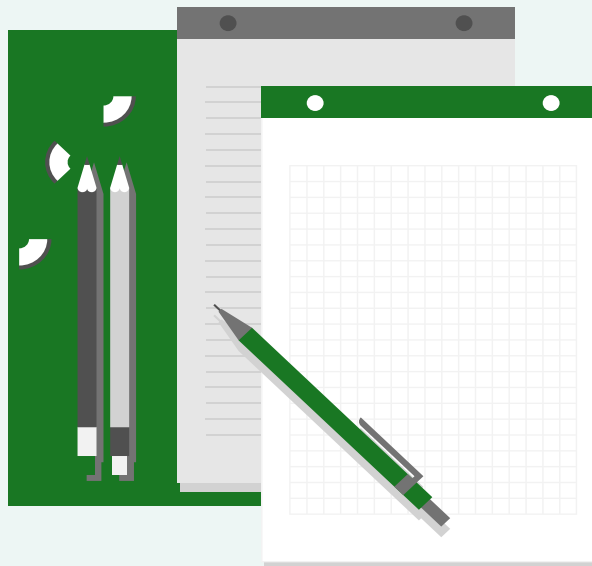


# *YOUTH RISK BEHAVIOR SURVEY*

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## HIGH SCHOOL RESULTS



The 2021 Youth Risk Behavior Survey (YRBS) report continues the surveillance and reporting system for adolescent risk behaviors developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, U.S. Centers for Disease Control and Prevention (CDC). YRBS debuted in Montana in 1991. It's a vital tool for researchers tracking health behaviors among youth for over 30 years. It provides valuable insights into youth attitudes and behaviors, making it an excellent resource for addressing health issues affecting young people today. Superintendent Elsie Arntzen and the Montana Office of Public Instruction acknowledge the participation, support, and cooperation of those persons who made the 2021 Montana Youth Risk Behavior Survey possible.

We express our sincere appreciation to:

- the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health, Surveillance Research Section, and WESTAT Technical Assistance Project,
- The support from the Montana State Elected Officials, Community Leaders, and Executives who rely on this information for policy, rule development, and law-making,
- The cosponsors of the YRBS are – the Montana Department of Public Health and Human Services, the Montana Board of Crime Control, the Montana Department of Transportation – State Highway Traffic Safety Section, and the Montana Department of Justice Special Services Bureau,
- The district superintendents, school principals, YRBS coordinators, and teachers who cooperated with and supported the survey, and, most importantly,
- Montana students can share their valuable insights and experiences by participating in the survey every two years.

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## INTRODUCTION AND METHODS

The Youth Risk Behavior Survey (YRBS) is an epidemiologic surveillance system that was established by the U.S. Centers for Disease Control and Prevention (CDC) 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 and adulthood.

In 2022, in the United States, 3.8 percent of all adolescents ages 12-17 were in fair or poor health; in that age group, 9.9 percent missed 11 or more days of school because of illness, injury, or disability. The percentage of students aged 12-19 years with obesity is 22.2 percent, according to health outcomes from 2017-2020. The number of deaths per 100,000 population for ages 15-19 is 62.2 percent, as reported in 2021 by the CDC, with the leading causes being Unintentional injuries, Homicide, and Suicide. Among persons aged 15-19, there were 13.9 births per 1,000 females, down 7% from 2020 (15.0). The birth rate for females 10-14 was at 0.2 births per 1,000, the same as the prior year (National Vital Statistics, 2023). Nationally, 1,808,703 cases of chlamydia, 616,392 gonorrhea, 129,813 syphilis, and 36,398 diagnoses of the human immunodeficiency virus (HIV) were reported in 2019. Among persons aged 25 years or more, 54% of all deaths in the United States resulted from cardiovascular disease (31%) and cancer (23%). These leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of priority health-risk behaviors: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; unhealthy dietary behaviors; and physical inactivity. These behaviors frequently are interrelated and are established during childhood and adolescence and extend into adulthood.

To monitor priority health-risk behaviors in each of these six categories, as well as obesity and asthma among youth and young adults, the CDC developed the YRBS. Since 1991, the YRBS has been administered biennially by the Montana Office of Public Instruction.

\*National Vital Statistics Reports, Volume 72, Number 1, January 31, 2023

Survey results are presented in the following parts:

- Introduction
- Survey Methods
- Frequency Distributions
- Point of Interest (POI) Graphs - Gender, Grade Level and Race
- Trend Analysis Tables (2009 - 2023)

## SURVEY METHODS

### DESCRIPTION OF YRBS

The YRBS was developed cooperatively by the CDC, 19 other federal agencies, and state and local education departments to measure the extent adolescents engage in health-risk behaviors. The 2023 survey instrument consisted of 97 questions that assessed six priority health-risk behaviors resulting in the most significant morbidity, mortality, and social problems among youth. These behaviors include behaviors that result in unintentional injuries and violence, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection, unhealthy dietary behaviors, and physical inactivity.

### SAMPLE SELECTION PROCESS

All public schools in Montana with students in grades 9 through 12 were eligible to be selected for inclusion in the sample. Fifty schools were randomly selected with a probability proportional to enrollment. The 2023 Montana YRBS was completed by 4,467 students in 50 public high schools during the spring of 2023. The school response rate was 100%, the student response rate was 85%, and the overall response rate was 85%. The results represent all students in grades 9-12 in Montana.

The school district Superintendents were contacted in November 2022 to obtain approval to administer the YRBS. Sufficient time was allowed to gain the school board's and parents' approval and answer any questions about the survey. Each participating school submitted a list of second-period classes, and a random set of these classes were selected and surveyed. In smaller schools, a census of students was



provided. School administrators assigned survey coordinators for each school, and packets of information, including instructions, survey booklets, and answer sheets, were mailed to each school during February 2023. Surveys were administered during second-period classes during the last week of February-March and returned to the Office of Public Instruction (OPI) for processing within one week of survey administration.

The teachers who administered the survey to students were provided detailed written instructions to ensure uniform survey administration across sites. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students.

Students completed a self-administered, anonymous, 97-item questionnaire. Survey procedures were designed to protect students' privacy by allowing anonymous and voluntary participation. Students could decline to participate, turn in blank or incomplete survey forms, or stop completing the survey at any time.

Local parental permission procedures were followed before survey administration. The protocols used in the YRBS ensure that participating schools are not violating any federal laws protecting students' rights and privacy, including the Protection of Pupil Rights Amendment and the Family Educational Rights and Privacy Act (FERPA).

## **SURVEY VALIDITY AND LIMITATIONS**

A weighting procedure was performed to reduce bias by compensating for differing patterns of nonresponse at the school and student levels and to reflect the likelihood of sampling each student. The weighted results 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.

The approximate error rate is plus or minus 3 percent using a normal approximation. However, users should be careful when using the

data since respondents in self-reported surveys may tend to underreport behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt non-usage, etc.) and overreport socially desirable behaviors (amount of exercise, etc.).

**NOTE: The 2023 differs from previous surveys years because we have chosen to omit 3 high schools from the CDC random sample because they were chosen for the National CDC YRBS and utilized a different survey that separate questions that would have not aligned with our trend questions and disrupted the reliability of our measure.**



# 2023 MONTANA YOUTH RISK BEHAVIOR SURVEY

## DEMOGRAPHICS

The 2023 YRBS results represent all grades 9-12 students. The weighted demographic characteristics of the sample are as follows:

Female	47.8%	9 <sup>th</sup> grade	26.7%	Asian*	1.2%
Male	52.2%	10 <sup>th</sup> grade	31.4%	Black*	1.2%
		11 <sup>th</sup> grade	22.1%	Hispanic/Latino	1.0%
		12 <sup>th</sup> grade	19.3%	Native Hawaiian or Other Pacific Islander*	0.5%
		Other	0.5%	Native American*	12.6%
				White*	69.6%
				Multiple races+	13.8%

\*Non-Hispanic

+Both Hispanic and Non-Hispanic



## Frequency Distributions

(Percentage of Montana High School Students)

1. How old are you?	
A. 15 years or younger	38.4
B. 16 or 17 years old	50.1
C. 18 years old or older	11.5

2. What is your sex?	
A. Female	47.9
B. Male	52.1

3. In what grade are you?	
A. 9 <sup>th</sup> grade	26.7
B. 10 <sup>th</sup> grade	31.4
C. 11 <sup>th</sup> grade	22.1
D. 12 <sup>th</sup> grade	19.3
E. Ungraded or other grade	0.5

4. Are you Hispanic or Latino?	
A. Yes	8.7
B. No	91.3

5. What is your race? (can pick multiple answers)	
A. Native American*	12.6
B. Asian*	1.2
C. Black*	1.2
D. Native Hawaiian or Other Pacific Islander*	0.5
E. White*	69.6
F. Hispanic/Latino	1.2
G. Multiple races+	13.8

\*Non-Hispanic

+Hispanic and Non-Hispanic

6. Height Chart

7. Weight Chart

The following six questions are about safety.

8. How often do you wear a seat belt when <b>riding</b> in a car driven by someone else?	
A. Never	3.9
B. Rarely	6.4
C. Sometimes	12.3
D. Most of the time	31.5
E. Always	46.1

9. During the past 30 days, how many times did you <b>ride</b> in a car or other vehicle <b>driven by someone who had been drinking alcohol</b> ?	
A. 0 times	78.4
B. 1 time	7.4
C. 2 or 3 times	8.4
D. 4 or 5 times	2.0
E. 6 or more times	3.8

10. How often do you wear a seat belt when <b>driving</b> a car?	
A. I do not drive a car	20.3
B. Never	2.7
C. Rarely	5.2
D. Sometimes	6.8
E. Most of the time	14.8
F. Always	50.2

11. During the past 30 days, how many times did you <b>drive</b> a car or other vehicle <b>when you had been drinking alcohol</b> ?	
A. I did not drive a car or other vehicle during the past 30 days	31.7
B. 0 times	62.5
C. 1 time	3.0
D. 2 or 3 times	1.6
E. 4 or 5 times	0.6
F. 6 or more times	0.6



<b>12. During the past 30 days, how often did you <b>text or e-mail</b> while <b>driving</b> a car or other vehicle?</b>	
A. I did not drive a car or other vehicle during the past 30 days	26.9
B. 0 days	30.5
C. 1 or 2 days	11.8
D. 3 to 5 days	5.6
E. 6 to 9 days	4.4
F. 10 to 19 days	5.5
G. 20 to 29 days	4.0
H. All 30 days	11.3

<b>13. During the past 30 days, how often did you <b>use the Internet or apps on your cell phone</b> (such as YouTube, Instagram, or Facebook) while driving a car or other vehicle? (Do not count using your cell phone to get driving directions or to determine your location.)</b>	
A. I did not drive a car or other vehicle during the past 30 days	27.1
B. 0 days	32.0
C. 1 or 2 days	10.4
D. 3 to 5 days	5.1
E. 6 to 9 days	4.0
F. 10 to 19 days	4.0
G. 20 to 29 days	4.1
H. All 30 days	11.6

The following ten questions are about violence-related behaviors and experiences.

<b>14. During the past 30 days, how many days did you carry a <b>weapon</b> such as a gun, knife, or club <b>on school property</b>?</b>	
A. 0 days	88.8
B. 1 day	2.1
C. 2 or 3 days	2.3
D. 4 or 5 days	1.0
E. 6 or more days	5.8

<b>15. During the past 12 months, how many days did you carry a <b>gun</b>? (Do <b>not</b> count the days when you carried a gun only for hunting or for a sport, such as target shooting.)</b>	
A. 0 days	91.2
B. 1 day	1.9
C. 2 or 3 days	2.9
D. 4 or 5 days	1.2
E. 6 or more days	5.8

<b>16. During the past 30 days, how many days did you not go to school because you felt unsafe on or on your way to or from school?</b>	
A. 0 days	88.1
B. 1 day	5.8
C. 2 or 3 days	3.6
D. 4 or 5 days	1.1
E. 6 or more days	1.3

<b>17. During the past 12 months, how many times has someone threatened or injured you with a <b>weapon</b> such as a gun, knife, or club <b>on school property</b>?</b>	
A. 0 times	89.5
B. 1 time	4.8
C. 2 or 3 times	3.0
D. 4 or 5 times	1.0
E. 6 or 7 times	0.5
F. 8 or 9 times	0.2
G. 10 or 11 times	0.1
H. 12 or more times	1.0

<b>18. During the past 12 months, how many times were you in a <b>physical fight</b>?</b>	
A. 0 times	78.2
B. 1 time	10.1
C. 2 or 3 times	7.0
D. 4 or 5 times	2.1
E. 6 or 7 times	0.9
F. 8 or 9 times	0.3
G. 10 or 11 times	0.2
H. 12 or more times	1.2

<b>19. During the past 12 months, how many times were you in a <b>physical fight on school property</b>?</b>	
A. 0 times	91.0
B. 1 time	5.3
C. 2 or 3 times	2.1
D. 4 or 5 times	0.7
E. 6 or 7 times	0.2
F. 8 or 9 times	0.2
G. 10 or 11 times	0.1
H. 12 or more times	0.4

<b>20. Have you ever been physically forced to have sexual intercourse when you did not want to?</b>	
A. Yes	15.2
B. No	84.9



21. During the past 12 months, how many times did <b>anyone</b> force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)	
A. 0 times	85.1
B. 1 time	7.4
C. 2 or 3 times	4.6
D. 4 or 5 times	1.2
E. 6 or more times	1.8

22. During the past 12 months, how many times did <b>someone you were dating or going out with</b> force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)	
A. I did not date or go out with anyone during the past 12 months	37.7
B. 0 times	53.7
C. 1 time	3.5
D. 2 or 3 times	2.6
E. 4 or 5 times	0.9
F. 6 or more times	1.5

23. During the past 12 months, how many times did <b>someone you were dating or going out with</b> physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)	
A. I did not date or go out with anyone during the past 12 months	36.5
B. 0 times	57.3
C. 1 time	2.3
D. 2 or 3 times	1.9
E. 4 or 5 times	0.7
F. 6 or more times	1.3

The following question asks students about times when they felt they were treated badly or unfairly.

24. During your life, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?	
A. Never	71.7
B. Rarely	13.5
C. Sometimes	9.9
D. Most of the time	2.3
E. Always	2.7

The following three questions ask about bullying. Bullying is when one or more students tease, threaten, spread

rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue, fight, or tease each other in a friendly way.

25. During the past 12 months, have you ever been bullied <b>on school property</b> ?	
A. Yes	25.3
B. No	74.8

26. During the past 12 months, have you ever been <b>electronically</b> bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)	
A. Yes	19.6
B. No	80.4

27. During the past 12 months, have you ever been the victim of teasing or name-calling because someone thought you were gay, lesbian, or bisexual?	
A. Yes	17.2
B. No	82.8

The following five questions ask about sad feelings and attempted suicide. Sometimes, people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

28. During the past 12 months, did you ever feel so sad or hopeless almost every day for <b>two weeks or more</b> that you stopped doing some usual activities?	
A. Yes	42.8
B. No	57.3

29. During the past 12 months, did you ever <b>seriously</b> consider attempting suicide?	
A. Yes	25.7
B. No	74.3

30. During the past 12 months, did you make a plan about how you would attempt suicide?	
A. Yes	22.0
B. No	78.0

31. During the past 12 months, <b>how many times</b> did you attempt suicide?	
A. 0 times	84.9
B. 1 time	9.1
C. 2 or 3 times	4.2
D. 4 or 5 times	0.8
E. 6 or more times	1.0



32. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?	
A. I did not attempt suicide during the past 12 months	84.8
B. Yes	4.7
C. No	10.5

The following four questions ask about cigarette smoking.

33. Have you ever tried cigarette smoking, even one or two puffs?	
A. Yes	29.3
B. No	70.7

34. How old were you when you first tried cigarette smoking, even one or two puffs?	
A. I have never tried cigarette smoking, not even one or two puffs	71.4
B. 8 years old or younger	5.0
C. 9 or 10 years old	2.4
D. 11 or 12 years old	4.6
E. 13 or 14 years old	8.0
F. 15 or 16 years old	6.6
G. 17 years old or older	2.0

35. During the past 30 days, how many days did you smoke cigarettes?	
A. 0 days	90.7
B. 1 or 2 days	4.5
C. 3 to 5 days	1.4
D. 6 to 9 days	0.9
E. 10 to 19 days	0.9
F. 20 to 29 days	0.4
G. All 30 days	1.3

36. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?	
A. I did not smoke cigarettes during the past 30 days	90.4
B. Less than one cigarette per day	4.7
C. 1 cigarette per day	2.1
D. 2 to 5 cigarettes per day	1.9
E. 6 to 10 cigarettes per day	0.5
F. 11 to 20 cigarettes per day	0.1
G. More than 20 cigarettes per day	0.4

The following five questions are about electronic vapor products: JUUL, SMOK, Suorin, Vuse, and Blu. Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

37. Have you ever used an electronic vapor product?	
A. Yes	45.3
B. No	54.7

38. During the past 30 days, how many days did you use an electronic vapor product?	
A. 0 days	70.5
B. 1 or 2 days	8.1
C. 3 to 5 days	2.7
D. 6 to 9 days	2.6
E. 10 to 19 days	3.6
F. 20 to 29 days	3.2
G. All 30 days	9.4

39. During the past 30 days, how many days did you use an electronic vapor product on school property?	
A. 0 days	82.5
B. 1 or 2 days	4.6
C. 3 to 5 days	2.1
D. 6 to 9 days	1.2
E. 10 to 19 days	2.9
F. 20 to 29 days	1.9
G. All 30 days	4.8

40. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)	
A. I did not use any electronic vapor products during the past 30 days	71.7
B. I got or bought them from a friend, family member, or someone else	16.5
C. I bought them myself in a vape shop or tobacco shop	2.9
D. I bought them myself in a convenience store, supermarket, discount store, or gas station	1.1
E. I bought them myself at a mall or shopping center kiosk or stand	0.2
F. I bought them myself on the Internet, such as from a product website, vape store website, or other website like eBay, Amazon, Facebook Marketplace, or Craigslist	0.5



G. I took them from a store or another person	0.5
H. I got them some other way	6.6

<b>41. During the past 30 days, what flavor of electronic vapor product did you use most often? (Select only <b>one</b> response.)</b>	
A. I did not use an electronic vapor product during the past 30 days	71.5
B. Alcoholic drinks (such as wine, margarita, or other cocktails)	0.8
C. Chocolate, candy, desserts, or other sweets	2.2
D. Fruit	15.1
E. Menthol	5.4
F. Mint	1.1
G. Tobacco	0.4
H. Some other flavor	3.6

<b>42. What is the <b>main</b> reason you have used electronic vapor products? (Select only one response.)</b>	
A. I have never used an electronic vapor product	58.0
B. Friend or family member used them	6.5
C. To get a high or buzz from nicotine	7.0
D. I was feeling anxious, stressed, or depressed	11.1
E. I was curious about them	11.3
F. They are less harmful than other forms of tobacco	0.5
G. They are available in flavors such as mint, candy, fruit, or chocolate	0.9
H. I used them for some other reason	4.8

The following two questions ask about other tobacco products.

<b>43. During the past 30 days, how often did you use <b>chewing tobacco, snuff, dip, snus, or dissolvable tobacco</b> products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do <b>not</b> count any electronic vapor products.)</b>	
A. 0 days	93.9
B. 1 or 2 days	2.6
C. 3 to 5 days	1.1
D. 6 to 9 days	0.7
E. 10 to 19 days	0.6
F. 20 to 29 days	0.2
G. All 30 days	0.9

<b>44. During the past 30 days, how many days did you smoke <b>cigars, cigarillos, or little cigars</b>?</b>	
A. 0 days	94.2
B. 1 or 2 days	3.0
C. 3 to 5 days	1.3
D. 6 to 9 days	0.7
E. 10 to 19 days	0.4
F. 20 to 29 days	0.2
G. All 30 days	0.9

The next question asks about all tobacco products. Please consider cigarettes, electronic vapor products, smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products), cigars (including little cigars or cigarillos), shisha or hookah tobacco, and pipe tobacco when answering this question.

<b>45. During the past 12 months, did you ever try to <b>quit</b> using <b>all</b> tobacco products?</b>	
A. I did not use any tobacco products during the past 12 months	69.6
B. Yes	18.4
C. No	12.0

The following six questions ask about drinking alcohol. This includes drinking beer, wine, flavored alcoholic beverages, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

<b>46. How old were you when you had your first drink of alcohol other than a few sips?</b>	
A. I have never had a drink of alcohol other than a few sips	44.8
B. 8 years old or younger	7.6
C. 9 or 10 years old	5.3
D. 11 or 12 years old	8.2
E. 13 or 14 years old	16.8
F. 15 or 16 years old	14.8
G. 17 years old or older	2.5

<b>47. During the past 30 days, how many days did you have at least one drink of alcohol?</b>	
A. 0 days	71.3
B. 1 or 2 days	13.6
C. 3 to 5 days	6.8
D. 6 to 9 days	4.4
E. 10 to 19 days	2.5
F. 20 to 29 days	0.7
G. All 30 days	0.7



48. During the past 30 days, on how many days did you have <b>four</b> or more drinks of alcohol in a row, that is, within a couple of hours (if you are <b>female</b> ) or <b>five</b> or more drinks of alcohol in a row, that is, within a couple of hours (if you are <b>male</b> )?	
A. 0 days	81.8
B. 1 day	6.4
C. 2 days	4.1
D. 3 to 5 days	4.3
E. 6 to 9 days	2.0
F. 10 to 19 days	0.8
G. 20 or more days	0.7

49. During the past 30 days, what is the most significant number of alcoholic drinks you had in a row, that is, within a couple of hours?	
A. I did not drink alcohol during the past 30 days	72.2
B. 1 or 2 drinks	9.8
C. 3 drinks	2.1
D. 4 drinks	2.4
E. 5 drinks	2.8
F. 6 or 7 drinks	4.2
G. 8 or 9 drinks	2.0
H. 10 or more drinks	4.5

50. During the past 30 days, how did you <b>usually</b> get the alcohol you drank?	
A. I did not drink alcohol during the past 30 days	72.0
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	1.5
C. I bought it at a restaurant, bar, or club	0.5
D. I bought it at a public event such as a concert or sporting event	0.5
E. I gave someone else money to buy it for me	5.5
F. Someone gave it to me	10.9
G. I took it from a store or family member	3.5
H. I got it some other way	5.7

51. During the past 30 days, what type of alcohol did you drink most often? (Select only <b>one</b> response.)	
A. I did not drink alcohol during the past 30 days	71.9
B. Beer	8.5

C. Wine	1.5
D. Vodka	3.3
E. Some other liquor, such as rum, scotch, bourbon, whiskey, or tequila	6.3
F. Flavored alcoholic beverages, such as hard seltzer, Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade, Four Loko, or hard apple cider	7.7
G. Some other types of alcohol	5.7

The following three questions ask about marijuana use. Marijuana is also called pot or weed. For these questions, do not count CBD-only or hemp products, which come from the same plant as marijuana but do not cause a high when used alone.

52. During your life, how many times have you used marijuana?	
A. 0 times	64.0
B. 1 or 2 times	8.2
C. 3 to 9 times	7.1
D. 10 to 19 times	4.0
E. 20 to 39 times	3.4
F. 40 to 99 times	3.7
G. 100 or more times	9.7

53. How old were you when you tried marijuana for the first time?	
A. I have never tried marijuana	63.4
B. 8 years old or younger	2.3
C. 9 or 10 years old	2.2
D. 11 or 12 years old	5.2
E. 13 or 14 years old	11.9
F. 15 or 16 years old	12.7
G. 17 years old or older	2.4

54. During the past 30 days, how many times did you use marijuana?	
A. 0 times	78.6
B. 1 or 2 times	6.6
C. 3 to 9 times	4.5
D. 10 to 19 times	2.9
E. 20 to 39 times	1.8
F. 40 or more times	5.6

The next question asks about using prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it. For this question, count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.



55. During your life, how often have you taken <b>pain medicine</b> without a doctor's prescription or differently than how a doctor told you to use it?	
A. 0 times	86.5
B. 1 or 2 times	6.7
C. 3 to 9 times	3.4
D. 10 to 19 times	1.6
E. 20 to 39 times	0.8
F. 40 or more times	1.1

The following eight questions ask about other drugs.

56. During your life, how many times have you used <b>any</b> form of <b>cocaine</b> , including powder, crack, or freebase?	
A. 0 times	96.0
B. 1 or 2 times	1.6
C. 3 to 9 times	1.0
D. 10 to 19 times	0.4
E. 20 to 39 times	0.2
F. 40 or more times	0.8

57. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or <b>inhaled</b> any paints or sprays to get high?	
A. 0 times	91.1
B. 1 or 2 times	4.5
C. 3 to 9 times	1.8
D. 10 to 19 times	0.8
E. 20 to 39 times	0.6
F. 40 or more times	1.3

58. During your life, how many times have you used <b>heroin</b> (also called smack, junk, or China White)?	
A. 0 times	97.6
B. 1 or 2 times	0.8
C. 3 to 9 times	0.5
D. 10 to 19 times	0.2
E. 20 to 39 times	0.2
F. 40 or more times	0.7

59. During your life, how many times have you used <b>methamphetamines</b> (also called speed, crystal meth, crank, ice, or meth)?	
A. 0 times	96.9
B. 1 or 2 times	1.3
C. 3 to 9 times	0.5
D. 10 to 19 times	0.3
E. 20 to 39 times	0.3
F. 40 or more times	0.7

60. During your life, how many times have you used <b>ecstasy</b> (also called MDMA)?	
A. 0 times	95.1
B. 1 or 2 times	2.0
C. 3 to 9 times	1.4
D. 10 to 19 times	0.6
E. 20 to 39 times	0.2
F. 40 or more times	0.6

61. During your life, how many times have you used a needle to inject any <b>illegal</b> drug into your body?	
A. 0 times	97.6
B. 1 time	1.4
C. 2 or more times	1.0

62. During the past 12 months, has anyone offered, sold, or given you an illegal drug <b>on school property</b> ?	
A. Yes	25.0
B. No	75.0

The following seven questions ask about sexual behavior.

63. Have you ever had sexual intercourse?	
A. Yes	41.6
B. No	58.4

64. How old were you when you had sexual intercourse for the first time?	
A. I have never had sexual intercourse	59.9
B. 11 years old or younger	3.6
C. 12 years old	1.4
D. 13 years old	3.8
E. 14 years old	8.4
F. 15 years old	11.7
G. 16 years old	7.9
H. 17 years old or older	3.3

65. During your life, with how many people have you had sexual intercourse?	
A. I have never had sexual intercourse	61.2
C. 1 person	16.1
D. 2 people	7.6
E. 3 people	5.3
F. 4 people	2.9
G. 5 people	1.7
H. 6 or more people	5.4



66. During the past three months, with how many people did you have sexual intercourse?	
A. I have never had sexual intercourse	61.1
B. I have had sexual intercourse, but not during the past three months	12.0
C. 1 person	21.3
D. 2 people	2.6
E. 3 people	1.4
F. 4 people	0.8
G. 5 people	0.3
H. 6 or more people	0.6

67. Did you drink alcohol or use drugs before you had sexual intercourse the <b>last time</b> ?	
A. I have never had sexual intercourse	59.5
B. Yes	7.6
C. No	32.9

68. The <b>last time</b> you had sexual intercourse, did you or your partner use a condom?	
A. I have never had sexual intercourse	61.3
B. Yes	20.4
C. No	18.3

69. The <b>last time</b> you had sexual intercourse with an opposite-sex partner, what <b>one</b> method did you or your partner use to <b>prevent pregnancy</b> ? (Select only <b>one</b> response.)	
A. I have never had sexual intercourse with an opposite-sex partner	61.2
B. No method was used to prevent pregnancy	5.5
C. Birth control pills (Do <b>not</b> count emergency contraception such as Plan B or the "morning after" pill.)	9.1
D. Condoms	12.9
E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	5.0
F. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	1.7
G. Withdrawal or some other method	2.9
H. Not sure	1.8

The following two questions ask about body weight.

70. How do you describe your weight?	
A. Very underweight	3.8
B. Slightly underweight	16.1

C. About the right weight	49.7
D. Slightly overweight	25.0
E. Very overweight	5.4

71. Which of the following are you trying to do about your weight?	
A. <b>Lose</b> weight	41.6
B. <b>Gain</b> weight	21.6
C. <b>Stay</b> the same weight	16.4
D. I am <b>not trying to do anything</b> about my weight	20.4

The following ten questions ask about food you ate or drank during the past seven days. Think about all the meals and snacks you had from when you got up until you went to bed. Be sure to include food you ate at home, school, restaurants, or anywhere else.

72. During the past seven days, how often did you drink 100% fruit juices such as orange, apple, or grape juice? (Do <b>not</b> count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)	
A. I did not drink 100% fruit juice during the past seven days	34.1
B. 1 to 3 times during the past seven days	41.7
C. 4 to 6 times during the past seven days	12.7
D. 1 time per day	4.3
E. 2 times per day	3.7
F. 3 times per day	1.4
G. 4 or more times per day	2.2

73. During the past seven days, how often did you eat <b>fruit</b> ? (Do <b>not</b> count fruit juice.)	
A. I did not eat fruit during the past seven days	13.1
B. 1 to 3 times during the past seven days	36.6
C. 4 to 6 times during the past seven days	22.8
D. 1 time per day	10.8
E. 2 times per day	9.6
F. 3 times per day	3.1
G. 4 or more times per day	4.0

74. How often have you eaten green salad in the past seven days?	
A. I did not eat green salad during the past seven days	37.7



B. 1 to 3 times during the past seven days	42.0
C. 4 to 6 times during the past seven days	11.1
D. 1 time per day	5.5
E. 2 times per day	1.9
F. 3 times per day	0.5
G. 4 or more times per day	1.3

75. During the past seven days, how often did you eat **potatoes**? (Do **not** count French fries, fried potatoes, or potato chips.)

A. I did not eat potatoes during the past seven days	34.8
B. 1 to 3 times during the past seven days	48.0
C. 4 to 6 times during the past seven days	10.6
D. 1 time per day	3.3
E. 2 times per day	1.4
F. 3 times per day	0.7
G. 4 or more times per day	1.2

76. How often have you eaten carrots in the past seven days?

A. I did not eat carrots during the past seven days	48.4
B. 1 to 3 times during the past seven days	38.0
C. 4 to 6 times during the past seven days	7.5
D. 1 time per day	3.2
E. 2 times per day	1.1
F. 3 times per day	0.6
G. 4 or more times per day	1.2

77. How often have you eaten other vegetables in the past seven days? (Do not count green salad, potatoes, or carrots.)

A. I did not eat other vegetables during the past seven days	20.0
B. 1 to 3 times during the past seven days	40.6
C. 4 to 6 times during the past seven days	22.5
D. 1 time per day	8.3
E. 2 times per day	5.5
F. 3 times per day	1.5
G. 4 or more times per day	1.7

78. During the past seven days, how often did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** count diet soda or diet pop.)

A. I did not drink soda or pop during the past seven days	23.5
B. 1 to 3 times during the past seven days	42.7
C. 4 to 6 times during the past seven days	19.2
D. 1 time per day	6.6
E. 2 times per day	3.9
F. 3 times per day	1.8
G. 4 or more times per day	2.3

79. How many days have you eaten breakfast in the past seven days?

A. 0 days	20.1
B. 1 day	11.3
C. 2 days	11.7
D. 3 days	9.2
E. 4 days	8.4
F. 5 days	7.9
G. 6 days	5.8
H. 7 days	25.6

The following four questions ask about physical activity.

80. During the past seven days, how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spent in any physical activity that increased your heart rate and made you breathe hard some of the time.)

A. 0 days	11.9
B. 1 day	6.5
C. 2 days	9.4
D. 3 days	10.9
E. 4 days	10.3
F. 5 days	15.4
G. 6 days	9.2
H. 7 days	26.4

81. On an average school day, how many hours do you spend in front of a TV, computer, smartphone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? Do **not** count time spent doing schoolwork.)

A. Less than 1 hour per day	5.1
B. 1 hour per day	8.5



C. 2 hours per day	15.0
D. 3 hours per day	23.1
E. 4 hours per day	18.7
F. 5 or more hours per day	29.7

82. In an average week in school, how many days do you go to physical education (PE) classes?	
A. 0 days	43.0
B. 1 day	2.2
C. 2 days	3.9
D. 3 days	10.6
E. 4 days	14.1
F. 5 days	26.3

83. During the past 12 months, how many sports teams did you play? (Count any teams run by your school or community groups.)	
A. 0 teams	41.5
B. 1 team	23.5
C. 2 teams	18.3
D. 3 or more teams	16.8

The next question asks about concussions. A concussion is when a blow or jolt to the head causes problems such as headaches, dizziness, confusion, difficulty remembering or concentrating, vomiting, blurred vision, or being knocked out.

84. During the last 12 months, how often have you had a concussion from playing a sport or being physically active?	
A. 0 times	81.1
B. 1 time	10.4
C. 2 times	4.4
D. 3 times	1.8
E. 4 or more times	2.3

The next question asks about social media, such as Instagram, TikTok, Snapchat, and Twitter.

85. How often do you use social media?	
A. I do not use social media	8.8
B. A few times a month	4.0
C. About once a month	1.9
D. A few times a week	3.7
E. About once a day	6.9
F. Several times a day	36.0
G. About once an hour	9.3
H. More than once an hour	29.4

The following 12 questions ask about other

health-related topics.

86. Has a doctor or nurse ever told you you have asthma?	
A. Yes	21.2
B. No	72.3
C. Not sure	6.3

87. Do you still have asthma?	
A. I have never had asthma	56.8
B. Yes	14.5
C. No	19.2
D. Not sure	9.5

88. During the past 30 days, how many school days did you miss because of your asthma?	
A. I do not have asthma	74.8
B. 0 days	21.9
C. 1 day	1.6
D. 2 days	0.9
E. 3 days	0.5
F. 4 days	0.1
G. 5 or more days	0.2

89. When did you last see a dentist for a check-up, exam, teeth cleaning, or other dental work?	
A. During the past 12 months	75.9
B. Between 12 and 24 months ago	10.2
C. More than 24 months ago	5.8
D. Never	1.2
E. Not sure	7.0

90. During the past 30 days, how often was your mental health unwell? (Poor mental health includes stress, anxiety, and depression.)	
A. Never	18.2
B. Rarely	21.6
C. Sometimes	28.1
D. Most of the time	22.0
E. Always	10.2

91. how many hours of sleep do you get on an average school night?	
A. 4 or less hours	10.2
B. 5 hours	13.0
C. 6 hours	23.2
D. 7 hours	27.8
E. 8 hours	19.7
F. 9 hours	4.6
G. 10 or more hours	1.4



92. During the past 30 days, where did you usually sleep?	
A. In my parent's or guardian's home	94.8
B. In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing	2.7
C. In a shelter or emergency housing	0.8
D. In a motel or hotel	0.8
E. In a car, park, campground, or other public place	0.4
F. I do not have a usual place to sleep	0.2
G. Somewhere else	0.3

A. Yes	24.1
B. No	75.8

93. During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?	
A. Yes	6.5
B. No	93.5

94. During the past 12 months, how would you describe your grades in school?	
A. Mostly A's	44.8
B. Mostly B's	28.9
C. Mostly C's	15.8
D. Mostly D's	4.7
E. Mostly F's	2.6
F. None of these grades	0.5
G. Not sure	2.8

95. During the past 12 months, how often did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do <b>not</b> count getting a spray-on tan.)	
A. 0 times	94.5
B. 1 or 2 times	2.8
C. 3 to 9 times	1.4
D. 10 to 19 times	0.7
E. 20 to 39 times	0.3
F. 40 or more times	0.3

96. During the past 12 months, did you receive help from a school resource teacher, speech therapist, or other special education teacher?	
A. Yes	17.2
B. No	82.9

97. During the current school year, did you speak with a mental health provider at school, such as a counselor, psychologist, or social worker?	
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# Point of Interest Graphs

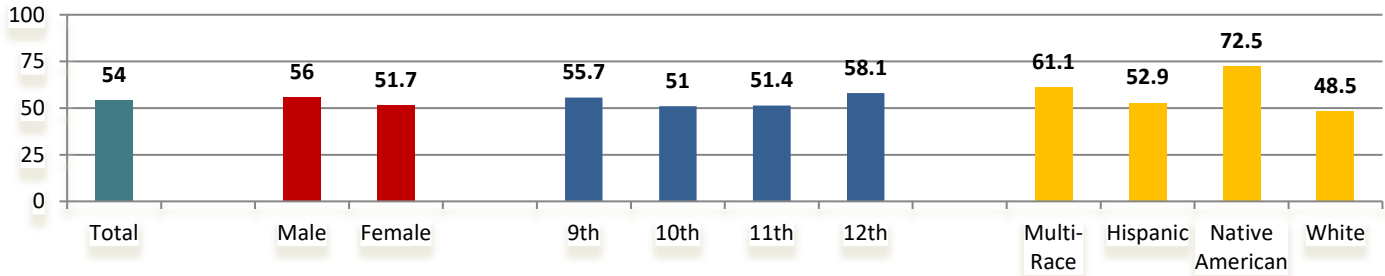
NOTE: A missing bar indicates fewer than 30 students in this subgroup



# Unintentional Injuries and Violence

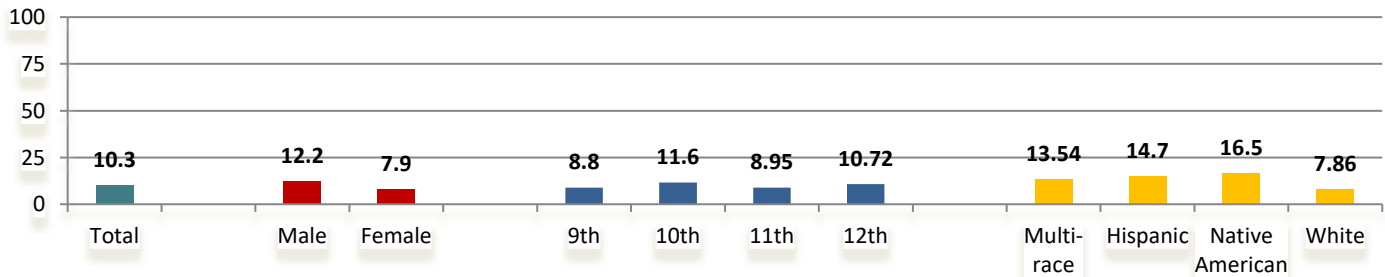
## SEAT BELT USE – RIDER

Statewide, 54 percent of Montana students did not always wear a seat belt when riding in a car driven by someone else.



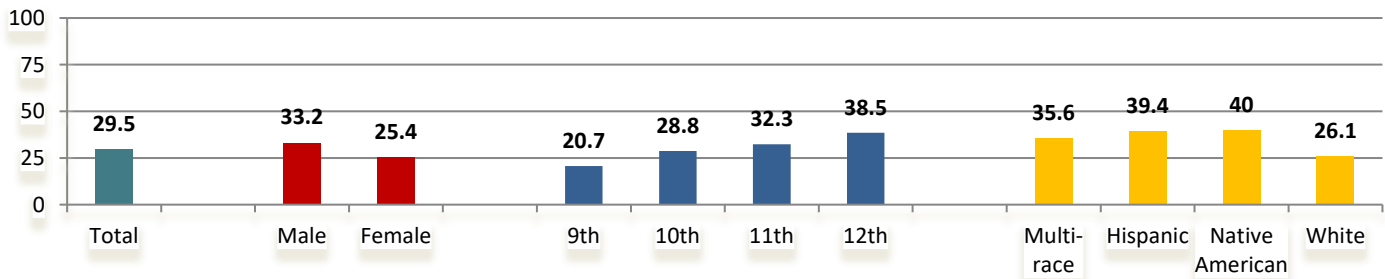
## SEAT BELT USE – RIDER

Statewide, 10.3 percent of Montana students never or rarely wore a seat belt when riding in a car driven by someone else.



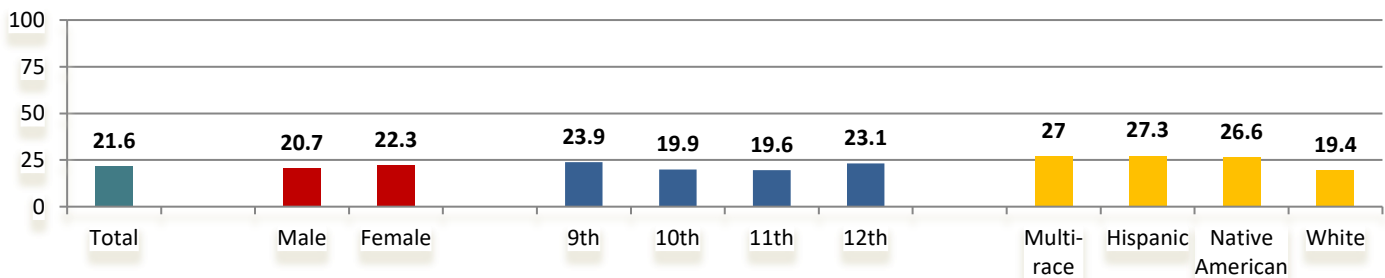
## SEAT BELT USE – DRIVER

Among Montana students who drive a car, 29.5 percent did not always wear a seat belt in the act.



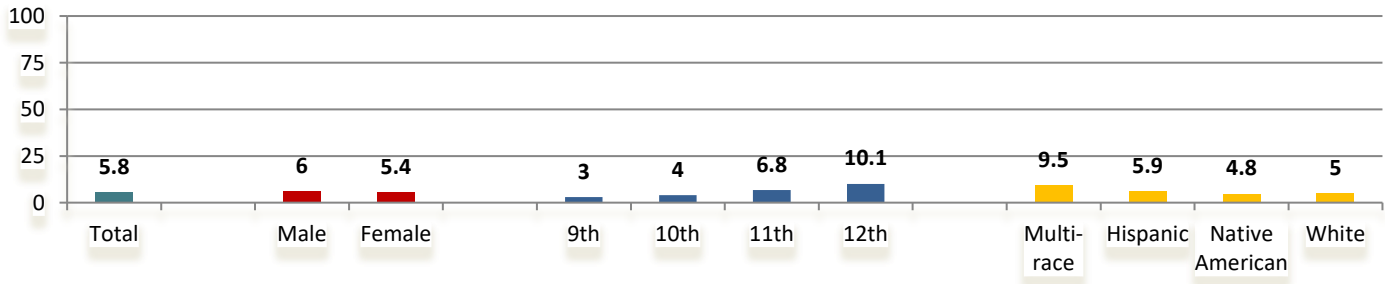
## RODE WITH A DRIVER WHO HAD BEEN DRINKING ALCOHOL

During the past 30 days, 21.6 percent of students rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.



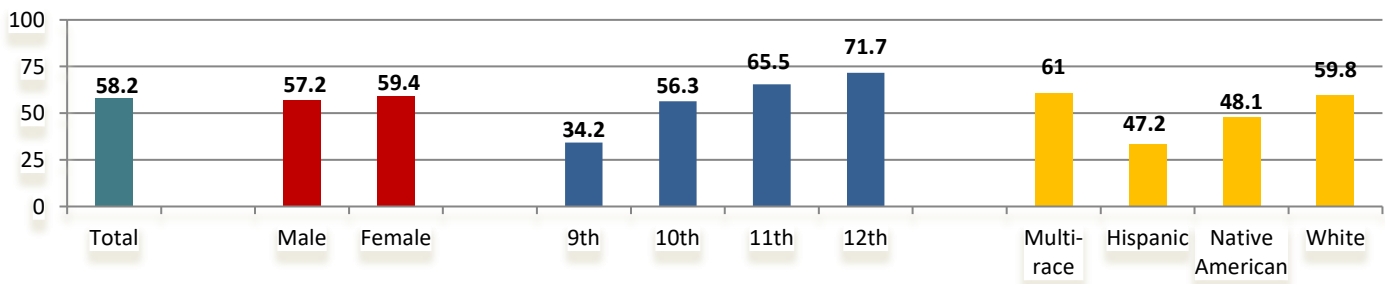
### DROVE WHEN DRINKING ALCOHOL

Among students who drove a car or other vehicle during the past 30 days, 5.8 percent drove when they had been drinking alcohol during the past 30 days.



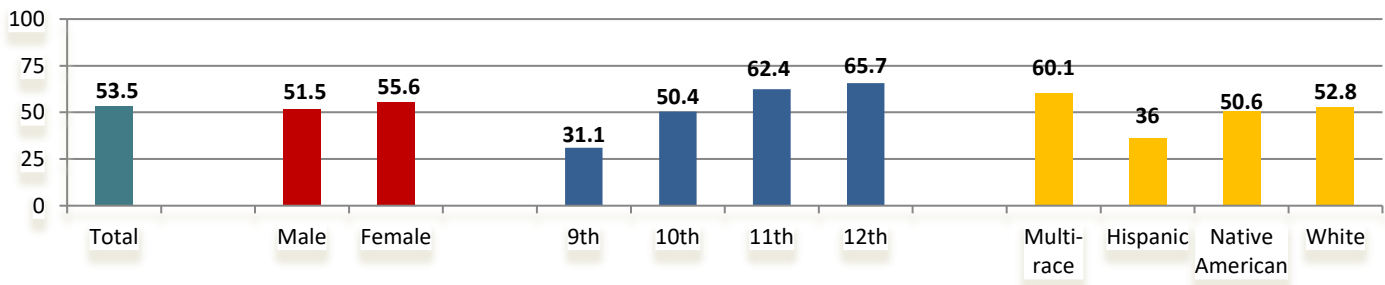
### TEXTING AND DRIVING

Among Montana students who drove a car or other vehicle during the past 30 days, 42.6 percent texted or e-mailed while driving.



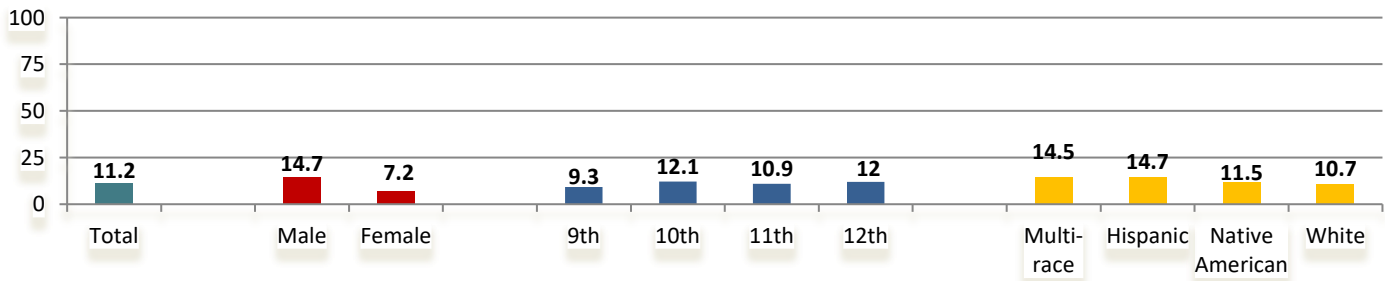
### INTERNET OR APPS USE ON CELL PHONE WHILE DRIVING

Among students who drove a car or other vehicle during the past 30 days, 39.0 percent used the Internet or Apps on their cell phones while driving.



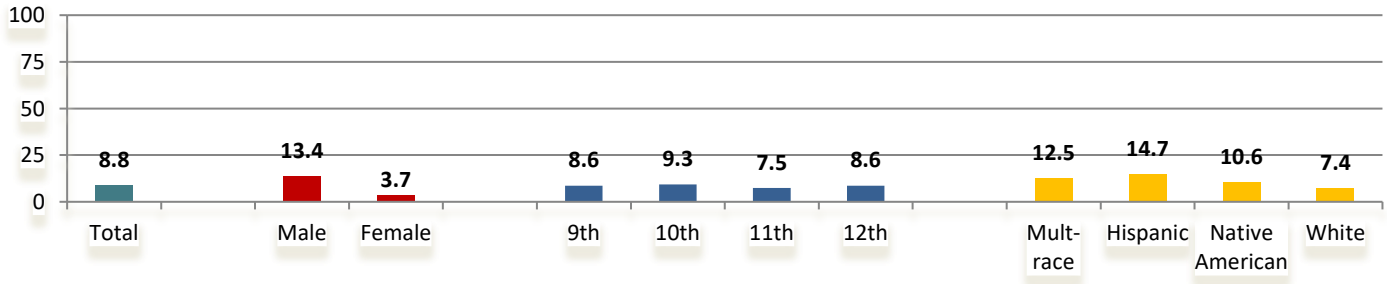
### CARRIED A WEAPON ON SCHOOL PROPERTY

Statewide, 11.2 percent of Montana students carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days.



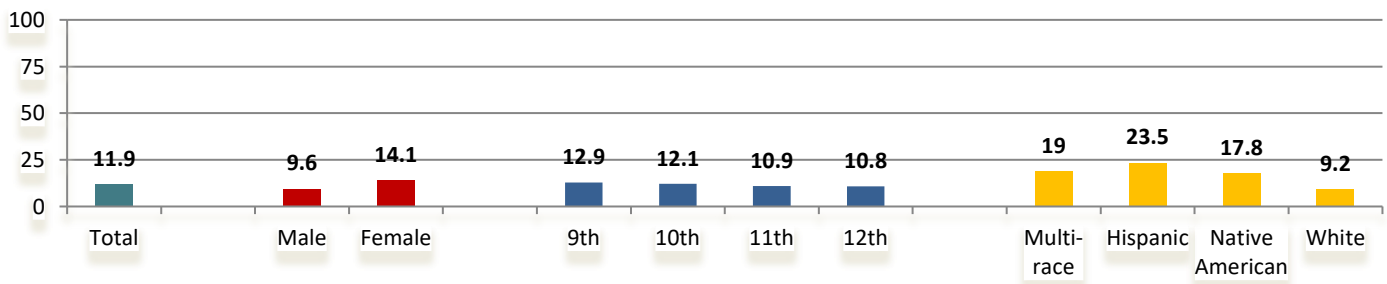
### CARRIED A GUN

During the past 12 months, 8.8 percent of Montana students carried a gun on one or more days (not counting for hunting or a sport such as target shooting).



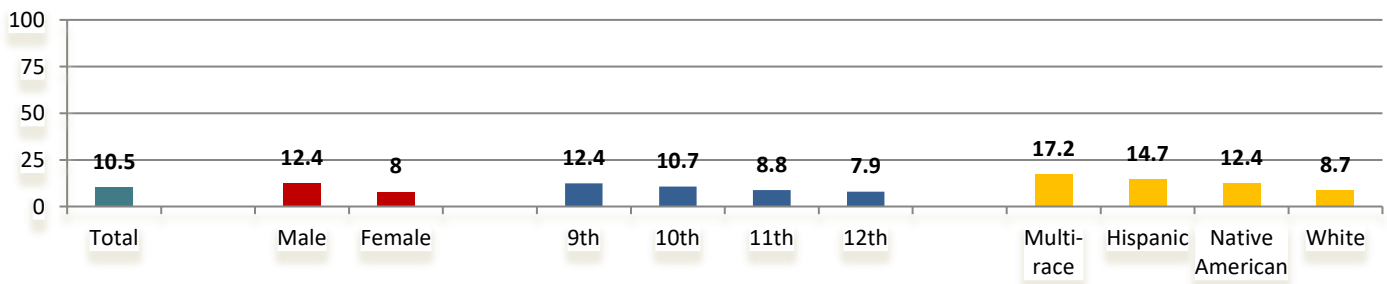
### DID NOT GO TO SCHOOL BECAUSE OF SAFETY CONCERNS

During the past 30 days, 11.9 percent of Montana students did not go to school on one or more days because they felt unsafe on or on their way to or from school.



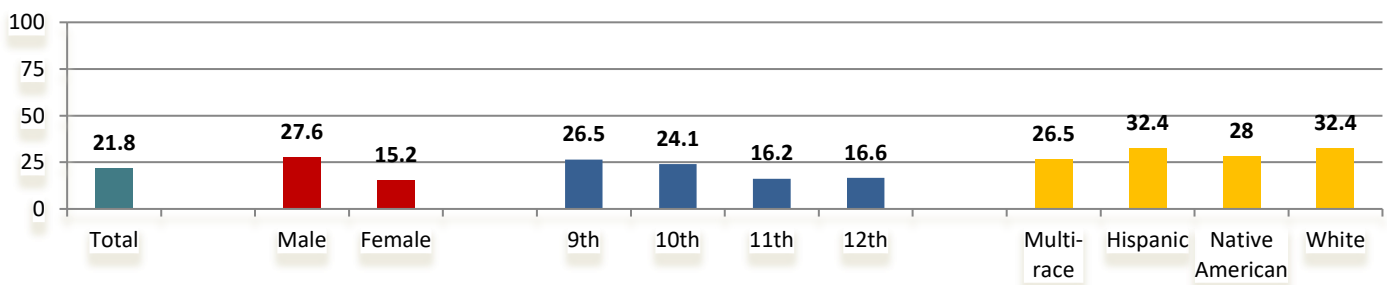
### THREATENED OR INJURED WITH A WEAPON ON SCHOOL PROPERTY

During the past 12 months, 10.5 percent of students had been threatened or injured, one or more times, with a weapon such as a gun, knife, or club on school property.



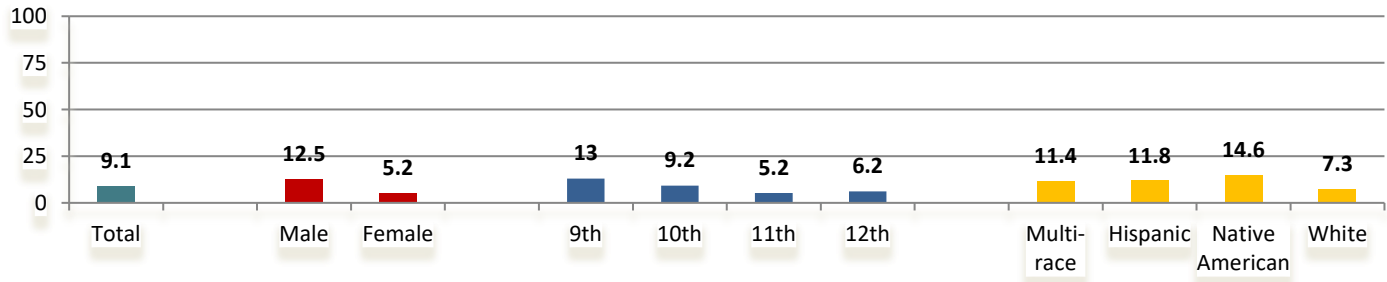
### IN A PHYSICAL FIGHT

Statewide, 21.8 percent of Montana students were in a physical fight one or more times during the past 12 months.



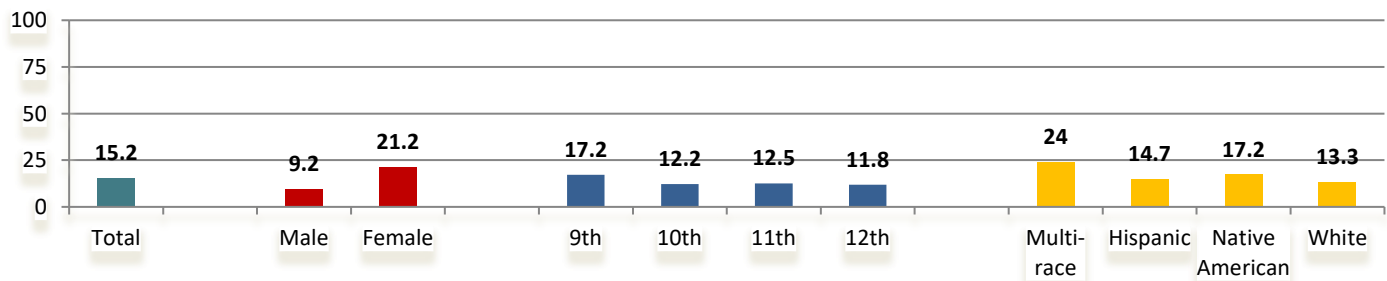
### IN A PHYSICAL FIGHT ON SCHOOL PROPERTY

Statewide, 19.2 percent of students were in a physical fight on school property one or more times during the past 12 months.



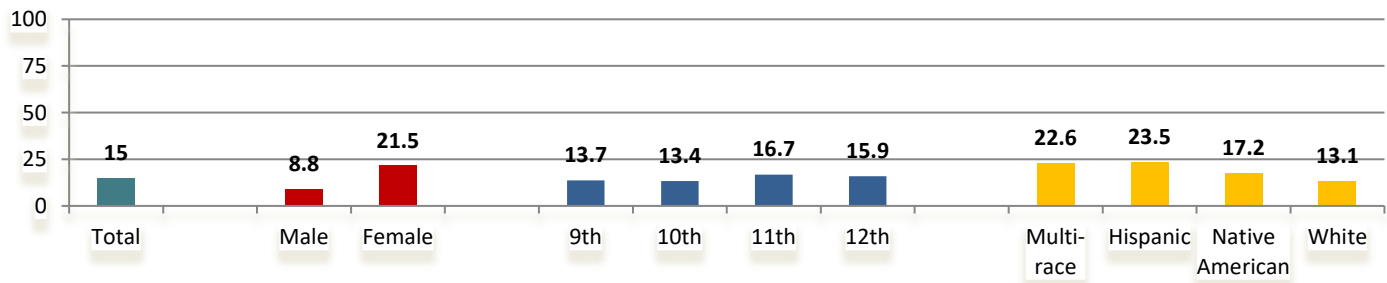
### FORCED SEXUAL INTERCOURSE

Statewide, 15.2 percent of Montana students had ever been physically forced to have sexual intercourse when they did not want to.



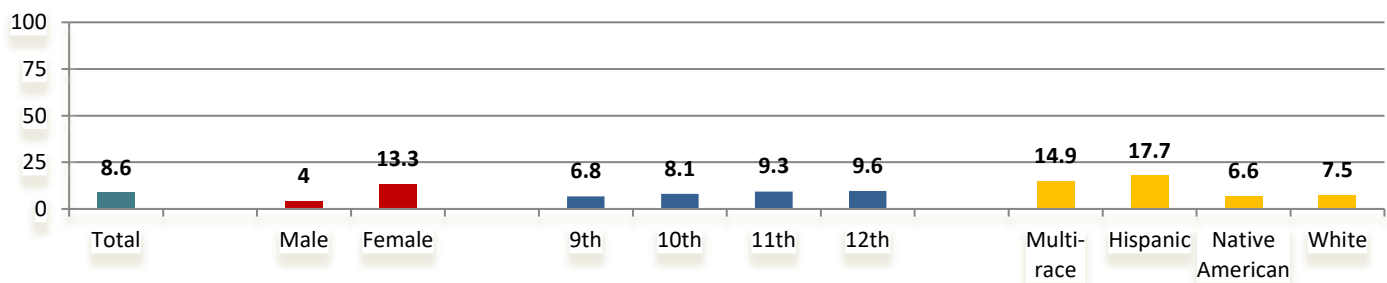
### EXPERIENCED SEXUAL VIOLENCE

Statewide, 15 percent of Montana students had experienced sexual violence during the past 12 months (being forced by anyone to do sexual things that they did not want to do, such as kissing, touching, or being physically forced to have sexual intercourse).



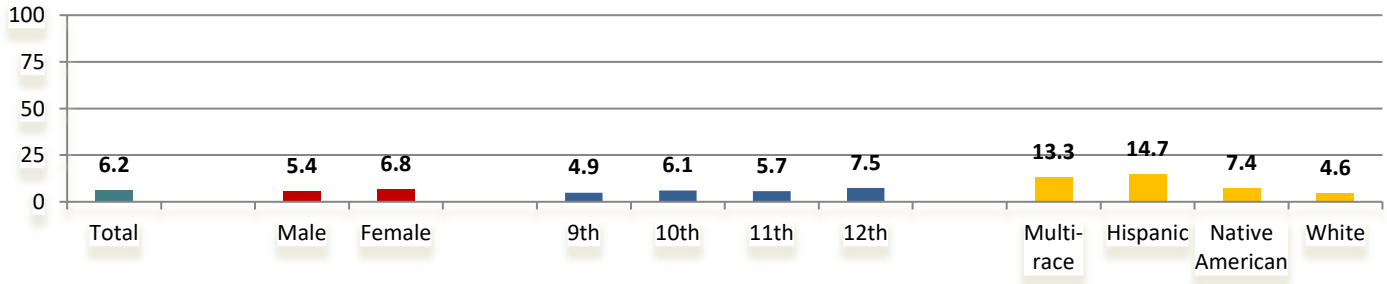
### SEXUAL DATING VIOLENCE

Among students who dated or went out with someone during the past 12 months, 8.6 percent of Montana students had been forced by someone they were dating or going out with to do sexual things they did not want to do.



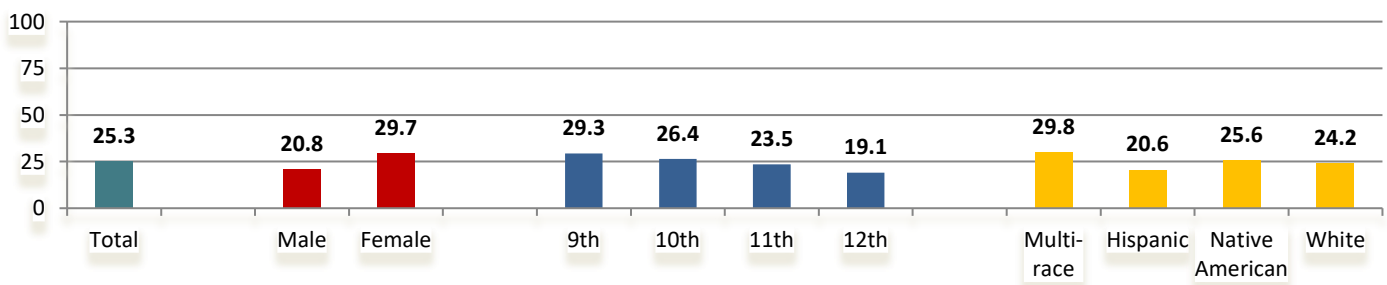
### PHYSICAL DATING VIOLENCE

Among students who dated or went out with someone during the past 12 months, 6.2 percent had been physically hurt on purpose by someone they were dating or going out with one or more times during the past 12 months.



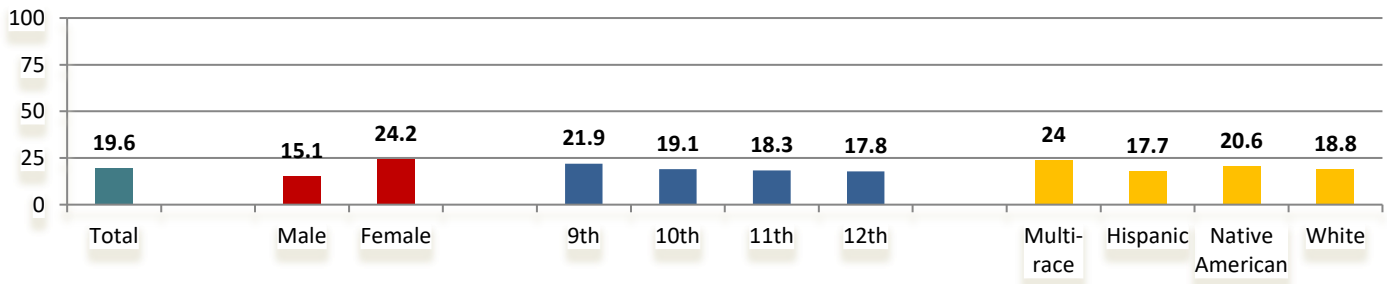
### BULLIED ON SCHOOL PROPERTY

During the past 12 months, 25.3 percent of students had been bullied on school property.



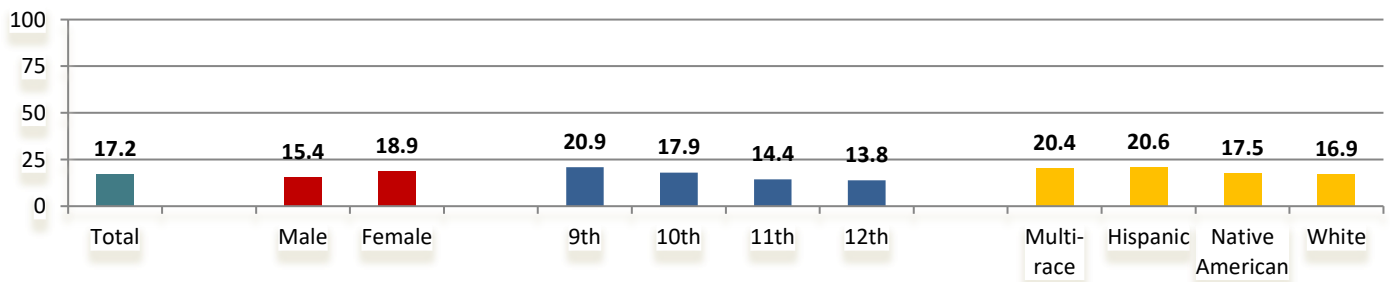
### ELECTRONIC BULLYING

Statewide, 19.6 percent of Montana students had been electronically bullied during the past 12 months.



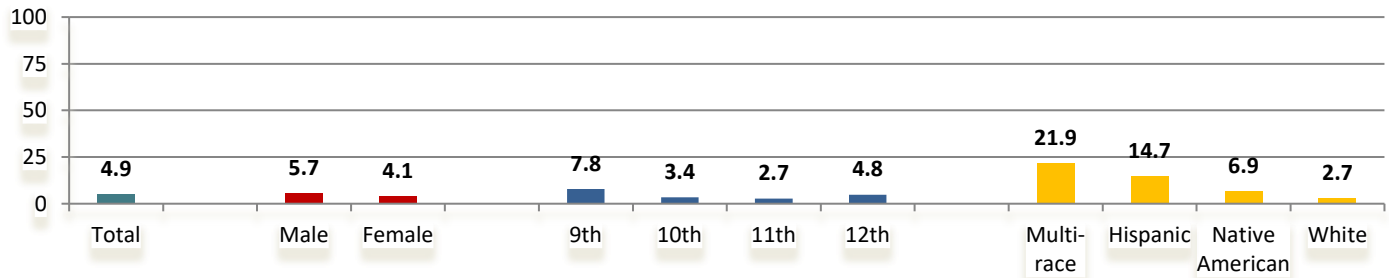
### BULLYING AND SEXUAL ORIENTATION

During the past 12 months, 17.2 percent of students have been the victim of teasing or name-calling because someone thought they were gay, lesbian, or bisexual.



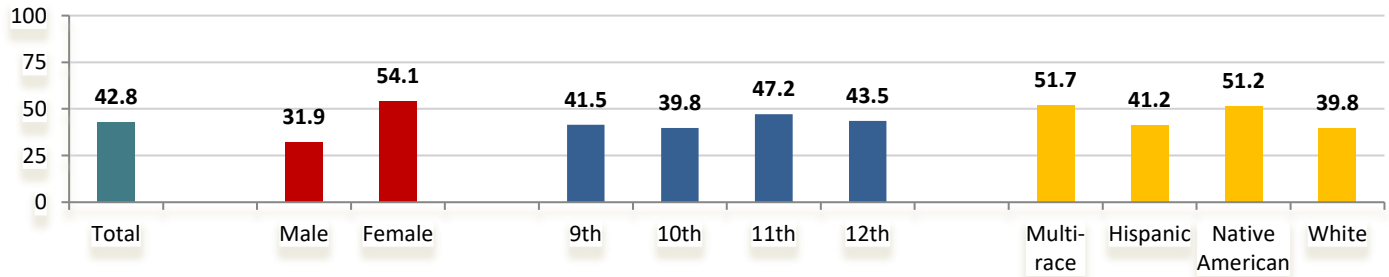
### BULLYING AND ETHNICITY

Statewide, 4.9 percent of students always or most of the time feel they have been treated badly or unfairly in school because of their race or ethnicity.



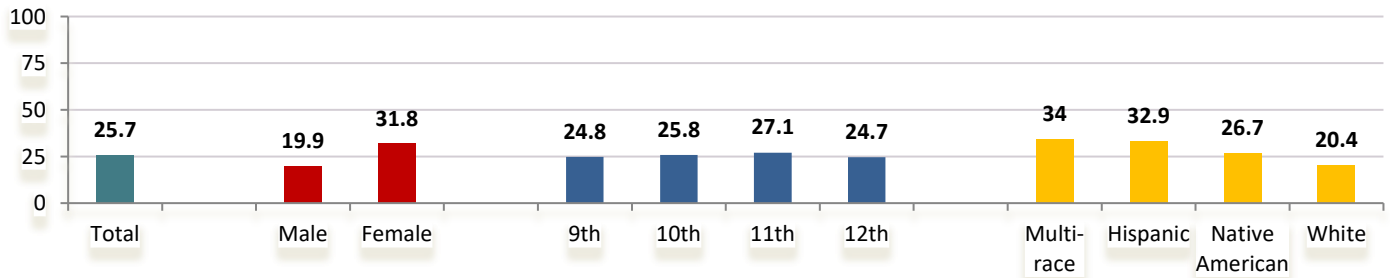
### FELT SAD OR HOPELESS

During the past 12 months, 42.8 percent of students felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities.



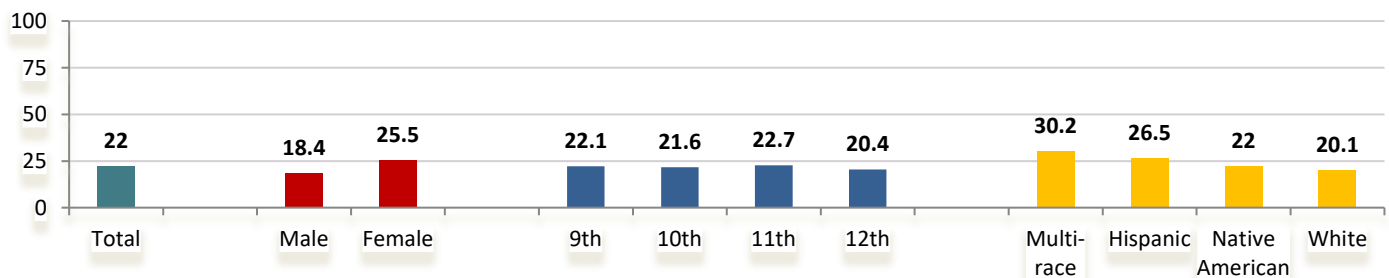
### SERIOUSLY CONSIDERED SUICIDE

During the past 12 months, 25.7 percent of students seriously considered attempting suicide.



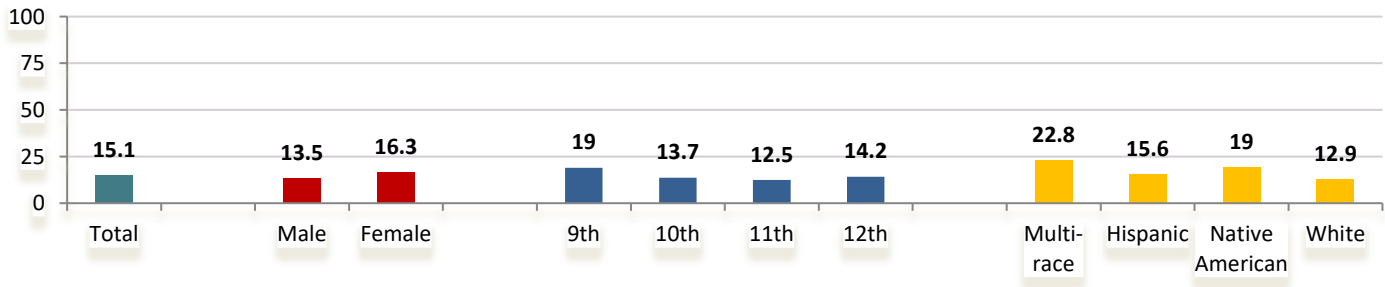
### MADE A SUICIDE PLAN

During the past 12 months, 22.0 percent of students made a plan about how they would attempt suicide.



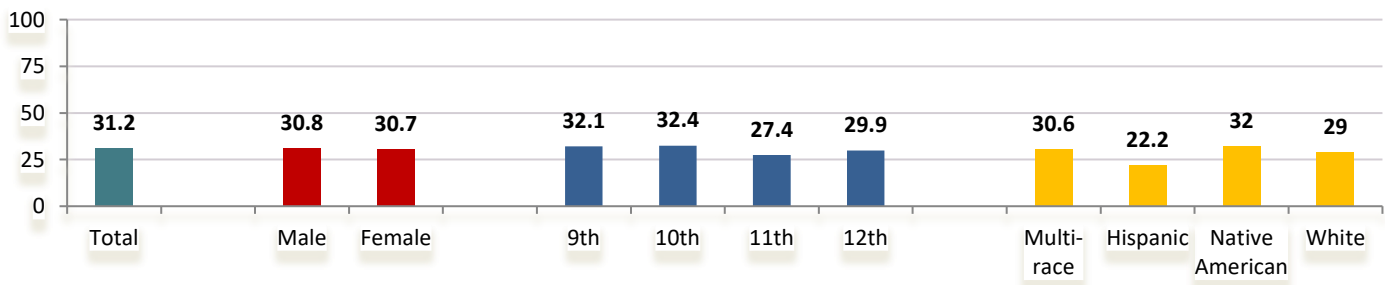
### ATTEMPTED SUICIDE

During the past 12 months, 15.1 percent of students attempted suicide one or more times.



### SUICIDE ATTEMPT TREATED BY A DOCTOR OR NURSE

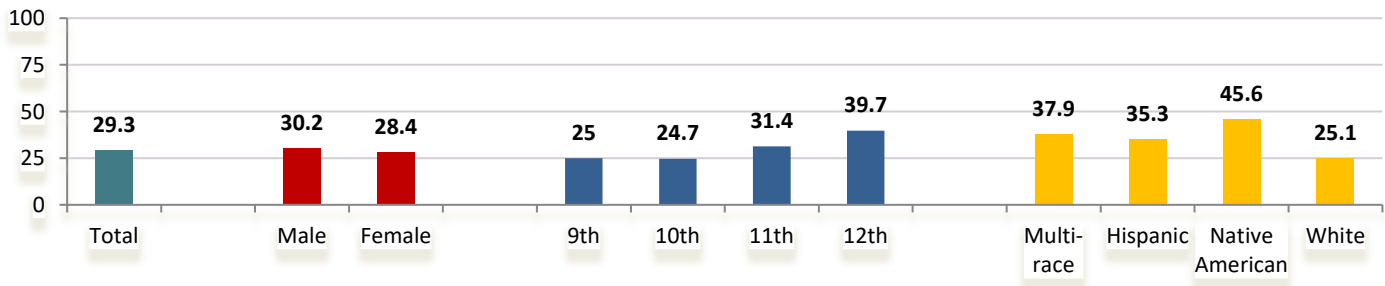
Among students who attempted suicide during the past 12 months, 31.2 percent had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.



## Tobacco Use

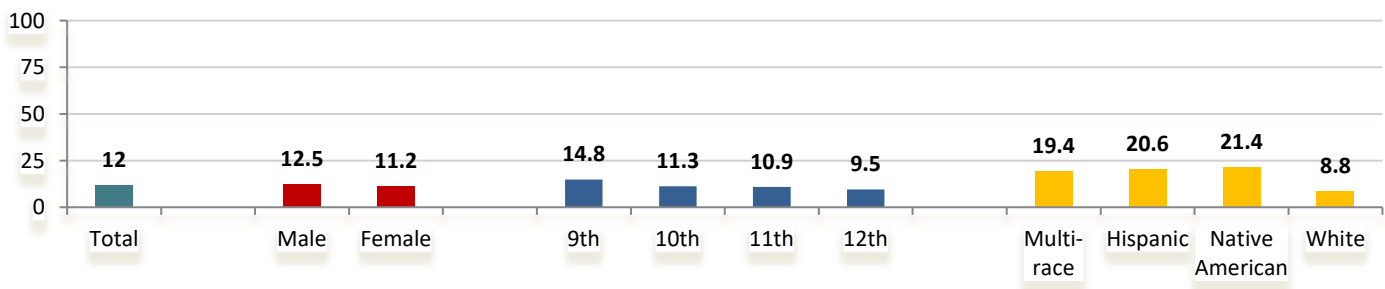
### LIFETIME CIGARETTE USE

Statewide, 29.3 percent of students had ever tried cigarette smoking (even one or two puffs).



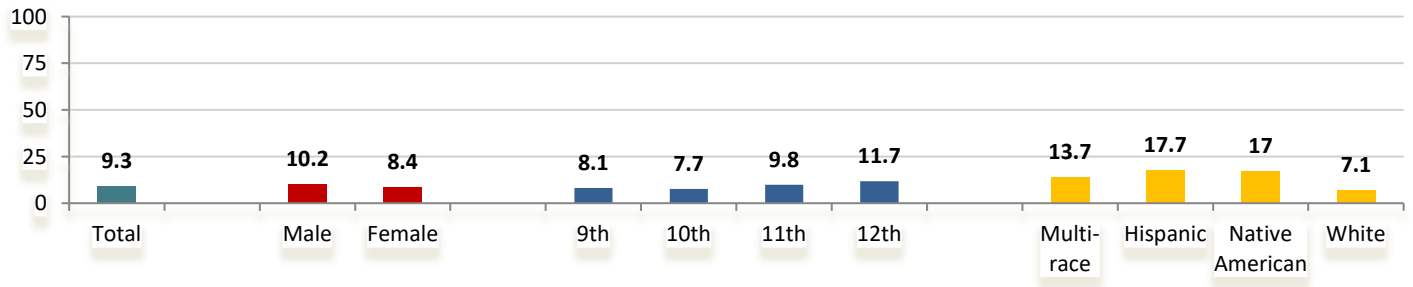
### FIRST TRIED CIGARETTE SMOKING BEFORE AGE 13 YEARS

Statewide, 12 percent of students had first tried cigarette smoking before the age of 13 years.



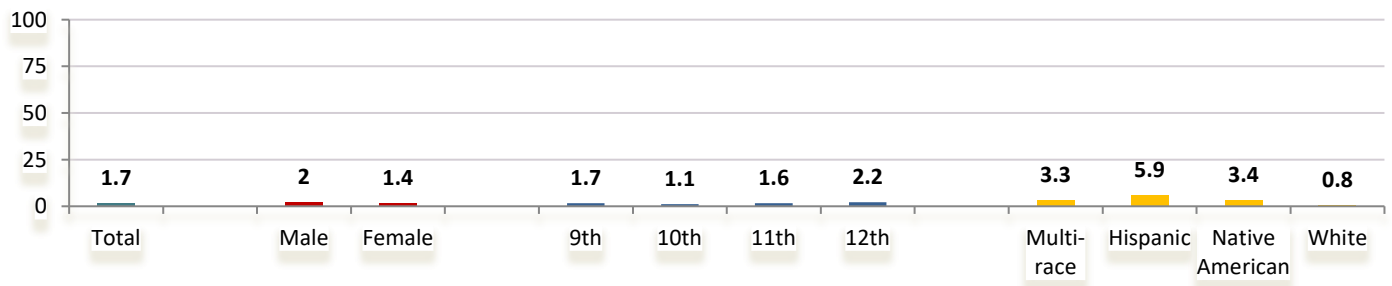
### CURRENT SMOKER

Statewide, 9.3 percent of students smoked cigarettes on one or more of the past 30 days.



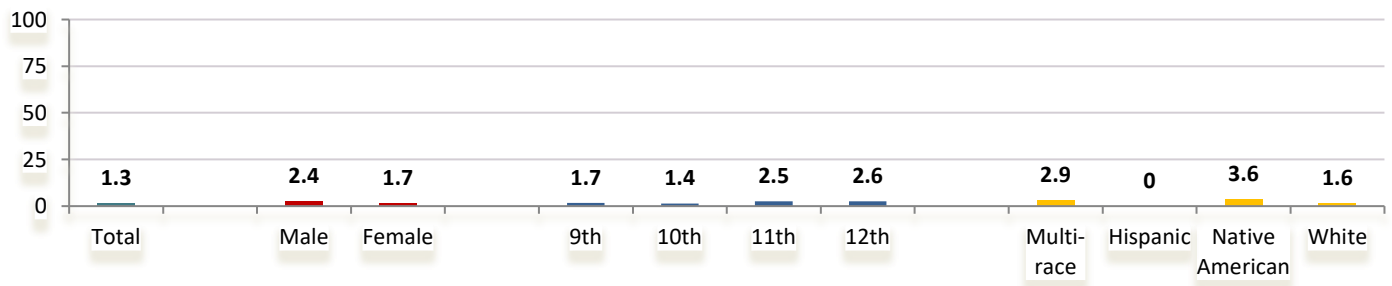
### CURRENTLY SMOKED CIGARETTES FREQUENTLY

Statewide, 1.7 percent of students had smoked cigarettes in 20 or more of the past 30 days.



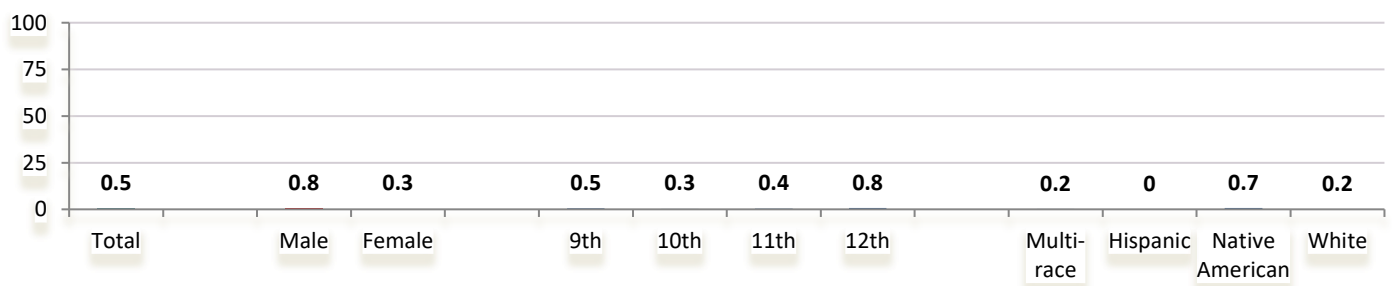
### CURRENTLY SMOKED CIGARETTES DAILY.

Statewide, 2.1 percent of students had smoked a cigarette each of the past 30 days.



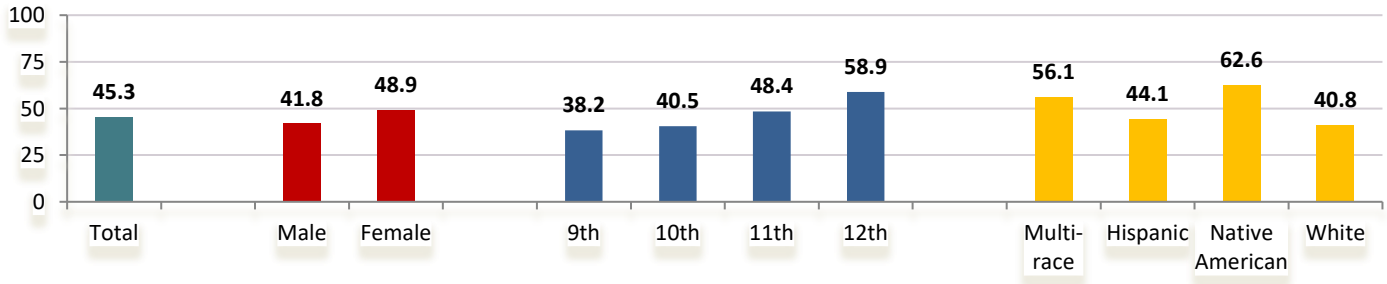
### SMOKED MORE THAN 10 CIGARETTES PER DAY

Among students who reported current cigarette use, 0.5 percent smoked more than ten cigarettes per day on the days they smoked during the past 30 days.



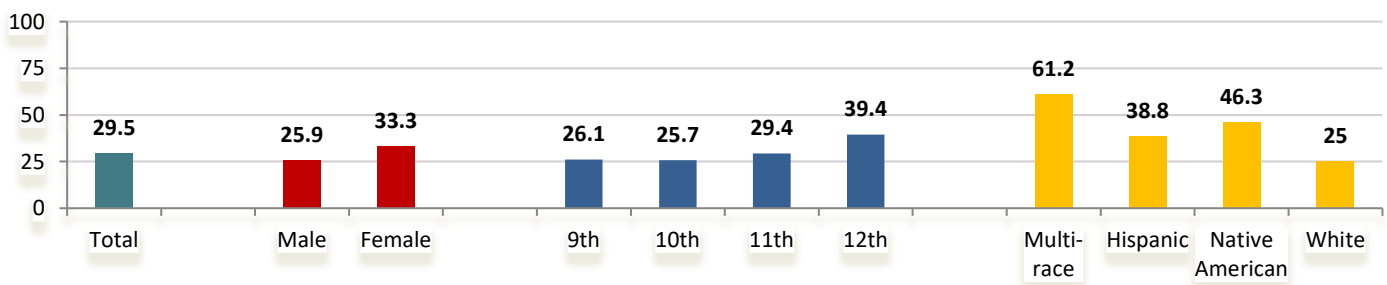
### LIFETIME ELECTRONIC VAPOR PRODUCT USE

Statewide, 45.3 percent of students had ever used electronic vapor products (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu]).



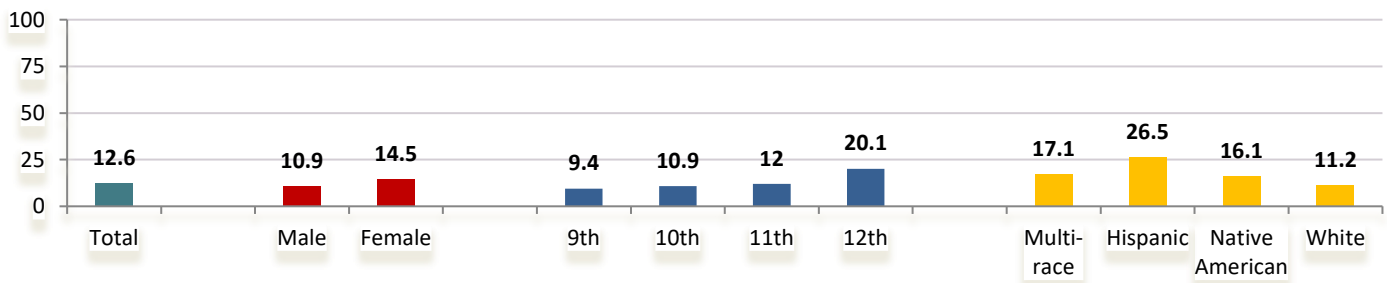
### CURRENT ELECTRONIC VAPOR PRODUCT USE

Statewide, 29.5 percent of students used an electronic vapor product in one or more of the past 30 days.



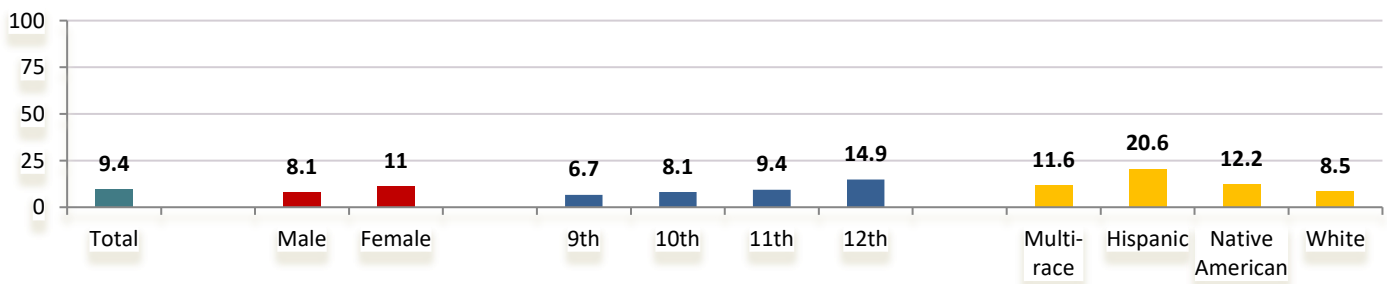
### FREQUENT ELECTRONIC VAPOR PRODUCT USE

Statewide, 12.6 percent of students used electronic vapor products in 20 or more of the past 30 days.



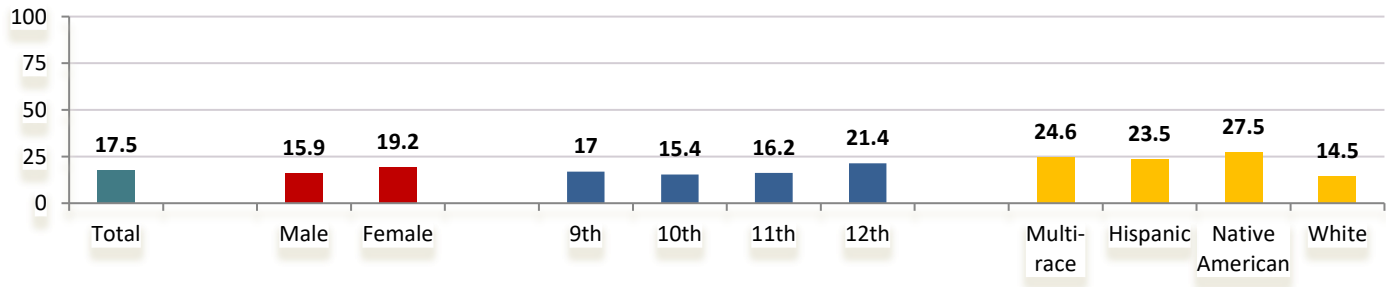
### DAILY ELECTRONIC VAPOR PRODUCT USE

Statewide, 9.4 percent of students have used electronic vapor products all past 30 days.



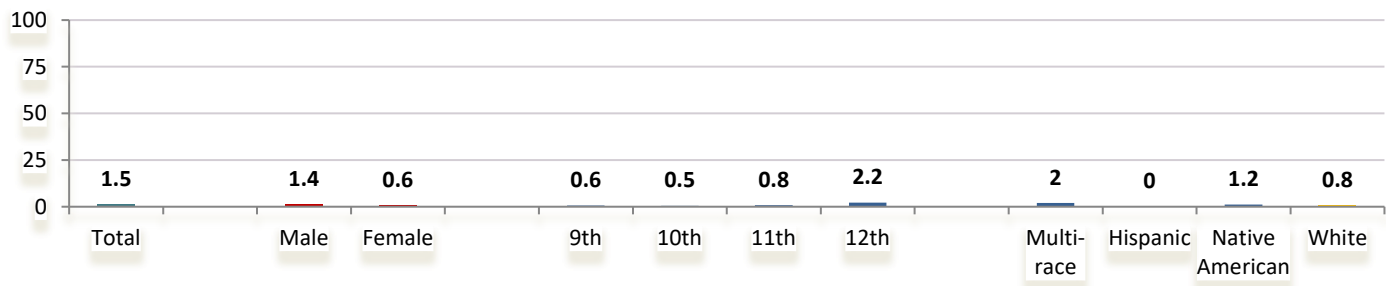
### ELECTRONIC VAPOR PRODUCT USE ON SCHOOL PROPERTY

Statewide, 17.5 percent of students used an electronic vapor product on school property during the past 30 days.



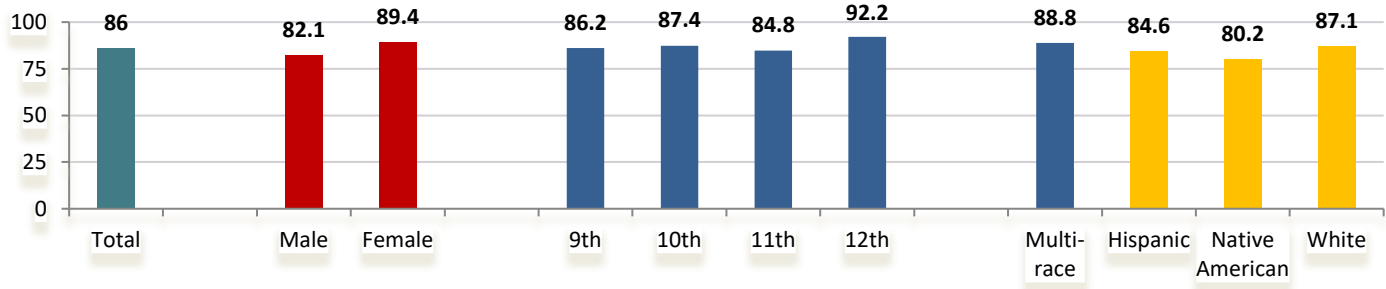
### ACCESS TO ELECTRONIC VAPOR PRODUCTS

Among students who used electronic vapor products during the past 30 days, 3.9 percent usually got their own electronic vapor products by buying them in a convenience store, supermarket, discount store, or gas station.



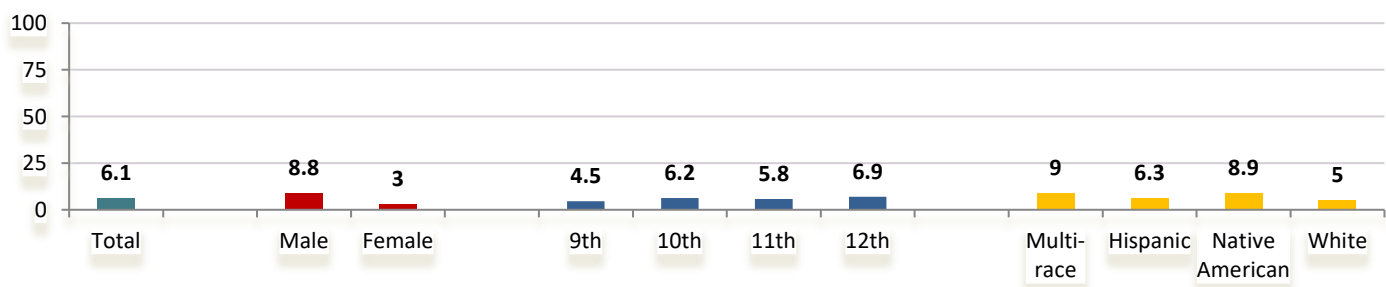
### FLAVOR PREFERENCE OF ELECTRONIC VAPOR PRODUCTS

Among students who used electronic vapor products during the past 30 days, 24.5 percent reported an electronic vapor product flavored to taste like an alcoholic drink, chocolate or other sweets, fruit, menthol, or mint as the product they used most often.



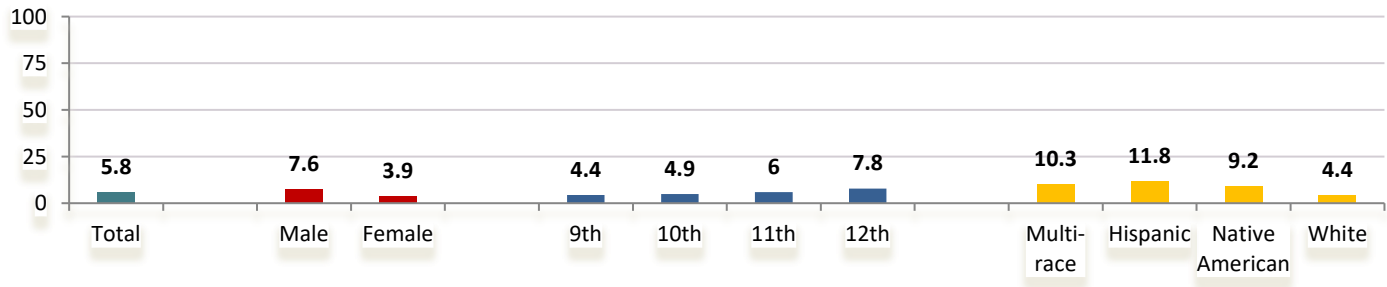
### CURRENT SMOKELESS TOBACCO USE

Statewide, 6.1 percent of high school students used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products (such as Copenhagen, Grizzly, Skoal, or Camel Snus) during the past 30 days.



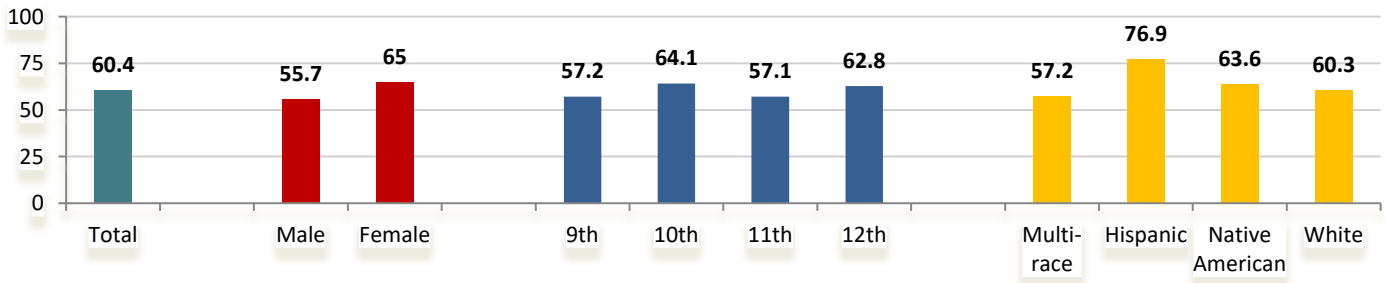
### CURRENT CIGAR USE

During the past 30 days, 5.8 percent of Montana high school students smoked cigars, cigarillos, or little cigars.



### TOBACCO PRODUCT CESSATION

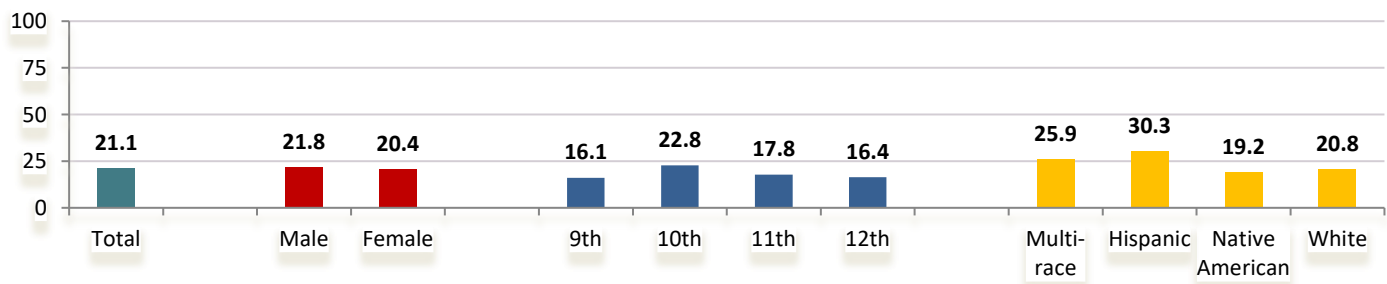
Among users of tobacco products during the past 12 months, 60.4 percent of students tried to quit using all products, including cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, or pipe tobacco.



## Alcohol and Other Drug Use

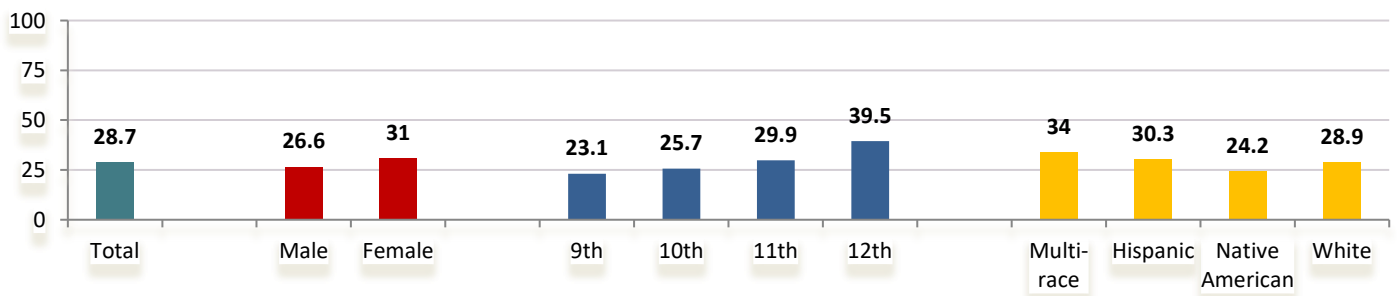
### DRANK ALCOHOL BEFORE AGE 13 YEARS

Statewide, 21.1 percent of students had their first drink of alcohol other than a few sips before age 13 years.



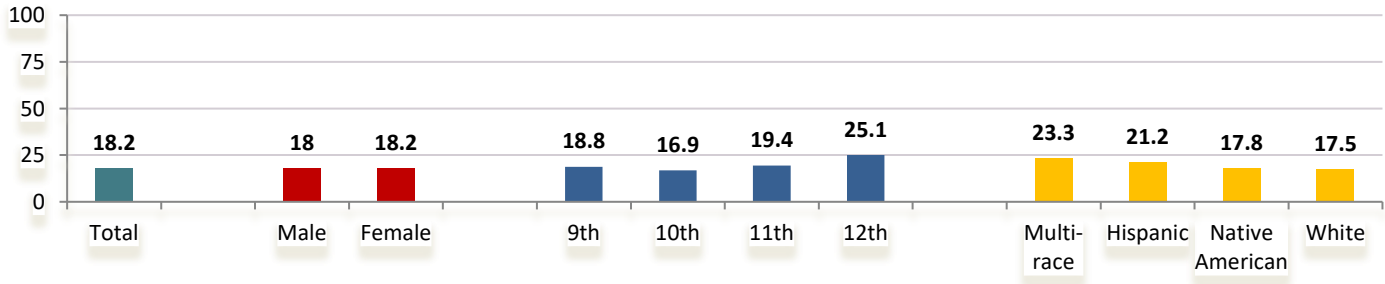
### CURRENT ALCOHOL USE

Statewide, 28.7 percent of students had at least one drink of alcohol on one or more of the past 30 days.



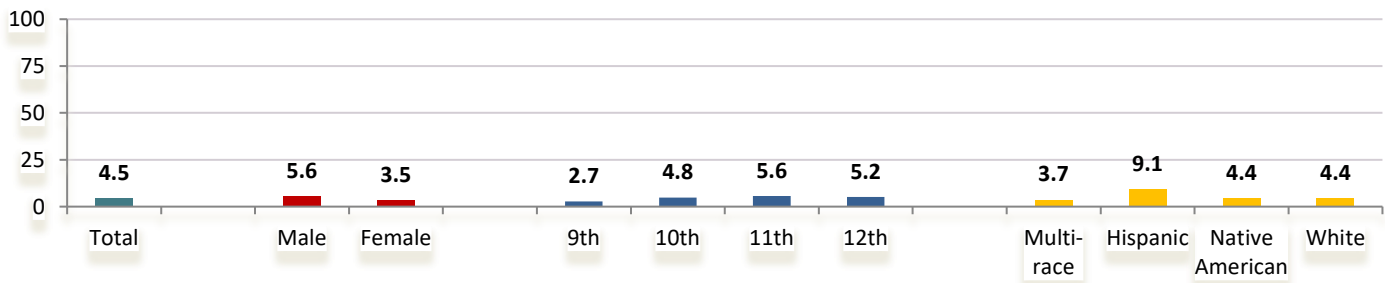
### BINGE DRINKING

During the past 30 days, 18.2 percent of students had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students within a couple of hours.



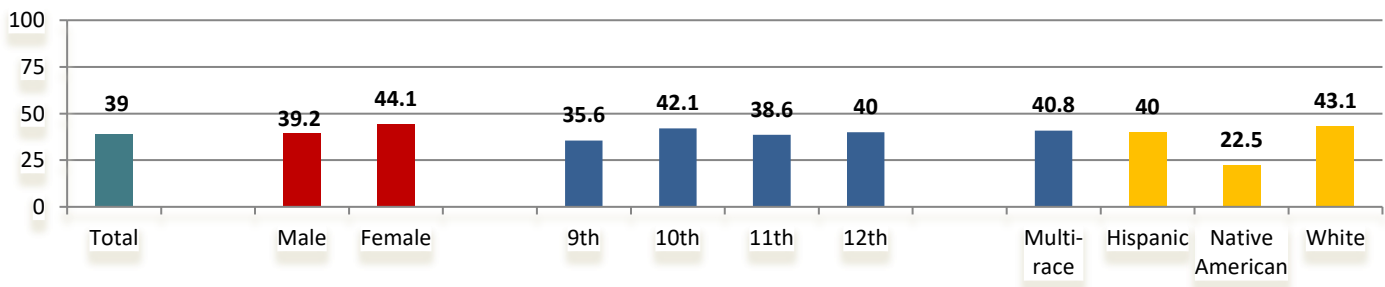
### TEN OR MORE DRINKS OF ALCOHOL

Statewide, 4.5 percent of students had ten or more drinks of alcohol in a row, that is, within a couple of hours during the past 30 days.



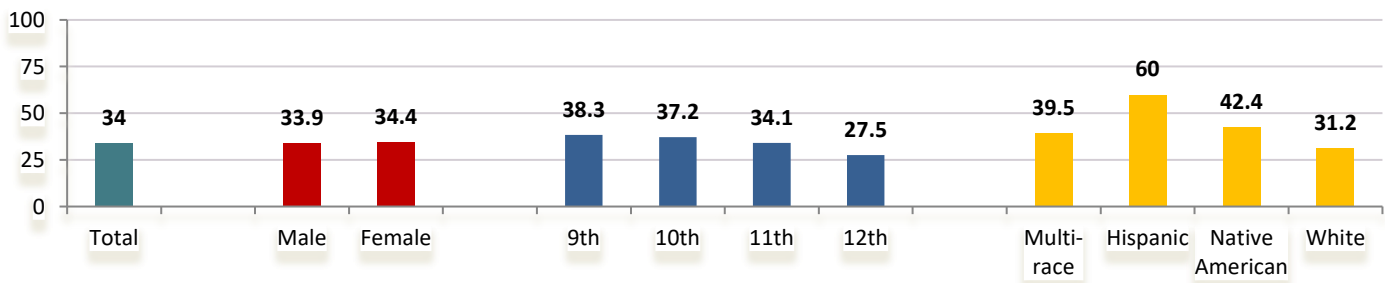
### OBTAINED ALCOHOL FROM SOMEONE

Among students who reported current alcohol use, 39 percent usually got the alcohol they drank from someone who gave it to them during the past 30 days.



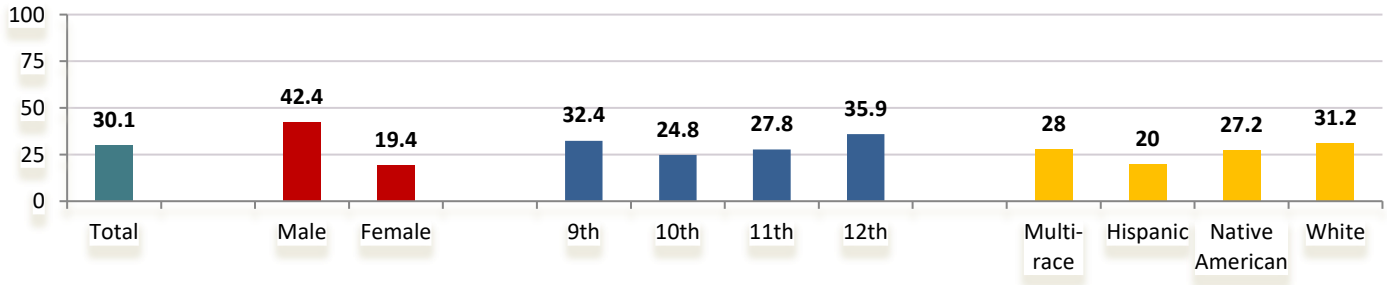
### TYPE OF ALCOHOL - LIQUOR

Among students who drank alcohol during the past 30 days, 45.7 percent of students drank vodka or some other type of liquor (such as rum, scotch, bourbon, whiskey, or tequila) most often.



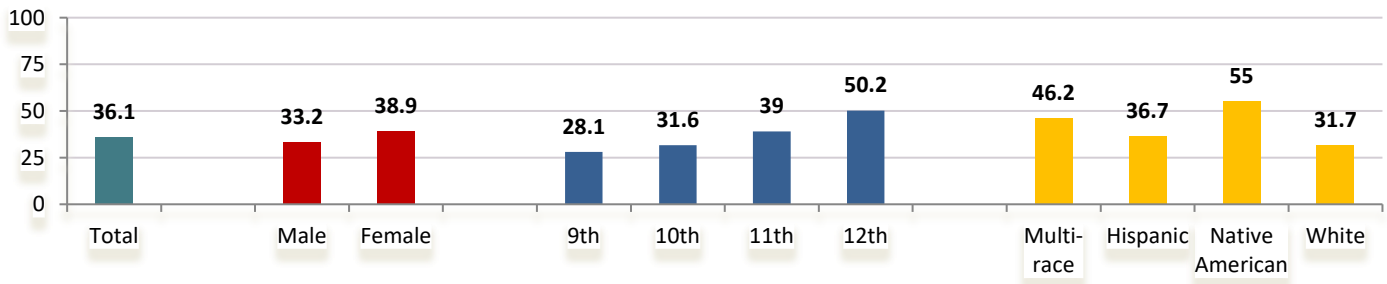
### TYPE OF ALCOHOL - BEER

Among students who drank alcohol during the past 30 days, 30.1 percent of students drank beer most often.



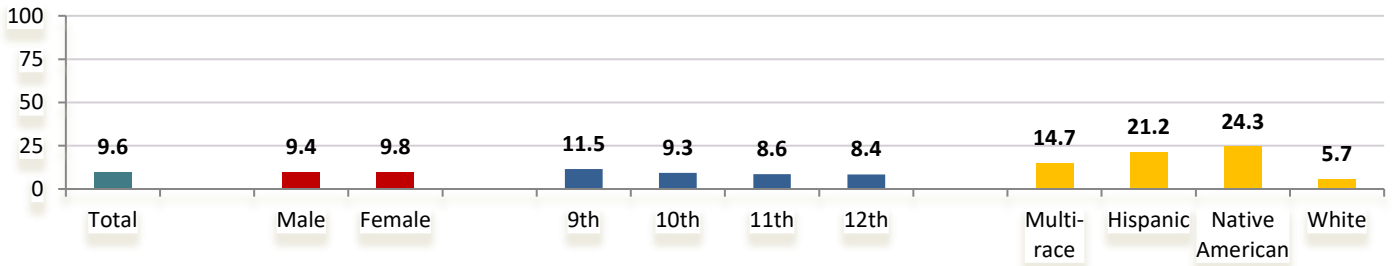
### LIFETIME MARIJUANA USE

Statewide, 36.1 percent of students had used marijuana one or more times during their life.



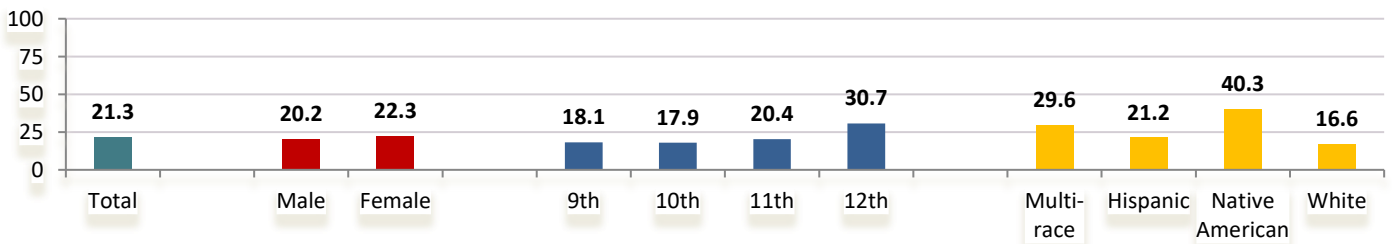
### TRIED MARIJUANA BEFORE AGE 13 YEARS

Statewide, 9.6 percent of students had tried marijuana for the first time before age 13 years.



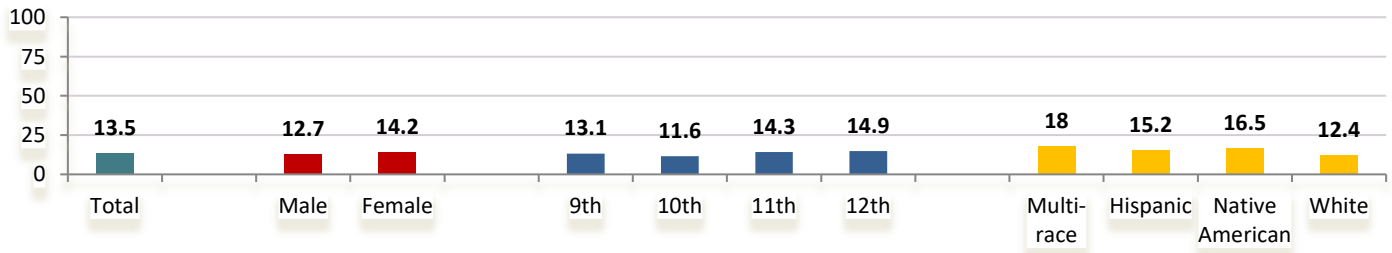
### CURRENT MARIJUANA USE

During the past 30 days, 19.7 percent of Montana high school students used marijuana one or more times.



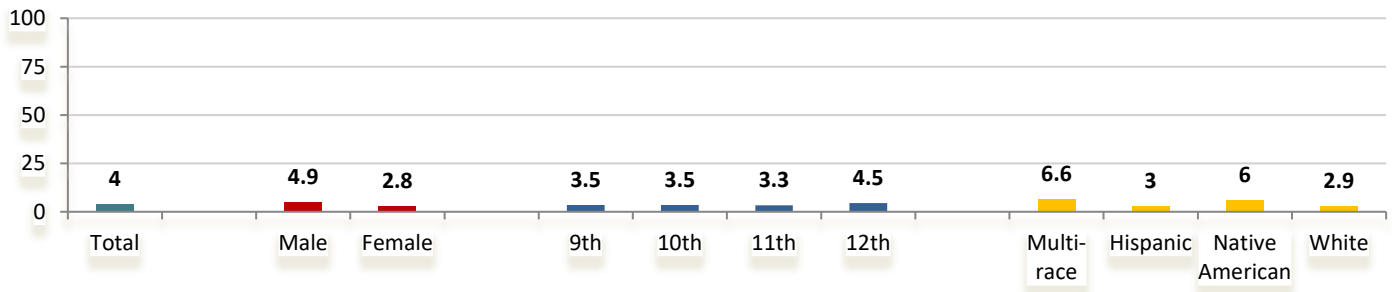
### LIFETIME PRESCRIPTION PAIN MEDICINE

Statewide, 13.5 percent of students took prescription pain medicine (such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) without a doctor's prescription or differently than how a doctor told them to use it during their life.



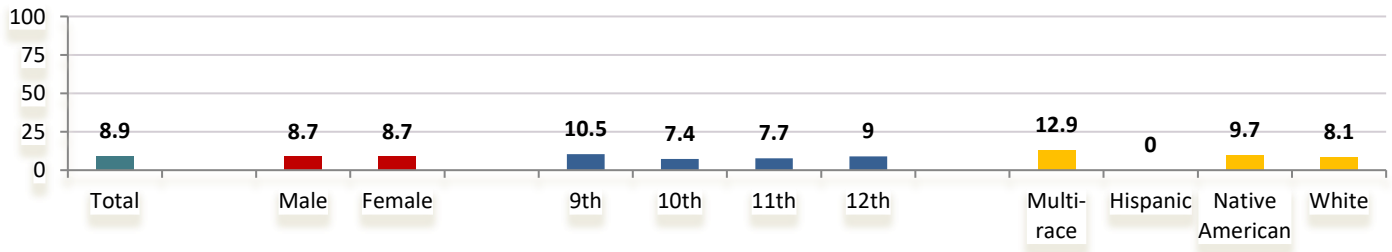
### LIFETIME COCAINE USE

Statewide, 4.0 percent of students used any form of cocaine, including powder, crack, or freebase, one or more times during their lives.



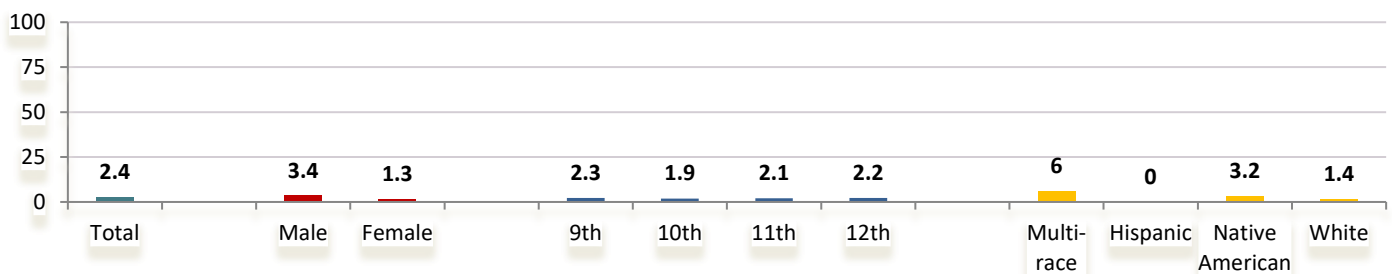
### LIFETIME INHALANT USE

Statewide, 8.9 percent of students sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their lives.



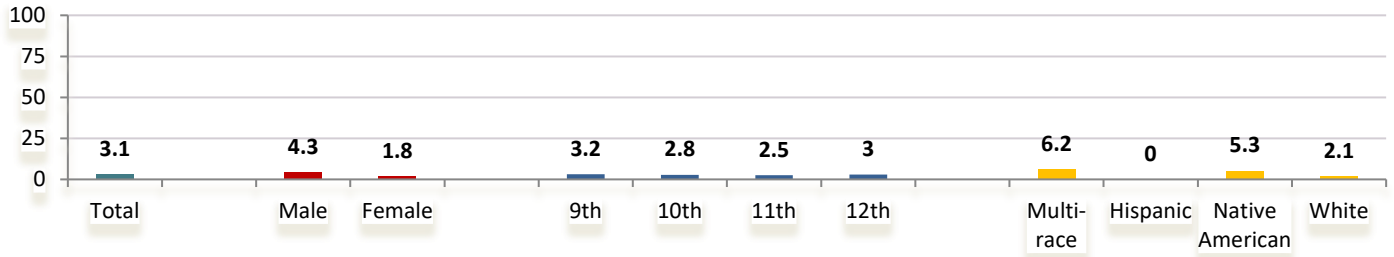
### LIFETIME HEROIN USE

Statewide, 2.4 percent of students used heroin one or more times during their life.



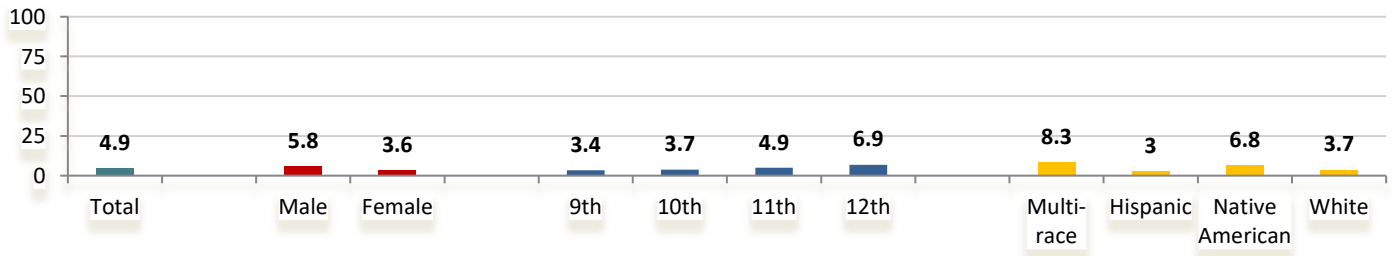
### LIFETIME METHAMPHETAMINE USE

Statewide, 2.4 percent of students had used methamphetamines one or more times during their life.



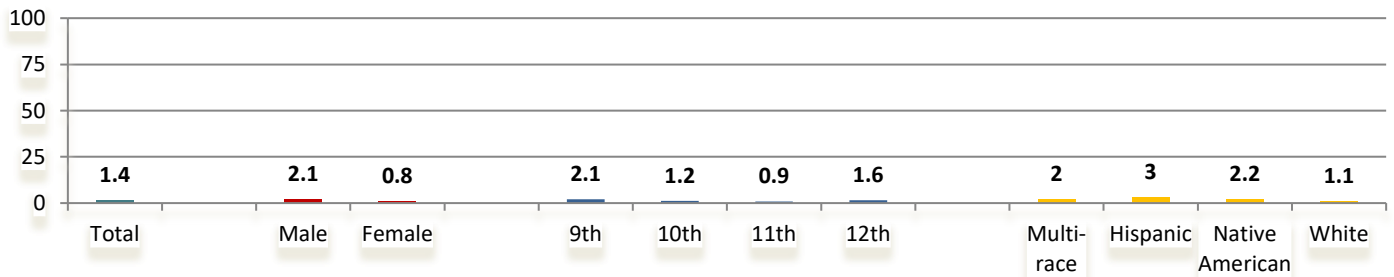
### LIFETIME ECSTASY USE

Statewide, 4.9 percent of students used ecstasy, also called “MDMA,” one or more times during their lives.



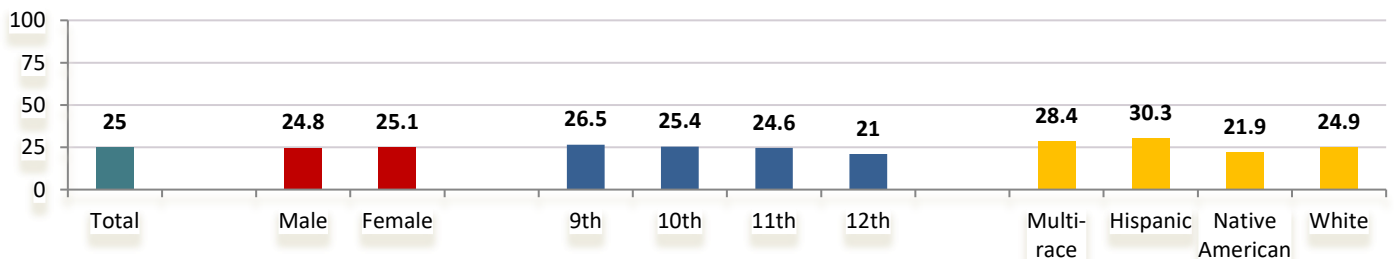
### LIFETIME INJECTING DRUG USE

Statewide, 1.4 percent of students used a needle to inject any illegal drug into their body during their lifetime.



### WERE OFFERED, SOLD, OR GIVEN AN ILLEGAL DRUG ON SCHOOL PROPERTY

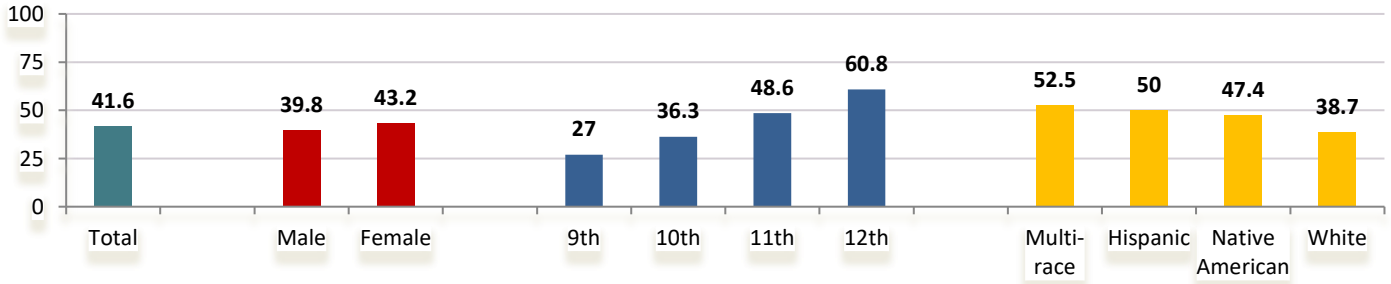
Statewide, 25 percent of students were offered, sold, or given an illegal drug by someone on school property during the past 12 months.



# Sexual Behaviors

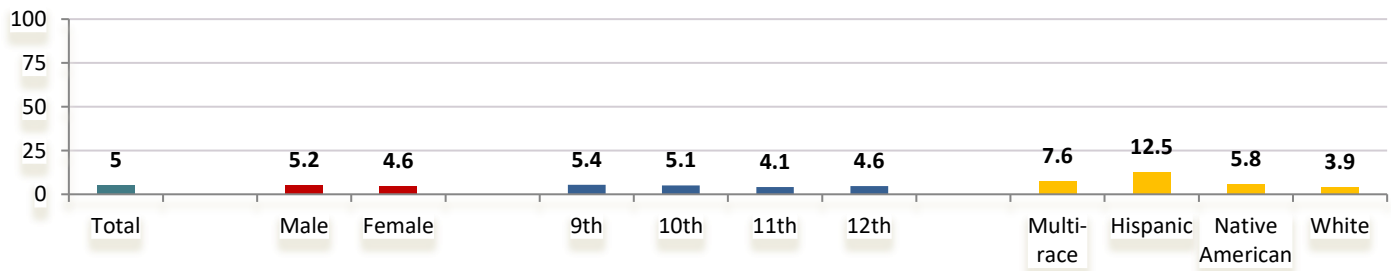
## LIFETIME SEXUAL INTERCOURSE

Statewide, 41.6 percent of students have ever had sexual intercourse during their life.



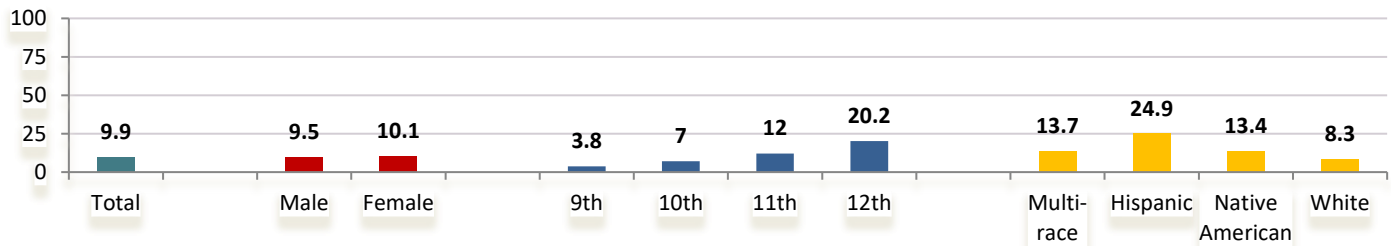
## SEXUAL INTERCOURSE BEFORE AGE 13 YEARS

Statewide, 5 percent of students had sexual intercourse for the first time before age 13 years.



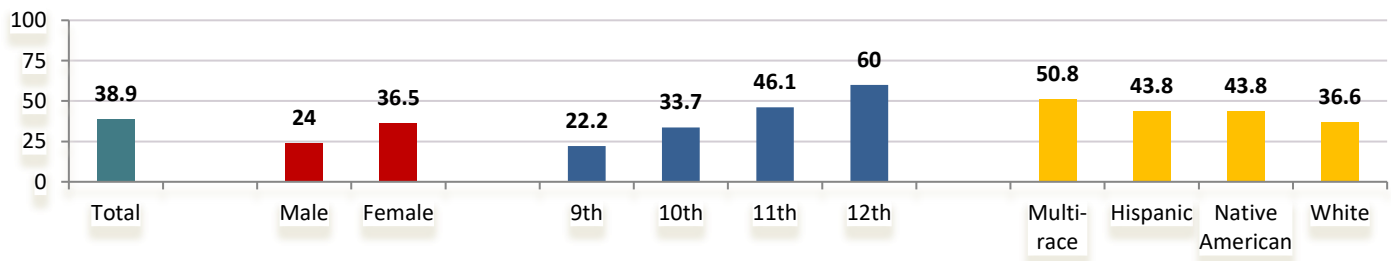
## MULTIPLE SEXUAL PARTNERS

Among Montana high school students, 9.9 percent had sexual intercourse with four or more persons during their lives.



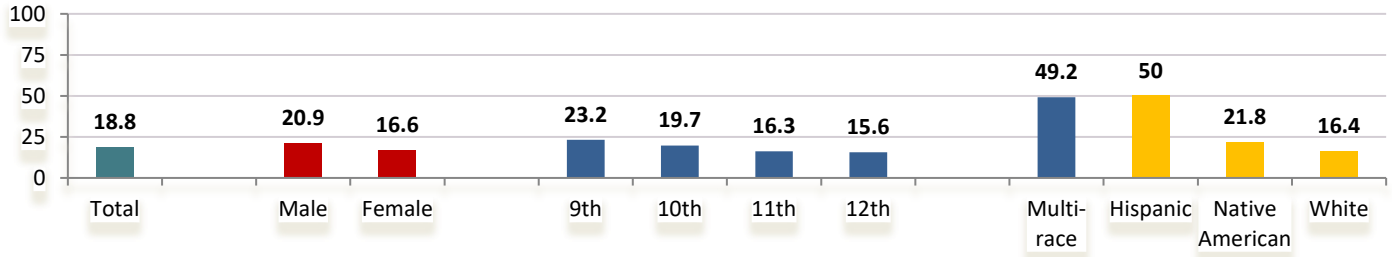
## CURRENTLY SEXUALLY ACTIVE

During the past three months, 38.9 percent of students had sexual intercourse with one or more people.



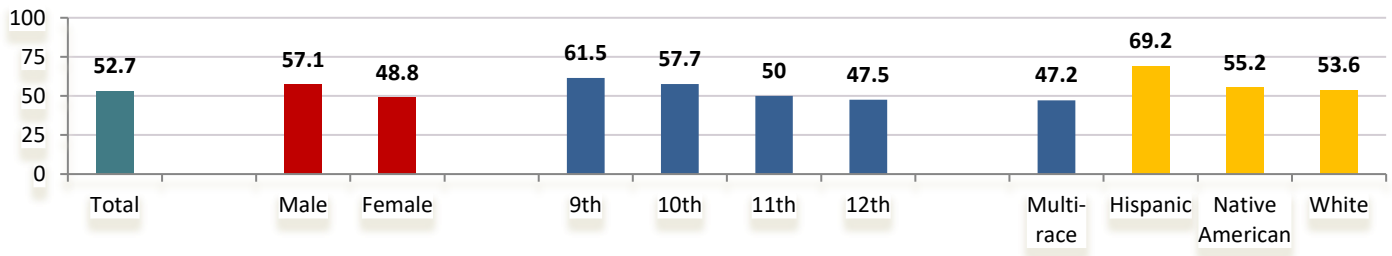
### DRANK ALCOHOL OR USED DRUGS BEFORE LAST SEXUAL INTERCOURSE

Among students who had sexual intercourse during the past three months, 18.8 percent drank alcohol or used drugs before the last sexual intercourse.



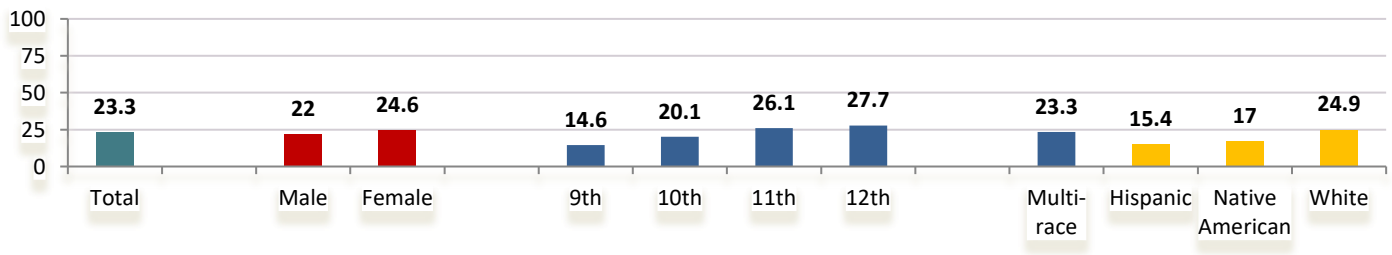
### CONDOM USE

Among currently sexually active students, 52.7 percent used a condom during their last sexual intercourse.



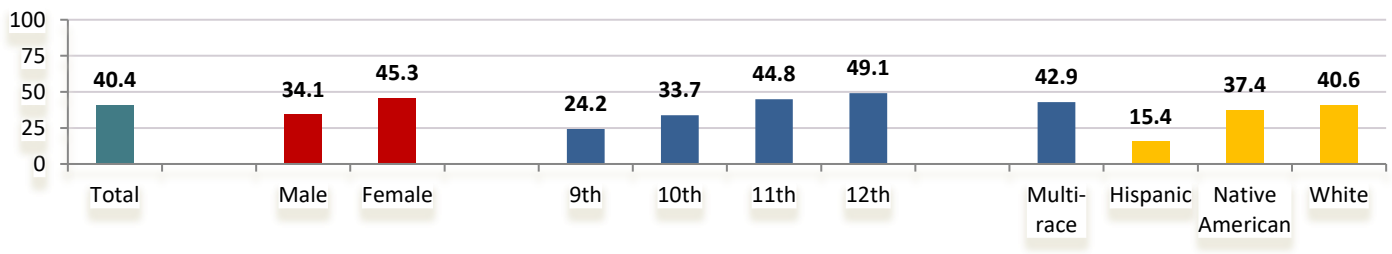
### BIRTH CONTROL PILL USE

Among currently sexually active students, 23.3 percent used birth control pills to prevent pregnancy before the last sexual intercourse.



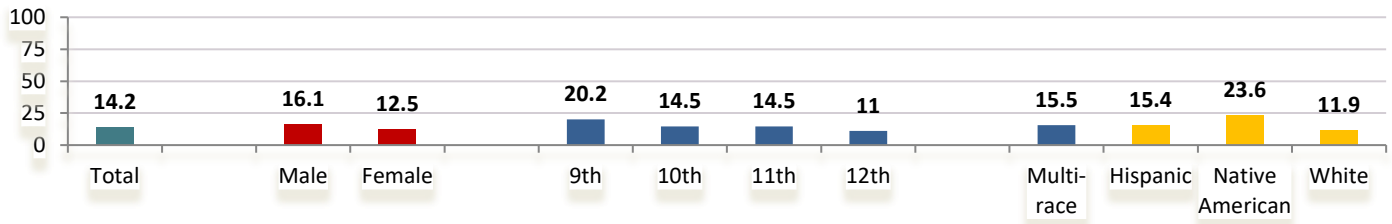
### CONTRACEPTIVE USE

Among currently sexually active students, 53.1 percent used birth control pills, an IUD or implant, or a shot, patch, or birth control ring to prevent pregnancy before the last sexual intercourse.



### NO METHOD USED TO PREVENT PREGNANCY

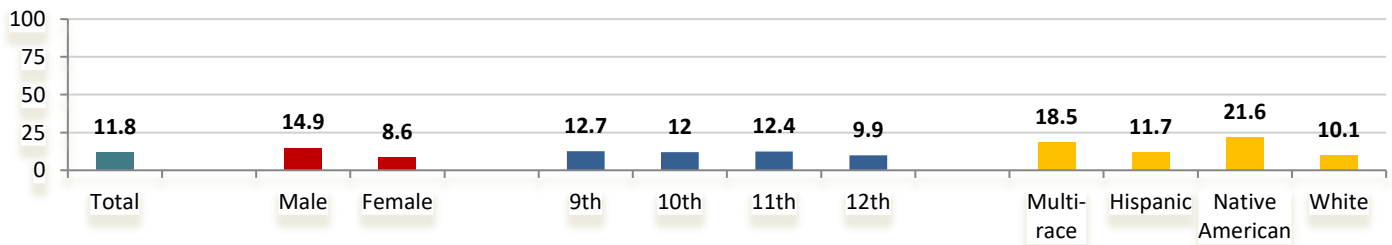
Among currently sexually active students, 7.9 percent used no method of birth control to prevent pregnancy before the last sexual intercourse.



## Dietary Behaviors and Nutrition

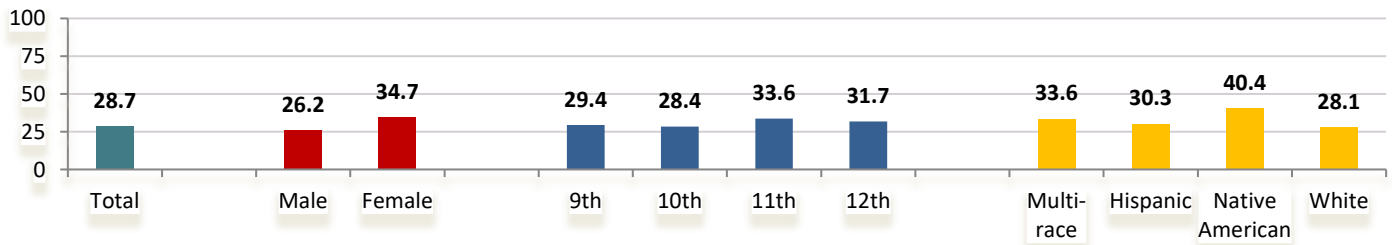
### OBESITY

Statewide, 11.8 percent of students were obese (i.e., at or above the 95<sup>th</sup> percentile for body mass index, by age and sex).



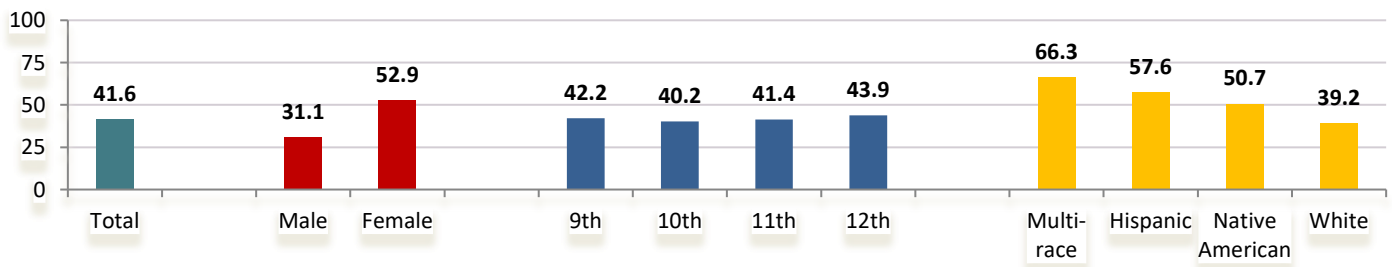
### DESCRIBED THEMSELVES AS OVERWEIGHT

Statewide, 28.7 percent of students described themselves as slightly or very overweight.



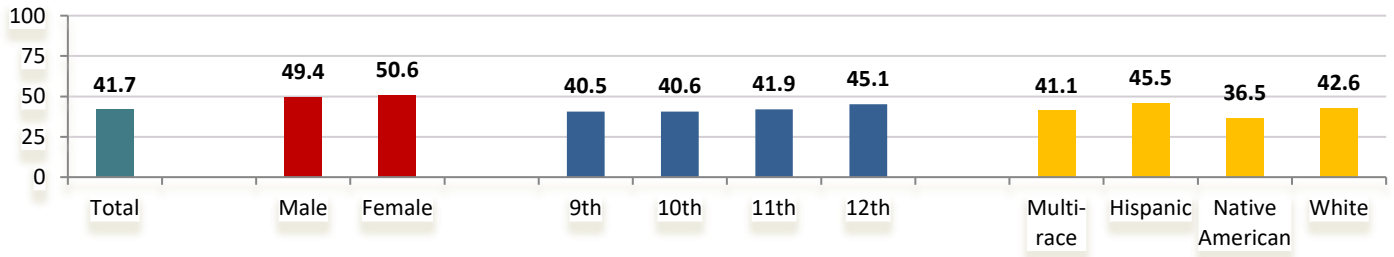
### TRYING TO LOSE WEIGHT

Statewide, 41.6 percent of students were trying to lose weight.



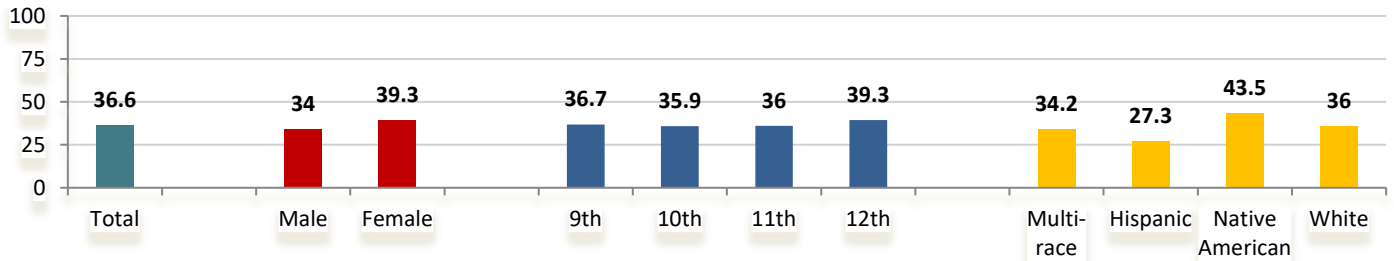
### 100% FRUIT JUICES

Statewide, 41.7 percent of students drank fruit juice 1 to 3 times during the past seven days.



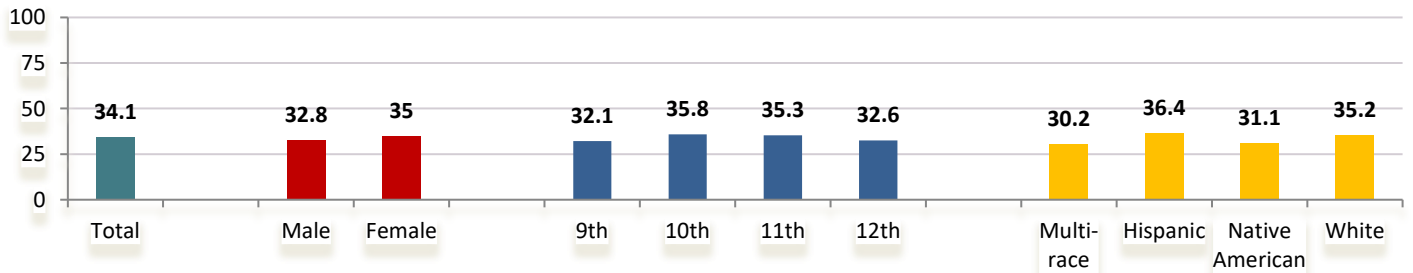
### FRUIT CONSUMPTION

Statewide, 36.6 percent of students ate fruit 1 to 3 times during the past seven days.



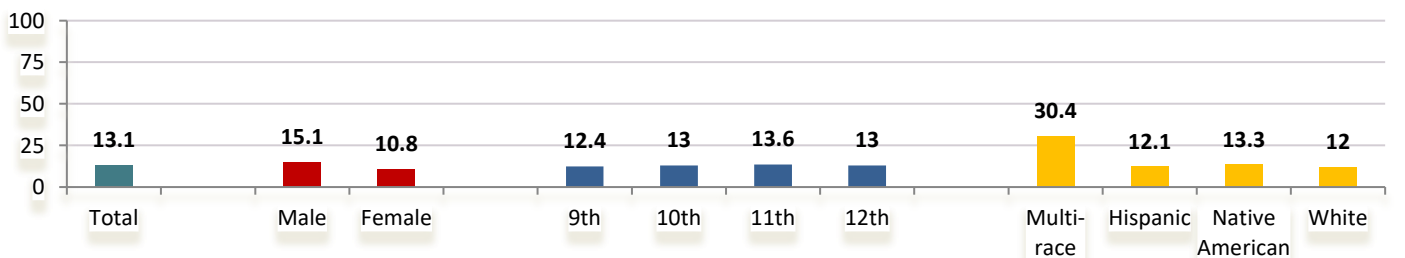
### 100% FRUIT JUICES

Statewide, 34.1 percent of students did not drink fruit juice during the past seven days.



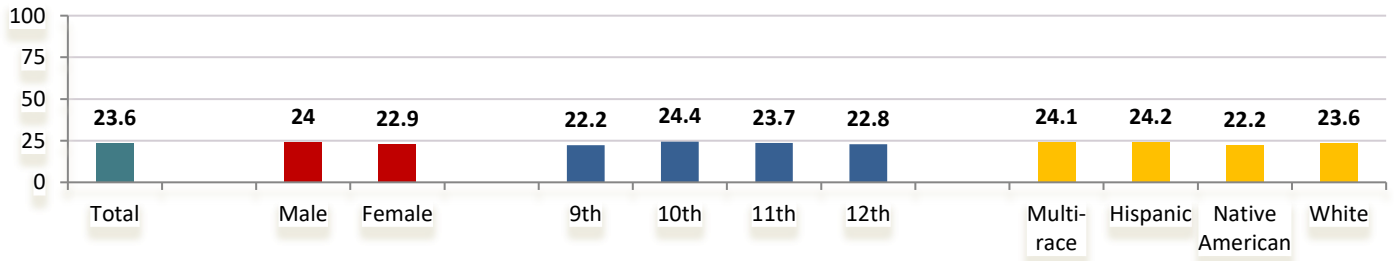
### FRUIT CONSUMPTION

Statewide, 13.1 percent of students did not eat fruit during the past seven days.



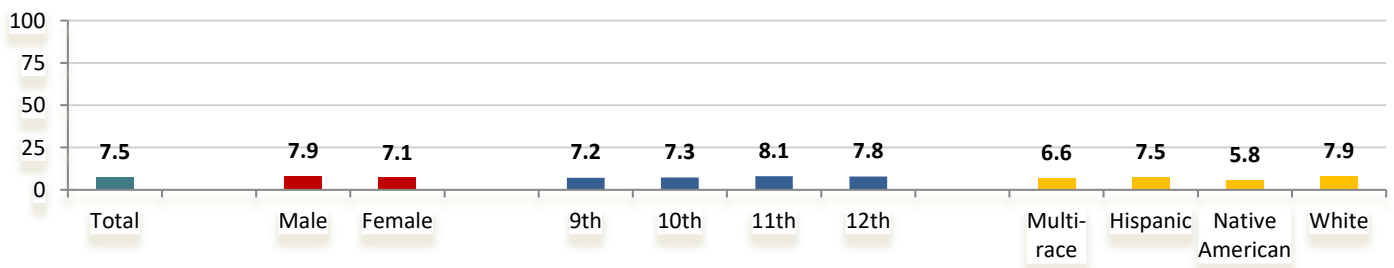
### FRUIT OR FRUIT JUICES

Statewide, 23.6 percent of students did not eat fruit or drink 100% fruit juice on any of the past seven days.



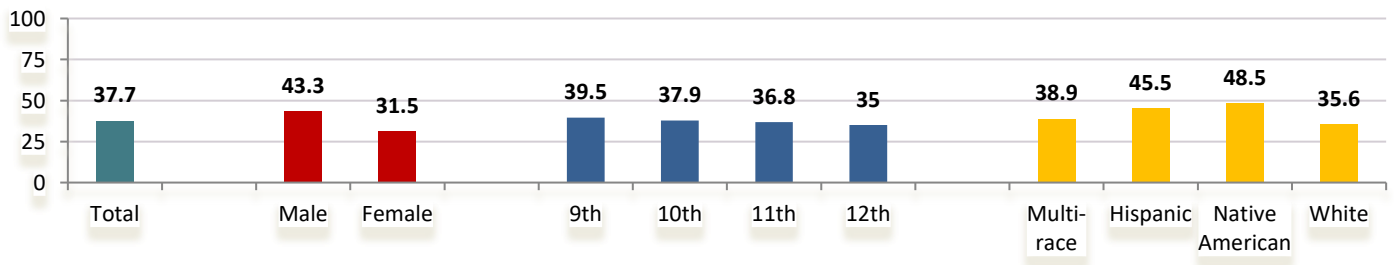
### FRUIT OR FRUIT JUICES - DAILY

Statewide, 6.6 percent of students ate fruit or drank fruit juice each of the past seven days.



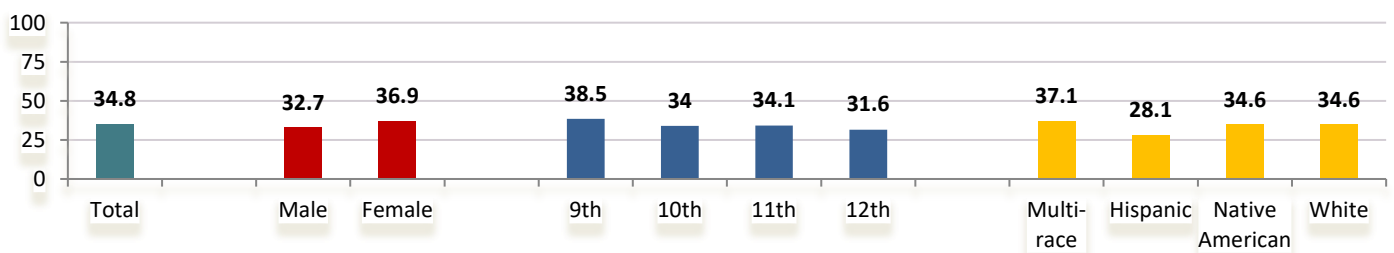
### GREEN SALAD

Statewide, 37.7 percent of students did not eat a green salad in the past seven days.



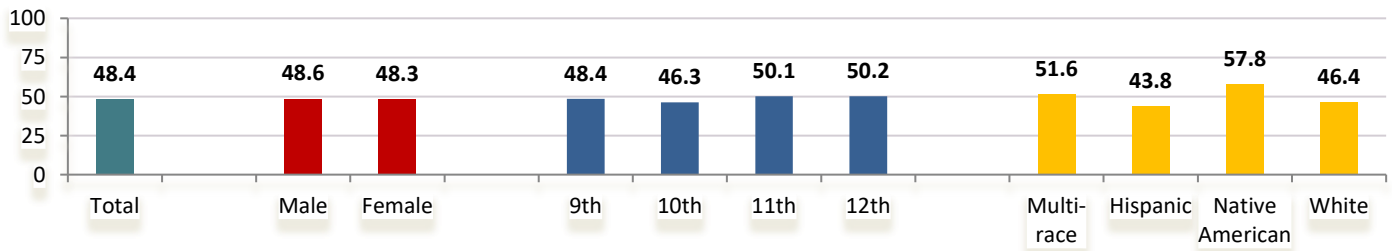
### POTATOES

Statewide, 37.8 percent of students did not eat potatoes in the past seven days.



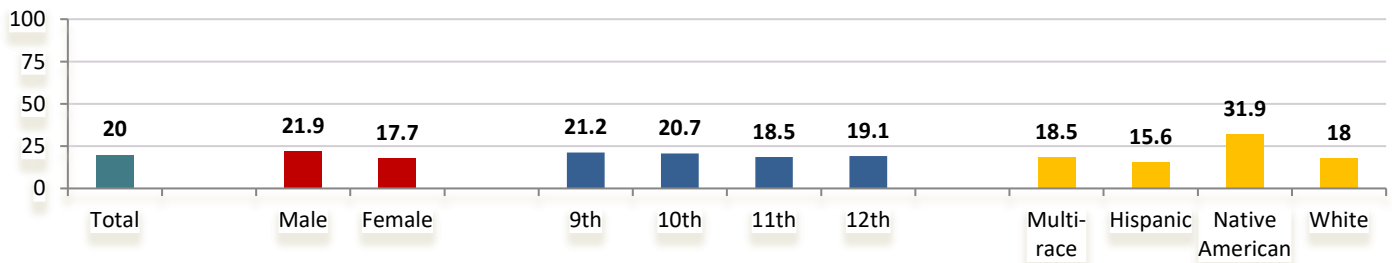
### CARROTS

Statewide, 48.4 percent of students did not eat carrots in the past seven days.



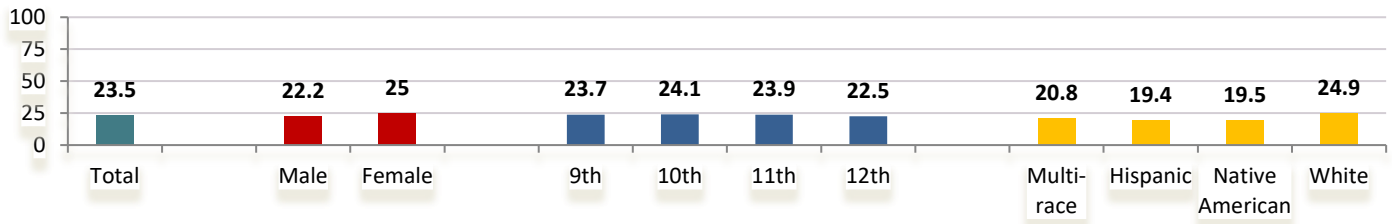
### OTHER VEGETABLES

Statewide, 20.0 percent of students did not eat other vegetables during the past seven days.



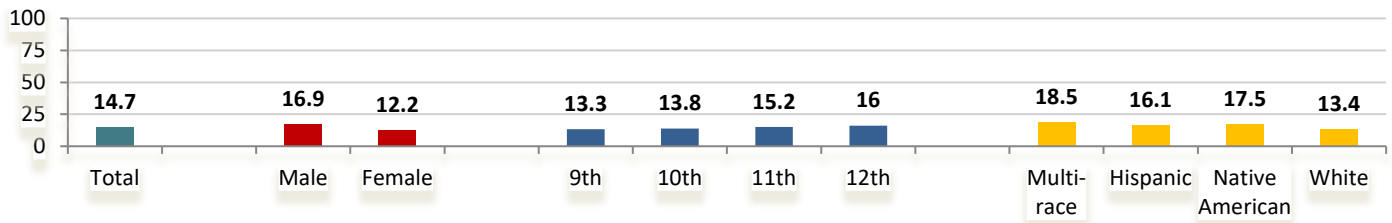
### NO SODA OR POP

Statewide, 23.5 percent of students did not drink a can, bottle, or glass of soda or pop during the past seven days.



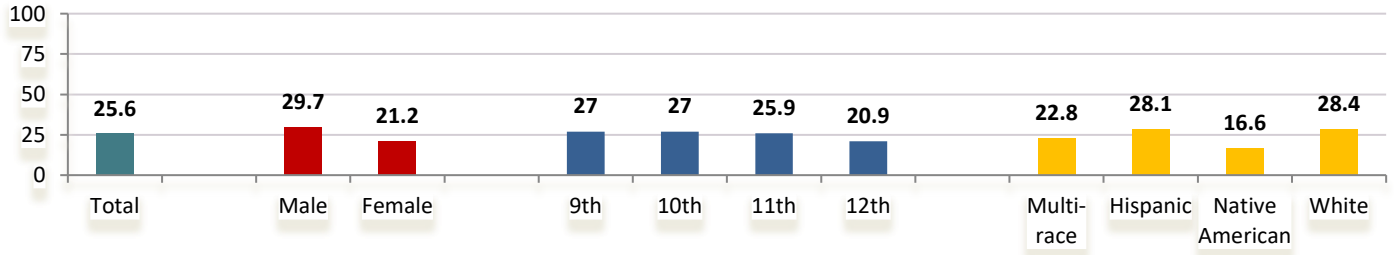
### DRANK SODA OR POP DAILY

Statewide, 14.7 percent of students drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days.



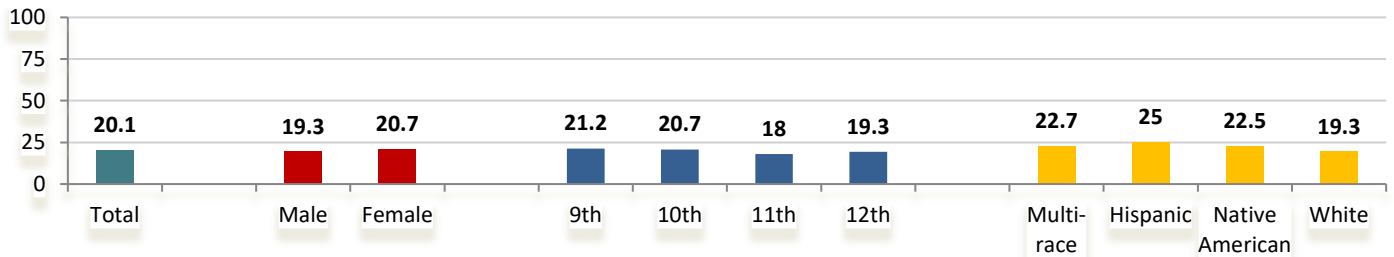
### DAILY BREAKFAST

Statewide, 25.6 percent of students ate breakfast for the past seven days.



### NO BREAKFAST

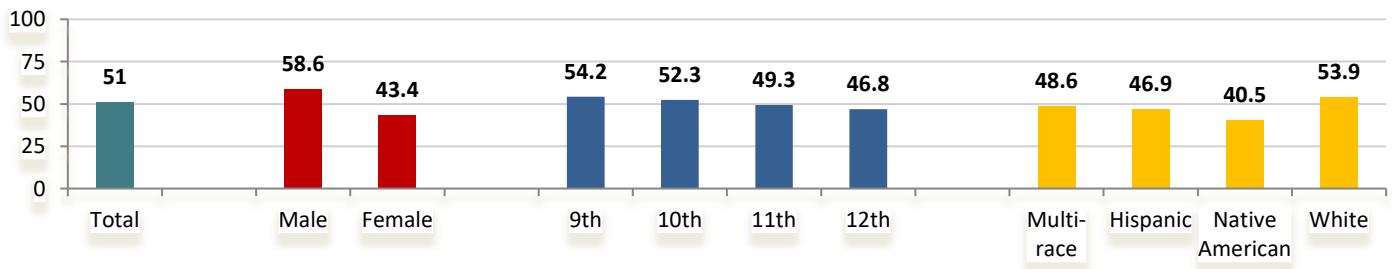
Statewide, 20.1 percent of students did not eat breakfast on any of the past seven days.



## Physical Activity

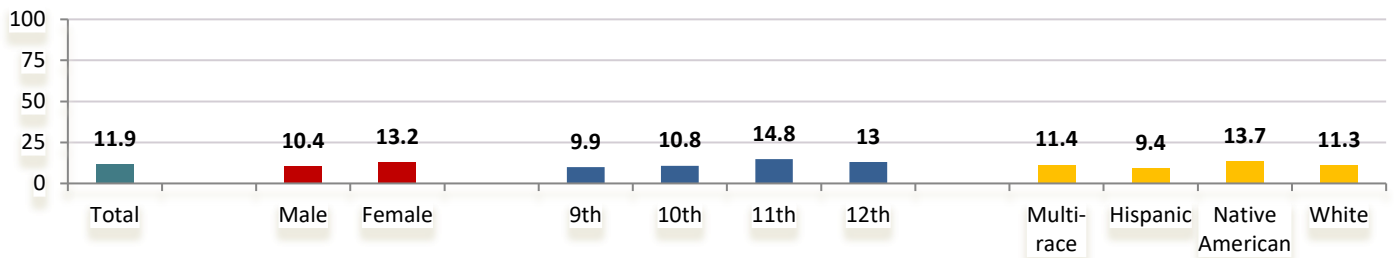
### Met Recommended Levels of Physical Activity

Statewide, 51.0 percent of students were physically active for a total of at least 60 minutes per day on five or more of the past seven days.



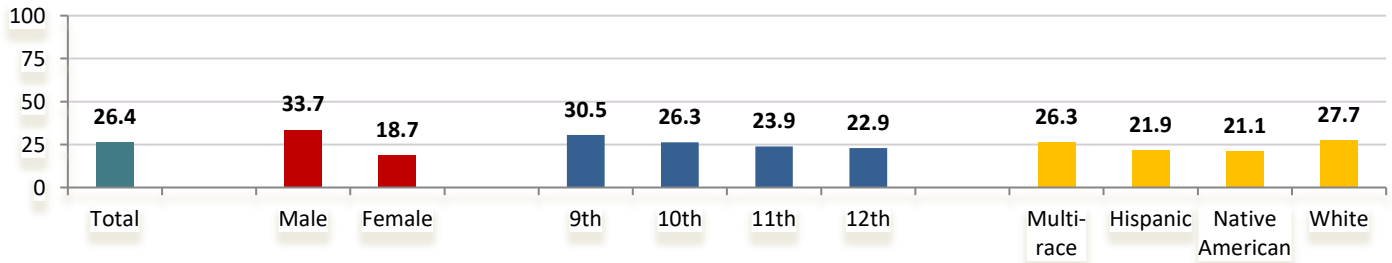
### NO PHYSICAL ACTIVITY

Statewide, 11.9 percent of students did not participate in at least 60 minutes of physical activity on any of the past seven days.



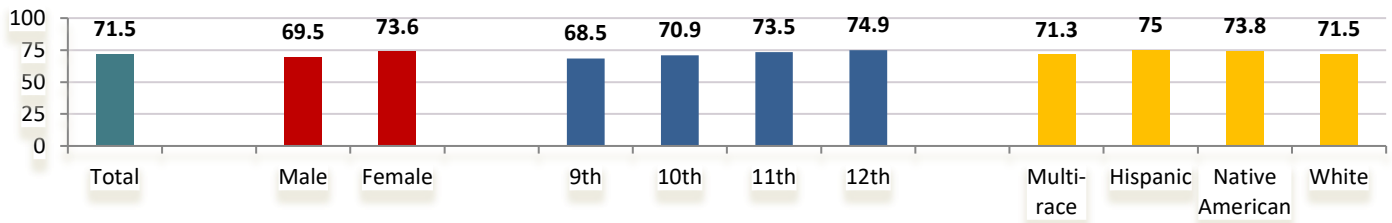
### DAILY PHYSICAL ACTIVITY

Statewide, 26.4 percent of students were physically active at least 60 minutes per day on all of the past seven days.



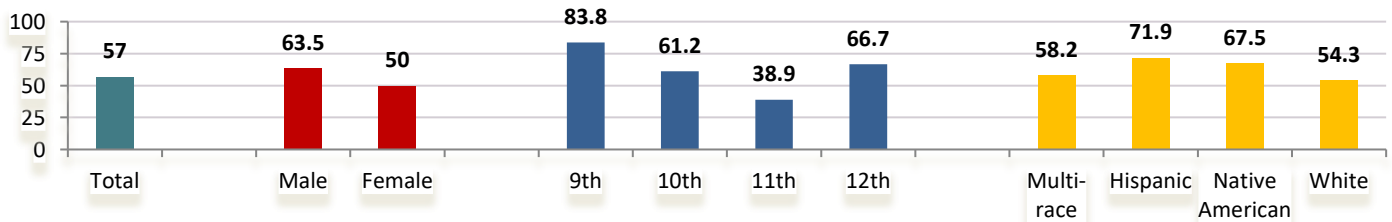
### SCREEN TIME THREE OR MORE HOURS PER DAY

Statewide, 71.5 percent of students spent three or more hours of screen time per day on an average school day. (In front of a TV, computer, smartphone, or other electronic device, watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork.)



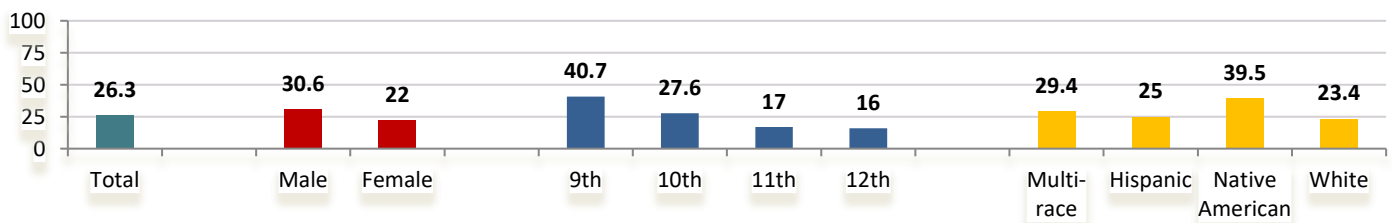
### PHYSICAL EDUCATION ATTENDANCE

Statewide, 57 percent of students attended physical education (PE) classes on one or more days in an average week when they were in school.



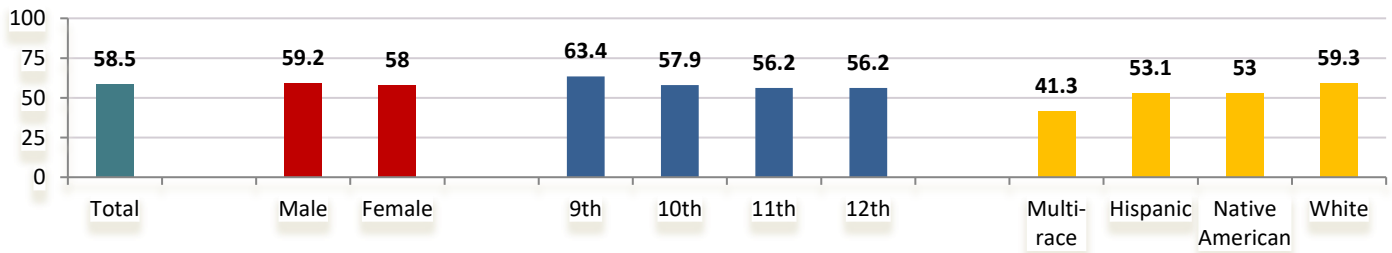
### DAILY PHYSICAL EDUCATION ATTENDANCE

Statewide, 26.3 percent of students attended physical education (PE) classes daily in an average week when they were in school.



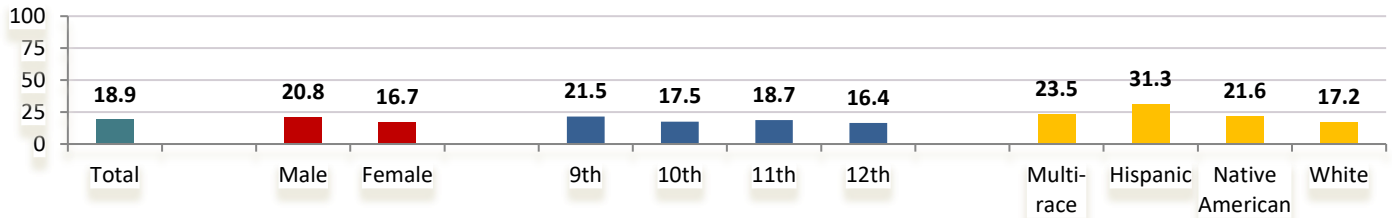
### PLAYED ON AT LEAST ONE SPORTS TEAM

Statewide, 58.8 percent of students played on one or more sports teams during the past 12 months.



### CONCUSSION

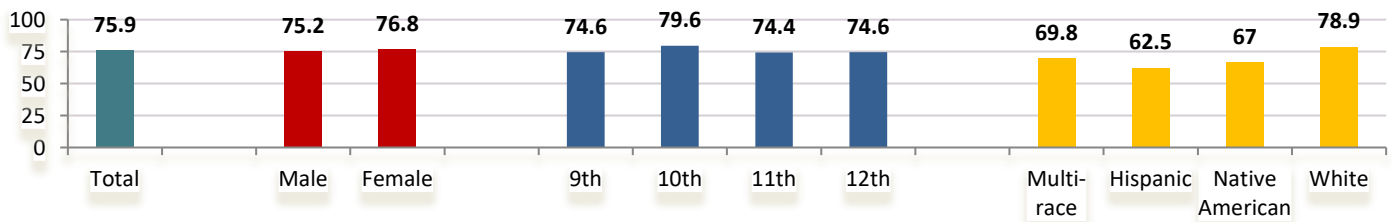
Statewide, 19.0 percent of students had a concussion from playing a sport or being physically active during the past 12 months.



## Other Health-Related Behaviors

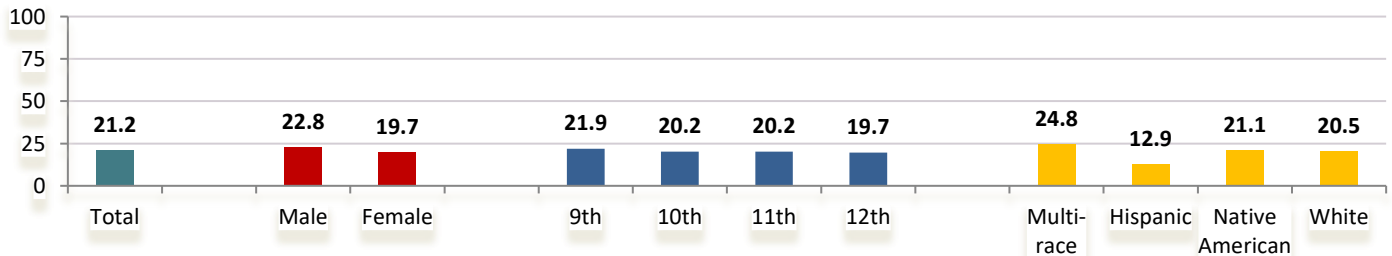
### DENTAL CARE

Statewide, 75.9 percent of students saw a dentist during the past 12 months.



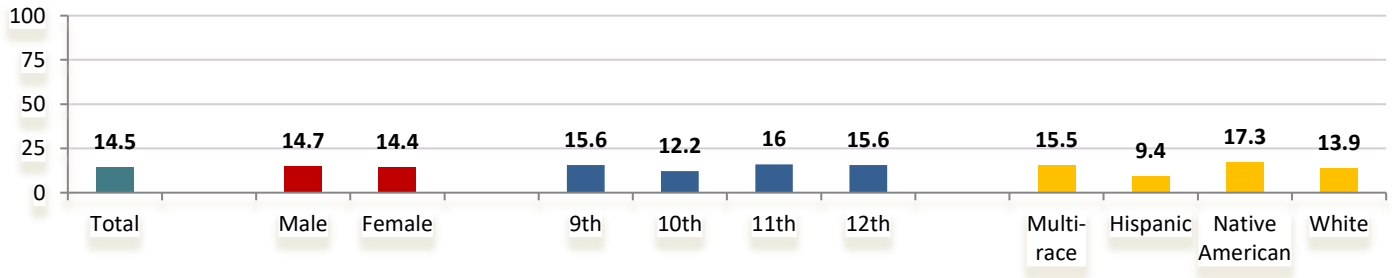
### LIFETIME ASTHMA

Statewide, 21.2 percent of students had been told by a doctor or nurse that they had asthma.



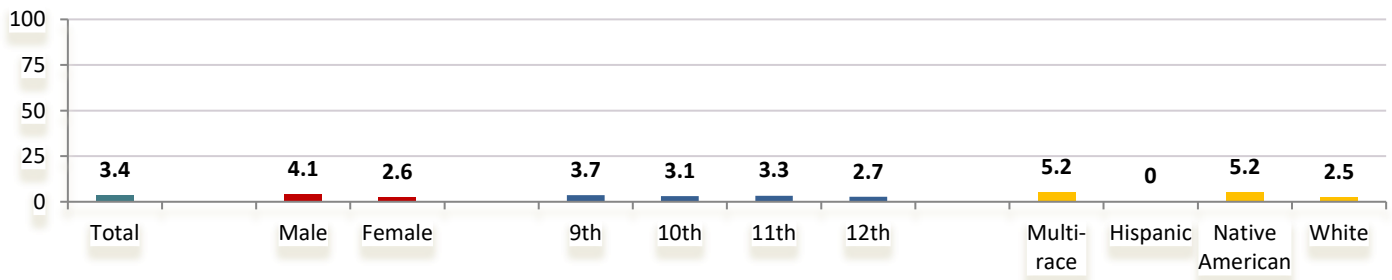
### CURRENT ASTHMA

Statewide, 14.5 percent of students currently still have asthma.



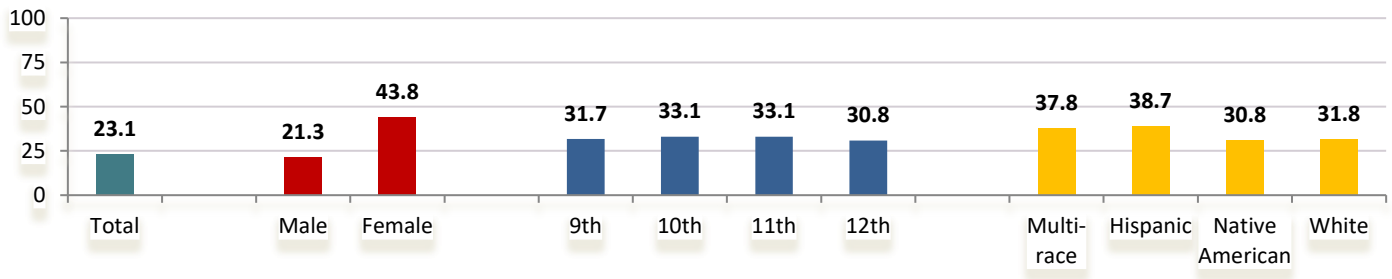
### SCHOOL ABSENCE DUE TO ASTHMA

Among students with asthma, 3.4 percent of students missed one or more days of school because of their asthma during the past 30 days.



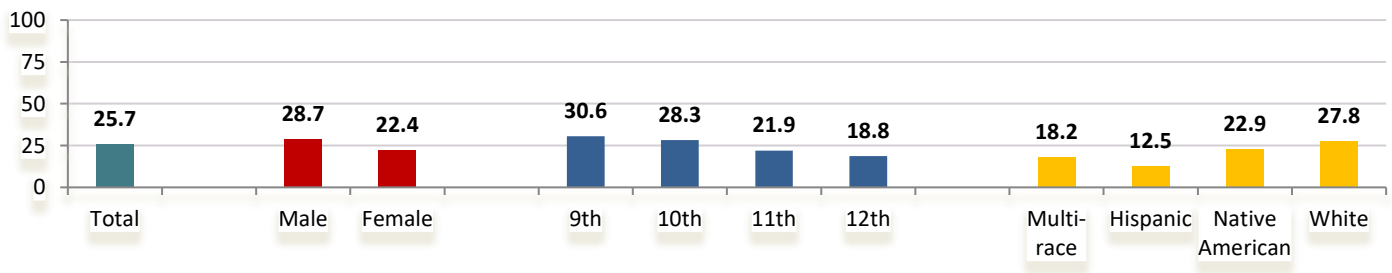
### CURRENT MENTAL HEALTH STATUS

Statewide, 23.1 percent of students reported that their mental health was most of the time or always not good during the past 30 days.



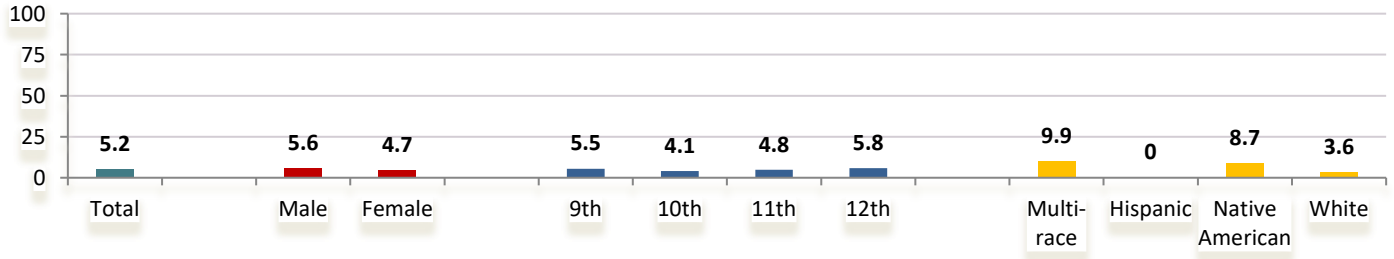
### 8 HOURS OF SLEEP

Statewide, 25.7 percent of students had eight or more hours of sleep on an average school night.



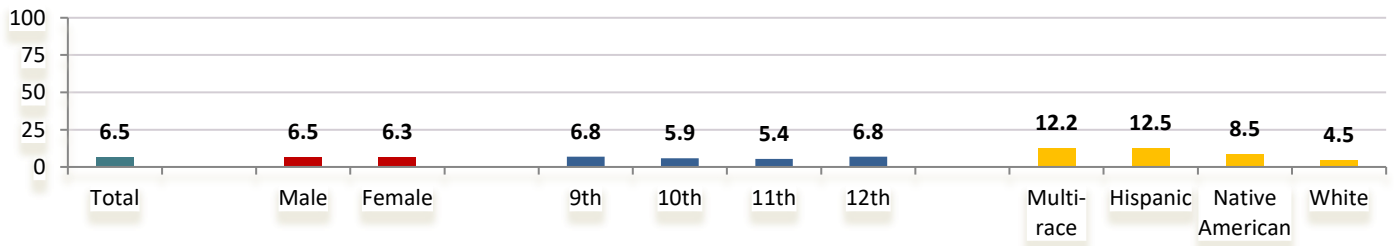
### HOMELESSNESS

During the past 30 days, 5.2 percent of students did not usually sleep in their parent's or guardian's home.



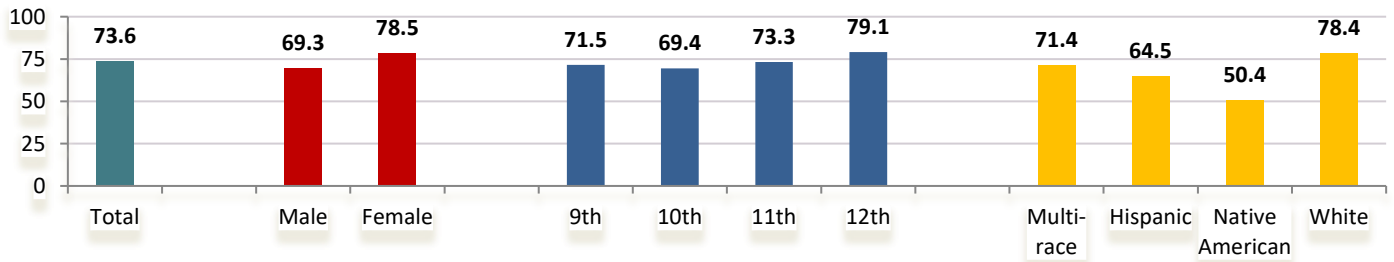
### RUNAWAY YOUTH

During the past 30 days, 6.5 percent of students had slept away from their parents or guardians because they were kicked out, ran away, or were abandoned, during the past 30 days.



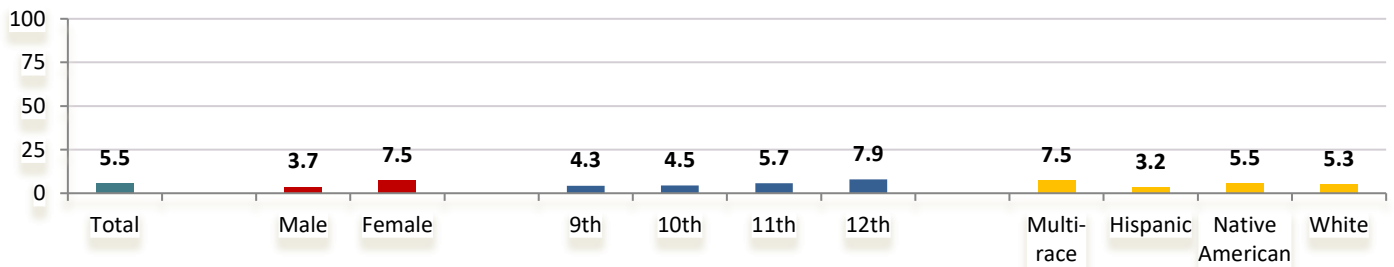
### MOSTLY A's OR B's

Statewide, 73.6 percent of students made mostly A's or B's in school during the past 12 months.



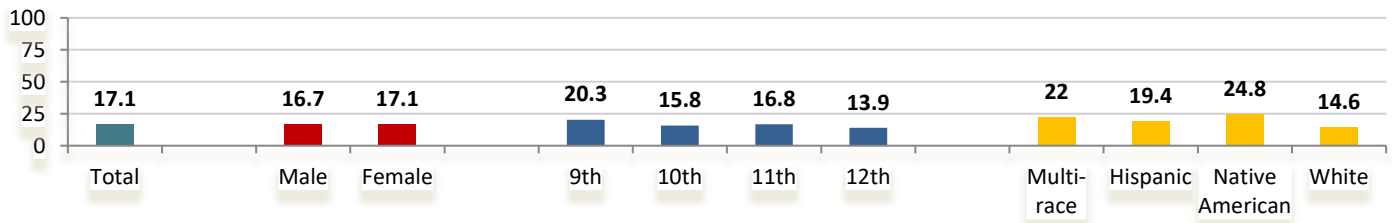
### INDOOR TANNING DEVICES

Statewide, 5.5 percent of students used an indoor tanning device such as a sunlamp, sunbed, or tanning booth one or more times during the past 12 months.



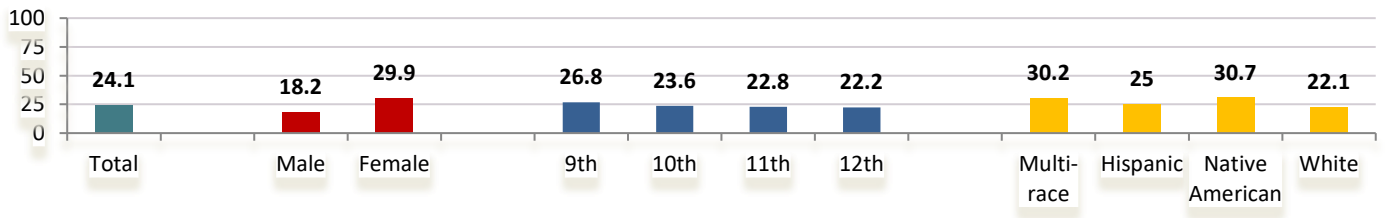
### STUDENTS WITH SPECIAL NEEDS

Statewide, 17.1 percent of students received help from a school resource teacher, speech therapist, or other special education teacher during the past 12 months.



### STUDENTS VISITING SUPPORT STAFF

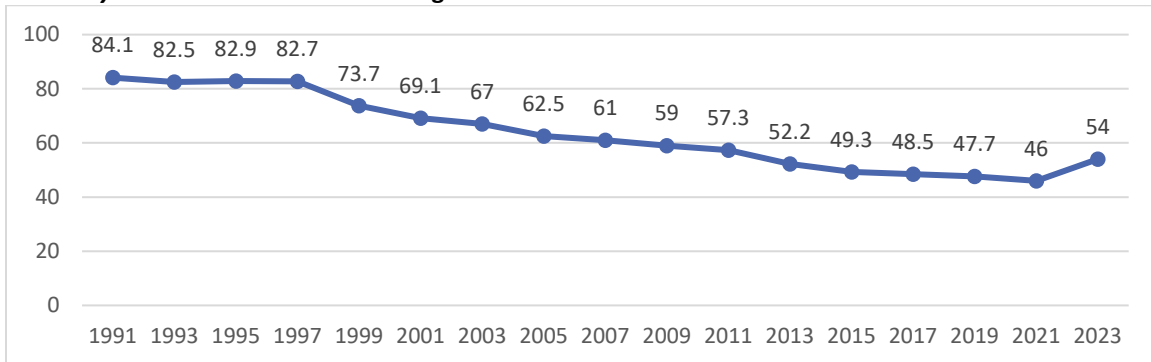
Statewide, 24.1 percent of students spoke with a mental health provider at school, such as a counselor, psychologist, or social worker during the 2022-2023 school year.



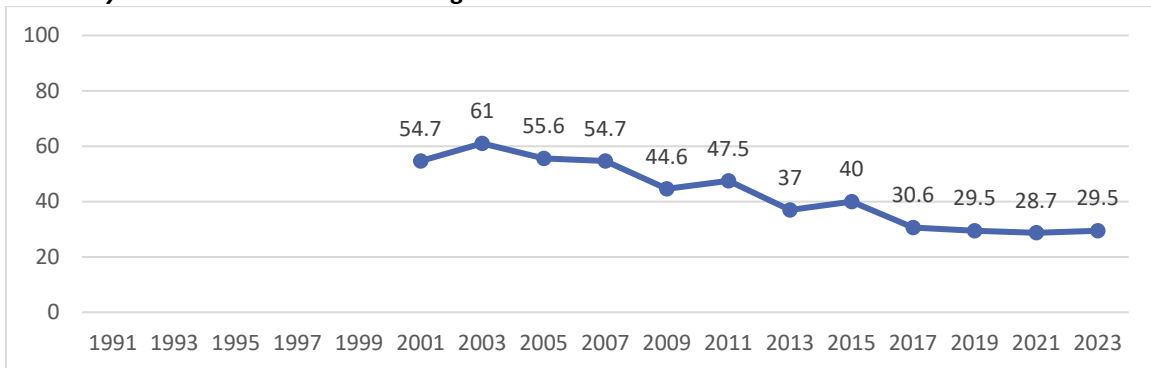
## 2023 Montana Youth Risk Behavior Survey Results 32-Year Trend Charts (1991-2023)

### 1. Unintentional Injuries and Violence

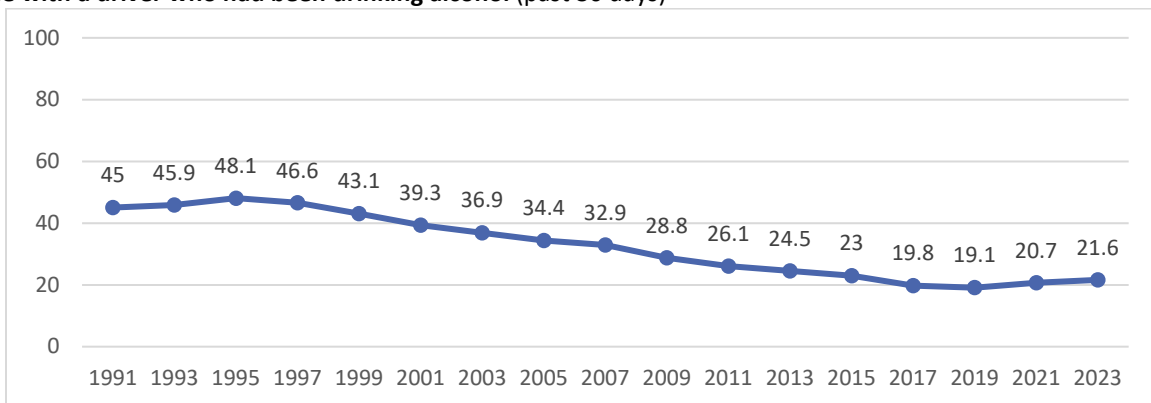
**Did not *always* wear a seat belt when riding in a car**



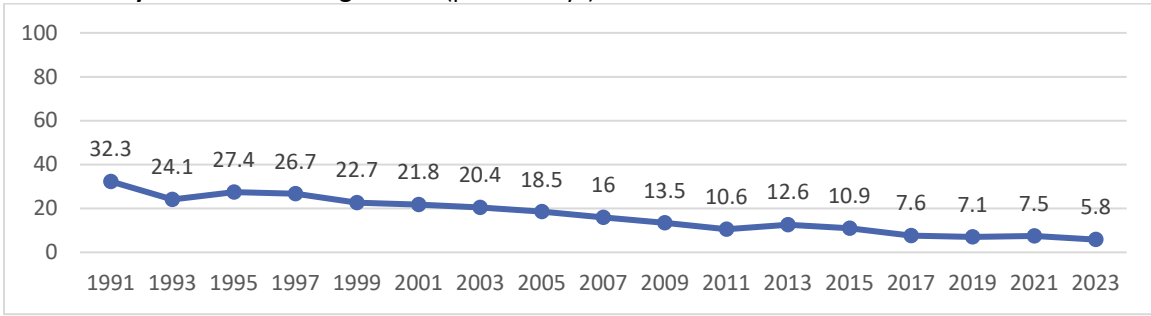
**Did not *always* wear a seat belt when driving a car**



**Rode with a driver who had been drinking alcohol (past 30 days)**



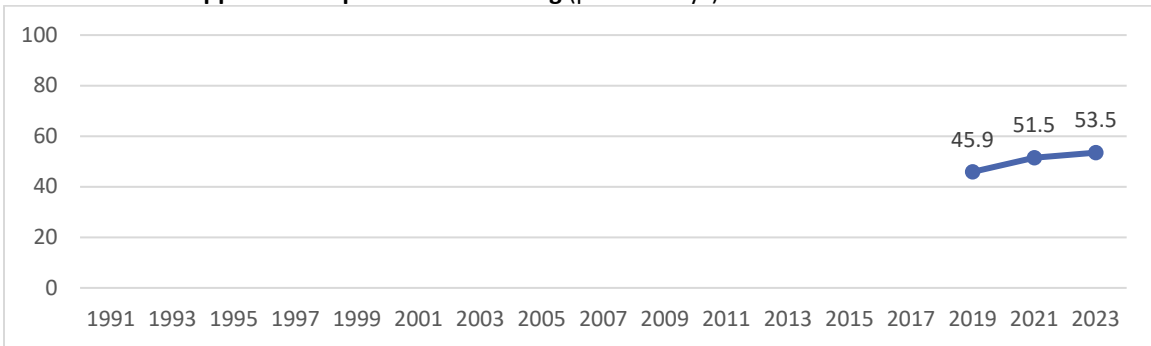
**Drove when they had been drinking alcohol (past 30 days)**



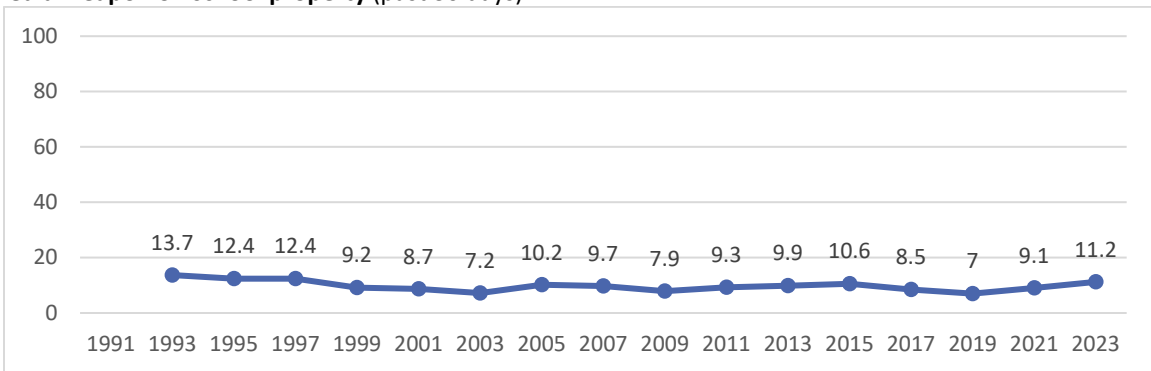
**Texted or e-mailed while driving a car or other vehicle (past 30 days)**



**Used the Internet or Apps on their phone while driving (past 30 days)**



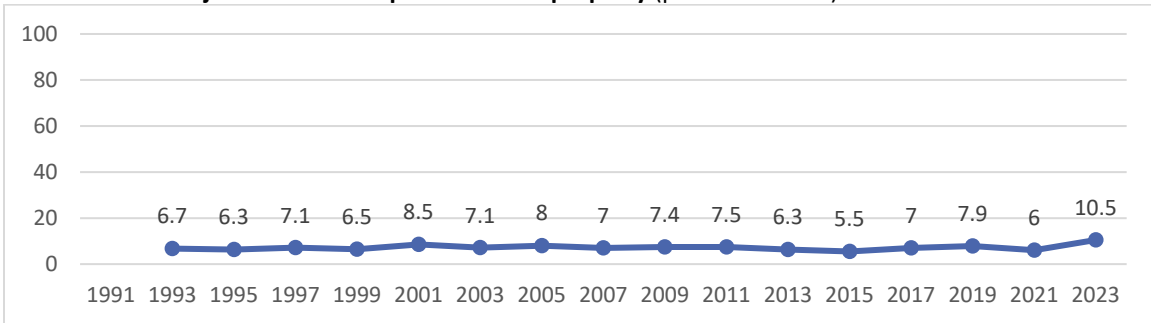
**Carried a weapon on school property (past 30 days)**



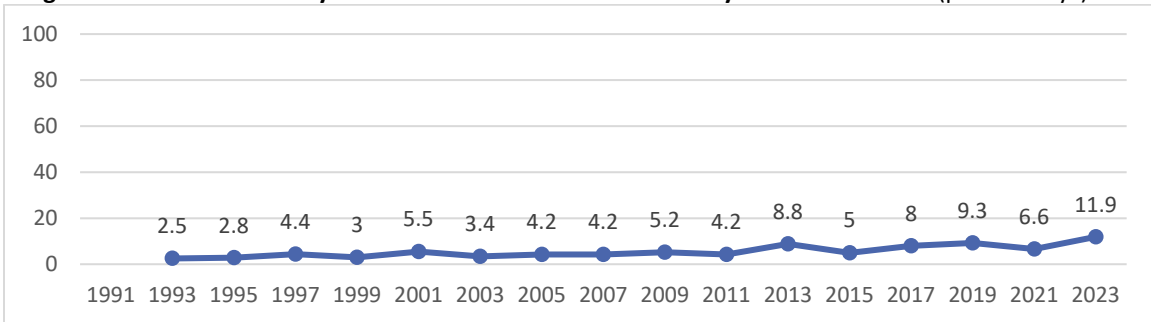
**Carried a gun (do not count for hunting or sport, such as target shooting, past 12 months)**



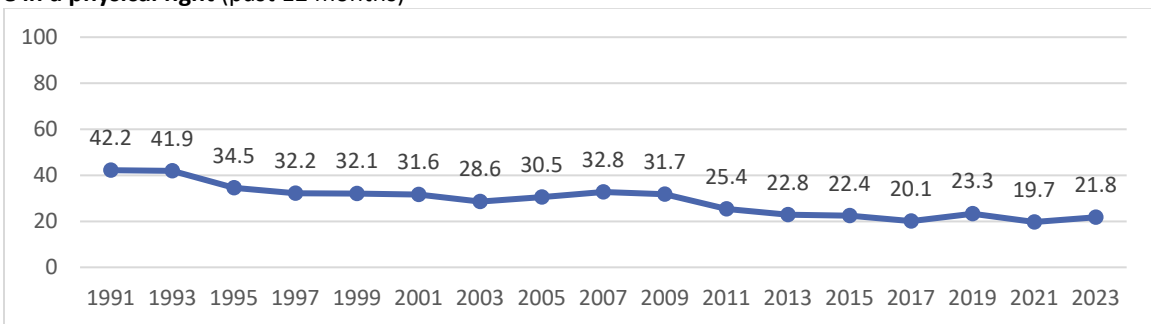
**Were threatened or injured with a weapon on school property (past 12 months)**



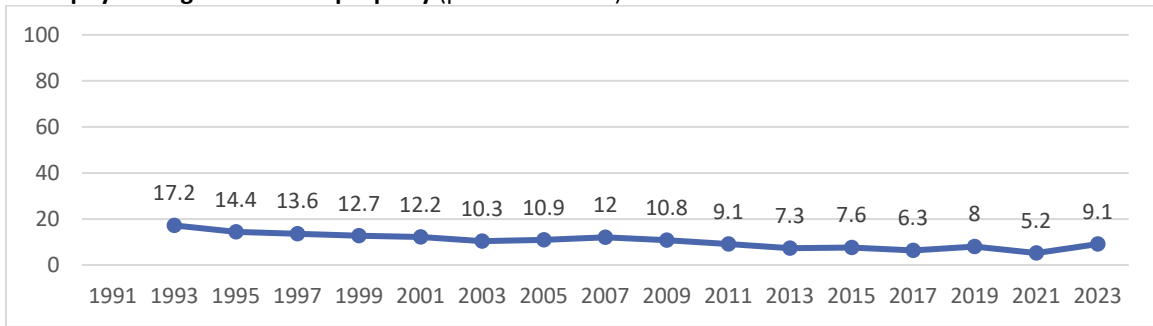
**Did not go to school because they felt unsafe at school or on their way to or from school (past 30 days)**



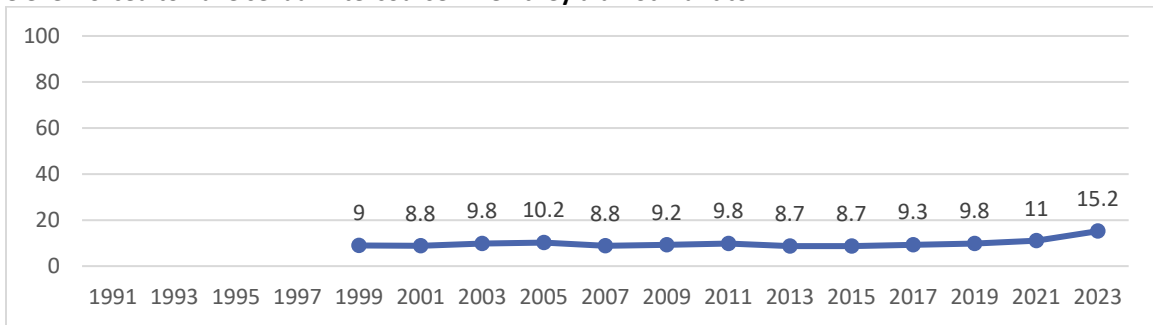
**Were in a physical fight (past 12 months)**



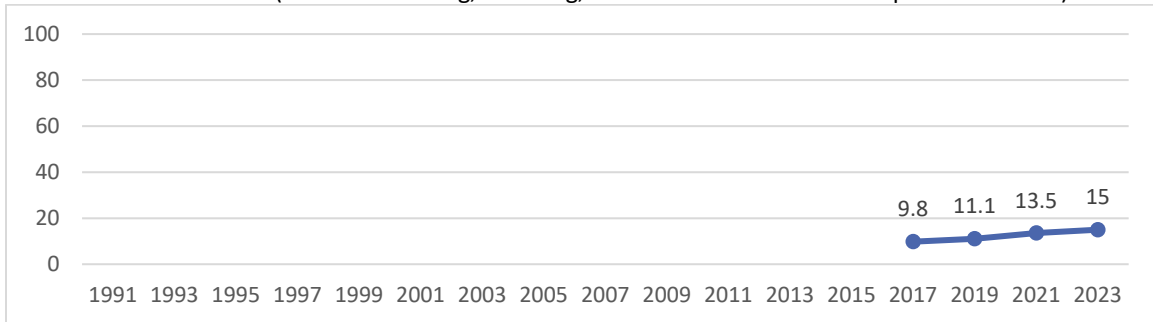
**Were in a physical fight on school property (past 12 months)**



**Were ever forced to have sexual intercourse when they did not want to**



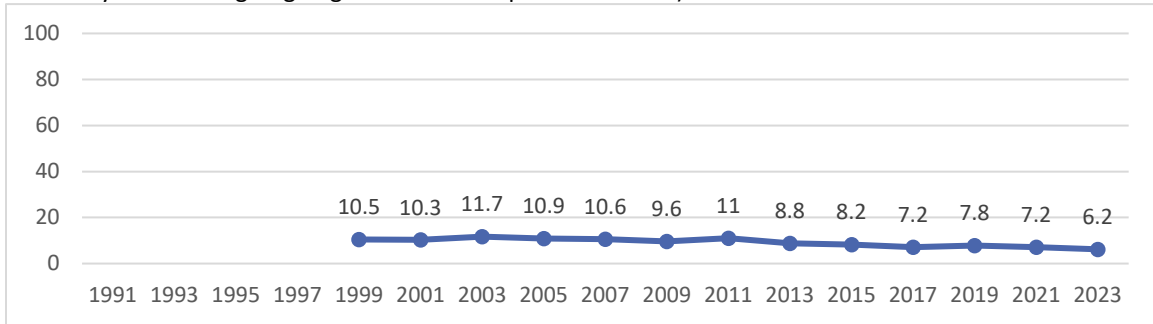
**Experienced sexual violence (unwanted kissing, touching, or sexual intercourse in the past 12 months)**



**Experienced sexual dating violence (unwanted kissing, touching, or sexual intercourse by someone they were dating or going out with for the past 12 months)**



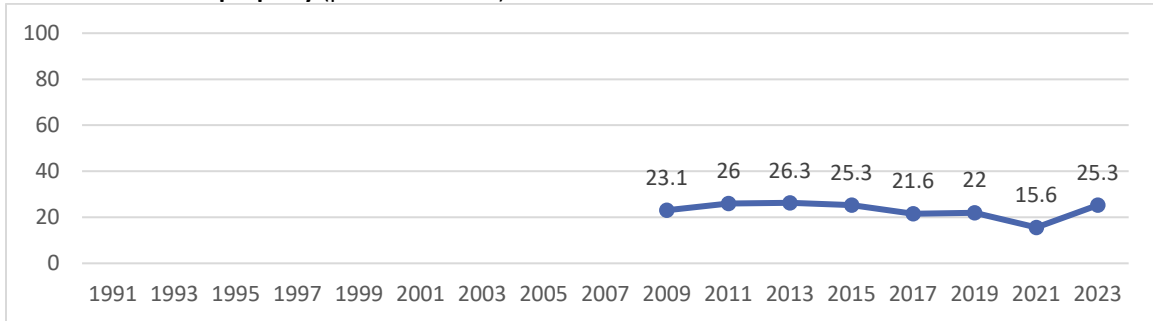
**Experienced physical dating violence** (being hit, slammed into something, or injured with an object or weapon by someone they were dating or going out within the past 12 months)



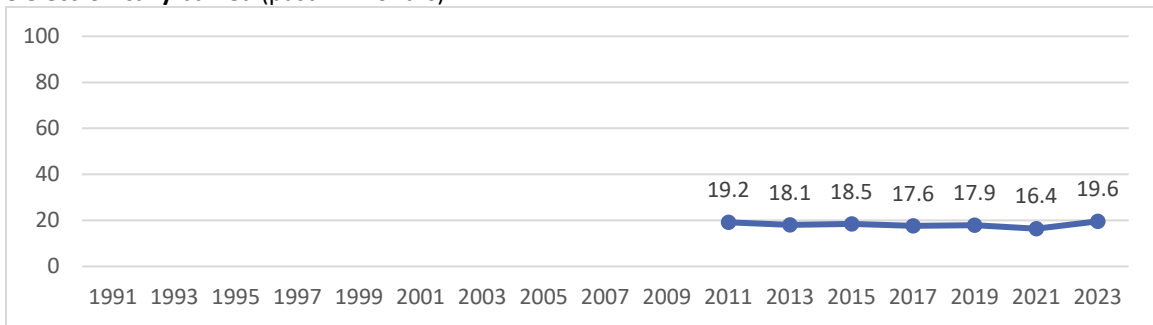
**Always or most of the time** felt during their lifetime that they were treated badly or unfairly because of their race or ethnicity.



**Were bullied on school property** (past 12 months)



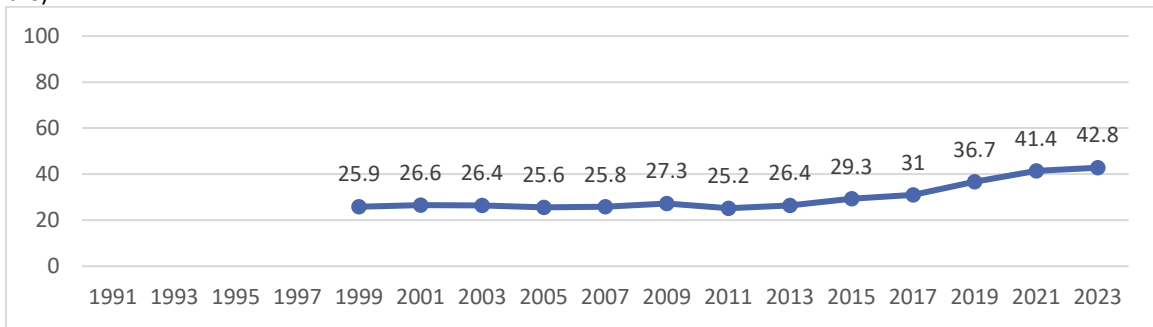
**Were electronically bullied** (past 12 months)



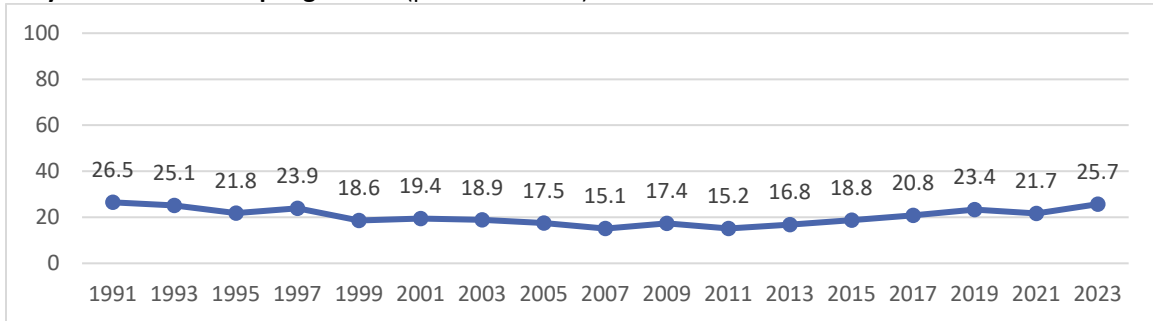
**Were the victim of teasing or name-calling because someone thought they were gay, lesbian, or bisexual (past 12 months)**



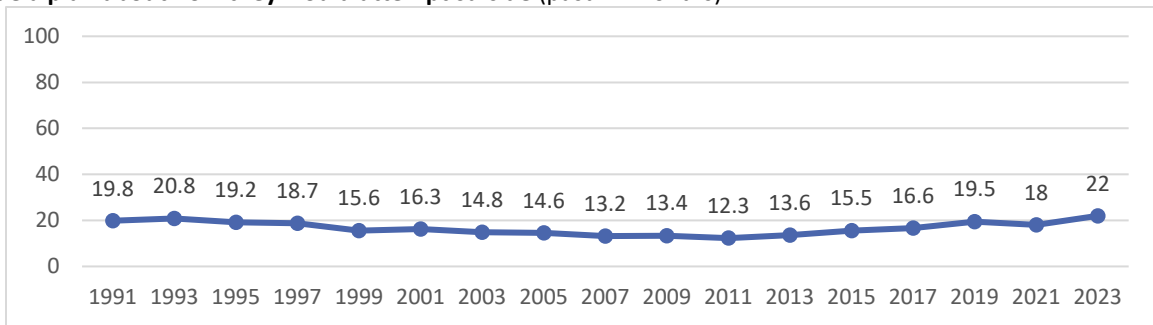
**Felt so sad or hopeless for two weeks or more in a row that they stopped doing some usual activities (past 12 months)**



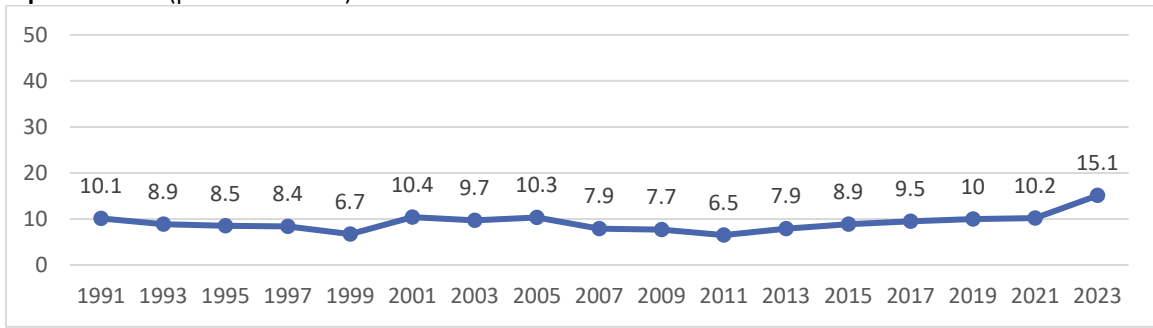
**Seriously considered attempting suicide (past 12 months)**



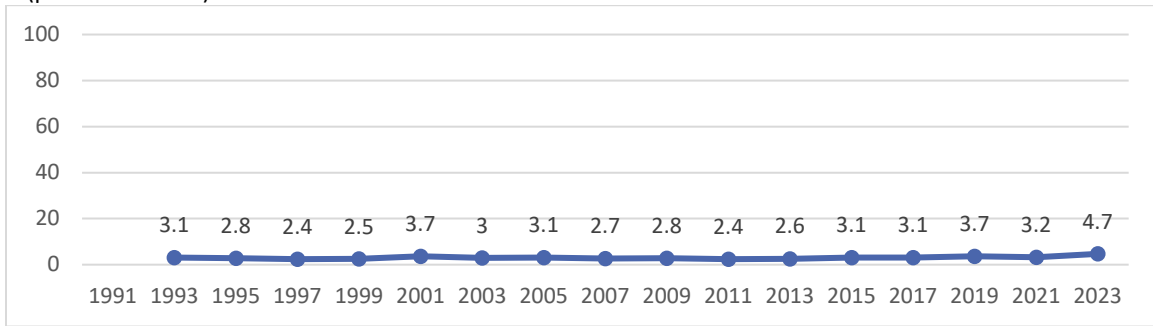
**Made a plan about how they would attempt suicide (past 12 months)**



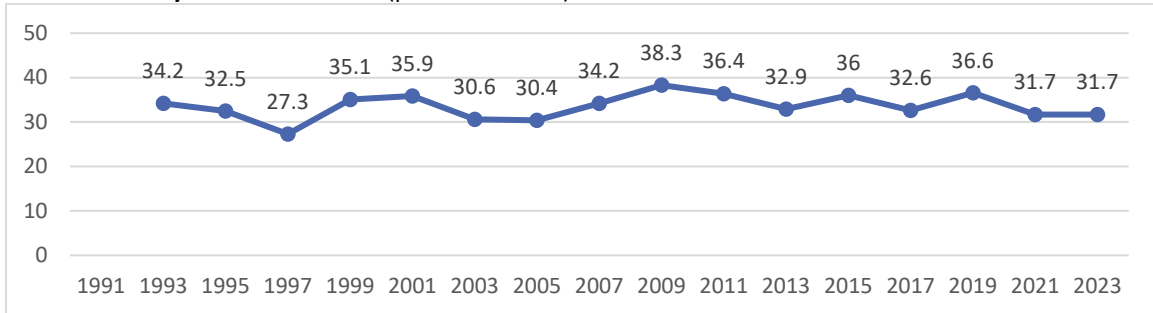
**Attempted suicide (past 12 months)**



**Had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (past 12 months)**



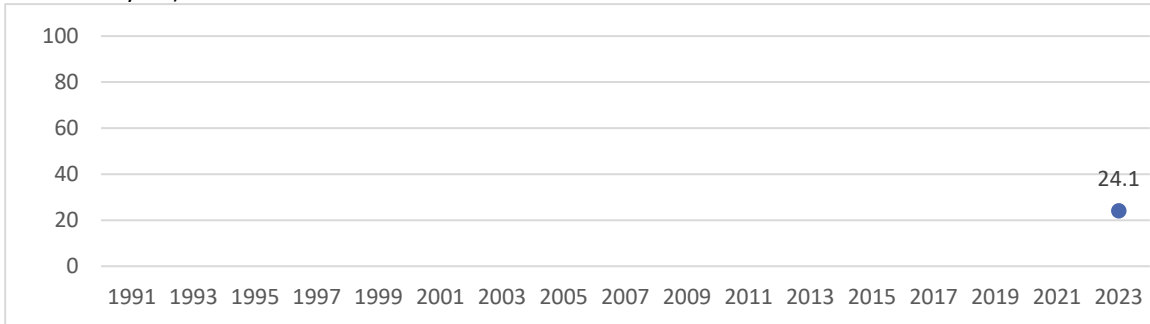
**Among students who attempted suicide, had an attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (past 12 months)**



**Reported poor mental health most of the time or always, could include stress, anxiety, and depression (past 30 days)**

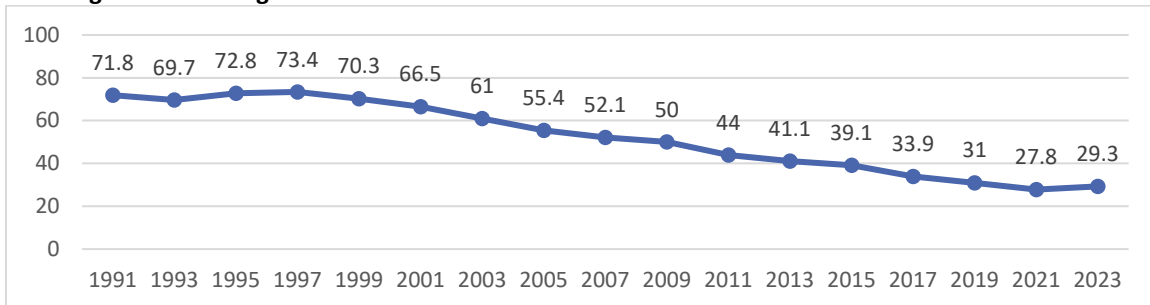


**Spoke with a mental health provider at school, such as a counselor, psychologist, or social worker (during the current school year)**

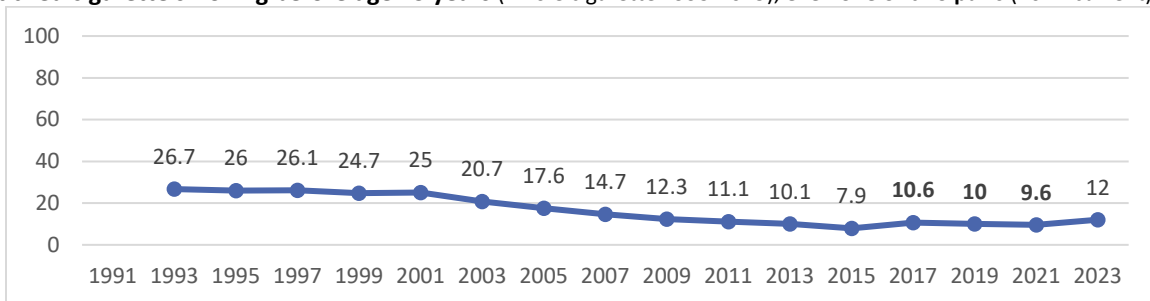


## 2. Tobacco Use

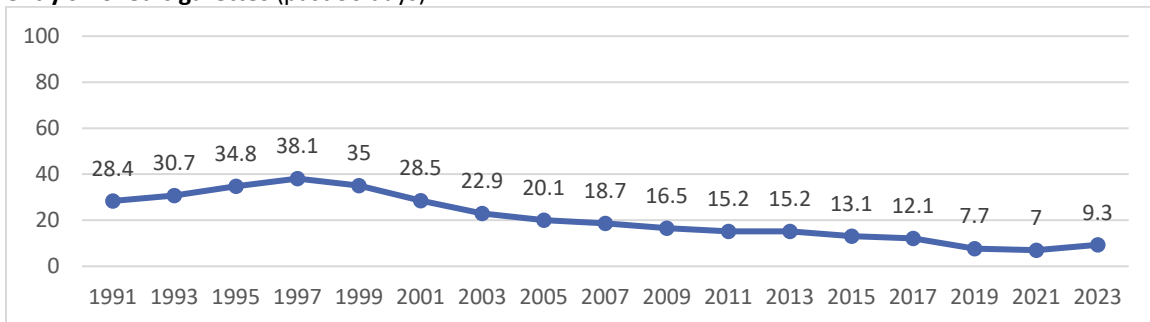
**Ever tried cigarette smoking.**



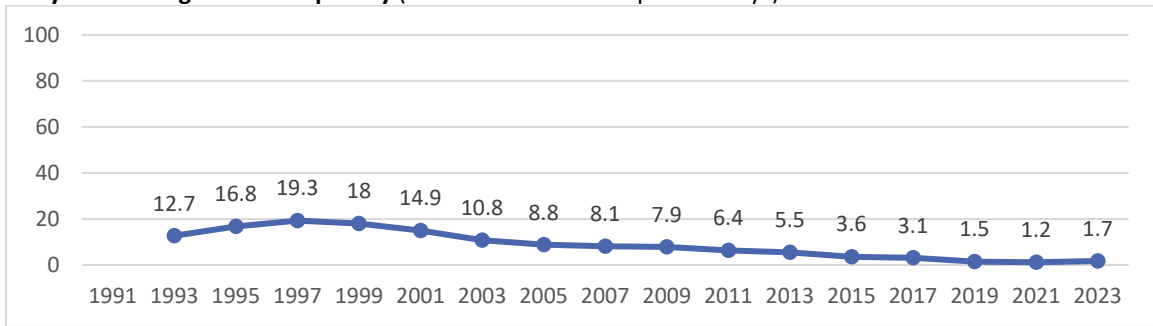
**First tried cigarette smoking before age 13 years (whole cigarette 1993-2015), even one or two puffs (2017-current)**



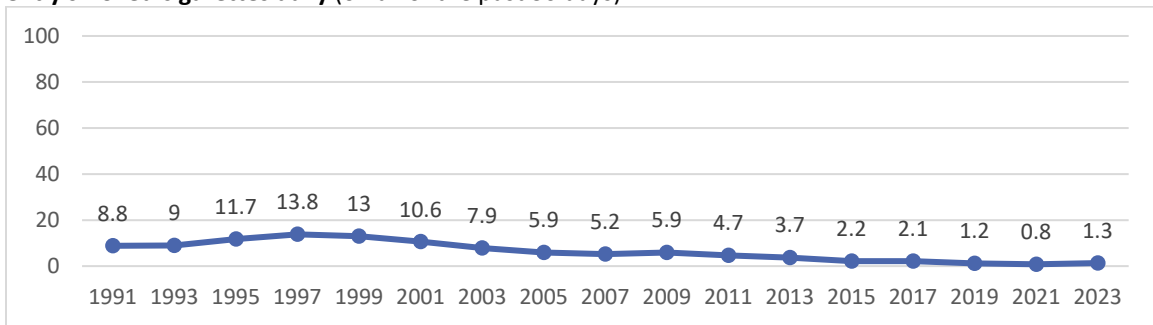
**Currently smoked cigarettes (past 30 days)**



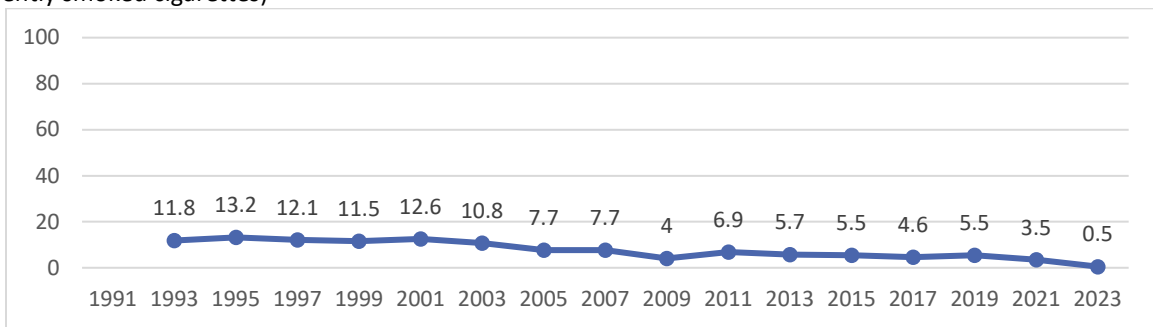
**Currently smoked cigarettes frequently (on 20 or more of the past 30 days)**



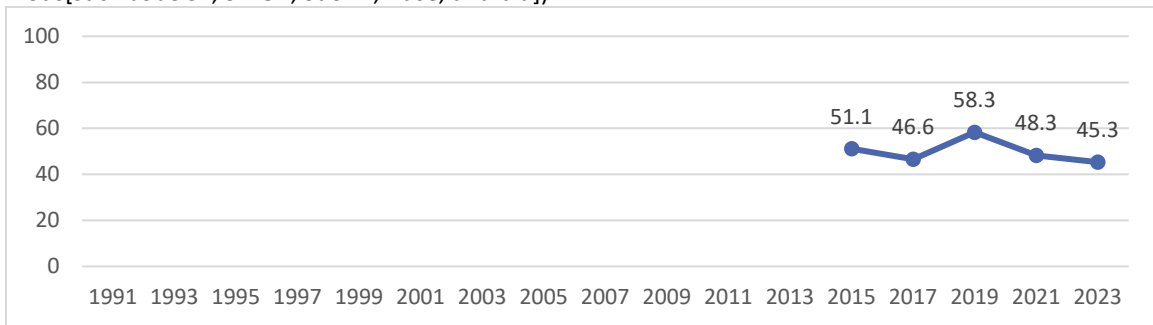
**Currently smoked cigarettes daily (on all of the past 30 days)**



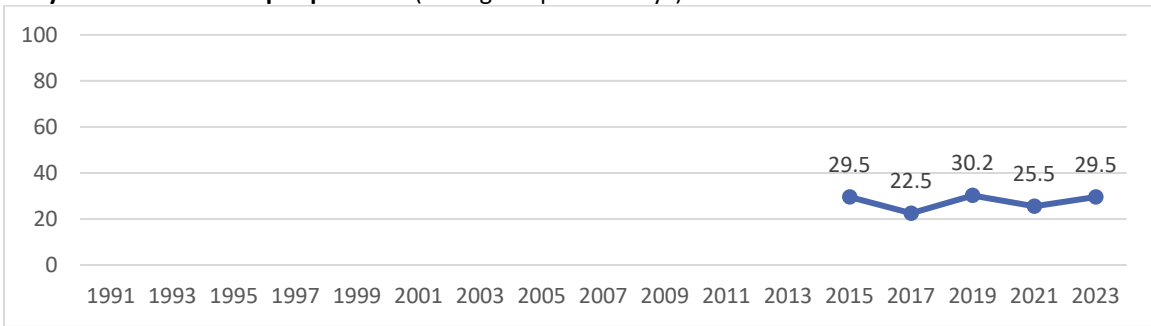
**Smoked more than ten cigarettes per day (on the days they smoked during the past 30 days, among students who currently smoked cigarettes)**



**Ever used electronic vapor products (Including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods[such as JUUL, SMOK, Suorin, Vuse, and blu])**



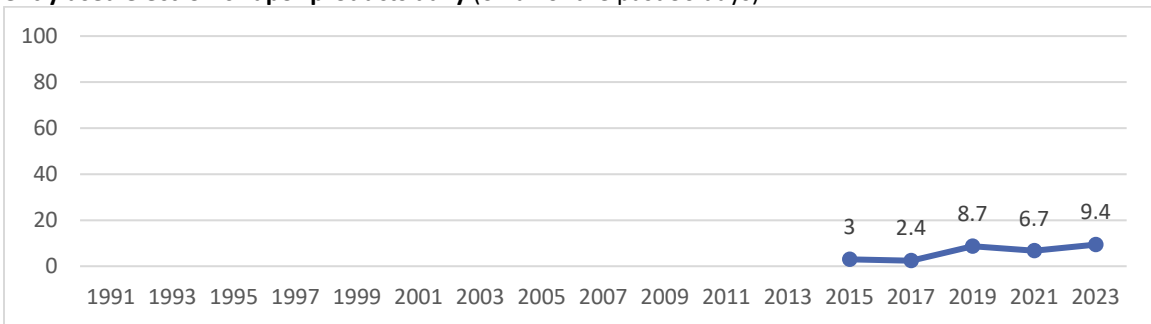
**Currently used electronic vapor products (during the past 30 days)**



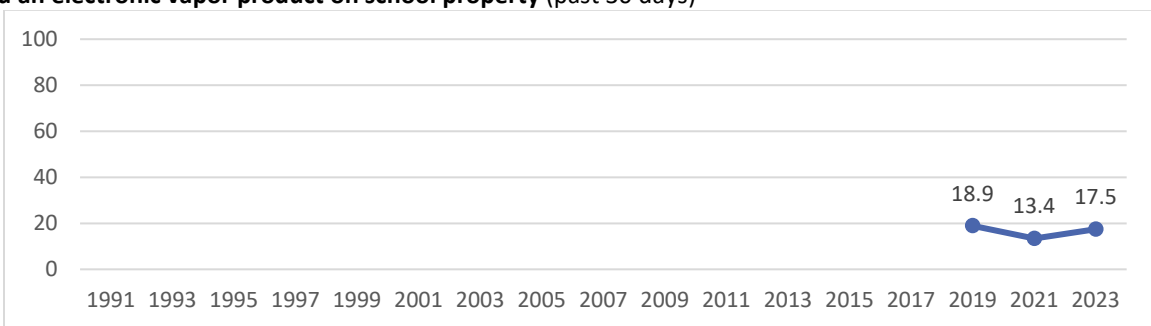
**Currently used electronic vapor products frequently (on 20 or more of the past 30 days)**



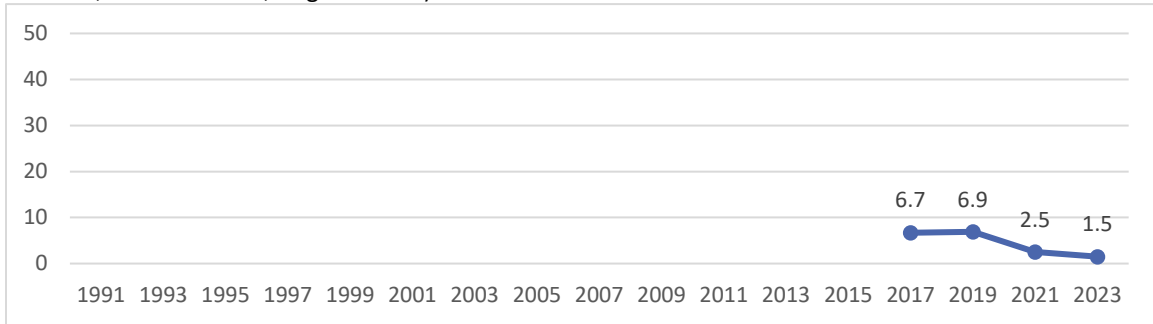
**Currently used electronic vapor products daily (on all of the past 30 days)**



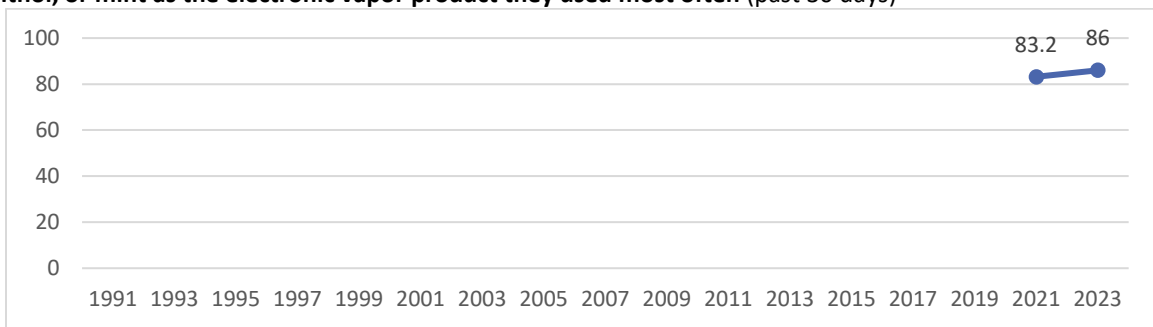
**Used an electronic vapor product on school property (past 30 days)**



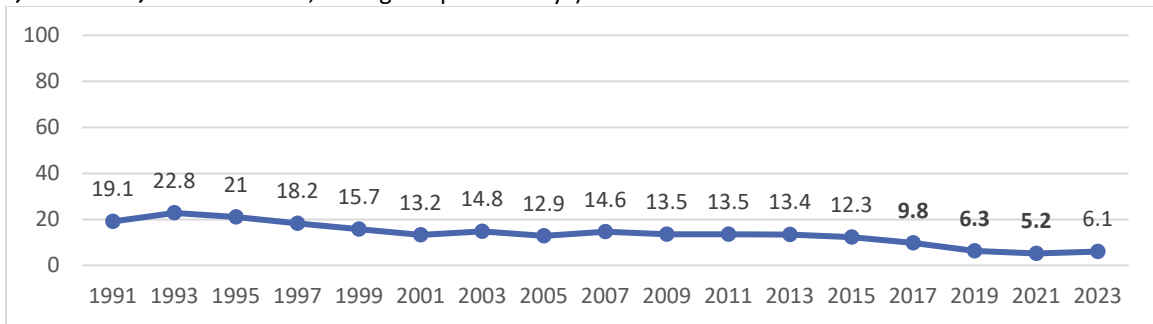
**Usually, they get their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, or gas station)**



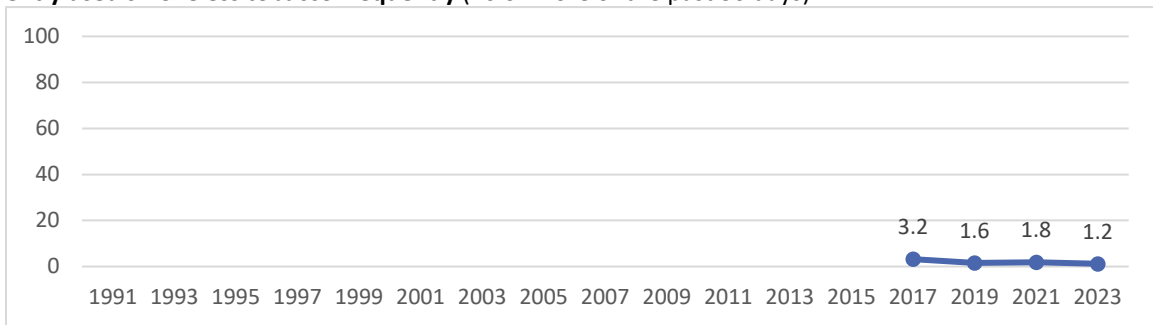
**Used an electronic vapor product flavored to taste like an alcoholic drink, chocolate or other sweets, fruit, menthol, or mint as the electronic vapor product they used most often (past 30 days)**



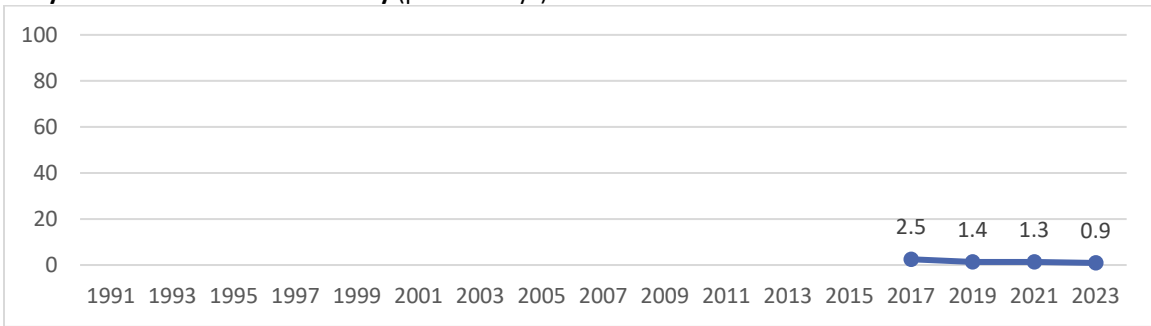
**Currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs, during the past 30 days)**



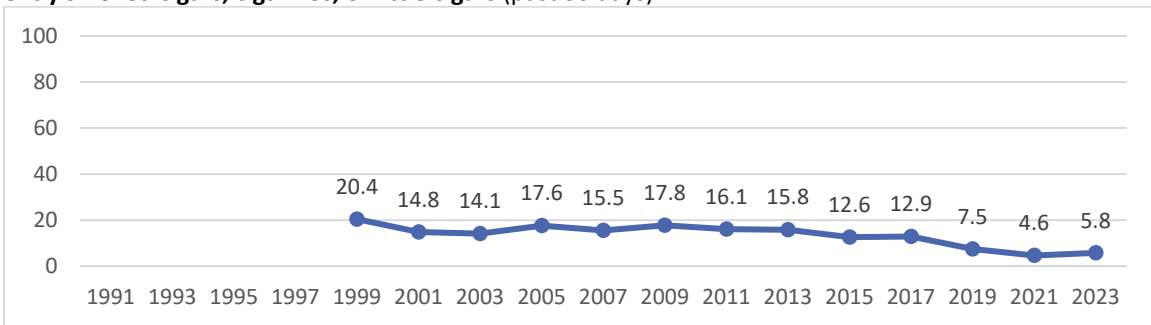
**Currently used smokeless tobacco frequently (20 or more of the past 30 days)**



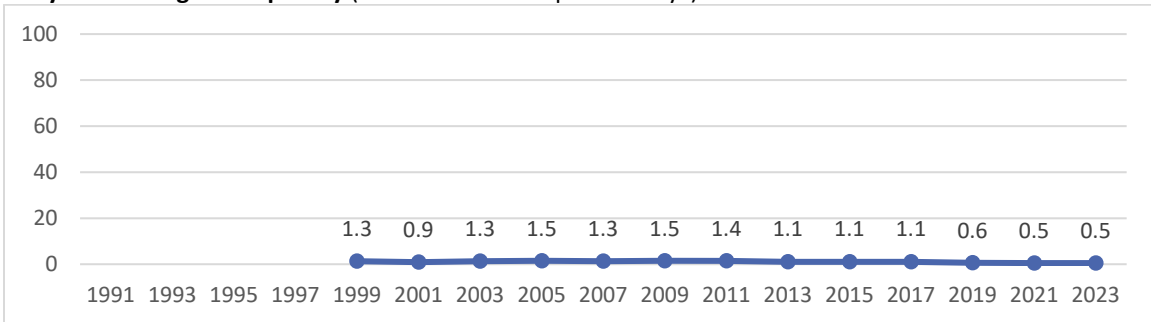
**Currently used smokeless tobacco daily (past 30 days)**



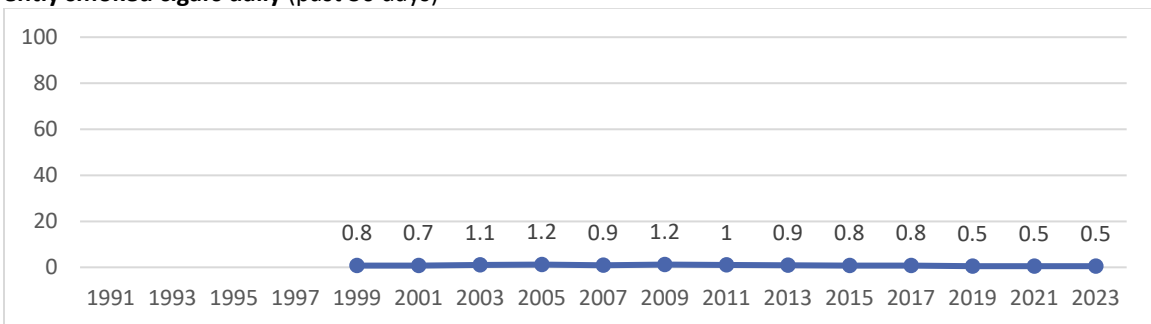
**Currently smoked cigars, cigarillos, or little cigars (past 30 days)**



**Currently smoked cigars frequently (20 or more of the past 30 days)**



**Currently smoked cigars daily (past 30 days)**

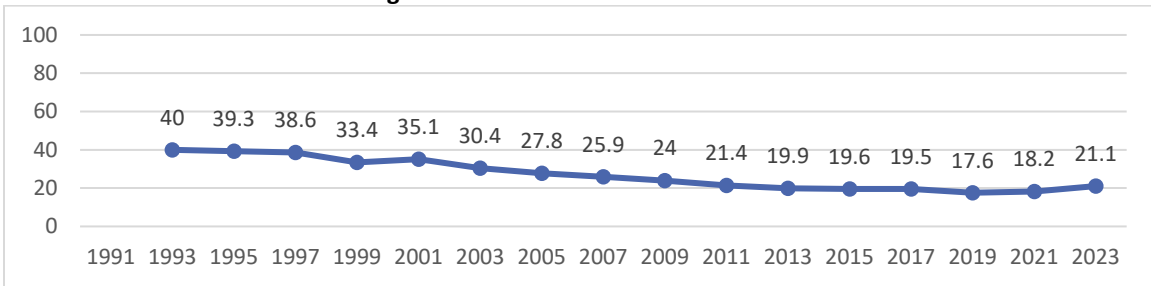


**Tried to quit using all tobacco products** (cigarettes, cigars, smokeless tobacco, or electronic vapor products, past 12 months)

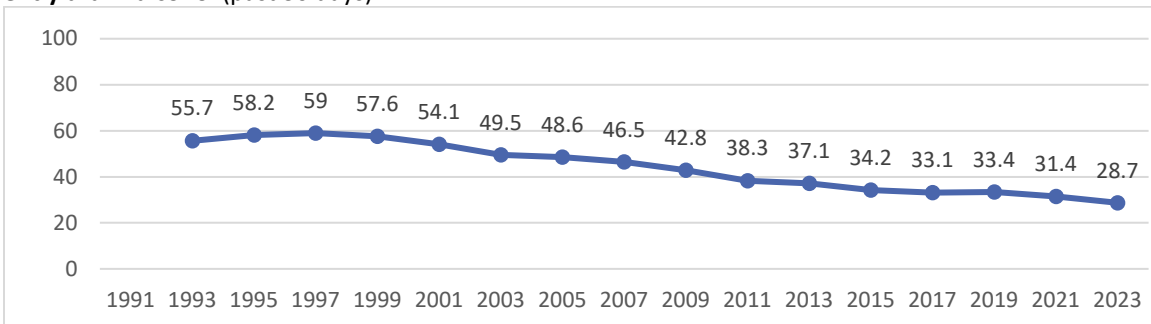


**3. Alcohol and Other Drug Use**

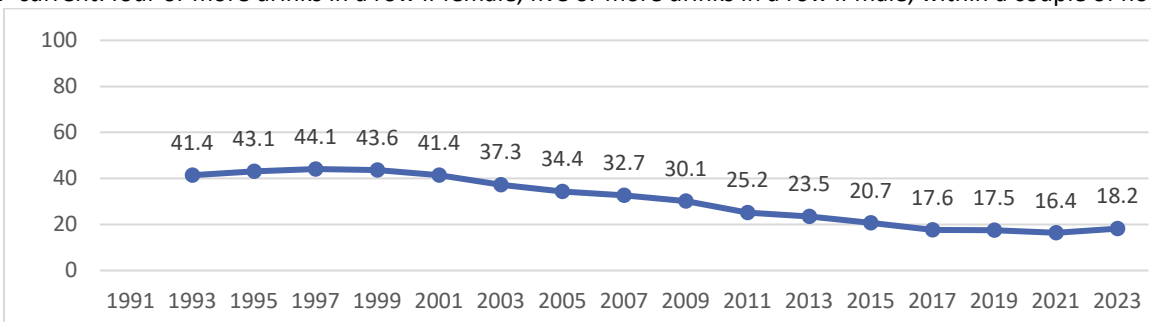
**Had their first drink of alcohol before age 13**



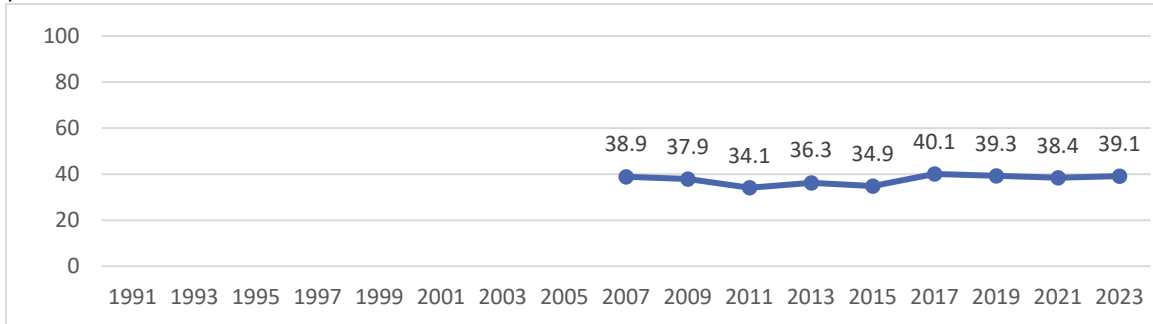
**Currently drank alcohol (past 30 days)**



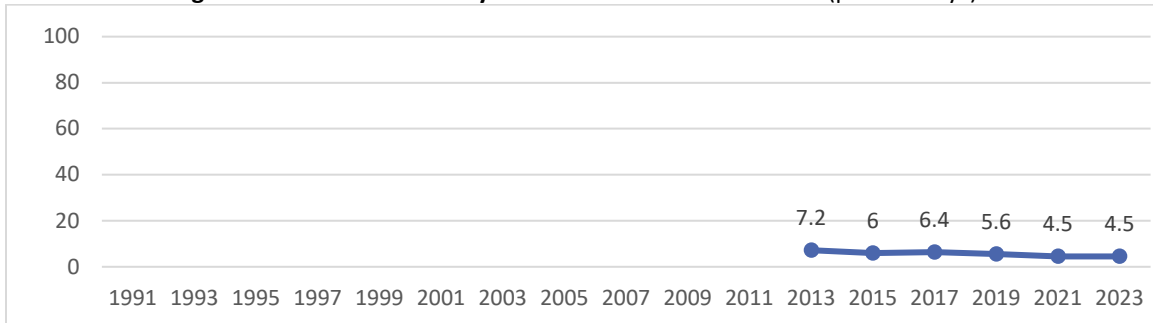
**Currently were binge drinking** (past 30 days, 1993-2015: five or more drinks of alcohol, within a couple of hours. 2017-current: four or more drinks in a row if female, five or more drinks in a row if male, within a couple of hours.)



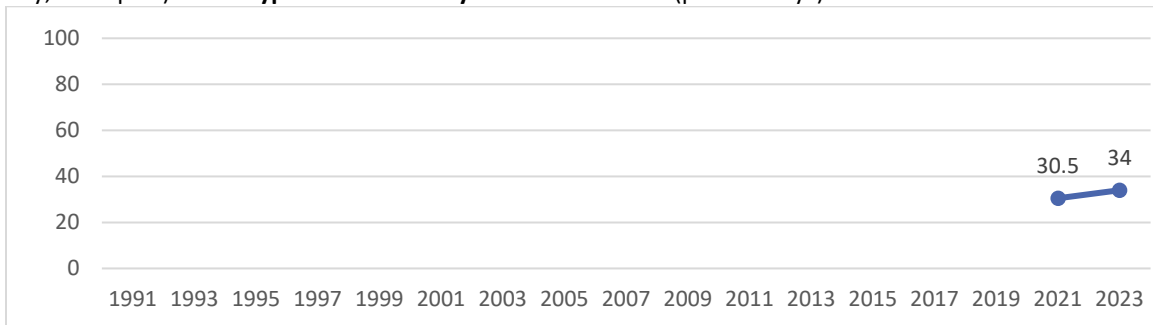
**Of those who reported drinking, usually obtained the alcohol they drank by someone giving it to them (past 30 days)**



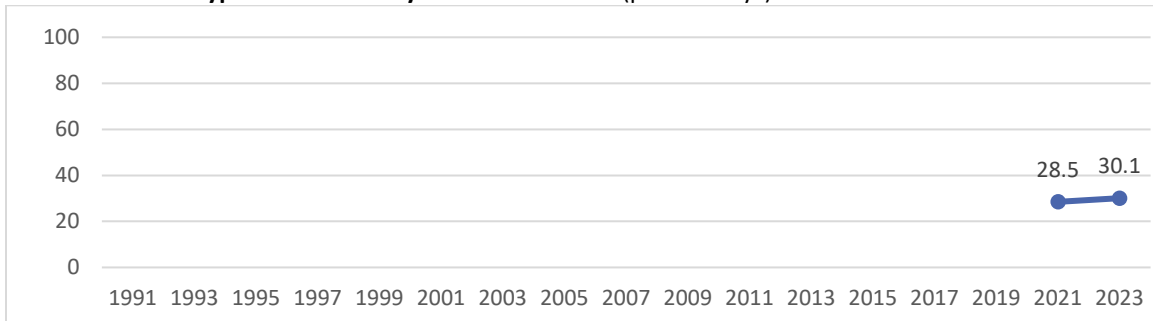
**Reported that the largest number of drinks they had in a row was ten or more (past 30 days)**



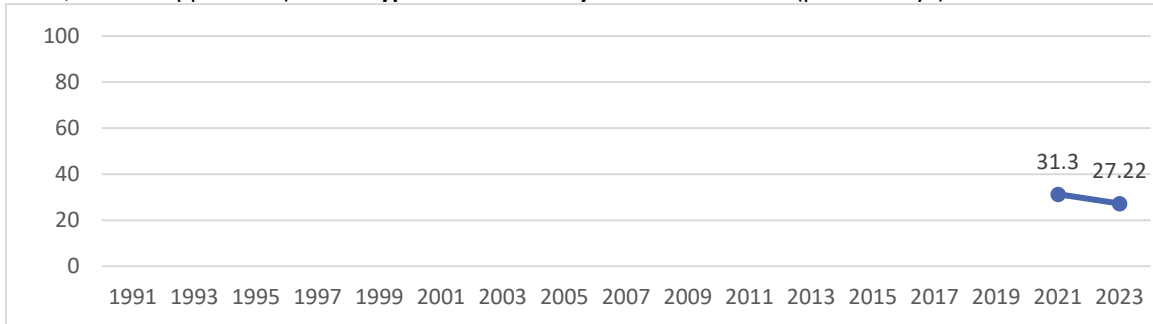
**Of those who reported drinking, reported vodka or some other type of liquor (such as rum, scotch, bourbon, whiskey, or tequila) as the type of alcohol they drank most often (past 30 days)**



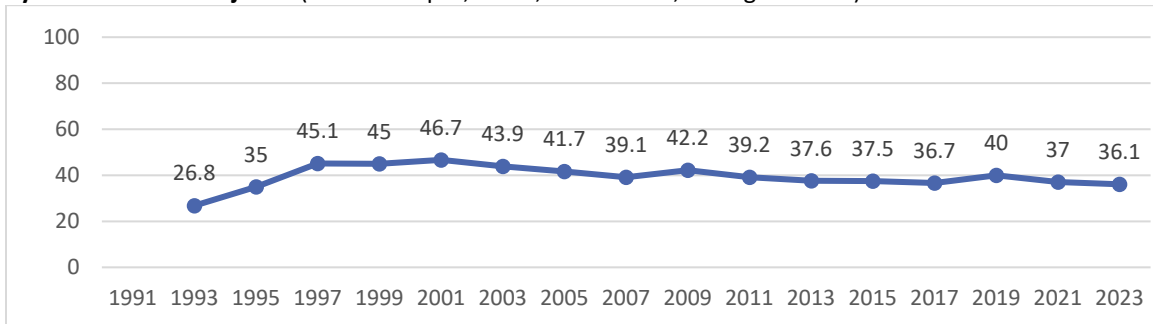
**Reported beer as the type of alcohol they drank most often (past 30 days)**



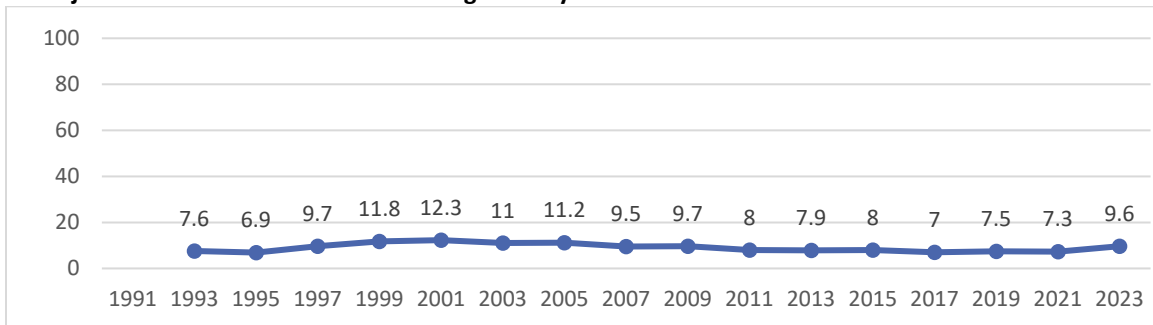
**Reported flavored alcoholic beverages (such as hard seltzer, Smirnoff Ice, Bacardi Silver, Mike’s Hard Lemonade, Four Loko, or hard apple cider) as the type of alcohol they drank most often (past 30 days)**



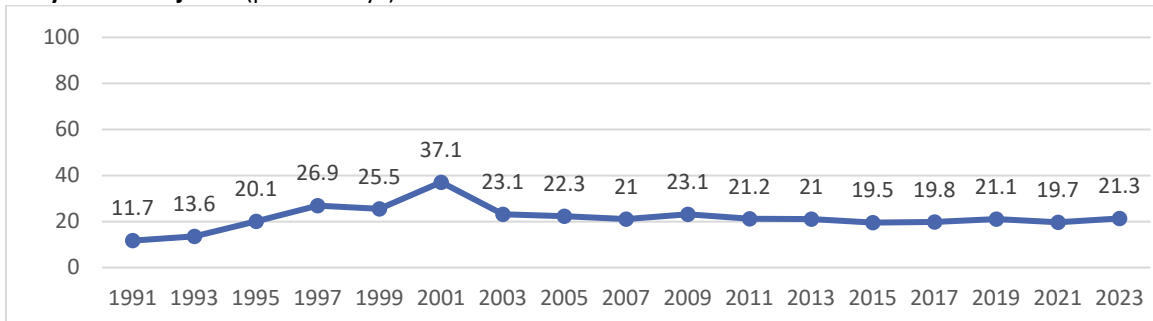
**Have you ever used marijuana (also called pot, weed, or cannabis, during their life)**



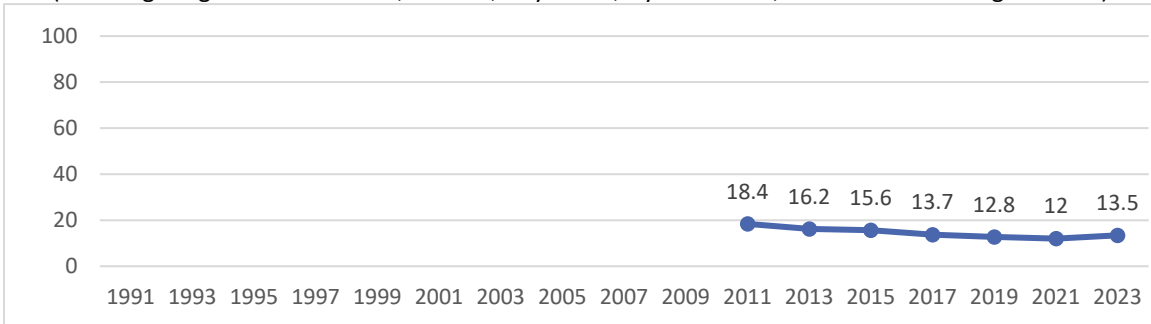
**Tried marijuana for the first time before the age of 13 years**



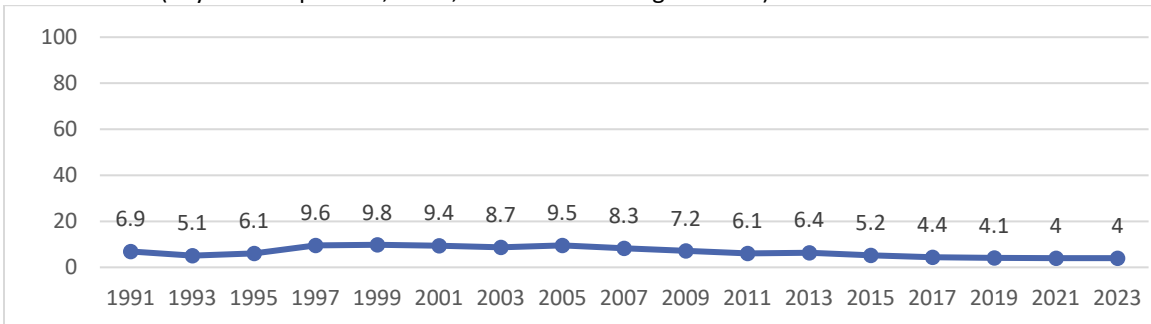
**Currently used marijuana (past 30 days)**



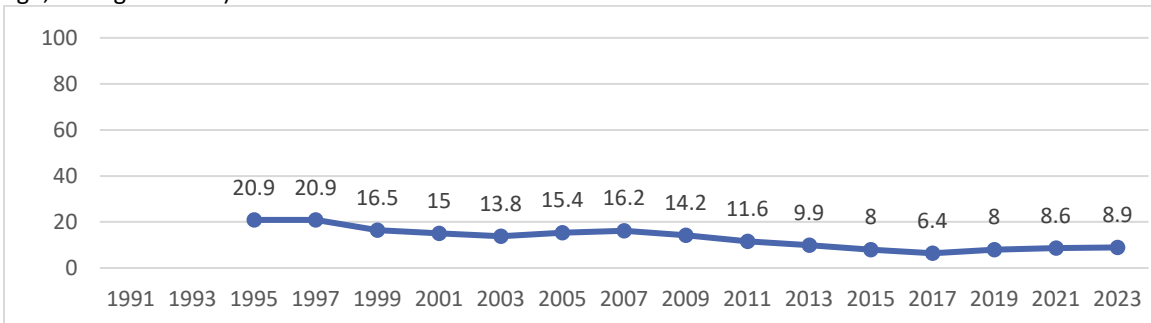
**Ever taken prescription pain medicine without a doctor’s prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, Hydrocodone, and Percocet during their life)**



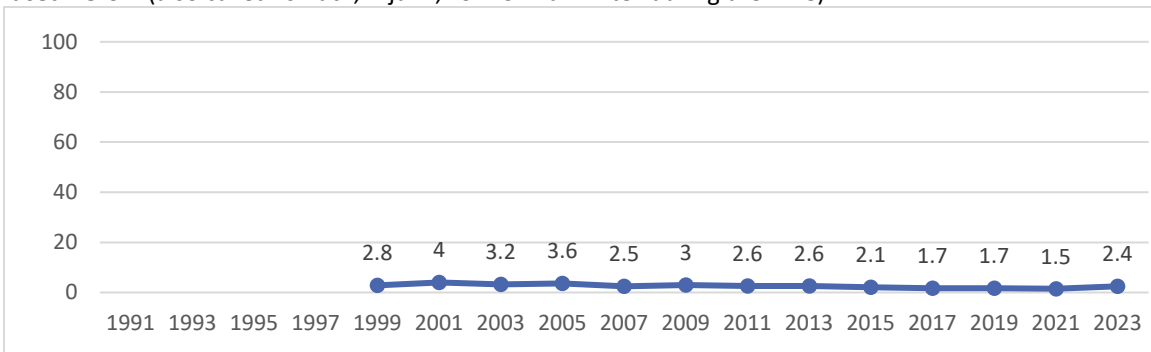
**Ever used cocaine (any form of powder, crack, or freebase during their life)**



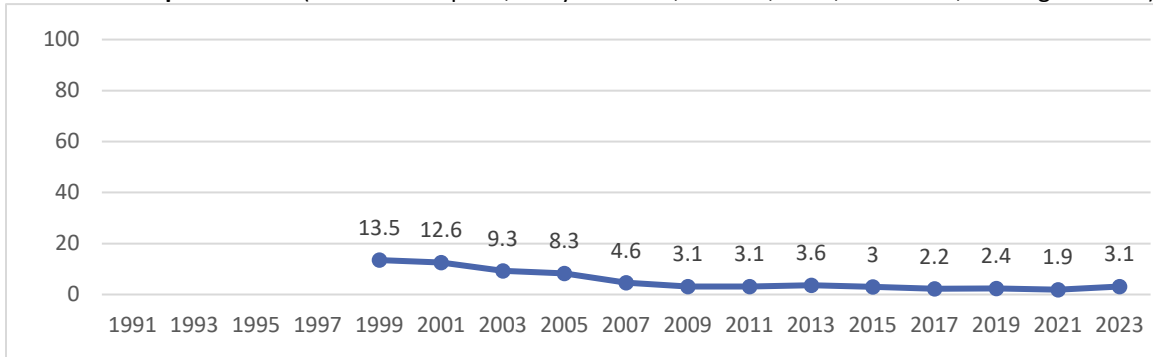
**Ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, during their life)**



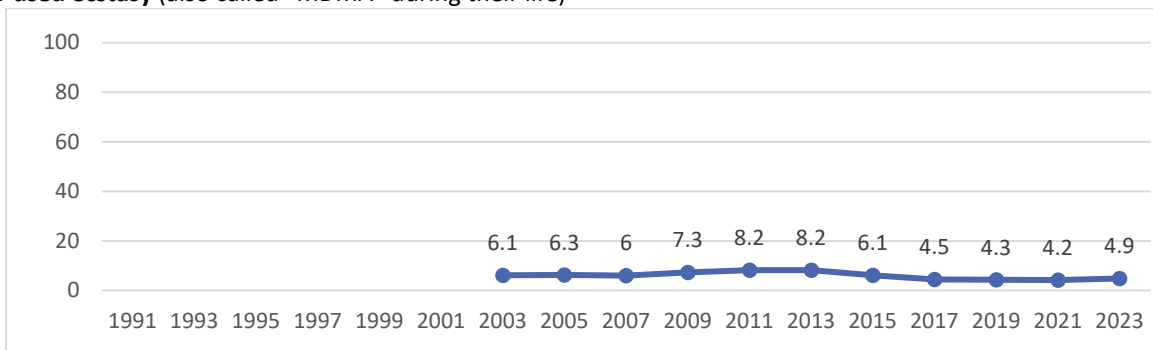
**Ever used heroin (also called “smack,” “junk,” or “China White” during their life)**



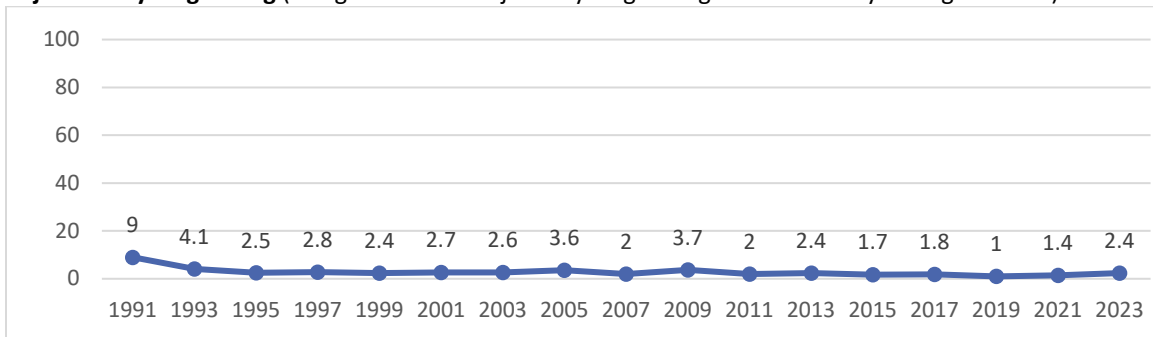
**Ever used methamphetamines** (also called “speed,” “crystal meth,” “crank,” “ice,” or “meth,” during their life)



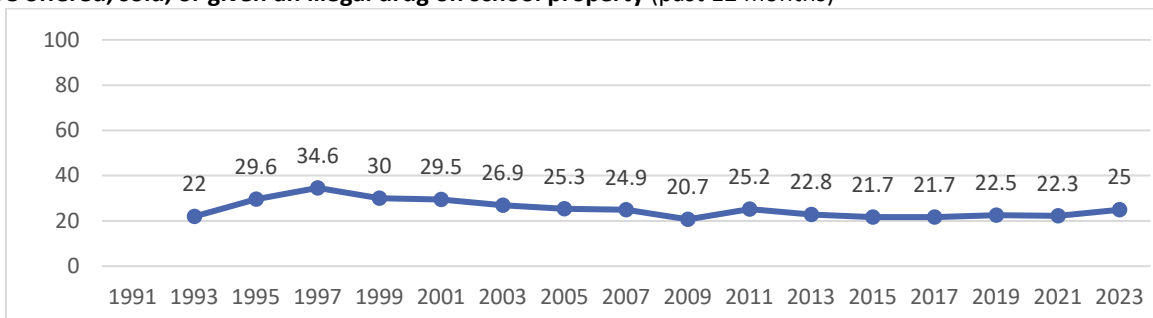
**Ever used ecstasy** (also called “MDMA” during their life)



**Ever injected any illegal drug** (using a needle to inject any illegal drug into their body during their life)

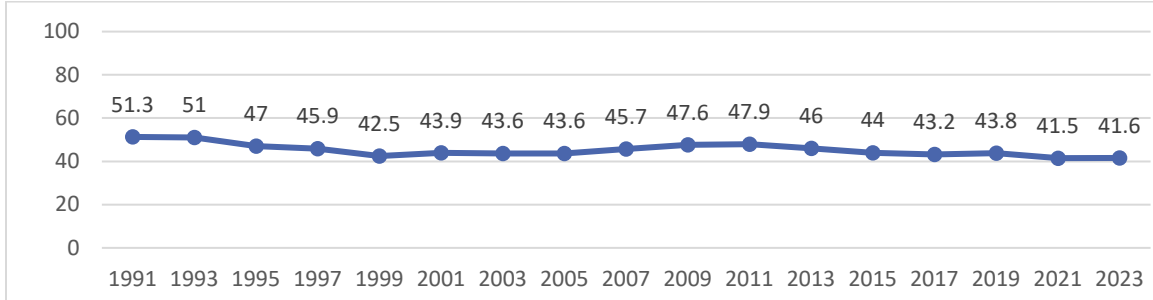


**Were offered, sold, or given an illegal drug on school property** (past 12 months)

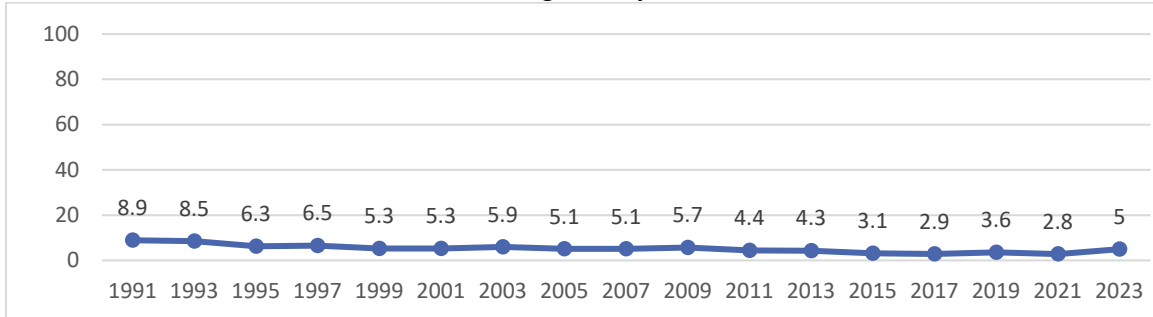


## 4. Sexual Behaviors

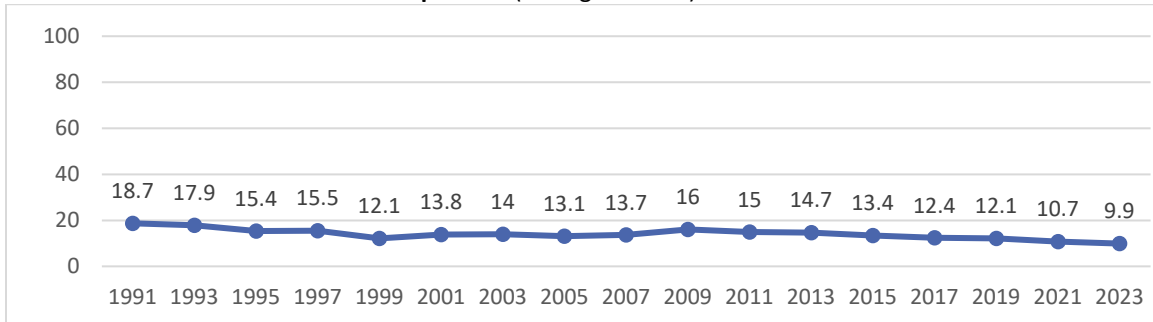
### Ever had sexual intercourse.



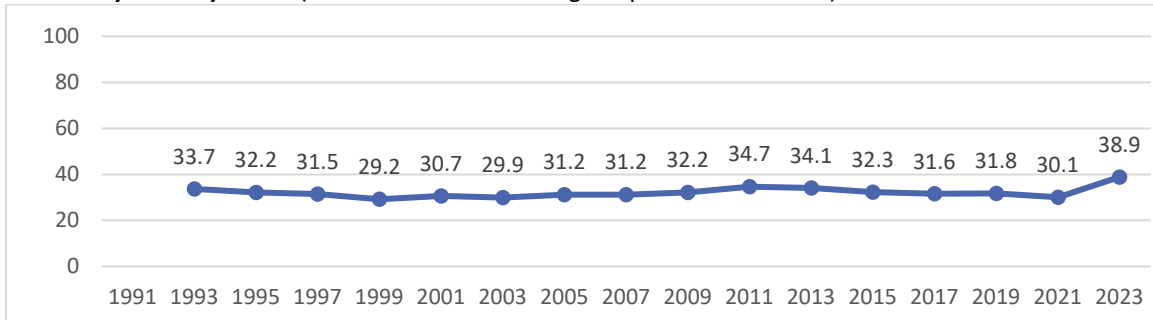
### Had sexual intercourse for the first time before the age of 13 years



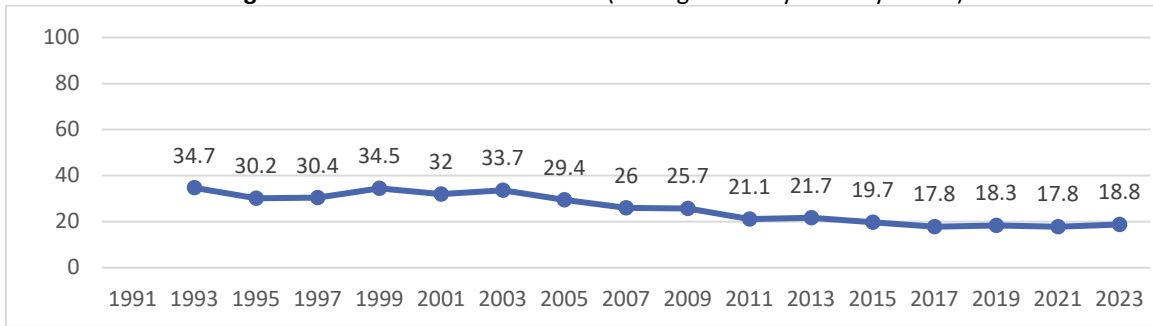
### Had sexual intercourse with four or more persons (during their life)



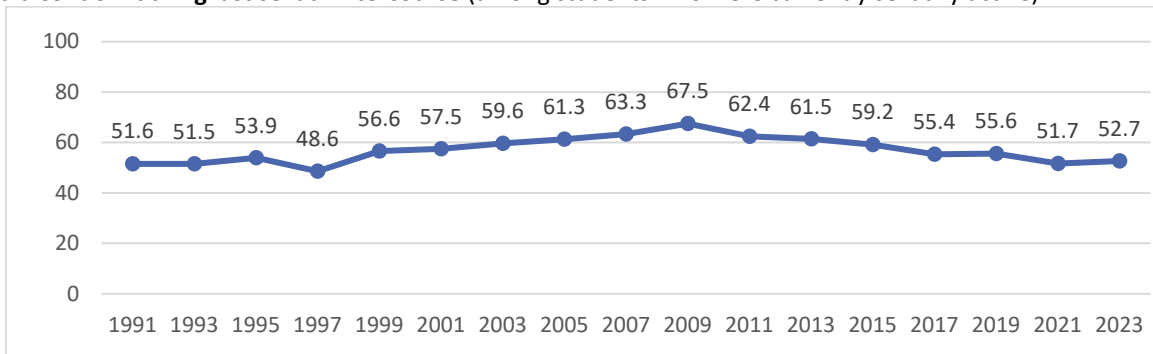
### Were currently sexually active (sexual intercourse during the past three months)



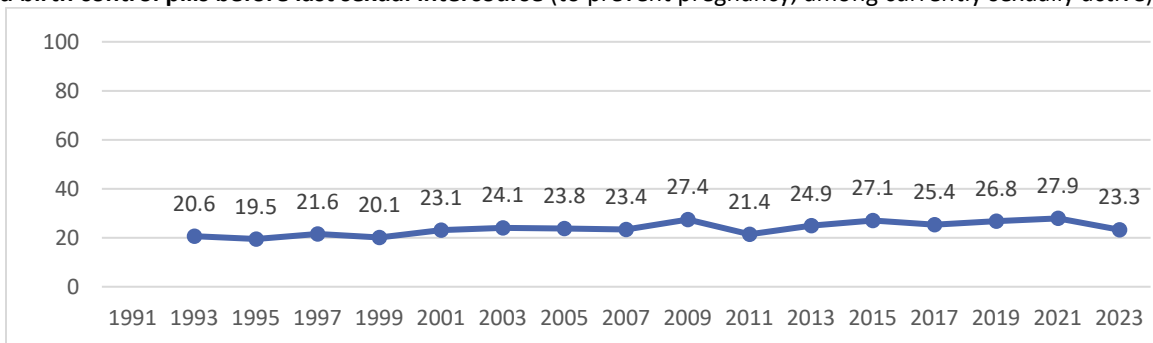
**Drank alcohol or used drugs before last sexual intercourse (among currently sexually active)**



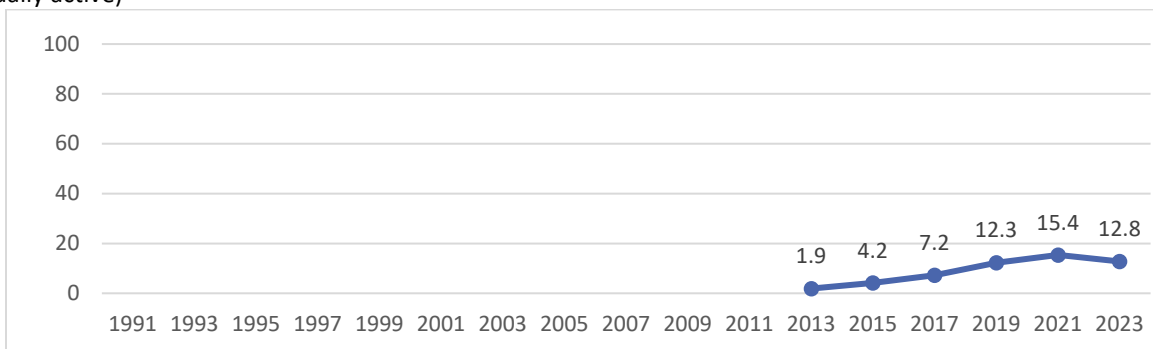
**Used a condom during last sexual intercourse (among students who were currently sexually active)**



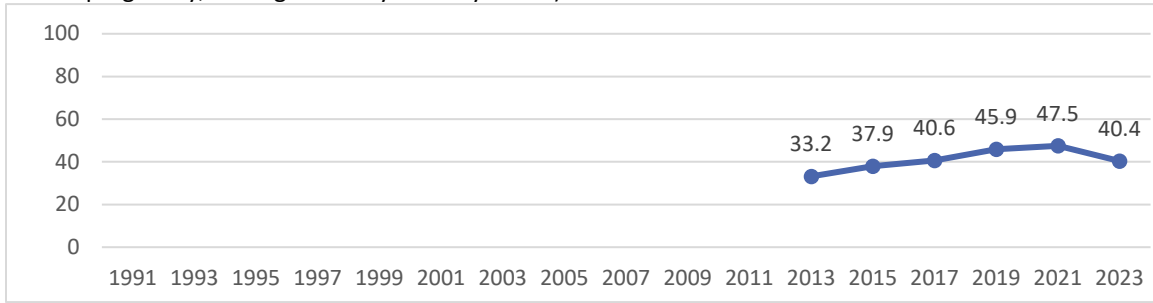
**Used birth control pills before last sexual intercourse (to prevent pregnancy, among currently sexually active)**



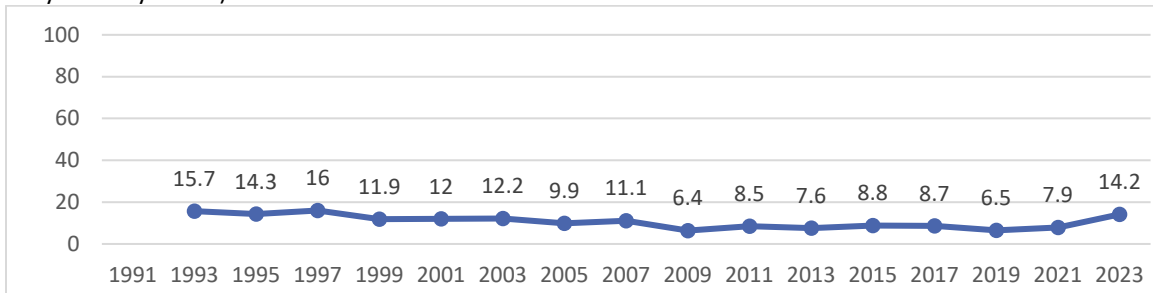
**Used an IUD or implant to prevent pregnancy last sexual intercourse (among students who were currently sexually active)**



**Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse (to prevent pregnancy, among currently sexually active)**



**Did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)**



**Have never had sexual intercourse.**

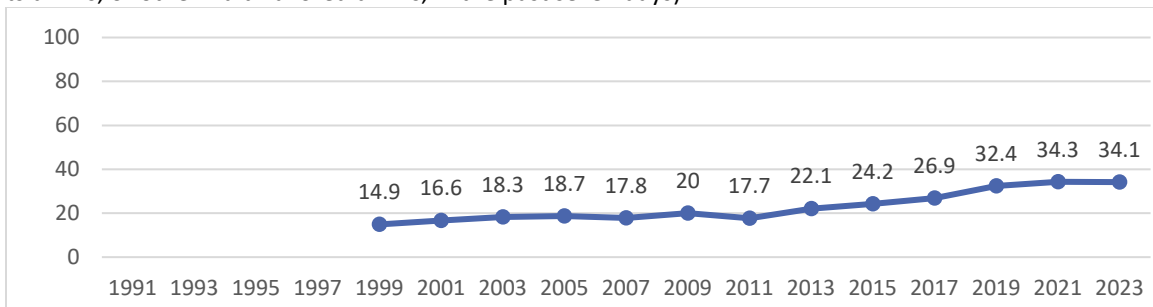



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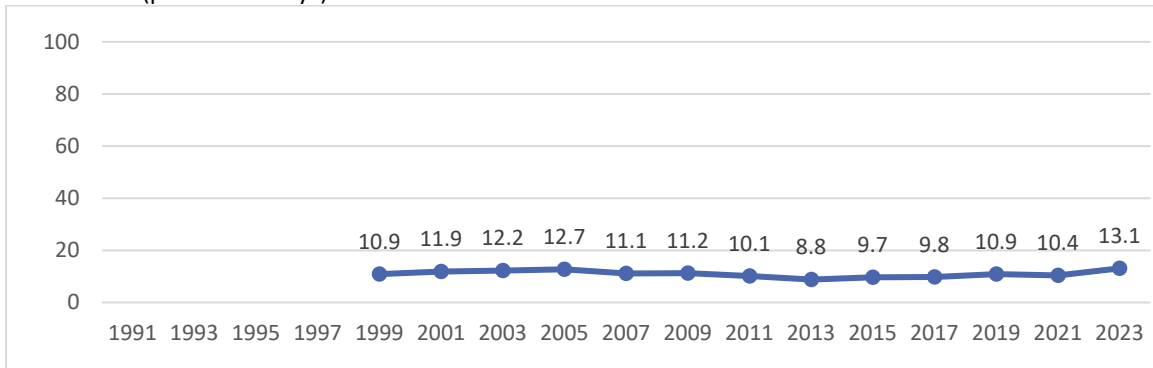
## 5. Nutrition and Dietary Behaviors

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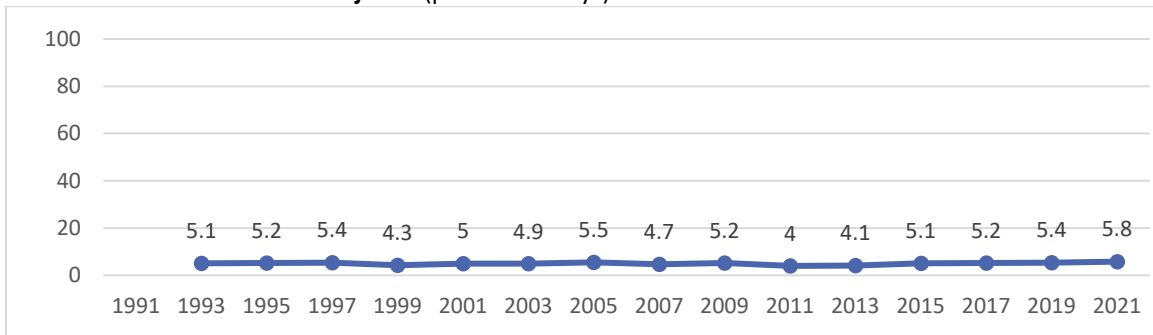
**Did not drink 100% fruit juice (such as orange juice, apple juice, or grape juice, not counting punch, Kool-Aid, sports drinks, or other fruit-flavored drinks, in the past seven days)**



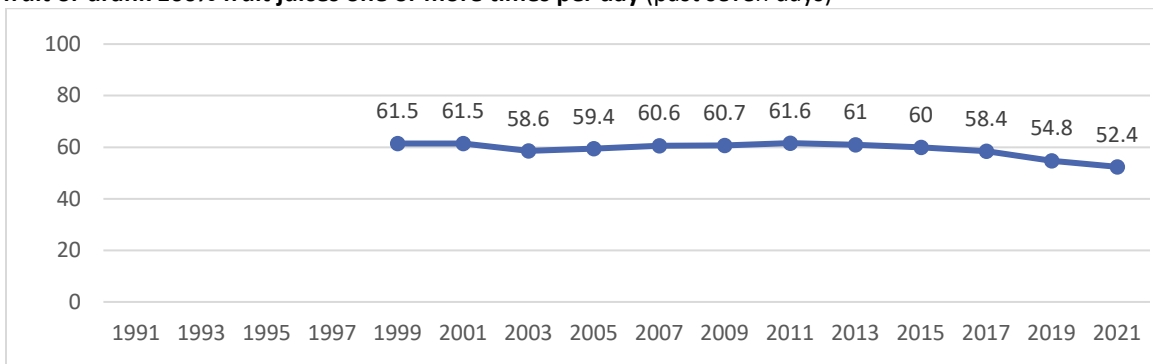
**Did not eat fruit (past seven days)**



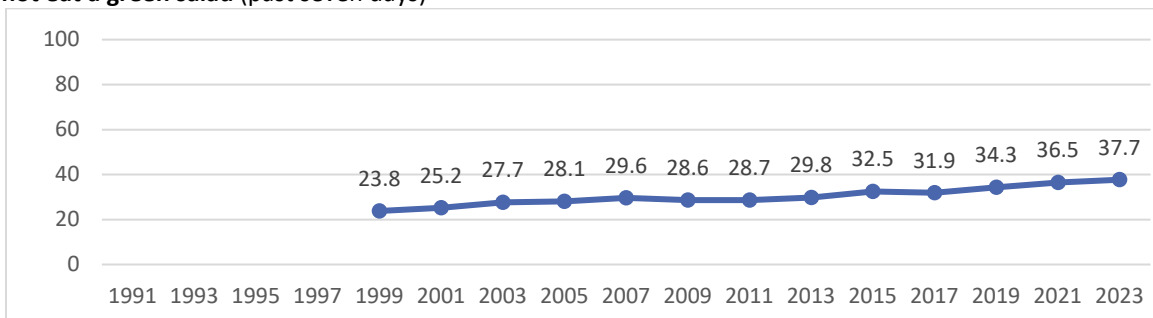
**Did not eat fruit or drink 100% fruit juices (past seven days)**



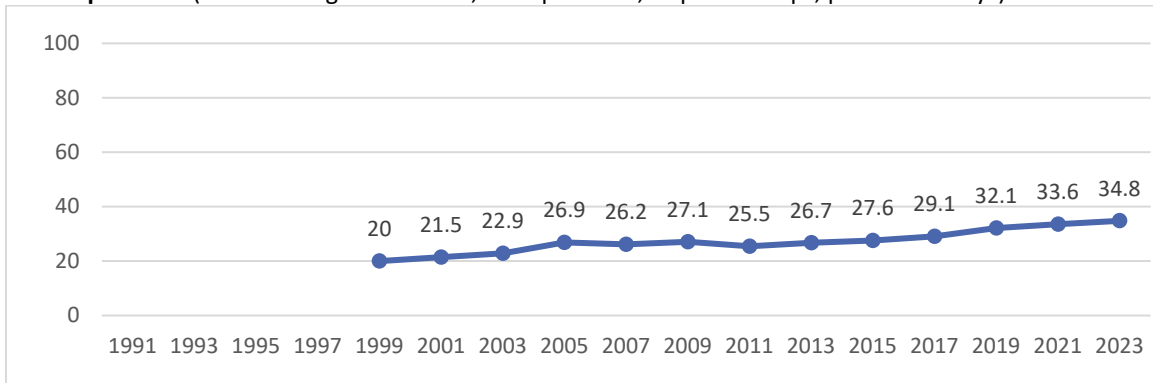
**Ate fruit or drank 100% fruit juices one or more times per day (past seven days)**



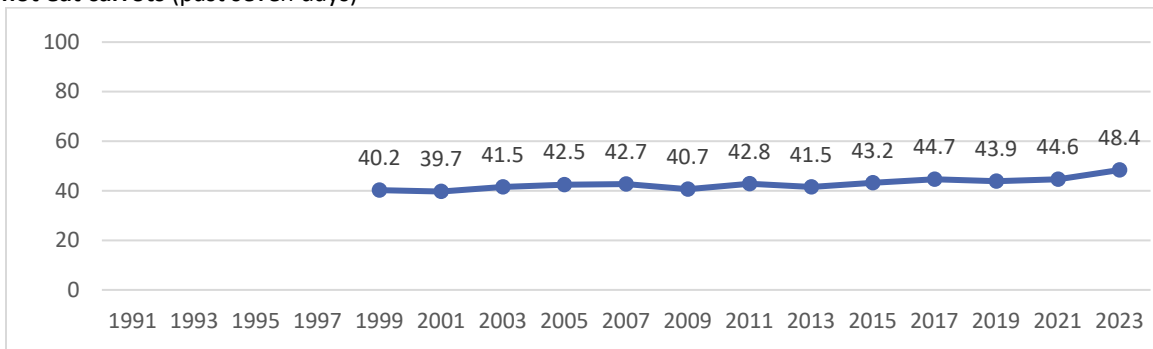
**Did not eat a green salad (past seven days)**



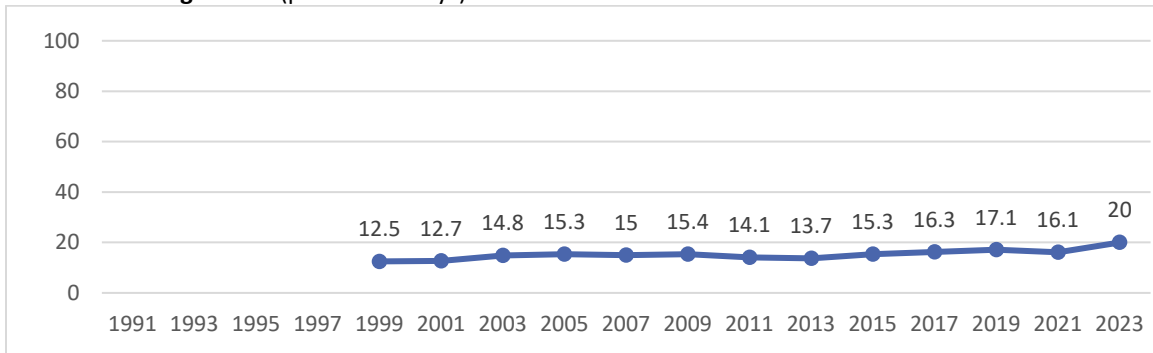
**Did not eat potatoes** (not counting French fries, fried potatoes, or potato chips, past seven days)



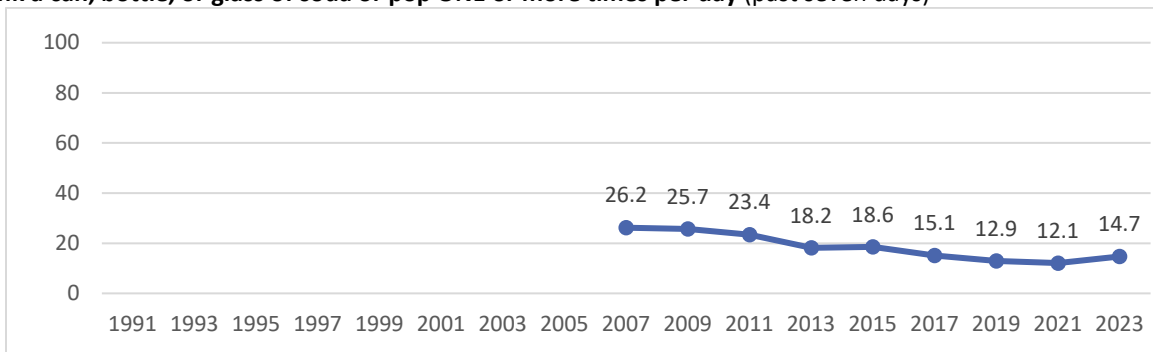
**Did not eat carrots** (past seven days)



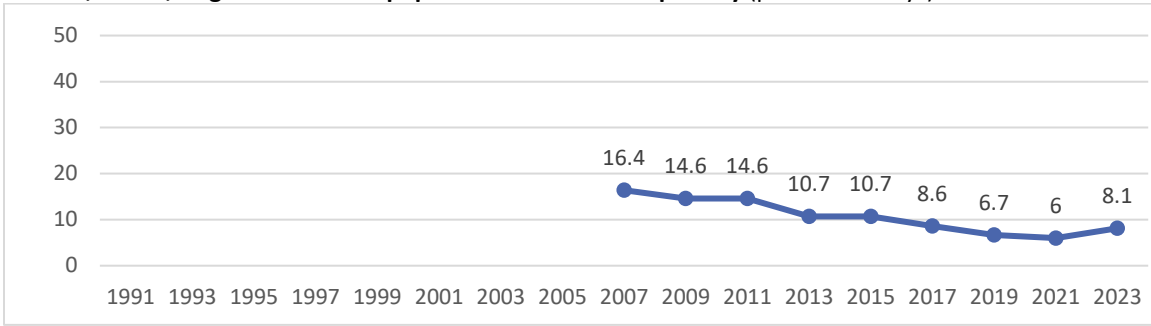
**Did not eat other vegetables** (past seven days)



**Drank a can, bottle, or glass of soda or pop ONE or more times per day** (past seven days)



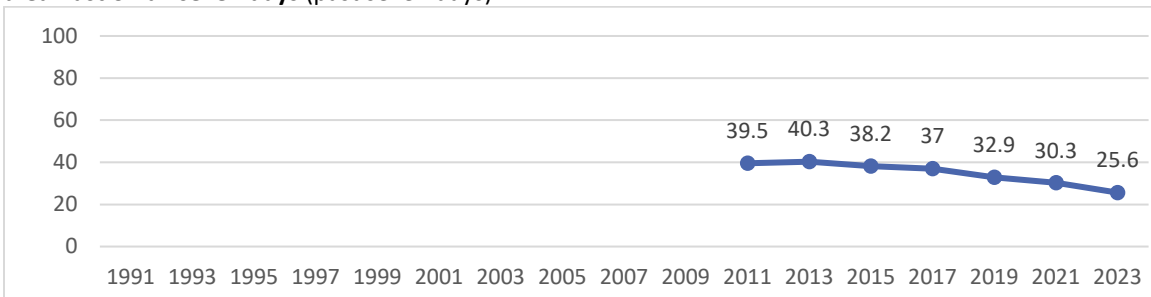
**Drank a can, bottle, or glass of soda or pop TWO or more times per day (past seven days)**



**Did not eat breakfast (past seven days)**



**Ate breakfast on all seven days (past seven days)**

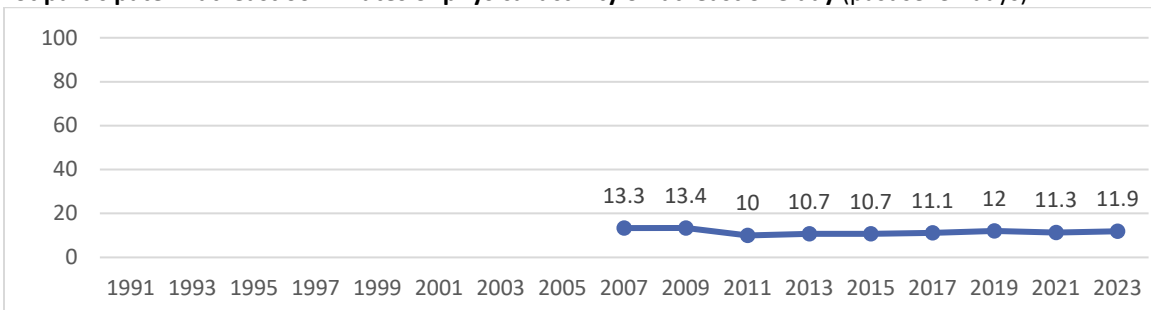



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**6. Physical Activity**

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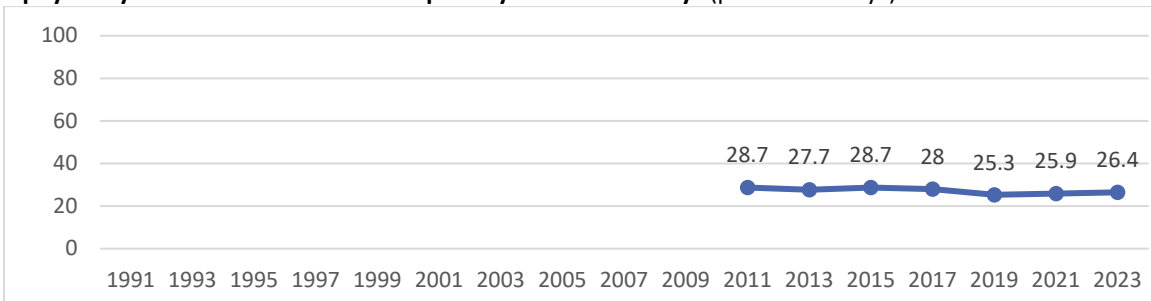
**Did not participate in at least 60 minutes of physical activity on at least one day (past seven days)**



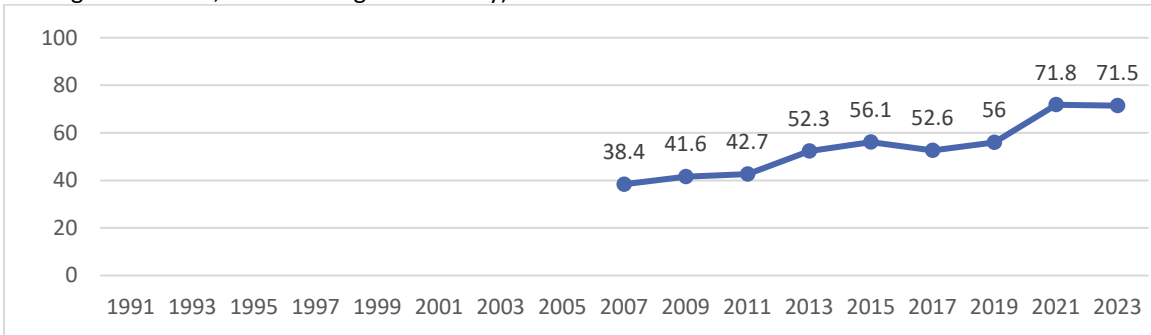
**Were physically active at least 60 minutes per day on five or more days** (physical activity that increased their heart rate and made them breathe hard some of the time, past seven days)



**Were physically active at least 60 minutes per day on all seven days** (past seven days)



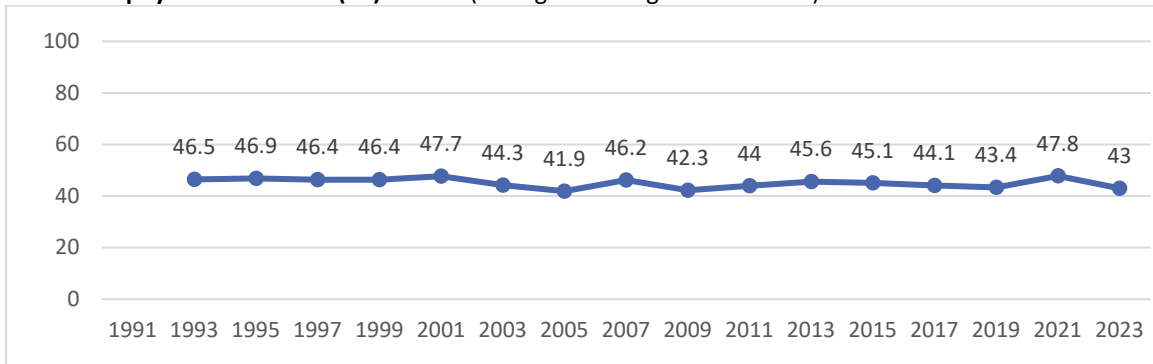
**Spent three or more hours per day on screen time** (in front of a TV, computer, smartphone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day)



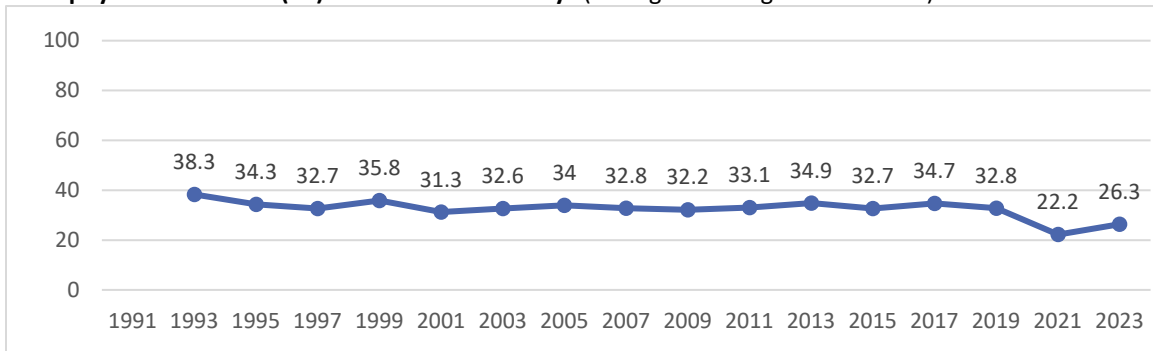
**Used social media, such as Instagram, TikTok, Snapchat or Twitter, one or more times a day**



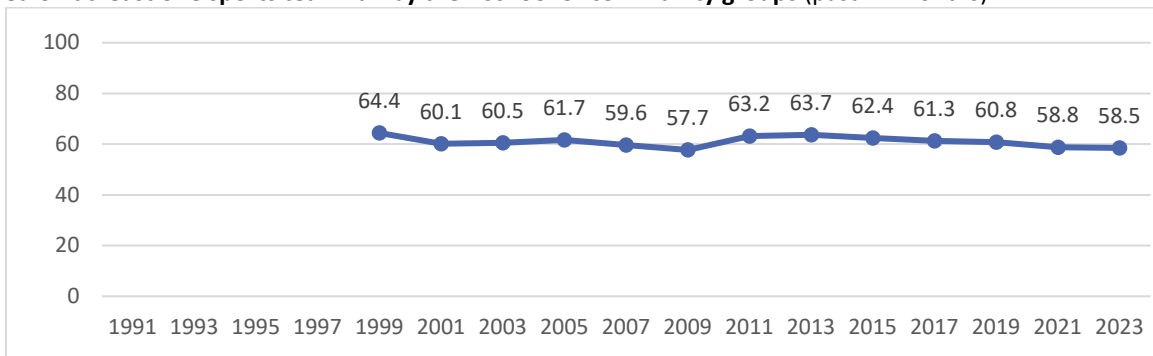
**Did not attend physical education (PE) classes (during an average school week)**



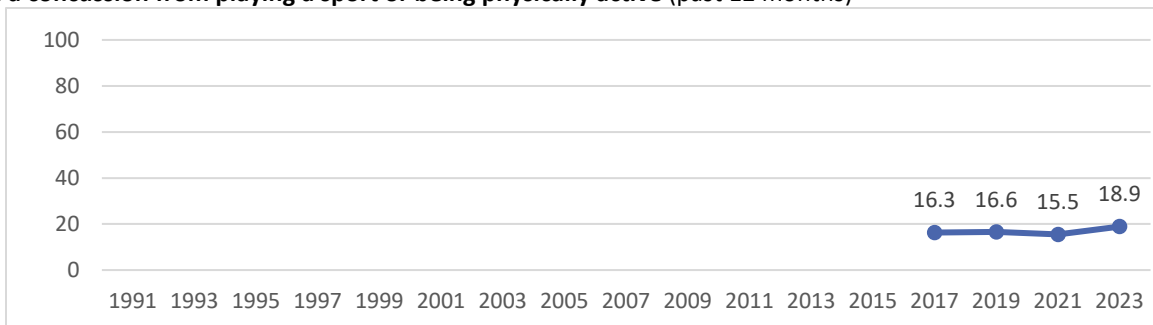
**Attended physical education (PE) classes on all five days (during an average school week)**



**Played on at least one sports team run by their school or community groups (past 12 months)**

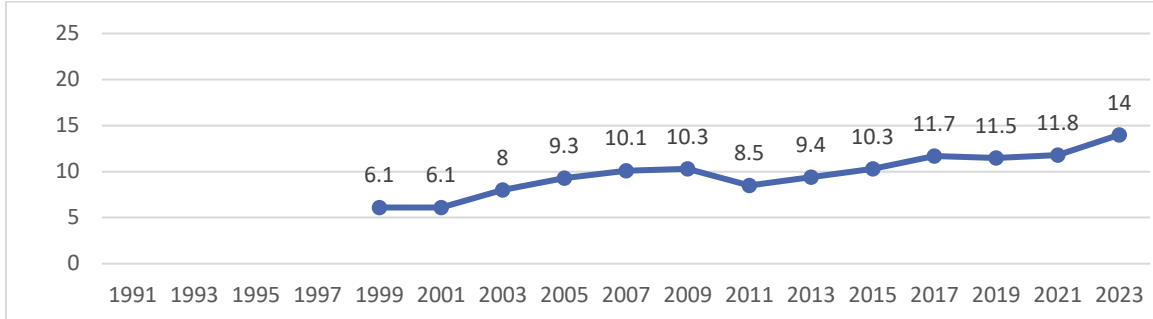


**Had a concussion from playing a sport or being physically active (past 12 months)**

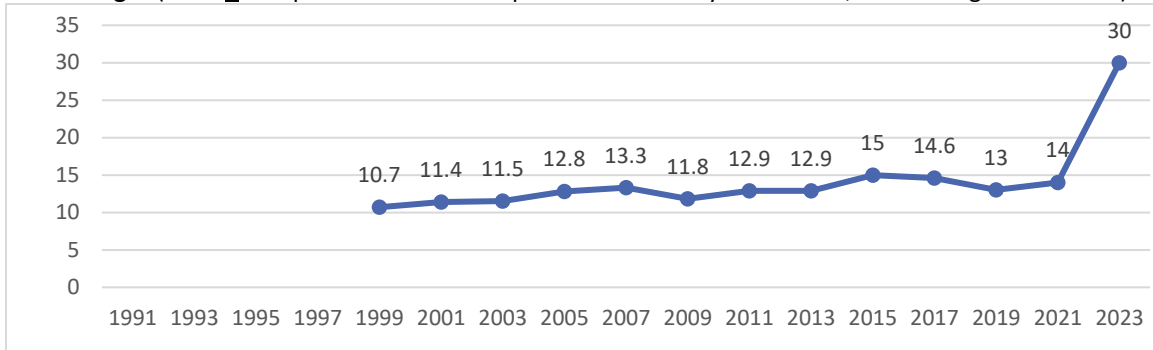


## 7. Obesity, Overweight, and Weight Control

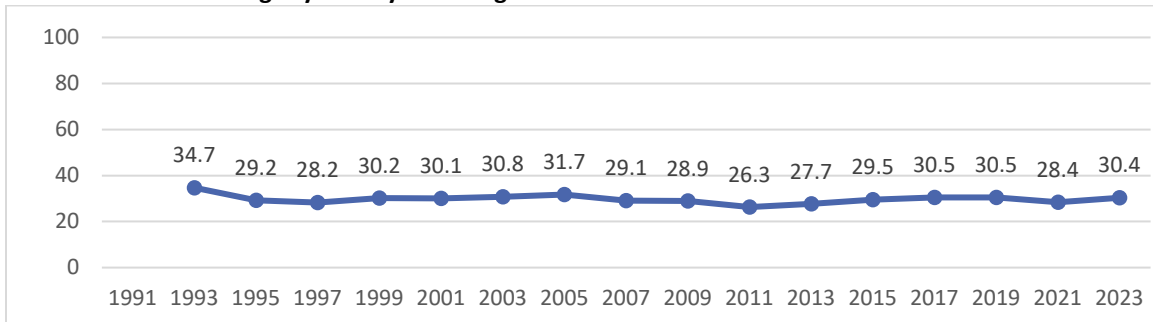
**Had obesity** (students who were  $\geq 95^{\text{th}}$  percentile for body mass index, 2000 CDC growth charts)



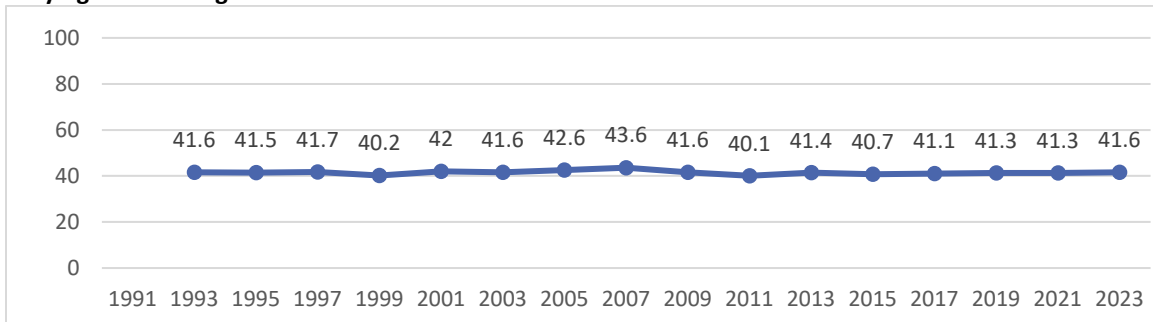
**Were overweight** (were  $\geq 85^{\text{th}}$  percentile but  $< 95^{\text{th}}$  percentile for body mass index, 2000 CDC growth charts)



**Described themselves as slightly or very overweight.**

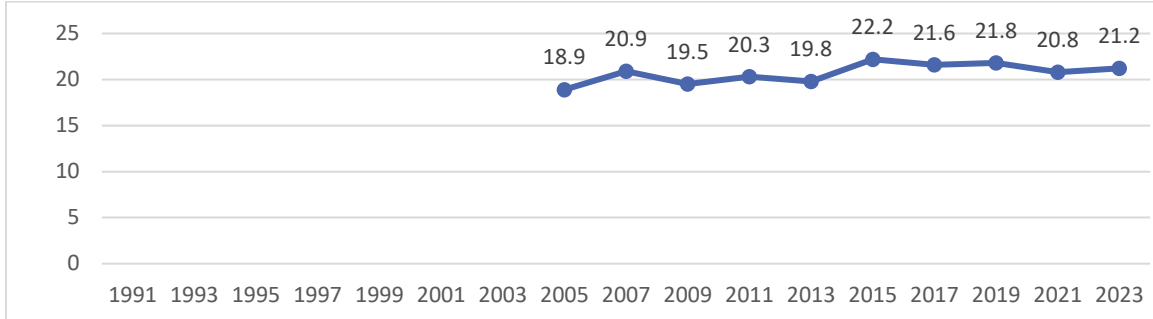


**Were trying to lose weight**

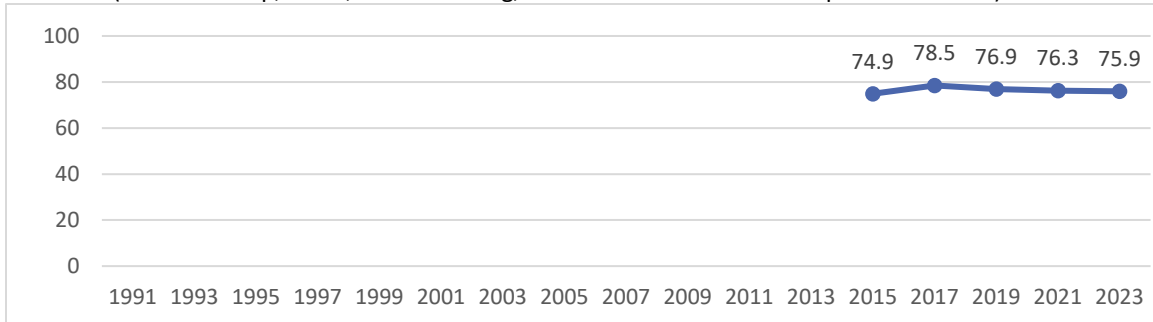


## 8. Other Health Topics

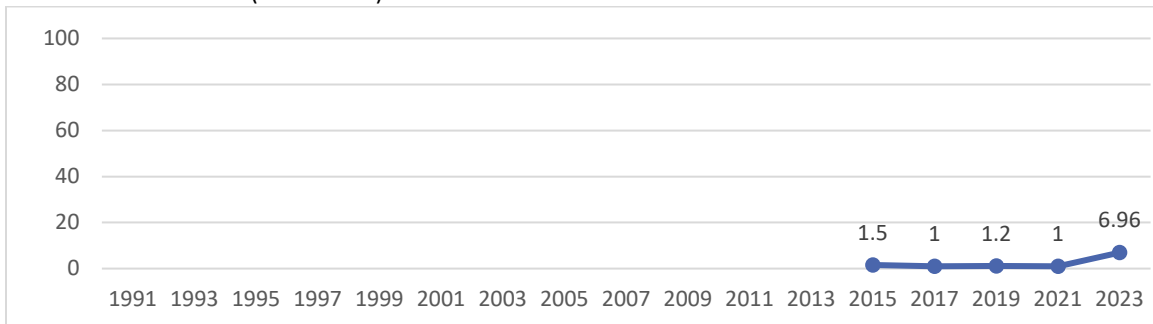
**Ever been told by a doctor or nurse that they had asthma**



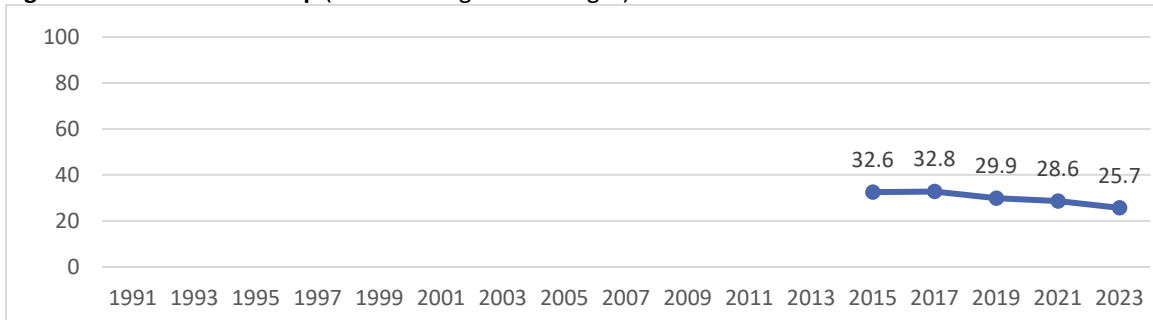
**Saw a dentist** (for a check-up, exam, teeth cleaning, or other dental work in the past 12 months)



**Have never seen a dentist** (in their life)



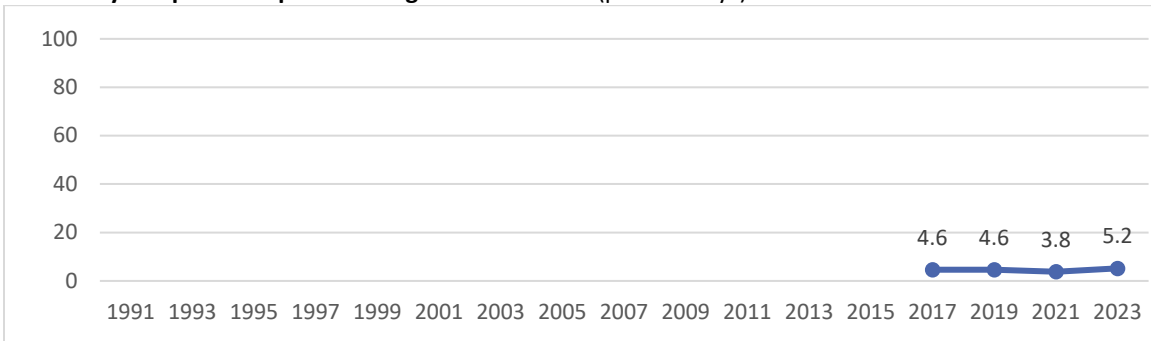
**Got eight or more hours of sleep** (on an average school night)



**Used an indoor tanning device** (such as a sunlamp, sunbed, or tanning booth, not counting spray-on tan, past 12 months)



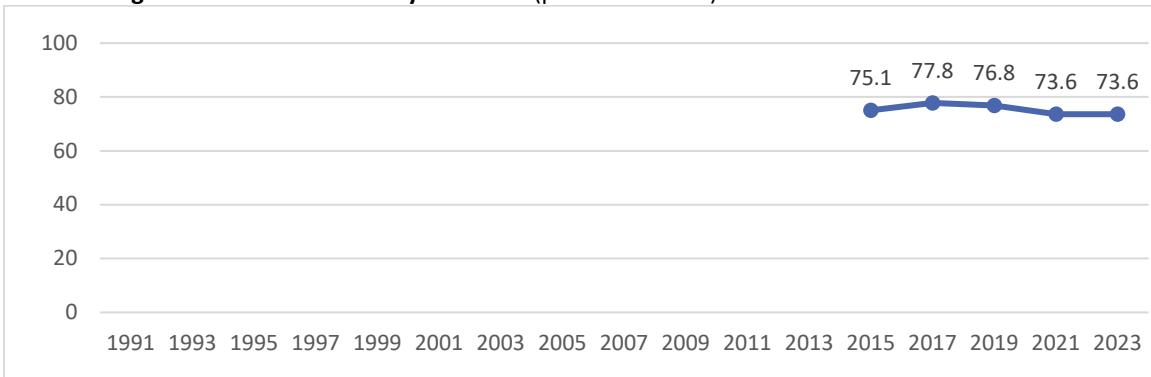
**Did not usually sleep in their parent's or guardian's home** (past 30 days)



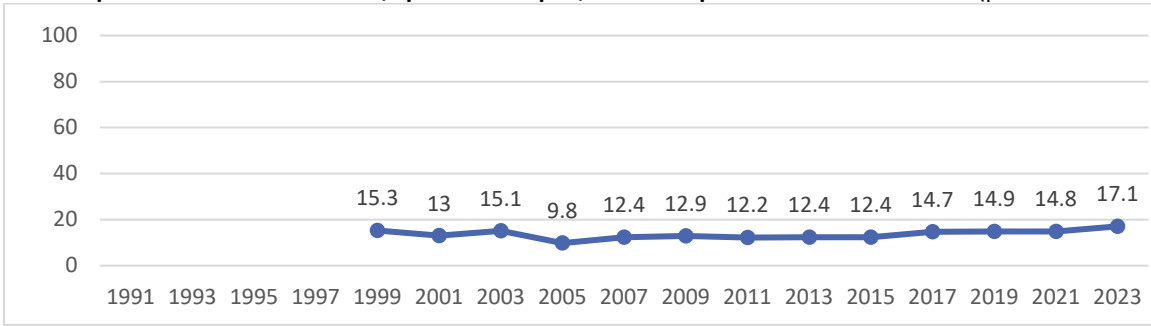
**Slept away from parents or guardians because they were kicked out, ran away, or were abandoned** (past 12 months)



**Described their grades in school as mainly A's or B's** (past 12 months)



**Received help from a resource teacher, speech therapist, or other special education teacher (past 12 months)**



**Received help from a resource teacher, speech therapist, or other special education teacher (past 12 months)**

