### PHYSICAL ACTIVITY

**HAWAII COUNTY** | **HAWAII STATE** | **U.S.**  
---|---|---  
% | % | % | % | % | % | %  

- **66%** of Hawaii County high school students had an adult outside of school they could talk to about things that were important to them.

#### WEIGHT & NUTRITION

**HAWAII COUNTY** | **HAWAII STATE** | **U.S.**  
---|---|---  
% | % | % | % | % | % | %  

- **Obesity** (≥95 percentile BMI for age & sex): 16.7 13.8 14.2 16.4 15.5
- **Overweight** (≥85 but < 95 percentile BMI for age & sex): 13.6 14.0 14.2 14.4 16.1
- **Did not lose weight or keep from gaining weight by going without eating for 24 or more hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals in the past 30 days**: 24.2 22.0 21.1 21.5 NA
- **Ate fruit or drank 100% fruit juices two or more times per day in the past 7 days**: 22.8 23.1 21.2 19.7 28.9

### HEALTH

**HAWAII COUNTY** | **HAWAII STATE** | **U.S.**  
---|---|---  
% | % | % | % | % | % | %  

- **Saw a doctor or nurse for a check-up or physical exam when they were sick or injured in the past 12 months**: 58.5 62.0 65.9 64.0 NA
- **Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months**: 69.0 69.4 74.4 71.7 75.9
- **Never saw a dentist for a check-up, exam, teeth cleaning, or other dental work**: 2.0 2.6 1.8 2.0 1.9
- **Did not go to school because they were sick in the past 30 days**: 46.4 53.7 43.1 46.7 NA

### STATISTICAL SIGNIFICANCE

Statistically significant differences (p < 0.05) are displayed in bold. The following symbols are used to denote the specific comparisons that are statistically significant.

- **Hawaii state 2017 and 2019**
- **Hawaii County and Hawaii state 2019**
- **Hawaii County 2017 and 2019**
- **Hawaii state and U.S. 2019**
- **Not asked**
- **Hawaii state and U.S. 2019 not comparable**

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**HAWAII COUNTY PUBLIC HIGH SCHOOL REPORT 2019**

### PUBLIC HEALTH SURVEY

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 Substance Abuse Block Grant. This publication was supported by Cooperative Agreement number NU87PS004309, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

The results are representative of the 42,880 regular public high school students across the state of Hawaii and the 6,000 Hawaii County public high school students.

For more information on the Youth Risk Behavior Survey and state and national results visit www.cdc.gov/HealthyYouth/yrbs/index.htm.

Hawaii state and county results, including by sex, grade level, and race/ethnicity, can be obtained from the Health and Human Services Department of Health and Human Services. 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.

1 in 3 Hawaii County high school students felt sad or hopeless almost every day for two or more weeks in a row in the past 12 months.
MENTAL HEALTH & SUICIDE

<table>
<thead>
<tr>
<th>COUNTY</th>
<th>2019</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAWAII STATE</td>
<td></td>
<td></td>
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<tr>
<td>NA</td>
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</tr>
</tbody>
</table>

- **PROTECTIVE FACTORS**

Wore sunscreen most of the time or always (with an SPF of 15 or higher when they were outside for more than one hour on a sunny day) 100.8%
- **INJURIES & VIOLENCE**

Rod in a car driven by someone, including themselves, who was “high” or had been using alcohol or drugs in the past 30 days 23.6%

- **ALCOHOL & OTHER DRUG USE**

Ever drank alcohol (other than a few sips) 100.0%

**SEXUAL BEHAVIORS cont.**

Used the following birth control methods during or before last sexual intercourse to prevent pregnancy, among students who were currently sexually active

- **TOBACCO USE**

Ever tried cigarette smoking (even one or two puffs) 100.0%

**MENTAL HEALTH & SUICIDE**

Purposely hurt themselves without going to the past 12 months 9.0%

**SCHOOL EXPERIENCE**

Told at least one teacher or other adult in their school they had talked to if they had a problem 73.5%

- **TOBACCO USE**

Ever tried cigarette smoking (even one or two puffs) 100.0%

20.5%

- **SEXUAL BEHAVIORS cont.**

First tried using an electronic vapor product before age 13 years 100.0%

20.5%

- **ALCOHOL & OTHER DRUG USE**

Ever drank alcohol (other than a few sips) 100.0%

5.7%

- **PROTECTIVE FACTORS**

Wore sunscreen most of the time or always (with an SPF of 15 or higher when they were outside for more than one hour on a sunny day) 100.8%

20.5%

- **INJURIES & VIOLENCE**

Rod in a car driven by someone, including themselves, who was “high” or had been using alcohol or drugs in the past 30 days 23.6%

- **ALCOHOL & OTHER DRUG USE**

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- **SEXUAL BEHAVIORS cont.**

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- **MENTAL HEALTH & SUICIDE**

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