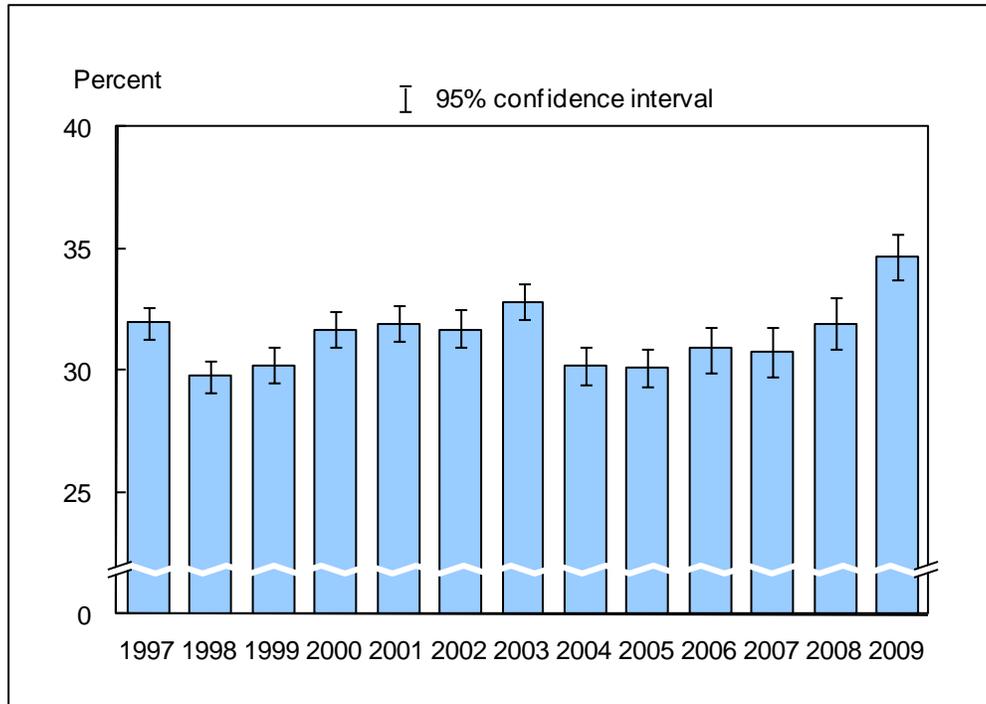


Figure 7.1. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997-2009

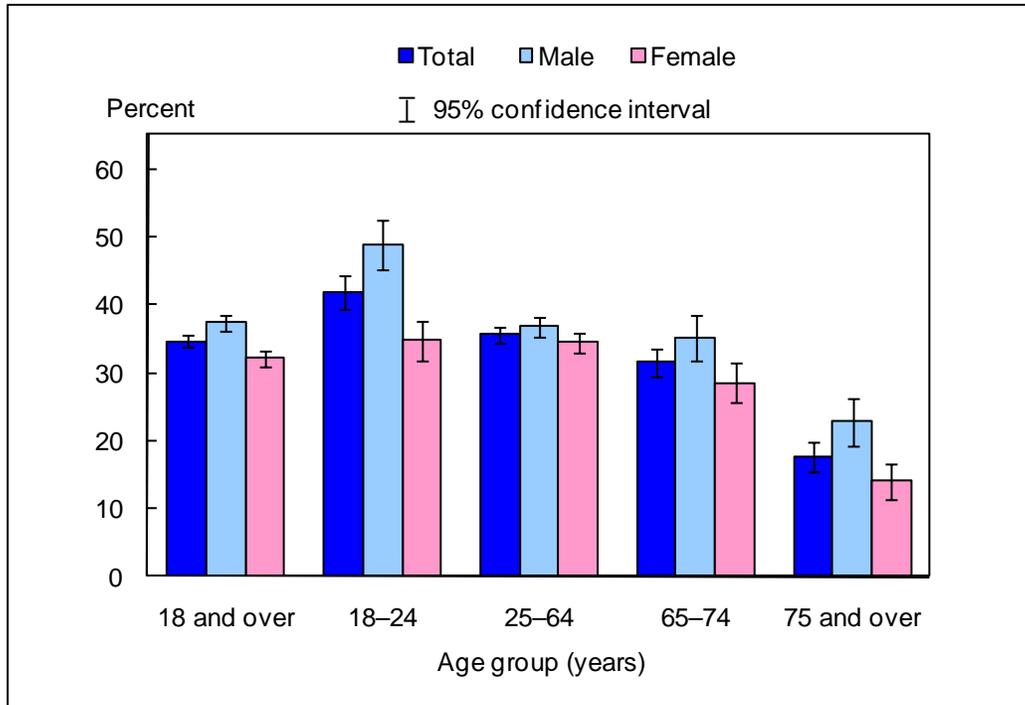


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator in *Healthy People 2010* (3). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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 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 Early Release" for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997-2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In 2009, 34.7% (95% confidence interval = 33.73%-35.58%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity, which was higher than the 2008 estimate of 31.9%.
- 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 34.7% in 2009.

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, 2009

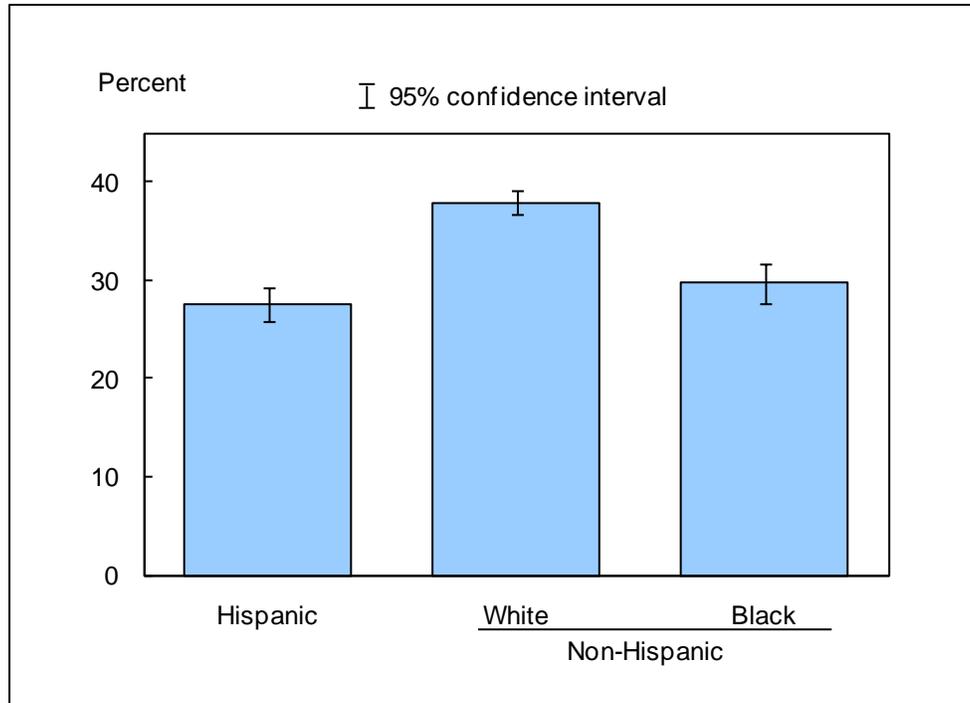


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator in *Healthy People 2010* (3). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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), 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 547 persons (2.0%) with unknown physical activity participation.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- For both sexes combined, adults aged 75 years and over were less likely than adults in younger age groups to engage in regular leisure-time physical activity.
- For adults aged 18-24 years, 25-64 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, 2009



NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator in *Healthy People 2010* (3). 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), 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 547 persons (2.0%) 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: CDC/NCHS, National Health Interview Survey, 2009, Sample Adult Core component. 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 27.6% for Hispanic adults, 37.9% for non-Hispanic white adults, and 29.7% 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. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997-2009

Year	Crude ¹ percent (95% confidence interval)	Age-adjusted ² percent (95% confidence interval)
1997	32.0 (31.3-32.6)	31.8 (31.1-32.4)
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	31.7 (31.0-32.4)	31.7 (31.0-32.4)
2001	31.9 (31.2-32.7)	31.8 (31.1-32.6)
2002	31.7 (31.0-32.5)	31.7 (30.9-32.5)
2003	32.8 (32.1-33.6)	32.8 (32.0-33.6)
2004	30.2 (29.4-31.0)	30.1 (29.3-30.9)
2005	30.1 (29.38-30.92)	30.1 (29.37-30.90)
2006	30.9 (29.91-31.80)	30.9 (29.96-31.85)
2007	30.8 (29.73-31.82)	30.8 (29.74-31.82)
2008	31.9 (30.92-32.97)	32.0 (30.95-33.01)
2009	34.7 (33.73-35.58)	34.8 (33.89-35.76)

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 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: CDC/NCHS, National Health Interview Survey, 1997-2009, Sample Adult Core component. 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 years and over who engaged in regular leisure-time physical activity, by age group and sex: United States, 2009

Age and sex	Percent	95% confidence interval
18-24 years, total	41.8	39.27-44.29
18-24 years, male	48.9	45.30-52.51
18-24 years, female	34.7	31.63-37.74
25-64 years, total	35.6	34.54-36.62
25-64 years, male	36.8	35.38-38.14
25-64 years, female	34.4	33.08-35.81
65-74 years, total	31.6	29.44-33.66
65-74 years, male	35.1	31.77-38.44
65-74 years, female	28.6	25.68-31.42
75 years and over, total	17.6	15.41-19.79
75 years and over, male	22.8	19.37-26.28
75 years and over, female	14.1	11.46-16.68
18 years and over (crude ¹), total	34.7	33.73-35.58
18 years and over (crude ¹), male	37.3	36.10-38.58
18 years and over (crude ¹), female	32.1	31.04-33.26
18 years and over (age-adjusted ²), total	34.8	33.89-35.76
18 years and over (age-adjusted ²), male	37.3	36.00-38.51
18 years and over (age-adjusted ²), female	32.6	31.51-33.72

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: CDC/NCHS, National Health Interview Survey, 2009, Sample Adult Core component. 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, 2009

Race/ethnicity	Age-sex-adjusted¹ percent (95% confidence interval)	Age-adjusted² percent (95% confidence interval)
Hispanic or Latino	27.6 (25.88-29.32)	27.7 (25.98-29.39)
Not Hispanic or Latino, single race, white	37.9 (36.74-39.12)	38.0 (36.76-39.15)
Not Hispanic or Latino, single race, black	29.7 (27.67-31.68)	29.2 (27.23-31.17)

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: CDC/NCHS, National Health Interview Survey, 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.