

MENTAL HEALTH & SUICIDE	HAWAI'I STATE		U.S.	KAUA'I COUNTY	
	2011 %	2013 %	2013 %	2011 %	2013 %
Felt sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months †	29.5	29.8	29.9	24.4	30.1
Purposely hurt themselves without wanting to die in the past 12 months (such as cutting or burning)	NA	20.6	NA	NA	20.5
Seriously considered attempting suicide in the past 12 months	16.1	16.9	17.0	14.1	14.6
Made a plan about how they would attempt suicide in the past 12 months	15.0	15.2	13.6	12.6	15.3
Attempted suicide in the past 12 months •	8.6	10.7	8.0	9.0	9.6
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse in the past 12 months	3.4	3.2	2.7	3.8	2.8

During the past 12 months, 10% of high school students in Kaua'i County attempted suicide

TOBACCO USE	HAWAI'I STATE		U.S.	KAUA'I COUNTY	
	2011 %	2013 %	2013 %	2011 %	2013 %
Smoked a whole cigarette before age 13	8.7	7.6	9.3	10.4	7.6
Smoked cigarettes in the past 30 days •	10.1	10.4	15.7	8.4	11.3
Smoked cigarettes frequently in the past 30 days (on 20 or more days) •	3.9	3.0	5.6	3.5	2.4

- * Statistically significant difference ($p < 0.05$) between Hawai'i State 2011 and 2013
- Statistically significant difference ($p < 0.05$) between Hawai'i State and U.S. 2013
- ◇ Statistically significant difference ($p < 0.05$) between Hawai'i State and Kaua'i County 2013
- † Statistically significant difference ($p < 0.05$) between Kaua'i County 2011 and 2013
- Bold** Statistically significant difference
- NA Not Applicable

ASTHMA & HEALTH CARE	HAWAI'I STATE		U.S.	KAUA'I COUNTY	
	2011 %	2013 %	2013 %	2011 %	2013 %
Ever been told by a doctor or nurse that they had asthma (lifetime) •	NA	30.1	21.0	NA	31.1
Still have asthma	NA	12.7	NA	NA	14.3
Saw a doctor or nurse for a check-up or physical exam when they were not sick or injured in the past 12 months ◇	NA	62.2	NA	NA	56.8
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months ◇	NA	70.3	NA	NA	64.1

74 percent of high school students in Kaua'i County thought they probably or definitely will complete a post high school program

PROTECTIVE FACTORS	HAWAI'I STATE		U.S.	KAUA'I COUNTY	
	2011 %	2013 %	2013 %	2011 %	2013 %
Most of the time or always wore SPF 15 or higher sunscreen when outside on a sunny day for more than 1 hour ◇	NA	10.7	10.1	NA	6.9
Had 8 or more hours of sleep on an average school night •	NA	26.8	31.7	NA	28.9
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 * †	45.3	39.1	NA	47.5	37.8
Strongly agreed or agreed that they could resist peer pressure and dangerous situations	NA	84.7	NA	NA	82.1
Had at least 1 teacher or other adult in their school who they could talk to if they have a problem ◇	66.3	68.2	NA	63.2	63.2
Had an adult outside of school they could talk to about things that are important to them	77.3	76.7	NA	79.6	75.8
Grades in school were mostly A's and B's	62.5	66.2	NA	68.2	66.3
Thought they probably or definitely will complete a post high school program such as a vocational training program, military service, community college, or 4-year college *	80.2	76.3	NA	78.6	74.1

SURVEY RESULTS 2013

HAWAI'I YOUTH RISK BEHAVIORS

HAWAI'I SCHOOL HEALTH SURVEY

KAUA'I COUNTY PUBLIC HIGH SCHOOL REPORT

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's Curriculum Research & Development Group. It is largely funded by the DOH Healthy Hawai'i Initiative and the DOE's cooperative agreement with the Centers for Disease Control and Prevention (CDC) #5U87DP001203-05. Its content is solely the 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/yrbbs/index.htm.

Hawai'i state and county results, including by gender, grade level, and race/ethnicity, can be obtained from the Hawai'i Health Data Warehouse at www.hhdw.org.





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During the past 12 months, 10% of high school students in Kaua'i County bullied someone else electronically

INJURIES & VIOLENCE	HAWAI'I STATE		U.S.	KAUA'I COUNTY	
	2011 %	2013 %	2013 %	2011 %	2013 %
Rode in a car driven by someone who was "high" or had been using alcohol or drugs in the past 30 days ◇	NA	23.0	NA	NA	29.8
Texted or e-mailed while driving a car or other vehicle in the past 30 days (among students who drove)	NA	43.3	41.4	NA	48.2
Did not go to school because they felt unsafe at school or on their way to or from school in the past 30 days	6.6	8.4	7.1	7.6	7.3
Were bullied electronically in the past 12 months ◇ †	14.9	15.6	14.8	16.1	10.4
Were bullied on school property in the past 12 months	20.3	18.7	19.6	20.0	18.0
Bullied someone else electronically in the past 12 months ◇	NA	13.5	NA	NA	10.3
In a physical fight in the past 12 months * • †	22.3	16.7	24.7	22.4	15.3
Injured in a physical fight; injuries had to be treated by a doctor or nurse, in the past 12 months •	NA	2.2	3.1	NA	1.3
Carried a weapon in the past 30 days (such as a gun, knife, or club) * •	13.9	10.5	17.9	16.6	12.6
Were hit, slapped, or physically hurt on purpose by someone they were dating or going out with in the past 12 months (among students who dated in the past 12 months)	NA	11.1	10.3	NA	10.4
Were kissed, touched, or physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with in the past 12 months (among students who dated in the past 12 months) •	NA	13.8	10.4	NA	11.6
Ever physically forced to have sexual intercourse	7.1	8.4	7.3	8.2	10.0

14% of high school students in Kaua'i County are obese and 16% are overweight

WEIGHT MANAGEMENT & NUTRITION	HAWAII STATE		U.S.	KAUA'I COUNTY	
	2011 %	2013 %	2013 %	2011 %	2013 %
	Obese (≥ 95 percentile BMI for age & sex)	13.2	13.4	13.7	12.4
Overweight (≥ 85 but < 95 percentile BMI for age & sex) †	13.4	14.9	16.6	11.9	15.8
Did not eat for 24 or more hours to lose weight or to keep from gaining weight in the past 30 days	13.1	15.6	13.0	13.3	15.2
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight without a doctor's advice in the past 30 days •	6.5	7.3	5.0	5.7	6.8
Vomited or took laxatives to lose weight or to keep from gaining weight in the past 30 days	5.5	5.2	4.4	5.4	5.7
Ate fruit or drank 100% fruit juices 2 or more times per day in the past 7 days •	25.5	27.1	33.2	27.3	24.9
Ate vegetables 3 or more times per day in the past 7 days	13.9	10.0	15.7	NA	8.8
Drank a can, bottle, or glass of soda or pop 1 or more times per day in the past 7 days (not diet) • †	17.5	15.8	27.0	18.2	13.7
Did not drink a can, bottle, or glass of soda or pop in the past 7 days (not diet) * • †	23.1	30.0	22.3	23.5	35.1
Drank 2 or more glasses per day of milk in the past 7 days •	17.7	14.0	25.9	15.7	12.5
Ate breakfast on all 7 days in the past 7 days	NA	38.1	38.1	NA	39.3

During the past 7 days, 14% of high school students in Kaua'i County drank a can, bottle, or glass of soda 1 or more times per day

PHYSICAL ACTIVITY

PHYSICAL ACTIVITY	HAWAII STATE		U.S.	KAUA'I COUNTY	
	2011 %	2013 %	2013 %	2011 %	2013 %
	Number of days 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 • All 7 days •	18.5 21.0	17.4 22.0	15.2 27.1	17.5 24.3
Did exercises to strengthen or tone their muscles on 3 or more of the past 7 days •	NA	46.3	51.7	NA	46.6
Attended physical education classes on 1 or more days in an average week (when they were in school) •	41.6	39.1	48.0	36.7	35.8
Played on at least 1 sports team in the past 12 months (run by their school or community groups)	54.8	52.1	54.0	58.3	53.5
Watched television 3 or more hours per day (on an average school day)	31.7	29.3	32.5	25.8	27.9
Used computers 3 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) * †	36.6	42.1	41.3	27.3	39.4

ALCOHOL & OTHER DRUG USE

ALCOHOL & OTHER DRUG USE	HAWAII STATE		U.S.	KAUA'I COUNTY	
	2011 %	2013 %	2013 %	2011 %	2013 %
	Drank alcohol for the first time before age 13 (other than a few sips)	19.2	17.5	18.6	20.9
Had at least 1 drink of alcohol in the past 30 days •	29.1	25.2	34.9	29.7	26.4
Had at least 1 drink of alcohol on school property in the past 30 days	5.0	6.0	NA	6.6	5.5
Had 5 or more drinks of alcohol in a row within a couple of hours in the past 30 days •	15.4	12.7	20.8	19.3	15.3
Had 10 or more drinks of alcohol in a row within a couple of hours in the past 30 days •	NA	2.9	6.1	NA	2.8
Usually obtained the alcohol they drank by someone giving it to them (among students who drank alcohol in the past 30 days)	41.4	41.4	41.8	42.5	41.8
Ever used alcohol or drugs to relax, feel better about themselves, or fit in	24.3	22.1	NA	23.9	25.9

ALCOHOL & OTHER DRUG USE

ALCOHOL & OTHER DRUG USE	HAWAII STATE		U.S.	KAUA'I COUNTY	
	2011 %	2013 %	2013 %	2011 %	2013 %
	Ever gotten into trouble while using alcohol or drugs *	16.2	12.9	NA	19.9
Would seek help from a counselor or doctor if they thought that their alcohol or drug use was causing them problems	65.1	63.1	NA	64.6	65.2
Attended school under the influence of alcohol or other illegal drugs in the past 12 months	NA	15.9	NA	NA	17.7
Tried marijuana for the first time before age 13	9.5	10.4	8.6	16.4	12.5
Used marijuana in the past 30 days •	21.9	18.9	23.4	23.4	22.7
Used marijuana on school property in the past 30 days	7.6	7.5	NA	7.7	7.1
Ever used any of the following drugs					
Any form of cocaine	6.4	6.5	5.5	8.2	7.1
Inhalants	9.7	9.2	8.9	10.0	7.9
Heroin •	NA	3.4	2.2	NA	2.3
Methamphetamines	3.4	4.3	3.2	5.2	3.2
Ecstasy †	9.0	8.0	6.6	9.2	5.6
Hallucinogenic drugs	NA	6.0	7.1	NA	7.6
Prescription drugs without a doctor's prescription •	14.3	12.9	17.8	17.5	14.0
Ever injected any illegal drug •	NA	2.6	1.7	NA	2.0
Were offered, sold, or given an illegal drug by someone on school property in the past 12 months • †	31.7	31.2	22.1	23.4	29.6
Had 1 or more best friends who have tried beer, wine, or hard liquor when their parents did not know about it in the past 12 months	36.0	34.7	NA	39.9	34.0
Thought parents would feel it was a little wrong, wrong, or very wrong for them to drink beer, wine, or hard liquor regularly	88.5	86.8	NA	88.7	86.4
Knew 1 or more adults who got drunk or high in the past 12 months	67.7	65.7	NA	69.5	67.0
Ever used alcohol or drugs while they were alone	17.9	16.6	NA	19.2	18.5
Ever forgot things they did while using alcohol or drugs	18.7	16.5	NA	23.0	19.0
Ever had family or friends tell them that they should cut down on their drinking or drug use * †	14.6	11.2	NA	17.4	12.2

81% of high school students in Kaua'i County were taught in school about AIDS or HIV infection

SEXUAL BEHAVIORS

SEXUAL BEHAVIORS	HAWAII STATE		U.S.	KAUA'I COUNTY	
	2011 %	2013 %	2013 %	2011 %	2013 %
	Ever had sexual intercourse •	37.0	35.9	46.8	36.8
Had sexual intercourse for the first time before age 13 •	5.2	4.0	5.6	3.5	4.9
Ever had sexual intercourse with 4 or more persons •	8.0	7.7	15.0	8.3	9.6
Had sexual intercourse with at least 1 person in the past 3 months (currently sexually active) •	23.9	24.8	34.0	25.6	24.2
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	20.9	24.0	22.4	22.0	24.6
Used a condom during last sexual intercourse (among students who were currently sexually active) •	43.9	45.9	59.1	46.2	45.6
Used both a condom during and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse	5.5	7.2	8.8	5.5	8.9
Ever taught in school about AIDS or HIV infection •	83.6	81.9	85.3	80.8	80.6
Ever tested for HIV	NA	12.8	12.9	NA	10.8
Described themselves as gay, lesbian, bisexual, or not sure	7.3	6.5	NA	7.0	5.0

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