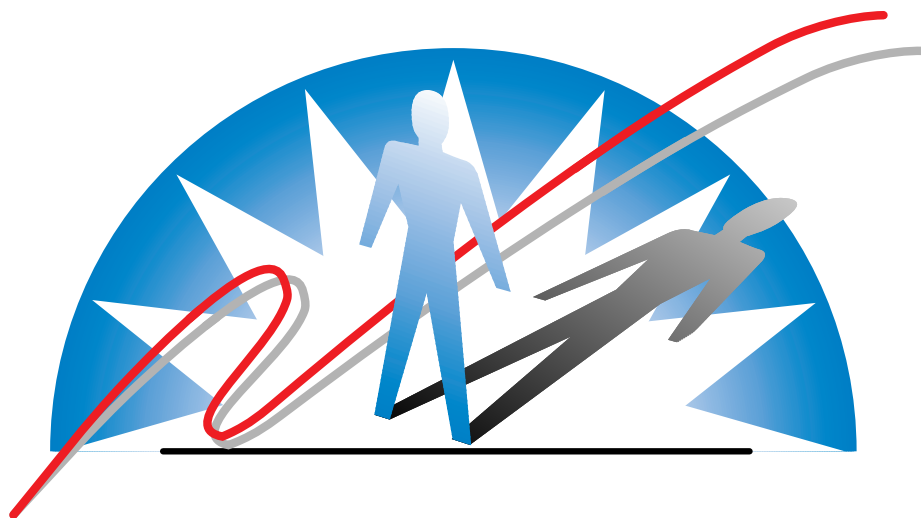


2005

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



**Montana Office of Public Instruction**

**MONTANA YOUTH RISK BEHAVIOR SURVEY REPORT - 2005**  
**FOR MONTANA HIGH SCHOOLS**

**STATEWIDE ANALYSIS OF  
SELECTED BEHAVIOR RISK FACTORS**

**August 2005**

**Prepared for  
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- the co-sponsors of the YRBS -- the Montana Board of Crime Control, the Montana Department of Public Health and Human Services, the Billings Area Indian Health Service, the Montana Department of Transportation, Healthy Mothers/Healthy Babies Montana Coalition, and Blue Cross and Blue Shield of Montana;
- the district superintendents, school principals and teachers who cooperated with and supported the survey;

and, most importantly,

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# TABLE OF CONTENTS

<u>Section</u>	<u>Page</u>
<b>I. INTRODUCTION</b> .....	2
<b>II. SURVEY METHODS</b> .....	5
DESCRIPTION OF YRBS .....	5
SAMPLE SELECTION PROCESS .....	5
SURVEY VALIDITY AND LIMITATIONS.....	6
<b>III. SURVEY RESULTS</b> .....	8
UNINTENTIONAL INJURIES AND VIOLENCE .....	8
Overview .....	8
Highlights of the survey related to unintentional injuries and violence.....	8
TOBACCO USE .....	10
Overview .....	10
Highlights of the survey related to tobacco use .....	10
ALCOHOL AND OTHER DRUG USE .....	11
Overview .....	11
Highlights of the survey related to alcohol and other drug use .....	11
SEXUAL BEHAVIORS .....	12
Overview .....	12
Highlights of the survey related to sexual behaviors.....	12
PHYSICAL INACTIVITY .....	13
Overview .....	13
Highlights of the survey related to physical inactivity .....	13
DIETARY BEHAVIORS .....	14
Overview .....	14
Highlights of the survey related to dietary behaviors .....	14
RESOURCES.....	15
<b>IV. CONCLUSIONS AND RECOMMENDATIONS</b> .....	17
APPENDIX A - FREQUENCY DISTRIBUTIONS	
APPENDIX B - REFERENCED FIGURES	
APPENDIX C - ADDITIONAL CHARTS	

# Introduction



## I. INTRODUCTION

The Youth Risk Behavior Surveillance System 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 the United States, 70.8 percent of all deaths among youth and young adults aged 10-24 years result from only four causes: motor-vehicle crashes (32.3 percent), other unintentional injuries (11.7 percent), homicides (15.1 percent), and suicides (11.7 percent). Substantial morbidity and social problems also result from the approximately 870,000 pregnancies that occur each year among females aged 15-19 years and the estimated 3 million cases of sexually transmitted diseases (STDs) that occur each year among persons aged 10-19 years.

One out of every six cases (one of five in Montana) of acquired immune deficiency syndrome (AIDS) that is diagnosed in the United States occurs among those who are aged 20 to 29 years old. Since the average incubation period between human immunodeficiency virus (HIV) infection and AIDS diagnosis is ten years, a high proportion of those 20 to 29 year olds diagnosed with AIDS were infected as teenagers. HIV infection is now reported as the fifth leading cause of death among persons aged 15 to 24 years old.

Among adults aged 25 years or older, 62.9 percent of all deaths in the United States result from cardiovascular diseases (39.4 percent) and cancer (23.5 percent). Leading causes of morbidity and mortality among all age groups in the United States are related to the following: 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 human immunodeficiency virus (HIV) infection; unhealthy dietary behaviors; physical inactivity; and overweight. Behaviors are frequently interrelated and often are established during youth and extend into adulthood. Mortality, morbidity, and social problems that teenagers encounter are largely related to a small number of negative behaviors such as drinking and driving and sexual intercourse at a young age. Tobacco use, excessive consumption of fats, and insufficient physical activity (behaviors formed during adolescence) are known to lead to diseases that are not manifest until adulthood. These behaviors and associated health problems are largely preventable.

In 1988, CDC initiated a process to identify and monitor important health behaviors among youth. The leading causes of mortality, morbidity, and social problems among youth were analyzed and behaviors contributing to these problems were identified and categorized into six risk areas: 1) behaviors that result in unintentional and intentional injuries; 2) tobacco use; 3) alcohol and other drug use; 4) sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; 5) physical inactivity; and 6) dietary behaviors.

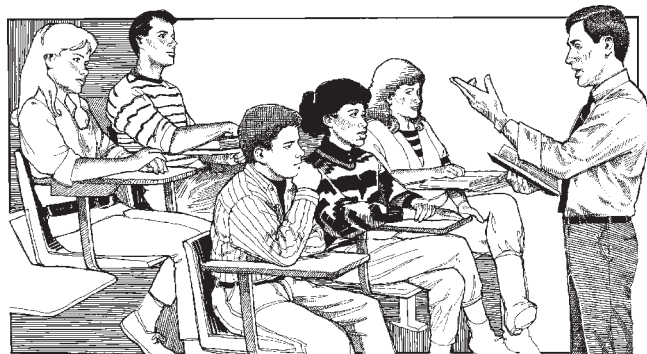
The purpose of the Youth Risk Behavior Survey (YRBS) is to assist educators and health professionals in determining the prevalence of the aforementioned health-risk behaviors among youth. This report describes the results of the survey and the methods used to conduct the survey. The results will be used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

Survey results for each of the risk factors are presented in two parts:

1. an overview of the risk factor as it applies to Montana youth; and
2. highlights of the results of the 2005 YRBS for Montana high school students in bullet format.

Appendix A lists all survey questions and corresponding frequency distributions, while Appendix B contains graphs associated with the highlights presented in the text. Appendix C also contains charts of specific questions asked in the 2005 YRBS.

# Survey Methods





## II. SURVEY METHODS

### DESCRIPTION OF YRBS

The Youth Risk Behavior Survey (YRBS) was developed cooperatively by the Centers for Disease Control and Prevention (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 2005 survey instrument consisted of 90 questions which assessed the 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; physical inactivity; and unhealthy dietary behaviors.

### 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. Forty-eight schools elected to participate in the random sample and 83 percent of the students in randomly selected classes in these schools volunteered to participate in the survey. A total of 3,077 high school students participated in the 2005 Montana YRBS. The weighted results presented in this report are based on the behavior and opinion of the participants in the sample; however, the results can be used to make inferences concerning the priority health-risk behaviors of all high school students in Montana.

Superintendents of school districts were contacted during November 2004 to obtain approval to approach principals of randomly selected schools about the survey. 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 was selected and surveyed. In smaller schools, a census of students was attempted. 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 2005. Surveys were administered during second-period classes and returned to the Office of Public Instruction (OPI) for processing within one week of survey administration.

Teachers administering the survey to students were provided with 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**. Participation in the survey was voluntary. Students could decline to participate, turn in blank or incomplete survey forms, or stop completing the survey at any time. 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 in 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 nonusage, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

# Survey Results



### III. SURVEY RESULTS

#### UNINTENTIONAL INJURIES AND VIOLENCE

##### Overview

Accidents and suicides are the leading causes of death among Montana youth aged 15 to 19 years old.

- The death rate for Montana teens aged 15 to 19, from accidents, homicide and suicide, was 81 per 100,000, compared to 51 per 100,000 nationally.<sup>1</sup>
- In 2003, 65 percent of deaths among youth aged 15 to 19 years old in Montana were attributed to accidents. Seventy-one percent of these accidental deaths were due to motor vehicle crashes.<sup>2</sup>
- The second leading cause of death among Montana youth in 2003 was suicide, which accounted for 16 percent of all deaths.<sup>2</sup>

Obviously, controlling or lowering the death rate due to these two causes, which account for over three-fourths of all deaths among Montana youth, would not only preserve Montana's most important resource, but also increase the social and economic well-being of the state and its population.

Twenty questions were asked of participants in the survey regarding unintentional injuries and violence (see Appendix A). Unintentional injury and violence questions were related to personal safety, violence-related behaviors, and sad feelings and attempted suicide. Questions related to intentional and unintentional injuries were developed for middle and high school students throughout the United States and, consequently, some of the questions may not relate well to youth in Montana. In particular, many Montana students may carry firearms for hunting or predator control and report that they are carrying a weapon -- even onto school property. The purpose for carrying these weapons may not have any relationship to self-protection or aggressive behavior as the survey was attempting to measure. However, this situation should not lessen the importance of firearm safety. Each year, Montana youth place themselves at risk for accidental injury or death when carrying firearms. The issue addressed in this survey is the access to firearms by Montana youth.

##### Highlights of the survey related to unintentional injuries and violence

- In 2005, 14 percent of all Montana high school students reported "Never or Rarely" wearing seat belts when riding in a car driven by someone else. This is an improvement of four percentage points from the 2003 rate (18 percent). Approximately 38 percent of Montana high school students wear seat belts all the time (Figure 1, Appendix B).

- Approximately 34 percent of the respondents, within the 30 days prior to the survey, rode in a car driven by someone who had been drinking. Within 30 days prior to the survey, nearly one in five (19 percent) of the survey participants had driven a car when they had been drinking alcohol (Figure 1, Appendix B).
- In the past 12 months, 18 percent of the survey participants had seriously considered attempting suicide and 83 percent of those considering suicide had actually made a plan to attempt suicide. Ten percent of the students taking the survey reported that they had actually attempted suicide (Figure 1, Appendix B).
- During the past 12 months, 31 percent of survey respondents reported being in a physical fight. Approximately 16 percent had been in two or more fights within the past 12 months (Figure 1, Appendix B).
- In 2005, 34 percent of male and 42 percent of female Montana high school students reported "Always" wearing seat belts (Figure 2, Appendix B).
- Thirty-four percent of the Montana high school students reported that, within the 30 days prior to the survey, they had ridden in a car driven by someone who had been drinking (Figure 3, Appendix B).
- Of those Montana high school students riding in a car driven by someone who had been drinking (34 percent), approximately one in six (16 percent) indicated that, within the 30 days prior to the survey, they had ridden six or more times in a vehicle driven by someone who had been drinking (Figure 3, Appendix B).
- Nineteen percent of Montana high school students reported that, within the 30 days prior to the survey, they had driven a car after drinking alcohol (Figure 4, Appendix B).
- Of those students reporting that they had been driving and drinking (19 percent), approximately one in seven (15 percent) reported drinking and driving six or more times in the 30 days prior to the survey (Figure 4, Appendix B).
- Male Montana high school students were more likely to have been involved in a physical fight than females (Figure 5, Appendix B).
- In the past year, 4 percent of Montana high school students reported having been injured in a physical fight (Figure 5, Appendix B).
- Female Montana high school students were more likely to consider and attempt suicide than males (Figure 6, Appendix B).
- In 2005, 11 percent of survey respondents reported that their boyfriend or girlfriend had hit, slapped, or physically hurt them on purpose. Ten percent had been forced to have sexual intercourse when they did not want to.

## **TOBACCO USE**

### **Overview**

- In 2002, an estimated 21.2 percent of adult Montanans reported being current smokers.<sup>3</sup>
- Approximately one out of every five deaths in Montana can be attributed to tobacco use, as each year over 1,400 Montanans die prematurely from tobacco-related illnesses. The estimated annual cost of direct medical expenses related to smoking in Montana in 1998 was \$216 million.<sup>4</sup>
- Eighty percent of people who use tobacco start smoking or using smokeless tobacco before age 18, thus making nicotine addiction a disease that begins in childhood.<sup>5</sup>

Eleven questions were asked of Montana students regarding the use of tobacco (Appendix A). The questions related to frequency and use of both cigarettes and smokeless tobacco. In addition, several questions were asked about the use of tobacco products on school property.

### **Highlights of the survey related to tobacco use**

- Slightly over one-half (55 percent) of Montana high school students have tried smoking. Twenty percent smoked cigarettes on one or more days in the month prior to taking the survey (Figure 7, Appendix B).
- Thirteen percent of Montana high school students reported that they smoked two or more cigarettes on the days they smoked (Figure 7, Appendix B).
- In 2005, 15 percent of Montana high school students reported using chewing tobacco. This figure was two percentage points higher than in 2003 (Figure 7, Appendix B).
- Twenty percent of Montana high school students reported that they are current smokers, i.e., that they have smoked in the past 30 days. The rate in 2005 was three percentage points lower than the 2003 figure (Figure 8, Appendix B).
- During the past 12 months, 61 percent of Montana high school students who smoked indicated that they had tried to quit smoking cigarettes.
- Twenty-three percent of the male Montana high school students reported having used chewing tobacco or snuff during the 30 days prior to the survey as compared to 6 percent of the females. In 2005 the number of male students using chewing tobacco increased by three percentage points over the 2003 rate (Figure 8, Appendix B).

## **ALCOHOL AND OTHER DRUG USE**

### **Overview**

Excessive alcohol consumption contributes to cirrhosis of the liver, motor vehicle and other accidents, suicides, homicides, and some types of cancer. Traffic accidents involving drinking historically have been and continue to be a major problem in Montana. Alcohol related crashes tend to result in more severe injuries than do crashes with no alcohol involvement.

- In 2003, out of all Montana traffic fatalities, 128 (or 41 percent) involved a blood alcohol concentration (BAC) of 0.08 or higher, down from a high of 60 percent of all traffic fatalities in 1985.<sup>6</sup>
- For ages 15-20, 51 percent of highway fatalities involving Montana youth were alcohol related in 2001, versus a national average of 38.1 percent.<sup>7</sup>
- In 2002, 20 percent of adult Montanans reported binge drinking (i.e., consuming five or more drinks on one occasion in the past 30 days).<sup>3</sup> A large proportion of this group indicated that they began drinking in high school.

Eighteen questions were asked of Montana students regarding their use of alcohol and drugs (Appendix A). The questions related to frequency of use, age of first use, and types and forms of drugs used.

### **Highlights of the survey related to alcohol and other drug use**

- Seventy-eight percent of Montana high school students had at least one drink of alcohol during their lifetimes. Of those students who have had a drink of alcohol in their lifetimes, 10 percent were less than nine years old when they had their first drink (Appendix A and Figure 9, Appendix B).
- Twenty-two percent of Montana high school students had used marijuana one or more times during the 30 days prior to the survey. In 2005, Montana high school students reported the median age of first use of marijuana was 13 to 14 years old, which was similar to the age reported in the 2003 YRBS (Appendix A and Figure 9, Appendix B).
- Eight percent of Montana high school students reported using methamphetamines in their lifetime (Figure 9, Appendix B).
- Ten percent of Montana high school students reported using cocaine at least once during their lifetime (Figure 10, Appendix B).
- Thirty-four percent of the Montana high school students reported that they had five or more drinks in a row at least once during the past 30 days (Figure 10, Appendix B).

- Forty-two percent of Montana high school students reported smoking marijuana at least once in their lifetimes. Male students were more likely to have used marijuana in their lifetimes than female students (Figure 10, Appendix B).

## **SEXUAL BEHAVIORS**

### **Overview**

- Nationally, half of all high school students have had sexual intercourse, reflecting a *decline* during the last decade from 54 percent in 1991 to 46.7 percent in 2003. Males (46.2 percent) are slightly more likely than females (43.6 percent) to report having had sex.<sup>8</sup> Montana trends for sexual activity also declined from a high of 51 percent of high school students having had sexual intercourse in 1991 to 43.6 percent in 2005.
- In addition, the teen birthrate has declined steadily since 1991. Nationally, the 2002 rate of 43.0 births per 1,000 females aged 15-19 is a record low and is 31 percent lower than the 1991 rate of 62.1. Montana teen birth rates have decreased from 47 births per 1,000 females aged 15-19 in 1991 to 35 births per 1,000 females in 2003.<sup>2</sup>

Seven questions were asked of Montana students regarding their sexual behaviors (Appendix A). Questions related to frequency, numbers of partners, abstinence, alcohol use, and contraception.

### **Highlights of the survey related to sexual behaviors that contribute to unintended pregnancies and STDs**

- Fifty-six percent of Montana high school students reported not having had sexual intercourse. This represents about the same rate as in 2003 and 2001 (Figure 11, Appendix B).
- Ninety percent of Montana high school students have had HIV/AIDS education (Figure 11, Appendix B).
- Thirteen percent of Montana high school students have had sexual intercourse with four or more people during their life (Figure 11, Appendix B).
- Sixty-five percent of the sexually active Montana high school students reported wearing a condom during their last sexual intercourse. Ten percent of those Montana high school students that have had sex did not use any method to prevent pregnancy during the last time they had sexual intercourse (Figure 10, Appendix B).
- Forty-four percent of Montana high school students reported having had sexual intercourse in their lifetime. Thirty-one percent of the survey respondents reported that they had sexual intercourse within the three-month period prior to the survey.



- Female and male Montana high school students were about equally as likely to have had sexual intercourse (Figure 12, Appendix B).
- Sixty-four percent of Montana high school students who have had sexual intercourse reported having had sex with multiple (two or more) partners (Figure 13, Appendix B).
- Thirty percent of Montana high school students who have had sexual intercourse reported using alcohol or drugs the last time they had sex. Female students were more likely to have used alcohol or drugs before sexual intercourse (Figure 13, Appendix B).
- Thirty-five percent of Montana high school students who have had sexual intercourse reported not using a condom the last time they had sex (Figure 13, Appendix B).

## **PHYSICAL INACTIVITY**

### **Overview**

Inadequate physical activity behaviors established during youth may extend into adulthood and increase risk for coronary heart disease, hypertension, non-insulin dependent diabetes, osteoporosis, obesity, and mental health problems.

- Body Mass Index (BMI) for adult Montanans indicates that 38 percent of adult Montanans are overweight (BMI between 25.0 and 29.9) and 19 percent are obese (BMI of 30 or more).<sup>3</sup>
- In 2002, 19 percent of adult Montanans reported “no leisure time physical activity,” 42 percent do not meet the moderate physical activity recommendations (i.e., 30 minutes of activity, five or more times a week) and 67 percent do not meet vigorous physical activity recommendations (i.e., 20 or more minutes of activity, three or more times a week, at 50 percent or more capacity).<sup>3</sup>

Seven questions were asked of Montana students regarding their physical activity (Appendix A). The questions related to types of physical activity as well as frequency of activity.

### **Highlights of the survey related to physical inactivity**

- Sixty-two percent of Montana high school students played on one or more sports teams during the past 12 months. Thirty-four percent of Montana high school students attended physical education classes daily (Figure 14, Appendix B).
- One-half of Montana high school students reported watching TV two or more hours per day (Figure 14, Appendix B).

- Fifty-one percent of Montana high school students were physically active for a total of at least 60 minutes on three or more of the seven days prior to taking the survey (Figure 14, Appendix B).

## **DIETARY BEHAVIORS**

### **Overview**

- Evidence suggests that approximately 33 percent of all cancer deaths in the United States are related to dietary factors.<sup>9</sup> Using this average, in Montana an estimated 606 of the total 1,838 cancer deaths for the year 2003 were related to dietary excesses and imbalances.
- In addition, 21 percent of Montana youth live in poverty and thus are at risk for hunger. Montana ranked 38th among the 50 states for the percent of children living in poverty.<sup>10</sup>
- In Montana, 42,912 children, or 2 in 10, were living in poverty.<sup>11</sup>

Seven questions were asked of Montana students regarding unhealthy dietary behaviors (Appendix A). The questions related to types of food the youth were eating as well as frequency.

### **Highlights of the survey related to dietary behaviors**

- Over one-half (54 percent) of Montana high school students think they are "about the right weight." More boys tend to think they are at about the right weight than girls (Figure 15, Appendix B).
- Sixty-two percent of female Montana high school students are trying to lose weight. Only 24 percent of the boys reported that they are trying to lose weight (Figure 15, Appendix B).
- Twenty-six percent of Montana high school students reported eating fruit at least once on a daily basis. Eleven percent ate a green salad daily (Figure 15, Appendix B).
- Twenty-two percent of Montana high school students reported drinking three or more glasses of milk per day in the week prior to the survey (Figure 15, Appendix B).

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## RESOURCES

- <sup>1</sup> Kids Count Survey, 2003.
- <sup>2</sup> Montana Department of Public Health and Human Services, Vital Statistics, 2003.
- <sup>3</sup> Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Online Prevalence Data, 1995-2004.
- <sup>4</sup> Centers for Disease Control and Prevention, State Tobacco Control Highlights, 2002.
- <sup>5</sup> U.S. Department of Health and Human Services, 1994.
- <sup>6</sup> U.S. Department of Transportation, National Highway Traffic Safety Administration, Montana Drunk Driving Statistics, 2003.
- <sup>7</sup> Mothers Against Drunk Driving (MADD Online: Montana Statistics), National Highway Traffic Safety Administration, 2001.
- <sup>8</sup> Centers for Disease Control and Prevention, Youth Risk Behavior Trends, 2003.
- <sup>9</sup> American Cancer Society, Cancer Facts and Figures, 2002
- <sup>10</sup> Kids Count Survey, 2004
- <sup>11</sup> Children's Defense Fund, 2003

# Conclusions



## IV. CONCLUSIONS AND RECOMMENDATIONS

Results of the 2005 Montana Youth Risk Behavior Survey for high school students indicate that although progress has been made over the past several years in decreasing risk from undesirable behaviors, Montana health, education, and social professionals need to continue to focus on those primary risk behaviors that cause the greatest amount of mortality, morbidity, and social problems among Montana youth. These primary risk behaviors are initiated during adolescence, yet the consequences of unhealthy behaviors are exhibited from adolescence through adulthood. For example, youth may start smoking in their early teens, but complications such as emphysema do not appear until adulthood.

Important risk behaviors where improvement will be needed in order for Montana to meet current health objectives are:

- **Seat belt usage** – only 38 percent of Montana high school students reported wearing seat belts *all* of the time when riding in a car driven by someone else. While this level of usage is a significant increase over the 2003 and 2001 levels, it is still far short of the current Healthy People 2010 objective for seat belt use of 92 percent of all occupants wearing seat belts *all* of the time.
- **Bicycle helmet usage** – only six percent of bicyclists reported using helmets *all* of the time. The current Healthy People 2010 objective is for 79 percent of bicyclists to use helmets.
- **Injurious suicide attempts** – thirty percent of suicide attempts reported by Montana high school students resulted in an injury requiring medical attention. YRBS data showed little difference between 2005 and 2003 in the percent of students who actually attempted suicide. Montana's teen suicide rate ranks third highest in the nation. The current Healthy People 2010 objective is to reduce the incidence of suicide attempts to one percent for adolescents aged 14-17.
- **Smokeless tobacco use** – Montana high school students are continuing to use smokeless tobacco products at rates that are higher than national trends. In 2005, 23 percent of Montana male and 6 percent of female Montana high school students used snuff or chewing tobacco in the 30 days prior to the survey. The current rate of use among males and females is up slightly over the 2003 rates. The current Healthy People 2010 objective is to reduce usage to less than one percent by 2010.
- **Alcohol usage** – the 2005 YRBS indicates that approximately 49 percent of Montana high school students had used alcohol in the month prior to the survey. The current Healthy People 2010 objective is to reduce alcohol intake to 11 percent of youth aged 12-17 and to 29 percent of youth aged 18-20.

- **Marijuana usage** – the 2005 YRBS indicates that 22 percent of Montana high school students had used marijuana during the 30 days prior to the survey. This rate is about one percentage point lower than the rate reported in 2003. The current Healthy People 2010 objective is to reduce the use of marijuana in the past month to less than one percent for the age group that includes Montana high school students.
- **Sexual behavior** – the 2005 YRBS indicates that 72 percent of Montana high school students had abstained from sexual intercourse or used condoms the last time they had sexual intercourse. The current Healthy People 2010 objective is to increase responsible adolescent sexual behavior to 95 percent of youth.

There is still much to do to achieve the national health objectives for the reported health-risk behaviors of Montana high school students. Although reported behaviors related to the risk behaviors of driving while drinking, riding with a drinking driver, suicide attempts, fighting, smoking, alcohol and other drug use, sexual behaviors, and physical activity have shown some improvement since 1999, a long-term, comprehensive approach to improving health and reducing risks is needed to provide Montana high school students with healthier lives further removed from the illness, death and social problems linked to preventable health risks.

There are several areas where Montana appears to be meeting or exceeding national objectives:

- Montana schools continue to provide HIV/AIDS education to its young people. About 90 percent of Montana high school students indicated they have received education related to AIDS/HIV infection.
- Over one-half (51 percent) of Montana high school students regularly perform physical activities for 60 minutes or more at least 3 days per week. The current national objective is to maintain the rate at 40 percent.

In order for Montana to help develop youth who will become healthy, responsible adults and to meet the current health objectives, the following recommendations are set forth:

1. Ensure that comprehensive health education and programs are implemented at adequate levels to continue to educate Montana high school students. Comprehensive school health programs and policies that support what is taught in the Health Enhancement classroom encourage long-term healthy lifestyles. Going beyond the classroom (e.g., drug-free and tobacco-free schools) involves the community and other agencies in the health of its young people. There is no greater tool for changing behavior patterns than effective, skills-based, age-appropriate health education. If Montana high school students are to change risk behaviors, they will need to have full understanding of the positive aspects of healthy behaviors, as well as the negative consequences of unhealthy behaviors.

Other comprehensive recommendations include:

- Communities should be encouraged to provide for developmentally appropriate preschool programs that help prepare children for school, thereby improving the prospects with regard to school performance, problem behaviors and physical health.
  - Montana students should have daily access to and participation in health enhancement classes.
  - Montana schools should be encouraged to provide programs for parents such as parenting skills and encourage parents to talk to their children regarding health issues.
  - Montana schools should consider programs that provide students who are in need of social and health services either the services or proper referrals to services (i.e., "full-service schools" or "school-linked services").
  - Montana schools should have policies and programs in place that encourage school completion for all students and reduce the incidence of school dropouts.
  - Montana schools should provide for all students guidance counselors who are properly prepared to deal with student issues.
2. Comprehensive health education and life management skills should be taught in all schools at appropriate age and developmental levels.
  3. The effectiveness of comprehensive health education programs needs to be evaluated and, if necessary, modified in order to meet current health education objectives.
  4. Improve the behavior patterns of Montana high school students in the following areas:
    - increasing seat belt and helmet use,
    - reducing alcohol use,
    - reducing marijuana use,
    - reducing use of tobacco products, especially smokeless tobacco, by young males and females, and
    - increasing the number of youth who abstain from sexual intercourse, delaying the age of first sexual intercourse, increasing the number of sexually active youth who

choose to reestablish abstinence from sexual intercourse, recognizing that there are youth who are sexually active, and increasing the use of condoms among sexually active youth.

5. Continue to address significant health-risk behaviors through prevention efforts that include the following concepts:

- Unintentional Injuries and Violence

Montana students should have access to and participate in accident prevention education, suicide prevention education and violence prevention education programs such as peer mediation and/or conflict resolution.

Montana schools should provide policies for staff and students that encourage safe, disciplined and drug-free environments.

- Tobacco Use

Montana students should have access to and participate in tobacco education and prevention programs, including smokeless tobacco, at all grade levels.

Montana schools should be tobacco-free.

- Alcohol and Other Drug Use

Montana students should have access to and participate in alcohol education and prevention programs at all grade levels.

Montana students should have access to and participate in bicycle/pedestrian safety and driver education programs at appropriate levels.

- Sexuality

Montana students should have access to and participate in age-appropriate human sexuality education as part of a comprehensive school health program or as part of a family or faith-based structured program in line with family and community values.

- Physical Inactivity

Montana students should engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness three or more days per week for 20 or more minutes per occasion.



- Nutrition

Montana students should have access to lunch and breakfast services in the home or at school that are consistent with the nutritional principles in the "Dietary Guidelines for Americans."

Nutrition education should be part of a comprehensive school health program at all grades. Ongoing education on safe weight management practices and acceptance of body size differences in Montana high school students should be a part of nutrition education.

6. Continue collaborative efforts involving state and local agencies (both public and private) to ensure that health behavior risks of Montana high school students are addressed in a coordinated manner. Meeting the health and safety needs of adolescents requires coordinated efforts involving schools, communities, health services and parents.
7. Continue the support of comprehensive health education and programs by school boards, school administrators, teachers, health service agencies, legislators, and parents.
8. Continue to monitor Montana high school students' behavior patterns using the Youth Risk Behavior Survey (YRBS) instrument developed through the U.S. Public Health Service, Centers for Disease Control and Prevention.

**APPENDIX A**  
**FREQUENCY DISTRIBUTIONS**

## 2005 MONTANA YOUTH RISK BEHAVIOR SURVEY HIGH SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

The following frequency distributions are based upon surveys with 3,077 randomly selected high school students in Montana during February of 2005. Frequency distributions may not total 3,077 due to non-response and percents may not total 100 percent due to rounding.

### Q-1 How old are you?

	<u>Percent</u>
A. 15 years old or younger	35.5%
B. 16 or 17 years old	49.5%
C. 18 years old or older	15.0%

### Q-2 What is your sex?

	<u>Percent</u>
A. Female	48.4%
B. Male	51.5%

### Q-3 In what grade are you?

	<u>Percent</u>
A. 9th Grade	27.1%
B. 10th Grade	25.0%
C. 11th Grade	23.9%
D. 12th Grade	23.2%
E. Other	0.6%

### Q-4 How do you describe yourself? (Select one or more responses.)

	<u>Percent</u>
A. Black	0.3%
B. Hispanic or Latino	1.3%
C. White	86.4%
D. All other races	10.9%
E. Multiple races	0.8%

### Q-5 How would you describe your health in general?

	<u>Percent</u>
A. Excellent	19.5%
B. Very Good	39.2%
C. Good	33.1%
D. Fair	6.6%
E. Poor	1.7%

### Q-6 How tall are you without your shoes on?

	<u>Percent</u>
A. Less than 4 ft	0.4%
B. 4 ft to 4 ft, 6 in	0.2%
C. 4 ft, 7 in to 5 ft	2.2%
D. 5 ft, 1 in to 5 ft, 6 in	40.0%
E. Over 5 ft, 6 in	57.2%

**Q-7 How much do you weigh without your shoes on?**

	<u>Percent</u>
A. Less than 90 lbs	0.5%
B. 90-99 lbs	1.5%
C. 100-109 lbs	4.6%
D. 110-119 lbs	11.0%
E. 120-129 lbs	14.0%
F. 133-139 lbs	15.0%
G. 140 lbs +	53.4%

**The next 5 questions ask about personal safety.**

**Q-8 When you rode a bicycle during the past 12 months, how often did you wear a helmet?**

	<u>Percent</u>
A. I did not ride a bicycle during the past 12 months	27.8%
B. Never wore a helmet	53.6%
C. Rarely wore a helmet	5.8%
D. Sometimes wore a helmet	4.3%
E. Most of the time wore a helmet	4.3%
F. Always wore a helmet	4.2%

**Q-9 How often do you wear a seat belt when riding in a car driven by someone else?**

	<u>Percent</u>
A. Never	4.7%
B. Rarely	9.3%
C. Sometimes	18.1%
D. Most of the time	30.5%
E. Always	37.5%

**Q-10 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?**

	<u>Percent</u>
A. 0 times	65.6%
B. 1 time	11.9%
C. 2 or 3 times	12.9%
D. 4 or 5 times	3.9%
E. 6 or more times	5.6%

**Q-11 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?**

	<u>Percent</u>
A. 0 times	81.5%
B. 1 time	8.2%
C. 2 or 3 times	5.6%
D. 4 or 5 times	2.0%
E. 6 or more times	2.7%

The next 10 questions ask about violence-related behaviors.

**Q-12 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?**

	<u>Percent</u>
A. 0 days	78.6%
B. 1 day	3.8%
C. 2 or 3 days	4.2%
D. 4 or 5 days	2.3%
E. 6 or more days	11.1%

**Q-13 During the past 30 days, on how many days did you carry a gun?**

	<u>Percent</u>
A. 0 days	91.0%
B. 1 day	2.8%
C. 2 or 3 days	2.7%
D. 4 or 5 days	1.0%
E. 6 or more days	2.6%

**Q-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?**

	<u>Percent</u>
A. 0 days	89.8%
B. 1 day	1.9%
C. 2 or 3 days	2.1%
D. 4 or 5 days	0.7%
E. 6 or more days	5.5%

**Q-15 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?**

	<u>Percent</u>
A. 0 days	95.8%
B. 1 day	2.0%
C. 2 or 3 days	0.7%
D. 4 or 5 days	0.4%
E. 6 or more days	1.1%

**Q-16 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?**

	<u>Percent</u>
A. 0 times	92.0%
B. 1 time	3.0%
C. 2 or 3 times	2.3%
D. 4 or 5 times	0.7%
E. 6 or 7 times	0.2%
F. 8 or 9 times	0.2%
G. 10 or 11 times	0.2%
H. 12 or more times	1.5%

**Q-17 During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?**

	<u>Percent</u>
A. 0 times	69.9%
B. 1 time	15.3%
C. 2 or 3 times	9.6%
D. 4 or 5 times	2.1%
E. 6 or 7 times	0.9%
F. 8 or 9 times	0.6%
G. 10 or 11 times	0.2%
H. 12 or more times	1.5%

**Q-18 During the past 12 months, how many times were you in a physical fight?**

	<u>Percent</u>
A. 0 times	69.5%
B. 1 time	14.6%
C. 2 or 3 times	9.3%
D. 4 or 5 times	2.4%
E. 6 or 7 times	1.0%
F. 8 or 9 times	0.6%
G. 10 or 11 times	0.4%
H. 12 or more times	2.1%

**Q-19 During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?**

	<u>Percent</u>
A. 0 times	96.4%
B. 1 time	2.5%
C. 2 or 3 times	0.7%
D. 4 or 5 times	0.1%
E. 6 or more times	0.3%

**Q-20 During the past 12 months, how many times were you in a physical fight on school property?**

	<u>Percent</u>
A. 0 times	89.1%
B. 1 time	7.2%
C. 2 or 3 times	2.2%
D. 4 or 5 times	0.6%
E. 6 or 7 times	0.2%
F. 8 or 9 times	0.1%
G. 10 or 11 times	0.1%
H. 12 or more times	0.6%

**Q-21 During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?**

	<u>Percent</u>
A. Yes	10.9%
B. No	89.1%

**Q-22 Have you ever been physically forced to have sexual intercourse when you did not want to?**

	<u>Percent</u>
A. Yes	10.2%
B. No	89.8%

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.

**Q-23 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?**

	<u>Percent</u>
A. Yes	25.6%
B. No	74.4%

**Q-24 During the past 12 months, did you ever seriously consider attempting suicide?**

	<u>Percent</u>
A. Yes	17.5%
B. No	82.5%

**Q-25 During the past 12 months, did you make a plan about how you would attempt suicide?**

	<u>Percent</u>
A. Yes	14.6%
B. No	85.4%

**Q-26 During the past 12 months, how many times did you actually attempt suicide?**

	<u>Percent</u>
A. 0 times	89.7%
B. 1 time	5.5%
C. 2 or 3 times	2.5%
D. 4 or 5 times	0.8%
E. 6 or more times	1.4%

**Q-27 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?**

	<u>Percent</u>
A. I did not attempt suicide during the past 12 months	89.8%
B. Yes	3.1%
C. No	7.1%

The next 11 questions ask about tobacco use.

**Q-28 Have you ever tried cigarette smoking, even one or two puffs?**

	<u>Percent</u>
A. Yes	55.4%
B. No	44.6%

**Q-29 How old were you when you smoked a whole cigarette for the first time?**

	<u>Percent</u>
A. I have never smoked a whole cigarette	57.3%
B. 8 years old or younger	5.0%
C. 9 or 10 years old	4.9%
D. 11 or 12 years old	7.8%
E. 13 or 14 years old	12.3%
F. 15 or 16 years old	10.1%
G. 17 years old or older	2.6%

**Q-30 During the past 30 days, on how many days did you smoke cigarettes?**

	<u>Percent</u>
A. 0 days	79.9%
B. 1 or 2 days	4.5%
C. 3 to 5 days	3.0%
D. 6 to 9 days	1.5%
E. 10 to 19 days	2.2%
F. 20 to 29 days	2.9%
G. All 30 days	5.9%

**Q-31 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?**

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	79.7%
B. Less than 1 cigarette per day	3.9%
C. 1 cigarette per day	3.6%
D. 2 to 5 cigarettes per day	8.6%
E. 6 to 10 cigarettes per day	2.6%
F. 11 to 20 cigarettes per day	1.1%
G. More than 20 cigarettes per day	0.5%

**Q-32 During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)**

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	79.8%
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	4.8%
C. I bought them from a vending machine	0.1%
D. I gave someone else money to buy them for me	5.5%
E. I borrowed (or bummed) them from someone else	6.1%
F. A person 18 years old or older gave them to me	0.9%
G. I took them from a store or family member	1.0%
H. I got them some other way	1.8%



**Q-33 During the past 30 days, on how many days did you smoke cigarettes on school property?**

	<u>Percent</u>
A. 0 days	93.0%
B. 1 or 2 days	2.1%
C. 3 to 5 days	1.1%
D. 6 to 9 days	1.0%
E. 10 to 19 days	0.9%
F. 20 to 29 days	0.8%
G. All 30 days	1.0%

**Q-34 Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?**

	<u>Percent</u>
A. Yes	15.2%
B. No	84.8%

**Q-35 During the past 12 months, did you ever try to quit smoking cigarettes?**

	<u>Percent</u>
A. I did not smoke during the past 12 months	73.9%
B. Yes	15.8%
C. No	10.3%

**Q-36 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?**

	<u>Percent</u>
A. 0 days	85.2%
B. 1 or 2 days	5.5%
C. 3 to 5 days	2.0%
D. 6 to 9 days	1.2%
E. 10 to 19 days	1.4%
F. 20 to 29 days	1.1%
G. All 30 days	3.7%

**Q-37 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?**

	<u>Percent</u>
A. 0 days	91.8%
B. 1 or 2 days	2.0%
C. 3 to 5 days	1.2%
D. 6 to 9 days	0.8%
E. 10 to 19 days	1.0%
F. 20 to 29 days	0.8%
G. All 30 days	2.4%

**Q-38 During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?**

	<u>Percent</u>
A. 0 days	82.4%
B. 1 or 2 days	10.4%
C. 3 to 5 days	3.3%
D. 6 to 9 days	1.5%
E. 10 to 19 days	1.0%
F. 20 to 29 days	0.3%
G. All 30 days	1.2%

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, 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.

**Q-39** During your life, on how many days have you had at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	22.2%
B. 1 or 2 days	9.5%
C. 3 to 9 days	14.9%
D. 10 to 19 days	12.9%
E. 20 to 39 days	12.0%
F. 40 to 99 days	12.5%
G. 100 or more days	16.0%

**Q-40** How old were you when you had your first drink of alcohol other than a few sips?

	<u>Percent</u>
A. I have never had a drink of alcohol other than a few sips	22.0%
B. 8 years old or younger	7.9%
C. 9 or 10 years old	7.1%
D. 11 or 12 years old	12.9%
E. 13 or 14 years old	27.1%
F. 15 or 16 years old	20.1%
G. 17 years old or older	2.9%

**Q-41** During the past 30 days, on how many days did you have at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	51.4%
B. 1 or 2 days	20.1%
C. 3 to 5 days	11.1%
D. 6 to 9 days	8.8%
E. 10 to 19 days	5.8%
F. 20 to 29 days	1.4%
G. All 30 days	1.4%

**Q-42** During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	<u>Percent</u>
A. 0 days	65.6%
B. 1 day	10.5%
C. 2 days	7.3%
D. 3 to 5 days	7.7%
E. 6 to 9 days	5.0%
F. 10 to 19 days	2.2%
G. 20 or more days	1.7%

**Q-43 During the past 30 days, on how many days did you have at least one drink of alcohol on school property?**

	<u>Percent</u>
A. 0 days	93.6%
B. 1 or 2 days	4.3%
C. 3 to 5 days	0.8%
D. 6 to 9 days	0.3%
E. 10 to 19 days	0.2%
F. 20 to 29 days	0.1%
G. All 30 days	0.7%

**The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.**

**Q-44 During your life, how many times have you used marijuana?**

	<u>Percent</u>
A. 0 times	58.3%
B. 1 or 2 times	8.0%
C. 3 to 9 times	7.9%
D. 10 to 19 times	5.5%
E. 20 to 39 times	4.3%
F. 40 to 99 times	4.9%
G. 100 or more times	11.1%

**Q-45 How old were you when you tried marijuana for the first time?**

	<u>Percent</u>
A. I have never tried marijuana	58.3%
B. 8 years old or younger	2.4%
C. 9 or 10 years old	2.6%
D. 11 or 12 years old	6.2%
E. 13 or 14 years old	14.6%
F. 15 or 16 years old	13.8%
G. 17 years old or older	2.1%

**Q-46 During the past 30 days, how many times did you use marijuana?**

	<u>Percent</u>
A. 0 times	77.7%
B. 1 or 2 times	7.5%
C. 3 to 9 times	5.6%
D. 10 to 19 times	2.5%
E. 20 to 39 times	2.2%
F. 40 or more times	4.5%

**Q-47 During the past 30 days, how many times did you use marijuana on school property?**

	<u>Percent</u>
A. 0 times	93.9%
B. 1 or 2 times	2.4%
C. 3 to 9 times	1.5%
D. 10 to 19 times	0.8%
E. 20 to 39 times	0.4%
F. 40 or more times	1.0%

The next 9 questions ask about other drugs.

**Q-48 During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?**

	<u>Percent</u>
A. 0 times	90.5%
B. 1 or 2 times	4.1%
C. 3 to 9 times	2.0%
D. 10 to 19 times	1.0%
E. 20 to 39 times	0.7%
F. 40 or more times	1.6%

**Q-49 During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?**

	<u>Percent</u>
A. 0 times	96.0%
B. 1 or 2 times	1.7%
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	1.1%

**Q-50 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?**

	<u>Percent</u>
A. 0 times	84.6%
B. 1 or 2 times	8.1%
C. 3 to 9 times	3.5%
D. 10 to 19 times	1.5%
E. 20 to 39 times	0.7%
F. 40 or more times	1.6%

**Q-51 During your life, how many times have you used heroin (also called smack, junk, or China White)?**

	<u>Percent</u>
A. 0 times	96.4%
B. 1 or 2 times	1.3%
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	1.1%

**Q-52 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?**

	<u>Percent</u>
A. 0 times	91.7%
B. 1 or 2 times	3.4%
C. 3 to 9 times	1.6%
D. 10 to 19 times	1.0%
E. 20 to 39 times	0.5%
F. 40 or more times	1.8%

**Q-53 During your life, how many times have you used ecstasy (also called MDMA)?**

	<u>Percent</u>
A. 0 times	93.7%
B. 1 or 2 times	3.3%
C. 3 to 9 times	1.0%
D. 10 to 19 times	0.4%
E. 20 to 39 times	0.1%
F. 40 or more times	1.3%

**Q-54 During your life, how many times have you taken steroid pills or shots without a doctor's prescription?**

	<u>Percent</u>
A. 0 times	95.6%
B. 1 or 2 times	1.6%
C. 3 to 9 times	0.8%
D. 10 to 19 times	0.8%
E. 20 to 39 times	0.4%
F. 40 or more times	0.9%

**Q-55 During your life, how many times have you used a needle to inject any illegal drug into your body?**

	<u>Percent</u>
A. 0 times	96.4%
B. 1 time	1.4%
C. 2 or more times	2.2%

**Q-56 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?**

	<u>Percent</u>
A. Yes	25.3%
B. No	74.7%

**The next 8 questions ask about sexual behavior.**

**Q-57 Have you ever had sexual intercourse?**

	<u>Percent</u>
A. Yes	43.6%
B. No	56.4%

**Q-58 How old were you when you had sexual intercourse for the first time?**

	<u>Percent</u>
A. I have never had sexual intercourse	56.1%
B. 11 years old or younger	3.1%
C. 12 years old	2.0%
D. 13 years old	4.8%
E. 14 years old	9.0%
F. 15 years old	12.2%
G. 16 years old	8.6%
H. 17 years old or older	4.2%

**Q-59 During your life, with how many people have you had sexual intercourse?**

	<u>Percent</u>
A. I have never had sexual intercourse	56.5%
B. 1 person	15.5%
C. 2 people	8.4%
D. 3 people	6.6%
E. 4 people	3.1%
F. 5 people	2.9%
G. 6 or more people	7.0%

**Q-60 During the past 3 months, with how many people did you have sexual intercourse?**

	<u>Percent</u>
A. I have never had sexual intercourse	56.4%
B. I have had sexual intercourse, but not during the past 3 months	12.4%
C. 1 person	23.5%
D. 2 people	4.5%
E. 3 people	1.2%
F. 4 people	0.9%
G. 5 people	0.2%
H. 6 or more people	0.9%

**Q-61 Did you drink alcohol or use drugs before you had sexual intercourse the last time?**

	<u>Percent</u>
A. I have never had sexual intercourse	56.3%
B. Yes	13.0%
C. No	30.6%

**Q-62 The last time you had sexual intercourse, did you or your partner use a condom?**

	<u>Percent</u>
A. I have never had sexual intercourse	56.7%
B. Yes	28.0%
C. No	15.3%

**Q-63 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)**

	<u>Percent</u>
A. I have never had sexual intercourse	56.6%
B. No method was used to prevent pregnancy	4.3%
C. Birth control pills	8.7%
D. Condoms	22.7%
E. Depo-Provera (injectable birth control)	2.0%
F. Withdrawal	3.2%
G. Some other method	1.3%
H. Not sure	1.2%

The next 7 questions ask about body weight.

**Q-64 How do you describe your weight?**

	<u>Percent</u>
A. Very underweight	2.1%
B. Slightly underweight	12.1%
C. About the right weight	54.2%
D. Slightly overweight	27.9%
E. Very overweight	3.8%

**Q-65 Which of the following are you trying to do about your weight?**

	<u>Percent</u>
A. Lose weight	42.6%
B. Gain weight	15.2%
C. Stay the same weight	20.0%
D. I am not trying to do anything about my weight	22.3%

**Q-66 During the past 30 days, did you exercise to lose weight or to keep from gaining weight?**

	<u>Percent</u>
A. Yes	59.7%
B. No	40.3%

**Q-67 During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?**

	<u>Percent</u>
A. Yes	39.6%
B. No	60.4%

**Q-68 During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?**

	<u>Percent</u>
A. Yes	12.1%
B. No	87.9%

**Q-69 During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)**

	<u>Percent</u>
A. Yes	5.9%
B. No	94.1%

**Q-70 During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?**

	<u>Percent</u>
A. Yes	6.3%
B. No	93.7%

The next 7 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.

**Q-71 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.)**

	<u>Percent</u>
A. I did not drink 100% fruit juice during the past 7 days	18.7%
B. 1 to 3 times during the past 7 days	37.0%
C. 4 to 6 times during the past 7 days	19.5%
D. 1 time per day	8.8%
E. 2 times per day	8.4%
F. 3 times per day	3.5%
G. 4 or more times per day	4.0%

**Q-72 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)**

	<u>Percent</u>
A. I did not eat fruit during the past 7 days	12.7%
B. 1 to 3 times during the past 7 days	40.3%
C. 4 to 6 times during the past 7 days	21.2%
D. 1 time per day	10.5%
E. 2 times per day	9.6%
F. 3 times per day	3.1%
G. 4 or more times per day	2.6%

**Q-73 During the past 7 days, how many times did you eat green salad?**

	<u>Percent</u>
A. I did not eat green salad during the past 7 days	28.1%
B. 1 to 3 times during the past 7 days	45.7%
C. 4 to 6 times during the past 7 days	14.9%
D. 1 time per day	8.0%
E. 2 times per day	2.0%
F. 3 times per day	0.5%
G. 4 or more times per day	0.8%

**Q-74 During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)**

	<u>Percent</u>
A. I did not eat potatoes during the past 7 days	26.9%
B. 1 to 3 times during the past 7 days	52.8%
C. 4 to 6 times during the past 7 days	13.2%
D. 1 time per day	3.9%
E. 2 times per day	1.6%
F. 3 times per day	0.6%
G. 4 or more times per day	1.0%



**Q-75 During the past 7 days, how many times did you eat carrots?**

	<u>Percent</u>
A. I did not eat carrots during the past 7 days	42.5%
B. 1 to 3 times during the past 7 days	42.3%
C. 4 to 6 times during the past 7 days	9.0%
D. 1 time per day	3.7%
E. 2 times per day	1.3%
F. 3 times per day	0.6%
G. 4 or more times per day	0.6%

**Q-76 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)**

	<u>Percent</u>
A. I did not eat other vegetables during the past 7 day	15.3%
B. 1 to 3 times during the past 7 days	44.1%
C. 4 to 6 times during the past 7 days	21.8%
D. 1 time per day	10.9%
E. 2 times per day	5.4%
F. 3 times per day	1.1%
G. 4 or more times per day	1.4%

**Q-77 During the past 7 days, how many glasses of milk did you drink? (Include 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.)**

	<u>Percent</u>
A. I did not drink milk during the past 7 days	10.7%
B. 1 to 3 glasses during the past 7 days	17.9%
C. 4 to 6 glasses during the past 7 days	18.0%
D. 1 glass per day	13.4%
E. 2 glasses per day	18.4%
F. 3 glasses per day	12.4%
G. 4 or more glasses per day	9.2%

**The next 7 questions ask about physical activity.**

**Q-78 On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?**

	<u>Percent</u>
A. 0 days	14.2%
B. 1 day	9.7%
C. 2 days	11.1%
D. 3 days	13.7%
E. 4 days	10.1%
F. 5 days	14.4%
G. 6 days	8.7%
H. 7 days	18.2%

**Q-79** On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

	<u>Percent</u>
A. 0 days	22.5%
B. 1 day	12.7%
C. 2 days	15.1%
D. 3 days	13.6%
E. 4 days	7.8%
F. 5 days	8.7%
G. 6 days	3.9%
H. 7 days	15.7%

**Q-80** 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 spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

	<u>Percent</u>
A. 0 days	25.2%
B. 1 day	12.1%
C. 2 days	12.1%
D. 3 days	11.1%
E. 4 days	8.4%
F. 5 days	10.5%
G. 6 days	6.7%
H. 7 days	14.0%

**Q-81** On an average school day, how many hours do you watch TV?

	<u>Percent</u>
A. I do not watch TV on an average school day	10.8%
B. Less than 1 hour per day	19.8%
C. 1 hour per day	19.7%
D. 2 hours per day	23.4%
E. 3 hours per day	15.6%
F. 4 hours per day	6.0%
G. 5 or more hours per day	4.7%

**Q-82** In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	<u>Percent</u>
A. 0 days	41.9%
B. 1 day	1.6%
C. 2 days	4.7%
D. 3 days	14.7%
E. 4 days	3.2%
F. 5 days	34.0%

**Q-83 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?**

	<u>Percent</u>
A. I do not take PE	41.6%
B. Less than 10 minutes	2.3%
C. 10 to 20 minutes	6.7%
D. 21 to 30 minutes	12.5%
E. 31 to 40 minutes	16.7%
F. 41 to 50 minutes	12.5%
G. 51 to 60 minutes	4.0%
H. More than 60 minutes	3.7%

**Q-84 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)**

	<u>Percent</u>
A. 0 teams	38.3%
B. 1 team	24.4%
C. 2 teams	19.7%
D. 3 or more teams	17.5%

The next question asks about AIDS education.

**Q-85 Have you ever been taught about AIDS or HIV infection in school?**

	<u>Percent</u>
A. Yes	90.0%
B. No	6.0%
C. Not sure	4.0%

**Q-86 Has a doctor or nurse ever told you that you have asthma?**

	<u>Percent</u>
A. Yes	18.9%
B. No	77.6%
C. Not sure	3.4%

**Q-87 During the past 12 months, have you had an episode of asthma or an asthma attack?**

	<u>Percent</u>
A. I do not have asthma	76.9%
B. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months	12.4%
C. Yes, I have had an episode of asthma or an asthma attack during the past 12 months	7.0%
D. Not sure	3.7%

**Q-88 At school during the past 12 months, did you receive help from a resource teacher, speech therapist or other special education teacher?**

	<u>Percent</u>
A. Yes	9.8%
B. No	90.2%

**Q-89 How often do you wear a seat belt when driving a car?**

	<u>Percent</u>
A. I do not drive a car	15.6%
B. Never	6.0%
C. Rarely	9.8%
D. Sometimes	12.3%
E. Most of the time	18.9%
F. Always	37.5%

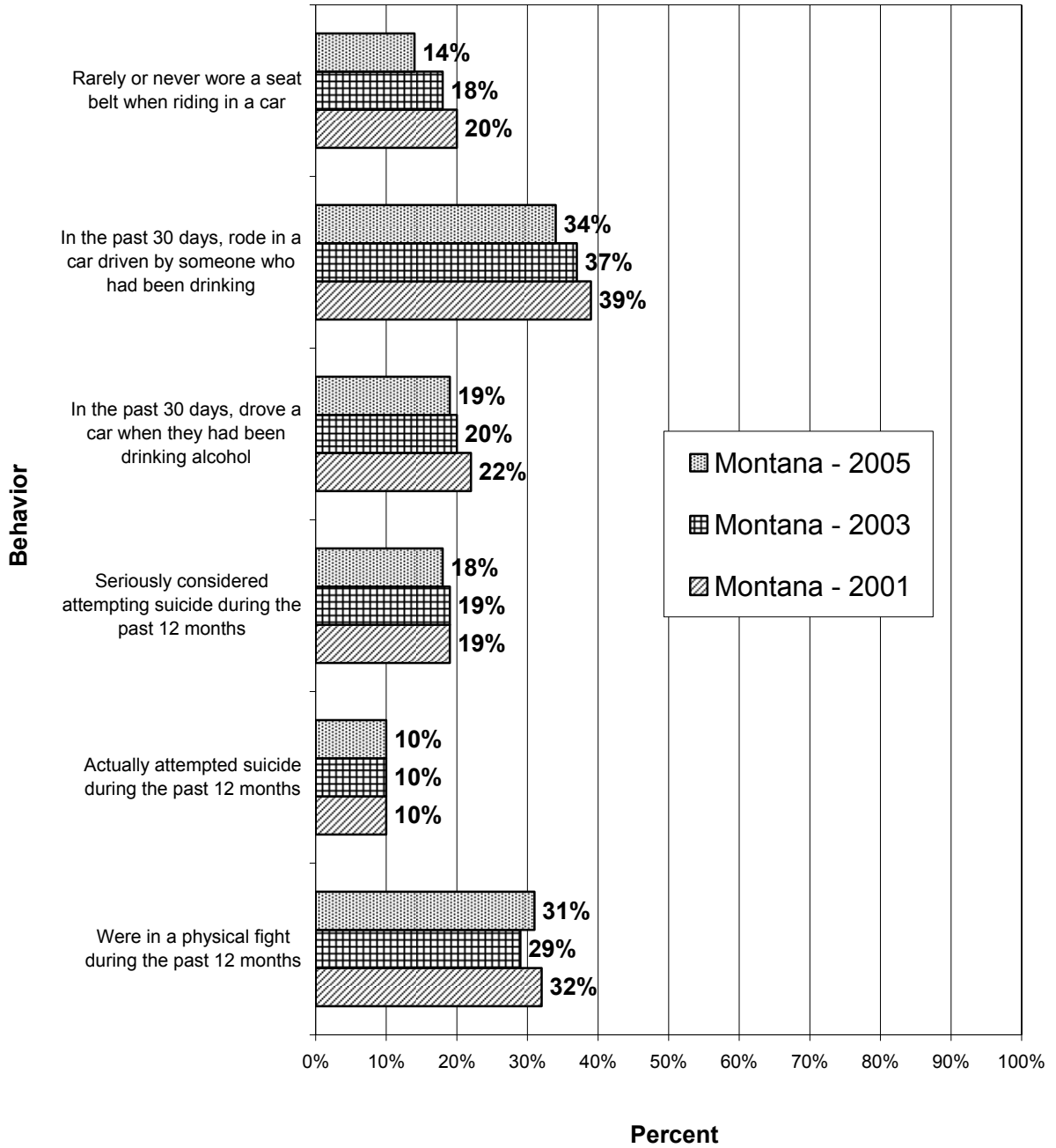
**Q-90 Do you drive, and did you complete driver education (classroom and behind-the-wheel)?**

	<u>Percent</u>
A. No, I do not drive; I do not have a valid license or permit, and no, I did not complete driver education.	21.7%
B. No, I do not drive; I do not have a valid license or permit, but yes, I completed driver education.	4.2%
C. Yes, I drive with a valid license or permit, but no, I did not complete driver education.	7.2%
D. Yes, I drive with a valid license or permit, and yes, I did complete driver education.	59.1%
E. Yes, I drive regularly on public roads, but I do not have a valid license or permit.	7.7%

## **APPENDIX B**

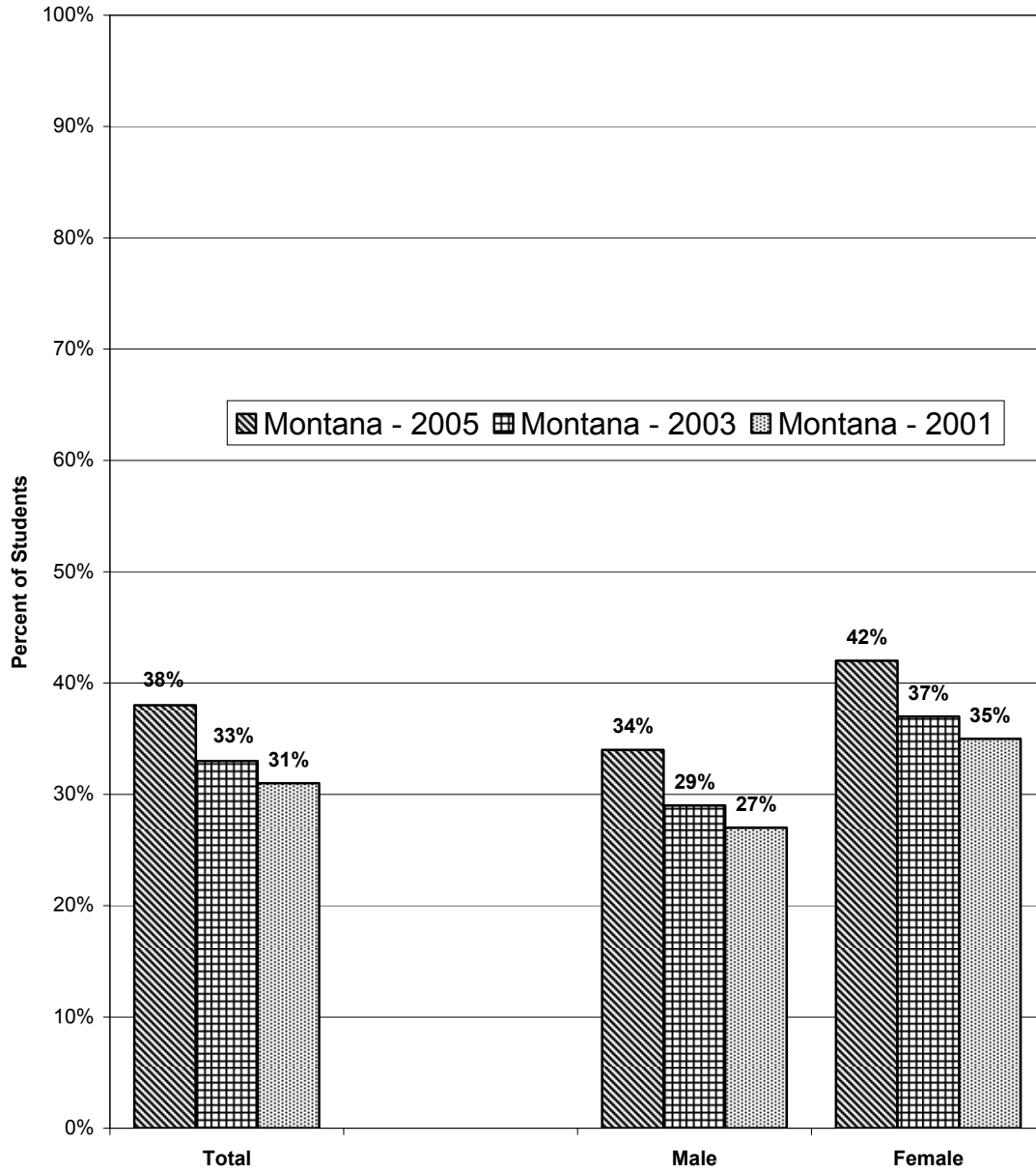
### **REFERENCED FIGURES**

**Figure 1**  
**Unintentional injury and violence risk behaviors of high school students**



**Figure 2**

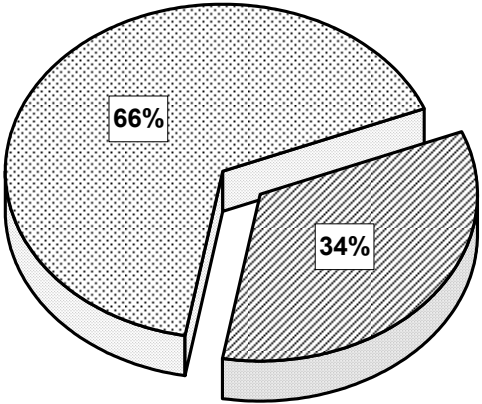
**Percent of high school students who "Always" wear a seat belt when riding in a car driven by someone else**



**Figure 3**

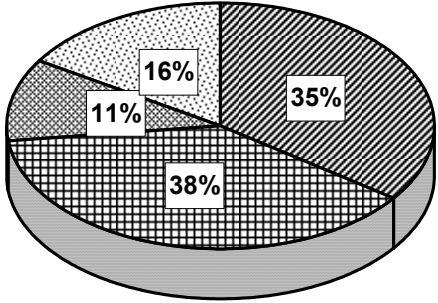
**Percent of those high school students who, during the past 30 days, reported riding in a vehicle that was driven by someone who had been drinking, by number of times**

**Percent of all high school students**



- Have not ridden with drinker
- Have ridden with drinker

**Number of times they rode with drinker, by percent**



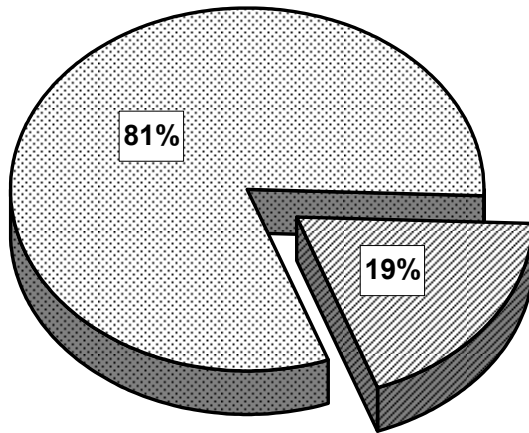
- Once
- 2 or 3 times
- 4 or 5 times
- 6 or more times



**Figure 4**

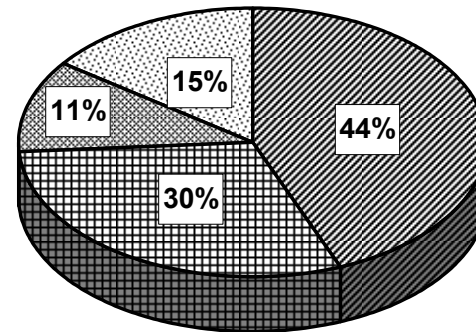
**Percent of those high school students who reported that during the 30 days prior to the survey they drove a vehicle after drinking, by the number of times**

**Percent of all high school students**



■ Have not driven after drinking  
■ Have driven after drinking

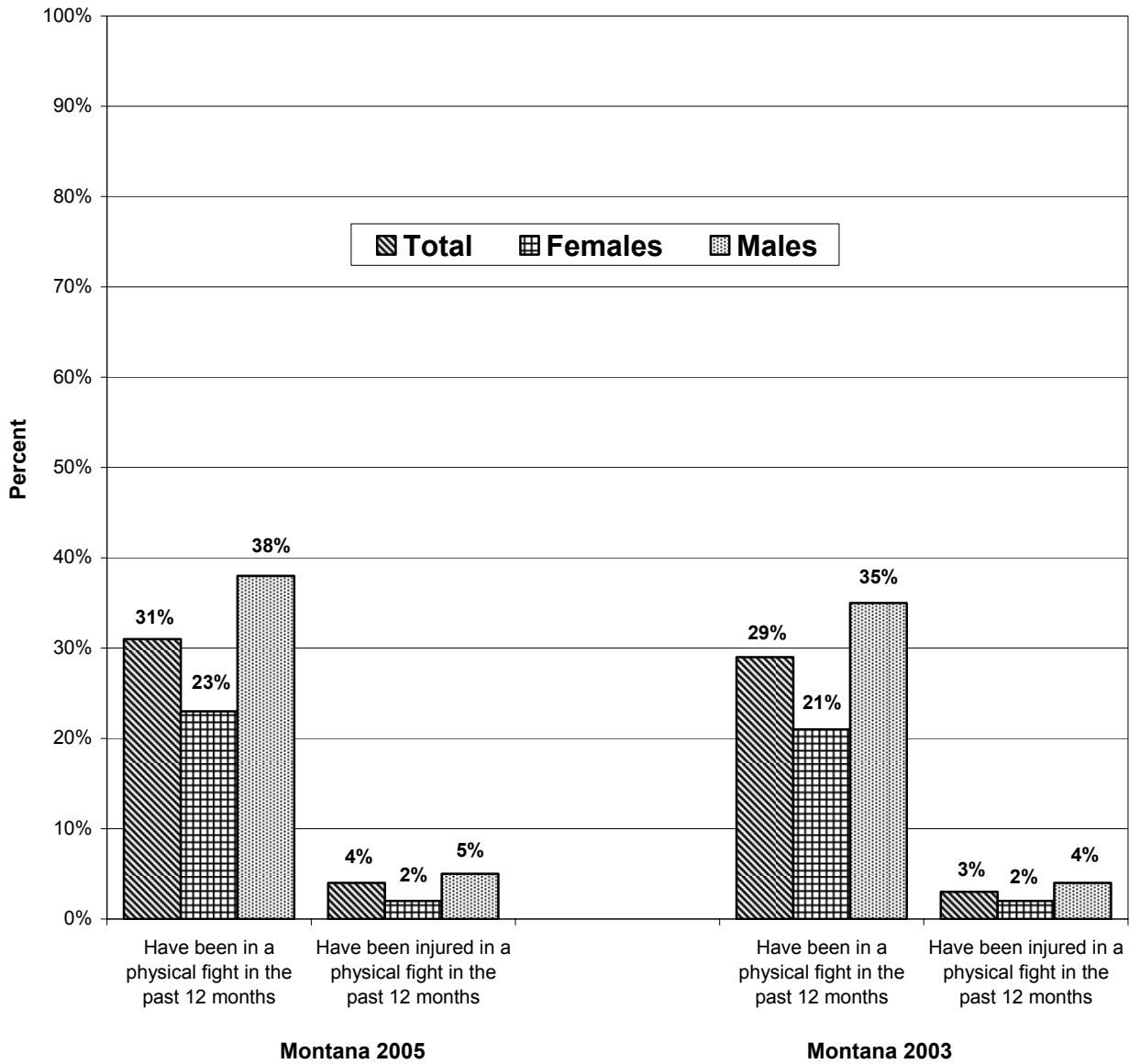
**Number of times they drove while drinking, by percent**



■ Once                      ■ 2 or 3 times  
■ 4 or 5 times            ■ 6 or more times

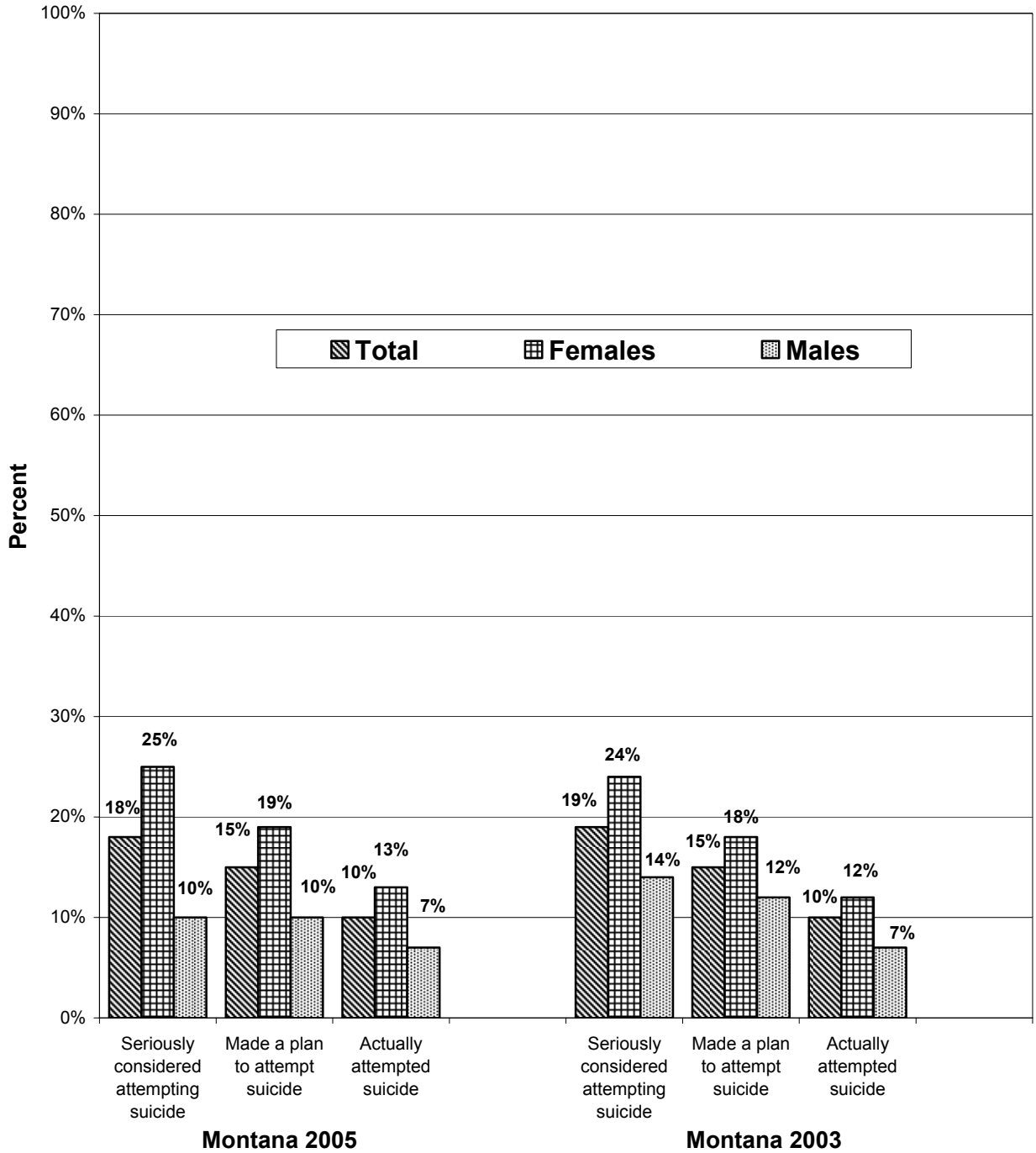
**Figure 5**

**Percent of high school students involved and/or injured in a physical fight in the past 12 months**



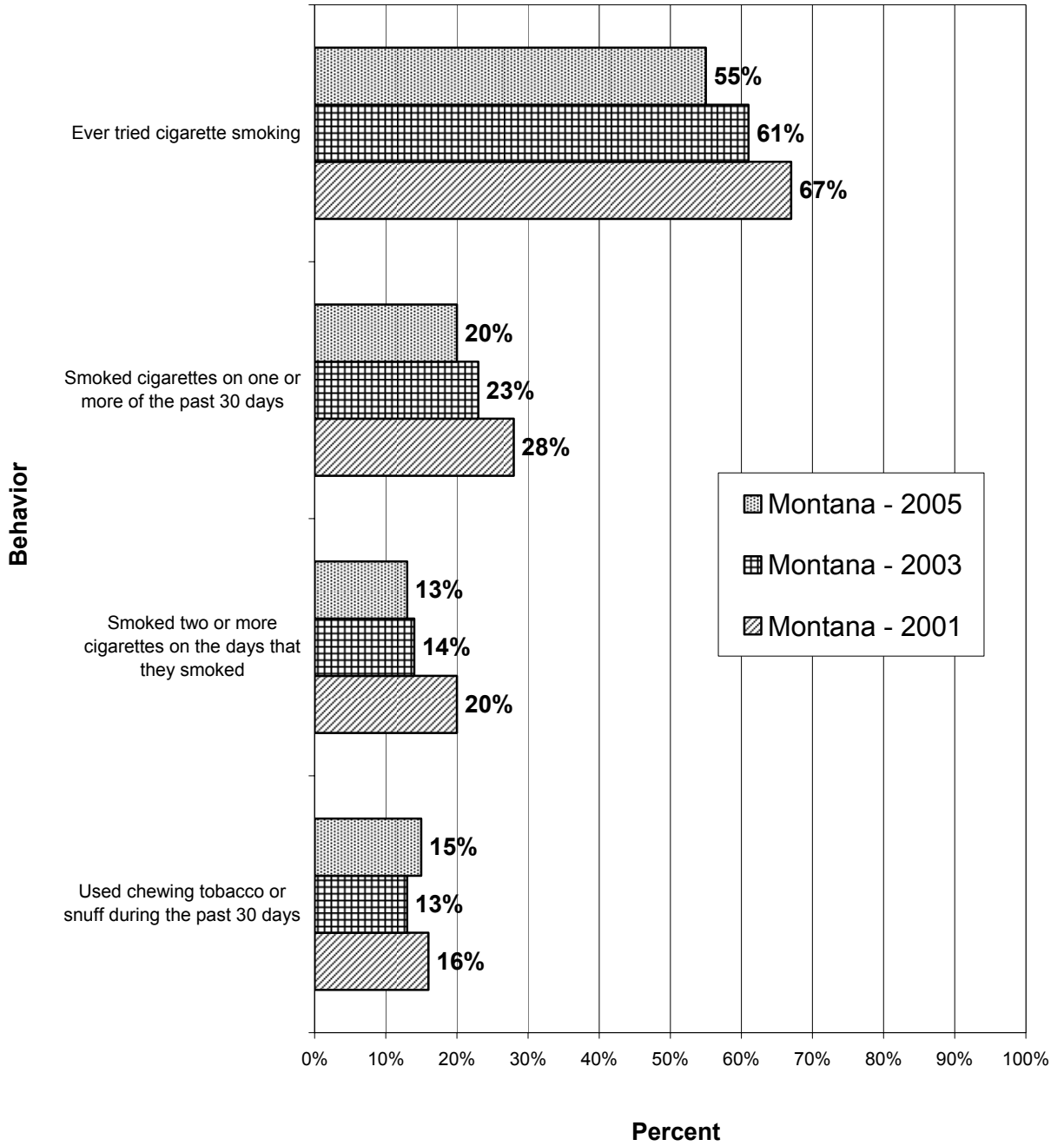
**Figure 6**

**Percent of high school students who considered, planned, or attempted suicide in the past 12 months**



**Figure 7**

**Tobacco use risk behaviors of high school students**



**Figure 8**

**Percent of high school students who reported that they were current smokers or that they used chewing tobacco or snuff in the 30 days prior to the survey, by gender**

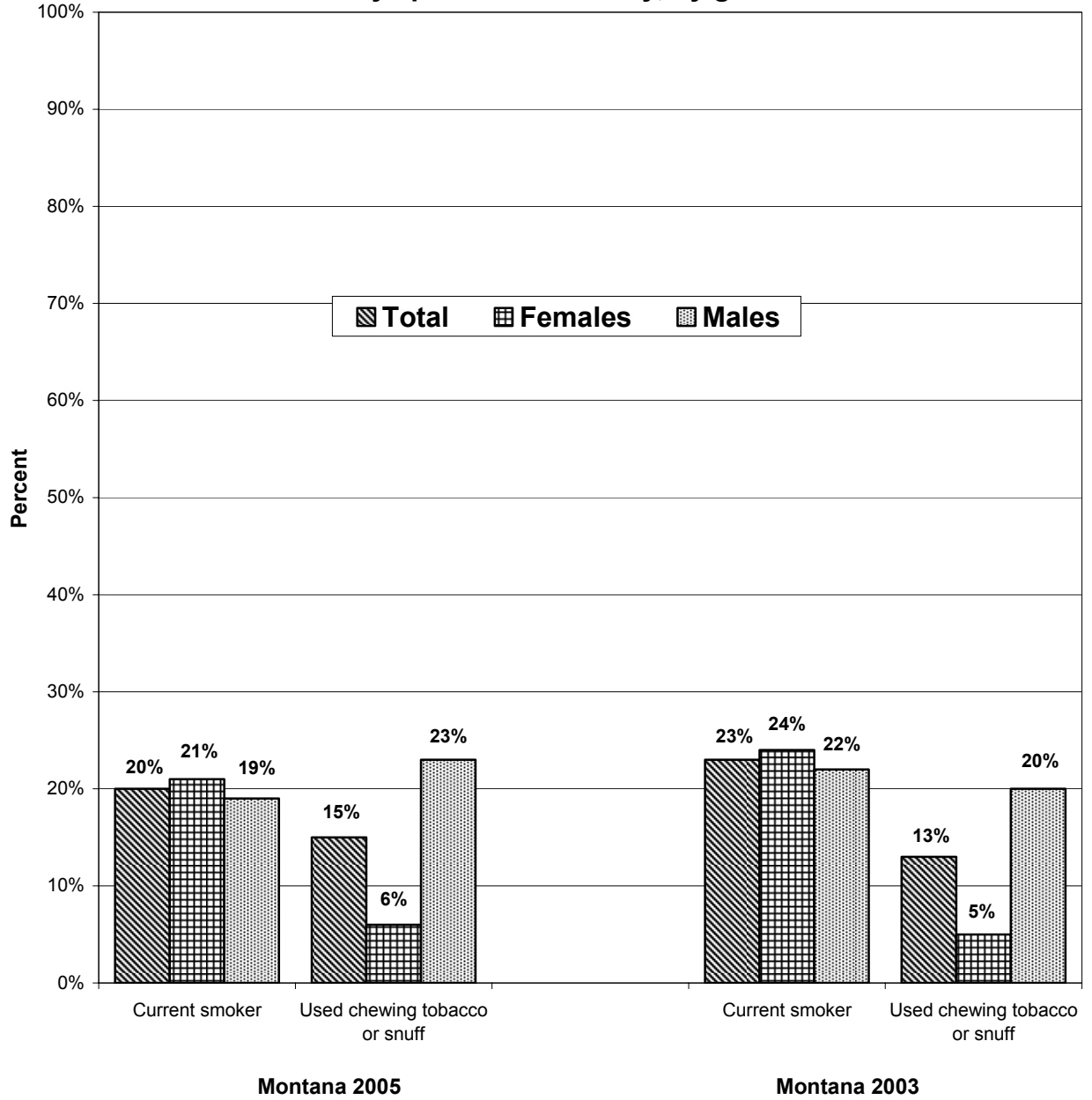


Figure 9

Alcohol and other drug use risk behaviors of Montana high school students

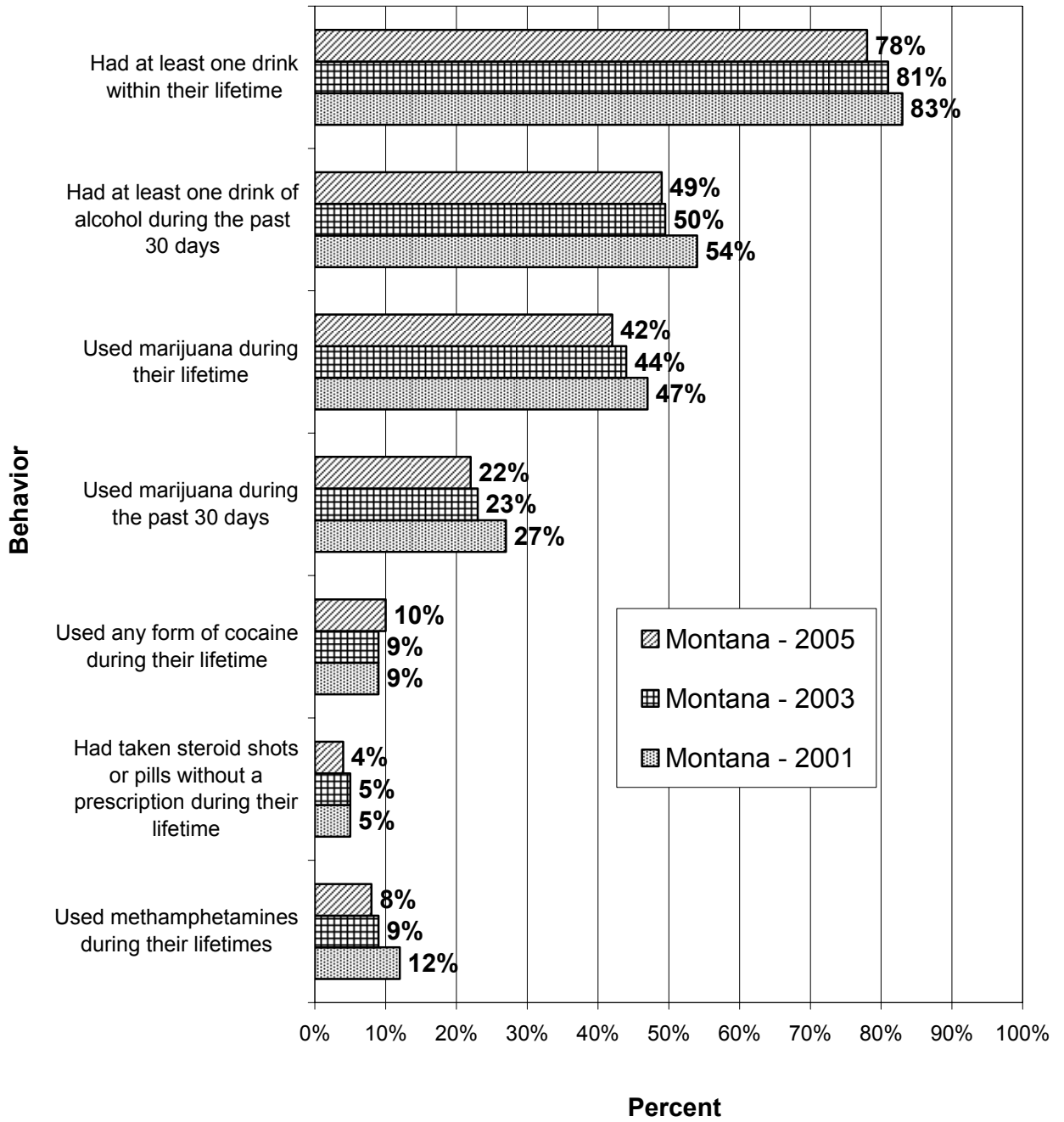


Figure 10

Percent of high school students with a potential for alcohol and other drug use

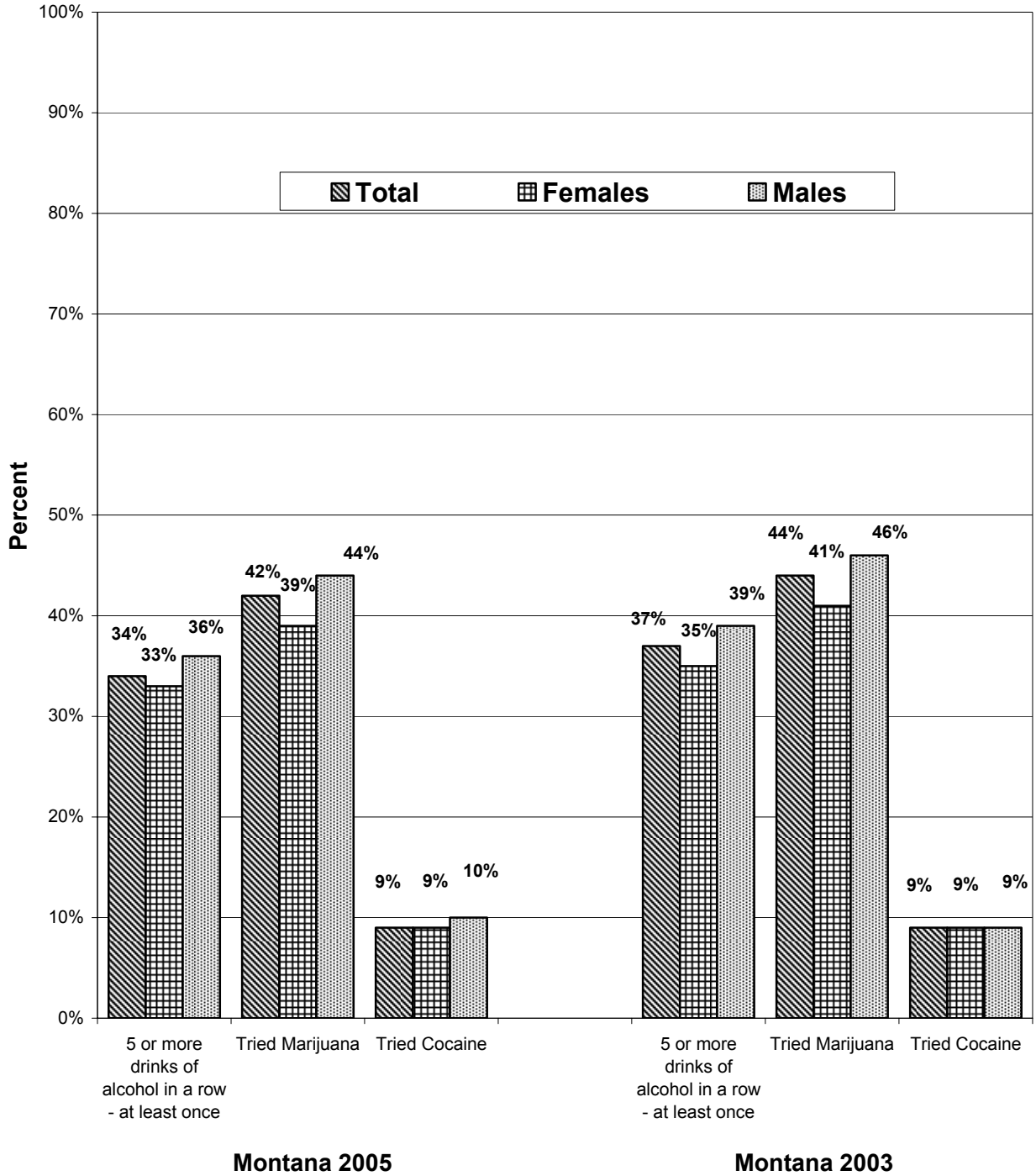


Figure 11

Sexual behaviors of Montana high school students

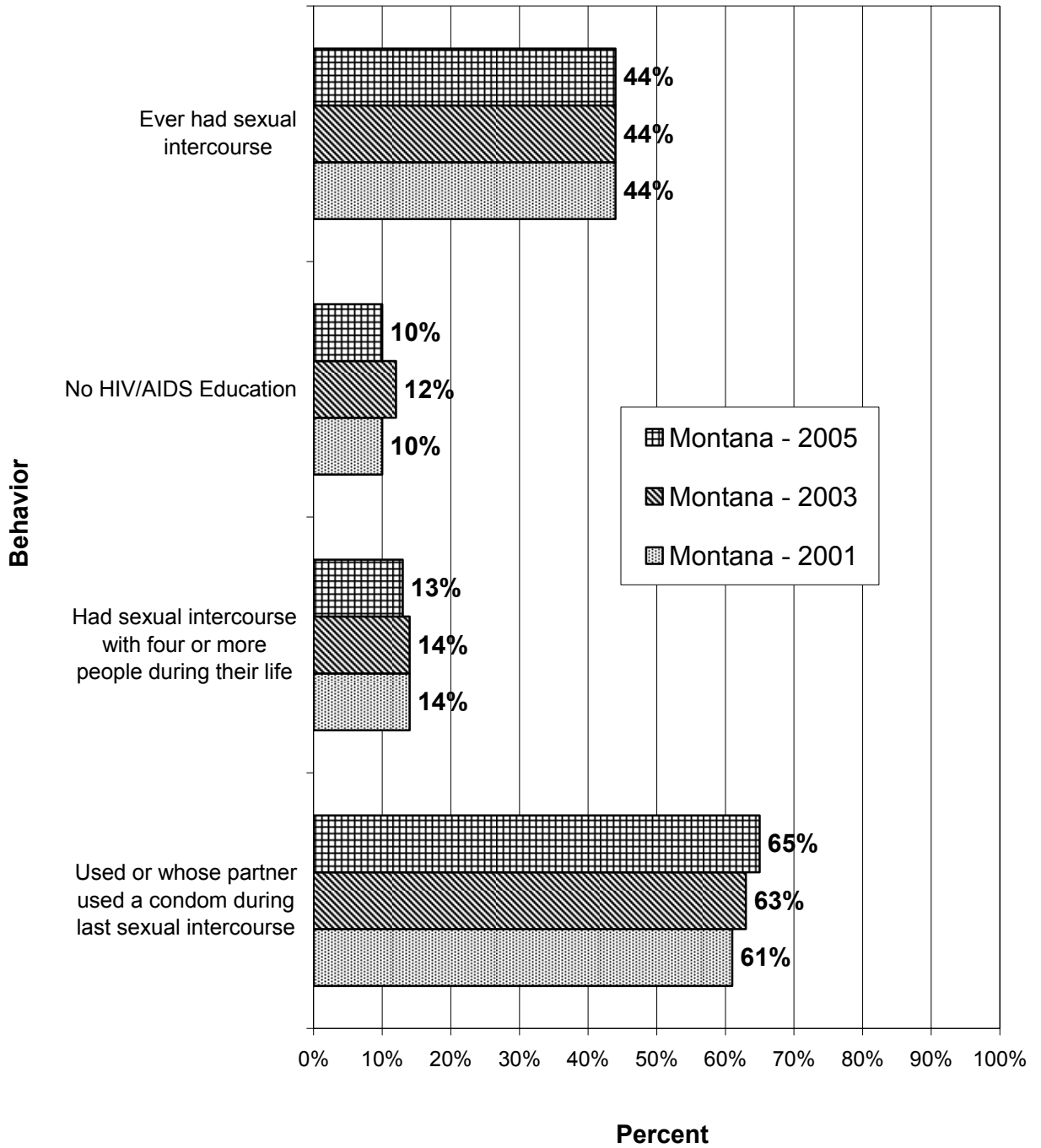




Figure 12

Percent of high school students who reported ever having had sexual intercourse, by gender

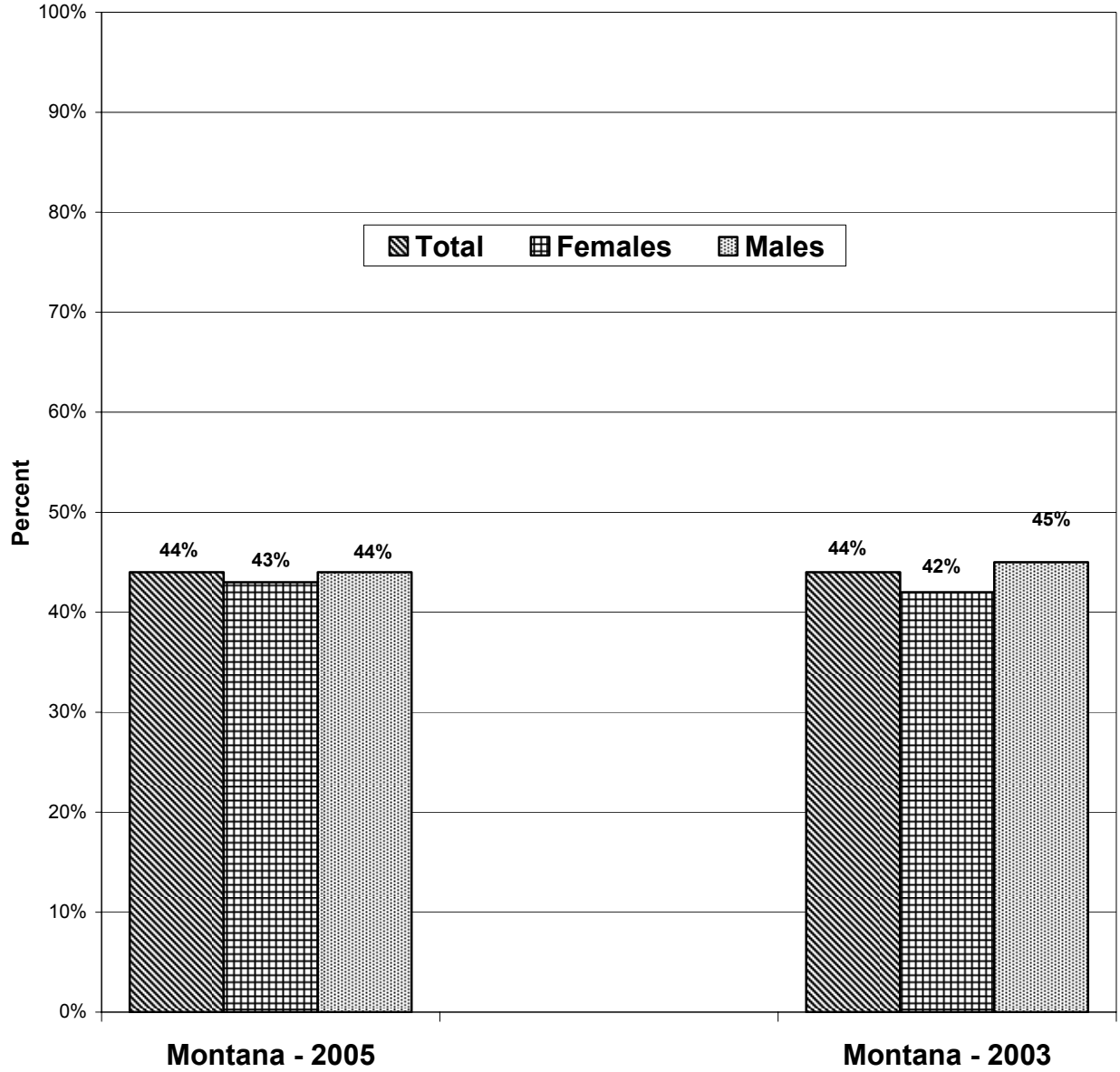


Figure 13

Percent of high school students who have had sexual intercourse and reported having engaged in high-risk sexual behaviors

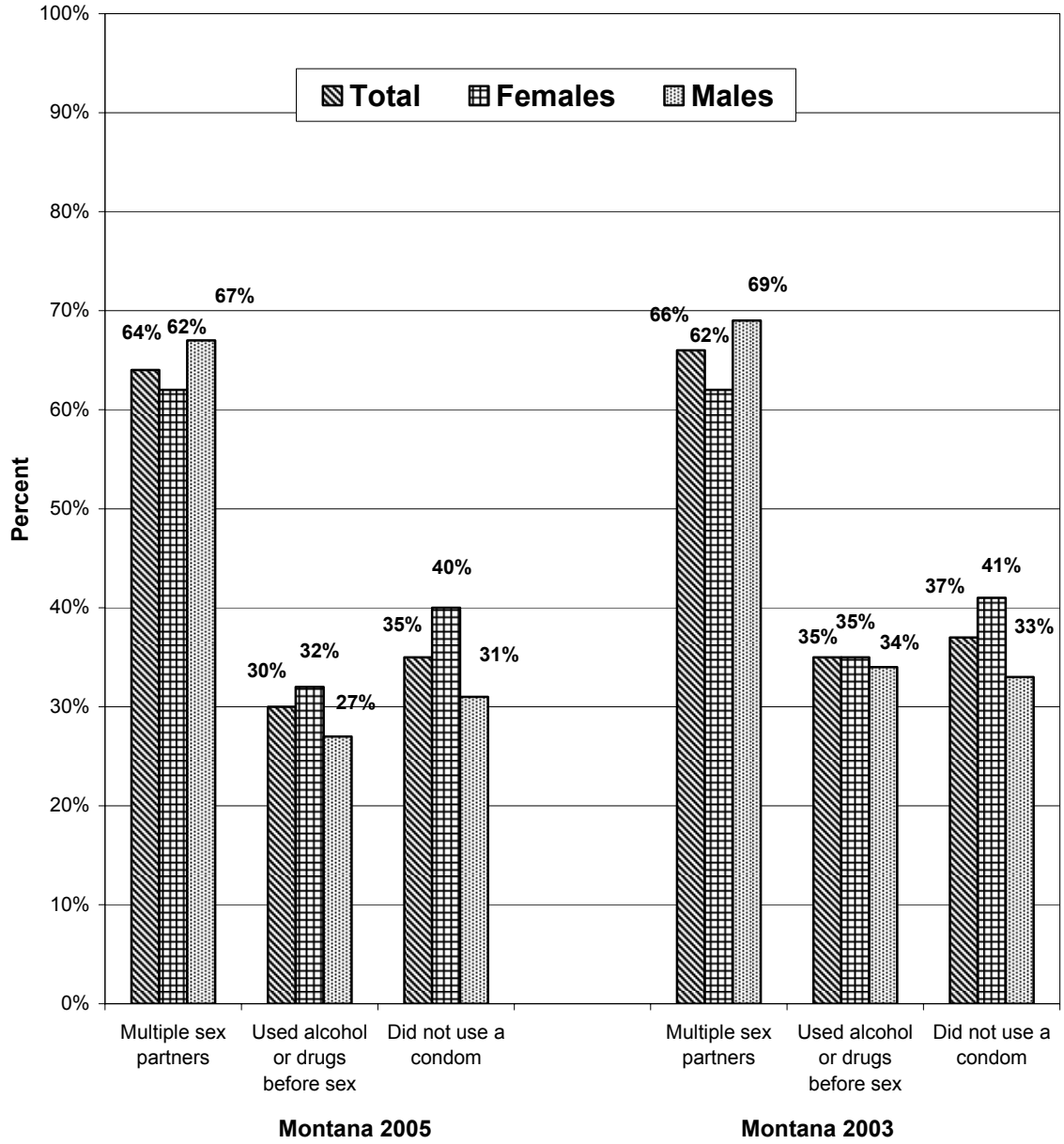


Figure 14

Physical activities of high school students

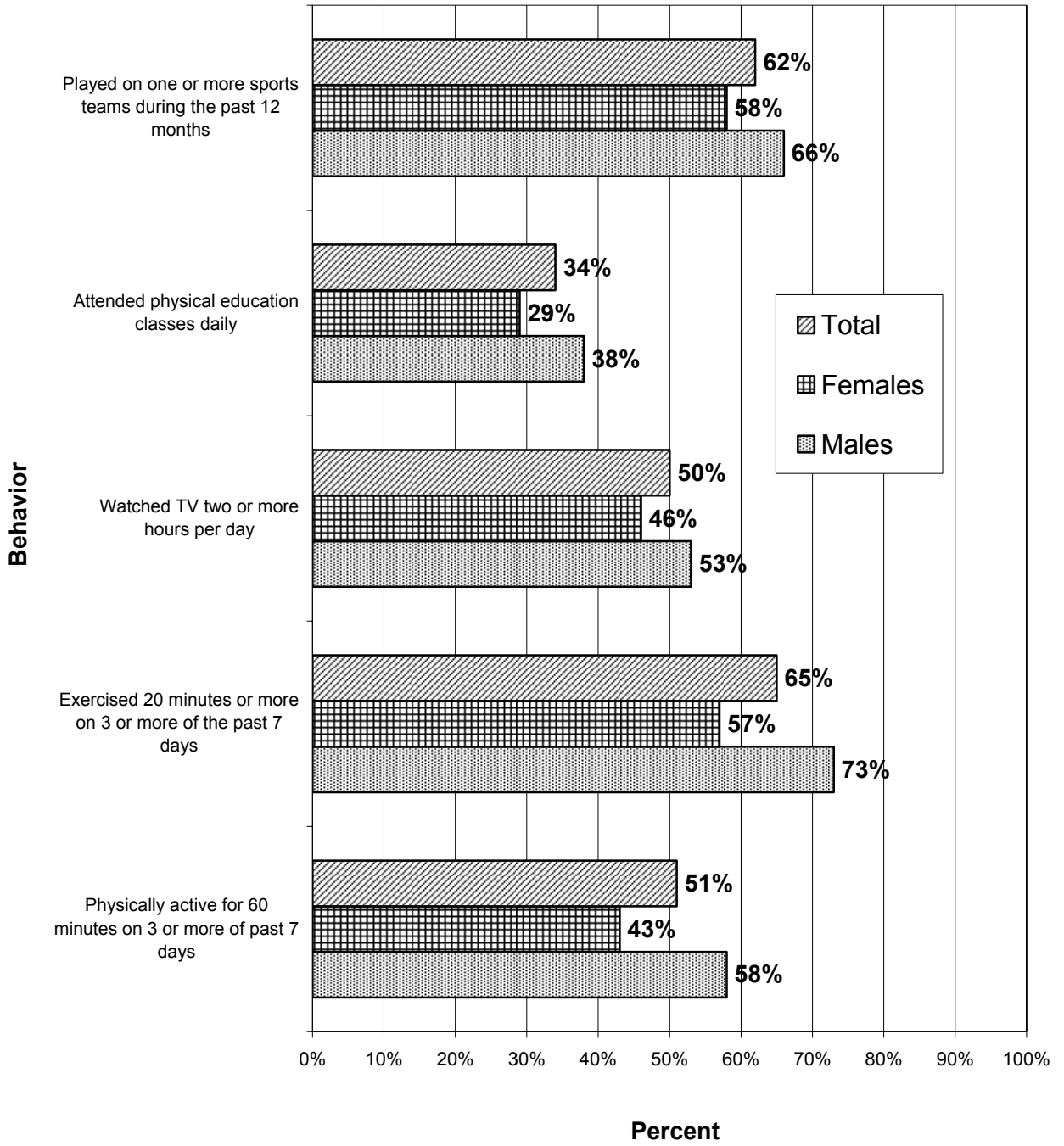
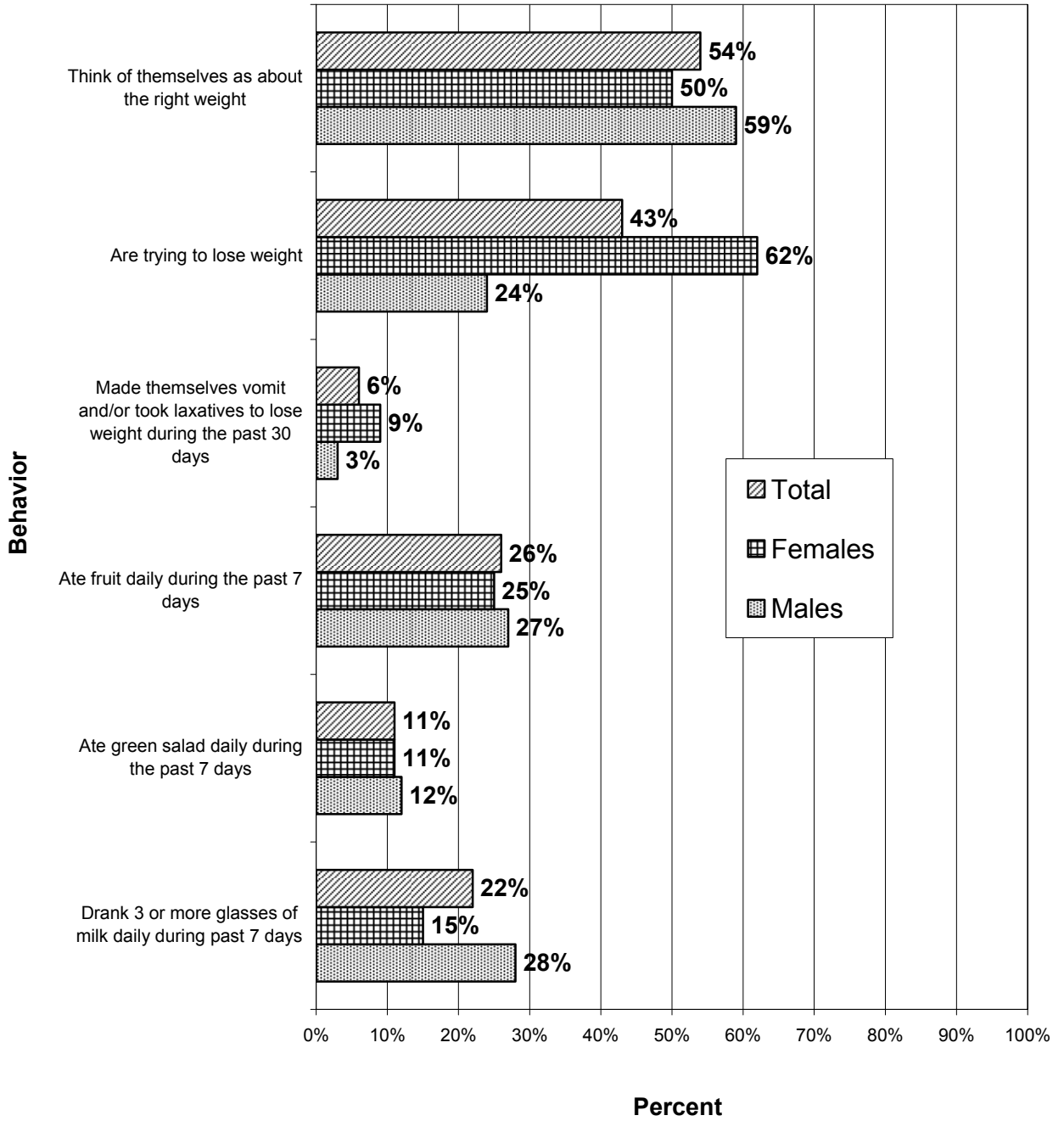


Figure 15

Dietary behaviors of high school students



## **APPENDIX C**

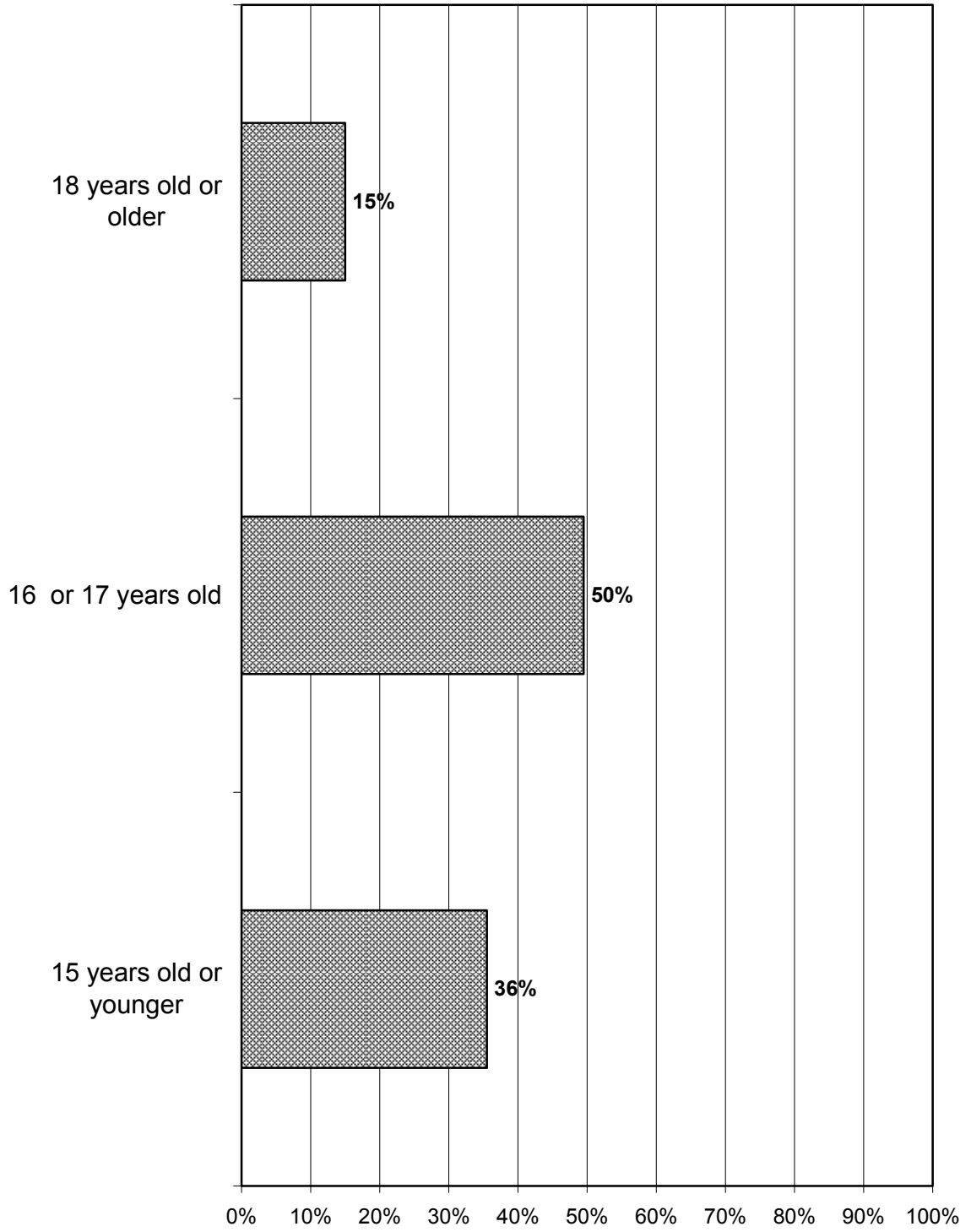
### **ADDITIONAL CHARTS**

## List of Charts in Appendix C

<u>Topic</u>	<u>YRBS Question</u>	<u>Chart</u>
Demographic - age	Q-1	1
Demographic - grade	Q-3	2
Seat belt usage	Q-9	3
Seat belt usage	Q-89	4
Physical fighting	Q-20	5
Suicide related	Q-23	6
Tobacco use	Q-29	7
Tobacco use	Q-31	8
Tobacco use	Q-33	9
Alcohol use	Q-39	10
Marijuana use	Q-44	11
Drug use	Q-50	12
Drug use	Q-55	13
Sexual behavior	Q-60	14
Sexual behavior	Q-63	15
Weight	Q-64	16
Physical activity	Q-79	17
Physical activity	Q-83	18
Physical activity	Q-84	19
HIV/AIDS Education	Q-85	20

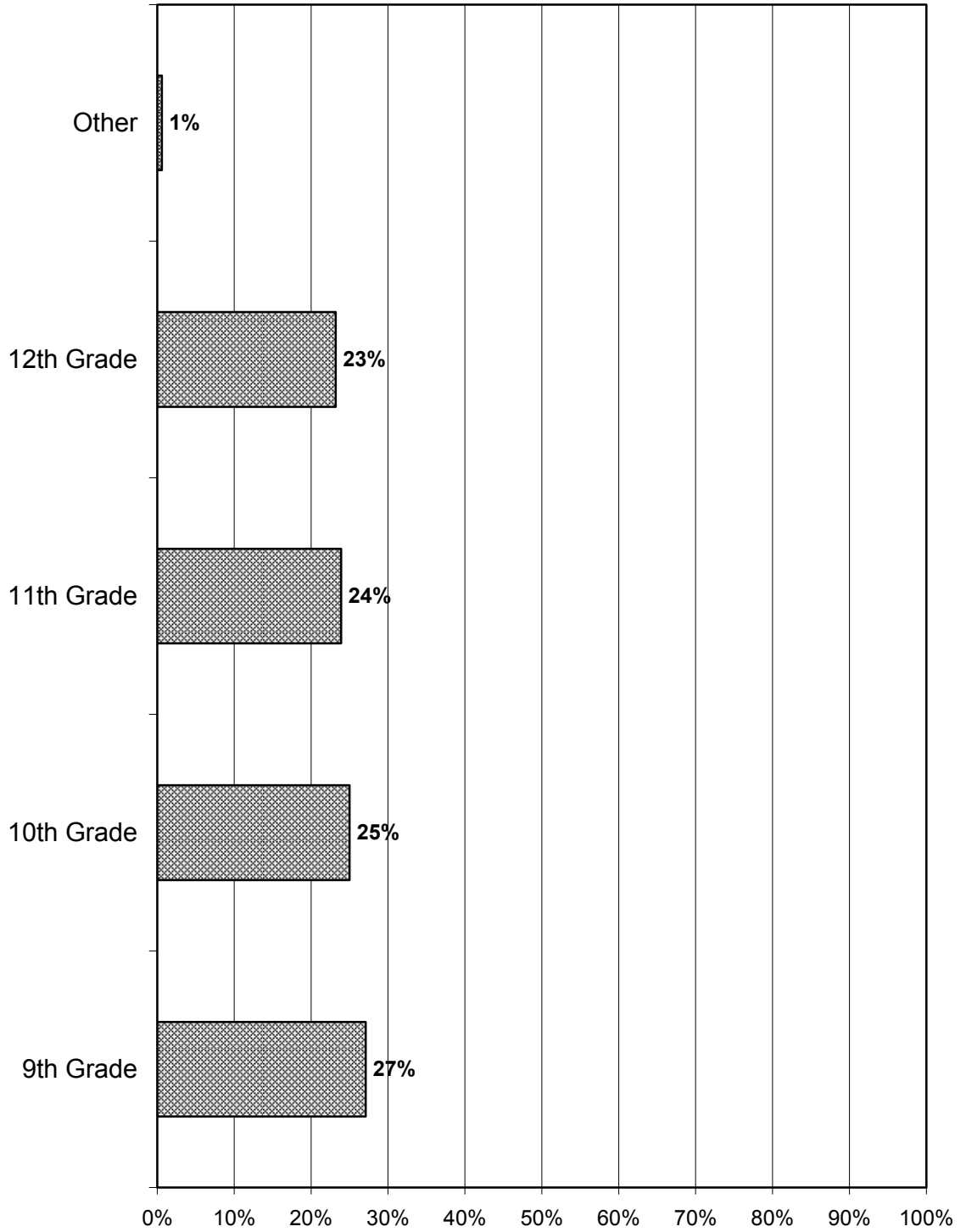
**Chart 1**

**Q-1 How old are you?**



**Chart 2**

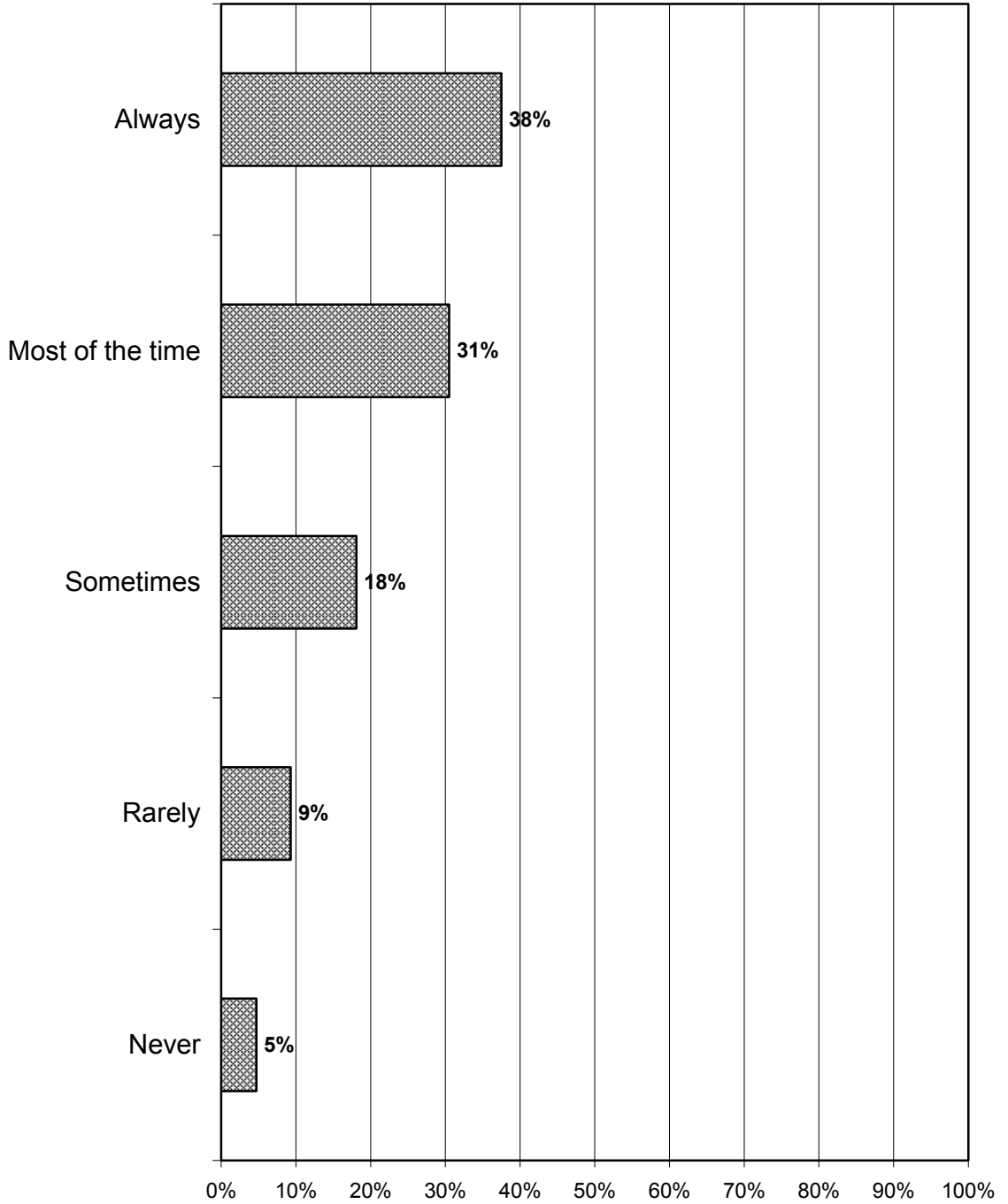
**Q-3 In what grade are you?**





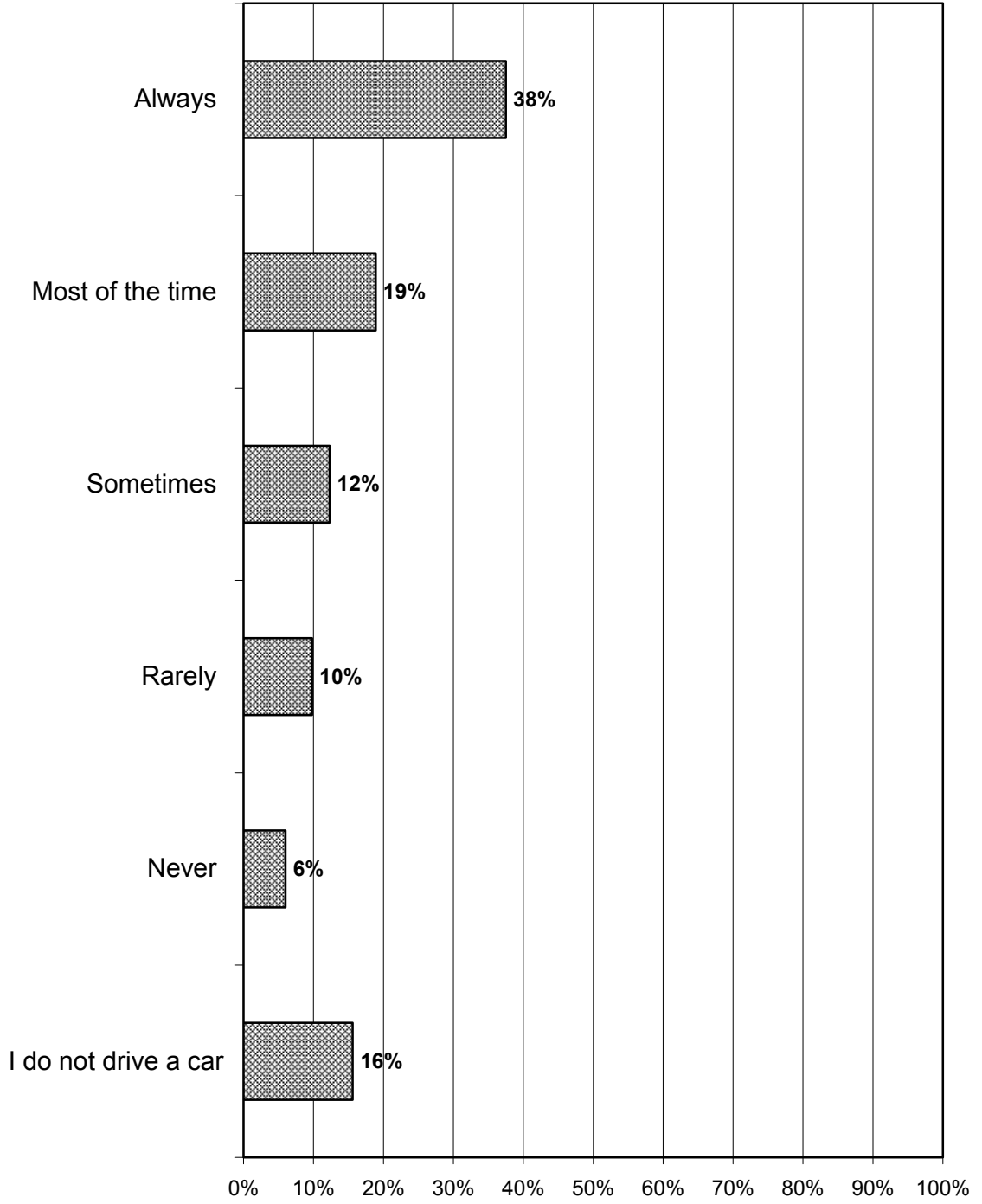
**Chart 3**

**Q-9 How often do you wear a seat belt when riding in a car driven by someone else?**



**Chart 4**

**Q-89 How often do you wear a seat belt when driving a car?**



**Chart 5**  
**Q-20 During the past 12 months, how many times were you in a physical fight on school property?**

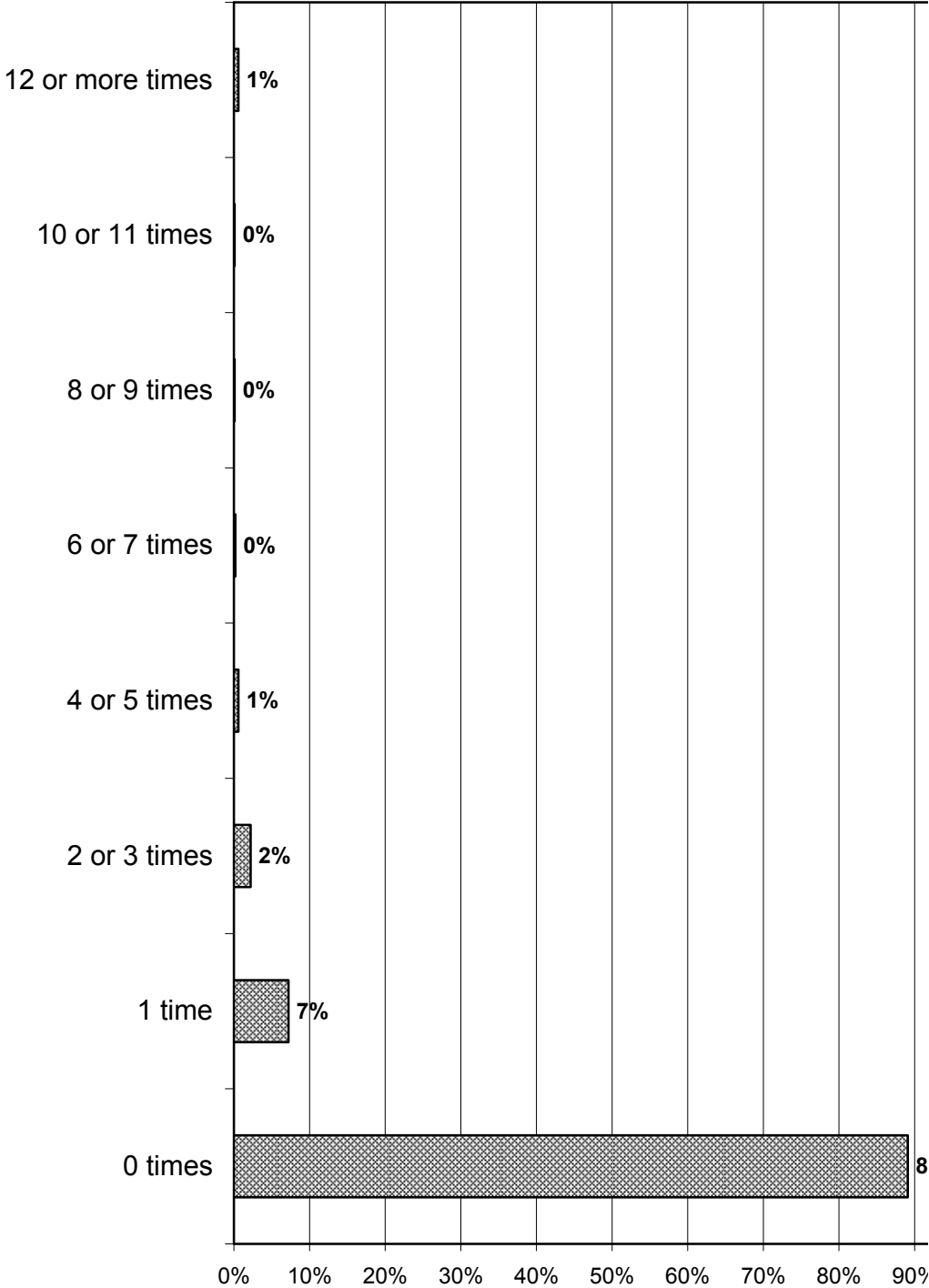
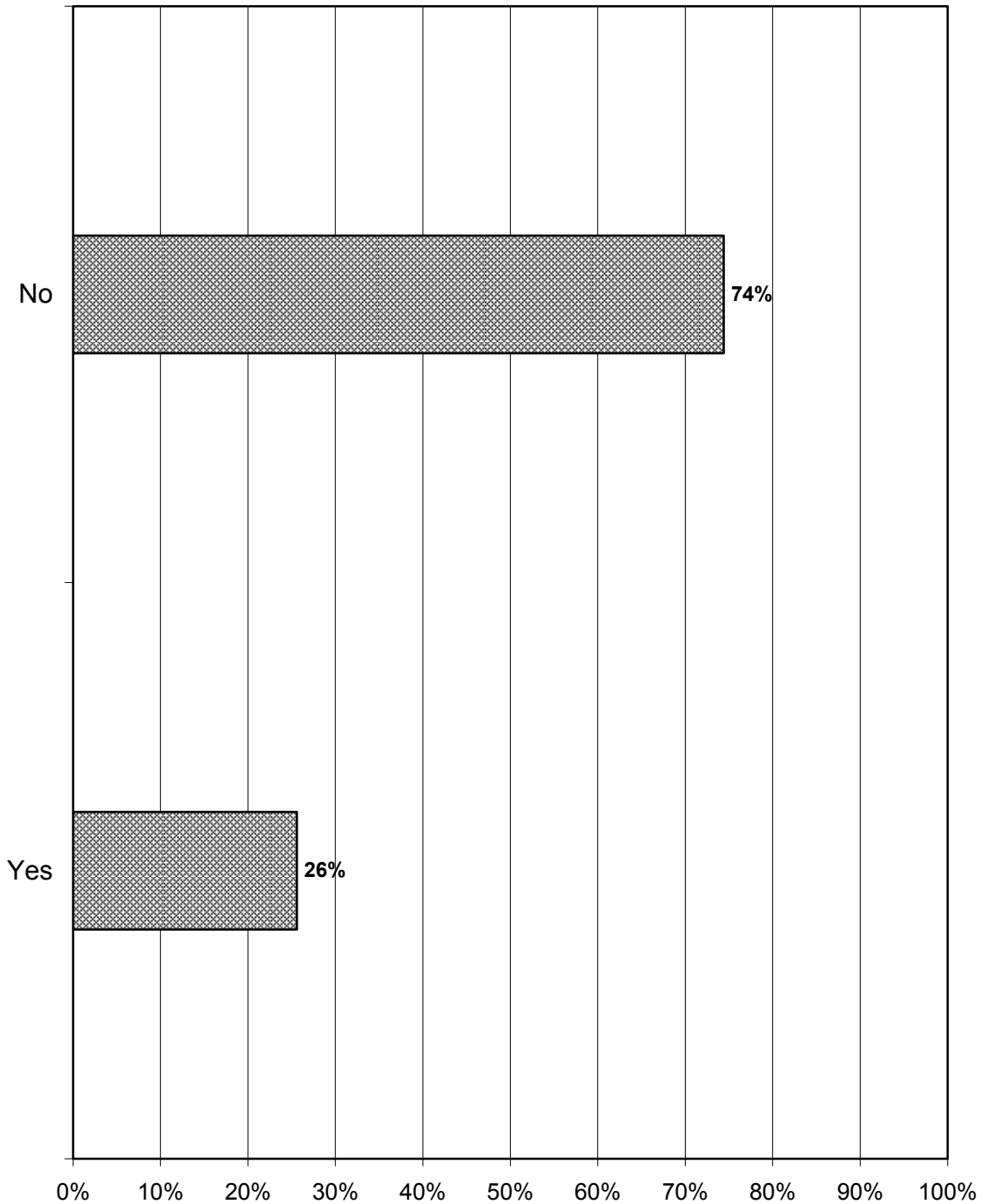
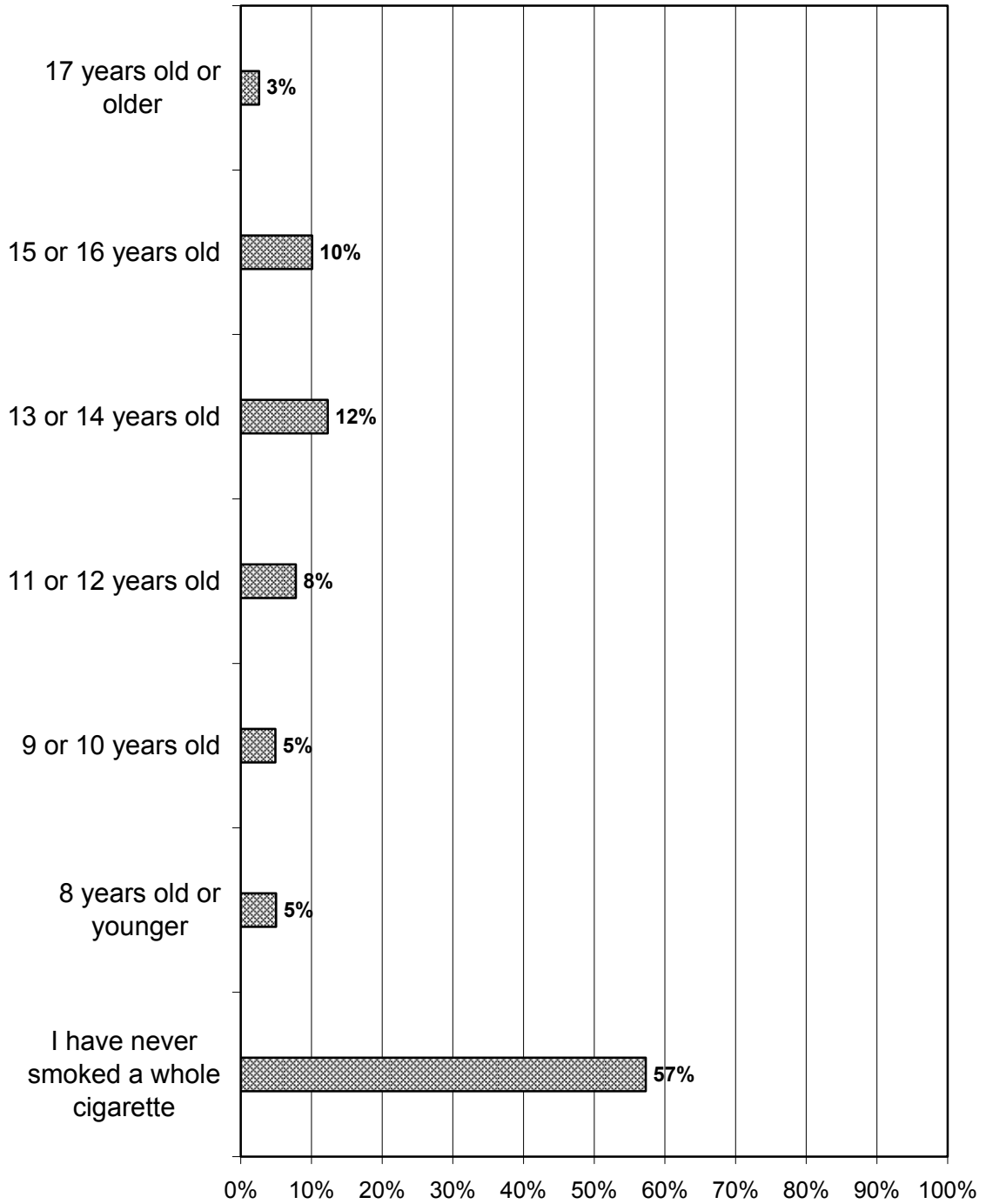


Chart 6

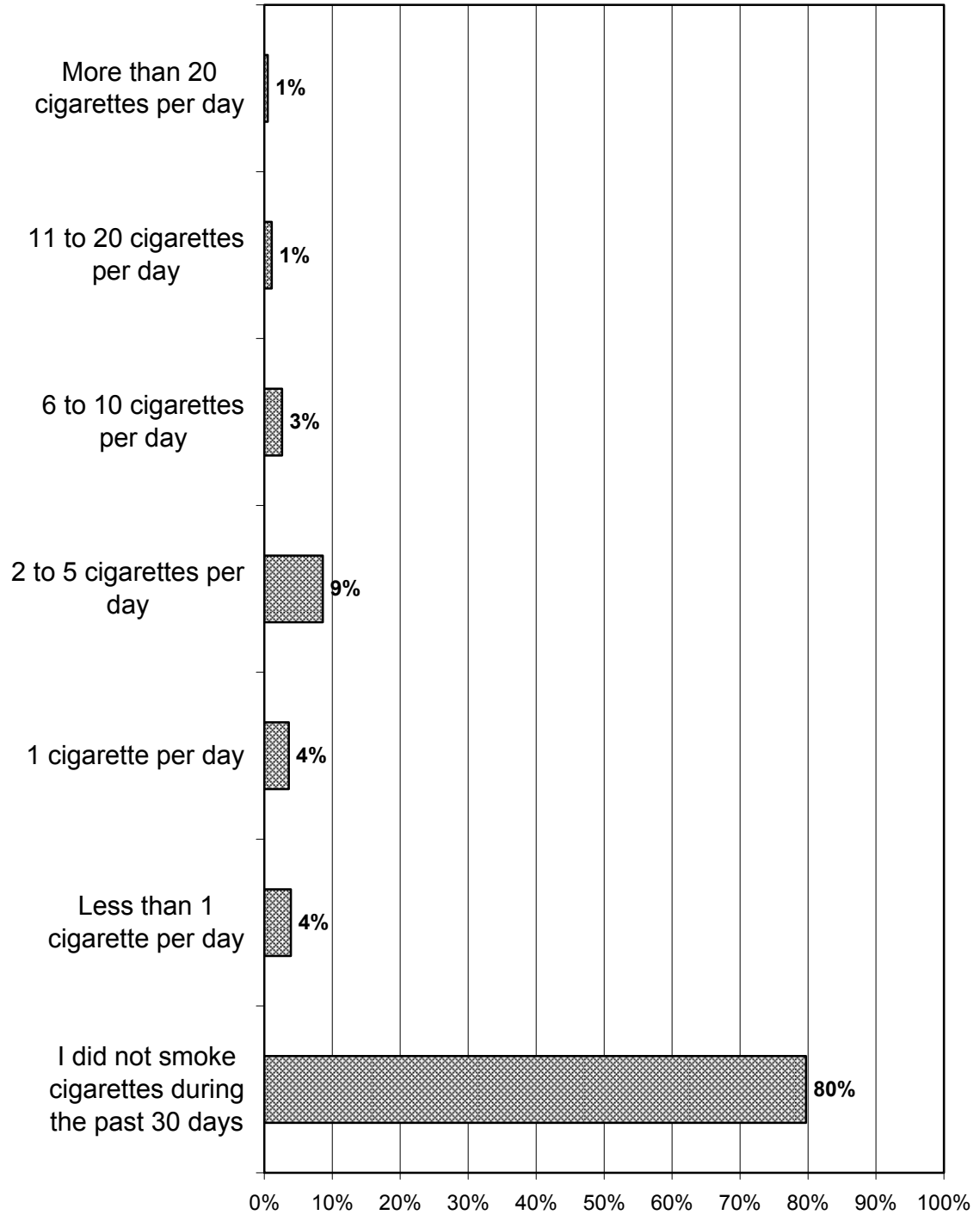
**Q-23 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?**



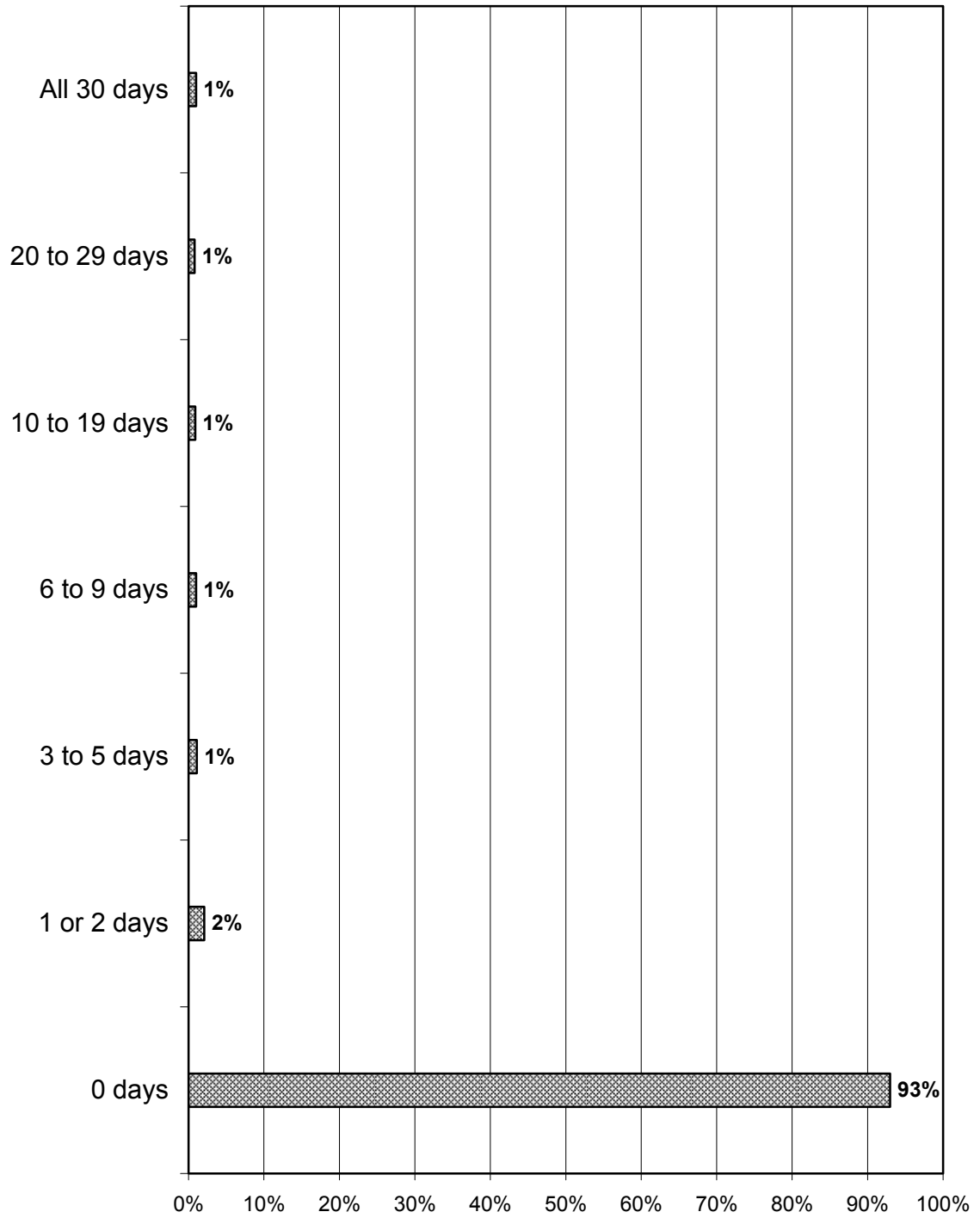
**Chart 7**  
**Q-29 How old were you when you smoked a whole cigarette for the first time?**



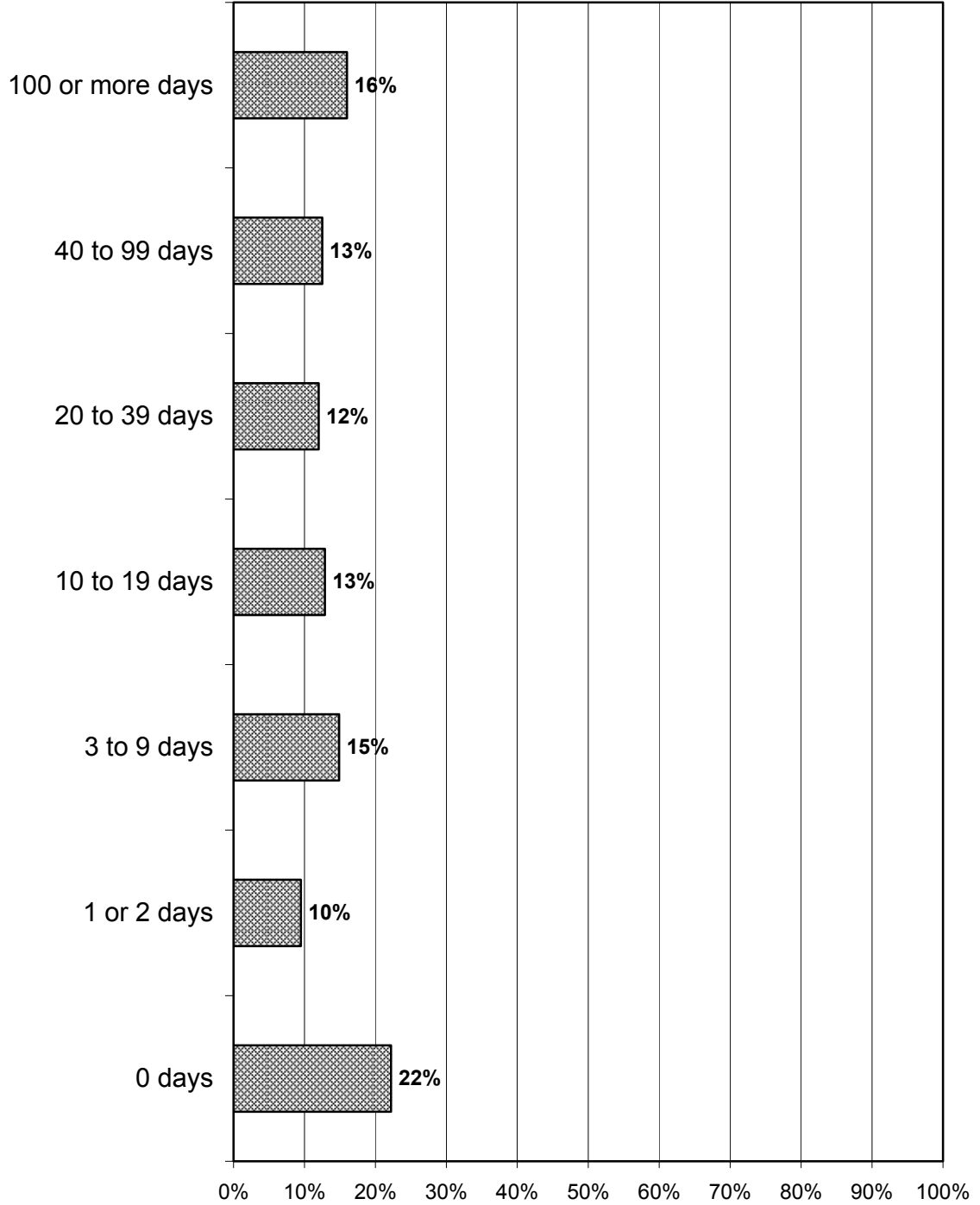
**Chart 8**  
**Q-31 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?**



**Chart 9**  
**Q-33 During the past 30 days, on how many days did you smoke cigarettes on school property?**



**Chart 10**  
**Q-39 During your life, on how many days have you had at least one drink of alcohol?**





**Chart 11**  
**Q-44 During your life, how many times have you used marijuana?**

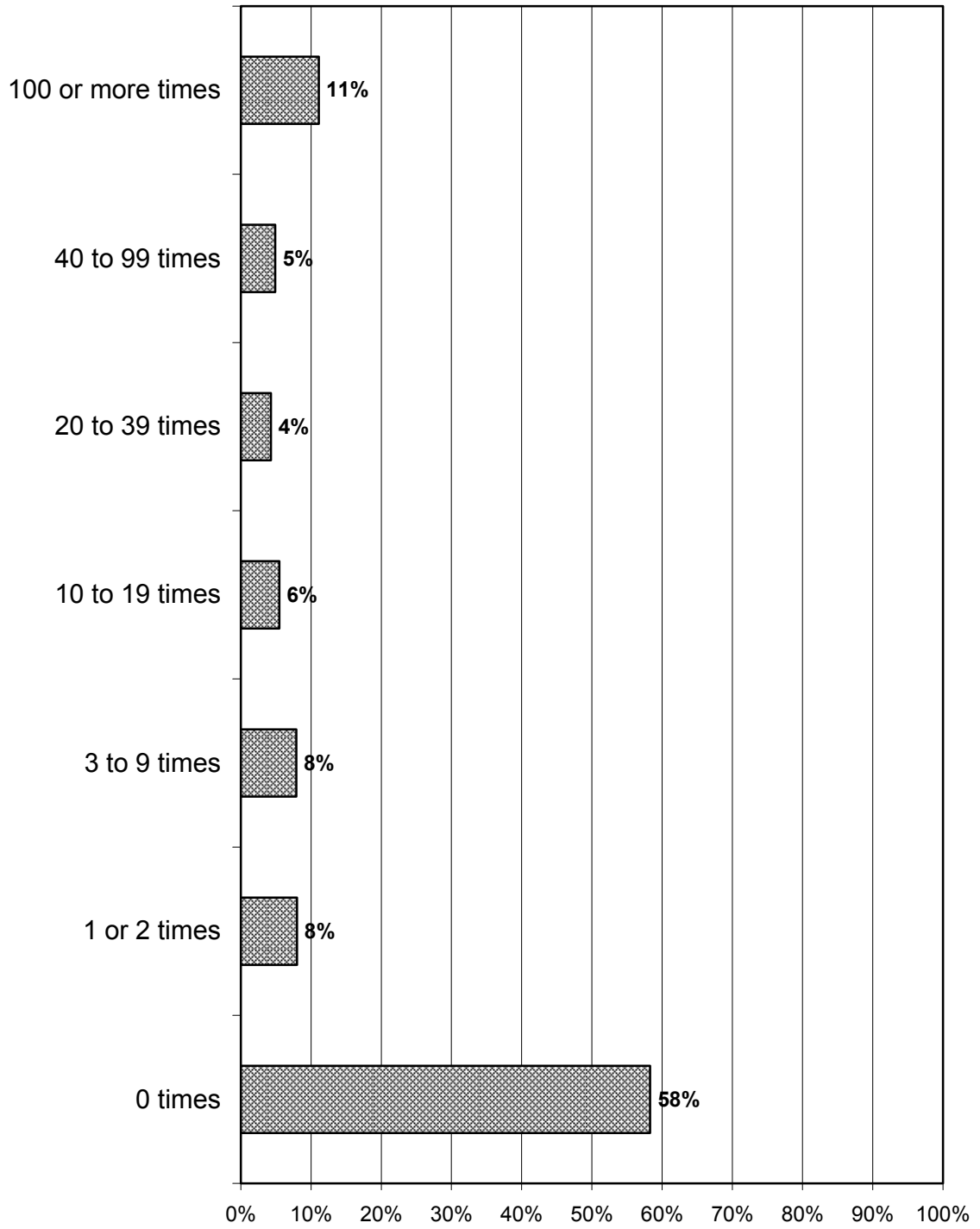
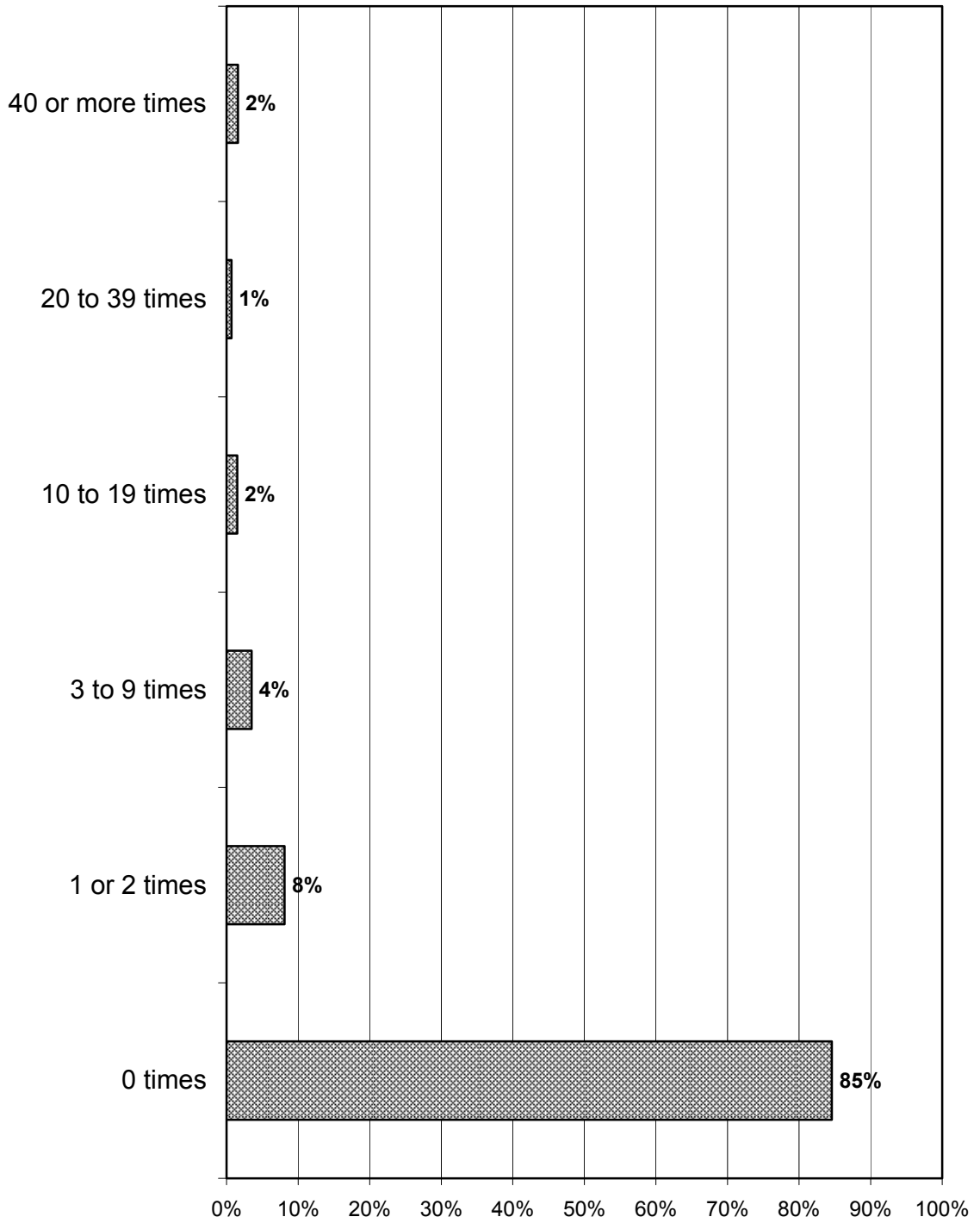


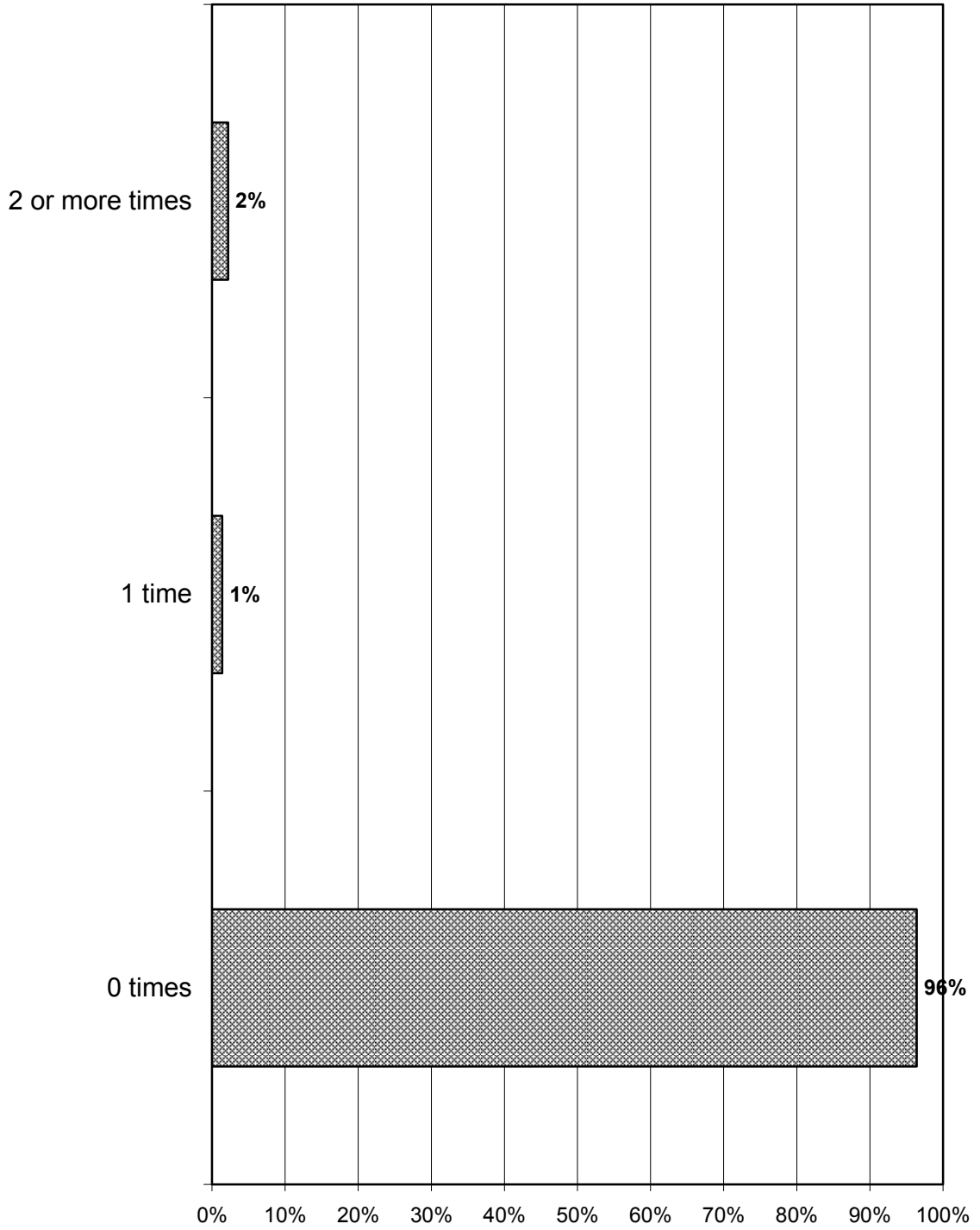
Chart 12

**Q-50 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?**

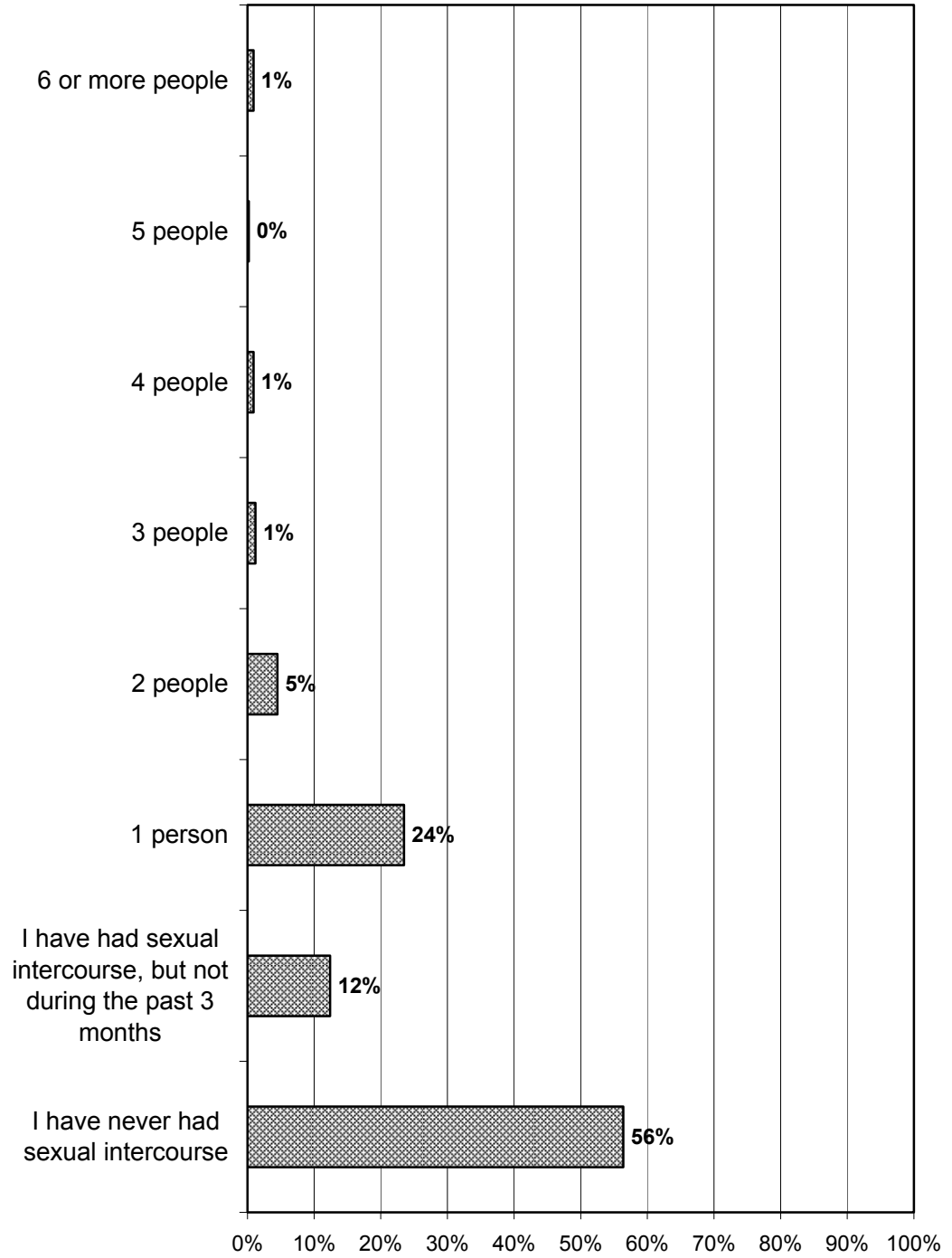


**Chart 13**

**Q-55 During your life, how many times have you used a needle to inject any illegal drug into your body?**



**Chart 14**  
**Q-60 During the past three months, with how many people did you have sexual intercourse?**



**Chart 15**

**Q-63 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?**

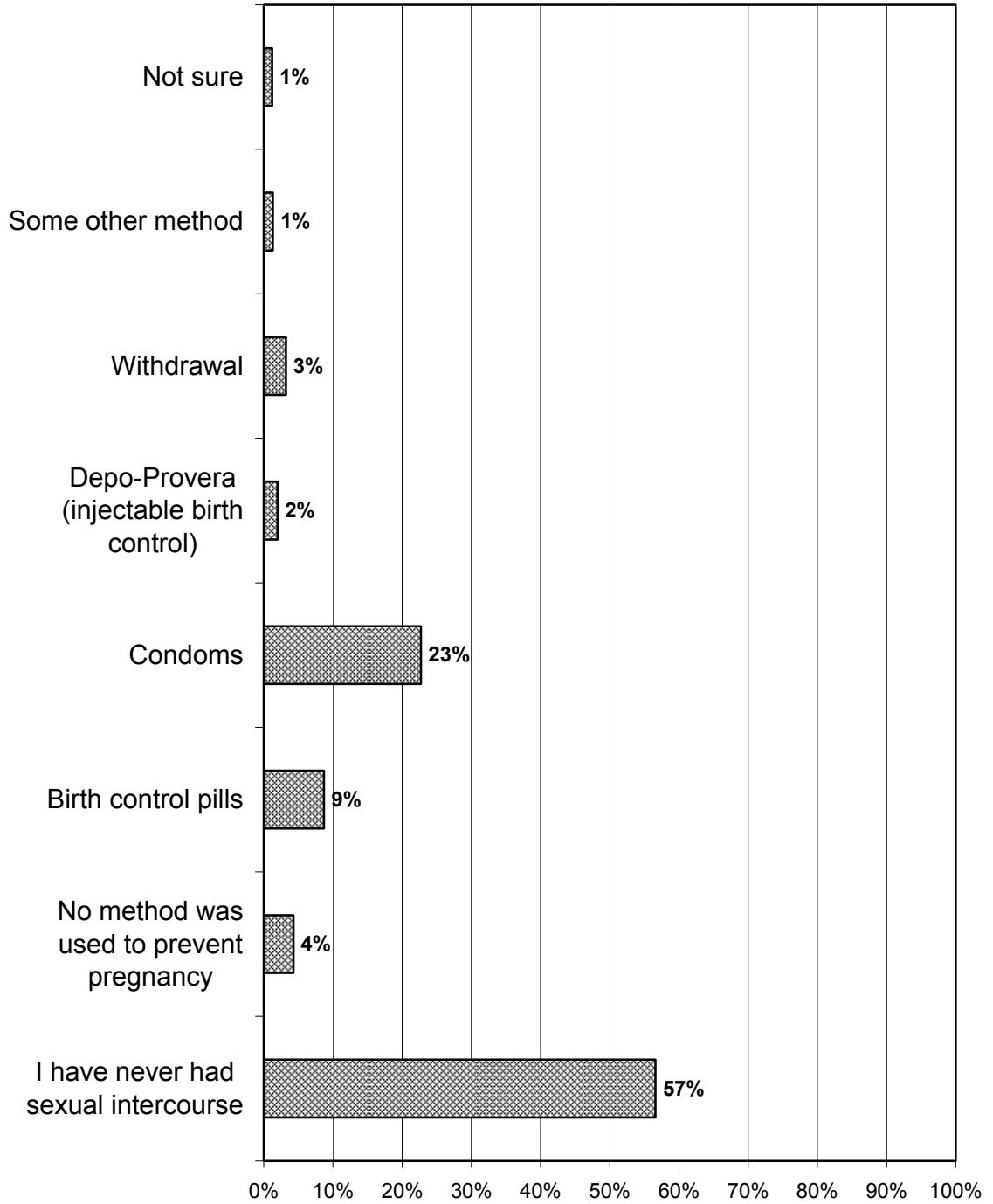
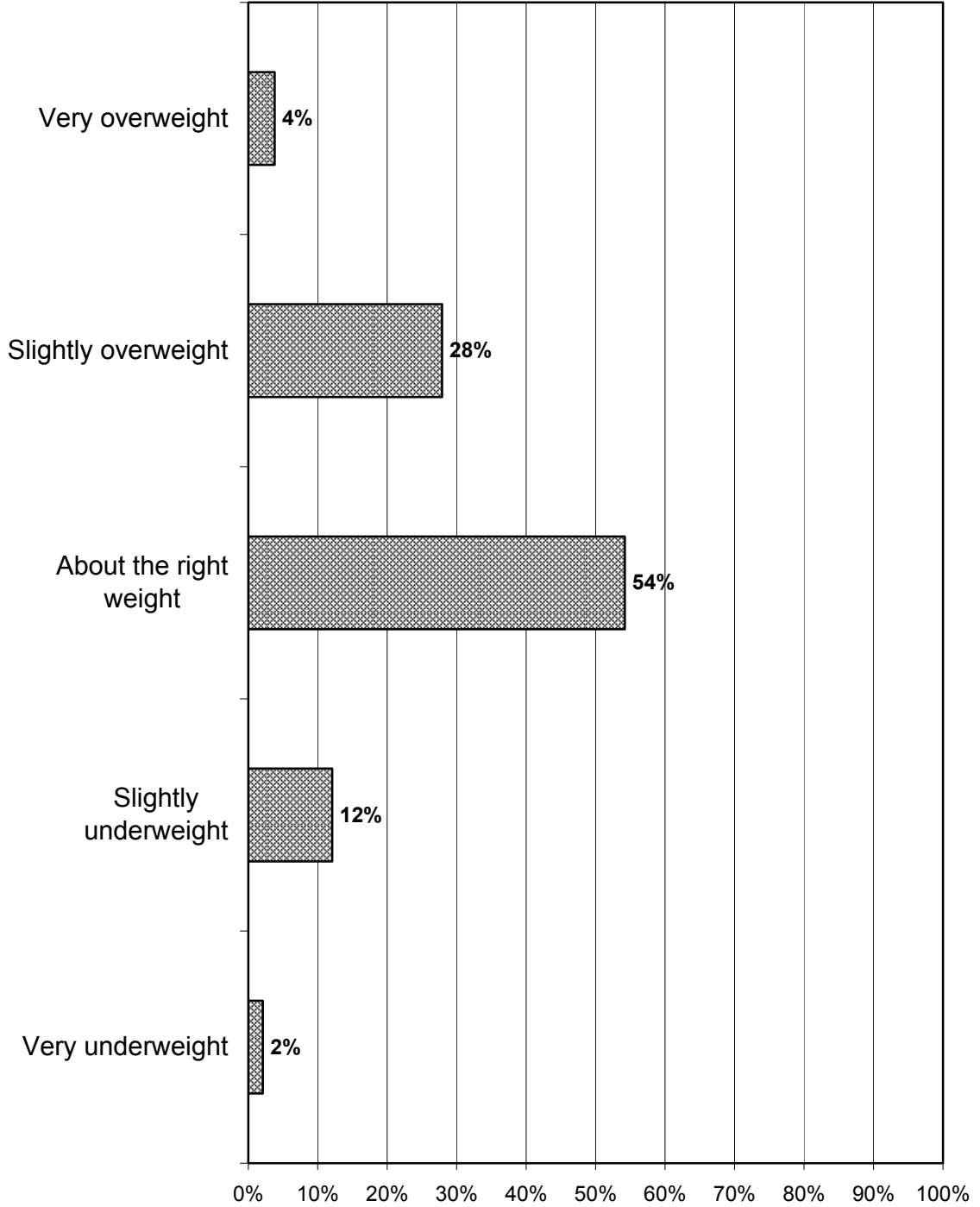


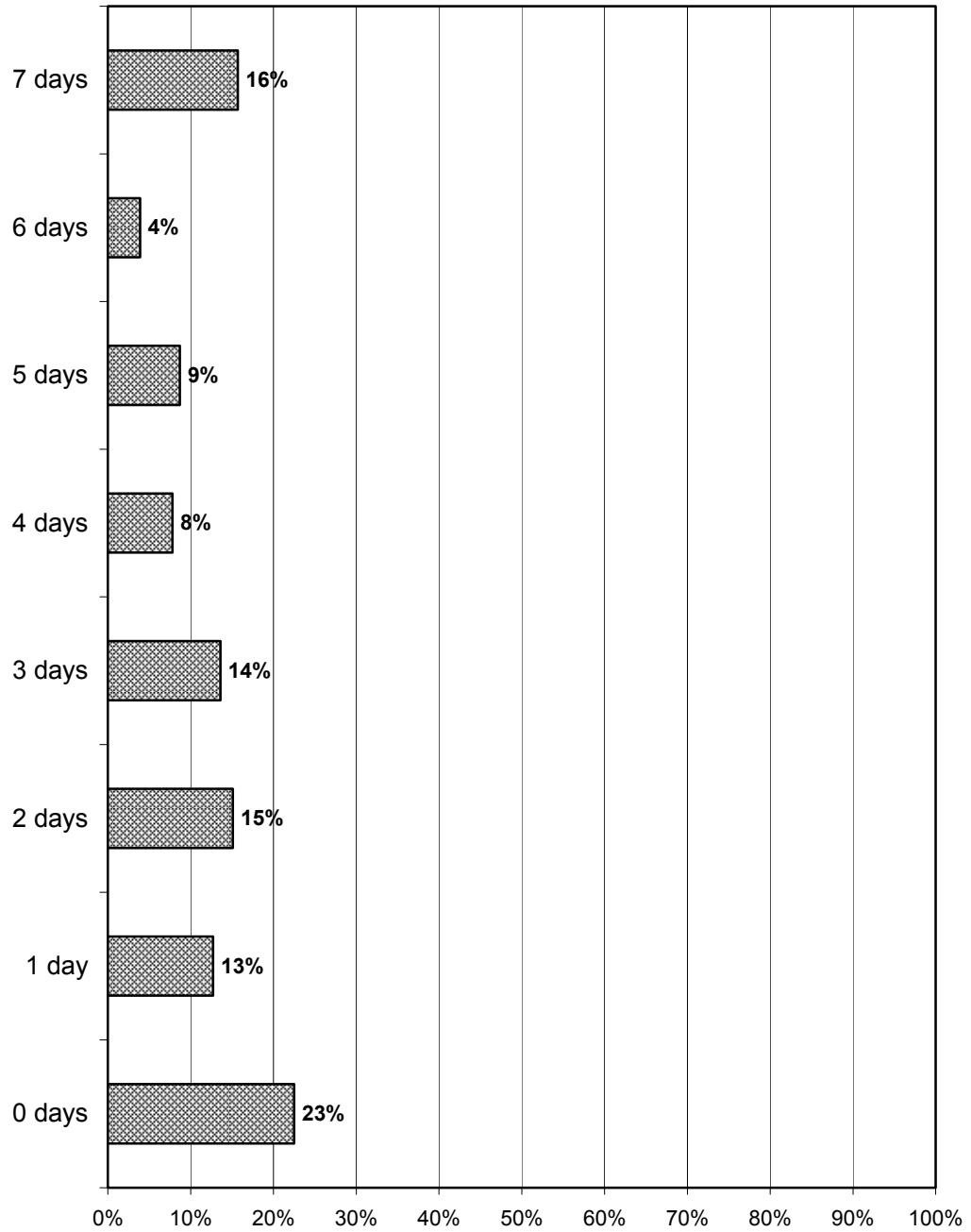
Chart 16

Q-64 How do you describe your weight?



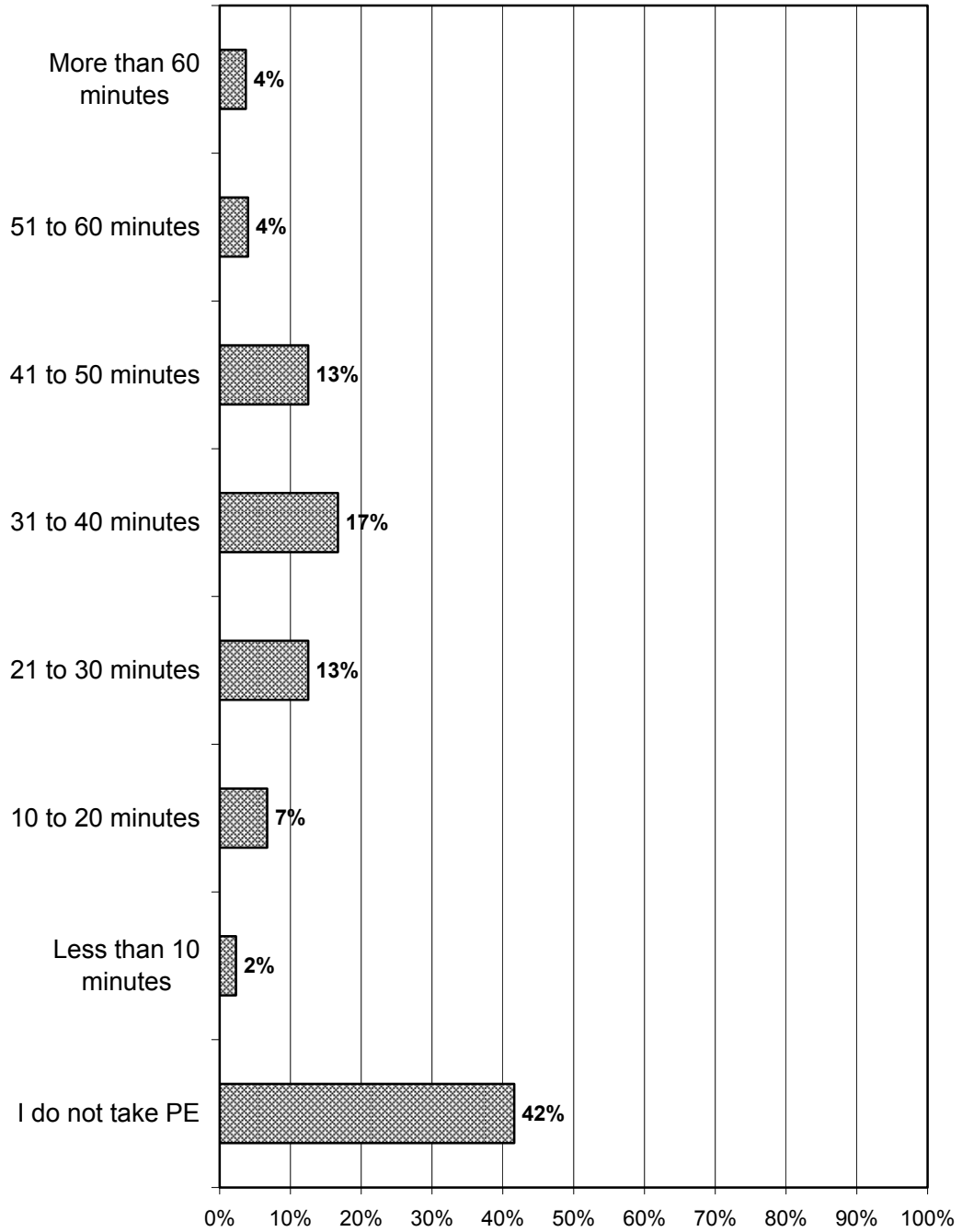
**Chart 17**

**Q-79 On how many of the past seven days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?**



**Chart 18**

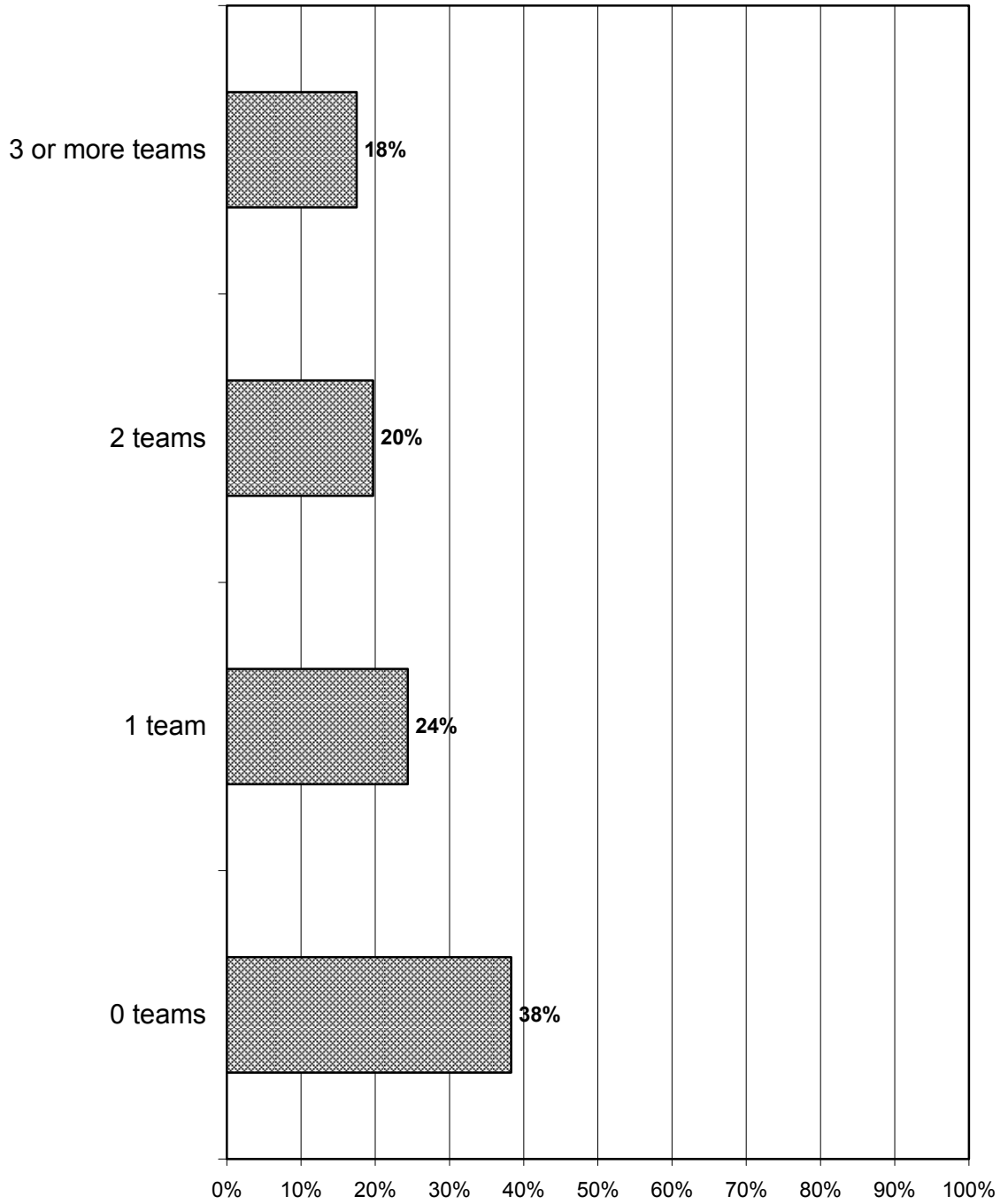
**Q-83 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?**



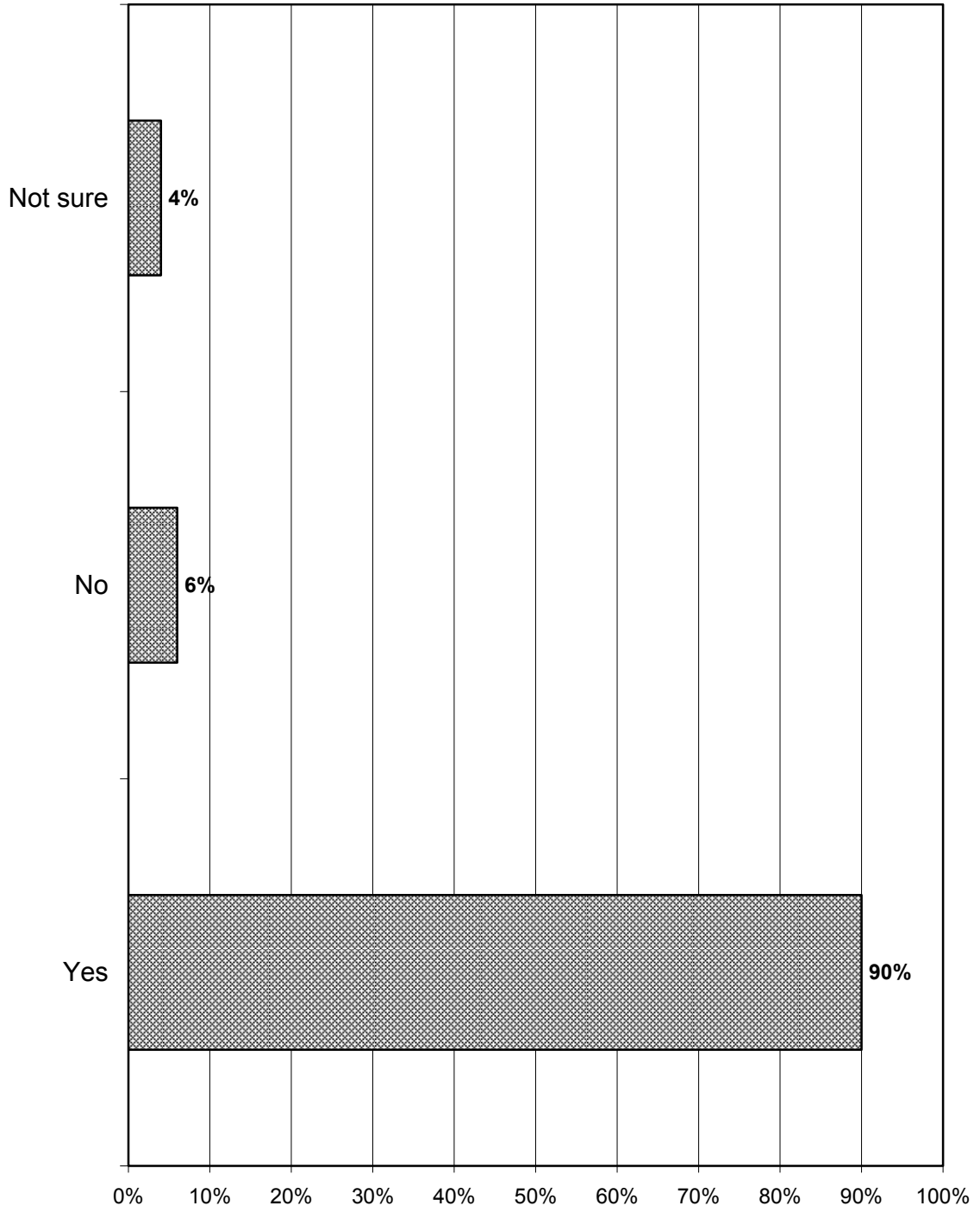


**Chart 19**

**Q-84 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)**



**Chart 20**  
**Q-85 Have you ever been taught about AIDS or HIV infection in school?**



Montana Office of Public Instruction

Montana Board of Crime Control

Montana Department of Public Health & Human Services

Indian Health Service

Healthy Mothers Healthy Babies

Blue Cross and Blue Shield of Montana

Montana Department of Transportation  
Traffic & Safety Bureau

Division of Adolescent and School Health  
Centers for Disease Control and Prevention



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