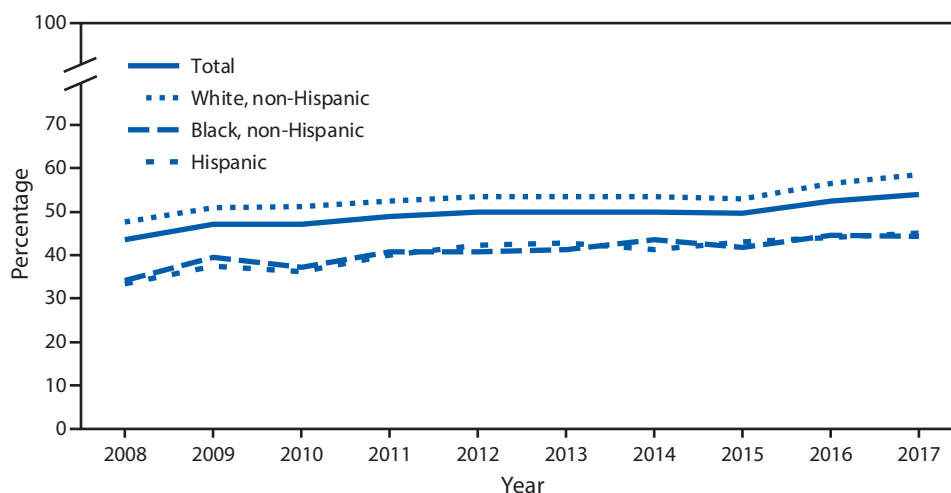


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage of Adults Who Met Federal Guidelines for Aerobic Physical Activity Through Leisure-Time Activity,* by Race/Ethnicity — National Health Interview Survey,† 2008–2017



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

† 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.

During 2008–2017, the percentage of adults aged ≥ 18 years who met federal guidelines for aerobic physical activity through leisure-time activity increased from 43.5% in 2008 to 54.1% in 2017. This pattern was seen in each race/ethnicity group shown, with an increase from 33.4% to 45.0% for Hispanic, 34.1% to 44.3% for non-Hispanic black, and 46.0% to 58.6% for non-Hispanic white adults. Throughout the period, non-Hispanic white adults were more likely to meet the guidelines through leisure-time activity than were non-Hispanic black and Hispanic adults.

Source: National Health Interview Survey, 2008–2017. <https://www.cdc.gov/nchs/nhis/index.htm>.

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