

2009 Montana Youth Risk Behavior Survey

Summary Report



Montana
Office of Public Instruction
Denise Juneau, State Superintendent

Montana Youth Risk Behavior Survey Co-Sponsors:

Montana Office of Public Instruction
Montana Board of Crime Control
Montana Department of Public Health and Human Services
Indian Health Service
Healthy Mothers, Healthy Babies
Montana Department of Transportation – Traffic & Safety Bureau
Blue Cross and Blue Shield of Montana
Division of Adolescent and School Health, Centers for Disease Control and Prevention

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This Summary Report complements the 2009 Montana Youth Risk Behavior Survey Report and contains information regarding risk behaviors of Montana youth in relation to:

- Intentional and unintentional injuries;
- Tobacco use;
- Alcohol and other drug use;
- Sexual behaviors that result in HIV infection, other sexually transmitted diseases and unintended pregnancies;
- Nutrition and dietary behavior; and
- Physical activity.

The 2009 Montana Youth Risk Behavior Survey (YRBS) was conducted in February 2009. The Montana YRBS results are based on a random sampling completed by 1,852 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.

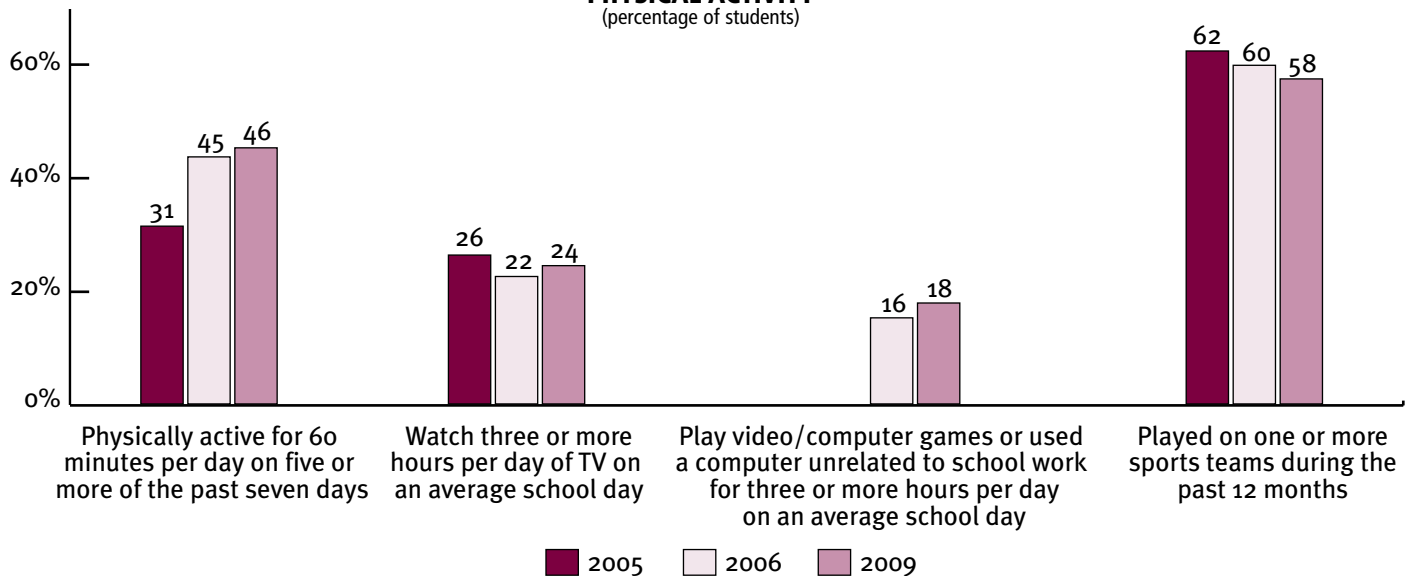
Go to www.opi.mt.gov/YRBS to access all six Montana YRBS reports, Montana regional data, trend data, Montana versus U.S. data, and school-specific data. Reports are available for high school, grades 7-8, Native American students on reservations, Native American students in urban schools, alternative school students, and students with disabilities.

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

PHYSICAL EDUCATION CLASS ATTENDANCE

Percentage of students who . . .	All High School	G R A D E S			
		9th	10th	11th	12th
Attended physical education (PE) class one or more days during an average school week	58%	88%	76%	31%	30%
Attended physical education (PE) daily	32%	48%	36%	23%	22%

PHYSICAL ACTIVITY
(percentage of students)



**50% of high school students
have ever tried cigarette smoking.**

**31% of high school students currently smoke
cigarettes or cigars or use chewing tobacco, snuff or dip.**

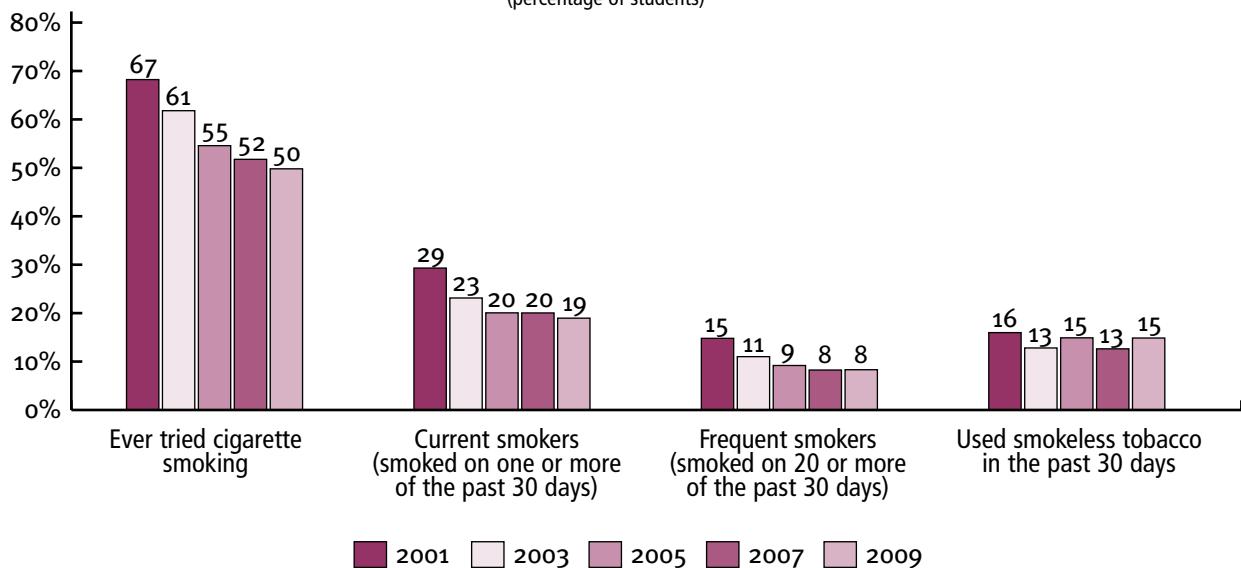
TOBACCO USE ON SCHOOL PROPERTY DURING THE PAST 30 DAYS

5 – the percent of students who smoked cigarettes

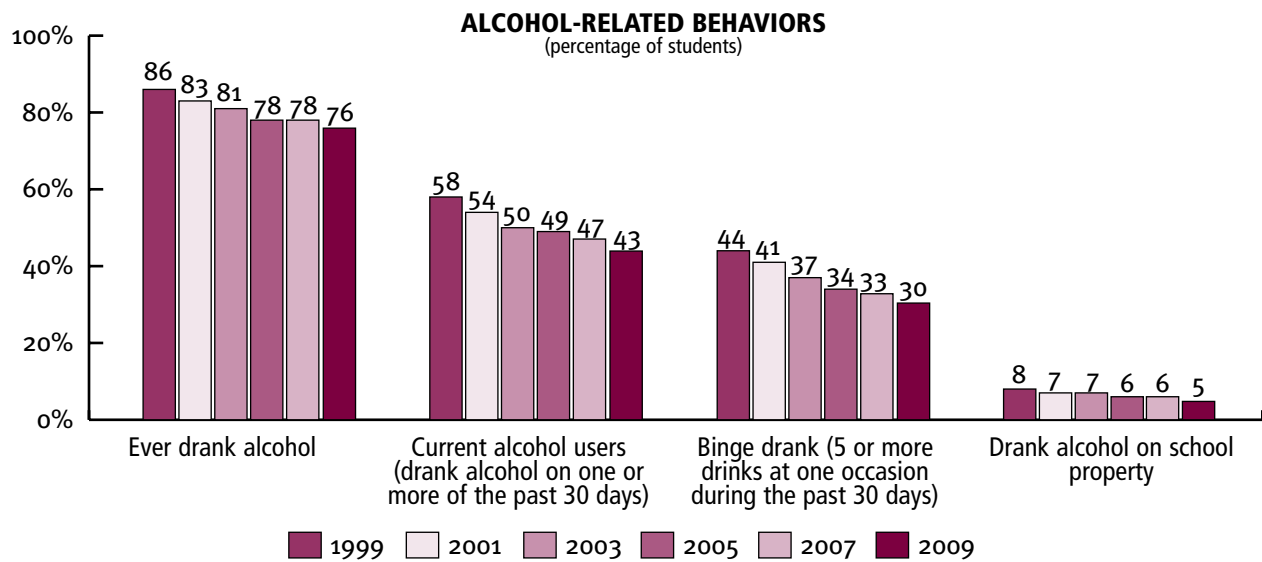
9 – the percent of students who used chewing tobacco or snuff

20 percent of high school females **currently smoke** cigarettes compared to **18** percent of males

TOBACCO-RELATED BEHAVIORS
(percentage of students)



76% of Montana high school students have had a **drink of alcohol in their lifetime**
30% of Montana high school students reported **binge drinking** during the past 30 days;
 a rate that in 2007 was the highest in the nation.

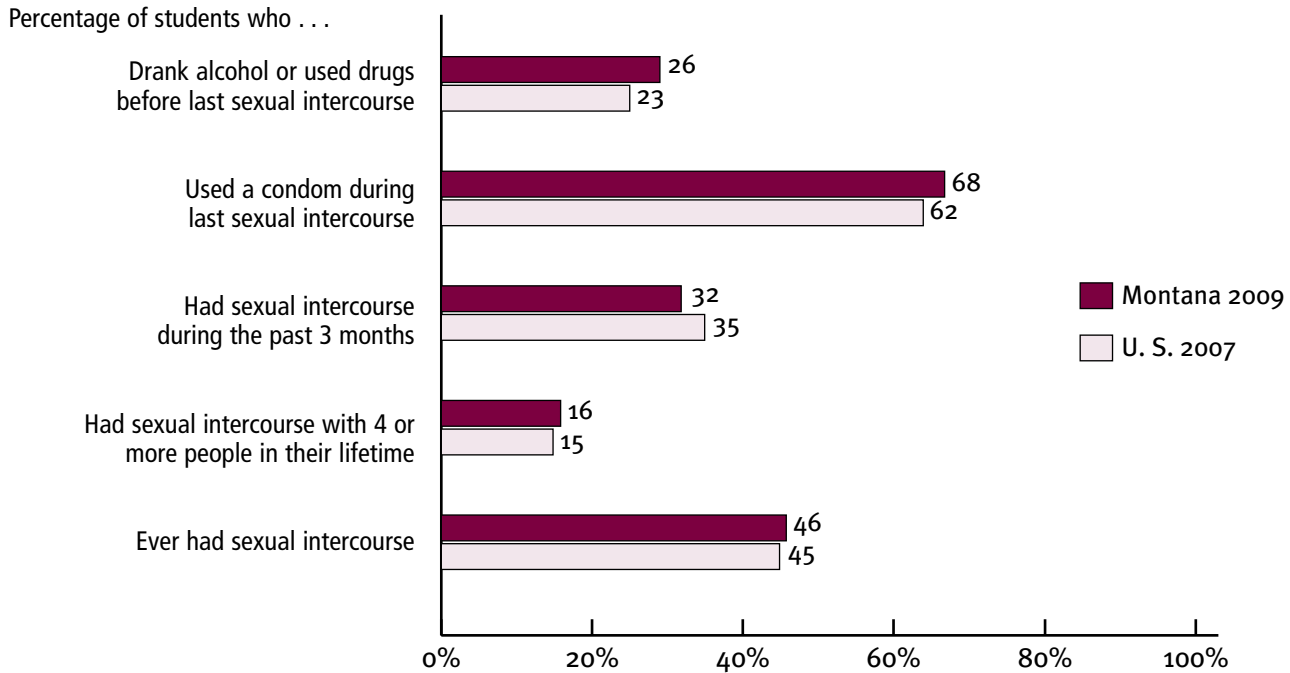


Before the age of 13 . . .
24% of Montana students have had their **first drink of alcohol** and
10% of Montana students had **used marijuana**.

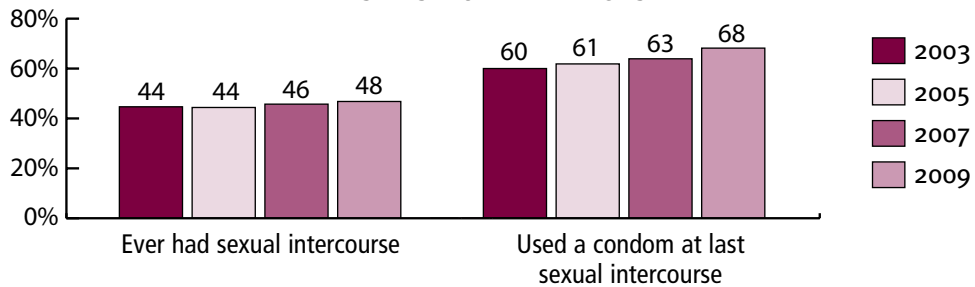
Percentage of students who . . .	All High School	G R A D E S			
		9th	10th	11th	12th
Ever drank alcohol	76%	65%	72%	83%	85%
Ever used marijuana	42%	33%	36%	48%	54%
Ever used cocaine	7%	6%	4%	9%	12%
Ever used inhalants	14%	13%	12%	13%	15%
Ever used heroin	3%	3%	2%	3%	1%
Ever used methamphetamines	3%	3%	1%	4%	3%

21% of Montana high school students have been **offered, sold, or given an illegal drug on school property** during the past 12 months.

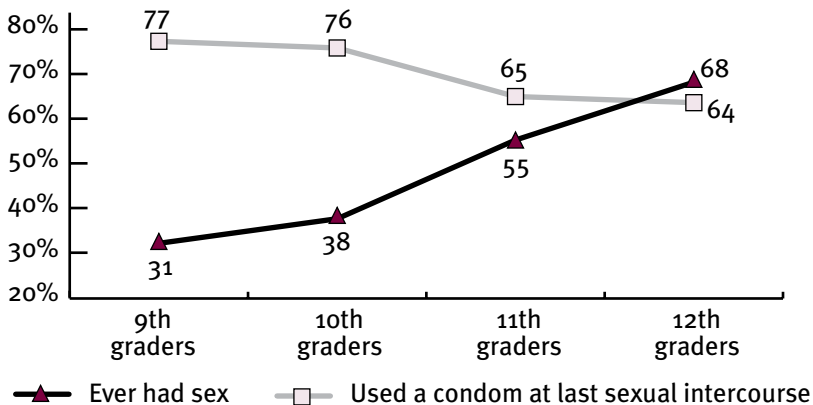
SEXUAL-RELATED BEHAVIOR COMPARISONS (Montana vs. United States)



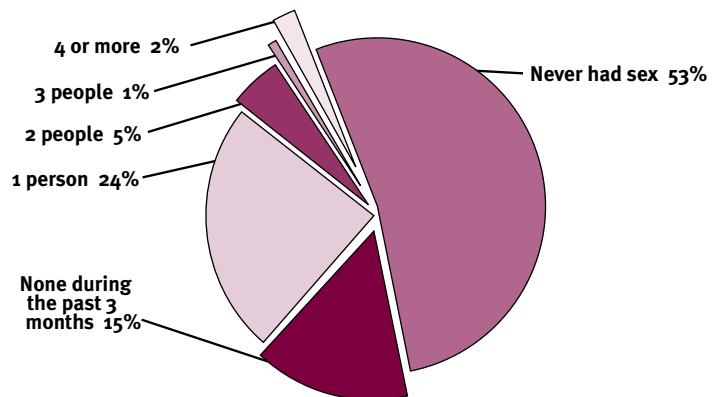
TRENDS IN SEXUAL BEHAVIORS

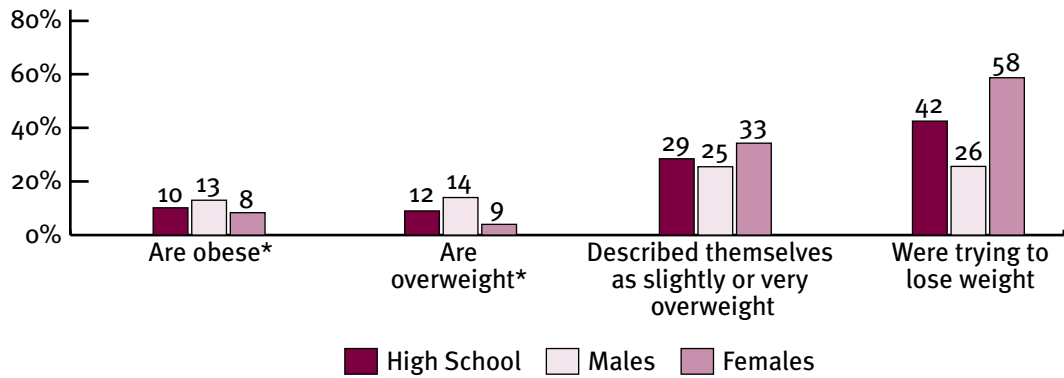


SEXUAL ACTIVITY AND CONDOM USAGE



NUMBER OF SEXUAL PARTNERS DURING THE LAST 3 MONTHS



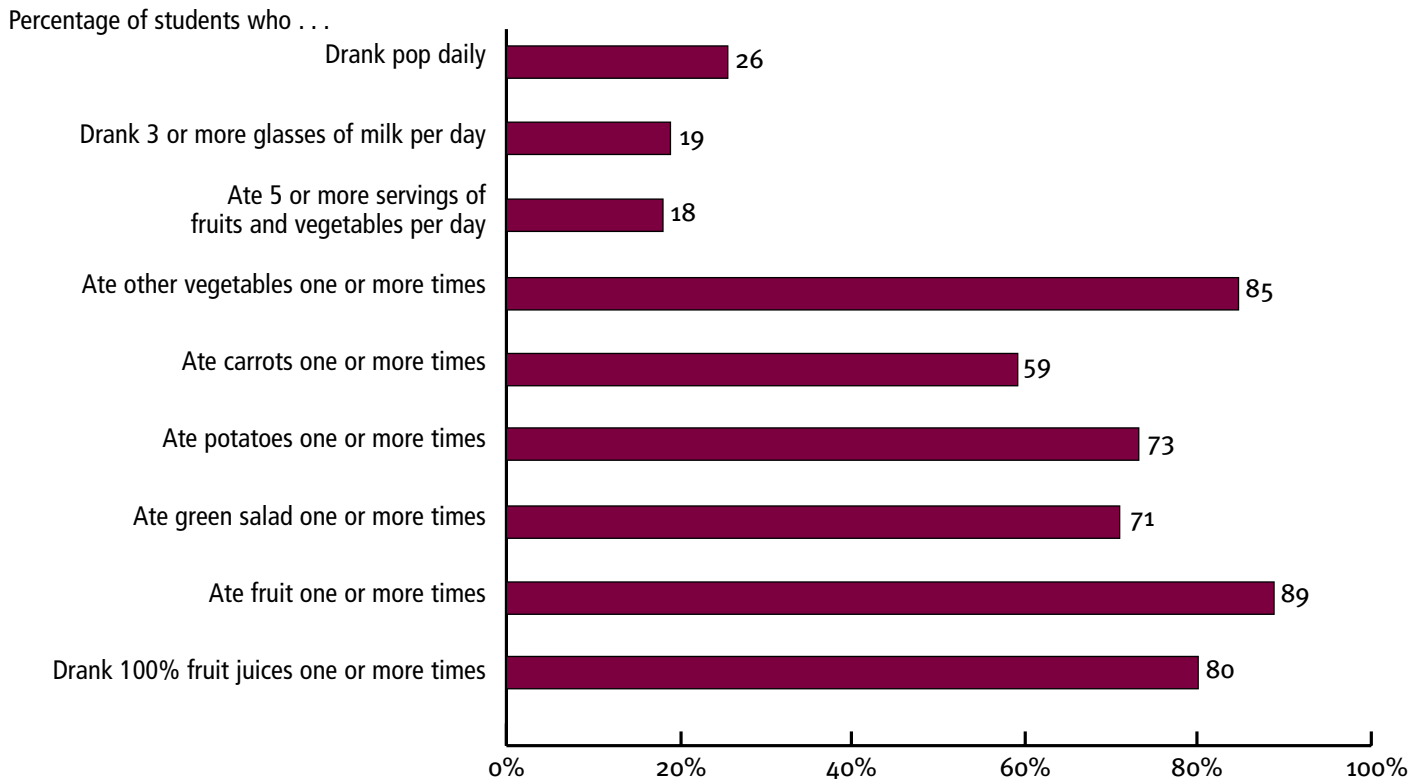


*BMI, 2009 YRBS, CDC

WEIGHT LOSS METHODS

Percentage of students who . . .	High School	Males	Females
Were trying to lose weight	42%	26%	58%
Exercised to lose weight or to keep from gaining weight during the past 30 days	62%	53%	71%
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days	38%	26%	52%
Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days	11%	7%	15%
Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days	6%	5%	7%
Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	5%	4%	7%

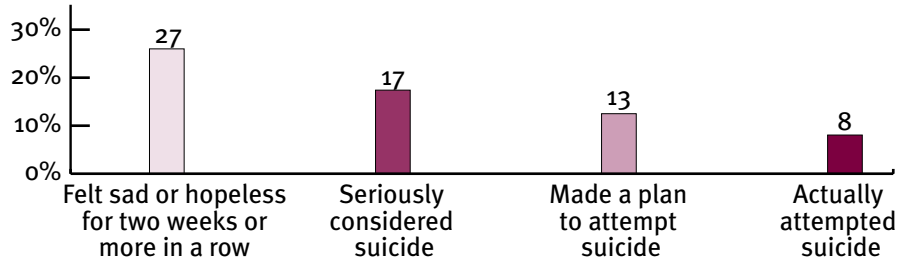
NUTRITIONAL BEHAVIORS DURING THE PAST 7 DAYS



VEHICLE-RELATED BEHAVIORS

Percentage of students who . . .	All High School	GRADES			
		9th	10th	11th	12th
Always wore a seat belt when riding in a car driven by someone else	41%	39%	50%	40%	35%
Always wore a seat belt when driving a car	44%	35%	54%	47%	45%
Rode in a car driven by someone who had been drinking alcohol in the past 30 days	33%	28%	33%	34%	37%
Drove a car after they had been drinking in the past 30 days	16%	9%	13%	18%	24%

DEPRESSION AND SUICIDE-RELATED BEHAVIORS

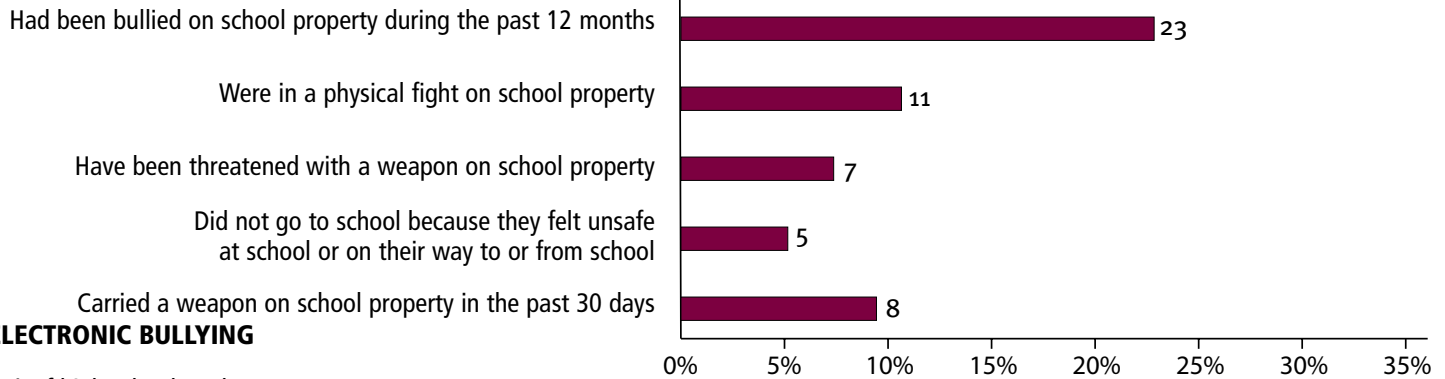


8% of high school students have attempted suicide in the past year.

17% of high school students seriously considered attempting suicide (15% of males, 20% females).

VIOLENCE AND INTIMIDATION ON SCHOOL PROPERTY

Percentage of students who . . .



ELECTRONIC BULLYING

18% of high school students had been electronically bullied such as through e-mail, chat rooms, instant messaging, Web Sites, or text messaging in the past 12 months (14% of males and 22% of females).

DATING VIOLENCE AND FORCED SEXUAL INTERCOURSE

