

2021

**Montana
Youth Risk
Behavior
Survey
High School Results**



AND 2021 COMPARATIVE TABLES FOR:
- GRADES 7-8
-AMERICAN INDIAN STUDENTS ON OR NEAR A RESERVATION
-AMERICAN INDIAN STUDENTS IN URBAN SCHOOLS
-NONPUBLIC ACCREDITED SCHOOLS
-ALTERNATIVE SCHOOLS
-STUDENTS WITH DISABILITIES

ACKNOWLEDGMENT

The 2021 Youth Risk Behavior Survey (YRBS) report is a continuation of 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). The YRBS was first used in Montana in 1991. 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. Sincere appreciation is expressed to:

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- the cosponsors of the YRBS – Montana Department of Public Health and Human Services, Montana Board of Crime Control, Billings Area Indian Health Service, 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,
- the Montana students who participated in the survey.

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Preface

Montana is proud to have completed over three decades of participation in the Youth Risk Behavior Survey (YRBS). These results are valuable to educators, school boards, and communities, including parents and students, in understanding the health risks of our Montana students; enabling districts to design local health and physical education curriculum to address local needs. In addition, these results drive state collaboration as well as program and policy decisions. The Montana Office of Public Instruction uses these results to establish benchmarks for reducing adolescent risk behaviors and increasing pro-social behaviors, designing state priorities for health programs, and evaluating the effectiveness of many health-related programs across the health and education systems.

The Office of Public Instruction believes in making data-driven decisions and uses the Youth Risk Behavior Survey as the platform to make program and policy decisions within the agency regarding the health of Montana students. We encourage our 825 schools to use this plan to focus on suicide prevention, school safety, and support for students to address substance abuse and mental health topics within their own school plans.

Thank you to all the schools who continue to administer this survey, providing Montana with this critical data. Especially noteworthy is during the spring of the 2020-2021 school year, when schools faced many challenges, 98% of all school districts, and 22,576 students in grades 7 through 12 completed the survey. The 2021 YRBS results are the students' story and a 'snapshot in time' of their experiences.

- Most unintentional injuries and violence behaviors showed improving trends; however, increases were seen in texting or e-mailing (57%), and apps use (52%) while driving; behaviors in which Montana students already had the highest rates in the nation in 2019.
- A 30-year high of 41% of high school students reported feelings of sadness or hopelessness (depression) over the last year. Suicide ideation rates remained level from past years.
- Current tobacco usage rates declined for all tobacco products – cigarettes (7%), electronic vapor products (26%), smokeless tobacco (5%), and cigars (5%).
- Alcohol and other drug use rates continue to decrease from those of students 30 years ago.
- Current marijuana use (past 30 days) was reported by 20% of students; continuing a downward trend from 37% in 2001.
- Fewer students are currently sexually active (30%); however, of these students, fewer are using a condom to prevent pregnancy (52%).
- Among nutrition and dietary behaviors, the rates of daily soda or pop consumption are favorably decreasing (12%). However, 17% of students did not eat breakfast and only 30% ate breakfast daily.
- Physical activity rates remained steady, but screen time of 3 or more hours per day was reported by 72% of students.





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2021 Montana Youth Risk Behavior Survey

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INTRODUCTION

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 2019 in the United States, 86 percent of all deaths among persons aged 10-24 years resulted from four causes: motor vehicle crashes (23%), other unintentional injuries (22%), suicide (23%), and homicide (18%). Among persons aged 15-19 years, 209,809 births; 488,700 cases of chlamydia, gonorrhea, and syphilis; and 1,652 diagnoses of human immunodeficiency virus (HIV) were reported. 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 and obesity and asthma among youth and young adults, CDC developed the YRBS. Since 1991, the YRBS has been administered biennially by the Montana Office of Public Instruction.

The purpose of the YRBS is to assist educators and health professionals in determining the prevalence of the health-risk behaviors among youth. This report describes the results of the survey and the methods used to conduct the survey. The results will be used to focus the continuing development of statewide comprehensive health education and to reduce those health behaviors that place Montana youth at risk.

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 - 2021)
- Comparative Tables by Student Population

SURVEY METHODS

DESCRIPTION OF YRBS

The YRBS was developed cooperatively by the CDC, 19 other federal agencies, and state and local departments of education to measure the extent to which adolescents engage in health-risk behaviors. The 2021 survey instrument consisted of 98 questions which assessed six priority health-risk behaviors which result in the greatest amount of 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 probability proportional to enrollment. The 2021 Montana YRBS was completed by 4,467 students in 50 public high schools during the spring of 2021. The school response rate was 100%, the student response rate was 85%, and the overall response rate was 85%. The results are representative of all students in grades 9-12 in Montana.

Superintendents of school districts were contacted during October 2020 to obtain approval to administer the YRBS. Sufficient time was allowed to gain school board and/or parent approval, and to 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. Survey coordinators for each school were assigned by school administrators and packets of information, including instructions, survey booklets, and answer sheets, were mailed to each school during February 2021. 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, 98-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for 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 contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana.

The approximate error rate, using a normal approximation, is plus-or-minus 3 percent. However, users should be careful when using the data since respondents in self-reported surveys may have a tendency to underreport behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt non-usage, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

2021 MONTANA YOUTH RISK BEHAVIOR SURVEY

FREQUENCY DISTRIBUTIONS

The 2021 YRBS results are representative of all students in grades 9-12. The weighted demographic characteristics of the sample are as follows:

Female	48.8%	9 th grade	27.4%	Black*	0.9%
Male	51.2%	10 th grade	25.5%	Hispanic/Latino	5.2%
		11 th grade	24.4%	Native American*	10.7%
		12 th grade	22.5%	White*	78.7%
		Other	0.2%	All other races*	0.9%
				Multiple races*	3.5%

*Non-Hispanic

Frequency Distributions

(Percentage of Montana High School Students)

1. How old are you?	
A. 15 years or younger	37.0
B. 16 or 17 years old	49.9
C. 18 years old or older	13.1

2. What is your sex?	
A. Female	48.8
B. Male	51.2

3. In what grade are you?	
A. 9 th grade	27.4
B. 10 th grade	25.5
C. 11 th grade	24.4
D. 12 th grade	22.5
E. Ungraded or other grade	0.2

4. Are you Hispanic or Latino?	
A. Yes	5.2
B. No	94.8

5. What is your race?	
A. Black	0.9
B. Hispanic/Latino	5.2
C. Native American	10.7
D. White	78.7
E. All other races*	0.9
F. Multiple races*	3.5

*Non-Hispanic

6. Height Chart

7. Weight Chart

The next 6 questions ask about safety.

8. How often do you wear a seat belt when riding in a car driven by someone else?	
A. Never	2.3
B. Rarely	3.9
C. Sometimes	9.5
D. Most of the time	30.3
E. Always	54.0

9. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol ?	
A. 0 times	79.3
B. 1 time	7.8
C. 2 or 3 times	6.9
D. 4 or 5 times	2.0
E. 6 or more times	4.0

10. How often do you wear a seat belt when driving a car?	
A. I do not drive a car	19.8
B. Never	2.1
C. Rarely	3.5
D. Sometimes	4.5
E. Most of the time	13.0
F. Always	57.2

11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol ?	
A. I did not drive a car or other vehicle during the past 30 days	24.1
B. 0 times	70.2
C. 1 time	3.1
D. 2 or 3 times	1.7
E. 4 or 5 times	0.4
F. 6 or more times	0.4

12. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?	
A. I did not drive a car or other vehicle during the past 30 days	23.9
B. 0 days	32.7
C. 1 or 2 days	12.8
D. 3 to 5 days	6.4
E. 6 to 9 days	4.7
F. 10 to 19 days	5.2
G. 20 to 29 days	4.3
H. All 30 days	10.1

13. During the past 30 days, on how many days did you use the Internet or apps on your cell phone (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.)	
A. I did not drive a car or other vehicle during the past 30 days	23.7
B. 0 days	37.0
C. 1 or 2 days	10.6
D. 3 to 5 days	5.2
E. 6 to 9 days	3.5
F. 10 to 19 days	4.5
G. 20 to 29 days	3.9
H. All 30 days	11.5

The next 10 questions ask about violence-related behaviors and experiences.

14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property ?	
A. 0 days	90.9
B. 1 day	2.0
C. 2 or 3 days	1.4
D. 4 or 5 days	0.7
E. 6 or more days	5.0

15. During the past 12 months, on how many days did you carry a gun ? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)	
A. 0 days	91.1
B. 1 day	2.2
C. 2 or 3 days	2.2
D. 4 or 5 days	1.0
E. 6 or more days	3.5

16. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?	
A. 0 days	93.4
B. 1 day	3.3
C. 2 or 3 days	1.7
D. 4 or 5 days	0.6
E. 6 or more days	1.0

17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property ?	
A. 0 times	94.0
B. 1 time	2.8
C. 2 or 3 times	1.5
D. 4 or 5 times	0.5
E. 6 or 7 times	0.5
F. 8 or 9 times	0.2
G. 10 or 11 times	0.0
H. 12 or more times	0.6

18. During the past 12 months, how many times were you in a physical fight ?	
A. 0 times	80.3
B. 1 time	9.5
C. 2 or 3 times	6.3
D. 4 or 5 times	1.6
E. 6 or 7 times	0.6
F. 8 or 9 times	0.3
G. 10 or 11 times	0.1
H. 12 or more times	1.2

19. During the past 12 months, how many times were you in a physical fight on school property ?	
A. 0 times	94.8
B. 1 time	3.6
C. 2 or 3 times	1.1
D. 4 or 5 times	0.1
E. 6 or 7 times	0.1
F. 8 or 9 times	0.0
G. 10 or 11 times	0.0
H. 12 or more times	0.3

20. Have you ever been physically forced to have sexual intercourse when you did not want to?	
A. Yes	11.0
B. No	89.0

21. During the past 12 months, how many times did anyone 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	86.5
B. 1 time	7.5
C. 2 or 3 times	3.7
D. 4 or 5 times	0.9
E. 6 or more times	1.3

22. During the past 12 months, how many times did someone you were dating or going out with 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	40.4
B. 0 times	54.8
C. 1 time	2.2
D. 2 or 3 times	1.5
E. 4 or 5 times	0.4
F. 6 or more times	0.7

23. During the past 12 months, how many times did someone you were dating or going out with 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	39.5
B. 0 times	56.2
C. 1 time	1.8
D. 2 or 3 times	1.2
E. 4 or 5 times	0.4
F. 6 or more times	0.9

The next 3 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

24. During the past 12 months, have you ever been bullied on school property ?	
A. Yes	15.6
B. No	84.4

25. During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)	
A. Yes	16.4
B. No	83.6

26. 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	13.6
B. No	86.4

The next 5 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.

27. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?	
A. Yes	41.4
B. No	58.6

28. During the past 12 months, did you ever seriously consider attempting suicide?	
A. Yes	21.7
B. No	78.3

29. During the past 12 months, did you make a plan about how you would attempt suicide?	
A. Yes	18.0
B. No	82.0

30. During the past 12 months, how many times did you actually attempt suicide?	
A. 0 times	89.8
B. 1 time	6.7
C. 2 or 3 times	2.5
D. 4 or 5 times	0.5
E. 6 or more times	0.5

31. 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	89.9
B. Yes	3.2
C. No	6.9

The next 4 questions ask about cigarette smoking.

32. Have you ever tried cigarette smoking, even one or two puffs?	
A. Yes	27.8
B. No	72.2

33. 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	72.3
B. 8 years old or younger	3.2
C. 9 or 10 years old	2.3
D. 11 or 12 years old	4.1
E. 13 or 14 years old	7.8
F. 15 or 16 years old	8.2
G. 17 years old or older	2.1

34. During the past 30 days, on how many days did you smoke cigarettes?	
A. 0 days	93.0
B. 1 or 2 days	3.2
C. 3 to 5 days	1.2
D. 6 to 9 days	1.0
E. 10 to 19 days	0.5
F. 20 to 29 days	0.3
G. All 30 days	0.8

35. 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	92.9
B. Less than 1 cigarette per day	3.4
C. 1 cigarette per day	1.3
D. 2 to 5 cigarettes per day	1.7
E. 6 to 10 cigarettes per day	0.3
F. 11 to 20 cigarettes per day	0.0
G. More than 20 cigarettes per day	0.2

The next 5 questions ask about electronic vapor products, such as JUUL, SMOK, Suorin, Vuse, and blu. Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

36. Have you ever used an electronic vapor product?	
A. Yes	48.3
B. No	51.7

37. During the past 30 days, on how many days did you use an electronic vapor product?	
A. 0 days	74.5
B. 1 or 2 days	5.5
C. 3 to 5 days	3.5
D. 6 to 9 days	2.4
E. 10 to 19 days	3.6
F. 20 to 29 days	3.7
G. All 30 days	6.7

38. During the past 30 days, on how many days did you use an electronic vapor product on school property ?	
A. 0 days	86.6
B. 1 or 2 days	3.8
C. 3 to 5 days	1.9
D. 6 to 9 days	1.4
E. 10 to 19 days	2.1
F. 20 to 29 days	1.4
G. All 30 days	2.9

39. 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	74.7
B. I got or bought them from a friend, family member, or someone else	15.7
C. I bought them myself in a vape shop or tobacco shop	2.0
D. I bought them myself in a convenience store, supermarket, discount store, or gas station	0.6
E. I bought them myself at a mall or shopping center kiosk or stand	0.1
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	0.3
G. I took them from a store or another person	0.4
H. I got them some other way	6.3

40. During the past 30 days, what flavor of electronic vapor product did you use most often? (Select only one response.)	
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)	0.7
C. Chocolate, candy, desserts, or other sweets	1.4
D. Fruit	14.0
E. Menthol	5.6
F. Mint	2.0
G. Tobacco	1.7
H. Some other flavor	3.1

The next 2 questions ask about other tobacco products.

41. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.)	
A. 0 days	94.8
B. 1 or 2 days	1.7
C. 3 to 5 days	0.7
D. 6 to 9 days	0.6
E. 10 to 19 days	0.3
F. 20 to 29 days	0.4
G. All 30 days	1.3

42. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars ?	
A. 0 days	95.4
B. 1 or 2 days	2.6
C. 3 to 5 days	0.9
D. 6 to 9 days	0.3
E. 10 to 19 days	0.2
F. 20 to 29 days	0.0
G. All 30 days	0.5

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.

43. During the past 12 months, did you ever try to quit using all tobacco products?	
A. I did not use any tobacco products during the past 12 months	65.8
B. Yes	20.3
C. No	13.8

The next 6 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.

44. How old were you when you had your first drink of alcohol other than a few sips?	
A. I have never had a drink of alcohol other than a few sips	39.7
B. 8 years old or younger	6.7
C. 9 or 10 years old	4.1
D. 11 or 12 years old	7.4
E. 13 or 14 years old	19.7
F. 15 or 16 years old	19.0
G. 17 years old or older	3.4

45. During the past 30 days, on how many days did you have at least one drink of alcohol?	
A. 0 days	68.6
B. 1 or 2 days	14.9
C. 3 to 5 days	7.6
D. 6 to 9 days	4.8
E. 10 to 19 days	2.7
F. 20 to 29 days	0.9
G. All 30 days	0.6

46. During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row, that is, within a couple of hours (if you are female) or 5 or more drinks of alcohol in a row, that is, within a couple of hours (if you are male)?	
A. 0 days	83.6
B. 1 day	5.1
C. 2 days	3.8
D. 3 to 5 days	4.0
E. 6 to 9 days	2.0
F. 10 to 19 days	0.9
G. 20 or more days	0.6

47. During the past 30 days, what is the largest 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	71.6
B. 1 or 2 drinks	9.3
C. 3 drinks	1.6
D. 4 drinks	2.1
E. 5 drinks	3.6
F. 6 or 7 drinks	4.9
G. 8 or 9 drinks	2.3
H. 10 or more drinks	5.6

48. During the past 30 days, how did you usually get the alcohol you drank?	
A. I did not drink alcohol during the past 30 days	68.5
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	1.3
C. I bought it at a restaurant, bar, or club	0.2
D. I bought it at a public event such as a concert or sporting event	0.0
E. I gave someone else money to buy it for me	7.7
F. Someone gave it to me	12.1
G. I took it from a store or family member	3.4
H. I got it some other way	6.7

49. During the past 30 days, what type of alcohol did you drink most often? (Select only one response.)	
A. I did not drink alcohol during the past 30 days	67.7
B. Beer	9.2
C. Wine	1.8
D. Vodka	4.4
E. Some other liquor, such as rum, scotch, bourbon, whiskey, or tequila	5.5
F. Flavored alcoholic beverages, such as hard seltzer, Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade, Four Loko, or hard apple cider	10.1
G. Some other type of alcohol	1.3

The next 3 questions ask about marijuana use. Marijuana also is 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.

50. During your life, how many times have you used marijuana?	
A. 0 times	63.0
B. 1 or 2 times	8.2
C. 3 to 9 times	7.1
D. 10 to 19 times	4.1
E. 20 to 39 times	3.8
F. 40 to 99 times	4.1
G. 100 or more times	9.7

51. How old were you when you tried marijuana for the first time?	
A. I have never tried marijuana	62.9
B. 8 years old or younger	1.6
C. 9 or 10 years old	1.6
D. 11 or 12 years old	4.1
E. 13 or 14 years old	13.3
F. 15 or 16 years old	14.1
G. 17 years old or older	2.4

52. During the past 30 days, how many times did you use marijuana?	
A. 0 times	80.3
B. 1 or 2 times	6.3
C. 3 to 9 times	4.1
D. 10 to 19 times	2.5
E. 20 to 39 times	2.4
F. 40 or more times	4.4

The next question asks about synthetic marijuana use. Synthetic marijuana also is called Spice, fake weed, K2, or Black Mamba.

53. During your life, how many times have you used synthetic marijuana?	
A. 0 times	93.4
B. 1 or 2 times	2.9
C. 3 to 9 times	1.4
D. 10 to 19 times	0.7
E. 20 to 39 times	0.4
F. 40 or more times	1.2

The next question asks about the use of 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.

54. During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?	
A. 0 times	88.0
B. 1 or 2 times	6.8
C. 3 to 9 times	2.6
D. 10 to 19 times	1.2
E. 20 to 39 times	0.4
F. 40 or more times	0.9

The next 8 questions ask about other drugs.

55. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?	
A. 0 times	96.0
B. 1 or 2 times	2.3
C. 3 to 9 times	0.8
D. 10 to 19 times	0.3
E. 20 to 39 times	0.1
F. 40 or more times	0.6

56. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?	
A. 0 times	91.4
B. 1 or 2 times	4.5
C. 3 to 9 times	1.9
D. 10 to 19 times	0.8
E. 20 to 39 times	0.4
F. 40 or more times	1.0

57. During your life how many times have you used heroin (also called smack, junk, or China White)?	
A. 0 times	98.5
B. 1 or 2 times	0.6
C. 3 to 9 times	0.3
D. 10 to 19 times	0.1
E. 20 to 39 times	0.0
F. 40 or more times	0.4

58. During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?	
A. 0 times	98.1
B. 1 or 2 times	1.0
C. 3 to 9 times	0.2
D. 10 to 19 times	0.2
E. 20 to 39 times	0.0
F. 40 or more times	0.5

59. During your life, how many times have you used ecstasy (also called MDMA)?	
A. 0 times	95.8
B. 1 or 2 times	2.6
C. 3 to 9 times	0.7
D. 10 to 19 times	0.3
E. 20 to 39 times	0.2
F. 40 or more times	0.4

60. During your life, how many times have you used a needle to inject any illegal drug into your body?	
A. 0 times	98.6
B. 1 time	0.8
C. 2 or more times	0.6

61. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property ?	
A. Yes	22.3
B. No	77.7

62. During the past 30 days, how many times did you use hallucinogenic drugs , such as LSD, acid, PCP, angel dust, mescaline, or mushrooms?	
A. 0 times	93.7
B. 1 or 2 times	4.3
C. 3 to 9 times	1.1
D. 10 to 19 times	0.4
E. 20 to 39 times	0.1
F. 40 or more times	0.4

The next 7 questions ask about sexual behavior.

63. Have you ever had sexual intercourse?	
A. Yes	41.5
B. No	58.5

64. How old were you when you had sexual intercourse for the first time?	
A. I have never had sexual intercourse	58.3
B. 11 years old or younger	1.7
C. 12 years old	1.1
D. 13 years old	3.2
E. 14 years old	9.4
F. 15 years old	12.6
G. 16 years old	9.9
H. 17 years old or older	3.7

65. During your life, with how many people have you had sexual intercourse?	
A. I have never had sexual intercourse	58.4
B. 1 person	17.8
C. 2 people	7.8
D. 3 people	5.3
E. 4 people	2.8
F. 5 people	2.3
G. 6 or more people	5.6

66. During the past 3 months, with how many people did you have sexual intercourse?	
A. I have never had sexual intercourse	58.4
B. I have had sexual intercourse, but not during the past 3 months	11.5
C. 1 person	24.2
D. 2 people	3.5
E. 3 people	1.1
F. 4 people	0.5
G. 5 people	0.1
H. 6 or more people	0.6

67. Did you drink alcohol or use drugs before you had sexual intercourse the last time ?	
A. I have never had sexual intercourse	58.4
B. Yes	7.8
C. No	33.8

68. The last time you had sexual intercourse, did you or your partner use a condom?	
A. I have never had sexual intercourse	58.5
B. Yes	22.9
C. No	18.6

69. The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy ? (Select only one response.)	
A. I have never had sexual intercourse with an opposite-sex partner	61.7
B. No method was used to prevent pregnancy	3.5
C. Birth control pills (Do not count emergency contraception such as Plan B or the “morning after” pill.)	9.7
D. Condoms	14.2
E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	4.9
F. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	1.5
G. Withdrawal or some other method	3.0
H. Not sure	1.4

The next 2 questions ask about body weight.

70. How do you describe your weight?	
A. Very underweight	2.7
B. Slightly underweight	15.2
C. About the right weight	53.7
D. Slightly overweight	24.5
E. Very overweight	3.9

71. Which of the following are you trying to do about your weight?	
A. Lose weight	41.3
B. Gain weight	20.0
C. Stay the same weight	16.5
D. I am not trying to do anything about my weight	22.2

The next 10 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

72. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)	
A. I did not drink 100% fruit juice during the past 7 days	34.3
B. 1 to 3 times during the past 7 days	41.4
C. 4 to 6 times during the past 7 days	12.5
D. 1 time per day	4.6
E. 2 times per day	3.5
F. 3 times per day	1.2
G. 4 or more times per day	2.6

73. During the past 7 days, how many times did you eat fruit ? (Do not count fruit juice.)	
A. I did not eat fruit during the past 7 days	10.4
B. 1 to 3 times during the past 7 days	37.4
C. 4 to 6 times during the past 7 days	23.1
D. 1 time per day	10.9
E. 2 times per day	10.8
F. 3 times per day	3.5
G. 4 or more times per day	3.9

74. During the past 7 days, how many times did you eat green salad ?	
A. I did not eat green salad during the past 7 days	36.5
B. 1 to 3 times during the past 7 days	43.0
C. 4 to 6 times during the past 7 days	12.0
D. 1 time per day	5.6
E. 2 times per day	1.5
F. 3 times per day	0.5
G. 4 or more times per day	1.0

75. During the past 7 days, how many times did you eat potatoes ? (Do not count French fries, fried potatoes, or potato chips.)	
A. I did not eat potatoes during the past 7 days	33.6
B. 1 to 3 times during the past 7 days	51.5
C. 4 to 6 times during the past 7 days	9.9
D. 1 time per day	2.8
E. 2 times per day	1.0
F. 3 times per day	0.5
G. 4 or more times per day	0.7

76. During the past 7 days, how many times did you eat carrots ?	
A. I did not eat carrots during the past 7 days	44.6
B. 1 to 3 times during the past 7 days	41.0
C. 4 to 6 times during the past 7 days	8.6
D. 1 time per day	3.2
E. 2 times per day	1.3
F. 3 times per day	0.4
G. 4 or more times per day	1.0

77. During the past 7 days, how many times did you eat other vegetables ? (Do not count green salad, potatoes, or carrots.)	
A. I did not eat other vegetables during the past 7 days	16.1
B. 1 to 3 times during the past 7 days	42.2
C. 4 to 6 times during the past 7 days	22.3
D. 1 time per day	10.1
E. 2 times per day	5.7
F. 3 times per day	1.8
G. 4 or more times per day	1.8

78. During the past 7 days, how many times 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 7 days	30.7
B. 1 to 3 times during the past 7 days	41.9
C. 4 to 6 times during the past 7 days	15.3
D. 1 time per day	6.2
E. 2 times per day	3.3
F. 3 times per day	1.3
G. 4 or more times per day	1.4

79. During the past 7 days, how many times did you drink a can, bottle, or glass of a sports drink such as Gatorade or PowerAde? (Do not count low-calorie sports drinks such as Propel or G2.)	
A. I did not drink sports drinks during the past 7 days	47.1
B. 1 to 3 times during the past 7 days	31.9
C. 4 to 6 times during the past 7 days	11.8
D. 1 time per day	4.6
E. 2 times per day	2.4
F. 3 times per day	1.1
G. 4 or more times per day	1.1

80. During the past 7 days, how many glasses of milk did you drink? (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)	
A. I did not drink milk during the past 7 days	26.6
B. 1 to 3 glasses during the past 7 days	28.8
C. 4 to 6 glasses during the past 7 days	14.8
D. 1 glass per day	12.0
E. 2 glasses per day	9.3
F. 3 glasses per day	4.5
G. 4 or more glasses per day	3.9

81. During the past 7 days, on how many days did you eat breakfast ?	
A. 0 days	17.0
B. 1 day	9.5
C. 2 days	10.4
D. 3 days	9.3
E. 4 days	7.7
F. 5 days	8.7
G. 6 days	7.1
H. 7 days	30.3

The next 4 questions ask about physical activity.

82. During the past 7 days, on 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 kind of physical activity that increased your heart rate and made you breathe hard some of the time.)	
A. 0 days	11.3
B. 1 day	6.0
C. 2 days	9.0
D. 3 days	10.9
E. 4 days	11.1
F. 5 days	14.4
G. 6 days	11.4
H. 7 days	25.9

83. On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called “screen time”)? Do not count time spent doing schoolwork.)	
A. Less than 1 hour per day	5.7
B. 1 hour per day	6.8
C. 2 hours per day	15.6
D. 3 hours per day	23.4
E. 4 hours per day	20.0
F. 5 or more hours per day	28.4

84. In an average week when you are in school, on how many days do you go to physical education (PE) classes?	
A. 0 days	47.8
B. 1 day	2.1
C. 2 days	6.0
D. 3 days	9.1
E. 4 days	12.8
F. 5 days	22.2

85. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)	
A. 0 teams	41.2
B. 1 team	23.5
C. 2 teams	19.1
D. 3 or more teams	16.2

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

86. During the last 12 months, how many times did you have a concussion from playing a sport or being physically active ?	
A. 0 times	84.5
B. 1 time	9.9
C. 2 times	2.8
D. 3 times	1.2
E. 4 or more times	1.6

The next 12 questions ask about other health-related topics.

87. Has a doctor or nurse ever told you that you have asthma?	
A. Yes	20.8
B. No	73.5
C. Not sure	5.7

88. Do you still have asthma?	
A. I have never had asthma	60.4
B. Yes	14.1
C. No	17.3
D. Not sure	8.2

89. During the past 30 days, how many days of school did you miss because of your asthma?	
A. I do not have asthma	76.2
B. 0 days	21.2
C. 1 day	1.2
D. 2 days	0.6
E. 3 days	0.4
F. 4 days	0.1
G. 5 or more days	0.3

90. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?	
A. During the past 12 months	76.3
B. Between 12 and 24 months ago	11.8
C. More than 24 months ago	4.6
D. Never	1.0
E. Not sure	6.3

91. During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)	
A. Never	16.3
B. Rarely	22.3
C. Sometimes	29.9
D. Most of the time	22.5
E. Always	9.0

95. During the past 30 days, how often did you go hungry because there was not enough food in your home?	
A. Never	85.0
B. Rarely	9.6
C. Sometimes	3.9
D. Most of the time	0.8
E. Always	0.6

92. On an average school night, how many hours of sleep do you get?	
A. 4 or less hours	9.1
B. 5 hours	12.7
C. 6 hours	21.1
D. 7 hours	28.5
E. 8 hours	22.6
F. 9 hours	4.6
G. 10 or more hours	1.4

96. During the past 12 months, how would you describe your grades in school?	
A. Mostly A's	46.1
B. Mostly B's	27.5
C. Mostly C's	14.8
D. Mostly D's	4.5
E. Mostly F's	2.6
F. None of these grades	0.6
G. Not sure	3.9

93. During the past 30 days, where did you usually sleep?	
A. In my parent's or guardian's home	96.2
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	1.7
C. In a shelter or emergency housing	0.6
D. In a motel or hotel	0.3
E. In a car, park, campground, or other public place	0.3
F. I do not have a usual place to sleep	0.4
G. Somewhere else	0.5

97. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do not count getting a spray-on tan.)	
A. 0 times	94.3
B. 1 or 2 times	2.6
C. 3 to 9 times	1.6
D. 10 to 19 times	0.6
E. 20 to 39 times	0.4
F. 40 or more times	0.5

94. 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	4.3
B. No	95.7

98. During the past 12 months, did you receive help from a resource teacher, speech therapist, or other special education teacher at school?	
A. Yes	14.8
B. No	85.2

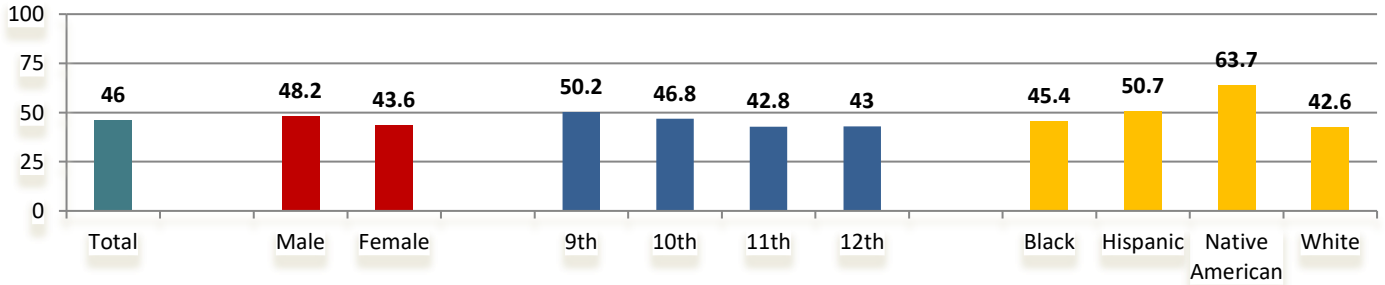
Point of Interest Graphs



Unintentional Injuries and Violence

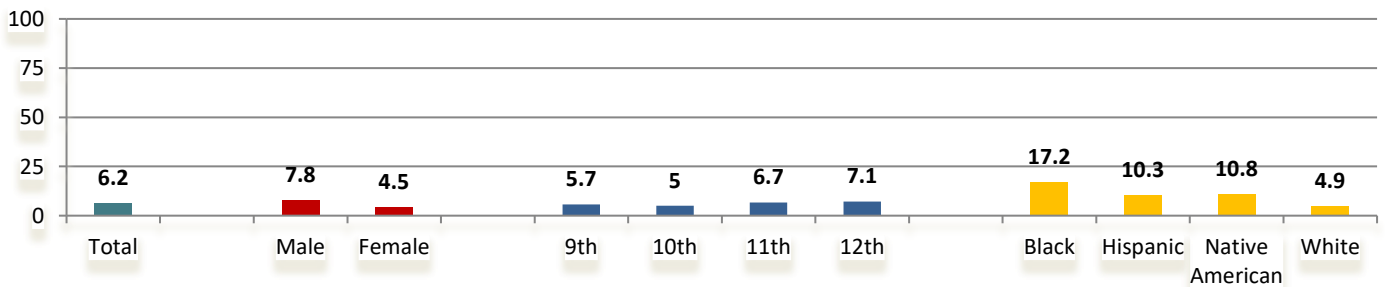
SEAT BELT USE – RIDER

Statewide, 46 percent of Montana students did not always wear a seat belt when riding in a car driven by someone else.



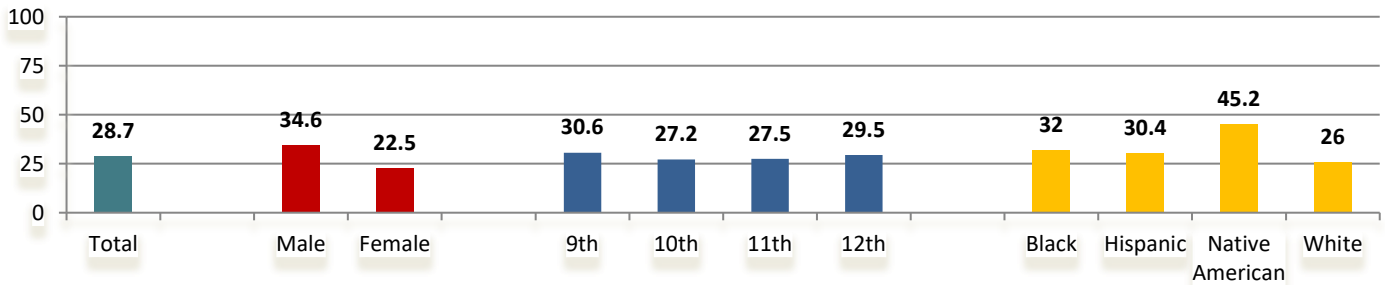
SEAT BELT USE – RIDER

Statewide, 6.2 percent of Montana students never or rarely wore a seat belt when riding in a car driven by someone else.



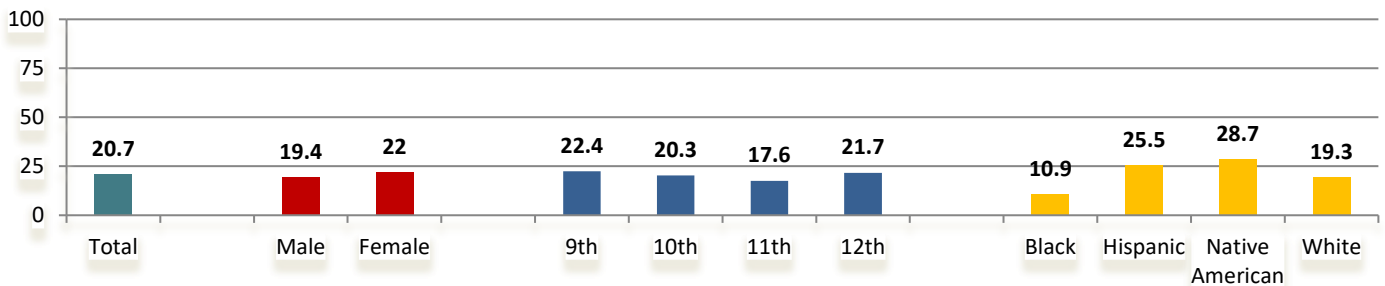
SEAT BELT USE – DRIVER

Among Montana students who drive a car, 28.7% percent did not always wear a seat belt when driving



RODE WITH A DRIVER WHO HAD BEEN DRINKING ALCOHOL

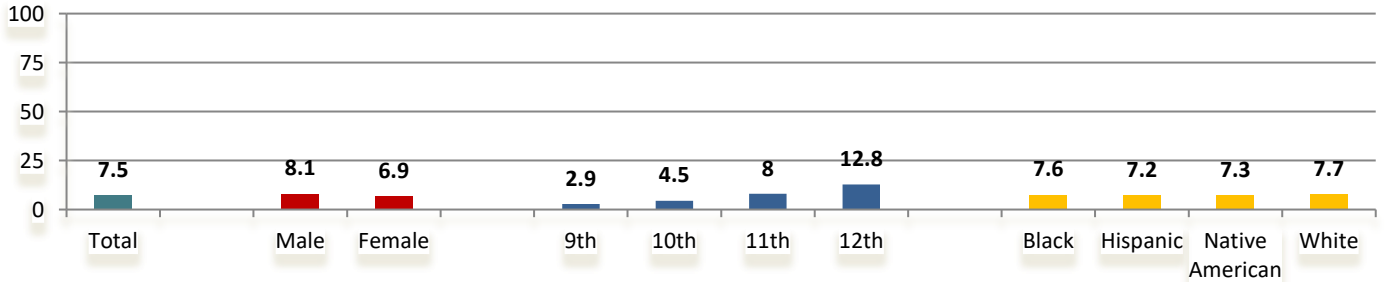
During the past 30 days, 20.7 percent of students rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.



Unintentional Injuries and Violence

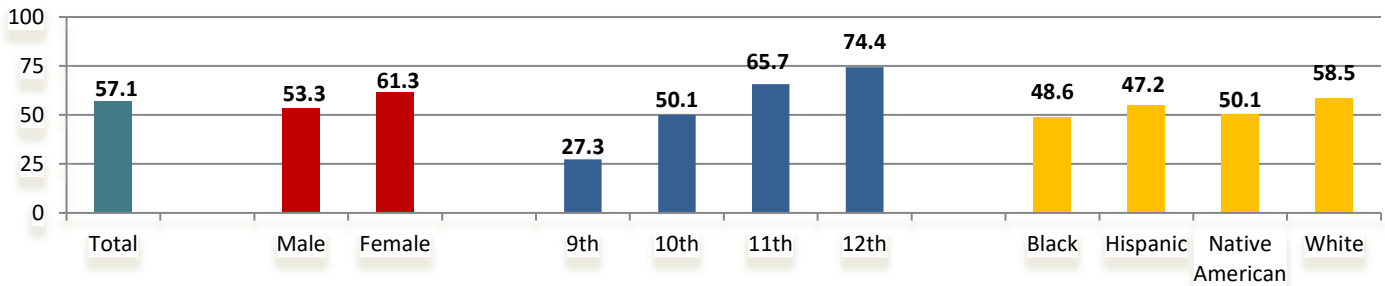
DROVE WHEN DRINKING ALCOHOL

Among students who drove a car or other vehicle during the past 30 days, 7.5 percent drove when they had been drinking alcohol during the past 30 days.



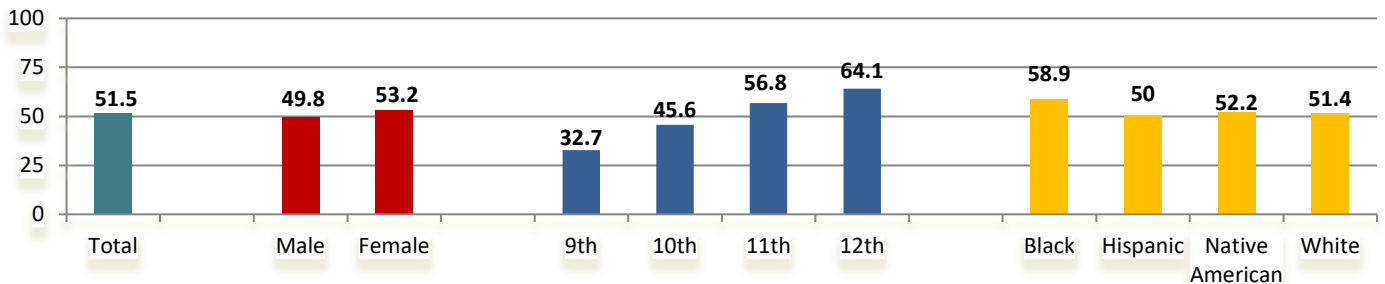
TEXTING AND DRIVING

Among Montana students who drove a car or other vehicle during the past 30 days, 57.1 percent texted or e-mailed while driving.



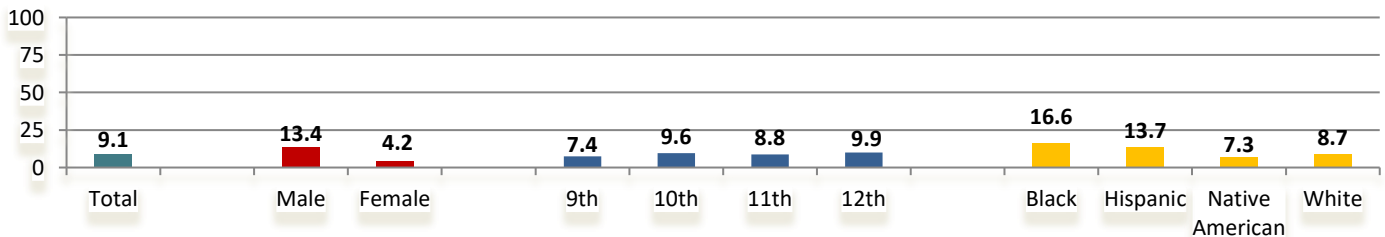
INTERNET OR APPS USE ON CELL PHONE WHILE DRIVING

Among students who drove a car or other vehicle during the past 30 days, 51.5 percent used the Internet or Apps on their cell phone while driving.



CARRIED A WEAPON ON SCHOOL PROPERTY

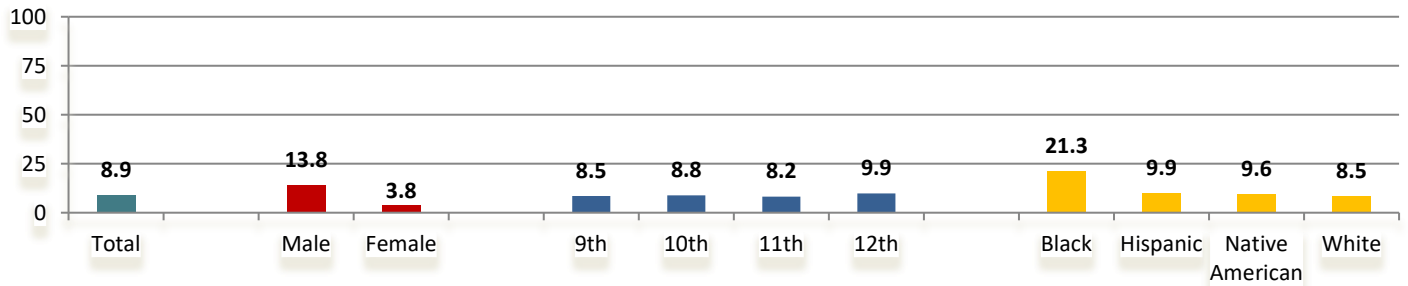
Statewide, 9.1 percent of Montana students carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days.



Unintentional Injuries and Violence

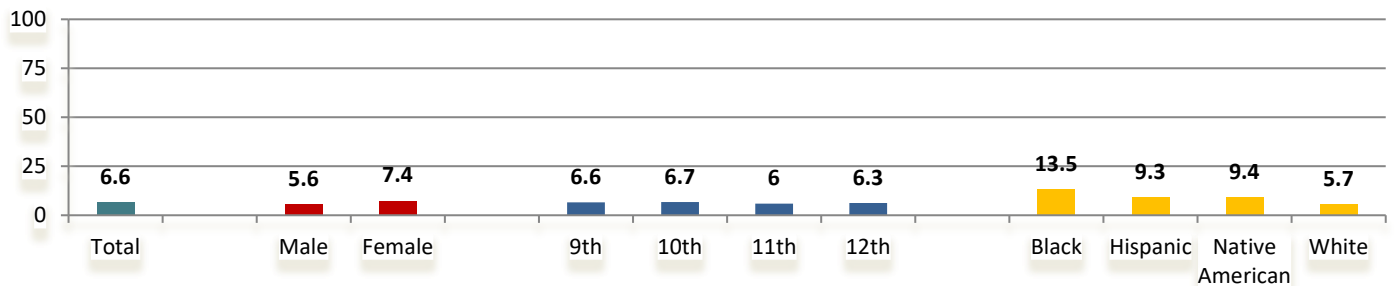
CARRIED A GUN

During the past 12 months, 8.9 percent of Montana students carried a gun on one or more days (not counting for hunting or for a sport such as target shooting).



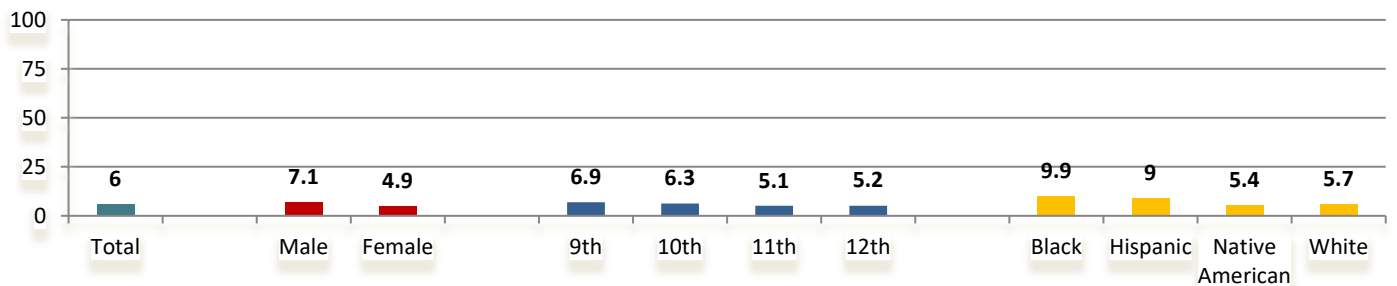
DID NOT GO TO SCHOOL BECAUSE OF SAFETY CONCERNS

During the past 30 days, 6.6 percent of Montana students did not go to school on one or more days because they felt they would be unsafe at school or on their way to or from school.



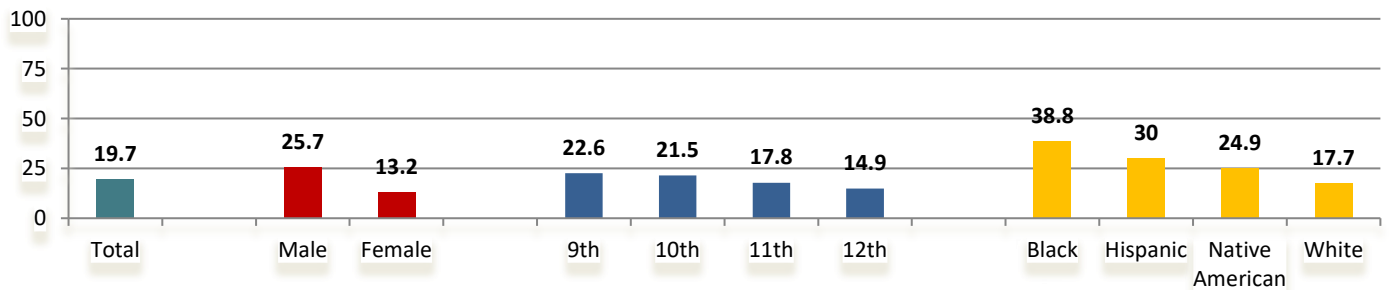
THREATENED OR INJURED WITH A WEAPON ON SCHOOL PROPERTY

During the past 12 months, 6.0 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

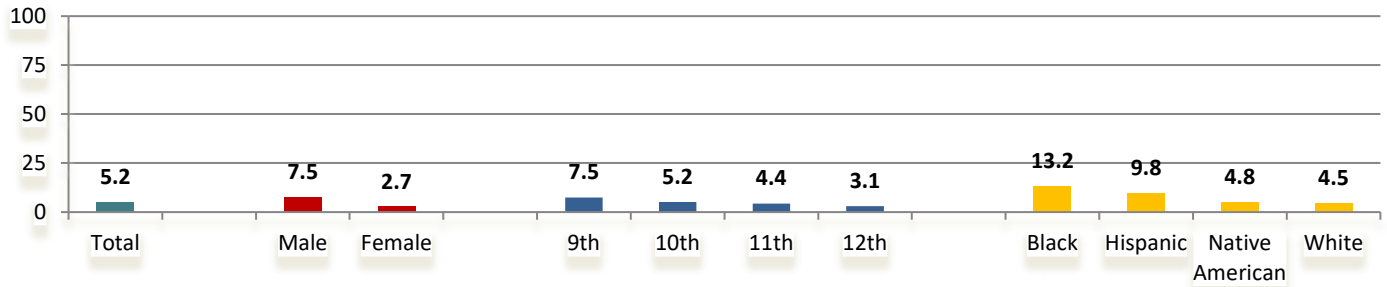
Statewide, 19.7 percent of Montana students were in a physical fight one or more times during the past 12 months.



Unintentional Injuries and Violence

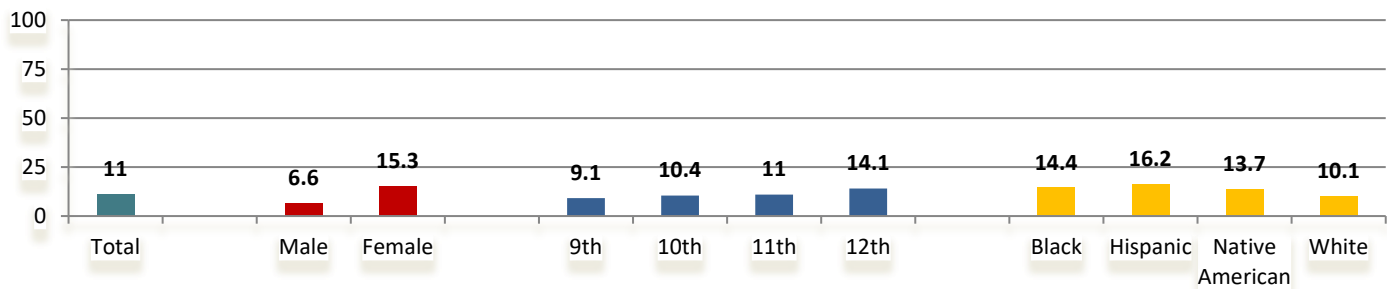
IN A PHYSICAL FIGHT ON SCHOOL PROPERTY

Statewide, 5.2 percent of students were in a physical fight on school property one or more times during the past 12 months.



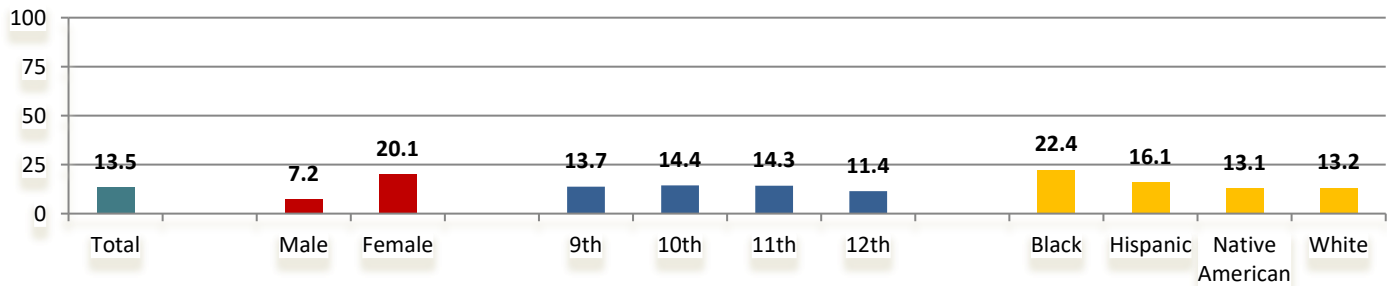
FORCED SEXUAL INTERCOURSE

Statewide, 11.0 percent of Montana students had ever been physically forced to have sexual intercourse when they did not want to.



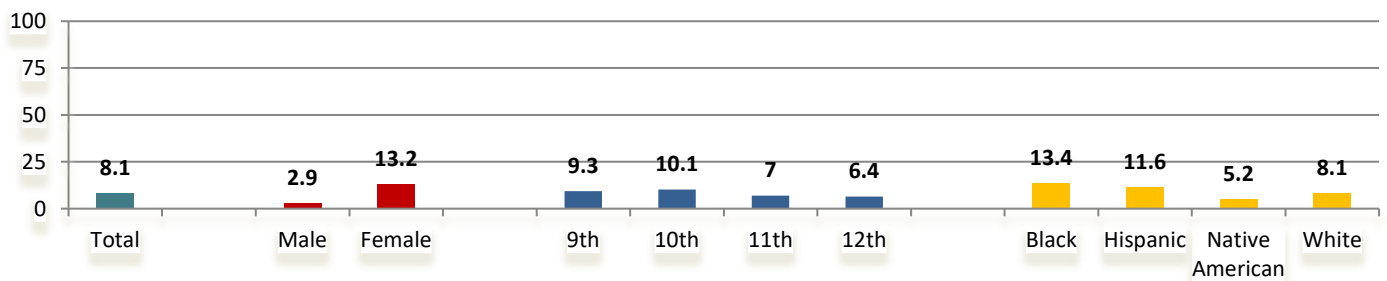
EXPERIENCED SEXUAL VIOLENCE

Statewide, 13.5 percent of Montana students had experienced sexual violence during the past 12 months (being forced by anyone to do sexual things such as kissing, touching, or being physically forced to have sexual intercourse, that they did not want to do).



SEXUAL DATING VIOLENCE

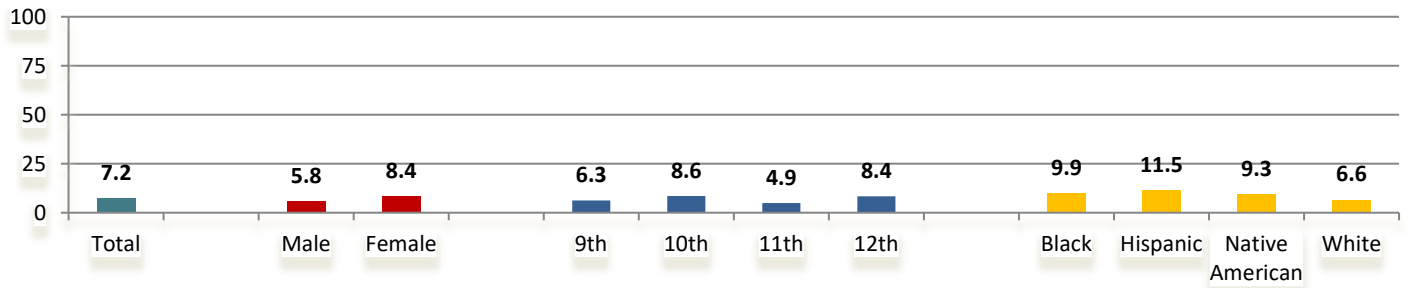
Among students who dated or went out with someone during the past 12 months, 8.1 percent of Montana students had been forced by someone they were dating or going out with to do sexual things they did not want to do.



Unintentional Injuries and Violence

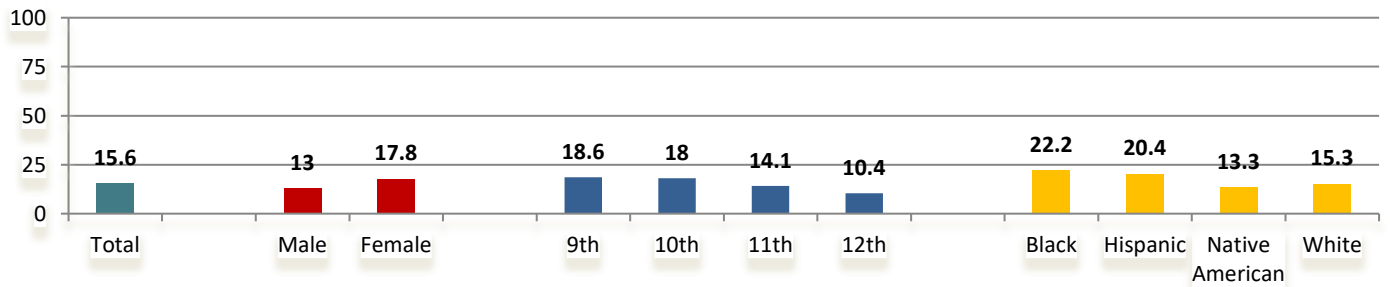
PHYSICAL DATING VIOLENCE

Among students who dated or went out with someone during the past 12 months, 7.2 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.



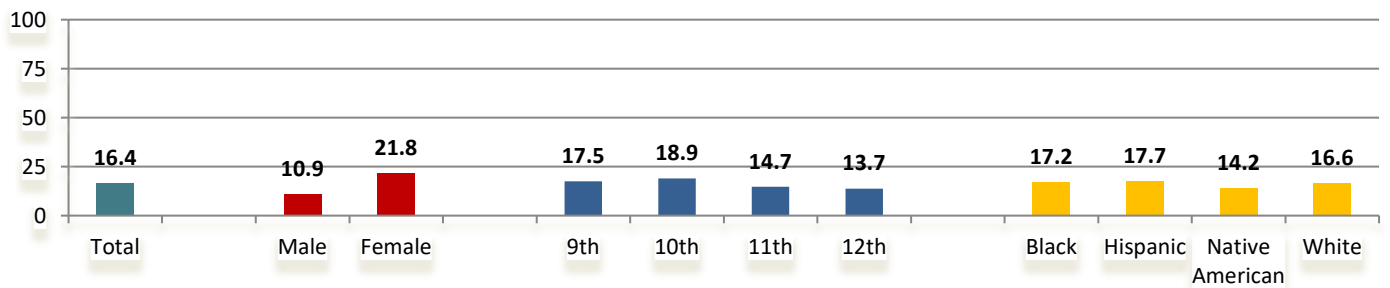
BULLIED ON SCHOOL PROPERTY

During the past 12 months, 15.6 percent of students had been bullied on school property.



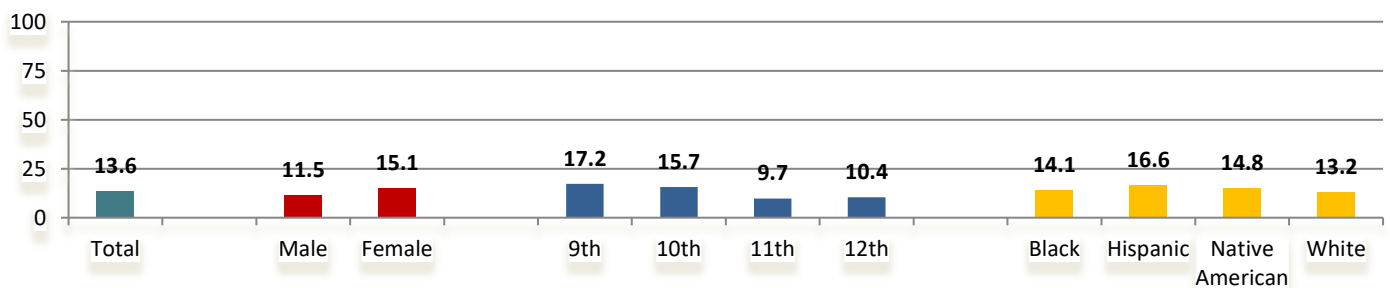
ELECTRONIC BULLYING

Statewide, 16.4 percent of Montana students had been electronically bullied during the past 12 months.



BULLYING AND SEXUAL ORIENTATION

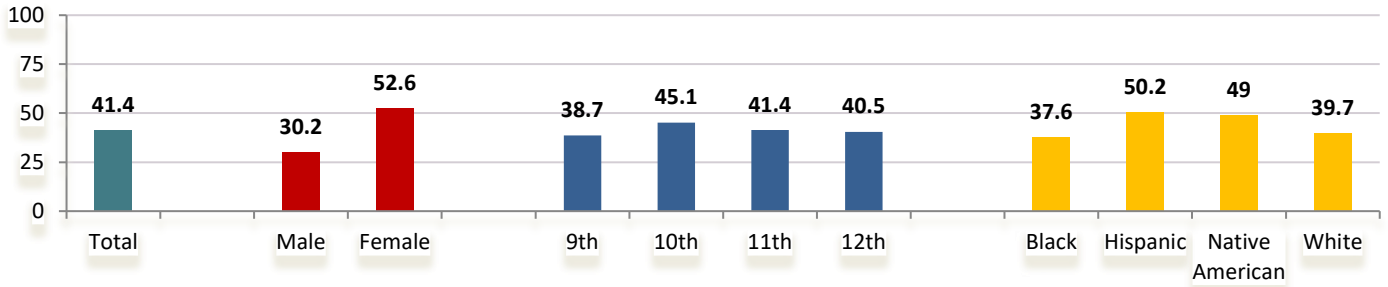
During the past 12 months, 13.6 percent of students have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual.



UNINTENTIONAL INJURIES AND VIOLENCE

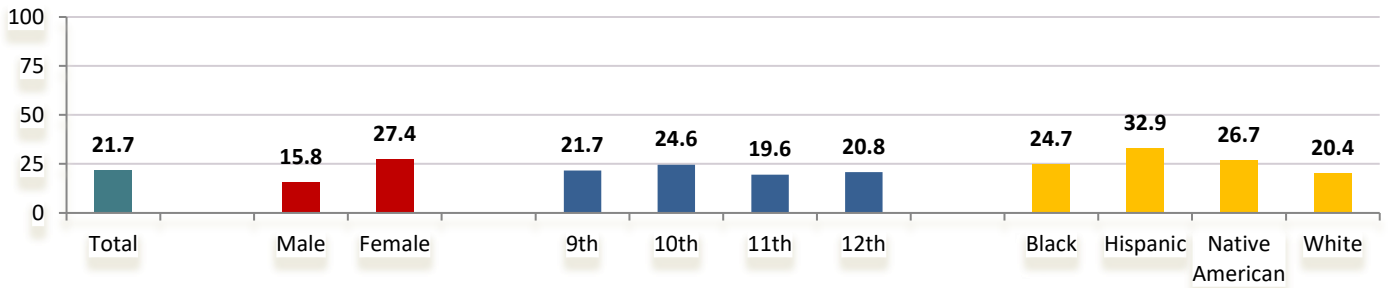
FELT SAD OR HOPELESS

During the past 12 months, 41.4 percent of students felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.



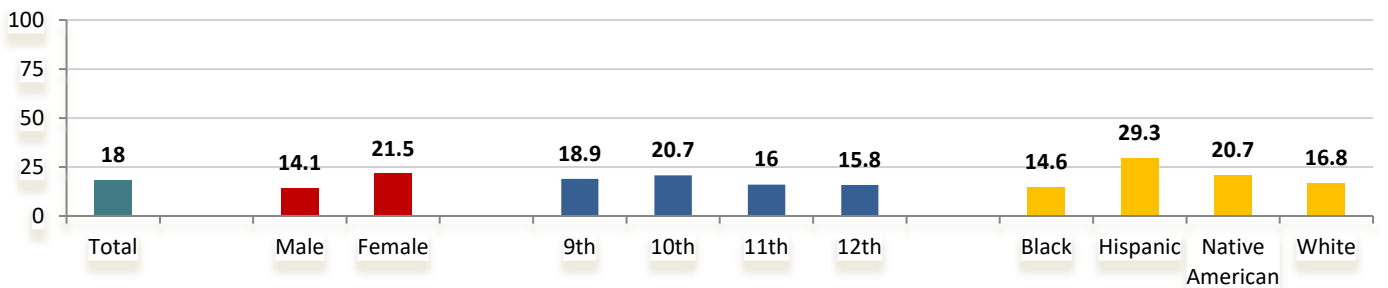
SERIOUSLY CONSIDERED SUICIDE

During the past 12 months, 23.4 percent of students seriously considered attempting suicide.



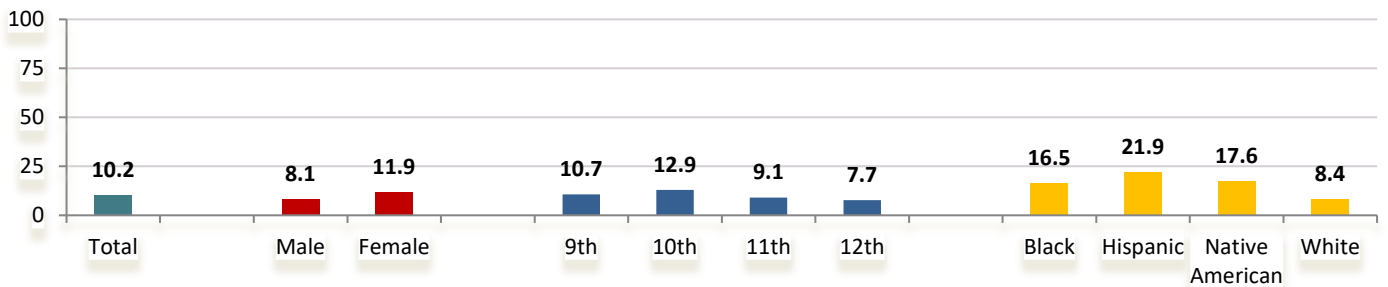
MADE A SUICIDE PLAN

During the past 12 months, 18.0 percent of students made a plan about how they would attempt suicide.



ATTEMPTED SUICIDE

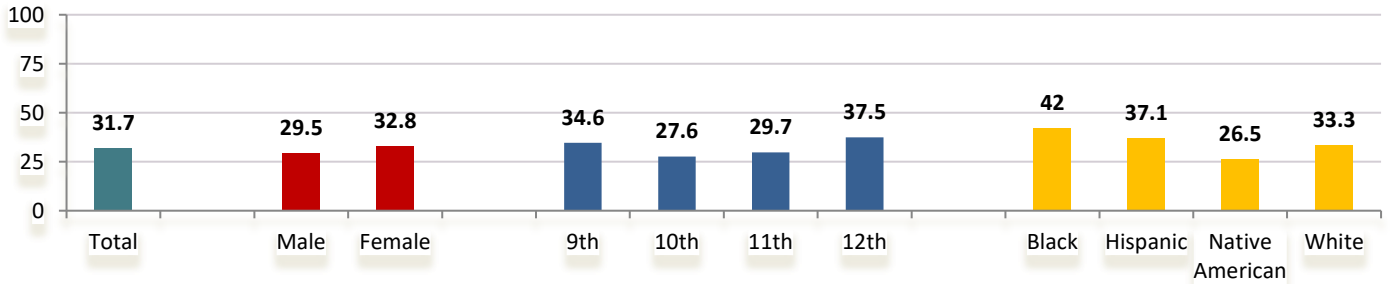
During the past 12 months, 10.2 percent of students actually attempted suicide one or more times.



Unintentional Injuries and Violence

SUICIDE ATTEMPT TREATED BY A DOCTOR OR NURSE

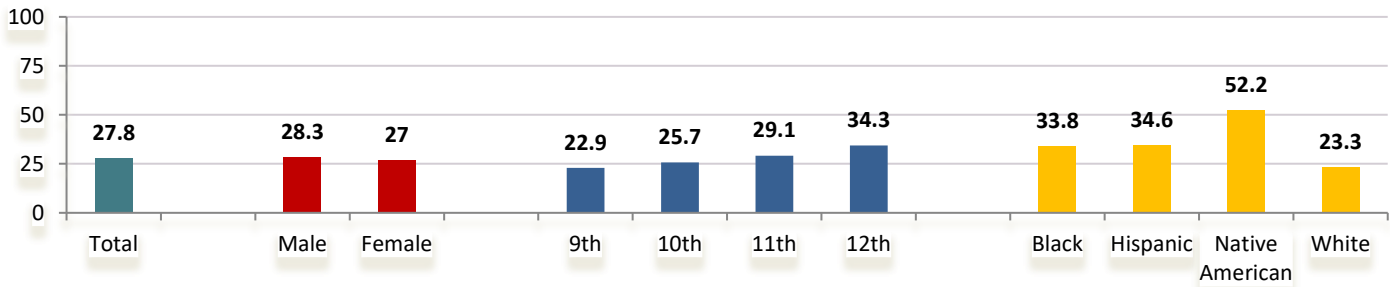
Among students who attempted suicide during the past 12 months, 31.7 percent had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.



Tobacco Use

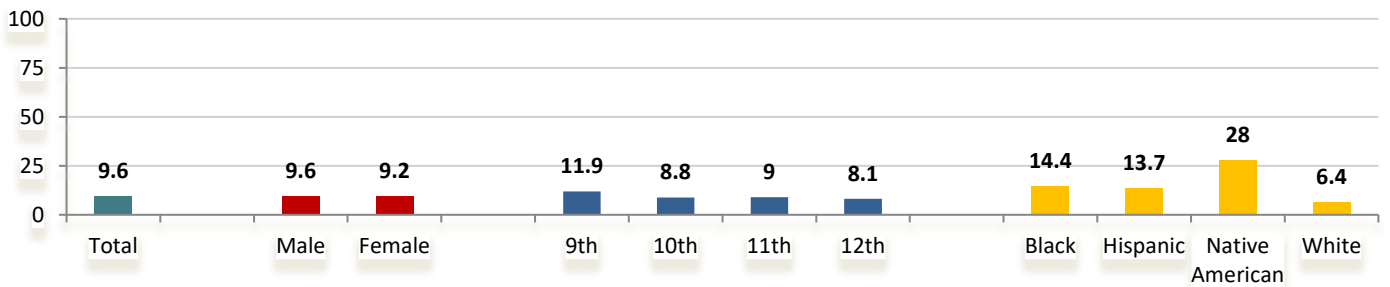
LIFETIME CIGARETTE USE

Statewide, 27.8 percent of students had ever tried cigarette smoking (even one or two puffs).



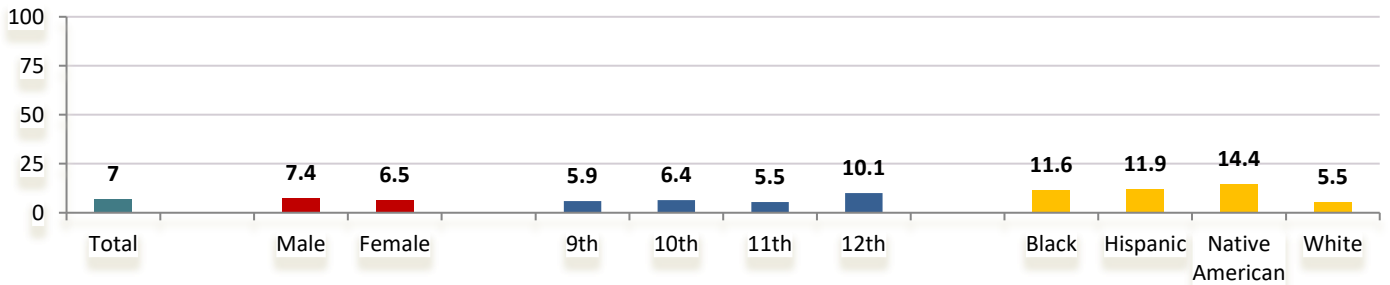
FIRST TRIED CIGARETTE SMOKING BEFORE AGE 13 YEARS

Statewide, 9.6 percent of students had first tried cigarette smoking before age 13 years.



CURRENT SMOKER

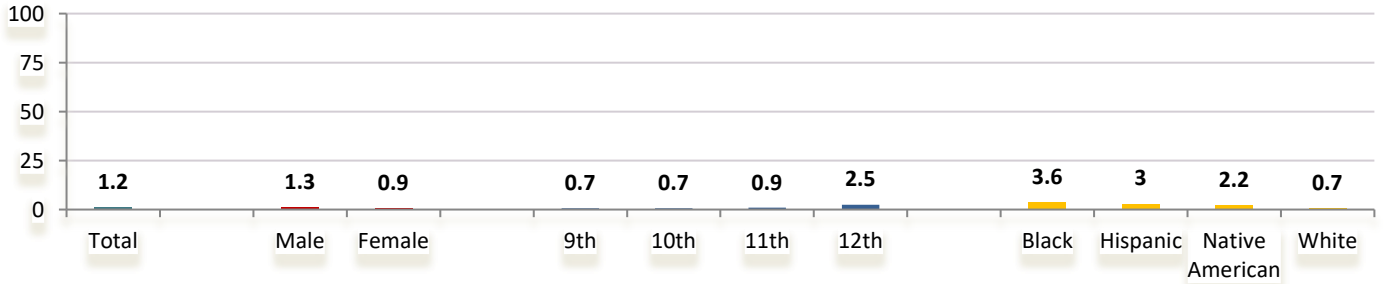
Statewide, 7.0 percent of students smoked cigarettes on one or more of the past 30 days.



Tobacco Use

CURRENTLY SMOKED CIGARETTES FREQUENTLY

Statewide, 1.2 percent of students had smoked cigarettes on 20 or more of the past 30 days.



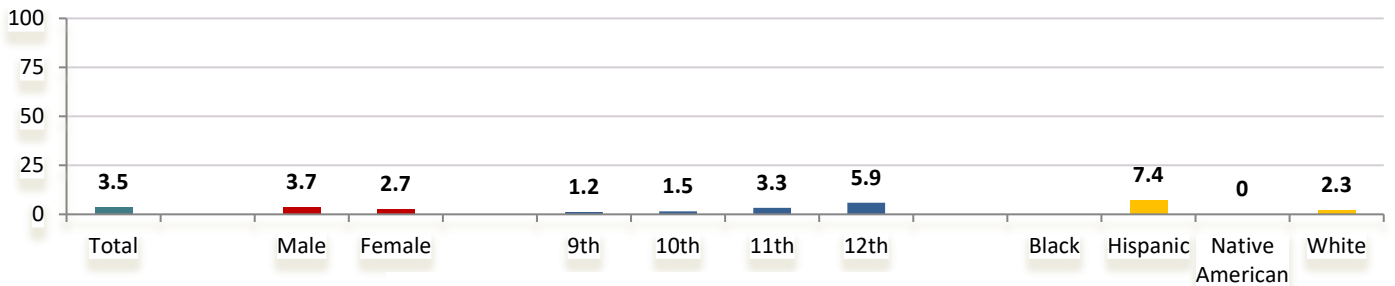
CURRENTLY SMOKED CIGARETTES DAILY

Statewide, 0.8 percent of students had smoked a cigarette on each of the past 30 days.



SMOKED MORE THAN 10 CIGARETTES PER DAY

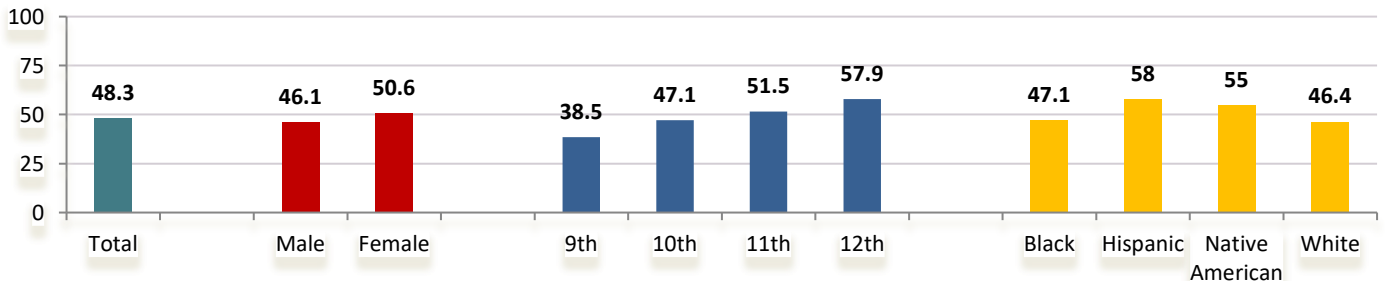
Among students who reported current cigarette use, 3.5 percent smoked more than 10 cigarettes per day on the days they smoked during the past 30 days.



Missing bar indicates fewer than 30 students in this subgroup

LIFETIME ELECTRONIC VAPOR PRODUCT USE

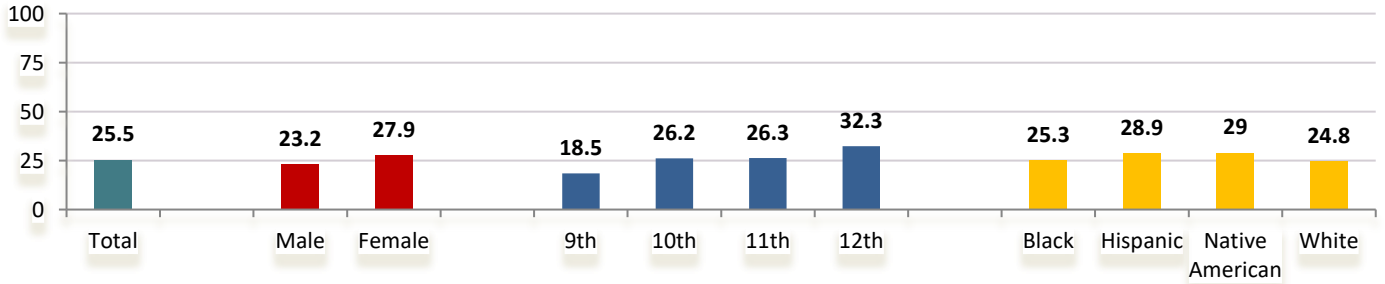
Statewide, 48.3 percent of students had ever used electronic vapor products (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu]).



Tobacco Use

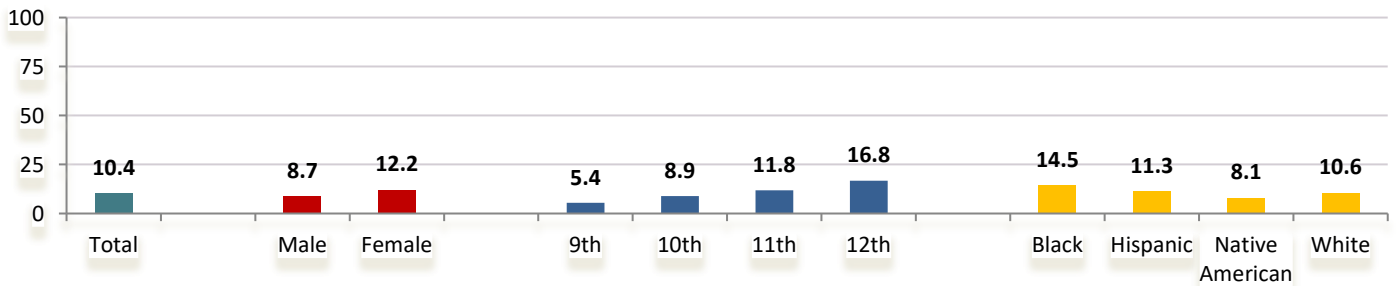
CURRENT ELECTRONIC VAPOR PRODUCT USE

Statewide, 25.5 percent of students used an electronic vapor product on one or more of the past 30 days.



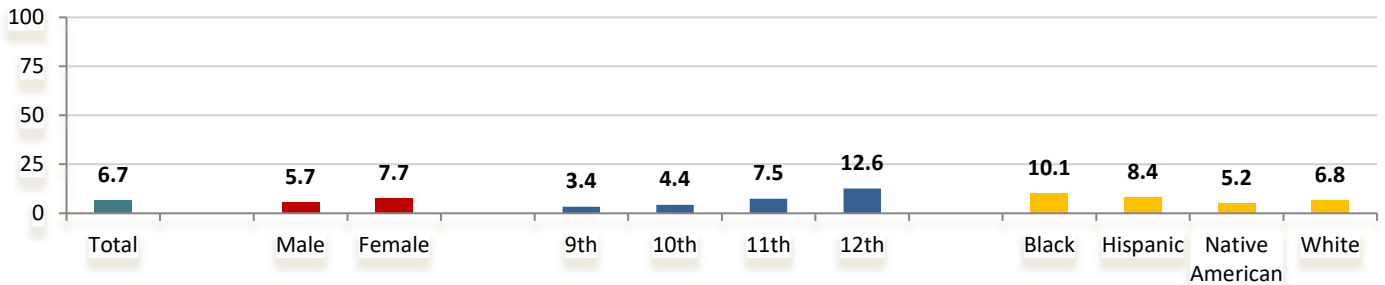
FREQUENT ELECTRONIC VAPOR PRODUCT USE

Statewide, 10.4 percent of students used electronic vapor products on 20 or more of the past 30 days.



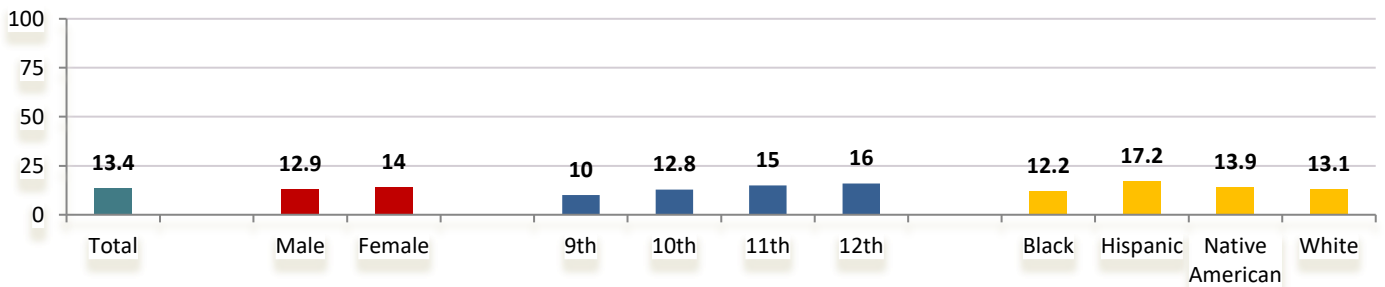
DAILY ELECTRONIC VAPOR PRODUCT USE

Statewide, 6.7 percent of students used electronic vapor products on all of the past 30 days.



ELECTRONIC VAPOR PRODUCT USE ON SCHOOL PROPERTY

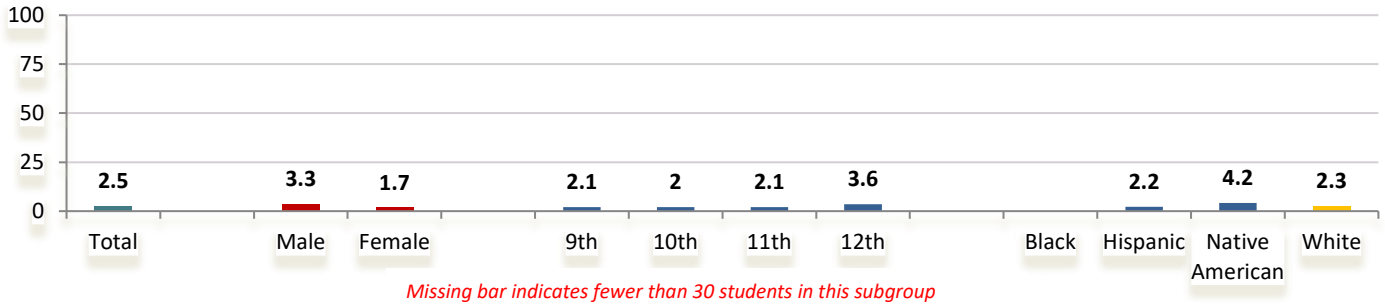
Statewide, 13.4 percent of students used an electronic vapor product on school property during the past 30 days.



Tobacco Use

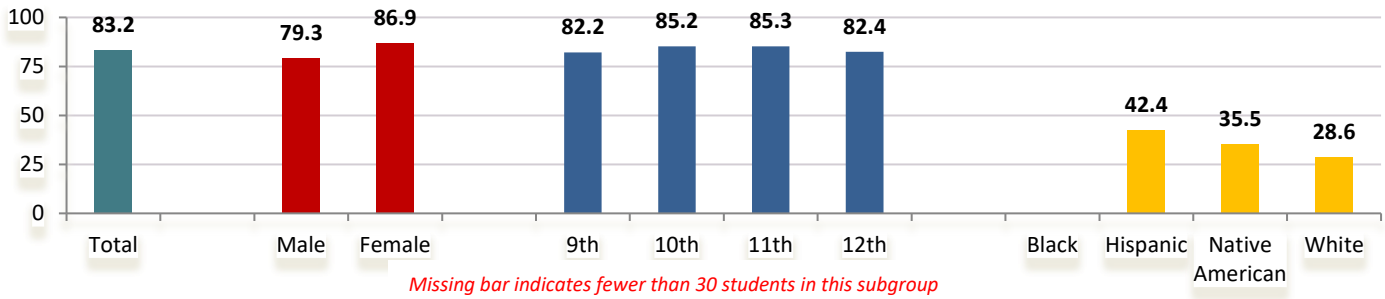
ACCESS TO ELECTRONIC VAPOR PRODUCTS

Among students who used electronic vapor products during the past 30 days, 2.5 percent usually got their own electronic vapor products by buying them in a convenience store, supermarket, discount store, or gas station.



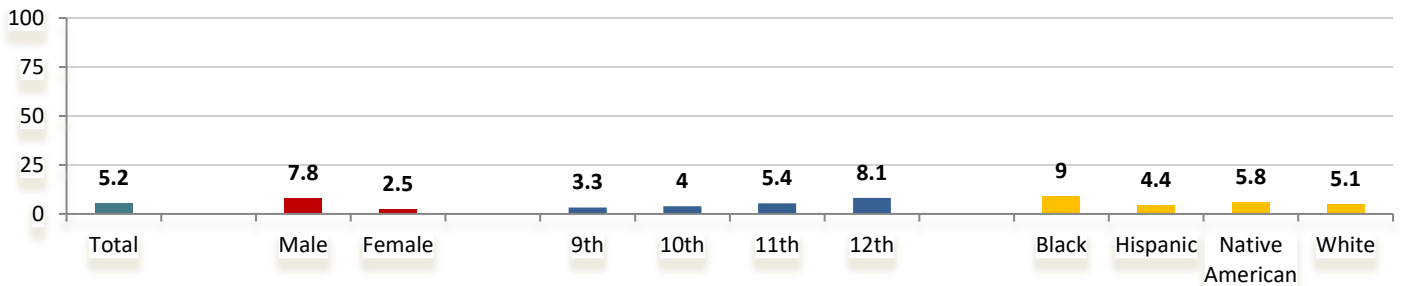
FLAVOR PREFERENCE OF ELECTRONIC VAPOR PRODUCTS

Among students who used electronic vapor products during the past 30 days, 83.2 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.



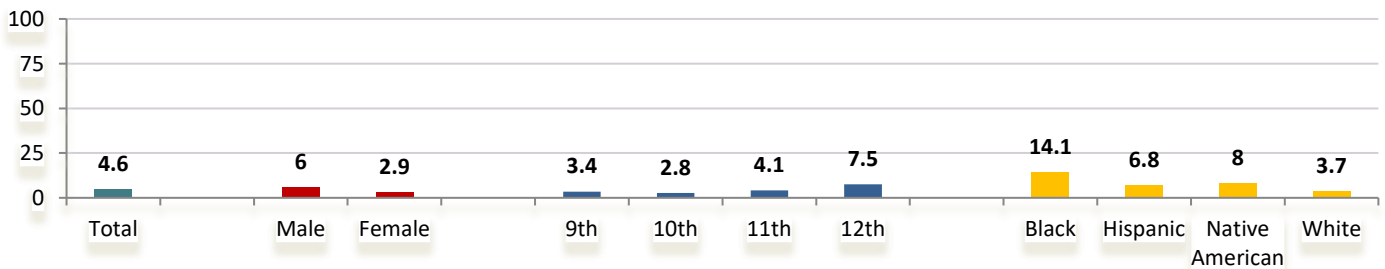
CURRENT SMOKELESS TOBACCO USE

Statewide, 5.2 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

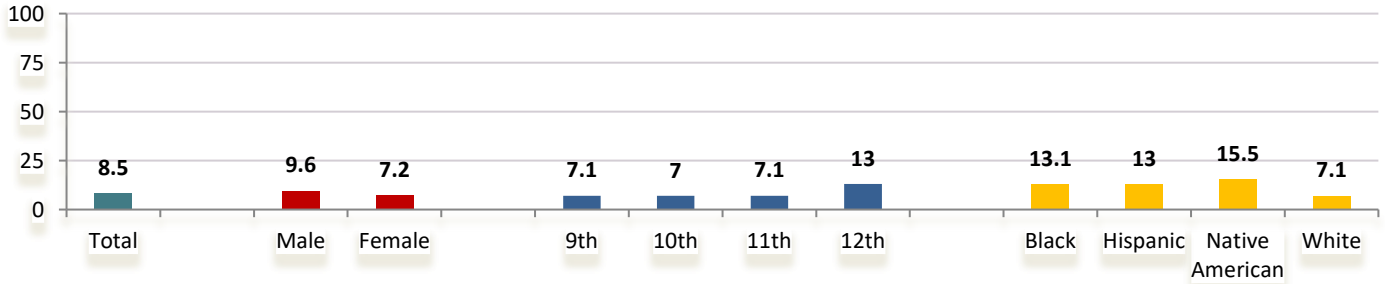
During the past 30 days, 4.6 percent of Montana high school students smoked cigars, cigarillos, or little cigars.



Tobacco Use

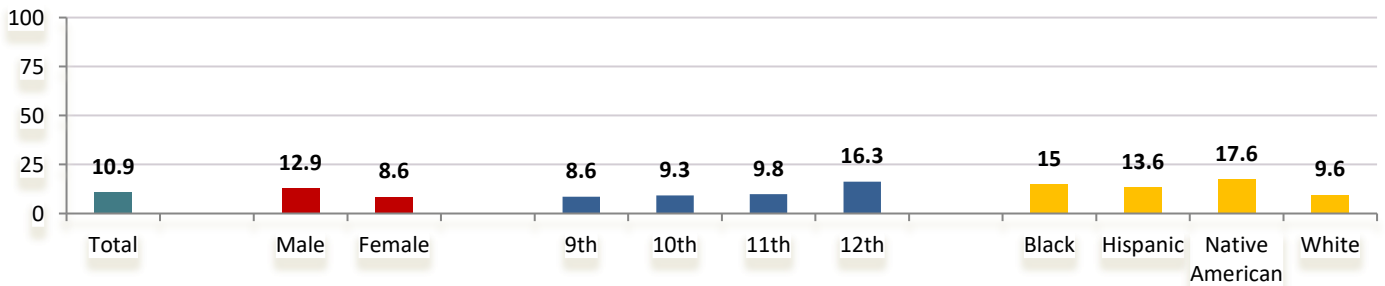
CURRENT CIGARETTE OR CIGAR USE

During the past 30 days, 8.5 percent of Montana high school students had smoked cigarettes or cigars.



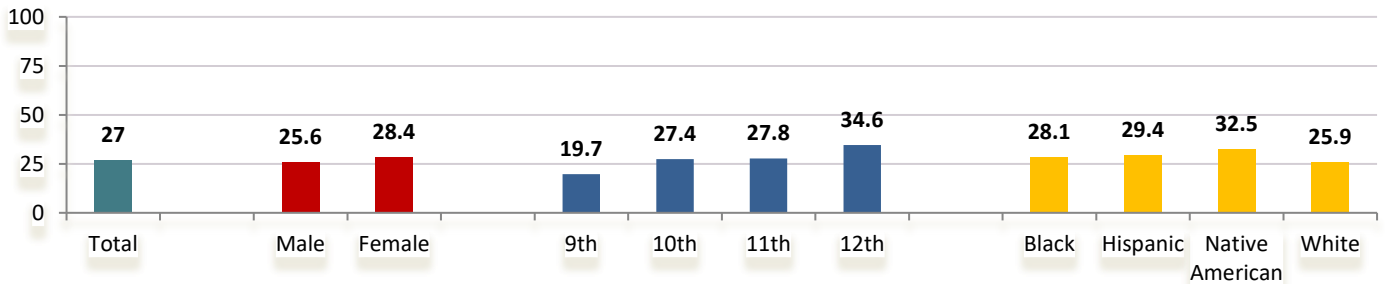
CURRENT CIGARETTE, CIGAR OR SMOKELESS TOBACCO USE

During the past 30 days, 10.9 percent of students smoked cigarettes or cigars or used smokeless tobacco.



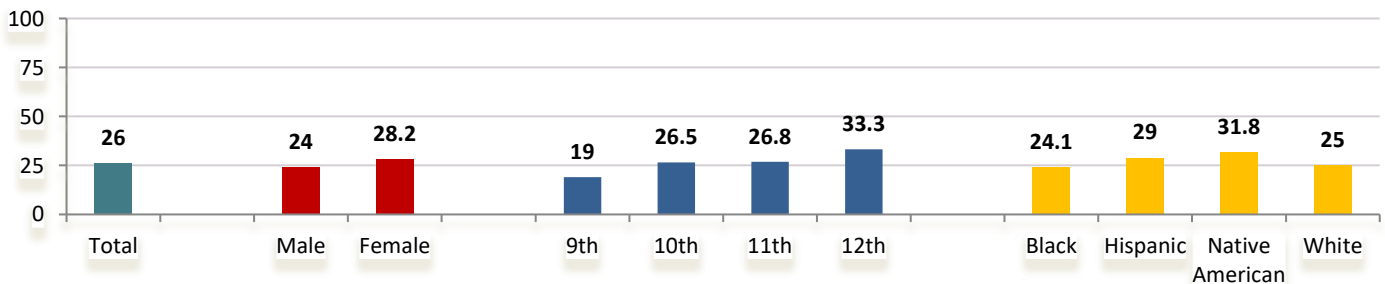
CURRENT CIGARETTE, CIGAR, SMOKELESS TOBACCO OR ELECTRONIC VAPOR PRODUCT USE

During the past 30 days, 27.0 percent of Montana high school students had smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products.



CURRENT CIGARETTE OR ELECTRONIC VAPOR PRODUCT USE

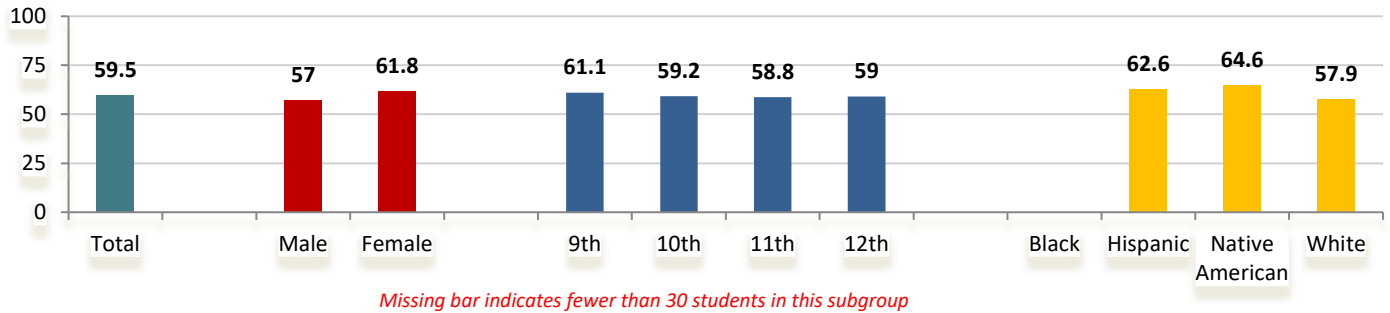
During the past 30 days, 26.0 percent of students smoked cigarettes or used electronic vapor products.



Tobacco Use

TOBACCO PRODUCT CESSATION

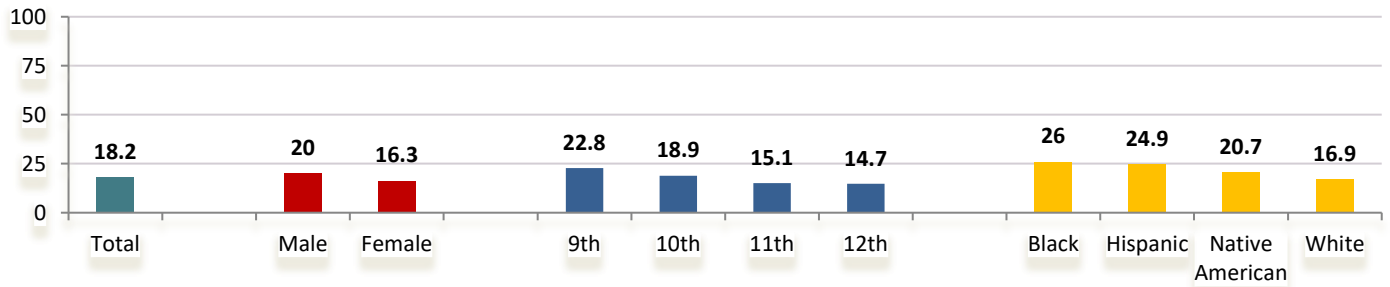
Among users of tobacco products during the past 12 months, 59.5 percent of students tried to quit using all products including cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, or pipe tobacco.



Alcohol and Other Drug Use

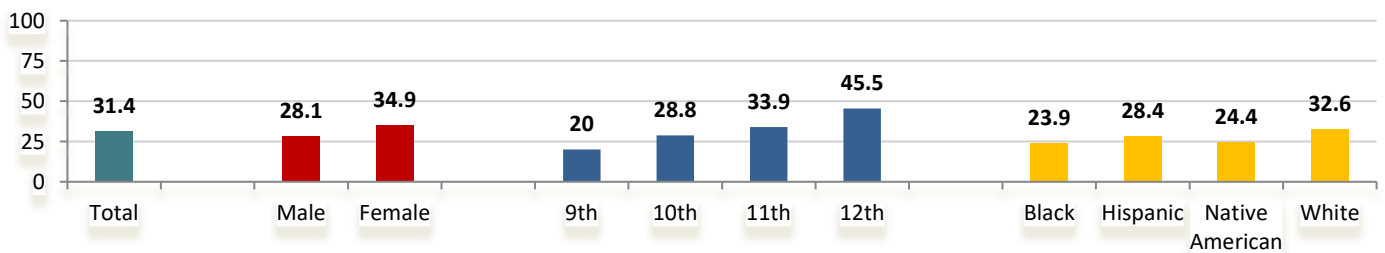
DRANK ALCOHOL BEFORE AGE 13 YEARS

Statewide, 18.2 percent of students had their first drink of alcohol other than a few sips before age 13 years.



CURRENT ALCOHOL USE

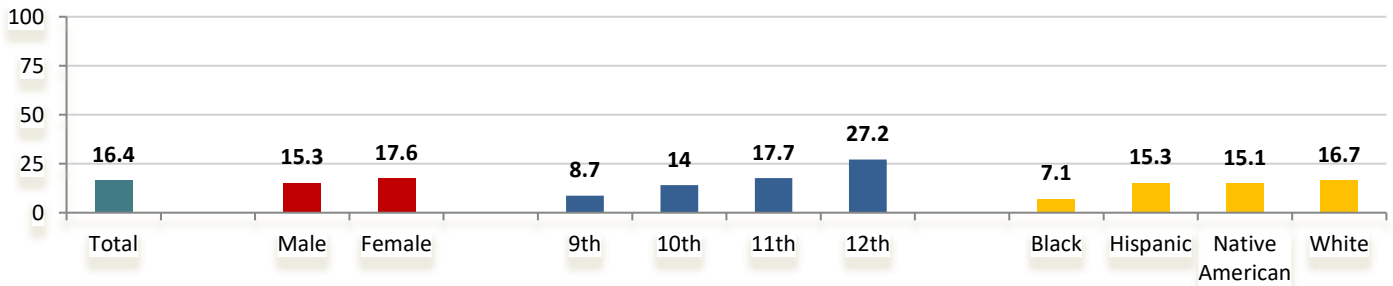
Statewide, 31.4 percent of students had at least one drink of alcohol on one or more of the past 30 days.



Alcohol and Other Drug Use

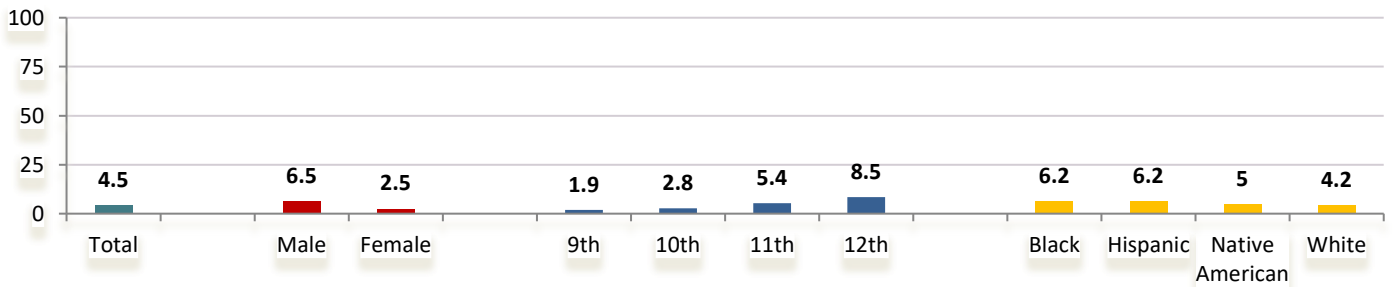
BINGE DRINKING

During the past 30 days, 16.4 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.



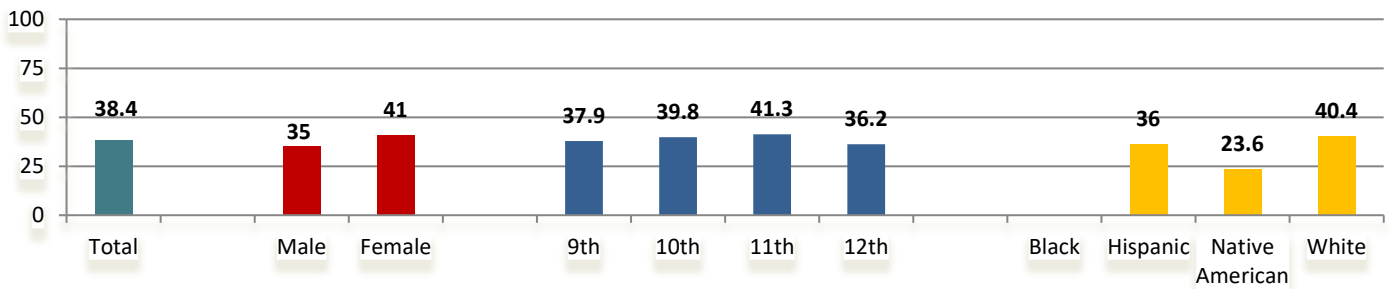
10 OR MORE DRINKS OF ALCOHOL

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

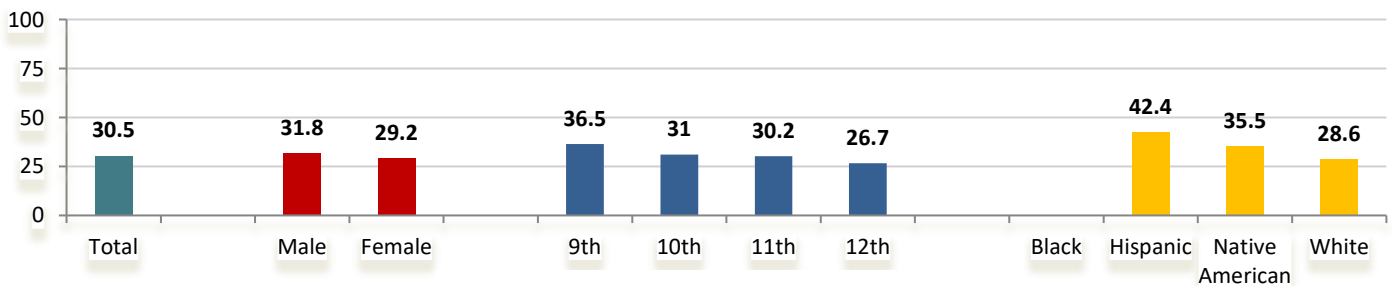
Among students who reported current alcohol use, 38.4 percent usually got the alcohol they drank from someone who gave it to them during the past 30 days.



Missing bar indicates fewer than 30 students in this subgroup

TYPE OF ALCOHOL - LIQUOR

Among students who drank alcohol during the past 30 days, 30.5 percent of students drank vodka or some other type of liquor (such as rum, scotch, bourbon, whiskey, or tequila) most often.

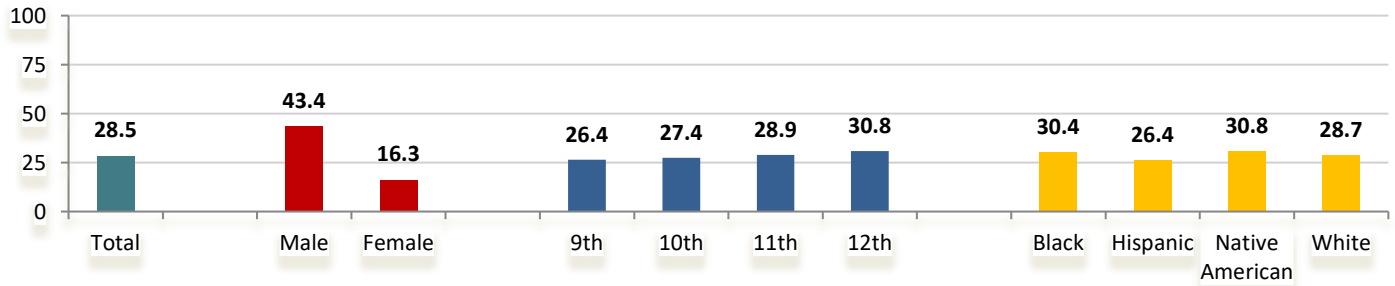


Missing bar indicates fewer than 30 students in this subgroup

Alcohol and Other Drug Use

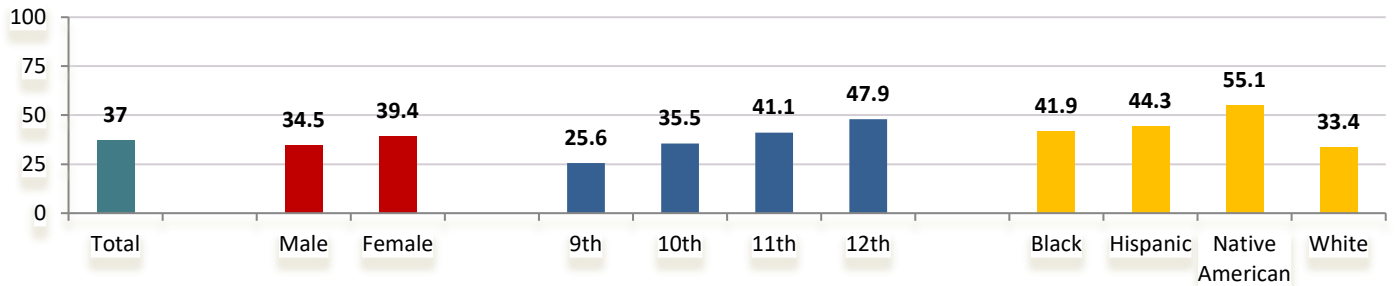
TYPE OF ALCOHOL - BEER

Among students who drank alcohol during the past 30 days, 28.5 percent of students drank beer most often.



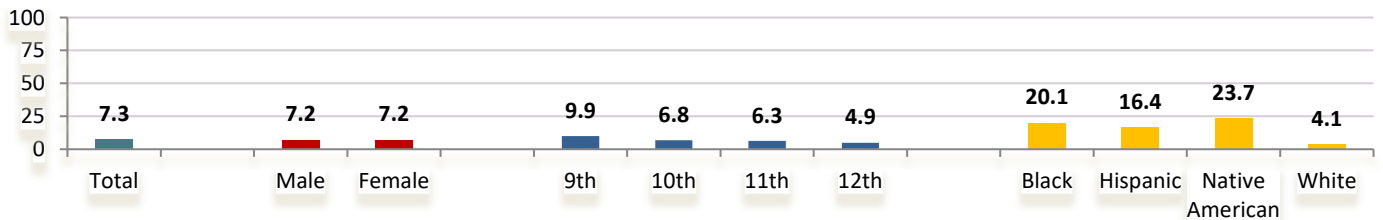
LIFETIME MARIJUANA USE

Statewide, 37.0 percent of students had used marijuana one or more times during their life.



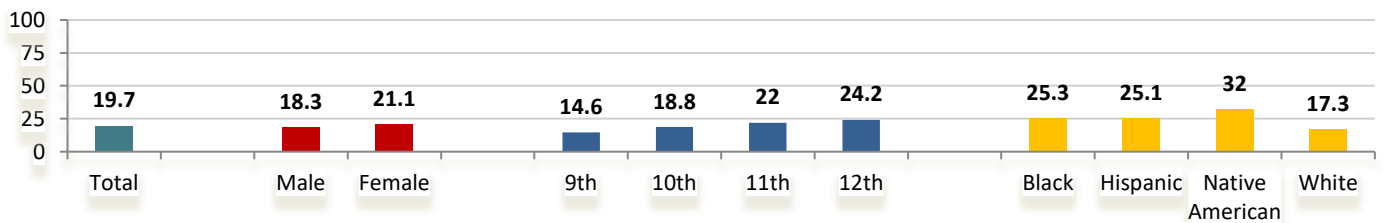
TRIED MARIJUANA BEFORE AGE 13 YEARS

Statewide, 7.5 percent of students had tried marijuana for the first time before age 13 years.



CURRENT MARIJUANA USE

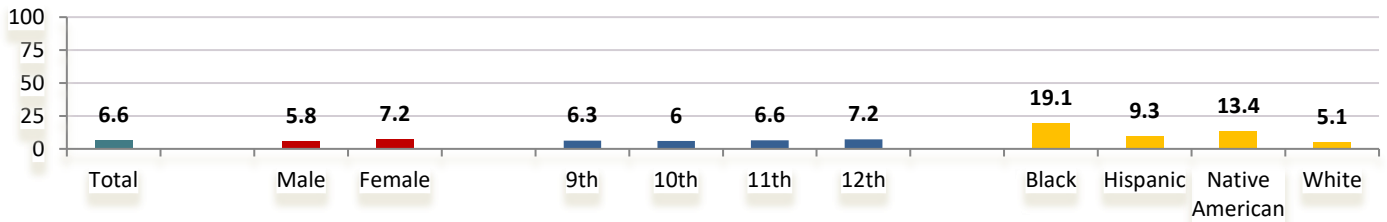
During the past 30 days, 19.7 percent of Montana high school students used marijuana one or more times.



Alcohol and Other Drug Use

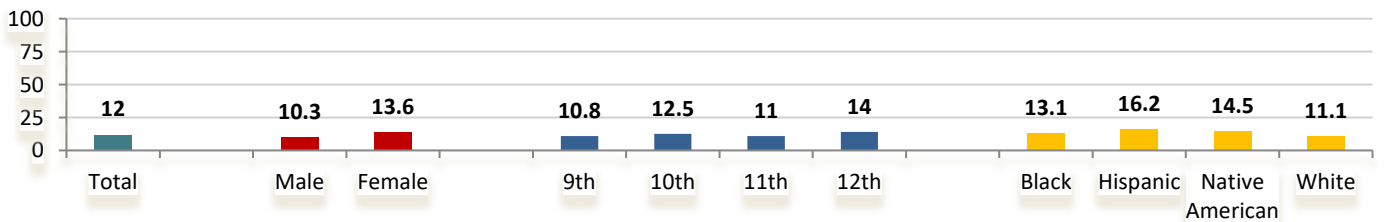
LIFETIME SYNTHETIC MARIJUANA

Statewide, 6.6 percent of students had ever used synthetic marijuana during their life.



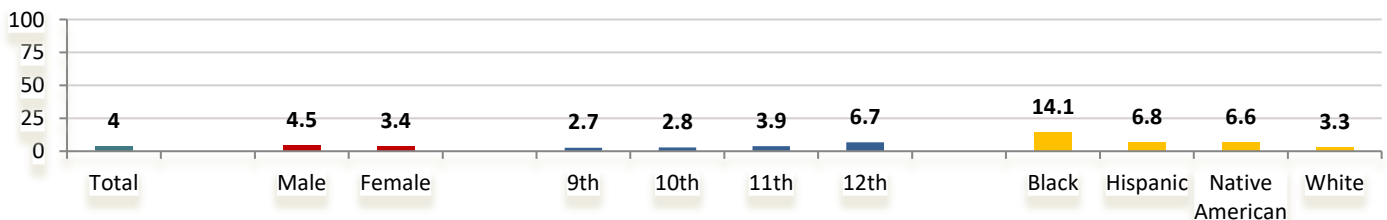
LIFETIME PRESCRIPTION PAIN MEDICINE

Statewide, 12.0 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.



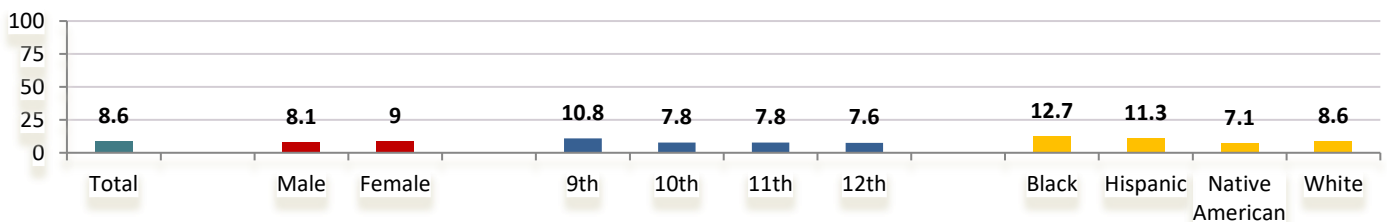
LIFETIME COCAINE USE

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



LIFETIME INHALANT USE

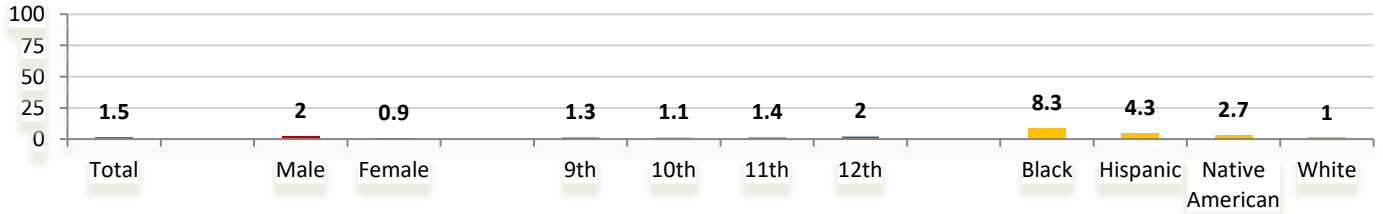
Statewide, 8.6 percent of students sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.



Alcohol and Other Drug Use

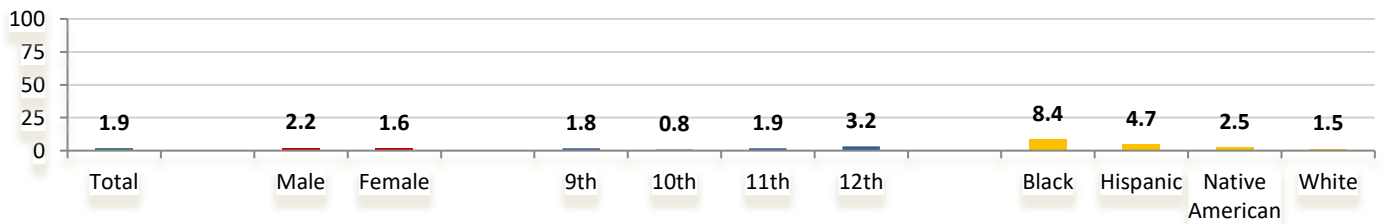
LIFETIME HEROIN USE

Statewide, 1.5 percent of students used heroin one or more times during their life.



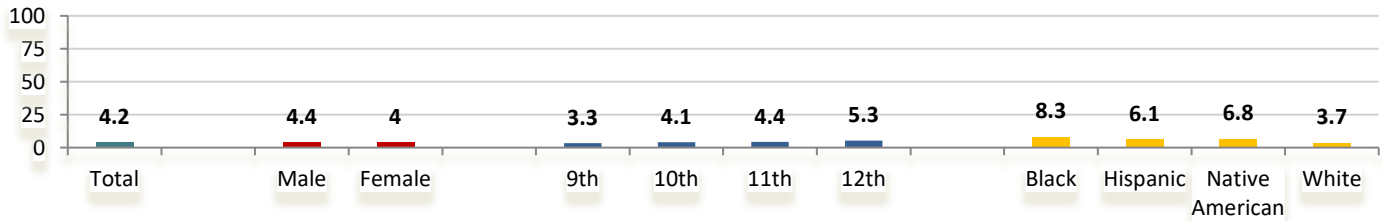
LIFETIME METHAMPHETAMINE USE

Statewide, 1.9 percent of students had used methamphetamines one or more times during their life.



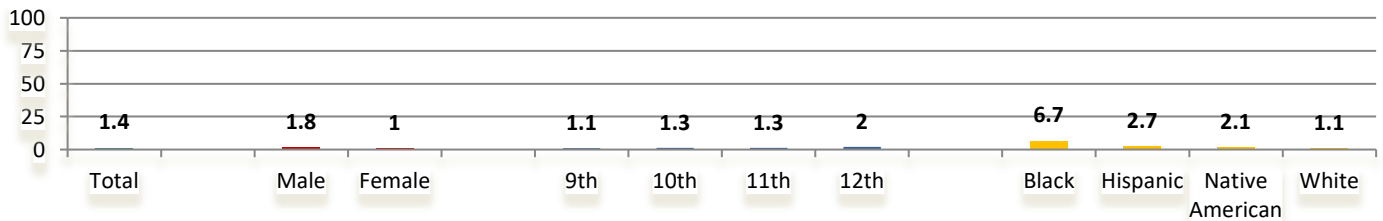
LIFETIME ECSTASY USE

Statewide, 4.2 percent of students used ecstasy, also called "MDMA," one or more times during their life.



LIFETIME INJECTING DRUG USE

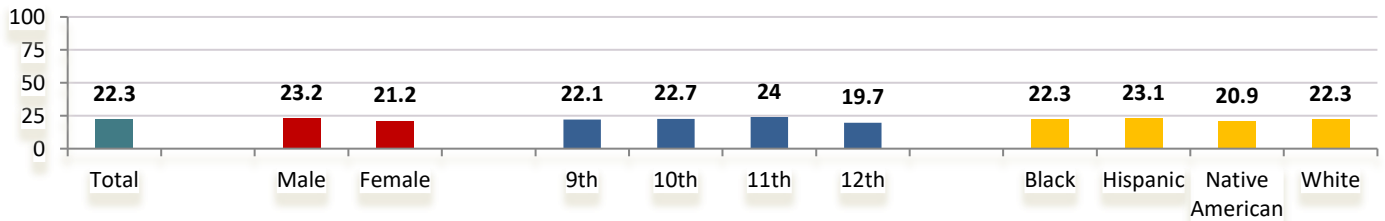
Statewide, 1.4 percent of students used a needle to inject any illegal drug into their body during their lifetime.



Alcohol and Other Drug Use

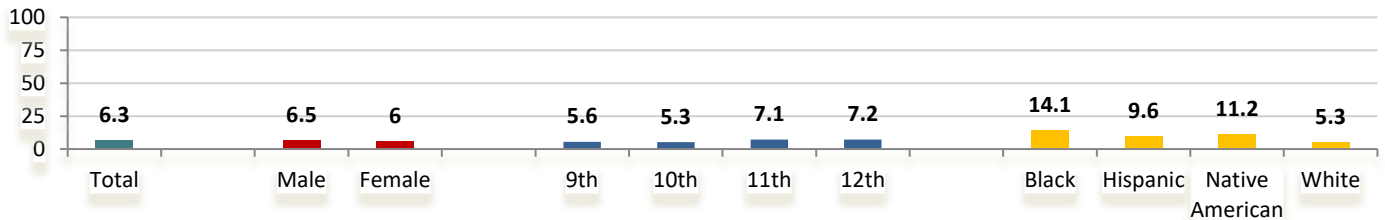
WERE OFFERED, SOLD, OR GIVEN AN ILLEGAL DRUG ON SCHOOL PROPERTY

Statewide, 22.3 percent of students were offered, sold, or given an illegal drug by someone on school property during the past 12 months.



CURRENT HALLUCINOGENIC DRUG USE

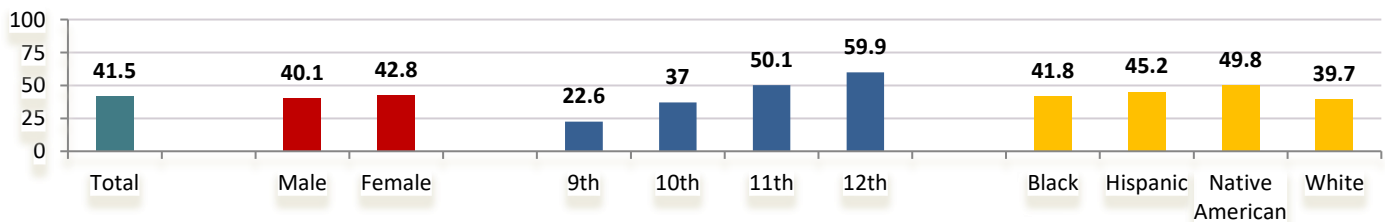
Statewide, 6.3 percent of students had used a hallucinogenic drug (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms) during the past 30 days.



Sexual Behaviors

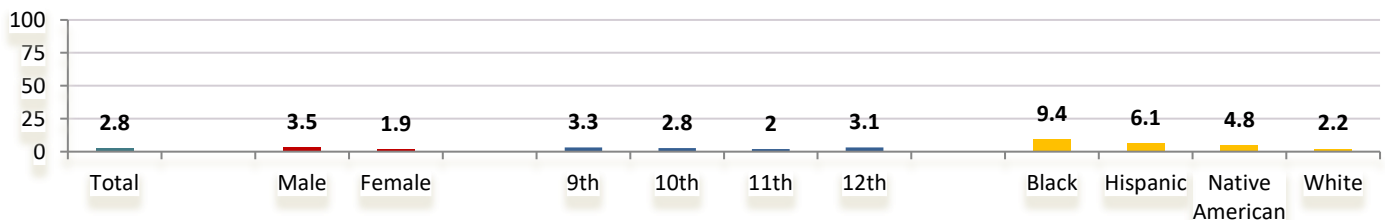
LIFETIME SEXUAL INTERCOURSE

Statewide, 41.5 percent of students have ever had sexual intercourse during their life.



SEXUAL INTERCOURSE BEFORE AGE 13 YEARS

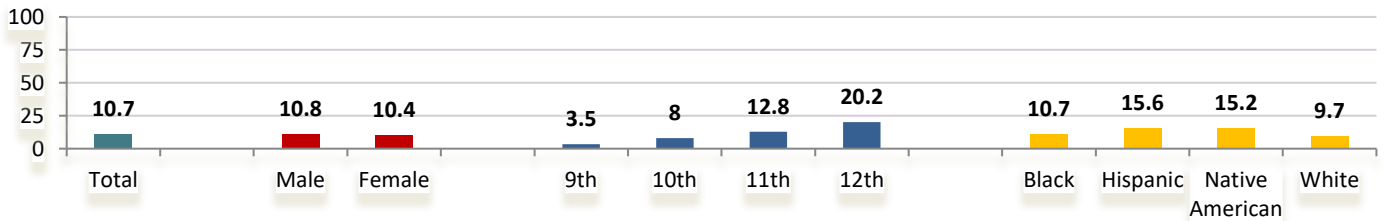
Statewide, 2.8 percent of students had sexual intercourse for the first time before age 13 years.



Sexual Behaviors

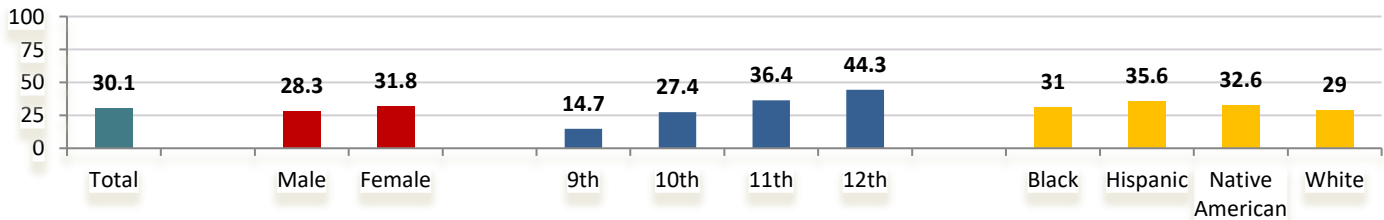
MULTIPLE SEXUAL PARTNERS

Among Montana high school students, 10.7 percent had sexual intercourse with four or more persons during their life.



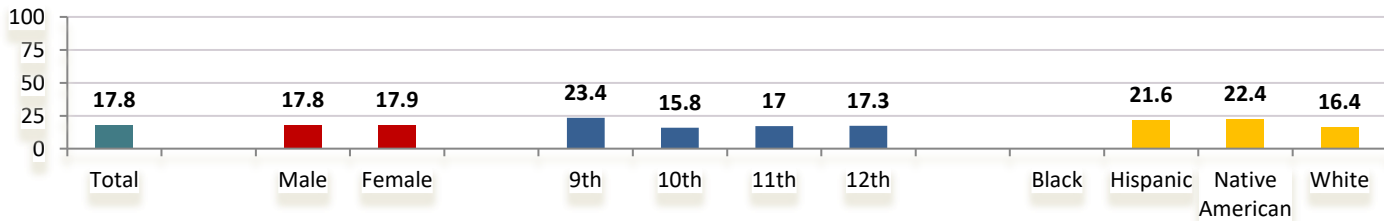
CURRENTLY SEXUALLY ACTIVE

During the past three months, 30.1 percent of students had sexual intercourse with one or more people.



DRANK ALCOHOL OR USED DRUGS BEFORE LAST SEXUAL INTERCOURSE

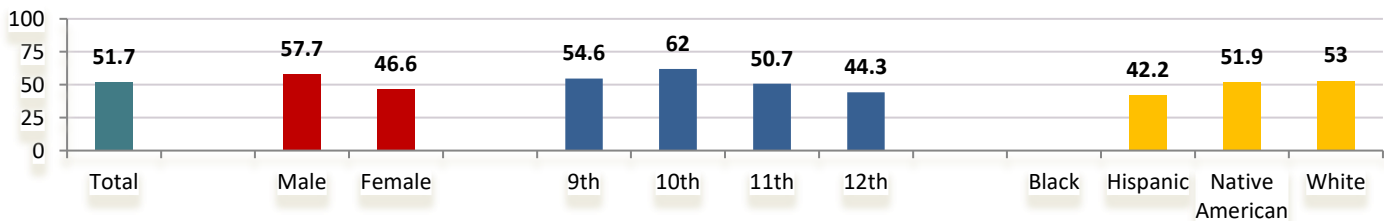
Among students who had sexual intercourse during the past three months, 17.8 percent drank alcohol or used drugs before last sexual intercourse.



Missing bar indicates fewer than 30 students in this subgroup

CONDOM USE

Among currently sexually active students, 51.7 percent used a condom during last sexual intercourse.

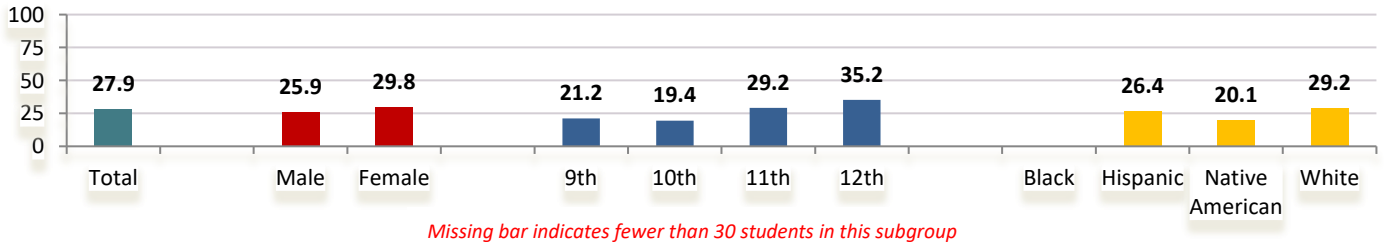


Missing bar indicates fewer than 30 students in this subgroup

Sexual Behaviors

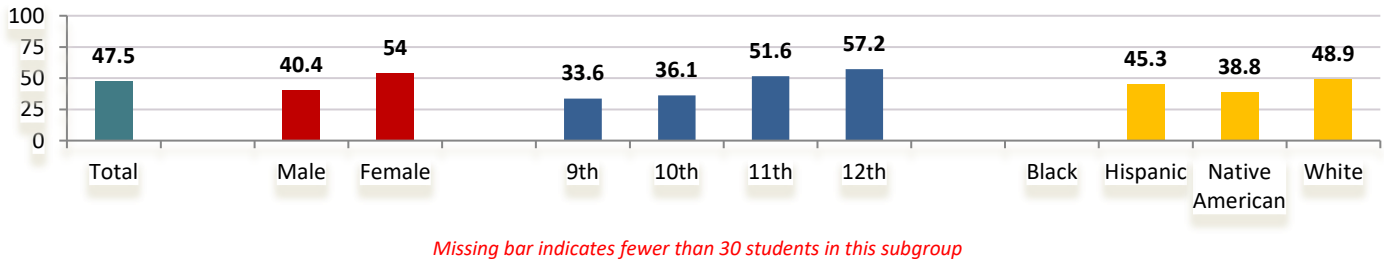
BIRTH CONTROL PILL USE

Among currently sexually active students, 27.9 percent used birth control pills to prevent pregnancy before last sexual intercourse.



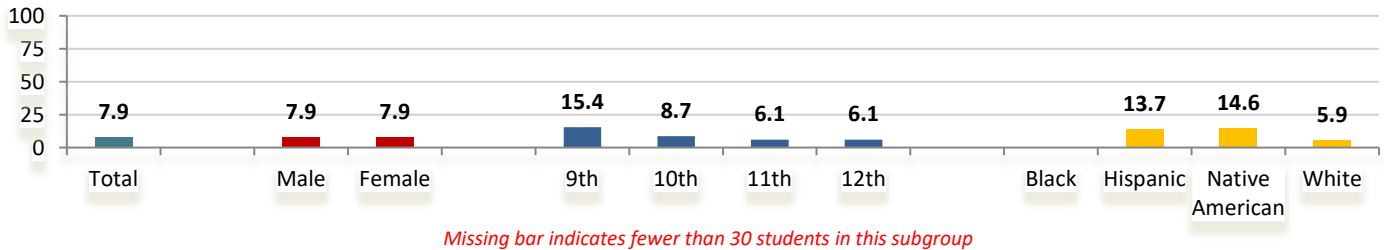
CONTRACEPTIVE USE

Among currently sexually active students, 47.5 percent used birth control pills; an IUD or implant; or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse.



NO METHOD USED TO PREVENT PREGNANCY

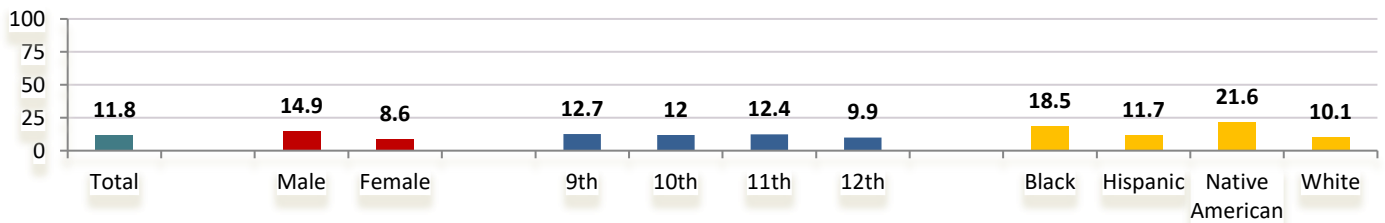
Among currently sexually active students, 7.9 percent used no method of birth control to prevent pregnancy before last sexual intercourse.



Dietary Behaviors and Nutrition

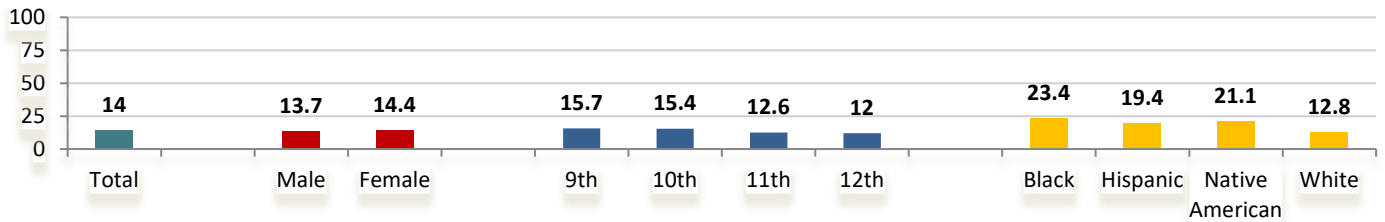
OBESITY

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



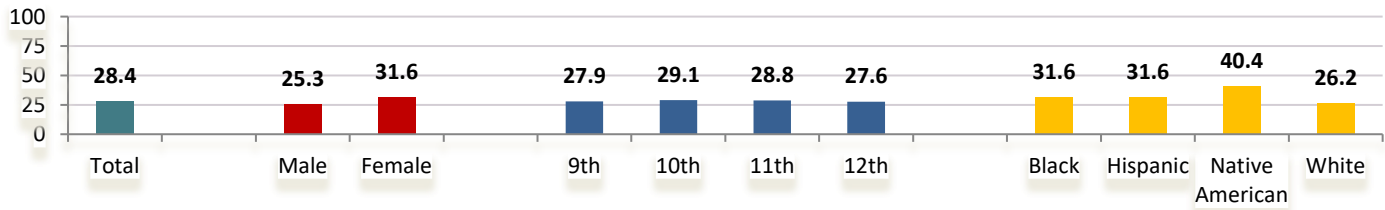
OVERWEIGHT

Statewide, 14.0 percent of students were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex).



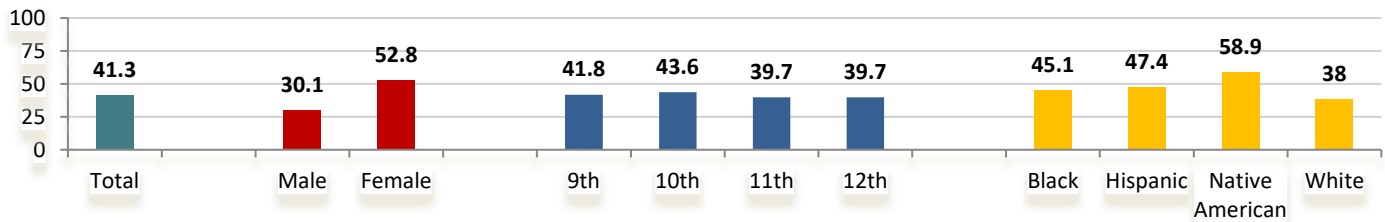
DESCRIBED THEMSELVES AS OVERWEIGHT

Statewide, 28.4 percent of students described themselves as slightly or very overweight.



WERE TRYING TO LOSE WEIGHT

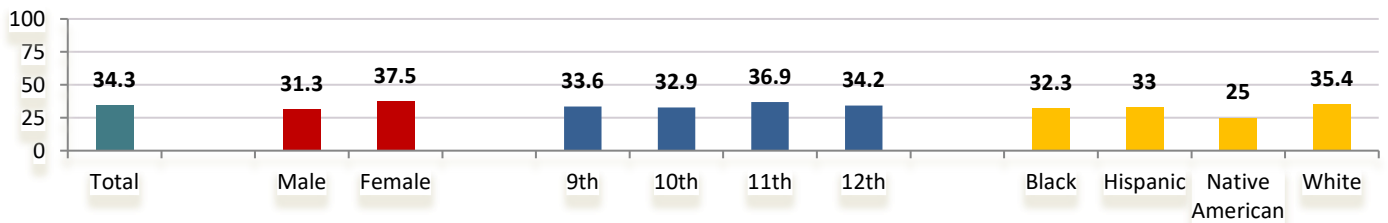
Statewide, 41.3 percent of students were trying to lose weight.



Dietary Behaviors and Nutrition

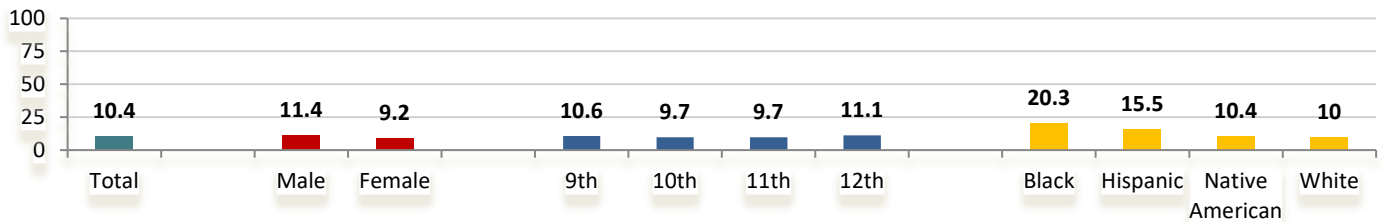
100% FRUIT JUICES

Statewide, 34.3 percent of students did not drink fruit juice during the past seven days.



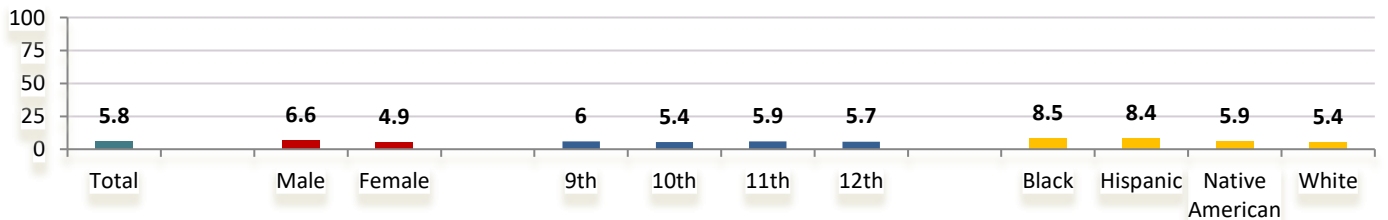
FRUIT CONSUMPTION

Statewide, 10.4 percent of students did not eat fruit on any of the past seven days.



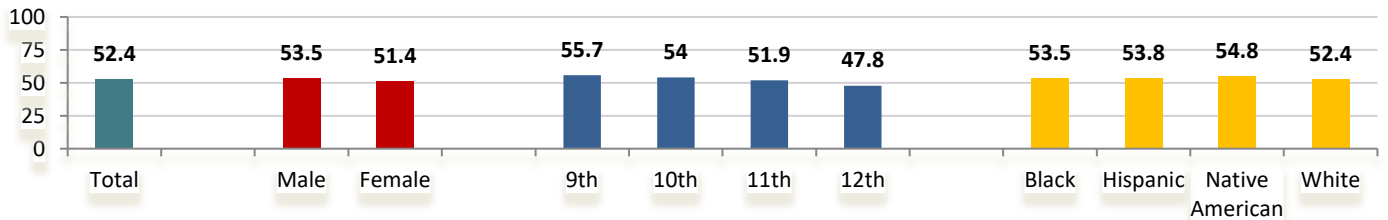
FRUIT OR FRUIT JUICES

Statewide, 5.8 percent of students did not eat fruit or drink 100% fruit juice on any of the past seven days.



FRUIT OR FRUIT JUICES - DAILY

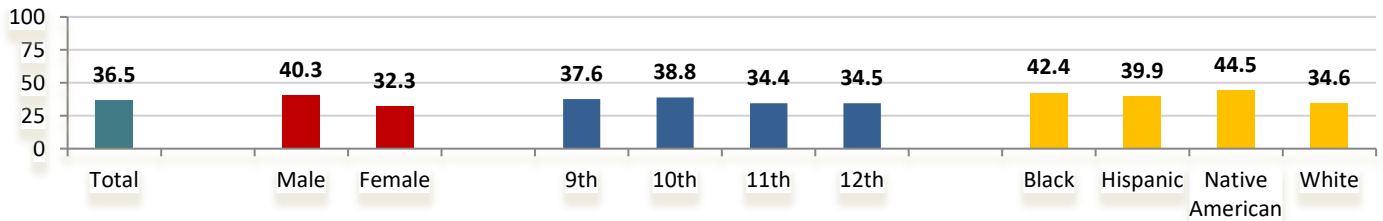
Statewide, 52.4 percent of students ate fruit or drank fruit juice each of the past seven days.



Dietary Behaviors and Nutrition

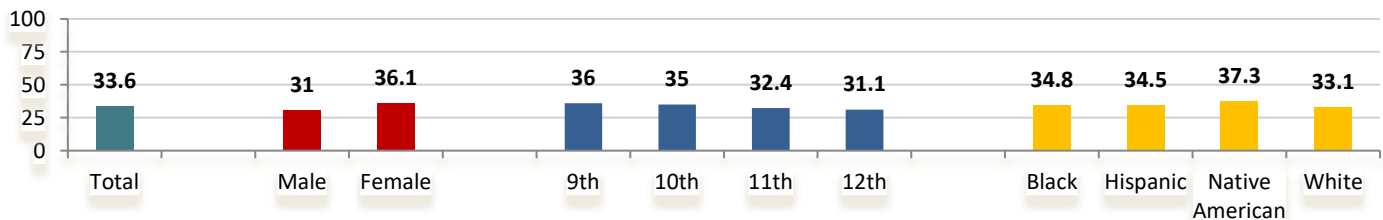
GREEN SALAD

Statewide, 36.5 percent of students did not eat a green salad on any of the past seven days.



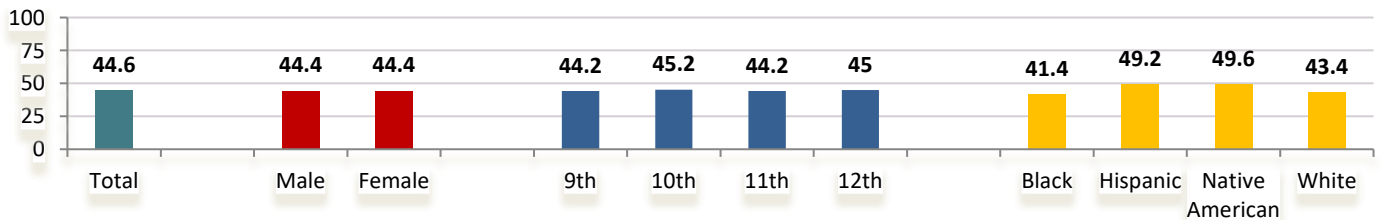
POTATOES

Statewide, 33.6 percent of students did not eat potatoes on any of the past seven days.



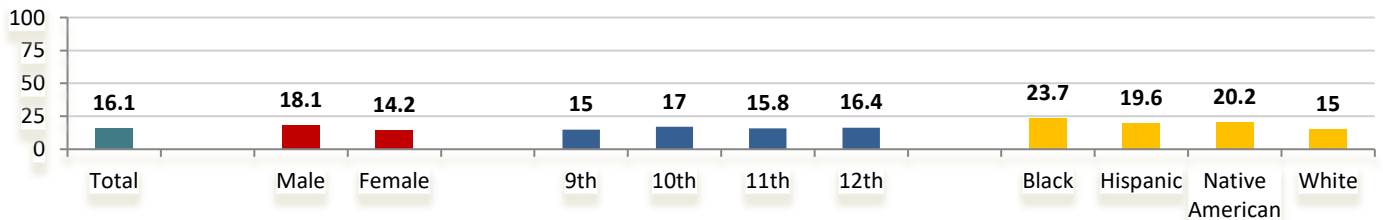
CARROTS

Statewide, 44.6 percent of students did not eat carrots on any of the past seven days.



OTHER VEGETABLES

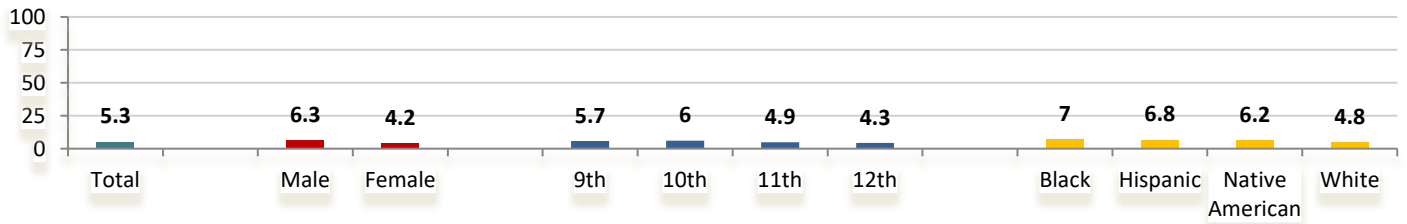
Statewide, 16.1 percent of students did not eat other vegetables during the past seven days.



Dietary Behaviors and Nutrition

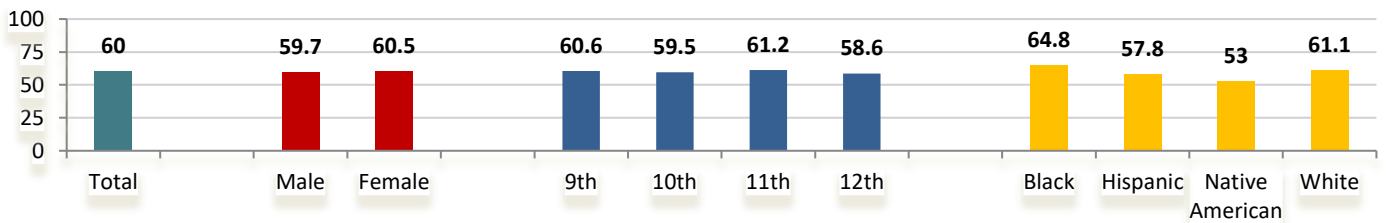
NO VEGETABLES

Statewide, 5.3 percent of students did not eat vegetables during the past seven days.



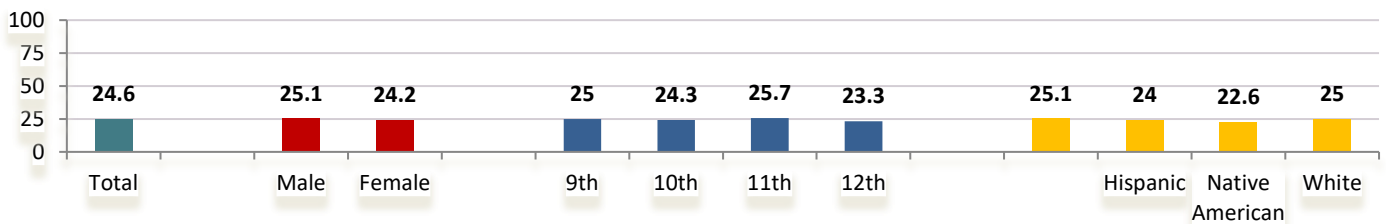
ATE VEGETABLES ONE OR MORE TIMES PER DAY

Statewide, 60.0 percent of students ate vegetables one or more times per day during the past seven days.



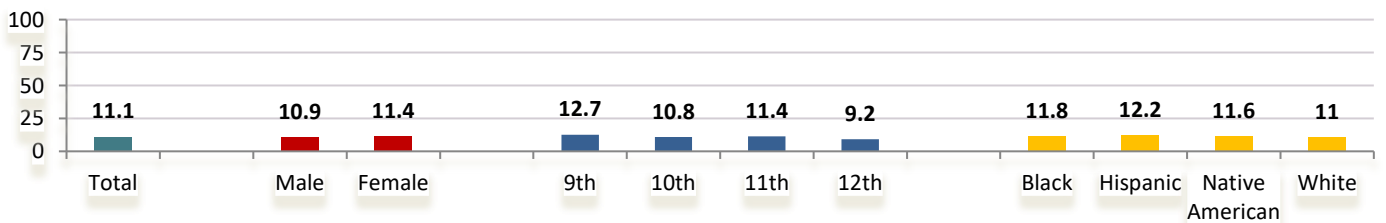
ATE VEGETABLES TWO OR MORE TIMES PER DAY

Statewide, 24.6 percent of students ate vegetables two or more times per day during the past seven days.



ATE VEGETABLES THREE OR MORE TIMES PER DAY

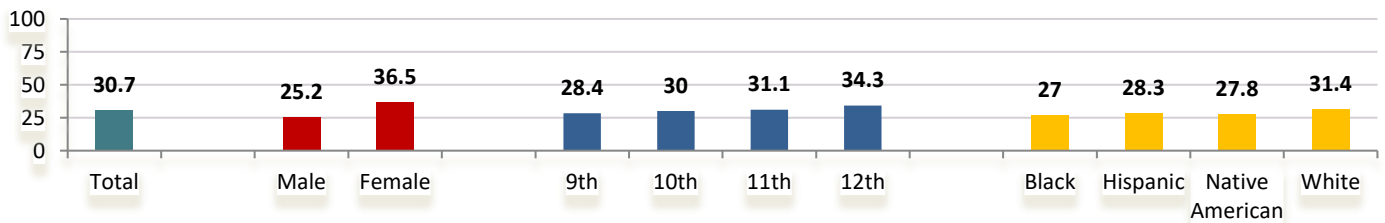
Statewide, 11.1 percent of students ate vegetables three or more times per day during the past seven days.



Dietary Behaviors and Nutrition

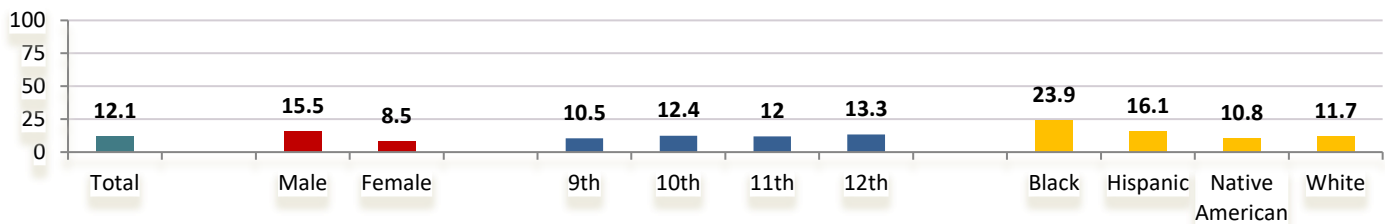
NO SODA OR POP

Statewide, 30.7 percent of students did not drink a can, bottle, or glass of soda or pop during the past seven days.



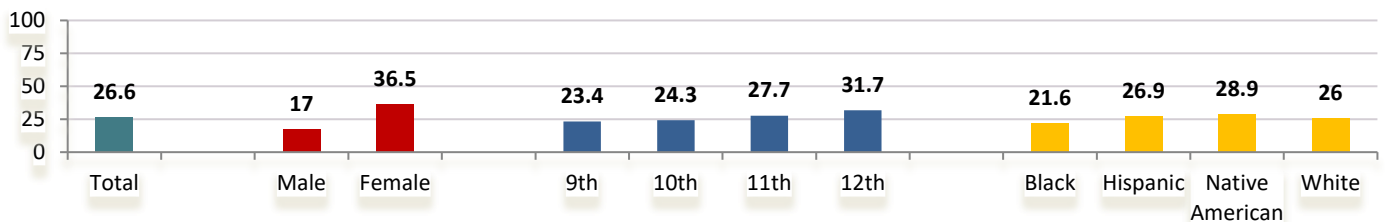
DRANK SODA OR POP DAILY

Statewide, 12.1 percent of students drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days.



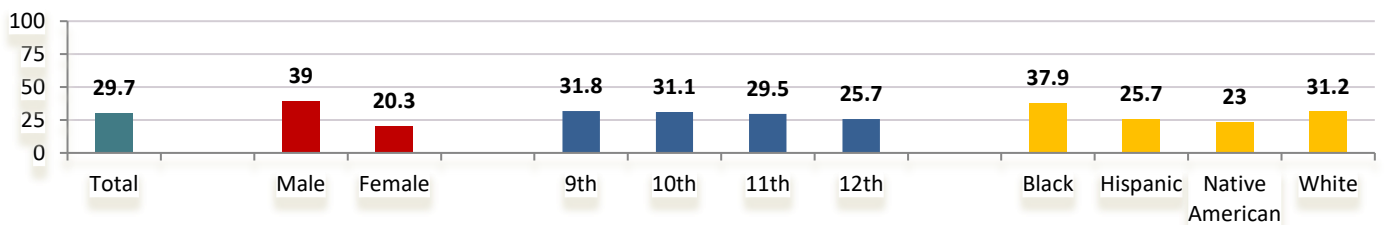
NO MILK CONSUMPTION

Statewide, 26.6 percent of students did not drink milk during the past seven days.



DAILY MILK CONSUMPTION

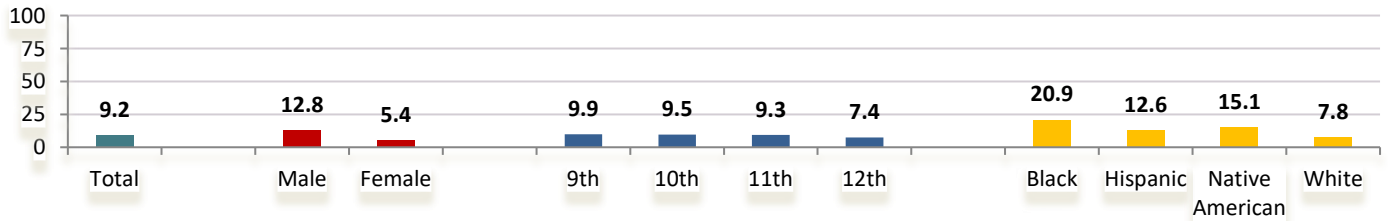
Statewide, 29.7 percent of students drank one or more glasses of milk per day during the past seven days.



Dietary Behaviors and Nutrition

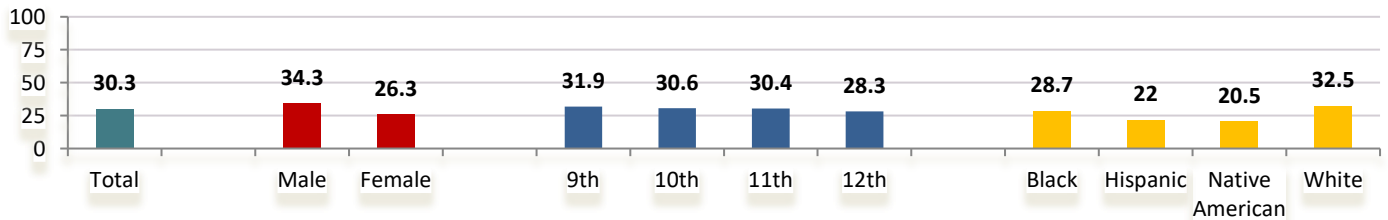
DRANK A SPORTS DRINK DAILY

Statewide, 9.2 percent of students drank a can, bottle, or glass of a sports drink such as Gatorade or PowerAde one or more times per day during the past seven days.



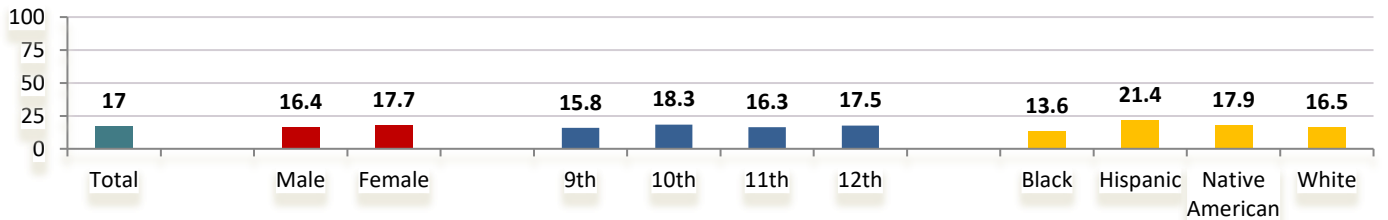
DAILY BREAKFAST

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



NO BREAKFAST

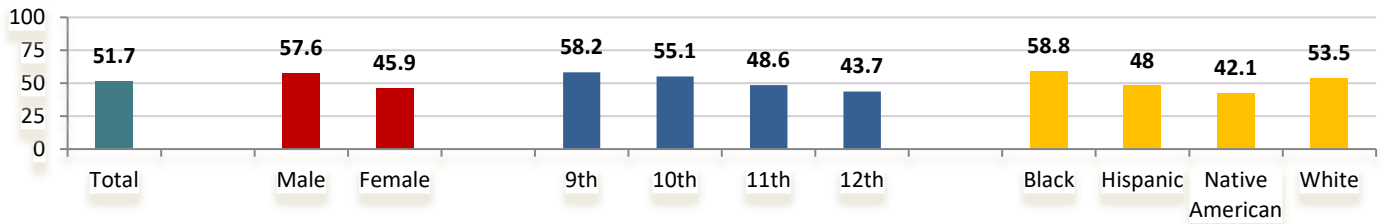
Statewide, 17.0 percent of students did not eat breakfast on any of the past seven days.



Physical Activity

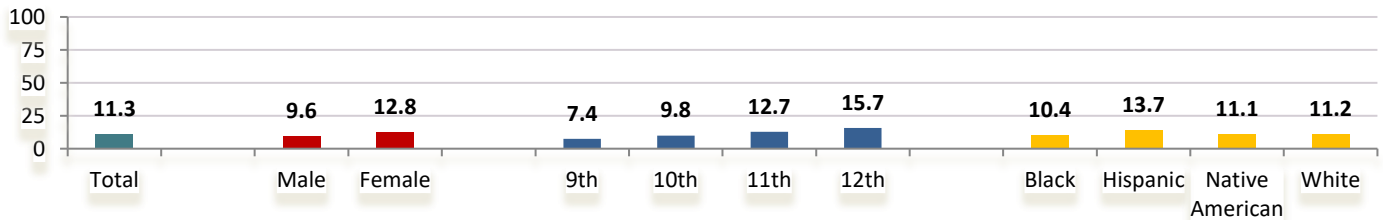
Met Recommended Levels of Physical Activity

Statewide, 51.7 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.



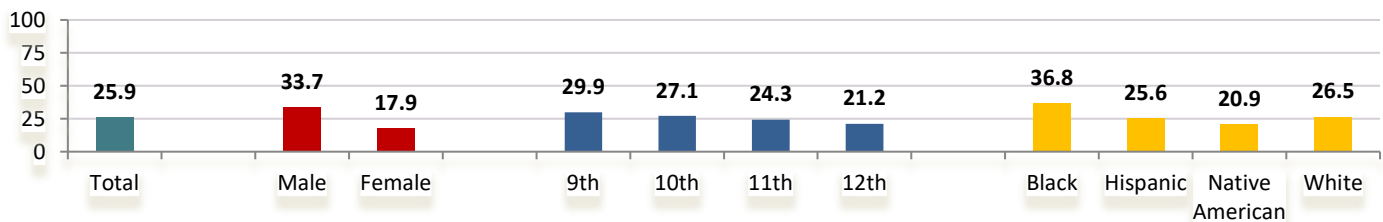
NO PHYSICAL ACTIVITY

Statewide, 11.3 percent of students did not participate in at least 60 minutes of physical activity on any of the past seven days.



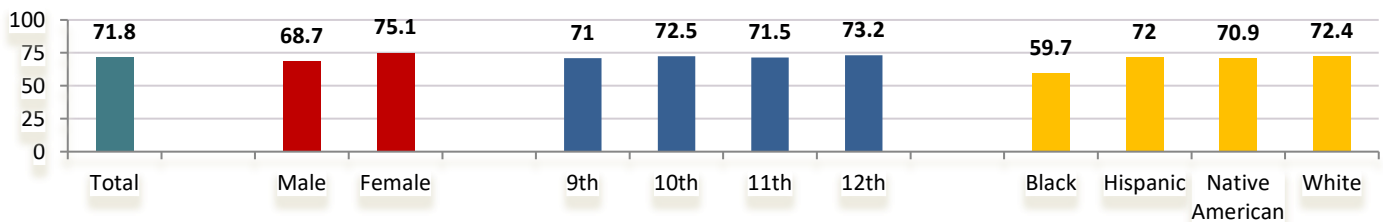
DAILY PHYSICAL ACTIVITY

Statewide, 25.9 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

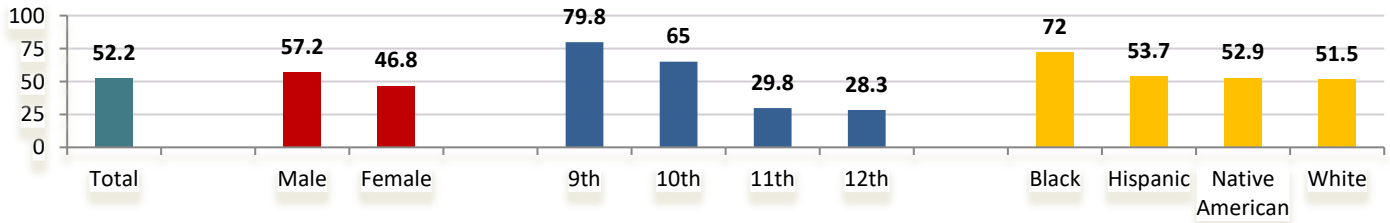
Statewide, 71.8 percent of students spent three or more hours on screen time of TV per day on an average school day. (In front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spend doing schoolwork.)



Physical Activity

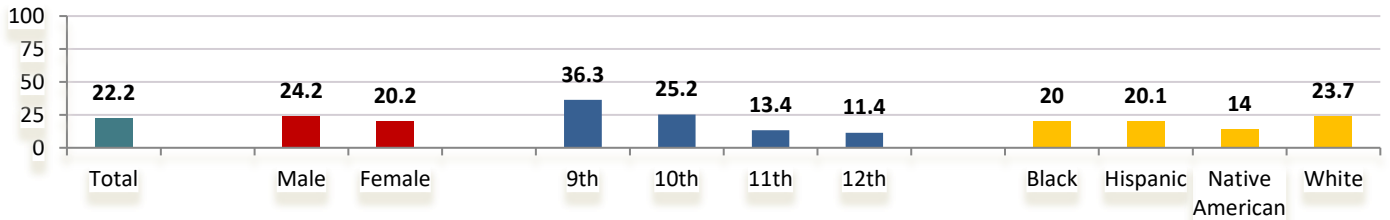
PHYSICAL EDUCATION ATTENDANCE

Statewide, 52.2 percent of students attended physical education (PE) classes on one or more days in an average week when they were in school.



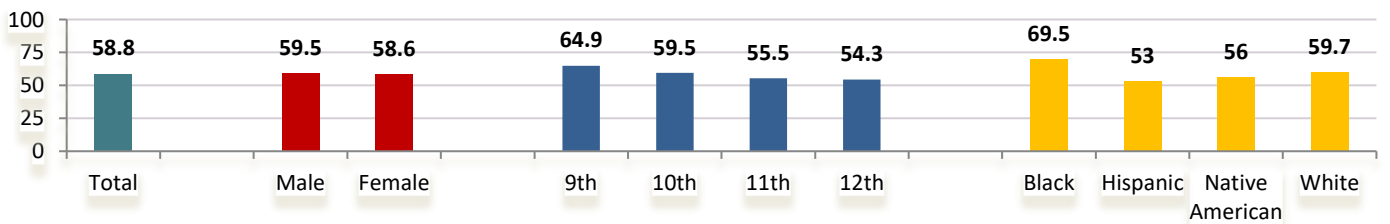
DAILY PHYSICAL EDUCATION ATTENDANCE

Statewide, 22.2 percent of students attended physical education (PE) classes daily in an average week when they were in school.



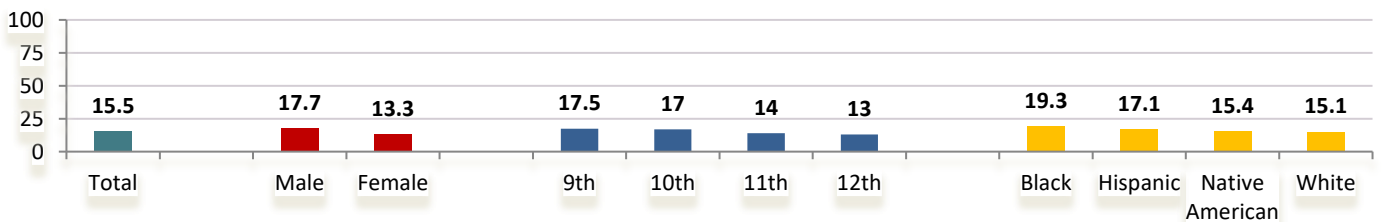
PLAYED ON AT LEAST ONE SPORTS TEAM

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



CONCUSSION

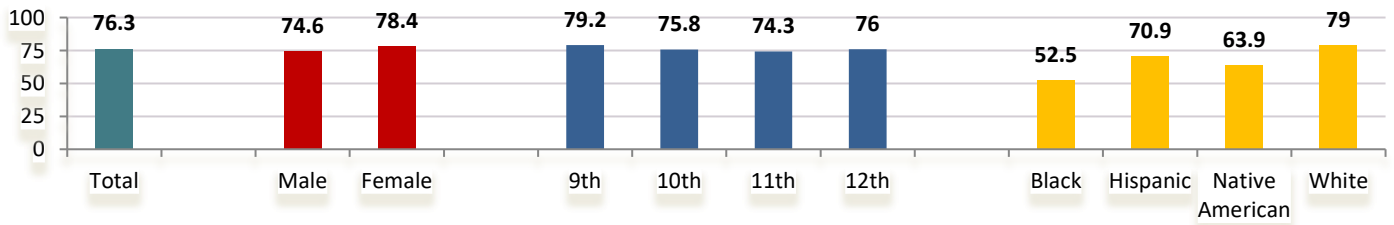
Statewide, 15.5 percent of students had a concussion from playing a sport or being physically active during the past 12 months.



Other Health-Related Behaviors

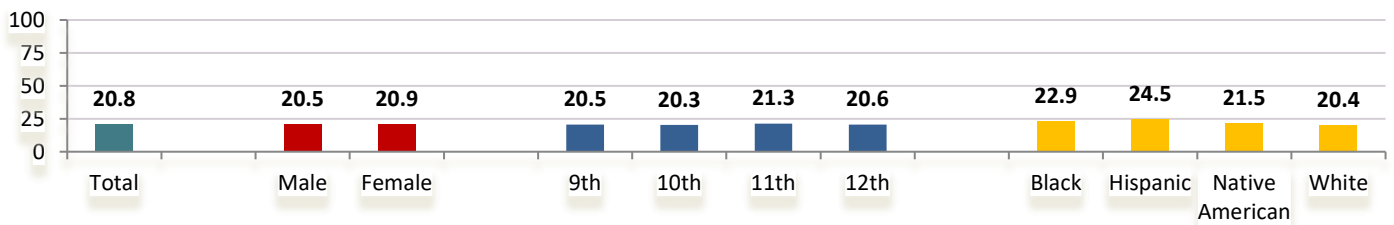
DENTAL CARE

Statewide, 76.3 percent of students saw a dentist during the past 12 months.



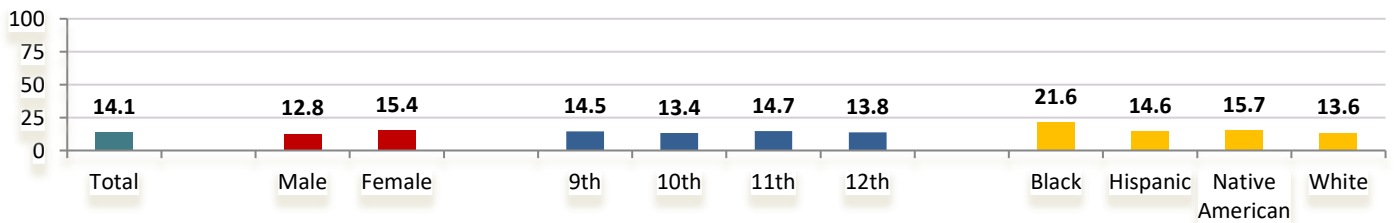
LIFETIME ASTHMA

Statewide, 20.8 percent of students had ever been told by a doctor or nurse that they had asthma.



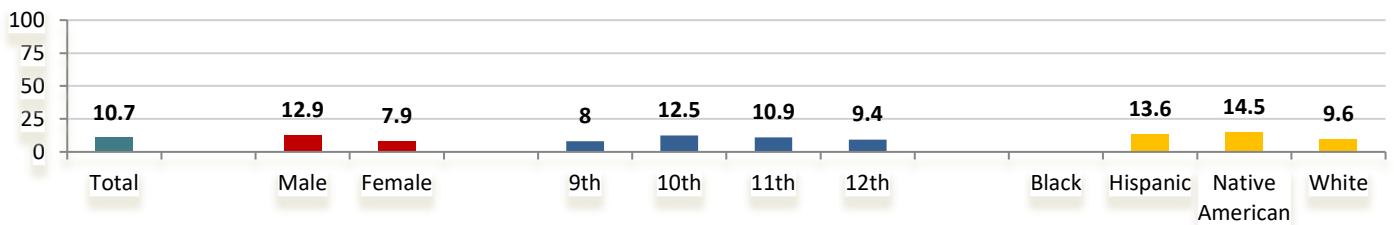
CURRENT ASTHMA

Statewide, 14.1 percent of students currently still have asthma.



SCHOOL ABSENCE DUE TO ASTHMA

Among students with asthma, 10.7 percent of students missed one or more days of school because of their asthma during the past 30 days.

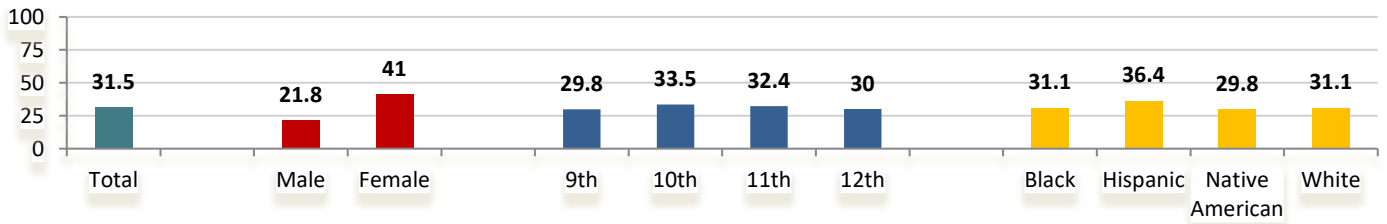


Missing bar indicates fewer than 30 students in this subgroup

Other Health-Related Behaviors

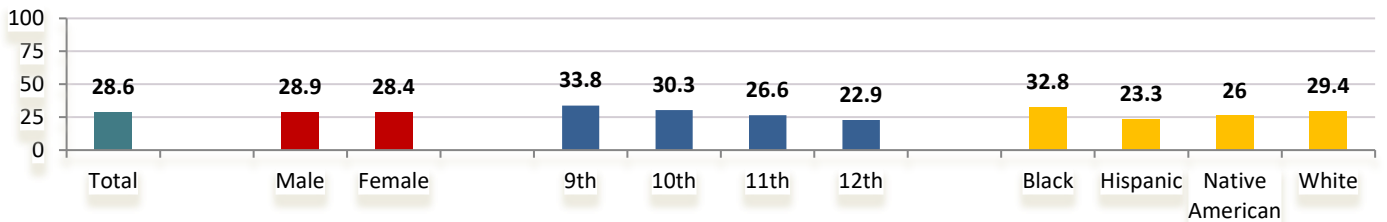
CURRENT MENTAL HEALTH STATUS

Statewide, 31.5 percent of students reported that their mental health was most of the time or always not good during the past 30 days.



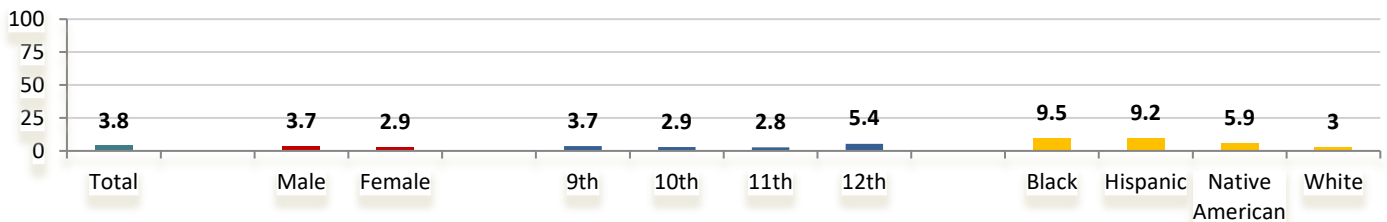
8 HOURS OF SLEEP

Statewide, 28.6 percent of students had 8 or more hours of sleep on an average school night.



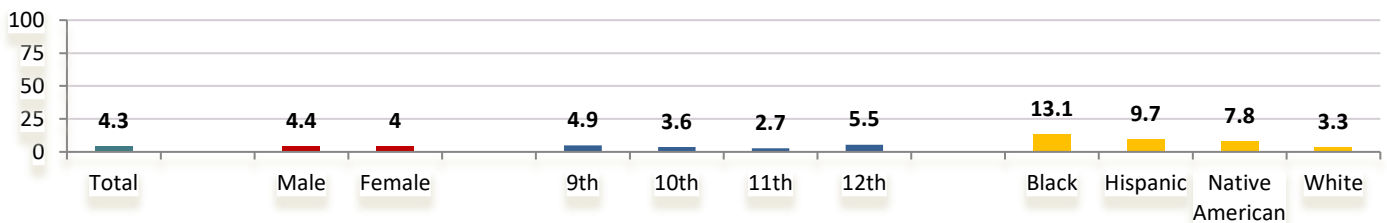
HOMELESSNESS

During the past 30 days, 3.8 percent of students did not usually sleep in their parent's or guardian's home.



RUNAWAY YOUTH

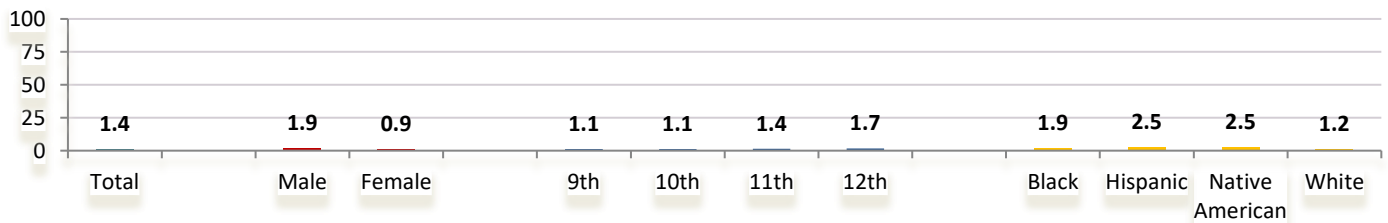
During the past 30 days, 4.3 percent of students had slept away from their parents or guardians because they were kicked out, ran away, or were abandoned, during the past 30 days.



Other Health-Related Behaviors

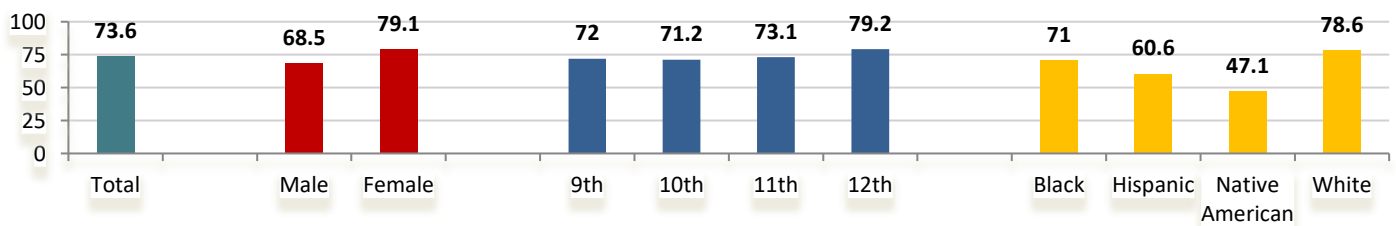
FOOD INSECURITY

During the past 30 days, 1.4 percent of students most of the time or always went hungry because there was not enough food in their home.



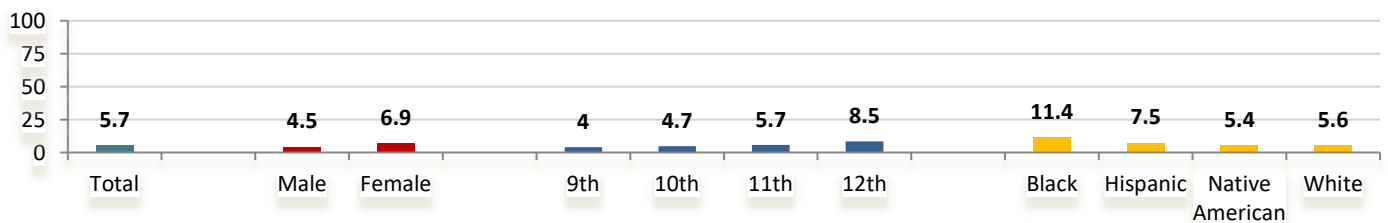
MOSTLY A'S OR B'S

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



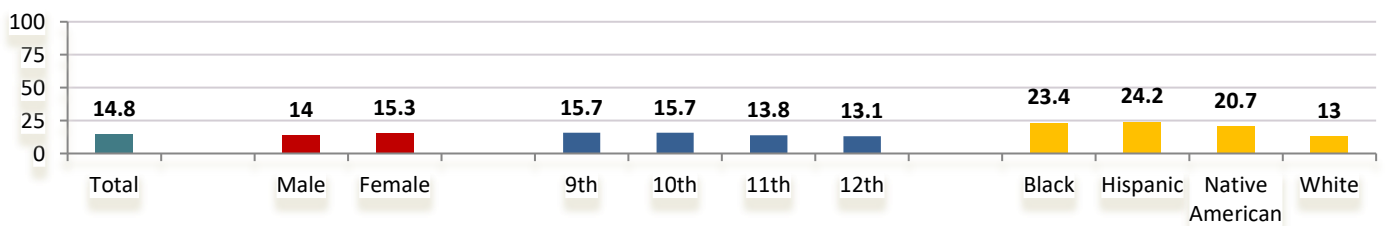
INDOOR TANNING DEVICES

Statewide, 5.7 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

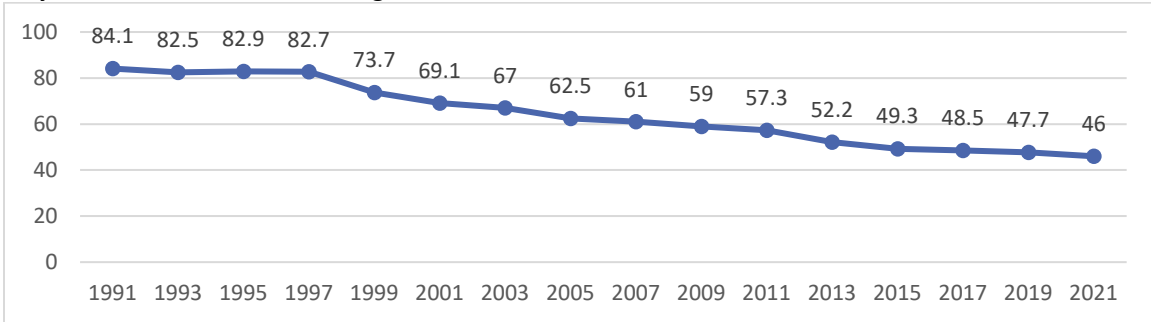
Statewide, 14.8 percent of students received help from a resource teacher, speech therapist, or other special education teacher at school during the past 12 months.



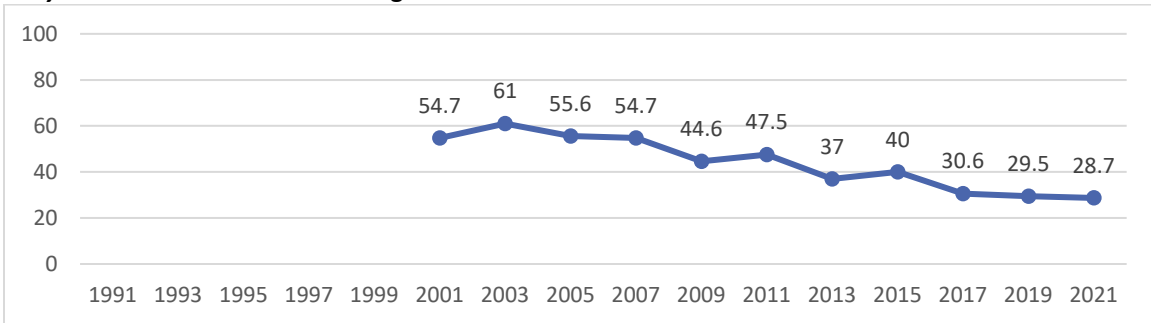
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Unintentional Injuries and Violence

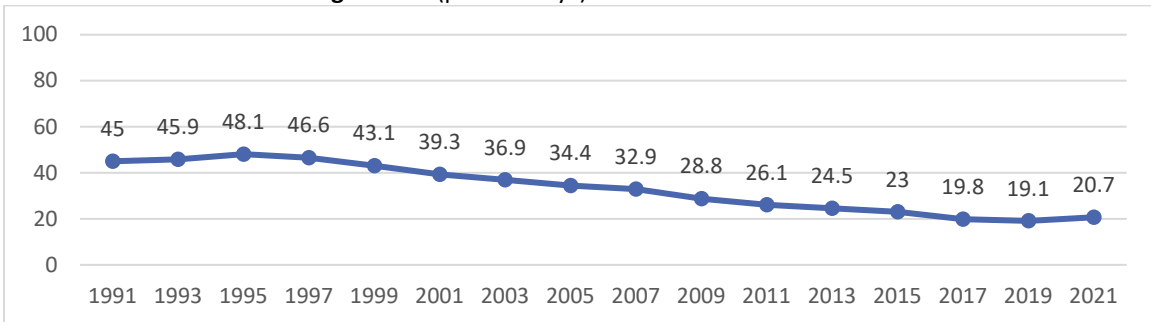
Did not *always* wear a seat belt when riding in a car



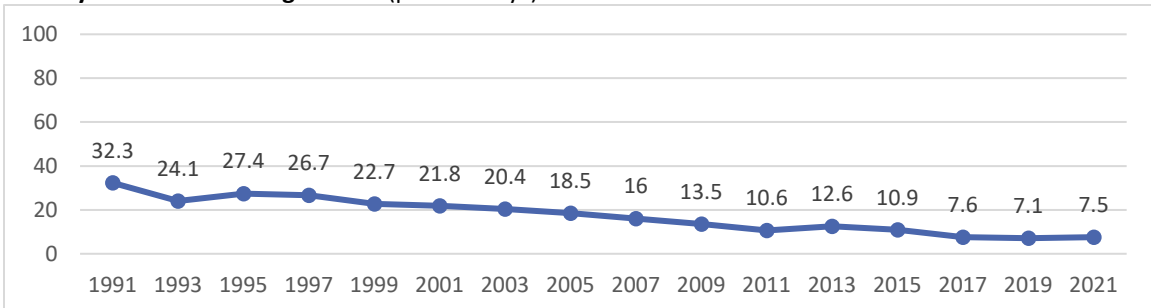
Did not *always* wear a seat belt when driving a car



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

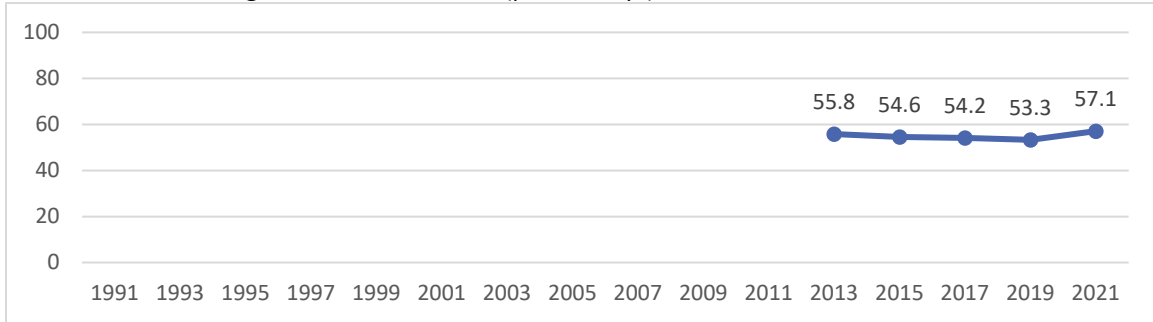


Drove when they had been drinking alcohol (past 30 days)

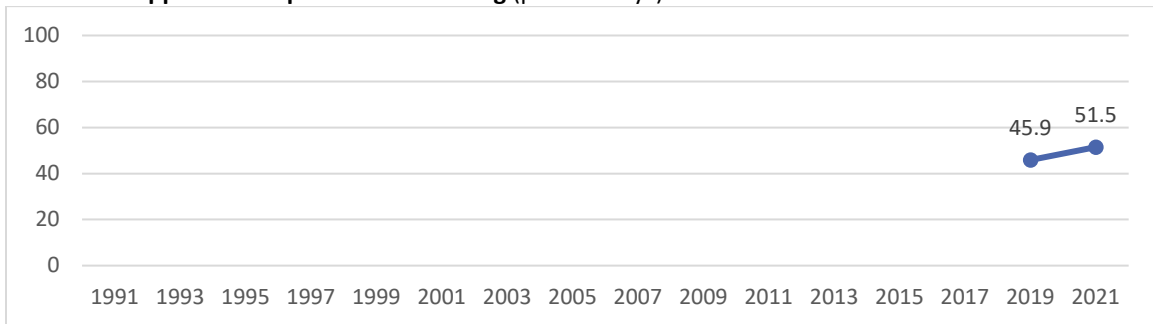


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

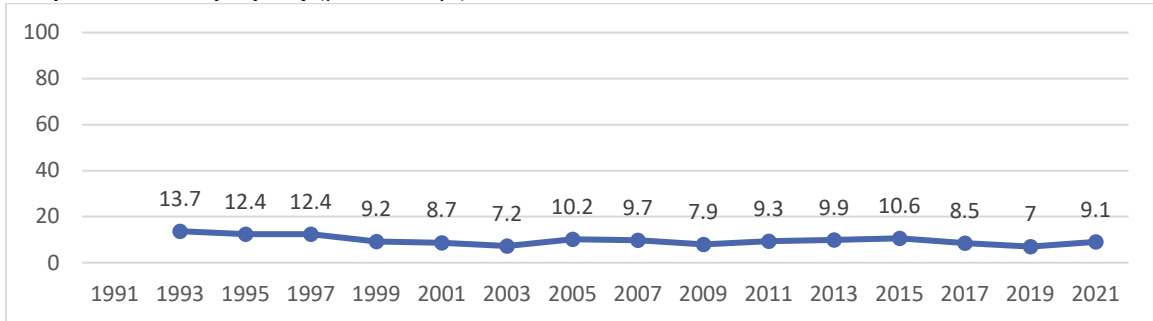
Texted or e-mailed while driving a car or other vehicle (past 30 days)



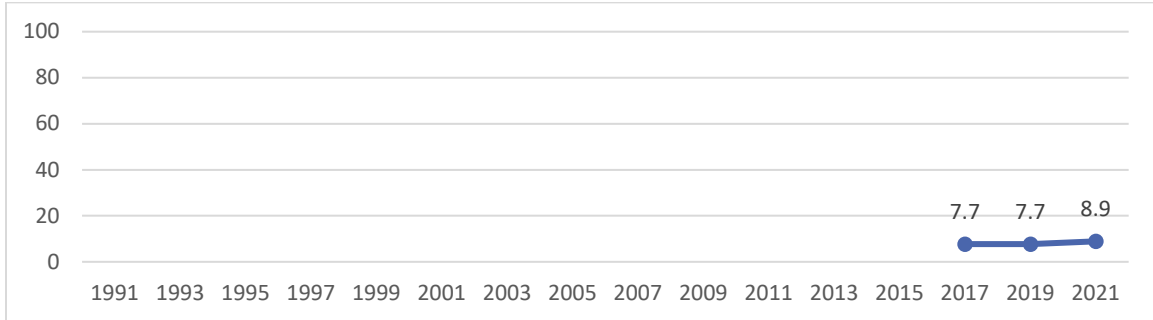
Used the Internet or Apps on their phone while driving (past 30 days)



Carried a weapon on school property (past 30 days)

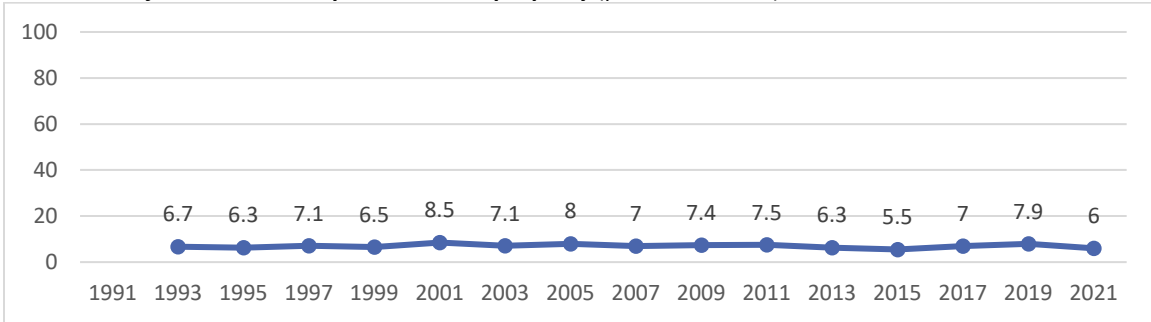


Carried a gun (do not count for hunting or for sport, such as target shooting, past 12 months)

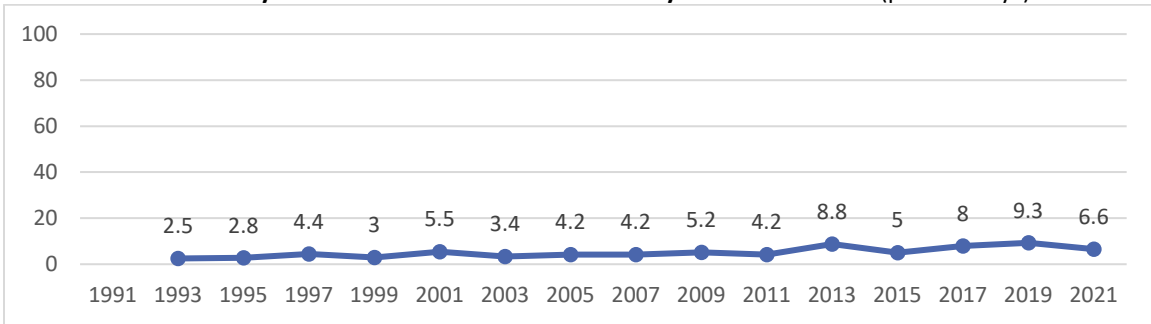


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

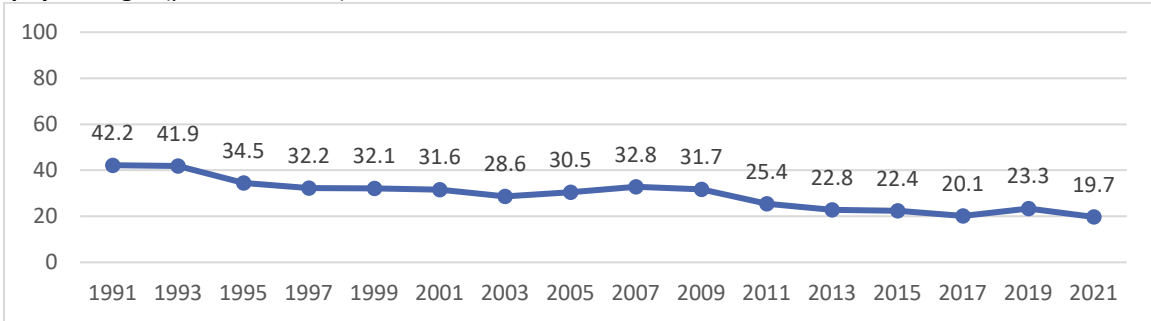
Were threatened or injured with a weapon on school property (past 12 months)



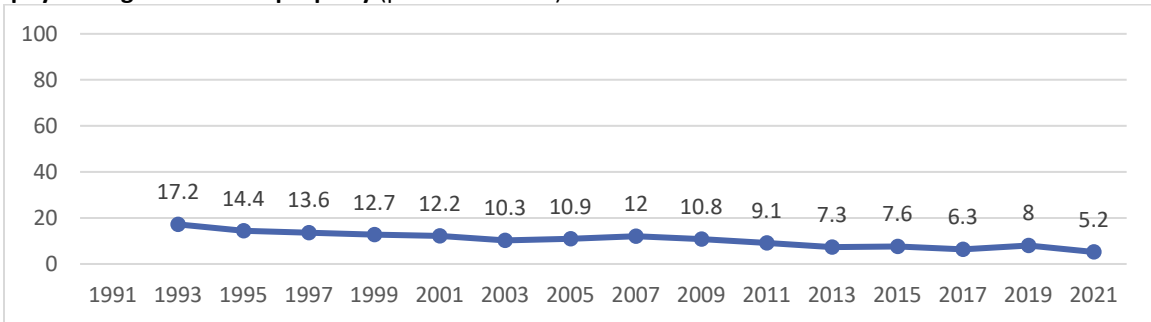
Did not go to school because they felt unsafe at school or on their way to or from school (past 30 days)



Were in a physical fight (past 12 months)

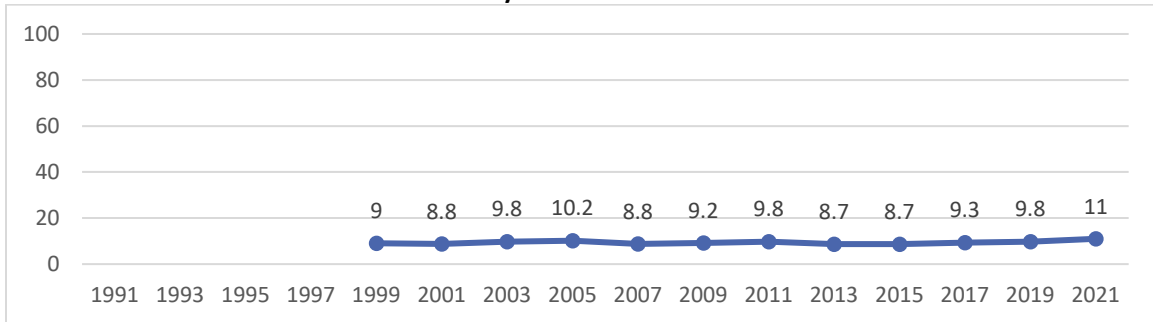


Were in a physical fight on school property (past 12 months)

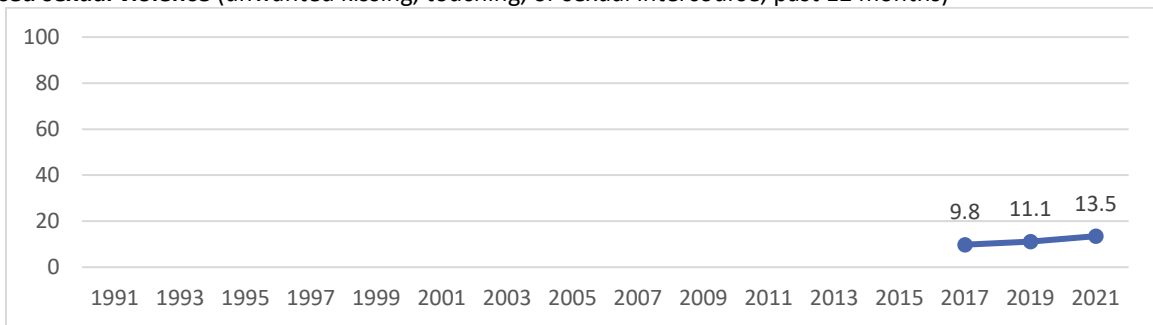


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Were ever forced to have sexual intercourse when they did not want to



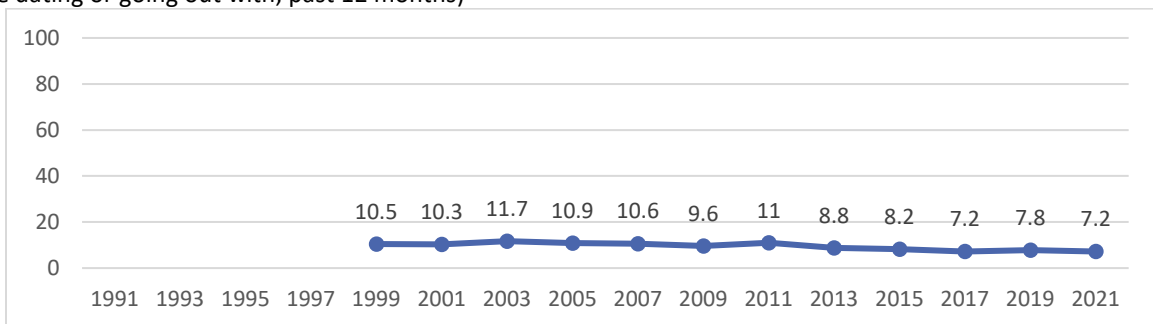
Experienced sexual violence (unwanted kissing, touching, or sexual intercourse, past 12 months)



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

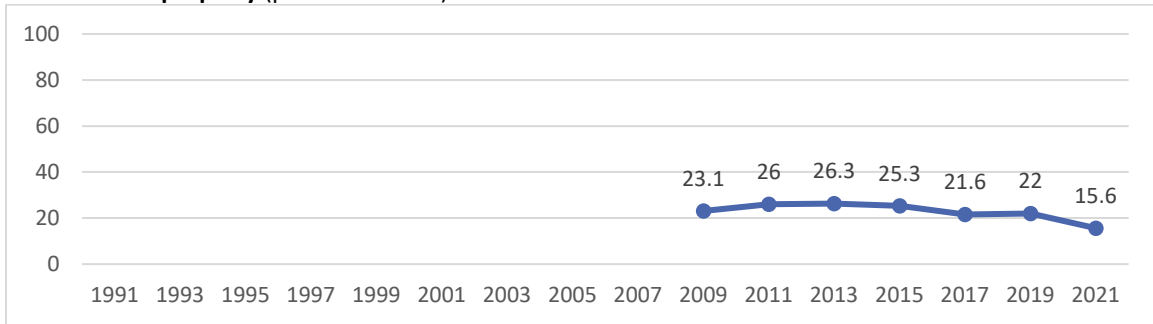


Experienced physical dating violence (being hit, slammed into something, or injured with an object or weapon by someone they were dating or going out with, past 12 months)



2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

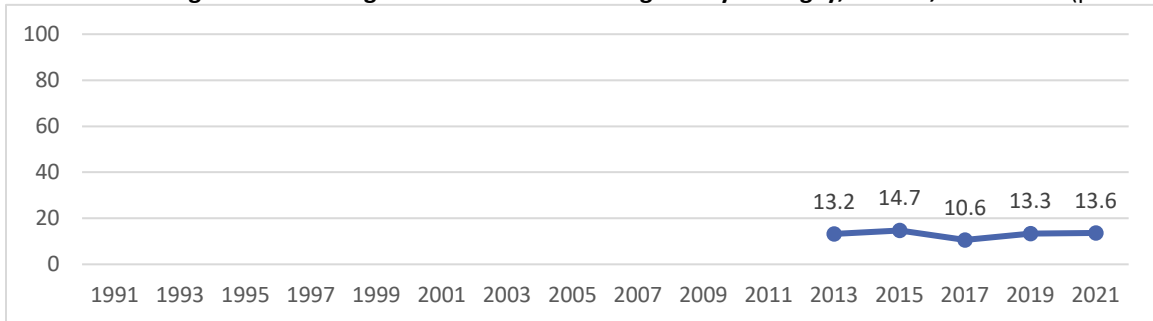
Were bullied on school property (past 12 months)



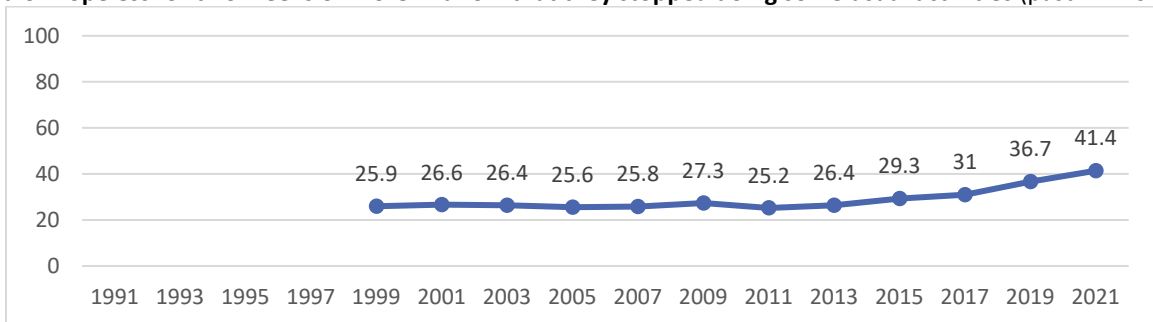
Were electronically bullied (past 12 months)



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

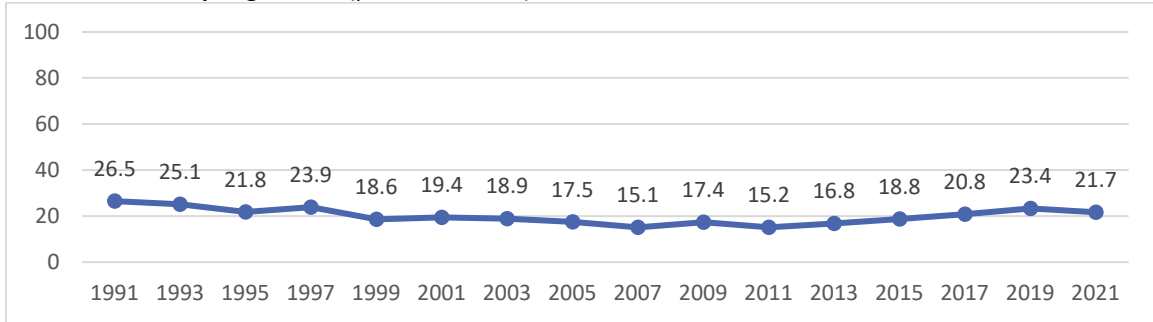


Felt so sad or hopeless for two weeks or more in a row that they stopped doing some usual activities (past 12 months)

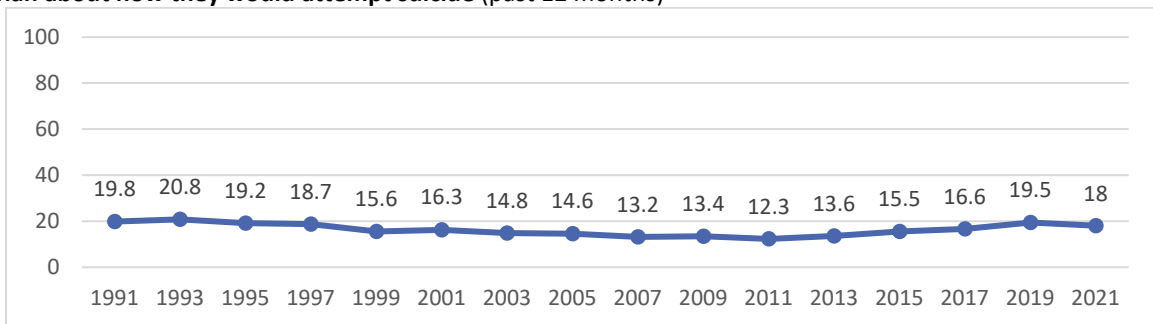


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

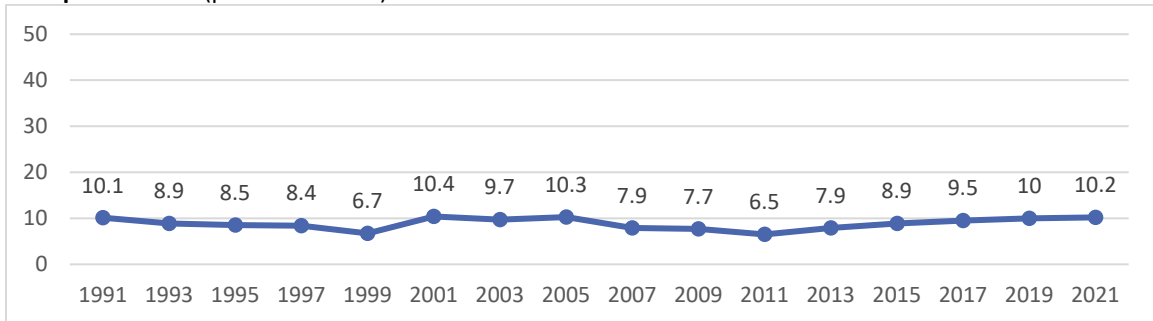
Seriously considered attempting suicide (past 12 months)



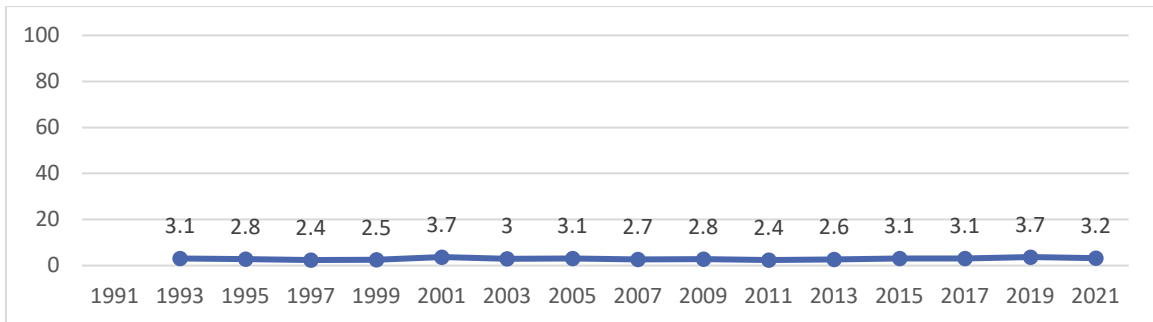
Made a plan about how they would attempt suicide (past 12 months)



Actually attempted suicide (past 12 months)

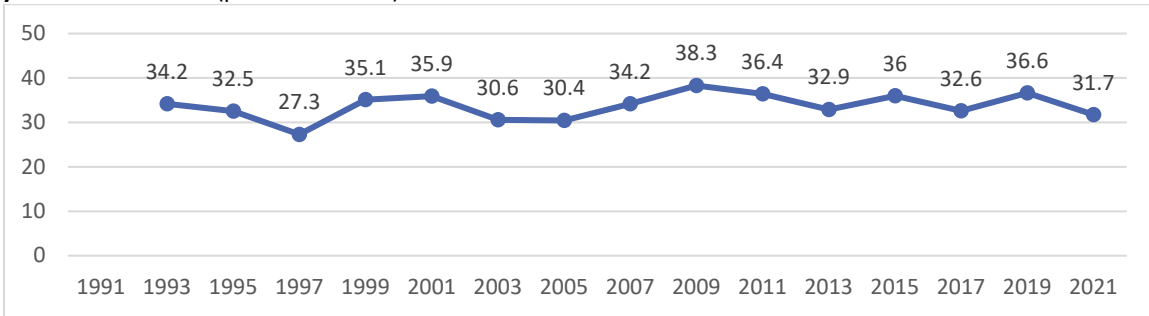


Had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (past 12 months)



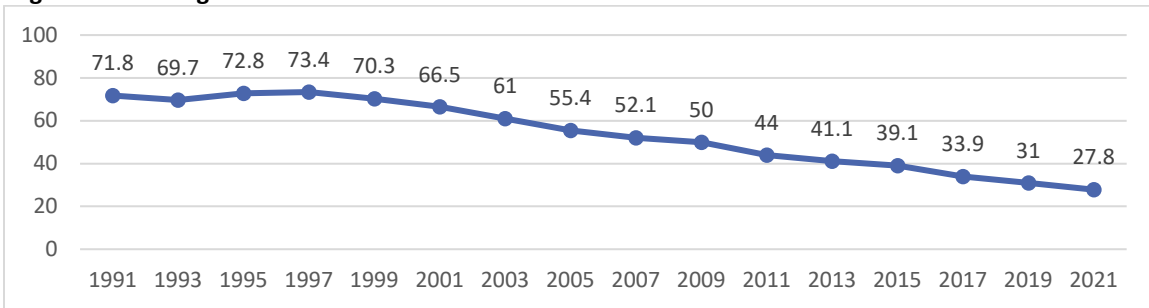
2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

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)

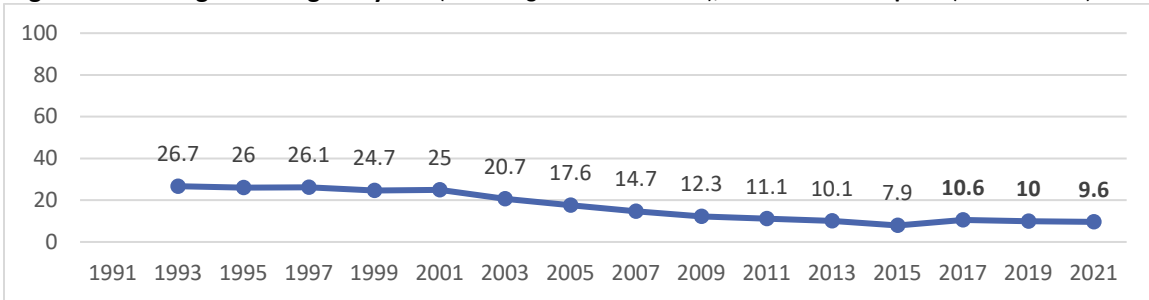


Tobacco Use

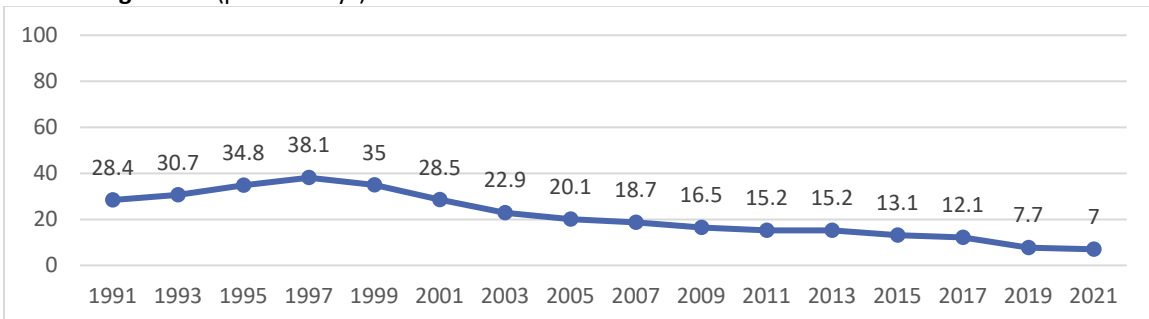
Ever tried cigarette smoking



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

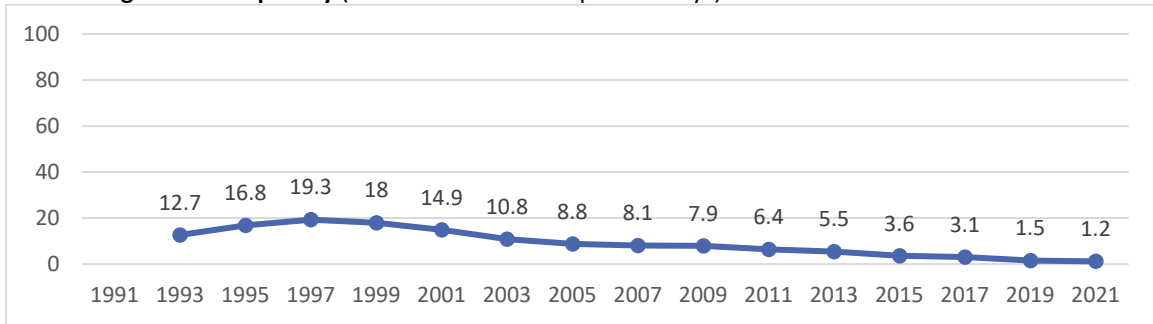


Currently smoked cigarettes (past 30 days)

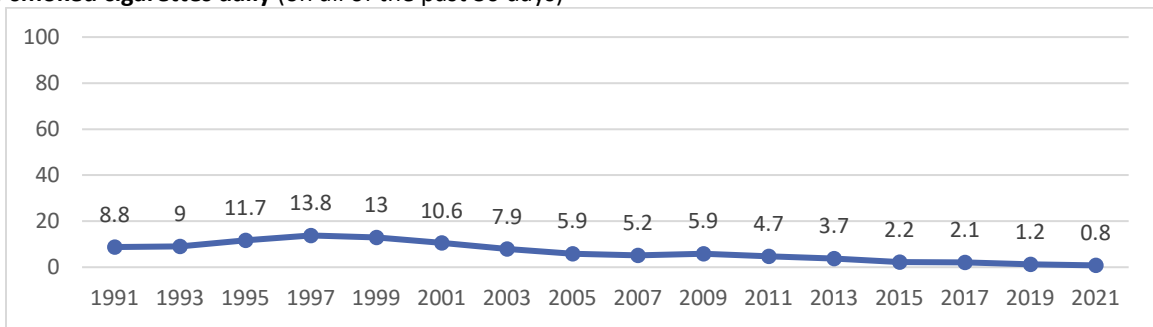


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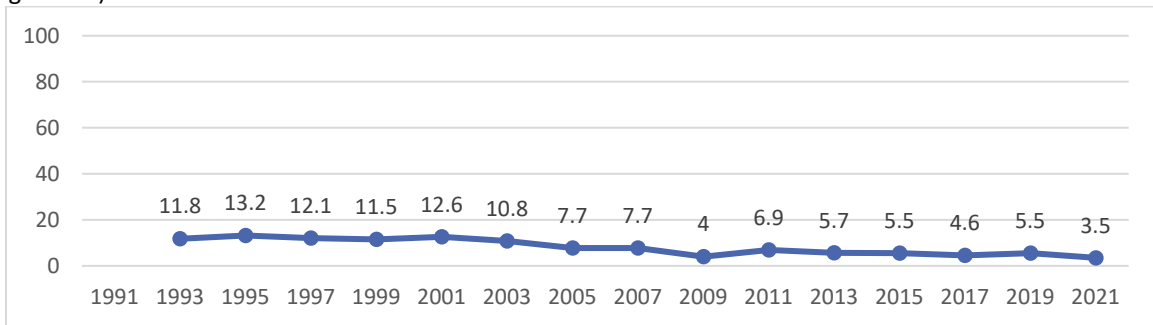
Currently smoked cigarettes frequently (on 20 or more of the past 30 days)



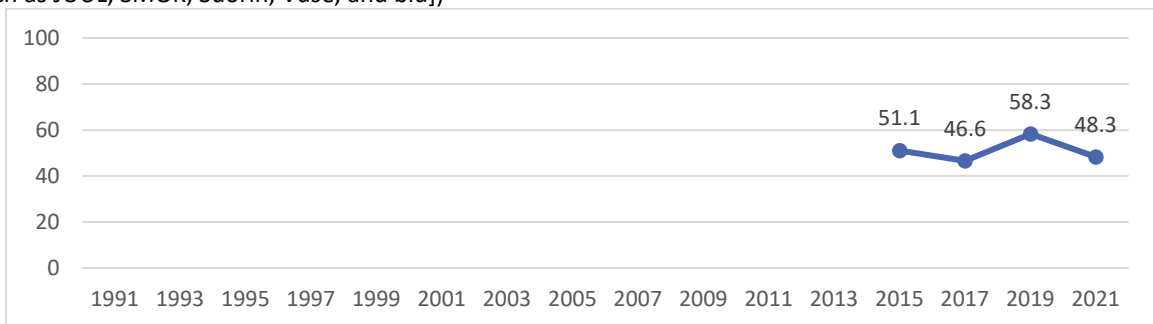
Currently smoked cigarettes daily (on all of the past 30 days)



Smoked more than 10 cigarettes per day (on the days they smoked during the past 30 days, among students who currently smoked cigarettes)

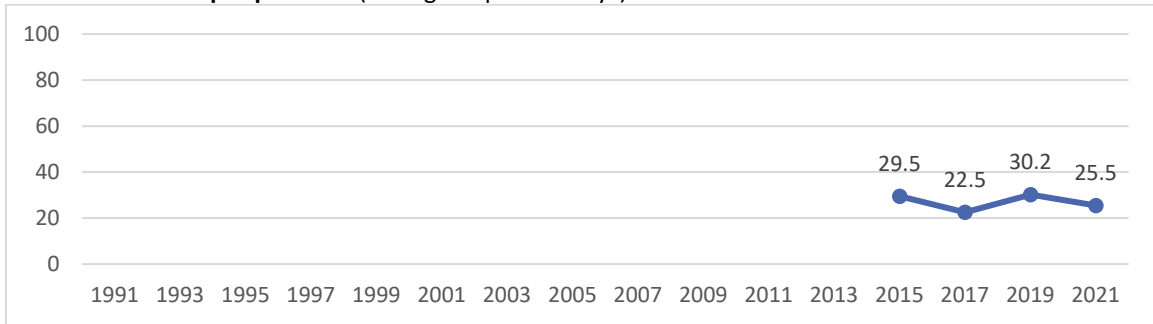


Ever used electronic vapor products (Including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods[such as JUUL, SMOK, Suorin, Vuse, and blu])

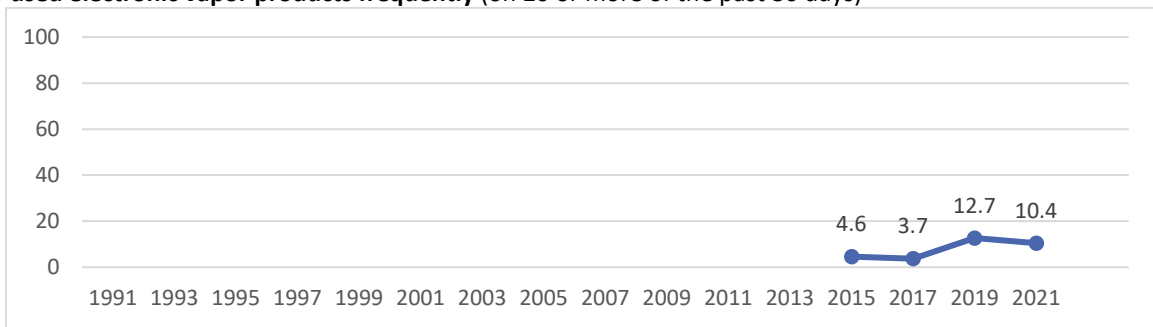


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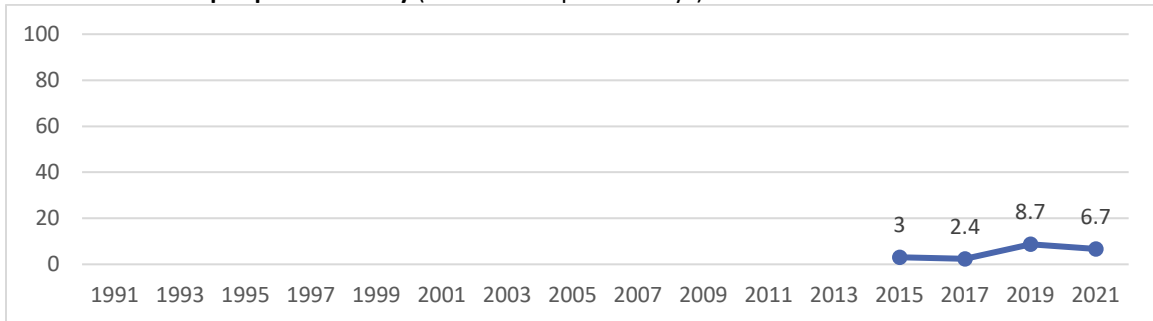
Currently used electronic vapor products (during the past 30 days)



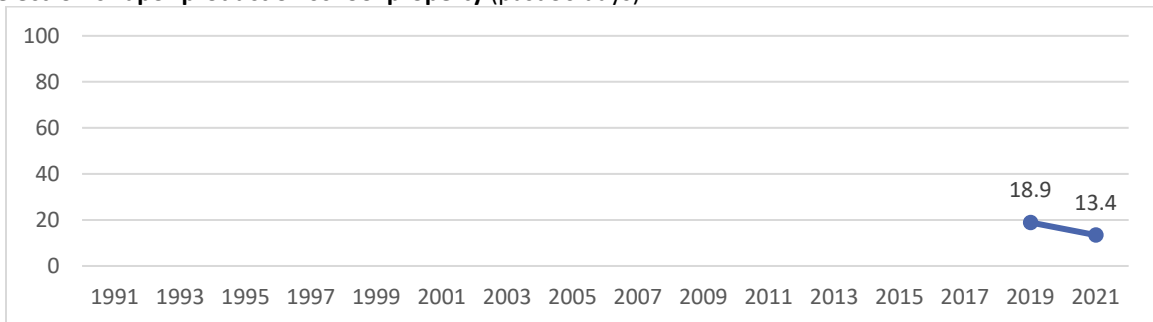
Currently used electronic vapor products frequently (on 20 or more of the past 30 days)



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

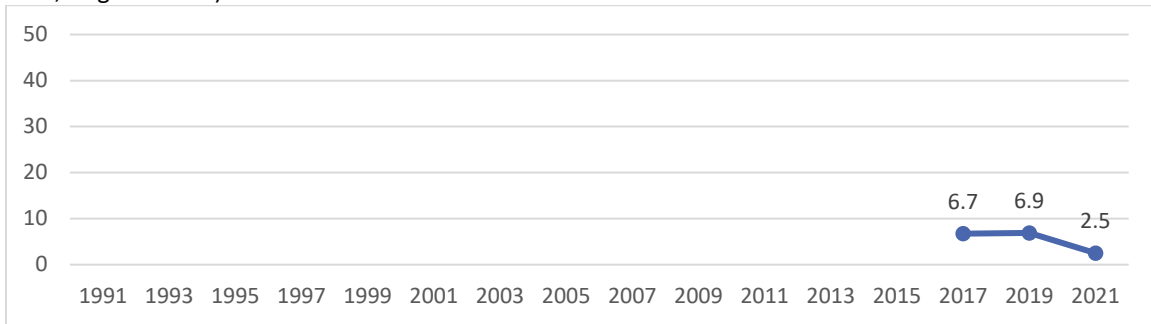


Used an electronic vapor product on school property (past 30 days)

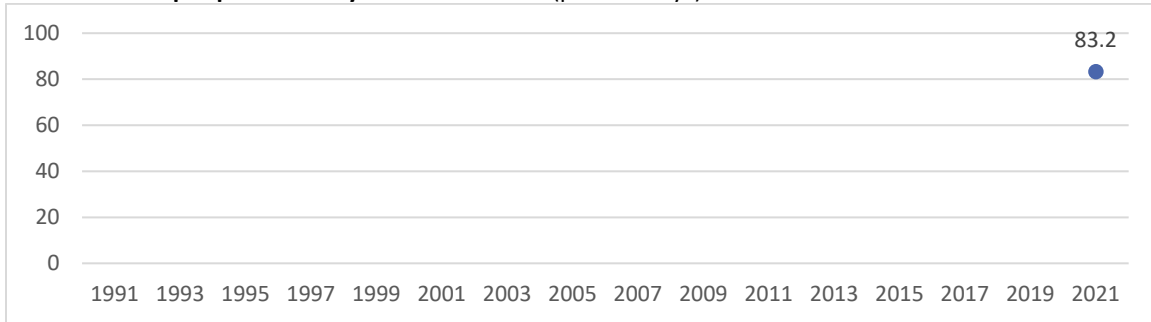


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

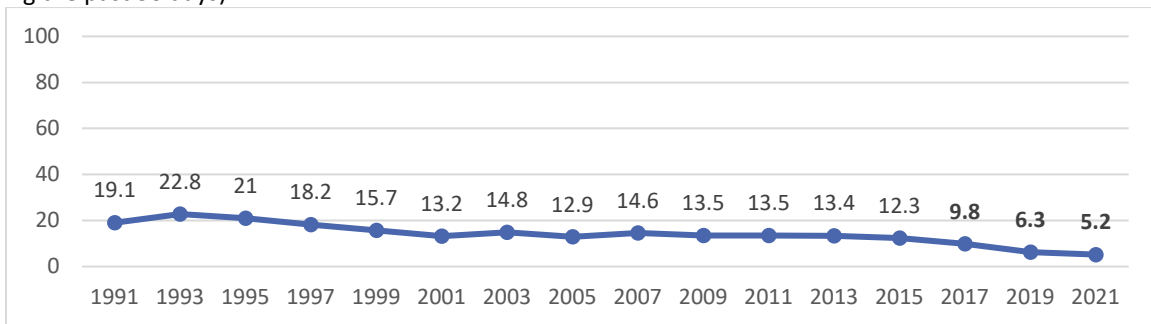
Usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, or gas station)



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)

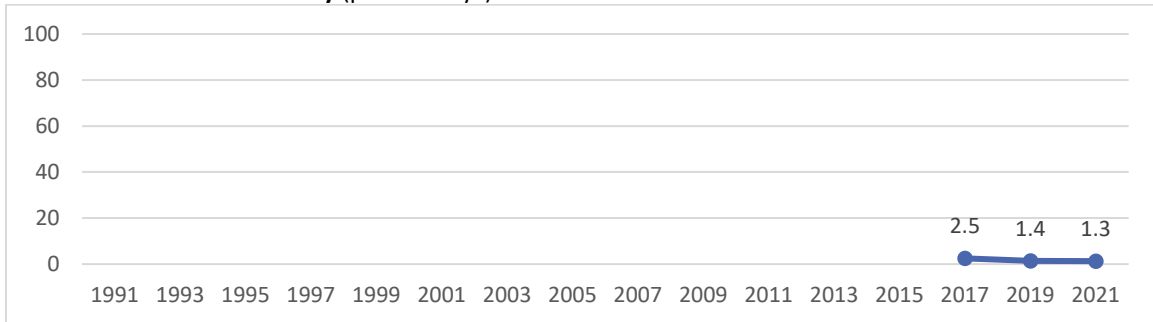


Currently used smokeless tobacco frequently (20 or more of the past 30 days)

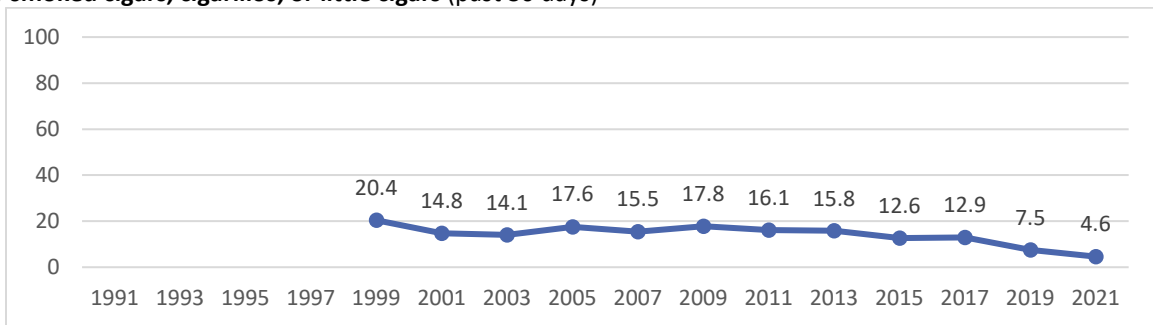


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

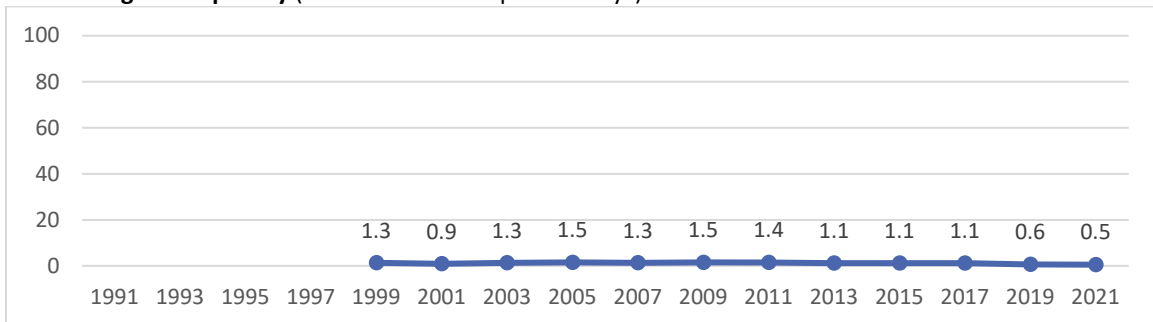
Currently used smokeless tobacco daily (past 30 days)



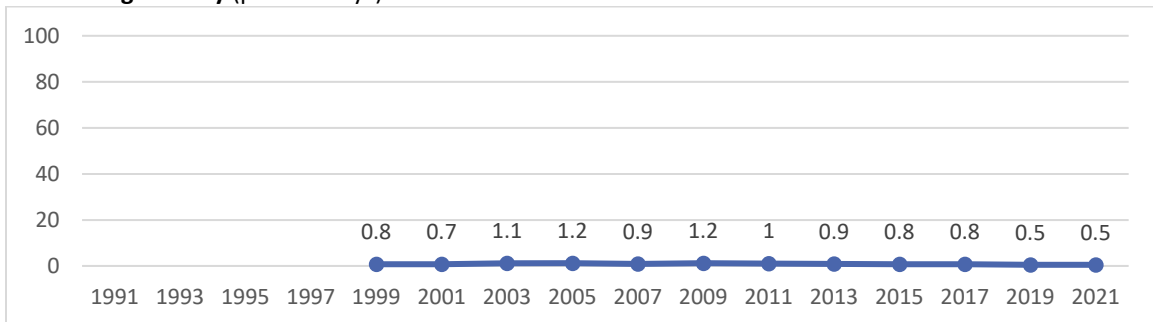
Currently smoked cigars, cigarillos, or little cigars (past 30 days)



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

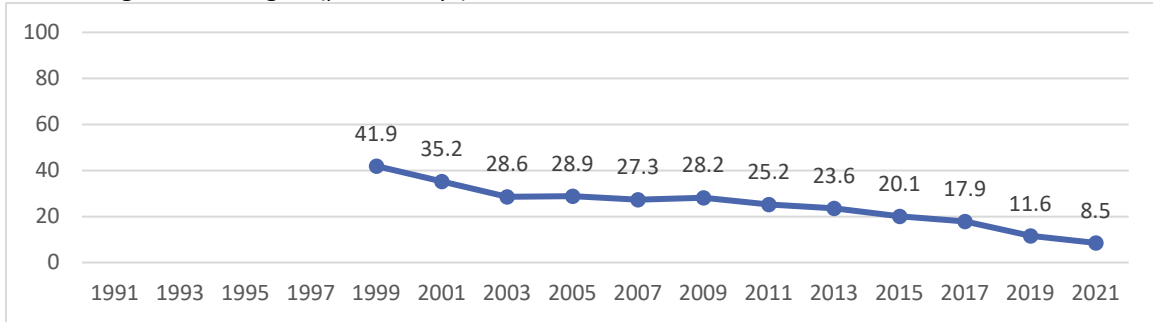


Currently smoked cigars daily (past 30 days)

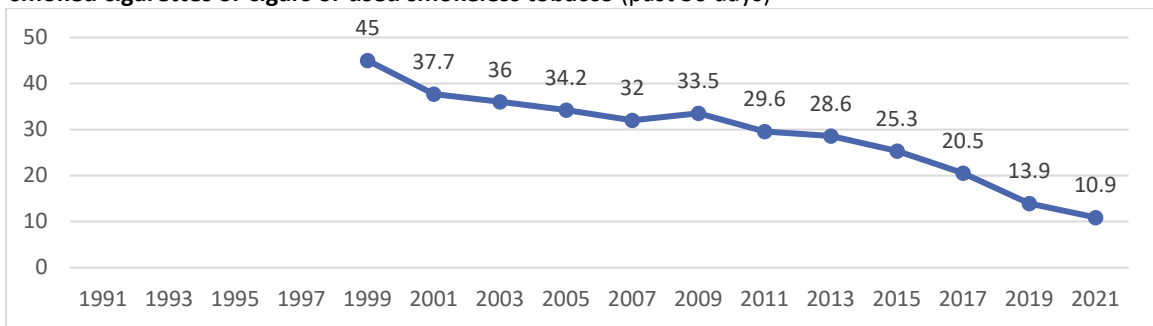


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

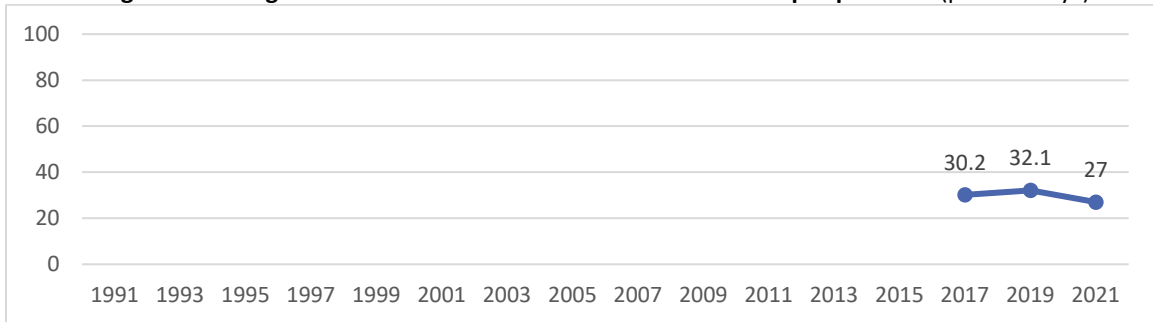
Currently smoked cigarettes or cigars (past 30 days)



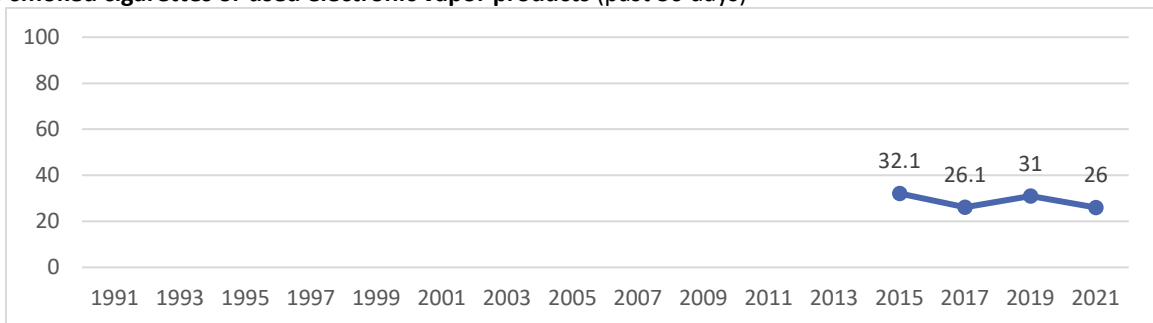
Currently smoked cigarettes or cigars or used smokeless tobacco (past 30 days)



Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (past 30 days)

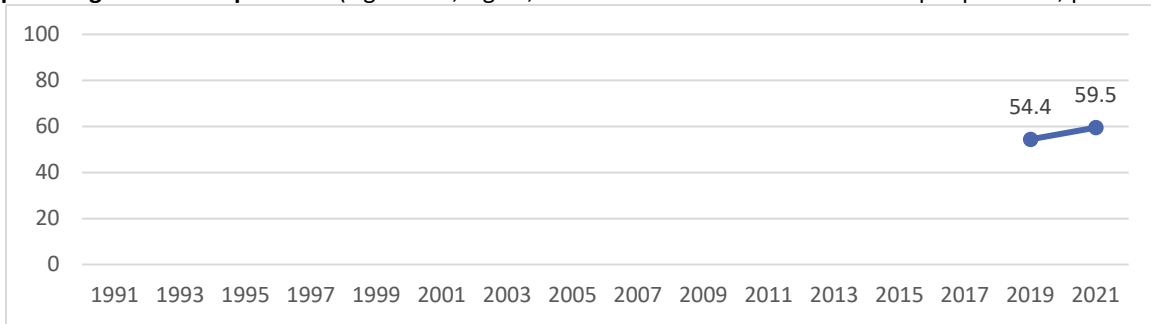


Currently smoked cigarettes or used electronic vapor products (past 30 days)



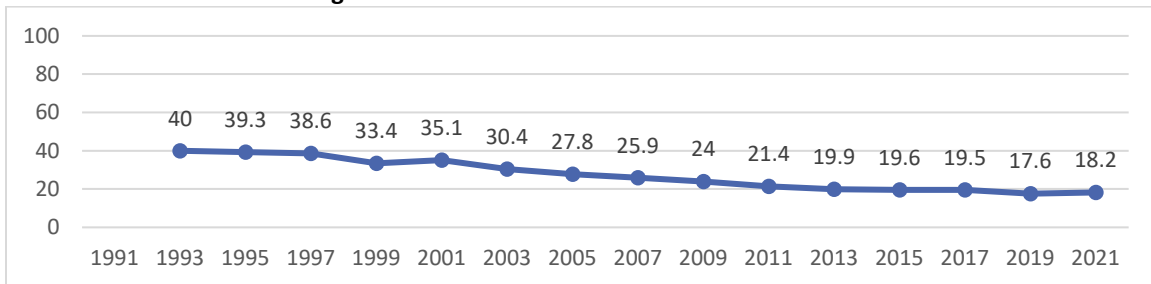
2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

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

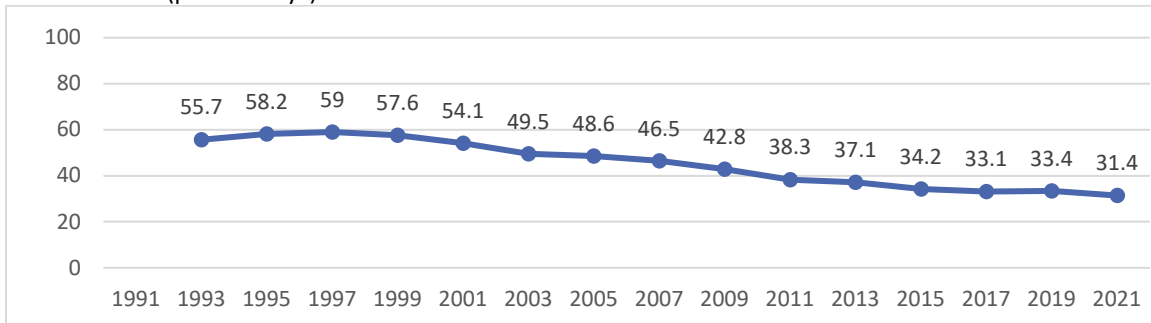


Alcohol and Other Drug Use

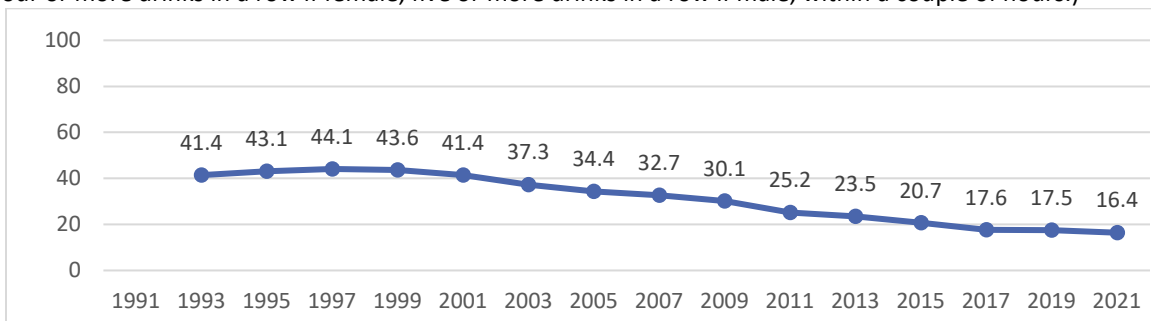
Had their first drink of alcohol before age 13



Currently drank alcohol (past 30 days)

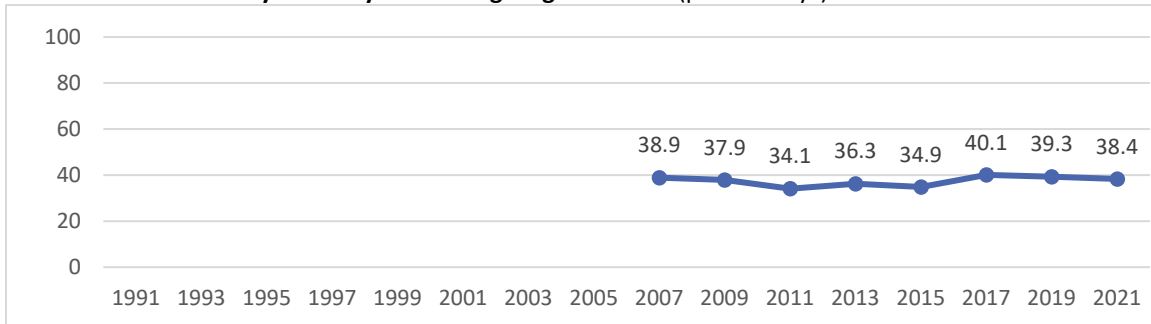


Currently were binge drinking (past 30 days, 1993-2015: five or more drinks of alcohol, within a couple of hours. 2017-current: four or more drinks in a row if female, five or more drinks in a row if male, within a couple of hours.)

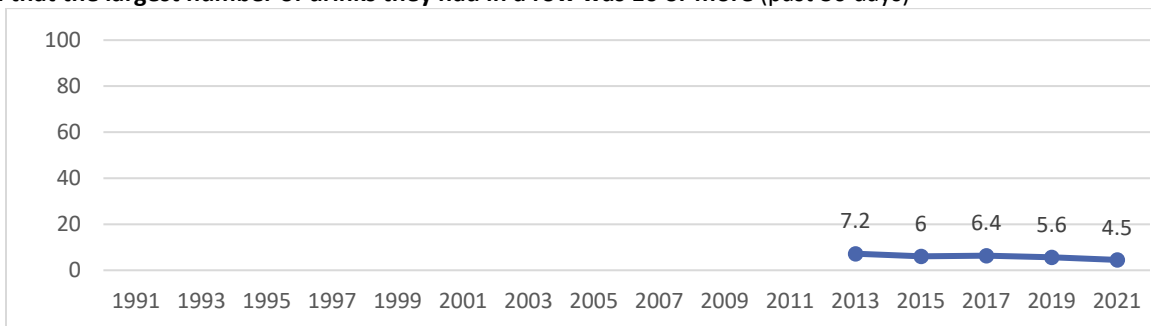


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

Usually obtained the alcohol they drank by someone giving it to them (past 30 days)



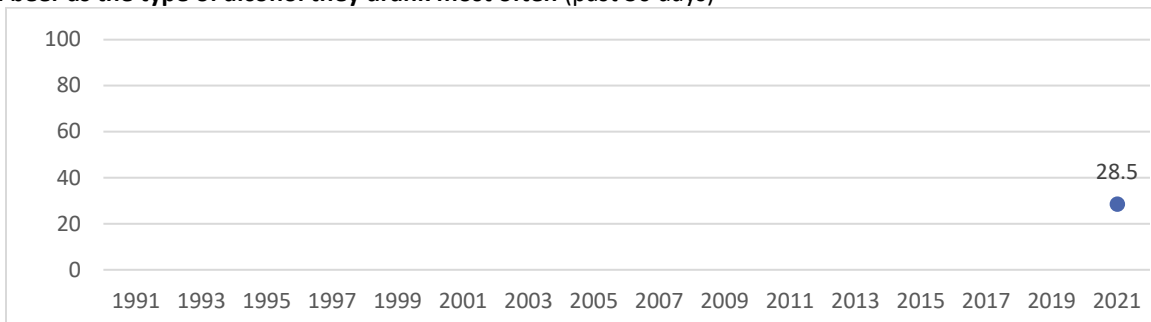
Reported that the largest number of drinks they had in a row was 10 or more (past 30 days)



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)

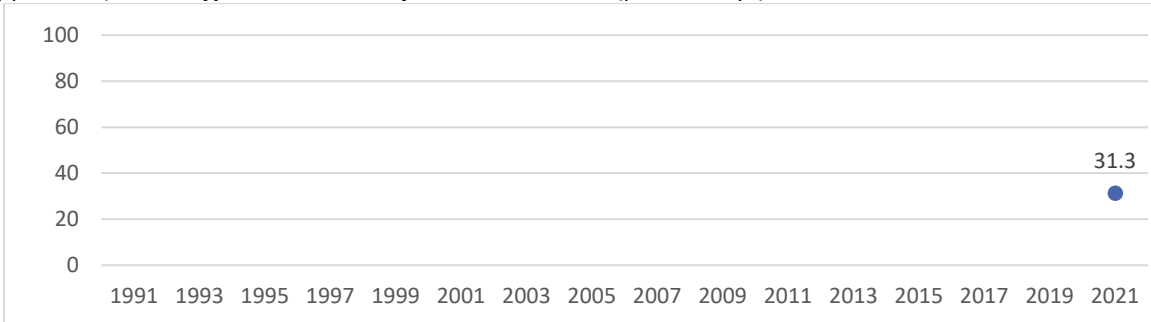


Reported beer as the type of alcohol they drank most often (past 30 days)

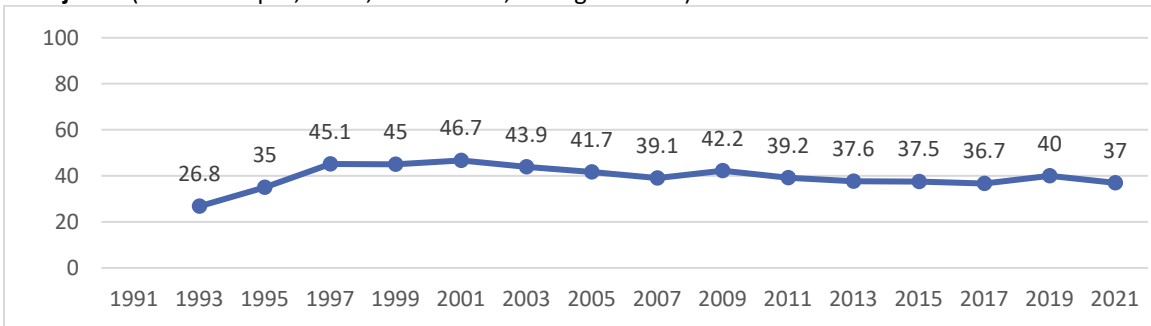


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

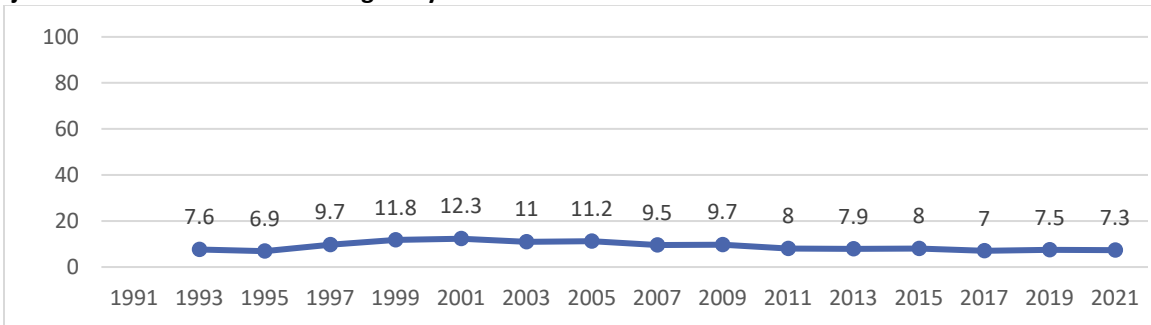
Reported flavored alcoholic beverages (such as hard seltzer, Smirnoff Ice, Bacardi Silver, Mike’s Hard Lemonade, Four Loko, or hard apple cider) **as the type of alcohol they drank most often** (past 30 days)



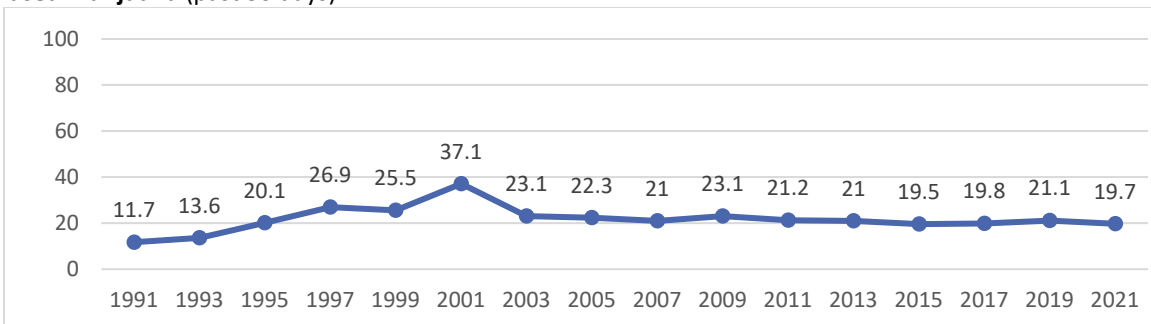
Ever used marijuana (also called pot, weed, or cannabis, during their life)



Tried marijuana for the first time before age 13 years

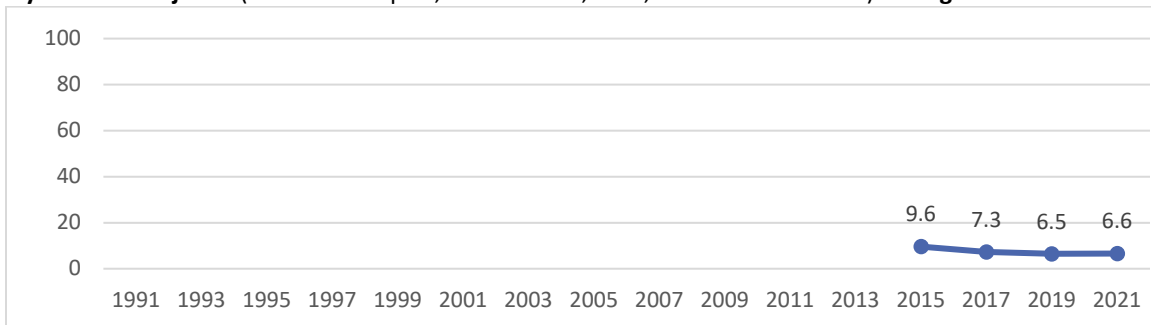


Currently used marijuana (past 30 days)

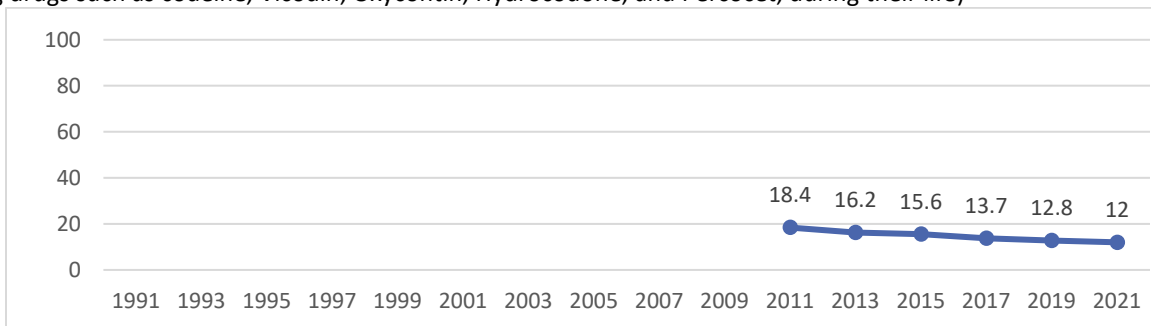


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

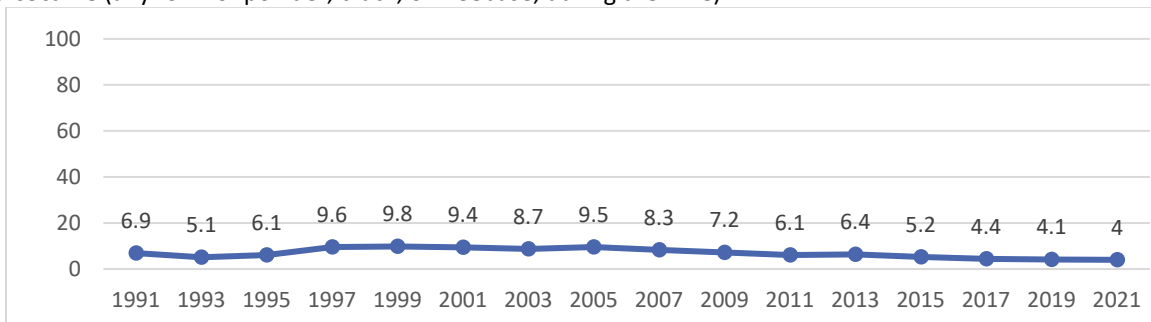
Ever used synthetic marijuana (also called “Spice,” “fake weed,” “K2,” or “Black Mamba”) during their life



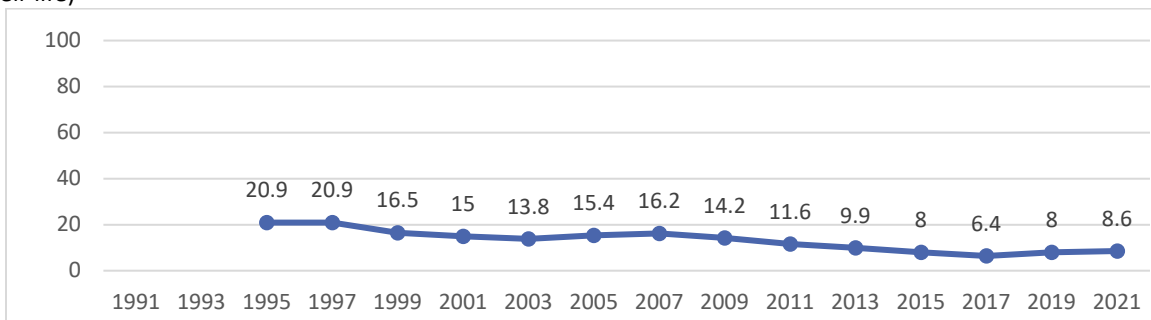
Ever took prescription pain medicine without a doctor’s prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, Hydrocodone, and Percocet, during their life)



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

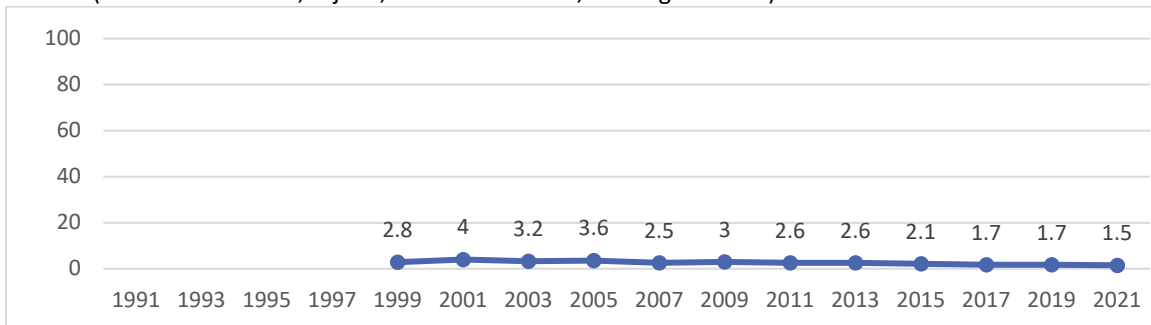


Ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, during their life)

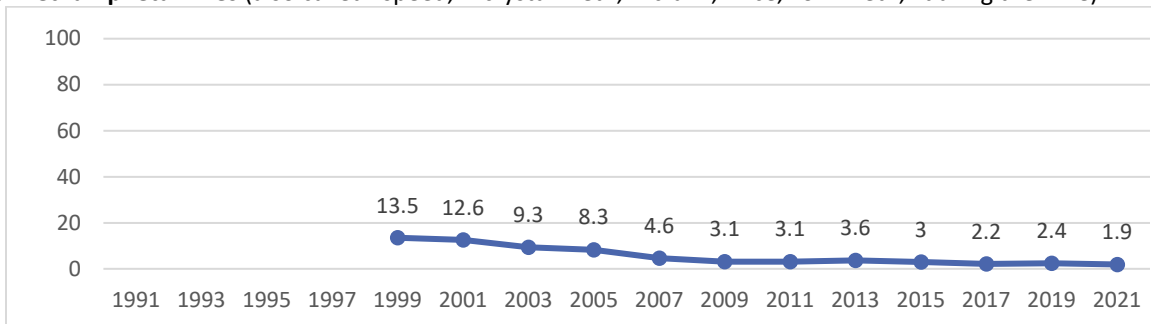


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

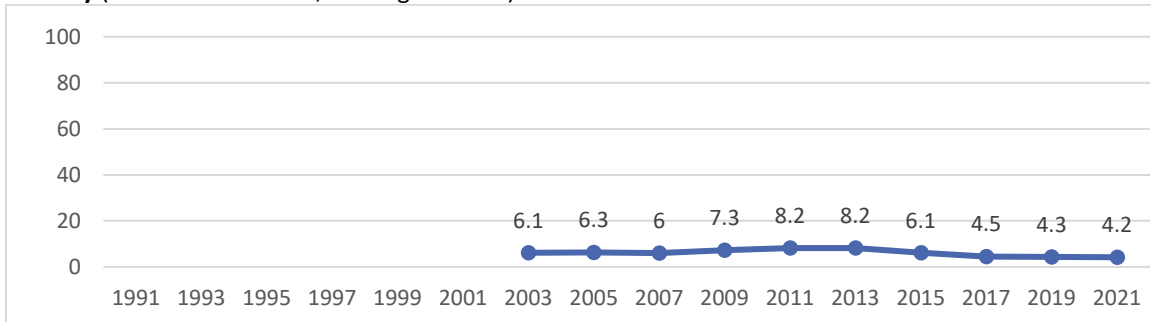
Ever used heroin (also called “smack,” “junk,” or “China White,” during their life)



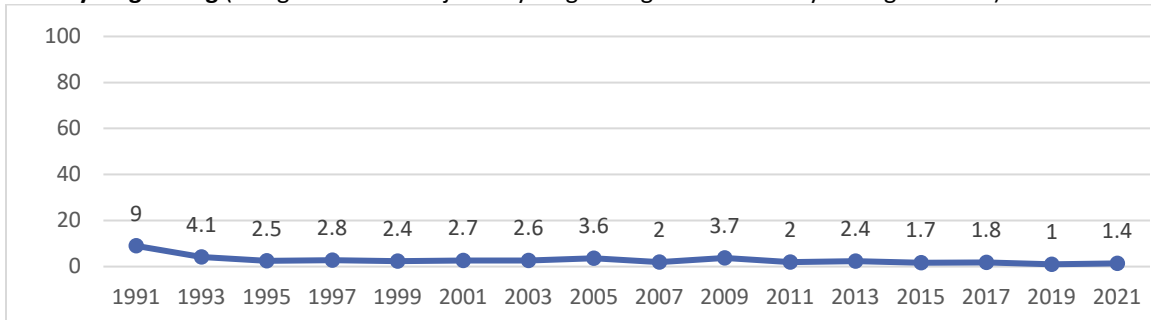
Ever used methamphetamines (also called “speed,” “crystal meth,” “crank,” “ice,” or “meth,” during their life)



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

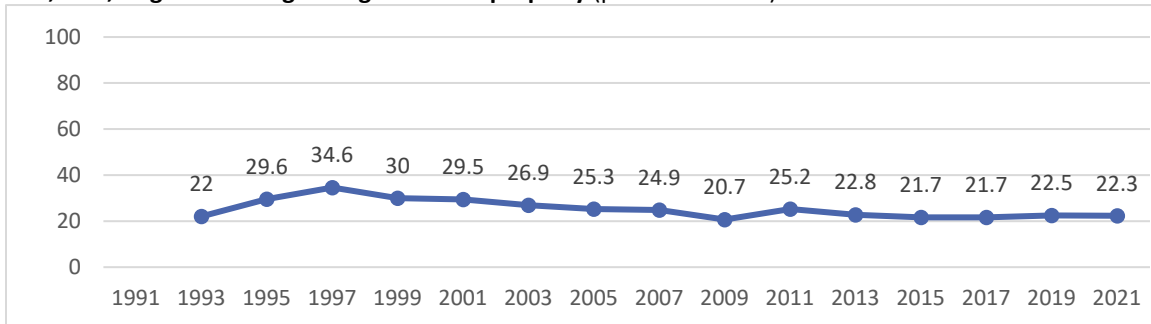


Ever injected any illegal drug (using a needle to inject any illegal drug into their body during their life)

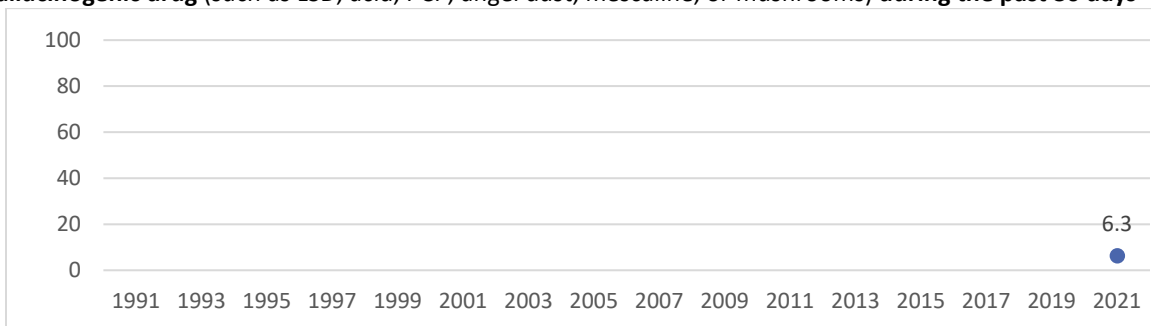


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

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

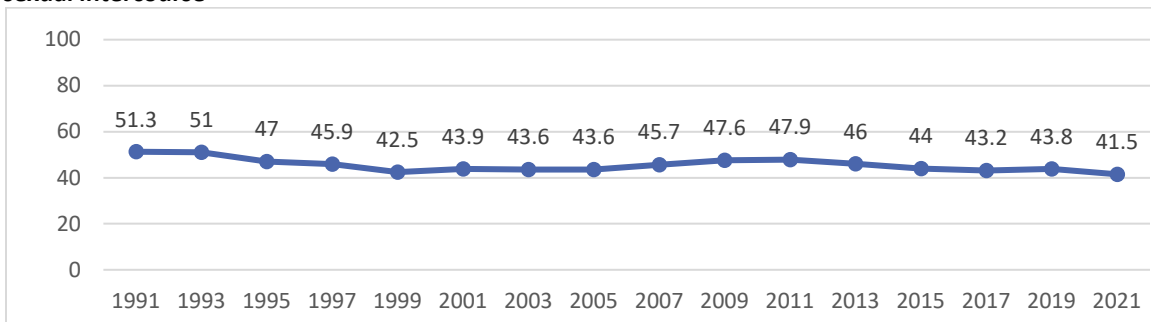


Used a hallucinogenic drug (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms) during the past 30 days

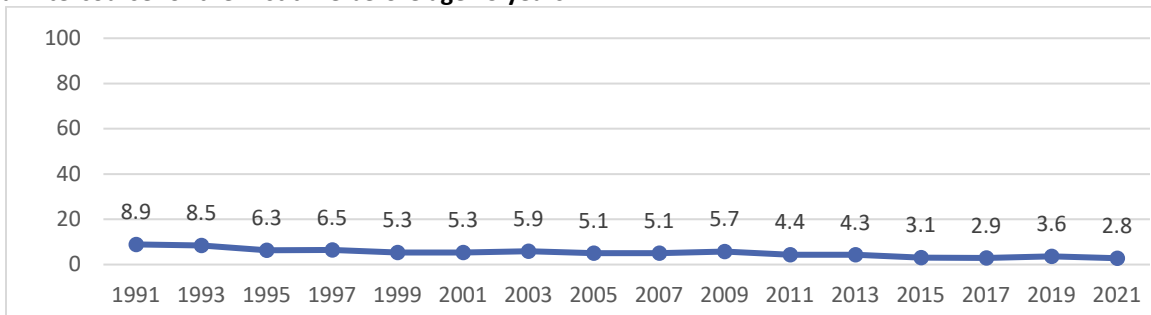


Sexual Behaviors

Ever had sexual intercourse

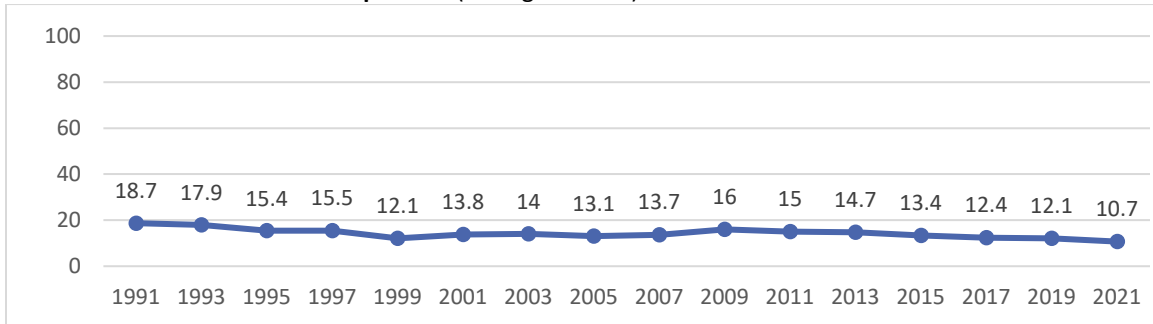


Had sexual intercourse for the first time before age 13 years

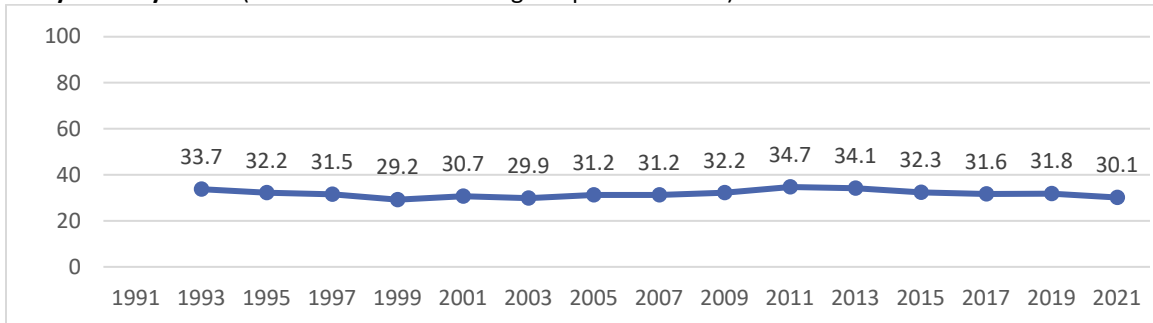


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

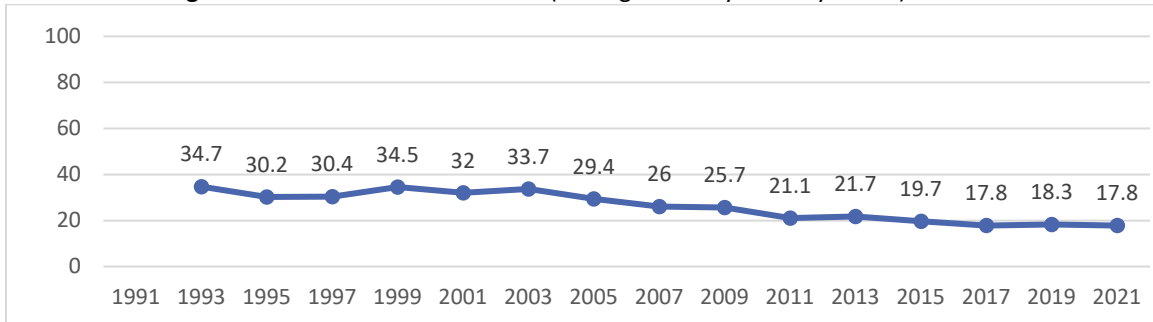
Had sexual intercourse with four or more persons (during their life)



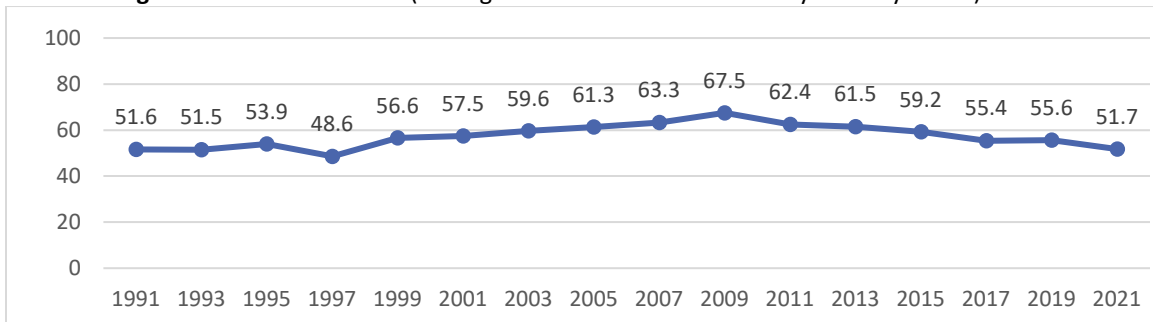
Were currently sexually active (sexual intercourse during the past 3 months)



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

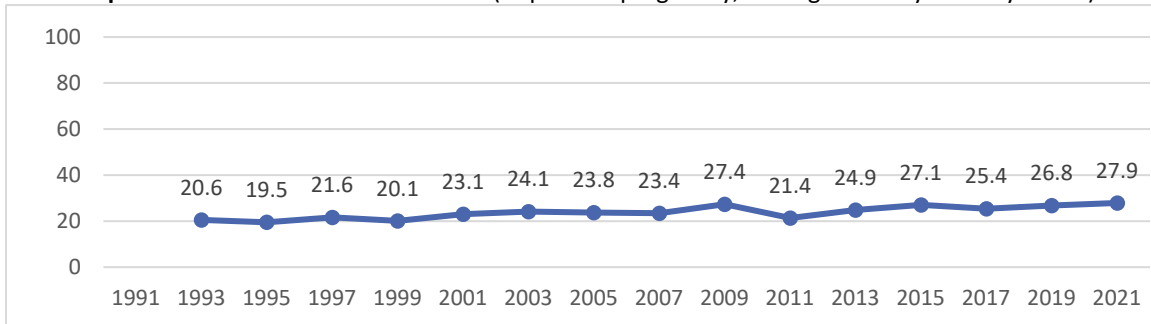


Used a condom during last sexual intercourse (among students who were currently sexually active)



2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

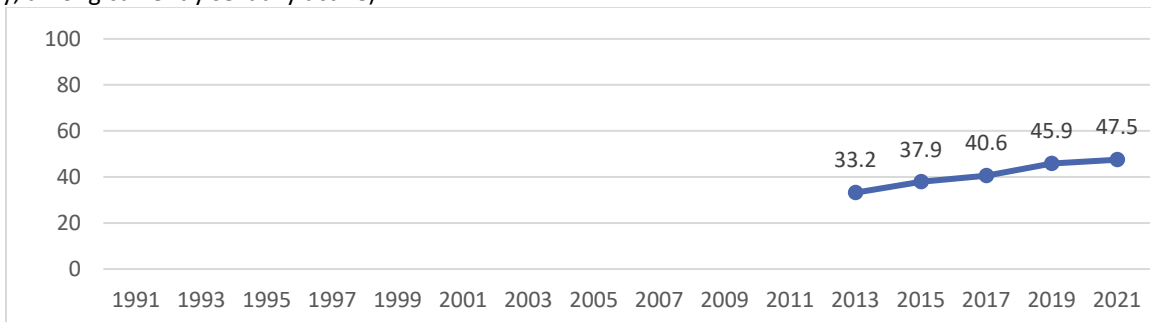
Used birth control pills before last sexual intercourse (to prevent pregnancy, among currently sexually active)



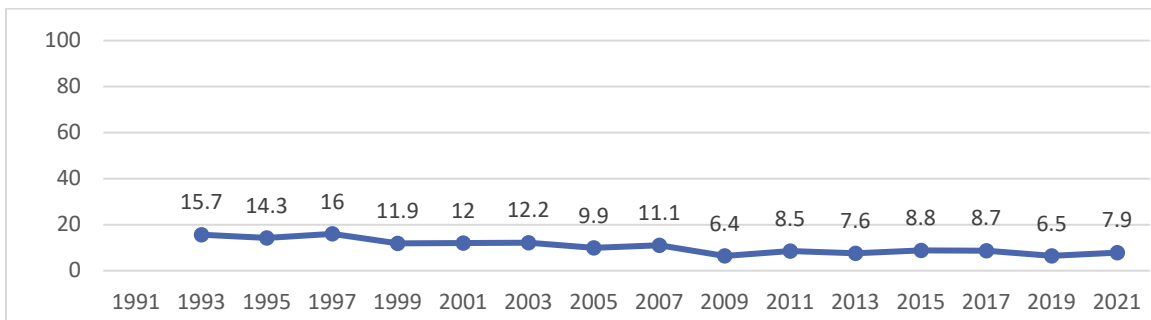
Used an IUD or implant during to prevent pregnancy last sexual intercourse (among students who were currently sexually active)



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)

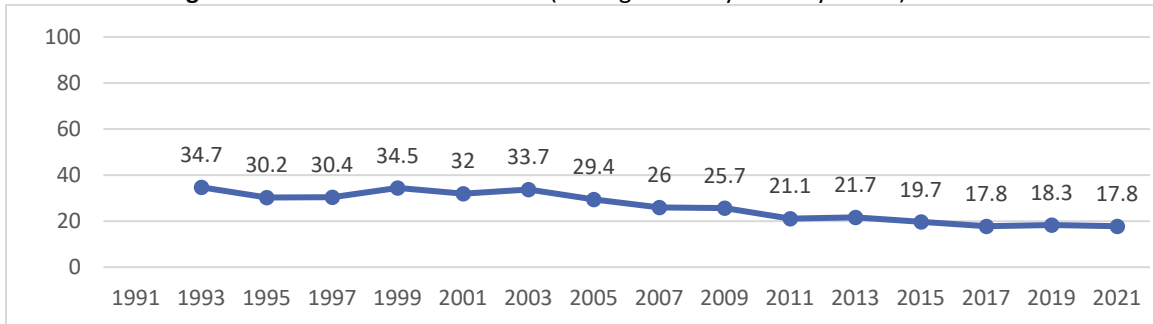


Did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)



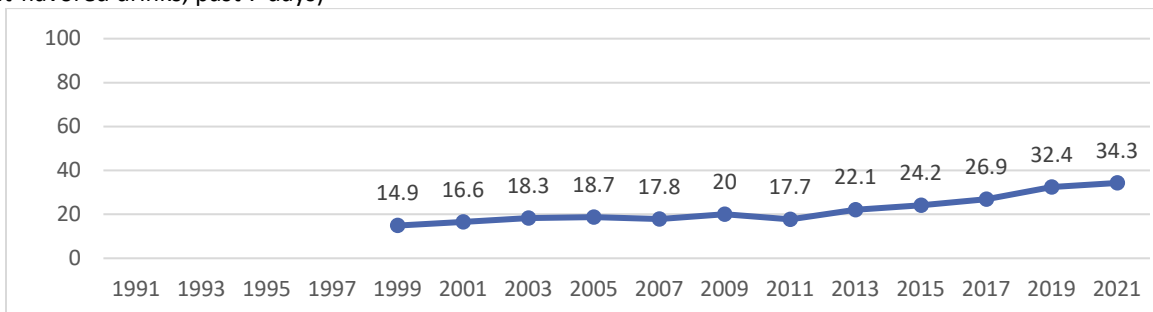
2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

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

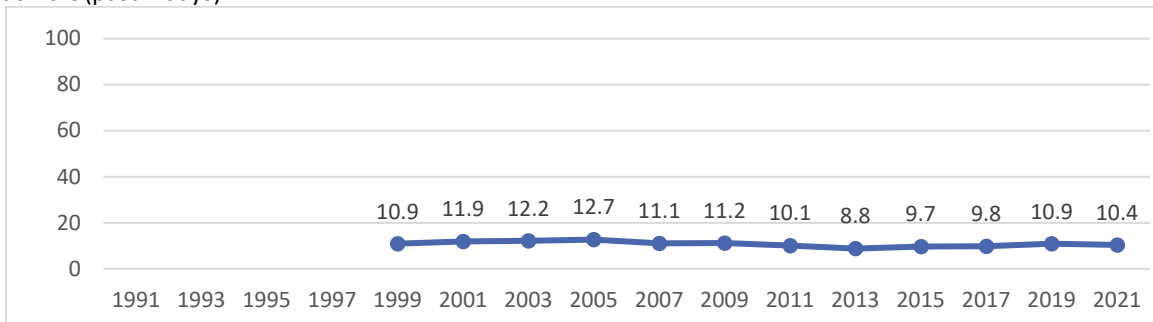


Nutrition and Dietary Behaviors

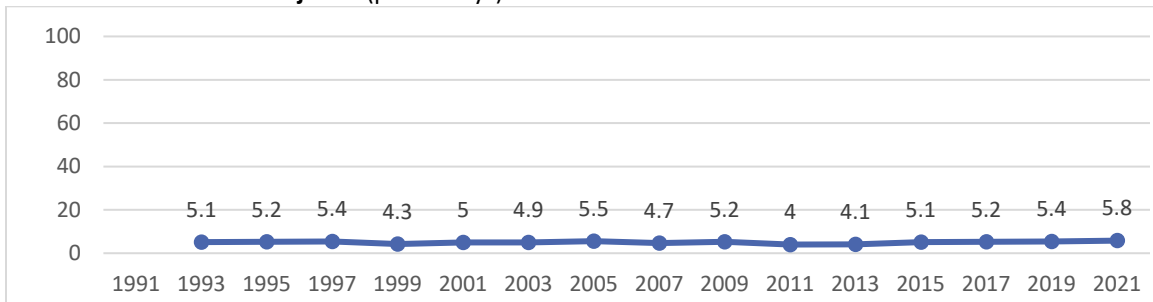
Did not drink 100% fruit juice (such as orange juice, apple juice, or grape juice, not counting punch, Kool-Aid, sports drinks, or other fruit-flavored drinks, past 7 days)



Did not eat fruit (past 7 days)

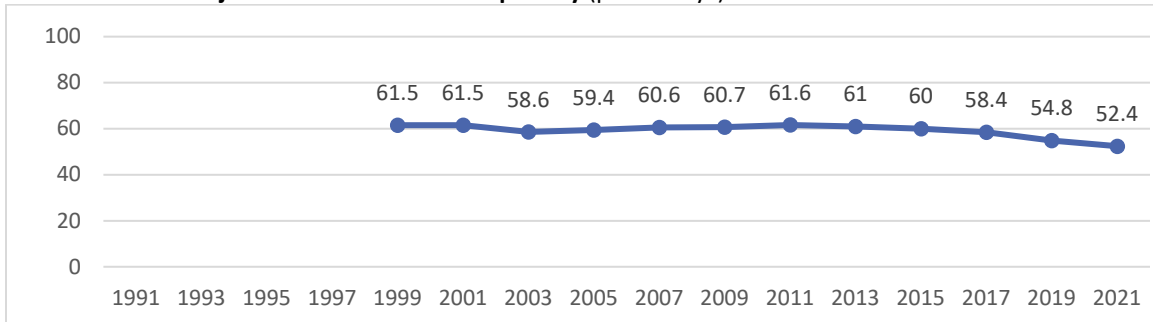


Did not eat fruit or drink 100% fruit juices (past 7 days)

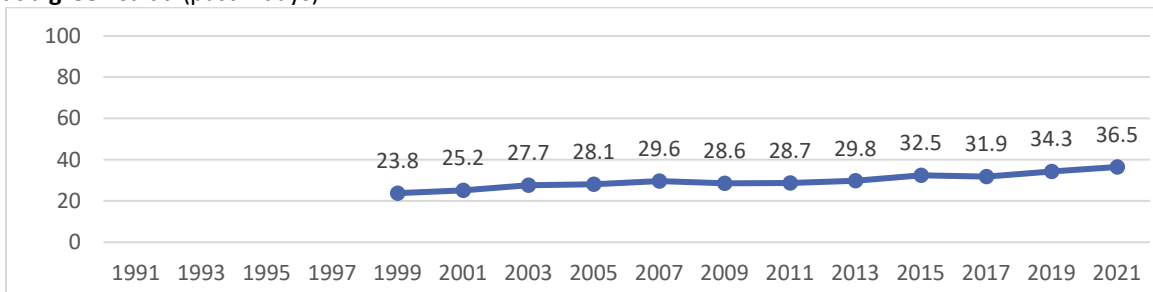


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

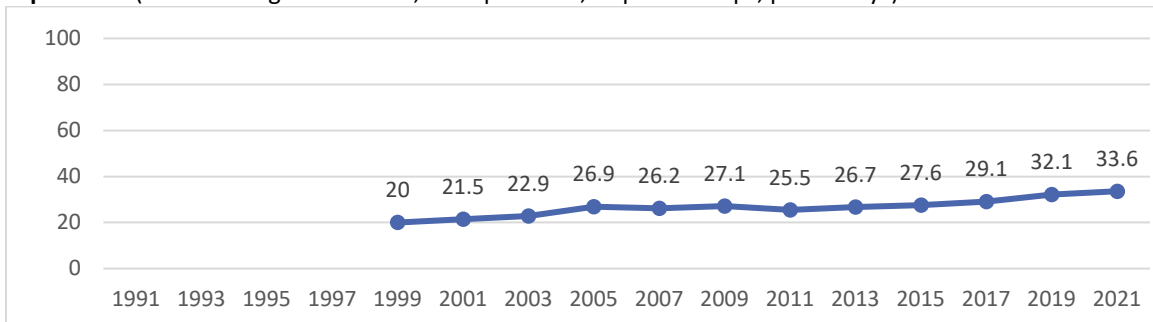
Ate fruit or drank 100% fruit juices one or more times per day (past 7 days)



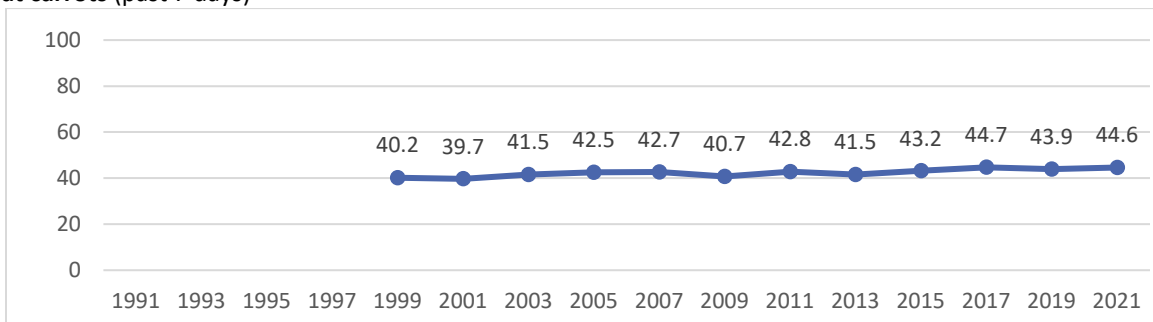
Did not eat a green salad (past 7 days)



Did not eat potatoes (not counting French fries, fried potatoes, or potato chips, past 7 days)

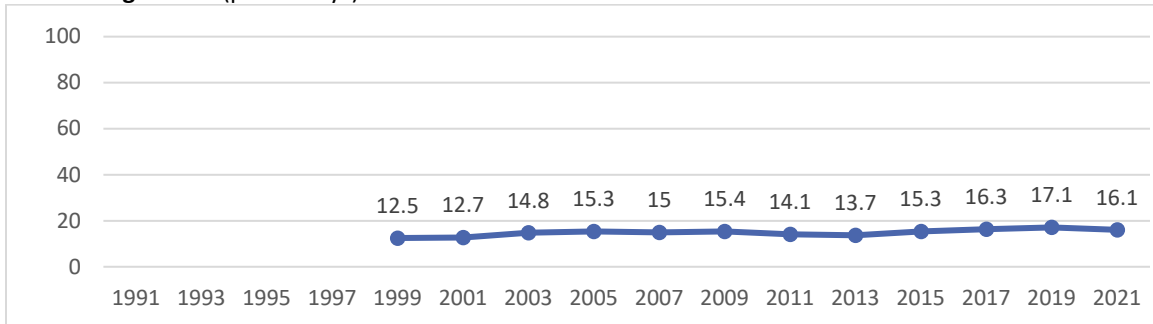


Did not eat carrots (past 7 days)

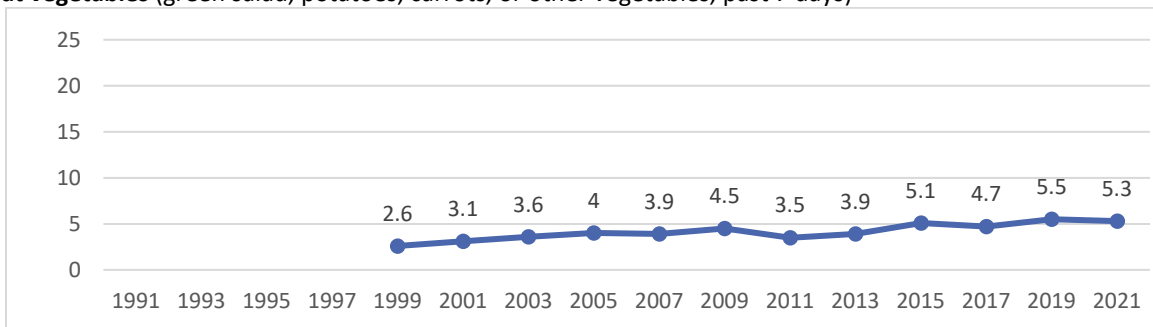


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

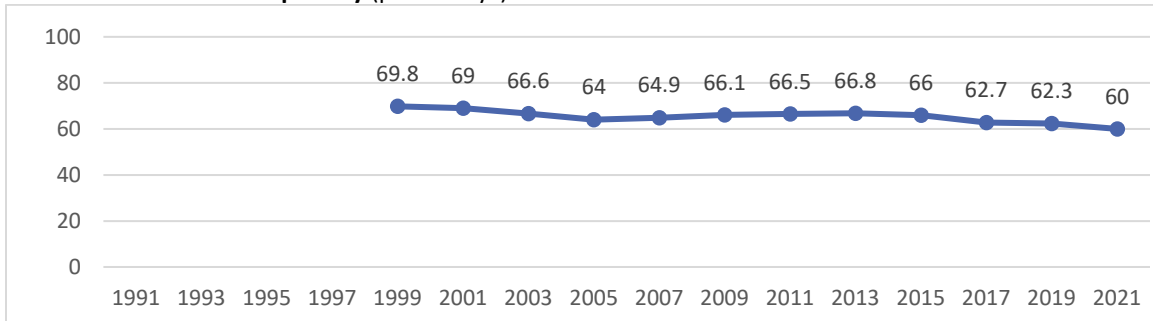
Did not eat other vegetables (past 7 days)



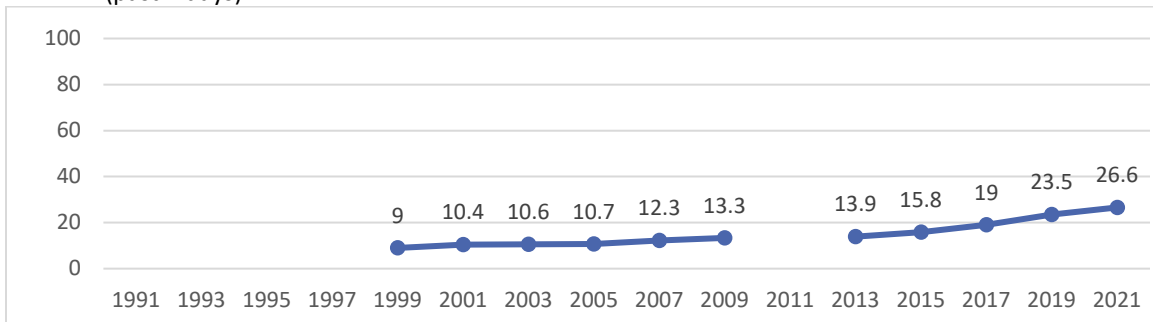
Did not eat vegetables (green salad, potatoes, carrots, or other vegetables, past 7 days)



Ate vegetables one or more times per day (past 7 days)

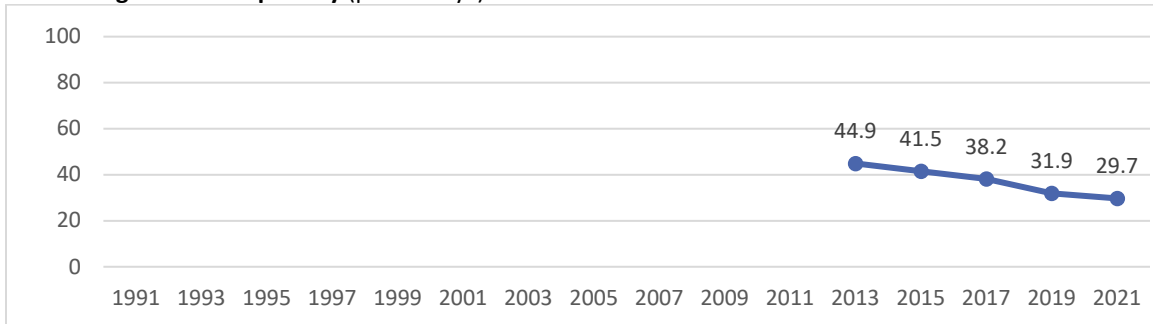


Did not drink milk (past 7 days)

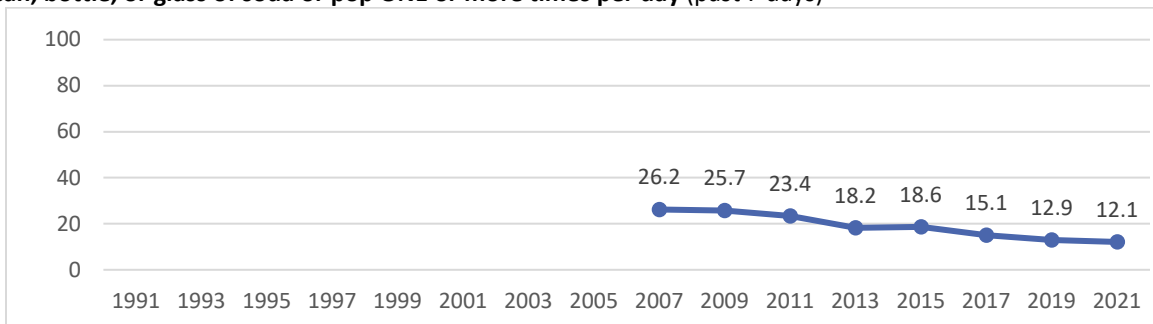


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

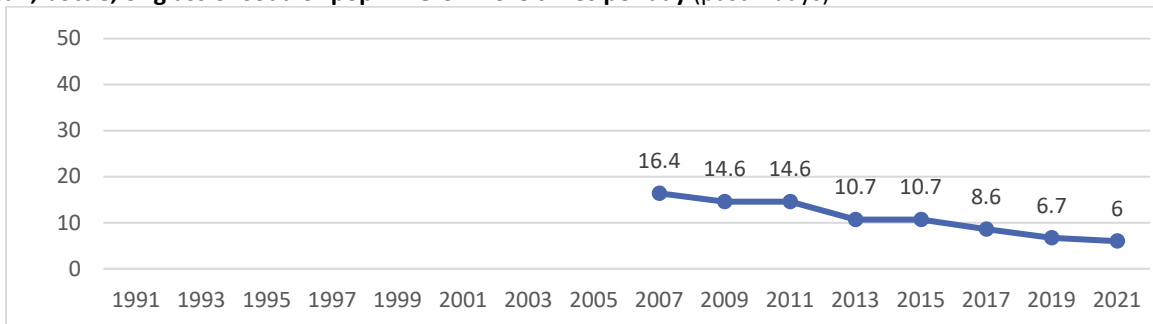
Drank one or more glass of milk per day (past 7 days)



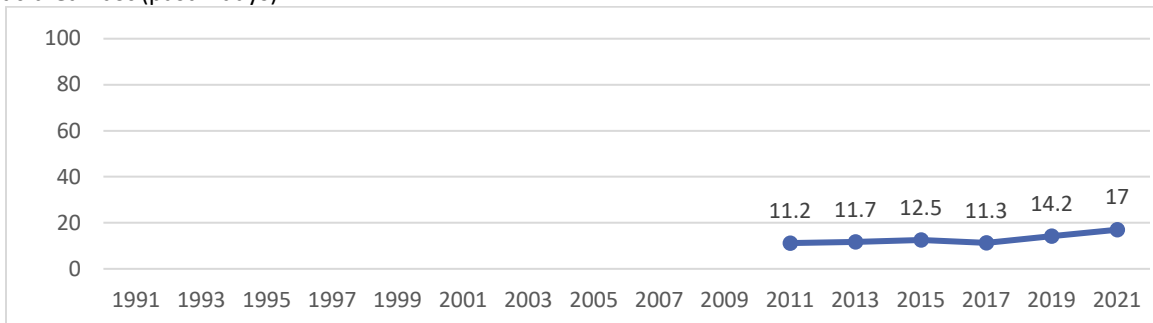
Drank a can, bottle, or glass of soda or pop ONE or more times per day (past 7 days)



Drank a can, bottle, or glass of soda or pop TWO or more times per day (past 7 days)

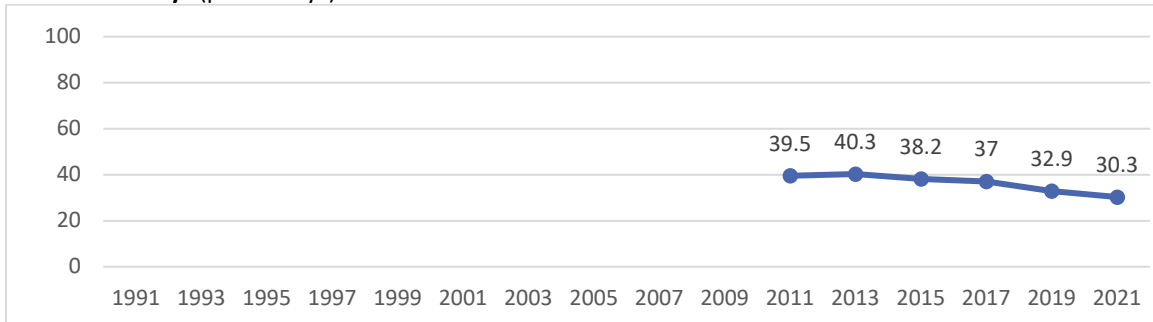


Did not eat breakfast (past 7 days)



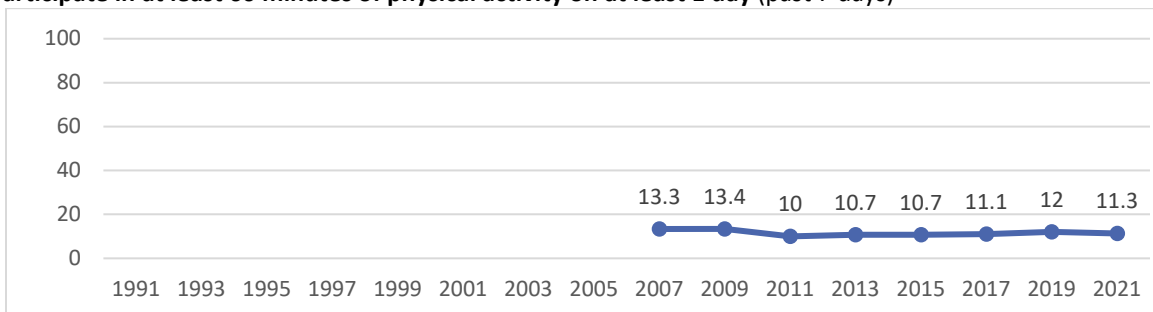
2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

Ate breakfast on all 7 days (past 7 days)

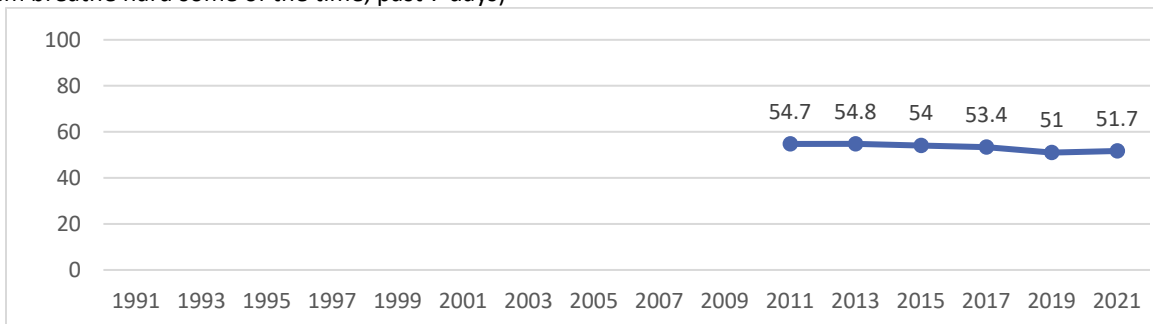


Physical Activity

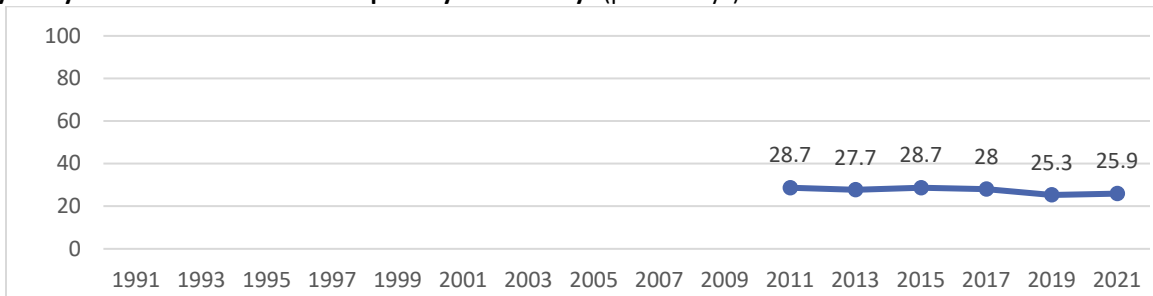
Did not participate in at least 60 minutes of physical activity on at least 1 day (past 7 days)



Were physically active at least 60 minutes per day on 5 or more days (physical activity that increased their heart rate and made them breathe hard some of the time, past 7 days)

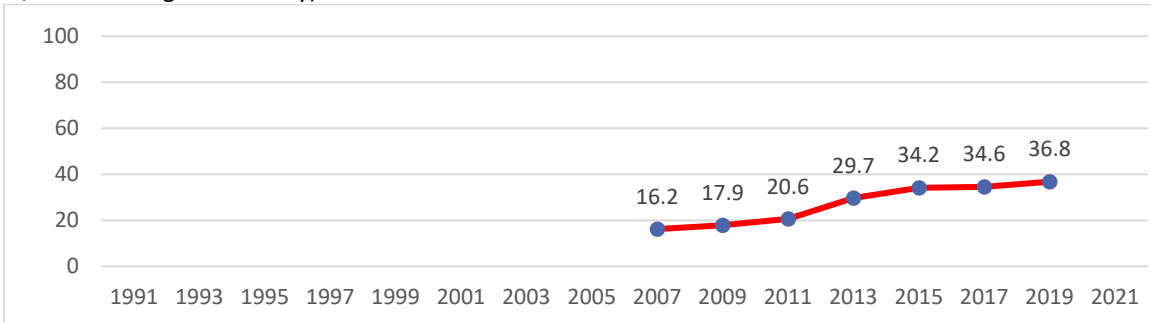


Were physically active at least 60 minutes per day on all 7 days (past 7 days)

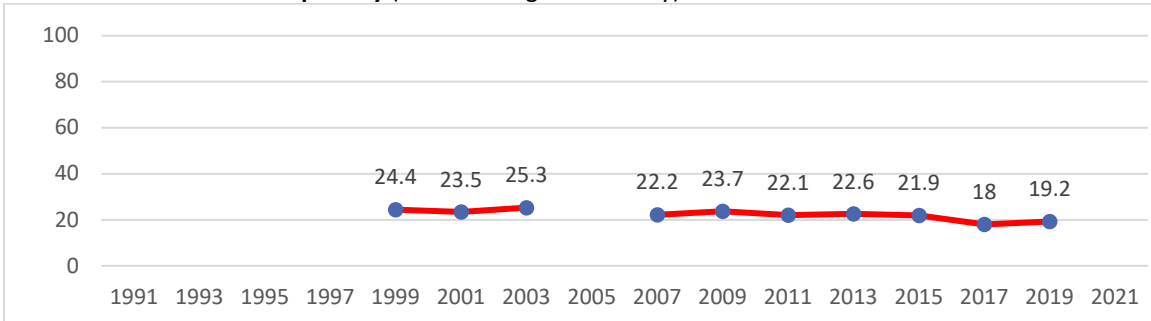


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

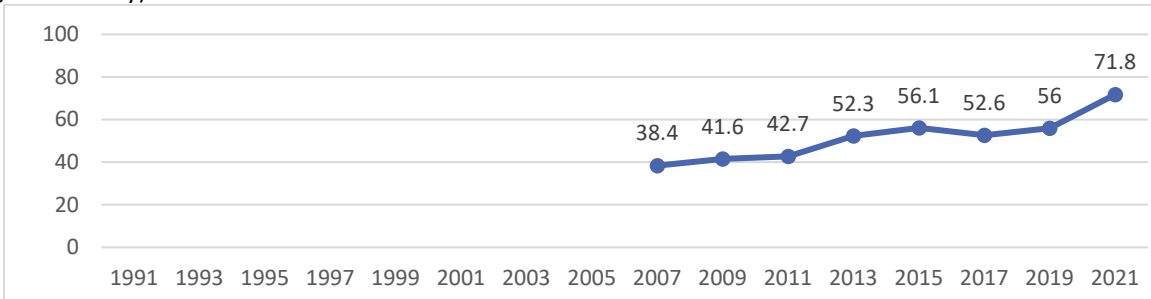
Played video or computer games or used a computer 3 or more hours per day (time spent playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, not counting schoolwork, on an average school day)



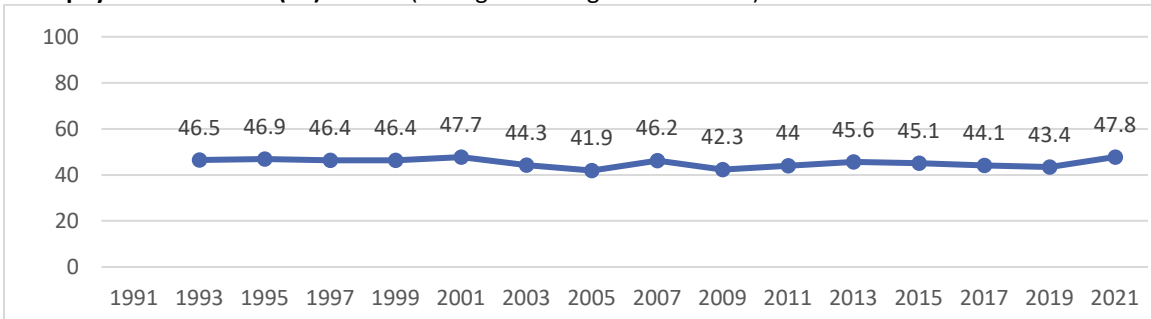
Watched television 3 or more hours per day (on an average school day)



Spent 3 or more hours per day on screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day)

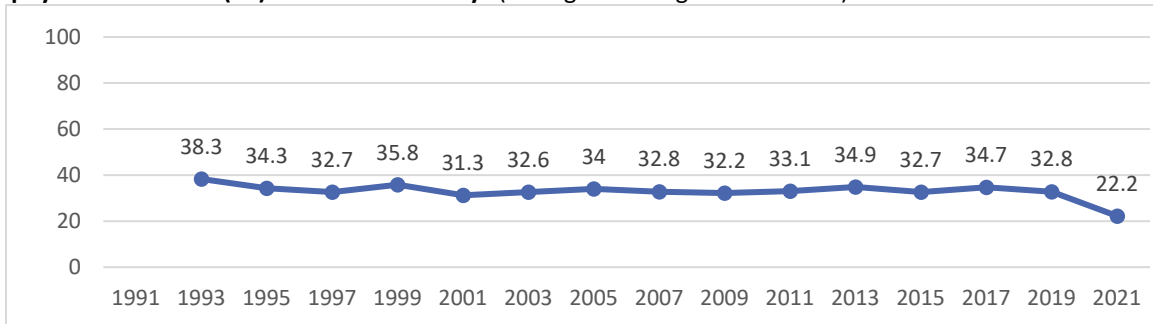


Did not attend physical education (PE) classes (during an average school week)

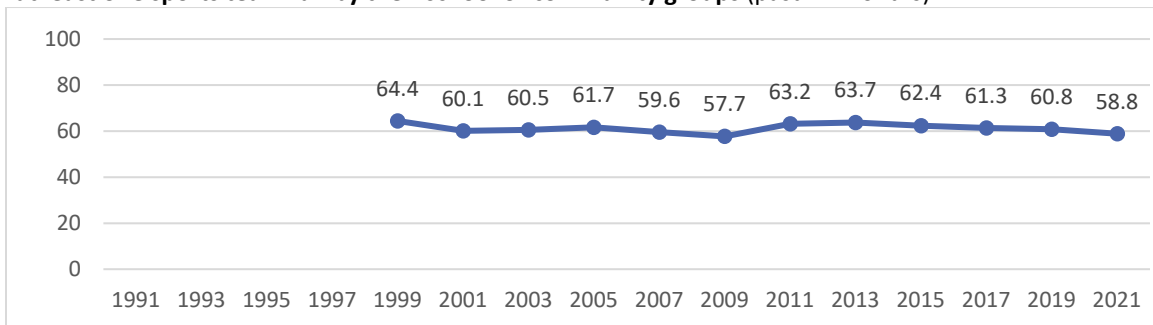


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

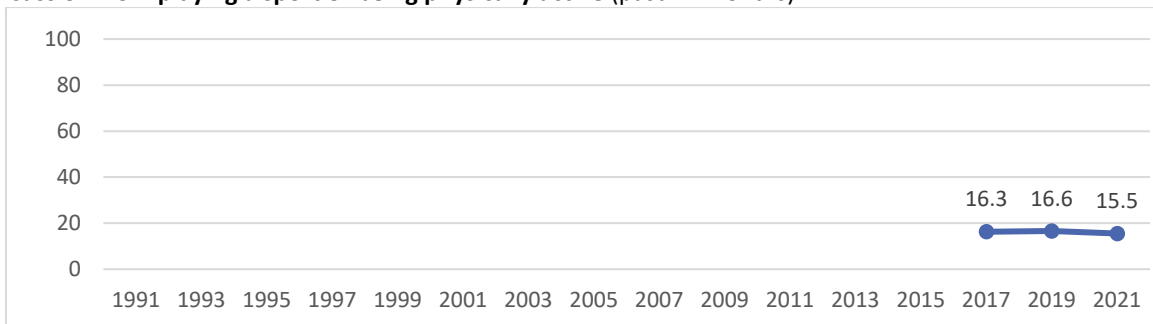
Attended physical education (PE) classes on all 5 days (during an average school week)



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



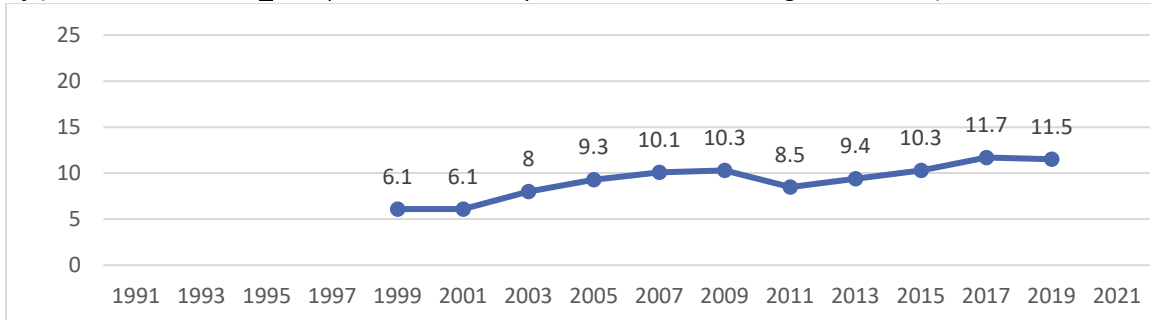
Had a concussion from playing a sport or being physically active (past 12 months)



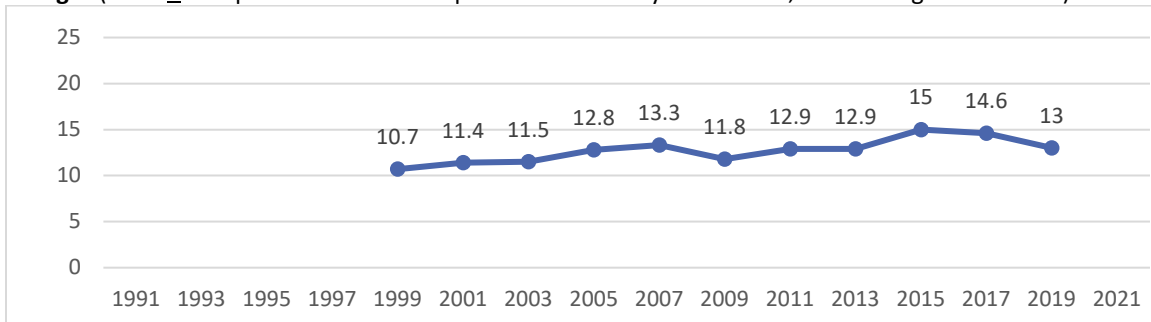
2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

Obesity, Overweight, and Weight Control

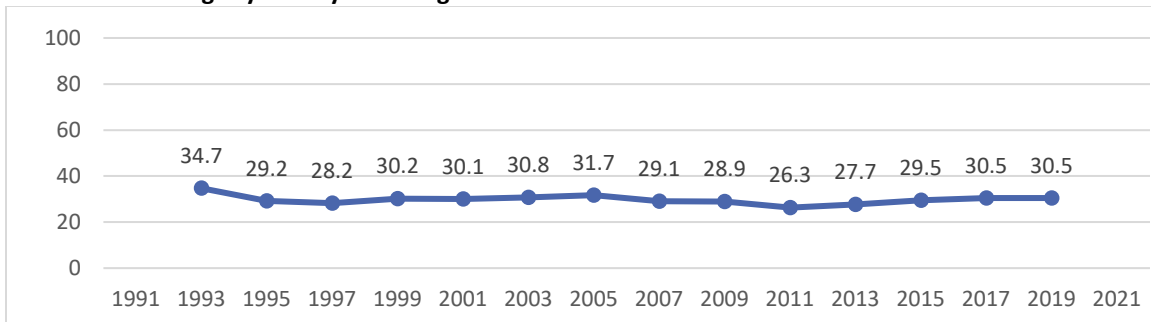
Had obesity (students who were \geq 95th percentile for body mass index, 2000 CDC growth charts)



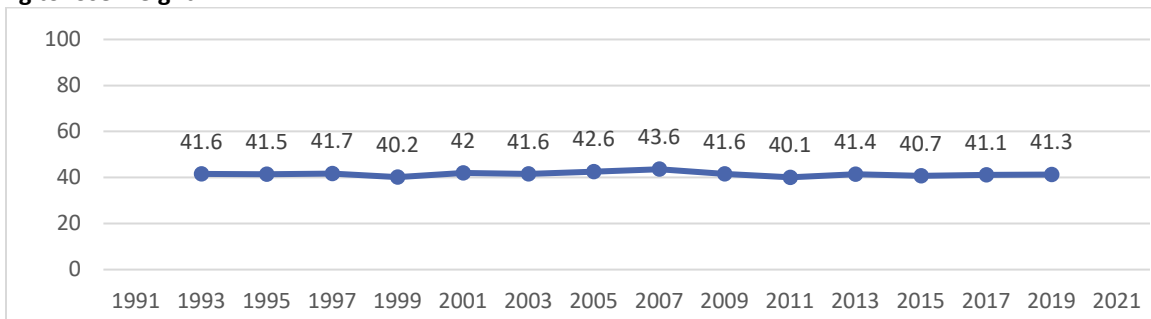
Were overweight (were \geq 85th percentile but $<$ 95th percentile for body mass index, 2000 CDC growth charts)



Described themselves as slightly or very overweight



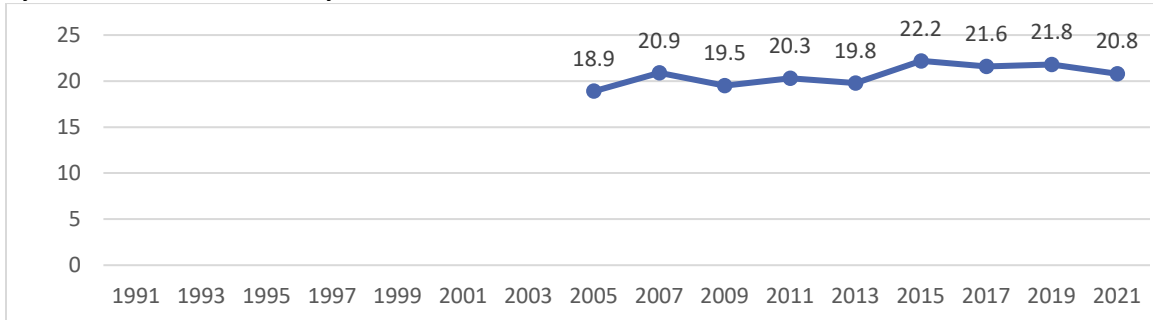
Were trying to lose weight



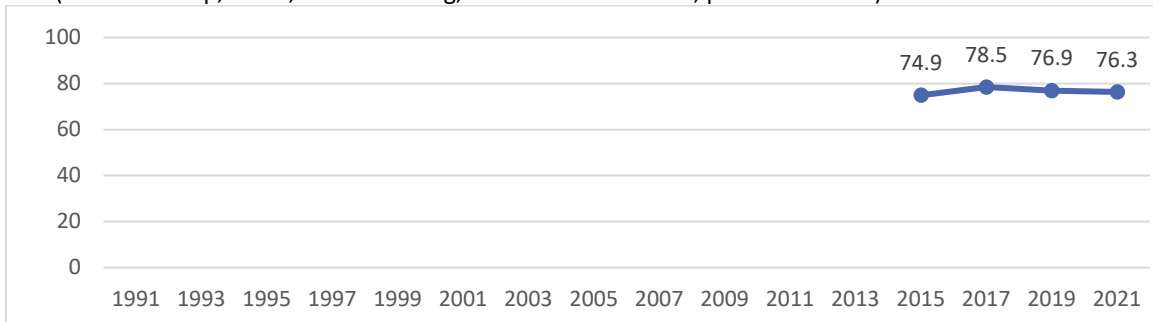
2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

Other Health Topics

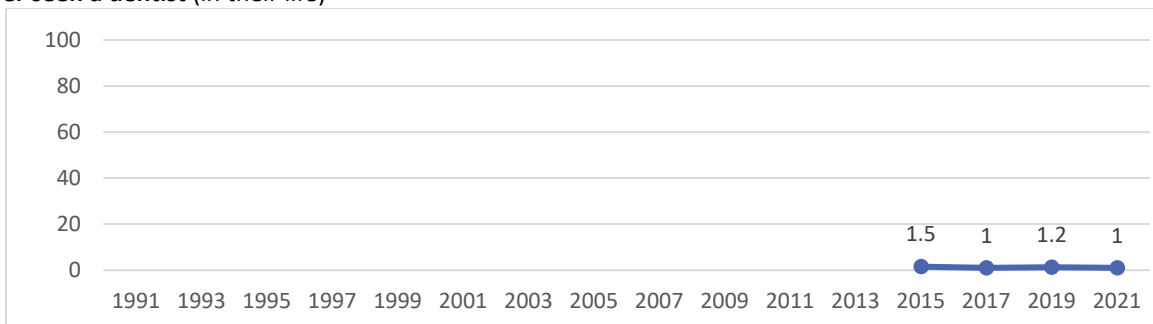
Ever told by a doctor or nurse that they had asthma



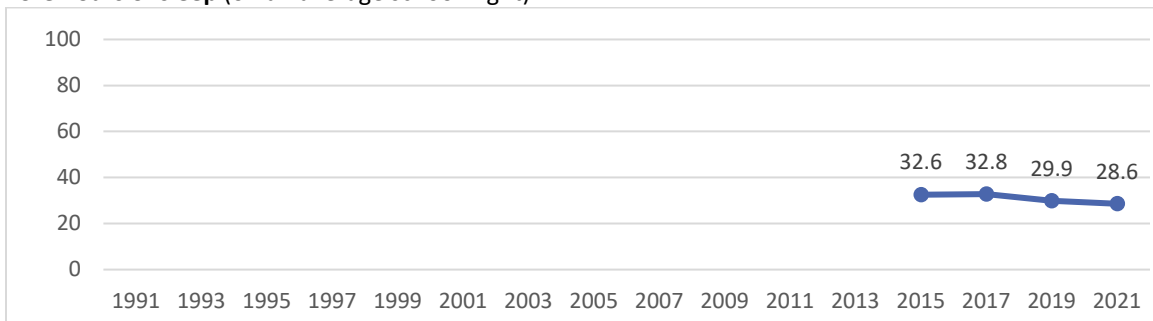
Saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, past 12 months)



Have never seen a dentist (in their life)

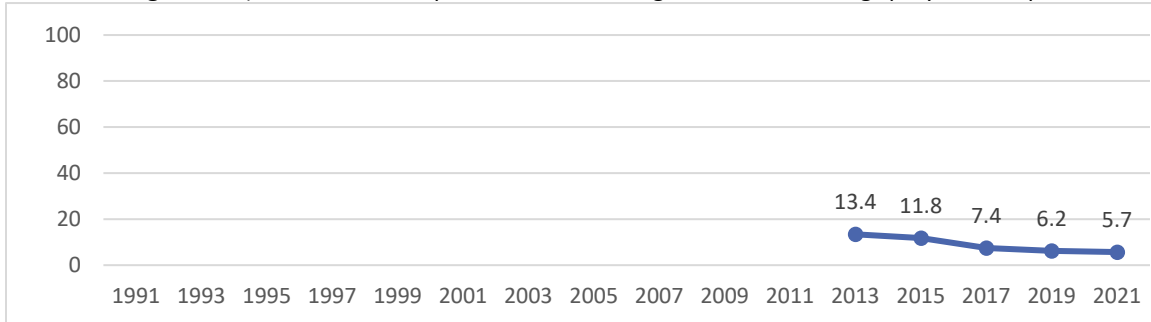


Got 8 or more hours of sleep (on an average school night)

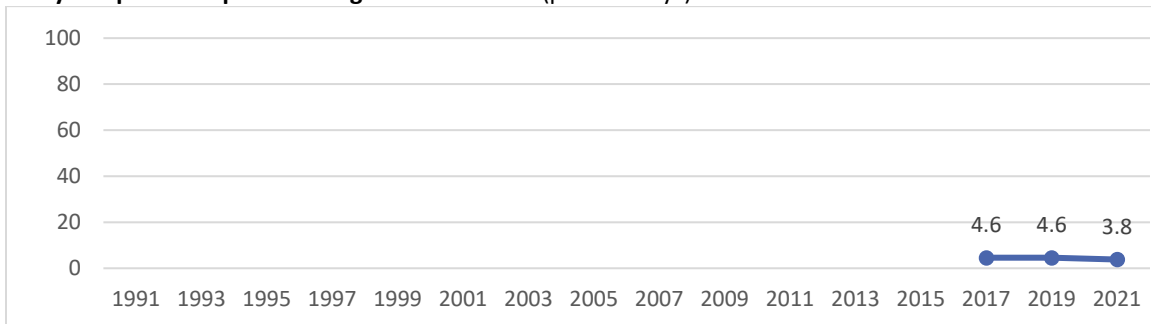


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

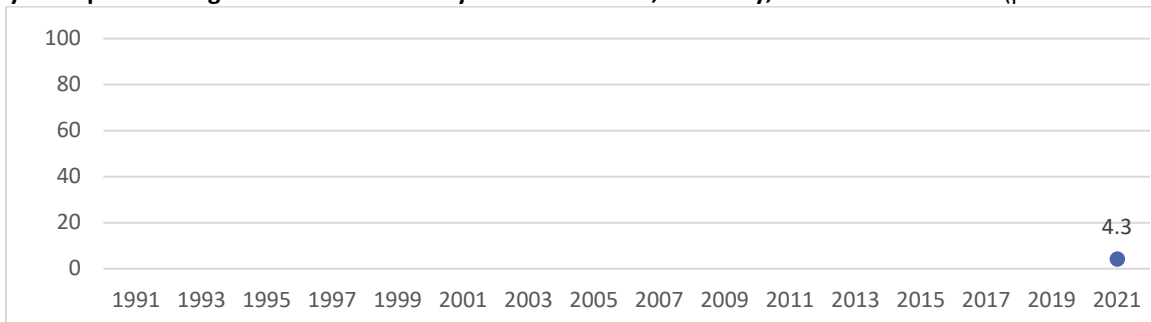
Used an indoor tanning device (such as a sunlamp, sunbed, or tanning both, not counting spray-on tan, past 12 months)



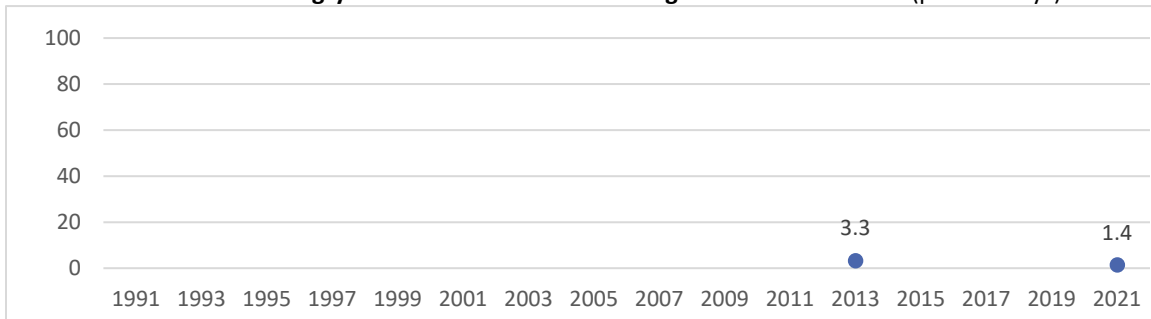
Did not usually sleep in their parent's or guardian's home (past 30 days)



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

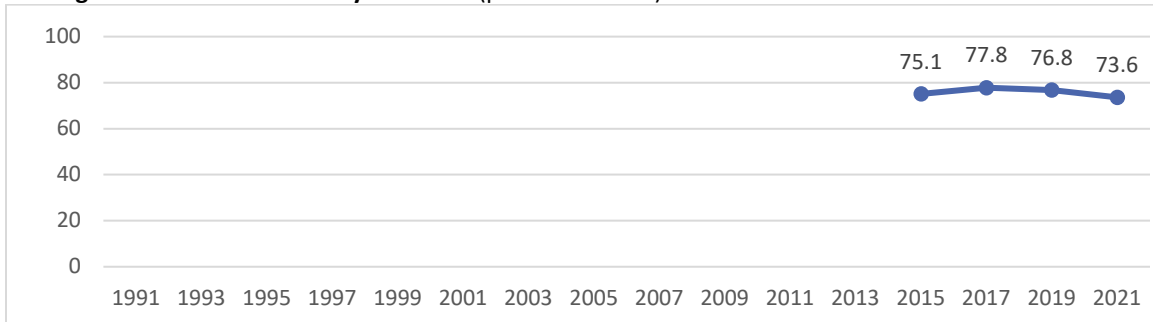


Always or most of the time went hungry because there was not enough food in their home (past 30 days)

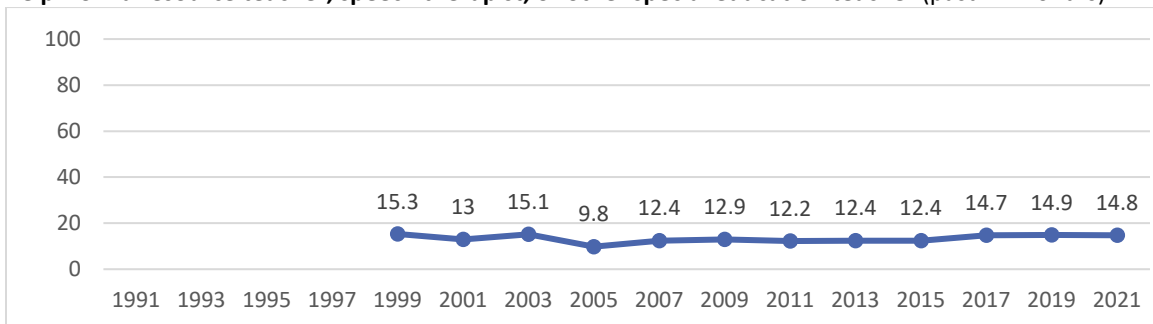


2021 Montana Youth Risk Behavior Survey Results 30-Year Trend Charts (1991-2021)

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



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



2021 Montana Youth Risk Behavior Survey Results Comparative Tables

The Montana High Schools results, with Native American, Black, and Hispanic subgroups, are based on random sampling procedures with a plus-or-minus 3 percent error rate. These weighted data can be used to make inferences about all high school students in Montana. A total of 11,596 students participated in the High School YRBS; 4,467 students from randomly sampled schools (Montana YRBS) and 7,129 high school students from non-sampled Montana high schools.

Data results for all other reports are based on census sampling procedures and are representative of those students who completed the survey. The data for these reports are based on the following number of students:

Grades 7-8 – 10,195
 American Indian Students On or Near a Reservation – 861
 American Indian Students in Urban Schools – 784
 Nonpublic Accredited Schools – 503
 Alternative Schools – 282
 Students with Disabilities – 1,889

Table (left to right): Montana YRBS High School ~ Grades 7-8 ~ American Indian Students on Reservations (AI-R)
 American Indian Students in Urban Schools (AI-U) ~ Nonpublic Accredited Schools (NPA)
 Alternative Schools (ALT) ~ Students with Disabilities (SWD)

<i>Injury and Violence</i>	Montana YRBS HS	Grades 7-8	AI-R	AI-U	NPA	ALT	SWD
Percentage of students who:							
Did not <i>always</i> wear a seat belt when riding in a car	46.0	51.3	70.6	60.2	30.9	56.7	58.2
Did not <i>always</i> wear a seat belt when driving a car	28.7	41.4	50.2	35.5	15.2	33.7	41.2
Rode with a driver who had been drinking alcohol during the past 30 days	20.7	21.0	25.2	22.6	15.7	28.8	24.5
Drove when drinking alcohol during the past 30 days	7.5	NA	10.6	9.6	8.9	15.3	12.1
Texted or e-mailed while driving a car during the past 30 days	57.1	NA	51.7	51.8	60.0	59.9	52.2
Used the Internet or apps on a cell phone (such as YouTube, Instagram, or Facebook) while driving during the past 30 days	51.5	NA	53.3	49.6	56.5	52.0	49.1
Carried a weapon such as a gun, knife, or club on school property during the past 30 days	9.1	4.8	6.7	12.8	4.2	12.1	13.4
Carried a gun during the past 12 months (do not count days when you carried a gun only for hunting or for a sport, such as target shooting)	8.9	7.4	9.1	10.3	3.8	8.1	11.1
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	6.6	9.6	9.9	8.9	6.6	8.2	12.4
Were threatened or injured with a weapon on school property during the past 12 months	6	7.3	5.0	7.4	2.4	6.7	9.8
Were in a physical fight during the past 12 months	19.7	31.0	23.8	29.0	16.1	35.3	28.6
Were in a physical fight on school property during the past 12 months	5.2	12.1	6.6	11.0	1.2	6.8	10.8

2021 Montana Youth Risk Behavior Survey Results Comparative Tables

Injury and Violence	Montana YRBS HS	Grades 7-8	AI-R	AI-U	NPA	ALT	SWD
Percentage of students who:							
Were ever physically forced to have sexual intercourse when they did not want to	11.0	6.9	15.1	14.1	10.0	29.9	18.4
Experienced sexual violence by force during the past 12 months	13.5	7.4	11.9	15.6	12.8	22.3	18.0
Experienced <i>sexual dating violence</i> by someone they dated or went out with during the past 12 months	8.1	7.7	9.4	12.5	12.0	18.2	15.9
Experienced <i>physical dating violence</i> by someone they dated or went out with during the past 12 months	7.2	5.3	10.5	10.4	5.6	15.6	10.1
Were bullied on school property during the past 12 months	15.6	26.4	15.1	25.2	14.5	13.9	30.0
Were electronically bullied during the past 12 months	16.4	21.2	15.4	19.7	17.4	24.4	26.4
Have ever been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months	13.6	20.4	13.0	18.1	12.0	19.9	22.2
Felt sad or hopeless for 2 or more weeks in a row that they stopped doing some usual activities during the past 12 months	41.4	36.1	46.8	53.8	35.4	65.0	54.3
Seriously considered attempting suicide during the past 12 months	21.7	20.8	27.5	33.8	18.2	41.2	34.0
Made a plan about how they would attempt suicide during the past 12 months	18.0	18.3	24.0	28.0	14.6	29.9	28.5
Attempted suicide during the past 12 months	10.2	13.5	22.3	20.5	10.5	21.8	23.9
Among students who attempted suicide, had a suicide attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or a nurse during the past 12 months	31.7	22.4	25.2	25.8	29.6	31.3	30.0
Tobacco Use	Montana YRBS HS	Grades 7-8	AI-R	AI-U	NPA	ALT	SWD
Percentage of students who:							
Ever tried cigarette smoking in their life	27.8	17.2	49.5	42.3	20.8	71.8	40.7
First tried cigarette smoking before age 13 years	9.6	12.8	25.0	19.5	41.8	30.8	17.5
Currently smoked cigarettes, past 30 days	7.0	4.4	20.3	12.3	3.4	35.4	14.8
Currently smoked cigarettes frequently, 20 or more of the past 30 days	1.2	0.4	4.5	2.1	0.4	10.4	2.9
Currently smoked cigarettes daily, all of the past 30 days	0.8	0.3	3.4	1.7	0.2	6.8	2.0
Smoked more than 10 cigarettes per day during the past 30 days, among current smokers	3.5	2.7	1.8	7.5	12.5	2.2	5.3
Ever used an electronic vapor product	48.3	24.0	55.3	59.5	45.4	79.1	55.9
Currently used an electronic vapor product, past 30 days	25.5	11.5	35.9	35.5	24.8	60.7	34.1
Used an electronic vapor product on school property, past 30 days	13.4	3.4	15.5	15.2	11.6	34.1	17.0

2021 Montana Youth Risk Behavior Survey Results Comparative Tables

<i>Tobacco Use</i>	Montana	Grades					
Percentage of students who:	YRBS HS	7-8	AI-R	AI-U	NPA	ALT	SWD
Currently vape, got or bought them from a friend, family member, or someone else	62.1	64.6	65.2	61.9	59.8	57.1	59.2
Currently vape, bought them on the Internet	1.2	2.5	1.7	4.7	0.0	1.8	2.3
Currently vape, took them from a store or another person	1.6	4.4	2.4	1.6	0.9	0.0	1.3
Currently vape, got them in some other way	24.9	26.6	24.4	24.9	19.7	28.8	26.2
Currently vape, most often used a fruit flavored product	49.1	49.3	42.0	50.0	52.5	43.3	41.7
Currently used smokeless tobacco, past 30 days	5.2	1.9	7.1	8.2	5.4	6.8	8.7
Currently smoked cigars, cigarillos, or little cigars, past 30 days	4.6	1.9	9.4	6.3	6.0	12.2	7.3
Tried to quit using all tobacco products, including cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha, or hookah tobacco, or pipe tobacco during the past 12 months	59.5	60.9	66.1	60.9	66.4	62.2	60.8
<i>Alcohol and Other Drug Use</i>	Montana	Grades					
Percentage of students who:	YRBS HS	7-8	AI-R	AI-U	NPA	ALT	SWD
Drank alcohol before age 13 years	18.2	24.6	18.3	24.2	10.1	35.5	24.9
Currently drank alcohol, during the past 30 days	31.4	12.9	25.6	32.3	38.3	54.2	33.9
Drank 4 or more drinks of alcohol in a row (if female) or 5 or more drinks of alcohol in a row (if male) within a couple hours, during the past 30 days	16.4	5.7	19.6	22.2	24.0	39.0	23.1
Reported that the largest number of drinks they had in a row was 10 or more, past 30 days	4.5	NA	5.5	7.0	3.8	12.3	5.6
Usually obtained the alcohol they drank by someone giving it to them	38.4	37.0	29.9	33.8	39.5	29.7	35.6
Among current drinkers, most often drank beer	28.5	27.8	31.7	24.0	37.6	29.0	30.1
Among current drinkers, drank flavored alcoholic beverages, such as hard seltzer, Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade, Four Loko, or hard apple cider most often	31.3	24.3	24.9	25.2	28.0	29.0	26.6
Among current drinkers, drank vodka or some other type of liquor, such as rum, scotch, bourbon, whiskey, or tequila most often	30.7	33.4	34.1	37.8	25.8	36.5	33.1
Ever used marijuana in their life	37.0	13.6	56.2	45.8	30.8	78.1	41.1
Tried marijuana before age 13 years	7.3	9.3	25.1	15.8	2.0	30.6	12.5
Currently used marijuana, past 30 days	19.7	6.9	33.0	25.9	15.6	62.0	24.0
Ever used synthetic marijuana	6.6	3.3	11.7	10.1	5.4	17.8	10.8
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	12.0	10.5	14.5	18.8	9.2	31.7	18.6
Ever used cocaine in their life	4.0	1.5	5.2	6.9	2.4	18.8	7.3
Ever used inhalants in their life	8.6	9.8	8.9	13.4	5.2	15.4	14.0
Ever used heroin in their life	1.5	0.6	2.0	3.7	1.0	3.6	3.5
Ever used methamphetamines in their life	1.9	0.8	3.4	3.9	1.0	8.7	4.4

2021 Montana Youth Risk Behavior Survey Results Comparative Tables

Alcohol and Other Drug Use	Montana	Grades					
Percentage of students who:	YRBS HS	7-8	AI-R	AI-U	NPA	ALT	SWD
Ever used ecstasy in their life	4.2	1.6	4.4	7.5	2.2	22.9	6.7
Ever injected any illegal drug in their life	1.4	0.9	2.4	2.6	0.6	4.0	3.0
Used a hallucinogenic drug, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms during the past 30 days	6.3	NA	6.4	10.0	4.0	23.7	9.1
Were offered, sold, or given an illegal drug on school property during the past 12 months	22.3	16.1	22.8	23.1	20.4	26.7	25.6
Sexual Behaviors	Montana	Grades					
Percentage of students who:	YRBS HS	7-8	AI-R	AI-U	NPA	ALT	SWD
Ever had sexual intercourse in their life	41.5	12.9	49.0	50.5	35.9	70.4	48.8
Had sexual intercourse before age 13 years	2.8	5.5	6.7	7.1	2.2	8.4	6.6
Had sexual intercourse with four or more persons in their life	10.7	1.2	14.0	13.9	10.4	35.7	13.7
Were currently sexually active, past 3 months	30.1	3.9	30.1	32.3	24.7	52.0	31.0
Drank alcohol or used drugs before last sexual intercourse	17.8	23.2	22.4	16.0	23.5	35.1	26.2
Used a condom during last sexual intercourse	51.7	38.2	26.1	35.8	52.8	42.5	54.0
Used birth control pills before last sexual intercourse	27.9	NA	17.1	22.1	33.3	21.1	20.8
Used an IUD before last sexual intercourse	12.8	NA	11.1	9.8	8.0	21.6	10.6
Used a shot, patch, or birth control ring during last sexual intercourse	3.9	NA	6.8	4.6	2.9	9.2	4.1
Did not use any method to prevent pregnancy during last sexual intercourse	7.9	NA	24.4	12.6	6.9	17.3	15.0
Dietary Behaviors	Montana	Grades					
Percentage of students who:	YRBS HS	7-8	AI-R	AI-U	NPA	ALT	SWD
Described themselves as slightly or very overweight	28.4	27.9	41.3	36.7	22.1	31.0	34.4
Were trying to lose weight	41.3	41.9	58.4	50.8	36.5	40.0	49.1
Did not drink fruit juice during the past 7 days	34.3	35.2	25.5	27.5	32.4	32.2	32.0
Did not eat fruit during the past 7 days	10.4	10.4	13.9	11.6	6.5	18.4	14.8
Did not eat a green salad during the past 7 days	36.5	40.2	44.7	39.9	27.7	49.1	39.2
Did not eat potatoes during the past 7 days	33.6	42.2	35.7	36.1	31.9	33.6	36.3
Did not eat carrots during the past 7 days	44.6	43.5	54.9	49.2	40.7	52.9	48.5
Did not eat other vegetables	16.1	18.9	28.6	17.7	11.4	24.1	23.3
Did not drink a can, bottle, or glass of soda or pop during the past 7 days	30.7	29.2	24.6	26.8	34.9	19.1	27.4
Drank a can, bottle, or glass of soda or pop one or more times per day during the past 7 days	12.1	10.7	16.7	13.6	8.0	20.6	15.3
Drank a can, bottle, or glass of soda or pop two or more times per day during the past 7 days	6.0	6.1	10.0	8.4	3.8	12.9	9.4
Drank a can, bottle, or glass of soda or pop three or more times per day during the past 7 days	2.7	3.0	5.1	4.8	1.8	6.6	5.5
Drank a can, bottle, or glass of a sports drink such as Gatorade or Powerade one or more times per day during the past 7 days	9.2	8.7	19.9	12.5	7.4	8.9	12.6

2021 Montana Youth Risk Behavior Survey Results Comparative Tables

<i>Dietary Behaviors</i>	Montana	Grades					
Percentage of students who:	YRBS HS	7-8	AI-R	AI-U	NPA	ALT	SWD
Did not drink milk during the past 7 days	26.6	19.6	33.3	25.3	27.0	35.9	30.0
Drank one or more glasses of milk per day during the past 7 days	29.7	34.8	18.1	27.0	29.6	21.2	28.2
Drank two or more glasses of milk per day during the past 7 days	17.7	22.1	9.3	17.2	18.2	12.8	19.2
Drank three or more glasses of milk per day during the past 7 days	8.4	10.9	4.6	9.2	7.4	5.9	10.3
Did not eat breakfast during the past 7 days	17.0	13.8	18.0	19.7	14.4	25.0	20.1
Ate breakfast on five or more of the past 7 days	46.1	54.0	32.7	37.9	51.3	20.6	38.9
Ate breakfast on all of the past 7 days	30.3	38.9	19.3	23.5	34.1	12.5	26.5
<i>Physical Activity</i>	Montana	Grades					
Percentage of students who:	YRBS HS	7-8	AI-R	AI-U	NPA	ALT	SWD
Were physically active at least 60 minutes per day on 5 or more days during the past 7 days	51.7	54.0	41.9	51.1	65.0	33.9	44.6
Did not participate in at least 60 minutes of physical activity on any of the past 7 days	11.3	8.3	14.7	9.3	6.2	16.6	14.5
Were physically active at least 60 minutes per day on all of the past 7 days	25.9	30.2	22.9	25.0	27.4	15.9	25.4
Spent 3 or more hours per school day on “screen time” (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media). Not counting time spent doing schoolwork.	71.8	63.9	70.0	73.6	68.5	77.4	67.5
Attended physical education classes on one or more days in an average week when they were in school	52.2	83.0	58.1	62.3	50.7	27.9	57.9
Played on at least one sports team during the past 12 months	58.8	65.6	60.0	60.7	85.0	15.1	52.9
<i>Other</i>	Montana	Grades					
Percentage of students who:	YRBS HS	7-8	AI-R	AI-U	NPA	ALT	SWD
Had a concussion from playing a sport or being physically active during the past 12 months	15.5	16.6	18.4	19.4	17.7	16.4	20.7
Had ever been told by a doctor or nurse that they had asthma	20.8	17.0	21.9	24.2	20.7	25.6	27.0
Among students who had asthma, those who still have asthma	35.6	31.1	45.0	49.1	39.5	28.4	39.5
Among students with asthma, those who missed one or more days of school because of their asthma during the past 30 days	10.7	8.4	13.0	8.6	6.3	7.7	13.4
Saw a dentist during the past 12 months	76.3	75.5	60.4	70.8	85.6	66.1	69.7
Always or most of the time had poor mental health (includes stress, anxiety, and depression) during the past 30 days	31.5	25.6	30.9	36.2	29.3	47.2	37.1
Got 8 or more hours of sleep on an average school night	28.6	43.9	28.7	22.9	24.0	20.8	24.9

2021 Montana Youth Risk Behavior Survey Results Comparative Tables

Other	Montana YRBS HS	Grades 7-8	AI-R	AI-U	NPA	ALT	SWD
Percentage of students who:							
Did not usually sleep in their parent's or guardian's home during the past 30 days	3.8	3.1	7.1	5.9	3.2	13.9	8.7
Slept away from their parents or guardians because they were kicked out, ran away, or were abandoned during the past 30 days	4.3	3.5	9.0	7.6	4.1	11.8	12.8
Always or most of the time went hungry because there was not enough food in their home during the past 30 days	1.4	1.6	3.0	2.3	0.4	1.8	2.7
Made mostly A's or B's in school during the past 12 months	73.6	73.8	50.4	61.5	90.8	50.6	63.3
Used an indoor tanning device during the past 12 months	5.7	2.3	3.9	5.7	6.0	5.5	9.2
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	14.8	20.0	21.4	27.2	14.3	30.6	100.0

Montana Youth Risk Behavior Survey

www.opi.mt.gov/yrbs

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