

Physical Education & Physical Activity in Nevada



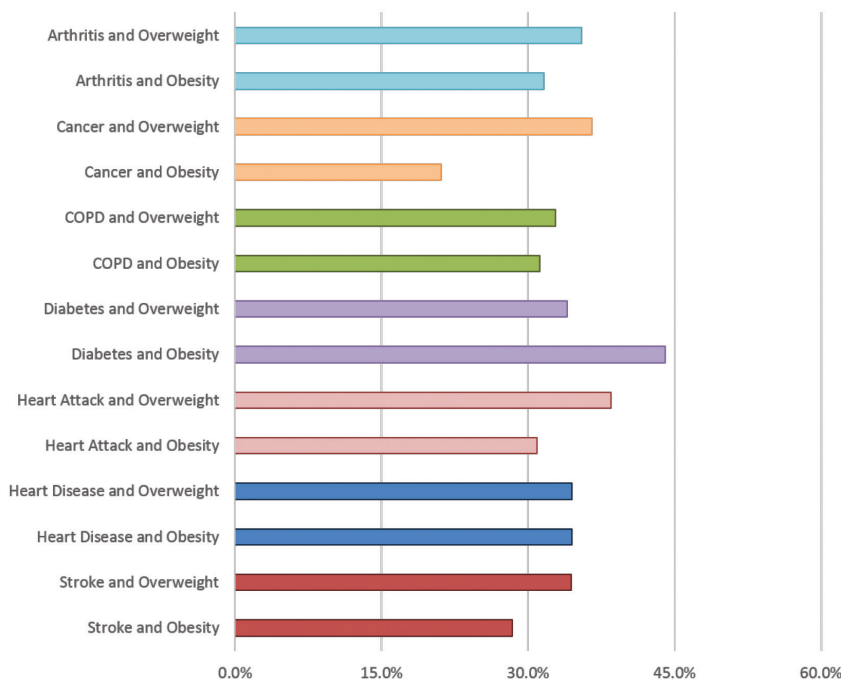
The Centers for Disease Control and Prevention (CDC) recommends daily physical activity as an important part of controlling weight and preventing obesity and overweight. Data shows the benefits of physical activity include:

- Weight control
- Reduction in risk of cardiovascular disease
- Reduction in risk for type 2 diabetes and metabolic syndromes
- Reduction in risk of some cancers
- Strengthening of bones and muscles
- Improvement of mental health and mood
- Improvement of ability to do daily activities and prevent falls (for older adults)
- Increased chances of living longer

The CDC stated in 2014 that more than one-third (34.9%) of all adults are considered obese. Comparatively, the CDC reported the adult obesity rate is 26.2% in Nevada, up from 21.3 percent in 2004 and from 13.1 percent in 1995.

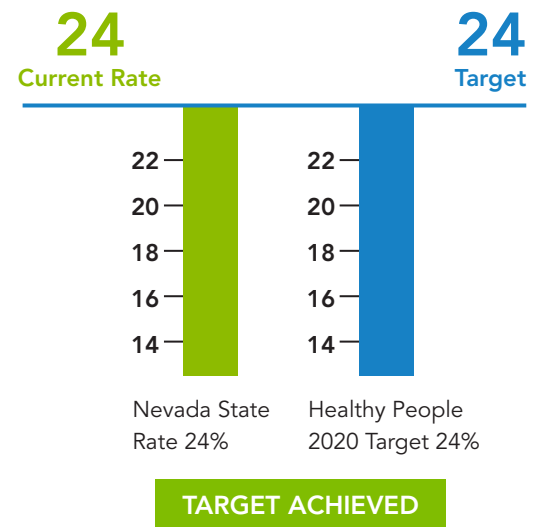
Participation in physical activity and physical education for Nevada children and adolescents have shown the potential to promote healthier lives into adulthood. Many of the most costly and life threatening diagnoses in Nevada are commonly found with overweight and obesity, including; heart disease, heart attacks, strokes, certain cancers, diabetes, COPD, and arthritis. Physical activity is equally important for Nevada adults to both prevent chronic diseases and obesity as well as live healthier lives.

Adults Who Are Overweight or Obese in Nevada BRFSS 2013



Obesity Related Goal, Leisure Activity

Reduce the proportion of adults who engage in no leisure-time activity



Data Source: Nevada Wellness website (<http://nevadawellness.org/>)

Caucasian obesity rates among Nevada children decreased in 2012-2013, children are spending more time playing video games and are participating less in physical activity on a weekly basis. Additionally, the rate of underweight children has increased in the past year.

TABLE 9: HEALTH STATUS COMPARISONS, PHYSICAL AND SEDENTARY ACTIVITY (2011/2012 TO 2012/2013)

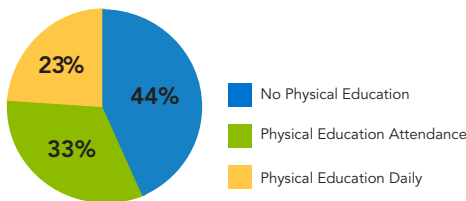
		2011-2012	2012-2013	% Change	*
Weight Status	Underweight	14.9%	15.4%	+3.4%	▲
	Healthy	54.3%	54.9%	+1.1%	▲
	Overweight/Obese	30.8%	29.6%	-3.9%	▼
Physical Activity	≤3 days per week of 30-minutes of physical activity	17.7%	19.0%	+7.3%	▲
Television Viewing on School Days	2 hours or less of television watched 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%	▼

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)

While obesity rates among Nevada children decreased in 2012-2013, children are spending more time playing video games and are participating less in physical activity on a weekly basis. Additionally, the rate of underweight children has increased in the past year.

Physical Education Levels Among Nevada Adolescents (YRBSS 2013)



Similarly, the highest rates of physical inactivity were reported by students 18 years or older, while students 14 years or younger reported the lowest rate of inactivity.

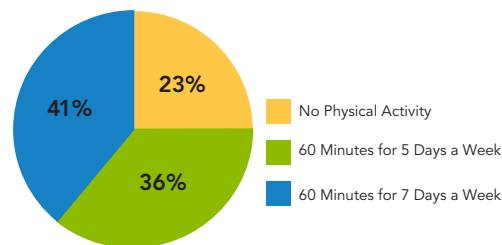


Contact the Nevada Office of Chronic Disease Prevention and Health Promotion: For resources or program information, email us at CDPHP@health.nv.gov

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The 2013 Youth Behavior and Risk Surveillance Survey (YRBSS) found participation rates in both physical education and physical activity were highest among students 14 years or younger.

Physical Activity Levels Among Nevada Adolescents (YRBSS 2013)



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> find out more about how you can... **Get Out and Get Healthy!**

Physical Activity and Physical Education White Paper Recommendations

- Post point of decision signs near elevators and escalators to encourage people to choose nearby stairs.
- Invest in the creation of shared spaces where children and adults can participate in physical activity exercises like parks, walking trails and bike paths.
- Support policies that improve street lighting, safety and ease of walking on city streets, and traffic calming to increase walkability in city environments.
- Encourage children to safely walk, bike or skate to school and the urban design and land use policies that support these initiatives.
- Ensure that physical education and other physical activity programs meet the needs and interests of all students.
- Provide a substantial percentage of each student's recommended daily amount of physical activity in physical education class.
- Use instructional strategies in physical education that enhance students' behavioral skills, confidence in their abilities, and desire to adopt and maintain a physically active lifestyle.
- Provide ample opportunities for all students to engage in physical activity outside of physical education class.
- Require students in grades K–12 to participate in daily physical education that uses a planned and sequential curriculum and instructional practices that are consistent with national or state standards for physical education.