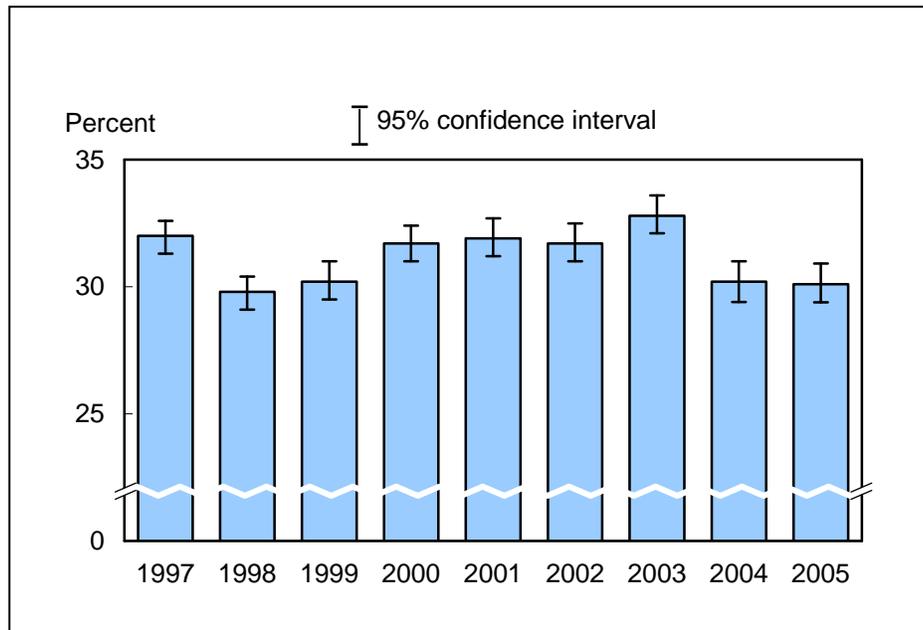


Figure 7.1. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–2005

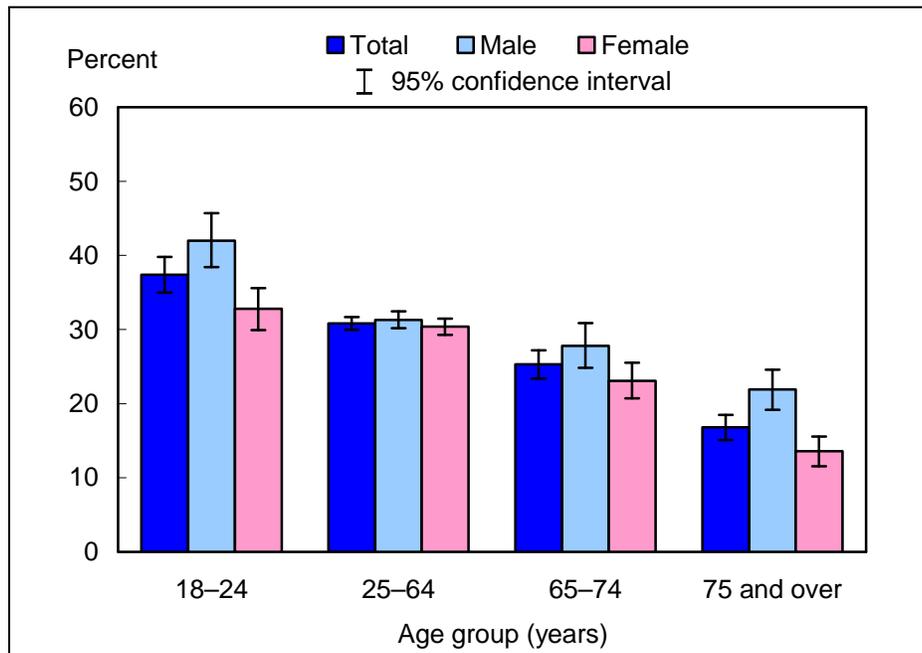


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (12)). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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 September 2005 (based on the 2004 National Health Interview Survey (NHIS)), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (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 percentage points or less). The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). Beginning with the 2003 data, NHIS transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 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 NHIS. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In 2005, 30.1% (95% confidence interval = 29.38–30.92%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity, which was not significantly different from the 2004 estimate of 30.2%.
- 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 2001, did not change significantly from 2001 to 2003, decreased from 2003 to 2004, and remained stable in 2005.

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, 2005

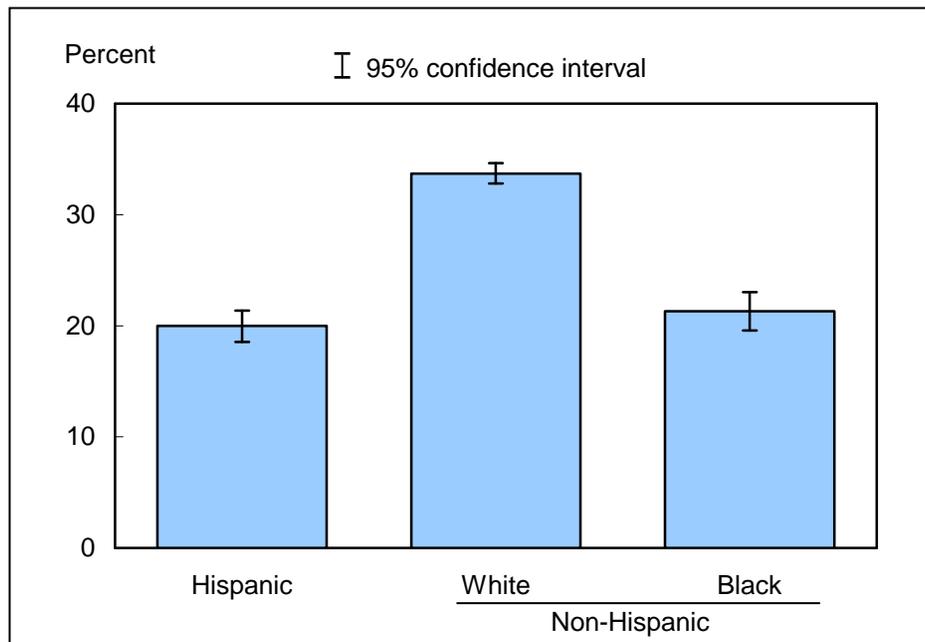


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (12)). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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 September 2005 (based on the 2004 National Health Interview Survey (NHIS)), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (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 828 persons (2.6%) with unknown physical activity participation.

DATA SOURCE: Sample Adult Core component of the 2005 NHIS. 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, 65–74 years, and 75 years and over, 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, 2005



NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (12)). 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 September 2005 (based on the 2004 National Health Interview Survey (NHIS)), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (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 828 persons (2.6%) 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: Sample Adult Core component of the 2005 NHIS. 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 20.0% for Hispanic adults, 33.7% for non-Hispanic white adults, and 21.3% 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 ¹	Age-adjusted ²
1997	32.0 (31.3-32.6)	31.8 (31.1-32.4)
1998	29.8 (29.1-30.4)	29.6 (28.9-30.3)
1999	30.2 (29.5-31.0)	30.1 (29.4-30.8)
2000	31.7 (31.0-32.4)	31.7 (31.0-32.4)
2001	31.9 (31.2-32.7)	31.8 (31.1-32.6)
2002	31.7 (31.0-32.5)	31.7 (30.9-32.5)
2003	32.8 (32.1-33.6)	32.8 (32.0-33.6)
2004	30.2 (29.4-31.0)	30.1 (29.3-30.9)
2005	30.1 (29.38-30.92)	30.1 (29.37-30.90)

¹Crude estimates are presented in the figure.

²Estimates 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.

NOTES: Beginning with the 2003 data, the National Health Interview Survey (NHIS) transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See “About This Release” and Table III in the Appendix for more details.

DATA SOURCE: NHIS, 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, 2005

Age and sex	Percent	95% confidence interval
18–24 years		
Total	37.4	34.98-39.82
Male	42.0	38.41-45.67
Female	32.8	29.93-35.57
25–64 years		
Total	30.8	29.97-31.69
Male	31.3	30.17-32.44
Female	30.4	29.27-31.46
65–74 years		
Total	25.3	23.39-27.19
Male	27.8	24.85-30.84
Female	23.1	20.71-25.54
75 years and over		
Total	16.8	15.09-18.50
Male	21.9	19.17-24.57
Female	13.6	11.55-15.57
18 years and over: crude¹		
Total	30.1	29.38-30.92
Male	31.9	30.84-32.96
Female	28.5	27.58-29.47
18 years and over: age-adjusted²		
Total	30.1	29.37-30.90
Male	31.7	30.68-32.76
Female	28.7	27.79-29.68

¹Crude estimates are presented in the figure.

²Estimates 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, 2005

Race/ethnicity	Percent (95% confidence interval)	
	Age-sex-adjusted ¹	Age-adjusted ²
Hispanic or Latino	20.0 (18.56-21.35)	20.0 (18.58-21.40)
Not Hispanic or Latino:		
White, single race	33.7 (32.80-34.65)	33.7 (32.81-34.65)
Black, single race	21.3 (19.58-23.03)	21.0 (19.30-22.74)

¹Age-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.

²Estimates 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.