Youth Risk Behavior Surveillance

Trend Graphs 2008-2013
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Executive Summary

The Youth Risk Behavior Surveillance System (YRBSS) is a national school-based survey supported by the Centers for Disease Control and Prevention (CDC) which is implemented and conducted through a cooperative agreement with the Louisiana Department of Education to monitor priority health-risk behaviors among youth. The eight priority health-risk behaviors are Alcohol and Other Drug Use, Obesity, Physical Activity, Sex Education, Mental Health, Tobacco, Injury/Accident Prevention, and Violence and Bullying. Results from the YRBSS are used to guide programs and policies that support health and set and track progress toward achieving school health and health promotion program goals.

For the four years of available data for Louisiana, logistic regression analysis was used to determine trends over time. Considering variables in responses by gender, race/ethnicity and grade, this analysis looks at developing trends, year-to-year, for the entirety of Louisiana high schools students, as well as for the subgroups of gender, race/ethnicity and grade.

The following trend line graphs describe whether a behavior has increased, decreased, or stayed the same over time. Most of the graphs provide trends for the total population (i.e., Louisiana public high school students) and a few look at trends by gender. The notes included below individual graphs refer to particular trends for Louisiana data only, not national data.

Only YRBSS questions that appeared on the National YRBSS questionnaire are included in this report. Questions that only appear on the Louisiana YRBSS questionnaire are not included in this report.

In 2013, a random sample of 1,089 high school students at 28 public schools across the state was surveyed. A comparison of student data from previous years indicates the following trends:
• Alcohol and Other Drug Use:
Overall alcohol use declined from previous years, though some indicators show use levels to be above the national average. Drug use, in contrast, showed a slight increase over previous years and maintained slightly higher rates compared to national data.

• Obesity:
The percentage of overweight and obese students showed a slight decrease, generally in line with national trends. The percentage of students actively trying to lose weight showed a significant decrease from previous years.

• Physical Activity:
The percentages of students regularly attending physical education classes and students participating in sports team showed a significant increase, above national levels. Indicators of physical inactivity among Louisiana high school students overall were higher than previous years as well as the current national trend.

• Sex Education:
The year 2013 continued a slight decrease in the percentage of Louisiana students who had been taught about AIDS or HIV. The national data, in contrast, had experienced a similar decrease in previous years. The year 2013 brought a slight increase.

• Mental Health:
In line with rising national trends, the percentage of Louisiana students expressing feelings of disinterest, hopelessness, and suicidal thoughts showed a slight but significant rise compared to previous years.

• Tobacco:
Almost all indicators revealed substantial decreases in the percentages of Louisiana students using tobacco products, particularly cigarettes. Use of smokeless tobacco amongst females, however, is on an increase. Overall, these trends are consistent with current national trends.

• Injury/Accident Prevention:
Multiple indicators revealed significant decreases in youth exhibiting unsafe behaviors. Louisiana levels, though, are still slightly higher than national averages.

• Violence and Bullying:
Both at and away from school, there was an increase in the percentage of Louisiana students involved in violent behavior and bullying, sustaining or bringing many state indicators above national levels.
I. Percentage of students who had at least one drink of alcohol on one or more days during their life. (2008 - 2013)*

*Note: Decreased significantly from 2008-2013.

II. Percentage of students who had their first drink of alcohol other than a few sips before age 13 years. (2008 - 2013)*

*Note: 2013 significantly lower than 2008 & 2009.
III. Percentage of students who had at least one drink of alcohol on one or more of the past 30 days. (2008 - 2013)*

*Note: Significant decrease after 2009.

IV. Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days. (2008 - 2013)*

*Note: Significant decrease after 2009.
V. Percentage of students who had one or more drinks at school on one or more of the past 30 days. (2008-2013)*

*Note: No significant changes over time. Data from 2013 unavailable.

VI. Percentage of students who used marijuana one or more times during their life or in the past 30 days. (2008 – 2013)*

*Note: The long-term trend of the percentage of students who have ever used marijuana remains unchanged. The percentage of students who used marijuana in the past 30 days increased significantly from 2008-2013.
VII. Percentage of students who tried marijuana for the first time before the age of 13 years. (2008-2013)*

*Note: Increased from 2008-2013, but only 2008 and 2011 significantly different.

VIII. Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life. (2008 - 2013)*

*Note: The long term trend remains unchanged.
IX. Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life. (2008 - 2013)*

*Note: The long term trend remains unchanged.

X. Percentage of students who took ecstasy one or more times during their life. (2008-2013)*

*Note: The long term trend remains unchanged.
XI. Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months. (2008 - 2013)*

* Note: The long term trend remains unchanged.
Section 2: Obesity
I. Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex). (2008 - 2013)*

*Note: The long term trend remains unchanged.

II. Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex). (1999 – 2013)*

*Note: The long term trend remains unchanged.
III. Percentage of students who were trying to lose weight. (2008-2013)*

*Note: 2013 significantly lower than all previous years.
Section 3: Physical Activity
I. Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days. (2008 – 2013)*

*Note: Significant decrease after 2008.

II. Percentage of students who were physically active for a total of at least 60 minutes per day on zero of the past seven days. (2008 – 2013)*

*Note: 2013 significantly higher than all other years.
III. Percentage of students who attended physical education (PE) class on one or more days in an average week when they were in school. (2008-2013*)

*Note: The long term trend remains unchanged.

IV. Percentage of students who played on one or more sport teams during the past 12 months. (2008 – 2013)*

Note: 2013 significantly higher than all previous years.
V. Percentage of students who watched three or more hours per day of TV on an average school day. (2008 – 2013)*

*Note: 2013 significantly lower than all previous years.

VI. Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day. (2008-2013)*

*Note: Significant increase after 2009.
Section 4: Sex Education
I. Percentage of students who had ever been taught about AIDS or HIV infection in school. (2008-2013)*

*Note: 2013 significantly lower than all previous years.
Section 5:
Mental Health
I. Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months. (2008-2013)*

*Note: The long term trend remains unchanged.

II. Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months, by gender. (2008 – 2013)*

*Note: Among females, the trend decreased significantly after 2008. Among males, the trend increased significantly after 2008.
III. Percentage of students who seriously considered attempting suicide during the past 12 months. (2008 - 2013)*

Note: Increased significantly after 2009.

IV. Percentage of students who made a plan about how they would attempt suicide during the past 12 months. (2008 – 2013)*

*Note: Increased significantly after 2009.
V. Percentage of students who actually attempted suicide one or more times during the past 12 months. (2008 – 2013)*

*Note: Significant increase from 2008-2013

VI. Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse. (2008 – 2013)*

*Note: The long term trend remains unchanged.
Section 6: Tobacco
I. Percentage of students who ever tried cigarette smoking, even one or two puffs. (2008 - 2013)*

![Graph showing percentage of students who ever tried cigarette smoking.](image)

*Note: 2013 significantly lower than all previous years.

II. Percentage of students who smoked a whole cigarette for the first time before the age of 13 years. (2008-2013)*

![Graph showing percentage of students who smoked a whole cigarette for the first time.](image)

*Note: 2013 significantly lower than all previous years.
III. Percentage of students who smoked cigarettes on one or more of the past 30 days. (2008 - 2013)*

*Note: 2013 significantly lower than all previous years.

IV. Percentage of students who smoked cigarettes on school property one or more of the past 30 days. (2008-2013)*

*Note: The long term trend remains unchanged.
V. Percentage of students who smoked cigarettes daily for the past 30 days. (2008-2013)*

*Note: 2013 significantly lower than all previous years.

VI. Among students who are current smokers, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days. (2008 - 2013)*

*Note: The long term trend remains unchanged.
VII. Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days. (2008 - 2013)*

*Note: Significant increase from 2008-2013.

IX. Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days, by gender. (2008 - 2013)*

*Note: Among females, significant increase from 2008-2013. Among males, there were no significant changes over time.
X. Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months. (2008 – 2013)*

*Note: The long term trend remains unchanged.

XI. Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days. (2008 – 2013)*

*Note: The long term trend remains unchanged.
XII. Percentage of students who used any tobacco, (smoked cigarettes or cigars or used chewing tobacco, snuff, or dip) on one or more of the past 30 days, by gender. (2008 – 2013)*

*Note: Among females, 2013 significantly lower than all previous years. Among males, only 2011 significantly higher than other years, but decreased in 2013.
Section 7: Injury/Accident Prevention
I. Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else. (2008 - 2013)*

*Note: The long term trend remains unchanged.

II. Percentage of students who never or rarely wore a bicycle helmet when riding a bike. (2008 - 2013)*

*Note: Decreased significantly after 2008.
III. Percentage of students who, in the past 30 days, rode in a car with a driver who had been drinking alcohol. (2008 - 2013)*

*Note: The long term trend remains unchanged.

IV. Percentage of students who, in the past 30 days, drove a car after drinking alcohol. (2008-2013)*

*Note: The long term trend remains unchanged.
Section 8: Violence and Bullying
I. Percentage of students who, in the past 30 days, carried a weapon, such as a gun, knife, or club anywhere or on school property. (2008 - 2013)*

*Note: Increased significantly from 2008-2013.

II. Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months. (2008 - 2013)*

*Note: The long term trend remains unchanged.
III. Percentage of students who were in a physical fight anywhere or in a fight on school property, in the past 12 months. (2008 - 2013)*

*Note: The long term trend remains unchanged.

IV. Percentage of students who were in a physical fight one or more times during the past 12 months, by gender. (2008 - 2013)*

*Note: Among males, the long term trend remains unchanged. Among females, the trend increased significantly in 2009 and 2011 followed by a decrease.
V. Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school. (2008 – 2013)*

*Note: 2013 significantly higher than all previous years.

VI. Percentage of students who had been bullied on school property during the past 12 months. (2008-2013)*

*Note: 2013 significantly higher than previous years. Survey question was first asked in 2009.
VII. Percentage of students who were electronically bullied during the past 12 months. (2008-2013)*

*Note: The long term trend remains unchanged. Survey question was first asked in 2009 in Louisiana and in 2011 nationally.