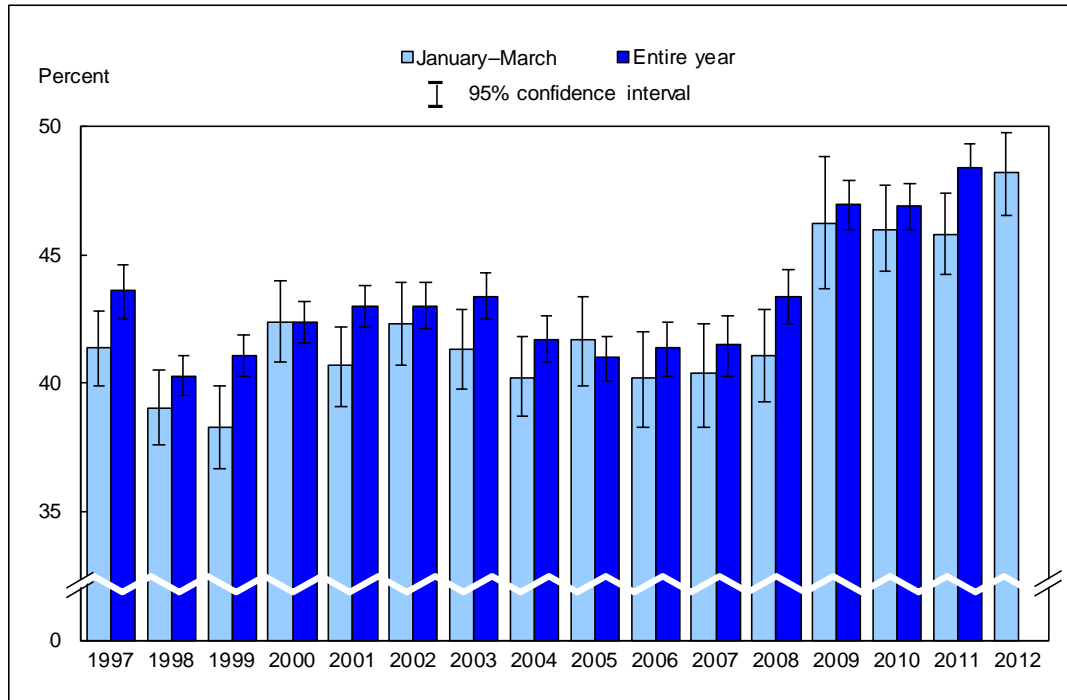


**Figure 7.1. Percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity: United States, 1997–March 2012**

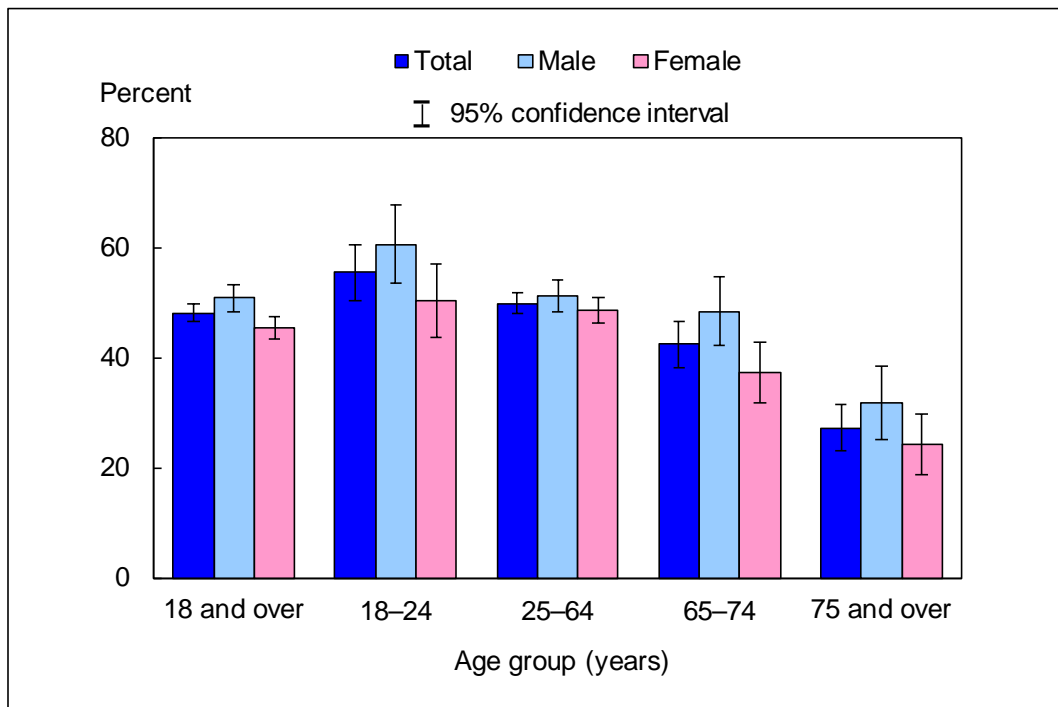


DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2012, Sample Adult Core component.

- In early 2012, 48.2% (95% confidence interval = 46.53%–49.79%) of U.S. adults aged 18 and over met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity), which was higher than the early 2011 estimate of 45.8%.
- The annual percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity) was lowest in 1998 (40.3%) and highest in 2011 (48.4%).

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for Healthy People 2020 Objectives (3). The 2008 guidelines refer to any kind of aerobic activity, not just leisure-time aerobic activity, so the leisure-time aerobic activity estimates in this figure may underestimate the percentage of adults who met the 2008 guidelines for aerobic activity. This figure presents the percentage of adults who met the 2008 federal guidelines for aerobic activity. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. The 2008 guidelines were applied to leisure-time activity data back to 1997 to derive the aerobic activity estimates in this figure, allowing trend analysis. • The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). • See [Technical Notes](#) for more details.

**Figure 7.2. Percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by age group and sex: United States, January–March 2012**

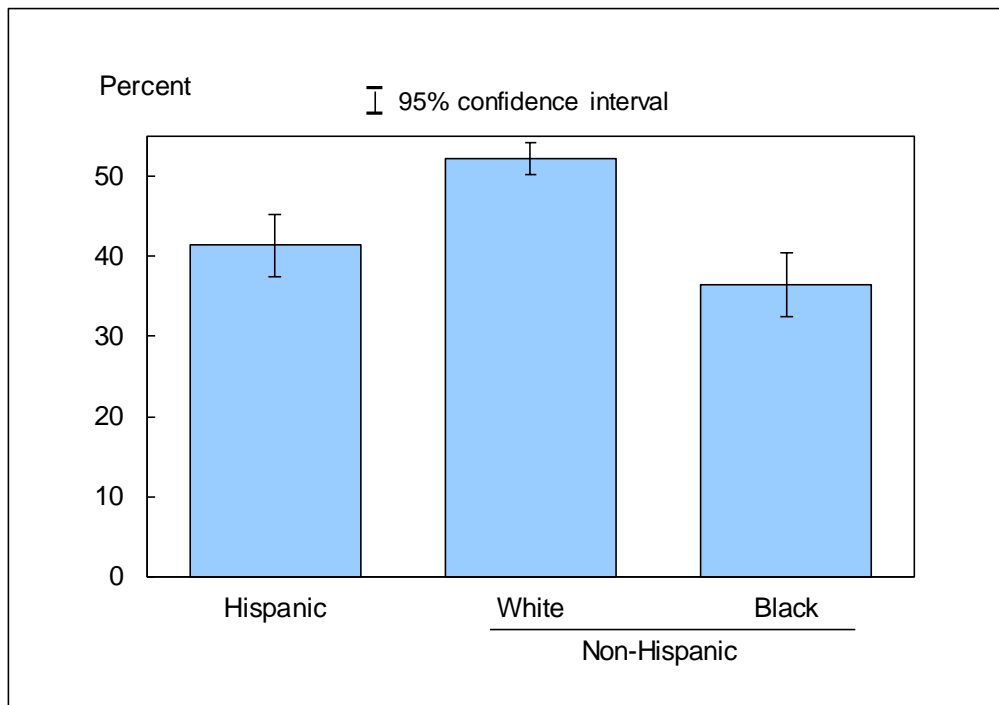


DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2012, Sample Adult Core component.

- As age increased, the percentage of men and women who met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity) decreased.
- For adults aged 18–24 and 65–74, women were less likely than men to meet the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity).

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for Healthy People 2020 Objectives (3). The 2008 guidelines refer to any kind of aerobic activity, not just leisure-time aerobic activity, so the leisure-time aerobic activity estimates in this figure may underestimate the percentage of adults who met the 2008 guidelines for aerobic activity. This figure presents the percentage of adults who met the 2008 federal guidelines for aerobic activity. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. • The analyses excluded 2.3% of persons with unknown physical activity participation. • See [Technical Notes](#) for more details.

**Figure 7.3. Age-sex-adjusted percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by race/ethnicity: United States, January–March 2012**

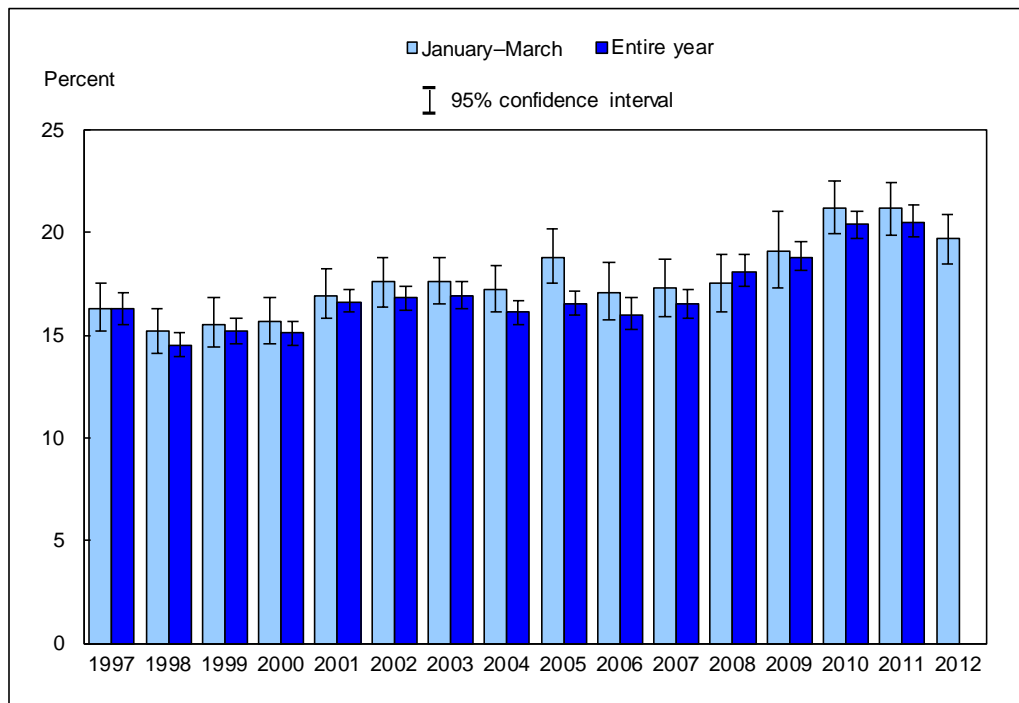


DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2012, Sample Adult Core component.

- The age-sex-adjusted percentage of adults who met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity) was 41.4% for Hispanic adults, 52.2% for non-Hispanic white adults, and 36.4% for non-Hispanic black adults.
- Non-Hispanic white adults were more likely to meet the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity) than Hispanic adults and non-Hispanic black adults.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for Healthy People 2020 Objectives (3). The 2008 guidelines refer to any kind of aerobic activity, not just leisure-time aerobic activity, so the leisure-time aerobic activity estimates in this figure may underestimate the percentage of adults who met the 2008 guidelines for aerobic activity. This figure presents the percentage of adults who met the 2008 federal guidelines for aerobic activity. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. • The analyses excluded 2.3% of persons with unknown physical activity participation. • Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over. • See [Technical Notes](#) for more details.

**Figure 7.4. Percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities: United States, 1997–March 2012**



DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2012, Sample Adult Core component.

- In early 2012, 19.7% (95% confidence interval = 18.47%–20.89%) of U.S. adults aged 18 and over met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities), which was lower than, but not significantly different from, the early 2011 estimate of 21.2%.
- The annual percentages of adults aged 18 and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities) was lowest in 1998 (14.5%) and highest in 2011 (20.5%).

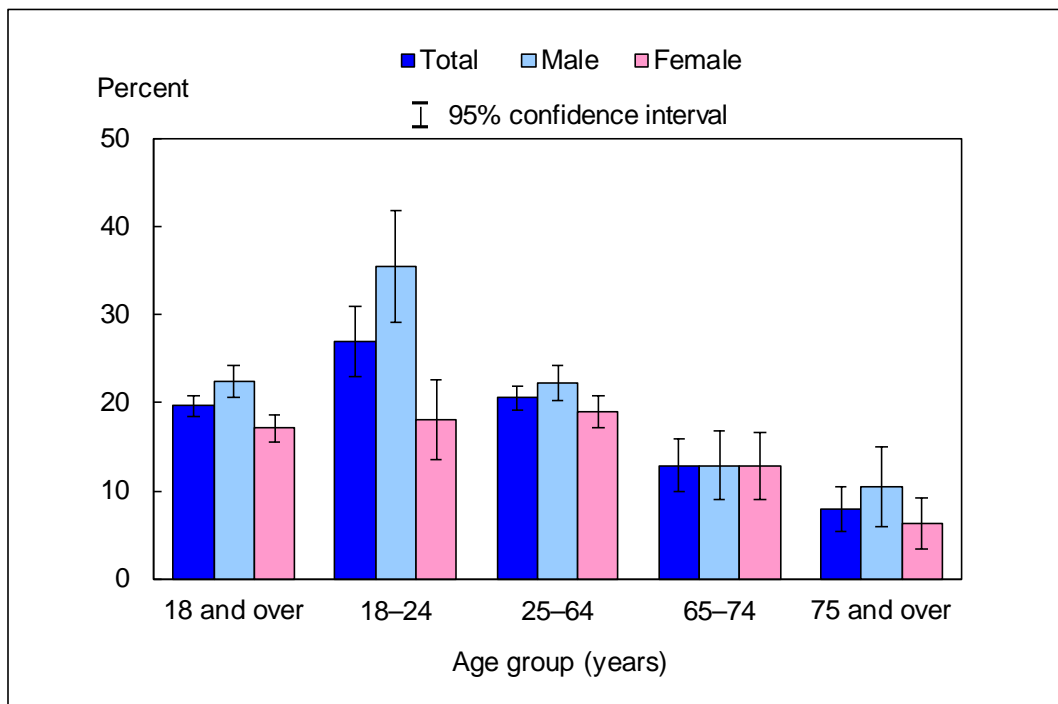
NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic and muscle-strengthening activities motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for Healthy People 2020 Objectives (3). The 2008 guidelines refer to any kind of aerobic and muscle-strengthening activities, not just leisure-time aerobic and muscle-strengthening activities, so the leisure-time aerobic and muscle-strengthening activity estimates in this figure may underestimate the percentage of adults who met the 2008 guidelines for aerobic and muscle-strengthening activities. This figure presents the percentage of adults who met the 2008 federal guidelines for both aerobic activity and muscle strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week because these activities provide additional health benefits. The National Health Interview Survey estimates are based on number of times per week, which may or may not be the same as number of days per



---

week. The 2008 guidelines were applied to both leisure-time activity and muscle-strengthening data back to 1997 to derive the aerobic activity and muscle-strengthening estimates in this figure, allowing trend analysis. • The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). • See [Technical Notes](#) for more details.

**Figure 7.5. Percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities, by age group and sex: United States, January–March 2012**



DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2012, Sample Adult Core component.

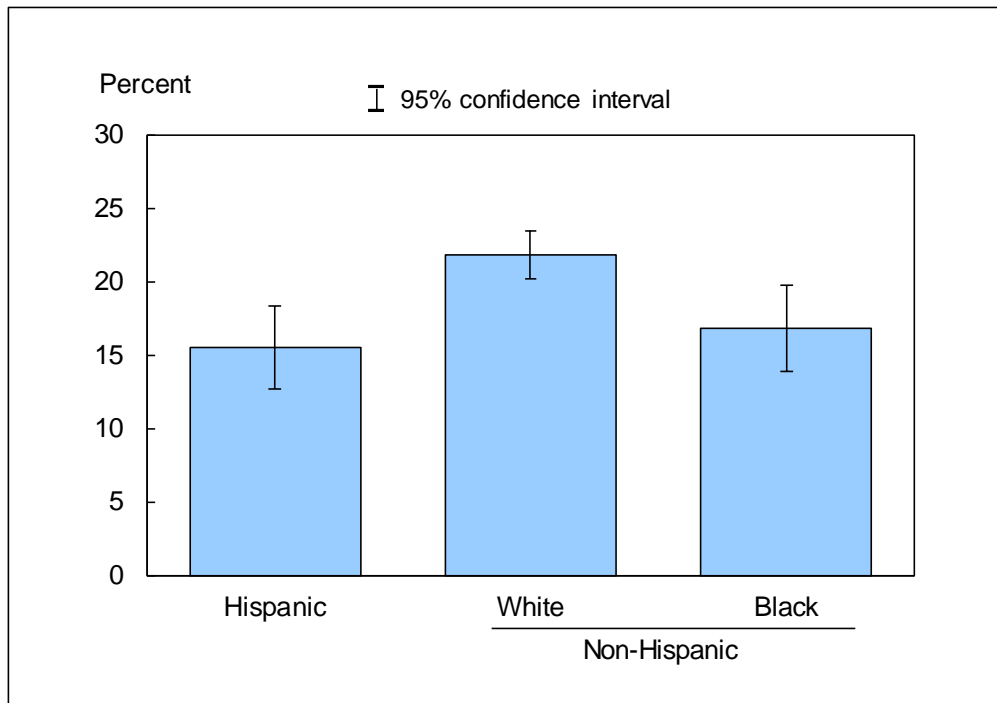
- As age increased, the percentage of men and women who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities) decreased.
- For adults aged 18–24 and 25–64, women were less likely than men to meet the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities).

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic and muscle-strengthening activities motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for Healthy People 2020 Objectives (3). The 2008 guidelines refer to any kind of aerobic and muscle-strengthening activities, not just leisure-time aerobic and muscle-strengthening activities, so the leisure-time aerobic and muscle-strengthening activity estimates in this figure may underestimate the percentage of adults who met the 2008 guidelines for aerobic and muscle-strengthening activities. This figure presents the percentage of adults who met the 2008 federal guidelines for both aerobic activity and muscle strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week because these activities provide additional health benefits. The National Health Interview Survey estimates are based on number of times per week, which may or may not be the same as number of days per



week. • The analyses excluded 2.4% of persons with unknown physical activity participation. • See [Technical Notes](#) for more details.

**Figure 7.6. Age-sex-adjusted percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities, by race/ethnicity: United States, January–March 2012**



DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2012, Sample Adult Core component.

- The age-sex-adjusted percentage of adults who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities) was 15.5% for Hispanic adults, 21.8% for non-Hispanic white adults, and 16.8% for non-Hispanic black adults.
- Non-Hispanic white adults were the most likely to meet the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities), followed by non-Hispanic black adults and Hispanic adults.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic and muscle-strengthening activities motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for Healthy People 2020 Objectives (3). The 2008 guidelines refer to any kind of aerobic and muscle-strengthening activities, not just leisure-time aerobic and muscle-strengthening activities, so the leisure-time aerobic and muscle-strengthening activity estimates in this figure may underestimate the percentage of adults who met the 2008 guidelines for aerobic and muscle-strengthening activities. This figure presents the percentage of adults who met the 2008 federal guidelines for both aerobic activity and muscle strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week because these activities provide additional health benefits. The National Health Interview Survey estimates are based on number of times per week, which may or may not be the same as number of days per





---

week. • The analyses excluded 2.4% of persons with unknown physical activity participation. • Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over. • See [Technical Notes](#) for more details.

## Data tables for Figures 7.1–7.6:

### Data table for Figure 7.1. Percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity: United States, 1997–March 2012

Year	Crude <sup>1</sup> percent (95% confidence interval)	Age-adjusted <sup>2</sup> percent (95% confidence interval)
1997 yearly	43.6 (42.5-44.6)	43.3 (42.2-44.3)
1997 January–March	41.4 (39.9-42.8)	41.0 (39.6-42.5)
1998 yearly	40.3 (39.5-41.1)	40.1 (39.3-40.9)
1998 January–March	39.0 (37.6-40.5)	38.8 (37.3-40.2)
1999 yearly	41.1 (40.3-41.9)	40.9 (40.2-41.7)
1999 January–March	38.3 (36.7-39.9)	38.0 (36.5-39.6)
2000 yearly	42.4 (41.6-43.2)	42.3 (41.5-43.1)
2000 January–March	42.4 (40.8-44.0)	42.3 (40.7-43.9)
2001 yearly	43.0 (42.2-43.8)	42.9 (42.1-43.7)
2001 January–March	40.7 (39.1-42.2)	40.5 (39.0-42.1)
2002 yearly	43.0 (42.1-43.9)	42.9 (42.1-43.8)
2002 January–March	42.3 (40.7-43.9)	42.2 (40.7-43.8)
2003 yearly	43.4 (42.5-44.3)	43.3 (42.4-44.2)
2003 January–March	41.3 (39.8-42.9)	41.2 (39.7-42.8)
2004 yearly	41.7 (40.8-42.6)	41.6 (40.8-42.5)
2004 January–March	40.2 (38.7-41.8)	40.2 (38.6-41.7)
2005 yearly	41.0 (40.18-41.89)	41.1 (40.21-41.90)
2005 January–March	41.7 (39.95-43.46)	41.7 (39.98-43.42)
2006 yearly	41.4 (40.31-42.42)	41.4 (40.37-42.47)
2006 January–March	40.2 (38.35-42.05)	40.2 (38.41-42.06)
2007 yearly	41.5 (40.36-42.63)	41.5 (40.33-42.59)
2007 January–March	40.4 (38.39-42.38)	40.2 (39.26-42.22)
2008 yearly	43.4 (42.33-44.47)	43.5 (42.43-44.58)
2008 January–March	41.1 (39.31-42.96)	41.4 (39.61-43.19)
2009 yearly	47.0 (46.05-47.95)	47.2 (46.25-48.16)
2009 January–March	46.2 (43.68-48.83)	46.3 (43.77-48.94)
2010 yearly	46.9 (45.96-47.78)	47.1 (46.20-47.98)
2010 January–March	46.0 (44.35-47.69)	46.2 (44.55-47.87)
2011 yearly	48.4 (47.42-49.30)	48.7 (47.76-49.61)
2011 January–March	45.8 (44.27-47.40)	46.0 (44.47-47.55)
2012 January–March	48.2 (46.53-49.79)	48.4 (46.80-50.02)

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

<sup>2</sup>Estimates for this Healthy People 2020 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.



---

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2012, Sample Adult Core component.

**Data table for Figure 7.2. Percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by age group and sex: United States, January–March 2012**

Age (years) and sex	Percent	95% confidence interval
18-24, total	55.5	50.48-60.62
18-24, male	60.6	53.53-67.70
18-24, female	50.4	43.83-57.02
25-64, total	49.9	48.00-51.77
25-64, male	51.2	48.32-54.05
25-64, female	48.6	46.22-51.06
65-74, total	42.5	38.29-46.73
65-74, male	48.5	42.22-54.76
65-74, female	37.3	31.79-42.87
75 and over, total	27.3	23.24-31.43
75 and over, male	31.7	25.05-38.40
75 and over, female	24.3	18.74-29.94
18 and over (crude <sup>1</sup> ), total	48.2	46.53-49.79
18 and over (crude <sup>1</sup> ), male	50.9	48.51-53.39
18 and over (crude <sup>1</sup> ), female	45.6	43.51-47.63
18 and over (age-adjusted <sup>2</sup> ), total	48.4	46.80-50.02
18 and over (age-adjusted <sup>2</sup> ), male	50.8	48.46-53.23
18 and over (age-adjusted <sup>2</sup> ), female	46.2	44.15-48.29

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

<sup>2</sup>Estimates for this Healthy People 2020 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2012, Sample Adult Core component.



**Data table for Figure 7.3. Adjusted percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by race/ethnicity: United States, January–March 2012**

<b>Race/ethnicity</b>	<b>Age-sex-adjusted<sup>1</sup> percent (95% confidence interval)</b>	<b>Age-adjusted<sup>2</sup> percent (95% confidence interval)</b>
Hispanic or Latino	41.4 (37.47-45.25)	41.4 (37.47-45.38)
Not Hispanic or Latino, single race, white	52.2 (50.13-54.28)	52.3 (50.18-54.36)
Not Hispanic or Latino, single race, black	36.4 (32.53-40.35)	36.1 (32.26-40.01)

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

<sup>2</sup>Estimates for this Healthy People 2020 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2012, Sample Adult Core component.

**Data table for Figure 7.4. Percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities: United States, 1997–March 2012**

Year	Crude <sup>1</sup> percent (95% confidence interval)	Age-adjusted <sup>2</sup> percent (95% confidence interval)
1997 yearly	16.3 (15.5-17.1)	16.1 (15.3-16.9)
1997 January–March	16.3 (15.2-17.5)	16.1 (15.0-17.3)
1998 yearly	14.5 (14.0-15.1)	14.4 (13.9-14.9)
1998 January–March	15.2 (14.1-16.3)	14.9 (13.9-16.0)
1999 yearly	15.2 (14.6-15.8)	15.0 (14.5-15.6)
1999 January–March	15.5 (14.4-16.8)	15.4 (14.2-16.6)
2000 yearly	15.1 (14.5-15.7)	15.0 (14.5-15.6)
2000 January–March	15.7 (14.6-16.8)	15.6 (14.6-16.7)
2001 yearly	16.6 (16.1-17.2)	16.5 (16.0-17.1)
2001 January–March	16.9 (15.8-18.2)	16.8 (15.7-18.1)
2002 yearly	16.8 (16.2-17.4)	16.7 (16.2-17.3)
2002 January–March	17.6 (16.4-18.8)	17.5 (16.4-18.7)
2003 yearly	16.9 (16.3-17.6)	16.9 (16.3-17.5)
2003 January–March	17.6 (16.5-18.8)	17.5 (16.4-18.7)
2004 yearly	16.1 (15.5-16.7)	16.1 (15.5-16.7)
2004 January–March	17.2 (16.1-18.4)	17.2 (16.1-18.4)
2005 yearly	16.5 (15.96-17.13)	16.6 (15.99-17.14)
2005 January–March	18.8 (17.53-20.18)	18.8 (17.55-20.10)
2006 yearly	16.0 (15.30-16.80)	16.1 (15.37-16.87)
2006 January–March	17.1 (15.73-18.58)	17.1 (15.79-18.57)
2007 yearly	16.5 (15.79-17.19)	16.5 (15.83-17.20)
2007 January–March	17.3 (15.91-18.71)	17.2 (15.90-18.65)
2008 yearly	18.1 (17.38-18.91)	18.2 (17.49-19.00)
2008 January–March	17.5 (16.14-18.92)	17.5 (16.23-18.94)
2009 yearly	18.8 (18.14-19.56)	19.0 (18.32-19.75)
2009 January–March	19.1 (17.27-21.05)	19.1 (17.29-21.08)
2010 yearly	20.4 (19.69-21.06)	20.6 (19.90-21.25)
2010 January–March	21.2 (19.94-22.55)	21.4 (20.16-22.75)
2011 yearly	20.5 (19.79-21.31)	20.8 (20.05-21.56)
2011 January–March	21.2 (19.85-22.47)	21.3 (20.03-22.64)
2012 January–March	19.7 (18.47-20.89)	20.0 (18.76-21.16)

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

<sup>2</sup>Estimates for this Healthy People 2020 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.



---

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2012, Sample Adult Core component.

**Data table for Figure 7.5. Percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities, by age group and sex: United States, January–March 2012**

Age (years) and sex	Percent	95% confidence interval
18-24, total	26.9	22.93-30.95
18-24, male	35.6	29.20-41.92
18-24, female	18.2	13.62-22.71
25-64, total	20.6	19.19-21.96
25-64, male	22.2	20.31-24.19
25-64, female	19.0	17.12-20.83
65-74, total	12.9	9.93-15.82
65-74, male	12.9	8.95-16.82
65-74, female	12.9	9.04-16.69
75 and over, total	8.0	5.39-10.58
75 and over, male	10.5	5.92-14.99
75 and over, female	6.3	3.47-9.13
18 and over (crude <sup>1</sup> ), total	19.7	18.47-20.89
18 and over (crude <sup>1</sup> ), male	22.4	20.58-24.23
18 and over (crude <sup>1</sup> ), female	17.1	15.62-18.65
18 and over (age-adjusted <sup>2</sup> ), total	20.0	18.76-21.16
18 and over (age-adjusted <sup>2</sup> ), male	22.5	20.69-24.22
18 and over (age-adjusted <sup>2</sup> ), female	17.5	15.97-19.09

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

<sup>2</sup>Estimates for this Healthy People 2020 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2012, Sample Adult Core component.



**Data table for Figure 7.6. Adjusted percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities, by race/ethnicity: United States, January–March 2012**

<b>Race/ethnicity</b>	<b>Age-sex-adjusted<sup>1</sup> percent (95% confidence interval)</b>	<b>Age-adjusted<sup>2</sup> percent (95% confidence interval)</b>
Hispanic or Latino	15.5 (12.65-18.40)	15.6 (12.65-18.51)
Not Hispanic or Latino, single race, white	21.8 (20.20-23.49)	21.9 (20.20-23.52)
Not Hispanic or Latino, single race, black	16.8 (13.89-19.73)	16.4 (13.49-19.21)

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

<sup>2</sup>Estimates for this Healthy People 2020 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2012, Sample Adult Core component.