

2015 Montana Youth Risk Behavior Survey

Physical Activity Report

A Health Risk Behavior Comparison of Montana High School Students
Based on Physical Activity



October 2015

Youth Risk Behavior Survey Program
Health Enhancement and Safety Division



opi.mt.gov

Montana
Office of Public Instruction
Denise Juneau, State Superintendent

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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 2015 YRBS was conducted in February 2015. 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.

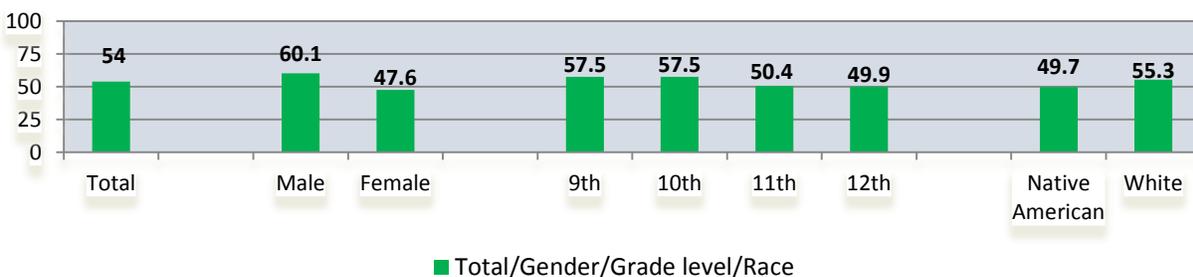
Survey Validity, Limitations and Results

Data used in this report from the 2015 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 being “physically active” are those students who selected responses of 5 or more days to the question, ‘During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time)’. Response options were 0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days and 7 days. Forty-four separate risk behaviors were queried for association with being physically active. These findings are presented in bullet, table and graph forms in the following report.

MONTANA RECOMMENDED LEVELS OF PHYSICAL ACTIVITY

Statewide, 54.0 percent of students were physically active for a total of at least 60 minutes per day on five or more of the past seven days.



For more on the YRBS go to www.opi.mt.gov/yrbs.

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Findings +

Montana high school students who are physically active are less likely than those students who are physically inactive to have:

- Never or rarely wore a seat belt when riding in a car driven by someone else (8% of physically active students compared to 12% of physically inactive students).
- Drove when drinking alcohol during the past 30 days (9% of physically active students compared to 14% of physically inactive students).
- Not gone to school because they felt unsafe at school or on their way to or from school during the past 30 days (3% of physically active students compared to 7% of physically inactive students).
- Ever been physically forced to have sexual intercourse when they did not want to (7% of physically active students compared to 11% of physically inactive students).
- Been bullied on school property during the past 12 months (23% of physically active students compared to 28% of physically inactive students).
- Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months (24% of physically active students compared to 35% of physically inactive students).
- Seriously considered attempting suicide during the past 12 months (15% of physically active students compared to 23% of physically inactive students).
- Attempted suicide during the past 12 months (7% of physically active students compared to 11% of physically inactive students).
- Smoked a cigarette during the past 30 days (10% of physically active students compared to 17% of physically inactive students).
- Had a drink of alcohol during the past 30 days (32% of physically active students compared to 37% of physically inactive students).
- Used marijuana during the past 30 days (16% of physically active students compared to 23% of physically inactive students).
- Ever used methamphetamines in their lifetime (2% of physically active students compared to 5% of physically inactive students).
- Ever used ecstasy in their lifetime (5% of physically active students compared to 8% of physically inactive students).
- Not eaten fruit or drink 100% fruit juice during the past 7 days (2% of physically active students compared to 8% of physically inactive students).
- Not eaten a green salad, potatoes, carrots, or other vegetables during the past 7 days (3% of physically active students compared to 8% of physically inactive students).
- Not had a drink of milk during the past 7 days (12% of physically active students compared to 20% of physically inactive students).
- Not eaten breakfast during the past 7 days (10% of physically active students compared to 16% of physically inactive students).
- Watched 3 or more hours of TV on an average school day (19% of physically active students compared to 26% of physically inactive students).
- Played video or computer games 3 or more hours per day on an average school day (30% of physically active students compared to 40% of physically inactive students).
- Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months (10% of physically active students compared to 15% of physically inactive students).

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Montana high school students who are physically active are more likely than those students who are physically inactive to have:

- Used smokeless tobacco during the past 30 days (14% of physically active students compared to 10% of physically inactive students).
- Played on at least one sports team during the past 12 months (76% of physically active students compared to 46% of physically inactive students).
- Got 8 or more hours of sleep on an average school night (37% of physically active students compared to 27% of physically inactive students).
- Made mostly A's or B's in school during the past 12 months (79% of physically active students compared to 71% of physically inactive students).

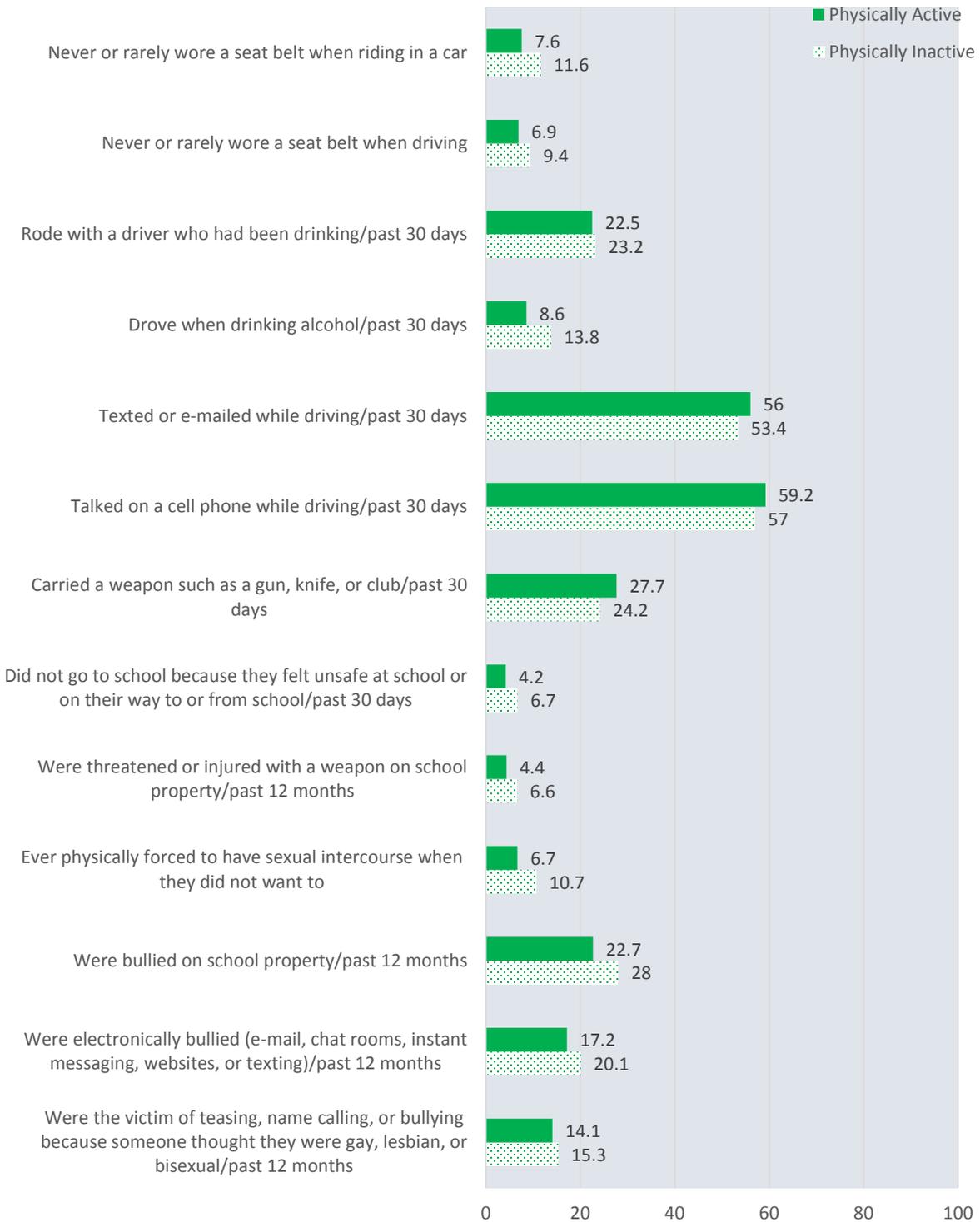
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Health Risk Behavior - percentage of students	Physically Active Students	Physically Inactive Students
Never or rarely wore a seat belt when riding in a car driven by someone else	7.6% (6.1-9.0)	11.6% (9.4-13.7)
Never or rarely wore a seat belt when driving	6.9% (5.3-8.4)	9.4% (7.2-11.6)
Rode with a driver who had been drinking during the past 30 days	22.5% (20.3-24.6)	23.2% (20.6-25.9)
Drove when drinking alcohol during the past 30 days	8.6% (6.7-10.5)	13.8% (10.6-16.9)
Texted or e-mailed while driving a car or other vehicle during the past 30 days	56.0% (52.4-59.5)	53.4% (49.3-57.4)
Talked on a cell phone while driving during the past 30 days	59.2% (55.9-62.5)	57.0% (53.2-60.8)
Carried a weapon such as a gun, knife, or club during the past 30 days	27.7% (25.2-30.1)	24.2% (21.8-26.7)
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	3.2% (2.3-4.1)	6.7% (5.0-8.5)
Were threatened or injured with a weapon on school property during the past 12 months	4.4% (3.3-5.4)	6.6% (5.1-8.0)
Ever physically forced to have sexual intercourse when they did not want to	6.7% (5.6-7.8)	10.7% (8.8-12.6)
Were bullied on school property during the past 12 months	22.7% (20.2-25.3)	28.0% (25.5-30.4)
Were electronically bullied (e-mail, chat rooms, instant messaging, websites, or texting) during the past 12 months	17.2% (15.3-19.1)	20.1% (18.0-22.1)
Were the victim of teasing, name calling, or bullying because someone thought they were gay, lesbian, or bisexual during the past 12 months	14.1% (12.3-15.8)	15.3% (13.4-17.1)
Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months	23.9% (21.7-26.2)	35.3% (32.6-38.0)
Seriously considered attempting suicide during the past 12 months	15.3% (13.7-16.8)	23.0% (21.0-24.9)
Attempted suicide during the past 12 months	7.3% (6.1-8.5)	10.7% (8.7-12.8)
Ever tried cigarette smoking	35.8% (32.3-39.4)	42.5% (38.9-46.1)
Smoked a cigarette during the past 30 days	9.9% (8.3-11.5)	16.9% (13.9-19.9)
Used smokeless tobacco during the past 30 days	14.1% (12.4-15.9)	9.9% (8.4-11.4)
Ever used electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens such as blu, NJOY, or Starbuzz)	50.9% (47.8-54.0)	51.0% (48.2-53.8)
Used electronic vapor products during the past 30 days	28.1% (25.5-30.8)	31.0% (28.4-33.6)

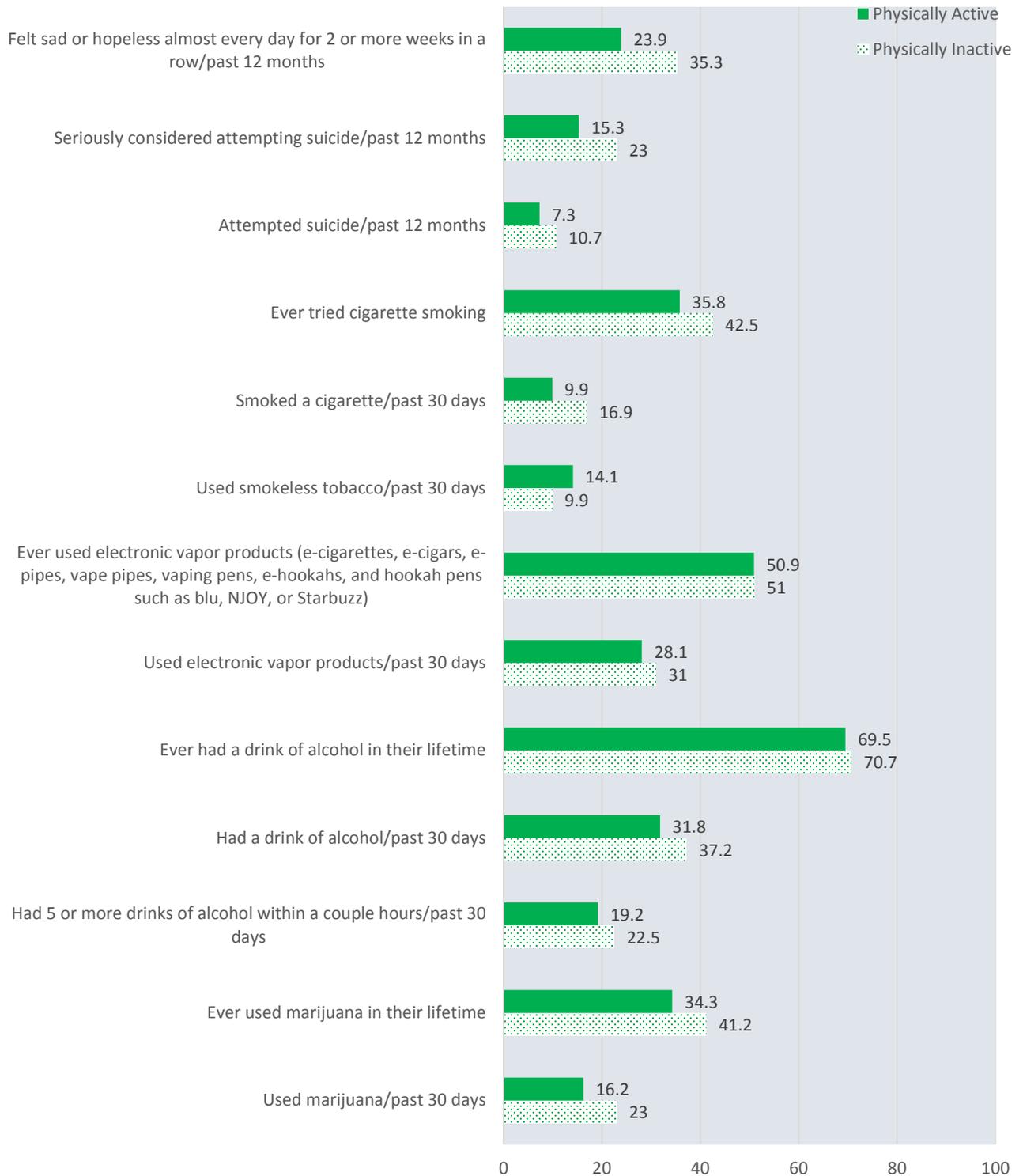
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Health Risk Behavior by percentage of students	Physically Active Students	Physically Inactive Students
Ever had a drink of alcohol in their lifetime	69.5% (67.2-71.8)	70.7% (68.2-73.2)
Had a drink of alcohol during the past 30 days	31.8% (29.5-34.0)	37.2% (34.2-40.2)
Had 5 or more drinks of alcohol within a couple hours during the past 30 days	19.2% (17.2-21.2)	22.5% (20.3-24.8)
Ever used marijuana in their lifetime	34.3% (30.9-37.8)	41.2% (37.0-45.5)
Used marijuana during the past 30 days	16.2% (14.1-18.3)	23.0% (20.1-26.0)
Ever used methamphetamines in their lifetime	1.5% (0.9-2.0)	4.7% (3.2-6.2)
Ever used ecstasy in their lifetime	4.7% (3.8-5.7)	7.6% (6.2-8.9)
Ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)	20.3% (18.7-21.8)	23.1% (20.6-25.7)
Ever had sexual intercourse in their lifetime	43.8% (40.4-47.2)	44.3% (40.9-47.7)
Had sexual intercourse with four or more persons during their life	12.7% (10.9-14.5)	14.0% (11.6-16.4)
Had sexual intercourse during the past 3 months	31.1% (28.2-34.0)	33.9% (30.8-37.0)
Drank alcohol or used drugs before last sexual intercourse	19.4% (16.5-22.3)	19.7% (15.7-23.7)
Did not eat fruit or drink 100% fruit juice during the past 7 days	2.4% (1.7-3.1)	8.0% (6.6-9.3)
Did not eat green salad, potatoes, carrots, or other vegetables during the past 7 days	3.1% (2.1-4.1)	7.5% (5.9-9.0)
Drank a can, bottle, or glass of soda or pop daily during the past 7 days	18.2% (16.5-19.9)	19.1% (12.5-15.8)
Did not drink milk during the past 7 days	11.8% (10.4-13.2)	20.4% (18.1-22.7)
Did not eat breakfast during the past 7 days	9.6% (8.3-10.9)	15.9% (13.9-17.9)
Watched 3 or more hours of TV on an average school day	18.8% (16.6-21.0)	25.5% (23.0-27.9)
Played video or computer games 3 or more hours per day on an average school day	29.5% (27.2-31.8)	39.9% (37.0-42.8)
Played on at least one sports team during the past 12 months	76.2% (74.3-78.2)	46.2% (43.6-48.9)
Had 8 or more hours of sleep on an average school night	37.2% (34.4-39.9)	27.2% (24.8-29.5)
Made mostly A's or B's in school during the past 12 months	79.1% (76.8-81.3)	70.5% (67.3-73.7)
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	10.2% (8.5-11.9)	14.9% (13.0-16.9)

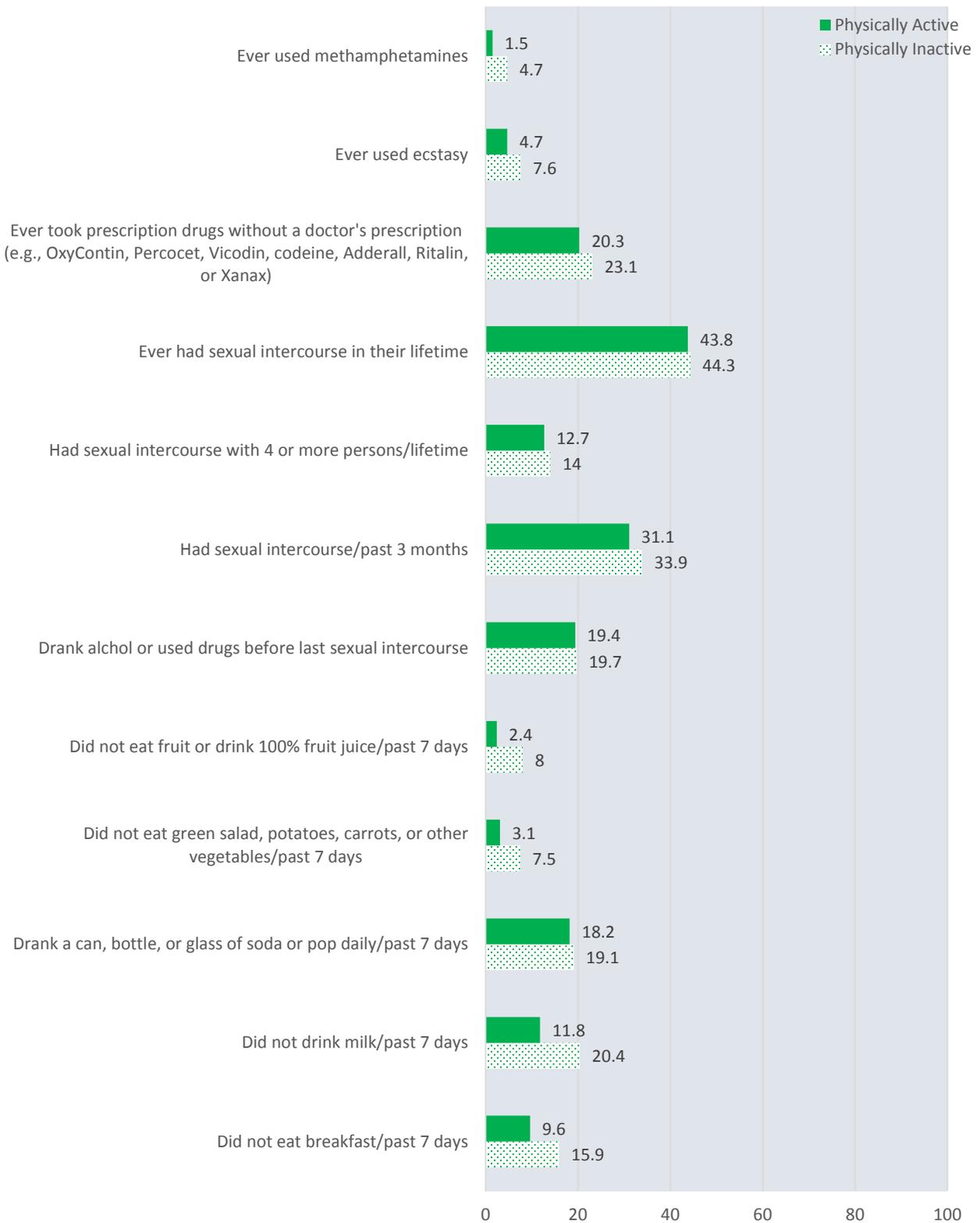
2015 Montana Youth Risk Behavior Survey Physical Activity Report



2015 Montana Youth Risk Behavior Survey Tobacco Users Report



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