

# 2021 LOUISIANA YOUTH RISK BEHAVIOR SURVEY

Central Louisiana Findings: High School Students

Prepared for

 THE RAPIDES FOUNDATION



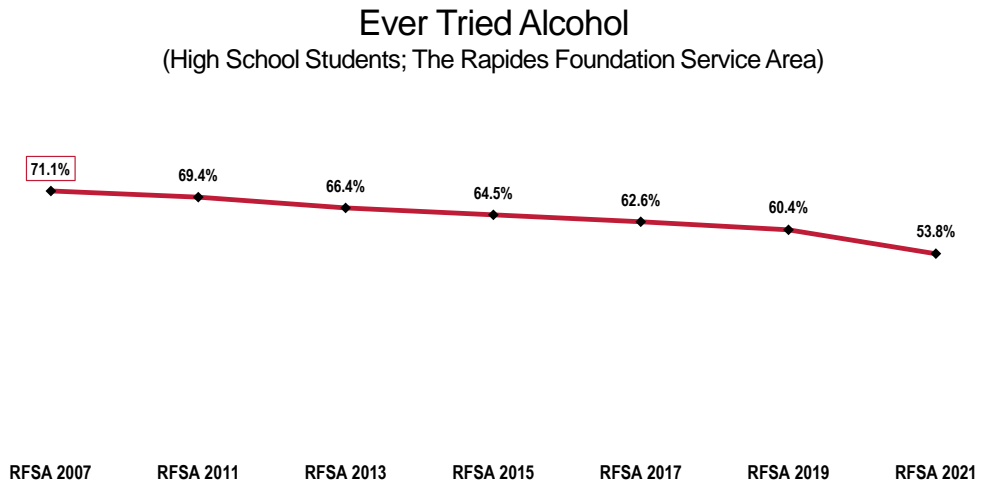
# SUMMARY OF FINDINGS

# STUDY HIGHLIGHTS

## Alcohol, Tobacco & Other Drugs

A total of 53.8% of Rapides Foundation Service Area (RFSA) high school students ever have tried alcohol (beyond just a few sips).

- Marks a significant decline within the service area since 2007.



Source: • 2007, 2011, 2013, 2015, 2017, 2019 & 2021 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:

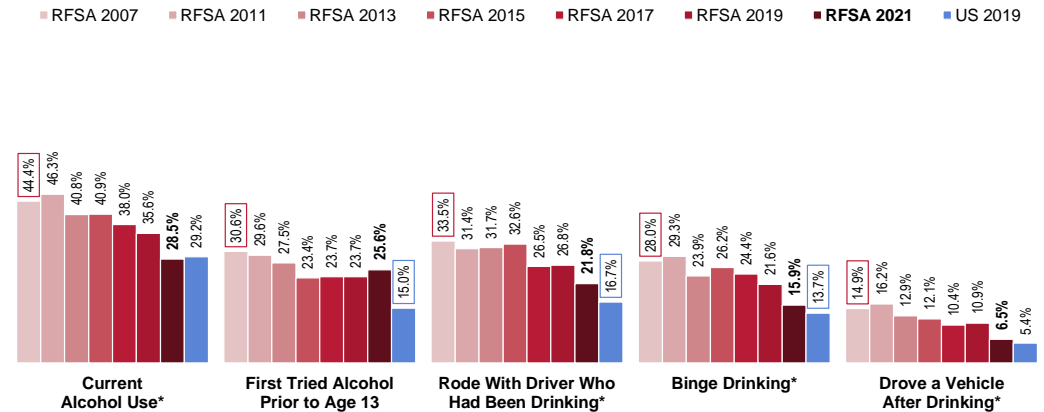
- Current alcohol use; first tried alcohol prior to age 13; rode with a driver who had been drinking; binge drinking; and drove a vehicle after drinking.

Three alcohol indicators were found to be less favorable than corresponding US data:

- First tried alcohol prior to age 13; rode with a driver who had been drinking; and binge drinking.



## Alcohol Indicators (High School Students)



Source: ● 2007, 2011, 2013, 2015, 2017, 2019 & 2021 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 March 2021.

Note: ● \*In the past 30 days.  
 ● Outlined US percentages represent statistically significant differences when compared against current RFSAs data.  
 ● RFSAs item labels that are outlined represent statistically significant differences between 2021 and baseline data in the Rapides Foundation Service Area.

### Seven tobacco indicators reported favorable trends for the RFSAs:

- Agree tobacco use is harmful; current tobacco use; ever tried smoking cigarettes; smoked prior to age 13; current smokeless tobacco use; current cigar/cigarillo use; and current smoker.

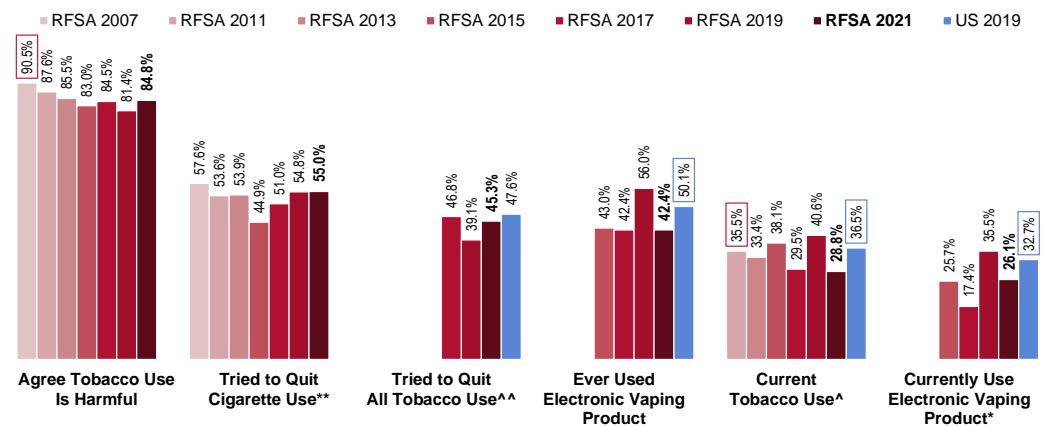
### Three tobacco indicators were found to be more favorable than corresponding US data:

- Ever used electronic vaping product; current tobacco use; and currently use electronic vaping product.

### Three tobacco indicators were found to be less favorable than corresponding US data:

- Smoked prior to age 13; current smokeless tobacco use; and current cigar/cigarillo use.

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



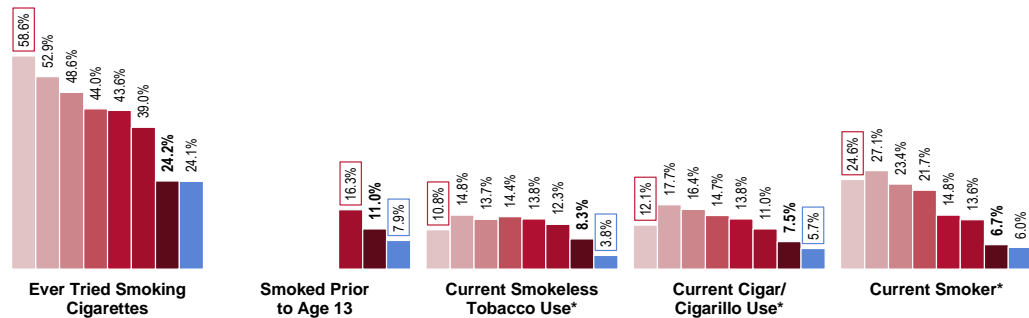
Source: ● 2007, 2011, 2013, 2015, 2017, 2019 & 2021 Louisiana Youth Risk Behavior Surveys.  
 ● US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline>. Accessed March 2021.

Note: ● \*In the past 30 days.  
 ● \*\*In the past 12 months, among those who currently smoke cigarettes.  
 ● ^In the past 30 days, use any tobacco product (cigarettes, cigars/cigarillos, smokeless tobacco, shisha or hookah tobacco, and/or electronic vaping products). Prior to 2015, this indicator did not include use of electronic vaping products.  
 ● ^^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 vaping 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 2021 and baseline data in the Rapides Foundation Service Area.



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

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



Source: ● 2007, 2011, 2013, 2015, 2017, 2019 & 2021 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 March 2021.

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 2021 and baseline data in the Rapides Foundation Service Area.

### Six drug indicators demonstrated favorable trends for the RFSA:

- Lifetime marijuana use; use of prescription drugs (not prescribed); synthetic marijuana use; methamphetamine use; offered/sold/given drugs on school property; and first tried marijuana prior to age 13.

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

- Heroin use and use of injected drugs.

### Three drug indicators were found to be more favorable than corresponding US data:

- Lifetime marijuana use; current marijuana use; and offered/sold/given drugs on school property.

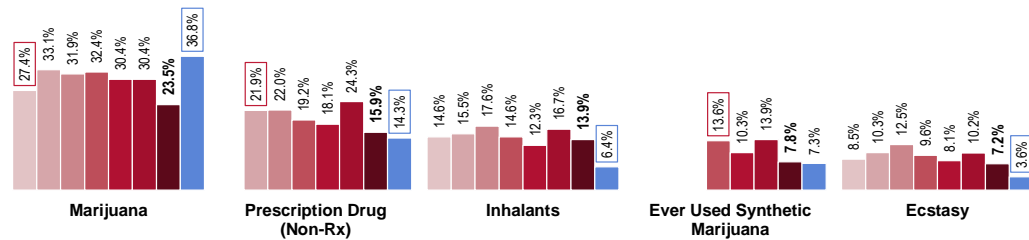
### Seven drug indicators were found to be less favorable than corresponding US data:

- Use of prescription drugs (not prescribed); use of inhalants; ecstasy use; cocaine use; heroin use; use of injected drugs; and methamphetamine use.



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

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

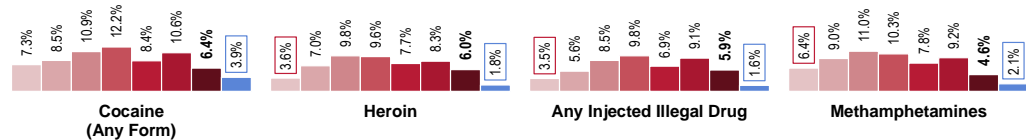


Source: ● 2007, 2011, 2013, 2015, 2017, 2019 & 2021 Louisiana Youth Risk Behavior Surveys.  
 ● US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://hccdc.cdc.gov/youthonline>. Accessed March 2021.

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 2021 and baseline data in the Rapides Foundation Service Area.

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

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



Source: ● 2007, 2011, 2013, 2015, 2017, 2019 & 2021 Louisiana Youth Risk Behavior Surveys.  
 ● US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://hccdc.cdc.gov/youthonline>. Accessed March 2021.

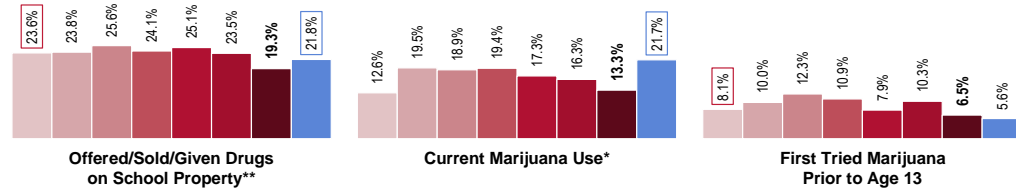
Note: ● Outlined US percentages represent statistically significant differences when compared against current RFSA data.  
 ● RFSA item labels that are outlined represent statistically significant differences between 2021 and baseline data in the Rapides Foundation Service Area.





## Other Drug Indicators (High School Students)

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



Source: ● 2007, 2011, 2013, 2015, 2017, 2019 & 2021 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 March 2021.

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 2021 and baseline data in the Rapides Foundation Service Area.

## Overweight, Nutrition & Physical Activity

Three obesity indicators exhibited **unfavorable** trends for the RFSA:

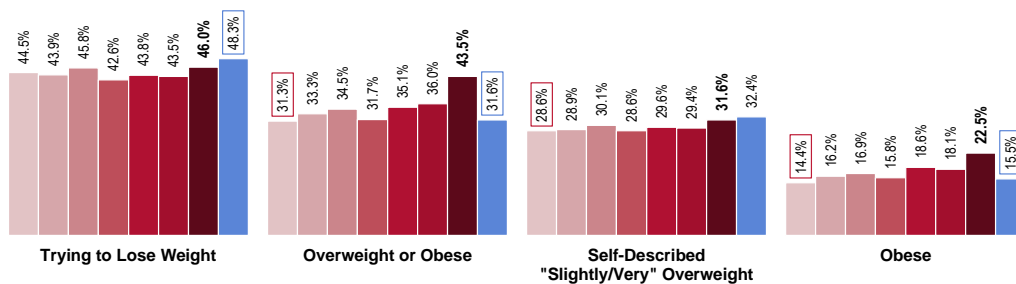
- Overweight/obesity; self-described “slightly” or “very” overweight; and obesity.

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

- Trying to lose weight; overweight/obesity; and obesity.

## Obesity Indicators (High School Students)

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



Source: ● 2007, 2011, 2013, 2015, 2017, 2019 & 2021 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 March 2021.

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 2021 and baseline data in the Rapides Foundation Service Area.



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

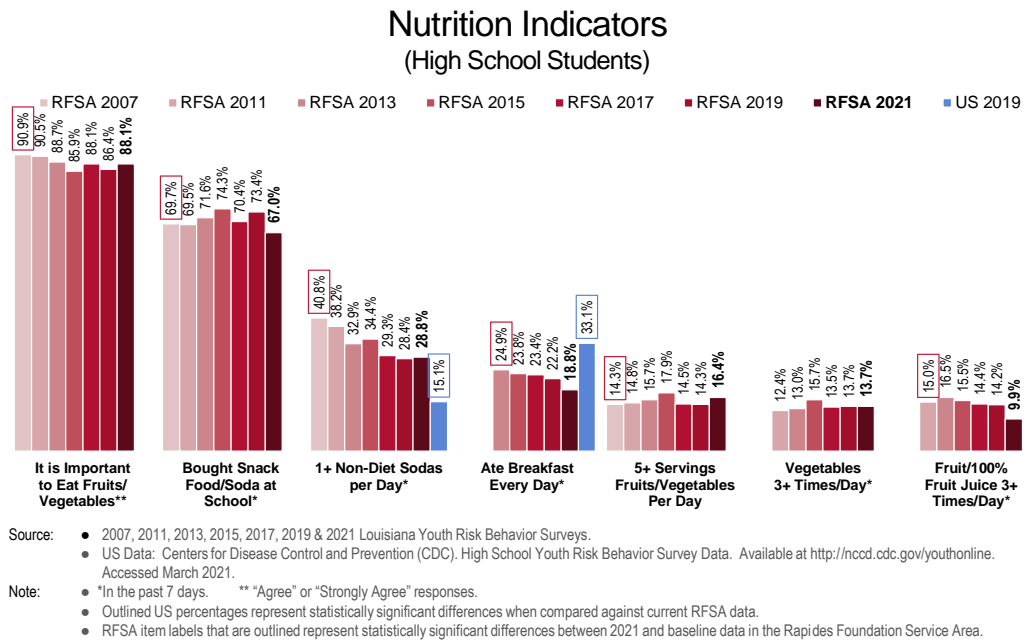
- Bought snack food/soda at school; 1+ non-diet sodas per day; and 5+ servings of fruits/vegetables per day.

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

- Important to eat fruits/vegetables; ate breakfast every day; fruit/100% fruit juice 3+ times per day.

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

- 1+ non-diet sodas per day and ate breakfast every day (national benchmarks are not available for the other nutrition indicators).



**One physical activity indicator shows a favorable trend for the RFSA:**

- PE class 1+ days per week.

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

- Important to exercise regularly; on 1+ sports teams; and meets physical activity recommendations.

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

- PE class 1+ days per week and PE class daily.

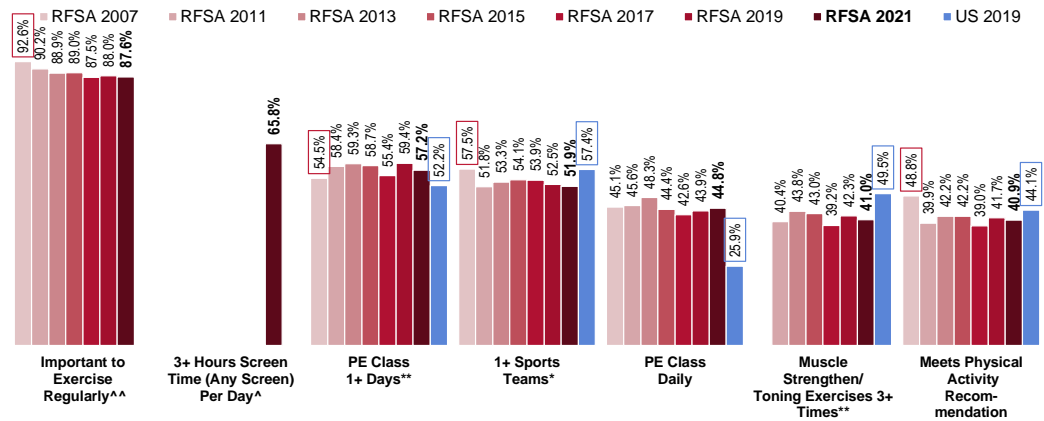
**Three physical activity indicators were found to be less favorable than corresponding US data:**

- On 1+ sports teams; muscle strengthening/toning exercises 3+ times per week; and meets physical activity recommendations.





## Physical Activity Indicators (High School Students)



- Source:
- 2007, 2011, 2013, 2015, 2017, 2019 & 2021 Louisiana Youth Risk Behavior Surveys.
  - US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://hccdc.cdc.gov/youthonline>. Accessed March 2021.
- Note:
- <sup>\*</sup>In the past 12 months. <sup>\*\*</sup>In the past 7 days. <sup>^</sup>On a typical school day. <sup>^</sup>Agree/Strongly Agree responses.
  - Outlined US percentages represent statistically significant differences when compared against current RFSAs data.
  - RFSAs item labels that are outlined represent statistically significant differences between 2021 and baseline data in the Rapides Foundation Service Area.

## Injury, Violence & Bullying

One injury indicator shows a favorable trend for the RFSAs:

- “Rarely” or “never” wear seat belt.

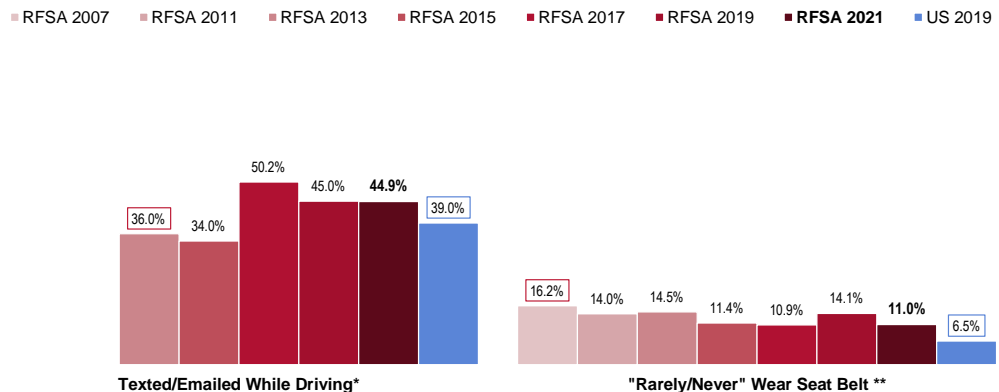
One injury indicator shows an unfavorable trend for the RFSAs:

- Texted/emailed while driving.

Both injury indicators were found to be less favorable than the corresponding US data:

- Texted/emailed while driving and “rarely” or “never” wear seat belt.

## Injury Indicators (High School Students)



- Source:
- 2007, 2011, 2013, 2015, 2017, 2019 & 2021 Louisiana Youth Risk Behavior Surveys.
  - US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://hccdc.cdc.gov/youthonline>. Accessed March 2021.
- Note:
- <sup>\*</sup>In the past 30 days. <sup>\*\*</sup>When riding in a car driven by someone else.
  - Outlined US percentages represent statistically significant differences when compared against current RFSAs data.
  - RFSAs item labels that are outlined represent statistically significant differences between 2021 and baseline data in the Rapides Foundation Service Area.



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

- Physical fights and physical fights on school property.

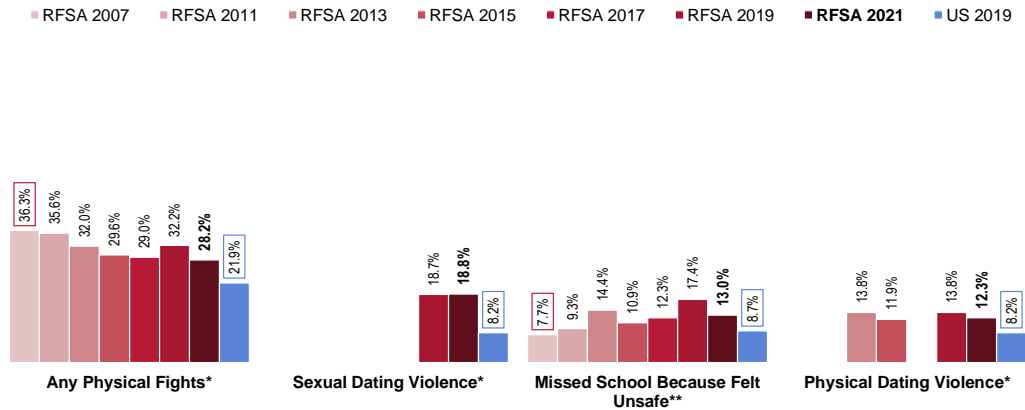
**One violence indicator represents an unfavorable trend for the RFSA:**

- Missed school because felt unsafe.

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

- Physical fights; sexual dating violence; physical dating violence; missed school because felt unsafe; physical fights on school property; threatened/injured with a weapon on school property; carried a gun; and carried a weapon on school property.

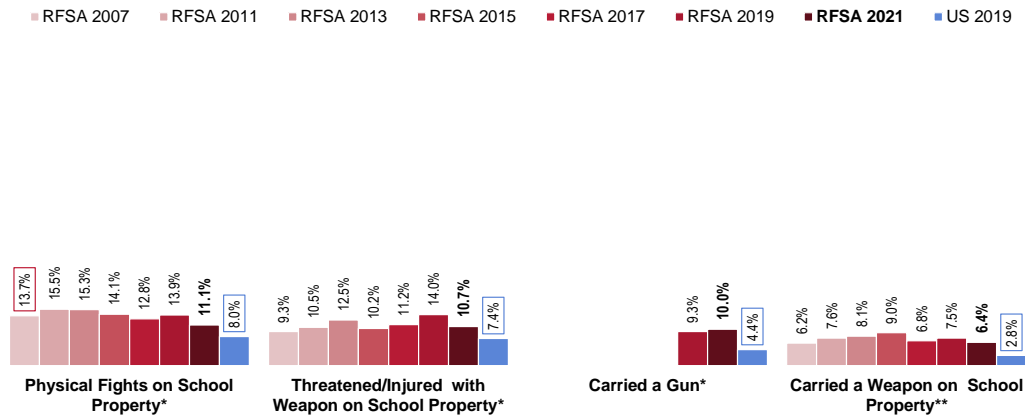
### Violence Indicators, 1 of 2 (High School Students)



Source: ● 2007, 2011, 2013, 2015, 2017, 2019 & 2021 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 March 2021.

Note: ● \*In the past 12 months. \*\*In the past 30 days.  
 ● Outlined US percentages represent statistically significant differences when compared against current RFSA data.  
 ● RFSA item labels that are outlined represent statistically significant differences between 2021 and baseline data in the Rapides Foundation Service Area.

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



Source: ● 2007, 2011, 2013, 2015, 2017, 2019 & 2021 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 March 2021.

Note: ● \*In the past 12 months. \*\*In the past 30 days.  
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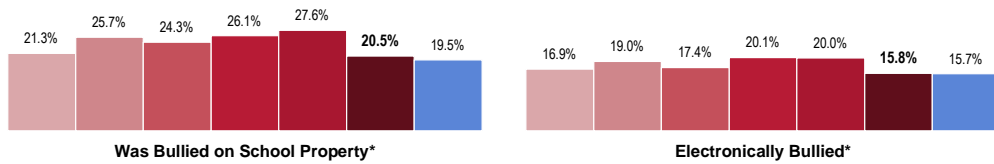


Both bullying indicators were statistically similar to baseline RFSA data and US benchmarks.

- Bullied on school property and bullied electronically.

### Bullying Indicators (High School Students)

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



Source: ● 2011, 2013, 2015, 2017, 2019 & 2021 Louisiana Youth Risk Behavior Surveys.  
 ● US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://hccdc.cdc.gov/youthonline>. Accessed March 2021.  
 Note: ● \*In the past 12 months.  
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Four suicide indicators demonstrate unfavorable trends for the RFSA:

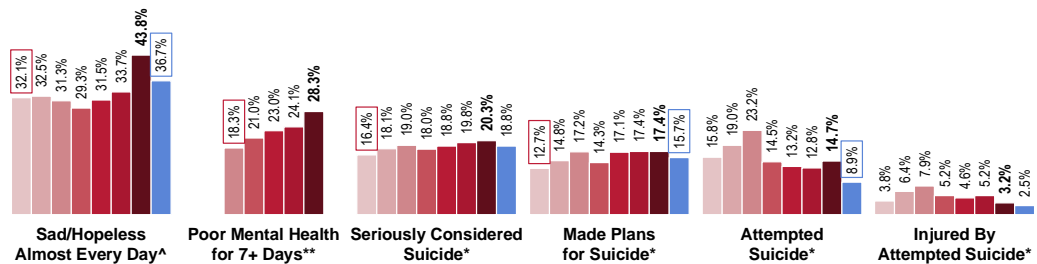
- Sad/hopeless almost every day; poor mental health for 7+ days in the past month; seriously considered suicide; and made plans for suicide.

Three suicide indicators were found to be less favorable than corresponding US data:

- Sad/hopeless almost every day; made plans for suicide; and attempted suicide.

### Suicide Indicators (High School Students)

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



Source: ● 2007, 2011, 2013, 2015, 2017, 2019 & 2021 Louisiana Youth Risk Behavior Surveys.  
 ● US Data: Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey Data. Available at <http://hccdc.cdc.gov/youthonline>. Accessed March 2021.  
 Note: ● \* 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.  
 ● Outlined US percentages represent statistically significant differences when compared against current RFSA data.  
 ● RFSA item labels that are outlined represent statistically significant differences between 2021 and baseline data in the Rapides Foundation Service Area.



# General Well-Being

One well-being indicator has trended **favorably** in the RFSA:

- Have a teacher or other adult at school to talk to about problems.

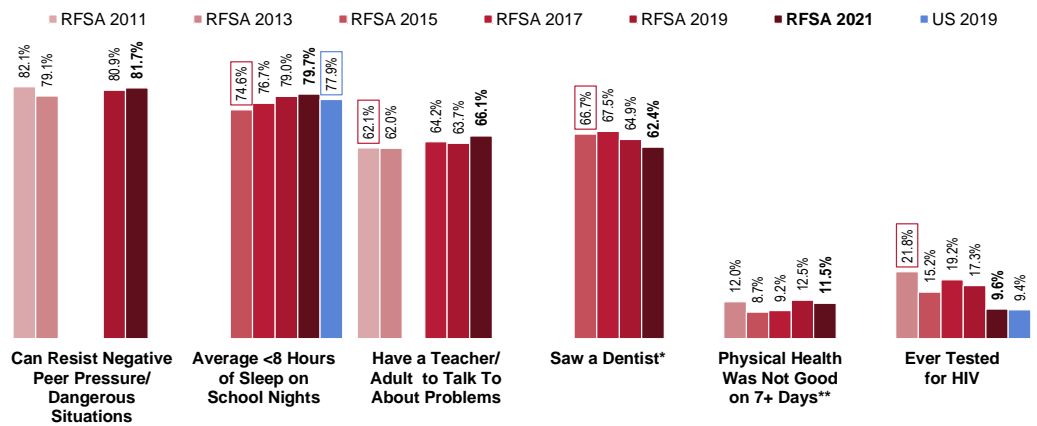
Three well-being indicators have trended **favorably** in the RFSA:

- Average less than eight hours of sleep on school nights; saw a dentist; and ever tested for HIV.

One well-being indicator was found to be **less favorable** than the corresponding US data:

- Average less than eight hours of sleep on school nights.

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



- Source:
- 2011, 2013, 2015, 2017, 2019 & 2021 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 March 2021.
- 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 2021 and baseline data in the Rapides Foundation Service Area.

