

Data table for Figure 24. Participation in recommended levels of leisure-time aerobic and muscle-strengthening activities among adults aged 55–64, by selected characteristics: United States, average annual 2002–2003 and 2012–2013

Excel and Powerpoint: <http://www.cdc.gov/nchs/hus/contents2014.htm#fig24>

Characteristic	Met both aerobic activity and muscle-strengthening guidelines ¹			
	2002–2003		2012–2013	
	Percent	SE	Percent	SE
Total age 55–64	12.8	0.5	15.7	0.5
Sex				
Men	13.5	0.7	17.2	0.7
Women	12.1	0.6	14.2	0.6
Race and Hispanic origin ²				
White only, not Hispanic	14.1	0.5	17.0	0.6
Black only, not Hispanic	7.7	1.0	12.3	1.1
Hispanic or Latino	7.3	1.3	10.2	1.1
Asian only	*7.2	2.1	14.1	1.9
Percent of poverty level ³				
Below 100%	*3.3	0.9	5.9	0.8
100%–199%	6.1	1.0	7.7	0.8
200%–399%	9.2	0.8	11.3	0.7
400% or more	18.6	0.8	22.8	0.9

SE is standard error.

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error of 20%–30%.

¹The federal *2008 Physical Activity Guidelines for Americans* recommend that for substantial health benefits adults perform at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. In addition, adults should perform muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week. See Appendix II, Physical activity, leisure-time.

²The race group, Asian only, includes persons of Hispanic and non-Hispanic origin. Persons of Hispanic origin may be of any race. Race-specific estimates are tabulated according to the 1997 *Revisions to the Standards for the Classification of Federal Data on Race and Ethnicity* and are not strictly comparable with estimates for earlier years. The single-race categories shown in the table conform to the 1997 Standards and are for persons who reported only one racial group. Starting with 2003 data, race responses of other race and unspecified multiple race were treated as missing, and then race was imputed if these were the only race responses. Almost all persons with a race response of other race were of Hispanic origin. See Appendix II, Hispanic origin; Race.

³Based on family income and family size and composition using U.S. Census Bureau poverty thresholds. Missing family income data were imputed. See Appendix II, Family income; Poverty; Table VI.

NOTE: Data reported are for leisure-time physical activity and do not include physical activity performed for work, transportation, or other non-leisure-time activities.

SOURCE: CDC/NCHS, National Health Interview Survey. Family core and sample adult questionnaires. See Appendix I, National Health Interview Survey (NHIS).