

# 77 percent

of middle school students in Kaua'i County had an adult outside of school that they could talk to about things that are important to them

## ASTHMA & HEALTH CARE

	HAWAII STATE		KAUA'I COUNTY	
	2011 %	2013 %	2011 %	2013 %
Ever been told by a doctor or nurse that they had asthma (lifetime)	NA	25.4	NA	27.6
Still have asthma	NA	12.1	NA	13.3
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	<b>46.0</b>	NA	<b>38.9</b>
Saw a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months	NA	61.5	NA	62.2

During the past 12 months, 36% of middle school students in Kaua'i County had a parent or another adult in their family talk with them about the dangers of tobacco, alcohol, or drug use

## PROTECTIVE FACTORS

	HAWAII STATE		KAUA'I COUNTY	
	2011 %	2013 %	2011 %	2013 %
Had 8 or more hours of sleep on an average school night	NA	54.7	NA	58.8
Had at least 1 teacher or other adult in their school who they could talk to if they have a problem	64.3	65.3	67.3	65.5
Had an adult outside of school who they could talk to about things that are important to them * ◊ †	<b>67.8</b>	<b>73.4</b>	<b>71.6</b>	<b>76.9</b>
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>43.0</b>	<b>34.4</b>	<b>41.7</b>	<b>35.7</b>
Grades in school were mostly A's and B's in the past 12 months ◊ †	64.8	<b>65.8</b>	<b>69.0</b>	<b>75.7</b>
Thought they probably or definitely will not complete high school	3.5	2.7	2.9	3.8

## SEXUAL BEHAVIORS

	HAWAII STATE		KAUA'I COUNTY	
	2011 %	2013 %	2011 %	2013 %
Ever had sexual intercourse	10.4	8.6	9.3	9.1
Had sexual intercourse for the first time before age 11 †	3.5	2.5	<b>1.5</b>	<b>3.7</b>
Ever had sexual intercourse with 3 or more persons	2.5	2.8	1.7	2.9
Used a condom during last sexual intercourse (among students who were currently sexually active) *	<b>62.6</b>	<b>51.3</b>	NR	NR
Ever taught in school about AIDS or HIV infection * †	<b>60.0</b>	<b>51.1</b>	<b>46.9</b>	<b>57.2</b>

57% of middle school students in Kaua'i County were taught in school about AIDS or HIV infection

## WEIGHT MANAGEMENT & NUTRITION

	HAWAII STATE		KAUA'I COUNTY	
	2011 %	2013 %	2011 %	2013 %
Went without eating for 24 or more hours (also called fasting) to lose weight or to keep from gaining weight * †	<b>15.1</b>	<b>19.3</b>	<b>11.9</b>	<b>17.2</b>
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight (without a doctor's advice)	4.9	4.1	4.3	4.5
Vomited or took laxatives to lose weight or to keep from gaining weight	4.3	5.0	3.7	3.8
Ate breakfast on all 7 of the past 7 days	NA	44.9	NA	47.9
Did not eat breakfast during the past 7 days	NA	10.9	NA	10.1

- \* Statistically significant difference ( $p < 0.05$ ) between Hawaii State 2011 and 2013
- ◊ Statistically significant difference ( $p < 0.05$ ) between Hawaii 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

NR Not Reported

## SURVEY RESULTS 2013

# HAWAII YOUTH RISK BEHAVIORS

## HAWAII SCHOOL HEALTH SURVEY

### KAUA'I 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 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/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).



During the past 7 days, 33% of middle school students in Kaua'i County were physically active for at least 60 minutes per day on all 7 days

## PHYSICAL ACTIVITY

	HAWAII STATE		KAUA'I COUNTY	
	2011 %	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 * †	16.0 <b>25.0</b>	<b>13.1</b> <b>32.0</b>	13.2 <b>22.9</b>	9.7 <b>33.4</b>
Did exercises to strengthen or tone their muscles on 3 or more days in the past 7 days ◊	NA	<b>52.2</b>	NA	<b>57.7</b>
Attended physical education classes on 1 or more days in an average week (when they were in school)	65.6	61.2	68.3	63.6
Rode their bike or walked To school ◊ From school ◊ on 5 days in an average week, weather permitting	NA NA	<b>24.3</b> <b>28.8</b>	NA NA	<b>10.5</b> <b>13.7</b>
Watched television 3 or more hours per day on an average school day *	<b>39.4</b>	<b>33.2</b>	33.2	31.6
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) †	37.5	41.2	<b>28.4</b>	<b>38.0</b>
Played on at least 1 sports team run by their school or community group in the past 12 months	58.8	57.5	58.4	60.8

On an average school day, 38% of middle school students in Kaua'i County used computers 3 or more hours per day

MENTAL HEALTH & SUICIDE	HAWAI'I STATE		KAUA'I COUNTY	
	2011 %	2013 %	2011 %	2013 %
Felt sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing some usual activities	25.8	26.5	27.0	23.0
Ever purposely hurt themselves without wanting to die (such as cutting or burning themselves)	NA	19.6	NA	17.4
Ever seriously thought about killing themselves †	22.5	25.4	<b>19.2</b>	<b>24.5</b>
Ever made a plan about how they would kill themselves	15.5	17.2	12.4	16.2
Ever tried to kill themselves *	<b>9.2</b>	<b>12.3</b>	8.1	10.6
Tried to kill themselves and attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	10.4	11.8	12.6	14.3

**11 percent** of middle school students in Kaua'i County tried to kill themselves

TOBACCO USE	HAWAI'I STATE		KAUA'I COUNTY	
	2011 %	2013 %	2011 %	2013 %
Ever tried cigarette smoking	18.7	16.4	15.4	16.7
Smoked a whole cigarette before age 11	NA	3.2	NA	4.4
Smoked cigarettes in the past 30 days *	<b>7.2</b>	<b>5.2</b>	5.8	4.2
Smoked cigarettes frequently in the past 30 days (on 20 or more days) * ◇	<b>0.9</b>	<b>0.4</b>	0.7	<b>1.3</b>

INJURIES & VIOLENCE	HAWAI'I STATE		KAUA'I COUNTY	
	2011 %	2013 %	2011 %	2013 %
Rarely or never wore a bicycle helmet (among students who had ridden a bicycle) ◇	75.4	<b>73.1</b>	81.4	<b>80.1</b>
Rarely or never wore a helmet (among students who used rollerblades or rode a skateboard)	79.5	79.1	77.6	80.7
Ever in a vehicle driven by someone who had been drinking alcohol ◇	NA	<b>30.3</b>	NA	<b>35.7</b>

INJURIES & VIOLENCE	HAWAI'I STATE		KAUA'I COUNTY	
	2011 %	2013 %	2011 %	2013 %
Ever in a vehicle driven by someone who had been high on marijuana or other illegal drugs ◇	NA	<b>9.1</b>	NA	<b>12.2</b>
Carried a weapon on at least 1 day in the past 12 months (such as a gun, knife, or club) ◇ †	16.4	<b>17.5</b>	<b>20.9</b>	<b>25.7</b>
Carried a weapon on school property on at least 1 day in the past 12 months (such as a gun, knife, or club)	3.5	2.9	1.8	3.5
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>6.8</b>	<b>8.4</b>	7.5	9.2
Threatened or injured with a weapon on school property in the past 12 months	5.6	5.1	3.6	5.9
In a physical fight in the past 12 months *	<b>25.5</b>	<b>21.5</b>	23.2	20.7
In a physical fight on school property in the past 12 months *	<b>11.3</b>	<b>8.2</b>	8.3	8.6
Hurt in a physical fight and had to be treated by a doctor or nurse in the past 12 months *	<b>4.1</b>	<b>1.8</b>	3.2	2.4
Ever physically forced to have sexual intercourse †	4.2	4.5	<b>2.5</b>	<b>4.3</b>
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	14.0	NA	17.0
Were kissed, touched, or physically forced to have sexual intercourse with someone they were dating or going out with in the past 12 months (among students who dated in the past 12 months)	NA	18.7	NA	21.0
Were ever bullied on school property *	<b>40.7</b>	<b>44.6</b>	40.4	44.7
Were ever bullied electronically †	23.7	23.7	<b>19.8</b>	<b>26.1</b>
Ever threatened someone else electronically	NA	13.3	NA	15.2
Strongly agreed or agreed that bullying is a problem at their school	59.1	61.6	62.2	64.1

**15% of middle school students in Kaua'i County threatened someone else electronically**

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

ALCOHOL & OTHER DRUG USE	HAWAI'I STATE		KAUA'I COUNTY	
	2011 %	2013 %	2011 %	2013 %
Ever drank alcohol	NA	24.2	NA	25.3
Drank alcohol for the first time before age 11 (other than a few sips) * ◇	<b>16.3</b>	<b>11.0</b>	14.2	<b>14.5</b>
Had at least one drink of alcohol in the past 30 days *	<b>12.5</b>	<b>9.5</b>	10.5	12.2
Had at least 1 drink of alcohol on school property in the past 30 days	2.6	2.0	2.2	1.8
Had 5 or more drinks of alcohol in a row within a couple of hours in the past 30 days *	<b>7.7</b>	<b>4.4</b>	5.1	5.7
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 *	<b>22.5</b>	<b>15.4</b>	18.7	18.2
Thought their parents would feel it was a little wrong, wrong, or very wrong for them to drink beer, wine, or hard liquor regularly ◇	89.1	<b>90.0</b>	88.4	<b>86.4</b>
Ever used alcohol or drugs to relax, feel better about themselves, or fit in *	<b>9.7</b>	<b>7.4</b>	8.0	8.6
Ever used alcohol or drugs while they were alone	7.8	6.9	7.4	7.8
Ever forgot things they did while using alcohol or drugs *	<b>7.7</b>	<b>5.7</b>	5.7	6.3
Ever had family or friends tell them that they should cut down on their drinking or drug use	8.4	8.8	7.4	8.9
Ever gotten into trouble while using alcohol or drugs	7.1	6.3	6.2	6.2
Would seek help from a counselor or doctor if they thought their alcohol or drug use was causing them problems	55.8	56.5	54.3	58.5

ALCOHOL & OTHER DRUG USE	HAWAI'I STATE		KAUA'I COUNTY	
	2011 %	2013 %	2011 %	2013 %
Attended school under the influence of alcohol or other illegal drugs in the past 12 months	7.0	5.5	3.8	5.8
Ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high *	<b>9.7</b>	<b>7.7</b>	7.5	6.9
Sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high in the past 30 days	10.3	9.5	8.9	7.9
Tried marijuana for the first time before age 11	4.7	3.5	3.1	4.5
Used marijuana in the past 30 days	9.3	7.5	7.6	8.1
Used marijuana on school property in the past 30 days †	2.2	1.7	<b>0.4</b>	<b>2.1</b>
Ever used any of the following drugs				
Any form of cocaine	2.9	2.5	2.0	3.3
Methamphetamines	2.6	2.5	2.1	2.8
Ecstasy	2.2	1.9	0.9	2.0
Prescription drugs without a doctor's prescription	5.0	4.0	2.7	4.0
Were offered, sold, or given an illegal drug by someone on school property in the past 12 months	9.3	8.2	7.8	6.6

**During the past 12 months, 6% of middle school students in Kaua'i County attended school under the influence of alcohol or other illegal drugs**

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