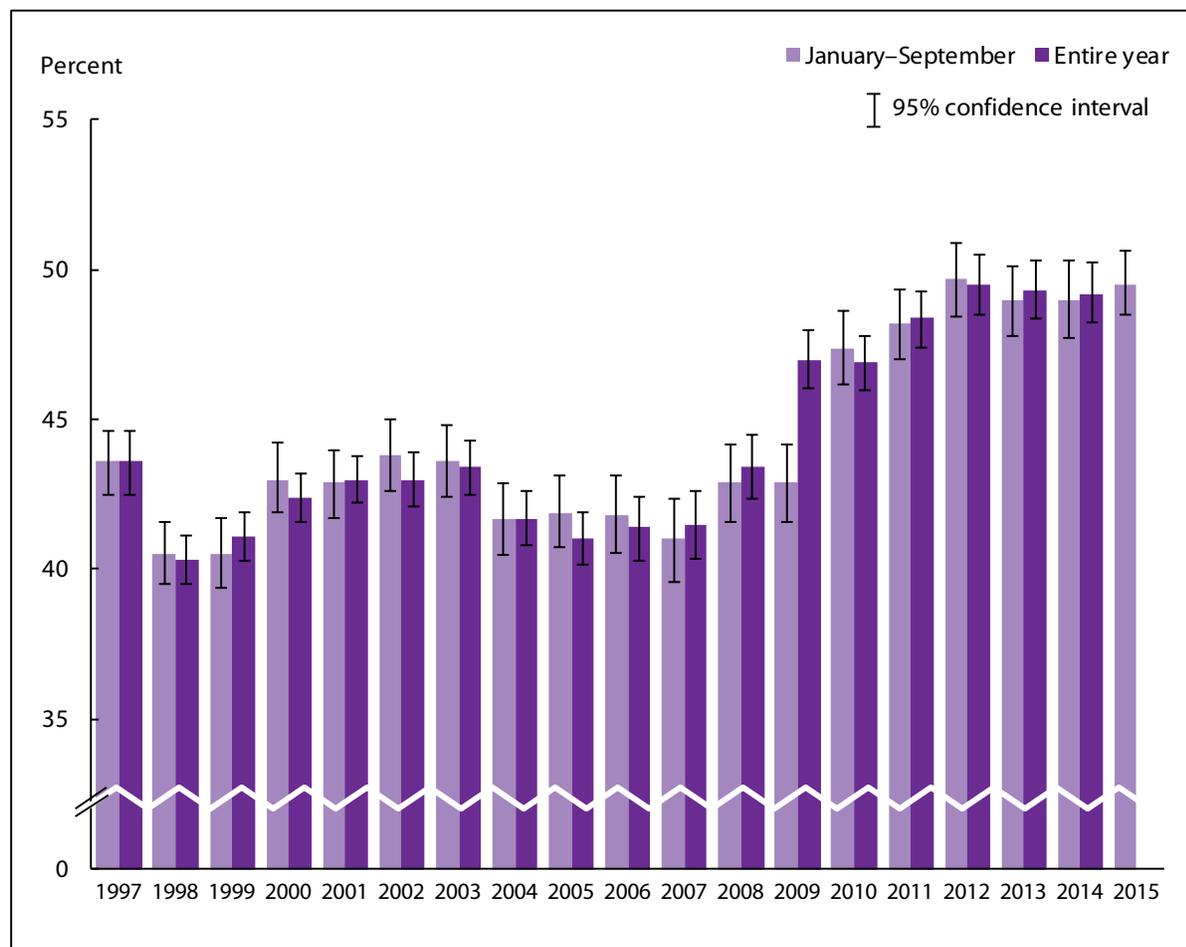


Leisure-time physical activity

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 2015

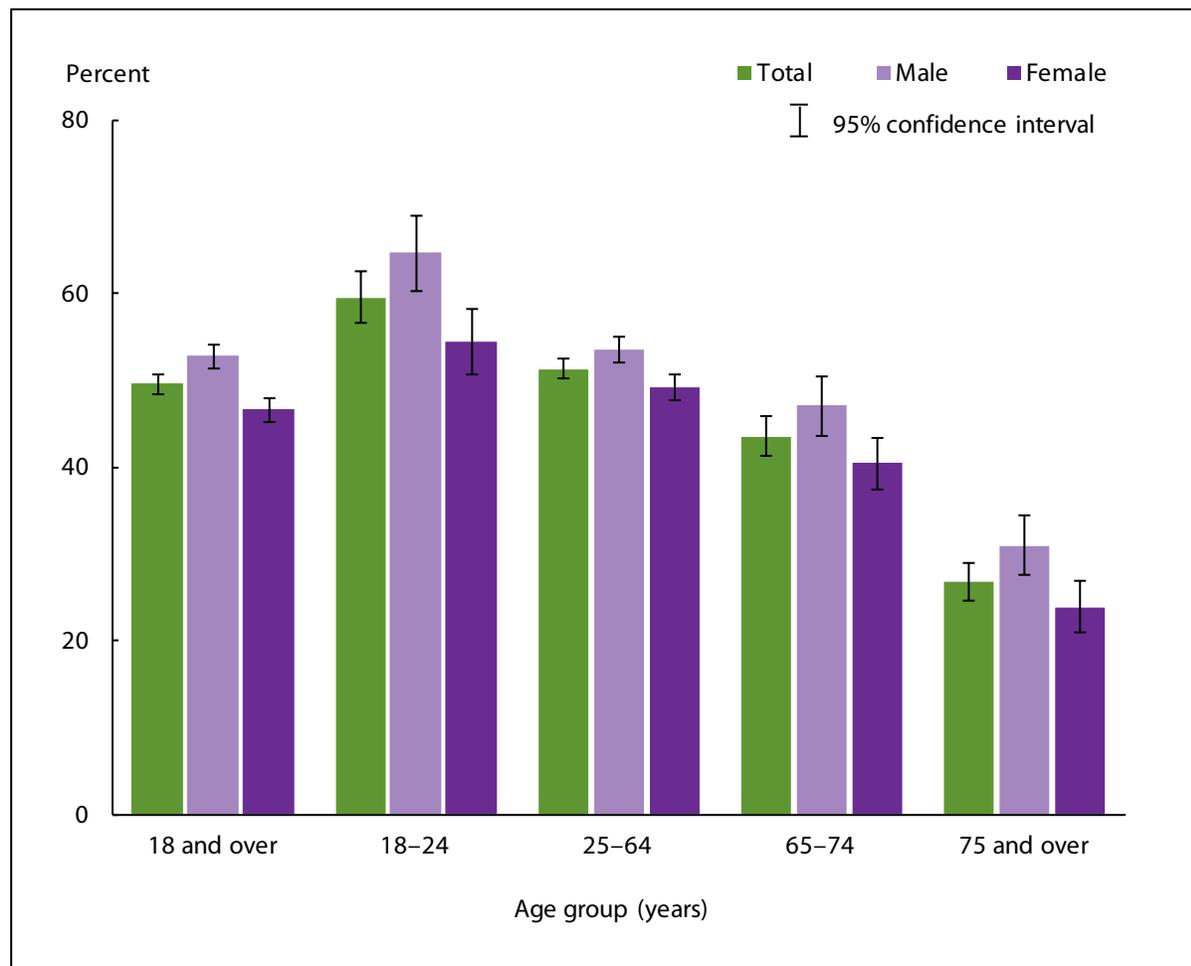


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal Physical Activity Guidelines 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, 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 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: CDC/NCHS, National Health Interview Survey, 1997–September 2015, Sample Adult Core component.

- For January–September 2015, 49.5% (95% confidence interval = 48.47%–50.61%) 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 lower than, but not significantly different from, the January–September 2014 estimate (50.0%).
- 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) increased from 41.4% in 2006 to 49.5% in 2012.

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 2015

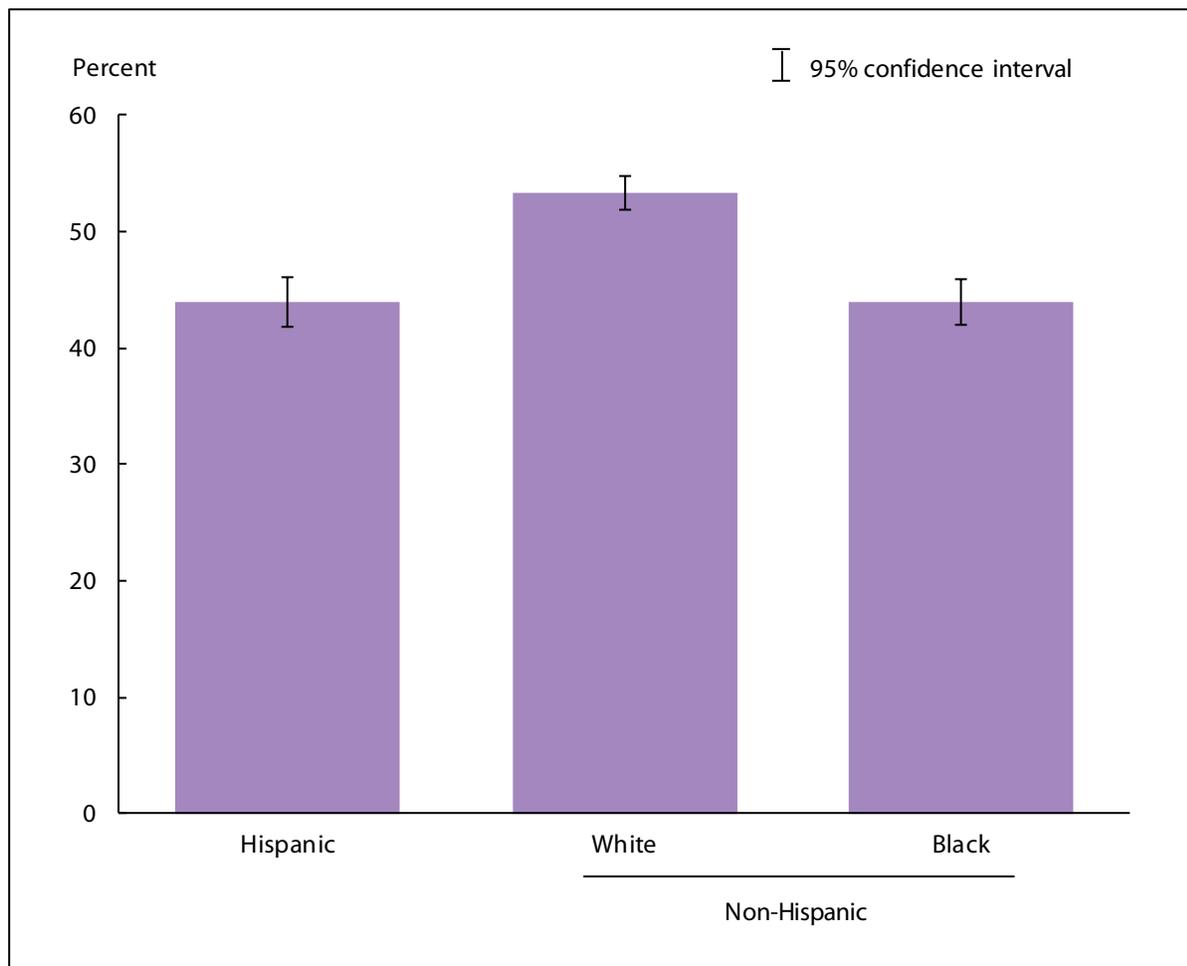


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal Physical Activity Guidelines 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, 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 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 1.4% of persons with unknown physical activity participation. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–September 2015, 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.
- 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/ethnicity: United States, January–September 2015

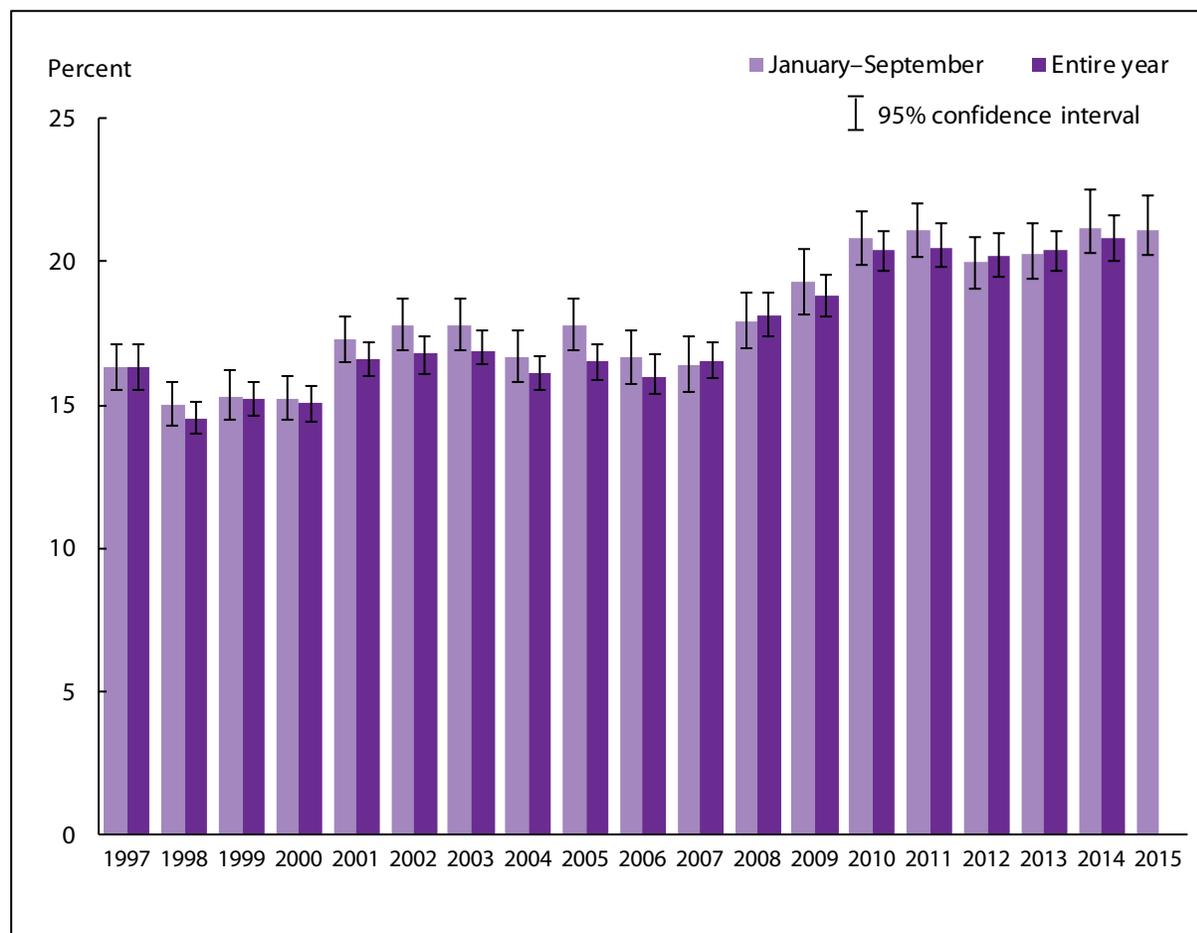


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic activity motivated by the 2008 federal Physical Activity Guidelines 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, 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 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 1.4% 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: CDC/NCHS, National Health Interview Survey, January–September 2015, Sample Adult Core component.

- The age-sex-adjusted percentages of adults by race/ethnicity who met the 2008 federal physical activity guidelines for aerobic activity (based on leisure-time activity) were 43.9% for Hispanic adults, 53.3% for non-Hispanic white adults and 44.0% 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 2015

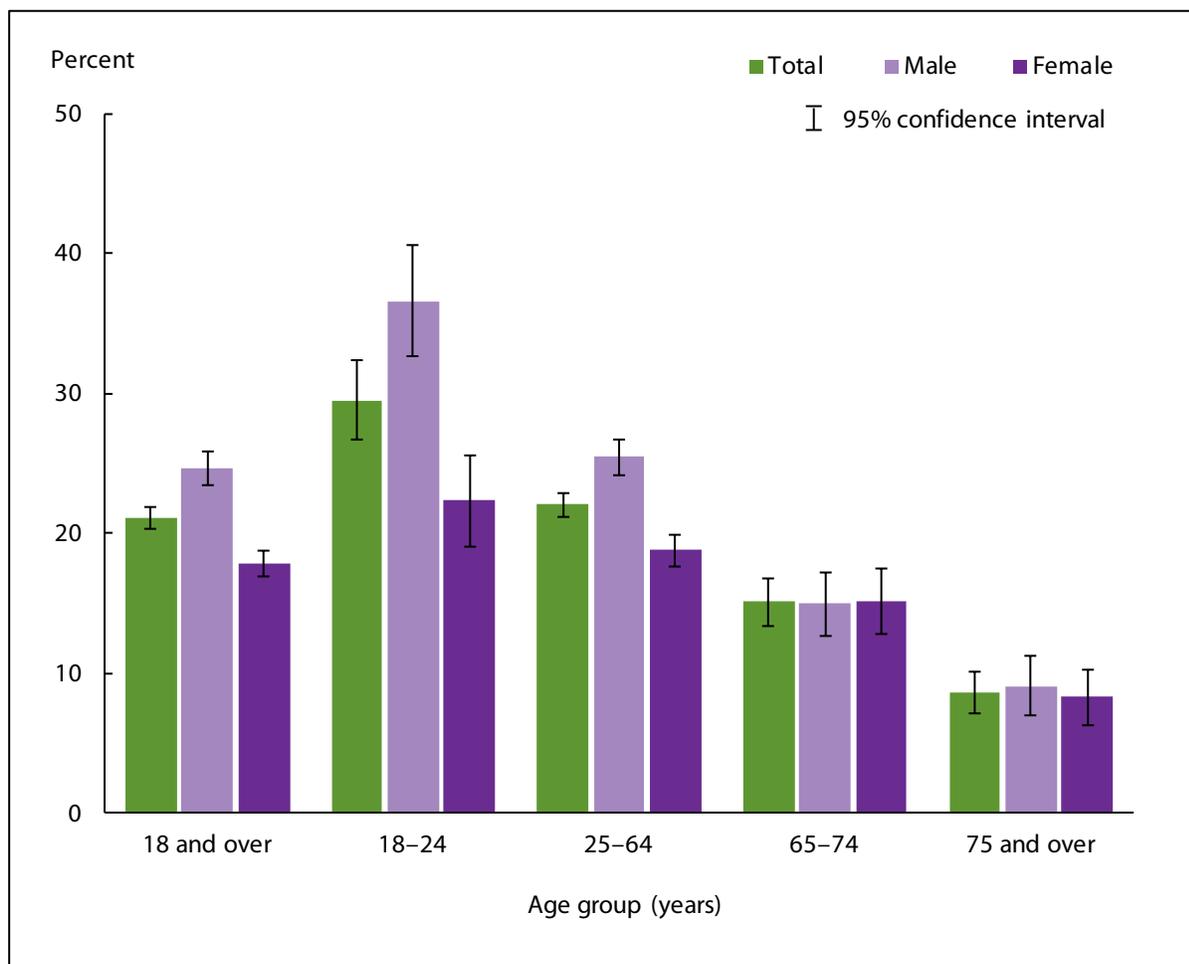


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic and muscle-strengthening activities motivated by the 2008 federal 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 activities, 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, 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 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: CDC/NCHS, National Health Interview Survey, 1997–September 2015, Sample Adult Core component.

- In January–September 2015, 21.1% (95% confidence interval = 20.32%–21.89%) 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 not significantly different from the January–September 2014 estimate of 21.2%.
- 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 20.8% in 2014.

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 2015

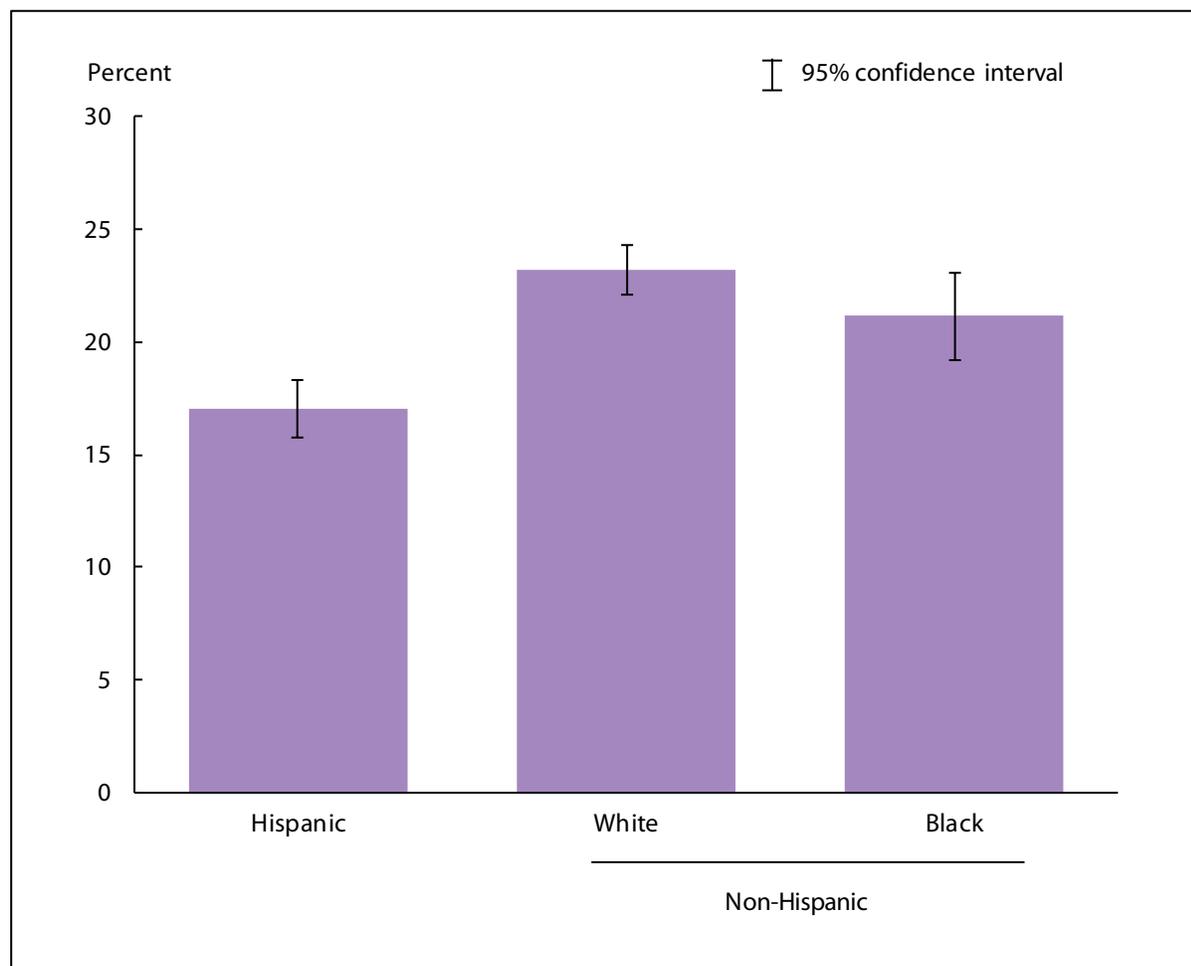


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Estimates in this figure are limited to leisure-time physical activity only. This measure reflects an estimate of leisure-time aerobic and muscle-strengthening activities motivated by the 2008 federal 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 activities, 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, 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 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 1.6% of persons with unknown physical activity participation. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–September 2015, 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.
- For adults aged 18 and over and age groups 18–24 and 25–64, 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/ethnicity: United States, January–September 2015



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 activities, 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, 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 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 1.6% 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: CDC/NCHS, National Health Interview Survey, January–September 2015, Sample Adult Core component.

- The age-sex-adjusted percentages of adults by race/ethnicity who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activities (based on leisure-time activities) were 17.0% for Hispanic adults, 23.2% for non-Hispanic white adults and 21.2% for non-Hispanic black adults.
- Hispanic adults 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 non-Hispanic white adults and non-Hispanic black 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 2015**

| 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 | 40.5 (39.5-41.6) | 40.3 (39.2-41.3) |
| 1999 yearly | 41.1 (40.3-41.9) | 40.9 (40.2-41.7) |
| 1999 January–September | 40.5 (39.4-41.7) | 40.3 (39.2-41.5) |
| 2000 yearly | 42.4 (41.6-43.2) | 42.3 (41.5-43.1) |
| 2000 January–September | 43.0 (41.9-44.2) | 42.9 (41.8-44.1) |
| 2001 yearly | 43.0 (42.2-43.8) | 42.9 (42.1-43.7) |
| 2001 January–September | 42.9 (41.7-44.0) | 42.7 (41.6-43.9) |
| 2002 yearly | 43.0 (42.1-43.9) | 42.9 (42.1-43.8) |
| 2002 January–September | 43.8 (42.6-45.0) | 43.7 (42.5-44.9) |
| 2003 yearly | 43.4 (42.5-44.3) | 43.3 (42.4-44.2) |
| 2003 January–September | 43.6 (42.4-44.8) | 43.5 (42.3-44.7) |
| 2004 yearly | 41.7 (40.8-42.6) | 41.6 (40.8-42.5) |
| 2004 January–September | 41.7 (40.5-42.9) | 41.6 (40.4-42.8) |
| 2005 yearly | 41.0 (40.18-41.89) | 41.1 (40.21-41.90) |
| 2005 January–September | 41.9 (40.76-43.14) | 42.0 (40.81-43.14) |
| 2006 yearly | 41.4 (40.31-42.42) | 41.4 (40.37-42.47) |
| 2006 January–September | 41.8 (40.54-43.13) | 41.9 (40.58-43.14) |
| 2007 yearly | 41.5 (40.36-42.63) | 41.5 (40.33-42.59) |
| 2007 January–September | 41.0 (39.56-42.38) | 40.9 (39.45-42.27) |
| 2008 yearly | 43.4 (42.33-44.47) | 43.5 (42.43-44.58) |
| 2008 January–September | 42.9 (41.57-44.19) | 43.0 (41.75-44.36) |
| 2009 yearly | 47.0 (46.05-47.95) | 47.2 (46.25-48.16) |
| 2009 January–September | 47.3 (45.74-48.81) | 47.4 (45.89-48.97) |
| 2010 yearly | 46.9 (45.96-47.78) | 47.1 (46.20-47.98) |
| 2010 January–September | 47.4 (46.19-48.62) | 47.6 (46.36-48.75) |
| 2011 yearly | 48.4 (47.42-49.30) | 48.7 (47.76-49.61) |
| 2011 January–September | 48.2 (47.02-49.37) | 48.5 (47.36-49.64) |
| 2012 yearly | 49.5 (48.51-50.49) | 49.9 (48.92-50.87) |
| 2012 January–September | 49.7 (48.46-50.90) | 50.1 (48.86-51.26) |
| 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 January–September | 49.5 (48.47-50.61) | 50.3 (49.24-51.37) |

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: CDC/NCHS, National Health Interview Survey, 1997–September 2015, 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 2015

| Age (years) and sex | Percent | 95% confidence interval |
|--|---------|-------------------------|
| 18–24, total | 59.6 | 56.52-62.64 |
| 18–24, male | 64.6 | 60.27-68.99 |
| 18–24, female | 54.5 | 50.68-58.32 |
| 25–64, total | 51.3 | 50.18-52.50 |
| 25–64, male | 53.6 | 52.04-55.09 |
| 25–64, female | 49.2 | 47.70-50.74 |
| 65–74, total | 43.5 | 41.22-45.77 |
| 65–74, male | 47.0 | 43.58-50.52 |
| 65–74, female | 40.4 | 37.47-43.34 |
| 75 and over, total | 26.8 | 24.60-29.03 |
| 75 and over, male | 31.0 | 27.53-34.41 |
| 75 and over, female | 23.9 | 20.95-26.80 |
| 18 and over (crude ¹), total | 49.5 | 48.47-50.61 |
| 18 and over (crude ¹), male | 52.7 | 51.39-54.11 |
| 18 and over (crude ¹), female | 46.6 | 45.28-47.87 |
| 18 and over (age-adjusted ²), total | 50.3 | 49.24-51.37 |
| 18 and over (age-adjusted ²), male | 53.3 | 51.87-54.64 |
| 18 and over (age-adjusted ²), female | 47.6 | 46.30-48.83 |

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: CDC/NCHS, National Health Interview Survey, January–September 2015, 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/ethnicity: United States, January–September 2015

| Race/ethnicity | Age-sex-adjusted ¹ percent (95% confidence interval) | Age-adjusted ² percent (95% confidence interval) |
|--|--|--|
| Hispanic or Latino | 43.9 (41.79-46.03) | 44.0 (41.82-46.11) |
| Not Hispanic or Latino, single race, white | 53.3 (51.85-54.76) | 53.3 (51.89-54.80) |
| Not Hispanic or Latino, single race, black | 44.0 (41.96-45.96) | 43.5 (41.52-45.41) |

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: CDC/NCHS, National Health Interview Survey, January–September 2015, 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 2015

| 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 | 15.0 (14.3-15.8) | 14.8 (14.1-15.6) |
| 1999 yearly | 15.2 (14.6-15.8) | 15.0 (14.5-15.6) |
| 1999 January–September | 15.3 (14.5-16.2) | 15.2 (14.4-16.0) |
| 2000 yearly | 15.1 (14.5-15.7) | 15.0 (14.5-15.6) |
| 2000 January–September | 15.2 (14.5-16.0) | 15.1 (14.4-15.9) |
| 2001 yearly | 16.6 (16.1-17.2) | 16.5 (16.0-17.1) |
| 2001 January–September | 17.3 (16.5-18.1) | 17.2 (16.4-18.0) |
| 2002 yearly | 16.8 (16.2-17.4) | 16.7 (16.2-17.3) |
| 2002 January–September | 17.8 (16.9-18.7) | 17.7 (16.9-18.6) |
| 2003 yearly | 16.9 (16.3-17.6) | 16.9 (16.3-17.5) |
| 2003 January–September | 17.8 (16.9-18.7) | 17.7 (16.9-18.6) |
| 2004 yearly | 16.1 (15.5-16.7) | 16.1 (15.5-16.7) |
| 2004 January–September | 16.7 (15.8-17.6) | 16.7 (15.9-17.5) |
| 2005 yearly | 16.5 (15.96-17.13) | 16.6 (15.99-17.14) |
| 2005 January–September | 17.8 (16.92-18.71) | 17.8 (16.96-18.68) |
| 2006 yearly | 16.0 (15.30-16.80) | 16.1 (15.37-16.87) |
| 2006 January–September | 16.7 (15.75-17.61) | 16.7 (15.82-17.65) |
| 2007 yearly | 16.5 (15.79-17.19) | 16.5 (15.83-17.20) |
| 2007 January–September | 16.4 (15.46-17.38) | 16.4 (15.46-17.36) |
| 2008 yearly | 18.1 (17.38-18.91) | 18.2 (17.49-19.00) |
| 2008 January–September | 17.9 (16.99-18.91) | 18.0 (17.09-18.99) |
| 2009 yearly | 18.8 (18.14-19.56) | 19.0 (18.32-19.75) |
| 2009 January–September | 19.3 (18.14-20.45) | 19.4 (18.28-20.60) |
| 2010 yearly | 20.4 (19.69-21.06) | 20.6 (19.90-21.25) |
| 2010 January–September | 20.8 (19.89-21.79) | 21.0 (20.08-21.95) |
| 2011 yearly | 20.5 (19.79-21.31) | 20.8 (20.05-21.56) |
| 2011 January–September | 21.1 (20.20-22.06) | 21.4 (20.48-22.28) |
| 2012 yearly | 20.2 (19.45-20.99) | 20.6 (19.79-21.31) |
| 2012 January–September | 20.0 (19.06-20.84) | 20.3 (19.41-21.16) |
| 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 January–September | 21.1 (20.32-21.89) | 21.6 (20.80-22.40) |

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: CDC/NCHS, National Health Interview Survey, 1997–September 2015, 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 2015

| Age (years) and sex | Percent | 95% confidence interval |
|--|---------|-------------------------|
| 18–24, total | 29.5 | 26.63-32.34 |
| 18–24, male | 36.6 | 32.63-40.53 |
| 18–24, female | 22.3 | 19.07-25.59 |
| 25–64, total | 22.0 | 21.16-22.87 |
| 25–64, male | 25.4 | 24.18-26.72 |
| 25–64, female | 18.8 | 17.65-19.86 |
| 65–74, total | 15.1 | 13.40-16.75 |
| 65–74, male | 15.0 | 12.71-17.26 |
| 65–74, female | 15.2 | 12.77-17.53 |
| 75 and over, total | 8.6 | 7.13-10.10 |
| 75 and over, male | 9.1 | 6.99-11.18 |
| 75 and over, female | 8.3 | 6.32-10.24 |
| 18 and over (crude ¹), total | 21.1 | 20.32-21.89 |
| 18 and over (crude ¹), male | 24.6 | 23.44-25.84 |
| 18 and over (crude ¹), female | 17.8 | 16.89-18.78 |
| 18 and over (age-adjusted ²), total | 21.6 | 20.80-22.40 |
| 18 and over (age-adjusted ²), male | 25.1 | 23.94-26.30 |
| 18 and over (age-adjusted ²), female | 18.2 | 17.24-19.16 |

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: CDC/NCHS, National Health Interview Survey, January–September 2015, 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/ethnicity: United States, January–September 2015

| Race/ethnicity | Age-sex-adjusted ¹ percent (95% confidence interval) | Age-adjusted ² percent (95% confidence interval) |
|--|--|--|
| Hispanic or Latino | 17.0 (15.73-18.33) | 17.1 (15.80-18.39) |
| Not Hispanic or Latino, single race, white | 23.2 (22.12-24.35) | 23.2 (22.12-24.35) |
| Not Hispanic or Latino, single race, black | 21.2 (19.22-23.11) | 20.6 (18.70-22.48) |

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: CDC/NCHS, National Health Interview Survey, January–September 2015, Sample Adult Core component.