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This document was supported by Cooperative Agreement No. I U87PS004124 from the U.S. Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

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Montana Board of Crime Control  
Montana Department of Public Health and Human Services  
Billings Area Indian Health Services  
Montana Department of Transportation – State Highway Traffic Safety Section  
Division of Adolescent and School Health, U.S. Centers for Disease Control and Prevention

Montana Youth Risk Behavior Survey Co-Sponsors:

# 2019 Montana Youth Risk Behavior Survey Summary Report

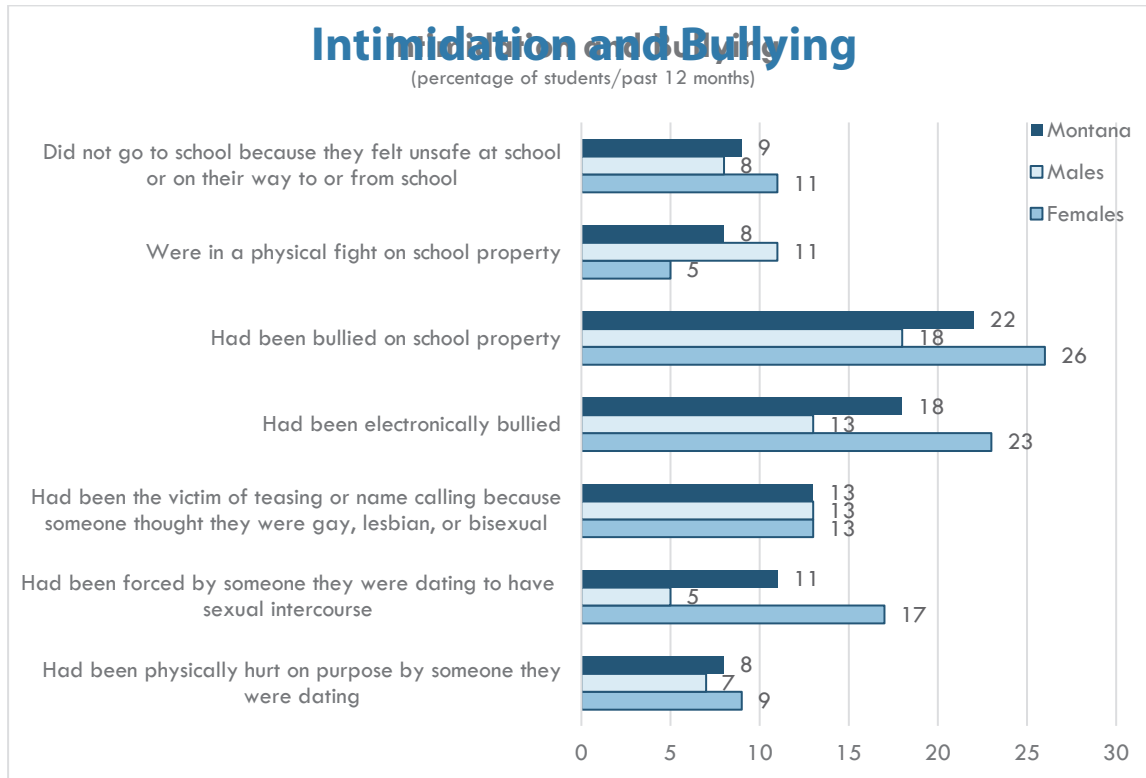
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## Survey

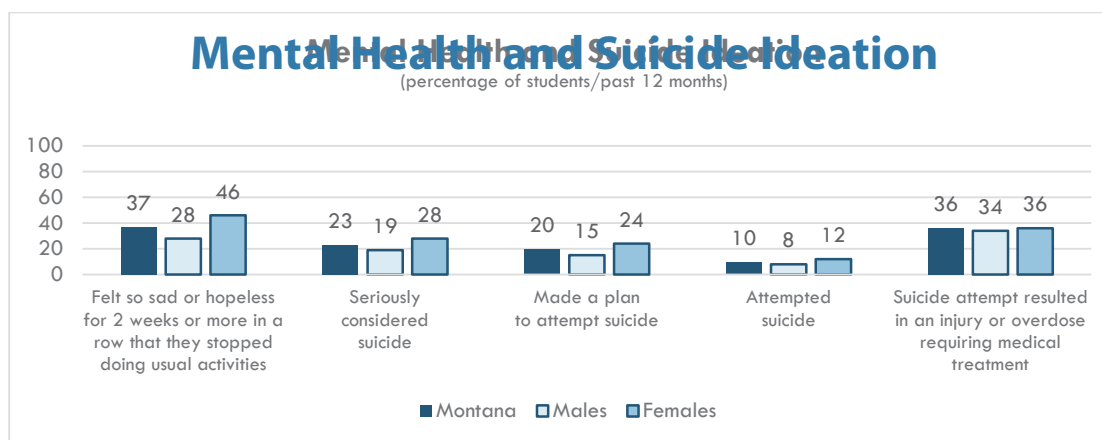
This Summary Report complements the 2019 Montana Youth Risk Behavior Survey Report and contains information regarding risk behaviors of Montana youth in relation to:

- Unintentional injuries and violence;
- Tobacco use;
- Alcohol and other drug use;
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection;
- Unhealthy dietary behaviors; and
- Inadequate physical activity.



## Unintentional Injuries and Violence

VEHICLE-RELATED BEHAVIORS Percentage of students who. . .	Montana	Grade Level			
		9th	10th	11th	12th
Always wore a seat belt when riding in a vehicle driven by someone else	52%	50%	53%	53%	55%
Always wore a seat belt when driving a vehicle	72%	75%	77%	68%	67%
Rode in a car driven by someone who had been drinking alcohol/past 30 days	19%	20%	18%	19%	20%
Drove a car after they had been drinking/among drivers, past 30 days	7%	3%	4%	8%	12%
Texted or e-mailed while driving/among drivers, past 30 days	53%	23%	50%	61%	70%
Used the Internet or Apps on their cell phone while driving/among drivers, past 30 days	46%	27%	43%	51%	57%

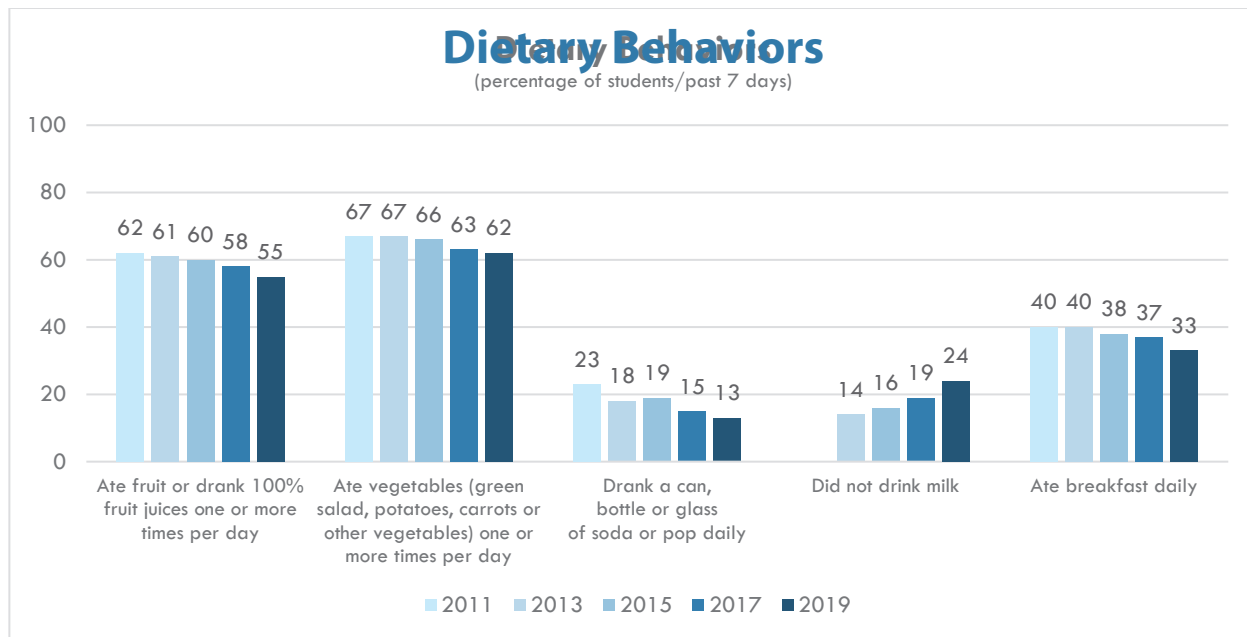


The 2019 Montana Youth Risk Behavior Survey (YRBS) was conducted in February 2019. The Montana YRBS results are based on a random sampling completed by 3,819 high school students. The results are representative of all students in grades 9-12 in Montana. The Office of Public Instruction acknowledges and appreciates the commitment, cooperation and support of the participating schools and their students.

Go to [www.opi.mt.gov/YRBS](http://www.opi.mt.gov/YRBS) to access all YRBS reports for Montana students in grades 7-8, Native American students on reservations, Native American students in urban schools, alternative school students, non-public accredited school students and students with disabilities. This Web site also contains Montana regional data, trend data, Montana and U.S. comparative data, and school-specific data.

For more information on the Montana YRBS, contact the Office of Public Instruction, Susan Court, (406) 444-3178 or [scourt@mt.gov](mailto:scourt@mt.gov).

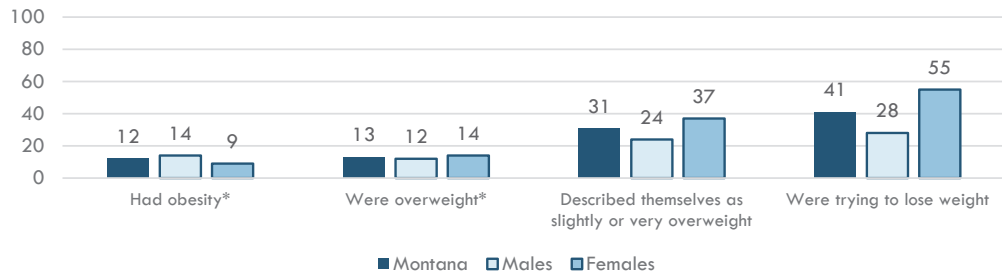
PHYSICAL ACTIVITY Percentage of students who . . .	Montana	Grade Level			
		9th	10th	11th	12th
Attended physical education (PE) class one or more days during an average school week	57%	87%	68%	36%	32%
Attended physical education (PE) class on all 5 days of the school week	33%	45%	40%	21%	23%
Were not physically active for 60 minutes per day on any of the past 7 days	12%	6%	11%	15%	15%
Had a concussion from playing a sport or being physically active during the last 12 months	17%	16%	19%	16%	15%



## Dietary Behaviors

## Weight Management

(percentage of students)  
\*BMI, 2019 YRBS, CDC



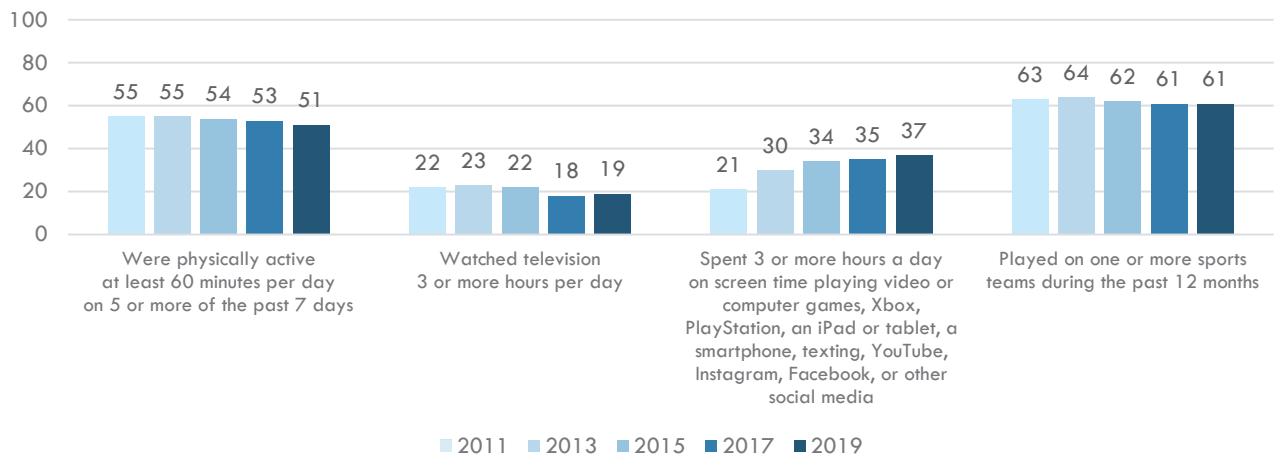
## Obesity and Overweight Trends

(percentage of students)



## Physical Activity/Inactivity

(percentage of students)

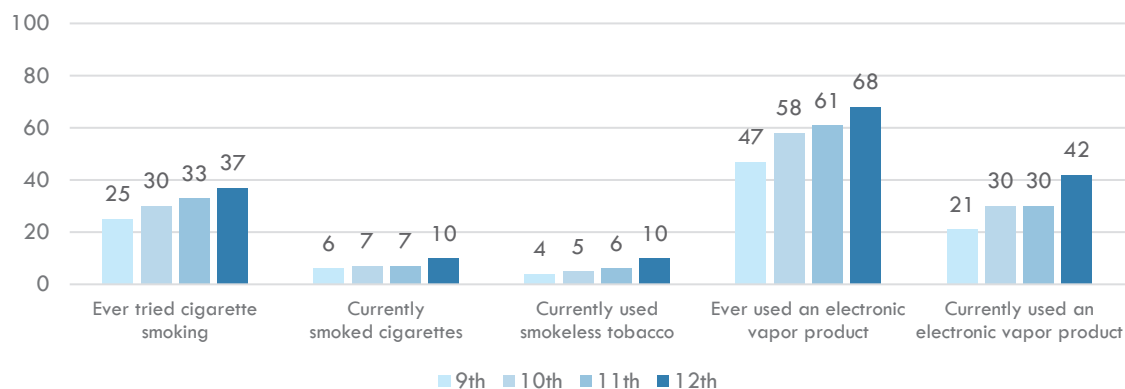


33%

of Montana high school students currently use a tobacco product (cigarettes, cigars, smokeless tobacco, or electronic vapor products)

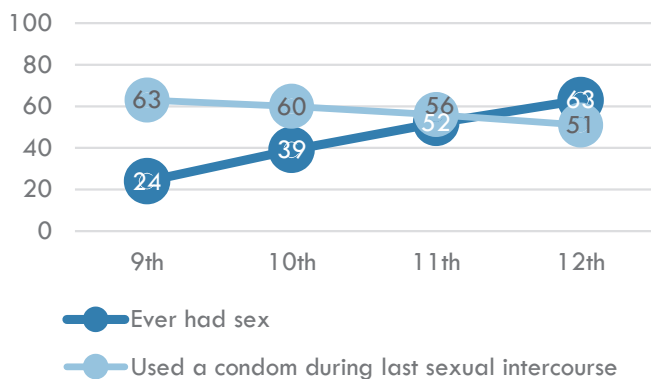
## Tobacco Use Behaviors

(percentage by grade level)

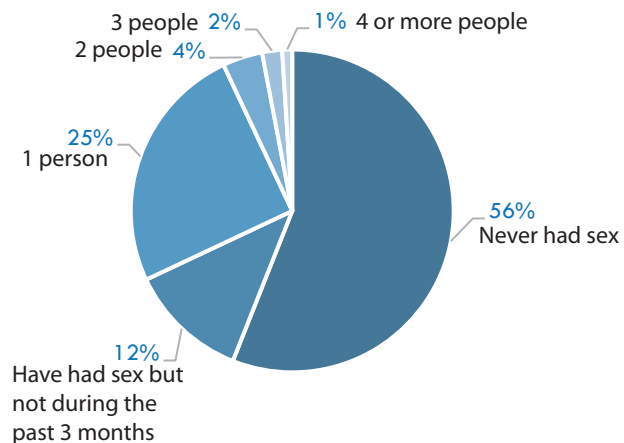


## Sexual Activity and Condom Usage

(by grade level)

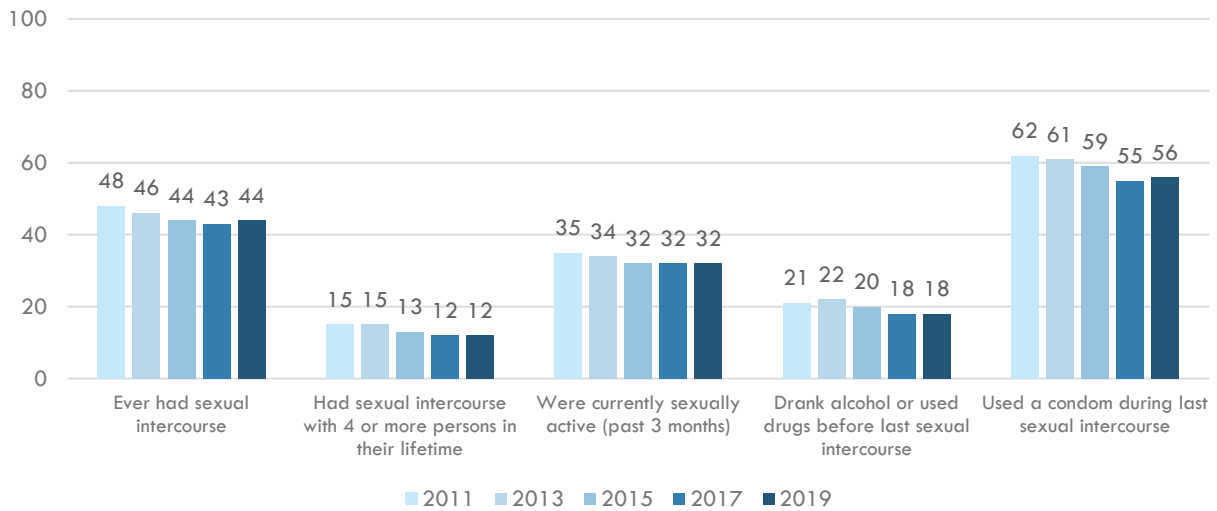


## Number of sexual partners past 3 months



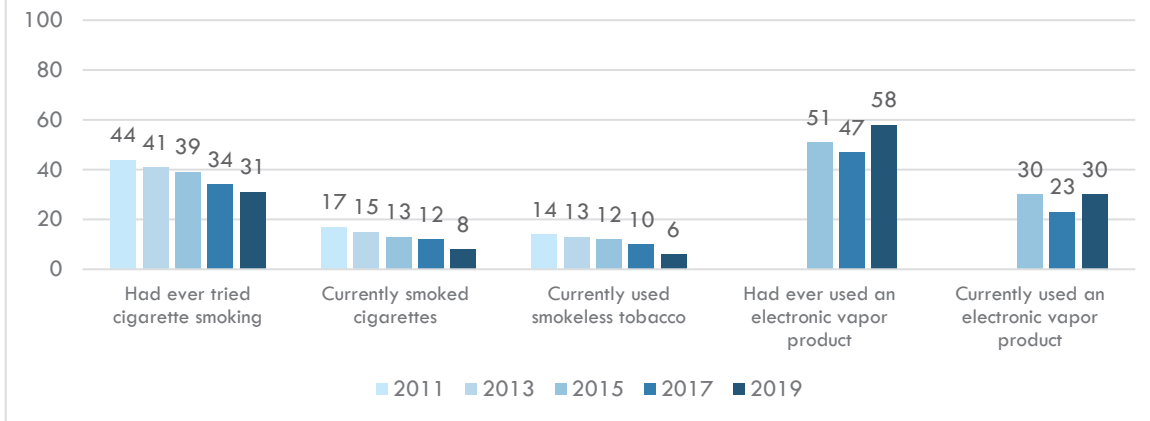
## Sexual Behavior Trends

(percentage of students)



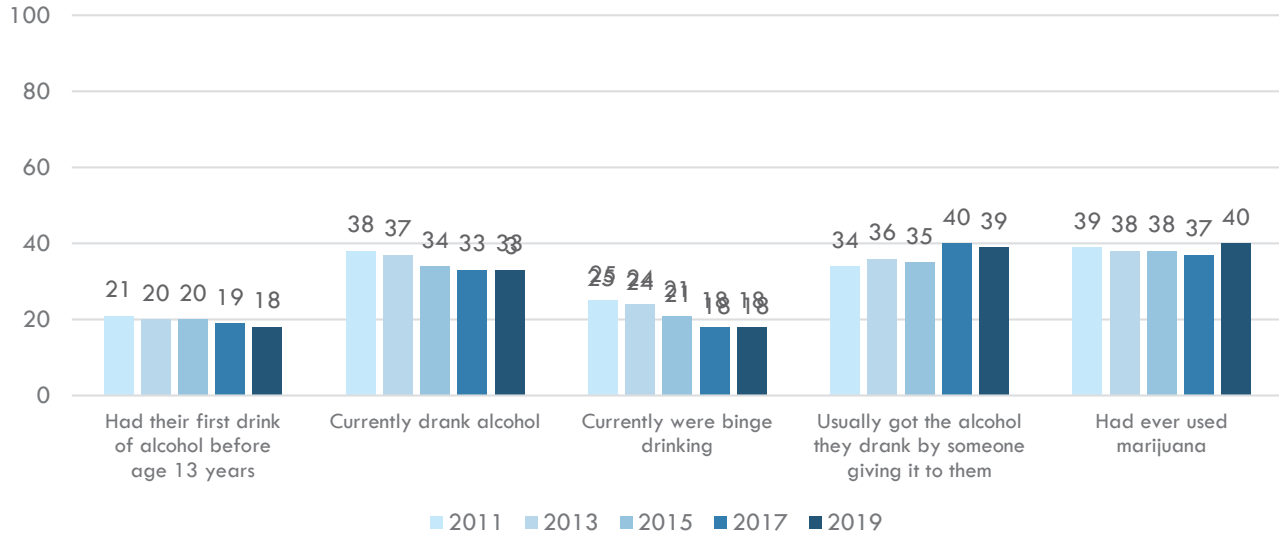
## Tobacco Use Trends

(percentage of students)  
[Current is during the past 30 days]



## Alcohol and Other Drug Use

(percentage of students)



OTHER DRUG USE Percentage of students who had ever (used) . . .	Montana	Grade Level			
		9th	10th	11th	12th
Marijuana	40%	28%	39%	44%	51%
Synthetic marijuana	7%	6%	7%	6%	7%
Prescription pain medicine	13%	11%	14%	13%	14%
Cocaine	4%	3%	4%	3%	6%
Inhalants	8%	10%	9%	6%	6%
Methamphetamines	2%	2%	3%	2%	2%
Ecstasy	4%	3%	4%	3%	7%
Been offered, sold, or given an illegal drug on school property during the past 12 months	23%	24%	24%	21%	19%