

# 2023 LOUISIANA YOUTH RISK BEHAVIOR SURVEY

Central Louisiana Findings: High School Students

Prepared for

 THE RAPIDES FOUNDATION



# SUMMARY OF FINDINGS

# STUDY HIGHLIGHTS

## General Well-Being

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

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

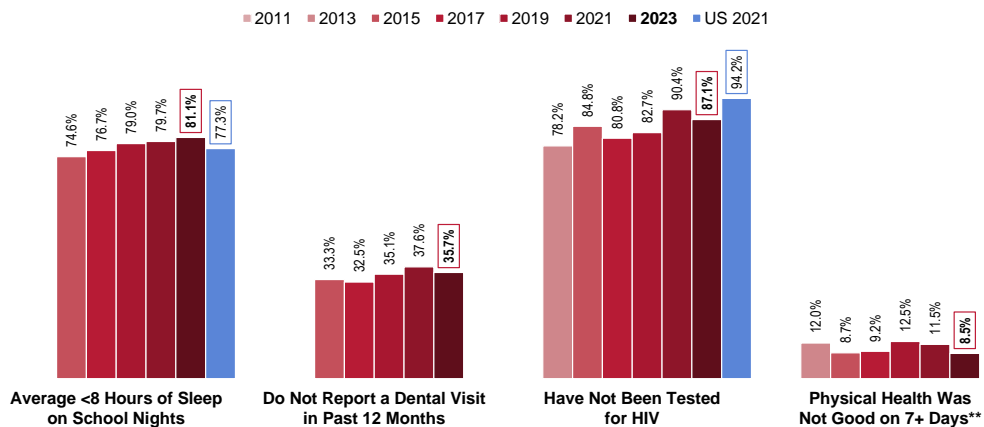
Three well-being indicators have trended **unfavorably** in the RFSA:

- Lack of dental visits, lack of HIV testing, and sleeping <8 hours per school night.

Two well-being indicators were found to be **less favorable** than the corresponding US data:

- HIV testing and lack of sleep.

### Aspects of General Health/Well-being (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. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2023.
- Note:
- \*In the past 12 months. \*\*In the past month.
  - Outlined US percentages represent statistically significant differences when compared against current RFSA data.
  - RFSA item labels that are outlined represent statistically significant differences between 2023 and baseline data in the Rapides Foundation Service Area.

## Suicide

One suicide-related indicator has trended **favorably** in the RFSA:

- Attempted suicide in the past 12 months.

Suicide-related indicators have trended **unfavorably** for five of the six indicators surveyed in the RFSA:

- Feelings of sadness/hopelessness; 7+ days/month when mental health was not good; seriously considering suicide; making plans for suicide; and injuries resulting from a suicide attempt.

One suicide-related indicator was found to be **more favorable** than the corresponding US data:

- Feelings of sadness/hopelessness.

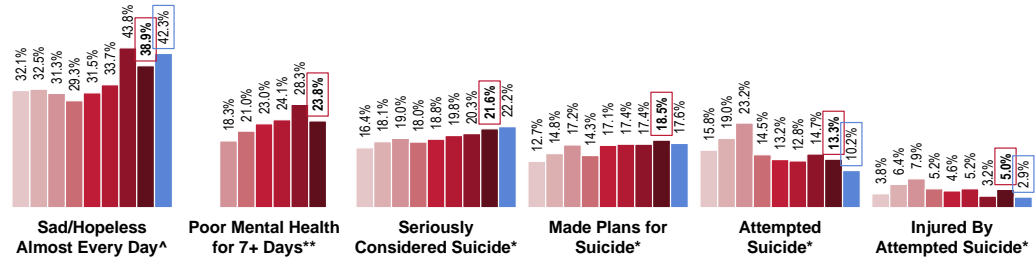


Two suicide-related indicators were found to be less favorable than the corresponding US data:

- Suicide attempts and injuries due to attempted suicide.

## Suicide Indicators (High School Students)

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



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 August 2023.

Note: 

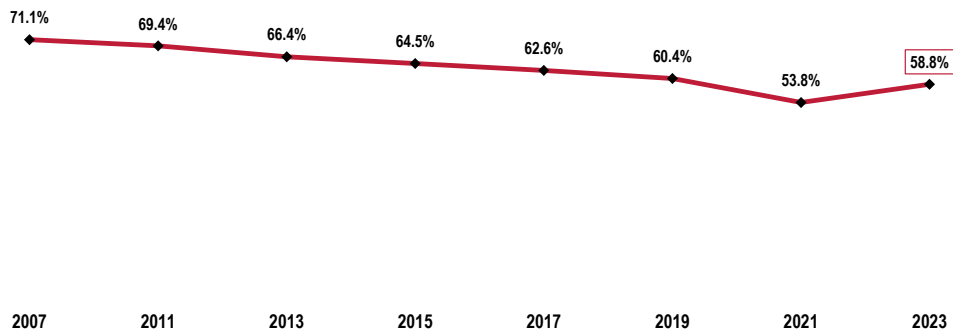
- <sup>\*</sup>In the past 12 months. <sup>\*\*</sup>In the past month. <sup>^</sup>In the past 12 months, 2+ weeks when felt so sad/hopeless almost every day and stopped some usual activities.
- Outlined US percentages represent statistically significant differences when compared against current RFSA data.
- RFSA item labels that are outlined represent statistically significant differences between 2023 and baseline data in the Rapides Foundation Service Area.

## Alcohol, Tobacco & Other Drugs

A total of 58.8% of Rapides Foundation Service Area (RFSA) high school students ever have 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).



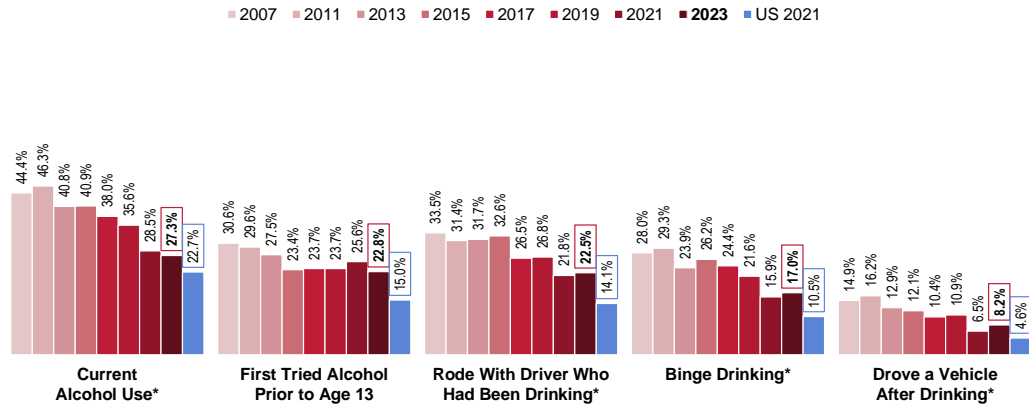
**All five alcohol indicators demonstrate a favorable trend in the RFSA:**

- 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.

**All five alcohol indicators were found to be less favorable than corresponding US 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.

### 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. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2023.

 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 2023 and baseline data in the Rapides Foundation Service Area.

**Six tobacco indicators reported favorable trends for the RFSA:**

- Tobacco cessation attempts; current tobacco use; ever tried cigarettes; smoked before age 13; current smokeless tobacco use; and current cigarette smoking.

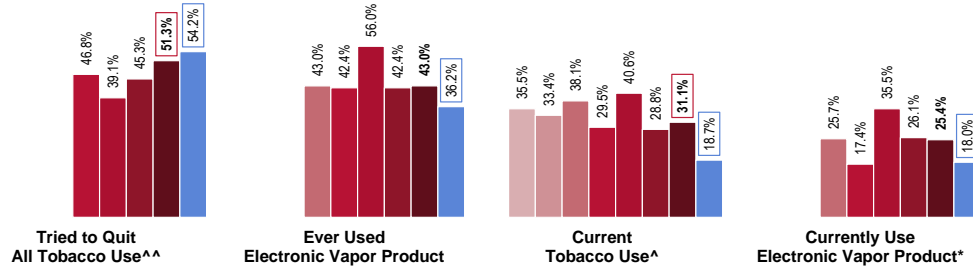
**All nine tobacco indicators were found to be less favorable than corresponding US data:**

- Tobacco cessation attempts; 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)

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



Source: 

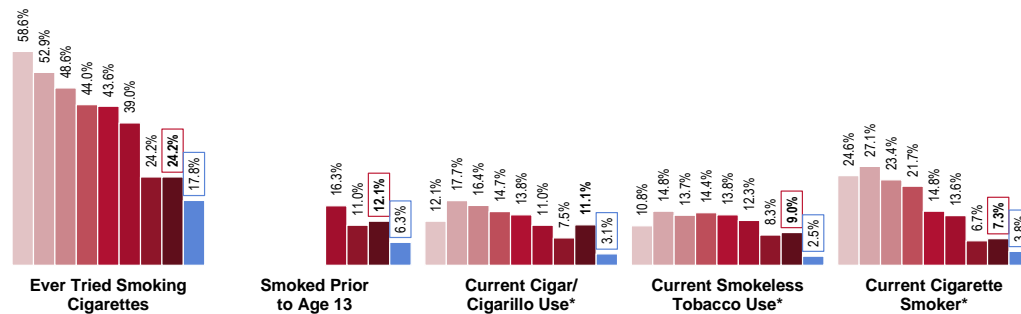
- Louisiana Youth Risk Behavior Surveys
- US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2023.

Note: 

- <sup>\*</sup>In the past 30 days.
- <sup>^</sup>In the past 30 days, use any tobacco product (cigarettes, cigars/cigarillos, smokeless tobacco, shisha or hookah tobacco, and/or electronic vapor products). Prior to 2015, this indicator did not include use of electronic vapor products.
- <sup>^^</sup>In the past 12 months, among those who currently use any tobacco product (cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, and/or pipe tobacco).
- Outlined US percentages represent statistically significant differences when compared against current RFSA data.
- RFSA item labels that are outlined represent statistically significant differences between 2023 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 ■ US 2021



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 August 2023.

Note: 

- <sup>\*</sup>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 2023 and baseline data in the Rapides Foundation Service Area.

One drug indicator demonstrated a **favorable** trend for the RFSA:

- Misuse of a prescription pain medication.

Two drug indicators demonstrated **unfavorable** trends for the RFSA:

- Use of any injected illegal drug; use of heroin.

Nine drug indicators were found to be **less favorable** than corresponding US data:

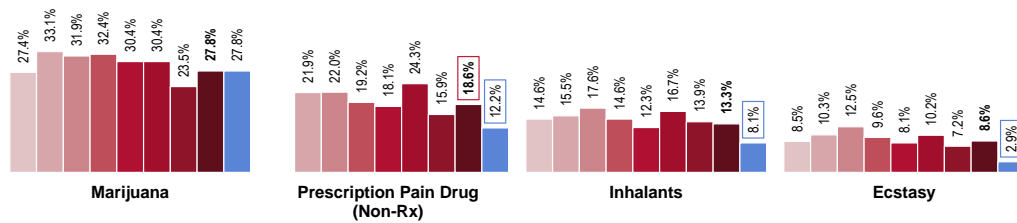
- Misuse of a prescription pain medication; use of inhalants; use of ecstasy; use of cocaine; use of any injected illegal drug; use of heroin; use of methamphetamine; being offered/sold/given drugs on school property; and first tried marijuana before age 13.





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

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

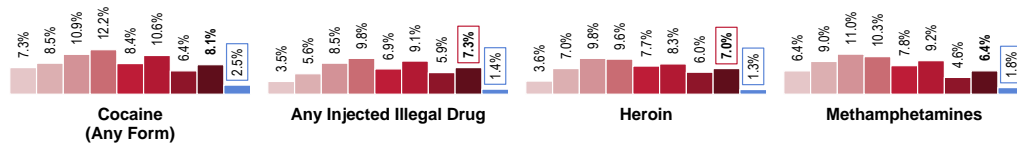


Source: ● Louisiana Youth Risk Behavior Surveys  
 ● US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2023.

Note: ● Outlined US percentages represent statistically significant differences when compared against current RFSA data.  
 ● RFSA item labels that are outlined represent statistically significant differences between 2023 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 ■ US 2021



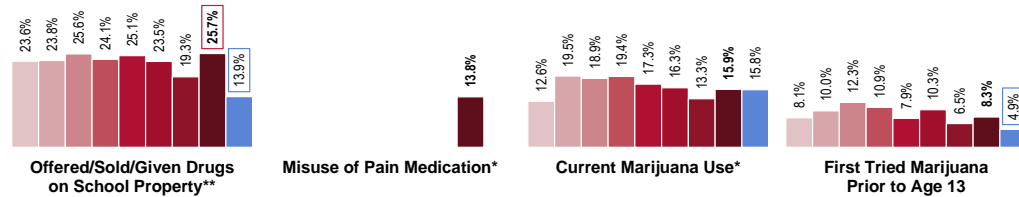
Source: ● Louisiana Youth Risk Behavior Surveys  
 ● US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2023.

Note: ● Outlined US percentages represent statistically significant differences when compared against current RFSA data.  
 ● RFSA item labels that are outlined represent statistically significant differences between 2023 and baseline data in the Rapides Foundation Service Area.



## Other Drug Indicators (High School Students)

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



- 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 August 2023.
- 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 2023 and baseline data in the Rapides Foundation Service Area.

## Overweight, Nutrition & Physical Activity

Two obesity indicators exhibited unfavorable trends for the RFSA:

- Overweight and obesity.

Two obesity indicators were found to be less favorable than corresponding US data:

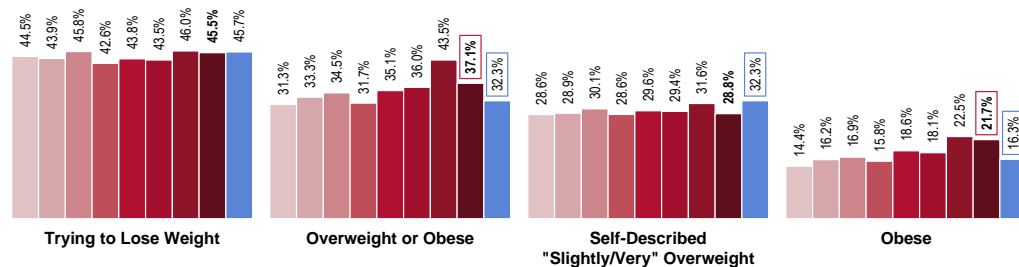
- Overweight and obesity.

One obesity indicator was found to be lower than corresponding US data:

- The percentage of students who self-identify as slightly or very overweight.

## Obesity Indicators (High School Students)

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



- 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 August 2023.
- Note:
- Outlined US percentages represent statistically significant differences when compared against current RFSA data.
  - RFSA item labels that are outlined represent statistically significant differences between 2023 and baseline data in the Rapides Foundation Service Area.





**Two nutrition indicators represent favorable trends for the RFSA:**

- Buying snack food/soda at school, and drinking non-diet sodas at least daily.

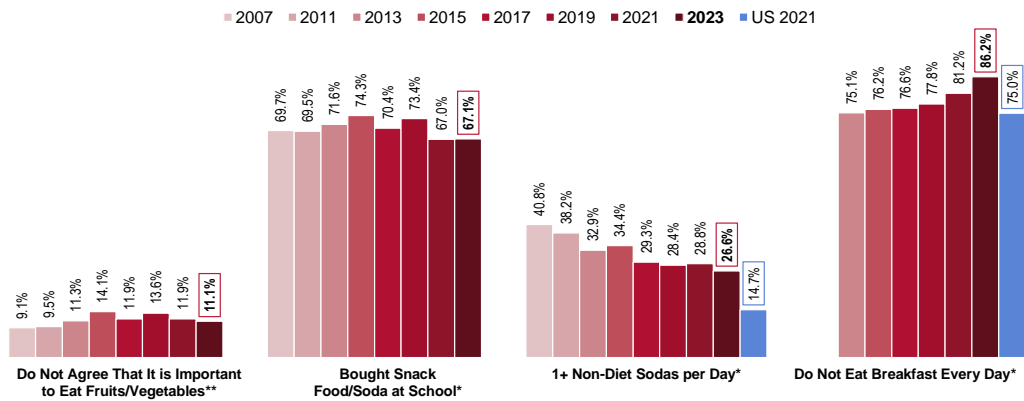
**Two nutrition indicators represent unfavorable trends for the RFSA:**

- Do not agree about the importance of eating fruits/vegetables, and eating breakfast daily.

**Two nutrition indicators were found to be less favorable than corresponding US data:**

- Drink non-diet sodas at least daily, and eating breakfast daily.

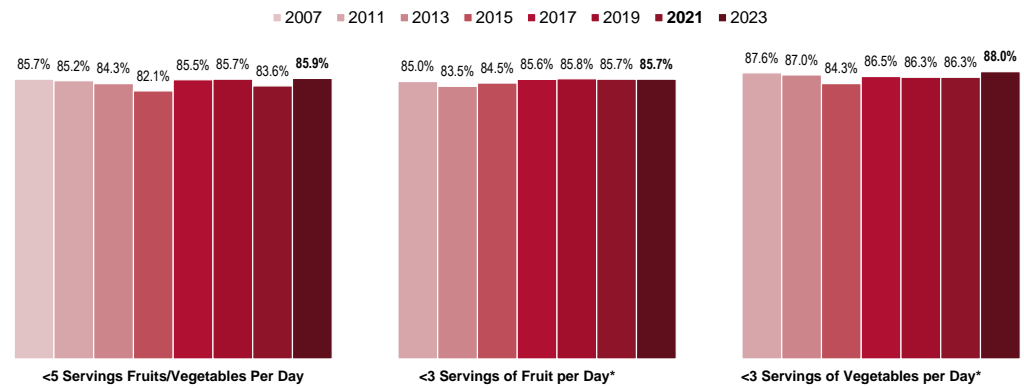
### Nutrition Indicators, 1 of 2 (High School Students)



Source: Louisiana Youth Risk Behavior Surveys; US Data: Centers for Disease Control and Prevention (CDC), High School Youth Risk Behavior Survey Data. Accessed August 2023.

Note: \*In the past 7 days. \*\* "Agree" or "Strongly Agree" responses. Outlined US percentages represent statistically significant differences when compared against current RFSA data. RFSAs item labels that are outlined represent statistically significant differences between 2023 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. RFSAs item labels that are outlined represent statistically significant differences between 2023 and baseline data in the Rapides Foundation Service Area.



**Five physical activity indicators show unfavorable trends for the RFSA:**

- Do not agree about the importance of regular exercise; do not play on any sports teams; do not have weekly PE class; do not meet physical activity recommendations; and do not have daily PE class.

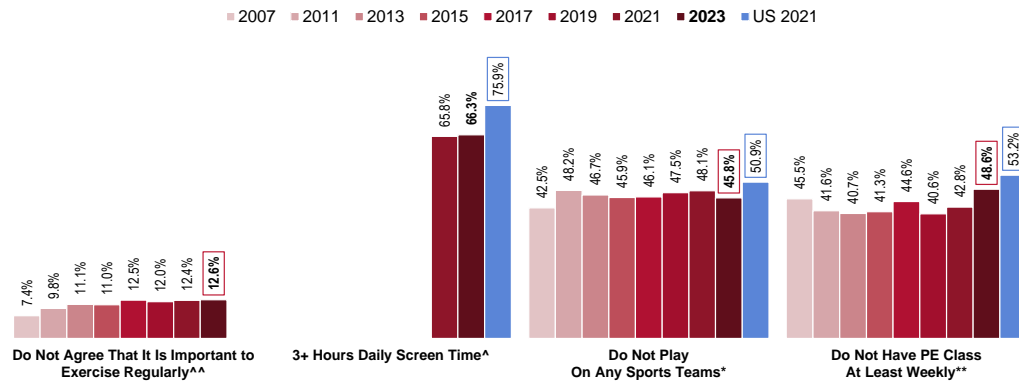
**Four physical activity indicators were found to be more favorable than corresponding US data:**

- 3+ hours of daily screen time; do not play on any sports teams; do not have weekly PE class; and do not have daily PE class.

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

- Does not meet physical activity recommendations.

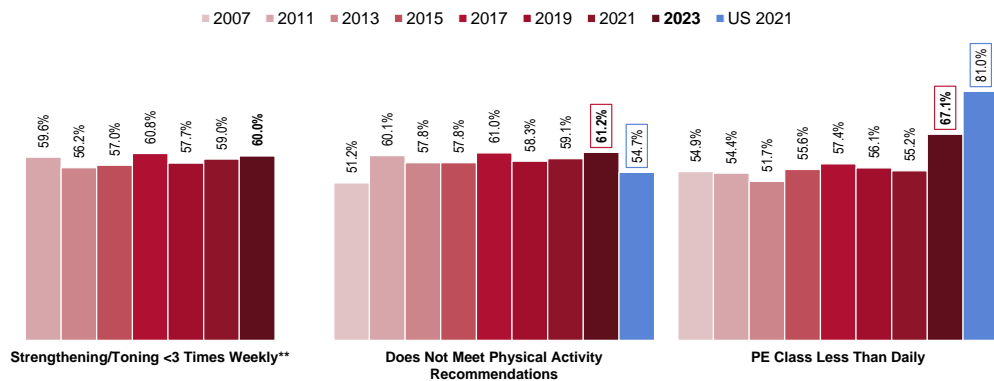
### Physical Activity Indicators, 1 of 2 (High School Students)



Source: Louisiana Youth Risk Behavior Surveys; US Data: Centers for Disease Control and Prevention (CDC), High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2023.

Note: \*In the past 12 months. \*\*In the past 7 days. ^On a typical school day. ^^Agree/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 2023 and baseline data in the Rapides Foundation Service Area.

### Physical Activity Indicators, 2 of 2 (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. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2023.

Note: \*In the past 12 months. \*\*In the past 7 days. ^On a typical school day. ^^Agree/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 2023 and baseline data in the Rapides Foundation Service Area.



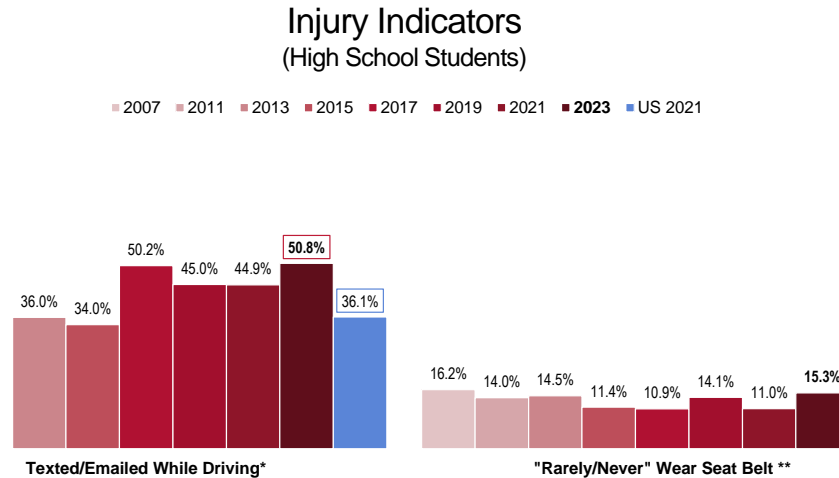
# Injury, Violence & Bullying

One injury indicator shows an **unfavorable** trend for the RFSA:

- Texting/emailing while driving.

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

- Texting/emailing while driving.



- 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 August 2023.
- Note:
- \*In the past 30 days. \*\*When riding in a car driven by someone else.
  - Outlined US percentages represent statistically significant differences when compared against current RFSA data.
  - RFSA item labels that are outlined represent statistically significant differences between 2023 and baseline data in the Rapides Foundation Service Area.

Two violence indicators represent **favorable** trends for the RFSA:

- Any physical fights, and physical fights on school property.

Four violence indicators represent **unfavorable** trends for the RFSA:

- Physical dating violence; missing school because of feeling unsafe; threatened/injured by a weapon on school property; and carrying a gun.

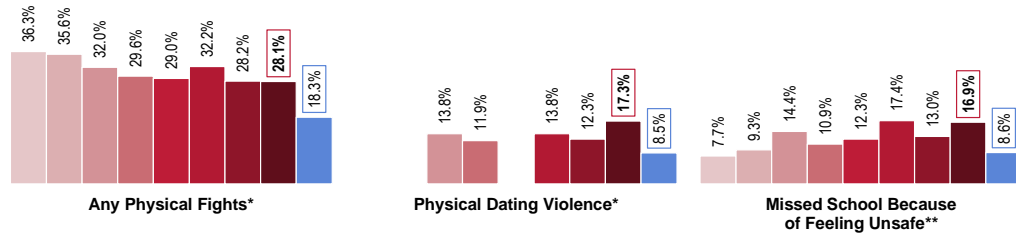
Seven violence indicators were found to be **less favorable** than the corresponding US data:

- Any physical fights; physical dating violence; missing school because of feeling unsafe; threatened/injured by a weapon on school property; carrying a gun; physical fights on school property; and carrying a weapon on school property.



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

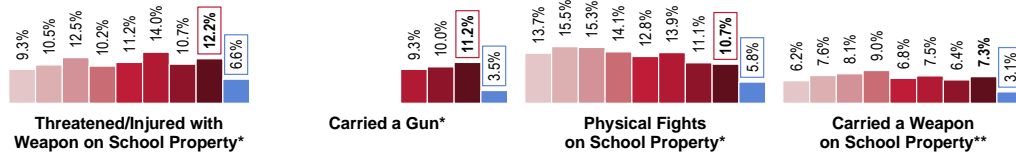
2007 2011 2013 2015 2017 2019 2021 2023 US 2021



- 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 August 2023.
- Note:
- \*In the past 12 months. \*\*In the past 30 days.
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## Violence Indicators, 2 of 2 (High School Students)

2007 2011 2013 2015 2017 2019 2021 2023 US 2021



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  - US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2023.
- Note:
- \*In the past 12 months. \*\*In the past 30 days.
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Both bullying indicators have increased significantly for RFSA high school students.

- Bullied on school property, and electronically bullied.

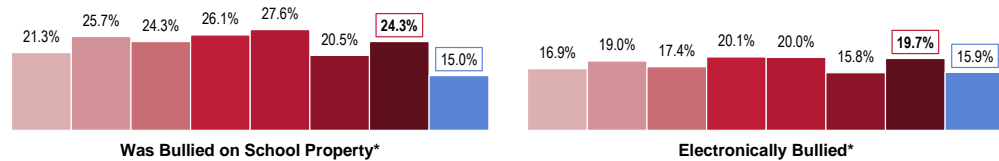
Both bullying indicators are worse in the RFSA compared with national benchmarks.

- Bullied on school property, and electronically bullied.



## Bullying Indicators (High School Students)

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



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 August 2023.

Note: 

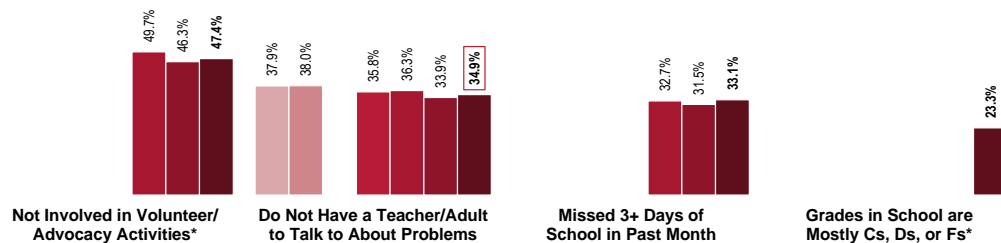
- \*In the past 12 months.
- Outlined US percentages represent statistically significant differences when compared against current RFSA data.
- RFSA item labels that are outlined represent statistically significant differences between 2023 and baseline data in the Rapides Foundation Service Area.

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

- Do not have a teacher/adult to talk to about problems.

## Protective Factor Indicators (High School Students)

■ 2011 ■ 2013 ■ 2015 ■ 2017 ■ 2019 ■ 2021 ■ 2023



Sources: 

- Louisiana Student Health Surveys

Note: 

- \* In the past year.
- \*\* Includes responses of "No" and "Not Sure."
- Outlined percentages represent statistically significant differences between baseline and current RFSA data (based on the associated response and sample).

