

Executive Report

2017 Louisiana Youth Risk Behavior Survey

Central Louisiana High School Findings

Prepared for:
The Rapides Foundation

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Summary of Findings



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Study Highlights

- Aspects of general health: the prevalence of RFSA teens with 7+ days of poor physical health in the past month has decreased over time; on the other hand, the prevalence of students averaging less than 8 hours of sleep per night has increased since 2015 and is higher than the US benchmark. Compared to the national figure, RFSA students are less likely to have seen a dentist in the past year; on the other hand, routine check-ups among RFSA teens have increased over time.
- Compared with 2007 survey results, the prevalence of RFSA teens with asthma has decreased, as has the prevalence of asthmatic students missing school because of their asthma (a considerable decrease from 2013 to 2015).
- Alcohol consumption has trended downward in the area and is similar to 2015 survey findings. Compared to the 2007 benchmark, significantly fewer high school students have tried alcohol. The incidence of early alcohol use (prior to age 13) has also decreased significantly (but similar to 2015 findings), and students this year are less likely than 2007 students to ride with a drunk driver, drive after drinking, or participate in binge drinking. Compared to national data, Rapides Foundation Service Area (RFSA) 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 (including prior to age 13) or currently use some type of tobacco. On the other hand, fewer students agree that tobacco use is harmful, and the prevalence of the following indicators has increased: smoking at school, use of smokeless tobacco, and use of cigars/cigarillos. Over time, a smaller percentage of cigarette smokers has tried to quit, although the prevalence is higher than in 2015. In general, tobacco indicators among RFSA students are less favorable than reported nationally.
- Illegal drug use in the area is significantly higher than the national average for the following drugs: inhalants, cocaine, ecstasy, methamphetamines, steroids (non-prescription), heroin, and injected drugs. Over time, drug use in the RFSA has increased for marijuana, methamphetamines, steroids, heroin, and injectable drugs.
- Overweight and obesity among RFSA students have increased over time and exceed the national benchmarks.
- Compared to the 2007 benchmark, significantly fewer high school students agree that it is important to eat fruits and vegetables. RFSA teens compared unfavorably to the national benchmarks, recording significantly higher soda consumption and significantly lower incidence of daily breakfast. In a positive note, soda consumption has decreased over time among RFSA teens.
- Significantly fewer Rapides area teens agree that regular exercise is important compared to the 2007 benchmark. Other unfavorable historical trends include the decrease in the percentage of students meeting the physical activity recommendation and the increase in non-television screen time. Daily attendance in physical education (PE) classes has decreased over time but remains well above the US benchmark. Compared to the national benchmarks, the RFSA compares negatively for 1+ PE class per week, participation on sports teams, strengthening exercise, meeting the physical activity recommendations, and watching 3+ hours of television daily.

- The majority of students rarely or never wear helmets when riding a bicycle (a decrease over time but much higher than the US figure), and half rarely or never use a motorcycle helmet. The percentage of students who rarely/never wear a seatbelt has decreased over time but is higher than the US benchmark, while texting and emailing while driving is significantly worse than the US figure and has increased over time.
- Compared to 2007, significantly fewer RFSA students have been in a physical fight or carried a gun, 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, carrying a weapon, carrying a gun, fights on school property, missing school because of feeling unsafe, threatened or injured on school property, carrying a weapon on school property, and physical fights resulting in medically treated injuries.
- Over one-fourth of students reported being bullied on school property, significantly higher than the 2011 benchmark and the 2015 national benchmark. Another one in five students reports being electronically bullied, significantly higher than the 2011 percentage as well as the national benchmark.
- These suicide indicators have increased over time among RFSA students: 7+ days of poor mental health, serious consideration of suicide, and making plans for suicide. In contrast, suicide attempts have decreased over time in the RFSA. Compared to national benchmarks, however, the RFSA compares unfavorably for suicide plans and suicide attempts.

Key Findings

General Health

- 76.7% of RFSA high school students average fewer than 8 hours of sleep on school nights.
- 67.5% of RFSA students saw a dentist in the past year.
- 65.5% saw a physician or a nurse for a routine check-up in the past year.
- 9.2% report experiencing 7+ days of poor physical health in the past month.



Compared to baseline surveys, RFSA findings are less favorable for sleeping <8 hours on school nights but more favorable for routine check-ups and experiencing poor physical health.

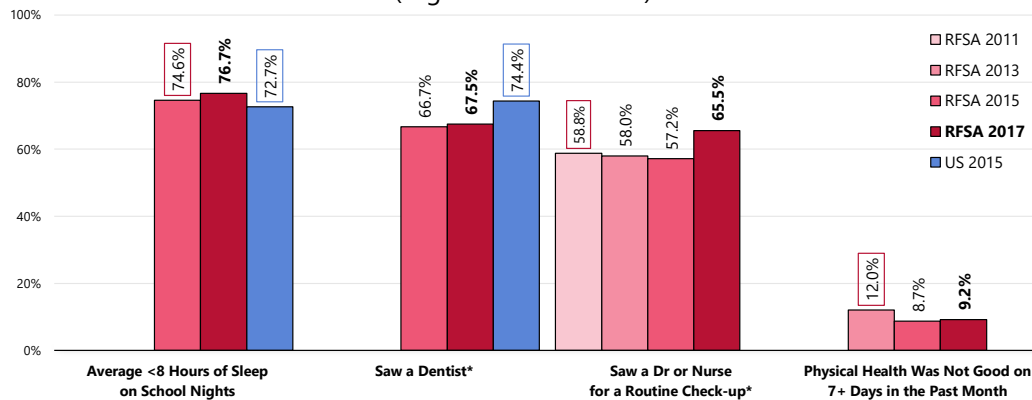
Compared to the national findings, RFSA findings are less favorable for sleeping <8 hours on school nights and recent dental care.

NOTE:

• Differences noted in the graphs represent significant differences determined through statistical testing. Outlined US 2015 numbers represent significant differences from the RFSA 2017 data.

▨ Trends are measured against RFSA 2007 data (or earliest baseline data if 2007 is unavailable). Baseline results that are significantly different from current RFSA findings are outlined in red.

Aspects of General Health (High School Students)



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

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 2017 and baseline data in the Rapides Foundation Service Area.
 • *In the past 12 months.

Alcohol, Tobacco & Other Drugs

Alcohol

- **65.3%** of high school students have tried alcohol, not counting a few sips of wine for religious purposes (23.7% first drank alcohol prior to the age of 13).
- **38.0%** have used alcohol in the past month.
- **26.5%** have ridden with a driver in the past month who had been drinking.
- **24.4%** had 5 or more drinks in a row in the past month.
- **10.4%** drove in the past month when they had been drinking.

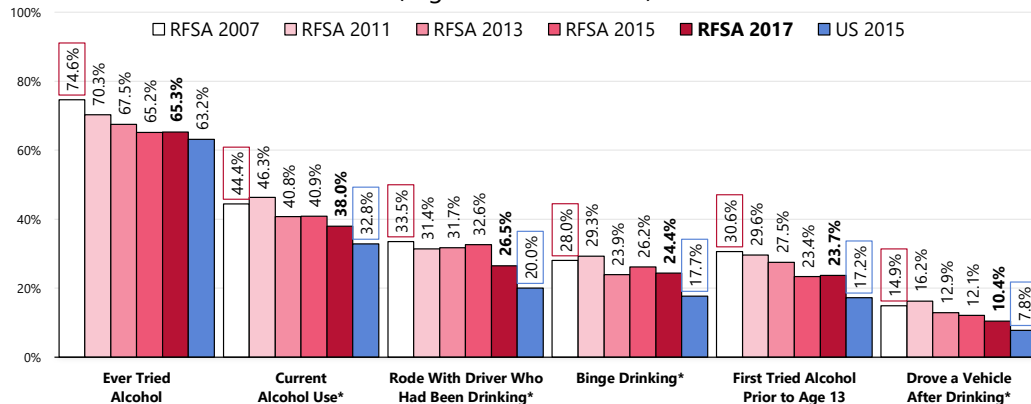


Compared to 2007, RFSA findings are more favorable for: lifetime use of alcohol; current alcohol use; binge drinking; trying alcohol prior to age 13; riding with a driver who had been drinking; and drinking and driving.

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

Compared to the national findings, RFSA findings are less favorable for: current alcohol use; drinking and driving; riding with a drinking driver; episodic heavy drinking (binge drinking); and trying alcohol at early ages (prior to age 13).

Alcohol Indicators (High School Students)



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

Tobacco

- **84.5% of high school students agree that tobacco use is harmful to one's health.**
- **43.6% have ever tried smoking cigarettes (12.3% first smoked prior to age 13).**
- **51.0% of students who had smoked daily have tried to quit.**
- **42.4% have ever used an electronic vapor product.**
- **23.6% used some type of tobacco product in the past month (cigarettes, cigars/cigarillos, smokeless tobacco, shisha or hookah tobacco, and/or electronic vapor products).**
- **8.1% smoked on school property in the past month.**

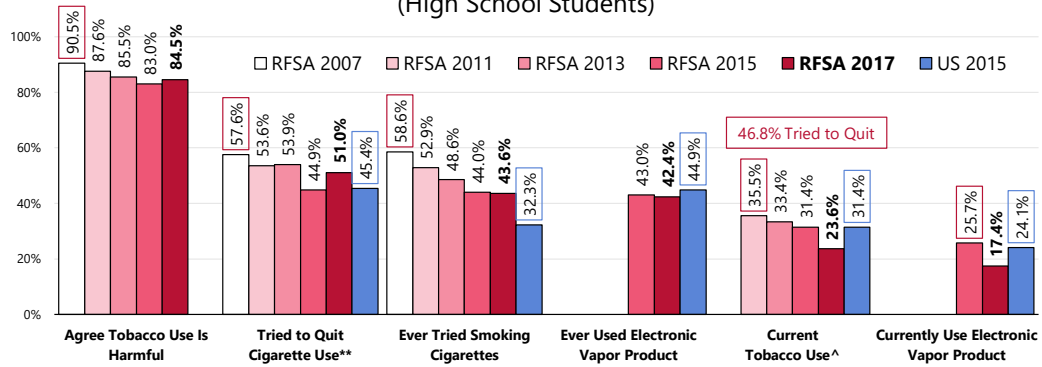


Compared to 2007, RFSA findings are more favorable for: having ever tried smoking cigarettes; current smokers (cigarettes); current tobacco use; and smoked prior to age 13.

Compared to 2007, RFSA findings are less favorable for: agreement that tobacco use is harmful; having ever tried to quit smoking; current cigar/cigarillo use; current smokeless tobacco use; and smoking cigarettes on school property.

Compared to available national findings, RFSA findings are less favorable for: cessation attempts, cigarette smoking levels, cigar/ cigarillo use, smokeless tobacco use, early use of cigarettes, and smoking at school.

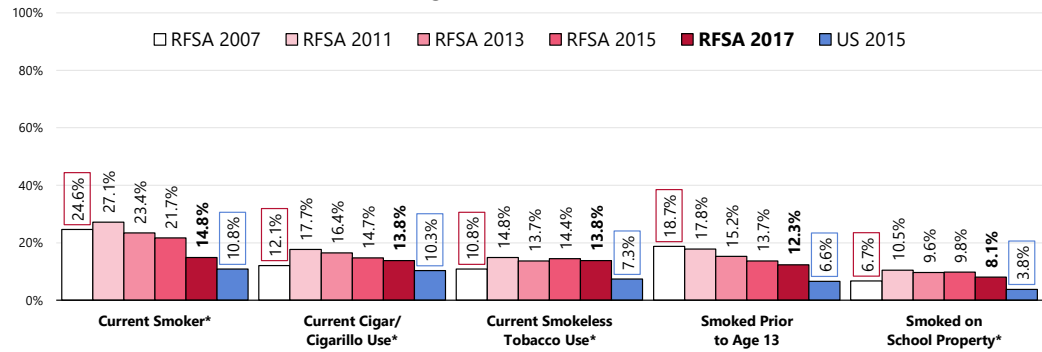
Tobacco Indicators, 1 of 2 (High School Students)



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

Note: • *In the past 30 days.
 • **In the past 12 months, among those who currently smoke cigarettes.
 • ^Currently use 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 RFSA data.
 • RFSA item labels that are outlined represent statistically significant differences between 2017 and baseline data in the Rapides Foundation Service Area.

Tobacco Indicators, 2 of 2 (High School Students)

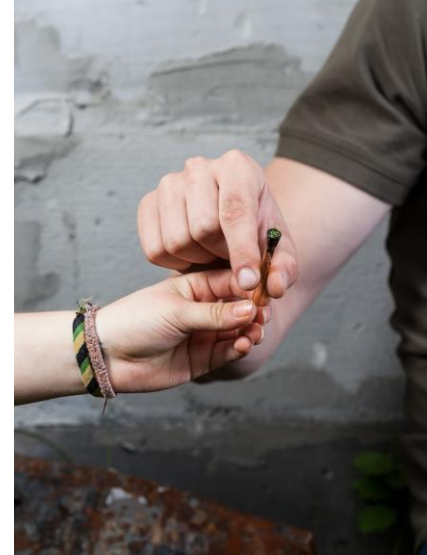


Source: • 2007, 2011, 2013, 2015 & 2017 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2015 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2017.

Note: • *In the past 30 days.
 • Outlined US percentages represent statistically significant differences when compared against current RFSA data.
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Drugs

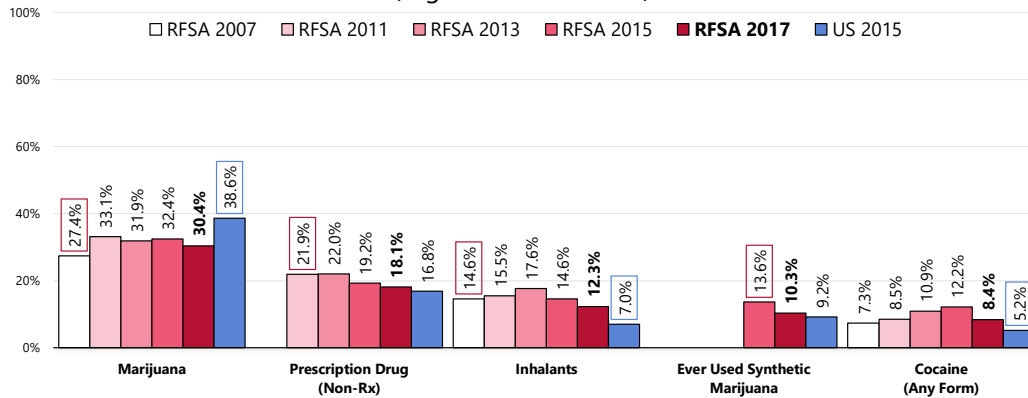
- **30.4%** of high school students have tried marijuana.
- **18.1%** have used a prescription drug without a prescription.
- **12.3%** have sniffed glue, breathed the contents or aerosol spray cans, or inhaled any paints or sprays to get high.
- **Between 6.9% and 10.3%** have tried heroin, ecstasy, methamphetamines, cocaine (any form), prescription drugs without a prescription, steroids, synthetic marijuana, or used any illegal injected drug.



Compared to 2007, RFSA findings are less favorable for use of: marijuana; methamphetamines; steroids; heroin; and injected illegal drugs.

Compared to the national findings, RFSA findings are less favorable for inhalants, cocaine, ecstasy, methamphetamines, steroids (non-prescription), heroin, and injectable drugs.

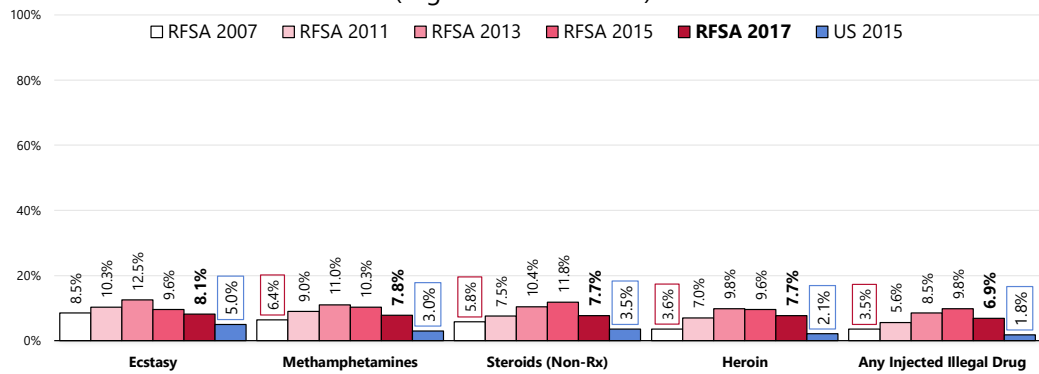
Lifetime Use of Illegal Drugs (Ever Tried), 1 of 2 (High School Students)



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

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 2017 and baseline data in the Rapides Foundation Service Area.

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

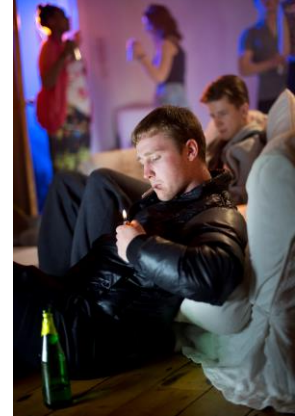


Source: • 2007, 2011, 2013, 2015 & 2017 Louisiana Youth Risk Behavior Surveys.
 • US Data: Centers for Disease Control and Prevention (CDC). 2015 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2017.

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 2017 and baseline data in the Rapides Foundation Service Area.

Other Drug Indicators

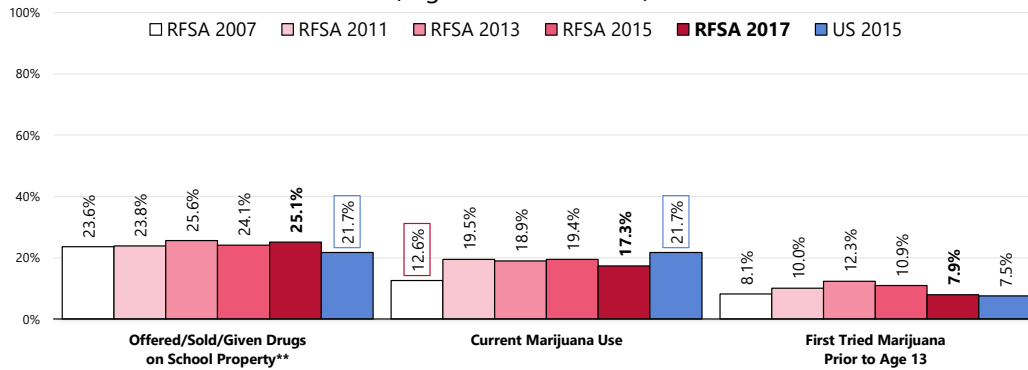
- A total of 25.1% of high school students have been offered, sold or given drugs on school property.
- In the past month, 17.3% have ever used marijuana (7.9% first used marijuana prior to age 13).



Compared to 2007, RFSA findings are less favorable for current marijuana use.

Compared to the national findings, the RFSA percentage is less favorable for being offered, sold, or given drugs at school but more favorable for current marijuana use.

Other Drug Indicators (High School Students)



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

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 2017 and baseline data in the Rapides Foundation Service Area.

Overweight, Nutrition & Physical Activity

Overweight/Obesity

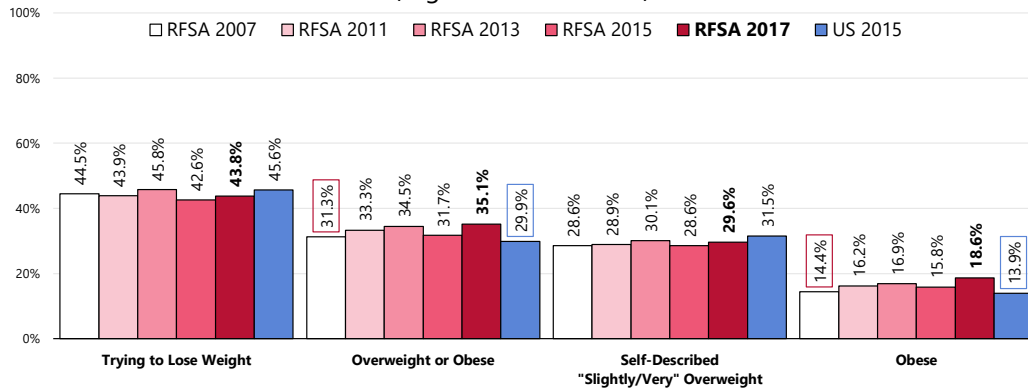
- **35.1% of high school students in The Rapides Foundation Service Area are overweight or obese (16.5% are overweight [not obese] and 18.6% are obese).**
- **29.6% of students describe themselves as overweight.**
- **43.8% of students are trying to lose weight.**



Compared to 2007, RFSA students are more likely to be overweight/obese.

Compared to the national findings, significantly more students are overweight or obese.

Obesity Indicators (High School Students)



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

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 2017 and baseline data in the Rapides Foundation Service Area.

Nutrition

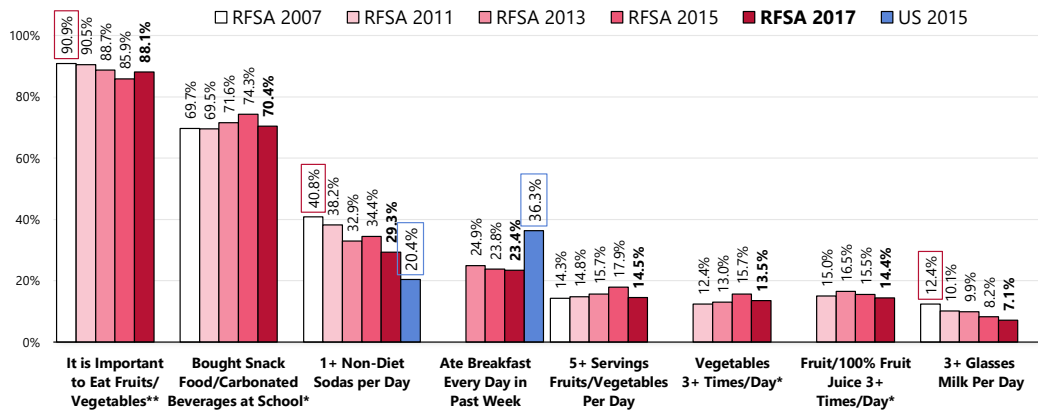
- **88.1%** of students agree that it is important to eat plenty of fruits and vegetables.
- However, only **14.5%** eat five or more servings of fruits/vegetables per day. Further, **13.5%** eat 3+ servings of vegetables per day and **14.4%** eat three or more servings of fruit or 100% fruit juice per day.
- **29.3%** of students drink at least one non-diet soda in a typical day.
- **7.1%** drink three or more glasses of milk in a typical day.
- **70.4%** buy a snack food/carbonated beverage at school in a typical week.
- **23.4%** ate breakfast every day in a typical week.



Over time, RFSA findings are more favorable for soda consumption, but less favorable for the perceived importance of eating fruits and vegetables, and for milk consumption.

Compared to national findings, RFSA findings are less favorable for soda consumption and eating breakfast daily.

Nutrition Indicators
(High School Students)



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

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 2017 and baseline data in the Rapides Foundation Service Area.

Physical Activity

- **87.5% of students agree that it is important to exercise regularly.**
- **53.9% participate in one or more team sports.**
- **42.6% attend physical education (PE) class daily.**
- **41.3% have three or more hours of non-TV screen time on an average school day (video games, non-school related computer use).**
- **39.2% participate in strengthening/toning exercises at least three times per week.**
- **39.0% meet physical activity requirements.**
- **27.6% watch three or more hours of television on an average school day.**



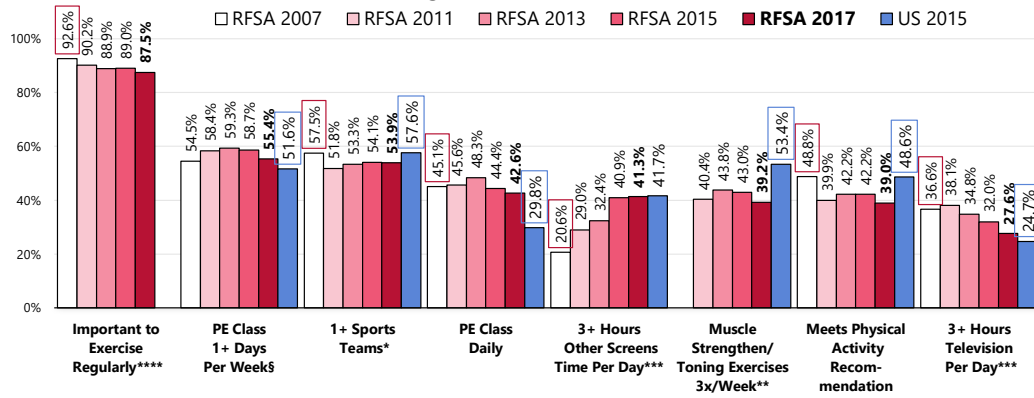
Compared to prior regional findings, RFSA findings are more favorable for television screen time.

Compared to 2007, RFSA findings are less favorable for: Agreement that it is important to exercise regularly; participation on sports teams; daily PE class participation; meeting physical activity recommendations; computer/video screen time; and television screen time.

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: participation on sports teams; strengthening/muscle exercises; and meeting physical activity recommendations.

Physical Activity Indicators (High School Students)



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

Injury

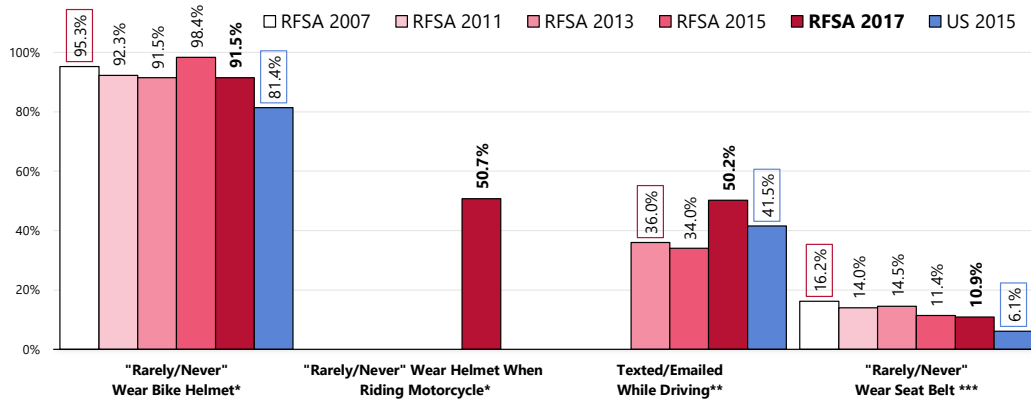
- A total of 10.9% of high school students “rarely” or “never” wear a seat belt when they are riding in a car driven by someone else.
- The majority of those who ride bicycles (91.5%) and half of those who ride motorcycles (50.7%) say they “rarely” or “never” wear a helmet.
- 50.2% of RFSA high school students have emailed or texted while driving in the past month.



Compared to baseline results, RFSA findings are less favorable for: wearing bike helmets; seat belt usage; and texting or emailing while driving.

Compared to the national findings, RFSA findings are less favorable for bike helmet use, seat belt use, and texting/emailing while driving.

Injury Indicators (High School Students)



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

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 2017 and baseline data in the Rapides Foundation Service Area.
 • *In the past 12 months; among students riding a bicycle or motorcycle/ATV. **In the past 30 days. ***When riding in a car driven by someone else.

Violence

- **29.0%** of RFSA high school students have been in a physical fight in the past year (including 12.8% who have been in a physical fight on school property).
- **26.0%** have carried a weapon in the past month, including 8.5% who have carried a gun.
- **12.3%** have missed school in the past month because they felt unsafe at school or on their way to or from school.
- **11.2%** have been threatened or injured with a weapon on school property in the past year.
- **6.8%** have carried a weapon on school property in the past year.

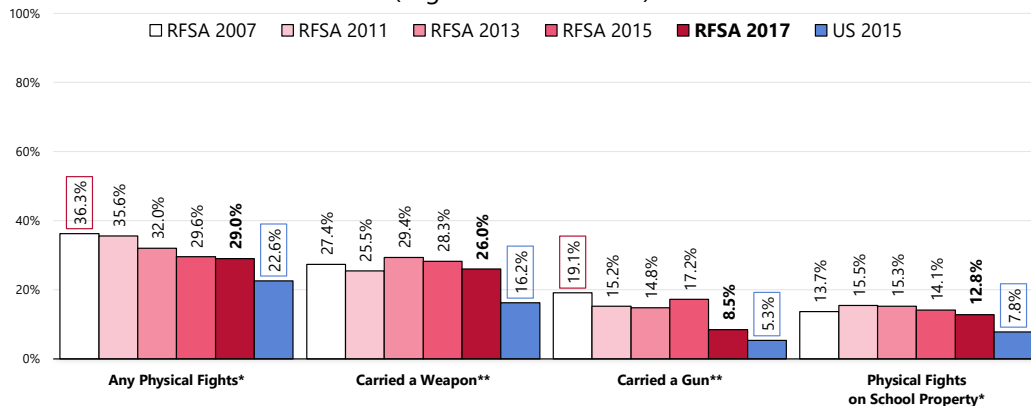


Compared to 2007, RFSA findings are more favorable for being in physical fights, and carrying a gun.

Compared to 2007, RFSA findings are less favorable for missing school because of feeling unsafe, and being threatened or injured with a weapon on school property.

Compared to the national findings, RFSA findings are worse for each tested aspect.

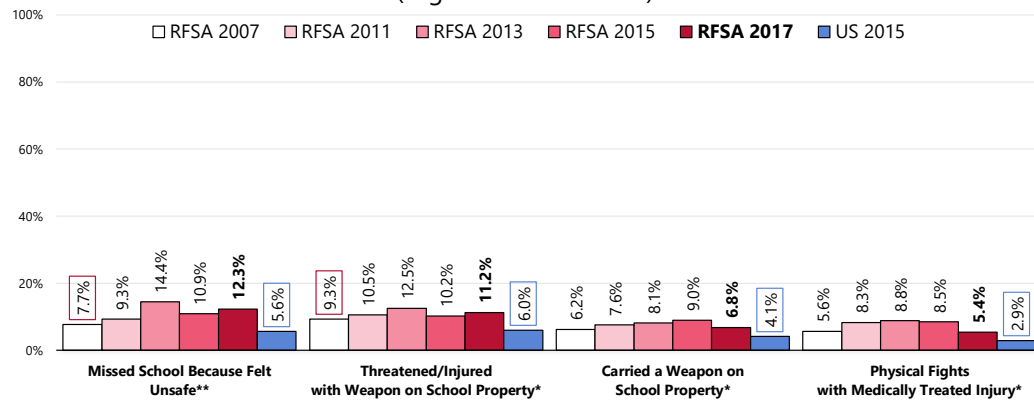
Violence Indicators, 1 of 2 (High School Students)



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

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 2017 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 Louisiana Youth Risk Behavior Surveys.
- US Data: Centers for Disease Control and Prevention (CDC). 2015 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2017.

Note:

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- RFSA item labels that are outlined represent statistically significant differences between 2017 and baseline data in the Rapides Foundation Service Area.
- *In the past 12 months.
- **In the past 30 days.

Bullying

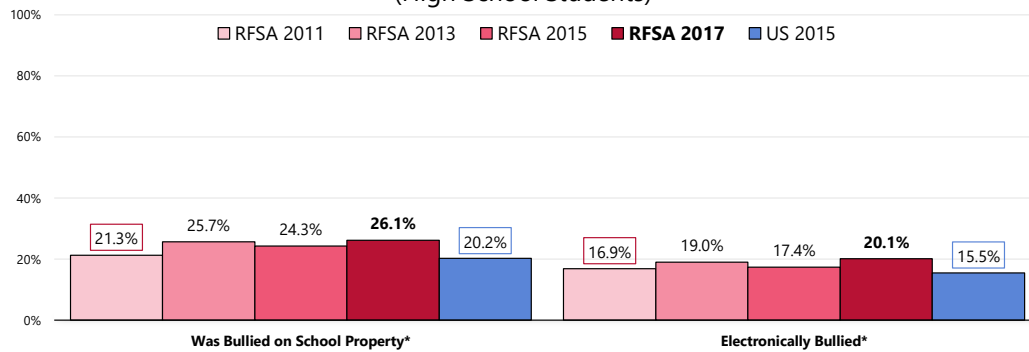
- **26.1% of RFSA high school students have been bullied on school property in the past year.**
- **20.1% have been electronically bullied in the past year.**



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

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.

Bullying Indicators (High School Students)



Source:

- 2011, 2013, and 2017 Louisiana Youth Risk Behavior Survey.
- US Data: Centers for Disease Control and Prevention (CDC). 2015 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed August 2017 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 2017 and baseline data in the Rapides Foundation Service Area.
- *In the past 12 months.

Suicide

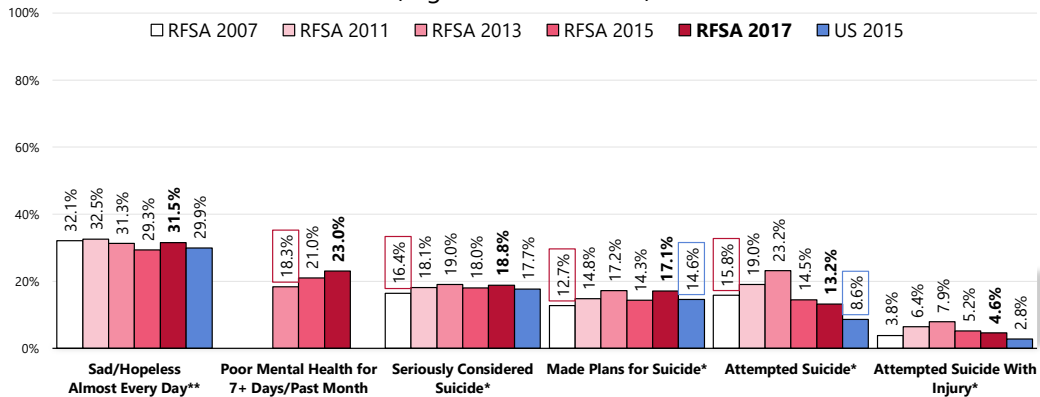
- **31.5%** of RFSA high school students have had two or more weeks in the past year when they felt so sad or hopeless almost every day that they stopped some of their usual activities.
- **23.0%** reported at least 7 days of poor mental health in the past month.
- **18.8%** of RFSA students have seriously considered suicide in the past year.
- **17.1%** have made plans for suicide in the past year.
- **13.2%** have attempted suicide in the past year.
- **4.6%** have attempted suicide in the past year and been treated for their injuries by a medical professional.



Compared to the national findings, RFSA findings are less favorable for planning a suicide and attempting suicide. (Note the high prevalence of suicide attempt indications in the 2013 survey.)

Compared to baseline surveys, RFSA findings are less favorable for 7+ days of poor mental health, serious consideration of suicide, and making plans for suicide.

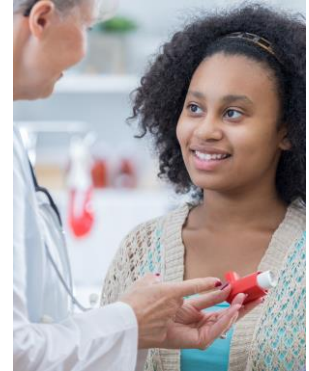
Suicide Indicators (High School Students)



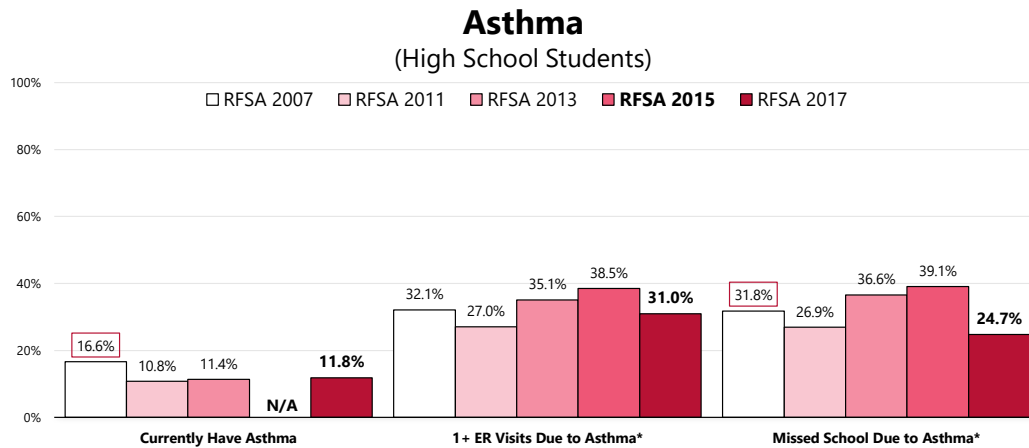
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 Note: • Outlined US percentages represent statistically significant differences when compared against current RFSA data.
 • RFSA item labels that are outlined represent statistically significant differences between 2017 and baseline data in the Rapides Foundation Service Area.
 * 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

- **11.8% of RFSA students currently have asthma.**
 - **31.0% of those with asthma have had one or more ER visits in the past year due to asthma.**
 - **24.7% of those with asthma have missed school in the past year due to asthma.**



Compared to 2007, RFSA findings are more favorable for current asthma prevalence and for missing school due to asthma.



Source: ● 2007, 2011, 2013, 2015 & 2017 Louisiana Youth Risk Behavior Surveys.
 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 2017 and baseline data in the Rapides Foundation Service Area.
 ● *In the past 12 months, only among respondents who report having asthma.