

Table 1. Age-adjusted percentages of adults 18 years and over engaging in usual daily activities related to moving around, by selected characteristics: United States, 2000 and 2005

Characteristic	Sit		Stand		Walk	
	2000	2005	2000	2005	2000	2005
	Percent (standard error)					
Total	36.8 (0.33)	39.9 (0.37)	13.4 (0.26)	12.0 (0.24)	49.8 (0.37)	48.1 (0.39)
Sex						
Male	35.3 (0.48)	39.0 (0.52)	14.6 (0.38)	12.4 (0.35)	50.1 (0.53)	48.5 (0.56)
Female	38.3 (0.47)	40.9 (0.49)	12.3 (0.31)	11.5 (0.32)	49.4 (0.49)	47.6 (0.50)
Age						
18-24 years	31.3 (1.00)	33.9 (1.14)	18.6 (0.83)	17.4 (0.88)	50.1 (1.08)	48.8 (1.22)
25-44 years	33.3 (0.48)	35.4 (0.56)	15.1 (0.39)	14.0 (0.39)	51.6 (0.52)	50.7 (0.59)
45-64 years	38.4 (0.60)	41.6 (0.59)	13.3 (0.42)	11.4 (0.38)	48.3 (0.62)	47.0 (0.62)
65 years and over	46.5 (0.78)	52.4 (0.78)	5.7 (0.36)	4.2 (0.31)	47.8 (0.81)	43.4 (0.78)
Race and ethnicity						
Hispanic	28.9 (0.85)	29.2 (0.81)	18.2 (0.74)	16.3 (0.69)	52.9 (1.03)	54.5 (0.91)
Not Hispanic						
White	37.4 (0.39)	41.5 (0.45)	12.5 (0.29)	11.1 (0.29)	50.0 (0.42)	47.5 (0.48)
Black	38.9 (1.00)	42.1 (0.94)	14.3 (0.75)	12.3 (0.70)	46.8 (1.08)	45.7 (0.99)

NOTE: Usual daily activity related to moving around is based on the question, "Which one of the following BEST describes your usual daily activities related to moving around? Do NOT include exercises, sports, or physically active hobbies done in your leisure time." The response categories included: (1) SIT during MOST of the day; (2) STAND during MOST of the day; (3) WALK AROUND MOST of the day; (7) Refused; and (9) Don't know. Age adjusted using the projected 2000 U.S. population as a standard, and using age groups 18-24 years, 25-44 years, 45-64 years, and 65 years and over. Estimates for age groups are not age adjusted.

Table 2. Age-adjusted percentages of adults 18 years and over engaging in usual daily lifting activities, by selected characteristics: United States, 2000 and 2005

Characteristic	No lifting		Lift light loads		Lift moderate loads		Lift heavy loads	
	2000	2005	2000	2005	2000	2005	2000	2005
Total	28.3 (0.34)	29.5 (0.37)	34.7 (0.35)	34.1 (0.34)	27.8 (0.33)	28.8 (0.35)	9.2 (0.23)	7.6 (0.21)
Sex	Percent (standard error)							
Male	25.2 (0.45)	26.5 (0.49)	30.8 (0.49)	29.5 (0.48)	30.2 (0.48)	32.1 (0.50)	13.8 (0.39)	11.8 (0.38)
Female	31.0 (0.45)	32.2 (0.47)	38.4 (0.44)	38.5 (0.45)	25.7 (0.42)	25.7 (0.43)	4.9 (0.22)	3.6 (0.17)
Age	Percent (standard error)							
18-24 years	18.5 (0.85)	21.0 (0.97)	34.2 (1.10)	34.0 (1.12)	33.4 (1.02)	33.8 (1.13)	13.9 (0.76)	11.2 (0.89)
25-44 years	24.1 (0.45)	25.6 (0.52)	33.2 (0.51)	32.7 (0.54)	30.6 (0.49)	32.0 (0.53)	12.0 (0.37)	9.7 (0.34)
45-64 years	31.0 (0.58)	30.7 (0.56)	35.8 (0.58)	35.4 (0.56)	25.7 (0.54)	27.4 (0.52)	7.5 (0.35)	6.4 (0.30)
65 years and over	40.7 (0.82)	42.8 (0.85)	36.5 (0.75)	35.0 (0.72)	20.9 (0.70)	20.0 (0.64)	2.0 (0.21)	2.1 (0.21)
Race and ethnicity	Percent (standard error)							
Hispanic	30.2 (0.85)	31.5 (0.90)	31.4 (0.85)	30.6 (0.83)	25.7 (0.85)	28.1 (0.81)	12.6 (0.66)	9.9 (0.51)
Not Hispanic	Percent (standard error)							
White	26.3 (0.38)	27.6 (0.43)	35.4 (0.42)	34.9 (0.43)	29.2 (0.40)	29.9 (0.44)	9.1 (0.28)	7.6 (0.27)
Black	38.2 (0.94)	38.3 (0.95)	30.7 (0.86)	32.7 (0.98)	22.8 (0.84)	22.8 (0.91)	8.2 (0.56)	6.1 (0.42)

NOTE: Usual daily activity related to lifting and carrying things is based on the question, "Which one of the following BEST describes your usual daily activities related to lifting or carrying things? Do NOT include activities done in your leisure time." The response categories included: (1) NOT lift or carry things very often; (2) LIFT or carry LIGHT loads; (3) LIFT or carry MODERATE loads; (4) LIFT or carry HEAVY loads; (5) Unable to lift or carry loads; (6) Other; (7) Refused; and (9) Don't know. Age adjusted using the projected 2000 U.S. population as a standard, and using age groups 18-24 years, 25-44 years, 45-64 years, and 65 years and over. Estimates for age groups are not age adjusted.

Table 3. Age-adjusted percentages of leisure-time physical activity among adults 18 years and over, by selected characteristics: United States, 2000 and 2005

Characteristic	No activity		Some activity, but less than regular		Regular	
	2000	2005	2000	2005	2000	2005
			Percent (standard error)			
Total	38.5 (0.46)	40.0 (0.50)	30.2 (0.35)	30.3 (0.39)	31.2 (0.36)	29.7 (0.37)
Sex						
Male	35.9 (0.59)	38.6 (0.62)	29.3 (0.48)	30.1 (0.53)	34.8 (0.51)	31.4 (0.52)
Female	40.8 (0.51)	41.2 (0.59)	31.1 (0.43)	30.5 (0.49)	28.0 (0.42)	28.3 (0.47)
Age						
18-24 years	30.6 (1.04)	33.1 (1.17)	30.3 (0.98)	30.0 (1.07)	39.2 (1.07)	36.9 (1.19)
25-44 years	33.7 (0.59)	36.3 (0.68)	31.9 (0.51)	31.7 (0.59)	34.4 (0.52)	32.0 (0.56)
45-64 years	40.8 (0.69)	40.6 (0.68)	30.1 (0.58)	30.7 (0.58)	29.0 (0.59)	28.6 (0.57)
65 years and over	51.8 (0.89)	52.8 (0.83)	26.7 (0.69)	26.3 (0.67)	21.5 (0.65)	20.9 (0.65)
Race and ethnicity						
Hispanic	53.7 (0.95)	56.0 (0.98)	23.1 (0.77)	24.0 (0.79)	23.2 (0.79)	20.0 (0.70)
Not Hispanic						
White	34.4 (0.54)	34.9 (0.60)	31.8 (0.43)	31.8 (0.48)	33.8 (0.43)	33.3 (0.45)
Black	51.7 (1.04)	53.7 (1.05)	25.1 (0.82)	25.5 (0.84)	23.2 (0.80)	20.8 (0.79)

NOTE: The data in this table are based on several questions in the survey that asked respondents how often they did vigorous activities during their leisure time for at least 10 minutes that caused heavy sweating and large increases in breathing or heart rates and how often they did light or moderate activities during their leisure time for at least 10 minutes that caused only light sweating or a slight to moderate increase in breathing or heart rate. Regular leisure-time physical activity: engaging in light-moderate activity at least 5 times per week for at least 30 minutes each time, or engaging in vigorous activity at least 3 times per week for at least 20 minutes each time, or meeting either one or both of the first two criteria. Age adjusted using the projected 2000 U.S. population as a standard, and using age groups 18-24 years, 25-44 years, 45-64 years, and 65 years and over. Estimates for age groups are not age adjusted. Estimates in this table may differ slightly from those found in other publications using other methods to calculate the estimates of activity.

Table 4. Age-adjusted percentages of overall physical activity level for adults 18 years and over, by selected characteristics: United States, 2000 and 2005

Characteristic	Never active		Low		Medium		Medium-high		High	
	2000	2005	2000	2005	2000	2005	2000	2005	2000	2005
	Percent (standard error)									
Total	9.4 (0.21)	10.3 (0.23)	15.7 (0.28)	16.2 (0.28)	32.0 (0.33)	33.1 (0.34)	24.2 (0.32)	23.7 (0.34)	18.7 (0.31)	16.7 (0.29)
Sex										
Male	7.2 (0.26)	8.4 (0.29)	14.9 (0.40)	16.0 (0.40)	33.0 (0.51)	34.2 (0.48)	23.9 (0.45)	24.2 (0.47)	21.0 (0.46)	17.3 (0.42)
Female	11.4 (0.31)	12.0 (0.31)	16.4 (0.35)	16.5 (0.37)	31.2 (0.42)	32.1 (0.46)	24.4 (0.41)	23.1 (0.43)	16.7 (0.36)	16.3 (0.38)
Age										
18-24 years	4.3 (0.41)	5.5 (0.54)	14.0 (0.75)	14.0 (0.82)	29.8 (0.94)	32.1 (1.07)	28.3 (1.02)	27.3 (1.11)	23.6 (0.96)	21.0 (1.01)
25-44 years	5.3 (0.23)	6.1 (0.28)	14.9 (0.40)	15.3 (0.42)	33.9 (0.52)	35.9 (0.55)	25.8 (0.48)	25.1 (0.51)	20.1 (0.44)	17.6 (0.44)
45-64 years	9.9 (0.38)	10.2 (0.37)	17.3 (0.46)	17.7 (0.46)	32.9 (0.58)	33.4 (0.57)	23.1 (0.52)	23.2 (0.52)	16.8 (0.51)	15.5 (0.45)
65 years and over	22.2 (0.69)	24 (0.70)	15.8 (0.56)	17.4 (0.60)	27.8 (0.67)	26.7 (0.68)	19.1 (0.61)	18.3 (0.61)	15.1 (0.56)	13.7 (0.56)
Race and ethnicity										
Hispanic	11.1 (0.60)	10.7 (0.56)	17.6 (0.74)	17.5 (0.72)	36.4 (0.93)	40.3 (0.90)	20.0 (0.72)	19.2 (0.72)	15.0 (0.67)	12.3 (0.57)
Not Hispanic										
White	8.4 (0.23)	9.3 (0.27)	14.4 (0.30)	15.4 (0.34)	31.4 (0.39)	31.4 (0.42)	25.7 (0.39)	25.4 (0.42)	20.0 (0.38)	18.5 (0.36)
Black	15.9 (0.71)	16.7 (0.68)	18.4 (0.83)	18.6 (0.78)	32.4 (0.92)	34.9 (0.92)	19.3 (0.82)	17.8 (0.74)	14.1 (0.70)	11.9 (0.61)

NOTE: Never active: inactive physically during usual daily activities and never engaged/unable to engage in leisure-time physical activity. Low physical activity level: moderately physically active during usual daily activities and never engaged/unable to engage in leisure-time physical activity, or inactive physically during usual daily activities and engaged in some leisure-time physical activity but less than regular. Medium physical activity level: very physically active during usual daily activities and never engaged/unable to engage in leisure-time physical activity, or moderately physically active during usual daily activities and engaged in some leisure-time physical activity but less than regular, or inactive physically during usual daily activities and engaged in regular leisure-time physical activity. Medium-high physical activity level: very physically active during usual daily activities and engaged in some leisure-time physical activity but less than regular, or moderately physically active during usual daily activities and engaged in regular leisure-time physical activity. High physical activity level: Very physically active during usual daily activities and engaged in regular leisure-time physical activity. Age adjusted using the projected 2000 U.S. population as a standard, and using age groups 18-24 years, 25-44 years, 45-64 years, and 65 years and over. Estimates for age groups are not age adjusted. Estimates in this table may differ slightly from those found in other publications using other methods to calculate the estimates of activity.