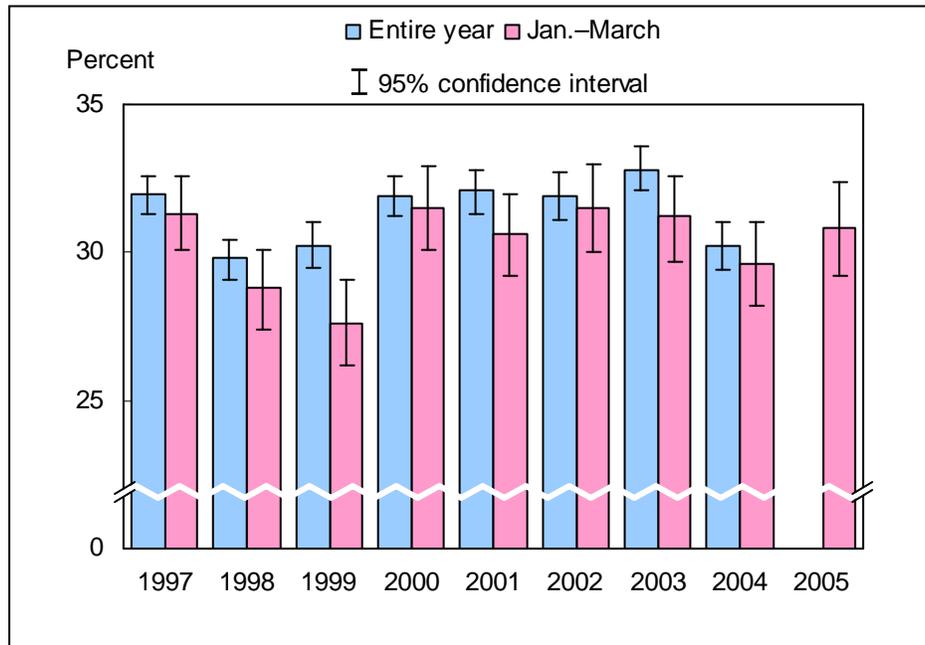


**Figure 7.1. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–2005**

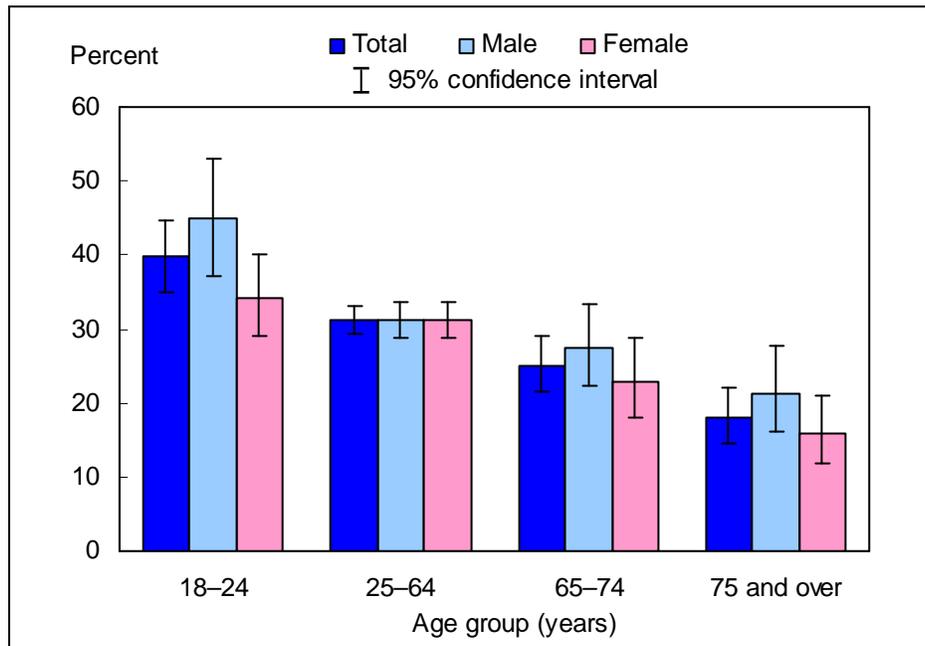


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five times per week or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to three times per week. The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). In Early Releases before June 2005 (based on the 2004 National Health Interview Survey), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier ER estimates excluded from the analysis persons with unknown duration who were known to have not met the frequency recommendations (i.e. partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. All estimates have been rerun using the revised denominator. The impact of the change on the estimates was minimal (typically 0.1 or less). Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–02 were recalculated using weights derived from the 2000 census. See "About This Release" and table III in the Appendix for more details.

DATA SOURCE: Sample Adult Core component of the 1997–2005 National Health Interview Surveys. The estimate for 2005 was based on data collected from January through March. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In early 2005, 30.8% (95% confidence interval = 29.2%–32.4%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity. This estimate was similar to the 2004 quarter one estimate of 29.6%.
- The annual percentages of adults aged 18 years and over who engaged in regular leisure-time physical activity increased from 29.8% in 1998 to 31.9% in 2000, did not change significantly from 2000 to 2003, and decreased from 2003 to 2004.

**Figure 7.2. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by age group and sex: United States, January–March 2005**

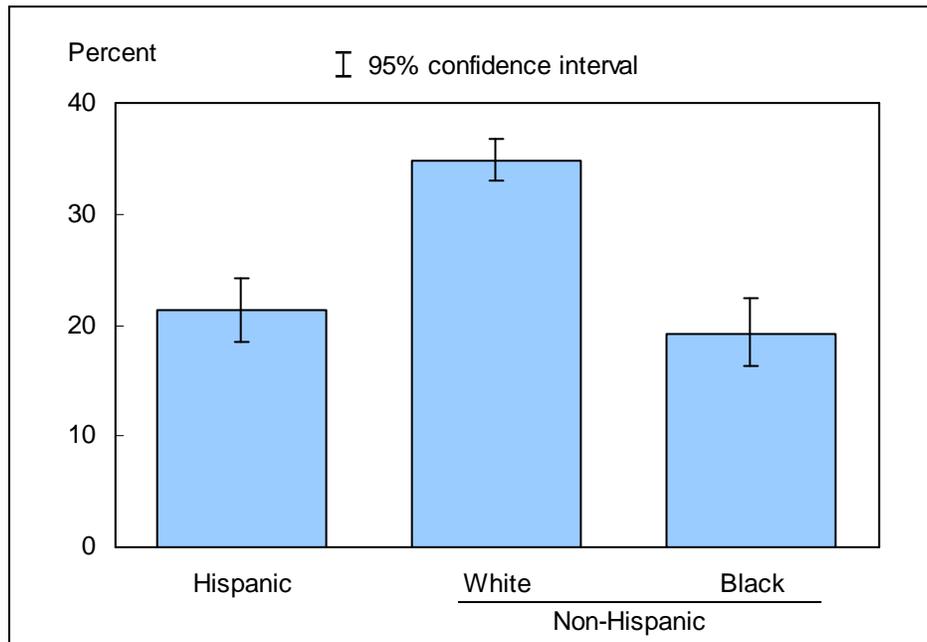


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five times per week or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to three times per week. In Early Releases before June 2005 (based on the 2004 National Health Interview Survey), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier ER estimates excluded from the analysis persons with unknown duration who were known to have not met the frequency recommendations (i.e. partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. The analyses excluded 168 persons (2.4%) with unknown physical activity participation.

DATA SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2005 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- For both sexes combined, the percentage of adults who engaged in regular leisure-time physical activity decreased with age.
- For adults 18–24 years, women were less likely than men to engage in regular leisure-time physical activity.

**Figure 7.3. Age-sex-adjusted percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January–March 2005**



NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five times per week or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to three times per week. In Early Releases before June 2005 (based on the 2004 National Health Interview Survey), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier ER estimates excluded from the analysis persons with unknown duration who were known to have not met the frequency recommendations (i.e. partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. The analyses excluded 168 persons (2.4%) with unknown physical activity participation. Estimates are age-sex-adjusted to the 2000 projected U.S. standard population using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2005 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

■ The age-sex-adjusted percentage of adults who engaged in regular leisure-time physical activity was 21.3% for Hispanic adults, 34.8% for non-Hispanic white adults, and 19.2% for non-Hispanic black adults.

■ Non-Hispanic white adults were more likely to engage in regular leisure-time physical activity than Hispanic adults and non-Hispanic black adults.

## Data tables for figures 7.1–7.3:

Data table for figure 7.1. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–2005

Year	Percent (95% confidence interval)	
	Crude <sup>1</sup>	Age-adjusted <sup>2</sup>
<b>1997 Yearly</b>	32.0 (31.3-32.6)	31.8 (31.1-32.5)
<b>January–March</b>	31.3 (30.1-32.6)	31.1 (29.9-32.5)
<b>1998 Yearly</b>	29.8 (29.1-30.4)	29.6 (28.9-30.3)
<b>January–March</b>	28.8 (27.4-30.1)	28.5 (27.2-29.9)
<b>1999 Yearly</b>	30.2 (29.5-31.0)	30.1 (29.4-30.8)
<b>January–March</b>	27.6 (26.2-29.1)	27.4 (26.0-28.9)
<b>2000 Yearly</b>	31.9 (31.2-32.6)	31.8 (31.1-32.5)
<b>January–March</b>	31.5 (30.1-32.9)	31.3 (30.0-32.7)
<b>2001 Yearly</b>	32.1 (31.3-32.8)	31.9 (31.2-32.7)
<b>January–March</b>	30.6 (29.2-32.0)	30.5 (29.1-31.9)
<b>2002 Yearly</b>	31.9 (31.1-32.7)	31.8 (31.0-32.6)
<b>January–March</b>	31.5 (30.0-33.0)	31.4 (30.0-32.9)
<b>2003 Yearly</b>	32.8 (32.1-33.6)	32.8 (32.0-33.6)
<b>January–March</b>	31.2 (29.7-32.6)	31.1 (29.7-32.5)
<b>2004 Yearly</b>	30.2 (29.4-31.0)	30.1 (29.4-30.9)
<b>January–March</b>	29.6 (28.2-31.0)	29.5 (28.1-30.9)
<b>2005 January–March</b>	30.8 (29.2-32.4)	30.7 (29.2-32.3)

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 2000 projected U.S. standard population using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: National Health Interview Survey, 1997–2005. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

**Data table for figure 7.2. Percentage of adults aged 18 and over who engaged in regular leisure-time physical activity, by age group and sex: United States, January–March 2005**

<b>Age and sex</b>	<b>Percent</b>	<b>95% confidence interval</b>
<b>18–24 years</b>		
Total	39.7	35.0-44.7
Male	45.0	37.0-53.1
Female	34.3	29.1-40.0
<b>25–64 years</b>		
Total	31.2	29.4-33.0
Male	31.2	28.7-33.7
Female	31.2	28.9-33.6
<b>65–74 years</b>		
Total	25.0	21.4-29.1
Male	27.5	22.3-33.3
Female	23.0	18.1-28.8
<b>75 years and over</b>		
Total	18.0	14.5-22.1
Male	21.3	16.1-27.6
Female	15.9	11.8-21.0
<b>18 years and over: crude<sup>1</sup></b>		
Total	30.8	29.2-32.4
Male	32.2	29.9-34.5
Female	29.5	27.5-31.5
<b>18 years and over: age-adjusted<sup>2</sup></b>		
Total	30.7	29.2-32.3
Male	31.9	29.8-34.2
Female	29.7	27.7-31.7

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 2000 projected U.S. standard population using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: National Health Interview Survey, 2005. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

**Data table for figure 7.3. Adjusted percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January–March 2005**

Race/ethnicity	Percent (95% confidence interval)	
	Age-sex-adjusted <sup>1</sup>	Age-adjusted <sup>2</sup>
<b>Hispanic or Latino</b>	21.3 (18.5-24.3)	21.2 (18.4-24.3)
<b>Not Hispanic or Latino:</b>		
<b>White, single race</b>	34.8 (33.0-36.7)	34.8 (33.0-36.7)
<b>Black, single race</b>	19.2 (16.3-22.4)	18.9 (16.1-22.2)

<sup>1</sup>Age-sex-adjusted estimates are presented in the figure. Estimates are age-sex-adjusted to the 2000 projected U.S. standard population using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

<sup>2</sup>Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 2000 projected U.S. standard population using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: National Health Interview Survey, 2005. Data are based on household interviews of a sample of the civilian noninstitutionalized population.