

31%



of Hawaii middle school students ever felt sad or hopeless almost every day for two or more weeks in a row.

MENTAL HEALTH & SUICIDE	HAWAII STATE	
	2017 %	2019 %
Ever purposely hurt themselves without wanting to die (such as cutting or burning)	21.8	25.4
Ever felt sad or hopeless almost every day for two or more weeks in a row so that they stopped doing some usual activities	27.2	30.5
Never or rarely got the kind of help they needed (among students who reported having felt sad, empty, hopeless, angry, or anxious)	45.2	48.3
Ever seriously thought about killing themselves *	23.1	27.2
Ever made a plan about how they would kill themselves *	16.3	18.7
Ever tried to kill themselves	12.4	13.0
Tried to kill themselves and attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	11.8	9.6

WEIGHT & NUTRITION	HAWAII STATE	
	2017 %	2019 %
Were trying to lose weight	45.8	48.9
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 *	14.3	19.9
Ate breakfast on all 7 days in the past 7 days	45.9	43.8
Did not eat breakfast in the past 7 days	11.6	13.6
Went hungry most of the time or always because there was not enough food in their home in the past 30 days	6.8	7.4

18%



of Hawaii middle school students used an electronic vapor product in the past 30 days.

PHYSICAL ACTIVITY	HAWAII STATE	
	2017 %	2019 %
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 *	13.6	17.5
5 or more days	47.7	43.5
All 7 days *	27.0	24.0
Did exercises to strengthen or tone their muscles on three or more days in the past 7 days *	50.6	44.0
Attended physical education classes on one or more days in an average week (when they were in school)	56.3	53.0
Attended physical education classes on all five days in an average week (when they were in school)	11.1	9.3
Played on at least one sports team in the past 12 months (run by their school or community groups) *	51.6	47.2
Watched television three or more hours per day (on an average school day)	23.6	23.8
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) *	44.6	48.7

PROTECTIVE FACTORS	HAWAII STATE	
	2017 %	2019 %
Were ever taught in school about AIDS or HIV infection	41.3	42.9
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)	11.5	12.5
Had eight or more hours of sleep on an average school night *	52.6	46.5
Talked with at least one of their parents or another adult in their family about the dangers of tobacco, alcohol, or drug use in the past 12 months	39.9	38.5
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	28.4	30.1
Ever talked with their parents or other adults in their family about how to say no to having sex	24.3	23.7
Had at least one teacher or other adult in their school they could talk to if they had a problem *	67.8	65.0
Had a teacher or some other adult at their school who really cared about them	52.7	49.9
Had an adult outside of school they could talk to about things that were important to them *	71.3	64.9
Described their grades in school as mostly A's or B's in the past 12 months	68.3	71.3
Thought they probably or definitely would complete high school	81.8	81.3

INJURIES & VIOLENCE	HAWAII STATE	
	2017 %	2019 %
Were in a physical fight in the past 12 months	17.1	19.5
Did not go to school because they felt unsafe at school or on their way to or from school in the past 12 months	9.2	10.3
Were ever electronically bullied	22.6	22.7
Ever electronically bullied someone	10.9	10.9
Were ever bullied on school property	40.0	37.8
Strongly agreed or agreed that harassment and bullying by other students is a problem at their school	54.4	56.9
Were ever physically forced to have sexual intercourse	2.7	3.5
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) *	28.7	19.7
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) *	19.5	9.7
Physically hurt someone they were dating or going out with in the past 12 months (among students who dated or went out with someone) *	19.5	8.7
Experienced sexual violence by anyone in the past 12 months	6.4	6.1

SEXUAL BEHAVIORS	HAWAII STATE	
	2017 %	2019 %
Ever had sexual intercourse	7.0	6.5
Had sexual intercourse for the first time before age 11 years	2.7	2.4
Had sexual intercourse with three or more persons (lifetime)	1.8	1.7
Used a condom during last sexual intercourse (among students who ever had sexual intercourse)	51.3	44.2
Ever had sexual contact with both females and males	1.3	1.2

65%



of Hawaii middle school students had an adult outside of school they could talk to about things that were important to them.

2019 SURVEY RESULTS HAWAII YOUTH RISK BEHAVIORS

HAWAII STATE PUBLIC MIDDLE SCHOOL REPORT

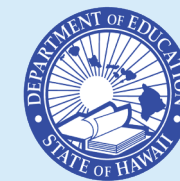
HAWAII SCHOOL HEALTH SURVEY

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 29,110 regular public middle 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.

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.



TOBACCO USE	HAWAII STATE	
	2017 %	2019 %
First tried cigarette smoking before age 11 years (even one or two puffs)	5.8	5.0
Smoked cigarettes in the past 30 days	5.0	3.9
Smoked cigarettes frequently in the past 30 days (on 20 or more days)	0.2	0.5
Smoked cigarettes daily in the past 30 days (on all 30 days)	0.2	0.5
Ever used an electronic vapor product	27.0	30.6
Used an electronic vapor product in the past 30 days	15.7	17.7
Used electronic vapor products frequently in the past 30 days (on 20 or more days) *	1.9	3.0
Used electronic vapor products daily in the past 30 days (on all 30 days) *	1.2	2.3
Smoked cigarettes or used electronic vapor products in the past 30 days	17.7	18.7

ALCOHOL & OTHER DRUG USE	HAWAII STATE	
	2017 %	2019 %
Ever drank alcohol (other than a few sips)	23.5	22.6
Drank alcohol for the first time before age 11 years (other than a few sips)	12.1	11.4
Had at least one drink of alcohol in the past 30 days *	11.6	7.0
Had five or more drinks of alcohol in a row within a couple of hours in the past 30 days	5.4	4.6
Thought parents would feel it was a little bit wrong, wrong, or very wrong for them to drink beer, wine, or hard liquor regularly	87.8	88.1
Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months	7.2	8.3
Ever used marijuana	11.9	10.6
Tried marijuana for the first time before age 11 years	3.6	2.9
Used marijuana in the past 30 days	7.6	7.2
Ever used any form of cocaine	3.3	2.8
Ever used methamphetamines *	2.1	3.7
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it *	6.8	10.6
Ever used a needle to inject any illegal drug into their body *	7.1	5.1

SOCIO-DEMOGRAPHICS	HAWAII STATE	
	2017 %	2019 %
Females	50.0	47.8
Males	50.0	52.2
Gay, lesbian, or bisexual	7.1	8.7
Race/Ethnicity (best description)		
Filipino	25.5	25.0
Hispanic/Latino	6.6	6.7
Native Hawaiian	24.1	23.6
Other Asian/Pacific Islander	23.3	22.9
White	14.9	16.5
All other races	0.6	0.5
Multiple races	5.0	4.8
Did not describe themselves as only one race or ethnicity	19.0	17.3
Grade 6	23.0	22.9
Grade 7	39.4	39.6
Grade 8	37.3	37.3
Reported that either of their parents or other adults in their family were serving on active duty in the military	28.3	28.3
Did not usually sleep in their parent's or guardian's home in the past 30 days	6.7	5.8

9%



of Hawaii middle school students identified as gay, lesbian, or bisexual.

HEALTH	HAWAII STATE	
	2017 %	2019 %
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months	59.8	65.1
Never saw a dentist for a check-up, exam, teeth cleaning, or other dental work *	2.9	1.4
Did not go to school because they were sick in the past 30 days *	43.7	53.1
Had a concussion from playing a sport or being physically active in the past 12 months	19.2	17.7

Statistically significant differences ($p < 0.05$) are displayed in bold with this symbol: *