

Physical Activity Guidelines in Hawaii, by County

Physical Activity Guidelines 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 |
|---|---|
| Physical activity - 60+ min, 7 of past 7 days | Students who were physically active for a total of 60 minutes or more per day on all of the past seven days |
| Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days | Students who were physically active for at least 60 minutes on 7 of the past 7 days and did muscle-strengthening activities on 3+ days of the past 7 days |
| Physical activity - muscle strengthen, 3+ of past 7 days | Students who did exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting, on three or more of the past seven days |

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

profiles@hhdw.org

(855) 946-5899 x 15

Report Source: The Hawaii Health Data Warehouse;

Data Source: State of Hawaii, Hawaii School Health Survey: Youth Risk Behavior Survey Module

Report Date: 07/26/2016

Physical Activity Guidelines 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

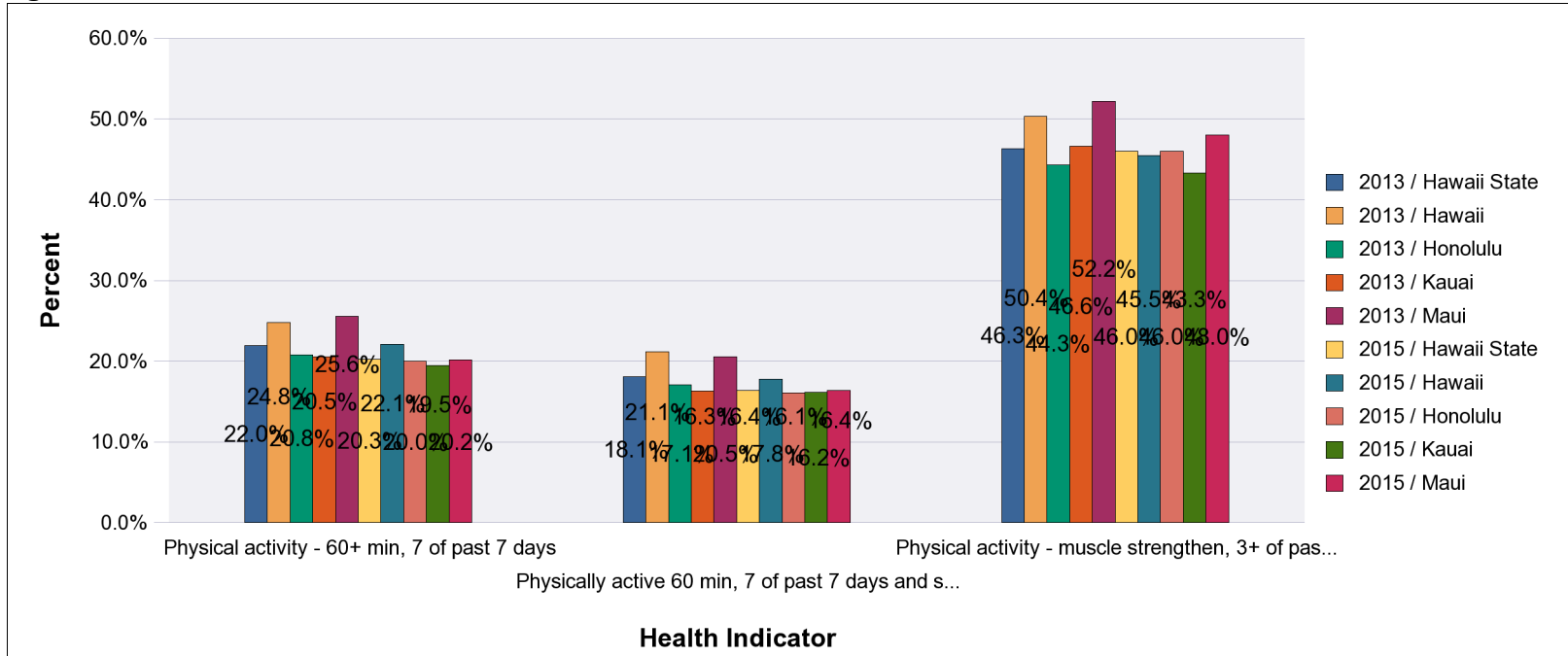
High Schools

| | | Hawaii State | Hawaii | Honolulu | Kauai | Maui |
|---|------|--------------|--------|----------|-------|-------|
| Physical activity - 60+ min, 7 of past 7 days | 2013 | 22.0% | 24.8% | 20.8% | 20.5% | 25.6% |
| | 2015 | 20.3% | 22.1% | 20.0% | 19.5% | 20.2% |
| Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days | 2013 | 18.1% | 21.1% | 17.1% | 16.3% | 20.5% |
| | 2015 | 16.4% | 17.8% | 16.1% | 16.2% | 16.4% |
| Physical activity - muscle strengthen, 3+ of past 7 days | 2013 | 46.3% | 50.4% | 44.3% | 46.6% | 52.2% |
| | 2015 | 46.0% | 45.5% | 46.0% | 43.3% | 48.0% |

Physical Activity Guidelines 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



Physical Activity Guidelines 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

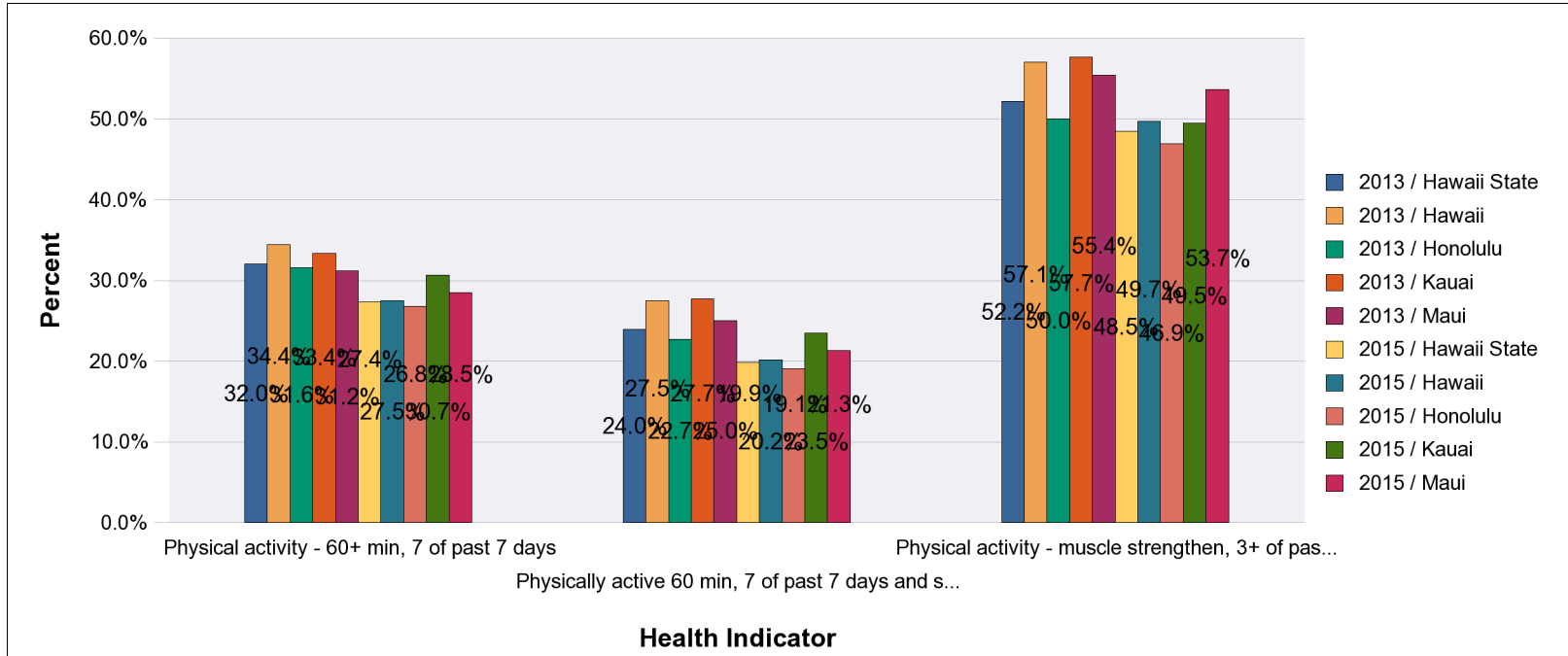
Middle Schools

| | | Hawaii State | Hawaii | Honolulu | Kauai | Maui |
|---|------|--------------|--------|----------|-------|-------|
| Physical activity - 60+ min, 7 of past 7 days | 2013 | 32.0% | 34.4% | 31.6% | 33.4% | 31.2% |
| | 2015 | 27.4% | 27.5% | 26.8% | 30.7% | 28.5% |
| Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days | 2013 | 24.0% | 27.5% | 22.7% | 27.7% | 25.0% |
| | 2015 | 19.9% | 20.2% | 19.1% | 23.5% | 21.3% |
| Physical activity - muscle strengthen, 3+ of past 7 days | 2013 | 52.2% | 57.1% | 50.0% | 57.7% | 55.4% |
| | 2015 | 48.5% | 49.7% | 46.9% | 49.5% | 53.7% |

Physical Activity Guidelines 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



Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

High Schools

Year: 2015

Physical activity - 60+ min, 7 of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 1,100 | 22.1% | 18.6 - 25.5 | 5,500 | 20.0% | 17.8 - 22.3 | 400 | 19.5% | 16.3 - 22.7 | 1,000 | 20.2% | 17.9 - 22.5 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 700 | 30.4% | 24.4 - 36.4 | 3,500 | 26.2% | 21.8 - 30.6 | 300 | 28.4% | 23.9 - 32.8 | 600 | 25.5% | 21.8 - 29.3 |
| Female | 400 | 14.7% | 10.8 - 18.6 | 2,000 | 14.2% | 11.0 - 17.4 | 100 | 11.6% | 8.3 - 14.9 | 400 | 15.2% | 12.6 - 17.8 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|-------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 9th Grade | 300 | 22.7% | 14.7 - 30.6 | 1,600 | 21.0% | 15.7 - 26.3 | 100 | 18.5% | 12.7 - 24.3 | 300 | 20.5% | 14.9 - 26.0 |
| 10th Grade | 300 | 26.3% | 20.2 - 32.4 | 1,500 | 22.1% | 17.5 - 26.7 | 100 | 20.9% | 14.6 - 27.2 | 300 | 21.5% | 16.2 - 26.7 |
| 11th Grade | 200 | 17.6% | 12.1 - 23.1 | 1,300 | 20.8% | 12.8 - 28.8 | 100 | 18.5% | 12.6 - 24.3 | 200 | 17.8% | 13.0 - 22.6 |
| 12th Grade | 300 | 21.3% | 15.2 - 27.3 | 1,000 | 16.1% | 13.2 - 19.0 | 100 | 21.2% | 16.1 - 26.3 | 300 | 21.3% | 16.5 - 26.1 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

High Schools

Year: 2015

Physical activity - 60+ min, 7 of past 7 days

| DOH Race-Ethnicity | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Caucasian | n/r | n/r | n/r | 600 | 18.8% | 12.1 - 25.4 | 100 | 21.9% | 15.0 - 28.8 | 200 | 22.4% | 15.4 - 29.4 |
| Native Hawaiian | 400 | 24.8% | 18.5 - 31.0 | 1,400 | 27.1% | 23.5 - 30.6 | 100 | 21.9% | 17.8 - 26.0 | 300 | 26.9% | 22.1 - 31.7 |
| Filipino | 200 | 20.0% | 11.1 - 28.9 | 1,100 | 15.1% | 11.9 - 18.3 | 100 | 15.2% | 8.9 - 21.5 | 300 | 16.1% | 12.3 - 19.9 |
| Japanese | n/r | n/r | n/r | 700 | 23.9% | 18.1 - 29.6 | 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 | 12.5% | 5.5 - 19.5 | 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 | 100 | 20.8% | 16.6 - 25.1 | 1,000 | 19.8% | 16.8 - 22.7 | 100 | 18.2% | 14.1 - 22.2 | 100 | 20.7% | 17.0 - 24.3 |

Physical Activity Guidelines 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; n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011

High Schools

Year: 2015

Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 900 | 17.8% | 14.5 - 21.1 | 4,400 | 16.1% | 14.6 - 17.6 | 400 | 16.2% | 13.3 - 19.0 | 800 | 16.4% | 14.3 - 18.5 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 600 | 24.1% | 18.8 - 29.3 | 2,900 | 21.8% | 17.3 - 26.4 | 300 | 24.0% | 19.6 - 28.4 | 500 | 21.1% | 17.6 - 24.6 |
| Female | 300 | 12.5% | 8.7 - 16.3 | 1,500 | 10.7% | 7.8 - 13.6 | 100 | 9.1% | 6.2 - 12.1 | 300 | 12.0% | 9.5 - 14.6 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|-------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 9th Grade | 300 | 19.5% | 12.2 - 26.8 | 1,300 | 17.2% | 13.6 - 20.8 | 100 | 15.1% | 9.9 - 20.3 | 300 | 17.7% | 12.7 - 22.7 |
| 10th Grade | 300 | 21.3% | 15.1 - 27.5 | 1,200 | 17.4% | 13.0 - 21.9 | 100 | 17.4% | 11.8 - 22.9 | 200 | 17.4% | 12.5 - 22.3 |
| 11th Grade | 200 | 14.0% | 9.1 - 18.9 | 1,000 | 16.2% | 9.5 - 22.9 | 100 | 14.9% | 9.4 - 20.4 | 200 | 14.1% | 9.9 - 18.3 |
| 12th Grade | 200 | 16.0% | 9.2 - 22.7 | 800 | 13.4% | 10.4 - 16.4 | 100 | 18.0% | 13.3 - 22.8 | 200 | 16.2% | 12.1 - 20.3 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

High Schools

Year: 2015

Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days

| DOH Race-Ethnicity | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Caucasian | n/r | n/r | n/r | 500 | 13.8% | 6.7 - 20.9 | 100 | 17.1% | 9.6 - 24.7 | 100 | 18.5% | 11.7 - 25.2 |
| Native Hawaiian | 400 | 21.1% | 15.4 - 26.9 | 1,200 | 22.0% | 19.0 - 25.0 | 100 | 18.3% | 14.0 - 22.5 | 300 | 23.5% | 18.8 - 28.2 |
| Filipino | 100 | 18.0% | 9.1 - 26.8 | 900 | 11.7% | 8.2 - 15.1 | 100 | 13.4% | 7.2 - 19.6 | 200 | 11.6% | 8.3 - 15.0 |
| Japanese | n/r | n/r | n/r | 600 | 20.0% | 13.7 - 26.4 | 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 | 100 | 11.3% | 4.4 - 18.1 | 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 | 100 | 17.1% | 13.3 - 20.9 | 800 | 16.6% | 14.1 - 19.1 | 100 | 15.2% | 11.5 - 18.9 | 100 | 16.6% | 13.4 - 19.7 |

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High Schools

Year: 2015

Physical activity - muscle strengthen, 3+ of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 2,300 | 45.5% | 41.3 - 49.6 | 12,600 | 46.0% | 42.0 - 50.0 | 1,000 | 43.3% | 39.1 - 47.6 | 2,400 | 48.0% | 45.1 - 50.9 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 1,200 | 52.6% | 47.2 - 58.0 | 7,300 | 54.0% | 48.5 - 59.4 | 600 | 52.6% | 47.5 - 57.6 | 1,400 | 55.7% | 52.0 - 59.4 |
| Female | 1,000 | 39.4% | 34.0 - 44.9 | 5,300 | 38.5% | 32.1 - 44.9 | 400 | 35.1% | 29.5 - 40.6 | 1,100 | 41.1% | 37.1 - 45.1 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|-------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 9th Grade | 600 | 44.5% | 36.1 - 53.0 | 4,100 | 52.1% | 43.0 - 61.3 | 300 | 45.1% | 35.8 - 54.5 | 700 | 49.0% | 42.8 - 55.2 |
| 10th Grade | 600 | 46.9% | 37.4 - 56.3 | 3,200 | 46.0% | 41.4 - 50.6 | 200 | 44.5% | 35.8 - 53.1 | 700 | 54.4% | 48.6 - 60.2 |
| 11th Grade | 500 | 41.2% | 34.2 - 48.1 | 2,800 | 45.8% | 38.8 - 52.8 | 200 | 41.5% | 34.4 - 48.6 | 500 | 46.0% | 39.6 - 52.4 |
| 12th Grade | 600 | 48.7% | 38.8 - 58.6 | 2,500 | 39.0% | 34.0 - 44.1 | 200 | 43.5% | 37.1 - 50.0 | 500 | 42.9% | 38.1 - 47.8 |

Physical Activity Guidelines in Hawaii, by School Type and County, by Gender, Grade Level, and DOH Race-Ethnicity, for the Years 2013 - 2015

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High Schools

Year: 2015

Physical activity - muscle strengthen, 3+ of past 7 days

| DOH Race-Ethnicity | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Caucasian | n/r | n/r | n/r | 1,600 | 47.2% | 36.6 - 57.9 | 200 | 42.2% | 30.2 - 54.3 | 300 | 42.8% | 35.0 - 50.7 |
| Native Hawaiian | 900 | 50.1% | 45.5 - 54.8 | 2,700 | 50.3% | 45.1 - 55.5 | 300 | 42.5% | 36.1 - 49.0 | 700 | 57.4% | 51.8 - 63.1 |
| Filipino | 400 | 47.4% | 36.6 - 58.2 | 3,300 | 43.6% | 36.3 - 51.0 | 300 | 45.0% | 36.2 - 53.8 | 800 | 44.5% | 39.3 - 49.8 |
| Japanese | n/r | n/r | n/r | 1,500 | 49.8% | 42.6 - 57.0 | 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 | 400 | 32.3% | 24.8 - 39.7 | 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 | 41.8% | 36.6 - 47.0 | 2,400 | 47.6% | 43.0 - 52.2 | 200 | 43.3% | 38.5 - 48.1 | 300 | 49.3% | 44.7 - 54.0 |

Physical Activity Guidelines in Hawaii, by School Type and County, by Gender, Grade Level, and DOH Race-Ethnicity, for the Years 2013 - 2015

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High Schools

Year: 2013

Physical activity - 60+ min, 7 of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 1,400 | 24.8% | 21.4 - 28.2 | 5,700 | 20.8% | 18.7 - 22.9 | 500 | 20.5% | 17.6 - 23.5 | 1,400 | 25.6% | 22.3 - 28.9 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 1,000 | 35.2% | 29.9 - 40.5 | 4,000 | 29.0% | 24.8 - 33.2 | 300 | 29.6% | 24.3 - 34.9 | 900 | 34.4% | 29.3 - 39.6 |
| Female | 400 | 14.8% | 11.2 - 18.4 | 1,800 | 12.9% | 10.1 - 15.7 | 100 | 11.3% | 7.7 - 14.8 | 500 | 17.3% | 13.2 - 21.5 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|-------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 9th Grade | 400 | 25.3% | 20.3 - 30.4 | 1,900 | 24.0% | 20.2 - 27.9 | 100 | 21.3% | 15.7 - 27.0 | 400 | 27.6% | 19.8 - 35.4 |
| 10th Grade | 300 | 24.6% | 15.3 - 33.9 | 1,700 | 24.4% | 20.1 - 28.7 | 200 | 25.6% | 20.0 - 31.3 | 400 | 27.5% | 21.8 - 33.1 |
| 11th Grade | 300 | 23.8% | 17.4 - 30.1 | 900 | 13.6% | 11.6 - 15.6 | 100 | 15.6% | 10.3 - 20.9 | 300 | 23.9% | 17.4 - 30.4 |
| 12th Grade | 300 | 25.0% | 19.8 - 30.3 | 1,300 | 20.2% | 14.3 - 26.2 | 100 | 17.4% | 9.9 - 25.0 | 300 | 22.2% | 15.4 - 29.0 |

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High Schools

Year: 2013

Physical activity - 60+ min, 7 of past 7 days

| 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 | 500 | 25.5% | 20.3 - 30.8 | 1,400 | 26.1% | 20.6 - 31.6 | 200 | 23.9% | 17.8 - 29.9 | 400 | 30.9% | 25.9 - 35.9 |
| Filipino | 200 | 23.7% | 16.1 - 31.4 | 1,300 | 17.3% | 13.5 - 21.1 | 100 | 16.5% | 11.9 - 21.0 | 300 | 19.7% | 14.8 - 24.7 |
| 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 | 300 | 19.8% | 12.8 - 26.9 | 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 | 25.6% | 21.5 - 29.7 | 1,100 | 21.3% | 16.1 - 26.5 | 100 | 14.7% | 10.3 - 19.1 | 200 | 24.9% | 19.7 - 30.1 |

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n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

High Schools

Year: 2013

Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 1,200 | 21.1% | 18.1 - 24.2 | 4,700 | 17.1% | 15.2 - 19.0 | 400 | 16.3% | 13.9 - 18.8 | 1,100 | 20.5% | 17.4 - 23.6 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 900 | 31.6% | 26.7 - 36.4 | 3,300 | 24.4% | 21.2 - 27.5 | 300 | 23.6% | 19.4 - 27.8 | 800 | 30.0% | 24.9 - 35.2 |
| Female | 300 | 11.0% | 7.5 - 14.6 | 1,400 | 10.1% | 7.0 - 13.2 | 100 | 8.6% | 5.3 - 12.0 | 300 | 11.6% | 8.0 - 15.2 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|-------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 9th Grade | 400 | 23.2% | 18.5 - 27.9 | 1,500 | 19.3% | 14.9 - 23.8 | 100 | 16.3% | 12.1 - 20.5 | 300 | 23.3% | 15.6 - 31.0 |
| 10th Grade | 300 | 19.4% | 12.2 - 26.6 | 1,400 | 19.8% | 16.0 - 23.5 | 100 | 21.4% | 16.5 - 26.3 | 300 | 20.4% | 15.6 - 25.2 |
| 11th Grade | 300 | 20.6% | 14.6 - 26.6 | 700 | 11.9% | 10.1 - 13.8 | 100 | 12.8% | 7.7 - 17.9 | 200 | 19.4% | 13.2 - 25.7 |
| 12th Grade | 300 | 20.6% | 15.6 - 25.5 | 1,100 | 16.5% | 11.0 - 22.1 | 100 | 12.9% | 7.4 - 18.4 | 200 | 17.7% | 12.1 - 23.2 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

High Schools

Year: 2013

Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days

| 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 | 400 | 21.7% | 17.0 - 26.4 | 1,200 | 22.8% | 17.5 - 28.1 | 100 | 21.1% | 15.2 - 26.9 | 400 | 26.3% | 21.7 - 31.0 |
| Filipino | 200 | 19.1% | 12.9 - 25.2 | 1,100 | 13.9% | 10.1 - 17.7 | 100 | 13.9% | 9.8 - 18.0 | 300 | 14.6% | 10.2 - 19.0 |
| 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 | 200 | 17.8% | 10.5 - 25.0 | 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 | 200 | 21.9% | 18.4 - 25.4 | 900 | 17.9% | 13.2 - 22.7 | <50 | 11.3% | 7.3 - 15.4 | 100 | 20.1% | 15.0 - 25.1 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

High Schools

Year: 2013

Physical activity - muscle strengthen, 3+ of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 2,800 | 50.4% | 46.3 - 54.5 | 12,100 | 44.3% | 40.1 - 48.5 | 1,100 | 46.6% | 42.4 - 50.8 | 2,800 | 52.2% | 48.0 - 56.3 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 1,700 | 62.7% | 57.1 - 68.4 | 7,200 | 53.2% | 48.8 - 57.6 | 600 | 56.2% | 50.6 - 61.8 | 1,600 | 63.2% | 58.0 - 68.5 |
| Female | 1,100 | 38.7% | 34.0 - 43.4 | 4,800 | 35.3% | 28.9 - 41.6 | 500 | 37.2% | 31.7 - 42.6 | 1,200 | 42.0% | 36.5 - 47.5 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|-------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 9th Grade | 800 | 51.5% | 45.1 - 57.9 | 3,600 | 47.6% | 41.4 - 53.7 | 300 | 42.6% | 35.5 - 49.7 | 900 | 58.2% | 53.4 - 63.1 |
| 10th Grade | 700 | 51.1% | 41.0 - 61.1 | 3,100 | 45.5% | 41.0 - 49.9 | 300 | 50.5% | 43.7 - 57.2 | 700 | 51.7% | 44.8 - 58.7 |
| 11th Grade | 700 | 48.8% | 41.5 - 56.2 | 2,400 | 39.1% | 32.0 - 46.2 | 200 | 46.0% | 39.8 - 52.3 | 600 | 49.6% | 41.6 - 57.5 |
| 12th Grade | 700 | 49.6% | 41.7 - 57.5 | 2,800 | 43.6% | 33.7 - 53.5 | 300 | 47.7% | 36.7 - 58.7 | 600 | 47.4% | 36.4 - 58.4 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

High Schools

Year: 2013

Physical activity - muscle strengthen, 3+ of past 7 days

| 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 | 1,000 | 53.6% | 46.9 - 60.4 | 2,800 | 53.3% | 44.4 - 62.3 | 300 | 49.0% | 42.3 - 55.7 | 800 | 61.3% | 55.6 - 67.0 |
| Filipino | 500 | 48.2% | 39.7 - 56.7 | 2,800 | 36.7% | 29.7 - 43.8 | 300 | 42.5% | 35.7 - 49.4 | 800 | 46.3% | 39.1 - 53.4 |
| 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/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 | 400 | 49.4% | 44.3 - 54.6 | 2,200 | 45.1% | 39.2 - 51.1 | 200 | 44.4% | 38.0 - 50.8 | 300 | 50.0% | 43.6 - 56.3 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

Middle Schools

Year: 2015

Physical activity - 60+ min, 7 of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 1,000 | 27.5% | 24.2 - 30.7 | 4,400 | 26.8% | 23.7 - 29.9 | 500 | 30.7% | 27.5 - 33.9 | 1,100 | 28.5% | 25.9 - 31.1 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 600 | 35.1% | 29.6 - 40.6 | 2,700 | 34.6% | 30.2 - 39.0 | 300 | 39.9% | 34.4 - 45.4 | 600 | 34.2% | 30.4 - 38.0 |
| Female | 400 | 20.5% | 16.7 - 24.3 | 1,600 | 19.3% | 15.9 - 22.6 | 200 | 21.8% | 18.0 - 25.6 | 400 | 22.8% | 19.3 - 26.2 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 6th Grade | 300 | 31.3% | 26.0 - 36.5 | 800 | 34.5% | 25.7 - 43.2 | 100 | 29.3% | 23.9 - 34.7 | 400 | 31.9% | 26.5 - 37.4 |
| 7th Grade | 400 | 28.4% | 23.8 - 33.0 | 2,000 | 27.7% | 24.2 - 31.2 | 200 | 35.4% | 29.0 - 41.8 | 400 | 28.1% | 23.9 - 32.3 |
| 8th Grade | 300 | 23.5% | 17.4 - 29.6 | 1,600 | 23.6% | 16.4 - 30.7 | 100 | 27.2% | 23.1 - 31.2 | 300 | 25.2% | 21.8 - 28.6 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

Middle Schools

Year: 2015

Physical activity - 60+ min, 7 of past 7 days

| DOH Race-Ethnicity | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Caucasian | n/r | n/r | n/r | 700 | 34.2% | 21.4 - 46.9 | n/r | n/r | n/r | 100 | 28.3% | 19.9 - 36.6 |
| Native Hawaiian | 400 | 28.1% | 23.1 - 33.0 | 900 | 29.9% | 22.8 - 37.0 | 200 | 35.1% | 30.0 - 40.2 | 300 | 34.3% | 29.8 - 38.9 |
| Filipino | 200 | 27.8% | 19.4 - 36.3 | 800 | 20.4% | 14.7 - 26.2 | 100 | 24.9% | 17.6 - 32.3 | 300 | 22.1% | 16.7 - 27.6 |
| 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/r | n/r | n/r | n/r | n/r | n/r |
| Other Asian | n/r | n/r | n/r | 100 | 20.2% | 8.5 - 31.9 | 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 | 27.5% | 22.3 - 32.6 | 600 | 27.7% | 22.6 - 32.7 | 100 | 31.3% | 25.5 - 37.2 | 200 | 30.7% | 26.4 - 35.0 |

Physical Activity Guidelines 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; n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011

Middle Schools

Year: 2015

Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 700 | 20.2% | 17.7 - 22.7 | 3,100 | 19.1% | 16.2 - 22.0 | 400 | 23.5% | 20.4 - 26.6 | 800 | 21.3% | 19.1 - 23.5 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 500 | 26.3% | 22.2 - 30.5 | 2,000 | 25.1% | 21.0 - 29.3 | 200 | 31.1% | 26.4 - 35.7 | 500 | 27.2% | 23.8 - 30.7 |
| Female | 300 | 14.4% | 11.5 - 17.3 | 1,100 | 13.3% | 10.7 - 15.8 | 100 | 16.1% | 12.5 - 19.7 | 300 | 15.3% | 12.6 - 17.9 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 6th Grade | 200 | 21.0% | 17.0 - 25.1 | 600 | 23.7% | 15.9 - 31.5 | 100 | 21.2% | 15.9 - 26.5 | 300 | 21.6% | 17.5 - 25.7 |
| 7th Grade | 300 | 21.9% | 17.8 - 26.1 | 1,300 | 18.0% | 16.1 - 20.0 | 100 | 26.9% | 20.8 - 32.9 | 300 | 22.6% | 18.7 - 26.6 |
| 8th Grade | 200 | 17.4% | 12.7 - 22.1 | 1,300 | 18.9% | 11.2 - 26.6 | 100 | 22.2% | 18.2 - 26.2 | 200 | 19.2% | 16.4 - 22.0 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

Middle Schools

Year: 2015

Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days

| DOH Race-Ethnicity | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Caucasian | n/r | n/r | n/r | 500 | 26.3% | 14.5 - 38.2 | n/r | n/r | n/r | 100 | 17.1% | 10.2 - 24.0 |
| Native Hawaiian | 300 | 22.3% | 18.4 - 26.3 | 700 | 22.5% | 16.0 - 28.9 | 100 | 27.7% | 22.8 - 32.5 | 200 | 25.5% | 21.5 - 29.4 |
| Filipino | 100 | 20.0% | 13.7 - 26.4 | 500 | 12.5% | 8.1 - 16.9 | 100 | 18.2% | 11.9 - 24.5 | 200 | 16.8% | 12.0 - 21.6 |
| 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/r | n/r | n/r | n/r | n/r | n/r |
| Other Asian | n/r | n/r | n/r | 100 | 15.8% | 2.9 - 28.7 | 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 | 100 | 20.9% | 16.8 - 25.1 | 400 | 19.6% | 15.4 - 23.7 | 100 | 23.3% | 18.1 - 28.4 | 200 | 24.0% | 19.9 - 28.1 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

Middle Schools

Year: 2015

Physical activity - muscle strengthen, 3+ of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 1,800 | 49.7% | 46.5 - 53.0 | 7,700 | 46.9% | 43.0 - 50.9 | 700 | 49.5% | 46.0 - 52.9 | 2,000 | 53.7% | 50.9 - 56.4 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 900 | 54.5% | 50.5 - 58.5 | 4,100 | 51.8% | 46.8 - 56.8 | 400 | 56.1% | 51.4 - 60.7 | 1,100 | 58.7% | 55.1 - 62.2 |
| Female | 800 | 45.2% | 40.6 - 49.8 | 3,500 | 42.2% | 37.7 - 46.7 | 300 | 43.2% | 38.7 - 47.6 | 900 | 48.5% | 44.3 - 52.7 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 6th Grade | 500 | 51.8% | 45.3 - 58.2 | 1,100 | 47.5% | 40.1 - 54.9 | 200 | 51.1% | 44.2 - 58.0 | 600 | 50.9% | 45.1 - 56.6 |
| 7th Grade | 700 | 50.3% | 45.2 - 55.5 | 3,200 | 44.7% | 40.3 - 49.2 | 200 | 47.1% | 41.7 - 52.5 | 700 | 56.5% | 51.9 - 61.2 |
| 8th Grade | 600 | 47.1% | 41.4 - 52.9 | 3,200 | 49.0% | 40.6 - 57.3 | 300 | 49.8% | 44.6 - 55.1 | 600 | 53.4% | 49.2 - 57.7 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

Middle Schools

Year: 2015

Physical activity - muscle strengthen, 3+ of past 7 days

| DOH Race-Ethnicity | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Caucasian | n/r | n/r | n/r | 1,100 | 59.5% | 52.1 - 67.0 | n/r | n/r | n/r | 200 | 47.9% | 38.1 - 57.7 |
| Native Hawaiian | 700 | 54.3% | 49.9 - 58.7 | 1,500 | 50.4% | 46.1 - 54.8 | 200 | 53.0% | 47.3 - 58.7 | 600 | 60.8% | 56.4 - 65.2 |
| Filipino | 200 | 45.2% | 37.3 - 53.1 | 1,700 | 43.9% | 37.1 - 50.7 | 200 | 43.1% | 35.7 - 50.4 | 600 | 50.1% | 43.3 - 57.0 |
| 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 | 44.2% | 30.0 - 58.5 | 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 | 50.3% | 45.6 - 54.9 | 1,000 | 45.5% | 40.4 - 50.5 | 200 | 48.1% | 42.5 - 53.8 | 300 | 53.5% | 48.7 - 58.4 |

Physical Activity Guidelines 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; n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011

Middle Schools

Year: 2013

Physical activity - 60+ min, 7 of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 1,200 | 34.4% | 31.1 - 37.8 | 5,400 | 31.6% | 29.0 - 34.3 | 500 | 33.4% | 29.7 - 37.1 | 1,100 | 31.2% | 28.3 - 34.1 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 700 | 45.0% | 39.8 - 50.3 | 3,400 | 39.4% | 35.2 - 43.7 | 300 | 43.1% | 37.1 - 49.1 | 800 | 42.3% | 37.4 - 47.2 |
| Female | 400 | 24.6% | 19.8 - 29.4 | 2,000 | 23.7% | 19.9 - 27.5 | 200 | 24.8% | 20.7 - 29.0 | 400 | 20.5% | 16.7 - 24.3 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 6th Grade | 300 | 36.4% | 29.1 - 43.8 | 1,100 | 38.5% | 29.7 - 47.3 | 200 | 37.6% | 31.1 - 44.1 | 400 | 34.1% | 28.4 - 39.9 |
| 7th Grade | 400 | 32.5% | 28.5 - 36.6 | 2,200 | 30.2% | 26.3 - 34.0 | 200 | 30.8% | 24.5 - 37.1 | 400 | 28.0% | 23.4 - 32.6 |
| 8th Grade | 400 | 35.3% | 29.1 - 41.6 | 2,100 | 30.6% | 28.0 - 33.3 | 200 | 31.8% | 26.2 - 37.4 | 400 | 32.1% | 27.5 - 36.8 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

Middle Schools

Year: 2013

Physical activity - 60+ min, 7 of past 7 days

| 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 | 500 | 37.2% | 31.6 - 42.8 | 1,100 | 35.4% | 28.2 - 42.6 | 200 | 36.0% | 29.6 - 42.4 | 300 | 35.4% | 30.1 - 40.6 |
| Filipino | 200 | 28.0% | 19.8 - 36.3 | 1,000 | 25.2% | 19.6 - 30.7 | 100 | 30.7% | 23.3 - 38.0 | 300 | 25.7% | 20.0 - 31.3 |
| 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 | 200 | 34.6% | 29.3 - 39.9 | 500 | 33.5% | 27.0 - 40.1 | 100 | 34.4% | 28.4 - 40.5 | 200 | 33.0% | 28.1 - 37.9 |

Physical Activity Guidelines 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; n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011

Middle Schools

Year: 2013

Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 900 | 27.5% | 24.1 - 30.9 | 3,900 | 22.7% | 20.7 - 24.7 | 400 | 27.7% | 24.1 - 31.4 | 900 | 25.0% | 22.6 - 27.5 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 600 | 36.2% | 30.8 - 41.6 | 2,600 | 30.7% | 27.4 - 34.0 | 300 | 36.3% | 30.7 - 41.9 | 600 | 33.9% | 29.4 - 38.3 |
| Female | 300 | 19.5% | 15.0 - 24.1 | 1,300 | 14.6% | 12.2 - 17.0 | 200 | 20.1% | 15.8 - 24.4 | 300 | 16.5% | 13.1 - 19.9 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 6th Grade | 300 | 28.7% | 20.8 - 36.5 | 800 | 27.1% | 19.9 - 34.4 | 100 | 31.4% | 24.7 - 38.2 | 300 | 26.4% | 21.5 - 31.3 |
| 7th Grade | 400 | 26.7% | 22.4 - 31.0 | 1,500 | 20.8% | 18.1 - 23.5 | 100 | 26.3% | 20.4 - 32.1 | 300 | 23.2% | 19.6 - 26.9 |
| 8th Grade | 300 | 27.9% | 22.0 - 33.9 | 1,600 | 23.2% | 19.7 - 26.7 | 100 | 25.6% | 20.0 - 31.2 | 300 | 25.8% | 21.8 - 29.9 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

Middle Schools

Year: 2013

Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days

| 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 | 400 | 29.2% | 23.9 - 34.4 | 900 | 28.2% | 22.8 - 33.5 | 100 | 30.1% | 24.0 - 36.2 | 300 | 29.7% | 24.4 - 35.0 |
| Filipino | 100 | 22.9% | 14.4 - 31.4 | 800 | 18.3% | 12.0 - 24.7 | 100 | 23.9% | 16.9 - 30.8 | 200 | 19.2% | 14.5 - 23.9 |
| 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 | 200 | 25.7% | 21.1 - 30.3 | 400 | 28.0% | 22.2 - 33.7 | 100 | 28.9% | 23.2 - 34.6 | 200 | 26.4% | 21.9 - 30.9 |

Physical Activity Guidelines 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; n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011

Middle Schools

Year: 2013

Physical activity - muscle strengthen, 3+ of past 7 days

| State | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Totals | 2,000 | 57.1% | 53.3 - 60.8 | 8,700 | 50.0% | 47.4 - 52.6 | 900 | 57.7% | 52.9 - 62.4 | 2,100 | 55.4% | 52.4 - 58.4 |

| Gender | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|---------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|-------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| Male | 1,100 | 63.2% | 57.6 - 68.8 | 5,100 | 58.5% | 53.7 - 63.4 | 500 | 68.0% | 62.7 - 73.3 | 1,100 | 61.4% | 56.5 - 66.2 |
| Female | 900 | 51.5% | 46.7 - 56.4 | 3,600 | 41.4% | 38.6 - 44.2 | 400 | 48.6% | 42.9 - 54.3 | 900 | 49.8% | 45.4 - 54.2 |

| Grade Level | Hawaii | | | Honolulu | | | Kauai | | | Maui | | |
|------------------|--------|-------|-------------|----------|-------|-------------|-------|-------|-------------|------|-------|-------------|
| | # | % | CI | # | % | CI | # | % | CI | # | % | CI |
| 6th Grade | 500 | 60.1% | 53.2 - 67.0 | 1,600 | 54.6% | 47.5 - 61.7 | 300 | 59.3% | 55.2 - 63.4 | 600 | 55.2% | 49.1 - 61.3 |
| 7th Grade | 800 | 57.3% | 50.7 - 63.9 | 3,700 | 49.5% | 45.7 - 53.4 | 300 | 60.7% | 52.1 - 69.4 | 700 | 55.2% | 50.2 - 60.3 |
| 8th Grade | 700 | 54.6% | 47.9 - 61.4 | 3,400 | 49.3% | 45.4 - 53.2 | 300 | 53.1% | 44.0 - 62.1 | 700 | 56.1% | 51.6 - 60.6 |

Physical Activity Guidelines 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;
n/r (Not Reportable) - Total unweighted responses less than 100; Hawaii County High School data is not available in 2011*

Middle Schools

Year: 2013

Physical activity - muscle strengthen, 3+ of past 7 days

| 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 | 800 | 62.8% | 57.7 - 67.9 | 1,800 | 56.4% | 50.3 - 62.4 | 300 | 62.1% | 55.5 - 68.7 | 600 | 63.8% | 57.8 - 69.8 |
| Filipino | 300 | 49.0% | 39.1 - 58.9 | 2,000 | 48.3% | 38.9 - 57.8 | 200 | 53.6% | 43.0 - 64.1 | 600 | 52.9% | 46.9 - 58.9 |
| 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 | 54.2% | 48.6 - 59.8 | 800 | 54.0% | 49.7 - 58.2 | 200 | 57.9% | 52.3 - 63.6 | 300 | 51.5% | 46.6 - 56.4 |