

| ASTHMA<br>& HEALTH CARE  | KAUAI COUNTY |        | HAWAII STATE |        |
|--|--------------|--------|--------------|--------|
|  | 2013 %       | 2015 % | 2013 %       | 2015 % |
| Were ever told by a doctor or nurse that they had asthma   | 27.6         | 26.5   | 25.4         | 24.5   |
| Still had asthma   | 13.3         | 14.0   | 12.1         | 11.7   |
| Saw a doctor or nurse for a check-up or physical exam when they were not sick or injured in the past 12 months | 38.9         | 40.7   | 46.0         | 44.3   |
| Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months                 | 62.2         | 59.8   | 61.5         | 61.4   |

During the past 12 months, **64%** of middle school students in Kauai County had at least one teacher or other adult in their school they could talk to if they had a problem.

| PROTECTIVE FACTORS  | KAUAI COUNTY |             | HAWAII STATE |             |
|---|--------------|-------------|--------------|-------------|
|   | 2013 %       | 2015 %      | 2013 %       | 2015 %      |
| Were ever taught in school about AIDS or HIV infection * $\diamond$ $\dagger$   | <b>57.2</b>  | <b>32.8</b> | <b>51.1</b>  | <b>43.8</b> |
| Had eight or more hours of sleep on an average school night   | 58.8         | 54.7        | 54.7         | 50.9        |
| Had a parent or another adult in their family talk with them about the dangers of tobacco, alcohol, or drug use in the past 12 months | 35.7         | 38.0        | 34.4         | 36.2        |
| 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       | NA           | 33.8        | NA           | 34.3        |
| Had at least one teacher or other adult in their school they could talk to if they had a problem                                      | 65.5         | 64.0        | 65.3         | 63.8        |
| Had an adult outside of school they could talk to about things that were important to them $\dagger$                                  | <b>76.9</b>  | <b>71.1</b> | 73.4         | 70.7        |
| Had grades in school that were mostly A's and B's $\diamond$  | 75.7         | <b>75.7</b> | 65.8         | <b>64.8</b> |
| Thought they definitely will not complete high school *   | 3.8          | 4.8         | <b>2.7</b>   | <b>3.9</b>  |

| SEXUAL BEHAVIORS  | KAUAI COUNTY |            | HAWAII STATE |        |
|---|--------------|------------|--------------|--------|
|   | 2013 %       | 2015 %     | 2013 %       | 2015 % |
| Ever had sexual intercourse $\dagger$   | <b>9.1</b>   | <b>6.1</b> | 8.6          | 6.9    |
| Had sexual intercourse for the first time before age 11                                       | 3.7          | 2.7        | 2.5          | 2.3    |
| Had sexual intercourse with three or more persons (lifetime)                                  | 2.9          | 2.1        | 2.8          | 2.4    |
| Used a condom during last sexual intercourse (among students who ever had sexual intercourse) | NR           | NR         | 51.3         | 54.0   |

**15 percent** of middle school students in Kauai County ever tried smoking cigarettes.

| TOBACCO USE   | KAUAI COUNTY |        | HAWAII STATE |        |
|---|--------------|--------|--------------|--------|
|   | 2013 %       | 2015 % | 2013 %       | 2015 % |
| Ever tried smoking cigarettes (even one or two puffs)                 | 16.7         | 14.6   | 16.4         | 14.9   |
| Smoked a whole cigarette before age 11                                | 4.4          | 3.2    | 3.2          | 3.9    |
| Smoked cigarettes in the past 30 days                                 | 4.2          | 4.8    | 5.2          | 5.0    |
| Smoked cigarettes frequently in the past 30 days (on 20 or more days) | 1.3          | 0.7    | 0.4          | 0.4    |
| Ever used electronic vapor products                                   | NA           | 24.9   | NA           | 26.3   |
| Used electronic vapor products in the past 30 days                    | NA           | 12.9   | NA           | 15.7   |

\* Statistically significant difference ( $p < 0.05$ ) between Hawaii state 2013 and 2015  
 $\diamond$  Statistically significant difference ( $p < 0.05$ ) between Hawaii state and Kauai County 2015  
 $\dagger$  Statistically significant difference ( $p < 0.05$ ) between Kauai County 2013 and 2015  
**Bold** Statistically significant difference  
 NA Not Applicable  
 NR Not Reported

## SURVEY RESULTS 2015

# HAWAII YOUTH RISK BEHAVIORS

### HAWAII SCHOOL HEALTH SURVEY




---

## KAUAI COUNTY PUBLIC MIDDLE SCHOOL REPORT

The Hawaii School Health Survey is a joint project of the Hawaii Departments of Education (DOE) and Health (DOH) and the University of Hawaii's Curriculum Research & Development Group. It is largely funded by the DOH Healthy Hawaii Initiative and Substance Abuse Block Grant and the DOE's cooperative agreement with the Centers for Disease Control and Prevention (CDC) #5U87PS004230-02. The content of this brochure is the sole responsibility of the authors and does not necessarily represent the official views of the CDC.

For more information on the Youth Risk Behavior Survey and state and national results visit [www.cdc.gov/HealthyYouth/yrbs/index.htm](http://www.cdc.gov/HealthyYouth/yrbs/index.htm).

Hawaii state and county results, including by gender, grade level, and race/ethnicity, can be obtained from the Hawaii Health Data Warehouse at [www.hhdw.org](http://www.hhdw.org).

08/3/16-T

During the past 7 days, **31%** of middle school students in Kauai County were physically active for at least 60 minutes per day on all 7 days.

| PHYSICAL ACTIVITY   | KAUAI COUNTY        |                      | HAWAII STATE         |                      |
|---|---------------------|----------------------|----------------------|----------------------|
|   | 2013 %              | 2015 %               | 2013 %               | 2015 %               |
| 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)<br>0 days $\dagger$<br>5 days * $\dagger$<br>All 7 days * | 9.7<br>54.5<br>33.4 | 15.4<br>49.0<br>30.7 | 13.1<br>52.6<br>32.0 | 15.5<br>47.0<br>27.4 |
| Did exercises to strengthen or tone their muscles on three or more of the past 7 days * $\dagger$   | 57.7                | 49.5                 | 52.2                 | 48.5                 |
| Used computers three or more hours per day (played video or computer games or used a computer for something that was not school work on an average school day)  | 38.0                | 39.1                 | 41.2                 | 41.9                 |
| Watched television three or more hours per day (on an average school day) *   | 31.6                | 27.1                 | <b>33.2</b>          | <b>28.3</b>          |
| Attended physical education classes on one or more days in an average week (when they were in school) $\dagger$   | <b>63.6</b>         | <b>54.7</b>          | 61.2                 | 58.0                 |
| Played on at least one sports team in the past 12 months (run by their school or community groups) * $\dagger$  | <b>60.8</b>         | <b>52.1</b>          | <b>57.5</b>          | <b>52.8</b>          |
| Rode their bike or walked to or from school on one or more days in an average week when they were in school, weather permitting $\diamond$  | NA                  | <b>28.9</b>          | NA                   | <b>39.9</b>          |

**1 in 4** middle school students in Kauai County were electronically bullied.

| WEIGHT MANAGEMENT<br>& NUTRITION   | KAUAI COUNTY |        | HAWAII STATE |        |
|--|--------------|--------|--------------|--------|
|  | 2013 %       | 2015 % | 2013 %       | 2015 % |
| Described themselves as slightly or very overweight                                    | 26.9         | 26.1   | 28.7         | 26.8   |
| Were trying to lose weight   | 49.3         | 48.5   | 49.9         | 47.6   |
| Ate breakfast on all 7 days in the past 7 days   | 47.9         | 46.5   | 44.9         | 46.2   |
| Did not eat breakfast during the past 7 days   | 10.1         | 11.8   | 10.9         | 12.6   |
| Went hungry most of the time or always because there was not enough food in their home | NA           | 7.7    | NA           | 7.5    |
| Avoided foods because eating the food could cause an allergic reaction                 | NA           | 16.4   | NA           | 14.9   |

**8 percent** of middle school students in Kauai County went hungry most of the time or always because there was not enough food in their home.

| INJURIES & VIOLENCE  | KAUAI COUNTY |             | HAWAII STATE |             |
|--|--------------|-------------|--------------|-------------|
|  | 2013 %       | 2015 %      | 2013 %       | 2015 %      |
| Never or rarely wore a bicycle helmet (among students who had ridden a bicycle) ◊              | 80.1         | <b>75.9</b> | 73.1         | <b>69.7</b> |
| Never or rarely wore a helmet (among students who used rollerblades or rode a skateboard)      | 80.7         | 79.1        | 79.1         | 75.8        |
| Ever rode in a vehicle driven by someone who had been drinking alcohol                         | 35.7         | 32.5        | 30.3         | 28.9        |
| Ever rode in a vehicle driven by someone who had been high on marijuana or other illegal drugs | 12.2         | 11.6        | 9.1          | 9.6         |
| Carried a weapon in the past 12 months (such as a gun, knife, or club) ◊ †                     | <b>25.7</b>  | <b>21.3</b> | 17.5         | <b>17.9</b> |
| Carried a weapon on school property in the past 12 months (such as a gun, knife, or club)      | 3.5          | 2.6         | 2.9          | 2.3         |
| Were threatened or injured with a weapon on school property in the past 12 months              | 5.9          | 4.9         | 5.1          | 5.4         |

| INJURIES & VIOLENCE   | KAUAI COUNTY |        | HAWAII STATE |        |
|---|--------------|--------|--------------|--------|
|   | 2013 %       | 2015 % | 2013 %       | 2015 % |
| Were in a physical fight in the past 12 months  | 20.7         | 20.3   | 21.5         | 21.4   |
| Were injured in a physical fight and injuries had to be treated by a doctor or nurse in the past 12 months  | 2.4          | 3.1    | 1.8          | 2.5    |
| Did not go to school because they felt unsafe at school or on their way to or from school in the past 12 months   | 9.2          | 8.8    | 8.4          | 9.6    |
| Were ever electronically bullied  | 26.1         | 24.6   | 23.7         | 25.1   |
| Ever electronically bullied someone   | NA           | 14.2   | NA           | 15.7   |
| Were ever bullied on school property  | 44.7         | 46.2   | 44.6         | 45.1   |
| Strongly disagreed or disagreed that bullying is a problem at their school  | 9.6          | 9.9    | 11.0         | 11.6   |
| Were ever physically forced to have sexual intercourse  | 4.3          | 4.3    | 4.5          | 4.2    |
| Were purposely controlled or emotionally hurt in the past 12 months by someone they were dating or going out with (among students who dated or went out with someone) | NA           | 19.9   | NA           | 21.6   |
| 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)          | 17.0         | 16.5   | 14.0         | 15.8   |
| 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)            | 21.0         | 16.3   | 18.7         | 17.0   |

| ALCOHOL & OTHER DRUGS  | KAUAI COUNTY |             | HAWAII STATE |             |
|--|--------------|-------------|--------------|-------------|
|  | 2013 %       | 2015 %      | 2013 %       | 2015 %      |
| Ever drank alcohol (other than a few sips)   | 25.3         | 25.7        | 24.2         | 23.9        |
| Drank alcohol for the first time before age 11 (other than a few sips) ◊                 | 14.5         | <b>13.3</b> | 11.0         | <b>10.6</b> |
| Had at least one drink of alcohol in the past 30 days ◊                                  | 12.2         | <b>13.8</b> | 9.5          | <b>10.4</b> |
| Had five or more drinks of alcohol in a row within a couple of hours in the past 30 days | 5.7          | 7.0         | 4.4          | 5.3         |

| ALCOHOL & OTHER DRUGS   | KAUAI COUNTY |            | HAWAII STATE |             |
|---|--------------|------------|--------------|-------------|
|   | 2013 %       | 2015 %     | 2013 %       | 2015 %      |
| Had 10 or more drinks of alcohol in a row within a couple of hours in the past 30 days ◊  | NA           | <b>1.0</b> | NA           | <b>0.5</b>  |
| Had one or more best friends that had tried beer, wine, or hard liquor when their parents did not know about it in the past 12 months | 18.2         | 19.1       | 15.4         | 16.9        |
| Thought parents would feel it was a little bit wrong, wrong, or very wrong for them to drink beer, wine, or hard liquor regularly *   | 86.4         | 87.9       | <b>90.0</b>  | <b>87.8</b> |
| Ever used alcohol or drugs to relax, feel better about themselves, or fit in  | 8.6          | 8.7        | 7.4          | 7.3         |
| Ever used alcohol or drugs while they were alone  | 7.8          | 7.6        | 6.9          | 6.9         |
| Ever forgot things they did while using alcohol or drugs  | 6.3          | 6.3        | 5.7          | 5.6         |
| Ever had family or friends tell them that they should cut down on their drinking or drug use  | 8.9          | 7.6        | 8.8          | 6.9         |
| Ever got into trouble while using alcohol or drugs  | 6.2          | 6.3        | 6.3          | 5.1         |
| Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months                                       | NA           | 5.0        | NA           | 6.6         |
| Ever used marijuana (lifetime)  | NA           | 11.5       | NA           | 9.9         |
| Tried marijuana for the first time before age 11  | 4.5          | 4.5        | 3.5          | 3.3         |
| Used marijuana in the past 30 days  | 8.1          | 8.7        | 7.5          | 7.9         |
| Ever used any of the following drugs  |              |            |              |             |
| Any form of cocaine   | 3.3          | 3.6        | 2.5          | 3.2         |
| Ecstasy   | 2.0          | 2.0        | 1.9          | 1.7         |
| Methamphetamines  | 2.8          | 3.0        | 2.5          | 2.7         |
| Prescription drugs without a doctor's prescription  | 4.0          | 5.6        | 4.0          | 4.6         |
| Inhalants   | 6.9          | 6.5        | 7.7          | 6.5         |
| Were offered, sold, or given an illegal drug on school property in the past 12 months †   | <b>6.6</b>   | <b>9.2</b> | 8.2          | 9.1         |

**9% of middle school students in Kauai County used alcohol or drugs to relax, feel better about themselves, or fit in.**

**25 percent** of middle school students in Kauai County felt sad or hopeless almost every day for two or more weeks in a row.

| MENTAL HEALTH & SUICIDE  | KAUAI COUNTY |             | HAWAII STATE |             |
|--|--------------|-------------|--------------|-------------|
|  | 2013 %       | 2015 %      | 2013 %       | 2015 %      |
| Ever purposely hurt themselves without wanting to die (such as cutting or burning) *   | 17.4         | 21.0        | <b>19.6</b>  | <b>22.8</b> |
| Ever felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities ◊      | 23.0         | <b>25.3</b> | 26.5         | <b>29.0</b> |
| Ever seriously thought about killing themselves  | 24.5         | 22.6        | 25.4         | 24.8        |
| Ever made a plan about how they would kill themselves  | 16.2         | 17.5        | 17.2         | 17.5        |
| Ever tried to kill themselves  | 10.6         | 12.9        | 12.3         | 12.5        |
| Tried to kill themselves and attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse | 14.3         | 11.7        | 11.8         | 10.8        |

**During the past 12 months, 5% of middle school students in Kauai County attended school under the influence of alcohol, marijuana, or other drugs.**

\* Statistically significant difference ( $p < 0.05$ ) between Hawaii state 2013 and 2015  
◊ Statistically significant difference ( $p < 0.05$ ) between Hawaii state and Kauai County 2015  
† Statistically significant difference ( $p < 0.05$ ) between Kauai County 2013 and 2015  
**Bold** Statistically significant difference  
NA Not Applicable  
NR Not Reported