

## Meet Physical Activity Guidelines in Hawaii

### Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

*The weighted data is available for middle school for all years; high school weighted data is not available for 2001 or 2003.  
Data are shown by year in descending order. Questions for certain health indicators were not asked in all years.*

*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: 12/16/14*

*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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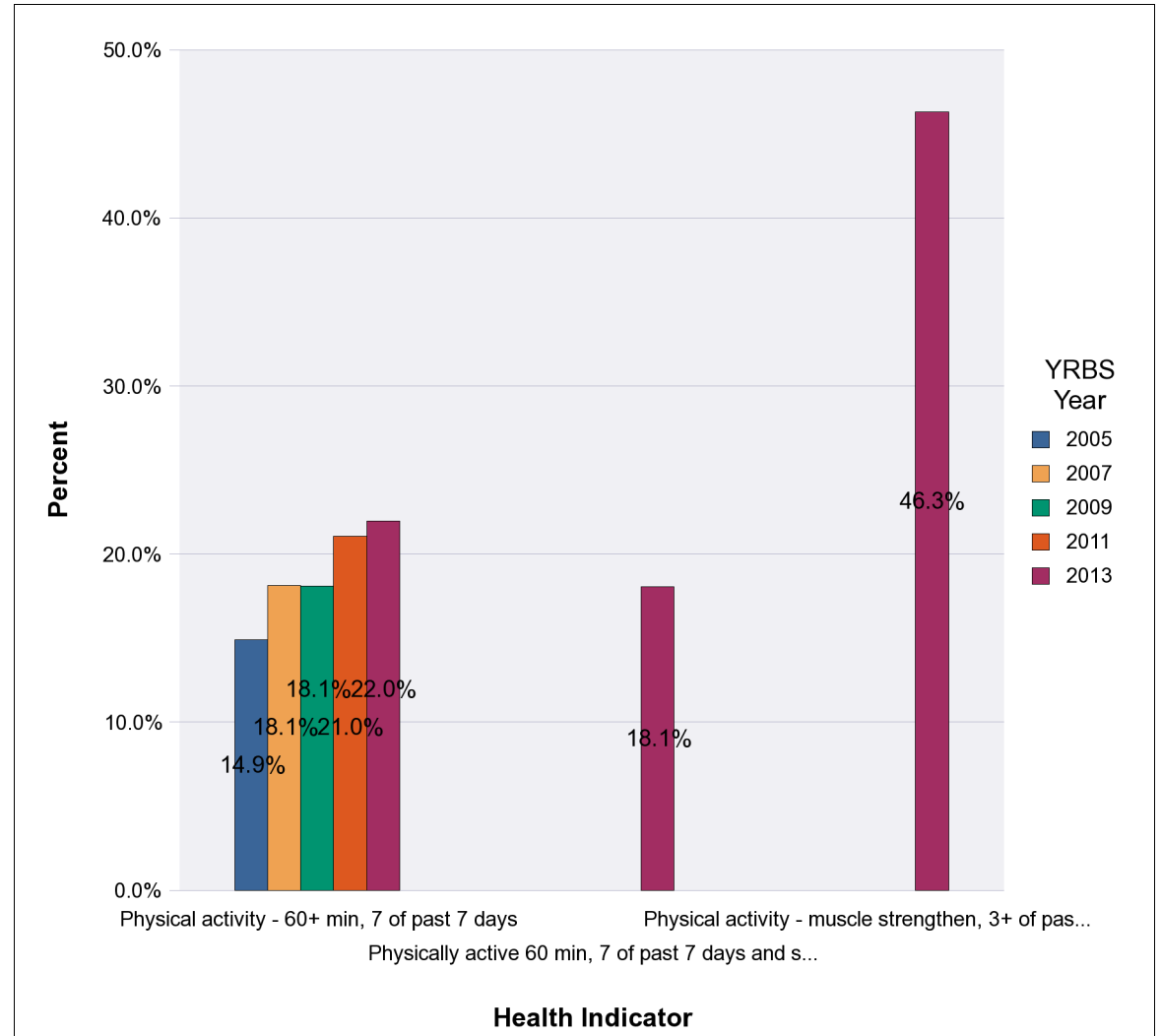
*\* Race-ethnicity data from 2011 forward may not be comparable to data from previous years.*

## Meet Physical Activity Guidelines in Hawaii, by School Type, for the Years 2005 - 2013

Note: Weighted percentages, positive responses only, 95% confidence interval; n/r (Not Reportable) - Total unweighted responses less than 100

### High Schools

Health Indicator	YRBS Year	Percent
Physical activity - 60+ min, 7 of past 7 days	2005	14.9%
	2007	18.1%
	2009	18.1%
	2011	21.0%
	2013	22.0%
Health Indicator	YRBS Year	Percent
Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days	2013	18.1%
Health Indicator	YRBS Year	Percent
Physical activity - muscle strengthen, 3+ of past 7 days	2013	46.3%

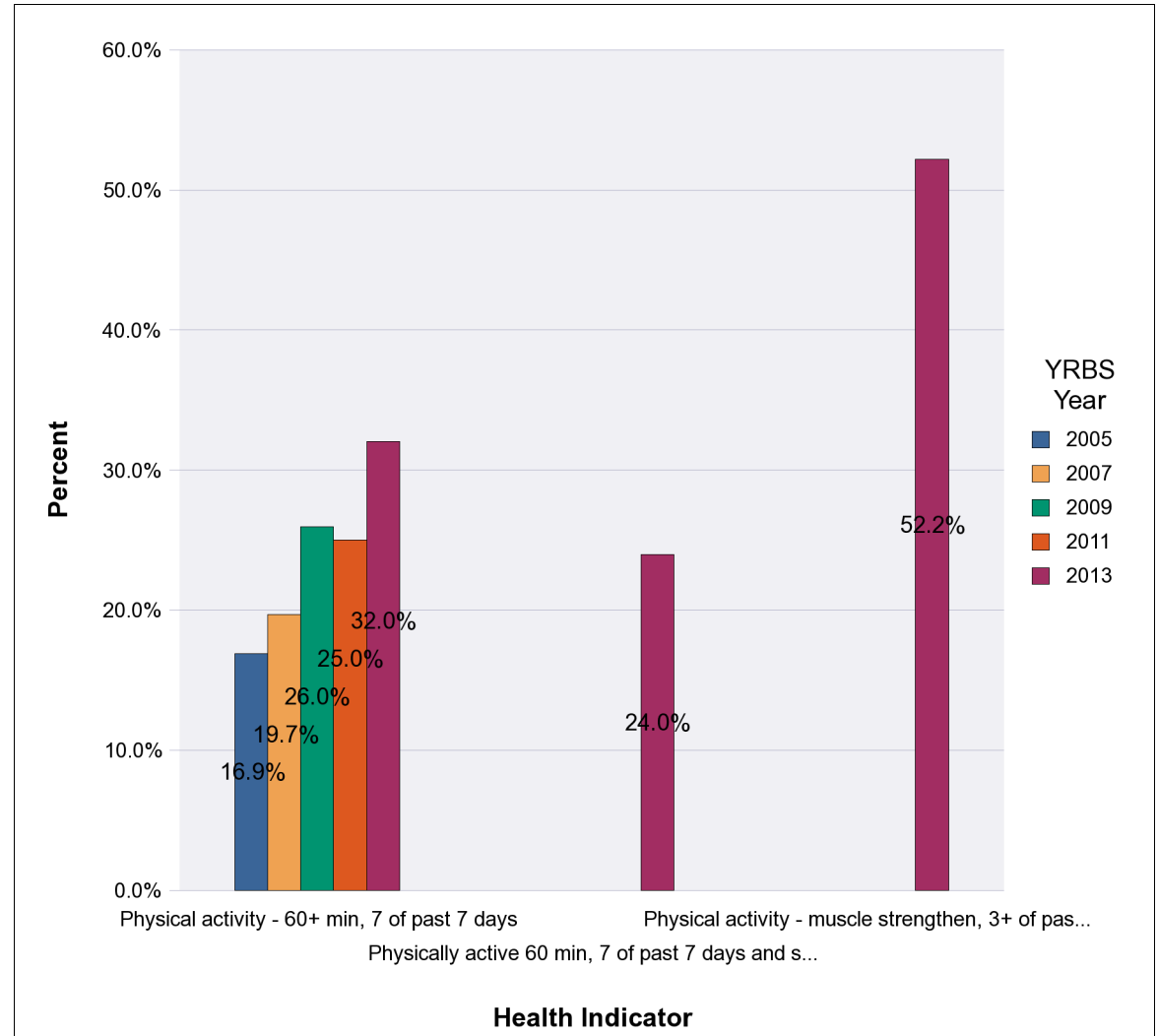


## Meet Physical Activity Guidelines in Hawaii, by School Type, for the Years 2005 - 2013

Note: Weighted percentages, positive responses only, 95% confidence interval; n/r (Not Reportable) - Total unweighted responses less than 100

### Middle Schools

Health Indicator	YRBS Year	Percent
Physical activity - 60+ min, 7 of past 7 days	2005	16.9%
	2007	19.7%
	2009	26.0%
	2011	25.0%
	2013	32.0%
Health Indicator	YRBS Year	Percent
Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days	2013	24.0%
Health Indicator	YRBS Year	Percent
Physical activity - muscle strengthen, 3+ of past 7 days	2013	52.2%



## Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

*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*

### High Schools

#### Year: 2013

State	Physical activity - 60+ min, 7 of past 7 days			Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days			Physical activity - muscle strengthen, 3+ of past 7 days		
	#	%	CI	#	%	CI	#	%	CI
<b>Totals</b>	9,000	22.0%	20.5 - 23.5	7,400	18.1%	16.7 - 19.4	18,800	46.3%	43.5 - 49.1

Gender	Physical activity - 60+ min, 7 of past 7 days			Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days			Physical activity - muscle strengthen, 3+ of past 7 days		
	#	%	CI	#	%	CI	#	%	CI
<b>Male</b>	6,100	30.6%	27.5 - 33.6	5,200	26.0%	23.6 - 28.4	11,200	56.0%	52.9 - 59.0
<b>Female</b>	2,800	13.6%	11.7 - 15.6	2,100	10.3%	8.2 - 12.5	7,500	36.8%	32.6 - 40.9

Grade Level	Physical activity - 60+ min, 7 of past 7 days			Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days			Physical activity - muscle strengthen, 3+ of past 7 days		
	#	%	CI	#	%	CI	#	%	CI
<b>9th Grade</b>	2,800	24.5%	21.6 - 27.4	2,300	20.2%	17.0 - 23.4	5,600	49.2%	45.0 - 53.4
<b>10th Grade</b>	2,600	24.9%	21.7 - 28.1	2,000	19.9%	17.2 - 22.6	4,800	47.4%	44.0 - 50.8
<b>11th Grade</b>	1,500	16.5%	14.4 - 18.6	1,300	14.2%	12.4 - 16.0	3,900	42.2%	37.3 - 47.1
<b>12th Grade</b>	2,000	21.0%	16.9 - 25.1	1,600	17.0%	13.3 - 20.8	4,300	45.2%	38.5 - 51.9

\* Race-ethnicity data from 2011 forward may not be comparable to data from previous years.

## Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

*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*

### High Schools

#### Year: 2013

DOH Race-Ethnicity	Physical activity - 60+ min, 7 of past 7 days			Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days			Physical activity - muscle strengthen, 3+ of past 7 days		
	#	%	CI	#	%	CI	#	%	CI
Caucasian	1,400	24.2%	18.7 - 29.8	1,100	19.3%	14.6 - 23.9	2,800	47.6%	41.7 - 53.5
Native Hawaiian	2,400	26.6%	23.2 - 30.0	2,100	23.0%	19.8 - 26.2	4,800	54.3%	49.1 - 59.5
Filipino	2,100	18.2%	15.4 - 21.0	1,600	14.5%	11.7 - 17.2	4,500	39.6%	34.6 - 44.7
Japanese	700	18.9%	14.6 - 23.1	600	14.1%	8.7 - 19.4	1,700	42.6%	33.9 - 51.2
Black	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
Other Asian	300	19.8%	13.5 - 26.2	200	17.6%	11.0 - 24.1	600	43.6%	32.0 - 55.3
Other Pacific Islander	300	23.4%	15.2 - 31.7	200	17.4%	11.7 - 23.0	600	52.5%	45.3 - 59.6
Other	1,500	21.8%	18.0 - 25.6	1,200	18.3%	14.8 - 21.7	3,100	46.1%	41.8 - 50.4

\* Race-ethnicity data from 2011 forward may not be comparable to data from previous years.

## Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

*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*

### High Schools

#### Year: 2011

State	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Totals</b>	8,900	21.0%	18.8 - 23.3

Gender	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Male</b>	5,900	28.8%	25.0 - 32.5
<b>Female</b>	2,900	13.6%	11.4 - 15.7

Grade Level	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>9th Grade</b>	2,800	24.1%	19.6 - 28.7
<b>10th Grade</b>	2,300	21.6%	18.8 - 24.3
<b>11th Grade</b>	2,000	19.9%	15.6 - 24.1
<b>12th Grade</b>	1,600	18.0%	15.4 - 20.7

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## Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

*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*

### High Schools

#### Year: 2011

DOH Race-Ethnicity	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
Caucasian	1,900	31.3%	21.5 - 41.1
Native Hawaiian	2,300	23.6%	20.5 - 26.6
Filipino	1,800	16.6%	12.3 - 21.0
Japanese	400	21.5%	14.0 - 29.0
Black	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r
Other Asian	200	8.7%	6.8 - 10.5
Other Pacific Islander	300	19.7%	8.3 - 31.0
Other	1,800	20.1%	16.7 - 23.5

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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*

### High Schools

#### Year: 2009

State	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Totals</b>	8,600	18.1%	13.7 - 22.4

Gender	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Male</b>	6,000	24.7%	18.7 - 30.7
<b>Female</b>	2,500	11.0%	5.3 - 16.8

Grade Level	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>9th Grade</b>	2,800	20.1%	14.1 - 26.1
<b>10th Grade</b>	2,500	20.6%	11.1 - 30.2
<b>11th Grade</b>	2,000	19.7%	13.9 - 25.5
<b>12th Grade</b>	1,300	11.7%	5.9 - 17.4

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## Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

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### High Schools

#### Year: 2009

DOH Race-Ethnicity	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
Caucasian	1,400	22.0%	14.6 - 29.5
Native Hawaiian	2,900	25.6%	15.1 - 36.2
Filipino	1,800	15.6%	10.6 - 20.7
Japanese	500	10.5%	2.4 - 18.7
Black	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r
Other Asian	100	5.0%	1.8 - 8.1
Other Pacific Islander	n/r	n/r	n/r
Other	1,300	15.1%	12.6 - 17.5

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n/r (Not Reportable) - Total unweighted responses less than 100*

### High Schools

#### Year: 2007

State	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Totals</b>	9,500	18.1%	14.7 - 21.6

Gender	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Male</b>	6,100	22.3%	16.9 - 27.7
<b>Female</b>	3,400	13.7%	10.7 - 16.7

Grade Level	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>9th Grade</b>	2,900	19.4%	14.0 - 24.8
<b>10th Grade</b>	2,400	18.6%	13.4 - 23.8
<b>11th Grade</b>	2,200	16.8%	9.1 - 24.5
<b>12th Grade</b>	2,000	17.9%	12.8 - 23.0

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### High Schools

#### Year: 2007

DOH Race-Ethnicity	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
Caucasian	n/r	n/r	n/r
Native Hawaiian	3,100	22.9%	15.6 - 30.3
Filipino	1,800	15.3%	10.0 - 20.7
Japanese	500	10.4%	3.4 - 17.5
Black	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r
Other Asian	n/r	n/r	n/r
Other Pacific Islander	n/r	n/r	n/r
Other	1,900	18.7%	14.4 - 23.0

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n/r (Not Reportable) - Total unweighted responses less than 100*

### High Schools

#### Year: 2005

State	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Totals</b>	8,000	14.9%	12.4 - 17.4

Gender	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Male</b>	5,200	18.6%	15.3 - 21.9
<b>Female</b>	2,800	10.8%	8.1 - 13.6

Grade Level	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>9th Grade</b>	2,400	14.7%	11.8 - 17.5
<b>10th Grade</b>	2,300	17.3%	12.2 - 22.3
<b>11th Grade</b>	1,500	12.3%	7.7 - 16.9
<b>12th Grade</b>	1,500	14.6%	10.8 - 18.4

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## Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

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### High Schools

#### Year: 2005

DOH Race-Ethnicity	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
Caucasian	1,300	15.5%	9.0 - 21.9
Native Hawaiian	2,200	20.7%	14.8 - 26.5
Chinese	n/r	n/r	n/r
Filipino	1,700	12.1%	8.8 - 15.5
Japanese	1,200	15.1%	10.9 - 19.3
Black	n/r	n/r	n/r
Other Pacific Islander	n/r	n/r	n/r
Other	600	12.4%	6.9 - 18.0

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### Middle Schools

#### Year: 2013

State	Physical activity - 60+ min, 7 of past 7 days			Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days			Physical activity - muscle strengthen, 3+ of past 7 days		
	#	%	CI	#	%	CI	#	%	CI
<b>Totals</b>	8,300	32.0%	30.3 - 33.8	6,200	24.0%	22.6 - 25.4	13,700	52.2%	50.4 - 53.9

Gender	Physical activity - 60+ min, 7 of past 7 days			Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days			Physical activity - muscle strengthen, 3+ of past 7 days		
	#	%	CI	#	%	CI	#	%	CI
<b>Male</b>	5,200	40.8%	37.9 - 43.7	4,100	32.2%	29.8 - 34.5	7,800	60.1%	56.9 - 63.3
<b>Female</b>	3,000	23.4%	20.9 - 25.9	2,100	15.9%	14.2 - 17.6	5,800	44.4%	42.4 - 46.4

Grade Level	Physical activity - 60+ min, 7 of past 7 days			Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days			Physical activity - muscle strengthen, 3+ of past 7 days		
	#	%	CI	#	%	CI	#	%	CI
<b>6th Grade</b>	2,000	37.2%	32.4 - 42.0	1,500	27.6%	23.5 - 31.7	3,100	56.0%	52.0 - 60.0
<b>7th Grade</b>	3,200	30.2%	27.6 - 32.9	2,300	22.1%	20.2 - 24.1	5,500	51.8%	48.9 - 54.6
<b>8th Grade</b>	3,100	31.5%	29.4 - 33.5	2,400	24.2%	21.8 - 26.7	5,100	51.0%	48.1 - 53.9

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## Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

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### Middle Schools

#### Year: 2013

DOH Race-Ethnicity	Physical activity - 60+ min, 7 of past 7 days			Physically active 60 min, 7 of past 7 days and strengthen 3+ of past 7 days			Physical activity - muscle strengthen, 3+ of past 7 days		
	#	%	CI	#	%	CI	#	%	CI
Caucasian	1,000	31.0%	25.3 - 36.8	700	20.4%	14.8 - 25.9	1,400	43.3%	37.1 - 49.4
Native Hawaiian	2,100	35.8%	31.8 - 39.8	1,700	28.8%	25.6 - 31.9	3,500	59.4%	55.8 - 63.0
Filipino	1,600	25.9%	22.1 - 29.6	1,200	19.3%	15.1 - 23.5	3,100	49.6%	43.4 - 55.7
Japanese	800	41.8%	23.8 - 59.8	600	29.3%	11.5 - 47.2	1,100	57.4%	44.8 - 70.0
Black	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
Other Asian	400	22.7%	12.1 - 33.2	300	15.9%	7.2 - 24.7	700	43.4%	34.3 - 52.5
Other Pacific Islander	600	31.2%	21.2 - 41.2	500	25.2%	15.8 - 34.7	1,100	58.9%	52.1 - 65.7
Other	1,000	33.8%	30.5 - 37.0	800	27.3%	24.4 - 30.2	1,700	54.0%	51.5 - 56.5

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n/r (Not Reportable) - Total unweighted responses less than 100*

### Middle Schools

#### Year: 2011

State	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Totals</b>	6,300	25.0%	23.2 - 26.7

Gender	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Male</b>	3,800	30.2%	27.8 - 32.7
<b>Female</b>	2,500	19.9%	17.6 - 22.2

Grade Level	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>6th Grade</b>	1,500	26.7%	23.5 - 29.9
<b>7th Grade</b>	2,600	26.1%	23.7 - 28.6
<b>8th Grade</b>	2,200	22.9%	19.1 - 26.6

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### Middle Schools

#### Year: 2011

DOH Race-Ethnicity	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
Caucasian	900	30.0%	26.3 - 33.6
Native Hawaiian	1,800	31.7%	29.0 - 34.4
Filipino	1,100	17.7%	15.1 - 20.3
Japanese	200	25.9%	19.0 - 32.8
Black	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r
Other Asian	100	16.2%	12.9 - 19.5
Other Pacific Islander	300	23.2%	14.5 - 31.9
Other	1,400	25.3%	22.6 - 27.9

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### Middle Schools

#### Year: 2009

State	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Totals</b>	7,500	26.0%	22.7 - 29.2

Gender	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Male</b>	5,200	34.9%	30.4 - 39.4
<b>Female</b>	2,300	16.7%	12.9 - 20.4

Grade Level	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>6th Grade</b>	1,600	25.4%	19.2 - 31.6
<b>7th Grade</b>	2,800	24.9%	19.5 - 30.2
<b>8th Grade</b>	3,100	27.9%	22.8 - 33.1

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### Middle Schools

#### Year: 2009

DOH Race-Ethnicity	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
Caucasian	1,100	32.1%	26.2 - 38.0
Native Hawaiian	2,300	32.9%	22.0 - 43.9
Filipino	1,400	22.3%	17.3 - 27.2
Japanese	n/r	n/r	n/r
Black	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r
Other Asian	n/r	n/r	n/r
Other Pacific Islander	n/r	n/r	n/r
Other	1,600	26.6%	23.0 - 30.3

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### Middle Schools

#### Year: 2007

State	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Totals</b>	6,300	19.7%	14.7 - 24.7

Gender	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Male</b>	3,800	23.5%	17.3 - 29.6
<b>Female</b>	2,500	15.6%	10.5 - 20.8

Grade Level	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>6th Grade</b>	1,300	20.8%	13.5 - 28.1
<b>7th Grade</b>	2,400	18.7%	12.4 - 25.0
<b>8th Grade</b>	2,500	19.3%	12.7 - 25.9

\* Race-ethnicity data from 2011 forward may not be comparable to data from previous years.

## Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

*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*

### Middle Schools

#### Year: 2007

DOH Race-Ethnicity	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
Caucasian	n/r	n/r	n/r
Native Hawaiian	n/r	n/r	n/r
Filipino	800	12.6%	7.3 - 17.8
Japanese	n/r	n/r	n/r
Black	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r
Other Asian	n/r	n/r	n/r
Other Pacific Islander	n/r	n/r	n/r
Other	1,200	19.2%	15.9 - 22.6

\* Race-ethnicity data from 2011 forward may not be comparable to data from previous years.

## Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

*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*

### Middle Schools

#### Year: 2005

State	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Totals</b>	6,700	16.9%	15.7 - 18.1

Gender	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>Male</b>	4,300	20.6%	18.4 - 22.9
<b>Female</b>	2,400	12.8%	10.8 - 14.8

Grade Level	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
<b>6th Grade</b>	900	14.8%	10.6 - 19.0
<b>7th Grade</b>	3,300	20.1%	16.6 - 23.6
<b>8th Grade</b>	2,400	14.9%	11.4 - 18.4

\* Race-ethnicity data from 2011 forward may not be comparable to data from previous years.

## Meet Physical Activity Guidelines in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,\* for the Years 2005 - 2013

*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*

### Middle Schools

#### Year: 2005

DOH Race-Ethnicity	Physical activity - 60+ min, 7 of past 7 days		
	#	%	CI
Caucasian	1,000	18.8%	12.9 - 24.6
Native Hawaiian	1,600	22.6%	19.1 - 26.1
Chinese	n/r	n/r	n/r
Filipino	1,600	14.1%	10.6 - 17.6
Japanese	700	15.7%	9.5 - 21.9
Black	n/r	n/r	n/r
Other Pacific Islander	n/r	n/r	n/r
Other	900	16.9%	11.1 - 22.7

\* Race-ethnicity data from 2011 forward may not be comparable to data from previous years.