

TOBACCO USE	HAWAI'I STATE	
	2019 %	2021 %
Ever tried cigarette smoking (even one or two puffs) *	10.5	7.1
Smoked cigarettes in the past 30 days *	3.9	1.9
Smoked cigarettes frequently in the past 30 days (on 20 or more days)	0.5	0.3
Smoked cigarettes daily in the past 30 days (on all 30 days)	0.5	0.2
Ever used an electronic vapor product *	30.6	12.8
Used an electronic vapor product in the past 30 days *	17.7	6.7
Used electronic vapor products frequently in the past 30 days (on 20 or more days) *	3.0	1.8
Used electronic vapor products daily in the past 30 days (on all 30 days) *	2.3	1.2
Smoked cigarettes or used electronic vapor products in the past 30 days *	17.6	7.3

ALCOHOL & OTHER DRUG USE	HAWAI'I STATE	
	2019 %	2021 %
Ever drank alcohol (other than a few sips)	22.6	20.8
Drank alcohol for the first time before age 11 years (other than a few sips)	11.4	12.2
Had at least one drink of alcohol in the past 30 days	7.0	6.4
Had five or more drinks of alcohol in a row within a couple of hours in the past 30 days *	4.6	2.1
Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months *	8.3	3.0
Ever used marijuana *	10.6	5.0
Tried marijuana for the first time before age 11 years *	2.9	1.4
Used marijuana in the past 30 days *	7.2	2.8
Ever used any form of cocaine *	2.8	0.8
Ever used methamphetamines *	3.7	1.7
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 *	7.8	4.8
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it *	10.6	6.6
Ever used a needle to inject any illegal drug into their body *	5.1	0.8

SOCIO-DEMOGRAPHICS	HAWAI'I STATE	
	2019 %	2021 %
Females	47.8	48.2
Males	52.2	51.8
Gay, lesbian, or bisexual	—	15.0
Transgender *	1.4	2.6
Race/Ethnicity (best description)		
Filipino	27.7	29.1
Hispanic/Latino	1.7	3.1
Japanese	9.9	7.0
Native Hawaiian	10.6	13.5
Other Pacific Islander	9.5	5.9
White	15.1	16.8
Some other race or ethnicity	8.2	8.4
More than one race or ethnicity	17.3	16.0
Grade 6	22.9	25.4
Grade 7	39.6	33.2
Grade 8	37.3	41.5
Reported that either of their parents or other adults in their family were serving on active duty in the military	28.3	28.9
Did not usually sleep in their parent's or guardian's home in the past 30 days *	4.8	2.7

HEALTH	HAWAI'I STATE	
	2019 %	2021 %
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months	65.1	60.9
Missed school because of problems with their teeth or mouth (not including routine appointments) in the past 12 months *	21.4	17.5
Never saw a dentist for a check-up, exam, teeth cleaning, or other dental work	1.4	1.8
Did not go to school because they were sick in the past 30 days *	53.1	37.4
Had a concussion from playing a sport or being physically active in the past 12 months *	17.7	21.8

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

— Question changed in 2021; 2019 not comparable

2021 SURVEY RESULTS HAWAI'I YOUTH RISK BEHAVIORS

HAWAI'I STATE PUBLIC MIDDLE SCHOOL REPORT

HAWAI'I SCHOOL HEALTH SURVEY

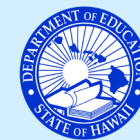
The Hawai'i School Health Survey is a joint project of the Hawai'i Departments of Education (DOE) and Health (DOH) and the University of Hawai'i's Curriculum Research & Development Group. It is largely funded by the DOH Substance Abuse Block Grant. This publication was supported by Cooperative Agreement 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 25,667 regular public middle school students across the state of Hawai'i.

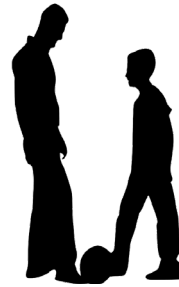
For more information on the Youth Risk Behavior Survey and state and national results visit www.cdc.gov/HealthyYouth/yrbs/index.htm.

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.



59%



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

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	17.5	18.7
5 or more days	43.5	43.8
All 7 days	24.0	26.0
Were usually physically active at least half of the time in physical education (PE) classes (among students who took PE classes in the past 12 months)	91.6	90.4
Reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher) *	33.1	44.9
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) *	78.4	73.6
Did exercises to strengthen or tone their muscles on three or more days in the past 7 days	44.0	46.0
Attended physical education classes on one or more days in an average week (when they were in school)	53.0	46.4
Attended physical education classes on all five days in an average week (when they were in school)	9.3	9.3

WEIGHT & NUTRITION	HAWAI'I STATE	
	2019 %	2021 %
Ate breakfast on all 7 days in the past 7 days *	43.8	34.9
Did not eat breakfast in the past 7 days *	13.6	17.2
Went hungry most of the time or always because there was not enough food in their home in the past 30 days *	7.4	5.4

MENTAL HEALTH & SUICIDE	HAWAI'I STATE	
	2019 %	2021 %
Ever purposely hurt themselves without wanting to die (such as cutting or burning)	25.4	25.8
Ever felt sad or hopeless almost every day for two or more weeks in a row so that they stopped doing some usual activities	30.5	34.4
Never or rarely got the kind of help they needed (among students who reported having felt sad, empty, hopeless, angry, or anxious) *	48.3	53.6
Ever seriously thought about killing themselves	27.2	26.9
Ever made a plan about how they would kill themselves	18.7	20.3
Ever tried to kill themselves *	13.0	10.5
Tried to kill themselves and attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse *	9.6	3.2

PROTECTIVE FACTORS	HAWAI'I STATE	
	2019 %	2021 %
Were taught in school about sexually transmitted diseases (STDs) *	44.7	24.5
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)	12.5	13.9
Had eight or more hours of sleep on an average school night	46.5	46.1
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 *	38.5	31.8
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	30.1	26.2
Ever talked with their parents or other adults in their family about how to say no to having sex	23.7	22.8
Had at least one teacher or other adult in their school they could talk to if they had a problem *	65.0	58.8
Had a teacher or some other adult at their school who really cared about them *	49.9	41.6
Had an adult outside of school they could talk to about things that were important to them *	64.9	59.4
Described their grades in school as mostly A's or B's in the past 12 months *	71.3	78.1
Thought they probably or definitely would complete high school	81.3	84.3

INJURIES & VIOLENCE	HAWAI'I STATE	
	2019 %	2021 %
Ever rode in a car driven by someone who was "high" or had been using alcohol or drugs *	24.5	19.4
Were in a physical fight in the past 12 months	19.5	16.5
Did not go to school because they felt unsafe at school or on their way to or from school in the past 12 months *	10.3	7.9
Were ever electronically bullied *	22.7	27.7
Were ever bullied on school property *	37.8	33.5
Strongly agreed or agreed that harassment and bullying by other students is a problem at their school	56.9	52.4
Were ever physically forced to have sexual intercourse	3.5	3.5
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) *	9.7	5.1
Physically hurt someone they were dating or going out with in the past 12 months (among students who dated or went out with someone) *	8.7	3.7
Experienced sexual violence by anyone in the past 12 months	6.1	6.3

SEXUAL BEHAVIORS	HAWAI'I STATE	
	2019 %	2021 %
Ever had sexual intercourse *	6.5	4.3
Had sexual intercourse for the first time before age 11 years	2.4	2.1
Had sexual intercourse with three or more persons (lifetime) *	1.7	0.9
Used a condom during last sexual intercourse (among students who ever had sexual intercourse)	44.2	39.3
Ever had sexual contact with both males and females	1.2	1.9

34%



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