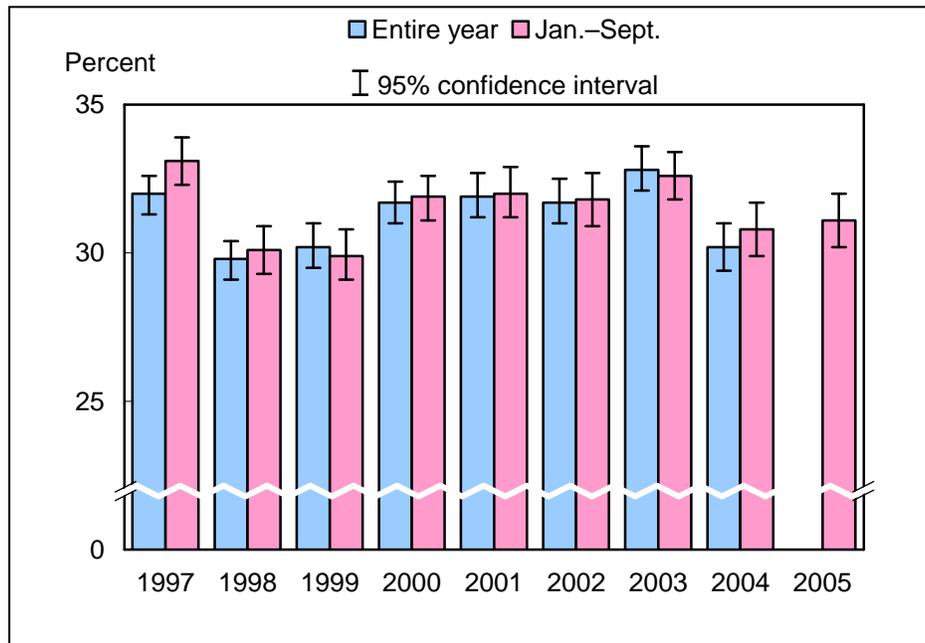


**Figure 7.1. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–2005**

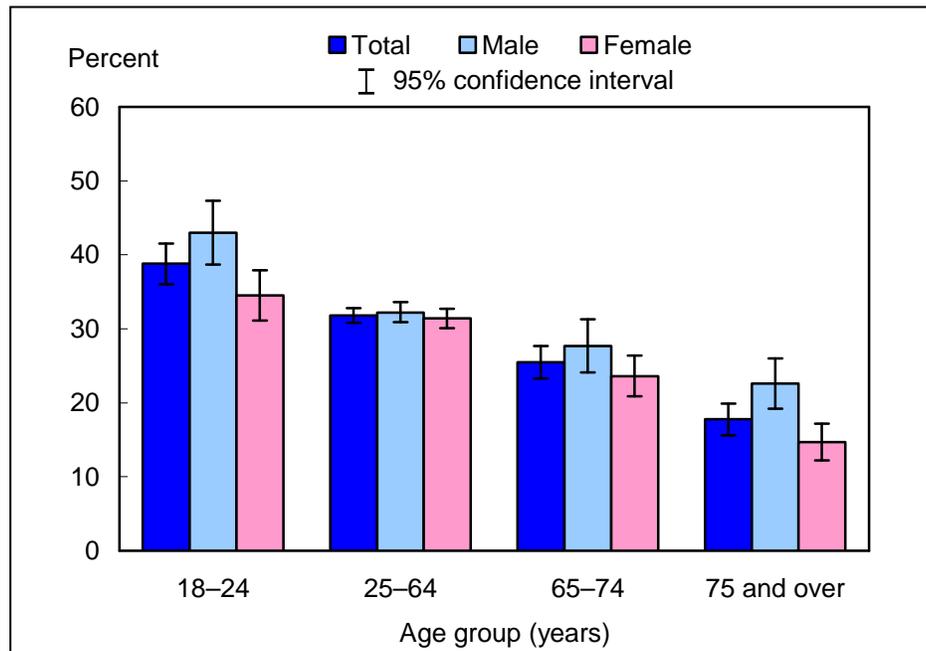


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (12)). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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. In Early Releases before September 2005 (based on the 2004 National Health Interview Survey (NHIS)), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (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 percentage points or less). The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). Beginning with the 2003 data, NHIS transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 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 1997–2005 NHIS. The estimate for 2005 was based on data collected from January through September. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- For the period January through September 2005, 31.1% (95% confidence interval = 30.2–32.0%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity. This estimate was higher than, but not significantly different from, the 2004 quarter three estimate of 30.8%.
- The annual percentages of adults aged 18 years and over who engaged in regular leisure-time physical activity increased from 29.8% in 1998 to 31.9% in 2000, did not change significantly from 2000 to 2003, and decreased from 2003 to 2004.

**Figure 7.2. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by age group and sex: United States, January–September 2005**

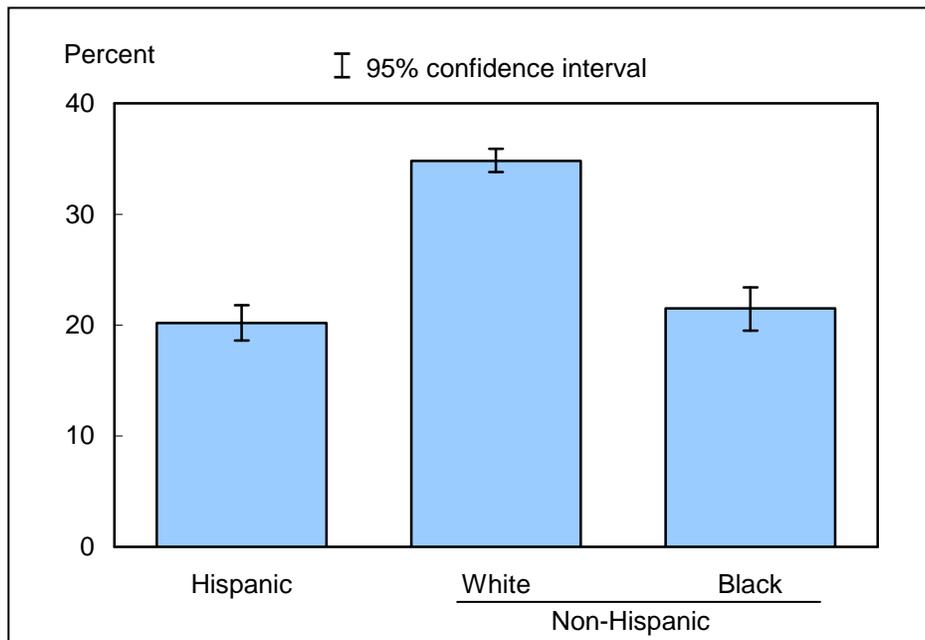


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (12)). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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. In Early Releases before September 2005 (based on the 2004 National Health Interview Survey (NHIS)), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (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 619 persons (2.7%) with unknown physical activity participation.

DATA SOURCE: Based on data collected from January through September in the Sample Adult Core component of the 2005 NHIS. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- For both sexes combined, the percentage of adults who engaged in regular leisure-time physical activity decreased with age.
- For adults 18–24 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 percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January–September 2005**



NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (12)). 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. In Early Releases before September 2005 (based on the 2004 National Health Interview Survey (NHIS)), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (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 619 persons (2.7%) with unknown physical activity participation. 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.

DATA SOURCE: Based on data collected from January through September in the Sample Adult Core component of the 2005 NHIS. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

■ The age-sex-adjusted percentage of adults who engaged in regular leisure-time physical activity was 20.2% for Hispanic adults, 34.8% for non-Hispanic white adults, and 21.5% 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. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–2005**

Year	Percent (95% confidence interval)	
	Crude <sup>1</sup>	Age-adjusted <sup>2</sup>
<b>1997 Yearly</b>	32.0 (31.3-32.6)	31.8 (31.1-32.4)
<b>January-September</b>	33.1 (32.3-33.9)	32.9 (32.1-33.7)
<b>1998 Yearly</b>	29.8 (29.1-30.4)	29.6 (28.9-30.3)
<b>January-September</b>	30.1 (29.3-30.9)	30.3 (29.5-31.0)
<b>1999 Yearly</b>	30.2 (29.5-31.0)	30.1 (29.4-30.8)
<b>January-September</b>	29.9 (29.1-30.8)	30.3 (29.5-31.2)
<b>2000 Yearly</b>	31.7 (31.0-32.4)	31.7 (31.0-32.4)
<b>January-September</b>	31.9 (31.1-32.6)	32.4 (31.6-33.2)
<b>2001 Yearly</b>	31.9 (31.2-32.7)	31.8 (31.1-32.6)
<b>January-September</b>	32.0 (31.2-32.9)	32.7 (31.8-33.5)
<b>2002 Yearly</b>	31.7 (31.0-32.5)	31.7 (30.9-32.5)
<b>January-September</b>	31.8 (30.9-32.7)	32.4 (31.6-33.3)
<b>2003 Yearly</b>	32.8 (32.1-33.6)	32.8 (32.0-33.6)
<b>January-September</b>	32.6 (31.8-33.4)	33.2 (32.3-34.0)
<b>2004 Yearly</b>	30.2 (29.4-31.0)	30.1 (29.3-30.9)
<b>January-September</b>	30.8 (29.9-31.7)	30.7 (29.8-31.6)
<b>2005 January-September</b>	31.1 (30.2-32.0)	31.1 (30.2-32.0)

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates 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.

NOTES: Beginning with the 2003 data, the National Health Interview Survey (NHIS) transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See “About This Release” and Table III in the Appendix for more details.

DATA SOURCE: NHIS, 1997–2005. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

**Data table for figure 7.2. Percentage of adults aged 18 and over who engaged in regular leisure-time physical activity, by age group and sex: United States, January–September 2005**

<b>Age and sex</b>	<b>Percent</b>	<b>95% confidence interval</b>
<b>18–24 years</b>		
Total	38.8	36.0-41.5
Male	43.0	38.7-47.3
Female	34.5	31.1-37.9
<b>25–64 years</b>		
Total	31.8	30.8-32.8
Male	32.2	30.9-33.6
Female	31.4	30.1-32.7
<b>65–74 years</b>		
Total	25.5	23.3-27.7
Male	27.7	24.1-31.3
Female	23.6	20.9-26.4
<b>75 years and over</b>		
Total	17.8	15.6-19.9
Male	22.6	19.2-26.0
Female	14.7	12.2-17.2
<b>18 years and over: crude<sup>1</sup></b>		
Total	31.1	30.2-32.0
Male	32.7	31.5-34.0
Female	29.6	28.5-30.7
<b>18 years and over: age-adjusted<sup>2</sup></b>		
Total	31.1	30.2-32.0
Male	32.5	31.3-33.8
Female	29.8	28.7-30.9

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates 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 SOURCE: National Health Interview Survey, 2005. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

**Data table for figure 7.3. Adjusted percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January–September 2005**

Race/ethnicity	Percent (95% confidence interval)	
	Age-sex-adjusted <sup>1</sup>	Age-adjusted <sup>2</sup>
<b>Hispanic or Latino</b>	20.2 (18.6-21.8)	20.2 (18.6-21.9)
<b>Not Hispanic or Latino:</b>		
<b>White, single race</b>	34.8 (33.8-35.9)	34.9 (33.8-35.9)
<b>Black, single race</b>	21.5 (19.5-23.4)	21.2 (19.3-23.1)

<sup>1</sup>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.

<sup>2</sup>Estimates 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 SOURCE: National Health Interview Survey, 2005. Data are based on household interviews of a sample of the civilian noninstitutionalized population.