2021 Montana Youth Risk Behavior Survey Summary Report

Survey
Physical Activity
Tobacco Use
Alcohol and Other Drug Use
Sexual Behavior
Dietary Behaviors
Unintentional Injuries and Violence
Survey

This Summary Report complements the 2021 Montana Youth Risk Behavior Survey Report and contains information regarding risk behaviors of Montana youth in relation to:
- Unintentional injuries and violence;
- Tobacco use;
- Alcohol and other drug use;
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection;
- Unhealthy dietary behaviors; and
- Inadequate physical activity.

The 2021 Montana Youth Risk Behavior Survey (YRBS) was conducted in February 2021. The Montana YRBS results are based on a random sampling completed by 4,467 high school students. The results are representative of all students in grades 9-12 in Montana. The Office of Public Instruction acknowledges and appreciates the commitment, cooperation and support of the participating schools and their students.

Go to www.opi.mt.gov/YRBS to access all YRBS reports for Montana students in grades 7-8, Native American students on reservations, Native American students in urban schools, alternative school students, non-public accredited school students and students with disabilities. This Web site also contains Montana regional data, trend data, county-level maps, Montana and U.S. comparative data, and school-specific data.

For more information on the Montana YRBS, contact the Office of Public Instruction, Susan Court, (406) 444-3178 or scourt@mt.gov.
### Physical Activity

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Percentage of students who...</th>
<th>Montana</th>
<th>Grade Level</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>52%</td>
<td>9th</td>
</tr>
<tr>
<td></td>
<td>Attended physical education (PE) class one or more days during an average school week</td>
<td>22%</td>
<td>10th</td>
</tr>
<tr>
<td></td>
<td>Attended physical education (PE) class on all 5 days of the school week</td>
<td>11%</td>
<td>11th</td>
</tr>
<tr>
<td></td>
<td>Were not physically active for 60 minutes per day on any of the past 7 days</td>
<td>16%</td>
<td>12th</td>
</tr>
<tr>
<td></td>
<td>Had a concussion from playing a sport or being physically active during the last 12 months</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Physical Activity / Inactivity

- **Were physically active at least 60 minutes per day on 5 or more of the past 7 days**
  - 2013: 55%
  - 2015: 54%
  - 2017: 53%
  - 2019: 51%
  - 2021: 52%

- **Spent 3 or more hours per day on screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting school work, on an average school day)**
  - 2013: 52%
  - 2015: 56%
  - 2017: 53%
  - 2019: 56%
  - 2021: 72%

- **Played on one or more sports teams during the past 12 months**
  - 2013: 64%
  - 2015: 62%
  - 2017: 61%
  - 2019: 61%
  - 2021: 59%
27% of Montana high school students currently use a tobacco product (cigarettes, cigars, smokeless tobacco, or electronic vapor products).

Tobacco Use Behaviors
(percentage by grade level)

Tobacco Use Trends
(percentage of students)
[Current is during the past 30 days]

Tobacco Use
Alcohol and Other Drug Use
Sexual Behavior
Dietary Behaviors
Unintentional Injuries and Violence
Alcohol and Other Drug Use
(percentage of students)

Had their first drink of alcohol before age 13 years
Currently drank alcohol
Currently were binge drinking
Usually got the alcohol they drank by someone giving it to them
Had ever used marijuana

2013 2015 2017 2019 2021

<table>
<thead>
<tr>
<th>OTHER DRUG USE</th>
<th>Montana</th>
<th>Grade Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who had ever (used) . . .</td>
<td></td>
<td>9th</td>
</tr>
<tr>
<td>Marijuana</td>
<td>37%</td>
<td>26%</td>
</tr>
<tr>
<td>Synthetic marijuana</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td>Prescription pain medicine</td>
<td>12%</td>
<td>11%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>Inhalants</td>
<td>9%</td>
<td>11%</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>Used a hallucinogenic drug (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms during the past 30 days</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Been offered, sold, or given an illegal drug on school property during the past 12 months</td>
<td>22%</td>
<td>22%</td>
</tr>
</tbody>
</table>

Alcohol and Other Drug Use
Sexual Behavior
Dietary Behaviors
Unintentional Injuries and Violence
Sexual Behavior Trends
(percentage of students)

Sexual Activity and Condom Usage
(by grade level)

Number of sexual partners past 3 months

Sexual Behavior
Dietary Behaviors
Unintentional Injuries and Violence
Weight Management
(percentage of students)
*BMI, 2021 YRBS, CDC

<table>
<thead>
<tr>
<th>Had obesity</th>
<th>Were overweight</th>
<th>Described themselves as</th>
<th>Were trying to lose weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>14</td>
<td>28</td>
<td>41</td>
</tr>
<tr>
<td>15</td>
<td>14</td>
<td>25</td>
<td>30</td>
</tr>
<tr>
<td>9</td>
<td>14</td>
<td>32</td>
<td>53</td>
</tr>
</tbody>
</table>

Obesity and Overweight trends
(percentage of students)

<table>
<thead>
<tr>
<th>Year</th>
<th>Had obesity</th>
<th>Were overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>6.1</td>
<td>8</td>
</tr>
<tr>
<td>2001</td>
<td>6.1</td>
<td>8</td>
</tr>
<tr>
<td>2003</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>2005</td>
<td>9.3</td>
<td>9.3</td>
</tr>
<tr>
<td>2007</td>
<td>10.1</td>
<td>10.1</td>
</tr>
<tr>
<td>2009</td>
<td>10.3</td>
<td>10.3</td>
</tr>
<tr>
<td>2011</td>
<td>8.5</td>
<td>9.4</td>
</tr>
<tr>
<td>2013</td>
<td>10.3</td>
<td>11.8</td>
</tr>
<tr>
<td>2015</td>
<td>11.8</td>
<td>11.8</td>
</tr>
<tr>
<td>2017</td>
<td>11.5</td>
<td>11.5</td>
</tr>
<tr>
<td>2019</td>
<td>11.4</td>
<td>11.4</td>
</tr>
<tr>
<td>2021</td>
<td>10.7</td>
<td>10.7</td>
</tr>
</tbody>
</table>

Dietary Behaviors
(percentage of students / past 7 days)

<table>
<thead>
<tr>
<th>Behavior</th>
<th>2013</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate fruit or drank 100% fruit juices one or more times per day</td>
<td>61</td>
<td>60</td>
<td>58</td>
<td>55</td>
<td>52</td>
</tr>
<tr>
<td>Ate vegetables (green salad, potatoes, carrots or other vegetables) one or more times per day</td>
<td>67</td>
<td>66</td>
<td>63</td>
<td>62</td>
<td>60</td>
</tr>
<tr>
<td>Drank a can, bottle or glass of soda or pop daily</td>
<td>18</td>
<td>19</td>
<td>15</td>
<td>13</td>
<td>12</td>
</tr>
<tr>
<td>Did not drink milk</td>
<td>14</td>
<td>16</td>
<td>19</td>
<td>24</td>
<td>27</td>
</tr>
<tr>
<td>Ate breakfast daily</td>
<td>40</td>
<td>38</td>
<td>37</td>
<td>33</td>
<td>30</td>
</tr>
</tbody>
</table>

Dietary Behaviors
Unintentional Injuries and Violence
### VEHICLE-RELATED BEHAVIORS

<table>
<thead>
<tr>
<th>Percentage of students who...</th>
<th>Montana</th>
<th>Grade Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always wore a seat belt when riding in a vehicle driven by someone else</td>
<td>46%</td>
<td>9th 50% 10th 70% 11th 73% 12th 73%</td>
</tr>
<tr>
<td>Always wore a seat belt when driving a vehicle</td>
<td>71%</td>
<td></td>
</tr>
<tr>
<td>Rode in a car driven by someone who had been drinking alcohol/past 30 days</td>
<td>21%</td>
<td></td>
</tr>
<tr>
<td>Drove a car after they had been drinking/among drivers, past 30 days</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Texted or e-mailed while driving/among drivers, past 30 days</td>
<td>57%</td>
<td></td>
</tr>
<tr>
<td>Used the Internet or Apps on their cell phone while driving/among drivers, past 30 days</td>
<td>52%</td>
<td></td>
</tr>
</tbody>
</table>

### Mental Health and Suicide Ideation

- Felt so sad or hopeless for 2 weeks or more in a row that they stopped doing usual activities:
  - Montana: 41%
  - Males: 30%
  - Females: 53%

- Seriously considered suicide:
  - Montana: 22%
  - Males: 16%
  - Females: 27%

- Made a plan to attempt suicide:
  - Montana: 18%
  - Males: 14%
  - Females: 22%

- Attempted suicide:
  - Montana: 10%
  - Males: 8%
  - Females: 12%

- Suicide attempt resulted in an injury or overdose requiring medical treatment:
  - Montana: 32%
  - Males: 30%
  - Females: 33%

### Intimidation and Bullying

- Did not go to school because they felt unsafe at school or on their way to or from school:
  - Montana: 6%
  - Males: 7%

- Were in a physical fight on school property:
  - Montana: 5%
  - Males: 8%

- Had been bullied on school property:
  - Montana: 13%
  - Males: 16%

- Had been electronically bullied:
  - Montana: 11%
  - Males: 16

- Had been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual:
  - Montana: 12%
  - Males: 14

- Experienced sexual dating violence (unwanted kissing, touching or being physically forced to have sexual intercourse):
  - Montana: 3%
  - Males: 8

- Experienced physical dating violence (being hit, slammed into something, or injured with an object or weapon):
  - Montana: 6%
  - Males: 7

### Unintentional Injuries and Violence
Montana Youth Risk Behavior Survey Co-Sponsors:

Montana Office of Public Instruction
Montana Department of Public Health and Human Services
Montana Board of Crime Control
Billings Area Indian Health Services
Montana Department of Transportation – State Highway Traffic Safety Section Montana
Department of Justice – Special Services Bureau
Division of Adolescent and School Health, U.S. Centers for Disease Control and Prevention

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