per day during the past 7 days	13.1	11.9	13.2	13.3	11.6	11.7	No change	No change
Did not drink a can, bottle, or glass of <b>soda or pop</b> during the past 7 days	18.5	19.3	26.3	25.7	25.1	28.5	<b>Increased</b>	<b>Increased</b>
Drank a can, bottle, or glass of <b>soda or pop one</b> or more times per day during the past 7 days	25.7	23.4	18.2	18.6	15.1	12.9	<b>Decreased</b>	<b>Decreased</b>
Drank a can, bottle, or glass of <b>soda or pop two</b> or more times per day during the past 7 days	14.6	14.6	10.7	10.7	8.6	6.7	<b>Decreased</b>	<b>Decreased</b>

## 2019 Youth Risk Behavior Survey Results Montana – 10-year Trend Analysis Report

Percentage of students who:

<b>Weight Management and Dietary Behaviors</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>10-year Trend</b>	<b>Change from 2017-2019</b>
Did not drink <b>milk</b> during the past 7 days			13.9	15.8	19.0	23.5	<b>Increased</b>	<b>Increased</b>
Drank <b>one or more glasses of milk</b> per day during the past 7 days			44.9	41.5	38.2	31.9	<b>Decreased</b>	<b>Decreased</b>
Drank <b>three or more glasses of milk</b> per day during the past 7 days			14.5	13.2	11.5	8.9	<b>Decreased</b>	<b>Decreased</b>
Drank a can, bottle, or glass of an <b>energy drink</b> one or more times per day during the past 7 days					3.8	4.4	No change	No change
<b>Did not eat breakfast</b> during the past 7 days		11.2	11.7	12.5	11.3	14.2	<b>Increased</b>	<b>Increased</b>
Ate <b>breakfast on all</b> of the past 7 days		39.5	40.3	38.2	37.0	32.9	<b>Decreased</b>	<b>Decreased</b>
<b>Physical Activity</b>								
<b>Physical Activity</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>10-year Trend</b>	<b>Change from 2017-2019</b>
Were <b>physically active</b> at least 60 minutes per day on 5 or more days during the past 7 days		54.7	54.8	54.0	53.4	51.0	No change	No change
<b>Did not participate</b> in at least 60 minutes of physical activity on any of the past 7 days		10.0	10.7	10.7	11.1	12.0	No change	No change
Were <b>physically active</b> at least 60 minutes per day <b>on all</b> of the past 7 days		28.7	27.7	28.7	28.0	25.3	No change	<b>Decreased</b>
Watched <b>television</b> 3 or more hours per day on an average school day	23.7	22.1	22.6	21.9	18.0	19.2	<b>Decreased</b>	No change
Played <b>video or computer games</b> or used a computer 3 or more hours per day for something that was not school work on an average school day	17.9	20.6	29.7	34.2	34.6	36.8	<b>Increased</b>	No change
Attended <b>physical education classes</b> on 1 or more days in an average week when they were in school	57.7	56.0	54.4	54.9	55.9	56.6	No change	No change
Attended <b>physical education classes</b> on all 5 days in an average week when they were in school	32.2	33.1	34.9	32.7	34.7	32.8	No change	No change
Played on at least one <b>sports team</b> during the past 12 months	57.7	63.2	63.7	62.4	61.3	60.8	No change	No change
Had a <b>concussion</b> from playing a sport or being physically active during the past 12 months					16.3	16.6	No change	No change



## 2019 Youth Risk Behavior Survey Results Montana – 10-year Trend Analysis Report

Percentage of students who:

Other	2009	2011	2013	2015	2017	2019	10-year Trend	Change from 2017-2019
Saw a <b>dentist</b> for a check-up, exam, teeth cleaning, or other dental work during the past 12 months				74.9	78.5	76.9	No change	No change
Never saw a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months				1.5	1.0	1.2	No change	No change
Had ever been told by a doctor or nurse that they had <b>asthma</b>	19.5	20.3	19.8	22.2	21.6	21.8	No change	No change
Used an <b>indoor tanning device</b> during the past 12 months			13.4	11.8	7.4	6.2	<b>Decreased</b>	No change
Got 8 or more hours of <b>sleep</b> (on an average school night)				32.6	32.8	29.9	No change	<b>Decreased</b>
Did not usually sleep in their parent's or guardian's home during the past 30 days					4.6	4.6	No change	No change
Described their <b>grades</b> in school as mostly A's or B's during the past 12 months				75.1	77.8	76.8	No change	No change
Received help from a resource teacher, speech therapist, or other <b>special education</b> teacher during the past 12 months	12.9	12.2	12.4	12.4			No change	No change

## 2019 Montana Youth Risk Behavior Survey Results Comparative Tables

The Montana High Schools results, with Native American and Hispanic subgroups, are based on random sampling procedures with a plus-or-minus 3 percent error rate. These weighted data can be used to make inferences about all high school students in Montana. A total of 10,377 students participated in the High School YRBS; 3,819 students from randomly sampled schools (Montana YRBS) and 6,558 high school students from non-sampled Montana high schools.

Data results for all other reports are based on census sampling procedures and are representative of only those students who completed the survey. The data for these reports are based on the following number of students:

Grades 7-8 – 7,668  
 American Indian Students On or Near a Reservation – 1,005  
 American Indian Students in Urban Schools – 624  
 Nonpublic Accredited Schools – 602  
 Alternative Schools – 396  
 Students with Disabilities – 1,619

**Table (left to right):** Montana YRBS High School ~ Grades 7-8 ~ American Indian Students on Reservations (AI-R)  
 American Indian Students in Urban Schools (AI-U) ~ Nonpublic Accredited Schools (NPA)  
 Alternative Schools (ALT) ~ Students with Disabilities (SWD)

<i><b>Injury and Violence</b></i>	<b>Montana YRBS HS</b>	<b>Grades 7-8</b>	<b>AI-R</b>	<b>AI-U</b>	<b>NPA</b>	<b>ALT</b>	<b>SWD</b>
Percentage of students who:							
Rarely or never wore a seat belt when riding in a car	7.5	6.3	17.5	16.0	5.3	15.4	12.8
Rarely or never wore a seat belt when driving a car	7.3	9.6	10.8	10.3	3.6	19.5	11.6
Rode with a driver who had been drinking alcohol during the past 30 days	19.1	18.4	21.1	25.9	16.5	24.8	24.0
Drove when drinking alcohol during the past 30 days	7.1	NA	9.8	10.6	7.6	14.5	12.7
Texted or e-mailed while driving a car during the past 30 days	53.3	NA	44.9	45.3	65.2	55.6	48.9
Used the Internet or apps on a cell phone (such as YouTube, Instagram, or Facebook) while driving during the past 30 days	45.9	NA	45.8	45.1	56.7	50.6	46.1
Carried a weapon during the past 30 days	23.1	23.0	18.7	30.1	17.8	28.9	29.5
Carried a weapon on school property during the past 30 days	7.0	3.7	5.5	10.8	4.3	14.4	11.5
Carried a gun during the past 30 days	7.7	8.6	9.1	11.7	5.7	12.9	12.4
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	9.3	11.2	11.6	11.9	8.6	17.2	14.5
Were threatened or injured with a weapon on school property during the past 12 months	7.9	7.9	7.6	9.8	5.0	12.7	11.0
Were in a physical fight during the past 12 months	23.3	34.3	32.6	31.4	19.6	35.6	31.9
Were in a physical fight on school property during the past 12 months	8.0	16.4	12.5	13.3	6.3	15.9	14.6

## 2019 Montana Youth Risk Behavior Survey Results Comparative Tables

<b><i>Injury and Violence</i></b>	<b>Montana YRBS HS</b>	<b>Grades 7-8</b>	<b>AI-R</b>	<b>AI-U</b>	<b>NPA</b>	<b>ALT</b>	<b>SWD</b>
Percentage of students who:							
Were ever physically forced to have sexual intercourse when they did not want to	9.8	6.5	12.2	14.0	7.5	26.5	17.7
Experienced sexual violence by force during the past 12 months	11.1	7.6	11.2	14.6	12.9	18.9	16.8
Experienced sexual dating violence by someone they dated or went out with during the past 12 months	6.3	8.3	10.1	12.5	11.7	19.6	15.1
Experienced physical dating violence by someone they dated or went out with during the past 12 months	7.8	5.5	12.5	10.7	5.8	15.9	12.9
Were bullied on school property during the past 12 months	22.0	33.6	20.6	32.7	28.7	30.7	36.1
Were electronically bullied during the past 12 months	17.9	20.6	18.0	21.6	17.9	34.0	28.2
Have ever been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months	13.3	20.0	15.9	17.9	13.8	19.5	22.0
Felt sad or hopeless for 2 or more weeks in a row that they stopped doing some usual activities during the past 12 months	36.7	30.6	44.0	47.9	32.2	65.5	49.4
Seriously considered attempting suicide during the past 12 months	23.4	20.5	28.4	31.0	16.7	47.2	32.6
Made a plan about how they would attempt suicide during the past 12 months	19.5	18.3	23.8	26.1	14.0	37.5	28.1
Attempted suicide during the past 12 months	10.0	15.6	21.3	17.2	10.0	27.4	20.4
Had a suicide attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or a nurse during the past 12 months	3.7	4.7	9.0	5.8	3.5	12.2	8.2
<b><i>Tobacco Use</i></b>	<b>Montana YRBS HS</b>	<b>Grades 7-8</b>	<b>AI-R</b>	<b>AI-U</b>	<b>NPA</b>	<b>ALT</b>	<b>SWD</b>
Percentage of students who:							
Ever tried cigarette smoking in their life	31.0	19.7	59.6	44.1	19.7	72.3	44.8
First tried cigarette smoking before age 13 years	10.0	13.7	30.1	19.9	4.2	28.6	17.6
Currently smoked cigarettes, past 30 days	7.7	4.9	23.0	14.0	5.2	42.4	15.5
Currently smoked cigarettes frequently, 20 or more of the past 30 days	1.5	0.5	5.4	4.7	1.3	15.7	4.5
Currently smoked cigarettes daily, all of the past 30 days	1.2	0.4	4.1	3.9	0.7	11.4	3.0
Smoked more than 10 cigarettes per day during the past 30 days, among current smokers	5.5	6.2	4.5	12.9	0.3	7.8	9.8
Ever used an electronic vapor product	58.3	28.2	58.9	61.0	55.0	80.5	60.5
Currently used an electronic vapor product, past 30 days	30.2	16.2	33.4	43.1	38.9	62.6	40.5
Used an electronic vapor product on school property, past 30 days	18.9	5.4	14.3	19.7	14.2	38.3	19.6

## 2019 Montana Youth Risk Behavior Survey Results Comparative Tables

<b>Tobacco Use</b>							
Percentage of students who:	Montana YRBS HS	Grades 7-8	AI-R	AI-U	NPA	ALT	SWD
Usually got their own electronic vapor products by buying them in a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey	6.0	2.9	5.4	5.3	13.7	23.1	15.2
Used electronic vapor products mainly because a friend or family member used them	13.5	6.7	15.0	10.8	15.8	14.7	14.1
Used electronic vapor products because they are available in flavors, such as mint, candy, fruit, or chocolate	7.0	12.4	22.9	12.3	10.1	10.7	14.7
Currently used smokeless tobacco, past 30 days	6.3	3.4	14.1	14.0	5.2	12.6	12.9
Currently smoked cigars, cigarillos, or little cigars, past 30 days	7.5	3.1	11.7	11.6	9.4	21.3	11.8
Ever tried to quit using all tobacco products, including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products	54.4	51.8	60.8	58.2	56.4	50.8	52.8
<b>Alcohol and Other Drug Use</b>							
Percentage of students who:	Montana YRBS HS	Grades 7-8	AI-R	AI-U	NPA	ALT	SWD
Drank alcohol before age 13 years	17.6	23.2	19.1	23.7	9.3	32.2	24.8
Currently drank alcohol, during the past 30 days	33.4	14.3	28.8	33.9	36.0	53.1	35.5
Drank 4 or more drinks of alcohol in a row (if female) or 5 or more drinks of alcohol in a row (if male) within a couple hours, during the past 30 days	17.5	7.1	19.7	22.4	21.9	38.7	23.7
Reported that the largest number of drinks they had in a row was 10 or more, past 30 days	5.6	NA	6.5	7.0	3.8	10.4	6.2
Usually obtained the alcohol they drank by someone giving it to them	39.3	33.1	33.5	38.4	42.5	31.9	34.7
Ever used marijuana in their life	40.0	15.6	63.3	42.7	26.0	74.0	43.5
Tried marijuana before age 13 years	7.5	10.7	29.4	12.4	3.3	30.9	12.2
Currently used marijuana, past 30 days	21.1	8.5	39.8	23.7	13.2	55.2	26.1
Ever used synthetic marijuana	6.5	3.9	14.7	9.4	5.7	17.3	11.1
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	12.8	10.1	18.4	15.4	9.2	35.7	17.0
Ever used cocaine in their life	4.1	2.2	5.2	7.2	3.0	19.5	6.4
Ever used inhalants in their life	8.0	11.0	10.6	14.4	5.3	17.3	12.6
Ever used heroin in their life	1.7	0.9	2.5	3.4	1.3	6.1	2.7
Ever used methamphetamines in their life	2.4	1.5	4.1	5.2	2.4	9.7	3.9
Ever used ecstasy in their life	4.3	1.3	4.2	6.1	2.7	17.3	6.1
Ever took steroid pills or shots without a doctor's prescription in their life	1.6	1.9	2.3	2.7	1.7	4.3	3.2
Ever injected any illegal drug in their life	1.0	1.5	2.3	1.6	1.5	3.9	2.2
Were offered, sold, or given an illegal drug on school property during the past 12 months	22.5	17.5	21.2	22.0	20.5	33.0	26.5

NA – Not Asked

## 2019 Montana Youth Risk Behavior Survey Results Comparative Tables

<b>Sexual Behaviors</b>	<b>Montana YRBS HS</b>	<b>Grades 7-8</b>	<b>AI-R</b>	<b>AI-U</b>	<b>NPA</b>	<b>ALT</b>	<b>SWD</b>
Percentage of students who:							
Ever had sexual intercourse in their life	43.8	13.4	56.2	52.0	35.3	74.1	50.8
Had sexual intercourse before age 13 years	3.6	5.8	6.5	5.7	3.3	11.0	8.3
Had sexual intercourse with four or more persons in their life	12.1	1.7	16.3	15.9	7.3	36.7	15.8
Were currently sexual active, past 3 months	31.8	4.7	37.9	31.4	22.4	56.5	30.8
Drank alcohol or used drugs before last sexual intercourse	18.3	24.3	20.2	20.8	19.0	29.4	25.1
Used a condom during last sexual intercourse	55.6	56.1	52.7	53.2	59.8	43.3	53.7
Used birth control pills before last sexual intercourse	26.8	NA	15.0	16.0	26.5	24.1	20.8
Used an IUD before last sexual intercourse	12.3	NA	6.4	8.2	6.6	15.1	8.1
Used a shot, patch, or birth control ring during last sexual intercourse	6.8	NA	6.2	5.5	3.3	6.5	5.4
Did not use any method to prevent pregnancy during last sexual intercourse	6.5	NA	18.9	14.0	9.0	15.8	14.8
<b>Dietary Behaviors</b>	<b>Montana YRBS HS</b>	<b>Grades 7-8</b>	<b>AI-R</b>	<b>AI-U</b>	<b>NPA</b>	<b>ALT</b>	<b>SWD</b>
Percentage of students who:							
Described themselves as slightly or very overweight	30.5	27.1	43.5	38.6	25.9	43.6	33.4
Were trying to lose weight	41.3	42.6	55.7	48.7	39.2	48.2	48.3
Did not drink fruit juice during the past 7 days	32.4	31.4	20.7	30.6	32.2	32.7	32.2
Did not eat fruit during the past 7 days	10.9	10.7	10.7	14.5	8.4	21.5	16.7
Did not eat a green salad during the past 7 days	34.3	35.4	40.8	38.4	27.8	46.4	37.7
Did not eat potatoes during the past 7 days	32.1	39.3	34.7	32.6	29.7	38.9	35.1
Did not eat carrots during the past 7 days	43.9	43.8	51.4	48.9	40.3	53.2	49.0
Did not eat other vegetables	17.1	18.0	28.2	20.5	15.7	26.2	24.5
Did not drink a can, bottle, or glass of soda or pop during the past 7 days	28.5	26.6	22.0	25.0	32.3	19.5	25.9
Drank a can, bottle, or glass of soda or pop one or more times per day during the past 7 days	12.9	12.6	17.4	15.5	11.4	22.0	19.5
Drank a can, bottle, or glass of soda or pop two or more times per day during the past 7 days	6.7	7.3	11.1	8.8	5.4	13.1	11.4
Drank a can, bottle, or glass of soda or pop three or more times per day during the past 7 days	3.2	3.7	6.0	3.4	2.3	6.7	6.0
Did not drink milk during the past 7 days	23.5	16.8	25.0	24.3	20.7	28.3	24.0
Drank one or more glasses of milk per day during the past 7 days	31.9	39.1	22.1	33.1	36.1	25.2	31.9
Drank two or more glasses of milk per day during the past 7 days	20.2	26.8	13.8	21.8	23.4	14.9	21.6
Drank three or more glasses of milk per day during the past 7 days	8.9	13.5	7.3	10.9	10.4	6.9	12.2
Drank a can, bottle, or glass of an energy drink one or more times a day during the past 7 days	4.4	3.0	7.2	6.7	2.2	8.5	7.4
Did not eat breakfast during the past 7 days	14.2	9.8	12.1	18.8	12.4	25.9	19.1
Ate breakfast on all of the past 7 days	32.9	44.5	24.4	28.8	42.4	14.8	29.2

NA – Not Asked

## 2019 Montana Youth Risk Behavior Survey Results Comparative Tables

<b>Physical Activity</b>	<b>Montana YRBS HS</b>	<b>Grades 7-8</b>	<b>AI-R</b>	<b>AI-U</b>	<b>NPA</b>	<b>ALT</b>	<b>SWD</b>
Percentage of students who:							
Were physically active at least 60 minutes per day on 5 or more days during the past 7 days	51.0	54.2	45.0	48.0	54.0	23.6	44.1
Did not participate in at least 60 minutes of physical activity on any of the past 7 days	12.0	8.2	14.9	15.8	11.1	28.0	17.8
Were physically active at least 60 minutes per day on all of the past 7 days	25.3	29.0	20.6	25.2	24.9	11.0	25.1
Watched television 3 or more hours per day on an average school day	19.2	20.3	24.8	20.7	16.2	29.2	26.0
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	36.8	38.8	44.8	38.7	28.9	43.4	38.7
Attended physical education classes on one or more days in an average week when they were in school	56.6	88.5	60.1	60.3	47.0	35.5	60.9
Played on at least one sports team during the past 12 months	60.8	69.9	62.1	61.1	82.1	21.1	56.3
<b>Other</b>	<b>Montana YRBS HS</b>	<b>Grades 7-8</b>	<b>AI-R</b>	<b>AI-U</b>	<b>NPA</b>	<b>ALT</b>	<b>SWD</b>
Percentage of students who:							
Had a concussion from playing a sport or being physically active during the past 12 months	16.6	18.5	18.0	20.4	17.7	18.2	22.8
Saw a dentist during the past 12 months	76.9	74.6	64.9	69.1	85.0	63.2	67.0
Had ever been told by a doctor or nurse that they had asthma	21.8	18.1	22.9	27.6	21.3	33.5	29.0
Had 8 or more hours of sleep on an average school night	29.9	50.9	23.9	24.9	27.4	20.4	28.0
Did not usually sleep in their parent's or guardian's home during the past 30 days	4.6	4.0	8.4	8.0	4.5	16.2	9.6
Made mostly A's or B's in school during the past 12 months	76.8	76.5	55.5	67.5	90.7	56.6	65.5
Used an indoor tanning device during the past 12 months	6.2	3.1	4.9	7.0	5.4	9.5	8.2
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	14.9	21.6	22.0	22.8	12.4	27.9	100.0

# Montana Youth Risk Behavior Survey

[www.opi.mt.gov/yrbs](http://www.opi.mt.gov/yrbs)

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