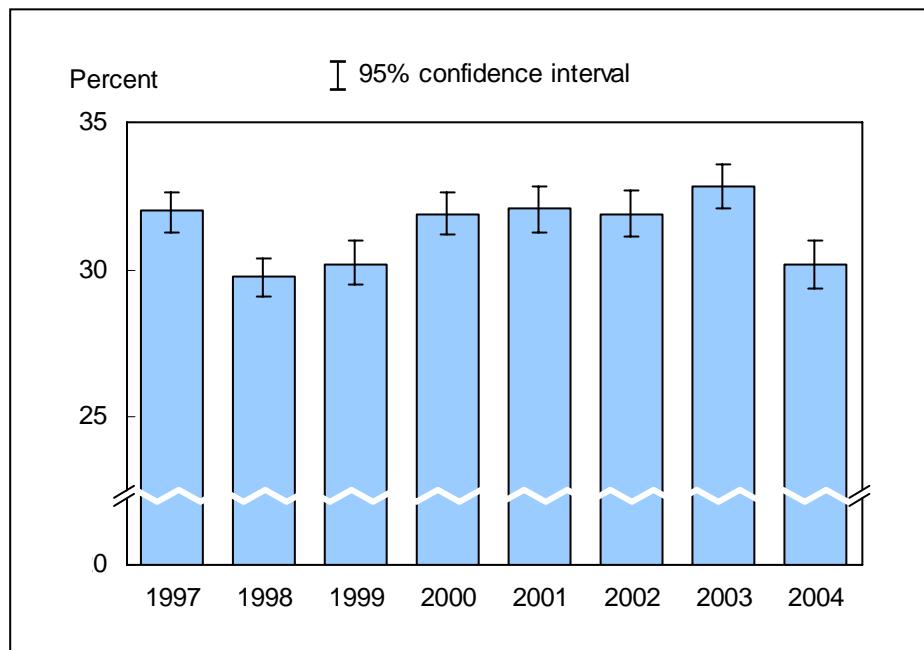


Figure 7.1. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997-2004

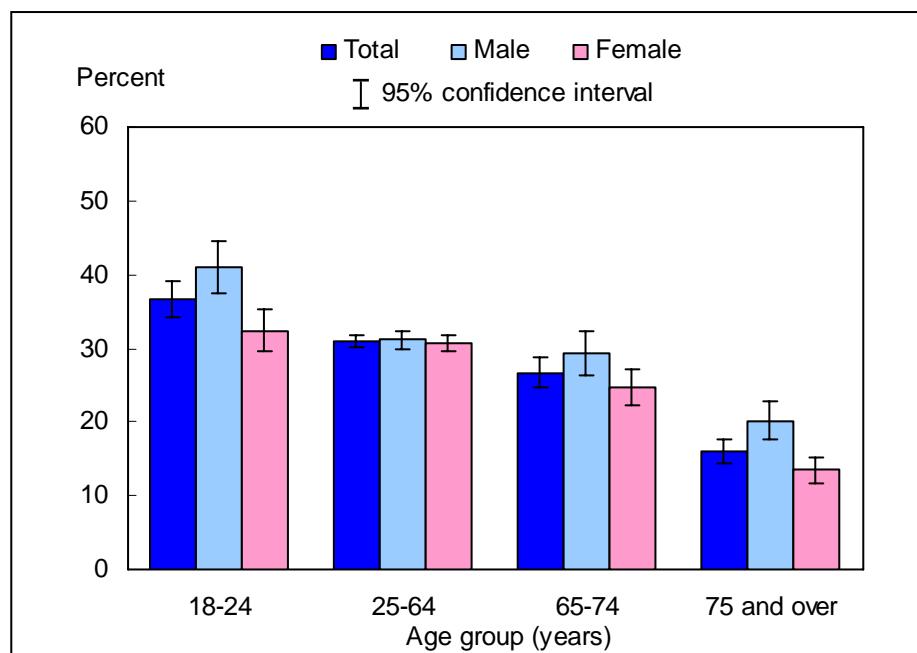


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five times per week or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to three times per week. The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). In previous Early Releases, regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier ER estimates excluded from the analysis persons with unknown duration who were known to have not met the frequency recommendations (i.e. partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. All estimates have been rerun using the revised denominator. The impact of the change on the estimates was minimal (typically 0.1 or less). Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000-02 were recalculated using weights derived from the 2000 census. See "About This Release" and table III in the Appendix for more details.

DATA SOURCE: Sample Adult Core component of the 1997-2004 National Health Interview Surveys.

- In 2004, 30.2% (95% confidence interval = 29.4%-31.0%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity. This estimate was lower than the 2003 estimate of 32.8%.
- The annual percentages of adults aged 18 years and over who engaged in regular leisure-time physical activity increased from 29.9% in 1998 to 31.9% in 2000, did not change significantly from 2000 to 2003, and decreased from 2003 to 2004.

Figure 7.2. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by age group and sex: United States, 2004

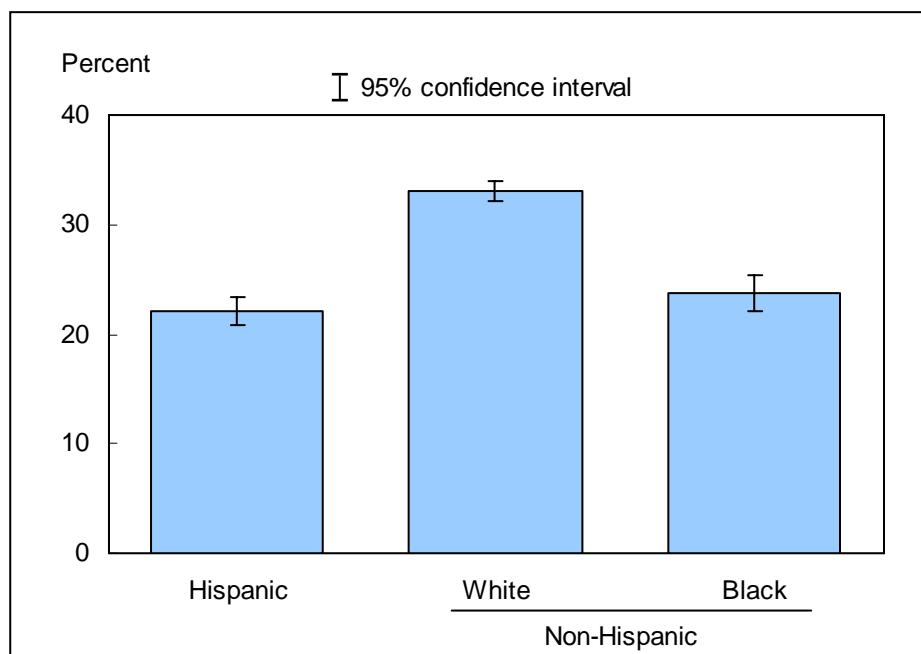


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five times per week or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to three times per week. The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). In previous Early Releases, regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier ER estimates excluded from the analysis persons with unknown duration who were known to have not met the frequency recommendations (i.e. partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. The analyses excluded 783 persons (2.5%) with unknown physical activity participation.

DATA SOURCE: Sample Adult Core component of the 2004 National Health Interview Survey.

- For both sexes combined, the percentage of adults who engaged in regular leisure-time physical activity decreased with age.
- For age groups 18-24 years, 65-74 years, and 75 years and over, women were less likely than men to engage in regular leisure-time physical activity.

Figure 7.3. Age- sex-adjusted percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, 2004



NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five times per week or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to three times per week. The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). In previous Early Releases, regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier ER estimates excluded from the analysis persons with unknown duration who were known to have not met the frequency recommendations (i.e. partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. The analyses excluded 783 persons (2.5%) with unknown physical activity participation.

DATA SOURCE: Sample Adult Core component of the 2004 National Health Interview Survey.

- The age- sex-adjusted percentage of adults who engaged in regular leisure-time physical activity was 22.1% for Hispanic adults, 33.0% for non-Hispanic white adults, and 23.7% for non-Hispanic black adults.
- Non-Hispanic white adults were more likely to engage in regular leisure-time physical activity than Hispanic adults and non-Hispanic black adults.



Data tables for figures 7.1-7.3:

Data table for figure 7.1. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–2004

Year	Percent (95% confidence interval)	
	Crude ¹	Age-adjusted ²
1997	32.0 (31.3-32.6)	31.8 (31.1-32.5)
1998	29.8 (29.1-30.4)	29.6 (28.9-30.3)
1999	30.2 (29.5-31.0)	30.1 (29.4-30.8)
2000	31.9 (31.2-32.6)	31.8 (31.1-32.5)
2001	32.1 (31.3-32.8)	31.9 (31.2-32.7)
2002	31.9 (31.1-32.7)	31.8 (31.0-32.6)
2003	32.8 (32.1-33.6)	32.8 (32.0-33.6)
2004	30.2 (29.4-31.0)	30.1 (29.4-30.9)

¹Crude estimates are presented in the figure.

²Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 2000 projected U.S. standard population using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.

**Data table for figure 7.2. Percent of adults aged 18 and over who engaged in regular leisure-time physical activity, by age group and sex:
United States, 2004**

Age and sex	Percent	95% confidence interval
18-24 years		
Total	36.6	34.3-39.0
Male	41.0	37.6-44.5
Female	32.3	29.5-35.2
25-64 years		
Total	30.9	30.1-31.8
Male	31.1	30.0-32.3
Female	30.7	29.6-31.9
65-74 years		
Total	26.7	24.7-28.7
Male	29.2	26.3-32.3
Female	24.6	22.3-27.1
75 years and over		
Total	16.0	14.5-17.7
Male	20.1	17.6-22.9
Female	13.5	11.8-15.3
18 years and over: crude¹		
Total	30.2	29.4-31.0
Male	31.6	30.6-32.7
Female	28.8	27.9-29.8
18 years and over: age-adjusted²		
Total	30.1	29.4-30.9
Male	31.4	30.4-32.4
Female	29.0	28.0-30.0

¹Crude estimates are presented in the figure.

²Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 2000 projected U.S. standard population using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.

**Data table for figure 7.3. Adjusted percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity:
United States, 2004**

Race/ethnicity	Percent (95% confidence interval)	
	Age- sex-adjusted ¹	Age-adjusted ²
Hispanic or Latino	22.1 (20.8-23.4)	22.1 (20.8-23.5)
Not Hispanic or Latino:		
White, single race	33.0 (32.1-34.0)	33.0 (32.1-34.0)
Black, single race	23.7 (22.1-25.4)	23.3 (21.7-25.0)

Age- sex-adjusted estimates are presented in the figure. Estimates are age- sex-adjusted to the 2000 projected U.S. standard population using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.

²Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 2000 projected U.S. standard population using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.