

Physical Activity & Nutrition

| | HAWAII STATE | |
|--|--------------|-------------|
| | 2007 % | 2011 % |
| 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 | 13.6 | 16.0 |
| All 7 days * | 19.7 | 25.0 |
| Attended physical education classes on 1 or more days in an average week (when they were in school) * | 51.9 | 65.6 |
| Played on at least one sports team in the past 12 months (run by their school or community groups) | 57.0 | 58.8 |
| Watched television 3 or more hours per day (on an average school day) | 39.5 | 39.4 |
| Used computers 3 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) * | 25.2 | 37.5 |
| Described themselves as slightly or very overweight | 31.4 | 27.3 |
| Were trying to lose weight | 51.1 | 47.8 |
| Exercised to lose weight or to keep from gaining weight | 73.6 | 71.3 |
| Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight | 47.7 | 45.0 |
| Went without eating for 24 or more hours (also called fasting) to lose weight or to keep from gaining weight | 15.5 | 15.1 |
| Took diet pills, powders, or liquids to lose weight or to keep from gaining weight (without a doctor's advice) | 4.0 | 4.9 |
| Vomited or took laxatives to lose weight or to keep from gaining weight | 5.3 | 4.3 |

Injuries & Violence

| | HAWAII STATE | |
|--|--------------|-------------|
| | 2007 % | 2011 % |
| Rarely or never wore a bicycle helmet (among students who had ridden a bicycle) | 75.2 | 75.4 |
| Rarely or never wore a helmet (among students who used rollerblades or rode a skateboard) | 79.2 | 79.5 |
| Did not go to school because they felt unsafe at school or on their way to or from school in the past 12 months | 7.1 | 6.8 |
| Bullied electronically | NA | 23.7 |
| Bullied on school property | NA | 40.7 |
| Carried a weapon on at least 1 day in the past 12 months | NA | 16.4 |
| Carried a weapon on school property on at least 1 day in the past 12 months (for example, a gun, knife, or club) | 4.9 | 3.5 |
| Threatened or injured with a weapon on school property in the past 12 months | 5.9 | 5.6 |
| In a physical fight in the past 12 months | NA | 25.5 |
| In a physical fight on school property in the past 12 months * | 17.2 | 11.3 |
| Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past 12 months | 5.2 | 3.8 |
| Ever physically forced to have sexual intercourse | 4.5 | 4.2 |
| Mental Health & Suicide | | |
| Felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities | NA | 25.8 |
| Seriously thought about killing themselves | NA | 22.5 |
| Made a plan about how they would kill themselves | NA | 15.5 |
| Tried to kill themselves | NA | 9.2 |
| Tried to kill themselves and attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse | NA | 10.4 |

Sexual Behaviors

| | HAWAII STATE | |
|--|--------------|------------|
| | 2007 % | 2011 % |
| Ever had sexual intercourse | 8.7 | 10.4 |
| Had sexual intercourse for the first time before age 11 * | 1.9 | 3.5 |
| Ever had sexual intercourse with three or more persons | 2.8 | 2.5 |
| Used a condom during last sexual intercourse (among students who were currently sexually active) | NA | 62.6 |
| Ever taught in school about AIDS or HIV infection | 56.1 | 60.0 |
| Ever had a doctor or nurse discuss ways to prevent pregnancy, sexually transmitted diseases (STDs), and AIDS or HIV with them | NA | 23.8 |
| Ever had parents or other adults in their family talk with them about what they expect them to do or not to do when it comes to sex | 37.9 | 38.7 |
| Other Topics | | |
| Ever 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 | NA | 43.0 |
| Had at least one teacher or other adult in their school that they could talk to if they have a problem | NA | 64.3 |
| Had an adult outside of school that they could talk to about things that are important to them | NA | 67.8 |
| Thought they probably or definitely will complete high school | 81.5 | 85.4 |

* Statistically significant difference (p < 0.05) between Hawaii 2007 and 2011

NA Not Applicable (question was not asked)

Alcohol & Other Drug Use

| | HAWAII STATE | |
|---|--------------|--------|
| | 2007 % | 2011 % |
| Drank alcohol for the first time before age 11 (other than a few sips) | 16.9 | 16.3 |
| Had at least one drink of alcohol on at least 1 day in the past 30 days | 14.5 | 12.5 |
| Had at least one drink of alcohol on school property on at least 1 day in the past 30 days | 2.7 | 2.6 |
| Had five or more drinks of alcohol in a row within a couple of hours on at least 1 day in the past 30 days | NA | 7.7 |
| Tried marijuana for the first time before age 11 | 4.4 | 4.7 |
| Used marijuana in the past 30 days | 6.4 | 9.3 |
| Used marijuana on school property in the past 30 days | 2.1 | 2.2 |
| Ever used any form of cocaine * | 1.5 | 2.9 |
| Ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high | 8.6 | 9.7 |
| Ever used methamphetamines | 1.5 | 2.6 |
| Ever used ecstasy | 1.7 | 2.2 |
| Ever took prescription drugs without a doctor's prescription | NA | 5.0 |
| Offered, sold, or given an illegal drug by someone on school property in the past 12 months * | 5.6 | 9.3 |
| Attended school under the influence of alcohol or other illegal drugs, such as marijuana or cocaine in the past 12 months | NA | 7.0 |
| Were in a vehicle driven by someone, including themselves, who had been using alcohol or other drugs in the past 30 days | NA | 17.8 |

* Statistically significant difference ($p < 0.05$) between Hawaii 2007 and 2011

NA Not Applicable (question was not asked)

Tobacco Use¹

| | HAWAII STATE | |
|---|--------------|--------|
| | 2007 % | 2011 % |
| Ever tried any form of tobacco | 21.3 | 17.3 |
| Smoked cigarettes on at least 1 day in the past 30 days | 4.2 | 3.6 |
| Tried to quit smoking cigarettes in the past 12 months (among students who currently smoked cigarettes) | 75.2 | 76.9 |
| Exposed to secondhand smoke at home or in a car in the past week before the survey | 46.5 | 40.7 |
| Ever tried an e-cigarette | NA | 1.8 |

¹ Data from Hawaii Youth Tobacco Survey (YTS) are not available at the county level.

DID YOU KNOW?

- **Female middle school students in Hawaii are significantly more likely than male students to report having been cyber bullied. (29.8% vs. 17.6%)**
- **40% of middle school students in Hawaii watch three or more hours of television on an average school day.**

SURVEY RESULTS 2011

HAWAII YOUTH RISK BEHAVIORS

HAWAII SCHOOL HEALTH SURVEYS

STATE OF HAWAII PUBLIC MIDDLE SCHOOL REPORT

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 gender, grade level, and race/ethnicity, can be obtained from the Hawaii Health Data Warehouse at www.hhdw.org.

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