

La Crosse County YRBS Talking Points | 2019

What is new in the 2019 Youth Risk Behavior Survey Results?

- In 2019, the Wisconsin Department of Public Instruction created a new online survey administration system and process. They standardized the survey administration window and survey questions for all schools in Wisconsin. There have been changes in question wording and timeframes, as well as new questions that were asked. The reports received from the DPI have been revamped and can be downloaded by County or CESA on this page: <https://dpi.wi.gov/sspw/yrbs/online>.

Protective Factors

- Students reported an increase in feeling like they belong at school (3%).
- Students reported an increase in having at least one teacher or adult at school to talk to (2%).
- 85% of students reported having at least one supportive adult besides parents to turn to (new question).
- Most students reported feeling safe in their schools (81%) and neighborhoods (88%).

Safety

- Students reported a decrease in riding with someone who had been drinking (4%).
- Students reported a significant increase in texting or emailing while driving (25% in 2017 to 40% in 2019).

Mental Health

- 48% of high school students reported experiencing significant problems with anxiety in the past 12 months (new question).
- More students reported getting emotional help they needed (increased from 20% to 24%). That is 92 more students in La Crosse County reporting they are getting the help they need. Conversely, 45% said they rarely or never get the help they need (1,394 students).
- Nearly one in five (18%) La Crosse County high school students reported purposely hurting themselves in the past year (self-harm, cutting, or burning).

Bullying

- Students reported less bullying at school (5% reduction) and online (4% reduction).

Alcohol and Other Drugs

- Past 30 day alcohol use has been on the decline from 2010 to 2017 and has slightly increased in 2019 to 21% or one in five high school students drinking alcohol.
- Binge drinking in the past 30 days has decreased from 20% in 2010 to 8% in 2019.
- Marijuana use has not changed much since 2017 but has been in an overall decline since 2010.
- Used prescription medication without a doctor's permission has decreased from 15% in 2010 to 8% in 2019.
- Heroin and meth use remains low (1%).

Tobacco/Vaping

- Cigarette use has decreased from 14% in 2010 to 3% in 2019.
- 36% of students reported ever tried vaping (new question).
- Used an e-cigarette/vaping in the past 30 days increased from 9% in 2017 to 14% in 2019 (note change in question wording to include electric vapor products such as JUUL).
- 38% of students who reported using tobacco (including vaping) have tried to quit in the past 12 months.

Physical Health

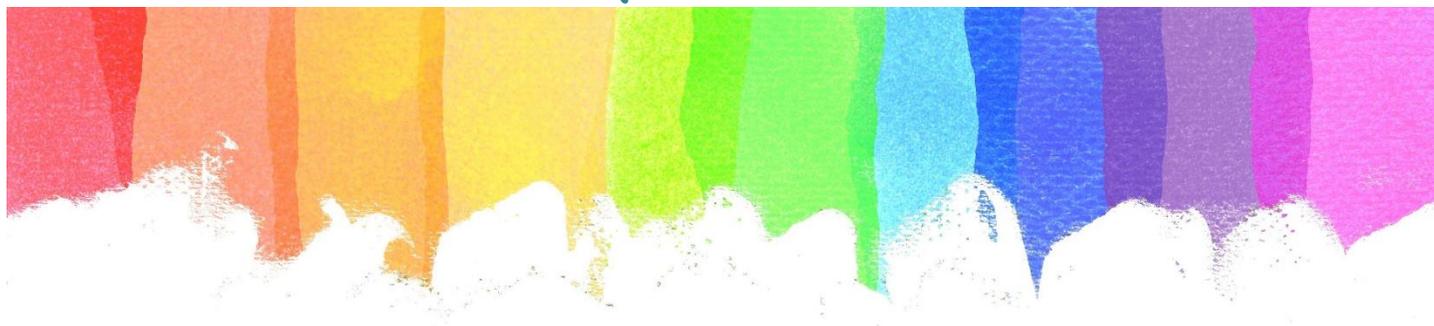
- 29% of students have ever had sexual intercourse, a decrease from 35% in 2010.
- Video games and computer use for more than 3 hours per day remains high at 42%.
- Sleeping less than 5 hours per night increased slightly from 17% in 2017 to 19% in 2019. This could be explained by 49% reported late night screen use after midnight (new question).

For more information on the Wisconsin Youth Risk Behavior Survey, go to: <https://dpi.wi.gov/sspw/yrbs/online>.

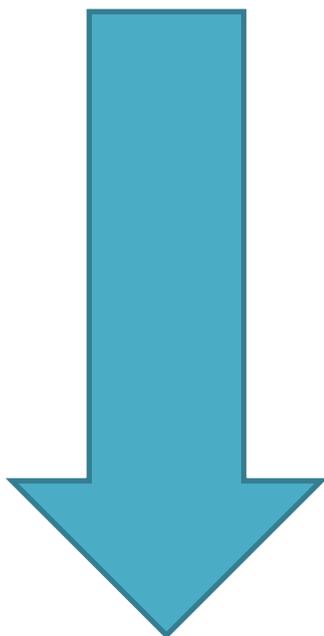
A full report can be downloaded on this site under "County and Regional Reports"

For more information contact: Tracy Herlitzke at therlitzke@cesa4.org

Noteworthy Trends 2010-2019



Decreases



Binge drinking in the past 30 days has decreased from 20% in 2010 to 8% in 2019.

Marijuana use in lifetime and in the past 30 days has decreased since 2010. In 2019 23% had ever used marijuana (vs. a high of 33% and 13% currently use it (vs. a high of 18%).

Used prescription medication without a doctor's permission has decreased from 15% in 2010 to 8% in 2019.

Cigarette use has decreased from 14% in 2010 to 3% in 2019.

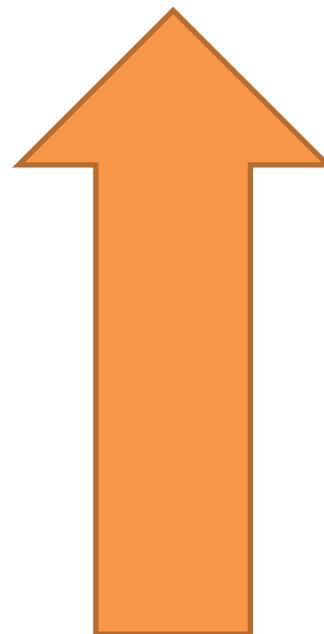
29% of students have ever had sexual intercourse, a decrease from 35% in 2010.

Used an e-cigarette/vaping in the past 30 days increased from 9% in 2017 to 14% in 2019.

Texting while driving decreased from 2013 to 2017 but then went back up to 40% in 2019.

Played video games or used a computer for 3 or more hours per day increased from 24% in 2010 to 42% in 2019.

Increases



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