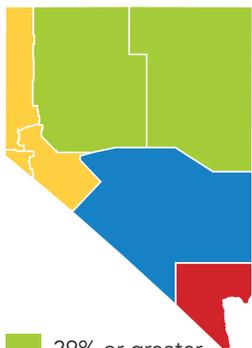


# School Health in Nevada



In an effort to reduce and prevent obesity in Nevada, the state has made a commitment to improve school health across the Silver State. Nevada Wellness reports over 400,000 students enroll in the Nevada public school systems annually, which increases the importance of having school health programs available to school districts and schools across the state. Included in school health efforts are initiatives to provide healthy meal options for students, physical education classes, and sports and extracurricular activities. Additionally, these programs promote healthy choices outside of school to help students decrease screen and media time, engage in physical activity and choose healthy options for snacks, meals and beverages.

## Overweight and Obesity Rates in Adolescents



- 29% or greater
- 25-28.9%
- 21-24.9%
- Less than 21%

Incidence Rates displayed are reported from the Youth Risk Behavioral Surveillance System for State of Nevada in 2013  
<http://www.cdc.gov/healthyyouth/data/yrbs/index.html>

**TABLE 8: NEVADA SCREEN AND MEDIA TIME DEMOGRAPHICS, MORE THAN 3 HOURS DAILY (YRBS 2013)**

		Video or Computer Games	Percent	Confidence Intervals	Television	Percent	Confidence Intervals
<b>Overall Total</b>	Total	1,358	37.9%	(35.8-40.1)	1,117	30.2%	(28.2-32.2)
<b>Sex</b>	Female	657	34.7%	(31.8-37.6)	568	29.8%	(27.0-32.5)
	Male	701	41.4%	(38.2-44.6)	549	30.7%	(27.7-33.6)
<b>Age</b>	14 years old or younger	114	31.8%	(25.7-37.9)	118	30.6%	(11.6-21.2)
	15 years old	354	36.4%	(32.2-40.6)	250	27.1%	(23.2-30.9)
	16 years old	385	36.9%	(32.9-40.9)	340	30.7%	(26.9-34.5)
	17 years old	326	41.8%	(37.2-46.5)	269	32.2%	(27.8-36.6)
	18 years old or older	181	42.0%	(35.5-48.5)	143	31.0%	(24.9-37.0)
<b>Race/Ethnicity</b>	American Indian/Alaskan Native	26	47.8%	(31.9-63.7)	25	18.4%	(9.9-26.8)
	Asian	53	46.1%	(36.0-56.3)	32	29.4%	(20.0-38.8)
	Black or African American	57	38.9%	(30.2-47.6)	65	44.3%	(35.5-53.1)
	White	562	35.1%	(31.8-38.5)	408	23.9%	(20.9-26.9)
	Hispanic/Latino	513	38.0%	(34.5-41.4)	479	32.3%	(29.0-35.5)
	Other/Multiple	119	41.9%	(34.3-49.6)	82	32.7%	(25.4-40.1)

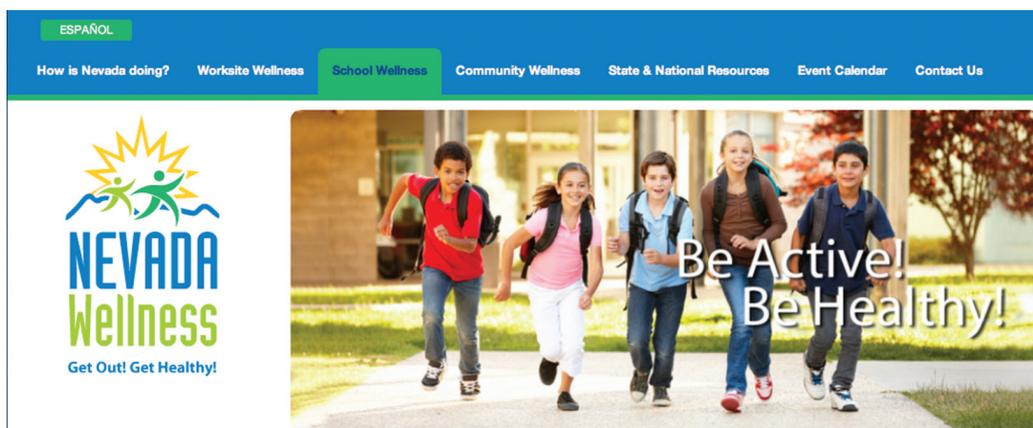
Data Source: Youth Risk and Behavior Surveillance Survey 2013 Report

**“Children attend school for more than six hours per day and approximately 180 days per year. During that time children learn many things and Physical Education is important to make sure that children learn healthy life habits.”**  
 (Nevada Wellness, <http://nevadawellness.org>)

In 2014, the Centers for Disease Control and Prevention (CDC) reported American children are eating more fruit today but are still not getting enough:

- 6 in 10 children didn't eat enough fruit in 2007-2010.
- 9 in 10 children didn't eat enough vegetables in 2007-2010.
- About 1/3 of vegetables children ate in 2009-2010 were white potatoes, most (63%) of which were eaten as fried potatoes, such as French fries, or as chips.

A Yahoo Finance article, *10 States with the Deadliest Eating Habits*, found Nevada spends the most per capita on fast food -- nearly \$940 per person per year. This is roughly 25% more than Texas, the second-worst state, and well more than twice what Vermont residents spend.



ESPAÑOL

How is Nevada doing? Worksite Wellness School Wellness Community Wellness State & National Resources Event Calendar Contact Us

**NEVADA Wellness**  
Get Out! Get Healthy!

Be Active!  
Be Healthy!



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

### Diet and Eating Habits of Nevada Youth (YRBSS 2013)

- 58.0% of high school students ate fruit or drank 100% fruit juices one or more times per day during the 7 days before the survey.
- 81.5% of high school students ate vegetables one or more times per day during the 7 days before the survey.
- 33.8% of high school students drank one or more glasses of milk per day during the 7 days before the survey.
- 16.2% of high school students drank soda or pop one or more times per day during the 7 days before the survey.
- 34.5% of high school students ate breakfast all 7 days before the survey.

### Physical Activity Habits of Nevada Youth (YRBSS 2013)

- 43.8% of high school students were physically active at least 60 minutes per day on five or more days during the seven days before the survey.
- 37.9% of high school students played video or computer games or used a computer for three or more hours per day on an average school day.
- 30.2% of high school students watched television three or more hours per day on an average school day.
- 52.5% of high school students attend physical education (PE) classes on one or more days in an average week when they were in school.

Nevada Wellness presents school health as a coordinated effort, which includes eight main components, including Health Education, Physical Education, and Nutrition Services.

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Carson City, NV 89706

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!**

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

### School Health White Paper Recommendations

- Use a coordinated approach to develop, implement, and evaluate healthy eating and physical activity policies and practices.
- Establish school environments that support healthy eating and physical activity.
- Provide a quality school meal program and ensure that students have only appealing, healthy food and beverage choices offered outside of the school meal program.
- Implement a comprehensive physical activity program with quality physical education as the cornerstone.
- Provide students with health, mental health, and social services to address healthy eating, physical activity, and related chronic disease prevention.
- Employ qualified persons, and provide professional development opportunities for physical education, health education, nutrition services, and health, mental health, and social services staff members, as well as staff members who supervise recess, cafeteria time, and out-of-school-time programs.