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.

“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.

### 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.

### Find resources and recommendations online at http://nevadawellness.org to find out more about how you can… Get Out! 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.