SAY YES TO RECESS NEVADA

Nevada kids aren't moving enough, and it shows

<20% are active an hour a day

Ages 6–11, among the lowest in the U.S.[1]

50% are overweight or obese

Clark & Washoe students, grades 4, 7 & 10[2]



45 minutes of protected recess gets kids most of the way to the recommended hour a day, with no new funding.

Nevada's own health department has named daily activity for kids 6–11 one of just 10 statewide priorities for the next five years.[3]

Mental health issues show up by middle school

Nevada's student health survey first asks about mental health in 6th grade. By then:

33% felt sad/hopeless for 2+ weeks

Almost daily; stopped usual activities[4]

40% don't feel close to people at school

Rises to 43% by 8th grade[4]

Recess lowers stress

4th graders who got 45 minutes of recess a day had significantly lower chronic stress than those who got 30.[5] Play also builds the social and emotional skills kids need to cope and connect.[6]

Sources: 1 National Survey of Children's Health, 2024–25 · 2 Nevada Obesity 2024 Annual Report (DPBH), Tables 2–3, pp. 25, 29 · 3 Nevada Title V MCH Block Grant, FFY 2026 Application, pp. 20–21 · 4 Nevada Middle School Youth Risk Behavior Survey, 2025, Tables 23 & 28, pp. 24, 29 · 5 "The Impact of Recess on Chronic Stress Levels in Elementary School Children," *Children*, 2025 · 6 "The Power of Play," *Pediatrics*, 2018 · washoeparents.org/say-yes-to-recess-nevada