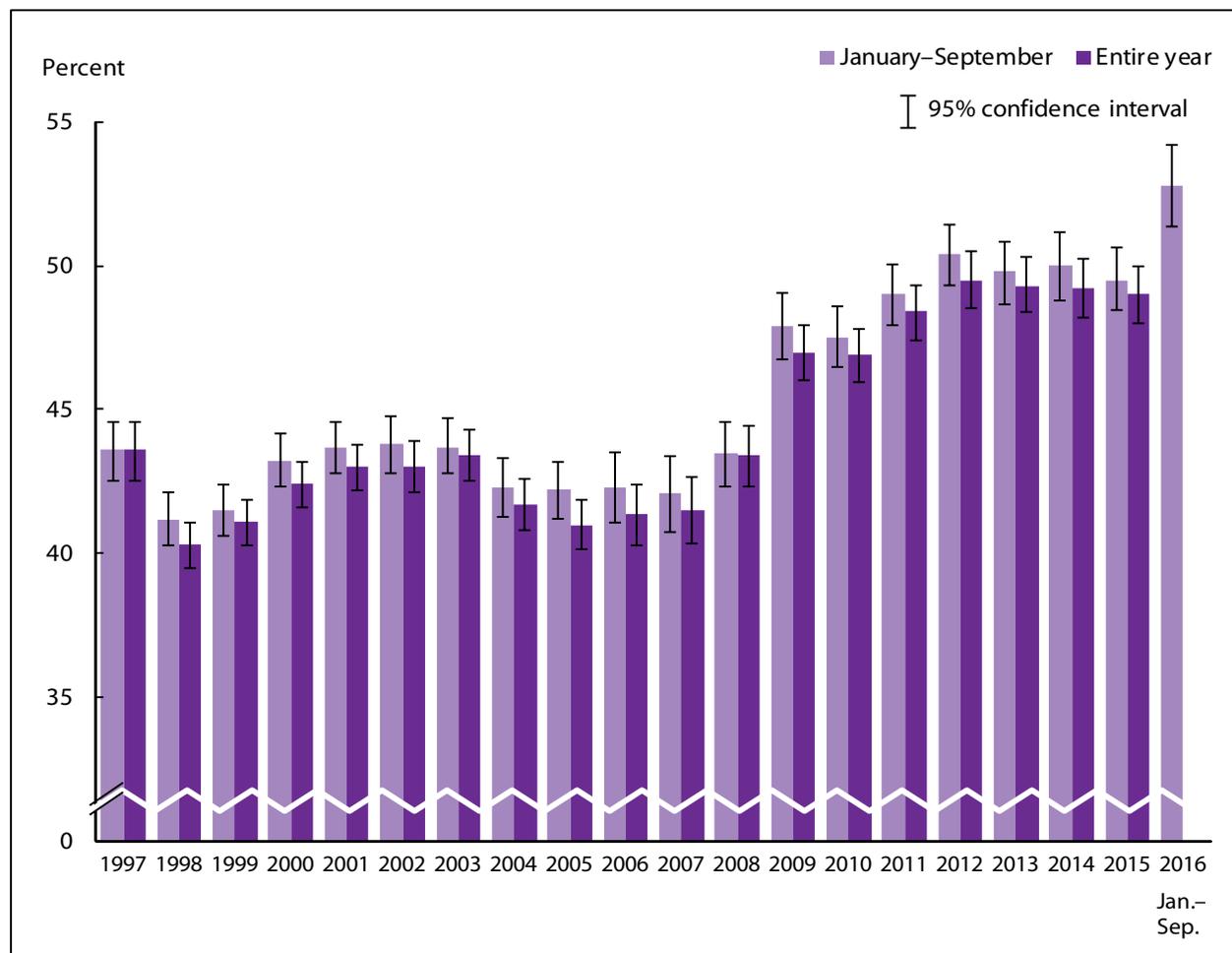


Leisure-time physical activity

Figure 7.1. Percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity: United States, 1997–September 2016

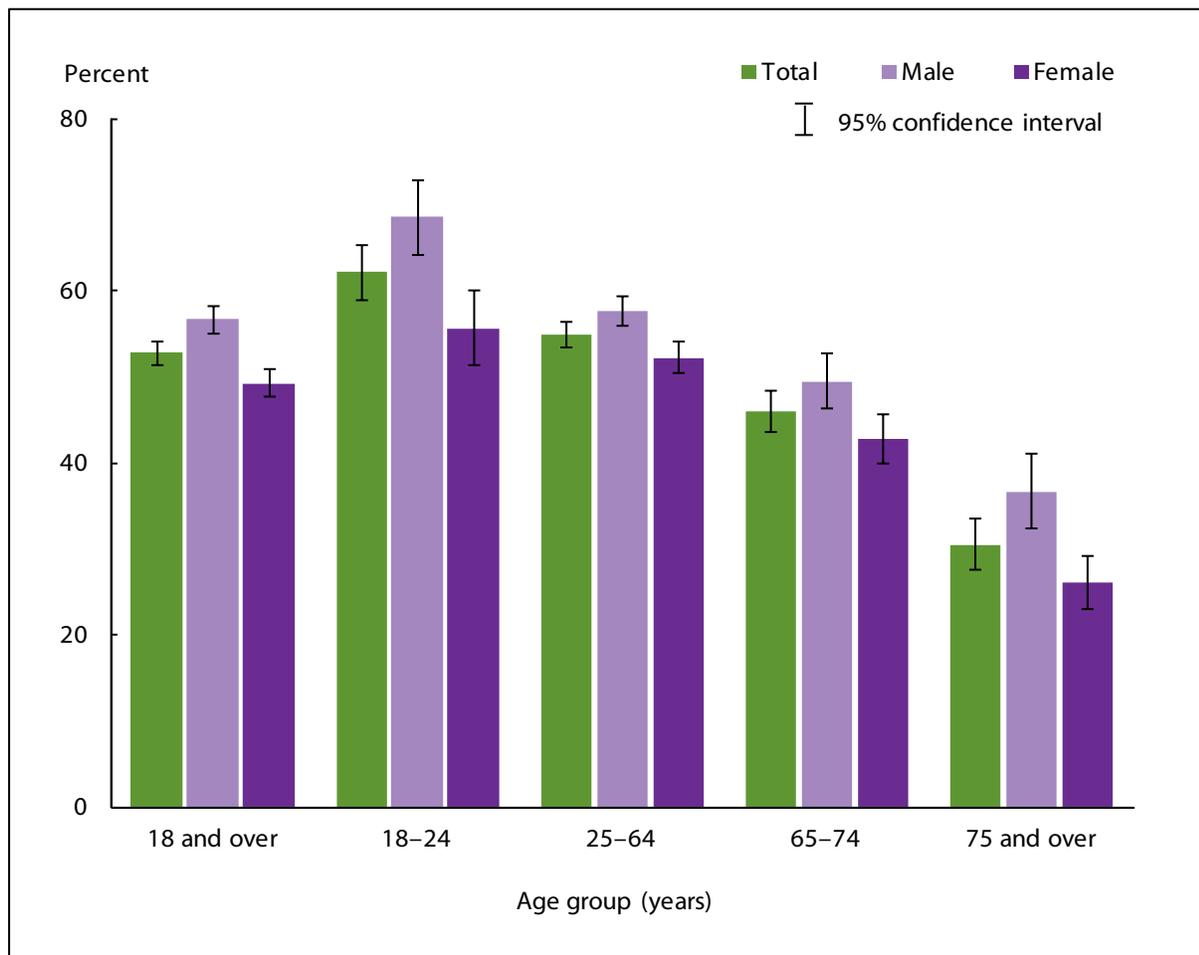


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal Physical Activity Guidelines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

DATA SOURCE: NCHS, National Health Interview Survey, 1997–September 2016, Sample Adult Core component.

- For January–September 2016, 52.8% (95% confidence interval = 51.38%–54.18%) of U.S. adults aged 18 and over met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity). This percentage was higher than the January–September 2015 estimate (49.5%).
- 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) increased, from 41.4% in 2006 to 49.5% in 2012, and was stable through 2015.

Figure 7.2. Percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by age group and sex: United States, January–September 2016

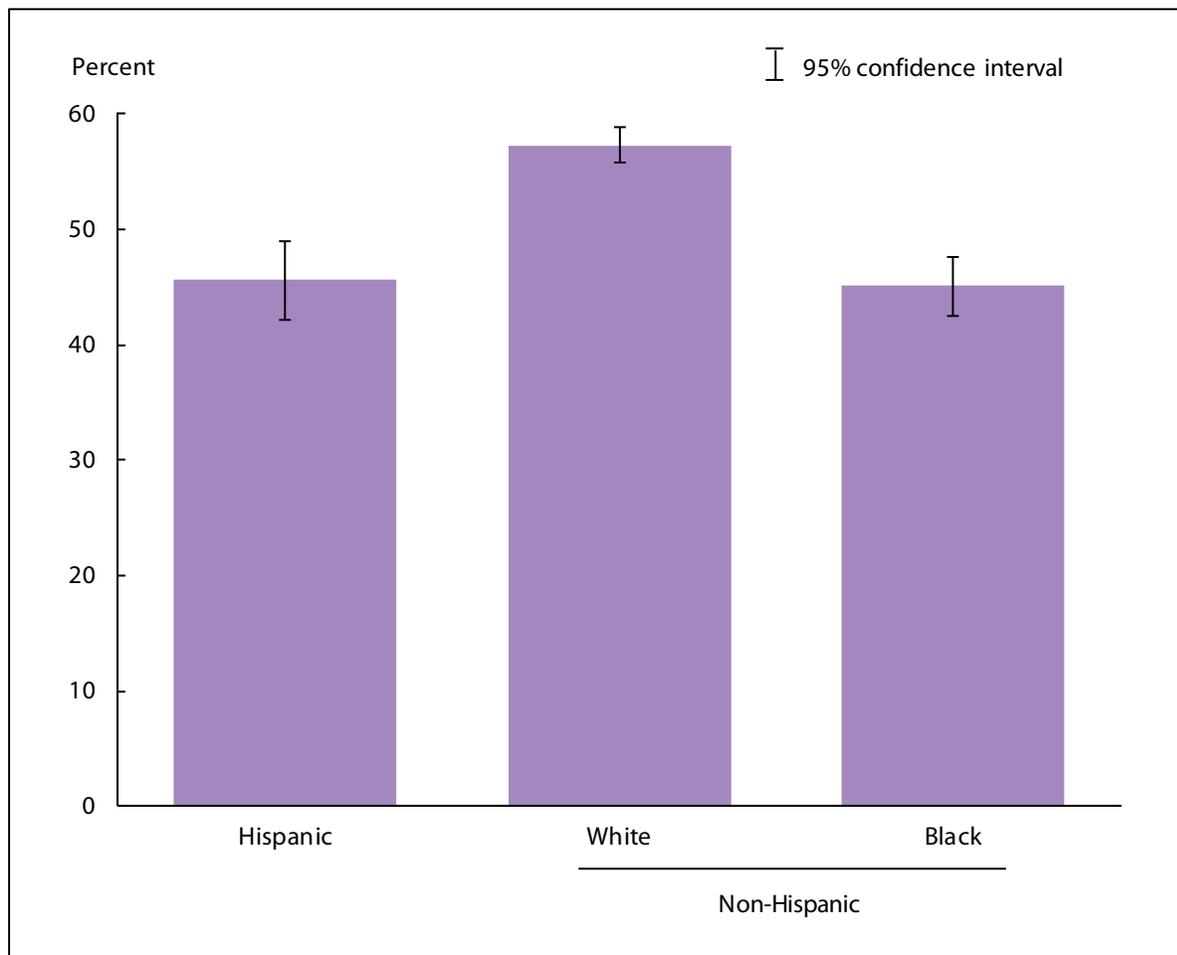


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal Physical Activity Guidelines for Americans, which are being used for Healthy People 2020 Objectives (3). The 2008 guidelines refer to any kind of aerobic activity, not just leisure-time aerobic activity, so the leisure-time aerobic activity estimates in this figure may underestimate 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, 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes and preferably should be spread throughout the week. The analyses exclude the 1.9% of persons with unknown physical activity participation. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, January–September 2016, Sample Adult Core component.

- For both sexes combined, as age increased, the percentage of adults who met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity) decreased. This pattern also held for males and females.
- For adults aged 18 and over, and for age groups 18–24, 25–64, 65–74, 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).

Figure 7.3. Age-sex-adjusted percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by race and ethnicity: United States, January–September 2016

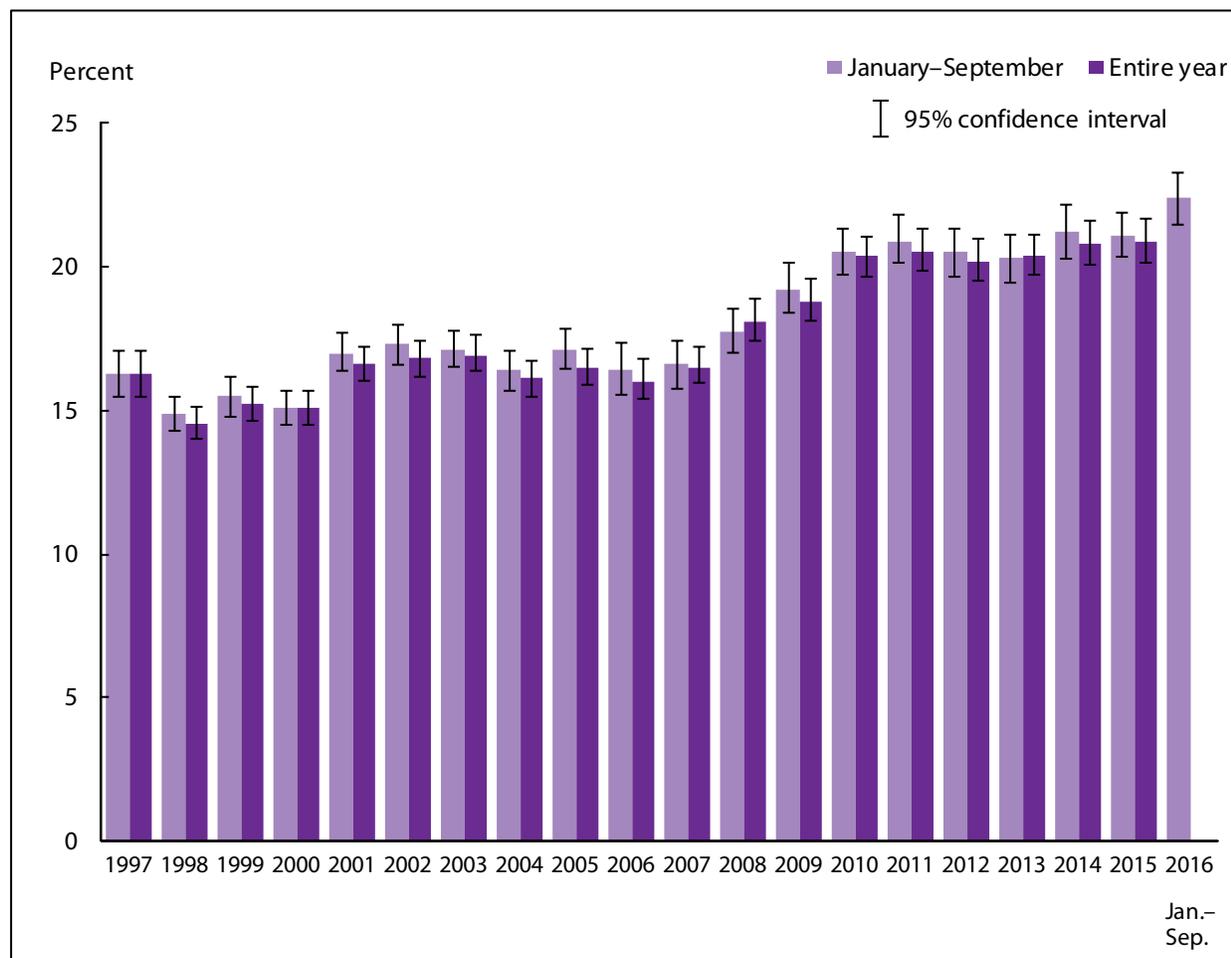


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal Physical Activity Guidelines for Americans, which are being used for Healthy People 2020 Objectives (3). The 2008 guidelines refer to any kind of aerobic activity, not just leisure-time aerobic activity, so the leisure-time aerobic activity estimates in this figure may underestimate 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, 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes and preferably should be spread throughout the week. The analyses exclude the 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 five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, January–September 2016, Sample Adult Core component.

- The age-sex-adjusted percentage of adults by race and ethnicity who met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity) was 45.6% for Hispanic adults, 57.3% for non-Hispanic white adults, and 45.1% 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) compared with Hispanic adults and non-Hispanic black adults.

Figure 7.4. Percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities: United States, 1997–September 2016

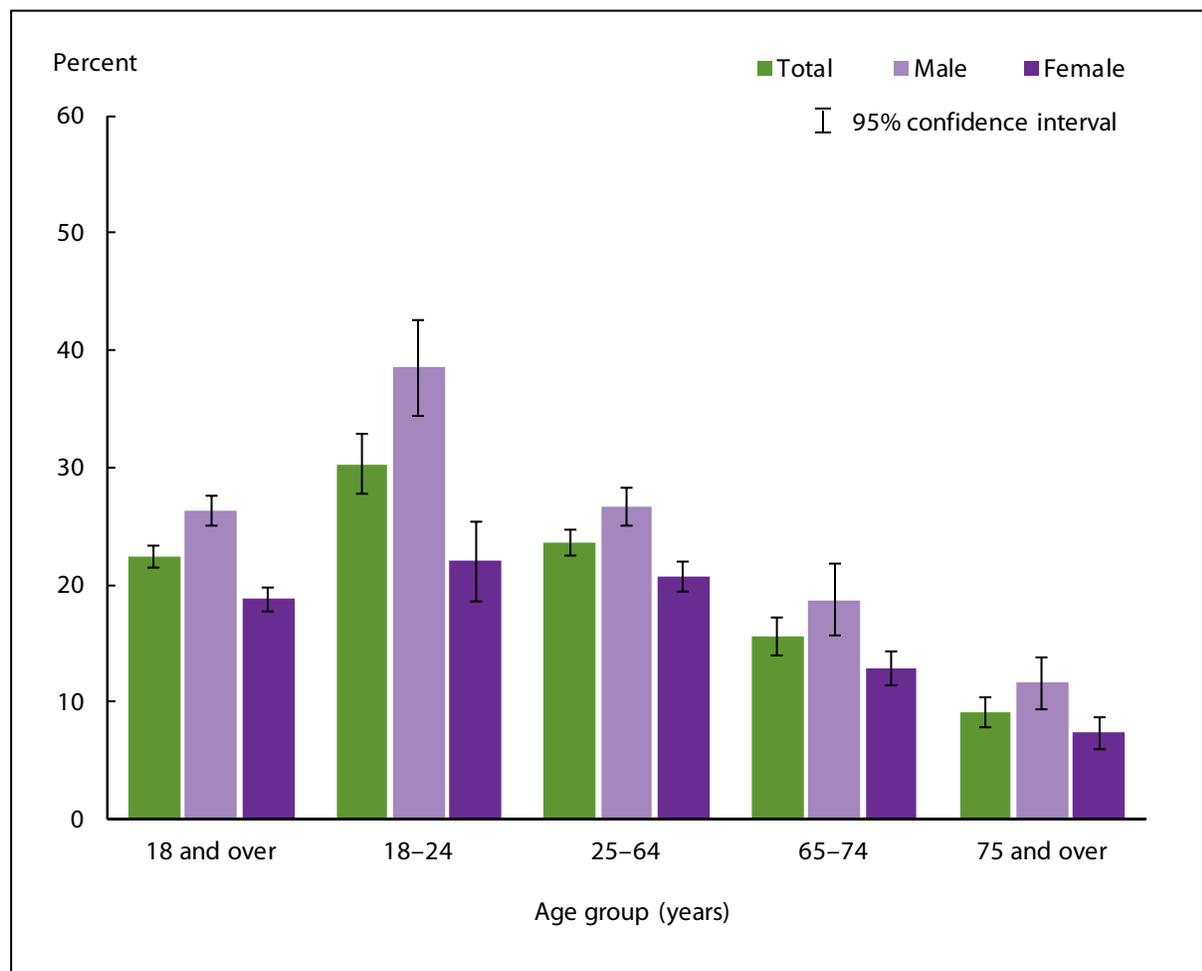


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic and muscle-strengthening activities motivated by the 2008 federal Physical Activity Guidelines for Americans, which are being used for Healthy People 2020 Objectives (3). The 2008 guidelines refer to any kind of aerobic and muscle-strengthening activity, not just leisure-time aerobic and muscle-strengthening activities, so the leisure-time aerobic and muscle-strengthening activity estimates in this figure may underestimate 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, 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes and preferably should be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 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 2008 guidelines were applied to both leisure-time activity and muscle-strengthening data starting with 1997 to derive the aerobic activity and muscle-strengthening estimates in this figure, allowing trend analysis. The analyses exclude persons with unknown physical activity participation (about 3% of respondents each year). See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, 1997–September 2016, Sample Adult Core component.

- In January–September 2016, 22.4% (95% confidence interval = 21.45%–23.28%) 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). This percentage was higher than the January–September 2016 estimate of 21.1%.
- The annual percentage 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) increased, from 16.0% in 2006 to 20.4% in 2010, and remained stable through 2015.

Figure 7.5. Percentage of adults aged 18 and over who met 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–September 2016

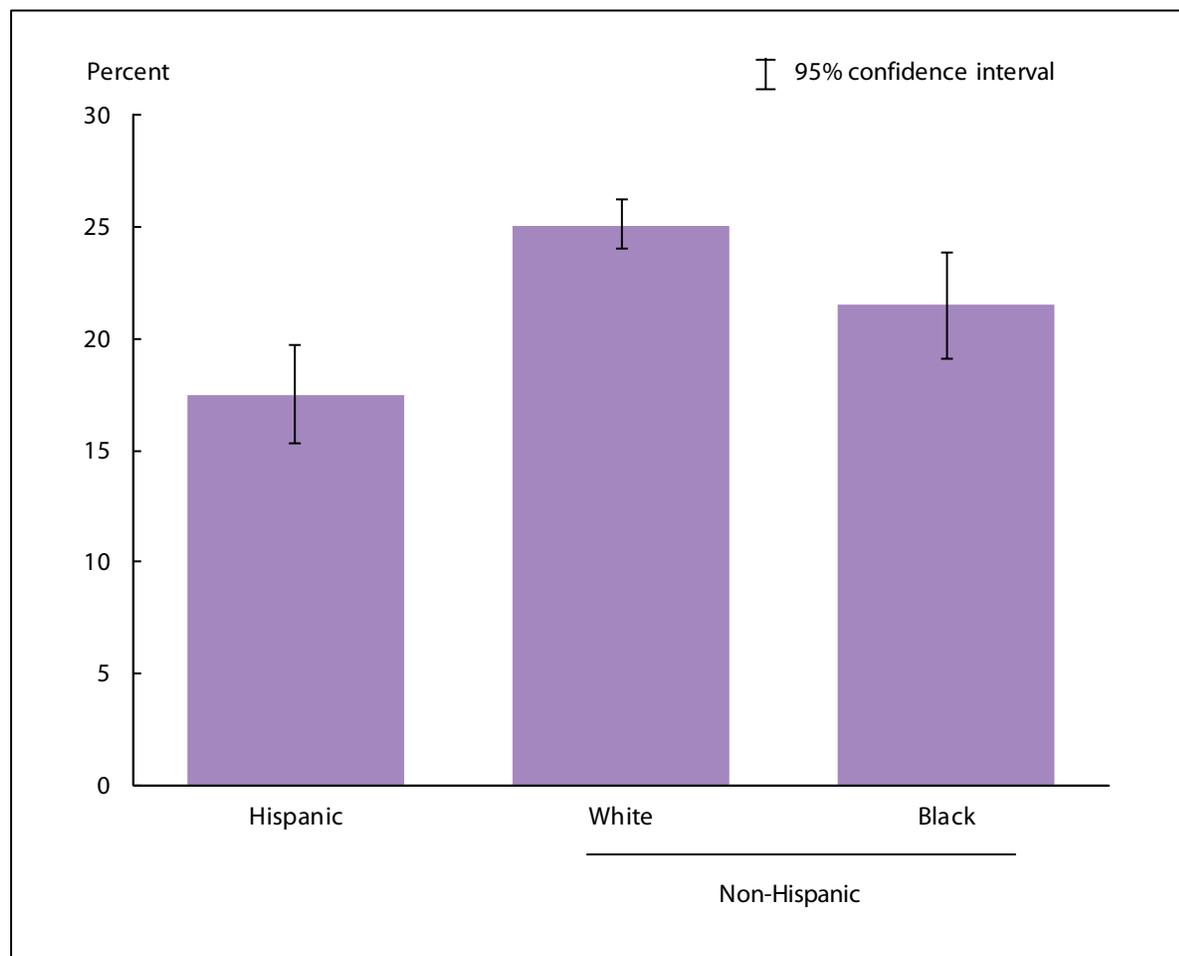


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic and muscle-strengthening activities motivated by the 2008 federal Physical Activity Guidelines for Americans, which are being used for Healthy People 2020 Objectives (3). The 2008 guidelines refer to any kind of aerobic and muscle-strengthening activity, not just leisure-time aerobic and muscle-strengthening activities, so the leisure-time aerobic and muscle-strengthening activity estimates in this figure may underestimate 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 and muscle strengthening activities. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes and preferably should be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 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 not be the same as number of days per week. The analyses exclude the 2.1% of persons with unknown physical activity participation. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, January–September 2016, Sample Adult Core component.

- For both sexes combined, as age increased, the percentage of adults who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities) decreased. This pattern held for males and females.
- For adults aged 18 and over and age groups 18–24, 25–64, 65–74, and 75 and over, women were less likely to meet the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities) compared with men.

Figure 7.6. Age-sex-adjusted percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities, by race and ethnicity: United States, January–September 2016



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 (3). The 2008 guidelines refer to any kind of aerobic and muscle-strengthening activity, not just leisure-time aerobic and muscle-strengthening activities, so the leisure-time aerobic and muscle-strengthening activity estimates in this figure may underestimate 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 and muscle strengthening activities. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes a week of moderate-intensity aerobic physical activity, 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. The 2008 guidelines state that aerobic activity should be performed in episodes of at least 10 minutes and preferably should be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 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 not be the same as number of days per week. The analyses exclude the 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 five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, January–September 2016, Sample Adult Core component.

- The age-sex-adjusted percentage of adults by race and ethnicity who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities) was 17.5% for Hispanic adults, 25.1% for non-Hispanic white adults, and 21.5% 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) compared with non-Hispanic black adults and Hispanic adults.

Data tables for Figures 7.1–7.6:

Data table for Figure 7.1. Percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for aerobic activity through leisure–time aerobic activity: United States, 1997–September 2016

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 January–September	43.6 (42.5–44.6)	43.3 (42.2–44.3)
1998 yearly	40.3 (39.5–41.1)	40.1 (39.3–40.9)
1998 January–September	41.2 (40.3–42.1)	40.9 (40.1–41.8)
1999 yearly	41.1 (40.3–41.9)	40.9 (40.2–41.7)
1999 January–September	41.5 (40.6–42.4)	41.3 (40.4–42.2)
2000 yearly	42.4 (41.6–43.2)	42.3 (41.5–43.1)
2000 January–September	43.2 (42.3–44.2)	43.1 (42.2–44.1)
2001 yearly	43.0 (42.2–43.8)	42.9 (42.1–43.7)
2001 January–September	43.7 (42.8–44.6)	43.6 (42.7–44.5)
2002 yearly	43.0 (42.1–43.9)	42.9 (42.1–43.8)
2002 January–September	43.8 (42.8–44.8)	43.7 (42.7–44.7)
2003 yearly	43.4 (42.5–44.3)	43.3 (42.4–44.2)
2003 January–September	43.7 (42.8–44.7)	43.7 (42.7–44.7)
2004 yearly	41.7 (40.8–42.6)	41.6 (40.8–42.5)
2004 January–September	42.3 (41.3–43.3)	42.2 (41.2–43.2)
2005 yearly	41.0 (40.18–41.89)	41.1 (40.21–41.90)
2005 January–September	42.2 (41.23–43.18)	42.2 (41.27–43.19)
2006 yearly	41.4 (40.31–42.42)	41.4 (40.37–42.47)
2006 January–September	42.3 (41.08–43.54)	42.4 (41.14–43.61)
2007 yearly	41.5 (40.36–42.63)	41.5 (40.33–42.59)
2007 January–September	42.1 (40.77–43.40)	42.0 (40.67–43.30)
2008 yearly	43.4 (42.33–44.47)	43.5 (42.43–44.58)
2008 January–September	43.5 (42.36–44.55)	43.6 (42.48–44.68)
2009 yearly	47.0 (46.05–47.95)	47.2 (46.25–48.16)
2009 January–September	47.9 (46.73–49.06)	48.1 (46.93–49.28)
2010 yearly	46.9 (45.96–47.78)	47.1 (46.20–47.98)
2010 January–September	47.5 (46.45–48.56)	47.7 (46.68–48.78)
2011 yearly	48.4 (47.42–49.30)	48.7 (47.76–49.61)
2011 January–September	49.0 (47.92–50.04)	49.3 (48.23–50.33)
2012 yearly	49.5 (48.51–50.49)	49.9 (48.92–50.87)
2012 January–September	50.4 (49.34–51.43)	50.8 (49.77–51.83)
2013 yearly	49.3 (48.38–50.28)	49.9 (48.95–50.84)
2013 January–September	49.8 (48.67–50.83)	50.3 (49.25–51.39)
2014 Yearly	49.2 (48.21–50.24)	49.8 (48.78–50.82)
2014 January–September	50.0 (48.82–51.15)	50.6 (49.44–51.81)
2015 yearly	49.0 (47.98–49.95)	49.7 (48.72–50.69)
2015 January–September	49.5 (48.47–50.61)	50.3 (49.24–51.37)
2016 January–September	52.8 (51.38–54.18)	53.5 (52.07–54.89)

¹Crude estimates are presented.

²Estimates for this Healthy People 2020 Leading Health Indicator are age-adjusted using the projected 2000 U.S. population as the standard population and 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 2012 data, the National Health Interview Survey transitioned to weights derived from the 2010 census. For 2003–2011 data, weights were derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. For 1997–1999 data, weights were derived from the 1990 census. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, 1997–September 2016, Sample Adult Core component.

Data table for Figure 7.2. Percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by age group and sex: United States, January–September 2016

Age (years) and sex	Percent	95% confidence interval
18–24, total	62.1	59.00–65.28
18–24, male	68.6	64.16–72.96
18–24, female	55.6	51.34–59.94
25–64, total	54.9	53.38–56.34
25–64, male	57.6	55.86–59.34
25–64, female	52.2	50.46–54.04
65–74, total	45.9	43.55–48.30
65–74, male	49.5	46.28–52.66
65–74, female	42.9	40.04–45.67
75 and over, total	30.5	27.50–33.46
75 and over, male	36.6	32.32–40.98
75 and over, female	26.0	22.91–29.08
18 and over (crude ¹), total	52.8	51.38–54.18
18 and over (crude ¹), male	56.6	54.99–58.29
18 and over (crude ¹), female	49.2	47.59–50.81
18 and over (age-adjusted ²), total	53.5	52.07–54.89
18 and over (age-adjusted ²), male	57.1	55.45–58.77
18 and over (age-adjusted ²), female	50.1	48.44–51.69

¹Crude estimates are presented.

²Estimates for this Healthy People 2020 Leading Health Indicator are age-adjusted using the projected 2000 U.S. population as the standard population and 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: NCHS, National Health Interview Survey, January–September 2016, Sample Adult Core component.

Data table for Figure 7.3. Adjusted percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity, by race and ethnicity: United States, January–September 2016

Race and ethnicity	Age-sex-adjusted ¹ percent (95% confidence interval)	Age-adjusted ² percent (95% confidence interval)
Hispanic or Latino	45.6 (42.15–49.03)	45.6 (42.20–49.04)
Not Hispanic or Latino, single race, white	57.3 (55.81–58.80)	57.4 (55.88–58.87)
Not Hispanic or Latino, single race, black	45.1 (42.47–47.70)	44.7 (42.07–47.36)

¹Estimates are age-sex-adjusted using the projected 2000 U.S. population as the standard population and five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

²Estimates for this Healthy People 2020 Leading Health Indicator are age-adjusted using the projected 2000 U.S. population as the standard population and 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: NCHS, National Health Interview Survey, January–September 2016, Sample Adult Core component.

Data table for Figure 7.4. Percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities: United States, 1997–September 2016

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 January–September	16.3 (15.5-17.1)	16.1 (15.3-16.9)
1998 yearly	14.5 (14.0-15.1)	14.4 (13.9-14.9)
1998 January–September	14.9 (14.3-15.5)	14.7 (14.1-15.3)
1999 yearly	15.2 (14.6-15.8)	15.0 (14.5-15.6)
1999 January–September	15.5 (14.8-16.2)	15.3 (14.6-16.0)
2000 yearly	15.1 (14.5-15.7)	15.0 (14.5-15.6)
2000 January–September	15.1 (14.5-15.7)	15.0 (14.4-15.7)
2001 yearly	16.6 (16.1-17.2)	16.5 (16.0-17.1)
2001 January–September	17.0 (16.4-17.7)	17.0 (16.3-17.6)
2002 yearly	16.8 (16.2-17.4)	16.7 (16.2-17.3)
2002 January–September	17.3 (16.6-18.0)	17.2 (16.6-17.9)
2003 yearly	16.9 (16.3-17.6)	16.9 (16.3-17.5)
2003 January–September	17.1 (16.5-17.8)	17.1 (16.4-17.8)
2004 yearly	16.1 (15.5-16.7)	16.1 (15.5-16.7)
2004 January–September	16.4 (15.7-17.1)	16.4 (15.7-17.1)
2005 yearly	16.5 (15.96-17.13)	16.6 (15.99-17.14)
2005 January–September	17.1 (16.44-17.83)	17.1 (16.46-17.82)
2006 yearly	16.0 (15.30-16.80)	16.1 (15.37-16.87)
2006 January–September	16.4 (15.54-17.34)	16.5 (15.60-17.39)
2007 yearly	16.5 (15.79-17.19)	16.5 (15.83-17.20)
2007 January–September	16.6 (15.78-17.41)	16.6 (15.79-17.41)
2008 yearly	18.1 (17.38-18.91)	18.2 (17.49-19.00)
2008 January–September	17.7 (17.01-18.52)	17.9 (17.11-18.61)
2009 yearly	18.8 (18.14-19.56)	19.0 (18.32-19.75)
2009 January–September	19.2 (18.39-20.14)	19.4 (18.57-20.34)
2010 yearly	20.4 (19.69-21.06)	20.6 (19.90-21.25)
2010 January–September	20.5 (19.73-21.34)	20.7 (19.94-21.53)
2011 yearly	20.5 (19.79-21.31)	20.8 (20.05-21.56)
2011 January–September	20.9 (20.11-21.78)	21.2 (20.35-22.01)
2012 yearly	20.2 (19.45-20.99)	20.6 (19.79-21.31)
2012 January–September	20.5 (19.64-21.35)	20.8 (20.01-21.69)
2013 yearly	20.4 (19.65-21.10)	20.7 (19.99-21.45)
2013 January–September	20.3 (19.46-21.08)	20.6 (19.80-21.44)
2014 yearly	20.8 (20.01-21.60)	21.2 (20.43-22.06)
2014 January–September	21.2 (20.28-22.15)	21.7 (20.76-22.65)
2015 yearly	20.9 (20.20-21.66)	21.4 (20.69-22.17)
2015 January–September	21.1 (20.32-21.89)	21.6 (20.80-22.40)
2016 January–September	22.4 (21.45-23.28)	22.9 (21.99-23.86)

¹Crude estimates are presented.

²Estimates for this Healthy People 2020 Leading Health Indicator are age-adjusted using the projected 2000 U.S. population as the standard population and 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 2012 data, the National Health Interview Survey transitioned to weights derived from the 2010 census. For 2003–2011 data, weights were derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. For 1997–1999 data, weights were derived from the 1990 census. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, 1997–September 2016, Sample Adult Core component.

Data table for Figure 7.5. Percentage of adults aged 18 and over who met 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–September 2016

Age (years) and sex	Percent	95% confidence interval
18–24, total	30.3	27.73–32.81
18–24, male	38.5	34.44–42.58
18–24, female	22.0	18.67–25.33
25–64, total	23.6	22.54–24.73
25–64, male	26.7	25.04–28.33
25–64, female	20.7	19.45–22.01
65–74, total	15.6	13.96–17.20
65–74, male	18.7	15.63–21.83
65–74, female	12.8	11.37–14.33
75 and over, total	9.2	7.85–10.53
75 and over, male	11.7	9.47–13.83
75 and over, female	7.4	6.03–8.76
18 and over (crude ¹), total	22.4	21.45–23.28
18 and over (crude ¹), male	26.2	24.97–27.52
18 and over (crude ¹), female	18.8	17.66–19.86
18 and over (age-adjusted ²), total	22.9	21.99–23.86
18 and over (age-adjusted ²), male	26.7	25.39–28.10
18 and over (age-adjusted ²), female	19.3	18.20–20.36

¹Crude estimates are presented.

²Estimates for this Healthy People 2020 Leading Health Indicator are age-adjusted using the projected 2000 U.S. population as the standard population and 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: NCHS, National Health Interview Survey, January–September 2016, Sample Adult Core component.

Data table for Figure 7.6. Adjusted percentage of adults aged 18 and over who met 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities through leisure-time aerobic and muscle-strengthening activities, by race and ethnicity: United States, January–September 2016

Race and ethnicity	Age-sex-adjusted ¹ percent (95% confidence interval)	Age-adjusted ² percent (95% confidence interval)
Hispanic or Latino	17.5 (15.36–19.74)	17.6 (15.47–19.69)
Not Hispanic or Latino, single race, white	25.1 (24.03–26.21)	25.2 (24.08–26.23)
Not Hispanic or Latino, single race, black	21.5 (19.07–23.86)	21.0 (18.62–23.30)

¹Estimates are age-sex-adjusted using the projected 2000 U.S. population as the standard population and five age groups: 18–24, 25–34, 35–44, 45–64, and 65 and over.

²Estimates for this Healthy People 2020 Leading Health Indicator are age-adjusted using the projected 2000 U.S. population as the standard population and 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: NCHS, National Health Interview Survey, January–September 2016, Sample Adult Core component.