FROM THE NATIONAL CENTER FOR HEALTH STATISTICS


From 2000–2002 to 2013–2015, the percentage of older adults who met the 2008 federal guidelines for aerobic activity increased from 35.7% to 42.5% among persons aged 65–74 years, from 24.5% to 30.9% among persons aged 75–84 years, and from 11.9% to 19.4% among persons aged ≥85 years. The percentage who met the guidelines for muscle strengthening activities increased from 11.7% to 19.3% among those aged 65–74 years, from 9.6% to 14.6% among those aged 75–84 years, and from 6.5% to 10.4% among those aged ≥85 years. In both periods, within each age group participation declined with age and was lower for muscle strengthening activities compared with aerobic activities.

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