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May 2013

Health Behaviors of Adults: United States, 2008–2010



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics

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Health Behaviors of Adults: United States, 2008–2010

Data From the National Health
Interview Survey

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics

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Objective

This report presents selected prevalence estimates for key health behaviors—alcohol use, cigarette smoking, leisure-time physical activity, body mass index, and sleep—among U.S. adults, using data from the 2008–2010 National Health Interview Survey (NHIS). NHIS is a continuous survey conducted annually by the Centers for Disease Control and Prevention’s National Center for Health Statistics. Estimates are shown for several sociodemographic subgroups for both sexes combined and for men and women separately.

Methods

Data representing the U.S. civilian noninstitutionalized population were collected using computer-assisted personal interviews. NHIS is a general purpose in-person household survey, collecting basic health, health care utilization, and demographic information on all household members with the Family questionnaire. Health behavior questions are asked in the Sample Adult survey component. This report is based on a total of 76,669 completed interviews with sample adults aged 18 and over. Statistics shown in this report were age adjusted to the projected 2000 U.S. population.

Results

About 6 in 10 (64.9%) U.S. adults were current drinkers in 2008–2010; about 1 in 5 adults (20.9%) were lifetime abstainers. About one in five adults (20.2%) were current smokers and over one-half of adults (58.6%) had never smoked cigarettes. Less than one-half of current smokers (45.8%) attempted to quit smoking in the past year. Nearly one-half (46.1%) of adults met the federal guidelines for aerobic physical activity, about one-quarter (23.0%) of adults met the federal guidelines for muscle-strengthening physical activity, and about one in five adults (19.4%) met both guidelines. About 6 in 10 adults (62.1%) were overweight or obese ($BMI \geq 25$), with about 4 in 10 (36.1%) adults being of healthy weight ($18.5 \leq BMI < 25$). About 7 in 10 adults (69.7%) met the Healthy People 2020 objective for sufficient sleep.

Keywords: alcohol • smoking • leisure-time physical activity • sleep

Health Behaviors of Adults: United States, 2008–2010

by Charlotte A. Schoenborn, M.P.H.; Patricia F. Adams; and Jennifer A. Peregoy, M.P.H., Division of Health Interview Statistics

Chapter 1. Introduction

Overview

This report is the most recent of a series of reports from the Centers for Disease Control and Prevention’s (CDC) National Center for Health Statistics (NCHS) that monitor the prevalence of five key health behaviors for U.S. adults, using data from the National Health Interview Survey (NHIS) (1–7). This report presents prevalence estimates for alcohol consumption, cigarette smoking, leisure-time physical activity, body mass index (BMI) (based on self-reported weight and height), and hours of sleep for civilian noninstitutionalized U.S. adults aged 18 and over and for selected population subgroups. All tables show estimates for both sexes and for men and women separately by age, race, Hispanic or Latino origin, education, poverty status, marital status, geographic region, and place of residence [within or outside a metropolitan statistical area (MSA)]. Highlights are limited to findings for both sexes combined.

Historical Background and Current Directions

NHIS has had a key role in monitoring health behaviors of U.S. adults from the very earliest days of national health promotion efforts. In the field continuously since 1957, NHIS was well established by the time the first Surgeon General’s Report (SGR) on

the health consequences of cigarette smoking was released in 1964, and NHIS was the second national survey (after the 1955 Current Population Survey) to document the extent of cigarette smoking among U.S. adults (8,9). In 1964–1965, 51% of men and 33% of women were current smokers (10). In the decade following the SGR on cigarette smoking, awareness of the health relevance of other personal behaviors grew. NHIS continued to adapt to the changing data needs of the United States by introducing behavior-related questions into the survey as part of special topic supplements: height and body weight (1974), leisure-time physical activity (1975), alcohol (1977), and sleep (1977).

In 1979, the first SGR on health promotion and disease prevention was published (11). This SGR was the background for the first set of national health promotion objectives (target date 1990) and the foundation for the Department of Health and Human Service’s Healthy People Initiative, now entering its fourth decade (12–16). NHIS has played a key role in the collection of data on adult health behaviors throughout the period of expansion of health promotion and disease prevention efforts through the 1980s and 1990s (17–20) and continues in this role today.

In 1997, the NHIS questionnaire underwent a major redesign, shifting the focus from counting events and conditions to describing the health of individuals and families. Beginning with the 1997 redesign, questions about personal health behaviors of adults were, for the first time, included as part of the

annual core questionnaire (21). The inclusion of health behavior questions every year since 1997 has allowed for the combining of data years in order to monitor changes among population subgroups that would be too small to study with only a single data year. For details of the 1997 redesign, see the “Methods” section.

During the period covered in the current report, major new prevention-related initiatives and studies were undertaken, including: new federal *2008 Physical Activity Guidelines for Americans*; the Family Smoking Prevention and Tobacco Control Act (2009); the Tobacco Control Strategic Action Plan (2010); the National Physical Activity Action Plan (2010); the Healthy People 2020 Initiative (2010); the 30th tobacco-related SGR (2010); and the issuance of revised Dietary Guidelines for Americans (2010 revision) with special attention to prevention or reduction of overweight and obesity through improved eating and physical activity behaviors (22–27). These efforts provide important context for understanding the significance of the findings presented in this report.

The information presented here is part of the U.S. Department of Health and Human Services’ (HHS) effort to monitor, at the national level, adult health behaviors that are associated with disease prevention and health promotion. HHS and its agencies and offices, including CDC; the National Institutes of Health (NIH); the Food and Drug Administration (FDA); the Substance Abuse and Mental Health Services Administration (SAMSHA); and the President’s Council on Fitness, Sports & Nutrition (PCFSN) are committed to the health promotion for the American people through prevention. The prevention section of the HHS website highlights current prevention initiatives and guidelines and provides links to sources of information on specific prevention topics (28).

Chapter 2. Methods

Data Source

NHIS is a nationally representative, cross-sectional, household interview survey of the U.S. civilian noninstitutionalized population. Data are collected continuously throughout the year in all 50 states and the District of Columbia. NHIS uses a multistage, clustered sample design to produce national estimates for a variety of health indicators. Information on basic health topics is collected for all household members using the Family questionnaire. For the Family questionnaire, information is collected by proxy for all adults who are not present at the time of the household interview and for all children. Additional information is collected from one randomly sampled adult (“the sample adult”) and for one randomly sampled child (“the sample child”) in each family. Self-response is required for the Sample Adult questionnaire except in the rare case of sample adults who are physically or mentally incapable of responding for themselves. For the Sample Child questionnaire, an adult family member who is knowledgeable about the child’s health is asked to respond. Interviews are conducted in the home using a computer-assisted personal interview questionnaire. Telephone follow-up is permitted if necessary to complete the interview. National estimates for a broad range of health measures, based on NHIS, are published annually (29–37).

Statistical Analysis

The statistics shown in this report are based on 76,669 interviews from the Sample Adult component of the 2008–2010 NHIS. For these 3 years combined, the conditional response rate for the Sample Adult components was 77.3%, with a final response rate of 62.9% (Table I). See Appendix I for details about calculation of response rates.

Three years of data were combined to increase reliability of the estimates for some of the smaller population subgroups. Even with the 3 years of

data, the standard errors for some subgroups are quite large. In tables shown in this report, estimates with a relative standard error greater than 30% and less than or equal to 50% are considered statistically unreliable, are indicated with an asterisk (*), and should be used with caution as they do not meet standards of reliability or precision. Estimates with a relative standard error greater than 50% are indicated with a dagger (†) and are not shown.

All estimates and associated standard errors shown in this report were generated using SUDAAN, a software package that is designed to account for a complex sample design such as that used by NHIS (38). All estimates were weighted using the Sample Adult Record Weight to represent the U.S. civilian noninstitutionalized population aged 18 and over.

Estimates shown and discussed in Chapters 3–8 were age adjusted using the projected 2000 U.S. population aged 18 and over as the standard population and age groups 18–44, 45–64, and 65 and over (39–40) (Table II). Age adjustment was used to allow comparison among various sociodemographic subgroups that have different age structures. Estimates were compared using two-tailed *t* tests at the 0.05 level. No adjustments were made for multiple comparisons. Terms such as “greater than” and “less than” indicate a statistically significant difference. Terms such as “similar” or “no difference” indicate that the statistics being compared were not significantly different. Lack of comment regarding the difference between any two statistics does not mean that the difference was tested and found to be not significant.

Tables showing corresponding crude (unadjusted) estimates are included in Appendix IV. These crude estimates can be used in conjunction with the population estimates (Table XXI) to calculate the numbers of persons in each category shown in the tables.

Strengths and Limitations of the Data

The estimates presented are based on data collected from a nationally representative sample of civilian noninstitutionalized U.S. adults. Three years of data are combined in order to provide estimates for some of the smaller population subgroups. Data on health behaviors are collected in combination with data on a wide range of other health characteristics (including chronic health conditions, injury episodes, access to medical care, and health insurance coverage), making it possible to study interrelationships among the various health characteristics and to track these relationships over time.

All of the information on health behaviors was self-reported by one randomly selected adult in each family, except in rare cases where the respondent was physically or mentally incapable of self-response; in those cases, proxy answers were permitted. Self-reporting enhances accuracy of the data to the extent that respondents willingly provide the information. It is recognized, however, that some underreporting of some health behaviors may be considered undesirable. Estimates of behaviors generally thought to be harmful to health (e.g., heavier alcohol use, current cigarette smoking, being overweight or obese, and getting insufficient sleep) can be considered to be conservative estimates of the actual prevalence of these behaviors, given that underreporting may occur. Body weight relative to height is particularly sensitive to underreporting. The nature and extent of differences between reported and measured height and weight have been reported elsewhere (41–43). The BMI measure also has limitations in terms of its potential for overestimating body mass for persons who are very muscular or underestimating it for persons who have lost muscle mass, such as the elderly (44). Levels of leisure-time physical activity may be subject to overreporting to the extent that respondents are aware of the health

benefits of physical activity and desire to give a favorable impression. Conversely, total physical activity may be underestimated using NHIS because the questions are limited to exercise, sports, and physically active hobbies done in leisure time and do not include occupation-related, transportation-related, or other types of nonleisure-time activities.

Most of the health behaviors included in this report are described in terms of “usual” or “average” behavior. Questions were designed to elicit information that would characterize respondents’ typical health behaviors and do not allow detailed exploration of patterns of health behavior. In addition to the questions being of a general nature, the indicators shown in Chapters 3–8 further generalize adult health behavior characteristics in an effort to provide a meaningful overview for selected population subgroups. For definitions of health behavior terms, see [Appendix II](#).

The strength of this approach is that it provides a “snapshot” of the important subgroups of the U.S. population in terms of general health behavioral characteristics. For example, using estimates presented in Chapters 3–8, it is possible to identify which groups are most likely to drink heavily, smoke cigarettes, fail to meet federal guidelines for physical activity, be overweight or obese, and get less than the recommended number of hours of sleep. Together, these estimates help pinpoint the groups who might benefit most from health education or other interventions. Such estimates do not, however, identify some important patterns of unhealthy behaviors. For example, the data collected in NHIS do not allow for identification of binge drinkers, irregularities in exercise patterns, fluctuations in BMI, or sleep patterns (sleeping at night versus napping). Some information on patterns is captured for smoking, with a series of questions addressed to persons who smoked cigarettes on a less-than-daily basis. Discussions of the history of NHIS health behavior measures, including their strengths and limitations, are available in earlier publications (1–7).

Comparability With Earlier Reports

The content and format of this report are essentially unchanged from the earlier reports with a few exceptions. The most notable change is in Chapter 5 on leisure-time physical activity. Chapter 5 presents estimates for the prevalence of leisure-time physical activity according to the criteria outlined in the 2008 federal guidelines for physical activity and the Healthy People (HP) 2020 objectives. The earlier reports on adult health behaviors presented indicators of leisure-time physical activity that were used to track progress toward the HP 2010 objectives. For continuity, a complete set of tables showing the HP 2010 physical activity indicators are included in [Appendix V \(Tables XXII–XXVI\)](#). These tables can be used to compare physical activity estimates for 2008–2010 with those for earlier time periods (1–7).

Another significant change from earlier reports is the addition of [Table 7.2](#) and [Figures 7.3](#) and [7.4](#), which show the percentages of U.S. adults who met the new HP 2020 objective for sufficient sleep. HP 2020 is the first set of national health objectives to include sleep as a separate objective (15).

Finally, the classification of place of residence (that is, residence within a large or small MSA area or not in an MSA) is included in this report. An indicator of MSA status was included in the earlier health behavior reports covering the time periods 1997–2004, although the definition of MSA status differed from that shown in this report. MSA status was omitted from the 2005–2007 report due to a 2006 U.S. Census Bureau change in definitions of place of residence. The revised 2006 U.S. Census Bureau definition for place of residence applies to the entire time period covered in this report. The change in definition of MSA status should be taken into account when comparing estimates in this report with those from earlier reports. Throughout this report, the term “within MSA” is used to describe residence in a large MSA or small MSA and the term “outside an MSA” is used to describe a

place of residence that is not in an MSA. See [Appendix II](#) for definitions.

Chapter 3. Alcohol Use

Prevention of excessive alcohol use is a public health priority and is the focus of research and public health initiatives across a number of federal agencies (45–50). While light to moderate alcohol use has been associated with health benefits for many adults, especially in terms of cardiovascular risk, regular or episodic heavy drinking and binge drinking pose considerable health risks (49). Any amount of alcohol poses risks for pregnant women and for adults with an alcohol addiction (50). This chapter presents information on average alcohol use and episodic heavy drinking (that is, five or more drinks in 1 day) for U.S. adults (Tables 3.1–3.4).

Nearly two-thirds of adults drink alcohol, with about 5% drinking at levels classified as “heavier”—that is, women drink, on average, more than 7 drinks per week, and men drink, on average, more than 14 drinks per week. The prevalence of heavier drinking varies considerably by age, sex, and socioeconomic status. This chapter highlights selected findings for all adults by sex, age, race, Hispanic or Latino origin, education, poverty status, marital status, geographic region, and place of residence. Readers are encouraged to refer to the tables for additional details, particularly prevalence of alcohol consumption by men and women by each of these characteristics.

All Adults

- Almost two-thirds (64.9%) of U.S. adults were current drinkers, 14.3% were former drinkers, 20.9% of adults were lifetime abstainers, and 5.4% of adults were classified as heavier drinkers (Tables 3.1 and 3.2).
- About one in four adults had five or more drinks in 1 day at least once in the past year. Among current drinkers, about one in three had five or more drinks in 1 day in the past year (Tables 3.3 and 3.4).

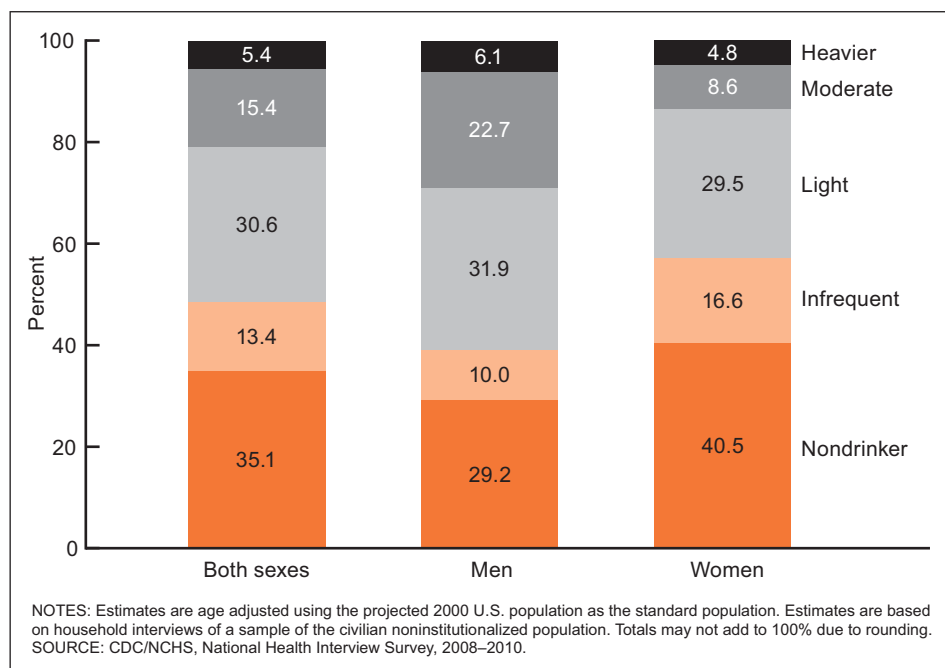


Figure 3.1. Percent distribution of current alcohol drinking status for adults, by sex: United States, annualized, 2008–2010

Sex

- Men (70.8%) were more likely than women (59.5%) to be current drinkers, while women (26.5%) were nearly twice as likely as men (14.7%) to be lifetime abstainers (Table 3.1).
- Men (22.7%) were nearly three times as likely as women (8.6%) to

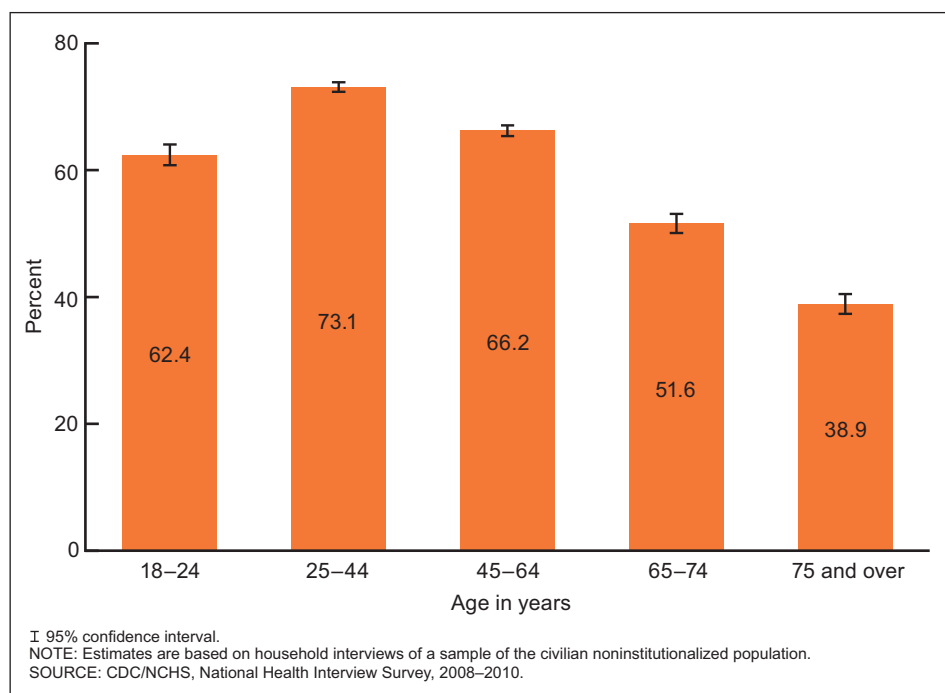


Figure 3.2. Percentage of adults who were current drinkers, by age: United States, annualized, 2008–2010

be moderate drinkers and somewhat more likely than women to be heavier drinkers, while women (40.5%) were more likely than men (29.2%) to be current nondrinkers (Table 3.2 and Figure 3.1).

- Men were about twice as likely as women to have had five or more drinks in 1 day at least once in the past year and about three times as likely as women to have had this much to drink in 1 day on at least 12 days during the past year (Table 3.3).

Age

- Current drinking was most prevalent among adults aged 25–44 (73.1%) and declined with age starting with age group 45–64 (Table 3.1 and Figure 3.2).
- Consumption of five or more drinks in 1 day at least once in the past year was strongly associated with age and declined with age from 35.1% among adults aged 18–24 to 2.3% for adults aged 75 and over (Table 3.3 and Figure 3.3).

Race

- White adults (67.8%) were more likely than all other single-race groups to be current drinkers (Table 3.1 and Figure 3.4).
- Lifetime abstinence was significantly higher among Asian adults (42.5%) than among most other race groups shown (Table 3.1).
- White adults were more likely than black adults to be heavier drinkers (Table 3.2).
- White adults (26.0%) were more likely than black adults (14.0%) and about twice as likely as Asian adults (11.2%) to have had five or more drinks in 1 day at least once in the past year (Table 3.3 and Figure 3.5).

Hispanic or Latino Origin and Race

- Non-Hispanic adults (66.6%) were more likely than Hispanic adults (54.4%) to be current drinkers (Table 3.1).

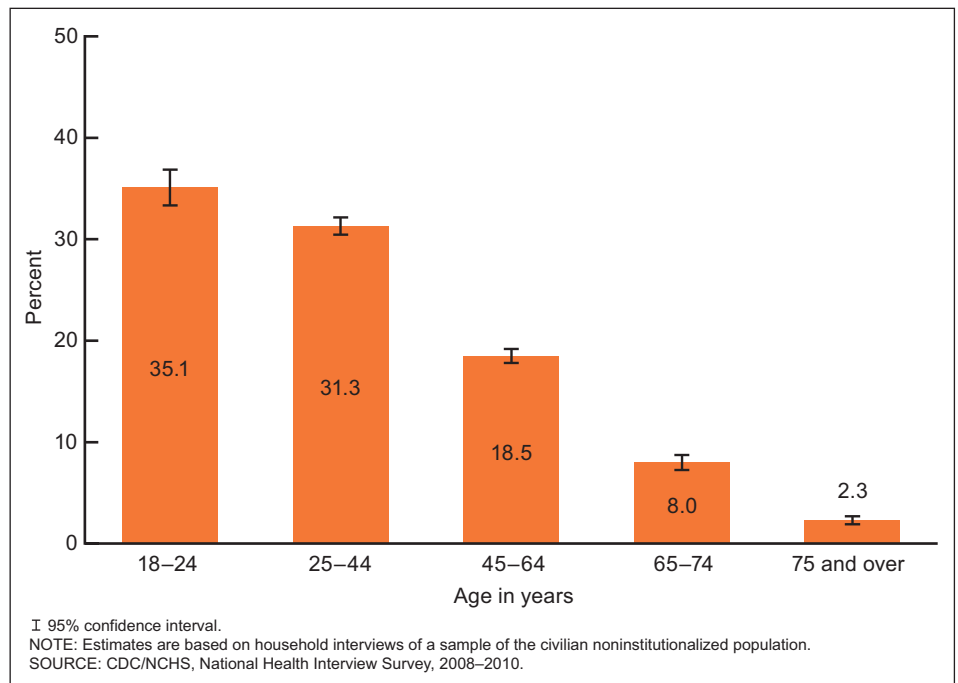


Figure 3.3. Percentage of adults who had five or more drinks in 1 day at least once in the past year, by age: United States, annualized, 2008–2010

- Non-Hispanic adults (5.8%) were more likely than Hispanic adults (3.2%) to be heavier drinkers (Table 3.2).
- Non-Hispanic white adults (27.5%) were more likely than Hispanic adults (19.7%) to have consumed five or more drinks in 1 day at least once in the past year (Table 3.3 and Figure 3.6).

Education

- The prevalence of current drinking increased with education from 46.8% for adults with less than a

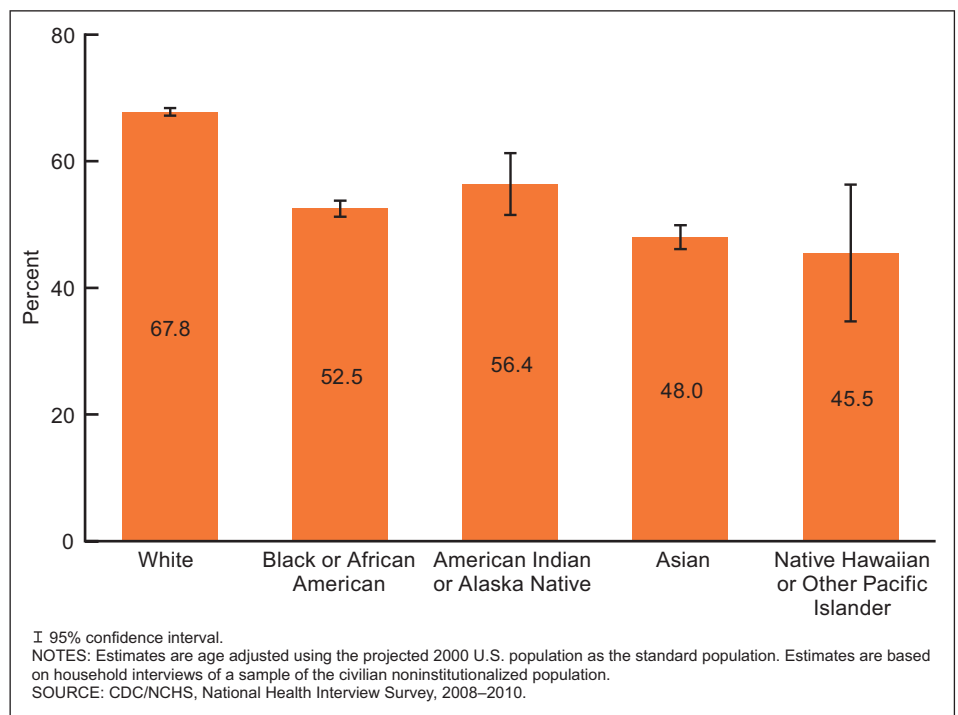


Figure 3.4. Percentage of adults who were current drinkers, by race: United States, annualized, 2008–2010

high school diploma to 77.3% for adults with a graduate degree (Table 3.1 and Figure 3.7).

- Adults with less than a high school diploma (8.1%) and those with a General Educational Development high school equivalency diploma (GED) (9.8%) were more than twice as likely as adults who held advanced degrees (3.6%) to be former regular drinkers (Table 3.1).
- Adults who had earned a GED (7.6%) were more likely to be heavier drinkers than adults who had graduated from high school (5.6%) (Table 3.2).
- Adults who had earned a GED (28.9%) were more likely than adults who were high school graduates (22.6%) and adults with less than a high school diploma (19.0%) to have had five or more drinks in 1 day at least once during the past year (Table 3.3 and Figure 3.8).

Poverty Status

- The prevalence of current drinking increased with family income: 48.5% of adults having family incomes below the poverty level were current drinkers compared with 76.5% of adults who had family incomes four times the poverty level or more. Adults with family incomes below the poverty level (32.3%) were more than twice as likely as adults with family incomes four times the poverty level or more (13.6%) to be lifetime abstainers (Table 3.1).
- Adults in the upper family income groups were more likely to have had five or more drinks in 1 day at least once in the past year than were adults in the lower family income groups (Table 3.3).
- Among current drinkers, adults with family incomes below the poverty level were more likely than those in the highest family income group to have had five or more drinks in 1 day on at least 12 days in the past year (Table 3.4).

Marital Status

- The prevalence of lifetime abstinence from alcohol was highest

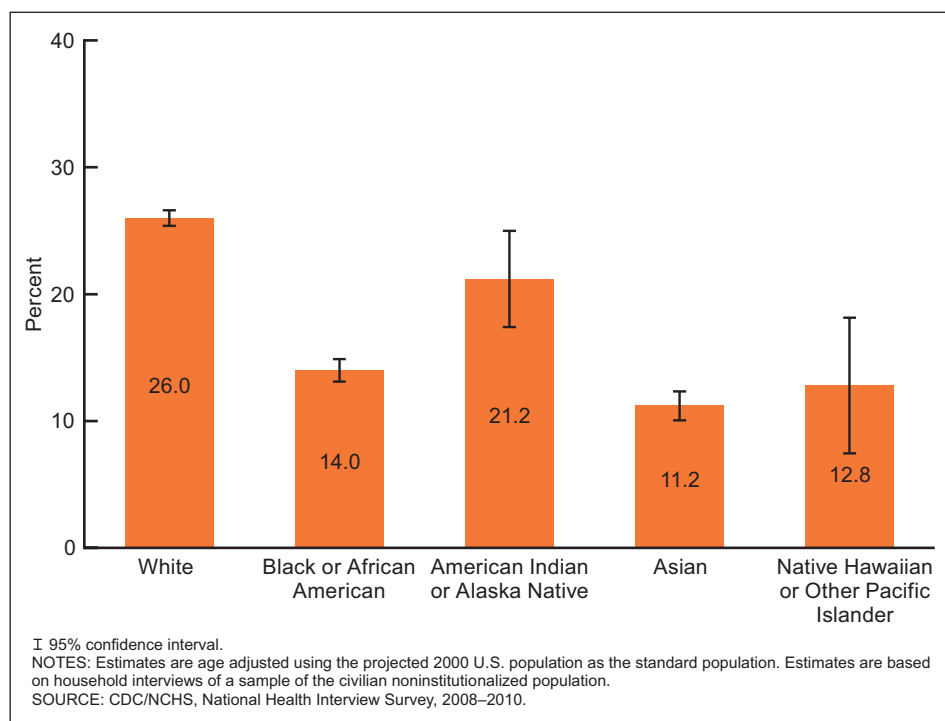


Figure 3.5. Percentage of adults who had five or more drinks in 1 day at least once in the past year, by race: United States, annualized, 2008–2010

among never married adults (26.3%) and widowed adults (29.1%) and lowest among cohabiting adults (10.8%) (Table 3.1).

- Cohabiting adults (9.6%) and divorced or separated adults (6.6%) were more likely than married adults (4.1%) to be heavier drinkers.

Widowed adults (47.6%) were more likely than adults in any other marital status group to be nondrinkers (Table 3.2).

- Cohabiting adults (34.3%) were more likely than married adults (20.7%) to have had five or more

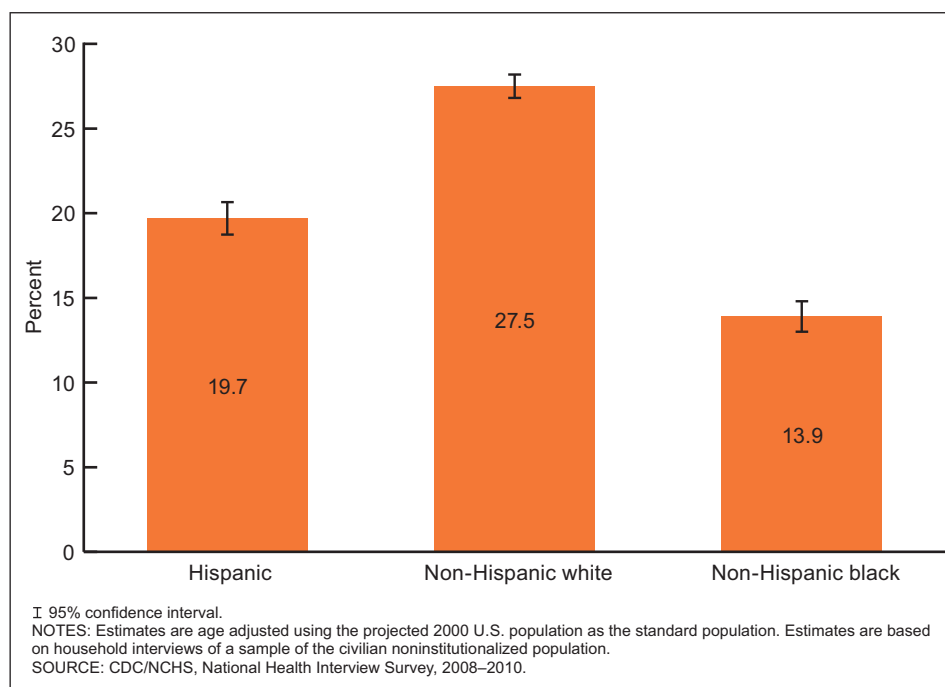


Figure 3.6. Percentage of adults who had five or more drinks in 1 day at least once in the past year, by Hispanic origin and race: United States, annualized, 2008–2010

drinks in 1 day at least once in the past year (Table 3.3).

Geographic Region

- Adults living in the South were less likely to be current drinkers than adults living in the Northeast, the Midwest, or the West. Lifetime abstinence was highest among adults living in the South compared with adults living in the other regions (Table 3.1).

Place of Residence

- Adults living in an MSA were more likely to be current drinkers than adults living outside an MSA (Table 3.1).
- Lifetime abstinence was higher among adults living in a large MSA compared with adults living in a small MSA, and was similar to those living outside an MSA (Table 3.1).
- Adults living outside an MSA were more likely to be nondrinkers than adults living in a MSA, either large or small (Table 3.2)
- Adults living in a small MSA were more likely to have had five or more drinks in 1 day at least once in the past year than adults living in a large MSA or living outside an MSA (Table 3.3).

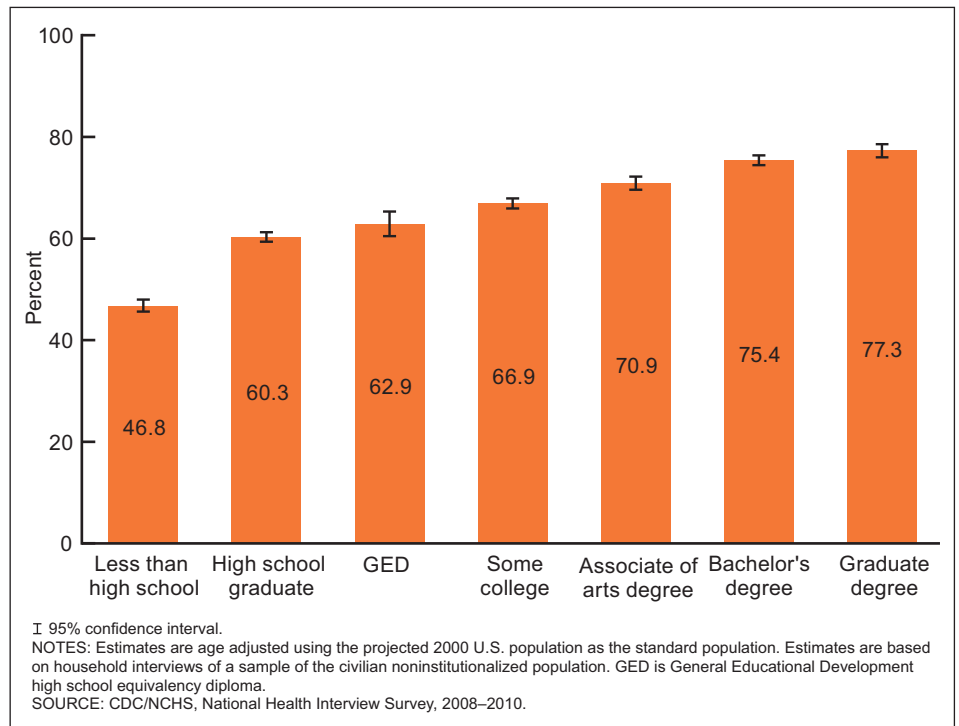


Figure 3.7. Percentage of adults who were current drinkers, by education: United States, annualized, 2008–2010

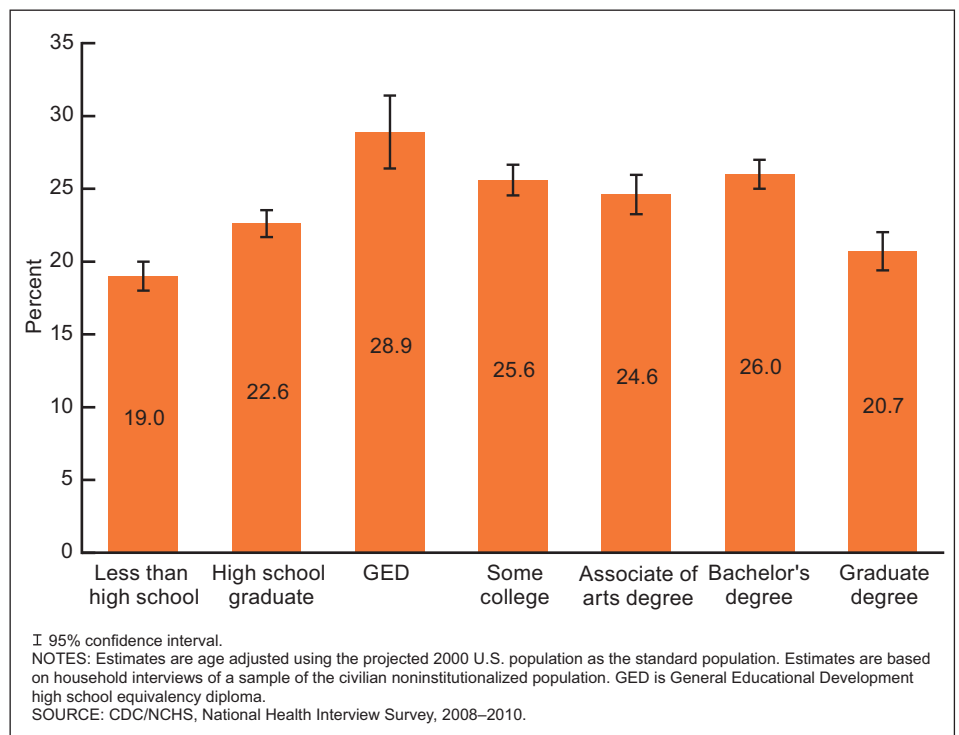


Figure 3.8. Percentage of adults who had five or more drinks in 1 day at least once in the past year, by education: United States, annualized, 2008–2010

Table 3.1. Age-adjusted percent distribution of lifetime alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	20.9 (0.25)	8.6 (0.14)	5.7 (0.12)	64.9 (0.28)
Ages 18 years and over (crude) ²	100.0	20.6 (0.25)	8.8 (0.15)	5.9 (0.13)	64.8 (0.29)
Age: ³					
18–24 years	100.0	33.4 (0.83)	2.8 (0.25)	1.7 (0.17)	62.4 (0.83)
25–44 years	100.0	17.3 (0.33)	6.0 (0.19)	3.8 (0.15)	73.1 (0.38)
45–64 years	100.0	16.2 (0.31)	10.6 (0.26)	7.1 (0.22)	66.2 (0.43)
65–74 years	100.0	23.6 (0.61)	14.8 (0.48)	10.0 (0.46)	51.6 (0.77)
75 years and over	100.0	31.9 (0.77)	17.1 (0.59)	12.1 (0.48)	38.9 (0.80)
Race:					
White, single race	100.0	18.2 (0.27)	8.3 (0.15)	5.8 (0.13)	67.8 (0.31)
Black or African American, single race	100.0	30.1 (0.62)	11.4 (0.35)	6.1 (0.30)	52.5 (0.64)
American Indian or Alaska Native, single race	100.0	26.1 (2.53)	10.1 (1.39)	7.7 (1.25)	56.4 (2.49)
Asian, single race	100.0	42.5 (1.02)	6.7 (0.59)	2.9 (0.33)	48.0 (0.96)
Native Hawaiian or Other Pacific Islander, single race	100.0	37.9 (5.32)	9.7 (2.72)	6.9 (2.82)	45.5 (5.51)
Two or more races	100.0	18.5 (1.62)	10.5 (1.32)	6.3 (0.90)	64.8 (1.95)
Black or African American, white	100.0	24.1 (4.48)	10.6 (3.17)	†	59.6 (4.90)
American Indian or Alaska Native, white	100.0	18.2 (2.57)	9.9 (1.87)	7.0 (1.47)	65.1 (3.18)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	31.4 (0.58)	8.2 (0.31)	6.3 (0.28)	54.4 (0.62)
Mexican or Mexican American	100.0	31.3 (0.76)	8.5 (0.43)	6.9 (0.39)	53.6 (0.80)
Not Hispanic or Latino	100.0	19.2 (0.27)	8.6 (0.15)	5.6 (0.13)	66.6 (0.30)
White, single race	100.0	15.6 (0.28)	8.2 (0.17)	5.8 (0.15)	70.5 (0.33)
Black or African American, single race	100.0	30.1 (0.64)	11.4 (0.35)	6.1 (0.30)	52.5 (0.66)
Education:					
Less than high school graduate	100.0	33.7 (0.61)	11.7 (0.35)	8.1 (0.31)	46.8 (0.61)
GED diploma ⁴	100.0	16.7 (1.04)	10.8 (0.74)	9.8 (0.79)	62.9 (1.23)
High school graduate	100.0	23.8 (0.44)	9.9 (0.28)	6.1 (0.22)	60.3 (0.48)
Some college—no degree	100.0	19.8 (0.45)	8.3 (0.28)	5.1 (0.22)	66.9 (0.51)
Associate of arts degree	100.0	15.0 (0.53)	8.7 (0.40)	5.5 (0.33)	70.9 (0.66)
Bachelor of arts, science degree	100.0	14.6 (0.42)	5.8 (0.26)	4.2 (0.23)	75.4 (0.50)
Masters, doctorate, medical degree	100.0	13.8 (0.55)	5.3 (0.33)	3.6 (0.27)	77.3 (0.66)
Poverty status: ⁵					
Below poverty level	100.0	32.3 (0.64)	11.6 (0.42)	8.0 (0.37)	48.5 (0.68)
≥1 and <2 times poverty level	100.0	27.6 (0.55)	11.2 (0.34)	7.7 (0.31)	53.8 (0.56)
≥2 and <4 times poverty level	100.0	21.2 (0.44)	9.4 (0.25)	5.9 (0.19)	63.7 (0.47)
4 times poverty level or more	100.0	13.6 (0.33)	6.0 (0.19)	4.0 (0.16)	76.5 (0.38)
Marital status:					
Never married	100.0	26.3 (0.53)	8.1 (0.35)	5.6 (0.30)	60.1 (0.59)
Married	100.0	19.0 (0.33)	9.1 (0.20)	5.7 (0.15)	66.3 (0.38)
Cohabiting	100.0	10.8 (0.69)	7.0 (0.59)	6.8 (0.66)	75.4 (0.99)
Divorced or separated	100.0	15.6 (0.44)	9.7 (0.36)	7.7 (0.35)	67.1 (0.59)
Widowed	100.0	29.1 (2.63)	12.0 (1.55)	6.8 (1.16)	52.4 (2.74)
Geographic region:					
Northeast	100.0	19.2 (0.58)	7.7 (0.31)	4.9 (0.24)	68.2 (0.62)
Midwest	100.0	17.2 (0.44)	8.4 (0.29)	5.9 (0.26)	68.6 (0.55)
South	100.0	23.5 (0.45)	9.8 (0.25)	5.8 (0.22)	61.0 (0.51)
West	100.0	22.1 (0.55)	7.4 (0.27)	6.0 (0.23)	64.6 (0.59)
Place of residence: ⁶					
Large MSA	100.0	21.3 (0.32)	7.4 (0.18)	5.1 (0.15)	66.2 (0.37)
Small MSA	100.0	19.8 (0.46)	9.0 (0.28)	5.8 (0.21)	65.5 (0.53)
Not in MSA	100.0	21.5 (0.85)	11.4 (0.38)	7.3 (0.38)	59.9 (0.92)

See footnotes at end of table.

Table 3.1. Age-adjusted percent distribution of lifetime alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Men		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	14.7 (0.29)	7.6 (0.19)	7.1 (0.17)	70.8 (0.36)
Ages 18 years and over (crude) ²	100.0	14.4 (0.29)	7.6 (0.19)	7.1 (0.18)	71.0 (0.36)
Age: ³					
18–24 years	100.0	30.5 (1.12)	2.3 (0.31)	1.7 (0.26)	65.9 (1.14)
25–44 years	100.0	12.4 (0.42)	4.8 (0.25)	4.0 (0.20)	78.9 (0.49)
45–64 years	100.0	10.0 (0.36)	9.7 (0.35)	9.1 (0.35)	71.4 (0.56)
65–74 years	100.0	13.7 (0.71)	13.0 (0.72)	13.1 (0.77)	60.4 (1.10)
75 years and over	100.0	17.1 (0.92)	16.8 (0.90)	17.8 (0.90)	48.3 (1.24)
Race:					
White, single race	100.0	12.8 (0.30)	7.2 (0.21)	7.1 (0.19)	73.0 (0.39)
Black or African American, single race	100.0	22.1 (0.84)	10.2 (0.52)	7.8 (0.49)	60.0 (0.94)
American Indian or Alaska Native, single race	100.0	17.7 (3.16)	9.1 (1.94)	11.5 (2.41)	62.2 (3.49)
Asian, single race	100.0	28.9 (1.31)	7.9 (0.77)	3.9 (0.56)	59.4 (1.35)
Native Hawaiian or Other Pacific Islander, single race	100.0	32.5 (7.45)	*8.6 (3.69)	†	52.4 (8.38)
Two or more races	100.0	13.6 (1.85)	7.1 (1.43)	8.3 (1.55)	71.1 (2.54)
Black or African American, white	100.0	19.7 (4.41)	*6.2 (2.88)	†	63.3 (7.52)
American Indian or Alaska Native, white	100.0	9.8 (2.57)	*5.7 (1.83)	9.3 (2.54)	75.5 (3.59)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	18.8 (0.66)	7.3 (0.46)	8.7 (0.48)	65.5 (0.82)
Mexican or Mexican American	100.0	17.9 (0.83)	7.1 (0.56)	9.8 (0.68)	65.5 (1.05)
Not Hispanic or Latino	100.0	13.9 (0.32)	7.6 (0.20)	6.9 (0.18)	71.7 (0.39)
White, single race	100.0	11.5 (0.33)	7.2 (0.23)	6.9 (0.21)	74.5 (0.42)
Black or African American, single race	100.0	22.2 (0.85)	10.1 (0.52)	7.8 (0.49)	60.1 (0.96)
Education:					
Less than high school graduate	100.0	21.0 (0.78)	10.3 (0.48)	10.7 (0.49)	58.3 (0.84)
GED diploma ⁴	100.0	8.9 (1.22)	8.1 (1.08)	12.9 (1.18)	70.3 (1.72)
High school graduate	100.0	16.9 (0.57)	8.6 (0.37)	7.6 (0.34)	67.0 (0.67)
Some college—no degree	100.0	14.8 (0.59)	7.7 (0.43)	6.2 (0.37)	71.4 (0.74)
Associate of arts degree	100.0	9.6 (0.69)	8.3 (0.64)	6.8 (0.56)	75.4 (0.98)
Bachelor of arts, science degree	100.0	10.5 (0.53)	4.9 (0.33)	4.9 (0.36)	79.7 (0.68)
Masters, doctorate, medical degree	100.0	11.2 (0.70)	4.9 (0.48)	3.6 (0.39)	80.3 (0.88)
Poverty status: ⁵					
Below poverty level	100.0	22.2 (0.90)	11.0 (0.68)	10.9 (0.62)	56.3 (1.05)
≥1 and <2 times poverty level	100.0	19.7 (0.76)	10.3 (0.51)	9.6 (0.46)	60.6 (0.81)
≥2 and <4 times poverty level	100.0	15.4 (0.57)	8.2 (0.32)	7.7 (0.31)	68.9 (0.62)
4 times poverty level or more	100.0	9.7 (0.37)	5.3 (0.25)	4.7 (0.23)	80.5 (0.47)
Marital status:					
Never married	100.0	21.5 (0.70)	7.1 (0.47)	7.5 (0.51)	64.1 (0.84)
Married	100.0	12.4 (0.37)	8.3 (0.27)	6.9 (0.23)	72.6 (0.47)
Cohabiting	100.0	8.5 (0.91)	6.2 (0.81)	8.3 (0.93)	77.3 (1.33)
Divorced or separated	100.0	7.9 (0.52)	7.9 (0.48)	9.4 (0.58)	74.9 (0.87)
Widowed	100.0	*15.9 (5.65)	8.3 (2.05)	11.7 (2.98)	64.9 (5.72)
Geographic region:					
Northeast	100.0	14.0 (0.65)	6.6 (0.40)	6.4 (0.36)	73.2 (0.76)
Midwest	100.0	12.2 (0.56)	7.0 (0.38)	7.5 (0.38)	73.5 (0.74)
South	100.0	15.8 (0.50)	9.3 (0.36)	7.2 (0.29)	67.9 (0.62)
West	100.0	16.0 (0.62)	6.3 (0.33)	7.1 (0.34)	70.8 (0.73)
Place of residence: ⁶					
Large MSA	100.0	15.4 (0.39)	6.6 (0.24)	6.2 (0.23)	72.0 (0.47)
Small MSA	100.0	13.7 (0.52)	7.8 (0.37)	7.4 (0.29)	71.2 (0.65)
Not in MSA	100.0	14.3 (0.84)	9.9 (0.48)	9.2 (0.53)	66.9 (1.02)

See footnotes at end of table.

Table 3.1. Age-adjusted percent distribution of lifetime alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Women					
Percent distribution (standard error)					
Ages 18 years and over (age adjusted) ²	100.0	26.5 (0.35)	9.5 (0.18)	4.5 (0.14)	59.5 (0.37)
Ages 18 years and over (crude) ²	100.0	26.5 (0.34)	9.9 (0.19)	4.7 (0.15)	59.0 (0.37)
Age: ³					
18–24 years	100.0	36.2 (1.12)	3.4 (0.36)	1.7 (0.23)	58.9 (1.14)
25–44 years	100.0	22.1 (0.44)	7.0 (0.26)	3.6 (0.20)	67.4 (0.51)
45–64 years	100.0	22.0 (0.48)	11.5 (0.35)	5.2 (0.25)	61.4 (0.58)
65–74 years	100.0	32.1 (0.89)	16.3 (0.61)	7.4 (0.49)	44.2 (0.94)
75 years and over	100.0	41.8 (1.02)	17.3 (0.73)	8.3 (0.51)	32.6 (0.92)
Race:					
White, single race	100.0	23.2 (0.38)	9.2 (0.20)	4.7 (0.16)	63.0 (0.41)
Black or African American, single race	100.0	36.2 (0.79)	12.4 (0.48)	4.9 (0.32)	46.6 (0.79)
American Indian or Alaska Native, single race	100.0	33.0 (3.52)	11.0 (1.92)	4.9 (1.10)	51.2 (3.71)
Asian, single race	100.0	54.7 (1.31)	5.7 (0.72)	2.0 (0.36)	37.7 (1.22)
Native Hawaiian or Other Pacific Islander, single race	100.0	37.1 (6.30)	*10.5 (3.81)	*8.6 (3.99)	43.8 (7.25)
Two or more races	100.0	22.4 (2.32)	13.4 (1.92)	4.7 (1.05)	59.6 (2.58)
Black or African American, white	100.0	27.2 (6.29)	*14.0 (4.95)	†	57.1 (5.95)
American Indian or Alaska Native, white	100.0	24.6 (3.78)	13.4 (2.82)	*5.3 (1.60)	56.6 (4.36)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	43.7 (0.84)	9.0 (0.41)	4.1 (0.31)	43.3 (0.79)
Mexican or Mexican American	100.0	45.2 (1.10)	9.9 (0.60)	4.2 (0.38)	40.9 (1.00)
Not Hispanic or Latino	100.0	23.8 (0.36)	9.5 (0.19)	4.6 (0.16)	62.1 (0.39)
White, single race	100.0	19.2 (0.40)	9.2 (0.22)	4.8 (0.18)	66.9 (0.44)
Black or African American, single race	100.0	36.2 (0.81)	12.4 (0.48)	4.9 (0.32)	46.6 (0.81)
Education:					
Less than high school graduate	100.0	46.8 (0.88)	13.3 (0.51)	5.8 (0.35)	34.2 (0.82)
GED diploma ⁴	100.0	24.5 (1.57)	13.5 (1.13)	6.8 (0.97)	55.4 (1.70)
High school graduate	100.0	30.0 (0.62)	11.1 (0.39)	4.9 (0.29)	54.0 (0.67)
Some college—no degree	100.0	23.9 (0.62)	8.9 (0.38)	4.2 (0.25)	63.2 (0.66)
Associate of arts degree	100.0	19.0 (0.75)	9.0 (0.50)	4.5 (0.37)	67.4 (0.90)
Bachelor of arts, science degree	100.0	18.6 (0.61)	6.6 (0.36)	3.5 (0.26)	71.3 (0.68)
Masters, doctorate, medical degree	100.0	16.8 (0.83)	5.8 (0.47)	3.5 (0.36)	73.9 (0.93)
Poverty status: ⁵					
Below poverty level	100.0	39.1 (0.82)	12.2 (0.50)	6.1 (0.36)	42.9 (0.83)
≥1 and <2 times poverty level	100.0	34.0 (0.73)	12.0 (0.45)	6.2 (0.38)	47.9 (0.73)
≥2 and <4 times poverty level	100.0	26.5 (0.58)	10.4 (0.33)	4.4 (0.23)	58.8 (0.64)
4 times poverty level or more	100.0	17.6 (0.49)	6.7 (0.27)	3.3 (0.19)	72.4 (0.54)
Marital status:					
Never married	100.0	31.2 (0.77)	9.2 (0.51)	3.7 (0.32)	56.0 (0.81)
Married	100.0	25.7 (0.46)	9.8 (0.26)	4.4 (0.19)	60.1 (0.50)
Cohabiting	100.0	13.2 (1.01)	8.0 (0.85)	5.1 (0.76)	73.9 (1.35)
Divorced or separated	100.0	21.0 (0.63)	10.9 (0.47)	6.6 (0.40)	61.7 (0.76)
Widowed	100.0	33.4 (2.85)	13.3 (2.01)	5.1 (1.06)	48.2 (3.06)
Geographic region:					
Northeast	100.0	23.7 (0.81)	8.7 (0.44)	3.6 (0.28)	64.0 (0.85)
Midwest	100.0	21.6 (0.67)	9.7 (0.38)	4.5 (0.27)	64.2 (0.74)
South	100.0	30.3 (0.57)	10.4 (0.29)	4.7 (0.27)	54.7 (0.60)
West	100.0	27.8 (0.79)	8.5 (0.36)	5.1 (0.28)	58.7 (0.81)
Place of residence: ⁶					
Large MSA	100.0	26.6 (0.44)	8.2 (0.25)	4.3 (0.18)	61.0 (0.48)
Small MSA	100.0	25.3 (0.62)	10.1 (0.35)	4.4 (0.25)	60.3 (0.66)
Not in MSA	100.0	28.0 (1.16)	12.7 (0.47)	5.7 (0.39)	53.6 (1.18)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Lifetime alcohol drinking status: lifetime abstainer—had fewer than 12 drinks in entire lifetime; former infrequent—had 12 drinks or more in lifetime, but never as many as 12 drinks in a single year, and had no drinks in the past year; former regular—had 12 drinks or more in one year, but no drinks in the past year; current drinker—had at least 12 drinks in lifetime and at least 1 drink in the past year.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Percentages may not add to totals due to rounding. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table III. Denominator for each percent distribution excludes persons with unknown lifetime drinking status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 3.2. Age-adjusted percent distribution of current alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ²	100.0	35.1 (0.28)	13.4 (0.17)	30.6 (0.24)	15.4 (0.20)	5.4 (0.12)
Ages 18 years and over (crude) ²	100.0	35.2 (0.29)	13.4 (0.17)	30.4 (0.24)	15.4 (0.20)	5.4 (0.12)
Age: ³						
18–24 years	100.0	37.6 (0.83)	9.9 (0.45)	30.8 (0.66)	14.5 (0.53)	6.9 (0.42)
25–44 years	100.0	26.9 (0.38)	14.2 (0.27)	36.6 (0.38)	16.6 (0.32)	5.5 (0.18)
45–64 years	100.0	33.8 (0.43)	14.7 (0.30)	29.6 (0.38)	16.2 (0.31)	5.7 (0.18)
65–74 years	100.0	48.4 (0.77)	12.9 (0.46)	21.3 (0.61)	12.8 (0.48)	4.5 (0.33)
75 years and over	100.0	61.1 (0.80)	10.7 (0.46)	14.6 (0.56)	11.0 (0.49)	2.5 (0.22)
Race:						
White, single race	100.0	32.2 (0.31)	13.2 (0.20)	31.8 (0.27)	16.7 (0.24)	5.9 (0.14)
Black or African American, single race	100.0	47.5 (0.64)	13.8 (0.41)	25.0 (0.50)	10.0 (0.36)	3.6 (0.20)
American Indian or Alaska Native, single race	100.0	43.6 (2.49)	13.5 (1.72)	25.2 (1.87)	13.2 (1.93)	4.1 (0.80)
Asian, single race	100.0	52.0 (0.96)	12.8 (0.60)	25.3 (0.85)	8.2 (0.48)	1.5 (0.26)
Native Hawaiian or Other Pacific Islander, single race	100.0	54.5 (5.51)	17.0 (4.77)	16.9 (3.50)	*7.9 (2.50)	*3.7 (1.71)
Two or more races	100.0	35.2 (1.95)	16.4 (1.38)	27.6 (1.71)	14.2 (1.31)	6.5 (0.90)
Black or African American, white	100.0	40.4 (4.90)	9.8 (2.43)	29.5 (4.03)	14.9 (3.56)	5.4 (1.60)
American Indian or Alaska Native, white	100.0	34.9 (3.18)	18.6 (2.25)	24.4 (2.64)	13.5 (2.04)	8.3 (1.62)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	45.6 (0.62)	12.7 (0.38)	27.7 (0.53)	10.5 (0.37)	3.2 (0.21)
Mexican or Mexican American	100.0	46.4 (0.80)	12.1 (0.47)	26.3 (0.64)	11.1 (0.50)	3.7 (0.31)
Not Hispanic or Latino	100.0	33.4 (0.30)	13.5 (0.19)	31.1 (0.26)	16.2 (0.22)	5.8 (0.13)
White, single race	100.0	29.5 (0.33)	13.4 (0.22)	32.7 (0.30)	17.8 (0.27)	6.4 (0.16)
Black or African American, single race	100.0	47.5 (0.66)	13.7 (0.42)	24.8 (0.51)	10.2 (0.37)	3.6 (0.21)
Education:						
Less than high school graduate	100.0	53.2 (0.61)	11.6 (0.38)	19.9 (0.49)	9.9 (0.38)	5.1 (0.30)
GED diploma ⁴	100.0	37.1 (1.23)	14.5 (0.92)	26.8 (1.21)	13.8 (0.97)	7.6 (0.75)
High school graduate	100.0	39.7 (0.48)	14.5 (0.36)	26.8 (0.46)	13.2 (0.32)	5.6 (0.24)
Some college—no degree	100.0	33.1 (0.51)	14.2 (0.36)	30.9 (0.49)	15.7 (0.40)	6.0 (0.26)
Associate of arts degree	100.0	29.1 (0.66)	15.5 (0.52)	34.9 (0.69)	15.6 (0.55)	4.9 (0.31)
Bachelor of arts, science degree	100.0	24.6 (0.50)	11.8 (0.35)	37.5 (0.53)	20.3 (0.47)	5.7 (0.28)
Masters, doctorate, medical degree	100.0	22.7 (0.66)	12.2 (0.48)	40.2 (0.72)	21.0 (0.63)	3.8 (0.27)
Poverty status: ⁵						
Below poverty level	100.0	51.5 (0.68)	12.6 (0.41)	20.8 (0.50)	9.4 (0.40)	5.4 (0.32)
≥1 and <2 times poverty level	100.0	46.2 (0.56)	13.6 (0.39)	23.9 (0.49)	11.1 (0.36)	5.0 (0.25)
≥2 and <4 times poverty level	100.0	36.3 (0.47)	14.6 (0.33)	30.1 (0.44)	13.6 (0.32)	5.2 (0.21)
4 times poverty level or more	100.0	23.5 (0.38)	12.3 (0.27)	37.4 (0.41)	20.9 (0.34)	5.8 (0.20)
Marital status:						
Never married	100.0	39.9 (0.59)	11.6 (0.37)	27.5 (0.49)	14.8 (0.40)	6.1 (0.29)
Married	100.0	33.7 (0.38)	14.3 (0.25)	32.4 (0.34)	15.4 (0.28)	4.1 (0.14)
Cohabiting	100.0	24.6 (0.99)	12.6 (0.67)	33.0 (1.03)	20.1 (0.77)	9.6 (0.67)
Divorced or separated	100.0	32.9 (0.59)	15.4 (0.47)	30.2 (0.59)	14.7 (0.48)	6.6 (0.35)
Widowed	100.0	47.6 (2.74)	15.7 (2.27)	24.7 (2.36)	7.0 (1.03)	4.6 (1.12)
Geographic region:						
Northeast	100.0	31.8 (0.62)	13.4 (0.43)	32.8 (0.55)	16.6 (0.48)	5.4 (0.30)
Midwest	100.0	31.4 (0.55)	14.5 (0.40)	33.4 (0.53)	15.5 (0.39)	5.1 (0.22)
South	100.0	39.0 (0.51)	13.2 (0.28)	27.8 (0.37)	14.2 (0.34)	5.6 (0.21)
West	100.0	35.4 (0.59)	12.4 (0.32)	30.3 (0.48)	16.3 (0.43)	5.4 (0.24)
Place of residence: ⁶						
Large MSA	100.0	33.8 (0.37)	12.5 (0.22)	32.2 (0.32)	16.2 (0.27)	5.2 (0.16)
Small MSA	100.0	34.5 (0.53)	14.3 (0.36)	29.8 (0.41)	15.5 (0.42)	5.8 (0.21)
Not in MSA	100.0	40.1 (0.92)	14.4 (0.40)	27.3 (0.68)	12.8 (0.50)	5.2 (0.30)

See footnotes at end of table.

Table 3.2. Age-adjusted percent distribution of current alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
		Percent distribution (standard error)				
Men						
Ages 18 years and over (age adjusted) ²	100.0	29.2 (0.36)	10.0 (0.21)	31.9 (0.34)	22.7 (0.33)	6.1 (0.18)
Ages 18 years and over (crude) ²	100.0	29.0 (0.36)	10.0 (0.21)	31.9 (0.34)	22.8 (0.33)	6.1 (0.18)
Age:³						
18–24 years	100.0	34.1 (1.14)	7.8 (0.58)	29.5 (0.96)	20.9 (0.92)	7.3 (0.63)
25–44 years	100.0	21.1 (0.49)	10.2 (0.34)	37.7 (0.57)	24.5 (0.53)	6.4 (0.29)
45–64 years	100.0	28.6 (0.56)	10.4 (0.37)	31.0 (0.54)	23.6 (0.52)	6.2 (0.27)
65–74 years	100.0	39.6 (1.10)	11.0 (0.64)	24.9 (0.93)	19.5 (0.87)	4.9 (0.45)
75 years and over	100.0	51.7 (1.24)	9.4 (0.74)	18.4 (0.93)	17.8 (0.99)	2.8 (0.39)
Race:						
White, single race	100.0	27.0 (0.39)	9.7 (0.24)	32.4 (0.38)	24.2 (0.38)	6.6 (0.21)
Black or African American, single race	100.0	40.0 (0.94)	10.6 (0.58)	28.3 (0.82)	16.7 (0.68)	4.3 (0.35)
American Indian or Alaska Native, single race	100.0	37.8 (3.49)	10.0 (1.92)	26.3 (3.12)	21.0 (3.21)	4.2 (1.21)
Asian, single race	100.0	40.6 (1.35)	12.1 (0.81)	32.1 (1.34)	12.9 (0.84)	2.1 (0.46)
Native Hawaiian or Other Pacific Islander, single race	100.0	47.6 (8.38)	*11.4 (5.72)	25.9 (5.56)	*10.8 (4.48)	†
Two or more races	100.0	28.9 (2.54)	12.6 (1.93)	29.7 (2.44)	21.0 (2.21)	7.7 (1.37)
Black or African American, white	100.0	36.7 (7.52)	†	29.4 (6.13)	23.5 (6.53)	*4.1 (1.88)
American Indian or Alaska Native, white	100.0	24.5 (3.59)	15.8 (3.01)	30.8 (3.91)	18.8 (3.51)	9.8 (2.30)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	34.5 (0.82)	10.2 (0.55)	33.3 (0.78)	17.2 (0.64)	4.5 (0.35)
Mexican or Mexican American	100.0	34.5 (1.05)	9.2 (0.63)	32.7 (0.97)	18.0 (0.84)	5.4 (0.51)
Not Hispanic or Latino	100.0	28.3 (0.39)	10.0 (0.24)	31.6 (0.37)	23.6 (0.36)	6.4 (0.20)
White, single race	100.0	25.5 (0.42)	9.7 (0.27)	32.1 (0.43)	25.5 (0.43)	7.0 (0.24)
Black or African American, single race	100.0	39.9 (0.96)	10.5 (0.59)	28.2 (0.84)	16.9 (0.70)	4.3 (0.36)
Education:						
Less than high school graduate	100.0	41.7 (0.84)	10.2 (0.53)	25.3 (0.78)	15.2 (0.61)	7.2 (0.50)
GED diploma ⁴	100.0	29.7 (1.72)	10.6 (1.17)	28.9 (1.82)	21.0 (1.61)	9.7 (1.25)
High school graduate	100.0	33.0 (0.67)	11.0 (0.50)	28.8 (0.67)	20.2 (0.55)	6.7 (0.36)
Some college—no degree	100.0	28.6 (0.74)	9.8 (0.49)	31.6 (0.77)	23.1 (0.71)	6.8 (0.41)
Associate of arts degree	100.0	24.6 (0.98)	10.5 (0.67)	36.2 (1.07)	23.1 (0.97)	5.4 (0.47)
Bachelor of arts, science degree	100.0	20.3 (0.68)	9.1 (0.47)	36.4 (0.78)	29.1 (0.77)	5.0 (0.36)
Masters, doctorate, medical degree	100.0	19.7 (0.88)	8.4 (0.59)	39.9 (1.05)	29.1 (1.04)	2.7 (0.35)
Poverty status:⁵						
Below poverty level	100.0	43.7 (1.05)	9.8 (0.55)	22.9 (0.80)	15.7 (0.79)	7.4 (0.55)
≥1 and <2 times poverty level	100.0	39.4 (0.81)	10.0 (0.53)	26.8 (0.75)	17.4 (0.67)	6.2 (0.39)
≥2 and <4 times poverty level	100.0	31.1 (0.62)	10.8 (0.40)	31.6 (0.63)	20.1 (0.55)	6.3 (0.34)
4 times poverty level or more	100.0	19.5 (0.47)	9.2 (0.34)	36.9 (0.57)	28.7 (0.54)	5.5 (0.26)
Marital status:						
Never married	100.0	35.9 (0.84)	9.4 (0.49)	27.0 (0.73)	20.7 (0.64)	6.9 (0.46)
Married	100.0	27.4 (0.47)	11.0 (0.31)	34.7 (0.47)	22.3 (0.46)	4.5 (0.21)
Cohabiting	100.0	22.7 (1.33)	8.8 (0.80)	31.4 (1.41)	27.1 (1.22)	9.8 (0.86)
Divorced or separated	100.0	25.1 (0.87)	9.3 (0.63)	31.8 (0.97)	25.0 (0.92)	8.6 (0.60)
Widowed	100.0	35.1 (5.72)	*19.5 (5.92)	24.4 (4.51)	15.9 (2.70)	*4.4 (1.36)
Geographic region:						
Northeast	100.0	26.8 (0.76)	10.1 (0.59)	32.5 (0.83)	24.2 (0.80)	6.1 (0.46)
Midwest	100.0	26.5 (0.74)	10.4 (0.44)	34.3 (0.71)	23.0 (0.67)	5.8 (0.35)
South	100.0	32.1 (0.62)	9.8 (0.33)	30.1 (0.54)	21.3 (0.55)	6.5 (0.32)
West	100.0	29.2 (0.73)	9.7 (0.43)	31.7 (0.69)	23.5 (0.70)	5.8 (0.34)
Place of residence:⁶						
Large MSA	100.0	28.0 (0.47)	9.4 (0.28)	33.5 (0.46)	23.3 (0.43)	5.6 (0.23)
Small MSA	100.0	28.8 (0.65)	10.5 (0.43)	30.7 (0.55)	23.2 (0.69)	6.6 (0.33)
Not in MSA	100.0	33.1 (1.02)	10.8 (0.49)	29.3 (0.98)	20.1 (0.78)	6.5 (0.48)

See footnotes at end of table.

Table 3.2. Age-adjusted percent distribution of current alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Women		Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ²	100.0	40.5 (0.37)	16.6 (0.26)	29.5 (0.31)	8.6 (0.18)	4.8 (0.14)
Ages 18 years and over (crude) ²	100.0	41.0 (0.37)	16.6 (0.26)	29.0 (0.31)	8.6 (0.18)	4.8 (0.14)
Age: ³						
18–24 years	100.0	41.1 (1.14)	11.9 (0.66)	32.2 (0.97)	8.2 (0.55)	6.4 (0.50)
25–44 years	100.0	32.6 (0.51)	18.1 (0.40)	35.6 (0.50)	9.0 (0.31)	4.6 (0.22)
45–64 years	100.0	38.6 (0.58)	18.7 (0.45)	28.2 (0.50)	9.2 (0.30)	5.2 (0.24)
65–74 years	100.0	55.8 (0.94)	14.6 (0.65)	18.3 (0.75)	7.1 (0.48)	4.1 (0.43)
75 years and over	100.0	67.4 (0.92)	11.6 (0.59)	12.1 (0.65)	6.5 (0.47)	2.3 (0.27)
Race:						
White, single race	100.0	37.0 (0.41)	16.7 (0.29)	31.4 (0.37)	9.5 (0.22)	5.3 (0.17)
Black or African American, single race	100.0	53.4 (0.79)	16.4 (0.56)	22.4 (0.62)	4.7 (0.29)	3.0 (0.25)
American Indian or Alaska Native, single race	100.0	48.8 (3.71)	16.0 (2.48)	24.2 (2.87)	6.7 (1.65)	4.1 (1.18)
Asian, single race	100.0	62.3 (1.22)	13.5 (0.85)	19.1 (1.00)	4.0 (0.50)	1.0 (0.22)
Native Hawaiian or Other Pacific Islander, single race	100.0	56.2 (7.25)	*22.8 (7.14)	*12.7 (3.94)	†	†
Two or more races	100.0	40.4 (2.58)	19.9 (1.93)	25.8 (2.23)	8.2 (1.25)	5.7 (1.20)
Black or African American, white	100.0	42.9 (5.95)	13.3 (3.38)	29.7 (5.02)	*7.5 (3.05)	*6.4 (2.42)
American Indian or Alaska Native, white	100.0	43.4 (4.36)	20.8 (3.07)	19.4 (3.19)	9.1 (2.08)	*7.3 (2.23)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	56.7 (0.79)	15.5 (0.54)	22.1 (0.65)	3.6 (0.30)	1.9 (0.21)
Mexican or Mexican American	100.0	59.1 (1.00)	15.3 (0.67)	19.6 (0.79)	3.8 (0.42)	2.1 (0.27)
Not Hispanic or Latino	100.0	37.9 (0.39)	16.7 (0.29)	30.7 (0.34)	9.3 (0.21)	5.2 (0.16)
White, single race	100.0	33.1 (0.44)	16.9 (0.33)	33.4 (0.42)	10.6 (0.26)	5.9 (0.20)
Black or African American, single race	100.0	53.4 (0.81)	16.4 (0.58)	22.2 (0.64)	4.8 (0.30)	3.1 (0.25)
Education:						
Less than high school graduate	100.0	65.8 (0.82)	13.1 (0.56)	14.1 (0.57)	4.2 (0.38)	2.7 (0.26)
GED diploma ⁴	100.0	44.6 (1.70)	18.9 (1.35)	24.9 (1.64)	6.1 (0.93)	5.4 (0.78)
High school graduate	100.0	46.0 (0.67)	18.1 (0.52)	25.0 (0.60)	6.2 (0.33)	4.5 (0.31)
Some college—no degree	100.0	36.8 (0.66)	17.9 (0.53)	30.4 (0.63)	9.5 (0.39)	5.2 (0.30)
Associate of arts degree	100.0	32.6 (0.90)	19.4 (0.72)	34.0 (0.88)	9.5 (0.59)	4.4 (0.39)
Bachelor of arts, science degree	100.0	28.7 (0.68)	14.4 (0.50)	38.5 (0.72)	12.0 (0.49)	6.4 (0.40)
Masters, doctorate, medical degree	100.0	26.1 (0.93)	16.1 (0.74)	40.2 (0.99)	12.8 (0.68)	4.8 (0.42)
Poverty status: ⁵						
Below poverty level	100.0	57.1 (0.83)	14.7 (0.57)	19.3 (0.62)	4.6 (0.31)	4.0 (0.31)
≥1 and <2 times poverty level	100.0	52.1 (0.73)	16.8 (0.54)	21.5 (0.61)	5.6 (0.32)	3.9 (0.33)
≥2 and <4 times poverty level	100.0	41.2 (0.64)	18.3 (0.51)	29.0 (0.60)	7.4 (0.31)	4.1 (0.22)
4 times poverty level or more	100.0	27.6 (0.54)	15.6 (0.42)	38.0 (0.54)	12.7 (0.37)	6.1 (0.28)
Marital status:						
Never married	100.0	44.0 (0.81)	14.0 (0.56)	28.3 (0.69)	8.3 (0.43)	5.2 (0.33)
Married	100.0	39.9 (0.50)	17.6 (0.38)	30.1 (0.46)	8.6 (0.27)	3.8 (0.18)
Cohabiting	100.0	26.1 (1.35)	16.8 (1.09)	34.6 (1.49)	12.9 (1.04)	9.5 (1.00)
Divorced or separated	100.0	38.3 (0.76)	19.6 (0.65)	29.2 (0.71)	7.7 (0.46)	5.2 (0.42)
Widowed	100.0	51.8 (3.06)	13.8 (1.77)	25.3 (2.79)	4.2 (1.02)	*4.9 (1.49)
Geographic region:						
Northeast	100.0	36.0 (0.85)	16.3 (0.61)	33.2 (0.74)	9.7 (0.46)	4.6 (0.36)
Midwest	100.0	35.8 (0.74)	18.4 (0.61)	32.7 (0.73)	8.6 (0.39)	4.5 (0.26)
South	100.0	45.3 (0.60)	16.4 (0.43)	25.8 (0.48)	7.5 (0.28)	4.8 (0.25)
West	100.0	41.3 (0.81)	15.1 (0.44)	29.1 (0.63)	9.3 (0.40)	5.1 (0.29)
Place of residence: ⁶						
Large MSA	100.0	39.0 (0.48)	15.5 (0.32)	31.1 (0.42)	9.5 (0.26)	4.9 (0.20)
Small MSA	100.0	39.7 (0.66)	17.8 (0.52)	29.1 (0.57)	8.3 (0.34)	5.0 (0.26)
Not in MSA	100.0	46.4 (1.18)	17.8 (0.63)	25.5 (0.90)	6.3 (0.42)	3.9 (0.27)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Current alcohol drinking status: nondrinker—no drinks in the past year (includes former drinkers and lifetime abstainers); infrequent—at least 12 drinks in lifetime and 1–11 drinks in past year; light—3 drinks or less per week, on average, in the past year; moderate—more than 3 and up to and including 14 drinks per week for men, and more than 3 and up to and including 7 drinks per week for women, on average, in the past year; heavier—more than 14 drinks per week for men, and more than 7 drinks per week for women, on average, in the past year.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table IV. Denominator for each percent distribution excludes persons with unknown lifetime and unknown current drinking status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 3.3. Age-adjusted percentage of adults aged 18 and over who had five or more drinks in 1 day at least once in the past year, and age-adjusted percentage of adults aged 18 and over who had five or more drinks in 1 day on at least 12 days in the past year, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Five or more drinks in 1 day at least once ¹			Five or more drinks in 1 day on at least 12 days ¹		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent of adults (standard error)					
Ages 18 years and over (age adjusted) ²	23.6 (0.27)	32.5 (0.41)	15.2 (0.27)	10.2 (0.18)	16.0 (0.30)	4.7 (0.14)
Ages 18 years and over (crude) ²	23.0 (0.28)	32.3 (0.42)	14.4 (0.26)	10.0 (0.18)	15.9 (0.31)	4.5 (0.14)
Age: ³						
18–24 years	35.1 (0.90)	42.2 (1.27)	28.0 (1.05)	17.1 (0.67)	23.7 (1.10)	10.6 (0.61)
25–44 years	31.3 (0.43)	42.8 (0.65)	20.1 (0.44)	13.0 (0.30)	20.7 (0.51)	5.5 (0.24)
45–64 years	18.5 (0.35)	27.3 (0.55)	10.2 (0.36)	7.9 (0.22)	12.8 (0.39)	3.2 (0.19)
65–74 years	8.0 (0.38)	13.8 (0.72)	3.1 (0.35)	3.5 (0.26)	6.4 (0.49)	1.0 (0.22)
75 years and over	2.3 (0.20)	4.3 (0.44)	0.9 (0.15)	1.1 (0.14)	2.2 (0.31)	*0.4 (0.11)
Race:						
White, single race	26.0 (0.31)	35.1 (0.45)	17.1 (0.32)	11.3 (0.21)	17.5 (0.34)	5.2 (0.17)
Black or African American, single race	14.0 (0.45)	21.3 (0.79)	8.1 (0.43)	6.0 (0.29)	10.0 (0.56)	2.8 (0.22)
American Indian or Alaska Native, single race	21.2 (1.93)	29.2 (3.20)	14.7 (2.35)	11.8 (1.62)	16.9 (2.70)	7.7 (1.86)
Asian, single race	11.2 (0.58)	17.2 (1.02)	5.7 (0.55)	4.3 (0.40)	7.2 (0.72)	1.6 (0.30)
Native Hawaiian or Other Pacific Islander, single race	12.8 (2.73)	14.1 (4.08)	*11.4 (3.69)	*5.8 (2.32)	*7.1 (3.49)	†
Two or more races	25.5 (1.69)	36.4 (2.63)	16.0 (1.87)	12.2 (1.19)	18.1 (1.97)	7.1 (1.32)
Black or African American, white	22.0 (3.52)	30.6 (6.52)	14.4 (2.99)	11.6 (2.87)	20.1 (5.80)	*4.4 (1.72)
American Indian or Alaska Native, white	28.3 (2.69)	42.2 (4.21)	17.4 (3.21)	13.5 (2.06)	19.0 (3.48)	9.4 (2.45)
Hispanic or Latino origin and race:						
Hispanic or Latino	19.7 (0.49)	29.4 (0.77)	9.7 (0.44)	9.6 (0.37)	15.6 (0.63)	3.4 (0.26)
Mexican or Mexican American	21.2 (0.67)	32.0 (1.01)	9.8 (0.57)	10.7 (0.53)	17.4 (0.86)	3.6 (0.37)
Not Hispanic or Latino	24.4 (0.30)	33.2 (0.45)	16.2 (0.30)	10.3 (0.20)	16.1 (0.34)	5.0 (0.16)
White, single race	27.5 (0.35)	36.6 (0.51)	18.9 (0.37)	11.7 (0.24)	17.9 (0.39)	5.6 (0.21)
Black or African American, single race	13.9 (0.46)	21.3 (0.81)	8.0 (0.43)	6.0 (0.29)	10.0 (0.58)	2.8 (0.23)
Education:						
Less than high school graduate	19.0 (0.51)	28.3 (0.80)	8.6 (0.49)	10.2 (0.44)	15.8 (0.69)	3.9 (0.37)
GED diploma ⁴	28.9 (1.28)	38.3 (2.00)	19.1 (1.45)	13.6 (0.99)	20.9 (1.70)	5.6 (0.85)
High school graduate	22.6 (0.47)	31.3 (0.69)	13.6 (0.54)	10.9 (0.34)	16.9 (0.57)	4.7 (0.33)
Some college—no degree	25.6 (0.54)	35.0 (0.84)	17.6 (0.56)	11.4 (0.37)	18.0 (0.67)	5.7 (0.31)
Associate of arts degree	24.6 (0.69)	35.3 (1.13)	16.1 (0.72)	10.0 (0.46)	16.6 (0.85)	4.7 (0.41)
Bachelor of arts, science degree	26.0 (0.51)	34.9 (0.78)	17.8 (0.58)	10.1 (0.35)	15.7 (0.59)	5.0 (0.33)
Masters, doctorate, medical degree	20.7 (0.67)	28.3 (1.09)	13.6 (0.72)	5.7 (0.36)	8.9 (0.64)	2.6 (0.32)
Poverty status: ⁵						
Below poverty level	19.4 (0.62)	28.7 (1.03)	12.5 (0.56)	9.8 (0.46)	16.3 (0.87)	5.0 (0.33)
≥1 and <2 times poverty level	20.5 (0.51)	28.8 (0.84)	13.2 (0.53)	10.1 (0.37)	15.9 (0.63)	4.8 (0.34)
≥2 and <4 times poverty level	23.1 (0.42)	31.8 (0.70)	14.7 (0.43)	10.2 (0.29)	16.0 (0.50)	4.4 (0.24)
4 times poverty level or more	27.1 (0.40)	36.0 (0.58)	17.9 (0.47)	10.6 (0.28)	16.1 (0.45)	4.8 (0.26)
Marital status:						
Never married	24.9 (0.49)	31.5 (0.75)	17.5 (0.54)	12.2 (0.37)	17.3 (0.62)	6.4 (0.33)
Married	20.7 (0.33)	30.0 (0.52)	11.9 (0.33)	7.6 (0.20)	12.8 (0.37)	2.7 (0.15)
Cohabiting	34.3 (0.97)	42.8 (1.42)	25.5 (1.06)	16.8 (0.76)	23.5 (1.15)	10.0 (0.88)
Divorced or separated	24.4 (0.61)	37.9 (1.05)	15.2 (0.65)	11.8 (0.48)	20.4 (0.89)	5.9 (0.49)
Widowed	14.1 (1.95)	21.7 (4.02)	11.6 (2.24)	5.3 (1.20)	9.1 (1.99)	*4.4 (1.52)
Geographic region:						
Northeast	23.1 (0.56)	32.0 (0.88)	15.0 (0.61)	9.2 (0.38)	14.2 (0.64)	4.6 (0.36)
Midwest	28.1 (0.62)	37.7 (0.91)	19.0 (0.62)	12.0 (0.41)	18.9 (0.68)	5.5 (0.32)
South	20.9 (0.45)	29.5 (0.69)	12.9 (0.39)	9.9 (0.31)	15.8 (0.53)	4.4 (0.21)
West	23.4 (0.54)	32.0 (0.76)	14.9 (0.55)	9.6 (0.36)	14.8 (0.56)	4.4 (0.31)
Place of residence: ⁶						
Large MSA	23.1 (0.32)	31.3 (0.49)	15.3 (0.34)	9.7 (0.21)	15.1 (0.36)	4.6 (0.19)
Small MSA	24.8 (0.57)	34.5 (0.80)	15.7 (0.51)	11.0 (0.38)	17.3 (0.63)	5.1 (0.27)
Not in MSA	22.5 (0.87)	32.3 (1.26)	13.6 (0.80)	10.3 (0.52)	16.7 (0.84)	4.4 (0.37)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Adults who had had at least one drink in the past year (current drinkers) were asked on how many days in the past year they had had five or more drinks of any alcoholic beverage. Estimates in this table are the percentage of all adults who had five or more drinks (with nondrinkers assigned a value of zero drinks).

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Appendix Table V. Denominator for each percentage excludes persons with unknown lifetime drinking status and/or unknown five or more drinks in 1 day. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 3.4. Age-adjusted percentage of current drinkers aged 18 and over who had five or more drinks in 1 day at least once in the past year, and age-adjusted percentage of current drinkers aged 18 and over who had five or more drinks in 1 day on at least 12 days in the past year, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Five or more drinks in 1 day at least once ¹			Five or more drinks in 1 day on at least 12 days ¹		
	Both sexes	Men	Women	Both sexes	Men	Women
Percent of current drinkers (standard error)						
Ages 18 years and over (age adjusted) ²	34.9 (0.35)	44.7 (0.48)	24.0 (0.37)	15.1 (0.25)	22.1 (0.39)	7.5 (0.22)
Ages 18 years and over (crude) ²	35.7 (0.38)	45.8 (0.51)	24.4 (0.40)	15.5 (0.26)	22.6 (0.41)	7.6 (0.23)
Age: ³						
18–24 years	56.7 (1.07)	64.8 (1.43)	47.8 (1.40)	27.6 (0.96)	36.3 (1.46)	18.1 (0.98)
25–44 years	43.0 (0.52)	54.5 (0.72)	30.0 (0.61)	17.9 (0.39)	26.4 (0.62)	8.2 (0.35)
45–64 years	28.0 (0.50)	38.5 (0.71)	16.7 (0.56)	11.9 (0.32)	18.1 (0.53)	5.3 (0.31)
65–74 years	15.6 (0.71)	23.0 (1.16)	7.0 (0.76)	6.8 (0.49)	10.7 (0.80)	2.3 (0.51)
75 years and over	5.8 (0.51)	8.9 (0.89)	2.8 (0.47)	2.8 (0.36)	4.5 (0.64)	*1.1 (0.34)
Race:						
White, single race	36.8 (0.38)	46.8 (0.52)	25.6 (0.42)	16.0 (0.28)	23.3 (0.42)	7.8 (0.25)
Black or African American, single race	25.7 (0.78)	34.6 (1.22)	16.5 (0.87)	11.0 (0.50)	16.2 (0.87)	5.7 (0.49)
American Indian or Alaska Native, single race	37.2 (3.31)	47.9 (4.80)	27.7 (3.80)	20.4 (2.83)	27.8 (4.43)	14.0 (3.09)
Asian, single race	21.9 (1.07)	27.7 (1.50)	13.8 (1.42)	8.4 (0.78)	11.6 (1.15)	3.7 (0.68)
Native Hawaiian or Other Pacific Islander, single race	27.2 (5.58)	28.6 (6.72)	*27.1 (8.62)	*12.2 (5.20)	*14.4 (6.50)	†
Two or more races	37.9 (2.33)	50.7 (3.22)	24.2 (2.62)	18.3 (1.74)	25.5 (2.64)	10.9 (1.93)
Black or African American, white	35.6 (5.50)	50.0 (8.47)	21.9 (4.76)	19.6 (5.08)	32.7 (8.27)	*6.0 (2.27)
American Indian or Alaska Native, white	42.1 (3.50)	55.2 (4.67)	28.0 (4.55)	20.3 (2.83)	25.1 (4.27)	15.0 (3.54)
Hispanic or Latino origin and race:						
Hispanic or Latino	34.9 (0.80)	43.9 (1.07)	21.2 (0.90)	16.9 (0.62)	23.1 (0.90)	7.3 (0.58)
Mexican or Mexican American	37.8 (1.03)	47.0 (1.33)	22.4 (1.20)	19.1 (0.87)	25.4 (1.18)	8.4 (0.91)
Not Hispanic or Latino	35.0 (0.37)	45.0 (0.52)	24.4 (0.40)	14.9 (0.27)	21.9 (0.42)	7.5 (0.24)
White, single race	37.3 (0.41)	47.7 (0.56)	26.3 (0.46)	15.8 (0.30)	23.3 (0.47)	7.9 (0.28)
Black or African American, single race	25.6 (0.80)	34.7 (1.25)	16.3 (0.89)	11.1 (0.51)	16.3 (0.89)	5.7 (0.51)
Education:						
Less than high school graduate	38.7 (0.87)	47.0 (1.13)	23.8 (1.16)	20.8 (0.81)	26.3 (1.07)	10.8 (0.95)
GED diploma ⁴	43.7 (1.71)	53.0 (2.44)	31.1 (2.11)	20.7 (1.43)	28.9 (2.25)	9.2 (1.36)
High school graduate	36.1 (0.65)	45.9 (0.88)	24.0 (0.84)	17.4 (0.51)	24.7 (0.78)	8.2 (0.56)
Some college—no degree	37.1 (0.68)	48.1 (0.98)	26.8 (0.76)	16.5 (0.50)	24.7 (0.86)	8.7 (0.45)
Associate of arts degree	33.2 (0.85)	45.4 (1.29)	22.4 (0.94)	13.5 (0.60)	21.3 (1.04)	6.6 (0.57)
Bachelor of arts, science degree	33.5 (0.61)	42.7 (0.89)	23.9 (0.76)	13.1 (0.44)	19.2 (0.70)	6.7 (0.45)
Masters, doctorate, medical degree	26.6 (0.80)	35.0 (1.24)	18.0 (0.92)	7.3 (0.46)	11.0 (0.78)	3.5 (0.42)
Poverty status: ⁵						
Below poverty level	37.6 (0.94)	49.5 (1.37)	26.1 (1.02)	19.4 (0.79)	28.5 (1.31)	10.5 (0.67)
≥1 and <2 times poverty level	35.9 (0.81)	45.4 (1.19)	25.4 (0.91)	17.6 (0.63)	25.0 (0.94)	9.4 (0.65)
≥2 and <4 times poverty level	34.5 (0.57)	44.7 (0.87)	23.2 (0.63)	15.2 (0.42)	22.6 (0.66)	7.0 (0.39)
4 times poverty level or more	34.6 (0.48)	44.2 (0.65)	23.7 (0.60)	13.5 (0.35)	19.7 (0.54)	6.4 (0.35)
Marital status:						
Never married	39.8 (0.73)	48.0 (1.07)	29.3 (0.86)	19.4 (0.59)	26.3 (0.93)	10.8 (0.58)
Married	30.4 (0.44)	40.2 (0.61)	19.1 (0.49)	11.2 (0.29)	17.2 (0.46)	4.3 (0.23)
Cohabiting	44.1 (1.20)	53.4 (1.77)	33.7 (1.34)	21.7 (0.98)	29.3 (1.45)	13.4 (1.19)
Divorced or separated	35.0 (0.76)	49.4 (1.19)	23.2 (0.88)	17.0 (0.64)	26.7 (1.08)	9.0 (0.69)
Widowed	25.9 (3.20)	32.9 (5.83)	23.0 (3.86)	9.9 (2.10)	13.8 (2.93)	*8.7 (2.83)
Geographic region:						
Northeast	33.0 (0.72)	43.4 (1.06)	22.3 (0.83)	13.1 (0.51)	19.2 (0.83)	6.8 (0.52)
Midwest	39.2 (0.74)	49.9 (1.00)	27.8 (0.79)	16.8 (0.53)	25.1 (0.82)	8.1 (0.45)
South	32.5 (0.61)	41.8 (0.86)	21.9 (0.59)	15.5 (0.44)	22.4 (0.70)	7.6 (0.36)
West	35.2 (0.67)	44.4 (0.87)	24.3 (0.76)	14.4 (0.51)	20.5 (0.71)	7.2 (0.50)
Place of residence: ⁶						
Large MSA	33.8 (0.41)	42.7 (0.58)	23.9 (0.48)	14.2 (0.30)	20.5 (0.46)	7.2 (0.30)
Small MSA	36.3 (0.66)	47.1 (0.88)	24.5 (0.66)	16.1 (0.48)	23.6 (0.76)	7.9 (0.39)
Not in MSA	35.7 (1.15)	46.6 (1.55)	23.3 (1.11)	16.3 (0.77)	24.0 (1.13)	7.6 (0.62)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Adults who had had at least one drink in the past year (current drinkers) were asked on how many days in the past year they had had five or more drinks.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.³Estimates for age groups are not age adjusted.⁴GED is General Educational Development high school equivalency diploma.⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S.

population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Appendix Table VI. Denominator for each percentage excludes persons with unknown lifetime drinking status, nondrinkers, and current drinkers with unknown information for five or more drinks in 1 day. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Chapter 4. Cigarette Smoking

Tobacco use remains the leading preventable cause of death in the United States, resulting in about 443,000 U.S. deaths annually (51). Nearly 50 years after the first SGR on the harmful effects of cigarette smoking (when more than one-half of men and about one-third of women smoked), about one in five U.S. adults (20.2%) were current cigarette smokers during the period 2008–2010.

Reductions in cigarette smoking have been included among the national HP objectives since the first objectives were set for 1990. At that time, the goal was to reduce smoking prevalence among adults to below 25% (12). The current set of national health objectives, HP 2020, also includes goals to reduce tobacco use beyond the current level (15). Estimates for two of these objectives are presented in this chapter: (a) Objective TU–4.1. Reduce the percentage of adults aged 18 and over who are current cigarette smokers to 12% (Table 4.1), and (b) Objective TU–4.5. Increase the percentage of adult smokers aged 18 and over who attempted to stop smoking in the past 12 months to 80% (Table 4.5).

According to a recent report, in 2010 over two-thirds of adult current smokers would like to quit smoking and just over one-half of adults who had smoked in the past year (including recent successful quitters) had tried to quit (52).

This chapter provides an overview of key findings related to the prevalence of cigarette smoking among U.S. adults, including both frequency (daily compared with nondaily) and amount (usual number of cigarettes smoked), age of smoking initiation, and recent (past year) attempts to quit by sex, age, race, Hispanic or Latino origin, education, poverty status, marital status, geographic region, and place of residence. Estimates for quit attempts shown here are limited to adults who continue to smoke (current smokers) and for this reason are somewhat lower than the estimate cited above that included recent quitters. Readers are encouraged to refer to Tables 4.1–4.5 for additional details.

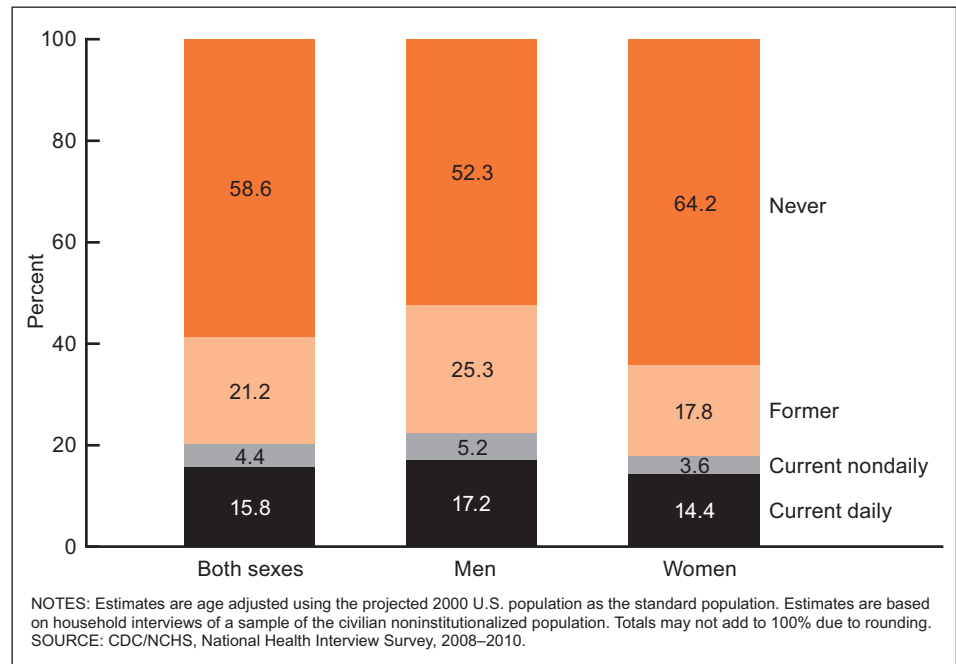


Figure 4.1. Percent distribution of current cigarette smoking status of adults, by sex: United States, annualized, 2008–2010

All Adults

- About one in five (20.2%) U.S. adults were current smokers, 21.2% of adults were former smokers, and over one-half of adults (58.6%) had

- never smoked cigarettes (Table 4.1).
- Among all adults, 15.8% smoked daily and 4.4% smoked less than daily (Table 4.2 and Figure 4.1).
- About one in four nondaily smokers (24.4%) smoked on 5 days or less in

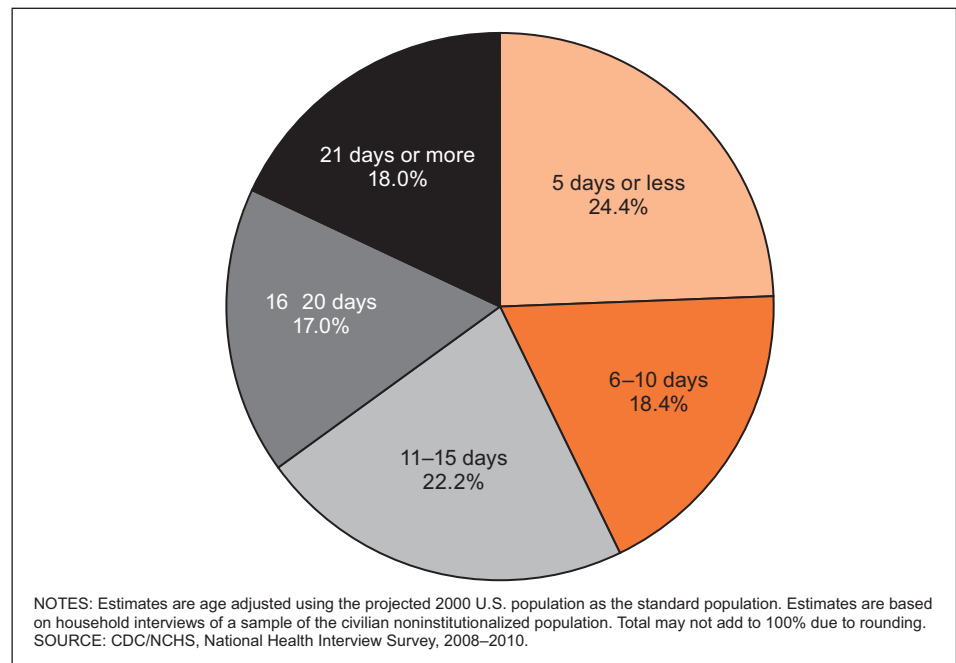


Figure 4.2. Percent distribution of number of days smoked in the past 30 days, for adult nondaily smokers: United States, annualized, 2008–2010

the past 30 days, while 18.0% of nondaily smokers smoked on 21 days or more during the past 30 days (Figure 4.2).

- Daily smokers smoked an average of 15 cigarettes a day compared with 5 cigarettes a day for nondaily smokers on days that they smoked (Table 4.2).
- About one-half of all current smokers (daily and nondaily) (57.4%) usually smoked fewer than 15 cigarettes on days smoked; about one-third (33.7%) usually smoked 15–24 cigarettes on days smoked (Table 4.3 and Figure 4.3).
- Approximately 3 in 10 current smokers (30.8%) started smoking before age 16 and about one in five current smokers (17.2%) started smoking at age 21 or over (Table 4.4 and Figure 4.4).
- Nearly one-half of current smokers (45.8%) attempted to quit smoking in the past year, with nondaily smokers (58.5%) more likely than daily smokers (42.6%) to have attempted to quit (Table 4.5).

Sex

- Men (22.4%) were more likely than women (18.0%) to be current smokers and also more likely to be former smokers (Table 4.1).
- Male smokers (daily and nondaily) were about twice as likely as female smokers to usually smoke 35 or more cigarettes on days smoked (Table 4.3).
- Male smokers were more likely than female smokers to have started smoking before age 16, and female smokers were more likely than male smokers to have started smoking at age 21 and over (Table 4.4).

Age

- Adults aged 25–44 (23.2%) were the most likely to be current smokers; smoking rates were markedly lower among adults aged 65–74 (12.6%) and 75 and over (5.6%) (Table 4.1).
- Among current daily smokers, the mean number of cigarettes smoked was higher for those aged 45–64 (17 cigarettes) and 65–74 (17 cigarettes)

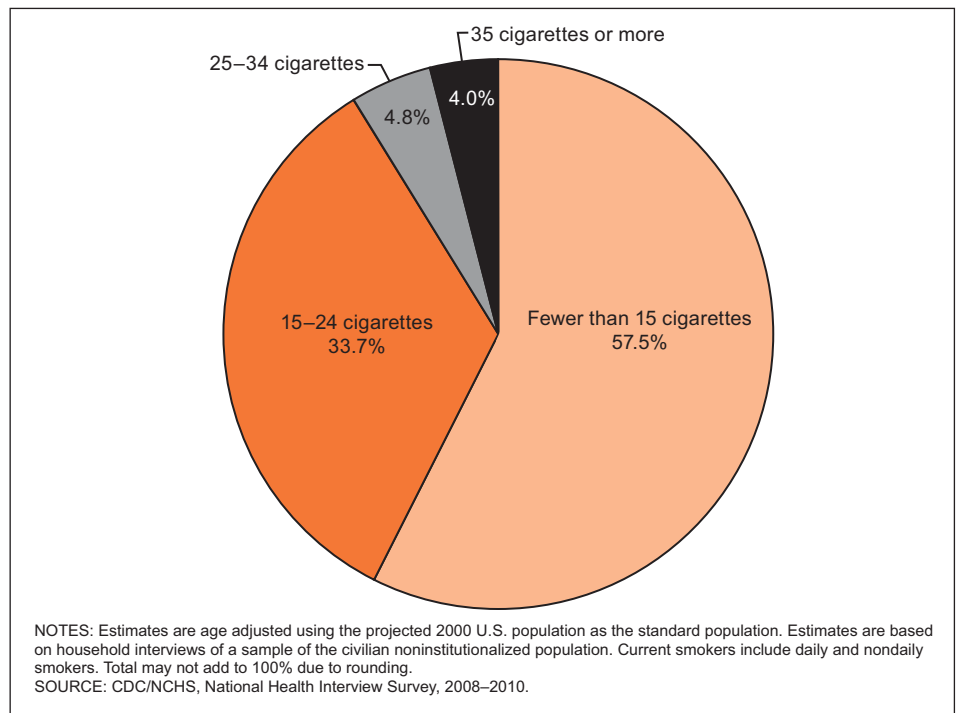


Figure 4.3. Percent distribution of usual number of cigarettes on days smoked, for adult current smokers: United States, annualized, 2008–2010

- than for daily smokers in the other age groups (Table 4.2).
- About one in three current smokers aged 18–24 (31.8%) started smoking before age 16 (Table 4.4).
- Among daily smokers, attempts to quit smoking in the past year were strongly associated with age: about one-half (53.3%) of daily smokers aged 18–24 had attempted to quit,

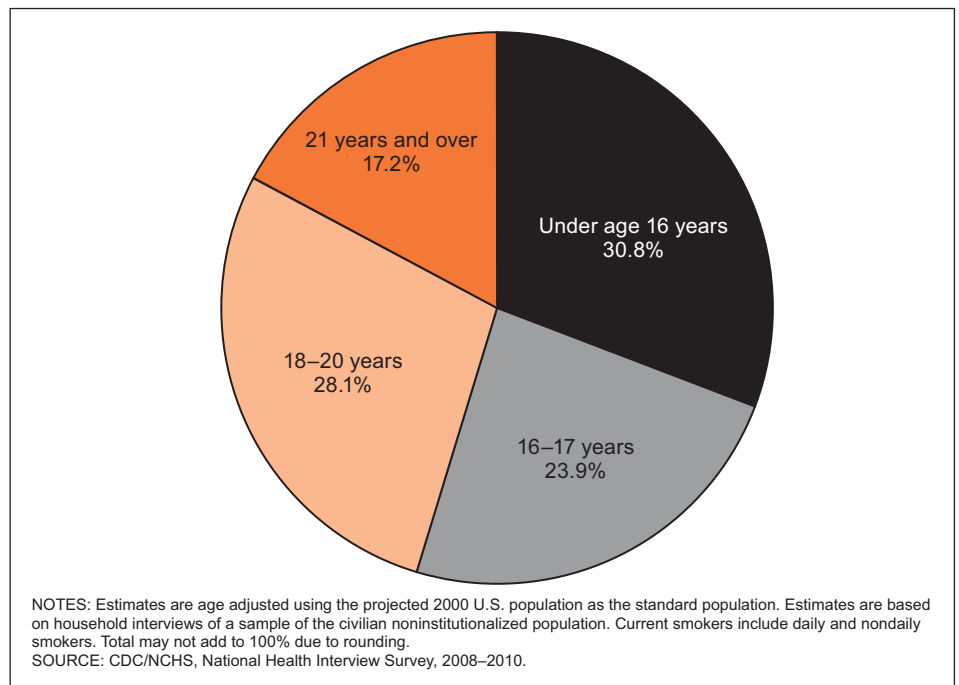


Figure 4.4. Percent distribution of age of smoking initiation for adult current smokers: United States, annualized, 2008–2010

declining steadily to about 3 in 10 (30.2%) daily smokers aged 75 and over (Table 4.5 and Figure 4.5).

Race

- American Indian or Alaska Native adults (22.9%), white adults (20.8%), and black adults (20.2%) were about twice as likely as Asian adults (10.2%) to be current smokers (Table 4.1).
- White adults who smoked daily smoked more cigarettes (16 cigarettes), on average, than daily smokers in other single-race groups studied (Table 4.2).
- Black smokers (27.2%) were more likely than white smokers (15.4%) or American Indian or Alaska Native smokers (16.0%) to have started smoking on or after their 21st birthday (Table 4.4).

Hispanic or Latino Origin and Race

- Non-Hispanic white adults (22.4%) and non-Hispanic black adults (20.4%) were more likely than Hispanic adults (13.6%) to be current smokers (Table 4.1).
- Non-Hispanic white smokers (daily and nondaily) smoked an average of about 15 cigarettes on days they smoked, compared with 10 cigarettes for non-Hispanic black smokers and 8 cigarettes for Hispanic smokers (Table 4.2 and Figure 4.6).
- Non-Hispanic white smokers were more likely than non-Hispanic black smokers to have started smoking before age 16 (Table 4.4).

Education

- With the exception of adults who had a GED, for whom current smoking rates were very high (44.5%), the prevalence of current cigarette smoking declined steadily with increasing education—from 28.7% among adults with less than a high school diploma to 5.7% among adults with a masters, doctorate, or medical degree (Table 4.1).

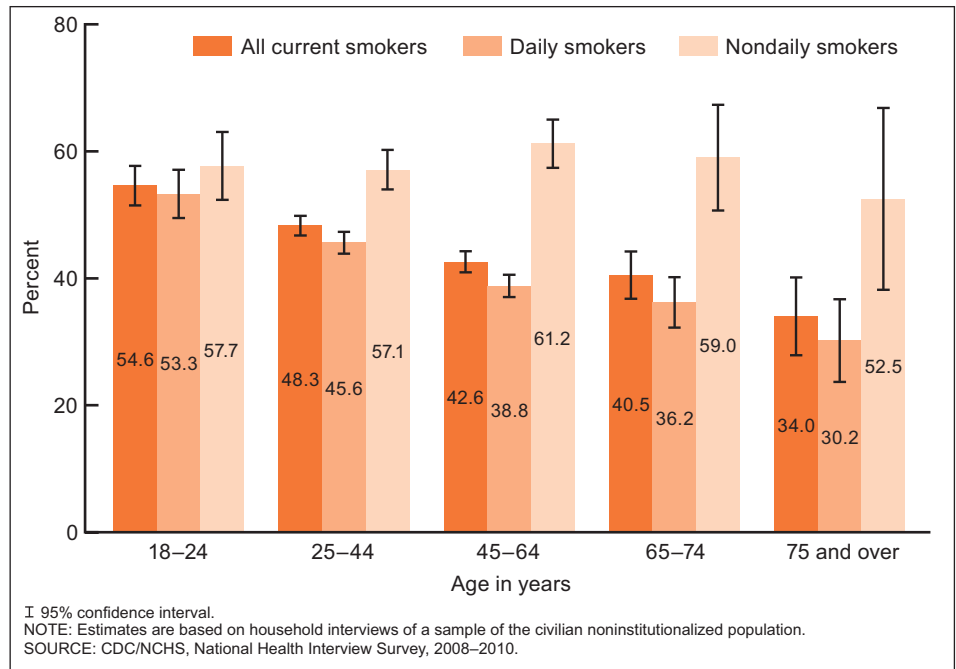


Figure 4.5. Percentage of adult current smokers who tried to quit in the past year, by age and smoking frequency: United States, annualized, 2008–2010

- Adults who had earned a bachelor of arts or science degree (6.7%) or an advanced academic degree (3.3%) were less than one-half as likely as adults with less education (14.0%–38.8%) to be daily smokers (Table 4.2).
- Adult current smokers with less than a high school diploma (45.3%) were more than twice as likely as adults with a bachelor’s degree or higher to have started smoking before age 16 (Table 4.4 and Figure 4.7).

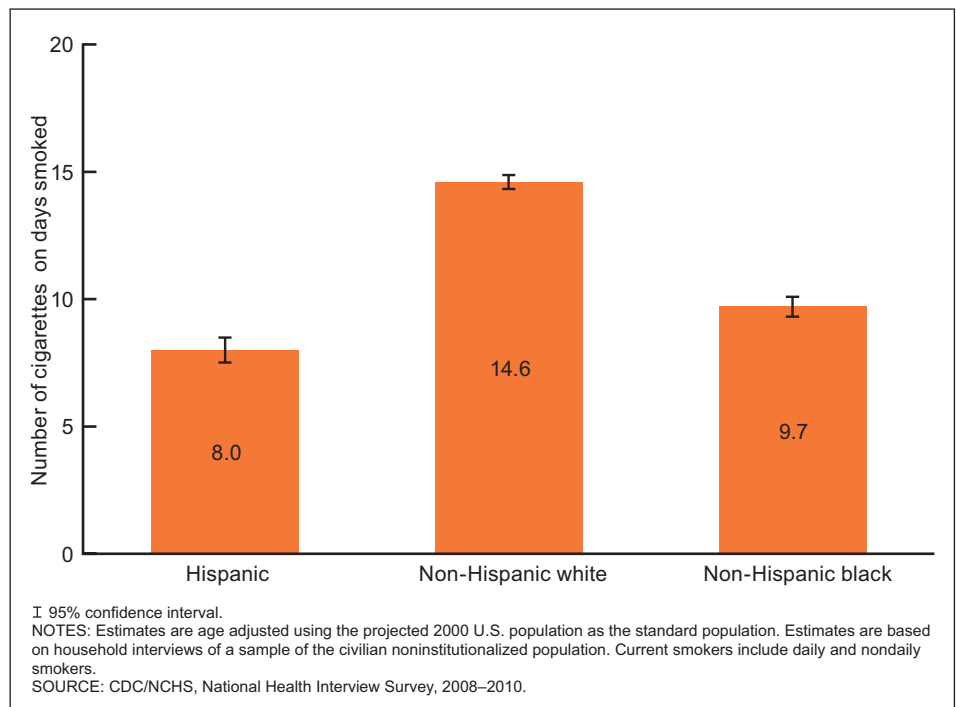


Figure 4.6. Mean number of cigarettes on days smoked by adult current smokers, by Hispanic origin and race: United States, annualized, 2008–2010

Poverty Status

- Adults with family incomes below the poverty level (29.2%) were more than twice as likely as adults in the highest family income group (13.9%) to be current smokers (Table 4.1).
- Smokers with the lowest family incomes were more likely to have started smoking before age 16 than were smokers in the highest family income groups (Table 4.4).

Marital Status

- Cohabiting adults (34.6%) and divorced or separated adults (30.3%) were more likely than never-married adults (22.2%) and married adults (15.7%) to be current smokers (Table 4.1).
- The prevalence of daily smoking was about twice as high among cohabiting adults as married adults (Table 4.2).

Geographic Region

- Adults living in the West (16.5%) were less likely to be current smokers than those living in the Northeast (19.0%), Midwest (22.5%), or South (21.6%) (Table 4.1).
- Among all current smokers, adults living in the West smoked fewer cigarettes on days that they smoked than adults in the other regions of the country (Tables 4.2 and 4.3).

Place of Residence

- Adults living outside an MSA were considerably more likely to be current smokers than adults living in an MSA (Table 4.1).
- The mean number of cigarettes smoked per day by all current smokers was higher for smokers who lived outside an MSA (16 cigarettes) than for those who lived in a large MSA (12 cigarettes) or a small MSA (13 cigarettes) (Table 4.2).
- Adult current smokers living outside an MSA were more likely than current smokers living in an MSA to

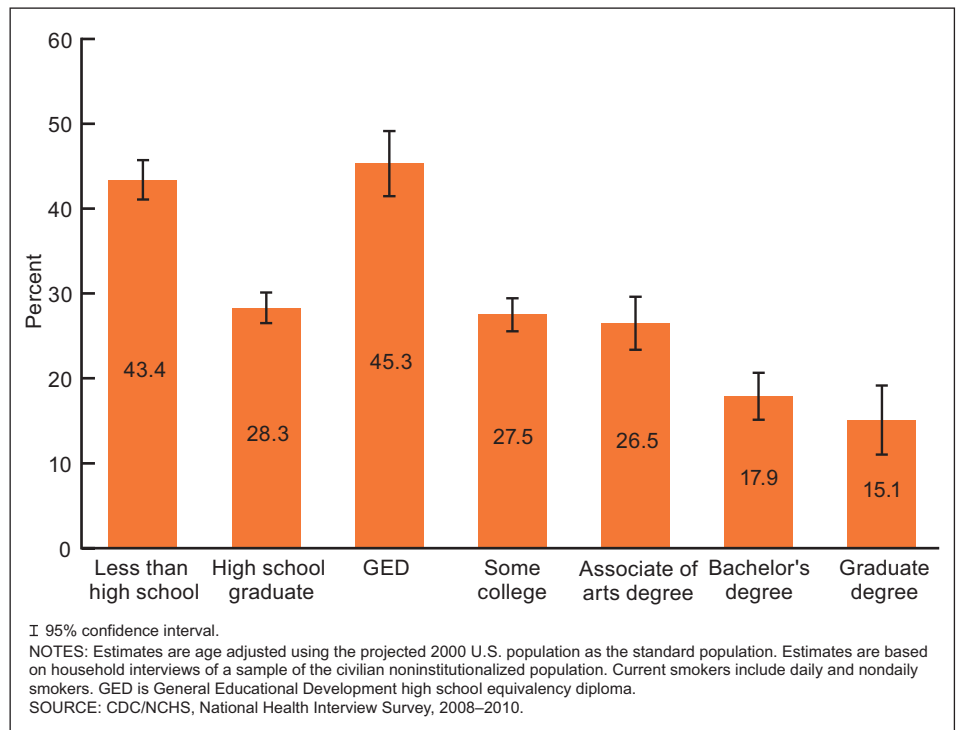


Figure 4.7. Percentage of adult current smokers who started smoking younger than age 16, by level of education: United States, annualized, 2008–2010

have started smoking before age 16, whereas current smokers living in an MSA were more likely than current smokers living outside an MSA to have started smoking at age 21 or over (Table 4.4).

- Current smokers living in a large MSA were more likely than current smokers living in a small MSA or living outside an MSA to have tried to quit smoking in the past year (Table 4.5).

Table 4.1. Age-adjusted percent distribution of lifetime cigarette smoking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Both sexes		Percent distribution (standard error)		
Ages 18 years and over (age adjusted) ²	100.0	58.6 (0.28)	21.2 (0.19)	20.2 (0.24)
Ages 18 years and over (crude) ²	100.0	58.0 (0.28)	21.8 (0.21)	20.2 (0.24)
Age: ³				
18–24 years	100.0	73.0 (0.68)	5.9 (0.34)	21.1 (0.64)
25–44 years	100.0	61.8 (0.42)	14.9 (0.27)	23.2 (0.37)
45–64 years	100.0	52.3 (0.44)	25.9 (0.36)	21.9 (0.36)
65–74 years	100.0	46.6 (0.73)	40.7 (0.71)	12.6 (0.48)
75 years and over	100.0	54.9 (0.74)	39.6 (0.74)	5.6 (0.34)
Race:				
White, single race	100.0	56.7 (0.31)	22.6 (0.21)	20.8 (0.27)
Black or African American, single race	100.0	64.6 (0.57)	15.2 (0.38)	20.2 (0.47)
American Indian or Alaska Native, single race	100.0	57.5 (2.97)	19.6 (2.10)	22.9 (2.06)
Asian, single race	100.0	76.6 (0.88)	13.2 (0.66)	10.2 (0.55)
Native Hawaiian or Other Pacific Islander, single race	100.0	68.6 (4.38)	9.1 (2.47)	22.3 (4.16)
Two or more races	100.0	51.5 (2.11)	24.3 (1.59)	24.2 (1.66)
Black or African American, white	100.0	56.4 (4.80)	17.8 (3.39)	25.8 (4.37)
American Indian or Alaska Native, white	100.0	45.4 (3.39)	24.8 (2.48)	29.8 (2.79)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	68.9 (0.52)	17.5 (0.45)	13.6 (0.38)
Mexican or Mexican American	100.0	69.8 (0.66)	17.0 (0.56)	13.2 (0.49)
Not Hispanic or Latino	100.0	56.8 (0.31)	21.8 (0.20)	21.4 (0.27)
White, single race	100.0	54.1 (0.35)	23.5 (0.23)	22.4 (0.32)
Black or African American, single race	100.0	64.5 (0.58)	15.1 (0.39)	20.4 (0.48)
Education:				
Less than high school graduate	100.0	53.2 (0.65)	18.1 (0.40)	28.7 (0.59)
GED diploma ⁴	100.0	31.6 (1.27)	23.9 (1.08)	44.5 (1.27)
High school graduate	100.0	54.0 (0.49)	20.3 (0.34)	25.7 (0.43)
Some college—no degree	100.0	56.5 (0.54)	22.3 (0.45)	21.2 (0.44)
Associate of arts degree	100.0	57.2 (0.70)	24.0 (0.58)	18.8 (0.57)
Bachelor of arts, science degree	100.0	68.0 (0.50)	21.8 (0.43)	10.2 (0.32)
Masters, doctorate, medical degree	100.0	72.6 (0.63)	21.7 (0.60)	5.7 (0.34)
Poverty status: ⁵				
Below poverty level	100.0	55.0 (0.75)	15.8 (0.45)	29.2 (0.63)
≥1 and <2 times poverty level	100.0	54.8 (0.57)	19.5 (0.40)	25.7 (0.53)
≥2 and <4 times poverty level	100.0	57.4 (0.48)	21.2 (0.36)	21.4 (0.38)
4 times poverty level or more	100.0	62.1 (0.41)	23.9 (0.34)	13.9 (0.30)
Marital status:				
Never married	100.0	61.9 (0.58)	15.9 (0.45)	22.2 (0.47)
Married	100.0	60.4 (0.36)	23.9 (0.28)	15.7 (0.27)
Cohabiting	100.0	43.6 (1.05)	21.8 (0.90)	34.6 (0.96)
Divorced or separated	100.0	47.4 (0.67)	22.4 (0.49)	30.3 (0.63)
Widowed	100.0	50.8 (2.74)	19.8 (1.75)	29.4 (2.78)
Geographic region:				
Northeast	100.0	58.8 (0.67)	22.2 (0.49)	19.0 (0.57)
Midwest	100.0	55.3 (0.55)	22.2 (0.34)	22.5 (0.49)
South	100.0	58.0 (0.45)	20.4 (0.32)	21.6 (0.41)
West	100.0	62.7 (0.63)	20.8 (0.38)	16.5 (0.46)
Place of residence: ⁶				
Large MSA	100.0	61.4 (0.36)	20.9 (0.25)	17.7 (0.30)
Small MSA	100.0	57.1 (0.58)	21.8 (0.36)	21.2 (0.49)
Not in MSA	100.0	52.2 (0.75)	21.2 (0.47)	26.6 (0.65)

See footnotes at end of table.

Table 4.1. Age-adjusted percent distribution of lifetime cigarette smoking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Men				
Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ²	100.0	52.3 (0.36)	25.3 (0.28)	22.4 (0.33)
Ages 18 years and over (crude) ²	100.0	52.1 (0.38)	25.2 (0.31)	22.7 (0.34)
Age: ³				
18–24 years	100.0	68.9 (1.04)	6.3 (0.52)	24.8 (0.99)
25–44 years	100.0	57.6 (0.57)	16.6 (0.42)	25.7 (0.51)
45–64 years	100.0	46.5 (0.64)	29.4 (0.56)	24.1 (0.54)
65–74 years	100.0	35.4 (1.00)	51.4 (1.00)	13.2 (0.66)
75 years and over	100.0	37.8 (1.21)	56.9 (1.23)	5.3 (0.51)
Race:				
White, single race	100.0	50.9 (0.41)	26.4 (0.31)	22.7 (0.38)
Black or African American, single race	100.0	57.4 (0.85)	19.0 (0.61)	23.6 (0.72)
American Indian or Alaska Native, single race	100.0	52.7 (4.30)	22.7 (3.19)	24.6 (3.02)
Asian, single race	100.0	63.6 (1.30)	21.2 (1.06)	15.2 (0.91)
Native Hawaiian or Other Pacific Islander, single race	100.0	70.8 (5.79)	*12.5 (4.26)	*16.7 (5.02)
Two or more races	100.0	45.2 (2.63)	27.0 (2.17)	27.8 (2.57)
Black or African American, white	100.0	47.1 (4.78)	18.2 (5.01)	34.7 (5.68)
American Indian or Alaska Native, white	100.0	37.1 (4.32)	29.0 (3.52)	33.9 (4.26)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	58.9 (0.78)	23.7 (0.66)	17.4 (0.62)
Mexican or Mexican American	100.0	59.1 (1.02)	23.3 (0.85)	17.5 (0.78)
Not Hispanic or Latino	100.0	51.0 (0.41)	25.6 (0.30)	23.4 (0.37)
White, single race	100.0	49.1 (0.48)	26.9 (0.35)	24.0 (0.45)
Black or African American, single race	100.0	57.2 (0.87)	18.9 (0.62)	23.9 (0.74)
Education:				
Less than high school graduate	100.0	44.6 (0.88)	23.6 (0.61)	31.9 (0.82)
GED diploma ⁴	100.0	23.1 (1.67)	29.3 (1.76)	47.7 (1.91)
High school graduate	100.0	46.6 (0.70)	24.7 (0.54)	28.6 (0.62)
Some college—no degree	100.0	50.6 (0.80)	26.4 (0.70)	23.0 (0.67)
Associate of arts degree	100.0	49.7 (1.13)	29.5 (0.97)	20.8 (0.97)
Bachelor of arts, science degree	100.0	64.2 (0.76)	24.6 (0.68)	11.1 (0.49)
Masters, doctorate, medical degree	100.0	70.1 (0.95)	23.8 (0.89)	6.1 (0.48)
Poverty status: ⁵				
Below poverty level	100.0	47.5 (1.13)	21.0 (0.79)	31.4 (0.95)
≥1 and <2 times poverty level	100.0	46.3 (0.83)	24.5 (0.66)	29.2 (0.79)
≥2 and <4 times poverty level	100.0	50.6 (0.66)	25.0 (0.51)	24.3 (0.57)
4 times poverty level or more	100.0	57.1 (0.55)	27.0 (0.47)	15.9 (0.44)
Marital status:				
Never married	100.0	56.9 (0.84)	17.9 (0.67)	25.2 (0.70)
Married	100.0	54.1 (0.48)	28.3 (0.40)	17.6 (0.38)
Cohabiting	100.0	38.5 (1.35)	24.6 (1.23)	36.8 (1.30)
Divorced or separated	100.0	40.3 (1.01)	25.2 (0.79)	34.5 (0.99)
Widowed	100.0	33.4 (4.75)	30.8 (4.08)	35.8 (5.76)
Geographic region:				
Northeast	100.0	53.7 (0.91)	25.8 (0.74)	20.5 (0.82)
Midwest	100.0	49.8 (0.79)	26.3 (0.50)	23.9 (0.74)
South	100.0	50.9 (0.59)	24.8 (0.47)	24.3 (0.57)
West	100.0	55.9 (0.75)	24.7 (0.58)	19.4 (0.57)
Place of residence: ⁶				
Large MSA	100.0	55.3 (0.49)	24.5 (0.38)	20.2 (0.41)
Small MSA	100.0	50.8 (0.72)	26.0 (0.51)	23.2 (0.65)
Not in MSA	100.0	45.2 (0.84)	26.2 (0.67)	28.5 (0.83)

See footnotes at end of table.

Table 4.1. Age-adjusted percent distribution of lifetime cigarette smoking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Women				
Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ²	100.0	64.2 (0.34)	17.8 (0.23)	18.0 (0.28)
Ages 18 years and over (crude) ²	100.0	63.6 (0.34)	18.5 (0.25)	17.8 (0.27)
Age: ³				
18–24 years	100.0	77.1 (0.87)	5.6 (0.44)	17.3 (0.78)
25–44 years	100.0	66.0 (0.53)	13.2 (0.34)	20.8 (0.46)
45–64 years	100.0	57.8 (0.54)	22.5 (0.44)	19.7 (0.45)
65–74 years	100.0	56.2 (0.97)	31.6 (0.86)	12.1 (0.64)
75 years and over	100.0	66.2 (0.88)	28.0 (0.82)	5.7 (0.46)
Race:				
White, single race	100.0	61.9 (0.38)	19.3 (0.27)	18.8 (0.33)
Black or African American, single race	100.0	70.0 (0.70)	12.5 (0.46)	17.5 (0.58)
American Indian or Alaska Native, single race	100.0	61.1 (3.49)	17.8 (2.38)	21.1 (2.70)
Asian, single race	100.0	88.3 (0.87)	6.2 (0.61)	5.5 (0.59)
Native Hawaiian or Other Pacific Islander, single race	100.0	66.3 (6.82)	*7.3 (2.79)	26.4 (6.70)
Two or more races	100.0	56.3 (2.66)	22.6 (2.18)	21.0 (1.84)
Black or African American, white	100.0	63.2 (6.04)	17.6 (4.59)	19.2 (4.76)
American Indian or Alaska Native, white	100.0	51.7 (4.25)	21.6 (3.24)	26.7 (3.22)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	78.7 (0.62)	11.7 (0.52)	9.6 (0.40)
Mexican or Mexican American	100.0	80.8 (0.74)	10.8 (0.61)	8.4 (0.50)
Not Hispanic or Latino	100.0	61.9 (0.38)	18.6 (0.26)	19.4 (0.32)
White, single race	100.0	58.6 (0.44)	20.6 (0.30)	20.8 (0.38)
Black or African American, single race	100.0	70.0 (0.71)	12.3 (0.47)	17.6 (0.60)
Education:				
Less than high school graduate	100.0	61.9 (0.90)	13.0 (0.49)	25.1 (0.84)
GED diploma ⁴	100.0	40.2 (1.85)	18.6 (1.34)	41.2 (1.74)
High school graduate	100.0	60.4 (0.65)	17.0 (0.47)	22.6 (0.57)
Some college—no degree	100.0	61.1 (0.65)	19.2 (0.53)	19.7 (0.54)
Associate of arts degree	100.0	62.9 (0.85)	20.1 (0.72)	17.1 (0.67)
Bachelor of arts, science degree	100.0	71.7 (0.65)	19.0 (0.54)	9.3 (0.46)
Masters, doctorate, medical degree	100.0	75.2 (0.90)	19.1 (0.83)	5.7 (0.49)
Poverty status: ⁵				
Below poverty level	100.0	59.9 (0.85)	12.6 (0.50)	27.6 (0.77)
≥1 and <2 times poverty level	100.0	61.7 (0.72)	15.7 (0.51)	22.6 (0.66)
≥2 and <4 times poverty level	100.0	63.6 (0.63)	18.0 (0.51)	18.4 (0.48)
4 times poverty level or more	100.0	67.3 (0.57)	20.8 (0.47)	11.8 (0.39)
Marital status:				
Never married	100.0	67.2 (0.75)	14.1 (0.59)	18.8 (0.60)
Married	100.0	67.0 (0.46)	19.1 (0.36)	13.9 (0.35)
Cohabiting	100.0	49.6 (1.49)	18.2 (1.24)	32.2 (1.40)
Divorced or separated	100.0	52.3 (0.83)	20.5 (0.60)	27.2 (0.76)
Widowed	100.0	57.2 (2.97)	15.8 (1.72)	26.9 (2.89)
Geographic region:				
Northeast	100.0	63.2 (0.86)	19.3 (0.66)	17.5 (0.67)
Midwest	100.0	60.2 (0.66)	18.7 (0.45)	21.2 (0.57)
South	100.0	64.3 (0.53)	16.7 (0.37)	19.0 (0.46)
West	100.0	69.1 (0.78)	17.4 (0.47)	13.5 (0.58)
Place of residence: ⁶				
Large MSA	100.0	66.9 (0.44)	18.0 (0.32)	15.2 (0.36)
Small MSA	100.0	62.7 (0.68)	18.1 (0.43)	19.2 (0.56)
Not in MSA	100.0	58.3 (1.02)	16.8 (0.58)	24.9 (0.82)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Lifetime cigarette smoking status: never smoker—never smoked at all or smoked less than 100 cigarettes in lifetime; former smoker—smoked at least 100 cigarettes in lifetime but not currently smoking; current smoker—smoked at least 100 cigarettes in lifetime and currently smoked.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table VII. Denominator for each percent distribution excludes persons with unknown smoking status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 4.2. Age-adjusted percent distribution of current cigarette smoking status for adults aged 18 and over, and age-adjusted mean number of cigarettes on days smoked, for current smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Current cigarette smoking status ¹			Number of cigarettes on days smoked ²		
		Nonsmoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Both sexes		Percent distribution (standard error)			Mean (standard error)		
Ages 18 years and over (age adjusted) ³	100.0	79.8 (0.24)	4.4 (0.10)	15.8 (0.22)	13.2 (0.12)	4.6 (0.12)	15.4 (0.12)
Ages 18 years and over (crude) ³	100.0	79.8 (0.24)	4.3 (0.09)	15.9 (0.22)	13.2 (0.11)	4.4 (0.10)	15.5 (0.12)
Age: ⁴							
18–24 years	100.0	78.9 (0.64)	6.0 (0.32)	15.1 (0.57)	9.7 (0.23)	3.4 (0.20)	12.1 (0.26)
25–44 years	100.0	76.8 (0.37)	5.4 (0.18)	17.8 (0.33)	12.5 (0.16)	4.2 (0.15)	15.0 (0.17)
45–64 years	100.0	78.1 (0.36)	3.7 (0.14)	18.1 (0.35)	15.0 (0.18)	5.1 (0.20)	16.9 (0.19)
65–74 years	100.0	87.4 (0.48)	2.4 (0.20)	10.3 (0.43)	15.1 (0.42)	6.0 (0.57)	17.0 (0.45)
75 years and over	100.0	94.4 (0.34)	1.0 (0.13)	4.6 (0.32)	12.6 (0.61)	4.9 (0.67)	14.1 (0.67)
Race:							
White, single race	100.0	79.2 (0.27)	4.4 (0.11)	16.4 (0.25)	13.9 (0.13)	4.7 (0.13)	16.1 (0.14)
Black or African American, single race	100.0	79.8 (0.47)	5.1 (0.24)	15.1 (0.41)	9.6 (0.19)	4.4 (0.26)	11.3 (0.22)
American Indian or Alaska Native, single race	100.0	77.1 (2.06)	7.1 (1.08)	15.8 (1.79)	10.5 (0.80)	3.5 (0.43)	13.4 (0.87)
Asian, single race	100.0	89.8 (0.55)	2.5 (0.25)	7.7 (0.50)	9.3 (0.46)	4.5 (0.73)	10.6 (0.51)
Native Hawaiian or Other Pacific Islander, single race	100.0	77.7 (4.16)	*2.4 (1.08)	19.9 (4.15)	12.5 (1.19)	3.1 (0.81)	13.1 (1.43)
Two or more races	100.0	75.8 (1.66)	4.8 (0.71)	19.4 (1.52)	12.8 (0.96)	3.7 (0.45)	14.5 (1.00)
Black or African American, white	100.0	74.2 (4.37)	*6.5 (2.53)	19.3 (4.14)	9.4 (1.04)	4.3 (1.04)	11.5 (0.77)
American Indian or Alaska Native, white	100.0	70.2 (2.79)	5.0 (1.23)	24.8 (2.65)	13.4 (1.22)	3.4 (0.50)	15.0 (1.25)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	86.4 (0.38)	5.1 (0.24)	8.5 (0.30)	8.0 (0.25)	4.1 (0.40)	10.1 (0.28)
Mexican or Mexican American	100.0	86.8 (0.49)	5.5 (0.31)	7.6 (0.39)	7.3 (0.35)	3.7 (0.45)	9.5 (0.37)
Not Hispanic or Latino	100.0	78.6 (0.27)	4.2 (0.10)	17.2 (0.25)	13.7 (0.12)	4.7 (0.13)	15.8 (0.13)
White, single race	100.0	77.6 (0.32)	4.2 (0.13)	18.2 (0.30)	14.6 (0.14)	4.9 (0.15)	16.7 (0.14)
Black or African American, single race	100.0	79.6 (0.48)	5.0 (0.25)	15.4 (0.42)	9.7 (0.20)	4.5 (0.26)	11.4 (0.23)
Education:							
Less than high school graduate	100.0	71.3 (0.59)	5.2 (0.26)	23.4 (0.58)	14.4 (0.27)	4.8 (0.26)	16.4 (0.28)
GED diploma ⁵	100.0	55.5 (1.27)	5.7 (0.60)	38.8 (1.23)	15.4 (0.43)	5.8 (0.69)	16.8 (0.47)
High school graduate	100.0	74.3 (0.43)	4.7 (0.21)	20.9 (0.40)	13.7 (0.20)	4.9 (0.27)	15.5 (0.21)
Some college—no degree	100.0	78.8 (0.44)	4.7 (0.20)	16.5 (0.39)	12.9 (0.23)	4.8 (0.30)	15.1 (0.25)
Associate of arts degree	100.0	81.2 (0.57)	4.8 (0.29)	14.0 (0.51)	12.6 (0.42)	3.9 (0.24)	15.4 (0.48)
Bachelor of arts, science degree	100.0	89.8 (0.32)	3.5 (0.20)	6.7 (0.26)	10.6 (0.28)	4.3 (0.23)	13.4 (0.34)
Masters, doctorate, medical degree	100.0	94.3 (0.34)	2.4 (0.23)	3.3 (0.25)	8.7 (0.45)	3.4 (0.25)	12.3 (0.61)
Poverty status: ⁶							
Below poverty level	100.0	70.8 (0.63)	5.6 (0.27)	23.6 (0.61)	13.3 (0.24)	5.3 (0.33)	15.1 (0.26)
≥1 and <2 times poverty level	100.0	74.3 (0.53)	4.8 (0.23)	20.9 (0.52)	13.5 (0.24)	4.3 (0.22)	15.6 (0.24)
≥2 and <4 times poverty level	100.0	78.6 (0.38)	4.4 (0.18)	17.0 (0.35)	13.5 (0.21)	4.4 (0.22)	15.8 (0.22)
4 times poverty level or more	100.0	86.1 (0.30)	3.8 (0.16)	10.1 (0.26)	12.4 (0.22)	4.9 (0.28)	15.0 (0.23)
Marital status:							
Never married	100.0	77.8 (0.47)	5.5 (0.21)	16.7 (0.43)	11.7 (0.24)	4.6 (0.32)	13.8 (0.27)
Married	100.0	84.3 (0.27)	3.4 (0.13)	12.3 (0.25)	13.7 (0.19)	4.7 (0.19)	15.9 (0.20)
Cohabiting	100.0	65.4 (0.96)	5.9 (0.43)	28.7 (0.90)	13.8 (0.46)	4.2 (0.35)	15.7 (0.50)
Divorced or separated	100.0	69.7 (0.63)	5.5 (0.30)	24.8 (0.62)	14.5 (0.24)	5.2 (0.29)	16.5 (0.26)
Widowed	100.0	70.6 (2.78)	*3.8 (1.29)	25.5 (2.74)	13.6 (0.70)	6.1 (0.66)	14.9 (0.77)
Geographic region:							
Northeast	100.0	81.0 (0.57)	4.1 (0.23)	14.9 (0.53)	13.0 (0.28)	4.6 (0.29)	15.2 (0.29)
Midwest	100.0	77.5 (0.49)	4.6 (0.20)	18.0 (0.45)	13.8 (0.21)	4.6 (0.19)	15.9 (0.22)
South	100.0	78.4 (0.41)	4.3 (0.15)	17.2 (0.39)	13.9 (0.21)	5.0 (0.22)	16.1 (0.22)
West	100.0	83.5 (0.46)	4.4 (0.21)	12.1 (0.39)	11.1 (0.21)	3.9 (0.21)	13.4 (0.23)
Place of residence: ⁷							
Large MSA	100.0	82.3 (0.30)	4.4 (0.13)	13.2 (0.27)	12.1 (0.16)	4.6 (0.18)	14.4 (0.17)
Small MSA	100.0	78.8 (0.49)	4.5 (0.18)	16.7 (0.44)	13.2 (0.19)	4.6 (0.20)	15.4 (0.21)
Not in MSA	100.0	73.4 (0.65)	3.8 (0.21)	22.8 (0.60)	15.5 (0.31)	4.9 (0.29)	17.2 (0.30)

See footnotes at end of table.

Table 4.2. Age-adjusted percent distribution of current cigarette smoking status for adults aged 18 and over, and age-adjusted mean number of cigarettes on days smoked, for current smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Current cigarette smoking status ¹			Number of cigarettes on days smoked ²		
		Nonsmoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Men							
		Percent distribution (standard error)			Mean (standard error)		
Ages 18 years and over (age adjusted) ³	100.0	77.6 (0.33)	5.2 (0.15)	17.2 (0.30)	14.2 (0.16)	5.0 (0.21)	16.7 (0.17)
Ages 18 years and over (crude) ³	100.0	77.3 (0.34)	5.2 (0.15)	17.5 (0.31)	14.0 (0.16)	4.5 (0.14)	16.8 (0.17)
Age: ⁴							
18–24 years	100.0	75.2 (0.99)	7.6 (0.53)	17.2 (0.89)	9.9 (0.33)	3.5 (0.29)	12.8 (0.39)
25–44 years	100.0	74.3 (0.51)	6.7 (0.29)	19.1 (0.46)	13.3 (0.24)	4.3 (0.19)	16.4 (0.25)
45–64 years	100.0	75.9 (0.54)	4.3 (0.22)	19.9 (0.50)	16.1 (0.27)	5.3 (0.27)	18.4 (0.28)
65–74 years	100.0	86.8 (0.66)	2.0 (0.28)	11.2 (0.62)	16.7 (0.58)	7.8 (1.17)	18.1 (0.59)
75 years and over	100.0	94.7 (0.51)	0.8 (0.17)	4.6 (0.49)	14.4 (1.01)	5.0 (1.24)	15.9 (1.05)
Race:							
White, single race	100.0	77.3 (0.38)	5.1 (0.17)	17.6 (0.35)	14.9 (0.18)	5.1 (0.25)	17.5 (0.19)
Black or African American, single race	100.0	76.4 (0.72)	6.4 (0.43)	17.2 (0.63)	10.3 (0.28)	4.3 (0.33)	12.4 (0.33)
American Indian or Alaska Native, single race	100.0	75.4 (3.02)	8.5 (1.87)	16.0 (2.51)	11.4 (1.21)	3.6 (0.59)	15.4 (1.31)
Asian, single race	100.0	84.8 (0.91)	3.9 (0.46)	11.4 (0.81)	9.6 (0.58)	4.6 (0.95)	10.9 (0.63)
Native Hawaiian or Other Pacific Islander, single race	100.0	83.3 (5.02)	†	*14.3 (4.76)	10.3 (2.09)	2.0 (0.00)	12.7 (1.91)
Two or more races	100.0	72.2 (2.57)	5.5 (1.15)	22.4 (2.43)	13.8 (1.39)	3.1 (0.50)	16.0 (1.42)
Black or African American, white	100.0	65.3 (5.68)	†	26.8 (6.57)	10.2 (1.23)	2.9 (0.50)	12.1 (0.95)
American Indian or Alaska Native, white	100.0	66.1 (4.26)	*5.5 (2.24)	28.4 (4.05)	15.9 (1.89)	2.9 (0.40)	17.8 (1.83)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	82.6 (0.62)	6.9 (0.42)	10.4 (0.48)	8.4 (0.37)	4.4 (0.64)	10.9 (0.40)
Mexican or Mexican American	100.0	82.5 (0.78)	7.8 (0.54)	9.8 (0.64)	7.7 (0.47)	4.0 (0.65)	10.3 (0.49)
Not Hispanic or Latino	100.0	76.6 (0.37)	4.8 (0.16)	18.6 (0.35)	14.9 (0.17)	5.1 (0.22)	17.3 (0.18)
White, single race	100.0	76.0 (0.45)	4.7 (0.19)	19.3 (0.42)	15.9 (0.19)	5.3 (0.26)	18.2 (0.20)
Black or African American, single race	100.0	76.1 (0.74)	6.3 (0.43)	17.6 (0.65)	10.5 (0.29)	4.4 (0.35)	12.5 (0.34)
Education:							
Less than high school graduate	100.0	68.1 (0.82)	6.5 (0.43)	25.4 (0.81)	15.3 (0.38)	5.0 (0.41)	17.7 (0.40)
GED diploma ⁵	100.0	52.3 (1.91)	7.0 (1.04)	40.7 (1.85)	16.6 (0.63)	6.8 (0.86)	18.2 (0.65)
High school graduate	100.0	71.4 (0.62)	5.7 (0.32)	23.0 (0.59)	14.6 (0.30)	5.1 (0.46)	16.8 (0.31)
Some college—no degree	100.0	77.0 (0.67)	5.6 (0.34)	17.3 (0.58)	13.7 (0.34)	5.4 (0.46)	16.2 (0.38)
Associate of arts degree	100.0	79.2 (0.97)	5.2 (0.47)	15.6 (0.86)	14.1 (0.49)	3.8 (0.31)	16.9 (0.53)
Bachelor of arts, science degree	100.0	88.9 (0.49)	4.0 (0.32)	7.2 (0.39)	11.2 (0.38)	4.5 (0.30)	14.2 (0.44)
Masters, doctorate, medical degree	100.0	93.9 (0.48)	2.6 (0.32)	3.4 (0.38)	9.1 (0.67)	3.6 (0.39)	12.6 (0.84)
Poverty status: ⁶							
Below poverty level	100.0	68.6 (0.95)	7.1 (0.49)	24.3 (0.91)	14.4 (0.43)	6.1 (0.59)	16.7 (0.48)
≥1 and <2 times poverty level	100.0	70.8 (0.79)	5.8 (0.38)	23.3 (0.78)	14.4 (0.34)	4.5 (0.32)	16.7 (0.35)
≥2 and <4 times poverty level	100.0	75.7 (0.57)	5.1 (0.27)	19.2 (0.53)	14.5 (0.32)	4.6 (0.33)	17.0 (0.33)
4 times poverty level or more	100.0	84.1 (0.44)	4.4 (0.23)	11.5 (0.40)	13.5 (0.30)	5.4 (0.54)	16.3 (0.31)
Marital status:							
Never married	100.0	74.8 (0.70)	6.4 (0.32)	18.8 (0.63)	12.5 (0.34)	4.7 (0.37)	15.0 (0.38)
Married	100.0	82.4 (0.38)	4.1 (0.20)	13.5 (0.34)	14.5 (0.26)	4.8 (0.26)	17.2 (0.28)
Cohabiting	100.0	63.2 (1.30)	6.1 (0.57)	30.7 (1.26)	15.0 (0.58)	4.3 (0.50)	16.9 (0.61)
Divorced or separated	100.0	65.5 (0.99)	6.3 (0.56)	28.3 (0.97)	16.2 (0.38)	5.5 (0.49)	18.4 (0.41)
Widowed	100.0	64.2 (5.76)	*5.1 (2.48)	30.7 (5.91)	14.2 (1.39)	8.3 (1.02)	15.2 (1.64)
Geographic region:							
Northeast	100.0	79.5 (0.82)	4.2 (0.36)	16.3 (0.76)	14.5 (0.46)	5.1 (0.52)	16.8 (0.47)
Midwest	100.0	76.1 (0.74)	5.3 (0.31)	18.6 (0.68)	14.7 (0.28)	5.2 (0.33)	17.1 (0.30)
South	100.0	75.7 (0.57)	5.4 (0.24)	19.0 (0.55)	15.0 (0.28)	5.2 (0.40)	17.5 (0.29)
West	100.0	80.6 (0.57)	5.5 (0.32)	13.9 (0.48)	11.7 (0.28)	4.1 (0.28)	14.3 (0.31)
Place of residence: ⁷							
Large MSA	100.0	79.8 (0.41)	5.4 (0.20)	14.7 (0.37)	13.0 (0.24)	5.1 (0.35)	15.6 (0.26)
Small MSA	100.0	76.8 (0.65)	5.1 (0.29)	18.1 (0.59)	14.5 (0.26)	5.0 (0.35)	17.0 (0.30)
Not in MSA	100.0	71.5 (0.83)	4.5 (0.31)	24.0 (0.80)	16.5 (0.39)	4.9 (0.38)	18.5 (0.40)

See footnotes at end of table.

Table 4.2. Age-adjusted percent distribution of current cigarette smoking status for adults aged 18 and over, and age-adjusted mean number of cigarettes on days smoked, for current smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Current cigarette smoking status ¹			Number of cigarettes on days smoked ²		
		Nonsmoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Women							
		Percent distribution (standard error)			Mean (standard error)		
Ages 18 years and over (age adjusted) ³	100.0	82.0 (0.28)	3.6 (0.12)	14.4 (0.25)	12.1 (0.15)	4.3 (0.15)	14.0 (0.15)
Ages 18 years and over (crude) ³	100.0	82.2 (0.27)	3.5 (0.11)	14.4 (0.25)	12.2 (0.14)	4.2 (0.16)	14.0 (0.14)
Age: ⁴							
18–24 years	100.0	82.7 (0.78)	4.3 (0.38)	13.0 (0.69)	9.2 (0.31)	3.2 (0.25)	11.2 (0.33)
25–44 years	100.0	79.2 (0.46)	4.3 (0.20)	16.5 (0.41)	11.5 (0.18)	4.1 (0.26)	13.4 (0.19)
45–64 years	100.0	80.3 (0.45)	3.2 (0.18)	16.5 (0.43)	13.7 (0.23)	4.7 (0.28)	15.3 (0.24)
65–74 years	100.0	87.9 (0.64)	2.7 (0.27)	9.5 (0.57)	13.6 (0.60)	4.9 (0.50)	15.8 (0.65)
75 years and over	100.0	94.3 (0.46)	1.1 (0.20)	4.7 (0.42)	11.5 (0.71)	4.8 (0.78)	12.9 (0.81)
Race:							
White, single race	100.0	81.2 (0.33)	3.6 (0.14)	15.2 (0.29)	12.7 (0.16)	4.3 (0.18)	14.6 (0.17)
Black or African American, single race	100.0	82.5 (0.58)	4.0 (0.27)	13.5 (0.53)	8.9 (0.24)	4.4 (0.31)	10.2 (0.28)
American Indian or Alaska Native, single race	100.0	78.9 (2.70)	5.8 (1.32)	15.3 (2.27)	9.8 (0.98)	3.5 (0.51)	12.2 (1.12)
Asian, single race	100.0	94.5 (0.59)	1.2 (0.22)	4.3 (0.54)	8.5 (0.78)	3.8 (0.60)	9.8 (0.88)
Native Hawaiian or Other Pacific Islander, single race	100.0	73.6 (6.70)	†	24.0 (6.47)	11.6 (0.97)	4.2 (0.86)	11.7 (1.08)
Two or more races	100.0	79.0 (1.84)	4.2 (0.85)	16.9 (1.68)	11.4 (0.65)	4.8 (0.86)	12.6 (0.71)
Black or African American, white	100.0	80.8 (4.76)	*5.8 (1.97)	*13.4 (4.49)	8.3 (1.00)	5.4 (1.42)	9.4 (1.21)
American Indian or Alaska Native, white	100.0	73.3 (3.22)	4.7 (1.26)	22.0 (3.06)	10.7 (0.81)	4.1 (0.59)	11.8 (0.90)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	90.4 (0.40)	3.1 (0.24)	6.5 (0.34)	7.3 (0.31)	3.6 (0.37)	9.0 (0.36)
Mexican or Mexican American	100.0	91.6 (0.50)	3.1 (0.29)	5.3 (0.42)	6.6 (0.43)	3.2 (0.33)	8.2 (0.53)
Not Hispanic or Latino	100.0	80.6 (0.32)	3.6 (0.13)	15.8 (0.29)	12.5 (0.15)	4.4 (0.17)	14.3 (0.16)
White, single race	100.0	79.2 (0.38)	3.7 (0.16)	17.1 (0.35)	13.2 (0.17)	4.4 (0.20)	15.0 (0.17)
Black or African American, single race	100.0	82.4 (0.60)	4.0 (0.27)	13.6 (0.54)	8.9 (0.24)	4.4 (0.31)	10.2 (0.28)
Education:							
Less than high school graduate	100.0	74.9 (0.84)	3.8 (0.29)	21.3 (0.81)	13.3 (0.30)	4.8 (0.31)	14.7 (0.31)
GED diploma ⁵	100.0	58.8 (1.74)	4.4 (0.66)	36.9 (1.73)	14.1 (0.69)	3.8 (0.61)	15.2 (0.69)
High school graduate	100.0	77.4 (0.57)	3.6 (0.27)	19.0 (0.52)	12.6 (0.24)	4.7 (0.31)	14.0 (0.25)
Some college—no degree	100.0	80.3 (0.54)	3.9 (0.25)	15.8 (0.51)	12.2 (0.29)	4.4 (0.42)	14.1 (0.32)
Associate of arts degree	100.0	82.9 (0.67)	4.3 (0.36)	12.7 (0.62)	11.2 (0.63)	3.8 (0.29)	13.9 (0.81)
Bachelor of arts, science degree	100.0	90.7 (0.46)	3.0 (0.26)	6.3 (0.36)	9.9 (0.40)	4.1 (0.37)	12.4 (0.50)
Masters, doctorate, medical degree	100.0	94.3 (0.49)	2.4 (0.34)	3.3 (0.35)	8.5 (0.63)	3.1 (0.27)	12.1 (0.88)
Poverty status: ⁶							
Below poverty level	100.0	72.4 (0.77)	4.3 (0.27)	23.2 (0.74)	12.5 (0.25)	4.7 (0.36)	13.9 (0.27)
≥1 and <2 times poverty level	100.0	77.4 (0.66)	3.8 (0.25)	18.8 (0.63)	12.6 (0.30)	4.2 (0.29)	14.4 (0.31)
≥2 and <4 times poverty level	100.0	81.6 (0.48)	3.6 (0.23)	14.8 (0.42)	12.3 (0.25)	4.1 (0.34)	14.2 (0.26)
4 times poverty level or more	100.0	88.2 (0.39)	3.1 (0.20)	8.7 (0.33)	11.0 (0.28)	4.4 (0.29)	13.2 (0.32)
Marital status:							
Never married	100.0	81.2 (0.60)	4.4 (0.28)	14.4 (0.54)	10.4 (0.34)	4.5 (0.56)	12.1 (0.37)
Married	100.0	86.1 (0.35)	2.6 (0.15)	11.3 (0.32)	12.6 (0.26)	4.5 (0.32)	14.4 (0.26)
Cohabiting	100.0	67.8 (1.40)	5.8 (0.71)	26.3 (1.23)	12.1 (0.69)	3.7 (0.35)	14.1 (0.91)
Divorced or separated	100.0	72.8 (0.76)	4.9 (0.34)	22.3 (0.74)	13.1 (0.28)	5.1 (0.36)	14.8 (0.30)
Widowed	100.0	73.1 (2.89)	*3.3 (1.52)	23.7 (2.78)	13.5 (0.70)	4.9 (0.36)	14.9 (0.67)
Geographic region:							
Northeast	100.0	82.5 (0.67)	3.9 (0.31)	13.6 (0.61)	11.5 (0.30)	4.3 (0.32)	13.5 (0.33)
Midwest	100.0	78.8 (0.57)	3.9 (0.23)	17.3 (0.52)	12.8 (0.31)	4.2 (0.24)	14.7 (0.32)
South	100.0	81.0 (0.46)	3.4 (0.18)	15.6 (0.43)	12.7 (0.25)	4.8 (0.34)	14.4 (0.26)
West	100.0	86.5 (0.58)	3.3 (0.24)	10.2 (0.50)	10.2 (0.30)	3.6 (0.23)	12.1 (0.32)
Place of residence: ⁷							
Large MSA	100.0	84.8 (0.36)	3.4 (0.15)	11.7 (0.32)	11.1 (0.19)	4.2 (0.19)	13.0 (0.21)
Small MSA	100.0	80.8 (0.56)	3.9 (0.23)	15.3 (0.49)	11.8 (0.23)	4.3 (0.29)	13.7 (0.24)
Not in MSA	100.0	75.1 (0.82)	3.2 (0.24)	21.6 (0.78)	14.5 (0.38)	4.7 (0.40)	16.0 (0.37)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Current cigarette smoking status: nonsmoker—never smokers and former smokers; daily smoker—currently smoked cigarettes every day; nondaily smoker—currently smoked cigarettes on some days, regardless of the number of days they smoked.²Estimates reflect usual cigarette consumption on days smoked and do not reflect average consumption over a period of time such as a week or a month.³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.⁴Estimates for age groups are not age adjusted.

⁵GED is General Educational Development high school equivalency diploma.

⁶Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁷MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table VIII. Denominator for each percent distribution excludes persons with unknown current smoking status. Denominators for mean number of cigarettes on days smoked exclude smokers (daily and nondaily) with unknown number of cigarettes on days smoked and nondaily smokers who did not smoke in the past 30 days. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 4.3. Age-adjusted percent distribution of usual number of cigarettes on days smoked, for all current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Usual number of cigarettes on days smoked among all current smokers ¹			
		Less than 15	15–24	25–34	35 or more
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	57.4 (0.57)	33.7 (0.52)	4.8 (0.23)	4.0 (0.24)
Ages 18 years and over (crude) ²	100.0	57.3 (0.56)	33.8 (0.51)	4.9 (0.22)	4.0 (0.23)
Age: ³					
18–24 years	100.0	72.7 (1.50)	24.8 (1.46)	1.4 (0.38)	1.1 (0.33)
25–44 years	100.0	60.3 (0.83)	32.4 (0.77)	4.3 (0.34)	3.0 (0.33)
45–64 years	100.0	49.4 (0.84)	38.2 (0.81)	6.7 (0.42)	5.7 (0.45)
65–74 years	100.0	49.6 (1.84)	38.2 (1.77)	6.3 (0.94)	5.9 (0.91)
75 years and over	100.0	62.5 (3.10)	29.9 (2.89)	*2.7 (0.91)	*5.0 (1.58)
Race:					
White, single race	100.0	53.7 (0.64)	36.3 (0.59)	5.4 (0.27)	4.5 (0.28)
Black or African American, single race	100.0	76.8 (1.12)	20.3 (1.10)	1.4 (0.25)	1.5 (0.35)
American Indian or Alaska Native, single race	100.0	70.5 (3.96)	24.2 (3.82)	*3.2 (1.45)	†
Asian, single race	100.0	76.4 (2.46)	20.6 (2.36)	*1.4 (0.51)	†
Native Hawaiian or Other Pacific Islander, single race	100.0	69.0 (6.88)	†	19.3 (2.34)	–
Two or more races	100.0	59.0 (4.34)	32.3 (3.66)	*4.5 (1.35)	†
Black or African American, white	100.0	74.6 (7.23)	*23.1 (7.06)	†	–
American Indian or Alaska Native, white	100.0	58.6 (5.17)	30.1 (4.33)	*5.2 (2.02)	†
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	81.6 (1.37)	15.9 (1.26)	1.5 (0.41)	1.0 (0.27)
Mexican or Mexican American	100.0	83.5 (1.90)	14.7 (1.76)	*1.1 (0.49)	*0.7 (0.30)
Not Hispanic or Latino	100.0	54.9 (0.59)	35.6 (0.56)	5.2 (0.25)	4.3 (0.26)
White, single race	100.0	50.5 (0.67)	38.7 (0.64)	5.9 (0.29)	4.9 (0.31)
Black or African American, single race	100.0	76.7 (1.14)	20.3 (1.11)	1.4 (0.26)	1.5 (0.36)
Education:					
Less than high school graduate	100.0	53.5 (1.26)	34.7 (1.17)	5.6 (0.54)	6.2 (0.61)
GED diploma ⁴	100.0	47.1 (2.05)	41.6 (2.22)	5.6 (1.18)	5.7 (0.98)
High school graduate	100.0	54.8 (1.04)	36.1 (0.98)	5.3 (0.45)	3.7 (0.43)
Some college—no degree	100.0	58.4 (1.13)	33.5 (1.08)	4.4 (0.44)	3.7 (0.54)
Associate of arts degree	100.0	59.9 (1.78)	31.8 (1.63)	4.6 (0.78)	3.7 (0.89)
Bachelor of arts, science degree	100.0	69.5 (1.54)	24.9 (1.44)	3.7 (0.78)	2.0 (0.54)
Masters, doctorate, medical degree	100.0	76.0 (2.30)	19.6 (2.19)	3.8 (1.01)	†
Poverty status: ⁵					
Below poverty level	100.0	58.5 (1.17)	32.2 (1.12)	4.9 (0.44)	4.4 (0.50)
≥1 and <2 times poverty level	100.0	56.3 (1.17)	34.3 (1.07)	4.7 (0.50)	4.6 (0.52)
≥2 and <4 times poverty level	100.0	55.5 (1.05)	35.1 (0.93)	4.8 (0.42)	4.6 (0.47)
4 times poverty level or more	100.0	60.1 (1.15)	32.6 (1.09)	4.6 (0.47)	2.7 (0.43)
Marital status:					
Never married	100.0	64.7 (1.34)	29.0 (1.33)	3.5 (0.46)	2.8 (0.44)
Married	100.0	55.7 (0.88)	34.8 (0.84)	4.8 (0.37)	4.7 (0.43)
Cohabiting	100.0	52.4 (2.14)	38.6 (1.93)	5.9 (1.24)	3.0 (0.77)
Divorced or separated	100.0	51.4 (1.24)	37.4 (1.18)	6.0 (0.52)	5.2 (0.56)
Widowed	100.0	55.8 (4.75)	36.9 (4.56)	4.2 (0.89)	*3.1 (1.24)
Geographic region:					
Northeast	100.0	57.7 (1.43)	34.2 (1.43)	4.4 (0.60)	3.7 (0.62)
Midwest	100.0	53.7 (1.09)	36.9 (1.05)	6.0 (0.52)	3.4 (0.45)
South	100.0	54.6 (0.95)	35.3 (0.82)	4.7 (0.35)	5.4 (0.45)
West	100.0	67.8 (1.09)	26.0 (1.07)	3.9 (0.49)	2.4 (0.37)
Place of residence: ⁶					
Large MSA	100.0	62.5 (0.80)	30.3 (0.76)	4.1 (0.31)	3.1 (0.34)
Small MSA	100.0	56.7 (1.00)	34.4 (0.93)	4.8 (0.38)	4.1 (0.41)
Not in MSA	100.0	47.5 (1.30)	40.3 (1.13)	6.3 (0.57)	5.8 (0.63)

See footnotes at end of table.

Table 4.3. Age-adjusted percent distribution of usual number of cigarettes on days smoked, for all current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Usual number of cigarettes on days smoked among all current smokers ¹			
		Less than 15	15–24	25–34	35 or more
Men		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	52.4 (0.74)	36.3 (0.70)	5.7 (0.33)	5.7 (0.40)
Ages 18 years and over (crude) ²	100.0	53.0 (0.74)	35.6 (0.68)	5.8 (0.33)	5.5 (0.39)
Age: ³					
18–24 years	100.0	69.1 (2.08)	27.5 (2.03)	*2.0 (0.63)	*1.4 (0.51)
25–44 years	100.0	56.2 (1.11)	33.8 (1.02)	5.5 (0.49)	4.5 (0.58)
45–64 years	100.0	44.6 (1.15)	39.6 (1.15)	7.9 (0.62)	7.9 (0.74)
65–74 years	100.0	41.3 (2.54)	44.6 (2.68)	5.9 (1.17)	8.2 (1.46)
75 years and over	100.0	50.9 (4.91)	39.0 (4.95)	*2.9 (1.23)	*7.2 (3.45)
Race:					
White, single race	100.0	48.5 (0.83)	38.7 (0.80)	6.4 (0.39)	6.4 (0.47)
Black or African American, single race	100.0	71.6 (1.68)	24.7 (1.67)	1.8 (0.43)	*1.9 (0.58)
American Indian or Alaska Native, single race	100.0	65.7 (6.33)	29.1 (6.43)	†	†
Asian, single race	100.0	74.6 (2.92)	22.2 (2.82)	*1.2 (0.55)	†
Native Hawaiian or Other Pacific Islander, single race	100.0	70.3 (12.00)	†	†	–
Two or more races	100.0	55.5 (5.78)	32.5 (4.66)	*5.6 (2.08)	†
Black or African American, white	100.0	73.6 (8.39)	*22.9 (7.97)	†	–
American Indian or Alaska Native, white	100.0	49.7 (7.55)	32.4 (5.73)	*8.3 (3.67)	†
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	79.1 (1.88)	17.5 (1.71)	*2.1 (0.66)	*1.3 (0.42)
Mexican or Mexican American	100.0	80.6 (2.57)	17.0 (2.36)	†	†
Not Hispanic or Latino	100.0	48.9 (0.78)	38.7 (0.76)	6.2 (0.36)	6.2 (0.45)
White, single race	100.0	44.0 (0.91)	41.8 (0.89)	7.1 (0.43)	7.1 (0.52)
Black or African American, single race	100.0	71.2 (1.72)	25.1 (1.71)	1.9 (0.44)	*1.9 (0.60)
Education:					
Less than high school graduate	100.0	49.9 (1.70)	35.4 (1.63)	6.2 (0.80)	8.5 (0.96)
GED diploma ⁴	100.0	42.8 (3.10)	43.1 (3.14)	6.5 (1.37)	7.7 (1.54)
High school graduate	100.0	50.1 (1.38)	38.5 (1.30)	6.0 (0.63)	5.5 (0.72)
Some college—no degree	100.0	54.0 (1.62)	36.0 (1.60)	5.3 (0.69)	4.8 (0.91)
Associate of arts degree	100.0	49.6 (2.51)	38.6 (2.66)	7.4 (1.51)	4.4 (1.28)
Bachelor of arts, science degree	100.0	64.5 (2.12)	29.1 (2.11)	3.8 (0.81)	*2.6 (0.88)
Masters, doctorate, medical degree	100.0	73.8 (3.43)	21.7 (3.18)	*3.6 (1.47)	†
Poverty status: ⁵					
Below poverty level	100.0	54.1 (1.69)	33.2 (1.70)	6.5 (0.81)	6.2 (0.99)
≥1 and <2 times poverty level	100.0	51.8 (1.58)	36.4 (1.50)	5.2 (0.67)	6.6 (0.89)
≥2 and <4 times poverty level	100.0	50.0 (1.50)	38.3 (1.35)	5.5 (0.58)	6.2 (0.79)
4 times poverty level or more	100.0	54.6 (1.53)	35.6 (1.46)	5.9 (0.69)	3.9 (0.65)
Marital status:					
Never married	100.0	59.8 (1.82)	31.7 (1.81)	4.7 (0.73)	3.8 (0.69)
Married	100.0	51.7 (1.15)	36.2 (1.10)	5.5 (0.51)	6.6 (0.68)
Cohabiting	100.0	44.7 (2.70)	44.5 (2.66)	6.3 (1.09)	4.6 (1.23)
Divorced or separated	100.0	44.0 (1.78)	40.5 (1.80)	7.9 (0.92)	7.6 (1.06)
Widowed	100.0	57.8 (7.82)	33.1 (7.11)	*3.5 (1.09)	†
Geographic region:					
Northeast	100.0	50.9 (2.18)	37.2 (2.23)	5.8 (0.99)	6.1 (1.13)
Midwest	100.0	47.8 (1.37)	40.4 (1.33)	7.5 (0.72)	4.4 (0.72)
South	100.0	50.1 (1.16)	36.9 (1.05)	5.3 (0.49)	7.7 (0.74)
West	100.0	63.1 (1.47)	29.6 (1.42)	4.2 (0.58)	3.1 (0.58)
Place of residence: ⁶					
Large MSA	100.0	58.0 (1.07)	32.3 (1.04)	5.2 (0.50)	4.5 (0.58)
Small MSA	100.0	49.7 (1.21)	38.7 (1.18)	5.4 (0.54)	6.1 (0.72)
Not in MSA	100.0	42.7 (1.78)	42.2 (1.48)	7.3 (0.74)	7.8 (0.98)

See footnotes at end of table.

Table 4.3. Age-adjusted percent distribution of usual number of cigarettes on days smoked, for all current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Usual number of cigarettes on days smoked among all current smokers ¹			
		Less than 15	15–24	25–34	35 or more
Women		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	62.9 (0.79)	31.1 (0.73)	3.8 (0.31)	2.2 (0.22)
Ages 18 years and over (crude) ²	100.0	62.5 (0.77)	31.6 (0.72)	3.8 (0.30)	2.1 (0.20)
Age: ³					
18–24 years	100.0	77.7 (2.04)	21.0 (2.02)	*0.5 (0.23)	*0.8 (0.35)
25–44 years	100.0	65.2 (1.14)	30.7 (1.11)	3.0 (0.41)	1.1 (0.20)
45–64 years	100.0	55.0 (1.21)	36.5 (1.14)	5.3 (0.53)	3.3 (0.41)
65–74 years	100.0	57.3 (2.59)	32.2 (2.32)	6.7 (1.48)	3.8 (1.12)
75 years and over	100.0	70.0 (3.65)	24.0 (3.33)	†	*3.5 (1.37)
Race:					
White, single race	100.0	59.4 (0.87)	34.0 (0.82)	4.2 (0.36)	2.4 (0.25)
Black or African American, single race	100.0	82.3 (1.31)	15.6 (1.25)	1.0 (0.23)	*1.1 (0.37)
American Indian or Alaska Native, single race	100.0	73.9 (4.70)	20.7 (4.00)	†	†
Asian, single race	100.0	80.4 (4.20)	16.9 (4.01)	†	†
Native Hawaiian or Other Pacific Islander, single race	100.0	76.0 (6.10)	†	17.0 (0.00)	–
Two or more races	100.0	62.4 (6.22)	33.4 (6.28)	†	†
Black or African American, white	100.0	85.3 (6.37)	*14.2 (6.37)	†	–
American Indian or Alaska Native, white	100.0	66.8 (7.06)	30.3 (7.10)	†	†
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	85.4 (1.70)	13.4 (1.66)	†	†
Mexican or Mexican American	100.0	88.9 (2.26)	10.2 (2.27)	†	†
Not Hispanic or Latino	100.0	61.3 (0.82)	32.4 (0.77)	4.0 (0.33)	2.3 (0.23)
White, single race	100.0	57.3 (0.91)	35.6 (0.87)	4.5 (0.38)	2.5 (0.27)
Black or African American, single race	100.0	82.5 (1.31)	15.4 (1.25)	1.0 (0.24)	*1.1 (0.37)
Education:					
Less than high school graduate	100.0	57.8 (1.69)	34.2 (1.62)	4.7 (0.73)	3.3 (0.57)
GED diploma ⁴	100.0	52.2 (3.12)	39.7 (3.11)	*4.8 (1.94)	*3.4 (1.17)
High school graduate	100.0	60.6 (1.44)	33.6 (1.37)	4.2 (0.52)	1.6 (0.32)
Some college—no degree	100.0	62.3 (1.55)	31.5 (1.46)	3.6 (0.57)	2.6 (0.60)
Associate of arts degree	100.0	69.2 (2.20)	25.8 (1.90)	*2.1 (0.64)	*3.0 (1.17)
Bachelor of arts, science degree	100.0	75.1 (2.11)	20.1 (1.88)	*3.5 (1.21)	*1.3 (0.58)
Masters, doctorate, medical degree	100.0	77.8 (3.20)	18.0 (3.04)	*3.8 (1.29)	†
Poverty status: ⁵					
Below poverty level	100.0	62.0 (1.48)	31.6 (1.42)	3.5 (0.46)	2.9 (0.47)
≥1 and <2 times poverty level	100.0	60.8 (1.53)	32.5 (1.50)	4.2 (0.64)	2.5 (0.51)
≥2 and <4 times poverty level	100.0	62.0 (1.34)	31.5 (1.24)	4.0 (0.61)	2.5 (0.43)
4 times poverty level or more	100.0	67.5 (1.65)	28.6 (1.59)	2.9 (0.53)	*1.0 (0.46)
Marital status:					
Never married	100.0	72.1 (1.92)	24.9 (1.89)	1.8 (0.42)	*1.2 (0.47)
Married	100.0	60.6 (1.34)	33.0 (1.25)	4.0 (0.54)	2.3 (0.39)
Cohabiting	100.0	62.6 (3.13)	30.5 (2.05)	*6.0 (2.62)	*0.9 (0.44)
Divorced or separated	100.0	57.8 (1.65)	34.8 (1.53)	4.3 (0.54)	3.1 (0.57)
Widowed	100.0	53.3 (5.28)	40.1 (5.23)	4.6 (1.27)	*1.9 (0.63)
Geographic region:					
Northeast	100.0	64.6 (1.90)	31.3 (1.76)	2.8 (0.55)	1.2 (0.36)
Midwest	100.0	59.5 (1.53)	33.6 (1.36)	4.4 (0.71)	2.5 (0.53)
South	100.0	59.9 (1.36)	33.3 (1.29)	4.0 (0.49)	2.8 (0.38)
West	100.0	73.8 (1.48)	21.5 (1.40)	3.3 (0.75)	*1.4 (0.43)
Place of residence: ⁶					
Large MSA	100.0	67.6 (1.12)	28.1 (1.05)	2.7 (0.32)	1.6 (0.30)
Small MSA	100.0	63.8 (1.36)	30.2 (1.30)	4.1 (0.56)	1.9 (0.34)
Not in MSA	100.0	52.6 (1.72)	38.4 (1.58)	5.3 (0.84)	3.7 (0.57)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

– Quantity zero.

¹Usual number of cigarettes on days smoked includes the usual cigarette consumption of daily and nondaily smokers combined. Estimates for nondaily smokers reflect number of cigarettes smoked only on the days that they smoked and are limited to those who smoked at least once in the past 30 days.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.³Estimates for age groups are not age adjusted.⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table IX. Denominator for each percent distribution excludes smokers with unknown number of cigarettes on days smoked. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 4.4. Age-adjusted percent distribution of age of smoking initiation, for current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Age first smoked fairly regularly ¹			
		Under 16 years	16–17 years	18–20 years	21 years and over
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	30.8 (0.53)	23.9 (0.45)	28.1 (0.49)	17.2 (0.40)
Ages 18 years and over (crude) ²	100.0	31.1 (0.50)	24.1 (0.45)	28.1 (0.48)	16.7 (0.37)
Age: ³					
18–24 years	100.0	31.8 (1.55)	30.6 (1.50)	33.5 (1.56)	4.1 (0.86)
25–44 years	100.0	31.4 (0.75)	24.5 (0.70)	28.0 (0.71)	16.2 (0.55)
45–64 years	100.0	31.2 (0.75)	22.2 (0.70)	26.4 (0.70)	20.2 (0.65)
65–74 years	100.0	28.9 (1.70)	22.2 (1.54)	26.6 (1.65)	22.3 (1.56)
75 years and over	100.0	26.3 (2.75)	15.9 (2.46)	29.2 (2.96)	28.6 (3.04)
Race:					
White, single race	100.0	32.2 (0.59)	24.6 (0.52)	27.7 (0.54)	15.4 (0.43)
Black or African American, single race	100.0	23.9 (1.11)	20.1 (1.08)	28.7 (1.20)	27.2 (1.17)
American Indian or Alaska Native, single race	100.0	35.1 (4.25)	23.3 (5.04)	25.6 (4.34)	16.0 (3.95)
Asian, single race	100.0	16.0 (1.99)	21.1 (2.43)	38.0 (2.71)	24.8 (2.47)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	47.5 (7.26)	*18.9 (6.36)	*20.6 (8.61)
Two or more races	100.0	38.4 (3.75)	19.0 (3.15)	26.8 (3.55)	15.8 (3.00)
Black or African American, white	100.0	41.7 (4.87)	*16.4 (6.20)	*27.5 (8.30)	*14.4 (6.64)
American Indian or Alaska Native, white	100.0	41.3 (5.08)	17.2 (3.83)	25.3 (4.87)	16.2 (3.78)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	31.2 (1.60)	20.7 (1.25)	26.1 (1.32)	22.0 (1.35)
Mexican or Mexican American	100.0	30.4 (2.14)	19.1 (1.62)	27.1 (1.75)	23.5 (1.93)
Not Hispanic or Latino	100.0	30.9 (0.56)	24.2 (0.48)	28.2 (0.52)	16.7 (0.41)
White, single race	100.0	32.4 (0.63)	25.1 (0.55)	27.8 (0.59)	14.7 (0.44)
Black or African American, single race	100.0	23.6 (1.12)	20.1 (1.10)	28.8 (1.22)	27.5 (1.20)
Education:					
Less than high school graduate	100.0	43.4 (1.19)	23.7 (1.01)	20.6 (0.92)	12.4 (0.70)
GED diploma ⁴	100.0	45.3 (1.96)	26.7 (1.93)	18.8 (1.41)	9.2 (1.17)
High school graduate	100.0	28.3 (0.92)	26.1 (0.86)	29.7 (0.94)	16.0 (0.71)
Some college—no degree	100.0	27.5 (1.00)	24.0 (1.02)	29.4 (0.99)	19.1 (0.88)
Associate of arts degree	100.0	26.5 (1.60)	20.3 (1.29)	31.5 (1.60)	21.7 (1.57)
Bachelor of arts, science degree	100.0	17.9 (1.41)	21.5 (1.52)	34.6 (1.78)	26.0 (1.53)
Masters, doctorate, medical degree	100.0	15.1 (2.08)	16.4 (2.40)	43.8 (2.98)	24.7 (2.38)
Poverty status: ⁵					
Below poverty level	100.0	38.0 (1.08)	20.6 (0.90)	25.0 (1.00)	16.4 (0.85)
≥1 and <2 times poverty level	100.0	34.7 (1.04)	22.5 (0.88)	26.9 (0.98)	15.8 (0.78)
≥2 and <4 times poverty level	100.0	28.6 (0.97)	26.6 (0.85)	28.4 (0.89)	16.4 (0.78)
4 times poverty level or more	100.0	24.9 (1.09)	24.1 (1.00)	31.1 (1.07)	19.9 (0.98)
Marital status:					
Never married	100.0	26.9 (1.13)	24.0 (1.10)	30.4 (1.29)	18.6 (1.14)
Married	100.0	31.6 (0.82)	23.4 (0.70)	28.6 (0.77)	16.4 (0.64)
Cohabiting	100.0	35.7 (2.01)	26.0 (1.89)	25.0 (1.83)	13.2 (1.43)
Divorced or separated	100.0	32.4 (1.12)	23.3 (1.01)	23.9 (1.04)	20.5 (0.99)
Widowed	100.0	25.5 (3.80)	15.1 (2.90)	37.5 (5.19)	21.9 (3.49)
Geographic region:					
Northeast	100.0	31.9 (1.49)	25.4 (1.29)	28.0 (1.42)	14.7 (1.02)
Midwest	100.0	29.9 (1.00)	24.7 (0.85)	29.9 (0.93)	15.5 (0.76)
South	100.0	31.3 (0.82)	23.4 (0.68)	26.9 (0.75)	18.4 (0.63)
West	100.0	30.4 (1.19)	22.4 (1.08)	28.1 (1.11)	19.1 (0.96)
Place of residence: ⁶					
Large MSA	100.0	29.8 (0.78)	23.5 (0.70)	28.9 (0.73)	17.8 (0.64)
Small MSA	100.0	30.3 (0.93)	24.3 (0.79)	27.9 (0.97)	17.5 (0.68)
Not in MSA	100.0	33.9 (1.10)	24.4 (0.93)	26.6 (0.94)	15.2 (0.71)

See footnotes at end of table.

Table 4.4. Age-adjusted percent distribution of age of smoking initiation, for current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Age first smoked fairly regularly ¹			
		Under 16 years	16–17 years	18–20 years	21 years and over
Men		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	33.4 (0.73)	24.0 (0.63)	28.0 (0.69)	14.6 (0.50)
Ages 18 years and over (crude) ²	100.0	32.5 (0.69)	24.1 (0.62)	28.2 (0.67)	15.1 (0.49)
Age: ³					
18–24 years	100.0	29.5 (2.10)	31.5 (2.06)	34.4 (2.10)	4.6 (1.37)
25–44 years	100.0	30.5 (1.06)	23.9 (0.94)	29.3 (1.02)	16.4 (0.75)
45–64 years	100.0	34.5 (1.07)	21.8 (1.00)	25.4 (0.97)	18.3 (0.86)
65–74 years	100.0	41.8 (2.62)	23.5 (2.33)	24.0 (2.26)	10.7 (1.47)
75 years and over	100.0	39.3 (4.82)	17.3 (3.52)	26.4 (4.16)	16.9 (3.84)
Race:					
White, single race	100.0	34.9 (0.85)	25.1 (0.73)	27.1 (0.77)	12.9 (0.54)
Black or African American, single race	100.0	27.3 (1.59)	19.2 (1.43)	29.5 (1.82)	24.0 (1.57)
American Indian or Alaska Native, single race	100.0	34.7 (6.71)	*11.4 (3.62)	31.1 (6.66)	22.8 (6.58)
Asian, single race	100.0	16.9 (2.44)	19.9 (2.61)	39.3 (3.40)	23.9 (2.94)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	*41.3 (14.88)	†	†
Two or more races	100.0	33.7 (4.90)	18.6 (4.28)	35.4 (4.68)	12.2 (3.18)
Black or African American, white	100.0	29.7 (5.31)	*17.3 (7.95)	*35.8 (10.83)	*17.2 (8.04)
American Indian or Alaska Native, white	100.0	34.9 (6.64)	18.6 (5.42)	35.4 (6.91)	*11.0 (3.97)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	34.9 (2.22)	20.3 (1.59)	25.3 (1.62)	19.6 (1.68)
Mexican or Mexican American	100.0	34.5 (2.80)	18.0 (1.82)	27.1 (2.18)	20.4 (2.29)
Not Hispanic or Latino	100.0	33.3 (0.78)	24.4 (0.67)	28.2 (0.74)	14.1 (0.52)
White, single race	100.0	35.0 (0.92)	25.7 (0.79)	27.3 (0.84)	12.0 (0.57)
Black or African American, single race	100.0	27.4 (1.62)	18.8 (1.43)	29.6 (1.85)	24.1 (1.59)
Education:					
Less than high school graduate	100.0	45.8 (1.59)	23.5 (1.33)	20.5 (1.30)	10.2 (0.89)
GED diploma ⁴	100.0	51.6 (2.81)	26.9 (2.62)	17.0 (1.93)	4.5 (1.12)
High school graduate	100.0	29.3 (1.30)	26.9 (1.19)	30.6 (1.31)	13.3 (0.89)
Some college—no degree	100.0	30.3 (1.63)	24.7 (1.54)	28.7 (1.42)	16.3 (1.08)
Associate of arts degree	100.0	28.7 (2.41)	18.0 (1.78)	33.6 (2.43)	19.7 (2.29)
Bachelor of arts, science degree	100.0	18.5 (2.12)	20.8 (1.97)	34.6 (2.37)	26.0 (2.10)
Masters, doctorate, medical degree	100.0	16.4 (3.05)	16.3 (3.23)	44.4 (4.04)	22.9 (3.21)
Poverty status: ⁵					
Below poverty level	100.0	44.0 (1.77)	18.6 (1.24)	24.7 (1.47)	12.7 (1.11)
≥1 and <2 times poverty level	100.0	37.8 (1.49)	22.5 (1.26)	26.7 (1.38)	12.9 (0.99)
≥2 and <4 times poverty level	100.0	30.7 (1.34)	27.2 (1.23)	27.6 (1.31)	14.6 (0.90)
4 times poverty level or more	100.0	27.2 (1.53)	23.7 (1.28)	31.8 (1.49)	17.3 (1.16)
Marital status:					
Never married	100.0	27.6 (1.55)	24.4 (1.47)	31.2 (1.78)	16.9 (1.45)
Married	100.0	34.1 (1.17)	22.7 (0.96)	28.6 (1.14)	14.6 (0.80)
Cohabiting	100.0	35.2 (2.40)	27.9 (2.54)	24.3 (2.41)	12.6 (1.57)
Divorced or separated	100.0	35.1 (1.75)	22.4 (1.57)	24.3 (1.68)	18.2 (1.33)
Widowed	100.0	22.3 (4.16)	*13.2 (4.85)	44.9 (9.17)	*19.7 (6.87)
Geographic region:					
Northeast	100.0	31.3 (1.96)	26.9 (1.85)	28.6 (1.94)	13.1 (1.41)
Midwest	100.0	32.1 (1.48)	26.0 (1.22)	29.2 (1.37)	12.7 (0.95)
South	100.0	35.5 (1.12)	22.9 (0.94)	26.7 (1.09)	14.9 (0.77)
West	100.0	32.3 (1.64)	21.3 (1.37)	28.6 (1.41)	17.8 (1.16)
Place of residence: ⁶					
Large MSA	100.0	31.6 (1.10)	22.7 (0.95)	29.7 (1.01)	15.9 (0.76)
Small MSA	100.0	33.1 (1.29)	25.1 (1.04)	27.4 (1.37)	14.5 (0.83)
Not in MSA	100.0	37.7 (1.59)	25.4 (1.49)	25.2 (1.44)	11.8 (0.99)

See footnotes at end of table.

Table 4.4. Age-adjusted percent distribution of age of smoking initiation, for current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Age first smoked fairly regularly ¹			
		Under 16 years	16–17 years	18–20 years	21 years and over
Women		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	28.6 (0.70)	23.9 (0.67)	28.0 (0.65)	19.4 (0.58)
Ages 18 years and over (crude) ²	100.0	29.4 (0.70)	24.2 (0.65)	27.8 (0.65)	18.5 (0.56)
Age: ³					
18–24 years	100.0	35.0 (2.29)	29.3 (2.26)	32.3 (2.36)	3.4 (0.73)
25–44 years	100.0	32.4 (1.02)	25.2 (1.01)	26.4 (0.97)	15.9 (0.76)
45–64 years	100.0	27.4 (1.05)	22.6 (0.99)	27.5 (1.04)	22.4 (0.96)
65–74 years	100.0	16.7 (1.95)	21.1 (1.99)	29.1 (2.23)	33.1 (2.53)
75 years and over	100.0	17.9 (3.16)	14.9 (3.18)	31.0 (3.95)	36.1 (4.17)
Race:					
White, single race	100.0	29.9 (0.78)	24.3 (0.75)	28.2 (0.73)	17.6 (0.61)
Black or African American, single race	100.0	20.3 (1.54)	21.1 (1.53)	28.0 (1.66)	30.6 (1.73)
American Indian or Alaska Native, single race	100.0	34.8 (5.46)	35.8 (7.68)	20.5 (5.14)	*8.9 (3.72)
Asian, single race	100.0	15.6 (3.62)	23.9 (4.40)	35.9 (4.74)	24.5 (4.06)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	44.6 (7.40)	*21.9 (9.69)	†
Two or more races	100.0	44.0 (5.69)	18.6 (3.77)	16.7 (4.68)	20.8 (6.01)
Black or African American, white	100.0	37.2 (6.72)	*12.9 (5.75)	44.9 (4.06)	*5.0 (2.43)
American Indian or Alaska Native, white	100.0	48.4 (7.62)	14.6 (4.34)	*14.6 (5.57)	*22.4 (7.34)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	26.8 (2.05)	21.6 (1.98)	26.6 (2.13)	25.0 (2.12)
Mexican or Mexican American	100.0	25.1 (2.60)	20.9 (2.78)	26.2 (2.80)	27.8 (3.10)
Not Hispanic or Latino	100.0	28.8 (0.73)	24.1 (0.69)	28.1 (0.69)	19.1 (0.59)
White, single race	100.0	30.3 (0.83)	24.5 (0.79)	28.2 (0.77)	17.0 (0.63)
Black or African American, single race	100.0	19.5 (1.53)	21.5 (1.56)	28.1 (1.68)	31.0 (1.77)
Education:					
Less than high school graduate	100.0	41.4 (1.61)	23.8 (1.41)	20.3 (1.27)	14.6 (1.04)
GED diploma ⁴	100.0	37.2 (2.73)	25.8 (2.76)	21.3 (2.16)	15.7 (2.39)
High school graduate	100.0	28.0 (1.29)	25.3 (1.28)	28.3 (1.33)	18.5 (1.05)
Some college—no degree	100.0	25.9 (1.25)	23.7 (1.35)	29.6 (1.35)	20.9 (1.28)
Associate of arts degree	100.0	24.7 (2.14)	22.5 (1.81)	29.7 (2.22)	23.1 (2.00)
Bachelor of arts, science degree	100.0	17.1 (1.83)	22.4 (2.25)	34.5 (2.56)	26.0 (2.20)
Masters, doctorate, medical degree	100.0	14.4 (2.82)	16.6 (3.40)	43.0 (4.32)	26.0 (3.44)
Poverty status: ⁵					
Below poverty level	100.0	33.4 (1.36)	22.1 (1.25)	25.3 (1.30)	19.2 (1.15)
≥1 and <2 times poverty level	100.0	32.0 (1.44)	22.7 (1.28)	26.7 (1.31)	18.6 (1.17)
≥2 and <4 times poverty level	100.0	27.2 (1.28)	25.8 (1.23)	29.1 (1.20)	17.9 (1.20)
4 times poverty level or more	100.0	22.4 (1.41)	24.9 (1.56)	30.1 (1.69)	22.6 (1.51)
Marital status:					
Never married	100.0	26.2 (1.62)	23.4 (1.64)	29.5 (1.89)	20.9 (1.77)
Married	100.0	28.2 (1.16)	24.2 (1.11)	28.6 (1.11)	19.0 (0.99)
Cohabiting	100.0	36.8 (3.56)	22.6 (2.52)	25.9 (2.80)	14.8 (2.72)
Divorced or separated	100.0	30.2 (1.44)	24.0 (1.49)	23.4 (1.29)	22.5 (1.43)
Widowed	100.0	28.9 (4.94)	16.3 (3.55)	32.8 (5.36)	22.1 (3.69)
Geographic region:					
Northeast	100.0	33.1 (1.91)	24.0 (1.72)	27.0 (1.72)	15.8 (1.34)
Midwest	100.0	27.9 (1.34)	23.4 (1.30)	30.6 (1.34)	18.0 (1.04)
South	100.0	26.8 (1.11)	24.1 (1.04)	27.2 (0.97)	21.9 (1.00)
West	100.0	29.4 (1.48)	24.0 (1.59)	26.5 (1.52)	20.1 (1.37)
Place of residence: ⁶					
Large MSA	100.0	28.4 (1.05)	24.3 (1.00)	27.9 (1.01)	19.4 (0.92)
Small MSA	100.0	27.9 (1.14)	23.9 (1.24)	28.1 (1.13)	20.1 (0.96)
Not in MSA	100.0	30.2 (1.50)	23.3 (1.27)	28.0 (1.33)	18.5 (1.04)

† Estimate has a relative standard error greater than 50% and is not shown.

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Current smokers were asked at what age they first starting smoking fairly regularly. Answers were recorded in single years and combined for this table.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.³Estimates for age groups are not age adjusted.⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table X. Denominator for each percent distribution excludes current smokers with unknown age of smoking initiation. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 4.5. Age-adjusted percentage of current cigarette smokers aged 18 and over who tried to quit smoking in the past year, by current smoking status, sex, and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	All current smokers	Nondaily smokers	Daily smokers
Both sexes	Percent who tried to quit ¹ (standard error)		
Ages 18 years and over (age adjusted) ²	45.8 (0.57)	58.5 (1.18)	42.6 (0.63)
Ages 18 years and over (crude) ²	46.3 (0.56)	58.5 (1.14)	43.0 (0.62)
Age: ³			
18–24 years	54.6 (1.59)	57.7 (2.73)	53.3 (1.94)
25–44 years	48.3 (0.79)	57.1 (1.59)	45.6 (0.88)
45–64 years	42.6 (0.85)	61.2 (1.94)	38.8 (0.90)
65–74 years	40.5 (1.90)	59.0 (4.25)	36.2 (2.02)
75 years and over	34.0 (3.13)	52.5 (7.31)	30.2 (3.32)
Race:			
White, single race	44.8 (0.63)	57.5 (1.36)	41.8 (0.69)
Black or African American, single race	50.9 (1.43)	63.9 (2.59)	46.5 (1.58)
American Indian or Alaska Native, single race	43.4 (4.84)	45.1 (8.65)	43.9 (5.64)
Asian, single race	48.9 (2.77)	63.8 (6.16)	45.8 (3.05)
Native Hawaiian or Other Pacific Islander, single race	31.5 (8.64)	†	30.1 (8.93)
Two or more races	54.1 (3.84)	65.6 (6.27)	53.1 (4.29)
Black or African American, white	48.3 (9.65)	60.0 (7.89)	40.1 (9.05)
American Indian or Alaska Native, white	56.0 (5.17)	56.4 (12.71)	56.1 (5.53)
Hispanic or Latino origin and race:			
Hispanic or Latino	48.6 (1.68)	52.1 (2.92)	46.6 (2.00)
Mexican or Mexican American	45.8 (2.25)	48.4 (3.91)	43.7 (2.74)
Not Hispanic or Latino	45.5 (0.61)	59.5 (1.30)	42.4 (0.66)
White, single race	44.5 (0.67)	58.4 (1.52)	41.5 (0.73)
Black or African American, single race	50.7 (1.45)	64.0 (2.64)	46.3 (1.60)
Education:			
Less than high school graduate	44.0 (1.26)	61.3 (2.51)	40.2 (1.34)
GED diploma ⁴	46.2 (2.07)	65.3 (5.91)	43.5 (2.26)
High school graduate	43.3 (0.98)	59.0 (2.20)	40.2 (1.08)
Some college—no degree	49.0 (1.22)	57.6 (2.58)	46.8 (1.33)
Associate of arts degree	47.5 (1.68)	59.5 (3.26)	43.8 (1.91)
Bachelor of arts, science degree	46.3 (1.71)	54.7 (3.24)	43.8 (2.04)
Masters, doctorate, medical degree	49.4 (2.85)	50.4 (4.42)	50.3 (3.70)
Poverty status: ⁵			
Below poverty level	47.1 (1.28)	62.2 (2.63)	43.8 (1.30)
≥1 and <2 times poverty level	46.6 (1.14)	60.6 (2.48)	43.6 (1.24)
≥2 and <4 times poverty level	44.4 (1.00)	57.8 (2.20)	41.4 (1.10)
4 times poverty level or more	46.0 (1.17)	56.0 (2.29)	42.8 (1.39)
Marital status:			
Never married	45.2 (1.27)	55.6 (3.12)	42.6 (1.44)
Married	46.4 (0.84)	58.0 (1.94)	43.5 (0.91)
Cohabiting	43.6 (2.13)	64.6 (5.32)	39.7 (2.30)
Divorced or separated	46.3 (1.22)	60.3 (2.66)	43.3 (1.34)
Widowed	38.5 (4.24)	38.3 (6.37)	37.7 (4.67)
Geographic region:			
Northeast	50.0 (1.43)	61.7 (3.11)	47.0 (1.69)
Midwest	46.4 (1.11)	59.6 (2.45)	43.3 (1.18)
South	43.8 (0.96)	58.6 (1.87)	40.2 (1.02)
West	45.1 (1.16)	54.1 (2.33)	43.0 (1.37)
Place of residence: ⁶			
Large MSA	47.9 (0.81)	58.4 (1.58)	45.0 (0.93)
Small MSA	44.4 (0.99)	58.3 (2.03)	40.9 (1.06)
Not in MSA	43.5 (1.29)	60.8 (2.99)	40.7 (1.36)

See footnotes at end of table.

Table 4.5. Age-adjusted percentage of current cigarette smokers aged 18 and over who tried to quit smoking in the past year, by current smoking status, sex, and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	All current smokers	Nondaily smokers	Daily smokers
	Percent who tried to quit ¹ (standard error)		
Men			
Ages 18 years and over (age adjusted) ²	43.8 (0.77)	54.5 (1.64)	41.1 (0.86)
Ages 18 years and over (crude) ²	44.6 (0.77)	55.2 (1.53)	41.4 (0.86)
Age: ³			
18–24 years	53.6 (2.11)	53.8 (3.55)	53.5 (2.62)
25–44 years	46.7 (1.11)	54.1 (2.19)	44.1 (1.27)
45–64 years	40.3 (1.14)	59.2 (2.81)	36.2 (1.22)
65–74 years	36.7 (2.57)	46.9 (6.69)	34.9 (2.71)
75 years and over	31.1 (4.22)	51.3 (11.05)	27.5 (4.47)
Race:			
White, single race	42.4 (0.86)	52.9 (1.90)	39.8 (0.96)
Black or African American, single race	50.0 (2.02)	62.5 (3.82)	45.9 (2.21)
American Indian or Alaska Native, single race	38.4 (6.42)	42.9 (8.10)	37.3 (8.11)
Asian, single race	50.0 (3.08)	60.3 (7.58)	48.2 (3.57)
Native Hawaiian or Other Pacific Islander, single race	*37.0 (15.49)	†	*33.1 (16.17)
Two or more races	56.5 (4.76)	63.2 (9.26)	57.3 (5.10)
Black or African American, white	47.5 (10.94)	*52.5 (16.64)	43.5 (11.03)
American Indian or Alaska Native, white	58.5 (6.43)	59.5 (16.04)	59.7 (6.59)
Hispanic or Latino origin and race:			
Hispanic or Latino	46.0 (2.03)	47.7 (3.05)	44.3 (2.53)
Mexican or Mexican American	43.8 (2.64)	45.8 (3.39)	41.3 (3.53)
Not Hispanic or Latino	43.5 (0.83)	55.3 (1.85)	40.9 (0.92)
White, single race	41.8 (0.94)	53.4 (2.18)	39.5 (1.03)
Black or African American, single race	49.9 (2.05)	62.6 (3.91)	45.8 (2.23)
Education:			
Less than high school graduate	41.5 (1.63)	53.4 (3.32)	38.5 (1.79)
GED diploma ⁴	46.8 (2.92)	60.8 (7.94)	44.4 (3.18)
High school graduate	42.3 (1.39)	57.7 (2.85)	39.1 (1.56)
Some college—no degree	46.4 (1.69)	51.8 (3.55)	44.8 (1.90)
Associate of arts degree	44.6 (2.44)	52.6 (4.85)	42.8 (2.82)
Bachelor of arts, science degree	45.1 (2.37)	55.0 (3.44)	43.0 (2.81)
Masters, doctorate, medical degree	47.2 (3.72)	44.7 (5.80)	50.8 (4.78)
Poverty status: ⁵			
Below poverty level	45.4 (1.86)	58.2 (3.90)	41.9 (1.95)
≥1 and <2 times poverty level	44.3 (1.56)	58.1 (3.87)	41.5 (1.63)
≥2 and <4 times poverty level	42.8 (1.39)	54.1 (3.10)	40.3 (1.53)
4 times poverty level or more	44.0 (1.53)	51.5 (2.98)	42.1 (1.84)
Marital status:			
Never married	43.3 (1.67)	51.1 (3.96)	41.5 (1.90)
Married	44.4 (1.19)	56.8 (2.59)	41.1 (1.31)
Cohabiting	44.6 (2.65)	68.8 (3.95)	41.0 (2.83)
Divorced or separated	43.0 (1.63)	52.0 (3.82)	40.8 (1.78)
Widowed	35.6 (7.17)	*40.2 (14.43)	34.9 (8.01)
Geographic region:			
Northeast	49.5 (2.27)	54.3 (4.68)	48.5 (2.80)
Midwest	43.3 (1.45)	57.2 (3.58)	39.9 (1.59)
South	42.0 (1.23)	54.7 (2.52)	38.8 (1.26)
West	43.1 (1.48)	52.3 (3.01)	41.2 (1.74)
Place of residence: ⁶			
Large MSA	47.0 (1.11)	55.4 (2.21)	44.9 (1.30)
Small MSA	41.2 (1.38)	53.1 (3.10)	38.2 (1.52)
Not in MSA	40.8 (1.64)	56.8 (3.43)	38.1 (1.77)

See footnotes at end of table.

Table 4.5. Age-adjusted percentage of current cigarette smokers aged 18 and over who tried to quit smoking in the past year, by current smoking status, sex, and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	All current smokers		
	All current smokers	Nondaily smokers	Daily smokers
Women			
Percent who tried to quit ¹ (standard error)			
Ages 18 years and over (age adjusted) ²	48.0 (0.74)	63.0 (1.54)	44.3 (0.83)
Ages 18 years and over (crude) ²	48.3 (0.73)	63.0 (1.53)	44.7 (0.81)
Age: ³			
18–24 years	56.0 (2.33)	64.6 (4.09)	53.1 (2.71)
25–44 years	50.3 (1.05)	61.8 (2.27)	47.3 (1.17)
45–64 years	45.4 (1.22)	63.8 (2.56)	41.8 (1.32)
65–74 years	43.9 (2.56)	66.8 (4.87)	37.5 (2.80)
75 years and over	35.9 (4.22)	53.1 (9.33)	31.9 (4.53)
Race:			
White, single race	47.5 (0.80)	62.8 (1.79)	44.0 (0.90)
Black or African American, single race	51.7 (1.96)	64.8 (3.56)	47.1 (2.17)
American Indian or Alaska Native, single race	48.7 (6.02)	48.4 (12.89)	50.1 (7.03)
Asian, single race	45.5 (5.16)	74.8 (7.00)	38.5 (5.70)
Native Hawaiian or Other Pacific Islander, single race	*30.3 (10.25)	†	*30.3 (10.74)
Two or more races	53.4 (4.62)	63.3 (8.45)	49.8 (5.15)
Black or African American, white	63.2 (8.11)	84.5 (8.65)	51.5 (8.57)
American Indian or Alaska Native, white	56.8 (6.00)	60.8 (11.94)	54.9 (6.79)
Hispanic or Latino origin and race:			
Hispanic or Latino	52.0 (2.34)	56.6 (3.54)	50.2 (2.80)
Mexican or Mexican American	48.9 (3.41)	51.4 (4.51)	48.4 (3.91)
Not Hispanic or Latino	47.8 (0.78)	64.2 (1.66)	44.0 (0.86)
White, single race	47.3 (0.84)	64.1 (1.92)	43.7 (0.93)
Black or African American, single race	51.4 (1.98)	64.7 (3.63)	46.8 (2.20)
Education:			
Less than high school graduate	46.7 (1.65)	71.2 (3.25)	42.1 (1.77)
GED diploma ⁴	45.7 (2.99)	75.6 (6.03)	42.7 (3.09)
High school graduate	44.8 (1.31)	61.4 (3.38)	41.7 (1.44)
Some college—no degree	51.2 (1.58)	61.8 (3.29)	48.7 (1.80)
Associate of arts degree	50.0 (2.29)	64.2 (4.13)	45.0 (2.67)
Bachelor of arts, science degree	47.9 (2.52)	57.2 (4.50)	44.5 (3.00)
Masters, doctorate, medical degree	51.1 (4.23)	54.7 (6.39)	49.6 (5.49)
Poverty status: ⁵			
Below poverty level	48.6 (1.55)	66.4 (3.25)	45.4 (1.62)
≥1 and <2 times poverty level	48.8 (1.50)	62.6 (3.27)	45.8 (1.72)
≥2 and <4 times poverty level	46.4 (1.38)	62.1 (2.94)	42.8 (1.57)
4 times poverty level or more	48.7 (1.73)	62.5 (3.19)	43.8 (2.03)
Marital status:			
Never married	48.3 (1.93)	62.6 (4.56)	44.2 (2.18)
Married	48.9 (1.23)	59.6 (2.86)	46.5 (1.35)
Cohabiting	41.9 (3.07)	64.5 (6.69)	36.4 (3.04)
Divorced or separated	49.1 (1.62)	65.2 (3.30)	45.5 (1.80)
Widowed	40.3 (5.01)	33.3 (2.48)	39.6 (5.21)
Geographic region:			
Northeast	50.5 (1.82)	67.2 (3.77)	45.6 (2.05)
Midwest	49.8 (1.46)	63.6 (3.03)	46.8 (1.54)
South	45.6 (1.17)	62.8 (2.52)	41.7 (1.33)
West	47.3 (1.67)	56.6 (3.38)	45.0 (2.00)
Place of residence: ⁶			
Large MSA	49.1 (1.14)	62.8 (2.23)	45.3 (1.32)
Small MSA	47.7 (1.26)	62.8 (2.50)	43.8 (1.42)
Not in MSA	46.2 (1.49)	65.2 (3.86)	43.3 (1.57)

† Estimate has a relative standard error greater than 50% and is not shown.

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Percentage of cigarette smokers who had stopped smoking for more than 1 day in the past year because they were trying to quit.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.³Estimates for age groups are not age adjusted.⁴GED is General Educational Development high school equivalency diploma.⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Appendix Table XI. Denominator for each percentage excludes current smokers for whom information on quit attempts was unknown. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Chapter 5. Leisure-time Physical Activity

Research on the health benefits of physical activity has expanded over the past 50 years. PCFSN, founded in 1956, first drew national attention to the health benefits of physical fitness (53). In the 1960s and 1970s, research focused largely on vigorous-intensity activity to promote cardiovascular health (54). When the first HP (1990) objectives were issued in 1980, the goal for physical activity was simply to establish a surveillance system to monitor national trends and patterns in participation in physical activity; no specific physical activity targets were established (12). In 1996, the SGR on Physical Activity and Health provided the first comprehensive review of the health benefits of physical activity in which both vigorous and moderate levels of physical activity were identified as reducing risks of premature mortality and morbidity of coronary heart disease, hypertension, colon cancer, and diabetes mellitus (55). In addition, according to the SGR, regular participation in physical activity appeared to reduce depression and anxiety, improve mood, and enhance ability to perform daily tasks throughout the life span. The scientific evidence presented in the SGR encouraged efforts to increase physical activity among the U.S. population.

In 1997—shortly after the release of the SGR on Physical Activity and Health—NHIS introduced questions into the annual Sample Adult core questionnaire about frequency and duration of vigorous and moderate-intensity leisure-time physical activities (subsequently referred to as aerobic leisure-time physical activities) and frequency of muscle-strengthening activities. These data were used to track progress toward achieving the HP 2000 and HP 2010 objectives for physical activity for adults and will continue to be used for this purpose for the HP 2020 objectives (13–15).

In 2008, the HHS federal guidelines for physical activity were released and served as the basis for formulating the HP 2020 objectives (15,22). Note that the 2008 federal guidelines include all

types of aerobic and muscle-strengthening activity and are not restricted to leisure-time physical activity alone. Because NHIS questions ask only about leisure-time physical activity, most of the estimates presented in this chapter may be underestimates of the proportion of U.S. adults who meet the HP 2020 objectives, with one exception: Objective PA–1, which specifies leisure-time activity.

Objective PA–1. “Reduce the proportion of adults who engage in no leisure-time physical activity” to 32.6%. (Note: this objective remains unchanged from HP 2010, Objective 22–01, although the target proportion has changed.)

Objective PA–2.1. “Increase the proportion of adults who engage in aerobic physical activity of at least moderate intensity for at least 150 minutes/week, or 75 minutes/week of vigorous intensity, or an equivalent combination,” to 47.9%.

Objective PA–2.2. “Increase the proportion of adults who engage in aerobic physical activity of at least moderate intensity for more than 300 minutes/week, or more than 150 minutes/week of vigorous intensity, or an equivalent combination,” to 31.3%.

Objective PA–2.3. “Increase the proportion of adults who perform muscle-strengthening activities on 2 or more days of the week” to 24.1%.

Objective PA–2.4. “Increase the proportion of adults who meet the objectives for aerobic physical activity and for muscle-strengthening activity” to 20.1%.

This chapter presents highlights of subgroup differences in vigorous and light- to moderate-intensity aerobic leisure-time physical activity and leisure-time muscle-strengthening activity, according to the criteria established in the 2008 physical activity guidelines (Tables 5.1–5.3). Readers should bear in mind that the percentages

shown in these tables of adults who meet the physical activity guidelines may be underestimates because NHIS indicators are limited to leisure-time activities and do not include aerobic or muscle-strengthening activities associated with occupation, transportation, or household chores. (Estimates based on the HP 2010 criteria for sufficient physical activity are available in Tables XXII–XXVI.)

In describing the results below, the terms “2008 federal guidelines,” “2008 guidelines,” or simply “guidelines” are used interchangeably to refer to the *2008 Physical Activity Guidelines for Americans*.

All Adults

- Overall, 46.1% of adults met the 2008 federal guidelines for aerobic physical activity through leisure-time activity (Table 5.1).
- Approximately one-third of adults (33.9%) did not engage in aerobic leisure-time physical activities (Table 5.1).
- About 7 in 10 adults (73.5%) never engaged in leisure-time muscle-strengthening activities, while about 2 in 10 adults (23.0%) met the 2008 guidelines for muscle-strengthening activity (two or more times per week) (Table 5.2).
- Approximately one-half of adults (50.3%) met neither aerobic nor muscle-strengthening guidelines, and about one in five adults (19.4%) met both the aerobic and muscle-strengthening guidelines (Table 5.3).

Sex

- Men (50.4%) were more likely than women (42.1%) to have met the 2008 federal guidelines for aerobic physical activity through leisure-time activity (Table 5.1).
- About 3 in 10 men (27.0%) compared with about 2 in 10 women (19.1%) met the 2008 guidelines for muscle-strengthening activity (Table 5.2).
- Men (23.1%) were more likely than

women (15.8%) to have met both the aerobic and muscle-strengthening guidelines (Table 5.3 and Figure 5.1).

Age

- The percentage of adults who met the 2008 guidelines for aerobic physical activity declined with age from 55.4% among adults aged 18–24 to 24.3% among adults aged 75 and over (Table 5.1 and Figure 5.2).
- The percentage of adults who met the 2008 guidelines for muscle-strengthening activity declined with age (Table 5.2 and Figure 5.3).

Race

- White adults (47.6%) and Asian adults (43.1%) were more likely than black adults (37.0%) to have met the 2008 guidelines for aerobic physical activity through leisure-time activity (Table 5.1).
- White adults (20.1%) were more likely than Asian adults (15.5%) and black adults (16.7%) to have met both the aerobic and muscle-strengthening guidelines (Table 5.3).

Hispanic or Latino Origin and Race

- Non-Hispanic white adults (50.1%) were more likely than non-Hispanic black adults (37.0%) and Hispanic adults (35.9%) to have met the 2008 federal guidelines for aerobic physical activity through leisure-time activity (Table 5.1).
- Non-Hispanic white adults (21.6%) were more likely than non-Hispanic black adults (16.7%) and Hispanic adults (12.9%) to have met both aerobic and muscle-strengthening guidelines (Table 5.3).

Education

- The percentage of adults who met the 2008 guidelines for physical activity through leisure-time activity increased with education. Adults with a graduate-level degree (63.6%)

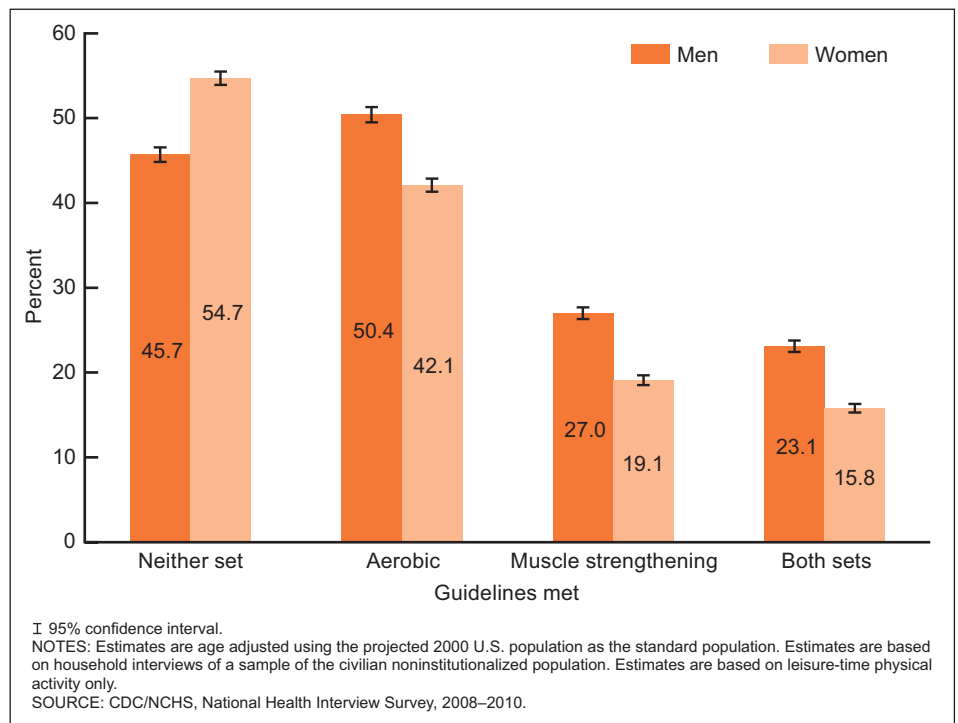


Figure 5.1. Percentage of adults who met or did not meet the 2008 federal guidelines for physical activity, by sex: United States, annualized, 2008–2010

were more than twice as likely as adults with less than a high school diploma (28.9%) to have met the 2008 guidelines for aerobic physical activity, and nearly four times as likely to have met both aerobic and

muscle-strengthening guidelines through leisure-time activity (Tables 5.1 and 5.3 and Figure 5.4).

- Adults with an advanced academic degree (35.1%) were nearly three times as likely as adults with less

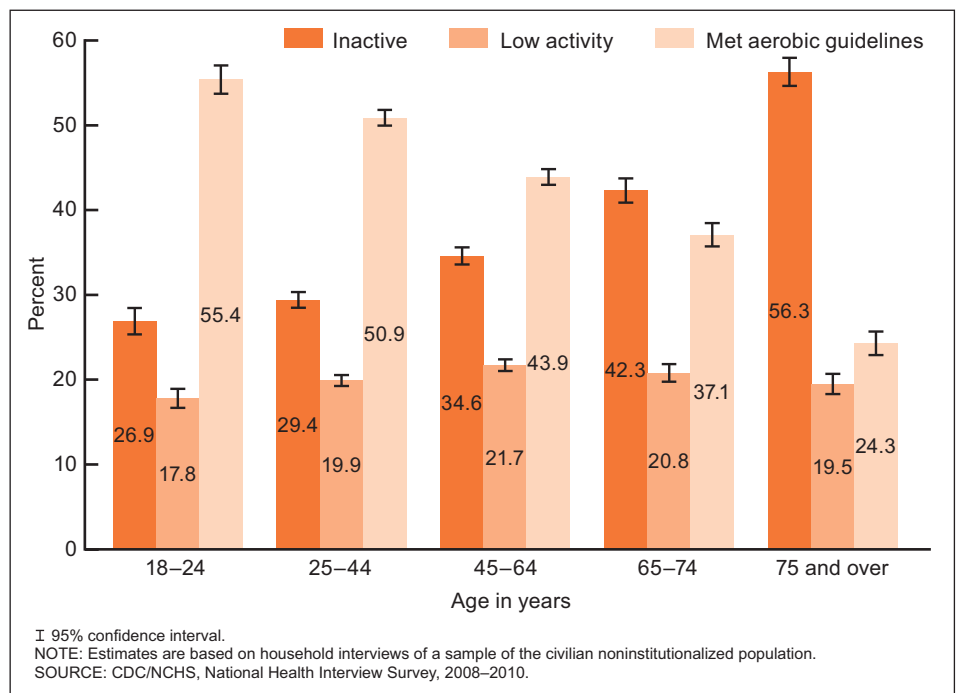


Figure 5.2. Percentage of adults who engaged in leisure-time aerobic physical activity, by level of activity and age: United States, annualized, 2008–2010

than a high school diploma (11.9%) to have met the 2008 guidelines for muscle-strengthening activity (Table 5.2).

Poverty Status

- Adults who had family incomes four times the poverty level or more (57.8%) were nearly twice as likely as adults with family incomes below the poverty level (32.4%) to have met the 2008 guidelines for aerobic physical activity through leisure-time activity; adults with the highest family incomes (31.4%) were about twice as likely as adults with family incomes below the poverty level (15.1%) to have met the guidelines for muscle-strengthening activity (Tables 5.1 and 5.2 and Figure 5.5).

Marital Status

- Widowed adults (37.5%) were less likely than cohabiting (46.0%), married (46.8%), or never married (45.8%) adults to have met the 2008 guidelines for aerobic physical activity through leisure-time activity (Table 5.1).
- Adults who had never been married were more likely than adults in any other marital status group to have met the 2008 guidelines for muscle-strengthening activity (Table 5.2).

Geographic Region

- Adults living in the West (50.7%) were the most likely to have met the 2008 guidelines for aerobic activity through leisure-time physical activity than adults living in any other region (Table 5.1).
- Adults living in the South (17.9%) were less likely than adults living in other regions of the country to have met the full 2008 guidelines for aerobic and muscle-strengthening activity (Table 5.3).

Place of Residence

- Adults living outside an MSA (38.5%) were less likely to have met the 2008 federal guidelines for

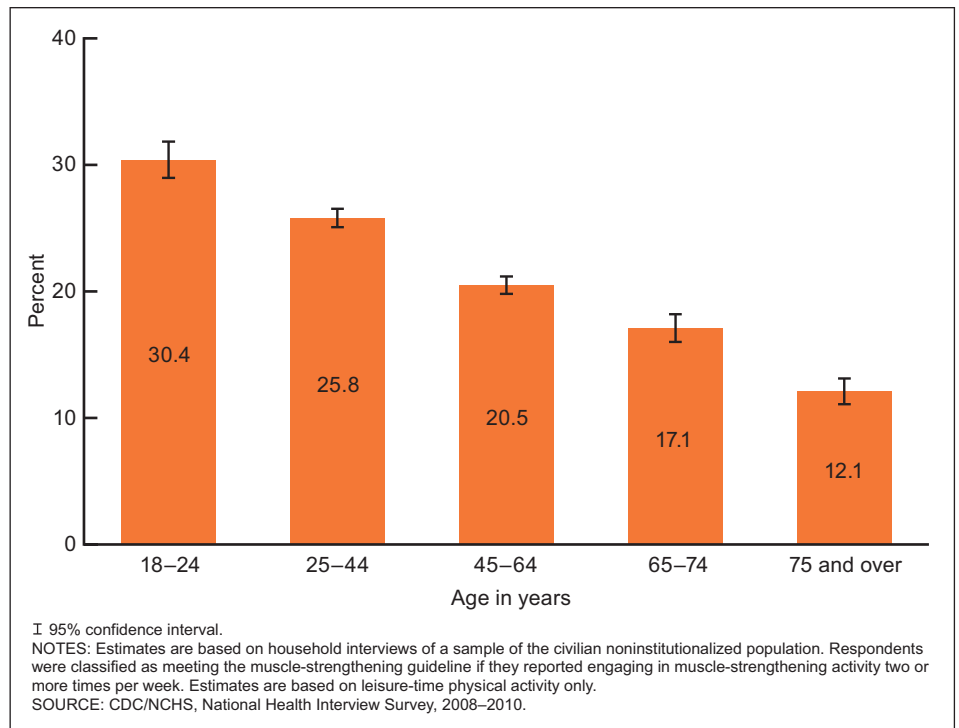


Figure 5.3. Percentage of adults who met the 2008 federal guidelines for muscle-strengthening physical activity, by age: United States, annualized, 2008-2010

aerobic physical activity through leisure-time activity compared with adults living in a small MSA (46.9%) or a large MSA (47.7%) (Table 5.1).

- Adults living in a large MSA (24.9%) were more likely to have met the 2008 guidelines for muscle-strengthening activity compared with adults living in a

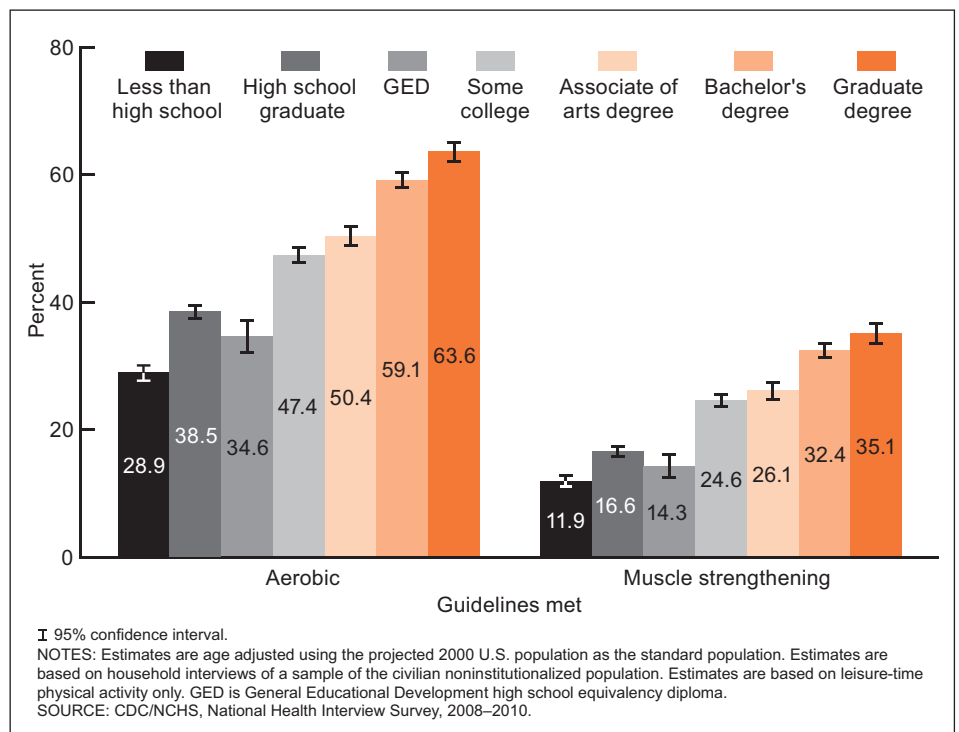


Figure 5.4. Percentage of adults who met the 2008 federal guidelines for physical activity, by level of education: United States, annualized, 2008-2010

small MSA (22.8%) or living outside an MSA (17.0%) (Table 5.2).

- Adults living outside an MSA (58.0%) were more likely than adults living in a small MSA (49.5%) or a large MSA (48.6%) to have met neither aerobic nor muscle-strengthening guidelines (Table 5.3).

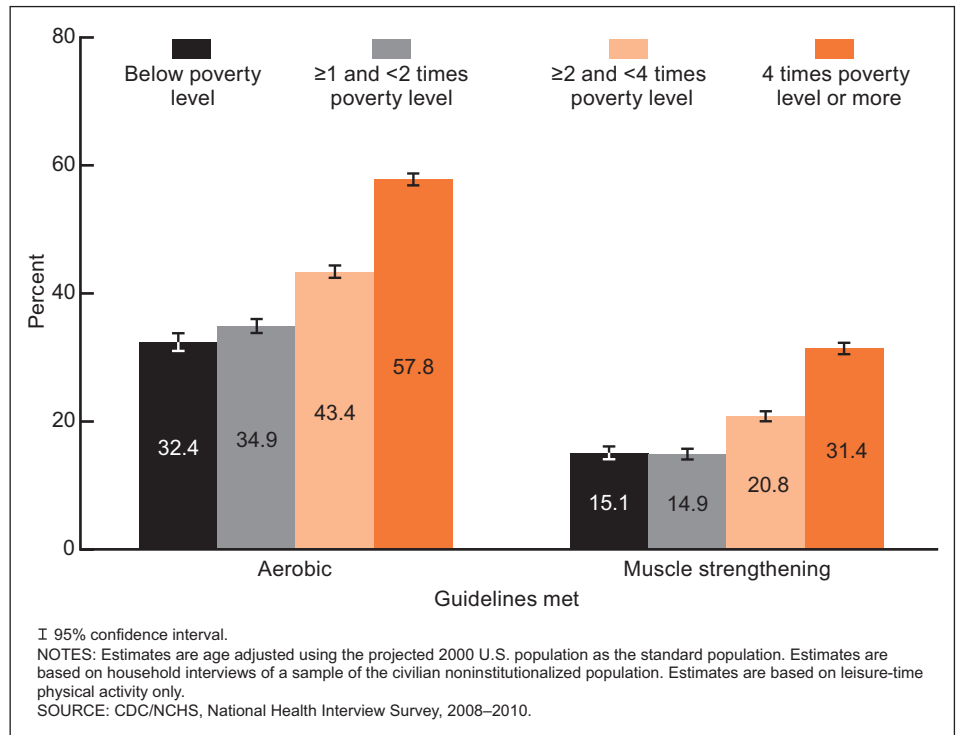


Figure 5.5. Percentage of adults who met the 2008 federal guidelines for physical activity, by poverty status: United States, annualized, 2008–2010

Table 5.1. Age-adjusted percent distribution of leisure-time aerobic physical activity status, and age-adjusted percent distribution of meeting or not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Leisure-time aerobic physical activity status ¹					Met/Did not meet 2008 federal guidelines for aerobic activity ²		
	Total	Inactive	Low activity	Medium activity	High activity	Total	Did not meet aerobic guidelines	Met aerobic guidelines
Both sexes		Percent distribution (standard error)				Percent distribution (standard error)		
Ages 18 years and over (age adjusted) ³	100.0	33.9 (0.39)	20.2 (0.22)	15.3 (0.18)	30.6 (0.30)	100.0	53.9 (0.35)	46.1 (0.35)
Ages 18 years and over (crude) ³	100.0	34.1 (0.39)	20.3 (0.22)	15.3 (0.18)	30.3 (0.30)	100.0	54.2 (0.35)	45.8 (0.35)
Age: ⁴								
18–24 years	100.0	26.9 (0.79)	17.8 (0.57)	15.6 (0.57)	39.7 (0.79)	100.0	44.6 (0.85)	55.4 (0.85)
25–44 years	100.0	29.4 (0.47)	19.9 (0.33)	16.5 (0.29)	34.2 (0.42)	100.0	49.1 (0.47)	50.9 (0.47)
45–64 years	100.0	34.6 (0.52)	21.7 (0.35)	15.6 (0.29)	28.1 (0.40)	100.0	56.1 (0.47)	43.9 (0.47)
65–74 years	100.0	42.3 (0.73)	20.8 (0.53)	13.3 (0.46)	23.6 (0.63)	100.0	62.9 (0.70)	37.1 (0.70)
75 years and over	100.0	56.3 (0.84)	19.5 (0.61)	10.3 (0.47)	13.9 (0.56)	100.0	75.7 (0.71)	24.3 (0.71)
Race:								
White, single race	100.0	32.3 (0.43)	20.2 (0.25)	15.7 (0.20)	31.8 (0.34)	100.0	52.4 (0.39)	47.6 (0.39)
Black or African American, single race	100.0	43.9 (0.70)	19.2 (0.49)	12.1 (0.39)	24.7 (0.54)	100.0	63.0 (0.60)	37.0 (0.60)
American Indian or Alaska Native, single race	100.0	42.5 (2.80)	18.6 (1.85)	14.7 (1.65)	24.2 (2.23)	100.0	61.1 (2.37)	38.9 (2.37)
Asian, single race	100.0	34.5 (1.03)	22.5 (0.78)	16.7 (0.67)	26.2 (0.91)	100.0	56.9 (0.99)	43.1 (0.99)
Native Hawaiian or Other Pacific Islander, single race	100.0	39.3 (5.61)	*13.1 (4.37)	14.3 (3.57)	33.3 (5.17)	100.0	52.4 (5.67)	47.6 (5.67)
Two or more races	100.0	31.0 (1.79)	21.4 (1.59)	18.0 (1.59)	29.6 (1.66)	100.0	52.2 (1.76)	47.8 (1.76)
Black or African American, white	100.0	36.7 (4.71)	17.7 (3.74)	16.2 (3.75)	29.4 (4.13)	100.0	54.3 (4.63)	45.7 (4.63)
American Indian or Alaska Native, white	100.0	35.5 (2.72)	20.3 (2.30)	17.2 (2.60)	27.1 (2.65)	100.0	55.5 (2.81)	44.5 (2.81)
Hispanic or Latino origin and race:								
Hispanic or Latino	100.0	45.3 (0.69)	18.9 (0.46)	12.4 (0.36)	23.4 (0.54)	100.0	64.1 (0.62)	35.9 (0.62)
Mexican or Mexican American	100.0	44.4 (0.95)	19.7 (0.64)	12.8 (0.48)	23.1 (0.71)	100.0	64.0 (0.83)	36.0 (0.83)
Not Hispanic or Latino	100.0	32.0 (0.42)	20.4 (0.24)	15.8 (0.20)	31.8 (0.32)	100.0	52.2 (0.37)	47.8 (0.37)
White, single race	100.0	29.6 (0.47)	20.5 (0.28)	16.3 (0.23)	33.6 (0.38)	100.0	49.9 (0.43)	50.1 (0.43)
Black or African American, single race	100.0	43.8 (0.72)	19.3 (0.50)	12.2 (0.40)	24.7 (0.55)	100.0	63.0 (0.61)	37.0 (0.61)
Education:								
Less than high school graduate	100.0	54.0 (0.68)	17.2 (0.47)	10.1 (0.39)	18.7 (0.52)	100.0	71.1 (0.61)	28.9 (0.61)
GED diploma ⁵	100.0	45.3 (1.39)	20.3 (1.09)	11.0 (0.84)	23.4 (1.14)	100.0	65.4 (1.27)	34.6 (1.27)
High school graduate	100.0	42.2 (0.62)	19.6 (0.42)	12.9 (0.33)	25.3 (0.47)	100.0	61.5 (0.53)	38.5 (0.53)
Some college—no degree	100.0	30.6 (0.60)	22.2 (0.45)	15.6 (0.38)	31.7 (0.53)	100.0	52.6 (0.57)	47.4 (0.57)
Associate of arts degree	100.0	27.6 (0.70)	22.3 (0.62)	16.7 (0.55)	33.4 (0.73)	100.0	49.6 (0.80)	50.4 (0.80)
Bachelor of arts, science degree	100.0	20.4 (0.51)	20.6 (0.47)	19.8 (0.44)	39.2 (0.56)	100.0	40.9 (0.60)	59.1 (0.60)
Masters, doctorate, medical degree	100.0	16.0 (0.59)	20.5 (0.61)	20.6 (0.62)	42.9 (0.78)	100.0	36.4 (0.78)	63.6 (0.78)
Poverty status: ⁶								
Below poverty level	100.0	50.8 (0.81)	17.0 (0.48)	10.1 (0.40)	22.1 (0.61)	100.0	67.6 (0.71)	32.4 (0.71)
≥1 and <2 times poverty level	100.0	45.8 (0.67)	19.4 (0.47)	12.6 (0.37)	22.2 (0.50)	100.0	65.1 (0.55)	34.9 (0.55)
≥2 and <4 times poverty level	100.0	35.4 (0.53)	21.3 (0.39)	14.5 (0.31)	28.8 (0.45)	100.0	56.6 (0.49)	43.4 (0.49)
4 times poverty level or more	100.0	21.7 (0.43)	20.7 (0.35)	18.9 (0.32)	38.8 (0.43)	100.0	42.2 (0.47)	57.8 (0.47)
Marital status:								
Never married	100.0	35.1 (0.67)	19.1 (0.47)	14.6 (0.39)	31.1 (0.55)	100.0	54.2 (0.62)	45.8 (0.62)
Married	100.0	32.1 (0.46)	21.3 (0.30)	16.4 (0.25)	30.2 (0.37)	100.0	53.2 (0.43)	46.8 (0.43)
Cohabiting	100.0	35.2 (1.08)	18.8 (0.83)	14.0 (0.69)	32.0 (0.96)	100.0	54.0 (1.09)	46.0 (1.09)
Divorced or separated	100.0	38.7 (0.71)	19.4 (0.50)	14.1 (0.44)	27.8 (0.63)	100.0	58.0 (0.70)	42.0 (0.70)
Widowed	100.0	43.6 (2.55)	18.9 (1.96)	13.0 (2.19)	24.6 (2.52)	100.0	62.5 (2.72)	37.5 (2.72)
Geographic region:								
Northeast	100.0	35.8 (0.83)	19.7 (0.51)	15.1 (0.40)	29.4 (0.68)	100.0	55.2 (0.77)	44.8 (0.77)
Midwest	100.0	31.2 (0.80)	22.5 (0.51)	15.9 (0.40)	30.3 (0.65)	100.0	53.6 (0.73)	46.4 (0.73)
South	100.0	37.5 (0.73)	19.2 (0.38)	14.3 (0.30)	29.0 (0.49)	100.0	56.6 (0.62)	43.4 (0.62)
West	100.0	29.7 (0.75)	19.8 (0.37)	16.3 (0.33)	34.2 (0.66)	100.0	49.3 (0.71)	50.7 (0.71)
Place of residence: ⁷								
Large MSA	100.0	32.2 (0.40)	20.2 (0.28)	15.9 (0.25)	31.7 (0.35)	100.0	52.3 (0.40)	47.7 (0.40)
Small MSA	100.0	32.9 (0.87)	20.4 (0.40)	15.3 (0.32)	31.5 (0.68)	100.0	53.1 (0.78)	46.9 (0.78)
Not in MSA	100.0	41.6 (1.28)	20.1 (0.63)	13.3 (0.46)	25.0 (0.83)	100.0	61.5 (1.07)	38.5 (1.07)

See footnotes at end of table.

Table 5.1. Age-adjusted percent distribution of leisure-time aerobic physical activity status, and age-adjusted percent distribution of meeting or not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Leisure-time aerobic physical activity status ¹					Met/Did not meet 2008 federal guidelines for aerobic activity ²		
	Total	Inactive	Low activity	Medium activity	High activity	Total	Did not meet aerobic guidelines	Met aerobic guidelines
Men								
		Percent distribution (standard error)				Percent distribution (standard error)		
Ages 18 years and over (age adjusted) ³	100.0	31.4 (0.47)	18.4 (0.28)	14.7 (0.25)	35.5 (0.40)	100.0	49.6 (0.46)	50.4 (0.46)
Ages 18 years and over (crude) ³	100.0	31.4 (0.47)	18.4 (0.29)	14.8 (0.25)	35.4 (0.40)	100.0	49.7 (0.45)	50.3 (0.45)
Age: ⁴								
18–24 years	100.0	22.0 (0.98)	15.4 (0.80)	12.9 (0.75)	49.7 (1.14)	100.0	37.3 (1.13)	62.7 (1.13)
25–44 years	100.0	28.2 (0.61)	17.9 (0.43)	16.2 (0.42)	37.8 (0.57)	100.0	45.9 (0.63)	54.1 (0.63)
45–64 years	100.0	33.3 (0.67)	19.8 (0.48)	15.1 (0.43)	31.7 (0.58)	100.0	53.0 (0.64)	47.0 (0.64)
65–74 years	100.0	39.3 (1.06)	19.2 (0.79)	12.8 (0.74)	28.7 (0.93)	100.0	58.4 (1.06)	41.6 (1.06)
75 years and over	100.0	48.3 (1.35)	19.7 (0.96)	11.3 (0.81)	20.6 (1.06)	100.0	68.0 (1.28)	32.0 (1.28)
Race:								
White, single race	100.0	30.5 (0.53)	18.3 (0.32)	14.9 (0.29)	36.3 (0.46)	100.0	48.7 (0.52)	51.3 (0.52)
Black or African American, single race	100.0	37.9 (0.99)	17.3 (0.67)	12.6 (0.61)	32.2 (0.87)	100.0	55.1 (0.95)	44.9 (0.95)
American Indian or Alaska Native, single race	100.0	41.1 (4.10)	19.1 (2.90)	10.1 (1.88)	29.7 (3.20)	100.0	60.2 (3.81)	39.8 (3.81)
Asian, single race	100.0	31.8 (1.42)	21.3 (1.09)	17.3 (1.02)	29.6 (1.40)	100.0	53.0 (1.44)	47.0 (1.44)
Native Hawaiian or Other Pacific Islander, single race	100.0	32.9 (7.27)	†	*11.5 (4.72)	45.0 (9.06)	100.0	43.4 (8.13)	56.6 (8.13)
Two or more races	100.0	29.1 (2.61)	18.3 (2.15)	15.9 (2.08)	36.7 (2.69)	100.0	47.4 (2.94)	52.6 (2.94)
Black or African American, white	100.0	36.9 (7.66)	*11.4 (3.92)	*10.0 (3.95)	41.7 (7.23)	100.0	48.3 (7.42)	51.7 (7.42)
American Indian or Alaska Native, white	100.0	35.1 (4.44)	17.7 (3.49)	13.9 (3.09)	33.3 (4.38)	100.0	52.8 (4.85)	47.2 (4.85)
Hispanic or Latino origin and race:								
Hispanic or Latino	100.0	42.0 (0.92)	18.4 (0.66)	12.5 (0.55)	27.0 (0.77)	100.0	60.4 (0.88)	39.6 (0.88)
Mexican or Mexican American	100.0	42.2 (1.16)	18.6 (0.86)	12.6 (0.70)	26.7 (1.04)	100.0	60.7 (1.13)	39.3 (1.13)
Not Hispanic or Latino	100.0	29.4 (0.50)	18.4 (0.31)	15.1 (0.29)	37.1 (0.44)	100.0	47.7 (0.49)	52.3 (0.49)
White, single race	100.0	28.0 (0.57)	18.3 (0.37)	15.4 (0.34)	38.3 (0.52)	100.0	46.2 (0.57)	53.8 (0.57)
Black or African American, single race	100.0	37.7 (1.01)	17.3 (0.68)	12.6 (0.63)	32.4 (0.89)	100.0	54.9 (0.97)	45.1 (0.97)
Education:								
Less than high school graduate	100.0	50.4 (0.94)	16.9 (0.67)	10.3 (0.56)	22.3 (0.75)	100.0	67.2 (0.86)	32.8 (0.86)
GED diploma ⁵	100.0	41.3 (1.90)	18.7 (1.50)	12.0 (1.34)	28.0 (1.75)	100.0	59.9 (1.97)	40.1 (1.97)
High school graduate	100.0	39.2 (0.79)	18.2 (0.55)	12.6 (0.45)	30.0 (0.67)	100.0	57.2 (0.74)	42.8 (0.74)
Some college—no degree	100.0	27.7 (0.80)	19.6 (0.62)	14.1 (0.58)	38.7 (0.81)	100.0	47.1 (0.82)	52.9 (0.82)
Associate of arts degree	100.0	24.9 (1.06)	20.8 (0.96)	15.2 (0.81)	39.2 (1.15)	100.0	45.5 (1.19)	54.5 (1.19)
Bachelor of arts, science degree	100.0	19.0 (0.71)	18.2 (0.67)	19.3 (0.64)	43.5 (0.83)	100.0	37.1 (0.87)	62.9 (0.87)
Masters, doctorate, medical degree	100.0	14.5 (0.80)	18.1 (0.85)	20.8 (0.94)	46.6 (1.14)	100.0	32.4 (1.09)	67.6 (1.09)
Poverty status: ⁶								
Below poverty level	100.0	45.9 (1.22)	16.3 (0.73)	9.4 (0.54)	28.5 (1.04)	100.0	61.9 (1.13)	38.1 (1.13)
≥1 and <2 times poverty level	100.0	43.7 (0.87)	18.0 (0.63)	11.9 (0.50)	26.4 (0.74)	100.0	61.6 (0.79)	38.4 (0.79)
≥2 and <4 times poverty level	100.0	34.1 (0.69)	19.4 (0.52)	13.6 (0.45)	33.0 (0.64)	100.0	53.3 (0.69)	46.7 (0.69)
4 times poverty level or more	100.0	20.5 (0.55)	18.2 (0.48)	18.3 (0.46)	43.0 (0.59)	100.0	38.6 (0.63)	61.4 (0.63)
Marital status:								
Never married	100.0	32.2 (0.87)	16.9 (0.63)	13.7 (0.56)	37.1 (0.81)	100.0	49.1 (0.87)	50.9 (0.87)
Married	100.0	31.3 (0.57)	19.4 (0.40)	15.7 (0.37)	33.6 (0.51)	100.0	50.6 (0.57)	49.4 (0.57)
Cohabiting	100.0	35.1 (1.51)	16.0 (1.05)	13.5 (0.98)	35.4 (1.36)	100.0	51.0 (1.49)	49.0 (1.49)
Divorced or separated	100.0	35.6 (1.07)	17.5 (0.78)	14.0 (0.72)	33.0 (1.00)	100.0	52.8 (1.07)	47.2 (1.07)
Widowed	100.0	35.5 (4.21)	15.5 (2.93)	*17.8 (5.53)	31.2 (5.41)	100.0	51.0 (4.94)	49.0 (4.94)
Geographic region:								
Northeast	100.0	31.9 (1.11)	17.9 (0.72)	15.6 (0.61)	34.6 (0.96)	100.0	49.5 (1.09)	50.5 (1.09)
Midwest	100.0	29.2 (0.91)	20.5 (0.65)	15.1 (0.55)	35.2 (0.84)	100.0	49.5 (0.92)	50.5 (0.92)
South	100.0	34.8 (0.86)	17.5 (0.44)	13.8 (0.43)	33.9 (0.68)	100.0	52.3 (0.81)	47.7 (0.81)
West	100.0	28.1 (0.92)	17.7 (0.55)	15.2 (0.48)	38.9 (0.87)	100.0	45.8 (0.91)	54.2 (0.91)
Place of residence: ⁷								
Large MSA	100.0	29.0 (0.53)	18.8 (0.38)	15.7 (0.36)	36.4 (0.48)	100.0	47.7 (0.52)	52.3 (0.52)
Small MSA	100.0	30.2 (0.98)	18.6 (0.53)	14.3 (0.43)	36.9 (0.87)	100.0	48.7 (0.98)	51.3 (0.98)
Not in MSA	100.0	41.4 (1.47)	16.8 (0.67)	12.2 (0.63)	29.6 (1.11)	100.0	58.1 (1.34)	41.9 (1.34)

See footnotes at end of table.

Table 5.1. Age-adjusted percent distribution of leisure-time aerobic physical activity status, and age-adjusted percent distribution of meeting or not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Leisure-time aerobic physical activity status ¹					Met/Did not meet 2008 federal guidelines for aerobic activity ²		
	Total	Inactive	Low activity	Medium activity	High activity	Total	Did not meet aerobic guidelines	Met aerobic guidelines
Women								
		Percent distribution (standard error)				Percent distribution (standard error)		
Ages 18 years and over (age adjusted) ³	100.0	36.1 (0.43)	22.0 (0.29)	15.9 (0.24)	26.0 (0.33)	100.0	57.9 (0.39)	42.1 (0.39)
Ages 18 years and over (crude) ³	100.0	36.6 (0.43)	22.0 (0.29)	15.8 (0.24)	25.6 (0.33)	100.0	58.5 (0.38)	41.5 (0.38)
Age: ⁴								
18–24 years	100.0	31.8 (1.05)	20.3 (0.81)	18.3 (0.83)	29.6 (0.93)	100.0	51.9 (1.09)	48.1 (1.09)
25–44 years	100.0	30.6 (0.54)	21.9 (0.44)	16.8 (0.39)	30.7 (0.53)	100.0	52.3 (0.57)	47.7 (0.57)
45–64 years	100.0	35.8 (0.61)	23.4 (0.47)	16.0 (0.38)	24.8 (0.49)	100.0	59.1 (0.57)	40.9 (0.57)
65–74 years	100.0	44.9 (0.93)	22.2 (0.73)	13.7 (0.60)	19.2 (0.77)	100.0	66.7 (0.89)	33.3 (0.89)
75 years and over	100.0	61.6 (0.92)	19.4 (0.77)	9.6 (0.57)	9.4 (0.52)	100.0	80.9 (0.74)	19.1 (0.74)
Race:								
White, single race	100.0	33.9 (0.47)	22.1 (0.33)	16.4 (0.28)	27.5 (0.38)	100.0	55.8 (0.44)	44.2 (0.44)
Black or African American, single race	100.0	48.7 (0.84)	20.8 (0.67)	11.8 (0.48)	18.7 (0.63)	100.0	69.4 (0.73)	30.6 (0.73)
American Indian or Alaska Native, single race	100.0	43.4 (3.58)	18.4 (2.43)	18.7 (2.43)	19.5 (2.94)	100.0	61.8 (2.94)	38.2 (2.94)
Asian, single race	100.0	36.9 (1.31)	23.7 (1.12)	16.3 (0.91)	23.1 (1.15)	100.0	60.5 (1.32)	39.5 (1.32)
Native Hawaiian or Other Pacific Islander, single race	100.0	44.0 (7.45)	*15.9 (5.43)	*15.2 (4.97)	25.0 (7.17)	100.0	59.8 (7.78)	40.2 (7.78)
Two or more races	100.0	32.9 (2.34)	24.1 (2.29)	19.4 (2.37)	23.6 (2.01)	100.0	56.5 (2.60)	43.5 (2.60)
Black or African American, white	100.0	37.0 (5.86)	23.2 (5.85)	21.2 (5.38)	18.6 (3.68)	100.0	60.2 (5.63)	39.8 (5.63)
American Indian or Alaska Native, white	100.0	36.0 (3.42)	22.2 (3.14)	19.3 (3.87)	22.5 (3.11)	100.0	57.7 (3.94)	42.3 (3.94)
Hispanic or Latino origin and race:								
Hispanic or Latino	100.0	48.4 (0.88)	19.5 (0.60)	12.5 (0.50)	19.5 (0.64)	100.0	67.8 (0.77)	32.2 (0.77)
Mexican or Mexican American	100.0	46.7 (1.20)	20.9 (0.84)	13.2 (0.69)	19.3 (0.79)	100.0	67.5 (1.00)	32.5 (1.00)
Not Hispanic or Latino	100.0	34.2 (0.45)	22.3 (0.32)	16.4 (0.26)	27.1 (0.36)	100.0	56.3 (0.41)	43.7 (0.41)
White, single race	100.0	31.1 (0.50)	22.5 (0.37)	17.2 (0.32)	29.2 (0.42)	100.0	53.4 (0.47)	46.6 (0.47)
Black or African American, single race	100.0	48.8 (0.86)	20.8 (0.68)	11.9 (0.50)	18.5 (0.65)	100.0	69.5 (0.75)	30.5 (0.75)
Education:								
Less than high school graduate	100.0	57.8 (0.88)	17.6 (0.62)	9.9 (0.51)	14.8 (0.67)	100.0	75.3 (0.79)	24.7 (0.79)
GED diploma ⁵	100.0	49.5 (1.91)	21.9 (1.52)	10.2 (1.02)	18.4 (1.41)	100.0	71.2 (1.52)	28.8 (1.52)
High school graduate	100.0	45.1 (0.78)	20.9 (0.57)	13.4 (0.49)	20.6 (0.58)	100.0	65.9 (0.69)	34.1 (0.69)
Some college—no degree	100.0	33.0 (0.73)	24.4 (0.60)	16.9 (0.53)	25.7 (0.63)	100.0	57.2 (0.73)	42.8 (0.73)
Associate of arts degree	100.0	29.6 (0.85)	23.6 (0.78)	18.0 (0.72)	28.8 (0.87)	100.0	52.8 (0.94)	47.2 (0.94)
Bachelor of arts, science degree	100.0	21.8 (0.64)	22.9 (0.63)	20.3 (0.59)	35.0 (0.71)	100.0	44.5 (0.74)	55.5 (0.74)
Masters, doctorate, medical degree	100.0	17.7 (0.78)	23.0 (0.86)	20.6 (0.77)	38.8 (1.02)	100.0	40.5 (1.02)	59.5 (1.02)
Poverty status: ⁶								
Below poverty level	100.0	54.3 (0.89)	17.8 (0.60)	10.6 (0.52)	17.4 (0.60)	100.0	71.9 (0.78)	28.1 (0.78)
≥1 and <2 times poverty level	100.0	47.7 (0.81)	20.6 (0.62)	13.3 (0.49)	18.4 (0.58)	100.0	68.1 (0.70)	31.9 (0.70)
≥2 and <4 times poverty level	100.0	36.7 (0.64)	23.2 (0.54)	15.5 (0.42)	24.6 (0.55)	100.0	59.7 (0.62)	40.3 (0.62)
4 times poverty level or more	100.0	22.9 (0.54)	23.2 (0.50)	19.6 (0.45)	34.4 (0.55)	100.0	45.9 (0.59)	54.1 (0.59)
Marital status:								
Never married	100.0	38.5 (0.85)	21.5 (0.68)	15.5 (0.56)	24.5 (0.65)	100.0	59.9 (0.76)	40.1 (0.76)
Married	100.0	32.9 (0.53)	23.2 (0.40)	17.1 (0.35)	26.7 (0.45)	100.0	55.9 (0.51)	44.1 (0.51)
Cohabiting	100.0	34.8 (1.41)	22.1 (1.31)	14.5 (1.05)	28.7 (1.27)	100.0	56.8 (1.46)	43.2 (1.46)
Divorced or separated	100.0	40.8 (0.84)	20.7 (0.62)	14.2 (0.55)	24.2 (0.74)	100.0	61.5 (0.83)	38.5 (0.83)
Widowed	100.0	47.0 (2.97)	20.7 (2.46)	10.6 (1.61)	21.7 (2.63)	100.0	67.6 (2.92)	32.4 (2.92)
Geographic region:								
Northeast	100.0	39.2 (0.92)	21.4 (0.72)	14.8 (0.51)	24.7 (0.77)	100.0	60.2 (0.86)	39.8 (0.86)
Midwest	100.0	33.1 (0.93)	24.4 (0.59)	16.7 (0.56)	25.8 (0.70)	100.0	57.3 (0.82)	42.7 (0.82)
South	100.0	39.8 (0.78)	20.8 (0.53)	14.9 (0.39)	24.5 (0.53)	100.0	60.5 (0.65)	39.5 (0.65)
West	100.0	31.2 (0.81)	21.7 (0.51)	17.5 (0.48)	29.7 (0.73)	100.0	52.7 (0.82)	47.3 (0.82)
Place of residence: ⁷								
Large MSA	100.0	35.0 (0.48)	21.6 (0.38)	16.1 (0.32)	27.3 (0.44)	100.0	56.5 (0.49)	43.5 (0.49)
Small MSA	100.0	35.2 (0.90)	22.1 (0.52)	16.4 (0.46)	26.4 (0.66)	100.0	57.1 (0.78)	42.9 (0.78)
Not in MSA	100.0	41.7 (1.37)	23.0 (0.82)	14.4 (0.61)	20.9 (0.86)	100.0	64.5 (1.12)	35.5 (1.12)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Questions related to leisure-time physical activity were phrased in terms of current behavior and lack a specific reference period. "Inactive" is no light-moderate or vigorous leisure-time aerobic physical activity lasting at least 10 minutes; "low activity" is light-moderate or vigorous leisure-time aerobic physical activity beyond baseline but for a cumulative total of fewer than 150 minutes per week; "medium activity" is light-moderate or vigorous leisure-time aerobic physical activity for a cumulative total of 150–300 minutes per week; and "high activity" is light-moderate or vigorous leisure-time aerobic physical activity for a cumulative total of more than 300 minutes per week. The "low activity" and "medium activity" categories of aerobic physical activity correspond to the "insufficiently active" and "sufficiently active" categories, respectively, used in "Summary Health Statistics for U.S. Adults: National Health Interview Survey, 2010" (available from: http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf).

²The *2008 Physical Activity Guidelines for Americans* (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferably be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days a week. NHIS questions ask about frequency and duration of light-moderate-intensity and vigorous-intensity leisure-time physical activities and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁴Estimates for age groups are not age adjusted.

⁵GED is General Educational Development high school equivalency diploma.

⁶Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁷MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Percentages may not add to totals due to rounding. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentage distributions, refer to Appendix Table XII. Denominator for each percent distribution excludes persons with unknown leisure-time physical activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 5.2. Age-adjusted percent distribution of frequency of engaging in leisure-time muscle-strengthening activity, and age-adjusted percent distribution of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Frequency of muscle-strengthening activity ¹				Met/Did not meet 2008 federal guidelines for muscle-strengthening activity ²		
	Total	Never or unable	Once a week	2 or more days a week	Total	Did not meet muscle-strengthening guidelines (less than 2 times per week)	Met muscle-strengthening guidelines (2 or more times per week)
Both sexes							
Percent distribution (standard error)							
Ages 18 years and over (age adjusted) ³	100.0	73.5 (0.27)	3.5 (0.09)	23.0 (0.26)	100.0	77.0 (0.26)	23.0 (0.26)
Ages 18 years and over (crude) ³	100.0	73.8 (0.28)	3.4 (0.09)	22.7 (0.26)	100.0	77.3 (0.26)	22.7 (0.26)
Age: ⁴							
18–24 years	100.0	64.2 (0.77)	5.4 (0.34)	30.4 (0.73)	100.0	69.6 (0.73)	30.4 (0.73)
25–44 years	100.0	69.9 (0.40)	4.3 (0.17)	25.8 (0.37)	100.0	74.2 (0.37)	25.8 (0.37)
45–64 years	100.0	76.6 (0.38)	2.9 (0.13)	20.5 (0.35)	100.0	79.5 (0.35)	20.5 (0.35)
65–74 years	100.0	81.5 (0.58)	1.4 (0.15)	17.1 (0.56)	100.0	82.9 (0.56)	17.1 (0.56)
75 years and over	100.0	87.0 (0.54)	0.9 (0.14)	12.1 (0.52)	100.0	87.9 (0.52)	12.1 (0.52)
Race:							
White, single race	100.0	73.0 (0.31)	3.5 (0.11)	23.5 (0.29)	100.0	76.5 (0.29)	23.5 (0.29)
Black or African American, single race	100.0	76.0 (0.55)	3.1 (0.20)	20.9 (0.52)	100.0	79.1 (0.52)	20.9 (0.52)
American Indian or Alaska Native, single race	100.0	81.2 (1.94)	3.8 (0.93)	15.0 (1.74)	100.0	85.0 (1.74)	15.0 (1.74)
Asian, single race	100.0	76.4 (0.79)	3.9 (0.36)	19.6 (0.74)	100.0	80.4 (0.74)	19.6 (0.74)
Native Hawaiian or Other Pacific Islander, single race	100.0	80.3 (4.41)	†	19.0 (4.40)	100.0	81.0 (4.40)	19.0 (4.40)
Two or more races	100.0	69.3 (1.70)	4.3 (0.88)	26.4 (1.60)	100.0	73.6 (1.60)	26.4 (1.60)
Black or African American, white	100.0	74.5 (4.06)	†	22.6 (3.78)	100.0	77.4 (3.78)	22.6 (3.78)
American Indian or Alaska Native, white	100.0	70.6 (2.81)	*5.6 (2.00)	23.8 (2.50)	100.0	76.2 (2.50)	23.8 (2.50)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	80.5 (0.47)	2.9 (0.18)	16.6 (0.46)	100.0	83.4 (0.46)	16.6 (0.46)
Mexican or Mexican American	100.0	81.1 (0.62)	2.8 (0.22)	16.1 (0.60)	100.0	83.9 (0.60)	16.1 (0.60)
Not Hispanic or Latino	100.0	72.2 (0.30)	3.6 (0.10)	24.2 (0.28)	100.0	75.8 (0.28)	24.2 (0.28)
White, single race	100.0	71.3 (0.35)	3.7 (0.12)	25.0 (0.33)	100.0	75.0 (0.33)	25.0 (0.33)
Black or African American, single race	100.0	75.8 (0.56)	3.2 (0.21)	21.0 (0.54)	100.0	79.0 (0.54)	21.0 (0.54)
Education:							
Less than high school graduate	100.0	86.4 (0.45)	1.7 (0.17)	11.9 (0.43)	100.0	88.1 (0.43)	11.9 (0.43)
GED diploma ⁵	100.0	82.8 (1.01)	3.0 (0.48)	14.3 (0.91)	100.0	85.7 (0.91)	14.3 (0.91)
High school graduate	100.0	81.1 (0.42)	2.4 (0.15)	16.6 (0.40)	100.0	83.4 (0.40)	16.6 (0.40)
Some college—no degree	100.0	71.6 (0.52)	3.8 (0.21)	24.6 (0.47)	100.0	75.4 (0.47)	24.6 (0.47)
Associate of arts degree	100.0	70.1 (0.69)	3.8 (0.28)	26.1 (0.65)	100.0	73.9 (0.65)	26.1 (0.65)
Bachelor of arts, science degree	100.0	62.8 (0.58)	4.8 (0.23)	32.4 (0.55)	100.0	67.6 (0.55)	32.4 (0.55)
Masters, doctorate, medical degree	100.0	59.3 (0.77)	5.6 (0.37)	35.1 (0.77)	100.0	64.9 (0.77)	35.1 (0.77)
Poverty status: ⁶							
Below poverty level	100.0	82.5 (0.55)	2.4 (0.18)	15.1 (0.51)	100.0	84.9 (0.51)	15.1 (0.51)
≥1 and <2 times poverty level	100.0	82.5 (0.46)	2.6 (0.17)	14.9 (0.43)	100.0	85.1 (0.43)	14.9 (0.43)
≥2 and <4 times poverty level	100.0	76.1 (0.41)	3.2 (0.16)	20.8 (0.40)	100.0	79.2 (0.40)	20.8 (0.40)
4 times poverty level or more	100.0	64.0 (0.46)	4.6 (0.18)	31.4 (0.45)	100.0	68.6 (0.45)	31.4 (0.45)
Marital status:							
Never married	100.0	72.0 (0.50)	3.5 (0.18)	24.4 (0.48)	100.0	75.6 (0.48)	24.4 (0.48)
Married	100.0	74.5 (0.36)	3.4 (0.13)	22.1 (0.34)	100.0	77.9 (0.34)	22.1 (0.34)
Cohabiting	100.0	74.6 (0.93)	3.7 (0.39)	21.6 (0.87)	100.0	78.4 (0.87)	21.6 (0.87)
Divorced or separated	100.0	75.6 (0.55)	3.2 (0.21)	21.2 (0.53)	100.0	78.8 (0.53)	21.2 (0.53)
Widowed	100.0	82.0 (2.34)	*1.1 (0.38)	17.0 (2.32)	100.0	83.0 (2.32)	17.0 (2.32)
Geographic region:							
Northeast	100.0	73.5 (0.68)	3.6 (0.23)	22.9 (0.66)	100.0	77.1 (0.66)	22.9 (0.66)
Midwest	100.0	71.9 (0.57)	4.0 (0.21)	24.1 (0.52)	100.0	75.9 (0.52)	24.1 (0.52)
South	100.0	75.6 (0.43)	3.1 (0.14)	21.2 (0.40)	100.0	78.8 (0.40)	21.2 (0.40)
West	100.0	71.9 (0.60)	3.5 (0.18)	24.7 (0.57)	100.0	75.3 (0.57)	24.7 (0.57)
Place of residence: ⁷							
Large MSA	100.0	71.1 (0.36)	3.9 (0.13)	24.9 (0.34)	100.0	75.1 (0.34)	24.9 (0.34)
Small MSA	100.0	73.8 (0.53)	3.3 (0.17)	22.8 (0.48)	100.0	77.2 (0.48)	22.8 (0.48)
Not in MSA	100.0	80.7 (0.73)	2.3 (0.16)	17.0 (0.67)	100.0	83.0 (0.67)	17.0 (0.67)

See footnotes at end of table.

Table 5.2. Age-adjusted percent distribution of frequency of engaging in leisure-time muscle-strengthening activity, and age-adjusted percent distribution of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Frequency of muscle-strengthening activity ¹				Met/Did not meet 2008 federal guidelines for muscle-strengthening activity ²		
	Total	Never or unable	Once a week	2 or more days a week	Total	Did not meet muscle-strengthening guidelines (less than 2 times per week)	Met muscle-strengthening guidelines (2 or more times per week)
Men							
Percent distribution (standard error)							
Ages 18 years and over (age adjusted) ³	100.0	69.4 (0.37)	3.6 (0.14)	27.0 (0.35)	100.0	73.0 (0.35)	27.0 (0.35)
Ages 18 years and over (crude) ³	100.0	69.6 (0.37)	3.6 (0.13)	26.8 (0.36)	100.0	73.2 (0.36)	26.8 (0.36)
Age: ⁴							
18–24 years	100.0	55.0 (1.12)	4.8 (0.44)	40.2 (1.12)	100.0	59.8 (1.12)	40.2 (1.12)
25–44 years	100.0	65.0 (0.56)	4.8 (0.25)	30.3 (0.52)	100.0	69.7 (0.52)	30.3 (0.52)
45–64 years	100.0	74.7 (0.53)	2.9 (0.18)	22.4 (0.50)	100.0	77.6 (0.50)	22.4 (0.50)
65–74 years	100.0	80.0 (0.83)	1.6 (0.25)	18.5 (0.82)	100.0	81.5 (0.82)	18.5 (0.82)
75 years and over	100.0	84.6 (0.93)	0.9 (0.22)	14.5 (0.92)	100.0	85.5 (0.92)	14.5 (0.92)
Race:							
White, single race	100.0	69.7 (0.42)	3.5 (0.15)	26.8 (0.40)	100.0	73.2 (0.40)	26.8 (0.40)
Black or African American, single race	100.0	66.4 (0.86)	4.2 (0.38)	29.4 (0.86)	100.0	70.6 (0.86)	29.4 (0.86)
American Indian or Alaska Native, single race	100.0	79.5 (2.99)	*3.3 (1.15)	17.2 (2.78)	100.0	82.8 (2.78)	17.2 (2.78)
Asian, single race	100.0	72.2 (1.19)	3.8 (0.49)	24.1 (1.12)	100.0	75.9 (1.12)	24.1 (1.12)
Native Hawaiian or Other Pacific Islander, single race	100.0	76.7 (6.89)	–	23.3 (6.89)	100.0	76.7 (6.89)	23.3 (6.89)
Two or more races	100.0	62.1 (2.64)	3.9 (0.97)	34.0 (2.57)	100.0	66.0 (2.57)	34.0 (2.57)
Black or African American, white	100.0	70.6 (6.13)	†	24.1 (4.45)	100.0	75.9 (4.45)	24.1 (4.45)
American Indian or Alaska Native, white	100.0	63.2 (4.36)	*3.7 (1.73)	33.1 (4.38)	100.0	66.9 (4.38)	33.1 (4.38)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	76.8 (0.71)	3.3 (0.26)	20.0 (0.68)	100.0	80.0 (0.68)	20.0 (0.68)
Mexican or Mexican American	100.0	78.0 (0.90)	3.2 (0.33)	18.8 (0.87)	100.0	81.2 (0.87)	18.8 (0.87)
Not Hispanic or Latino	100.0	68.0 (0.40)	3.7 (0.15)	28.3 (0.39)	100.0	71.7 (0.39)	28.3 (0.39)
White, single race	100.0	68.1 (0.47)	3.6 (0.17)	28.3 (0.45)	100.0	71.7 (0.45)	28.3 (0.45)
Black or African American, single race	100.0	66.0 (0.88)	4.3 (0.39)	29.7 (0.88)	100.0	70.3 (0.88)	29.7 (0.88)
Education:							
Less than high school graduate	100.0	82.6 (0.67)	2.2 (0.24)	15.1 (0.63)	100.0	84.9 (0.63)	15.1 (0.63)
GED diploma ⁵	100.0	78.2 (1.54)	3.5 (0.66)	18.3 (1.47)	100.0	81.7 (1.47)	18.3 (1.47)
High school graduate	100.0	77.1 (0.59)	2.7 (0.21)	20.1 (0.58)	100.0	79.9 (0.58)	20.1 (0.58)
Some college—no degree	100.0	65.9 (0.74)	3.8 (0.29)	30.4 (0.72)	100.0	69.6 (0.72)	30.4 (0.72)
Associate of arts degree	100.0	66.6 (1.09)	4.4 (0.50)	29.0 (1.04)	100.0	71.0 (1.04)	29.0 (1.04)
Bachelor of arts, science degree	100.0	59.0 (0.84)	4.6 (0.32)	36.4 (0.84)	100.0	63.6 (0.84)	36.4 (0.84)
Masters, doctorate, medical degree	100.0	55.9 (1.10)	4.8 (0.51)	39.3 (1.11)	100.0	60.7 (1.11)	39.3 (1.11)
Poverty status: ⁶							
Below poverty level	100.0	76.7 (0.88)	2.8 (0.30)	20.6 (0.83)	100.0	79.4 (0.83)	20.6 (0.83)
≥1 and <2 times poverty level	100.0	79.0 (0.66)	3.1 (0.27)	17.9 (0.63)	100.0	82.1 (0.63)	17.9 (0.63)
≥2 and <4 times poverty level	100.0	72.5 (0.60)	3.4 (0.23)	24.1 (0.59)	100.0	75.9 (0.59)	24.1 (0.59)
4 times poverty level or more	100.0	61.0 (0.62)	4.2 (0.23)	34.8 (0.62)	100.0	65.2 (0.62)	34.8 (0.62)
Marital status:							
Never married	100.0	66.6 (0.73)	3.5 (0.24)	29.9 (0.72)	100.0	70.1 (0.72)	29.9 (0.72)
Married	100.0	72.1 (0.48)	3.5 (0.18)	24.4 (0.46)	100.0	75.6 (0.46)	24.4 (0.46)
Cohabiting	100.0	72.5 (1.34)	3.9 (0.53)	23.7 (1.27)	100.0	76.3 (1.27)	23.7 (1.27)
Divorced or separated	100.0	69.4 (0.96)	3.8 (0.35)	26.9 (0.93)	100.0	73.1 (0.93)	26.9 (0.93)
Widowed	100.0	74.8 (5.40)	*0.8 (0.26)	24.4 (5.40)	100.0	75.6 (5.40)	24.4 (5.40)
Geographic region:							
Northeast	100.0	68.7 (0.98)	3.5 (0.33)	27.8 (0.95)	100.0	72.2 (0.95)	27.8 (0.95)
Midwest	100.0	68.4 (0.75)	3.9 (0.33)	27.8 (0.71)	100.0	72.2 (0.71)	27.8 (0.71)
South	100.0	70.9 (0.56)	3.4 (0.21)	25.6 (0.54)	100.0	74.4 (0.54)	25.6 (0.54)
West	100.0	68.5 (0.79)	3.7 (0.24)	27.8 (0.78)	100.0	72.2 (0.78)	27.8 (0.78)
Place of residence: ⁷							
Large MSA	100.0	66.2 (0.49)	4.2 (0.20)	29.7 (0.47)	100.0	70.3 (0.47)	29.7 (0.47)
Small MSA	100.0	70.4 (0.67)	3.3 (0.24)	26.3 (0.65)	100.0	73.7 (0.65)	26.3 (0.65)
Not in MSA	100.0	78.0 (0.97)	2.4 (0.27)	19.6 (0.88)	100.0	80.4 (0.88)	19.6 (0.88)

See footnotes at end of table.

Table 5.2. Age-adjusted percent distribution of frequency of engaging in leisure-time muscle-strengthening activity, and age-adjusted percent distribution of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Frequency of muscle-strengthening activity ¹				Met/Did not meet 2008 federal guidelines for muscle-strengthening activity ²		
	Total	Never or unable	Once a week	2 or more days a week	Total	Did not meet muscle-strengthening guidelines (less than 2 times per week)	Met muscle-strengthening guidelines (2 or more times per week)
Women							
Percent distribution (standard error)							
Ages 18 years and over (age adjusted) ³	100.0	77.5 (0.32)	3.4 (0.12)	19.1 (0.29)	100.0	80.9 (0.29)	19.1 (0.29)
Ages 18 years and over (crude) ³	100.0	77.8 (0.31)	3.3 (0.12)	18.9 (0.28)	100.0	81.1 (0.28)	18.9 (0.28)
Age: ⁴							
18–24 years	100.0	73.5 (0.94)	5.9 (0.51)	20.7 (0.84)	100.0	79.3 (0.84)	20.7 (0.84)
25–44 years	100.0	74.7 (0.47)	3.9 (0.20)	21.5 (0.44)	100.0	78.5 (0.44)	21.5 (0.44)
45–64 years	100.0	78.4 (0.48)	2.9 (0.19)	18.7 (0.45)	100.0	81.3 (0.45)	18.7 (0.45)
65–74 years	100.0	82.8 (0.71)	1.3 (0.19)	15.9 (0.69)	100.0	84.1 (0.69)	15.9 (0.69)
75 years and over	100.0	88.5 (0.59)	0.9 (0.17)	10.5 (0.57)	100.0	89.5 (0.57)	10.5 (0.57)
Race:							
White, single race	100.0	76.2 (0.37)	3.5 (0.14)	20.3 (0.34)	100.0	79.7 (0.34)	20.3 (0.34)
Black or African American, single race	100.0	83.9 (0.60)	2.2 (0.20)	13.9 (0.56)	100.0	86.1 (0.56)	13.9 (0.56)
American Indian or Alaska Native, single race	100.0	82.7 (2.68)	*4.1 (1.39)	13.2 (2.30)	100.0	86.8 (2.30)	13.2 (2.30)
Asian, single race	100.0	80.4 (1.04)	4.1 (0.50)	15.5 (0.96)	100.0	84.5 (0.96)	15.5 (0.96)
Native Hawaiian or Other Pacific Islander, single race	100.0	82.1 (6.09)	†	*16.5 (6.10)	100.0	83.5 (6.10)	*16.5 (6.10)
Two or more races	100.0	75.9 (2.17)	*4.7 (1.41)	19.4 (1.92)	100.0	80.6 (1.92)	19.4 (1.92)
Black or African American, white	100.0	78.2 (5.38)	†	20.5 (5.35)	100.0	79.5 (5.35)	20.5 (5.35)
American Indian or Alaska Native, white	100.0	76.6 (3.61)	*7.1 (3.27)	16.3 (2.45)	100.0	83.7 (2.45)	16.3 (2.45)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	84.7 (0.58)	2.4 (0.23)	12.9 (0.55)	100.0	87.1 (0.55)	12.9 (0.55)
Mexican or Mexican American	100.0	84.7 (0.76)	2.4 (0.30)	12.9 (0.74)	100.0	87.1 (0.74)	12.9 (0.74)
Not Hispanic or Latino	100.0	76.2 (0.34)	3.5 (0.14)	20.2 (0.31)	100.0	79.8 (0.31)	20.2 (0.31)
White, single race	100.0	74.4 (0.41)	3.8 (0.16)	21.9 (0.38)	100.0	78.1 (0.38)	21.9 (0.38)
Black or African American, single race	100.0	83.9 (0.62)	2.2 (0.20)	13.8 (0.57)	100.0	86.2 (0.57)	13.8 (0.57)
Education:							
Less than high school graduate	100.0	90.9 (0.52)	1.2 (0.21)	7.9 (0.49)	100.0	92.1 (0.49)	7.9 (0.49)
GED diploma ⁵	100.0	88.0 (1.20)	*2.3 (0.74)	9.6 (1.03)	100.0	90.4 (1.03)	9.6 (1.03)
High school graduate	100.0	85.6 (0.49)	1.9 (0.20)	12.5 (0.46)	100.0	87.5 (0.46)	12.5 (0.46)
Some college—no degree	100.0	76.6 (0.62)	3.8 (0.30)	19.6 (0.55)	100.0	80.4 (0.55)	19.6 (0.55)
Associate of arts degree	100.0	73.1 (0.85)	3.2 (0.33)	23.7 (0.80)	100.0	76.3 (0.80)	23.7 (0.80)
Bachelor of arts, science degree	100.0	66.3 (0.72)	5.0 (0.31)	28.7 (0.68)	100.0	71.3 (0.68)	28.7 (0.68)
Masters, doctorate, medical degree	100.0	62.6 (1.03)	6.4 (0.50)	31.0 (1.00)	100.0	69.0 (1.00)	31.0 (1.00)
Poverty status: ⁶							
Below poverty level	100.0	87.0 (0.59)	2.1 (0.22)	10.9 (0.53)	100.0	89.1 (0.53)	10.9 (0.53)
≥1 and <2 times poverty level	100.0	85.7 (0.51)	2.1 (0.22)	12.1 (0.47)	100.0	87.9 (0.47)	12.1 (0.47)
≥2 and <4 times poverty level	100.0	79.8 (0.51)	2.9 (0.22)	17.3 (0.48)	100.0	82.7 (0.48)	17.3 (0.48)
4 times poverty level or more	100.0	67.3 (0.57)	5.0 (0.26)	27.7 (0.54)	100.0	72.3 (0.54)	27.7 (0.54)
Marital status:							
Never married	100.0	78.3 (0.60)	3.6 (0.26)	18.1 (0.57)	100.0	81.9 (0.57)	18.1 (0.57)
Married	100.0	76.8 (0.44)	3.3 (0.17)	19.9 (0.41)	100.0	80.1 (0.41)	19.9 (0.41)
Cohabiting	100.0	76.5 (1.29)	3.6 (0.61)	19.9 (1.18)	100.0	80.1 (1.18)	19.9 (1.18)
Divorced or separated	100.0	80.0 (0.61)	2.8 (0.27)	17.2 (0.57)	100.0	82.8 (0.57)	17.2 (0.57)
Widowed	100.0	85.1 (2.15)	*1.2 (0.55)	13.7 (2.09)	100.0	86.3 (2.09)	13.7 (2.09)
Geographic region:							
Northeast	100.0	77.9 (0.71)	3.7 (0.31)	18.5 (0.65)	100.0	81.5 (0.65)	18.5 (0.65)
Midwest	100.0	75.2 (0.72)	4.1 (0.29)	20.7 (0.63)	100.0	79.3 (0.63)	20.7 (0.63)
South	100.0	80.1 (0.49)	2.8 (0.17)	17.0 (0.45)	100.0	83.0 (0.45)	17.0 (0.45)
West	100.0	75.4 (0.69)	3.2 (0.25)	21.4 (0.64)	100.0	78.6 (0.64)	21.4 (0.64)

See footnotes at end of table.

Table 5.2. Age-adjusted percent distribution of frequency of engaging in leisure-time muscle-strengthening activity, and age-adjusted percent distribution of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Frequency of muscle-strengthening activity ¹				Met/Did not meet 2008 federal guidelines for muscle-strengthening activity ²		
	Total	Never or unable	Once a week	2 or more days a week	Total	Did not meet muscle-strengthening guidelines (less than 2 times per week)	Met muscle-strengthening guidelines (2 or more times per week)
Place of residence: ⁷							
Large MSA	100.0	75.9 (0.44)	3.8 (0.18)	20.3 (0.40)	100.0	79.7 (0.40)	20.3 (0.40)
Small MSA	100.0	77.1 (0.59)	3.3 (0.22)	19.6 (0.52)	100.0	80.4 (0.52)	19.6 (0.52)
Not in MSA	100.0	83.3 (0.74)	2.2 (0.20)	14.5 (0.70)	100.0	85.5 (0.70)	14.5 (0.70)

† Estimate has a relative standard error greater than 50% and is not shown.

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

– Quantity zero.

¹Muscle-strengthening activities include leisure-time physical activities specifically designed to strengthen muscles such as weight lifting or calisthenics. No minimum duration imposed when asking frequency and no duration question was asked.

²The *2008 Physical Activity Guidelines for Americans* (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days a week. NHIS questions ask about frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁴Estimates for age groups are not age adjusted.

⁵GED is General Educational Development high school equivalency diploma.

⁶Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁷MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Percentages may not add to totals due to rounding. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Appendix Table XIII. Denominator for each percentage excludes persons with unknown leisure-time strengthening activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 5.3. Age-adjusted percent distribution of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	2008 federal physical activity guidelines for adults ¹			
		Met neither aerobic nor muscle-strengthening guidelines	Met muscle-strengthening guideline only	Met aerobic guideline only	Met both aerobic and muscle-strengthening guidelines
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	50.3 (0.35)	3.7 (0.09)	26.6 (0.27)	19.4 (0.24)
Ages 18 years and over (crude) ²	100.0	50.6 (0.35)	3.7 (0.09)	26.6 (0.26)	19.1 (0.24)
Age: ³					
18–24 years	100.0	41.2 (0.83)	3.4 (0.29)	28.3 (0.73)	27.0 (0.70)
25–44 years	100.0	46.0 (0.46)	3.2 (0.14)	28.1 (0.38)	22.6 (0.36)
45–64 years	100.0	52.5 (0.48)	3.7 (0.14)	26.9 (0.39)	17.0 (0.33)
65–74 years	100.0	58.4 (0.72)	4.5 (0.30)	24.4 (0.58)	12.6 (0.50)
75 years and over	100.0	70.5 (0.77)	5.2 (0.34)	17.4 (0.60)	6.8 (0.39)
Race:					
White, single race	100.0	48.9 (0.39)	3.5 (0.11)	27.5 (0.30)	20.1 (0.28)
Black or African American, single race	100.0	58.8 (0.61)	4.2 (0.24)	20.3 (0.46)	16.7 (0.48)
American Indian or Alaska Native, single race	100.0	58.5 (2.40)	2.7 (0.72)	26.8 (2.08)	12.0 (1.59)
Asian, single race	100.0	52.8 (0.96)	4.2 (0.38)	27.5 (0.86)	15.5 (0.71)
Native Hawaiian or Other Pacific Islander, single race	100.0	51.5 (5.63)	†	29.3 (4.96)	18.3 (4.40)
Two or more races	100.0	47.1 (1.76)	5.5 (0.90)	26.3 (1.77)	21.1 (1.41)
Black or African American, white	100.0	53.6 (4.58)	†	23.6 (3.88)	21.2 (3.76)
American Indian or Alaska Native, white	100.0	49.2 (2.81)	7.2 (1.61)	26.8 (2.86)	16.8 (2.11)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	60.5 (0.64)	3.7 (0.23)	23.0 (0.53)	12.9 (0.41)
Mexican or Mexican American	100.0	60.1 (0.85)	3.9 (0.33)	23.9 (0.70)	12.1 (0.53)
Not Hispanic or Latino	100.0	48.6 (0.37)	3.7 (0.10)	27.2 (0.29)	20.5 (0.26)
White, single race	100.0	46.5 (0.43)	3.5 (0.12)	28.4 (0.33)	21.6 (0.31)
Black or African American, single race	100.0	58.8 (0.63)	4.3 (0.25)	20.3 (0.47)	16.7 (0.49)
Education:					
Less than high school graduate	100.0	67.9 (0.62)	3.2 (0.21)	20.3 (0.53)	8.6 (0.38)
GED diploma ⁴	100.0	61.4 (1.29)	4.2 (0.53)	24.4 (1.21)	10.0 (0.79)
High school graduate	100.0	58.1 (0.53)	3.5 (0.19)	25.3 (0.46)	13.1 (0.36)
Some college—no degree	100.0	48.6 (0.58)	4.0 (0.19)	26.7 (0.48)	20.7 (0.45)
Associate of arts degree	100.0	45.5 (0.81)	4.1 (0.32)	28.5 (0.68)	21.9 (0.62)
Bachelor of arts, science degree	100.0	37.3 (0.57)	3.7 (0.21)	30.2 (0.51)	28.8 (0.54)
Masters, doctorate, medical degree	100.0	32.7 (0.77)	3.7 (0.27)	32.2 (0.71)	31.4 (0.76)
Poverty status: ⁵					
Below poverty level	100.0	64.2 (0.74)	3.5 (0.22)	20.6 (0.54)	11.7 (0.46)
≥1 and <2 times poverty level	100.0	61.6 (0.56)	3.5 (0.20)	23.5 (0.51)	11.4 (0.36)
≥2 and <4 times poverty level	100.0	52.9 (0.50)	3.7 (0.17)	26.3 (0.43)	17.0 (0.36)
4 times poverty level or more	100.0	38.5 (0.45)	3.8 (0.17)	30.1 (0.41)	27.7 (0.43)
Marital status:					
Never married	100.0	50.3 (0.63)	3.9 (0.22)	25.2 (0.53)	20.6 (0.44)
Married	100.0	49.9 (0.43)	3.4 (0.12)	28.0 (0.33)	18.8 (0.32)
Cohabiting	100.0	51.0 (1.10)	3.1 (0.39)	27.2 (0.97)	18.7 (0.82)
Divorced or separated	100.0	54.2 (0.72)	3.9 (0.25)	24.6 (0.59)	17.3 (0.49)
Widowed	100.0	60.4 (2.74)	2.4 (0.36)	22.7 (2.51)	14.5 (2.31)
Geographic region:					
Northeast	100.0	51.3 (0.77)	3.9 (0.26)	25.7 (0.58)	19.0 (0.62)
Midwest	100.0	49.6 (0.74)	4.0 (0.22)	26.1 (0.59)	20.2 (0.45)
South	100.0	53.3 (0.62)	3.3 (0.13)	25.5 (0.45)	17.9 (0.38)
West	100.0	45.7 (0.70)	3.6 (0.18)	29.6 (0.55)	21.1 (0.54)
Place of residence: ⁶					
Large MSA	100.0	48.6 (0.40)	3.8 (0.12)	26.5 (0.33)	21.2 (0.32)
Small MSA	100.0	49.5 (0.75)	3.6 (0.16)	27.6 (0.57)	19.3 (0.48)
Not in MSA	100.0	58.0 (1.10)	3.6 (0.28)	25.0 (0.76)	13.4 (0.56)

See footnotes at end of table.

Table 5.3. Age-adjusted percent distribution of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	2008 federal physical activity guidelines for adults ¹			
		Met neither aerobic nor muscle-strengthening guidelines	Met muscle-strengthening guideline only	Met aerobic guideline only	Met both aerobic and muscle-strengthening guidelines
Men		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	45.7 (0.44)	4.0 (0.15)	27.2 (0.36)	23.1 (0.34)
Ages 18 years and over (crude) ²	100.0	45.8 (0.44)	4.0 (0.14)	27.3 (0.36)	23.0 (0.34)
Age: ³					
18–24 years	100.0	33.0 (1.09)	4.4 (0.50)	26.8 (1.01)	35.9 (1.07)
25–44 years	100.0	42.1 (0.62)	3.9 (0.22)	27.6 (0.54)	26.4 (0.51)
45–64 years	100.0	49.3 (0.65)	3.7 (0.22)	28.1 (0.56)	18.9 (0.47)
65–74 years	100.0	54.0 (1.08)	4.4 (0.44)	27.5 (0.95)	14.1 (0.73)
75 years and over	100.0	63.5 (1.33)	4.4 (0.48)	22.2 (1.06)	9.9 (0.81)
Race:					
White, single race	100.0	45.0 (0.49)	3.7 (0.17)	28.1 (0.40)	23.1 (0.39)
Black or African American, single race	100.0	49.9 (0.97)	5.3 (0.40)	20.8 (0.72)	24.1 (0.79)
American Indian or Alaska Native, single race	100.0	57.0 (3.83)	*3.2 (1.22)	26.5 (3.46)	13.3 (2.59)
Asian, single race	100.0	48.3 (1.40)	4.6 (0.53)	27.5 (1.18)	19.6 (1.09)
Native Hawaiian or Other Pacific Islander, single race	100.0	43.1 (8.13)	†	33.3 (6.98)	23.3 (6.93)
Two or more races	100.0	40.9 (2.91)	6.7 (1.48)	24.8 (2.49)	27.6 (2.34)
Black or African American, white	100.0	46.8 (7.34)	†	29.0 (7.10)	21.2 (4.25)
American Indian or Alaska Native, white	100.0	43.2 (4.68)	*10.2 (3.16)	23.5 (3.86)	23.2 (3.92)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	56.4 (0.88)	4.0 (0.32)	23.6 (0.74)	15.9 (0.62)
Mexican or Mexican American	100.0	56.4 (1.13)	4.4 (0.44)	24.8 (0.96)	14.5 (0.77)
Not Hispanic or Latino	100.0	43.8 (0.47)	4.0 (0.16)	27.8 (0.39)	24.5 (0.38)
White, single race	100.0	42.6 (0.54)	3.7 (0.19)	29.0 (0.45)	24.8 (0.44)
Black or African American, single race	100.0	49.6 (0.99)	5.3 (0.41)	20.7 (0.73)	24.4 (0.82)
Education:					
Less than high school graduate	100.0	63.5 (0.86)	3.8 (0.34)	21.4 (0.75)	11.3 (0.58)
GED diploma ⁴	100.0	55.4 (2.00)	4.6 (0.80)	26.3 (1.87)	13.8 (1.32)
High school graduate	100.0	53.3 (0.72)	4.0 (0.30)	26.5 (0.63)	16.2 (0.54)
Some college—no degree	100.0	42.6 (0.80)	4.6 (0.31)	26.9 (0.74)	25.9 (0.67)
Associate of arts degree	100.0	41.3 (1.16)	4.2 (0.59)	29.8 (1.08)	24.8 (0.96)
Bachelor of arts, science degree	100.0	33.4 (0.83)	3.7 (0.32)	30.0 (0.77)	32.8 (0.82)
Masters, doctorate, medical degree	100.0	29.0 (1.07)	3.5 (0.38)	31.6 (1.04)	35.9 (1.10)
Poverty status: ⁵					
Below poverty level	100.0	57.7 (1.13)	4.3 (0.41)	21.6 (0.88)	16.4 (0.76)
≥1 and <2 times poverty level	100.0	57.5 (0.79)	4.1 (0.34)	24.6 (0.70)	13.8 (0.56)
≥2 and <4 times poverty level	100.0	49.1 (0.68)	4.3 (0.26)	26.6 (0.60)	20.0 (0.55)
4 times poverty level or more	100.0	35.0 (0.60)	3.7 (0.24)	30.1 (0.58)	31.2 (0.60)
Marital status:					
Never married	100.0	44.5 (0.86)	4.6 (0.37)	25.4 (0.75)	25.5 (0.66)
Married	100.0	47.1 (0.57)	3.5 (0.17)	28.4 (0.48)	21.0 (0.44)
Cohabiting	100.0	48.2 (1.49)	3.0 (0.51)	28.0 (1.29)	20.8 (1.24)
Divorced or separated	100.0	48.4 (1.08)	4.6 (0.48)	24.7 (0.92)	22.3 (0.84)
Widowed	100.0	49.7 (5.11)	2.0 (0.37)	26.1 (5.71)	22.2 (5.39)
Geographic region:					
Northeast	100.0	45.6 (1.05)	4.0 (0.41)	26.5 (0.79)	23.9 (0.95)
Midwest	100.0	45.3 (0.88)	4.2 (0.32)	26.8 (0.76)	23.7 (0.63)
South	100.0	48.4 (0.78)	3.9 (0.23)	26.0 (0.61)	21.7 (0.53)
West	100.0	42.0 (0.87)	3.8 (0.27)	30.0 (0.76)	24.1 (0.74)
Place of residence: ⁶					
Large MSA	100.0	43.6 (0.51)	4.2 (0.19)	26.7 (0.45)	25.5 (0.45)
Small MSA	100.0	45.0 (0.91)	3.8 (0.26)	28.6 (0.76)	22.6 (0.63)
Not in MSA	100.0	54.4 (1.30)	3.8 (0.39)	25.9 (0.88)	15.9 (0.84)

See footnotes at end of table.

Table 5.3. Age-adjusted percent distribution of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	2008 federal physical activity guidelines for adults ¹			
		Met neither aerobic nor muscle-strengthening guidelines	Met muscle-strengthening guideline only	Met aerobic guideline only	Met both aerobic and muscle-strengthening guidelines
Women		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	54.7 (0.40)	3.3 (0.11)	26.2 (0.32)	15.8 (0.26)
Ages 18 years and over (crude) ²	100.0	55.1 (0.40)	3.4 (0.11)	25.9 (0.32)	15.5 (0.26)
Age: ³					
18–24 years	100.0	49.4 (1.10)	2.5 (0.32)	29.9 (0.99)	18.1 (0.79)
25–44 years	100.0	49.9 (0.58)	2.6 (0.16)	28.7 (0.49)	18.9 (0.42)
45–64 years	100.0	55.5 (0.59)	3.6 (0.19)	25.7 (0.49)	15.2 (0.41)
65–74 years	100.0	62.2 (0.92)	4.7 (0.38)	21.8 (0.75)	11.4 (0.62)
75 years and over	100.0	75.1 (0.83)	5.7 (0.45)	14.3 (0.64)	4.8 (0.38)
Race:					
White, single race	100.0	52.6 (0.45)	3.3 (0.12)	27.1 (0.37)	17.0 (0.31)
Black or African American, single race	100.0	66.1 (0.74)	3.3 (0.30)	20.1 (0.60)	10.6 (0.50)
American Indian or Alaska Native, single race	100.0	59.7 (3.05)	*2.4 (0.85)	27.2 (2.64)	10.8 (2.18)
Asian, single race	100.0	56.9 (1.31)	3.8 (0.52)	27.7 (1.22)	11.6 (0.85)
Native Hawaiian or Other Pacific Islander, single race	100.0	58.6 (7.70)	†	24.8 (6.34)	*15.4 (6.10)
Two or more races	100.0	52.9 (2.63)	4.1 (0.87)	27.4 (2.49)	15.5 (1.74)
Black or African American, white	100.0	60.0 (5.63)	†	19.2 (3.37)	20.6 (5.43)
American Indian or Alaska Native, white	100.0	54.4 (3.98)	4.5 (1.18)	29.2 (4.18)	12.0 (2.17)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	64.7 (0.81)	3.2 (0.32)	22.6 (0.68)	9.5 (0.48)
Mexican or Mexican American	100.0	64.2 (1.06)	3.4 (0.47)	23.0 (0.88)	9.5 (0.61)
Not Hispanic or Latino	100.0	53.0 (0.42)	3.4 (0.12)	26.8 (0.35)	16.9 (0.29)
White, single race	100.0	50.1 (0.49)	3.3 (0.13)	28.0 (0.41)	18.6 (0.35)
Black or African American, single race	100.0	66.1 (0.76)	3.4 (0.31)	20.1 (0.62)	10.4 (0.51)
Education:					
Less than high school graduate	100.0	72.9 (0.82)	2.5 (0.26)	19.2 (0.72)	5.4 (0.42)
GED diploma ⁴	100.0	67.8 (1.52)	3.6 (0.67)	22.9 (1.48)	5.7 (0.81)
High school graduate	100.0	63.0 (0.71)	3.0 (0.23)	24.5 (0.65)	9.5 (0.42)
Some college—no degree	100.0	53.8 (0.74)	3.5 (0.25)	26.6 (0.64)	16.1 (0.51)
Associate of arts degree	100.0	48.9 (0.97)	4.0 (0.33)	27.6 (0.84)	19.5 (0.76)
Bachelor of arts, science degree	100.0	40.9 (0.73)	3.7 (0.28)	30.3 (0.70)	25.1 (0.65)
Masters, doctorate, medical degree	100.0	36.5 (1.02)	4.0 (0.37)	32.4 (0.96)	27.1 (0.98)
Poverty status: ⁵					
Below poverty level	100.0	69.1 (0.82)	2.9 (0.28)	20.0 (0.66)	8.0 (0.46)
≥1 and <2 times poverty level	100.0	65.2 (0.72)	3.0 (0.22)	22.7 (0.68)	9.1 (0.42)
≥2 and <4 times poverty level	100.0	56.5 (0.63)	3.2 (0.20)	26.2 (0.55)	14.1 (0.43)
4 times poverty level or more	100.0	42.1 (0.60)	3.9 (0.21)	30.2 (0.55)	23.9 (0.52)
Marital status:					
Never married	100.0	56.9 (0.79)	3.0 (0.26)	25.0 (0.70)	15.1 (0.51)
Married	100.0	52.7 (0.52)	3.3 (0.16)	27.4 (0.44)	16.7 (0.39)
Cohabiting	100.0	53.6 (1.49)	3.3 (0.62)	26.4 (1.37)	16.7 (1.06)
Divorced or separated	100.0	58.1 (0.84)	3.4 (0.27)	24.7 (0.73)	13.8 (0.55)
Widowed	100.0	65.1 (2.93)	2.6 (0.51)	21.4 (2.54)	11.0 (2.04)
Geographic region:					
Northeast	100.0	56.4 (0.86)	3.9 (0.30)	25.2 (0.78)	14.5 (0.59)
Midwest	100.0	53.6 (0.87)	3.8 (0.26)	25.6 (0.70)	16.9 (0.54)
South	100.0	57.8 (0.66)	2.7 (0.15)	25.1 (0.54)	14.3 (0.43)
West	100.0	49.3 (0.84)	3.4 (0.22)	29.2 (0.65)	18.0 (0.60)
Place of residence: ⁶					
Large MSA	100.0	53.3 (0.50)	3.3 (0.15)	26.5 (0.42)	17.0 (0.37)
Small MSA	100.0	53.7 (0.78)	3.4 (0.19)	26.7 (0.61)	16.2 (0.51)
Not in MSA	100.0	61.2 (1.21)	3.4 (0.29)	24.2 (0.93)	11.1 (0.54)

† Estimate has a relative standard error greater than 50% and is not shown.

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹The 2008 *Physical Activity Guidelines for Americans* (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferably be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days a week. NHIS questions ask about frequency and duration of light- to

moderate-intensity and vigorous-intensity leisure-time physical activities and frequency of leisure-time muscle-strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Percentages may not add to totals due to rounding. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Appendix Table XIV. Denominator for each percent distribution excludes persons with unknown leisure-time physical activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Chapter 6. BMI

BMI is a measure calculated from a person’s weight and height, providing a reliable indicator of body fatness for most people (56). Although not a behavior in itself, BMI is a reflection of a combination of behaviors—eating habits and physical activity—and is used to assess overweight and obesity. Obesity is a contributing cause of many health problems, including heart disease, stroke, diabetes, and some types of cancer—some of the leading causes of death in the United States (57). Ten years after the release of the 2001 Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity, the United States continues to struggle with an obesity epidemic (58,59).

In this chapter, subgroup differences in overweight and obesity among U.S. adults based on self-reported height and weight are highlighted. The magnitude of the obesity epidemic is clear, even with data based on self-report with its well-documented measurement error (41–43). During the period 2008–2010, about 60% of U.S. adults were overweight or obese, with prevalence for some subgroups exceeding 75%. Notable subgroup differences are highlighted here with additional details available in [Tables 6.1](#) and [6.2](#). Adjustment factors for these data, developed for other studies, were not applied here in order to maintain comparability with BMI indicators presented in earlier reports (43).

All Adults

- About 6 in 10 adults (62.1%) were overweight (including obese) ([Table 6.1](#)).
- About 27.4% of adults were obese, 34.8% were overweight but not obese, 36.1% were in the healthy weight range, and 1.8% of adults were underweight ([Table 6.2](#)).

Sex

- Men (69.0%) were considerably more likely than women (55.4%) to be overweight although men

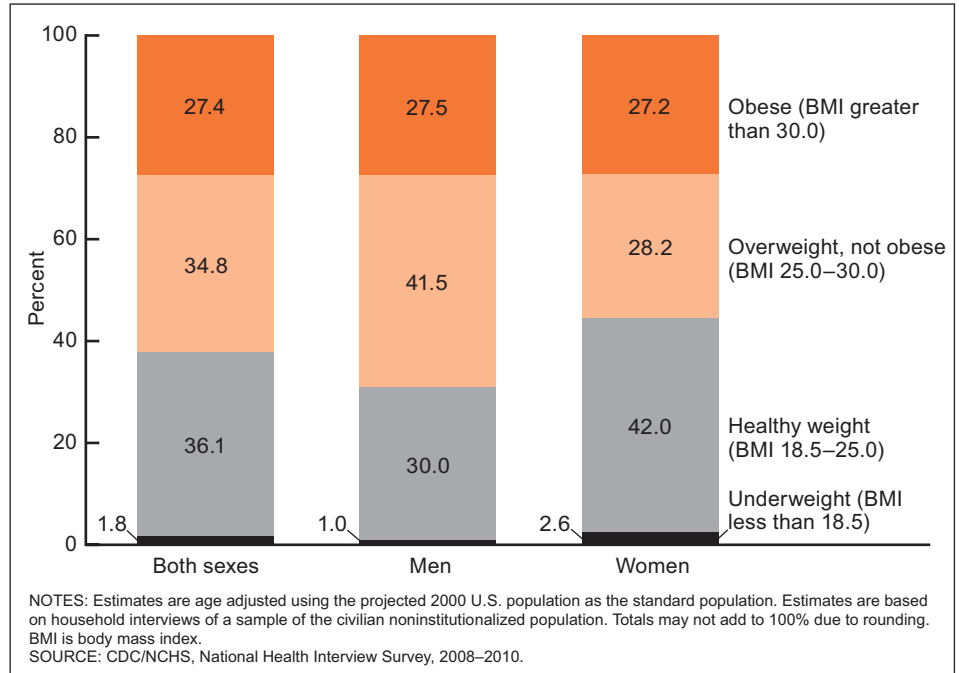


Figure 6.1. Percent distribution of body mass index of adults, by sex: United States, annualized, 2008–2010

- (27.5%) and women (27.2%) were about equally likely to be obese ([Tables 6.1](#) and [6.2](#) and [Figure 6.1](#)).
- Women (42.0%) were more likely than men (30.0%) to be of healthy weight, and women (2.6%) were nearly three times as likely as men (1.0%) to be underweight ([Table 6.2](#) and [Figure 6.1](#)).

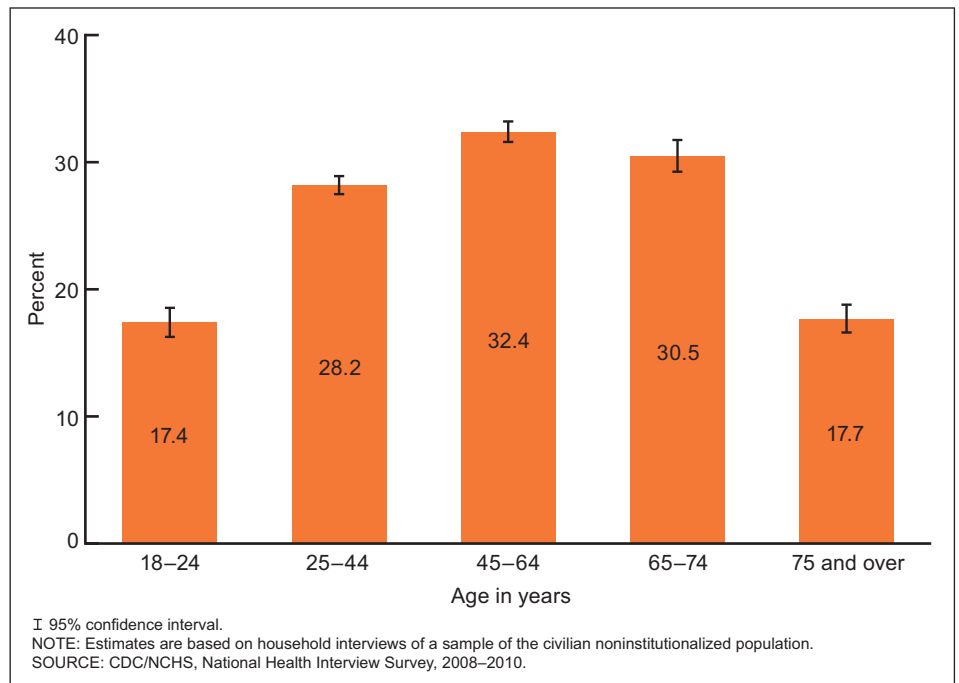


Figure 6.2. Percentage of adults who were obese, by age: United States, annualized, 2008–2010

Age

- Overweight was most prevalent among adults aged 45–64 (69.4%) and 65–74 (69.2%) and markedly lower for adults aged 75 and over (54.3%) (Table 6.1).
- Adults aged 45–64 (32.4%) were almost twice as likely as adults aged 18–24 (17.4%) and adults aged 75 and over (17.7%) to be obese (Table 6.2 and Figure 6.2).
- Adults aged 18–24 and 75 and over were more likely than adults in the other age groups to be underweight (Table 6.2).

Race

- About 6 in 10 white adults (61.9%) were overweight. American Indian or Alaska Native adults (71.1%) and black adults (70.4%) were more likely than Asian adults (41.5%) to be overweight (Table 6.1).
- Black adults (37.0%) were more likely than white adults (26.6%) and nearly four times as likely as Asian adults (10.2%) to be obese (Table 6.2).

Hispanic or Latino Origin and Race

- Hispanic adults were more likely than non-Hispanic adults to be overweight or obese (Tables 6.1 and 6.2).
- About 4 in 10 non-Hispanic white adults (38.2%) were in the healthy weight range compared with about 3 in 10 non-Hispanic black adults (28.3%) and Hispanic adults (27.6%) (Table 6.2 and Figure 6.4).

Education

- The prevalence of overweight decreased as education increased. Nearly 7 in 10 adults (65.8%) with less than a high school diploma were overweight compared with about 5 in 10 adults (54.2%) who had earned a graduate degree (Table 6.1).
- The prevalence of obesity was markedly lower among adults who

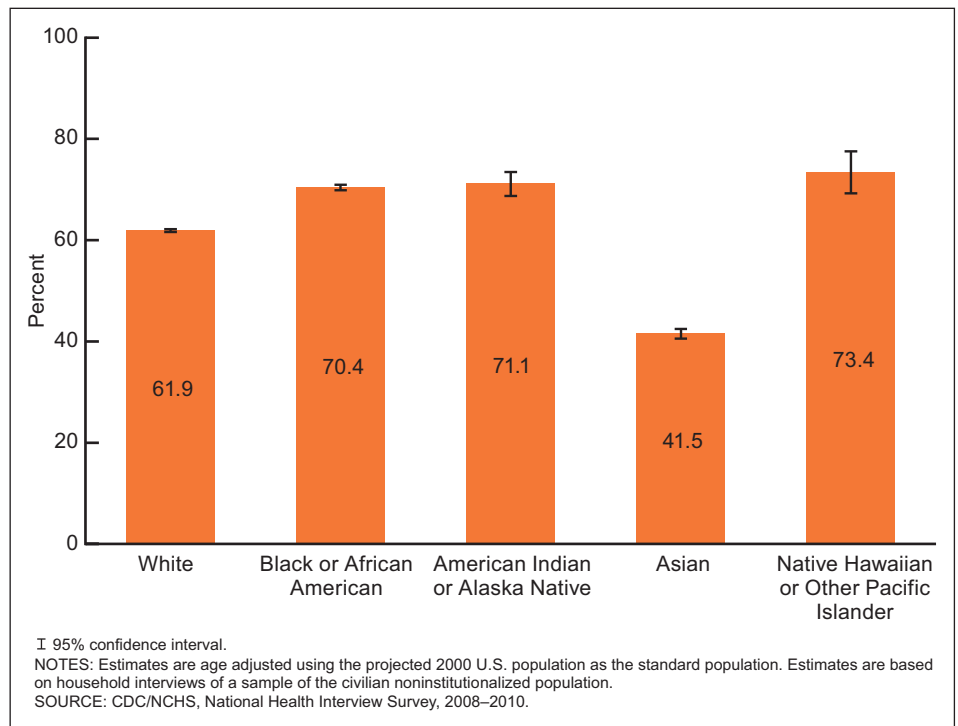


Figure 6.3. Percentage of adults who were overweight (including obese), by race: United States, annualized, 2008–2010

had earned a bachelor’s or higher degree compared with adults having fewer years of education (Table 6.2 and Figure 6.5).

Poverty Status

- About 3 in 10 (30.1%) adults with family incomes that were below the poverty level were obese, compared with about one-fourth (23.5%) of

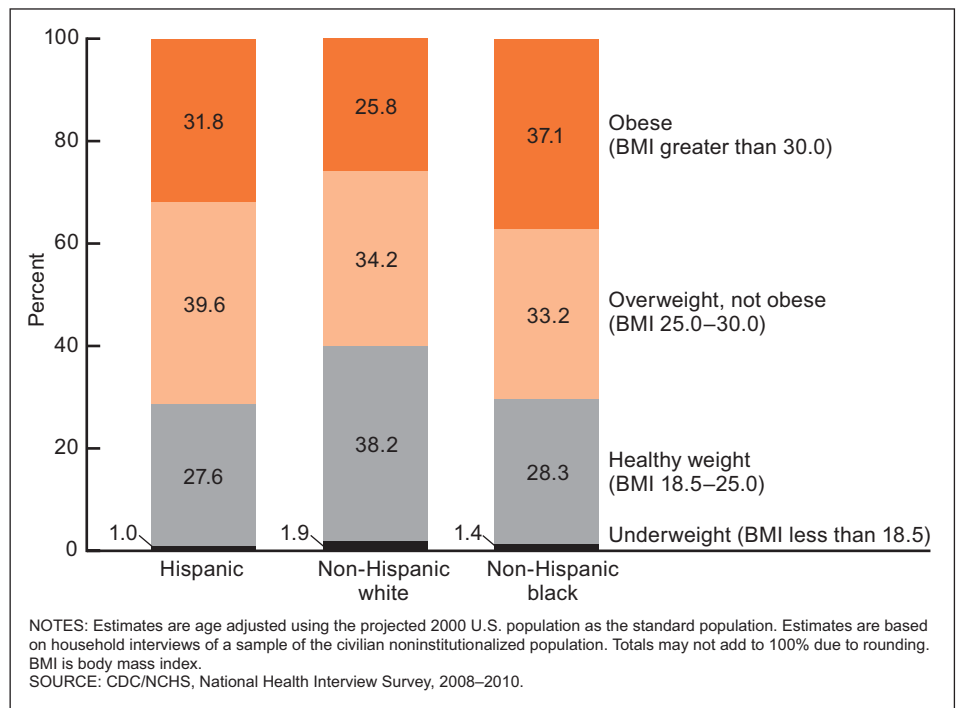


Figure 6.4. Percent distribution of body mass index of adults, by Hispanic origin and race: United States, annualized, 2008–2010

adults with family incomes that were four times the poverty level or more (Table 6.2).

Marital Status

- Adults who had never been married (57.3%) were less likely to be overweight than adults in other marital status groups (Table 6.2). Adults who had never been married (40.2%) and those who were cohabiting (37.0%) were more likely than married adults (33.5%) and separated and divorced adults (31.8%) to be in the healthy weight range (Table 6.2).

Geographic Region

- Adults living in the Northeast (24.5%) and the West (24.4%) were less likely than their counterparts living in the Midwest (29.1%) and South (29.4%) to be obese (Table 6.2).

Place of Residence

- Adults living outside an MSA were more likely to be overweight than adults living in an MSA (Table 6.1).
- Prevalence of obesity was higher among adults living in a small MSA or outside an MSA compared with those living in a large MSA (Table 6.2).
- Adults living in an MSA were more likely than adults living outside an MSA to be in the healthy weight range (Table 6.2).

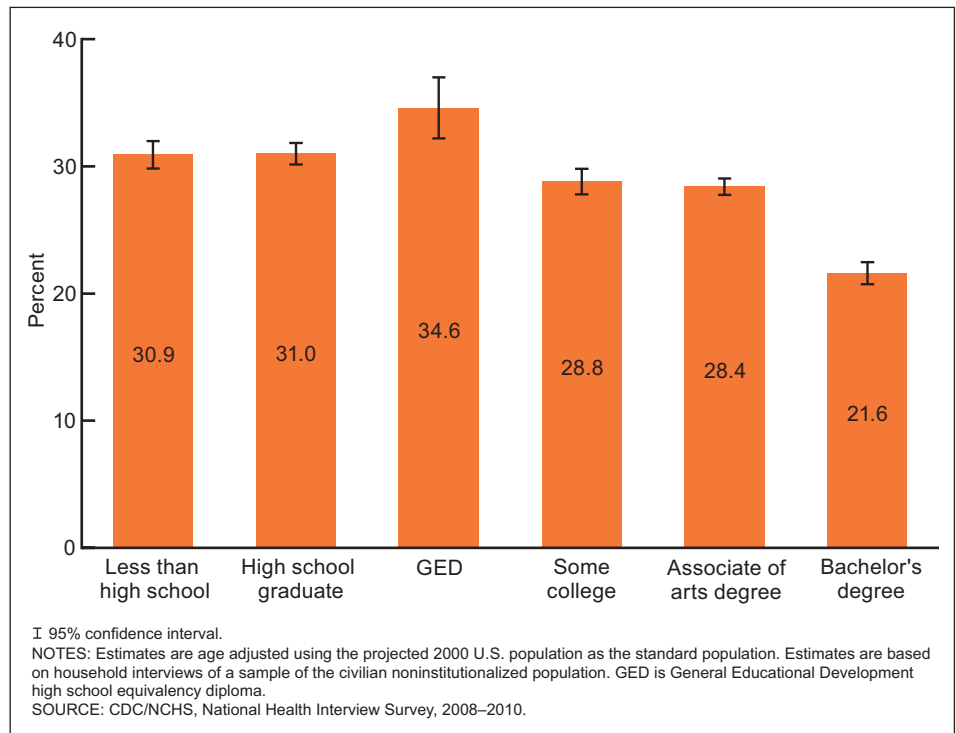


Figure 6.5. Percentage of adults who were obese, by education: United States, annualized, 2008–2010

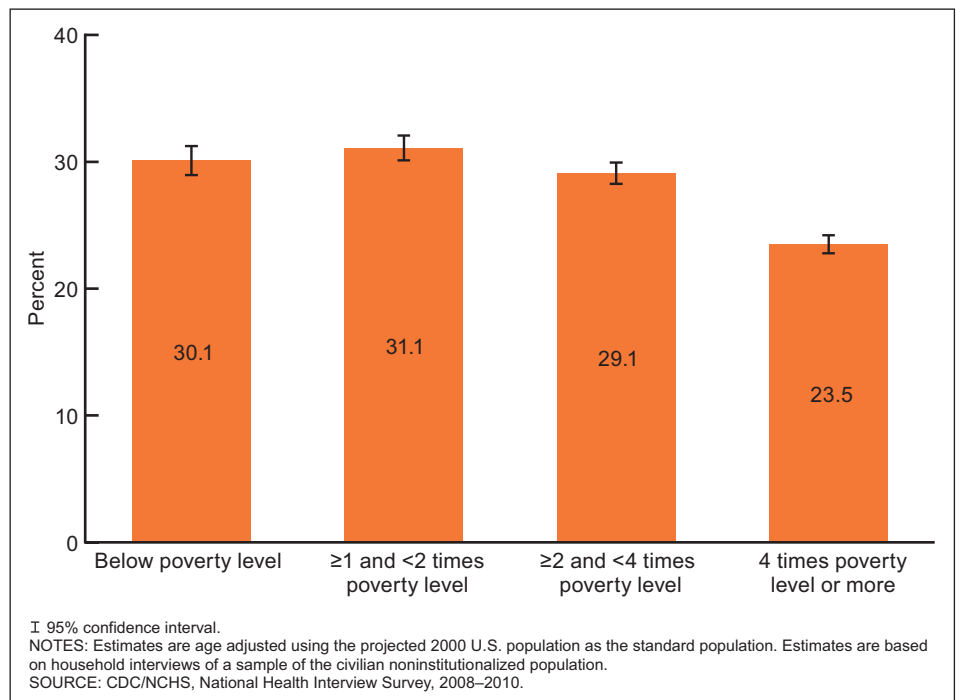


Figure 6.6. Percentage of adults who were obese, by poverty status: United States, annualized, 2008–2010

Table 6.1. Age-adjusted percentage of adults aged 18 and over who were overweight, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Overweight (BMI of 25 or more) ¹		
	Both sexes	Men	Women
	Percent (standard error)		
Ages 18 years and over (age adjusted) ²	62.1 (0.26)	69.0 (0.35)	55.4 (0.34)
Ages 18 years and over (crude) ²	62.6 (0.25)	69.5 (0.35)	55.9 (0.34)
Age: ³			
18–24 years	43.5 (0.81)	46.6 (1.14)	40.2 (1.04)
25–44 years	63.1 (0.41)	71.3 (0.54)	54.8 (0.55)
45–64 years	69.4 (0.37)	76.8 (0.47)	62.1 (0.54)
65–74 years	69.2 (0.65)	75.0 (0.86)	64.1 (0.90)
75 years and over	54.3 (0.71)	59.7 (1.24)	50.5 (0.87)
Race:			
White, single race	61.9 (0.29)	69.9 (0.40)	53.9 (0.38)
Black or African American, single race	70.4 (0.55)	69.0 (0.84)	71.5 (0.70)
American Indian or Alaska Native, single race	71.1 (2.35)	78.1 (2.72)	65.1 (3.68)
Asian, single race	41.5 (0.96)	51.6 (1.35)	32.0 (1.30)
Native Hawaiian or Other Pacific Islander, single race	73.4 (4.16)	86.6 (4.79)	66.9 (5.90)
Two or more races	65.6 (1.78)	70.8 (2.48)	61.2 (2.49)
Black or African American, white	60.8 (4.73)	72.2 (4.95)	50.8 (6.19)
American Indian or Alaska Native, white	67.6 (2.81)	73.2 (3.89)	63.1 (4.09)
Hispanic or Latino origin and race:			
Hispanic or Latino	71.4 (0.54)	76.2 (0.73)	66.4 (0.72)
Mexican or Mexican American	73.5 (0.71)	77.3 (0.98)	69.3 (0.90)
Not Hispanic or Latino	60.5 (0.28)	67.7 (0.39)	53.7 (0.38)
White, single race	59.9 (0.32)	68.4 (0.45)	51.6 (0.44)
Black or African American, single race	70.3 (0.57)	68.9 (0.86)	71.6 (0.72)
Education:			
Less than high school graduate	65.8 (0.61)	67.1 (0.82)	64.4 (0.82)
GED diploma ⁴	68.9 (1.29)	69.7 (1.83)	67.9 (1.76)
High school graduate	65.3 (0.46)	70.7 (0.63)	60.0 (0.65)
Some college—no degree	62.3 (0.53)	69.3 (0.75)	56.2 (0.69)
Associate of arts degree	64.7 (0.71)	72.5 (1.03)	58.4 (0.92)
Bachelor of arts, science degree	57.0 (0.57)	68.7 (0.77)	45.5 (0.76)
Masters, doctorate, medical degree	54.2 (0.81)	65.5 (1.08)	42.7 (1.08)
Poverty status: ⁵			
Below poverty level	61.5 (0.68)	61.7 (1.03)	61.4 (0.78)
≥1 and <2 times poverty level	64.5 (0.55)	66.9 (0.88)	62.4 (0.67)
≥2 and <4 times poverty level	64.0 (0.42)	70.5 (0.63)	57.5 (0.63)
4 times poverty level or more	59.7 (0.43)	70.9 (0.55)	47.5 (0.62)
Marital status:			
Never married	57.3 (0.56)	58.7 (0.78)	55.5 (0.80)
Married	65.3 (0.35)	75.1 (0.45)	55.4 (0.49)
Cohabiting	61.3 (1.00)	68.8 (1.30)	52.8 (1.54)
Divorced or separated	66.6 (0.58)	72.5 (0.89)	62.3 (0.78)
Widowed	64.9 (2.74)	71.1 (5.68)	62.4 (3.03)
Geographic region:			
Northeast	60.0 (0.62)	68.1 (0.86)	52.3 (0.82)
Midwest	63.3 (0.52)	70.1 (0.74)	56.7 (0.69)
South	63.3 (0.43)	69.1 (0.56)	57.7 (0.57)
West	60.5 (0.53)	68.4 (0.70)	52.4 (0.71)
Place of residence: ⁶			
Large MSA	60.5 (0.34)	68.0 (0.46)	53.1 (0.47)
Small MSA	63.0 (0.47)	69.7 (0.60)	56.5 (0.64)
Not in MSA	65.6 (0.65)	71.0 (0.97)	60.5 (0.78)

¹Body mass index (BMI) is calculated as kilograms/meters², using self-reported height and weight. Overweight is a BMI greater than or equal to 25, which includes obese.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Appendix Table XV. Denominator for each percentage excludes persons with unknown body mass index. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 6.2. Age-adjusted percent distribution of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Body mass index ¹			
		Not overweight		Overweight	
		Underweight BMI < 18.5	Healthy weight BMI 18.5 < 25	Overweight (but not obese) BMI 25 < 30	Obese BMI ≥ 30
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	1.8 (0.07)	36.1 (0.26)	34.8 (0.22)	27.4 (0.24)
Ages 18 years and over (crude) ²	100.0	1.7 (0.06)	35.6 (0.25)	34.9 (0.22)	27.7 (0.24)
Age: ³					
18–24 years	100.0	4.0 (0.32)	52.6 (0.81)	26.0 (0.71)	17.4 (0.58)
25–44 years	100.0	1.4 (0.09)	35.5 (0.41)	34.9 (0.36)	28.2 (0.36)
45–64 years	100.0	1.0 (0.08)	29.6 (0.37)	36.9 (0.38)	32.4 (0.41)
65–74 years	100.0	1.2 (0.13)	29.6 (0.64)	38.7 (0.66)	30.5 (0.64)
75 years and over	100.0	3.6 (0.26)	42.1 (0.71)	36.6 (0.69)	17.7 (0.56)
Race:					
White, single race	100.0	1.7 (0.08)	36.4 (0.29)	35.2 (0.25)	26.6 (0.26)
Black or African American, single race	100.0	1.4 (0.15)	28.3 (0.54)	33.4 (0.54)	37.0 (0.54)
American Indian or Alaska Native, single race	100.0	*1.0 (0.48)	28.0 (2.31)	30.4 (2.29)	40.6 (2.76)
Asian, single race	100.0	4.3 (0.35)	54.2 (0.96)	31.3 (0.86)	10.2 (0.64)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	21.9 (3.91)	28.2 (5.17)	45.2 (5.86)
Two or more races	100.0	1.6 (0.41)	32.7 (1.76)	32.1 (1.68)	33.5 (1.82)
Black or African American, white	100.0	*1.6 (0.69)	37.6 (4.72)	30.8 (4.56)	30.0 (4.56)
American Indian or Alaska Native, white	100.0	*1.9 (0.58)	30.5 (2.78)	33.1 (2.80)	34.6 (3.14)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	1.0 (0.11)	27.6 (0.52)	39.6 (0.58)	31.8 (0.57)
Mexican or Mexican American	100.0	0.8 (0.12)	25.7 (0.70)	39.2 (0.77)	34.3 (0.77)
Not Hispanic or Latino	100.0	1.9 (0.08)	37.6 (0.28)	33.8 (0.24)	26.7 (0.26)
White, single race	100.0	1.9 (0.09)	38.2 (0.33)	34.2 (0.28)	25.8 (0.29)
Black or African American, single race	100.0	1.4 (0.15)	28.3 (0.56)	33.2 (0.56)	37.1 (0.55)
Education:					
Less than high school graduate	100.0	1.9 (0.18)	32.3 (0.61)	34.9 (0.60)	30.9 (0.55)
GED diploma ⁴	100.0	1.9 (0.43)	29.2 (1.25)	34.2 (1.27)	34.6 (1.22)
High school graduate	100.0	1.9 (0.13)	32.8 (0.47)	34.3 (0.46)	31.0 (0.43)
Some college—no degree	100.0	2.0 (0.15)	35.7 (0.53)	33.5 (0.49)	28.8 (0.51)
Associate of arts degree	100.0	1.2 (0.14)	34.2 (0.71)	36.3 (0.70)	28.4 (0.64)
Bachelor of arts, science degree	100.0	1.7 (0.16)	41.3 (0.56)	35.4 (0.53)	21.6 (0.44)
Masters, doctorate, medical degree	100.0	1.4 (0.17)	44.4 (0.82)	36.1 (0.76)	18.0 (0.60)
Poverty status: ⁵					
Below poverty level	100.0	2.6 (0.19)	35.9 (0.67)	31.4 (0.59)	30.1 (0.58)
≥1 and <2 times poverty level	100.0	1.9 (0.15)	33.6 (0.53)	33.4 (0.51)	31.1 (0.50)
≥2 and <4 times poverty level	100.0	1.8 (0.13)	34.2 (0.41)	34.9 (0.43)	29.1 (0.43)
4 times poverty level or more	100.0	1.5 (0.12)	38.8 (0.44)	36.2 (0.39)	23.5 (0.36)
Marital status:					
Never married	100.0	2.5 (0.18)	40.2 (0.57)	30.6 (0.54)	26.7 (0.53)
Married	100.0	1.2 (0.07)	33.5 (0.35)	37.2 (0.32)	28.1 (0.33)
Cohabiting	100.0	1.6 (0.24)	37.0 (1.00)	36.3 (1.09)	25.0 (0.91)
Divorced or separated	100.0	1.6 (0.16)	31.8 (0.58)	35.4 (0.65)	31.2 (0.59)
Widowed	100.0	*2.9 (0.94)	32.2 (2.71)	30.0 (2.36)	35.0 (2.70)
Geographic region:					
Northeast	100.0	1.9 (0.19)	38.1 (0.62)	35.5 (0.54)	24.5 (0.55)
Midwest	100.0	1.8 (0.13)	34.9 (0.52)	34.2 (0.48)	29.1 (0.50)
South	100.0	1.8 (0.11)	34.9 (0.43)	33.9 (0.38)	29.4 (0.40)
West	100.0	1.8 (0.13)	37.8 (0.53)	36.0 (0.45)	24.4 (0.47)
Place of residence: ⁶					
Large MSA	100.0	1.8 (0.09)	37.7 (0.34)	34.9 (0.31)	25.6 (0.32)
Small MSA	100.0	1.8 (0.12)	35.2 (0.48)	35.0 (0.41)	28.0 (0.46)
Not in MSA	100.0	1.9 (0.17)	32.5 (0.63)	33.5 (0.58)	32.1 (0.57)

See footnotes at end of table.

Table 6.2. Age-adjusted percent distribution of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Body mass index ¹			
		Not overweight		Overweight	
		Underweight BMI < 18.5	Healthy weight BMI 18.5 < 25	Overweight (but not obese) BMI 25 < 30	Obese BMI ≥ 30
Men		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	1.0 (0.08)	30.0 (0.34)	41.5 (0.36)	27.5 (0.32)
Ages 18 years and over (crude) ²	100.0	0.9 (0.07)	29.5 (0.34)	41.7 (0.36)	27.8 (0.33)
Age: ³					
18–24 years	100.0	3.1 (0.43)	50.3 (1.12)	29.0 (1.06)	17.7 (0.87)
25–44 years	100.0	0.6 (0.08)	28.1 (0.53)	42.7 (0.56)	28.6 (0.52)
45–64 years	100.0	0.5 (0.08)	22.7 (0.46)	44.3 (0.56)	32.5 (0.55)
65–74 years	100.0	0.6 (0.13)	24.3 (0.85)	45.2 (1.04)	29.8 (0.94)
75 years and over	100.0	1.5 (0.25)	38.8 (1.23)	43.4 (1.20)	16.4 (0.91)
Race:					
White, single race	100.0	0.9 (0.09)	29.2 (0.39)	42.2 (0.40)	27.6 (0.36)
Black or African American, single race	100.0	0.9 (0.18)	30.1 (0.82)	37.8 (0.89)	31.2 (0.79)
American Indian or Alaska Native, single race	100.0	†	21.4 (2.67)	38.8 (3.55)	39.3 (3.94)
Asian, single race	100.0	2.1 (0.34)	46.3 (1.34)	40.8 (1.27)	10.8 (0.93)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	*11.7 (4.49)	38.5 (8.54)	48.0 (9.13)
Two or more races	100.0	*1.3 (0.64)	27.9 (2.43)	36.4 (2.51)	34.4 (2.67)
Black or African American, white	100.0	†	27.4 (4.95)	41.1 (6.05)	31.1 (6.70)
American Indian or Alaska Native, white	100.0	†	25.0 (3.87)	36.1 (3.94)	37.1 (4.34)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	0.6 (0.12)	23.2 (0.72)	44.9 (0.85)	31.3 (0.81)
Mexican or Mexican American	100.0	0.5 (0.14)	22.2 (0.98)	44.2 (1.14)	33.1 (1.09)
Not Hispanic or Latino	100.0	1.0 (0.09)	31.3 (0.38)	40.8 (0.39)	26.9 (0.35)
White, single race	100.0	1.0 (0.11)	30.6 (0.44)	41.4 (0.45)	27.0 (0.40)
Black or African American, single race	100.0	1.0 (0.19)	30.1 (0.85)	37.9 (0.91)	31.0 (0.80)
Education:					
Less than high school graduate	100.0	1.5 (0.24)	31.4 (0.82)	38.8 (0.84)	28.3 (0.77)
GED diploma ⁴	100.0	*1.4 (0.66)	28.9 (1.75)	38.3 (1.94)	31.4 (1.70)
High school graduate	100.0	1.0 (0.12)	28.3 (0.62)	39.3 (0.69)	31.4 (0.61)
Some college—no degree	100.0	1.0 (0.15)	29.7 (0.75)	39.5 (0.78)	29.7 (0.77)
Associate of arts degree	100.0	*0.5 (0.17)	27.0 (1.03)	45.2 (1.12)	27.3 (0.97)
Bachelor of arts, science degree	100.0	*0.7 (0.21)	30.6 (0.76)	45.5 (0.84)	23.2 (0.67)
Masters, doctorate, medical degree	100.0	0.5 (0.14)	34.0 (1.08)	46.8 (1.13)	18.7 (0.91)
Poverty status: ⁵					
Below poverty level	100.0	1.5 (0.22)	36.9 (0.99)	36.1 (0.94)	25.6 (0.89)
≥1 and <2 times poverty level	100.0	1.1 (0.16)	32.0 (0.85)	38.3 (0.84)	28.6 (0.74)
≥2 and <4 times poverty level	100.0	1.0 (0.14)	28.4 (0.60)	40.8 (0.66)	29.7 (0.60)
4 times poverty level or more	100.0	0.8 (0.14)	28.3 (0.55)	44.9 (0.58)	26.0 (0.49)
Marital status:					
Never married	100.0	1.6 (0.19)	39.7 (0.79)	35.1 (0.80)	23.6 (0.70)
Married	100.0	0.5 (0.07)	24.4 (0.45)	44.8 (0.49)	30.2 (0.45)
Cohabiting	100.0	0.7 (0.20)	30.5 (1.29)	44.4 (1.55)	24.4 (1.21)
Divorced or separated	100.0	0.7 (0.15)	26.7 (0.88)	44.4 (1.09)	28.1 (0.91)
Widowed	100.0	0.4 (0.10)	28.6 (5.68)	35.8 (4.87)	35.2 (5.67)
Geographic region:					
Northeast	100.0	1.1 (0.27)	30.7 (0.86)	42.5 (0.83)	25.6 (0.73)
Midwest	100.0	1.0 (0.16)	28.9 (0.71)	40.8 (0.74)	29.3 (0.69)
South	100.0	1.0 (0.12)	29.8 (0.56)	40.4 (0.63)	28.7 (0.56)
West	100.0	0.7 (0.11)	30.9 (0.70)	43.3 (0.70)	25.0 (0.64)
Place of residence: ⁶					
Large MSA	100.0	0.9 (0.10)	31.1 (0.45)	41.8 (0.48)	26.2 (0.43)
Small MSA	100.0	1.0 (0.13)	29.3 (0.61)	41.9 (0.59)	27.8 (0.58)
Not in MSA	100.0	1.1 (0.21)	27.9 (0.94)	39.8 (1.05)	31.2 (0.86)

See footnotes at end of table.

Table 6.2. Age-adjusted percent distribution of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Body mass index ¹			
		Not overweight		Overweight	
		Underweight BMI < 18.5	Healthy weight BMI 18.5 < 25	Overweight (but not obese) BMI 25 < 30	Obese BMI ≥ 30
Women		Percent distribution (standard error)			
Ages 18 years and over (age adjusted) ²	100.0	2.6 (0.10)	42.0 (0.34)	28.2 (0.27)	27.2 (0.30)
Ages 18 years and over (crude) ²	100.0	2.5 (0.10)	41.5 (0.34)	28.4 (0.27)	27.5 (0.30)
Age: ³					
18–24 years	100.0	4.9 (0.45)	54.9 (1.05)	23.0 (0.91)	17.2 (0.76)
25–44 years	100.0	2.2 (0.16)	43.0 (0.56)	27.0 (0.44)	27.8 (0.47)
45–64 years	100.0	1.6 (0.14)	36.4 (0.53)	29.7 (0.48)	32.4 (0.52)
65–74 years	100.0	1.7 (0.21)	34.3 (0.91)	33.0 (0.85)	31.1 (0.84)
75 years and over	100.0	5.1 (0.41)	44.4 (0.85)	31.9 (0.84)	18.6 (0.66)
Race:					
White, single race	100.0	2.5 (0.12)	43.6 (0.38)	28.2 (0.30)	25.6 (0.33)
Black or African American, single race	100.0	1.8 (0.22)	26.7 (0.70)	29.8 (0.66)	41.7 (0.73)
American Indian or Alaska Native, single race	100.0	†	33.4 (3.59)	23.3 (2.57)	41.9 (3.87)
Asian, single race	100.0	6.3 (0.60)	61.7 (1.31)	22.5 (1.14)	9.5 (0.83)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	27.5 (5.95)	22.5 (5.73)	44.5 (7.47)
Two or more races	100.0	2.0 (0.53)	36.7 (2.53)	28.5 (2.27)	32.8 (2.48)
Black or African American, white	100.0	*2.8 (1.26)	46.4 (6.21)	22.4 (4.83)	28.4 (5.67)
American Indian or Alaska Native, white	100.0	*2.0 (0.75)	34.9 (4.17)	30.6 (3.62)	32.5 (4.15)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	1.5 (0.19)	32.2 (0.70)	34.0 (0.72)	32.4 (0.74)
Mexican or Mexican American	100.0	1.1 (0.20)	29.6 (0.89)	33.6 (0.95)	35.6 (1.01)
Not Hispanic or Latino	100.0	2.8 (0.12)	43.6 (0.38)	27.2 (0.29)	26.5 (0.33)
White, single race	100.0	2.7 (0.14)	45.7 (0.44)	27.0 (0.34)	24.5 (0.37)
Black or African American, single race	100.0	1.7 (0.23)	26.7 (0.71)	29.4 (0.67)	42.1 (0.75)
Education:					
Less than high school graduate	100.0	2.3 (0.26)	33.3 (0.81)	30.6 (0.76)	33.8 (0.78)
GED diploma ⁴	100.0	2.4 (0.49)	29.7 (1.70)	29.9 (1.65)	38.1 (1.87)
High school graduate	100.0	2.7 (0.24)	37.3 (0.65)	29.3 (0.60)	30.6 (0.60)
Some college—no degree	100.0	2.9 (0.24)	40.8 (0.69)	28.4 (0.60)	27.9 (0.61)
Associate of arts degree	100.0	1.7 (0.22)	40.0 (0.92)	29.1 (0.84)	29.3 (0.84)
Bachelor of arts, science degree	100.0	2.7 (0.25)	51.8 (0.77)	25.4 (0.65)	20.1 (0.61)
Masters, doctorate, medical degree	100.0	2.3 (0.31)	55.0 (1.11)	25.2 (0.91)	17.5 (0.77)
Poverty status: ⁵					
Below poverty level	100.0	3.4 (0.27)	35.2 (0.78)	27.7 (0.71)	33.7 (0.73)
≥1 and <2 times poverty level	100.0	2.6 (0.24)	35.0 (0.66)	29.1 (0.64)	33.4 (0.72)
≥2 and <4 times poverty level	100.0	2.5 (0.22)	39.9 (0.60)	29.1 (0.52)	28.5 (0.57)
4 times poverty level or more	100.0	2.3 (0.19)	50.2 (0.62)	26.7 (0.51)	20.8 (0.50)
Marital status:					
Never married	100.0	3.6 (0.31)	40.9 (0.80)	25.4 (0.73)	30.2 (0.76)
Married	100.0	2.0 (0.13)	42.6 (0.48)	29.5 (0.43)	25.9 (0.43)
Cohabiting	100.0	2.7 (0.47)	44.5 (1.56)	27.1 (1.36)	25.7 (1.28)
Divorced or separated	100.0	2.1 (0.26)	35.6 (0.78)	28.9 (0.70)	33.4 (0.76)
Widowed	100.0	*3.9 (1.36)	33.7 (2.97)	27.6 (2.73)	34.7 (2.87)
Geographic region:					
Northeast	100.0	2.5 (0.27)	45.1 (0.81)	29.0 (0.69)	23.4 (0.71)
Midwest	100.0	2.6 (0.21)	40.7 (0.68)	27.8 (0.55)	28.9 (0.62)
South	100.0	2.5 (0.16)	39.8 (0.57)	27.7 (0.45)	30.0 (0.48)
West	100.0	2.8 (0.23)	44.7 (0.70)	28.6 (0.57)	23.8 (0.60)
Place of residence: ⁶					
Large MSA	100.0	2.6 (0.15)	44.2 (0.48)	28.2 (0.38)	25.0 (0.42)
Small MSA	100.0	2.5 (0.18)	41.0 (0.64)	28.4 (0.52)	28.1 (0.56)
Not in MSA	100.0	2.6 (0.25)	36.9 (0.77)	27.5 (0.71)	33.0 (0.74)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Body mass index (BMI) is calculated as kilograms/meters², using self-reported height and weight. Underweight is a BMI of less than 18.5; healthy weight is a BMI of greater than or equal to 18.5 and less than 25; overweight, but not obese is a BMI of greater than or equal to 25 and less than 30; obese is a BMI of greater than or equal to 30.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table XVI. Denominator for each percent distribution excludes persons with unknown BMI. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Chapter 7. Sleep

Sufficient sleep is important for health and well-being. Risks associated with insufficient sleep include diabetes, high blood pressure, cardiovascular disease, obesity, depression, cognitive dysfunction, and injury (60,61). An average of 7–8 hours of sleep has been recommended by the National Heart, Lung, and Blood Institute (NHLBI) and the National Sleep Foundation (61,62). With scientific evidence of the risks of inadequate sleep mounting, sleep was, for the first time, included among the national health objectives with the launching of HP 2020 (15). According to HP 2020, “the public health burden of chronic sleep loss and sleep disorders, coupled with low awareness of poor sleep health among the general population, health care professionals, and policymakers, necessitates a well-coordinated strategy to improve sleep-related health.” The objective for 2020 (Objective SH-4) is to “increase the proportion of adults who get sufficient sleep” (defined as at least 8 hours for adults aged 18–21 and at least 7 hours for adults aged 22 and over, on average, during a 24-hour period) to 70.9%.

Table 7.1 shows the percent distribution of average hours of sleep for U.S. adults, using categories that are consistent with sleep recommendations issued by NHLBI in 2003. Table 7.2, new in the current report, shows the percentage of adults aged 18 and over who met the newly adopted HP 2020 objectives for adults—at least 8 hours for adults aged 18–21 and at least 7 hours for adults aged 22 and over on average during a 24-hour period. During the period 2008–2010, 69.7% of adults met the HP 2020 objective for sleep for their respective age group. Figures 7.3 and 7.4 present the percentages of adults who met their respective recommendations for sufficient sleep, with Figure 7.3 showing the estimates for adults aged 18–21 separately because adults in this age group have a different sleep objective than adults aged 22 and over.

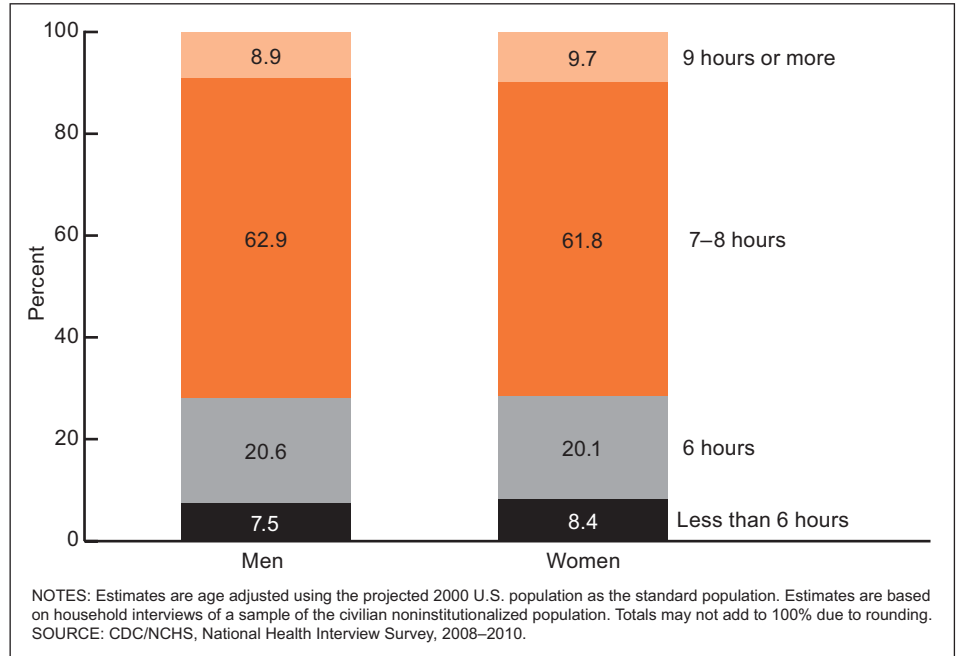


Figure 7.1. Percent distribution of hours of sleep in a 24-hour period, by sex: United States, annualized, 2008–2010

All Adults

- About 6 in 10 adults (62.3%) slept 7–8 hours, on average, in a 24-hour

period (Table 7.1), and about 7 in 10 adults (69.7%) met the HP 2020 objective for sufficient sleep (Table 7.2).

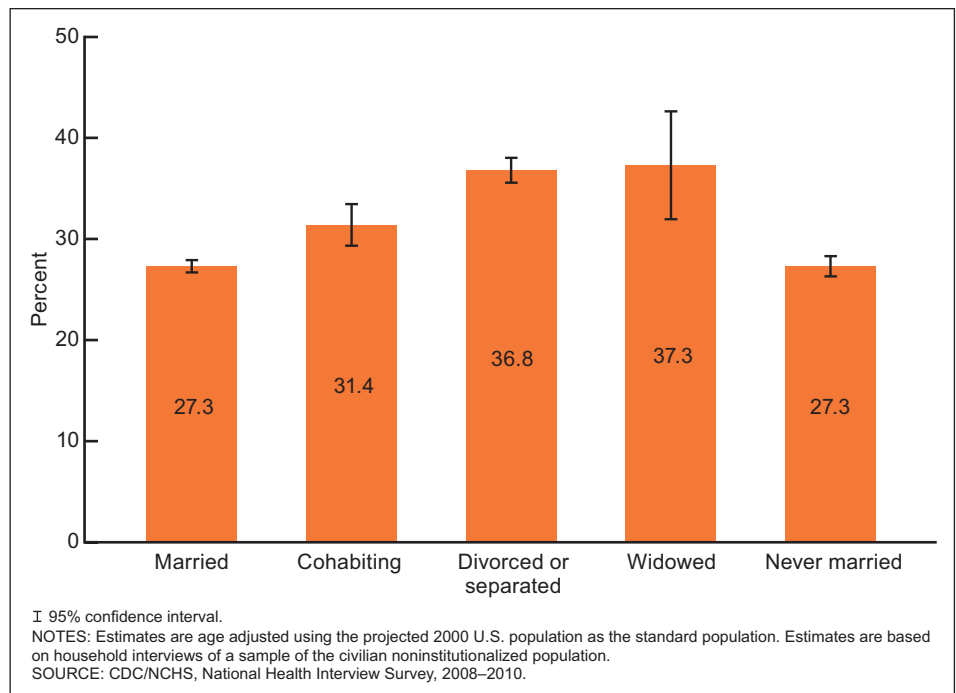


Figure 7.2. Percentage of adults who slept 6 hours or less in a 24-hour period, by marital status: United States, annualized, 2008–2010

- Almost 3 in 10 adults (28.4%) slept 6 hours or less, on average, in a 24-hour period—20.4% of adults averaged 6 hours and 8.0% averaged less than 6 hours (Table 7.1 and Figure 7.1).
- Fewer than 1 in 10 adults (9.3%) slept 9 hours or more, on average (Table 7.1).

Sex

- Overall, men and women were similar in terms of average hours of sleep in a 24-hour period (Table 7.1 and Figure 7.1).
- Men (69.8%) and women (69.7%) were equally likely to have met the HP 2020 objective for sufficient sleep (Table 7.2).

Age

- Adults aged 25–64 were the most likely to sleep 6 hours or less, on average, and the least likely to sleep 9 hours or more compared with both younger and older adults (Table 7.1).
- Adults aged 75 and over were the least likely to sleep 7–8 hours (56.7%) and the most likely to sleep 9 hours or more (22.4%), on average, in a 24-hour period (Table 7.1).
- About 5 in 10 adults aged 18–21 (54.6%) met the HP 2020 objective for sufficient sleep, compared with about 7 in 10 adults aged 22–24 (73.2%) (Figure 7.3).
- Adults aged 75 and over (79.0%) were the most likely to have met the HP 2020 objective for sufficient sleep (Table 7.2 and Figure 7.3).

Race

- Black adults (35.7%) were more likely than white adults (27.1%) and Asian adults (29.9%) to sleep 6 hours or less, on average, in a 24-hour period. Black adults were also more likely than these two other groups to sleep 9 hours or more (Table 7.1).
- Black adults (64.3%) were less likely than white adults (72.9%) and Asian adults (70.1%) to have met the HP 2020 objective for sufficient sleep (Table 7.2 and Figure 7.4).

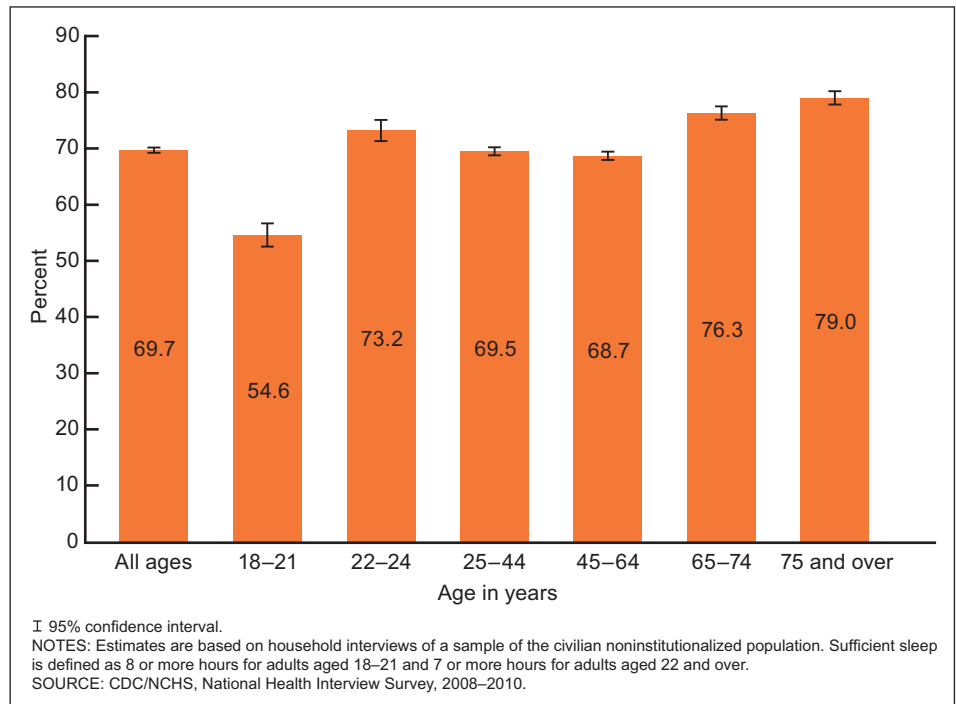


Figure 7.3. Percentage of adults who met the Healthy People 2020 objective for sufficient sleep, by age: United States, annualized, 2008–2010

Hispanic or Latino Origin and Race

- Hispanic adults (73.4%) and non-Hispanic white adults (72.4%)

were more likely than non-Hispanic black adults (64.3%) to have met the HP 2020 objective for sufficient sleep (Table 7.2).

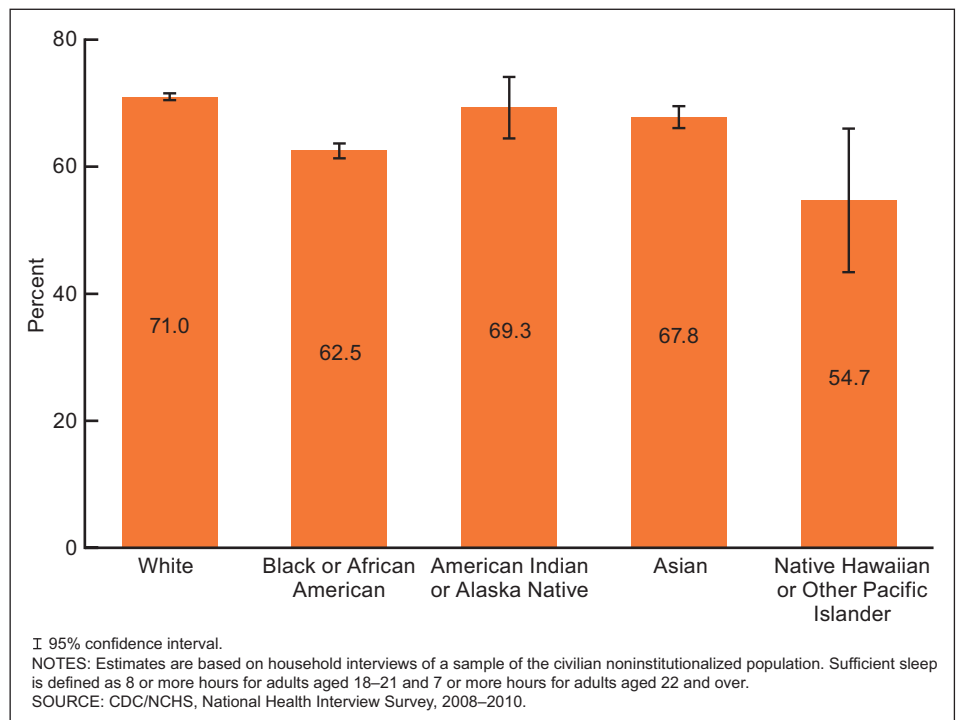


Figure 7.4. Percentage of adults who met the Healthy People 2020 objective for sufficient sleep, by race: United States, annualized, 2008–2010

Education

- About 7 in 10 adults who had a bachelor's degree (68.8%) or an advanced degree (72.3%) averaged 7–8 hours of sleep compared with about one-half of adults who had a GED (54.2%) and about 6 in 10 adults with other levels of education (Table 7.1).
- Adults living in a small MSA (Table 7.1).
- Adults living in an MSA were more likely to sleep an average of 7–8 hours in a day compared with adults living outside an MSA (Table 7.1).
- Adults living outside an MSA were more likely to sleep 9 hours or more than adults living in an MSA (Table 7.1).

Poverty Status

- Adults with family incomes below the poverty threshold (13.7%) and those with family incomes at or just above the poverty threshold (11.6%) were the most likely to sleep 9 hours or more, on average, in a 24-hour period (Table 7.1).
- Adults with family incomes below the poverty level (68.6%) were the least likely to have met the HP 2020 objective for sufficient sleep, while adults with incomes four times the poverty level or more (74.1%) were the most likely to have met the objective (Table 7.2).

Marital Status

- Divorced or separated adults (36.8%) were more likely than married adults (27.3%), never-married adults (27.3%), and cohabiting adults (31.4%) to sleep 6 hours or less, on average (Table 7.1 and Figure 7.2).

Geographic Region

- Adults living in the West (64.7%) were more likely to sleep 7–8 hours, on average, in a 24-hour period than adults living in any other region (Table 7.1).
- Adults living in the West (74.3%) were more likely to have met the HP 2020 objectives for sufficient sleep than adults living in any other region (Table 7.2).

Place of Residence

- Adults living in a large MSA or outside an MSA were more likely to sleep 6 hours or less, on average, in a 24-hour period than adults living

Table 7.1. Age-adjusted percent distribution of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7–8	9 or more
Both sexes		Percent distribution (standard error)		
Ages 18 years and over (age adjusted) ²	100.0	28.4 (0.23)	62.3 (0.26)	9.3 (0.14)
Ages 18 years and over (crude) ²	100.0	28.5 (0.23)	62.3 (0.25)	9.2 (0.14)
Age: ³				
18–24 years	100.0	23.4 (0.65)	62.5 (0.72)	14.0 (0.54)
25–44 years	100.0	30.5 (0.36)	63.2 (0.38)	6.2 (0.18)
45–64 years	100.0	31.3 (0.37)	62.0 (0.39)	6.7 (0.19)
65–74 years	100.0	23.7 (0.60)	63.8 (0.66)	12.5 (0.46)
75 years and over	100.0	21.0 (0.61)	56.7 (0.75)	22.4 (0.62)
Race:				
White, single race	100.0	27.1 (0.26)	63.7 (0.29)	9.2 (0.16)
Black or African American, single race	100.0	35.7 (0.59)	53.6 (0.61)	10.7 (0.39)
American Indian or Alaska Native, single race	100.0	29.5 (2.44)	59.5 (2.49)	11.0 (1.35)
Asian, single race	100.0	29.9 (0.85)	63.9 (0.88)	6.3 (0.45)
Native Hawaiian or Other Pacific Islander, single race	100.0	41.1 (5.63)	49.9 (5.59)	*9.0 (3.11)
Two or more races	100.0	34.9 (1.72)	53.5 (1.81)	11.5 (1.12)
Black or African American, white	100.0	40.0 (4.74)	48.9 (4.70)	11.1 (2.47)
American Indian or Alaska Native, white	100.0	32.8 (2.56)	53.6 (2.74)	13.6 (1.94)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	26.6 (0.51)	64.0 (0.56)	9.4 (0.34)
Mexican or Mexican American	100.0	24.1 (0.64)	65.6 (0.73)	10.3 (0.45)
Not Hispanic or Latino	100.0	28.9 (0.26)	61.9 (0.28)	9.2 (0.16)
White, single race	100.0	27.6 (0.30)	63.3 (0.33)	9.1 (0.18)
Black or African American, single race	100.0	35.7 (0.60)	53.6 (0.62)	10.7 (0.40)
Education:				
Less than high school graduate	100.0	28.2 (0.55)	57.6 (0.61)	14.2 (0.42)
GED diploma ⁴	100.0	33.7 (1.31)	54.2 (1.40)	12.1 (0.84)
High school graduate	100.0	28.9 (0.43)	59.8 (0.47)	11.3 (0.31)
Some college—no degree	100.0	30.9 (0.50)	60.4 (0.53)	8.7 (0.30)
Associate of arts degree	100.0	30.9 (0.69)	61.7 (0.73)	7.4 (0.39)
Bachelor of arts, science degree	100.0	24.9 (0.46)	68.8 (0.51)	6.3 (0.29)
Masters, doctorate, medical degree	100.0	23.2 (0.65)	72.3 (0.68)	4.5 (0.30)
Poverty status: ⁵				
Below poverty level	100.0	31.4 (0.56)	54.9 (0.61)	13.7 (0.42)
≥1 and <2 times poverty level	100.0	30.4 (0.49)	58.0 (0.54)	11.6 (0.34)
≥2 and <4 times poverty level	100.0	29.4 (0.40)	61.6 (0.45)	9.0 (0.25)
4 times poverty level or more	100.0	25.9 (0.38)	67.3 (0.42)	6.8 (0.22)
Marital status:				
Never married	100.0	27.3 (0.51)	61.3 (0.57)	11.4 (0.40)
Married	100.0	27.3 (0.31)	65.1 (0.34)	7.6 (0.17)
Cohabiting	100.0	31.4 (1.05)	59.1 (1.11)	9.5 (0.66)
Divorced or separated	100.0	36.8 (0.63)	55.3 (0.62)	8.0 (0.33)
Widowed	100.0	37.3 (2.72)	53.6 (2.77)	9.1 (1.05)
Geographic region:				
Northeast	100.0	29.9 (0.59)	62.3 (0.62)	7.9 (0.33)
Midwest	100.0	29.2 (0.48)	61.7 (0.56)	9.2 (0.30)
South	100.0	29.0 (0.38)	61.2 (0.43)	9.8 (0.24)
West	100.0	25.7 (0.46)	64.7 (0.50)	9.7 (0.30)
Place of residence: ⁶				
Large MSA	100.0	28.9 (0.32)	62.8 (0.34)	8.3 (0.20)
Small MSA	100.0	27.3 (0.43)	62.7 (0.49)	9.9 (0.26)
Not in MSA	100.0	29.2 (0.60)	59.8 (0.71)	11.0 (0.39)

See footnotes at end of table.

Table 7.1. Age-adjusted percent distribution of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7–8	9 or more
Men				
Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ²	100.0	28.1 (0.32)	62.9 (0.35)	8.9 (0.20)
Ages 18 years and over (crude) ²	100.0	28.4 (0.32)	62.9 (0.35)	8.6 (0.20)
Age: ³				
18–24 years	100.0	22.8 (0.91)	63.5 (1.02)	13.7 (0.76)
25–44 years	100.0	31.7 (0.53)	62.9 (0.56)	5.3 (0.26)
45–64 years	100.0	30.7 (0.52)	63.0 (0.56)	6.3 (0.27)
65–74 years	100.0	21.6 (0.85)	65.5 (1.00)	12.9 (0.70)
75 years and over	100.0	17.4 (0.91)	57.9 (1.27)	24.7 (1.10)
Race:				
White, single race	100.0	27.0 (0.36)	64.2 (0.39)	8.8 (0.23)
Black or African American, single race	100.0	35.6 (0.86)	54.1 (0.91)	10.3 (0.58)
American Indian or Alaska Native, single race	100.0	29.0 (3.26)	62.8 (3.55)	8.2 (1.80)
Asian, single race	100.0	30.6 (1.29)	62.4 (1.30)	7.0 (0.64)
Native Hawaiian or Other Pacific Islander, single race	100.0	35.5 (9.47)	58.0 (9.21)	†
Two or more races	100.0	33.9 (2.59)	54.2 (2.62)	11.9 (1.66)
Black or African American, white	100.0	39.2 (7.51)	49.9 (7.42)	*10.9 (3.71)
American Indian or Alaska Native, white	100.0	32.1 (4.07)	54.6 (4.16)	13.3 (2.28)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	26.0 (0.77)	65.3 (0.84)	8.6 (0.52)
Mexican or Mexican American	100.0	23.7 (0.93)	67.1 (1.05)	9.3 (0.69)
Not Hispanic or Latino	100.0	28.8 (0.36)	62.3 (0.39)	8.9 (0.22)
White, single race	100.0	27.6 (0.41)	63.7 (0.44)	8.7 (0.25)
Black or African American, single race	100.0	35.6 (0.88)	54.1 (0.92)	10.3 (0.59)
Education:				
Less than high school graduate	100.0	26.9 (0.75)	59.6 (0.87)	13.5 (0.59)
GED diploma ⁴	100.0	33.0 (1.86)	55.6 (1.98)	11.4 (1.23)
High school graduate	100.0	28.9 (0.60)	60.1 (0.65)	11.0 (0.45)
Some college—no degree	100.0	30.6 (0.69)	61.0 (0.75)	8.4 (0.44)
Associate of arts degree	100.0	31.3 (1.05)	62.2 (1.13)	6.5 (0.59)
Bachelor of arts, science degree	100.0	26.0 (0.68)	68.3 (0.76)	5.7 (0.43)
Masters, doctorate, medical degree	100.0	23.5 (0.98)	72.5 (0.99)	4.0 (0.37)
Poverty status: ⁵				
Below poverty level	100.0	29.2 (0.91)	57.0 (1.03)	13.8 (0.67)
≥1 and <2 times poverty level	100.0	28.5 (0.73)	59.7 (0.79)	11.7 (0.50)
≥2 and <4 times poverty level	100.0	29.6 (0.58)	61.6 (0.64)	8.8 (0.36)
4 times poverty level or more	100.0	27.0 (0.56)	66.6 (0.59)	6.4 (0.32)
Marital status:				
Never married	100.0	26.3 (0.73)	61.6 (0.83)	12.1 (0.66)
Married	100.0	28.4 (0.44)	64.8 (0.47)	6.7 (0.23)
Cohabiting	100.0	31.6 (1.45)	59.2 (1.53)	9.2 (0.95)
Divorced or separated	100.0	36.1 (1.04)	56.1 (1.03)	7.8 (0.54)
Widowed	100.0	40.6 (5.69)	51.7 (5.67)	7.8 (1.14)
Geographic region:				
Northeast	100.0	30.3 (0.82)	62.2 (0.88)	7.5 (0.52)
Midwest	100.0	29.2 (0.67)	61.9 (0.76)	8.9 (0.41)
South	100.0	28.8 (0.52)	61.9 (0.58)	9.3 (0.33)
West	100.0	24.7 (0.63)	66.0 (0.70)	9.3 (0.43)
Place of residence: ⁶				
Large MSA	100.0	28.5 (0.45)	63.3 (0.49)	8.2 (0.28)
Small MSA	100.0	27.2 (0.59)	63.3 (0.66)	9.6 (0.36)
Not in MSA	100.0	29.3 (0.80)	61.0 (0.86)	9.7 (0.50)

See footnotes at end of table.

Table 7.1. Age-adjusted percent distribution of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7–8	9 or more
Women				
Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ²	100.0	28.5 (0.29)	61.8 (0.32)	9.7 (0.19)
Ages 18 years and over (crude) ²	100.0	28.7 (0.29)	61.7 (0.32)	9.7 (0.19)
Age: ³				
18–24 years	100.0	24.0 (0.88)	61.6 (1.03)	14.4 (0.74)
25–44 years	100.0	29.3 (0.46)	63.5 (0.50)	7.1 (0.26)
45–64 years	100.0	31.9 (0.48)	61.0 (0.51)	7.1 (0.27)
65–74 years	100.0	25.4 (0.79)	62.4 (0.84)	12.2 (0.59)
75 years and over	100.0	23.4 (0.80)	55.8 (0.91)	20.8 (0.74)
Race:				
White, single race	100.0	27.1 (0.34)	63.2 (0.37)	9.7 (0.22)
Black or African American, single race	100.0	35.8 (0.73)	53.3 (0.75)	10.9 (0.47)
American Indian or Alaska Native, single race	100.0	30.0 (3.61)	56.7 (3.33)	13.4 (2.21)
Asian, single race	100.0	29.1 (1.10)	65.3 (1.18)	5.6 (0.59)
Native Hawaiian or Other Pacific Islander, single race	100.0	45.3 (7.98)	44.1 (7.14)	*10.5 (4.38)
Two or more races	100.0	35.8 (2.39)	52.9 (2.58)	11.4 (1.57)
Black or African American, white	100.0	41.1 (5.97)	48.1 (6.13)	10.8 (2.79)
American Indian or Alaska Native, white	100.0	33.4 (3.63)	52.7 (3.85)	13.9 (2.90)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	27.1 (0.68)	62.7 (0.76)	10.2 (0.45)
Mexican or Mexican American	100.0	24.6 (0.92)	64.0 (1.01)	11.4 (0.60)
Not Hispanic or Latino	100.0	28.9 (0.32)	61.6 (0.36)	9.5 (0.21)
White, single race	100.0	27.5 (0.39)	63.1 (0.42)	9.4 (0.25)
Black or African American, single race	100.0	35.9 (0.74)	53.1 (0.77)	11.0 (0.48)
Education:				
Less than high school graduate	100.0	29.5 (0.77)	55.4 (0.88)	15.1 (0.64)
GED diploma ⁴	100.0	34.1 (1.75)	53.0 (1.88)	12.9 (1.12)
High school graduate	100.0	28.5 (0.59)	59.7 (0.63)	11.8 (0.43)
Some college—no degree	100.0	31.2 (0.66)	59.9 (0.69)	9.0 (0.37)
Associate of arts degree	100.0	30.5 (0.85)	61.4 (0.88)	8.1 (0.50)
Bachelor of arts, science degree	100.0	24.0 (0.62)	69.2 (0.68)	6.8 (0.39)
Masters, doctorate, medical degree	100.0	23.1 (0.86)	71.8 (0.92)	5.1 (0.44)
Poverty status: ⁵				
Below poverty level	100.0	33.2 (0.73)	53.2 (0.80)	13.6 (0.55)
≥1 and <2 times poverty level	100.0	31.9 (0.66)	56.5 (0.70)	11.6 (0.45)
≥2 and <4 times poverty level	100.0	29.0 (0.53)	61.6 (0.60)	9.4 (0.35)
4 times poverty level or more	100.0	24.7 (0.48)	68.0 (0.55)	7.3 (0.30)
Marital status:				
Never married	100.0	28.7 (0.71)	60.7 (0.79)	10.6 (0.50)
Married	100.0	26.4 (0.41)	65.3 (0.44)	8.3 (0.25)
Cohabiting	100.0	31.3 (1.45)	59.1 (1.51)	9.6 (0.87)
Divorced or separated	100.0	37.2 (0.78)	54.7 (0.78)	8.1 (0.42)
Widowed	100.0	35.6 (2.94)	54.4 (3.04)	10.0 (1.49)
Geographic region:				
Northeast	100.0	29.4 (0.69)	62.4 (0.72)	8.2 (0.40)
Midwest	100.0	29.0 (0.62)	61.5 (0.68)	9.5 (0.41)
South	100.0	29.0 (0.49)	60.7 (0.55)	10.3 (0.32)
West	100.0	26.5 (0.59)	63.4 (0.65)	10.1 (0.40)
Place of residence: ⁶				
Large MSA	100.0	29.2 (0.41)	62.3 (0.44)	8.5 (0.26)
Small MSA	100.0	27.3 (0.50)	62.3 (0.59)	10.3 (0.33)
Not in MSA	100.0	29.0 (0.75)	58.7 (0.89)	12.3 (0.56)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Based on the question, "On average, how many hours of sleep do you get in a 24 hour period?" Response options were 1–24 hours.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table XVII. Denominator for each percent distribution excludes persons with unknown number of hours of sleep. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 7.2. Age-adjusted percentage of adults aged 18 and over who met the Healthy People 2020 objectives for sufficient sleep, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Insufficient sleep ¹			Sufficient sleep ¹		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent (standard error)					
Ages 18 years and over (age adjusted) ²	30.3 (0.24)	30.2 (0.33)	30.3 (0.30)	69.7 (0.24)	69.8 (0.33)	69.7 (0.30)
Ages 18 years and over (crude) ²	30.3 (0.24)	30.3 (0.33)	30.2 (0.29)	69.7 (0.24)	69.7 (0.33)	69.8 (0.29)
Age: ³						
18–24 years	37.0 (0.75)	37.4 (1.09)	36.7 (1.00)	63.0 (0.75)	62.6 (1.09)	63.3 (1.00)
25–44 years	30.5 (0.36)	31.7 (0.53)	29.3 (0.46)	69.5 (0.36)	68.3 (0.53)	70.7 (0.46)
45–64 years	31.3 (0.37)	30.7 (0.52)	31.9 (0.48)	68.7 (0.37)	69.3 (0.52)	68.1 (0.48)
65–74 years	23.7 (0.60)	21.6 (0.85)	25.4 (0.79)	76.3 (0.60)	78.4 (0.85)	74.6 (0.79)
75 years and over	21.0 (0.61)	17.4 (0.91)	23.4 (0.80)	79.0 (0.61)	82.6 (0.91)	76.6 (0.80)
Race:						
White, single race	29.0 (0.27)	29.0 (0.37)	28.9 (0.34)	71.0 (0.27)	71.0 (0.37)	71.1 (0.34)
Black or African American, single race	37.5 (0.60)	37.9 (0.89)	37.2 (0.74)	62.5 (0.60)	62.1 (0.89)	62.8 (0.74)
American Indian or Alaska Native, single race	30.7 (2.47)	29.6 (3.28)	31.7 (3.72)	69.3 (2.47)	70.4 (3.28)	68.3 (3.72)
Asian, single race	32.2 (0.88)	32.9 (1.32)	31.4 (1.15)	67.8 (0.88)	67.1 (1.32)	68.6 (1.15)
Native Hawaiian or Other Pacific Islander, single race	45.3 (5.77)	42.0 (9.46)	47.4 (8.08)	54.7 (5.77)	58.0 (9.46)	52.6 (8.08)
Two or more races	37.4 (1.75)	36.3 (2.61)	38.2 (2.46)	62.6 (1.75)	63.7 (2.61)	61.8 (2.46)
Black or African American, white	42.3 (4.81)	40.4 (7.53)	44.5 (6.14)	57.7 (4.81)	59.6 (7.53)	55.5 (6.14)
American Indian or Alaska Native, white	36.1 (2.69)	35.1 (4.23)	37.0 (3.72)	63.9 (2.69)	64.9 (4.23)	63.0 (3.72)
Hispanic or Latino origin and race:						
Hispanic or Latino	28.2 (0.53)	27.7 (0.79)	28.7 (0.71)	71.8 (0.53)	72.3 (0.79)	71.3 (0.71)
Mexican or Mexican American	25.8 (0.66)	25.5 (0.96)	26.2 (0.95)	74.2 (0.66)	74.5 (0.96)	73.8 (0.95)
Not Hispanic or Latino	30.9 (0.26)	30.9 (0.37)	30.7 (0.33)	69.1 (0.26)	69.1 (0.37)	69.3 (0.33)
White, single race	29.6 (0.31)	29.7 (0.42)	29.3 (0.40)	70.4 (0.31)	70.3 (0.42)	70.7 (0.40)
Black or African American, single race	37.6 (0.61)	38.0 (0.91)	37.2 (0.76)	62.4 (0.61)	62.0 (0.91)	62.8 (0.76)
Education:						
Less than high school graduate	30.8 (0.58)	29.6 (0.79)	31.7 (0.80)	69.2 (0.58)	70.4 (0.79)	68.3 (0.80)
GED diploma ⁴	35.1 (1.30)	35.1 (1.86)	34.6 (1.76)	64.9 (1.30)	64.9 (1.86)	65.4 (1.76)
High school graduate	31.2 (0.45)	31.4 (0.63)	30.5 (0.62)	68.8 (0.45)	68.6 (0.63)	69.5 (0.62)
Some college—no degree	34.8 (0.52)	34.5 (0.73)	34.9 (0.67)	65.2 (0.52)	65.5 (0.73)	65.1 (0.67)
Associate of arts degree	31.9 (0.70)	32.2 (1.06)	31.5 (0.87)	68.1 (0.70)	67.8 (1.06)	68.5 (0.87)
Bachelor of arts, science degree	25.1 (0.46)	26.0 (0.68)	24.2 (0.62)	74.9 (0.46)	74.0 (0.68)	75.8 (0.62)
Masters, doctorate, medical degree	23.2 (0.65)	23.5 (0.98)	23.1 (0.86)	76.8 (0.65)	76.5 (0.98)	76.9 (0.86)
Poverty status: ⁵						
Below poverty level	34.5 (0.61)	33.0 (0.93)	35.8 (0.76)	65.5 (0.61)	67.0 (0.93)	64.2 (0.76)
≥1 and <2 times poverty level	32.4 (0.50)	30.6 (0.74)	33.8 (0.69)	67.6 (0.50)	69.4 (0.74)	66.2 (0.69)
≥2 and <4 times poverty level	31.1 (0.41)	31.5 (0.59)	30.6 (0.55)	68.9 (0.41)	68.5 (0.59)	69.4 (0.55)
4 times poverty level or more	27.4 (0.40)	28.6 (0.57)	26.2 (0.51)	72.6 (0.40)	71.4 (0.57)	73.8 (0.51)
Marital status:						
Never married	31.8 (0.53)	30.9 (0.78)	33.0 (0.72)	68.2 (0.53)	69.1 (0.78)	67.0 (0.72)
Married	27.5 (0.31)	28.7 (0.44)	26.7 (0.41)	72.5 (0.31)	71.3 (0.44)	73.3 (0.41)
Cohabiting	32.8 (1.04)	32.5 (1.47)	33.2 (1.47)	67.2 (1.04)	67.5 (1.47)	66.8 (1.47)
Divorced or separated	37.0 (0.63)	36.4 (1.03)	37.5 (0.78)	63.0 (0.63)	63.6 (1.03)	62.5 (0.78)
Widowed	38.9 (2.73)	42.9 (5.71)	36.9 (2.96)	61.1 (2.73)	57.1 (5.71)	63.1 (2.96)
Geographic region:						
Northeast	31.9 (0.60)	32.3 (0.85)	31.5 (0.70)	68.1 (0.60)	67.7 (0.85)	68.5 (0.70)
Midwest	31.2 (0.49)	31.5 (0.68)	30.9 (0.65)	68.8 (0.49)	68.5 (0.68)	69.1 (0.65)
South	30.8 (0.39)	30.7 (0.54)	30.8 (0.49)	69.2 (0.39)	69.3 (0.54)	69.2 (0.49)
West	27.4 (0.46)	26.8 (0.62)	27.9 (0.59)	72.6 (0.46)	73.2 (0.62)	72.1 (0.59)
Place of residence: ⁶						
Large MSA	30.7 (0.34)	30.5 (0.47)	30.8 (0.42)	69.3 (0.34)	69.5 (0.47)	69.2 (0.42)
Small MSA	29.5 (0.44)	29.5 (0.61)	29.4 (0.51)	70.5 (0.44)	70.5 (0.61)	70.6 (0.51)
Not in MSA	30.9 (0.59)	31.1 (0.79)	30.5 (0.73)	69.1 (0.59)	68.9 (0.79)	69.5 (0.73)

¹Healthy People 2020 provides an objective for sufficient sleep among adults (SH-4). Sufficient sleep is defined as 8 or more hours for adults aged 18–21, and 7 or more hours for adults aged 22 and over, on average during a 24-hour period. Insufficient sleep is defined as less than 8 hours of sleep for adults aged 18–21, and less than 7 hours for adults aged 22 and over. Based on the question, "On average, how many hours of sleep do you get in a 24 hour period?" Response options were 1–24 hours.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table XVIII. Denominator for each percent distribution excludes persons with unknown number of hours of sleep. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Chapter 8. Summary and Conclusions

Summary

This chapter summarizes the major findings described in the earlier chapters, from the perspective of population subgroup variations in prevalence of healthy and unhealthy behaviors. [Table 8.1](#) shows “unhealthy” behaviors while [Table 8.2](#) presents “healthy” behaviors. Because the health benefits and risks of behaviors occur on a continuum, classification of “healthy” and “unhealthy” is not always straightforward. Although there is little controversy over the classification of “current cigarette smoker” as “unhealthy,” the decision to present only “never smoked cigarettes” in the table on “healthy behaviors” was somewhat arbitrary. One might also have shown “not current cigarette smoker.” Similarly, the presentation of “five or more drinks in 1 day” is only one indicator of possibly harmful levels of alcohol consumption. Classification of healthy alcohol use is even more problematic, as studies on the health benefits of light or moderate alcohol use abound, but a clear consensus on “healthy alcohol use” has not been reached (63).

In this chapter, some health behaviors are described with abbreviated terms in order to improve readability. For example, having five or more drinks in 1 day in the past year may also be referred to as “at-risk” drinking. Having met the 2008 federal guidelines for physical activity for aerobic activity and having met the guidelines for muscle-strengthening activity may be referred to as simply “met aerobic guidelines” and “met muscle-strengthening guidelines,” respectively. Similarly, the term “sufficient sleep” refers to meeting the HP 2020 objectives for sleep—that is, at least 8 hours for adults aged 18–21 or at least 7 hours for adults aged 22 and over, on average, in a 24-hour period. “Insufficient sleep” refers to less than 8 hours for those aged 18–21 and less than 7 hours for those aged 22 and over.

Unhealthy Behaviors ([Table 8.1](#))

About one in four U.S. adults had five or more drinks in 1 day at least once in the past year—that is, engaged in at-risk drinking; one in five adults were current cigarette smokers; about one in three were completely inactive in terms of leisure-time aerobic activity and nearly three-fourths of adults never did muscle-strengthening activity; nearly 3 in 10 adults were obese; and about 3 in 10 adults got insufficient sleep.

Sex differences in the overall prevalence of unhealthy behaviors were found for at-risk drinking, cigarette smoking, and physical inactivity (both aerobic and muscle-strengthening). Men were more likely than women to smoke cigarettes and to engage in at-risk drinking and less likely than women to be physically inactive in terms of both aerobic and muscle-strengthening activities. Men and women did not differ significantly in terms of prevalence of obesity or getting insufficient sleep.

Age differences in unhealthy behaviors followed predictable patterns. Adults aged 65–74 and 75 and over were the least likely of all the age groups studied to be current smokers or to have had five or more drinks in 1 day at least once in the past year; adults in these two oldest age groups were the most likely to be physically inactive in their leisure time. Adults aged 45–64 were the most likely to be obese whereas adults aged 18–24 were the most likely to get insufficient sleep.

Comparisons among race and Hispanic or Latino origin subgroups revealed that Asian adults had significantly lower rates of at-risk drinking than white, black, or American Indian or Alaska Native adults. Asian adults were also considerably less likely to be current smokers or to be obese. White adults were nearly twice as likely as black adults to engage in at-risk drinking while black adults were more likely to be physically inactive, to be obese, and to get insufficient sleep. Adults of Hispanic or Latino origin

were less likely than non-Hispanic adults to smoke cigarettes, engage in at-risk drinking, or to get insufficient sleep, but were more likely to be inactive in terms of aerobic and muscle-strengthening leisure-time activities, and more likely to be obese.

Educational differences in unhealthy behaviors were generally consistent across the behaviors studied. Adults with higher levels of education were less likely than those with fewer years of education to be current smokers, to be physically inactive in leisure time, to be obese, and to get insufficient sleep. The association between education and alcohol consumption was more complex, with prevalence of at-risk drinking lowest among adults who had not graduated from high school and those who had achieved a master’s degree or higher, and higher among those with levels of education in between. Adults who had earned a GED but had no further education had among the highest rates of at-risk drinking, cigarette smoking, obesity, physical inactivity, and insufficient sleep.

The associations between family income (relative to the U.S. Census Bureau poverty threshold) and unhealthy behaviors were not consistent across the behaviors studied. Whereas the prevalence of cigarette smoking, physical inactivity in leisure-time, and insufficient sleep were generally lower for adults with higher family income, the prevalence of at-risk drinking was higher.

Marital status differences, like those for family income, were not consistent across the behaviors. Married adults had lower prevalence of current cigarette smoking than all other marital status groups. Rates of at-risk drinking and cigarette smoking were higher for cohabiting (that is, living together as if married) adults than for married adults. Divorced or separated adults and widowed adults were more likely to get insufficient sleep than adults in all other marital status categories.

Some variations were found in the prevalence of unhealthy behaviors by geographic region, although the results

did not provide any clear and systematic picture of differences by this characteristic. Adults living in the South had the lowest prevalence of at-risk drinking, the highest prevalence of physical inactivity in leisure time, and among the highest prevalence of obesity. Adults living in the West had the lowest smoking rates compared with adults living in other regions, and were the least likely to get insufficient sleep.

The prevalence of unhealthy behaviors also varied by place of residence—that is, residing in a large or a small metropolitan statistical area (MSA) or outside of an MSA. Adults living outside of an MSA had among the highest rates of cigarette smoking, physical inactivity, obesity, and insufficient sleep while adults living in small MSAs had among the highest rates of at-risk drinking.

Healthy Behaviors (Table 8.2)

About 6 in 10 adults had never smoked cigarettes, about one-half of adults met the federal guidelines for aerobic physical activity, about 1 in 4 adults met the guidelines for muscle-strengthening activity, almost 4 in 10 were at a healthy weight, and about 7 in 10 got sufficient sleep.

Men and women differed markedly in terms of the prevalence of healthy behaviors. Men were more likely than women to meet the federal physical activity guidelines (both aerobic and muscle-strengthening) through leisure-time activities, but women were more likely than men to be lifetime nonsmokers and to be at a healthy weight. Men and women were equally likely to get sufficient sleep.

Age differences in the prevalence of healthy behaviors were found across the behaviors, with adults aged 18–24 having the highest prevalence for all healthy behaviors except getting sufficient sleep. The prevalence of never having smoked cigarettes and of meeting the federal aerobic and muscle-strengthening physical activity guidelines declined with increasing age. The prevalence of being at a healthy body weight declined with age until 75;

adults aged 75 and over were more likely than all other ages except those aged 18–24 to be at a healthy weight. Findings for sleep did not reveal any consistent pattern, although adults aged 75 and over were the most likely to get sufficient sleep.

Race subgroup differences in healthy behaviors did not show a consistent pattern. Black adults and Asian adults were more likely than white adults to have never smoked cigarettes. White adults and Asian adults were more likely than black adults to meet the federal guidelines for aerobic physical activity. White adults were more likely than black adults or Asian adults to meet the federal guidelines for muscle-strengthening activity. Asian adults were, by far, the group most likely to be at a healthy weight. The prevalence of getting sufficient sleep was similar for Asian adults and white adults; both groups were more likely than black adults to get sufficient sleep.

Hispanic adults were more likely than non-Hispanic adults to have never smoked cigarettes and get sufficient sleep, but less likely to meet the federal physical activity guidelines (either aerobic or muscle-strengthening) and less likely to be at a healthy weight.

Educational attainment and the prevalence of healthy behaviors are positively associated: persons with higher levels of education were more likely than those with less education to have never smoked cigarettes, to have met the physical activity guidelines, to be at a healthy weight, and to get sufficient sleep.

Similarly, family income (relative to the U.S. Census Bureau poverty threshold) was, in most instances, positively associated with healthy behaviors. Adults in the highest income groups were more likely than low-income adults to have never smoked, to have met the physical activity guidelines (both aerobic and muscle-strengthening), to be in the healthy weight range, and to get sufficient sleep. Findings related to marital status were mixed. Never-married and married adults were more likely than adults in the other marital status groups to have never smoked cigarettes. Never-married and cohabiting adults were the most likely to be at a

healthy weight. Married adults were more likely than adults who were not married to get sufficient sleep.

Regional differences were found in the prevalence of health behaviors, with adults in the West, in most cases, having higher rates of healthy behaviors than adults in the other regions: Adults living in the West had the highest prevalence of never having smoked cigarettes, meeting the federal guidelines for aerobic activity, and getting sufficient sleep. Adults living in the South were the least likely to have met the federal guidelines for either the aerobic or muscle-strengthening activity.

Differences by place of residence were consistent across the behaviors: Adults living within an MSA, whether large or small, were more likely to engage in each of the healthy behaviors studied than adults living outside an MSA. Differences in the prevalence of healthy behaviors between large and small MSAs were noteworthy only for smoking; among adults living in a large MSA 61.4% had never smoked, compared with 57.1% of adults living in a small MSA.

Highlights of Changes

Although examination of trends in each of these behaviors is beyond the scope of this report, some important changes since the 2005–2007 report are worth highlighting. Since the last report, the percentage of adults who had five or more drinks in 1 day at least once in the past year increased from 20.5% (2005–2007) to 23.6% (2008–2010)—with increases in every age group except adults aged 75 and over (Table 8.1). Adult smoking prevalence remained unchanged between 2005–2007 (20.4%) and 2008–2010 (20.2%) although declines were seen among adults in the youngest age group (aged 18–24) from 23.5% (2005–2007) to 21.2% (2008–2010) (Table 8.1).

With the introduction of new national physical activity objectives since the last report, direct comparisons of the percentage of adults meeting most physical activity goals (Table 8.2) are not possible; however, the goal of reducing the percentage of adults who are physically inactive in terms of

aerobic activity (Tables 5.1 and 8.1) remains comparable. The percentage of adults who were completely aerobically inactive had remained at 38%–40% between 1997 and 2004. However, in subsequent years the percentage of adults who were aerobically inactive showed a notable decline from 39.7% (2005–2007) to 33.9% (2008–2010). This decline coincides with the release of the 2008 federal guidelines for physical activity and major public health initiatives to promote physical activity (22,64). Yet despite declines in physical inactivity, the percentage of adults who were obese increased from 25.4% to 27.4% during this time period (Table 8.1); the percentage of adults who were overweight but not obese, on the other hand, remained stable at about 35% (Table 6.2).

With the recent addition of national health objectives for sufficient sleep, the definition of “unhealthy”—that is, insufficient sleep—is more rigorous (less than 8 hours) for adults aged 18–21. Earlier editions of this report did not separately estimate the percentage of adults who slept less than 8 hours and thus comparisons of insufficient sleep for the youngest age group are not possible. However, for all other age groups, the category “6 hours or less” shown in earlier reports since 2004 is comparable to the category “insufficient sleep” shown in Tables 7.2 and 8.1 of this report. For ages 25 and over, the percentage of adults who got insufficient sleep remained essentially unchanged between 2005–2007 and 2008–2010.

Conclusions

The personal health behaviors described in this report—alcohol use, cigarette smoking, leisure-time physical activity, BMI, and sleep—have each been identified in the Healthy People 2020 Initiative as targets for programs and policies at the federal, state, and local levels that encourage adults to adopt healthy behaviors. This report, the fifth in a series of reports released since NHIS began tracking these behaviors annually in 1997, highlights prevalence estimates of selected aspects of these

behaviors among all adults aged 18 and over, and among selected population subgroups.

The findings suggest that there have been some changes over time and, in many cases, substantial subgroup differences in the prevalence of these behaviors exist. This report offers specific information about which subgroups lag in terms of adopting healthy behaviors and may serve as a reference document for the public health community in deciding how best to allocate resources to reduce disparities.

Table 8.1. Age-adjusted percentage of adults aged 18 and over who engaged in selected unhealthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Selected unhealthy behaviors					
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Inactive, aerobic activity ³	Inactive, strengthening activity ³	Obese ⁴	Insufficient sleep ⁵
Both sexes						
Percent (standard error)						
Ages 18 years and over (age adjusted) ⁶	23.6 (0.27)	20.2 (0.24)	33.9 (0.39)	73.5 (0.27)	27.4 (0.24)	30.3 (0.24)
Ages 18 years and over (crude) ⁶	23.0 (0.28)	20.2 (0.24)	34.1 (0.39)	73.8 (0.28)	27.7 (0.24)	30.3 (0.24)
Age: ⁷						
18–24 years	35.1 (0.90)	21.1 (0.64)	26.9 (0.79)	64.2 (0.77)	17.4 (0.58)	37.0 (0.75)
25–44 years	31.3 (0.43)	23.2 (0.37)	29.4 (0.47)	69.9 (0.40)	28.2 (0.36)	30.5 (0.36)
45–64 years	18.5 (0.35)	21.9 (0.36)	34.6 (0.52)	76.6 (0.38)	32.4 (0.41)	31.3 (0.37)
65–74 years	8.0 (0.38)	12.6 (0.48)	42.3 (0.73)	81.5 (0.58)	30.5 (0.64)	23.7 (0.60)
75 years and over	2.3 (0.20)	5.6 (0.34)	56.3 (0.84)	87.0 (0.54)	17.7 (0.56)	21.0 (0.61)
Race:						
White, single race	26.0 (0.31)	20.8 (0.27)	32.3 (0.43)	73.0 (0.31)	26.6 (0.26)	29.0 (0.27)
Black or African American, single race	14.0 (0.45)	20.2 (0.47)	43.9 (0.70)	76.0 (0.55)	37.0 (0.54)	37.5 (0.60)
American Indian or Alaska Native, single race	21.2 (1.93)	22.9 (2.06)	42.5 (2.80)	81.2 (1.94)	40.6 (2.76)	30.7 (2.47)
Asian, single race	11.2 (0.58)	10.2 (0.55)	34.5 (1.03)	76.4 (0.79)	10.2 (0.64)	32.2 (0.88)
Native Hawaiian or Other Pacific Islander, single race	12.8 (2.73)	22.3 (4.16)	39.3 (5.61)	80.3 (4.41)	45.2 (5.86)	45.3 (5.77)
Two or more races	25.5 (1.69)	24.2 (1.66)	31.0 (1.79)	69.3 (1.70)	33.5 (1.82)	37.4 (1.75)
Black or African American, white	22.0 (3.52)	25.8 (4.37)	36.7 (4.71)	74.5 (4.06)	30.0 (4.56)	42.3 (4.81)
American Indian or Alaska Native, white	28.3 (2.69)	29.8 (2.79)	35.5 (2.72)	70.6 (2.81)	34.6 (3.14)	36.1 (2.69)
Hispanic or Latino origin and race:						
Hispanic or Latino	19.7 (0.49)	13.6 (0.38)	45.3 (0.69)	80.5 (0.47)	31.8 (0.57)	28.2 (0.53)
Mexican or Mexican American	21.2 (0.67)	13.2 (0.49)	44.4 (0.95)	81.1 (0.62)	34.3 (0.77)	25.8 (0.66)
Not Hispanic or Latino	24.4 (0.30)	21.4 (0.27)	32.0 (0.42)	72.2 (0.30)	26.7 (0.26)	30.9 (0.26)
White, single race	27.5 (0.35)	22.4 (0.32)	29.6 (0.47)	71.3 (0.35)	25.8 (0.29)	29.6 (0.31)
Black or African American, single race	13.9 (0.46)	20.4 (0.48)	43.8 (0.72)	75.8 (0.56)	37.1 (0.55)	37.6 (0.61)
Education:						
Less than high school graduate	19.0 (0.51)	28.7 (0.59)	54.0 (0.68)	86.4 (0.45)	30.9 (0.55)	30.8 (0.58)
GED diploma ⁸	28.9 (1.28)	44.5 (1.27)	45.3 (1.39)	82.8 (1.01)	34.6 (1.22)	35.1 (1.30)
High school graduate	22.6 (0.47)	25.7 (0.43)	42.2 (0.62)	81.1 (0.42)	31.0 (0.43)	31.2 (0.45)
Some college—no degree	25.6 (0.54)	21.2 (0.44)	30.6 (0.60)	71.6 (0.52)	28.8 (0.51)	34.8 (0.52)
Associate of arts degree	24.6 (0.69)	18.8 (0.57)	27.6 (0.70)	70.1 (0.69)	28.4 (0.64)	31.9 (0.70)
Bachelor of arts, science degree	26.0 (0.51)	10.2 (0.32)	20.4 (0.51)	62.8 (0.58)	21.6 (0.44)	25.1 (0.46)
Masters, doctorate, medical degree	20.7 (0.67)	5.7 (0.34)	16.0 (0.59)	59.3 (0.77)	18.0 (0.60)	23.2 (0.65)
Poverty status: ⁹						
Below poverty level	19.4 (0.62)	29.2 (0.63)	50.8 (0.81)	82.5 (0.55)	30.1 (0.58)	34.5 (0.61)
≥1 and <2 times poverty level	20.5 (0.51)	25.7 (0.53)	45.8 (0.67)	82.5 (0.46)	31.1 (0.50)	32.4 (0.50)
≥2 and <4 times poverty level	23.1 (0.42)	21.4 (0.38)	35.4 (0.53)	76.1 (0.41)	29.1 (0.43)	31.1 (0.41)
4 times poverty level or more	27.1 (0.40)	13.9 (0.30)	21.7 (0.43)	64.0 (0.46)	23.5 (0.36)	27.4 (0.40)
Marital status:						
Never married	24.9 (0.49)	22.2 (0.47)	35.1 (0.67)	72.0 (0.50)	26.7 (0.53)	31.8 (0.53)
Married	20.7 (0.33)	15.7 (0.27)	32.1 (0.46)	74.5 (0.36)	28.1 (0.33)	27.5 (0.31)
Cohabiting	34.3 (0.97)	34.6 (0.96)	35.2 (1.08)	74.6 (0.93)	25.0 (0.91)	32.8 (1.04)
Divorced or separated	24.4 (0.61)	30.3 (0.63)	38.7 (0.71)	75.6 (0.55)	31.2 (0.59)	37.0 (0.63)
Widowed	14.1 (1.95)	29.4 (2.78)	43.6 (2.55)	82.0 (2.34)	35.0 (2.70)	38.9 (2.73)
Geographic region:						
Northeast	23.1 (0.56)	19.0 (0.57)	35.8 (0.83)	73.5 (0.68)	24.5 (0.55)	31.9 (0.60)
Midwest	28.1 (0.62)	22.5 (0.49)	31.2 (0.80)	71.9 (0.57)	29.1 (0.50)	31.2 (0.49)
South	20.9 (0.45)	21.6 (0.41)	37.5 (0.73)	75.6 (0.43)	29.4 (0.40)	30.8 (0.39)
West	23.4 (0.54)	16.5 (0.46)	29.7 (0.75)	71.9 (0.60)	24.4 (0.47)	27.4 (0.46)
Place of residence: ¹⁰						
Large MSA	23.1 (0.32)	17.7 (0.30)	32.2 (0.40)	71.1 (0.36)	25.6 (0.32)	30.7 (0.34)
Small MSA	24.8 (0.57)	21.2 (0.49)	32.9 (0.87)	73.8 (0.53)	28.0 (0.46)	29.5 (0.44)
Not in MSA	22.5 (0.87)	26.6 (0.65)	41.6 (1.28)	80.7 (0.73)	32.1 (0.57)	30.9 (0.59)

See footnotes at end of table.

Table 8.1. Age-adjusted percentage of adults aged 18 and over who engaged in selected unhealthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Selected unhealthy behaviors					
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Inactive, aerobic activity ³	Inactive, strengthening activity ³	Obese ⁴	Insufficient sleep ⁵
Men						
Percent (standard error)						
Ages 18 years and over (age adjusted) ⁶	32.5 (0.41)	22.4 (0.33)	31.4 (0.47)	69.4 (0.37)	27.5 (0.32)	30.2 (0.33)
Ages 18 years and over (crude) ⁶	32.3 (0.42)	22.7 (0.34)	31.4 (0.47)	69.6 (0.37)	27.8 (0.33)	30.3 (0.33)
Age: ⁷						
18–24 years	42.2 (1.27)	24.8 (0.99)	22.0 (0.98)	55.0 (1.12)	17.7 (0.87)	37.4 (1.09)
25–44 years	42.8 (0.65)	25.7 (0.51)	28.2 (0.61)	65.0 (0.56)	28.6 (0.52)	31.7 (0.53)
45–64 years	27.3 (0.55)	24.1 (0.54)	33.3 (0.67)	74.7 (0.53)	32.5 (0.55)	30.7 (0.52)
65–74 years	13.8 (0.72)	13.2 (0.66)	39.3 (1.06)	80.0 (0.83)	29.8 (0.94)	21.6 (0.85)
75 years and over	4.3 (0.44)	5.3 (0.51)	48.3 (1.35)	84.6 (0.93)	16.4 (0.91)	17.4 (0.91)
Race:						
White, single race	35.1 (0.45)	22.7 (0.38)	30.5 (0.53)	69.7 (0.42)	27.6 (0.36)	29.0 (0.37)
Black or African American, single race	21.3 (0.79)	23.6 (0.72)	37.9 (0.99)	66.4 (0.86)	31.2 (0.79)	37.9 (0.89)
American Indian or Alaska Native, single race	29.2 (3.20)	24.6 (3.02)	41.1 (4.10)	79.5 (2.99)	39.3 (3.94)	29.6 (3.28)
Asian, single race	17.2 (1.02)	15.2 (0.91)	31.8 (1.42)	72.2 (1.19)	10.8 (0.93)	32.9 (1.32)
Native Hawaiian or Other Pacific Islander, single race	14.1 (4.08)	*16.7 (5.02)	32.9 (7.27)	76.7 (6.89)	48.0 (9.13)	42.0 (9.46)
Two or more races	36.4 (2.63)	27.8 (2.57)	29.1 (2.61)	62.1 (2.64)	34.4 (2.67)	36.3 (2.61)
Black or African American, white	30.6 (6.52)	34.7 (5.68)	36.9 (7.66)	70.6 (6.13)	31.1 (6.70)	40.4 (7.53)
American Indian or Alaska Native, white	42.2 (4.21)	33.9 (4.26)	35.1 (4.44)	63.2 (4.36)	37.1 (4.34)	35.1 (4.23)
Hispanic or Latino origin and race:						
Hispanic or Latino	29.4 (0.77)	17.4 (0.62)	42.0 (0.92)	76.8 (0.71)	31.3 (0.81)	27.7 (0.79)
Mexican or Mexican American	32.0 (1.01)	17.5 (0.78)	42.2 (1.16)	78.0 (0.90)	33.1 (1.09)	25.5 (0.96)
Not Hispanic or Latino	33.2 (0.45)	23.4 (0.37)	29.4 (0.50)	68.0 (0.40)	26.9 (0.35)	30.9 (0.37)
White, single race	36.6 (0.51)	24.0 (0.45)	28.0 (0.57)	68.1 (0.47)	27.0 (0.40)	29.7 (0.42)
Black or African American, single race	21.3 (0.81)	23.9 (0.74)	37.7 (1.01)	66.0 (0.88)	31.0 (0.80)	38.0 (0.91)
Education:						
Less than high school graduate	28.3 (0.80)	31.9 (0.82)	50.4 (0.94)	82.6 (0.67)	28.3 (0.77)	29.6 (0.79)
GED diploma ⁸	38.3 (2.00)	47.7 (1.91)	41.3 (1.90)	78.2 (1.54)	31.4 (1.70)	35.1 (1.86)
High school graduate	31.3 (0.69)	28.6 (0.62)	39.2 (0.79)	77.1 (0.59)	31.4 (0.61)	31.4 (0.63)
Some college—no degree	35.0 (0.84)	23.0 (0.67)	27.7 (0.80)	65.9 (0.74)	29.7 (0.77)	34.5 (0.73)
Associate of arts degree	35.3 (1.13)	20.8 (0.97)	24.9 (1.06)	66.6 (1.09)	27.3 (0.97)	32.2 (1.06)
Bachelor of arts, science degree	34.9 (0.78)	11.1 (0.49)	19.0 (0.71)	59.0 (0.84)	23.2 (0.67)	26.0 (0.68)
Masters, doctorate, medical degree	28.3 (1.09)	6.1 (0.48)	14.5 (0.80)	55.9 (1.10)	18.7 (0.91)	23.5 (0.98)
Poverty status: ⁹						
Below poverty level	28.7 (1.03)	31.4 (0.95)	45.9 (1.22)	76.7 (0.88)	25.6 (0.89)	33.0 (0.93)
≥1 and <2 times poverty level	28.8 (0.84)	29.2 (0.79)	43.7 (0.87)	79.0 (0.66)	28.6 (0.74)	30.6 (0.74)
≥2 and <4 times poverty level	31.8 (0.70)	24.3 (0.57)	34.1 (0.69)	72.5 (0.60)	29.7 (0.60)	31.5 (0.59)
4 times poverty level or more	36.0 (0.58)	15.9 (0.44)	20.5 (0.55)	61.0 (0.62)	26.0 (0.49)	28.6 (0.57)
Marital status:						
Never married	31.5 (0.75)	25.2 (0.70)	32.2 (0.87)	66.6 (0.73)	23.6 (0.70)	30.9 (0.78)
Married	30.0 (0.52)	17.6 (0.38)	31.3 (0.57)	72.1 (0.48)	30.2 (0.45)	28.7 (0.44)
Cohabiting	42.8 (1.42)	36.8 (1.30)	35.1 (1.51)	72.5 (1.34)	24.4 (1.21)	32.5 (1.47)
Divorced or separated	37.9 (1.05)	34.5 (0.99)	35.6 (1.07)	69.4 (0.96)	28.1 (0.91)	36.4 (1.03)
Widowed	21.7 (4.02)	35.8 (5.76)	35.5 (4.21)	74.8 (5.40)	35.2 (5.67)	42.9 (5.71)
Geographic region:						
Northeast	32.0 (0.88)	20.5 (0.82)	31.9 (1.11)	68.7 (0.98)	25.6 (0.73)	32.3 (0.85)
Midwest	37.7 (0.91)	23.9 (0.74)	29.2 (0.91)	68.4 (0.75)	29.3 (0.69)	31.5 (0.68)
South	29.5 (0.69)	24.3 (0.57)	34.8 (0.86)	70.9 (0.56)	28.7 (0.56)	30.7 (0.54)
West	32.0 (0.76)	19.4 (0.57)	28.1 (0.92)	68.5 (0.79)	25.0 (0.64)	26.8 (0.62)
Place of residence: ¹⁰						
Large MSA	31.3 (0.49)	20.2 (0.41)	29.0 (0.53)	66.2 (0.49)	26.2 (0.43)	30.5 (0.47)
Small MSA	34.5 (0.80)	23.2 (0.65)	30.2 (0.98)	70.4 (0.67)	27.8 (0.58)	29.5 (0.61)
Not in MSA	32.3 (1.26)	28.5 (0.83)	41.4 (1.47)	78.0 (0.97)	31.2 (0.86)	31.1 (0.79)

See footnotes at end of table.

Table 8.1. Age-adjusted percentage of adults aged 18 and over who engaged in selected unhealthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Selected unhealthy behaviors					
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Inactive, aerobic activity ³	Inactive, strengthening activity ³	Obese ⁴	Insufficient sleep ⁵
Women						
Percent (standard error)						
Ages 18 years and over (age adjusted) ⁶	15.2 (0.27)	18.0 (0.28)	36.1 (0.43)	77.5 (0.32)	27.2 (0.30)	30.3 (0.30)
Ages 18 years and over (crude) ⁶	14.4 (0.26)	17.8 (0.27)	36.6 (0.43)	77.8 (0.31)	27.5 (0.30)	30.2 (0.29)
Age: ⁷						
18–24 years	28.0 (1.05)	17.3 (0.78)	31.8 (1.05)	73.5 (0.94)	17.2 (0.76)	36.7 (1.00)
25–44 years	20.1 (0.44)	20.8 (0.46)	30.6 (0.54)	74.7 (0.47)	27.8 (0.47)	29.3 (0.46)
45–64 years	10.2 (0.36)	19.7 (0.45)	35.8 (0.61)	78.4 (0.48)	32.4 (0.52)	31.9 (0.48)
65–74 years	3.1 (0.35)	12.1 (0.64)	44.9 (0.93)	82.8 (0.71)	31.1 (0.84)	25.4 (0.79)
75 years and over	0.9 (0.15)	5.7 (0.46)	61.6 (0.92)	88.5 (0.59)	18.6 (0.66)	23.4 (0.80)
Race:						
White, single race	17.1 (0.32)	18.8 (0.33)	33.9 (0.47)	76.2 (0.37)	25.6 (0.33)	28.9 (0.34)
Black or African American, single race	8.1 (0.43)	17.5 (0.58)	48.7 (0.84)	83.9 (0.60)	41.7 (0.73)	37.2 (0.74)
American Indian or Alaska Native, single race	14.7 (2.35)	21.1 (2.70)	43.4 (3.58)	82.7 (2.68)	41.9 (3.87)	31.7 (3.72)
Asian, single race	5.7 (0.55)	5.5 (0.59)	36.9 (1.31)	80.4 (1.04)	9.5 (0.83)	31.4 (1.15)
Native Hawaiian or Other Pacific Islander, single race	*11.4 (3.69)	26.4 (6.70)	44.0 (7.45)	82.1 (6.09)	44.5 (7.47)	47.4 (8.08)
Two or more races	16.0 (1.87)	21.0 (1.84)	32.9 (2.34)	75.9 (2.17)	32.8 (2.48)	38.2 (2.46)
Black or African American, white	14.4 (2.99)	19.2 (4.76)	37.0 (5.86)	78.2 (5.38)	28.4 (5.67)	44.5 (6.14)
American Indian or Alaska Native, white	17.4 (3.21)	26.7 (3.22)	36.0 (3.42)	76.6 (3.61)	32.5 (4.15)	37.0 (3.72)
Hispanic or Latino origin and race:						
Hispanic or Latino	9.7 (0.44)	9.6 (0.40)	48.4 (0.88)	84.7 (0.58)	32.4 (0.74)	28.7 (0.71)
Mexican or Mexican American	9.8 (0.57)	8.4 (0.50)	46.7 (1.20)	84.7 (0.76)	35.6 (1.01)	26.2 (0.95)
Not Hispanic or Latino	16.2 (0.30)	19.4 (0.32)	34.2 (0.45)	76.2 (0.34)	26.5 (0.33)	30.7 (0.33)
White, single race	18.9 (0.37)	20.8 (0.38)	31.1 (0.50)	74.4 (0.41)	24.5 (0.37)	29.3 (0.40)
Black or African American, single race	8.0 (0.43)	17.6 (0.60)	48.8 (0.86)	83.9 (0.62)	42.1 (0.75)	37.2 (0.76)
Education:						
Less than high school graduate	8.6 (0.49)	25.1 (0.84)	57.8 (0.88)	90.9 (0.52)	33.8 (0.78)	31.7 (0.80)
GED diploma ⁸	19.1 (1.45)	41.2 (1.74)	49.5 (1.91)	88.0 (1.20)	38.1 (1.87)	34.6 (1.76)
High school graduate	13.6 (0.54)	22.6 (0.57)	45.1 (0.78)	85.6 (0.49)	30.6 (0.60)	30.5 (0.62)
Some college—no degree	17.6 (0.56)	19.7 (0.54)	33.0 (0.73)	76.6 (0.62)	27.9 (0.61)	34.9 (0.67)
Associate of arts degree	16.1 (0.72)	17.1 (0.67)	29.6 (0.85)	73.1 (0.85)	29.3 (0.84)	31.5 (0.87)
Bachelor of arts, science degree	17.8 (0.58)	9.3 (0.46)	21.8 (0.64)	66.3 (0.72)	20.1 (0.61)	24.2 (0.62)
Masters, doctorate, medical degree	13.6 (0.72)	5.7 (0.49)	17.7 (0.78)	62.6 (1.03)	17.5 (0.77)	23.1 (0.86)
Poverty status: ⁹						
Below poverty level	12.5 (0.56)	27.6 (0.77)	54.3 (0.89)	87.0 (0.59)	33.7 (0.73)	35.8 (0.76)
≥1 and <2 times poverty level	13.2 (0.53)	22.6 (0.66)	47.7 (0.81)	85.7 (0.51)	33.4 (0.72)	33.8 (0.69)
≥2 and <4 times poverty level	14.7 (0.43)	18.4 (0.48)	36.7 (0.64)	79.8 (0.51)	28.5 (0.57)	30.6 (0.55)
4 times poverty level or more	17.9 (0.47)	11.8 (0.39)	22.9 (0.54)	67.3 (0.57)	20.8 (0.50)	26.2 (0.51)
Marital status:						
Never married	17.5 (0.54)	18.8 (0.60)	38.5 (0.85)	78.3 (0.60)	30.2 (0.76)	33.0 (0.72)
Married	11.9 (0.33)	13.9 (0.35)	32.9 (0.53)	76.8 (0.44)	25.9 (0.43)	26.7 (0.41)
Cohabiting	25.5 (1.06)	32.2 (1.40)	34.8 (1.41)	76.5 (1.29)	25.7 (1.28)	33.2 (1.47)
Divorced or separated	15.2 (0.65)	27.2 (0.76)	40.8 (0.84)	80.0 (0.61)	33.4 (0.76)	37.5 (0.78)
Widowed	11.6 (2.24)	26.9 (2.89)	47.0 (2.97)	85.1 (2.15)	34.7 (2.87)	36.9 (2.96)
Geographic region:						
Northeast	15.0 (0.61)	17.5 (0.67)	39.2 (0.92)	77.9 (0.71)	23.4 (0.71)	31.5 (0.70)
Midwest	19.0 (0.62)	21.2 (0.57)	33.1 (0.93)	75.2 (0.72)	28.9 (0.62)	30.9 (0.65)
South	12.9 (0.39)	19.0 (0.46)	39.8 (0.78)	80.1 (0.49)	30.0 (0.48)	30.8 (0.49)
West	14.9 (0.55)	13.5 (0.58)	31.2 (0.81)	75.4 (0.69)	23.8 (0.60)	27.9 (0.59)
Place of residence: ¹⁰						
Large MSA	15.3 (0.34)	15.2 (0.36)	35.0 (0.48)	75.9 (0.44)	25.0 (0.42)	30.8 (0.42)
Small MSA	15.7 (0.51)	19.2 (0.56)	35.2 (0.90)	77.1 (0.59)	28.1 (0.56)	29.4 (0.51)
Not in MSA	13.6 (0.80)	24.9 (0.82)	41.7 (1.37)	83.3 (0.74)	33.0 (0.74)	30.5 (0.73)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Five or more drinks in 1 day at least once in the past year was asked of only current drinkers but estimates reflect percentage of all adults who engaged in this behavior (as shown in Table 3.3). Also referred to as “at-risk” drinking.

²Smoked at least 100 cigarettes in lifetime and currently smoked.

³Questions related to leisure-time physical activity were phrased in terms of current behavior and lack a specific reference period. “Inactive” for aerobic activity is no light to moderate or vigorous leisure-time aerobic physical activity lasting at least 10 minutes. “Inactive” for strengthening activity is never (or unable to) engaging in muscle-strengthening activities. Strengthening activities include leisure-time physical activities specifically designed to strengthen muscles such as weight lifting or calisthenics.

⁴Obese is defined as a body mass index (BMI) of greater than or equal to 30.

⁵Healthy People 2020 provides an objective for sufficient sleep among adults (SH-4). Sufficient sleep is defined as 8 or more hours for adults aged 18–21, and 7 or more hours for adults aged 22 and over, on average during a 24-hour period. Insufficient sleep is defined as less than 8 hours of sleep for adults aged 18–21, and less than 7 hours for adults aged 22 and over. Based on the question, “On average, how many hours of sleep do you get in a 24 hour period?” Response options were 1–24 hours.

⁶Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁷Estimates for age groups are not age adjusted.

⁸GED is General Educational Development high school equivalency diploma.

⁹Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

¹⁰MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. “Not in MSA” consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Appendix Table XIX. Denominator for each percentage excludes persons with unknown health behavior characteristics. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table 8.2. Age-adjusted percentage of adults aged 18 and over who engaged in selected healthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Selected healthy behaviors				
	Never smoked cigarettes ¹	Met 2008 federal guidelines for aerobic activity ²	Met 2008 federal guidelines for strengthening activity ²	Healthy weight ³	Sufficient sleep ⁴
Both sexes					
Percent (standard error)					
Ages 18 years and over (age adjusted) ⁵	58.6 (0.28)	46.1 (0.35)	23.0 (0.26)	36.1 (0.26)	69.7 (0.24)
Ages 18 years and over (crude) ⁵	58.0 (0.28)	45.8 (0.35)	22.7 (0.26)	35.6 (0.25)	69.7 (0.24)
Age: ⁶					
18–24 years	73.0 (0.68)	55.4 (0.85)	30.4 (0.73)	52.6 (0.81)	63.0 (0.75)
25–44 years	61.8 (0.42)	50.9 (0.47)	25.8 (0.37)	35.5 (0.41)	69.5 (0.36)
45–64 years	52.3 (0.44)	43.9 (0.47)	20.5 (0.35)	29.6 (0.37)	68.7 (0.37)
65–74 years	46.6 (0.73)	37.1 (0.70)	17.1 (0.56)	29.6 (0.64)	76.3 (0.60)
75 years and over	54.9 (0.74)	24.3 (0.71)	12.1 (0.52)	42.1 (0.71)	79.0 (0.61)
Race:					
White, single race	56.7 (0.31)	47.6 (0.39)	23.5 (0.29)	36.4 (0.29)	71.0 (0.27)
Black or African American, single race	64.6 (0.57)	37.0 (0.60)	20.9 (0.52)	28.3 (0.54)	62.5 (0.60)
American Indian or Alaska Native, single race	57.5 (2.97)	38.9 (2.37)	15.0 (1.74)	28.0 (2.31)	69.3 (2.47)
Asian, single race	76.6 (0.88)	43.1 (0.99)	19.6 (0.74)	54.2 (0.96)	67.8 (0.88)
Native Hawaiian or Other Pacific Islander, single race	68.6 (4.38)	47.6 (5.67)	19.0 (4.40)	21.9 (3.91)	54.7 (5.77)
Two or more races	51.5 (2.11)	47.8 (1.76)	26.4 (1.60)	32.7 (1.76)	62.6 (1.75)
Black or African American, white	56.4 (4.80)	45.7 (4.63)	22.6 (3.78)	37.6 (4.72)	57.7 (4.81)
American Indian or Alaska Native, white	45.4 (3.39)	44.5 (2.81)	23.8 (2.50)	30.5 (2.78)	63.9 (2.69)
Hispanic or Latino origin and race:					
Hispanic or Latino	68.9 (0.52)	35.9 (0.62)	16.6 (0.46)	27.6 (0.52)	71.8 (0.53)
Mexican or Mexican American	69.8 (0.66)	36.0 (0.83)	16.1 (0.60)	25.7 (0.70)	74.2 (0.66)
Not Hispanic or Latino	56.8 (0.31)	47.8 (0.37)	24.2 (0.28)	37.6 (0.28)	69.1 (0.26)
White, single race	54.1 (0.35)	50.1 (0.43)	25.0 (0.33)	38.2 (0.33)	70.4 (0.31)
Black or African American, single race	64.5 (0.58)	37.0 (0.61)	21.0 (0.54)	28.3 (0.56)	62.4 (0.61)
Education:					
Less than high school graduate	53.2 (0.65)	28.9 (0.61)	11.9 (0.43)	32.3 (0.61)	69.2 (0.58)
GED diploma ⁷	31.6 (1.27)	34.6 (1.27)	14.3 (0.91)	29.2 (1.25)	64.9 (1.30)
High school graduate	54.0 (0.49)	38.5 (0.53)	16.6 (0.40)	32.8 (0.47)	68.8 (0.45)
Some college—no degree	56.5 (0.54)	47.4 (0.57)	24.6 (0.47)	35.7 (0.53)	65.2 (0.52)
Associate of arts degree	57.2 (0.70)	50.4 (0.80)	26.1 (0.65)	34.2 (0.71)	68.1 (0.70)
Bachelor of arts, science degree	68.0 (0.50)	59.1 (0.60)	32.4 (0.55)	41.3 (0.56)	74.9 (0.46)
Masters, doctorate, medical degree	72.6 (0.63)	63.6 (0.78)	35.1 (0.77)	44.4 (0.82)	76.8 (0.65)
Poverty status: ⁸					
Below poverty level	55.0 (0.75)	32.4 (0.71)	15.1 (0.51)	35.9 (0.67)	65.5 (0.61)
≥1 and <2 times poverty level	54.8 (0.57)	34.9 (0.55)	14.9 (0.43)	33.6 (0.53)	67.6 (0.50)
≥2 and <4 times poverty level	57.4 (0.48)	43.4 (0.49)	20.8 (0.40)	34.2 (0.41)	68.9 (0.41)
4 times poverty level or more	62.1 (0.41)	57.8 (0.47)	31.4 (0.45)	38.8 (0.44)	72.6 (0.40)
Marital status:					
Never married	61.9 (0.58)	45.8 (0.62)	24.4 (0.48)	40.2 (0.57)	68.2 (0.53)
Married	60.4 (0.36)	46.8 (0.43)	22.1 (0.34)	33.5 (0.35)	72.5 (0.31)
Cohabiting	43.6 (1.05)	46.0 (1.09)	21.6 (0.87)	37.0 (1.00)	67.2 (1.04)
Divorced or separated	47.4 (0.67)	42.0 (0.70)	21.2 (0.53)	31.8 (0.58)	63.0 (0.63)
Widowed	50.8 (2.74)	37.5 (2.72)	17.0 (2.32)	32.2 (2.71)	61.1 (2.73)
Geographic region:					
Northeast	58.8 (0.67)	44.8 (0.77)	22.9 (0.66)	38.1 (0.62)	68.1 (0.60)
Midwest	55.3 (0.55)	46.4 (0.73)	24.1 (0.52)	34.9 (0.52)	68.8 (0.49)
South	58.0 (0.45)	43.4 (0.62)	21.2 (0.40)	34.9 (0.43)	69.2 (0.39)
West	62.7 (0.63)	50.7 (0.71)	24.7 (0.57)	37.8 (0.53)	72.6 (0.46)
Place of residence: ⁹					
Large MSA	61.4 (0.36)	47.7 (0.40)	24.9 (0.34)	37.7 (0.34)	69.3 (0.34)
Small MSA	57.1 (0.58)	46.9 (0.78)	22.8 (0.48)	35.2 (0.48)	70.5 (0.44)
Not in MSA	52.2 (0.75)	38.5 (1.07)	17.0 (0.67)	32.5 (0.63)	69.1 (0.59)

See footnotes at end of table.

Table 8.2. Age-adjusted percentage of adults aged 18 and over who engaged in selected healthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Selected healthy behaviors				
	Never smoked cigarettes ¹	Met 2008 federal guidelines for aerobic activity ²	Met 2008 federal guidelines for strengthening activity ²	Healthy weight ³	Sufficient sleep ⁴
Men					
Percent (standard error)					
Ages 18 years and over (age adjusted) ⁵	52.3 (0.36)	50.4 (0.46)	27.0 (0.35)	30.0 (0.34)	69.8 (0.33)
Ages 18 years and over (crude) ⁵	52.1 (0.38)	50.3 (0.45)	26.8 (0.36)	29.5 (0.34)	69.7 (0.33)
Age: ⁶					
18–24 years	68.9 (1.04)	62.7 (1.13)	40.2 (1.12)	50.3 (1.12)	62.6 (1.09)
25–44 years	57.6 (0.57)	54.1 (0.63)	30.3 (0.52)	28.1 (0.53)	68.3 (0.53)
45–64 years	46.5 (0.64)	47.0 (0.64)	22.4 (0.50)	22.7 (0.46)	69.3 (0.52)
65–74 years	35.4 (1.00)	41.6 (1.06)	18.5 (0.82)	24.3 (0.85)	78.4 (0.85)
75 years and over	37.8 (1.21)	32.0 (1.28)	14.5 (0.92)	38.8 (1.23)	82.6 (0.91)
Race:					
White, single race	50.9 (0.41)	51.3 (0.52)	26.8 (0.40)	29.2 (0.39)	71.0 (0.37)
Black or African American, single race	57.4 (0.85)	44.9 (0.95)	29.4 (0.86)	30.1 (0.82)	62.1 (0.89)
American Indian or Alaska Native, single race	52.7 (4.30)	39.8 (3.81)	17.2 (2.78)	21.4 (2.67)	70.4 (3.28)
Asian, single race	63.6 (1.30)	47.0 (1.44)	24.1 (1.12)	46.3 (1.34)	67.1 (1.32)
Native Hawaiian or Other Pacific Islander, single race	70.8 (5.79)	56.6 (8.13)	23.3 (6.89)	*11.7 (4.49)	58.0 (9.46)
Two or more races	45.2 (2.63)	52.6 (2.94)	34.0 (2.57)	27.9 (2.43)	63.7 (2.61)
Black or African American, white	47.1 (4.78)	51.7 (7.42)	24.1 (4.45)	27.4 (4.95)	59.6 (7.53)
American Indian or Alaska Native, white	37.1 (4.32)	47.2 (4.85)	33.1 (4.38)	25.0 (3.87)	64.9 (4.23)
Hispanic or Latino origin and race:					
Hispanic or Latino	58.9 (0.78)	39.6 (0.88)	20.0 (0.68)	23.2 (0.72)	72.3 (0.79)
Mexican or Mexican American	59.1 (1.02)	39.3 (1.13)	18.8 (0.87)	22.2 (0.98)	74.5 (0.96)
Not Hispanic or Latino	51.0 (0.41)	52.3 (0.49)	28.3 (0.39)	31.3 (0.38)	69.1 (0.37)
White, single race	49.1 (0.48)	53.8 (0.57)	28.3 (0.45)	30.6 (0.44)	70.3 (0.42)
Black or African American, single race	57.2 (0.87)	45.1 (0.97)	29.7 (0.88)	30.1 (0.85)	62.0 (0.91)
Education:					
Less than high school graduate	44.6 (0.88)	32.8 (0.86)	15.1 (0.63)	31.4 (0.82)	70.4 (0.79)
GED diploma ⁷	23.1 (1.67)	40.1 (1.97)	18.3 (1.47)	28.9 (1.75)	64.9 (1.86)
High school graduate	46.6 (0.70)	42.8 (0.74)	20.1 (0.58)	28.3 (0.62)	68.6 (0.63)
Some college—no degree	50.6 (0.80)	52.9 (0.82)	30.4 (0.72)	29.7 (0.75)	65.5 (0.73)
Associate of arts degree	49.7 (1.13)	54.5 (1.19)	29.0 (1.04)	27.0 (1.03)	67.8 (1.06)
Bachelor of arts, science degree	64.2 (0.76)	62.9 (0.87)	36.4 (0.84)	30.6 (0.76)	74.0 (0.68)
Masters, doctorate, medical degree	70.1 (0.95)	67.6 (1.09)	39.3 (1.11)	34.0 (1.08)	76.5 (0.98)
Poverty status: ⁸					
Below poverty level	47.5 (1.13)	38.1 (1.13)	20.6 (0.83)	36.9 (0.99)	67.0 (0.93)
≥1 and <2 times poverty level	46.3 (0.83)	38.4 (0.79)	17.9 (0.63)	32.0 (0.85)	69.4 (0.74)
≥2 and <4 times poverty level	50.6 (0.66)	46.7 (0.69)	24.1 (0.59)	28.4 (0.60)	68.5 (0.59)
4 times poverty level or more	57.1 (0.55)	61.4 (0.63)	34.8 (0.62)	28.3 (0.55)	71.4 (0.57)
Marital status:					
Never married	56.9 (0.84)	50.9 (0.87)	29.9 (0.72)	39.7 (0.79)	69.1 (0.78)
Married	54.1 (0.48)	49.4 (0.57)	24.4 (0.46)	24.4 (0.45)	71.3 (0.44)
Cohabiting	38.5 (1.35)	49.0 (1.49)	23.7 (1.27)	30.5 (1.29)	67.5 (1.47)
Divorced or separated	40.3 (1.01)	47.2 (1.07)	26.9 (0.93)	26.7 (0.88)	63.6 (1.03)
Widowed	33.4 (4.75)	49.0 (4.94)	24.4 (5.40)	28.6 (5.68)	57.1 (5.71)
Geographic region:					
Northeast	53.7 (0.91)	50.5 (1.09)	27.8 (0.95)	30.7 (0.86)	67.7 (0.85)
Midwest	49.8 (0.79)	50.5 (0.92)	27.8 (0.71)	28.9 (0.71)	68.5 (0.68)
South	50.9 (0.59)	47.7 (0.81)	25.6 (0.54)	29.8 (0.56)	69.3 (0.54)
West	55.9 (0.75)	54.2 (0.91)	27.8 (0.78)	30.9 (0.70)	73.2 (0.62)
Place of residence: ⁹					
Large MSA	55.3 (0.49)	52.3 (0.52)	29.7 (0.47)	31.1 (0.45)	69.5 (0.47)
Small MSA	50.8 (0.72)	51.3 (0.98)	26.3 (0.65)	29.3 (0.61)	70.5 (0.61)
Not in MSA	45.2 (0.84)	41.9 (1.34)	19.6 (0.88)	27.9 (0.94)	68.9 (0.79)

See footnotes at end of table.

Table 8.2. Age-adjusted percentage of adults aged 18 and over who engaged in selected healthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Selected healthy behaviors				
	Never smoked cigarettes ¹	Met 2008 federal guidelines for aerobic activity ²	Met 2008 federal guidelines for strengthening activity ²	Healthy weight ³	Sufficient sleep ⁴
Women					
Percent (standard error)					
Ages 18 years and over (age adjusted) ⁵	64.2 (0.34)	42.1 (0.39)	19.1 (0.29)	42.0 (0.34)	69.7 (0.30)
Ages 18 years and over (crude) ⁵	63.6 (0.34)	41.5 (0.38)	18.9 (0.28)	41.5 (0.34)	69.8 (0.29)
Age: ⁶					
18–24 years	77.1 (0.87)	48.1 (1.09)	20.7 (0.84)	54.9 (1.05)	63.3 (1.00)
25–44 years	66.0 (0.53)	47.7 (0.57)	21.5 (0.44)	43.0 (0.56)	70.7 (0.46)
45–64 years	57.8 (0.54)	40.9 (0.57)	18.7 (0.45)	36.4 (0.53)	68.1 (0.48)
65–74 years	56.2 (0.97)	33.3 (0.89)	15.9 (0.69)	34.3 (0.91)	74.6 (0.79)
75 years and over	66.2 (0.88)	19.1 (0.74)	10.5 (0.57)	44.4 (0.85)	76.6 (0.80)
Race:					
White, single race	61.9 (0.38)	44.2 (0.44)	20.3 (0.34)	43.6 (0.38)	71.1 (0.34)
Black or African American, single race	70.0 (0.70)	30.6 (0.73)	13.9 (0.56)	26.7 (0.70)	62.8 (0.74)
American Indian or Alaska Native, single race	61.1 (3.49)	38.2 (2.94)	13.2 (2.30)	33.4 (3.59)	68.3 (3.72)
Asian, single race	88.3 (0.87)	39.5 (1.32)	15.5 (0.96)	61.7 (1.31)	68.6 (1.15)
Native Hawaiian or Other Pacific Islander, single race	66.3 (6.82)	40.2 (7.78)	*16.5 (6.10)	27.5 (5.95)	52.6 (8.08)
Two or more races	56.3 (2.66)	43.5 (2.60)	19.4 (1.92)	36.7 (2.53)	61.8 (2.46)
Black or African American, white	63.2 (6.04)	39.8 (5.63)	20.5 (5.35)	46.4 (6.21)	55.5 (6.14)
American Indian or Alaska Native, white	51.7 (4.25)	42.3 (3.94)	16.3 (2.45)	34.9 (4.17)	63.0 (3.72)
Hispanic or Latino origin and race:					
Hispanic or Latino	78.7 (0.62)	32.2 (0.77)	12.9 (0.55)	32.2 (0.70)	71.3 (0.71)
Mexican or Mexican American	80.8 (0.74)	32.5 (1.00)	12.9 (0.74)	29.6 (0.89)	73.8 (0.95)
Not Hispanic or Latino	61.9 (0.38)	43.7 (0.41)	20.2 (0.31)	43.6 (0.38)	69.3 (0.33)
White, single race	58.6 (0.44)	46.6 (0.47)	21.9 (0.38)	45.7 (0.44)	70.7 (0.40)
Black or African American, single race	70.0 (0.71)	30.5 (0.75)	13.8 (0.57)	26.7 (0.71)	62.8 (0.76)
Education:					
Less than high school graduate	61.9 (0.90)	24.7 (0.79)	7.9 (0.49)	33.3 (0.81)	68.3 (0.80)
GED diploma ⁷	40.2 (1.85)	28.8 (1.52)	9.6 (1.03)	29.7 (1.70)	65.4 (1.76)
High school graduate	60.4 (0.65)	34.1 (0.69)	12.5 (0.46)	37.3 (0.65)	69.5 (0.62)
Some college—no degree	61.1 (0.65)	42.8 (0.73)	19.6 (0.55)	40.8 (0.69)	65.1 (0.67)
Associate of arts degree	62.9 (0.85)	47.2 (0.94)	23.7 (0.80)	40.0 (0.92)	68.5 (0.87)
Bachelor of arts, science degree	71.7 (0.65)	55.5 (0.74)	28.7 (0.68)	51.8 (0.77)	75.8 (0.62)
Masters, doctorate, medical degree	75.2 (0.90)	59.5 (1.02)	31.0 (1.00)	55.0 (1.11)	76.9 (0.86)
Poverty status: ⁸					
Below poverty level	59.9 (0.85)	28.1 (0.78)	10.9 (0.53)	35.2 (0.78)	64.2 (0.76)
≥1 and <2 times poverty level	61.7 (0.72)	31.9 (0.70)	12.1 (0.47)	35.0 (0.66)	66.2 (0.69)
≥2 and <4 times poverty level	63.6 (0.63)	40.3 (0.62)	17.3 (0.48)	39.9 (0.60)	69.4 (0.55)
4 times poverty level or more	67.3 (0.57)	54.1 (0.59)	27.7 (0.54)	50.2 (0.62)	73.8 (0.51)
Marital status:					
Never married	67.2 (0.75)	40.1 (0.76)	18.1 (0.57)	40.9 (0.80)	67.0 (0.72)
Married	67.0 (0.46)	44.1 (0.51)	19.9 (0.41)	42.6 (0.48)	73.3 (0.41)
Cohabiting	49.6 (1.49)	43.2 (1.46)	19.9 (1.18)	44.5 (1.56)	66.8 (1.47)
Divorced or separated	52.3 (0.83)	38.5 (0.83)	17.2 (0.57)	35.6 (0.78)	62.5 (0.78)
Widowed	57.2 (2.97)	32.4 (2.92)	13.7 (2.09)	33.7 (2.97)	63.1 (2.96)
Geographic region:					
Northeast	63.2 (0.86)	39.8 (0.86)	18.5 (0.65)	45.1 (0.81)	68.5 (0.70)
Midwest	60.2 (0.66)	42.7 (0.82)	20.7 (0.63)	40.7 (0.68)	69.1 (0.65)
South	64.3 (0.53)	39.5 (0.65)	17.0 (0.45)	39.8 (0.57)	69.2 (0.49)
West	69.1 (0.78)	47.3 (0.82)	21.4 (0.64)	44.7 (0.70)	72.1 (0.59)
Place of residence: ⁹					
Large MSA	66.9 (0.44)	43.5 (0.49)	20.3 (0.40)	44.2 (0.48)	69.2 (0.42)
Small MSA	62.7 (0.68)	42.9 (0.78)	19.6 (0.52)	41.0 (0.64)	70.6 (0.51)
Not in MSA	58.3 (1.02)	35.5 (1.12)	14.5 (0.70)	36.9 (0.77)	69.5 (0.73)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Never smoked cigarettes or smoked fewer than 100 cigarettes in lifetime.

²The 2008 Physical Activity Guidelines for Americans (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferably be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days a week. NHIS questions ask about frequency and duration of light- to moderate-intensity and vigorous-intensity leisure-time physical activities and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

³Healthy weight is a body mass index (BMI) of greater than or equal to 18.5 and less than 25.

⁴Number of hours of sleep in a 24-hour period.

⁵Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁶Estimates for age groups are not age adjusted.

⁷GED is General Educational Development high school equivalency diploma.

⁸Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁹MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Appendix Table XX. Denominator for each percentage excludes persons with unknown health behavior characteristics. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

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Appendix I. Technical Notes on Methods

The National Health Interview Survey (NHIS) is a survey of a nationally representative sample of the U.S. civilian noninstitutionalized household population. The survey consists of the following questionnaires: Household, Family, Sample Adult, and Child. Basic health and demographic information is collected for all members of each family in the household. One responsible adult family member who has attained the age of majority in his or her respective state responds to questions about all family members for the Family component. In most states the age of majority is 18; however, in Alabama and Nebraska it is 19 and in Mississippi it is 21. In these states, persons under the age of majority may not be family respondents and may not be selected to answer questions in the sample adult questionnaire.

Estimates presented in this report were generated using the inhouse data files. Most of the estimates in this report can be replicated using NHIS public-use data files and accompanying documentation, available for downloading from the NHIS website (65). Estimates of standard errors generated using the public-use files may differ slightly from those shown in this report due to the additional sample design information available on inhouse data files that cannot be included on the public-use files. Data for some of the smaller race and ethnicity subgroups and for place of residence are not included on the public-use data files to protect respondent confidentiality, and therefore corresponding estimates cannot be replicated, although the data can be accessed through the NCHS Research Data Center (66). Many of the references cited in this report are available via the NCHS website (67).

Response Rates

The interviewed sample for 2008–2010 consisted of 96,975 households, which yielded 252,658 persons (all ages) and 99,238 families (Table I). Over the 3-year period, a total of 99,139 adults were identified as

Table I. Completed interviews and response rates, by year: National Health Interview Survey, 2008–2010

Interviews and response rates	2008	2009	2010
Completed interviews			
Household	28,790	33,856	34,329
Family	29,421	34,640	35,177
Sample adult	21,781	27,731	27,157
Percent			
Household response rate ¹	84.9%	82.2%	79.5%
Conditional family response rate ²	99.5%	99.3%	99.1%
Final family response rate ³	84.5%	81.6%	78.7%
Conditional sample adult response rate ⁴	74.2%	80.1%	77.3%
Final sample adult response rate ⁵	62.6%	65.4%	60.8%

¹Calculated by dividing the number of responding households by the sum of the number of responding households and the number of “Type A” nonresponse households. Examples of Type A nonresponse households include: refusals; unable to contact; language barrier.

²Calculated by dividing the number of interviewed families by the number of eligible families identified during the household interview.

³Refers to the product of the conditional family response rate multiplied by the household response rate.

⁴Refers to the number of interviewed sample adults divided by the number of eligible sample adults identified during the family interview.

⁵Refers to the product of the conditional sample adult response rate multiplied by the final family response rate.

NOTE: For further details about calculation of response rates, see ftp://ftp.cdc.gov/pub/Health_Statistics/NCHS/Dataset_Documentation/NHIS2010/srvydesc.pdf, Appendix I, pages 90–96.

eligible for the Sample Adult component of the survey. Data were collected from 76,669 sample adults, yielding a conditional response rate of 77.3% for the Sample Adult component. The final response rate for the Sample Adult Core component (62.9%) was calculated by multiplying the conditional rate (77.3%) by the final family response rate (81.4%). For additional information, see the Survey Description Document for each year covered in this report (68–70).

Item Nonresponse

Item nonresponse for each of the sociodemographic indicators shown in this report was less than 1%, with the exception of the poverty threshold, which is based on detailed family income questions asked in the Family component of the questionnaire. Item nonresponse for the poverty indicator was 12.0%. (Imputation procedures used for the poverty variable are described below.) Item nonresponse for the health behavior items was less than 4%. The denominators for statistics shown in the tables exclude persons with unknown health behavior characteristics for a given table. Estimates for persons with

unknown sociodemographic characteristics are not shown separately, but these persons are included in the totals.

Imputed Income

The poverty status variable shown in each table is based on detailed family income for which item nonresponse is relatively high, as is common in large population surveys. To reduce biases associated with missing data, information on family income and personal earnings is imputed by NCHS analysts for each survey year using multiple-imputation methodology. Five ASCII data sets containing imputed values for each survey year and additional information about the imputed income files can be found on the NHIS website (65). The imputed income files for 2008–2010 were used to calculate estimates by poverty status shown in this report. Additional information on the NHIS income variables and imputation procedures are available (36).

Tests of Significance

Statistical tests performed to assess significance of differences between the estimates were two-tailed with no adjustments for multiple comparisons. The test statistic used to determine the statistical significance of differences between two percentages was:

$$Z = \frac{|X_a - X_b|}{\sqrt{S_a^2 + S_b^2}}$$

Here, X_a and X_b are the two percentages being compared, and S_a and S_b are the standard errors of the percentages. The critical value used for two-sided tests at the 0.05 level was 1.96.

Relative Standard Error

Estimates with a relative standard error greater than 30% and less than or equal to 50% are indicated in the tables with an asterisk (*) and should be used with caution as they do not meet standards of reliability or precision. Estimates with a relative standard error greater than 50% are indicated with a dagger (†) and are not shown. The relative standard errors are calculated as follows:

Relative standard error = (SE/Est) 100,

where SE is the standard error of the estimate, and Est is the estimate (percentage, rate, or mean).

Table II. Age distribution used in adjusting estimates shown in Chapters 3–8

Age	Standard population: Projected 2000 U.S. population (thousands)
18 years and over	203,851
18–44 years.	108,150
45–64 years.	60,991
65 years and over	34,710

Appendix II. Definitions of Selected Terms

Sociodemographic Terms

Age—Recorded for each person at the last birthday.

Hispanic or Latino origin and race—These are two separate and distinct concepts. Persons of Hispanic or Latino origin may be of any race. Hispanic or Latino origin includes persons of Mexican, Puerto Rican, Cuban, Central and South American, or Spanish origins. All tables show Mexican or Mexican-American as a subset of Hispanic or Latino. Other groups are not shown for reasons of confidentiality or statistical reliability. (See definition of “race” for additional detail.)

Race—Consistent with the 1997 Office of Management and Budget (OMB) federal guidelines (71), which distinguish persons of “one race” from persons of “two or more races.” The classification includes subcategories for single-race persons: white; black or African American; American Indian or Alaska Native; Asian; and Native Hawaiian or Other Pacific Islander. The category “two or more races” refers to persons who indicated more than one race group. Data for multiple-race combinations can only be reported to the extent that the estimates meet the requirements for confidentiality and statistical reliability. In this report, three categories are shown for multiple-race individuals (a summary category, and two multiple-race categories: black or African American and white; American Indian and Alaska Native and white). Other combinations are not shown separately due to statistical unreliability as measured by the relative standard errors of the estimates (but they are included in the total for “two or more races”). The text in this report uses shorter versions of the current OMB race and Hispanic origin terms for conciseness and the tables use the complete terms. For example, the category “not Hispanic or Latino, black or African American, single race” in the tables is referred to as “non-Hispanic black” in the text.

Education—Based on the years of school completed or highest degree obtained for persons aged 18 and over. Respondents were shown a flash card to choose an appropriate category. Only years completed in a school that advances a person toward an elementary or high school diploma, General Educational Development high school equivalency diploma (GED), or a college, university, or professional degree are included. Education in other schools or home schooling is counted only if the credits are accepted in a regular school system.

Poverty status—Based on family income and family size using the U.S. Census Bureau’s poverty thresholds (72–74). Each adult’s poverty status is expressed in terms of a ratio of family income to the appropriate poverty threshold. The lowest family income group consists of persons living below the poverty level (ratio less than 1.00). The highest group consists of persons living in families with incomes that were at least four times the poverty level (ratio of 4.00 or more).

Marital status—Refers to a marital status category most appropriate for a respondent’s marital situation. Persons reporting their marital status as “married” may, in some cases, have been living in common-law marital unions. Alternatively, these individuals could have identified their marital status as “living with partner.” Adults who were living with a partner were considered to be members of the same family (as if married) and are categorized as “cohabiting” in this report. The distinction between “married” and “living with partner” was made by the respondent.

Geographic region—In the geographic classification of the U.S. population, states are grouped into the four regions used by the U.S. Census Bureau, as follows:

<i>Region</i>	<i>States included</i>
Northeast	Maine, Vermont, New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, New Jersey, and Pennsylvania;
Midwest	Ohio, Illinois, Indiana, Michigan, Wisconsin, Minnesota, Iowa, Missouri, North Dakota, South Dakota, Kansas, and Nebraska;
South	Delaware, Maryland, District of Columbia, West Virginia, Virginia, Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Louisiana, Oklahoma, Arkansas, and Texas;
West	Washington, Oregon, California, Nevada, New Mexico, Arizona, Idaho, Utah, Colorado, Montana, Wyoming, Alaska, and Hawaii.

Place of residence—Classified in this report in three categories: “large MSA” (metropolitan statistical area) of 1 million or more persons, “small MSA” of less than 1 million persons, and “not in MSA.” Throughout this report, the term “within MSA” is used to describe residence in a large MSA or small MSA and the term “outside an MSA” is used to describe place of residence that is “not in MSA,” shown in the tables. Generally, an MSA consists of a county or group of counties containing at least one urbanized area of 50,000 or more population. In addition to the county or counties that contain all or part of the urbanized area, an MSA may contain other adjacent counties that are economically and socially integrated with the central city. The number of adjacent counties included in an MSA is not limited, and boundaries may cross state lines.

OMB defines MSAs according to published standards that are applied to U.S. Census Bureau data. The definition

of an MSA is periodically reviewed. For 1995–2005 National Health Interview Survey (NHIS) data, MSA definitions were based on the June 1993 MSA definitions that resulted from application of the 1990 OMB standards to the 1990 census. Beginning in 2006, the June 2003 metropolitan and micropolitan statistical area definitions, which resulted from application of the 2000 OMB standards to the U.S. Census 2000, are used for the Centers for Disease Control and Prevention's National Center for Health Statistics data. The 2000 criteria for designating MSAs differ from the 1990 criteria in substantial ways, including simplification of the classification criteria of metropolitan statistical areas as well as the addition of a new category—micropolitan statistical area—for some nonmetropolitan counties. These changes may lessen the comparability of estimates by place of residence in 2006–2010 with estimates from earlier years. Those who compare NHIS frequencies across this transition in OMB standards need to recognize that some of the differences may be due to change in the definitions of metropolitan areas. In the tables for this report, place of residence is based on variables in the 2008–2010 in-house Household data file indicating MSA status and MSA size. These variables are collapsed into three categories based on the U.S. Census 2000 population: MSAs with a population of 1 million or more, MSAs with a population of less than 1 million, and areas that are not within an MSA. Areas not in an MSA include both micropolitan areas and areas outside the core-based statistical areas. For additional information about MSAs, see the U.S. Census Bureau's website at <http://www.census.gov/population/metro/>.

Health Behavior Terms

Alcohol-use terms

Lifetime drinking status—Consists of four mutually exclusive categories:

- *Lifetime abstainer*—Fewer than 12 drinks in entire lifetime.

- *Former infrequent drinker*—12 drinks or more in lifetime, but never as many as 12 drinks in a single year, and had no drinks in the past year.
- *Former regular drinker*—12 drinks or more in 1 year, but no drinks in the past year.
- *Current drinker*—At least 12 drinks in lifetime and at least 1 drink in the past year.

Current drinking levels—Based on self-reports of the average frequency of alcohol consumption during the past year (could be reported in terms of days per week, per month, or per year), and the number of drinks the respondent drank on the days he or she drank. Neither size nor type of beverage consumed was specified. In calculating current drinking levels, the number of days the respondent drank was converted from the time unit initially reported (days per week, per month, or per year) to number of days per year. Then, average number of drinks per week was calculated as follows:

$$\left(\frac{(\# \text{ days per year}) (\# \text{ drinks per day})}{365 \text{ days}} \right) 7$$

Current drinkers had had at least 12 drinks in their lifetime and were classified into four mutually exclusive categories:

- *Infrequent*—1–11 drinks in the past year.
- *Light*—3 drinks or less per week, on average.
- *Moderate*—Men: more than 3 drinks and up to and including 14 drinks per week, on average; women: more than 3 drinks up to and including 7 drinks per week, on average.
- *Heavier*—Men: more than 14 drinks per week, on average; women: more than 7 drinks per week, on average.

Nondrinker—Person who had not had any drinks in the past year, including lifetime abstainers and former drinkers.

Five or more drinks in 1 day in the past year—Current drinkers were asked how many days in the past year they had five or more alcoholic beverages in

1 day. Response categories ranged from 1–365 days.

Cigarette smoking terms

Lifetime smoking status—Consists of three categories and includes both past smoking history and current smoking practice:

- *Never smokers*—Never smoked a cigarette or smoked fewer than 100 cigarettes in entire lifetime.
- *Former smokers*—Smoked at least 100 cigarettes in lifetime, but currently did not smoke.
- *Current smokers*—Smoked 100 cigarettes in lifetime and currently smoked cigarettes every day (daily) or some days (nondaily).

Current smoking status—Consists of three mutually exclusive categories and is based on the same criteria as lifetime smoking. In this variable, current smokers are separated into two subcategories (daily and nondaily), and never smokers and former smokers are combined into a single category (nonsmoker):

- *Daily smokers*—Currently smoked every day.
- *Nondaily smokers*—Currently smoked some days, regardless of the number of days smoked in the past 30 days.
- *Nonsmokers*—Currently did not smoke cigarettes, includes two subcategories: former smokers and never smokers.

Amount smoked—Adults who smoked daily and those who smoked less than daily were asked separate questions about the usual number of cigarettes smoked in a day. Daily smokers were asked how many cigarettes, on average, they usually smoked a day. Nondaily smokers were asked to report the usual number smoked “on days that they smoked during the past 30 days.” Smokers who said they smoked “some days” (nondaily smokers), but who then said they had not smoked in the past 30 days, were excluded from the analysis of amount smoked.

Quit attempt—All current smokers were asked if they had stopped smoking for more than 1 day in the past 12 months because they were trying to quit. All current smokers (including nondaily smokers) who said they had stopped for more than 1 day because they were trying to quit were classified as having attempted to quit.

Leisure-time physical activity terms

All questions related to leisure-time physical activity were phrased in terms of current behavior and lack a specific reference period. An introductory phrase explained to respondents that they were being asked about leisure-time physical activities only. In this report, persons who volunteered a response indicating that they were “unable to do the activity” were combined with those saying they “never” engaged in the activity. The terms used here are motivated by those used in the *2008 Physical Activity Guidelines for Americans* (22). Note that, while NHIS measures of physical activity are limited to leisure-time activities, the federal guidelines include all types of activity.

Leisure-time aerobic physical activity status—Consists of four mutually exclusive categories:

- *Inactive*—Engaged in no light to moderate or vigorous leisure-time aerobic activity lasting at least 10 minutes.
- *Low activity*—Engaged in light to moderate or vigorous leisure-time aerobic activity for a cumulative total of at least 10 minutes but fewer than 150 minutes per week.
- *Medium activity*—Engaged in light to moderate leisure-time aerobic physical activity for a cumulative total of 150–300 minutes per week.
- *High activity*—Engaged in light to moderate or vigorous leisure-time aerobic physical activity for a cumulative total of more than 300 minutes per week.

Muscle-strengthening activity—Includes any activity intended to strengthen muscles, such as calisthenics or weight lifting, and done in leisure time.

2008 Physical Activity Guidelines for Adults

Aerobic guideline—Engage in medium or high levels of aerobic physical activity (150 minutes or more per week).

Muscle-strengthening guideline—Engage in muscle-strengthening activities at least twice a week.

[NOTE: See [Appendix IV](#) for terms related to Healthy People 2010 leisure-time physical activity indicators that are shown and discussed in that section.]

Body weight terms

Body mass index (BMI)—Calculated from self-reported height and weight. Height reported in U.S. customary units (feet and inches) was first converted to height in inches and then to height in meters (m) (1 meter = 39.37 inches). Weight reported in U.S. customary units (pounds) was converted to weight in kilograms (kg) (1 kilogram = 2.205 pounds). Thus,

$BMI = kg/(m^2)$, where:

$kg = \text{weight in pounds} / 2.205$,

and $m = \text{height in inches} / 39.37$.

BMI is classified into the following nonmutually exclusive categories:

- *Not overweight*—BMI is less than 25 (includes healthy weight and underweight).
- *Underweight*—BMI is less than 18.5.
- *Healthy weight*—BMI is at least 18.5 but less than 25.
- *Overweight*—BMI is 25 or more. Overweight includes two subcategories:
 - *Overweight (but not obese)*—BMI is at least 25 but less than 30.
 - *Obese*—BMI is 30 or more.

Sleep terms

Sleep—Adults were asked how many hours they slept, on average, in a 24-hour period. Responses were limited to whole hours.

Sufficient sleep—Defined according to Healthy People 2020 objective:

8 hours or more for adults aged 18–21 and 7 hours or more for adults aged 22 and over, on average, in a 24-hour period.

Appendix III. Health Behavior Questions

The 2008–2010 National Health Interview Surveys' (NHIS) Sample Adult questionnaires contained the selected questions on health behaviors shown below. Each question is preceded by its question number, beginning with the acronym "AHB." AHB represents the Adult Health Behavior section of the Sample Adult questionnaire. The complete NHIS Sample Adult questionnaire, as well as information about other components of NHIS, is available from the NHIS website (65). Many of the references cited in this report are also available from the Centers for Disease Control and Prevention's National Center for Health Statistics (NCHS) website (67).

Alcohol Use

The following introductory phrase was read to the respondent by the interviewer immediately before asking the alcohol-use questions: "These next questions are about drinking alcoholic beverages. Included are liquor such as whisky or gin, beer, wine, wine coolers, and any other type of alcoholic beverage."

- AHB.140 In ANY ONE YEAR, have you had at least 12 drinks of any type of alcoholic beverage? [Asked of all sample adults.]
- AHB.150 In your ENTIRE LIFE, have you had at least 12 drinks of any type of alcoholic beverage? [Asked of sample adults who never had at least 12 drinks in any one year.]
- AHB.160 In the PAST YEAR, how often did you drink any type of alcoholic beverage? [Days per week/month/year] [Asked of sample adults who ever had 12 drinks of alcohol in their lifetime.]
- AHB.170 In the PAST YEAR, on those days that you drank alcoholic beverages, on the average, how many drinks did you have? [Asked of

sample adults who had at least one drink in the past year (that is, current drinkers).]

- AHB.180 In the PAST YEAR, on how many DAYS did you have 5 or more drinks of any alcoholic beverage? [Asked of current drinkers.]

Cigarette Smoking

- AHB.010 Have you smoked at least 100 cigarettes in your ENTIRE LIFE? [Asked of all sample adults.]
- AHB.020 How old were you when you FIRST started to smoke fairly regularly? [Asked of sample adults who had smoked at least 100 cigarettes in lifetime.]
- AHB.030 Do you NOW smoke every day, some days, or not at all? [Asked of sample adults who had smoked at least 100 cigarettes in lifetime.]
- AHB.040 How long has it been since you quit smoking cigarettes? [Asked of former smokers.]
- AHB.050 On the average, how many cigarettes do you now smoke a day? [Asked of adults who smoked every day (daily smokers).]
- AHB.060 On how many of the PAST 30 DAYS did you smoke a cigarette? [Asked of adults who smoked only some days (nondaily smokers).]
- AHB.070 On the average, when you smoked during the PAST 30 DAYS, about how many cigarettes did you smoke a day? [Asked of nondaily smokers who smoked at least 1 day in the past 30 days.]
- AHB.080 During the PAST 12 MONTHS, have you stopped smoking for more than one

day BECAUSE YOU WERE TRYING TO QUIT SMOKING? [Asked of all current smokers.]

Leisure-time Physical Activity

The following introductory phrase was read to the respondent by the interviewer immediately before asking the physical activity questions:

The next questions are about physical activities (exercise, sports, physically active hobbies...) that you may do in your LEISURE time.

- AHB.090 How often do you do VIGOROUS leisure-time physical activities for AT LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate? [Asked of all sample adults.]
- AHB.100 About how long do you do these vigorous leisure-time physical activities each time? [Asked of sample adults who reported any vigorous activity.]
- AHB.110 How often do you do LIGHT OR MODERATE LEISURE-TIME physical activities for AT LEAST 10 MINUTES that cause ONLY LIGHT sweating or a SLIGHT TO MODERATE increase in breathing or heart rate? [Asked of all sample adults.]
- AHB.120 About how long do you do these light or moderate leisure-time physical activities each time? [Asked of sample adults who reported any light to moderate activity.]
- AHB.130 How often do you do LEISURE-TIME physical activities specifically designed to STRENGTHEN your muscles such as lifting

weights or doing calisthenics? (Include all such activities even if you mentioned them before.)
[Asked of all sample adults.]

Body Weight and Height

AHB.190 How tall are you without shoes? [Asked of all sample adults.]

AHB.200 How much do you weigh without shoes? [Asked of all sample adults.]

Sleep

AHB.210 On average, how many hours of sleep do you get in a 24-hour period? [Asked of all sample adults.]

Appendix IV. Tables of Crude (Unadjusted) Estimates

Table III. Crude percent distribution of lifetime alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	20.6 (0.25)	8.8 (0.15)	5.9 (0.13)	64.8 (0.29)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	20.9 (0.25)	8.6 (0.14)	5.7 (0.12)	64.9 (0.28)
Age:					
18–24 years	100.0	33.4 (0.83)	2.8 (0.25)	1.7 (0.17)	62.4 (0.83)
25–44 years	100.0	17.3 (0.33)	6.0 (0.19)	3.8 (0.15)	73.1 (0.38)
45–64 years	100.0	16.2 (0.31)	10.6 (0.26)	7.1 (0.22)	66.2 (0.43)
65–74 years	100.0	23.6 (0.61)	14.8 (0.48)	10.0 (0.46)	51.6 (0.77)
75 years and over	100.0	31.9 (0.77)	17.1 (0.59)	12.1 (0.48)	38.9 (0.80)
Race:					
White, single race	100.0	18.0 (0.26)	8.6 (0.16)	6.1 (0.14)	67.4 (0.31)
Black or African American, single race	100.0	29.7 (0.62)	10.9 (0.36)	5.6 (0.29)	54.0 (0.66)
American Indian or Alaska Native, single race	100.0	25.5 (2.41)	9.9 (1.36)	7.4 (1.19)	57.5 (2.39)
Asian, single race	100.0	42.0 (1.02)	6.5 (0.59)	2.8 (0.33)	48.9 (0.99)
Native Hawaiian or Other Pacific Islander, single race	100.0	36.2 (5.44)	*8.8 (2.66)	*6.7 (2.93)	48.2 (5.67)
Two or more races	100.0	17.9 (1.62)	9.5 (1.16)	5.6 (0.82)	67.1 (1.96)
Black or African American, white	100.0	25.7 (4.01)	*6.7 (2.07)	†	65.1 (4.39)
American Indian or Alaska Native, white	100.0	17.5 (2.45)	10.3 (1.91)	7.8 (1.57)	64.7 (3.24)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	30.9 (0.58)	7.3 (0.28)	5.3 (0.25)	56.7 (0.62)
Mexican or Mexican American	100.0	30.9 (0.74)	7.4 (0.35)	5.6 (0.33)	56.5 (0.80)
Not Hispanic or Latino	100.0	19.0 (0.26)	9.1 (0.16)	6.0 (0.14)	66.1 (0.31)
White, single race	100.0	15.6 (0.27)	8.9 (0.18)	6.2 (0.16)	69.4 (0.34)
Black or African American, single race	100.0	29.7 (0.63)	10.9 (0.36)	5.7 (0.30)	53.9 (0.67)
Education:					
Less than high school graduate	100.0	33.8 (0.59)	12.8 (0.38)	9.1 (0.34)	44.6 (0.60)
GED diploma ⁴	100.0	16.0 (1.03)	10.5 (0.75)	9.4 (0.77)	64.3 (1.29)
High school graduate	100.0	23.5 (0.42)	10.7 (0.29)	6.6 (0.24)	59.4 (0.48)
Some college—no degree	100.0	19.7 (0.46)	8.0 (0.28)	4.9 (0.21)	67.6 (0.51)
Associate of arts degree	100.0	14.5 (0.50)	8.5 (0.38)	5.4 (0.32)	71.7 (0.66)
Bachelor of arts, science degree	100.0	14.2 (0.42)	5.5 (0.25)	4.1 (0.22)	76.2 (0.50)
Masters, doctorate, medical degree	100.0	13.4 (0.53)	5.5 (0.33)	3.7 (0.26)	77.4 (0.65)
Poverty status:⁵					
Below poverty level	100.0	31.9 (0.65)	10.6 (0.40)	7.2 (0.35)	50.6 (0.75)
≥1 and <2 times poverty level	100.0	28.0 (0.56)	11.5 (0.35)	7.9 (0.33)	52.8 (0.58)
≥2 and <4 times poverty level	100.0	21.4 (0.44)	9.8 (0.26)	6.1 (0.20)	62.8 (0.48)
4 times poverty level or more	100.0	12.8 (0.30)	6.2 (0.19)	4.2 (0.16)	76.8 (0.37)
Marital status:					
Never married	100.0	27.7 (0.53)	5.0 (0.21)	3.2 (0.17)	64.3 (0.56)
Married	100.0	18.6 (0.32)	9.5 (0.21)	6.0 (0.16)	66.0 (0.38)
Cohabiting	100.0	10.6 (0.59)	5.7 (0.41)	5.1 (0.41)	78.7 (0.80)
Divorced or separated	100.0	15.4 (0.40)	10.7 (0.36)	8.6 (0.34)	65.3 (0.56)
Widowed	100.0	35.7 (0.81)	15.8 (0.55)	10.0 (0.46)	38.6 (0.80)
Geographic region:					
Northeast	100.0	18.8 (0.55)	8.2 (0.33)	5.2 (0.24)	67.8 (0.63)
Midwest	100.0	16.9 (0.43)	8.7 (0.31)	6.1 (0.28)	68.5 (0.55)
South	100.0	23.3 (0.45)	10.1 (0.26)	6.0 (0.23)	60.8 (0.52)
West	100.0	21.8 (0.56)	7.4 (0.28)	6.0 (0.23)	64.9 (0.59)
Place of residence:⁶					
Large MSA	100.0	20.9 (0.32)	7.4 (0.19)	5.1 (0.15)	66.6 (0.38)
Small MSA	100.0	19.6 (0.45)	9.2 (0.29)	5.9 (0.22)	65.4 (0.53)
Not in MSA	100.0	21.8 (0.85)	12.4 (0.40)	8.0 (0.40)	58.0 (0.91)

See footnotes at end of table.

Table III. Crude percent distribution of lifetime alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Men		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	14.4 (0.29)	7.6 (0.19)	7.1 (0.18)	71.0 (0.36)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	14.7 (0.29)	7.6 (0.19)	7.1 (0.17)	70.8 (0.36)
Age:					
18–24 years	100.0	30.5 (1.12)	2.3 (0.31)	1.7 (0.26)	65.9 (1.14)
25–44 years	100.0	12.4 (0.42)	4.8 (0.25)	4.0 (0.20)	78.9 (0.49)
45–64 years	100.0	10.0 (0.36)	9.7 (0.35)	9.1 (0.35)	71.4 (0.56)
65–74 years	100.0	13.7 (0.71)	13.0 (0.72)	13.1 (0.77)	60.4 (1.10)
75 years and over	100.0	17.1 (0.92)	16.8 (0.90)	17.8 (0.90)	48.3 (1.24)
Race:					
White, single race	100.0	12.4 (0.29)	7.4 (0.22)	7.3 (0.20)	72.9 (0.39)
Black or African American, single race	100.0	21.9 (0.84)	9.4 (0.50)	6.9 (0.47)	61.9 (0.97)
American Indian or Alaska Native, single race	100.0	16.9 (2.98)	8.8 (1.88)	10.2 (2.21)	64.5 (3.38)
Asian, single race	100.0	28.7 (1.32)	7.4 (0.75)	3.6 (0.54)	60.3 (1.36)
Native Hawaiian or Other Pacific Islander, single race	100.0	40.3 (8.66)	*6.6 (3.26)	†	49.5 (8.30)
Two or more races	100.0	14.3 (2.02)	6.4 (1.36)	6.9 (1.31)	72.6 (2.53)
Black or African American, white	100.0	28.4 (6.56)	*5.8 (2.68)	†	62.1 (6.82)
American Indian or Alaska Native, white	100.0	9.6 (2.46)	*5.7 (1.81)	9.8 (2.50)	75.3 (3.56)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	19.4 (0.68)	6.2 (0.40)	6.9 (0.39)	67.8 (0.80)
Mexican or Mexican American	100.0	18.2 (0.83)	5.9 (0.47)	7.3 (0.52)	68.9 (1.00)
Not Hispanic or Latino	100.0	13.5 (0.30)	7.9 (0.21)	7.2 (0.19)	71.6 (0.39)
White, single race	100.0	11.1 (0.31)	7.7 (0.25)	7.4 (0.22)	73.9 (0.42)
Black or African American, single race	100.0	21.9 (0.85)	9.3 (0.50)	7.0 (0.48)	61.9 (0.99)
Education:					
Less than high school graduate	100.0	20.9 (0.76)	11.1 (0.53)	11.6 (0.55)	56.9 (0.86)
GED diploma ⁴	100.0	8.9 (1.20)	7.5 (0.99)	11.7 (1.12)	72.0 (1.74)
High school graduate	100.0	16.4 (0.55)	8.9 (0.39)	7.9 (0.35)	67.1 (0.68)
Some college—no degree	100.0	14.9 (0.61)	7.1 (0.42)	5.8 (0.35)	72.3 (0.75)
Associate of arts degree	100.0	9.3 (0.66)	7.9 (0.60)	6.6 (0.54)	76.2 (0.96)
Bachelor of arts, science degree	100.0	10.2 (0.52)	4.8 (0.33)	4.9 (0.35)	80.2 (0.67)
Masters, doctorate, medical degree	100.0	10.8 (0.64)	5.2 (0.46)	4.0 (0.39)	80.0 (0.84)
Poverty status: ⁵					
Below poverty level	100.0	22.7 (0.92)	9.4 (0.61)	9.2 (0.58)	59.1 (1.11)
≥1 and <2 times poverty level	100.0	19.8 (0.78)	10.1 (0.51)	9.6 (0.48)	60.7 (0.83)
≥2 and <4 times poverty level	100.0	15.4 (0.57)	8.3 (0.33)	7.8 (0.32)	68.7 (0.62)
4 times poverty level or more	100.0	9.0 (0.33)	5.6 (0.27)	5.0 (0.25)	80.5 (0.46)
Marital status:					
Never married	100.0	24.5 (0.71)	4.2 (0.27)	4.0 (0.26)	67.6 (0.75)
Married	100.0	12.1 (0.35)	9.0 (0.28)	7.6 (0.25)	71.5 (0.47)
Cohabiting	100.0	7.7 (0.72)	4.8 (0.56)	6.1 (0.57)	81.5 (1.03)
Divorced or separated	100.0	7.6 (0.44)	9.0 (0.48)	10.5 (0.55)	73.0 (0.81)
Widowed	100.0	15.9 (1.26)	12.4 (1.04)	16.9 (1.16)	55.0 (1.70)
Geographic region:					
Northeast	100.0	13.5 (0.61)	6.9 (0.43)	6.7 (0.37)	73.1 (0.75)
Midwest	100.0	11.8 (0.55)	7.1 (0.38)	7.6 (0.42)	73.7 (0.75)
South	100.0	15.5 (0.49)	9.3 (0.37)	7.2 (0.30)	68.1 (0.63)
West	100.0	15.8 (0.64)	6.2 (0.34)	6.9 (0.33)	71.3 (0.72)
Place of residence: ⁶					
Large MSA	100.0	15.1 (0.39)	6.4 (0.25)	6.0 (0.24)	72.6 (0.47)
Small MSA	100.0	13.4 (0.50)	7.9 (0.38)	7.4 (0.31)	71.3 (0.65)
Not in MSA	100.0	13.9 (0.80)	10.9 (0.49)	10.1 (0.57)	65.4 (1.03)

See footnotes at end of table.

Table III. Crude percent distribution of lifetime alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Women		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	26.5 (0.34)	9.9 (0.19)	4.7 (0.15)	59.0 (0.37)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	26.5 (0.35)	9.5 (0.18)	4.5 (0.14)	59.5 (0.37)
Age:					
18–24 years	100.0	36.2 (1.12)	3.4 (0.36)	1.7 (0.23)	58.9 (1.14)
25–44 years	100.0	22.1 (0.44)	7.0 (0.26)	3.6 (0.20)	67.4 (0.51)
45–64 years	100.0	22.0 (0.48)	11.5 (0.35)	5.2 (0.25)	61.4 (0.58)
65–74 years	100.0	32.1 (0.89)	16.3 (0.61)	7.4 (0.49)	44.2 (0.94)
75 years and over	100.0	41.8 (1.02)	17.3 (0.73)	8.3 (0.51)	32.6 (0.92)
Race:					
White, single race	100.0	23.3 (0.38)	9.8 (0.21)	4.9 (0.17)	62.1 (0.41)
Black or African American, single race	100.0	35.9 (0.78)	12.2 (0.48)	4.5 (0.31)	47.6 (0.81)
American Indian or Alaska Native, single race	100.0	32.8 (3.44)	10.8 (1.80)	5.1 (1.09)	51.4 (3.56)
Asian, single race	100.0	54.0 (1.32)	5.6 (0.72)	2.0 (0.37)	38.4 (1.28)
Native Hawaiian or Other Pacific Islander, single race	100.0	33.0 (6.89)	*10.6 (4.15)	*9.1 (4.55)	47.3 (8.18)
Two or more races	100.0	21.3 (2.27)	12.3 (1.70)	4.4 (1.01)	62.1 (2.64)
Black or African American, white	100.0	23.2 (4.63)	*7.6 (3.22)	†	67.9 (5.24)
American Indian or Alaska Native, white	100.0	24.0 (3.57)	14.1 (2.93)	*6.1 (1.88)	55.9 (4.42)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	42.9 (0.83)	8.4 (0.38)	3.7 (0.28)	45.1 (0.81)
Mexican or Mexican American	100.0	44.5 (1.04)	8.9 (0.50)	3.7 (0.36)	43.0 (1.02)
Not Hispanic or Latino	100.0	24.0 (0.36)	10.1 (0.21)	4.8 (0.16)	61.1 (0.39)
White, single race	100.0	19.8 (0.39)	10.0 (0.24)	5.0 (0.19)	65.2 (0.44)
Black or African American, single race	100.0	35.8 (0.80)	12.2 (0.49)	4.6 (0.31)	47.5 (0.83)
Education:					
Less than high school graduate	100.0	47.0 (0.84)	14.6 (0.52)	6.6 (0.38)	31.9 (0.75)
GED diploma ⁴	100.0	23.6 (1.56)	13.7 (1.20)	6.9 (1.01)	56.1 (1.84)
High school graduate	100.0	30.2 (0.58)	12.4 (0.41)	5.4 (0.30)	52.1 (0.64)
Some college—no degree	100.0	23.8 (0.62)	8.6 (0.38)	4.1 (0.25)	63.6 (0.66)
Associate of arts degree	100.0	18.5 (0.73)	9.0 (0.50)	4.5 (0.36)	68.1 (0.90)
Bachelor of arts, science degree	100.0	18.0 (0.60)	6.3 (0.35)	3.4 (0.26)	72.3 (0.67)
Masters, doctorate, medical degree	100.0	16.1 (0.80)	5.9 (0.47)	3.3 (0.34)	74.6 (0.92)
Poverty status: ⁵					
Below poverty level	100.0	38.8 (0.83)	11.5 (0.48)	5.7 (0.34)	44.3 (0.87)
≥1 and <2 times poverty level	100.0	34.9 (0.73)	12.5 (0.47)	6.5 (0.38)	46.2 (0.73)
≥2 and <4 times poverty level	100.0	27.0 (0.58)	11.1 (0.35)	4.6 (0.24)	57.4 (0.65)
4 times poverty level or more	100.0	16.8 (0.46)	6.9 (0.27)	3.4 (0.19)	72.9 (0.52)
Marital status:					
Never married	100.0	31.4 (0.76)	5.9 (0.32)	2.3 (0.19)	60.5 (0.78)
Married	100.0	25.2 (0.45)	10.1 (0.26)	4.4 (0.19)	60.4 (0.50)
Cohabiting	100.0	13.5 (0.92)	6.7 (0.57)	4.0 (0.50)	75.9 (1.13)
Divorced or separated	100.0	20.9 (0.59)	11.9 (0.46)	7.2 (0.40)	60.0 (0.72)
Widowed	100.0	40.7 (0.91)	16.7 (0.64)	8.2 (0.47)	34.4 (0.85)
Geographic region:					
Northeast	100.0	23.6 (0.77)	9.4 (0.47)	4.0 (0.29)	63.1 (0.85)
Midwest	100.0	21.6 (0.65)	10.2 (0.41)	4.7 (0.29)	63.7 (0.73)
South	100.0	30.4 (0.58)	10.8 (0.30)	4.8 (0.28)	54.1 (0.61)
West	100.0	27.6 (0.79)	8.6 (0.37)	5.1 (0.29)	58.7 (0.81)
Place of residence: ⁶					
Large MSA	100.0	26.4 (0.43)	8.4 (0.26)	4.3 (0.18)	61.0 (0.49)
Small MSA	100.0	25.3 (0.63)	10.4 (0.35)	4.5 (0.27)	59.8 (0.67)
Not in MSA	100.0	28.9 (1.13)	13.8 (0.51)	6.1 (0.40)	51.3 (1.11)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Lifetime alcohol drinking status: lifetime abstainer—had fewer than 12 drinks in entire lifetime; former infrequent—had 12 drinks or more in lifetime, but never as many as 12 drinks in a single year, and had no drinks in the past year; former regular—had 12 drinks or more in 1 year, but no drinks in the past year; current drinker—had at least 12 drinks in lifetime and at least 1 drink in the past year.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percent distributions, refer to Table 3.1. Denominator for each percent distribution excludes persons with unknown lifetime drinking status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table IV. Crude percent distribution of current alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (crude) ²	100.0	35.2 (0.29)	13.4 (0.17)	30.4 (0.24)	15.4 (0.20)	5.4 (0.12)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	35.1 (0.28)	13.4 (0.17)	30.6 (0.24)	15.4 (0.20)	5.4 (0.12)
Age:						
18–24 years	100.0	37.6 (0.83)	9.9 (0.45)	30.8 (0.66)	14.5 (0.53)	6.9 (0.42)
25–44 years	100.0	26.9 (0.38)	14.2 (0.27)	36.6 (0.38)	16.6 (0.32)	5.5 (0.18)
45–64 years	100.0	33.8 (0.43)	14.7 (0.30)	29.6 (0.38)	16.2 (0.31)	5.7 (0.18)
65–74 years	100.0	48.4 (0.77)	12.9 (0.46)	21.3 (0.61)	12.8 (0.48)	4.5 (0.33)
75 years and over	100.0	61.1 (0.80)	10.7 (0.46)	14.6 (0.56)	11.0 (0.49)	2.5 (0.22)
Race:						
White, single race	100.0	32.6 (0.31)	13.3 (0.19)	31.4 (0.27)	16.7 (0.23)	5.9 (0.14)
Black or African American, single race	100.0	46.0 (0.66)	14.0 (0.42)	25.7 (0.53)	10.4 (0.37)	3.7 (0.21)
American Indian or Alaska Native, single race	100.0	42.5 (2.39)	13.4 (1.63)	26.4 (1.98)	13.0 (1.86)	4.3 (0.82)
Asian, single race	100.0	51.1 (0.99)	13.0 (0.61)	25.9 (0.89)	8.3 (0.49)	1.6 (0.26)
Native Hawaiian or Other Pacific Islander, single race	100.0	51.8 (5.67)	*18.1 (5.65)	18.7 (3.61)	7.5 (2.25)	*3.9 (1.65)
Two or more races	100.0	32.9 (1.96)	16.1 (1.34)	29.3 (1.83)	14.9 (1.39)	6.7 (0.95)
Black or African American, white	100.0	34.9 (4.39)	10.5 (2.53)	31.7 (3.76)	15.2 (3.70)	7.6 (2.16)
American Indian or Alaska Native, white	100.0	35.3 (3.24)	19.1 (2.29)	23.3 (2.56)	13.8 (2.03)	8.2 (1.53)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	43.3 (0.62)	12.7 (0.37)	29.2 (0.53)	11.1 (0.38)	3.4 (0.22)
Mexican or Mexican American	100.0	43.5 (0.80)	12.2 (0.46)	28.1 (0.64)	11.9 (0.52)	4.0 (0.31)
Not Hispanic or Latino	100.0	33.9 (0.31)	13.6 (0.19)	30.6 (0.26)	16.1 (0.22)	5.7 (0.13)
White, single race	100.0	30.6 (0.34)	13.5 (0.22)	31.9 (0.30)	17.6 (0.26)	6.3 (0.16)
Black or African American, single race	100.0	46.1 (0.67)	14.0 (0.43)	25.5 (0.53)	10.5 (0.38)	3.7 (0.22)
Education:						
Less than high school graduate	100.0	55.4 (0.60)	11.4 (0.36)	18.7 (0.47)	9.4 (0.35)	4.8 (0.27)
GED diploma ⁴	100.0	35.7 (1.29)	14.6 (0.91)	27.5 (1.27)	14.2 (1.01)	7.7 (0.78)
High school graduate	100.0	40.6 (0.48)	14.5 (0.35)	26.1 (0.44)	13.0 (0.31)	5.6 (0.23)
Some college—no degree	100.0	32.4 (0.51)	14.2 (0.37)	31.4 (0.49)	15.8 (0.41)	6.1 (0.27)
Associate of arts degree	100.0	28.3 (0.66)	15.8 (0.54)	35.0 (0.69)	15.7 (0.55)	5.0 (0.32)
Bachelor of arts, science degree	100.0	23.8 (0.50)	11.9 (0.36)	38.1 (0.54)	20.5 (0.48)	5.7 (0.27)
Masters, doctorate, medical degree	100.0	22.6 (0.65)	12.4 (0.48)	39.7 (0.70)	21.3 (0.62)	3.9 (0.27)
Poverty status: ⁵						
Below poverty level	100.0	49.4 (0.75)	12.9 (0.41)	22.0 (0.55)	9.8 (0.42)	5.6 (0.34)
≥1 and <2 times poverty level	100.0	47.2 (0.58)	13.4 (0.38)	23.5 (0.49)	10.9 (0.35)	4.8 (0.24)
≥2 and <4 times poverty level	100.0	37.2 (0.48)	14.6 (0.33)	29.5 (0.43)	13.4 (0.32)	5.1 (0.20)
4 times poverty level or more	100.0	23.2 (0.37)	12.7 (0.27)	37.1 (0.38)	21.0 (0.34)	5.9 (0.19)
Marital status:						
Never married	100.0	35.7 (0.56)	10.6 (0.32)	30.8 (0.48)	16.0 (0.39)	6.8 (0.28)
Married	100.0	34.0 (0.38)	14.2 (0.24)	31.7 (0.33)	15.6 (0.28)	4.3 (0.14)
Cohabiting	100.0	21.3 (0.80)	13.3 (0.65)	34.6 (0.93)	20.6 (0.74)	10.1 (0.66)
Divorced or separated	100.0	34.7 (0.56)	15.5 (0.40)	28.6 (0.51)	14.6 (0.40)	6.5 (0.29)
Widowed	100.0	61.4 (0.80)	12.4 (0.50)	15.1 (0.57)	7.7 (0.39)	3.3 (0.27)
Geographic region:						
Northeast	100.0	32.2 (0.63)	13.5 (0.42)	32.4 (0.54)	16.6 (0.48)	5.3 (0.28)
Midwest	100.0	31.5 (0.55)	14.6 (0.39)	33.1 (0.55)	15.5 (0.39)	5.1 (0.22)
South	100.0	39.2 (0.52)	13.3 (0.28)	27.6 (0.39)	14.2 (0.34)	5.6 (0.21)
West	100.0	35.1 (0.59)	12.5 (0.32)	30.4 (0.47)	16.4 (0.43)	5.5 (0.24)
Place of residence: ⁶						
Large MSA	100.0	33.4 (0.38)	12.6 (0.22)	32.3 (0.32)	16.3 (0.27)	5.3 (0.16)
Small MSA	100.0	34.6 (0.53)	14.4 (0.36)	29.6 (0.42)	15.5 (0.42)	5.8 (0.21)
Not in MSA	100.0	42.0 (0.91)	14.1 (0.38)	25.9 (0.65)	12.7 (0.49)	5.1 (0.28)

See footnotes at end of table.

Table IV. Crude percent distribution of current alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Men		Percent distribution (standard error)				
Ages 18 years and over (crude) ²	100.0	29.0 (0.36)	10.0 (0.21)	31.9 (0.34)	22.8 (0.33)	6.1 (0.18)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	29.2 (0.36)	10.0 (0.21)	31.9 (0.34)	22.7 (0.33)	6.1 (0.18)
Age:						
18–24 years	100.0	34.1 (1.14)	7.8 (0.58)	29.5 (0.96)	20.9 (0.92)	7.3 (0.63)
25–44 years	100.0	21.1 (0.49)	10.2 (0.34)	37.7 (0.57)	24.5 (0.53)	6.4 (0.29)
45–64 years	100.0	28.6 (0.56)	10.4 (0.37)	31.0 (0.54)	23.6 (0.52)	6.2 (0.27)
65–74 years	100.0	39.6 (1.10)	11.0 (0.64)	24.9 (0.93)	19.5 (0.87)	4.9 (0.45)
75 years and over	100.0	51.7 (1.24)	9.4 (0.74)	18.4 (0.93)	17.8 (0.99)	2.8 (0.39)
Race:						
White, single race	100.0	27.1 (0.39)	9.7 (0.24)	32.3 (0.38)	24.2 (0.38)	6.6 (0.21)
Black or African American, single race	100.0	38.1 (0.97)	10.7 (0.58)	29.3 (0.86)	17.3 (0.72)	4.4 (0.37)
American Indian or Alaska Native, single race	100.0	35.5 (3.38)	10.6 (2.00)	27.9 (3.34)	20.7 (3.09)	4.6 (1.33)
Asian, single race	100.0	39.7 (1.36)	12.1 (0.82)	33.0 (1.38)	12.9 (0.86)	2.1 (0.44)
Native Hawaiian or Other Pacific Islander, single race	100.0	50.5 (8.30)	*9.3 (4.64)	24.8 (6.10)	*10.7 (3.95)	†
Two or more races	100.0	27.4 (2.53)	11.9 (1.83)	31.4 (2.59)	21.9 (2.34)	7.3 (1.31)
Black or African American, white	100.0	37.9 (6.82)	†	27.3 (5.29)	23.3 (6.51)	*6.8 (3.08)
American Indian or Alaska Native, white	100.0	24.7 (3.56)	16.9 (3.47)	28.9 (3.91)	19.7 (3.45)	9.4 (2.17)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	32.2 (0.80)	9.8 (0.50)	34.9 (0.79)	18.1 (0.64)	4.7 (0.35)
Mexican or Mexican American	100.0	31.1 (1.00)	9.0 (0.61)	34.7 (0.95)	19.3 (0.86)	5.6 (0.50)
Not Hispanic or Latino	100.0	28.4 (0.39)	10.0 (0.23)	31.4 (0.37)	23.6 (0.36)	6.3 (0.20)
White, single race	100.0	26.1 (0.42)	9.8 (0.27)	31.7 (0.42)	25.4 (0.42)	6.9 (0.23)
Black or African American, single race	100.0	38.1 (0.99)	10.6 (0.59)	29.1 (0.87)	17.5 (0.74)	4.5 (0.38)
Education:						
Less than high school graduate	100.0	43.1 (0.86)	10.1 (0.52)	24.5 (0.77)	14.9 (0.59)	7.0 (0.48)
GED diploma ⁴	100.0	28.0 (1.74)	10.4 (1.15)	29.7 (1.90)	21.9 (1.67)	9.9 (1.29)
High school graduate	100.0	32.9 (0.68)	11.1 (0.49)	28.7 (0.67)	20.3 (0.55)	6.8 (0.36)
Some college—no degree	100.0	27.7 (0.75)	9.7 (0.48)	32.2 (0.77)	23.3 (0.71)	7.0 (0.43)
Associate of arts degree	100.0	23.8 (0.96)	10.6 (0.66)	36.4 (1.05)	23.5 (0.99)	5.6 (0.47)
Bachelor of arts, science degree	100.0	19.8 (0.67)	9.1 (0.46)	36.8 (0.78)	29.2 (0.78)	5.0 (0.34)
Masters, doctorate, medical degree	100.0	20.0 (0.84)	8.8 (0.59)	39.0 (0.99)	29.3 (0.98)	2.9 (0.34)
Poverty status: ⁵						
Below poverty level	100.0	40.9 (1.11)	10.0 (0.54)	24.4 (0.90)	16.7 (0.84)	7.6 (0.57)
≥1 and <2 times poverty level	100.0	39.3 (0.83)	9.9 (0.52)	26.8 (0.78)	17.5 (0.68)	6.2 (0.39)
≥2 and <4 times poverty level	100.0	31.3 (0.62)	10.8 (0.40)	31.4 (0.63)	20.0 (0.55)	6.2 (0.34)
4 times poverty level or more	100.0	19.5 (0.46)	9.4 (0.33)	36.6 (0.54)	29.0 (0.52)	5.6 (0.25)
Marital status:						
Never married	100.0	32.4 (0.75)	8.2 (0.39)	29.5 (0.66)	22.2 (0.63)	7.4 (0.40)
Married	100.0	28.5 (0.47)	10.8 (0.29)	33.6 (0.45)	22.4 (0.45)	4.6 (0.20)
Cohabiting	100.0	18.5 (1.03)	9.6 (0.84)	32.6 (1.26)	28.4 (1.23)	10.8 (0.90)
Divorced or separated	100.0	27.0 (0.81)	9.5 (0.54)	30.4 (0.83)	24.1 (0.74)	8.8 (0.50)
Widowed	100.0	45.0 (1.70)	10.3 (1.06)	21.2 (1.38)	18.1 (1.39)	5.1 (0.73)
Geographic region:						
Northeast	100.0	26.9 (0.75)	10.1 (0.58)	32.4 (0.81)	24.4 (0.80)	6.1 (0.43)
Midwest	100.0	26.3 (0.75)	10.3 (0.43)	34.3 (0.72)	23.1 (0.66)	5.8 (0.34)
South	100.0	31.9 (0.63)	9.9 (0.33)	30.1 (0.56)	21.4 (0.55)	6.5 (0.32)
West	100.0	28.7 (0.72)	9.7 (0.43)	31.9 (0.69)	23.7 (0.70)	5.8 (0.35)
Place of residence: ⁶						
Large MSA	100.0	27.4 (0.47)	9.4 (0.28)	33.8 (0.46)	23.6 (0.44)	5.7 (0.24)
Small MSA	100.0	28.7 (0.65)	10.6 (0.44)	30.7 (0.56)	23.2 (0.69)	6.7 (0.33)
Not in MSA	100.0	34.6 (1.03)	10.6 (0.48)	28.2 (0.96)	19.8 (0.75)	6.4 (0.46)

See footnotes at end of table.

Table IV. Crude percent distribution of current alcohol drinking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Women		Percent distribution (standard error)				
Ages 18 years and over (crude) ²	100.0	41.0 (0.37)	16.6 (0.26)	29.0 (0.31)	8.6 (0.18)	4.8 (0.14)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	40.5 (0.37)	16.6 (0.26)	29.5 (0.31)	8.6 (0.18)	4.8 (0.14)
Age:						
18–24 years	100.0	41.1 (1.14)	11.9 (0.66)	32.2 (0.97)	8.2 (0.55)	6.4 (0.50)
25–44 years	100.0	32.6 (0.51)	18.1 (0.40)	35.6 (0.50)	9.0 (0.31)	4.6 (0.22)
45–64 years	100.0	38.6 (0.58)	18.7 (0.45)	28.2 (0.50)	9.2 (0.30)	5.2 (0.24)
65–74 years	100.0	55.8 (0.94)	14.6 (0.65)	18.3 (0.75)	7.1 (0.48)	4.1 (0.43)
75 years and over	100.0	67.4 (0.92)	11.6 (0.59)	12.1 (0.65)	6.5 (0.47)	2.3 (0.27)
Race:						
White, single race	100.0	37.9 (0.41)	16.7 (0.29)	30.6 (0.36)	9.5 (0.21)	5.2 (0.16)
Black or African American, single race	100.0	52.4 (0.81)	16.7 (0.57)	22.9 (0.65)	4.8 (0.29)	3.1 (0.25)
American Indian or Alaska Native, single race	100.0	48.6 (3.56)	15.7 (2.34)	25.1 (2.92)	6.5 (1.61)	4.1 (1.14)
Asian, single race	100.0	61.6 (1.28)	13.7 (0.87)	19.5 (1.03)	4.1 (0.52)	1.1 (0.23)
Native Hawaiian or Other Pacific Islander, single race	100.0	52.7 (8.18)	*24.9 (8.86)	14.1 (4.04)	†	†
Two or more races	100.0	37.9 (2.64)	19.9 (1.94)	27.4 (2.37)	8.6 (1.34)	6.2 (1.32)
Black or African American, white	100.0	32.1 (5.24)	16.0 (3.67)	35.9 (4.99)	*7.5 (3.06)	*8.3 (3.01)
American Indian or Alaska Native, white	100.0	44.1 (4.42)	21.0 (3.03)	18.8 (3.06)	8.9 (2.03)	7.3 (2.17)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	54.9 (0.81)	15.7 (0.54)	23.3 (0.67)	3.8 (0.31)	2.1 (0.23)
Mexican or Mexican American	100.0	57.0 (1.02)	15.6 (0.67)	21.0 (0.82)	4.0 (0.44)	2.2 (0.29)
Not Hispanic or Latino	100.0	38.9 (0.39)	16.8 (0.28)	29.8 (0.34)	9.3 (0.20)	5.2 (0.16)
White, single race	100.0	34.8 (0.44)	16.9 (0.32)	32.0 (0.40)	10.5 (0.25)	5.8 (0.19)
Black or African American, single race	100.0	52.5 (0.83)	16.7 (0.59)	22.6 (0.66)	4.9 (0.30)	3.1 (0.26)
Education:						
Less than high school graduate	100.0	68.1 (0.75)	12.7 (0.53)	12.7 (0.51)	3.9 (0.34)	2.6 (0.24)
GED diploma ⁴	100.0	43.9 (1.84)	19.1 (1.38)	25.2 (1.71)	6.1 (0.93)	5.4 (0.81)
High school graduate	100.0	47.9 (0.64)	17.8 (0.49)	23.6 (0.55)	6.2 (0.30)	4.4 (0.29)
Some college—no degree	100.0	36.4 (0.66)	18.0 (0.54)	30.7 (0.64)	9.5 (0.40)	5.3 (0.30)
Associate of arts degree	100.0	31.9 (0.90)	20.0 (0.74)	33.9 (0.89)	9.6 (0.59)	4.6 (0.42)
Bachelor of arts, science degree	100.0	27.7 (0.67)	14.6 (0.51)	39.3 (0.74)	12.1 (0.49)	6.3 (0.38)
Masters, doctorate, medical degree	100.0	25.4 (0.92)	16.2 (0.74)	40.5 (0.99)	13.0 (0.69)	4.9 (0.43)
Poverty status: ⁵						
Below poverty level	100.0	55.7 (0.87)	15.0 (0.57)	20.2 (0.66)	4.7 (0.31)	4.1 (0.33)
≥1 and <2 times poverty level	100.0	53.8 (0.73)	16.2 (0.52)	20.6 (0.58)	5.4 (0.31)	3.7 (0.31)
≥2 and <4 times poverty level	100.0	42.6 (0.65)	18.1 (0.50)	27.7 (0.59)	7.3 (0.30)	4.1 (0.22)
4 times poverty level or more	100.0	27.1 (0.52)	16.2 (0.42)	37.8 (0.51)	12.8 (0.36)	6.2 (0.27)
Marital status:						
Never married	100.0	39.5 (0.78)	13.4 (0.50)	32.2 (0.71)	8.8 (0.42)	6.0 (0.34)
Married	100.0	39.6 (0.50)	17.7 (0.38)	29.9 (0.45)	8.8 (0.27)	4.0 (0.18)
Cohabiting	100.0	24.1 (1.13)	17.0 (0.97)	36.6 (1.31)	12.7 (0.82)	9.5 (0.86)
Divorced or separated	100.0	40.0 (0.72)	19.7 (0.56)	27.3 (0.62)	7.9 (0.39)	5.0 (0.34)
Widowed	100.0	65.6 (0.85)	12.9 (0.56)	13.6 (0.59)	5.1 (0.35)	2.8 (0.29)
Geographic region:						
Northeast	100.0	36.9 (0.85)	16.5 (0.61)	32.3 (0.72)	9.7 (0.45)	4.6 (0.35)
Midwest	100.0	36.3 (0.73)	18.5 (0.61)	32.0 (0.73)	8.5 (0.39)	4.5 (0.26)
South	100.0	45.9 (0.61)	16.4 (0.43)	25.3 (0.48)	7.5 (0.28)	4.8 (0.24)
West	100.0	41.3 (0.81)	15.2 (0.45)	28.9 (0.62)	9.3 (0.39)	5.1 (0.29)
Place of residence: ⁶						
Large MSA	100.0	39.0 (0.49)	15.7 (0.32)	30.9 (0.42)	9.5 (0.26)	4.9 (0.20)
Small MSA	100.0	40.2 (0.67)	17.9 (0.52)	28.5 (0.57)	8.3 (0.33)	5.0 (0.26)
Not in MSA	100.0	48.7 (1.11)	17.2 (0.59)	23.8 (0.81)	6.3 (0.42)	3.9 (0.26)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Current alcohol drinking status: nondrinker—no drinks in the past year (includes former drinkers and lifetime abstainers); infrequent—at least 12 drinks in lifetime and 1–11 drinks in past year; light—3 drinks or less per week, on average, in the past year; moderate—more than 3 and up to and including 14 drinks per week for men, and more than 3 and up to and including 7 drinks per week for women, on average, in the past year; heavier—more than 14 drinks per week for men, and more than 7 drinks per week for women, on average, in the past year.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percent distributions, refer to Table 3.2. Denominator for each percent distribution excludes persons with unknown lifetime and unknown current drinking status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table V. Crude percentage of adults aged 18 and over who had five or more drinks in 1 day at least once in the past year, and crude percentage of adults aged 18 and over who had five or more drinks in 1 day on at least 12 days in the past year, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Five or more drinks in 1 day at least once ¹			Five or more drinks in 1 day on at least 12 days ¹		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent of adults (standard error)					
Ages 18 years and over (crude) ²	23.0 (0.28)	32.3 (0.42)	14.4 (0.26)	10.0 (0.18)	15.9 (0.31)	4.5 (0.14)
Ages 18 years and over (age adjusted) ^{2,3}	23.6 (0.27)	32.5 (0.41)	15.2 (0.27)	10.2 (0.18)	16.0 (0.30)	4.7 (0.14)
Age:						
18–24 years	35.1 (0.90)	42.2 (1.27)	28.0 (1.05)	17.1 (0.67)	23.7 (1.10)	10.6 (0.61)
25–44 years	31.3 (0.43)	42.8 (0.65)	20.1 (0.44)	13.0 (0.30)	20.7 (0.51)	5.5 (0.24)
45–64 years	18.5 (0.35)	27.3 (0.55)	10.2 (0.36)	7.9 (0.22)	12.8 (0.39)	3.2 (0.19)
65–74 years	8.0 (0.38)	13.8 (0.72)	3.1 (0.35)	3.5 (0.26)	6.4 (0.49)	1.0 (0.22)
75 years and over	2.3 (0.20)	4.3 (0.44)	0.9 (0.15)	1.1 (0.14)	2.2 (0.31)	*0.4 (0.11)
Race:						
White, single race	24.9 (0.32)	34.4 (0.46)	15.8 (0.31)	10.8 (0.21)	17.1 (0.34)	4.8 (0.16)
Black or African American, single race	14.5 (0.48)	22.4 (0.84)	8.3 (0.44)	6.2 (0.30)	10.5 (0.60)	2.8 (0.23)
American Indian or Alaska Native, single race	21.8 (1.83)	30.1 (3.09)	14.9 (2.29)	12.2 (1.60)	17.6 (2.74)	7.7 (1.83)
Asian, single race	11.7 (0.59)	18.2 (1.05)	5.8 (0.56)	4.4 (0.41)	7.5 (0.75)	1.6 (0.31)
Native Hawaiian or Other Pacific Islander, single race	14.5 (3.12)	17.8 (5.03)	*12.0 (3.97)	*6.6 (2.58)	*8.9 (4.34)	†
Two or more races	27.6 (1.81)	38.7 (2.72)	17.6 (2.09)	13.1 (1.29)	19.1 (2.12)	7.7 (1.44)
Black or African American, white	29.4 (4.17)	38.4 (6.90)	21.0 (4.43)	13.8 (2.69)	21.1 (4.81)	*7.0 (2.76)
American Indian or Alaska Native, white	27.6 (2.64)	40.7 (4.20)	17.0 (3.16)	13.0 (1.96)	17.8 (3.18)	9.1 (2.38)
Hispanic or Latino origin and race:						
Hispanic or Latino	21.8 (0.54)	32.4 (0.84)	10.8 (0.49)	10.7 (0.42)	17.5 (0.72)	3.7 (0.29)
Mexican or Mexican American	24.0 (0.76)	35.9 (1.12)	11.4 (0.67)	12.2 (0.61)	19.9 (1.01)	4.1 (0.41)
Not Hispanic or Latino	23.2 (0.30)	32.3 (0.45)	14.9 (0.29)	9.8 (0.19)	15.7 (0.33)	4.6 (0.15)
White, single race	25.4 (0.35)	34.8 (0.51)	16.7 (0.35)	10.8 (0.23)	17.0 (0.37)	5.0 (0.18)
Black or African American, single race	14.4 (0.49)	22.3 (0.85)	8.2 (0.45)	6.2 (0.31)	10.5 (0.61)	2.8 (0.23)
Education:						
Less than high school graduate	17.2 (0.48)	27.0 (0.79)	7.4 (0.41)	9.3 (0.40)	15.1 (0.67)	3.4 (0.31)
GED diploma ⁴	30.1 (1.40)	40.5 (2.16)	19.2 (1.62)	14.1 (1.04)	22.0 (1.81)	5.8 (0.89)
High school graduate	21.0 (0.45)	30.9 (0.71)	11.7 (0.45)	10.1 (0.32)	16.6 (0.57)	4.0 (0.27)
Some college—no degree	26.7 (0.59)	36.8 (0.91)	18.2 (0.60)	11.8 (0.40)	18.9 (0.73)	5.9 (0.32)
Associate of arts degree	24.7 (0.71)	36.1 (1.19)	15.7 (0.75)	10.0 (0.47)	16.8 (0.86)	4.6 (0.42)
Bachelor of arts, science degree	26.5 (0.54)	35.2 (0.81)	18.3 (0.62)	10.3 (0.36)	15.8 (0.60)	5.1 (0.34)
Masters, doctorate, medical degree	19.3 (0.64)	25.1 (1.00)	13.2 (0.71)	5.3 (0.33)	8.0 (0.56)	2.5 (0.29)
Poverty status: ⁵						
Below poverty level	21.0 (0.73)	31.2 (1.19)	13.4 (0.61)	10.5 (0.52)	17.6 (0.99)	5.3 (0.37)
≥1 and <2 times poverty level	19.8 (0.51)	28.9 (0.86)	12.3 (0.52)	9.7 (0.37)	16.0 (0.65)	4.5 (0.31)
≥2 and <4 times poverty level	22.1 (0.43)	31.5 (0.72)	13.5 (0.41)	9.8 (0.28)	15.9 (0.51)	4.1 (0.23)
4 times poverty level or more	25.8 (0.40)	34.8 (0.58)	16.6 (0.45)	10.1 (0.26)	15.5 (0.43)	4.5 (0.23)
Marital status:						
Never married	32.0 (0.61)	39.5 (0.84)	23.4 (0.71)	15.8 (0.46)	22.1 (0.70)	8.6 (0.43)
Married	19.6 (0.31)	27.8 (0.47)	11.5 (0.31)	7.3 (0.19)	11.9 (0.33)	2.6 (0.14)
Cohabiting	39.8 (0.98)	48.8 (1.44)	30.9 (1.15)	19.2 (0.81)	27.0 (1.27)	11.4 (0.85)
Divorced or separated	21.8 (0.52)	34.9 (0.89)	12.8 (0.50)	10.6 (0.39)	18.7 (0.74)	4.9 (0.35)
Widowed	5.1 (0.31)	13.0 (1.08)	3.1 (0.31)	2.3 (0.22)	7.6 (0.85)	1.0 (0.18)
Geographic region:						
Northeast	21.8 (0.56)	31.2 (0.88)	13.6 (0.58)	8.6 (0.35)	13.8 (0.63)	4.1 (0.32)
Midwest	27.4 (0.64)	37.6 (0.94)	18.0 (0.63)	11.8 (0.41)	18.8 (0.69)	5.3 (0.31)
South	20.4 (0.47)	29.3 (0.71)	12.3 (0.40)	9.7 (0.31)	15.7 (0.54)	4.2 (0.21)
West	23.2 (0.54)	32.4 (0.77)	14.4 (0.53)	9.5 (0.36)	14.9 (0.57)	4.3 (0.30)
Place of residence ⁶						
Large MSA	23.0 (0.34)	31.8 (0.51)	14.8 (0.35)	9.7 (0.22)	15.3 (0.37)	4.4 (0.19)
Small MSA	24.2 (0.58)	34.2 (0.83)	15.0 (0.50)	10.7 (0.37)	17.1 (0.64)	4.8 (0.26)
Not in MSA	20.5 (0.80)	30.2 (1.16)	11.8 (0.68)	9.4 (0.48)	15.5 (0.78)	3.9 (0.33)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Adults who had had at least one drink in the past year (current drinkers) were asked on how many days in the past year they had had five or more drinks of any alcoholic beverage. Estimates in this table are the percentage of all adults who had five or more drinks (with nondrinkers assigned a value of zero drinks).²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percentages, refer to Table 3.3. Denominator for each percentage excludes persons with unknown lifetime drinking status and/or unknown five or more drinks in 1 day. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table VI. Crude percentage of current drinkers aged 18 and over who had five or more drinks in 1 day at least once in the past year, and crude percentage of current drinkers aged 18 and over who had five or more drinks in 1 day on at least 12 days in the past year, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Five or more drinks in 1 day at least once ¹			Five or more drinks in 1 day on at least 12 days ¹		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent of current drinkers (standard error)					
Ages 18 years and over (crude) ²	35.7 (0.38)	45.8 (0.51)	24.4 (0.40)	15.5 (0.26)	22.6 (0.41)	7.6 (0.23)
Ages 18 years and over (age adjusted) ^{2,3}	34.9 (0.35)	44.7 (0.48)	24.0 (0.37)	15.1 (0.25)	22.1 (0.39)	7.5 (0.22)
Age:						
18–24 years	56.7 (1.07)	64.8 (1.43)	47.8 (1.40)	27.6 (0.96)	36.3 (1.46)	18.1 (0.98)
25–44 years	43.0 (0.52)	54.5 (0.72)	30.0 (0.61)	17.9 (0.39)	26.4 (0.62)	8.2 (0.35)
45–64 years	28.0 (0.50)	38.5 (0.71)	16.7 (0.56)	11.9 (0.32)	18.1 (0.53)	5.3 (0.31)
65–74 years	15.6 (0.71)	23.0 (1.16)	7.0 (0.76)	6.8 (0.49)	10.7 (0.80)	2.3 (0.51)
75 years and over	5.8 (0.51)	8.9 (0.89)	2.8 (0.47)	2.8 (0.36)	4.5 (0.64)	*1.1 (0.34)
Race:						
White, single race	37.1 (0.41)	47.5 (0.56)	25.5 (0.45)	16.1 (0.29)	23.6 (0.44)	7.8 (0.26)
Black or African American, single race	27.1 (0.79)	36.5 (1.23)	17.5 (0.86)	11.6 (0.53)	17.1 (0.93)	6.0 (0.47)
American Indian or Alaska Native, single race	38.6 (3.08)	47.9 (4.66)	29.1 (4.02)	21.5 (2.78)	27.9 (4.18)	15.0 (3.48)
Asian, single race	24.0 (1.13)	30.2 (1.60)	15.1 (1.37)	9.1 (0.83)	12.5 (1.22)	4.3 (0.80)
Native Hawaiian or Other Pacific Islander, single race	30.0 (6.41)	35.9 (8.47)	*25.4 (8.89)	*13.7 (5.35)	*17.9 (8.17)	†
Two or more races	41.3 (2.37)	53.5 (3.22)	28.5 (3.06)	19.6 (1.82)	26.4 (2.78)	12.5 (2.21)
Black or African American, white	45.4 (5.36)	62.4 (8.26)	31.0 (5.95)	21.3 (3.98)	34.3 (7.58)	*10.3 (3.94)
American Indian or Alaska Native, white	43.0 (3.63)	54.4 (5.02)	30.5 (5.03)	20.3 (2.86)	23.9 (4.09)	16.4 (3.89)
Hispanic or Latino origin and race:						
Hispanic or Latino	38.7 (0.83)	48.3 (1.10)	24.1 (0.97)	19.1 (0.69)	26.0 (1.00)	8.3 (0.62)
Mexican or Mexican American	42.8 (1.09)	52.5 (1.37)	26.5 (1.36)	21.8 (0.97)	29.2 (1.34)	9.5 (0.90)
Not Hispanic or Latino	35.2 (0.40)	45.4 (0.55)	24.5 (0.43)	15.0 (0.28)	22.0 (0.43)	7.5 (0.24)
White, single race	36.8 (0.44)	47.3 (0.60)	25.7 (0.49)	15.6 (0.31)	23.1 (0.47)	7.7 (0.27)
Black or African American, single race	27.0 (0.81)	36.5 (1.26)	17.3 (0.87)	11.6 (0.55)	17.2 (0.95)	6.0 (0.48)
Education:						
Less than high school graduate	39.3 (0.90)	48.2 (1.17)	23.2 (1.15)	21.1 (0.83)	27.0 (1.11)	10.6 (0.92)
GED diploma ⁴	47.2 (1.85)	56.5 (2.54)	34.5 (2.51)	22.1 (1.52)	30.8 (2.37)	10.4 (1.54)
High school graduate	35.6 (0.66)	46.5 (0.94)	22.7 (0.80)	17.1 (0.50)	25.0 (0.82)	7.7 (0.51)
Some college—no degree	39.7 (0.77)	51.2 (1.07)	28.7 (0.86)	17.6 (0.56)	26.3 (0.94)	9.3 (0.49)
Associate of arts degree	34.5 (0.91)	47.5 (1.37)	23.2 (1.03)	14.0 (0.63)	22.1 (1.07)	6.8 (0.60)
Bachelor of arts, science degree	34.9 (0.66)	44.0 (0.95)	25.3 (0.81)	13.5 (0.46)	19.7 (0.72)	7.0 (0.46)
Masters, doctorate, medical degree	24.9 (0.80)	31.4 (1.20)	17.7 (0.93)	6.8 (0.43)	10.0 (0.70)	3.3 (0.38)
Poverty status: ⁵						
Below poverty level	42.0 (1.07)	53.7 (1.46)	30.6 (1.14)	21.1 (0.89)	30.2 (1.42)	12.1 (0.79)
≥1 and <2 times poverty level	37.9 (0.82)	48.1 (1.19)	26.8 (0.99)	18.5 (0.65)	26.6 (1.02)	9.7 (0.65)
≥2 and <4 times poverty level	35.4 (0.61)	46.1 (0.93)	23.6 (0.67)	15.6 (0.43)	23.3 (0.69)	7.1 (0.39)
4 times poverty level or more	33.7 (0.50)	43.3 (0.67)	22.8 (0.60)	13.2 (0.33)	19.3 (0.52)	6.1 (0.32)
Marital status:						
Never married	50.2 (0.75)	59.0 (0.95)	38.9 (0.99)	24.8 (0.64)	33.0 (0.92)	14.3 (0.68)
Married	29.8 (0.44)	39.0 (0.60)	19.0 (0.49)	11.1 (0.28)	16.8 (0.44)	4.4 (0.23)
Cohabiting	50.8 (1.09)	60.1 (1.60)	40.8 (1.36)	24.5 (0.99)	33.3 (1.50)	15.0 (1.09)
Divorced or separated	33.7 (0.72)	48.1 (1.10)	21.5 (0.79)	16.3 (0.57)	25.8 (0.97)	8.3 (0.57)
Widowed	13.2 (0.80)	23.9 (1.90)	9.0 (0.88)	6.0 (0.57)	13.9 (1.54)	2.8 (0.52)
Geographic region:						
Northeast	32.4 (0.76)	43.0 (1.12)	21.6 (0.85)	12.8 (0.51)	19.0 (0.84)	6.5 (0.50)
Midwest	40.2 (0.80)	51.3 (1.07)	28.5 (0.88)	17.3 (0.56)	25.7 (0.86)	8.3 (0.47)
South	33.8 (0.66)	43.3 (0.91)	22.9 (0.66)	16.1 (0.47)	23.2 (0.73)	7.9 (0.37)
West	36.0 (0.74)	45.8 (0.92)	24.6 (0.83)	14.7 (0.54)	21.1 (0.76)	7.3 (0.51)
Place of residence: ⁶						
Large MSA	34.7 (0.46)	44.1 (0.62)	24.4 (0.53)	14.6 (0.32)	21.2 (0.49)	7.2 (0.31)
Small MSA	37.2 (0.73)	48.3 (0.97)	25.1 (0.74)	16.5 (0.52)	24.2 (0.82)	8.1 (0.41)
Not in MSA	35.6 (1.17)	46.6 (1.54)	23.2 (1.12)	16.4 (0.79)	24.0 (1.13)	7.8 (0.64)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Adults who had had at least one drink in the past year were asked on how many days in the past year they had had five or more drinks.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percentages, refer to Table 3.4. Denominator for each percentage excludes persons with unknown lifetime drinking status, nondrinkers, and current drinkers with unknown information for five or more drinks in 1 day. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table VII. Crude percent distribution of lifetime cigarette smoking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Both sexes		Percent distribution (standard error)		
Ages 18 years and over (crude) ²	100.0	58.0 (0.28)	21.8 (0.21)	20.2 (0.24)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	58.6 (0.28)	21.2 (0.19)	20.2 (0.24)
Age:				
18–24 years	100.0	73.0 (0.68)	5.9 (0.34)	21.1 (0.64)
25–44 years	100.0	61.8 (0.42)	14.9 (0.27)	23.2 (0.37)
45–64 years	100.0	52.3 (0.44)	25.9 (0.36)	21.9 (0.36)
65–74 years	100.0	46.6 (0.73)	40.7 (0.71)	12.6 (0.48)
75 years and over	100.0	54.9 (0.74)	39.6 (0.74)	5.6 (0.34)
Race:				
White, single race	100.0	56.0 (0.31)	23.5 (0.23)	20.5 (0.27)
Black or African American, single race	100.0	65.0 (0.60)	14.2 (0.40)	20.8 (0.49)
American Indian or Alaska Native, single race	100.0	57.4 (3.20)	19.2 (2.25)	23.5 (2.16)
Asian, single race	100.0	76.9 (0.91)	12.7 (0.68)	10.4 (0.56)
Native Hawaiian or Other Pacific Islander, single race	100.0	67.8 (5.05)	7.4 (2.11)	24.8 (4.85)
Two or more races	100.0	53.1 (2.12)	21.5 (1.45)	25.4 (1.78)
Black or African American, white	100.0	63.4 (3.90)	13.2 (2.37)	23.5 (3.41)
American Indian or Alaska Native, white	100.0	44.2 (3.41)	25.4 (2.48)	30.4 (2.83)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	70.7 (0.51)	15.1 (0.40)	14.2 (0.40)
Mexican or Mexican American	100.0	72.1 (0.63)	14.1 (0.47)	13.8 (0.51)
Not Hispanic or Latino	100.0	56.0 (0.31)	22.8 (0.23)	21.1 (0.26)
White, single race	100.0	53.3 (0.35)	25.0 (0.26)	21.7 (0.31)
Black or African American, single race	100.0	64.9 (0.61)	14.1 (0.41)	21.0 (0.50)
Education:				
Less than high school graduate	100.0	52.4 (0.64)	20.6 (0.46)	27.0 (0.54)
GED diploma ⁴	100.0	31.0 (1.29)	22.9 (1.09)	46.1 (1.33)
High school graduate	100.0	53.0 (0.48)	22.2 (0.38)	24.9 (0.42)
Some college—no degree	100.0	57.1 (0.57)	21.2 (0.46)	21.7 (0.45)
Associate of arts degree	100.0	57.1 (0.70)	23.7 (0.59)	19.1 (0.59)
Bachelor of arts, science degree	100.0	68.4 (0.50)	21.2 (0.43)	10.5 (0.33)
Masters, doctorate, medical degree	100.0	71.4 (0.66)	22.7 (0.63)	5.9 (0.34)
Poverty status:⁵				
Below poverty level	100.0	56.1 (0.81)	14.2 (0.44)	29.7 (0.67)
≥1 and <2 times poverty level	100.0	54.9 (0.57)	20.3 (0.42)	24.8 (0.52)
≥2 and <4 times poverty level	100.0	56.9 (0.47)	22.1 (0.39)	21.0 (0.38)
4 times poverty level or more	100.0	61.1 (0.41)	24.7 (0.36)	14.2 (0.30)
Marital status:				
Never married	100.0	66.7 (0.53)	10.0 (0.29)	23.3 (0.47)
Married	100.0	59.1 (0.37)	25.2 (0.30)	15.7 (0.26)
Cohabiting	100.0	45.2 (0.95)	17.7 (0.68)	37.1 (0.90)
Divorced or separated	100.0	45.5 (0.57)	24.8 (0.49)	29.7 (0.53)
Widowed	100.0	55.9 (0.70)	31.3 (0.69)	12.7 (0.48)
Geographic region:				
Northeast	100.0	57.9 (0.66)	23.4 (0.54)	18.7 (0.55)
Midwest	100.0	54.8 (0.56)	22.7 (0.38)	22.5 (0.49)
South	100.0	57.5 (0.46)	20.9 (0.36)	21.6 (0.42)
West	100.0	62.4 (0.66)	20.9 (0.42)	16.6 (0.46)
Place of residence:⁶				
Large MSA	100.0	61.2 (0.37)	21.0 (0.27)	17.9 (0.30)
Small MSA	100.0	56.5 (0.60)	22.3 (0.40)	21.2 (0.48)
Not in MSA	100.0	51.1 (0.77)	23.3 (0.60)	25.6 (0.63)

See footnotes at end of table.

Table VII. Crude percent distribution of lifetime cigarette smoking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Men		Percent distribution (standard error)		
Ages 18 years and over (crude) ²	100.0	52.1 (0.38)	25.2 (0.31)	22.7 (0.34)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	52.3 (0.36)	25.3 (0.28)	22.4 (0.33)
Age:				
18–24 years	100.0	68.9 (1.04)	6.3 (0.52)	24.8 (0.99)
25–44 years	100.0	57.6 (0.57)	16.6 (0.42)	25.7 (0.51)
45–64 years	100.0	46.5 (0.64)	29.4 (0.56)	24.1 (0.54)
65–74 years	100.0	35.4 (1.00)	51.4 (1.00)	13.2 (0.66)
75 years and over	100.0	37.8 (1.21)	56.9 (1.23)	5.3 (0.51)
Race:				
White, single race	100.0	50.5 (0.42)	26.8 (0.35)	22.7 (0.39)
Black or African American, single race	100.0	58.8 (0.91)	16.8 (0.64)	24.4 (0.75)
American Indian or Alaska Native, single race	100.0	54.0 (4.38)	20.4 (3.22)	25.6 (3.14)
Asian, single race	100.0	64.4 (1.36)	19.9 (1.10)	15.7 (0.93)
Native Hawaiian or Other Pacific Islander, single race	100.0	71.6 (6.08)	*8.5 (3.43)	19.9 (5.30)
Two or more races	100.0	48.9 (2.85)	21.9 (2.17)	29.2 (2.69)
Black or African American, white	100.0	66.2 (5.82)	11.0 (2.82)	22.8 (5.14)
American Indian or Alaska Native, white	100.0	36.8 (4.33)	29.3 (3.80)	33.9 (4.23)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	62.3 (0.78)	19.3 (0.60)	18.4 (0.66)
Mexican or Mexican American	100.0	62.8 (0.98)	18.6 (0.75)	18.6 (0.83)
Not Hispanic or Latino	100.0	50.3 (0.41)	26.3 (0.34)	23.4 (0.38)
White, single race	100.0	48.2 (0.47)	28.2 (0.39)	23.6 (0.44)
Black or African American, single race	100.0	58.5 (0.94)	16.8 (0.66)	24.7 (0.77)
Education:				
Less than high school graduate	100.0	43.7 (0.87)	25.4 (0.69)	30.8 (0.81)
GED diploma ⁴	100.0	23.3 (1.68)	27.1 (1.78)	49.6 (2.00)
High school graduate	100.0	45.9 (0.71)	25.3 (0.61)	28.8 (0.64)
Some college—no degree	100.0	52.1 (0.86)	24.1 (0.73)	23.8 (0.70)
Associate of arts degree	100.0	50.0 (1.14)	28.5 (1.01)	21.6 (0.99)
Bachelor of arts, science degree	100.0	64.6 (0.74)	24.0 (0.66)	11.4 (0.49)
Masters, doctorate, medical degree	100.0	68.3 (0.96)	25.7 (0.91)	6.0 (0.46)
Poverty status: ⁵				
Below poverty level	100.0	50.1 (1.22)	17.4 (0.74)	32.4 (1.03)
≥1 and <2 times poverty level	100.0	46.6 (0.86)	24.6 (0.68)	28.8 (0.79)
≥2 and <4 times poverty level	100.0	50.5 (0.67)	25.3 (0.55)	24.2 (0.57)
4 times poverty level or more	100.0	56.2 (0.55)	27.6 (0.50)	16.2 (0.43)
Marital status:				
Never married	100.0	62.6 (0.72)	11.0 (0.40)	26.5 (0.67)
Married	100.0	52.2 (0.49)	30.6 (0.44)	17.2 (0.37)
Cohabiting	100.0	40.9 (1.30)	19.8 (1.04)	39.3 (1.27)
Divorced or separated	100.0	38.1 (0.87)	27.2 (0.76)	34.7 (0.84)
Widowed	100.0	35.2 (1.50)	48.1 (1.53)	16.7 (1.24)
Geographic region:				
Northeast	100.0	53.0 (0.93)	26.4 (0.84)	20.6 (0.82)
Midwest	100.0	49.4 (0.81)	26.4 (0.54)	24.2 (0.76)
South	100.0	50.7 (0.62)	24.7 (0.54)	24.6 (0.59)
West	100.0	56.2 (0.77)	24.0 (0.64)	19.8 (0.59)
Place of residence: ⁶				
Large MSA	100.0	55.7 (0.50)	23.6 (0.41)	20.7 (0.42)
Small MSA	100.0	50.5 (0.75)	26.0 (0.58)	23.5 (0.66)
Not in MSA	100.0	43.6 (0.86)	28.8 (0.86)	27.6 (0.86)

See footnotes at end of table.

Table VII. Crude percent distribution of lifetime cigarette smoking status for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Women				
Percent distribution (standard error)				
Ages 18 years and over (crude) ²	100.0	63.6 (0.34)	18.5 (0.25)	17.8 (0.27)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	64.2 (0.34)	17.8 (0.23)	18.0 (0.28)
Age:				
18–24 years	100.0	77.1 (0.87)	5.6 (0.44)	17.3 (0.78)
25–44 years	100.0	66.0 (0.53)	13.2 (0.34)	20.8 (0.46)
45–64 years	100.0	57.8 (0.54)	22.5 (0.44)	19.7 (0.45)
65–74 years	100.0	56.2 (0.97)	31.6 (0.86)	12.1 (0.64)
75 years and over	100.0	66.2 (0.88)	28.0 (0.82)	5.7 (0.46)
Race:				
White, single race	100.0	61.2 (0.38)	20.3 (0.29)	18.4 (0.31)
Black or African American, single race	100.0	70.1 (0.72)	12.1 (0.48)	17.9 (0.60)
American Indian or Alaska Native, single race	100.0	60.3 (3.62)	18.1 (2.49)	21.6 (2.69)
Asian, single race	100.0	88.3 (0.91)	6.1 (0.62)	5.6 (0.60)
Native Hawaiian or Other Pacific Islander, single race	100.0	64.8 (7.63)	*6.5 (2.63)	28.7 (7.59)
Two or more races	100.0	56.9 (2.62)	21.1 (2.00)	21.9 (1.97)
Black or African American, white	100.0	60.7 (5.00)	15.2 (3.67)	24.1 (4.53)
American Indian or Alaska Native, white	100.0	50.4 (4.33)	22.1 (3.23)	27.5 (3.29)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	79.6 (0.60)	10.6 (0.48)	9.8 (0.41)
Mexican or Mexican American	100.0	82.2 (0.70)	9.3 (0.52)	8.5 (0.49)
Not Hispanic or Latino	100.0	61.2 (0.37)	19.7 (0.28)	19.0 (0.30)
White, single race	100.0	58.0 (0.42)	22.0 (0.33)	20.0 (0.36)
Black or African American, single race	100.0	70.0 (0.73)	11.9 (0.48)	18.0 (0.61)
Education:				
Less than high school graduate	100.0	61.4 (0.84)	15.6 (0.57)	23.0 (0.74)
GED diploma ⁴	100.0	39.2 (1.87)	18.4 (1.40)	42.4 (1.79)
High school graduate	100.0	59.6 (0.61)	19.3 (0.51)	21.1 (0.52)
Some college—no degree	100.0	61.4 (0.67)	18.7 (0.54)	20.0 (0.55)
Associate of arts degree	100.0	62.9 (0.85)	19.9 (0.71)	17.2 (0.68)
Bachelor of arts, science degree	100.0	72.0 (0.65)	18.5 (0.54)	9.5 (0.47)
Masters, doctorate, medical degree	100.0	74.6 (0.94)	19.5 (0.86)	5.8 (0.50)
Poverty status: ⁵				
Below poverty level	100.0	60.6 (0.88)	11.7 (0.49)	27.7 (0.79)
≥1 and <2 times poverty level	100.0	61.9 (0.70)	16.7 (0.51)	21.4 (0.62)
≥2 and <4 times poverty level	100.0	63.0 (0.62)	19.0 (0.52)	18.0 (0.46)
4 times poverty level or more	100.0	66.2 (0.56)	21.7 (0.47)	12.1 (0.38)
Marital status:				
Never married	100.0	71.6 (0.68)	8.9 (0.37)	19.5 (0.60)
Married	100.0	66.0 (0.46)	19.8 (0.38)	14.2 (0.35)
Cohabiting	100.0	49.6 (1.24)	15.5 (0.91)	34.9 (1.23)
Divorced or separated	100.0	50.8 (0.72)	23.0 (0.61)	26.1 (0.66)
Widowed	100.0	61.2 (0.78)	27.1 (0.73)	11.7 (0.51)
Geographic region:				
Northeast	100.0	62.2 (0.85)	20.7 (0.70)	17.0 (0.63)
Midwest	100.0	59.7 (0.65)	19.3 (0.49)	21.0 (0.57)
South	100.0	63.8 (0.53)	17.4 (0.40)	18.8 (0.46)
West	100.0	68.5 (0.81)	17.9 (0.50)	13.6 (0.57)
Place of residence: ⁶				
Large MSA	100.0	66.4 (0.45)	18.4 (0.34)	15.2 (0.36)
Small MSA	100.0	62.2 (0.69)	18.8 (0.46)	19.0 (0.55)
Not in MSA	100.0	57.9 (0.97)	18.4 (0.67)	23.7 (0.73)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Lifetime cigarette smoking status: never smoker—never smoked at all or smoked less than 100 cigarettes in lifetime; former smoker—smoked at least 100 cigarettes in lifetime but not currently smoking; current smoker—smoked at least 100 cigarettes in lifetime and currently smoked.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percent distributions, refer to Table 4.1. Denominator for each percent distribution excludes persons with unknown smoking status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table VIII. Crude percent distribution of current cigarette smoking status for adults aged 18 and over, and crude mean number of cigarettes on days smoked, for current smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Current cigarette smoking status ¹			Number of cigarettes on days smoked ²		
		Nonsmoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Both sexes		Percent distribution (standard error)			Mean (standard error)		
Ages 18 years and over (crude) ³	100.0	79.8 (0.24)	4.3 (0.09)	15.9 (0.22)	13.2 (0.11)	4.4 (0.10)	15.5 (0.12)
Ages 18 years and over (age adjusted) ^{3,4}	100.0	79.8 (0.24)	4.4 (0.10)	15.8 (0.22)	13.2 (0.12)	4.6 (0.12)	15.4 (0.12)
Age:							
18–24 years	100.0	78.9 (0.64)	6.0 (0.32)	15.1 (0.57)	9.7 (0.23)	3.4 (0.20)	12.1 (0.26)
25–44 years	100.0	76.8 (0.37)	5.4 (0.18)	17.8 (0.33)	12.5 (0.16)	4.2 (0.15)	15.0 (0.17)
45–64 years	100.0	78.1 (0.36)	3.7 (0.14)	18.1 (0.35)	15.0 (0.18)	5.1 (0.20)	16.9 (0.19)
65–74 years	100.0	87.4 (0.48)	2.4 (0.20)	10.3 (0.43)	15.1 (0.42)	6.0 (0.57)	17.0 (0.45)
75 years and over	100.0	94.4 (0.34)	1.0 (0.13)	4.6 (0.32)	12.6 (0.61)	4.9 (0.67)	14.1 (0.67)
Race:							
White, single race	100.0	79.5 (0.27)	4.2 (0.11)	16.3 (0.25)	13.9 (0.13)	4.5 (0.12)	16.2 (0.13)
Black or African American, single race	100.0	79.2 (0.49)	5.2 (0.25)	15.5 (0.43)	9.7 (0.20)	4.4 (0.25)	11.4 (0.23)
American Indian or Alaska Native, single race	100.0	76.5 (2.16)	7.1 (1.07)	16.4 (1.94)	11.0 (0.85)	3.3 (0.38)	14.3 (0.90)
Asian, single race	100.0	89.6 (0.56)	2.6 (0.27)	7.8 (0.52)	9.3 (0.51)	3.9 (0.46)	10.9 (0.62)
Native Hawaiian or Other Pacific Islander, single race	100.0	75.2 (4.85)	*3.2 (1.37)	21.6 (4.86)	9.0 (1.58)	3.1 (0.81)	9.9 (1.89)
Two or more races	100.0	74.6 (1.78)	5.2 (0.76)	20.2 (1.62)	12.0 (0.67)	3.8 (0.55)	14.1 (0.74)
Black or African American, white	100.0	76.5 (3.41)	*6.1 (1.86)	17.3 (3.00)	9.6 (0.93)	*5.6 (1.75)	11.0 (1.00)
American Indian or Alaska Native, white	100.0	69.6 (2.83)	5.2 (1.25)	25.2 (2.64)	13.3 (0.99)	3.8 (0.70)	15.2 (1.05)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	85.8 (0.40)	5.6 (0.26)	8.6 (0.30)	7.5 (0.22)	3.6 (0.22)	10.0 (0.26)
Mexican or Mexican American	100.0	86.2 (0.51)	6.2 (0.35)	7.6 (0.38)	6.7 (0.29)	3.4 (0.26)	9.3 (0.36)
Not Hispanic or Latino	100.0	78.9 (0.26)	4.1 (0.10)	17.0 (0.24)	13.8 (0.12)	4.6 (0.12)	15.9 (0.12)
White, single race	100.0	78.3 (0.31)	4.0 (0.12)	17.8 (0.29)	14.7 (0.13)	4.7 (0.13)	16.8 (0.14)
Black or African American, single race	100.0	79.0 (0.50)	5.2 (0.26)	15.8 (0.44)	9.8 (0.21)	4.5 (0.26)	11.5 (0.24)
Education:							
Less than high school graduate	100.0	73.0 (0.54)	4.9 (0.24)	22.1 (0.54)	14.5 (0.28)	4.6 (0.25)	16.6 (0.30)
GED diploma ⁵	100.0	53.9 (1.33)	5.9 (0.64)	40.2 (1.30)	15.2 (0.39)	5.9 (0.66)	16.5 (0.42)
High school graduate	100.0	75.1 (0.42)	4.4 (0.20)	20.4 (0.39)	13.8 (0.20)	4.7 (0.23)	15.6 (0.21)
Some college—no degree	100.0	78.3 (0.45)	4.9 (0.21)	16.8 (0.40)	12.7 (0.22)	4.5 (0.25)	15.1 (0.24)
Associate of arts degree	100.0	80.9 (0.59)	4.7 (0.29)	14.4 (0.52)	12.2 (0.29)	3.8 (0.20)	14.9 (0.33)
Bachelor of arts, science degree	100.0	89.5 (0.33)	3.5 (0.20)	6.9 (0.27)	10.5 (0.27)	4.0 (0.20)	13.6 (0.33)
Masters, doctorate, medical degree	100.0	94.1 (0.34)	2.4 (0.23)	3.5 (0.26)	9.5 (0.46)	3.5 (0.28)	13.2 (0.57)
Poverty status: ⁶							
Below poverty level	100.0	70.3 (0.67)	5.8 (0.28)	24.0 (0.64)	13.2 (0.24)	4.9 (0.25)	15.1 (0.25)
≥1 and <2 times poverty level	100.0	75.2 (0.52)	4.7 (0.22)	20.1 (0.51)	13.4 (0.23)	4.2 (0.21)	15.5 (0.24)
≥2 and <4 times poverty level	100.0	79.0 (0.38)	4.2 (0.17)	16.8 (0.35)	13.5 (0.21)	4.2 (0.21)	15.8 (0.22)
4 times poverty level or more	100.0	85.8 (0.30)	3.7 (0.15)	10.5 (0.26)	12.6 (0.20)	4.6 (0.18)	15.3 (0.22)
Marital status:							
Never married	100.0	76.7 (0.47)	6.4 (0.23)	16.9 (0.43)	10.8 (0.19)	4.0 (0.15)	13.3 (0.23)
Married	100.0	84.3 (0.26)	3.2 (0.12)	12.5 (0.25)	13.9 (0.19)	4.5 (0.18)	16.1 (0.19)
Cohabiting	100.0	62.9 (0.90)	6.6 (0.43)	30.5 (0.87)	13.3 (0.28)	3.8 (0.25)	15.4 (0.29)
Divorced or separated	100.0	70.3 (0.53)	5.3 (0.25)	24.4 (0.52)	14.8 (0.23)	5.5 (0.29)	16.8 (0.24)
Widowed	100.0	87.3 (0.48)	2.2 (0.20)	10.5 (0.45)	13.7 (0.45)	5.1 (0.64)	15.4 (0.47)
Geographic region:							
Northeast	100.0	81.3 (0.55)	3.9 (0.22)	14.8 (0.51)	13.2 (0.28)	4.4 (0.27)	15.4 (0.29)
Midwest	100.0	77.5 (0.49)	4.5 (0.20)	18.0 (0.46)	13.7 (0.20)	4.5 (0.17)	15.9 (0.22)
South	100.0	78.4 (0.42)	4.3 (0.15)	17.3 (0.40)	13.9 (0.20)	4.9 (0.20)	16.1 (0.21)
West	100.0	83.4 (0.46)	4.4 (0.21)	12.3 (0.40)	11.0 (0.23)	3.6 (0.16)	13.5 (0.23)
Place of residence: ⁷							
Large MSA	100.0	82.1 (0.30)	4.4 (0.13)	13.4 (0.28)	12.1 (0.15)	4.4 (0.14)	14.5 (0.17)
Small MSA	100.0	78.8 (0.48)	4.4 (0.17)	16.7 (0.44)	13.2 (0.20)	4.3 (0.19)	15.5 (0.21)
Not in MSA	100.0	74.4 (0.63)	3.6 (0.20)	22.0 (0.58)	15.7 (0.28)	4.9 (0.29)	17.4 (0.28)

See footnotes at end of table.

Table VIII. Crude percent distribution of current cigarette smoking status for adults aged 18 and over, and crude mean number of cigarettes on days smoked, for current smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Current cigarette smoking status ¹			Number of cigarettes on days smoked ²		
		Nonsmoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Men		Percent distribution (standard error)			Mean (standard error)		
Ages 18 years and over (crude) ³	100.0	77.3 (0.34)	5.2 (0.15)	17.5 (0.31)	14.0 (0.16)	4.5 (0.14)	16.8 (0.17)
Ages 18 years and over (age adjusted) ^{3,4}	100.0	77.6 (0.33)	5.2 (0.15)	17.2 (0.30)	14.2 (0.16)	5.0 (0.21)	16.7 (0.17)
Age:							
18–24 years	100.0	75.2 (0.99)	7.6 (0.53)	17.2 (0.89)	9.9 (0.33)	3.5 (0.29)	12.8 (0.39)
25–44 years	100.0	74.3 (0.51)	6.7 (0.29)	19.1 (0.46)	13.3 (0.24)	4.3 (0.19)	16.4 (0.25)
45–64 years	100.0	75.9 (0.54)	4.3 (0.22)	19.9 (0.50)	16.1 (0.27)	5.3 (0.27)	18.4 (0.28)
65–74 years	100.0	86.8 (0.66)	2.0 (0.28)	11.2 (0.62)	16.7 (0.58)	7.8 (1.17)	18.1 (0.59)
75 years and over	100.0	94.7 (0.51)	0.8 (0.17)	4.6 (0.49)	14.4 (1.01)	5.0 (1.24)	15.9 (1.05)
Race:							
White, single race	100.0	77.3 (0.39)	5.0 (0.17)	17.7 (0.35)	14.8 (0.18)	4.6 (0.16)	17.6 (0.19)
Black or African American, single race	100.0	75.6 (0.75)	6.7 (0.45)	17.7 (0.67)	10.3 (0.30)	4.5 (0.36)	12.4 (0.35)
American Indian or Alaska Native, single race	100.0	74.4 (3.14)	8.6 (1.91)	17.0 (2.71)	11.4 (1.29)	3.0 (0.53)	15.4 (1.48)
Asian, single race	100.0	84.3 (0.93)	4.1 (0.49)	11.6 (0.83)	9.4 (0.63)	4.1 (0.57)	11.2 (0.76)
Native Hawaiian or Other Pacific Islander, single race	100.0	80.1 (5.30)	†	*16.3 (4.94)	11.7 (2.86)	2.0 (0.00)	14.2 (2.92)
Two or more races	100.0	70.8 (2.69)	6.0 (1.26)	23.2 (2.52)	13.0 (1.00)	3.0 (0.58)	15.5 (1.05)
Black or African American, white	100.0	77.2 (5.14)	†	19.4 (4.82)	10.3 (1.21)	*2.5 (0.99)	11.7 (1.18)
American Indian or Alaska Native, white	100.0	66.1 (4.23)	*5.6 (2.14)	28.3 (4.00)	15.6 (1.61)	*3.3 (1.19)	17.8 (1.55)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	81.6 (0.66)	7.8 (0.47)	10.6 (0.49)	7.7 (0.29)	3.6 (0.27)	10.6 (0.35)
Mexican or Mexican American	100.0	81.4 (0.83)	8.8 (0.60)	9.8 (0.63)	6.9 (0.36)	3.5 (0.30)	9.9 (0.45)
Not Hispanic or Latino	100.0	76.6 (0.38)	4.7 (0.16)	18.7 (0.35)	14.9 (0.17)	4.8 (0.16)	17.4 (0.18)
White, single race	100.0	76.4 (0.44)	4.5 (0.18)	19.1 (0.41)	15.9 (0.19)	5.0 (0.19)	18.4 (0.20)
Black or African American, single race	100.0	75.3 (0.77)	6.6 (0.46)	18.2 (0.69)	10.4 (0.31)	4.6 (0.38)	12.5 (0.36)
Education:							
Less than high school graduate	100.0	69.2 (0.81)	6.2 (0.41)	24.7 (0.79)	15.2 (0.40)	4.6 (0.36)	17.8 (0.42)
GED diploma ⁵	100.0	50.4 (2.00)	7.2 (1.09)	42.3 (1.93)	16.5 (0.60)	6.9 (0.87)	18.1 (0.64)
High school graduate	100.0	71.2 (0.64)	5.6 (0.32)	23.2 (0.60)	14.6 (0.30)	4.7 (0.32)	16.9 (0.32)
Some college—no degree	100.0	76.2 (0.70)	5.9 (0.36)	17.8 (0.60)	13.3 (0.34)	4.6 (0.29)	16.2 (0.38)
Associate of arts degree	100.0	78.4 (0.99)	5.3 (0.48)	16.2 (0.88)	13.5 (0.43)	4.0 (0.32)	16.6 (0.48)
Bachelor of arts, science degree	100.0	88.6 (0.49)	4.0 (0.31)	7.5 (0.40)	11.0 (0.39)	4.1 (0.23)	14.6 (0.47)
Masters, doctorate, medical degree	100.0	94.0 (0.46)	2.4 (0.29)	3.6 (0.37)	9.6 (0.64)	3.8 (0.47)	13.1 (0.73)
Poverty status: ⁶							
Below poverty level	100.0	67.6 (1.03)	7.6 (0.54)	24.8 (0.97)	13.9 (0.37)	5.1 (0.40)	16.5 (0.40)
≥1 and <2 times poverty level	100.0	71.2 (0.79)	5.8 (0.38)	23.0 (0.77)	14.1 (0.34)	4.2 (0.30)	16.6 (0.37)
≥2 and <4 times poverty level	100.0	75.8 (0.57)	5.1 (0.27)	19.1 (0.54)	14.5 (0.32)	4.3 (0.26)	17.1 (0.34)
4 times poverty level or more	100.0	83.8 (0.43)	4.3 (0.22)	11.9 (0.39)	13.6 (0.29)	4.7 (0.25)	16.7 (0.31)
Marital status:							
Never married	100.0	73.5 (0.67)	7.7 (0.36)	18.7 (0.61)	11.5 (0.27)	4.1 (0.20)	14.5 (0.33)
Married	100.0	82.8 (0.37)	3.8 (0.18)	13.4 (0.33)	14.7 (0.27)	4.6 (0.23)	17.5 (0.29)
Cohabiting	100.0	60.7 (1.27)	7.2 (0.66)	32.1 (1.24)	14.5 (0.43)	4.2 (0.42)	16.7 (0.45)
Divorced or separated	100.0	65.3 (0.84)	6.2 (0.46)	28.5 (0.81)	16.3 (0.34)	5.4 (0.39)	18.6 (0.36)
Widowed	100.0	83.3 (1.24)	2.3 (0.45)	14.3 (1.20)	15.7 (0.86)	*7.8 (2.58)	17.0 (0.86)
Geographic region:							
Northeast	100.0	79.4 (0.82)	4.1 (0.35)	16.4 (0.75)	14.5 (0.45)	4.7 (0.45)	17.0 (0.45)
Midwest	100.0	75.8 (0.76)	5.3 (0.31)	18.9 (0.69)	14.5 (0.27)	4.7 (0.25)	17.2 (0.30)
South	100.0	75.4 (0.59)	5.4 (0.24)	19.3 (0.56)	14.8 (0.27)	4.9 (0.26)	17.5 (0.29)
West	100.0	80.2 (0.59)	5.6 (0.33)	14.2 (0.49)	11.6 (0.32)	3.7 (0.23)	14.5 (0.33)
Place of residence: ⁷							
Large MSA	100.0	79.3 (0.42)	5.6 (0.21)	15.1 (0.39)	12.8 (0.23)	4.5 (0.19)	15.7 (0.25)
Small MSA	100.0	76.5 (0.66)	5.1 (0.29)	18.4 (0.60)	14.3 (0.28)	4.3 (0.26)	17.0 (0.30)
Not in MSA	100.0	72.4 (0.86)	4.2 (0.29)	23.4 (0.81)	16.6 (0.39)	5.0 (0.40)	18.7 (0.38)

See footnotes at end of table.

Table VIII. Crude percent distribution of current cigarette smoking status for adults aged 18 and over, and crude mean number of cigarettes on days smoked, for current smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Current cigarette smoking status ¹			Number of cigarettes on days smoked ²		
		Nonsmoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Women							
		Percent distribution (standard error)			Mean (standard error)		
Ages 18 years and over (crude) ³	100.0	82.2 (0.27)	3.5 (0.11)	14.4 (0.25)	12.2 (0.14)	4.2 (0.16)	14.0 (0.14)
Ages 18 years and over (age adjusted) ^{3,4}	100.0	82.0 (0.28)	3.6 (0.12)	14.4 (0.25)	12.1 (0.15)	4.3 (0.15)	14.0 (0.15)
Age:							
18–24 years	100.0	82.7 (0.78)	4.3 (0.38)	13.0 (0.69)	9.2 (0.31)	3.2 (0.25)	11.2 (0.33)
25–44 years	100.0	79.2 (0.46)	4.3 (0.20)	16.5 (0.41)	11.5 (0.18)	4.1 (0.26)	13.4 (0.19)
45–64 years	100.0	80.3 (0.45)	3.2 (0.18)	16.5 (0.43)	13.7 (0.23)	4.7 (0.28)	15.3 (0.24)
65–74 years	100.0	87.9 (0.64)	2.7 (0.27)	9.5 (0.57)	13.6 (0.60)	4.9 (0.50)	15.8 (0.65)
75 years and over	100.0	94.3 (0.46)	1.1 (0.20)	4.7 (0.42)	11.5 (0.71)	4.8 (0.78)	12.9 (0.81)
Race:							
White, single race	100.0	81.6 (0.31)	3.5 (0.13)	15.0 (0.28)	12.8 (0.15)	4.3 (0.18)	14.7 (0.16)
Black or African American, single race	100.0	82.1 (0.60)	4.1 (0.27)	13.8 (0.54)	9.0 (0.24)	4.3 (0.29)	10.4 (0.27)
American Indian or Alaska Native, single race	100.0	78.4 (2.69)	5.7 (1.24)	15.9 (2.35)	10.6 (1.07)	3.5 (0.51)	13.2 (1.14)
Asian, single race	100.0	94.4 (0.60)	1.2 (0.23)	4.4 (0.57)	8.9 (0.85)	3.5 (0.75)	10.3 (1.03)
Native Hawaiian or Other Pacific Islander, single race	100.0	71.3 (7.59)	†	25.8 (7.45)	7.7 (1.63)	4.2 (0.86)	8.1 (1.92)
Two or more races	100.0	78.1 (1.97)	4.5 (0.89)	17.5 (1.80)	10.8 (0.70)	4.8 (0.89)	12.4 (0.82)
Black or African American, white	100.0	75.9 (4.53)	*8.7 (3.06)	15.4 (3.74)	9.0 (1.42)	*6.7 (2.17)	10.3 (1.74)
American Indian or Alaska Native, white	100.0	72.5 (3.29)	5.0 (1.38)	22.6 (3.05)	10.9 (0.98)	4.3 (0.71)	12.4 (1.16)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	90.2 (0.41)	3.3 (0.25)	6.5 (0.35)	7.2 (0.29)	3.5 (0.30)	8.9 (0.36)
Mexican or Mexican American	100.0	91.5 (0.49)	3.3 (0.31)	5.2 (0.42)	6.3 (0.39)	3.2 (0.37)	8.0 (0.54)
Not Hispanic or Latino	100.0	81.0 (0.30)	3.5 (0.12)	15.5 (0.28)	12.6 (0.14)	4.3 (0.17)	14.3 (0.15)
White, single race	100.0	80.0 (0.36)	3.5 (0.15)	16.5 (0.33)	13.3 (0.16)	4.4 (0.20)	15.1 (0.16)
Black or African American, single race	100.0	82.0 (0.61)	4.1 (0.28)	13.9 (0.56)	9.0 (0.24)	4.3 (0.30)	10.4 (0.28)
Education:							
Less than high school graduate	100.0	77.0 (0.74)	3.5 (0.25)	19.5 (0.71)	13.5 (0.32)	4.8 (0.31)	14.9 (0.34)
GED diploma ⁵	100.0	57.6 (1.79)	4.5 (0.68)	37.9 (1.78)	13.5 (0.48)	4.1 (0.73)	14.6 (0.50)
High school graduate	100.0	78.9 (0.52)	3.3 (0.23)	17.8 (0.47)	12.7 (0.22)	4.7 (0.30)	14.1 (0.23)
Some college—no degree	100.0	80.0 (0.55)	4.0 (0.25)	16.0 (0.52)	12.1 (0.28)	4.3 (0.45)	14.0 (0.30)
Associate of arts degree	100.0	82.8 (0.68)	4.3 (0.35)	12.9 (0.63)	10.9 (0.37)	3.7 (0.26)	13.2 (0.43)
Bachelor of arts, science degree	100.0	90.5 (0.47)	3.1 (0.26)	6.5 (0.38)	9.8 (0.35)	4.0 (0.34)	12.4 (0.42)
Masters, doctorate, medical degree	100.0	94.2 (0.50)	2.4 (0.35)	3.5 (0.36)	9.3 (0.70)	3.2 (0.29)	13.2 (0.91)
Poverty status: ⁶							
Below poverty level	100.0	72.3 (0.79)	4.4 (0.28)	23.3 (0.75)	12.5 (0.26)	4.5 (0.26)	14.0 (0.28)
≥1 and <2 times poverty level	100.0	78.6 (0.62)	3.7 (0.24)	17.7 (0.60)	12.6 (0.28)	4.1 (0.29)	14.3 (0.29)
≥2 and <4 times poverty level	100.0	82.0 (0.46)	3.4 (0.22)	14.6 (0.41)	12.4 (0.24)	4.1 (0.36)	14.3 (0.25)
4 times poverty level or more	100.0	87.9 (0.38)	3.1 (0.19)	9.0 (0.33)	11.2 (0.24)	4.3 (0.27)	13.4 (0.27)
Marital status:							
Never married	100.0	80.5 (0.60)	4.9 (0.30)	14.6 (0.52)	9.7 (0.22)	3.7 (0.20)	11.6 (0.25)
Married	100.0	85.8 (0.35)	2.6 (0.15)	11.6 (0.32)	12.8 (0.24)	4.4 (0.31)	14.6 (0.24)
Cohabiting	100.0	65.1 (1.23)	6.0 (0.55)	28.9 (1.14)	12.0 (0.33)	3.3 (0.27)	13.8 (0.32)
Divorced or separated	100.0	73.9 (0.66)	4.6 (0.28)	21.5 (0.62)	13.4 (0.26)	5.5 (0.41)	15.1 (0.28)
Widowed	100.0	88.3 (0.51)	2.2 (0.23)	9.5 (0.47)	12.9 (0.50)	4.3 (0.39)	14.8 (0.55)
Geographic region:							
Northeast	100.0	83.0 (0.63)	3.7 (0.29)	13.3 (0.57)	11.7 (0.30)	4.2 (0.34)	13.7 (0.33)
Midwest	100.0	79.0 (0.57)	3.8 (0.24)	17.2 (0.51)	12.8 (0.27)	4.2 (0.25)	14.7 (0.27)
South	100.0	81.2 (0.46)	3.3 (0.18)	15.5 (0.43)	12.8 (0.23)	4.8 (0.35)	14.5 (0.24)
West	100.0	86.4 (0.57)	3.2 (0.23)	10.3 (0.50)	10.2 (0.30)	3.5 (0.18)	12.2 (0.31)
Place of residence: ⁷							
Large MSA	100.0	84.8 (0.36)	3.4 (0.15)	11.8 (0.32)	11.2 (0.18)	4.1 (0.19)	13.1 (0.20)
Small MSA	100.0	81.0 (0.55)	3.8 (0.22)	15.2 (0.48)	11.9 (0.22)	4.3 (0.31)	13.8 (0.23)
Not in MSA	100.0	76.3 (0.73)	3.1 (0.22)	20.6 (0.72)	14.6 (0.36)	4.7 (0.40)	16.0 (0.34)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Current cigarette smoking status: nonsmoker—never smokers and former smokers; daily smoker—currently smoked cigarettes every day; nondaily smoker—currently smoked cigarettes some days, regardless of the number of days they smoked.²Estimates reflect usual cigarette consumption on days smoked and do not reflect average consumption over a period of time such as a week or a month.³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.⁴Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.⁵GED is General Educational Development high school equivalency diploma.

⁶Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁷MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percent distributions, refer to Table 4.2. Denominator for each percent distribution excludes persons with unknown current smoking status. Denominators for mean number of cigarettes on days smoked exclude smokers (daily and nondaily) with unknown number of cigarettes on days smoked and nondaily smokers who did not smoke in the past 30 days. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table IX. Crude percent distribution of usual number of cigarettes on days smoked, for all current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Usual number of cigarettes on days smoked among all current smokers ¹			
		Less than 15	15–24	25–34	35 or more
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	57.3 (0.56)	33.8 (0.51)	4.9 (0.22)	4.0 (0.23)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	57.4 (0.57)	33.7 (0.52)	4.8 (0.23)	4.0 (0.24)
Age:					
18–24 years	100.0	72.7 (1.50)	24.8 (1.46)	1.4 (0.38)	1.1 (0.33)
25–44 years	100.0	60.3 (0.83)	32.4 (0.77)	4.3 (0.34)	3.0 (0.33)
45–64 years	100.0	49.4 (0.84)	38.2 (0.81)	6.7 (0.42)	5.7 (0.45)
65–74 years	100.0	49.6 (1.84)	38.2 (1.77)	6.3 (0.94)	5.9 (0.91)
75 years and over	100.0	62.5 (3.10)	29.9 (2.89)	*2.7 (0.91)	*5.0 (1.58)
Race:					
White, single race	100.0	53.5 (0.62)	36.5 (0.58)	5.5 (0.26)	4.5 (0.27)
Black or African American, single race	100.0	77.2 (1.08)	19.7 (1.01)	1.6 (0.27)	1.6 (0.37)
American Indian or Alaska Native, single race	100.0	67.8 (4.37)	26.4 (4.27)	*3.5 (1.58)	†
Asian, single race	100.0	76.8 (2.35)	19.8 (2.13)	*1.6 (0.59)	†
Native Hawaiian or Other Pacific Islander, single race	100.0	82.2 (7.75)	†	†	–
Two or more races	100.0	61.6 (3.69)	31.5 (3.35)	*4.7 (1.44)	†
Black or African American, white	100.0	78.6 (6.17)	*19.2 (6.06)	†	–
American Indian or Alaska Native, white	100.0	57.5 (4.85)	32.3 (4.37)	*6.2 (2.35)	†
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	83.5 (1.20)	14.6 (1.12)	1.2 (0.30)	0.8 (0.21)
Mexican or Mexican American	100.0	86.0 (1.56)	12.9 (1.49)	*0.5 (0.23)	*0.6 (0.22)
Not Hispanic or Latino	100.0	54.5 (0.58)	35.9 (0.54)	5.3 (0.24)	4.3 (0.26)
White, single race	100.0	50.0 (0.66)	39.1 (0.62)	6.0 (0.29)	4.9 (0.30)
Black or African American, single race	100.0	76.9 (1.10)	19.9 (1.03)	1.6 (0.28)	1.6 (0.38)
Education:					
Less than high school graduate	100.0	53.2 (1.28)	34.6 (1.17)	5.7 (0.56)	6.5 (0.64)
GED diploma ⁴	100.0	48.6 (1.93)	40.9 (1.99)	5.3 (0.94)	5.1 (0.90)
High school graduate	100.0	54.2 (1.00)	36.6 (0.94)	5.4 (0.44)	3.9 (0.44)
Some college—no degree	100.0	59.3 (1.11)	32.9 (1.05)	4.4 (0.44)	3.4 (0.51)
Associate of arts degree	100.0	60.7 (1.60)	32.4 (1.53)	4.3 (0.61)	2.6 (0.54)
Bachelor of arts, science degree	100.0	69.8 (1.51)	25.1 (1.38)	3.5 (0.64)	1.6 (0.45)
Masters, doctorate, medical degree	100.0	71.3 (2.59)	23.8 (2.50)	4.5 (1.17)	†
Poverty status:⁵					
Below poverty level	100.0	59.3 (1.12)	31.2 (1.02)	5.1 (0.46)	4.3 (0.50)
≥1 and <2 times poverty level	100.0	56.7 (1.16)	34.2 (1.06)	4.6 (0.47)	4.5 (0.51)
≥2 and <4 times poverty level	100.0	55.2 (1.02)	35.4 (0.91)	4.9 (0.41)	4.5 (0.48)
4 times poverty level or more	100.0	58.9 (1.06)	33.4 (1.02)	5.0 (0.48)	2.6 (0.42)
Marital status:					
Never married	100.0	68.9 (1.07)	25.8 (1.00)	3.1 (0.37)	2.2 (0.34)
Married	100.0	54.8 (0.84)	35.2 (0.78)	5.1 (0.36)	4.9 (0.43)
Cohabiting	100.0	53.5 (1.57)	39.1 (1.48)	5.1 (0.72)	2.3 (0.48)
Divorced or separated	100.0	50.0 (1.11)	37.9 (1.02)	6.6 (0.53)	5.4 (0.53)
Widowed	100.0	55.1 (2.12)	34.8 (1.99)	6.1 (1.06)	4.1 (0.83)
Geographic region:					
Northeast	100.0	57.0 (1.32)	34.6 (1.37)	4.4 (0.61)	4.0 (0.68)
Midwest	100.0	53.6 (1.12)	37.2 (1.02)	5.9 (0.47)	3.2 (0.35)
South	100.0	54.8 (0.93)	35.0 (0.79)	4.9 (0.34)	5.3 (0.43)
West	100.0	67.9 (1.11)	25.8 (1.05)	3.8 (0.47)	2.5 (0.40)
Place of residence:⁶					
Large MSA	100.0	62.6 (0.76)	30.2 (0.73)	4.2 (0.32)	3.0 (0.32)
Small MSA	100.0	56.8 (1.00)	34.3 (0.90)	4.9 (0.37)	4.0 (0.42)
Not in MSA	100.0	46.6 (1.25)	41.0 (1.08)	6.4 (0.55)	6.0 (0.59)

See footnotes at end of table.

Table IX. Crude percent distribution of usual number of cigarettes on days smoked, for all current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Usual number of cigarettes on days smoked among all current smokers ¹			
		Less than 15	15–24	25–34	35 or more
Men		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	53.0 (0.74)	35.6 (0.68)	5.8 (0.33)	5.5 (0.39)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	52.4 (0.74)	36.3 (0.70)	5.7 (0.33)	5.7 (0.40)
Age:					
18–24 years	100.0	69.1 (2.08)	27.5 (2.03)	*2.0 (0.63)	*1.4 (0.51)
25–44 years	100.0	56.2 (1.11)	33.8 (1.02)	5.5 (0.49)	4.5 (0.58)
45–64 years	100.0	44.6 (1.15)	39.6 (1.15)	7.9 (0.62)	7.9 (0.74)
65–74 years	100.0	41.3 (2.54)	44.6 (2.68)	5.9 (1.17)	8.2 (1.46)
75 years and over	100.0	50.9 (4.91)	39.0 (4.95)	*2.9 (1.23)	*7.2 (3.45)
Race:					
White, single race	100.0	49.0 (0.83)	38.1 (0.78)	6.6 (0.39)	6.2 (0.45)
Black or African American, single race	100.0	72.6 (1.63)	23.4 (1.56)	1.9 (0.45)	*2.0 (0.61)
American Indian or Alaska Native, single race	100.0	67.0 (6.37)	27.1 (6.59)	†	†
Asian, single race	100.0	75.5 (2.81)	21.2 (2.54)	*1.3 (0.59)	†
Native Hawaiian or Other Pacific Islander, single race	100.0	61.9 (16.47)	†	†	–
Two or more races	100.0	56.7 (5.24)	33.6 (4.94)	*6.3 (2.35)	†
Black or African American, white	100.0	78.3 (7.95)	*17.8 (7.39)	†	–
American Indian or Alaska Native, white	100.0	47.2 (7.69)	36.6 (6.99)	*9.6 (4.15)	†
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	82.2 (1.57)	15.5 (1.47)	1.4 (0.37)	*0.8 (0.27)
Mexican or Mexican American	100.0	84.2 (1.95)	14.6 (1.87)	*0.7 (0.32)	*0.6 (0.23)
Not Hispanic or Latino	100.0	49.1 (0.78)	38.3 (0.74)	6.4 (0.37)	6.2 (0.44)
White, single race	100.0	44.0 (0.90)	41.6 (0.87)	7.4 (0.44)	7.1 (0.51)
Black or African American, single race	100.0	72.0 (1.67)	23.9 (1.59)	1.9 (0.46)	*2.1 (0.63)
Education:					
Less than high school graduate	100.0	50.3 (1.78)	34.7 (1.64)	6.4 (0.83)	8.6 (1.00)
GED diploma ⁴	100.0	43.8 (2.95)	42.0 (2.94)	6.7 (1.38)	7.5 (1.48)
High school graduate	100.0	49.9 (1.35)	38.1 (1.27)	6.4 (0.65)	5.6 (0.73)
Some college—no degree	100.0	56.1 (1.60)	34.4 (1.51)	5.0 (0.64)	4.5 (0.88)
Associate of arts degree	100.0	52.1 (2.47)	38.0 (2.38)	6.5 (1.06)	3.4 (0.85)
Bachelor of arts, science degree	100.0	65.1 (2.14)	28.8 (1.99)	4.2 (0.89)	*2.0 (0.70)
Masters, doctorate, medical degree	100.0	70.0 (3.83)	25.9 (3.74)	*3.4 (1.30)	†
Poverty status: ⁵					
Below poverty level	100.0	55.9 (1.66)	31.6 (1.59)	6.6 (0.81)	5.9 (0.90)
≥1 and <2 times poverty level	100.0	53.2 (1.59)	35.4 (1.45)	5.1 (0.66)	6.3 (0.85)
≥2 and <4 times poverty level	100.0	50.6 (1.50)	37.7 (1.31)	5.6 (0.60)	6.1 (0.78)
4 times poverty level or more	100.0	54.0 (1.41)	35.7 (1.35)	6.3 (0.69)	4.0 (0.68)
Marital status:					
Never married	100.0	64.6 (1.43)	28.4 (1.34)	4.0 (0.54)	3.0 (0.53)
Married	100.0	50.9 (1.14)	36.3 (1.05)	5.8 (0.52)	7.0 (0.71)
Cohabiting	100.0	46.5 (2.19)	43.4 (2.09)	6.4 (1.01)	3.6 (0.84)
Divorced or separated	100.0	43.6 (1.56)	40.0 (1.54)	8.9 (0.94)	7.5 (0.90)
Widowed	100.0	45.7 (3.85)	41.5 (3.88)	6.5 (1.90)	6.3 (1.81)
Geographic region:					
Northeast	100.0	50.7 (1.99)	37.0 (2.11)	5.9 (0.96)	6.4 (1.21)
Midwest	100.0	48.9 (1.46)	39.3 (1.30)	7.7 (0.72)	4.1 (0.54)
South	100.0	50.7 (1.15)	36.5 (1.01)	5.5 (0.49)	7.3 (0.72)
West	100.0	64.1 (1.56)	28.4 (1.47)	4.3 (0.62)	3.2 (0.62)
Place of residence: ⁶					
Large MSA	100.0	58.9 (1.05)	31.6 (1.00)	5.3 (0.48)	4.2 (0.53)
Small MSA	100.0	51.3 (1.24)	37.2 (1.16)	5.7 (0.55)	5.9 (0.72)
Not in MSA	100.0	41.7 (1.78)	42.7 (1.44)	7.5 (0.77)	8.1 (0.96)

See footnotes at end of table.

Table IX. Crude percent distribution of usual number of cigarettes on days smoked, for all current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Usual number of cigarettes on days smoked among all current smokers ¹			
		Less than 15	15–24	25–34	35 or more
Women		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	62.5 (0.77)	31.6 (0.72)	3.8 (0.30)	2.1 (0.20)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	62.9 (0.79)	31.1 (0.73)	3.8 (0.31)	2.2 (0.22)
Age:					
18–24 years	100.0	77.7 (2.04)	21.0 (2.02)	*0.5 (0.23)	*0.8 (0.35)
25–44 years	100.0	65.2 (1.14)	30.7 (1.11)	3.0 (0.41)	1.1 (0.20)
45–64 years	100.0	55.0 (1.21)	36.5 (1.14)	5.3 (0.53)	3.3 (0.41)
65–74 years	100.0	57.3 (2.59)	32.2 (2.32)	6.7 (1.48)	3.8 (1.12)
75 years and over	100.0	70.0 (3.65)	24.0 (3.33)	†	*3.5 (1.37)
Race:					
White, single race	100.0	58.8 (0.85)	34.6 (0.80)	4.2 (0.34)	2.4 (0.23)
Black or African American, single race	100.0	82.2 (1.25)	15.5 (1.18)	1.2 (0.28)	*1.1 (0.39)
American Indian or Alaska Native, single race	100.0	68.7 (6.10)	25.7 (5.74)	†	†
Asian, single race	100.0	79.9 (4.19)	16.5 (3.89)	†	†
Native Hawaiian or Other Pacific Islander, single race	100.0	91.8 (6.20)	†	†	–
Two or more races	100.0	67.5 (4.38)	29.0 (4.23)	†	†
Black or African American, white	100.0	78.8 (9.33)	*20.4 (9.32)	†	–
American Indian or Alaska Native, white	100.0	67.8 (5.66)	28.0 (5.50)	†	†
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	86.1 (1.55)	12.6 (1.47)	†	†
Mexican or Mexican American	100.0	90.3 (2.01)	9.0 (1.98)	†	†
Not Hispanic or Latino	100.0	60.7 (0.80)	33.1 (0.76)	4.0 (0.31)	2.2 (0.21)
White, single race	100.0	56.6 (0.89)	36.4 (0.84)	4.5 (0.37)	2.5 (0.25)
Black or African American, single race	100.0	82.3 (1.26)	15.4 (1.18)	1.2 (0.29)	*1.1 (0.40)
Education:					
Less than high school graduate	100.0	57.1 (1.70)	34.4 (1.60)	4.8 (0.74)	3.6 (0.63)
GED diploma ⁴	100.0	54.6 (2.83)	39.5 (2.72)	3.6 (1.06)	*2.2 (0.83)
High school graduate	100.0	59.8 (1.40)	34.6 (1.36)	4.0 (0.50)	1.6 (0.29)
Some college—no degree	100.0	62.6 (1.52)	31.4 (1.44)	3.7 (0.61)	2.3 (0.51)
Associate of arts degree	100.0	69.3 (1.92)	26.8 (1.83)	2.1 (0.59)	*1.9 (0.62)
Bachelor of arts, science degree	100.0	75.1 (1.96)	20.9 (1.88)	*2.8 (0.83)	*1.2 (0.52)
Masters, doctorate, medical degree	100.0	72.6 (3.61)	21.5 (3.27)	*5.6 (1.99)	†
Poverty status: ⁵					
Below poverty level	100.0	62.3 (1.42)	30.9 (1.33)	3.8 (0.50)	2.9 (0.49)
≥1 and <2 times poverty level	100.0	60.7 (1.52)	32.8 (1.52)	4.0 (0.60)	2.4 (0.50)
≥2 and <4 times poverty level	100.0	61.1 (1.30)	32.4 (1.21)	4.0 (0.58)	2.5 (0.43)
4 times poverty level or more	100.0	65.9 (1.57)	30.2 (1.54)	3.2 (0.59)	*0.7 (0.26)
Marital status:					
Never married	100.0	75.8 (1.38)	21.7 (1.32)	1.8 (0.34)	0.8 (0.20)
Married	100.0	59.6 (1.27)	33.8 (1.18)	4.2 (0.50)	2.4 (0.36)
Cohabiting	100.0	61.3 (2.00)	34.2 (1.96)	3.6 (0.90)	*0.9 (0.40)
Divorced or separated	100.0	56.1 (1.48)	35.9 (1.39)	4.5 (0.55)	3.5 (0.56)
Widowed	100.0	58.5 (2.47)	32.3 (2.27)	5.9 (1.26)	3.2 (0.89)
Geographic region:					
Northeast	100.0	63.8 (1.85)	32.1 (1.72)	2.8 (0.57)	*1.3 (0.40)
Midwest	100.0	58.7 (1.47)	35.0 (1.35)	4.1 (0.58)	2.2 (0.41)
South	100.0	59.7 (1.32)	33.3 (1.25)	4.2 (0.51)	2.8 (0.34)
West	100.0	73.4 (1.48)	22.0 (1.38)	3.2 (0.68)	1.4 (0.41)
Place of residence: ⁶					
Large MSA	100.0	67.3 (1.08)	28.3 (1.01)	2.9 (0.34)	1.5 (0.26)
Small MSA	100.0	63.2 (1.33)	31.0 (1.27)	4.0 (0.53)	1.9 (0.33)
Not in MSA	100.0	51.8 (1.69)	39.1 (1.57)	5.3 (0.78)	3.8 (0.53)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

– Quantity zero.

¹Usual number of cigarettes on days smoked includes the usual cigarette consumption of daily and nondaily smokers combined. Estimates for nondaily smokers reflect number of cigarettes smoked only on the days that they smoked and are limited to those who smoked at least once in the past 30 days.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percent distributions, refer to Table 4.3. Denominator for each percent distribution excludes smokers with unknown number of cigarettes on days smoked. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table X. Crude percent distribution of age of smoking initiation, for current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Age first smoked fairly regularly ¹			
		Under 16 years	16–17 years	18–20 years	21 years and over
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	31.1 (0.50)	24.1 (0.45)	28.1 (0.48)	16.7 (0.37)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	30.8 (0.53)	23.9 (0.45)	28.1 (0.49)	17.2 (0.40)
Age:					
18–24 years	100.0	31.8 (1.55)	30.6 (1.50)	33.5 (1.56)	4.1 (0.86)
25–44 years	100.0	31.4 (0.75)	24.5 (0.70)	28.0 (0.71)	16.2 (0.55)
45–64 years	100.0	31.2 (0.75)	22.2 (0.70)	26.4 (0.70)	20.2 (0.65)
65–74 years	100.0	28.9 (1.70)	22.2 (1.54)	26.6 (1.65)	22.3 (1.56)
75 years and over	100.0	26.3 (2.75)	15.9 (2.46)	29.2 (2.96)	28.6 (3.04)
Race:					
White, single race	100.0	32.5 (0.56)	24.9 (0.52)	27.7 (0.54)	14.9 (0.41)
Black or African American, single race	100.0	23.6 (1.07)	20.9 (1.12)	28.3 (1.15)	27.1 (1.19)
American Indian or Alaska Native, single race	100.0	37.3 (4.43)	23.4 (4.37)	25.9 (4.32)	13.4 (3.19)
Asian, single race	100.0	15.8 (1.89)	19.6 (2.11)	39.6 (2.70)	25.1 (2.63)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	*29.8 (10.47)	*26.9 (8.61)	*29.3 (13.86)
Two or more races	100.0	38.9 (3.68)	17.7 (2.63)	28.2 (3.61)	15.1 (2.25)
Black or African American, white	100.0	38.9 (7.74)	*20.0 (6.34)	28.0 (7.66)	*13.1 (4.77)
American Indian or Alaska Native, white	100.0	44.4 (5.11)	14.8 (3.21)	24.3 (4.65)	16.5 (3.24)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	30.7 (1.51)	21.9 (1.22)	27.3 (1.29)	20.1 (1.16)
Mexican or Mexican American	100.0	29.5 (1.94)	20.9 (1.56)	28.9 (1.73)	20.8 (1.57)
Not Hispanic or Latino	100.0	31.2 (0.53)	24.4 (0.48)	28.1 (0.51)	16.3 (0.39)
White, single race	100.0	32.8 (0.60)	25.2 (0.56)	27.7 (0.58)	14.3 (0.42)
Black or African American, single race	100.0	23.3 (1.08)	20.9 (1.14)	28.3 (1.16)	27.5 (1.21)
Education:					
Less than high school graduate	100.0	43.9 (1.21)	23.7 (1.01)	20.6 (0.92)	11.8 (0.67)
GED diploma ⁴	100.0	45.2 (2.01)	26.9 (1.86)	19.4 (1.44)	8.5 (1.07)
High school graduate	100.0	28.5 (0.89)	26.4 (0.88)	29.4 (0.91)	15.7 (0.67)
Some college—no degree	100.0	28.0 (0.98)	24.0 (0.98)	29.7 (0.98)	18.3 (0.79)
Associate of arts degree	100.0	27.0 (1.44)	21.6 (1.33)	30.5 (1.44)	20.9 (1.41)
Bachelor of arts, science degree	100.0	17.9 (1.33)	21.5 (1.41)	34.8 (1.66)	25.8 (1.44)
Masters, doctorate, medical degree	100.0	16.7 (2.24)	15.9 (2.50)	41.9 (2.96)	25.5 (2.42)
Poverty status:⁵					
Below poverty level	100.0	38.9 (1.03)	21.0 (0.87)	25.2 (0.97)	15.0 (0.72)
1 and	100.0	35.2 (1.05)	22.7 (0.88)	27.0 (0.99)	15.1 (0.75)
2 and	100.0	28.7 (0.95)	27.0 (0.86)	28.3 (0.89)	16.0 (0.73)
4 times poverty level or more	100.0	25.2 (0.96)	24.1 (0.93)	30.7 (1.00)	20.0 (0.88)
Marital status:					
Never married	100.0	27.7 (1.00)	26.5 (0.98)	31.7 (1.03)	14.1 (0.71)
Married	100.0	31.4 (0.78)	23.4 (0.67)	28.3 (0.74)	17.0 (0.62)
Cohabiting	100.0	37.6 (1.52)	25.0 (1.33)	24.8 (1.34)	12.5 (0.96)
Divorced or separated	100.0	31.7 (0.97)	23.2 (0.89)	24.3 (0.91)	20.8 (0.91)
Widowed	100.0	25.6 (1.75)	18.9 (1.56)	29.5 (1.89)	26.1 (1.83)
Geographic region:					
Northeast	100.0	32.3 (1.47)	25.4 (1.28)	27.8 (1.43)	14.5 (0.98)
Midwest	100.0	30.4 (0.92)	25.1 (0.86)	29.7 (0.90)	14.8 (0.65)
South	100.0	31.3 (0.77)	23.7 (0.67)	27.1 (0.74)	17.9 (0.61)
West	100.0	30.8 (1.16)	22.6 (1.10)	27.8 (1.06)	18.8 (0.92)
Place of residence:⁶					
Large MSA	100.0	30.0 (0.74)	23.8 (0.71)	29.2 (0.71)	17.1 (0.57)
Small MSA	100.0	31.0 (0.92)	24.4 (0.77)	27.4 (0.95)	17.2 (0.69)
Not in MSA	100.0	33.9 (1.04)	24.3 (0.89)	26.7 (0.93)	15.1 (0.68)

See footnotes at end of table.

Table X. Crude percent distribution of age of smoking initiation, for current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Age first smoked fairly regularly ¹			
		Under 16 years	16–17 years	18–20 years	21 years and over
Men		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	32.5 (0.69)	24.1 (0.62)	28.2 (0.67)	15.1 (0.49)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	33.4 (0.73)	24.0 (0.63)	28.0 (0.69)	14.6 (0.50)
Age:					
18–24 years	100.0	29.5 (2.10)	31.5 (2.06)	34.4 (2.10)	4.6 (1.37)
25–44 years	100.0	30.5 (1.06)	23.9 (0.94)	29.3 (1.02)	16.4 (0.75)
45–64 years	100.0	34.5 (1.07)	21.8 (1.00)	25.4 (0.97)	18.3 (0.86)
65–74 years	100.0	41.8 (2.62)	23.5 (2.33)	24.0 (2.26)	10.7 (1.47)
75 years and over	100.0	39.3 (4.82)	17.3 (3.52)	26.4 (4.16)	16.9 (3.84)
Race:					
White, single race	100.0	34.1 (0.80)	25.1 (0.72)	27.5 (0.75)	13.4 (0.54)
Black or African American, single race	100.0	26.6 (1.61)	20.3 (1.49)	28.3 (1.69)	24.8 (1.58)
American Indian or Alaska Native, single race	100.0	34.8 (6.62)	*13.1 (4.16)	31.6 (6.77)	20.4 (5.59)
Asian, single race	100.0	15.6 (2.11)	19.3 (2.46)	41.3 (3.19)	23.9 (2.79)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	*32.8 (15.73)	†	†
Two or more races	100.0	32.6 (5.04)	16.4 (3.38)	39.1 (5.23)	11.9 (2.76)
Black or African American, white	100.0	*19.7 (7.40)	*20.1 (9.10)	41.3 (12.31)	*18.9 (8.70)
American Indian or Alaska Native, white	100.0	37.4 (6.99)	15.5 (4.50)	35.8 (7.34)	*11.3 (3.98)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	32.1 (2.05)	21.6 (1.56)	27.6 (1.68)	18.8 (1.51)
Mexican or Mexican American	100.0	30.1 (2.49)	20.4 (1.89)	29.7 (2.21)	19.7 (1.94)
Not Hispanic or Latino	100.0	32.6 (0.74)	24.4 (0.67)	28.3 (0.72)	14.7 (0.52)
White, single race	100.0	34.4 (0.87)	25.6 (0.79)	27.5 (0.83)	12.5 (0.57)
Black or African American, single race	100.0	26.7 (1.64)	20.1 (1.50)	28.2 (1.71)	25.0 (1.60)
Education:					
Less than high school graduate	100.0	45.5 (1.66)	23.7 (1.36)	20.8 (1.32)	9.9 (0.88)
GED diploma ⁴	100.0	51.5 (2.82)	26.8 (2.66)	17.1 (1.93)	4.6 (1.18)
High school graduate	100.0	28.9 (1.22)	27.1 (1.19)	30.1 (1.26)	13.9 (0.89)
Some college—no degree	100.0	28.6 (1.48)	24.0 (1.40)	30.2 (1.45)	17.2 (1.10)
Associate of arts degree	100.0	27.9 (2.16)	19.2 (1.77)	31.9 (2.18)	20.9 (2.34)
Bachelor of arts, science degree	100.0	18.1 (1.87)	20.6 (1.84)	34.9 (2.17)	26.4 (1.97)
Masters, doctorate, medical degree	100.0	18.9 (3.43)	14.8 (2.93)	41.7 (3.93)	24.6 (3.34)
Poverty status: ⁵					
Below poverty level	100.0	43.0 (1.65)	19.7 (1.30)	24.7 (1.43)	12.6 (1.08)
≥1 and <2 times poverty level	100.0	37.2 (1.51)	22.4 (1.26)	27.6 (1.46)	12.8 (0.99)
≥2 and <4 times poverty level	100.0	29.6 (1.32)	27.7 (1.23)	27.8 (1.33)	14.9 (0.89)
4 times poverty level or more	100.0	26.5 (1.32)	23.7 (1.19)	31.2 (1.36)	18.6 (1.13)
Marital status:					
Never married	100.0	27.1 (1.24)	27.2 (1.32)	32.2 (1.34)	13.5 (0.95)
Married	100.0	33.7 (1.14)	22.7 (0.94)	28.1 (1.09)	15.5 (0.80)
Cohabiting	100.0	37.8 (2.16)	24.9 (1.76)	24.1 (1.83)	13.2 (1.35)
Divorced or separated	100.0	34.2 (1.48)	22.5 (1.35)	24.6 (1.42)	18.7 (1.26)
Widowed	100.0	35.5 (3.70)	18.1 (2.96)	30.6 (3.99)	15.8 (2.50)
Geographic region:					
Northeast	100.0	30.8 (1.92)	26.5 (1.80)	28.9 (1.95)	13.8 (1.44)
Midwest	100.0	31.7 (1.31)	26.2 (1.25)	29.1 (1.29)	13.0 (0.89)
South	100.0	34.6 (1.06)	23.1 (0.91)	26.8 (1.05)	15.5 (0.76)
West	100.0	31.0 (1.58)	21.5 (1.43)	29.4 (1.44)	18.1 (1.17)
Place of residence: ⁶					
Large MSA	100.0	30.7 (1.03)	23.5 (0.95)	29.8 (0.99)	16.0 (0.74)
Small MSA	100.0	32.6 (1.22)	24.2 (0.98)	27.5 (1.28)	15.7 (0.88)
Not in MSA	100.0	36.8 (1.51)	25.3 (1.49)	25.7 (1.47)	12.2 (0.99)

See footnotes at end of table.

Table X. Crude percent distribution of age of smoking initiation, for current cigarette smokers aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Age first smoked fairly regularly ¹			
		Under 16 years	16–17 years	18–20 years	21 years and over
Women		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	29.4 (0.70)	24.2 (0.65)	27.8 (0.65)	18.5 (0.56)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	28.6 (0.70)	23.9 (0.67)	28.0 (0.65)	19.4 (0.58)
Age:					
18–24 years	100.0	35.0 (2.29)	29.3 (2.26)	32.3 (2.36)	3.4 (0.73)
25–44 years	100.0	32.4 (1.02)	25.2 (1.01)	26.4 (0.97)	15.9 (0.76)
45–64 years	100.0	27.4 (1.05)	22.6 (0.99)	27.5 (1.04)	22.4 (0.96)
65–74 years	100.0	16.7 (1.95)	21.1 (1.99)	29.1 (2.23)	33.1 (2.53)
75 years and over	100.0	17.9 (3.16)	14.9 (3.18)	31.0 (3.95)	36.1 (4.17)
Race:					
White, single race	100.0	30.7 (0.79)	24.6 (0.73)	28.0 (0.73)	16.8 (0.60)
Black or African American, single race	100.0	20.4 (1.40)	21.5 (1.51)	28.4 (1.63)	29.7 (1.68)
American Indian or Alaska Native, single race	100.0	39.8 (6.39)	34.1 (6.74)	19.9 (4.34)	*6.1 (2.59)
Asian, single race	100.0	16.3 (3.84)	20.3 (4.19)	35.3 (5.14)	28.1 (6.04)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	*28.3 (12.89)	*29.5 (11.58)	†
Two or more races	100.0	46.6 (5.06)	19.4 (3.70)	14.9 (3.12)	19.0 (3.98)
Black or African American, white	100.0	57.2 (10.40)	*19.9 (8.84)	*15.3 (6.39)	*7.6 (3.72)
American Indian or Alaska Native, white	100.0	51.7 (7.05)	14.0 (3.92)	*12.4 (4.10)	22.0 (5.68)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	28.0 (2.10)	22.6 (1.88)	26.7 (1.97)	22.7 (1.83)
Mexican or Mexican American	100.0	28.0 (2.98)	21.8 (2.52)	26.9 (2.68)	23.2 (2.65)
Not Hispanic or Latino	100.0	29.6 (0.74)	24.3 (0.68)	27.9 (0.69)	18.2 (0.58)
White, single race	100.0	31.1 (0.84)	24.8 (0.78)	28.0 (0.77)	16.2 (0.62)
Black or African American, single race	100.0	19.6 (1.39)	21.8 (1.54)	28.4 (1.65)	30.1 (1.72)
Education:					
Less than high school graduate	100.0	41.7 (1.66)	23.7 (1.41)	20.3 (1.26)	14.3 (1.05)
GED diploma ⁴	100.0	37.3 (2.60)	27.0 (2.71)	22.3 (2.16)	13.4 (1.81)
High school graduate	100.0	28.1 (1.25)	25.5 (1.27)	28.4 (1.30)	18.0 (1.01)
Some college—no degree	100.0	27.5 (1.33)	24.0 (1.36)	29.2 (1.33)	19.3 (1.20)
Associate of arts degree	100.0	26.1 (1.93)	23.9 (1.88)	29.1 (1.98)	20.9 (1.67)
Bachelor of arts, science degree	100.0	17.7 (1.87)	22.4 (2.11)	34.7 (2.43)	25.2 (2.08)
Masters, doctorate, medical degree	100.0	14.3 (2.77)	17.1 (3.99)	42.1 (4.31)	26.5 (3.53)
Poverty status: ⁵					
Below poverty level	100.0	35.3 (1.33)	22.1 (1.16)	25.5 (1.27)	17.1 (0.94)
≥1 and <2 times poverty level	100.0	32.9 (1.46)	23.1 (1.29)	26.3 (1.31)	17.7 (1.13)
≥2 and <4 times poverty level	100.0	27.6 (1.25)	26.1 (1.25)	28.8 (1.18)	17.4 (1.14)
4 times poverty level or more	100.0	23.3 (1.41)	24.6 (1.45)	30.1 (1.54)	22.0 (1.37)
Marital status:					
Never married	100.0	28.6 (1.51)	25.3 (1.44)	31.0 (1.60)	15.0 (1.02)
Married	100.0	28.5 (1.12)	24.2 (1.03)	28.5 (1.05)	18.8 (0.93)
Cohabiting	100.0	37.3 (2.07)	25.2 (1.90)	25.7 (1.91)	11.8 (1.33)
Divorced or separated	100.0	29.3 (1.31)	23.8 (1.32)	24.0 (1.18)	22.9 (1.31)
Widowed	100.0	22.0 (1.91)	19.1 (1.87)	29.0 (2.17)	29.8 (2.27)
Geographic region:					
Northeast	100.0	33.9 (1.90)	24.2 (1.68)	26.7 (1.74)	15.3 (1.32)
Midwest	100.0	28.9 (1.32)	23.9 (1.25)	30.4 (1.31)	16.7 (0.93)
South	100.0	27.4 (1.13)	24.4 (1.04)	27.5 (0.98)	20.8 (0.99)
West	100.0	30.5 (1.53)	24.0 (1.54)	25.6 (1.44)	19.8 (1.33)
Place of residence: ⁶					
Large MSA	100.0	29.1 (1.01)	24.3 (0.99)	28.3 (0.99)	18.4 (0.84)
Small MSA	100.0	29.1 (1.19)	24.6 (1.21)	27.3 (1.12)	19.0 (0.98)
Not in MSA	100.0	30.8 (1.53)	23.3 (1.21)	27.8 (1.37)	18.2 (1.04)

† Estimate has a relative standard error greater than 50% and is not shown.

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Current smokers were asked at what age they first starting smoking fairly regularly. Answers were recorded in single years and combined for this table.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.⁴GED is General Educational Development high school equivalency diploma.⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percent distributions, refer to Table 4.4. Denominator for each percent distribution excludes current smokers with unknown age of smoking initiation. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XI. Crude percentage of current cigarette smokers aged 18 and over who tried to quit smoking in the past year, by current smoking status, sex, and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	All current smokers	Nondaily smokers		Daily smokers
		Percent who tried to quit ¹ (standard error)		
Both sexes				
Ages 18 years and over (crude) ²	46.3 (0.56)	58.5 (1.14)	43.0 (0.62)	
Ages 18 years and over (age adjusted) ^{2,3}	45.8 (0.57)	58.5 (1.18)	42.6 (0.63)	
Age:				
18–24 years	54.6 (1.59)	57.7 (2.73)	53.3 (1.94)	
25–44 years	48.3 (0.79)	57.1 (1.59)	45.6 (0.88)	
45–64 years	42.6 (0.85)	61.2 (1.94)	38.8 (0.90)	
65–74 years	40.5 (1.90)	59.0 (4.25)	36.2 (2.02)	
75 years and over	34.0 (3.13)	52.5 (7.31)	30.2 (3.32)	
Race:				
White, single race	45.1 (0.61)	57.5 (1.31)	41.9 (0.68)	
Black or African American, single race	51.9 (1.43)	63.8 (2.61)	47.9 (1.58)	
American Indian or Alaska Native, single race	45.7 (4.92)	45.3 (9.65)	45.9 (5.59)	
Asian, single race	51.3 (2.69)	63.4 (4.80)	47.3 (3.17)	
Native Hawaiian or Other Pacific Islander, single race	*35.4 (10.91)	†	*33.9 (11.31)	
Two or more races	55.3 (3.49)	59.6 (7.44)	54.2 (4.05)	
Black or African American, white	50.9 (7.89)	66.1 (14.17)	45.6 (9.08)	
American Indian or Alaska Native, white	55.2 (4.94)	58.0 (12.26)	54.6 (5.39)	
Hispanic or Latino origin and race:				
Hispanic or Latino	49.2 (1.60)	53.2 (2.47)	46.7 (1.94)	
Mexican or Mexican American	47.7 (2.12)	51.5 (3.01)	44.7 (2.71)	
Not Hispanic or Latino	45.9 (0.59)	59.6 (1.28)	42.7 (0.64)	
White, single race	44.7 (0.65)	58.6 (1.49)	41.6 (0.71)	
Black or African American, single race	51.7 (1.44)	64.0 (2.65)	47.7 (1.60)	
Education:				
Less than high school graduate	44.1 (1.25)	61.5 (2.53)	40.3 (1.32)	
GED diploma ⁴	47.5 (2.00)	65.2 (5.80)	44.9 (2.18)	
High school graduate	43.2 (0.94)	58.6 (2.19)	39.9 (1.03)	
Some college—no degree	50.2 (1.21)	58.7 (2.35)	47.8 (1.34)	
Associate of arts degree	48.8 (1.58)	60.8 (3.06)	44.9 (1.82)	
Bachelor of arts, science degree	47.4 (1.64)	53.6 (2.90)	44.2 (2.07)	
Masters, doctorate, medical degree	48.1 (2.85)	50.8 (4.60)	46.3 (3.58)	
Poverty status: ⁵				
Below poverty level	47.9 (1.19)	61.9 (2.45)	44.5 (1.24)	
≥1 and <2 times poverty level	47.1 (1.15)	60.0 (2.44)	44.1 (1.25)	
≥2 and <4 times poverty level	45.0 (0.99)	58.3 (2.09)	41.6 (1.06)	
4 times poverty level or more	46.0 (1.08)	55.9 (2.08)	42.5 (1.29)	
Marital status:				
Never married	49.1 (1.06)	55.3 (1.91)	46.7 (1.29)	
Married	46.4 (0.80)	59.0 (1.90)	43.1 (0.86)	
Cohabiting	43.8 (1.51)	62.3 (3.29)	39.9 (1.59)	
Divorced or separated	45.1 (1.08)	60.2 (2.37)	41.8 (1.17)	
Widowed	40.4 (1.97)	64.1 (4.41)	35.3 (2.07)	
Geographic region:				
Northeast	50.1 (1.40)	60.8 (2.97)	47.3 (1.70)	
Midwest	47.6 (1.09)	61.7 (2.39)	44.1 (1.16)	
South	44.2 (0.95)	59.0 (1.88)	40.6 (0.99)	
West	45.2 (1.09)	52.6 (2.24)	42.5 (1.30)	
Place of residence: ⁶				
Large MSA	48.6 (0.79)	57.5 (1.52)	45.6 (0.92)	
Small MSA	44.8 (1.01)	58.7 (2.01)	41.2 (1.06)	
Not in MSA	43.5 (1.23)	61.7 (3.01)	40.5 (1.29)	

See footnotes at end of table.

Table XI. Crude percentage of current cigarette smokers aged 18 and over who tried to quit smoking in the past year, by current smoking status, sex, and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	All current smokers			Nondaily smokers			Daily smokers		
	Men			Percent who tried to quit ¹ (standard error)					
Ages 18 years and over (crude) ²	44.6	(0.77)		55.2	(1.53)		41.4	(0.86)	
Ages 18 years and over (age adjusted) ^{2,3}	43.8	(0.77)		54.5	(1.64)		41.1	(0.86)	
Age:									
18–24 years	53.6	(2.11)		53.8	(3.55)		53.5	(2.62)	
25–44 years	46.7	(1.11)		54.1	(2.19)		44.1	(1.27)	
45–64 years	40.3	(1.14)		59.2	(2.81)		36.2	(1.22)	
65–74 years	36.7	(2.57)		46.9	(6.69)		34.9	(2.71)	
75 years and over	31.1	(4.22)		51.3	(11.05)		27.5	(4.47)	
Race:									
White, single race	42.9	(0.85)		53.6	(1.75)		39.9	(0.95)	
Black or African American, single race	51.3	(2.02)		63.4	(3.77)		46.7	(2.19)	
American Indian or Alaska Native, single race	43.8	(7.70)		43.0	(12.46)		44.2	(9.65)	
Asian, single race	53.0	(3.08)		60.9	(5.82)		50.2	(3.69)	
Native Hawaiian or Other Pacific Islander, single race	*39.0	(15.48)		†			*33.8	(16.28)	
Two or more races	60.7	(4.76)		55.6	(10.83)		62.1	(5.35)	
Black or African American, white	50.5	(11.87)		†			52.6	(13.01)	
American Indian or Alaska Native, white	62.2	(6.84)		*62.1	(20.25)		62.2	(7.15)	
Hispanic or Latino origin and race:									
Hispanic or Latino	48.5	(1.97)		53.3	(3.00)		44.9	(2.51)	
Mexican or Mexican American	47.2	(2.56)		52.5	(3.70)		42.4	(3.41)	
Not Hispanic or Latino	44.0	(0.84)		55.8	(1.78)		41.1	(0.92)	
White, single race	42.1	(0.94)		53.6	(2.09)		39.5	(1.02)	
Black or African American, single race	51.2	(2.05)		63.7	(3.89)		46.7	(2.21)	
Education:									
Less than high school graduate	42.0	(1.67)		56.2	(3.40)		38.5	(1.81)	
GED diploma ⁴	47.7	(2.83)		61.7	(7.90)		45.3	(3.08)	
High school graduate	42.0	(1.32)		56.5	(2.82)		38.5	(1.45)	
Some college—no degree	48.5	(1.67)		56.3	(3.21)		45.9	(1.87)	
Associate of arts degree	47.1	(2.37)		55.6	(4.66)		44.4	(2.75)	
Bachelor of arts, science degree	45.4	(2.24)		50.3	(3.92)		42.8	(2.80)	
Masters, doctorate, medical degree	47.3	(3.76)		46.3	(5.89)		48.0	(4.80)	
Poverty status: ⁵									
Below poverty level	46.2	(1.71)		59.1	(3.34)		42.2	(1.87)	
≥1 and <2 times poverty level	45.6	(1.60)		58.0	(3.41)		42.4	(1.69)	
≥2 and <4 times poverty level	43.6	(1.41)		55.4	(2.86)		40.6	(1.53)	
4 times poverty level or more	44.0	(1.44)		51.5	(2.75)		41.2	(1.77)	
Marital status:									
Never married	46.5	(1.38)		49.7	(2.40)		45.2	(1.69)	
Married	44.6	(1.17)		58.1	(2.55)		40.7	(1.28)	
Cohabiting	43.8	(2.11)		62.2	(4.42)		39.7	(2.27)	
Divorced or separated	42.0	(1.43)		55.9	(3.46)		38.9	(1.53)	
Widowed	40.6	(3.87)		52.0	(9.91)		38.7	(4.14)	
Geographic region:									
Northeast	49.9	(2.33)		55.0	(4.12)		48.6	(2.84)	
Midwest	44.2	(1.44)		58.1	(3.35)		40.3	(1.58)	
South	43.1	(1.23)		56.3	(2.50)		39.4	(1.25)	
West	43.9	(1.48)		50.9	(2.85)		41.2	(1.77)	
Place of residence: ⁶									
Large MSA	47.9	(1.09)		54.4	(2.01)		45.5	(1.30)	
Small MSA	42.1	(1.40)		55.4	(2.92)		38.5	(1.50)	
Not in MSA	40.8	(1.58)		58.4	(3.61)		37.7	(1.73)	

See footnotes at end of table.

Table XI. Crude percentage of current cigarette smokers aged 18 and over who tried to quit smoking in the past year, by current smoking status, sex, and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	All current smokers	Nondaily smokers	Daily smokers
Women			
Percent who tried to quit ¹ (standard error)			
Ages 18 years and over (crude) ²	48.3 (0.73)	63.0 (1.53)	44.7 (0.81)
Ages 18 years and over (age adjusted) ^{2,3}	48.0 (0.74)	63.0 (1.54)	44.3 (0.83)
Age:			
18–24 years	56.0 (2.33)	64.6 (4.09)	53.1 (2.71)
25–44 years	50.3 (1.05)	61.8 (2.27)	47.3 (1.17)
45–64 years	45.4 (1.22)	63.8 (2.56)	41.8 (1.32)
65–74 years	43.9 (2.56)	66.8 (4.87)	37.5 (2.80)
75 years and over	35.9 (4.22)	53.1 (9.33)	31.9 (4.53)
Race:			
White, single race	47.7 (0.80)	62.9 (1.78)	44.2 (0.88)
Black or African American, single race	52.5 (1.92)	64.3 (3.49)	49.0 (2.18)
American Indian or Alaska Native, single race	47.7 (5.99)	48.3 (12.91)	47.5 (7.18)
Asian, single race	46.9 (5.47)	71.1 (7.79)	40.3 (6.57)
Native Hawaiian or Other Pacific Islander, single race	*33.4 (13.63)	†	*34.0 (14.47)
Two or more races	48.5 (4.61)	64.5 (9.85)	44.3 (5.22)
Black or African American, white	51.4 (10.64)	76.3 (13.16)	*37.4 (12.56)
American Indian or Alaska Native, white	47.7 (6.16)	54.1 (14.34)	46.2 (7.00)
Hispanic or Latino origin and race:			
Hispanic or Latino	50.8 (2.21)	53.0 (3.74)	49.6 (2.62)
Mexican or Mexican American	49.1 (3.10)	48.6 (4.65)	49.4 (3.81)
Not Hispanic or Latino	48.1 (0.77)	64.4 (1.65)	44.4 (0.84)
White, single race	47.5 (0.84)	64.4 (1.92)	43.9 (0.91)
Black or African American, single race	52.3 (1.95)	64.3 (3.57)	48.7 (2.20)
Education:			
Less than high school graduate	47.0 (1.65)	71.2 (3.28)	42.7 (1.77)
GED diploma ⁴	47.3 (2.66)	71.1 (7.02)	44.5 (2.93)
High school graduate	44.8 (1.29)	61.9 (3.25)	41.6 (1.43)
Some college—no degree	52.0 (1.59)	61.9 (3.17)	49.6 (1.80)
Associate of arts degree	50.5 (2.15)	65.9 (4.01)	45.5 (2.39)
Bachelor of arts, science degree	49.6 (2.46)	57.8 (4.12)	45.8 (3.00)
Masters, doctorate, medical degree	48.9 (4.28)	55.5 (6.70)	44.4 (5.26)
Poverty status: ⁵			
Below poverty level	49.4 (1.49)	65.7 (3.23)	46.3 (1.56)
≥1 and <2 times poverty level	48.8 (1.52)	62.6 (3.26)	46.0 (1.73)
≥2 and <4 times poverty level	46.6 (1.33)	62.4 (2.86)	42.9 (1.49)
4 times poverty level or more	48.8 (1.57)	62.4 (2.97)	44.3 (1.83)
Marital status:			
Never married	53.2 (1.59)	65.7 (2.77)	48.9 (1.92)
Married	48.5 (1.17)	60.3 (2.77)	45.9 (1.25)
Cohabiting	43.9 (2.04)	62.3 (4.69)	40.0 (2.15)
Divorced or separated	48.1 (1.42)	64.2 (3.08)	44.6 (1.58)
Widowed	40.3 (2.37)	67.3 (4.77)	34.0 (2.51)
Geographic region:			
Northeast	50.3 (1.80)	66.4 (3.86)	45.8 (2.05)
Midwest	51.3 (1.45)	66.4 (2.93)	48.0 (1.54)
South	45.7 (1.18)	63.0 (2.53)	42.0 (1.30)
West	47.0 (1.60)	55.5 (3.24)	44.3 (1.90)
Place of residence: ⁶			
Large MSA	49.5 (1.11)	62.4 (2.19)	45.8 (1.29)
Small MSA	47.9 (1.30)	62.8 (2.48)	44.2 (1.44)
Not in MSA	46.4 (1.50)	65.8 (3.95)	43.5 (1.53)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Percentage of cigarette smokers who had stopped smoking for more than 1 day in the past year because they were trying to quit.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percentages, refer to Table 4.5. Denominator for each percentage excludes current smokers for whom information on quit attempts was unknown. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XII. Crude percent distribution of leisure-time aerobic physical activity status, and crude percent distribution of meeting or not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Leisure-time aerobic physical activity status ¹					Met/Did not meet federal guidelines for aerobic activity ²		
	Total	Inactive	Low activity	Medium activity	High activity	Total	Did not meet aerobic guidelines	Met aerobic guidelines
Both sexes								
Percent distribution (standard error)								
Ages 18 years and over (crude) ³	100.0	34.1 (0.39)	20.3 (0.22)	15.3 (0.18)	30.3 (0.30)	100.0	54.2 (0.35)	45.8 (0.35)
Ages 18 years and over (age adjusted) ^{3,4}	100.0	33.9 (0.39)	20.2 (0.22)	15.3 (0.18)	30.6 (0.30)	100.0	53.9 (0.35)	46.1 (0.35)
Age:								
18–24 years	100.0	26.9 (0.79)	17.8 (0.57)	15.6 (0.57)	39.7 (0.79)	100.0	44.6 (0.85)	55.4 (0.85)
25–44 years	100.0	29.4 (0.47)	19.9 (0.33)	16.5 (0.29)	34.2 (0.42)	100.0	49.1 (0.47)	50.9 (0.47)
45–64 years	100.0	34.6 (0.52)	21.7 (0.35)	15.6 (0.29)	28.1 (0.40)	100.0	56.1 (0.47)	43.9 (0.47)
65–74 years	100.0	42.3 (0.73)	20.8 (0.53)	13.3 (0.46)	23.6 (0.63)	100.0	62.9 (0.70)	37.1 (0.70)
75 years and over	100.0	56.3 (0.84)	19.5 (0.61)	10.3 (0.47)	13.9 (0.56)	100.0	75.7 (0.71)	24.3 (0.71)
Race:								
White, single race	100.0	32.8 (0.43)	20.4 (0.25)	15.6 (0.20)	31.3 (0.34)	100.0	53.0 (0.39)	47.0 (0.39)
Black or African American, single race	100.0	43.0 (0.71)	19.2 (0.49)	12.4 (0.40)	25.5 (0.56)	100.0	62.0 (0.62)	38.0 (0.62)
American Indian or Alaska Native, single race	100.0	41.3 (2.80)	18.1 (1.72)	15.3 (1.64)	25.3 (2.25)	100.0	59.4 (2.47)	40.6 (2.47)
Asian, single race	100.0	34.1 (1.05)	22.5 (0.79)	16.9 (0.68)	26.5 (0.90)	100.0	56.6 (1.00)	43.4 (1.00)
Native Hawaiian or Other Pacific Islander, single race	100.0	37.0 (5.63)	*12.5 (4.01)	14.4 (3.74)	36.2 (5.99)	100.0	49.5 (6.05)	50.5 (6.05)
Two or more races	100.0	29.3 (1.79)	21.1 (1.56)	18.6 (1.59)	31.1 (1.76)	100.0	50.1 (1.83)	49.9 (1.83)
Black or African American, white	100.0	31.0 (4.00)	15.4 (2.80)	19.7 (3.97)	33.8 (3.99)	100.0	46.5 (4.44)	53.5 (4.44)
American Indian or Alaska Native, white	100.0	35.7 (2.77)	20.5 (2.30)	17.1 (2.46)	26.8 (2.58)	100.0	55.8 (2.76)	44.2 (2.76)
Hispanic or Latino origin and race:								
Hispanic or Latino	100.0	43.4 (0.70)	18.9 (0.46)	12.8 (0.38)	24.9 (0.56)	100.0	62.2 (0.64)	37.8 (0.64)
Mexican or Mexican American	100.0	42.3 (0.92)	19.7 (0.61)	12.9 (0.49)	25.0 (0.75)	100.0	61.9 (0.85)	38.1 (0.85)
Not Hispanic or Latino	100.0	32.6 (0.42)	20.5 (0.24)	15.7 (0.19)	31.2 (0.32)	100.0	52.9 (0.37)	47.1 (0.37)
White, single race	100.0	30.7 (0.47)	20.6 (0.28)	16.1 (0.22)	32.5 (0.37)	100.0	51.2 (0.43)	48.8 (0.43)
Black or African American, single race	100.0	43.0 (0.73)	19.2 (0.50)	12.4 (0.41)	25.4 (0.58)	100.0	62.1 (0.64)	37.9 (0.64)
Education:								
Less than high school graduate	100.0	55.3 (0.65)	17.2 (0.45)	9.8 (0.35)	17.7 (0.49)	100.0	72.4 (0.56)	27.6 (0.56)
GED diploma ⁵	100.0	44.7 (1.41)	20.2 (1.11)	11.1 (0.84)	24.0 (1.21)	100.0	64.8 (1.34)	35.2 (1.34)
High school graduate	100.0	43.0 (0.60)	19.8 (0.41)	12.8 (0.32)	24.4 (0.44)	100.0	62.6 (0.51)	37.4 (0.51)
Some college—no degree	100.0	29.9 (0.61)	22.0 (0.45)	15.8 (0.39)	32.3 (0.55)	100.0	51.7 (0.59)	48.3 (0.59)
Associate of arts degree	100.0	27.4 (0.69)	22.4 (0.62)	16.9 (0.54)	33.4 (0.72)	100.0	49.5 (0.78)	50.5 (0.78)
Bachelor of arts, science degree	100.0	19.8 (0.50)	20.6 (0.47)	19.9 (0.44)	39.7 (0.56)	100.0	40.3 (0.60)	59.7 (0.60)
Masters, doctorate, medical degree	100.0	16.0 (0.57)	20.7 (0.60)	20.5 (0.60)	42.9 (0.78)	100.0	36.5 (0.78)	63.5 (0.78)
Poverty status: ⁶								
Below poverty level	100.0	48.9 (0.90)	17.1 (0.48)	10.4 (0.43)	23.6 (0.68)	100.0	65.8 (0.83)	34.2 (0.83)
≥1 and <2 times poverty level	100.0	46.3 (0.66)	19.3 (0.46)	12.5 (0.37)	21.9 (0.50)	100.0	65.5 (0.56)	34.5 (0.56)
≥2 and <4 times poverty level	100.0	36.1 (0.54)	21.3 (0.39)	14.4 (0.30)	28.1 (0.45)	100.0	57.3 (0.48)	42.7 (0.48)
4 times poverty level or more	100.0	21.7 (0.42)	21.0 (0.34)	19.0 (0.31)	38.3 (0.42)	100.0	42.6 (0.45)	57.4 (0.45)
Marital status:								
Never married	100.0	29.5 (0.60)	18.4 (0.42)	15.3 (0.38)	36.9 (0.58)	100.0	47.7 (0.62)	52.3 (0.62)
Married	100.0	32.5 (0.45)	21.5 (0.29)	16.3 (0.24)	29.8 (0.36)	100.0	53.7 (0.42)	46.3 (0.42)
Cohabiting	100.0	33.3 (0.97)	18.5 (0.72)	14.4 (0.65)	33.8 (0.91)	100.0	51.7 (1.00)	48.3 (1.00)
Divorced or separated	100.0	39.7 (0.64)	19.9 (0.46)	14.0 (0.38)	26.4 (0.54)	100.0	59.4 (0.61)	40.6 (0.61)
Widowed	100.0	55.6 (0.81)	19.4 (0.62)	10.2 (0.43)	14.8 (0.55)	100.0	74.9 (0.64)	25.1 (0.64)
Geographic region:								
Northeast	100.0	36.1 (0.84)	19.8 (0.49)	15.2 (0.39)	28.9 (0.68)	100.0	55.7 (0.78)	44.3 (0.78)
Midwest	100.0	31.5 (0.81)	22.6 (0.51)	15.9 (0.39)	30.0 (0.65)	100.0	54.0 (0.74)	46.0 (0.74)
South	100.0	37.7 (0.73)	19.3 (0.38)	14.3 (0.30)	28.7 (0.48)	100.0	56.9 (0.61)	43.1 (0.61)
West	100.0	29.6 (0.73)	19.9 (0.37)	16.4 (0.33)	34.2 (0.64)	100.0	49.3 (0.69)	50.7 (0.69)
Place of residence: ⁷								
Large MSA	100.0	32.0 (0.41)	20.3 (0.28)	16.0 (0.25)	31.7 (0.35)	100.0	52.2 (0.40)	47.8 (0.40)
Small MSA	100.0	33.1 (0.87)	20.5 (0.40)	15.3 (0.32)	31.1 (0.67)	100.0	53.4 (0.78)	46.6 (0.78)
Not in MSA	100.0	42.7 (1.26)	19.9 (0.63)	13.1 (0.44)	24.3 (0.82)	100.0	62.4 (1.03)	37.6 (1.03)

See footnotes at end of table.

Table XII. Crude percent distribution of leisure-time aerobic physical activity status, and crude percent distribution of meeting or not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Leisure-time aerobic physical activity status ¹					Met/Did not meet federal guidelines for aerobic activity ²		
	Total	Inactive	Low activity	Medium activity	High activity	Total	Did not meet aerobic guidelines	Met aerobic guidelines
Men	Percent distribution (standard error)					Percent distribution (standard error)		
Ages 18 years and over (crude) ³	100.0	31.4 (0.47)	18.4 (0.29)	14.8 (0.25)	35.4 (0.40)	100.0	49.7 (0.45)	50.3 (0.45)
Ages 18 years and over (age-adjusted) ^{3,4}	100.0	31.4 (0.47)	18.4 (0.28)	14.7 (0.25)	35.5 (0.40)	100.0	49.6 (0.46)	50.4 (0.46)
Age:	100.0							
18–24 years	100.0	22.0 (0.98)	15.4 (0.80)	12.9 (0.75)	49.7 (1.14)	100.0	37.3 (1.13)	62.7 (1.13)
25–44 years	100.0	28.2 (0.61)	17.9 (0.43)	16.2 (0.42)	37.8 (0.57)	100.0	45.9 (0.63)	54.1 (0.63)
45–64 years	100.0	33.3 (0.67)	19.8 (0.48)	15.1 (0.43)	31.7 (0.58)	100.0	53.0 (0.64)	47.0 (0.64)
65–74 years	100.0	39.3 (1.06)	19.2 (0.79)	12.8 (0.74)	28.7 (0.93)	100.0	58.4 (1.06)	41.6 (1.06)
75 years and over	100.0	48.3 (1.35)	19.7 (0.96)	11.3 (0.81)	20.6 (1.06)	100.0	68.0 (1.28)	32.0 (1.28)
Race:								
White, single race	100.0	30.7 (0.52)	18.5 (0.32)	14.9 (0.28)	36.0 (0.46)	100.0	49.0 (0.51)	51.0 (0.51)
Black or African American, single race	100.0	36.5 (1.00)	17.2 (0.68)	12.9 (0.64)	33.5 (0.93)	100.0	53.5 (1.00)	46.5 (1.00)
American Indian or Alaska Native, single race	100.0	40.0 (4.04)	18.6 (2.71)	10.4 (1.87)	31.1 (3.28)	100.0	58.6 (3.80)	41.4 (3.80)
Asian, single race	100.0	31.4 (1.46)	21.3 (1.12)	17.4 (1.01)	29.9 (1.37)	100.0	52.6 (1.45)	47.4 (1.45)
Native Hawaiian or Other Pacific Islander, single race	100.0	30.2 (6.86)		† *13.7 (5.98)	48.6 (9.72)	100.0	37.8 (7.68)	62.2 (7.68)
Two or more races	100.0	27.0 (2.66)	17.8 (2.23)	17.5 (2.33)	37.7 (2.78)	100.0	44.8 (3.04)	55.2 (3.04)
Black or African American, white	100.0	29.2 (6.77)	*11.8 (4.27)	*16.4 (6.59)	42.6 (6.42)	100.0	41.1 (6.99)	58.9 (6.99)
American Indian or Alaska Native, white	100.0	34.6 (4.49)	18.7 (3.51)	14.9 (3.29)	31.8 (4.23)	100.0	53.3 (4.79)	46.7 (4.79)
Hispanic or Latino origin and race:								
Hispanic or Latino	100.0	40.3 (0.91)	18.1 (0.63)	12.7 (0.54)	28.9 (0.79)	100.0	58.3 (0.88)	41.7 (0.88)
Mexican or Mexican American	100.0	40.1 (1.14)	18.4 (0.82)	12.6 (0.68)	28.9 (1.05)	100.0	58.5 (1.13)	41.5 (1.13)
Not Hispanic or Latino	100.0	29.8 (0.50)	18.5 (0.31)	15.1 (0.28)	36.5 (0.44)	100.0	48.2 (0.49)	51.8 (0.49)
White, single race	100.0	28.7 (0.57)	18.6 (0.36)	15.4 (0.33)	37.4 (0.51)	100.0	47.1 (0.57)	52.9 (0.57)
Black or African American, single race	100.0	36.4 (1.02)	17.2 (0.69)	12.9 (0.65)	33.5 (0.95)	100.0	53.4 (1.02)	46.6 (1.02)
Education:								
Less than high school graduate	100.0	51.0 (0.92)	17.0 (0.66)	10.2 (0.54)	21.8 (0.73)	100.0	67.9 (0.84)	32.1 (0.84)
GED diploma ⁵	100.0	40.3 (1.92)	18.7 (1.53)	11.8 (1.34)	29.2 (1.86)	100.0	58.9 (2.03)	41.1 (2.03)
High school graduate	100.0	39.6 (0.79)	18.2 (0.55)	12.7 (0.45)	29.5 (0.66)	100.0	57.6 (0.73)	42.4 (0.73)
Some college—no degree	100.0	26.6 (0.81)	19.3 (0.62)	14.3 (0.58)	39.9 (0.84)	100.0	45.7 (0.84)	54.3 (0.84)
Associate of arts degree	100.0	24.9 (1.02)	20.7 (0.94)	15.4 (0.81)	39.0 (1.13)	100.0	45.5 (1.16)	54.5 (1.16)
Bachelor of arts, science degree	100.0	18.5 (0.68)	18.3 (0.66)	19.3 (0.63)	43.9 (0.83)	100.0	36.7 (0.86)	63.3 (0.86)
Masters, doctorate, medical degree	100.0	15.0 (0.79)	18.1 (0.80)	20.3 (0.88)	46.6 (1.10)	100.0	33.0 (1.05)	67.0 (1.05)
Poverty status: ⁶								
Below poverty level	100.0	43.5 (1.27)	16.0 (0.74)	9.8 (0.57)	30.7 (1.11)	100.0	59.3 (1.21)	40.7 (1.21)
≥1 and <2 times poverty level	100.0	43.3 (0.87)	18.0 (0.63)	11.9 (0.51)	26.7 (0.75)	100.0	61.2 (0.80)	38.8 (0.80)
≥2 and <4 times poverty level	100.0	34.2 (0.70)	19.4 (0.52)	13.5 (0.45)	32.9 (0.65)	100.0	53.5 (0.70)	46.5 (0.70)
4 times poverty level or more	100.0	20.7 (0.53)	18.6 (0.45)	18.4 (0.44)	42.4 (0.57)	100.0	39.1 (0.60)	60.9 (0.60)
Marital status:								
Never married	100.0	25.8 (0.72)	16.4 (0.56)	14.2 (0.49)	43.6 (0.79)	100.0	42.1 (0.81)	57.9 (0.81)
Married	100.0	31.9 (0.55)	19.6 (0.39)	15.5 (0.36)	33.0 (0.49)	100.0	51.4 (0.55)	48.6 (0.55)
Cohabiting	100.0	32.1 (1.37)	16.1 (0.98)	14.0 (0.95)	37.9 (1.31)	100.0	48.0 (1.38)	52.0 (1.38)
Divorced or separated	100.0	36.6 (0.94)	18.3 (0.70)	13.8 (0.61)	31.4 (0.84)	100.0	54.6 (0.92)	45.4 (0.92)
Widowed	100.0	48.4 (1.65)	20.5 (1.39)	11.4 (1.05)	19.8 (1.35)	100.0	68.8 (1.53)	31.2 (1.53)
Geographic region:								
Northeast	100.0	32.0 (1.11)	18.0 (0.71)	15.7 (0.60)	34.3 (0.96)	100.0	49.7 (1.08)	50.3 (1.08)
Midwest	100.0	29.1 (0.92)	20.7 (0.67)	15.2 (0.55)	35.1 (0.85)	100.0	49.6 (0.93)	50.4 (0.93)
South	100.0	34.9 (0.85)	17.6 (0.44)	13.8 (0.43)	33.7 (0.68)	100.0	52.4 (0.80)	47.6 (0.80)
West	100.0	27.8 (0.90)	17.8 (0.56)	15.3 (0.48)	39.0 (0.85)	100.0	45.6 (0.89)	54.4 (0.89)
Place of residence: ⁷								
Large MSA	100.0	28.6 (0.53)	18.9 (0.38)	15.9 (0.37)	36.6 (0.48)	100.0	47.3 (0.53)	52.7 (0.53)
Small MSA	100.0	30.3 (0.98)	18.7 (0.54)	14.3 (0.43)	36.8 (0.88)	100.0	48.8 (0.99)	51.2 (0.99)
Not in MSA	100.0	42.4 (1.42)	16.7 (0.67)	12.1 (0.62)	28.8 (1.06)	100.0	59.0 (1.29)	41.0 (1.29)

See footnotes at end of table.

Table XII. Crude percent distribution of leisure-time aerobic physical activity status, and crude percent distribution of meeting or not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Leisure-time aerobic physical activity status ¹					Met/Did not meet federal guidelines for aerobic activity ²		
	Total	Inactive	Low activity	Medium activity	High activity	Total	Did not meet aerobic guidelines	Met aerobic guidelines
Women								
Percent distribution (standard error)								
Ages 18 years and over (crude) ³	100.0	36.6 (0.43)	22.0 (0.29)	15.8 (0.24)	25.6 (0.33)	100.0	58.5 (0.38)	41.5 (0.38)
Ages 18 years and over (age-adjusted) ^{3,4}	100.0	36.1 (0.43)	22.0 (0.29)	15.9 (0.24)	26.0 (0.33)	100.0	57.9 (0.39)	42.1 (0.39)
Age:								
18–24 years	100.0	31.8 (1.05)	20.3 (0.81)	18.3 (0.83)	29.6 (0.93)	100.0	51.9 (1.09)	48.1 (1.09)
25–44 years	100.0	30.6 (0.54)	21.9 (0.44)	16.8 (0.39)	30.7 (0.53)	100.0	52.3 (0.57)	47.7 (0.57)
45–64 years	100.0	35.8 (0.61)	23.4 (0.47)	16.0 (0.38)	24.8 (0.49)	100.0	59.1 (0.57)	40.9 (0.57)
65–74 years	100.0	44.9 (0.93)	22.2 (0.73)	13.7 (0.60)	19.2 (0.77)	100.0	66.7 (0.89)	33.3 (0.89)
75 years and over	100.0	61.6 (0.92)	19.4 (0.77)	9.6 (0.57)	9.4 (0.52)	100.0	80.9 (0.74)	19.1 (0.74)
Race:								
White, single race	100.0	34.8 (0.47)	22.2 (0.32)	16.3 (0.27)	26.8 (0.37)	100.0	56.7 (0.43)	43.3 (0.43)
Black or African American, single race	100.0	48.2 (0.85)	20.8 (0.66)	12.0 (0.49)	19.1 (0.65)	100.0	68.9 (0.75)	31.1 (0.75)
American Indian or Alaska Native, single race	100.0	42.5 (3.51)	17.7 (2.31)	19.6 (2.50)	20.3 (3.01)	100.0	60.2 (3.11)	39.8 (3.11)
Asian, single race	100.0	36.6 (1.34)	23.6 (1.12)	16.4 (0.93)	23.4 (1.15)	100.0	60.2 (1.34)	39.8 (1.34)
Native Hawaiian or Other Pacific Islander, single race	100.0	42.2 (7.93)	*16.2 (5.34)	*14.9 (5.53)	*26.7 (8.04)	100.0	58.4 (8.25)	41.6 (8.25)
Two or more races	100.0	31.4 (2.28)	24.0 (2.24)	19.6 (2.31)	25.0 (2.22)	100.0	55.0 (2.54)	45.0 (2.54)
Black or African American, white	100.0	32.7 (4.86)	18.9 (3.76)	22.9 (4.82)	25.6 (5.03)	100.0	51.6 (5.61)	48.4 (5.61)
American Indian or Alaska Native, white	100.0	36.6 (3.46)	22.0 (3.06)	18.8 (3.73)	22.6 (3.10)	100.0	57.9 (3.87)	42.1 (3.87)
Hispanic or Latino origin and race:								
Hispanic or Latino	100.0	46.8 (0.89)	19.7 (0.60)	13.0 (0.53)	20.5 (0.67)	100.0	66.4 (0.80)	33.6 (0.80)
Mexican or Mexican American	100.0	44.8 (1.16)	21.0 (0.81)	13.3 (0.70)	20.9 (0.85)	100.0	65.7 (1.03)	34.3 (1.03)
Not Hispanic or Latino	100.0	35.1 (0.46)	22.4 (0.32)	16.2 (0.26)	26.3 (0.35)	100.0	57.3 (0.41)	42.7 (0.41)
White, single race	100.0	32.6 (0.51)	22.6 (0.36)	16.8 (0.30)	27.9 (0.41)	100.0	55.0 (0.47)	45.0 (0.47)
Black or African American, single race	100.0	48.3 (0.87)	20.9 (0.68)	12.0 (0.50)	18.8 (0.66)	100.0	69.0 (0.77)	31.0 (0.77)
Education:								
Less than high school graduate	100.0	59.9 (0.81)	17.3 (0.58)	9.3 (0.45)	13.5 (0.60)	100.0	77.1 (0.71)	22.9 (0.71)
GED diploma ⁵	100.0	49.5 (1.94)	21.8 (1.56)	10.2 (1.03)	18.5 (1.44)	100.0	71.1 (1.57)	28.9 (1.57)
High school graduate	100.0	46.3 (0.73)	21.2 (0.55)	13.0 (0.44)	19.5 (0.52)	100.0	67.4 (0.64)	32.6 (0.64)
Some college—no degree	100.0	32.7 (0.74)	24.3 (0.60)	17.0 (0.54)	26.0 (0.64)	100.0	56.8 (0.75)	43.2 (0.75)
Associate of arts degree	100.0	29.4 (0.86)	23.7 (0.76)	18.1 (0.70)	28.9 (0.87)	100.0	52.8 (0.94)	47.2 (0.94)
Bachelor of arts, science degree	100.0	21.1 (0.64)	22.8 (0.62)	20.5 (0.60)	35.7 (0.70)	100.0	43.7 (0.74)	56.3 (0.74)
Masters, doctorate, medical degree	100.0	16.9 (0.76)	23.3 (0.86)	20.8 (0.76)	39.0 (1.02)	100.0	40.1 (1.02)	59.9 (1.02)
Poverty status: ⁶								
Below poverty level	100.0	52.9 (0.96)	17.9 (0.60)	10.9 (0.56)	18.3 (0.64)	100.0	70.6 (0.87)	29.4 (0.87)
≥1 and <2 times poverty level	100.0	48.8 (0.80)	20.5 (0.60)	12.9 (0.47)	17.8 (0.56)	100.0	69.1 (0.68)	30.9 (0.68)
≥2 and <4 times poverty level	100.0	37.9 (0.64)	23.2 (0.54)	15.2 (0.41)	23.7 (0.53)	100.0	60.9 (0.60)	39.1 (0.60)
4 times poverty level or more	100.0	22.8 (0.53)	23.5 (0.48)	19.6 (0.44)	34.0 (0.53)	100.0	46.2 (0.58)	53.8 (0.58)
Marital status:								
Never married	100.0	33.8 (0.78)	20.8 (0.62)	16.5 (0.58)	28.9 (0.70)	100.0	54.4 (0.78)	45.6 (0.78)
Married	100.0	33.0 (0.52)	23.4 (0.40)	17.1 (0.35)	26.6 (0.44)	100.0	56.1 (0.51)	43.9 (0.51)
Cohabiting	100.0	34.5 (1.22)	21.0 (1.05)	14.9 (0.91)	29.7 (1.14)	100.0	55.4 (1.31)	44.6 (1.31)
Divorced or separated	100.0	41.8 (0.77)	21.1 (0.56)	14.1 (0.49)	23.0 (0.62)	100.0	62.8 (0.73)	37.2 (0.73)
Widowed	100.0	57.4 (0.88)	19.1 (0.68)	9.9 (0.48)	13.5 (0.59)	100.0	76.5 (0.69)	23.5 (0.69)
Geographic region:								
Northeast	100.0	39.8 (0.92)	21.4 (0.69)	14.7 (0.50)	24.0 (0.76)	100.0	60.9 (0.85)	39.1 (0.85)
Midwest	100.0	33.7 (0.95)	24.4 (0.59)	16.5 (0.55)	25.4 (0.70)	100.0	58.0 (0.83)	42.0 (0.83)
South	100.0	40.3 (0.78)	20.9 (0.52)	14.7 (0.39)	24.1 (0.52)	100.0	61.0 (0.65)	39.0 (0.65)
West	100.0	31.2 (0.79)	21.9 (0.51)	17.5 (0.48)	29.4 (0.71)	100.0	53.0 (0.80)	47.0 (0.80)
Place of residence: ⁷								
Large MSA	100.0	35.2 (0.49)	21.7 (0.38)	16.0 (0.31)	27.0 (0.44)	100.0	56.7 (0.50)	43.3 (0.50)
Small MSA	100.0	35.7 (0.90)	22.2 (0.52)	16.3 (0.45)	25.9 (0.64)	100.0	57.6 (0.78)	42.4 (0.78)
Not in MSA	100.0	43.0 (1.36)	22.7 (0.80)	14.0 (0.56)	20.3 (0.83)	100.0	65.4 (1.07)	34.6 (1.07)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Questions related to leisure-time physical activity were phrased in terms of current behavior and lack a specific reference period. "Inactive" is no light to moderate or vigorous leisure-time aerobic physical activity lasting at least 10 minutes; "low activity" is light to moderate or vigorous leisure-time aerobic physical activity beyond baseline but for a cumulative total of fewer than 150 minutes per week; "medium activity" is light to moderate or vigorous leisure-time aerobic physical activity for a cumulative total of 150–300 minutes per week; and "high activity" is light to moderate or vigorous leisure-time aerobic physical activity for a cumulative total of more than 300 minutes per week. The "low activity" and "medium activity" categories of aerobic physical activity correspond to the "insufficiently active" and "sufficiently active" categories, respectively, used in "Summary Health Statistics for U.S. Adults: National Health Interview Survey, 2010" (available from: http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf).

²The *2008 Physical Activity Guidelines for Americans* (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferably be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days a week. NHIS questions ask about frequency and duration of light-moderate-intensity and vigorous-intensity leisure-time physical activities and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁴Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁵GED is General Educational Development high school equivalency diploma.

⁶Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁷MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. “Not in MSA” consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Percentages may not add to totals due to rounding. For age-adjusted percent distributions, refer to Table 5.1. Denominator for each percent distribution excludes persons with unknown leisure-time physical activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XIII. Crude percent distribution of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Frequency of muscle-strengthening activity ¹			Total	Met/Did not meet federal guidelines for muscle-strengthening activity ²	
		Never/unable	Once a week	2 or more days a week		Did not meet strengthening guidelines (less than two times per week)	Met muscle-strengthening guidelines (two or more times per week)
Both sexes	Percent distribution (standard error)			Percent distribution (standard error)			
Ages 18 years and over (crude) ³	100.0	73.8 (0.28)	3.4 (0.09)	22.7 (0.26)	100.0	77.3 (0.26)	22.7 (0.26)
Ages 18 years and over (age adjusted) ^{3,4}	100.0	73.5 (0.27)	3.5 (0.09)	23.0 (0.26)	100.0	77.0 (0.26)	23.0 (0.26)
Age:							
18–24 years	100.0	64.2 (0.77)	5.4 (0.34)	30.4 (0.73)	100.0	69.6 (0.73)	30.4 (0.73)
25–44 years	100.0	69.9 (0.40)	4.3 (0.17)	25.8 (0.37)	100.0	74.2 (0.37)	25.8 (0.37)
45–64 years	100.0	76.6 (0.38)	2.9 (0.13)	20.5 (0.35)	100.0	79.5 (0.35)	20.5 (0.35)
65–74 years	100.0	81.5 (0.58)	1.4 (0.15)	17.1 (0.56)	100.0	82.9 (0.56)	17.1 (0.56)
75 years and over	100.0	87.0 (0.54)	0.9 (0.14)	12.1 (0.52)	100.0	87.9 (0.52)	12.1 (0.52)
Race:							
White, single race	100.0	73.5 (0.31)	3.4 (0.10)	23.1 (0.29)	100.0	76.9 (0.29)	23.1 (0.29)
Black or African American, single race	100.0	75.3 (0.58)	3.2 (0.21)	21.5 (0.55)	100.0	78.5 (0.55)	21.5 (0.55)
American Indian or Alaska Native, single race	100.0	81.2 (1.89)	4.0 (0.99)	14.8 (1.69)	100.0	85.2 (1.69)	14.8 (1.69)
Asian, single race	100.0	76.0 (0.82)	4.1 (0.38)	20.0 (0.75)	100.0	80.0 (0.75)	20.0 (0.75)
Native Hawaiian or Other Pacific Islander, single race	100.0	77.7 (5.07)	†	21.4 (5.04)	100.0	78.6 (5.04)	21.4 (5.04)
Two or more races	100.0	67.8 (1.87)	4.8 (1.01)	27.5 (1.72)	100.0	72.5 (1.72)	27.5 (1.72)
Black or African American, white	100.0	70.5 (3.83)	†	27.7 (3.75)	100.0	72.3 (3.75)	27.7 (3.75)
American Indian or Alaska Native, white	100.0	71.1 (2.73)	*5.1 (1.82)	23.9 (2.42)	100.0	76.1 (2.42)	23.9 (2.42)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	79.3 (0.49)	3.2 (0.19)	17.6 (0.48)	100.0	82.4 (0.48)	17.6 (0.48)
Mexican or Mexican American	100.0	79.6 (0.64)	3.2 (0.25)	17.2 (0.62)	100.0	82.8 (0.62)	17.2 (0.62)
Not Hispanic or Latino	100.0	73.0 (0.30)	3.5 (0.10)	23.6 (0.28)	100.0	76.4 (0.28)	23.6 (0.28)
White, single race	100.0	72.4 (0.35)	3.4 (0.11)	24.2 (0.32)	100.0	75.8 (0.32)	24.2 (0.32)
Black or African American, single race	100.0	75.2 (0.59)	3.3 (0.22)	21.5 (0.57)	100.0	78.5 (0.57)	21.5 (0.57)
Education:							
Less than high school graduate	100.0	87.2 (0.42)	1.6 (0.15)	11.2 (0.39)	100.0	88.8 (0.39)	11.2 (0.39)
GED diploma ⁵	100.0	82.4 (1.03)	3.1 (0.50)	14.5 (0.93)	100.0	85.5 (0.93)	14.5 (0.93)
High school graduate	100.0	82.0 (0.40)	2.2 (0.13)	15.8 (0.38)	100.0	84.2 (0.38)	15.8 (0.38)
Some college—no degree	100.0	70.9 (0.55)	4.0 (0.22)	25.1 (0.50)	100.0	74.9 (0.50)	25.1 (0.50)
Associate of arts degree	100.0	70.4 (0.68)	3.8 (0.28)	25.7 (0.63)	100.0	74.3 (0.63)	25.7 (0.63)
Bachelor of arts, science degree	100.0	62.3 (0.58)	4.9 (0.23)	32.8 (0.55)	100.0	67.2 (0.55)	32.8 (0.55)
Masters, doctorate, medical degree	100.0	59.7 (0.76)	5.4 (0.34)	34.9 (0.75)	100.0	65.1 (0.75)	34.9 (0.75)
Poverty status:⁶							
Below poverty level	100.0	81.2 (0.63)	2.6 (0.20)	16.1 (0.57)	100.0	83.9 (0.57)	16.1 (0.57)
≥1 and <2 times poverty level	100.0	82.7 (0.46)	2.5 (0.16)	14.8 (0.43)	100.0	85.2 (0.43)	14.8 (0.43)
≥2 and <4 times poverty level	100.0	76.6 (0.41)	3.1 (0.15)	20.3 (0.39)	100.0	79.7 (0.39)	20.3 (0.39)
4 times poverty level or more	100.0	64.8 (0.43)	4.4 (0.16)	30.7 (0.42)	100.0	69.3 (0.42)	30.7 (0.42)
Marital status:							
Never married	100.0	66.0 (0.55)	4.6 (0.23)	29.4 (0.52)	100.0	70.6 (0.52)	29.4 (0.52)
Married	100.0	75.0 (0.35)	3.2 (0.11)	21.8 (0.33)	100.0	78.2 (0.33)	21.8 (0.33)
Cohabiting	100.0	72.8 (0.86)	4.2 (0.42)	23.0 (0.79)	100.0	77.0 (0.79)	23.0 (0.79)
Divorced or separated	100.0	76.7 (0.48)	3.1 (0.19)	20.2 (0.45)	100.0	79.8 (0.45)	20.2 (0.45)
Widowed	100.0	86.3 (0.52)	1.1 (0.13)	12.7 (0.51)	100.0	87.3 (0.51)	12.7 (0.51)
Geographic region:							
Northeast	100.0	74.1 (0.69)	3.4 (0.21)	22.5 (0.66)	100.0	77.5 (0.66)	22.5 (0.66)
Midwest	100.0	72.2 (0.58)	3.9 (0.21)	23.9 (0.52)	100.0	76.1 (0.52)	23.9 (0.52)
South	100.0	76.0 (0.43)	3.1 (0.14)	21.0 (0.40)	100.0	79.0 (0.40)	21.0 (0.40)
West	100.0	72.0 (0.60)	3.4 (0.18)	24.6 (0.57)	100.0	75.4 (0.57)	24.6 (0.57)
Place of residence:⁷							
Large MSA	100.0	71.2 (0.37)	3.9 (0.13)	24.9 (0.34)	100.0	75.1 (0.34)	24.9 (0.34)
Small MSA	100.0	74.2 (0.53)	3.3 (0.16)	22.6 (0.48)	100.0	77.4 (0.48)	22.6 (0.48)
Not in MSA	100.0	81.6 (0.72)	2.1 (0.14)	16.3 (0.66)	100.0	83.7 (0.66)	16.3 (0.66)

See footnotes at end of table.

Table XIII. Crude percent distribution of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Frequency of muscle-strengthening activity ¹				Met/Did not meet federal guidelines for muscle-strengthening activity ²		
	Total	Never/unable	Once a week	2 or more days a week	Total	Did not meet strengthening guidelines (less than two times per week)	Met muscle-strengthening guidelines (two or more times per week)
Men							
		Percent distribution (standard error)			Percent distribution (standard error)		
Ages 18 years and over (crude) ³	100.0	69.6 (0.37)	3.6 (0.13)	26.8 (0.36)	100.0	73.2 (0.36)	26.8 (0.36)
Ages 18 years and over (age adjusted) ^{3,4}	100.0	69.4 (0.37)	3.6 (0.14)	27.0 (0.35)	100.0	73.0 (0.35)	27.0 (0.35)
Age:							
18–24 years	100.0	55.0 (1.12)	4.8 (0.44)	40.2 (1.12)	100.0	59.8 (1.12)	40.2 (1.12)
25–44 years	100.0	65.0 (0.56)	4.8 (0.25)	30.3 (0.52)	100.0	69.7 (0.52)	30.3 (0.52)
45–64 years	100.0	74.7 (0.53)	2.9 (0.18)	22.4 (0.50)	100.0	77.6 (0.50)	22.4 (0.50)
65–74 years	100.0	80.0 (0.83)	1.6 (0.25)	18.5 (0.82)	100.0	81.5 (0.82)	18.5 (0.82)
75 years and over	100.0	84.6 (0.93)	0.9 (0.22)	14.5 (0.92)	100.0	85.5 (0.92)	14.5 (0.92)
Race:							
White, single race	100.0	70.2 (0.42)	3.4 (0.15)	26.4 (0.40)	100.0	73.6 (0.40)	26.4 (0.40)
Black or African American, single race	100.0	64.8 (0.94)	4.5 (0.40)	30.8 (0.93)	100.0	69.2 (0.93)	30.8 (0.93)
American Indian or Alaska Native, single race	100.0	79.6 (3.15)	*3.7 (1.34)	16.7 (2.80)	100.0	83.3 (2.80)	16.7 (2.80)
Asian, single race	100.0	71.5 (1.22)	3.9 (0.52)	24.6 (1.14)	100.0	75.4 (1.14)	24.6 (1.14)
Native Hawaiian or Other Pacific Islander, single race	100.0	75.1 (6.59)	–	24.9 (6.59)	100.0	75.1 (6.59)	24.9 (6.59)
Two or more races	100.0	59.6 (2.87)	4.3 (1.09)	36.1 (2.77)	100.0	63.9 (2.77)	36.1 (2.77)
Black or African American, white	100.0	64.3 (6.04)	†	34.1 (5.90)	100.0	65.9 (5.90)	34.1 (5.90)
American Indian or Alaska Native, white	100.0	64.4 (4.27)	*3.3 (1.52)	32.2 (4.26)	100.0	67.8 (4.26)	32.2 (4.26)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	74.5 (0.75)	3.7 (0.29)	21.8 (0.73)	100.0	78.2 (0.73)	21.8 (0.73)
Mexican or Mexican American	100.0	75.4 (0.95)	3.6 (0.38)	21.0 (0.92)	100.0	79.0 (0.92)	21.0 (0.92)
Not Hispanic or Latino	100.0	68.7 (0.41)	3.6 (0.14)	27.7 (0.39)	100.0	72.3 (0.39)	27.7 (0.39)
White, single race	100.0	69.2 (0.46)	3.4 (0.16)	27.4 (0.45)	100.0	72.6 (0.45)	27.4 (0.45)
Black or African American, single race	100.0	64.5 (0.96)	4.5 (0.41)	31.0 (0.96)	100.0	69.0 (0.96)	31.0 (0.96)
Education:							
Less than high school graduate	100.0	83.2 (0.65)	2.1 (0.23)	14.6 (0.62)	100.0	85.4 (0.62)	14.6 (0.62)
GED diploma ⁵	100.0	77.2 (1.61)	3.8 (0.71)	19.0 (1.54)	100.0	81.0 (1.54)	19.0 (1.54)
High school graduate	100.0	77.6 (0.59)	2.7 (0.21)	19.7 (0.58)	100.0	80.3 (0.58)	19.7 (0.58)
Some college—no degree	100.0	64.5 (0.82)	4.0 (0.31)	31.4 (0.79)	100.0	68.6 (0.79)	31.4 (0.79)
Associate of arts degree	100.0	66.7 (1.10)	4.6 (0.50)	28.7 (1.03)	100.0	71.3 (1.03)	28.7 (1.03)
Bachelor of arts, science degree	100.0	58.7 (0.84)	4.7 (0.33)	36.6 (0.83)	100.0	63.4 (0.83)	36.6 (0.83)
Masters, doctorate, medical degree	100.0	57.0 (1.06)	4.5 (0.45)	38.5 (1.06)	100.0	61.5 (1.06)	38.5 (1.06)
Poverty status: ⁶							
Below poverty level	100.0	74.3 (1.01)	3.1 (0.32)	22.5 (0.95)	100.0	77.5 (0.95)	22.5 (0.95)
≥1 and <2 times poverty level	100.0	78.7 (0.70)	3.1 (0.27)	18.2 (0.66)	100.0	81.8 (0.66)	18.2 (0.66)
≥2 and <4 times poverty level	100.0	72.6 (0.62)	3.4 (0.23)	24.0 (0.60)	100.0	76.0 (0.60)	24.0 (0.60)
4 times poverty level or more	100.0	62.0 (0.59)	4.1 (0.22)	34.0 (0.59)	100.0	66.0 (0.59)	34.0 (0.59)
Marital status:							
Never married	100.0	58.8 (0.76)	4.5 (0.29)	36.7 (0.76)	100.0	63.3 (0.76)	36.7 (0.76)
Married	100.0	73.2 (0.45)	3.2 (0.16)	23.6 (0.43)	100.0	76.4 (0.43)	23.6 (0.43)
Cohabiting	100.0	69.6 (1.27)	4.5 (0.63)	25.9 (1.17)	100.0	74.1 (1.17)	25.9 (1.17)
Divorced or separated	100.0	71.3 (0.79)	3.7 (0.32)	25.0 (0.76)	100.0	75.0 (0.76)	25.0 (0.76)
Widowed	100.0	83.0 (1.17)	1.2 (0.28)	15.8 (1.16)	100.0	84.2 (1.16)	15.8 (1.16)
Geographic region:							
Northeast	100.0	69.3 (0.99)	3.4 (0.31)	27.3 (0.95)	100.0	72.7 (0.95)	27.3 (0.95)
Midwest	100.0	68.6 (0.77)	3.8 (0.33)	27.5 (0.72)	100.0	72.5 (0.72)	27.5 (0.72)
South	100.0	71.1 (0.57)	3.4 (0.21)	25.4 (0.54)	100.0	74.6 (0.54)	25.4 (0.54)
West	100.0	68.3 (0.81)	3.7 (0.24)	28.0 (0.80)	100.0	72.0 (0.80)	28.0 (0.80)
Place of residence: ⁷							
Large MSA	100.0	65.9 (0.51)	4.2 (0.20)	29.9 (0.49)	100.0	70.1 (0.49)	29.9 (0.49)
Small MSA	100.0	70.6 (0.69)	3.3 (0.24)	26.1 (0.67)	100.0	73.9 (0.67)	26.1 (0.67)
Not in MSA	100.0	79.2 (0.93)	2.2 (0.24)	18.6 (0.85)	100.0	81.4 (0.85)	18.6 (0.85)

See footnotes at end of table.

Table XIII. Crude percent distribution of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Frequency of muscle-strengthening activity ¹				Met/Did not meet federal guidelines for muscle-strengthening activity ²		
	Total	Never/unable	Once a week	2 or more days a week	Total	Did not meet strengthening guidelines (less than two times per week)	Met muscle-strengthening guidelines (two or more times per week)
Women	Percent distribution (standard error)				Percent distribution (standard error)		
Ages 18 years and over (crude) ³	100.0	77.8 (0.31)	3.3 (0.12)	18.9 (0.28)	100.0	81.1 (0.28)	18.9 (0.28)
Ages 18 years and over (age adjusted) ^{3,4}	100.0	77.5 (0.32)	3.4 (0.12)	19.1 (0.29)	100.0	80.9 (0.29)	19.1 (0.29)
Age:							
18–24 years	100.0	73.5 (0.94)	5.9 (0.51)	20.7 (0.84)	100.0	79.3 (0.84)	20.7 (0.84)
25–44 years	100.0	74.7 (0.47)	3.9 (0.20)	21.5 (0.44)	100.0	78.5 (0.44)	21.5 (0.44)
45–64 years	100.0	78.4 (0.48)	2.9 (0.19)	18.7 (0.45)	100.0	81.3 (0.45)	18.7 (0.45)
65–74 years	100.0	82.8 (0.71)	1.3 (0.19)	15.9 (0.69)	100.0	84.1 (0.69)	15.9 (0.69)
75 years and over	100.0	88.5 (0.59)	0.9 (0.17)	10.5 (0.57)	100.0	89.5 (0.57)	10.5 (0.57)
Race:							
White, single race	100.0	76.7 (0.36)	3.3 (0.13)	20.0 (0.33)	100.0	80.0 (0.33)	20.0 (0.33)
Black or African American, single race	100.0	83.7 (0.62)	2.2 (0.20)	14.1 (0.57)	100.0	85.9 (0.57)	14.1 (0.57)
American Indian or Alaska Native, single race	100.0	82.6 (2.66)	*4.2 (1.44)	13.1 (2.32)	100.0	86.9 (2.32)	13.1 (2.32)
Asian, single race	100.0	80.1 (1.06)	4.2 (0.52)	15.7 (0.97)	100.0	84.3 (0.97)	15.7 (0.97)
Native Hawaiian or Other Pacific Islander, single race	100.0	79.6 (7.42)	†	*18.7 (7.39)	100.0	81.3 (7.39)	*18.7 (7.39)
Two or more races	100.0	75.2 (2.30)	*5.2 (1.61)	19.6 (1.95)	100.0	80.4 (1.95)	19.6 (1.95)
Black or African American, white	100.0	76.4 (4.93)	†	21.6 (4.87)	100.0	78.4 (4.87)	21.6 (4.87)
American Indian or Alaska Native, white	100.0	76.6 (3.49)	*6.5 (3.07)	16.8 (2.55)	100.0	83.2 (2.55)	16.8 (2.55)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	84.3 (0.58)	2.6 (0.25)	13.1 (0.55)	100.0	86.9 (0.55)	13.1 (0.55)
Mexican or Mexican American	100.0	84.3 (0.73)	2.6 (0.32)	13.1 (0.70)	100.0	86.9 (0.70)	13.1 (0.70)
Not Hispanic or Latino	100.0	76.8 (0.34)	3.4 (0.13)	19.8 (0.31)	100.0	80.2 (0.31)	19.8 (0.31)
White, single race	100.0	75.4 (0.39)	3.5 (0.15)	21.2 (0.36)	100.0	78.8 (0.36)	21.2 (0.36)
Black or African American, single race	100.0	83.7 (0.63)	2.3 (0.21)	14.0 (0.58)	100.0	86.0 (0.58)	14.0 (0.58)
Education:							
Less than high school graduate	100.0	91.3 (0.47)	1.0 (0.18)	7.6 (0.44)	100.0	92.4 (0.44)	7.6 (0.44)
GED diploma ⁵	100.0	88.0 (1.20)	*2.3 (0.73)	9.7 (1.03)	100.0	90.3 (1.03)	9.7 (1.03)
High school graduate	100.0	86.1 (0.46)	1.7 (0.16)	12.2 (0.43)	100.0	87.8 (0.43)	12.2 (0.43)
Some college—no degree	100.0	76.3 (0.64)	3.9 (0.31)	19.8 (0.56)	100.0	80.2 (0.56)	19.8 (0.56)
Associate of arts degree	100.0	73.4 (0.83)	3.2 (0.33)	23.4 (0.79)	100.0	76.6 (0.79)	23.4 (0.79)
Bachelor of arts, science degree	100.0	65.8 (0.72)	5.1 (0.32)	29.1 (0.68)	100.0	70.9 (0.68)	29.1 (0.68)
Masters, doctorate, medical degree	100.0	62.5 (1.03)	6.4 (0.50)	31.1 (0.99)	100.0	68.9 (0.99)	31.1 (0.99)
Poverty status: ⁶							
Below poverty level	100.0	86.4 (0.62)	2.3 (0.24)	11.3 (0.56)	100.0	88.7 (0.56)	11.3 (0.56)
≥1 and <2 times poverty level	100.0	86.1 (0.50)	2.0 (0.20)	11.9 (0.45)	100.0	88.1 (0.45)	11.9 (0.45)
≥2 and <4 times poverty level	100.0	80.4 (0.49)	2.8 (0.21)	16.8 (0.46)	100.0	83.2 (0.46)	16.8 (0.46)
4 times poverty level or more	100.0	67.8 (0.55)	4.8 (0.24)	27.4 (0.51)	100.0	72.6 (0.51)	27.4 (0.51)
Marital status:							
Never married	100.0	74.5 (0.67)	4.6 (0.35)	20.8 (0.61)	100.0	79.2 (0.61)	20.8 (0.61)
Married	100.0	76.9 (0.43)	3.2 (0.16)	19.9 (0.41)	100.0	80.1 (0.41)	19.9 (0.41)
Cohabiting	100.0	76.1 (1.07)	3.9 (0.52)	20.0 (0.99)	100.0	80.0 (0.99)	20.0 (0.99)
Divorced or separated	100.0	80.5 (0.54)	2.7 (0.24)	16.8 (0.50)	100.0	83.2 (0.50)	16.8 (0.50)
Widowed	100.0	87.1 (0.58)	1.0 (0.14)	11.9 (0.56)	100.0	88.1 (0.56)	11.9 (0.56)
Geographic region:							
Northeast	100.0	78.4 (0.70)	3.5 (0.28)	18.2 (0.65)	100.0	81.8 (0.65)	18.2 (0.65)
Midwest	100.0	75.6 (0.71)	4.0 (0.28)	20.4 (0.62)	100.0	79.6 (0.62)	20.4 (0.62)
South	100.0	80.4 (0.49)	2.8 (0.16)	16.8 (0.45)	100.0	83.2 (0.45)	16.8 (0.45)
West	100.0	75.5 (0.67)	3.2 (0.25)	21.3 (0.63)	100.0	78.7 (0.63)	21.3 (0.63)
Place of residence: ⁷							
Large MSA	100.0	76.1 (0.44)	3.7 (0.18)	20.2 (0.40)	100.0	79.8 (0.40)	20.2 (0.40)
Small MSA	100.0	77.5 (0.58)	3.2 (0.21)	19.3 (0.51)	100.0	80.7 (0.51)	19.3 (0.51)
Not in MSA	100.0	83.8 (0.72)	2.1 (0.18)	14.2 (0.68)	100.0	85.8 (0.68)	14.2 (0.68)

† Estimate has a relative standard error greater than 50% and is not shown.

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Muscle-strengthening activities include leisure-time physical activities specifically designed to strengthen muscles such as weight lifting or calisthenics. No minimum duration imposed when asking frequency and no duration question was asked.

²The *2008 Physical Activity Guidelines for Americans* (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days a week. NHIS questions ask about frequency of leisure-time muscle-strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁴Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁵GED is General Educational Development high school equivalency diploma.

⁶Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁷MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Percentages may not add to totals due to rounding. For age-adjusted percentages, refer to Table 5.2. Denominator for each percentage excludes persons with unknown leisure-time muscle-strengthening activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XIV. Crude percent distribution of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	2008 federal physical activity guidelines for adults ¹			
		Met neither aerobic nor muscle-strengthening guidelines	Met muscle-strengthening guideline only	Met aerobic guideline only	Met both aerobic and muscle-strengthening guidelines
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	50.6 (0.35)	3.7 (0.09)	26.6 (0.26)	19.1 (0.24)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	50.3 (0.35)	3.7 (0.09)	26.6 (0.27)	19.4 (0.24)
Age:					
18–24 years	100.0	41.2 (0.83)	3.4 (0.29)	28.3 (0.73)	27.0 (0.70)
25–44 years	100.0	46.0 (0.46)	3.2 (0.14)	28.1 (0.38)	22.6 (0.36)
45–64 years	100.0	52.5 (0.48)	3.7 (0.14)	26.9 (0.39)	17.0 (0.33)
65–74 years	100.0	58.4 (0.72)	4.5 (0.30)	24.4 (0.58)	12.6 (0.50)
75 years and over	100.0	70.5 (0.77)	5.2 (0.34)	17.4 (0.60)	6.8 (0.39)
Race:					
White, single race	100.0	49.5 (0.39)	3.6 (0.11)	27.4 (0.30)	19.6 (0.28)
Black or African American, single race	100.0	57.9 (0.64)	4.2 (0.25)	20.7 (0.47)	17.3 (0.51)
American Indian or Alaska Native, single race	100.0	57.3 (2.48)	2.2 (0.53)	28.0 (2.22)	12.4 (1.62)
Asian, single race	100.0	52.4 (0.97)	4.2 (0.38)	27.6 (0.87)	15.9 (0.73)
Native Hawaiian or Other Pacific Islander, single race	100.0	48.5 (6.02)	†	29.9 (5.29)	20.7 (5.09)
Two or more races	100.0	45.4 (1.81)	5.1 (0.86)	26.9 (1.82)	22.6 (1.55)
Black or African American, white	100.0	44.0 (4.45)	†	28.2 (4.08)	25.2 (3.61)
American Indian or Alaska Native, white	100.0	49.7 (2.80)	7.0 (1.53)	26.2 (2.77)	17.1 (2.06)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	58.8 (0.65)	3.5 (0.20)	23.7 (0.55)	14.0 (0.44)
Mexican or Mexican American	100.0	58.3 (0.86)	3.6 (0.28)	24.5 (0.71)	13.5 (0.56)
Not Hispanic or Latino	100.0	49.3 (0.37)	3.7 (0.10)	27.0 (0.29)	19.9 (0.26)
White, single race	100.0	47.7 (0.43)	3.6 (0.12)	28.1 (0.32)	20.7 (0.31)
Black or African American, single race	100.0	57.9 (0.66)	4.3 (0.25)	20.6 (0.48)	17.2 (0.52)
Education:					
Less than high school graduate	100.0	69.2 (0.58)	3.3 (0.20)	19.6 (0.50)	7.9 (0.34)
GED diploma ⁴	100.0	60.8 (1.33)	4.1 (0.53)	24.8 (1.24)	10.3 (0.83)
High school graduate	100.0	59.2 (0.52)	3.5 (0.19)	24.9 (0.44)	12.3 (0.33)
Some college—no degree	100.0	47.9 (0.59)	3.9 (0.19)	26.9 (0.49)	21.3 (0.48)
Associate of arts degree	100.0	45.6 (0.79)	4.0 (0.30)	28.8 (0.69)	21.7 (0.60)
Bachelor of arts, science degree	100.0	36.7 (0.57)	3.6 (0.21)	30.4 (0.51)	29.3 (0.54)
Masters, doctorate, medical degree	100.0	32.7 (0.76)	3.8 (0.27)	32.4 (0.70)	31.1 (0.76)
Poverty status: ⁵					
Below poverty level	100.0	62.4 (0.84)	3.4 (0.22)	21.4 (0.58)	12.8 (0.54)
≥1 and <2 times poverty level	100.0	62.1 (0.57)	3.5 (0.20)	23.2 (0.51)	11.2 (0.36)
≥2 and <4 times poverty level	100.0	53.6 (0.50)	3.8 (0.18)	26.1 (0.42)	16.5 (0.35)
4 times poverty level or more	100.0	38.9 (0.44)	3.7 (0.15)	30.3 (0.39)	27.1 (0.41)
Marital status:					
Never married	100.0	43.9 (0.61)	3.9 (0.22)	26.6 (0.51)	25.6 (0.50)
Married	100.0	50.3 (0.42)	3.4 (0.12)	27.9 (0.33)	18.4 (0.31)
Cohabiting	100.0	48.9 (1.00)	2.9 (0.29)	28.1 (0.90)	20.0 (0.76)
Divorced or separated	100.0	55.5 (0.62)	4.1 (0.23)	24.3 (0.52)	16.2 (0.41)
Widowed	100.0	70.0 (0.69)	5.0 (0.31)	17.4 (0.54)	7.6 (0.39)
Geographic region:					
Northeast	100.0	51.8 (0.78)	3.9 (0.25)	25.7 (0.56)	18.5 (0.63)
Midwest	100.0	50.0 (0.75)	4.0 (0.22)	26.0 (0.59)	20.0 (0.45)
South	100.0	53.6 (0.61)	3.3 (0.13)	25.4 (0.45)	17.6 (0.39)
West	100.0	45.7 (0.68)	3.6 (0.18)	29.6 (0.54)	21.1 (0.54)
Place of residence: ⁶					
Large MSA	100.0	48.5 (0.41)	3.7 (0.12)	26.6 (0.32)	21.2 (0.32)
Small MSA	100.0	49.9 (0.75)	3.6 (0.16)	27.5 (0.56)	19.1 (0.48)
Not in MSA	100.0	58.9 (1.07)	3.6 (0.29)	24.8 (0.75)	12.7 (0.55)

See footnotes at end of table.

Table XIV. Crude percent distribution of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	2008 federal physical activity guidelines for adults ¹			
		Met neither aerobic nor muscle-strengthening guidelines	Met muscle-strengthening guideline only	Met aerobic guideline only	Met both aerobic and muscle-strengthening guidelines
Men		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	45.8 (0.44)	4.0 (0.14)	27.3 (0.36)	23.0 (0.34)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	45.7 (0.44)	4.0 (0.15)	27.2 (0.36)	23.1 (0.34)
Age:					
18–24 years	100.0	33.0 (1.09)	4.4 (0.50)	26.8 (1.01)	35.9 (1.07)
25–44 years	100.0	42.1 (0.62)	3.9 (0.22)	27.6 (0.54)	26.4 (0.51)
45–64 years	100.0	49.3 (0.65)	3.7 (0.22)	28.1 (0.56)	18.9 (0.47)
65–74 years	100.0	54.0 (1.08)	4.4 (0.44)	27.5 (0.95)	14.1 (0.73)
75 years and over	100.0	63.5 (1.33)	4.4 (0.48)	22.2 (1.06)	9.9 (0.81)
Race:					
White, single race	100.0	45.4 (0.49)	3.7 (0.16)	28.1 (0.40)	22.8 (0.39)
Black or African American, single race	100.0	48.2 (1.02)	5.4 (0.42)	21.1 (0.75)	25.3 (0.86)
American Indian or Alaska Native, single race	100.0	56.1 (3.83)	*2.4 (0.84)	27.5 (3.51)	13.9 (2.69)
Asian, single race	100.0	48.0 (1.41)	4.6 (0.53)	27.3 (1.20)	20.2 (1.13)
Native Hawaiian or Other Pacific Islander, single race	100.0	37.3 (7.67)	†	37.4 (8.54)	24.8 (6.67)
Two or more races	100.0	37.9 (3.00)	7.0 (1.59)	25.7 (2.61)	29.4 (2.51)
Black or African American, white	100.0	36.2 (6.96)	†	29.5 (6.70)	29.3 (5.49)
American Indian or Alaska Native, white	100.0	43.7 (4.74)	10.1 (2.99)	23.7 (3.86)	22.5 (3.70)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	54.2 (0.89)	4.1 (0.32)	24.0 (0.75)	17.7 (0.66)
Mexican or Mexican American	100.0	54.1 (1.13)	4.4 (0.44)	24.9 (0.95)	16.5 (0.83)
Not Hispanic or Latino	100.0	44.3 (0.47)	4.0 (0.16)	27.9 (0.39)	23.9 (0.38)
White, single race	100.0	43.5 (0.54)	3.7 (0.18)	29.0 (0.45)	23.9 (0.43)
Black or African American, single race	100.0	48.1 (1.05)	5.4 (0.42)	21.0 (0.75)	25.6 (0.89)
Education:					
Less than high school graduate	100.0	64.2 (0.84)	3.8 (0.34)	21.2 (0.72)	10.8 (0.56)
GED diploma ⁴	100.0	54.3 (2.05)	4.6 (0.81)	26.5 (1.90)	14.5 (1.41)
High school graduate	100.0	53.7 (0.71)	3.9 (0.30)	26.5 (0.62)	15.8 (0.52)
Some college—no degree	100.0	41.3 (0.83)	4.5 (0.30)	27.1 (0.73)	27.1 (0.76)
Associate of arts degree	100.0	41.3 (1.13)	4.1 (0.54)	30.0 (1.08)	24.6 (0.95)
Bachelor of arts, science degree	100.0	33.1 (0.82)	3.6 (0.31)	30.1 (0.76)	33.1 (0.81)
Masters, doctorate, medical degree	100.0	29.4 (1.02)	3.6 (0.38)	32.0 (1.00)	35.0 (1.06)
Poverty status: ⁵					
Below poverty level	100.0	55.1 (1.21)	4.3 (0.39)	22.2 (0.88)	18.4 (0.90)
≥1 and <2 times poverty level	100.0	57.2 (0.81)	4.0 (0.34)	24.6 (0.69)	14.1 (0.58)
≥2 and <4 times poverty level	100.0	49.3 (0.69)	4.3 (0.26)	26.6 (0.60)	19.8 (0.56)
4 times poverty level or more	100.0	35.5 (0.58)	3.6 (0.22)	30.4 (0.55)	30.4 (0.56)
Marital status:					
Never married	100.0	37.3 (0.76)	4.9 (0.36)	25.8 (0.67)	32.0 (0.73)
Married	100.0	47.9 (0.55)	3.5 (0.17)	28.4 (0.46)	20.2 (0.42)
Cohabiting	100.0	45.1 (1.36)	3.1 (0.44)	29.1 (1.24)	22.7 (1.15)
Divorced or separated	100.0	50.0 (0.92)	4.8 (0.44)	24.9 (0.80)	20.3 (0.67)
Widowed	100.0	64.2 (1.58)	4.6 (0.67)	20.2 (1.30)	11.0 (0.98)
Geographic region:					
Northeast	100.0	45.9 (1.05)	4.0 (0.38)	26.7 (0.78)	23.5 (0.95)
Midwest	100.0	45.4 (0.89)	4.2 (0.32)	26.9 (0.76)	23.5 (0.64)
South	100.0	48.6 (0.77)	3.9 (0.23)	26.0 (0.61)	21.5 (0.53)
West	100.0	41.8 (0.85)	3.8 (0.27)	30.1 (0.76)	24.3 (0.75)
Place of residence: ⁶					
Large MSA	100.0	43.2 (0.52)	4.2 (0.19)	26.9 (0.45)	25.7 (0.46)
Small MSA	100.0	45.1 (0.92)	3.8 (0.26)	28.6 (0.75)	22.5 (0.65)
Not in MSA	100.0	55.3 (1.26)	3.8 (0.39)	26.0 (0.88)	14.9 (0.80)

See footnotes at end of table.

Table XIV. Crude percent distribution of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	2008 federal physical activity guidelines for adults ¹			
		Met neither aerobic nor muscle-strengthening guidelines	Met muscle-strengthening guideline only	Met aerobic guideline only	Met both aerobic and muscle-strengthening guidelines
Women		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	55.1 (0.40)	3.4 (0.11)	25.9 (0.32)	15.5 (0.26)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	54.7 (0.40)	3.3 (0.11)	26.2 (0.32)	15.8 (0.26)
Age:					
18–24 years	100.0	49.4 (1.10)	2.5 (0.32)	29.9 (0.99)	18.1 (0.79)
25–44 years	100.0	49.9 (0.58)	2.6 (0.16)	28.7 (0.49)	18.9 (0.42)
45–64 years	100.0	55.5 (0.59)	3.6 (0.19)	25.7 (0.49)	15.2 (0.41)
65–74 years	100.0	62.2 (0.92)	4.7 (0.38)	21.8 (0.75)	11.4 (0.62)
75 years and over	100.0	75.1 (0.83)	5.7 (0.45)	14.3 (0.64)	4.8 (0.38)
Race:					
White, single race	100.0	53.4 (0.45)	3.4 (0.13)	26.6 (0.36)	16.6 (0.30)
Black or African American, single race	100.0	65.6 (0.76)	3.3 (0.30)	20.3 (0.61)	10.8 (0.52)
American Indian or Alaska Native, single race	100.0	58.3 (3.17)	*2.0 (0.71)	28.5 (2.82)	11.1 (2.26)
Asian, single race	100.0	56.5 (1.34)	3.8 (0.52)	27.8 (1.24)	11.9 (0.87)
Native Hawaiian or Other Pacific Islander, single race	100.0	57.1 (8.20)	†	24.1 (6.44)	*17.5 (7.43)
Two or more races	100.0	52.2 (2.56)	3.4 (0.69)	28.0 (2.50)	16.4 (1.87)
Black or African American, white	100.0	51.3 (5.60)	†	27.0 (4.89)	21.5 (4.88)
American Indian or Alaska Native, white	100.0	54.8 (3.93)	4.4 (1.16)	28.3 (4.08)	12.6 (2.30)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	63.6 (0.82)	2.8 (0.27)	23.4 (0.70)	10.1 (0.50)
Mexican or Mexican American	100.0	62.9 (1.06)	2.8 (0.36)	24.1 (0.90)	10.2 (0.65)
Not Hispanic or Latino	100.0	53.9 (0.42)	3.5 (0.12)	26.3 (0.34)	16.4 (0.28)
White, single race	100.0	51.6 (0.48)	3.5 (0.14)	27.2 (0.40)	17.7 (0.33)
Black or African American, single race	100.0	65.7 (0.78)	3.3 (0.31)	20.3 (0.63)	10.6 (0.53)
Education:					
Less than high school graduate	100.0	74.4 (0.74)	2.8 (0.27)	18.0 (0.64)	4.8 (0.36)
GED diploma ⁴	100.0	67.7 (1.53)	3.6 (0.68)	23.0 (1.51)	5.8 (0.82)
High school graduate	100.0	64.3 (0.66)	3.2 (0.23)	23.5 (0.59)	9.1 (0.38)
Some college—no degree	100.0	53.4 (0.74)	3.5 (0.25)	26.8 (0.65)	16.4 (0.52)
Associate of arts degree	100.0	49.0 (0.96)	3.9 (0.33)	27.9 (0.85)	19.3 (0.75)
Bachelor of arts, science degree	100.0	40.2 (0.73)	3.5 (0.27)	30.7 (0.70)	25.6 (0.65)
Masters, doctorate, medical degree	100.0	36.1 (1.01)	4.0 (0.36)	32.7 (0.95)	27.2 (0.97)
Poverty status: ⁵					
Below poverty level	100.0	67.9 (0.89)	2.8 (0.27)	20.8 (0.70)	8.5 (0.50)
≥1 and <2 times poverty level	100.0	66.2 (0.70)	3.1 (0.22)	22.0 (0.65)	8.8 (0.40)
≥2 and <4 times poverty level	100.0	57.6 (0.62)	3.3 (0.21)	25.6 (0.53)	13.5 (0.41)
4 times poverty level or more	100.0	42.3 (0.58)	3.9 (0.20)	30.2 (0.53)	23.6 (0.49)
Marital status:					
Never married	100.0	51.7 (0.79)	2.8 (0.24)	27.5 (0.69)	18.0 (0.57)
Married	100.0	52.8 (0.51)	3.4 (0.16)	27.3 (0.44)	16.5 (0.38)
Cohabiting	100.0	52.8 (1.33)	2.7 (0.40)	27.2 (1.20)	17.3 (0.95)
Divorced or separated	100.0	59.3 (0.75)	3.5 (0.25)	23.9 (0.63)	13.3 (0.47)
Widowed	100.0	71.5 (0.76)	5.1 (0.35)	16.7 (0.59)	6.8 (0.43)
Geographic region:					
Northeast	100.0	57.1 (0.86)	3.9 (0.29)	24.9 (0.73)	14.1 (0.59)
Midwest	100.0	54.2 (0.88)	3.9 (0.27)	25.3 (0.70)	16.6 (0.53)
South	100.0	58.3 (0.66)	2.8 (0.15)	24.8 (0.53)	14.0 (0.43)
West	100.0	49.5 (0.82)	3.5 (0.23)	29.1 (0.65)	17.9 (0.59)
Place of residence: ⁶					
Large MSA	100.0	53.5 (0.51)	3.3 (0.15)	26.3 (0.42)	16.9 (0.38)
Small MSA	100.0	54.2 (0.78)	3.4 (0.19)	26.4 (0.60)	15.9 (0.50)
Not in MSA	100.0	62.0 (1.17)	3.5 (0.31)	23.7 (0.89)	10.7 (0.52)

† Estimate has a relative standard error greater than 50% and is not shown.

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹The 2008 *Physical Activity Guidelines for Americans* (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferably be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days a week. NHIS questions ask about frequency and duration of light- to moderate-intensity and vigorous-intensity leisure-time physical activities and frequency of leisure-time muscle-strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Percentages may not add to totals due to rounding. For age-adjusted percentages, refer to Table 5.3. Denominator for each percent distribution excludes persons with unknown leisure-time physical activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XV. Crude percentage of adults aged 18 and over who were overweight, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Overweight (BMI of 25 or more) ¹		
	Both sexes	Men	Women
	Percent (standard error)		
Ages 18 years and over (crude) ²	62.6 (0.25)	69.5 (0.35)	55.9 (0.34)
Ages 18 years and over (age adjusted) ^{2,3}	62.1 (0.26)	69.0 (0.35)	55.4 (0.34)
Age:			
18–24 years	43.5 (0.81)	46.6 (1.14)	40.2 (1.04)
25–44 years	63.1 (0.41)	71.3 (0.54)	54.8 (0.55)
45–64 years	69.4 (0.37)	76.8 (0.47)	62.1 (0.54)
65–74 years	69.2 (0.65)	75.0 (0.86)	64.1 (0.90)
75 years and over	54.3 (0.71)	59.7 (1.24)	50.5 (0.87)
Race:			
White, single race	62.5 (0.29)	70.5 (0.39)	54.6 (0.38)
Black or African American, single race	70.5 (0.56)	69.1 (0.85)	71.7 (0.71)
American Indian or Alaska Native, single race	71.2 (2.40)	77.5 (2.87)	65.3 (3.78)
Asian, single race	41.5 (1.02)	51.7 (1.40)	32.0 (1.35)
Native Hawaiian or Other Pacific Islander, single race	75.2 (4.49)	83.7 (5.02)	68.5 (7.09)
Two or more races	65.3 (1.85)	69.8 (2.62)	61.1 (2.54)
Black or African American, white	56.9 (4.43)	61.9 (6.71)	52.1 (5.43)
American Indian or Alaska Native, white	68.4 (2.72)	73.7 (3.72)	63.9 (3.92)
Hispanic or Latino origin and race:			
Hispanic or Latino	70.8 (0.53)	75.6 (0.70)	65.6 (0.72)
Mexican or Mexican American	72.7 (0.65)	76.8 (0.88)	68.1 (0.88)
Not Hispanic or Latino	61.3 (0.27)	68.5 (0.38)	54.5 (0.37)
White, single race	61.0 (0.31)	69.5 (0.43)	52.7 (0.42)
Black or African American, single race	70.5 (0.57)	69.0 (0.88)	71.8 (0.72)
Education:			
Less than high school graduate	65.8 (0.58)	67.2 (0.81)	64.3 (0.76)
GED diploma ⁴	68.8 (1.31)	69.4 (1.89)	68.1 (1.79)
High school graduate	65.9 (0.44)	71.2 (0.62)	60.6 (0.60)
Some college—no degree	62.0 (0.56)	68.9 (0.79)	56.0 (0.71)
Associate of arts degree	65.4 (0.70)	73.1 (1.00)	59.0 (0.92)
Bachelor of arts, science degree	57.3 (0.57)	69.4 (0.75)	45.4 (0.77)
Masters, doctorate, medical degree	55.5 (0.79)	66.8 (1.02)	43.4 (1.07)
Poverty status: ⁵			
Below poverty level	60.8 (0.72)	60.9 (1.06)	60.7 (0.81)
≥1 and <2 times poverty level	64.1 (0.55)	66.6 (0.90)	61.9 (0.66)
≥2 and <4 times poverty level	64.2 (0.42)	70.6 (0.64)	58.1 (0.62)
4 times poverty level or more	61.2 (0.41)	72.3 (0.50)	49.1 (0.60)
Marital status:			
Never married	53.2 (0.58)	55.3 (0.75)	50.7 (0.81)
Married	66.1 (0.34)	75.6 (0.42)	56.1 (0.49)
Cohabiting	59.1 (0.92)	66.7 (1.26)	51.2 (1.31)
Divorced or separated	67.1 (0.53)	72.4 (0.79)	63.2 (0.70)
Widowed	59.7 (0.70)	64.1 (1.60)	58.6 (0.77)
Geographic region:			
Northeast	60.9 (0.62)	68.8 (0.85)	53.6 (0.82)
Midwest	63.9 (0.52)	70.7 (0.72)	57.3 (0.69)
South	63.7 (0.42)	69.6 (0.56)	58.1 (0.56)
West	60.8 (0.53)	68.7 (0.72)	52.7 (0.70)
Place of residence: ⁶			
Large MSA	60.9 (0.35)	68.4 (0.47)	53.6 (0.47)
Small MSA	63.4 (0.47)	70.2 (0.60)	56.9 (0.64)
Not in MSA	66.4 (0.59)	71.9 (0.89)	61.1 (0.72)

¹Body mass index (BMI) is calculated as kilograms/meters², using self-reported height and weight. Overweight is a BMI greater than or equal to 25, which includes obese.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percentages, refer to Table 6.1. Denominator for each percentage excludes persons with unknown BMI. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XVI. Crude percent distribution of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Body mass index (BMI) ¹			
		Not overweight		Overweight	
		Underweight BMI < 18.5	Healthy weight BMI 18.5 < 25	Overweight (but not obese) BMI 25 < 30	Obese BMI ≥ 30
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	1.7 (0.06)	35.6 (0.25)	34.9 (0.22)	27.7 (0.24)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	1.8 (0.07)	36.1 (0.26)	34.8 (0.22)	27.4 (0.24)
Age:					
18–24 years	100.0	4.0 (0.32)	52.6 (0.81)	26.0 (0.71)	17.4 (0.58)
25–44 years	100.0	1.4 (0.09)	35.5 (0.41)	34.9 (0.36)	28.2 (0.36)
45–64 years	100.0	1.0 (0.08)	29.6 (0.37)	36.9 (0.38)	32.4 (0.41)
65–74 years	100.0	1.2 (0.13)	29.6 (0.64)	38.7 (0.66)	30.5 (0.64)
75 years and over	100.0	3.6 (0.26)	42.1 (0.71)	36.6 (0.69)	17.7 (0.56)
Race:					
White, single race	100.0	1.7 (0.07)	35.8 (0.29)	35.5 (0.25)	27.0 (0.27)
Black or African American, single race	100.0	1.4 (0.15)	28.1 (0.55)	33.3 (0.55)	37.2 (0.55)
American Indian or Alaska Native, single race	100.0	†	27.9 (2.36)	30.8 (2.36)	40.3 (2.76)
Asian, single race	100.0	4.2 (0.36)	54.2 (1.01)	31.3 (0.90)	10.2 (0.65)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	21.4 (4.49)	29.0 (5.09)	46.2 (5.82)
Two or more races	100.0	1.6 (0.39)	33.2 (1.83)	31.8 (1.72)	33.5 (1.88)
Black or African American, white	100.0	*2.3 (1.00)	40.8 (4.42)	25.9 (3.64)	31.0 (4.26)
American Indian or Alaska Native, white	100.0	*2.0 (0.64)	29.6 (2.68)	33.2 (2.72)	35.2 (3.04)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	1.0 (0.12)	28.2 (0.51)	39.5 (0.57)	31.3 (0.55)
Mexican or Mexican American	100.0	0.8 (0.13)	26.5 (0.64)	39.4 (0.74)	33.3 (0.72)
Not Hispanic or Latino	100.0	1.9 (0.07)	36.8 (0.28)	34.2 (0.24)	27.1 (0.26)
White, single race	100.0	1.8 (0.08)	37.2 (0.32)	34.7 (0.28)	26.3 (0.29)
Black or African American, single race	100.0	1.4 (0.15)	28.1 (0.56)	33.2 (0.56)	37.3 (0.56)
Education:					
Less than high school graduate	100.0	2.0 (0.17)	32.2 (0.58)	35.1 (0.57)	30.7 (0.53)
GED diploma ⁴	100.0	1.9 (0.44)	29.3 (1.27)	34.0 (1.26)	34.8 (1.26)
High school graduate	100.0	1.9 (0.13)	32.3 (0.44)	34.7 (0.45)	31.2 (0.42)
Some college—no degree	100.0	2.0 (0.15)	35.9 (0.56)	33.2 (0.49)	28.8 (0.51)
Associate of arts degree	100.0	1.1 (0.13)	33.5 (0.70)	36.4 (0.70)	28.9 (0.64)
Bachelor of arts, science degree	100.0	1.7 (0.16)	41.0 (0.56)	35.4 (0.52)	22.0 (0.46)
Masters, doctorate, medical degree	100.0	1.3 (0.15)	43.2 (0.80)	36.7 (0.74)	18.8 (0.61)
Poverty status: ⁵					
Below poverty level	100.0	2.5 (0.19)	36.7 (0.72)	31.2 (0.59)	29.6 (0.60)
≥1 and <2 times poverty level	100.0	2.0 (0.15)	33.9 (0.53)	33.5 (0.50)	30.6 (0.49)
≥2 and <4 times poverty level	100.0	1.8 (0.13)	34.0 (0.41)	35.1 (0.43)	29.2 (0.43)
4 times poverty level or more	100.0	1.3 (0.10)	37.5 (0.41)	36.7 (0.38)	24.4 (0.37)
Marital status:					
Never married	100.0	2.9 (0.19)	43.8 (0.58)	28.9 (0.47)	24.3 (0.47)
Married	100.0	1.2 (0.07)	32.7 (0.33)	37.5 (0.32)	28.6 (0.33)
Cohabiting	100.0	1.8 (0.24)	39.1 (0.91)	34.5 (0.91)	24.6 (0.75)
Divorced or separated	100.0	1.5 (0.14)	31.4 (0.52)	35.1 (0.56)	32.0 (0.53)
Widowed	100.0	3.2 (0.26)	37.1 (0.70)	33.0 (0.68)	26.7 (0.64)
Geographic region:					
Northeast	100.0	1.7 (0.17)	37.3 (0.61)	35.9 (0.51)	25.1 (0.56)
Midwest	100.0	1.8 (0.13)	34.4 (0.51)	34.4 (0.48)	29.4 (0.51)
South	100.0	1.7 (0.10)	34.5 (0.42)	34.1 (0.37)	29.7 (0.41)
West	100.0	1.7 (0.13)	37.5 (0.54)	36.1 (0.45)	24.7 (0.48)
Place of residence: ⁶					
Large MSA	100.0	1.7 (0.09)	37.4 (0.34)	35.1 (0.31)	25.9 (0.32)
Small MSA	100.0	1.7 (0.11)	34.9 (0.48)	35.2 (0.40)	28.2 (0.47)
Not in MSA	100.0	1.8 (0.16)	31.8 (0.58)	34.1 (0.55)	32.3 (0.55)

See footnotes at end of table.

Table XVI. Crude percent distribution of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Body mass index (BMI) ¹			
		Not overweight		Overweight	
		Underweight BMI < 18.5	Healthy weight BMI 18.5 < 25	Overweight (but not obese) BMI 25 < 30	Obese BMI ≥ 30
Men		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	0.9 (0.07)	29.5 (0.34)	41.7 (0.36)	27.8 (0.33)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	1.0 (0.08)	30.0 (0.34)	41.5 (0.36)	27.5 (0.32)
Age:					
18–24 years	100.0	3.1 (0.43)	50.3 (1.12)	29.0 (1.06)	17.7 (0.87)
25–44 years	100.0	0.6 (0.08)	28.1 (0.53)	42.7 (0.56)	28.6 (0.52)
45–64 years	100.0	0.5 (0.08)	22.7 (0.46)	44.3 (0.56)	32.5 (0.55)
65–74 years	100.0	0.6 (0.13)	24.3 (0.85)	45.2 (1.04)	29.8 (0.94)
75 years and over	100.0	1.5 (0.25)	38.8 (1.23)	43.4 (1.20)	16.4 (0.91)
Race:					
White, single race	100.0	0.9 (0.08)	28.6 (0.38)	42.4 (0.40)	28.1 (0.36)
Black or African American, single race	100.0	0.9 (0.18)	30.0 (0.83)	37.6 (0.90)	31.4 (0.81)
American Indian or Alaska Native, single race	100.0	†	22.0 (2.84)	38.6 (3.59)	38.9 (3.85)
Asian, single race	100.0	2.0 (0.34)	46.2 (1.38)	40.9 (1.29)	10.8 (0.93)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	*13.6 (4.50)	35.8 (7.46)	48.0 (8.06)
Two or more races	100.0	†	29.3 (2.59)	35.5 (2.66)	34.3 (2.72)
Black or African American, white	100.0	†	37.5 (6.70)	28.0 (5.52)	33.9 (7.04)
American Indian or Alaska Native, white	100.0	†	24.5 (3.66)	35.9 (3.88)	37.7 (4.30)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	0.6 (0.13)	23.8 (0.70)	44.8 (0.85)	30.7 (0.79)
Mexican or Mexican American	100.0	0.6 (0.17)	22.6 (0.89)	44.5 (1.09)	32.3 (1.03)
Not Hispanic or Latino	100.0	1.0 (0.08)	30.5 (0.37)	41.2 (0.38)	27.3 (0.35)
White, single race	100.0	0.9 (0.09)	29.6 (0.43)	41.9 (0.44)	27.6 (0.39)
Black or African American, single race	100.0	0.9 (0.19)	30.0 (0.86)	37.8 (0.93)	31.2 (0.82)
Education:					
Less than high school graduate	100.0	1.5 (0.23)	31.3 (0.81)	39.0 (0.82)	28.2 (0.77)
GED diploma ⁴	100.0	*1.5 (0.73)	29.0 (1.80)	38.0 (1.91)	31.4 (1.73)
High school graduate	100.0	1.0 (0.12)	27.8 (0.61)	39.5 (0.69)	31.7 (0.60)
Some college—no degree	100.0	1.0 (0.16)	30.1 (0.78)	39.0 (0.79)	29.9 (0.78)
Associate of arts degree	100.0	*0.5 (0.16)	26.4 (1.00)	45.2 (1.11)	27.9 (0.97)
Bachelor of arts, science degree	100.0	*0.6 (0.20)	30.0 (0.73)	45.6 (0.82)	23.8 (0.68)
Masters, doctorate, medical degree	100.0	0.5 (0.13)	32.7 (1.02)	47.2 (1.07)	19.6 (0.88)
Poverty status: ⁵					
Below poverty level	100.0	1.4 (0.21)	37.7 (1.04)	35.8 (0.94)	25.1 (0.89)
≥1 and <2 times poverty level	100.0	1.1 (0.17)	32.2 (0.86)	38.3 (0.83)	28.3 (0.73)
≥2 and <4 times poverty level	100.0	1.0 (0.14)	28.4 (0.61)	40.9 (0.66)	29.7 (0.60)
4 times poverty level or more	100.0	0.6 (0.12)	27.0 (0.50)	45.4 (0.56)	27.0 (0.49)
Marital status:					
Never married	100.0	2.1 (0.24)	42.6 (0.75)	33.2 (0.68)	22.1 (0.60)
Married	100.0	0.5 (0.07)	23.9 (0.42)	45.0 (0.46)	30.6 (0.44)
Cohabiting	100.0	0.7 (0.21)	32.6 (1.25)	42.4 (1.42)	24.3 (1.04)
Divorced or separated	100.0	0.8 (0.15)	26.8 (0.77)	43.4 (0.93)	29.0 (0.80)
Widowed	100.0	1.2 (0.32)	34.7 (1.59)	38.2 (1.52)	25.8 (1.43)
Geographic region:					
Northeast	100.0	1.0 (0.24)	30.1 (0.84)	42.9 (0.82)	26.0 (0.73)
Midwest	100.0	1.0 (0.15)	28.3 (0.69)	41.0 (0.73)	29.7 (0.70)
South	100.0	1.0 (0.11)	29.4 (0.56)	40.5 (0.62)	29.2 (0.57)
West	100.0	0.7 (0.10)	30.6 (0.71)	43.4 (0.72)	25.3 (0.65)
Place of residence: ⁶					
Large MSA	100.0	0.9 (0.10)	30.8 (0.46)	41.9 (0.49)	26.4 (0.44)
Small MSA	100.0	1.0 (0.12)	28.8 (0.61)	42.0 (0.59)	28.2 (0.59)
Not in MSA	100.0	1.1 (0.19)	27.0 (0.87)	40.3 (1.01)	31.6 (0.83)

See footnotes at end of table.

Table XVI. Crude percent distribution of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Body mass index (BMI) ¹			
		Not overweight		Overweight	
		Underweight BMI < 18.5	Healthy weight BMI 18.5 < 25	Overweight (but not obese) BMI 25 < 30	Obese BMI ≥ 30
Women		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	2.5 (0.10)	41.5 (0.34)	28.4 (0.27)	27.5 (0.30)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	2.6 (0.10)	42.0 (0.34)	28.2 (0.27)	27.2 (0.30)
Age:					
18–24 years	100.0	4.9 (0.45)	54.9 (1.05)	23.0 (0.91)	17.2 (0.76)
25–44 years	100.0	2.2 (0.16)	43.0 (0.56)	27.0 (0.44)	27.8 (0.47)
45–64 years	100.0	1.6 (0.14)	36.4 (0.53)	29.7 (0.48)	32.4 (0.52)
65–74 years	100.0	1.7 (0.21)	34.3 (0.91)	33.0 (0.85)	31.1 (0.84)
75 years and over	100.0	5.1 (0.41)	44.4 (0.85)	31.9 (0.84)	18.6 (0.66)
Race:					
White, single race	100.0	2.5 (0.11)	42.9 (0.38)	28.6 (0.30)	26.0 (0.33)
Black or African American, single race	100.0	1.7 (0.22)	26.6 (0.70)	29.7 (0.67)	42.0 (0.75)
American Indian or Alaska Native, single race	100.0	†	33.3 (3.70)	23.7 (2.58)	41.6 (3.86)
Asian, single race	100.0	6.3 (0.61)	61.7 (1.34)	22.4 (1.15)	9.7 (0.85)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	27.5 (6.99)	23.8 (6.22)	44.7 (8.43)
Two or more races	100.0	2.2 (0.56)	36.7 (2.56)	28.3 (2.28)	32.8 (2.57)
Black or African American, white	100.0	*3.8 (1.83)	44.1 (5.46)	24.0 (4.62)	28.2 (4.64)
American Indian or Alaska Native, white	100.0	*2.1 (0.78)	34.0 (4.02)	30.9 (3.53)	33.0 (3.98)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	1.5 (0.20)	32.9 (0.70)	33.8 (0.72)	31.8 (0.72)
Mexican or Mexican American	100.0	1.1 (0.21)	30.8 (0.87)	33.7 (0.91)	34.4 (0.94)
Not Hispanic or Latino	100.0	2.7 (0.11)	42.8 (0.37)	27.6 (0.29)	26.9 (0.33)
White, single race	100.0	2.6 (0.13)	44.6 (0.42)	27.7 (0.33)	25.0 (0.37)
Black or African American, single race	100.0	1.7 (0.23)	26.5 (0.72)	29.4 (0.67)	42.4 (0.76)
Education:					
Less than high school graduate	100.0	2.5 (0.25)	33.2 (0.74)	30.9 (0.72)	33.3 (0.72)
GED diploma ⁴	100.0	2.3 (0.49)	29.6 (1.73)	29.6 (1.63)	38.5 (1.93)
High school graduate	100.0	2.7 (0.22)	36.7 (0.60)	30.0 (0.57)	30.6 (0.56)
Some college—no degree	100.0	2.9 (0.24)	41.0 (0.71)	28.2 (0.60)	27.9 (0.61)
Associate of arts degree	100.0	1.5 (0.20)	39.5 (0.92)	29.2 (0.84)	29.8 (0.84)
Bachelor of arts, science degree	100.0	2.7 (0.24)	52.0 (0.77)	25.2 (0.64)	20.1 (0.61)
Masters, doctorate, medical degree	100.0	2.1 (0.28)	54.5 (1.10)	25.5 (0.90)	17.9 (0.78)
Poverty status: ⁵					
Below poverty level	100.0	3.4 (0.28)	35.9 (0.81)	27.5 (0.70)	33.2 (0.75)
≥1 and <2 times poverty level	100.0	2.7 (0.24)	35.4 (0.65)	29.4 (0.63)	32.5 (0.70)
≥2 and <4 times poverty level	100.0	2.6 (0.21)	39.4 (0.59)	29.4 (0.52)	28.7 (0.57)
4 times poverty level or more	100.0	2.1 (0.17)	48.8 (0.60)	27.3 (0.49)	21.7 (0.50)
Marital status:					
Never married	100.0	4.0 (0.30)	45.3 (0.82)	23.6 (0.64)	27.1 (0.67)
Married	100.0	1.9 (0.12)	42.0 (0.48)	29.6 (0.42)	26.5 (0.43)
Cohabiting	100.0	2.9 (0.44)	45.8 (1.31)	26.3 (1.09)	25.0 (1.09)
Divorced or separated	100.0	2.0 (0.21)	34.8 (0.70)	29.1 (0.63)	34.1 (0.70)
Widowed	100.0	3.7 (0.32)	37.7 (0.78)	31.7 (0.75)	27.0 (0.70)
Geographic region:					
Northeast	100.0	2.4 (0.25)	44.0 (0.81)	29.3 (0.67)	24.3 (0.74)
Midwest	100.0	2.5 (0.21)	40.1 (0.68)	28.1 (0.55)	29.2 (0.63)
South	100.0	2.5 (0.16)	39.4 (0.56)	27.9 (0.44)	30.2 (0.48)
West	100.0	2.8 (0.23)	44.5 (0.70)	28.7 (0.57)	24.0 (0.60)
Place of residence: ⁶					
Large MSA	100.0	2.6 (0.14)	43.8 (0.47)	28.3 (0.38)	25.3 (0.42)
Small MSA	100.0	2.4 (0.18)	40.6 (0.63)	28.6 (0.51)	28.3 (0.56)
Not in MSA	100.0	2.6 (0.23)	36.3 (0.71)	28.2 (0.68)	32.9 (0.69)

† Estimate has a relative standard error greater than 50% and is not shown.

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Body mass index (BMI) is calculated as kilograms/meters², using self-reported height and weight.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percent distributions, refer to Table 6.2. Denominator for each percent distribution excludes persons with unknown BMI. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XVII. Crude percent distribution of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7–8	9 or more
Both sexes		Percent distribution (standard error)		
Ages 18 years and over (crude) ²	100.0	28.5 (0.23)	62.3 (0.25)	9.2 (0.14)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	28.4 (0.23)	62.3 (0.26)	9.3 (0.14)
Age:				
18–24 years	100.0	23.4 (0.65)	62.5 (0.72)	14.0 (0.54)
25–44 years	100.0	30.5 (0.36)	63.2 (0.38)	6.2 (0.18)
45–64 years	100.0	31.3 (0.37)	62.0 (0.39)	6.7 (0.19)
65–74 years	100.0	23.7 (0.60)	63.8 (0.66)	12.5 (0.46)
75 years and over	100.0	21.0 (0.61)	56.7 (0.75)	22.4 (0.62)
Race:				
White, single race	100.0	27.2 (0.26)	63.6 (0.28)	9.2 (0.16)
Black or African American, single race	100.0	36.2 (0.60)	53.6 (0.61)	10.3 (0.39)
American Indian or Alaska Native, single race	100.0	29.7 (2.35)	59.2 (2.46)	11.1 (1.39)
Asian, single race	100.0	29.6 (0.87)	64.5 (0.91)	5.9 (0.45)
Native Hawaiian or Other Pacific Islander, single race	100.0	39.2 (5.97)	53.2 (6.58)	*7.6 (2.70)
Two or more races	100.0	35.3 (1.73)	54.3 (1.79)	10.4 (1.07)
Black or African American, white	100.0	34.3 (4.00)	52.4 (4.28)	13.3 (2.81)
American Indian or Alaska Native, white	100.0	33.1 (2.52)	53.6 (2.69)	13.3 (1.85)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	26.0 (0.50)	64.9 (0.54)	9.1 (0.34)
Mexican or Mexican American	100.0	23.4 (0.61)	66.5 (0.68)	10.1 (0.44)
Not Hispanic or Latino	100.0	28.9 (0.25)	61.9 (0.28)	9.2 (0.15)
White, single race	100.0	27.5 (0.29)	63.3 (0.32)	9.2 (0.18)
Black or African American, single race	100.0	36.3 (0.61)	53.5 (0.62)	10.2 (0.39)
Education:				
Less than high school graduate	100.0	28.2 (0.54)	56.9 (0.60)	14.9 (0.42)
GED diploma ⁴	100.0	34.4 (1.35)	53.8 (1.42)	11.8 (0.84)
High school graduate	100.0	28.9 (0.42)	59.8 (0.45)	11.3 (0.30)
Some college—no degree	100.0	31.3 (0.51)	60.3 (0.54)	8.4 (0.29)
Associate of arts degree	100.0	31.5 (0.70)	61.7 (0.72)	6.9 (0.36)
Bachelor of arts, science degree	100.0	25.5 (0.48)	68.7 (0.51)	5.8 (0.27)
Masters, doctorate, medical degree	100.0	23.2 (0.63)	72.2 (0.66)	4.5 (0.30)
Poverty status: ⁵				
Below poverty level	100.0	31.0 (0.57)	55.5 (0.63)	13.5 (0.41)
≥1 and <2 times poverty level	100.0	30.0 (0.48)	58.0 (0.54)	12.0 (0.35)
≥2 and <4 times poverty level	100.0	29.2 (0.40)	61.5 (0.44)	9.3 (0.25)
4 times poverty level or more	100.0	26.5 (0.37)	67.2 (0.40)	6.3 (0.19)
Marital status:				
Never married	100.0	26.3 (0.47)	62.2 (0.51)	11.6 (0.36)
Married	100.0	27.3 (0.30)	65.0 (0.33)	7.7 (0.17)
Cohabiting	100.0	32.0 (0.86)	59.4 (0.93)	8.7 (0.52)
Divorced or separated	100.0	36.7 (0.57)	55.3 (0.55)	8.0 (0.29)
Widowed	100.0	28.4 (0.69)	54.0 (0.76)	17.6 (0.57)
Geographic region:				
Northeast	100.0	29.9 (0.58)	62.2 (0.60)	7.9 (0.33)
Midwest	100.0	29.2 (0.47)	61.7 (0.56)	9.1 (0.30)
South	100.0	29.1 (0.38)	61.2 (0.42)	9.7 (0.23)
West	100.0	25.9 (0.47)	64.7 (0.50)	9.5 (0.29)
Place of residence: ⁶				
Large MSA	100.0	29.2 (0.32)	62.8 (0.35)	8.1 (0.19)
Small MSA	100.0	27.4 (0.42)	62.8 (0.48)	9.8 (0.26)
Not in MSA	100.0	28.8 (0.60)	59.8 (0.69)	11.4 (0.37)

See footnotes at end of table.

Table XVII. Crude percent distribution of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7–8	9 or more
Men				
Percent distribution (standard error)				
Ages 18 years and over (crude) ²	100.0	28.4 (0.32)	62.9 (0.35)	8.6 (0.20)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	28.1 (0.32)	62.9 (0.35)	8.9 (0.20)
Age:				
18–24 years	100.0	22.8 (0.91)	63.5 (1.02)	13.7 (0.76)
25–44 years	100.0	31.7 (0.53)	62.9 (0.56)	5.3 (0.26)
45–64 years	100.0	30.7 (0.52)	63.0 (0.56)	6.3 (0.27)
65–74 years	100.0	21.6 (0.85)	65.5 (1.00)	12.9 (0.70)
75 years and over	100.0	17.4 (0.91)	57.9 (1.27)	24.7 (1.10)
Race:				
White, single race	100.0	27.1 (0.36)	64.3 (0.39)	8.6 (0.23)
Black or African American, single race	100.0	36.1 (0.87)	54.0 (0.93)	9.9 (0.57)
American Indian or Alaska Native, single race	100.0	29.1 (3.33)	62.4 (3.55)	8.5 (1.88)
Asian, single race	100.0	30.3 (1.30)	63.1 (1.32)	6.6 (0.64)
Native Hawaiian or Other Pacific Islander, single race	100.0	32.4 (8.97)	62.7 (8.53)	†
Two or more races	100.0	34.8 (2.67)	55.5 (2.73)	9.8 (1.51)
Black or African American, white	100.0	32.1 (6.20)	55.1 (6.81)	*12.7 (4.33)
American Indian or Alaska Native, white	100.0	32.3 (3.99)	54.9 (4.13)	12.8 (2.56)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	25.5 (0.74)	66.3 (0.82)	8.2 (0.49)
Mexican or Mexican American	100.0	23.1 (0.92)	68.0 (1.02)	8.9 (0.64)
Not Hispanic or Latino	100.0	28.9 (0.35)	62.4 (0.38)	8.7 (0.21)
White, single race	100.0	27.5 (0.40)	63.8 (0.43)	8.7 (0.25)
Black or African American, single race	100.0	36.2 (0.89)	54.0 (0.94)	9.8 (0.58)
Education:				
Less than high school graduate	100.0	26.7 (0.74)	59.3 (0.86)	14.0 (0.60)
GED diploma ⁴	100.0	34.1 (1.97)	54.8 (2.05)	11.1 (1.24)
High school graduate	100.0	29.1 (0.60)	60.2 (0.65)	10.8 (0.44)
Some college—no degree	100.0	31.1 (0.70)	61.0 (0.77)	7.9 (0.43)
Associate of arts degree	100.0	31.9 (1.05)	62.2 (1.09)	5.9 (0.51)
Bachelor of arts, science degree	100.0	26.7 (0.71)	68.2 (0.76)	5.1 (0.38)
Masters, doctorate, medical degree	100.0	22.9 (0.91)	72.7 (0.92)	4.4 (0.41)
Poverty status: ⁵				
Below poverty level	100.0	28.7 (0.91)	57.8 (1.01)	13.5 (0.65)
≥1 and <2 times poverty level	100.0	28.3 (0.73)	59.8 (0.80)	11.8 (0.51)
≥2 and <4 times poverty level	100.0	29.5 (0.58)	61.6 (0.64)	8.9 (0.37)
4 times poverty level or more	100.0	27.5 (0.53)	66.8 (0.56)	5.7 (0.28)
Marital status:				
Never married	100.0	25.3 (0.62)	62.8 (0.69)	11.9 (0.52)
Married	100.0	27.9 (0.41)	64.9 (0.45)	7.2 (0.23)
Cohabiting	100.0	32.6 (1.19)	59.7 (1.32)	7.7 (0.72)
Divorced or separated	100.0	36.3 (0.92)	56.1 (0.90)	7.6 (0.47)
Widowed	100.0	27.7 (1.53)	54.2 (1.73)	18.1 (1.23)
Geographic region:				
Northeast	100.0	30.3 (0.81)	62.3 (0.86)	7.5 (0.50)
Midwest	100.0	29.5 (0.67)	61.9 (0.75)	8.6 (0.39)
South	100.0	29.1 (0.54)	61.8 (0.58)	9.1 (0.32)
West	100.0	24.9 (0.64)	66.1 (0.70)	8.9 (0.42)
Place of residence: ⁶				
Large MSA	100.0	28.9 (0.46)	63.3 (0.49)	7.8 (0.27)
Small MSA	100.0	27.4 (0.58)	63.4 (0.65)	9.3 (0.36)
Not in MSA	100.0	29.0 (0.78)	60.9 (0.83)	10.1 (0.49)

See footnotes at end of table.

Table XVII. Crude percent distribution of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7–8	9 or more
Women				
Percent distribution (standard error)				
Ages 18 years and over (crude) ²	100.0	28.7 (0.29)	61.7 (0.32)	9.7 (0.19)
Ages 18 years and over (age adjusted) ^{2,3}	100.0	28.5 (0.29)	61.8 (0.32)	9.7 (0.19)
Age:				
18–24 years	100.0	24.0 (0.88)	61.6 (1.03)	14.4 (0.74)
25–44 years	100.0	29.3 (0.46)	63.5 (0.50)	7.1 (0.26)
45–64 years	100.0	31.9 (0.48)	61.0 (0.51)	7.1 (0.27)
65–74 years	100.0	25.4 (0.79)	62.4 (0.84)	12.2 (0.59)
75 years and over	100.0	23.4 (0.80)	55.8 (0.91)	20.8 (0.74)
Race:				
White, single race	100.0	27.3 (0.33)	63.0 (0.36)	9.7 (0.22)
Black or African American, single race	100.0	36.2 (0.75)	53.2 (0.76)	10.6 (0.47)
American Indian or Alaska Native, single race	100.0	30.2 (3.47)	56.4 (3.20)	13.4 (2.15)
Asian, single race	100.0	28.9 (1.13)	65.8 (1.20)	5.3 (0.57)
Native Hawaiian or Other Pacific Islander, single race	100.0	44.2 (7.93)	46.1 (8.20)	*9.7 (4.20)
Two or more races	100.0	35.8 (2.40)	53.3 (2.49)	10.9 (1.54)
Black or African American, white	100.0	36.3 (4.94)	49.9 (5.19)	13.8 (3.53)
American Indian or Alaska Native, white	100.0	33.8 (3.61)	52.6 (3.86)	13.6 (2.74)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	26.5 (0.67)	63.4 (0.75)	10.1 (0.45)
Mexican or Mexican American	100.0	23.8 (0.87)	64.8 (0.98)	11.4 (0.62)
Not Hispanic or Latino	100.0	29.0 (0.32)	61.4 (0.35)	9.6 (0.20)
White, single race	100.0	27.5 (0.37)	62.8 (0.40)	9.7 (0.24)
Black or African American, single race	100.0	36.3 (0.76)	53.1 (0.78)	10.6 (0.48)
Education:				
Less than high school graduate	100.0	29.8 (0.73)	54.4 (0.83)	15.8 (0.61)
GED diploma ⁴	100.0	34.8 (1.77)	52.7 (1.89)	12.5 (1.10)
High school graduate	100.0	28.7 (0.57)	59.5 (0.60)	11.8 (0.41)
Some college—no degree	100.0	31.4 (0.67)	59.8 (0.69)	8.8 (0.37)
Associate of arts degree	100.0	31.1 (0.87)	61.2 (0.88)	7.7 (0.47)
Bachelor of arts, science degree	100.0	24.4 (0.63)	69.1 (0.68)	6.4 (0.37)
Masters, doctorate, medical degree	100.0	23.6 (0.87)	71.8 (0.91)	4.7 (0.41)
Poverty status: ⁵				
Below poverty level	100.0	32.8 (0.72)	53.7 (0.81)	13.5 (0.55)
≥1 and <2 times poverty level	100.0	31.4 (0.63)	56.4 (0.67)	12.2 (0.45)
≥2 and <4 times poverty level	100.0	28.9 (0.52)	61.4 (0.59)	9.7 (0.35)
4 times poverty level or more	100.0	25.4 (0.47)	67.7 (0.52)	6.9 (0.27)
Marital status:				
Never married	100.0	27.5 (0.65)	61.3 (0.72)	11.2 (0.49)
Married	100.0	26.7 (0.40)	65.1 (0.43)	8.2 (0.24)
Cohabiting	100.0	31.4 (1.22)	59.0 (1.27)	9.6 (0.71)
Divorced or separated	100.0	37.0 (0.72)	54.8 (0.71)	8.2 (0.38)
Widowed	100.0	28.6 (0.76)	53.9 (0.84)	17.5 (0.65)
Geographic region:				
Northeast	100.0	29.6 (0.67)	62.1 (0.71)	8.3 (0.40)
Midwest	100.0	29.0 (0.61)	61.5 (0.67)	9.6 (0.40)
South	100.0	29.1 (0.48)	60.6 (0.54)	10.3 (0.32)
West	100.0	26.8 (0.59)	63.2 (0.65)	10.0 (0.40)
Place of residence: ⁶				
Large MSA	100.0	29.4 (0.40)	62.2 (0.43)	8.3 (0.25)
Small MSA	100.0	27.4 (0.50)	62.2 (0.58)	10.3 (0.33)
Not in MSA	100.0	28.6 (0.73)	58.8 (0.84)	12.6 (0.52)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Based on the question, "On average, how many hours of sleep do you get in a 24 hour period?" Response options were 1–24 hours.

²Persons of other races and unknown race and ethnicity, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percent distributions, refer to Table 7.1. Denominator for each percent distribution excludes persons with unknown number of hours of sleep. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XVIII. Crude percentage of adults aged 18 and over who met the Healthy People 2020 objectives for sufficient sleep, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Insufficient sleep ¹			Sufficient sleep ¹		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent (standard error)					
Ages 18 years and over (crude) ²	30.3 (0.24)	30.3 (0.33)	30.2 (0.29)	69.7 (0.24)	69.7 (0.33)	69.8 (0.29)
Ages 18 years and over (age adjusted) ^{2,3}	30.3 (0.24)	30.2 (0.33)	30.3 (0.30)	69.7 (0.24)	69.8 (0.33)	69.7 (0.30)
Age:						
18–24 years	37.0 (0.75)	37.4 (1.09)	36.7 (1.00)	63.0 (0.75)	62.6 (1.09)	63.3 (1.00)
25–44 years	30.5 (0.36)	31.7 (0.53)	29.3 (0.46)	69.5 (0.36)	68.3 (0.53)	70.7 (0.46)
45–64 years	31.3 (0.37)	30.7 (0.52)	31.9 (0.48)	68.7 (0.37)	69.3 (0.52)	68.1 (0.48)
65–74 years	23.7 (0.60)	21.6 (0.85)	25.4 (0.79)	76.3 (0.60)	78.4 (0.85)	74.6 (0.79)
75 years and over	21.0 (0.61)	17.4 (0.91)	23.4 (0.80)	79.0 (0.61)	82.6 (0.91)	76.6 (0.80)
Race:						
White, single race	28.9 (0.27)	29.0 (0.37)	28.8 (0.34)	71.1 (0.27)	71.0 (0.37)	71.2 (0.34)
Black or African American, single race	38.1 (0.60)	38.6 (0.90)	37.7 (0.76)	61.9 (0.60)	61.4 (0.90)	62.3 (0.76)
American Indian or Alaska Native, single race	30.9 (2.37)	29.8 (3.36)	31.9 (3.58)	69.1 (2.37)	70.2 (3.36)	68.1 (3.58)
Asian, single race	32.0 (0.89)	32.8 (1.33)	31.3 (1.17)	68.0 (0.89)	67.2 (1.33)	68.7 (1.17)
Native Hawaiian or Other Pacific Islander, single race	44.7 (5.93)	42.0 (9.07)	46.7 (7.98)	55.3 (5.93)	58.0 (9.07)	53.3 (7.98)
Two or more races	38.1 (1.78)	37.6 (2.73)	38.6 (2.50)	61.9 (1.78)	62.4 (2.73)	61.4 (2.50)
Black or African American, white	38.1 (4.23)	34.1 (6.24)	41.8 (5.44)	61.9 (4.23)	65.9 (6.24)	58.2 (5.44)
American Indian or Alaska Native, white	36.1 (2.67)	34.9 (4.18)	37.1 (3.74)	63.9 (2.67)	65.1 (4.18)	62.9 (3.74)
Hispanic or Latino origin and race:						
Hispanic or Latino	28.0 (0.52)	27.6 (0.78)	28.4 (0.70)	72.0 (0.52)	72.4 (0.78)	71.6 (0.70)
Mexican or Mexican American	25.6 (0.64)	25.4 (0.97)	25.9 (0.92)	74.4 (0.64)	74.6 (0.97)	74.1 (0.92)
Not Hispanic or Latino	30.7 (0.26)	30.8 (0.36)	30.5 (0.33)	69.3 (0.26)	69.2 (0.36)	69.5 (0.33)
White, single race	29.1 (0.30)	29.3 (0.41)	29.0 (0.38)	70.9 (0.30)	70.7 (0.41)	71.0 (0.38)
Black or African American, single race	38.2 (0.61)	38.7 (0.92)	37.7 (0.77)	61.8 (0.61)	61.3 (0.92)	62.3 (0.77)
Education:						
Less than high school graduate	30.4 (0.55)	29.3 (0.77)	31.6 (0.74)	69.6 (0.55)	70.7 (0.77)	68.4 (0.74)
GED diploma ⁴	35.9 (1.34)	36.4 (1.98)	35.3 (1.78)	64.1 (1.34)	63.6 (1.98)	64.7 (1.78)
High school graduate	30.7 (0.43)	31.3 (0.63)	30.2 (0.58)	69.3 (0.43)	68.7 (0.63)	69.8 (0.58)
Some college—no degree	35.4 (0.54)	35.4 (0.75)	35.4 (0.69)	64.6 (0.54)	64.6 (0.75)	64.6 (0.69)
Associate of arts degree	32.4 (0.71)	32.8 (1.06)	32.1 (0.88)	67.6 (0.71)	67.2 (1.06)	67.9 (0.88)
Bachelor of arts, science degree	25.7 (0.48)	26.8 (0.71)	24.6 (0.63)	74.3 (0.48)	73.2 (0.71)	75.4 (0.63)
Masters, doctorate, medical degree	23.2 (0.63)	22.9 (0.91)	23.6 (0.87)	76.8 (0.63)	77.1 (0.91)	76.4 (0.87)
Poverty status:⁵						
Below poverty level	34.7 (0.63)	33.3 (0.96)	35.7 (0.76)	65.3 (0.63)	66.7 (0.96)	64.3 (0.76)
≥1 and <2 times poverty level	32.0 (0.49)	30.5 (0.74)	33.2 (0.65)	68.0 (0.49)	69.5 (0.74)	66.8 (0.65)
≥2 and <4 times poverty level	30.8 (0.41)	31.4 (0.60)	30.2 (0.54)	69.2 (0.41)	68.6 (0.60)	69.8 (0.54)
4 times poverty level or more	27.7 (0.38)	28.7 (0.54)	26.6 (0.49)	72.3 (0.38)	71.3 (0.54)	73.4 (0.49)
Marital status:						
Never married	33.3 (0.53)	32.6 (0.72)	34.2 (0.70)	66.7 (0.53)	67.4 (0.72)	65.8 (0.70)
Married	27.5 (0.31)	28.0 (0.42)	26.9 (0.40)	72.5 (0.31)	72.0 (0.42)	73.1 (0.40)
Cohabiting	33.9 (0.86)	33.7 (1.21)	34.1 (1.24)	66.1 (0.86)	66.3 (1.21)	65.9 (1.24)
Divorced or separated	36.9 (0.57)	36.5 (0.91)	37.2 (0.72)	63.1 (0.57)	63.5 (0.91)	62.8 (0.72)
Widowed	28.4 (0.69)	27.9 (1.53)	28.6 (0.76)	71.6 (0.69)	72.1 (1.53)	71.4 (0.76)
Geographic region:						
Northeast	31.7 (0.60)	32.1 (0.84)	31.3 (0.69)	68.3 (0.60)	67.9 (0.84)	68.7 (0.69)
Midwest	31.2 (0.49)	31.6 (0.68)	30.7 (0.64)	68.8 (0.49)	68.4 (0.68)	69.3 (0.64)
South	30.8 (0.40)	30.9 (0.56)	30.7 (0.49)	69.2 (0.40)	69.1 (0.56)	69.3 (0.49)
West	27.5 (0.47)	27.0 (0.63)	28.1 (0.59)	72.5 (0.47)	73.0 (0.63)	71.9 (0.59)
Place of residence:⁶						
Large MSA	30.9 (0.34)	30.8 (0.48)	30.9 (0.42)	69.1 (0.34)	69.2 (0.48)	69.1 (0.42)
Small MSA	29.4 (0.43)	29.5 (0.60)	29.3 (0.50)	70.6 (0.43)	70.5 (0.60)	70.7 (0.50)
Not in MSA	30.2 (0.60)	30.5 (0.79)	29.8 (0.72)	69.8 (0.60)	69.5 (0.79)	70.2 (0.72)

¹Healthy People 2020 provides an objective for sufficient sleep among adults (SH-4). Sufficient sleep is defined as 8 or more hours for adults aged 18–21, and 7 or more hours for adults aged 22 and over, on average during a 24-hour period. Insufficient sleep is defined as less than 8 hours of sleep for adults aged 18–21, and less than 7 hours for adults aged 22 and over. Based on the question, "On average, how many hours of sleep do you get in a 24 hour period?" Response options were 1–24 hours.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table XX. Denominator for each percent distribution excludes persons with unknown number of hours of sleep. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XIX. Crude percentage of adults aged 18 and over who engaged in selected unhealthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Selected unhealthy behaviors					
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Inactive, aerobic activity ³	Inactive, strengthening activity ³	Obese ⁴	Insufficient sleep ⁵
Both sexes						
Percent (standard error)						
Ages 18 years and over (crude) ⁶	23.0 (0.28)	20.2 (0.24)	34.1 (0.39)	73.8 (0.28)	27.7 (0.24)	30.3 (0.24)
Ages 18 years and over (age adjusted) ^{6,7}	23.6 (0.27)	20.2 (0.24)	33.9 (0.39)	73.5 (0.27)	27.4 (0.24)	30.3 (0.24)
Age:						
18–24 years	35.1 (0.90)	21.1 (0.64)	26.9 (0.79)	64.2 (0.77)	17.4 (0.58)	37.0 (0.75)
25–44 years	31.3 (0.43)	23.2 (0.37)	29.4 (0.47)	69.9 (0.40)	28.2 (0.36)	30.5 (0.36)
45–64 years	18.5 (0.35)	21.9 (0.36)	34.6 (0.52)	76.6 (0.38)	32.4 (0.41)	31.3 (0.37)
65–74 years	8.0 (0.38)	12.6 (0.48)	42.3 (0.73)	81.5 (0.58)	30.5 (0.64)	23.7 (0.60)
75 years and over	2.3 (0.20)	5.6 (0.34)	56.3 (0.84)	87.0 (0.54)	17.7 (0.56)	21.0 (0.61)
Race:						
White, single race	24.9 (0.32)	20.5 (0.27)	32.8 (0.43)	73.5 (0.31)	27.0 (0.27)	28.9 (0.27)
Black or African American, single race	14.5 (0.48)	20.8 (0.49)	43.0 (0.71)	75.3 (0.58)	37.2 (0.55)	38.1 (0.60)
American Indian or Alaska Native, single race	21.8 (1.83)	23.5 (2.16)	41.3 (2.80)	81.2 (1.89)	40.3 (2.76)	30.9 (2.37)
Asian, single race	11.7 (0.59)	10.4 (0.56)	34.1 (1.05)	76.0 (0.82)	10.2 (0.65)	32.0 (0.89)
Native Hawaiian or Other Pacific Islander, single race	14.5 (3.12)	24.8 (4.85)	37.0 (5.63)	77.7 (5.07)	46.2 (5.82)	44.7 (5.93)
Two or more races	27.6 (1.81)	25.4 (1.78)	29.3 (1.79)	67.8 (1.87)	33.5 (1.88)	38.1 (1.78)
Black or African American, white	29.4 (4.17)	23.5 (3.41)	31.0 (4.00)	70.5 (3.83)	31.0 (4.26)	38.1 (4.23)
American Indian or Alaska Native, white	27.6 (2.64)	30.4 (2.83)	35.7 (2.77)	71.1 (2.73)	35.2 (3.04)	36.1 (2.67)
Hispanic or Latino origin and race:						
Hispanic or Latino	21.8 (0.54)	14.2 (0.40)	43.4 (0.70)	79.3 (0.49)	31.3 (0.55)	28.0 (0.52)
Mexican or Mexican American	24.0 (0.76)	13.8 (0.51)	42.3 (0.92)	79.6 (0.64)	33.3 (0.72)	25.6 (0.64)
Not Hispanic or Latino	23.2 (0.30)	21.1 (0.26)	32.6 (0.42)	73.0 (0.30)	27.1 (0.26)	30.7 (0.26)
White, single race	25.4 (0.35)	21.7 (0.31)	30.7 (0.47)	72.4 (0.35)	26.3 (0.29)	29.1 (0.30)
Black or African American, single race	14.4 (0.49)	21.0 (0.50)	43.0 (0.73)	75.2 (0.59)	37.3 (0.56)	38.2 (0.61)
Education:						
Less than high school graduate	17.2 (0.48)	27.0 (0.54)	55.3 (0.65)	87.2 (0.42)	30.7 (0.53)	30.4 (0.55)
GED diploma ⁸	30.1 (1.40)	46.1 (1.33)	44.7 (1.41)	82.4 (1.03)	34.8 (1.26)	35.9 (1.34)
High school graduate	21.0 (0.45)	24.9 (0.42)	43.0 (0.60)	82.0 (0.40)	31.2 (0.42)	30.7 (0.43)
Some college—no degree	26.7 (0.59)	21.7 (0.45)	29.9 (0.61)	70.9 (0.55)	28.8 (0.51)	35.4 (0.54)
Associate of arts degree	24.7 (0.71)	19.1 (0.59)	27.4 (0.69)	70.4 (0.68)	28.9 (0.64)	32.4 (0.71)
Bachelor of arts, science degree	26.5 (0.54)	10.5 (0.33)	19.8 (0.50)	62.3 (0.58)	22.0 (0.46)	25.7 (0.48)
Masters, doctorate, medical degree	19.3 (0.64)	5.9 (0.34)	16.0 (0.57)	59.7 (0.76)	18.8 (0.61)	23.2 (0.63)
Poverty status: ⁹						
Below poverty level	21.0 (0.73)	29.7 (0.67)	48.9 (0.90)	81.2 (0.63)	29.6 (0.60)	34.7 (0.63)
≥1 and <2 times poverty level	19.8 (0.51)	24.8 (0.52)	46.3 (0.66)	82.7 (0.46)	30.6 (0.49)	32.0 (0.49)
≥2 and <4 times poverty level	22.1 (0.43)	21.0 (0.38)	36.1 (0.54)	76.6 (0.41)	29.2 (0.43)	30.8 (0.41)
4 times poverty level or more	25.8 (0.40)	14.2 (0.30)	21.7 (0.42)	64.8 (0.43)	24.4 (0.37)	27.7 (0.38)
Marital status:						
Never married	32.0 (0.61)	23.3 (0.47)	29.5 (0.60)	66.0 (0.55)	24.3 (0.47)	33.3 (0.53)
Married	19.6 (0.31)	15.7 (0.26)	32.5 (0.45)	75.0 (0.35)	28.6 (0.33)	27.5 (0.31)
Cohabiting	39.8 (0.98)	37.1 (0.90)	33.3 (0.97)	72.8 (0.86)	24.6 (0.75)	33.9 (0.86)
Divorced or separated	21.8 (0.52)	29.7 (0.53)	39.7 (0.64)	76.7 (0.48)	32.0 (0.53)	36.9 (0.57)
Widowed	5.1 (0.31)	12.7 (0.48)	55.6 (0.81)	86.3 (0.52)	26.7 (0.64)	28.4 (0.69)
Geographic region:						
Northeast	21.8 (0.56)	18.7 (0.55)	36.1 (0.84)	74.1 (0.69)	25.1 (0.56)	31.7 (0.60)
Midwest	27.4 (0.64)	22.5 (0.49)	31.5 (0.81)	72.2 (0.58)	29.4 (0.51)	31.2 (0.49)
South	20.4 (0.47)	21.6 (0.42)	37.7 (0.73)	76.0 (0.43)	29.7 (0.41)	30.8 (0.40)
West	23.2 (0.54)	16.6 (0.46)	29.6 (0.73)	72.0 (0.60)	24.7 (0.48)	27.5 (0.47)
Place of residence: ¹⁰						
Large MSA	23.0 (0.34)	17.9 (0.30)	32.0 (0.41)	71.2 (0.37)	25.9 (0.32)	30.9 (0.34)
Small MSA	24.2 (0.58)	21.2 (0.48)	33.1 (0.87)	74.2 (0.53)	28.2 (0.47)	29.4 (0.43)
Not in MSA	20.5 (0.80)	25.6 (0.63)	42.7 (1.26)	81.6 (0.72)	32.3 (0.55)	30.2 (0.60)

See footnotes at end of table.

Table XIX. Crude percentage of adults aged 18 and over who engaged in selected unhealthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Selected unhealthy behaviors					
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Inactive, aerobic activity ³	Inactive, strengthening activity ³	Obese ⁴	Insufficient sleep ⁵
Men						
Percent (standard error)						
Ages 18 years and over (crude) ⁶	32.3 (0.42)	22.7 (0.34)	31.4 (0.47)	69.6 (0.37)	27.8 (0.33)	30.3 (0.33)
Ages 18 years and over (age adjusted) ^{6,7}	32.5 (0.41)	22.4 (0.33)	31.4 (0.47)	69.4 (0.37)	27.5 (0.32)	30.2 (0.33)
Age:						
18–24 years	42.2 (1.27)	24.8 (0.99)	22.0 (0.98)	55.0 (1.12)	17.7 (0.87)	37.4 (1.09)
25–44 years	42.8 (0.65)	25.7 (0.51)	28.2 (0.61)	65.0 (0.56)	28.6 (0.52)	31.7 (0.53)
45–64 years	27.3 (0.55)	24.1 (0.54)	33.3 (0.67)	74.7 (0.53)	32.5 (0.55)	30.7 (0.52)
65–74 years	13.8 (0.72)	13.2 (0.66)	39.3 (1.06)	80.0 (0.83)	29.8 (0.94)	21.6 (0.85)
75 years and over	4.3 (0.44)	5.3 (0.51)	48.3 (1.35)	84.6 (0.93)	16.4 (0.91)	17.4 (0.91)
Race:						
White, single race	34.4 (0.46)	22.7 (0.39)	30.7 (0.52)	70.2 (0.42)	28.1 (0.36)	29.0 (0.37)
Black or African American, single race	22.4 (0.84)	24.4 (0.75)	36.5 (1.00)	64.8 (0.94)	31.4 (0.81)	38.6 (0.90)
American Indian or Alaska Native, single race	30.1 (3.09)	25.6 (3.14)	40.0 (4.04)	79.6 (3.15)	38.9 (3.85)	29.8 (3.36)
Asian, single race	18.2 (1.05)	15.7 (0.93)	31.4 (1.46)	71.5 (1.22)	10.8 (0.93)	32.8 (1.33)
Native Hawaiian or Other Pacific Islander, single race	17.8 (5.03)	19.9 (5.30)	30.2 (6.86)	75.1 (6.59)	48.0 (8.06)	42.0 (9.07)
Two or more races	38.7 (2.72)	29.2 (2.69)	27.0 (2.66)	59.6 (2.87)	34.3 (2.72)	37.6 (2.73)
Black or African American, white	38.4 (6.90)	22.8 (5.14)	29.2 (6.77)	64.3 (6.04)	33.9 (7.04)	34.1 (6.24)
American Indian or Alaska Native, white	40.7 (4.20)	33.9 (4.23)	34.6 (4.49)	64.4 (4.27)	37.7 (4.30)	34.9 (4.18)
Hispanic or Latino origin and race:						
Hispanic or Latino	32.4 (0.84)	18.4 (0.66)	40.3 (0.91)	74.5 (0.75)	30.7 (0.79)	27.6 (0.78)
Mexican or Mexican American	35.9 (1.12)	18.6 (0.83)	40.1 (1.14)	75.4 (0.95)	32.3 (1.03)	25.4 (0.97)
Not Hispanic or Latino	32.3 (0.45)	23.4 (0.38)	29.8 (0.50)	68.7 (0.41)	27.3 (0.35)	30.8 (0.36)
White, single race	34.8 (0.51)	23.6 (0.44)	28.7 (0.57)	69.2 (0.46)	27.6 (0.39)	29.3 (0.41)
Black or African American, single race	22.3 (0.85)	24.7 (0.77)	36.4 (1.02)	64.5 (0.96)	31.2 (0.82)	38.7 (0.92)
Education:						
Less than high school graduate	27.0 (0.79)	30.8 (0.81)	51.0 (0.92)	83.2 (0.65)	28.2 (0.77)	29.3 (0.77)
GED diploma ⁸	40.5 (2.16)	49.6 (2.00)	40.3 (1.92)	77.2 (1.61)	31.4 (1.73)	36.4 (1.98)
High school graduate	30.9 (0.71)	28.8 (0.64)	39.6 (0.79)	77.6 (0.59)	31.7 (0.60)	31.3 (0.63)
Some college—no degree	36.8 (0.91)	23.8 (0.70)	26.6 (0.81)	64.5 (0.82)	29.9 (0.78)	35.4 (0.75)
Associate of arts degree	36.1 (1.19)	21.6 (0.99)	24.9 (1.02)	66.7 (1.10)	27.9 (0.97)	32.8 (1.06)
Bachelor of arts, science degree	35.2 (0.81)	11.4 (0.49)	18.5 (0.68)	58.7 (0.84)	23.8 (0.68)	26.8 (0.71)
Masters, doctorate, medical degree	25.1 (1.00)	6.0 (0.46)	15.0 (0.79)	57.0 (1.06)	19.6 (0.88)	22.9 (0.91)
Poverty status: ⁹						
Below poverty level	31.2 (1.19)	32.4 (1.03)	43.5 (1.27)	74.3 (1.01)	25.1 (0.89)	33.3 (0.96)
≥1 and <2 times poverty level	28.9 (0.86)	28.8 (0.79)	43.3 (0.87)	78.7 (0.70)	28.3 (0.73)	30.5 (0.74)
≥2 and <4 times poverty level	31.5 (0.72)	24.2 (0.57)	34.2 (0.70)	72.6 (0.62)	29.7 (0.60)	31.4 (0.60)
4 times poverty level or more	34.8 (0.58)	16.2 (0.43)	20.7 (0.53)	62.0 (0.59)	27.0 (0.49)	28.7 (0.54)
Marital status:						
Never married	39.5 (0.84)	26.5 (0.67)	25.8 (0.72)	58.8 (0.76)	22.1 (0.60)	32.6 (0.72)
Married	27.8 (0.47)	17.2 (0.37)	31.9 (0.55)	73.2 (0.45)	30.6 (0.44)	28.0 (0.42)
Cohabiting	48.8 (1.44)	39.3 (1.27)	32.1 (1.37)	69.6 (1.27)	24.3 (1.04)	33.7 (1.21)
Divorced or separated	34.9 (0.89)	34.7 (0.84)	36.6 (0.94)	71.3 (0.79)	29.0 (0.80)	36.5 (0.91)
Widowed	13.0 (1.08)	16.7 (1.24)	48.4 (1.65)	83.0 (1.17)	25.8 (1.43)	27.9 (1.53)
Geographic region:						
Northeast	31.2 (0.88)	20.6 (0.82)	32.0 (1.11)	69.3 (0.99)	26.0 (0.73)	32.1 (0.84)
Midwest	37.6 (0.94)	24.2 (0.76)	29.1 (0.92)	68.6 (0.77)	29.7 (0.70)	31.6 (0.68)
South	29.3 (0.71)	24.6 (0.59)	34.9 (0.85)	71.1 (0.57)	29.2 (0.57)	30.9 (0.56)
West	32.4 (0.77)	19.8 (0.59)	27.8 (0.90)	68.3 (0.81)	25.3 (0.65)	27.0 (0.63)
Place of residence: ¹⁰						
Large MSA	31.8 (0.51)	20.7 (0.42)	28.6 (0.53)	65.9 (0.51)	26.4 (0.44)	30.8 (0.48)
Small MSA	34.2 (0.83)	23.5 (0.66)	30.3 (0.98)	70.6 (0.69)	28.2 (0.59)	29.5 (0.60)
Not in MSA	30.2 (1.16)	27.6 (0.86)	42.4 (1.42)	79.2 (0.93)	31.6 (0.83)	30.5 (0.79)

See footnotes at end of table.

Table XIX. Crude percentage of adults aged 18 and over who engaged in selected unhealthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Selected unhealthy behaviors					
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Inactive, aerobic activity ³	Inactive, strengthening activity ³	Obese ⁴	Insufficient sleep ⁵
Women						
Percent (standard error)						
Ages 18 years and over (crude) ⁶	14.4 (0.26)	17.8 (0.27)	36.6 (0.43)	77.8 (0.31)	27.5 (0.30)	30.2 (0.29)
Ages 18 years and over (age adjusted) ^{6,7}	15.2 (0.27)	18.0 (0.28)	36.1 (0.43)	77.5 (0.32)	27.2 (0.30)	30.3 (0.30)
Age:						
18–24 years	28.0 (1.05)	17.3 (0.78)	31.8 (1.05)	73.5 (0.94)	17.2 (0.76)	36.7 (1.00)
25–44 years	20.1 (0.44)	20.8 (0.46)	30.6 (0.54)	74.7 (0.47)	27.8 (0.47)	29.3 (0.46)
45–64 years	10.2 (0.36)	19.7 (0.45)	35.8 (0.61)	78.4 (0.48)	32.4 (0.52)	31.9 (0.48)
65–74 years	3.1 (0.35)	12.1 (0.64)	44.9 (0.93)	82.8 (0.71)	31.1 (0.84)	25.4 (0.79)
75 years and over	0.9 (0.15)	5.7 (0.46)	61.6 (0.92)	88.5 (0.59)	18.6 (0.66)	23.4 (0.80)
Race:						
White, single race	15.8 (0.31)	18.4 (0.31)	34.8 (0.47)	76.7 (0.36)	26.0 (0.33)	28.8 (0.34)
Black or African American, single race	8.3 (0.44)	17.9 (0.60)	48.2 (0.85)	83.7 (0.62)	42.0 (0.75)	37.7 (0.76)
American Indian or Alaska Native, single race	14.9 (2.29)	21.6 (2.69)	42.5 (3.51)	82.6 (2.66)	41.6 (3.86)	31.9 (3.58)
Asian, single race	5.8 (0.56)	5.6 (0.60)	36.6 (1.34)	80.1 (1.06)	9.7 (0.85)	31.3 (1.17)
Native Hawaiian or Other Pacific Islander, single race	*12.0 (3.97)	28.7 (7.59)	42.2 (7.93)	79.6 (7.42)	44.7 (8.43)	46.7 (7.98)
Two or more races	17.6 (2.09)	21.9 (1.97)	31.4 (2.28)	75.2 (2.30)	32.8 (2.57)	38.6 (2.50)
Black or African American, white	21.0 (4.43)	24.1 (4.53)	32.7 (4.86)	76.4 (4.93)	28.2 (4.64)	41.8 (5.44)
American Indian or Alaska Native, white	17.0 (3.16)	27.5 (3.29)	36.6 (3.46)	76.6 (3.49)	33.0 (3.98)	37.1 (3.74)
Hispanic or Latino origin and race:						
Hispanic or Latino	10.8 (0.49)	9.8 (0.41)	46.8 (0.89)	84.3 (0.58)	31.8 (0.72)	28.4 (0.70)
Mexican or Mexican American	11.4 (0.67)	8.5 (0.49)	44.8 (1.16)	84.3 (0.73)	34.4 (0.94)	25.9 (0.92)
Not Hispanic or Latino	14.9 (0.29)	19.0 (0.30)	35.1 (0.46)	76.8 (0.34)	26.9 (0.33)	30.5 (0.33)
White, single race	16.7 (0.35)	20.0 (0.36)	32.6 (0.51)	75.4 (0.39)	25.0 (0.37)	29.0 (0.38)
Black or African American, single race	8.2 (0.45)	18.0 (0.61)	48.3 (0.87)	83.7 (0.63)	42.4 (0.76)	37.7 (0.77)
Education:						
Less than high school graduate	7.4 (0.41)	23.0 (0.74)	59.9 (0.81)	91.3 (0.47)	33.3 (0.72)	31.6 (0.74)
GED diploma ⁸	19.2 (1.62)	42.4 (1.79)	49.5 (1.94)	88.0 (1.20)	38.5 (1.93)	35.3 (1.78)
High school graduate	11.7 (0.45)	21.1 (0.52)	46.3 (0.73)	86.1 (0.46)	30.6 (0.56)	30.2 (0.58)
Some college—no degree	18.2 (0.60)	20.0 (0.55)	32.7 (0.74)	76.3 (0.64)	27.9 (0.61)	35.4 (0.69)
Associate of arts degree	15.7 (0.75)	17.2 (0.68)	29.4 (0.86)	73.4 (0.83)	29.8 (0.84)	32.1 (0.88)
Bachelor of arts, science degree	18.3 (0.62)	9.5 (0.47)	21.1 (0.64)	65.8 (0.72)	20.1 (0.61)	24.6 (0.63)
Masters, doctorate, medical degree	13.2 (0.71)	5.8 (0.50)	16.9 (0.76)	62.5 (1.03)	17.9 (0.78)	23.6 (0.87)
Poverty status: ⁹						
Below poverty level	13.4 (0.61)	27.7 (0.79)	52.9 (0.96)	86.4 (0.62)	33.2 (0.75)	35.7 (0.76)
≥1 and <2 times poverty level	12.3 (0.52)	21.4 (0.62)	48.8 (0.80)	86.1 (0.50)	32.5 (0.70)	33.2 (0.65)
≥2 and <4 times poverty level	13.5 (0.41)	18.0 (0.46)	37.9 (0.64)	80.4 (0.49)	28.7 (0.57)	30.2 (0.54)
4 times poverty level or more	16.6 (0.45)	12.1 (0.38)	22.8 (0.53)	67.8 (0.55)	21.7 (0.50)	26.6 (0.49)
Marital status:						
Never married	23.4 (0.71)	19.5 (0.60)	33.8 (0.78)	74.5 (0.67)	27.1 (0.67)	34.2 (0.70)
Married	11.5 (0.31)	14.2 (0.35)	33.0 (0.52)	76.9 (0.43)	26.5 (0.43)	26.9 (0.40)
Cohabiting	30.9 (1.15)	34.9 (1.23)	34.5 (1.22)	76.1 (1.07)	25.0 (1.09)	34.1 (1.24)
Divorced or separated	12.8 (0.50)	26.1 (0.66)	41.8 (0.77)	80.5 (0.54)	34.1 (0.70)	37.2 (0.72)
Widowed	3.1 (0.31)	11.7 (0.51)	57.4 (0.88)	87.1 (0.58)	27.0 (0.70)	28.6 (0.76)
Geographic region:						
Northeast	13.6 (0.58)	17.0 (0.63)	39.8 (0.92)	78.4 (0.70)	24.3 (0.74)	31.3 (0.69)
Midwest	18.0 (0.63)	21.0 (0.57)	33.7 (0.95)	75.6 (0.71)	29.2 (0.63)	30.7 (0.64)
South	12.3 (0.40)	18.8 (0.46)	40.3 (0.78)	80.4 (0.49)	30.2 (0.48)	30.7 (0.49)
West	14.4 (0.53)	13.6 (0.57)	31.2 (0.79)	75.5 (0.67)	24.0 (0.60)	28.1 (0.59)
Place of residence: ¹⁰						
Large MSA	14.8 (0.35)	15.2 (0.36)	35.2 (0.49)	76.1 (0.44)	25.3 (0.42)	30.9 (0.42)
Small MSA	15.0 (0.50)	19.0 (0.55)	35.7 (0.90)	77.5 (0.58)	28.3 (0.56)	29.3 (0.50)
Not in MSA	11.8 (0.68)	23.7 (0.73)	43.0 (1.36)	83.8 (0.72)	32.9 (0.69)	29.8 (0.72)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Five or more drinks in 1 day at least once in the past year was asked of only current drinkers but estimates reflect percent of all adults who engaged in this behavior (as shown in Table V).

²Smoked at least 100 cigarettes in lifetime and currently smoked.

³Questions related to leisure-time physical activity were phrased in terms of current behavior and lack a specific reference period. "Inactive" for aerobic activity is no light to moderate or vigorous leisure-time aerobic physical activity lasting at least 10 minutes. "Inactive" for strengthening activity is never (or unable to) engaging in muscle-strengthening activities. Strengthening activities include leisure-time physical activities specifically designed to strengthen muscles such as weight lifting or calisthenics.

⁴Obese is defined as a body mass index (BMI) of greater than or equal to 30.

⁵Healthy People 2020 provides an objective for sufficient sleep among adults (SH-4). Sufficient sleep is defined as 8 or more hours for adults aged 18–21, and 7 or more hours for adults aged 22 and over, on average during a 24-hour period. Insufficient sleep is defined as less than 8 hours of sleep for adults aged 18–21, and less than 7 hours for adults aged 22 and over. Based on the question, “On average, how many hours of sleep do you get in a 24 hour period?” Response options were 1–24 hours.

⁶Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁷Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁸GED is General Educational Development high school equivalency diploma.

⁹Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

¹⁰MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. “Not in MSA” consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percentages, refer to Table 8.1. Denominator for each percentage excludes persons with unknown health behavior characteristics. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XX. Crude percentage of adults aged 18 and over who engaged in selected healthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Selected healthy behaviors				
	Never smoked cigarettes ¹	Met federal guidelines for aerobic activity ²	Met federal guidelines for strengthening activity ²	Healthy weight ³	Sufficient sleep ⁴
Both sexes					
Percent (standard error)					
Ages 18 years and over (crude) ⁵	58.0 (0.28)	45.8 (0.35)	22.7 (0.26)	35.6 (0.25)	69.7 (0.24)
Ages 18 years and over (age adjusted) ^{5,6}	58.6 (0.28)	46.1 (0.35)	23.0 (0.26)	36.1 (0.26)	69.7 (0.24)
Age:					
18–24 years	73.0 (0.68)	55.4 (0.85)	30.4 (0.73)	52.6 (0.81)	63.0 (0.75)
25–44 years	61.8 (0.42)	50.9 (0.47)	25.8 (0.37)	35.5 (0.41)	69.5 (0.36)
45–64 years	52.3 (0.44)	43.9 (0.47)	20.5 (0.35)	29.6 (0.37)	68.7 (0.37)
65–74 years	46.6 (0.73)	37.1 (0.70)	17.1 (0.56)	29.6 (0.64)	76.3 (0.60)
75 years and over	54.9 (0.74)	24.3 (0.71)	12.1 (0.52)	42.1 (0.71)	79.0 (0.61)
Race:					
White, single race	56.0 (0.31)	47.0 (0.39)	23.1 (0.29)	35.8 (0.29)	71.1 (0.27)
Black or African American, single race	65.0 (0.60)	38.0 (0.62)	21.5 (0.55)	28.1 (0.55)	61.9 (0.60)
American Indian or Alaska Native, single race	57.4 (3.20)	40.6 (2.47)	14.8 (1.69)	27.9 (2.36)	69.1 (2.37)
Asian, single race	76.9 (0.91)	43.4 (1.00)	20.0 (0.75)	54.2 (1.01)	68.0 (0.89)
Native Hawaiian or Other Pacific Islander, single race	67.8 (5.05)	50.5 (6.05)	21.4 (5.04)	21.4 (4.49)	55.3 (5.93)
Two or more races	53.1 (2.12)	49.9 (1.83)	27.5 (1.72)	33.2 (1.83)	61.9 (1.78)
Black or African American, white	63.4 (3.90)	53.5 (4.44)	27.7 (3.75)	40.8 (4.42)	61.9 (4.23)
American Indian or Alaska Native, white	44.2 (3.41)	44.2 (2.76)	23.9 (2.42)	29.6 (2.68)	63.9 (2.67)
Hispanic or Latino origin and race:					
Hispanic or Latino	70.7 (0.51)	37.8 (0.64)	17.6 (0.48)	28.2 (0.51)	72.0 (0.52)
Mexican or Mexican American	72.1 (0.63)	38.1 (0.85)	17.2 (0.62)	26.5 (0.64)	74.4 (0.64)
Not Hispanic or Latino	56.0 (0.31)	47.1 (0.37)	23.6 (0.28)	36.8 (0.28)	69.3 (0.26)
White, single race	53.3 (0.35)	48.8 (0.43)	24.2 (0.32)	37.2 (0.32)	70.9 (0.30)
Black or African American, single race	64.9 (0.61)	37.9 (0.64)	21.5 (0.57)	28.1 (0.56)	61.8 (0.61)
Education:					
Less than high school graduate	52.4 (0.64)	27.6 (0.56)	11.2 (0.39)	32.2 (0.58)	69.6 (0.55)
GED diploma ⁷	31.0 (1.29)	35.2 (1.34)	14.5 (0.93)	29.3 (1.27)	64.1 (1.34)
High school graduate	53.0 (0.48)	37.4 (0.51)	15.8 (0.38)	32.3 (0.44)	69.3 (0.43)
Some college—no degree	57.1 (0.57)	48.3 (0.59)	25.1 (0.50)	35.9 (0.56)	64.6 (0.54)
Associate of arts degree	57.1 (0.70)	50.5 (0.78)	25.7 (0.63)	33.5 (0.70)	67.6 (0.71)
Bachelor of arts, science degree	68.4 (0.50)	59.7 (0.60)	32.8 (0.55)	41.0 (0.56)	74.3 (0.48)
Masters, doctorate, medical degree	71.4 (0.66)	63.5 (0.78)	34.9 (0.75)	43.2 (0.80)	76.8 (0.63)
Poverty status: ⁸					
Below poverty level	56.1 (0.81)	34.2 (0.83)	16.1 (0.57)	36.7 (0.72)	65.3 (0.63)
≥1 and <2 times poverty level	54.9 (0.57)	34.5 (0.56)	14.8 (0.43)	33.9 (0.53)	68.0 (0.49)
≥2 and <4 times poverty level	56.9 (0.47)	42.7 (0.48)	20.3 (0.39)	34.0 (0.41)	69.2 (0.41)
4 times poverty level or more	61.1 (0.41)	57.4 (0.45)	30.7 (0.42)	37.5 (0.41)	72.3 (0.38)
Marital status:					
Never married	66.7 (0.53)	52.3 (0.62)	29.4 (0.52)	43.8 (0.58)	66.7 (0.53)
Married	59.1 (0.37)	46.3 (0.42)	21.8 (0.33)	32.7 (0.33)	72.5 (0.31)
Cohabiting	45.2 (0.95)	48.3 (1.00)	23.0 (0.79)	39.1 (0.91)	66.1 (0.86)
Divorced or separated	45.5 (0.57)	40.6 (0.61)	20.2 (0.45)	31.4 (0.52)	63.1 (0.57)
Widowed	55.9 (0.70)	25.1 (0.64)	12.7 (0.51)	37.1 (0.70)	71.6 (0.69)
Geographic region:					
Northeast	57.9 (0.66)	44.3 (0.78)	22.5 (0.66)	37.3 (0.61)	68.3 (0.60)
Midwest	54.8 (0.56)	46.0 (0.74)	23.9 (0.52)	34.4 (0.51)	68.8 (0.49)
South	57.5 (0.46)	43.1 (0.61)	21.0 (0.40)	34.5 (0.42)	69.2 (0.40)
West	62.4 (0.66)	50.7 (0.69)	24.6 (0.57)	37.5 (0.54)	72.5 (0.47)
Place of residence: ⁹					
Large MSA	61.2 (0.37)	47.8 (0.40)	24.9 (0.34)	37.4 (0.34)	69.1 (0.34)
Small MSA	56.5 (0.60)	46.6 (0.78)	22.6 (0.48)	34.9 (0.48)	70.6 (0.43)
Not in MSA	51.1 (0.77)	37.6 (1.03)	16.3 (0.66)	31.8 (0.58)	69.8 (0.60)

See footnotes at end of table.

Table XX. Crude percentage of adults aged 18 and over who engaged in selected healthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Selected healthy behaviors				
	Never smoked cigarettes ¹	Met federal guidelines for aerobic activity ²	Met federal guidelines for strengthening activity ²	Healthy weight ³	Sufficient sleep ⁴
	Percent (standard error)				
Men					
Ages 18 years and over (crude) ⁵	52.1 (0.38)	50.3 (0.45)	26.8 (0.36)	29.5 (0.34)	69.7 (0.33)
Ages 18 years and over (age adjusted) ^{5,6}	52.3 (0.36)	50.4 (0.46)	27.0 (0.35)	30.0 (0.34)	69.8 (0.33)
Age:					
18–24 years	68.9 (1.04)	62.7 (1.13)	40.2 (1.12)	50.3 (1.12)	62.6 (1.09)
25–44 years	57.6 (0.57)	54.1 (0.63)	30.3 (0.52)	28.1 (0.53)	68.3 (0.53)
45–64 years	46.5 (0.64)	47.0 (0.64)	22.4 (0.50)	22.7 (0.46)	69.3 (0.52)
65–74 years	35.4 (1.00)	41.6 (1.06)	18.5 (0.82)	24.3 (0.85)	78.4 (0.85)
75 years and over	37.8 (1.21)	32.0 (1.28)	14.5 (0.92)	38.8 (1.23)	82.6 (0.91)
Race:					
White, single race	50.5 (0.42)	51.0 (0.51)	26.4 (0.40)	28.6 (0.38)	71.0 (0.37)
Black or African American, single race	58.8 (0.91)	46.5 (1.00)	30.8 (0.93)	30.0 (0.83)	61.4 (0.90)
American Indian or Alaska Native, single race	54.0 (4.38)	41.4 (3.80)	16.7 (2.80)	22.0 (2.84)	70.2 (3.36)
Asian, single race	64.4 (1.36)	47.4 (1.45)	24.6 (1.14)	46.2 (1.38)	67.2 (1.33)
Native Hawaiian or Other Pacific Islander, single race	71.6 (6.08)	62.2 (7.68)	24.9 (6.59)	*13.6 (4.50)	58.0 (9.07)
Two or more races	48.9 (2.85)	55.2 (3.04)	36.1 (2.77)	29.3 (2.59)	62.4 (2.73)
Black or African American, white	66.2 (5.82)	58.9 (6.99)	34.1 (5.90)	37.5 (6.70)	65.9 (6.24)
American Indian or Alaska Native, white	36.8 (4.33)	46.7 (4.79)	32.2 (4.26)	24.5 (3.66)	65.1 (4.18)
Hispanic or Latino origin and race:					
Hispanic or Latino	62.3 (0.78)	41.7 (0.88)	21.8 (0.73)	23.8 (0.70)	72.4 (0.78)
Mexican or Mexican American	62.8 (0.98)	41.5 (1.13)	21.0 (0.92)	22.6 (0.89)	74.6 (0.97)
Not Hispanic or Latino	50.3 (0.41)	51.8 (0.49)	27.7 (0.39)	30.5 (0.37)	69.2 (0.36)
White, single race	48.2 (0.47)	52.9 (0.57)	27.4 (0.45)	29.6 (0.43)	70.7 (0.41)
Black or African American, single race	58.5 (0.94)	46.6 (1.02)	31.0 (0.96)	30.0 (0.86)	61.3 (0.92)
Education:					
Less than high school graduate	43.7 (0.87)	32.1 (0.84)	14.6 (0.62)	31.3 (0.81)	70.7 (0.77)
GED diploma ⁷	23.3 (1.68)	41.1 (2.03)	19.0 (1.54)	29.0 (1.80)	63.6 (1.98)
High school graduate	45.9 (0.71)	42.4 (0.73)	19.7 (0.58)	27.8 (0.61)	68.7 (0.63)
Some college—no degree	52.1 (0.86)	54.3 (0.84)	31.4 (0.79)	30.1 (0.78)	64.6 (0.75)
Associate of arts degree	50.0 (1.14)	54.5 (1.16)	28.7 (1.03)	26.4 (1.00)	67.2 (1.06)
Bachelor of arts, science degree	64.6 (0.74)	63.3 (0.86)	36.6 (0.83)	30.0 (0.73)	73.2 (0.71)
Masters, doctorate, medical degree	68.3 (0.96)	67.0 (1.05)	38.5 (1.06)	32.7 (1.02)	77.1 (0.91)
Poverty status:⁸					
Below poverty level	50.1 (1.22)	40.7 (1.21)	22.5 (0.95)	37.7 (1.04)	66.7 (0.96)
≥1 and <2 times poverty level	46.6 (0.86)	38.8 (0.80)	18.2 (0.66)	32.2 (0.86)	69.5 (0.74)
≥2 and <4 times poverty level	50.5 (0.67)	46.5 (0.70)	24.0 (0.60)	28.4 (0.61)	68.6 (0.60)
4 times poverty level or more	56.2 (0.55)	60.9 (0.60)	34.0 (0.59)	27.0 (0.50)	71.3 (0.54)
Marital status:					
Never married	62.6 (0.72)	57.9 (0.81)	36.7 (0.76)	42.6 (0.75)	67.4 (0.72)
Married	52.2 (0.49)	48.6 (0.55)	23.6 (0.43)	23.9 (0.42)	72.0 (0.42)
Cohabiting	40.9 (1.30)	52.0 (1.38)	25.9 (1.17)	32.6 (1.25)	66.3 (1.21)
Divorced or separated	38.1 (0.87)	45.4 (0.92)	25.0 (0.76)	26.8 (0.77)	63.5 (0.91)
Widowed	35.2 (1.50)	31.2 (1.53)	15.8 (1.16)	34.7 (1.59)	72.1 (1.53)
Geographic region:					
Northeast	53.0 (0.93)	50.3 (1.08)	27.3 (0.95)	30.1 (0.84)	67.9 (0.84)
Midwest	49.4 (0.81)	50.4 (0.93)	27.5 (0.72)	28.3 (0.69)	68.4 (0.68)
South	50.7 (0.62)	47.6 (0.80)	25.4 (0.54)	29.4 (0.56)	69.1 (0.56)
West	56.2 (0.77)	54.4 (0.89)	28.0 (0.80)	30.6 (0.71)	73.0 (0.63)
Place of residence:⁹					
Large MSA	55.7 (0.50)	52.7 (0.53)	29.9 (0.49)	30.8 (0.46)	69.2 (0.48)
Small MSA	50.5 (0.75)	51.2 (0.99)	26.1 (0.67)	28.8 (0.61)	70.5 (0.60)
Not in MSA	43.6 (0.86)	41.0 (1.29)	18.6 (0.85)	27.0 (0.87)	69.5 (0.79)

See footnotes at end of table.

Table XX. Crude percentage of adults aged 18 and over who engaged in selected healthy behaviors, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Selected healthy behaviors				
	Never smoked cigarettes ¹	Met federal guidelines for aerobic activity ²	Met federal guidelines for strengthening activity ²	Healthy weight ³	Sufficient sleep ⁴
	Percent (standard error)				
Women					
Ages 18 years and over (crude) ⁵	63.6 (0.34)	41.5 (0.38)	18.9 (0.28)	41.5 (0.34)	69.8 (0.29)
Ages 18 years and over (age adjusted) ^{5,6}	64.2 (0.34)	42.1 (0.39)	19.1 (0.29)	42.0 (0.34)	69.7 (0.30)
Age:					
18–24 years	77.1 (0.87)	48.1 (1.09)	20.7 (0.84)	54.9 (1.05)	63.3 (1.00)
25–44 years	66.0 (0.53)	47.7 (0.57)	21.5 (0.44)	43.0 (0.56)	70.7 (0.46)
45–64 years	57.8 (0.54)	40.9 (0.57)	18.7 (0.45)	36.4 (0.53)	68.1 (0.48)
65–74 years	56.2 (0.97)	33.3 (0.89)	15.9 (0.69)	34.3 (0.91)	74.6 (0.79)
75 years and over	66.2 (0.88)	19.1 (0.74)	10.5 (0.57)	44.4 (0.85)	76.6 (0.80)
Race:					
White, single race	61.2 (0.38)	43.3 (0.43)	20.0 (0.33)	42.9 (0.38)	71.2 (0.34)
Black or African American, single race	70.1 (0.72)	31.1 (0.75)	14.1 (0.57)	26.6 (0.70)	62.3 (0.76)
American Indian or Alaska Native, single race	60.3 (3.62)	39.8 (3.11)	13.1 (2.32)	33.3 (3.70)	68.1 (3.58)
Asian, single race	88.3 (0.91)	39.8 (1.34)	15.7 (0.97)	61.7 (1.34)	68.7 (1.17)
Native Hawaiian or Other Pacific Islander, single race	64.8 (7.63)	41.6 (8.25)	*18.7 (7.39)	27.5 (6.99)	53.3 (7.98)
Two or more races	56.9 (2.62)	45.0 (2.54)	19.6 (1.95)	36.7 (2.56)	61.4 (2.50)
Black or African American, white	60.7 (5.00)	48.4 (5.61)	21.6 (4.87)	44.1 (5.46)	58.2 (5.44)
American Indian or Alaska Native, white	50.4 (4.33)	42.1 (3.87)	16.8 (2.55)	34.0 (4.02)	62.9 (3.74)
Hispanic or Latino origin and race:					
Hispanic or Latino	79.6 (0.60)	33.6 (0.80)	13.1 (0.55)	32.9 (0.70)	71.6 (0.70)
Mexican or Mexican American	82.2 (0.70)	34.3 (1.03)	13.1 (0.70)	30.8 (0.87)	74.1 (0.92)
Not Hispanic or Latino	61.2 (0.37)	42.7 (0.41)	19.8 (0.31)	42.8 (0.37)	69.5 (0.33)
White, single race	58.0 (0.42)	45.0 (0.47)	21.2 (0.36)	44.6 (0.42)	71.0 (0.38)
Black or African American, single race	70.0 (0.73)	31.0 (0.77)	14.0 (0.58)	26.5 (0.72)	62.3 (0.77)
Education:					
Less than high school graduate	61.4 (0.84)	22.9 (0.71)	7.6 (0.44)	33.2 (0.74)	68.4 (0.74)
GED diploma ⁷	39.2 (1.87)	28.9 (1.57)	9.7 (1.03)	29.6 (1.73)	64.7 (1.78)
High school graduate	59.6 (0.61)	32.6 (0.64)	12.2 (0.43)	36.7 (0.60)	69.8 (0.58)
Some college—no degree	61.4 (0.67)	43.2 (0.75)	19.8 (0.56)	41.0 (0.71)	64.6 (0.69)
Associate of arts degree	62.9 (0.85)	47.2 (0.94)	23.4 (0.79)	39.5 (0.92)	67.9 (0.88)
Bachelor of arts, science degree	72.0 (0.65)	56.3 (0.74)	29.1 (0.68)	52.0 (0.77)	75.4 (0.63)
Masters, doctorate, medical degree	74.6 (0.94)	59.9 (1.02)	31.1 (0.99)	54.5 (1.10)	76.4 (0.87)
Poverty status:⁸					
Below poverty level	60.6 (0.88)	29.4 (0.87)	11.3 (0.56)	35.9 (0.81)	64.3 (0.76)
≥1 and <2 times poverty level	61.9 (0.70)	30.9 (0.68)	11.9 (0.45)	35.4 (0.65)	66.8 (0.65)
≥2 and <4 times poverty level	63.0 (0.62)	39.1 (0.60)	16.8 (0.46)	39.4 (0.59)	69.8 (0.54)
4 times poverty level or more	66.2 (0.56)	53.8 (0.58)	27.4 (0.51)	48.8 (0.60)	73.4 (0.49)
Marital status:					
Never married	71.6 (0.68)	45.6 (0.78)	20.8 (0.61)	45.3 (0.82)	65.8 (0.70)
Married	66.0 (0.46)	43.9 (0.51)	19.9 (0.41)	42.0 (0.48)	73.1 (0.40)
Cohabiting	49.6 (1.24)	44.6 (1.31)	20.0 (0.99)	45.8 (1.31)	65.9 (1.24)
Divorced or separated	50.8 (0.72)	37.2 (0.73)	16.8 (0.50)	34.8 (0.70)	62.8 (0.72)
Widowed	61.2 (0.78)	23.5 (0.69)	11.9 (0.56)	37.7 (0.78)	71.4 (0.76)
Geographic region:					
Northeast	62.2 (0.85)	39.1 (0.85)	18.2 (0.65)	44.0 (0.81)	68.7 (0.69)
Midwest	59.7 (0.65)	42.0 (0.83)	20.4 (0.62)	40.1 (0.68)	69.3 (0.64)
South	63.8 (0.53)	39.0 (0.65)	16.8 (0.45)	39.4 (0.56)	69.3 (0.49)
West	68.5 (0.81)	47.0 (0.80)	21.3 (0.63)	44.5 (0.70)	71.9 (0.59)
Place of residence:⁹					
Large MSA	66.4 (0.45)	43.3 (0.50)	20.2 (0.40)	43.8 (0.47)	69.1 (0.42)
Small MSA	62.2 (0.69)	42.4 (0.78)	19.3 (0.51)	40.6 (0.63)	70.7 (0.50)
Not in MSA	57.9 (0.97)	34.6 (1.07)	14.2 (0.68)	36.3 (0.71)	70.2 (0.72)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Never smoked cigarettes or smoked fewer than 100 cigarettes in lifetime.

²The 2008 *Physical Activity Guidelines for Americans* (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferably be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days a week. NHIS questions ask about frequency and duration of light- to moderate-intensity and vigorous-intensity leisure-time physical activities and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

³Healthy weight is a BMI of greater than or equal to 18.5 and less than 25.

⁴Number of hours of sleep in a 24-hour period.

⁵Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁶Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over.

⁷GED is General Educational Development high school equivalency diploma.

⁸Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁹MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. For age-adjusted percentages, refer to Table 8.2. Denominator for each percentage excludes persons with unknown health behavior characteristics. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XXI. Number of adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Both sexes	Men	Women
	Number (in thousands)		
Total ¹	227,368	109,843	117,525
Age:			
18–24 years	29,130	14,612	14,518
25–44 years	81,392	40,479	40,913
45–64 years	78,909	38,332	40,578
65–74 years	20,585	9,499	11,087
75 years and over	17,351	6,921	10,430
Race:			
White, single race	183,907	89,983	93,924
Black or African American, single race	27,316	12,190	15,125
American Indian or Alaska Native, single race	1,943	910	1,033
Asian, single race	10,787	5,152	5,635
Native Hawaiian or other Pacific Islander, single race	392	173	219
Two or more races	3,023	1,435	1,588
Black or African American, white	532	257	274
American Indian or Alaska Native, white	1,411	640	771
Hispanic or Latino origin and race:			
Hispanic or Latino	31,330	16,117	15,213
Mexican or Mexican American	19,496	10,172	9,324
Not Hispanic or Latino	196,038	93,725	102,313
White, single race	155,262	75,175	80,087
Black or African American, single race	26,318	11,732	14,586
Education:			
Less than high school graduate	33,672	17,080	16,592
GED diploma ²	6,405	3,307	3,098
High school graduate	55,686	27,098	28,588
Some college—no degree	45,503	20,910	24,593
Associate of arts degree	23,135	10,247	12,888
Bachelor of arts, science degree	40,489	19,782	20,707
Masters, doctorate, medical degree	21,173	10,741	10,432
Poverty: ³			
Below poverty level	28,535	12,298	16,237
≥1 and <2 times poverty level	42,229	19,377	22,852
≥2 and <4 times poverty level	69,616	33,777	35,839
4 times poverty level or more	86,988	44,391	42,597
Marital status:			
Never married	48,209	26,094	22,114
Married	123,910	62,296	61,614
Cohabiting	15,650	7,903	7,747
Divorced or separated	25,654	10,679	14,975
Widowed	13,586	2,740	10,846
Geographic region:			
Northeast	39,621	18,685	20,936
Midwest	54,193	26,110	28,084
South	81,443	39,226	42,217
West	52,111	25,822	26,288
Place of residence: ⁴			
Large MSA	117,196	56,957	60,239
Small MSA	72,836	35,092	37,744
Not MSA	37,336	17,794	19,542

¹Includes persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status.

²GED is General Educational Development high school equivalency diploma.

³Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁴MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Population estimates can be used in conjunction with the unadjusted statistics to calculate the numbers of persons in each category shown in the Appendix IV tables of the report. See Appendix II for definitions of terms.

SOURCE: National Health Interview Survey, 2008–2010.

Appendix V. Leisure-time Physical Activity According to Healthy People 2010 Criteria

With the transition to the 2008 Physical Activity Guidelines for Adults that have been adopted for use in the Healthy People 2020 objectives, the presentation of estimates in Chapter 5 has been changed to reflect the new guidelines. To allow readers to examine trends in leisure-time physical activity for each subgroup covered in this report, this section includes tables (Tables XXII–XXVI) that are identical in content and format to Tables 5.1–5.5 in Chapter 5 of the earlier reports in this series (5–7). These tables present age-adjusted estimates based on Healthy People 2010 criteria for meeting physical activity objectives. Trend comparisons with the 2008 guidelines and have been published elsewhere (75).

Definition of Terms for Leisure-time Physical Activity According to Healthy People 2010 Criteria

The National Health Interview Survey (NHIS) questions on leisure-time physical activity have remained essentially unchanged since 1997. An introductory phrase explains to respondents that they are being asked about leisure-time physical activities only. The one change since 1997 was the insertion of the term “leisure-time” into each question in order to be sure that respondents remembered to limit their answers to leisure-time activities. All physical activity questions are phrased in terms of current behavior and lack a specific reference period. In Tables XXII–XXVI, persons who volunteered a response indicating that they were “unable to do the activity” were combined with those saying they “never” engaged in the activity. The terms used in these tables are defined below and are consistent with those included in all earlier reports.

Inactive—Includes persons who engaged in no light, moderate, or vigorous leisure-time physical activity

lasting 10 minutes or longer. Persons classified as physically inactive include persons who volunteered that they were unable to engage in the activity. “Inactive” may include individuals who engaged in only muscle-strengthening activities.

At least some activity—Is any light to moderate, or vigorous leisure-time physical activity lasting 10 minutes or longer, regardless of frequency or duration.

Some, less than regular activity—Is any light, moderate, or vigorous leisure-time physical activity lasting at least 10 minutes that did not meet the criteria for “regular.”

Regular—See definition “any regular” below.

Light or moderate activity—Is activity lasting at least 10 minutes that caused light sweating or slight to moderate increase in breathing or heart rate.

Vigorous activity—Is activity lasting at least 10 minutes that caused heavy sweating or large increases in breathing or heart rate.

Regular activity—Is leisure-time activity engaged in for a minimum specified duration and a minimum specified frequency.

Regular light or moderate activity—Is light or moderate activity that occurred, on average, five or more times per week for at least 30 minutes each time.

Regular vigorous activity—Is vigorous activity that occurred, on average, three or more times per week for at least 20 minutes each time.

Any regular activity—Is either regular light or moderate or regular vigorous, or both. It does not include other combinations of activity levels (e.g., vigorous activity twice a week combined with light or moderate activity three times a week). The number of individuals with such combinations of activity is small.

Muscle-strengthening activity—Is any leisure-time physical activity designed specifically to strengthen

muscles, including, but not limited to, weight lifting or calisthenics (e.g., push-ups, sit-ups, etc.). The reference period was unspecified, and no information on duration was collected. Muscle-strengthening activities may overlap with light, moderate, or vigorous activities, as respondents were told to report such activities, even if they had included them in their previous responses to light to moderate or vigorous activities.

Table XXII. Age-adjusted percent distribution of leisure-time physical activity status for adults aged 18 and over, and age-adjusted percentage for adults aged 18 and over who engaged in some but less than regular and regular leisure-time physical activity, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Leisure-time physical activity status ¹			
		Inactive	At least some ² (some + regular)	Some, less than regular	Regular
Both sexes	Percent distribution (standard error)		Percent (standard error)		
Ages 18 years and over (age adjusted) ³	100.0	33.8 (0.39)	66.2 (0.39)	32.1 (0.28)	34.1 (0.29)
Ages 18 years and over (crude) ³	100.0	34.0 (0.39)	66.0 (0.39)	32.1 (0.28)	33.9 (0.29)
Age: ⁴					
18–24 years	100.0	26.8 (0.78)	73.2 (0.78)	32.1 (0.72)	41.1 (0.79)
25–44 years	100.0	29.3 (0.46)	70.7 (0.46)	33.2 (0.39)	37.5 (0.41)
45–64 years	100.0	34.5 (0.52)	65.5 (0.52)	32.9 (0.43)	32.6 (0.41)
65–74 years	100.0	42.1 (0.73)	57.9 (0.73)	29.7 (0.62)	28.2 (0.63)
75 years and over	100.0	56.1 (0.83)	43.9 (0.83)	26.0 (0.69)	17.9 (0.61)
Race:					
White, single race	100.0	32.2 (0.43)	67.8 (0.43)	32.4 (0.32)	35.4 (0.34)
Black or African American, single race	100.0	43.8 (0.70)	56.2 (0.70)	28.8 (0.58)	27.4 (0.54)
American Indian or Alaska Native, single race	100.0	42.4 (2.80)	57.6 (2.80)	28.9 (2.24)	28.7 (2.32)
Asian, single race	100.0	34.4 (1.02)	65.6 (1.02)	35.5 (0.94)	30.1 (0.90)
Native Hawaiian or Other Pacific Islander, single race	100.0	39.3 (5.61)	60.7 (5.61)	23.6 (4.48)	37.2 (5.34)
Two or more races	100.0	30.8 (1.77)	69.2 (1.77)	35.3 (1.77)	33.9 (1.73)
Black or African American, white	100.0	36.7 (4.71)	63.3 (4.71)	28.8 (4.29)	34.5 (4.46)
American Indian or Alaska Native, white	100.0	35.2 (2.71)	64.8 (2.71)	34.4 (2.85)	30.5 (2.81)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	45.2 (0.69)	54.8 (0.69)	28.2 (0.55)	26.6 (0.53)
Mexican or Mexican American	100.0	44.4 (0.95)	55.6 (0.95)	29.4 (0.76)	26.3 (0.70)
Not Hispanic or Latino	100.0	31.8 (0.41)	68.2 (0.41)	32.7 (0.31)	35.5 (0.32)
White, single race	100.0	29.5 (0.46)	70.5 (0.46)	33.1 (0.36)	37.4 (0.37)
Black or African American, single race	100.0	43.7 (0.72)	56.3 (0.72)	28.9 (0.59)	27.4 (0.56)
Education:					
Less than high school graduate	100.0	53.9 (0.68)	46.1 (0.68)	25.0 (0.54)	21.2 (0.52)
GED diploma ⁵	100.0	45.1 (1.39)	54.9 (1.39)	29.0 (1.20)	25.9 (1.19)
High school graduate	100.0	42.0 (0.62)	58.0 (0.62)	30.3 (0.51)	27.7 (0.46)
Some college—no degree	100.0	30.4 (0.60)	69.6 (0.60)	34.9 (0.54)	34.7 (0.52)
Associate of arts degree	100.0	27.4 (0.70)	72.6 (0.70)	35.6 (0.73)	37.0 (0.74)
Bachelor of arts, science degree	100.0	20.3 (0.51)	79.7 (0.51)	34.9 (0.55)	44.7 (0.58)
Masters, doctorate, medical degree	100.0	15.9 (0.58)	84.1 (0.58)	35.2 (0.72)	48.8 (0.82)
Poverty status: ⁶					
Below poverty level	100.0	50.6 (0.81)	49.4 (0.81)	25.1 (0.58)	24.2 (0.61)
≥1 and <2 times poverty level	100.0	45.7 (0.67)	54.3 (0.67)	28.9 (0.53)	25.4 (0.48)
≥2 and <4 times poverty level	100.0	35.3 (0.53)	64.7 (0.53)	32.8 (0.46)	31.9 (0.43)
4 times poverty level or more	100.0	21.6 (0.43)	78.4 (0.43)	35.2 (0.42)	43.2 (0.44)
Marital status:					
Never married	100.0	35.0 (0.67)	65.0 (0.67)	30.8 (0.55)	34.2 (0.57)
Married	100.0	31.9 (0.45)	68.1 (0.45)	33.6 (0.37)	34.5 (0.37)
Cohabiting	100.0	35.1 (1.08)	64.9 (1.08)	31.5 (0.99)	33.3 (0.97)
Divorced or separated	100.0	38.6 (0.71)	61.4 (0.71)	30.2 (0.58)	31.2 (0.64)
Widowed	100.0	43.5 (2.55)	56.5 (2.55)	28.9 (2.54)	27.6 (2.59)
Geographic region:					
Northeast	100.0	35.5 (0.82)	64.5 (0.82)	30.9 (0.63)	33.5 (0.74)
Midwest	100.0	31.1 (0.80)	68.9 (0.80)	34.6 (0.63)	34.4 (0.61)
South	100.0	37.4 (0.73)	62.6 (0.73)	30.9 (0.50)	31.7 (0.49)
West	100.0	29.6 (0.75)	70.4 (0.75)	32.3 (0.51)	38.1 (0.61)
Place of residence: ⁷					
Large MSA	100.0	32.1 (0.40)	67.9 (0.40)	32.5 (0.33)	35.4 (0.35)
Small MSA	100.0	32.7 (0.87)	67.3 (0.87)	32.6 (0.52)	34.7 (0.66)
Not in MSA	100.0	41.4 (1.28)	58.6 (1.28)	30.2 (0.91)	28.4 (0.78)

See footnotes at end of table.

Table XXII. Age-adjusted percent distribution of leisure-time physical activity status for adults aged 18 and over, and age-adjusted percentage for adults aged 18 and over who engaged in some but less than regular and regular leisure-time physical activity, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Leisure-time physical activity status ¹			
		Inactive	At least some ² (some + regular)	Some, less than regular	Regular
Men		Percent distribution (standard error)		Percent (standard error)	
Ages 18 years and over (age adjusted) ³	100.0	31.3 (0.47)	68.7 (0.47)	31.9 (0.36)	36.8 (0.40)
Ages 18 years and over (crude) ³	100.0	31.2 (0.47)	68.8 (0.47)	32.0 (0.36)	36.7 (0.39)
Age:⁴					
18–24 years	100.0	22.0 (0.97)	78.0 (0.97)	29.6 (1.02)	48.4 (1.13)
25–44 years	100.0	28.0 (0.61)	72.0 (0.61)	33.5 (0.55)	38.5 (0.57)
45–64 years	100.0	33.2 (0.67)	66.8 (0.67)	33.0 (0.58)	33.8 (0.57)
65–74 years	100.0	39.1 (1.05)	60.9 (1.05)	28.7 (0.94)	32.1 (1.00)
75 years and over	100.0	48.1 (1.34)	51.9 (1.34)	27.9 (1.06)	23.9 (1.10)
Race:					
White, single race	100.0	30.4 (0.52)	69.6 (0.52)	32.1 (0.40)	37.5 (0.45)
Black or African American, single race	100.0	37.8 (0.99)	62.2 (0.99)	28.5 (0.84)	33.7 (0.87)
American Indian or Alaska Native, single race	100.0	41.0 (4.09)	59.0 (4.09)	31.2 (3.34)	27.7 (3.36)
Asian, single race	100.0	31.6 (1.40)	68.4 (1.40)	35.6 (1.30)	32.8 (1.37)
Native Hawaiian or Other Pacific Islander, single race	100.0	32.9 (7.27)	67.1 (7.27)	25.3 (7.35)	41.8 (8.88)
Two or more races	100.0	28.9 (2.60)	71.1 (2.60)	34.5 (2.54)	36.6 (2.50)
Black or African American, white	100.0	36.9 (7.66)	63.1 (7.66)	22.2 (5.03)	40.8 (7.19)
American Indian or Alaska Native, white	100.0	34.8 (4.44)	65.2 (4.44)	35.2 (4.28)	29.9 (4.16)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	42.0 (0.92)	58.0 (0.92)	29.4 (0.79)	28.6 (0.77)
Mexican or Mexican American	100.0	42.1 (1.16)	57.9 (1.16)	30.5 (1.01)	27.4 (1.00)
Not Hispanic or Latino	100.0	29.3 (0.50)	70.7 (0.50)	32.3 (0.39)	38.4 (0.44)
White, single race	100.0	27.8 (0.57)	72.2 (0.57)	32.6 (0.45)	39.6 (0.50)
Black or African American, single race	100.0	37.6 (1.01)	62.4 (1.01)	28.8 (0.86)	33.7 (0.89)
Education:					
Less than high school graduate	100.0	50.3 (0.93)	49.7 (0.93)	26.2 (0.80)	23.5 (0.78)
GED diploma ⁵	100.0	41.2 (1.90)	58.8 (1.90)	28.8 (1.79)	30.0 (1.87)
High school graduate	100.0	39.0 (0.79)	61.0 (0.79)	30.7 (0.69)	30.2 (0.66)
Some college—no degree	100.0	27.5 (0.80)	72.5 (0.80)	33.6 (0.75)	38.9 (0.79)
Associate of arts degree	100.0	24.8 (1.05)	75.2 (1.05)	36.4 (1.14)	38.8 (1.10)
Bachelor of arts, science degree	100.0	19.0 (0.71)	81.0 (0.71)	34.3 (0.77)	46.8 (0.83)
Masters, doctorate, medical degree	100.0	14.4 (0.79)	85.6 (0.79)	34.3 (1.05)	51.2 (1.16)
Poverty status:⁶					
Below poverty level	100.0	45.7 (1.22)	54.3 (1.22)	25.4 (0.86)	29.0 (1.00)
≥1 and <2 times poverty level	100.0	43.5 (0.87)	56.5 (0.87)	28.9 (0.74)	27.6 (0.72)
≥2 and <4 times poverty level	100.0	33.9 (0.69)	66.1 (0.69)	32.4 (0.61)	33.7 (0.63)
4 times poverty level or more	100.0	20.4 (0.55)	79.6 (0.55)	34.5 (0.57)	45.1 (0.60)
Marital status:					
Never married	100.0	32.1 (0.87)	67.9 (0.87)	29.5 (0.76)	38.4 (0.83)
Married	100.0	31.2 (0.56)	68.8 (0.56)	33.7 (0.50)	35.1 (0.49)
Cohabiting	100.0	35.0 (1.51)	65.0 (1.51)	29.7 (1.28)	35.3 (1.39)
Divorced or separated	100.0	35.4 (1.07)	64.6 (1.07)	29.7 (0.96)	34.9 (1.03)
Widowed	100.0	35.4 (4.21)	64.6 (4.21)	28.4 (5.33)	36.2 (5.49)
Geographic region:					
Northeast	100.0	31.6 (1.10)	68.4 (1.10)	31.7 (0.87)	36.7 (1.00)
Midwest	100.0	29.0 (0.90)	71.0 (0.90)	34.3 (0.77)	36.7 (0.80)
South	100.0	34.7 (0.86)	65.3 (0.86)	30.5 (0.59)	34.8 (0.64)
West	100.0	28.0 (0.92)	72.0 (0.92)	31.8 (0.72)	40.1 (0.88)
Place of residence:⁷					
Large MSA	100.0	28.9 (0.53)	71.1 (0.53)	32.7 (0.47)	38.3 (0.49)
Small MSA	100.0	30.1 (0.97)	69.9 (0.97)	32.4 (0.65)	37.6 (0.83)
Not in MSA	100.0	41.2 (1.48)	58.8 (1.48)	28.6 (1.01)	30.1 (1.04)

See footnotes at end of table.

Table XXII. Age-adjusted percent distribution of leisure-time physical activity status for adults aged 18 and over, and age-adjusted percentage for adults aged 18 and over who engaged in some but less than regular and regular leisure-time physical activity, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Leisure-time physical activity status ¹			
		Inactive	At least some ² (some + regular)	Some, less than regular	Regular
Women	Percent distribution (standard error)		Percent (standard error)		
Ages 18 years and over (age adjusted) ³	100.0	36.0 (0.43)	64.0 (0.43)	32.3 (0.36)	31.7 (0.34)
Ages 18 years and over (crude) ³	100.0	36.5 (0.43)	63.5 (0.43)	32.2 (0.35)	31.3 (0.33)
Age: ⁴					
18–24 years	100.0	31.7 (1.05)	68.3 (1.05)	34.6 (1.01)	33.8 (0.99)
25–44 years	100.0	30.5 (0.54)	69.5 (0.54)	33.0 (0.50)	36.5 (0.53)
45–64 years	100.0	35.7 (0.61)	64.3 (0.61)	32.9 (0.54)	31.4 (0.53)
65–74 years	100.0	44.6 (0.92)	55.4 (0.92)	30.5 (0.83)	24.9 (0.79)
75 years and over	100.0	61.4 (0.92)	38.6 (0.92)	24.8 (0.83)	13.8 (0.63)
Race:					
White, single race	100.0	33.8 (0.47)	66.2 (0.47)	32.7 (0.40)	33.5 (0.39)
Black or African American, single race	100.0	48.6 (0.84)	51.4 (0.84)	28.9 (0.75)	22.4 (0.65)
American Indian or Alaska Native, single race	100.0	43.4 (3.58)	56.6 (3.58)	26.6 (2.86)	30.0 (2.90)
Asian, single race	100.0	36.9 (1.31)	63.1 (1.31)	35.5 (1.27)	27.7 (1.18)
Native Hawaiian or Other Pacific Islander, single race	100.0	44.0 (7.45)	56.0 (7.45)	22.2 (5.68)	33.8 (7.22)
Two or more races	100.0	32.5 (2.30)	67.5 (2.30)	35.8 (2.42)	31.6 (2.44)
Black or African American, white	100.0	37.0 (5.86)	63.0 (5.86)	34.2 (6.24)	28.8 (5.58)
American Indian or Alaska Native, white	100.0	35.6 (3.40)	64.4 (3.40)	33.3 (3.75)	31.0 (3.75)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	48.3 (0.88)	51.7 (0.88)	26.9 (0.68)	24.7 (0.68)
Mexican or Mexican American	100.0	46.6 (1.20)	53.4 (1.20)	28.1 (0.96)	25.3 (0.88)
Not Hispanic or Latino	100.0	34.0 (0.45)	66.0 (0.45)	33.1 (0.40)	32.9 (0.37)
White, single race	100.0	31.0 (0.50)	69.0 (0.50)	33.7 (0.45)	35.3 (0.43)
Black or African American, single race	100.0	48.7 (0.86)	51.3 (0.86)	29.0 (0.77)	22.3 (0.66)
Education:					
Less than high school graduate	100.0	57.7 (0.88)	42.3 (0.88)	23.7 (0.72)	18.7 (0.68)
GED diploma ⁵	100.0	49.2 (1.89)	50.8 (1.89)	29.3 (1.64)	21.5 (1.41)
High school graduate	100.0	45.0 (0.78)	55.0 (0.78)	29.9 (0.67)	25.1 (0.61)
Some college—no degree	100.0	32.9 (0.73)	67.1 (0.73)	35.9 (0.71)	31.2 (0.66)
Associate of arts degree	100.0	29.3 (0.84)	70.7 (0.84)	35.0 (0.92)	35.7 (0.94)
Bachelor of arts, science degree	100.0	21.7 (0.64)	78.3 (0.64)	35.5 (0.74)	42.7 (0.75)
Masters, doctorate, medical degree	100.0	17.6 (0.78)	82.4 (0.78)	36.5 (0.99)	45.9 (1.06)
Poverty status: ⁶					
Below poverty level	100.0	54.1 (0.89)	45.9 (0.89)	25.1 (0.71)	20.8 (0.64)
≥1 and <2 times poverty level	100.0	47.5 (0.82)	52.5 (0.82)	28.9 (0.69)	23.6 (0.60)
≥2 and <4 times poverty level	100.0	36.6 (0.64)	63.4 (0.64)	33.2 (0.60)	30.2 (0.56)
4 times poverty level or more	100.0	22.8 (0.54)	77.2 (0.54)	36.0 (0.59)	41.3 (0.57)
Marital status:					
Never married	100.0	38.3 (0.84)	61.7 (0.84)	32.2 (0.75)	29.5 (0.69)
Married	100.0	32.8 (0.53)	67.2 (0.53)	33.5 (0.48)	33.7 (0.46)
Cohabiting	100.0	34.7 (1.41)	65.3 (1.41)	33.9 (1.45)	31.4 (1.29)
Divorced or separated	100.0	40.8 (0.84)	59.2 (0.84)	30.4 (0.73)	28.8 (0.74)
Widowed	100.0	46.9 (2.97)	53.1 (2.97)	29.3 (2.67)	23.7 (2.63)
Geographic region:					
Northeast	100.0	38.9 (0.92)	61.1 (0.92)	30.3 (0.86)	30.7 (0.87)
Midwest	100.0	33.0 (0.92)	67.0 (0.92)	34.8 (0.74)	32.2 (0.68)
South	100.0	39.7 (0.77)	60.3 (0.77)	31.4 (0.64)	28.9 (0.56)
West	100.0	31.1 (0.81)	68.9 (0.81)	32.7 (0.62)	36.3 (0.69)
Place of residence: ⁷					
Large MSA	100.0	34.9 (0.48)	65.1 (0.48)	32.3 (0.43)	32.9 (0.46)
Small MSA	100.0	35.1 (0.90)	64.9 (0.90)	32.8 (0.66)	32.1 (0.69)
Not in MSA	100.0	41.5 (1.37)	58.5 (1.37)	31.6 (1.10)	26.8 (0.82)

¹Questions related to leisure-time physical activity were phrased in terms of current behavior and lack a specific reference period. "Inactive" is no light to moderate or vigorous leisure-time physical activity lasting at least 10 minutes; "at least some" is some light to moderate or vigorous leisure-time physical activity lasting at least 10 minutes, regardless of the frequency or duration of the activity; "some, less than regular" is some light to moderate or vigorous leisure-time physical activity lasting at least 10 minutes but the activity did not meet the definition for regular leisure-time physical activity; "regular" is vigorous leisure-time physical activity at least three times per week lasting at least 20 minutes each time OR light to moderate leisure-time physical activity at least five times per week lasting at least 30 minutes each time OR both.

²Any vigorous or light to moderate leisure-time physical activity, regardless of frequency or duration. This category, which is the sum of the categories "some activity" and "regular activity" corresponds to the category of the same name shown in earlier editions of this report (1997–1998, 1999–2001, and 2002–2004) with one small difference. In the earlier reports, adults for whom duration information was missing were classified as having engaged in activity. Beginning with the current report, these adults were excluded from the denominator when calculating percentages in order to be consistent with other published estimates.

³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁴Estimates for age groups are not age adjusted.

⁵GED is General Educational Development high school equivalency diploma.

⁶Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁷MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For physical activity estimates according to 2008 federal guidelines for physical activity for adults, refer to Chapter 5 tables. Denominator for each percentage excludes persons with unknown leisure-time physical activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XXIII. Age-adjusted percent distribution of times per week engaged in light to moderate leisure-time physical activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Times per week engaged in light to moderate activity ¹				
		None ²	Less than ³ 1	1–2	3–4	5 or more
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ⁴	100.0	43.2 (0.40)	2.1 (0.07)	16.7 (0.20)	14.1 (0.19)	23.8 (0.28)
Ages 18 years and over (crude) ⁴	100.0	43.3 (0.40)	2.1 (0.07)	16.6 (0.20)	14.1 (0.19)	23.9 (0.28)
Age: ⁵						
18–24 years	100.0	40.4 (0.81)	2.3 (0.22)	16.7 (0.58)	14.9 (0.54)	25.7 (0.72)
25–44 years	100.0	40.5 (0.50)	2.2 (0.11)	18.8 (0.31)	15.0 (0.29)	23.4 (0.40)
45–64 years	100.0	42.4 (0.52)	2.3 (0.12)	16.8 (0.31)	14.3 (0.28)	24.2 (0.38)
65–74 years	100.0	47.8 (0.75)	1.7 (0.17)	12.8 (0.46)	13.0 (0.47)	24.7 (0.65)
75 years and over	100.0	59.7 (0.81)	1.2 (0.15)	10.2 (0.49)	8.6 (0.44)	20.3 (0.62)
Race:						
White, single race	100.0	41.4 (0.44)	2.1 (0.08)	17.1 (0.22)	14.7 (0.22)	24.7 (0.32)
Black or African American, single race	100.0	54.4 (0.70)	2.2 (0.19)	14.4 (0.42)	10.9 (0.37)	18.1 (0.45)
American Indian or Alaska Native, single race	100.0	51.2 (2.83)	2.8 (0.82)	13.6 (1.36)	11.8 (1.52)	20.6 (1.96)
Asian, single race	100.0	45.4 (1.02)	2.0 (0.28)	16.3 (0.71)	13.3 (0.66)	22.9 (0.80)
Native Hawaiian or Other Pacific Islander, single race	100.0	46.9 (5.39)	†	10.8 (2.78)	*13.8 (4.96)	27.4 (4.74)
Two or more races	100.0	38.7 (1.80)	2.3 (0.45)	19.8 (1.62)	12.6 (1.05)	26.6 (1.62)
Black or African American, white	100.0	42.2 (4.77)	†	16.6 (3.68)	14.8 (3.07)	24.1 (4.25)
American Indian or Alaska Native, white	100.0	41.0 (2.91)	*2.0 (0.62)	19.3 (2.59)	10.3 (1.50)	27.5 (2.66)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	56.1 (0.68)	1.9 (0.16)	13.2 (0.40)	11.5 (0.35)	17.3 (0.45)
Mexican or Mexican American	100.0	54.6 (0.91)	1.9 (0.21)	13.8 (0.54)	12.2 (0.46)	17.4 (0.59)
Not Hispanic or Latino	100.0	41.1 (0.42)	2.2 (0.08)	17.3 (0.22)	14.5 (0.21)	25.0 (0.31)
White, single race	100.0	38.4 (0.48)	2.2 (0.09)	17.9 (0.25)	15.3 (0.25)	26.3 (0.37)
Black or African American, single race	100.0	54.3 (0.72)	2.2 (0.19)	14.6 (0.43)	10.9 (0.38)	18.1 (0.46)
Education:						
Less than high school graduate	100.0	61.7 (0.64)	1.7 (0.16)	11.3 (0.41)	7.9 (0.34)	17.4 (0.48)
GED diploma ⁶	100.0	53.2 (1.42)	2.3 (0.43)	12.9 (0.87)	9.0 (0.73)	22.6 (1.21)
High school graduate	100.0	50.9 (0.64)	2.0 (0.13)	14.1 (0.37)	11.4 (0.33)	21.6 (0.47)
Some college—no degree	100.0	39.5 (0.60)	2.5 (0.17)	17.9 (0.41)	15.3 (0.38)	24.9 (0.51)
Associate of arts degree	100.0	36.8 (0.77)	2.6 (0.24)	18.9 (0.58)	15.9 (0.53)	25.9 (0.67)
Bachelor of arts, science degree	100.0	31.6 (0.59)	2.0 (0.16)	20.6 (0.45)	18.2 (0.44)	27.6 (0.51)
Masters, doctorate, medical degree	100.0	27.8 (0.74)	1.9 (0.19)	20.6 (0.59)	20.6 (0.61)	29.0 (0.70)
Poverty status: ⁷						
Below poverty level	100.0	58.3 (0.78)	1.6 (0.15)	11.0 (0.41)	8.9 (0.36)	20.3 (0.54)
≥1 and <2 times poverty level	100.0	53.6 (0.66)	1.8 (0.16)	13.2 (0.38)	10.7 (0.34)	20.7 (0.46)
≥2 and <4 times poverty level	100.0	44.4 (0.55)	2.2 (0.13)	16.5 (0.33)	13.6 (0.30)	23.3 (0.44)
4 times poverty level or more	100.0	32.6 (0.48)	2.3 (0.13)	20.6 (0.35)	17.8 (0.32)	26.7 (0.40)
Marital status:						
Never married	100.0	45.6 (0.69)	1.9 (0.14)	15.4 (0.41)	12.9 (0.39)	24.2 (0.54)
Married	100.0	41.0 (0.47)	2.2 (0.10)	17.8 (0.28)	15.1 (0.25)	23.9 (0.34)
Cohabiting	100.0	44.3 (1.09)	2.2 (0.30)	15.6 (0.75)	14.4 (0.76)	23.6 (0.88)
Divorced or separated	100.0	47.8 (0.75)	2.2 (0.20)	15.2 (0.47)	12.7 (0.42)	22.1 (0.59)
Widowed	100.0	50.8 (2.68)	*1.7 (0.70)	16.3 (2.42)	10.0 (1.48)	21.3 (2.36)
Geographic region:						
Northeast	100.0	45.9 (0.85)	1.8 (0.16)	15.6 (0.46)	13.2 (0.44)	23.4 (0.68)
Midwest	100.0	39.3 (0.83)	2.5 (0.16)	18.9 (0.43)	14.8 (0.40)	24.6 (0.59)
South	100.0	46.9 (0.73)	2.1 (0.12)	16.1 (0.34)	13.2 (0.33)	21.7 (0.49)
West	100.0	39.7 (0.74)	2.0 (0.13)	16.2 (0.36)	15.4 (0.39)	26.6 (0.54)
Place of residence: ⁸						
Large MSA	100.0	42.8 (0.43)	2.1 (0.10)	17.1 (0.26)	14.7 (0.25)	23.3 (0.31)
Small MSA	100.0	41.2 (0.87)	2.2 (0.12)	17.1 (0.35)	14.3 (0.37)	25.2 (0.66)
Not in MSA	100.0	48.6 (1.32)	2.2 (0.18)	14.5 (0.51)	11.8 (0.51)	22.9 (0.93)

See footnotes at end of table.

Table XXIII. Age-adjusted percent distribution of times per week engaged in light to moderate leisure-time physical activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Times per week engaged in light to moderate activity ¹				
		None ²	Less than ³ 1	1–2	3–4	5 or more
Men		Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ⁴	100.0	42.9 (0.48)	2.5 (0.11)	17.4 (0.29)	13.2 (0.26)	24.0 (0.36)
Ages 18 years and over (crude) ⁴	100.0	42.8 (0.48)	2.5 (0.11)	17.5 (0.29)	13.2 (0.26)	24.0 (0.36)
Age: ⁵						
18–24 years	100.0	39.3 (1.09)	2.1 (0.34)	16.7 (0.83)	13.9 (0.73)	28.0 (1.02)
25–44 years	100.0	41.7 (0.65)	2.7 (0.17)	19.5 (0.46)	13.8 (0.38)	22.4 (0.51)
45–64 years	100.0	42.6 (0.68)	2.7 (0.20)	17.9 (0.48)	13.1 (0.41)	23.8 (0.55)
65–74 years	100.0	46.3 (1.12)	2.2 (0.31)	13.5 (0.71)	12.5 (0.72)	25.6 (0.99)
75 years and over	100.0	53.7 (1.30)	1.6 (0.31)	11.0 (0.78)	9.5 (0.81)	24.1 (1.06)
Race:						
White, single race	100.0	41.6 (0.54)	2.5 (0.12)	17.7 (0.32)	13.6 (0.30)	24.7 (0.41)
Black or African American, single race	100.0	51.7 (1.03)	2.6 (0.33)	14.8 (0.64)	11.3 (0.59)	19.7 (0.71)
American Indian or Alaska Native, single race	100.0	53.5 (4.00)	*3.6 (1.58)	14.0 (2.46)	11.8 (2.12)	17.1 (2.70)
Asian, single race	100.0	46.3 (1.40)	2.0 (0.41)	17.1 (1.20)	12.2 (0.94)	22.4 (1.11)
Native Hawaiian or Other Pacific Islander, single race	100.0	46.8 (8.24)	–	*9.6 (3.82)	†	37.5 (8.47)
Two or more races	100.0	39.1 (2.90)	2.5 (0.74)	22.1 (2.40)	9.8 (1.44)	26.6 (2.43)
Black or African American, white	100.0	43.8 (7.53)	†	15.1 (4.26)	*11.1 (4.30)	29.5 (6.78)
American Indian or Alaska Native, white	100.0	43.2 (4.85)	*2.8 (1.17)	21.3 (3.86)	*7.4 (2.35)	25.3 (3.93)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	55.5 (0.90)	2.3 (0.25)	14.2 (0.59)	11.1 (0.48)	17.0 (0.62)
Mexican or Mexican American	100.0	55.0 (1.12)	2.3 (0.29)	14.5 (0.76)	11.5 (0.64)	16.7 (0.78)
Not Hispanic or Latino	100.0	40.6 (0.52)	2.5 (0.12)	18.0 (0.32)	13.5 (0.29)	25.4 (0.40)
White, single race	100.0	38.5 (0.60)	2.5 (0.14)	18.5 (0.37)	14.1 (0.34)	26.5 (0.47)
Black or African American, single race	100.0	51.3 (1.05)	2.5 (0.32)	15.0 (0.66)	11.3 (0.61)	19.9 (0.73)
Education:						
Less than high school graduate	100.0	60.7 (0.90)	2.2 (0.26)	11.7 (0.58)	7.9 (0.48)	17.6 (0.69)
GED diploma ⁶	100.0	50.8 (1.99)	2.7 (0.69)	13.7 (1.28)	8.5 (1.07)	24.3 (1.79)
High school graduate	100.0	50.3 (0.83)	2.4 (0.21)	14.5 (0.52)	10.8 (0.47)	21.9 (0.64)
Some college—no degree	100.0	38.7 (0.82)	2.9 (0.28)	19.2 (0.65)	13.9 (0.53)	25.3 (0.73)
Associate of arts degree	100.0	35.9 (1.14)	3.3 (0.44)	20.1 (0.91)	14.7 (0.81)	26.0 (1.01)
Bachelor of arts, science degree	100.0	32.2 (0.83)	2.3 (0.26)	21.7 (0.68)	16.9 (0.63)	26.9 (0.75)
Masters, doctorate, medical degree	100.0	27.7 (1.03)	1.8 (0.27)	21.6 (0.92)	20.0 (0.90)	28.8 (1.04)
Poverty status: ⁷						
Below poverty level	100.0	56.9 (1.16)	1.8 (0.27)	11.4 (0.63)	8.3 (0.51)	21.6 (0.88)
≥1 and <2 times poverty level	100.0	53.6 (0.86)	2.1 (0.26)	13.4 (0.58)	10.1 (0.49)	20.7 (0.67)
≥2 and <4 times poverty level	100.0	44.8 (0.72)	2.7 (0.21)	16.6 (0.49)	12.5 (0.42)	23.4 (0.59)
4 times poverty level or more	100.0	33.3 (0.63)	2.6 (0.20)	21.5 (0.53)	16.3 (0.44)	26.4 (0.55)
Marital status:						
Never married	100.0	44.8 (0.90)	2.0 (0.20)	15.9 (0.61)	12.6 (0.53)	24.6 (0.77)
Married	100.0	42.1 (0.59)	2.6 (0.16)	18.5 (0.41)	13.6 (0.35)	23.2 (0.45)
Cohabiting	100.0	46.0 (1.51)	1.9 (0.32)	15.4 (1.07)	12.5 (0.96)	24.3 (1.25)
Divorced or separated	100.0	47.3 (1.15)	2.8 (0.36)	16.4 (0.77)	11.7 (0.61)	21.8 (0.90)
Widowed	100.0	43.7 (4.88)	1.1 (0.33)	20.0 (5.37)	*8.5 (2.84)	26.7 (5.57)
Geographic region:						
Northeast	100.0	45.0 (1.19)	2.2 (0.25)	16.0 (0.69)	12.9 (0.62)	23.9 (0.91)
Midwest	100.0	39.0 (0.94)	2.7 (0.23)	20.0 (0.63)	13.3 (0.57)	24.9 (0.70)
South	100.0	46.2 (0.86)	2.5 (0.18)	16.4 (0.47)	12.7 (0.45)	22.3 (0.62)
West	100.0	40.5 (0.91)	2.4 (0.21)	17.3 (0.59)	14.0 (0.48)	25.8 (0.73)
Place of residence: ⁸						
Large MSA	100.0	42.1 (0.57)	2.5 (0.16)	18.0 (0.39)	14.0 (0.35)	23.4 (0.42)
Small MSA	100.0	40.6 (1.00)	2.6 (0.18)	18.0 (0.53)	13.2 (0.46)	25.6 (0.82)
Not in MSA	100.0	50.0 (1.47)	2.3 (0.24)	14.3 (0.70)	10.6 (0.71)	22.8 (1.03)

See footnotes at end of table.

Table XXIII. Age-adjusted percent distribution of times per week engaged in light to moderate leisure-time physical activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Times per week engaged in light to moderate activity ¹				
		None ²	Less than ³ 1	1–2	3–4	5 or more
Women		Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ⁴	100.0	43.4 (0.45)	1.8 (0.08)	16.0 (0.24)	15.0 (0.25)	23.8 (0.33)
Ages 18 years and over (crude) ⁴	100.0	43.7 (0.44)	1.8 (0.08)	15.8 (0.24)	14.9 (0.25)	23.7 (0.32)
Age: ⁵						
18–24 years	100.0	41.5 (1.09)	2.4 (0.29)	16.8 (0.77)	15.9 (0.77)	23.4 (0.91)
25–44 years	100.0	39.3 (0.58)	1.7 (0.13)	18.2 (0.39)	16.2 (0.40)	24.5 (0.49)
45–64 years	100.0	42.3 (0.62)	2.0 (0.14)	15.7 (0.40)	15.4 (0.40)	24.6 (0.48)
65–74 years	100.0	49.2 (0.94)	1.3 (0.19)	12.1 (0.57)	13.5 (0.60)	23.9 (0.83)
75 years and over	100.0	63.7 (0.90)	0.9 (0.17)	9.7 (0.59)	8.0 (0.49)	17.7 (0.71)
Race:						
White, single race	100.0	41.1 (0.49)	1.8 (0.09)	16.4 (0.28)	15.8 (0.29)	24.8 (0.37)
Black or African American, single race	100.0	56.5 (0.82)	1.9 (0.20)	14.0 (0.54)	10.6 (0.44)	16.9 (0.56)
American Indian or Alaska Native, single race	100.0	49.1 (3.68)	*2.2 (0.88)	13.2 (1.79)	12.0 (2.10)	23.5 (2.74)
Asian, single race	100.0	44.6 (1.32)	2.0 (0.40)	15.5 (0.90)	14.4 (0.90)	23.5 (1.08)
Native Hawaiian or Other Pacific Islander, single race	100.0	47.1 (7.19)	†	*11.2 (3.51)	*19.2 (7.63)	20.3 (5.30)
Two or more races	100.0	38.4 (2.33)	2.1 (0.55)	17.5 (2.13)	15.0 (1.57)	27.0 (2.16)
Black or African American, white	100.0	41.7 (5.89)	†	*17.2 (5.27)	18.6 (4.37)	19.0 (5.19)
American Indian or Alaska Native, white	100.0	39.2 (3.59)	*1.3 (0.58)	17.6 (3.57)	12.3 (2.10)	29.7 (3.57)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	56.4 (0.88)	1.4 (0.17)	12.2 (0.49)	12.1 (0.51)	17.8 (0.61)
Mexican or Mexican American	100.0	54.1 (1.19)	1.5 (0.23)	13.1 (0.66)	13.1 (0.65)	18.3 (0.80)
Not Hispanic or Latino	100.0	41.3 (0.47)	1.9 (0.09)	16.7 (0.27)	15.5 (0.28)	24.6 (0.36)
White, single race	100.0	38.1 (0.53)	1.9 (0.11)	17.4 (0.32)	16.5 (0.33)	26.1 (0.42)
Black or African American, single race	100.0	56.6 (0.84)	1.9 (0.21)	14.3 (0.56)	10.5 (0.44)	16.7 (0.57)
Education:						
Less than high school graduate	100.0	62.6 (0.85)	1.2 (0.15)	10.9 (0.53)	7.9 (0.47)	17.4 (0.67)
GED diploma ⁶	100.0	55.6 (1.95)	1.8 (0.47)	12.0 (1.18)	9.4 (0.97)	21.3 (1.60)
High school graduate	100.0	51.3 (0.80)	1.7 (0.17)	13.7 (0.49)	12.0 (0.45)	21.3 (0.60)
Some college—no degree	100.0	40.1 (0.77)	2.3 (0.21)	16.8 (0.52)	16.4 (0.52)	24.5 (0.64)
Associate of arts degree	100.0	37.3 (0.93)	2.1 (0.26)	17.9 (0.71)	16.9 (0.69)	25.8 (0.84)
Bachelor of arts, science degree	100.0	31.1 (0.72)	1.6 (0.18)	19.6 (0.60)	19.4 (0.57)	28.3 (0.67)
Masters, doctorate, medical degree	100.0	28.0 (0.97)	2.0 (0.27)	19.6 (0.77)	21.6 (0.88)	28.8 (0.88)
Poverty status: ⁷						
Below poverty level	100.0	58.9 (0.88)	1.5 (0.16)	10.6 (0.50)	9.3 (0.45)	19.6 (0.64)
≥1 and <2 times poverty level	100.0	53.4 (0.84)	1.6 (0.18)	12.9 (0.51)	11.3 (0.48)	20.7 (0.63)
≥2 and <4 times poverty level	100.0	43.9 (0.69)	1.8 (0.17)	16.3 (0.42)	14.7 (0.44)	23.3 (0.56)
4 times poverty level or more	100.0	32.0 (0.60)	2.0 (0.16)	19.6 (0.46)	19.4 (0.45)	27.0 (0.52)
Marital status:						
Never married	100.0	46.5 (0.87)	1.8 (0.18)	14.9 (0.52)	13.2 (0.53)	23.6 (0.69)
Married	100.0	40.0 (0.55)	1.8 (0.12)	17.2 (0.35)	16.6 (0.36)	24.4 (0.41)
Cohabiting	100.0	42.1 (1.45)	2.6 (0.55)	15.7 (1.09)	16.6 (1.21)	23.0 (1.27)
Divorced or separated	100.0	48.1 (0.86)	1.7 (0.20)	14.4 (0.56)	13.4 (0.55)	22.5 (0.70)
Widowed	100.0	53.8 (2.93)	†	14.8 (2.42)	10.6 (1.72)	18.8 (2.10)
Geographic region:						
Northeast	100.0	46.5 (0.92)	1.6 (0.20)	15.2 (0.62)	13.6 (0.59)	23.1 (0.76)
Midwest	100.0	39.4 (0.98)	2.3 (0.20)	17.8 (0.51)	16.2 (0.48)	24.2 (0.72)
South	100.0	47.4 (0.79)	1.7 (0.13)	15.8 (0.40)	13.8 (0.41)	21.3 (0.53)
West	100.0	38.9 (0.88)	1.6 (0.15)	15.2 (0.46)	16.8 (0.60)	27.6 (0.66)
Place of residence: ⁸						
Large MSA	100.0	43.3 (0.51)	1.8 (0.11)	16.3 (0.33)	15.5 (0.33)	23.2 (0.40)
Small MSA	100.0	41.6 (0.94)	1.8 (0.14)	16.4 (0.44)	15.4 (0.50)	24.9 (0.66)
Not in MSA	100.0	47.3 (1.44)	2.0 (0.23)	14.8 (0.59)	12.9 (0.62)	23.0 (1.08)

† Estimate has a relative standard error greater than 50% and is not shown.

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

– Quantity zero.

¹Light to moderate activity refers to leisure-time physical activities that cause only light sweating or a light to moderate increase in breathing or heart rate and are done for at least 10 minutes per episode.²May include individuals who engaged in only vigorous activity.³Refers to frequencies of light-moderate activities lasting 10 minutes per episode that occurred less than one time per week (for example, three times per month).⁴Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.⁵Estimates for age groups are not age adjusted.⁶GED is General Educational Development high school equivalency diploma.

⁷Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁸MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For physical activity estimates according to 2008 federal guidelines for physical activity for adults, refer to Chapter 5 tables. Denominator for each percent distribution excludes persons with unknown light to moderate leisure-time physical activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XXIV. Age-adjusted percent distribution of times per week engaged in vigorous leisure-time physical activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than ³ 1	1–2	3–4	5 or more
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ⁴	100.0	56.1 (0.38)	3.1 (0.10)	13.5 (0.19)	14.6 (0.20)	12.8 (0.18)
Ages 18 years and over (crude) ⁴	100.0	56.6 (0.38)	3.0 (0.09)	13.3 (0.19)	14.4 (0.19)	12.6 (0.18)
Age: ⁵						
18–24 years	100.0	42.3 (0.91)	4.0 (0.32)	18.1 (0.62)	18.3 (0.61)	17.3 (0.57)
25–44 years	100.0	48.0 (0.50)	3.7 (0.15)	16.5 (0.32)	17.7 (0.31)	14.1 (0.28)
45–64 years	100.0	60.0 (0.49)	3.0 (0.14)	11.9 (0.27)	13.2 (0.28)	11.9 (0.27)
65–74 years	100.0	73.4 (0.64)	1.4 (0.16)	6.8 (0.35)	9.1 (0.40)	9.4 (0.44)
75 years and over	100.0	86.0 (0.60)	0.8 (0.14)	3.7 (0.28)	4.3 (0.34)	5.2 (0.35)
Race:						
White, single race	100.0	54.7 (0.43)	3.2 (0.11)	13.7 (0.22)	15.2 (0.23)	13.2 (0.21)
Black or African American, single race	100.0	63.2 (0.62)	2.8 (0.21)	11.1 (0.38)	12.0 (0.40)	11.0 (0.39)
American Indian or Alaska Native, single race	100.0	65.8 (2.31)	*1.0 (0.38)	13.0 (1.24)	11.3 (1.45)	8.9 (1.43)
Asian, single race	100.0	59.7 (1.05)	2.7 (0.31)	14.7 (0.70)	12.5 (0.63)	10.4 (0.60)
Native Hawaiian or Other Pacific Islander, single race	100.0	62.1 (5.03)	†	*9.5 (2.97)	*12.0 (3.95)	14.9 (3.67)
Two or more races	100.0	54.1 (1.81)	2.9 (0.60)	16.0 (1.32)	13.0 (1.36)	14.0 (1.25)
Black or African American, white	100.0	56.1 (4.67)	*1.0 (0.47)	14.5 (3.18)	12.5 (2.86)	15.8 (3.43)
American Indian or Alaska Native, white	100.0	56.9 (2.72)	*2.8 (0.94)	15.9 (2.45)	11.3 (2.00)	13.1 (1.92)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	67.1 (0.62)	2.1 (0.16)	10.2 (0.35)	10.9 (0.37)	9.7 (0.35)
Mexican or Mexican American	100.0	67.5 (0.82)	2.2 (0.21)	10.5 (0.47)	10.7 (0.48)	9.1 (0.44)
Not Hispanic or Latino	100.0	54.2 (0.40)	3.2 (0.11)	14.0 (0.21)	15.3 (0.21)	13.3 (0.20)
White, single race	100.0	52.0 (0.47)	3.4 (0.13)	14.4 (0.25)	16.2 (0.25)	13.9 (0.24)
Black or African American, single race	100.0	63.2 (0.64)	2.7 (0.21)	11.3 (0.39)	11.9 (0.41)	10.9 (0.40)
Education:						
Less than high school graduate	100.0	75.2 (0.59)	1.8 (0.19)	7.4 (0.33)	6.3 (0.31)	9.2 (0.37)
GED diploma ⁶	100.0	68.3 (1.25)	2.9 (0.52)	10.5 (0.83)	9.7 (0.85)	8.7 (0.73)
High school graduate	100.0	65.1 (0.56)	2.6 (0.17)	11.7 (0.36)	10.0 (0.30)	10.5 (0.31)
Some college—no degree	100.0	54.4 (0.59)	3.7 (0.21)	14.1 (0.37)	14.8 (0.39)	13.0 (0.36)
Associate of arts degree	100.0	51.5 (0.79)	3.3 (0.27)	14.9 (0.55)	17.0 (0.56)	13.3 (0.47)
Bachelor of arts, science degree	100.0	41.6 (0.60)	3.7 (0.20)	17.0 (0.41)	21.9 (0.45)	15.8 (0.44)
Masters, doctorate, medical degree	100.0	36.6 (0.77)	3.6 (0.29)	18.2 (0.57)	23.4 (0.63)	18.3 (0.60)
Poverty status: ⁷						
Below poverty level	100.0	70.5 (0.75)	2.1 (0.18)	9.4 (0.38)	7.9 (0.37)	10.1 (0.38)
≥1 and <2 times poverty level	100.0	68.4 (0.57)	2.5 (0.20)	10.0 (0.35)	9.2 (0.31)	9.9 (0.34)
≥2 and <4 times poverty level	100.0	58.9 (0.49)	3.0 (0.16)	13.1 (0.32)	13.5 (0.30)	11.5 (0.30)
4 times poverty level or more	100.0	43.3 (0.49)	3.7 (0.16)	16.7 (0.32)	20.4 (0.34)	15.9 (0.32)
Marital status:						
Never married	100.0	56.3 (0.61)	3.0 (0.19)	13.5 (0.37)	13.9 (0.36)	13.3 (0.37)
Married	100.0	55.4 (0.46)	3.2 (0.13)	13.9 (0.26)	15.1 (0.26)	12.4 (0.24)
Cohabiting	100.0	56.4 (1.12)	2.8 (0.29)	14.6 (0.72)	13.3 (0.70)	12.9 (0.68)
Divorced or separated	100.0	60.8 (0.66)	2.6 (0.22)	11.5 (0.40)	13.2 (0.45)	11.9 (0.43)
Widowed	100.0	69.8 (2.61)	*0.9 (0.28)	10.8 (2.16)	10.8 (1.82)	7.8 (1.28)
Geographic region:						
Northeast	100.0	58.3 (0.80)	2.9 (0.20)	12.4 (0.42)	14.4 (0.47)	12.0 (0.38)
Midwest	100.0	54.0 (0.85)	3.9 (0.26)	14.4 (0.41)	14.9 (0.40)	12.6 (0.45)
South	100.0	58.5 (0.63)	2.6 (0.14)	12.8 (0.34)	13.7 (0.33)	12.4 (0.28)
West	100.0	53.0 (0.79)	3.0 (0.18)	14.2 (0.40)	15.8 (0.40)	14.0 (0.37)
Place of residence: ⁸						
Large MSA	100.0	54.1 (0.41)	3.0 (0.12)	14.3 (0.25)	15.9 (0.25)	12.7 (0.24)
Small MSA	100.0	55.7 (0.82)	3.2 (0.19)	12.9 (0.34)	14.6 (0.40)	13.5 (0.37)
Not in MSA	100.0	63.6 (1.12)	3.0 (0.27)	11.8 (0.57)	10.3 (0.44)	11.3 (0.44)

See footnotes at end of table.

Table XXIV. Age-adjusted percent distribution of times per week engaged in vigorous leisure-time physical activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than ³ 1	1–2	3–4	5 or more
Men		Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ⁴	100.0	50.5 (0.48)	3.5 (0.14)	15.4 (0.28)	15.7 (0.27)	14.9 (0.26)
Ages 18 years and over (crude) ⁴	100.0	50.6 (0.48)	3.5 (0.14)	15.4 (0.28)	15.6 (0.27)	14.9 (0.26)
Age: ⁵						
18–24 years	100.0	34.3 (1.20)	3.9 (0.48)	18.4 (0.86)	20.9 (0.90)	22.5 (0.89)
25–44 years	100.0	42.6 (0.65)	4.4 (0.24)	19.1 (0.46)	18.4 (0.43)	15.5 (0.40)
45–64 years	100.0	55.5 (0.66)	3.3 (0.21)	14.2 (0.43)	13.8 (0.40)	13.3 (0.40)
65–74 years	100.0	68.4 (0.94)	1.6 (0.24)	7.8 (0.56)	10.3 (0.63)	11.8 (0.67)
75 years and over	100.0	79.4 (1.15)	1.4 (0.31)	5.3 (0.56)	5.7 (0.65)	8.3 (0.71)
Race:						
White, single race	100.0	49.8 (0.54)	3.6 (0.16)	15.5 (0.31)	15.9 (0.31)	15.2 (0.30)
Black or African American, single race	100.0	54.5 (0.92)	2.9 (0.35)	13.5 (0.66)	15.0 (0.66)	14.1 (0.64)
American Indian or Alaska Native, single race	100.0	61.3 (3.59)	†	17.0 (2.28)	10.1 (1.91)	10.4 (2.26)
Asian, single race	100.0	53.1 (1.60)	3.3 (0.48)	17.3 (1.05)	14.1 (1.02)	12.1 (0.87)
Native Hawaiian or Other Pacific Islander, single race	100.0	45.3 (8.18)	†	*18.7 (6.56)	*12.0 (5.15)	23.0 (5.49)
Two or more races	100.0	49.2 (2.73)	3.5 (0.99)	16.3 (1.94)	13.7 (1.55)	17.2 (2.19)
Black or African American, white	100.0	46.3 (7.54)	†	9.9 (2.61)	19.6 (5.61)	23.5 (6.29)
American Indian or Alaska Native, white	100.0	55.0 (4.52)	*4.6 (1.87)	16.2 (3.41)	8.7 (2.24)	15.5 (3.19)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	61.4 (0.87)	2.7 (0.26)	12.8 (0.57)	11.6 (0.52)	11.6 (0.53)
Mexican or Mexican American	100.0	61.7 (1.12)	2.8 (0.35)	13.8 (0.77)	11.0 (0.69)	10.8 (0.68)
Not Hispanic or Latino	100.0	48.5 (0.51)	3.7 (0.17)	15.9 (0.30)	16.5 (0.31)	15.5 (0.29)
White, single race	100.0	47.2 (0.59)	3.9 (0.20)	16.1 (0.34)	17.0 (0.36)	15.9 (0.34)
Black or African American, single race	100.0	54.4 (0.94)	2.8 (0.34)	13.8 (0.68)	14.9 (0.68)	14.1 (0.66)
Education:						
Less than high school graduate	100.0	69.6 (0.86)	2.1 (0.30)	9.7 (0.51)	7.6 (0.50)	11.0 (0.55)
GED diploma ⁶	100.0	64.0 (1.83)	4.3 (0.92)	10.2 (1.10)	11.7 (1.36)	9.8 (1.09)
High school graduate	100.0	59.5 (0.75)	3.0 (0.25)	13.9 (0.54)	10.9 (0.44)	12.7 (0.47)
Some college—no degree	100.0	47.6 (0.84)	4.1 (0.34)	16.0 (0.57)	16.3 (0.59)	16.0 (0.58)
Associate of arts degree	100.0	45.9 (1.20)	4.0 (0.44)	17.2 (0.88)	17.5 (0.84)	15.4 (0.77)
Bachelor of arts, science degree	100.0	36.3 (0.86)	3.8 (0.30)	19.3 (0.63)	22.9 (0.65)	17.6 (0.64)
Masters, doctorate, medical degree	100.0	31.0 (1.05)	4.2 (0.46)	19.9 (0.86)	25.3 (0.96)	19.7 (0.88)
Poverty status: ⁷						
Below poverty level	100.0	62.9 (1.11)	2.4 (0.32)	11.6 (0.63)	10.0 (0.62)	13.0 (0.67)
≥1 and <2 times poverty level	100.0	64.0 (0.83)	2.9 (0.33)	11.5 (0.51)	9.9 (0.48)	11.8 (0.58)
≥2 and <4 times poverty level	100.0	54.6 (0.67)	3.6 (0.25)	14.6 (0.46)	14.0 (0.44)	13.2 (0.44)
4 times poverty level or more	100.0	38.5 (0.64)	4.0 (0.23)	18.7 (0.45)	21.1 (0.46)	17.7 (0.46)
Marital status:						
Never married	100.0	51.2 (0.83)	3.2 (0.27)	14.1 (0.51)	15.6 (0.52)	16.0 (0.55)
Married	100.0	50.6 (0.59)	3.9 (0.19)	16.4 (0.39)	15.4 (0.36)	13.7 (0.34)
Cohabiting	100.0	53.1 (1.48)	2.8 (0.38)	16.3 (1.01)	13.7 (1.09)	14.1 (0.93)
Divorced or separated	100.0	53.9 (1.04)	3.4 (0.45)	13.3 (0.68)	14.8 (0.75)	14.5 (0.74)
Widowed	100.0	58.4 (5.60)	*0.9 (0.43)	*17.3 (5.32)	13.8 (3.58)	9.6 (2.51)
Geographic region:						
Northeast	100.0	51.5 (1.06)	3.7 (0.34)	14.6 (0.59)	15.6 (0.64)	14.6 (0.62)
Midwest	100.0	48.7 (0.94)	4.4 (0.35)	16.6 (0.53)	15.8 (0.55)	14.5 (0.60)
South	100.0	53.1 (0.82)	2.8 (0.23)	14.5 (0.49)	14.8 (0.47)	14.7 (0.41)
West	100.0	47.7 (1.04)	3.5 (0.26)	16.2 (0.59)	16.8 (0.57)	15.9 (0.53)
Place of residence: ⁸						
Large MSA	100.0	48.1 (0.53)	3.5 (0.18)	16.5 (0.37)	17.1 (0.36)	14.8 (0.34)
Small MSA	100.0	50.1 (0.95)	3.7 (0.28)	14.6 (0.46)	15.6 (0.53)	16.0 (0.51)
Not in MSA	100.0	59.3 (1.48)	3.1 (0.38)	13.6 (0.75)	10.8 (0.63)	13.2 (0.68)

See footnotes at end of table.

Table XXIV. Age-adjusted percent distribution of times per week engaged in vigorous leisure-time physical activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than ³ 1	1–2	3–4	5 or more
Women		Percent distribution (standard error)				
Ages 18 years and over (age adjusted) ⁴	100.0	61.3 (0.41)	2.7 (0.11)	11.6 (0.23)	13.6 (0.24)	10.7 (0.22)
Ages 18 years and over (crude) ⁴	100.0	62.3 (0.41)	2.6 (0.11)	11.2 (0.22)	13.3 (0.23)	10.6 (0.21)
Age: ⁵						
18–24 years	100.0	50.3 (1.14)	4.0 (0.40)	17.8 (0.85)	15.8 (0.78)	12.0 (0.67)
25–44 years	100.0	53.2 (0.61)	3.0 (0.18)	13.9 (0.40)	17.0 (0.41)	12.8 (0.36)
45–64 years	100.0	64.3 (0.59)	2.7 (0.19)	9.9 (0.32)	12.7 (0.36)	10.5 (0.33)
65–74 years	100.0	77.7 (0.80)	1.2 (0.20)	5.9 (0.44)	8.0 (0.51)	7.2 (0.53)
75 years and over	100.0	90.4 (0.57)	0.4 (0.11)	2.6 (0.29)	3.4 (0.37)	3.2 (0.33)
Race:						
White, single race	100.0	59.5 (0.46)	2.7 (0.13)	11.9 (0.27)	14.6 (0.28)	11.3 (0.25)
Black or African American, single race	100.0	70.3 (0.73)	2.6 (0.24)	9.2 (0.41)	9.4 (0.45)	8.4 (0.46)
American Indian or Alaska Native, single race	100.0	69.4 (2.67)	*0.9 (0.36)	9.1 (1.30)	13.0 (2.18)	7.5 (1.72)
Asian, single race	100.0	65.6 (1.29)	2.2 (0.42)	12.3 (0.87)	11.0 (0.77)	8.9 (0.81)
Native Hawaiian or Other Pacific Islander, single race	100.0	74.5 (6.18)	†	*4.8 (2.21)	*12.4 (6.06)	*6.2 (2.72)
Two or more races	100.0	58.5 (2.60)	2.3 (0.70)	15.8 (2.03)	12.0 (1.99)	11.4 (1.46)
Black or African American, white	100.0	64.9 (5.45)	†	18.1 (4.85)	*6.8 (2.15)	*8.9 (2.90)
American Indian or Alaska Native, white	100.0	58.8 (3.95)	†	15.4 (3.66)	13.3 (2.98)	11.2 (2.32)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	73.0 (0.71)	1.6 (0.18)	7.4 (0.36)	10.3 (0.48)	7.6 (0.41)
Mexican or Mexican American	100.0	73.7 (0.93)	1.5 (0.23)	7.0 (0.45)	10.5 (0.64)	7.3 (0.51)
Not Hispanic or Latino	100.0	59.4 (0.43)	2.8 (0.13)	12.3 (0.26)	14.2 (0.26)	11.3 (0.24)
White, single race	100.0	56.6 (0.51)	3.0 (0.15)	12.9 (0.31)	15.4 (0.32)	12.1 (0.29)
Black or African American, single race	100.0	70.3 (0.75)	2.6 (0.25)	9.3 (0.42)	9.4 (0.45)	8.3 (0.47)
Education:						
Less than high school graduate	100.0	81.6 (0.69)	1.3 (0.20)	4.8 (0.40)	4.9 (0.37)	7.3 (0.47)
GED diploma ⁶	100.0	72.9 (1.62)	*1.2 (0.40)	10.8 (1.30)	7.4 (0.91)	7.7 (0.94)
High school graduate	100.0	70.9 (0.68)	2.2 (0.22)	9.6 (0.44)	9.1 (0.43)	8.2 (0.37)
Some college—no degree	100.0	60.3 (0.72)	3.3 (0.26)	12.4 (0.47)	13.6 (0.48)	10.4 (0.42)
Associate of arts degree	100.0	55.9 (0.94)	2.7 (0.33)	13.1 (0.67)	16.7 (0.71)	11.5 (0.59)
Bachelor of arts, science degree	100.0	46.7 (0.74)	3.5 (0.27)	14.7 (0.54)	20.9 (0.63)	14.1 (0.55)
Masters, doctorate, medical degree	100.0	42.5 (1.05)	3.0 (0.36)	16.7 (0.79)	21.4 (0.84)	16.5 (0.81)
Poverty status: ⁷						
Below poverty level	100.0	76.4 (0.74)	1.8 (0.20)	7.8 (0.44)	6.3 (0.38)	7.8 (0.40)
≥1 and <2 times poverty level	100.0	72.4 (0.71)	2.3 (0.23)	8.6 (0.45)	8.6 (0.39)	8.2 (0.39)
≥2 and <4 times poverty level	100.0	63.0 (0.61)	2.5 (0.19)	11.6 (0.42)	13.0 (0.42)	9.8 (0.37)
4 times poverty level or more	100.0	48.3 (0.59)	3.3 (0.21)	14.6 (0.41)	19.8 (0.48)	14.0 (0.42)
Marital status:						
Never married	100.0	61.9 (0.76)	2.8 (0.23)	12.7 (0.51)	12.1 (0.45)	10.4 (0.46)
Married	100.0	60.0 (0.54)	2.6 (0.16)	11.5 (0.32)	14.7 (0.36)	11.1 (0.30)
Cohabiting	100.0	59.5 (1.51)	2.9 (0.45)	12.9 (1.03)	12.8 (0.88)	11.8 (0.91)
Divorced or separated	100.0	65.6 (0.78)	1.9 (0.19)	10.3 (0.50)	12.1 (0.52)	10.1 (0.51)
Widowed	100.0	74.5 (2.69)	*0.9 (0.38)	7.8 (1.66)	9.6 (2.10)	7.1 (1.50)
Geographic region:						
Northeast	100.0	64.4 (0.87)	2.2 (0.26)	10.4 (0.52)	13.4 (0.60)	9.7 (0.50)
Midwest	100.0	59.0 (0.97)	3.5 (0.28)	12.5 (0.55)	14.2 (0.50)	10.9 (0.51)
South	100.0	63.5 (0.64)	2.4 (0.16)	11.2 (0.38)	12.7 (0.38)	10.3 (0.33)
West	100.0	58.3 (0.81)	2.6 (0.22)	12.2 (0.45)	14.8 (0.51)	12.2 (0.44)
Place of residence: ⁸						
Large MSA	100.0	59.8 (0.50)	2.6 (0.15)	12.1 (0.31)	14.7 (0.33)	10.7 (0.30)
Small MSA	100.0	60.9 (0.82)	2.7 (0.20)	11.4 (0.42)	13.6 (0.47)	11.3 (0.41)
Not in MSA	100.0	67.6 (1.10)	2.8 (0.34)	10.2 (0.64)	9.9 (0.51)	9.5 (0.46)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

† Estimate has a relative standard error greater than 50% and is not shown.

¹Vigorous activity refers to leisure-time physical activities that cause heavy sweating or large increases in breathing or heart rate and are done for at least 10 minutes per episode.²May include individuals who engaged in only light to moderate activity.³Refers to frequencies of vigorous activities lasting 10 minutes per episode that occurred less than one time per week (for example, three times per month).⁴Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.⁵Estimates for age groups are not age adjusted.

⁶GED is General Educational Development high school equivalency diploma.

⁷Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁸MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For physical activity estimates according to the 2008 federal guidelines for physical activity for adults, refer to Chapter 5 tables. Denominator for each percent distribution excludes persons with unknown vigorous leisure-time physical activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XXV. Age-adjusted percentage of adults aged 18 and over who engaged in regular leisure-time physical activity, by type of activity, sex, and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Regular activity ¹		
	Light to moderate	Vigorous	Any
Both sexes			
Percent (standard error)			
Ages 18 years and over (age adjusted) ²	15.5 (0.21)	25.7 (0.27)	34.1 (0.29)
Ages 18 years and over (crude) ²	15.5 (0.21)	25.4 (0.27)	33.9 (0.29)
Age: ³			
18–24 years	16.9 (0.59)	33.9 (0.77)	41.1 (0.79)
25–44 years	15.1 (0.31)	30.2 (0.38)	37.5 (0.41)
45–64 years	15.7 (0.31)	23.3 (0.38)	32.6 (0.41)
65–74 years	16.8 (0.54)	16.6 (0.51)	28.2 (0.63)
75 years and over	12.0 (0.48)	8.1 (0.47)	17.9 (0.61)
Race:			
White, single race	16.2 (0.25)	26.7 (0.31)	35.4 (0.34)
Black or African American, single race	11.2 (0.36)	21.2 (0.52)	27.4 (0.54)
American Indian or Alaska Native, single race	13.5 (1.62)	19.6 (1.91)	28.7 (2.32)
Asian, single race	13.8 (0.62)	21.0 (0.83)	30.1 (0.90)
Native Hawaiian or Other Pacific Islander, single race	21.3 (4.52)	23.5 (4.60)	37.2 (5.34)
Two or more races	17.5 (1.36)	24.6 (1.57)	33.9 (1.73)
Black or African American, white	15.6 (3.53)	25.1 (3.91)	34.5 (4.46)
American Indian or Alaska Native, white	17.8 (2.27)	21.1 (2.54)	30.5 (2.81)
Hispanic or Latino origin and race:			
Hispanic or Latino	11.6 (0.38)	19.2 (0.48)	26.6 (0.53)
Mexican or Mexican American	11.9 (0.50)	18.4 (0.64)	26.3 (0.70)
Not Hispanic or Latino	16.2 (0.24)	26.9 (0.29)	35.5 (0.32)
White, single race	17.2 (0.28)	28.4 (0.34)	37.4 (0.37)
Black or African American, single race	11.2 (0.37)	21.1 (0.53)	27.4 (0.56)
Education:			
Less than high school graduate	10.9 (0.39)	13.7 (0.44)	21.2 (0.52)
GED diploma ⁴	15.4 (1.04)	16.5 (1.00)	25.9 (1.19)
High school graduate	14.2 (0.36)	19.0 (0.41)	27.7 (0.46)
Some college—no degree	15.7 (0.42)	25.9 (0.48)	34.7 (0.52)
Associate of arts degree	16.9 (0.56)	28.5 (0.69)	37.0 (0.74)
Bachelor of arts, science degree	18.1 (0.42)	36.2 (0.57)	44.7 (0.58)
Masters, doctorate, medical degree	19.3 (0.63)	40.0 (0.78)	48.8 (0.82)
Poverty status: ⁵			
Below poverty level	12.6 (0.43)	16.3 (0.53)	24.2 (0.61)
≥1 and <2 times poverty level	12.9 (0.36)	17.4 (0.42)	25.4 (0.48)
≥2 and <4 times poverty level	15.0 (0.33)	23.3 (0.40)	31.9 (0.43)
4 times poverty level or more	17.9 (0.34)	34.7 (0.42)	43.2 (0.44)
Marital status:			
Never married	15.7 (0.44)	25.6 (0.50)	34.2 (0.57)
Married	15.5 (0.27)	25.8 (0.34)	34.5 (0.37)
Cohabiting	16.6 (0.76)	24.4 (0.90)	33.3 (0.97)
Divorced or separated	14.2 (0.47)	23.4 (0.58)	31.2 (0.64)
Widowed	13.4 (2.18)	17.6 (2.11)	27.6 (2.59)
Geographic region:			
Northeast	15.7 (0.56)	24.8 (0.63)	33.5 (0.74)
Midwest	15.4 (0.45)	26.0 (0.60)	34.4 (0.61)
South	13.9 (0.34)	24.4 (0.42)	31.7 (0.49)
West	17.9 (0.45)	28.0 (0.56)	38.1 (0.61)
Place of residence: ⁶			
Large MSA	15.3 (0.25)	27.0 (0.33)	35.4 (0.35)
Small MSA	16.2 (0.48)	26.3 (0.56)	34.7 (0.66)
Not in MSA	14.6 (0.59)	19.9 (0.66)	28.4 (0.78)

See footnotes at end of table.

Table XXV. Age-adjusted percentage of adults aged 18 and over who engaged in regular leisure-time physical activity, by type of activity, sex, and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Regular activity ¹		
	Light to moderate	Vigorous	Any
Men			
Percent (standard error)			
Ages 18 years and over (age adjusted) ²	16.1 (0.28)	28.8 (0.36)	36.8 (0.40)
Ages 18 years and over (crude) ²	16.1 (0.28)	28.7 (0.37)	36.7 (0.39)
Age: ³			
18–24 years	19.3 (0.91)	41.5 (1.12)	48.4 (1.13)
25–44 years	14.9 (0.41)	32.2 (0.53)	38.5 (0.57)
45–64 years	15.8 (0.44)	25.1 (0.52)	33.8 (0.57)
65–74 years	18.0 (0.82)	20.1 (0.81)	32.1 (1.00)
75 years and over	15.6 (0.88)	12.3 (0.89)	23.9 (1.10)
Race:			
White, single race	16.7 (0.33)	29.3 (0.41)	37.5 (0.45)
Black or African American, single race	12.9 (0.61)	27.4 (0.82)	33.7 (0.87)
American Indian or Alaska Native, single race	12.9 (2.37)	19.9 (2.88)	27.7 (3.36)
Asian, single race	13.5 (0.83)	24.1 (1.29)	32.8 (1.37)
Native Hawaiian or Other Pacific Islander, single race	27.7 (8.12)	28.2 (6.98)	41.8 (8.88)
Two or more races	18.7 (2.06)	28.2 (2.26)	36.6 (2.50)
Black or African American, white	15.8 (4.00)	37.3 (7.05)	40.8 (7.19)
American Indian or Alaska Native, white	19.0 (3.55)	21.1 (3.57)	29.9 (4.16)
Hispanic or Latino origin and race:			
Hispanic or Latino	11.3 (0.52)	21.7 (0.71)	28.6 (0.77)
Mexican or Mexican American	11.2 (0.67)	20.2 (0.92)	27.4 (1.00)
Not Hispanic or Latino	17.1 (0.32)	30.1 (0.40)	38.4 (0.44)
White, single race	17.9 (0.38)	31.0 (0.47)	39.6 (0.50)
Black or African American, single race	13.1 (0.63)	27.3 (0.83)	33.7 (0.89)
Education:			
Less than high school graduate	11.0 (0.56)	16.5 (0.67)	23.5 (0.78)
GED diploma ⁴	17.5 (1.56)	19.8 (1.62)	30.0 (1.87)
High school graduate	15.0 (0.51)	21.8 (0.58)	30.2 (0.66)
Some college—no degree	16.9 (0.64)	30.3 (0.74)	38.9 (0.79)
Associate of arts degree	17.4 (0.86)	30.7 (1.03)	38.8 (1.10)
Bachelor of arts, science degree	18.3 (0.61)	39.0 (0.83)	46.8 (0.83)
Masters, doctorate, medical degree	19.4 (0.89)	43.6 (1.10)	51.2 (1.16)
Poverty status: ⁵			
Below poverty level	13.9 (0.73)	21.1 (0.87)	29.0 (1.00)
≥1 and <2 times poverty level	13.3 (0.56)	19.9 (0.67)	27.6 (0.72)
≥2 and <4 times poverty level	15.5 (0.45)	25.4 (0.58)	33.7 (0.63)
4 times poverty level or more	18.4 (0.46)	37.0 (0.57)	45.1 (0.60)
Marital status:			
Never married	16.7 (0.63)	29.8 (0.73)	38.4 (0.83)
Married	15.3 (0.35)	27.3 (0.46)	35.1 (0.49)
Cohabiting	17.5 (1.05)	26.0 (1.30)	35.3 (1.39)
Divorced or separated	14.8 (0.74)	27.3 (0.96)	34.9 (1.03)
Widowed	18.7 (5.51)	22.6 (4.24)	36.2 (5.49)
Geographic region:			
Northeast	16.3 (0.71)	28.4 (0.87)	36.7 (1.00)
Midwest	16.1 (0.56)	28.7 (0.79)	36.7 (0.80)
South	14.9 (0.45)	27.7 (0.58)	34.8 (0.64)
West	18.0 (0.64)	30.7 (0.79)	40.1 (0.88)
Place of residence: ⁶			
Large MSA	15.9 (0.36)	30.3 (0.45)	38.3 (0.49)
Small MSA	17.0 (0.61)	29.5 (0.72)	37.6 (0.83)
Not in MSA	15.0 (0.66)	22.1 (0.95)	30.1 (1.04)

See footnotes at end of table.

Table XXV. Age-adjusted percentage of adults aged 18 and over who engaged in regular leisure-time physical activity, by type of activity, sex, and selected characteristics: United States, annualized, 2008–2010—Con.

Selected characteristic	Regular activity ¹		
	Light to moderate	Vigorous	Any
Women			
Percent (standard error)			
Ages 18 years and over (age adjusted) ²	14.9 (0.25)	22.8 (0.31)	31.7 (0.34)
Ages 18 years and over (crude) ²	14.9 (0.25)	22.3 (0.31)	31.3 (0.33)
Age: ³			
18–24 years	14.5 (0.71)	26.3 (0.94)	33.8 (0.99)
25–44 years	15.4 (0.40)	28.3 (0.50)	36.5 (0.53)
45–64 years	15.7 (0.39)	21.6 (0.47)	31.4 (0.53)
65–74 years	15.8 (0.71)	13.5 (0.62)	24.9 (0.79)
75 years and over	9.6 (0.52)	5.4 (0.47)	13.8 (0.63)
Race:			
White, single race	15.8 (0.30)	24.3 (0.36)	33.5 (0.39)
Black or African American, single race	9.8 (0.43)	16.1 (0.61)	22.4 (0.65)
American Indian or Alaska Native, single race	14.1 (2.21)	20.0 (2.53)	30.0 (2.90)
Asian, single race	14.0 (0.89)	18.1 (1.08)	27.7 (1.18)
Native Hawaiian or Other Pacific Islander, single race	16.8 (4.85)	*18.6 (6.23)	33.8 (7.22)
Two or more races	16.9 (1.85)	21.3 (2.31)	31.6 (2.44)
Black or African American, white	*14.7 (5.03)	14.8 (3.32)	28.8 (5.58)
American Indian or Alaska Native, white	17.1 (2.85)	21.1 (3.48)	31.0 (3.75)
Hispanic or Latino origin and race:			
Hispanic or Latino	12.0 (0.51)	16.5 (0.58)	24.7 (0.68)
Mexican or Mexican American	12.8 (0.70)	16.5 (0.74)	25.3 (0.88)
Not Hispanic or Latino	15.4 (0.28)	23.9 (0.34)	32.9 (0.37)
White, single race	16.5 (0.33)	26.0 (0.40)	35.3 (0.43)
Black or African American, single race	9.8 (0.44)	16.1 (0.62)	22.3 (0.66)
Education:			
Less than high school graduate	10.9 (0.53)	10.5 (0.53)	18.7 (0.68)
GED diploma ⁴	13.3 (1.29)	13.0 (1.19)	21.5 (1.41)
High school graduate	13.5 (0.48)	16.0 (0.52)	25.1 (0.61)
Some college—no degree	14.6 (0.51)	22.3 (0.59)	31.2 (0.66)
Associate of arts degree	16.5 (0.71)	26.7 (0.87)	35.7 (0.94)
Bachelor of arts, science degree	17.9 (0.58)	33.6 (0.71)	42.7 (0.75)
Masters, doctorate, medical degree	18.9 (0.81)	36.1 (1.03)	45.9 (1.06)
Poverty status: ⁵			
Below poverty level	11.9 (0.51)	12.6 (0.53)	20.8 (0.64)
≥1 and <2 times poverty level	12.6 (0.48)	15.2 (0.52)	23.6 (0.60)
≥2 and <4 times poverty level	14.4 (0.42)	21.3 (0.50)	30.2 (0.56)
4 times poverty level or more	17.4 (0.45)	32.2 (0.55)	41.3 (0.57)
Marital status:			
Never married	14.5 (0.58)	20.9 (0.60)	29.5 (0.69)
Married	15.6 (0.34)	24.3 (0.43)	33.7 (0.46)
Cohabiting	15.7 (1.14)	22.9 (1.15)	31.4 (1.29)
Divorced or separated	13.9 (0.57)	20.7 (0.68)	28.8 (0.74)
Widowed	10.8 (1.57)	15.6 (2.43)	23.7 (2.63)
Geographic region:			
Northeast	15.1 (0.66)	21.6 (0.79)	30.7 (0.87)
Midwest	14.7 (0.51)	23.5 (0.68)	32.2 (0.68)
South	13.0 (0.40)	21.3 (0.49)	28.9 (0.56)
West	17.9 (0.55)	25.4 (0.61)	36.3 (0.69)
Place of residence: ⁶			
Large MSA	14.8 (0.33)	23.9 (0.43)	32.9 (0.46)
Small MSA	15.4 (0.52)	23.4 (0.60)	32.1 (0.69)
Not in MSA	14.3 (0.68)	17.9 (0.65)	26.8 (0.82)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Regular leisure-time physical activity: “regular light-moderate”—engaged in light to moderate activity at least five times per week for at least 30 minutes each time; “regular vigorous”—engaged in vigorous activity at least three times per week for at least 20 minutes each time; and “any regular”—engaged in activity that met either criterion or both criteria.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For physical activity estimates according to 2008 federal guidelines for physical activity for adults, refer to Chapter 5 tables. Denominator for each percentage excludes persons with unknown leisure-time physical activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Table XXVI. Age-adjusted percentage of adults aged 18 and over who engaged in any leisure-time muscle-strengthening activity, by sex and selected characteristics: United States, annualized, 2008–2010

Selected characteristic	Engaged in any muscle-strengthening activities ¹		
	Both sexes	Men	Women
		Percent (standard error)	
Ages 18 years and over (age adjusted) ²	28.1 (0.29)	32.6 (0.37)	23.9 (0.33)
Ages 18 years and over (crude) ²	27.8 (0.29)	32.3 (0.38)	23.5 (0.33)
Age: ³			
18–24 years	38.6 (0.78)	48.5 (1.10)	28.8 (0.98)
25–44 years	32.0 (0.41)	37.4 (0.57)	26.8 (0.50)
45–64 years	24.7 (0.39)	26.8 (0.54)	22.8 (0.49)
65–74 years	19.1 (0.59)	20.7 (0.84)	17.8 (0.72)
75 years and over	13.5 (0.56)	15.7 (0.93)	12.1 (0.63)
Race:			
White, single race	28.7 (0.32)	32.2 (0.42)	25.1 (0.38)
Black or African American, single race	25.9 (0.56)	35.8 (0.87)	17.7 (0.64)
American Indian or Alaska Native, single race	19.9 (2.01)	22.5 (3.15)	17.6 (2.69)
Asian, single race	25.0 (0.83)	29.3 (1.23)	21.0 (1.09)
Native Hawaiian or Other Pacific Islander, single race	20.4 (4.44)	24.8 (6.95)	*17.9 (6.09)
Two or more races	32.3 (1.75)	40.2 (2.73)	25.1 (2.20)
Black or African American, white	27.3 (4.27)	29.4 (6.13)	25.3 (5.93)
American Indian or Alaska Native, white	31.1 (2.89)	40.1 (4.53)	23.8 (3.62)
Hispanic or Latino origin and race:			
Hispanic or Latino	20.7 (0.48)	25.0 (0.72)	16.0 (0.59)
Mexican or Mexican American	20.3 (0.63)	24.0 (0.90)	16.0 (0.77)
Not Hispanic or Latino	29.5 (0.31)	34.0 (0.41)	25.2 (0.36)
White, single race	30.4 (0.36)	33.8 (0.47)	27.0 (0.43)
Black or African American, single race	26.1 (0.57)	36.2 (0.89)	17.7 (0.65)
Education:			
Less than high school graduate	14.7 (0.48)	18.9 (0.70)	9.7 (0.54)
GED diploma ⁴	18.8 (1.08)	24.0 (1.66)	12.7 (1.21)
High school graduate	20.2 (0.43)	24.5 (0.61)	15.3 (0.52)
Some college—no degree	30.3 (0.54)	36.2 (0.77)	25.1 (0.65)
Associate of arts degree	31.5 (0.70)	35.2 (1.10)	28.4 (0.86)
Bachelor of arts, science degree	39.2 (0.59)	43.3 (0.84)	35.4 (0.75)
Masters, doctorate, medical degree	42.8 (0.78)	46.5 (1.12)	39.3 (1.04)
Poverty status: ⁵			
Below poverty level	18.7 (0.57)	24.8 (0.90)	13.9 (0.59)
≥1 and <2 times poverty level	19.0 (0.46)	22.8 (0.67)	15.4 (0.55)
≥2 and <4 times poverty level	25.5 (0.42)	29.4 (0.60)	21.5 (0.52)
4 times poverty level or more	37.8 (0.45)	41.2 (0.61)	34.3 (0.59)
Marital status:			
Never married	29.8 (0.52)	35.3 (0.74)	23.3 (0.63)
Married	27.0 (0.37)	29.8 (0.49)	24.5 (0.46)
Cohabiting	26.7 (0.96)	29.0 (1.35)	24.8 (1.29)
Divorced or separated	25.8 (0.57)	32.3 (0.98)	21.3 (0.63)
Widowed	18.9 (2.36)	25.3 (5.40)	16.1 (2.22)
Geographic region:			
Northeast	28.1 (0.70)	33.2 (0.95)	23.4 (0.76)
Midwest	30.1 (0.60)	33.8 (0.76)	26.5 (0.77)
South	25.8 (0.45)	30.9 (0.59)	21.0 (0.51)
West	29.7 (0.63)	33.3 (0.80)	26.0 (0.71)
Place of residence: ⁶			
Large MSA	30.5 (0.37)	35.8 (0.50)	25.4 (0.46)
Small MSA	27.8 (0.54)	31.5 (0.67)	24.2 (0.60)
Not in MSA	20.9 (0.82)	23.8 (1.04)	18.1 (0.89)

* Estimate has a relative standard error greater than 30% and less than or equal to 50% and should be used with caution as it does not meet standards of reliability or precision.

¹Muscle-strengthening activities include leisure-time physical activities specifically designed to strengthen muscles such as weight lifting or calisthenics. No minimum duration imposed when asking frequency and no duration question was asked.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2007, 2008, and 2009.

⁶MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Unless otherwise specified, estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44 years, 45–64 years, and 65 years and over. For physical activity estimates according to 2008 federal guidelines for physical activity for adults, refer to Chapter 5 tables. Denominator for each percentage excludes persons with unknown leisure-time muscle-strengthening activity status. See Appendix II for definitions of terms. See Appendix III for health behavior questions.

SOURCE: National Health Interview Survey, 2008–2010.

Vital and Health Statistics Series Descriptions

ACTIVE SERIES

- Series 1. **Programs and Collection Procedures**—This type of report describes the data collection programs of the National Center for Health Statistics. Series 1 includes descriptions of the methods used to collect and process the data, definitions, and other material necessary for understanding the data.
- Series 2. **Data Evaluation and Methods Research**—This type of report concerns statistical methods and includes analytical techniques, objective evaluations of reliability of collected data, and contributions to statistical theory. Also included are experimental tests of new survey methods, comparisons of U.S. methodologies with those of other countries, and as of 2009, studies of cognition and survey measurement, and final reports of major committees concerning vital and health statistics measurement and methods.
- Series 3. **Analytical and Epidemiological Studies**—This type of report presents analytical or interpretive studies based on vital and health statistics. As of 2009, Series 3 also includes studies based on surveys that are not part of continuing data systems of the National Center for Health Statistics and international vital and health statistics reports.
- Series 10. **Data From the National Health Interview Survey**—This type of report contains statistics on illness; unintentional injuries; disability; use of hospital, medical, and other health services; and a wide range of special current health topics covering many aspects of health behaviors, health status, and health care utilization. Series 10 is based on data collected in this continuing national household interview survey.
- Series 11. **Data From the National Health Examination Survey, the National Health and Nutrition Examination Surveys, and the Hispanic Health and Nutrition Examination Survey**—In this type of report, data from direct examination, testing, and measurement on representative samples of the civilian noninstitutionalized population provide the basis for (1) medically defined total prevalence of specific diseases or conditions in the United States and the distributions of the population with respect to physical, physiological, and psychological characteristics, and (2) analyses of trends and relationships among various measurements and between survey periods.
- Series 13. **Data From the National Health Care Survey**—This type of report contains statistics on health resources and the public's use of health care resources including ambulatory, hospital, and long-term care services based on data collected directly from health care providers and provider records.
- Series 20. **Data on Mortality**—This type of report contains statistics on mortality that are not included in regular, annual, or monthly reports. Special analyses by cause of death, age, other demographic variables, and geographic and trend analyses are included.
- Series 21. **Data on Natality, Marriage, and Divorce**—This type of report contains statistics on natality, marriage, and divorce that are not included in regular, annual, or monthly reports. Special analyses by health and demographic variables and geographic and trend analyses are included.
- Series 23. **Data From the National Survey of Family Growth**—These reports contain statistics on factors that affect birth rates, including contraception and infertility; factors affecting the formation and dissolution of families, including cohabitation, marriage, divorce, and remarriage; and behavior related to the risk of HIV and other sexually transmitted diseases. These statistics are based on national surveys of women and men of childbearing age.

DISCONTINUED SERIES

- Series 4. **Documents and Committee Reports**—These are final reports of major committees concerned with vital and health statistics and documents. The last Series 4 report was published in 2002. As of 2009, this type of report is included in Series 2 or another appropriate series, depending on the report topic.
- Series 5. **International Vital and Health Statistics Reports**—This type of report compares U.S. vital and health statistics with those of other countries or presents other international data of relevance to the health statistics system of the United States. The last Series 5 report was published in 2003. As of 2009, this type of report is included in Series 3 or another series, depending on the report topic.
- Series 6. **Cognition and Survey Measurement**—This type of report uses methods of cognitive science to design, evaluate, and test survey instruments. The last Series 6 report was published in 1999. As of 2009, this type of report is included in Series 2.
- Series 12. **Data From the Institutionalized Population Surveys**—The last Series 12 report was published in 1974. Reports from these surveys are included in Series 13.
- Series 14. **Data on Health Resources: Manpower and Facilities**—The last Series 14 report was published in 1989. Reports on health resources are included in Series 13.
- Series 15. **Data From Special Surveys**—This type of report contains statistics on health and health-related topics collected in special surveys that are not part of the continuing data systems of the National Center for Health Statistics. The last Series 15 report was published in 2002. As of 2009, reports based on these surveys are included in Series 3.
- Series 16. **Compilations of Advance Data From Vital and Health Statistics**—The last Series 16 report was published in 1996. All reports are available online, and so compilations of Advance Data reports are no longer needed.
- Series 22. **Data From the National Mortality and Natality Surveys**—The last Series 22 report was published in 1973. Reports from these sample surveys, based on vital records, are published in Series 20 or 21.
- Series 24. **Compilations of Data on Natality, Mortality, Marriage, and Divorce**—The last Series 24 report was published in 1996. All reports are available online, and so compilations of reports are no longer needed.

For answers to questions about this report or for a list of reports published in these series, contact:

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