

# BEHAVIORAL HEALTH

## SUBSTANCE USE

Substance use is a significant cause of morbidity and mortality in Hawaii and across the country. Alcohol continues to be the most commonly used substance today. In Hawaii nearly one in five adults and one in ten high school students report binge drinking, a pattern of excessive alcohol consumption that increases the risk of unintentional injury, liver disease, and other chronic conditions. Marijuana is another commonly used substance with nearly one in ten Hawaii adults and one in five Hawaii high school students reporting using marijuana within the past month. Illicit drug use and inappropriate use of medications also add to cumulative impact. From 2017 to 2021, fatalities from drug poisonings outnumbered those from traffic crashes and accounted for one in four fatal injuries in Hawaii. In 2021, opioids were responsible for nearly one-third of drug overdose deaths in the state.

### INDICATORS

**Decrease the proportion of adolescents (ages 12 to 17) using illicit drugs in the last 30 days**

State	Year	Percentage
Baseline	2018-2019	7.09%
Target	2030	5.5%

Source: [National Survey of Drug Use and Health](#)

### RELATED OBJECTIVE



Healthy People 2030



Community Health  
Needs Assessment

**Decrease the proportion of adults using illicit drugs in the last 30 days**

State	Year	Percentage
Baseline	2018-2019	12.24%
Target	2030	11.63%

Source: [National Survey of Drug Use and Health](#)



Healthy People 2030

## INDICATORS

### Decrease the proportion of adults reporting binge drinking in the last 30 days

State	Year	Percentage
Baseline	2020	17.1%
Target	2030	16.25
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2020	20.8%
Target	2030	19.76%

Source: [Behavioral Risk Factor Surveillance System](#)

## RELATED OBJECTIVE



Healthy People 2030



Community Health  
Needs Assessment

### Decrease the proportion of high school students reporting binge drinking (4 or more in a row for female, 5 or more for male within a couple hours) in the last 30 days

State	Year	Percentage
Baseline	2020	10.9%
Target	2030	10.36%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2019	15.0%
Target	2030	14.25%

Source: [Youth Risk Behavior Survey](#)



Healthy People 2030

### Decrease the proportion of adults reporting using marijuana in the last 30 days

State	Year	Percentage
Baseline	2020	12.1%
Target	2030	11.5%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2020	14.8%
Target	2030	14.06%

Source: [Behavioral Risk Factor Surveillance System](#)

## INDICATORS

**Decrease the proportion of high school students reporting using marijuana in the last 30 days**



## RELATED OBJECTIVE

Healthy People 2030

State	Year	Percentage
Baseline	2019	17.2%
Target	2030	16.34%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2019	25.7%
Target	2030	24.42%

*Source: [Youth Risk Behavior Survey](#)*

## STRATEGIES

- ❖ Improve data collection, sharing, and resources to develop a data-driven system of care to promote a comprehensive continuum of care for substance use services.
- ❖ Increase public awareness and effective strategies regarding substance use prevention.
- ❖ Expand substance use resources and services for prevention, treatment, recovery, and harm reduction on the neighbor islands and rural areas.
- ❖ Develop culturally based and informed prevention and treatment programs.
- ❖ Increase collaboration, coordination, and referrals within and across agencies, service providers, and community partners.