



# Women's Health and Fitness in Nevada 2011

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Regular physical activity substantially reduces the risk of dying from coronary heart disease, the nation's leading cause of death for all adults, and decreases the risk of stroke, colon cancer, diabetes, and high blood pressure. Physical activity does not need to be strenuous to provide benefit. Moderate intensity physical activity is a vital component of a healthy lifestyle.<sup>1</sup>

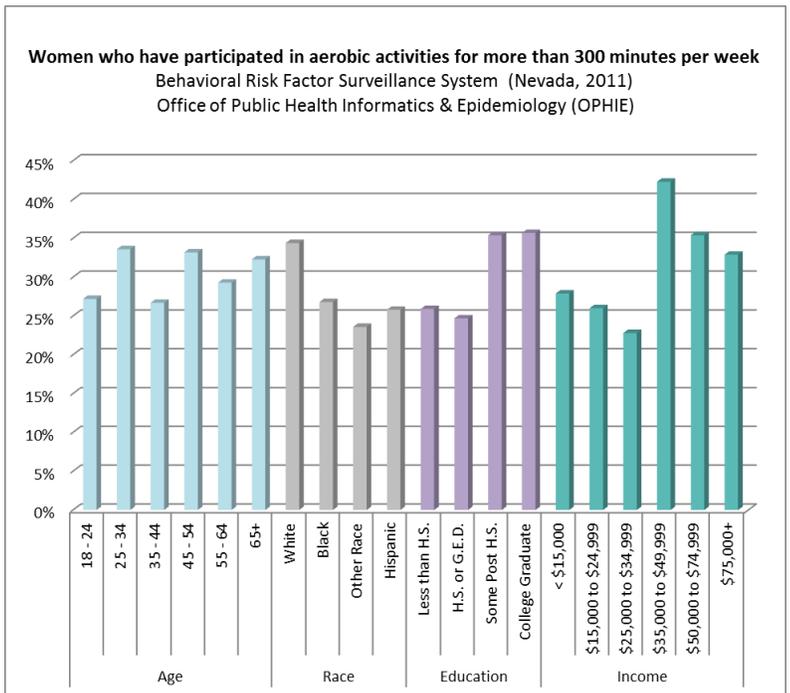
Anything which gets your body moving is considered physical activity according to the Centers for Disease Control and Prevention (CDC) 2008 Physical Activity Guidelines for Americans. However, two types of weekly physical activity are recommended: aerobics and muscle strengthening.<sup>2</sup>

### Aerobics

Adults need to exercise regularly. One way is to perform at least 2.5 hours of moderate intensity aerobic activity such as brisk walking 2 or more days a week. An alternative is performing 1.25 hours of vigorous intensity aerobic activity like jogging on 2 or more days per week. Another option is combining moderate and vigorous intensity aerobic activity on 2 or more days a week.<sup>2</sup> Even greater health benefits can be obtained by increasing the three options above to longer periods of time.<sup>2</sup>

Approximately one-third of Nevada women, regardless of their geographical region or age, participate in aerobic activities for more than 300 minutes (5 hours) per week. By race, White women perform aerobics at a percentage rate of 34.4%, and other races at around 25%. Likewise, about one-quarter of women with a high school education or lower perform aerobics 5 hours a week. The percentage rate for aerobics exceeds 35% for women educated beyond high school. Women who earn \$34,999 or less annually reported a rate near 25% for performing 5 hours or more of aerobic activity per week. Women who earn incomes of \$35,000 and higher reported rates of 32.9% and above.<sup>3</sup>

**In 2011, two out of every three women in Nevada did not participate in aerobic activities for 300 minutes per week; however, nearly half (49.8%) did manage 150 minutes (2.5 hours) of aerobic activities per week.**<sup>3</sup> The proportion of Nevada women who engaged in no leisure time physical activity averaged 28.0% over a ten-year study period from 2000 to 2009.<sup>1</sup>



## Strength Training

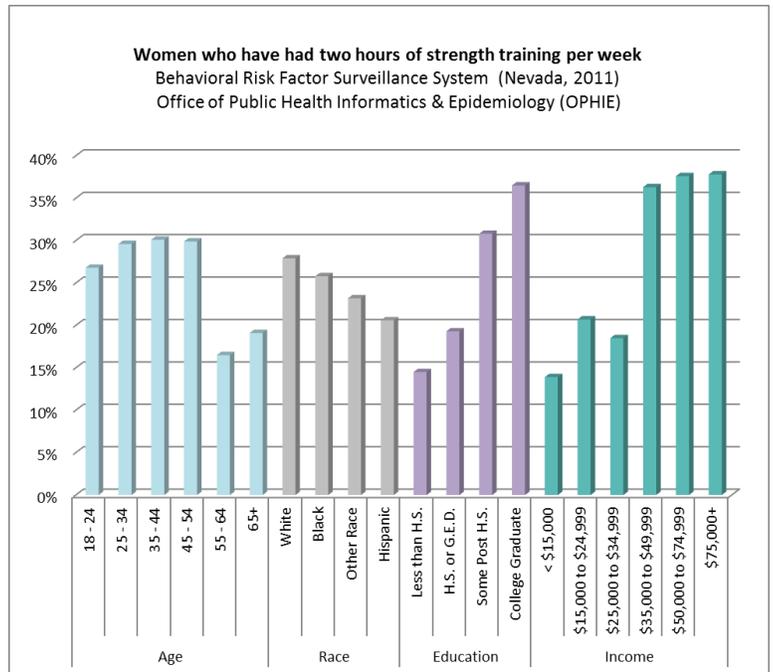
Women reporting two hours or more of strength training per week averaged 25.5% statewide, with the more heavily populated Clark and Washoe counties reporting 5% to 6% more participation than the rest of Nevada.<sup>3</sup>

Strength training was more prevalent in women between the ages of 25 to 54 years of age, averaging 29.9%. White women led other races in having participated in two hours of strength training per week with a reported 27.9%, followed by Blacks 25.8%, Other Race (not specified) 23.2%, and Hispanics 20.6%.<sup>3</sup>

Women with some college education performed strength training for two hours or more a week 11.5% to 17.2% more often than women with a high school degree or G.E.D.<sup>3</sup>

Interestingly, income levels for performing two hours of strength training per week paralleled the aerobic activities reported income level rates, with women earning greater than \$35,000 annually averaging 11.3% higher overall than women who earn less.

Regular physical activity can provide important health benefits such as a stronger heart, lungs, and muscles. Exercise can improve mental health and provide better overall capabilities for everyday tasks. Women are advised to talk with their health care provider before beginning a physical activity routine and with a fitness professional for information about the amounts and types of physical activity that are appropriate for their abilities.<sup>2</sup>



Reports on related topics can be obtained from the Nevada State Health Division website at: [www.health.nv.gov/FP\\_Publications.htm](http://www.health.nv.gov/FP_Publications.htm)

**For additional information and support regarding women's fitness, contact:**  
**The U.S. Department of Health and Human Services Office on Women's Health**  
[www.womenshealth.gov/fitness-nutrition](http://www.womenshealth.gov/fitness-nutrition)

### Technical Notes:

- Data are from the Nevada Behavioral Risk Factor Surveillance Survey.
- Percentages were weighted to BRFSS population characteristics.

1. Nevada State Health Division, 'Healthy People Nevada Moving From 2010 to 2020 Report', Physical Activity and Fitness, March 2011, page 230. Available from: [http://health.nv.gov/HSPER\\_HP.htm](http://health.nv.gov/HSPER_HP.htm)
2. Centers for Disease Control and Prevention, 'Physical Activity', Guidelines, September 19, 2012, <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>
3. Behavioral Risk Factor Surveillance (BRFSS) Nevada State data.