

# 52 percent

of high school students in Kauai County texted or e-mailed while driving a car or other vehicle in the past 30 days.

WEIGHT & NUTRITION	KAUAI COUNTY		HAWAII STATE		U.S.
	2013 %	2015 %	2013 %	2015 %	2015 %
Had obesity (≥ 95 percentile BMI for age & sex)	14.4	13.6	13.4	12.9	13.9
Overweight (> 85 but < 95 percentile BMI for age & sex)	15.8	14.3	14.9	15.3	16.0
Ate fruit or drank 100% fruit juices two or more times per day in the past 7 days * •	24.9	21.9	<b>27.1</b>	<b>23.2</b>	<b>31.5</b>
Ate vegetables three or more times per day in the past 7 days	15.9	14.4	18.1	16.5	14.8
Drank two or more glasses per day of milk in the past 7 days • ◇	12.5	<b>9.6</b>	14.0	<b>12.6</b>	<b>22.4</b>
Drank a can, bottle, or glass of soda or pop one or more times per day in the past 7 days (not diet) •	13.7	12.8	15.8	<b>13.4</b>	<b>20.4</b>
Did not drink a can, bottle, or glass of soda or pop in the past 7 days (not diet) •	35.1	37.8	30.0	<b>34.2</b>	<b>26.2</b>
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)	NA	11.4	NA	12.5	NA
Ate breakfast on all 7 days in the past 7 days †	<b>39.3</b>	<b>32.7</b>	38.1	36.0	36.3
Went hungry most of the time or always because there was not enough food in their home ◇	NA	<b>5.9</b>	NA	<b>7.9</b>	NA
Avoided foods because eating the food could cause an allergic reaction	NA	15.5	NA	16.9	16.0

6% of high school students in Kauai County went hungry most of the time or always because there was not enough food in their home.

During the past 7 days, 20% of high school students in Kauai County were physically active for at least 60 minutes per day on all 7 days.

PHYSICAL ACTIVITY	KAUAI COUNTY		HAWAII STATE		U.S.
	2013 %	2015 %	2013 %	2015 %	2015 %
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 • All 7 days •	17.5 20.5	18.9 19.5	17.4 22.0	<b>18.0</b> <b>20.3</b>	<b>14.3</b> <b>27.1</b>
Did exercises to strengthen or tone their muscles on three or more of the past 7 days	46.6	43.3	46.3	46.0	53.4
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)	39.4	37.6	42.1	40.6	41.7
Watched television three or more hours per day (on an average school day) * • †	<b>27.9</b>	<b>23.0</b>	<b>29.3</b>	<b>21.8</b>	<b>24.7</b>
Attended physical education classes on one or more days in an average week (when they were in school) • ◇	35.8	<b>34.2</b>	39.1	<b>42.4</b>	<b>51.6</b>
Played on at least one sports team in the past 12 months (run by their school or community groups) • ◇	53.5	<b>57.6</b>	52.1	<b>52.2</b>	<b>57.6</b>
Rode their bike or walked to or from school on one or more days in an average week when they were in school, weather permitting ◇	NA	<b>22.7</b>	NA	<b>38.3</b>	NA

- \* Statistically significant difference ( $p < 0.05$ ) between Hawaii state 2013 and 2015
- Statistically significant difference ( $p < 0.05$ ) between Hawaii state and U.S. 2015
- ◇ Statistically significant difference ( $p < 0.05$ ) between Kauai County and Hawaii state 2015
- † Statistically significant difference ( $p < 0.05$ ) between Kauai County 2013 and 2015
- Bold** Statistically significant difference
- NA Not Applicable

## SURVEY RESULTS 2015

# HAWAII YOUTH RISK BEHAVIORS

## HAWAII SCHOOL HEALTH SURVEY

### KAUAI COUNTY PUBLIC HIGH SCHOOL REPORT

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 Healthy Hawaii Initiative and Substance Abuse Block Grant and the DOE's cooperative agreement with the Centers for Disease Control and Prevention (CDC) #5U87PS004230-02. The content of this brochure is the sole responsibility of the authors and does not necessarily represent the official views of the CDC.

For more information on the Youth Risk Behavior Survey and state and national results visit [www.cdc.gov/HealthyYouth/yrebs/index.htm](http://www.cdc.gov/HealthyYouth/yrebs/index.htm).

Hawaii state and county results, including by gender, grade level, and race/ethnicity, can be obtained from the Hawaii Health Data Warehouse at [www.hhdw.org](http://www.hhdw.org).



During the past 12 months, 1 in 6 high school students in Kauai County were electronically bullied.

INJURIES & VIOLENCE	KAUAI COUNTY		HAWAII STATE		U.S.
	2013 %	2015 %	2013 %	2015 %	2015 %
Rode in a car driven by someone who was "high" or had been using alcohol or drugs in the past 30 days ◇ †	<b>29.8</b>	<b>24.6</b>	23.0	<b>20.3</b>	NA
Texted or e-mailed while driving a car or other vehicle in the past 30 days (among students who drove) ◇	48.2	<b>52.2</b>	43.3	<b>40.3</b>	41.5
Did not go to school because they felt unsafe at school or on their way to or from school in the past 30 days •	7.3	9.9	8.4	<b>9.1</b>	<b>5.6</b>
Were electronically bullied in the past 12 months †	<b>10.4</b>	<b>16.4</b>	15.6	14.7	15.5
Were bullied on school property in the past 12 months	18.0	20.9	18.7	18.6	20.2
Electronically bullied someone in the past 12 months *	10.3	10.3	<b>13.5</b>	<b>10.0</b>	NA
Were in a physical fight in the past 12 months •	15.3	16.4	16.7	<b>14.9</b>	<b>22.6</b>
Were injured in a physical fight and injuries had to be treated by a doctor or nurse, in the past 12 months	1.3	2.0	2.2	2.9	2.9
Carried a weapon in the past 30 days (such as a gun, knife, or club) •	12.6	10.4	10.5	<b>10.7</b>	<b>16.2</b>
Were ever physically forced to have sexual intercourse •	10.0	8.4	8.4	<b>8.8</b>	<b>6.7</b>
Were purposely controlled or emotionally hurt in the past 12 months by someone they were dating or going out with (among students who dated or went out with someone) ◇	NA	<b>26.1</b>	NA	<b>32.6</b>	NA
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)	10.4	11.5	11.1	9.8	9.6
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) •	11.6	13.5	13.8	<b>12.7</b>	<b>10.6</b>

MENTAL HEALTH & SUICIDE	KAUAI COUNTY		HAWAII STATE		U.S.
	2013 %	2015 %	2013 %	2015 %	2015 %
Purposely hurt themselves without wanting to die in the past 12 months (such as cutting or burning)	20.5	20.8	20.6	23.0	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	30.1	29.2	29.8	29.5	29.9
Seriously considered attempting suicide in the past 12 months	14.6	14.2	16.9	16.0	17.7
Made a plan about how they would attempt suicide in the past 12 months	15.3	13.9	15.2	15.6	14.6
Attempted suicide in the past 12 months •	9.6	11.4	10.7	<b>10.5</b>	<b>8.6</b>
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse in the past 12 months	2.8	4.5	3.2	3.4	2.8

**During the past 12 months, 1 in 5 high school students in Kauai County were offered, sold, or given an illegal drug on school property.**

ALCOHOL & OTHER DRUG USE	KAUAI COUNTY		HAWAII STATE		U.S.
	2013 %	2015 %	2013 %	2015 %	2015 %
Drank alcohol for the first time before age 13 (other than a few sips)	18.1	19.2	17.5	16.9	17.2
Had at least one drink of alcohol in the past 30 days •	26.4	25.6	25.2	<b>25.1</b>	<b>32.8</b>
Had five or more drinks of alcohol in a row within a couple of hours in the past 30 days •	15.3	14.1	12.7	<b>13.4</b>	<b>17.7</b>
Had 10 or more drinks of alcohol in a row within a couple of hours in the past 30 days •	2.8	2.7	2.9	<b>2.6</b>	<b>4.3</b>
Thought parents would feel it was a little bit wrong, wrong, or very wrong for them to drink beer, wine, or hard liquor regularly	86.4	88.9	86.8	88.0	NA

ALCOHOL & OTHER DRUG USE	KAUAI COUNTY		HAWAII STATE		U.S.
	2013 %	2015 %	2013 %	2015 %	2015 %
Ever used alcohol or drugs to relax, feel better about themselves, or fit in †	<b>25.9</b>	<b>19.8</b>	22.1	20.3	NA
Ever used alcohol or drugs while they were alone	18.5	19.8	16.6	17.5	NA
Ever forgot things they did while using alcohol or drugs	19.0	18.6	16.5	16.5	NA
Ever had family or friends tell them that they should cut down on their drinking or drug use	12.2	12.4	11.2	11.1	NA
Ever got into trouble while using alcohol or drugs	15.7	14.8	12.9	13.2	NA
Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months	NA	15.6	NA	16.7	NA
Tried marijuana for the first time before age 13 ◊	12.5	<b>12.6</b>	10.4	<b>9.5</b>	7.5
Used marijuana in the past 30 days	22.7	21.3	18.9	19.4	21.7
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt in the past 30 days (among students who used marijuana) •	NA	79.7	NA	<b>83.2</b>	<b>90.0</b>
Ever used any of the following drugs					
Synthetic marijuana	NA	8.2	NA	7.5	9.2
Any form of cocaine	7.1	7.4	6.5	6.5	5.2
Ecstasy •	5.6	8.5	8.0	<b>8.0</b>	<b>5.0</b>
Heroin • ◊ †	<b>2.3</b>	<b>4.9</b>	3.4	3.4	<b>2.1</b>
Methamphetamines	3.2	5.2	4.3	3.8	3.0
Prescription drugs without a doctor's prescription • †	<b>14.0</b>	<b>10.2</b>	12.9	<b>12.3</b>	<b>16.8</b>
Inhalants	7.9	7.4	9.2	8.0	7.0
Hallucinogenic drugs *	7.6	8.2	<b>6.0</b>	<b>8.1</b>	6.4
Ever injected any illegal drug •	2.0	3.5	2.6	<b>3.3</b>	<b>1.8</b>
Were offered, sold, or given an illegal drug on school property in the past 12 months * • ◊ †	<b>29.6</b>	<b>21.4</b>	<b>31.2</b>	<b>25.4</b>	<b>21.7</b>

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**Bold** Statistically significant difference  
 NA Not Applicable

SEXUAL BEHAVIORS & IDENTITY	KAUAI COUNTY		HAWAII STATE		U.S.
	2013 %	2015 %	2013 %	2015 %	2015 %
Had sexual intercourse for the first time before age 13	4.9	4.7	4.0	3.5	3.9
Had sexual intercourse with four or more persons (lifetime) •	9.6	6.5	7.7	<b>6.8</b>	<b>11.5</b>
Had sexual intercourse with at least one person in the past 3 months (students who were currently sexually active) •	24.2	21.3	24.8	<b>22.3</b>	<b>30.1</b>
Among students who were currently sexually active					
Used a condom during last sexual intercourse •	45.6	51.0	45.9	<b>48.4</b>	<b>56.9</b>
Used both a condom during and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse	8.9	9.8	7.2	7.0	8.8
Drank alcohol or used drugs before last sexual intercourse	24.6	19.3	24.0	19.9	20.6
Described themselves as gay, lesbian, or bisexual * †	<b>5.0</b>	<b>8.3</b>	<b>6.5</b>	<b>8.7</b>	NA

**59 percent** of high school students in Kauai County had at least one teacher or other adult in their school they could talk to if they had a problem.

TOBACCO USE	KAUAI COUNTY		HAWAII STATE		U.S.
	2013 %	2015 %	2013 %	2015 %	2015 %
Ever tried smoking cigarettes (even one or two puffs) •	NA	25.8	NA	<b>25.0</b>	<b>32.3</b>
Smoked a whole cigarette before age 13	7.6	7.2	7.6	6.3	6.6
Smoked cigarettes in the past 30 days	11.3	10.3	10.4	9.7	10.8
Smoked cigarettes frequently in the past 30 days (on 20 or more days) •	2.4	2.0	3.0	<b>1.9</b>	<b>3.4</b>
Ever used electronic vapor products	NA	45.1	NA	45.1	44.9
Used electronic vapor products in the past 30 days ◊	NA	<b>18.1</b>	NA	<b>25.1</b>	24.1

ASTHMA, HEALTH CARE, & OTHER	KAUAI COUNTY		HAWAII STATE		U.S.
	2013 %	2015 %	2013 %	2015 %	2015 %
Were ever told by a doctor or nurse that they had asthma •	31.1	33.5	30.1	<b>31.3</b>	<b>22.8</b>
Still had asthma ◊	14.3	<b>16.6</b>	12.7	<b>13.1</b>	NA
Saw a doctor or nurse for a check-up or physical exam when they were not sick or injured in the past 12 months ◊	56.8	<b>52.6</b>	62.2	<b>61.9</b>	NA
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months	64.1	67.7	70.3	70.8	74.4
Had one or more tattoos	NA	10.1	NA	9.3	NA
Had their tattoos done outside of a licensed tattoo shop (among students who had tattoos)	NA	39.5	NA	46.8	NA

PROTECTIVE FACTORS	KAUAI COUNTY		HAWAII STATE		U.S.
	2013 %	2015 %	2013 %	2015 %	2015 %
Were ever taught in school about AIDS or HIV infection * †	<b>80.6</b>	<b>74.6</b>	<b>81.9</b>	<b>75.6</b>	NA
Had eight or more hours of sleep on an average school night	28.9	26.3	26.8	24.7	27.3
Had a parent or another adult in their family talk with them about the dangers of tobacco, alcohol, or drug use in the past 12 months	37.8	40.6	39.1	38.6	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	NA	49.2	NA	48.1	NA
Had at least one teacher or other adult in their school they could talk to if they had a problem * ◊	63.2	<b>59.3</b>	<b>68.2</b>	<b>63.5</b>	NA
Had an adult outside of school they could talk to about things that were important to them *	75.8	71.8	<b>76.7</b>	<b>73.2</b>	NA
Had grades in school that were mostly A's and B's ◊ †	<b>66.3</b>	<b>73.9</b>	66.2	<b>66.8</b>	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	74.1	70.0	76.3	73.6	NA