

National Health Interview Survey (NHIS) Adult Physical Activity Topics, by year

	1975	1977	1983	1984	1985	1988	1990	1991	1993	1994	1995	1997	1998	1999	2000	2001
Leisure Time Physical Activity																
Specific exercises on regular basis	X															
Specific sports in past 12 months	X															
Tournament or team sports participation in past 12 months	X															
Regular physical activity	X		X		X		X			X ₁						
Walking for exercise, recreation, or leisure	X			X	X		X	X			X		X			
weeks					X		X	X			X		X			
Participation in exercise class or program										X ²	X ³					
Stretching activities											X		X			
Vigorous-intensity leisure physical activity												X	X	X	X	X
Light-moderate intensity leisure physical activity												X	X	X	X	X
Strengthening activities												X	X	X	X	X
Yoga, Tai chi, or Qi Gong																
Self-assessed activity level																
Physical activity level relative to others the same age	X	X	X	X	X		X									
Physical activity level relative to 1 year earlier				X						X ₁						
Get as much exercise as need				X												
Transportation-related activity																
Walk or bike for transportation															X	
Walk for transportation (only)																
Occupational activity																
Occupation of other main daily activity					X	X	X								X	
Health-related physical activity topics																
Knowledge of health benefits of physical activity					X		X									
Increased physical activity to lose or control weight					X		X	X			X		X			
Medical advice to exercise					X			X	X	X					X	
Family discussion about exercise										X						
Employer-offered physical activity programs or facilities								X	X	X						
Sedentary behavior (sitting)															X	
Exercise to treat medical condition																
Change in physical activity for medical reasons																
Access/barriers to exercise																

National Health Interview Survey (NHIS) Adult Physical Activity Topics, by year

	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Leisure Time Physical Activity															
Specific exercises on regular basis															
Specific sports in past 12 months															
Tournament or team sports participation in past 12 months															
Regular physical activity															
Walking for exercise, recreation, or leisure weeks				X										X	
Participation in exercise class or program															
Stretching activities															
Vigorous-intensity leisure physical activity	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Light-moderate intensity leisure physical activity	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Strengthening activities	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Yoga, Tai chi, or Qi Gong	X					X					X				
Self-assessed activity level															
Physical activity level relative to others the same age															
Physical activity level relative to 1 year earlier															
Get as much exercise as need															
Transportation-related activity															
Walk or bike for transportation															
Walk for transportation (only)				X					X					X	
Occupational activity															
Occupation of other main daily activity				X										X	
Health-related physical activity topics															
Knowledge of health benefits of physical activity															
Increased physical activity to lose or control weight															
Medical advice to exercise	X ⁴	X ^{4.5}		X	X		X ⁵	X ⁴					X ⁴	X	X
Family discussion about exercise															
Employer-offered physical activity programs or facilities															
Sedentary behavior (sitting)				X					X						
Exercise to treat medical condition							X								
Change in physical activity for medical reasons							X								X
Access/barriers to exercise							X			X				X	X

1 Asked of adults aged 70 years and over. Disability Follow-back Survey Adult's Questionnaire and Supplement on Aging Questionnaire.

2 Asked of employed adults

3 Asked of adults aged 65 years and over

4 Asked of adults with arthritis symptoms.

5 Asked of adults with high blood pressure.

Updated: Sept, 2016