

# 2021 Montana Youth Risk Behavior Survey



## Breakfast Report

Health Risk Behaviors of  
Students Who Eat Breakfast Daily and  
Students Who Do Not Eat Breakfast



Youth Risk Behavior Survey Program  
Coordinated School Health Unit  
November 2021

# 2021 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 2021 YRBS was conducted in February-March 2021. 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 and Report Analysis

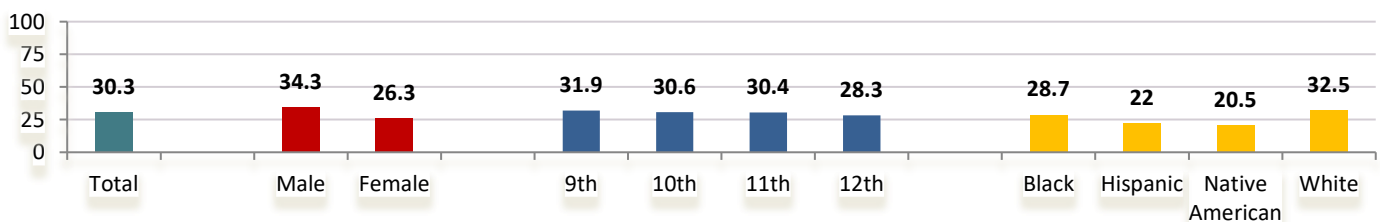
Data used in this report from the 2021 YRBS are based on a random sample survey of Montana high school students. The weighted data results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana.

For the purpose of this report, two responses from the “breakfast” question were compared with association to other health risk behaviors; students who reported that they did not eat breakfast on any of the past 7 days (response A.) and students who reported eating breakfast on all of the past 7 days (response H.) Fifty-four separate risk behaviors were queried for association with eating or not eating 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	17.0
B. 1 day	9.5
C. 2 days	10.4
D. 3 days	9.3
E. 4 days	7.7
F. 5 days	8.7
G. 6 days	7.1
H. 7 days	30.3

## DAILY BREAKFAST

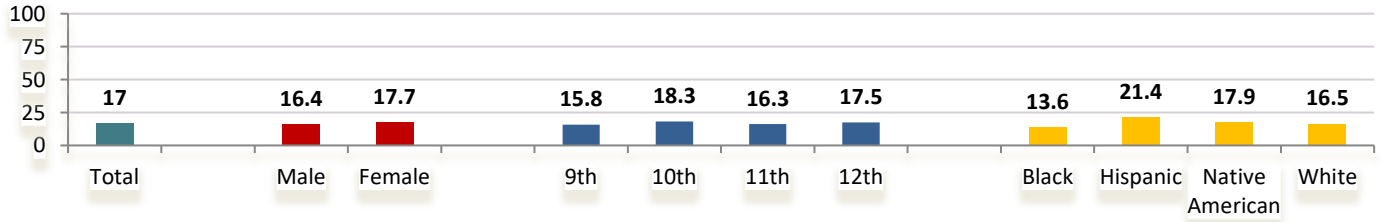
Statewide, 30.3 percent of students ate breakfast on all of the past seven days.



# 2021 Montana Youth Risk Behavior Survey – Breakfast Report

## No Breakfast

Statewide, 17.0 percent of students did not eat breakfast on any of the past seven days.



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

## 2021 Montana Youth Risk Behavior Survey – Breakfast Report

### Findings

Montana high school *students who ate breakfast* are more likely than those of *students who did not eat breakfast* to have:

- Been physically active for at least 60 minutes per day on 5 or more of the past 7 days (68% of students who ate breakfast compared to 38% of students who did not eat breakfast).
- Been physically active for at least 60 minutes per day on all of the past 7 days (38% of students who ate breakfast compared to 21% of students who did not eat breakfast).
- Played on at least one sports team during the past 12 months (69% of students who ate breakfast compared to 41% of students who did not eat breakfast).
- Got 8 or more hours of sleep on an average school night (43% of students who ate breakfast compared to 17% of students who did not eat breakfast).
- Made mostly A's or B's in school during the past 12 months (83% of students who ate breakfast compared to 62% of students who did not eat breakfast).

Montana high school *students who did not eat breakfast* are more likely than those *students who ate breakfast* to have:

- Not always worn a seat belt when riding in a car driven by someone else (54% of students who did not eat breakfast compared to 35% of students who ate breakfast).
- Never or rarely wore a seat belt when driving a vehicle (11% of students who did not eat breakfast compared to 5% of students who ate breakfast).
- Rode with a driver who had been drinking alcohol during the past 30 days (24% of students who did not eat breakfast compared to 17% of students who ate breakfast).
- Carried a weapon such as a gun, knife, or club on school property during the past 30 days (13% of students who did not eat breakfast compared to 7% of students who ate breakfast).
- Not gone to school because they felt unsafe at school or on their way to or from school during the past 30 days (10% of students who did not eat breakfast compared to 4% of students who ate breakfast).
- Been threatened or injured with a weapon on school property during the past 12 months (10% of students who did not eat breakfast compared to 4% of students who ate breakfast).
- Ever been physically forced to have sexual intercourse when they did not want to (14% of students who did not eat breakfast compared to 7% of students who ate breakfast).
- Experienced sexual dating violence, such as unwanted kissing, touching, or sexual intercourse, by someone they were dating, during the past 12 months (11% of students who did not eat breakfast compared to 6% of students who ate breakfast).
- Been bullied on school property during the past 12 months (21% of students who did not eat breakfast compared to 12% of students who ate breakfast).
- Been electronically bullied (texting, Instagram, Facebook, or other social media) during the past 12 months (23% of students who did not eat breakfast compared to 11% of students who ate breakfast).
- Been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months (20% of students who did not eat breakfast compared to 9% of students who ate breakfast).
- Felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing usual activities, during the past 12 months (56% of students who did not eat breakfast compared to 26% of students who ate breakfast).
- Made a plan about how they would attempt suicide during the past 12 months (26% of students who did not eat breakfast compared to 10% of students who ate breakfast).
- Attempted suicide during the past 12 months (16% of students who did not eat breakfast compared to 6% of students who ate breakfast).

## 2021 Montana Youth Risk Behavior Survey – Breakfast Report

Montana high school *students who did not eat breakfast* are **more likely** than those *students who ate breakfast* to have:


















- Ever tried cigarette smoking (37% of students who did not eat breakfast compared to 19% of students who ate breakfast).
- Smoked a cigarette during the past 30 days (11% of students who did not eat breakfast compared to 4% of students who ate breakfast).
- Ever used electronic vapor products (58% of students who did not eat breakfast compared to 36% of students who ate breakfast).
- Used electronic vapor products during the past 30 days (35% of students who did not eat breakfast compared to 14% of students who ate breakfast).
- Used smokeless tobacco during the past 30 days (9% of students who did not eat breakfast compared to 3% of students who ate breakfast).
- Smoked cigars, cigarillos, or little cigars during the past 30 days (7% of students who did not eat breakfast compared to 3% of students who ate breakfast).
- Had a drink of alcohol during the past 30 days (38% of students who did not eat breakfast compared to 23% of students who ate breakfast).
- Had 4 or more drinks, if female, 5 or more drinks, if male, of alcohol within a couple hours during the past 30 days [binge drink] (22% of students who did not eat breakfast compared to 12% of students who ate breakfast).
- Ever used marijuana in their lifetime (48% of students who did not eat breakfast compared to 25% of students who ate breakfast).
- Used marijuana during the past 30 days (29% of students who did not eat breakfast compared to 11% of students who ate breakfast).
- Ever took prescription pain medication without a doctor's prescription or differently than how a doctor told them to use it (such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) (16% of students who did not eat breakfast compared to 7% of students who ate breakfast).
- Ever used ecstasy in their lifetime (7% of students who did not eat breakfast compared to 2% of students who ate breakfast).
- Ever had sexual intercourse in their lifetime (48% of students who did not eat breakfast compared to 32% of students who ate breakfast).
- Had sexual intercourse with four or more persons during their life (16% of students who did not eat breakfast compared to 7% of students who ate breakfast).
- Had sexual intercourse during the past 3 months (35% of students who did not eat breakfast compared to 22% of students who ate breakfast).
- Have obesity [ $\geq$  95<sup>th</sup> percentile for body mass index] (15% of students who did not eat breakfast compared to 9% of students who ate breakfast).
- Were overweight [ $\geq$  85<sup>th</sup> percentile but  $<$  95<sup>th</sup> percentile for body mass index] (16% of students who did not eat breakfast compared to 12% of students who ate breakfast).
- Tried to lose weight (56% of students who did not eat breakfast compared to 28% of students who ate breakfast).
- Not drank 100% fruit juice during the past 7 days (43% of students who did not eat breakfast compared to 33% of students who ate breakfast).
- Not eaten fruit during the past 7 days (22% of students who did not eat breakfast compared to 6% of students who ate breakfast).
- Not eaten vegetables during the past 7 days (12% of students who did not eat breakfast compared to 3% of students who ate breakfast).
- Drank a can, bottle, or glass of soda or pop daily during the past 7 days (18% of students who did not eat breakfast compared to 10% of students who ate breakfast).
- Not drank milk during the past 7 days (39% of students who did not eat breakfast compared to 20% of students who ate breakfast).

## 2021 Montana Youth Risk Behavior Survey – Breakfast Report

Montana high school *students who did not eat breakfast* are **more likely** than those *students who ate breakfast* to have:




















- Not been physically active for at least 60 minutes per day on any of the past 7 days (21% of students who did not eat breakfast compared to 7% of students who ate breakfast).
- Experienced homelessness during the past 30 days (4% of students who did not eat breakfast compared to 2% of students who ate breakfast).
- Slept away from parents or guardians because they were kicked out, ran away, or were abandoned during the past 30 days (9% of students who did not eat breakfast compared to 2% of students who ate breakfast).
- Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months (18% of students who did not eat breakfast compared to 13% of students who ate breakfast).

## 2021 Montana Youth Risk Behavior Survey – Breakfast Report

Health Risk Behavior by percentage of students	Students Who Ate Breakfast Daily (during the past 7 days)	Students Who Did Not Eat Breakfast (during the past 7 days)	Statistical Difference
Did not always wear a seat belt when riding in a car driven by someone else	<b>35.3%</b> (31.7-38.9)	<b>54.2%</b> (50.4-58.0)	
Never or rarely wore a seat belt when driving	<b>4.5%</b> (3.2-5.9)	<b>10.9%</b> (8.1-13.7)	
Rode with a driver who had been drinking during the past 30 days	<b>16.5%</b> (14.2-18.8)	<b>24.2%</b> (21.1-27.3)	
Drove when drinking alcohol during the past 30 days	<b>6.2%</b> (4.8-7.6)	<b>9.2%</b> (6.8-11.6)	
Texted or e-mailed while driving a car or other vehicle during the past 30 days	<b>50.8%</b> (46.9-54.7)	<b>57.6%</b> (52.6-62.7)	
Used the Internet or apps on their cell phone while driving during the past 30 days	<b>45.7%</b> (42.3-49.1)	<b>54.0%</b> (47.6-60.4)	
Carried a weapon such as a gun, knife, or club on school property, past 30 days	<b>6.9%</b> (5.6-8.2)	<b>12.6%</b> (9.4-15.8)	
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>3.6%</b> (2.6-4.6)	<b>10.3%</b> (7.6-12.9)	
Were threatened or injured with a weapon on school property during the past 12 months	<b>3.8%</b> (2.5-5.0)	<b>9.8%</b> (7.1-12.5)	
Ever physically forced to have sexual intercourse when they did not want to	<b>7.3%</b> (5.8-8.9)	<b>13.6%</b> (10.7-16.4)	
Experienced sexual dating violence (unwanted kissing, touching, or sexual intercourse by someone they were dating), past 12 months	<b>5.6%</b> (4.0-7.3)	<b>10.5%</b> (7.5-13.5)	
Were bullied on school property during the past 12 months	<b>11.9%</b> (9.5-14.2)	<b>20.9%</b> (18.0-23.9)	
Were electronically bullied (texting, Instagram, Facebook, or other social media) during the past 12 months	<b>10.6%</b> (8.6-12.7)	<b>23.0%</b> (20.1-25.9)	
Were the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months	<b>9.1%</b> (7.1-11.1)	<b>19.8%</b> (16.8-22.8)	
Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months	<b>25.5%</b> (22.8-28.1)	<b>56.2%</b> (52.6-59.9)	
Made a plan about how they would attempt suicide during the past 12 months	<b>10.4%</b> (8.7-12.1)	<b>26.0%</b> (22.8-29.1)	
Attempted suicide during the past 12 months	<b>5.7%</b> (4.3-7.1)	<b>16.2%</b> (13.3-19.1)	
Ever tried cigarette smoking	<b>18.8%</b> (16.1-21.5)	<b>36.7%</b> (32.5-40.9)	
Currently smoked cigarettes, past 30 days	<b>3.5%</b> (2.1-4.8)	<b>10.9%</b> (8.5-13.3)	
Ever used an electronic vapor product	<b>35.6%</b> (32.5-38.7)	<b>58.2%</b> (54.2-62.2)	

Based on t-test analysis, p<0.05.











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Health Risk Behavior by percentage of students	Students Who Ate Breakfast Daily (during the past 7 days)	Students Who Did Not Eat Breakfast (during the past 7 days)	Statistical Difference
Currently used an electronic vapor product, past 30 days	14.3% (11.9-16.6)	35.2% (31.5-39.0)	
Currently used smokeless tobacco (chewing tobacco, snuff, or dip), past 30 days	3.3% (2.2-4.4)	9.4% (6.6-12.2)	
Currently smoked cigars, cigarillos, or little cigars, past 30 days	2.9% (1.9-3.9)	6.9% (4.5-9.4)	
Currently drank alcohol, past 30 days	22.5% (19.8-25.2)	38.0% (33.7-42.3)	
Had 4 or more drinks, if female, 5 or more drinks, if male, of alcohol within a couple hours during the past 30 days	12.0% (9.6-14.3)	21.5% (17.9-25.1)	
Ever used marijuana in their lifetime	24.8% (21.8-27.9)	48.1% (44.0-52.1)	
Currently used marijuana, past 30 days	11.2% (9.0-13.4)	29.4% (25.9-32.9)	
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)	6.5% (5.2-7.9)	16.4% (13.8-19.0)	
Ever used methamphetamines in their lifetime	1.0% (0.4-1.6)	2.8% (1.4-4.2)	
Ever used ecstasy in their lifetime	2.1% (1.2-3.1)	6.9% (4.7-9.2)	
Ever had sexual intercourse in their lifetime	32.4% (29.2-35.7)	48.3% (44.0-52.5)	
Had sexual intercourse with four or more persons during their life	7.4% (5.8-9.0)	15.8% (13.2-18.3)	
Currently sexually active (sexual intercourse during the past 3 months)	22.3% (19.6-25.1)	34.9% (31.5-38.4)	
Drank alcohol or used drugs before last sexual intercourse	15.2% (11.2-19.2)	21.8% (16.3-27.3)	
Used a condom during last sexual intercourse	57.4% (50.2-64.6)	50.6% (43.1-58.2)	
Have obesity (at or above the 95 <sup>th</sup> percentile for body mass index)	9.4% (7.5-11.3)	15.2% (12.4-18.0)	
Were overweight (at or above the 85 <sup>th</sup> percentile but below the 95 <sup>th</sup> percentile for body mass index)	11.6% (9.8-13.5)	16.0% (13.4-18.7)	
Were trying to lose weight	28.0% (25.6-30.5)	56.3% (52.1-60.6)	
Did not drink 100% fruit juice during the past 7 days	32.9% (30.3-35.4)	43.3% (39.1-47.4)	
Did not eat fruit during the past 7 days	6.0% (4.7-7.3)	22.4% (19.2-25.5)	
Did not eat vegetables during the past 7 days	3.2% (2.2-4.2)	11.8% (9.1-14.6)	
Drank a can, bottle, or glass of soda or pop daily during the past 7 days	10.3% (8.2-12.4)	17.9% (14.5-21.2)	

Based on t-test analysis, p<0.05.

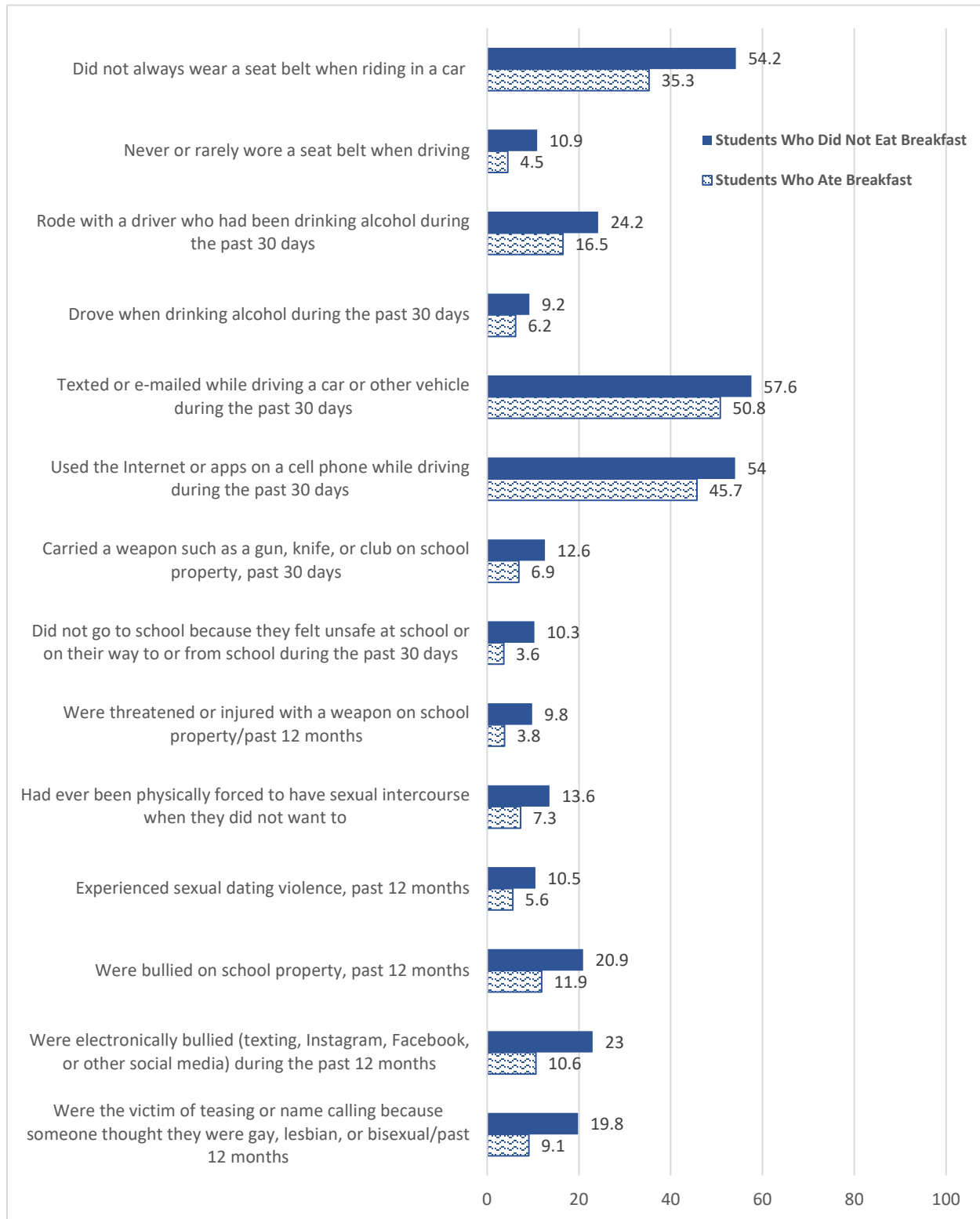


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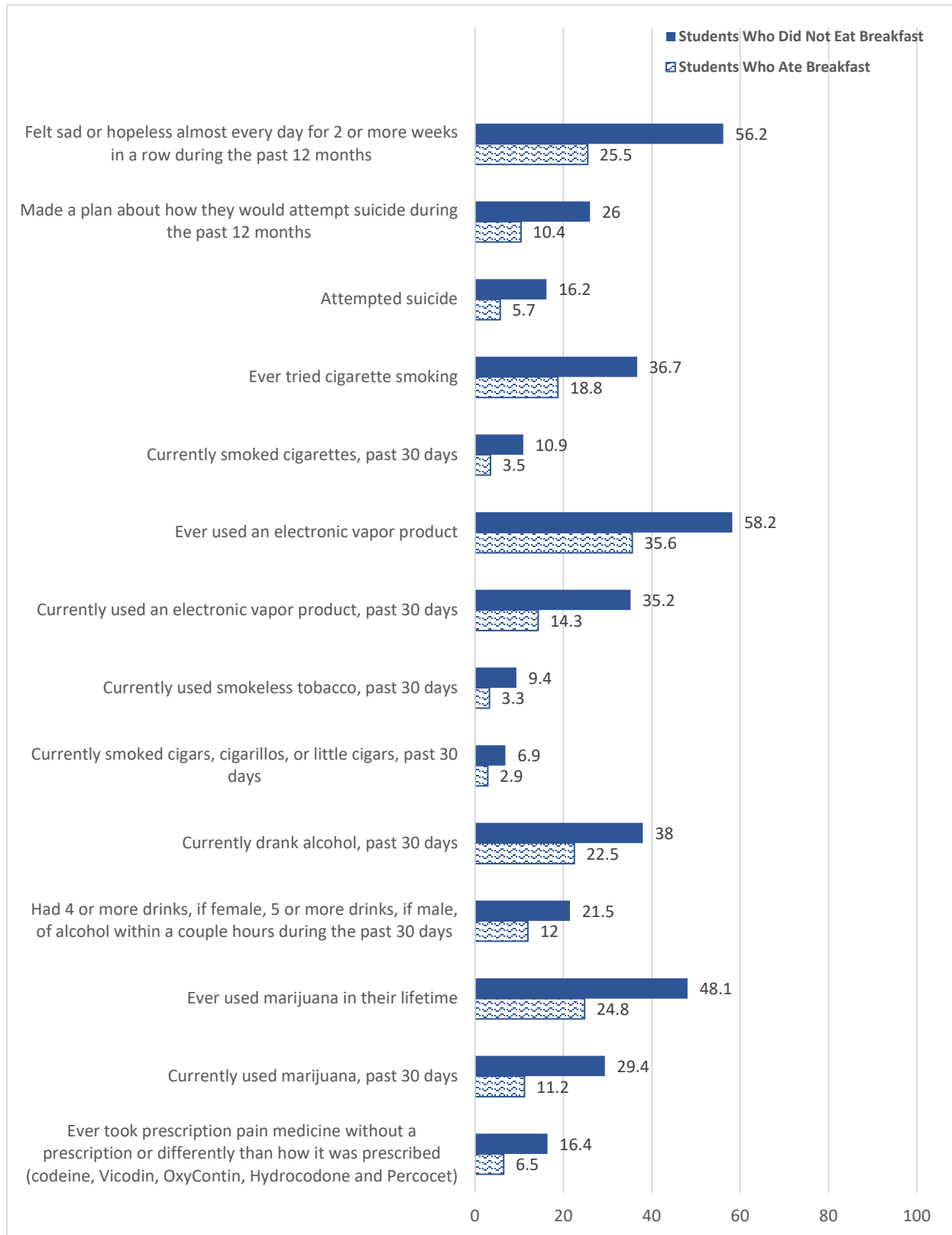
Health Risk Behavior by percentage of students	Students Who Ate Breakfast Daily (during the past 7 days)	Students Who Did Not Eat Breakfast (during the past 7 days)	Statistical Difference
Did not drink milk during the past 7 days	<b>19.6%</b> (17.4-21.8)	<b>39.1%</b> (34.7-43.5)	
Were not physically active for at least 60 minutes per day on any of the past 7 days	<b>6.8%</b> (5.3-8.4)	<b>21.0%</b> (17.9-24.0)	
Were physically active for at least 60 minutes per day on 5 or more of the past 7 days	<b>67.6%</b> (64.9-70.3)	<b>38.2%</b> (34.1-42.3)	
Were physically active for at least 60 minutes per day on all of the past 7 days	<b>37.8%</b> (35.1-40.5)	<b>21.0%</b> (17.7-24.3)	
Missed one or more days of school due to asthma during the past 30 days	<b>9.5%</b> (6.4-12.6)	<b>12.1%</b> (7.1-17.1)	
Spent 3 or more hours per day on screen time (TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, <i>not counting time doing schoolwork</i> ) on an average school day	<b>67.3%</b> (64.9-69.7)	<b>71.7%</b> (68.1-75.3)	
Played on at least one sports team during the past 12 months	<b>69.2%</b> (66.4-71.9)	<b>41.2%</b> (37.0-45.4)	
Got 8 or more hours of sleep on an average school night	<b>42.6%</b> (39.5-45.6)	<b>16.8%</b> (14.3-19.3)	
Experienced homelessness during the past 30 days	<b>2.0%</b> (1.2-2.8)	<b>4.4%</b> (3.0-5.9)	
Slept away from parents or guardians because they were kicked out, ran away, or were abandoned during the past 30 days	<b>2.3%</b> (1.4-3.2)	<b>8.5%</b> (6.2-10.9)	
Made mostly A's or B's in school during the past 12 months	<b>82.9%</b> (80.4-85.4)	<b>62.2%</b> (57.7-66.8)	
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	<b>12.7%</b> (10.6-14.8)	<b>17.7%</b> (14.8-20.6)	

Based on t-test analysis, p<0.05.

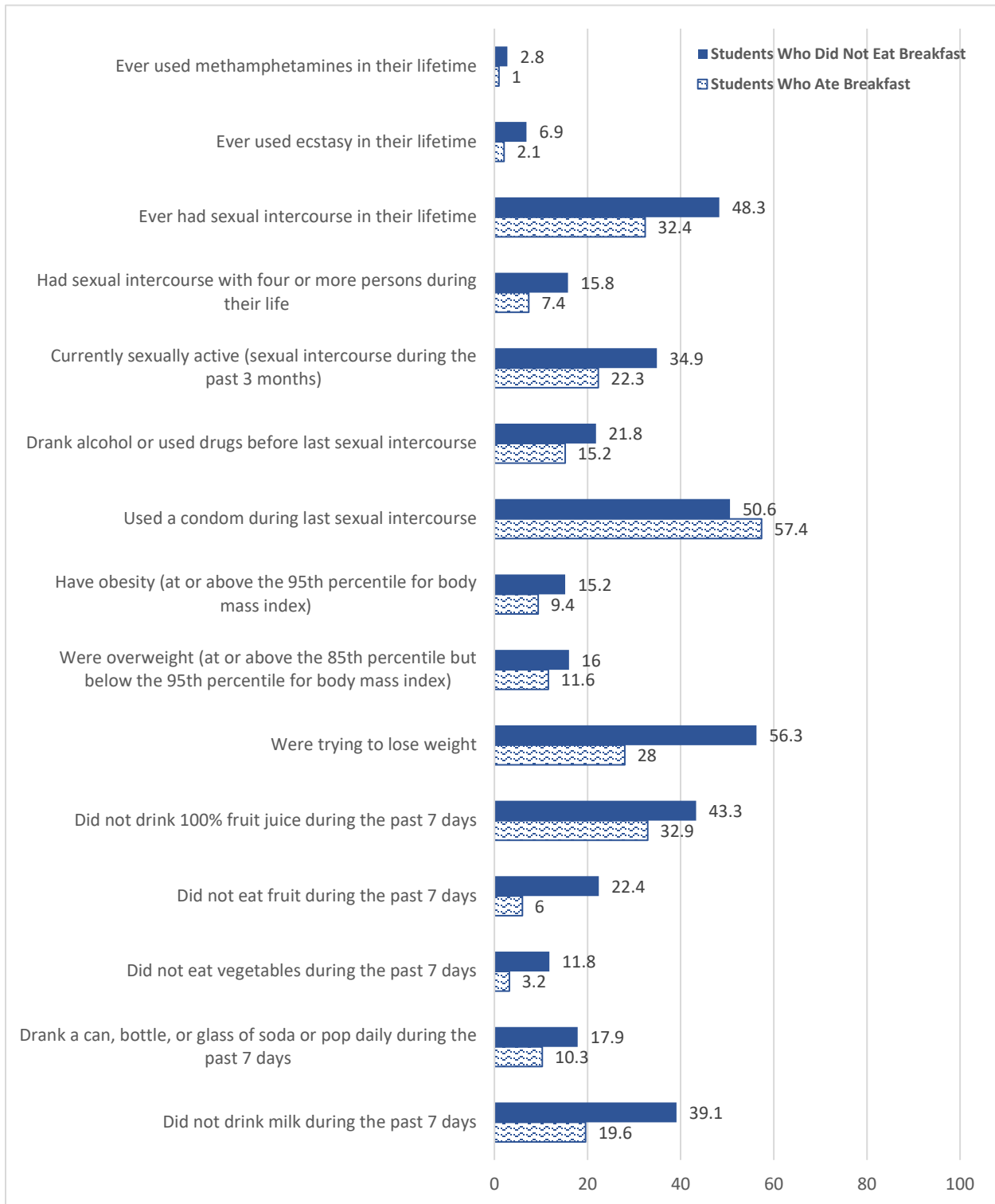
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