

| TOBACCO USE  | HAWAI'I COUNTY |             | HAWAI'I STATE |             |
|--|----------------|-------------|---------------|-------------|
|  | 2019 %         | 2021 %      | 2019 %        | 2021 %      |
| Ever tried cigarette smoking (even one or two puffs) *                             | 12.7           | 8.8         | <b>10.5</b>   | <b>7.1</b>  |
| Smoked cigarettes in the past 30 days *  | 3.5            | 2.4         | <b>3.9</b>    | <b>1.9</b>  |
| Smoked cigarettes frequently in the past 30 days (on 20 or more days)              | 0.3            | 0.5         | 0.5           | 0.3         |
| Ever used an electronic vapor product † *  | <b>36.2</b>    | <b>16.4</b> | <b>30.6</b>   | <b>12.8</b> |
| Used an electronic vapor product in the past 30 days † *                           | <b>20.3</b>    | <b>9.3</b>  | <b>17.7</b>   | <b>6.7</b>  |
| Used electronic vapor products frequently in the past 30 days (on 20 or more days) | 3.3            | 2.9         | 3.0           | 1.8         |
| Smoked cigarettes or used electronic vapor products in the past 30 days † *        | <b>21.6</b>    | <b>10.1</b> | <b>18.7</b>   | <b>7.4</b>  |

| ALCOHOL & OTHER DRUG USE   | HAWAI'I COUNTY |             | HAWAI'I STATE |             |
|--|----------------|-------------|---------------|-------------|
|  | 2019 %         | 2021 %      | 2019 %        | 2021 %      |
| Ever drank alcohol (other than a few sips) † ◊   | <b>34.0</b>    | <b>27.0</b> | 22.6          | <b>20.8</b> |
| Drank alcohol for the first time before age 13 years (other than a few sips) ◊   | 28.6           | <b>23.2</b> | 18.2          | <b>18.2</b> |
| Had at least one drink of alcohol in the past 30 days  | 11.9           | 9.2         | 7.0           | 6.4         |
| Had five or more drinks of alcohol in a row within a couple of hours in the past 30 days † ◊ *   | <b>6.9</b>     | <b>4.0</b>  | <b>4.6</b>    | <b>2.1</b>  |
| Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months † *  | <b>10.2</b>    | <b>3.5</b>  | <b>8.3</b>    | <b>3.0</b>  |
| Ever used marijuana † *  | <b>15.6</b>    | <b>7.5</b>  | <b>10.6</b>   | <b>5.0</b>  |
| Tried marijuana for the first time before age 13 years † *   | <b>11.5</b>    | <b>5.6</b>  | <b>7.4</b>    | <b>3.9</b>  |
| Used marijuana in the past 30 days † *   | <b>9.6</b>     | <b>4.2</b>  | <b>7.2</b>    | <b>2.8</b>  |
| Ever used any form of cocaine † *  | <b>3.1</b>     | <b>0.9</b>  | <b>2.8</b>    | <b>0.8</b>  |
| Ever used methamphetamines *   | 3.0            | 1.5         | <b>3.7</b>    | <b>1.7</b>  |
| 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 * | 7.5            | 5.8         | <b>7.8</b>    | <b>4.8</b>  |
| Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it *                | 10.6           | 7.9         | <b>10.6</b>   | <b>6.6</b>  |
| Ever used a needle to inject any illegal drug into their body † *  | <b>4.5</b>     | <b>0.7</b>  | <b>5.1</b>    | <b>0.8</b>  |

| SOCIO-DEMOGRAPHICS  | HAWAI'I COUNTY |             | HAWAI'I STATE |             |
|---|----------------|-------------|---------------|-------------|
|   | 2019 %         | 2021 %      | 2019 %        | 2021 %      |
| Females   | 46.9           | 49.9        | 47.8          | 48.2        |
| Males   | 53.1           | 50.1        | 52.2          | 51.8        |
| Transgender   | 2.0            | 2.8         | 1.4           | 2.7         |
| Race/Ethnicity (best description)   |                |             |               |             |
| Filipino ◊  | 15.6           | <b>14.6</b> | 25.0          | <b>24.8</b> |
| Hispanic/Latino *   | 12.1           | 12.6        | <b>6.6</b>    | <b>10.3</b> |
| Japanese *  | 1.2            | 1.6         | <b>7.8</b>    | <b>2.3</b>  |
| Native Hawaiian † ◊   | <b>37.4</b>    | <b>30.8</b> | 23.6          | <b>20.8</b> |
| Other Pacific Islander  | 5.3            | 6.2         | 9.5           | 5.1         |
| White   | 20.2           | 23.2        | 16.5          | 18.8        |
| Some other race or ethnicity *  | 18.8           | 21.1        | <b>11.5</b>   | <b>22.7</b> |
| Grade 6   | 27.0           | 26.9        | 22.9          | 25.4        |
| Grade 7   | 37.1           | 31.8        | 39.7          | 33.2        |
| Grade 8   | 35.9           | 41.3        | 37.4          | 41.5        |
| Reported that either of their parents or other adults in their family were serving on active duty in the military | 24.0           | 22.0        | 28.3          | 28.9        |
| Did not usually sleep in their parent's or guardian's home in the past 30 days *                                  | 7.3            | 4.6         | <b>5.8</b>    | <b>4.1</b>  |

| HEALTH   | HAWAI'I COUNTY |             | HAWAI'I STATE |             |
|--|----------------|-------------|---------------|-------------|
|  | 2019 %         | 2021 %      | 2019 %        | 2021 %      |
| Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months                           | 81.4           | 75.8        | 80.5          | 78.2        |
| Missed school because of problems with their teeth or mouth (not including routine appointments) in the past 12 months * | 25.7           | 21.1        | <b>21.4</b>   | <b>17.5</b> |
| Did not go to school because they were sick in the past 30 days † *  | <b>55.5</b>    | <b>43.4</b> | <b>53.1</b>   | <b>37.4</b> |
| Had a concussion from playing a sport or being physically active in the past 12 months                                   | 19.4           | 24.4        | 17.7          | 21.8        |

Items displayed in bold are statistically significant with non-overlapping confidence intervals. The following symbols are used to denote the specific comparisons that are statistically significant.

- † Hawaii'i County 2019 and 2021
- ◊ Hawaii'i State and Hawaii'i County 2021
- \* Hawaii'i State 2019 and 2021

# 2021 SURVEY RESULTS

# HAWAI'I YOUTH RISK BEHAVIORS

## HAWAI'I COUNTY PUBLIC MIDDLE SCHOOL REPORT

### HAWAI'I SCHOOL HEALTH SURVEY

The Hawaii'i School Health Survey is a joint project of the Hawaii'i Departments of Education (DOE) and Health (DOH) and the University of Hawaii'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 (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 25,667 regular public middle school students across the state of Hawaii'i and the 3,876 Hawaii'i County public middle school students.

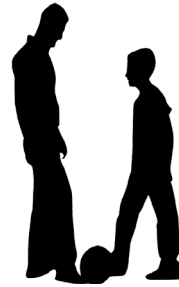
For more information on the Youth Risk Behavior Survey and state and national results visit [www.cdc.gov/HealthyYouth/yrbs/index.htm](http://www.cdc.gov/HealthyYouth/yrbs/index.htm).

For additional Hawaii'i State and Hawaii'i County results, including by sex, grade level, and race/ethnicity, visit the Hawaii'i Health Data Warehouse at [www.hhdw.org](http://www.hhdw.org) and Hawaii'i Health Matters at [www.hawaiihealthmatters.org](http://www.hawaiihealthmatters.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.



# 57%



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

| PHYSICAL ACTIVITY   | HAWAII COUNTY |             | HAWAII STATE |             |
|---|---------------|-------------|--------------|-------------|
|   | 2019 %        | 2021 %      | 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  | 16.3          | 18.8        | 17.5         | 18.7        |
| 5 or more days  | 46.2          | 42.4        | 43.5         | 43.8        |
| All 7 days  | 28.9          | 24.6        | 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)    | 90.6          | 90.3        | 91.6         | 90.4        |
| Reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their PE teacher) † *       | <b>29.3</b>   | <b>41.8</b> | <b>33.1</b>  | <b>44.9</b> |
| 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) * | 79.3          | 75.5        | <b>78.4</b>  | <b>73.6</b> |
| Did exercises to strengthen or tone their muscles on three or more days in the past 7 days  | 48.3          | 46.9        | 44.0         | 46.0        |
| Attended PE classes on one or more days in an average week (when they were in school)   | 51.8          | 46.0        | 53.0         | 46.4        |
| Attended PE classes on all five days in an average week (when they were in school) ◊  | 7.5           | <b>4.7</b>  | 9.3          | <b>9.3</b>  |

| WEIGHT & NUTRITION   | HAWAII COUNTY |        | HAWAII STATE |             |
|--|---------------|--------|--------------|-------------|
|  | 2019 %        | 2021 % | 2019 %       | 2021 %      |
| Ate breakfast on all 7 days in the past 7 days *   | 40.6          | 33.9   | <b>43.8</b>  | <b>34.9</b> |
| Did not eat breakfast in the past 7 days *   | 14.0          | 18.2   | <b>13.6</b>  | <b>17.2</b> |
| Went hungry most of the time or always because there was not enough food in their home in the past 30 days | 6.5           | 5.3    | 7.4          | 5.4         |

| MENTAL HEALTH & SUICIDE   | HAWAII COUNTY |            | HAWAII STATE |             |
|---|---------------|------------|--------------|-------------|
|   | 2019 %        | 2021 %     | 2019 %       | 2021 %      |
| Ever purposely hurt themselves without wanting to die (such as cutting or burning)  | 24.5          | 27.1       | 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                    | 30.2          | 33.8       | 30.5         | 34.4        |
| 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) | 26.3          | 23.3       | 25.9         | 22.8        |
| Ever seriously thought about killing themselves   | 25.2          | 25.2       | 27.2         | 26.9        |
| Ever made a plan about how they would kill themselves   | 18.5          | 20.6       | 18.7         | 20.3        |
| Ever tried to kill themselves *   | 14.2          | 10.9       | <b>13.0</b>  | <b>10.5</b> |
| Tried to kill themselves and attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse † *            | <b>10.6</b>   | <b>2.4</b> | <b>9.6</b>   | <b>3.2</b>  |

| PROTECTIVE FACTORS  | HAWAII COUNTY |             | HAWAII STATE |             |
|---|---------------|-------------|--------------|-------------|
|   | 2019 %        | 2021 %      | 2019 %       | 2021 %      |
| Were taught in school about sexually transmitted diseases (STDs) † *  | <b>52.3</b>   | <b>18.6</b> | <b>44.7</b>  | <b>24.5</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)                    | 12.2          | 13.1        | 12.5         | 13.9        |
| Had eight or more hours of sleep on an average school night   | 47.2          | 45.2        | 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 † * | <b>39.0</b>   | <b>30.1</b> | <b>38.5</b>  | <b>31.8</b> |
| 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                         | 31.9          | 27.4        | 30.1         | 26.2        |
| Ever talked with their parents or other adults in their family about how to say no to having sex  | 25.0          | 23.4        | 23.7         | 22.8        |
| Had at least one teacher or other adult in their school they could talk to if they had a problem † *  | <b>65.7</b>   | <b>58.2</b> | <b>65.0</b>  | <b>58.8</b> |
| Had a teacher or some other adult at their school who really cared about them † *   | <b>49.7</b>   | <b>39.6</b> | <b>49.9</b>  | <b>41.6</b> |
| Had an adult outside of school they could talk to about things that were important to them †  | <b>68.5</b>   | <b>57.3</b> | 64.9         | 59.4        |
| Described their grades in school as mostly A's or B's in the past 12 months *   | 71.7          | 74.4        | <b>71.3</b>  | <b>78.1</b> |
| Thought they probably or definitely would complete high school *  | 90.5          | 93.7        | <b>90.6</b>  | <b>94.0</b> |

| INJURIES & VIOLENCE  | HAWAII COUNTY |             | HAWAII STATE |             |
|--|---------------|-------------|--------------|-------------|
|  | 2019 %        | 2021 %      | 2019 %       | 2021 %      |
| Ever rode in a car driven by someone who was "high" or had been using alcohol or drugs † *   | <b>30.2</b>   | <b>22.2</b> | <b>24.5</b>  | <b>19.4</b> |
| Were in a physical fight in the past 12 months   | 22.0          | 18.2        | 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 †  | <b>14.0</b>   | <b>8.4</b>  | 10.3         | 7.9         |
| Were ever electronically bullied † *   | <b>21.7</b>   | <b>28.2</b> | <b>22.7</b>  | <b>27.7</b> |
| Were ever bullied on school property † *   | <b>44.6</b>   | <b>35.8</b> | <b>37.8</b>  | <b>33.5</b> |
| Strongly agreed or agreed that harassment and bullying by other students is a problem at their school  | 58.3          | 57.8        | 56.9         | 52.4        |
| Were ever physically forced to have sexual intercourse   | 4.4           | 4.3         | 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) † * | <b>10.7</b>   | <b>3.1</b>  | <b>9.7</b>   | <b>5.1</b>  |
| Physically hurt someone they were dating or going out with in the past 12 months (among students who dated or went out with someone) † *                         | <b>8.7</b>    | <b>2.7</b>  | <b>8.7</b>   | <b>3.7</b>  |
| Experienced sexual violence by anyone in the past 12 months  | 7.0           | 6.3         | 6.1          | 6.3         |

| SEXUAL BEHAVIORS  | HAWAII COUNTY |        | HAWAII STATE |            |
|---|---------------|--------|--------------|------------|
|   | 2019 %        | 2021 % | 2019 %       | 2021 %     |
| Ever had sexual intercourse *                                 | 7.8           | 5.9    | <b>6.5</b>   | <b>4.3</b> |
| Had sexual intercourse for the first time before age 13 years | 5.9           | 4.1    | 4.5          | 3.5        |
| Had sexual intercourse with four or more persons (lifetime)   | 1.4           | 0.9    | 0.9          | 0.6        |
| Ever had sexual contact with both males and females           | 1.5           | 1.5    | 1.2          | 1.9        |

# 1 in 3



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