

# 2019 Montana Youth Risk Behavior Survey



## Breakfast Report

Health Risk Behavior Association  
Of Students Who Eat Breakfast and  
Students Who Do Not Eat Breakfast

Youth Risk Behavior Survey Program  
Health Enhancement and Safety Division  
October 2019

# 2019 Montana Youth Risk Behavior Survey - Breakfast Report

## Montana Youth Risk Behavior Survey

The Montana Youth Risk Behavior Survey (YRBS) is administered by the Montana Office of Public Instruction every two years to students in grades 7 through 12. The purpose of the survey is to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence. While all schools in Montana can participate in the survey on a volunteer basis, approximately 50 high schools are randomly selected to be included to provide the Montana statewide data to be used in other national YRBS reports.

The 2019 YRBS was conducted in February 2019. Schools administering the survey were provided with detailed written instructions on conducting a random survey in their schools. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students. The questionnaire was designed without skip patterns to ensure survey completion by students in a similar period of time.

## Survey Validity, Limitations and Results

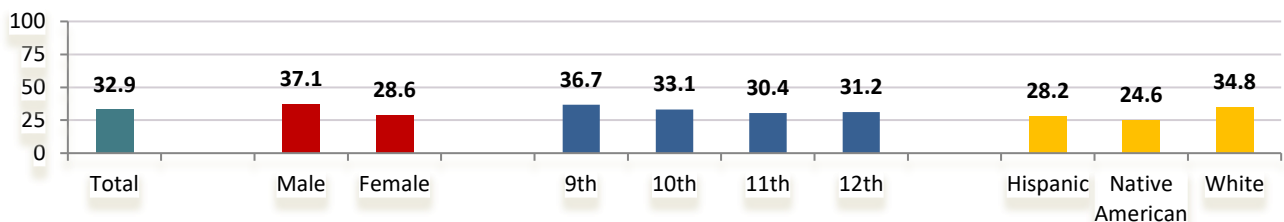
Data used in this report from the 2019 YRBS are based on a random sample survey of Montana high school students. The weighted data results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana.

For the purpose of this report, Q-81 was used. Two separate points of interest were used for further data analysis. Students who eat breakfast are those who responded (H) 7 days, while students who did not eat breakfast are those who responded (A) 0 days to the question, 'During the past 7 days, on many days did you eat breakfast?' Fifty-four separate risk behavior variables were queried for association with breakfast. These findings are presented in bullet, table and graph forms in the following report.

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

### DAILY BREAKFAST

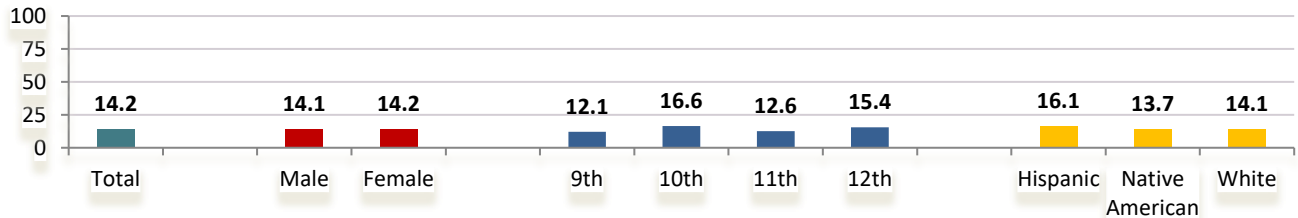
Statewide, 32.9 percent of students ate breakfast on all of the past seven days.



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### No BREAKFAST

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



More Montana results are on the website located at [Montana YRBS](http://Montana.YRBS).

### Findings

#### Less likely

Montana high school students who eat breakfast are *less likely* than students who do not eat breakfast to have:

- Never or rarely wore a seat belt when riding in a car (4% of breakfast eaters compared to 15% of students who do not eat breakfast).
- Never or rarely wore a seat belt when driving (4% of breakfast eaters compared to 14% of students who do not eat breakfast).
- Ridden with a driver who had been drinking alcohol during the past 30 days (16% of breakfast eaters compared to 22% of students who do not eat breakfast).
- Not gone to school because they felt unsafe at school or on their way to or from school during the past 30 days (7% of breakfast eaters compared to 14% of students who do not eat breakfast).
- Been threatened or injured with a weapon on school property during the past 12 months (6% of breakfast eaters compared to 12% of students who do not eat breakfast).
- Been physically forced to have sexual intercourse when they did not want to (5% of breakfast eaters compared to 15% of students who do not eat breakfast).
- Been bullied on school property during the past 12 months (19% of breakfast eaters compared to 25% of students who do not eat breakfast).
- Been electronically bullied during the past 12 months (12% of breakfast eaters compared to 24% of students who do not eat breakfast).
- Been the victim of teasing or name calling because someone thought they were gay, lesbian or bisexual (10% of breakfast eaters compared to 16% of students who do not eat breakfast).
- Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months (24% of breakfast eaters compared to 50% of students who do not eat breakfast).
- Seriously considered attempting suicide during the past 12 months (14% of breakfast eaters compared to 38% of students who do not eat breakfast).
- Attempted suicide during the past 12 months (6% of breakfast eaters compared to 17% of students who do not eat breakfast).
- Ever tried cigarette smoking in their lifetime (20% of breakfast eaters compared to 43% of students who do not eat breakfast).
- Smoked a cigarette during the past 30 days (4% of breakfast eaters compared to 12% of students who do not eat breakfast).
- Used smokeless tobacco during the past 30 days (5% of breakfast eaters compared to 9% of students who do not eat breakfast).

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

- Ever used an electronic vapor product (e.g., JUL, Vuse, MarkTen, blu, e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, hookah pens and mods) in their lifetime (46% of breakfast eaters compared to 68% of students who do not eat breakfast).
- Used electronic vapor products during the past 30 days (19% of breakfast eaters compared to 39% of students who do not eat breakfast).
- Used an electronic vapor product on school property during the past 30 days (12% of breakfast eaters compared to 28% of students who do not eat breakfast).
- Had a drink of alcohol during the past 30 days (24% of breakfast eaters compared to 40% of students who do not eat breakfast).
- Had four or more drinks, if female, five or more drinks, if male, of alcohol within a couple hours during the past 30 days (12% of breakfast eaters compared to 23% of students who do not eat breakfast).
- Ever used marijuana in their lifetime (28% of breakfast eaters compared to 52% of students who do not eat breakfast).
- Used marijuana during the past 30 days (12% of breakfast eaters compared to 29% of students who do not eat breakfast).
- Used methamphetamines in their lifetime (1% of breakfast eaters compared to 6% of students who do not eat breakfast).
- Ever used ecstasy in their lifetime (2% of breakfast eaters compared to 8% of students who do not eat breakfast).
- Used prescription pain medicine without a doctor's prescription or differently than how it was prescribed in their lifetime (8% of breakfast eaters compared to 19% of students who do not eat breakfast).
- Had sexual intercourse in their lifetime (35% of breakfast eaters compared to 51% of students who do not eat breakfast).
- Had sexual intercourse with 4 or more persons in their lifetime (8% of breakfast eaters compared to 17% of students who do not eat breakfast).
- Had sexual intercourse during the past 3 months (25% of breakfast eaters compared to 38% of students who do not eat breakfast).
- Had obesity (7% of breakfast eaters compared to 17% of students who do not eat breakfast).
- Did not eat fruit or drink 100% fruit juice during the past 7 days (4% of breakfast eaters compared to 13% of students who do not eat breakfast).
- Did not eat fruit during the past 7 days (8% of breakfast eaters compared to 22% of students who do not eat breakfast).
- Did not eat green salad during the past 7 days (28% of breakfast eaters compared to 48% of students who do not eat breakfast).
- Did not eat green salad, potatoes, carrots, or other vegetables during the past 7 days (3% of breakfast eaters compared to 30% of students who do not eat breakfast).
- Drank soda or pop daily (11% of breakfast eaters compared to 19% of students who do not eat breakfast).
- Did not drink milk during the past 7 days (19% of breakfast eaters compared to 33% of students who do not eat breakfast).
- Drank an energy drink daily during the past 7 days (3% of breakfast eaters compared to 7% of students who do not eat breakfast).
- Were not physically active for at least 60 minutes per day on any of the past 7 days (7% of breakfast eaters compared to 23% of students who do not eat breakfast).
- Not slept in their parent's or guardian's home during the past 30 days (2% of breakfast eaters compared to 6% of students who do not eat breakfast).

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### ***More Likely***

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

- Been physically active at least 60 minutes per day on 5 or more of the past 7 days (64% of breakfast eaters compared to 38% of students who do not eat breakfast).
- Been physically active for at least 60 minutes per day on all of the past 7 days (35% of breakfast eaters compared to 21% of students who do not eat breakfast).
- Played on a sports team during the past 12 months (69% of breakfast eaters compared to 42% of students who do not eat breakfast).
- Had 8 or more hours of sleep on an average school night (45% of breakfast eaters compared to 18% of students who do not eat breakfast).
- Made mostly A's or B's in school during the past 12 months (85% of breakfast eaters compared to 65% of students who do not eat breakfast).

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Health Risk Behavior Percentage of students	Students who . . .		Statistical Difference
	Ate Breakfast	Did Not Eat Breakfast	
Never or rarely wore a seat belt when riding in a vehicle	4.1% (2.4-5.8)	15.1% (11.4-18.8)	✓
Never or rarely wore a seat belt when driving	4.3% (2.7-5.9)	13.5% (9.6-17.4)	✓
Rode with a driver who had been drinking during the past 30 days	15.6% (13.4-17.9)	22.4% (18.7-26.1)	✓
Drove when drinking alcohol during the past 30 days	4.6% (3.0-6.2)	9.5% (5.9-13.0)	
Texted or e-mailed while driving a car or other vehicle during the past 30 days (of drivers)	47.6% (43.1-52.0)	56.3% (51.4-61.1)	
Used the Internet or apps on a cell phone while driving a car or other vehicle during the past 30 days (of drivers)	39.5% (36.1-42.9)	46.0% (41.2-50.7)	
Carried a weapon such as a gun, knife, or club, during the past 30 days	21.2% (18.3-24.2)	27.1% (22.7-31.5)	
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	6.7% (5.1-8.5)	13.8% (10.4-17.3)	✓
Were threatened or injured with a weapon on school property during the past 12 months	6.5% (5.2-7.8)	11.8% (8.9-14.6)	✓
Had been physically forced to have sexual intercourse when they did not want to	4.8% (3.4-6.2)	14.9% (11.2-18.6)	✓
Were bullied on school property during the past 12 months	18.6% (16.4-20.8)	24.9% (21.1-28.7)	✓
Had been electronically bullied during the past 12 months	12.2% (10.3-14.2)	24.0% (19.5-28.5)	✓
Had been the victim of teasing or name calling because someone thought they were gay, lesbian or bisexual	10.4% (8.5-12.3)	15.9% (12.5-19.3)	✓
Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months	24.0% (21.4-26.6)	49.8% (45.7-53.7)	✓
Seriously considered attempting suicide during the past 12 months	13.5% (11.4-15.7)	37.6% (33.3-41.8)	✓
Attempted suicide during the past 12 months	5.7% (4.4-7.1)	17.1% (13.3-20.9)	✓

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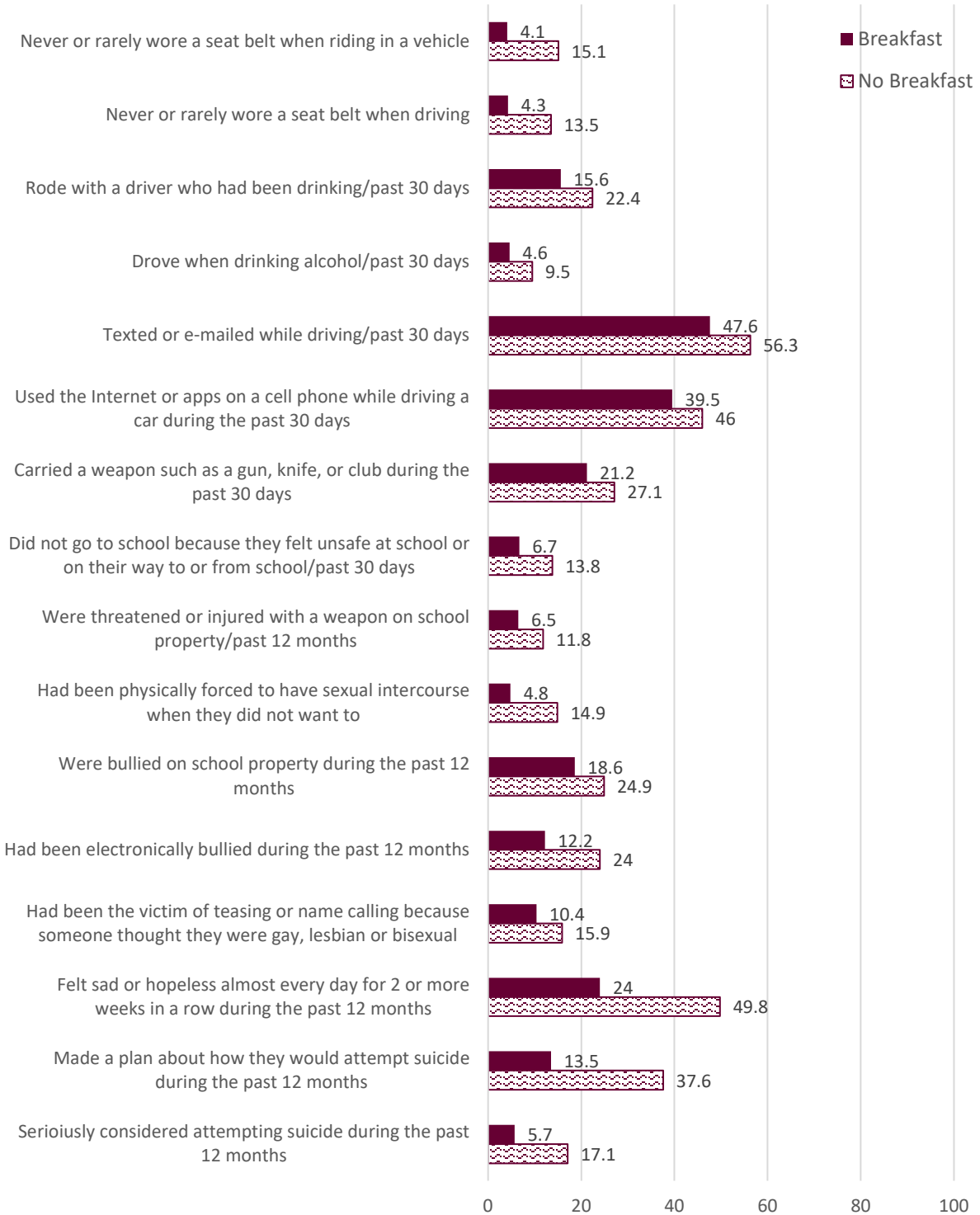
Health Risk Behavior Percentage of students	Students who . . .		Statistical Difference
	Ate Breakfast	Did Not Eat Breakfast	
Ever tried cigarette smoking	<b>19.7%</b> (17.1-22.3)	<b>43.4%</b> (38.9-47.8)	✓
Smoked a cigarette during the past 30 days	<b>3.9%</b> (2.7-5.1)	<b>12.1%</b> (9.1-15.1)	✓
Used smokeless tobacco during the past 30 days	<b>4.9%</b> (3.4-6.5)	<b>9.4%</b> (6.9-11.8)	✓
Smoked a cigar, cigarillo, or little cigar during the past 30 days	<b>5.4%</b> (4.0-6.9)	<b>9.0%</b> (6.4-11.6)	
Ever used electronic vapor products (e.g., JUUL, Vuse, MarkTen, blu, e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.)	<b>45.7%</b> (41.5-49.9)	<b>67.7%</b> (63.0-72.2)	✓
Used electronic vapor products during the past 30 days	<b>19.4%</b> (16.3-22.5)	<b>38.9%</b> (34.2-43.6)	✓
Used an electronic vapor product on school property during the past 30 days	<b>11.5%</b> (9.3-13.7)	<b>27.6%</b> (23.8-31.3)	✓
Had a drink of alcohol during the past 30 days	<b>24.2%</b> (21.2-27.3)	<b>39.9%</b> (35.7-44.0)	✓
Had 4 or more drinks (if female) 5 or more drinks (if male) of alcohol within a couple hours during the past 30 days	<b>11.9%</b> (9.6-14.1)	<b>23.1%</b> (18.9-27.3)	✓
Ever used marijuana in their lifetime	<b>27.7%</b> (24.2-31.1)	<b>51.8%</b> (47.4-56.1)	✓
Used marijuana during the past 30 days	<b>12.3%</b> (10.2-14.5)	<b>28.6%</b> (24.4-32.7)	✓
Ever used methamphetamines in their lifetime	<b>0.9%</b> (0.3-1.5)	<b>6.1%</b> (3.8-8.4)	✓
Ever used ecstasy in their lifetime	<b>2.4%</b> (1.5-3.4)	<b>7.8%</b> (5.3-10.3)	✓
Ever used prescription pain medicine without a doctor's prescription or differently than how it was prescribed in their lifetime	<b>7.9%</b> (6.3-9.5)	<b>18.7%</b> (15.2-22.2)	✓
Ever had sexual intercourse in their lifetime	<b>34.9%</b> (30.9-38.9)	<b>51.0%</b> (44.9-57.1)	✓
Have had sexual intercourse with 4 or more persons in their lifetime	<b>8.2%</b> (6.4-9.9)	<b>16.6%</b> (12.8-20.4)	✓
Had sexual intercourse during the past 3 months	<b>24.7%</b> (21.3-28.2)	<b>38.3%</b> (33.7-42.9)	✓
Used drugs or alcohol before last sexual intercourse	<b>13.2%</b> (8.8-17.6)	<b>24.7%</b> (17.3-32.1)	

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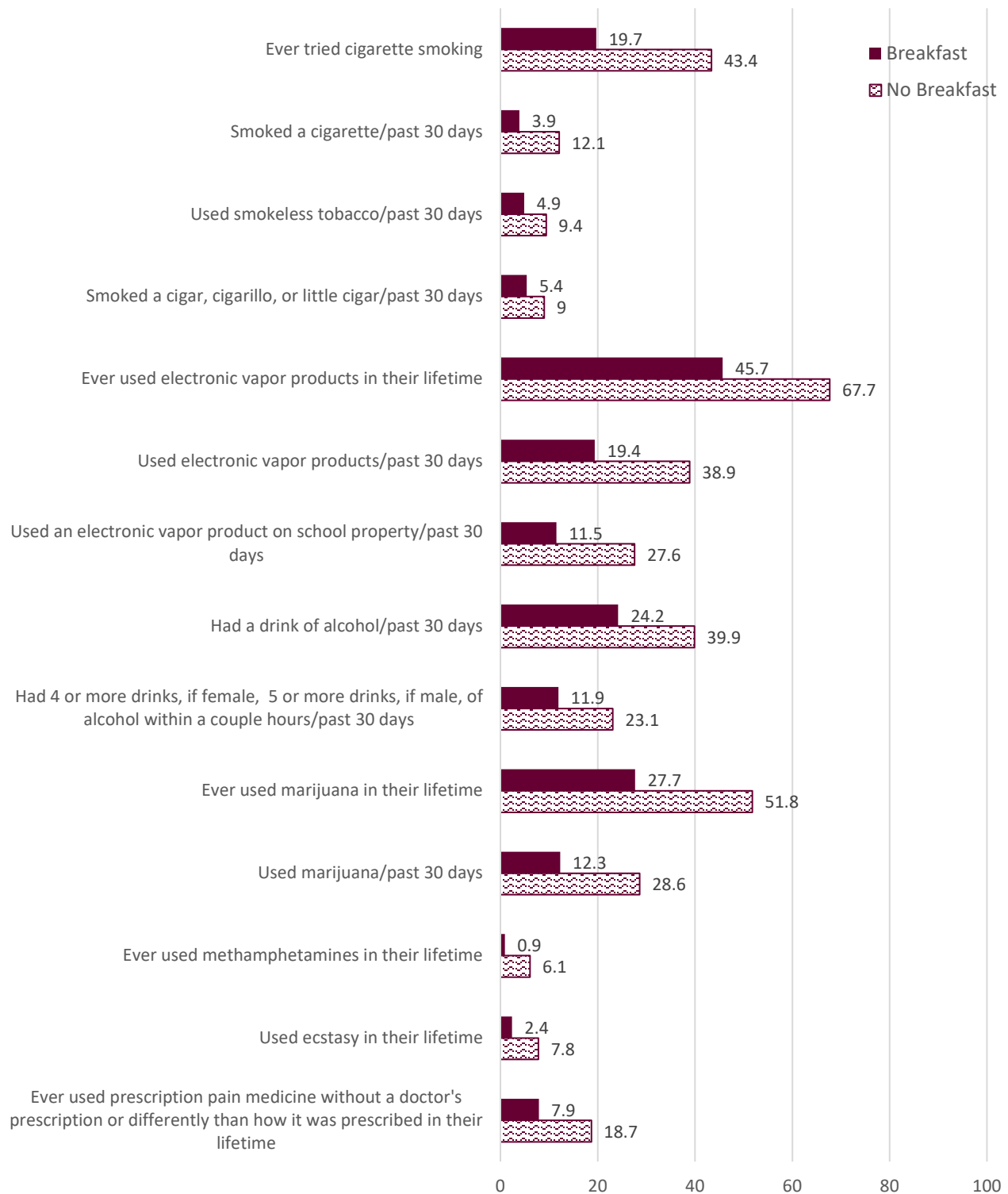
Health Risk Behavior Percentage of students	Students who . . .		Statistical Difference
	Ate Breakfast	Did Not Eat Breakfast	
Had obesity ( $\geq$ than 95 <sup>th</sup> percentile for Body Mass Index)	7.2% (5.3-9.1)	17.2% (13.4-21.0)	✓
Were overweight ( $\geq$ 85 <sup>th</sup> percentile but <95 <sup>th</sup> percentile for Body Mass Index)	13.0% (11.0-15.0)	12.7% (9.8-15.6)	
Did not eat fruit or drink 100% fruit juice during the past 7 days	3.7% (2.5-4.8)	12.7% (9.1-16.2)	✓
Did not eat fruit during the past 7 days	7.8% (6.1-9.6)	22.4% (18.7-26.0)	✓
Did not eat green salad during the past 7 days	28.3% (25.5-31.1)	48.3% (44.0-52.6)	✓
Did not eat green salad, potatoes, carrots, or other vegetables during the past 7 days	3.1% (2.0-4.2)	30.0% (25.6-34.3)	✓
Drank soda or pop one or more times per day during the past 7 days	10.5% (8.4-12.7)	18.7% (15.0-22.4)	✓
Did not drink milk during the past 7 days	19.4% (16.9-21.8)	32.5% (28.0-37.0)	✓
Drank a can, bottle, or glass of an energy drink (e.g., Red Bull, Jolt) daily during the past 7 days	2.8% (1.6-4.0)	7.4% (4.9-9.8)	✓
Were physically active at least 60 minutes per day on 5 or more of the past 7 days	63.8% (60.3-67.3)	37.9% (33.3-42.4)	✓
Were not physically active for at least 60 minutes per day on any of the past 7 days	7.0% (5.6-8.4)	23.1% (19.3-26.9)	✓
Were physically active for at least 60 minutes per day on all of the past 7 days	34.8% (31.5-38.0)	20.8% (16.4-25.1)	✓
Watched 3 or more hours of TV on an average school day	16.9% (13.9-19.9)	23.2% (19.1-27.3)	
Played video or computer games 3 or more hours per day on an average school day	32.0% (28.7-35.4)	40.4% (35.2-45.6)	
Played on a sports team during the past 12 months	68.7% (65.5-72.0)	42.3% (37.8-46.7)	✓
Had a concussion from playing a sport or being physically active during the past 12 months	15.1% (12.9-17.3)	15.0% (11.7-18.2)	
Had 8 or more hours of sleep on an average school night	44.5% (41.3-47.7)	18.0% (14.2-21.7)	✓
Did not usually sleep in their parent's or guardian's home during the past 30 days	2.0% (1.2-2.9)	5.5% (3.0-8.0)	✓
Made mostly A's or B's in school during the past 12 months	85.4% (82.4-88.3)	64.5% (60.3-68.7)	✓
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	11.7% (9.0-14.3)	17.8% (14.1-21.5)	



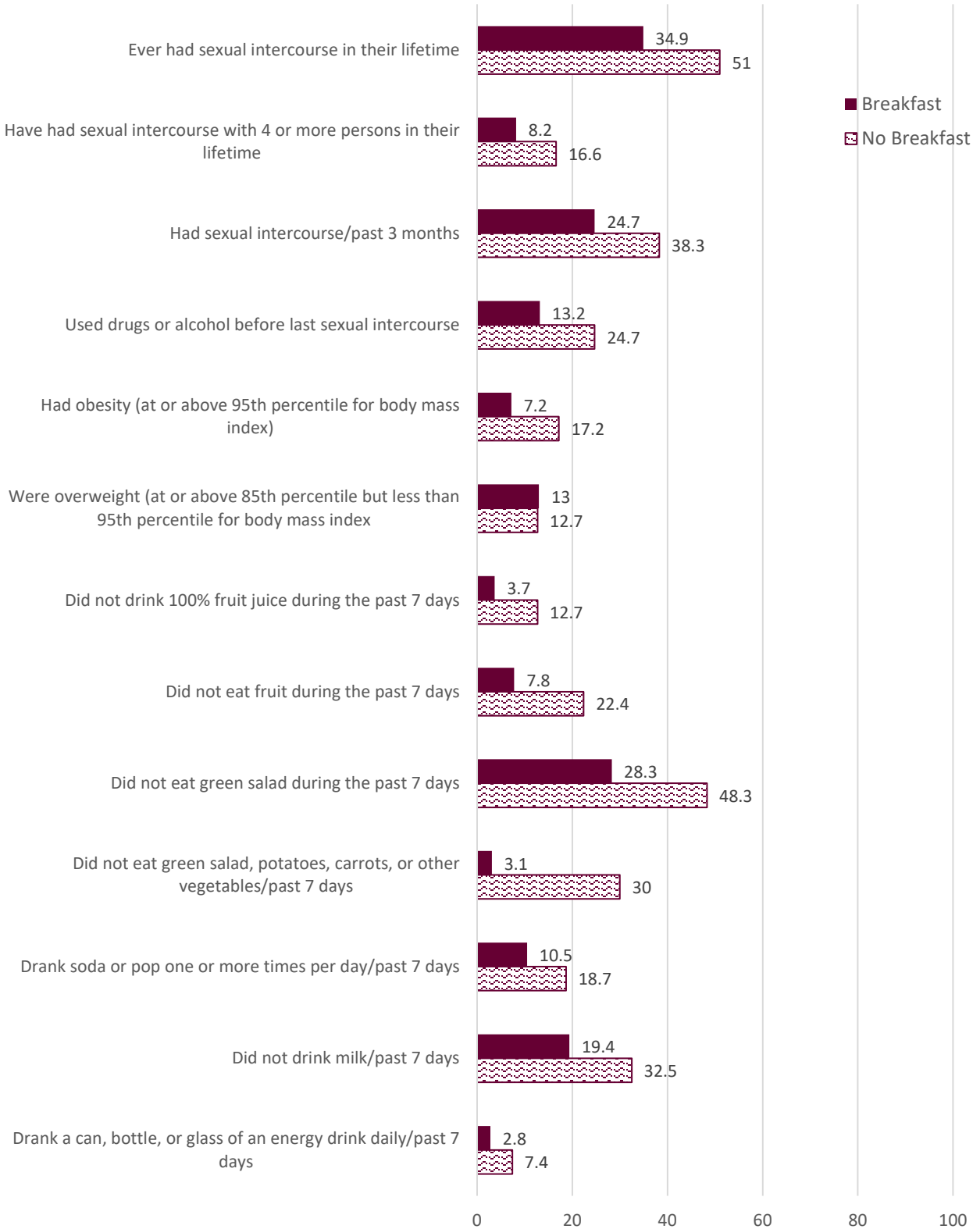
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