

# 2025 LOUISIANA YOUTH RISK BEHAVIOR SURVEY

Central Louisiana Findings: High School Students

Prepared for





# SUMMARY OF FINDINGS

# STUDY HIGHLIGHTS

## General Well-Being

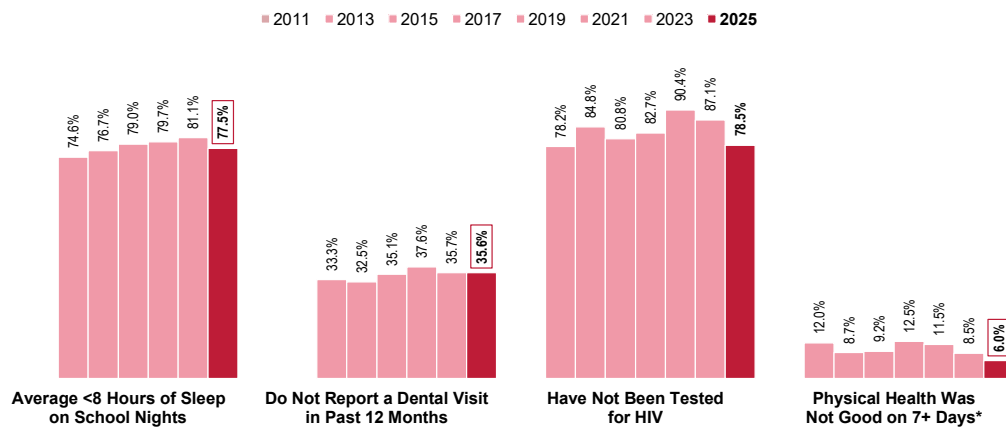
One well-being indicator has trended **favorably** in the RFSA (compared to the 2011 baseline year):

- 7+ days in the past month when physical health was not good.

Two well-being indicators have trended **unfavorably** in the RFSA:

- Lack of dental visits and sleeping <8 hours per school night.

### Aspects of General Health/Well-being (High School Students)



Source: Louisiana Youth Risk Behavior Surveys  
Note: \*In the past month.  
RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.

## Suicide

Four suicide-related indicators have trended **favorably** in the RFSA (compared to baseline data):

- Seriously considering suicide; making plans for suicide; attempting suicide in the past 12 months; and injuries sustained during a suicide attempt.

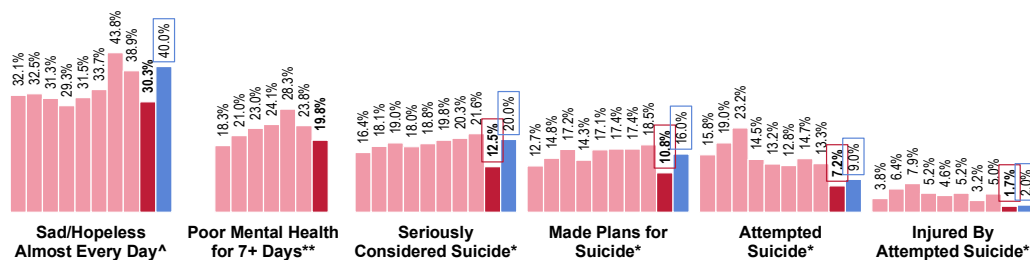
Five suicide-related indicators were found to be **more favorable** than the corresponding US data:

- Feelings of sadness/hopelessness almost every day; seriously considering suicide; making plans for suicide; attempting suicide in the past 12 months; and injuries sustained during a suicide attempt.



## Suicide Indicators (High School Students)

■ 2007 ■ 2011 ■ 2013 ■ 2015 ■ 2017 ■ 2019 ■ 2021 ■ 2023 ■ 2025 ■ US 2023



Source: 

- Louisiana Youth Risk Behavior Surveys
- US Data: Centers for Disease Control and Prevention (CDC), High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2025.

Note: 

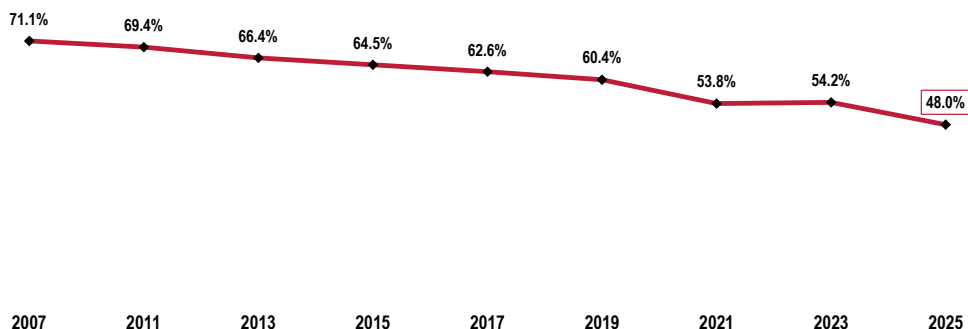
- <sup>\*</sup>In the past 12 months. <sup>\*\*</sup>In the past month. <sup>^</sup>In the past 12 months, 2+ weeks when felt so sad/hopeless almost every day and stopped some usual activities.
- Outlined US percentages represent statistically significant differences when compared against current RFSA data.
- RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.

## Alcohol, Tobacco & Other Drugs

A total of 48.0% of Rapides Foundation Service Area (RFSA) high school students have ever tried alcohol (beyond just a few sips).

- Overall, a significant decline in the service area since 2007.

### Ever Tried Alcohol (High School Students; The Rapides Foundation Service Area)



Source: 

- Louisiana Youth Risk Behavior Surveys

Note: 

- Includes students reporting an age when they first had a drink of alcohol (excludes those who report never having had a drink of alcohol other than a few sips).
- An outlined RFSA percentage represents a statistically significant difference between baseline and current RFSA data (based on the associated response and sample).



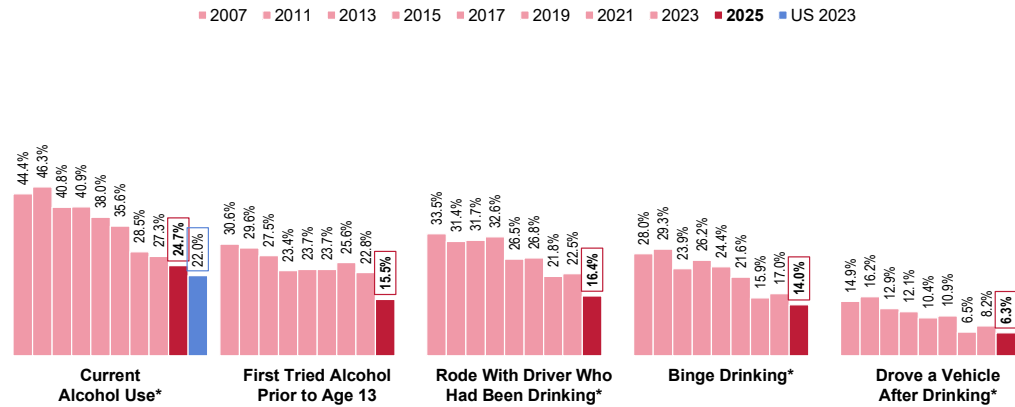
All five alcohol indicators demonstrate a **favorable** trend in the RFSA (compared to baseline data):

- Current alcohol use; first tried alcohol before age 13; rode with a driver who had been drinking; binge drinking; and drove a vehicle after drinking.

One alcohol indicator was found to be **less favorable** than corresponding US data:

- Current alcohol use.

## Alcohol Indicators (High School Students)



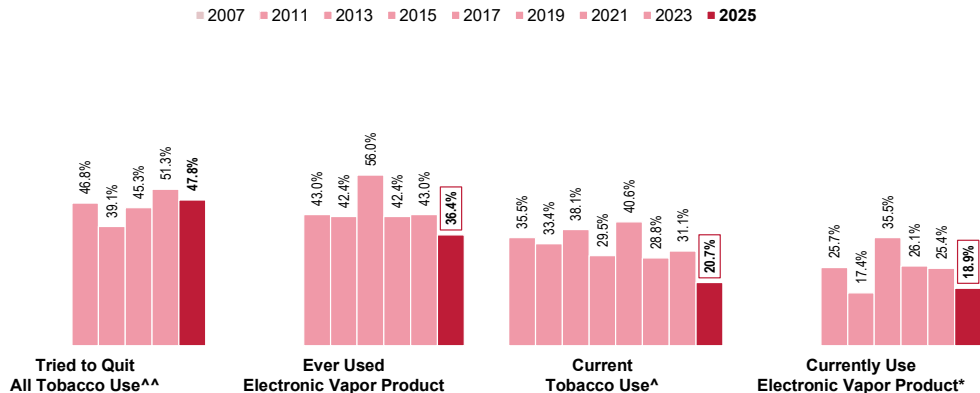
Source: Louisiana Youth Risk Behavior Surveys; US Data: Centers for Disease Control and Prevention (CDC), High School Youth Risk Behavior Survey Data. Accessed September 2025.

Note: \*In the past 30 days. Outlined US percentages represent statistically significant differences when compared against current RFSA data. RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.

Eight of the nine tobacco indicators reported **favorable** trends for the RFSA (compared to baseline data):

- Ever used a vapor product; current tobacco use; current vapor product use; ever tried cigarettes; smoked before age 13; current cigar/cigarillo use; current smokeless tobacco use; and current cigarette smoking.

## Tobacco Indicators, 1 of 2 (High School Students)



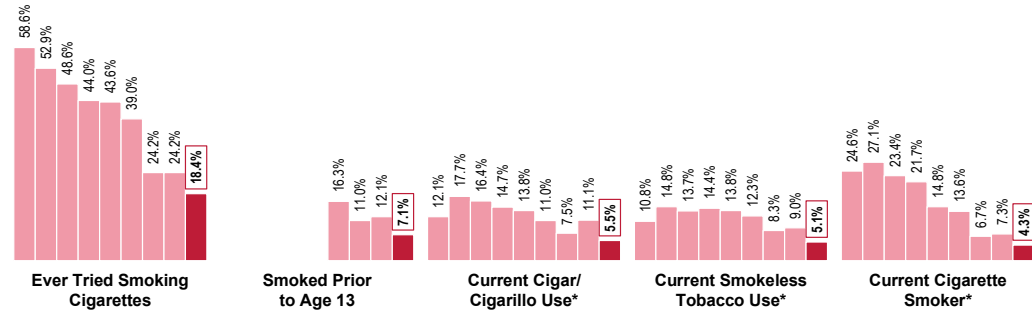
Source: Louisiana Youth Risk Behavior Surveys

Note: \*In the past 30 days. ^In the past 30 days, use any tobacco product (cigarettes, cigars/cigarillos, smokeless tobacco, shisha or hookah tobacco, and/or electronic products). Prior to 2015, this indicator did not include use of electronic products. ^^In the past 12 months, among those who currently use any tobacco product (cigarettes, electronic products, smokeless tobacco, cigars, shisha or hookah tobacco, and/or pipe tobacco). RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.



## Tobacco Indicators, 2 of 2 (High School Students)

2007 2011 2013 2015 2017 2019 2021 2023 2025



Source: Louisiana Youth Risk Behavior Surveys

Note: \*In the past 30 days.

RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.

Twelve drug indicators demonstrated **favorable** trends for the RFSA (compared to baseline data):

- Use of marijuana; misuse of a prescription pain medication; use of inhalants; use of ecstasy; use of cocaine; use of heroin; use of any injected illegal drug; use of methamphetamines; being offered/sold/given drugs on school property; current marijuana use; misuse of pain medication; and first trying marijuana before age 13.

One drug indicator was found to be **more favorable** than corresponding US data:

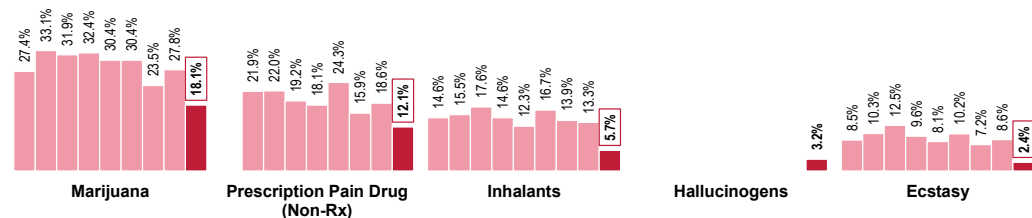
- Current marijuana use.

One drug indicator was found to be **less favorable** than corresponding US data:

- Misuse of a prescription pain medication.

## Lifetime Use of Illegal Drugs (Ever Tried), 1 of 2 (High School Students)

2007 2011 2013 2015 2017 2019 2021 2023 2025



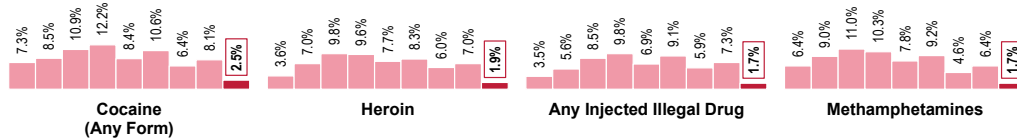
Source: Louisiana Youth Risk Behavior Surveys

Note: RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.



## Lifetime Use of Illegal Drugs (Ever Tried), 2 of 2 (High School Students)

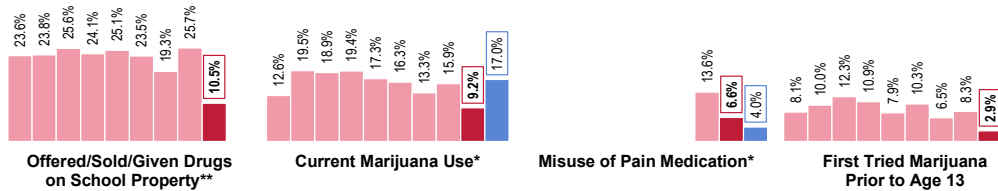
2007 2011 2013 2015 2017 2019 2021 2023 2025



Source: Louisiana Youth Risk Behavior Surveys  
 Note: RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.

## Other Drug Indicators (High School Students)

2007 2011 2013 2015 2017 2019 2021 2023 2025 US 2025



Source: Louisiana Youth Risk Behavior Surveys  
 US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2025.  
 Note: \*In the past 30 days. \*\*In the past 12 months.  
 Outlined US percentages represent statistically significant differences when compared against current RFSA data.  
 RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.



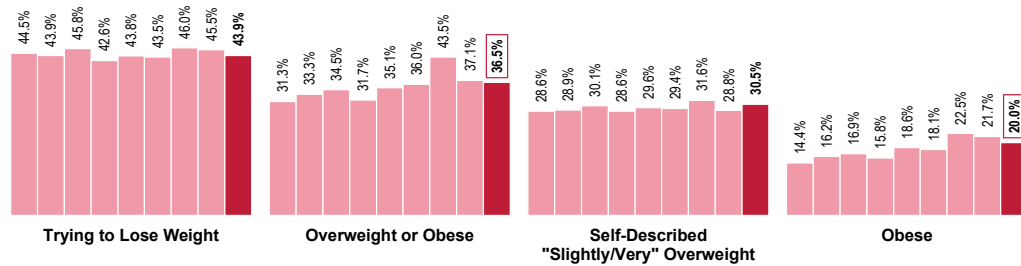
# Obesity, Nutrition & Physical Activity

Two obesity indicators exhibited unfavorable trends for the RFSA (compared to baseline data):

- Overweight and obesity prevalence.

## Obesity Indicators (High School Students)

2007 2011 2013 2015 2017 2019 2021 2023 2025



Source: Louisiana Youth Risk Behavior Surveys  
 Note: RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.

Three nutrition indicators represent favorable trends for the RFSA (compared to baseline data):

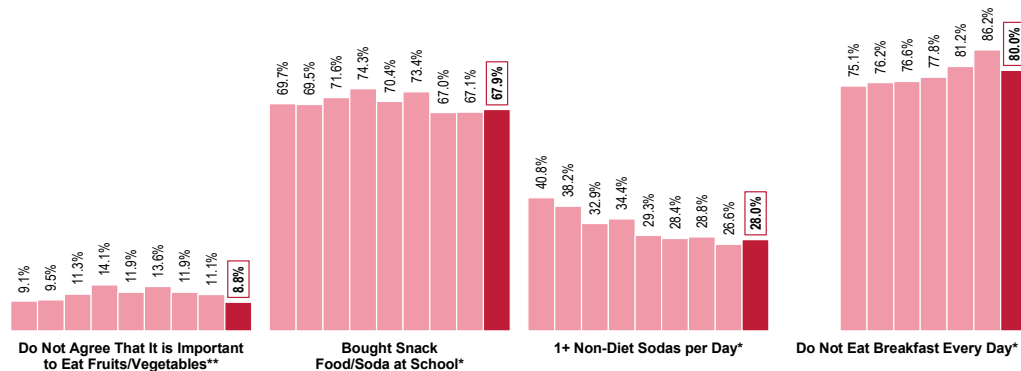
- Agreement about the importance of eating fruits/vegetables; buying snack food/soda at school; and drinking non-diet sodas at least daily.

One nutrition indicator represents an unfavorable trend for the RFSA:

- Eating breakfast daily.

## Nutrition Indicators, 1 of 2 (High School Students)

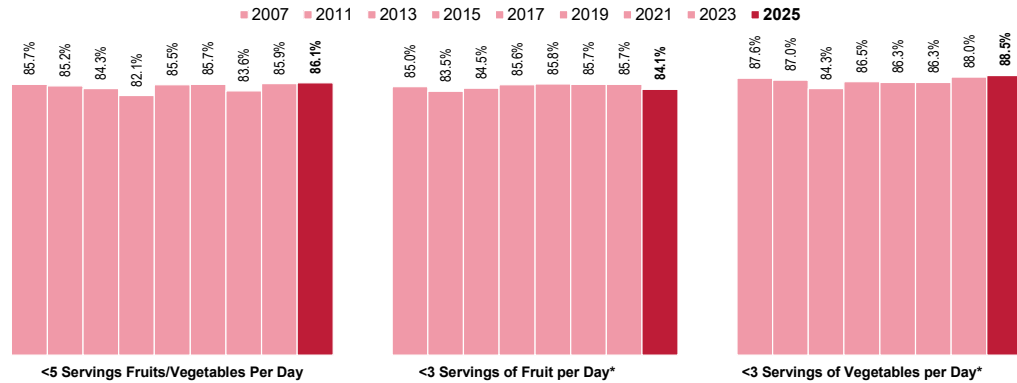
2007 2011 2013 2015 2017 2019 2021 2023 2025



Source: Louisiana Youth Risk Behavior Surveys  
 Note: \*In the past 7 days. \*\* "Agree" or "Strongly Agree" responses.  
 RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.



## Nutrition Indicators, 2 of 2 (High School Students)

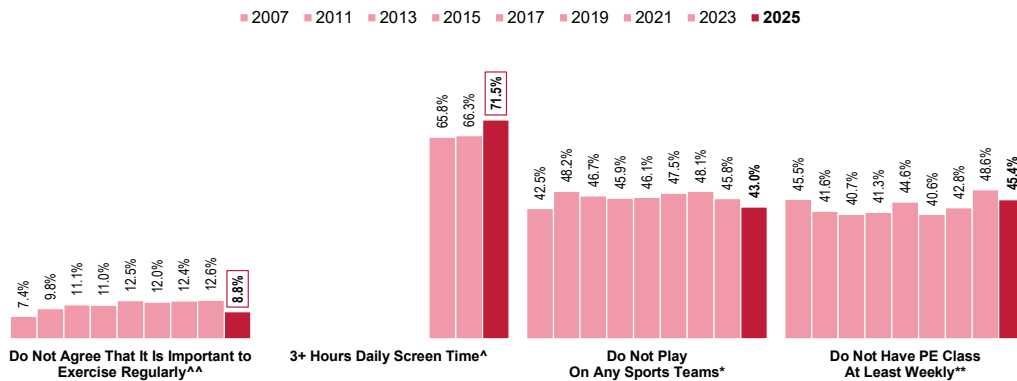


Source: Louisiana Youth Risk Behavior Surveys  
 Note: \*In the past 7 days. \*\* "Agree" or "Strongly Agree" responses.  
 • Outlined US percentages represent statistically significant differences when compared against current RFSA data.  
 • RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.

Five physical activity indicators show unfavorable trends for the RFSA (compared to baseline data):

- Do not agree about the importance of regular exercise; 3+ hours of daily screen time; do not meet strengthening/toning recommendations; do not meet physical activity recommendations; and do not have daily PE class.

## Physical Activity Indicators, 1 of 2 (High School Students)

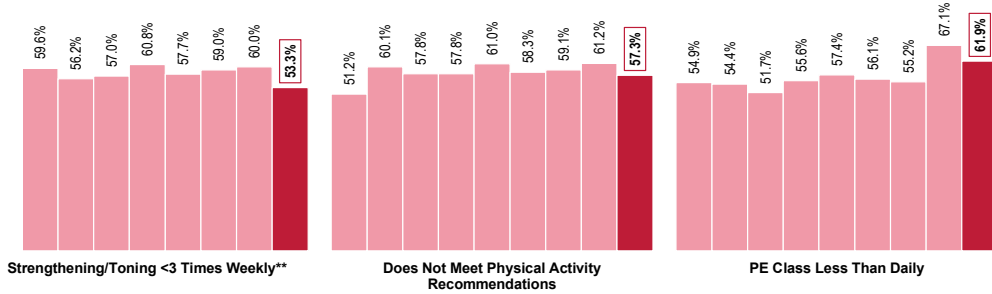


Source: Louisiana Youth Risk Behavior Surveys  
 Note: \*In the past 12 months. \*\*In the past 7 days. ^On a typical school day. ^^Agree/Strongly Agree responses.  
 • RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.



## Physical Activity Indicators, 2 of 2 (High School Students)

2007 2011 2013 2015 2017 2019 2021 2023 2025



Source: Louisiana Youth Risk Behavior Surveys  
 Note: \*In the past 12 months. \*\*In the past 7 days. ^On a typical school day. ^^Agree/Strongly Agree responses.  
 • RFSAs item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.

## Injury, Violence & Bullying

One injury indicator shows an **unfavorable** trend for the RFSAs (compared to baseline data):

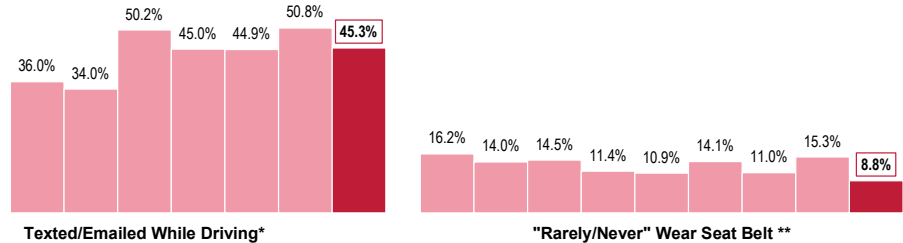
- Texting/emailing while driving.

One injury indicator shows a **favorable** trend for the RFSAs:

- Rarely/never wearing a seat belt.

## Injury Indicators (High School Students)

2007 2011 2013 2015 2017 2019 2021 2023 2025



Source: Louisiana Youth Risk Behavior Surveys  
 Note: \*In the past 30 days. \*\*When riding in a car driven by someone else.  
 • RFSAs item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.



Four violence indicators represent favorable trends for the RFSA (compared to baseline data):

- Any physical fights; physical fights on school property; carrying a gun; and carrying a weapon on school property.

One violence indicator represents an unfavorable trend for the RFSA:

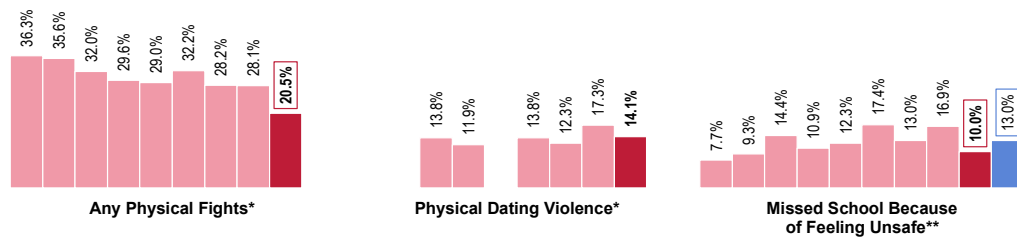
- Missing school because of feeling unsafe.

One violence indicator was found to be more favorable than the corresponding US data:

- Missing school because of feeling unsafe.

## Violence Indicators, 1 of 2 (High School Students)

2007 2011 2013 2015 2017 2019 2021 2023 2025 US 2023



Source: Louisiana Youth Risk Behavior Surveys; US Data: Centers for Disease Control and Prevention (CDC), High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2025.

Note: \*In the past 12 months. \*\*In the past 30 days. Outlined US percentages represent statistically significant differences when compared against current RFSA data. RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.

## Violence Indicators, 2 of 2 (High School Students)

2007 2011 2013 2015 2017 2019 2021 2023 2025 US 2023



Source: Louisiana Youth Risk Behavior Surveys; US Data: Centers for Disease Control and Prevention (CDC), High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2025.

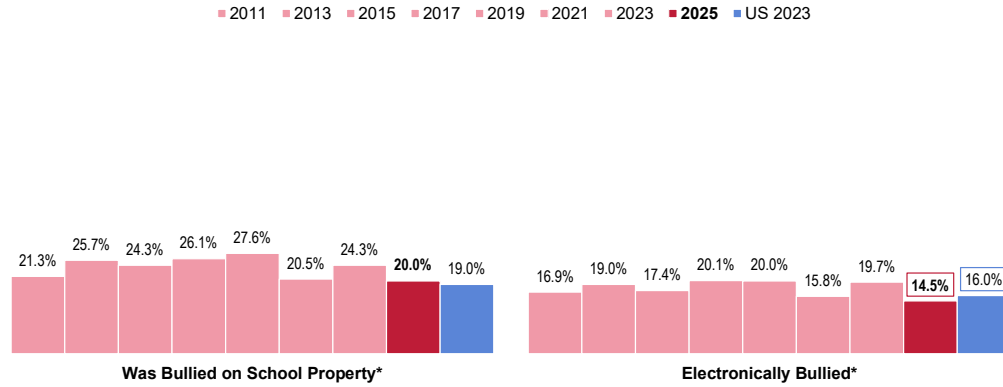
Note: \*In the past 12 months. \*\*In the past 30 days. Outlined US percentages represent statistically significant differences when compared against current RFSA data. RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.



One bullying indicator is worse in the RFSA compared with the national benchmark.

- Electronically bullied.

### Bullying Indicators (High School Students)



Source: Louisiana Youth Risk Behavior Surveys; US Data: Centers for Disease Control and Prevention (CDC), High School Youth Risk Behavior Survey Data. Accessed September 2025.

Note: \*In the past 12 months. Outlined US percentages represent statistically significant differences when compared against current RFSA data. RFSA item labels that are outlined represent statistically significant differences between 2025 and baseline data in the Rapides Foundation Service Area.

## Protective Factors

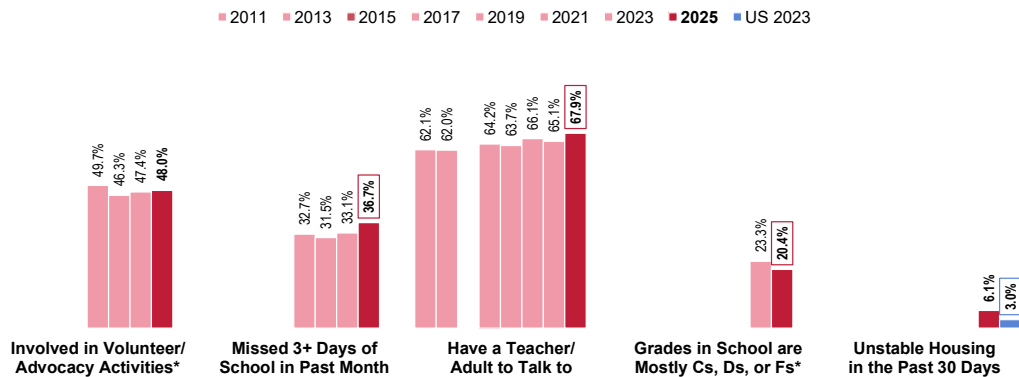
Two protective factor indicators demonstrate favorable trends for the RFSA (compared to baseline data):

- Having a teacher/adult at school to talk to about problems.
- Grades in school are mostly Cs, Ds, or Fs.

One protective factor indicator demonstrates an unfavorable trend for the RFSA:

- Missing 3+ school days in the past month.

### Protective Factor Indicators (High School Students)



Sources: Louisiana Student Health Surveys; US Data: Centers for Disease Control and Prevention (CDC), High School Youth Risk Behavior Survey Data. Accessed September 2025.

Note: \*In the past year. Outlined percentages represent statistically significant differences between baseline and current RFSA data (based on the associated response and sample).

