

MENTAL HEALTH & SUICIDE	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %
Purposely hurt themselves without wanting to die in the past 12 months (such as cutting or burning)	21.0	21.7	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 •	35.7	33.5	34.8	34.9	39.7
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)	20.0	21.8	20.1	19.9	NA
Seriously considered attempting suicide in the past 12 months •	17.5	14.9	16.6	15.8	20.4
Made a plan about how they would attempt suicide in the past 12 months	16.1	12.5	13.3	13.6	16.4
Attempted suicide in the past 12 months	6.7	7.3	7.4	8.0	9.5
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse in the past 12 months	2.1	2.5	1.8	1.9	2.3

WEIGHT & NUTRITION	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %
Were overweight or obese (>=85%ile BMI for age & sex)	30.0	32.8	28.9	29.8	Δ
Ate fruit and vegetables five or more times a day in the past 7 days	17.4	14.3	13.8	14.9	—
Ate fruit two or more times per day in the past 7 days	20.0	19.4	19.6	19.6	—
Ate vegetables three or more times per day in the past 7 days	16.6	14.0	14.2	15.3	13.1
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	14.7	14.0	13.9	11.0	10.9
Drank a can, bottle, or glass of soda or pop one or more times per day in the past 7 days (not diet) •	9.4	8.3	10.4	9.9	14.5
Ate breakfast on all 7 days in the past 7 days	28.7	25.2	27.2	28.7	27.4
Did not eat breakfast in the past 7 days	17.2	21.0	19.7	18.2	17.9
Went hungry most of the time or always because there was not enough food in their home in the past 30 days	5.8	5.5	5.0	7.0	NA

HEALTH	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	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	66.9	67.8	73.2	71.5	NA
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months •	79.6	77.8	79.5	79.6	75.9
Did not go to school because they were sick in the past 30 days † *	41.6	54.7	29.6	49.8	NA
Had a concussion from playing a sport or being physically active in the past 12 months *	11.3	15.2	10.9	14.6	14.2

PHYSICAL ACTIVITY	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %
Met federal guidelines for physical activity (aerobic and muscle-strengthening physical activity)	18.0	17.9	17.7	18.0	Δ
Attended physical education (PE) classes on one or more days in an average week (when they were in school) •	27.8	34.2	36.9	38.0	49.9
Attended PE classes on all five days in an average week (when they were in school) •	5.6	8.6	7.2	9.7	27.4

Were usually physically active at least half of the time during PE classes (among students who took PE classes in the past 12 months)	89.8	87.4	90.7	93.8	NA
Reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their PE teacher)	31.1	36.3	34.2	34.3	NA
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)	73.4	71.3	77.9	79.7	NA
Played on at least one sports team in the past 12 months (run by their school or community groups) *	42.4	46.8	39.3	47.9	51.9
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	77.0	76.0	76.3	78.5	NA
Usually got to school in an average week by walking/wheelchair or bicycling ◇	4.7	5.2	14.4	14.4	NA
Did not walk or bike to school because of lack of sidewalks or pathways, unsafe traffic, unsafe intersections or crossings, or unsafe neighborhoods	8.8	7.4	10.5	11.9	NA

2023 SURVEY RESULTS

HAWAII YOUTH RISK BEHAVIORS

KAUA'I COUNTY PUBLIC HIGH 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 at Mānoa's College of Education. It is largely funded by the DOH with a 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).

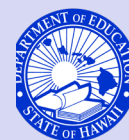
Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services.

The results are representative of the 44,000 regular public high school students across the state of Hawaii and the 2,600 Kauai County public high school students.

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



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SOCIO-DEMOGRAPHICS	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %
Females (sex)	46.8	47.8	47.8	48.2	48.1
Males (sex)	53.2	52.2	52.2	51.8	51.9
Transgender	1.9	4.2	2.2	2.7	—
Not sure of gender	2.5	1.6	2.4	1.9	—
Lesbian, gay, bisexual, or other (orientation)	15.9	14.1	17.8	18.3	—
Questioning (orientation)	4.5	5.6	5.7	4.7	—
Race/Ethnicity (best description)					
American Indian or Alaska Native	0.1	0.1	0.1	0.1	—
Black	0.5	0.1	0.9	1.0	13.3
Filipino	28.4	30.0	26.0	26.1	NA
Hispanic/Latino ◇	7.4	7.1	11.5	12.3	27.4
Japanese	0.9	0.7	2.8	2.6	NA
Other Asian ◇	0.4	0.6	3.4	2.9	Δ
Native Hawaiian	28.1	27.1	24.3	23.0	Δ
Pacific Islander ^	1.3	1.3	2.9	2.7	Δ
White	25.1	25.4	17.2	17.7	48.1
Some other race or ethnicity ◇	15.1	14.6	22.4	23.8	Δ
Grade 9	26.0	27.2	30.3	29.0	26.4
Grade 10	26.5	26.5	25.3	26.0	25.8
Grade 11	24.5	22.4	23.5	22.2	24.2
Grade 12	23.0	23.9	20.8	22.8	23.3
Reported that either of their parents or other adults in their family were serving on active duty in the military	15.9	17.0	22.5	21.9	NA
Did not usually sleep in their parent's or guardian's home in the past 30 days	5.7	6.8	5.1	6.3	Δ

^ Not including Native Hawaiian

The following symbols are used to denote the specific comparisons that are statistically significant with non-overlapping confidence intervals; percentages are bolded.

- † Kauai County 2021 and 2023
- ◇ Kauai County and Hawaii state 2023
- * Hawaii state 2021 and 2023
- Hawaii state and U.S. 2023
- Data not available at time of printing
- NA Not Asked
- Δ Hawaii state and U.S. 2023 not comparable

ALCOHOL & OTHER DRUG USE	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %
Ever drank alcohol (other than a few sips)	44.0	40.1	40.3	42.9	NA
Drank alcohol for the first time before age 13 years (other than a few sips)	14.5	15.8	13.9	13.8	13.3
Had at least one drink of alcohol in the past 30 days •	19.5	13.8	16.6	16.8	22.1
Usually got the alcohol they drank by someone giving it to them in the past 30 days (among students who currently drank alcohol) †	48.9	26.1	40.7	42.3	42.1
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)	9.8	8.0	8.3	8.6	8.8
Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months	11.5	7.9	10.5	11.5	NA
Used marijuana in the past 30 days	13.5	12.4	12.0	14.0	17.0
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt (among students who currently used marijuana)	70.5	65.3	62.8	56.5	NA
Ever used any of the following drugs					
Any form of cocaine	2.2	2.3	2.5	2.1	2.5
Ecstasy	2.9	2.2	2.7	2.3	2.7
Heroin	1.5	1.5	1.8	1.7	1.6
Methamphetamines	2.1	1.6	1.8	1.5	1.8
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	12.3	11.3	10.8	11.5	11.6
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 •	6.8	6.0	6.6	7.4	4.4
Ever used a needle to inject any illegal drug into their body	1.7	1.1	1.6	1.5	1.2



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

TOBACCO USE	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %
Ever tried cigarette smoking (even one or two puffs)	13.8	10.3	13.3	12.1	14.4
Smoked cigarettes in the past 30 days	3.4	2.2	3.0	3.0	3.5
Usually smoked menthol cigarettes (among current cigarette smokers)	17.5	14.3	15.8	14.1	NA
Ever used an electronic vapor product † ◊ * •	35.4	22.4	32.4	28.8	33.8
Used electronic vapor products in the past 30 days •	16.0	12.0	14.8	13.2	16.8
Used electronic vapor products frequently in the past 30 days (on 20 or more days)	5.8	7.2	6.4	6.0	6.4
Main reason students used electronic vapor products (among students who ever used electronic vapor products)					
Curious about them	30.2	22.1	31.1	33.0	NA
Feeling anxious, stressed, or depressed	25.1	27.3	27.8	25.2	NA
Friend or family uses them	12.9	16.7	15.9	17.7	NA
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) ◊	61.9	47.5	57.8	66.5	—
Smoked cigarettes or used electronic vapor products in the past 30 days	17.1	12.4	15.4	14.3	17.1
Ever tried to quit using all tobacco products in the past 12 months (among students who used tobacco products within the past 12 months) •	56.4	57.9	61.3	58.8	50.3
Reported someone smoked or vaped a tobacco product in their home while they were there in the past 7 days	20.5	19.7	21.0	21.0	NA

INJURIES & VIOLENCE	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %
Rode in a car driven by someone, including themselves, who was "high" or had been using alcohol or drugs in the past 30 days	17.4	12.8	14.8	15.3	NA
Did not go to school because they felt unsafe at school or on their way to or from school in the past 30 days	10.8	12.8	9.6	12.5	12.8
Were electronically bullied in the past 12 months	15.5	14.4	11.8	14.2	16.3
Were bullied on school property in the past 12 months * •	15.8	18.4	10.5	15.5	19.2
Bullied on school property or electronically in the past 12 months *	23.4	24.8	17.3	21.8	Δ

INJURIES & VIOLENCE cont.	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %
Strongly agreed or agreed that harassment and bullying by other students is a problem at their school	39.2	37.6	40.5	39.9	NA
Were ever physically forced to have sexual intercourse	6.9	7.2	7.1	8.1	8.6
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) *	6.0	7.3	5.9	9.7	10.4
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	7.7	8.0	9.8	5.9
Experienced sexual violence by anyone in the past 12 months	11.0	10.1	9.1	11.0	11.4

SEXUAL BEHAVIORS	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %

Ever had sexual intercourse *	22.2	24.3	19.9	27.4	31.6
Had sexual intercourse for the first time before age 13 years	3.3	2.9	3.3	2.9	3.0
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	23.3	16.8	23.1	16.4	18.3
Ever had sexual contact with both males and females	4.9	2.8	3.2	4.0	5.1
Had sexual intercourse with four or more persons (lifetime)	4.2	3.4	3.9	4.7	5.8
Had sexual intercourse with at least one person in the past 3 months (currently sexually active) *	17.1	17.8	13.0	19.8	20.9
Used a condom during last sexual intercourse (among students who were currently sexually active)	47.3	43.9	42.6	47.2	51.9
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	21.8	27.5	14.7	19.8	20.0
IUD or implant	6.2	7.2	6.0	5.8	8.5
Birth control pills, condoms, Depo-provera, Nuva Ring, Implanon, patch or any IUD •	67.5	76.5	57.9	62.8	32.9
None *	12.2	10.9	21.6	13.1	12.4

SEXUAL BEHAVIORS cont.	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %
Needed sexual health services such as birth control, condoms, or HIV or STD testing or treatment, in the past 12 months	24.0	25.2	24.1	27.0	NA
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)	37.6	33.9	31.4	38.7	NA

PROTECTIVE FACTORS	KAUA'I COUNTY		HAWAII STATE		U.S.
	2021 %	2023 %	2021 %	2023 %	2023 %

Had an adult outside of school they could talk to about things that were important to them *	61.9	66.4	61.1	67.1	NA
Had at least one teacher or other adult in their school they could talk to if they had a problem *	55.3	62.3	55.0	61.1	NA
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	44.9	36.0	38.6	41.1	NA
Talked with their parents or other adults in their family about birth control *	37.1	34.8	31.4	38.3	NA
Talked with parents or other adults in family about how to say no to having sex *	38.2	36.7	33.9	40.7	NA
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 *	46.2	43.8	42.8	51.3	NA
Were taught in school about sexually transmitted diseases (STDs)	76.6	75.1	64.1	67.8	NA
Received help from a special education teacher, speech therapist, or behavior health specialist at school in the past 12 months	8.3	8.2	9.1	10.1	NA
Described their grades in school as mostly A's or B's in the past 12 months *	79.8	74.5	77.8	71.8	72.1
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 *	80.9	81.7	80.4	86.3	NA
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)	13.2	16.9	16.1	19.1	NA