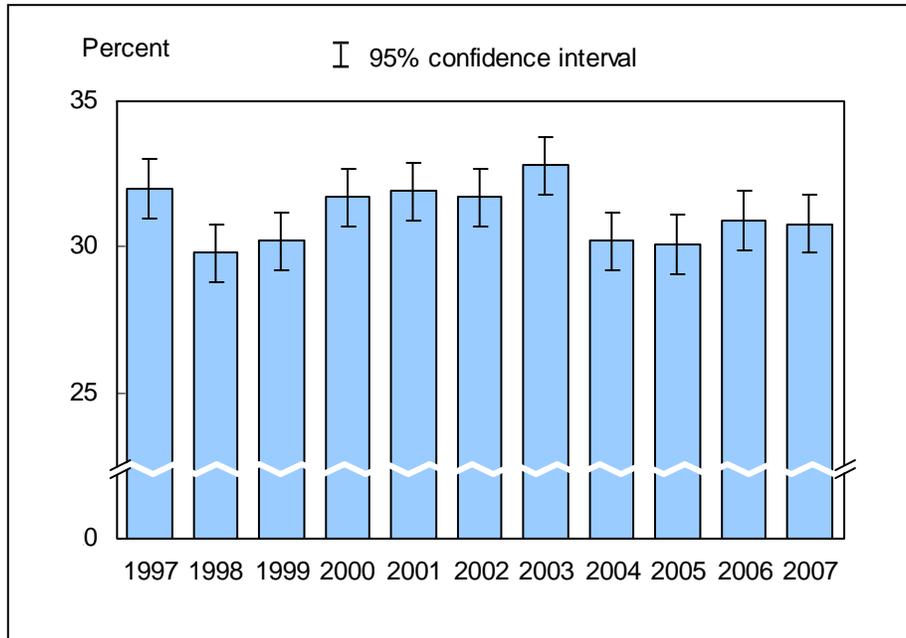


**Figure 7.1. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–2007**

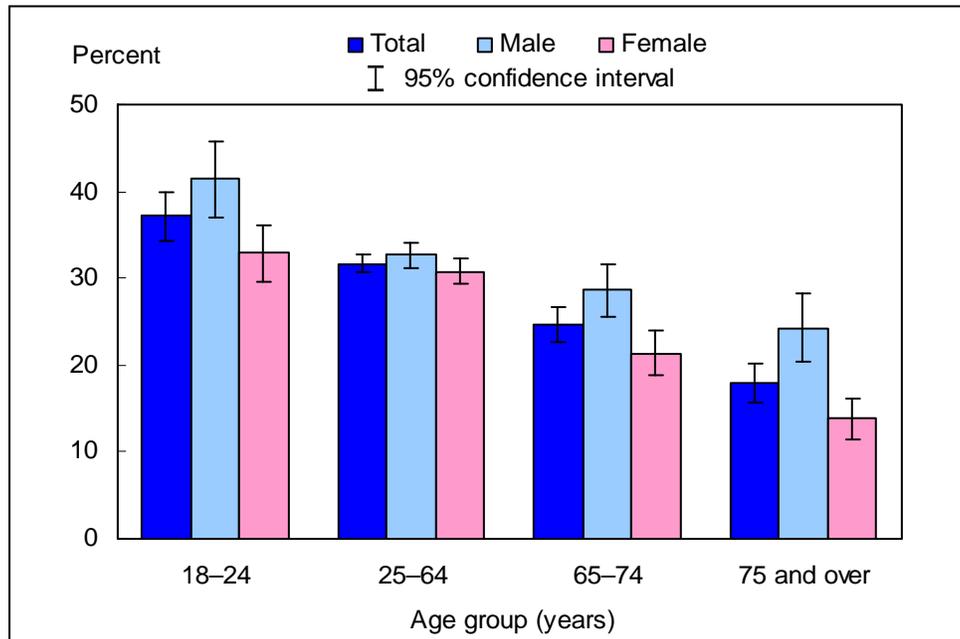


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (15)). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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 Early Release" for more details.

DATA SOURCE: Sample Adult Core component of the 1997–2007 NHIS. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In 2007, 30.8% (95% confidence interval = 29.73–31.82%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity, which was not significantly different from the 2006 estimate of 30.9%.
- 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 did not change significantly from 2004 to 2007.

**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, 2007**

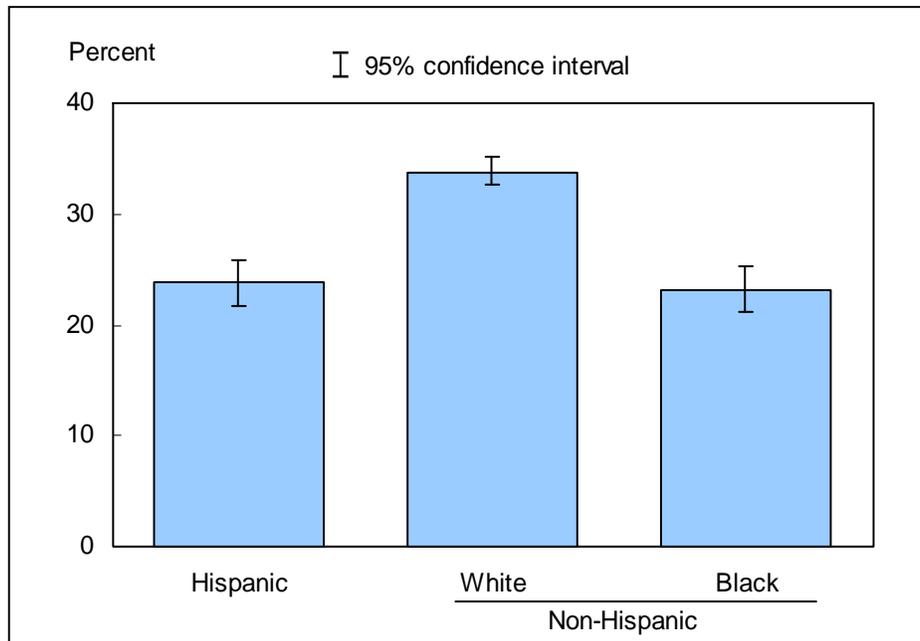


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (15)). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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 682 persons (2.9%) with unknown physical activity participation.

DATA SOURCE: Based on data collected in the Sample Adult Core component of the 2007 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 aged 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, 2007**



NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (15)). 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 682 persons (2.9%) with unknown physical activity participation. Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and 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 in the Sample Adult Core component of the 2007 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 23.8% for Hispanic adults, 33.8% for non-Hispanic white adults, and 23.2% 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, 1997–2007

Year	Crude <sup>1</sup> percent (95% confidence interval)	Age-adjusted <sup>2</sup> percent (95% confidence interval)
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)
2006	30.9 (29.91-31.80)	30.9 (29.96-31.85)
2007	30.8 (29.73-31.82)	30.8 (29.74-31.82)

<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 using the projected 2000 U.S. population as the standard population and 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 Early Release” for more details.

DATA SOURCE: NHIS, 1997–2007. 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, 2007**

<b>Age and sex</b>	<b>Percent</b>	<b>95% confidence interval</b>
<b>18–24 years</b>		
Total	37.1	34.32-39.91
Male	41.4	37.09-45.74
Female	32.9	29.67-36.09
<b>25–64 years</b>		
Total	31.7	30.65-32.78
Male	32.7	31.27-34.06
Female	30.8	29.41-32.19
<b>65–74 years</b>		
Total	24.7	22.65-26.78
Male	28.7	25.61-31.70
Female	21.4	18.79-24.03
<b>75 years and over</b>		
Total	17.9	15.61-20.25
Male	24.3	20.32-28.20
Female	13.9	11.46-16.24
<b>18 years and over: crude<sup>1</sup></b>		
Total	30.8	29.73-31.82
Male	33.0	31.63-34.34
Female	28.7	27.48-29.95
<b>18 years and over: age-adjusted<sup>2</sup></b>		
Total	30.8	29.74-31.82
Male	32.9	31.55-34.24
Female	28.9	27.69-30.16

<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 using the projected 2000 U.S. population as the standard population and 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, 2007. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

**Data table for 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, 2007**

<b>Race/ethnicity</b>	<b>Age-sex-adjusted<sup>1</sup> percent (95% confidence interval)</b>	<b>Age-adjusted<sup>2</sup> percent (95% confidence interval)</b>
<b>Hispanic or Latino</b>	23.8 (21.70-25.84)	23.8 (21.69-25.89)
<b>Not Hispanic or Latino:</b>		
<b>White, single race</b>	33.8 (32.57-35.10)	33.9 (32.58-35.12)
<b>Black, single race</b>	23.2 (21.14-25.31)	22.9 (20.84-24.94)

<sup>1</sup>Age-sex-adjusted estimates are presented in the figure. Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and 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 using the projected 2000 U.S. population as the standard population and 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, 2007. Data are based on household interviews of a sample of the civilian noninstitutionalized population.