

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

TRI-COUNTY HIGH SCHOOL STUDENT FREQUENCY DISTRIBUTIONS - SPECIAL REPORT

The following frequency distributions are based upon surveys with 295 targeted high school students in Montana during February of 2019. Frequency distributions may not total 295 due to nonresponse and percents may not total 100 percent due to rounding.

Question	Responses	Count	Percent
Q-1. How old are you?			
A.	12 years old or younger	1	0.34%
B.	13 years old	0	0.00%
C.	14 years old	32	10.85%
D.	15 years old	64	21.69%
E.	16 years old	62	21.02%
F.	17 years old	82	27.80%
G.	18 years old or older	54	18.31%
	TOTALS	295	100.00%
Q-2. What is your sex?			
A.	Female	143	49.31%
B.	Male	147	50.69%
	TOTALS	290	100.00%
Q-3. In what grade are you?			
A.	9th grade	76	25.94%
B.	10th grade	65	22.18%
C.	11th grade	71	24.23%
D.	12th grade	80	27.30%
E.	Ungraded or other grade	1	0.34%
	TOTALS	293	100.00%
Q-4. Are you Hispanic or Latino?			
A.	Yes	11	3.82%
B.	No	277	96.18%
	TOTALS	288	100.00%
Q-5. What is your race?			
A.	American Indian or Alaskan Native	22	7.14%
B.	Asian	6	1.95%
C.	Black or African American	10	3.25%
D.	Native Hawaiian or Other Pacific Islander	3	0.97%
E.	White	267	86.69%
	TOTALS	308	100.00%

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

A.	Less than 4 ft	0	0.00%
B.	4ft to 4 ft, 6 in	2	0.68%
C.	4ft, 7in to 5 ft	10	3.40%
D.	5ft, 1in to 5ft, 6in	122	41.50%
E.	Over 5ft, 6in	160	54.42%
TOTALS		294	100.00%

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

A.	Less than 90 lbs	2	0.69%
B.	90-99 lbs	5	1.73%
C.	100-109 lbs	15	5.19%
D.	110-119lbs	26	9.00%
E.	120-129 lbs	40	13.84%
F.	130-139 lbs	45	15.57%
G.	140 lbs +	156	53.98%
TOTALS		289	100.00%

Q-8. How often do you wear a seat belt when riding in a car driven by someone else?

A.	Never	10	3.40%
B.	Rarely	22	7.48%
C.	Sometimes	54	18.37%
D.	Most of the time	96	32.65%
E.	Always	112	38.10%
TOTALS		294	100.00%

Q-9. How often do you wear a seat belt when driving a car?

A.	I do not drive a car	49	16.61%
B.	Never	16	5.42%
C.	Rarely	22	7.46%
D.	Sometimes	31	10.51%
E.	Most of the time	52	17.63%
F.	Always	125	42.37%
TOTALS		295	100.00%

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?

A.	0 times	232	78.64%
B.	1 time	30	10.17%
C.	2 or 3 times	20	6.78%
D.	4 or 5 times	3	1.02%
E.	6 or more times	10	3.39%
TOTALS		295	100.00%

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

A.	I did not drive a car or other vehicle during the past 30 days	81	27.46%
B.	0 times	193	65.42%
C.	1 time	13	4.41%
D.	2 or 3 times	3	1.02%
E.	4 or 5 times	2	0.68%
F.	6 or more times	3	1.02%
TOTALS		295	100.00%

Q-12. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?

A.	I did not drive a car or other vehicle during the past 30 days	66	22.45%
B.	0 days	111	37.76%
C.	1 or 2 days	35	11.90%
D.	3 to 5 days	15	5.10%
E.	6 to 9 days	11	3.74%
F.	10 to 19 days	17	5.78%
G.	20 to 29 days	11	3.74%
H.	All 30 days	28	9.52%
TOTALS		294	100.00%

Q-13. During the past 30 days, on how many days did you use the Internet or apps on your cell phone (such as YouTube, Instagram, or Facebook) while driving a car or other vehicle? (Do not count using your cell phone to get driving directions or to determine your location.)

A.	I did not drive a car or other vehicle during the past 30 days	64	21.92%
B.	0 days	119	40.75%
C.	1 or 2 days	31	10.62%
D.	3 to 5 days	9	3.08%
E.	6 to 9 days	8	2.74%
F.	10 to 19 days	15	5.14%
G.	20 to 29 days	19	6.51%
H.	All 30 days	27	9.25%
TOTALS		292	100.00%

Q-14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

A.	0 days	210	71.67%
B.	1 day	10	3.41%
C.	2 or 3 days	20	6.83%
D.	4 or 5 days	9	3.07%
E.	6 or more days	44	15.02%
TOTALS		293	100.00%

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Q-15. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

A.	0 days	266	91.10%
B.	1 day	6	2.05%
C.	2 or 3 days	2	0.68%
D.	4 or 5 days	1	0.34%
E.	6 or more days	17	5.82%
TOTALS		292	100.00%

Q-16. During the past 12 months, on how many days did you carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)

A.	0 days	258	89.27%
B.	1 day	8	2.77%
C.	2 or 3 days	6	2.08%
D.	4 or 5 days	1	0.35%
E.	6 or more days	16	5.54%
TOTALS		289	100.00%

Q-17. 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?

A.	0 days	260	88.14%
B.	1 day	20	6.78%
C.	2 or 3 days	7	2.37%
D.	4 or 5 days	5	1.69%
E.	6 or more days	3	1.02%
TOTALS		295	100.00%

Q-18. 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?

A.	0 times	271	92.49%
B.	1 time	6	2.05%
C.	2 or 3 times	7	2.39%
D.	4 or 5 times	2	0.68%
E.	6 or 7 times	0	0.00%
F.	8 or 9 times	1	0.34%
G.	10 or 11 times	0	0.00%
H.	12 or more times	6	2.05%
TOTALS		293	100.00%

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Q-19. During the past 12 months, how many times were you in a physical fight?

A.	0 times	214	75.35%
B.	1 time	34	11.97%
C.	2 or 3 times	19	6.69%
D.	4 or 5 times	4	1.41%
E.	6 or 7 times	5	1.76%
F.	8 or 9 times	3	1.06%
G.	10 or 11 times	0	0.00%
H.	12 or more times	5	1.76%
TOTALS		284	100.00%

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

A.	0 times	265	89.83%
B.	1 time	16	5.42%
C.	2 or 3 times	8	2.71%
D.	4 or 5 times	1	0.34%
E.	6 or 7 times	1	0.34%
F.	8 or 9 times	0	0.00%
G.	10 or 11 times	0	0.00%
H.	12 or more times	4	1.36%
TOTALS		295	100.00%

Q-21. Have you ever been physically forced to have sexual intercourse when you did not want to?

A.	Yes	40	13.75%
B.	No	251	86.25%
TOTALS		291	100.00%

Q-22. During the past 12 months, how many times did anyone force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)

A.	0 times	253	86.35%
B.	1 time	21	7.17%
C.	2 or 3 times	14	4.78%
D.	4 or 5 times	2	0.68%
E.	6 or more times	3	1.02%
TOTALS		293	100.00%

Q-23. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)

A.	I did not date or go out with anyone during the past 12 months	105	35.59%
B.	0 times	171	57.97%
C.	1 time	8	2.71%
D.	2 or 3 times	6	2.03%
E.	4 or 5 times	2	0.68%
F.	6 or more times	3	1.02%
TOTALS		295	100.00%

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Q-24. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)

A.	I did not date or go out with anyone during the past 12 months	101	34.35%
B.	0 times	180	61.22%
C.	1 time	5	1.70%
D.	2 or 3 times	3	1.02%
E.	4 or 5 times	2	0.68%
F.	6 or more times	3	1.02%
TOTALS		294	100.00%

Q-25. During the past 12 months, have you ever been bullied on school property?

A.	Yes	83	28.92%
B.	No	204	71.08%
TOTALS		287	100.00%

Q-26. During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)

A.	Yes	59	20.00%
B.	No	236	80.00%
TOTALS		295	100.00%

Q-27. During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?

A.	Yes	58	19.66%
B.	No	237	80.34%
TOTALS		295	100.00%

Q-28. 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?

A.	Yes	115	39.93%
B.	No	173	60.07%
TOTALS		288	100.00%

Q-29. During the past 12 months, did you ever seriously consider attempting suicide?

A.	Yes	78	26.53%
B.	No	216	73.47%
TOTALS		294	100.00%

Q-30. During the past 12 months, did you make a plan about how you would attempt suicide?

A.	Yes	76	25.94%
B.	No	217	74.06%
TOTALS		293	100.00%

Q-31. During the past 12 months, how many times did you actually attempt suicide?

A.	0 times	253	86.05%
B.	1 time	23	7.82%
C.	2 or 3 times	12	4.08%
D.	4 or 5 times	2	0.68%
E.	6 or more times	4	1.36%
TOTALS		294	100.00%

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Q-32. 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?

A.	I did not attempt suicide during the past 12 months	234	79.59%
B.	Yes	16	5.44%
C.	No	44	14.97%
TOTALS		294	100.00%

Q-33. Have you ever tried cigarette smoking, even one or two puffs?

A.	Yes	121	41.30%
B.	No	172	58.70%
TOTALS		293	100.00%

Q-34. How old were you when you first tried cigarette smoking, even one or two puffs?

A.	I have never tried cigarette smoking, not even one or two puffs	174	59.59%
B.	8 years old or younger	15	5.14%
C.	9 or 10 years old	14	4.79%
D.	11 or 12 years old	14	4.79%
E.	13 or 14 years old	27	9.25%
F.	15 or 16 years old	38	13.01%
G.	17 years old or older	10	3.42%
TOTALS		292	100.00%

Q-35. During the past 30 days, on how many days did you smoke cigarettes?

A.	0 days	258	87.76%
B.	1 or 2 days	21	7.14%
C.	3 to 5 days	6	2.04%
D.	6 to 9 days	2	0.68%
E.	10 to 19 days	1	0.34%
F.	20 to 29 days	0	0.00%
G.	All 30 days	6	2.04%
TOTALS		294	100.00%

Q-36. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

A.	I did not smoke cigarettes during the past 30 days	258	87.46%
B.	Less than 1 cigarette per day	16	5.42%
C.	1 cigarette per day	10	3.39%
D.	2 to 5 cigarettes per day	4	1.36%
E.	6 to 10 cigarettes per day	3	1.02%
F.	11 to 20 cigarettes per day	1	0.34%
G.	More than 20 cigarettes per day	3	1.02%
TOTALS		295	100.00%

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Q-37. Have you ever used an electronic vapor product?

A.	Yes	169	58.08%
B.	No	122	41.92%
TOTALS		291	100.00%

Q-38. During the past 30 days, on how many days did you use an electronic vapor product?

A.	0 days	168	57.14%
B.	1 or 2 days	41	13.95%
C.	3 to 5 days	13	4.42%
D.	6 to 9 days	17	5.78%
E.	10 to 19 days	10	3.40%
F.	20 to 29 days	19	6.46%
G.	All 30 days	26	8.84%
TOTALS		294	100.00%

Q-39. During the past 30 days, on how many days did you use an electronic vapor product on school property?

A.	0 days	243	83.51%
B.	1 or 2 days	15	5.15%
C.	3 to 5 days	7	2.41%
D.	6 to 9 days	7	2.41%
E.	10 to 19 days	4	1.37%
F.	20 to 29 days	4	1.37%
G.	All 30 days	11	3.78%
TOTALS		291	100.00%

Q-40. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)

A.	I did not use any electronic vapor products during the past 30 days	166	57.04%
B.	I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store	20	6.87%
C.	I got them on the Internet	8	2.75%
D.	I gave someone else money to buy them for me	23	7.90%
E.	I borrowed them from someone else	44	15.12%
F.	A person who can legally buy these products gave them to me	14	4.81%
G.	I took them from a store or another person	0	0.00%
H.	I got them some other way	16	5.50%
TOTALS		291	100.00%

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Q-41. What is the main reason you have used electronic vapor products? (Select only one response.)

A.	I have never used an electronic vapor product	135	46.08%
B.	Friend or family member used them	34	11.60%
C.	To try to quit using other tobacco products	8	2.73%
D.	They cost less than other tobacco products	3	1.02%
E.	They are easier to get than other tobacco products	3	1.02%
F.	They are less harmful than other forms of tobacco	21	7.17%
G.	They are available in flavors, such as mint, candy, fruit, or chocolate	17	5.80%
H.	I used them for some other reason	72	24.57%
TOTALS		293	100.00%

Q-42. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.)

A.	0 days	270	92.47%
B.	1 or 2 days	4	1.37%
C.	3 to 5 days	4	1.37%
D.	6 to 9 days	3	1.03%
E.	10 to 19 days	1	0.34%
F.	20 to 29 days	4	1.37%
G.	All 30 days	6	2.05%
TOTALS		292	100.00%

Q-43. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

A.	0 days	260	89.04%
B.	1 or 2 days	17	5.82%
C.	3 to 5 days	8	2.74%
D.	6 to 9 days	2	0.68%
E.	10 to 19 days	0	0.00%
F.	20 to 29 days	0	0.00%
G.	All 30 days	5	1.71%
TOTALS		292	100.00%

Q-44. During the past 12 months, did you ever try to quit using all tobacco products, including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products?

A.	I did not use any tobacco products during the past 12 months	171	58.56%
B.	Yes	56	19.18%
C.	No	65	22.26%
TOTALS		292	100.00%

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Q-45. How old were you when you had your first drink of alcohol other than a few sips?

A.	I have never had a drink of alcohol other than a few sips	117	40.34%
B.	8 years old or younger	24	8.28%
C.	9 or 10 years old	19	6.55%
D.	11 or 12 years old	20	6.90%
E.	13 or 14 years old	60	20.69%
F.	15 or 16 years old	48	16.55%
G.	17 years old or older	2	0.69%
TOTALS		290	100.00%

Q-46. During the past 30 days, on how many days did you have at least one drink of alcohol?

A.	0 days	187	64.48%
B.	1 or 2 days	41	14.14%
C.	3 to 5 days	29	10.00%
D.	6 to 9 days	15	5.17%
E.	10 to 19 days	12	4.14%
F.	20 to 29 days	1	0.34%
G.	All 30 days	5	1.72%
TOTALS		290	100.00%

Q-47. During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row, that is, within a couple of hours (if you are female) or 5 or more drinks of alcohol in a row, that is, within a couple of hours (if you are male)?

A.	0 days	216	73.72%
B.	1 day	15	5.12%
C.	2 days	24	8.19%
D.	3 to 5 days	18	6.14%
E.	6 to 9 days	15	5.12%
F.	10 to 19 days	2	0.68%
G.	20 or more days	3	1.02%
TOTALS		293	100.00%

Q-48. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?

A.	I did not drink alcohol during the past 30 days	191	65.19%
B.	1 or 2 drinks	23	7.85%
C.	3 drinks	7	2.39%
D.	4 drinks	11	3.75%
E.	5 drinks	15	5.12%
F.	6 or 7 drinks	11	3.75%
G.	8 or 9 drinks	12	4.10%
H.	10 or more drinks	23	7.85%
TOTALS		293	100.00%

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Q-49. During the past 30 days, how did you usually get the alcohol you drank?

A.	I did not drink alcohol during the past 30 days	185	64.01%
B.	I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	3	1.04%
C.	I bought it at a restaurant, bar, or club	0	0.00%
D.	I bought it at a public event such as a concert or sporting event	1	0.35%
E.	I gave someone else money to buy it for me	33	11.42%
F.	Someone gave it to me	31	10.73%
G.	I took it from a store or family member	11	3.81%
H.	I got it some other way	25	8.65%
TOTALS		289	100.00%

Q-50. During your life, how many times have you used marijuana?

A.	0 times	176	60.48%
B.	1 or 2 times	30	10.31%
C.	3 to 9 times	16	5.50%
D.	10 to 19 times	9	3.09%
E.	20 to 39 times	12	4.12%
F.	40 to 99 times	13	4.47%
G.	100 or more times	35	12.03%
TOTALS		291	100.00%

Q-51. How old were you when you tried marijuana for the first time?

A.	I have never tried marijuana	175	60.55%
B.	8 years old or younger	6	2.08%
C.	9 or 10 years old	5	1.73%
D.	11 or 12 years old	15	5.19%
E.	13 or 14 years old	38	13.15%
F.	15 or 16 years old	39	13.49%
G.	17 years old or older	11	3.81%
TOTALS		289	100.00%

Q-52. During the past 30 days, how many times did you use marijuana?

A.	0 times	226	78.20%
B.	1 or 2 times	18	6.23%
C.	3 to 9 times	18	6.23%
D.	10 to 19 times	7	2.42%
E.	20 to 39 times	5	1.73%
F.	40 or more times	15	5.19%
TOTALS		289	100.00%

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Q-53. During your life, how many times have you used synthetic marijuana?

A.	0 times	270	93.43%
B.	1 or 2 times	8	2.77%
C.	3 to 9 times	3	1.04%
D.	10 to 19 times	2	0.69%
E.	20 to 39 times	2	0.69%
F.	40 or more times	4	1.38%
TOTALS		289	100.00%

Q-54. During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

A.	0 times	234	80.41%
B.	1 or 2 times	24	8.25%
C.	3 to 9 times	16	5.50%
D.	10 to 19 times	7	2.41%
E.	20 to 39 times	6	2.06%
F.	40 or more times	4	1.37%
TOTALS		291	100.00%

Q-55. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

A.	0 times	264	91.03%
B.	1 or 2 times	12	4.14%
C.	3 to 9 times	7	2.41%
D.	10 to 19 times	2	0.69%
E.	20 to 39 times	0	0.00%
F.	40 or more times	5	1.72%
TOTALS		290	100.00%

Q-56. 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?

A.	0 times	266	92.04%
B.	1 or 2 times	14	4.84%
C.	3 to 9 times	1	0.35%
D.	10 to 19 times	2	0.69%
E.	20 to 39 times	0	0.00%
F.	40 or more times	6	2.08%
TOTALS		289	100.00%

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Q-57. During your life, how many times have you used heroin (also called smack, junk, or China White)?

A.	0 times	283	97.92%
B.	1 or 2 times	0	0.00%
C.	3 to 9 times	2	0.69%
D.	10 to 19 times	1	0.35%
E.	20 to 39 times	0	0.00%
F.	40 or more times	3	1.04%
TOTALS		289	100.00%

Q-58. During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?

A.	0 times	278	96.86%
B.	1 or 2 times	3	1.05%
C.	3 to 9 times	1	0.35%
D.	10 to 19 times	1	0.35%
E.	20 to 39 times	2	0.70%
F.	40 or more times	2	0.70%
TOTALS		287	100.00%

Q-59. During your life, how many times have you used ecstasy (also called MDMA)?

A.	0 times	275	95.16%
B.	1 or 2 times	6	2.08%
C.	3 to 9 times	5	1.73%
D.	10 to 19 times	1	0.35%
E.	20 to 39 times	0	0.00%
F.	40 or more times	2	0.69%
TOTALS		289	100.00%

Q-60. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

A.	0 times	281	97.23%
B.	1 or 2 times	1	0.35%
C.	3 to 9 times	3	1.04%
D.	10 to 19 times	0	0.00%
E.	20 to 39 times	0	0.00%
F.	40 or more times	4	1.38%
TOTALS		289	100.00%

Q-61. During your life, how many times have you used a needle to inject any illegal drug into your body?

A.	0 times	281	98.25%
B.	1 time	2	0.70%
C.	2 or more times	3	1.05%
TOTALS		286	100.00%

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Q-62. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

A.	Yes	58	20.07%
B.	No	231	79.93%
TOTALS		289	100.00%

Q-63. Have you ever had sexual intercourse?

A.	Yes	141	49.65%
B.	No	143	50.35%
TOTALS		284	100.00%

Q-64. How old were you when you had sexual intercourse for the first time?

A.	I have never had sexual intercourse	150	51.90%
B.	11 years old or younger	14	4.84%
C.	12 years old	6	2.08%
D.	13 years old	16	5.54%
E.	14 years old	32	11.07%
F.	15 years old	46	15.92%
G.	16 years old	21	7.27%
H.	17 years old or older	4	1.38%
TOTALS		289	100.00%

Q-65. During your life, with how many people have you had sexual intercourse?

A.	I have never had sexual intercourse	152	52.60%
B.	1 person	36	12.46%
C.	2 people	27	9.34%
D.	3 people	20	6.92%
E.	4 people	6	2.08%
F.	5 people	11	3.81%
G.	6 or more people	37	12.80%
TOTALS		289	100.00%

Q-66. During the past 3 months, with how many people did you have sexual intercourse?

A.	I have never had sexual intercourse	151	52.43%
B.	I have had sexual intercourse, but not during the past 3 months	44	15.28%
C.	1 person	70	24.31%
D.	2 people	10	3.47%
E.	3 people	5	1.74%
F.	4 people	4	1.39%
G.	5 people	3	1.04%
H.	6 or more people	1	0.35%
TOTALS		288	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-67. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

A.	I have never had sexual intercourse	148	51.57%
B.	Yes	30	10.45%
C.	No	109	37.98%
TOTALS		287	100.00%

Q-68. The last time you had sexual intercourse, did you or your partner use a condom?

A.	I have never had sexual intercourse	151	52.80%
B.	Yes	81	28.32%
C.	No	54	18.88%
TOTALS		286	100.00%

Q-69. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

A.	I have never had sexual intercourse	148	51.39%
B.	No method was used to prevent pregnancy	12	4.17%
C.	Birth control pills	32	11.11%
D.	Condoms	63	21.88%
E.	An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	18	6.25%
F.	A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	3	1.04%
G.	Withdrawal or some other method	11	3.82%
H.	Not sure	1	0.35%
TOTALS		288	100.00%

Q-70. How do you describe your weight?

A.	Very underweight	15	5.23%
B.	Slightly underweight	32	11.15%
C.	About the right weight	142	49.48%
D.	Slightly overweight	81	28.22%
E.	Very overweight	17	5.92%
TOTALS		287	100.00%

Q-71. Which of the following are you trying to do about your weight?

A.	Lose weight	126	43.60%
B.	Gain weight	46	15.92%
C.	Stay the same weight	52	17.99%
D.	I am not trying to do anything about my weight	65	22.49%
TOTALS		289	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-72. 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.)

A.	I did not drink 100% fruit juice during the past 7 days	90	31.03%
B.	1 to 3 times during the past 7 days	120	41.38%
C.	4 to 6 times during the past 7 days	30	10.34%
D.	1 time per day	22	7.59%
E.	2 times per day	9	3.10%
F.	3 times per day	2	0.69%
G.	4 or more times per day	17	5.86%
TOTALS		290	100.00%

Q-73. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

A.	I did not eat fruit during the past 7 days	50	17.42%
B.	1 to 3 times during the past 7 days	118	41.11%
C.	4 to 6 times during the past 7 days	66	23.00%
D.	1 time per day	21	7.32%
E.	2 times per day	14	4.88%
F.	3 times per day	8	2.79%
G.	4 or more times per day	10	3.48%
TOTALS		287	100.00%

Q-74. During the past 7 days, how many times did you eat green salad?

A.	I did not eat green salad during the past 7 days	117	40.48%
B.	1 to 3 times during the past 7 days	116	40.14%
C.	4 to 6 times during the past 7 days	36	12.46%
D.	1 time per day	11	3.81%
E.	2 times per day	4	1.38%
F.	3 times per day	2	0.69%
G.	4 or more times per day	3	1.04%
TOTALS		289	100.00%

Q-75. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

A.	I did not eat potatoes during the past 7 days	76	26.48%
B.	1 to 3 times during the past 7 days	144	50.17%
C.	4 to 6 times during the past 7 days	43	14.98%
D.	1 time per day	15	5.23%
E.	2 times per day	2	0.70%
F.	3 times per day	2	0.70%
G.	4 or more times per day	5	1.74%
TOTALS		287	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-76. During the past 7 days, how many times did you eat carrots?

A.	I did not eat carrots during the past 7 days	142	49.48%
B.	1 to 3 times during the past 7 days	106	36.93%
C.	4 to 6 times during the past 7 days	27	9.41%
D.	1 time per day	3	1.05%
E.	2 times per day	4	1.39%
F.	3 times per day	1	0.35%
G.	4 or more times per day	4	1.39%
TOTALS		287	100.00%

Q-77. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

A.	I did not eat other vegetables during the past 7 days	63	21.80%
B.	1 to 3 times during the past 7 days	116	40.14%
C.	4 to 6 times during the past 7 days	60	20.76%
D.	1 time per day	31	10.73%
E.	2 times per day	10	3.46%
F.	3 times per day	3	1.04%
G.	4 or more times per day	6	2.08%
TOTALS		289	100.00%

Q-78. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)

A.	I did not drink soda or pop during the past 7 days	72	25.00%
B.	1 to 3 times during the past 7 days	125	43.40%
C.	4 to 6 times during the past 7 days	38	13.19%
D.	1 time per day	21	7.29%
E.	2 times per day	18	6.25%
F.	3 times per day	6	2.08%
G.	4 or more times per day	8	2.78%
TOTALS		288	100.00%

Q-79. During the past 7 days, how many glasses of milk did you drink? (Count 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.)

A.	I did not drink milk during the past 7 days	61	21.18%
B.	1 to 3 glasses during the past 7 days	79	27.43%
C.	4 to 6 glasses during the past 7 days	54	18.75%
D.	1 glass per day	35	12.15%
E.	2 glasses per day	26	9.03%
F.	3 glasses per day	19	6.60%
G.	4 or more glasses per day	14	4.86%
TOTALS		288	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-80. During the past 7 days, how many times did you drink a can, bottle, or glass of an energy drink, such as Red Bull or Jolt? (Do not count diet or sports drinks such as Gatorade or PowerAde.)

A.	I did not drink energy drinks during the past 7 days	181	62.85%
B.	1 to 3 times during the past 7 days	75	26.04%
C.	4 to 6 times during the past 7 days	18	6.25%
D.	1 time per day	4	1.39%
E.	2 times per day	5	1.74%
F.	3 times per day	2	0.69%
G.	4 or more times per day	3	1.04%
TOTALS		288	100.00%

Q-81. During the past 7 days, on how many days did you eat breakfast?

A.	0 days	47	16.38%
B.	1 day	29	10.10%
C.	2 days	34	11.85%
D.	3 days	33	11.50%
E.	4 days	23	8.01%
F.	5 days	28	9.76%
G.	6 days	10	3.48%
H.	7 days	83	28.92%
TOTALS		287	100.00%

Q-82. 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.)

A.	0 days	36	12.59%
B.	1 day	14	4.90%
C.	2 days	26	9.09%
D.	3 days	23	8.04%
E.	4 days	34	11.89%
F.	5 days	48	16.78%
G.	6 days	24	8.39%
H.	7 days	81	28.32%
TOTALS		286	100.00%

Q-83. On an average school day, how many hours do you watch TV?

A.	I do not watch TV on an average school day	58	20.35%
B.	Less than 1 hour per day	59	20.70%
C.	1 hour per day	52	18.25%
D.	2 hours per day	58	20.35%
E.	3 hours per day	34	11.93%
F.	4 hours per day	9	3.16%
G.	5 or more hours per day	15	5.26%
TOTALS		285	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-84. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.)

A.	I do not play video or computer games or use a computer for something that is not school work	61	21.25%
B.	Less than 1 hour per day	44	15.33%
C.	1 hour per day	32	11.15%
D.	2 hours per day	39	13.59%
E.	3 hours per day	32	11.15%
F.	4 hours per day	32	11.15%
G.	5 or more hours per day	47	16.38%
TOTALS		287	100.00%

Q-85. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

A.	0 days	110	39.15%
B.	1 day	9	3.20%
C.	2 days	22	7.83%
D.	3 days	16	5.69%
E.	4 days	31	11.03%
F.	5 days	93	33.10%
TOTALS		281	100.00%

Q-86. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)

A.	0 teams	122	43.11%
B.	1 team	58	20.49%
C.	2 teams	44	15.55%
D.	3 or more teams	59	20.85%
TOTALS		283	100.00%

Q-87. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

A.	0 times	232	81.12%
B.	1 time	38	13.29%
C.	2 times	11	3.85%
D.	3 times	2	0.70%
E.	4 or more times	3	1.05%
TOTALS		286	100.00%

Q-88. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

A.	During the past 12 months	204	71.83%
B.	Between 12 and 24 months ago	28	9.86%
C.	More than 24 months ago	13	4.58%
D.	Never	3	1.06%
E.	Not sure	36	12.68%
TOTALS		284	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-89. Has a doctor or nurse ever told you that you have asthma?

A.	Yes	67	23.67%
B.	No	194	68.55%
C.	Not sure	22	7.77%
TOTALS		283	100.00%

Q-90. On an average school night, how many hours of sleep do you get?

A.	4 or less hours	28	9.93%
B.	5 hours	33	11.70%
C.	6 hours	43	15.25%
D.	7 hours	86	30.50%
E.	8 hours	74	26.24%
F.	9 hours	14	4.96%
G.	10 or more hours	4	1.42%
TOTALS		282	100.00%

Q-91. During the past 30 days, where did you usually sleep?

A.	In my parent's or guardian's home	264	93.95%
B.	In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing	6	2.14%
C.	In a shelter or emergency housing	3	1.07%
D.	In a motel or hotel	0	0.00%
E.	In a car, park, campground, or other public place	2	0.71%
F.	I do not have a usual place to sleep	4	1.42%
G.	Somewhere else	2	0.71%
TOTALS		281	100.00%

Q-92. During the past 12 months, how would you describe your grades in school?

A.	Mostly A's	124	44.13%
B.	Mostly B's	80	28.47%
C.	Mostly C's	47	16.73%
D.	Mostly D's	7	2.49%
E.	Mostly F's	4	1.42%
F.	None of these grades	2	0.71%
G.	Not sure	17	6.05%
TOTALS		281	100.00%

2019 MONTANA YOUTH RISK BEHAVIOR SURVEY

Q-93. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do not count getting a spray-on tan.)

A.	0 times	264	93.29%
B.	1 or 2 times	6	2.12%
C.	3 to 9 times	5	1.77%
D.	10 to 19 times	5	1.77%
E.	20 to 39 times	1	0.35%
F.	40 or more times	2	0.71%
TOTALS		283	100.00%

Q-94. During the past 12 months, did you receive help from a resource teacher, speech therapist or other special education teacher at school?

A.	Yes	57	20.36%
B.	No	223	79.64%
TOTALS		280	100.00%