

National Health Interview Survey (NHIS) Adult Physical Activity Topics: 1975-2012												
Topic	1975	1977	1983	1984	1985	1988	1990	1991	1993	1994	1995	1997
<b>Leisure Time Physical Activity</b>												
Specific exercise (list) done on regular basis	X											
Specific sports (list) done on regular basis	X											
Tournament or team sports participation	X											
Regular physical activity	X		X		X		X			X <sub>1</sub>		
Walking for exercise, recreation or leisure	X			X	X		X	X			X	
Participation in exercise class or program					X		X	X			X <sub>2</sub>	
Stretching activities: frequency and duration											X	
Global activity: frequency and duration								X			X	
Usual vigorous and usual light=moderate activity												
Strengthening activities												X
<b>Self-assessed activity level</b>												
Physical activity level relative to others the same age												
Physical activity level relative to 1 year earlier	X	X	X		X		X			X <sub>1</sub>		
Get as much exercise as need				X								
<b>Transportation-related activity</b>												
Walking for transportation												
<b>Occupational activity</b>												
Occupation of other main daily activity					X	X	X					
Employer-offered physical activity programs or facilities								X	X	X		
<b>Other activity-related issues</b>												
Knowledge of health benefits of physical activity												
Increased physical activity to lose or maintain weight					X		X					
Increased physical activity for health reasons					X		X	X				
Medical Advice to exercise												
Family discussion about exercise								X	X		X	
Injuries caused by physical activity							X					X
Alternative health exercises (Yoga, Tai Chi, Qi Chong)												
Sedentary Behavior												
Exercise to treat medical condition												
Change in physical activity for medical reason												
Access/barriers to fitness facilities												
<sup>1</sup> Asked of adults aged 70 years and over. Disability Follow-back Survey Adult's Questionnaire and Supplement on Aging Questionnaire. <sup>2</sup> Asked of adults aged 65 years and over <sup>3</sup> Asked of adults with arthritis symptoms. <sup>4</sup> Asked of adults with high blood pressure. <sup>5</sup> Asked of adults with arthritis symptoms.												
Updated 12/10/12												

National Health Interview Survey (NHIS) Adult Physical Activity Topics: 1975-2012												
Topic	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
<b>Leisure Time Physical Activity</b>												
Specific exercise (list) done on regular basis												
Specific sports (list) done on regular basis												
Tournament or team sports participation												
Regular physical activity												
Walking for exercise, recreation or leisure	X							X				
Participation in exercise class or program	X											
Stretching activities: frequency and duration	X											
Global activity: frequency and duration	X			X								
Usual vigorous and usual light=moderate activity												
Strengthening activities	X	X	X	X	X	X	X	X	X			
<b>Self-assessed activity level</b>												
Physical activity level relative to others the same age												
Physical activity level relative to 1 year earlier												
Get as much exercise as need												
<b>Transportation-related activity</b>												
Walking for transportation			X					X				
<b>Occupational activity</b>												
Occupation of other main daily activity			X					X				
Employer-offered physical activity programs or facilities			X					X				
<b>Other activity-related issues</b>												
Knowledge of health benefits of physical activity												
Increased physical activity to lose or maintain weight												
Increased physical activity for health reasons												
Medical Advice to exercise									X		X	X <sub>5</sub>
Family discussion about exercise				X	X	X			X			
Injuries caused by physical activity	X	X	X	X	X	X	X	X	X			
Alternative health exercises (Yoga, Tai Chi, Qi Chong)										X	X	
Sedentary Behavior												
Exercise to treat medical condition											X	
Change in physical activity for medical reason											X	
Access/barriers to fitness facilities												
<sup>1</sup> Asked of adults aged 70 years and over. Disability Follow-back Survey Adult's Questionnaire and Supplement on Aging Questionnaire. <sup>2</sup> Asked of adults aged 65 years and over <sup>3</sup> Asked of adults with arthritis symptoms. <sup>4</sup> Asked of adults with high blood pressure. <sup>5</sup> Asked of adults with arthritis symptoms.												
Updated 12/10/12												

<b>National Health Interview Survey (NHIS) Adult Physical Activity Topics: 1975-2012</b>			
<b>Topic</b>	<b>2010</b>	<b>2011</b>	<b>2012</b>
<b><i>Leisure Time Physical Activity</i></b>			
Specific exercise (list) done on regular basis			
Specific sports (list) done on regular basis			
Tournament or team sports participation			
Regular physical activity			
Walking for exercise, recreation or leisure			
Participation in exercise class or program			
Stretching activities: frequency and duration			
Global activity: frequency and duration			
Usual vigorous and usual light=moderate activity		X	X
Strengthening activities		X	X
<b><i>Self-assessed activity level</i></b>			
Physical activity level relative to others the same age			
Physical activity level relative to 1 year earlier			
Get as much exercise as need			
<b><i>Transportation-related activity</i></b>			
Walking for transportation	X		
<b><i>Occupational activity</i></b>			
Occupation of other main daily activity			
Employer-offered physical activity programs or facilities			
<b><i>Other activity-related issues</i></b>			
Knowledge of health benefits of physical activity			
Increased physical activity to lose or maintain weight			
Increased physical activity for health reasons			
Medical Advice to exercise			
Family discussion about exercise			
Injuries caused by physical activity			
Alternative health exercises (Yoga, Tai Chi, Qi Chong)			X
Sedentary Behavior	X		
Exercise to treat medical condition			
Change in physical activity for medical reason			
Access/barriers to fitness facilities		X	
<sup>1</sup> Asked of adults aged 70 years and over. Disability Follow-back Survey Adult's Questionnaire and Supplement on Aging Questionnaire.			
<sup>2</sup> Asked of adults aged 65 years and over			
<sup>3</sup> Asked of adults with arthritis symptoms.			
<sup>4</sup> Asked of adults with high blood pressure.			
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Updated 12/10/12			