# Percentage* of Adults Aged $\geq 18$ Years Who Were Advised During the Past 12 Months by a Doctor or Other Health Professional to Increase Their Amount of Physical Activity or Exercise, ${ }^{\dagger}$ by Age Group and Sex - National Health Interview Survey, United States, $2022^{\S}$ 



* With $95 \%$ Cls indicated by error bars.
† Based on a response of"yes" to the survey question, "During the past 12 months, has a doctor or other health professional advised you to increase the amount of physical activity or exercise you get?"
§ Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.

In 2022, among adults aged $\geq 18$ years, women were more likely than men ( $22.9 \%$ versus $17.8 \%$ ) to be advised during the past 12 months by a doctor or other health professional to increase their amount of physical activity or exercise. Percentages were higher among women than men in all age groups: $16.2 \%$ versus $9.5 \%$ among adults aged $18-34$ years, $23.5 \%$ versus $18.6 \%$ among those aged $35-49$ years, $27.5 \%$ versus $23.3 \%$ among those aged $50-64$ years, and $25.3 \%$ versus $22.1 \%$ among those aged $\geq 65$ years. Among both men and women, the percentage of those who were advised during the past 12 months by a doctor or other health professional to increase their amount of physical activity or exercise was lowest among those aged 18-34 years.

Source: National Center for Health Statistics, National Health Interview Survey, 2022. https://www.cdc.gov/nchs/nhis.htm Reported by: Nazik Elgaddal, MS, nelgaddal@cdc.gov.

