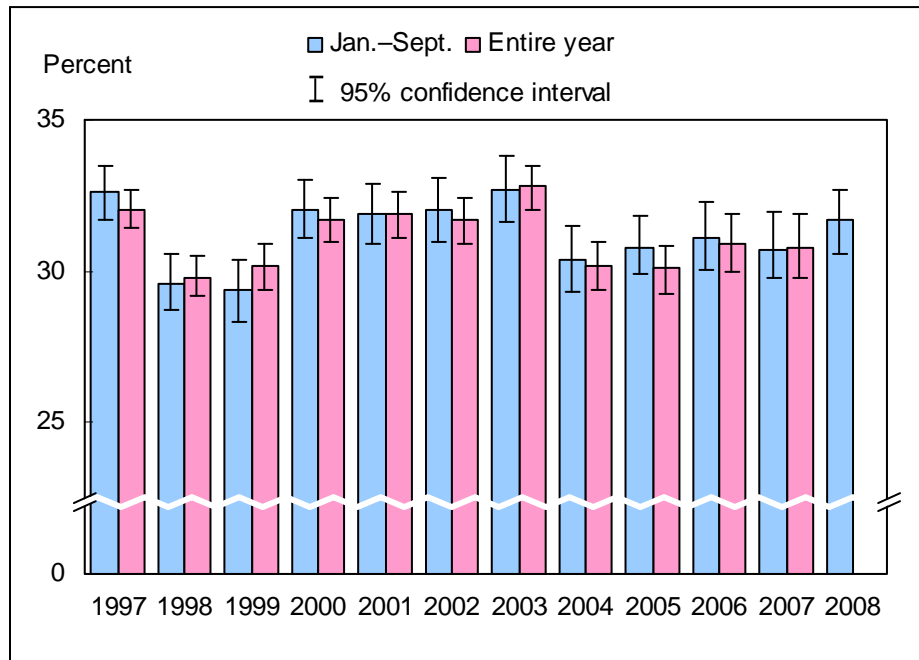


Figure 7.1. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–September 2008

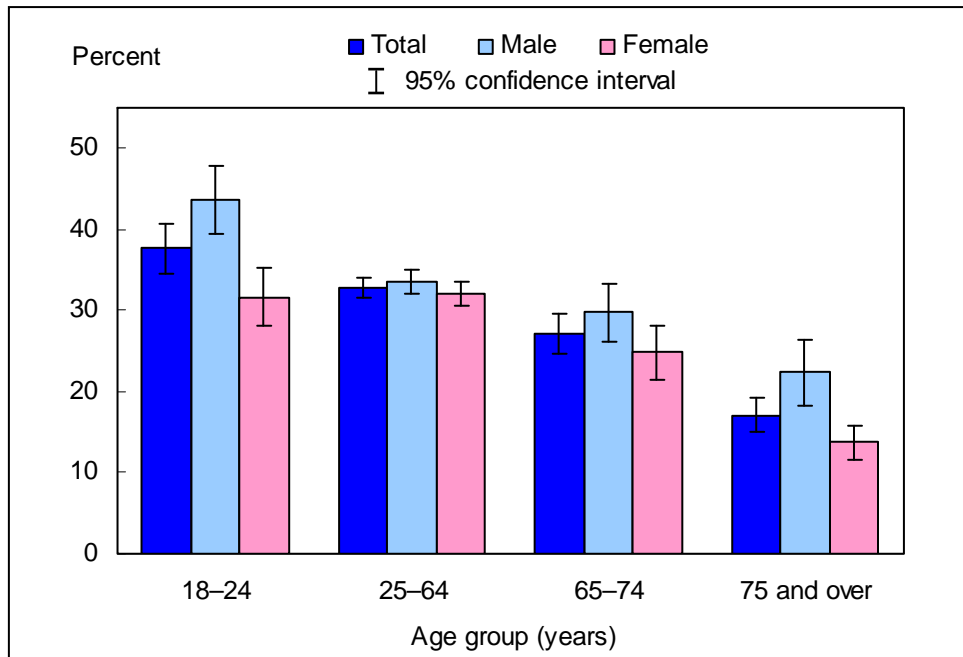


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (15)). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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 for 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 point 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 Early Release" for more details.

DATA SOURCE: Sample Adult Core component of the 1997–September 2008 NHIS. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- For the period January through September 2008, 31.7% (95% confidence interval = 30.69%–32.74%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity, which was higher than, but not significantly different from, the January through September 2007 estimate of 30.7%.
- The annual percentages of adults aged 18 years and over who engaged in regular leisure-time physical activity ranged from 29.8% in 1998 to 32.8% in 2003.

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 2008

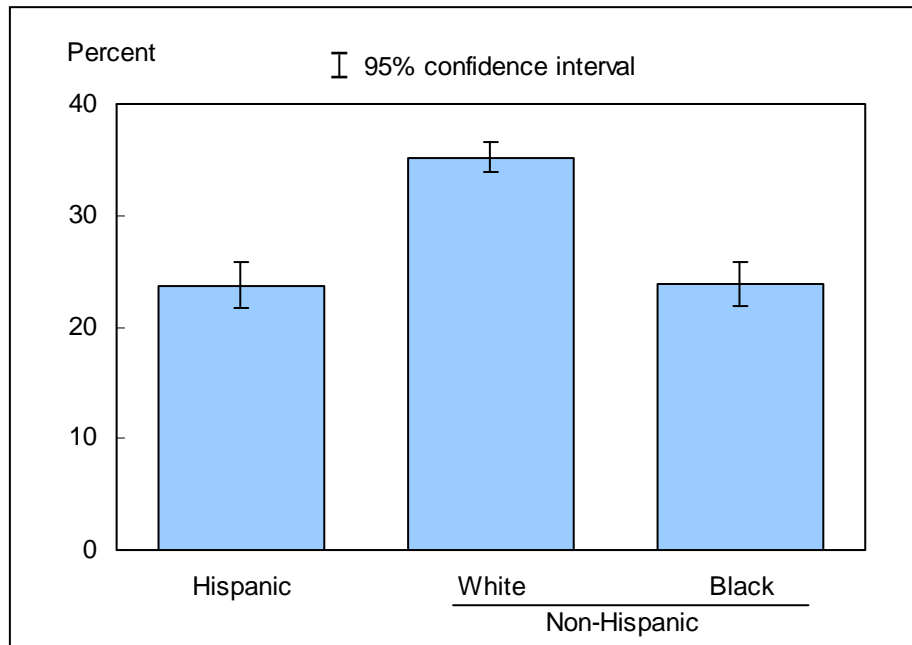


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (15)). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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 for 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 514 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 2008 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 aged 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 percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January–September 2008



NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (15)). 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 for 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 514 persons (2.7%) with unknown physical activity participation. Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and 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 2008 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 23.7% for Hispanic adults, 35.2% for non-Hispanic white adults, and 23.8% 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–September 2008

Year	Crude ¹ percent (95% confidence interval)	Age-adjusted ² percent (95% confidence interval)
1997 yearly	32.0 (31.3–32.6)	31.8 (31.1–32.4)
1997 January–September	32.6 (31.7–33.5)	32.4 (31.4–33.3)
1998 yearly	29.8 (29.1–30.4)	29.6 (28.9–30.3)
1998 January–September	29.6 (28.6–30.5)	29.6 (28.7–30.6)
1999 yearly	30.2 (29.5–31.0)	30.1 (29.4–30.8)
1999 January–September	29.4 (28.4–30.5)	29.7 (28.6–30.7)
2000 yearly	31.7 (31.0–32.4)	31.7 (31.0–32.4)
2000 January–September	32.4 (31.7–33.2)	32.4 (31.6–33.2)
2001 yearly	31.9 (31.2–32.7)	31.8 (31.1–32.6)
2001 January–September	32.7 (31.9–33.6)	32.7 (31.8–33.5)
2002 yearly	31.7 (31.0–32.5)	31.7 (30.9–32.5)
2002 January–September	32.5 (31.6–33.4)	32.4 (31.6–33.3)
2003 yearly	32.8 (32.1–33.6)	32.8 (32.0–33.6)
2003 January–September	32.7 (31.6–33.8)	33.0 (31.9–34.1)
2004 yearly	30.2 (29.4–31.0)	30.1 (29.3–30.9)
2004 January–September	30.4 (29.3–31.5)	30.3 (29.2–31.4)
2005 yearly	30.1 (29.38–30.92)	30.1 (29.37–30.90)
2005 January–September	30.8 (29.79–31.84)	30.8 (29.78–31.81)
2006 yearly	30.9 (29.91–31.80)	30.9 (29.96–31.85)
2006 January–September	31.1 (29.91–32.24)	31.1 (29.93–32.27)
2007 yearly	30.8 (29.73–31.82)	30.8 (29.74–31.82)
2007 January–September	30.7 (29.47–32.02)	30.7 (29.40–31.93)
2008 January–September	31.7 (30.69–32.74)	31.8 (30.74–32.78)

¹Crude estimates are presented in the figure.

²Estimates for this Healthy People 2010 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and 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 Early Release” for more details.

DATA SOURCE: Sample Adult Core component of the 1997–September 2008 NHIS. 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 2008

Age and sex	Percent	95% confidence interval
18–24 years, total	37.7	34.65-40.71
18–24 years, male	43.7	39.41-47.90
18–24 years, female	31.7	28.14-35.19
25–64 years, total	32.8	31.63-33.93
25–64 years, male	33.5	31.96-34.99
25–64 years, female	32.1	30.66-33.56
65–74 years, total	27.1	24.58-29.68
65–74 years, male	29.8	26.25-33.40
65–74 years, female	24.8	21.54-28.14
75 years and over, total	17.1	14.99-19.19
75 years and over, male	22.4	18.27-26.47
75 years and over, female	13.7	11.58-15.84
18 years and over (crude ¹), total	31.7	30.69-32.74
18 years and over (crude ¹), male	33.8	32.51-35.19
18 years and over (crude ¹), female	29.7	28.47-30.99
18 years and over (age-adjusted ²), total	31.8	30.74-32.78
18 years and over (age-adjusted ²), male	33.7	32.39-35.03
18 years and over (age-adjusted ²), female	30.0	28.76-31.26

¹Crude estimates are presented in the figure.

²Estimates for this Healthy People 2010 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and 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 2008 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

Data table for 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 2008

Race/ethnicity	Age-sex-adjusted¹ percent (95% confidence interval)	Age-adjusted² percent (95% confidence interval)
Hispanic or Latino	23.7 (21.70-25.75)	23.7 (21.69-25.71)
Not Hispanic or Latino, single race, white	35.2 (33.91-36.57)	35.3 (33.91-36.59)
Not Hispanic or Latino, single race, black	23.8 (21.81-25.82)	23.4 (21.42-25.35)

¹Age-sex-adjusted estimates are presented in the figure. Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and 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 using the projected 2000 U.S. population as the standard population and 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 2008 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.