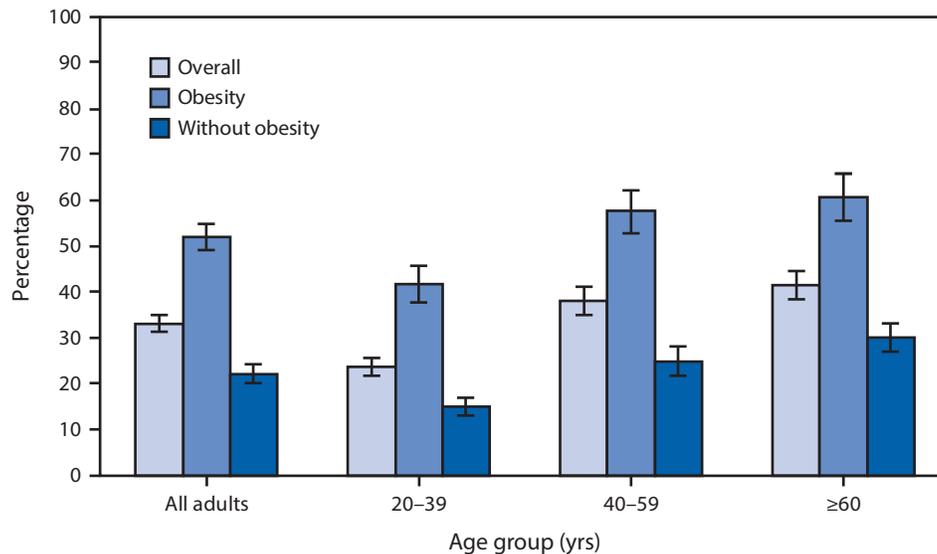


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Aged ≥ 20 Years Who Reported Being Told by a Doctor or Health Professional to Increase Their Physical Activity,[†] by Age Group and Obesity Status[§] — National Health and Nutrition Examination Survey, United States, 2011–2014



* With 95% confidence intervals indicated with error bars.

[†] Based on the question "To lower your risk for certain diseases, during the past 12 months, have you ever been told by a doctor or health professional to increase your physical activity or exercise?"

[§] Obesity status was based on measured body mass index (BMI), which was calculated as weight in kilograms divided by height in meters squared, rounded to one decimal place. Obesity was defined as BMI ≥ 30 .

During 2011–2014, 33.2% of adults aged ≥ 20 years reported that a doctor or health professional told them to increase their physical activity. More than half (52.2%) of adults aged ≥ 20 years with obesity reported that a doctor or health professional told them to increase their physical activity compared with less than a quarter (22.3%) of adults without obesity. This pattern remained the same for all age groups examined. For both adults with and without obesity, the proportion who reported being told to increase their physical activity increased with age.

Source: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2011–2014. <https://www.cdc.gov/nchs/nhanes.htm>.

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