

TOBACCO USE	HAWAI'I STATE	
	2021 %	2023 %
Ever tried cigarette smoking (even one or two puffs)	7.1	6.3
Smoked cigarettes in the past 30 days	1.9	2.4
Usually smoked menthol cigarettes (among current cigarette smokers)	5.0	7.1
Ever used an electronic vapor product *	12.8	16.9
Used an electronic vapor product in the past 30 days *	6.7	10.3
Used electronic vapor products frequently in the past 30 days (on 20 or more days)	1.8	2.7
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)	58.5	51.8
Smoked cigarettes or used electronic vapor products in the past 30 days *	7.4	10.8
Reported someone smoked or vaped a tobacco product in their home while they were there in the past 7 days *	18.4	22.5

**17%**

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



ALCOHOL & OTHER DRUG USE	HAWAI'I STATE	
	2021 %	2023 %
Ever drank alcohol (other than a few sips)	20.8	23.5
Drank alcohol for the first time before age 13 years (other than a few sips)	18.2	19.2
Had at least one drink of alcohol in the past 30 days	6.4	7.1
Had five or more drinks of alcohol in a row within a couple of hours in the past 30 days *	2.1	3.3
Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months *	3.0	6.4
Ever used marijuana *	5.0	7.7
Tried marijuana for the first time before age 13 years	3.9	4.9
Used marijuana in the past 30 days *	2.8	5.4
Ever used any form of cocaine	0.8	1.3
Ever used methamphetamines	1.7	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	4.8	5.9
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	6.6	7.5
Ever used a needle to inject any illegal drug into their body	0.8	1.2

SOCIO-DEMOGRAPHICS	HAWAI'I STATE	
	2021 %	2023 %
Females (sex)	48.2	47.9
Males (sex)	51.8	52.1
Transgender	2.7	1.9
Not sure of gender	6.1	4.6
Lesbian, gay, bisexual, or other (orientation) *	21.3	16.5
Questioning (orientation)	9.5	7.3
Race/Ethnicity (best description)		
American Indian or Alaska Native	0.4	0.2
Black	1.6	1.1
Filipino	24.8	23.7
Hispanic/Latino	10.3	10.3
Japanese	2.3	1.8
Other Asian	3.6	3.5
Native Hawaiian	20.8	20.8
Pacific Islander ^	5.1	5.5
White	18.8	20.7
Some other race or ethnicity	22.7	22.6
Grade 6	25.4	25.3
Grade 7	33.2	41.9
Grade 8	41.5	32.9
Reported that either of their parents or other adults in their family were serving on active duty in the military	28.9	25.8
Did not usually sleep in their parent's or guardian's home in the past 30 days	4.1	4.3

^ Not including Native Hawaiian

HEALTH	HAWAI'I 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	71.9	69.4
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months	78.2	80.4
Missed school because of problems with their teeth or mouth (not including routine appointments) in the past 12 months *	17.5	21.4
Did not go to school because they were sick in the past 30 days *	37.4	54.2
Had a concussion from playing a sport or being physically active in the past 12 months	21.8	22.1

# 2023 SURVEY RESULTS

# HAWAI'I YOUTH RISK BEHAVIORS

## HAWAI'I STATE PUBLIC MIDDLE SCHOOL REPORT

### HAWAI'I SCHOOL HEALTH SURVEY

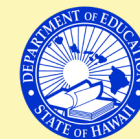
The Hawai'i School Health Survey is a joint project of the Hawai'i Departments of Education (DOE) and Health (DOH) and the University of Hawai'i at Mānoa's College of Education. It is largely funded by the DOH with a Substance Use Prevention, Treatment, and Recovery Services Block Grant. This publication 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 25,200 regular public middle 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](http://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](http://www.hhdw.org) and Hawai'i Health Matters at [www.hawaiihealthmatters.org](http://www.hawaiihealthmatters.org).



PHYSICAL ACTIVITY	HAWAI'I STATE	
	2021 %	2023 %
Met federal guidelines for physical activity (aerobic and muscle-strengthening physical activity)	19.0	22.1
Attended physical education (PE) classes on one or more days in an average week (when they were in school)	46.4	54.1
Attended PE classes on all five days in an average week (when they were in school)	9.3	10.3
Were usually physically active at least half of the time during PE classes (among students who took PE classes in the past 12 months)	90.4	92.0
Reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their PE teacher)	44.9	42.0
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)	73.6	77.7
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	73.8	74.2
Usually got to school in an average week by walking/ wheelchair or bicycling	13.0	17.3
Did not walk or bike to school because lack of sidewalks or pathways, unsafe traffic, unsafe intersections or crossings, or unsafe neighborhoods	17.6	15.9

**34%** of Hawai'i middle school students ever felt sad or hopeless almost every day for two or more weeks in a row so that they stopped doing some usual activities.



NUTRITION	HAWAI'I STATE	
	2021 %	2023 %
Ate breakfast on all 7 days in the past 7 days	34.9	37.3
Did not eat breakfast in the past 7 days	17.2	18.0
Went hungry most of the time or always because there was not enough food in their home in the past 30 days	5.4	6.1

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

SEXUAL BEHAVIORS	HAWAI'I STATE	
	2021 %	2023 %
Ever had sexual intercourse	4.3	5.9
Had sexual intercourse for the first time before age 13 years	3.5	4.0
Had sexual intercourse with four or more persons (lifetime)	0.6	1.0
Used a condom during last sexual intercourse (among students who ever had sexual intercourse)	39.3	39.3
Drank alcohol or used drugs before last sexual intercourse (among students who ever had sexual intercourse) *	<b>10.5</b>	<b>16.9</b>
Ever had sexual contact with both males and females	1.9	2.1

**61%** of Hawai'i middle school students had an adult outside of school they could talk to about things that were important to them.



PROTECTIVE FACTORS	HAWAI'I STATE	
	2021 %	2023 %
Were taught in school about sexually transmitted diseases (STDs) *	<b>24.5</b>	<b>34.5</b>
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)	13.9	16.7
Had eight or more hours of sleep on an average school night	46.1	43.7
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	31.8	32.3
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	26.2	25.6
Ever talked with their parents or other adults in their family about how to say no to having sex	22.8	21.7
Had at least one teacher or other adult in their school they could talk to if they had a problem	58.8	55.6
Had a teacher or some other adult at their school who really cared about them	41.6	43.1
Had an adult outside of school they could talk to about things that were important to them	59.4	61.0
Talked with their parents or other adults in their family about birth control	20.9	16.0
Received help from a special education teacher, speech therapist, or behavior health specialist at school in the past 12 months	9.6	11.5
Described their grades in school as mostly A's or B's in the past 12 months *	<b>78.1</b>	<b>72.6</b>

INJURIES & VIOLENCE	HAWAI'I STATE	
	2021 %	2023 %
Did not go to school because they felt unsafe at school or on their way to or from school in the past 12 months *	<b>7.9</b>	<b>12.7</b>
Were ever electronically bullied	27.7	30.0
Were ever bullied on school property *	<b>33.5</b>	<b>39.6</b>
Strongly agreed or agreed that harassment and bullying by other students is a problem at their school	52.4	56.1
Were ever physically forced to have sexual intercourse	3.5	4.2
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)	5.1	5.7
Physically hurt someone they were dating or going out with in the past 12 months (among students who dated or went out with someone)	3.7	2.4
Experienced sexual violence by anyone in the past 12 months	6.3	7.8
Experienced sexual dating violence in the past 12 months by someone they were dating or going out with (among student who dated or went out with someone) *	<b>3.5</b>	<b>5.6</b>
Saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood *	<b>18.2</b>	<b>23.6</b>

MENTAL HEALTH & SUICIDE	HAWAI'I STATE	
	2021 %	2023 %
Ever purposely hurt themselves without wanting to die (such as cutting or burning)	25.8	24.8
Ever felt sad or hopeless almost every day for two or more weeks in a row so that they stopped doing some usual activities	34.4	33.7
Reported that their mental health (including stress, anxiety, and depression) was not good most of the time or always in the past 30 days	23.5	23.6
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)	22.8	23.2
Ever seriously thought about killing themselves	26.9	26.3
Ever made a plan about how they would kill themselves	20.3	21.8
Ever tried to kill themselves	10.5	12.0
Tried to kill themselves and attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	3.2	3.3