

# 2019 Montana Youth Risk Behavior Survey



## Screen Time Report

The Association Between Excessive Screen Time  
and Other Health Risk Behaviors

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

# 2019 Montana Youth Risk Behavior Survey – Screen Time 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

---

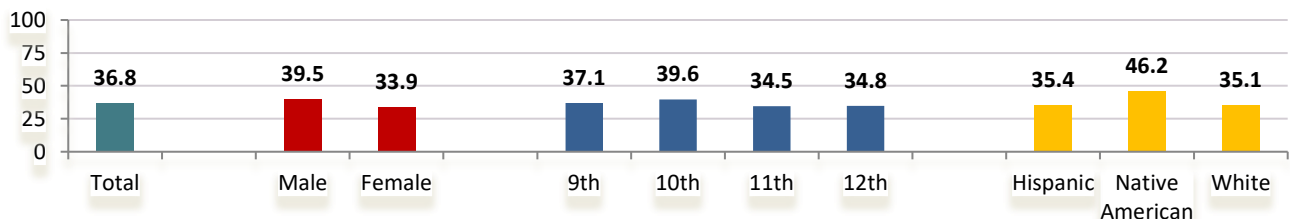
Data used in this report from the 2019 YRBS are based on a random sample survey of Montana high school students. The weighted data results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana. However, users should be careful in 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 nonuse, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

For the purpose of this report, Montana youth that experienced excessive screen time are those youth that reported playing video or computer games or used a computer 3 or more hours per day (counting such things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something not school work, on an average school day). Fifty-one separate risk behaviors were queried for association with the excessive screen time question. These findings are presented in bullet, table and graph forms in the following report.

## MONTANA EXCESSIVE SCREEN TIME RATES

---

Statewide, 34.6% of students reported playing video or computer games or used a computer 3 or more hours per day (counting such things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something not school work, on an average school day).



For more on the YRBS go to [www.opi.mt.gov/yrbs](http://www.opi.mt.gov/yrbs).

# 2019 Montana Youth Risk Behavior Survey – Screen Time Report

## Findings

---



Montana high school students who spent 3 or more hours on a screened media device are ***more likely*** than those students who had not spent 3 or more hours on a screened media device to have:

- Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months (41% of students with excessive screen time compared to 34% of students without excessive screen time).
- Not eaten green salad, potatoes, carrots, or other vegetables during the past 7 days (8% of students with excessive screen time compared to 4% of students without excessive screen time).
- Drank a can, bottle, or glass of soda or pop daily during the past 7 days (16% of students with excessive screen time compared to 11% of students without excessive screen time).
- Watched 3 or more hours of TV on an average school day (26% of students with excessive screen time compared to 15% of students without excessive screen time).



Montana high school students who spent 3 or more hours on a screened media device are ***less likely*** than those students who had not spent 3 or more hours on a screened media device to have:

- Used smokeless tobacco (chewing tobacco, snuff, or dip) during the past 30 days (5% of students with excessive screen time compared to 7% of students without excessive screen time).
- Been physically active for at least 60 minutes per day on 5 or more of the past 7 days (46% of students with excessive screen time compared to 54% of students without excessive screen time).
- Played on at least one sports team during the past 12 months (54% of students with excessive screen time compared to 65% of students without excessive screen time).
- Had a concussion from playing a sport or being physically active during the past 12 months (14% of students with excessive screen time compared to 18% of students without excessive screen time).
- Had 8 or more hours of sleep on an average school night (24% of students with excessive screen time compared to 33% of students without excessive screen time).
- Made mostly A's or B's in school during the past 12 months (71% of students with excessive screen time compared to 80% of students without excessive screen time).







## 2019 Montana Youth Risk Behavior Survey – Screen Time Report

Health Risk Behavior by percentage of students	3 or More Hours Spent on Screened Media Device	Less than 3 Hours Spent on Screened Media Device	Statistical Difference
Never or rarely wore a seat belt when riding in a car driven by someone else	<b>7.5%</b> (5.8-9.2)	<b>7.5%</b> (5.9-9.2)	
Never or rarely wore a seat belt when driving	<b>7.0%</b> (4.6-9.4)	<b>7.4%</b> (5.9-8.9)	
Rode with a driver who had been drinking during the past 30 days	<b>17.0%</b> (14.6-19.3)	<b>20.0%</b> (18.5-21.5)	
Drove when drinking alcohol during the past 30 days	<b>6.8%</b> (5.1-8.6)	<b>7.2%</b> (5.7-8.6)	
Texted or e-mailed while driving a car or other vehicle during the past 30 days	<b>52.8%</b> (48.3-57.4)	<b>53.6%</b> (50.4-56.8)	
Used the Internet or apps on their cell phone while driving during the past 30 days	<b>47.5%</b> (43.8-51.1)	<b>45.3%</b> (42.5-48.0)	
Carried a weapon such as a gun, knife, or club during the past 30 days	<b>23.0%</b> (20.5-25.5)	<b>23.1%</b> (20.6-25.6)	
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	<b>9.4%</b> (7.6-11.2)	<b>9.0%</b> (7.4-10.6)	
Were threatened or injured with a weapon on school property during the past 12 months	<b>7.8%</b> (6.1-9.4)	<b>7.8%</b> (6.4-9.2)	
Ever physically forced to have sexual intercourse when they did not want to	<b>9.7%</b> (7.8-11.7)	<b>9.6%</b> (8.4-10.8)	
Were bullied on school property during the past 12 months	<b>23.0%</b> (20.5-25.6)	<b>21.5%</b> (19.4-23.5)	
Were electronically bullied (texting, Instagram, Facebook, or other social media) during the past 12 months	<b>18.9%</b> (16.4-21.5)	<b>17.2%</b> (15.4-18.9)	
Were the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months	<b>14.6%</b> (13.0-16.2)	<b>12.3%</b> (10.5-14.0)	
Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months	<b>40.6%</b> (37.8-43.4)	<b>34.5%</b> (32.4-36.5)	
Made a plan about how they would attempt suicide during the past 12 months	<b>20.3%</b> (17.8-22.8)	<b>19.0%</b> (17.3-20.7)	
Had actually attempted suicide during the past 12 months	<b>10.2%</b> (8.2-12.2)	<b>9.6%</b> (8.0-11.3)	
Ever tried cigarette smoking	<b>33.3%</b> (29.5-36.9)	<b>29.7%</b> (27.0-32.3)	
Smoked a cigarette during the past 30 days	<b>7.7%</b> (6.1-9.2)	<b>7.6%</b> (6.2-8.9)	
Used smokeless tobacco (chewing tobacco, snuff, or dip) during the past 30 days	<b>4.6%</b> (3.5-5.62)	<b>7.0%</b> (5.65-8.3)	
Smoked cigars, cigarillos, or little cigars during the past 30 days	<b>6.2%</b> (4.6-7.7)	<b>8.2%</b> (6.6-9.7)	

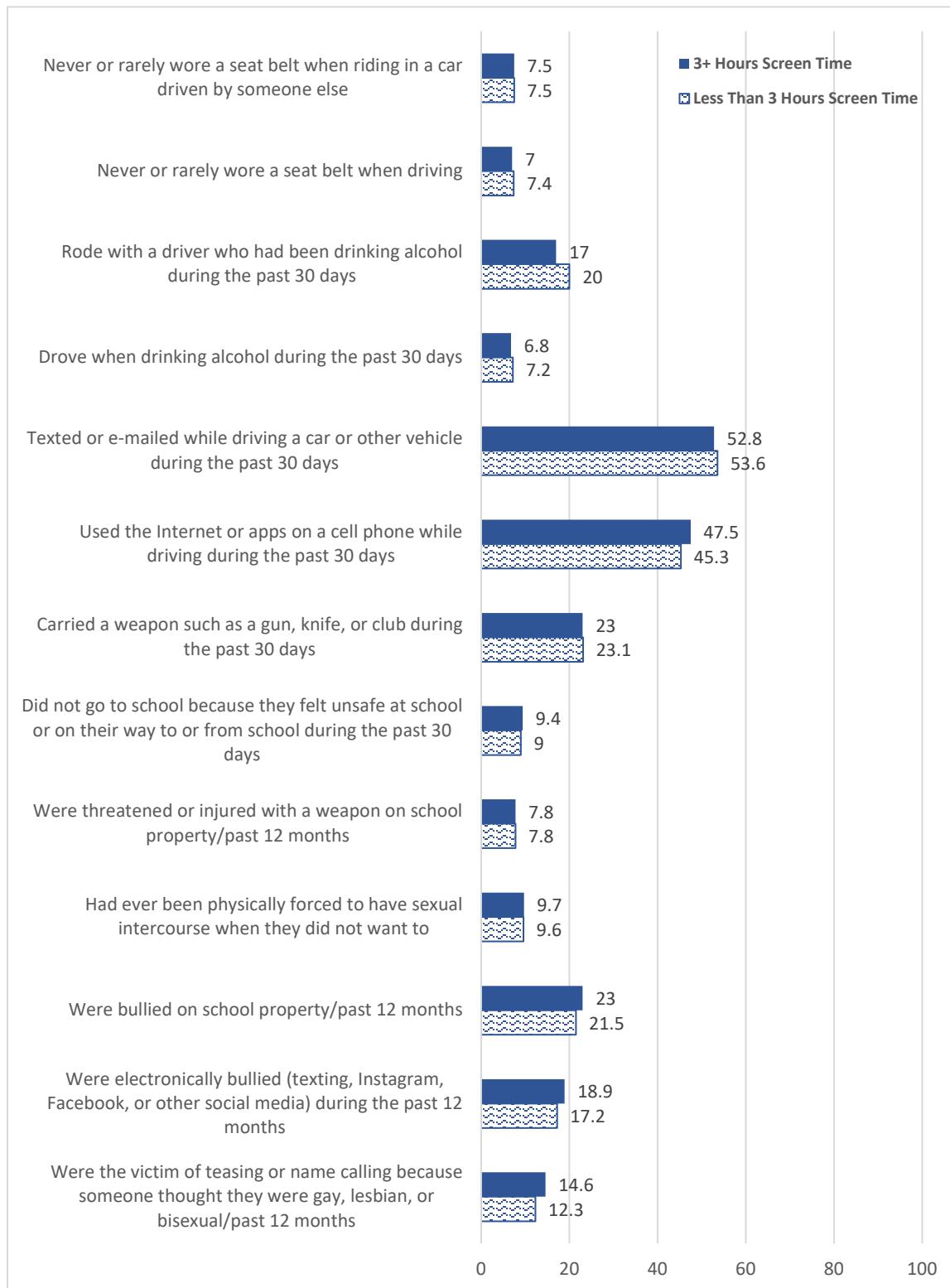
## 2019 Montana Youth Risk Behavior Survey – Screen Time Report

<b>Health Risk Behavior</b> by percentage of students	<b>3 or More Hours Spent on Screened Media Device</b>	<b>Less than 3 Hours Spent on Screened Media Device</b>	<b>Statistical Difference</b>
Ever used electronic vapor products	59.1% (55.7-62.6)	57.7% (54.7-60.6)	
Used an electronic vapor product during the past 30 days	31.2% (27.9-34.4)	29.3% (26.7-32.0)	
Used an electronic vapor product on school property during the past 30 days	19.9% (17.4-22.4)	18.0% (16.1-19.9)	
Had a drink of alcohol during the past 30 days	32.2% (29.1-35.3)	33.9% (31.5-36.2)	
Had 4 or more drinks, if female, 5 or more drinks, if male, of alcohol within a couple hours during the past 30 days	15.9% (13.7-18.1)	18.5% (16.5-20.5)	
Ever used marijuana in their lifetime	42.6% (38.8-46.3)	38.3% (35.0-41.5)	
Used marijuana during the past 30 days	21.9% (18.9-24.8)	20.2% (18.0-22.4)	
Ever used methamphetamines in their lifetime	1.9% (1.2-2.6)	2.6% (1.7-3.4)	
Ever used ecstasy in their lifetime	3.7% (2.6-4.8)	4.7% (3.5-5.9)	
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (codeine, Vicodin, OxyContin, Hydrocodone and Percocet)	13.4% (11.3-15.4)	12.6% (11.0-14.2)	
Ever had sexual intercourse in their lifetime	42.1% (38.3-45.9)	44.5% (41.4-47.7)	
Had sexual intercourse with four or more persons during their life	10.8% (8.9-12.8)	12.6% (11.0-14.2)	
Had sexual intercourse during the past 3 months	30.1% (27.3-33.0)	32.9% (29.8-35.9)	
Drank alcohol or used drugs before last sexual intercourse	18.5% (14.7-22.3)	18.5% (15.3-21.6)	
Were obese (at or above the 95 <sup>th</sup> percentile for body mass index)	12.9% (10.4-15.4)	10.7% (9.1-12.4)	
Were overweight (at or above the 85 <sup>th</sup> percentile but below the 95 <sup>th</sup> percentile for body mass index)	13.4% (11.2-15.7)	12.8% (11.4-14.3)	
Did not eat fruit or drink 100% fruit juice during the past 7 days	5.9% (4.6-7.2)	5.2% (4.6-6.3)	
Did not eat green salad, potatoes, carrots, or other vegetables during the past 7 days	7.8% (6.0-9.6)	4.2% (3.1-5.2)	
Drank a can, bottle, or glass of soda or pop daily during the past 7 days	16.3% (13.9-18.6)	11.0% (9.5-12.5)	
Did not drink milk during the past 7 days	22.0% (20.0-23.9)	24.6% (22.4-26.7)	
Did not eat breakfast during the past 7 days	15.6% (13.3-17.8)	13.3% (11.8-14.9)	
Drank an energy drink daily during the past 7 days	5.1% (3.8-6.3)	4.0% (3.0-4.9)	

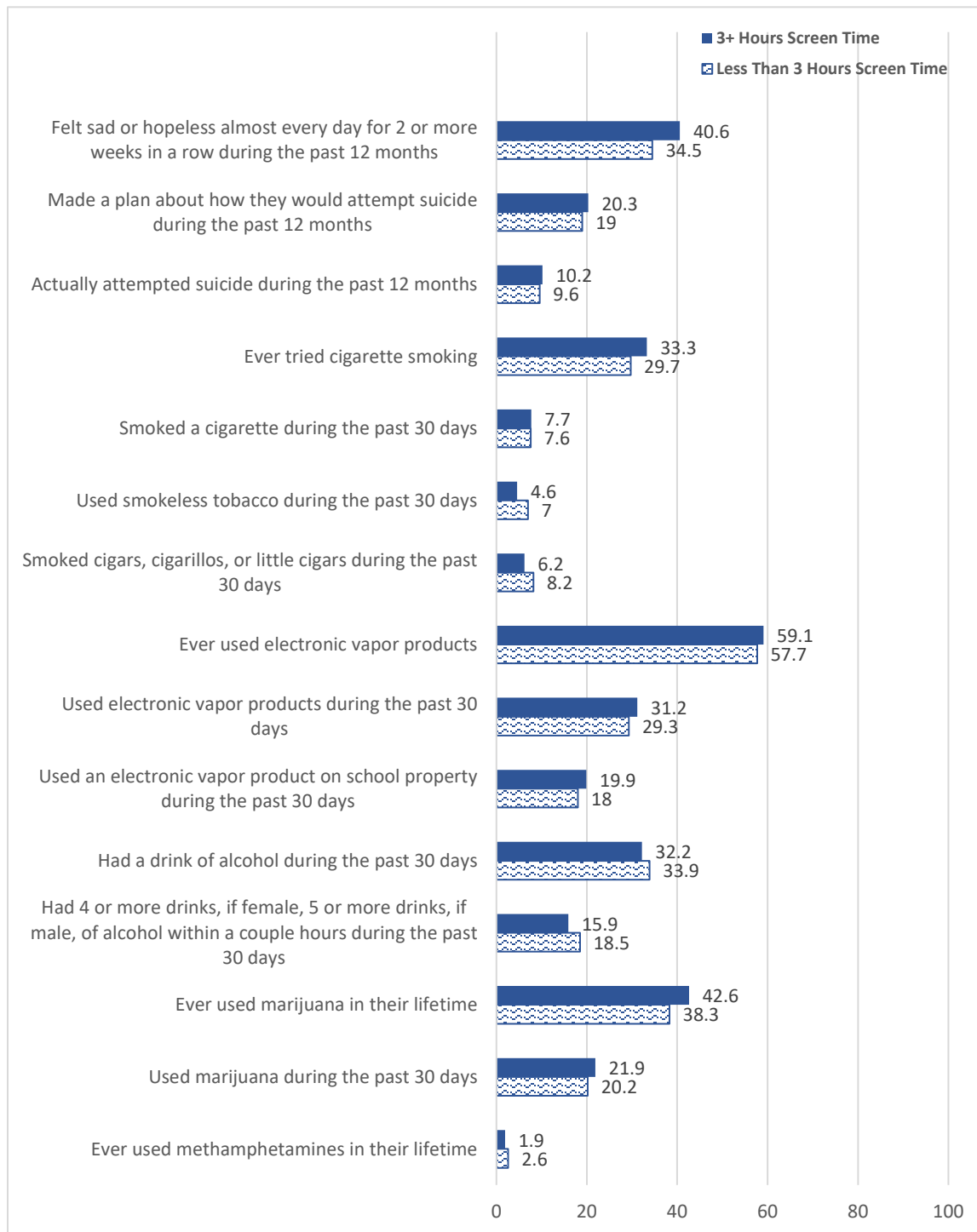
## 2019 Montana Youth Risk Behavior Survey – Screen Time Report

<b>Health Risk Behavior</b> by percentage of students	<b>3 or More Hours Spent on Screened Media Device</b>	<b>Less than 3 Hours Spent on Screened Media Device</b>	<b>Statistical Difference</b>
Were physically active at least 60 minutes per day on 5 or more of the past 7 days	<b>46.4%</b> (43.0-49.8)	<b>53.7%</b> (51.1-56.3)	
Were not physically active at least 60 minutes per day on any of the past 7 days	<b>13.3%</b> (11.4-15.2)	<b>11.2%</b> (9.7-12.7)	
Watched 3 or more hours of TV on an average school day	<b>25.9%</b> (23.6-28.3)	<b>15.2%</b> (13.7-16.6)	
Played on at least one sports team during the past 12 months	<b>53.9%</b> (51.0-56.8)	<b>64.7%</b> (62.1-67.4)	
Had a concussion from playing a sport or being physically active during the past 12 months	<b>13.5%</b> (11.6-15.3)	<b>18.3%</b> (16.6-20.1)	
Did not usually sleep in their parent's or guardian's home during the past 30 days	<b>2.7%</b> (1.6-3.8)	<b>4.0%</b> (3.1-5.0)	
Had 8 or more hours of sleep on an average school night	<b>24.1%</b> (21.5-26.8)	<b>33.3%</b> (31.3-35.3)	
Made mostly A's or B's in school during the past 12 months	<b>71.2%</b> (67.9-74.5)	<b>80.0%</b> (77.4-82.6)	
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	<b>15.8%</b> (13.4-18.2)	<b>14.4%</b> (12.8-16.0)	

## 2019 Montana Youth Risk Behavior Survey – Screen Time Report

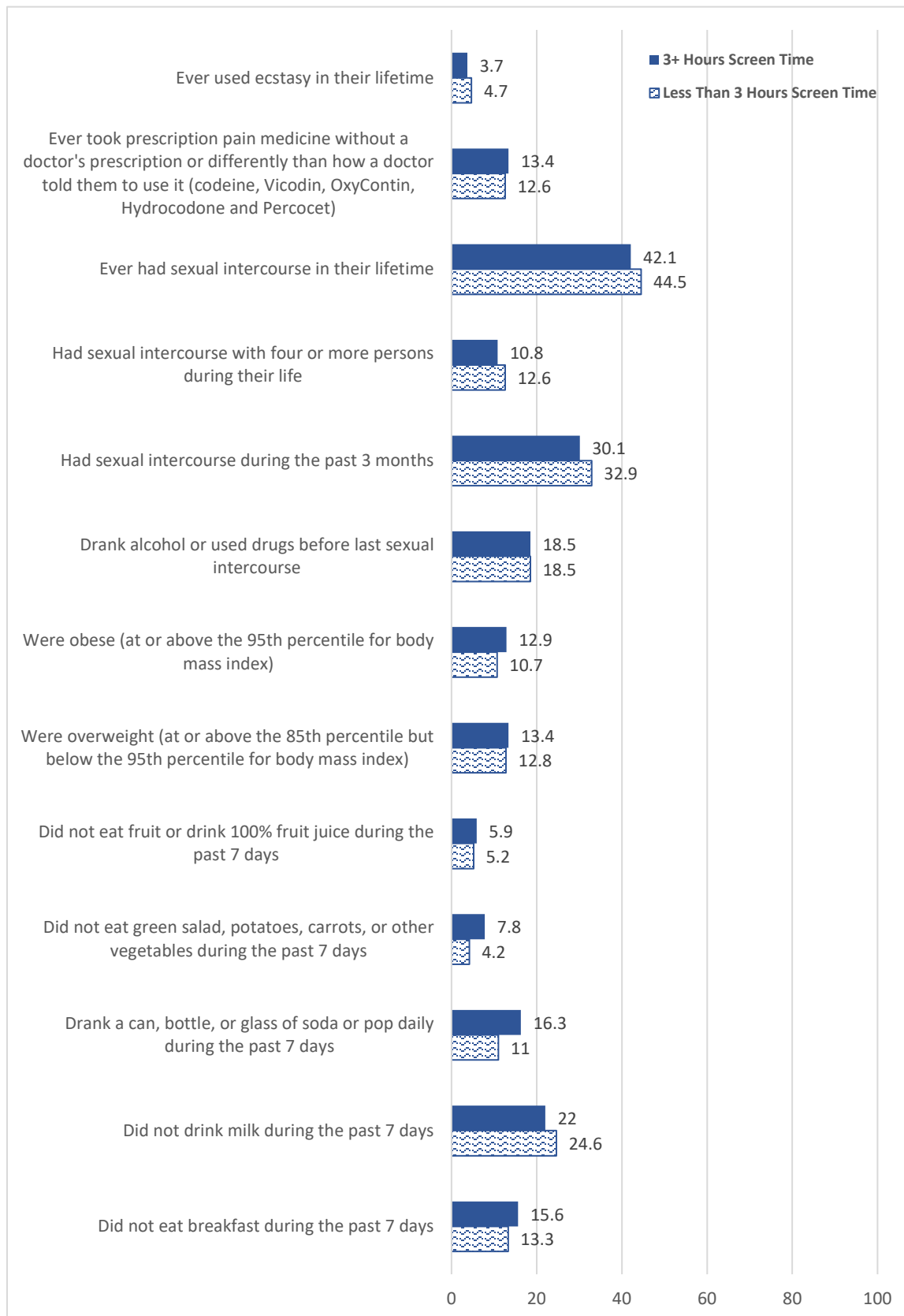


## 2019 Montana Youth Risk Behavior Survey – Screen Time Report





## 2019 Montana Youth Risk Behavior Survey – Screen Time Report



## 2019 Montana Youth Risk Behavior Survey – Screen Time Report

