

| SOCIO-DEMOGRAPHICS  | HAWAII STATE |             |
|---|--------------|-------------|
|   | 2015 %       | 2017 %      |
| Females   | 50.1         | 50.6        |
| Males   | 49.9         | 49.4        |
| Gay, lesbian, or bisexual *   | <b>8.7</b>   | <b>11.2</b> |
| Transgender   | NA           | 3.1         |
| Filipino  | 27.8         | 27.5        |
| Hispanic/Latino   | 8.9          | 10.0        |
| Native Hawaiian   | 23.2         | 23.8        |
| Other Asian/Pacific Islander  | 16.0         | 13.0        |
| White   | 14.4         | 15.3        |
| All other races   | 0.7          | 0.9         |
| Multiple Races  | 8.9          | 9.5         |
| Did not describe themselves as only one race or ethnicity   | 18.4         | 19.0        |
| Grade 9   | 28.8         | 28.2        |
| Grade 10  | 25.0         | 25.3        |
| Grade 11  | 22.7         | 23.7        |
| Grade 12  | 23.2         | 22.2        |
| Ungraded or other grade *   | <b>0.2</b>   | <b>0.5</b>  |
| Reported that either of their parents or other adults in their family were serving on active duty in the military   | NA           | 19.7        |
| Usually slept in the home of a friend, family member, or other person because they had to leave their home or their parent or guardian could not afford housing in the past 30 days | NA           | 4.0         |

| HEALTH   | HAWAII STATE |             |
|--|--------------|-------------|
|  | 2015 %       | 2017 %      |
| Were ever told by a doctor or nurse that they had asthma   | 31.3         | 30.2        |
| Still had asthma   | 13.1         | 12.2        |
| Saw a doctor or nurse for a check-up or physical exam when they were not sick or injured in the past 12 months * | <b>61.9</b>  | <b>65.9</b> |
| Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months                   | 70.8         | 74.4        |
| Never saw a dentist for a check-up, exam, teeth cleaning, or other dental work                                   | 2.5          | 1.8         |
| Had a toothache in the past 12 months *  | <b>29.2</b>  | <b>24.4</b> |
| Did not go to school because they were sick in the past 30 days  | NA           | 43.1        |

| PROTECTIVE FACTORS   | HAWAII STATE |             |
|--|--------------|-------------|
|  | 2015 %       | 2017 %      |
| Were ever taught in school about AIDS or HIV infection   | 75.6         | 70.9        |
| Most of the time or always wore sunscreen (with an SPF of 15 or higher when they were outside for more than one hour on a sunny day)   | NA           | 11.7        |
| Had eight or more hours of sleep on an average school night  | 24.7         | 22.8        |
| 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 *  | <b>38.6</b>  | <b>44.1</b> |
| 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 *  | <b>48.1</b>  | <b>52.4</b> |
| Had at least one teacher or other adult in their school they could talk to if they had a problem   | 63.5         | 61.6        |
| Had an adult outside of school they could talk to about things that were important to them   | 73.2         | 71.8        |
| Described their grades in school as mostly A's or B's  | 66.8         | 71.1        |
| 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 * | <b>73.6</b>  | <b>68.4</b> |

| TOBACCO USE   | HAWAII STATE |        |
|---|--------------|--------|
|   | 2015 %       | 2017 % |
| Ever tried cigarette smoking (even one or two puffs)                      | 25.0         | 22.1   |
| First tried cigarette smoking before age 13 years (even one or two puffs) | NA           | 10.8   |
| Smoked cigarettes in the past 30 days                                     | 9.7          | 8.1    |
| Smoked cigarettes frequently in the past 30 days (on 20 or more days)     | 1.9          | 1.7    |
| Smoked cigarettes daily in the past 30 days (on all 30 days)              | 1.2          | 1.2    |
| Ever used electronic vapor products                                       | 45.1         | 42.3   |
| First tried using an electronic vapor product before age 13 years         | NA           | 9.0    |
| Used electronic vapor products in the past 30 days                        | 25.1         | 25.5   |

\* Statistically significant difference ( $p < 0.05$ ) between Hawaii state 2015 and 2017

**Bold** Statistically significant difference

NA Not Applicable (not asked or not available)

## SURVEY RESULTS 2017

# HAWAII YOUTH RISK BEHAVIORS

## HAWAII SCHOOL HEALTH SURVEY

### HAWAII STATE 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) #5U87PS004230-03. The content of this brochure is the sole responsibility of the authors and does not necessarily represent the official views of the CDC.

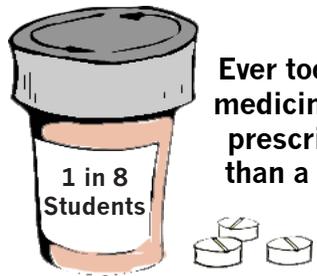
The results are representative of the 42,700 regular public high school students across the state of Hawaii.

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

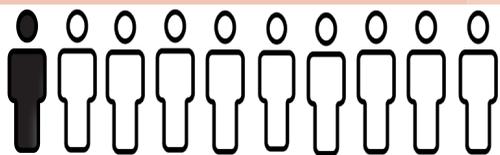


| ALCOHOL & OTHER DRUG USE  | HAWAII STATE |             |
|---|--------------|-------------|
|   | 2015 %       | 2017 %      |
| Ever drank alcohol (other than a few sips)  | 49.4         | 49.0        |
| Drank alcohol for the first time before age 13 years (other than a few sips)  | 16.9         | 16.8        |
| Had at least one drink of alcohol in the past 30 days   | 25.1         | 24.5        |
| Usually got the alcohol they drank by buying it themselves in the past 30 days  | NA           | 16.1        |
| 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) | NA           | 12.6        |
| Thought parents would feel it was a little bit wrong, wrong, or very wrong for them to drink beer, wine, or hard liquor regularly   | 88.0         | 87.7        |
| Ever used alcohol or drugs to relax, feel better about themselves, or fit in  | 20.3         | 19.7        |
| Ever used alcohol or drugs while they were alone  | 17.5         | 18.0        |
| Ever forgot things they did while using alcohol or drugs  | 16.5         | 16.0        |
| Ever had family or friends tell them that they should cut down on their drinking or drug use  | 11.1         | 13.3        |
| Ever got into trouble while using alcohol or drugs  | 13.2         | 13.0        |
| Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months   | 16.7         | 16.8        |
| Ever tried marijuana  | 32.6         | 31.1        |
| Tried marijuana for the first time before age 13 years  | 9.5          | 9.1         |
| Used marijuana in the past 30 days  | 19.4         | 18.1        |
| Usually used marijuana by smoking it in a joint, bong, pipe, or blunt in the past 30 days (among students who used marijuana) *   | <b>83.2</b>  | <b>76.2</b> |
| Ever used any of the following drugs  |              |             |
| Any form of cocaine   | 5.7          | 7.1         |
| Ecstasy *   | <b>8.0</b>   | <b>6.0</b>  |
| Hallucinogenic drugs  | 8.1          | 7.6         |
| Heroin  | 3.3          | 4.5         |
| Methamphetamines  | 3.8          | 4.8         |
| Synthetic marijuana   | 7.5          | 6.3         |
| Ever took prescription pain medicine without a doctor's prescription or differently than a doctor told them to use it   | NA           | 12.2        |
| Ever used a needle to inject any illegal drug into their body   | 3.3          | 2.8         |



**Ever took prescription pain medicine without a doctor's prescription or differently than a doctor told them to use it.**

|   | HAWAII STATE |        |
|---|--------------|--------|
|   | 2015 %       | 2017 % |
| <b>INJURIES &amp; VIOLENCE</b>  |              |        |
| Rode in a car driven by someone, including themselves, who was "high" or had been using alcohol or drugs in the past 30 days  | 20.3         | 20.6   |
| Texted or emailed while driving a car or other vehicle in the past 30 days (among students who drove)   | 40.3         | 38.2   |
| Carried a weapon in the past 30 days (such as a gun, knife, or club)  | 10.7         | 11.8   |
| Were in a physical fight in the past 12 months  | 14.9         | 16.8   |
| Did not go to school because they felt unsafe at school or on their way to or from school in the past 30 days   | 9.1          | 9.3    |
| Were electronically bullied in the past 12 months   | 14.7         | 14.6   |
| Were bullied on school property in the past 12 months   | 18.6         | 18.4   |
| Strongly agreed or agreed that harassment and bullying by other students is a problem at their school   | NA           | 38.6   |
| Were ever physically forced to have sexual intercourse  | 8.8          | 8.3    |
| 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) | 32.6         | 29.9   |
| 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)          | 9.8          | 11.3   |
| Experienced sexual violence by anyone in the past 12 months   | NA           | 11.7   |



**10% of Hawaii high school students attempted suicide during the past 12 months.**

|  | HAWAII STATE |            |
|--|--------------|------------|
|  | 2015 %       | 2017 %     |
| <b>MENTAL HEALTH &amp; SUICIDE</b>   |              |            |
| Purposely hurt themselves without wanting to die in the past 12 months (such as cutting or burning) *  | 23.0         | 19.1       |
| Felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities in the past 12 months   | 29.5         | 29.5       |
| Never or rarely got the kind of help they needed (among students who reported having felt sad, empty, hopeless, angry, or anxious)   | NA           | 54.9       |
| Seriously considered attempting suicide in the past 12 months  | 16.0         | 16.0       |
| Made a plan about how they would attempt suicide in the past 12 months   | 15.6         | 13.8       |
| Attempted suicide in the past 12 months  | 10.5         | 10.0       |
| Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse in the past 12 months *  | <b>3.4</b>   | <b>2.4</b> |
| 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 | NA           | 21.1       |

|  | HAWAII STATE |             |
|--|--------------|-------------|
|  | 2015 %       | 2017 %      |
| <b>PHYSICAL ACTIVITY</b>   |              |             |
| 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   | 18.0         | 19.3        |
| 5 or more days   | 38.1         | 36.6        |
| All 7 days   | 20.3         | 19.6        |
| Did exercises to strengthen or tone their muscles on three or more of the past 7 days *  | <b>46.0</b>  | <b>42.4</b> |
| Attended physical education classes on one or more days in an average week (when they were in school)  | 42.4         | 39.7        |
| Attended physical education classes on all five days in an average week (when they were in school)   | 6.7          | 5.8         |
| Played on at least one sports team in the past 12 months (run by their school or community groups)   | 52.2         | 50.2        |
| Watched television three or more hours per day (on an average school day) *  | <b>21.8</b>  | <b>18.4</b> |
| 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) | 40.6         | 40.7        |
| 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                                | 38.3         | 36.7        |

**7% of Hawaii high school students went hungry most of the time or always because there was not enough food in their home.**

|   | HAWAII STATE |             |
|---|--------------|-------------|
|   | 2015 %       | 2017 %      |
| <b>WEIGHT &amp; NUTRITION</b>   |              |             |
| Had obesity (≥ 95 percentile BMI for age & sex)   | 12.9         | 14.2        |
| Overweight (≥ 85 but < 95 percentile BMI for age & sex)   | 15.3         | 14.2        |
| Described themselves as slightly or very overweight   | 32.0         | 31.5        |
| Ate fruit or drank 100% fruit juices two or more times per day in the past 7 days   | 23.2         | 21.2        |
| Did not eat fruit or drink 100% fruit juices in the past 7 days   | 7.8          | 7.5         |
| Did not eat fruit in the past 7 days  | 13.7         | 13.1        |
| Did not drink 100% fruit juices in the past 7 days  | 33.8         | 35.9        |
| Ate vegetables three or more times per day in the past 7 days   | NA           | 11.8        |
| Did not eat vegetables in the past 7 days   | NA           | 8.4         |
| Drank one or more glasses per day of milk in the past 7 days *  | <b>23.0</b>  | <b>19.8</b> |
| Did not drink milk in the past 7 days *   | <b>29.6</b>  | <b>35.0</b> |
| Drank a can, bottle, or glass of soda or pop one or more times per day in the past 7 days (not diet) *                            | <b>13.4</b>  | <b>11.0</b> |
| Did not drink a can, bottle, or glass of soda or pop in the past 7 days (not diet)  | 34.2         | 37.3        |
| 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)         | 12.5         | 10.2        |
| Did not drink 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) | 32.1         | 34.2        |
| Ate breakfast on all 7 days in the past 7 days  | 36.0         | 35.9        |
| Did not eat breakfast in the past 7 days *  | <b>12.1</b>  | <b>14.1</b> |
| Went hungry most of the time or always because there was not enough food in their home  | 7.9          | 6.7         |

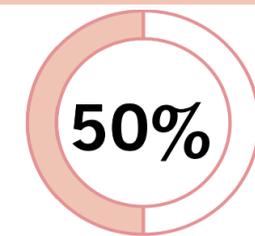
\* Statistically significant difference ( $p < 0.05$ ) between Hawaii state 2015 and 2017

**Bold** Statistically significant difference

NA Not Applicable (not asked or not available)



|   | HAWAII STATE |             |
|---|--------------|-------------|
|   | 2015 %       | 2017 %      |
| <b>SEXUAL BEHAVIORS &amp; IDENTITY</b>  |              |             |
| Ever had sexual intercourse   | 30.7         | 28.2        |
| Had sexual intercourse for the first time before age 13 years   | 3.5          | 3.4         |
| Had sexual intercourse with four or more persons (lifetime)   | 6.8          | 5.4         |
| Had sexual intercourse with at least one person in the past 3 months (students who were currently sexually active) *                                      | <b>22.3</b>  | <b>19.2</b> |
| Used a condom during last sexual intercourse (among students who were currently sexually active)  | 48.4         | 42.7        |
| Drank alcohol or used drugs before last sexual intercourse  | 19.9         | 22.8        |
| Ever had sexual contact with both males and females   | 3.4          | 4.2         |
| 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   | 16.7         | 15.9        |
| - Condoms   | 39.1         | 39.0        |
| - IUD or implant  | 4.6          | 7.9         |
| - Shot, patch, or birth control ring  | 5.5          | 6.1         |
| - Birth control pills; and IUD or implant; or a shot, patch, or birth control ring  | 26.8         | 29.9        |
| - Both a condom and birth control pills; an IUD or implant; or a shot, patch, or birth control ring   | 7.0          | 5.5         |
| - None  | 13.2         | 15.8        |



**50% of Hawaii high school students ever drank alcohol (other than a few sips).**