

WEIGHT & NUTRITION	HAWAII STATE	
	2021 %	2023 %
Were overweight or obese (>=85th percentile BMI for age & sex)	28.9	29.8
Ate fruit and vegetables five or more times a day in the past 7 days	13.8	14.9
Ate fruit two or more times per day in the past 7 days	19.6	19.6
Ate vegetables three or more times per day in the past 7 days	14.2	15.3
Drank a glass, can, or bottle of a sweetened drink, sports or energy drink one or more times per day in the past 7 days	13.9	11.0
Drank a can, bottle, or glass of soda or pop one or more times per day in the past 7 days (not diet)	10.4	9.9
Ate breakfast on all 7 days in the past 7 days	27.2	28.7
Did not eat breakfast in the past 7 days	19.7	18.2
Went hungry most of the time or always because there was not enough food in their home in the past 30 days	5.0	7.0

HEALTH	HAWAII STATE	
	2021 %	2023 %
Saw a doctor or nurse for a check-up or physical exam when they were not sick or injured in the past 12 months	73.2	71.5
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months	79.5	79.6
Did not go to school because they were sick in the past 30 days *	29.6	49.8
Had a concussion from playing a sport or being physically active in the past 12 months *	10.9	14.6



14%
of Hawai'i high school students usually got to school in an average week by walking/wheelchair or bicycling.



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

PHYSICAL ACTIVITY	HAWAII STATE	
	2021 %	2023 %
Met federal guidelines for physical activity (aerobic and muscle-strengthening physical activity)	17.7	18.0
Attended physical education (PE) classes on one or more days in an average week (when they were in school)	36.9	38.0
Attended PE classes on all five days in an average week (when they were in school)	7.2	9.7
Were usually physically active at least half of the time during PE classes (among students who took PE classes in the past 12 months)	90.7	93.8
Reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their PE teacher)	34.2	34.3
Strongly agreed or agreed that PE classes they took offered a variety of physical activities (among students who took PE classes in the past 12 months)	77.9	79.7
Played on at least one sports team in the past 12 months (run by their school or community groups) *	39.3	47.9
Spent three or more hours in front of a TV, computer, smart phone, or other electronic device (not for school work), on an average school day	76.3	78.5
Usually got to school in an average week by walking/wheelchair or bicycling	14.4	14.4
Did not walk or bike to school because of lack of sidewalks or pathways, unsafe traffic, unsafe intersections or crossings, or unsafe neighborhoods	10.5	11.9

2023 SURVEY RESULTS HAWAII YOUTH RISK BEHAVIORS

HAWAII STATE PUBLIC HIGH SCHOOL REPORT

HAWAII SCHOOL HEALTH SURVEY

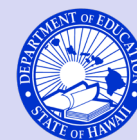
The Hawai'i School Health Survey is a joint project of the Hawai'i Departments of Education (DOE) and Health (DOH) and the University of Hawai'i's College of Education. It is largely funded by the DOH with Substance Use Prevention, Treatment, and Recovery Services Block Grant. This publication was supported by Cooperative Agreement number NU87PS004309, funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services.

The results are representative of the 44,000 regular public high school students across the state of Hawai'i.

The Youth Risk Behavior Survey (YRBS) is usually administered in the spring semester. Due to COVID-19, the 2021 survey was administered in the fall semester. 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.

For more information on the YRBS and state and national results visit www.cdc.gov/HealthyYouth/yrbs/index.htm.

For additional Hawai'i state and county results, including by sex, grade level, and race/ethnicity, visit the Hawai'i Health Data Warehouse at www.hhdw.org and Hawai'i Health Matters at www.hawaiihealthmatters.org.



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SOCIO-DEMOGRAPHICS	HAWAII STATE	
	2021 %	2023 %
Females (sex)	47.8	48.2
Males (sex)	52.2	51.8
Transgender	2.2	2.7
Not sure of gender	2.4	1.9
Lesbian, gay, bisexual, or other (orientation)	17.8	18.3
Questioning (orientation)	5.7	4.7
Race/Ethnicity (best description)		
American Indian or Alaska Native	0.1	0.1
Black	0.9	1.0
Filipino	26.0	26.1
Hispanic/Latino	11.5	12.3
Japanese	2.8	2.6
Asian	3.4	2.9
Native Hawaiian	24.3	23.0
Pacific Islander ^	2.9	2.7
White	17.2	17.7
Some other race or ethnicity	22.4	23.8
Grade 9	30.3	29.0
Grade 10	25.3	26.0
Grade 11	23.5	22.2
Grade 12	20.8	22.8
Reported that either of their parents or other adults in their family were serving on active duty in the military	22.5	21.9
Did not usually sleep in their parent's or guardian's home in the past 30 days	5.1	6.3

^ Not including Native Hawaiian

* This symbol denotes items that are statistically significant with non-overlapping confidence intervals; percentages are bolded.

	HAWAII STATE	
	2021 %	2023 %
ALCOHOL & OTHER DRUG USE		
Ever drank alcohol (other than a few sips)	40.3	42.9
Drank alcohol for the first time before age 13 years (other than a few sips)	13.9	13.8
Had at least one drink of alcohol in the past 30 days	16.6	16.8
Usually got the alcohol they drank by someone giving it to them in the past 30 days (among students who currently drank alcohol)	40.7	42.3
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)	8.3	8.6
Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months	10.5	11.5
Used marijuana in the past 30 days	12.0	14.0
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt (among students who currently used marijuana)	62.8	56.5
Ever used any of the following drugs		
Any form of cocaine	2.5	2.1
Ecstasy	2.7	2.3
Heroin	1.8	1.7
Methamphetamines	1.8	1.5
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	10.8	11.5
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	6.6	7.4
Ever used a needle to inject any illegal drug into their body	1.6	1.5



11%

of Hawai'i high school students ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it.

29%

of Hawai'i high school students ever used an electronic vapor product.



	HAWAII STATE	
	2021 %	2023 %
TOBACCO USE		
Ever tried cigarette smoking (even one or two puffs)	13.3	12.1
Smoked cigarettes in the past 30 days	3.0	3.0
Usually smoked menthol cigarettes (among current cigarette smokers)	15.8	14.1
Ever used an electronic vapor product *	32.4	28.8
Used electronic vapor products in the past 30 days	14.8	13.2
Used electronic vapor products frequently in the past 30 days (on 20 or more days)	6.4	6.0
Main reason students used electronic vapor products (among students who ever used electronic vapor products)		
Curious about them	31.1	33.0
Feeling anxious, stressed, or depressed	27.8	25.2
Friend or family uses them	15.9	17.7
Usually got or bought their electronic vapor products (EVP) from a friend, family member, or someone else in the past 30 days (among students who currently used EVP)	57.8	66.5
Smoked cigarettes or used electronic vapor products in the past 30 days	15.4	14.3
Ever tried to quit using all tobacco products in the past 12 months (among students who used tobacco products within the past 12 months)	61.3	58.8
Reported someone smoked or vaped a tobacco product in their home while they were there in the past 7 days	21.0	21.0

	HAWAII STATE	
	2021 %	2023 %
INJURIES & VIOLENCE		
Rode in a car driven by someone, including themselves, who was "high" or had been using alcohol or drugs in the past 30 days	14.8	15.3
Did not go to school because they felt unsafe at school or on their way to or from school in the past 30 days	9.6	12.5
Were electronically bullied in the past 12 months	11.8	14.2
Were bullied on school property in the past 12 months *	10.5	15.5
Bullied on school property or electronically in the past 12 months *	17.3	21.8
Strongly agreed or agreed that harassment and bullying by other students is a problem at their school	40.5	39.9
Were ever physically forced to have sexual intercourse	7.1	8.1
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) *	5.9	9.7
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)	8.0	9.8
Experienced sexual violence by anyone in the past 12 months	9.1	11.0

	HAWAII STATE	
	2021 %	2023 %
MENTAL HEALTH & SUICIDE		
Purposely hurt themselves without wanting to die in the past 12 months (such as cutting or burning)	22.0	22.1
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	34.8	34.9
Most of the time or always got the kind of help they needed (among students who reported having felt sad, empty, hopeless, angry, or anxious)	20.1	19.9
Seriously considered attempting suicide in the past 12 months	16.6	15.8
Made a plan about how they would attempt suicide in the past 12 months	13.3	13.6
Attempted suicide in the past 12 months	7.4	8.0
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse in the past 12 months	1.8	1.9



11%

of Hawai'i high school students drank a can, bottle, or glass of soda or pop one or more times per day in the past 7 days.

	HAWAII STATE	
	2021 %	2023 %
SEXUAL BEHAVIORS		
Ever had sexual intercourse *	19.9	27.4
Had sexual intercourse for the first time before age 13 years	3.3	2.9
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	23.1	16.4
Ever had sexual contact with both males and females	3.2	4.0
Had sexual intercourse with four or more persons (lifetime)	3.9	4.7
Had sexual intercourse with at least one person in the past 3 months (students who were currently sexually active) *	13.0	19.8
Used a condom during last sexual intercourse (among students who were currently sexually active)	42.6	47.2

	HAWAII STATE	
	2021 %	2023 %
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		
Birth control pills	14.7	19.8
IUD or implant	6.0	5.8
Birth control pills, condoms, Depo-provera, Nuva Ring, Implanon, patch or any IUD	57.9	62.8
None *	21.6	13.1
Needed sexual health services such as birth control, condoms, or HIV or STD testing or treatment, in the past 12 months	24.1	27.0
Used a guide or list of places to find sexual health services such as birth control, condoms, or HIV or STD testing or treatment, in the past 12 months (among students who needed them)	31.4	38.7

	HAWAII STATE	
	2021 %	2023 %
PROTECTIVE FACTORS		
Had an adult outside of school they could talk to about things that were important to them *	61.1	67.1
Had at least one teacher or other adult in their school they could talk to if they had a problem *	55.0	61.1
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	38.6	41.1
Talked with their parents or other adults in their family about birth control *	31.4	38.3
Talked with parents or other adults in family about how to say no to having sex *	33.9	40.7
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 *	42.8	51.3
Were taught in school about sexually transmitted diseases (STDs)	64.1	67.8
Received help from a special education teacher, speech therapist, or behavior health specialist at school in the past 12 months	9.1	10.1
Described their grades in school as mostly A's or B's in the past 12 months *	77.8	71.8
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 *	80.4	86.3
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)	16.1	19.1