

**Table 2.24-- HEALTH RISK BEHAVIORS AND CONDITIONS FOR PERSONS
18 YEARS AND OLDER, BY COUNTY: 2021**

[Weighted percent of adults who reported the health risk behaviors or conditions. Based on sample and subject to sampling variability]

Risk factor	State	Hawaii	Honolulu	Kauai	Maui
Behaviors					
Seatbelt non-use 1/	6.6	5.3	6.7	8.6	6.1
Lack of physical activities 2/	20.0	21.3	20.5	17.4	17.0
Less consumption of vegetables 3/	86.1	85.1	86.3	86.2	86.5
Less consumption of fruit 4/	88.9	90.6	88.7	88.5	88.5
Binge drinking 5/	16.6	19.4	16.2	16.6	16.6
Current smoker 6/	10.1	12.0	9.9	9.0	10.1
Current use of e-cigarettes 7/	7.2	7.1	8.0	3.0	4.3
Conditions					
Diagnosed with current asthma	8.1	10.4	7.4	8.5	8.5
Diagnosed with kidney disease 8/	2.8	3.0	2.7	2.5	2.5
Diagnosed with diabetes	9.5	11.4	9.5	9.2	8.9
Diagnosed with high cholesterol	34.9	34.0	35.9	35.9	32.4
Diagnosed with hypertension	29.8	33.5	29.6	31.5	27.7
Overweight 9/	35.3	34.4	35.6	34.5	36.1
Obese I 9/	15.1	7.5	6.1	5.9	8.4
Obese II 9/	6.6	7.5	6.1	5.9	8.4
Obese III 9/	3.4	4.5	3.4	3.9	2.2

1/ Adults who do not always wear seatbelts in cars. Data are for 2020.

2/ Other than your regular job, did not participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise in the past month.

3/ Eat vegetables less than three times per day.

4/ Eat fruit less than three times per day.

5/ Five or more drinks for men, or four or more drinks for women, on one occasion in the past 30 days.

6/ Adults who ever smoked 100 cigarettes and who now smoke some days or every day.

7/ Adults who use e-cigarettes some days or every day.

8/ Does not include kidney stone, bladder infection or incontinence.

9/ Overweight has Body Mass Index (BMI) greater than or equal to 25 but less than 30. Obese I has BMI greater than or equal to 30 but less than 35; Obese II has BMI greater than or equal to 35 but less than 40; and Obese III has BMI greater than or equal to 40.

Source: Hawaii State Department of Health, The Behavioral Risk Factor Surveillance System (BRFSS) <https://hhdw.org/report/query/selection/brfss/_BRFSSSelection.html> accessed June 9, 2023.