

Sleep on School Nights in Hawaii, by County

Sleep on School Nights in Hawaii, by School Type, County, Gender, Grade Level, and DOH Race-Ethnicity, for the Years 2013 - 2015

Note: Hawaii County High School data is not available in 2011. Kauai county had no Native Alaskan/ American Indian respondents for 2013.

Below are the indicators included in this report and the long description for each indicator.

Health Indicator	Health Indicator Description
Sleep - 8+ hours, average school night	Students who, on an average school night, get at least 8 hours of sleep

Suggested citation:

Hawaii Health Data Warehouse, State of Hawaii, Hawaii School Health Survey: Youth Risk Behavior Survey Module, (report title and years), Report Created: 7/26/16

For documentation on other terms and coding in this report, please go to the following links:

[Click here to access YRBS documentation](#)

[Click here to access Race-Ethnicity coding](#)

[Click here to access Hawai'i Data Guide](#)

For questions about this report, please contact The Hawaii Health Data Warehouse

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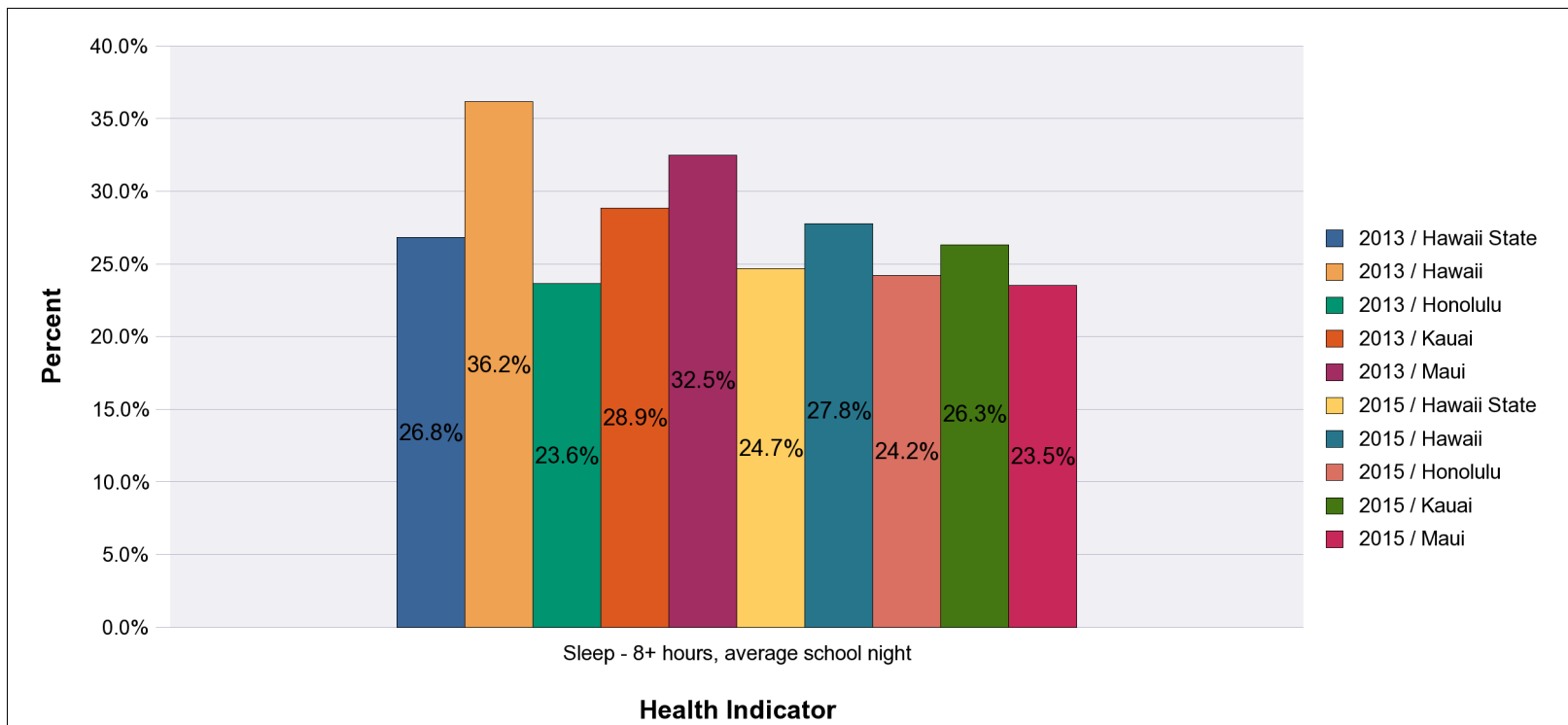
(855) 946-5899 x 15

Sleep on School Nights in Hawaii, by School Type, by State and County, for the Years 2013 - 2015

Note: Weighted percentages, positive responses only, 95% confidence interval; n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011

High Schools

		Hawaii State	Hawaii	Honolulu	Kauai	Maui
Sleep - 8+ hours, average school night	2013	26.8%	36.2%	23.6%	28.9%	32.5%
	2015	24.7%	27.8%	24.2%	26.3%	23.5%

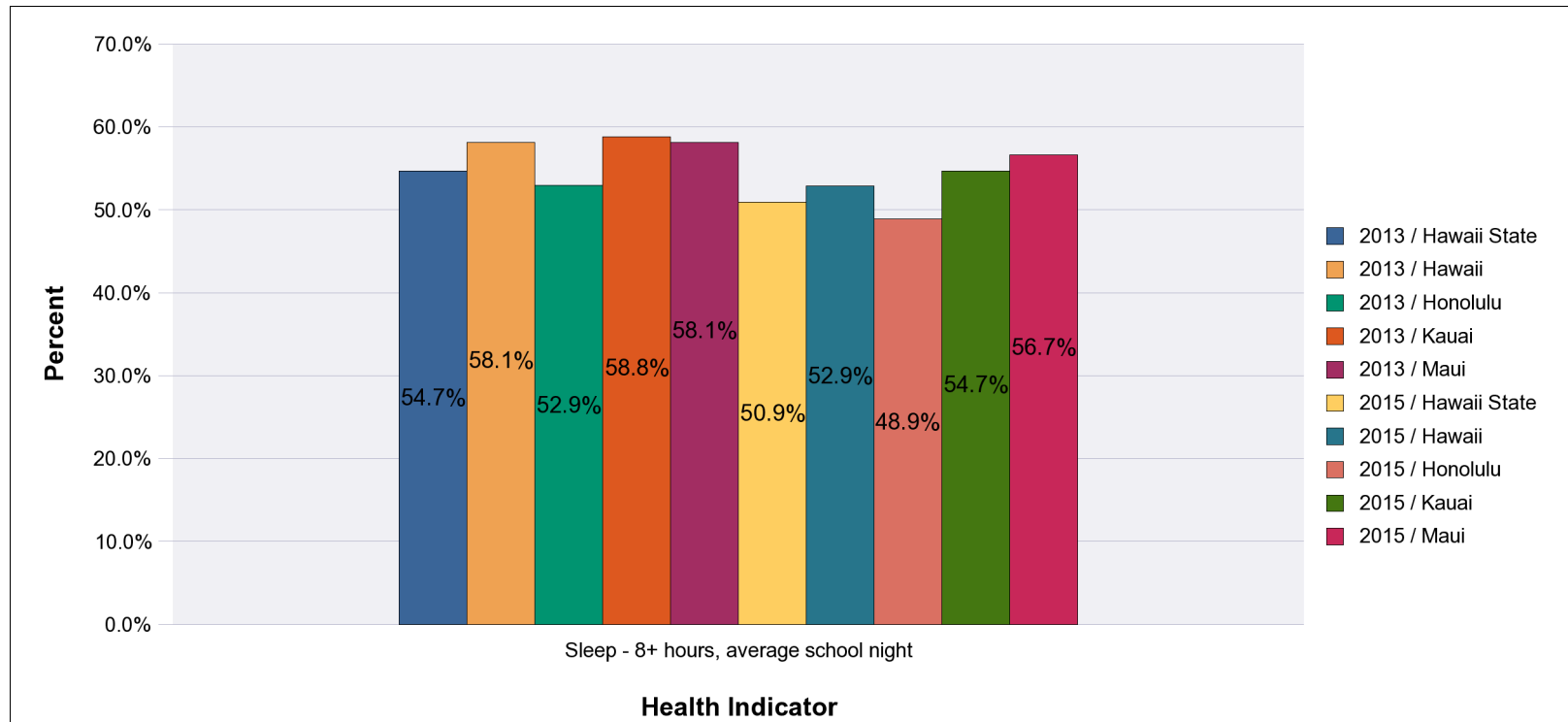


Sleep on School Nights in Hawaii, by School Type, by State and County, for the Years 2013 - 2015

Note: Weighted percentages, positive responses only, 95% confidence interval; n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011

Middle Schools

		Hawaii State	Hawaii	Honolulu	Kauai	Maui
Sleep - 8+ hours, average school night	2013	54.7%	58.1%	52.9%	58.8%	58.1%
	2015	50.9%	52.9%	48.9%	54.7%	56.7%



Sleep on School Nights in Hawaii, by School Type and County, by Gender, Grade Level, and DOH Race-Ethnicity, for the Years 2013 - 2015

*Note: Weighted counts rounded to nearest 100, weighted percentages, positive responses only, 95% confidence interval;
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High Schools

Year: 2015

Sleep - 8+ hours, average school night

State	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Totals	1,300	27.8%	24.3 - 31.3	6,500	24.2%	20.5 - 27.9	600	26.3%	23.2 - 29.5	1,200	23.5%	20.5 - 26.6

Gender	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Male	700	29.6%	24.2 - 35.0	3,500	26.6%	23.3 - 30.0	300	27.8%	22.7 - 32.8	600	26.2%	21.8 - 30.5
Female	700	25.9%	20.9 - 30.9	3,000	22.0%	16.9 - 27.2	300	24.8%	19.5 - 30.2	500	20.9%	17.1 - 24.6

Grade Level	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
9th Grade	400	32.0%	23.8 - 40.2	2,500	32.6%	28.3 - 36.9	200	30.7%	25.3 - 36.1	400	31.8%	27.0 - 36.6
10th Grade	400	31.1%	25.1 - 37.1	1,600	24.0%	16.3 - 31.7	200	32.3%	26.5 - 38.1	300	25.3%	20.8 - 29.8
11th Grade	300	25.0%	16.8 - 33.3	1,300	22.8%	16.5 - 29.0	100	21.4%	15.3 - 27.4	200	18.6%	14.1 - 23.2
12th Grade	300	22.8%	16.3 - 29.4	900	15.1%	9.5 - 20.7	100	19.9%	13.6 - 26.1	200	16.9%	12.0 - 21.9

Sleep on School Nights in Hawaii, by School Type and County, by Gender, Grade Level, and DOH Race-Ethnicity, for the Years 2013 - 2015

*Note: Weighted counts rounded to nearest 100, weighted percentages, positive responses only, 95% confidence interval;
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High Schools

Year: 2015

Sleep - 8+ hours, average school night

DOH Race-Ethnicity	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Caucasian	n/r	n/r	n/r	1,100	34.4%	25.2 - 43.5	200	33.9%	26.1 - 41.6	200	23.7%	17.1 - 30.3
Native Hawaiian	400	23.8%	18.7 - 28.8	1,200	23.5%	19.9 - 27.1	100	24.2%	18.2 - 30.3	300	26.1%	21.2 - 30.9
Filipino	200	24.3%	16.2 - 32.4	1,500	20.9%	14.0 - 27.9	200	24.8%	17.4 - 32.1	400	21.4%	16.1 - 26.7
Japanese	n/r	n/r	n/r	900	29.1%	18.5 - 39.8	n/r	n/r	n/r	n/r	n/r	n/r
Black	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Other Asian	n/r	n/r	n/r	200	17.0%	13.8 - 20.2	n/r	n/r	n/r	n/r	n/r	n/r
Other Pacific Islander	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Other	200	29.1%	24.2 - 34.1	1,100	21.2%	15.2 - 27.2	100	21.7%	17.5 - 25.9	200	24.0%	19.9 - 28.1

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*Note: Weighted counts rounded to nearest 100, weighted percentages, positive responses only, 95% confidence interval;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

High Schools

Year: 2013

Sleep - 8+ hours, average school night

State	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Totals	2,000	36.2%	32.5 - 39.8	6,400	23.6%	21.1 - 26.2	700	28.9%	24.9 - 32.8	1,700	32.5%	28.9 - 36.1

Gender	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Male	1,000	38.6%	33.0 - 44.2	3,600	26.9%	23.6 - 30.2	400	32.4%	27.2 - 37.7	900	35.7%	30.2 - 41.1
Female	1,000	33.6%	28.7 - 38.5	2,800	20.6%	16.2 - 25.0	300	25.1%	20.7 - 29.5	800	29.5%	25.2 - 33.8

Grade Level	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
9th Grade	700	45.5%	40.0 - 50.9	2,400	31.6%	24.2 - 38.9	300	45.3%	39.7 - 50.8	600	38.0%	32.5 - 43.5
10th Grade	500	34.4%	25.0 - 43.8	1,700	25.9%	20.1 - 31.7	200	26.0%	20.2 - 31.8	500	36.5%	30.7 - 42.2
11th Grade	400	32.7%	25.6 - 39.8	1,300	21.8%	17.1 - 26.5	100	24.7%	17.6 - 31.8	300	29.2%	21.0 - 37.4
12th Grade	400	31.0%	24.2 - 37.7	900	13.7%	9.4 - 18.0	100	17.0%	12.6 - 21.5	300	25.3%	16.5 - 34.2

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High Schools

Year: 2013

Sleep - 8+ hours, average school night

DOH Race-Ethnicity	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Caucasian	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Native Hawaiian	600	36.7%	30.7 - 42.7	1,400	26.9%	21.1 - 32.7	200	33.1%	27.6 - 38.6	400	34.1%	28.3 - 39.8
Filipino	300	33.7%	23.8 - 43.7	1,500	19.0%	13.5 - 24.6	200	23.6%	17.5 - 29.7	400	25.4%	20.2 - 30.6
Japanese	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Black	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r	n/r	n/r	n/r	n/a	n/a	n/a	n/r	n/r	n/r
Other Asian	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Other Pacific Islander	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Other	300	37.6%	31.4 - 43.7	1,200	24.0%	18.7 - 29.3	100	28.8%	22.6 - 35.0	200	31.1%	26.6 - 35.6

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Middle Schools

Year: 2015

Sleep - 8+ hours, average school night

State	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Totals	1,900	52.9%	49.0 - 56.7	7,800	48.9%	43.4 - 54.4	800	54.7%	50.9 - 58.5	2,000	56.7%	53.1 - 60.2

Gender	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Male	900	51.3%	46.3 - 56.2	4,100	53.3%	46.7 - 60.0	400	57.3%	52.0 - 62.6	1,000	58.2%	53.3 - 63.2
Female	1,000	54.3%	49.1 - 59.5	3,700	45.2%	39.6 - 50.7	400	52.4%	46.9 - 57.8	1,000	55.2%	50.9 - 59.5

Grade Level	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
6th Grade	600	61.4%	53.7 - 69.0	1,300	59.8%	51.7 - 68.0	300	63.8%	57.5 - 70.2	700	67.5%	62.1 - 72.8
7th Grade	700	54.8%	49.4 - 60.3	3,500	50.9%	43.3 - 58.4	300	57.8%	51.7 - 63.9	600	52.1%	47.0 - 57.2
8th Grade	600	44.8%	39.9 - 49.7	2,900	43.9%	38.4 - 49.4	200	44.1%	38.8 - 49.4	600	51.2%	45.8 - 56.7

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Middle Schools

Year: 2015

Sleep - 8+ hours, average school night

DOH Race-Ethnicity	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Caucasian	n/r	n/r	n/r	1,100	59.4%	49.9 - 68.9	n/r	n/r	n/r	300	61.4%	52.4 - 70.4
Native Hawaiian	600	50.6%	46.1 - 55.1	1,400	49.0%	43.7 - 54.4	200	54.0%	48.5 - 59.4	500	53.8%	48.7 - 58.9
Filipino	300	50.8%	40.8 - 60.9	1,600	40.8%	35.1 - 46.4	200	54.1%	43.6 - 64.5	600	58.6%	50.8 - 66.4
Japanese	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Black	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Other Asian	n/r	n/r	n/r	200	58.2%	49.4 - 67.0	n/r	n/r	n/r	n/r	n/r	n/r
Other Pacific Islander	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Other	400	52.8%	46.7 - 58.9	1,100	49.1%	43.5 - 54.6	200	53.7%	48.9 - 58.4	300	53.2%	48.0 - 58.5

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Middle Schools

Year: 2013

Sleep - 8+ hours, average school night

State	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Totals	1,900	58.1%	54.1 - 62.1	8,900	52.9%	49.7 - 56.2	900	58.8%	54.3 - 63.4	2,100	58.1%	54.0 - 62.2

Gender	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Male	900	59.1%	53.9 - 64.3	4,600	55.9%	50.4 - 61.4	400	60.2%	53.6 - 66.7	1,100	60.8%	56.5 - 65.1
Female	1,000	57.2%	51.6 - 62.7	4,200	50.2%	46.4 - 53.9	500	57.7%	51.3 - 64.0	1,100	55.6%	49.8 - 61.3

Grade Level	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
6th Grade	600	66.7%	60.6 - 72.8	1,800	63.1%	52.5 - 73.8	300	61.3%	55.1 - 67.5	800	69.3%	63.5 - 75.1
7th Grade	800	60.9%	55.3 - 66.4	4,000	56.1%	52.0 - 60.2	400	68.4%	60.6 - 76.3	800	61.7%	56.1 - 67.3
8th Grade	600	49.1%	42.0 - 56.2	3,000	45.1%	36.9 - 53.4	300	47.7%	41.4 - 54.0	600	45.3%	40.0 - 50.6

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Middle Schools

Year: 2013

Sleep - 8+ hours, average school night

DOH Race-Ethnicity	Hawaii			Honolulu			Kauai			Maui		
	#	%	CI	#	%	CI	#	%	CI	#	%	CI
Caucasian	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Native Hawaiian	700	56.3%	50.6 - 62.0	1,500	48.7%	46.0 - 51.3	300	59.9%	53.3 - 66.5	600	59.6%	54.2 - 65.1
Filipino	300	58.6%	48.0 - 69.2	2,100	52.7%	50.1 - 55.4	200	52.8%	42.9 - 62.7	600	53.9%	47.2 - 60.6
Japanese	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Black	n/r	n/r	n/r	n/r	n/r	n/r	n/a	n/a	n/a	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Other Asian	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Other Pacific Islander	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
Other	300	53.4%	47.2 - 59.7	800	53.2%	44.5 - 62.0	200	63.9%	58.4 - 69.4	400	63.1%	57.3 - 68.8