

2013 Louisiana Youth Risk Behavior Survey

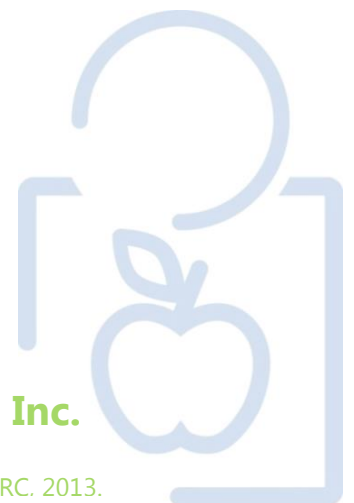
Central Louisiana Findings

Prepared for
The Rapides Foundation



Professional Research Consultants, Inc.

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Methodology

This report was created by Professional Research Consultants, Inc., from Youth Risk Behavior Survey data collected by ICF Macro, using a survey instrument developed by the Centers for Disease Control and Prevention (CDC).

Sampling¹

Sample Design

The sample included all public high schools within the nine parishes served by the Rapides Foundation. Different allocations of students were made for each parish, based on the total enrollment in grades 9 through 12. The number of students to be sampled was chosen such that, taking into account non-response, the survey could yield adequate estimates both at the parish level and for the combinations of parishes.

Every school from each parish with students enrolled in grades 9 through 12 was included in the sample. The same percentage of students was sampled from each school. The inverse of this percentage constituted the sampling interval. Table 1 presents the enrollments, allocation of the initial sample, percentage of students sampled, and the sampling interval.

Classes for one particular period or in a subject such as English, where each student takes one and only one class in the subject, were numbered from 1 to k, where k is the number of classes in the school eligible to be sampled. Let r be a random number between 0 and 1. Let p = the proportion of the enrollment to be sampled. Now, let $c_j = r + jp$, where j ranges from 1 to k. For class j, let $s_j = \text{lim}(c_j) - \text{lim}(c_j - 1)$. If $s_j = 1$, then the class is selected. This approach is equivalent to sampling classes with a sampling interval of I, where $I = 1/p$. For example, if $p = 1/3$, then every third class would be sampled.

Table 1: Parish Enrollments, Allocation of Initial Sample, Percentage of Students Sampled, and Sampling Interval

Parish	Enrollment	Allocation	Percent	Interval
Allen Parish	1,099	550	50.05%	2.04
Avoyelles Parish	1,356	600	44.25%	2.54
Catahoula Parish	376	376	1.00%	1.00
Grant Parish	949	500	52.69%	1.82
LaSalle Parish	677	425	62.78%	1.50
Natchitoches Parish	1,647	600	36.43%	2.49
Rapides Parish	6,189	1,200	19.39%	5.05
Vernon Parish	2,280	800	35.09%	2.86
Winn Parish	587	425	72.40%	1.36

¹ This methodological description is taken entirely and verbatim from a report generated by ICF Macro, the research firm which oversaw the data collection for this survey.

Data Collection

Recruitment Of Sampled Districts And Schools

School district and school recruitment began the week of March 3, 2013. Tailored letters of invitation were sent to the school districts. These letters were followed by phone calls directly to the superintendent to answer questions and obtain permission to contact the school. School packets were included with the district invitation packet and the superintendents were asked to forward these on to the principal after their approval was received.

The Rapides Foundation enjoys a close relationship with the superintendents in each of the school districts located in the parishes served by the Foundation. Because of this relationship, the Foundation provided information about the survey and heads up to each of the districts that the YRBS was going to be funded by the foundation and administered in each of their high schools. Therefore, at least at the district level, there was buy in to the survey.

As soon as notification was received that a school packet had been sent to the principal, the principal was called, a contact person was assigned, classes selected, and a date for data collection was scheduled.

Classroom-Level Data Collection

The survey was administered between March 15 and May 17 and was conducted by specially trained field staff. The field data collectors were recruited from a variety of sources and before hired were subjected to a background screening. Once hired, each completed an intensive training that included lectures, simulations, and group role plays and discussions. Detailed arrangements and survey schedules were set prior to each school visit.

All of the schools in the nine parishes located in Central Louisiana participated in the 2013 Rapides Foundation YRBS. The student participation for each of the parishes is as follows:

Parish	Enrollment	Participation	Percent
Allen Parish	629	528	83.9%
Avoyelles Parish	818	649	79.3%
Catahoula Parish	280	237	84.6%
Grant Parish	358	276	77.1%
LaSalle Parish	433	346	79.9%
Natchitoches Parish	534	359	67.2%
Rapides Parish	1,261	1,027	81.4%
Vernon Parish	749	624	83.3%
Winn Parish	325	310	95.4%
OVERALL	5,387	4,356	80.9%

Weighting

A weight variable was calculated for each student record to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response. The weight used for estimation is given by:

$$W = W1 * W2 * W3 * W4$$

W1 = the sampling interval for the parish

W2 = a non-response adjustment factor for missing classes at a school level

W3 = a non-response adjustment factor at the class level

W4 = a post-stratification factor

The sampling interval constitutes the ratio of the total enrollment for the parish to the initial sample targeted. It is the inverse of the probability of selection of a class for the given parish. Because there was so little change in the enrollment totals between 2011 and 2013, we use the same intervals for sampling purposes.

The second factor is the ratio of the number of classrooms selected to the number of classrooms that participated, and is applied at the classroom level. If all classes selected for the survey participated, the weight was $W2 = 1$.

The third factor is the ratio of the number of students enrolled in a given class to the number of respondents in the class. This ratio was capped by 1.5.

Finally, the post-stratification was conducted using cells that combined parish and grade. Race and Gender population totals were not provided for high school students. The final weighted proportions of race and gender by Parish were compared to the race and gender population proportions within each Parish for all students (PK – 12). This comparison presents the same general picture for race and gender within Parish. $W4$ was the reported number of enrolled students in the cell according to Department of Education statistics, divided by the sum of $W1 * W2 * W3$ for all respondents in the cell. By setting the weight to equal the product of $W1 * W2 * W3$, the sum of the weights in a given cell corresponds to the enrollment reported for that cell.

Margin of Error²

The sample of 4,356 students yields service area results with a maximum error rate (confidence interval) of $\pm 1.6\%$ at the 95 percent confidence level.

² Based on the numbers of completed surveys and total enrollment throughout The Rapides Foundation Service Area.

Summary of Findings

NOTE:

- Differences noted in the graphs represent significant differences determined through statistical testing. The shaded US 2011 numbers represent significant differences from the RFSA 2013 data.

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

Alcohol, Tobacco & Other Drugs

Key Findings

Two-thirds (67.5%) of high school students have tried alcohol, not counting a few sips of wine for religious purposes (27.5% first drank alcohol prior to the age of 13).

In the past month:

- 40.8% have used alcohol.
- 31.7% have ridden with a driver who had been drinking.
- 23.9% had 5 or more drinks in a row.
- 12.9% drove when they had been drinking.

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

- Lifetime use of alcohol.

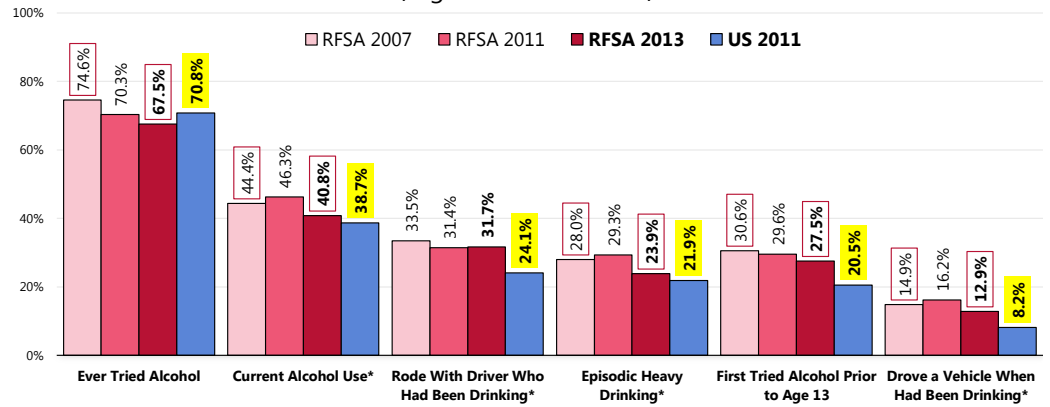
Compared to 2007, RFSA findings are more favorable for:

- ☒ Lifetime use of alcohol.
- ☒ Current alcohol use.
- ☒ Episodic heavy drinking.
- ☒ Trying alcohol prior to age 13.
- ☒ Riding with a driver who had been drinking.

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

- 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 (High School Students)



- Sources:
- 2007, 2011 & 2013 Louisiana Youth Risk Behavior Surveys.
 - US Data: Centers for Disease Control and Prevention (CDC). 2011 High School Youth Risk Behavior Survey Data. Available at <http://apps.nccd.cdc.gov/youthonline>. Accessed August 2013.
- Notes:
- * In the past 30 days.
 - 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 2013 and baseline data in the Rapides Foundation Service Area.

Key Findings

85.5% of high school students agree that tobacco use is harmful to one's health.

48.6% have ever tried smoking cigarettes (15.2% first smoked prior to age 13).

53.9% of students who had smoked daily have tried to quit.

In the past month:

- 23.4% smoked cigarettes (current smokers).
- 16.4% smoked cigars or cigarillos.
- 13.7% used chewing tobacco, snuff or dip.
- 9.6% had smoked cigarettes on school property.
- 12.9% had used smokeless tobacco on school property.

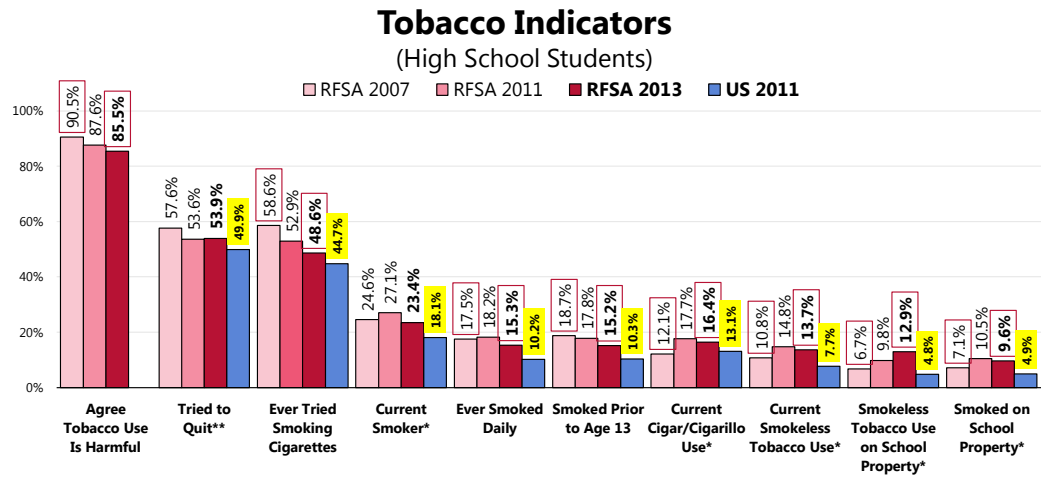
Compared to 2007, RFSA findings are more favorable for:

- ☒ Ever trying cigarettes.
- ☒ Daily smoking.
- ☒ Early cigarette use (prior to age 13).

Compared to 2007, RFSA findings are less favorable for:

- ☒ Agreement that tobacco use is harmful.
- ☒ Current cigar/cigarillo use.
- ☒ Current smokeless tobacco use.
- ☒ Smoking cigarettes on school property.
- ☒ Use of smokeless tobacco on school property.

Compared to the national findings, RFSA findings are less favorable for **every** tobacco measure tested (the assessment of feelings about the harm of tobacco use was not asked nationally).



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

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.
 • RFSA item labels that are outlined represent statistically significant differences between 2013 and baseline data in the Rapides Foundation Service Area.

Key Findings

31.9% of students have tried marijuana.

22.0% have used a prescription drug without a prescription.

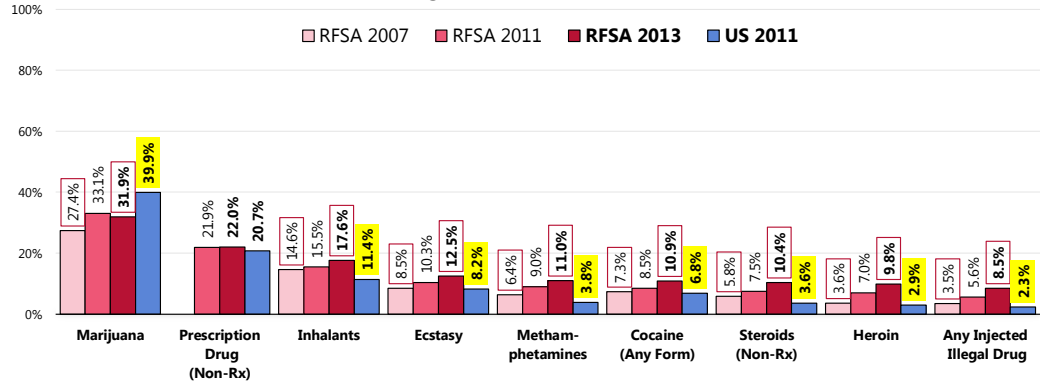
17.6% have sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high.

Between 8.5% and 12.5% have tried ecstasy, methamphetamines, cocaine (any form), prescription drugs plus heroin or cocaine, steroids, heroin, or used any illegal injected drug.

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

- ☒ Compared to 2007, RFSA findings are less favorable for **each** comparative aspect, except for prescription drug use (findings have not changed significantly over time).

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



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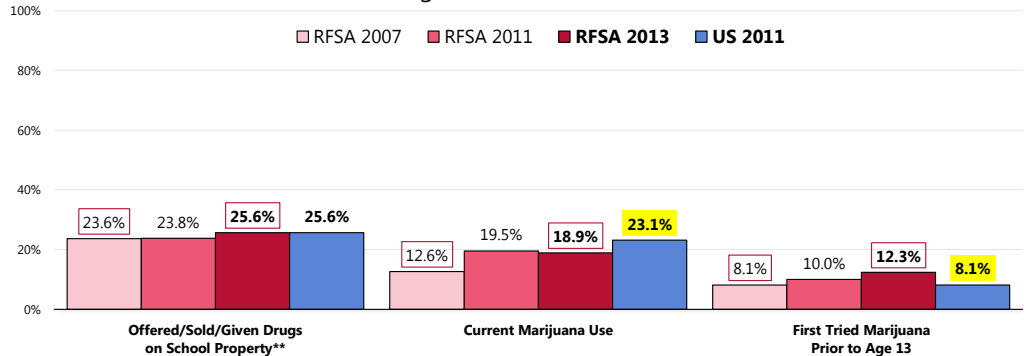
Key Findings

One in four RFSA high school students (25.6%) has been offered, sold or given drugs on school property (identical to the US percentage).

In the past month, 18.9% have used marijuana (12.3% used marijuana before 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 **each** comparative aspect.

Other Drug Indicators (High School Students)



- Sources:
- 2007, 2011 & 2013 Louisiana Youth Risk Behavior Surveys.
 - US Data: Centers for Disease Control and Prevention (CDC). 2011 High School Youth Risk Behavior Survey Data. Available at <http://apps.nccd.cdc.gov/youthonline>. Accessed August 2013.
- Notes:
- * In the past 30 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 2013 and baseline data in the Rapides Foundation Service Area.

Overweight, Nutrition & Physical Activity

Key Findings: Overweight/Obesity

34.5% of high school students in The Rapides Foundation Service Area are overweight or obese (17.6% are overweight [not obese] and 16.9% are obese).

- 30.1% of students describe themselves as overweight.
- 45.8% of students are trying to lose weight (including 70.1% of obese students).
- 19.0% of students have fasted for 24 hours to lose weight.
- 13.0% have used diet pills to lose/maintain weight.
- 11.4% have vomited or used laxatives to lose weight.

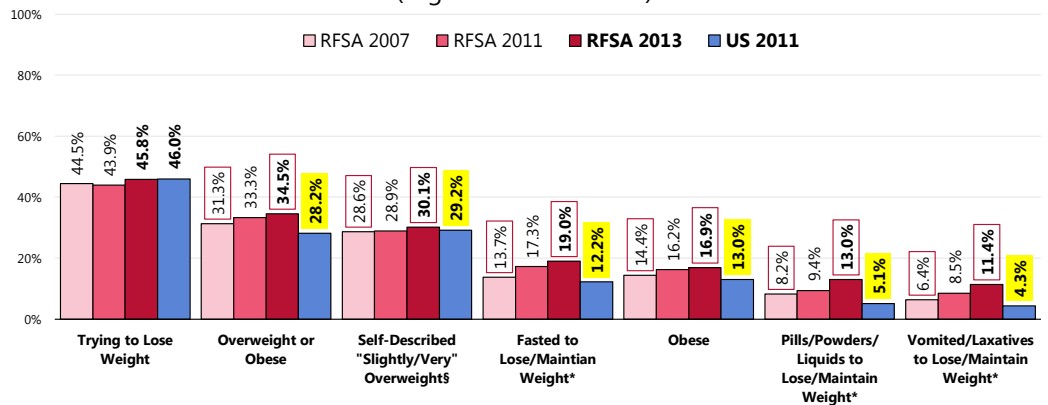
Compared to the national findings, RFSA findings are less favorable for:

- Overweight and obesity.
- Self-described overweight or obese.
- Unsafe methods of weight loss such as fasting, diet pills and purging/laxatives.

Compared to 2007, RFSA findings are less favorable for:

- ☒ Prevalence of overweight (including obesity).
- ☒ Self-describing as overweight/obese.
- ☒ Fasting.
- ☒ Use of diet pills.
- ☒ Purging and use of laxatives.

Obesity Indicators (High School Students)



- Sources:
- 2007, 2011 & 2013 Louisiana Youth Risk Behavior Surveys.
 - US Data: Centers for Disease Control and Prevention (CDC). 2011 High School Youth Risk Behavior Survey Data. Available at <http://apps.nccd.cdc.gov/youthonline>. Accessed August 2013.
- Notes:
- * In the past 30 days.
 - 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 2013 and baseline data in the Rapides Foundation Service Area.
 - § Note that formatting issues on the RFSA survey for this question might have affected response selection.

Key Findings: Nutrition

88.7% of students agree that it is important to eat plenty of fruits and vegetables.

- However, only 15.7% eat five or more servings of fruits/vegetables per day. Specifically, 16.5% eat three or more servings of fruit or 100% fruit juice per day, and 13.0% eat 3+ servings of vegetables per day.

In a typical day:

- 32.9% of students drink at least one non-diet soda.
- 9.9% drink three or more glasses of milk.

In a typical week:

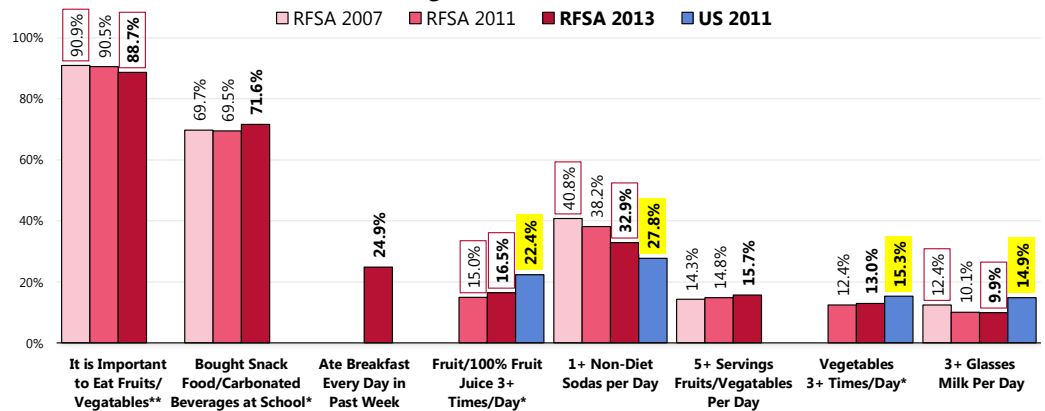
- 71.6% buy a snack food/carbonated beverage at school.

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

- Soda consumption.
- Fruit/vegetable consumption.
- Milk consumption.

Over time, RFSA findings are more favorable for consumption of fruit/100% fruit juice and non-diet soda, but less favorable for milk consumption and the perceived importance of eating fruits and vegetables.

Nutrition Indicators (High School Students)



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

Key Findings: Physical Activity

88.9% of students agree that it is important to exercise regularly.

- 53.3% participate in one or more team sports.
- 48.3% attend physical education (PE) class daily.
- 43.8% participate in strengthening/toning exercises at least three times per week.
- 42.2% meet physical activity requirements.

On an average school day:

- 34.8% watch three or more hours of television.
- 32.4% have three or more hours of other screen time (video games, non-school-related computer use).

Compared to the 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 prior regional findings, RFSa findings are more favorable for:

- ☒ Daily and weekly PE classes.
- ☒ Strengthening/muscle exercises.

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

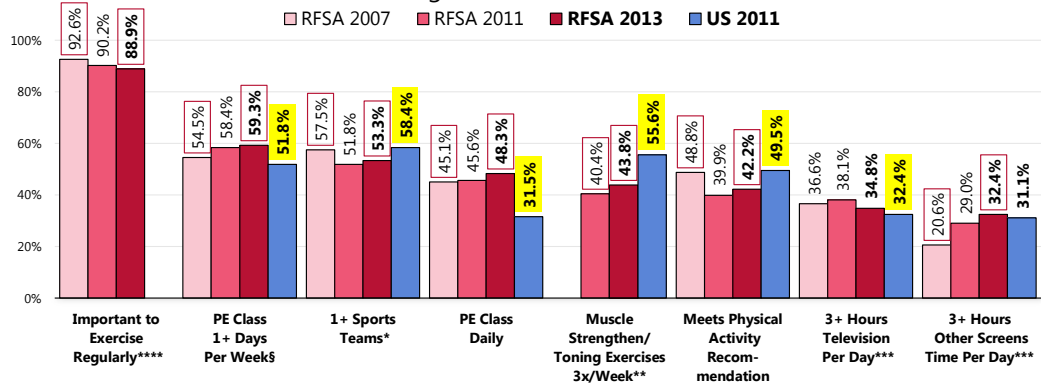
- Participation in team sports.
- Meeting physical activity recommendations.
- Strengthening/muscle exercises.
- Television screen time.

Compared to 2007, RFSa findings are less favorable for:

- ☒ Agreement that it is important to exercise regularly.
- ☒ Participation in team sports.
- ☒ Meeting physical activity recommendations.
- ☒ Computer/video game screen time.

Physical Activity Indicators

(High School Students)



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

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 2013 and baseline data in the Rapides Foundation Service Area.
 • § Note that formatting issues on the RFSa survey for this question might have affected response selection.
 * In the past 12 months.
 ** In the past 7 days.
 *** On a typical school day.
 **** "Agree" or "Strongly Agree."

Injury, Violence & Bullying

Key Findings: Injury

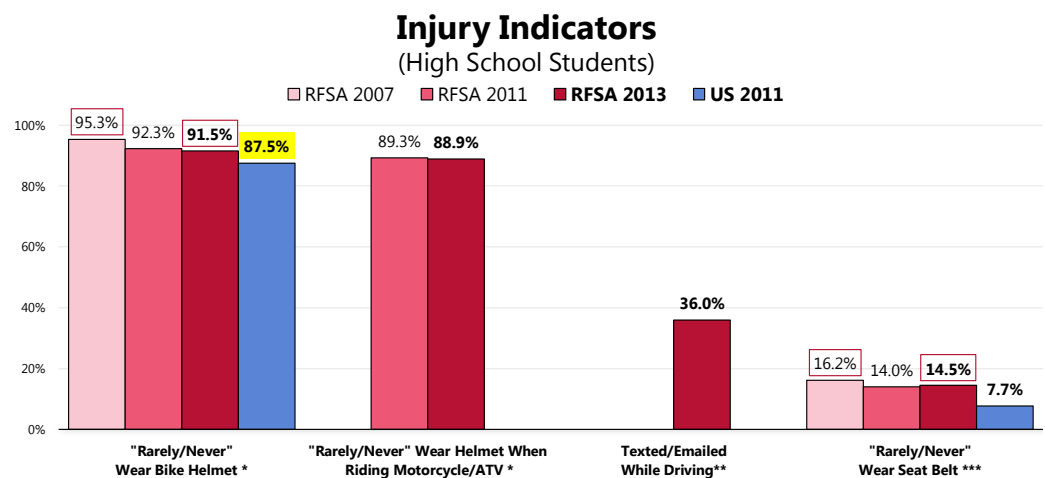
A total of 14.5% of high school students “rarely” or “never” wear a seat belt when they are riding in a car driven by someone else.

- The majority of those who ride bicycles (91.5%) and those who ride motorcycles/ATVs (88.9%) say they “rarely” or “never” wear a helmet.

36.0% of RFSA high school students have emailed or texted while driving in the past month.

Compared to 2007, RFSA findings are more favorable for use of bike helmets and seat belts.

Compared to the national findings, RFSA findings are less favorable for use of bike helmets.



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

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 2013 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.

Key Findings: Violence

In the past year:

- 32.0% of RFSA high school students have been in a physical fight (including 15.3% who have been in a physical fight on school property).
- 13.8% have been the victim of dating violence.
- 12.5% have been threatened or injured with a weapon on school property.
- 8.8% were involved in a physical fight which resulted in a medical injury.
- 8.1% have carried a weapon on school property.

In the past month:

- 29.4% have carried a weapon, including 14.8% who have carried a gun.

- 14.4% have missed school because they felt unsafe at school or on their way to or from school.

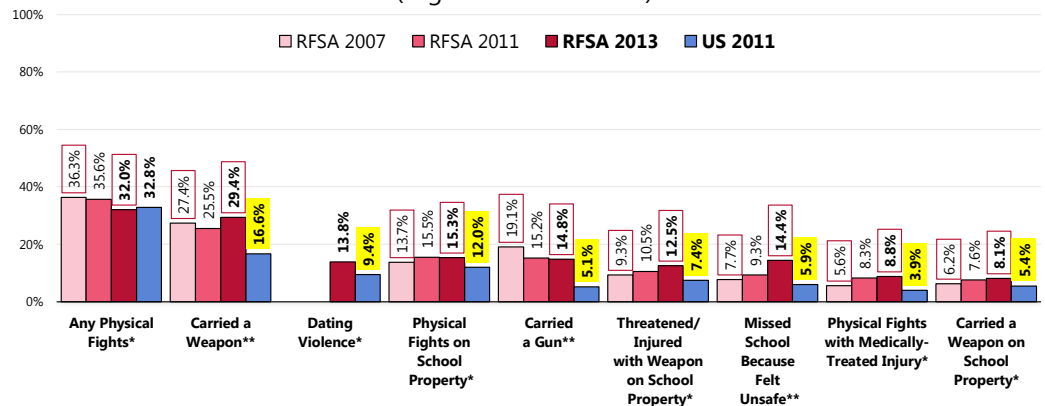
Compared to 2007, RFSa findings are more favorable for carrying guns and being in any physical fights.

Compared to the national findings, RFSa findings are less favorable for **each** tested aspect, with the *exception of physical fights* (findings are similar).

Compared to 2007, RFSa findings are less favorable for:

- ☒ Physical fights on school property.
- ☒ Being threatened or injured with weapon on school property.
- ☒ Missing school because felt unsafe.
- ☒ Physical fights with medically-treated injury.
- ☒ Carrying a weapon (including on school property).

Violence Indicators (High School Students)



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

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 2013 and baseline data in the Rapides Foundation Service Area.
 * In the past 12 months.
 ** In the past 30 days.

Key Findings: Bullying

In the past year:

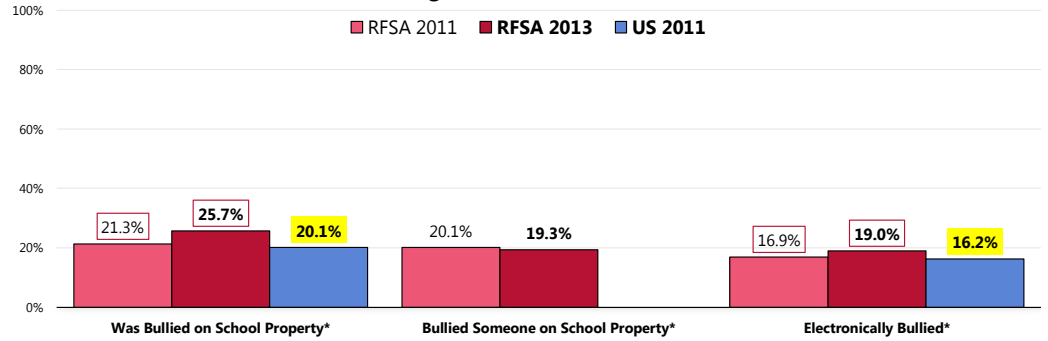
- 25.7% of RFSa high school students have been bullied on school property.
- 19.3% of students reported bullying someone else on school property.
- 19.0% have been electronically bullied.

Compared to the national findings, RFSa findings are less favorable for the percentage of students bullied on school property in the past year, as well as those being electronically bullied in the past year.

Compared to the last study (2011), RFSa findings are less favorable for:

- ☒ Being bullied on school property.
- ☒ Being electronically bullied.

Bullying Indicators (High School Students)



Sources: • 2013 Louisiana Youth Risk Behavior Survey.
 • US Data: Centers for Disease Control and Prevention (CDC). 2011 High School Youth Risk Behavior Survey Data. Available at <http://apps.nccd.cdc.gov/youthonline>. Accessed August 2013.
 Notes: • US item labels that are highlighted represent statistically significant differences between RFSA and US data.
 • * In the past 12 months.

Key Findings: Suicide

31.3% 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 year:

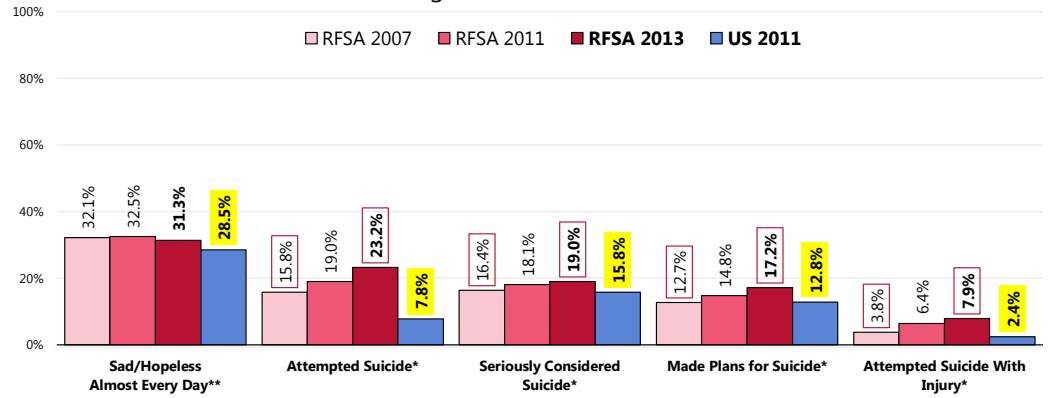
- 23.2% of RFSA high school students have attempted suicide.
- 19.0% have seriously contemplated suicide.
- 17.2% have made plans for suicide.
- 7.9% have attempted suicide and been treated for their injuries by a medical professional.

Compared to the national findings, RFSA findings are less favorable for **each** tested aspect.

Compared to 2007, RFSA findings are less favorable for:

- ☒ Suicide attempts.
- ☒ Serious contemplation of suicide.
- ☒ Making plans for suicide.
- ☒ Suicide attempts resulting in injury.

Suicide Indicators (High School Students)



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

Notes: • US item labels that are highlighted represent statistically significant differences between RFSAs and US data.
 • RFSAs item labels that are outlined represent statistically significant differences between 2013 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

Key Findings

11.4% of RFSAs high school students currently have asthma.

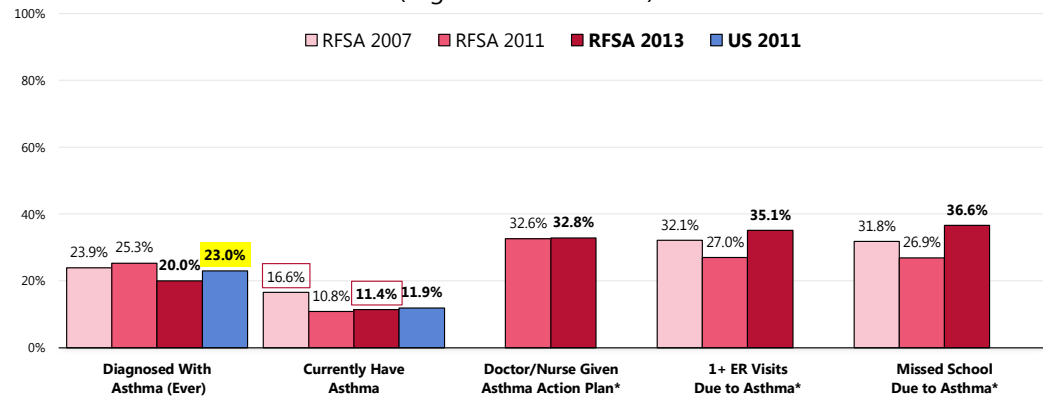
In the past year, among students who currently have asthma:

- 32.8% have been given an asthma action plan by a doctor or nurse.
- 35.1% have had one or more ER visit due to asthma.
- 36.6% have missed school due to asthma.

Compared to 2007, RFSAs findings are more favorable for current prevalence of asthma.

Compared to the national findings, RFSAs findings are more favorable for having ever been diagnosed with asthma.

Chronic Disease Indicators (High School Students)



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

Notes: • US item labels that are highlighted represent statistically significant differences between RFSAs and US data.
 • RFSAs item labels that are outlined represent statistically significant differences between 2013 and baseline data in the Rapides Foundation Service Area.
 * In the past 12 months, only among respondents who report having asthma.