Executive Report

2015 Louisiana Youth Risk Behavior Survey

Central Louisiana High School Findings

Prepared for:

The Rapides Foundation

By:

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Summary of Findings



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The Youth Risk Behavior Surveillance System (YRBSS) is designed to monitor the health risk behaviors that are the leading causes of death, disability, and social problems among youth and adults. Many of these high risk behaviors establish poor health habits that have lifelong consequences. This study outlines the incidence of the behaviors, provides historical trends where available, and presents comparisons to national benchmarks.

Methodology

A total of 1,233 surveys were completed by public high school students in the nine parishes served by The Rapides Foundation: Allen, Avoyelles, Catahoula, Grant, LaSalle, Natchitoches, Rapides, Vernon, and Winn. Students were sampled in order to provide adequate estimates.

Highlights from the Study

- When asked to determine the number of days their health was not good in the past 30 days, 59.2% of students said none and 19.0% said one or two. A total of 8.7% of RFSA students experienced 7 or more days of poor physical health, significantly better than the 12.0% reported in 2013. Likewise, students were asked to determine the number of days of poor mental health experienced in the past 30 days. 68.5% reported two or fewer. In all, 21.0% of students experienced 7 or more days of poor mental health, comparable to the 18.3% response recorded in 2013.
- Alcohol consumption is trending downward in the area. Compared to the 2007 benchmark, significantly fewer high school students have tried alcohol or drove a vehicle when had been drinking. The incidence of early alcohol use (prior to age 13) has also decreased significantly recording an incidence significantly lower than recorded in either 2007 or 2013.
- Compared to the national data, RFSA area students compare unfavorably on most alcohol indicators including: current alcohol use, binge drinking, riding with a drunk driver, driving when drinking and early alcohol use.
- Compared to 2007, significantly fewer RFSA students have tried smoking or tried smoking prior to age 13. Compared to 2013, significantly fewer students agree that tobacco use is harmful, have tried to quit smoking, have ever tried smoking, or use tobacco. Although trending downward, smoking incidence is still significantly higher than the national average. For the first time, students were asked about their use of electronic vapor products, with 43.0% reporting having tried an electronic vapor product and 25.7% currently using them.
- Overall, 43.0% of RFSA students have used an illegal drug. Illegal drug use in the area is significantly higher than the national average for the following drugs: prescription drugs (non-Rx), inhalants, cocaine, steroids, methamphetamines, injected illegal drugs, ecstasy, and heroin. A positive finding is that marijuana use is significantly lower than the national average, for both current use and lifetime use. Compared to 2013, use of prescription drugs, inhalants, and ecstasy is significantly

lower.

- Nearly one-third of RFSA high school students (31.7%) are overweight or obese, comparable to the national average (30.3%). Compared to 2013, significantly fewer students report trying to lose weight.
- Compared to the 2007 benchmark and the 2013 study, significantly fewer high school students "agree" or "strongly agree" that it's important to eat fruits and vegetables. The percentage of students who report consumption of 5 or more fruits and vegetables per day is significantly higher than recorded in 2007. Consumption of three or more servings of vegetables daily increased significantly since 2013. Rapides youth compared unfavorably to the national benchmarks, recording significantly higher soda consumption and significantly lower incidence of daily breakfast, fruit, and milk consumption.
- Significantly fewer Rapides area youth "agree" or "strongly agree" that regular exercise is important compared to the 2007 benchmark. Other negative historical trends include the decrease in the percentage of students meeting the physical activity recommendation and the increase in screen time (excluding television). Daily attendance in PE classes and television viewing are significantly better than recorded in 2007. Since the last study, daily PE class attendance decreased significantly while 3 or more hours of non-TV screen time increased significantly. Compared to the national benchmark, the Rapides RFSA compares positively for PE Class participation (daily and weekly) and compares negatively for strengthening exercise and meeting the physical activity recommendations.
- The majority of students "rarely" or "never" wear helmets when riding a bicycle (95.4% - significantly worse than recorded in 2013 and the national benchmark) or a motorcycle/ATV (87.2%). The percentage of students who "rarely/never" wear a seatbelt is significantly worse than the national benchmarks, but significantly better than recorded in 2013. In comparison to the national benchmark, texting and emailing while driving is significantly better.
- Compared to 2007, significantly fewer RFSA students have been in a physical fight, but significantly more students have missed school because they felt unsafe, carried a weapon on school property or were in a physical fight resulting in a medically treated injury. Since the last study (2013), the percentage of students who carried a gun is significantly higher, while the percentage of students who missed school because felt unsafe and the percentage threatened or injured with a weapon on school property is significantly lower. In comparison to the national benchmarks, the RFSA area compares unfavorably for numerous violence indicators including: participation in physical fights, carrying a weapon, carrying a weapon on school property, fights on school property, missing school because felt unsafe, threatened or injured on school property, carrying a weapon on school property, and physical fights resulting in medically-treated injuries.

- Nearly one-fourth of students (24.3%) reported being bullied on school property, significantly higher than the 2007 benchmark and the 2013 national benchmark. A total of 17.4% of students report being electronically bullied; significantly higher than the national benchmark.
- Suicide indicators are generally comparable to historical and national benchmarks. Compared to 2013, significant decreases were recorded for suicide plans, suicide attempts, and suicide attempts resulting in injury. Compared to the national benchmarks, the RFSA area compares unfavorably for suicide attempts and suicide attempts resulting in injuries.
- Compared to 2007, the percentage of students who reported ER visits or missed school due to asthma is significantly higher.

Alcohol, Tobacco & Other Drugs

Key Findings: Alcohol

Nearly two thirds of high school students have tried alcohol, not counting a few sips of wine for religious purposes (23.4% first drank alcohol prior to the age of 13).

In the past month:

- 40.9% have used alcohol.
- 32.6% have ridden with a driver who had been drinking.
- 26.2% had 5 or more drinks in a row.
- 12.1% drove when they had been drinking.

Compared to the national findings, RFSA findings are similar for lifetime use of alcohol.

Compared to 2007, RFSA findings are more favorable for:

- En Lifetime use of alcohol.
- Trying alcohol prior to age 13.
- Drove a vehicle when had been drinking.



Compared to 2013, RFSA findings are more favorable for:

Trying alcohol at early ages (prior to age 13).

Compared to the national findings, RFSA findings are less favorable for:

NOTE:

• Differences noted in the graphs represent significant differences determined through statistical testing. The shaded US 2013 numbers represent significant differences from the RFSA 2015 data.

Trends are measured against RFSA 2007 data (or 2011 data if 2007 is unavailable). Significantly different percentages are outlined in red.

- Current alcohol use.
- Drinking and driving, and/or riding with a drinking driver. •
- Episodic heavy drinking. •
- Trying alcohol at early ages (prior to age 13). .



Alcohol Indicators

Sources: 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys.
 US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015.
 * In the past 30 days.
 US The past 30 days.
 US The Tables that are highlighted represent statistically significant differences between RFSA and US data.
 RFSA item labels that are outlined represent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area.
 Indicates statistically significant difference between 2015 and 2013.

Key Findings: Tobacco

83.0% of high school students agree that tobacco use is harmful to one's health.
44.0% have ever tried smoking cigarettes (13.7% first smoked prior to age 13).
44.9% of students who had smoked daily have tried to quit.
43.0% have ever used an electronic vapor product.

29.6% use some form of tobacco (cigarettes, cigars, smokeless tobacco)

In the past month:

- 29.6% currently use tobacco (any form)
- 25.7% currently use an electronic vapor product.
- 21.7% smoked cigarettes (current smokers).
- 14.7% smoked cigars or cigarillos.
- 14.4% used chewing tobacco, snuff or dip.
- 9.8% smoked cigarettes on school property.

Compared to 2007, RFSA findings are more favorable for:

- Ever tried smoking cigarettes.
- Smoked prior to age 13.

Compared to 2007, RFSA findings are less favorable for:

- Agreement that tobacco use is harmful.
- Ever tried to quit smoking.
- En Current cigar/cigarillo use.
- E Current smokeless tobacco use.
- Booking cigarettes on school property.

Compared to 2013, RFSA findings are more favorable for:

- Ever tried smoking cigarettes.
- Overall tobacco use

Compared to 2013, RFSA findings are <u>less</u> favorable for:

- Agreement that tobacco use is harmful.
- Quit attempts.

Compared to the national findings, RFSA findings are <u>less</u> favorable for **every** tobacco measure tested, except for ever having tried cigarettes. National comparisons are not available for the assessment of feelings about the harm of tobacco use and the electronic vapor questions).





Sources: • 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys.
 US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015.
 Notes: • * In the past 30 days.
 • ** In the past 12 months, among those who currently smoke cigarettes.
 • US item labels that are highlighted represent statistically significant differences between RFSA and US data.
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 • Indicates statistically significant difference between 2015 and 2013.



Sources: • 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys. • US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthc Accessed September 2015.
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 Indicates statistically significant difference between 2013 and 2013.

Notes:

Key Findings: Drugs

Overall, 43.0% of RFSA students have used an illegal drug during their lifetime. 32.4% of high school students have tried marijuana.

19.2% have used a prescription drug without a prescription.

14.6% have sniffed glue, breathed the contents or aerosol spray cans, or inhaled any paints or sprays to get high.

Between 9.6% and 13.6% have tried heroin, ecstasy, methamphetamines, cocaine (any form), prescription drugs without a prescription, steroids, synthetic marijuana, or used any illegal injected drug.

Compared to the national findings, RFSA findings are less favorable for every drug measure tested, with the exception of marijuana use (the RFSA fared better).

Market Compared to the historical benchmarks, RFSA findings have not changed significantly for use of prescription drugs (without a prescription), inhalants and ecstasy.

Compared to 2007, RFSA findings are less favorable for use of:

- E Lifetime drug use.
- Marijuana.
- Cocaine.
- Steroid.
- Methamphetamines.
- Injected illegal drugs. \sim
- Heroin.

Compared to 2013, RFSA findings are more favorable for use of:

- Prescription drugs (without prescription). ~
- ~ Inhalants.
- Ecstasy. ~

Lifetime Use of Illegal Drugs (Ever Tried)

(High School Students)



 Sources:
 • 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys.

 • US Data:
 Centers for Disease Control and Prevention (CDC), 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline.

 Accessed September 2015.
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 • US item labels that are outline drepresent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area.

 • Indicates statistically significant difference between 2015 and 2013.



Lifetime Use of Illegal Drugs (Ever Tried), Continued

Sources: 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys.
 US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015.
 VOS item labels that are highlighted represent statistically significant differences between RFSA and US data.
 RFSA item labels that are outlined represent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area.
 Indicates statistically significant difference between 2015 and 2013.



Key Findings: Other Drug Indicators

A total of 24.1% of high school students have been offered, sold or given drugs on school property.

In the past month, 19.4% have ever used marijuana (10.9% first used marijuana prior to age 13).

- Compared to the national findings, the RFSA percentage is less favorable for trying marijuana prior to age 13 but more favorable for current marijuana use.
- Compared to 2007, RFSA findings are less favorable for current marijuana use and early marijuana use (prior to age 13). The percentage of students who have offered, sold or given drugs on school property is similar to the 2007 findings.



Other Drug Indicators

(High School Students)

Sources: 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys.
 US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015.

- Accessed September 2015. In the past 10 days. •* In the past 12 months. US item labels that are highlighted represent statistically significant differences between RFSA and US data. RFSA item labels that are outlined represent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area. Indicates statistically significant difference between 2013 and 2013.



Overweight, Nutrition & Physical Activity

Key Findings: Overweight/Obesity

31.7% of high school students in The Rapides Foundation Service Area are overweight or obese (15.9% are overweight [not obese] and 15.8% are obese).

- 28.6% of students describe themselves as overweight.
- 42.6% of students are trying to lose weight.

Compared to the national findings, significantly fewer students are trying to lose weight. Similar findings were recorded for the other obesity indicators.

- EXECOMPARED TO 2007, RFSA findings are <u>statistically similar</u> for four obesity indicators.
- Market Compared to 2013, RFSA findings significantly fewer students are trying to lose weight.



- Sources: 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys.
 US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015.
 In the past 30 days.
 US item labels that are outlined represent statistically significant differences between RFSA and US data.
 RFSA item labels that are outlined represent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area.
 Inde past 30 days.

 - § Note that formatting issues on the 2013 RFSA survey for this question might have affected response selection.

Key Findings: Nutrition

85.9% of students agree that it is important to eat plenty of fruits and vegetables.

 However, only 17.9% eat five or more services of fruits/vegetables per day. Further, 15.7% eat 3+ servings of vegetables per day and 15.5% eat three or more servings of fruit or 100% fruit juice per day.

In a typical day:

- 34.4% of students drink at least one non-diet soda.
- 8.2% drink three or more glasses of milk.

In a typical week:

- 74.3% buy a snack food/carbonated beverage at school.
- 23.8% ate breakfast every day.

Compared to national findings, RFSA findings are less favorable for:

- Soda consumption.
- Daily breakfast consumption.
- Fruit consumption.
- Milk consumption.

Compared to 2007 results, RFSA findings are more favorable for vegetable consumption and soda consumption, but less favorable for the perceived importance of eating fruits and vegetables, snack food/carbonated beverage purchases at school, and milk consumption.

Since the last study, vegetable consumption is more favorable, while the perceived importance of fruit and vegetable consumption is less favorable.



Sources: 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys. US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015. * In the past 7 days. * "Agree" or "Strongly Agree". US Item labels that are highlighted represent statistically significant differences between RFSA and US data. RFSA item labels that are outlined represent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area.

Indicates statistically significant difference between 2015 and 2013.

Key Findings: Physical Activity

89.0% of students agree that it is important to exercise regularly.

- 54.1% participate in one or more team sports.
- 44.4% attend physical education (PE) class daily.
- 43.0% participate in strengthening/toning exercises at least three times per week.
- 42.2% meet physical activity requirements.

On an average school day:

- 40.9% have three or more hours of other screen time (video games, non-school related computer use).
- 32.0% watch three or more hours of television.

Compared to national findings, RFSA findings are more favorable for:

 Regular attendance of PE classes (one or more day per week) and daily attendance of PE classes.

Compared to national findings, RFSA findings are less favorable for:

• Strengthening/muscle exercises.

Compared to prior regional findings (2013), RFSA findings are more favorable for:

- PE classes (one or more times per week).
- Television screen time.

Compared to 2007, RFSA findings are less favorable for:

- Agreement that it is important to exercise regularly.
- Computer/video screen time.

Compared to the previous study, RFSA findings are less favorable for:

- PE Class Daily.
- ⅔ 3+ hours of other screen time (non-television).



Sources: • 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015.
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 • Indicates statistically significant difference between 2015 and 2013.
 • § Note that formatting issues on the 2013 RFSA survey for this question might have affected response selection.
 * In the past 17 anonths.
 ** In the past 7 days.

*** On a typical school day. **** "Agree" or "Strongly Agree."

Injury, Violence & Bullying

Key Findings: Injury

A total of 11.4% of high school students "rarely" or "never" wear a seat belt when they are riding in a car driven by someone else.

• The majority of those who ride bicycles (95.4%) and those who ride motorcycles/ATVs. (87.2%) say they "rarely" or "never" wear a helmet.

34.0% of RFSA high school students have emailed or texted while driving in the past month.

In comparison to the 2007 benchmark, seatbelt use is significantly better.

Compared to 2013, RFSA findings are less favorable for wearing bike helmets and more favorable for wearing seatbelts.

Compared to the national findings, RFSA findings are more favorable for texting/emailing while driving and less favorable for wearing bike helmets and seat belts.



Sources: • 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys. • US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015. Note: • US item labels that are highlighted represent statistically significant differences between RFSA and US data.

RFSA item labels that are outlined represent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area.
 Indicates statistically significant difference between 2015 and 2013.
 In the past 12 months. Among students riding a bicycle or motorcycle/ATV.
 In the past 12 months.

** In the past 30 days. *** When riding in a car driven by someone else.



Key Findings: Violence

In the past year:

- 29.6% of RFSA high school students have been in a physical fight (including 14.1%) who have been in a physical fight on school property).
- 11.9% have been the victim of dating violence.
- 10.2% have been threatened or injured with a weapon on school property.
- 9.0% have carried a weapon on school property. •

In the past month:

- 28.3% have carried a weapon, including 17.2% who have carried a gun.
- 10.9% have missed school because they felt unsafe at school or on their way to or . from school.

Compared to 2007, RFSA findings are more favorable for being in physical fights and less favorable for missing school because felt unsafe, carrying a weapon on school property, and being in a physical fight resulting in injury.

Compared to 2013, RFSA findings are more favorable for missing school because felt unsafe and being threatened or injured with a weapon on school property and less favorable for carrying a gun.

Compared to the national findings, RFSA findings are less favorable for each tested aspect, excluding dating violence which recorded similar incidence.



Sources: • 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015.
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 • RFSA item labels that are outlined represent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area.
 • Indicates statistically significant difference between 2015 and 2013.
 * In the past 12 months.
 ** In the past 30 days.



Violence Indicators, Continued

Key Findings: Bullying

In the past year:

- 24.3% of RFSA high school students have been bullied on school property.
- 17.4% have been electronically bullied.

Compared to the national findings, RFSA findings are less favorable for the percentage of students bullied on school property in the past year and the incidence of electronic bullying.

Compared to 2011, RFSA findings are less favorable for being bullied on school property.



- Sources: 2011, 2013, and 2015 Louisiana Youth Risk Behavior Survey.
 US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015 Notes:
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 RFSA item labels that are outlined represent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area.
 Indicates statistically significant difference between 2015 and 2013.
 In the past 12 months.

Key Findings: Suicide

29.3% of RFSA high school students have had two or more weeks in the past year when they felt so sad of hopeless almost every day that they stopped some of their usual activities.

In the past year:

- 18.0% of RFSA students have seriously concerned suicide.
- 14.5% have attempted suicide.
- 14.3% have made plans for suicide •
- 5.2% have attempted suicide and been treated for their injuries by a medical • professional.

Compared to the national findings, RFSA findings are less favorable for attempting suicide and suicide attempts resulting in injury.

Compared to 2007, RFSA findings are less favorable for suicide attempts resulting in injury.

Since the last study, RFSA findings are more favorable for attempted suicide, plans for suicide, and suicide attempts with injury.



Suicide Indicators

Notes:

Sources: • 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys. • US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. OS bata: Centers for Disease Control and Prevention (CDC). 2013 high school Youth Kisk Benavior Survey Data. Available at http://nccd.cdc.gov/youth Accessed September 2015.
 US item labels that are highlighted represent statistically significant differences between RFSA and US data.
 RFSA item labels that are outlined represent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area.

- Indicates statistically significant difference between 2015 and 2013.
- In the past 12 months.
 ** 2+ weeks in the past 12 months when respondent felt so sad/hopeless almost every day that he/she stopped some usual activities.

Asthma

Key Findings

In the past year:

- 33.7% of RFSA students have been given an asthma action plan by a doctor or nurse.
- 38.5% have had one or more ER visit due to asthma.
- 39.1% have missed school due to asthma.

Compared to 2007, RFSA findings are less favorable for ER visits due to asthma and missing school due to asthma.



Sources: 2007, 2011, 2013 & 2015 Louisiana Youth Risk Behavior Surveys.
 US Data: Centers for Disease Control and Prevention (CDC). 2013 High School Youth Risk Behavior Survey Data. Available at http://nccd.cdc.gov/youthonline. Accessed September 2015.
 Notes: US item labels that are highlighted represent statistically significant differences between RFSA and US data.
 RFSA item labels that are outlined represent statistically significant differences between 2015 and baseline data in the Rapides Foundation Service Area.
 Indicates statistically significant differences and 2015 and baseline data in the Rapides Foundation Service Area.
 In the past 12 months, only among respondents who report having asthma.

