



STATE OF HAWAII  
DEPARTMENT OF EDUCATION  
P.O. BOX 2360  
HONOLULU, HAWAII 96804

OFFICE OF THE SUPERINTENDENT

November 1, 2018

TO: The Honorable Margaret Cox  
Chairperson, Student Achievement Committee

FROM: Dr. Christina M. Kishimoto  
Superintendent

A handwritten signature in blue ink, appearing to be "CK", next to the name Dr. Christina M. Kishimoto.

SUBJECT: **Presentation on Youth Risk Behavior Survey ("YRBS") and Hawaii Youth Tobacco Survey Results for 2017**

1. DESCRIPTION

Presentation on Youth Risk Behavior Survey ("YRBS") and Hawaii Youth Tobacco Survey results for 2017.

2. PRESENTATION

Assistant Superintendent Donna Lum Kagawa will provide data and information on the results of the 2017 Youth Risk Behavior Survey and the Hawaii Youth Tobacco Survey.

CMK:gc  
Attachments

c: Office of Curriculum and Instructional Design

Hawaii State Board of Education  
Student Achievement Committee  
November 1, 2018

# **Presentation on Youth Risk Behavior Survey (“YRBS”) and Hawaii Youth Tobacco Survey Results for 2017**

Donna Lum Kagawa, Assistant Superintendent  
Nadine Marchessault, Healthy Hawaii Initiative Specialist  
George Centeio, Health and Physical Education Specialist  
Jennifer Ryan, Department of Health School Health Coordinator

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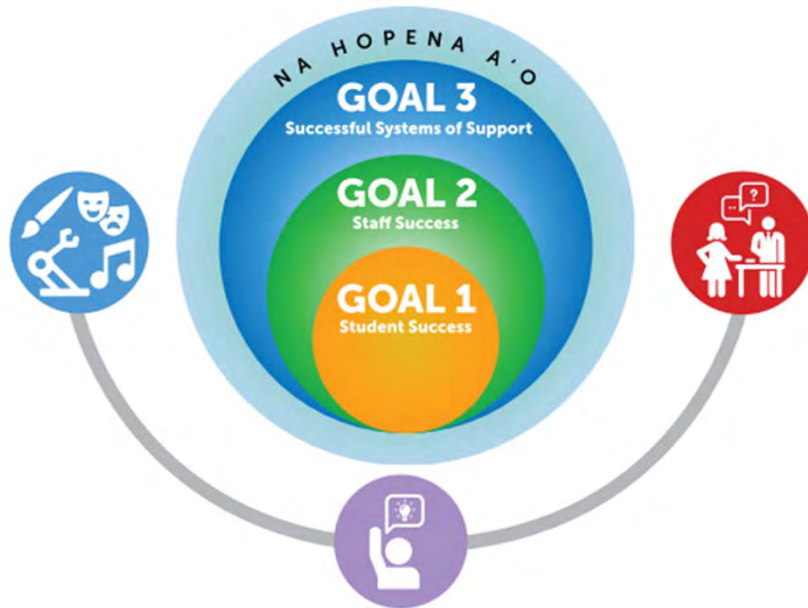
# 2018-19 Board Priority

## Safe Learning Environments that Support Students' Well-Being

*...Ensuring that the appropriate policies, structures, and resources are in place so learning environments that support students' emotional and physical well-being can be cultivated.*



# Student Voice



*Students dancing*

- ★ Safe Learning Environments that Support Students' Well-Being
- ★ Equity and Access
- ★ Student-Centered School Design

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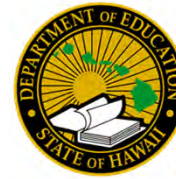
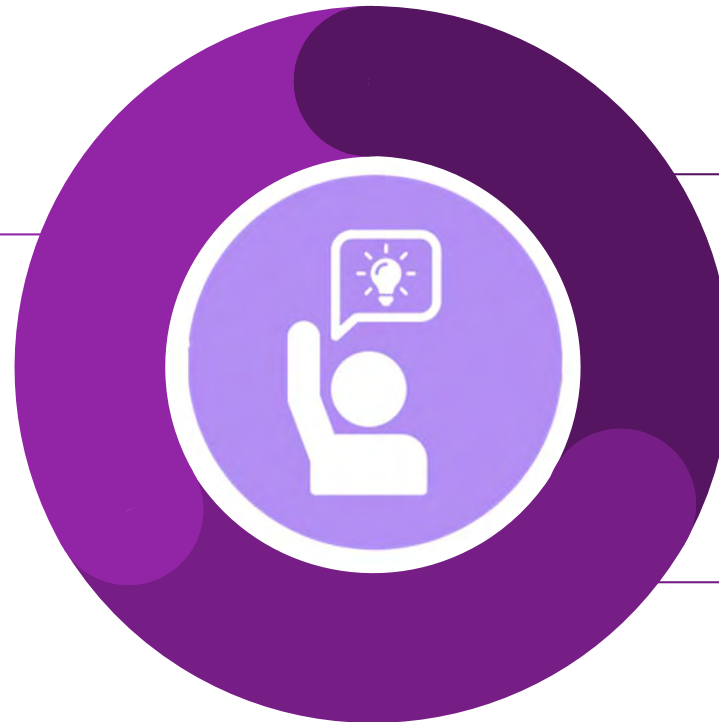


# Overview

## Middle & high school students

A sample of students surveyed biennially in DOE schools; students may opt-out.

2017 SURVEY	NO. OF STUDENTS
YRBS High	6,031
YRBS Middle	6,418
YTS High	1,979
YTS Middle	1,926
<b>Total</b>	<b>16,354</b>



## Collaborative partners

Hawaii DOE, Department of Health, University of Hawaii

## National tracking

YRBS & YTS are part of the Centers for Disease Control and Prevention's national youth surveillance efforts.



# The Surveys

## Youth Risk Behavior Survey YRBS

- Protective factors
- Unintentional injuries and violence
- Inadequate physical activity
- Tobacco use
- Sexual behaviors
- Alcohol and other drug use
- Unhealthy dietary behaviors

## Youth Tobacco Survey YTS

- Knowledge and attitudes
- Tobacco education in school
- Exposure to advertising
- Access to tobacco products
- Use of traditional and novel tobacco products
- Cessation attempts and successes
- Second-hand smoke exposure





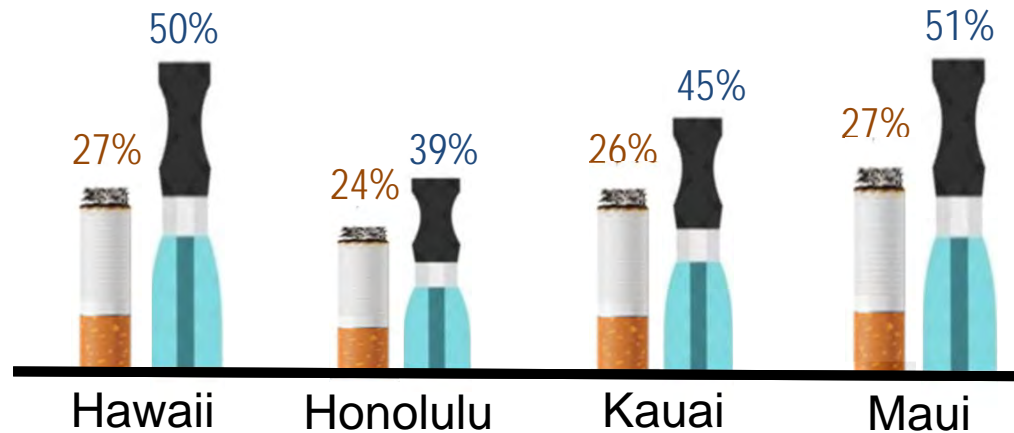
# Tobacco Use

## High School

24% ever tried cigarettes

40% ever tried e-cigarettes

(YRBS 2017)



16%



of youth obtained e-cigarettes from a family member

(2017 YTS)



of youth obtained e-cigarettes from friends

(2017 YTS)

60%

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# Protective Factors

*Middle School Highlight: Trusted Adults at School*

**Middle School**

**64%**

**2015**

**68%**

**2017**



**High School**

**64%**

**2015**

**62%**

**2017**

**Had at least one trusted adult at school they  
could talk to if they had a problem**

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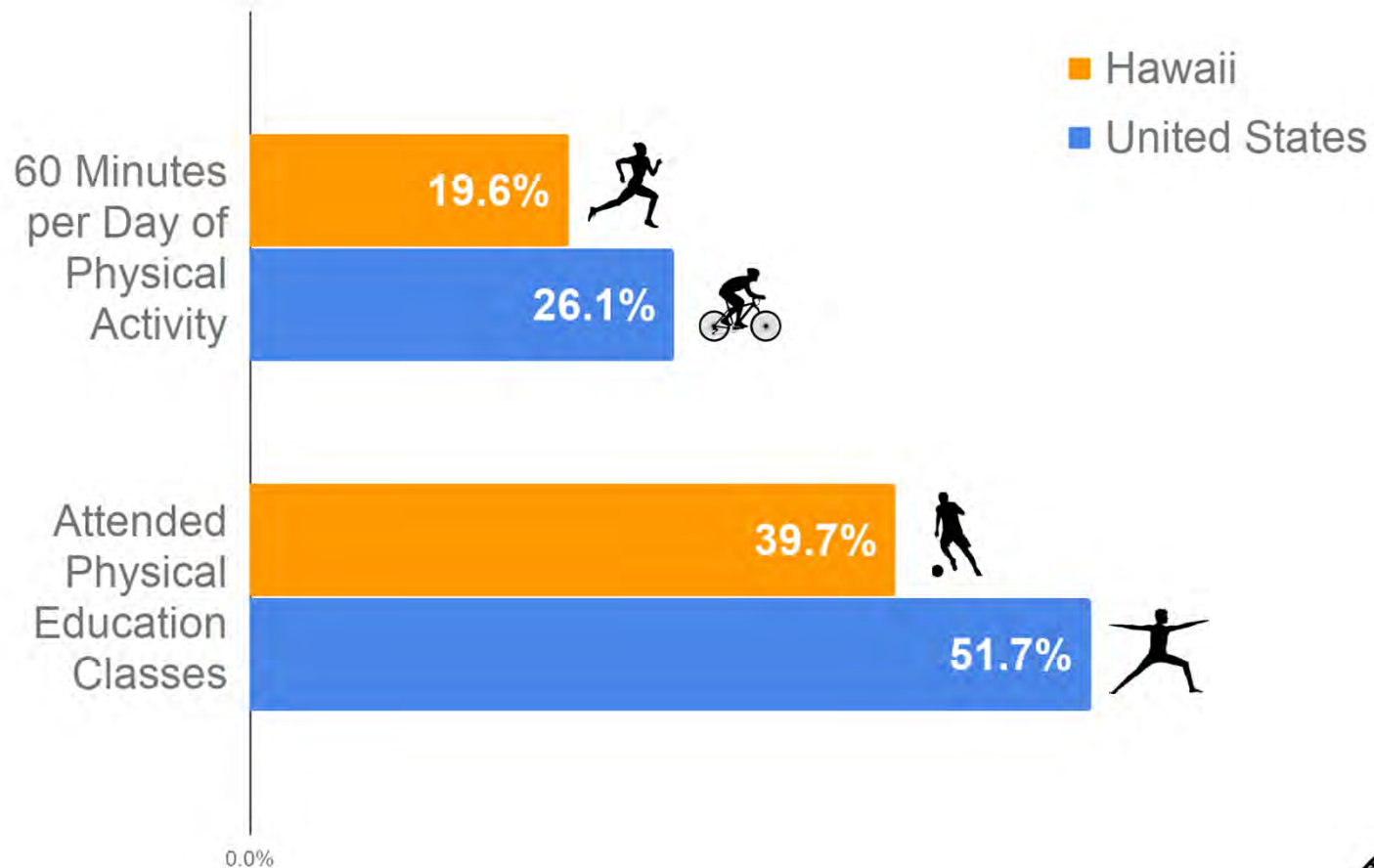
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# Physical Activity

*High School: Hawaii Compared with Nation*



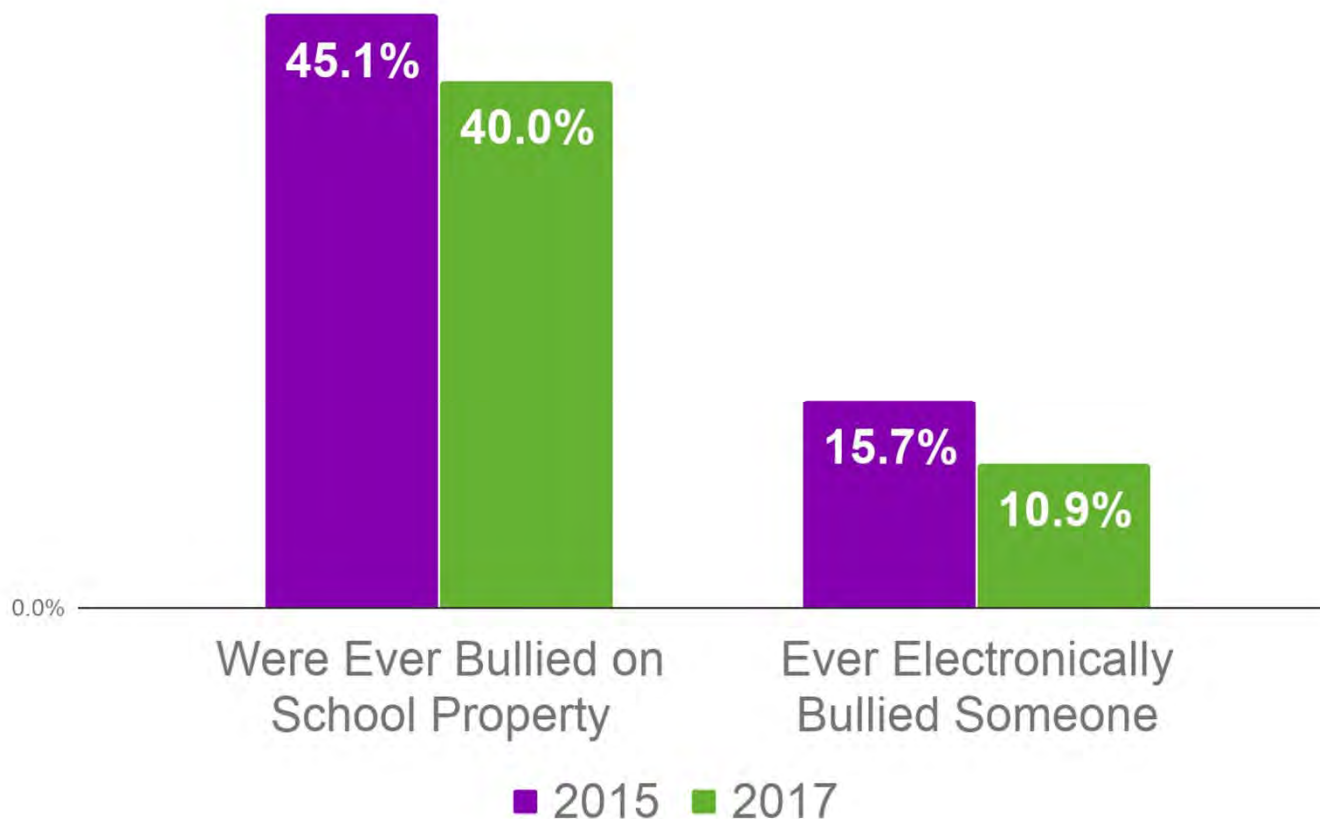
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# Unintentional Injuries and Violence

*Middle School Highlight: Improvement in Bullying*



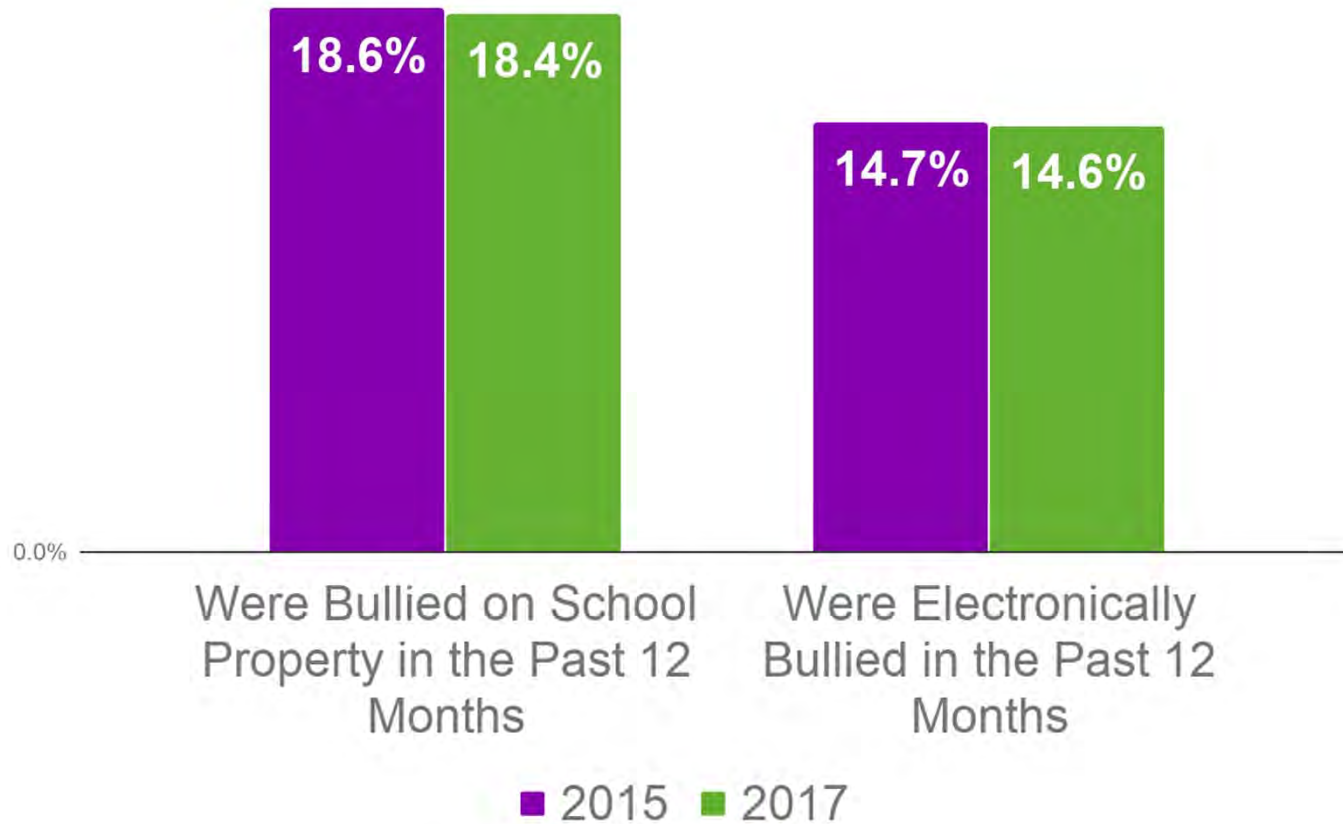
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# Unintentional Injuries and Violence

## *High School Data: Bullying*



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**Whole School,  
Whole Community,  
Whole Child**



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# Moving Forward

- Distribute survey results
- Identify areas of focus for state and district programs
- Administer surveys in Spring 2019
- Move toward adoption of National Health Education Standards



*Students practicing life-saving skills*



# More Information



## Hawaii Health Data Warehouse

[hhdw.org](http://hhdw.org)



## Centers for Disease Control and Prevention's Youth Risk Behavior Surveillance System

[cdc.gov/healthyyouth/data/yrbs](http://cdc.gov/healthyyouth/data/yrbs)



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*Graduating student  
expresses joy*

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	HAWAII STATE	
PHYSICAL ACTIVITY	2015 %	2017 %
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	15.5	13.6
5 or more days	47.0	47.7
All 7 days	27.4	27.0
Did exercises to strengthen or tone their muscles on three or more days in the past 7 days	48.5	50.6
Attended physical education classes on one or more days in an average week (when they were in school)	58.0	56.3
Attended physical education classes on all five days in an average week (when they were in school) *	<b>14.4</b>	<b>11.1</b>
Played on at least one sports team in the past 12 months (run by their school or community groups)	52.8	51.6
Watched television three or more hours per day (on an average school day) *	<b>28.3</b>	<b>23.6</b>
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)	41.9	44.6
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	39.9	40.8

**27**  
percent

of Hawaii middle school students ever used an electronic vapor product.

	HAWAII STATE	
WEIGHT & NUTRITION	2015 %	2017 %
Described themselves as slightly or very overweight	26.8	28.0
Were trying to lose weight	47.6	45.8
Ate breakfast on all 7 days in the past 7 days	46.2	45.9
Did not eat breakfast in the past 7 days	12.6	11.6
Went hungry most of the time or always because there was not enough food in their home in the past 30 days	7.5	6.8

\* Statistically significant difference ( $p < 0.05$ ) between Hawaii state 2015 and 2017

**Bold** Statistically significant difference

NA Not Applicable (not available or not asked)

	HAWAII STATE	
HEALTH	2015 %	2017 %
Were ever told by a doctor or nurse that they had asthma	24.5	24.5
Still had asthma	11.7	10.9
Saw a doctor or nurse for a check-up or physical exam when they were not sick or injured in the past 12 months	44.3	47.9
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months	61.4	59.8
Never saw a dentist for a check-up, exam, teeth cleaning, or other dental work	3.0	2.9
Had a toothache in the past 12 months	24.6	22.8
Did not go to school because they were sick in the past 30 days	NA	43.7
Had a concussion from playing a sport or being physically active in the past 12 months	NA	19.2
Had serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)	NA	23.9

	HAWAII STATE	
PROTECTIVE FACTORS	2015 %	2017 %
Were ever taught in school about AIDS or HIV infection	43.8	41.3
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)	NA	11.5
Had eight or more hours of sleep on an average school night	50.9	52.6
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 *	<b>36.2</b>	<b>39.9</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 *	<b>34.3</b>	<b>28.4</b>
Ever had a parent or other adults in their family talk with them about how to say no to having sex	NA	24.3
Had at least one teacher or other adult in their school they could talk to if they had a problem *	<b>63.8</b>	<b>67.8</b>
Had a teacher or some other adult at their school who really cared about them	NA	52.7
Had an adult outside of school they could talk to about things that were important to them	70.7	71.3
Described their grades in school as mostly A's or B's	64.8	68.3
Thought they probably or definitely would complete high school	84.5	81.8

## SURVEY RESULTS 2017

# HAWAII YOUTH RISK BEHAVIORS

## HAWAII SCHOOL HEALTH SURVEY

### HAWAII STATE 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) #5U87PS004230-03. The content of this brochure is the sole responsibility of the authors and does not necessarily represent the official views of the CDC.

The results are representative of the 28,900 regular public middle school students across the state of Hawaii.

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 sex, grade level, and race/ethnicity, can be obtained from the Hawaii Health Data Warehouse at [www.hhdw.org](http://www.hhdw.org).



08/17/18

SOCIO-DEMOGRAPHICS	HAWAII STATE	
	2015 %	2017 %
Females	50.1	50.0
Males	49.9	50.0
Gay, lesbian, or bisexual	NA	7.1
Race/Ethnicity		
Filipino	25.9	25.5
Hispanic/Latino *	9.2	6.6
Native Hawaiian	25.0	24.1
Other Asian/Pacific Islander	17.4	23.3
White	13.3	14.9
All other races	1.1	0.6
Multiple races *	8.0	5.0
Did not describe themselves as only one race or ethnicity	18.0	19.0
Grade 6	20.6	23.0
Grade 7	41.3	39.4
Grade 8	37.7	37.3
Ungraded or other grade	0.4	0.3
Reported that either of their parents or other adults in their family were serving on active duty in the military	NA	28.3
Usually slept in the home of a friend, family member, or other person because they had to leave their home or their parent or guardian could not afford housing in the past 30 days	NA	2.9

MENTAL HEALTH & SUICIDE	HAWAII STATE	
	2015 %	2017 %
Ever purposely hurt themselves without wanting to die (such as cutting or burning)	22.8	21.8
Ever felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities	29.0	27.2
Never or rarely got the kind of help they needed (among students who reported having felt sad, empty, hopeless, angry, or anxious)	NA	47.2
Ever seriously thought about killing themselves	24.8	23.1
Ever made a plan about how they would kill themselves	17.5	16.3
Ever tried to kill themselves	12.5	12.4
Tried to kill themselves and attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	10.8	11.8
Tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals	NA	14.3

INJURIES & VIOLENCE	HAWAII STATE	
	2015 %	2017 %
Ever rode in a car driven by someone, including themselves, who was "high" or had been using alcohol or drugs	NA	22.8
Carried a weapon in the past 12 months (such as a gun, knife, or club) *	17.9	15.1
Were in a physical fight in the past 12 months *	21.4	17.1
Did not go to school because they felt unsafe at school or on their way to or from school in the past 12 months	9.6	9.2
Were ever bullied on school property *	45.1	40.0
Strongly agreed or agreed that harassment and bullying by other students is a problem at their school	59.2	54.4
Were ever electronically bullied	25.1	22.6
Ever electronically bullied someone *	15.7	10.9
Texted, emailed, or posted electronically a revealing or sexual photo of themselves in the past 30 days	NA	3.4
Were ever physically forced to have sexual intercourse *	4.2	2.7
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) *	21.6	28.7
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) *	15.8	19.5
Physically hurt someone they were dating or going out with in the past 12 months (among students who dated or went out with someone)	NA	19.5
Ever experienced sexual violence by anyone	NA	6.4

SEXUAL BEHAVIORS	HAWAII STATE	
	2015 %	2017 %
Ever had sexual intercourse	6.9	7.0
Had sexual intercourse for the first time before age 11 years	2.3	2.7
Had sexual intercourse with three or more persons (lifetime)	2.4	1.8
Had sexual contact with both females and males (lifetime)	NA	1.3
Used a condom during last sexual intercourse (among students who ever had sexual intercourse) *	54.0	51.8

ALCOHOL & OTHER DRUG USE	HAWAII STATE	
	2015 %	2017 %
Ever drank alcohol (other than a few sips)	23.9	23.5
Drank alcohol for the first time before age 11 years (other than a few sips)	10.6	12.1
Had at least one drink of alcohol in the past 30 days	10.4	11.6
Had five or more drinks of alcohol in a row within a couple of hours in the past 30 days	5.3	5.4
Thought parents would feel it was a little bit wrong, wrong, or very wrong for them to drink beer, wine, or hard liquor regularly	87.8	87.8
Ever used alcohol or drugs to relax, feel better about themselves, or fit in *	7.3	9.1
Ever used alcohol or drugs while they were alone	6.9	7.9
Ever forgot things they did while using alcohol or drugs	5.6	6.1
Ever had family or friends tell them that they should cut down on their drinking or drug use *	6.9	9.8
Ever got into trouble while using alcohol or drugs	5.1	6.5
Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months	6.6	7.2
Ever used marijuana	9.9	11.9
Tried marijuana for the first time before age 11 years	3.3	3.6
Used marijuana in the past 30 days	7.9	7.6
Ever used any of the following drugs Any form of cocaine Ecstasy Methamphetamines	3.2 1.7 2.7	3.3 1.5 2.1
Ever took prescription pain medicine without a doctor's prescription or differently than a doctor told them to use it	NA	6.8
Ever used a needle to inject any illegal drug into their body	NA	7.1

TOBACCO USE	HAWAII STATE	
	2015 %	2017 %
Ever tried cigarette smoking (even one or two puffs)	14.9	12.3
First tried cigarette smoking before age 11 years (even one or two puffs)	NA	5.8
Smoked cigarettes in the past 30 days	5.0	5.0
Smoked cigarettes frequently in the past 30 days (on 20 or more days)	0.4	0.2
Smoked cigarettes daily in the past 30 days (on all 30 days)	0.3	0.2
Ever used an electronic vapor product	26.3	27.0
Used an electronic vapor product in the past 30 days	15.7	15.7

43 percent of currently sexually active Hawaii high school students used a condom during last sexual intercourse.

	HAWAII STATE	U.S.
SEXUAL BEHAVIORS	2015 %	2017 %
Ever had sexual intercourse Δ	30.7	28.2
Had sexual intercourse for the first time before age 13 years	3.5	3.4
Had sexual intercourse with four or more persons (lifetime) •	6.8	5.4
Had sexual intercourse with at least one person in the past 3 months (students who were currently sexually active) *	22.3	19.2
Used a condom during last sexual intercourse (students who were currently sexually active) •	48.4	42.7
Drank alcohol or used drugs before last sexual intercourse (students who were currently sexually active) •	19.9	22.8
Ever had sexual contact with both males and females Δ	3.4	4.2
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 •	16.7	15.9
- IUD or implant •	4.6	7.9
- Shot, patch, or birth control ring	5.5	6.1
- Both a condom and birth control pills; an IUD or implant; or a shot, patch, or birth control ring •	26.8	29.9
- Both a condom and birth control pills; an IUD or implant; or a shot, patch, or birth control ring •	7.0	5.5
- Non	13.2	15.8

\* Statistically significant difference ( $p < 0.05$ ) between Hawaii state 2015 and 2017

• Statistically significant difference ( $p < 0.05$ ) between Hawaii state and U.S. 2017

Δ No statistical comparison was done between Hawaii state and U.S. 2017 or state level data is not directly comparable to national data due to differences in survey wording.

**Bold** Statistically significant difference

NA Not Applicable (not available or not asked)

	HAWAII STATE	U.S.
PROTECTIVE FACTORS	2015 %	2017 %
Were ever taught in school about AIDS or HIV infection	75.6	70.9
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)	NA	11.7
Had eight or more hours of sleep on an average school night •	24.7	22.8
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 *	38.6	44.1
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 *	48.1	52.4
Had at least one teacher or other adult in their school they could talk to if they had a problem	63.5	61.6
Had an adult outside of school they could talk to about things that were important to them	73.2	71.8
Described their grades in school as mostly A's or B's	66.8	71.1
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 *	73.6	68.4

	HAWAII STATE	U.S.
TOBACCO USE	2015 %	2017 %
Ever tried cigarette smoking (even one or two puffs) Δ	25.0	22.1
First tried cigarette smoking before age 13 years (even one or two puffs)	NA	10.8
Smoked cigarettes in the past 30 days	9.7	8.1
Smoked cigarettes frequently in the past 30 days (on 20 or more days)	1.9	1.7
Smoked cigarettes daily in the past 30 days (on all 30 days) •	1.2	1.2
Ever used an electronic vapor product Δ	45.1	42.3
First tried using an electronic vapor product before age 13 years	NA	9.0
Used electronic vapor products in the past 30 days •	25.1	25.5

SURVEY RESULTS 2017

HAWAII YOUTH RISK BEHAVIORS

HAWAII SCHOOL HEALTH SURVEY

HAWAII STATE PUBLIC HIGH SCHOOL REPORT

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08/21/18

	HAWAII STATE	U.S.
SOCIO-DEMOGRAPHICS	2015 %	2017 %
Females Δ	50.1	50.6
Males Δ	49.9	49.4
Gay, lesbian, or bisexual *	8.7	11.2
Transgender	NA	3.1
Race/Ethnicity		
- Filipino	27.8	27.5
- Hispanic/Latino Δ	8.9	10.0
- Native Hawaiian	23.2	23.8
- Other Asian/Pacific Islander	16.0	13.0
- White Δ	14.4	15.3
- All other races	0.7	0.9
- Multiple races	8.9	9.5
Did not describe themselves as only one race or ethnicity	18.4	19.0
Grade 9 Δ	28.8	28.2
Grade 10 Δ	25.0	25.3
Grade 11 Δ	22.7	23.7
Grade 12 Δ	23.2	22.2
Ungraded or other grade *	0.2	0.5
Reported that either of their parents or other adults in their family were serving on active duty in the military	NA	19.7
Usually slept in the home of a friend, family member, or other person because they had to leave their home or their parent or guardian could not afford housing in the past 30 days	NA	4.0

	HAWAII STATE	U.S.
HEALTH	2015 %	2017 %
Were ever told by a doctor or nurse that they had asthma •	31.3	30.2
Still had asthma	13.1	12.2
Saw a doctor or nurse for a check-up or physical exam when they were not sick or injured in the past 12 months *	61.9	65.9
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months	70.8	74.4
Never saw a dentist for a check-up, exam, teeth cleaning, or other dental work	2.5	1.8
Had a toothache in the past 12 months *	29.2	24.4
Did not go to school because they were sick in the past 30 days	NA	43.1



	HAWAII STATE		U.S.
ALCOHOL & OTHER DRUG USE	2015 %	2017 %	2017 %
Ever drank alcohol (other than a few sips) Δ	49.4	49.0	60.4
Drank alcohol for the first time before age 13 years (other than a few sips)	16.9	16.8	15.5
Had at least one drink of alcohol in the past 30 days •	25.1	<b>24.5</b>	<b>29.8</b>
Usually got the alcohol they drank by buying it themselves in the past 30 days	NA	16.1	NA
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)	NA	12.6	13.5
Thought parents would feel it was a little bit wrong, wrong, or very wrong for them to drink beer, wine, or hard liquor regularly	88.0	87.7	NA
Ever used alcohol or drugs to relax, feel better about themselves, or fit in	20.3	19.7	NA
Ever used alcohol or drugs while they were alone	17.5	18.0	NA
Ever forgot things they did while using alcohol or drugs	16.5	16.0	NA
Ever had family or friends tell them that they should cut down on their drinking or drug use	11.1	13.3	NA
Ever got into trouble while using alcohol or drugs	13.2	13.0	NA
Attended school under the influence of alcohol, marijuana, or other drugs in the past 12 months	16.7	16.8	NA
Ever used marijuana Δ	32.6	31.1	35.6
Tried marijuana for the first time before age 13 years •	9.5	<b>9.1</b>	<b>6.8</b>
Used marijuana in the past 30 days	19.4	18.1	19.8
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt in the past 30 days (among students who used marijuana) *	<b>83.2</b>	<b>76.2</b>	NA
Ever used any of the following drugs			
Any form of cocaine •	5.7	<b>7.1</b>	<b>4.8</b>
Ecstasy • •	<b>8.0</b>	<b>6.0</b>	<b>4.0</b>
Hallucinogenic drugs Δ	8.1	7.6	6.6
Heroin •	3.3	<b>4.5</b>	<b>1.7</b>
Methamphetamines •	3.8	<b>4.8</b>	<b>2.5</b>
Synthetic marijuana	7.5	6.3	6.9
Ever took prescription pain medicine without a doctor's prescription or differently than a doctor told them to use it	NA	12.2	14.0
Ever used a needle to inject any illegal drug into their body •	3.3	<b>2.8</b>	<b>1.5</b>

	HAWAII STATE		U.S.
INJURIES & VIOLENCE	2015 %	2017 %	2017 %
Rode in a car driven by someone, including themselves, who was “high” or had been using alcohol or drugs in the past 30 days	20.3	20.6	NA
Texted or emailed while driving a car or other vehicle in the past 30 days (among students who drove)	40.3	38.2	39.2
Carried a weapon in the past 30 days (such as a gun, knife, or club) •	10.7	<b>11.8</b>	<b>15.7</b>
Were in a physical fight in the past 12 months •	14.9	<b>16.8</b>	<b>23.6</b>
Did not go to school because they felt unsafe at school or on their way to or from school in the past 30 days •	9.1	<b>9.3</b>	<b>6.7</b>
Were electronically bullied in the past 12 months	14.7	14.6	14.9
Were bullied on school property in the past 12 months	18.6	18.4	19.0
Strongly agreed or agreed that harassment and bullying by other students is a problem at their school	NA	38.6	NA
Were ever physically forced to have sexual intercourse	8.8	8.3	7.4
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)	32.6	29.9	NA
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) •	9.8	<b>11.3</b>	<b>8.0</b>
Experienced sexual violence by anyone in the past 12 months •	NA	<b>11.7</b>	<b>9.7</b>
MENTAL HEALTH & SUICIDE	2015 %	2017 %	2017 %
Purposely hurt themselves without wanting to die in the past 12 months (such as cutting or burning) *	<b>23.0</b>	<b>19.1</b>	NA
Felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities in the past 12 months	29.5	29.5	31.5
Never or rarely got the kind of help they needed (among students who reported having felt sad, empty, hopeless, angry, or anxious)	NA	54.9	NA
Seriously considered attempting suicide in the past 12 months	16.0	16.0	17.2

	HAWAII STATE		U.S.
MENTAL HEALTH & SUICIDE	2015 %	2017 %	2017 %
Made a plan about how they would attempt suicide in the past 12 months	15.6	13.8	13.6
Attempted suicide in the past 12 months •	10.5	<b>10.0</b>	<b>7.4</b>
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse in the past 12 months *	<b>3.4</b>	<b>2.4</b>	2.4
Tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals in the past 30 days	NA	21.1	NA
<div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>10% of Hawaii high school students attempted suicide in the past 12 months.</div></div>			
PHYSICAL ACTIVITY	2015 %	2017 %	2017 %
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 •	18.0	<b>19.3</b>	<b>15.4</b>
5 or more days •	38.1	<b>36.6</b>	<b>46.5</b>
All 7 days •	20.3	<b>19.6</b>	<b>26.1</b>
Did exercises to strengthen or tone their muscles on three or more of the past 7 days * Δ	<b>46.0</b>	<b>42.4</b>	51.1
Attended physical education classes on one or more days in an average week (when they were in school) •	42.4	<b>39.7</b>	<b>51.7</b>
Attended physical education classes on all five days in an average week (when they were in school) •	6.7	<b>5.8</b>	<b>29.9</b>
Played on at least one sports team in the past 12 months (run by their school or community groups)	52.2	50.2	54.3
Watched television three or more hours per day (on an average school day) *	<b>21.8</b>	<b>18.4</b>	20.7
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)	40.6	40.7	43.0
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	38.3	36.7	NA

	HAWAII STATE		U.S.
WEIGHT & NUTRITION	2015 %	2017 %	2017 %
Had obesity (≥ 95 percentile BMI for age & sex)	12.9	14.2	14.8
Overweight (≥ 85 but < 95 percentile BMI for age & sex)	15.3	14.2	15.6
Described themselves as slightly or very overweight	32.0	31.5	31.5
Ate fruit or drank 100% fruit juices two or more times per day in the past 7 days •	23.2	<b>21.2</b>	<b>31.3</b>
Did not eat fruit or drink 100% fruit juices in the past 7 days •	7.8	<b>7.5</b>	<b>5.6</b>
Did not eat fruit in the past 7 days	13.7	13.1	NA
Did not drink 100% fruit juices in the past 7 days	33.8	35.9	NA
Ate vegetables three or more times per day in the past 7 days •	NA	<b>11.8</b>	<b>13.9</b>
Did not eat vegetables in the past 7 days	NA	8.4	7.2
Drank one or more glasses per day of milk in the past 7 days * •	<b>23.0</b>	<b>19.8</b>	<b>31.3</b>
Did not drink milk in the past 7 days * •	<b>29.6</b>	<b>35.0</b>	<b>26.7</b>
Drank a can, bottle, or glass of soda or pop one or more times per day in the past 7 days (not diet) * •	<b>13.4</b>	<b>11.0</b>	<b>18.7</b>
Did not drink soda or pop in the past 7 days (not diet) •	34.2	<b>37.3</b>	<b>27.8</b>
Drank a can, bottle, pouch, or glass of a juice drink one or more times per day in the past 7 days (not 100% fruit juice)	12.5	10.2	NA
Did not drink a juice drink in the past 7 days (not 100% fruit juice)	32.1	34.2	NA
Ate breakfast on all 7 days in the past 7 days	36.0	35.9	35.3
Did not eat breakfast in the past 7 days *	<b>12.1</b>	<b>14.1</b>	14.1
Went hungry most of the time or always because there was not enough food in their home in the past 30 days	7.9	6.7	NA

