

PHYSICAL ACTIVITY	HAWAI'I STATE	
	2019 %	2021 %
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	19.5	17.3
5 or more days *	33.3	42.3
All 7 days *	17.1	23.1
Did exercises to strengthen or tone their muscles on three or more of the past 7 days *	40.4	45.5
Attended physical education classes on one or more days in an average week (when they were in school) *	42.7	36.9
Attended physical education classes on all five days in an average week (when they were in school)	8.5	7.2
Were usually physically active at least half of the time during physical education (PE) classes (among students who took PE classes in the past 12 months)	91.1	90.7
Reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher) *	28.3	34.2
Strongly agreed or agreed that physical education (PE) classes they took offered a variety of physical activities (among students who took PE classes in the past 12 months) *	82.5	77.9
Played on at least one sports team in the past 12 months (run by their school or community groups) *	49.9	39.3

HEALTH	HAWAI'I STATE	
	2019 %	2021 %
Saw a doctor or nurse for a check-up or physical exam when they were not sick or injured in the past 12 months	64.0	63.0
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months	71.7	70.1
Never saw a dentist for a check-up, exam, teeth cleaning, or other dental work	2.0	1.7
Did not go to school because they were sick in the past 30 days *	46.7	29.6
Had a concussion from playing a sport or being physically active in the past 12 months *	15.9	10.9

WEIGHT & NUTRITION	HAWAI'I STATE	
	2019 %	2021 %
Had obesity (≥ 95 percentile BMI for age & sex)	16.4	14.9
Were overweight (≥ 85 but < 95 percentile BMI for age & sex)	14.4	14.0
Ate fruit or drank 100% fruit juices two or more times per day in the past 7 days	19.7	19.6
Did not eat fruit or drink 100% fruit juices in the past 7 days	9.5	10.8
Did not eat fruit in the past 7 days	13.6	14.8
Did not drink 100% fruit juices in the past 7 days *	43.9	47.6
Ate vegetables three or more times per day in the past 7 days	13.0	14.2
Did not eat vegetables in the past 7 days	10.0	11.6
Drank a can, bottle, or glass of soda or pop one or more times per day in the past 7 days (not diet)	10.6	10.4
Did not drink a can, bottle, or glass of soda or pop in the past 7 days (not diet)	38.8	38.7
Ate breakfast on all 7 days in the past 7 days *	35.4	27.2
Did not eat breakfast in the past 7 days *	16.0	19.7
Went hungry most of the time or always because there was not enough food in their home in the past 30 days *	6.6	5.0

35%



of Hawai'i high school students felt sad or hopeless almost every day for two or more weeks in a row in the past 12 months.

2021 SURVEY RESULTS HAWAI'I YOUTH RISK BEHAVIORS

HAWAI'I STATE PUBLIC HIGH SCHOOL REPORT

HAWAI'I SCHOOL HEALTH SURVEY

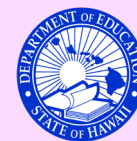
The Hawai'i School Health Survey is a joint project of the Hawai'i Departments of Education (DOE) and Health (DOH) and the University of Hawai'i's Curriculum Research & Development Group. It is largely funded by the DOH Substance Abuse Block Grant. This publication was supported by Cooperative Agreement 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 44,331 regular public high school students across the state of Hawai'i.

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

Hawai'i state and county results, including by sex, grade level, and race/ethnicity, can be obtained from the Hawai'i Health Data Warehouse at www.hhdw.org.

The YRBS was administered in the Spring semester in 2019 and, due to COVID-19, in the Fall semester in 2021. Students' home and school life was dramatically affected during the COVID-19 pandemic, which combined with change in administration dates, may account for many of the findings.



SOCIO-DEMOGRAPHICS	HAWAI'I STATE	
	2019 %	2021 %
Females	48.0	47.8
Males	52.0	52.2
Gay, lesbian, or bisexual	—	13.3
Transgender	1.7	2.1
Race/Ethnicity (best description)		
Filipino	28.5	32.6
Hispanic/Latino	1.6	3.0
Japanese	9.7	7.1
Native Hawaiian	14.6	13.2
Other Pacific Islander	7.9	4.1
White	14.4	17.1
Some other race or ethnicity	8.0	6.1
More than one race or ethnicity	15.3	16.8
Grade 9	28.6	30.3
Grade 10	26.0	25.2
Grade 11	23.6	23.4
Grade 12	21.6	20.8
Reported that either of their parents or other adults in their family were serving on active duty in the military	24.2	22.5
Did not usually sleep in their parent's or guardian's home in the past 30 days *	7.9	4.2



2%

of Hawai'i high school students identified as transgender.

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

— Question changed in 2021; 2019 not comparable

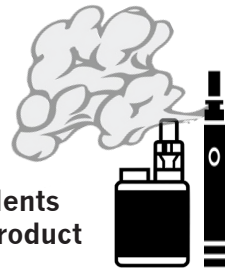
TOBACCO USE	HAWAII STATE	
	2019 %	2021 %
Ever tried cigarette smoking (even one or two puffs) *	17.8	13.3
Smoked cigarettes in the past 30 days *	5.3	3.0
Smoked cigarettes frequently in the past 30 days (on 20 or more days)	1.2	1.0
Smoked cigarettes daily in the past 30 days (on all 30 days)	0.9	0.6
Ever used an electronic vapor product *	48.3	32.4
Used electronic vapor products in the past 30 days *	30.6	14.8
Used electronic vapor products frequently in the past 30 days (on 20 or more days) *	10.4	6.4
Used electronic vapor products daily in the past 30 days (on all 30 days) *	7.9	5.0
Usually got their own electronic vapor products by buying them in a store in the past 30 days (among students who currently used electronic vapor products) *	4.7	1.2
Smoked cigarettes or used electronic vapor products in the past 30 days *	30.8	14.7

ALCOHOL & OTHER DRUG USE	HAWAII STATE	
	2019 %	2021 %
Ever drank alcohol (other than a few sips) *	44.9	40.3
Drank alcohol for the first time before age 13 years (other than a few sips)	15.2	13.9
Had at least one drink of alcohol in the past 30 days *	20.4	16.6
Usually got the alcohol they drank by someone giving it to them in the past 30 days (among students who currently drank alcohol)	36.7	41.7
Were currently binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students within a couple of hours in the past 30 days) *	10.9	8.3
Most often drank vodka or some other type of hard liquor (among students who drank alcohol in the past 30 days) *	37.9	29.2
Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months *	19.6	10.5
Ever used marijuana *	29.9	21.2
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt (among students who used marijuana in the the past 30 days) *	54.4	62.8

ALCOHOL & OTHER DRUG USE cont.	HAWAII STATE	
	2019 %	2021 %
Tried marijuana for the first time before age 13 years	6.9	5.8
Used marijuana in the past 30 days *	17.2	12.0
Ever used any of the following drugs		
Any form of cocaine *	5.8	2.5
Ecstasy *	4.5	2.7
Heroin *	3.6	1.8
Methamphetamines *	4.5	1.8
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it *	14.4	10.8
Took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it in the past 30 days *	8.5	6.6
Ever used a needle to inject any illegal drug into their body *	2.6	1.6

15%

of Hawai'i high school students used an electronic vapor product in the past 30 days.



MENTAL HEALTH & SUICIDE	HAWAII STATE	
	2019 %	2021 %
Purposely hurt themselves without wanting to die in the past 12 months (such as cutting or burning) *	19.7	22.0
Felt sad or hopeless almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past 12 months	34.7	34.8
Never or rarely got the kind of help they needed (among students who reported having felt sad, empty, hopeless, angry, or anxious)	55.5	55.7
Seriously considered attempting suicide in the past 12 months	16.7	16.6
Made a plan about how they would attempt suicide in the past 12 months	14.6	13.3
Attempted suicide in the past 12 months *	10.5	7.4
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse in the past 12 months *	3.2	1.8

INJURIES & VIOLENCE	HAWAII STATE	
	2019 %	2021 %
Rode in a car driven by someone, including themselves, who was "high" or had been using alcohol or drugs in the past 30 days *	21.5	14.8
Were in a physical fight in the past 12 months *	16.7	13.6
Did not go to school because they felt unsafe at school or on their way to or from school in the past 30 days	12.4	9.6
Were electronically bullied in the past 12 months	13.1	11.8
Were bullied on school property in the past 12 months *	17.0	10.5
Strongly agreed or agreed that harassment and bullying by other students is a problem at their school	40.4	40.5
Were ever physically forced to have sexual intercourse	7.7	7.1
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) *	8.6	5.9
Experienced sexual 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)	7.7	8.0
Experienced sexual violence by anyone in the past 12 months	10.8	9.1

SEXUAL BEHAVIORS	HAWAII STATE	
	2019 %	2021 %
Ever had sexual intercourse *	27.7	19.9
Had sexual intercourse for the first time before age 13 years	2.9	3.3
Had sexual intercourse with four or more persons (lifetime)	4.6	3.9
Had sexual intercourse with at least one person in the past 3 months (students who were currently sexually active) *	17.6	13.0
Used a condom during last sexual intercourse (among students who were currently sexually active)	45.5	42.6
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	20.7	23.1
Ever had sexual contact with both males and females	2.9	3.1

SEXUAL BEHAVIORS cont.	HAWAII STATE	
	2019 %	2021 %
Used the following birth control methods during or before last sexual intercourse to prevent pregnancy, among students who were currently sexually active		
Birth control pills	14.8	15.3
IUD or implant	9.7	6.0
Birth control pills; an IUD or implant; or a shot, patch, or birth control ring	29.4	24.8
Both a condom and birth control pills; an IUD or implant; or a shot, patch, or birth control ring	6.6	5.4
None	16.0	18.0

61%

of Hawai'i high school students had an adult outside of school they could talk to about things that were important to them.



PROTECTIVE FACTORS	HAWAII STATE	
	2019 %	2021 %
Were taught in school about sexually transmitted diseases (STDs) *	73.6	64.1
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) *	12.4	16.1
Had eight or more hours of sleep on an average school night	22.8	23.5
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 *	45.7	38.6
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 *	47.3	42.8
Had at least one teacher or other adult in their school they could talk to if they had a problem *	60.8	55.0
Had an adult outside of school they could talk to about things that were important to them *	66.9	61.1
Described their grades in school as mostly A's or B's in the past 12 months *	73.0	77.8
Thought they probably or definitely would complete a post high school program such as a vocational training program, military service, community college, or four-year college *	72.6	67.2