

La Crosse County Youth Risk Behavior Survey (YRBS) 2019 Results

La Crosse County Youth Risk Behavior Survey was completed by high school students in La Crosse County in January-March 2019 in the School Districts of: Bangor, Holmen, La Crosse, Onalaska, and West Salem. Arrows show increases ↑ or decreases ↓ in student behavior trends from the previous year greater than 2%. The Wisconsin Department of Public Instruction with the support of CESA has administered the YRBS in La Crosse every two years since 2010. The survey is self-administered online and anonymous. The 2019 results have been weighted and cleaned according to CDC methodology.

Demographic Information: 3,098 High School Students

- 49% Female 51% Male 12% Identify as Lesbian, Gay, Bisexual, and/or Transgender
- 78% White, 8% Asian/Pacific Islander, 5% Hispanic/Latino, 3% Black/African American, 1% American Indian/Native American, 5% selected two or more races

| Among La Crosse County High School Students... | 2010 | 2013 | 2015 | 2017 | 2019 |
|--|------|------|------|------|------|
| PROTECTIVE FACTORS | | | | | |
| Feel like they belong at school | 73% | 68% | 61% | 61% | 64%↑ |
| Have at least one adult at school they could talk to if they have a problem | 69% | 71% | 68% | 71% | 73% |
| Strongly agree or agree teachers really care and give them a lot of encouragement | 63% | 64% | 49% | 55% | NA |
| Have at least one supportive adult to turn to besides parents | NA | NA | NA | NA | 85% |
| Strongly agree or agree that their family loves and gives help and support | 87% | 85% | 79% | 80% | NA |
| Most of the time or always feel safe in their school | NA | NA | NA | NA | 81% |
| Most of the time or always feel safe in their neighborhood | NA | NA | NA | NA | 88% |
| SAFETY | | | | | |
| Rarely or never wear a seat belt | 7% | 6% | 5% | 4% | 3% |
| Rode with someone who had been drinking in past 30 days | 23% | 20% | 18% | 15% | 11%↓ |
| Drove after drinking alcohol in past 30 days | 8% | 7% | 5% | 4% | 3% |
| Texted or emailed while driving in past 30 days | NA | 49% | 29% | 25% | 40%↑ |
| Did not go to school because they felt unsafe | 5% | 9% | 7% | 6% | 7% |
| MENTAL HEALTH, SUICIDE, AND HELP SEEKING | | | | | |
| Experienced significant problems with anxiety in past year | NA | NA | NA | NA | 48% |
| Felt so sad or hopeless almost every day for two weeks or more in a row | 23% | 29% | 31% | 28% | 29% |
| Seriously considered suicide in past year | 14% | 17% | 19% | 15% | 15% |
| Made a suicide plan | 10% | 16% | 13% | 10% | 12% |
| Attempted suicide | 8% | 7% | 8% | 5% | 7% |
| Purposely hurt themselves in past year (self-harm, cutting, burning) | NA | NA | NA | 17% | 18% |
| Most of the time or always get the kind of help you need when you feel sad, empty, hopeless, angry, or anxious | NA | NA | 20% | 20% | 24%↑ |
| BULLYING | | | | | |
| Bullied on school property in past year | 24% | 30% | 27% | 26% | 21%↓ |
| Electronically bullied during the past year | 19% | NA | 22% | 21% | 17%↓ |
| ALCOHOL AND OTHER DRUGS | | | | | |
| Drank alcohol in past 30 days | 32% | 28% | 24% | 19% | 21% |
| Binge drank in past 30 days | 20% | 16% | 15% | 11% | 8%↓ |
| Used marijuana in lifetime | 30% | 33% | 31% | 23% | 23% |
| Used marijuana in past 30 days | 18% | 18% | 13% | 14% | 13% |
| Used heroin in the past year | 3% | 3% | 3% | 1% | *1% |
| Used meth in the past year | NA | NA | NA | 1.5% | *1% |
| Used prescription pain medication without a doctor's permission in lifetime | 15% | 16% | 14% | 10% | **8% |
| Were offered, sold, or given an illegal drug by someone on school property in the past year | 20% | 16% | 13% | 8% | 11%↑ |

*Time frame of questions changed in 2019

**Wording of question changed to specify only prescription pain medication in 2019

| Among La Crosse County High School Students... | 2010 | 2013 | 2015 | 2017 | 2019 |
|--|------|------|------|------|-------|
| TOBACCO AND NICOTINE PRODUCTS | | | | | |
| Smoked cigarettes at least once in past 30 days | 14% | 14% | 9% | 6% | 3%↓ |
| Used chewing tobacco at least once in past 30 days | 5% | 7% | 6% | 4% | 3% |
| Smoked cigars, cigarillos, or little cigars on one or more of the past 30 days | 13% | 12% | 9% | 6% | 4% |
| Used an E-cigarette in the past 30 days | NA | NA | 14% | 9% | ^14%↑ |
| Used electronic vapor product (such as JUUL) in lifetime | NA | NA | NA | NA | 36% |
| SEX AND SEXUAL VIOLENCE | | | | | |
| Have ever had sex | 35% | 38% | 32% | 27% | 29% |
| Sent or posted a sexually explicit photo of themselves | NA | NA | 19% | 19% | 18% |
| Were physically hurt on purpose by someone they were dating during the past year | 12% | 12% | ^^6% | 5% | 7% |
| PHYSICAL HEALTH | | | | | |
| Drank one or more pops/sodas per day during past week | 28% | 21% | 21% | 18% | NA |
| Watched TV for 3 or more hours/day | 22% | 23% | 20% | 19% | 20% |
| Played video games or used a computer for non-school work 3 or more hours/day | 24% | 35% | 38% | 42% | 42% |
| Physically active 60 or more minutes/day on four or more days/week | 47% | 49% | 48% | 45% | *55%↑ |
| Slept 5 or less hours per night | NA | NA | NA | 17% | 19% |
| Late night screen use after midnight on a school night past 7 days | NA | NA | NA | NA | 49% |

*Time frame of questions changed in 2019

**Wording of question changed to specify only prescription pain medication in 2019

^Wording of question changed from 2017 to 2019 (e-cigarette to electric vapor product such as JUUL)

^^Question Changed in Wording from 2013 to 2015

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