

Executive Report

2019 Louisiana Youth Risk Behavior Survey

Central Louisiana Findings: High School Students

Prepared for:
The Rapides Foundation

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Summary of Findings



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Introduction

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.

A total of 1,231 surveys were completed by public high school students in six parishes served by The Rapides Foundation. Students were sampled in order to provide adequate estimates. (See *Methodology* section at the end of this report.)

Highlights from the Study

- Alcohol consumption (ever tried or currently use) has trended downward in the area over time; prevalence in the 2019 survey is significantly more favorable than 2007 for each alcohol indicator. Compared to national data, however, RFSA students still compare unfavorably for each alcohol indicator.
- Compared to 2007, significantly fewer RFSA students have tried smoking or currently smoke. However, current tobacco use has increased significantly due to increased use of electronic vapor products since first measured in 2015. Note that fewer students agree that tobacco use is harmful than in previous years, and fewer are trying to quit all tobacco use. Current tobacco use indicators among RFSA high school students (cigarettes, cigars, smokeless tobacco, and vaping) are less favorable than reported nationally.
- Illegal drug use in the area is significantly higher than the national average for the following drugs: prescription drugs (not prescribed), inhalants, synthetic marijuana, cocaine, ecstasy, methamphetamines, injectable drugs, non-prescription steroids, and heroin. Over time, drug use in the RFSA has increased for prescription drugs (not prescribed), cocaine, ecstasy, methamphetamines, injectable drugs, non-prescription steroids, and heroin.
- Lifetime drug use among RFSA students has increased significantly since 2007. Compared to 2007, RFSA students are more likely to currently use marijuana or try marijuana before their 13th birthday. When compared to national benchmarks, area teens are less likely to currently use marijuana, but they are more likely to try it prior to age 13. In addition, RFSA students are more likely than students across the nation to be exposed to drugs on school property.

- Overweight and obesity among RFSA students have increased over time and exceed the national benchmarks. The proportion of area teens trying to lose weight is lower than found nationally.
- Compared to 2007, significantly fewer high school students agree that it's important to eat fruits and vegetables, and fewer are drinking milk. Meanwhile, more students are buying snack food and soda at school. Daily breakfast consumption in the RFSA is notably below the US. On a positive note, soda consumption has decreased over time among RFSA teens, though the prevalence remains significantly above the national finding.
- Significantly fewer Rapides area teens agree that regular exercise is important compared to the 2007 benchmark. Attendance in PE classes more than once a week has increased over time, while participation in multiple sports has decreased; however, PE attendance, whether once a week or daily, remains well above the US benchmarks. Other negative historical trends include the decrease in the percentage of students meeting the physical activity recommendation and the increase in non-television screen time (although television time has recorded a decrease). Compared to the national benchmarks, the RFSA compares negatively for participation in strengthening exercises, meeting physical activity recommendations, and 3+ hours of daily television.
- The percentage of students who text and email while driving has increased significantly over time and compares unfavorably to the national benchmark. The proportion of those who report rarely/never wearing a seatbelt when riding in a car by someone else also is significantly higher than the US benchmark.
- Compared to 2007, significantly fewer RFSA students have been in a physical fight, but significantly more students have missed school because they felt unsafe and significantly more have been threatened/injured with a weapon at school. In comparison to the national benchmarks, the RFSA compares unfavorably for numerous violence indicators, including: participation in physical fights (including those on school property); carrying a weapon; missing school because of feeling unsafe; threatened or injured on school property; dating violence; carrying a gun; and carrying a weapon on school property.
- Over one-fourth of students reported being bullied on school property, significantly higher than the baseline 2011 RFSA finding as well as the national benchmark. Electronic bullying is also significantly above 2011 RFSA and 2017 US benchmarks.
- These mental health indicators have worsened over time among RFSA students: 7+ days of poor mental health, serious consideration of suicide, and making plans for suicide. On a positive note, suicide attempts have decreased over time in the RFSA.

Compared to the national benchmarks, the RFSA still compares unfavorably for serious consideration of suicide, making plans for suicide, suicide attempts, and injury from suicide attempts.

- Aspects of general health/well-being: The proportion of RFSA teens averaging less than 8 hours of sleep per night is less favorable than found in 2015, as well as compared to the current national benchmark. HIV testing of area teens has decreased significantly since 2011 but is higher than the US finding.

Alcohol, Tobacco & Other Drugs

Key Findings: Alcohol

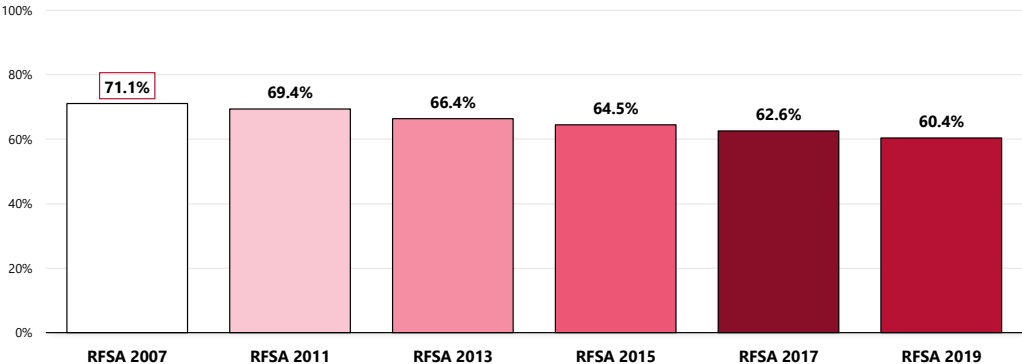


A total of 60.4% of Rapides Foundation Service Area (RFSa) high school students have ever tried alcohol (beyond just a few sips).

A significant decline over the years.

Ever Tried Alcohol

(High School Students; The Rapides Foundation Service Area)



Source:

- 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys
- 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 US percentage represents data that are significantly higher or lower than the current RFSa finding (based on the associated response and sample).
- An outlined RFSa percentage represents a statistically significant difference between baseline and current RFSa data (based on the associated response and sample).

More than one-third (35.6%) of RFSa high school students have used alcohol in the past month, not counting a few sips of wine for religious purposes.

Also, in the past month:

- 26.8% have ridden with a driver who had been drinking.
- 23.7% first tried alcohol before age 13.
- 21.6% drank excessively.
- 10.9% drove after they had been drinking.

- [Each RFSa finding is significantly less favorable than the respective national finding.](#)

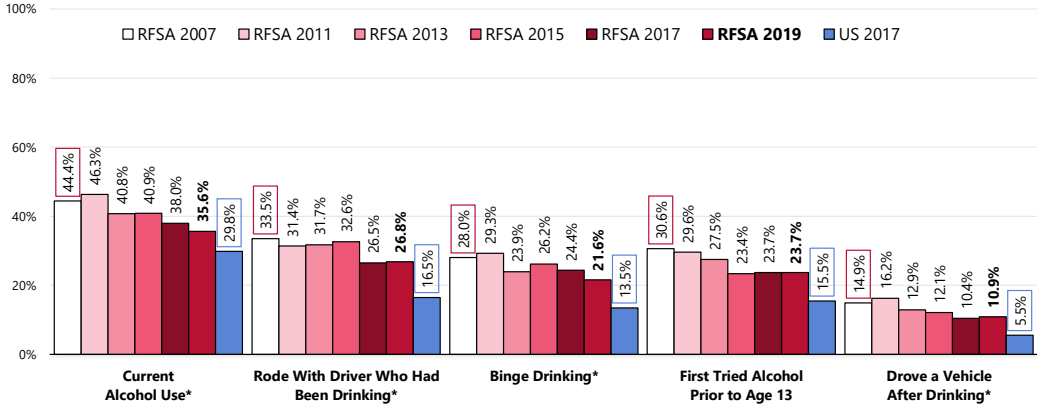
NOTE:

● Differences noted in the graphs represent significant differences determined through statistical testing. Outlined US 2017 numbers represent significant differences from the RFSA 2019 data.

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

☒ Each RFSA finding is more favorable than the respective RFSA 2007 finding.

Alcohol Indicators (High School Students)



Source: ● 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 ● US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.
 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 2019 and baseline data in the Rapides Foundation Service Area.

Key Findings: Tobacco



81.4% of high school students agree that tobacco use is harmful to one's health.

56.0% have ever used an electronic vapor product.

39.0% have ever tried smoking cigarettes (16.3% first smoked prior to age 13).

54.8% of current smokers have tried to quit in the past 12 months.

39.1% of current tobacco users have tried to quit in the past 12 months.

In the past month:

- 40.6% used some type of tobacco product (cigarettes, cigars/cigarillos, smokeless tobacco, shisha or hookah tobacco, and/or electronic vapor products).
- 35.5% used an electronic vapor product.
- 13.6% smoked a cigarette.
- 12.3% used smokeless tobacco.
- 11.0% smoked a cigar or cigarillo.
- Compared to available national findings, RFSA findings are less favorable for: current tobacco use (any form), use of cigarettes (lifetime and current), early use of cigarettes, current use of electronic vapor products, current use of smokeless tobacco use, and current cigar/cigarillo use. [While the current finding for having ever used electronic vapor products is well above the 2017 national benchmark, the prior 2017 RFSA finding is quite close to that benchmark.]

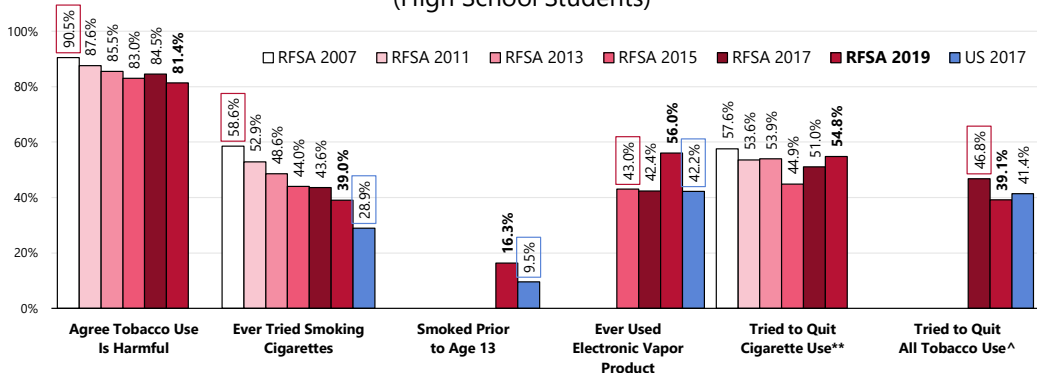
Compared to prior regional findings, RFSA findings are more favorable for:

- ☒ Lifetime cigarette smoking.
- ☒ Current smoking.

Compared to prior regional findings, RFSA findings are less favorable for:

- ☒ Agreement that tobacco use is harmful.
- ☒ Current tobacco use.
- ☒ Lifetime use of electronic vapor products.
- ☒ Current use of electronic vapor products.
- ☒ Cessation attempts for all tobacco products.

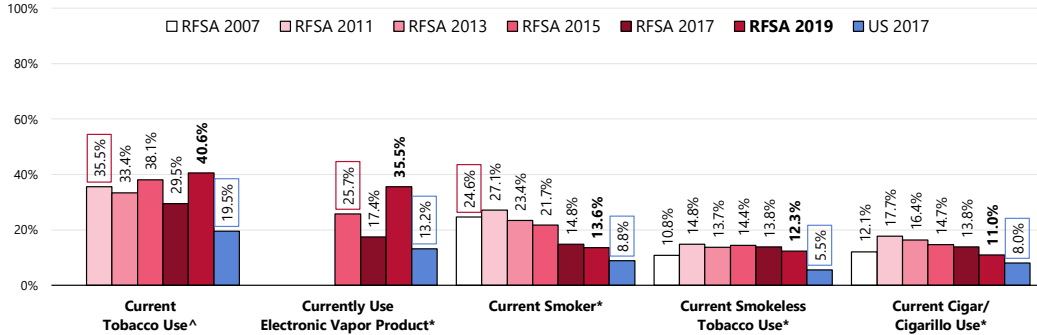
Tobacco Indicators, 1 of 2 (High School Students)



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

Note: • *In the past 30 days.
 • **In the past 12 months, among those who currently smoke cigarettes.
 • ^In the past 12 months, among those who currently use any tobacco product (cigarettes, cigars/cigarillos, smokeless tobacco, shisha or hookah tobacco, and/or electronic vapor products).
 • Outlined US percentages represent statistically significant differences when compared against current RFSAs data.
 • RFSAs item labels that are outlined represent statistically significant differences between 2019 and baseline data in the Rapides Foundation Service Area.

Tobacco Indicators, 2 of 2 (High School Students)



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

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 vapor products). Prior to 2015, this indicator did not include use of electronic vapor products.
 • Outlined US percentages represent statistically significant differences when compared against current RFSAs data.
 • RFSAs item labels that are outlined represent statistically significant differences between 2019 and baseline data in the Rapides Foundation Service Area.

Key Findings: Drugs



Lifetime drug use: more than 4 in 10 RFSA students (45.9%) have used any drug (including marijuana [natural and synthetic], cocaine, ecstasy, heroin, methamphetamines, non-prescribed steroids, non-prescribed prescription drugs, and/or illegal injection drugs).

30.4% of high school students have tried marijuana.

24.3% have used a prescription drug without a prescription.

16.7% have sniffed glue, breathed the contents or aerosol spray cans, or inhaled any paints or sprays to get high.

- Between 8% and 14% have tried synthetic marijuana, cocaine (any form), ecstasy, methamphetamines, any illegal injected drug, non-prescription steroids, or heroin.

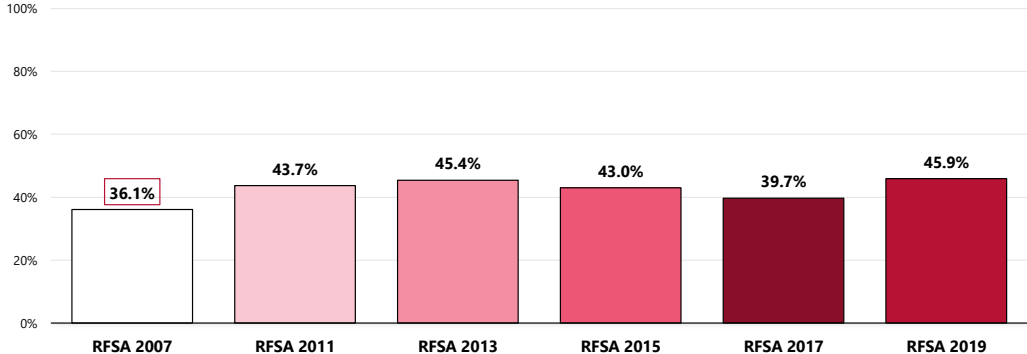
Compared to the national findings, RFSA findings are less favorable for:

- Prescription drugs (not prescribed).
- Inhalants.
- Synthetic marijuana.
- Cocaine.
- Ecstasy.
- Methamphetamines.
- Injected drugs.
- Non-prescription steroids.
- Heroin.

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

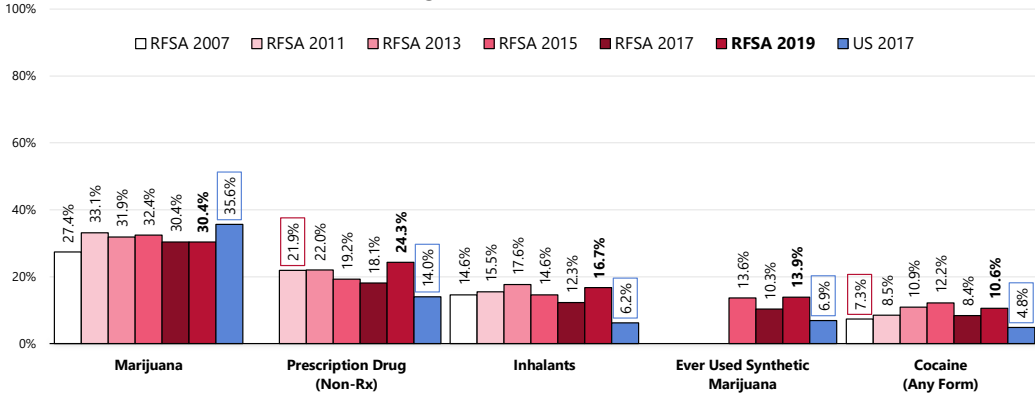
- ☒ Lifetime drug use.
- ☒ Prescription drugs (not prescribed).
- ☒ Cocaine.
- ☒ Ecstasy.
- ☒ Methamphetamines.
- ☒ Injected drugs.
- ☒ Steroids.
- ☒ Heroin.

Lifetime Use of Any Illegal Drug (Ever Tried) (High School Students; The Rapides Foundation Service Area)



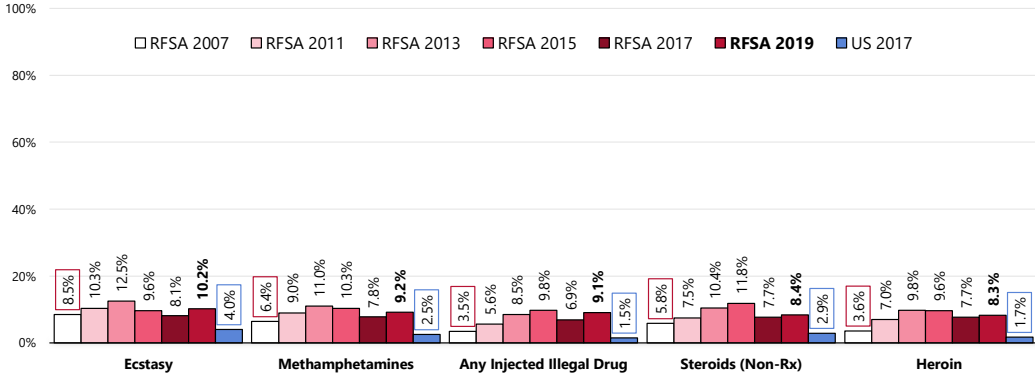
Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys
 Note: • Lifetime, have ever used any of the surveyed illegal drugs, including marijuana (also synthetic), non-prescription steroids, prescription drugs (without a prescription), inhalants, cocaine in any form, ecstasy, methamphetamines, any injected drug, and/or heroin.
 • An outlined RFSAs percentage represents a statistically significant difference between baseline and current RFSAs data (based on the associated response and sample).

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



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.
 Note: • Outlined US percentages represent statistically significant differences when compared against current RFSAs data.
 • RFSAs item labels that are outlined represent statistically significant differences between 2019 and baseline data in the Rapides Foundation Service Area.

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



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

Note: • Outlined US percentages represent statistically significant differences when compared against current RFSAs data.
 • RFSAs item labels that are outlined represent statistically significant differences between 2019 and baseline data in the Rapides Foundation Service Area.

Key Findings: Other Drug Indicators

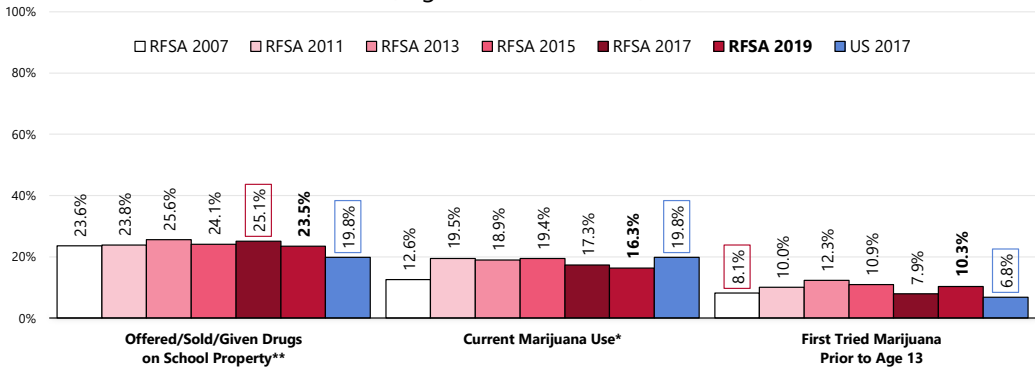


A total of 23.5% of high school students have been offered, sold, or given drugs on school property.

In the past month, 16.3% have used marijuana (10.3% first used marijuana prior to age 13).

- Compared to the national findings, the RFSA percentages are less favorable for being offered/sold/given drugs at school and early initiation of marijuana use.
- Current marijuana use is more favorable than the US benchmark.
- ☒ Compared to prior regional findings, RFSA findings are less favorable for current marijuana use and early-age marijuana use.

Other Drug Indicators (High School Students)



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

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 2019 and baseline data in the Rapides Foundation Service Area.

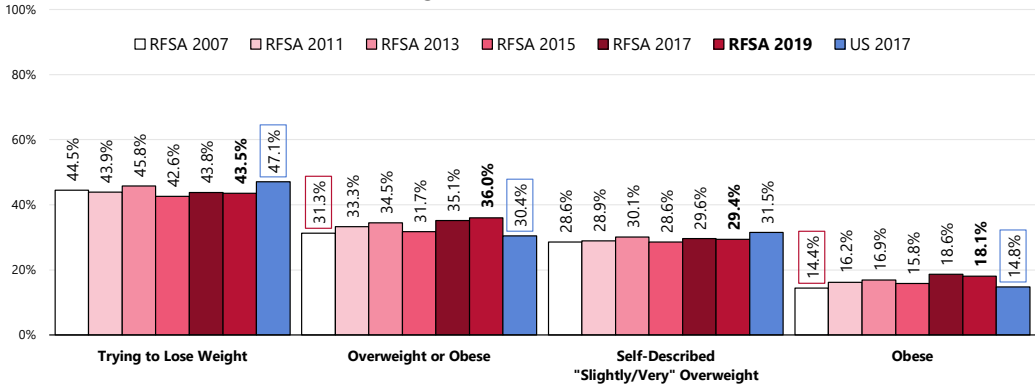
Overweight, Nutrition & Physical Activity

Key Findings: Overweight/Obesity

36.0% of high school students in The Rapides Foundation Service Area are overweight or obese, including 18.1% who are obese.

- 29.4% of students describe themselves as overweight.
- 43.5% of students are trying to lose weight.
- Compared to the national findings, significantly more RFSA students are overweight or obese, and significantly fewer are trying to lose weight.
- ▣ Compared to prior regional findings, an increasing percentage of RFSA students are overweight/obese.

Obesity Indicators (High School Students)



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

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 2019 and baseline data in the Rapides Foundation Service Area.

Key Findings: Nutrition

86.4% of students say that it is important to eat plenty of fruits and vegetables.

- However, only 14.3% eat five or more services of fruits/vegetables per day.

In a typical day:

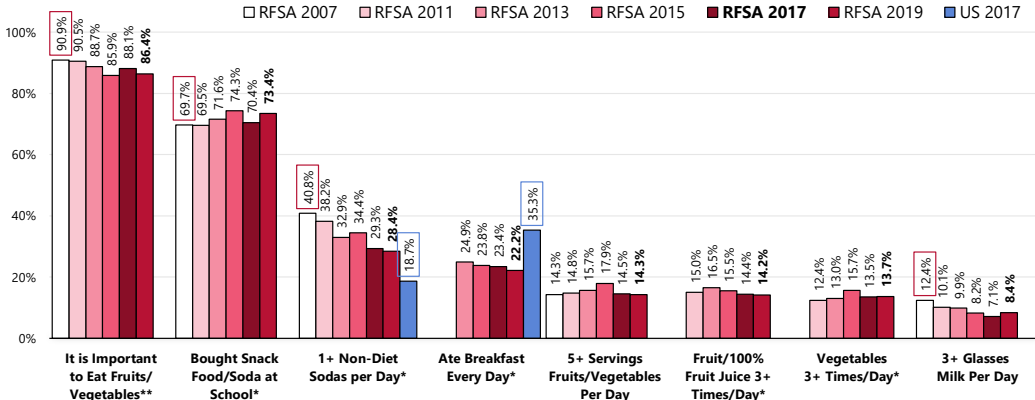
- 28.4% of students drink at least one non-diet soda.
- 22.2% eat breakfast.
- 8.4% drink three or more glasses of milk.

In a typical week:

- 73.4% buy a snack food/soda at school.

- Compared to national findings, RFSa findings are less favorable for soda consumption and eating breakfast daily.
- ☒ Over time, RFSa findings are more favorable for soda consumption, but less favorable for the perceived importance of eating fruits and vegetables, buying snack foods/soda at school, and milk consumption.

Nutrition Indicators (High School Students)



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

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 2019 and baseline data in the Rapides Foundation Service Area.

Key Findings: Physical Activity

Although 88.0% of students agree that it is important to exercise regularly:

- 59.4% attend physical education (PE) at least once a week, and 43.9% attend PE class daily.
- 52.5% participate in one or more team sports.
- 42.3% participate in strengthening/toning exercises at least three times per week.
- 41.7% meet physical activity requirements.

On an average school day:

- 39.2% have three or more hours of non-TV screen time (video games, non-school related computer use).
- 23.8% watch three or more hours of television.

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

- PE class (daily and 1+ times/week).
- Non-TV screen time.

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

- Strengthening exercises.
- Meeting physical activity recommendations.
- Television screen time (3+ hours).

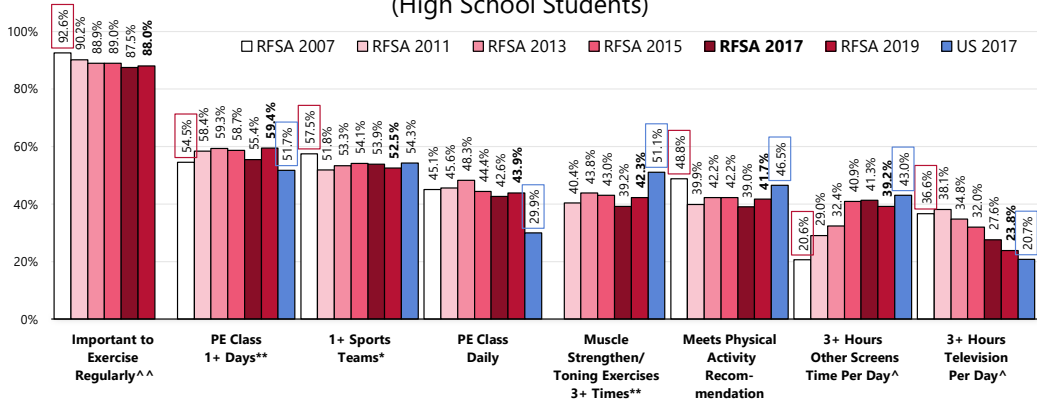
Compared to prior regional findings, RFSA findings are more favorable for:

- ☒ Daily PE class.
- ☒ Television screen time.

Compared to prior regional findings, RFSA findings are less favorable for:

- ☒ Belief that regular exercise is important.
- ☒ Participation in a sports team.
- ☒ Meeting physical activity recommendations.
- ☒ Non-TV screen time.

Physical Activity Indicators (High School Students)



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

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 2019 and baseline data in the Rapides Foundation Service Area.
 • *In the past 12 months. **In the past 7 days. ^On a typical school day. ^^Agree/Strongly Agree responses.

Injury, Violence & Bullying

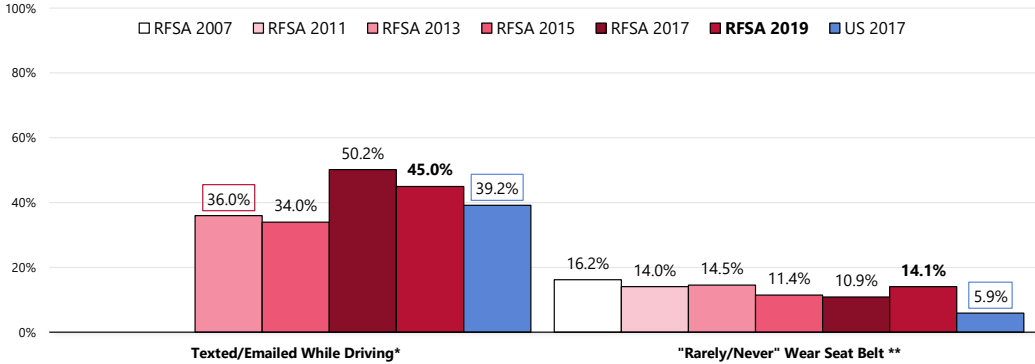
Key Findings: Injury Control

More than 4 in 10 RFSA high school students (45.0%) have emailed or texted while driving in the past month.

A total of 14.1% of high school students “rarely” or “never” wear a seat belt when they are riding in a car driven by someone else.

- Each indicator is significantly above its related national benchmark.
- ▣ Compared to earlier regional findings, texting/emailing while driving is significantly less favorable.

Injury Indicators (High School Students)



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

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 2019 and baseline data in the Rapides Foundation Service Area.
 • *In the past 30 days. **When riding in a car driven by someone else.

Key Findings: Violence



In the past year:

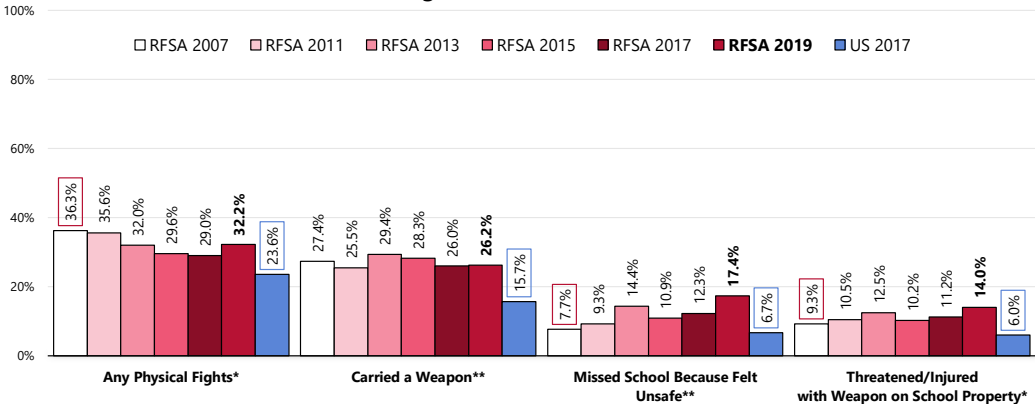
- 32.2% of RFSA high school students have been in a physical fight (including 13.9% who have been in a physical fight on school property).
- 14.0% have been threatened or injured with a weapon on school property.
- 13.8% have experienced dating violence.
- 9.3% have carried a gun.
- 7.5% have carried a weapon on school property.

In the past month:

- 26.2% have carried a weapon.
- 17.4% have missed school because they felt unsafe at school or on their way to or from school.

- Compared to the national findings, RFSA findings are worse for each of the violence indicators outlined in the following charts.
- ☒ Compared to prior regional findings, RFSA findings are more favorable for being in physical fights and less favorable for missing school because of feeling unsafe and for being threatened/injured with a weapon on school property.

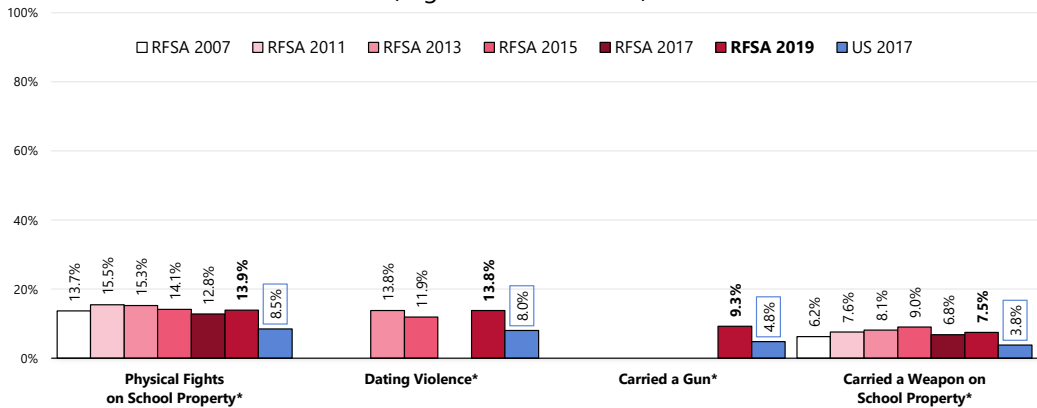
Violence Indicators, 1 of 2 (High School Students)



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

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 2019 and baseline data in the Rapides Foundation Service Area.
 • *In the past 12 months. **In the past 30 days.

Violence Indicators, 2 of 2 (High School Students)



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

Note: • Outlined US percentages represent statistically significant differences when compared against current RFSAs data.
 • RFSAs item labels that are outlined represent statistically significant differences between 2019 and baseline data in the Rapides Foundation Service Area.
 • *In the past 12 months.

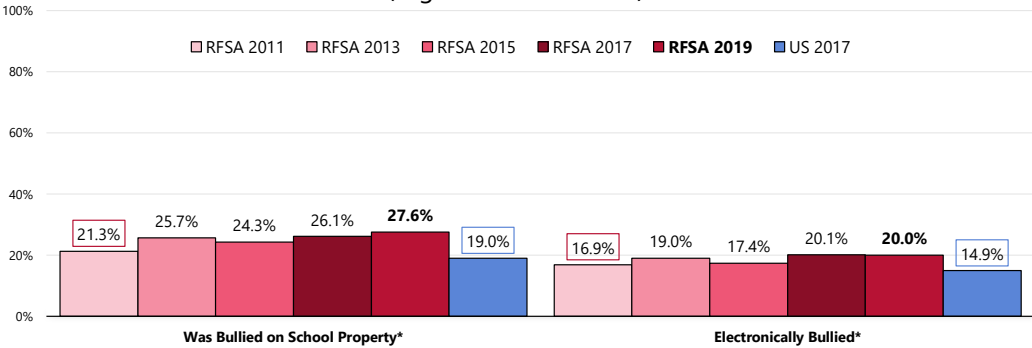
Key Findings: Bullying

In the past year, 27.6% of RFSA high school students have been bullied on school property and 20.0% have been electronically bullied.



- Compared to the national findings, RFSA findings are less favorable for each bullying indicator.
- ☒ Compared to 2011, RFSA findings are less favorable for each bullying indicator.

Bullying Indicators (High School Students)



Source: • 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Youth Risk Behavior Survey.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

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 2019 and baseline data in the Rapides Foundation Service Area.
 • *In the past 12 months.

Key Findings: Suicide

One-third (33.7%) of RFSA high school students have had two or more weeks in the past year when they felt so sad or hopeless almost every day that they stopped some of their usual activities.

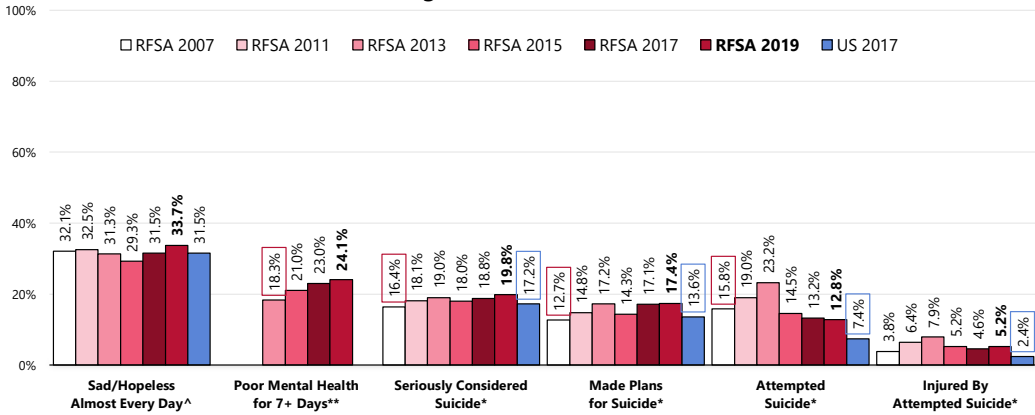
In the past month, 24.1% reported at least 7 days of poor mental health.

In the past year:

- 19.8% of RFSA students have seriously considered suicide.
- 17.4% have made plans for suicide.
- 12.8% have attempted 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 seriously considering suicide, planning a suicide, attempting suicide, and injuries due to attempted suicide.
- ☒ Compared to 2007, RFSA findings are less favorable for 7+ days of poor mental health, serious consideration of suicide, making plans for suicide, and attempting suicide.

Suicide Indicators (High School Students)



Source: • 2007, 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

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 2019 and baseline data in the Rapides Foundation Service Area.
 * In the past 12 months. **In the past month. ^In the past 12 months, 2+ weeks when felt so sad/hopeless almost every day and stopped some usual activities.

General Health



Key Findings: General Health/Well-Being

80.9% of RFSA high school students believe they can resist negative peer pressure and dangerous situations.

79.0% average fewer than 8 hours of sleep on school nights.

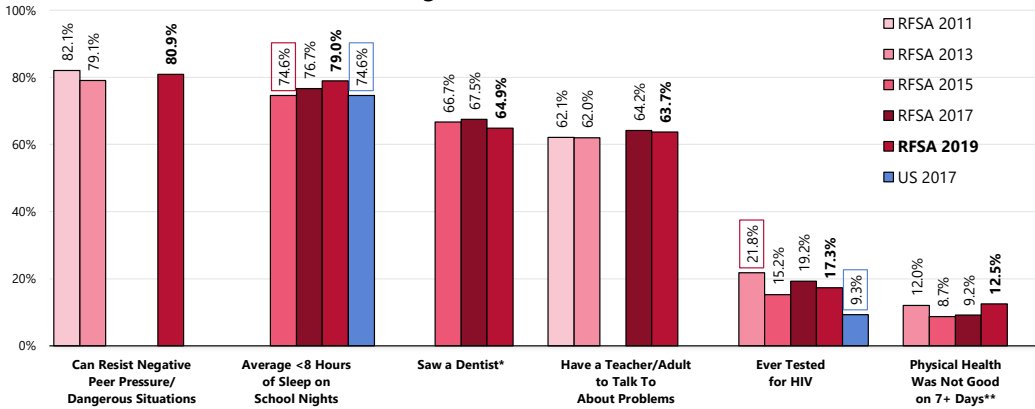
64.9% saw a dentist in the past year.

63.7% report having a teacher or adult to talk to about their problems.

In addition:

- 17.3% have ever been tested for HIV.
- 12.5% report experiencing 7+ days of poor physical health in the past month.
- Compared to the national findings, RFSA findings are less favorable for the two indicators outlined below for which national data are available: sleeping less than 8 hours on school nights and having ever been tested for HIV.
- ☒ Compared to prior regional findings, RFSA findings are also less favorable for these indicators (sleeping less than 8 hours on school nights and HIV testing).

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



Source: • 2011, 2013, 2015, 2017 & 2019 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2017 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed September 2019.

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 • *In the past 12 months. **In the past month.