

Childhood Obesity in Nevada



According to the American Heart Association, an estimated 1 in 3 American children and teens is overweight or obese, placing them at a greater risk of developing a variety of health problems that previously were not seen until adulthood, including high blood pressure, type 2 diabetes, elevated blood cholesterol levels, and excess weight at a young age have been linked to higher and earlier death rates in adulthood. Childhood obesity is a growing problem in Nevada, the Nevada Division of Public and Behavioral Health reported in 2013:

- 36.8% of children are overweight or obese
- 16.8% of children are overweight
- 20% of children are obese

TABLE 6: AVERAGE TELEVISION WATCHED DURING A WEEK

	None	1 hour or less	Between 1 & 4 hours	4 hours or more
Nationwide	7.9%	37.7%	41.6%	12.8%
Nevada	6.1%	28.8%	49.1%	16.0%
Kindergarten Health Survey	1.9%	42.0%	50.9%	5.3%

Data Source: Health Status of Children Entering Kindergarten in Nevada, UNLV (April 2013)

Note: Nationwide/Nevada data source: <http://childhealthdata.org/browse/survey/results?g=869&r=1&r2=30>

A child who grows up overweight has a 70% chance of being overweight as an adult, and an 80% chance if at least one of their parents was also obese (U.S. Department of Health and Human Services 2011).

TABLE 5: HEALTH STATUS COMPARISONS (2011/2012 TO 2012/2013)

		2011-2012	2012-2013	% Change	*
Weight Status	Underweight	14.9%	15.4%	+3.4%	▲
	Healthy	54.3%	54.9%	+1.1%	▲
	Overweight/Obese	30.8%	29.6%	-3.9%	▼
Physical Activity	≤3 days per week of 30-minutes of physical activity	17.7%	19.0%	+7.3%	▲
Television Viewing on School Days	2 hours or less of television watched per school day	78.4%	80.0%	+2.0%	▲
	3 hours or more of television watched per school day	21.6%	20.0%	-7.4%	▼
Computer/Video Game Play on School Days	≤1 hour of computer/video games played per school day	90.3%	89.4%	-1.0%	▼
Consumption of Non-Diet Soda	Never drink non-diet soda	55.0%	55.8%	+1.5%	▲
	Drink non-diet soda once a day or more	10.8%	10.3%	-4.6%	▼
Consumption of Diet Soda	Never drink diet soda	82.0%	83.0%	+1.2%	▲
	Drink diet soda once a day or more	3.3%	2.8%	-15.2%	▼
Infant Feeding Behaviors	Breastfed Only - One Month	-	47.3%	-	-
	Breastfed Only - Three Months	-	33.6%	-	-
	Breastfed Only - Six Months	-	23.2%	-	-

Note: *Green arrows = positive change, red arrows = negative change, and yellow arrows = no change (< ± .5%).
 - indicates data was not available in previous years.

Data Source: Health Status of Children Entering Kindergarten in Nevada, UNLV (April 2013)

The state of Nevada has made a commitment to reduce the rate of obesity among Nevada children. This commitment incorporates providing programs and services along with promoting policies and healthy lifestyles for children in Nevada, including:

- Infant Feeding Behaviors and Breastfeeding Support
- Decreased Screen and Media Time
- Increased Levels of Physical Activity
- Healthy Eating and Drinking Habits to include vegetables and fruits while limiting sugary drinks and sodas

The state of Nevada made a commitment to provide programs and services that aim to reduce and prevent obesity rates in Nevada children. Recent reports from a University of Nevada Las Vegas survey of Nevada students as they begin kindergarten indicates obesity rates are declining in Nevada.

There is still more to do in reducing and preventing obesity among Nevada children and promoting a healthier Nevada for generations to come.

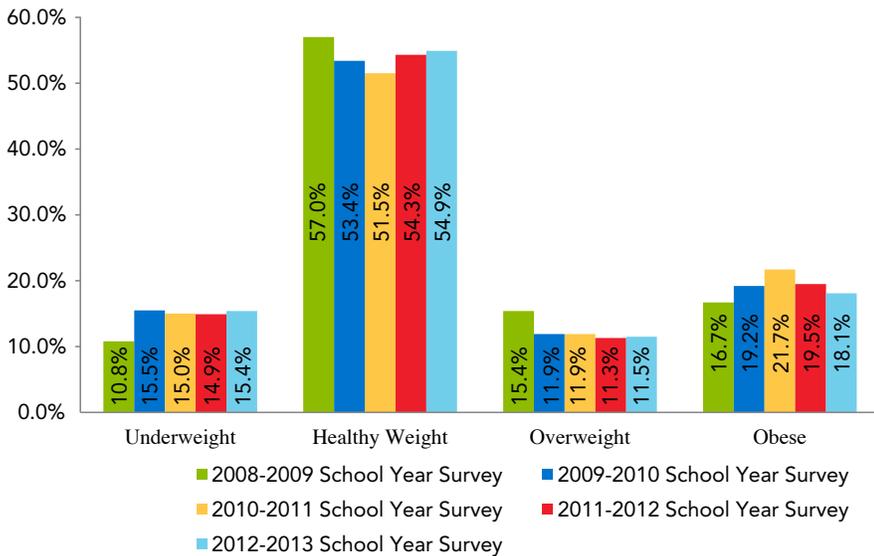
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Child's Weight Status Category (2008/2009-2012/2013)

(2008/2009 n=3,262; 2009/2010 n=3,659; 2010/2011 n=4,198; 2011/2012 n=3,5096; 2012/2013 n=3,450)



Contact the Nevada Office of Chronic Disease Prevention and Health Promotion: For resources or program information, email us at CDPHP@health.nv.gov

4150 Technology Way, Suite 2010
Carson City, NV 89706

Find resources and recommendations online at <http://nevadawellness.org> to find out more about how you can... **Get Out and Get Healthy!**

Childhood Obesity White Paper Recommendations

- Encourage children to eat a healthy diet, including fruits and vegetables and limited amounts of refined sugars
- Increase the amount of physical activity children and adolescents get each week to a minimum of 60 minutes a day
- Reduce the amount of time children and adolescents spend in front of a television, computer, phone or tablet screen- encourage more active play
- Encourage children to safely walk, ride or bike to school
- Support policies that increase physical education class time in schools

Are you a Nevadan...
Community or Faith-based
Organization... School
District or University...
Employer... Hospital...
Physician or Health
Insurance Provider...
Elected Official or
Policymaker?

Everyone has a role to play in preventing obesity and promoting healthy lifestyles in Nevada.

Get Out! Get Healthy!