


PHYSICAL ACTIVITY	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Were physically active at least 60 minutes per day in the past 7 days (activity that increased their heart rate and made them breathe hard)			
0 days •	19.3	19.5	17.0
5 or more days * •	36.6	33.3	44.1
All 7 days * •	19.6	17.1	23.2
Did exercises to strengthen or tone their muscles on three or more of the past 7 days •	42.4	40.4	49.5
Attended physical education classes on one or more days in an average week (when they were in school) •	39.7	42.7	52.2
Attended physical education classes on all five days in an average week (when they were in school) •	5.8	8.5	25.9
Played on at least one sports team in the past 12 months (run by their school or community groups) •	50.2	49.9	57.4
Watched television three or more hours per day (on an average school day) •	18.4	17.1	19.8
Used computers three or more hours per day (played video or computer games or used a computer for something that was not school work on an average school day) •	40.7	41.8	46.1

HEALTH	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Saw a doctor or nurse for a check-up or physical exam when they were not sick or injured in the past 12 months	65.9	64.0	NA
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months	74.4	71.7	75.9
Never saw a dentist for a check-up, exam, teeth cleaning, or other dental work	1.8	2.0	1.9
Did not go to school because they were sick in the past 30 days	43.1	46.7	NA
Had a concussion from playing a sport or being physically active in the past 12 months	NA	15.9	15.1

WEIGHT & NUTRITION	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Had obesity (≥ 95 percentile BMI for age & sex)	14.2	16.4	15.5
Were overweight (≥ 85 but < 95 percentile BMI for age & sex)	14.2	14.4	16.1
Tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals in the past 30 days	21.1	21.5	NA
Ate fruit or drank 100% fruit juices two or more times per day in the past 7 days •	21.2	19.7	28.9
Did not eat fruit or drink 100% fruit juices in the past 7 days * •	7.5	9.5	6.3
Did not eat fruit in the past 7 days	13.1	13.6	11.9
Did not drink 100% fruit juices in the past 7 days * •	35.9	43.9	30.8
Ate vegetables three or more times per day in the past 7 days	11.8	13.0	14.0
Did not eat vegetables in the past 7 days	8.4	10.0	7.9
Drank a can, bottle, or glass of soda or pop one or more times per day in the past 7 days (not diet) •	11.0	10.6	15.1
Did not drink a can, bottle, or glass of soda or pop in the past 7 days (not diet) •	37.3	38.8	31.7
Drank a can, bottle, pouch, or glass of a juice drink one or more times per day in the past 7 days (not 100% fruit juice)	10.2	10.7	NA
Did not drink a can, bottle, pouch, or glass of a juice drink in the past 7 days (not 100% fruit juice)	34.2	35.9	NA
Ate breakfast on all 7 days in the past 7 days	35.9	35.4	33.1
Did not eat breakfast in the past 7 days	14.1	16.0	16.7
Went hungry most of the time or always because there was not enough food in their home in the past 30 days	6.7	6.6	NA



35%
of Hawaii high school students felt sad or hopeless almost every day for two or more weeks in a row in the past 12 months.

2019 SURVEY RESULTS HAWAII YOUTH RISK BEHAVIORS

HAWAII STATE PUBLIC HIGH SCHOOL REPORT

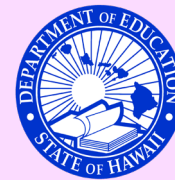
HAWAII SCHOOL HEALTH SURVEY

The Hawaii School Health Survey is a joint project of the Hawaii Departments of Education (DOE) and Health (DOH) and the University of Hawaii's Curriculum Research & Development Group. It is largely funded by the DOH Substance Abuse Block Grant. This publication was supported by Cooperative Agreement number NU87PS004309, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

The results are representative of the 42,880 regular public high school students across the state of Hawaii.

For more information on the Youth Risk Behavior Survey and state and national results visit www.cdc.gov/HealthyYouth/yrbs/index.htm.

Hawaii state and county results, including by sex, grade level, and race/ethnicity, can be obtained from the Hawaii Health Data Warehouse at www.hhdw.org.



SOCIO-DEMOGRAPHICS	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Females	50.6	48.0	49.4
Males	49.4	52.0	50.6
Gay, lesbian, bisexual	11.2	10.3	11.2
Transgender *	3.1	1.7	NA
Race/Ethnicity (best description)			
Filipino	27.5	26.7	NA
Hispanic/Latino * Δ	10.0	6.4	26.1
Native Hawaiian	23.8	25.6	NA
Other Asian/Pacific Islander	13.0	21.0	NA
White Δ	15.3	14.8	51.2
All other races *	0.9	0.4	NA
Multiple races *	9.5	5.1	NA
Did not describe themselves as only one race or ethnicity *	19.0	15.3	NA
Grade 9	28.2	28.6	26.6
Grade 10	25.3	26.0	25.5
Grade 11	23.7	23.6	24.2
Grade 12	22.2	21.6	23.5
Reported that either of their parents or other adults in their family were serving on active duty in the military	19.7	24.2	NA
Did not usually sleep in their parent's or guardian's home in the past 30 days	9.8	8.5	NA

1 in 10



Hawaii high school students identified as gay, lesbian, or bisexual.

Statistically significant differences ($p < 0.05$) are displayed in bold. The following symbols are used to denote the specific comparisons that are statistically significant.

- * Hawaii state 2017 and 2019
- Hawaii state and U.S. 2019

NA Not asked

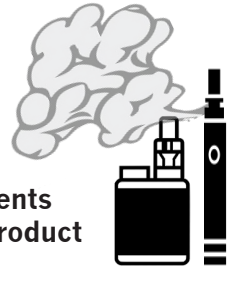
Δ Hawaii state and U.S. 2019 not comparable

TOBACCO USE	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Ever tried cigarette smoking (even one or two puffs) •	NA	17.8	24.1
First tried cigarette smoking before age 13 years (even one or two puffs) *	10.8	7.4	7.9
Smoked cigarettes in the past 30 days *	8.1	5.3	6.0
Smoked cigarettes frequently in the past 30 days (on 20 or more days)	1.7	1.2	1.3
Smoked cigarettes daily in the past 30 days (on all 30 days)	1.2	0.9	1.1
Ever used an electronic vapor product	NA	48.3	50.1
First tried using an electronic vapor product before age 13 years	9.0	8.8	NA
Used electronic vapor products in the past 30 days *	25.5	30.6	32.7
Used electronic vapor products frequently in the past 30 days (on 20 or more days) *	5.1	10.4	10.7
Used electronic vapor products daily in the past 30 days (on all 30 days) *	3.5	7.9	7.2
Usually got their own electronic vapor products by buying them in a store in the past 30 days (among students who currently used electronic vapor products) •	NA	4.7	8.1
Smoked cigarettes or used electronic vapor products in the past 30 days *	27.5	32.1	34.4

ALCOHOL & OTHER DRUG USE	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Ever drank alcohol (other than a few sips) * Δ	49.0	44.9	56.5
Drank alcohol for the first time before age 13 years (other than a few sips)	16.8	15.2	15.0
Had at least one drink of alcohol in the past 30 days * •	24.5	20.4	29.2
Usually got the alcohol they drank by someone giving it to them in the past 30 days (among students who currently drank alcohol)	NA	36.7	40.5
Were currently binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students within a couple of hours in the past 30 days) •	12.6	10.9	13.7
Thought parents would feel it was a little bit wrong, wrong, or very wrong for them to drink beer, wine, or hard liquor regularly	87.7	85.7	NA
Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months *	16.8	19.6	NA
Ever used marijuana Δ	31.1	29.9	36.8

ALCOHOL & OTHER DRUG USE cont.	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Tried marijuana for the first time before age 13 years	9.1	6.9	5.6
Used marijuana in the past 30 days •	18.1	17.2	21.7
Ever used any of the following drugs			
Any form of cocaine •	7.1	5.8	3.9
Ecstasy *	6.0	4.5	3.6
Heroin •	4.5	3.6	1.8
Methamphetamines •	4.8	4.5	2.1
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	12.2	14.4	14.3
Took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it in the past 30 days	NA	8.5	7.2
Ever used a needle to inject any illegal drug into their body •	2.8	2.6	1.6

31%



of Hawaii high school students used an electronic vapor product in the past 30 days.


MENTAL HEALTH & SUICIDE	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Purposely hurt themselves without wanting to die in the past 12 months (such as cutting or burning)	19.1	19.7	NA
Felt sad or hopeless almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past 12 months *	29.5	34.7	36.7
Never or rarely got the kind of help they needed (among students who reported having felt sad, empty, hopeless, angry, or anxious)	55.3	55.5	NA
Seriously considered attempting suicide in the past 12 months •	16.0	16.7	18.8
Made a plan about how they would attempt suicide in the past 12 months	13.8	14.6	15.7
Attempted suicide in the past 12 months	10.0	10.5	8.9
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse in the past 12 months	2.4	3.2	2.5

INJURIES & VIOLENCE	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Rode in a car driven by someone, including themselves, who was "high" or had been using alcohol or drugs in the past 30 days	20.6	21.5	NA
Were in a physical fight in the past 12 months •	16.8	16.7	21.9
Did not go to school because they felt unsafe at school or on their way to or from school in the past 30 days	9.3	12.4	8.7
Were electronically bullied in the past 12 months •	14.6	13.1	15.7
Were bullied on school property in the past 12 months •	18.4	17.0	19.5
Strongly agreed or agreed that harassment and bullying by other students is a problem at their school	38.6	40.4	NA
Were ever physically forced to have sexual intercourse	8.3	7.7	7.3
Experienced physical dating violence in the past 12 months by someone they were dating or going out with (among students who dated or went out with someone)	11.3	8.6	8.2
Experienced sexual dating violence in the past 12 months by someone they were dating or going out with (among students who dated or went out with someone)	NA	7.7	8.2
Experienced sexual violence by anyone in the past 12 months	11.7	10.8	10.8

SEXUAL BEHAVIORS	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Ever had sexual intercourse Δ	28.2	27.7	38.4
Had sexual intercourse for the first time before age 13 years	3.4	2.9	3.0
Had sexual intercourse with four or more persons (lifetime) •	5.4	4.6	8.6
Had sexual intercourse with at least one person in the past 3 months (students who were currently sexually active) •	19.2	17.6	27.4
Used a condom during last sexual intercourse (among students who were currently sexually active) •	42.7	45.5	54.3
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	22.8	20.7	21.2
Ever had sexual contact with both males and females * •	4.2	2.9	4.8

SEXUAL BEHAVIORS cont.	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Used the following birth control methods during or before last sexual intercourse to prevent pregnancy, among students who were currently sexually active			
Birth control pills •	15.9	14.8	23.0
IUD or implant •	7.9	9.7	4.8
Birth control pills; an IUD or implant; or a shot, patch, or birth control ring	29.9	29.4	30.9
Both a condom and birth control pills; an IUD or implant; or a shot, patch, or birth control ring	5.5	6.6	9.1
None •	15.8	16.0	11.9

67%



of Hawaii high school students had an adult outside of school they could talk to about things that were important to them.

PROTECTIVE FACTORS	HAWAII STATE		U.S.
	2017 %	2019 %	2019 %
Wore sunscreen most of the time or always (with an SPF of 15 or higher when they were outside for more than one hour on a sunny day)	11.7	12.4	15.5
Had eight or more hours of sleep on an average school night	22.8	22.8	22.1
Talked with at least one of their parents or another adult in their family about the dangers of tobacco, alcohol, or drug use in the past 12 months	44.1	45.7	NA
Had parents or other adults in their family talk with them about what they expected them to do or not to do when it came to sex *	52.4	47.3	NA
Had at least one teacher or other adult in their school they could talk to if they had a problem	61.6	60.8	NA
Had an adult outside of school they could talk to about things that were important to them *	71.8	66.9	NA
Described their grades in school as mostly A's or B's in the past 12 months	71.1	73.0	NA
Thought they probably or definitely would complete a post high school program such as a vocational training program, military service, community college, or four-year college *	68.4	72.6	NA