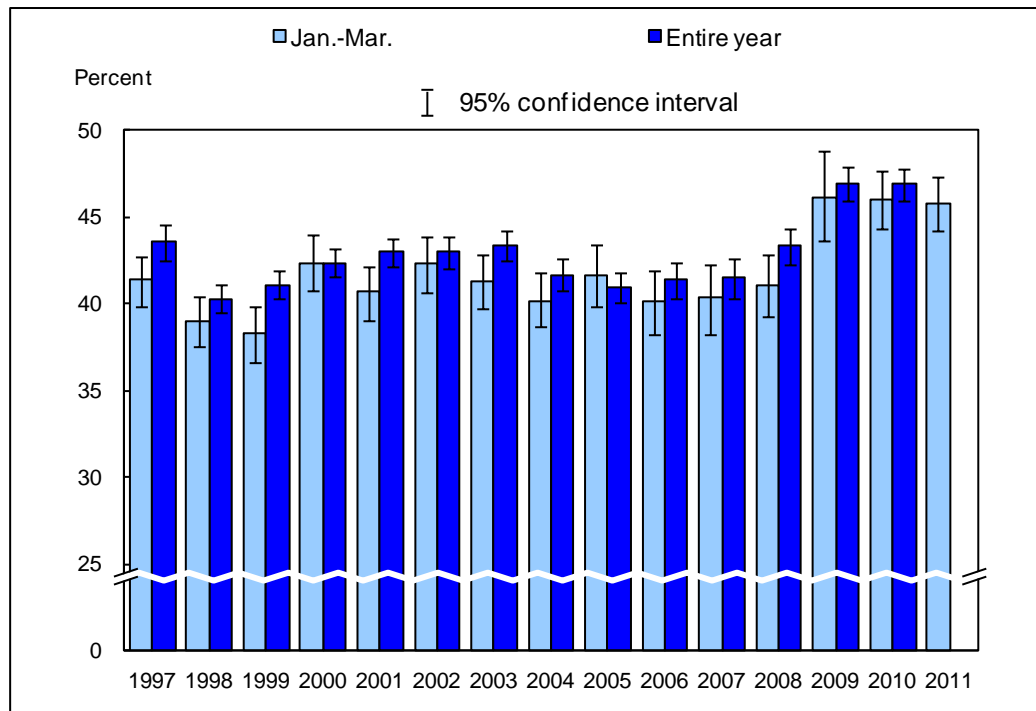


Figure 7.1. Percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity: United States, 1997–March 2011

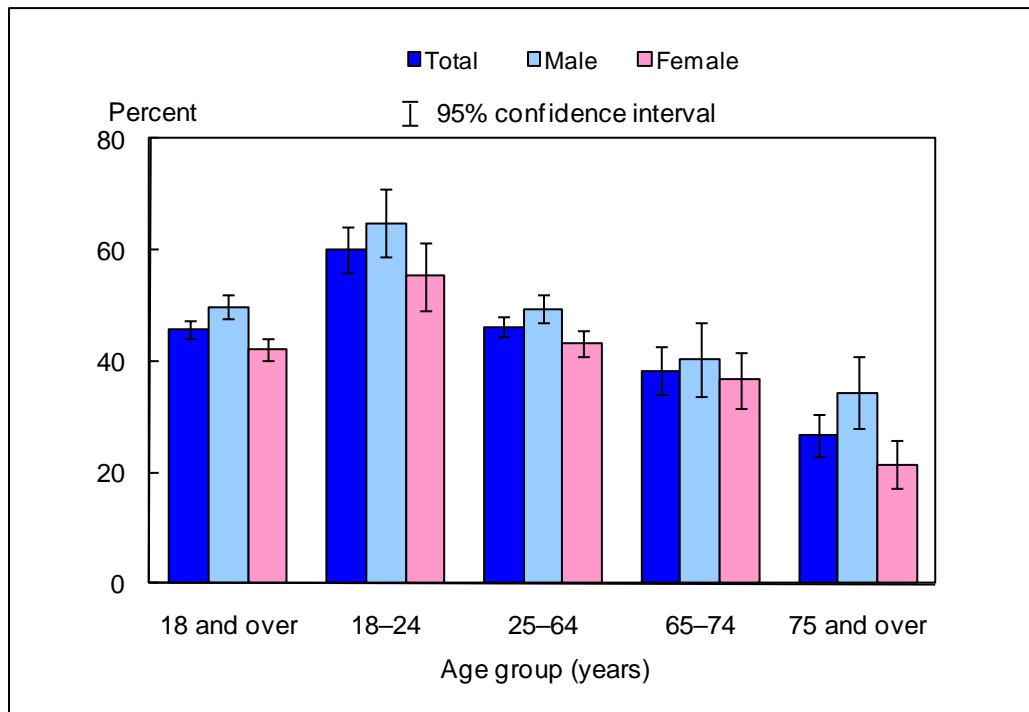


DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2011, Sample Adult Core component.

- In early 2011, 45.8% (95% confidence interval = 44.27%–47.40%) of U.S. adults aged 18 and over met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity), which was not significantly different than the early 2010 estimate of 46.0%.
- The annual percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity) was lowest in 1998 (40.3%) and highest in 2009 (47.0%).

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for *Healthy People 2020 Objectives* (9). The 2008 guidelines refer to any kind of aerobic activity, not just to leisure-time aerobic activity, so the leisure-time aerobic activity estimates in this figure may be underestimates of the percentage of adults who met the 2008 guidelines for aerobic activity. This figure presents the percentage of adults who met the 2008 federal guidelines for aerobic activity. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines say that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. The 2008 guidelines were applied to leisure-time activity data back to 1997 to derive the aerobic activity estimates in this figure, allowing trend analysis. • The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). • See "[Technical Notes](#)" for more details.

Figure 7.2. Percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by age group and sex: United States, January–March 2011

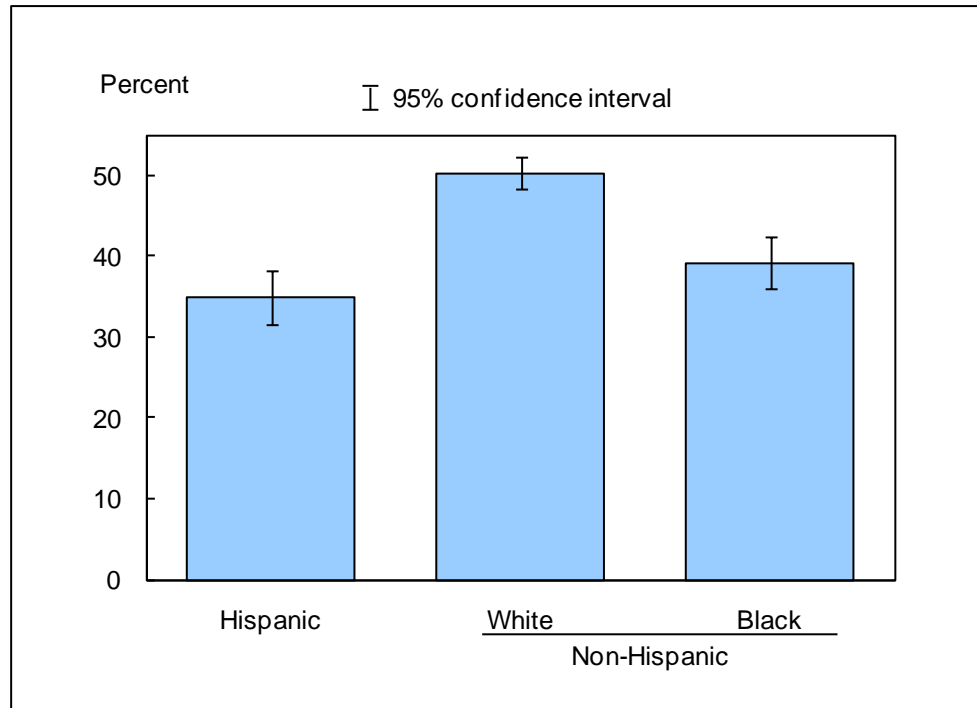


DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2011, Sample Adult Core component.

- For both sexes combined, adults aged 75 and over were less likely than adults in younger age groups to meet the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity).
- For adults aged 18–24, 25–64, and 75 and over, women were less likely than men to meet the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity).

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for *Healthy People 2020 Objectives* (9). The 2008 guidelines refer to any kind of aerobic activity, not just to leisure-time aerobic activity, so the leisure-time aerobic activity estimates in this figure may be underestimates of the percentage of adults who met the 2008 guidelines for aerobic activity. This figure presents the percentage of adults who met the 2008 federal guidelines for aerobic activity. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines say that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. • The analyses excluded 1.9% of persons with unknown physical activity participation. • See "[Technical Notes](#)" for more details.

Figure 7.3. Age-sex-adjusted percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by race/ethnicity: United States, January–March 2011

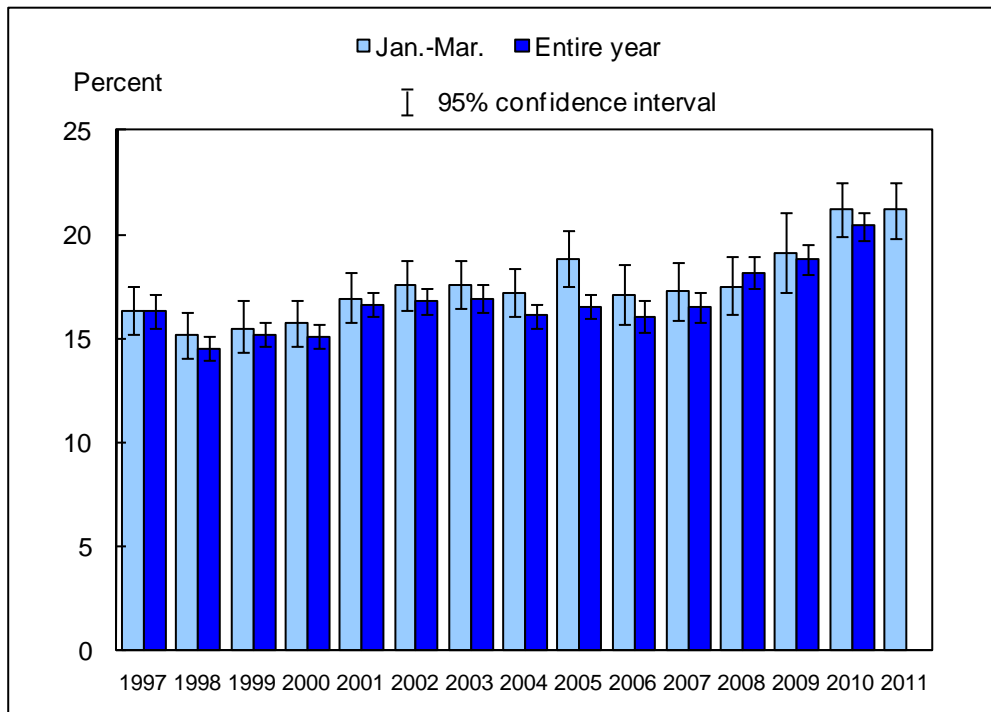


DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2011, Sample Adult Core component.

- The age-sex-adjusted percentage of adults who met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity) was 35.0% for Hispanic adults, 50.2% for non-Hispanic white adults, and 39.2% for non-Hispanic black adults.
- Non-Hispanic white adults were more likely to meet the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity) than Hispanic adults and non-Hispanic black adults.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for *Healthy People 2020 Objectives* (9). The 2008 guidelines refer to any kind of aerobic activity, not just to leisure-time aerobic activity, so the leisure-time aerobic activity estimates in this figure may be underestimates of the percentage of adults who met the 2008 guidelines for aerobic activity. This figure presents the percentage of adults who met the 2008 federal guidelines for aerobic activity. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines say that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. • The analyses excluded 1.9% of persons 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, 25–34, 35–44, 45–64, and 65 and over. • See "[Technical Notes](#)" for more details.

Figure 7.4. Percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities: United States, 1997–March 2011



DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997-March 2011, Sample Adult Core component.

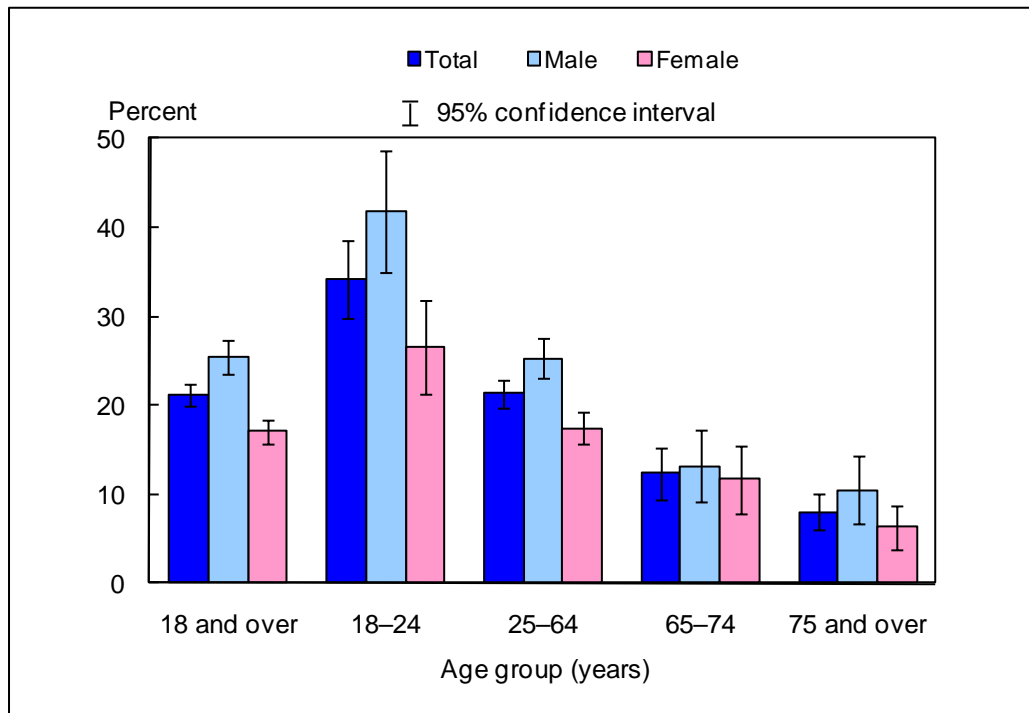
- In early 2011, 21.2% (95% confidence interval = 19.85%–22.47%) of U.S. adults aged 18 and over met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities), which was the same as the early 2010 estimate.
- The annual percentages of adults aged 18 and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities) was lowest in 1998 (14.5%) and highest in 2010 (20.4%).

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic and muscle-strengthening activities motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for *Healthy People 2020 Objectives* (9). The 2008 guidelines refer to any kind of aerobic and muscle-strengthening activities, not just to leisure-time aerobic and muscle-strengthening activities, so the leisure-time aerobic and muscle-strengthening activity estimates in this figure may be underestimates of the percentage of adults who met the 2008 guidelines for aerobic and muscle-strengthening activities. This figure presents the percentage of adults who met the 2008 federal guidelines for both aerobic activity and muscle strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines say that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week because these activities provide additional health benefits. The National Health Interview Survey (NHIS) estimates are based on number of times per week, which may or may not be the same as number of days per week. The 2008 guidelines were applied to both leisure-time activity and muscle-strengthening data back



to 1997 to derive the aerobic activity and muscle-strengthening estimates in this figure, allowing trend analysis. • The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). • See "[Technical Notes](#)" for more details.

Figure 7.5. Percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities, by age group and sex: United States, January–March 2011



DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2011, Sample Adult Core component.

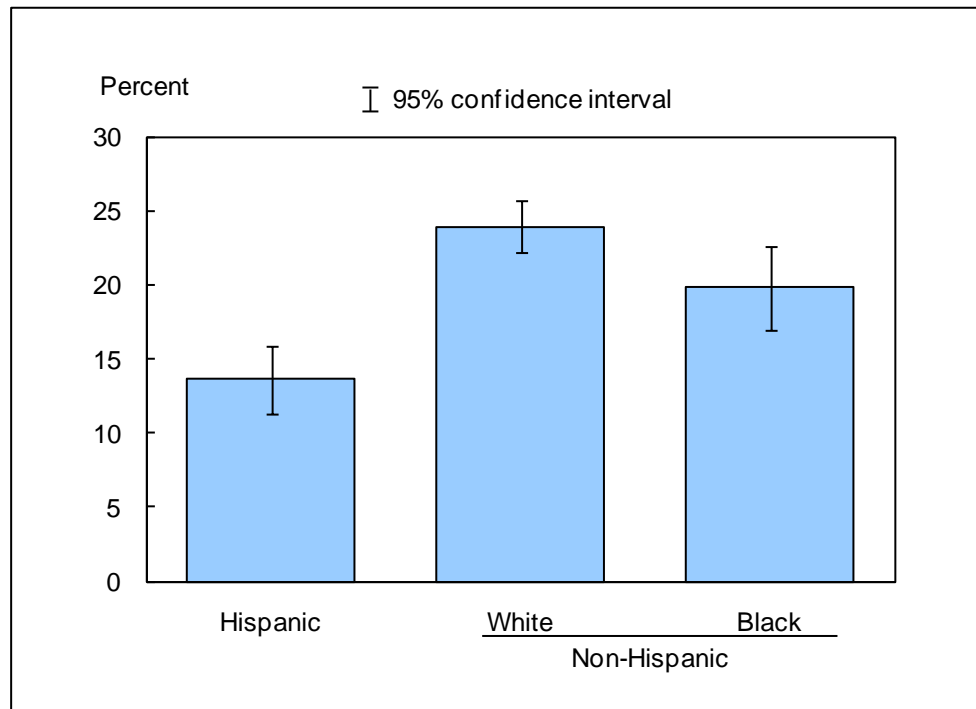
- For both sexes combined, adults aged 75 and over were less likely than adults in younger age groups to meet the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities).
- For adults aged 18–24 and 25–64, women were less likely than men to meet the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities).

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic and muscle-strengthening activities motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for *Healthy People 2020 Objectives* (9). The 2008 guidelines refer to any kind of aerobic and muscle-strengthening activities, not just to leisure-time aerobic and muscle-strengthening activities, so the leisure-time aerobic and muscle-strengthening activity estimates in this figure may be underestimates of the percentage of adults who met the 2008 guidelines for aerobic and muscle-strengthening activities. This figure presents the percentage of adults who met the 2008 federal guidelines for both aerobic activity and muscle strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines say that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week because these activities provide additional health benefits. The National Health Interview Survey estimates are based on number of times per week, which may or may not be the same as



number of days per week. • The analyses excluded 2.1% of persons with unknown physical activity participation. • See "[Technical Notes](#)" for more details.

Figure 7.6. Age-sex-adjusted percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities, by race/ethnicity: United States, January–March 2011



DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2011, Sample Adult Core component.

- The age-sex-adjusted percentage of adults who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities) was 13.61% for Hispanic adults, 23.9% for non-Hispanic white adults, and 19.8% for non-Hispanic black adults.
- Non-Hispanic white adults were more likely to meet the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities) than Hispanic adults and non-Hispanic black adults.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic and muscle-strengthening activities motivated by the 2008 federal *Physical Activity Guidelines for Americans*, which are being used for *Healthy People 2020 Objectives* (9). The 2008 guidelines refer to any kind of aerobic and muscle-strengthening activities, not just to leisure-time aerobic and muscle-strengthening activities, so the leisure-time aerobic and muscle-strengthening activity estimates in this figure may be underestimates of the percentage of adults who met the 2008 guidelines for aerobic and muscle-strengthening activities. This figure presents the percentage of adults who met the 2008 federal guidelines for both aerobic activity and muscle strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines say that aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week because these activities provide additional health benefits. The National Health Interview Survey estimates are based on number of times per week, which may or may not be the same as



number of days per week. • The analyses excluded 570 persons (2.1%) with unknown physical activity participation. • The analyses excluded 2.1% of persons 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, 25–34, 35–44, 45–64, and 65 and over. • See "[Technical Notes](#)" for more details.

Data tables for Figures 7.1–7.6:

Data table for Figure 7.1. Percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity: United States, 1997–March 2011

Year	Crude ¹ percent (95% confidence interval)	Age-adjusted ² percent (95% confidence interval)
1997 yearly	43.6 (42.5-44.6)	43.3 (42.2-44.3)
1997 Jan.–Mar.	41.4 (39.9-42.8)	41.0 (39.6-42.5)
1998 yearly	40.3 (39.5-41.1)	40.1 (39.3-40.9)
1998 Jan.–Mar.	39.0 (37.6-40.5)	38.8 (37.3-40.2)
1999 yearly	41.1 (40.3-41.9)	40.9 (40.2-41.7)
1999 Jan.–Mar.	38.3 (36.7-39.9)	38.0 (36.5-39.6)
2000 yearly	42.4 (41.6-43.2)	42.3 (41.5-43.1)
2000 Jan.–Mar.	42.4 (40.8-44.0)	42.3 (40.7-43.9)
2001 yearly	43.0 (42.2-43.8)	42.9 (42.1-43.7)
2001 Jan.–Mar.	40.7 (39.1-42.2)	40.5 (39.0-42.1)
2002 yearly	43.0 (42.1-43.9)	42.9 (42.1-43.8)
2002 Jan.–Mar.	42.3 (40.7-43.9)	42.2 (40.7-43.8)
2003 yearly	43.4 (42.5-44.3)	43.3 (42.4-44.2)
2003 Jan.–Mar.	41.3 (39.8-42.9)	41.2 (39.7-42.8)
2004 yearly	41.7 (40.8-42.6)	41.6 (40.8-42.5)
2004 Jan.–Mar.	40.2 (38.7-41.8)	40.2 (38.6-41.7)
2005 yearly	41.0 (40.18-41.89)	41.1 (40.21-41.90)
2005 Jan.–Mar.	41.7 (39.95-43.46)	41.7 (39.98-43.42)
2006 yearly	41.4 (40.31-42.42)	41.4 (40.37-42.47)
2006 Jan.–Mar.	40.2 (38.35-42.05)	40.2 (38.41-42.06)
2007 yearly	41.5 (40.36-42.63)	41.5 (40.33-42.59)
2007 Jan.–Mar.	40.4 (38.39-42.38)	40.2 (39.26-42.22)
2008 yearly	43.4 (42.33-44.47)	43.5 (42.43-44.58)
2008 Jan.–Mar.	41.1 (39.31-42.96)	41.4 (39.61-43.19)
2009 yearly	47.0 (46.05-47.95)	47.2 (46.25-48.16)
2009 Jan.–Mar.	46.2 (43.68-48.83)	46.3 (43.77-48.94)
2010 yearly	46.9 (45.96-47.78)	47.1 (46.20-47.98)
2010 Jan.–Mar.	46.0 (44.35-47.69)	46.2 (44.55-47.87)
2011 Jan.–Mar.	45.8 (44.27-47.40)	46.0 (44.47-47.55)

¹Crude estimates are presented in the figure.

²Estimates for the 2008 federal guidelines are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. 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 "[Technical Notes](#)" for more details.



DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2011, Sample Adult Core component.

Data table for Figure 7.2. Percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by age group and sex: United States, January–March 2011

Age (years) and sex	Percent	95% confidence interval
18-24, total	60.1	55.98-64.31
18-24, male	64.9	58.70-71.15
18-24, female	55.3	49.23-61.35
25-64, total	46.2	44.44-48.04
25-64, male	49.5	46.90-52.06
25-64, female	43.1	40.78-45.43
65-74, total	38.4	34.20-42.56
65-74, male	40.5	33.85-47.10
65-74, female	36.6	31.68-41.52
75 and over, total	26.8	23.12-30.47
75 and over, male	34.4	28.01-40.79
75 and over, female	21.5	17.25-25.79
18 and over (crude ¹), total	45.8	44.27-47.40
18 and over (crude ¹), male	49.8	47.58-52.02
18 and over (crude ¹), female	42.1	40.17-44.05
18 and over (age-adjusted ²), total	46.0	44.47-47.55
18 and over (age-adjusted ²), male	49.7	47.39-51.92
18 and over (age-adjusted ²), female	42.6	40.71-44.50

¹Crude estimates are presented in the figure.

²Estimates for the 2008 federal guidelines are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2011, Sample Adult Core component.

Data table for Figure 7.3. Adjusted percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by race/ethnicity: United States, January–March 2011

Race/ethnicity	Age-sex-adjusted¹ percent (95% confidence interval)	Age-adjusted² percent (95% confidence interval)
Hispanic or Latino	35.0 (31.69-38.24)	35.1 (31.76-38.54)
Not Hispanic or Latino, single race, white	50.2 (48.24-52.23)	50.3 (48.29-52.28)
Not Hispanic or Latino, single race, black	39.2 (35.96-42.48)	38.6 (35.05-42.17)

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, 25–34, 35–44, 45–64, and 65 and over.

²Estimates for the 2008 federal guidelines are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2011, Sample Adult Core component.

Data table for Figure 7.4. Percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities: United States, 1997-March 2011

Year	Crude ¹ percent (95% confidence interval)	Age-adjusted ² percent (95% confidence interval)
1997 yearly	16.3 (15.5-17.1)	16.1 (15.3-16.9)
1997 Jan.-Mar.	16.3 (15.2-17.5)	16.1 (15.0-17.3)
1998 yearly	14.5 (14.0-15.1)	14.4 (13.9-14.9)
1998 Jan.-Mar.	15.2 (14.1-16.3)	14.9 (13.9-16.0)
1999 yearly	15.2 (14.6-15.8)	15.0 (14.5-15.6)
1999 Jan.-Mar.	15.5 (14.4-16.8)	15.4 (14.2-16.6)
2000 yearly	15.1 (14.5-15.7)	15.0 (14.5-15.6)
2000 Jan.-Mar.	15.7 (14.6-16.8)	15.6 (14.6-16.7)
2001 yearly	16.6 (16.1-17.2)	16.5 (16.0-17.1)
2001 Jan.-Mar.	16.9 (15.8-18.2)	16.8 (15.7-18.1)
2002 yearly	16.8 (16.2-17.4)	16.7 (16.2-17.3)
2002 Jan.-Mar.	17.6 (16.4-18.8)	17.5 (16.4-18.7)
2003 yearly	16.9 (16.3-17.6)	16.9 (16.3-17.5)
2003 Jan.-Mar.	17.6 (16.5-18.8)	17.5 (16.4-18.7)
2004 yearly	16.1 (15.5-16.7)	16.1 (15.5-16.7)
2004 Jan.-Mar.	17.2 (16.1-18.4)	17.2 (16.1-18.4)
2005 yearly	16.5 (15.96-17.13)	16.6 (15.99-17.14)
2005 Jan.-Mar.	18.8 (17.53-20.18)	18.8 (17.55-20.10)
2006 yearly	16.0 (15.30-16.80)	16.1 (15.37-16.87)
2006 Jan.-Mar.	17.1 (15.73-18.58)	17.1 (15.79-18.57)
2007 yearly	16.5 (15.79-17.19)	16.5 (15.83-17.20)
2007 Jan.-Mar.	17.3 (15.91-18.71)	17.2 (15.90-18.65)
2008 yearly	18.1 (17.38-18.91)	18.2 (17.49-19.00)
2008 Jan.-Mar.	17.5 (16.14-18.92)	17.5 (16.23-18.94)
2009 yearly	18.8 (18.14-19.56)	19.0 (18.32-19.75)
2009 Jan.-Mar.	19.1 (17.27-21.05)	19.1 (17.29-21.08)
2010 yearly	20.4 (19.69-21.06)	20.6 (19.90-21.25)
2010 Jan.-Mar.	21.2 (19.94-22.55)	21.4 (20.16-22.75)
2011 Jan.-Mar.	21.2 (19.85-22.47)	21.3 (20.03-22.64)

¹Crude estimates are presented in the figure.

²Estimates for the 2008 federal guidelines are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18-24, 25-34, 35-44, 45-64, and 65 and over.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. 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 "[Technical Notes](#)" for more details.



DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997-March 2011, Sample Adult Core component.

Data table for Figure 7.5. Percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities, by age group and sex: United States, January–March 2011

Age (years) and sex	Percent	95% confidence interval
18-24, total	34.2	29.93-38.55
18-24, male	41.8	34.96-48.65
18-24, female	26.6	21.20-31.94
25-64, total	21.3	19.76-22.86
25-64, male	25.3	23.09-27.47
25-64, female	17.5	15.72-19.20
65-74, total	12.4	9.52-15.28
65-74, male	13.2	9.13-17.22
65-74, female	11.7	7.94-15.55
75 and over, total	8.0	5.97-10.09
75 and over, male	10.5	6.73-14.25
75 and over, female	6.3	3.90-8.77
18 and over (crude ¹), total	21.2	19.85-22.47
18 and over (crude ¹), male	25.5	23.61-27.40
18 and over (crude ¹), female	17.1	15.65-18.49
18 and over (age-adjusted ²), total	21.3	20.03-22.64
18 and over (age-adjusted ²), male	25.4	23.54-27.26
18 and over (age-adjusted ²), female	17.4	15.94-18.81

¹Crude estimates are presented in the figure.

²Estimates for the 2008 federal guidelines are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2011, Sample Adult Core component.

Data table for Figure 7.6. Adjusted percentage of adults aged 18 years and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities, by race/ethnicity: United States, January–March 2011

Race/ethnicity	Age-sex-adjusted¹ percent (95% confidence interval)	Age-adjusted² percent (95% confidence interval)
Hispanic or Latino	13.6 (11.31-15.94)	13.8 (11.43-16.08)
Not Hispanic or Latino, single race, white	23.9 (22.20-25.68)	24.0 (22.23-25.70)
Not Hispanic or Latino, single race, black	19.8 (16.90-22.64)	19.2 (16.01-22.34)

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, 25–34, 35–44, 45–64, and 65 and over.

²Estimates for the 2008 federal guidelines are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2011, Sample Adult Core component.