



# YRBS

## Montana Youth Risk Behavior Survey



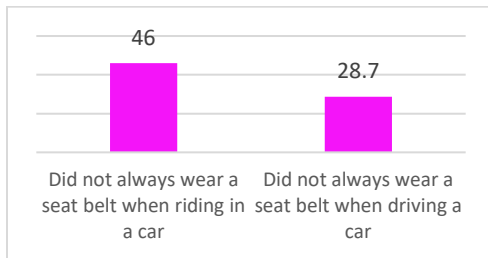
### 2021 YRBS

The Youth Risk Behavior Survey was established in 1991 to measure the extent to which adolescents engage in health risk behaviors that can result in morbidity, mortality, and social problems. The Montana Office of Public Instruction conducts the biennial survey through a cooperative agreement with the U.S. Centers for Disease Control and Prevention in February of odd-numbered years.

The 2021 Montana YRBS was completed by 4,467 students in 50 public high schools during the spring of 2021. The school response rate was 100%, the student response rate was 85%, and the overall response rate was 85%. The results can be used to make inference about health-risk behaviors among all high school youth in Montana.



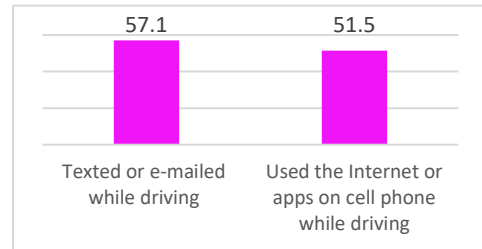
### Seat Belt Use



### Impaired and Distracted Driving (Past 30 days)



**7.5%**  
drove a car when they had been drinking alcohol (among drivers, past 30 days)



### Sexual and Physical Violence

**11%** had ever been forced to have sexual intercourse



**13.5%** have experienced sexual violence (i.e., kissing, touching, forced sexual intercourse) during the past 12 months

Among students who dated in the past 12 months:

- **8.1%** have experienced sexual dating violence
- **7.2%** have experienced physical dating violence

## *Sadness/Hopelessness and Suicide Ideation (During the past 12 months)*

**21.7%** of students seriously considered attempting suicide

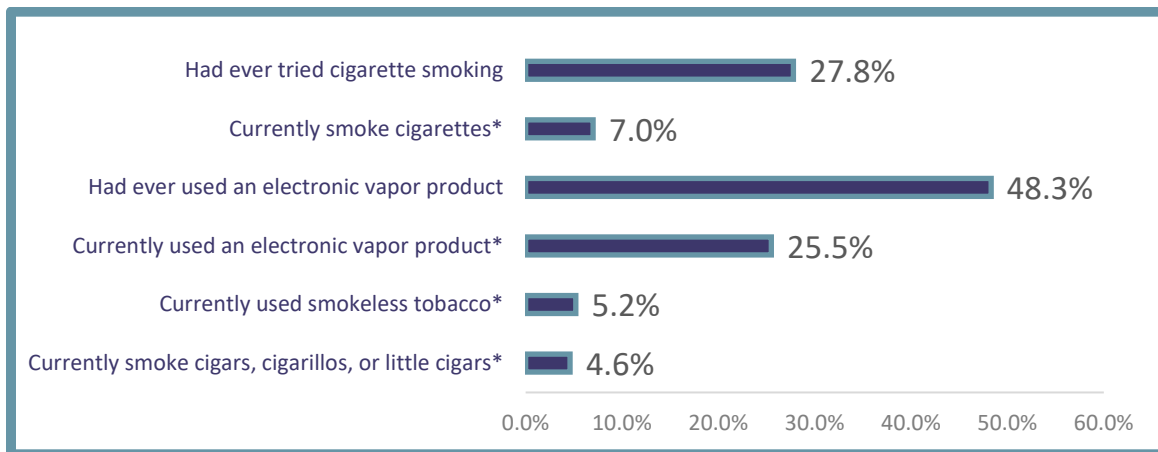
**18.0%** of students made a plan about how they would attempt suicide

**10.2%** of students attempted suicide

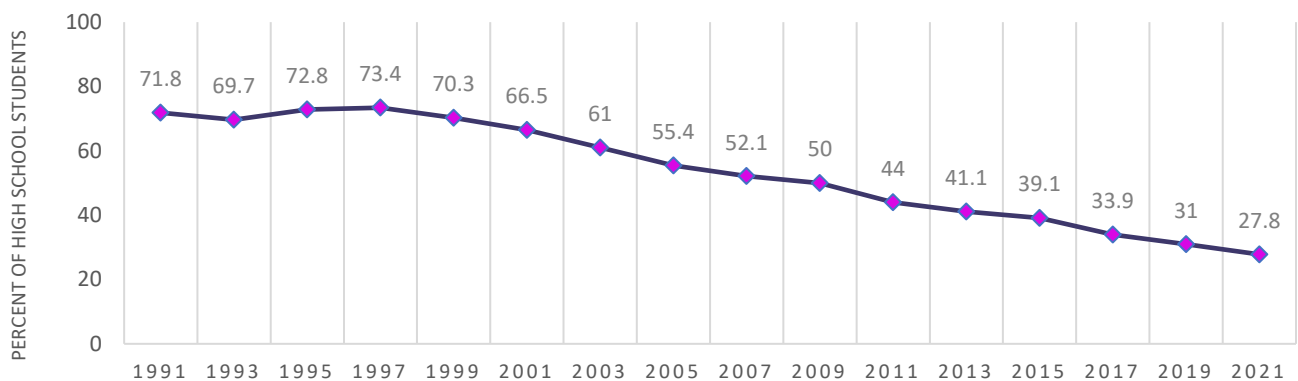
**41.4%** of Montana high school students felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities

Among students who attempted suicide,  
**31.7%** had an attempt that required medical treatment

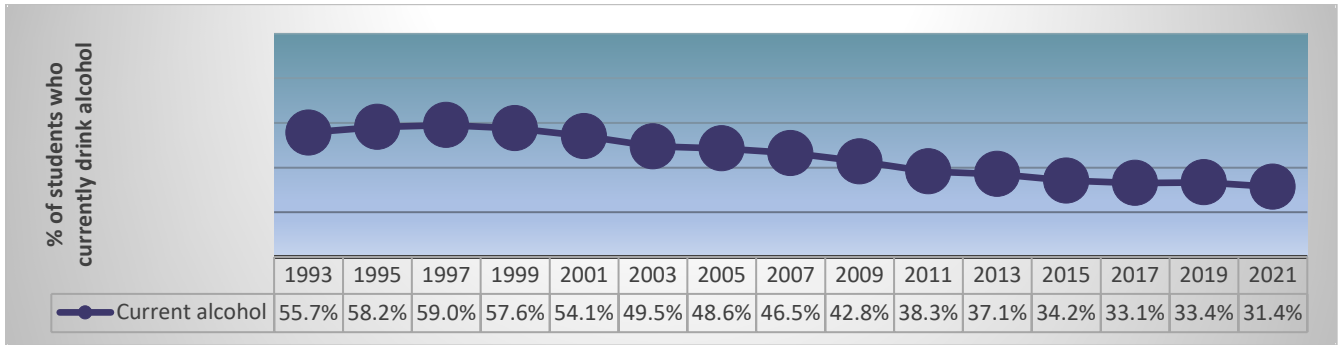
## *Tobacco Use*



## **EVER SMOKED A CIGARETTE**



## Alcohol Use



## Type of Alcohol Drank During the Past 30 Days



## Other Drugs



**19.7%** currently use marijuana

**4.2%** have used ecstasy

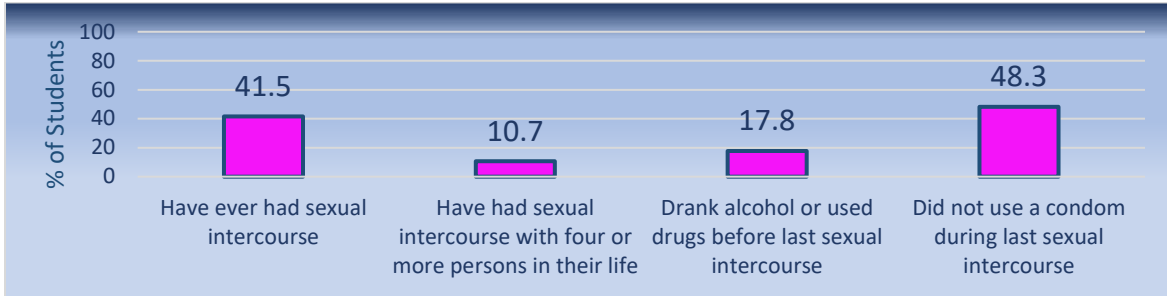


**12%** have used a prescription pain medication not prescribed for them








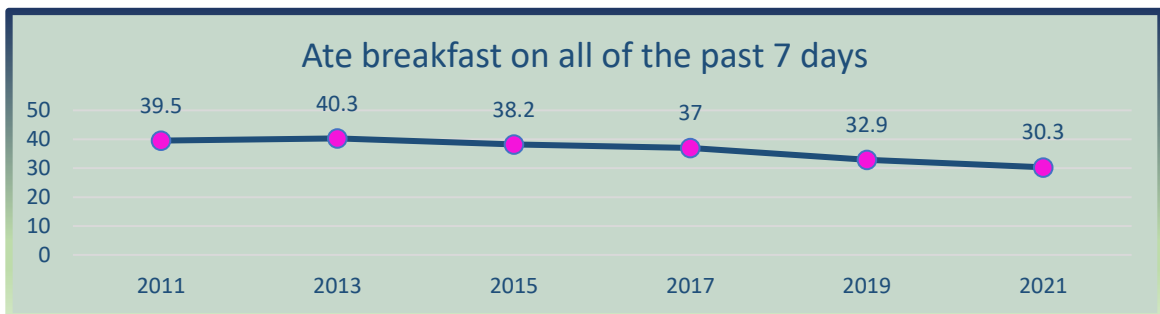
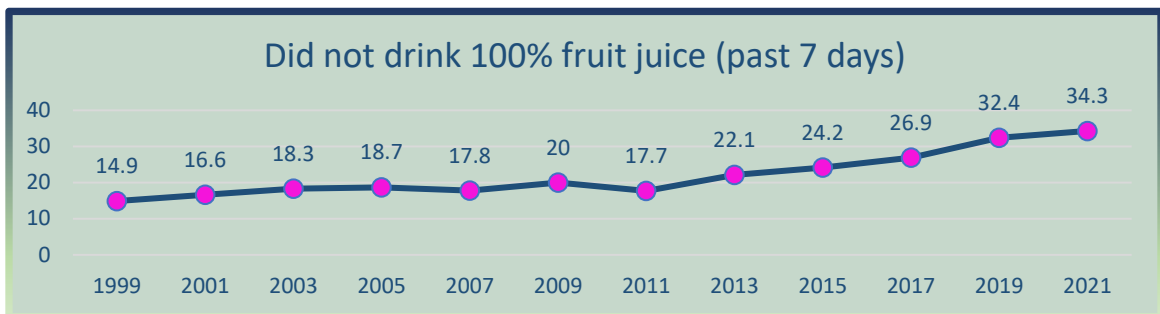
**22.3%** of students have been offered, sold, or given an illegal drug on school property during the past 12 months

## Sexual Behaviors that Could Result in Unintended Pregnancy Or STD Infection



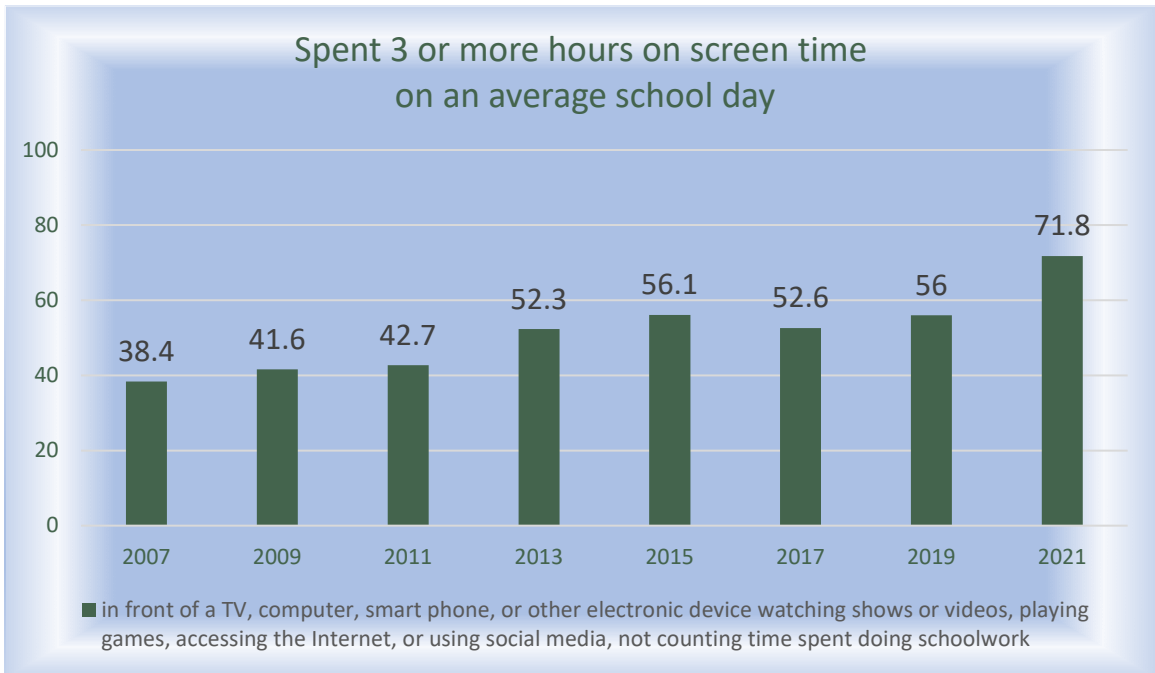
## Nutrition and Dietary Behaviors (Past 7 days)

				
<b>26.6%</b>	<b>10.4%</b>	<b>5.3%</b>	<b>17.0%</b>	<b>36.5%</b>
Did not drink milk	Did not eat fruit	Did not eat any vegetables	Did not eat breakfast	Did not eat a green salad



## Physical Activity

Were physically active (i.e., activity that causes increased heart rate and made them breathe hard some of the time) during the past 7 days



## *Other Health-Related Topics*

***Sleep Deprivation*** – 28.6% of students got 8 or more hours of sleep on an average school night

***Dental Care*** – 76.3% of students saw a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months

***Physical Education*** – 22.2% of students attended physical education classes on all 5 days (an all-time 30-year low; 38.3% in 1993)

***Concussion*** – 15.5% of students had a concussion from playing a sport or being physically active during the past 12 months

---

## **Montana Youth Risk Behavior Survey**

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

**(406) 444-3178**

Susan Court, [scourt@mt.gov](mailto:scourt@mt.gov)

***Statewide Results***  
***Trend Analysis Results***  
***County-Level Data Maps***  
***Infographics***

***Regional Results***  
***Topic-Specific Special Series***  
***Academic Achievement Report***  
***Topic-Specific Graphs***

***Montana American Indian Report***  
***School-Specific Results***

