

# 2017 Montana Youth Risk Behavior Survey

## Breakfast Report

Health Risk Behaviors of Montana High School Students  
Who Did Not Eat Breakfast



August 2017

Youth Risk Behavior Survey Program  
Health Enhancement and Safety Division

 **Montana**  
Office of Public Instruction  
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[opi.mt.gov](http://opi.mt.gov)

## 2017 Montana Youth Risk Behavior Survey Breakfast Report

### Montana Youth Risk Behavior Survey

The Montana Youth Risk Behavior Survey (YRBS) is administered by the Montana Office of Public Instruction every two years to students in grades 7 through 12. The purpose of the survey is to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence. While all schools in Montana can participate in the survey on a volunteer basis, approximately 50 high schools are randomly selected to be included to provide the Montana statewide data to be used in other national YRBS reports.

The 2017 YRBS was conducted in February 2017. Schools administering the survey were provided with detailed written instructions on conducting a random survey in their schools. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students. The questionnaire was designed without skip patterns to ensure survey completion by students in a similar period of time.

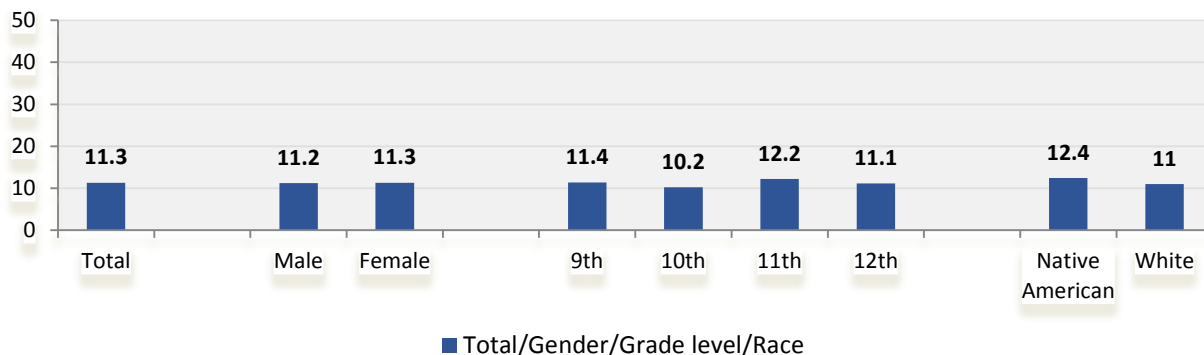
### Survey Validity, Limitations and Results

Data used in this report from the 2017 YRBS are based on a random sample survey of Montana high school students. The weighted data results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana. 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 nonuse, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

For the purpose of this report, youth that are classified as not eating breakfast are those who answered “0 days” to the question, ‘During the past 7 days, on how many days did you eat breakfast?’ Forty-four separate risk behaviors were queried for association with eating breakfast. These findings are presented in bullet, table and graph forms in the following report.

### MONTANA ‘NO BREAKFAST’ RATES

Statewide, 11.3 percent of students did not eat breakfast on any of the past seven days.



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

## 2017 Montana Youth Risk Behavior Survey Breakfast Report

### Findings +

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

- Never or rarely wore a seat belt when riding in a car driven by someone else (16% of students who did not eat breakfast compared to 6% of students who ate breakfast).
- Never or rarely wore a seat belt when driving (15% of students who did not eat breakfast compared to 8% of students who ate breakfast).
- Ever been physically forced to have sexual intercourse when they did not want to (13% of students who did not eat breakfast compared to 9% of students who ate breakfast).
- Been bullied on school property during the past 12 months (28% of students who did not eat breakfast compared to 21% of students who ate breakfast).
- Been electronically bullied during the past 12 months (25% of students who did not eat breakfast compared to 17% of students who ate breakfast).
- Been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months (17% of students who did not eat breakfast compared to 10% of students who ate breakfast).
- Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months (47% of students who did not eat breakfast compared to 29% of students who ate breakfast).
- Seriously considered attempting suicide during the past 12 months (34% of students who did not eat breakfast compared to 19% of students who ate breakfast).
- Attempted suicide during the past 12 months (18% of students who did not eat breakfast compared to 8% of students who ate breakfast).
- Ever tried cigarette smoking (43% of students who did not eat breakfast compared to 32% of students who ate breakfast).
- Smoked a cigarette during the past 30 days (20% of students who did not eat breakfast compared to 11% of students who ate breakfast).
- Ever used electronic vapor products (56% of students who did not eat breakfast compared to 45% of students who ate breakfast).
- Used electronic vapor products during the past 30 days (29% of students who did not eat breakfast compared to 22% of students who ate breakfast).
- Had a drink of alcohol during the past 30 days (40% of students who did not eat breakfast compared to 32% of students who ate breakfast).
- Ever used marijuana in their lifetime (42% of students who did not eat breakfast compared to 34% of students who ate breakfast).
- Ever used methamphetamines in their lifetime (5% of students who did not eat breakfast compared to 2% of students who ate breakfast).
- Ever took prescription pain medicine (such as Vicodin, OxyContin, Hydrocodone and Percocet) without a doctor's prescription or differently than how a doctor told them to use it (19% of students who did not eat breakfast compared to 13% of students who ate breakfast).
- Ever had sexual intercourse in their lifetime (51% of students who did not eat breakfast compared to 42% of students who ate breakfast).
- Not eaten fruit or drink 100% fruit juice during the past 7 days (14% of students who did not eat breakfast compared to 4% of students who ate breakfast).
- Not eaten any vegetables during the past 7 days (14% of students who did not eat breakfast compared to 4% of students who ate breakfast).

## 2017 Montana Youth Risk Behavior Survey Breakfast Report

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

- Drunk a can, bottle or glass of soda or pop daily during the past 7 days (26% of students who did not eat breakfast compared to 14% of students who ate breakfast).
- Not drunk milk during the past 7 days (33% of students who did not eat breakfast compared to 17% of students who ate breakfast).
- Watched 3 or more hours of TV on an average school day (25% of students who did not eat breakfast compared to 17% of students who ate breakfast).
- Played video or computer games 3 or more hours per day on an average school day (43% of students who did not eat breakfast compared to 34% of students who ate breakfast).
- Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months (24% of students who did not eat breakfast compared to 14% of students who ate breakfast).
- Usually slept in the home of a friend, family member, or other person because they had to leave their home or their parent or guardian cannot afford housing (5% of students who did not eat breakfast compared to 1% of students who ate breakfast).

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

- Been physically active at least 60 minutes per day on 5 or more of the past 7 days (36% of students who did not eat breakfast compared to 56% of students who ate breakfast).
- Played on at least one sports team during the past 12 months (42% of students who did not eat breakfast compared to 64% of students who ate breakfast).
- Had 8 or more hours of sleep on an average school night (16% of students who did not eat breakfast compared to 35% of students who ate breakfast).
- Made mostly A's or B's in school during the past 12 months (65% of students who did not eat breakfast compared to 80% of students who ate breakfast).

## 2017 Montana Youth Risk Behavior Survey Breakfast Report

Health Risk Behavior - percentage of students	Students Who Did Not Eat Breakfast	Students Who Ate Breakfast
Never or rarely wore a seat belt when riding in a car driven by someone else	<b>16.4%</b> (12.9-19.9)	<b>6.5%</b> (5.5-7.4)
Never or rarely wore a seat belt when driving	<b>15.1%</b> (10.9-19.2)	<b>7.8%</b> (6.6-9.1)
Rode with a driver who had been drinking during the past 30 days	<b>23.8%</b> (19.8-27.8)	<b>19.0%</b> (17.5-20.6)
Drove when drinking alcohol during the past 30 days	<b>10.4%</b> (6.8-14.1)	<b>7.1%</b> (6.2-8.0)
Texted or e-mailed while driving a car or other vehicle during the past 30 days	<b>53.6%</b> (47.8-59.5)	<b>54.3%</b> (51.5-57.1)
Talked on a cell phone while driving during the past 30 days	<b>52.5%</b> (45.3-59.8)	<b>57.2%</b> (54.3-60.2)
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	<b>10.5%</b> (7.6-13.4)	<b>7.5%</b> (4.7-10.2)
Were threatened or injured with a weapon on school property during the past 12 months	<b>10.3%</b> (7.3-13.4)	<b>6.5%</b> (5.2-7.8)
Ever physically forced to have sexual intercourse when they did not want to	<b>13.1%</b> (10.2-16.1)	<b>8.8%</b> (7.6-10.1)
Were bullied on school property during the past 12 months	<b>27.9%</b> (24.1-31.8)	<b>20.6%</b> (18.8-22.4)
Were electronically bullied (e-mail, chat rooms, instant messaging, websites, or texting) during the past 12 months	<b>25.1%</b> (20.6-29.5)	<b>16.5%</b> (15.2-17.8)
Were the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months	<b>16.6%</b> (13.1-20.1)	<b>9.6%</b> (8.5-10.8)
Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months	<b>46.8%</b> (42.4-51.2)	<b>28.9%</b> (26.9-30.8)
Seriously considered attempting suicide during the past 12 months	<b>33.7%</b> (29.9-37.6)	<b>19.0%</b> (17.2-20.8)
Attempted suicide during the past 12 months	<b>18.1%</b> (14.4-21.7)	<b>8.3%</b> (7.0-9.6)
Ever tried cigarette smoking	<b>43.4%</b> (38.8-48.0)	<b>32.4%</b> (29.6-35.1)
Smoked a cigarette during the past 30 days	<b>19.5%</b> (15.3-23.7)	<b>10.9%</b> (9.6-12.2)
Used smokeless tobacco during the past 30 days	<b>13.7%</b> (10.4-17.1)	<b>9.1%</b> (7.8-10.4)
Ever used electronic vapor products	<b>55.8%</b> (50.8-60.8)	<b>45.3%</b> (43.2-47.4)
Used an electronic vapor product during the past 30 days	<b>28.8%</b> (24.0-33.6)	<b>21.6%</b> (19.3-23.8)

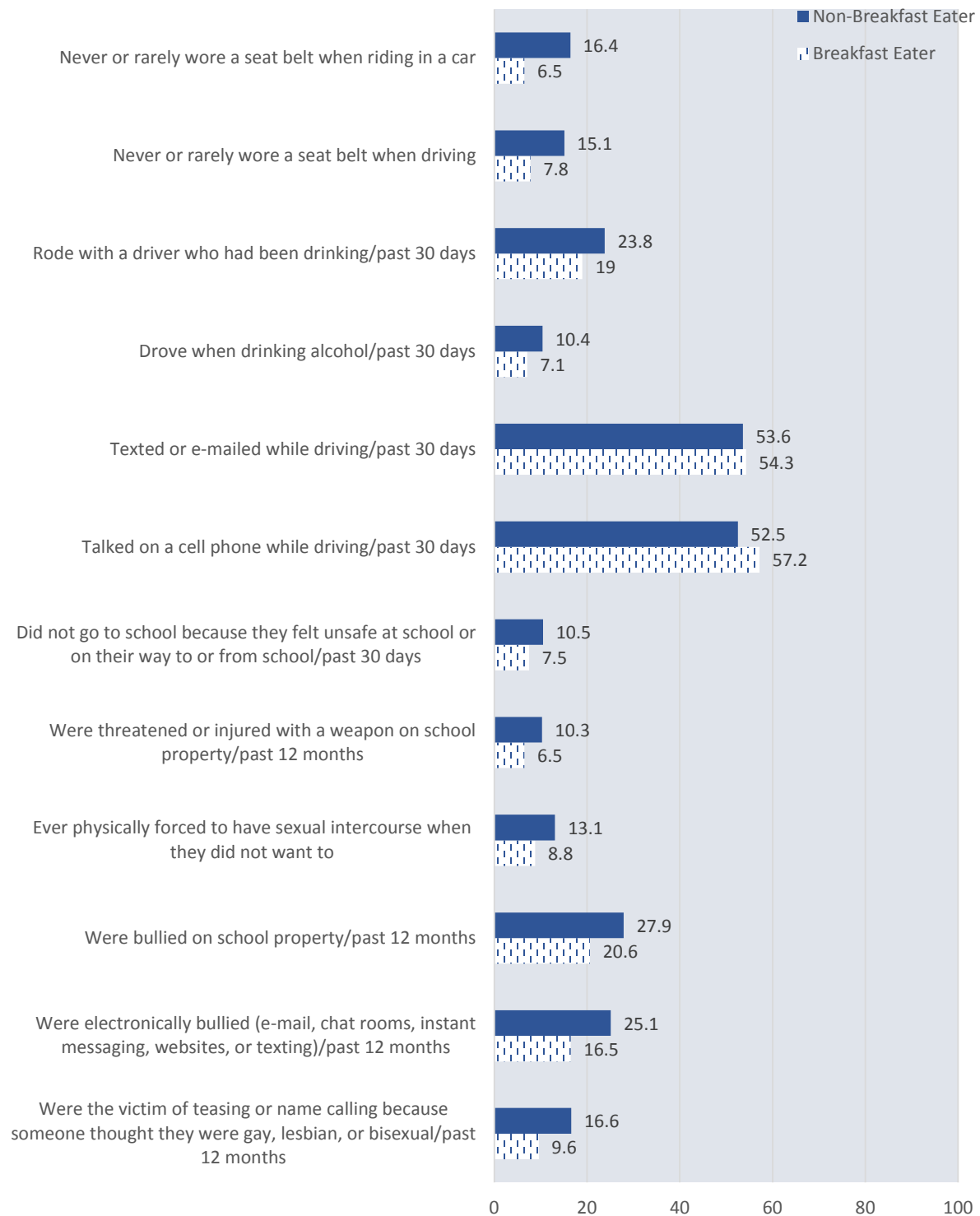
## 2017 Montana Youth Risk Behavior Survey Breakfast Report

Health Risk Behavior by percentage of students	Students Who Did Not Eat Breakfast	Students Who Ate Breakfast
Ever had a drink of alcohol in their lifetime	<b>73.4%</b> (68.8-78.0)	<b>67.2%</b> (64.9-69.5)
Had a drink of alcohol during the past 30 days	<b>39.8%</b> (34.9-44.6)	<b>32.3%</b> (30.2-34.4)
Had 4 or more drinks, if female, 5 or more drinks, if male, of alcohol within a couple hours during the past 30 days	<b>21.4%</b> (17.5-25.3)	<b>17.1%</b> (15.7-18.6)
Ever used marijuana in their lifetime	<b>42.3%</b> (37.3-47.3)	<b>34.2%</b> (31.5-36.8)
Used marijuana during the past 30 days	<b>25.0%</b> (20.4-29.7)	<b>19.1%</b> (17.1-21.0)
Ever used methamphetamines in their lifetime	<b>4.7%</b> (2.4-7.0)	<b>1.8%</b> (1.4-2.3)
Ever used ecstasy in their lifetime	<b>7.9%</b> (4.8-11.0)	<b>4.1%</b> (3.3-4.9)
Ever took prescription pain medicine (such as Vicodin, OxyContin, Hydrocodone and Percocet) without a doctor's prescription or differently than how a doctor told them to use it	<b>18.8%</b> (15.1-22.4)	<b>13.0%</b> (11.9-14.2)
Ever had sexual intercourse in their lifetime	<b>51.1%</b> (47.1-55.2)	<b>42.2%</b> (39.6-44.7)
Had sexual intercourse during the past 3 months	<b>36.3%</b> (32.0-40.5)	<b>31.0%</b> (28.5-33.4)
Did not eat fruit or drink 100% fruit juice during the past 7 days	<b>13.8%</b> (10.7-16.9)	<b>4.1%</b> (3.5-4.7)
Did not eat any vegetables (green salad, potatoes, carrots, or other vegetables) during the past 7 days	<b>13.5%</b> (10.2-16.9)	<b>3.5%</b> (2.9-4.1)
Drank a can, bottle, or glass of soda or pop daily during the past 7 days	<b>25.8%</b> (21.5-30.1)	<b>13.8%</b> (12.3-15.3)
Did not drink milk during the past 7 days	<b>32.9%</b> (28.6-37.2)	<b>17.1%</b> (15.8-18.4)
Were physically active at least 60 minutes per day on 5 or more of the past 7 days	<b>35.5%</b> (30.9-40.1)	<b>55.8%</b> (53.6-57.9)
Were not physically active for at least 60 minutes per day on any of the past 7 days	<b>28.5%</b> (24.1-32.8)	<b>8.9%</b> (7.8-10.0)
Watched 3 or more hours of TV on an average school day	<b>24.8%</b> (20.9-28.7)	<b>17.0%</b> (15.6-18.5)
Played video or computer games 3 or more hours per day on an average school day	<b>42.7%</b> (37.5-47.9)	<b>33.6%</b> (31.7-35.5)
Played on at least one sports team during the past 12 months	<b>42.0%</b> (36.2-47.8)	<b>63.7%</b> (61.9-65.6)
Had a concussion from playing a sport or being physically active during the past 12 months	<b>16.1%</b> (12.6-19.6)	<b>16.3%</b> (14.9-17.7)
Had 8 or more hours of sleep on an average school night	<b>16.1%</b> (12.2-19.9)	<b>34.9%</b> (32.7-37.1)
Made mostly A's or B's in school during the past 12 months	<b>64.9%</b> (60.8-69.0)	<b>79.5%</b> (77.4-81.6)

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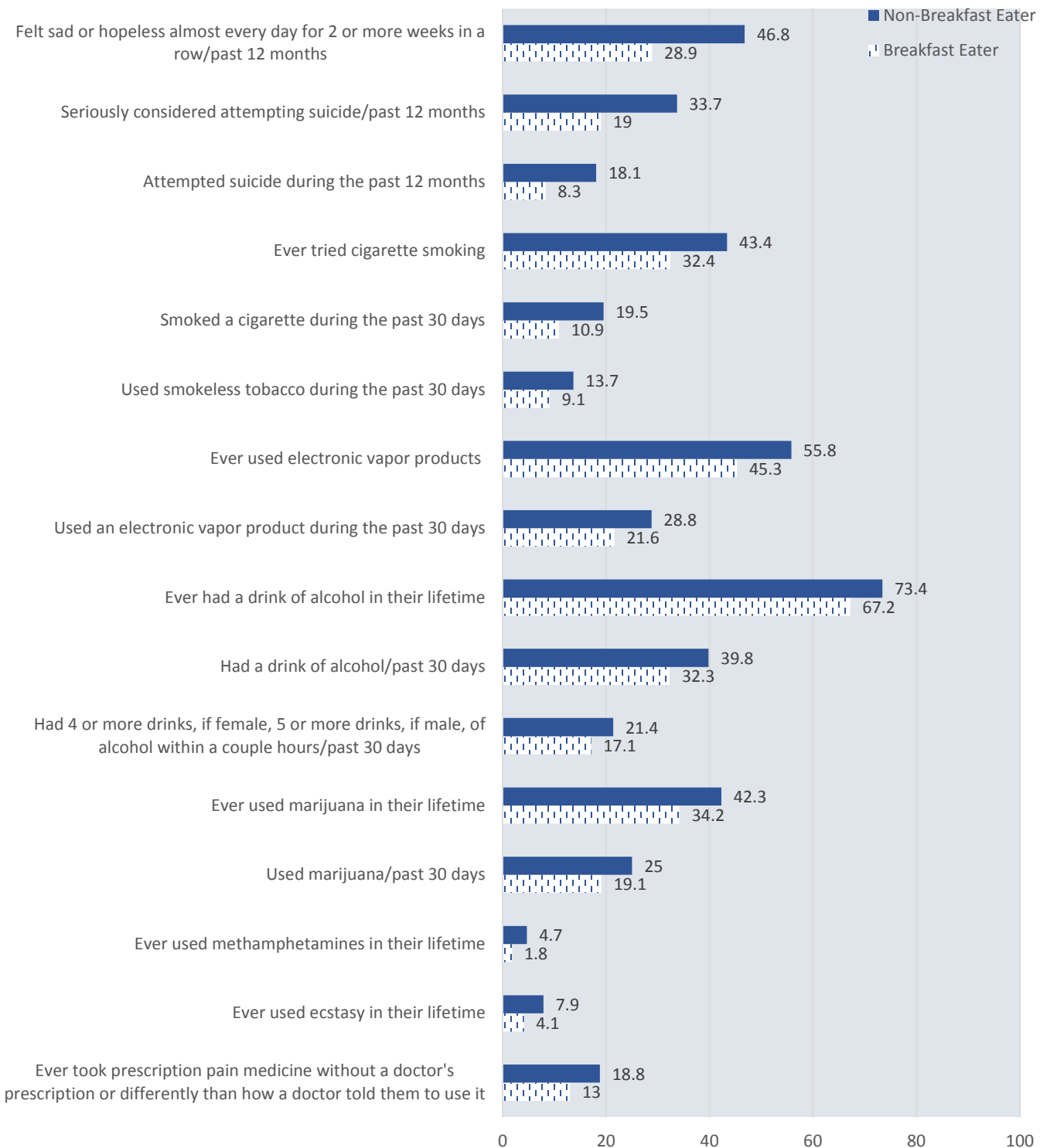
Health Risk Behavior by percentage of students	Students Who Did Not Eat Breakfast	Students Who Ate Breakfast
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	<b>23.9%</b> (20.4-27.4)	<b>13.5%</b> (12.2-14.8)
Usually slept in the home of a friend, family member, or other person because they had to leave their home or their parent or guardian cannot afford housing	<b>4.8%</b> (3.0-6.6)	<b>1.4%</b> (1.0-1.8)

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