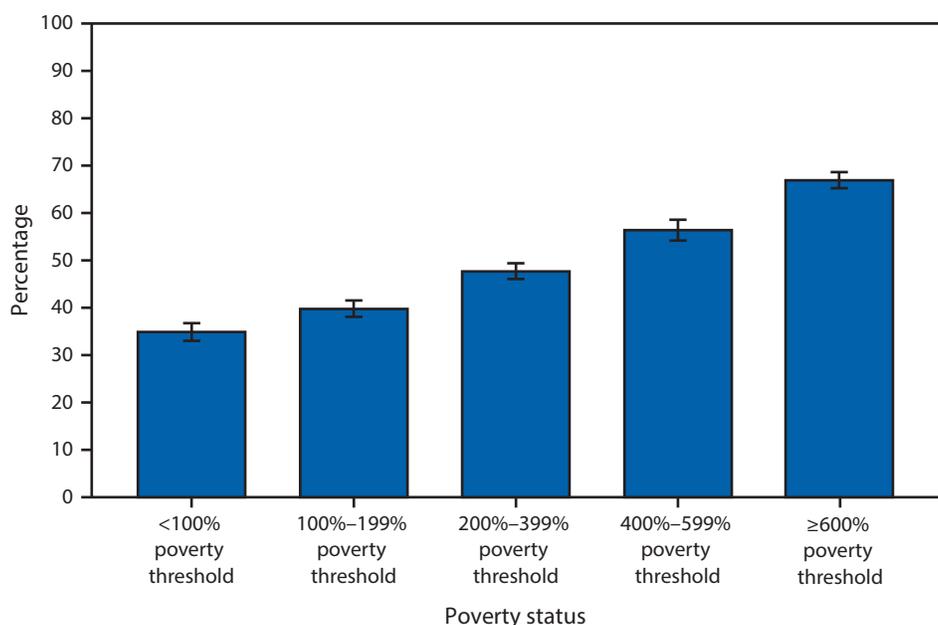


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Who Met Federal Guidelines for Aerobic Physical Activity,[†] by Poverty Status[§] — National Health Interview Survey, United States, 2014[¶]



* With error bars indicating 95% confidence interval.

[†] Per U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans (<http://www.health.gov/paguidelines/guidelines/default.aspx>). Respondents were considered to be meeting aerobic activity guidelines if they reported moderate-intensity physical activity for ≥ 150 minutes leisure-time activity per week, vigorous-intensity physical activity for ≥ 75 minutes leisure-time activity per week, or an equivalent combination of moderate-intensity and vigorous-intensity leisure-time activity.

[§] Poverty status is based on family income and family size using the 2013 U.S. Census Bureau poverty thresholds. Family income was imputed where missing.

[¶] Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population and are derived from the National Health Interview Survey sample adult component.

In 2014, the percentage of adults aged ≥ 18 years who met federal guidelines for aerobic physical activity increased as family income increased. The percentage of adults aged ≥ 18 years who met federal guidelines for aerobic physical activity ranged from 34.8% for those with family incomes $< 100\%$ of the poverty level to 66.8% for those with family incomes $\geq 600\%$ of the poverty level.

Source: National Health Interview Survey data, 2014. <http://www.cdc.gov/nchs/nhis.htm>.

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