### Percentage of High School Students Who Were Physically Active at Least 60 Minutes Per Day on 5 or More Days,\(^*\) by Sex,\(^\dagger\) Grade,\(^\dagger\) and Race/Ethnicity,\(^\dagger\) 2021

<table>
<thead>
<tr>
<th></th>
<th>Total (Percent)</th>
<th>Male (Percent)</th>
<th>Female (Percent)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th Grade</td>
<td>58.2</td>
<td>57.6</td>
<td>51.7</td>
</tr>
<tr>
<td>10th Grade</td>
<td>55.1</td>
<td>57.6</td>
<td>45.9</td>
</tr>
<tr>
<td>11th Grade</td>
<td>48.6</td>
<td>51.7</td>
<td>45.9</td>
</tr>
<tr>
<td>12th Grade</td>
<td>43.7</td>
<td>45.9</td>
<td>45.9</td>
</tr>
<tr>
<td>Black</td>
<td>58.8</td>
<td>57.6</td>
<td>45.9</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td></td>
<td>55.1</td>
<td>48.0</td>
</tr>
<tr>
<td>Native American</td>
<td></td>
<td></td>
<td>42.1</td>
</tr>
<tr>
<td>White</td>
<td></td>
<td></td>
<td>53.5</td>
</tr>
</tbody>
</table>

\(^*\)In any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey

\(^\dagger\)M > F; 9th > 11th, 9th > 12th, 10th > 11th, 10th > 12th, 11th > 12th; B > N, W > N (Based on t-test analysis, p < 0.05.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

This graph contains weighted results.

Montana - YRBS, 2021 - QN77
Percentage of High School Students Who Were Physically Active at Least 60 Minutes Per Day on 5 or More Days, * 2011-2021†

*In any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey

†Decreased 2011-2021 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Did Not Participate in at Least 60 Minutes of Physical Activity on at Least 1 Day,* by Sex,† Grade, † and Race/Ethnicity, 2021

*In any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey
†F > M; 10th > 9th, 11th > 9th, 12th > 9th, 12th > 10th (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.
Percentage of High School Students Who Did Not Participate in at Least 60 Minutes of Physical Activity on at Least 1 Day,* 2011-2021†

*In any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey
†No change 2011-2021 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.
Percentage of High School Students Who Were Physically Active at Least 60 Minutes Per Day on All 7 Days,* by Sex,† Grade,† and Race/Ethnicity,† 2021

*In any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey
†M > F; 9th > 11th, 9th > 12th, 10th > 12th; B > N, W > N (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.
Percentage of High School Students Who Were Physically Active at Least 60 Minutes Per Day on All 7 Days, * 2011-2021†

*In any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey
†Decreased 2011-2021 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).] This graph contains weighted results.
### Percentage of High School Students Who Spent 3 or More Hours Per Day on Screen Time, by Sex, Grade, and Race/Ethnicity, 2021

<table>
<thead>
<tr>
<th>Grade</th>
<th>Total</th>
<th>Male</th>
<th>Female</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th</td>
<td>71.0</td>
<td>68.7</td>
<td>75.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10th</td>
<td>72.5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11th</td>
<td>71.5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12th</td>
<td>73.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black</td>
<td>59.7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>72.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Native American</td>
<td>70.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>72.4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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 time spent doing schoolwork, on an average school day.
†F > M (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.
Percentage of High School Students Who Attended Physical Education (PE) Classes on 1 or More Days,* by Sex,† Grade, † and Race/Ethnicity, † 2021

*In an average week when they were in school
†M > F; 9th > 10th, 9th > 11th, 9th > 12th, 10th > 11th, 10th > 12th; B > H, B > N, B > W (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.
Percentage of High School Students Who Attended Physical Education (PE) Classes on 1 or More Days, * 1993-2021†

*In an average week when they were in school
†Increased, 1993-2005, no change, 2005-2021 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
This graph contains weighted results.
Percentage of High School Students Who Attended Physical Education Classes on All 5 Days, * by Sex, † Grade, † and Race/Ethnicity, † 2021

*In an average week when they were in school
†M > F; 9th > 10th, 9th > 11th, 9th > 12th, 10th > 11th, 10th > 12th; W > N (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.
Percentage of High School Students Who Attended Physical Education Classes on All 5 Days,* 1993-2021†

This graph contains weighted results.

In an average week when they were in school

Decreased 1993-2021 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

This graph contains weighted results.
Percentage of High School Students Who Played on at Least One Sports Team, by Sex, Grade, and Race/Ethnicity, 2021

*Counting any teams run by their school or community groups, during the 12 months before the survey
†9th > 10th, 9th > 11th, 9th > 12th; B > H, B > N, W > H (Based on t-test analysis, p < 0.05.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.
Percentage of High School Students Who Played on at Least One Sports Team,* 1999-2021†

*Counting any teams run by their school or community groups, during the 12 months before the survey
†No change 1999-2021 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]  
This graph contains weighted results.
Percentage of High School Students Who Had a Concussion from Playing a Sport or Being Physically Active,* by Sex,† Grade,† and Race/Ethnicity, 2021

- **Total**
  - Male: 17.7%
  - Female: 13.3%

- **Grade**
  - 9th: 17.5%
  - 10th: 17.0%
  - 11th: 14.0%
  - 12th: 13.0%

- **Race/Ethnicity**
  - Black: 19.3%
  - Hispanic/Latino: 17.1%
  - Native American: 15.4%
  - White: 15.1%

*One or more times during the 12 months before the survey
†M > F; 9th > 11th, 9th > 12th, 10th > 11th, 10th > 12th (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.
Percentage of High School Students Who Had a Concussion from Playing a Sport or Being Physically Active,* 2017-2021†

*One or more times during the 12 months before the survey
†No change 2017-2021 [Based on linear trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05).]
This graph contains weighted results.