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Vital and Health Statistics

Series 10, Number 230

September 2006

Health Behaviors of Adults: United States, 2002-04



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics

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Suggested citation

Adams PF, Schoenborn CA. Health behaviors of adults: United States, 2002–04. National Center for Health Statistics. Vital Health Stat 10(230). 2006.

Library of Congress Catalog Number 362.1'0973'021 s—dc21

For sale by the U.S. Government Printing Office
Superintendent of Documents
Mail Stop: SSOP
Washington, DC 20402-9328
Printed on acid-free paper.

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Vital and Health Statistics

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Health Behaviors of Adults: United States, 2002-04

Data From the National Health
Interview Survey

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics

Hyattsville, Maryland
September 2006
DHHS Publication No. (PHS) 2006-1558

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Objective

This report presents selected prevalence estimates of alcohol use, cigarette smoking, leisure-time physical activity, body weight status, and sleep habits among U.S. adults, using data from the 2002–04 National Health Interview Surveys (NHIS). NHIS is conducted annually by the Centers for Disease Control and Prevention's National Center for Health Statistics. Estimates are shown for several sociodemographic subgroups for both sexes combined and for men and women separately. The subgroups are compared in terms of their prevalence of "healthy" and "unhealthy" behaviors.

Methods

Data for the U.S. civilian noninstitutionalized population were collected by NHIS using computer-assisted personal interviews. Questions on health behaviors were asked of one randomly selected adult per family in the Sample Adult component of the basic core questionnaire. This report is based on a total of 93,222 completed interviews with sample adults aged 18 years and over, representing an overall sample adult response rate of 73.6% for the 3 years combined. Statistics shown in this report were age adjusted to the 2000 U.S. standard population.

Results

Six in 10 U.S. adults were current drinkers in 2002–04; about 1 in 4 adults were lifetime abstainers. About 1 in 5 adults (21.5%) were current smokers, and over one-half of adults (56.6%) had never smoked cigarettes. About 4 in 10 (42.4%) current smokers tried to quit smoking in the past year. About 6 in 10 adults engaged in at least some leisure-time physical activity, with about 3 in 10 regularly engaging in such activities. About 6 in 10 adults were overweight or obese (BMI is equal to or more than 25), with 4 in 10 adults being of healthy weight. About 6 in 10 adults usually slept 7–8 hours in a 24-hour period.

Keywords: *alcohol • drinking • smoking • smoking cessation • cigarettes • leisure-time physical activity • exercise • body weight • overweight • obesity • sleep*

Health Behaviors of Adults: United States, 2002–04

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Chapter 1 Introduction

Personal health behaviors influence individual health and well-being. Although medical science offers increasingly sophisticated tools for treating and curing disease, the most cost-effective tool for individuals to maintain health is the adoption of basic positive personal health behaviors. Federal efforts to systematically track progress in a wide range of health promotion and disease prevention efforts in this country began in the late 1970s with the publication of the 1979 Surgeon General's report titled "Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention." That report noted the success of the "first public health revolution" that occurred during the late 19th and early 20th centuries, at which time "deaths from the major acute infectious diseases plummeted" and "the proportion of deaths from major chronic diseases such as heart disease, cancer, and stroke, increased by more than 250 percent" (1,2). The groundbreaking Surgeon General's Report launched a "second public health revolution" and led to development of a set of national health promotion and disease prevention objectives a year later.

The Nation's first set of health promotion and disease prevention objectives, published in 1980, established national goals for 1990 (3). The national health promotion and disease prevention goals have been updated and revised twice—initially in 1990, establishing goals for the year 2000 (*Healthy People 2000*) (4), and

most recently at the outset of the current decade, setting goals for the year 2010 (*Healthy People 2010*) (5). *Healthy People 2010* is a comprehensive, nationwide health promotion and disease prevention agenda consisting of 467 objectives that involves a partnership of federal, state, and local health officials and advocates (5–7). The *Healthy People 2010* effort serves as a road map for improving the health of all people in the United States during the first decade of the 21st century.

The study of personal health behaviors—their causes, correlates, and consequences—is ongoing in several federal agencies both inside and outside the Department of Health and Human Services (HHS). The Office of the Surgeon General, which is part of HHS's Office of the Assistant Secretary for Health, has been instrumental in providing comprehensive state-of-the-art summaries and analyses of the issues related to a number of key disease prevention topics. Between 1964 and 2004, 28 Surgeon General's reports were issued describing the epidemiology and health consequences of tobacco use (8). The Surgeon General's office also has issued a major report titled "Physical Activity and Health" (9) and "Call to Action to Prevent and Decrease Overweight and Obesity" (10).

The Centers for Disease Control and Prevention (CDC), an agency of HHS, plays a key role in the study of the links between health behaviors and morbidity and mortality. CDC's National Center for Health Statistics (NCHS) is responsible for monitoring the Nation's progress in achieving national health promotion and disease prevention objectives and collecting data on a variety of health behaviors in its many

national surveys (11). The National Health Interview Survey (NHIS) and the National Health and Nutrition Examination Survey (NHANES) are particularly good sources of national data on prevalence and correlates of personal health behaviors and other topics related to health promotion and disease prevention (12,13). CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) operates the Behavioral Risk Factors Surveillance System (BRFSS), which collects state-level data on health behaviors, using telephone interviews (14). Initially fielded in 15 states in 1984, BRFSS has been collecting data on behavioral risk factors at the state level in all 50 states, the District of Columbia, and three U.S. territories since 1994. NCCDPHP has ongoing research and public information activities covering a wide range of health promotion and disease prevention topics (15).

The National Institutes of Health (NIH), another agency of HHS, has a variety of research activities that focus on the health consequences of personal health behaviors. The National Cancer Institute (NCI), the National Heart, Lung, and Blood Institute (NHLBI) (along with its National Center on Sleep Disorders Research), and the National Institute on Alcohol Abuse and Alcoholism (NIAAA), among others, have research programs that include the study of the health effects of personal health behaviors (16–19). Like CDC, each of these NIH institutes has public information campaigns designed to inform the American people of the risks and benefits of their behavior choices and to encourage them to adopt health-promoting behaviors.

Interest in and concern with promoting positive health behaviors reaches beyond HHS. Every 5 years since 1980, HHS has collaborated with the U.S. Department of Agriculture to publish dietary guidelines for Americans that contain the federal government's science-based advice for promoting health and reducing risk of chronic diseases through nutrition and physical activity (20).

Outside the federal government, the private sector is also turning attention to the importance of health promotion and disease prevention. For example, the Institute of Medicine (IOM) of the National Academies—an organization that provides unbiased, evidence-based, and authoritative information and advice concerning health and science policy to policymakers, professionals, leaders in every sector of society, and the public at large—has prepared reports on a wide range of health topics, including some covered in this report. These include tobacco use, obesity, physical activity, and sleep (21). In 2005, IOM convened two workshops on sleep medicine and on research designed to conduct a comprehensive review of the current status of sleep research and to develop a comprehensive plan for future work in this area (22). The National Sleep Foundation, founded in 1990, is dedicated to furthering research and public information dissemination related to sleep and sleep disorders (23).

Efforts by federal, state, and local governments and the private sector to gain increased understanding of the implications of specific health behaviors for morbidity and mortality and to promote healthy lifestyles among the U.S. population are extensive and ongoing. The agencies and programs highlighted in this report represent only a portion of the scientific activities devoted to improving and disseminating knowledge concerning the health benefits and consequences of individual behaviors. Monitoring the prevalence of behaviors in the population is an important component of national efforts to promote healthier behavior choices. Identifying population subgroups most likely to adopt health risk behaviors assists policy makers and health educators in better targeting resources to improve the health of the American people.

This report provides national prevalence estimates for five important health behaviors—alcohol use, cigarette smoking, leisure-time physical activity, body weight status, and sleep—for key population subgroups of U.S. adults 18 years and over. Estimates shown in

Tables 3.1–8.2 are based on data from the NHIS for 2002–04. Estimates of usual hours of sleep are based only on the 2004 NHIS because the question on sleep practices was not asked in earlier years.

Chapters 3–7 present data on the full spectrum of the individual behaviors—alcohol use, cigarette smoking, leisure-time physical activity, body weight status, and sleep. The behaviors shown are consistent with those included in earlier reports from NHIS and, to the extent possible, with *Healthy People 2010* objectives, or indicators included in *Health, United States*, CDC's NCHS annual report to the U.S. Congress (5,24–29). The background and rationale for the study of these particular behaviors, as well as issues related to their measurement in NHIS, were discussed in earlier reports (24–27). This report augments the information provided in *Health, United States* and *Healthy People 2010*, providing estimates for additional population subgroups.

Chapter 8, drawing from data presented in earlier chapters, provides a snapshot of the prevalence of healthy and unhealthy behaviors among adults. Definitions of “healthy” and “unhealthy” behaviors are not based on independent examination of health consequences of these behaviors but, rather, on criteria described in *Healthy People 2010* (5). Whenever possible, classifications of healthy and unhealthy behaviors are consistent with those identified in the *Healthy People 2010* objectives. For cigarette smoking, leisure-time physical activity, and body weight status, the indicators shown in this report are comparable to those used for the objectives, and defining healthy and unhealthy for these behaviors is relatively straightforward. Definitions of healthy and unhealthy alcohol use is more problematic primarily because of lack of clear consensus on definitions of healthy and unhealthy alcohol use and the number of subgroups for whom even moderate alcohol intake can pose significant risk (e.g., pregnant women, teenagers, drivers, persons with some medical conditions or taking some

medications) (30). The “unhealthy” alcohol category shown in [Table 8.1](#) is one component of “at-risk drinking” identified in *Healthy People 2010*. Because there is no consensus concerning healthy alcohol use, alcohol is omitted from [Table 8.2](#).

Sleep, although not part of the *Healthy People 2010* objectives, is increasingly recognized as an important health behavior (22,23). Although individual sleep requirements vary by individual and no official recommendations for hours of sleep have been issued, approximations of inadequate (unhealthy) and adequate (healthy) have been included in [Chapter 8](#) for purposes of beginning to track this important health behavior.

Chapter 2 Methods

Data Source

The statistics shown in this report are based on data from the Sample Adult component of the 2002–04 National Health Interview Surveys (NHIS) (31–33). NHIS, one of the major data collection systems of the Centers for Disease Control and Prevention’s (CDC) National Center for Health Statistics, is a survey of a nationally representative sample of the U.S. civilian noninstitutionalized household population. Basic health and demographic information is collected in the family component for all members of the family. Adults present at the time of the interview are asked to respond for themselves. Proxy responses are accepted for adults not present at the time of the interview and for those physically or mentally incapable of responding for themselves. Additional information is collected on one randomly selected adult aged 18 years and over (that is, the “sample adult”) per family. Information on the sample adult is self-reported except in rare cases when the sample adult is physically or mentally incapable of responding.

Measurement of Health Behaviors

Alcohol Use

The measure of alcohol drinking status included in this report is consistent with that shown in CDC’s annual report to Congress titled, *Health, United States* (29).

Lifetime alcohol drinking status (Table 3.1) describes lifetime history of alcohol use and includes four mutually exclusive categories: 1) *Lifetime abstainers* are adults who have had fewer than 12 drinks in their entire life; 2) *Former infrequent drinkers* are adults who have had at least 12 drinks in their lifetime, but fewer than 12 drinks in any 1 year and no drinks in the past year;

3) *Former regular drinkers* are adults who have had at least 12 drinks in their lifetime and at least 12 drinks in a single year, but no drinks in the past year; and 4) *Current drinkers* are adults who have had at least 12 drinks in their lifetime and at least one drink in the past year.

Current drinking status (Table 3.2) describes alcohol consumption during the past year: 1) *Nondrinkers* are adults who had no drinks in the past year (lifetime abstainers and former drinkers); 2) *Current infrequent drinkers* are adults who had at least 12 drinks in their lifetime and 1–11 drinks during the past year; 3) *Light drinkers* are adults who had at least 12 drinks in their lifetime, at least 12 drinks in the past year, and 3 or fewer drinks per week, on average, in the past year; 4) *Moderate drinkers* are persons who had at least 12 drinks in their lifetime, at least 12 drinks in the past year, and more than 3 drinks and up to 7 drinks per week (women) or more than 3 drinks and up to 14 drinks per week (men), on average, in the past year; and 5) *Heavier drinkers* are adults who had at least 12 drinks in their lifetime, at least 12 drinks in the past year, and had more than 7 drinks per week (women) or more than 14 drinks per week (men), on average, in the past year. (See Appendix II for details.)

Five or more drinks in 1 day (Tables 3.3 and 3.4)—Current drinkers were asked how many days in the past year they consumed five or more alcoholic beverages. “Five or more drinks in 1 day” is a measure of heavy or “at risk” drinking (which may or may not be episodic). The question on five or more drinks in 1 day was included in the NHIS questionnaire to gain greater understanding of typical drinking behavior over the course of the year. It was not designed as a measure of binge drinking, which usually refers to number of drinks “at one sitting” or “during a 2-hour period.” The question about having five or more drinks in 1 day followed, but was entirely separate from, the questions about usual drinking practices. Table 3.3 shows the percentage of all adults who had five or more drinks in 1 day at least once, and

the percentage of adults who drank this amount at least 12 times during the past year, thus showing the prevalence of this behavior in the general adult population. Table 3.4 shows the percentage of current drinkers who had five or more drinks in 1 day at least once, and the percentage of adults who drank this amount at least 12 times during the past year.

Cigarette Smoking

Lifetime cigarette smoking status—Measurement of cigarette smoking status has remained relatively unchanged over the history of NHIS. *Never smokers* are adults who had never smoked cigarettes or who had smoked fewer than 100 cigarettes in their entire life. Respondents who had not smoked at least 100 cigarettes are not asked the questions about current smoking practices. *Former smokers* are adults who had smoked at least 100 cigarettes in their entire life, but were not smoking at the time of interview. *Current smokers* are adults who had smoked at least 100 cigarettes in their entire life and were still smoking on the day of the interview. Classification of current smokers has changed slightly over the history of NHIS. From 1964 through 1991, current smokers were defined as persons who had smoked at least 100 cigarettes in their entire life and answered “yes” to the follow-up question, “Do you smoke now?” In 1992, the NHIS question about current smoking was modified slightly to be consistent with international smoking data so that daily smokers and nondaily smokers could be distinguished. The question was changed to read, “Do you now smoke cigarettes every day, some days, or not at all?” In this report, estimates for all current smokers are shown in Table 4.1.

Current cigarette smoking status—The category *nonsmoker* includes persons who had never smoked 100 cigarettes in their entire life (i.e., never smokers) as well as those who smoked in the past, but quit smoking prior to the date of the interview (i.e., former smokers). *Nondaily smokers* include all persons who said they

smoked “some days” regardless of the number of days they smoked in the past 30 days. *Daily smokers* are those who said they smoked every day. The category *current smoker* includes daily and nondaily smokers.

Number of cigarettes on days smoked—Separate questions about number of cigarettes smoked in a day were asked of adults who smoked every day (daily smokers) and adults who smoked only some days (nondaily smokers). For nondaily smokers, the question specified that they were being asked about the average number of cigarettes smoked on those days that they smoked. Amount smoked is presented in two ways. [Table 4.2](#) shows the mean number of cigarettes smoked on days smoked, for all smokers, daily smokers, and nondaily smokers who smoked at least once in the past 30 days. [Table 4.3](#) shows percent distributions of the number of cigarettes usually smoked on days smoked for all smokers (daily and nondaily combined): less than 15 cigarettes, 15–24 cigarettes, 25–34 cigarettes, and 35 cigarettes or more. For nondaily smokers, these estimates reflect the number of cigarettes these adults smoked on the days that they smoked. The estimates do not reflect average cigarette consumption over a period of time.

Age of smoking initiation—Adults who had ever smoked at least 100 cigarettes in their entire life were asked at what age they first started to smoke fairly regularly. Data on age of initiation shown in this report are limited to estimates for current smokers ([Table 4.4](#)).

Attempts to quit smoking—All current smokers were asked if they had stopped smoking for more than 1 day in the past year because they were trying to quit ([Table 4.5](#)).

Leisure-time Physical Activity

Physically inactive adults were defined as those who never engaged in any light-moderate or vigorous leisure-time physical activity ([Table 5.1](#)). Adults who engaged in at least some physical activity were those who engaged in any light-moderate or any

vigorous leisure-time physical activity for at least 10 minutes per episode, regardless of frequency ([Table 5.1](#)).

Light-moderate leisure-time physical activity ([Table 5.2](#)) was based on a question that asked how often the person engaged in at least 10 minutes of light-moderate leisure-time physical activity that caused light sweating or a slight-to-moderate increase in breathing or heart rate. Answers could be provided in any time unit (per day, per week, per month, or per year). Frequency of activity was converted into times per week and then categorized as follows: (a) none; (b) some, but less than one time per week; (c) 1–2 times per week; (d) 3–4 times per week; and (e) five or more times per week. The “none” category consists of all persons who engaged in no light-moderate activity, including some who engaged in only vigorous activity. The indicator for light-moderate physical activity shown in this report is designed to estimate the percentage of adults who assess their level of leisure-time physical activity to be in the light-moderate range. The indicator here differs from the measure of moderate activity used for tracking progress toward the *Healthy People 2010* objectives; the latter encompasses all activity that is at least light-moderate (including vigorous activity).

Vigorous leisure-time physical activity ([Table 5.3](#)) was based on a question that asked how often the person engaged in at least 10 minutes of vigorous activity that caused heavy sweating or large increases in breathing or heart rate. Response options were identical to those of the light-moderate activity question, and frequency was categorized in the same manner.

Questions asking about light-moderate leisure-time physical activity and vigorous leisure-time physical activity were independent, with the question about vigorous activity asked first. Respondents could have reported engaging in only light-moderate activity, only vigorous activity, both types of activity, or neither one. [Table 5.1](#) presents data for the two types of activity combined, showing the percentage of persons who never engaged in either type of activity and the percentage of persons who ever

engaged in either or both types. [Tables 5.2](#) and [5.3](#) present data for frequency of engaging in each type of activity separately.

Regular leisure-time physical activity ([Table 5.4](#)) combines frequency and duration of each activity separately. *Regular light-moderate activity* is defined as engaging in light-moderate activity five times or more per week for 30 minutes or more each time. *Regular vigorous activity* is defined as engaging in vigorous activity three times or more per week for 20 minutes or more each time. *Any regular activity* is defined as meeting either criterion or both criteria.

Strengthening activity ([Table 5.5](#)) includes any leisure-time activities designed to strengthen muscles, such as weight lifting or calisthenics. Unlike light-moderate activity or vigorous activity, there was no minimum duration specified in the question, and duration of the activity was not asked.

This report presents data only for leisure-time physical activity. However, analysis of data on usual (nonleisure time) daily physical activity collected in NHIS in 2000 suggested that adults who were active in their usual daily activities (such as walking around or lifting or carrying heavy objects) were also more likely to be active during their leisure time (34).

Body Weight Status

Height and weight were used to compute body mass index (BMI), which is a measure of body weight relative to height. BMI was computed using respondent-reported height and weight, without shoes.

Body mass index is based on metric units and is defined as body weight divided by height² (i.e., kilograms/meters²). The categories of BMI used in this report are consistent with standard BMI classifications used by the World Health Organization (WHO) and the *Healthy People 2010* objectives (5,35). Adults were classified as follows: *obese* adults had a BMI of 30 or greater; *overweight but not obese* adults had a BMI of greater than or equal to 25 and less than 30; *healthy weight* adults had a BMI of greater than or equal to 18.5 and less than 25; and *underweight* adults

had a BMI of less than 18.5. [Tables 6.1](#) and [6.2](#) show categories of body weight status representing ranges of BMI values. *Overweight*, shown in [Table 6.1](#), is defined as a BMI of 25 or greater. The BMI equivalents are listed in footnotes in each table.

Sleep

In 2004, a question was added to the Sample Adult core questionnaire that asked adults how many hours of sleep they usually get in a 24-hour period. This question appears at the end of the section on health behaviors and allows responses in whole hours only. The question on sleep previously was included in NHIS in supplemental questionnaires in 1985 and 1990.

Strengths and Limitations of the Data

The collection of data on alcohol use, cigarette smoking, leisure-time physical activity, body weight, height, and sleep on the annual Sample Adult Core questionnaire makes it possible to produce annual prevalence estimates for these health behaviors for a nationally representative sample of civilian noninstitutionalized U.S. adults. By combining data years, it is possible to study the behaviors of some smaller population subgroups that would have too few cases to yield reliable estimates with a single year of data. For this report, the data on sleep are available only for 2004. Data on health behaviors are collected in combination with data on a wide range of other health characteristics (including chronic health conditions, injury episodes, access to medical care, and health insurance coverage), making it possible to study interrelationships among the various health characteristics and to track these relationships over time.

All information on alcohol use, cigarette smoking, leisure-time physical activity, height, weight, and sleep were self-reported by one randomly selected adult in each family. Self-reporting enhances accuracy of the data to the extent that respondents willingly provide the information. It is recognized, however, that there may be some

underreporting of some behaviors that may be considered undesirable. Estimates of behaviors generally thought to be harmful to health (e.g., heavier alcohol use, current cigarette smoking, physical inactivity in leisure time, overweight body weight status, and sleeping 6 hours or less) can be considered as conservative estimates of the prevalence of such behaviors, given that underreporting may occur. Body weight relative to height is particularly sensitive to underreporting. The nature and extent of differences between reported and measured height and weight have been reported elsewhere (36,37). The BMI measure also has limitations in terms of its potential for overestimating body mass for persons who are very muscular or underestimating it for persons who have lost muscle mass, such as the elderly.

Most of the behaviors included in this report are described in terms of “usual” or “average” behavior. Questions were designed to elicit information that would characterize respondents’ typical behaviors and do not allow detailed exploration of patterns of behavior. In addition to the questions being of a general nature, the indicators described above and shown in chapters 3–8 further generalize adult health behavior characteristics in an effort to provide a meaningful overview for major population subgroups.

The strength of this approach is that it provides a “snapshot” of the important subgroups of the U.S. population in terms of general behavioral characteristics. It is possible to estimate which groups are most likely to drink heavily (on average), smoke cigarettes daily or less than daily, be completely sedentary or irregularly active in their leisure time, be overweight or obese, and get less than 7–8 hours of sleep. Together, these estimates help pinpoint the groups that might benefit most from health education or other interventions. Such estimates do not, however, identify important patterns of unhealthy behaviors. For example, the data collected in NHIS do not allow for clear identification of episodic heavy (binge) drinkers, irregularities in exercise patterns, fluctuations in body

weight status, or sleep patterns (sleeping at night or napping). Some information on patterns is captured for smoking, with a series of questions addressed to persons who smoked cigarettes on a less-than-daily basis. A discussion of the history of the NHIS health behavior measures as well as more information on their strengths and limitations is available (24–28).

Statistical Analysis

With the exception of sleep, 3 years of data were combined to increase reliability of the estimates for some of the smaller population subgroups. Even with the 3 years of data, the standard errors for some subgroups are quite large. In tables shown in this report, estimates with a relative standard error greater than 30% and less than or equal to 50% are considered statistically unreliable and are indicated with an asterisk (*). Readers should exercise caution when interpreting these statistics. A dagger (†) is substituted for estimates with a relative standard error greater than 50%. These estimates are not statistically meaningful and, therefore, are not shown.

The household response rate for the NHIS data years 2002–04 was 88.5%. This report is based on data from 93,222 completed interviews with sample adults aged 18 years and over, representing an overall sample adult response rate of 73.7%. Procedures used in calculating response rates are described in detail in Appendix I of the Survey Description of the NHIS data files (31–33).

All estimates and associated standard errors shown in this report were generated using SUDAAN, a software package designed to handle a complex sample design such as that used by NHIS (38). All estimates were weighted, using the Sample Adult Record Weight, to reflect the U.S. civilian noninstitutionalized population aged 18 years and over.

Most estimates presented in this report were age adjusted to the 2000 U.S. standard population aged 18 years and over (39,40). Age adjustment was used to allow comparison among various sociodemographic subgroups that have different age structures. The

age categories used to age adjust the 2002–04 data are the same as those used for the 1999–2001 report on health behaviors of U.S. adults. The estimates for this report were age adjusted using the age groups 18–44 years, 45–64 years, and 65 years and over. The age groups used in the first set of health behavior reports (1997–98) differed slightly in that the youngest of the three age groups was divided into 18–24 years and 25–44 years, which resulted in somewhat less stable age-adjusted estimates. Tables showing crude (unadjusted) estimates by race, Hispanic or Latino origin and race, education, poverty status, marital status, geographic region, and place of residence are available in [Appendix III](#). These crude estimates can be used in conjunction with the population estimates ([Table XXII](#)) to calculate the numbers of persons in each category shown in the tables of this report.

Age-adjusted estimates were compared using two-tailed *t*-tests at the 0.05 level. No adjustments were made for multiple comparisons. Terms such as “greater than” and “less than” indicate a statistically significant difference. Terms such as “similar” or “no difference” indicate that the statistics being compared were not significantly different. Lack of comment regarding the difference between any two statistics does not mean that the difference was tested and found to be not significant.

Most statistics presented in this report can be replicated using NHIS public-use data files and accompanying documentation available for downloading from the NCHS website at: <http://www.cdc.gov/nchs/nhis.htm>. Data for some of the smaller race and ethnicity subgroups are not included on the public-use data files to protect respondent confidentiality, and therefore, corresponding estimates cannot be replicated. Many of the references cited in this report are also available from the NCHS website at: <http://www.cdc.gov/nchs>.

Chapter 3 Alcohol Use

All Adults

- Overall, 61.4% of U.S. adults were current drinkers, about 15% were former drinkers, 24.2% adults were lifetime abstainers, and about 5% were heavier drinkers (Tables 3.1 and 3.2).
- About one in five adults had five or more drinks in 1 day at least once in the past year. Among current drinkers, nearly one in three had five or more drinks in 1 day in the past year (Tables 3.3 and 3.4).

Sex

- Men (67.9%) were more likely than women (55.5%) to be current drinkers, and women (30.4%) were nearly twice as likely as men (17.0%) to be lifetime abstainers (Table 3.1).
- Men (21.8%) were about three times as likely as women (7.2%) to be moderate drinkers and somewhat more likely than women to be heavier drinkers (Table 3.2).
- Men were more than twice as likely as women to have had five or more drinks in 1 day at least once in the past year and nearly four times as likely as women to have had this much to drink in 1 day on at least 12 days during the past year (Table 3.3).

Age

- Current drinking was most prevalent among adults aged 25–44 years for both men (76.1%) and women (63.0%) and declined steadily with age from 45 years of age on (Table 3.1 and Figure 3.1).
- Consumption of five or more drinks in 1 day at least once in the past year was strongly associated with age for both men and women. Rates of consuming five or more drinks in 1 day at least once in the past year declined with age from about 40% for men in the youngest

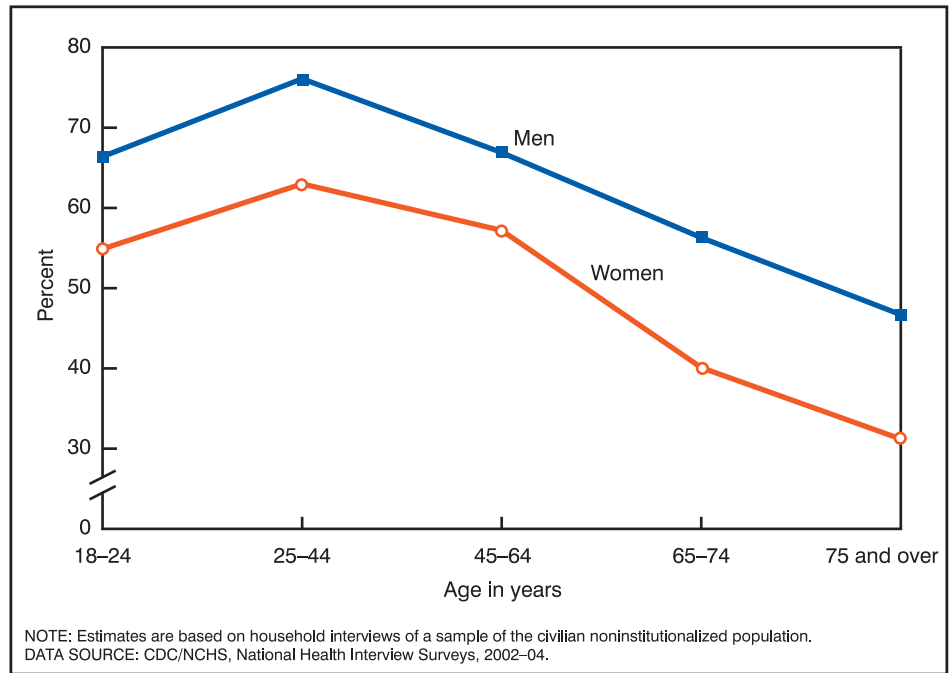


Figure 3.1. Percentage of adults who were current drinkers, by age and sex: United States, 2002–04

age group to about 4.0% for men in the oldest age group and from 23% for women in the youngest age group to less than 1% in the oldest age group (Table 3.3 and Figure 3.2).

Race

- White men (70.3%) were more likely than black men (55.2%) and Asian men (55.9%) to be current drinkers. About two-thirds of Native Hawaiian or other Pacific Islander

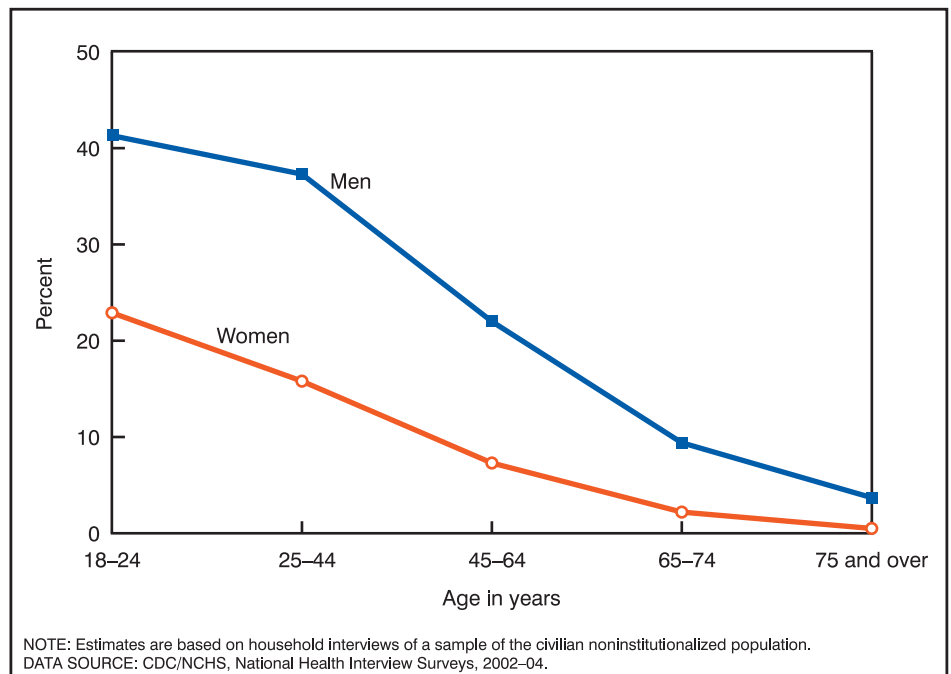


Figure 3.2. Percentage of adults who had five or more drinks in 1 day at least once in the past year, by age and sex: United States, 2002–04

men (66.1%) and about one-half of American Indian or Alaska Native men (54.0%) were current drinkers. White women were more likely to be current drinkers than black women, Native Hawaiian or other Pacific Islander women, and Asian women (Table 3.1 and Figure 3.3).

- Lifetime abstinence was highest (48.6%) among Asian adults compared with the other race groups shown (Table 3.1).
- White men and women were more likely than their black counterparts to be heavier drinkers. American Indian or Alaska Native men were three times as likely as Asian men to be heavier drinkers (Table 3.2).
- White men (30.2%) were more likely than black men (17.7%) and more than twice as likely as Asian men (13.2%) to have had five or more drinks in 1 day in the past year (Table 3.3 and Figure 3.4).

Hispanic or Latino Origin and Race

- Non-Hispanic adults (63.0%) were more likely than Hispanic adults (50.0%) to be current drinkers. (Table 3.1).
- Non-Hispanic men were more likely than Hispanic men to be heavier drinkers and non-Hispanic women were more than twice as likely as Hispanic women to be heavier drinkers (Table 3.2).
- Non-Hispanic white men (31.0%) were more likely than Hispanic men (26.8%) to have consumed five or more drinks in 1 day in the past year. Non-Hispanic white women (14.5%) were almost twice as likely as Hispanic women (6.7%) to have consumed five or more drinks in 1 day in the past year (Table 3.3 and Figure 3.5).

Education

- The prevalence of current drinking increased with education from 44.9% for adults with less than a high school diploma to 74.9% for adults with a graduate degree (Table 3.1).

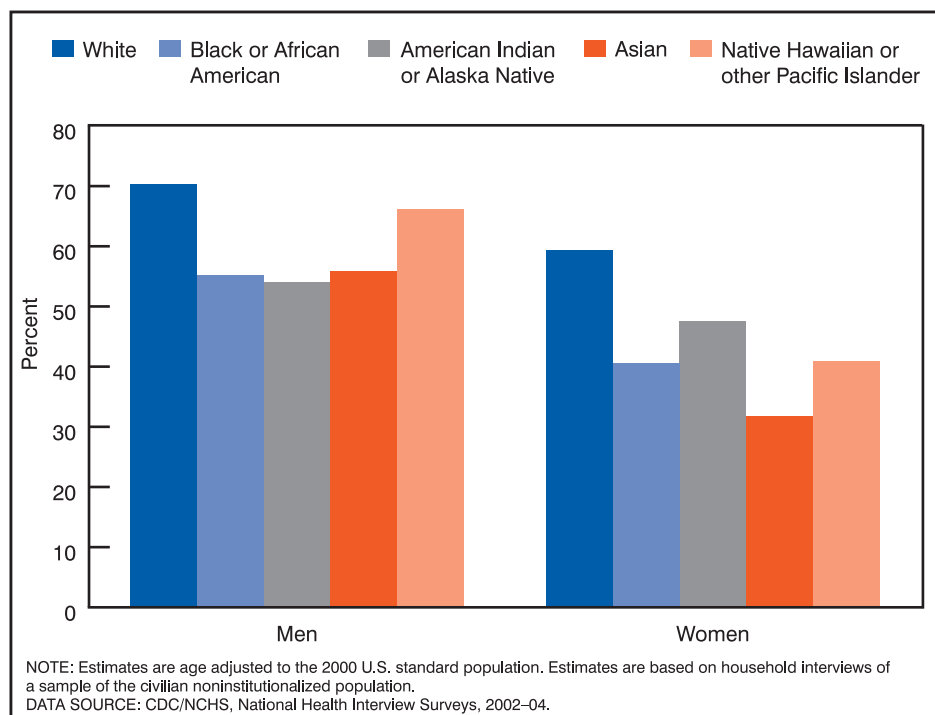


Figure 3.3. Percentage of adults who were current drinkers, by race and sex: United States, 2002-04

- Sex differences in current drinking prevalence were greatest among adults with fewer years of education. Among adults with less than a high school diploma, 56.2% of men and 33.6% of women were current drinkers. Among adults who had some type of college degree, over 70% of men and over 60% of women were current drinkers (Table 3.1 and Figure 3.6).
- Men with less than a high school diploma (10.8%) were more than twice as likely as men who held

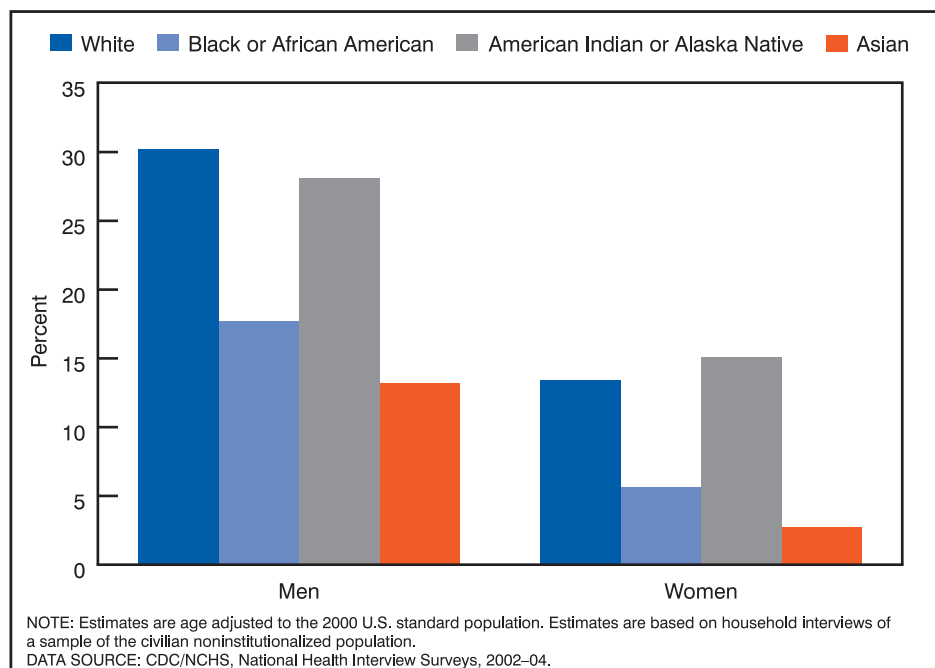


Figure 3.4. Percentage of adults who had five or more drinks in 1 day at least once in the past year, by race and sex: United States, 2002-04

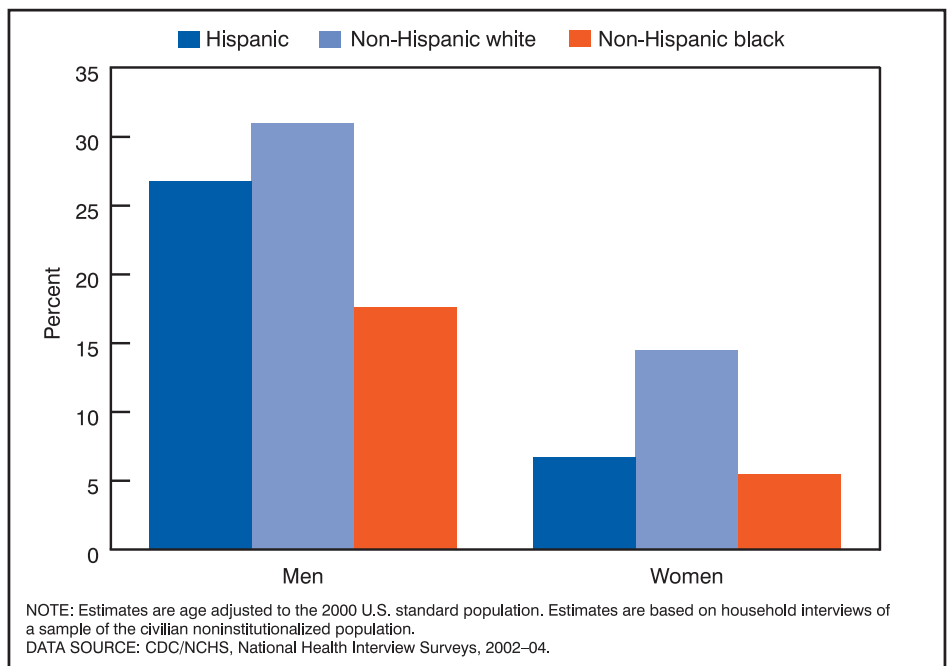


Figure 3.5. Percentage of adults who had five or more drinks in 1 day at least once in the past year, by Hispanic origin and race and sex: United States, 2002-04

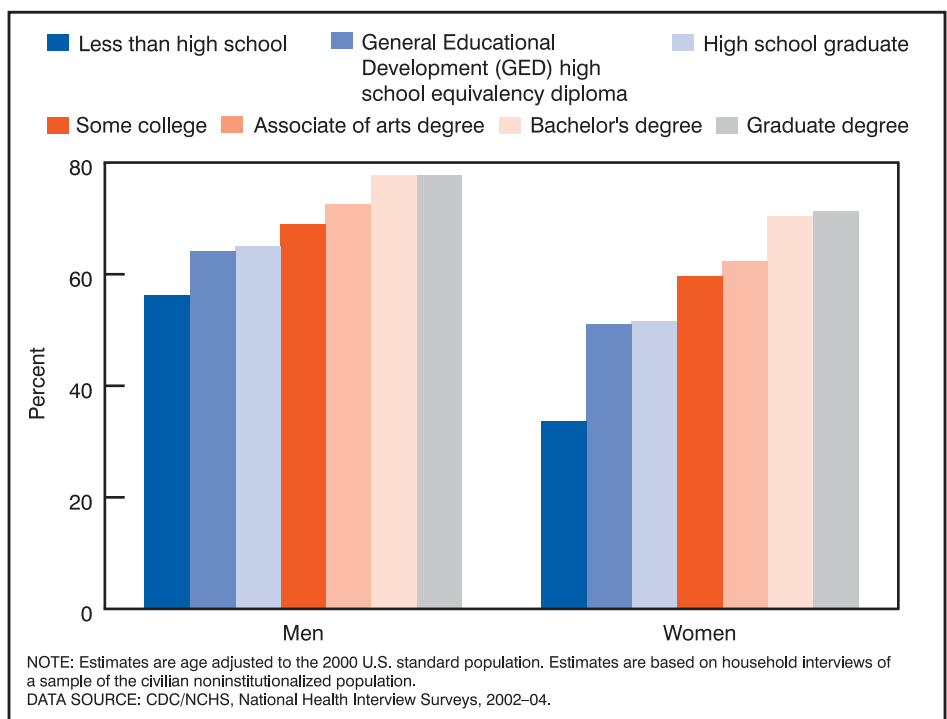


Figure 3.6. Percentage of adults who were current drinkers, by education and sex: United States, 2002-04

- Heavier drinking was most prevalent among men who had earned a General Educational Development (GED) diploma (9.4%) (Table 3.2).
- Advanced degrees (5.0%) to be former regular drinkers (Table 3.1).

- Adults who had earned a GED (23.5%) were more likely than adults who were high school graduates (19.2%) and adults with less than a high school diploma (16.9%) to have had five or more drinks in 1 day at least once during

the past year (Table 3.3 and Figure 3.7).

Poverty Status

- The prevalence of current drinking increased dramatically with family income: 46.1% of adults having family incomes below the poverty level were current drinkers compared with 75.0% of adults who had family incomes four times the poverty level or more. Persons with family incomes below the poverty level (35.5%) were more than twice as likely as adults with family incomes four times the poverty level or more (13.9%) to be lifetime abstainers (Table 3.1).
- Men with family incomes below the poverty level (8.4%) were more likely than men in the highest family income group (5.4%) to be heavier drinkers, and the inverse was true for women. Women with family incomes below the poverty level (3.6%) were more likely than women in the highest family income group (5.7%) to be heavier drinkers (Table 3.2).
- Adults in the upper family income groups were more likely to have had five or more drinks in 1 day at least once in the past year than were adults in the lower family income groups (Table 3.3).
- Among current drinkers, men and women with family incomes below the poverty level were more likely than those in the highest family income group to have had five or more drinks in 1 day on at least 12 days in the past year (Table 3.4).

Marital Status

- The prevalence of lifetime abstention was highest among never-married adults (30.4%) and widowed adults (30.9%) and lowest among cohabiting adults (13.3%) (Table 3.1).
- Cohabiting adults (8.9%) and divorced or separated adults (6.1%) were more likely than married adults (3.6%) to be heavier drinkers. Widowed adults were more likely than adults in any other marital

status group to be nondrinkers (Table 3.2).

- Cohabiting adults were more likely than married adults to have had five or more drinks in 1 day at least once in the past year (Table 3.3).

Geographic Region

- Adults living in the South were less likely to be current drinkers than adults living in the Northeast, the Midwest, or the West. Lifetime abstinence was highest among adults living in the South compared with adults living in the other regions. (Table 3.1).
- Adults living in the Midwest (24.0%) were more likely to have had five or more drinks in 1 day at least once in the past year than were adults living in the Northeast (20.4%), West (19.5%), or South (16.5%) (Table 3.3).

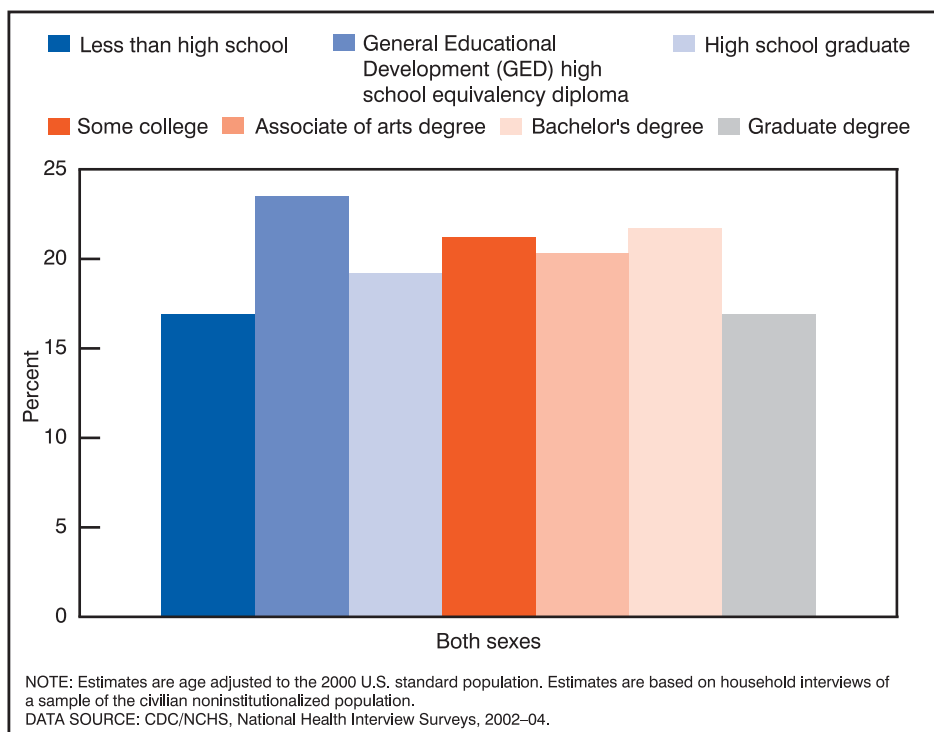


Figure 3.7. Percentage of adults who had five or more drinks in 1 day at least once in the past year, by education: United States, 2002–04

Table 3.1. Age-adjusted percent distributions (with standard errors) of lifetime alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (age-adjusted) ²	100.0	24.2 (0.31)	8.1 (0.13)	6.6 (0.12)	61.4 (0.33)
Ages 18 years and over (crude) ²	100.0	24.0 (0.31)	8.1 (0.13)	6.6 (0.11)	61.6 (0.33)
Age: ³					
18–24 years	100.0	35.2 (0.80)	2.4 (0.18)	2.2 (0.17)	60.7 (0.80)
25–44 years	100.0	19.9 (0.35)	6.2 (0.16)	4.6 (0.15)	69.5 (0.40)
45–64 years	100.0	20.3 (0.38)	10.1 (0.23)	8.0 (0.21)	61.8 (0.42)
65–74 years	100.0	28.7 (0.67)	12.8 (0.43)	11.4 (0.39)	47.4 (0.71)
75 years and over	100.0	35.8 (0.67)	13.8 (0.46)	13.3 (0.45)	37.3 (0.73)
Race:					
White, single race	100.0	21.1 (0.34)	7.8 (0.14)	6.8 (0.13)	64.6 (0.38)
Black or African American, single race	100.0	36.1 (0.71)	10.7 (0.37)	6.7 (0.29)	47.0 (0.68)
American Indian or Alaska Native, single race	100.0	25.2 (3.85)	11.8 (1.79)	12.8 (2.05)	50.7 (3.17)
Asian, single race	100.0	48.6 (1.25)	5.2 (0.53)	2.8 (0.39)	43.8 (1.19)
Native Hawaiian or other Pacific Islander, single race	100.0	32.2 (5.17)	*7.2 (3.52)	†	55.7 (5.54)
2 or more races	100.0	19.8 (1.37)	10.4 (1.08)	9.6 (1.06)	60.3 (1.71)
Black or African American, white	100.0	21.2 (3.61)	*11.4 (3.90)	*5.8 (2.05)	62.1 (5.63)
American Indian or Alaska Native, white	100.0	17.2 (2.04)	10.1 (1.49)	11.1 (1.65)	61.7 (2.46)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	37.2 (0.60)	7.3 (0.27)	5.9 (0.26)	50.0 (0.60)
Mexican or Mexican-American	100.0	37.4 (0.74)	7.9 (0.38)	6.3 (0.39)	48.7 (0.72)
Not Hispanic or Latino	100.0	22.4 (0.33)	8.1 (0.14)	6.7 (0.13)	63.0 (0.35)
White, single race	100.0	18.9 (0.36)	7.9 (0.16)	6.9 (0.14)	66.6 (0.41)
Black or African American, single race	100.0	36.2 (0.72)	10.7 (0.38)	6.7 (0.29)	46.8 (0.67)
Education:					
Less than high school graduate	100.0	37.3 (0.50)	10.1 (0.30)	8.3 (0.28)	44.9 (0.50)
GED diploma ⁴	100.0	21.3 (1.07)	10.7 (0.78)	10.6 (0.74)	57.9 (1.19)
High school graduate	100.0	26.5 (0.49)	9.0 (0.23)	6.9 (0.20)	58.0 (0.49)
Some college—no degree	100.0	21.9 (0.43)	7.9 (0.26)	6.5 (0.24)	63.9 (0.51)
Associate of arts degree	100.0	18.6 (0.59)	8.4 (0.37)	6.4 (0.32)	66.7 (0.63)
Bachelor of arts, science degree	100.0	15.8 (0.41)	5.7 (0.23)	4.6 (0.22)	74.0 (0.50)
Masters, doctorate, medical degree	100.0	15.3 (0.52)	4.6 (0.25)	5.3 (0.33)	74.9 (0.67)
Poverty status: ⁵					
Below poverty level	100.0	35.5 (0.85)	9.9 (0.37)	8.9 (0.37)	46.1 (0.79)
≥1 and <2 times poverty level	100.0	31.1 (0.57)	9.9 (0.32)	8.5 (0.29)	50.8 (0.55)
≥2 and <4 times poverty level	100.0	22.1 (0.37)	9.3 (0.25)	7.2 (0.23)	61.5 (0.45)
4 times poverty level or more	100.0	13.9 (0.33)	6.0 (0.20)	5.1 (0.18)	75.0 (0.39)
Marital status:					
Never married	100.0	30.4 (0.58)	6.7 (0.31)	6.1 (0.30)	57.1 (0.61)
Married	100.0	22.5 (0.35)	8.6 (0.17)	6.8 (0.16)	62.3 (0.41)
Cohabiting	100.0	13.3 (0.70)	6.8 (0.50)	9.6 (0.76)	70.6 (1.02)
Divorced or separated	100.0	19.4 (0.47)	8.9 (0.29)	8.4 (0.30)	63.6 (0.58)
Widowed	100.0	30.9 (1.89)	11.2 (1.16)	6.3 (0.73)	52.0 (1.97)
Geographic region:					
Northeast	100.0	18.4 (0.44)	7.1 (0.26)	6.1 (0.21)	68.6 (0.54)
Midwest	100.0	18.6 (0.74)	8.4 (0.23)	7.2 (0.23)	66.1 (0.78)
South	100.0	29.9 (0.53)	8.9 (0.27)	6.4 (0.20)	54.9 (0.53)
West	100.0	25.8 (0.58)	6.8 (0.19)	6.6 (0.29)	61.0 (0.66)
Place of residence: ⁶					
MSA, central city	100.0	26.1 (0.58)	8.3 (0.21)	6.1 (0.18)	59.8 (0.61)
MSA, not central city	100.0	21.8 (0.31)	7.4 (0.17)	6.3 (0.15)	64.7 (0.36)
Not MSA	100.0	27.1 (0.90)	9.5 (0.32)	8.3 (0.33)	55.5 (0.89)
Men					
Ages 18 years and over (age-adjusted) ²	100.0	17.0 (0.34)	7.1 (0.16)	8.1 (0.17)	67.9 (0.36)
Ages 18 years and over (crude) ²	100.0	16.9 (0.34)	7.0 (0.16)	7.9 (0.16)	68.4 (0.36)
Age: ³					
18–24 years	100.0	30.4 (0.96)	1.7 (0.23)	2.0 (0.26)	66.4 (0.97)
25–44 years	100.0	14.4 (0.41)	4.9 (0.20)	4.7 (0.21)	76.1 (0.49)
45–64 years	100.0	13.8 (0.41)	9.3 (0.32)	10.3 (0.31)	66.9 (0.52)
65–74 years	100.0	16.7 (0.74)	11.7 (0.62)	15.7 (0.66)	56.3 (0.96)
75 years and over	100.0	20.1 (0.84)	14.4 (0.78)	19.0 (0.83)	46.7 (1.08)

See footnotes at end of table.

Table 3.1. Age-adjusted percent distributions (with standard errors) of lifetime alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Men—Continued		Percent distribution (standard error)			
Race:					
White, single race	100.0	15.0 (0.36)	6.8 (0.17)	8.2 (0.19)	70.3 (0.40)
Black or African American, single race	100.0	26.1 (0.83)	10.3 (0.54)	8.9 (0.50)	55.2 (0.85)
American Indian or Alaska Native, single race	100.0	20.5 (3.80)	12.4 (2.44)	14.9 (2.60)	54.0 (4.00)
Asian, single race	100.0	35.6 (1.85)	5.8 (0.81)	3.3 (0.64)	55.9 (1.84)
Native Hawaiian or other Pacific Islander, single race	100.0	19.4 (4.73)	†	†	66.1 (6.39)
2 or more races	100.0	15.0 (1.95)	9.7 (1.67)	11.0 (1.67)	64.6 (2.52)
Black or African American, white	100.0	13.8 (4.00)	†	10.9 (5.08)	66.5 (8.51)
American Indian or Alaska Native, white	100.0	12.1 (2.93)	10.0 (2.45)	11.8 (2.40)	66.2 (3.56)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	22.4 (0.76)	6.6 (0.42)	8.0 (0.43)	63.3 (0.82)
Mexican or Mexican-American	100.0	21.9 (1.00)	7.1 (0.54)	8.7 (0.61)	62.7 (1.03)
Not Hispanic or Latino	100.0	16.3 (0.37)	7.2 (0.17)	8.2 (0.18)	68.6 (0.39)
White, single race	100.0	13.8 (0.38)	6.9 (0.19)	8.3 (0.20)	71.3 (0.43)
Black or African American, single race	100.0	26.2 (0.83)	10.3 (0.54)	8.9 (0.49)	54.9 (0.84)
Education:					
Less than high school graduate	100.0	24.5 (0.65)	8.9 (0.41)	10.8 (0.43)	56.2 (0.69)
GED diploma ⁴	100.0	14.9 (1.39)	8.6 (0.97)	13.0 (1.15)	64.1 (1.71)
High school graduate	100.0	18.4 (0.57)	8.0 (0.32)	9.0 (0.33)	65.0 (0.60)
Some college—no degree	100.0	16.1 (0.58)	7.1 (0.37)	8.1 (0.39)	68.9 (0.72)
Associate of arts degree	100.0	12.3 (0.70)	7.3 (0.55)	7.9 (0.51)	72.6 (0.91)
Bachelor of arts, science degree	100.0	12.1 (0.52)	5.2 (0.31)	5.0 (0.32)	77.8 (0.69)
Masters, doctorate, medical degree	100.0	12.8 (0.67)	4.4 (0.36)	5.0 (0.42)	77.8 (0.91)
Poverty status:⁵					
Below poverty level	100.0	23.2 (1.02)	9.0 (0.63)	12.0 (0.68)	56.2 (1.04)
≥1 and <2 times poverty level	100.0	21.7 (0.76)	9.0 (0.49)	11.0 (0.52)	58.7 (0.79)
≥2 and <4 times poverty level	100.0	16.2 (0.45)	8.5 (0.34)	9.1 (0.36)	66.4 (0.57)
4 times poverty level or more	100.0	10.4 (0.40)	5.4 (0.24)	5.8 (0.27)	78.5 (0.52)
Marital status:					
Never married.	100.0	23.4 (0.74)	6.7 (0.51)	8.1 (0.50)	62.1 (0.86)
Married	100.0	15.6 (0.40)	7.7 (0.21)	8.2 (0.23)	68.6 (0.46)
Cohabiting	100.0	7.7 (0.74)	5.6 (0.65)	11.1 (1.12)	75.9 (1.34)
Divorced or separated.	100.0	11.0 (0.54)	7.0 (0.40)	11.1 (0.52)	71.3 (0.78)
Widowed	100.0	16.3 (4.64)	5.9 (0.65)	9.3 (1.81)	68.9 (4.66)
Geographic region:					
Northeast	100.0	12.8 (0.53)	5.9 (0.30)	7.2 (0.34)	74.3 (0.63)
Midwest	100.0	13.0 (0.71)	6.9 (0.26)	8.8 (0.31)	71.6 (0.77)
South	100.0	21.1 (0.60)	8.6 (0.33)	8.2 (0.28)	62.4 (0.60)
West	100.0	18.3 (0.72)	6.0 (0.30)	8.1 (0.45)	67.9 (0.81)
Place of residence:⁶					
MSA, central city	100.0	18.0 (0.60)	7.5 (0.27)	7.6 (0.29)	67.3 (0.65)
MSA, not central city	100.0	15.8 (0.37)	6.6 (0.20)	7.5 (0.22)	70.3 (0.44)
Not MSA	100.0	18.9 (0.95)	8.1 (0.43)	10.6 (0.48)	62.8 (0.92)
Women					
Ages 18 years and over (age-adjusted) ²	100.0	30.4 (0.37)	8.9 (0.17)	5.4 (0.14)	55.5 (0.39)
Ages 18 years and over (crude) ²	100.0	30.5 (0.36)	9.1 (0.17)	5.4 (0.14)	55.3 (0.38)
Age:³					
18–24 years	100.0	40.1 (1.01)	3.1 (0.26)	2.4 (0.24)	54.9 (1.00)
25–44 years	100.0	25.2 (0.44)	7.4 (0.23)	4.5 (0.19)	63.0 (0.48)
45–64 years	100.0	26.4 (0.50)	10.8 (0.30)	5.8 (0.22)	57.2 (0.53)
65–74 years	100.0	38.6 (0.89)	13.7 (0.55)	7.9 (0.44)	40.1 (0.88)
75 years and over	100.0	45.8 (0.86)	13.5 (0.52)	9.7 (0.48)	31.2 (0.84)
Race:					
White, single race	100.0	26.5 (0.41)	8.7 (0.19)	5.6 (0.16)	59.4 (0.46)
Black or African American, single race	100.0	43.6 (0.92)	11.0 (0.45)	5.2 (0.33)	40.6 (0.81)
American Indian or Alaska Native, single race	100.0	29.3 (5.11)	12.0 (2.36)	10.5 (2.48)	47.6 (3.59)
Asian, single race	100.0	61.5 (1.47)	4.6 (0.63)	2.2 (0.49)	31.8 (1.29)
Native Hawaiian or other Pacific Islander, single race	100.0	51.7 (9.43)	†	†	40.9 (9.08)
2 or more races	100.0	23.2 (1.85)	11.3 (1.48)	8.6 (1.40)	57.0 (2.46)
Black or African American, white	100.0	27.1 (5.71)	10.9 (4.35)	†	58.7 (6.41)
American Indian or Alaska Native, white	100.0	20.8 (2.82)	10.4 (2.04)	10.7 (2.09)	58.3 (3.47)

See footnotes at end of table.

Table 3.1. Age-adjusted percent distributions (with standard errors) of lifetime alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Women—Continued					
Percent distribution (standard error)					
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	51.0 (0.78)	8.1 (0.40)	4.1 (0.26)	37.1 (0.80)
Mexican or Mexican-American	100.0	52.9 (1.01)	8.9 (0.56)	4.3 (0.38)	34.3 (0.99)
Not Hispanic or Latino	100.0	27.7 (0.39)	9.0 (0.18)	5.5 (0.15)	58.1 (0.41)
White, single race	100.0	23.4 (0.43)	8.8 (0.20)	5.7 (0.17)	62.3 (0.49)
Black or African American, single race	100.0	43.6 (0.93)	11.1 (0.46)	5.1 (0.33)	40.5 (0.81)
Education:					
Less than high school graduate	100.0	49.2 (0.72)	11.3 (0.41)	6.3 (0.33)	33.6 (0.68)
GED diploma ⁴	100.0	28.3 (1.48)	12.9 (1.15)	7.9 (0.83)	51.1 (1.55)
High school graduate	100.0	33.4 (0.60)	9.9 (0.31)	5.4 (0.24)	51.6 (0.63)
Some college—no degree	100.0	26.8 (0.59)	8.7 (0.34)	5.1 (0.26)	59.6 (0.65)
Associate of arts degree	100.0	23.3 (0.81)	9.3 (0.49)	5.3 (0.41)	62.3 (0.85)
Bachelor of arts, science degree	100.0	19.4 (0.55)	6.2 (0.32)	4.2 (0.28)	70.3 (0.64)
Masters, doctorate, medical degree	100.0	18.6 (0.76)	4.8 (0.39)	5.4 (0.47)	71.3 (0.88)
Poverty status: ⁵					
Below poverty level	100.0	43.3 (0.95)	10.6 (0.44)	7.1 (0.38)	39.3 (0.92)
≥1 and <2 times poverty level	100.0	38.4 (0.71)	10.7 (0.40)	6.7 (0.34)	44.4 (0.68)
≥2 and <4 times poverty level	100.0	27.8 (0.50)	10.1 (0.34)	5.6 (0.26)	56.8 (0.55)
4 times poverty level or more	100.0	17.8 (0.47)	6.7 (0.29)	4.4 (0.25)	71.2 (0.56)
Marital status:					
Never married	100.0	37.2 (0.78)	6.8 (0.38)	4.5 (0.34)	51.8 (0.77)
Married	100.0	29.5 (0.43)	9.4 (0.23)	5.2 (0.18)	56.1 (0.49)
Cohabiting	100.0	19.5 (1.26)	8.2 (0.87)	7.7 (1.09)	64.9 (1.43)
Divorced or separated	100.0	24.9 (0.63)	10.2 (0.40)	6.6 (0.34)	58.4 (0.71)
Widowed	100.0	34.7 (2.01)	12.8 (1.48)	5.5 (0.79)	47.2 (2.04)
Geographic region:					
Northeast	100.0	23.2 (0.62)	8.2 (0.36)	5.2 (0.30)	63.7 (0.71)
Midwest	100.0	23.3 (0.86)	9.8 (0.35)	5.9 (0.29)	61.2 (0.91)
South	100.0	37.6 (0.62)	9.4 (0.31)	5.0 (0.25)	48.1 (0.62)
West	100.0	32.7 (0.71)	7.6 (0.27)	5.4 (0.25)	54.5 (0.76)
Place of residence: ⁶					
MSA, central city	100.0	33.0 (0.72)	9.0 (0.30)	5.0 (0.21)	53.2 (0.74)
MSA, not central city	100.0	27.3 (0.39)	8.2 (0.22)	5.2 (0.19)	59.5 (0.42)
Not MSA	100.0	34.2 (1.04)	10.7 (0.37)	6.3 (0.37)	49.1 (1.07)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These estimates should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Lifetime alcohol drinking status: Lifetime abstainer is less than 12 drinks in lifetime; former infrequent is at least 12 drinks in lifetime, but less than 12 drinks in 1 year and none in past year; former regular is at least 12 drinks in lifetime and at least 12 drinks in 1 year, but none in past year; current is at least 12 drinks in lifetime and 1 or more drinks in past year.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table III. Denominator for each percent distribution excludes persons with unknown lifetime drinking status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 3.2. Age-adjusted percent distributions (with standard errors) of current alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ²	100.0	38.6 (0.33)	13.2 (0.16)	29.0 (0.22)	14.2 (0.18)	4.7 (0.10)
Ages 18 years and over (crude) ²	100.0	38.4 (0.33)	13.2 (0.16)	29.0 (0.22)	14.2 (0.18)	4.7 (0.10)
Age: ³						
18–24 years	100.0	39.3 (0.80)	9.9 (0.38)	29.7 (0.58)	14.1 (0.49)	6.6 (0.42)
25–44 years	100.0	30.5 (0.40)	14.4 (0.23)	34.6 (0.34)	15.4 (0.25)	4.8 (0.14)
45–64 years	100.0	38.2 (0.42)	14.4 (0.25)	27.8 (0.33)	14.5 (0.28)	4.9 (0.15)
65–74 years	100.0	52.6 (0.71)	11.6 (0.39)	19.7 (0.56)	12.1 (0.42)	3.6 (0.22)
75 years and over	100.0	62.7 (0.73)	10.4 (0.38)	14.9 (0.46)	9.6 (0.45)	2.1 (0.18)
Race:						
White, single race	100.0	35.4 (0.38)	13.2 (0.18)	30.5 (0.26)	15.5 (0.21)	5.2 (0.12)
Black or African American, single race	100.0	53.0 (0.68)	13.2 (0.44)	21.4 (0.54)	8.7 (0.30)	3.3 (0.21)
American Indian or Alaska Native, single race	100.0	49.3 (3.17)	11.0 (1.74)	23.5 (2.00)	10.5 (1.56)	4.8 (0.90)
Asian, single race	100.0	56.2 (1.19)	11.5 (0.59)	23.2 (1.00)	7.4 (0.60)	1.3 (0.24)
Native Hawaiian or other Pacific Islander, single race	100.0	44.3 (5.54)	12.2 (3.11)	25.7 (5.09)	*10.1 (3.32)	†
2 or more races	100.0	39.7 (1.71)	16.8 (1.24)	26.9 (1.36)	11.5 (1.06)	4.9 (0.69)
Black or African American, white	100.0	37.9 (5.63)	*12.0 (4.04)	30.1 (4.52)	*12.5 (4.72)	*7.0 (2.54)
American Indian or Alaska Native, white	100.0	38.3 (2.46)	19.3 (2.06)	24.9 (2.17)	11.7 (1.80)	5.6 (1.38)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	50.0 (0.60)	12.4 (0.38)	24.4 (0.43)	9.9 (0.32)	2.9 (0.17)
Mexican or Mexican-American	100.0	51.3 (0.72)	11.9 (0.50)	23.0 (0.53)	10.3 (0.41)	3.1 (0.22)
Not Hispanic or Latino	100.0	37.0 (0.35)	13.3 (0.18)	29.6 (0.24)	14.8 (0.20)	5.0 (0.11)
White, single race	100.0	33.4 (0.41)	13.4 (0.20)	31.3 (0.28)	16.2 (0.23)	5.5 (0.13)
Black or African American, single race	100.0	53.2 (0.67)	13.1 (0.43)	21.4 (0.54)	8.6 (0.30)	3.3 (0.21)
Education:						
Less than high school graduate	100.0	55.1 (0.50)	11.2 (0.33)	19.0 (0.40)	9.7 (0.29)	4.5 (0.22)
GED diploma ⁴	100.0	42.1 (1.19)	14.7 (0.92)	23.7 (0.95)	12.0 (0.74)	6.9 (0.60)
High school graduate	100.0	42.0 (0.49)	14.2 (0.29)	25.7 (0.35)	12.9 (0.31)	4.8 (0.16)
Some college—no degree	100.0	36.1 (0.51)	13.9 (0.31)	30.0 (0.45)	14.3 (0.37)	5.5 (0.24)
Associate of arts degree	100.0	33.3 (0.63)	15.3 (0.47)	31.9 (0.60)	14.5 (0.45)	4.8 (0.30)
Bachelor of arts, science degree	100.0	26.0 (0.50)	12.6 (0.31)	37.0 (0.49)	19.4 (0.42)	4.8 (0.21)
Masters, doctorate, medical degree	100.0	25.1 (0.67)	11.8 (0.46)	40.5 (0.71)	19.6 (0.53)	2.9 (0.23)
Poverty status: ⁵						
Below poverty level	100.0	53.9 (0.79)	11.4 (0.39)	19.5 (0.54)	9.3 (0.40)	5.5 (0.37)
≥1 and <2 times poverty level	100.0	49.2 (0.55)	13.6 (0.39)	22.6 (0.42)	10.1 (0.36)	4.2 (0.20)
≥2 and <4 times poverty level	100.0	38.5 (0.45)	14.7 (0.29)	28.6 (0.38)	13.2 (0.28)	4.8 (0.16)
4 times poverty level or more	100.0	25.0 (0.39)	12.9 (0.25)	36.9 (0.38)	19.7 (0.34)	5.5 (0.19)
Marital status:						
Never married	100.0	42.9 (0.61)	10.8 (0.34)	26.2 (0.46)	14.2 (0.38)	5.6 (0.24)
Married	100.0	37.7 (0.41)	14.1 (0.21)	30.3 (0.29)	14.1 (0.22)	3.6 (0.11)
Cohabiting	100.0	29.4 (1.02)	11.9 (0.61)	31.5 (0.97)	17.9 (0.84)	8.9 (0.50)
Divorced or separated	100.0	36.4 (0.58)	14.8 (0.39)	28.4 (0.50)	14.0 (0.33)	6.1 (0.25)
Widowed	100.0	48.0 (1.97)	14.0 (1.29)	22.8 (1.82)	9.7 (1.47)	5.0 (1.06)
Geographic region:						
Northeast	100.0	31.4 (0.54)	14.2 (0.39)	33.5 (0.52)	16.1 (0.41)	4.5 (0.18)
Midwest	100.0	33.9 (0.78)	13.6 (0.30)	32.0 (0.49)	15.1 (0.38)	5.0 (0.20)
South	100.0	45.1 (0.53)	12.9 (0.27)	24.8 (0.31)	12.4 (0.30)	4.6 (0.17)
West	100.0	39.0 (0.66)	12.4 (0.34)	28.8 (0.46)	14.7 (0.38)	4.7 (0.25)
Place of residence: ⁶						
MSA, central city	100.0	40.2 (0.61)	12.7 (0.27)	28.4 (0.40)	13.8 (0.31)	4.7 (0.18)
MSA, not central city	100.0	35.3 (0.36)	13.4 (0.21)	31.2 (0.29)	15.1 (0.24)	4.7 (0.14)
Not MSA	100.0	44.5 (0.89)	13.5 (0.43)	24.1 (0.50)	12.5 (0.39)	4.9 (0.22)
Men						
Ages 18 years and over (age-adjusted) ²	100.0	32.1 (0.36)	9.9 (0.19)	30.4 (0.28)	21.8 (0.29)	5.6 (0.16)
Ages 18 years and over (crude) ²	100.0	31.6 (0.36)	9.9 (0.19)	30.7 (0.28)	21.9 (0.29)	5.6 (0.16)
Age: ³						
18–24 years	100.0	33.6 (0.97)	7.5 (0.50)	29.2 (0.87)	21.5 (0.82)	7.7 (0.63)
25–44 years	100.0	23.9 (0.49)	10.1 (0.30)	36.3 (0.46)	23.6 (0.40)	5.9 (0.21)
45–64 years	100.0	33.1 (0.52)	10.6 (0.33)	28.7 (0.47)	21.8 (0.47)	5.5 (0.23)
65–74 years	100.0	43.7 (0.96)	10.2 (0.58)	22.7 (0.80)	18.7 (0.69)	4.2 (0.35)
75 years and over	100.0	53.3 (1.08)	9.7 (0.64)	18.3 (0.89)	16.3 (0.82)	2.0 (0.26)

See footnotes at end of table.

Table 3.2. Age-adjusted percent distributions (with standard errors) of current alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Men—Continued		Percent distribution (standard error)				
Race:						
White, single race	100.0	29.7 (0.40)	9.7 (0.21)	31.1 (0.32)	23.3 (0.34)	5.9 (0.18)
Black or African American, single race	100.0	44.8 (0.85)	10.5 (0.61)	24.7 (0.79)	15.2 (0.61)	4.4 (0.35)
American Indian or Alaska Native, single race	100.0	46.0 (4.00)	7.7 (2.24)	20.2 (2.69)	18.4 (2.86)	5.8 (1.43)
Asian, single race	100.0	44.1 (1.84)	12.2 (1.06)	29.0 (1.55)	12.2 (1.14)	2.0 (0.46)
Native Hawaiian or other Pacific Islander, single race	100.0	33.9 (6.39)	*10.5 (3.45)	34.0 (6.67)	12.3 (3.52)	†
2 or more races	100.0	35.4 (2.52)	12.8 (1.74)	25.4 (2.10)	19.6 (1.95)	6.5 (1.17)
Black or African American, white	100.0	33.5 (8.51)	†	34.8 (7.43)	22.1 (6.58)	†
American Indian or Alaska Native, white	100.0	33.8 (3.56)	13.3 (2.64)	22.5 (3.47)	20.6 (3.21)	9.7 (2.85)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	36.7 (0.82)	10.1 (0.53)	31.5 (0.70)	17.2 (0.56)	4.1 (0.30)
Mexican or Mexican-American	100.0	37.3 (1.03)	10.0 (0.67)	29.8 (0.90)	17.9 (0.71)	4.7 (0.41)
Not Hispanic or Latino	100.0	31.4 (0.39)	9.9 (0.21)	30.2 (0.30)	22.4 (0.32)	5.8 (0.17)
White, single race	100.0	28.7 (0.43)	9.7 (0.23)	31.2 (0.35)	24.1 (0.37)	6.2 (0.20)
Black or African American, single race	100.0	45.1 (0.84)	10.4 (0.58)	24.7 (0.78)	15.0 (0.60)	4.4 (0.36)
Education:						
Less than high school graduate	100.0	43.8 (0.69)	9.4 (0.47)	23.5 (0.59)	16.2 (0.52)	6.5 (0.37)
GED diploma ⁴	100.0	35.9 (1.71)	11.8 (1.29)	25.0 (1.45)	17.3 (1.21)	9.4 (0.95)
High school graduate	100.0	35.0 (0.60)	10.7 (0.37)	27.4 (0.54)	20.6 (0.50)	6.0 (0.26)
Some college—no degree	100.0	31.1 (0.72)	10.1 (0.42)	30.4 (0.69)	22.1 (0.63)	6.1 (0.37)
Associate of arts degree	100.0	27.4 (0.91)	10.6 (0.65)	32.9 (0.98)	23.2 (0.87)	5.9 (0.52)
Bachelor of arts, science degree	100.0	22.2 (0.69)	9.1 (0.41)	36.4 (0.69)	27.5 (0.70)	4.6 (0.30)
Masters, doctorate, medical degree	100.0	22.2 (0.91)	8.9 (0.63)	40.9 (1.06)	25.9 (0.93)	2.1 (0.25)
Poverty status:⁵						
Below poverty level	100.0	43.8 (1.04)	8.6 (0.62)	22.9 (0.87)	15.8 (0.74)	8.4 (0.70)
≥1 and <2 times poverty level	100.0	41.3 (0.79)	10.1 (0.53)	25.0 (0.67)	17.3 (0.68)	5.9 (0.35)
≥2 and <4 times poverty level	100.0	33.6 (0.57)	10.9 (0.38)	28.7 (0.54)	20.4 (0.46)	6.1 (0.28)
4 times poverty level or more	100.0	21.5 (0.52)	9.5 (0.30)	36.1 (0.52)	27.5 (0.52)	5.4 (0.27)
Marital status:						
Never married	100.0	37.9 (0.86)	7.7 (0.41)	26.6 (0.67)	21.0 (0.65)	6.5 (0.37)
Married	100.0	31.4 (0.46)	11.0 (0.27)	32.6 (0.38)	20.8 (0.34)	4.1 (0.18)
Cohabiting	100.0	24.1 (1.34)	9.4 (0.80)	30.2 (1.31)	26.2 (1.22)	9.8 (0.75)
Divorced or separated	100.0	28.7 (0.78)	8.8 (0.49)	28.6 (0.78)	24.7 (0.68)	8.7 (0.46)
Widowed	100.0	31.1 (4.66)	8.1 (1.90)	30.7 (4.70)	22.9 (4.37)	*6.7 (2.61)
Geographic region:						
Northeast	100.0	25.7 (0.63)	10.4 (0.44)	34.4 (0.66)	24.2 (0.58)	5.1 (0.31)
Midwest	100.0	28.4 (0.77)	10.1 (0.43)	31.8 (0.62)	23.4 (0.64)	6.0 (0.33)
South	100.0	37.6 (0.60)	9.9 (0.32)	27.3 (0.41)	19.1 (0.46)	5.7 (0.27)
West	100.0	32.1 (0.81)	9.2 (0.38)	30.7 (0.56)	22.6 (0.63)	5.1 (0.35)
Place of residence:⁶						
MSA, central city	100.0	32.7 (0.65)	9.8 (0.33)	30.5 (0.54)	21.3 (0.48)	5.4 (0.27)
MSA, not central city	100.0	29.7 (0.44)	9.9 (0.27)	32.4 (0.38)	22.5 (0.38)	5.2 (0.22)
Not MSA	100.0	37.2 (0.92)	10.1 (0.48)	25.1 (0.63)	20.4 (0.65)	6.7 (0.37)
Women						
Ages 18 years and over (age-adjusted) ²	100.0	44.5 (0.39)	16.3 (0.22)	27.8 (0.29)	7.2 (0.16)	4.0 (0.11)
Ages 18 years and over (crude) ²	100.0	44.7 (0.38)	16.3 (0.22)	27.5 (0.29)	7.2 (0.16)	4.0 (0.10)
Age:³						
18–24 years	100.0	45.1 (1.00)	12.2 (0.55)	30.1 (0.80)	6.7 (0.43)	5.5 (0.42)
25–44 years	100.0	37.0 (0.48)	18.4 (0.33)	33.0 (0.42)	7.6 (0.25)	3.8 (0.16)
45–64 years	100.0	42.8 (0.53)	17.9 (0.36)	27.0 (0.45)	7.7 (0.25)	4.3 (0.19)
65–74 years	100.0	59.9 (0.88)	12.7 (0.55)	17.2 (0.71)	6.7 (0.44)	3.1 (0.29)
75 years and over	100.0	68.8 (0.84)	10.8 (0.45)	12.7 (0.50)	5.3 (0.43)	2.1 (0.24)

See footnotes at end of table.

Table 3.2. Age-adjusted percent distributions (with standard errors) of current alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Women—Continued		Percent distribution (standard error)				
Race:						
White, single race	100.0	40.6 (0.46)	16.5 (0.25)	30.0 (0.36)	8.2 (0.19)	4.4 (0.13)
Black or African American, single race	100.0	59.4 (0.81)	15.4 (0.57)	18.9 (0.60)	3.5 (0.24)	2.5 (0.21)
American Indian or Alaska Native, single race	100.0	52.4 (3.59)	14.2 (2.36)	26.5 (2.91)	3.1 (0.89)	3.7 (1.02)
Asian, single race	100.0	68.2 (1.29)	11.1 (0.86)	17.5 (1.06)	2.6 (0.41)	*0.5 (0.20)
Native Hawaiian or other Pacific Islander, single race	100.0	59.1 (9.08)	*14.6 (5.93)	*12.5 (3.92)	†	†
2 or more races	100.0	43.0 (2.46)	20.0 (1.84)	28.6 (2.01)	4.7 (0.88)	3.6 (0.74)
Black or African American, white	100.0	41.3 (6.41)	*18.8 (6.78)	28.4 (5.33)	†	*9.0 (3.54)
American Indian or Alaska Native, white	100.0	41.7 (3.47)	23.9 (3.01)	27.1 (3.02)	*4.8 (1.53)	*2.4 (0.80)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	62.9 (0.80)	14.8 (0.51)	17.6 (0.54)	2.8 (0.23)	1.6 (0.15)
Mexican or Mexican-American	100.0	65.7 (0.99)	13.9 (0.68)	16.1 (0.67)	2.4 (0.27)	1.5 (0.20)
Not Hispanic or Latino	100.0	41.9 (0.41)	16.5 (0.24)	29.2 (0.32)	7.8 (0.17)	4.3 (0.12)
White, single race	100.0	37.7 (0.49)	16.9 (0.28)	31.5 (0.39)	8.9 (0.21)	4.8 (0.14)
Black or African American, single race	100.0	59.5 (0.81)	15.3 (0.57)	18.9 (0.61)	3.5 (0.25)	2.5 (0.22)
Education:						
Less than high school graduate	100.0	66.4 (0.68)	13.2 (0.46)	14.4 (0.49)	3.1 (0.24)	2.5 (0.19)
GED diploma ⁴	100.0	48.9 (1.55)	17.8 (1.23)	22.4 (1.33)	6.5 (0.82)	4.2 (0.62)
High school graduate	100.0	48.4 (0.63)	17.6 (0.41)	24.3 (0.45)	5.7 (0.26)	3.6 (0.20)
Some college—no degree	100.0	40.4 (0.65)	17.2 (0.45)	29.6 (0.58)	7.5 (0.33)	5.0 (0.26)
Associate of arts degree	100.0	37.7 (0.85)	19.1 (0.68)	31.2 (0.77)	7.9 (0.49)	3.9 (0.33)
Bachelor of arts, science degree	100.0	29.7 (0.64)	15.8 (0.49)	37.5 (0.63)	11.8 (0.50)	5.1 (0.29)
Masters, doctorate, medical degree	100.0	28.7 (0.88)	15.2 (0.70)	40.2 (0.99)	11.9 (0.59)	3.8 (0.37)
Poverty status:⁵						
Below poverty level	100.0	60.7 (0.92)	13.4 (0.53)	17.3 (0.62)	4.7 (0.32)	3.6 (0.31)
≥1 and <2 times poverty level	100.0	55.6 (0.68)	16.5 (0.52)	20.8 (0.54)	4.2 (0.26)	2.7 (0.20)
≥2 and <4 times poverty level	100.0	43.2 (0.55)	18.5 (0.40)	28.4 (0.44)	6.1 (0.26)	3.5 (0.17)
4 times poverty level or more	100.0	28.8 (0.56)	16.5 (0.42)	37.6 (0.56)	11.2 (0.38)	5.7 (0.26)
Marital status:						
Never married	100.0	48.2 (0.77)	14.0 (0.53)	26.2 (0.61)	6.7 (0.32)	4.6 (0.30)
Married	100.0	43.9 (0.49)	17.1 (0.29)	28.0 (0.40)	7.5 (0.22)	3.3 (0.13)
Cohabiting	100.0	35.1 (1.43)	14.3 (0.94)	32.6 (1.31)	9.4 (1.00)	8.3 (0.80)
Divorced or separated	100.0	41.6 (0.71)	18.7 (0.54)	28.3 (0.64)	6.8 (0.30)	4.4 (0.28)
Widowed	100.0	52.8 (2.04)	15.6 (1.51)	20.6 (1.91)	6.1 (1.25)	4.6 (1.12)
Geographic region:						
Northeast	100.0	36.3 (0.71)	17.6 (0.53)	32.7 (0.71)	9.1 (0.44)	4.0 (0.22)
Midwest	100.0	38.8 (0.91)	16.9 (0.40)	32.5 (0.66)	7.4 (0.31)	4.1 (0.22)
South	100.0	51.9 (0.62)	15.8 (0.37)	22.5 (0.43)	6.1 (0.27)	3.6 (0.16)
West	100.0	45.5 (0.76)	15.4 (0.46)	27.1 (0.61)	7.4 (0.29)	4.4 (0.27)
Place of residence:⁶						
MSA, central city	100.0	46.8 (0.74)	15.3 (0.38)	26.5 (0.52)	7.1 (0.26)	4.1 (0.20)
MSA, not central city	100.0	40.5 (0.42)	16.8 (0.29)	30.3 (0.40)	8.0 (0.23)	4.2 (0.16)
Not MSA	100.0	50.9 (1.07)	16.8 (0.57)	23.3 (0.66)	5.3 (0.24)	3.3 (0.21)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Current alcohol drinking status: Nondrinker is defined as no drinks in the past year (includes both former drinkers and lifetime abstainers); infrequent is defined as at least 12 drinks in lifetime and 1–11 drinks in past year; light is defined as at least 12 drinks in lifetime, at least 12 drinks in the past year, and 3 drinks or fewer per week, on average; moderate is defined as at least 12 drinks in lifetime, at least 12 drinks in past year, and more than 3 and up to 14 drinks per week for men and more than 3 and up to 7 drinks per week for women, on average; heavier is defined as at least 12 in lifetime lifetime, at least 12 drinks in past year, and more than 14 drinks per week for men and more than 7 drinks per week for women, on average.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Appendix Table IV. Denominator for each percent distribution excludes persons with unknown lifetime and unknown current drinking status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 3.3. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who had five or more drinks in 1 day at least once in the past year, and age-adjusted percentages (with standard errors) of adults 18 years of age and over who had five or more drinks in 1 day on at least 12 days in the past year, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Five or more drinks in 1 day at least once			Five or more drinks in 1 day on at least 12 days		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent of adults (standard error)					
Ages 18 years and over (age-adjusted) ¹	19.7 (0.24)	28.1 (0.36)	11.8 (0.20)	9.1 (0.15)	14.6 (0.27)	3.8 (0.10)
Ages 18 years and over (crude) ¹	19.6 (0.24)	28.5 (0.38)	11.5 (0.19)	9.0 (0.15)	14.8 (0.28)	3.7 (0.10)
Age ²						
18–24 years	32.0 (0.80)	41.3 (1.15)	22.9 (0.79)	17.2 (0.64)	25.2 (1.04)	9.3 (0.51)
25–44 years	26.3 (0.36)	37.3 (0.55)	15.8 (0.34)	11.5 (0.22)	18.7 (0.38)	4.6 (0.17)
45–64 years	14.4 (0.26)	22.0 (0.42)	7.3 (0.24)	6.3 (0.18)	10.8 (0.33)	2.3 (0.13)
65–74 years	5.4 (0.30)	9.4 (0.56)	2.2 (0.25)	2.7 (0.19)	5.1 (0.39)	0.8 (0.15)
75 years and over	1.8 (0.18)	3.7 (0.40)	0.5 (0.10)	0.8 (0.11)	1.8 (0.25)	*0.2 (0.07)
Race						
White, single race	21.6 (0.28)	30.2 (0.41)	13.4 (0.24)	9.9 (0.18)	15.6 (0.31)	4.3 (0.13)
Black or African American, single race	11.0 (0.34)	17.7 (0.63)	5.6 (0.29)	5.7 (0.28)	9.8 (0.51)	2.4 (0.22)
American Indian or Alaska Native, single race	21.6 (1.93)	28.1 (3.16)	15.1 (2.42)	12.3 (1.47)	17.9 (2.47)	7.0 (1.29)
Asian, single race	8.0 (0.66)	13.2 (1.22)	2.7 (0.45)	3.3 (0.37)	6.0 (0.72)	*0.4 (0.13)
Native Hawaiian or other Pacific Islander, single race	26.2 (5.71)	36.6 (8.38)	†	*9.5 (4.09)	*11.2 (5.28)	†
2 or more races	20.2 (1.17)	29.3 (2.22)	12.7 (1.31)	9.0 (0.94)	15.7 (1.75)	3.5 (0.78)
Black or African American, white	19.1 (3.49)	31.4 (7.70)	11.7 (3.17)	11.9 (2.94)	23.0 (6.82)	*5.5 (2.41)
American Indian or Alaska Native, white	22.2 (2.21)	32.2 (3.41)	14.3 (2.79)	9.8 (1.69)	18.6 (3.20)	*2.9 (1.20)
Hispanic or Latino origin and race						
Hispanic or Latino	16.7 (0.38)	26.8 (0.67)	6.7 (0.28)	8.9 (0.28)	15.5 (0.51)	2.2 (0.18)
Mexican or Mexican-American	18.5 (0.49)	29.5 (0.87)	7.1 (0.38)	10.3 (0.38)	17.9 (0.70)	2.5 (0.25)
Not Hispanic or Latino	20.2 (0.26)	28.4 (0.40)	12.6 (0.22)	9.1 (0.17)	14.6 (0.31)	4.1 (0.12)
White, single race	22.5 (0.31)	31.0 (0.46)	14.5 (0.27)	10.1 (0.20)	15.8 (0.34)	4.6 (0.14)
Black or African American, single race	10.9 (0.34)	17.6 (0.63)	5.5 (0.29)	5.6 (0.28)	9.7 (0.52)	2.4 (0.23)
Education						
Less than high school graduate	16.9 (0.37)	26.0 (0.64)	7.5 (0.33)	9.6 (0.30)	15.9 (0.54)	3.2 (0.23)
GED diploma ³	23.5 (1.03)	32.0 (1.57)	14.6 (1.09)	13.1 (0.83)	19.7 (1.38)	6.2 (0.71)
High school graduate	19.2 (0.40)	27.7 (0.59)	10.9 (0.37)	9.7 (0.29)	15.8 (0.49)	3.8 (0.22)
Some college—no degree	21.2 (0.43)	30.0 (0.68)	13.5 (0.43)	10.1 (0.32)	16.2 (0.54)	4.7 (0.26)
Associate of arts degree	20.3 (0.51)	30.6 (0.91)	12.3 (0.57)	9.0 (0.34)	15.6 (0.69)	3.9 (0.33)
Bachelor of arts, science degree	21.7 (0.43)	30.1 (0.68)	14.1 (0.45)	7.9 (0.27)	12.5 (0.50)	3.9 (0.23)
Masters, doctorate, medical degree	16.9 (0.54)	22.1 (0.84)	10.9 (0.62)	4.9 (0.29)	7.5 (0.52)	2.0 (0.24)
Poverty status ⁴						
Below poverty level	17.9 (0.66)	27.7 (1.11)	11.2 (0.55)	10.4 (0.52)	18.3 (0.93)	5.0 (0.41)
≥1 and <2 times poverty level	17.7 (0.43)	26.4 (0.74)	10.4 (0.42)	9.0 (0.32)	15.4 (0.61)	3.7 (0.22)
≥2 and <4 times poverty level	20.4 (0.35)	28.5 (0.57)	12.4 (0.35)	9.9 (0.26)	15.8 (0.46)	3.9 (0.20)
4 times poverty level or more	24.1 (0.35)	32.8 (0.54)	14.8 (0.38)	9.7 (0.22)	15.0 (0.38)	4.1 (0.21)
Marital status						
Never married	22.8 (0.47)	30.5 (0.71)	14.1 (0.44)	12.3 (0.38)	18.1 (0.63)	5.9 (0.30)
Married	16.9 (0.26)	24.8 (0.41)	9.5 (0.23)	6.7 (0.15)	11.2 (0.27)	2.5 (0.11)
Cohabiting	28.2 (0.75)	37.1 (1.14)	19.4 (0.82)	15.0 (0.60)	22.7 (0.95)	7.4 (0.52)
Divorced or separated	20.9 (0.46)	33.5 (0.81)	12.6 (0.48)	10.3 (0.33)	19.6 (0.68)	4.2 (0.28)
Widowed	14.1 (1.64)	30.2 (4.66)	9.6 (1.60)	6.0 (0.98)	14.2 (2.93)	3.7 (1.00)
Geographic region						
Northeast	20.4 (0.47)	28.9 (0.77)	12.9 (0.44)	8.8 (0.33)	14.2 (0.63)	4.0 (0.24)
Midwest	24.0 (0.58)	33.2 (0.87)	15.4 (0.48)	11.0 (0.39)	17.6 (0.68)	4.9 (0.25)
South	16.5 (0.39)	24.3 (0.60)	9.2 (0.29)	8.3 (0.24)	13.6 (0.40)	3.3 (0.15)
West	19.5 (0.41)	28.3 (0.64)	11.0 (0.40)	8.4 (0.26)	13.4 (0.42)	3.5 (0.21)

See footnotes at end of table.

Table 3.3. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who had five or more drinks in 1 day at least once in the past year, and age-adjusted percentages (with standard errors) of adults 18 years of age and over who had five or more drinks in 1 day on at least 12 days in the past year, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Five or more drinks in 1 day at least once			Five or more drinks in 1 day on at least 12 days		
	Both sexes	Men	Women	Both sexes	Men	Women
Place of residence ⁵	Percent of adults (standard error)					
MSA, central city	19.4 (0.42)	27.9 (0.59)	11.7 (0.39)	9.3 (0.27)	14.6 (0.43)	4.4 (0.21)
MSA, not central city	19.9 (0.32)	28.1 (0.48)	12.0 (0.28)	8.6 (0.20)	14.0 (0.36)	3.4 (0.14)
Not MSA	19.5 (0.59)	28.3 (0.88)	11.3 (0.49)	9.9 (0.38)	16.3 (0.66)	4.0 (0.24)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

²Estimates for age groups are not age adjusted.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁵MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Table V. Denominator for each percentage excludes persons with unknown lifetime drinking status and/or unknown five or more drinks in 1 day. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 3.4. Age-adjusted percentages (with standard errors) of current drinkers 18 years of age and over who had five or more drinks in 1 day at least once in the past year, and age-adjusted percentages (with standard errors) of current drinkers 18 years of age and over who had five or more drinks in 1 day on at least 12 days in the past year, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Five or more drinks in 1 day at least once			Five or more drinks in 1 day on at least 12 days		
	Both sexes	Men	Women	Both sexes	Men	Women
Percent of current drinkers (standard error)						
Ages 18 years and over (age-adjusted) ¹	30.5 (0.30)	40.0 (0.42)	19.9 (0.30)	14.1 (0.21)	20.8 (0.34)	6.5 (0.17)
Ages 18 years and over (crude) ¹	32.0 (0.33)	42.0 (0.45)	20.8 (0.32)	14.7 (0.23)	21.8 (0.37)	6.8 (0.18)
Age ²						
18–24 years	53.4 (0.96)	63.0 (1.26)	42.0 (1.16)	28.6 (0.92)	38.4 (1.34)	17.1 (0.87)
25–44 years	38.1 (0.44)	49.3 (0.61)	25.2 (0.51)	16.6 (0.29)	24.7 (0.47)	7.4 (0.27)
45–64 years	23.4 (0.40)	33.1 (0.60)	12.9 (0.40)	10.3 (0.28)	16.2 (0.48)	4.0 (0.23)
65–74 years	11.5 (0.60)	16.8 (0.93)	5.4 (0.61)	5.7 (0.40)	9.1 (0.66)	1.9 (0.37)
75 years and over	4.8 (0.47)	8.0 (0.83)	1.8 (0.33)	2.2 (0.29)	3.8 (0.53)	*0.7 (0.23)
Race						
White, single race	31.8 (0.33)	41.5 (0.47)	21.2 (0.33)	14.5 (0.23)	21.4 (0.37)	6.8 (0.19)
Black or African American, single race	22.3 (0.63)	31.0 (1.01)	13.1 (0.74)	11.7 (0.57)	17.3 (0.89)	5.7 (0.61)
American Indian or Alaska Native, single race	37.0 (2.93)	46.3 (4.24)	26.3 (3.90)	20.4 (2.31)	28.2 (3.39)	12.0 (2.21)
Asian, single race	17.7 (1.43)	23.1 (1.99)	7.7 (1.22)	7.1 (0.83)	10.5 (1.25)	*1.1 (0.37)
Native Hawaiian or other Pacific Islander, single race	46.7 (10.30)	61.7 (9.22)	*20.8 (8.45)	*15.4 (6.19)	*14.7 (6.63)	*14.0 (6.91)
2 or more races	31.0 (1.68)	43.4 (2.88)	19.5 (1.86)	13.9 (1.44)	23.3 (2.52)	5.4 (1.16)
Black or African American, white	31.9 (4.98)	47.6 (9.27)	21.1 (5.05)	19.7 (4.32)	33.9 (8.56)	*10.3 (4.19)
American Indian or Alaska Native, white	32.8 (3.02)	45.6 (4.30)	21.2 (4.01)	14.7 (2.43)	26.2 (4.18)	*4.3 (1.75)
Hispanic or Latino origin and race						
Hispanic or Latino	31.9 (0.68)	41.1 (0.95)	16.7 (0.67)	16.9 (0.54)	23.7 (0.78)	5.7 (0.44)
Mexican or Mexican-American	36.5 (0.96)	45.9 (1.21)	19.3 (1.06)	20.5 (0.79)	27.9 (1.05)	6.8 (0.68)
Not Hispanic or Latino	30.4 (0.32)	40.0 (0.46)	20.2 (0.32)	13.8 (0.23)	20.5 (0.37)	6.6 (0.18)
White, single race	32.0 (0.35)	41.9 (0.50)	21.6 (0.35)	14.3 (0.25)	21.3 (0.40)	6.9 (0.20)
Black or African American, single race	22.2 (0.64)	31.0 (1.02)	13.0 (0.74)	11.7 (0.57)	17.3 (0.89)	5.7 (0.62)
Education						
Less than high school graduate	35.4 (0.66)	44.5 (0.94)	20.6 (0.83)	20.3 (0.60)	27.3 (0.88)	8.7 (0.62)
GED diploma ³	38.8 (1.56)	48.7 (2.10)	25.7 (1.84)	21.9 (1.33)	30.1 (1.98)	11.3 (1.35)
High school graduate	31.6 (0.55)	41.4 (0.76)	20.0 (0.62)	16.0 (0.43)	23.5 (0.67)	6.9 (0.39)
Some college—no degree	32.2 (0.57)	42.4 (0.81)	21.9 (0.66)	15.2 (0.46)	22.7 (0.71)	7.6 (0.40)
Associate of arts degree	29.3 (0.69)	41.1 (1.12)	18.9 (0.83)	13.0 (0.49)	20.9 (0.89)	5.9 (0.50)
Bachelor of arts, science degree	28.7 (0.51)	37.9 (0.77)	19.5 (0.60)	10.5 (0.35)	15.7 (0.60)	5.4 (0.33)
Masters, doctorate, medical degree	22.1 (0.67)	27.8 (0.98)	14.9 (0.83)	6.5 (0.39)	9.5 (0.64)	2.7 (0.33)
Poverty status ⁴						
Below poverty level	36.0 (1.03)	47.2 (1.59)	25.1 (1.03)	21.1 (0.91)	31.2 (1.45)	11.2 (0.83)
≥1 and <2 times poverty level	32.4 (0.71)	42.9 (1.08)	21.1 (0.79)	16.6 (0.56)	25.1 (0.93)	7.4 (0.45)
≥2 and <4 times poverty level	31.8 (0.48)	41.6 (0.71)	20.7 (0.56)	15.4 (0.38)	23.1 (0.63)	6.6 (0.34)
4 times poverty level or more	31.3 (0.40)	41.0 (0.59)	20.0 (0.50)	12.6 (0.28)	18.7 (0.45)	5.5 (0.28)
Marital status						
Never married	37.7 (0.70)	47.3 (0.98)	25.1 (0.74)	20.5 (0.63)	28.1 (0.97)	10.5 (0.56)
Married	26.2 (0.36)	34.9 (0.51)	16.2 (0.37)	10.4 (0.22)	15.7 (0.36)	4.3 (0.19)
Cohabiting	38.7 (1.00)	47.6 (1.36)	28.7 (1.23)	20.7 (0.86)	29.2 (1.24)	11.1 (0.78)
Divorced or separated	31.6 (0.61)	45.9 (0.97)	20.3 (0.73)	15.6 (0.46)	26.9 (0.88)	6.7 (0.45)
Widowed	25.1 (2.52)	41.6 (5.39)	18.7 (2.71)	10.8 (1.68)	19.9 (3.86)	7.3 (1.86)
Geographic region						
Northeast	28.6 (0.56)	38.0 (0.88)	19.2 (0.60)	12.3 (0.44)	18.7 (0.79)	5.9 (0.35)
Midwest	34.4 (0.65)	44.7 (0.89)	23.3 (0.63)	15.8 (0.47)	23.6 (0.76)	7.4 (0.36)
South	28.2 (0.56)	37.1 (0.76)	17.5 (0.49)	14.2 (0.35)	20.8 (0.53)	6.3 (0.28)
West	31.2 (0.58)	41.0 (0.82)	19.8 (0.70)	13.4 (0.40)	19.5 (0.58)	6.3 (0.38)
See footnotes at end of table						

Table 3.4. Age-adjusted percentages (with standard errors) of current drinkers 18 years of age and over who had five or more drinks in 1 day at least once in the past year, and age-adjusted percentages (with standard errors) of current drinkers 18 years of age and over who had five or more drinks in 1 day on at least 12 days in the past year, by selected characteristics: United States, average annual, 2002–04 —Con.

Selected characteristic	Five or more drinks in 1 day at least once			Five or more drinks in 1 day on at least 12 days		
	Both sexes	Men	Women	Both sexes	Men	Women
Place of residence ⁵	Percent of current drinkers (standard error)					
MSA, central city	31.0 (0.54)	40.1 (0.70)	20.6 (0.58)	14.8 (0.38)	21.0 (0.57)	7.8 (0.35)
MSA, not central city	29.5 (0.40)	38.9 (0.55)	19.1 (0.41)	12.8 (0.28)	19.4 (0.46)	5.5 (0.21)
Not MSA	32.8 (0.77)	42.9 (1.06)	21.0 (0.80)	16.7 (0.53)	24.7 (0.82)	7.4 (0.42)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

²Estimates for age groups are not age adjusted.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁵MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Table VI. Denominator for each percentage excludes persons with unknown lifetime drinking status, nondrinkers, and current drinkers with unknown information for five or more drinks in 1 day. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Chapter 4 Cigarette Smoking

All Adults

- Overall, 21.5% of U.S. adults were current smokers, about 22% of adults were former smokers, and over one-half of adults (56.6%) had never smoked cigarettes (Table 4.1).
- Among all adults, 17.5% smoked daily and 4% smoked less than daily (Table 4.2 and Figure 4.1).
- About one in four nondaily smokers (25.6%) smoked on 5 days or less in the past 30 days, and about 16% of nondaily smokers smoked on 21 days or more during the past 30 days (Figure 4.2).
- Daily smokers smoked an average of 17 cigarettes a day, compared with 5 cigarettes a day for nondaily smokers on days that they smoked (Table 4.2).
- Approximately one-half of all current smokers (daily and nondaily) (49.6%) usually smoked fewer than 15 cigarettes on days smoked, and about 4 in 10 (37.1%) usually smoked 15–24 cigarettes on days smoked (Table 4.3 and Figure 4.3).
- Approximately 3 in 10 current smokers (30.0%) started smoking before the age of 16 years, and about 1 in 5 current smokers (18.8%) started smoking at age 21 years or over (Table 4.4 and Figure 4.4).
- About 4 in 10 current smokers (42.4%) attempted to quit smoking in the past year, with nondaily smokers (53.3%) more likely than daily smokers (40.2%) to have attempted to quit (Table 4.5).

Sex

- Men (23.8%) were more likely than women (19.4%) to be current smokers and also more likely to be former smokers (Table 4.1)
- Male smokers (daily and nondaily) were about twice as likely as female smokers to usually smoke 35 or more cigarettes on days smoked (Table 4.3).

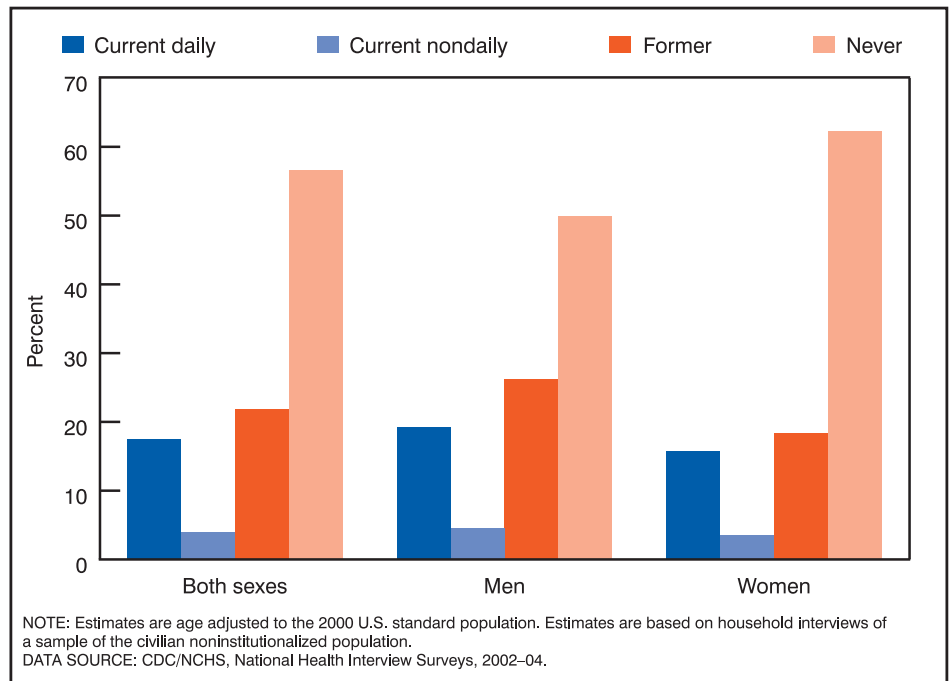


Figure 4.1. Percent distributions of current cigarette smoking status of adults, by sex: United States, 2002–04

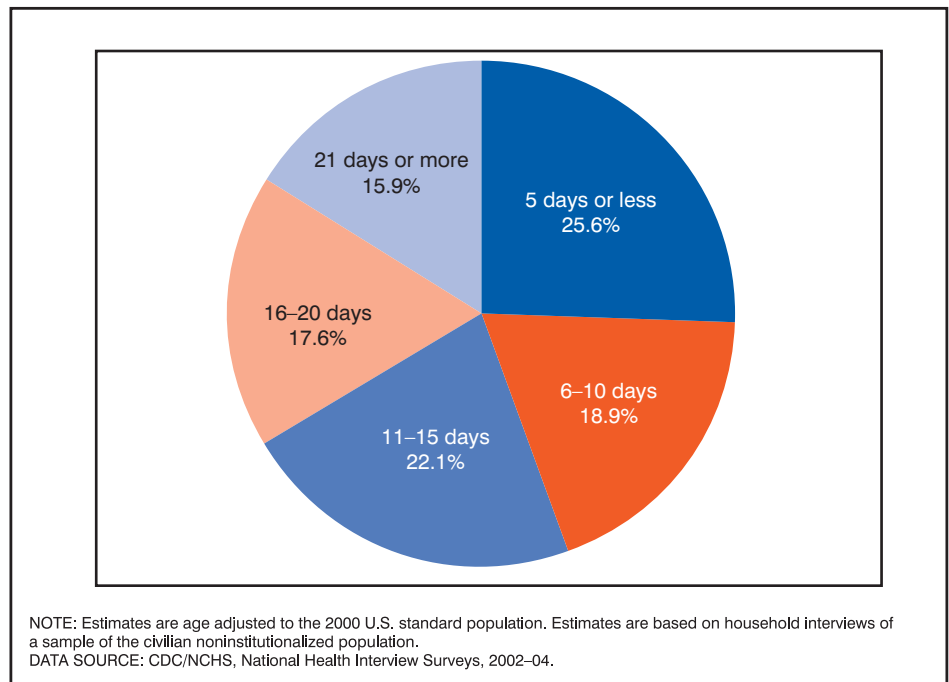


Figure 4.2. Percent distribution of number of days smoked in the past 30 days among adult nondaily smokers: United States, 2002–04

- Male smokers were more likely than female smokers to have started smoking before the age of 16 years, and female smokers were more likely than male smokers to have started smoking at age 21 years and over (Table 4.4).
- Female smokers were more likely than male smokers to have attempted to quit smoking in the past year (Table 4.5).

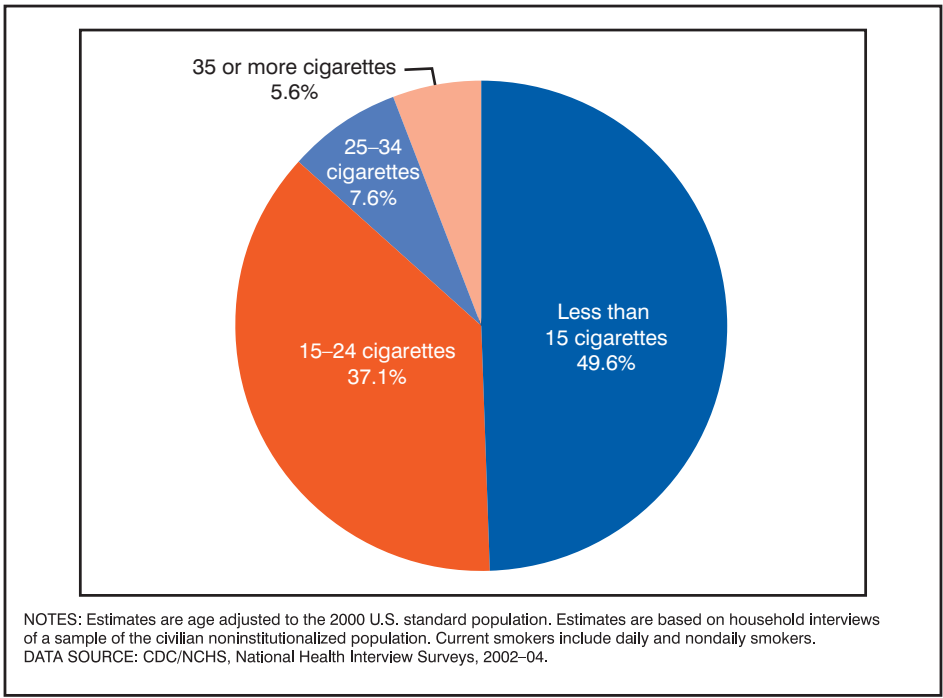


Figure 4.3. Percent distribution of usual number of cigarettes on days smoked among all adult current smokers: United States, 2002-04

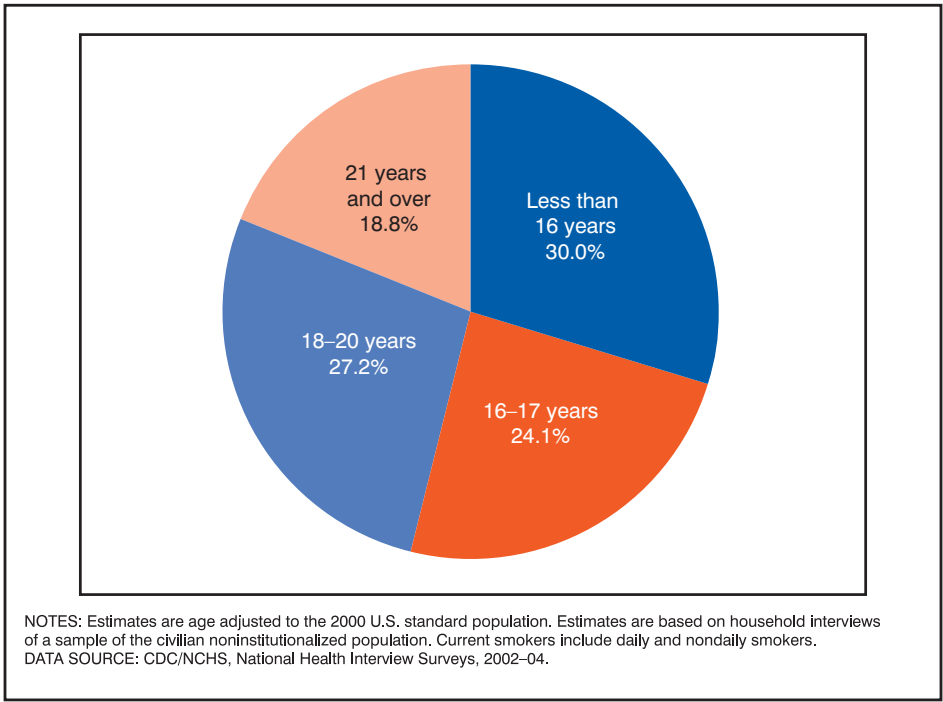


Figure 4.4. Percent distribution of age of smoking initiation among all adult current smokers: United States, 2002-04

Age

- Current smoking was most prevalent among adults aged 18-24 years (25.3%) and 25-44 years (25.0%) and declined with age. Men aged 65-74 years (53.5%) and 75 years

and over (55.9%) were more likely than young men to be former smokers (Table 4.1).

- The mean number of cigarettes on days smoked was higher among current smokers aged 45-64 years (17 cigarettes) than among current

smokers in any other age group (Table 4.2).

- About 4 in 10 current smokers aged 18-24 years (39.3%) started smoking before the age of 16 years (Table 4.4).
- Among daily smokers, attempts to quit smoking in the past year were strongly associated with age: about one-half (51.0%) of the youngest group had attempted to quit, declining steadily to about 3 in 10 (29.2%) of daily smokers in the oldest age group (Table 4.5 and Figure 4.5).

Race

- American Indian or Alaska Native adults (32.9%) were more likely than white adults (22.2%), black adults (20.9%), and Asian adults (11.6%) to be current smokers (Table 4.1).
- Asian men (17.1%) were less likely to be current smokers than any other single-race group studied: American Indian or Alaska Native men (34.4%); black men, (25.2%); and white men (24.0%). American Indian or Alaska Native women (31.1%) were about five times as likely as Asian women (5.9%) to be current smokers (Table 4.1).
- White female daily smokers (16 cigarettes) and American Indian or Alaska Native female daily smokers (15 cigarettes) smoked more cigarettes a day, on average, on days smoked than black female daily smokers (12 cigarettes) (Table 4.2).
- White male smokers (daily and nondaily) were about four times as likely as black male smokers to usually smoke 35 cigarettes or more on days smoked (Table 4.3).
- Asian smokers (31.8%) and black smokers (27.0%) were more likely than white smokers (17.3%) or American Indian or Alaska Native smokers (15.2%) to have started smoking on or after their 21st birthday (Table 4.4).

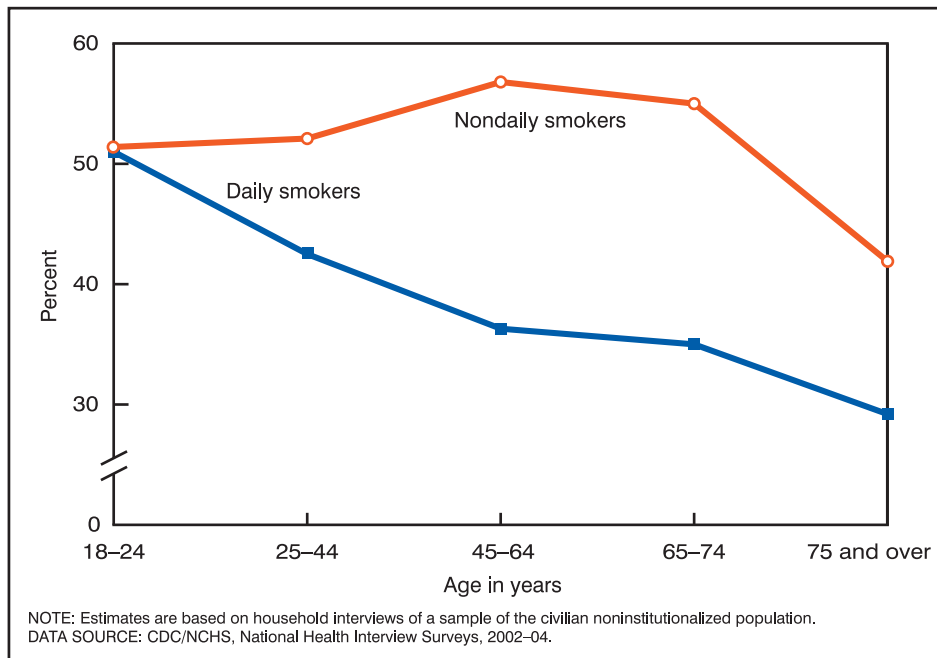


Figure 4.5. Percentage of adult current smokers who tried to quit in the past year, by age and smoking frequency: United States, 2002-04

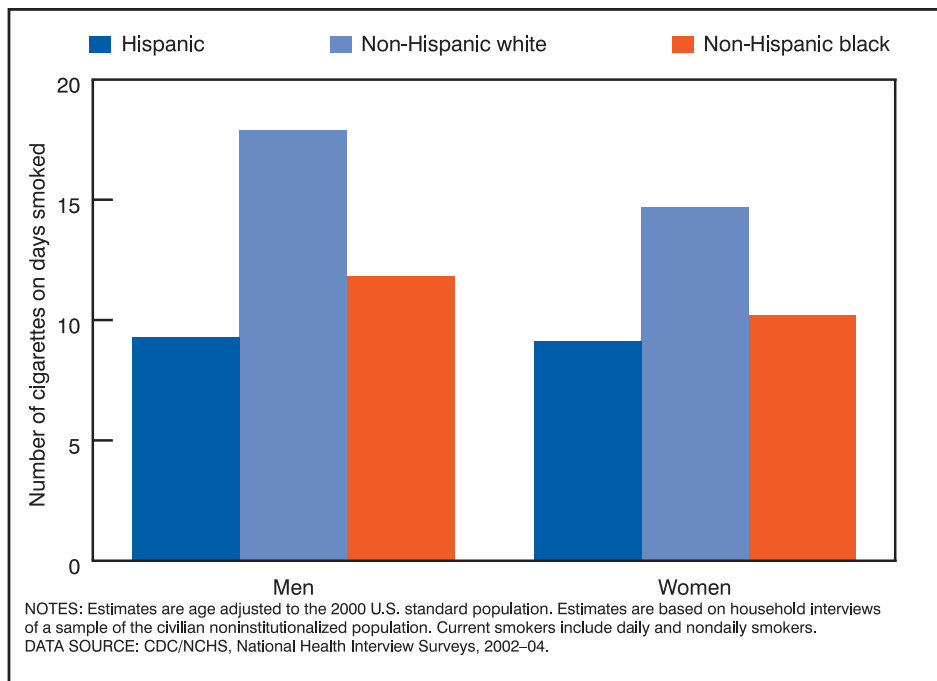


Figure 4.6. Mean number of cigarettes on days smoked by adult current smokers, by Hispanic origin and race and sex, United States, 2002-04

Hispanic or Latino Origin and Race

- Non-Hispanic white adults (23.3%) and non-Hispanic black adults (20.9%) were more likely than Hispanic adults (15.2%) to be current smokers (Table 4.1).
- Non-Hispanic white women (21.9%) were more likely than non-Hispanic black women (17.6%) and twice as likely as Hispanic women (10.5%) to be current smokers (Table 4.1).
- Non-Hispanic white male smokers smoked an average of about 20 cigarettes on days smoked compared

with 14 cigarettes for non-Hispanic black male smokers and 12 cigarettes for Hispanic males who smoked. Non-Hispanic white female smokers smoked an average of about 17 cigarettes on days smoked compared with 12 cigarettes for non-Hispanic black female smokers and 11 cigarettes for Hispanic females who smoked (Table 4.2 and Figure 4.6).

- Non-Hispanic white male smokers were more likely than non-Hispanic black male smokers to have started smoking before age 16 years (Table 4.4).

Education

- With the exception of adults having a General Educational Development (GED) high school equivalency diploma, for whom current smoking rates were very high (41.5%), prevalence of current cigarette smoking declined steadily with increasing education—from 29.7% among adults with less than a high school diploma to 7.4% among adults with a masters, doctorate, or medical degree (Table 4.1).
- Men who had earned a bachelor of arts or science degree (9.5%) were almost twice as likely as men who held graduate degrees (5.4%) to be daily smokers (Table 4.2).
- Adult current smokers with less than a high school diploma (43.0%) were more than twice as likely as adults with a bachelor’s degree or higher to have started smoking before the age of 16 years (Table 4.4 and Figure 4.7).

Poverty Status

- Men with family incomes below the poverty level (33.5%) were almost twice as likely as men in the highest family income group (18.5%) to be current smokers, and women with family incomes below the poverty level (28.7%) were twice as likely as women in the highest family income group (14.4%) to be current smokers (Table 4.1).
- Smokers with the lowest family incomes were more likely to have

started smoking before 16 years of age than were smokers in the highest family income groups (Table 4.4).

Marital Status

- Cohabiting adults (35.8%) and divorced or separated adults (33.2%) were more likely than never married adults (22.3%) and married adults (17.6%) to be current smokers (Table 4.1).
- Prevalence of daily smoking was about twice as high among cohabiting adults as married adults (Table 4.2).
- Cohabiting male smokers (34.4%) were less likely than married male smokers (41.6%), divorced or separated male smokers (41.5%), or never married male smokers (40.2%) to have attempted to quit smoking in the past year (Table 4.5).

Geographic Region

- Adults living in the West (17.2%) were less likely to be current smokers than those living in the Northeast (20.4%), South (22.9%), or Midwest (24.1%) (Table 4.1).
- Daily smokers living in the West smoked an average of about 15 cigarettes on days smoked, compared with about 17 cigarettes for smokers living in the Northeast and about 18 cigarettes for smokers living in the Midwest and South (Table 4.2).

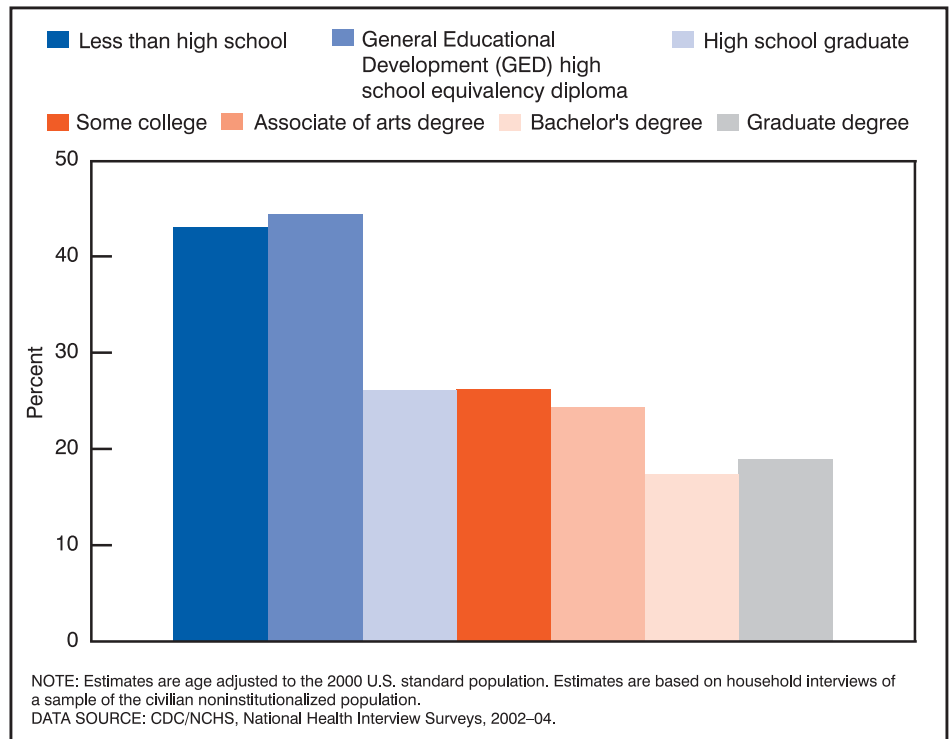


Figure 4.7. Percentage of adult current smokers who started smoking younger than 16 years of age, by level of education: United States, 2002-04

Table 4.1. Age-adjusted percent distributions (with standard errors) of lifetime cigarette smoking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Both sexes				
Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ²	100.0	56.6 (0.26)	21.9 (0.17)	21.5 (0.21)
Ages 18 years and over (crude) ²	100.0	56.4 (0.27)	21.9 (0.19)	21.6 (0.21)
Age: ³				
18–24 years	100.0	67.5 (0.73)	7.2 (0.33)	25.3 (0.65)
25–44 years	100.0	60.8 (0.38)	14.2 (0.24)	25.0 (0.32)
45–64 years	100.0	49.3 (0.41)	28.4 (0.33)	22.4 (0.33)
65–74 years	100.0	46.9 (0.62)	41.2 (0.56)	11.9 (0.39)
75 years and over	100.0	55.7 (0.62)	38.5 (0.61)	5.8 (0.30)
Race:				
White, single race	100.0	54.6 (0.30)	23.2 (0.19)	22.2 (0.24)
Black or African American, single race	100.0	63.5 (0.55)	15.6 (0.41)	20.9 (0.57)
American Indian or Alaska Native, single race	100.0	45.9 (3.67)	21.3 (2.47)	32.9 (2.53)
Asian, single race	100.0	74.5 (0.96)	13.9 (0.83)	11.6 (0.68)
Native Hawaiian or other Pacific Islander, single race	100.0	51.9 (7.38)	16.0 (3.96)	32.1 (6.62)
2 or more races	100.0	47.4 (1.75)	22.4 (1.41)	30.1 (1.56)
Black or African American, white	100.0	58.5 (5.42)	*13.9 (4.20)	27.6 (3.87)
American Indian or Alaska Native, white	100.0	34.7 (2.29)	25.4 (1.96)	40.0 (2.54)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	69.0 (0.53)	15.8 (0.41)	15.2 (0.37)
Mexican or Mexican-American	100.0	70.1 (0.72)	15.4 (0.56)	14.6 (0.46)
Not Hispanic or Latino	100.0	54.9 (0.29)	22.5 (0.18)	22.6 (0.24)
White, single race	100.0	52.7 (0.32)	24.0 (0.20)	23.3 (0.27)
Black or African American, single race	100.0	63.5 (0.55)	15.6 (0.40)	20.9 (0.56)
Education:				
Less than high school graduate	100.0	52.0 (0.57)	18.3 (0.33)	29.7 (0.54)
GED diploma ⁴	100.0	33.2 (1.07)	25.3 (0.99)	41.5 (1.10)
High school graduate	100.0	52.7 (0.41)	21.2 (0.33)	26.1 (0.35)
Some college—no degree	100.0	54.9 (0.45)	23.6 (0.37)	21.6 (0.39)
Associate of arts degree	100.0	55.1 (0.69)	24.7 (0.56)	20.2 (0.50)
Bachelor of arts, science degree	100.0	64.8 (0.48)	23.3 (0.40)	11.9 (0.31)
Masters, doctorate, medical degree	100.0	69.6 (0.58)	23.0 (0.56)	7.4 (0.33)
Poverty status: ⁵				
Below poverty level	100.0	53.8 (0.78)	15.6 (0.44)	30.6 (0.68)
≥1 and <2 times poverty level	100.0	53.6 (0.54)	18.6 (0.38)	27.8 (0.48)
≥2 and <4 times poverty level	100.0	53.2 (0.44)	23.1 (0.35)	23.7 (0.37)
4 times poverty level or more	100.0	57.9 (0.40)	25.6 (0.30)	16.5 (0.29)
Marital status:				
Never married	100.0	61.9 (0.51)	15.8 (0.40)	22.3 (0.47)
Married	100.0	57.8 (0.33)	24.6 (0.23)	17.6 (0.25)
Cohabiting	100.0	40.2 (0.97)	24.0 (0.95)	35.8 (0.86)
Divorced or separated	100.0	45.4 (0.54)	21.4 (0.42)	33.2 (0.51)
Widowed	100.0	53.5 (2.00)	19.1 (1.28)	27.4 (1.86)
Geographic region:				
Northeast	100.0	55.7 (0.58)	24.0 (0.39)	20.4 (0.49)
Midwest	100.0	53.4 (0.53)	22.5 (0.35)	24.1 (0.42)
South	100.0	56.8 (0.46)	20.3 (0.31)	22.9 (0.36)
West	100.0	60.8 (0.53)	22.1 (0.32)	17.2 (0.43)
Place of residence: ⁶				
MSA, central city	100.0	58.8 (0.42)	20.3 (0.33)	21.0 (0.36)
MSA, not central city	100.0	57.0 (0.37)	23.0 (0.23)	20.0 (0.29)
Not MSA	100.0	52.3 (0.60)	21.1 (0.45)	26.6 (0.54)
Men				
Ages 18 years and over (age-adjusted) ²	100.0	50.0 (0.33)	26.2 (0.25)	23.8 (0.28)
Ages 18 years and over (crude) ²	100.0	50.3 (0.35)	25.5 (0.27)	24.2 (0.28)
Age: ³				
18–24 years	100.0	64.6 (1.00)	7.3 (0.49)	28.1 (0.92)
25–44 years	100.0	57.7 (0.47)	14.5 (0.31)	27.8 (0.43)
45–64 years	100.0	41.6 (0.55)	34.0 (0.49)	24.5 (0.48)
65–74 years	100.0	33.6 (0.83)	53.5 (0.85)	12.9 (0.58)
75 years and over	100.0	37.8 (1.04)	55.9 (1.03)	6.3 (0.48)

See footnotes at end of table.

Table 4.1. Age-adjusted percent distributions (with standard errors) of lifetime cigarette smoking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Men—Continued				
Percent distribution (standard error)				
Race:				
White, single race	100.0	49.0 (0.37)	27.1 (0.27)	24.0 (0.32)
Black or African American, single race	100.0	54.6 (0.85)	20.2 (0.64)	25.2 (0.80)
American Indian or Alaska Native, single race	100.0	43.1 (4.51)	22.5 (3.41)	34.4 (3.26)
Asian, single race	100.0	60.7 (1.58)	22.2 (1.42)	17.1 (1.16)
Native Hawaiian or other Pacific Islander, single race	100.0	47.1 (8.60)	15.8 (4.66)	37.1 (8.06)
2 or more races	100.0	42.2 (2.63)	25.9 (2.45)	31.9 (2.24)
Black or African American, white	100.0	59.8 (8.30)	†	30.8 (6.30)
American Indian or Alaska Native, white	100.0	26.7 (3.39)	28.4 (3.18)	44.8 (3.92)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	58.5 (0.83)	21.6 (0.70)	19.9 (0.58)
Mexican or Mexican-American	100.0	59.7 (1.11)	20.9 (0.94)	19.4 (0.75)
Not Hispanic or Latino	100.0	48.9 (0.36)	26.6 (0.26)	24.5 (0.31)
White, single race	100.0	47.6 (0.41)	27.6 (0.28)	24.8 (0.35)
Black or African American, single race	100.0	54.8 (0.86)	20.2 (0.64)	25.0 (0.80)
Education:				
Less than high school graduate	100.0	42.1 (0.75)	24.2 (0.52)	33.7 (0.68)
GED diploma ⁴	100.0	25.9 (1.44)	28.9 (1.44)	45.1 (1.53)
High school graduate	100.0	45.3 (0.57)	26.1 (0.49)	28.6 (0.51)
Some college—no degree	100.0	49.3 (0.68)	27.8 (0.56)	22.9 (0.55)
Associate of arts degree	100.0	48.3 (1.04)	29.0 (0.91)	22.7 (0.81)
Bachelor of arts, science degree	100.0	60.3 (0.65)	26.5 (0.55)	13.2 (0.50)
Masters, doctorate, medical degree	100.0	67.3 (0.81)	24.6 (0.79)	8.2 (0.49)
Poverty status: ⁵				
Below poverty level	100.0	45.7 (1.10)	20.8 (0.82)	33.5 (0.97)
≥1 and <2 times poverty level	100.0	45.1 (0.72)	22.8 (0.58)	32.1 (0.71)
≥2 and <4 times poverty level	100.0	46.8 (0.58)	26.9 (0.49)	26.3 (0.51)
4 times poverty level or more	100.0	52.8 (0.52)	28.6 (0.40)	18.5 (0.40)
Marital status:				
Never married	100.0	56.0 (0.73)	18.5 (0.62)	25.5 (0.67)
Married	100.0	51.4 (0.41)	28.6 (0.31)	20.0 (0.33)
Cohabiting	100.0	35.4 (1.34)	26.6 (1.29)	38.0 (1.23)
Divorced or separated	100.0	37.8 (0.82)	25.1 (0.68)	37.2 (0.83)
Widowed	100.0	42.4 (4.68)	24.4 (2.70)	33.2 (5.07)
Geographic region:				
Northeast	100.0	50.8 (0.77)	27.5 (0.55)	21.7 (0.66)
Midwest	100.0	46.7 (0.64)	26.9 (0.54)	26.4 (0.53)
South	100.0	49.5 (0.56)	25.0 (0.39)	25.5 (0.47)
West	100.0	54.2 (0.66)	26.1 (0.53)	19.6 (0.57)
Place of residence: ⁶				
MSA, central city	100.0	51.7 (0.56)	24.9 (0.49)	23.4 (0.47)
MSA, not central city	100.0	51.2 (0.46)	26.8 (0.32)	22.0 (0.39)
Not MSA	100.0	44.7 (0.74)	26.0 (0.63)	29.3 (0.68)
Women				
Ages 18 years and over (age-adjusted) ²	100.0	62.3 (0.32)	18.4 (0.22)	19.4 (0.25)
Ages 18 years and over (crude) ²	100.0	62.1 (0.32)	18.7 (0.23)	19.2 (0.25)
Age: ³				
18–24 years	100.0	70.4 (0.88)	7.1 (0.45)	22.5 (0.75)
25–44 years	100.0	63.8 (0.47)	13.9 (0.33)	22.3 (0.39)
45–64 years	100.0	56.5 (0.51)	23.1 (0.39)	20.4 (0.38)
65–74 years	100.0	57.9 (0.78)	30.9 (0.69)	11.2 (0.50)
75 years and over	100.0	67.2 (0.73)	27.4 (0.73)	5.5 (0.36)
Race:				
White, single race	100.0	59.4 (0.37)	20.0 (0.26)	20.5 (0.29)
Black or African American, single race	100.0	70.1 (0.61)	12.3 (0.47)	17.5 (0.60)
American Indian or Alaska Native, single race	100.0	48.8 (4.76)	20.0 (2.85)	31.1 (3.49)
Asian, single race	100.0	88.5 (0.97)	5.6 (0.75)	5.9 (0.72)
Native Hawaiian or other Pacific Islander, single race	100.0	58.2 (9.91)	*16.5 (6.57)	*25.3 (8.43)
2 or more races	100.0	51.9 (2.06)	19.7 (1.65)	28.4 (1.90)
Black or African American, white	100.0	52.1 (6.69)	22.0 (6.31)	25.9 (5.09)
American Indian or Alaska Native, white	100.0	41.0 (3.14)	23.0 (2.56)	36.0 (3.32)

See footnotes at end of table.

Table 4.1. Age-adjusted percent distributions (with standard errors) of lifetime cigarette smoking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Women—Continued				
Percent distribution (standard error)				
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	78.8 (0.54)	10.7 (0.40)	10.5 (0.38)
Mexican or Mexican-American	100.0	80.7 (0.73)	10.0 (0.50)	9.3 (0.51)
Not Hispanic or Latino	100.0	60.0 (0.34)	19.2 (0.24)	20.7 (0.28)
White, single race	100.0	57.1 (0.39)	21.0 (0.28)	21.9 (0.32)
Black or African American, single race	100.0	70.0 (0.61)	12.4 (0.48)	17.6 (0.60)
Education:				
Less than high school graduate	100.0	61.1 (0.77)	13.2 (0.38)	25.7 (0.70)
GED diploma ⁴	100.0	41.2 (1.59)	21.2 (1.40)	37.6 (1.52)
High school graduate	100.0	58.4 (0.54)	17.9 (0.41)	23.7 (0.47)
Some college—no degree	100.0	59.6 (0.59)	20.1 (0.46)	20.4 (0.50)
Associate of arts degree	100.0	60.1 (0.80)	21.7 (0.71)	18.2 (0.57)
Bachelor of arts, science degree	100.0	69.4 (0.66)	19.9 (0.58)	10.7 (0.40)
Masters, doctorate, medical degree	100.0	72.9 (0.84)	20.5 (0.77)	6.6 (0.46)
Poverty status: ⁵				
Below poverty level	100.0	58.8 (0.88)	12.5 (0.46)	28.7 (0.80)
≥1 and <2 times poverty level	100.0	60.0 (0.74)	15.8 (0.45)	24.2 (0.64)
≥2 and <4 times poverty level	100.0	59.2 (0.57)	19.7 (0.43)	21.1 (0.50)
4 times poverty level or more	100.0	63.4 (0.54)	22.2 (0.45)	14.4 (0.36)
Marital status:				
Never married.	100.0	67.6 (0.66)	13.5 (0.52)	18.9 (0.54)
Married	100.0	64.8 (0.42)	19.9 (0.31)	15.3 (0.29)
Cohabiting	100.0	45.8 (1.48)	20.5 (1.36)	33.7 (1.24)
Divorced or separated.	100.0	50.4 (0.69)	19.1 (0.51)	30.5 (0.63)
Widowed.	100.0	56.2 (2.20)	18.1 (1.44)	25.7 (1.95)
Geographic region:				
Northeast	100.0	59.7 (0.71)	21.1 (0.55)	19.2 (0.61)
Midwest	100.0	59.1 (0.63)	19.0 (0.41)	21.9 (0.52)
South	100.0	63.2 (0.55)	16.3 (0.39)	20.4 (0.43)
West	100.0	66.7 (0.65)	18.6 (0.43)	14.7 (0.44)
Place of residence: ⁶				
MSA, central city	100.0	64.6 (0.52)	16.7 (0.38)	18.7 (0.44)
MSA, not central city	100.0	62.2 (0.45)	19.8 (0.31)	18.0 (0.34)
Not MSA	100.0	58.7 (0.75)	17.3 (0.49)	24.0 (0.65)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Lifetime cigarette smoking status: Never smoker—never smoked at all or smoked less than 100 cigarettes in lifetime; Former smoker—smoked at least 100 cigarettes in lifetime, but not currently smoking; Current smoker—smoked at least 100 cigarettes in lifetime and currently smoked.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age-adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Table VII. Denominator for each percent distribution excludes persons with unknown smoking status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 4.2. Age-adjusted percent distributions (with standard errors) of current cigarette smoking status for adults 18 years of age and over, and age-adjusted mean number (with standard errors) of cigarettes on days smoked among current smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Current cigarette smoking status			Number of cigarettes on days smoked		
		Non-smoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Both sexes		Percent distribution (standard error)			Mean (standard error)		
Ages 18 years and over (age-adjusted) ¹	100.0	78.5 (0.21)	4.0 (0.08)	17.5 (0.19)	15.0 (0.10)	4.9 (0.11)	17.1 (0.11)
Ages 18 years and over (crude) ¹	100.0	78.4 (0.21)	4.0 (0.08)	17.6 (0.19)	14.9 (0.10)	4.8 (0.09)	17.1 (0.10)
Age: ²							
18–24 years	100.0	74.7 (0.65)	6.1 (0.31)	19.2 (0.55)	11.1 (0.19)	3.9 (0.18)	13.2 (0.20)
25–44 years	100.0	75.0 (0.32)	5.0 (0.13)	20.0 (0.28)	14.4 (0.13)	4.7 (0.13)	16.7 (0.15)
45–64 years	100.0	77.6 (0.33)	3.4 (0.12)	19.0 (0.30)	17.2 (0.15)	5.6 (0.20)	19.2 (0.17)
65–74 years	100.0	88.1 (0.39)	1.8 (0.15)	10.1 (0.35)	15.9 (0.39)	5.1 (0.41)	17.6 (0.43)
75 years and over	100.0	94.2 (0.30)	0.8 (0.12)	4.9 (0.28)	14.7 (0.53)	6.2 (1.11)	15.9 (0.58)
Race:							
White, single race	100.0	77.8 (0.24)	3.9 (0.09)	18.3 (0.22)	15.8 (0.11)	5.0 (0.12)	17.9 (0.12)
Black or African American, single race	100.0	79.1 (0.57)	4.6 (0.21)	16.3 (0.50)	11.1 (0.18)	4.9 (0.28)	12.7 (0.22)
American Indian or Alaska Native, single race	100.0	67.1 (2.53)	7.2 (1.27)	25.7 (2.30)	14.4 (0.96)	4.7 (0.58)	17.1 (1.04)
Asian, single race	100.0	88.4 (0.68)	2.7 (0.36)	8.9 (0.62)	10.1 (0.49)	3.2 (0.37)	11.6 (0.54)
Native Hawaiian or other Pacific Islander, single race	100.0	67.9 (6.62)	†	28.6 (5.99)	11.7 (1.73)	8.7 (0.94)	12.2 (1.63)
2 or more races	100.0	69.9 (1.56)	6.4 (0.81)	23.8 (1.51)	14.2 (0.69)	5.1 (0.68)	16.4 (0.77)
Black or African American, white	100.0	72.4 (3.87)	*5.7 (1.84)	21.8 (3.50)	11.8 (1.04)	4.6 (1.06)	13.5 (1.08)
American Indian or Alaska Native, white	100.0	60.0 (2.54)	6.3 (1.38)	33.6 (2.53)	16.5 (1.06)	4.8 (0.71)	18.4 (1.11)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	84.8 (0.37)	5.0 (0.22)	10.2 (0.31)	9.2 (0.21)	3.7 (0.24)	11.4 (0.25)
Mexican or Mexican-American	100.0	85.4 (0.46)	5.6 (0.29)	8.9 (0.40)	7.9 (0.27)	3.7 (0.31)	10.1 (0.33)
Not Hispanic or Latino	100.0	77.4 (0.24)	3.9 (0.09)	18.7 (0.22)	15.5 (0.10)	5.1 (0.12)	17.5 (0.11)
White, single race	100.0	76.7 (0.27)	3.8 (0.10)	19.5 (0.24)	16.3 (0.11)	5.2 (0.13)	18.3 (0.12)
Black or African American, single race	100.0	79.1 (0.56)	4.6 (0.21)	16.3 (0.50)	11.0 (0.18)	4.9 (0.28)	12.7 (0.22)
Education:							
Less than high school graduate	100.0	70.3 (0.54)	4.6 (0.21)	25.1 (0.50)	15.9 (0.20)	5.0 (0.25)	17.6 (0.21)
GED diploma ³	100.0	58.5 (1.10)	4.2 (0.42)	37.3 (1.11)	17.4 (0.41)	5.1 (0.44)	18.9 (0.43)
High school graduate	100.0	73.9 (0.35)	4.2 (0.16)	21.9 (0.34)	15.6 (0.15)	5.1 (0.21)	17.5 (0.16)
Some college—no degree	100.0	78.4 (0.39)	4.2 (0.18)	17.3 (0.35)	14.7 (0.23)	4.7 (0.21)	16.9 (0.25)
Associate of arts degree	100.0	79.8 (0.50)	4.3 (0.24)	15.8 (0.43)	14.3 (0.31)	5.8 (0.53)	16.5 (0.33)
Bachelor of arts, science degree	100.0	88.1 (0.31)	3.5 (0.17)	8.3 (0.26)	12.2 (0.28)	4.5 (0.22)	15.0 (0.31)
Masters, doctorate, medical degree	100.0	92.6 (0.33)	2.5 (0.20)	4.9 (0.26)	12.0 (0.43)	5.0 (0.61)	15.1 (0.53)
Poverty status: ⁴							
Below poverty level	100.0	69.4 (0.68)	5.5 (0.27)	25.1 (0.63)	15.0 (0.26)	5.4 (0.42)	16.9 (0.27)
≥1 and <2 times poverty level	100.0	72.2 (0.48)	5.0 (0.21)	22.8 (0.46)	15.1 (0.25)	5.0 (0.29)	17.1 (0.26)
≥2 and <4 times poverty level	100.0	76.3 (0.37)	4.1 (0.16)	19.5 (0.35)	15.7 (0.19)	4.8 (0.21)	17.8 (0.20)
4 times poverty level or more	100.0	83.5 (0.29)	3.5 (0.13)	13.0 (0.26)	14.5 (0.20)	4.5 (0.14)	17.0 (0.23)
Marital status:							
Never married	100.0	77.7 (0.47)	5.0 (0.21)	17.2 (0.43)	13.8 (0.32)	4.4 (0.19)	16.2 (0.32)
Married	100.0	82.4 (0.25)	3.2 (0.10)	14.4 (0.23)	15.4 (0.15)	4.7 (0.15)	17.5 (0.16)
Cohabiting	100.0	64.2 (0.86)	5.1 (0.37)	30.7 (0.82)	16.0 (0.46)	4.0 (0.32)	17.6 (0.45)
Divorced or separated	100.0	66.8 (0.51)	5.4 (0.25)	27.8 (0.49)	16.3 (0.22)	5.8 (0.32)	18.3 (0.21)
Widowed	100.0	72.6 (1.86)	3.6 (0.66)	23.8 (1.86)	16.6 (0.90)	*7.7 (3.02)	18.0 (0.90)
Geographic region:							
Northeast	100.0	79.6 (0.49)	3.8 (0.17)	16.6 (0.43)	14.6 (0.21)	5.1 (0.28)	16.5 (0.21)
Midwest	100.0	75.9 (0.42)	4.2 (0.19)	19.9 (0.37)	15.8 (0.20)	5.3 (0.20)	17.8 (0.21)
South	100.0	77.1 (0.36)	4.0 (0.13)	18.9 (0.33)	15.6 (0.17)	5.0 (0.17)	17.7 (0.19)
West	100.0	82.8 (0.43)	4.1 (0.17)	13.0 (0.35)	12.6 (0.17)	4.3 (0.26)	14.8 (0.21)
Place of residence: ⁵							
MSA, central city	100.0	79.0 (0.36)	4.6 (0.16)	16.4 (0.32)	13.4 (0.16)	4.8 (0.24)	15.6 (0.17)
MSA, not central city	100.0	80.0 (0.29)	3.8 (0.11)	16.2 (0.25)	15.0 (0.14)	5.0 (0.15)	17.2 (0.15)
Not MSA	100.0	73.4 (0.54)	3.7 (0.17)	22.9 (0.52)	16.6 (0.22)	5.0 (0.19)	18.4 (0.23)
Men							
Ages 18 years and over (age-adjusted) ¹	100.0	76.2 (0.28)	4.5 (0.12)	19.3 (0.25)	16.1 (0.14)	5.1 (0.17)	18.4 (0.16)
Ages 18 years and over (crude) ¹	100.0	75.8 (0.28)	4.6 (0.12)	19.6 (0.26)	15.9 (0.13)	4.9 (0.13)	18.4 (0.14)
Age: ²							
18–24 years	100.0	71.9 (0.92)	6.9 (0.45)	21.1 (0.83)	11.8 (0.28)	4.0 (0.26)	14.2 (0.29)
25–44 years	100.0	72.2 (0.43)	5.8 (0.20)	22.0 (0.38)	15.2 (0.18)	4.8 (0.17)	17.9 (0.20)
45–64 years	100.0	75.5 (0.48)	3.5 (0.18)	21.0 (0.45)	18.7 (0.23)	5.8 (0.31)	20.7 (0.25)
65–74 years	100.0	87.1 (0.58)	1.9 (0.23)	11.0 (0.54)	17.5 (0.62)	5.5 (0.71)	19.3 (0.67)
75 years and over	100.0	93.7 (0.48)	0.7 (0.16)	5.5 (0.47)	16.0 (0.84)	7.0 (1.74)	17.0 (0.93)

See footnotes at end of table.

Table 4.2. Age-adjusted percent distributions (with standard errors) of current cigarette smoking status for adults 18 years of age and over, and age-adjusted mean number (with standard errors) of cigarettes on days smoked among current smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Current cigarette smoking status			Number of cigarettes on days smoked		
		Non-smoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Men—Continued		Percent distribution (standard error)			Mean (standard error)		
Race:							
White, single race	100.0	76.0 (0.32)	4.2 (0.13)	19.8 (0.29)	17.2 (0.16)	5.3 (0.20)	19.4 (0.17)
Black or African American, single race	100.0	74.8 (0.80)	5.6 (0.35)	19.6 (0.73)	11.8 (0.28)	5.0 (0.38)	13.6 (0.32)
American Indian or Alaska Native, single race	100.0	65.6 (3.26)	8.5 (1.69)	26.0 (3.02)	15.6 (1.26)	5.1 (0.71)	18.9 (1.31)
Asian, single race	100.0	82.9 (1.16)	4.0 (0.58)	13.2 (1.08)	10.0 (0.58)	3.5 (0.48)	11.4 (0.61)
Native Hawaiian or other Pacific Islander, single race	100.0	62.9 (8.06)	†	31.1 (7.14)	9.2 (1.19)	8.7 (0.94)	9.9 (1.22)
2 or more races	100.0	68.1 (2.24)	6.3 (1.11)	25.6 (2.15)	16.4 (1.09)	6.2 (0.89)	18.5 (1.20)
Black or African American, white	100.0	69.2 (6.30)	*6.2 (2.45)	24.6 (6.10)	12.3 (1.19)	*3.9 (1.24)	14.0 (1.11)
American Indian or Alaska Native, white	100.0	55.2 (3.92)	*5.3 (1.81)	39.5 (3.82)	19.0 (1.49)	8.0 (1.34)	20.3 (1.58)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	80.1 (0.58)	6.8 (0.37)	13.1 (0.50)	9.3 (0.28)	3.7 (0.24)	11.5 (0.35)
Mexican or Mexican-American	100.0	80.6 (0.75)	7.6 (0.45)	11.8 (0.67)	8.1 (0.32)	3.7 (0.33)	10.2 (0.42)
Not Hispanic or Latino	100.0	75.5 (0.31)	4.2 (0.13)	20.3 (0.29)	16.9 (0.15)	5.4 (0.19)	19.0 (0.16)
White, single race	100.0	75.2 (0.35)	3.9 (0.14)	20.8 (0.33)	17.9 (0.17)	5.5 (0.22)	20.0 (0.18)
Black or African American, single race	100.0	75.0 (0.80)	5.5 (0.36)	19.5 (0.73)	11.8 (0.28)	5.0 (0.37)	13.6 (0.32)
Education:							
Less than high school graduate	100.0	66.3 (0.68)	5.6 (0.31)	28.0 (0.64)	16.6 (0.28)	5.4 (0.35)	18.5 (0.30)
GED diploma ³	100.0	54.9 (1.53)	4.1 (0.62)	41.0 (1.53)	18.4 (0.53)	4.7 (0.55)	19.9 (0.53)
High school graduate	100.0	71.4 (0.51)	4.7 (0.23)	23.8 (0.47)	16.9 (0.24)	5.4 (0.33)	18.9 (0.26)
Some college—no degree	100.0	77.1 (0.55)	4.6 (0.26)	18.2 (0.52)	16.1 (0.39)	4.8 (0.32)	18.6 (0.40)
Associate of arts degree	100.0	77.3 (0.81)	5.0 (0.45)	17.6 (0.74)	15.6 (0.50)	5.5 (0.45)	18.2 (0.54)
Bachelor of arts, science degree	100.0	86.8 (0.50)	3.7 (0.25)	9.5 (0.42)	13.6 (0.46)	4.2 (0.23)	16.4 (0.49)
Masters, doctorate, medical degree	100.0	91.8 (0.49)	2.8 (0.31)	5.4 (0.39)	12.6 (0.64)	5.7 (0.92)	15.8 (0.75)
Poverty status:⁴							
Below poverty level	100.0	66.5 (0.97)	6.2 (0.44)	27.3 (0.92)	15.8 (0.37)	6.4 (0.69)	17.8 (0.39)
≥1 and <2 times poverty level	100.0	67.9 (0.71)	6.1 (0.37)	26.0 (0.72)	15.8 (0.37)	4.9 (0.37)	18.1 (0.39)
≥2 and <4 times poverty level	100.0	73.7 (0.51)	4.5 (0.23)	21.8 (0.50)	17.2 (0.29)	4.9 (0.30)	19.4 (0.31)
4 times poverty level or more	100.0	81.5 (0.40)	4.0 (0.20)	14.5 (0.36)	15.7 (0.30)	4.5 (0.19)	18.4 (0.35)
Marital status:							
Never married	100.0	74.5 (0.67)	5.8 (0.34)	19.7 (0.65)	14.8 (0.44)	4.4 (0.24)	17.5 (0.44)
Married	100.0	80.0 (0.33)	3.8 (0.16)	16.2 (0.31)	16.3 (0.21)	4.9 (0.22)	18.7 (0.22)
Cohabiting	100.0	62.0 (1.23)	5.4 (0.51)	32.6 (1.18)	17.0 (0.69)	4.3 (0.40)	18.8 (0.69)
Divorced or separated	100.0	62.8 (0.83)	5.7 (0.40)	31.5 (0.80)	18.3 (0.32)	6.6 (0.53)	20.3 (0.31)
Widowed	100.0	66.8 (5.07)	*3.4 (1.32)	29.8 (5.02)	20.6 (1.77)	†	20.9 (1.68)
Geographic region:							
Northeast	100.0	78.3 (0.66)	4.0 (0.24)	17.7 (0.58)	16.3 (0.30)	5.4 (0.43)	18.5 (0.31)
Midwest	100.0	73.6 (0.53)	4.4 (0.27)	22.0 (0.52)	17.3 (0.30)	5.6 (0.43)	19.4 (0.34)
South	100.0	74.5 (0.47)	4.7 (0.20)	20.8 (0.42)	16.4 (0.23)	5.2 (0.26)	18.7 (0.26)
West	100.0	80.4 (0.57)	4.8 (0.27)	14.8 (0.49)	13.3 (0.27)	4.2 (0.26)	15.6 (0.31)
Place of residence:⁵							
MSA, central city	100.0	76.6 (0.47)	5.3 (0.25)	18.1 (0.42)	14.0 (0.24)	4.7 (0.39)	16.4 (0.25)
MSA, not central city	100.0	78.0 (0.39)	4.2 (0.16)	17.8 (0.35)	16.4 (0.21)	5.2 (0.24)	18.6 (0.23)
Not MSA	100.0	70.7 (0.68)	4.3 (0.27)	25.0 (0.67)	17.8 (0.29)	5.3 (0.27)	19.8 (0.32)
Women							
Ages 18 years and over (age-adjusted) ¹	100.0	80.6 (0.25)	3.5 (0.10)	15.8 (0.23)	13.7 (0.12)	4.7 (0.14)	15.6 (0.13)
Ages 18 years and over (crude) ¹	100.0	80.8 (0.25)	3.5 (0.10)	15.7 (0.22)	13.7 (0.12)	4.6 (0.13)	15.6 (0.13)
Age:²							
18–24 years	100.0	77.5 (0.75)	5.2 (0.35)	17.3 (0.63)	10.2 (0.25)	3.7 (0.21)	12.1 (0.28)
25–44 years	100.0	77.7 (0.39)	4.2 (0.16)	18.1 (0.37)	13.4 (0.18)	4.5 (0.19)	15.4 (0.19)
45–64 years	100.0	79.6 (0.38)	3.2 (0.17)	17.2 (0.35)	15.6 (0.20)	5.3 (0.26)	17.4 (0.21)
65–74 years	100.0	88.8 (0.50)	1.8 (0.20)	9.4 (0.47)	14.3 (0.42)	4.8 (0.43)	16.0 (0.46)
75 years and over	100.0	94.5 (0.36)	0.9 (0.15)	4.5 (0.33)	13.8 (0.67)	5.8 (1.43)	15.1 (0.72)

See footnotes at end of table.

Table 4.2. Age-adjusted percent distributions (with standard errors) of current cigarette smoking status for adults 18 years of age and over, and age-adjusted mean number (with standard errors) of cigarettes on days smoked among current smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Current cigarette smoking status			Number of cigarettes on days smoked		
		Non-smoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Women—Continued		Percent distribution (standard error)			Mean (standard error)		
Race:							
White, single race	100.0	79.5 (0.29)	3.6 (0.11)	16.9 (0.26)	14.4 (0.13)	4.8 (0.16)	16.2 (0.14)
Black or African American, single race	100.0	82.5 (0.60)	3.8 (0.24)	13.7 (0.54)	10.2 (0.22)	4.8 (0.41)	11.7 (0.24)
American Indian or Alaska Native, single race	100.0	68.9 (3.49)	5.6 (1.30)	25.6 (3.37)	12.6 (1.15)	4.3 (0.61)	14.6 (1.23)
Asian, single race	100.0	94.1 (0.72)	1.3 (0.35)	4.6 (0.67)	10.8 (1.00)	3.6 (0.56)	12.4 (1.20)
Native Hawaiian or other Pacific Islander, single race	100.0	74.7 (8.43)	—	*25.3 (8.43)	13.3 (0.82)	—	13.3 (0.82)
2 or more races	100.0	71.6 (1.90)	6.3 (1.16)	22.1 (1.88)	12.5 (0.91)	4.1 (0.69)	14.7 (0.99)
Black or African American, white	100.0	74.1 (5.09)	†	19.4 (3.90)	11.2 (1.39)	3.9 (0.94)	14.4 (1.80)
American Indian or Alaska Native, white	100.0	64.0 (3.32)	7.2 (2.06)	28.9 (3.21)	14.4 (1.46)	3.2 (0.46)	16.6 (1.53)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	89.5 (0.38)	3.1 (0.20)	7.4 (0.33)	9.1 (0.33)	3.5 (0.33)	11.1 (0.38)
Mexican or Mexican-American	100.0	90.7 (0.51)	3.4 (0.29)	5.9 (0.43)	7.7 (0.51)	3.3 (0.38)	10.1 (0.64)
Not Hispanic or Latino	100.0	79.3 (0.28)	3.6 (0.11)	17.1 (0.25)	14.1 (0.13)	4.9 (0.15)	15.9 (0.13)
White, single race	100.0	78.1 (0.32)	3.7 (0.13)	18.2 (0.29)	14.7 (0.14)	5.0 (0.17)	16.5 (0.14)
Black or African American, single race	100.0	82.4 (0.60)	3.9 (0.24)	13.8 (0.54)	10.2 (0.22)	4.8 (0.42)	11.7 (0.24)
Education:							
Less than high school graduate	100.0	74.3 (0.70)	3.5 (0.24)	22.2 (0.66)	15.0 (0.28)	4.6 (0.34)	16.5 (0.29)
GED diploma ³	100.0	62.4 (1.52)	4.3 (0.58)	33.3 (1.52)	16.4 (0.61)	5.9 (0.61)	17.7 (0.66)
High school graduate	100.0	76.3 (0.47)	3.6 (0.19)	20.1 (0.45)	14.3 (0.19)	5.0 (0.24)	15.9 (0.20)
Some college—no degree	100.0	79.6 (0.50)	3.9 (0.23)	16.5 (0.45)	13.4 (0.27)	4.6 (0.25)	15.3 (0.28)
Associate of arts degree	100.0	81.8 (0.57)	3.8 (0.27)	14.4 (0.49)	13.1 (0.36)	5.9 (0.85)	15.0 (0.39)
Bachelor of arts, science degree	100.0	89.3 (0.40)	3.4 (0.22)	7.3 (0.34)	10.8 (0.31)	4.5 (0.27)	13.3 (0.37)
Masters, doctorate, medical degree	100.0	93.4 (0.46)	2.2 (0.26)	4.5 (0.35)	10.9 (0.59)	3.9 (0.56)	14.3 (0.67)
Poverty status:⁴							
Below poverty level	100.0	71.3 (0.80)	4.9 (0.34)	23.8 (0.74)	14.4 (0.33)	4.9 (0.36)	16.1 (0.33)
≥1 and <2 times poverty level	100.0	75.8 (0.64)	4.0 (0.26)	20.1 (0.60)	14.3 (0.28)	5.0 (0.40)	16.1 (0.29)
≥2 and <4 times poverty level	100.0	78.9 (0.50)	3.8 (0.22)	17.3 (0.44)	13.9 (0.23)	4.6 (0.32)	15.9 (0.24)
4 times poverty level or more	100.0	85.6 (0.36)	3.0 (0.17)	11.3 (0.34)	13.0 (0.25)	4.5 (0.24)	15.1 (0.27)
Marital status:							
Never married	100.0	81.1 (0.54)	4.2 (0.24)	14.7 (0.48)	12.2 (0.34)	4.4 (0.32)	14.1 (0.40)
Married	100.0	84.7 (0.29)	2.6 (0.12)	12.7 (0.27)	14.1 (0.19)	4.4 (0.19)	16.0 (0.20)
Cohabiting	100.0	66.3 (1.24)	4.8 (0.55)	28.9 (1.13)	14.8 (0.53)	3.6 (0.49)	16.2 (0.49)
Divorced or separated	100.0	69.5 (0.63)	5.2 (0.30)	25.3 (0.60)	14.7 (0.25)	5.2 (0.35)	16.6 (0.27)
Widowed	100.0	74.3 (1.95)	3.6 (0.76)	22.0 (1.85)	14.9 (0.79)	4.5 (0.38)	16.7 (0.84)
Geographic region:							
Northeast	100.0	80.8 (0.61)	3.7 (0.21)	15.5 (0.57)	12.9 (0.24)	4.8 (0.40)	14.6 (0.25)
Midwest	100.0	78.1 (0.52)	4.0 (0.23)	17.9 (0.44)	14.1 (0.25)	5.0 (0.22)	16.0 (0.25)
South	100.0	79.6 (0.43)	3.3 (0.15)	17.1 (0.38)	14.7 (0.22)	4.7 (0.19)	16.5 (0.22)
West	100.0	85.3 (0.44)	3.4 (0.21)	11.4 (0.39)	11.8 (0.24)	4.2 (0.40)	13.8 (0.27)
Place of residence:⁵							
MSA, central city	100.0	81.3 (0.44)	3.9 (0.18)	14.8 (0.41)	12.7 (0.22)	4.9 (0.31)	14.6 (0.23)
MSA, not central city	100.0	82.0 (0.34)	3.5 (0.14)	14.5 (0.30)	13.5 (0.18)	4.7 (0.18)	15.5 (0.18)
Not MSA	100.0	76.0 (0.65)	3.1 (0.20)	20.9 (0.63)	15.3 (0.25)	4.7 (0.26)	16.9 (0.24)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

— Quantity zero.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

²Estimates for age groups are not age adjusted.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁵MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Table VIII. Current cigarette smoking status: Nonsmoker includes never smokers and former smokers; Daily smokers: currently smoked every day; Nondaily smokers: currently smoked some days, regardless of number of days they smoked. Denominator for each percent distribution excludes persons with unknown current smoking status. Denominators for mean number of cigarettes on days smoked exclude smokers (daily and nondaily) with unknown number of cigarettes on days smoked and nondaily smokers who did not smoke in the past 30 days. Estimates reflect usual cigarette consumption on days smoked and do not reflect average consumption over a period of time such as a week or a month. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 4.3. Age-adjusted percent distributions (with standard errors) of usual number of cigarettes on days smoked among all current cigarette smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Usual number of cigarettes on days smoked among all current smokers ¹				
	Total	Less than 15	15–24	25–34	35 or more
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (age-adjusted) ²	100.0	49.6 (0.49)	37.1 (0.44)	7.6 (0.24)	5.6 (0.21)
Ages 18 years and over (crude) ²	100.0	50.0 (0.48)	36.8 (0.42)	7.6 (0.24)	5.6 (0.19)
Age: ³					
18–24 years	100.0	67.4 (1.17)	28.1 (1.10)	3.2 (0.45)	1.3 (0.24)
25–44 years	100.0	51.5 (0.69)	36.3 (0.62)	7.3 (0.35)	4.9 (0.29)
45–64 years	100.0	40.4 (0.67)	40.9 (0.73)	10.2 (0.42)	8.6 (0.41)
65–74 years	100.0	45.1 (1.77)	41.0 (1.67)	8.2 (0.88)	5.6 (0.93)
75 years and over	100.0	51.9 (2.43)	36.5 (2.39)	5.7 (1.29)	5.9 (1.41)
Race:					
White, single race	100.0	45.1 (0.52)	39.9 (0.47)	8.6 (0.28)	6.3 (0.25)
Black or African American, single race	100.0	70.4 (1.10)	25.0 (1.02)	2.8 (0.39)	1.8 (0.24)
American Indian or Alaska Native, single race	100.0	58.4 (4.41)	29.4 (4.27)	*5.5 (2.05)	*6.7 (2.12)
Asian, single race	100.0	72.5 (2.99)	25.4 (2.98)	†	*1.5 (0.70)
Native Hawaiian or other Pacific Islander, single race	100.0	70.2 (9.81)	*20.2 (8.22)	†	–
2 or more races	100.0	58.8 (3.28)	25.9 (2.82)	9.4 (2.25)	5.9 (1.30)
Black or African American, white	100.0	62.2 (6.25)	33.9 (6.29)	†	†
American Indian or Alaska Native, white	100.0	50.8 (4.47)	27.2 (3.55)	13.6 (3.51)	8.5 (2.09)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	75.5 (1.28)	21.1 (1.27)	1.8 (0.35)	1.5 (0.29)
Mexican or Mexican-American	100.0	81.8 (1.59)	15.6 (1.54)	1.7 (0.44)	*0.8 (0.28)
Not Hispanic or Latino	100.0	47.2 (0.51)	38.7 (0.46)	8.1 (0.26)	6.0 (0.23)
White, single race	100.0	42.9 (0.54)	41.3 (0.49)	9.1 (0.29)	6.7 (0.27)
Black or African American, single race	100.0	70.5 (1.10)	24.8 (1.02)	2.9 (0.40)	1.8 (0.23)
Education:					
Less than high school graduate	100.0	47.5 (1.03)	36.8 (0.97)	8.0 (0.48)	7.6 (0.45)
GED diploma ⁴	100.0	39.2 (1.98)	42.5 (2.12)	10.5 (1.17)	7.8 (1.14)
High school graduate	100.0	46.1 (0.73)	40.3 (0.73)	7.9 (0.44)	5.8 (0.39)
Some college—no degree	100.0	52.0 (1.06)	34.7 (0.99)	8.2 (0.59)	5.1 (0.48)
Associate of arts degree	100.0	50.3 (1.57)	37.1 (1.56)	7.8 (0.82)	4.8 (0.74)
Bachelor of arts, science degree	100.0	61.8 (1.41)	29.8 (1.34)	5.2 (0.67)	3.2 (0.58)
Masters, doctorate, medical degree	100.0	61.2 (2.35)	30.5 (2.30)	5.3 (1.07)	3.0 (0.76)
Poverty status: ⁵					
Below poverty level	100.0	51.9 (1.21)	34.7 (1.04)	7.1 (0.50)	6.3 (0.60)
≥1 and <2 times poverty level	100.0	50.2 (1.07)	36.2 (1.00)	7.2 (0.52)	6.4 (0.63)
≥2 and <4 times poverty level	100.0	46.3 (0.86)	38.3 (0.82)	9.4 (0.50)	6.0 (0.44)
4 times poverty level or more	100.0	50.6 (0.96)	36.5 (0.91)	7.9 (0.53)	5.0 (0.43)
Marital status:					
Never married	100.0	57.4 (1.47)	30.6 (1.31)	6.5 (0.72)	5.6 (0.72)
Married	100.0	47.0 (0.70)	38.7 (0.67)	8.1 (0.37)	6.1 (0.37)
Cohabiting	100.0	44.1 (2.10)	40.6 (2.26)	9.6 (1.56)	5.6 (1.25)
Divorced or separated	100.0	44.0 (1.03)	40.2 (0.97)	8.6 (0.51)	7.2 (0.48)
Widowed	100.0	40.9 (3.65)	42.6 (3.96)	*11.0 (3.34)	*5.5 (2.02)
Geographic region:					
Northeast	100.0	51.0 (1.11)	37.5 (1.07)	6.3 (0.54)	5.1 (0.48)
Midwest	100.0	45.7 (0.94)	39.3 (0.85)	9.5 (0.52)	5.6 (0.41)
South	100.0	47.3 (0.83)	38.0 (0.70)	8.0 (0.39)	6.7 (0.36)
West	100.0	60.1 (0.91)	31.1 (0.99)	5.2 (0.51)	3.6 (0.43)
Place of residence: ⁶					
MSA, central city	100.0	57.1 (0.83)	33.1 (0.76)	5.6 (0.39)	4.2 (0.30)
MSA, not central city	100.0	48.7 (0.68)	38.0 (0.62)	7.8 (0.35)	5.5 (0.33)
Not MSA	100.0	42.9 (1.08)	40.1 (0.97)	9.5 (0.56)	7.5 (0.48)
Men					
Ages 18 years and over (age-adjusted) ²	100.0	44.9 (0.65)	38.2 (0.62)	9.4 (0.38)	7.5 (0.33)
Ages 18 years and over (crude) ²	100.0	45.7 (0.63)	37.8 (0.59)	9.2 (0.36)	7.3 (0.29)
Age: ³					
18–24 years	100.0	62.2 (1.75)	32.1 (1.69)	4.1 (0.65)	1.7 (0.38)
25–44 years	100.0	47.7 (0.87)	37.0 (0.83)	8.9 (0.49)	6.4 (0.44)
45–64 years	100.0	35.6 (0.95)	41.1 (1.07)	11.9 (0.66)	11.4 (0.63)
65–74 years	100.0	39.8 (2.58)	40.5 (2.48)	11.6 (1.55)	8.0 (1.38)
75 years and over	100.0	44.6 (3.93)	40.7 (4.20)	7.8 (2.34)	*6.9 (2.38)

See footnotes at end of table.

Table 4.3. Age-adjusted percent distributions (with standard errors) of usual number of cigarettes on days smoked among all current cigarette smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Usual number of cigarettes on days smoked among all current smokers ¹				
	Total	Less than 15	15–24	25–34	35 or more
Men—Continued					
Percent distribution (standard error)					
Race:					
White, single race	100.0	39.7 (0.72)	41.0 (0.69)	10.8 (0.45)	8.6 (0.39)
Black or African American, single race	100.0	65.8 (1.58)	28.1 (1.51)	3.9 (0.66)	2.1 (0.41)
American Indian or Alaska Native, single race	100.0	50.6 (5.98)	35.6 (5.96)	*6.1 (3.04)	*7.7 (2.80)
Asian, single race	100.0	71.7 (3.66)	27.2 (3.63)	†	†
Native Hawaiian or other Pacific Islander, single race	100.0	81.1 (9.18)	*18.9 (9.18)	–	–
2 or more races	100.0	51.0 (5.02)	26.6 (3.83)	*12.6 (4.06)	9.8 (2.52)
Black or African American, white	100.0	55.0 (10.31)	45.0 (10.31)	–	–
American Indian or Alaska Native, white	100.0	41.1 (6.97)	29.1 (5.53)	*17.3 (5.47)	12.5 (3.57)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	74.5 (1.61)	21.8 (1.53)	2.1 (0.49)	1.6 (0.42)
Mexican or Mexican-American	100.0	81.3 (1.73)	15.6 (1.57)	2.3 (0.68)	*0.9 (0.35)
Not Hispanic or Latino	100.0	41.5 (0.68)	40.1 (0.67)	10.3 (0.42)	8.1 (0.36)
White, single race	100.0	36.5 (0.74)	42.8 (0.73)	11.6 (0.49)	9.2 (0.43)
Black or African American, single race	100.0	66.0 (1.58)	27.9 (1.51)	4.0 (0.66)	2.1 (0.41)
Education:					
Less than high school graduate	100.0	45.1 (1.30)	36.3 (1.20)	9.0 (0.74)	9.6 (0.67)
GED diploma ⁴	100.0	34.3 (2.42)	43.8 (2.55)	13.2 (1.65)	8.7 (1.50)
High school graduate	100.0	40.4 (1.09)	42.1 (1.18)	9.8 (0.76)	7.7 (0.60)
Some college—no degree	100.0	46.8 (1.56)	34.9 (1.39)	11.4 (1.03)	7.0 (0.83)
Associate of arts degree	100.0	45.7 (2.21)	36.7 (2.19)	10.3 (1.40)	7.3 (1.30)
Bachelor of arts, science degree	100.0	56.0 (2.06)	32.4 (1.96)	7.0 (1.12)	4.5 (0.94)
Masters, doctorate, medical degree	100.0	59.9 (3.22)	29.8 (3.04)	6.2 (1.46)	4.1 (1.19)
Poverty status:⁵					
Below poverty level	100.0	48.4 (1.83)	35.6 (1.76)	8.1 (0.89)	7.8 (0.91)
≥1 and <2 times poverty level	100.0	47.6 (1.50)	36.1 (1.43)	7.5 (0.82)	8.7 (0.89)
≥2 and <4 times poverty level	100.0	41.1 (1.15)	38.8 (1.09)	11.9 (0.82)	8.2 (0.72)
4 times poverty level or more	100.0	46.0 (1.38)	37.1 (1.30)	10.1 (0.79)	6.8 (0.66)
Marital status:					
Never married.	100.0	52.0 (1.93)	33.4 (1.78)	7.9 (1.00)	6.8 (1.02)
Married	100.0	43.7 (0.86)	38.2 (0.82)	10.1 (0.56)	8.0 (0.52)
Cohabiting	100.0	40.0 (2.83)	41.4 (2.91)	10.6 (2.06)	8.0 (2.02)
Divorced or separated.	100.0	36.4 (1.45)	42.3 (1.46)	11.2 (0.91)	10.2 (0.80)
Widowed	100.0	28.1 (5.38)	41.0 (6.56)	*19.0 (8.28)	*11.9 (5.70)
Geographic region:					
Northeast	100.0	43.6 (1.51)	39.6 (1.52)	9.4 (0.86)	7.3 (0.66)
Midwest	100.0	40.1 (1.29)	40.3 (1.29)	11.2 (0.85)	8.4 (0.74)
South	100.0	44.0 (1.04)	38.3 (0.92)	9.5 (0.62)	8.1 (0.53)
West	100.0	56.4 (1.32)	32.7 (1.48)	6.6 (0.82)	4.3 (0.51)
Place of residence:⁶					
MSA, central city	100.0	53.7 (1.23)	34.4 (1.20)	7.1 (0.68)	4.8 (0.45)
MSA, not central city	100.0	43.1 (0.93)	39.4 (0.87)	10.0 (0.54)	7.5 (0.50)
Not MSA	100.0	38.7 (1.27)	40.1 (1.32)	11.0 (0.89)	10.2 (0.73)
Women					
Ages 18 years and over (age-adjusted) ²	100.0	54.8 (0.68)	35.9 (0.63)	5.6 (0.27)	3.6 (0.25)
Ages 18 years and over (crude) ²	100.0	55.0 (0.65)	35.6 (0.60)	5.7 (0.27)	3.6 (0.24)
Age:³					
18–24 years	100.0	74.0 (1.52)	23.2 (1.42)	2.1 (0.53)	*0.7 (0.29)
25–44 years	100.0	56.1 (1.00)	35.5 (0.90)	5.3 (0.44)	3.1 (0.29)
45–64 years	100.0	45.8 (1.01)	40.6 (1.01)	8.2 (0.59)	5.4 (0.48)
65–74 years	100.0	50.3 (2.29)	41.5 (2.18)	5.0 (0.96)	*3.3 (1.00)
75 years and over	100.0	57.4 (3.28)	33.4 (3.03)	*4.1 (1.41)	*5.1 (1.63)

See footnotes at end of table.

Table 4.3. Age-adjusted percent distributions (with standard errors) of usual number of cigarettes on days smoked among all current cigarette smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Usual number of cigarettes on days smoked among all current smokers ¹				
	Total	Less than 15	15–24	25–34	35 or more
Women—Continued					
Percent distribution (standard error)					
Race:					
White, single race	100.0	51.0 (0.72)	38.8 (0.68)	6.3 (0.31)	3.9 (0.28)
Black or African American, single race	100.0	75.6 (1.38)	21.4 (1.28)	1.6 (0.35)	1.4 (0.31)
American Indian or Alaska Native, single race	100.0	68.2 (5.43)	22.6 (5.02)	*4.0 (1.99)	†
Asian, single race	100.0	74.3 (4.82)	20.3 (4.71)	†	†
Native Hawaiian or other Pacific Islander, single race	100.0	63.2 (9.39)	*19.7 (9.39)	17.0 (0.00)	–
2 or more races	100.0	65.1 (3.85)	24.8 (3.66)	*7.4 (2.75)	†
Black or African American, white	100.0	69.8 (7.45)	23.7 (7.01)	†	†
American Indian or Alaska Native, white	100.0	59.0 (4.66)	25.7 (4.06)	*10.8 (4.31)	†
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	77.6 (2.08)	19.7 (2.01)	*1.3 (0.52)	*1.4 (0.48)
Mexican or Mexican-American	100.0	83.0 (3.21)	15.3 (3.18)	*0.9 (0.42)	†
Not Hispanic or Latino	100.0	53.2 (0.70)	37.1 (0.65)	5.9 (0.29)	3.7 (0.26)
White, single race	100.0	49.6 (0.75)	39.8 (0.71)	6.6 (0.33)	4.0 (0.29)
Black or African American, single race	100.0	75.7 (1.39)	21.3 (1.29)	1.6 (0.35)	1.4 (0.31)
Education:					
Less than high school graduate	100.0	50.6 (1.40)	37.6 (1.36)	6.7 (0.64)	5.1 (0.60)
GED diploma ⁴	100.0	44.2 (2.99)	42.0 (3.28)	6.8 (1.17)	7.0 (1.81)
High school graduate	100.0	52.0 (1.03)	38.4 (1.06)	5.9 (0.52)	3.7 (0.48)
Some college—no degree	100.0	57.2 (1.40)	34.2 (1.32)	5.2 (0.62)	3.3 (0.53)
Associate of arts degree	100.0	54.8 (2.09)	37.3 (2.05)	5.6 (0.94)	*2.4 (0.77)
Bachelor of arts, science degree	100.0	68.1 (1.83)	26.8 (1.72)	3.3 (0.77)	*1.8 (0.63)
Masters, doctorate, medical degree	100.0	63.6 (3.65)	31.3 (3.55)	*3.7 (1.33)	*1.4 (0.64)
Poverty status:⁵					
Below poverty level	100.0	54.5 (1.44)	34.0 (1.27)	6.4 (0.66)	5.2 (0.75)
≥1 and <2 times poverty level	100.0	53.0 (1.35)	36.3 (1.34)	7.0 (0.70)	3.8 (0.65)
≥2 and <4 times poverty level	100.0	52.7 (1.32)	37.5 (1.31)	6.3 (0.63)	3.5 (0.46)
4 times poverty level or more	100.0	56.9 (1.41)	35.6 (1.37)	5.0 (0.69)	2.5 (0.47)
Marital status:					
Never married.	100.0	66.1 (1.77)	26.1 (1.78)	4.1 (0.82)	3.7 (0.77)
Married	100.0	51.3 (1.08)	39.4 (1.05)	5.6 (0.45)	3.7 (0.42)
Cohabiting	100.0	48.2 (2.95)	40.6 (3.46)	8.6 (2.38)	2.7 (0.59)
Divorced or separated.	100.0	50.3 (1.37)	38.5 (1.28)	6.5 (0.60)	4.7 (0.56)
Widowed	100.0	46.0 (4.37)	43.8 (4.59)	7.3 (2.16)	*2.9 (1.05)
Geographic region:					
Northeast	100.0	58.4 (1.41)	35.5 (1.39)	3.2 (0.44)	2.8 (0.56)
Midwest	100.0	51.9 (1.43)	37.9 (1.31)	7.6 (0.60)	2.6 (0.39)
South	100.0	51.2 (1.14)	37.4 (1.01)	6.4 (0.46)	5.0 (0.43)
West	100.0	64.4 (1.31)	29.4 (1.46)	3.4 (0.53)	2.9 (0.66)
Place of residence:⁶					
MSA, central city	100.0	60.8 (1.18)	31.5 (1.15)	4.1 (0.43)	3.6 (0.40)
MSA, not central city	100.0	55.0 (0.96)	36.4 (0.92)	5.3 (0.39)	3.2 (0.36)
Not MSA	100.0	47.6 (1.43)	40.0 (1.29)	8.0 (0.60)	4.4 (0.51)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

– Quantity zero.

¹Usual number of cigarettes on days smoked includes the usual cigarette consumption of daily and nondaily smokers combined. Estimates for nondaily smokers reflect number of cigarettes smoked only on the days that they smoked and are limited to those who smoked at least once in the past 30 days.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Table IX. Denominator for each percent distribution excludes smokers with unknown number of cigarettes on days smoked. Estimates reflect usual cigarette consumption on days smoked and do not reflect average cigarette consumption over a period of time such as a week or a month. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 4.4. Age-adjusted percent distributions (with standard errors) of age of smoking initiation among current cigarette smokers 18 years of age and over: United States, average annual, 2002–04

Selected characteristic	Total	Age first smoked fairly regularly			
		Less than 16 years	16–17 years	18–20 years	21 years and over
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (age-adjusted) ¹	100.0	30.0 (0.43)	24.1 (0.34)	27.2 (0.40)	18.8 (0.35)
Ages 18 years and over (crude) ¹	100.0	30.5 (0.42)	24.8 (0.34)	27.3 (0.38)	17.4 (0.33)
Age: ²					
18–24 years	100.0	39.3 (1.13)	33.0 (1.12)	24.6 (1.01)	3.1 (0.41)
25–44 years	100.0	30.5 (0.60)	24.6 (0.53)	27.9 (0.57)	17.0 (0.47)
45–64 years	100.0	27.4 (0.66)	22.4 (0.59)	28.1 (0.68)	22.1 (0.57)
65–74 years	100.0	26.3 (1.44)	18.4 (1.49)	27.1 (1.48)	28.2 (1.54)
75 years and over	100.0	24.8 (2.26)	19.9 (2.04)	22.8 (2.06)	32.5 (2.41)
Race:					
White, single race	100.0	31.2 (0.47)	24.7 (0.38)	26.8 (0.43)	17.3 (0.37)
Black or African American, single race	100.0	23.2 (1.06)	21.2 (1.08)	28.7 (1.05)	27.0 (1.06)
American Indian or Alaska Native, single race	100.0	32.0 (4.17)	27.9 (4.10)	24.9 (3.26)	15.2 (3.22)
Asian, single race	100.0	13.3 (2.24)	17.9 (2.21)	37.0 (4.14)	31.8 (3.72)
Native Hawaiian or other Pacific Islander, single race	100.0	†	47.3 (9.41)	*14.2 (6.85)	35.0 (8.07)
2 or more races	100.0	33.7 (3.23)	18.9 (2.47)	25.7 (3.07)	21.7 (2.58)
Black or African American, white	100.0	56.7 (9.23)	*16.2 (5.31)	*10.8 (3.99)	*16.3 (7.36)
American Indian or Alaska Native, white	100.0	35.0 (4.31)	21.1 (3.84)	25.8 (3.99)	18.2 (3.65)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	32.8 (1.40)	20.1 (1.23)	25.5 (1.16)	21.6 (1.20)
Mexican or Mexican-American	100.0	31.5 (1.82)	20.2 (1.75)	26.4 (1.49)	21.8 (1.52)
Not Hispanic or Latino	100.0	29.8 (0.45)	24.4 (0.37)	27.3 (0.42)	18.5 (0.37)
White, single race	100.0	31.1 (0.48)	25.0 (0.39)	26.9 (0.46)	16.9 (0.39)
Black or African American, single race	100.0	23.0 (1.07)	21.3 (1.09)	28.7 (1.06)	27.0 (1.08)
Education:					
Less than high school graduate	100.0	43.0 (0.86)	23.7 (0.75)	20.0 (0.73)	13.3 (0.56)
GED diploma ³	100.0	44.4 (1.96)	24.0 (1.75)	19.3 (1.70)	12.3 (1.38)
High school graduate	100.0	26.1 (0.68)	27.5 (0.77)	26.9 (0.70)	19.5 (0.63)
Some college—no degree	100.0	26.2 (0.92)	23.4 (0.86)	31.0 (0.99)	19.4 (0.83)
Associate of arts degree	100.0	24.4 (1.38)	22.0 (1.25)	31.1 (1.49)	22.5 (1.24)
Bachelor of arts, science degree	100.0	17.4 (1.02)	19.9 (1.24)	37.5 (1.42)	25.1 (1.34)
Masters, doctorate, medical degree	100.0	18.9 (1.83)	18.4 (1.87)	32.3 (2.30)	30.4 (2.24)
Poverty status: ⁴					
Below poverty level	100.0	37.7 (1.13)	23.3 (1.01)	21.3 (0.95)	17.7 (0.89)
≥1 and <2 times poverty level	100.0	34.5 (0.93)	23.5 (0.84)	24.5 (0.87)	17.5 (0.70)
≥2 and <4 times poverty level	100.0	29.5 (0.84)	23.9 (0.73)	28.2 (0.79)	18.4 (0.63)
4 times poverty level or more	100.0	24.3 (0.92)	24.1 (0.81)	30.6 (0.97)	21.0 (0.87)
Marital status:					
Never married	100.0	31.7 (1.26)	26.1 (1.22)	26.9 (1.17)	15.3 (1.10)
Married	100.0	28.9 (0.63)	24.3 (0.60)	28.1 (0.60)	18.6 (0.55)
Cohabiting	100.0	33.0 (1.82)	22.4 (1.67)	25.6 (2.05)	19.1 (1.96)
Divorced or separated	100.0	31.2 (0.92)	22.0 (0.82)	25.3 (0.79)	21.6 (0.78)
Widowed	100.0	33.4 (3.63)	19.0 (2.96)	26.2 (3.19)	21.4 (2.75)
Geographic region:					
Northeast	100.0	31.8 (0.96)	25.4 (0.74)	25.4 (0.87)	17.5 (0.76)
Midwest	100.0	28.3 (0.78)	25.5 (0.71)	28.2 (0.84)	17.9 (0.70)
South	100.0	30.0 (0.72)	23.8 (0.58)	26.9 (0.64)	19.3 (0.55)
West	100.0	30.4 (0.97)	20.9 (0.74)	28.5 (0.90)	20.2 (0.85)
Place of residence: ⁵					
MSA, central city	100.0	29.0 (0.73)	22.4 (0.61)	27.7 (0.65)	20.9 (0.68)
MSA, not central city	100.0	29.8 (0.61)	24.1 (0.48)	27.1 (0.59)	19.0 (0.53)
Not MSA	100.0	31.4 (0.81)	26.1 (0.84)	26.6 (0.73)	15.9 (0.62)
Men					
Ages 18 years and over (age-adjusted) ¹	100.0	33.5 (0.62)	24.4 (0.52)	26.7 (0.54)	15.4 (0.44)
Ages 18 years and over (crude) ¹	100.0	32.7 (0.55)	25.0 (0.49)	27.0 (0.51)	15.4 (0.44)
Age: ²					
18–24 years	100.0	38.2 (1.62)	33.6 (1.49)	25.2 (1.46)	3.0 (0.51)
25–44 years	100.0	29.9 (0.80)	24.0 (0.74)	28.1 (0.79)	18.0 (0.67)
45–64 years	100.0	32.5 (0.94)	23.0 (0.86)	26.8 (0.85)	17.7 (0.80)
65–74 years	100.0	39.9 (2.55)	20.1 (2.20)	24.8 (2.13)	15.2 (1.58)
75 years and over	100.0	39.3 (3.89)	21.0 (3.34)	23.0 (3.22)	16.7 (2.99)

See footnotes at end of table.

Table 4.4. Age-adjusted percent distributions (with standard errors) of age of smoking initiation among current cigarette smokers 18 years of age and over: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Age first smoked fairly regularly			
		Less than 16 years	16–17 years	18–20 years	21 years and over
Men—Continued		Percent distribution (standard error)			
Race:					
White, single race	100.0	35.0 (0.67)	25.1 (0.58)	26.1 (0.60)	13.7 (0.47)
Black or African American, single race	100.0	26.5 (1.65)	20.8 (1.39)	28.4 (1.66)	24.3 (1.44)
American Indian or Alaska Native, single race	100.0	34.9 (6.13)	28.9 (5.24)	25.7 (5.96)	*10.5 (4.02)
Asian, single race	100.0	15.5 (2.84)	17.2 (2.64)	35.5 (5.35)	31.8 (4.63)
Native Hawaiian or other Pacific Islander, single race	100.0	†	*46.2 (14.09)	†	*41.6 (12.58)
2 or more races	100.0	41.7 (5.11)	20.5 (4.30)	23.9 (3.65)	13.9 (3.46)
Black or African American, white	100.0	84.9 (5.34)	†	†	†
American Indian or Alaska Native, white	100.0	44.8 (7.10)	*18.2 (5.94)	25.8 (4.70)	*11.2 (4.31)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	35.6 (1.71)	21.1 (1.49)	26.6 (1.62)	16.7 (1.26)
Mexican or Mexican-American	100.0	34.5 (2.27)	20.5 (2.11)	27.9 (1.97)	17.2 (1.58)
Not Hispanic or Latino	100.0	33.3 (0.67)	24.7 (0.55)	26.7 (0.59)	15.3 (0.47)
White, single race	100.0	34.8 (0.72)	25.4 (0.62)	26.3 (0.64)	13.4 (0.49)
Black or African American, single race	100.0	26.2 (1.67)	21.0 (1.41)	28.4 (1.68)	24.4 (1.47)
Education:					
Less than high school graduate	100.0	48.2 (1.21)	23.7 (1.02)	19.1 (0.97)	9.0 (0.64)
GED diploma ³	100.0	48.6 (2.55)	23.9 (2.21)	17.6 (2.18)	9.8 (1.35)
High school graduate	100.0	29.3 (1.02)	29.4 (1.14)	26.1 (1.04)	15.1 (0.83)
Some college—no degree	100.0	28.3 (1.52)	23.2 (1.28)	30.4 (1.34)	18.1 (1.15)
Associate of arts degree	100.0	26.3 (2.53)	21.9 (2.00)	33.8 (2.41)	18.0 (1.65)
Bachelor of arts, science degree	100.0	18.8 (1.58)	18.8 (1.78)	38.3 (2.00)	24.2 (1.62)
Masters, doctorate, medical degree	100.0	19.2 (2.40)	16.5 (2.25)	33.0 (2.95)	31.4 (2.86)
Poverty status:⁴					
Below poverty level	100.0	42.0 (1.76)	24.3 (1.55)	20.5 (1.54)	13.2 (1.22)
≥1 and <2 times poverty level	100.0	38.2 (1.43)	23.2 (1.18)	24.5 (1.26)	14.1 (0.97)
≥2 and <4 times poverty level	100.0	33.5 (1.23)	24.3 (1.08)	27.1 (1.03)	15.1 (0.82)
4 times poverty level or more	100.0	27.4 (1.34)	24.2 (1.13)	29.6 (1.32)	18.9 (1.04)
Marital status:					
Never married	100.0	32.7 (1.56)	27.3 (1.53)	26.2 (1.42)	13.9 (0.96)
Married	100.0	32.1 (0.90)	23.9 (0.80)	27.6 (0.77)	16.4 (0.67)
Cohabiting	100.0	36.6 (2.87)	21.8 (2.30)	26.4 (2.80)	15.3 (2.13)
Divorced or separated	100.0	36.1 (1.44)	22.6 (1.21)	24.2 (1.19)	17.1 (0.98)
Widowed	100.0	51.2 (6.79)	13.5 (3.25)	22.7 (5.92)	*12.7 (4.21)
Geographic region:					
Northeast	100.0	35.1 (1.41)	24.8 (1.33)	25.5 (1.43)	14.6 (1.04)
Midwest	100.0	32.2 (1.13)	26.9 (1.00)	26.9 (1.07)	13.9 (0.82)
South	100.0	33.8 (1.08)	24.3 (0.80)	26.0 (0.88)	15.8 (0.69)
West	100.0	32.8 (1.25)	20.1 (1.13)	29.4 (1.15)	17.6 (1.12)
Place of residence:⁵					
MSA, central city	100.0	31.3 (1.15)	22.8 (0.93)	27.8 (0.98)	18.1 (0.83)
MSA, not central city	100.0	33.9 (0.87)	24.0 (0.76)	26.2 (0.80)	15.8 (0.68)
Not MSA	100.0	35.2 (1.17)	27.0 (1.14)	26.1 (0.96)	11.7 (0.69)
Women					
Ages 18 years and over (age-adjusted) ¹	100.0	26.6 (0.55)	23.8 (0.47)	27.7 (0.54)	21.9 (0.49)
Ages 18 years and over (crude) ¹	100.0	28.0 (0.57)	24.5 (0.48)	27.7 (0.53)	19.7 (0.46)
Age:²					
18–24 years	100.0	40.5 (1.63)	32.4 (1.68)	23.9 (1.45)	3.2 (0.67)
25–44 years	100.0	31.2 (0.82)	25.3 (0.72)	27.7 (0.80)	15.8 (0.63)
45–64 years	100.0	21.7 (0.83)	21.7 (0.85)	29.5 (1.00)	27.1 (0.85)
65–74 years	100.0	13.3 (1.34)	16.8 (1.85)	29.2 (2.06)	40.7 (2.38)
75 years and over	100.0	14.0 (2.49)	19.1 (2.66)	22.7 (2.74)	44.2 (3.41)

See footnotes at end of table.

Table 4.4. Age-adjusted percent distributions (with standard errors) of age of smoking initiation among current cigarette smokers 18 years of age and over: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Age first smoked fairly regularly			
		Less than 16 years	16–17 years	18–20 years	21 years and over
Women—Continued		Percent distribution (standard error)			
Race:					
White, single race	100.0	27.7 (0.61)	24.4 (0.51)	27.3 (0.59)	20.5 (0.53)
Black or African American, single race	100.0	19.2 (1.18)	21.5 (1.40)	29.1 (1.38)	30.2 (1.49)
American Indian or Alaska Native, single race	100.0	29.3 (5.43)	27.3 (6.68)	22.8 (5.04)	20.6 (5.95)
Asian, single race	100.0	*7.9 (2.86)	17.5 (4.53)	45.1 (5.21)	29.5 (5.62)
Native Hawaiian or other Pacific Islander, single race	100.0	†	53.2 (11.75)	*24.4 (10.73)	17.0 (0.00)
2 or more races	100.0	27.7 (3.62)	19.1 (3.56)	26.4 (4.18)	26.8 (3.62)
Black or African American, white	100.0	34.6 (8.60)	*19.6 (7.33)	*17.1 (6.92)	28.7 (6.33)
American Indian or Alaska Native, white	100.0	27.2 (4.78)	25.4 (5.69)	24.2 (5.40)	23.1 (5.05)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	28.7 (2.04)	18.3 (2.06)	23.8 (1.51)	29.2 (1.96)
Mexican or Mexican-American	100.0	26.4 (2.86)	19.2 (3.24)	24.4 (1.99)	30.0 (2.91)
Not Hispanic or Latino	100.0	26.5 (0.56)	24.2 (0.49)	27.8 (0.56)	21.5 (0.51)
White, single race	100.0	27.7 (0.62)	24.7 (0.52)	27.5 (0.60)	20.1 (0.54)
Black or African American, single race	100.0	19.1 (1.18)	21.7 (1.41)	29.2 (1.39)	30.1 (1.52)
Education:					
Less than high school graduate	100.0	37.5 (1.28)	23.7 (1.23)	21.0 (1.12)	17.8 (0.88)
GED diploma ³	100.0	37.2 (2.33)	25.4 (3.05)	19.7 (2.01)	17.7 (2.83)
High school graduate	100.0	23.7 (0.98)	25.7 (1.00)	27.5 (0.91)	23.1 (0.87)
Some college—no degree	100.0	24.4 (1.08)	23.8 (1.18)	31.3 (1.33)	20.5 (1.07)
Associate of arts degree	100.0	22.8 (1.50)	22.0 (1.68)	28.9 (1.91)	26.2 (1.59)
Bachelor of arts, science degree	100.0	16.0 (1.44)	21.2 (1.52)	36.7 (1.91)	26.1 (1.79)
Masters, doctorate, medical degree	100.0	17.7 (2.63)	22.0 (3.02)	30.7 (3.73)	29.7 (3.59)
Poverty status: ⁴					
Below poverty level	100.0	34.5 (1.35)	22.5 (1.30)	21.9 (1.23)	21.1 (1.20)
≥1 and <2 times poverty level	100.0	31.4 (1.26)	23.7 (1.25)	24.4 (1.15)	20.4 (1.09)
≥2 and <4 times poverty level	100.0	25.2 (0.95)	23.6 (0.95)	29.3 (1.14)	21.8 (1.00)
4 times poverty level or more	100.0	20.6 (1.06)	24.0 (1.22)	31.9 (1.36)	23.5 (1.24)
Marital status:					
Never married	100.0	30.1 (1.83)	24.3 (1.70)	27.9 (1.78)	17.7 (2.03)
Married	100.0	24.4 (0.81)	24.7 (0.84)	28.8 (0.89)	22.1 (0.88)
Cohabiting	100.0	28.4 (1.62)	23.1 (2.29)	24.2 (2.92)	24.3 (3.00)
Divorced or separated	100.0	27.0 (1.05)	21.4 (1.06)	26.2 (1.07)	25.4 (1.05)
Widowed	100.0	27.7 (4.21)	21.3 (3.74)	27.1 (4.01)	23.9 (3.41)
Geographic region:					
Northeast	100.0	28.7 (1.39)	25.8 (1.08)	25.3 (1.04)	20.2 (1.11)
Midwest	100.0	24.4 (0.91)	24.2 (0.92)	29.5 (1.13)	21.9 (0.92)
South	100.0	26.5 (0.90)	23.3 (0.78)	27.8 (0.88)	22.4 (0.81)
West	100.0	28.2 (1.32)	21.8 (1.14)	27.1 (1.35)	23.0 (1.18)
Place of residence: ⁵					
MSA, central city	100.0	27.2 (0.95)	22.2 (0.89)	27.4 (1.00)	23.2 (0.95)
MSA, not central city	100.0	25.8 (0.81)	24.2 (0.67)	28.1 (0.82)	21.8 (0.73)
Not MSA	100.0	27.4 (1.05)	25.0 (1.05)	27.1 (1.00)	20.5 (0.99)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

²Estimates for age groups are not age adjusted.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁵MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Table X. Denominator for each percent distribution excludes current smokers with unknown age of smoking initiation. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 4.5. Age-adjusted percentages (with standard errors) of current cigarette smokers 18 years of age and over who tried to quit smoking in the past year, by current smoking status and selected characteristics: United States, average annual, 2002–04

Selected characteristic	All current smokers	Nondaily smokers	Daily smoker
Both sexes			
Percent who tried to quit (standard error)			
Ages 18 years and over (age-adjusted) ¹	42.4 (0.45)	53.3 (1.08)	40.2 (0.49)
Ages 18 years and over (crude) ¹	43.2 (0.43)	53.2 (1.03)	40.9 (0.48)
Age: ²			
18–24 years	51.1 (1.24)	51.4 (2.49)	51.0 (1.37)
25–44 years	44.4 (0.62)	52.1 (1.39)	42.5 (0.68)
45–64 years	39.4 (0.67)	56.8 (1.89)	36.3 (0.76)
65–74 years	38.1 (1.63)	55.0 (4.22)	35.0 (1.70)
75 years and over	31.0 (2.19)	41.9 (5.84)	29.2 (2.40)
Race:			
White, single race	41.8 (0.48)	53.6 (1.27)	39.6 (0.53)
Black or African American, single race	46.2 (1.27)	55.4 (2.57)	43.7 (1.49)
American Indian or Alaska Native, single race	36.5 (3.42)	37.9 (8.11)	37.1 (4.80)
Asian, single race	41.2 (3.28)	39.0 (7.00)	41.9 (3.49)
Native Hawaiian or other Pacific Islander, single race	38.6 (10.48)	90.8 (10.99)	*32.8 (13.71)
2 or more races	46.0 (3.30)	53.8 (6.75)	43.9 (3.94)
Black or African American, white	49.7 (5.85)	59.8 (7.13)	47.4 (5.13)
American Indian or Alaska Native, white	46.0 (4.69)	48.0 (11.32)	45.7 (5.05)
Hispanic or Latino origin and race:			
Hispanic or Latino	41.6 (1.40)	44.4 (2.67)	40.6 (1.59)
Mexican or Mexican-American	40.8 (1.86)	44.4 (2.98)	39.1 (2.19)
Not Hispanic or Latino	42.5 (0.47)	54.7 (1.21)	40.2 (0.52)
White, single race	42.0 (0.51)	55.2 (1.38)	39.7 (0.56)
Black or African American, single race	46.1 (1.29)	55.2 (2.55)	43.6 (1.50)
Education:			
Less than high school graduate	40.5 (0.93)	50.0 (2.19)	39.0 (1.00)
GED diploma ³	41.2 (1.89)	62.0 (5.49)	38.7 (2.00)
High school graduate	40.7 (0.74)	55.2 (1.88)	38.1 (0.80)
Some college—no degree	45.6 (1.00)	56.5 (2.65)	43.6 (1.08)
Associate of arts degree	46.5 (1.49)	57.4 (3.14)	43.7 (1.69)
Bachelor of arts, science degree	43.9 (1.40)	45.7 (2.60)	43.7 (1.74)
Masters, doctorate, medical degree	41.1 (2.38)	46.6 (4.36)	39.4 (2.79)
Poverty status: ⁴			
Below poverty level	43.8 (1.17)	54.6 (2.69)	41.6 (1.26)
≥1 and <2 times poverty level	43.9 (1.03)	57.1 (2.44)	41.2 (1.09)
≥2 and <4 times poverty level	42.7 (0.85)	53.9 (2.21)	40.8 (0.91)
4 times poverty level or more	43.8 (1.04)	53.6 (2.29)	41.7 (1.21)
Marital status:			
Never married	42.0 (1.36)	49.4 (3.46)	40.2 (1.46)
Married	42.2 (0.68)	53.9 (1.73)	39.9 (0.75)
Cohabiting	36.8 (1.65)	41.2 (3.83)	36.0 (1.81)
Divorced or separated	42.9 (0.97)	58.2 (2.28)	40.0 (1.02)
Widowed	44.8 (3.98)	60.0 (7.99)	42.3 (4.30)
Geographic region:			
Northeast	43.8 (1.14)	54.9 (2.30)	41.5 (1.26)
Midwest	44.0 (0.86)	57.2 (2.41)	41.7 (0.91)
South	40.6 (0.70)	51.6 (1.72)	38.5 (0.77)
West	42.6 (1.07)	50.4 (2.21)	40.5 (1.20)
Place of residence: ⁵			
MSA, central city	44.3 (0.89)	50.4 (1.85)	42.9 (0.97)
MSA, not central city	42.2 (0.61)	55.0 (1.50)	39.6 (0.66)
Not MSA	40.6 (0.94)	53.5 (2.12)	38.6 (1.05)
Men			
Ages 18 years and over (age-adjusted) ¹	41.3 (0.66)	51.3 (1.51)	39.5 (0.71)
Ages 18 years and over (crude) ¹	42.2 (0.65)	50.5 (1.37)	40.2 (0.70)
Age: ²			
18–24 years	49.7 (1.71)	46.7 (3.21)	50.6 (1.99)
25–44 years	43.8 (0.90)	49.2 (1.84)	42.4 (1.01)
45–64 years	37.4 (1.06)	56.3 (2.67)	34.2 (1.09)
65–74 years	38.0 (2.40)	53.7 (6.19)	35.3 (2.60)
75 years and over	30.0 (3.74)	42.4 (10.64)	28.3 (3.94)

See footnotes at end of table.

Table 4.5. Age-adjusted percentages (with standard errors) of current cigarette smokers 18 years of age and over who tried to quit smoking in the past year, by current smoking status and selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	All current smokers	Nondaily smokers	Daily smoker
Men—Continued		Percent distribution (standard error)	
Race:			
White, single race	40.5 (0.72)	50.9 (1.72)	38.7 (0.77)
Black or African American, single race	45.1 (1.94)	54.3 (3.61)	42.9 (2.18)
American Indian or Alaska Native, single race	43.0 (5.64)	39.8 (9.53)	45.6 (5.98)
Asian, single race	38.2 (3.56)	45.2 (9.95)	39.1 (3.82)
Native Hawaiian or other Pacific Islander, single race	58.9 (8.33)	90.8 (10.99)	54.6 (12.33)
2 or more races	44.1 (5.17)	52.8 (10.51)	42.2 (5.82)
Black or African American, white	40.4 (5.86)	†	42.7 (7.22)
American Indian or Alaska Native, white	46.8 (6.76)	63.4 (16.46)	45.4 (7.20)
Hispanic or Latino origin and race:			
Hispanic or Latino	42.1 (1.69)	44.8 (3.40)	40.9 (1.95)
Mexican or Mexican-American	39.9 (2.27)	43.2 (3.85)	38.7 (2.66)
Not Hispanic or Latino	41.3 (0.71)	52.5 (1.72)	39.4 (0.75)
White, single race	40.7 (0.76)	52.6 (1.91)	38.8 (0.81)
Black or African American, single race	44.8 (1.98)	53.8 (3.59)	42.6 (2.21)
Education:			
Less than high school graduate	39.2 (1.22)	48.5 (2.81)	37.7 (1.32)
GED diploma ³	37.6 (2.52)	59.8 (7.36)	35.4 (2.71)
High school graduate	40.5 (1.15)	54.3 (2.96)	38.2 (1.26)
Some college—no degree	45.4 (1.53)	53.9 (3.54)	44.1 (1.66)
Associate of arts degree	45.7 (2.19)	55.9 (4.63)	43.2 (2.58)
Bachelor of arts, science degree	42.6 (2.04)	46.7 (5.37)	42.7 (2.29)
Masters, doctorate, medical degree	40.3 (3.01)	43.4 (5.02)	39.4 (3.57)
Poverty status: ⁴			
Below poverty level	40.3 (1.77)	49.3 (4.56)	38.6 (1.98)
≥1 and <2 times poverty level	43.6 (1.45)	56.7 (3.39)	40.8 (1.53)
≥2 and <4 times poverty level	41.7 (1.23)	51.7 (3.09)	40.6 (1.34)
4 times poverty level or more	43.6 (1.41)	50.4 (3.31)	42.2 (1.56)
Marital status:			
Never married	40.2 (1.68)	49.4 (4.56)	38.1 (1.81)
Married	41.6 (0.89)	52.3 (2.16)	39.5 (0.99)
Cohabiting	34.4 (1.91)	39.3 (6.56)	33.7 (2.00)
Divorced or separated	41.5 (1.43)	57.3 (3.29)	38.6 (1.49)
Widowed	37.4 (7.23)	*41.5 (15.18)	36.7 (7.87)
Geographic region:			
Northeast	42.9 (1.83)	58.6 (3.61)	39.7 (1.85)
Midwest	42.5 (1.25)	52.3 (3.72)	41.2 (1.30)
South	40.3 (1.02)	50.5 (2.23)	38.3 (1.11)
West	40.8 (1.49)	46.0 (3.04)	39.6 (1.74)
Place of residence: ⁵			
MSA, central city	44.3 (1.24)	51.2 (2.50)	43.1 (1.38)
MSA, not central city	40.4 (0.92)	52.7 (2.22)	38.1 (0.95)
Not MSA	40.1 (1.34)	48.6 (2.92)	38.8 (1.48)
Women			
Ages 18 years and over (age-adjusted) ¹	43.6 (0.62)	55.9 (1.55)	41.0 (0.67)
Ages 18 years and over (crude) ¹	44.4 (0.60)	56.4 (1.48)	41.8 (0.66)
Age: ²			
18–24 years	52.8 (1.65)	57.6 (3.42)	51.4 (1.86)
25–44 years	45.2 (0.88)	56.1 (2.06)	42.6 (0.96)
45–64 years	41.7 (1.02)	57.3 (2.60)	38.8 (1.13)
65–74 years	38.2 (2.27)	56.2 (5.69)	34.7 (2.40)
75 years and over	31.8 (2.76)	41.6 (7.47)	29.8 (3.00)

See footnotes at end of table.

Table 4.5. Age-adjusted percentages (with standard errors) of current cigarette smokers 18 years of age and over who tried to quit smoking in the past year, by current smoking status and selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	All current smokers	Nondaily smokers	Daily smoker
Women—Continued			
Percent distribution (standard error)			
Race:			
White, single race	43.3 (0.68)	56.7 (1.79)	40.5 (0.75)
Black or African American, single race	47.4 (1.60)	57.0 (3.45)	44.6 (1.72)
American Indian or Alaska Native, single race	30.6 (5.97)	*31.3 (12.02)	28.9 (5.21)
Asian, single race	47.1 (4.80)	44.7 (12.28)	48.9 (5.38)
Native Hawaiian or other Pacific Islander, single race	†	–	†
2 or more races	47.4 (4.28)	50.4 (9.10)	46.2 (5.00)
Black or African American, white	55.9 (8.08)	46.9 (0.00)	42.1 (7.93)
American Indian or Alaska Native, white	44.8 (6.08)	*42.3 (14.63)	46.4 (6.54)
Hispanic or Latino origin and race:			
Hispanic or Latino	41.0 (2.19)	43.6 (4.13)	40.1 (2.62)
Mexican or Mexican-American	42.8 (3.14)	46.4 (4.74)	40.6 (4.10)
Not Hispanic or Latino	43.8 (0.65)	57.2 (1.65)	41.0 (0.70)
White, single race	43.4 (0.71)	58.0 (1.90)	40.6 (0.78)
Black or African American, single race	47.6 (1.62)	57.0 (3.46)	44.8 (1.75)
Education:			
Less than high school graduate	42.5 (1.29)	53.6 (3.42)	40.7 (1.35)
GED diploma ³	47.4 (3.05)	66.6 (6.78)	44.5 (3.40)
High school graduate	41.0 (1.05)	57.8 (2.66)	37.9 (1.14)
Some college—no degree	45.8 (1.35)	58.8 (3.50)	43.1 (1.53)
Associate of arts degree	47.2 (2.21)	59.1 (4.39)	44.2 (2.43)
Bachelor of arts, science degree	45.6 (2.06)	47.2 (3.25)	45.0 (2.57)
Masters, doctorate, medical degree	42.2 (4.01)	51.0 (6.46)	37.7 (4.37)
Poverty status:⁴			
Below poverty level	46.6 (1.44)	58.8 (3.47)	44.1 (1.54)
≥1 and <2 times poverty level	43.9 (1.32)	57.1 (3.42)	41.5 (1.41)
≥2 and <4 times poverty level	43.9 (1.29)	58.2 (3.23)	40.9 (1.31)
4 times poverty level or more	44.0 (1.50)	57.5 (3.08)	41.0 (1.70)
Marital status:			
Never married	45.0 (2.22)	49.0 (4.81)	43.4 (2.41)
Married	43.0 (1.03)	56.1 (2.67)	40.4 (1.09)
Cohabiting	39.6 (2.90)	44.6 (4.60)	39.0 (3.30)
Divorced or separated	44.2 (1.29)	58.9 (3.12)	41.2 (1.34)
Widowed	47.7 (4.45)	65.7 (8.62)	44.6 (4.94)
Geographic region:			
Northeast	44.7 (1.49)	51.6 (3.41)	43.3 (1.52)
Midwest	45.7 (1.28)	62.1 (3.04)	42.2 (1.36)
South	41.2 (0.95)	53.7 (2.61)	38.8 (1.03)
West	44.8 (1.45)	55.4 (3.35)	41.6 (1.60)
Place of residence:⁵			
MSA, central city	44.6 (1.13)	51.3 (2.58)	42.9 (1.20)
MSA, not central city	44.1 (0.96)	57.3 (2.09)	41.1 (1.07)
Not MSA	41.4 (1.17)	59.9 (3.84)	38.5 (1.21)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

– Quantity zero.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

²Estimates for age groups are not age adjusted.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁵MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Table XI. Denominator for each percentage excludes current smokers for whom information on attempting to quit smoking is unknown. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Chapter 5 Leisure-time Physical Activity

All Adults

- Overall, 62.0% of adults engaged in at least some leisure-time physical activity. The remaining 38.0% were physically inactive during their leisure time—never engaging in any light, moderate, or vigorous leisure-time physical activity (Table 5.1).
- Overall, about one in eight adults (11.8%) engaged in vigorous leisure-time physical activity at least five times per week (Table 5.3).
- About one-fourth of adults engaged in at least some leisure-time strengthening activity (Table 5.5).

Sex

- Men (64.0%) were more likely than women (60.2%) to engage in at least some leisure-time physical activity (Table 5.1).
- About 3 in 10 men (28.1%) compared with about 2 in 10 women (21.4%) engaged in leisure-time strengthening activities (Table 5.5).

Age

- The percentage of adults who engaged in at least some leisure-time physical activity decreased with age, from 68.6% among adults 18–24 years to 40.2% among adults 75 years and over (Table 5.1 and Figure 5.1).
- The percentage of adults who engaged in any regular leisure-time physical activity declined steadily with age, from 39.3% of adults 18–24 years to 16.8% of adults aged 75 years and over (Table 5.4 and Figure 5.1).
- Participation in leisure-time strengthening physical activities declined with age for both men and women (Table 5.5 and Figure 5.2).

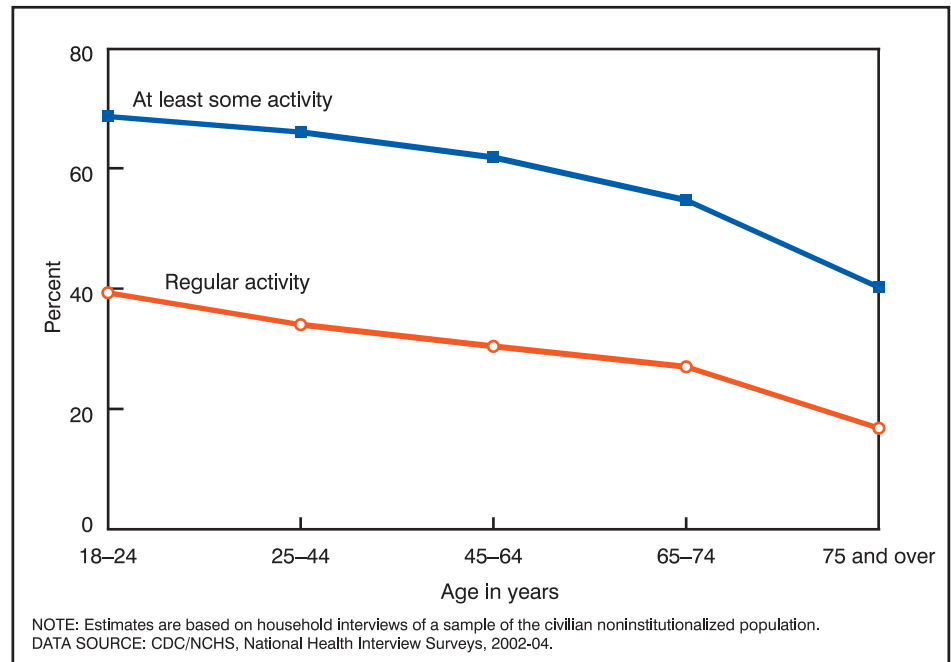


Figure 5.1. Percentage of adults who engaged in leisure-time physical activity, by age: United States, 2002–04

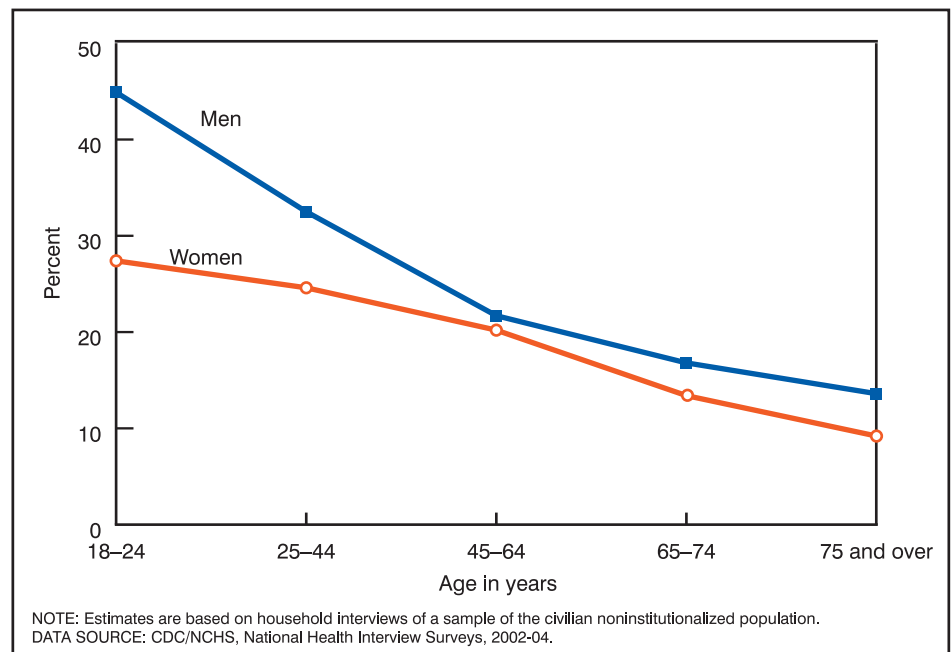


Figure 5.2. Percentage of adults who engaged in at least some leisure-time strengthening activity, by sex and age: United States, 2002–04

Race

- White adults (63.7%) and Asian adults (62.1%) were more likely than black adults (51.3%) to engage in at least some leisure-time physical activity (Table 5.1).

- Engaging in any regular leisure-time physical activity was more prevalent among white adults than among Asian adults and black adults (Table 5.4).

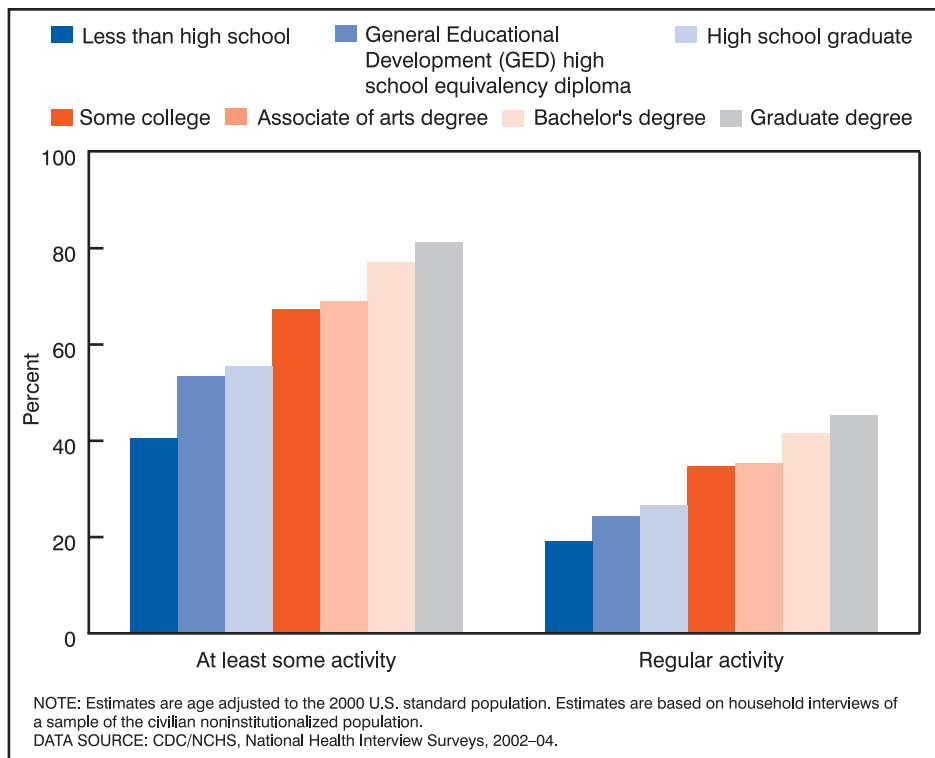


Figure 5.3. Percentage of adults who engaged in leisure-time physical activity, by education: United States, 2002–04

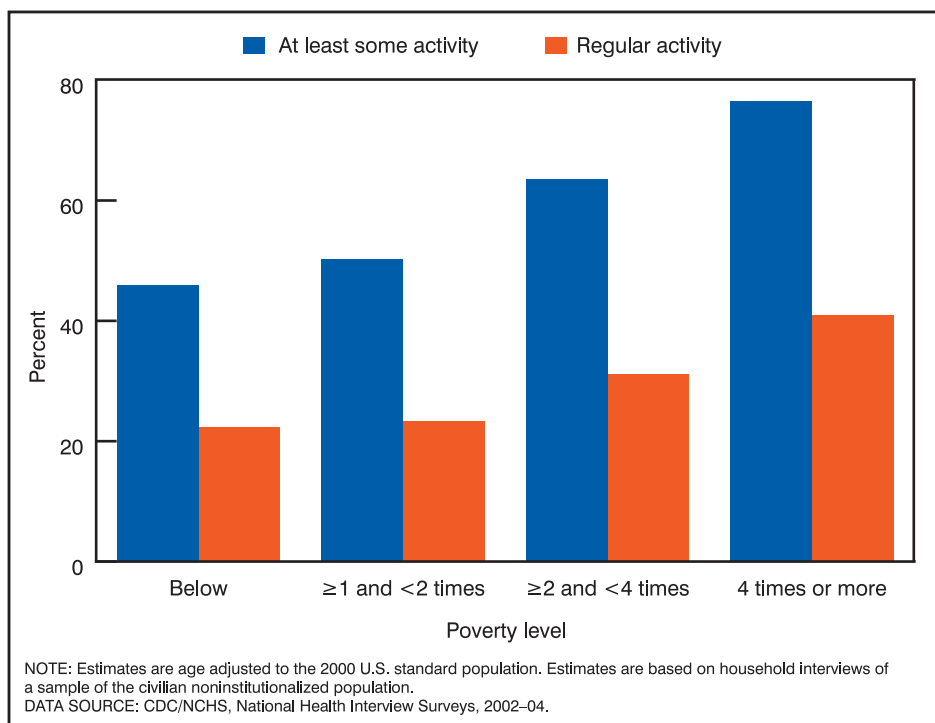


Figure 5.4. Percentage of adults who engaged in leisure-time physical activity, by poverty status: United States, 2002–04

Hispanic or Latino Origin and Race

- Non-Hispanic white adults (66.1%) were more likely than non-Hispanic black adults (51.3%) and Hispanic adults (47.6%) to engage in at least some leisure-time physical activity (Table 5.1).
- Engaging in any regular leisure-time physical activity was more prevalent among non-Hispanic white adults (34.5%) than among non-Hispanic black adults (24.6%) and Hispanic adults (23.3%) (Table 5.4).

Education

- The percentage of adults who engaged in at least some leisure-time physical activity increased with education. Adults with a graduate degree were about twice as likely as adults with less than a high school diploma to engage in at least some leisure-time physical activity and were more likely to be regularly active (Table 5.1 and Figure 5.3).
- Men and women with higher levels of education were more likely than those with fewer years of education to engage in regular leisure-time physical activity, particularly vigorous activities (Table 5.4).
- Adults with an advanced academic degree (39.2%) were more than three times as likely as adults with less than a high school diploma (11.8%) to engage in leisure-time strengthening activities (Table 5.5).

Poverty Status

- Among U.S. adults, the likelihood of engaging in at least some leisure-time physical activity increased with family income (Table 5.1 and Figure 5.4).
- Adults with family incomes four times the poverty level or more were more likely than adults with family incomes below the poverty level to engage in light-moderate leisure-time physical activity at least five times per week (Table 5.2).

- Adults who had family incomes four times the poverty level or more (40.9%) were nearly twice as likely as adults with family incomes below the poverty level (22.3%) to engage in any regular leisure-time physical activity ([Table 5.4](#) and [Figure 5.4](#)).

Marital Status

- Married women (62.4%) were more likely than women in most of the other marital status groups to engage in at least some leisure-time physical activity ([Table 5.1](#)).
- Widowed adults (24.5%) were less likely than never married adults (33.1%), married adults (31.3%), and divorced or separated adults (29.4%) to engage in regular leisure-time physical activity ([Table 5.4](#)).
- Adults who had never been married were more likely than adults in any other marital status group to engage in leisure-time strengthening activities ([Table 5.5](#)).

Geographic Region

- Adults living in the South (28.4%) were least likely to engage in any regular leisure-time physical activity compared with adults living in any other region ([Table 5.4](#)).
- Adults living in the South (20.6%) were less likely to engage in strengthening activities than adults in the Midwest (28.0%), Northeast (26.5%), and West (26.1%) ([Table 5.5](#)).

Table 5.1. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who were physically inactive during their leisure time, and age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in at least some leisure-time physical activity for at least 10 minutes per episode, by selected characteristics: United States, average annual, 2002–04

Selected characteristic sexes	Physically inactive ¹			At least some physical activity ²		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent (standard error)					
Ages 18 years and over (age-adjusted) ³	38.0 (0.40)	36.0 (0.45)	39.8 (0.43)	62.0 (0.40)	64.0 (0.45)	60.2 (0.43)
Ages 18 years and over (crude) ³	37.9 (0.40)	35.7 (0.45)	40.0 (0.43)	62.1 (0.40)	64.3 (0.45)	60.0 (0.43)
Age⁴						
18–24 years	31.4 (0.73)	28.4 (0.94)	34.5 (0.89)	68.6 (0.73)	71.6 (0.94)	65.5 (0.89)
25–44 years	34.0 (0.48)	32.4 (0.57)	35.6 (0.58)	66.0 (0.48)	67.6 (0.57)	64.4 (0.58)
45–64 years	38.2 (0.47)	37.8 (0.59)	38.5 (0.54)	61.8 (0.47)	62.2 (0.59)	61.5 (0.54)
65–74 years	45.3 (0.76)	42.7 (1.07)	47.5 (0.88)	54.7 (0.76)	57.3 (1.07)	52.5 (0.88)
75 years and over	59.8 (0.71)	53.0 (1.13)	64.1 (0.81)	40.2 (0.71)	47.0 (1.13)	35.9 (0.81)
Race						
White, single race	36.3 (0.43)	34.9 (0.48)	37.5 (0.48)	63.7 (0.43)	65.1 (0.48)	62.5 (0.48)
Black or African American, single race	48.7 (0.76)	44.2 (1.13)	52.3 (0.78)	51.3 (0.76)	55.8 (1.13)	47.7 (0.78)
American Indian or Alaska Native, single race	46.8 (3.34)	47.2 (4.41)	45.5 (4.03)	53.2 (3.34)	52.8 (4.41)	54.5 (4.03)
Asian, single race	37.9 (1.10)	34.6 (1.71)	41.1 (1.55)	62.1 (1.10)	65.4 (1.71)	58.9 (1.55)
Native Hawaiian or other Pacific Islander, single race	35.5 (4.68)	33.5 (5.44)	41.2 (7.92)	64.5 (4.68)	66.5 (5.44)	58.8 (7.92)
2 or more races	28.9 (1.62)	26.7 (2.33)	30.6 (1.99)	71.1 (1.62)	73.3 (2.33)	69.4 (1.99)
Black or African American, white	36.9 (5.31)	29.9 (7.95)	41.4 (7.31)	63.1 (5.31)	70.1 (7.95)	58.6 (7.31)
American Indian or Alaska Native, white	31.0 (2.75)	30.3 (3.78)	31.4 (3.47)	69.0 (2.75)	69.7 (3.78)	68.6 (3.47)
Hispanic or Latino origin and race						
Hispanic or Latino	52.4 (0.63)	50.5 (0.80)	54.4 (0.81)	47.6 (0.63)	49.5 (0.80)	45.6 (0.81)
Mexican or Mexican-American	52.8 (0.79)	51.8 (1.04)	54.0 (1.03)	47.2 (0.79)	48.2 (1.04)	46.0 (1.03)
Not Hispanic or Latino	36.0 (0.42)	33.9 (0.48)	37.7 (0.46)	64.0 (0.42)	66.1 (0.48)	62.3 (0.46)
White, single race	33.9 (0.46)	32.5 (0.51)	35.0 (0.51)	66.1 (0.46)	67.5 (0.51)	65.0 (0.51)
Black or African American, single race	48.7 (0.77)	44.2 (1.14)	52.4 (0.79)	51.3 (0.77)	55.8 (1.14)	47.6 (0.79)
Education						
Less than high school graduate	59.4 (0.57)	57.7 (0.75)	61.4 (0.73)	40.6 (0.57)	42.3 (0.75)	38.6 (0.73)
GED diploma ⁵	46.5 (1.20)	45.3 (1.76)	47.8 (1.70)	53.5 (1.20)	54.7 (1.76)	52.2 (1.70)
High school graduate	44.4 (0.57)	42.7 (0.71)	46.1 (0.67)	55.6 (0.57)	57.3 (0.71)	53.9 (0.67)
Some college—no degree	32.6 (0.53)	30.0 (0.71)	34.9 (0.61)	67.4 (0.53)	70.0 (0.71)	65.1 (0.61)
Associate of arts degree	30.9 (0.73)	29.0 (1.10)	32.2 (0.87)	69.1 (0.73)	71.0 (1.10)	67.8 (0.87)
Bachelor of arts, science degree	22.8 (0.46)	21.0 (0.60)	24.5 (0.62)	77.2 (0.46)	79.0 (0.60)	75.5 (0.62)
Masters, doctorate, medical degree	18.8 (0.58)	16.9 (0.71)	21.3 (0.88)	81.2 (0.58)	83.1 (0.71)	78.7 (0.88)
Poverty status⁶						
Below poverty level	54.0 (0.87)	51.6 (1.19)	55.7 (1.01)	46.0 (0.87)	48.4 (1.19)	44.3 (1.01)
≥1 and <2 times poverty level	49.8 (0.67)	49.7 (0.91)	50.0 (0.75)	50.2 (0.67)	50.3 (0.91)	50.0 (0.75)
≥2 and <4 times poverty level	36.4 (0.53)	36.0 (0.70)	36.7 (0.61)	63.6 (0.53)	64.0 (0.70)	63.3 (0.61)
4 times poverty level or more	23.5 (0.43)	22.1 (0.55)	25.2 (0.55)	76.5 (0.43)	77.9 (0.55)	74.8 (0.55)
Marital status						
Never married	39.0 (0.62)	36.9 (0.85)	41.4 (0.80)	61.0 (0.62)	63.1 (0.85)	58.6 (0.80)
Married	36.8 (0.46)	35.9 (0.50)	37.6 (0.54)	63.2 (0.46)	64.1 (0.50)	62.4 (0.54)
Cohabiting	40.4 (1.05)	40.7 (1.46)	40.1 (1.44)	59.6 (1.05)	59.3 (1.46)	59.9 (1.44)
Divorced or separated	41.5 (0.61)	38.5 (0.87)	43.6 (0.73)	58.5 (0.61)	61.5 (0.87)	56.4 (0.73)
Widowed	49.1 (1.97)	43.2 (4.54)	50.9 (2.08)	50.9 (1.97)	56.8 (4.54)	49.1 (2.08)
Geographic region						
Northeast	34.8 (0.64)	32.0 (0.76)	37.1 (0.81)	65.2 (0.64)	68.0 (0.76)	62.9 (0.81)
Midwest	34.5 (0.74)	33.5 (0.87)	35.3 (0.82)	65.5 (0.74)	66.5 (0.87)	64.7 (0.82)
South	43.6 (0.78)	41.3 (0.86)	45.6 (0.84)	56.4 (0.78)	58.7 (0.86)	54.4 (0.84)
West	35.1 (0.75)	32.9 (0.88)	37.1 (0.80)	64.9 (0.75)	67.1 (0.88)	62.9 (0.80)

See footnotes at end of table.

Table 5.1. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who were physically inactive during their leisure time, and age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in at least some leisure-time physical activity for at least 10 minutes per episode, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic sexes	Physically inactive ¹			At least some physical activity ²		
	Both sexes	Men	Women	Both sexes	Men	Women
Place of residence ⁷	Percent (standard error)					
MSA, central city	40.5 (0.66)	37.3 (0.78)	43.4 (0.73)	59.5 (0.66)	62.7 (0.78)	56.6 (0.73)
MSA, not central city	34.8 (0.45)	33.2 (0.51)	36.2 (0.54)	65.2 (0.45)	66.8 (0.51)	63.8 (0.54)
Not MSA	42.8 (1.11)	41.7 (1.20)	43.7 (1.20)	57.2 (1.11)	58.3 (1.20)	56.3 (1.20)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Engaged in no light-moderate or vigorous leisure-time physical activity lasting 10 minutes or longer per episode. Persons classified as physically inactive may include individuals who engaged in strengthening activities but no other type of physical activity.

²Includes vigorous leisure-time physical activities, lasting 10 minutes or longer per episode, that cause heavy sweating or large increases in breathing or heart rate and/or light-moderate leisure-time physical activities, lasting 10 minutes or longer per episode, that cause only light sweating or a slight to moderate increase in breathing or heart rate.

³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁴Estimates for age groups are not age adjusted.

⁵GED is General Educational Development high school equivalency diploma.

⁶Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁷MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Table XII. Denominator for each percentage excludes persons with unknown leisure-time physical activity status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 5.2. Age-adjusted percent distributions (with standard errors) of times per week engaged in light-moderate leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ⁴	100.0	47.0 (0.40)	1.7 (0.05)	14.6 (0.17)	12.9 (0.16)	23.8 (0.26)
Ages 18 years and over (crude) ⁴	100.0	46.9 (0.40)	1.7 (0.05)	14.7 (0.17)	12.9 (0.16)	23.8 (0.26)
Age: ⁵						
18–24 years	100.0	45.4 (0.78)	1.4 (0.14)	15.1 (0.44)	12.6 (0.43)	25.5 (0.64)
25–44 years	100.0	44.2 (0.49)	2.0 (0.08)	16.6 (0.26)	13.7 (0.24)	23.5 (0.32)
45–64 years	100.0	46.0 (0.48)	1.8 (0.10)	15.1 (0.28)	13.5 (0.25)	23.6 (0.35)
65–74 years	100.0	50.8 (0.76)	1.2 (0.13)	10.9 (0.40)	11.9 (0.40)	25.3 (0.62)
75 years and over	100.0	63.1 (0.71)	0.9 (0.13)	7.1 (0.32)	8.1 (0.37)	20.8 (0.56)
Race:						
White, single race	100.0	45.1 (0.45)	1.7 (0.06)	15.0 (0.20)	13.4 (0.18)	24.8 (0.29)
Black or African American, single race	100.0	58.2 (0.75)	1.7 (0.15)	12.4 (0.40)	10.5 (0.35)	17.2 (0.46)
American Indian or Alaska Native, single race	100.0	54.8 (3.65)	*1.0 (0.42)	12.1 (1.81)	9.8 (1.32)	22.3 (2.76)
Asian, single race	100.0	48.1 (1.14)	1.9 (0.29)	15.7 (0.85)	10.9 (0.67)	23.5 (0.93)
Native Hawaiian or other Pacific Islander, single race	100.0	46.4 (5.72)	†	17.4 (4.91)	*12.4 (4.47)	20.6 (5.36)
2 or more races	100.0	38.3 (1.71)	2.3 (0.48)	15.7 (1.29)	15.0 (1.20)	28.7 (1.72)
Black or African American, white	100.0	51.5 (4.88)	†	*10.3 (3.19)	13.4 (3.81)	23.4 (4.18)
American Indian or Alaska Native, white	100.0	37.7 (2.99)	*1.6 (0.72)	17.2 (2.21)	11.6 (1.70)	31.8 (3.06)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	62.1 (0.60)	1.4 (0.13)	10.1 (0.31)	9.4 (0.33)	16.9 (0.39)
Mexican or Mexican-American	100.0	62.1 (0.75)	1.6 (0.17)	10.4 (0.38)	8.8 (0.38)	17.1 (0.48)
Not Hispanic or Latino	100.0	44.9 (0.43)	1.7 (0.06)	15.3 (0.19)	13.4 (0.17)	24.8 (0.28)
White, single race	100.0	42.5 (0.47)	1.7 (0.07)	15.7 (0.22)	14.0 (0.19)	26.0 (0.31)
Black or African American, single race	100.0	58.3 (0.74)	1.8 (0.15)	12.3 (0.41)	10.4 (0.34)	17.2 (0.46)
Education:						
Less than high school graduate	100.0	66.4 (0.55)	1.3 (0.12)	8.8 (0.30)	6.9 (0.27)	16.6 (0.41)
GED diploma ⁶	100.0	54.5 (1.21)	2.4 (0.36)	12.6 (0.85)	8.3 (0.66)	22.2 (0.99)
High school graduate	100.0	52.6 (0.55)	1.6 (0.11)	13.4 (0.29)	10.6 (0.27)	21.7 (0.42)
Some college—no degree	100.0	42.6 (0.58)	1.8 (0.12)	15.1 (0.34)	14.1 (0.33)	26.4 (0.50)
Associate of arts degree	100.0	39.6 (0.78)	1.9 (0.16)	16.8 (0.46)	15.0 (0.47)	26.7 (0.58)
Bachelor of arts, science degree	100.0	33.5 (0.56)	1.6 (0.12)	18.7 (0.35)	18.2 (0.40)	28.0 (0.49)
Masters, doctorate, medical degree	100.0	30.0 (0.75)	2.0 (0.21)	19.9 (0.58)	18.5 (0.56)	29.7 (0.68)
Poverty status: ⁷						
Below poverty level	100.0	61.0 (0.83)	1.2 (0.13)	9.9 (0.38)	8.1 (0.32)	19.8 (0.59)
≥1 and <2 times poverty level	100.0	57.4 (0.66)	1.5 (0.13)	11.5 (0.35)	9.4 (0.31)	20.2 (0.47)
≥2 and <4 times poverty level	100.0	45.0 (0.55)	1.9 (0.11)	15.4 (0.31)	12.9 (0.29)	24.9 (0.42)
4 times poverty level or more	100.0	33.5 (0.49)	2.0 (0.11)	18.8 (0.31)	16.9 (0.31)	28.7 (0.40)
Marital status:						
Never married	100.0	49.4 (0.65)	1.6 (0.13)	13.3 (0.33)	11.7 (0.30)	24.0 (0.49)
Married	100.0	45.2 (0.47)	1.8 (0.07)	15.5 (0.24)	13.7 (0.21)	23.9 (0.31)
Cohabiting	100.0	49.1 (1.10)	1.7 (0.23)	13.7 (0.71)	10.8 (0.65)	24.6 (0.96)
Divorced or separated	100.0	50.0 (0.62)	1.8 (0.14)	13.6 (0.36)	11.8 (0.30)	22.8 (0.49)
Widowed	100.0	53.9 (2.03)	*0.8 (0.30)	12.3 (1.43)	11.1 (1.26)	21.9 (1.97)
Geographic region:						
Northeast	100.0	44.3 (0.69)	1.8 (0.15)	14.8 (0.35)	12.3 (0.32)	26.7 (0.52)
Midwest	100.0	43.1 (0.79)	1.9 (0.12)	16.4 (0.39)	13.4 (0.33)	25.2 (0.52)
South	100.0	52.1 (0.78)	1.5 (0.08)	13.3 (0.30)	12.3 (0.28)	20.7 (0.48)
West	100.0	44.9 (0.77)	1.6 (0.11)	14.7 (0.36)	13.8 (0.34)	24.9 (0.47)
Place of residence: ⁸						
MSA, central city	100.0	50.8 (0.70)	1.5 (0.08)	13.7 (0.30)	11.8 (0.28)	22.2 (0.42)
MSA, not central city	100.0	43.9 (0.47)	1.8 (0.08)	15.8 (0.24)	14.0 (0.21)	24.5 (0.33)
Not MSA	100.0	49.9 (1.12)	1.5 (0.12)	13.1 (0.40)	11.5 (0.40)	24.0 (0.70)
Men						
Ages 18 years and over (age-adjusted) ⁴	100.0	46.8 (0.46)	1.9 (0.08)	15.0 (0.26)	12.0 (0.21)	24.3 (0.31)
Ages 18 years and over (crude) ⁴	100.0	46.7 (0.46)	1.9 (0.09)	15.2 (0.26)	12.1 (0.21)	24.3 (0.31)
Age: ⁵						
18–24 years	100.0	46.2 (1.04)	1.4 (0.21)	13.5 (0.61)	11.8 (0.59)	27.1 (0.88)
25–44 years	100.0	44.7 (0.59)	2.2 (0.13)	17.1 (0.39)	12.6 (0.32)	23.4 (0.42)
45–64 years	100.0	46.7 (0.62)	2.0 (0.15)	15.8 (0.40)	12.3 (0.36)	23.2 (0.46)
65–74 years	100.0	48.8 (1.08)	1.4 (0.20)	11.3 (0.64)	11.5 (0.60)	27.0 (0.87)
75 years and over	100.0	57.3 (1.17)	1.3 (0.25)	7.9 (0.54)	8.7 (0.60)	24.8 (0.95)

See footnotes at end of table.

Table 5.2. Age-adjusted percent distributions (with standard errors) of times per week engaged in light-moderate leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Men—Continued		Percent distribution (standard error)				
Race:						
White, single race	100.0	45.3 (0.51)	1.9 (0.09)	15.3 (0.28)	12.4 (0.23)	25.1 (0.34)
Black or African American, single race	100.0	56.6 (1.17)	1.8 (0.22)	12.7 (0.66)	9.9 (0.49)	19.0 (0.78)
American Indian or Alaska Native, single race	100.0	58.4 (4.86)	*1.7 (0.79)	8.0 (1.98)	10.3 (2.04)	21.5 (3.90)
Asian, single race	100.0	47.4 (1.72)	2.0 (0.48)	17.8 (1.36)	8.9 (0.90)	23.9 (1.57)
Native Hawaiian or other Pacific Islander, single race	100.0	45.4 (6.44)	†	*15.7 (6.24)	*16.6 (6.88)	*17.9 (6.38)
2 or more races	100.0	36.8 (2.43)	*2.2 (0.81)	12.5 (1.70)	14.1 (1.60)	34.4 (2.60)
Black or African American, white	100.0	48.2 (8.49)	–	*10.4 (4.66)	*11.7 (5.24)	29.7 (7.65)
American Indian or Alaska Native, white	100.0	38.4 (4.20)	†	14.3 (2.74)	9.0 (2.16)	37.0 (4.52)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	62.7 (0.80)	1.6 (0.19)	10.4 (0.46)	8.7 (0.44)	16.7 (0.59)
Mexican or Mexican-American	100.0	63.4 (1.10)	1.7 (0.23)	10.4 (0.58)	7.9 (0.51)	16.6 (0.77)
Not Hispanic or Latino	100.0	44.5 (0.50)	1.9 (0.09)	15.6 (0.28)	12.4 (0.23)	25.5 (0.34)
White, single race	100.0	42.6 (0.54)	1.9 (0.10)	16.1 (0.31)	13.0 (0.25)	26.4 (0.37)
Black or African American, single race	100.0	56.7 (1.15)	1.9 (0.22)	12.5 (0.67)	9.8 (0.46)	19.2 (0.79)
Education:						
Less than high school graduate	100.0	66.4 (0.73)	1.5 (0.18)	8.6 (0.43)	6.5 (0.36)	17.0 (0.59)
GED diploma ⁶	100.0	54.8 (1.74)	3.2 (0.61)	13.8 (1.30)	6.7 (0.81)	21.6 (1.42)
High school graduate	100.0	52.6 (0.69)	1.7 (0.16)	14.0 (0.44)	9.8 (0.37)	21.9 (0.53)
Some college—no degree	100.0	42.1 (0.73)	2.1 (0.19)	14.9 (0.48)	13.1 (0.49)	27.8 (0.72)
Associate of arts degree	100.0	39.4 (1.15)	2.2 (0.27)	17.1 (0.81)	13.6 (0.70)	27.6 (0.87)
Bachelor of arts, science degree	100.0	33.5 (0.76)	1.9 (0.18)	19.6 (0.57)	17.1 (0.51)	28.0 (0.68)
Masters, doctorate, medical degree	100.0	29.4 (0.97)	1.9 (0.29)	20.7 (0.84)	17.7 (0.79)	30.3 (0.94)
Poverty status: ⁷						
Below poverty level	100.0	60.8 (1.20)	1.3 (0.23)	9.5 (0.55)	8.0 (0.57)	20.5 (0.85)
≥1 and <2 times poverty level	100.0	58.7 (0.91)	1.7 (0.21)	11.1 (0.52)	8.7 (0.46)	19.8 (0.65)
≥2 and <4 times poverty level	100.0	46.5 (0.72)	1.9 (0.16)	15.0 (0.43)	11.5 (0.37)	25.0 (0.58)
4 times poverty level or more	100.0	33.5 (0.63)	2.3 (0.17)	19.3 (0.44)	15.7 (0.43)	29.2 (0.54)
Marital status:						
Never married	100.0	49.4 (0.87)	1.7 (0.19)	12.4 (0.45)	10.9 (0.43)	25.5 (0.70)
Married	100.0	45.7 (0.54)	1.9 (0.11)	16.5 (0.34)	12.5 (0.28)	23.5 (0.37)
Cohabiting	100.0	51.1 (1.52)	2.1 (0.38)	13.5 (0.93)	10.4 (0.89)	22.9 (1.27)
Divorced or separated	100.0	49.5 (0.90)	1.9 (0.24)	13.6 (0.57)	10.8 (0.51)	24.2 (0.74)
Widowed	100.0	47.4 (4.59)	*0.6 (0.20)	8.3 (2.19)	11.3 (3.14)	32.4 (5.26)
Geographic region:						
Northeast	100.0	43.6 (0.82)	2.0 (0.24)	15.4 (0.56)	11.2 (0.39)	27.9 (0.67)
Midwest	100.0	43.2 (0.95)	2.3 (0.19)	16.7 (0.61)	12.5 (0.42)	25.4 (0.61)
South	100.0	51.8 (0.84)	1.6 (0.11)	13.7 (0.43)	11.7 (0.38)	21.3 (0.56)
West	100.0	45.1 (0.96)	1.8 (0.18)	15.0 (0.49)	12.7 (0.45)	25.5 (0.61)
Place of residence: ⁸						
MSA, central city	100.0	49.9 (0.82)	1.7 (0.14)	14.1 (0.44)	11.1 (0.39)	23.1 (0.53)
MSA, not central city	100.0	44.0 (0.54)	2.0 (0.12)	16.1 (0.38)	12.9 (0.27)	25.1 (0.41)
Not MSA	100.0	50.1 (1.20)	1.8 (0.18)	13.3 (0.52)	10.9 (0.52)	24.0 (0.80)
Women						
Ages 18 years and over (age-adjusted) ⁴	100.0	47.1 (0.44)	1.5 (0.06)	14.3 (0.20)	13.8 (0.19)	23.3 (0.32)
Ages 18 years and over (crude) ⁴	100.0	47.2 (0.44)	1.5 (0.06)	14.3 (0.19)	13.7 (0.19)	23.3 (0.31)
Age: ⁵						
18–24 years	100.0	44.6 (0.94)	1.4 (0.18)	16.7 (0.60)	13.3 (0.60)	23.9 (0.81)
25–44 years	100.0	43.8 (0.57)	1.8 (0.11)	16.0 (0.33)	14.9 (0.29)	23.6 (0.42)
45–64 years	100.0	45.4 (0.56)	1.6 (0.12)	14.4 (0.35)	14.7 (0.34)	24.0 (0.45)
65–74 years	100.0	52.4 (0.85)	1.1 (0.15)	10.5 (0.51)	12.2 (0.49)	23.9 (0.76)
75 years and over	100.0	66.8 (0.80)	0.7 (0.13)	6.7 (0.39)	7.6 (0.44)	18.2 (0.65)

See footnotes at end of table.

Table 5.2. Age-adjusted percent distributions (with standard errors) of times per week engaged in light-moderate leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Women—Continued		Percent distribution (standard error)				
Race:						
White, single race	100.0	44.8 (0.50)	1.5 (0.07)	14.7 (0.24)	14.4 (0.23)	24.7 (0.37)
Black or African American, single race	100.0	59.5 (0.81)	1.7 (0.19)	12.2 (0.41)	10.9 (0.47)	15.7 (0.45)
American Indian or Alaska Native, single race	100.0	51.1 (4.07)	†	16.5 (2.65)	9.1 (1.75)	23.1 (3.01)
Asian, single race	100.0	48.6 (1.56)	1.7 (0.33)	13.6 (1.04)	12.9 (1.00)	23.3 (1.15)
Native Hawaiian or other Pacific Islander, single race	100.0	49.3 (8.92)	†	*17.9 (5.82)	†	26.5 (7.59)
2 or more races	100.0	39.2 (2.21)	2.4 (0.66)	18.7 (1.65)	15.6 (1.62)	24.2 (2.09)
Black or African American, white	100.0	54.8 (5.60)	†	*8.3 (2.57)	*14.3 (4.87)	20.4 (4.56)
American Indian or Alaska Native, white	100.0	36.9 (3.88)	†	19.6 (2.93)	13.8 (2.38)	27.7 (3.51)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	61.7 (0.77)	1.3 (0.16)	9.8 (0.42)	10.0 (0.45)	17.2 (0.52)
Mexican or Mexican-American	100.0	60.8 (0.94)	1.5 (0.26)	10.3 (0.56)	9.6 (0.53)	17.7 (0.61)
Not Hispanic or Latino	100.0	45.0 (0.47)	1.6 (0.07)	15.0 (0.22)	14.3 (0.20)	24.2 (0.34)
White, single race	100.0	42.3 (0.53)	1.5 (0.08)	15.4 (0.26)	15.0 (0.24)	25.8 (0.40)
Black or African American, single race	100.0	59.6 (0.82)	1.7 (0.19)	12.2 (0.42)	10.8 (0.47)	15.7 (0.45)
Education:						
Less than high school graduate	100.0	66.3 (0.69)	1.2 (0.15)	8.9 (0.41)	7.3 (0.37)	16.3 (0.50)
GED diploma ⁶	100.0	54.3 (1.68)	1.4 (0.34)	11.4 (0.98)	10.0 (1.02)	22.8 (1.38)
High school graduate	100.0	52.5 (0.67)	1.6 (0.13)	13.0 (0.36)	11.3 (0.36)	21.7 (0.54)
Some college—no degree	100.0	43.1 (0.69)	1.6 (0.14)	15.3 (0.43)	15.0 (0.42)	25.1 (0.58)
Associate of arts degree	100.0	39.6 (0.92)	1.7 (0.21)	16.6 (0.60)	16.1 (0.65)	26.0 (0.80)
Bachelor of arts, science degree	100.0	33.4 (0.71)	1.4 (0.14)	17.9 (0.46)	19.2 (0.57)	28.0 (0.70)
Masters, doctorate, medical degree	100.0	30.8 (0.99)	2.0 (0.27)	18.8 (0.78)	19.3 (0.76)	29.0 (0.97)
Poverty status:⁷						
Below poverty level	100.0	61.1 (0.93)	1.2 (0.17)	10.1 (0.47)	8.2 (0.43)	19.4 (0.73)
≥1 and <2 times poverty level	100.0	56.3 (0.70)	1.3 (0.15)	11.9 (0.44)	10.0 (0.37)	20.5 (0.60)
≥2 and <4 times poverty level	100.0	43.5 (0.64)	1.8 (0.14)	15.7 (0.43)	14.2 (0.40)	24.8 (0.53)
4 times poverty level or more	100.0	33.6 (0.60)	1.7 (0.13)	18.4 (0.41)	18.2 (0.40)	28.1 (0.54)
Marital status:						
Never married	100.0	49.2 (0.81)	1.5 (0.17)	14.4 (0.46)	12.6 (0.42)	22.4 (0.61)
Married	100.0	44.8 (0.55)	1.6 (0.08)	14.6 (0.28)	14.8 (0.25)	24.2 (0.41)
Cohabiting	100.0	46.9 (1.51)	1.3 (0.25)	13.8 (1.01)	11.2 (0.85)	26.7 (1.37)
Divorced or separated	100.0	50.3 (0.74)	1.7 (0.17)	13.7 (0.46)	12.5 (0.43)	21.8 (0.62)
Widowed	100.0	55.8 (2.18)	*0.9 (0.39)	13.6 (1.68)	11.0 (1.37)	18.7 (1.62)
Geographic region:						
Northeast	100.0	44.9 (0.85)	1.6 (0.16)	14.3 (0.37)	13.4 (0.45)	25.8 (0.69)
Midwest	100.0	42.9 (0.87)	1.6 (0.13)	16.1 (0.42)	14.4 (0.39)	25.0 (0.62)
South	100.0	52.3 (0.84)	1.5 (0.11)	13.0 (0.35)	12.9 (0.30)	20.3 (0.57)
West	100.0	44.6 (0.81)	1.4 (0.12)	14.6 (0.42)	14.9 (0.43)	24.5 (0.65)
Place of residence:⁸						
MSA, central city	100.0	51.4 (0.77)	1.4 (0.11)	13.3 (0.36)	12.5 (0.30)	21.4 (0.51)
MSA, not central city	100.0	43.6 (0.55)	1.7 (0.10)	15.5 (0.26)	15.1 (0.27)	24.1 (0.43)
Not MSA	100.0	49.6 (1.20)	1.2 (0.14)	12.9 (0.53)	12.1 (0.47)	24.2 (0.83)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

– Quantity zero

¹Light-moderate activity: Leisure-time physical activities that cause only light sweating or a light to moderate increase in breathing or heart rate and are done for at least 10 minutes per episode.

²None: Persons classified as not doing light-moderate activity may include individuals who engaged in vigorous activity but did not engage in light-moderate activity.

³"Less than 1" refers to frequencies of light-moderate activities lasting 10 minutes per episode that occurred less than one time per week (for example, three times per month.)

⁴Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁵Estimates for age groups are not age adjusted.

⁶GED is General Educational Development high school equivalency diploma.

⁷Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁸MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Table XIII. Denominator for each percent distribution excludes persons with unknown light-moderate leisure-time physical activity status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 5.3. Age-adjusted percent distributions (with standard errors) of times per week engaged in vigorous leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ⁴	100.0	60.0 (0.38)	2.8 (0.08)	12.2 (0.18)	13.2 (0.17)	11.8 (0.17)
Ages 18 years and over (crude) ⁴	100.0	59.9 (0.38)	2.9 (0.08)	12.2 (0.18)	13.2 (0.17)	11.8 (0.17)
Age: ⁵						
18–24 years	100.0	46.4 (0.82)	3.3 (0.25)	16.3 (0.50)	17.3 (0.51)	16.8 (0.50)
25–44 years	100.0	52.6 (0.48)	3.5 (0.13)	15.2 (0.28)	15.9 (0.25)	12.8 (0.23)
45–64 years	100.0	63.3 (0.46)	2.8 (0.14)	10.9 (0.24)	12.1 (0.25)	10.9 (0.24)
65–74 years	100.0	76.8 (0.66)	1.3 (0.14)	5.6 (0.29)	7.5 (0.35)	8.7 (0.40)
75 years and over	100.0	87.7 (0.47)	0.8 (0.11)	3.1 (0.23)	3.3 (0.25)	5.1 (0.30)
Race:						
White, single race	100.0	58.3 (0.41)	3.0 (0.09)	12.6 (0.20)	13.8 (0.19)	12.4 (0.19)
Black or African American, single race	100.0	68.0 (0.70)	2.2 (0.14)	10.1 (0.34)	10.8 (0.36)	8.9 (0.34)
American Indian or Alaska Native, single race	100.0	70.1 (2.36)	*1.2 (0.47)	8.4 (1.33)	9.2 (1.33)	11.1 (1.91)
Asian, single race	100.0	64.9 (1.15)	3.1 (0.44)	11.4 (0.73)	11.4 (0.80)	9.2 (0.68)
Native Hawaiian or other Pacific Islander, single race	100.0	62.0 (5.48)	†	*13.7 (4.39)	8.4 (2.42)	12.9 (3.37)
2 or more races	100.0	54.1 (1.91)	3.2 (0.59)	14.3 (1.21)	15.9 (1.28)	12.5 (1.03)
Black or African American, white	100.0	58.2 (4.84)	†	13.7 (3.26)	11.9 (2.41)	11.7 (3.46)
American Indian or Alaska Native, white	100.0	53.5 (2.82)	4.4 (1.03)	15.1 (1.86)	13.4 (1.96)	13.6 (1.87)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	70.9 (0.54)	1.9 (0.14)	9.4 (0.31)	8.7 (0.28)	9.1 (0.31)
Mexican or Mexican-American	100.0	71.4 (0.68)	2.1 (0.19)	9.4 (0.43)	8.3 (0.33)	8.8 (0.41)
Not Hispanic or Latino	100.0	58.3 (0.40)	3.0 (0.09)	12.6 (0.19)	13.9 (0.18)	12.2 (0.18)
White, single race	100.0	56.4 (0.44)	3.1 (0.10)	13.1 (0.22)	14.5 (0.21)	12.9 (0.21)
Black or African American, single race	100.0	68.1 (0.71)	2.2 (0.14)	10.0 (0.34)	10.8 (0.37)	8.8 (0.35)
Education:						
Less than high school graduate	100.0	77.4 (0.48)	1.6 (0.15)	7.3 (0.26)	5.7 (0.25)	8.0 (0.30)
GED diploma ⁶	100.0	69.6 (1.11)	2.3 (0.32)	10.6 (0.82)	7.6 (0.63)	9.9 (0.70)
High school graduate	100.0	67.2 (0.52)	2.4 (0.13)	10.4 (0.27)	9.3 (0.22)	10.7 (0.29)
Some college—no degree	100.0	55.5 (0.56)	3.3 (0.17)	13.4 (0.33)	14.6 (0.36)	13.2 (0.33)
Associate of arts degree	100.0	55.9 (0.75)	3.1 (0.22)	13.1 (0.44)	15.6 (0.49)	12.3 (0.43)
Bachelor of arts, science degree	100.0	46.4 (0.58)	3.6 (0.18)	16.0 (0.40)	19.9 (0.40)	14.1 (0.35)
Masters, doctorate, medical degree	100.0	40.9 (0.77)	3.9 (0.29)	17.2 (0.58)	22.6 (0.58)	15.5 (0.52)
Poverty status: ⁷						
Below poverty level	100.0	73.9 (0.81)	1.8 (0.16)	8.0 (0.38)	7.2 (0.35)	9.1 (0.40)
≥1 and <2 times poverty level	100.0	71.1 (0.58)	2.3 (0.17)	9.1 (0.30)	8.1 (0.29)	9.4 (0.34)
≥2 and <4 times poverty level	100.0	60.4 (0.51)	2.9 (0.14)	12.8 (0.27)	12.3 (0.29)	11.5 (0.28)
4 times poverty level or more	100.0	46.6 (0.50)	3.8 (0.15)	16.1 (0.31)	19.1 (0.33)	14.5 (0.29)
Marital status:						
Never married	100.0	59.3 (0.55)	2.6 (0.14)	11.5 (0.29)	13.8 (0.34)	12.8 (0.34)
Married	100.0	59.7 (0.43)	3.1 (0.11)	12.8 (0.22)	13.1 (0.20)	11.3 (0.20)
Cohabiting	100.0	61.1 (1.01)	2.9 (0.30)	12.5 (0.65)	11.5 (0.59)	12.0 (0.68)
Divorced or separated	100.0	64.1 (0.55)	2.3 (0.17)	10.5 (0.33)	11.8 (0.33)	11.3 (0.33)
Widowed	100.0	72.5 (1.96)	*2.0 (0.68)	7.6 (1.25)	8.5 (1.04)	9.5 (1.53)
Geographic region:						
Northeast	100.0	58.6 (0.66)	2.7 (0.14)	11.8 (0.36)	14.2 (0.43)	12.8 (0.37)
Midwest	100.0	57.2 (0.68)	3.5 (0.17)	13.9 (0.35)	13.5 (0.33)	11.8 (0.32)
South	100.0	63.9 (0.71)	2.5 (0.13)	11.0 (0.29)	11.9 (0.28)	10.8 (0.31)
West	100.0	57.4 (0.77)	2.9 (0.21)	12.8 (0.43)	14.2 (0.34)	12.7 (0.32)
Place of residence: ⁸						
MSA, central city	100.0	61.1 (0.62)	2.6 (0.13)	11.9 (0.28)	13.1 (0.30)	11.3 (0.27)
MSA, not central city	100.0	57.8 (0.45)	3.0 (0.11)	12.7 (0.23)	14.3 (0.20)	12.2 (0.22)
Not MSA	100.0	64.1 (0.97)	2.8 (0.21)	11.4 (0.44)	10.2 (0.43)	11.4 (0.43)
Men						
Ages 18 years and over (age-adjusted) ⁴	100.0	54.4 (0.45)	3.4 (0.12)	14.4 (0.25)	13.9 (0.23)	14.0 (0.25)
Ages 18 years and over (crude) ⁴	100.0	53.8 (0.46)	3.5 (0.12)	14.6 (0.26)	14.0 (0.24)	14.1 (0.25)
Age: ⁵						
18–24 years	100.0	37.9 (1.08)	3.5 (0.39)	18.0 (0.74)	19.1 (0.79)	21.6 (0.79)
25–44 years	100.0	46.6 (0.59)	4.1 (0.19)	18.1 (0.42)	16.5 (0.36)	14.7 (0.35)
45–64 years	100.0	59.2 (0.62)	3.6 (0.23)	12.8 (0.33)	12.2 (0.37)	12.3 (0.34)
65–74 years	100.0	73.0 (0.99)	1.8 (0.25)	7.1 (0.51)	8.0 (0.53)	10.2 (0.61)
75 years and over	100.0	82.5 (0.80)	1.0 (0.21)	3.8 (0.39)	4.8 (0.49)	7.9 (0.53)

See footnotes at end of table.

Table 5.3. Age-adjusted percent distributions (with standard errors) of times per week engaged in vigorous leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Men—Continued		Percent distribution (standard error)				
Race:						
White, single race	100.0	53.3 (0.49)	3.6 (0.13)	14.5 (0.28)	14.0 (0.26)	14.5 (0.28)
Black or African American, single race	100.0	60.1 (1.05)	2.2 (0.24)	12.5 (0.60)	13.5 (0.64)	11.7 (0.55)
American Indian or Alaska Native, single race	100.0	64.8 (3.71)	*1.8 (0.76)	11.3 (2.03)	10.7 (2.53)	11.4 (2.89)
Asian, single race	100.0	58.1 (1.73)	3.8 (0.79)	14.6 (1.25)	12.1 (1.10)	11.4 (1.06)
Native Hawaiian or other Pacific Islander, single race	100.0	57.9 (5.80)	†	*12.3 (6.09)	*13.1 (4.06)	*14.1 (4.30)
2 or more races	100.0	48.4 (2.35)	2.9 (0.80)	16.9 (1.91)	16.9 (1.93)	14.8 (1.62)
Black or African American, white	100.0	48.0 (7.09)	†	*19.1 (6.43)	14.3 (3.80)	*13.8 (5.56)
American Indian or Alaska Native, white	100.0	48.7 (3.87)	*4.2 (1.43)	17.9 (3.01)	12.7 (3.31)	16.5 (3.24)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	65.1 (0.75)	2.2 (0.21)	12.1 (0.46)	9.5 (0.41)	11.2 (0.50)
Mexican or Mexican-American	100.0	66.0 (0.93)	2.4 (0.29)	12.2 (0.63)	8.9 (0.53)	10.4 (0.64)
Not Hispanic or Latino	100.0	52.7 (0.49)	3.6 (0.13)	14.7 (0.28)	14.5 (0.26)	14.5 (0.28)
White, single race	100.0	51.4 (0.52)	3.8 (0.14)	15.0 (0.30)	14.7 (0.28)	15.1 (0.31)
Black or African American, single race	100.0	60.3 (1.07)	2.2 (0.24)	12.3 (0.63)	13.6 (0.65)	11.6 (0.56)
Education:						
Less than high school graduate	100.0	72.7 (0.69)	1.7 (0.22)	9.0 (0.41)	6.5 (0.38)	10.2 (0.47)
GED diploma ⁶	100.0	65.3 (1.64)	2.8 (0.52)	13.0 (1.29)	8.1 (0.89)	10.7 (0.96)
High school graduate	100.0	62.0 (0.65)	2.9 (0.20)	12.6 (0.42)	9.5 (0.34)	13.0 (0.46)
Some college—no degree	100.0	49.3 (0.77)	3.9 (0.29)	15.1 (0.50)	15.5 (0.55)	16.2 (0.54)
Associate of arts degree	100.0	50.3 (1.14)	3.7 (0.39)	15.3 (0.71)	16.3 (0.75)	14.5 (0.68)
Bachelor of arts, science degree	100.0	39.8 (0.77)	4.5 (0.29)	19.1 (0.61)	20.7 (0.58)	15.9 (0.56)
Masters, doctorate, medical degree	100.0	35.5 (0.95)	4.6 (0.44)	19.1 (0.76)	24.1 (0.87)	16.7 (0.77)
Poverty status:⁷						
Below poverty level	100.0	67.8 (1.13)	1.9 (0.28)	9.8 (0.60)	9.2 (0.62)	11.3 (0.66)
≥1 and <2 times poverty level	100.0	66.8 (0.81)	2.7 (0.27)	11.1 (0.50)	8.6 (0.44)	10.8 (0.50)
≥2 and <4 times poverty level	100.0	56.1 (0.69)	3.5 (0.22)	14.5 (0.43)	12.0 (0.38)	13.9 (0.42)
4 times poverty level or more	100.0	41.3 (0.67)	4.4 (0.23)	18.3 (0.45)	19.7 (0.47)	16.4 (0.46)
Marital status:						
Never married	100.0	54.5 (0.75)	2.8 (0.23)	12.0 (0.40)	15.0 (0.50)	15.6 (0.49)
Married	100.0	55.2 (0.53)	3.6 (0.16)	15.5 (0.32)	13.1 (0.29)	12.6 (0.29)
Cohabiting	100.0	56.6 (1.38)	4.2 (0.53)	13.6 (0.89)	11.5 (0.75)	14.0 (0.96)
Divorced or separated	100.0	57.0 (0.81)	2.7 (0.28)	12.2 (0.54)	13.8 (0.55)	14.3 (0.59)
Widowed	100.0	66.1 (5.10)	†	*8.9 (3.01)	9.3 (2.54)	*13.4 (4.54)
Geographic region:						
Northeast	100.0	52.2 (0.86)	3.4 (0.23)	14.1 (0.53)	15.1 (0.54)	15.2 (0.65)
Midwest	100.0	52.9 (0.84)	4.1 (0.25)	15.8 (0.55)	13.8 (0.49)	13.5 (0.46)
South	100.0	58.3 (0.83)	2.8 (0.17)	13.0 (0.40)	12.8 (0.40)	13.0 (0.43)
West	100.0	51.0 (0.95)	3.7 (0.31)	15.1 (0.57)	14.9 (0.43)	15.3 (0.53)
Place of residence:⁸						
MSA, central city	100.0	54.5 (0.77)	3.1 (0.21)	14.4 (0.42)	14.2 (0.41)	13.8 (0.40)
MSA, not central city	100.0	52.3 (0.54)	3.6 (0.16)	14.7 (0.32)	15.0 (0.30)	14.5 (0.35)
Not MSA	100.0	59.7 (1.08)	3.3 (0.29)	13.5 (0.57)	10.5 (0.59)	13.1 (0.55)
Women						
Ages 18 years and over (age-adjusted) ⁴	100.0	65.2 (0.40)	2.3 (0.09)	10.2 (0.19)	12.5 (0.20)	9.8 (0.18)
Ages 18 years and over (crude) ⁴	100.0	65.6 (0.40)	2.3 (0.09)	10.1 (0.19)	12.4 (0.20)	9.7 (0.18)
Age:⁵						
18–24 years	100.0	54.8 (0.98)	3.2 (0.31)	14.6 (0.64)	15.5 (0.59)	12.0 (0.58)
25–44 years	100.0	58.4 (0.56)	2.9 (0.16)	12.4 (0.31)	15.3 (0.32)	10.9 (0.27)
45–64 years	100.0	67.1 (0.49)	2.0 (0.12)	9.1 (0.30)	12.1 (0.30)	9.6 (0.28)
65–74 years	100.0	80.0 (0.70)	1.0 (0.16)	4.5 (0.32)	7.1 (0.42)	7.5 (0.45)
75 years and over	100.0	91.1 (0.50)	0.7 (0.12)	2.6 (0.25)	2.4 (0.26)	3.3 (0.30)
Race:						
White, single race	100.0	62.9 (0.44)	2.4 (0.11)	10.8 (0.23)	13.5 (0.23)	10.4 (0.21)
Black or African American, single race	100.0	74.4 (0.69)	2.2 (0.19)	8.2 (0.37)	8.6 (0.36)	6.6 (0.34)
American Indian or Alaska Native, single race	100.0	74.9 (2.86)	†	5.7 (1.43)	7.6 (1.55)	11.2 (2.18)
Asian, single race	100.0	71.8 (1.34)	2.5 (0.44)	8.1 (0.74)	10.6 (0.95)	7.1 (0.78)
Native Hawaiian or other Pacific Islander, single race	100.0	68.7 (6.98)	†	*16.3 (6.62)	†	*10.0 (3.97)
2 or more races	100.0	59.1 (2.55)	3.4 (0.80)	12.1 (1.40)	14.9 (1.62)	10.5 (1.41)
Black or African American, white	100.0	63.7 (7.24)	†	*10.2 (3.45)	9.9 (2.88)	*13.4 (5.75)
American Indian or Alaska Native, white	100.0	57.4 (3.92)	*4.5 (1.47)	12.8 (2.26)	14.0 (2.56)	11.3 (2.28)

See footnotes at end of table.

Table 5.3. Age-adjusted percent distributions (with standard errors) of times per week engaged in vigorous leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Women—Continued						
Percent distribution (standard error)						
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	76.9 (0.66)	1.7 (0.18)	6.6 (0.34)	7.8 (0.40)	7.0 (0.37)
Mexican or Mexican-American	100.0	77.2 (0.83)	1.7 (0.23)	6.4 (0.43)	7.6 (0.50)	7.1 (0.45)
Not Hispanic or Latino.	100.0	63.4 (0.43)	2.4 (0.10)	10.8 (0.21)	13.3 (0.21)	10.1 (0.20)
White, single race	100.0	61.0 (0.47)	2.5 (0.12)	11.3 (0.25)	14.3 (0.25)	10.9 (0.23)
Black or African American, single race	100.0	74.5 (0.71)	2.2 (0.20)	8.2 (0.38)	8.6 (0.37)	6.6 (0.35)
Education:						
Less than high school graduate	100.0	82.5 (0.57)	1.5 (0.18)	5.5 (0.33)	4.8 (0.33)	5.8 (0.33)
GED diploma ⁶	100.0	74.0 (1.36)	1.7 (0.37)	8.1 (0.90)	7.2 (0.81)	9.0 (0.96)
High school graduate	100.0	72.1 (0.60)	1.9 (0.15)	8.2 (0.31)	9.2 (0.30)	8.6 (0.33)
Some college—no degree	100.0	61.0 (0.62)	2.8 (0.20)	12.0 (0.40)	13.8 (0.42)	10.5 (0.36)
Associate of arts degree	100.0	60.3 (0.90)	2.6 (0.27)	11.4 (0.52)	15.1 (0.63)	10.7 (0.54)
Bachelor of arts, science degree	100.0	52.5 (0.69)	2.8 (0.20)	13.0 (0.44)	19.2 (0.49)	12.5 (0.44)
Masters, doctorate, medical degree	100.0	47.2 (1.06)	3.0 (0.32)	15.0 (0.72)	20.9 (0.74)	13.8 (0.66)
Poverty status: ⁷						
Below poverty level	100.0	78.3 (0.92)	1.7 (0.21)	6.6 (0.45)	5.8 (0.38)	7.6 (0.42)
≥1 and <2 times poverty level	100.0	74.8 (0.65)	1.9 (0.18)	7.5 (0.36)	7.6 (0.38)	8.1 (0.42)
≥2 and <4 times poverty level	100.0	64.8 (0.59)	2.4 (0.16)	11.1 (0.36)	12.5 (0.39)	9.1 (0.32)
4 times poverty level or more	100.0	52.3 (0.59)	3.3 (0.20)	13.6 (0.37)	18.4 (0.41)	12.4 (0.37)
Marital status:						
Never married.	100.0	64.9 (0.73)	2.4 (0.19)	10.7 (0.43)	12.4 (0.42)	9.6 (0.44)
Married	100.0	64.1 (0.49)	2.5 (0.12)	10.3 (0.25)	13.1 (0.26)	10.0 (0.25)
Cohabiting	100.0	65.8 (1.32)	1.6 (0.24)	11.4 (0.85)	11.6 (0.96)	9.7 (0.77)
Divorced or separated.	100.0	68.9 (0.66)	2.1 (0.19)	9.3 (0.41)	10.5 (0.41)	9.2 (0.37)
Widowed	100.0	74.3 (1.91)	*1.9 (0.72)	7.2 (1.25)	8.3 (1.14)	8.3 (1.36)
Geographic region:						
Northeast	100.0	64.2 (0.74)	2.0 (0.18)	9.8 (0.41)	13.4 (0.50)	10.6 (0.38)
Midwest	100.0	61.2 (0.74)	3.0 (0.22)	12.1 (0.43)	13.4 (0.41)	10.3 (0.39)
South	100.0	69.1 (0.75)	2.1 (0.16)	9.0 (0.30)	11.0 (0.30)	8.7 (0.32)
West	100.0	63.6 (0.77)	2.2 (0.17)	10.5 (0.45)	13.5 (0.42)	10.2 (0.35)
Place of residence: ⁸						
MSA, central city	100.0	67.0 (0.66)	2.2 (0.15)	9.7 (0.28)	12.1 (0.36)	9.0 (0.29)
MSA, not central city	100.0	62.9 (0.50)	2.4 (0.13)	10.8 (0.26)	13.7 (0.27)	10.1 (0.25)
Not MSA	100.0	68.2 (1.08)	2.3 (0.23)	9.6 (0.52)	10.0 (0.44)	9.9 (0.48)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Vigorous activity: Leisure-time physical activities that cause heavy sweating or large increases in breathing or heart rate and are done for at least 10 minutes per episode.

²None: Persons classified as not doing vigorous activity may include individuals who engaged in light-moderate activity but did not engage in vigorous activity.

³"Less than 1" refers to frequencies of vigorous activities lasting 10 minutes per episode that occurred less than one time per week (for example, three times per month.)

⁴Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁵Estimates for age groups are not age adjusted.

⁶GED is General Educational Development high school equivalency diploma.

⁷Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁸MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Table XIV. Denominator for each percent distribution excludes persons with unknown vigorous leisure-time physical activity status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 5.4. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 2002–04

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Both sexes			
Percent (standard error)			
Ages 18 years and over (age-adjusted) ²	15.1 (0.20)	23.1 (0.25)	31.6 (0.29)
Ages 18 years and over (crude) ²	15.1 (0.20)	23.1 (0.25)	31.6 (0.29)
Age: ³			
18–24 years	16.7 (0.53)	32.2 (0.69)	39.3 (0.74)
25–44 years	14.7 (0.26)	26.7 (0.32)	34.0 (0.38)
45–64 years	15.1 (0.29)	21.0 (0.34)	30.4 (0.38)
65–74 years	17.1 (0.53)	14.4 (0.52)	27.0 (0.64)
75 years and over	12.0 (0.45)	7.0 (0.37)	16.8 (0.49)
Race:			
White, single race	15.8 (0.23)	24.2 (0.28)	33.0 (0.33)
Black or African American, single race	10.9 (0.36)	18.2 (0.53)	24.6 (0.59)
American Indian or Alaska Native, single race	11.4 (1.75)	16.3 (1.87)	23.7 (2.21)
Asian, single race	14.2 (0.86)	18.8 (0.99)	29.3 (1.13)
Native Hawaiian or other Pacific Islander, single race	*17.1 (5.40)	21.3 (4.32)	32.4 (5.05)
2 or more races	16.8 (1.30)	25.2 (1.46)	34.5 (1.65)
Black or African American, white	13.3 (3.27)	21.5 (3.70)	29.3 (3.87)
American Indian or Alaska Native, white	18.0 (2.36)	22.9 (2.49)	33.3 (2.84)
Hispanic or Latino origin and race:			
Hispanic or Latino	11.6 (0.33)	16.2 (0.40)	23.3 (0.46)
Mexican or Mexican-American	11.7 (0.39)	15.4 (0.47)	22.8 (0.52)
Not Hispanic or Latino	15.6 (0.22)	24.1 (0.27)	32.9 (0.32)
White, single race	16.5 (0.25)	25.4 (0.30)	34.5 (0.35)
Black or African American, single race	10.9 (0.37)	18.2 (0.55)	24.6 (0.60)
Education:			
Less than high school graduate	11.0 (0.34)	12.1 (0.36)	19.1 (0.43)
GED diploma ⁴	14.5 (0.84)	15.5 (0.81)	24.4 (1.02)
High school graduate	14.1 (0.35)	18.0 (0.38)	26.7 (0.47)
Some college—no degree	16.8 (0.38)	25.5 (0.48)	34.7 (0.53)
Associate of arts degree	16.8 (0.48)	25.7 (0.59)	35.3 (0.65)
Bachelor of arts, science degree	17.5 (0.42)	32.3 (0.49)	41.6 (0.51)
Masters, doctorate, medical degree	18.0 (0.53)	36.4 (0.72)	45.3 (0.75)
Poverty status: ⁵			
Below poverty level	11.9 (0.48)	14.9 (0.57)	22.3 (0.65)
≥1 and <2 times poverty level	12.5 (0.38)	15.4 (0.43)	23.3 (0.50)
≥2 and <4 times poverty level	15.8 (0.35)	21.9 (0.38)	31.1 (0.44)
4 times poverty level or more	18.3 (0.33)	31.5 (0.40)	40.9 (0.43)
Marital status: ³			
Never married	15.1 (0.40)	24.8 (0.44)	33.1 (0.52)
Married	15.2 (0.24)	22.4 (0.28)	31.3 (0.33)
Cohabiting	16.0 (0.86)	21.5 (0.91)	30.6 (1.05)
Divorced or separated	14.5 (0.39)	21.0 (0.45)	29.4 (0.50)
Widowed	12.2 (1.78)	16.3 (1.67)	24.5 (1.97)
Geographic region:			
Northeast	16.5 (0.51)	24.9 (0.56)	34.4 (0.66)
Midwest	15.2 (0.38)	23.4 (0.42)	32.1 (0.54)
South	13.5 (0.37)	20.9 (0.47)	28.4 (0.55)
West	16.5 (0.32)	24.9 (0.46)	34.3 (0.47)
Place of residence: ⁶			
MSA, central city	13.8 (0.30)	22.6 (0.40)	30.5 (0.48)
MSA, not central city	15.7 (0.28)	24.7 (0.31)	33.5 (0.36)
Not MSA	15.3 (0.53)	19.4 (0.62)	28.3 (0.74)
Men			
Ages 18 years and over (age-adjusted) ²	15.9 (0.26)	25.9 (0.34)	34.1 (0.37)
Ages 18 years and over (crude) ²	15.9 (0.26)	26.1 (0.34)	34.2 (0.38)
Age: ³			
18–24 years	18.4 (0.76)	38.4 (0.97)	44.5 (1.01)
25–44 years	15.1 (0.36)	29.1 (0.47)	35.7 (0.50)
45–64 years	15.2 (0.38)	22.5 (0.49)	31.3 (0.52)
65–74 years	18.9 (0.79)	16.7 (0.76)	30.2 (0.91)
75 years and over	15.1 (0.75)	11.1 (0.68)	22.1 (0.84)

See footnotes at end of table.

Table 5.4. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Men—Continued			
Percent (standard error)			
Race:			
White, single race	16.5 (0.30)	26.5 (0.38)	34.9 (0.42)
Black or African American, single race	12.9 (0.59)	23.7 (0.84)	29.8 (0.89)
American Indian or Alaska Native, single race	9.5 (2.43)	16.6 (2.91)	22.9 (3.27)
Asian, single race	13.8 (1.20)	21.7 (1.45)	31.4 (1.69)
Native Hawaiian or other Pacific Islander, single race	*15.1 (6.38)	27.1 (5.62)	34.9 (6.32)
2 or more races	18.5 (1.94)	27.7 (2.12)	36.9 (2.40)
Black or African American, white	*14.4 (5.77)	28.2 (5.77)	33.0 (6.63)
American Indian or Alaska Native, white	22.1 (3.99)	24.6 (3.84)	36.4 (4.20)
Hispanic or Latino origin and race:			
Hispanic or Latino	11.6 (0.51)	19.0 (0.61)	25.3 (0.69)
Mexican or Mexican-American	11.4 (0.63)	17.7 (0.76)	24.2 (0.87)
Not Hispanic or Latino	16.6 (0.29)	26.9 (0.37)	35.4 (0.41)
White, single race	17.3 (0.32)	27.7 (0.41)	36.4 (0.46)
Black or African American, single race	13.0 (0.60)	23.7 (0.86)	29.9 (0.91)
Education:			
Less than high school graduate	11.6 (0.50)	14.9 (0.56)	21.3 (0.65)
GED diploma ⁴	15.4 (1.24)	17.3 (1.18)	25.8 (1.45)
High school graduate	14.8 (0.46)	20.4 (0.53)	28.8 (0.62)
Some college—no degree	18.5 (0.58)	29.5 (0.70)	38.6 (0.77)
Associate of arts degree	18.6 (0.85)	28.1 (0.90)	37.6 (1.02)
Bachelor of arts, science degree	17.5 (0.55)	34.7 (0.71)	43.2 (0.72)
Masters, doctorate, medical degree	18.2 (0.71)	39.1 (0.98)	47.4 (1.00)
Poverty status:⁵			
Below poverty level	12.8 (0.74)	19.1 (0.87)	26.3 (1.04)
≥1 and <2 times poverty level	12.4 (0.52)	17.5 (0.62)	24.2 (0.69)
≥2 and <4 times poverty level	16.7 (0.49)	23.9 (0.54)	32.9 (0.62)
4 times poverty level or more	19.1 (0.47)	33.9 (0.60)	42.8 (0.62)
Marital status:³			
Never married	16.8 (0.62)	28.5 (0.65)	37.0 (0.75)
Married	15.2 (0.31)	23.7 (0.41)	32.0 (0.44)
Cohabiting	15.4 (1.09)	23.5 (1.19)	30.9 (1.37)
Divorced or separated	16.2 (0.63)	25.8 (0.73)	34.0 (0.78)
Widowed	*19.3 (5.83)	22.0 (4.92)	33.7 (5.47)
Geographic region:			
Northeast	18.0 (0.62)	28.0 (0.77)	37.6 (0.84)
Midwest	16.0 (0.51)	25.1 (0.58)	33.7 (0.73)
South	14.4 (0.45)	24.1 (0.64)	31.0 (0.69)
West	17.0 (0.49)	28.2 (0.62)	36.9 (0.63)
Place of residence:⁶			
MSA, central city	14.8 (0.40)	25.9 (0.55)	33.8 (0.62)
MSA, not central city	16.6 (0.36)	27.4 (0.43)	35.8 (0.48)
Not MSA	15.8 (0.67)	21.5 (0.80)	29.8 (0.92)
Women			
Ages 18 years and over (age-adjusted) ²	14.3 (0.24)	20.5 (0.28)	29.4 (0.34)
Ages 18 years and over (crude) ²	14.3 (0.24)	20.3 (0.28)	29.3 (0.34)
Age:³			
18–24 years	15.0 (0.66)	26.1 (0.75)	34.1 (0.84)
25–44 years	14.2 (0.33)	24.4 (0.39)	32.3 (0.47)
45–64 years	15.0 (0.36)	19.6 (0.40)	29.5 (0.47)
65–74 years	15.7 (0.61)	12.6 (0.59)	24.4 (0.76)
75 years and over	10.1 (0.52)	4.4 (0.34)	13.3 (0.55)

See footnotes at end of table.

Table 5.4. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Women—Continued			
Percent (standard error)			
Race:			
White, single race	15.2 (0.29)	22.1 (0.31)	31.3 (0.38)
Black or African American, single race	9.3 (0.39)	13.8 (0.53)	20.3 (0.63)
American Indian or Alaska Native, single race	13.3 (2.06)	16.3 (2.41)	25.0 (2.85)
Asian, single race	14.6 (1.09)	15.9 (1.19)	27.3 (1.36)
Native Hawaiian or other Pacific Islander, single race	*22.1 (7.28)	*12.2 (4.61)	29.8 (7.84)
2 or more races	15.4 (1.68)	22.8 (1.98)	32.3 (2.27)
Black or African American, white	13.4 (3.93)	16.8 (4.28)	26.9 (5.16)
American Indian or Alaska Native, white	14.8 (2.48)	21.5 (3.41)	30.8 (3.73)
Hispanic or Latino origin and race:			
Hispanic or Latino	11.5 (0.45)	13.3 (0.53)	21.2 (0.63)
Mexican or Mexican-American	12.0 (0.50)	13.0 (0.63)	21.3 (0.75)
Not Hispanic or Latino	14.8 (0.26)	21.6 (0.30)	30.6 (0.36)
White, single race	15.8 (0.31)	23.3 (0.33)	32.7 (0.41)
Black or African American, single race	9.3 (0.40)	13.8 (0.55)	20.3 (0.64)
Education:			
Less than high school graduate	10.5 (0.43)	9.1 (0.43)	16.8 (0.53)
GED diploma ⁴	13.5 (1.14)	13.5 (1.12)	23.0 (1.38)
High school graduate	13.5 (0.45)	15.8 (0.45)	24.8 (0.59)
Some college—no degree	15.2 (0.43)	22.0 (0.53)	31.3 (0.60)
Associate of arts degree	15.6 (0.66)	24.0 (0.73)	33.6 (0.81)
Bachelor of arts, science degree	17.6 (0.60)	30.1 (0.61)	40.1 (0.68)
Masters, doctorate, medical degree	17.9 (0.83)	33.2 (0.97)	42.8 (1.07)
Poverty status:⁵			
Below poverty level	11.3 (0.56)	11.9 (0.63)	19.6 (0.71)
≥1 and <2 times poverty level	12.7 (0.48)	13.6 (0.49)	22.6 (0.61)
≥2 and <4 times poverty level	14.9 (0.42)	19.8 (0.47)	29.4 (0.55)
4 times poverty level or more	17.4 (0.45)	28.9 (0.48)	38.7 (0.56)
Marital status:³			
Never married	13.4 (0.47)	20.6 (0.57)	28.9 (0.68)
Married	15.1 (0.31)	21.1 (0.34)	30.5 (0.41)
Cohabiting	16.7 (1.18)	19.5 (1.16)	30.4 (1.49)
Divorced or separated	13.4 (0.47)	17.8 (0.53)	26.4 (0.61)
Widowed	10.2 (1.24)	14.7 (1.53)	21.9 (1.70)
Geographic region:			
Northeast	15.2 (0.63)	22.2 (0.63)	31.6 (0.83)
Midwest	14.7 (0.46)	22.0 (0.51)	30.8 (0.63)
South	12.7 (0.42)	18.0 (0.49)	26.1 (0.60)
West	16.1 (0.47)	21.7 (0.54)	32.0 (0.60)
Place of residence:⁶			
MSA, central city	12.9 (0.38)	19.6 (0.48)	27.6 (0.57)
MSA, not central city	15.0 (0.35)	22.1 (0.37)	31.4 (0.44)
Not MSA	14.9 (0.61)	17.5 (0.64)	26.9 (0.85)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Regular leisure-time physical activity: "light-moderate" is defined as engaging in light-moderate activity at least five times per week for at least 30 minutes each time, "vigorous" is defined as engaging in vigorous activity at least three times per week for at least 20 minutes each time, and "any" is defined as meeting either criterion or both criteria.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Table XV. Denominator for each percent excludes persons with unknown leisure-time physical activity status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 5.5. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in any leisure-time strengthening activities, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Engaged in any strengthening activities ¹		
	Both sexes	Men	Women
	Percent (standard error)		
Ages 18 years and over (age-adjusted) ²	24.6 (0.26)	28.1 (0.33)	21.4 (0.31)
Ages 18 years and over (crude) ²	24.6 (0.27)	28.3 (0.34)	21.2 (0.31)
Age ³			
18–24 years	36.2 (0.76)	44.9 (1.04)	27.4 (0.86)
25–44 years	28.5 (0.36)	32.5 (0.47)	24.6 (0.45)
45–64 years	21.0 (0.33)	21.7 (0.45)	20.2 (0.40)
65–74 years	15.0 (0.45)	16.8 (0.71)	13.4 (0.56)
75 years and over	10.9 (0.44)	13.6 (0.79)	9.2 (0.47)
Race			
White, single race	25.2 (0.30)	27.7 (0.36)	22.8 (0.36)
Black or African American, single race	22.0 (0.54)	30.4 (0.86)	15.2 (0.53)
American Indian or Alaska Native, single race	19.4 (1.77)	21.9 (2.57)	17.5 (2.76)
Asian, single race	23.4 (0.97)	27.8 (1.43)	18.9 (1.17)
Native Hawaiian or other Pacific Islander, single race	28.2 (4.68)	37.0 (6.17)	*15.0 (5.03)
2 or more races	33.3 (1.70)	38.5 (2.48)	29.0 (2.23)
Black or African American, white	30.7 (3.92)	34.1 (5.62)	27.2 (5.58)
American Indian or Alaska Native, white	27.7 (2.51)	31.8 (3.74)	24.6 (3.11)
Hispanic or Latino origin and race			
Hispanic or Latino	16.2 (0.43)	20.3 (0.63)	11.9 (0.47)
Mexican or Mexican-American	15.4 (0.54)	19.3 (0.82)	11.3 (0.57)
Not Hispanic or Latino	25.9 (0.29)	29.3 (0.36)	22.8 (0.34)
White, single race	26.6 (0.32)	29.0 (0.39)	24.2 (0.39)
Black or African American, single race	21.9 (0.53)	30.3 (0.86)	15.1 (0.54)
Education			
Less than high school graduate	11.8 (0.38)	14.9 (0.57)	8.4 (0.41)
GED diploma ⁴	15.5 (0.91)	18.9 (1.52)	11.9 (1.02)
High school graduate	19.1 (0.38)	22.6 (0.55)	15.6 (0.45)
Some college—no degree	28.1 (0.45)	32.5 (0.66)	24.2 (0.56)
Associate of arts degree	27.4 (0.61)	30.2 (1.02)	25.4 (0.77)
Bachelor of arts, science degree	34.9 (0.53)	37.8 (0.69)	32.3 (0.68)
Masters, doctorate, medical degree	39.2 (0.67)	41.7 (0.94)	36.4 (1.01)
Poverty status ⁵			
Below poverty level	15.7 (0.62)	21.0 (0.93)	12.0 (0.61)
≥1 and <2 times poverty level	17.0 (0.42)	20.3 (0.69)	14.1 (0.46)
≥2 and <4 times poverty level	23.9 (0.38)	26.5 (0.52)	21.3 (0.49)
4 times poverty level or more	34.6 (0.42)	37.1 (0.59)	31.9 (0.56)
Marital status			
Never married	27.9 (0.48)	32.7 (0.66)	22.4 (0.60)
Married	23.1 (0.30)	24.8 (0.40)	21.5 (0.38)
Cohabiting	23.7 (0.91)	26.1 (1.08)	21.4 (1.28)
Divorced or separated	23.3 (0.49)	29.3 (0.79)	19.3 (0.55)
Widowed	16.3 (1.47)	18.8 (3.57)	15.6 (1.61)
Geographic region			
Northeast	26.5 (0.54)	29.9 (0.55)	23.6 (0.78)
Midwest	28.0 (0.51)	30.2 (0.68)	26.0 (0.61)
South	20.6 (0.46)	24.7 (0.59)	16.7 (0.47)
West	26.1 (0.56)	29.9 (0.67)	22.4 (0.65)
Place of residence ⁶			
MSA, central city	24.9 (0.47)	29.0 (0.59)	21.0 (0.52)
MSA, not central city	26.5 (0.33)	29.8 (0.41)	23.4 (0.41)
Not MSA	19.4 (0.57)	22.0 (0.75)	17.0 (0.65)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Strengthening activities: Leisure-time physical activities specifically designed to strengthen muscles such as weight lifting or calisthenics. No minimum duration was imposed when asking frequency and no duration question was asked.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Table XVI. Denominator for each percentage excludes persons with unknown leisure-time strengthening activity status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Chapter 6

Body Weight Status

All Adults

- Overall, nearly 6 in 10 adults (58.7%) were overweight (Table 6.1).
- About 23% of adults were obese, about 4 in 10 adults (39.2%) were in the healthy weight range, and 2% of adults were underweight (Table 6.2).

Sex

- Men (67.1%) were considerably more likely than women (50.6%) to be overweight, although men (23.6%) and women (23.2%) were about equally likely to be obese. (Tables 6.1 and 6.2 and Figure 6.1).
- Women (46.4%) were more likely than men (31.8%) to be of healthy weight, and women (3.0%) were three times as likely as men (1.0%) to be underweight (Table 6.2 and Figure 6.1).

Age

- Overweight was most prevalent among adults aged 45–64 years (67.1%) and 65–74 years (66.3%) and markedly lower for adults 75 years and over (52.1%) (Table 6.1).
- Men aged 45–64 years (28.2%) were about twice as likely as the youngest men (14.3%) and the oldest men (14.5%) to be obese (Table 6.2 and Figure 6.2).
- Among women, prevalence of obesity was highest for those aged 45–64 years (28.4%) and 64–74 years (27.8%) and lowest for those aged 18–24 years (14.3%) and 75 years and over (16.9%) (Table 6.2 and Figure 6.2).
- The youngest adults and the oldest adults were about twice as likely as adults in other age groups to be underweight (Table 6.2).

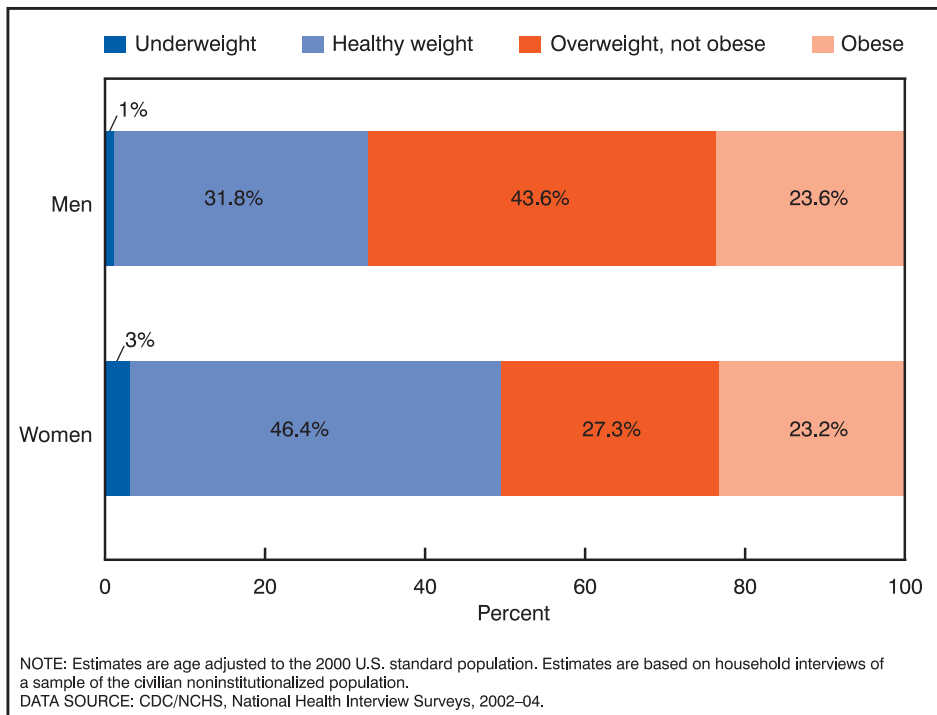


Figure 6.1. Percent distributions of body weight status of adults, by sex: United States, 2002–04

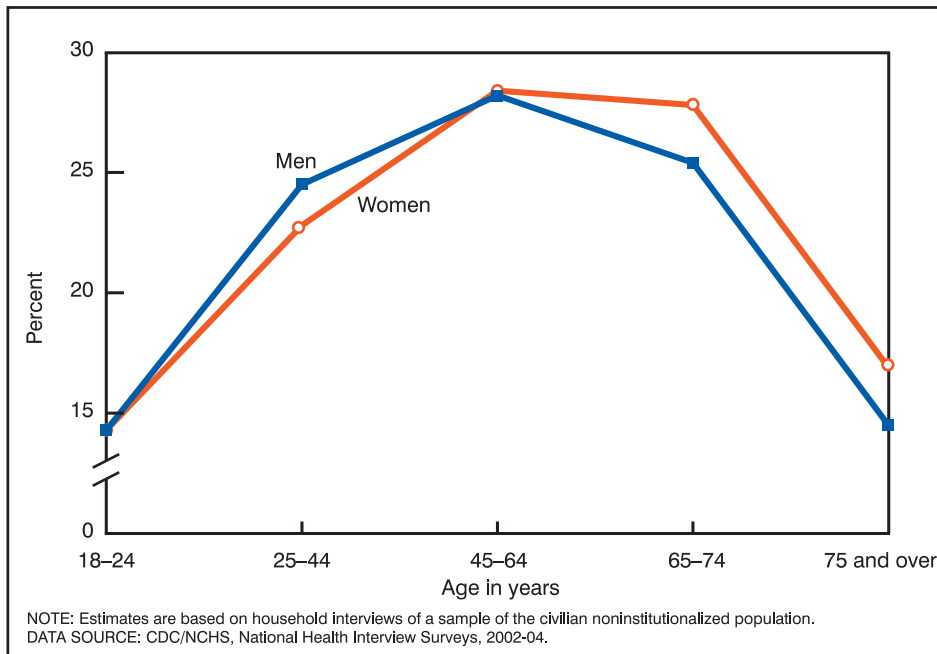


Figure 6.2. Percentage of adults who were obese, by age and sex: United States, 2002–04

Race

- Over one-half of white adults (58.0%) were overweight. Black adults (68.9%) and American Indian or Alaska Native adults (64.0%) were about twice as likely as Asian adults (33.0%) to be overweight (Table 6.1).
- Among black adults, prevalence of overweight was about the same for men and women, whereas prevalence of overweight was markedly higher for white men (67.9%) than white women (48.2%) (Table 6.1 and Figure 6.3).

- Black adults (34.2%) were considerably more likely than white adults (22.4%) to be obese (Table 6.2).
- About one-third of American Indian or Alaska Native adults (33.5%) and about one-fourth of Native Hawaiian or other Pacific Islander adults (28.0%) were obese (Table 6.2).
- White adults were more likely than black adults to be in the healthy weight range (Table 6.2).

Hispanic or Latino Origin and Race

- Hispanic adults (65.9%) were more likely than non-Hispanic adults (57.7%) to be overweight and to be obese (Tables 6.1 and 6.2).
- Non-Hispanic black women (39.1%) were markedly more likely than non-Hispanic white women (20.7%) and Hispanic women (26.9%) to be obese (Table 6.2).
- About 4 in 10 non-Hispanic white adults (40.8%) were in the healthy weight range compared with 3 in 10 non-Hispanic black adults (29.7%) and about one-third of Hispanic adults (32.9%) (Table 6.2 and Figure 6.4).

Education

- Among adults, the prevalence of being overweight decreased as education increased. About 6 in 10 adults (62.0%) with less than a high school diploma were overweight compared with 5 in 10 adults (51.3%) who had earned a graduate degree (Table 6.1).
- The prevalence of obesity was considerably higher among adults with the least education; about one-fourth of adults with less than a high school diploma (27.1%) were obese compared with about one-seventh of adults with a graduate degree (15.3%) (Table 6.2).
- Men who had earned a GED (27.5%) were noticeably more likely to be obese than men with a bachelor’s degree (19.3%) and men with a graduate degree (16.8%) (Table 6.2 and Figure 6.5).

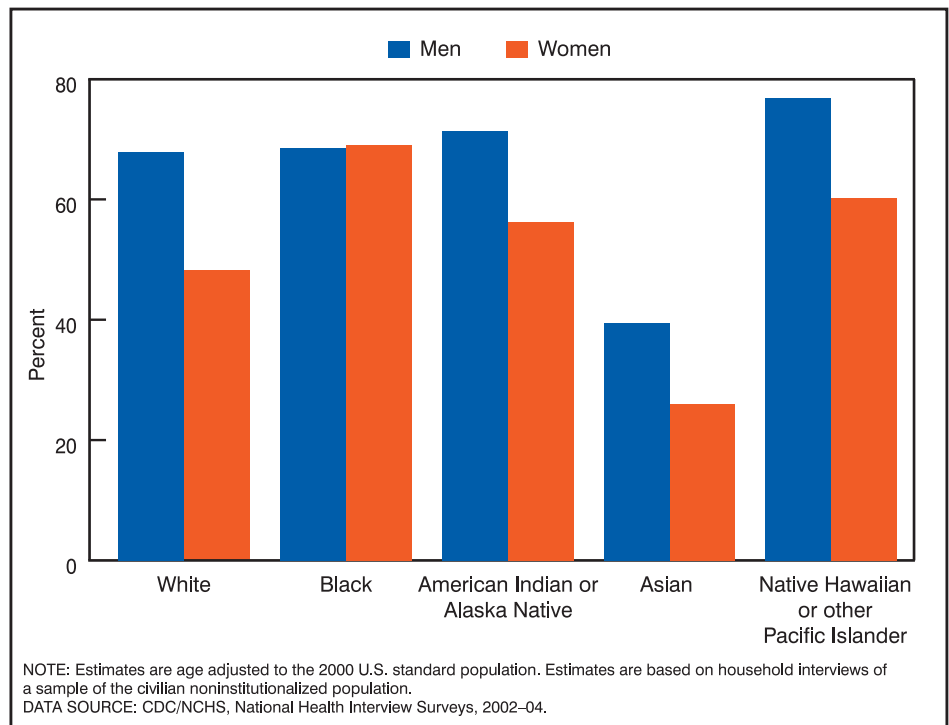


Figure 6.3. Percentage of adults who were overweight (including obese), by sex and race: United States, 2002–04

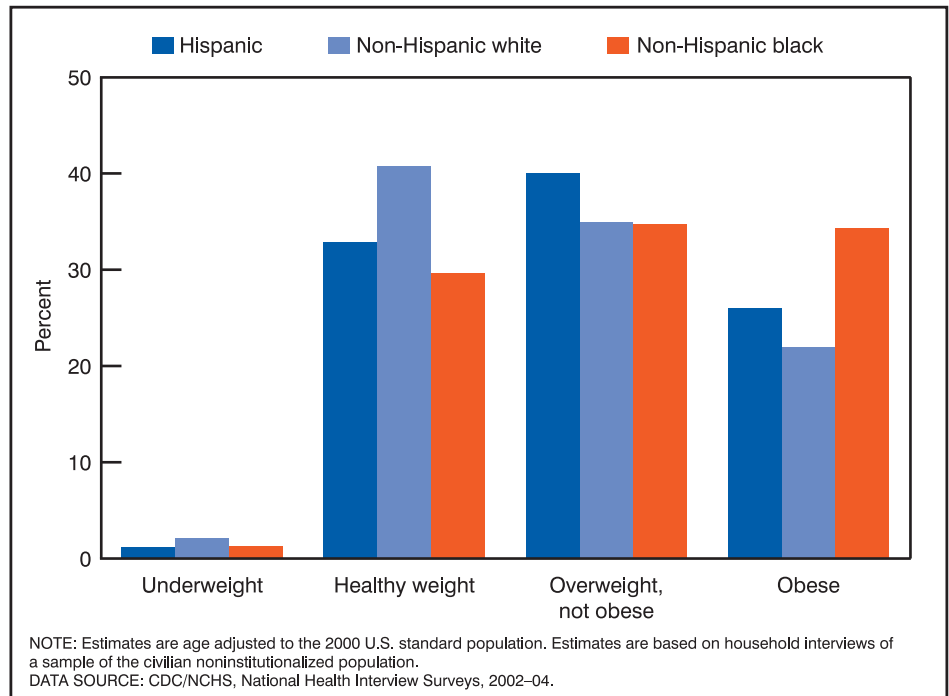


Figure 6.4. Percent distributions of body weight status of adults, by Hispanic origin and race: United States, 2002–04

- Women who had not graduated from high school (29.4%) were twice as likely as women with a bachelor’s degree (15.8%) and those who held a graduate degree (13.6%) to be obese (Table 6.2 and Figure 6.5).
- Prevalence of healthy weight was positively associated with level of education for women. About 6 in 10 women (59.5%) with the highest level of education compared with about one-third of women (37.7%)

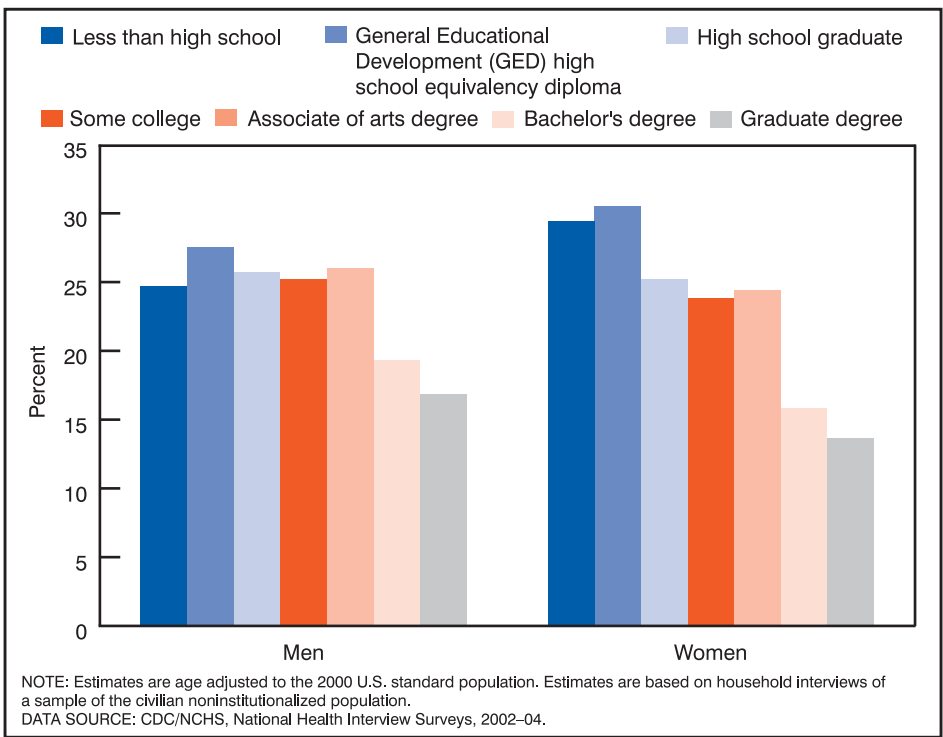


Figure 6.5. Percentage of adults who were obese, by education and sex: United States, 2002-04

who had not graduated from high school were in the healthy weight range (Table 6.2).

- Among men, there was no clear pattern of healthy weight positively associated with education. Men with an associate degree (27.6%) were least likely to be of healthy weight compared with men in the other education groups (Table 6.2).
- Prevalence of underweight was less than 3% across all education groups (Table 6.2).

Poverty Status

- Men with family incomes four times the poverty level or more (70.7%) were more likely than men below the poverty level (58.5%) to be overweight, whereas women earning the highest family incomes (43.1%) were less likely than women below the poverty level (57.4%) to be overweight (Table 6.1).
- About one-fourth (27.3%) of adults below the poverty level compared with one-fifth (20.7%) of adults with family incomes four times the poverty level or more were obese (Table 6.2).

- Prevalence of obesity was strongly associated with relative income level for women, but not for men. Men with family incomes below the poverty level (22.9%) were as likely as men with the highest family

incomes (23.5%) to be obese. Women with family incomes below the poverty level (30.3%) were considerably more likely than the most affluent group of women (17.5%) to be obese (Table 6.2 and Figure 6.6).

Marital Status

- Married men (72.7%) were markedly more likely than never married men (56.0%) to be overweight, whereas married women (51.1%) and never married women (50.0%) were about equally likely to be overweight (Table 6.1).
- Married women were less likely to be obese than divorced or separated women, never married women, and widows (Table 6.2).
- Men who had never married (41.9%) were more likely than men in other marital status groups to be in the healthy weight range (Table 6.2).
- Cohabiting women (48.9%) were more likely than divorced or separated women (41.8%) and widows (42.1%) to be in the healthy weight range (Table 6.2).

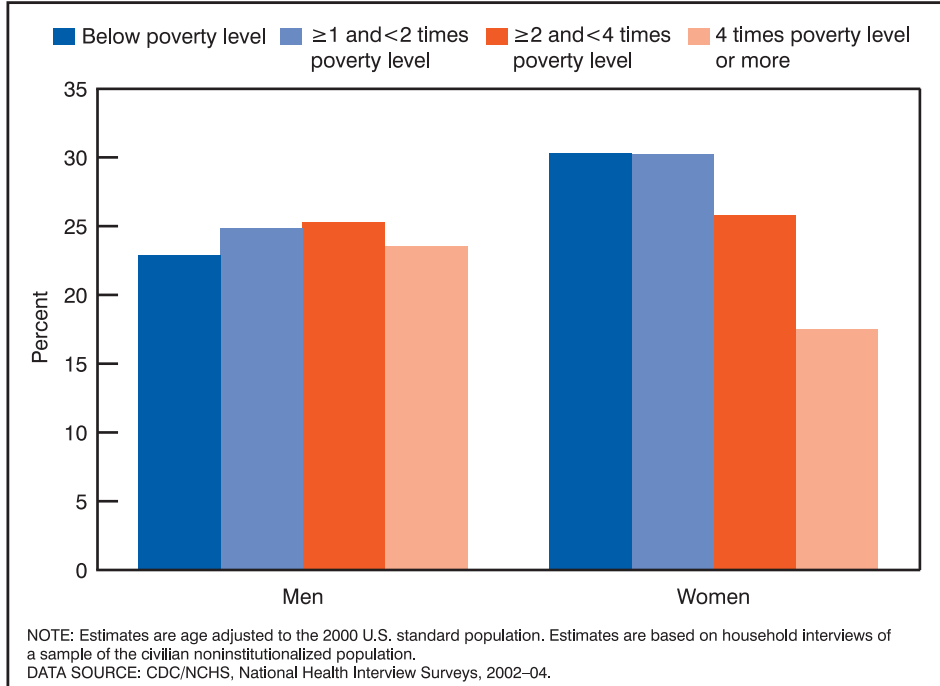


Figure 6.6. Percentage of adults who were obese, by poverty status and sex: United States, 2002-04

Geographic Region

- Adults living in the Northeast (57.0%) and the West (55.9%) were less likely than their counterparts living in the Midwest (60.0%) and South (60.2%) to be overweight ([Table 6.1](#)).
- Adults living in the Northeast (40.9%) and the West (41.9%) were more likely than adults living in the Midwest (38.0%) and South (37.8%) to be in the healthy weight range ([Table 6.2](#)).

Table 6.1. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who were overweight, by selected characteristics: United States, average annual, 2002–04

Selected characteristic sexes	Overweight (BMI of 25 or more) ¹		
	Both sexes	Men	Women
		Percent (standard error)	
Ages 18 years and over (age-adjusted) ²	58.7 (0.23)	67.1 (0.30)	50.6 (0.32)
Ages 18 years and over (crude) ²	58.9 (0.24)	67.3 (0.31)	50.9 (0.32)
Age ³			
18–24 years	39.9 (0.64)	44.8 (0.91)	34.9 (0.88)
25–44 years	58.4 (0.34)	69.1 (0.44)	47.7 (0.48)
45–64 years	67.1 (0.35)	75.1 (0.48)	59.1 (0.46)
65–74 years	66.3 (0.55)	73.4 (0.84)	60.0 (0.78)
75 years and over	52.1 (0.65)	57.0 (1.06)	48.8 (0.77)
Race			
White, single race	58.0 (0.24)	67.9 (0.33)	48.2 (0.35)
Black or African American, single race	68.9 (0.57)	68.6 (0.88)	69.1 (0.71)
American Indian or Alaska Native, single race	64.0 (3.05)	71.4 (4.96)	56.3 (3.45)
Asian, single race	33.0 (1.13)	39.5 (1.45)	26.0 (1.59)
Native Hawaiian or other Pacific Islander, single race	70.6 (5.80)	76.9 (8.06)	60.2 (8.21)
2 or more races	59.0 (2.12)	65.8 (3.02)	52.9 (2.61)
Black or African American, white	57.8 (4.97)	66.0 (5.60)	55.5 (6.80)
American Indian or Alaska Native, white	61.5 (3.03)	68.2 (4.32)	56.0 (4.04)
Hispanic or Latino origin and race			
Hispanic or Latino	65.9 (0.52)	71.0 (0.66)	60.5 (0.69)
Mexican or Mexican-American	69.2 (0.61)	72.7 (0.81)	65.1 (0.86)
Not Hispanic or Latino	57.7 (0.24)	66.5 (0.33)	49.3 (0.34)
White, single race	57.0 (0.25)	67.4 (0.36)	46.9 (0.36)
Black or African American, single race	69.0 (0.57)	68.6 (0.89)	69.2 (0.71)
Education			
Less than high school graduate	62.0 (0.50)	64.7 (0.71)	59.2 (0.69)
GED diploma ⁴	63.4 (1.11)	66.4 (1.56)	60.0 (1.56)
High school graduate	61.2 (0.41)	68.4 (0.54)	54.3 (0.53)
Some college—no degree	58.9 (0.53)	68.4 (0.69)	50.3 (0.69)
Associate of arts degree	60.9 (0.63)	71.6 (0.88)	52.2 (0.82)
Bachelor of arts, science degree	53.4 (0.52)	67.6 (0.72)	39.7 (0.70)
Masters, doctorate, medical degree	51.3 (0.68)	62.4 (0.84)	37.6 (0.95)
Poverty status ⁵			
Below poverty level	57.9 (0.66)	58.5 (1.01)	57.4 (0.90)
≥1 and <2 times poverty level	61.2 (0.51)	64.7 (0.76)	58.3 (0.65)
≥2 and <4 times poverty level	61.0 (0.40)	67.8 (0.58)	54.1 (0.54)
4 times poverty level or more	57.7 (0.39)	70.7 (0.50)	43.1 (0.59)
Marital status			
Never married	53.3 (0.56)	56.0 (0.73)	50.0 (0.77)
Married	61.9 (0.29)	72.7 (0.37)	51.1 (0.41)
Cohabiting	57.5 (1.04)	65.8 (1.27)	48.4 (1.65)
Divorced or separated	60.6 (0.56)	67.7 (0.75)	55.6 (0.77)
Widowed	58.1 (2.15)	68.9 (5.36)	54.7 (2.26)
Geographic region			
Northeast	57.0 (0.49)	67.1 (0.76)	47.6 (0.75)
Midwest	60.0 (0.42)	69.2 (0.56)	51.2 (0.60)
South	60.2 (0.40)	67.3 (0.55)	53.4 (0.53)
West	55.9 (0.47)	64.5 (0.53)	47.3 (0.67)
Place of residence: ⁶			
MSA, central city	57.2 (0.38)	63.8 (0.57)	50.9 (0.50)
MSA, not central city	58.3 (0.30)	68.0 (0.42)	48.6 (0.43)
Not MSA	62.0 (0.57)	69.3 (0.65)	55.0 (0.79)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Body Mass Index (BMI) is calculated as kilograms/meters², using self-reported height and weight. Overweight is defined as a BMI greater than or equal to 25, which includes obese.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Table XVII. Denominator for each percentage excludes persons with unknown body mass index. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 6.2. Age-adjusted percent distributions (with standard errors) of body weight status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Body weight status ¹			
		Not overweight		Overweight	
		Underweight	Healthy weight	Overweight (but not obese)	Obese
		Percent distribution (standard error)			
Both sexes					
Ages 18 years and over (age-adjusted) ²	100.0	2.0 (0.06)	39.2 (0.22)	35.3 (0.19)	23.4 (0.20)
Ages 18 years and over (crude) ²	100.0	2.0 (0.06)	39.1 (0.23)	35.4 (0.19)	23.6 (0.20)
Age ³ :					
18–24 years	100.0	4.3 (0.27)	55.8 (0.64)	25.6 (0.58)	14.3 (0.47)
25–44 years	100.0	1.8 (0.09)	39.7 (0.34)	34.8 (0.30)	23.6 (0.29)
45–64 years	100.0	1.1 (0.08)	31.9 (0.34)	38.8 (0.35)	28.3 (0.36)
65–74 years	100.0	1.5 (0.14)	32.3 (0.55)	39.6 (0.57)	26.7 (0.52)
75 years and over	100.0	3.4 (0.22)	44.5 (0.66)	36.1 (0.60)	16.0 (0.46)
Race:					
White, single race	100.0	2.0 (0.07)	40.0 (0.24)	35.6 (0.21)	22.4 (0.22)
Black or African American, single race	100.0	1.3 (0.13)	29.8 (0.56)	34.7 (0.50)	34.2 (0.55)
American Indian or Alaska Native, single race	100.0	*2.6 (0.79)	33.4 (3.05)	30.5 (2.69)	33.5 (2.52)
Asian, single race	100.0	5.6 (0.53)	61.3 (1.20)	26.7 (1.02)	6.3 (0.58)
Native Hawaiian or other Pacific Islander, single race	100.0	–	29.4 (5.80)	42.7 (3.92)	28.0 (5.46)
2 or more races	100.0	2.3 (0.55)	38.7 (2.03)	32.7 (1.92)	26.3 (1.73)
Black or African American, white	100.0	†	39.6 (4.84)	25.7 (4.96)	32.2 (4.74)
American Indian or Alaska Native, white	100.0	*2.1 (0.72)	36.4 (3.06)	34.2 (2.89)	27.3 (2.48)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	1.2 (0.11)	32.9 (0.53)	40.0 (0.48)	26.0 (0.47)
Mexican or Mexican-American	100.0	1.0 (0.12)	29.8 (0.62)	40.8 (0.58)	28.4 (0.66)
Not Hispanic or Latino	100.0	2.2 (0.07)	40.1 (0.24)	34.6 (0.21)	23.1 (0.21)
White, single race	100.0	2.1 (0.07)	40.8 (0.25)	35.0 (0.23)	22.0 (0.23)
Black or African American, single race	100.0	1.3 (0.13)	29.7 (0.56)	34.7 (0.51)	34.3 (0.54)
Education:					
Less than high school graduate	100.0	2.3 (0.16)	35.6 (0.50)	35.0 (0.42)	27.1 (0.45)
GED diploma ⁴	100.0	2.5 (0.35)	34.1 (1.12)	34.5 (1.14)	29.0 (1.00)
High school graduate	100.0	2.0 (0.12)	36.9 (0.39)	35.7 (0.38)	25.4 (0.36)
Some college—no degree	100.0	2.2 (0.14)	38.9 (0.51)	34.5 (0.44)	24.5 (0.40)
Associate of arts degree	100.0	1.8 (0.16)	37.3 (0.63)	35.7 (0.63)	25.1 (0.58)
Bachelor of arts, science degree	100.0	1.9 (0.13)	44.7 (0.52)	35.9 (0.50)	17.5 (0.39)
Masters, doctorate, medical degree	100.0	1.5 (0.16)	47.1 (0.68)	36.1 (0.61)	15.3 (0.52)
Poverty status ⁵ :					
Below poverty level	100.0	2.9 (0.23)	39.1 (0.67)	30.6 (0.57)	27.3 (0.56)
≥1 and <2 times poverty level	100.0	2.3 (0.17)	36.5 (0.51)	33.5 (0.49)	27.7 (0.48)
≥2 and <4 times poverty level	100.0	1.9 (0.12)	37.1 (0.40)	35.5 (0.36)	25.6 (0.36)
4 times poverty level or more	100.0	1.8 (0.11)	40.6 (0.38)	37.0 (0.36)	20.7 (0.34)
Marital status:					
Never married	100.0	2.9 (0.19)	43.8 (0.54)	30.5 (0.52)	22.8 (0.49)
Married	100.0	1.5 (0.07)	36.5 (0.28)	37.9 (0.25)	24.0 (0.26)
Cohabiting	100.0	1.7 (0.21)	40.8 (1.03)	34.5 (1.09)	23.0 (0.94)
Divorced or separated	100.0	1.9 (0.13)	37.5 (0.55)	34.7 (0.51)	25.9 (0.49)
Widowed	100.0	2.6 (0.62)	39.4 (2.19)	31.2 (1.98)	26.9 (1.76)
Geographic region:					
Northeast	100.0	2.1 (0.17)	40.9 (0.50)	35.5 (0.42)	21.5 (0.43)
Midwest	100.0	2.0 (0.11)	38.0 (0.42)	35.4 (0.38)	24.6 (0.35)
South	100.0	2.0 (0.10)	37.8 (0.38)	35.1 (0.34)	25.1 (0.36)
West	100.0	2.2 (0.14)	41.9 (0.46)	35.1 (0.36)	20.8 (0.37)
Place of residence: ⁶					
MSA, central city	100.0	2.1 (0.11)	40.7 (0.38)	33.8 (0.33)	23.4 (0.32)
MSA, not central city	100.0	2.1 (0.08)	39.6 (0.30)	36.1 (0.26)	22.2 (0.24)
Not MSA	100.0	1.8 (0.14)	36.2 (0.53)	35.3 (0.46)	26.7 (0.52)
Men					
Ages 18 years and over (age-adjusted) ²	100.0	1.0 (0.07)	31.8 (0.30)	43.6 (0.29)	23.6 (0.28)
Ages 18 years and over (crude) ²	100.0	1.0 (0.07)	31.6 (0.31)	43.6 (0.29)	23.8 (0.28)
Age ³ :					
18–24 years	100.0	2.8 (0.35)	52.4 (0.90)	30.4 (0.84)	14.3 (0.68)
25–44 years	100.0	0.6 (0.09)	30.3 (0.45)	44.6 (0.44)	24.5 (0.41)
45–64 years	100.0	0.5 (0.08)	24.3 (0.47)	46.9 (0.54)	28.2 (0.53)
65–74 years	100.0	1.2 (0.20)	25.4 (0.83)	48.1 (0.90)	25.4 (0.82)
75 years and over	100.0	1.7 (0.29)	41.3 (1.07)	42.5 (1.03)	14.5 (0.73)

See footnotes at end of table.

Table 6.2. Age-adjusted percent distributions (with standard errors) of body weight status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Body weight status ¹			
		Not overweight		Overweight	
		Underweight	Healthy weight	Overweight (but not obese)	Obese
Men—Continued		Percent distribution (standard error)			
Race:					
White, single race	100.0	0.9 (0.08)	31.1 (0.34)	44.4 (0.33)	23.5 (0.30)
Black or African American, single race	100.0	1.1 (0.21)	30.3 (0.88)	40.3 (0.92)	28.2 (0.81)
American Indian or Alaska Native, single race	100.0	*2.1 (1.01)	26.5 (4.84)	38.2 (3.60)	33.2 (4.29)
Asian, single race	100.0	3.1 (0.70)	57.4 (1.51)	32.6 (1.43)	6.9 (0.82)
Native Hawaiian or other Pacific Islander, single race	100.0	—	*23.1 (8.06)	43.6 (4.62)	33.3 (7.99)
2 or more races	100.0	†	33.3 (3.01)	43.6 (3.25)	22.2 (2.39)
Black or African American, white	100.0	—	34.0 (5.60)	34.8 (8.46)	31.3 (6.73)
American Indian or Alaska Native, white	100.0	†	30.7 (4.26)	47.5 (4.50)	20.7 (3.00)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	0.7 (0.13)	28.3 (0.68)	46.1 (0.71)	24.9 (0.67)
Mexican or Mexican-American	100.0	0.6 (0.15)	26.7 (0.83)	46.2 (0.94)	26.5 (0.95)
Not Hispanic or Latino	100.0	1.1 (0.08)	32.4 (0.32)	43.1 (0.31)	23.4 (0.31)
White, single race	100.0	1.0 (0.09)	31.6 (0.36)	44.0 (0.36)	23.4 (0.33)
Black or African American, single race	100.0	1.1 (0.21)	30.3 (0.88)	40.5 (0.93)	28.1 (0.79)
Education:					
Less than high school graduate	100.0	1.7 (0.23)	33.6 (0.70)	40.0 (0.66)	24.7 (0.62)
GED diploma ⁴	100.0	1.6 (0.48)	31.9 (1.54)	38.9 (1.64)	27.5 (1.51)
High school graduate	100.0	1.2 (0.16)	30.4 (0.53)	42.7 (0.59)	25.7 (0.53)
Some college—no degree	100.0	1.0 (0.16)	30.7 (0.68)	43.2 (0.67)	25.2 (0.60)
Associate of arts degree	100.0	0.8 (0.20)	27.6 (0.86)	45.6 (1.08)	26.0 (0.89)
Bachelor of arts, science degree	100.0	0.4 (0.08)	32.0 (0.72)	48.3 (0.76)	19.3 (0.60)
Masters, doctorate, medical degree	100.0	*0.4 (0.11)	37.2 (0.83)	45.6 (0.85)	16.8 (0.75)
Poverty status⁵:					
Below poverty level	100.0	2.4 (0.41)	39.1 (1.02)	35.7 (0.95)	22.9 (0.85)
≥1 and <2 times poverty level	100.0	1.4 (0.23)	33.9 (0.75)	39.9 (0.80)	24.8 (0.70)
≥2 and <4 times poverty level	100.0	0.9 (0.12)	31.2 (0.58)	42.6 (0.58)	25.3 (0.55)
4 times poverty level or more	100.0	0.6 (0.10)	28.6 (0.49)	47.2 (0.51)	23.5 (0.49)
Marital status:					
Never married	100.0	2.1 (0.26)	41.9 (0.72)	36.0 (0.73)	20.0 (0.71)
Married	100.0	0.6 (0.06)	26.8 (0.37)	46.9 (0.38)	25.8 (0.37)
Cohabiting	100.0	0.7 (0.20)	33.5 (1.27)	43.2 (1.51)	22.6 (1.20)
Divorced or separated	100.0	0.9 (0.16)	31.4 (0.74)	43.2 (0.83)	24.5 (0.77)
Widowed	100.0	*0.5 (0.18)	30.6 (5.36)	44.6 (5.13)	24.3 (4.18)
Geographic region:					
Northeast	100.0	1.1 (0.23)	31.8 (0.77)	44.0 (0.66)	23.1 (0.66)
Midwest	100.0	0.9 (0.15)	29.9 (0.56)	44.6 (0.64)	24.6 (0.55)
South	100.0	1.0 (0.11)	31.7 (0.54)	42.7 (0.50)	24.5 (0.48)
West	100.0	1.2 (0.14)	34.3 (0.57)	43.4 (0.51)	21.1 (0.54)
Place of residence:⁶					
MSA, central city	100.0	1.1 (0.13)	35.0 (0.57)	41.7 (0.51)	22.2 (0.44)
MSA, not central city	100.0	1.0 (0.10)	31.0 (0.42)	44.8 (0.42)	23.2 (0.37)
Not MSA	100.0	1.0 (0.17)	29.7 (0.63)	42.9 (0.64)	26.4 (0.68)
Women					
Ages 18 years and over (age-adjusted) ²	100.0	3.0 (0.10)	46.4 (0.31)	27.3 (0.25)	23.2 (0.25)
Ages 18 years and over (crude) ²	100.0	3.0 (0.09)	46.2 (0.32)	27.5 (0.25)	23.4 (0.26)
Age³:					
18–24 years	100.0	5.9 (0.41)	59.2 (0.88)	20.6 (0.71)	14.3 (0.60)
25–44 years	100.0	3.1 (0.15)	49.2 (0.47)	25.0 (0.41)	22.8 (0.40)
45–64 years	100.0	1.6 (0.12)	39.3 (0.45)	30.7 (0.40)	28.4 (0.48)
65–74 years	100.0	1.8 (0.20)	38.2 (0.78)	32.2 (0.75)	27.8 (0.68)
75 years and over	100.0	4.6 (0.31)	46.6 (0.78)	31.9 (0.73)	16.9 (0.60)

See footnotes at end of table.

Table 6.2. Age-adjusted percent distributions (with standard errors) of body weight status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Body weight status ¹			
		Not overweight		Overweight	
		Underweight	Healthy weight	Overweight (but not obese)	Obese
Women—Continued		Percent distribution (standard error)			
Race:					
White, single race	100.0	3.1 (0.11)	48.7 (0.34)	26.9 (0.29)	21.3 (0.27)
Black or African American, single race	100.0	1.5 (0.16)	29.5 (0.72)	30.1 (0.54)	39.0 (0.78)
American Indian or Alaska Native, single race	100.0	*3.0 (1.19)	40.7 (3.49)	23.3 (3.28)	33.0 (3.46)
Asian, single race	100.0	8.3 (0.81)	65.8 (1.69)	20.3 (1.41)	5.7 (0.75)
Native Hawaiian or other Pacific Islander, single race	100.0	—	39.8 (8.21)	40.8 (8.06)	*19.5 (6.83)
2 or more races	100.0	3.6 (0.84)	43.5 (2.52)	23.2 (2.00)	29.7 (2.23)
Black or African American, white	100.0	†	40.1 (6.59)	20.2 (5.74)	35.3 (6.53)
American Indian or Alaska Native, white	100.0	*3.0 (1.12)	41.0 (4.08)	23.3 (3.02)	32.7 (3.39)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	1.6 (0.17)	37.9 (0.69)	33.6 (0.64)	26.9 (0.60)
Mexican or Mexican-American	100.0	1.4 (0.18)	33.5 (0.87)	34.9 (0.82)	30.2 (0.83)
Not Hispanic or Latino	100.0	3.2 (0.11)	47.5 (0.34)	26.5 (0.27)	22.8 (0.28)
White, single race	100.0	3.3 (0.12)	49.8 (0.36)	26.2 (0.31)	20.7 (0.29)
Black or African American, single race	100.0	1.5 (0.16)	29.3 (0.71)	30.0 (0.55)	39.1 (0.77)
Education:					
Less than high school graduate	100.0	3.0 (0.23)	37.7 (0.67)	29.8 (0.60)	29.4 (0.67)
GED diploma ⁴	100.0	3.4 (0.55)	36.6 (1.61)	29.5 (1.52)	30.5 (1.32)
High school graduate	100.0	2.6 (0.19)	43.0 (0.52)	29.1 (0.47)	25.2 (0.46)
Some college—no degree	100.0	3.2 (0.22)	46.4 (0.69)	26.5 (0.57)	23.8 (0.53)
Associate of arts degree	100.0	2.6 (0.26)	45.2 (0.83)	27.9 (0.76)	24.4 (0.79)
Bachelor of arts, science degree	100.0	3.3 (0.25)	57.0 (0.71)	23.9 (0.61)	15.8 (0.48)
Masters, doctorate, medical degree	100.0	2.9 (0.32)	59.5 (0.99)	24.0 (0.79)	13.6 (0.65)
Poverty status⁵:					
Below poverty level	100.0	3.3 (0.28)	39.3 (0.89)	27.1 (0.71)	30.3 (0.73)
≥1 and <2 times poverty level	100.0	3.0 (0.24)	38.7 (0.66)	28.1 (0.59)	30.2 (0.62)
≥2 and <4 times poverty level	100.0	2.8 (0.20)	43.1 (0.55)	28.3 (0.47)	25.8 (0.44)
4 times poverty level or more	100.0	3.0 (0.20)	53.9 (0.57)	25.6 (0.51)	17.5 (0.42)
Marital status:					
Never married	100.0	3.7 (0.27)	46.2 (0.77)	24.0 (0.64)	26.1 (0.64)
Married	100.0	2.5 (0.13)	46.4 (0.41)	28.7 (0.34)	22.4 (0.32)
Cohabiting	100.0	2.7 (0.36)	48.9 (1.63)	25.0 (1.39)	23.5 (1.44)
Divorced or separated	100.0	2.6 (0.21)	41.8 (0.77)	28.8 (0.60)	26.9 (0.64)
Widowed	100.0	3.2 (0.82)	42.1 (2.28)	27.4 (2.03)	27.4 (1.92)
Geographic region:					
Northeast	100.0	3.0 (0.23)	49.4 (0.76)	27.7 (0.60)	19.9 (0.54)
Midwest	100.0	2.9 (0.18)	45.9 (0.60)	26.6 (0.47)	24.6 (0.49)
South	100.0	2.9 (0.15)	43.7 (0.51)	27.8 (0.42)	25.6 (0.47)
West	100.0	3.3 (0.23)	49.4 (0.64)	26.9 (0.53)	20.4 (0.41)
Place of residence:⁶					
MSA, central city	100.0	3.1 (0.17)	46.0 (0.51)	26.5 (0.40)	24.5 (0.42)
MSA, not central city	100.0	3.1 (0.14)	48.2 (0.42)	27.5 (0.35)	21.2 (0.32)
Not MSA	100.0	2.6 (0.19)	42.5 (0.75)	28.1 (0.54)	26.9 (0.72)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

— Quantity zero.

¹Body weight status was based on Body Mass Index (BMI) using self-reported height and weight. The formula for BMI is kilograms/meters². Underweight is defined as a BMI of less than 18.5; healthy weight is defined as a BMI of greater than 18.5 and less than 25; overweight, but not obese, is defined as a BMI of greater than 25 and less than 30; and obese is defined as a BMI of greater than or equal to 30.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Table XVIII. Denominator for each percent distribution excludes persons with unknown body mass index. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Chapter 7 Sleep

All Adults

- Overall, about 6 in 10 adults (62.8%) usually slept 7 to 8 hours in a 24-hour period (Table 7.1).
- Almost 3 in 10 adults (28.5%) averaged 6 hours of sleep or less in a 24-hour period—20.7% of adults slept 6 hours and 7.8% slept less than 6 hours (Figure 7.1).
- About 1 in 10 adults (8.7%) slept an average of 9 hours or more (Table 7.1).

Sex

- Although some minor variations were found in some of the population subgroups, men and women were remarkably similar in terms of their usual hours of sleep (Table 7.1).
- About 6 in 10 men and women (63%) slept 7 to 8 hours during a 24-hour period (Table 7.1).

Age

- Adults aged 75 years and over were the least likely to sleep 7 to 8 hours (57.0%) and the most likely to sleep 9 hours or more (19.3%) (Table 7.1).
- Adults aged 45–64 years (31.8%) were more likely to sleep 6 hours or less than adults in other age groups (Table 7.1).

Race

- Black adults (34.5%) were more likely than white adults (27.6%) to sleep 6 hours or less in a 24-hour period (Table 7.1).
- Black adults (10.9%) were more likely than white adults (8.3%) and almost twice as likely as Asian adults (5.6%) to sleep 9 hours or more (Table 7.1).

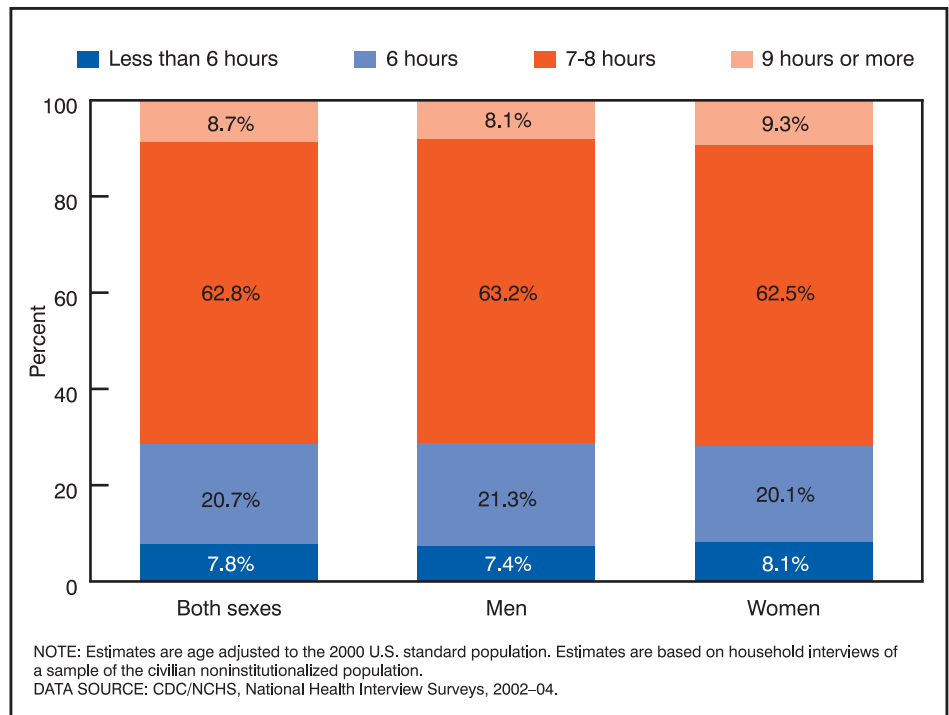


Figure 7.1. Percent distributions of hours of sleep in a 24-hour period, by sex: United States, 2004

Hispanic or Latino Origin and Race

- Hispanic adults (64.5%) and non-Hispanic white adults (63.7%) were more likely than non-Hispanic black adults (54.4%) to sleep 7 to 8 hours a night (Table 7.1).
- Hispanic adults (26.0%) and non-Hispanic white adults (28.1%) were less likely than non-Hispanic black adults (34.6%) to sleep 6 hours or less a night (Table 7.1).

Education

- About 7 in 10 adults who had a bachelor’s degree (68.8%) or an advanced degree (70.7%) averaged 7 to 8 hours of sleep compared with about one-half of adults who had a GED (53.5%) and 6 in 10 other adults who were not college graduates (Table 7.1).
- Adults who had not graduated from high school (12.2%) were more than twice as likely as adults who had advanced degrees (4.9%) to sleep 9 hours or more (Table 7.1).

Poverty Status

- Adults with incomes four times the poverty level or more (66.5%) were more likely than adults below the poverty level (55.1%) to sleep 7 to 8 hours in a night (Table 7.1)
- Adults with family incomes below the poverty threshold (13.5%) and those with family incomes at or just above the poverty threshold (11.0%) were the most likely to sleep 9 hours or more (Table 7.1).

Marital Status

- Divorced or separated adults (36.1%) were more likely than married adults (27.5%), never married adults (27.5%), and cohabiting adults (29.2%) to sleep 6 hours or less (Table 7.1 and Figure 7.2).
- Never married adults (11.0%) were more likely than married adults (7.3%) to sleep 9 hours or more (Table 7.1).

Geographic Region

- Adults living in the West (66.2%) were the most likely to sleep 7 to 8 hours compared with adults in the Midwest (62.2%), South (62.0%), and Northeast (61.3%) (Table 7.1).
- Adults living in the South (9.3%) were more likely to sleep 9 hours or more in a night than adults living in the Northeast (7.7%) (Table 7.1).

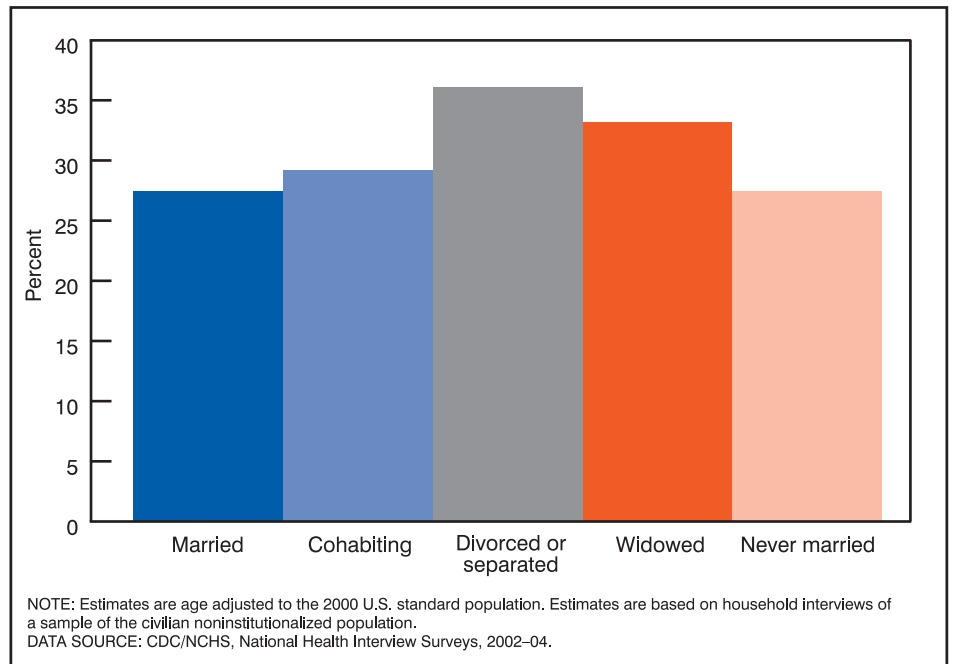


Figure 7.2. Percentage of adults who slept 6 hours or less in a 24-hour period, by marital status: United States, 2004

Table 7.1. Age-adjusted percent distributions (with standard errors) of usual hours of sleep for adults 18 years of age and over, by selected characteristics: United States, 2004

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7–8	9 or more
Both sexes				
Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ²	100.0	28.5 (0.32)	62.8 (0.35)	8.7 (0.20)
Ages 18 years and over (crude) ²	100.0	28.6 (0.33)	62.8 (0.35)	8.6 (0.21)
Age: ³				
18–24 years	100.0	23.5 (0.96)	63.4 (1.05)	13.2 (0.69)
25–44 years	100.0	29.7 (0.49)	64.4 (0.52)	5.9 (0.27)
45–64 years	100.0	31.8 (0.59)	61.8 (0.61)	6.4 (0.32)
65–74 years	100.0	24.2 (0.87)	63.4 (0.98)	12.4 (0.72)
75 years and over	100.0	23.8 (0.93)	57.0 (1.11)	19.3 (0.92)
Race:				
White, single race	100.0	27.6 (0.36)	64.1 (0.39)	8.3 (0.23)
Black or African American, single race	100.0	34.5 (0.98)	54.6 (0.99)	10.9 (0.66)
American Indian or Alaska Native, single race	100.0	34.2 (4.17)	53.9 (4.78)	11.9 (2.91)
Asian, single race	100.0	30.6 (1.74)	63.8 (1.97)	5.6 (1.02)
Native Hawaiian or other Pacific Islander, single race	100.0	31.1 (7.80)	57.3 (10.36)	†
2 or more races	100.0	34.6 (2.88)	54.8 (2.86)	10.6 (1.84)
Black or African American, white	100.0	33.9 (6.77)	64.1 (6.75)	†
American Indian or Alaska Native, white	100.0	35.2 (5.10)	56.6 (5.03)	8.2 (2.43)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	26.0 (0.83)	64.5 (0.91)	9.5 (0.52)
Mexican or Mexican-American	100.0	25.1 (1.10)	64.3 (1.19)	10.7 (0.69)
Not Hispanic or Latino	100.0	29.0 (0.35)	62.4 (0.38)	8.5 (0.22)
White, single race	100.0	28.1 (0.39)	63.7 (0.41)	8.2 (0.24)
Black or African American, single race	100.0	34.6 (0.99)	54.4 (1.00)	11.0 (0.67)
Education:				
Less than high school graduate	100.0	29.1 (0.77)	58.7 (0.83)	12.2 (0.49)
GED diploma ⁴	100.0	34.1 (2.17)	53.5 (2.18)	12.4 (1.37)
High school graduate	100.0	27.8 (0.55)	62.4 (0.65)	9.8 (0.41)
Some college—no degree	100.0	30.6 (0.79)	61.1 (0.78)	8.3 (0.45)
Associate of arts degree	100.0	30.8 (1.00)	61.5 (1.08)	7.7 (0.63)
Bachelor of arts, science degree	100.0	25.8 (0.74)	68.8 (0.76)	5.5 (0.40)
Masters, doctorate, medical degree	100.0	24.4 (1.02)	70.7 (1.10)	4.9 (0.51)
Poverty status: ⁵				
Below poverty level	100.0	31.4 (0.96)	55.1 (1.10)	13.5 (0.74)
≥1 and <2 times poverty level	100.0	32.0 (0.79)	57.0 (0.85)	11.0 (0.55)
≥2 and <4 times poverty level	100.0	29.7 (0.69)	61.9 (0.72)	8.4 (0.37)
4 times poverty level or more	100.0	26.9 (0.57)	66.5 (0.63)	6.7 (0.39)
Marital status:				
Never married	100.0	27.5 (0.83)	61.5 (0.94)	11.0 (0.61)
Married	100.0	27.5 (0.40)	65.2 (0.44)	7.3 (0.25)
Cohabiting	100.0	29.2 (1.59)	60.4 (1.76)	10.3 (0.99)
Divorced or separated	100.0	36.1 (0.93)	55.6 (0.93)	8.3 (0.54)
Widowed	100.0	33.2 (4.05)	55.3 (4.14)	11.5 (2.10)
Geographic region:				
Northeast	100.0	31.0 (0.82)	61.3 (0.84)	7.7 (0.51)
Midwest	100.0	29.5 (0.70)	62.2 (0.69)	8.3 (0.38)
South	100.0	28.7 (0.52)	62.0 (0.58)	9.3 (0.33)
West	100.0	24.9 (0.66)	66.2 (0.77)	8.9 (0.49)
Place of residence: ⁶				
MSA, central city	100.0	28.9 (0.59)	61.8 (0.62)	9.3 (0.36)
MSA, not central city	100.0	28.5 (0.48)	63.8 (0.50)	7.8 (0.28)
Not MSA	100.0	28.3 (0.64)	61.7 (0.79)	10.0 (0.50)
Men				
Ages 18 years and over (age-adjusted) ²	100.0	28.6 (0.43)	63.2 (0.48)	8.1 (0.30)
Ages 18 years and over (crude) ²	100.0	29.0 (0.44)	63.2 (0.48)	7.8 (0.30)
Age: ³				
18–24 years	100.0	22.8 (1.35)	65.6 (1.57)	11.5 (1.02)
25–44 years	100.0	31.1 (0.71)	64.2 (0.77)	4.7 (0.35)
45–64 years	100.0	32.3 (0.88)	61.4 (0.88)	6.3 (0.49)
65–74 years	100.0	21.4 (1.26)	65.6 (1.49)	13.1 (1.01)
75 years and over	100.0	21.4 (1.57)	57.6 (1.78)	21.0 (1.56)

See footnotes at end of table.

Table 7.1. Age-adjusted percent distributions (with standard errors) of usual hours of sleep for adults 18 years of age and over, by selected characteristics: United States, 2004—Con.

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7–8	9 or more
Men—Continued				
Percent distribution (standard error)				
Race:				
White, single race	100.0	28.0 (0.48)	64.4 (0.52)	7.7 (0.33)
Black or African American, single race	100.0	33.5 (1.44)	55.3 (1.64)	11.3 (0.93)
American Indian or Alaska Native, single race	100.0	32.8 (6.64)	57.3 (6.98)	*9.9 (3.75)
Asian, single race	100.0	32.0 (2.47)	62.8 (2.73)	5.2 (1.28)
Native Hawaiian or other Pacific Islander, single race	100.0	38.9 (9.77)	40.5 (9.33)	*20.6 (6.92)
2 or more races	100.0	34.1 (3.75)	55.2 (4.59)	10.7 (3.13)
Black or African American, white	100.0	51.4 (6.35)	48.6 (6.35)	—
American Indian or Alaska Native, white	100.0	32.9 (6.93)	58.5 (7.14)	*8.6 (3.40)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	24.9 (1.22)	67.0 (1.34)	8.0 (0.70)
Mexican or Mexican-American	100.0	23.6 (1.71)	68.0 (1.77)	8.4 (0.86)
Not Hispanic or Latino	100.0	29.5 (0.48)	62.5 (0.53)	8.0 (0.32)
White, single race	100.0	28.7 (0.53)	63.7 (0.57)	7.6 (0.35)
Black or African American, single race	100.0	33.5 (1.44)	55.2 (1.64)	11.3 (0.95)
Education:				
Less than high school graduate	100.0	28.9 (1.18)	58.9 (1.25)	12.2 (0.77)
GED diploma ⁴	100.0	35.5 (3.07)	54.7 (3.13)	9.8 (1.80)
High school graduate	100.0	27.6 (0.88)	62.8 (1.00)	9.6 (0.66)
Some college—no degree	100.0	30.3 (1.05)	62.4 (1.09)	7.3 (0.65)
Associate of arts degree	100.0	31.9 (1.63)	61.4 (1.70)	6.6 (0.94)
Bachelor of arts, science degree	100.0	27.0 (1.02)	68.0 (1.09)	5.0 (0.57)
Masters, doctorate, medical degree	100.0	25.3 (1.34)	71.0 (1.46)	3.8 (0.61)
Poverty status: ⁵				
Below poverty level	100.0	29.7 (1.65)	57.3 (1.99)	13.0 (1.28)
≥1 and <2 times poverty level	100.0	30.4 (1.25)	58.3 (1.39)	11.3 (0.91)
≥2 and <4 times poverty level	100.0	30.3 (0.98)	61.1 (1.01)	8.6 (0.58)
4 times poverty level or more	100.0	28.6 (0.82)	65.8 (0.85)	5.5 (0.52)
Marital status:				
Never married	100.0	26.2 (1.12)	62.7 (1.29)	11.0 (0.95)
Married	100.0	28.5 (0.56)	65.0 (0.58)	6.5 (0.34)
Cohabiting	100.0	30.1 (1.97)	60.5 (2.21)	9.4 (1.38)
Divorced or separated	100.0	37.0 (1.41)	54.7 (1.46)	8.3 (0.87)
Widowed	100.0	48.2 (10.31)	47.2 (10.30)	4.6 (0.76)
Geographic region:				
Northeast	100.0	31.7 (0.91)	61.4 (0.95)	6.9 (0.68)
Midwest	100.0	29.1 (0.98)	62.9 (0.94)	8.0 (0.60)
South	100.0	29.1 (0.67)	62.3 (0.88)	8.7 (0.51)
West	100.0	24.9 (0.96)	66.8 (0.96)	8.3 (0.68)
Place of residence: ⁶				
MSA, central city	100.0	28.8 (0.84)	62.3 (0.91)	8.8 (0.54)
MSA, not central city	100.0	29.1 (0.62)	63.7 (0.71)	7.2 (0.40)
Not MSA	100.0	27.6 (1.03)	63.0 (1.18)	9.4 (0.77)
Women				
Ages 18 years and over (age-adjusted) ²	100.0	28.3 (0.43)	62.5 (0.44)	9.3 (0.26)
Ages 18 years and over (crude) ²	100.0	28.3 (0.43)	62.4 (0.44)	9.2 (0.26)
Age: ³				
18–24 years	100.0	24.1 (1.29)	61.1 (1.37)	14.8 (0.92)
25–44 years	100.0	28.4 (0.63)	64.6 (0.67)	7.0 (0.38)
45–64 years	100.0	31.3 (0.78)	62.2 (0.79)	6.5 (0.38)
65–74 years	100.0	26.6 (1.27)	61.5 (1.32)	11.9 (0.99)
75 years and over	100.0	25.3 (1.11)	56.6 (1.36)	18.1 (1.04)
Race:				
White, single race	100.0	27.1 (0.47)	63.9 (0.50)	9.0 (0.30)
Black or African American, single race	100.0	35.2 (1.28)	54.2 (1.20)	10.7 (0.87)
American Indian or Alaska Native, single race	100.0	34.7 (5.33)	52.0 (6.04)	*13.3 (4.07)
Asian, single race	100.0	29.3 (2.40)	64.7 (2.57)	6.1 (1.35)
Native Hawaiian or other Pacific Islander, single race	100.0	*21.8 (9.03)	75.3 (8.55)	†
2 or more races	100.0	34.0 (4.24)	55.2 (3.94)	10.8 (2.79)
Black or African American, white	100.0	26.8 (6.66)	69.9 (6.64)	†
American Indian or Alaska Native, white	100.0	37.4 (6.25)	54.5 (6.00)	*8.1 (3.01)

See footnotes at end of table.

Table 7.1. Age-adjusted percent distributions (with standard errors) of usual hours of sleep for adults 18 years of age and over, by selected characteristics: United States, 2004—Con.

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7–8	9 or more
Women—Continued				
Percent distribution (standard error)				
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	26.9 (1.03)	62.2 (1.08)	10.9 (0.68)
Mexican or Mexican-American	100.0	26.5 (1.33)	60.5 (1.45)	13.1 (0.94)
Not Hispanic or Latino	100.0	28.6 (0.47)	62.4 (0.47)	9.0 (0.28)
White, single race	100.0	27.4 (0.50)	63.8 (0.52)	8.8 (0.32)
Black or African American, single race	100.0	35.3 (1.29)	54.0 (1.22)	10.7 (0.89)
Education:				
Less than high school graduate	100.0	29.1 (0.98)	58.4 (1.03)	12.5 (0.68)
GED diploma ⁴	100.0	32.9 (2.85)	51.9 (3.12)	15.2 (2.16)
High school graduate	100.0	27.9 (0.76)	61.9 (0.83)	10.2 (0.55)
Some college—no degree	100.0	30.7 (1.01)	60.1 (1.04)	9.2 (0.60)
Associate of arts degree	100.0	29.7 (1.23)	61.7 (1.39)	8.6 (0.89)
Bachelor of arts, science degree	100.0	24.7 (0.96)	69.5 (1.00)	5.8 (0.53)
Masters, doctorate, medical degree	100.0	23.5 (1.43)	70.2 (1.52)	6.3 (0.80)
Poverty status: ⁵				
Below poverty level	100.0	32.5 (1.12)	53.5 (1.21)	14.0 (0.89)
≥1 and <2 times poverty level	100.0	33.3 (1.05)	55.7 (1.08)	11.0 (0.70)
≥2 and <4 times poverty level	100.0	28.9 (0.85)	62.8 (0.92)	8.3 (0.51)
4 times poverty level or more	100.0	25.0 (0.84)	67.1 (0.86)	7.9 (0.57)
Marital status:				
Never married	100.0	28.5 (1.11)	60.6 (1.24)	10.9 (0.79)
Married	100.0	26.6 (0.57)	65.4 (0.64)	8.0 (0.37)
Cohabiting	100.0	28.7 (2.54)	60.2 (2.65)	11.1 (1.52)
Divorced or separated	100.0	35.5 (1.13)	56.2 (1.14)	8.3 (0.70)
Widowed	100.0	27.8 (3.38)	58.2 (3.96)	13.9 (2.64)
Geographic region:				
Northeast	100.0	30.4 (1.13)	61.2 (1.15)	8.4 (0.64)
Midwest	100.0	29.8 (1.02)	61.5 (0.93)	8.7 (0.48)
South	100.0	28.0 (0.65)	61.9 (0.69)	10.0 (0.46)
West	100.0	24.9 (0.76)	65.6 (0.93)	9.4 (0.55)
Place of residence: ⁶				
MSA, central city	100.0	28.9 (0.81)	61.2 (0.83)	9.9 (0.46)
MSA, not central city	100.0	27.8 (0.61)	63.9 (0.61)	8.3 (0.35)
Not MSA	100.0	28.8 (0.85)	60.6 (1.01)	10.6 (0.68)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

– Quantity zero.

¹Based on the question, "How many hours of sleep do you usually get in a 24 hour period?" Response options were 1–24 hours.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates for age groups are not age adjusted.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percent distributions, refer to Table XIX. Denominator for each percent distribution excludes persons with unknown number of hours of sleep.

DATA SOURCE: National Health Interview Survey, 2004. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Chapter 8

Summary and Conclusions

Summary

This chapter briefly summarizes the major findings from earlier chapters and highlights the most consistent subgroup variations across the health behaviors. [Table 8.1](#) shows a comparison of unhealthy behaviors across population subgroups, and [Table 8.2](#) presents the same comparisons for healthy behaviors. Because behaviors may occur on a continuum, classification of healthy and unhealthy was not always straightforward. Although there is little controversy over the classification of “current cigarette smoker” as “unhealthy,” the decision to present only “never smoked cigarettes” in the table on “healthy behaviors” was somewhat arbitrary. One might also have shown “not current cigarette smoker.” Similarly, the presentation of “five or more drinks in 1 day” is only one indicator of possibly harmful levels of alcohol consumption (5). Classification of healthy alcohol use is even more problematic because studies on the health benefits of light or moderate alcohol use abound, but a clear consensus on “healthy alcohol use” has not been reached (41). For this reason, a “healthy” category is not included for alcohol.

All estimates presented in [Tables 8.1](#) and [8.2](#) are identical to those shown in earlier chapters.

Unhealthy behaviors ([Table 8.1](#))—Overall, about 1 in 5 U.S. adults had five or more drinks in a single day at least once in the past year, about 1 in 5 adults were current cigarette smokers, about 4 in 10 adults were physically inactive in their leisure time, nearly 1 in 4 adults were obese, and about 3 in 10 adults averaged 6 hours or less of sleep in a 24-hour period.

Examination of sex differences in these health behaviors revealed that men were more than twice as likely as women to have consumed five or more drinks in 1 day in the past year. Men

were also more likely than women to be current smokers, but the differences were not nearly as striking as for alcohol use. Although men had higher rates for drinking and smoking, they had lower rates of leisure-time physical inactivity than women did. Prevalence of obesity was about the same for men and women, and both were equally likely to usually sleep 6 hours or less.

Overall, younger adults were more likely than older adults to have had five or more drinks in 1 day at least once in the past year and to be current smokers. However, younger adults were considerably less likely to be physically inactive in their leisure time. There was an inverted U-shaped association between age and both obesity and sleep. The youngest and oldest adults were least likely to be obese, with adults aged 45–64 years showing the highest prevalence of obesity. Similarly, adults aged 18–24 years and 65 years and over were least likely and adults 45–64 years of age were most likely to average 6 hours or less of sleep.

Differences in prevalence of unhealthy behaviors by race and ethnicity are noteworthy. Asian adults had significantly lower prevalence of the unhealthy behaviors shown in [Table 8.1](#) in terms of alcohol use, smoking, and body weight than all other race groups. However, Asian adults did not exhibit lower prevalence of leisure-time physical inactivity and of averaging 6 hours or less of sleep. Asian adults and white adults were about equally likely to be physically inactive in their leisure time, and Asian adults were as likely as adults in the other race groups to sleep 6 hours or less in a 24-hour period. White adults were more likely than black adults to have had five or more drinks in 1 day at least once in the past year. However, rates of physical inactivity and obesity were higher among black adults than among white adults. Rates of smoking were similar for black and white men, but lower for black women than white women. Black women had particularly high rates of obesity compared with white and Asian women. Black adults were noticeably more likely to average less sleep than white adults.

Overall, adults of Hispanic origin were less likely to have had five or more drinks in 1 day at least once in the past year, to be current smokers, or to average 6 hours or less of sleep. However, they were more likely to be physically inactive and more likely to be obese compared with non-Hispanic adults. Differences between Hispanic and non-Hispanic adults were particularly noteworthy for women. Hispanic women had very low rates of smoking compared with non-Hispanic white and non-Hispanic black women. Hispanic women also had much lower rates of having had five or more drinks at least once in the past year than non-Hispanic white women.

Educational differences in health behaviors are generally consistent across the behaviors studied. Adults with higher levels of education were less likely than those with fewer years of education to be current smokers, to be physically inactive in their leisure time, to be obese, and to sleep 6 hours or less in a 24-hour period. The association between education and alcohol consumption was more complex, with prevalence of having five or more drinks in 1 day at least once in the past year lowest among adults who had not graduated from high school and those who had achieved a master’s degree or higher, and higher among those with levels of education in between. One of the most interesting findings with respect to education and health behaviors was the prevalence of some of the behaviors among adults who had obtained a GED diploma. Although on the educational achievement continuum, this group falls between those who graduated from high school and those who did not—in some cases their health behaviors are very different from both of these groups. People with a GED diploma were more likely than both nonhigh school graduates and high school graduates to have had five or more drinks in 1 day at least once in the past year. Similarly, those with a GED diploma were more likely than both nonhigh school graduates and high school graduates to be current smokers. Adults with a GED diploma were less likely than nonhigh school graduates

(and as likely as high school graduates) to be physically inactive. Adults with a GED diploma were similar to nonhigh school graduates in terms of prevalence of obesity. Those with a GED diploma were more likely to sleep 6 hours or less than nonhigh school graduates and high school graduates.

Prevalence of engaging in unhealthy behaviors did not show a consistent association with family income level. Whereas prevalence of cigarette smoking and lack of leisure-time physical activity declined steadily with increasing family income for both men and women, prevalence of having had five or more drinks in 1 day at least once in the past year increased modestly, most notably among adults at the highest family income level. Prevalence of obesity declined sharply with increasing family income for women, but not for men. Women at the lower family income levels were more likely to average 6 hours or less of sleep than women with higher family incomes. No family income differences in sleep were noted for men.

Some interesting marital status differences were noted in prevalence of unhealthy behaviors, but the findings were not consistent across the behaviors (see [Appendix II](#) for definitions of marital status terms). Whereas married adults had a lower prevalence of current cigarette smoking than all other marital status groups, they were similar to widowed adults in terms of prevalence of having had five or more drinks in 1 day at least once in the past year. Married women had lower rates of obesity than women in most other marital status groups; rates of obesity among married men were among the highest of any marital status group. It is interesting to note that rates of drinking five or more drinks in 1 day at least once in the past year and smoking cigarettes were considerably higher for cohabiting adults than for married adults. Cohabiting men were more likely than their married counterparts to be physically inactive. Divorced or separated adults were noticeably more likely to average 6 hours or less of sleep than never married adults, married adults, and cohabiting adults.

Some variations were found in prevalence of unhealthy behaviors by geographic region and place of residence, although the results did not provide a clear and systematic picture of differences by these characteristics. Adults living in the South had the lowest prevalence of having had five or more drinks in 1 day at least once in the past year, the highest prevalence of being physically inactive in leisure time, and among the highest prevalence of obesity. Adults living in the West had the lowest smoking rates compared with adults living in other regions and were the least likely to average 6 hours or less of sleep in a 24-hour period.

Prevalence of current cigarette smoking was highest for men and women living outside a metropolitan statistical area (MSA). For both men and women, prevalence of physical inactivity was lowest for those living in an MSA, but not in the central city. Prevalence of obesity also was lowest for women living in an MSA, but not in the central city. The same was not true for men. For men, obesity rates were lower for those living in an MSA regardless of whether it was the central city.

Healthy behaviors (Table 8.2)—Overall, about 6 in 10 adults had never smoked cigarettes, about 3 in 10 were regularly physically active in their leisure time, about 4 in 10 were of healthy weight, and about 6 in 10 usually slept 7 to 8 hours in a 24-hour period.

Women were more likely than men to have never smoked cigarettes and to be of healthy body weight; men were more likely than women to engage in regular leisure-time physical activity. Men and women were equally likely to sleep 7 to 8 hours a night.

Younger adults were more likely than older adults to have never smoked and to engage in regular leisure-time physical activity. The youngest and oldest were the most likely to be of healthy weight, with those 45–64 years of age and 65–74 years of age least likely to fall in this weight range. The oldest adults were least likely to average 7 to 8 hours of sleep.

Prevalence of healthy behaviors was not consistent across race or Hispanic origin subgroups. Of the race groups shown in [Table 8.2](#), Asian adults were the most likely to have never smoked cigarettes and to be of healthy weight. However, Asian adults were less likely than white adults to engage in regular leisure-time physical activity. Black adults were less likely than Asian adults to have never smoked cigarettes. White adults were considerably more likely than black adults to engage in regular leisure-time physical activity and to be of healthy weight. Prevalence of sleeping 7 to 8 hours a night was similar for Asian adults and white adults, and both groups were more likely than black adults to sleep this amount.

Hispanic adults were more likely than non-Hispanic adults to have never smoked cigarettes and to average 7 to 8 hours of sleep, but Hispanic adults were less likely than non-Hispanic adults to engage in regular leisure-time physical activity and to be of healthy weight.

Prevalence of healthy behaviors was strongly associated with education: persons with higher levels of education were noticeably more likely than those with less education to have never smoked cigarettes, to be regularly physically active in their leisure time, to be of healthy weight, and to usually sleep 7 to 8 hours in a 24-hour period.

The associations between family income level and healthy behaviors varied by behavior and, in some cases, differed for men and women. Among women, prevalence of regular leisure-time physical activity and prevalence of healthy body weight showed clear and consistent positive associations with family income level. In contrast, among men, prevalence of regular leisure-time physical activity increased, but prevalence of healthy weight decreased with increased level of family income. For both men and women, prevalence of never having smoked cigarettes and usually sleeping 7 to 8 hours in a night increased with increased level of family income.

Findings related to marital status were mixed. For two of the four behaviors shown in [Table 8.2](#), never married men had the highest prevalence of healthy behavior compared with men in other marital status groups: never having smoked and having a healthy body weight. Some marital status differences were noted for women, but no clear pattern emerged.

Prevalence of behaviors varied by region, but no specific region stood out as having a consistently higher prevalence of healthy behaviors. Adults living in the West had the highest prevalence of never having smoked cigarettes and usually sleeping 7 to 8 hours in a 24-hour period. Adults living in the West were similar to adults living in the Northeast in terms of prevalence of healthy body weight. Adults living in the South were the least likely to engage in regular physical activity.

Prevalence of healthy behaviors generally varied for adults living in and outside an MSA and was not the same across the behaviors studied. Rates of never having smoked cigarettes, engaging in leisure-time physical activity, and maintaining healthy body weight were higher for adults living in an MSA than for those living outside an MSA. Prevalence of sleeping 7 to 8 hours, on average, was modestly higher among adults living in an MSA but not in the central city.

Conclusions

Prevalence of alcohol use, cigarette smoking, leisure-time physical activity, body weight status, and usually sleeping 7 to 8 hours in a 24-hour period varied significantly among different segments of the population. With the possible exception of adults with advanced levels of education, no single population subgroup was found to have a consistently lower prevalence of unhealthy behaviors or a higher prevalence of healthy behaviors. Some population subgroups have already met the health objectives for the Nation outlined in *Healthy People 2010*, and others still lag far behind (42). Future studies focusing on the characteristics of groups most likely to engage in health-promoting behaviors may provide

insights into the most effective ways to help all people achieve healthier lifestyles.

Table 8.1. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in selected unhealthy behaviors, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Selected unhealthy behaviors				
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Physically inactive (leisure time) ³	Obese ⁴	Slept 6 hours or less ⁵
Both sexes					
Percent (standard error)					
Ages 18 years and over (age-adjusted) ⁶	19.7 (0.24)	21.5 (0.21)	38.0 (0.40)	23.4 (0.20)	28.5 (0.32)
Ages 18 years and over (crude) ⁶	19.6 (0.24)	21.6 (0.21)	37.9 (0.40)	23.6 (0.20)	28.6 (0.33)
Age: ⁷					
18–24 years	32.0 (0.80)	25.3 (0.65)	31.4 (0.73)	14.3 (0.47)	23.5 (0.96)
25–44 years	26.3 (0.36)	25.0 (0.32)	34.0 (0.48)	23.6 (0.29)	29.7 (0.49)
45–64 years	14.4 (0.26)	22.4 (0.33)	38.2 (0.47)	28.3 (0.36)	31.8 (0.59)
65–74 years	5.4 (0.30)	11.9 (0.39)	45.3 (0.76)	26.7 (0.52)	24.2 (0.87)
75 years and over	1.8 (0.18)	5.8 (0.30)	59.8 (0.71)	16.0 (0.46)	23.8 (0.93)
Race:					
White, single race	21.6 (0.28)	22.2 (0.24)	36.3 (0.43)	22.4 (0.22)	27.6 (0.36)
Black or African American, single race	11.0 (0.34)	20.9 (0.57)	48.7 (0.76)	34.2 (0.55)	34.5 (0.98)
American Indian or Alaska Native, single race	21.6 (1.93)	32.9 (2.53)	46.8 (3.34)	33.5 (2.52)	34.2 (4.17)
Asian, single race	8.0 (0.66)	11.6 (0.68)	37.9 (1.10)	6.3 (0.58)	30.6 (1.74)
Native Hawaiian or other Pacific Islander, single race	26.2 (5.71)	32.1 (6.62)	35.5 (4.68)	28.0 (5.46)	31.1 (7.80)
2 or more races	20.2 (1.17)	30.1 (1.56)	28.9 (1.62)	26.3 (1.73)	34.6 (2.88)
Black or African American, white	19.1 (3.49)	27.6 (3.87)	36.9 (5.31)	32.2 (4.74)	33.9 (6.77)
American Indian or Alaska Native, white	22.2 (2.21)	40.0 (2.54)	31.0 (2.75)	27.3 (2.48)	35.2 (5.10)
Hispanic or Latino origin and race:					
Hispanic or Latino	16.7 (0.38)	15.2 (0.37)	52.4 (0.63)	26.0 (0.47)	26.0 (0.83)
Mexican or Mexican-American	18.5 (0.49)	14.6 (0.46)	52.8 (0.79)	28.4 (0.66)	25.1 (1.10)
Not Hispanic or Latino	20.2 (0.26)	22.6 (0.24)	36.0 (0.42)	23.1 (0.21)	29.0 (0.35)
White, single race	22.5 (0.31)	23.3 (0.27)	33.9 (0.46)	22.0 (0.23)	28.1 (0.39)
Black or African American, single race	10.9 (0.34)	20.9 (0.56)	48.7 (0.77)	34.3 (0.54)	34.6 (0.99)
Education:					
Less than high school graduate	16.9 (0.37)	29.7 (0.54)	59.4 (0.57)	27.1 (0.45)	29.1 (0.77)
GED diploma ⁸	23.5 (1.03)	41.5 (1.10)	46.5 (1.20)	29.0 (1.00)	34.1 (2.17)
High school graduate	19.2 (0.40)	26.1 (0.35)	44.4 (0.57)	25.4 (0.36)	27.8 (0.55)
Some college—no degree	21.2 (0.43)	21.6 (0.39)	32.6 (0.53)	24.5 (0.40)	30.6 (0.79)
Associate of arts degree	20.3 (0.51)	20.2 (0.50)	30.9 (0.73)	25.1 (0.58)	30.8 (1.00)
Bachelor of arts, science degree	21.7 (0.43)	11.9 (0.31)	22.8 (0.46)	17.5 (0.39)	25.8 (0.74)
Masters, doctorate, medical degree	16.9 (0.54)	7.4 (0.33)	18.8 (0.58)	15.3 (0.52)	24.4 (1.02)
Poverty status: ⁹					
Below poverty level	17.9 (0.66)	30.6 (0.68)	54.0 (0.87)	27.3 (0.56)	31.4 (0.96)
≥1 and <2 times poverty level	17.7 (0.43)	27.8 (0.48)	49.8 (0.67)	27.7 (0.48)	32.0 (0.79)
≥2 and <4 times poverty level	20.4 (0.35)	23.7 (0.37)	36.4 (0.53)	25.6 (0.36)	29.7 (0.69)
4 times poverty level or more	24.1 (0.35)	16.5 (0.29)	23.5 (0.43)	20.7 (0.34)	26.9 (0.57)
Marital status:					
Never married	22.8 (0.47)	22.3 (0.47)	39.0 (0.62)	22.8 (0.49)	27.5 (0.83)
Married	16.9 (0.26)	17.6 (0.25)	36.8 (0.46)	24.0 (0.26)	27.5 (0.40)
Cohabiting	28.2 (0.75)	35.8 (0.86)	40.4 (1.05)	23.0 (0.94)	29.2 (1.59)
Divorced or separated	20.9 (0.46)	33.2 (0.51)	41.5 (0.61)	25.9 (0.49)	36.1 (0.93)
Widowed	14.1 (1.64)	27.4 (1.86)	49.1 (1.97)	26.9 (1.76)	33.2 (4.05)
Geographic region:					
Northeast	20.4 (0.47)	20.4 (0.49)	34.8 (0.64)	21.5 (0.43)	31.0 (0.82)
Midwest	24.0 (0.58)	24.1 (0.42)	34.5 (0.74)	24.6 (0.35)	29.5 (0.70)
South	16.5 (0.39)	22.9 (0.36)	43.6 (0.78)	25.1 (0.36)	28.7 (0.52)
West	19.5 (0.41)	17.2 (0.43)	35.1 (0.75)	20.8 (0.37)	24.9 (0.66)
Place of residence: ¹⁰					
MSA, central city	19.4 (0.42)	21.0 (0.36)	40.5 (0.66)	23.4 (0.32)	28.9 (0.59)
MSA, not central city	19.9 (0.32)	20.0 (0.29)	34.8 (0.45)	22.2 (0.24)	28.5 (0.48)
Not MSA	19.5 (0.59)	26.6 (0.54)	42.8 (1.11)	26.7 (0.52)	28.3 (0.64)
Men					
Ages 18 years and over (age-adjusted) ⁶	28.1 (0.36)	23.8 (0.28)	36.0 (0.45)	23.6 (0.28)	28.6 (0.43)
Ages 18 years and over (crude) ⁶	28.5 (0.38)	24.2 (0.28)	35.7 (0.45)	23.8 (0.28)	29.0 (0.44)
Age: ⁷					
18–24 years	41.3 (1.15)	28.1 (0.92)	28.4 (0.94)	14.3 (0.68)	22.8 (1.35)
25–44 years	37.3 (0.55)	27.8 (0.43)	32.4 (0.57)	24.5 (0.41)	31.1 (0.71)
45–64 years	22.0 (0.42)	24.5 (0.48)	37.8 (0.59)	28.2 (0.53)	32.3 (0.88)
65–74 years	9.4 (0.56)	12.9 (0.58)	42.7 (1.07)	25.4 (0.82)	21.4 (1.26)
75 years and over	3.7 (0.40)	6.3 (0.48)	53.0 (1.13)	14.5 (0.73)	21.4 (1.57)

See footnotes at end of table.

Table 8.1. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in selected unhealthy behaviors, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Selected unhealthy behaviors				
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Physically inactive (leisure time) ³	Obese ⁴	Slept 6 hours or less ⁵
Men—Continued					
Percent (standard error)					
Race:					
White, single race	30.2 (0.41)	24.0 (0.32)	34.9 (0.48)	23.5 (0.30)	28.0 (0.48)
Black or African American, single race	17.7 (0.63)	25.2 (0.80)	44.2 (1.13)	28.2 (0.81)	33.5 (1.44)
American Indian or Alaska Native, single race	28.1 (3.16)	34.4 (3.26)	47.2 (4.41)	33.2 (4.29)	32.8 (6.64)
Asian, single race	13.2 (1.22)	17.1 (1.16)	34.6 (1.71)	6.9 (0.82)	32.0 (2.47)
Native Hawaiian or other Pacific Islander, single race	36.6 (8.38)	37.1 (8.06)	33.5 (5.44)	33.3 (7.99)	38.9 (9.77)
2 or more races	29.3 (2.22)	31.9 (2.24)	26.7 (2.33)	22.2 (2.39)	34.1 (3.75)
Black or African American, white	31.4 (7.70)	30.8 (6.30)	29.9 (7.95)	31.3 (6.73)	51.4 (6.35)
American Indian or Alaska Native, white	32.2 (3.41)	44.8 (3.92)	30.3 (3.78)	20.7 (3.00)	32.9 (6.93)
Hispanic or Latino origin and race:					
Hispanic or Latino	26.8 (0.67)	19.9 (0.58)	50.5 (0.80)	24.9 (0.67)	24.9 (1.22)
Mexican or Mexican-American	29.5 (0.87)	19.4 (0.75)	51.8 (1.04)	26.5 (0.95)	23.6 (1.71)
Not Hispanic or Latino	28.4 (0.40)	24.5 (0.31)	33.9 (0.48)	23.4 (0.31)	29.5 (0.48)
White, single race	31.0 (0.46)	24.8 (0.35)	32.5 (0.51)	23.4 (0.33)	28.7 (0.53)
Black or African American, single race	17.6 (0.63)	25.0 (0.80)	44.2 (1.14)	28.1 (0.79)	33.5 (1.44)
Education:					
Less than high school graduate	26.0 (0.64)	33.7 (0.68)	57.7 (0.75)	24.7 (0.62)	28.9 (1.18)
GED diploma ⁸	32.0 (1.57)	45.1 (1.53)	45.3 (1.76)	27.5 (1.51)	35.5 (3.07)
High school graduate	27.7 (0.59)	28.6 (0.51)	42.7 (0.71)	25.7 (0.53)	27.6 (0.88)
Some college—no degree	30.0 (0.68)	22.9 (0.55)	30.0 (0.71)	25.2 (0.60)	30.3 (1.05)
Associate of arts degree	30.6 (0.91)	22.7 (0.81)	29.0 (1.10)	26.0 (0.89)	31.9 (1.63)
Bachelor of arts, science degree	30.1 (0.68)	13.2 (0.50)	21.0 (0.60)	19.3 (0.60)	27.0 (1.02)
Masters, doctorate, medical degree	22.1 (0.84)	8.2 (0.49)	16.9 (0.71)	16.8 (0.75)	25.3 (1.34)
Poverty status:⁹					
Below poverty level	27.7 (1.11)	33.5 (0.97)	51.6 (1.19)	22.9 (0.85)	29.7 (1.65)
≥1 and <2 times poverty level	26.4 (0.74)	32.1 (0.71)	49.7 (0.91)	24.8 (0.70)	30.4 (1.25)
≥2 and <4 times poverty level	28.5 (0.57)	26.3 (0.51)	36.0 (0.70)	25.3 (0.55)	30.3 (0.98)
4 times poverty level or more	32.8 (0.54)	18.5 (0.40)	22.1 (0.55)	23.5 (0.49)	28.6 (0.82)
Marital status:					
Never married	30.5 (0.71)	25.5 (0.67)	36.9 (0.85)	20.0 (0.71)	26.2 (1.12)
Married	24.8 (0.41)	20.0 (0.33)	35.9 (0.50)	25.8 (0.37)	28.5 (0.56)
Cohabiting	37.1 (1.14)	38.0 (1.23)	40.7 (1.46)	22.6 (1.20)	30.1 (1.97)
Divorced or separated	33.5 (0.81)	37.2 (0.83)	38.5 (0.87)	24.5 (0.77)	37.0 (1.41)
Widowed	30.2 (4.66)	33.2 (5.07)	43.2 (4.54)	24.3 (4.18)	48.2 (10.31)
Geographic region:					
Northeast	28.9 (0.77)	21.7 (0.66)	32.0 (0.76)	23.1 (0.66)	31.7 (0.91)
Midwest	33.2 (0.87)	26.4 (0.53)	33.5 (0.87)	24.6 (0.55)	29.1 (0.98)
South	24.3 (0.60)	25.5 (0.47)	41.3 (0.86)	24.5 (0.48)	29.1 (0.67)
West	28.3 (0.64)	19.6 (0.57)	32.9 (0.88)	21.1 (0.54)	24.9 (0.96)
Place of residence:¹⁰					
MSA, central city	27.9 (0.59)	23.4 (0.47)	37.3 (0.78)	22.2 (0.44)	28.8 (0.84)
MSA, not central city	28.1 (0.48)	22.0 (0.39)	33.2 (0.51)	23.2 (0.37)	29.1 (0.62)
Not MSA	28.3 (0.88)	29.3 (0.68)	41.7 (1.20)	26.4 (0.68)	27.6 (1.03)
Women					
Ages 18 years and over (age-adjusted) ⁶	11.8 (0.20)	19.4 (0.25)	39.8 (0.43)	23.2 (0.25)	28.3 (0.43)
Ages 18 years and over (crude) ⁵	11.5 (0.19)	19.2 (0.25)	40.0 (0.43)	23.4 (0.26)	28.3 (0.43)
Age:⁷					
18–24 years	22.9 (0.79)	22.5 (0.75)	34.5 (0.89)	14.3 (0.60)	24.1 (1.29)
25–44 years	15.8 (0.34)	22.3 (0.39)	35.6 (0.58)	22.8 (0.40)	28.4 (0.63)
45–64 years	7.3 (0.24)	20.4 (0.38)	38.5 (0.54)	28.4 (0.48)	31.3 (0.78)
65–74 years	2.2 (0.25)	11.2 (0.50)	47.5 (0.88)	27.8 (0.68)	26.6 (1.27)
75 years and over	0.5 (0.10)	5.5 (0.36)	64.1 (0.81)	16.9 (0.60)	25.3 (1.11)

See footnotes at end of table.

Table 8.1. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in selected unhealthy behaviors, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Selected unhealthy behaviors				
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Physically inactive (leisure time) ³	Obese ⁴	Slept 6 hours or less ⁵
Women—Continued					
Percent (standard error)					
Race:					
White, single race	13.4 (0.24)	20.5 (0.29)	37.5 (0.48)	21.3 (0.27)	27.1 (0.47)
Black or African American, single race	5.6 (0.29)	17.5 (0.60)	52.3 (0.78)	39.0 (0.78)	35.2 (1.28)
American Indian or Alaska Native, single race	15.1 (2.42)	31.1 (3.49)	45.5 (4.03)	33.0 (3.46)	34.7 (5.33)
Asian, single race	2.7 (0.45)	5.9 (0.72)	41.1 (1.55)	5.7 (0.75)	29.3 (2.40)
Native Hawaiian or other Pacific Islander, single race	†	*25.3 (8.43)	41.2 (7.92)	*19.5 (6.83)	*21.8 (9.03)
2 or more races	12.7 (1.31)	28.4 (1.90)	30.6 (1.99)	29.7 (2.23)	34.0 (4.24)
Black or African American, white	11.7 (3.17)	25.9 (5.09)	41.4 (7.31)	35.3 (6.53)	26.8 (6.66)
American Indian or Alaska Native, white	14.3 (2.79)	36.0 (3.32)	31.4 (3.47)	32.7 (3.39)	37.4 (6.25)
Hispanic or Latino origin and race:					
Hispanic or Latino	6.7 (0.28)	10.5 (0.38)	54.4 (0.81)	26.9 (0.60)	26.9 (1.03)
Mexican or Mexican-American	7.1 (0.38)	9.3 (0.51)	54.0 (1.03)	30.2 (0.83)	26.5 (1.33)
Not Hispanic or Latino	12.6 (0.22)	20.7 (0.28)	37.7 (0.46)	22.8 (0.28)	28.6 (0.47)
White, single race	14.5 (0.27)	21.9 (0.32)	35.0 (0.51)	20.7 (0.29)	27.4 (0.50)
Black or African American, single race	5.5 (0.29)	17.6 (0.60)	52.4 (0.79)	39.1 (0.77)	35.3 (1.29)
Education:					
Less than high school graduate	7.5 (0.33)	25.7 (0.70)	61.4 (0.73)	29.4 (0.67)	29.1 (0.98)
GED diploma ⁸	14.6 (1.09)	37.6 (1.52)	47.8 (1.70)	30.5 (1.32)	32.9 (2.85)
High school graduate	10.9 (0.37)	23.7 (0.47)	46.1 (0.67)	25.2 (0.46)	27.9 (0.76)
Some college—no degree	13.5 (0.43)	20.4 (0.50)	34.9 (0.61)	23.8 (0.53)	30.7 (1.01)
Associate of arts degree	12.3 (0.57)	18.2 (0.57)	32.2 (0.87)	24.4 (0.79)	29.7 (1.23)
Bachelor of arts, science degree	14.1 (0.45)	10.7 (0.40)	24.5 (0.62)	15.8 (0.48)	24.7 (0.96)
Masters, doctorate, medical degree	10.9 (0.62)	6.6 (0.46)	21.3 (0.88)	13.6 (0.65)	23.5 (1.43)
Poverty status:⁹					
Below poverty level	11.2 (0.55)	28.7 (0.80)	55.7 (1.01)	30.3 (0.73)	32.5 (1.12)
≥1 and <2 times poverty level	10.4 (0.42)	24.2 (0.64)	50.0 (0.75)	30.2 (0.62)	33.3 (1.05)
≥2 and <4 times poverty level	12.4 (0.35)	21.1 (0.50)	36.7 (0.61)	25.8 (0.44)	28.9 (0.85)
4 times poverty level or more	14.8 (0.38)	14.4 (0.36)	25.2 (0.55)	17.5 (0.42)	25.0 (0.84)
Marital status:					
Never married	14.1 (0.44)	18.9 (0.54)	41.4 (0.80)	26.1 (0.64)	28.5 (1.11)
Married	9.5 (0.23)	15.3 (0.29)	37.6 (0.54)	22.4 (0.32)	26.6 (0.57)
Cohabiting	19.4 (0.82)	33.7 (1.24)	40.1 (1.44)	23.5 (1.44)	28.7 (2.54)
Divorced or separated	12.6 (0.48)	30.5 (0.63)	43.6 (0.73)	26.9 (0.64)	35.5 (1.13)
Widowed	9.6 (1.60)	25.7 (1.95)	50.9 (2.08)	27.4 (1.92)	27.8 (3.38)
Geographic region:					
Northeast	12.9 (0.44)	19.2 (0.61)	37.1 (0.81)	19.9 (0.54)	30.4 (1.13)
Midwest	15.4 (0.48)	21.9 (0.52)	35.3 (0.82)	24.6 (0.49)	29.8 (1.02)
South	9.2 (0.29)	20.4 (0.43)	45.6 (0.84)	25.6 (0.47)	28.0 (0.65)
West	11.0 (0.40)	14.7 (0.44)	37.1 (0.80)	20.4 (0.41)	24.9 (0.76)
Place of residence:¹⁰					
MSA, central city	11.7 (0.39)	18.7 (0.44)	43.4 (0.73)	24.5 (0.42)	28.9 (0.81)
MSA, not central city	12.0 (0.28)	18.0 (0.34)	36.2 (0.54)	21.2 (0.32)	27.8 (0.61)
Not MSA	11.3 (0.49)	24.0 (0.65)	43.7 (1.20)	26.9 (0.72)	28.8 (0.85)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Five or more drinks in 1 day at least once in the past year was asked of only current drinkers, but estimates reflect percent of all adults who engaged in this behavior (as shown in Table 3.3).

²Smoked at least 100 cigarettes in lifetime and currently smoked.

³Never engaged in any leisure-time light, moderate, or vigorous physical activity.

⁴Obese is defined as a body mass index (BMI) of greater than or equal to 30.

⁵Usual number of hours of sleep in a 24-hour period. Based on data from 2004 NHIS Sample Adult only.

⁶Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁷Estimates for age groups are not age adjusted.

⁸GED is General Educational Development high school equivalency diploma.

⁹Poverty status for columns 1–4 is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003; poverty status for column 5 is based on 2003.

¹⁰MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Table XX. Denominator for each percentage excludes persons with unknown health behavior characteristics. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 8.2. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in selected healthy behaviors, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Selected healthy behaviors			
	Never smoked cigarettes ¹	Any regular leisure-time physical activity ²	Healthy weight ³	Slept 7–8 hours ⁴
Both sexes				
Percent (standard error)				
Ages 18 years and over (age-adjusted) ⁵	56.6 (0.26)	31.6 (0.29)	39.2 (0.22)	62.8 (0.35)
Ages 18 years and over (crude) ⁵	56.4 (0.27)	31.6 (0.29)	39.1 (0.23)	62.8 (0.35)
Age: ⁶				
18–24 years	67.5 (0.73)	39.3 (0.74)	55.8 (0.64)	63.4 (1.05)
25–44 years	60.8 (0.38)	34.0 (0.38)	39.7 (0.34)	64.4 (0.52)
45–64 years	49.3 (0.41)	30.4 (0.38)	31.9 (0.34)	61.8 (0.61)
65–74 years	46.9 (0.62)	27.0 (0.64)	32.3 (0.55)	63.4 (0.98)
75 years and over	55.7 (0.62)	16.8 (0.49)	44.5 (0.66)	57.0 (1.11)
Race:				
White, single race	54.6 (0.30)	33.0 (0.33)	40.0 (0.24)	64.1 (0.39)
Black or African American, single race	63.5 (0.55)	24.6 (0.59)	29.8 (0.56)	54.6 (0.99)
American Indian or Alaska Native, single race	45.9 (3.67)	23.7 (2.21)	33.4 (3.05)	53.9 (4.78)
Asian, single race	74.5 (0.96)	29.3 (1.13)	61.3 (1.20)	63.8 (1.97)
Native Hawaiian or other Pacific Islander, single race	51.9 (7.38)	32.4 (5.05)	29.4 (5.80)	57.3 (10.36)
2 or more races	47.4 (1.75)	34.5 (1.65)	38.7 (2.03)	54.8 (2.86)
Black or African American, white	58.5 (5.42)	29.3 (3.87)	39.6 (4.84)	64.1 (6.75)
American Indian or Alaska Native, white	34.7 (2.29)	33.3 (2.84)	36.4 (3.06)	56.6 (5.03)
Hispanic or Latino origin and race:				
Hispanic or Latino	69.0 (0.53)	23.3 (0.46)	32.9 (0.53)	64.5 (0.91)
Mexican or Mexican-American	70.1 (0.72)	22.8 (0.52)	29.8 (0.62)	64.3 (1.19)
Not Hispanic or Latino	54.9 (0.29)	32.9 (0.32)	40.1 (0.24)	62.4 (0.38)
White, single race	52.7 (0.32)	34.5 (0.35)	40.8 (0.25)	63.7 (0.41)
Black or African American, single race	63.5 (0.55)	24.6 (0.60)	29.7 (0.56)	54.4 (1.00)
Education:				
Less than high school graduate	52.0 (0.57)	19.1 (0.43)	35.6 (0.50)	58.7 (0.83)
GED diploma ⁷	33.2 (1.07)	24.4 (1.02)	34.1 (1.12)	53.5 (2.18)
High school graduate	52.7 (0.41)	26.7 (0.47)	36.9 (0.39)	62.4 (0.65)
Some college—no degree	54.9 (0.45)	34.7 (0.53)	38.9 (0.51)	61.1 (0.78)
Associate of arts degree	55.1 (0.69)	35.3 (0.65)	37.3 (0.63)	61.5 (1.08)
Bachelor of arts, science degree	64.8 (0.48)	41.6 (0.51)	44.7 (0.52)	68.8 (0.76)
Masters, doctorate, medical degree	69.6 (0.58)	45.3 (0.75)	47.1 (0.68)	70.7 (1.10)
Poverty status: ⁸				
Below poverty level	53.8 (0.78)	22.3 (0.65)	39.1 (0.67)	55.1 (1.10)
≥1 and <2 times poverty level	53.6 (0.54)	23.3 (0.50)	36.5 (0.51)	57.0 (0.85)
≥2 and <4 times poverty level	53.2 (0.44)	31.1 (0.44)	37.1 (0.40)	61.9 (0.72)
4 times poverty level or more	57.9 (0.40)	40.9 (0.43)	40.6 (0.38)	66.5 (0.63)
Marital status:				
Never married	61.9 (0.51)	33.1 (0.52)	43.8 (0.54)	61.5 (0.94)
Married	57.8 (0.33)	31.3 (0.33)	36.5 (0.28)	65.2 (0.44)
Cohabiting	40.2 (0.97)	30.6 (1.05)	40.8 (1.03)	60.4 (1.76)
Divorced or separated	45.4 (0.54)	29.4 (0.50)	37.5 (0.55)	55.6 (0.93)
Widowed	53.5 (2.00)	24.5 (1.97)	39.4 (2.19)	55.3 (4.14)
Geographic region:				
Northeast	55.7 (0.58)	34.4 (0.66)	40.9 (0.50)	61.3 (0.84)
Midwest	53.4 (0.53)	32.1 (0.54)	38.0 (0.42)	62.2 (0.69)
South	56.8 (0.46)	28.4 (0.55)	37.8 (0.38)	62.0 (0.58)
West	60.8 (0.53)	34.3 (0.47)	41.9 (0.46)	66.2 (0.77)
Place of residence: ⁹				
MSA, central city	58.8 (0.42)	30.5 (0.48)	40.7 (0.38)	61.8 (0.62)
MSA, not central city	57.0 (0.37)	33.5 (0.36)	39.6 (0.30)	63.8 (0.50)
Not MSA	52.3 (0.60)	28.3 (0.74)	36.2 (0.53)	61.7 (0.79)
Men				
Ages 18 years and over (age-adjusted) ⁵	50.0 (0.33)	34.1 (0.37)	31.8 (0.30)	63.2 (0.48)
Ages 18 years and over (crude) ⁵	50.3 (0.35)	34.2 (0.38)	31.6 (0.31)	63.2 (0.48)
Age: ⁶				
18–24 years	64.6 (1.00)	44.5 (1.01)	52.4 (0.90)	65.6 (1.57)
25–44 years	57.7 (0.47)	35.7 (0.50)	30.3 (0.45)	64.2 (0.77)
45–64 years	41.6 (0.55)	31.3 (0.52)	24.3 (0.47)	61.4 (0.88)
65–74 years	33.6 (0.83)	30.2 (0.91)	25.4 (0.83)	65.6 (1.49)
75 years and over	37.8 (1.04)	22.1 (0.84)	41.3 (1.07)	57.6 (1.78)

See footnotes at end of table.

Table 8.2. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in selected healthy behaviors, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Selected healthy behaviors			
	Never smoked cigarettes ¹	Any regular leisure-time physical activity ²	Healthy weight ³	Slept 7–8 hours ⁴
Men—Continued				
Percent (standard error)				
Race:				
White, single race	49.0 (0.37)	34.9 (0.42)	31.1 (0.34)	64.4 (0.52)
Black or African American, single race	54.6 (0.85)	29.8 (0.89)	30.3 (0.88)	55.3 (1.64)
American Indian or Alaska Native, single race	43.1 (4.51)	22.9 (3.27)	26.5 (4.84)	57.3 (6.98)
Asian, single race	60.7 (1.58)	31.4 (1.69)	57.4 (1.51)	62.8 (2.73)
Native Hawaiian or other Pacific Islander, single race	47.1 (8.60)	34.9 (6.32)	*23.1 (8.06)	40.5 (9.33)
2 or more races	42.2 (2.63)	36.9 (2.40)	33.3 (3.01)	55.2 (4.59)
Black or African American, white	59.8 (8.30)	33.0 (6.63)	34.0 (5.60)	48.6 (6.35)
American Indian or Alaska Native, white	26.7 (3.39)	36.4 (4.20)	30.7 (4.26)	58.5 (7.14)
Hispanic or Latino origin and race:				
Hispanic or Latino	58.5 (0.83)	25.3 (0.69)	28.3 (0.68)	67.0 (1.34)
Mexican or Mexican-American	59.7 (1.11)	24.2 (0.87)	26.7 (0.83)	68.0 (1.77)
Not Hispanic or Latino	48.9 (0.36)	35.4 (0.41)	32.4 (0.32)	62.5 (0.53)
White, single race	47.6 (0.41)	36.4 (0.46)	31.6 (0.36)	63.7 (0.57)
Black or African American, single race	54.8 (0.86)	29.9 (0.91)	30.3 (0.88)	55.2 (1.64)
Education:				
Less than high school graduate	42.1 (0.75)	21.3 (0.65)	33.6 (0.70)	58.9 (1.25)
GED diploma ⁷	25.9 (1.44)	25.8 (1.45)	31.9 (1.54)	54.7 (3.13)
High school graduate	45.3 (0.57)	28.8 (0.62)	30.4 (0.53)	62.8 (1.00)
Some college—no degree	49.3 (0.68)	38.6 (0.77)	30.7 (0.68)	62.4 (1.09)
Associate of arts degree	48.3 (1.04)	37.6 (1.02)	27.6 (0.86)	61.4 (1.70)
Bachelor of arts, science degree	60.3 (0.65)	43.2 (0.72)	32.0 (0.72)	68.0 (1.09)
Masters, doctorate, medical degree	67.3 (0.81)	47.4 (1.00)	37.2 (0.83)	71.0 (1.46)
Poverty status:⁸				
Below poverty level	45.7 (1.10)	26.3 (1.04)	39.1 (1.02)	57.3 (1.99)
≥1 and <2 times poverty level	45.1 (0.72)	24.2 (0.69)	33.9 (0.75)	58.3 (1.39)
≥2 and <4 times poverty level	46.8 (0.58)	32.9 (0.62)	31.2 (0.58)	61.1 (1.01)
4 times poverty level or more	52.8 (0.52)	42.8 (0.62)	28.6 (0.49)	65.8 (0.85)
Marital status:				
Never married	56.0 (0.73)	37.0 (0.75)	41.9 (0.72)	62.7 (1.29)
Married	51.4 (0.41)	32.0 (0.44)	26.8 (0.37)	65.0 (0.58)
Cohabiting	35.4 (1.34)	30.9 (1.37)	33.5 (1.27)	60.5 (2.21)
Divorced or separated	37.8 (0.82)	34.0 (0.78)	31.4 (0.74)	54.7 (1.46)
Widowed	42.4 (4.68)	33.7 (5.47)	30.6 (5.36)	47.2 (10.30)
Geographic region:				
Northeast	50.8 (0.77)	37.6 (0.84)	31.8 (0.77)	61.4 (0.95)
Midwest	46.7 (0.64)	33.7 (0.73)	29.9 (0.56)	62.9 (0.94)
South	49.5 (0.56)	31.0 (0.69)	31.7 (0.54)	62.3 (0.88)
West	54.2 (0.66)	36.9 (0.63)	34.3 (0.57)	66.8 (0.96)
Place of residence:⁹				
MSA, central city	51.7 (0.56)	33.8 (0.62)	35.0 (0.57)	62.3 (0.91)
MSA, not central city	51.2 (0.46)	35.8 (0.48)	31.0 (0.42)	63.7 (0.71)
Not MSA	44.7 (0.74)	29.8 (0.92)	29.7 (0.63)	63.0 (1.18)
Women				
Ages 18 years and over (age-adjusted) ⁵	62.3 (0.32)	29.4 (0.34)	46.4 (0.31)	62.5 (0.44)
Ages 18 years and over (crude) ⁵	62.1 (0.32)	29.3 (0.34)	46.2 (0.32)	62.4 (0.44)
Age:⁶				
18–24 years	70.4 (0.88)	34.1 (0.84)	59.2 (0.88)	61.1 (1.37)
25–44 years	63.8 (0.47)	32.3 (0.47)	49.2 (0.47)	64.6 (0.67)
45–64 years	56.5 (0.51)	29.5 (0.47)	39.3 (0.45)	62.2 (0.79)
65–74 years	57.9 (0.78)	24.4 (0.76)	38.2 (0.78)	61.5 (1.32)
75 years and over	67.2 (0.73)	13.3 (0.55)	46.6 (0.78)	56.6 (1.36)

See footnotes at end of table.

Table 8.2. Age-adjusted percentages (with standard errors) of adults 18 years of age and over who engaged in selected healthy behaviors, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Selected healthy behaviors			
	Never smoked cigarettes ¹	Any regular leisure-time physical activity ²	Healthy weight ³	Slept 7–8 hours ⁴
Women—Continued				
Percent (standard error)				
Race:				
White, single race	59.4 (0.37)	31.3 (0.38)	48.7 (0.34)	63.9 (0.50)
Black or African American, single race	70.1 (0.61)	20.3 (0.63)	29.5 (0.72)	54.2 (1.20)
American Indian or Alaska Native, single race	48.8 (4.76)	25.0 (2.85)	40.7 (3.49)	52.0 (6.04)
Asian, single race	88.5 (0.97)	27.3 (1.36)	65.8 (1.69)	64.7 (2.57)
Native Hawaiian or other Pacific Islander, single race	58.2 (9.91)	29.8 (7.84)	39.8 (8.21)	75.3 (8.55)
2 or more races	51.9 (2.06)	32.3 (2.27)	43.5 (2.52)	55.2 (3.94)
Black or African American, white	52.1 (6.69)	26.9 (5.16)	40.1 (6.59)	69.9 (6.64)
American Indian or Alaska Native, white	41.0 (3.14)	30.8 (3.73)	41.0 (4.08)	54.5 (6.00)
Hispanic or Latino origin and race:				
Hispanic or Latino	78.8 (0.54)	21.2 (0.63)	37.9 (0.69)	62.2 (1.08)
Mexican or Mexican-American	80.7 (0.73)	21.3 (0.75)	33.5 (0.87)	60.5 (1.45)
Not Hispanic or Latino	60.0 (0.34)	30.6 (0.36)	47.5 (0.34)	62.4 (0.47)
White, single race	57.1 (0.39)	32.7 (0.41)	49.8 (0.36)	63.8 (0.52)
Black or African American, single race	70.0 (0.61)	20.3 (0.64)	29.3 (0.71)	54.0 (1.22)
Education:				
Less than high school graduate	61.1 (0.77)	16.8 (0.53)	37.7 (0.67)	58.4 (1.03)
GED diploma ⁷	41.2 (1.59)	23.0 (1.38)	36.6 (1.61)	51.9 (3.12)
High school graduate	58.4 (0.54)	24.8 (0.59)	43.0 (0.52)	61.9 (0.83)
Some college—no degree	59.6 (0.59)	31.3 (0.60)	46.4 (0.69)	60.1 (1.04)
Associate of arts degree	60.1 (0.80)	33.6 (0.81)	45.2 (0.83)	61.7 (1.39)
Bachelor of arts, science degree	69.4 (0.66)	40.1 (0.68)	57.0 (0.71)	69.5 (1.00)
Masters, doctorate, medical degree	72.9 (0.84)	42.8 (1.07)	59.5 (0.99)	70.2 (1.52)
Poverty status:⁸				
Below poverty level	58.8 (0.88)	19.6 (0.71)	39.3 (0.89)	53.5 (1.21)
≥1 and <2 times poverty level	60.0 (0.74)	22.6 (0.61)	38.7 (0.66)	55.7 (1.08)
≥2 and <4 times poverty level	59.2 (0.57)	29.4 (0.55)	43.1 (0.55)	62.8 (0.92)
4 times poverty level or more	63.4 (0.54)	38.7 (0.56)	53.9 (0.57)	67.1 (0.86)
Marital status:				
Never married	67.6 (0.66)	28.9 (0.68)	46.2 (0.77)	60.6 (1.24)
Married	64.8 (0.42)	30.5 (0.41)	46.4 (0.41)	65.4 (0.64)
Cohabiting	45.8 (1.48)	30.4 (1.49)	48.9 (1.63)	60.2 (2.65)
Divorced or separated	50.4 (0.69)	26.4 (0.61)	41.8 (0.77)	56.2 (1.14)
Widowed	56.2 (2.20)	21.9 (1.70)	42.1 (2.28)	58.2 (3.96)
Geographic region:				
Northeast	59.7 (0.71)	31.6 (0.83)	49.4 (0.76)	61.2 (1.15)
Midwest	59.1 (0.63)	30.8 (0.63)	45.9 (0.60)	61.5 (0.93)
South	63.2 (0.55)	26.1 (0.60)	43.7 (0.51)	61.9 (0.69)
West	66.7 (0.65)	32.0 (0.60)	49.4 (0.64)	65.6 (0.93)
Place of residence:⁹				
MSA, central city	64.6 (0.52)	27.6 (0.57)	46.0 (0.51)	61.2 (0.83)
MSA, not central city	62.2 (0.45)	31.4 (0.44)	48.2 (0.42)	63.9 (0.61)
Not MSA	58.7 (0.75)	26.9 (0.85)	42.5 (0.75)	60.6 (1.01)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

¹Never smoked cigarettes or smoked fewer than 100 cigarettes in lifetime.

²Engaged in light-moderate activity at least 5 times per week for at least 30 minutes each time, or engaged in vigorous activity at least 3 times per week for at least 20 minutes each time, or met either one or both of these criteria.

³Healthy weight is defined as a BMI of greater than or equal to 18.5 and less than 25.

⁴Usual number of hours of sleep in a 24-hour period. Based on data from 2004 NHIS Sample Adult only.

⁵Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁶Estimates for age groups are not age adjusted.

⁷GED is General Educational Development high school equivalency diploma.

⁸Poverty status for columns 1–3 is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003; poverty status for column 4 is based on 2003.

⁹MSA is metropolitan statistical area (see Appendix II).

NOTES: Unless otherwise specified, estimates are age adjusted to the 2000 U.S. standard population using three age groups: 18–44 years, 45–64 years, and 65 years and over. For crude percentages, refer to Table XXI. Denominator for each percentage excludes persons with unknown health behavior characteristics. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

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Appendix I

Technical Notes on Methods

Sample Design

The National Health Interview Survey (NHIS) is a cross-sectional household interview survey of the U.S. civilian noninstitutionalized population. Data are collected continuously throughout the year in all 50 states and the District of Columbia. NHIS uses a multistage, clustered sample design to produce national estimates for a variety of health indicators. Information on basic health topics is collected for all household members, by proxy from one family member for adults not present at the time of interview and for children. Additional information is collected for one randomly sampled adult and one randomly sampled child in each family. Self-response is required for the Sample Adult questionnaire except in the rare case of sample adults who are physically or mentally incapable of responding for themselves. An adult family member who is knowledgeable about the sample child's health provides information for the child component. Interviews are conducted in the home using a computer-assisted personal interview (CAPI) questionnaire. Telephone followup is permitted if subsequent in-home interviews cannot be conducted.

Response Rates

The response rates for each of the survey years included in this report are shown in [Table I](#). The household response rate for the NHIS data years 2002–04 was 88.5%. The overall response rate for the Sample Adult questionnaire for 2002–04 combined was 73.7%. Procedures used in calculating response rates for combined data years are described in detail in Appendix I of the Survey Description of the NHIS data files (31–33).

Table I. Completed interviews and response rates by year: National Health Interview Survey, 2002–04

Interviews and rates	2002	2003	2004
Completed interviews			
Household	36,161	35,921	36,579
Family	36,831	36,573	37,466
Sample adult	31,044	30,852	31,326
Response rate			
Household	89.6%	89.2%	86.9%
Sample adult	74.3%	74.2%	72.5%

Item Nonresponse

Item nonresponse for each of the sociodemographic indicators shown in this report was less than 1%, with the exception of the poverty threshold, which is based on detailed family income questions asked in the family component of the questionnaire. Item nonresponse for the poverty indicator was 24.8%. Item nonresponse for the health behavior items was less than 5%. The denominators for statistics shown in the tables exclude persons with unknown health behavior characteristics for a given table. Estimates for persons with unknown sociodemographic characteristics are not shown separately, but these persons are included in the totals.

Age Adjustment

Data shown in this report were age adjusted using the 2000 standard U.S. population (39,40). Age adjustment was used to allow comparison among various population subgroups that have different age structures and to allow comparison of changes over time. Age adjustment is particularly important for demographic characteristics such as race and ethnicity, education, and marital status. It is also helpful for other characteristics. The following age groups were used for age adjustment: 18–44 years, 45–64 years, and 65 years and over ([Table II](#)). These age groups are identical to those used for calculating estimates for the 1999–2001 report (28). Age-adjustment groups used for calculating estimates for the

Table II. Age distribution used in age adjusting data shown in chapters 3–8

Age	2000 U.S. standard population (in 1,000s)
18 years and over	203,851
18–44 years	108,150
45–64 years	60,991
65 years and over	34,710

1997–98 reports differed slightly, which complicates comparisons with these earlier reports (24–27).

Estimates were calculated using software for statistical analysis of correlated data (SUDAAN) (38). The SUDAAN procedure PROC DESCRIPT was used to produce age-adjusted percentages and their standard errors.

Tests of Significance

Statistical tests performed to assess significance of differences between the estimates were two-tailed with no adjustments for multiple comparisons. The test statistic used to determine the statistical significance of differences between two percentages was

$$Z = \frac{|X_a - X_b|}{\sqrt{S_a^2 + S_b^2}},$$

Here X_a and X_b are the two percentages being compared, and S_a and S_b are the standard errors of the percentages. The critical value used for two-sided tests at the 0.05 level was 1.96.

Relative Standard Error

Estimates with a relative standard error greater than 30% are considered unreliable. Estimates with a relative standard error of greater than 30% and less than or equal to 50% are indicated in the tables with an asterisk (*).

Estimates with a standard error of greater than 50% are not shown and are replaced with a dagger (†). The relative standard errors are calculated as

$$\text{Relative standard error} = (SE/Est)100,$$

where SE is the standard error of the estimate, and Est is the estimate (percentage, rate, mean, or frequency).

Appendix II

Definitions of Selected Terms

Definitions of Sociodemographic Terms

Age—The age recorded for each person is the age at the last birthday.

Hispanic or Latino origin and race—Hispanic or Latino origin and race are two separate and distinct concepts. Persons of Hispanic or Latino origin may be of any race. Hispanic or Latino origin includes persons of Mexican, Puerto Rican, Cuban, Central and South American, or Spanish origins. All tables show Mexicans or Mexican Americans as a subset of Hispanic or Latino. Other groups are not shown for reasons of confidentiality or statistical reliability. (See definition of “race” for additional detail.)

Race—The race categories are consistent with the 1997 Office of Management and Budget (OMB) federal guidelines (43), which distinguish persons of “one race” from persons of “two or more races.” The classification includes subcategories for the following single-race persons: white, black or African American, American Indian or Alaska Native, Asian, and Native Hawaiian or other Pacific Islander. The category “two or more races” refers to persons who indicated more than one race group. Data for multiple race combinations can only be reported to the extent that the estimates meet the requirements for confidentiality and statistical reliability. In this report, three categories are shown for multiple race individuals (a summary category, and two multiple race categories: black or African American and white; American Indian and Alaska Native and white). Other combinations are not shown separately due to statistical unreliability as measured by the relative standard errors of the estimates (but they are included in the total for “two or more races”). The text in this report uses shorter versions of the new OMB race and Hispanic origin terms for

conciseness and the tables use the complete terms. For example, the category “not Hispanic or Latino, black or African American, single race” in the tables is referred to as “non-Hispanic black” in the text.

Education—The categories of education are based on the years of school completed or highest degree obtained for persons aged 18 years and over. Respondents were shown a flash card to choose an appropriate category. Only years completed in a school that advances a person toward an elementary or high school diploma, General Educational Development high school equivalency diploma (GED), or a college, university, or professional degree are included. Education in other schools or home schooling is counted only if the credits are accepted in a regular school system.

Poverty status—Poverty status is based on family income and family size using the U.S. Census Bureau’s poverty thresholds (44–46). Each adult’s poverty status is expressed in terms of a ratio of family income to the appropriate poverty threshold. The lowest family income group consists of persons living below the poverty level (ratio less than 1.00). The highest group consists of persons living in families with incomes that were at least four times the poverty level (ratio of 4.00 or more).

Marital status—Respondents were asked to choose a marital status category most appropriate for their marital situation. Persons reporting their marital status as “married” may, in some cases, have been living in commonlaw marital unions. Alternatively, these individuals could have identified their marital status as “living with partner.” Adults who were living with a partner were considered to be members of the same family (as if married) and are categorized as “cohabiting” in this report. The distinction between “married” and “living with partner” was made by the respondent.

Geographic region—In the geographic classification of the U.S. population, states are grouped into the four regions used by the U.S. Census Bureau:

<i>Region</i>	<i>States included</i>
Northeast	Maine, Vermont, New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, New Jersey, and Pennsylvania;
Midwest	Ohio, Illinois, Indiana, Michigan, Wisconsin, Minnesota, Iowa, Missouri, North Dakota, South Dakota, Kansas, and Nebraska;
South	Delaware, Maryland, District of Columbia, West Virginia, Virginia, Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Louisiana, Oklahoma, Arkansas, and Texas;
West	Washington, Oregon, California, Nevada, New Mexico, Arizona, Idaho, Utah, Colorado, Montana, Wyoming, Alaska, and Hawaii.

MSA—Metropolitan statistical area, a term first defined by OMB in 1983, is used by the U.S. Census Bureau to classify geographic areas (47). The categories shown in this report are (a) “MSA, central city,” which generally refers to cities with populations of 50,000 or more; (b) “MSA, not central city,” which refers to communities adjacent to the central city of an MSA that have a high degree of economic and social integration with the central city; and (c) “Not MSA,” which refers to more rural areas of the country. The classification of areas in the 2002–04 NHIS is based on data from the 1990 decennial census.

Definitions of Health Behavior Terms

Alcohol use terms

Lifetime abstainer—Is an adult who had fewer than 12 drinks in entire lifetime.

Former infrequent drinker—Had 12 drinks or more in lifetime, but never as

many as 12 drinks in a single year and has had no drinks in the past year.

Former regular drinker—Had 12 drinks or more in lifetime, 12 drinks or more in 1 year, but no drinks in the past year.

Current drinker—Had at least 12 drinks in lifetime and at least one drink in the past year.

Current drinking levels—Were based on self-reports of the average frequency of alcohol consumption during the past year (could be reported in terms of days per week, per month, or per year), and the number of drinks the respondent drank on the days he or she drank. Neither size nor type of beverage consumed was specified. In calculating current drinking levels, the number of days the respondent drank was converted from the time unit initially reported (days per week, per month, or per year) to number of days per year. Then, average number of drinks per week was calculated as follows:

$$\left(\frac{(\# \text{ days per year}) (\# \text{ drink per day})}{365 \text{ days}} \right)^7$$

Current drinkers had had at least 12 drinks in their lifetime and were classified as:

Infrequent 1 to 11 drinks in the past year.

Light: Three drinks or less per week, on average.

Moderate: Men—More than 3 drinks and up to 14 drinks per week, on average.
Women—More than 3 drinks and up to 7 drinks per week, on average.

Heavier: Men—More than 14 drinks per week, on average (more than 2 per day);
Women—More than 7 drinks per week, on average (more than one per day.)

Nondrinker— Person who has not had any drinks in the past year, including former drinkers and lifetime abstainers.

Five or more drinks in 1 day in the past year—Current drinkers were asked

how many times in the past year they had five or more alcoholic beverages in 1 day.

Cigarette smoking terms

Lifetime smoking status—Includes both past smoking history and current smoking practice.

Never smokers—Are adults who never smoked a cigarette or who smoked fewer than 100 cigarettes in their entire lifetime.

Former smokers—Are adults who had smoked at least 100 cigarettes in their lifetime, but said they currently did not smoke.

Current smokers—Are adults who had smoked 100 cigarettes in their lifetime and currently smoked cigarettes every day (daily) or some days (nondaily).

Current smoking status—Is based on the same criteria as lifetime smoking status, but displayed somewhat differently. Current smokers are separated into two categories (daily and nondaily), and never smokers and former smokers are combined into a single category (nonsmoker).

Daily smokers—Are adults who currently smoked every day.

Nondaily smokers—Are adults who currently smoked some days, regardless of the number of days smoked in the past 30 days.

Nonsmokers—Are adults who currently did not smoke cigarettes, including both former smokers and never smokers.

Amount smoked—Adults who smoked daily and those who smoked less than daily were asked separate questions about the usual number of cigarettes smoked in a day. Daily smokers were asked how many cigarettes, on average, they usually smoked a day. Nondaily smokers were asked to report the usual number smoked “on days that they smoked during the past 30 days.” Smokers who said they smoked “some days” (nondaily smokers), but who then said they had not smoked in the past 30 days, were excluded from the analysis of amount smoked.

Two indicators for amount smoked

are shown in this report. One measure is the mean number of cigarettes smoked on the days the respondent smoked. The second is a percent distribution of usual number of cigarettes smoked on those days the respondent smoked. This distribution is shown for the following four categories: less than 15 cigarettes, 15–24 cigarettes, 25–34 cigarettes, and 35 cigarettes or more.

Quit attempt—All current smokers were asked if they had stopped smoking for more than 1 day in the past 12 months because they were trying to quit. All current smokers (including nondaily smokers) who said they had stopped for at least 1 day because they were trying to quit were classified as having attempted to quit.

Leisure-time physical activity terms

All questions related to leisure-time physical activity were phrased in terms of current behavior and lack a specific reference period. An introductory phrase explained to respondents that they were being asked about leisure-time physical activities only. In this report, persons who volunteered a response indicating that they were “unable to do the activity” were combined with those saying they “never” engaged in the activity.

Physically inactive—Refers to persons who engaged in no light, moderate, or vigorous leisure-time physical activity lasting 10 minutes or longer. Persons classified as physically inactive may include individuals who engaged in strengthening activities, but no other type of physical activity.

At least some activity—Refers to persons who engaged in at least some light, moderate, or vigorous leisure-time physical activity lasting 10 minutes or longer. This includes all persons who did any leisure-time activity lasting at least 10 minutes, regardless of frequency.

Light-moderate activity—Is activity lasting at least 10 minutes that caused light sweating or slight-moderate increase in breathing or heart rate.

Vigorous activity—Is activity lasting at least 10 minutes that caused heavy sweating or large increases in breathing or heart rate.

Regular activity—Refers to leisure-time activity engaged in for a minimum specified duration and a minimum specified frequency.

Regular light-moderate activity—Is light-moderate activity that occurs five or more times per week for at least 30 minutes each time.

Regular vigorous activity—Is vigorous activity that occurs three or more times per week for at least 20 minutes each time.

Any regular activity—Is either regular light-moderate, regular vigorous, or both. It does not include other combinations of activity levels (e.g., vigorous activity twice a week combined with light-moderate activity three times a week). The number of individuals with such combinations of activity is small.

Strengthening activity—Is any physical activity designed specifically to strengthen muscles, including, but not limited to, weight lifting or calisthenics. The reference period was unspecified, and no information on duration was collected. Strengthening activities may overlap with light, moderate, or vigorous activities. Respondents were told to report such activities even if they had included them in their previous responses to light-moderate or vigorous activities.

Body weight terms

Body mass index—Body mass index was calculated from self-reported height and weight. Height reported in U.S. customary units (feet and inches) was first converted to height in inches and then to height in meters (1 meter = 39.37 inches). Weight reported in U.S. customary units (pounds) was converted to weight in kilograms (1 kilogram = 2.205 pounds). Thus,

Body Mass Index (BMI) = $\text{kg}/(\text{m}^2)$, where:
kg (kilograms) = weight in pounds/2.205,
and m (meters) = height in inches/39.37.

Body weight status—Body weight status refers to the entire spectrum of body weight, including underweight, healthy weight, overweight but not

obese, and obese. It is based on a BMI calculated from self-reported height and weight, without shoes.

Not overweight—This category includes persons with a BMI of less than 25 and includes both healthy weight and underweight.

Underweight—Persons with a BMI of less than 18.5 were classified as underweight.

Healthy weight—Persons with a BMI of at least 18.5 and less than 25 were classified as in the healthy weight range.

Overweight—Persons with a BMI of 25 or more were classified as overweight. This category includes the following two subgroups:

Overweight (but not obese)—Persons with a BMI of at least 25 and less than 30 were classified as overweight, but not obese.

Obese—Persons with a BMI of 30 or more were classified as obese.

Sleep—Adults were asked how many hours of sleep they averaged in a 24-hour period. Responses were limited to whole hours.

Appendix III

Health Behavior Questions

The 2002–04 National Health Interview Surveys' Sample Adult questionnaires contained selected questions on health behaviors shown below. Each question is preceded by its question number, beginning with the acronym "AHB." AHB represents the Adult Health Behavior section of the Sample Adult questionnaire. The complete NHIS Sample Adult questionnaire, as well as information about other components of the NHIS, is available from:

<http://www.cdc.gov/nchs/nhis.htm>.

Many of the references cited in this report are also available from the NCHS website at: <http://www.cdc.gov/nchs>.

Alcohol Use Questions

- AHB.140 In any ONE year, have you had at least 12 drinks of any type of alcoholic beverage? {Asked of all adults.}
- AHB.150 In your ENTIRE LIFE, have you had at least 12 drinks of any type of alcoholic beverage? {Asked of adults who never had at least 12 drinks in any one year.}
- AHB.160 In the PAST YEAR, how often did you drink any type of alcoholic beverage? {Days per week/month/year}{Asked of adults who ever had 12 drinks of alcohol in their lifetime.}
- AHB.170 In the PAST YEAR, on those days that you drank alcoholic beverages, on the average, how many drinks did you have? {Asked of current drinkers.}
- AHB.180 In the PAST YEAR, on how many days did you have 5 or more drinks of any alcoholic beverage? {Asked of all current drinkers.}

Cigarette Smoking Questions

- AHB.010 Have you smoked at least 100 cigarettes in your ENTIRE LIFE? {Asked of all adults.}
- AHB.020 How old were you when you FIRST started to smoke fairly regularly? (Asked of adults who had smoked at least 100 cigarettes in lifetime.)
- AHB.030 Do you NOW smoke every day, some days, or not at all? {Asked of adults who had smoked at least 100 cigarettes in lifetime.}
- AHB.040 How long has it been since you quit smoking cigarettes? (Asked of former smokers)
- AHB.050 On the average, how many cigarettes do you now smoke a day? {Asked of adults who smoked every day (daily smokers).}
- AHB.060 On how many of the past 30 days did you smoke a cigarette? {Asked of adults who smoked only some days (nondaily smokers).}
- AHB.070 On the average, when you smoked during the PAST 30 DAYS, about how many cigarettes did you smoke a day? {Asked of nondaily smokers who smoked at least one day in the past 30 days.}
- AHB.080 During the PAST 12 MONTHS, have you stopped smoking for more than one day BECAUSE YOU WERE TRYING TO QUIT SMOKING? {Asked of all current smokers.}

Leisure-time Physical Activity Questions

The following introductory phrase was read to the respondent by the interviewer immediately before asking the physical activity questions:

The next questions are about physical activities (exercise, sports,

physically active hobbies. . .) that you may do in your LEISURE time.

- AHB.090 How often do you do VIGOROUS activities for AT LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate? {Asked of all adults.}
- AHB.100 About how long do you do these vigorous activities each time? {Asked of adults who reported any vigorous activity.}
- AHB.110 How often do you do LIGHT OR MODERATE activities for AT LEAST 10 MINUTES that cause ONLY LIGHT sweating or a SLIGHT TO MODERATE increase in breathing or heart rate? {Asked of all adults.}
- AHB.120 About how long do you do these light or moderate activities each time? {Asked of adults who reported any light-moderate activity.}
- AHB.130 How often do you do physical activities specifically designed to STRENGTHEN your muscles such as lifting weights or doing calisthenics? (Include all such activities even if you mentioned them before.) {Asked of all adults.}

Body Weight and Height Questions

- AHB.190 How tall are you without shoes? {Asked of all adults.}
- AHB.200 How much do you weigh without shoes? {Asked of all adults.}

Sleep Question

- AHB.210 On average, how many hours of sleep do you get in a 24-hour period? {Asked of all adults.}

Appendix IV

Tables of Unadjusted Estimates

Table III. Crude percent distributions (with standard errors) of lifetime alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	24.0 (0.31)	8.1 (0.13)	6.6 (0.11)	61.6 (0.33)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	24.2 (0.31)	8.1 (0.13)	6.6 (0.12)	61.4 (0.33)
Age:					
18–24 years	100.0	35.2 (0.80)	2.4 (0.18)	2.2 (0.17)	60.7 (0.80)
25–44 years	100.0	19.9 (0.35)	6.2 (0.16)	4.6 (0.15)	69.5 (0.40)
45–64 years	100.0	20.3 (0.38)	10.1 (0.23)	8.0 (0.21)	61.8 (0.42)
65–74 years	100.0	28.7 (0.67)	12.8 (0.43)	11.4 (0.39)	47.4 (0.71)
75 years and over	100.0	35.8 (0.67)	13.8 (0.46)	13.3 (0.45)	37.3 (0.73)
Race:					
White, single race	100.0	21.1 (0.33)	7.9 (0.15)	6.9 (0.13)	64.3 (0.37)
Black or African American, single race	100.0	35.7 (0.71)	10.1 (0.36)	5.9 (0.28)	48.7 (0.72)
American Indian or Alaska Native, single race	100.0	23.6 (3.61)	9.8 (1.58)	11.3 (1.78)	55.9 (3.66)
Asian, single race	100.0	47.8 (1.26)	4.8 (0.48)	2.5 (0.36)	45.3 (1.24)
Native Hawaiian or other Pacific Islander, single race	100.0	28.0 (4.96)	*5.4 (2.54)	†	61.0 (5.64)
2 or more races	100.0	19.5 (1.34)	9.7 (1.04)	8.5 (0.96)	62.6 (1.71)
Black or African American, white	100.0	28.2 (4.69)	*7.7 (2.33)	*5.2 (1.70)	59.6 (4.70)
American Indian or Alaska Native, white	100.0	16.8 (2.02)	10.0 (1.46)	11.0 (1.73)	62.3 (2.65)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	36.4 (0.58)	6.5 (0.23)	5.0 (0.22)	52.5 (0.58)
Mexican or Mexican-American	100.0	37.0 (0.72)	6.7 (0.31)	5.0 (0.31)	51.7 (0.71)
Not Hispanic or Latino	100.0	22.3 (0.33)	8.3 (0.15)	6.8 (0.13)	62.8 (0.35)
White, single race	100.0	19.1 (0.36)	8.2 (0.16)	7.1 (0.14)	65.9 (0.40)
Black or African American, single race	100.0	35.8 (0.71)	10.1 (0.36)	6.0 (0.28)	48.5 (0.71)
Education:					
Less than high school graduate	100.0	38.1 (0.49)	10.7 (0.31)	9.1 (0.29)	42.6 (0.49)
GED diploma ⁴	100.0	20.7 (1.06)	10.3 (0.75)	10.3 (0.75)	59.1 (1.24)
High school graduate	100.0	26.6 (0.49)	9.3 (0.24)	7.2 (0.20)	57.3 (0.47)
Some college—no degree	100.0	21.9 (0.46)	7.5 (0.25)	6.1 (0.22)	64.8 (0.52)
Associate of arts degree	100.0	18.1 (0.59)	8.2 (0.35)	6.1 (0.29)	67.8 (0.64)
Bachelor of arts, science degree	100.0	15.6 (0.41)	5.4 (0.21)	4.3 (0.20)	74.8 (0.50)
Masters, doctorate, medical degree	100.0	14.8 (0.49)	4.8 (0.27)	5.3 (0.32)	75.2 (0.63)
Poverty status: ⁵					
Below poverty level	100.0	35.2 (0.90)	9.1 (0.36)	7.9 (0.35)	48.1 (0.86)
≥1 and <2 times poverty level	100.0	31.6 (0.56)	9.7 (0.31)	8.4 (0.28)	50.6 (0.55)
≥2 and <4 times poverty level	100.0	22.1 (0.37)	9.1 (0.25)	7.1 (0.23)	61.9 (0.44)
4 times poverty level or more	100.0	13.5 (0.31)	5.9 (0.17)	5.0 (0.16)	75.7 (0.37)
Marital status:					
Never married	100.0	30.3 (0.59)	4.1 (0.17)	3.3 (0.14)	62.7 (0.61)
Married	100.0	22.2 (0.35)	8.8 (0.17)	6.9 (0.16)	62.2 (0.40)
Cohabiting	100.0	13.3 (0.60)	6.0 (0.37)	6.5 (0.41)	74.5 (0.82)
Divorced or separated	100.0	18.9 (0.44)	9.4 (0.28)	8.6 (0.30)	63.3 (0.55)
Widowed	100.0	38.4 (0.78)	13.7 (0.45)	10.7 (0.38)	37.4 (0.70)
Geographic region:					
Northeast	100.0	18.3 (0.44)	7.4 (0.27)	6.3 (0.22)	68.2 (0.54)
Midwest	100.0	18.4 (0.73)	8.5 (0.23)	7.2 (0.23)	66.3 (0.78)
South	100.0	29.7 (0.53)	9.0 (0.27)	6.4 (0.20)	55.1 (0.53)
West	100.0	25.7 (0.59)	6.7 (0.19)	6.5 (0.28)	61.3 (0.65)
Place of residence: ⁶					
MSA, central city	100.0	26.0 (0.59)	7.9 (0.21)	5.8 (0.17)	60.5 (0.61)
MSA, not central city	100.0	21.6 (0.31)	7.5 (0.17)	6.3 (0.15)	64.8 (0.36)
Not MSA	100.0	27.3 (0.92)	9.7 (0.33)	8.5 (0.34)	54.8 (0.92)

See footnotes at end of table.

Table III. Crude percent distributions (with standard errors) of lifetime alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Men		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	16.9 (0.34)	7.0 (0.16)	7.9 (0.16)	68.4 (0.36)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	17.0 (0.34)	7.1 (0.16)	8.1 (0.17)	67.9 (0.36)
Age:					
18–24 years	100.0	30.4 (0.96)	1.7 (0.23)	2.0 (0.26)	66.4 (0.97)
25–44 years	100.0	14.4 (0.41)	4.9 (0.20)	4.7 (0.21)	76.1 (0.49)
45–64 years	100.0	13.8 (0.41)	9.3 (0.32)	10.3 (0.31)	66.9 (0.52)
65–74 years	100.0	16.7 (0.74)	11.7 (0.62)	15.7 (0.66)	56.3 (0.96)
75 years and over	100.0	20.1 (0.84)	14.4 (0.78)	19.0 (0.83)	46.7 (1.08)
Race:					
White, single race	100.0	14.8 (0.36)	6.8 (0.18)	8.2 (0.19)	70.4 (0.41)
Black or African American, single race	100.0	26.3 (0.82)	9.4 (0.52)	7.5 (0.46)	57.2 (0.85)
American Indian or Alaska Native, single race	100.0	19.9 (3.86)	9.5 (2.11)	13.6 (2.47)	58.4 (4.52)
Asian, single race	100.0	35.3 (1.85)	5.3 (0.71)	3.1 (0.58)	56.8 (1.84)
Native Hawaiian or other Pacific Islander, single race	100.0	*13.6 (4.46)	†	†	73.3 (7.22)
2 or more races	100.0	16.1 (2.13)	8.0 (1.42)	9.5 (1.50)	66.8 (2.54)
Black or African American, white	100.0	*21.3 (6.51)	†	*9.3 (3.73)	63.4 (7.42)
American Indian or Alaska Native, white	100.0	12.0 (2.88)	9.4 (2.38)	11.6 (2.50)	67.1 (3.80)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	22.7 (0.73)	5.3 (0.30)	6.2 (0.32)	66.1 (0.77)
Mexican or Mexican-American	100.0	22.7 (0.91)	5.5 (0.38)	6.2 (0.42)	66.1 (0.92)
Not Hispanic or Latino	100.0	16.1 (0.36)	7.3 (0.18)	8.2 (0.18)	68.7 (0.39)
White, single race	100.0	13.7 (0.38)	7.0 (0.19)	8.5 (0.20)	71.1 (0.43)
Black or African American, single race	100.0	26.5 (0.82)	9.5 (0.53)	7.5 (0.46)	56.8 (0.85)
Education:					
Less than high school graduate	100.0	24.6 (0.64)	9.2 (0.43)	11.4 (0.44)	55.2 (0.71)
GED diploma ⁴	100.0	14.4 (1.36)	8.5 (0.95)	12.6 (1.17)	65.1 (1.77)
High school graduate	100.0	18.2 (0.56)	7.9 (0.33)	8.8 (0.33)	65.4 (0.60)
Some college—no degree	100.0	16.4 (0.61)	6.5 (0.35)	7.4 (0.35)	70.0 (0.72)
Associate of arts degree	100.0	12.1 (0.68)	7.1 (0.52)	7.5 (0.48)	73.4 (0.91)
Bachelor of arts, science degree	100.0	12.2 (0.54)	5.1 (0.30)	4.5 (0.29)	78.3 (0.69)
Masters, doctorate, medical degree	100.0	12.6 (0.62)	4.7 (0.37)	5.4 (0.43)	77.3 (0.86)
Poverty status: ⁵					
Below poverty level	100.0	23.8 (1.12)	7.7 (0.56)	10.0 (0.61)	59.0 (1.12)
≥1 and <2 times poverty level	100.0	21.9 (0.76)	8.5 (0.45)	10.3 (0.50)	59.7 (0.80)
≥2 and <4 times poverty level	100.0	16.3 (0.46)	8.2 (0.33)	8.6 (0.35)	67.1 (0.57)
4 times poverty level or more	100.0	10.1 (0.38)	5.5 (0.23)	5.7 (0.23)	78.8 (0.48)
Marital status:					
Never married	100.0	25.6 (0.69)	3.7 (0.24)	3.6 (0.20)	67.5 (0.71)
Married	100.0	15.5 (0.40)	8.2 (0.22)	8.7 (0.23)	67.8 (0.46)
Cohabiting	100.0	8.3 (0.70)	4.9 (0.52)	7.1 (0.63)	79.9 (1.07)
Divorced or separated	100.0	10.4 (0.49)	7.4 (0.40)	11.4 (0.52)	71.2 (0.74)
Widowed	100.0	18.5 (1.14)	12.4 (0.92)	17.3 (1.05)	52.2 (1.32)
Geographic region:					
Northeast	100.0	12.7 (0.52)	6.0 (0.30)	7.4 (0.33)	74.1 (0.62)
Midwest	100.0	12.8 (0.70)	6.8 (0.27)	8.5 (0.30)	72.2 (0.78)
South	100.0	20.9 (0.60)	8.4 (0.33)	7.9 (0.28)	63.0 (0.61)
West	100.0	18.5 (0.74)	5.7 (0.28)	7.7 (0.42)	68.4 (0.80)
Place of residence: ⁶					
MSA, central city	100.0	18.1 (0.61)	6.9 (0.27)	6.8 (0.26)	68.4 (0.65)
MSA, not central city	100.0	15.6 (0.37)	6.6 (0.20)	7.5 (0.21)	70.5 (0.44)
Not MSA	100.0	18.7 (0.95)	8.3 (0.44)	10.7 (0.51)	62.7 (0.95)
Women					
Ages 18 years and over (crude) ²	100.0	30.5 (0.36)	9.1 (0.17)	5.4 (0.14)	55.3 (0.38)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	30.4 (0.37)	8.9 (0.17)	5.4 (0.14)	55.5 (0.39)
Age:					
18–24 years	100.0	40.1 (1.01)	3.1 (0.26)	2.4 (0.24)	54.9 (1.00)
25–44 years	100.0	25.2 (0.44)	7.4 (0.23)	4.5 (0.19)	63.0 (0.48)
45–64 years	100.0	26.4 (0.50)	10.8 (0.30)	5.8 (0.22)	57.2 (0.53)
65–74 years	100.0	38.6 (0.89)	13.7 (0.55)	7.9 (0.44)	40.1 (0.88)
75 years and over	100.0	45.8 (0.86)	13.5 (0.52)	9.7 (0.48)	31.2 (0.84)

See footnotes at end of table.

Table III. Crude percent distributions (with standard errors) of lifetime alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Women—Continued		Percent distribution (standard error)			
Race:					
White, single race	100.0	26.9 (0.40)	9.0 (0.19)	5.7 (0.16)	58.7 (0.45)
Black or African American, single race	100.0	43.0 (0.93)	10.6 (0.44)	4.7 (0.30)	42.0 (0.89)
American Indian or Alaska Native, single race	100.0	27.1 (4.74)	10.1 (2.02)	9.1 (2.06)	53.4 (4.35)
Asian, single race	100.0	60.6 (1.48)	4.2 (0.56)	1.9 (0.43)	33.4 (1.37)
Native Hawaiian or other Pacific Islander, single race	100.0	49.0 (8.18)	†	†	43.1 (7.95)
2 or more races	100.0	22.4 (1.80)	11.1 (1.49)	7.7 (1.30)	59.1 (2.50)
Black or African American, white	100.0	33.0 (6.32)	*8.1 (2.99)	*2.5 (1.17)	56.9 (5.76)
American Indian or Alaska Native, white	100.0	20.4 (2.81)	10.5 (2.01)	10.6 (2.16)	58.7 (3.69)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	50.2 (0.77)	7.6 (0.38)	3.8 (0.25)	38.7 (0.78)
Mexican or Mexican-American	100.0	52.3 (0.99)	8.0 (0.51)	3.8 (0.34)	36.2 (0.96)
Not Hispanic or Latino	100.0	27.9 (0.39)	9.2 (0.19)	5.6 (0.15)	57.4 (0.41)
White, single race	100.0	24.0 (0.43)	9.2 (0.21)	5.9 (0.17)	61.1 (0.48)
Black or African American, single race	100.0	43.1 (0.94)	10.7 (0.44)	4.7 (0.31)	41.9 (0.89)
Education:					
Less than high school graduate	100.0	50.5 (0.69)	12.1 (0.42)	6.9 (0.34)	30.8 (0.61)
GED diploma ⁴	100.0	27.4 (1.49)	12.3 (1.10)	7.8 (0.84)	52.8 (1.65)
High school graduate	100.0	33.9 (0.59)	10.6 (0.32)	5.7 (0.24)	50.1 (0.60)
Some college—no degree	100.0	26.7 (0.61)	8.4 (0.33)	4.9 (0.25)	60.3 (0.65)
Associate of arts degree	100.0	22.7 (0.80)	9.1 (0.48)	5.0 (0.37)	63.4 (0.86)
Bachelor of arts, science degree	100.0	18.8 (0.52)	5.7 (0.30)	4.0 (0.27)	71.6 (0.62)
Masters, doctorate, medical degree	100.0	17.5 (0.72)	4.8 (0.39)	5.2 (0.44)	72.5 (0.83)
Poverty status:⁵					
Below poverty level	100.0	43.0 (0.97)	10.1 (0.44)	6.5 (0.36)	40.7 (0.97)
≥1 and <2 times poverty level	100.0	39.3 (0.69)	10.6 (0.39)	6.9 (0.34)	43.3 (0.66)
≥2 and <4 times poverty level	100.0	27.8 (0.49)	10.1 (0.34)	5.5 (0.26)	56.9 (0.55)
4 times poverty level or more	100.0	17.2 (0.45)	6.4 (0.26)	4.3 (0.23)	72.3 (0.52)
Marital status:					
Never married.	100.0	35.9 (0.80)	4.6 (0.24)	2.9 (0.19)	56.9 (0.81)
Married	100.0	29.0 (0.42)	9.4 (0.22)	5.2 (0.18)	56.6 (0.48)
Cohabiting	100.0	18.3 (0.92)	7.0 (0.54)	5.9 (0.55)	69.2 (1.08)
Divorced or separated.	100.0	24.6 (0.59)	10.8 (0.40)	6.8 (0.32)	58.0 (0.70)
Widowed	100.0	42.9 (0.85)	13.9 (0.49)	9.3 (0.39)	34.1 (0.76)
Geographic region:					
Northeast	100.0	23.2 (0.62)	8.6 (0.39)	5.4 (0.30)	63.1 (0.72)
Midwest	100.0	23.5 (0.84)	10.0 (0.35)	6.0 (0.30)	60.8 (0.90)
South	100.0	37.8 (0.61)	9.5 (0.31)	5.1 (0.25)	47.8 (0.61)
West	100.0	32.5 (0.71)	7.6 (0.28)	5.4 (0.25)	54.6 (0.76)
Place of residence:⁶					
MSA, central city	100.0	33.0 (0.72)	8.8 (0.31)	4.9 (0.21)	53.4 (0.74)
MSA, not central city	100.0	27.2 (0.38)	8.4 (0.23)	5.2 (0.19)	59.3 (0.42)
Not MSA	100.0	35.1 (1.06)	11.0 (0.37)	6.6 (0.38)	47.7 (1.07)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Lifetime alcohol drinking status: Lifetime abstainer is less than 12 drinks in lifetime; former infrequent is at least 12 drinks in lifetime but less than 12 drinks in 1 year, and none in past year; former regular is at least 12 drinks in lifetime and at least 12 drinks in 1 year but none in past year; current is at least 12 drinks in lifetime and 1 or more drinks in past year.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

³Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: For age adjusted percent distributions, refer to Table 3.1. Denominator for each percent distribution excludes persons with unknown lifetime drinking status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table IV. Crude percent distributions (with standard errors) of current alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (crude) ²	100.0	38.4 (0.33)	13.2 (0.16)	29.0 (0.22)	14.2 (0.18)	4.7 (0.10)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	38.6 (0.33)	13.2 (0.16)	29.0 (0.22)	14.2 (0.18)	4.7 (0.10)
Age:						
18–24 years	100.0	39.3 (0.80)	9.9 (0.38)	29.7 (0.58)	14.1 (0.49)	6.6 (0.42)
25–44 years	100.0	30.5 (0.40)	14.4 (0.23)	34.6 (0.34)	15.4 (0.25)	4.8 (0.14)
45–64 years	100.0	38.2 (0.42)	14.4 (0.25)	27.8 (0.33)	14.5 (0.28)	4.9 (0.15)
65–74 years	100.0	52.6 (0.71)	11.6 (0.39)	19.7 (0.56)	12.1 (0.42)	3.6 (0.22)
75 years and over	100.0	62.7 (0.73)	10.4 (0.38)	14.9 (0.46)	9.6 (0.45)	2.1 (0.18)
Race:						
White, single race	100.0	35.7 (0.37)	13.2 (0.18)	30.2 (0.26)	15.5 (0.21)	5.1 (0.12)
Black or African American, single race	100.0	51.3 (0.72)	13.5 (0.46)	22.4 (0.57)	9.0 (0.32)	3.4 (0.21)
American Indian or Alaska Native, single race	100.0	44.1 (3.66)	12.1 (1.90)	26.0 (2.39)	11.6 (1.80)	5.3 (1.01)
Asian, single race	100.0	54.7 (1.24)	11.9 (0.60)	24.4 (1.09)	7.3 (0.58)	1.4 (0.26)
Native Hawaiian or Other Pacific Islander, single race	100.0	39.0 (5.64)	11.9 (2.99)	31.1 (5.57)	9.2 (2.50)	†
2 or more races	100.0	37.4 (1.71)	16.9 (1.22)	28.2 (1.46)	11.9 (1.12)	5.2 (0.75)
Black or African American, white	100.0	40.4 (4.70)	10.1 (2.70)	30.8 (4.15)	*10.2 (3.07)	*7.7 (2.42)
American Indian or Alaska Native, white	100.0	37.7 (2.65)	19.9 (2.15)	25.3 (2.26)	11.5 (1.81)	5.5 (1.37)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	47.5 (0.58)	12.4 (0.36)	26.2 (0.44)	10.5 (0.32)	3.0 (0.18)
Mexican or Mexican-American	100.0	48.3 (0.71)	11.8 (0.45)	25.1 (0.54)	11.0 (0.39)	3.3 (0.23)
Not Hispanic or Latino	100.0	37.2 (0.35)	13.4 (0.18)	29.4 (0.24)	14.7 (0.20)	5.0 (0.11)
White, single race	100.0	34.1 (0.40)	13.4 (0.20)	30.8 (0.27)	16.0 (0.23)	5.4 (0.12)
Black or African American, single race	100.0	51.5 (0.71)	13.4 (0.45)	22.3 (0.57)	9.0 (0.31)	3.4 (0.22)
Education:						
Less than high school graduate	100.0	57.4 (0.49)	10.8 (0.32)	17.9 (0.37)	9.1 (0.27)	4.2 (0.19)
GED diploma ⁴	100.0	40.9 (1.24)	14.8 (0.94)	24.4 (0.98)	12.3 (0.75)	7.1 (0.61)
High school graduate	100.0	42.7 (0.47)	14.2 (0.29)	25.3 (0.35)	12.7 (0.30)	4.7 (0.16)
Some college—no degree	100.0	35.2 (0.52)	13.9 (0.31)	30.6 (0.46)	14.4 (0.37)	5.7 (0.25)
Associate of arts degree	100.0	32.2 (0.64)	15.5 (0.47)	32.5 (0.60)	14.7 (0.45)	4.9 (0.31)
Bachelor of arts, science degree	100.0	25.2 (0.50)	12.6 (0.32)	38.0 (0.49)	19.2 (0.41)	4.9 (0.21)
Masters, doctorate, medical degree	100.0	24.8 (0.63)	12.0 (0.45)	40.3 (0.70)	19.8 (0.53)	3.0 (0.23)
Poverty status: ⁵						
Below poverty level	100.0	51.9 (0.86)	11.6 (0.39)	20.6 (0.57)	9.7 (0.43)	5.8 (0.41)
≥1 and <2 times poverty level	100.0	49.4 (0.55)	13.4 (0.37)	22.7 (0.41)	10.0 (0.36)	4.2 (0.19)
≥2 and <4 times poverty level	100.0	38.1 (0.44)	14.7 (0.29)	28.9 (0.38)	13.3 (0.29)	4.8 (0.16)
4 times poverty level or more	100.0	24.3 (0.37)	13.3 (0.25)	37.3 (0.36)	19.4 (0.32)	5.6 (0.19)
Marital status:						
Never married	100.0	37.3 (0.61)	10.2 (0.30)	29.7 (0.47)	15.8 (0.39)	6.6 (0.29)
Married	100.0	37.8 (0.40)	14.1 (0.21)	30.0 (0.29)	14.2 (0.22)	3.7 (0.11)
Cohabiting	100.0	25.5 (0.82)	12.7 (0.57)	34.2 (0.84)	18.6 (0.66)	8.7 (0.46)
Divorced or separated	100.0	36.7 (0.55)	14.9 (0.38)	28.1 (0.48)	14.0 (0.32)	6.0 (0.23)
Widowed	100.0	62.6 (0.70)	12.5 (0.43)	15.2 (0.47)	6.8 (0.31)	2.6 (0.18)
Geographic region:						
Northeast	100.0	31.8 (0.54)	14.3 (0.39)	33.1 (0.52)	16.1 (0.40)	4.5 (0.17)
Midwest	100.0	33.7 (0.78)	13.7 (0.31)	32.1 (0.48)	15.1 (0.39)	5.1 (0.20)
South	100.0	44.9 (0.53)	12.9 (0.27)	24.8 (0.32)	12.4 (0.30)	4.7 (0.17)
West	100.0	38.7 (0.65)	12.4 (0.35)	29.1 (0.46)	14.8 (0.37)	4.8 (0.26)
Place of residence: ⁶						
MSA, central city	100.0	39.5 (0.61)	12.7 (0.27)	28.9 (0.40)	13.9 (0.31)	4.7 (0.18)
MSA, not central city	100.0	35.2 (0.36)	13.5 (0.21)	31.2 (0.28)	15.1 (0.24)	4.7 (0.14)
Not MSA	100.0	45.2 (0.92)	13.4 (0.42)	23.7 (0.51)	12.4 (0.38)	4.8 (0.21)
Men						
Ages 18 years and over (crude) ²	100.0	31.6 (0.36)	9.9 (0.19)	30.7 (0.28)	21.9 (0.29)	5.6 (0.16)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	32.1 (0.36)	9.9 (0.19)	30.4 (0.28)	21.8 (0.29)	5.6 (0.16)
Age:						
18–24 years	100.0	33.6 (0.97)	7.5 (0.50)	29.2 (0.87)	21.5 (0.82)	7.7 (0.63)
25–44 years	100.0	23.9 (0.49)	10.1 (0.30)	36.3 (0.46)	23.6 (0.40)	5.9 (0.21)
45–64 years	100.0	33.1 (0.52)	10.6 (0.33)	28.7 (0.47)	21.8 (0.47)	5.5 (0.23)
65–74 years	100.0	43.7 (0.96)	10.2 (0.58)	22.7 (0.80)	18.7 (0.69)	4.2 (0.35)
75 years and over	100.0	53.3 (1.08)	9.7 (0.64)	18.3 (0.89)	16.3 (0.82)	2.0 (0.26)

See footnotes at end of table.

Table IV. Crude percent distributions (with standard errors) of current alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Men—Continued		Percent distribution (standard error)				
Race:						
White, single race	100.0	29.6 (0.41)	9.7 (0.21)	31.2 (0.32)	23.3 (0.34)	5.9 (0.18)
Black or African American, single race	100.0	42.8 (0.85)	10.5 (0.59)	25.8 (0.83)	16.0 (0.65)	4.5 (0.37)
American Indian or Alaska Native, single race	100.0	41.6 (4.52)	8.6 (2.49)	21.5 (2.98)	20.3 (3.27)	6.6 (1.63)
Asian, single race	100.0	43.2 (1.84)	12.2 (1.02)	30.1 (1.60)	12.0 (1.08)	2.1 (0.49)
Native Hawaiian or Other Pacific Islander, single race	100.0	26.7 (7.22)	*9.7 (3.39)	39.5 (7.96)	13.7 (3.90)	†
2 or more races	100.0	33.2 (2.54)	13.0 (1.72)	26.0 (2.18)	20.5 (2.04)	6.9 (1.31)
Black or African American, white	100.0	36.6 (7.42)	†	33.2 (7.40)	*20.0 (6.48)	†
American Indian or Alaska Native, white	100.0	32.9 (3.80)	13.8 (2.75)	22.9 (3.50)	20.5 (3.32)	9.8 (2.91)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	33.9 (0.77)	9.8 (0.49)	33.5 (0.68)	18.1 (0.54)	4.3 (0.32)
Mexican or Mexican-American	100.0	33.9 (0.92)	9.5 (0.57)	32.2 (0.84)	19.0 (0.65)	4.9 (0.41)
Not Hispanic or Latino	100.0	31.3 (0.39)	9.9 (0.21)	30.2 (0.30)	22.5 (0.32)	5.8 (0.17)
White, single race	100.0	28.9 (0.43)	9.7 (0.23)	31.0 (0.35)	24.0 (0.37)	6.1 (0.19)
Black or African American, single race	100.0	43.2 (0.85)	10.4 (0.57)	25.7 (0.83)	15.8 (0.64)	4.6 (0.38)
Education:						
Less than high school graduate	100.0	44.8 (0.71)	9.3 (0.47)	23.2 (0.59)	15.9 (0.51)	6.3 (0.35)
GED diploma ⁴	100.0	34.9 (1.77)	11.6 (1.32)	25.5 (1.51)	17.7 (1.23)	9.6 (0.96)
High school graduate	100.0	34.6 (0.60)	10.7 (0.37)	27.5 (0.55)	20.7 (0.50)	6.1 (0.27)
Some college—no degree	100.0	30.0 (0.72)	10.0 (0.41)	30.9 (0.70)	22.4 (0.64)	6.4 (0.39)
Associate of arts degree	100.0	26.6 (0.91)	10.6 (0.63)	33.4 (0.99)	23.3 (0.88)	6.0 (0.54)
Bachelor of arts, science degree	100.0	21.7 (0.69)	9.0 (0.40)	37.2 (0.69)	27.3 (0.70)	4.6 (0.30)
Masters, doctorate, medical degree	100.0	22.7 (0.86)	9.1 (0.60)	39.9 (1.01)	26.0 (0.89)	2.2 (0.26)
Poverty status:⁵						
Below poverty level	100.0	41.0 (1.12)	8.7 (0.60)	24.3 (0.92)	16.7 (0.80)	8.9 (0.75)
≥1 and <2 times poverty level	100.0	40.3 (0.80)	10.1 (0.51)	25.6 (0.67)	17.5 (0.69)	6.1 (0.35)
≥2 and <4 times poverty level	100.0	32.9 (0.57)	10.9 (0.38)	29.2 (0.55)	20.6 (0.47)	6.2 (0.29)
4 times poverty level or more	100.0	21.2 (0.48)	9.7 (0.30)	36.4 (0.51)	27.1 (0.50)	5.5 (0.26)
Marital status:						
Never married	100.0	32.5 (0.71)	7.6 (0.37)	29.2 (0.65)	22.8 (0.62)	7.5 (0.41)
Married	100.0	32.2 (0.46)	11.0 (0.26)	31.7 (0.37)	20.8 (0.34)	4.1 (0.17)
Cohabiting	100.0	20.1 (1.07)	9.3 (0.68)	32.3 (1.14)	27.9 (1.05)	10.1 (0.71)
Divorced or separated	100.0	28.8 (0.74)	8.8 (0.47)	28.4 (0.71)	24.9 (0.66)	8.7 (0.43)
Widowed	100.0	47.8 (1.32)	9.9 (0.82)	20.1 (1.15)	16.9 (1.02)	4.8 (0.56)
Geographic region:						
Northeast	100.0	25.9 (0.62)	10.4 (0.43)	34.2 (0.66)	24.2 (0.58)	5.1 (0.30)
Midwest	100.0	27.8 (0.78)	10.1 (0.43)	32.0 (0.63)	23.6 (0.66)	6.1 (0.33)
South	100.0	37.0 (0.61)	9.9 (0.32)	27.7 (0.43)	19.3 (0.46)	5.8 (0.27)
West	100.0	31.6 (0.80)	9.1 (0.38)	31.2 (0.57)	22.6 (0.63)	5.1 (0.35)
Place of residence:⁶						
MSA, central city	100.0	31.6 (0.65)	9.7 (0.32)	31.3 (0.55)	21.6 (0.49)	5.5 (0.28)
MSA, not central city	100.0	29.5 (0.44)	9.9 (0.27)	32.4 (0.37)	22.6 (0.38)	5.3 (0.22)
Not MSA	100.0	37.3 (0.95)	10.1 (0.49)	25.0 (0.63)	20.5 (0.65)	6.7 (0.36)
Women						
Ages 18 years and over (crude) ²	100.0	44.7 (0.38)	16.3 (0.22)	27.5 (0.29)	7.2 (0.16)	4.0 (0.10)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	44.5 (0.39)	16.3 (0.22)	27.8 (0.29)	7.2 (0.16)	4.0 (0.11)
Age:						
18–24 years	100.0	45.1 (1.00)	12.2 (0.55)	30.1 (0.80)	6.7 (0.43)	5.5 (0.42)
25–44 years	100.0	37.0 (0.48)	18.4 (0.33)	33.0 (0.42)	7.6 (0.25)	3.8 (0.16)
45–64 years	100.0	42.8 (0.53)	17.9 (0.36)	27.0 (0.45)	7.7 (0.25)	4.3 (0.19)
65–74 years	100.0	59.9 (0.88)	12.7 (0.55)	17.2 (0.71)	6.7 (0.44)	3.1 (0.29)
75 years and over	100.0	68.8 (0.84)	10.8 (0.45)	12.7 (0.50)	5.3 (0.43)	2.1 (0.24)
Race:						
White, single race	100.0	41.3 (0.45)	16.4 (0.25)	29.4 (0.35)	8.2 (0.19)	4.4 (0.12)
Black or African American, single race	100.0	58.0 (0.89)	15.8 (0.60)	19.7 (0.63)	3.6 (0.26)	2.5 (0.22)
American Indian or Alaska Native, single race	100.0	46.6 (4.35)	15.5 (2.54)	30.4 (3.68)	*3.3 (0.98)	4.1 (1.14)
Asian, single race	100.0	66.6 (1.37)	11.6 (0.90)	18.7 (1.15)	2.5 (0.40)	*0.6 (0.21)
Native Hawaiian or Other Pacific Islander, single race	100.0	56.9 (7.95)	*15.0 (5.47)	*18.8 (5.95)	†	†
2 or more races	100.0	40.9 (2.50)	20.2 (1.84)	30.0 (2.19)	4.8 (0.90)	3.8 (0.78)
Black or African American, white	100.0	43.1 (5.76)	14.3 (4.17)	29.1 (4.70)	†	*9.6 (3.47)
American Indian or Alaska Native, white	100.0	41.3 (3.69)	24.5 (3.17)	27.1 (3.15)	*4.7 (1.47)	*2.3 (0.74)

See footnotes at end of table.

Table IV. Crude percent distributions (with standard errors) of current alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Women—Continued						
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	61.3 (0.78)	15.0 (0.49)	18.8 (0.56)	2.9 (0.23)	1.7 (0.15)
Mexican or Mexican-American	100.0	63.8 (0.96)	14.3 (0.62)	17.5 (0.70)	2.4 (0.24)	1.7 (0.21)
Not Hispanic or Latino	100.0	42.6 (0.41)	16.5 (0.24)	28.7 (0.32)	7.8 (0.17)	4.2 (0.12)
White, single race	100.0	38.9 (0.48)	16.8 (0.27)	30.6 (0.38)	8.8 (0.20)	4.7 (0.14)
Black or African American, single race	100.0	58.1 (0.89)	15.7 (0.60)	19.6 (0.65)	3.6 (0.26)	2.5 (0.22)
Education:						
Less than high school graduate	100.0	69.2 (0.61)	12.2 (0.41)	13.0 (0.42)	2.9 (0.22)	2.3 (0.17)
GED diploma ⁴	100.0	47.2 (1.65)	18.2 (1.23)	23.3 (1.39)	6.6 (0.83)	4.5 (0.66)
High school graduate	100.0	49.9 (0.60)	17.3 (0.40)	23.3 (0.43)	5.7 (0.25)	3.5 (0.19)
Some college—no degree	100.0	39.7 (0.65)	17.3 (0.45)	30.3 (0.60)	7.4 (0.32)	5.1 (0.26)
Associate of arts degree	100.0	36.6 (0.86)	19.4 (0.69)	31.8 (0.78)	8.0 (0.49)	4.0 (0.35)
Bachelor of arts, science degree	100.0	28.4 (0.62)	15.9 (0.49)	38.9 (0.63)	11.6 (0.47)	5.1 (0.28)
Masters, doctorate, medical degree	100.0	27.5 (0.83)	15.6 (0.67)	40.8 (0.95)	12.1 (0.58)	4.0 (0.38)
Poverty status: ⁵						
Below poverty level	100.0	59.3 (0.97)	13.6 (0.53)	18.1 (0.66)	4.9 (0.33)	3.8 (0.33)
≥1 and <2 times poverty level	100.0	56.7 (0.66)	15.9 (0.49)	20.4 (0.51)	4.2 (0.26)	2.7 (0.20)
≥2 and <4 times poverty level	100.0	43.1 (0.55)	18.5 (0.40)	28.6 (0.43)	6.1 (0.26)	3.5 (0.17)
4 times poverty level or more	100.0	27.7 (0.52)	17.1 (0.41)	38.2 (0.53)	11.2 (0.35)	5.7 (0.25)
Marital status:						
Never married	100.0	43.1 (0.81)	13.4 (0.47)	30.2 (0.66)	7.5 (0.33)	5.5 (0.34)
Married	100.0	43.4 (0.48)	17.2 (0.29)	28.2 (0.40)	7.5 (0.21)	3.4 (0.13)
Cohabiting	100.0	30.8 (1.08)	15.9 (0.89)	36.1 (1.13)	9.5 (0.78)	7.4 (0.62)
Divorced or separated	100.0	42.0 (0.70)	18.9 (0.52)	27.8 (0.61)	6.8 (0.29)	4.3 (0.25)
Widowed	100.0	65.9 (0.76)	13.1 (0.47)	14.1 (0.48)	4.5 (0.28)	2.1 (0.19)
Geographic region:						
Northeast	100.0	36.9 (0.72)	17.6 (0.53)	32.1 (0.73)	9.0 (0.42)	4.0 (0.21)
Midwest	100.0	39.2 (0.90)	16.9 (0.40)	32.2 (0.65)	7.4 (0.31)	4.1 (0.22)
South	100.0	52.2 (0.61)	15.6 (0.37)	22.2 (0.41)	6.1 (0.26)	3.6 (0.16)
West	100.0	45.4 (0.76)	15.5 (0.47)	27.2 (0.62)	7.4 (0.29)	4.4 (0.27)
Place of residence: ⁶						
MSA, central city	100.0	46.6 (0.74)	15.3 (0.38)	26.7 (0.52)	7.1 (0.26)	4.1 (0.20)
MSA, not central city	100.0	40.7 (0.42)	16.8 (0.29)	30.0 (0.40)	8.1 (0.23)	4.2 (0.16)
Not MSA	100.0	52.3 (1.07)	16.4 (0.55)	22.5 (0.65)	5.3 (0.23)	3.2 (0.20)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Current alcohol drinking status: Nondrinker is defined as no drinks in the past year (includes both former drinkers and lifetime abstainers); infrequent is defined as at least 12 drinks in lifetime and 1–11 drinks in past year; light is defined as at least 12 drinks in lifetime, at least 12 drinks in the past year and 3 drinks or fewer per week, on average; moderate is defined as at least 12 drinks in lifetime, at least 12 drinks in past year and more than 3 and up to 14 drinks per week for men and more than 3 and up to 7 drinks per week for women, on average; heavier is defined as at least 12 drinks in lifetime, at least 12 drinks in past year and more than 14 drinks per week for men and more than 7 drinks per week for women, on average.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percent distributions, refer to Table 3.2. Denominator for each percent distribution excludes persons with unknown lifetime and unknown current drinking status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table V. Crude percentages (with standard errors) of adults 18 years of age and over who had five or more drinks in 1 day at least once in the past year, and crude percentages (with standard errors) of adults 18 years of age and over who had five or more drinks in 1 day on at least 12 days in the past year, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Five or more drinks in 1 day at least once			Five or more drinks in 1 day on at least 12 days		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent of adults (standard error)					
Ages 18 years and over (crude) ¹	19.6 (0.24)	28.5 (0.38)	11.5 (0.19)	9.0 (0.15)	14.8 (0.28)	3.7 (0.10)
Ages 18 years and over (age-adjusted) ^{1,2}	19.7 (0.24)	28.1 (0.36)	11.8 (0.20)	9.1 (0.15)	14.6 (0.27)	3.8 (0.10)
Age						
18–24 years	32.0 (0.80)	41.3 (1.15)	22.9 (0.79)	17.2 (0.64)	25.2 (1.04)	9.3 (0.51)
25–44 years	26.3 (0.36)	37.3 (0.55)	15.8 (0.34)	11.5 (0.22)	18.7 (0.38)	4.6 (0.17)
45–64 years	14.4 (0.26)	22.0 (0.42)	7.3 (0.24)	6.3 (0.18)	10.8 (0.33)	2.3 (0.13)
65–74 years	5.4 (0.30)	9.4 (0.56)	2.2 (0.25)	2.7 (0.19)	5.1 (0.39)	0.8 (0.15)
75 years and over	1.8 (0.18)	3.7 (0.40)	0.5 (0.10)	0.8 (0.11)	1.8 (0.25)	*0.2 (0.07)
Race						
White, single race	21.0 (0.28)	30.0 (0.43)	12.6 (0.23)	9.5 (0.18)	15.5 (0.31)	4.1 (0.12)
Black or African American, single race	11.6 (0.36)	19.0 (0.67)	5.9 (0.31)	5.9 (0.29)	10.4 (0.54)	2.5 (0.23)
American Indian or Alaska Native, single race	24.4 (2.28)	31.3 (3.67)	17.7 (2.95)	14.0 (1.77)	19.8 (2.87)	8.3 (1.60)
Asian, single race	8.6 (0.68)	14.1 (1.22)	3.0 (0.50)	3.5 (0.39)	6.6 (0.74)	*0.4 (0.14)
Native Hawaiian or Other Pacific Islander, single race	30.0 (7.26)	40.8 (9.69)	†	*11.5 (5.55)	†	†
2 or more races	22.3 (1.38)	32.4 (2.58)	14.0 (1.49)	9.9 (1.07)	17.2 (1.99)	3.9 (0.87)
Black or African American, white	25.1 (4.31)	37.0 (8.29)	16.7 (4.51)	15.0 (3.29)	24.0 (5.87)	*8.6 (3.79)
American Indian or Alaska Native, white	21.8 (2.27)	32.3 (3.85)	13.7 (2.74)	9.5 (1.74)	18.5 (3.45)	*2.7 (1.14)
Hispanic or Latino origin and race						
Hispanic or Latino	19.1 (0.42)	30.5 (0.72)	7.7 (0.32)	10.1 (0.31)	17.7 (0.56)	2.5 (0.21)
Mexican or Mexican-American	21.3 (0.53)	33.6 (0.88)	8.5 (0.45)	11.8 (0.42)	20.4 (0.73)	2.8 (0.30)
Not Hispanic or Latino	19.6 (0.26)	28.3 (0.41)	11.9 (0.21)	8.9 (0.17)	14.4 (0.31)	3.9 (0.11)
White, single race	21.3 (0.30)	30.2 (0.46)	13.3 (0.25)	9.5 (0.19)	15.3 (0.34)	4.2 (0.13)
Black or African American, single race	11.5 (0.36)	18.8 (0.67)	5.8 (0.31)	5.9 (0.28)	10.3 (0.54)	2.5 (0.24)
Education						
Less than high school graduate	15.3 (0.35)	25.0 (0.64)	6.3 (0.29)	8.7 (0.27)	15.2 (0.52)	2.7 (0.20)
GED diploma ³	24.6 (1.10)	33.1 (1.64)	15.7 (1.20)	13.7 (0.87)	20.5 (1.44)	6.6 (0.76)
High school graduate	18.2 (0.37)	28.1 (0.62)	9.5 (0.32)	9.2 (0.27)	16.0 (0.50)	3.3 (0.19)
Some college—no degree	22.8 (0.49)	32.2 (0.77)	14.5 (0.47)	10.8 (0.36)	17.5 (0.62)	5.1 (0.29)
Associate of arts degree	21.1 (0.54)	32.1 (0.96)	12.7 (0.59)	9.3 (0.37)	16.2 (0.74)	4.0 (0.35)
Bachelor of arts, science degree	23.0 (0.47)	31.4 (0.75)	15.3 (0.50)	8.4 (0.29)	13.0 (0.53)	4.2 (0.25)
Masters, doctorate, medical degree	16.0 (0.51)	20.3 (0.77)	10.7 (0.59)	4.7 (0.27)	6.9 (0.45)	2.0 (0.23)
Poverty status ⁴						
Below poverty level	19.5 (0.76)	30.6 (1.27)	12.1 (0.63)	11.3 (0.60)	20.1 (1.06)	5.4 (0.47)
≥1 and <2 times poverty level	17.8 (0.45)	27.4 (0.80)	10.2 (0.41)	9.0 (0.32)	15.9 (0.63)	3.6 (0.22)
≥2 and <4 times poverty level	20.9 (0.36)	29.4 (0.59)	12.6 (0.36)	10.1 (0.27)	16.3 (0.48)	4.0 (0.21)
4 times poverty level or more	24.3 (0.35)	33.2 (0.55)	14.9 (0.38)	9.7 (0.22)	15.0 (0.39)	4.1 (0.20)
Marital status						
Never married	30.2 (0.60)	39.2 (0.82)	19.8 (0.64)	16.1 (0.48)	23.0 (0.76)	8.0 (0.38)
Married	16.4 (0.25)	23.4 (0.39)	9.4 (0.22)	6.5 (0.14)	10.5 (0.25)	2.5 (0.11)
Cohabiting	33.5 (0.80)	43.5 (1.23)	24.0 (0.95)	17.5 (0.63)	26.5 (0.99)	8.9 (0.62)
Divorced or separated	19.8 (0.42)	32.7 (0.78)	11.3 (0.43)	9.8 (0.31)	19.1 (0.67)	3.7 (0.24)
Widowed	3.5 (0.21)	10.5 (0.80)	2.0 (0.18)	1.7 (0.15)	5.8 (0.63)	0.8 (0.12)
Geographic region						
Northeast	19.6 (0.44)	28.2 (0.76)	12.2 (0.41)	8.4 (0.31)	13.8 (0.63)	3.8 (0.22)
Midwest	24.0 (0.58)	33.8 (0.88)	15.0 (0.45)	11.0 (0.40)	17.9 (0.70)	4.7 (0.25)
South	16.5 (0.41)	24.7 (0.64)	8.9 (0.29)	8.3 (0.24)	13.8 (0.42)	3.2 (0.15)
West	19.9 (0.42)	29.4 (0.65)	11.0 (0.40)	8.5 (0.26)	13.9 (0.43)	3.5 (0.21)
Place of residence ⁵						
MSA, central city	20.2 (0.44)	29.6 (0.63)	11.9 (0.40)	9.7 (0.28)	15.6 (0.46)	4.5 (0.22)
MSA, not central city	19.6 (0.32)	28.2 (0.50)	11.6 (0.27)	8.5 (0.21)	14.0 (0.37)	3.3 (0.13)
Not MSA	18.7 (0.59)	27.9 (0.88)	10.5 (0.48)	9.5 (0.37)	16.1 (0.66)	3.7 (0.22)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

²Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁵MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percentages, refer to Table 3.3. Question was asked only of current drinkers, but prevalence is shown here as percent of all adults. Denominator for each percentage excludes persons with unknown lifetime drinking status and/or unknown 5 or more drinks in 1 day. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table VI. Crude percentages (with standard errors) of current drinkers 18 years of age and over who had five or more drinks in 1 day at least once in the past year, and crude percentages (with standard errors) of current drinkers 18 years of age and over who had five or more drinks in 1 day on at least 12 days in the past year, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Five or more drinks in 1 day at least once			Five or more drinks in 1 day on at least 12 days		
	Both sexes	Men	Women	Both sexes	Men	Women
Percent of current drinkers (standard error)						
Ages 18 years and over (crude) ¹	32.0 (0.33)	42.0 (0.45)	20.8 (0.32)	14.7 (0.23)	21.8 (0.37)	6.8 (0.18)
Ages 18 years and over (age-adjusted) ^{1,2}	30.5 (0.30)	40.0 (0.42)	19.9 (0.30)	14.1 (0.21)	20.8 (0.34)	6.5 (0.17)
Age						
18–24 years	53.4 (0.96)	63.0 (1.26)	42.0 (1.16)	28.6 (0.92)	38.4 (1.34)	17.1 (0.87)
25–44 years	38.1 (0.44)	49.3 (0.61)	25.2 (0.51)	16.6 (0.29)	24.7 (0.47)	7.4 (0.27)
45–64 years	23.4 (0.40)	33.1 (0.60)	12.9 (0.40)	10.3 (0.28)	16.2 (0.48)	4.0 (0.23)
65–74 years	11.5 (0.60)	16.8 (0.93)	5.4 (0.61)	5.7 (0.40)	9.1 (0.66)	1.9 (0.37)
75 years and over	4.8 (0.47)	8.0 (0.83)	1.8 (0.33)	2.2 (0.29)	3.8 (0.53)	*0.7 (0.23)
Race						
White, single race	32.8 (0.36)	42.9 (0.50)	21.6 (0.36)	14.9 (0.25)	22.2 (0.40)	7.0 (0.20)
Black or African American, single race	24.0 (0.65)	33.5 (1.06)	14.0 (0.70)	12.3 (0.57)	18.3 (0.91)	6.0 (0.55)
American Indian or Alaska Native, single race	44.9 (3.33)	55.5 (4.96)	33.7 (4.75)	25.7 (2.77)	35.1 (4.16)	15.8 (2.81)
Asian, single race	19.1 (1.33)	24.9 (1.92)	9.1 (1.48)	7.9 (0.83)	11.6 (1.27)	*1.3 (0.41)
Native Hawaiian or Other Pacific Islander, single race	49.6 (9.78)	56.1 (11.21)	*33.7 (14.74)	*19.0 (8.53)	*17.6 (8.33)	†
2 or more races	35.8 (2.07)	48.8 (3.28)	23.7 (2.44)	15.9 (1.70)	25.9 (2.90)	6.7 (1.47)
Black or African American, white	42.4 (6.53)	58.7 (11.28)	29.6 (7.37)	25.4 (5.25)	38.1 (8.52)	*15.3 (6.44)
American Indian or Alaska Native, white	35.1 (3.32)	48.4 (5.10)	23.5 (4.35)	15.4 (2.73)	27.7 (4.89)	*4.7 (1.96)
Hispanic or Latino origin and race						
Hispanic or Latino	36.6 (0.72)	46.5 (0.95)	19.8 (0.80)	19.4 (0.57)	27.0 (0.82)	6.5 (0.51)
Mexican or Mexican-American	41.7 (0.92)	51.3 (1.10)	23.5 (1.23)	23.1 (0.79)	31.1 (1.03)	7.8 (0.80)
Not Hispanic or Latino	31.5 (0.35)	41.4 (0.49)	20.9 (0.34)	14.2 (0.25)	21.2 (0.40)	6.8 (0.19)
White, single race	32.6 (0.38)	42.8 (0.53)	21.8 (0.37)	14.5 (0.27)	21.7 (0.43)	7.0 (0.21)
Black or African American, single race	23.9 (0.66)	33.4 (1.07)	13.9 (0.70)	12.3 (0.57)	18.2 (0.92)	6.0 (0.57)
Education						
Less than high school graduate	36.4 (0.71)	46.1 (0.98)	20.7 (0.88)	20.7 (0.61)	28.0 (0.90)	8.8 (0.63)
GED diploma ³	42.1 (1.62)	51.7 (2.16)	29.8 (2.04)	23.4 (1.38)	32.0 (2.07)	12.5 (1.40)
High school graduate	32.0 (0.58)	43.4 (0.81)	19.1 (0.60)	16.2 (0.44)	24.6 (0.70)	6.6 (0.37)
Some college—no degree	35.3 (0.67)	46.3 (0.92)	24.2 (0.74)	16.8 (0.53)	25.1 (0.82)	8.4 (0.46)
Associate of arts degree	31.3 (0.73)	43.9 (1.18)	20.1 (0.88)	13.8 (0.53)	22.2 (0.96)	6.3 (0.54)
Bachelor of arts, science degree	30.9 (0.57)	40.3 (0.86)	21.4 (0.67)	11.3 (0.38)	16.6 (0.65)	5.9 (0.34)
Masters, doctorate, medical degree	21.3 (0.66)	26.3 (0.95)	14.8 (0.79)	6.2 (0.36)	8.9 (0.58)	2.7 (0.32)
Poverty status ⁴						
Below poverty level	41.1 (1.21)	52.5 (1.67)	30.0 (1.27)	23.8 (1.07)	34.5 (1.55)	13.5 (1.06)
≥1 and <2 times poverty level	35.5 (0.75)	46.4 (1.11)	23.7 (0.87)	18.0 (0.58)	26.9 (0.96)	8.4 (0.50)
≥2 and <4 times poverty level	33.9 (0.51)	44.2 (0.75)	22.2 (0.61)	16.3 (0.41)	24.5 (0.66)	7.0 (0.36)
4 times poverty level or more	32.2 (0.43)	42.2 (0.62)	20.6 (0.50)	12.9 (0.29)	19.1 (0.47)	5.7 (0.28)
Marital status						
Never married	48.7 (0.72)	58.5 (0.91)	35.0 (0.94)	26.0 (0.68)	34.4 (1.00)	14.2 (0.64)
Married	26.5 (0.36)	34.7 (0.52)	16.7 (0.38)	10.5 (0.22)	15.6 (0.36)	4.4 (0.19)
Cohabiting	45.3 (0.94)	54.8 (1.32)	34.8 (1.25)	23.7 (0.81)	33.5 (1.15)	12.8 (0.89)
Divorced or separated	31.5 (0.61)	46.5 (0.97)	19.6 (0.69)	15.6 (0.47)	27.2 (0.91)	6.4 (0.41)
Widowed	9.5 (0.57)	20.4 (1.51)	5.9 (0.51)	4.7 (0.41)	11.3 (1.21)	2.4 (0.34)
Geographic region						
Northeast	28.9 (0.56)	38.3 (0.91)	19.4 (0.59)	12.4 (0.45)	18.8 (0.83)	6.0 (0.34)
Midwest	36.4 (0.68)	47.2 (0.93)	24.7 (0.70)	16.7 (0.52)	24.9 (0.84)	7.8 (0.40)
South	30.1 (0.63)	39.6 (0.84)	18.8 (0.56)	15.1 (0.39)	22.1 (0.59)	6.7 (0.30)
West	32.6 (0.64)	43.3 (0.88)	20.2 (0.71)	14.0 (0.43)	20.5 (0.61)	6.4 (0.38)
Place of residence ⁵						
MSA, central city	33.6 (0.59)	43.6 (0.75)	22.4 (0.66)	16.1 (0.42)	22.9 (0.61)	8.5 (0.39)
MSA, not central city	30.4 (0.44)	40.2 (0.61)	19.6 (0.42)	13.1 (0.30)	20.0 (0.50)	5.6 (0.22)
Not MSA	34.4 (0.83)	45.0 (1.08)	22.1 (0.88)	17.5 (0.59)	25.9 (0.89)	7.8 (0.46)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

²Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁵MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percentages, refer to Table 3.4. Denominator for each percentage excludes persons with unknown lifetime drinking status, nondrinkers, and current drinkers with unknown information for 5 or more drinks in 1 day. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table VII. Crude percent distributions (with standard errors) of lifetime cigarette smoking status for adults 18 years of age and over, by selected characteristics: United States, average annual 2002–04

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Both sexes				
Percent distribution (standard error)				
Ages 18 years and over (crude) ²	100.0	56.4 (0.27)	21.9 (0.19)	21.6 (0.21)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	56.6 (0.26)	21.9 (0.17)	21.5 (0.21)
Age:				
18–24 years	100.0	67.5 (0.73)	7.2 (0.33)	25.3 (0.65)
25–44 years	100.0	60.8 (0.38)	14.2 (0.24)	25.0 (0.32)
45–64 years	100.0	49.3 (0.41)	28.4 (0.33)	22.4 (0.33)
65–74 years	100.0	46.9 (0.62)	41.2 (0.56)	11.9 (0.39)
75 years and over	100.0	55.7 (0.62)	38.5 (0.61)	5.8 (0.30)
Race:				
White, single race	100.0	54.2 (0.30)	23.8 (0.21)	22.0 (0.24)
Black or African American, single race	100.0	64.4 (0.57)	14.2 (0.37)	21.4 (0.57)
American Indian or Alaska Native, single race	100.0	46.1 (3.51)	18.9 (2.03)	34.9 (2.82)
Asian, single race	100.0	75.1 (0.95)	12.6 (0.79)	12.2 (0.72)
Native Hawaiian or Other Pacific Islander, single race	100.0	54.6 (7.71)	14.2 (3.85)	31.1 (6.86)
2 or more races	100.0	48.3 (1.80)	20.6 (1.42)	31.1 (1.61)
Black or African American, white	100.0	58.6 (4.83)	10.1 (2.73)	31.2 (4.09)
American Indian or Alaska Native, white	100.0	34.7 (2.27)	25.4 (1.96)	40.0 (2.58)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	70.4 (0.52)	13.6 (0.36)	16.0 (0.39)
Mexican or Mexican-American	100.0	72.1 (0.63)	12.5 (0.44)	15.3 (0.47)
Not Hispanic or Latino	100.0	54.5 (0.29)	23.1 (0.20)	22.4 (0.23)
White, single race	100.0	52.2 (0.32)	25.0 (0.22)	22.8 (0.26)
Black or African American, single race	100.0	64.4 (0.57)	14.3 (0.37)	21.4 (0.56)
Education:				
Less than high school graduate	100.0	52.1 (0.54)	20.4 (0.35)	27.5 (0.49)
GED diploma ⁴	100.0	32.8 (1.07)	23.9 (1.00)	43.3 (1.16)
High school graduate	100.0	52.3 (0.41)	22.3 (0.35)	25.4 (0.34)
Some college—no degree	100.0	56.0 (0.50)	21.6 (0.40)	22.4 (0.41)
Associate of arts degree	100.0	55.3 (0.69)	23.7 (0.57)	21.0 (0.52)
Bachelor of arts, science degree	100.0	66.3 (0.48)	21.4 (0.39)	12.2 (0.32)
Masters, doctorate, medical degree	100.0	68.0 (0.59)	24.3 (0.59)	7.6 (0.31)
Poverty status: ⁵				
Below poverty level	100.0	55.1 (0.87)	14.1 (0.46)	30.8 (0.71)
≥1 and <2 times poverty level	100.0	54.3 (0.53)	18.9 (0.39)	26.8 (0.46)
≥2 and <4 times poverty level	100.0	53.6 (0.45)	22.5 (0.37)	23.9 (0.37)
4 times poverty level or more	100.0	57.7 (0.39)	25.1 (0.28)	17.2 (0.29)
Marital status:				
Never married	100.0	65.6 (0.51)	9.7 (0.27)	24.7 (0.47)
Married	100.0	57.0 (0.33)	25.5 (0.25)	17.6 (0.24)
Cohabiting	100.0	42.2 (0.81)	17.7 (0.64)	40.1 (0.81)
Divorced or separated	100.0	44.4 (0.50)	22.2 (0.41)	33.4 (0.47)
Widowed	100.0	55.9 (0.62)	31.0 (0.59)	13.1 (0.42)
Geographic region:				
Northeast	100.0	55.1 (0.59)	24.8 (0.41)	20.2 (0.48)
Midwest	100.0	53.3 (0.54)	22.5 (0.38)	24.2 (0.41)
South	100.0	56.7 (0.48)	20.3 (0.34)	23.0 (0.36)
West	100.0	61.0 (0.56)	21.6 (0.35)	17.4 (0.42)
Place of residence: ⁶				
MSA, central city	100.0	59.3 (0.44)	19.3 (0.35)	21.4 (0.36)
MSA, not central city	100.0	56.6 (0.38)	23.3 (0.25)	20.0 (0.28)
Not MSA	100.0	51.9 (0.61)	22.0 (0.48)	26.1 (0.53)
Men				
Ages 18 years and over (crude) ²	100.0	50.3 (0.35)	25.5 (0.27)	24.2 (0.28)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	50.0 (0.33)	26.2 (0.25)	23.8 (0.28)
Age:				
18–24 years	100.0	64.6 (1.00)	7.3 (0.49)	28.1 (0.92)
25–44 years	100.0	57.7 (0.47)	14.5 (0.31)	27.8 (0.43)
45–64 years	100.0	41.6 (0.55)	34.0 (0.49)	24.5 (0.48)
65–74 years	100.0	33.6 (0.83)	53.5 (0.85)	12.9 (0.58)
75 years and over	100.0	37.8 (1.04)	55.9 (1.03)	6.3 (0.48)

See footnotes at end of table.

Table VII. Crude percent distributions (with standard errors) of lifetime cigarette smoking status for adults 18 years of age and over, by selected characteristics: United States, average annual 2002–04—Con.

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Men—Continued				
Percent distribution (standard error)				
Race:				
White, single race	100.0	48.7 (0.39)	27.2 (0.30)	24.1 (0.32)
Black or African American, single race	100.0	56.7 (0.91)	17.6 (0.60)	25.7 (0.81)
American Indian or Alaska Native, single race	100.0	43.5 (4.38)	20.1 (2.84)	36.3 (3.54)
Asian, single race	100.0	61.8 (1.53)	20.0 (1.32)	18.2 (1.21)
Native Hawaiian or Other Pacific Islander, single race	100.0	47.4 (9.09)	*14.8 (4.92)	37.8 (9.22)
2 or more races	100.0	43.2 (2.65)	22.9 (2.41)	33.9 (2.39)
Black or African American, white	100.0	55.3 (8.63)	†	38.0 (7.12)
American Indian or Alaska Native, white	100.0	26.9 (3.37)	27.9 (3.45)	45.2 (4.15)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	61.3 (0.81)	17.6 (0.58)	21.1 (0.63)
Mexican or Mexican-American	100.0	62.8 (0.99)	16.2 (0.69)	21.0 (0.75)
Not Hispanic or Latino	100.0	48.7 (0.38)	26.6 (0.29)	24.7 (0.31)
White, single race	100.0	47.0 (0.42)	28.4 (0.33)	24.6 (0.36)
Black or African American, single race	100.0	56.9 (0.92)	17.6 (0.60)	25.5 (0.81)
Education:				
Less than high school graduate	100.0	41.8 (0.76)	25.8 (0.58)	32.4 (0.66)
GED diploma ⁴	100.0	26.0 (1.42)	27.4 (1.48)	46.6 (1.59)
High school graduate	100.0	45.4 (0.58)	25.6 (0.52)	29.1 (0.53)
Some college—no degree	100.0	51.4 (0.73)	24.6 (0.62)	24.0 (0.58)
Associate of arts degree	100.0	49.4 (1.06)	26.9 (0.94)	23.8 (0.86)
Bachelor of arts, science degree	100.0	61.7 (0.69)	24.6 (0.59)	13.7 (0.51)
Masters, doctorate, medical degree	100.0	64.9 (0.88)	27.1 (0.87)	8.0 (0.44)
Poverty status:⁵				
Below poverty level	100.0	48.5 (1.27)	17.6 (0.83)	33.9 (1.03)
≥1 and <2 times poverty level	100.0	46.1 (0.75)	21.9 (0.61)	31.9 (0.71)
≥2 and <4 times poverty level	100.0	47.8 (0.60)	25.5 (0.52)	26.7 (0.52)
4 times poverty level or more	100.0	52.7 (0.53)	28.1 (0.43)	19.3 (0.41)
Marital status:				
Never married	100.0	62.4 (0.69)	10.4 (0.38)	27.3 (0.64)
Married	100.0	49.7 (0.42)	30.7 (0.34)	19.7 (0.32)
Cohabiting	100.0	38.5 (1.21)	18.9 (0.92)	42.7 (1.19)
Divorced or separated	100.0	36.2 (0.77)	25.8 (0.70)	38.0 (0.78)
Widowed	100.0	34.5 (1.33)	49.4 (1.49)	16.1 (1.01)
Geographic region:				
Northeast	100.0	50.2 (0.80)	28.1 (0.61)	21.7 (0.65)
Midwest	100.0	47.1 (0.67)	26.0 (0.59)	27.0 (0.55)
South	100.0	49.8 (0.60)	24.2 (0.46)	26.0 (0.49)
West	100.0	55.1 (0.69)	24.7 (0.54)	20.1 (0.57)
Place of residence:⁶				
MSA, central city	100.0	53.2 (0.57)	22.6 (0.49)	24.2 (0.48)
MSA, not central city	100.0	51.1 (0.47)	26.6 (0.36)	22.3 (0.39)
Not MSA	100.0	44.3 (0.79)	26.4 (0.72)	29.3 (0.70)
Women				
Ages 18 years and over (crude) ²	100.0	62.1 (0.32)	18.7 (0.23)	19.2 (0.25)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	62.3 (0.32)	18.4 (0.22)	19.4 (0.25)
Age:				
18–24 years	100.0	70.4 (0.88)	7.1 (0.45)	22.5 (0.75)
25–44 years	100.0	63.8 (0.47)	13.9 (0.33)	22.3 (0.39)
45–64 years	100.0	56.5 (0.51)	23.1 (0.39)	20.4 (0.38)
65–74 years	100.0	57.9 (0.78)	30.9 (0.69)	11.2 (0.50)
75 years and over	100.0	67.2 (0.73)	27.4 (0.73)	5.5 (0.36)
Race:				
White, single race	100.0	59.2 (0.36)	20.7 (0.27)	20.1 (0.28)
Black or African American, single race	100.0	70.5 (0.60)	11.5 (0.43)	18.0 (0.61)
American Indian or Alaska Native, single race	100.0	48.7 (4.55)	17.8 (2.49)	33.5 (3.93)
Asian, single race	100.0	89.0 (0.91)	5.0 (0.68)	6.1 (0.72)
Native Hawaiian or Other Pacific Islander, single race	100.0	65.6 (9.42)	*13.4 (5.15)	*21.0 (6.54)
2 or more races	100.0	52.5 (2.09)	18.7 (1.62)	28.8 (1.93)
Black or African American, white	100.0	61.0 (5.30)	12.6 (3.59)	26.4 (4.86)
American Indian or Alaska Native, white	100.0	40.7 (3.13)	23.4 (2.55)	35.9 (3.32)

See footnotes at end of table.

Table VII. Crude percent distributions (with standard errors) of lifetime cigarette smoking status for adults 18 years of age and over, by selected characteristics: United States, average annual 2002–04—Con.

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Women—Continued				
Percent distribution (standard error)				
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	79.7 (0.52)	9.6 (0.36)	10.7 (0.37)
Mexican or Mexican-American	100.0	82.2 (0.64)	8.5 (0.41)	9.3 (0.49)
Not Hispanic or Latino	100.0	59.8 (0.34)	19.8 (0.25)	20.3 (0.27)
White, single race	100.0	57.0 (0.38)	21.9 (0.28)	21.1 (0.30)
Black or African American, single race	100.0	70.4 (0.60)	11.6 (0.45)	18.0 (0.60)
Education:				
Less than high school graduate	100.0	61.8 (0.68)	15.3 (0.42)	23.0 (0.62)
GED diploma ⁴	100.0	40.2 (1.62)	20.2 (1.38)	39.7 (1.64)
High school graduate	100.0	58.5 (0.52)	19.3 (0.43)	22.2 (0.43)
Some college—no degree	100.0	60.0 (0.61)	18.9 (0.48)	21.1 (0.53)
Associate of arts degree	100.0	60.0 (0.80)	21.2 (0.71)	18.8 (0.60)
Bachelor of arts, science degree	100.0	70.7 (0.63)	18.4 (0.54)	10.9 (0.39)
Masters, doctorate, medical degree	100.0	72.0 (0.83)	20.9 (0.76)	7.1 (0.46)
Poverty status: ⁵				
Below poverty level	100.0	59.6 (0.94)	11.8 (0.48)	28.7 (0.82)
≥1 and <2 times poverty level	100.0	60.9 (0.70)	16.4 (0.46)	22.7 (0.60)
≥2 and <4 times poverty level	100.0	59.3 (0.58)	19.6 (0.44)	21.1 (0.50)
4 times poverty level or more	100.0	63.1 (0.52)	21.9 (0.40)	15.0 (0.36)
Marital status:				
Never married	100.0	69.5 (0.64)	9.0 (0.38)	21.5 (0.56)
Married	100.0	64.3 (0.42)	20.2 (0.32)	15.5 (0.29)
Cohabiting	100.0	45.9 (1.13)	16.5 (0.83)	37.6 (1.08)
Divorced or separated	100.0	49.9 (0.65)	19.8 (0.51)	30.4 (0.60)
Widowed	100.0	60.7 (0.66)	26.9 (0.60)	12.4 (0.46)
Geographic region:				
Northeast	100.0	59.4 (0.70)	21.8 (0.55)	18.8 (0.59)
Midwest	100.0	59.0 (0.62)	19.4 (0.42)	21.6 (0.51)
South	100.0	63.1 (0.55)	16.6 (0.40)	20.3 (0.42)
West	100.0	66.7 (0.67)	18.5 (0.46)	14.8 (0.44)
Place of residence: ⁶				
MSA, central city	100.0	64.8 (0.53)	16.4 (0.40)	18.8 (0.45)
MSA, not central city	100.0	61.9 (0.45)	20.2 (0.32)	17.9 (0.33)
Not MSA	100.0	58.8 (0.72)	18.0 (0.50)	23.2 (0.61)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Lifetime cigarette smoking status: Never smoker—never smoked at all or smoked less than 100 cigarettes in lifetime; Former smoker—smoked at least 100 cigarettes in lifetime but not currently smoking; Current smoker—smoked at least 100 cigarettes in lifetime and currently smoked.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percent distributions, refer to Table 4.1. Denominator for each percent distribution excludes persons with unknown smoking status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table VIII. Crude percent distributions (with standard errors) of current cigarette smoking status for adults 18 years of age and over, and crude mean number (with standard errors) of cigarettes on days smoked among current smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Current cigarette smoking status			Number of cigarettes on days smoked		
		Non-smoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Both sexes		Percent distribution (standard error)			Mean (standard error)		
Ages 18 years and over (crude) ¹	100.0	78.4 (0.21)	4.0 (0.08)	17.6 (0.19)	14.9 (0.10)	4.8 (0.09)	17.1 (0.10)
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	78.5 (0.21)	4.0 (0.08)	17.5 (0.19)	15.0 (0.10)	4.9 (0.11)	17.1 (0.11)
Age:							
18–24 years	100.0	74.7 (0.65)	6.1 (0.31)	19.2 (0.55)	11.1 (0.19)	3.9 (0.18)	13.2 (0.20)
25–44 years	100.0	75.0 (0.32)	5.0 (0.13)	20.0 (0.28)	14.4 (0.13)	4.7 (0.13)	16.7 (0.15)
45–64 years	100.0	77.6 (0.33)	3.4 (0.12)	19.0 (0.30)	17.2 (0.15)	5.6 (0.20)	19.2 (0.17)
65–74 years	100.0	88.1 (0.39)	1.8 (0.15)	10.1 (0.35)	15.9 (0.39)	5.1 (0.41)	17.6 (0.43)
75 years and over	100.0	94.2 (0.30)	0.8 (0.12)	4.9 (0.28)	14.7 (0.53)	6.2 (1.11)	15.9 (0.58)
Race:							
White, single race	100.0	78.0 (0.24)	3.8 (0.09)	18.2 (0.21)	15.8 (0.11)	4.9 (0.11)	18.0 (0.11)
Black or African American, single race	100.0	78.6 (0.57)	4.7 (0.21)	16.7 (0.51)	11.1 (0.18)	5.0 (0.28)	12.8 (0.22)
American Indian or Alaska Native, single race	100.0	65.1 (2.82)	7.4 (1.32)	27.6 (2.43)	13.9 (1.10)	4.5 (0.54)	16.2 (1.21)
Asian, single race	100.0	87.8 (0.72)	3.0 (0.40)	9.3 (0.65)	9.5 (0.47)	3.1 (0.28)	11.4 (0.54)
Native Hawaiian or Other Pacific Islander, single race	100.0	68.9 (6.86)	†	26.2 (5.88)	10.9 (1.36)	8.7 (0.94)	11.2 (1.52)
2 or more races	100.0	68.9 (1.61)	6.6 (0.84)	24.5 (1.50)	14.0 (0.70)	4.8 (0.56)	16.3 (0.78)
Black or African American, white	100.0	68.8 (4.09)	*6.1 (1.93)	25.1 (3.81)	11.9 (1.09)	3.9 (0.94)	13.8 (1.15)
American Indian or Alaska Native, white	100.0	60.0 (2.58)	6.3 (1.39)	33.7 (2.50)	16.6 (1.10)	5.3 (0.84)	18.5 (1.18)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	84.0 (0.39)	5.5 (0.24)	10.4 (0.30)	8.6 (0.19)	3.6 (0.21)	11.0 (0.24)
Mexican or Mexican-American	100.0	84.7 (0.47)	6.3 (0.33)	9.0 (0.37)	7.5 (0.23)	3.5 (0.26)	10.0 (0.30)
Not Hispanic or Latino	100.0	77.6 (0.23)	3.8 (0.08)	18.6 (0.21)	15.5 (0.10)	5.0 (0.10)	17.6 (0.10)
White, single race	100.0	77.2 (0.26)	3.7 (0.09)	19.1 (0.24)	16.3 (0.11)	5.1 (0.12)	18.4 (0.11)
Black or African American, single race	100.0	78.6 (0.56)	4.7 (0.22)	16.6 (0.50)	11.1 (0.18)	4.9 (0.28)	12.7 (0.22)
Education:							
Less than high school graduate	100.0	72.5 (0.49)	4.3 (0.19)	23.3 (0.46)	15.9 (0.21)	5.0 (0.24)	17.7 (0.22)
GED diploma ³	100.0	56.7 (1.16)	4.4 (0.43)	38.9 (1.17)	17.6 (0.38)	5.2 (0.50)	19.0 (0.39)
High school graduate	100.0	74.6 (0.34)	4.1 (0.15)	21.4 (0.33)	15.5 (0.15)	5.1 (0.21)	17.4 (0.16)
Some college—no degree	100.0	77.6 (0.41)	4.5 (0.19)	17.9 (0.37)	14.2 (0.19)	4.3 (0.16)	16.6 (0.20)
Associate of arts degree	100.0	79.0 (0.52)	4.5 (0.24)	16.5 (0.47)	14.1 (0.27)	5.6 (0.36)	16.3 (0.30)
Bachelor of arts, science degree	100.0	87.8 (0.32)	3.8 (0.18)	8.5 (0.26)	11.8 (0.24)	4.2 (0.17)	15.1 (0.28)
Masters, doctorate, medical degree	100.0	92.4 (0.31)	2.4 (0.19)	5.3 (0.26)	12.4 (0.41)	4.7 (0.47)	15.5 (0.47)
Poverty status: ⁴							
Below poverty level	100.0	69.2 (0.71)	5.7 (0.28)	25.0 (0.66)	14.6 (0.26)	5.1 (0.33)	16.7 (0.28)
≥1 and <2 times poverty level	100.0	73.2 (0.46)	4.9 (0.21)	21.9 (0.44)	14.9 (0.25)	4.7 (0.22)	17.0 (0.27)
≥2 and <4 times poverty level	100.0	76.1 (0.37)	4.2 (0.16)	19.6 (0.35)	15.4 (0.18)	4.6 (0.19)	17.7 (0.19)
4 times poverty level or more	100.0	82.8 (0.29)	3.6 (0.13)	13.6 (0.26)	14.7 (0.17)	4.6 (0.15)	17.3 (0.19)
Marital status:							
Never married	100.0	75.3 (0.47)	6.1 (0.22)	18.5 (0.42)	12.1 (0.17)	4.4 (0.13)	14.6 (0.18)
Married	100.0	82.4 (0.24)	3.1 (0.09)	14.5 (0.23)	15.5 (0.14)	4.7 (0.14)	17.7 (0.14)
Cohabiting	100.0	59.9 (0.81)	6.0 (0.39)	34.1 (0.79)	15.1 (0.24)	4.4 (0.31)	16.8 (0.25)
Divorced or separated	100.0	66.6 (0.47)	5.3 (0.23)	28.1 (0.47)	16.6 (0.22)	5.8 (0.31)	18.6 (0.22)
Widowed	100.0	86.9 (0.42)	2.1 (0.18)	11.0 (0.39)	15.3 (0.36)	6.1 (0.62)	16.8 (0.39)
Geographic region:							
Northeast	100.0	79.8 (0.48)	3.7 (0.16)	16.4 (0.42)	14.6 (0.19)	5.0 (0.27)	16.6 (0.19)
Midwest	100.0	75.8 (0.41)	4.2 (0.19)	20.0 (0.37)	15.6 (0.18)	5.1 (0.19)	17.7 (0.18)
South	100.0	77.0 (0.36)	4.0 (0.13)	19.0 (0.33)	15.6 (0.17)	4.9 (0.15)	17.8 (0.18)
West	100.0	82.6 (0.42)	4.2 (0.17)	13.2 (0.35)	12.2 (0.17)	3.9 (0.17)	14.6 (0.21)
Place of residence: ⁵							
MSA, central city	100.0	78.6 (0.36)	4.7 (0.17)	16.6 (0.33)	13.1 (0.17)	4.4 (0.16)	15.5 (0.17)
MSA, not central city	100.0	80.0 (0.28)	3.8 (0.11)	16.2 (0.25)	15.0 (0.13)	5.0 (0.15)	17.2 (0.14)
Not MSA	100.0	73.9 (0.53)	3.6 (0.17)	22.5 (0.50)	16.8 (0.21)	4.9 (0.17)	18.5 (0.22)
Men							
Ages 18 years and over (crude) ¹	100.0	75.8 (0.28)	4.6 (0.12)	19.6 (0.26)	15.9 (0.13)	4.9 (0.13)	18.4 (0.14)
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	76.2 (0.28)	4.5 (0.12)	19.3 (0.25)	16.1 (0.14)	5.1 (0.17)	18.4 (0.16)

See footnotes at end of table.

Table VIII. Crude percent distributions (with standard errors) of current cigarette smoking status for adults 18 years of age and over, and crude mean number (with standard errors) of cigarettes on days smoked among current smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Current cigarette smoking status			Number of cigarettes on days smoked		
		Non-smoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Men—Continued		Percent distribution (standard error)			Mean (standard error)		
Age:							
18–24 years	100.0	71.9 (0.92)	6.9 (0.45)	21.1 (0.83)	11.8 (0.28)	4.0 (0.26)	14.2 (0.29)
25–44 years	100.0	72.2 (0.43)	5.8 (0.20)	22.0 (0.38)	15.2 (0.18)	4.8 (0.17)	17.9 (0.20)
45–64 years	100.0	75.5 (0.48)	3.5 (0.18)	21.0 (0.45)	18.7 (0.23)	5.8 (0.31)	20.7 (0.25)
65–74 years	100.0	87.1 (0.58)	1.9 (0.23)	11.0 (0.54)	17.5 (0.62)	5.5 (0.71)	19.3 (0.67)
75 years and over	100.0	93.7 (0.48)	0.7 (0.16)	5.5 (0.47)	16.0 (0.84)	7.0 (1.74)	17.0 (0.93)
Race:							
White, single race	100.0	75.9 (0.32)	4.2 (0.13)	19.9 (0.30)	17.1 (0.15)	5.0 (0.16)	19.5 (0.15)
Black or African American, single race	100.0	74.3 (0.81)	5.8 (0.37)	19.9 (0.74)	11.8 (0.28)	5.0 (0.37)	13.7 (0.33)
American Indian or Alaska Native, single race	100.0	63.7 (3.54)	8.7 (1.69)	27.6 (3.17)	15.1 (1.47)	4.5 (0.84)	18.2 (1.63)
Asian, single race	100.0	81.8 (1.21)	4.5 (0.66)	13.7 (1.11)	9.2 (0.50)	3.0 (0.31)	11.1 (0.53)
Native Hawaiian or Other Pacific Islander, single race	100.0	62.2 (9.22)	†	29.6 (8.72)	10.1 (1.67)	8.7 (0.94)	10.5 (2.03)
2 or more races	100.0	66.1 (2.39)	6.9 (1.21)	27.0 (2.25)	15.5 (0.89)	5.9 (0.93)	17.7 (1.01)
Black or African American, white	100.0	62.0 (7.12)	*9.5 (3.83)	28.5 (6.49)	12.4 (1.51)	*3.9 (1.24)	15.3 (1.27)
American Indian or Alaska Native, white	100.0	54.8 (4.15)	*5.5 (1.88)	39.7 (4.00)	18.5 (1.33)	8.1 (1.27)	19.9 (1.51)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	78.9 (0.63)	7.8 (0.42)	13.3 (0.49)	8.6 (0.24)	3.8 (0.28)	11.2 (0.32)
Mexican or Mexican-American	100.0	79.0 (0.75)	9.0 (0.53)	11.9 (0.59)	7.5 (0.28)	3.8 (0.33)	10.0 (0.38)
Not Hispanic or Latino	100.0	75.3 (0.31)	4.2 (0.13)	20.5 (0.29)	16.8 (0.14)	5.2 (0.15)	19.0 (0.14)
White, single race	100.0	75.4 (0.36)	3.8 (0.14)	20.8 (0.33)	17.9 (0.15)	5.3 (0.18)	20.1 (0.16)
Black or African American, single race	100.0	74.5 (0.81)	5.7 (0.38)	19.8 (0.74)	11.8 (0.28)	5.0 (0.37)	13.7 (0.34)
Education:							
Less than high school graduate	100.0	67.6 (0.66)	5.4 (0.30)	26.9 (0.62)	16.5 (0.29)	5.2 (0.33)	18.6 (0.31)
GED diploma ³	100.0	53.4 (1.59)	4.2 (0.61)	42.4 (1.59)	18.9 (0.51)	4.9 (0.64)	20.3 (0.51)
High school graduate	100.0	70.9 (0.53)	4.8 (0.23)	24.3 (0.49)	16.6 (0.21)	5.1 (0.30)	18.8 (0.21)
Some college—no degree	100.0	76.0 (0.58)	5.0 (0.28)	19.0 (0.54)	15.3 (0.28)	4.4 (0.23)	18.1 (0.31)
Associate of arts degree	100.0	76.2 (0.86)	5.2 (0.45)	18.6 (0.80)	15.4 (0.42)	5.7 (0.47)	18.0 (0.45)
Bachelor of arts, science degree	100.0	86.3 (0.51)	4.0 (0.27)	9.7 (0.43)	13.1 (0.36)	4.4 (0.25)	16.5 (0.41)
Masters, doctorate, medical degree	100.0	92.0 (0.44)	2.6 (0.28)	5.4 (0.36)	12.9 (0.62)	5.3 (0.71)	16.2 (0.71)
Poverty status:⁴							
Below poverty level	100.0	66.1 (1.03)	6.9 (0.48)	27.0 (0.97)	15.2 (0.38)	5.0 (0.50)	17.7 (0.40)
≥1 and <2 times poverty level	100.0	68.1 (0.71)	6.3 (0.38)	25.7 (0.71)	15.5 (0.37)	4.8 (0.32)	18.0 (0.39)
≥2 and <4 times poverty level	100.0	73.3 (0.52)	4.7 (0.24)	22.1 (0.51)	16.7 (0.25)	4.8 (0.26)	19.1 (0.27)
4 times poverty level or more	100.0	80.7 (0.41)	4.1 (0.20)	15.2 (0.36)	15.8 (0.25)	4.6 (0.20)	18.7 (0.28)
Marital status:							
Never married	100.0	72.7 (0.64)	6.9 (0.32)	20.4 (0.57)	13.0 (0.23)	4.5 (0.17)	15.7 (0.26)
Married	100.0	80.3 (0.32)	3.6 (0.15)	16.1 (0.30)	16.5 (0.20)	4.8 (0.20)	19.0 (0.20)
Cohabiting	100.0	57.3 (1.19)	6.5 (0.56)	36.2 (1.15)	16.2 (0.37)	4.7 (0.51)	18.0 (0.38)
Divorced or separated	100.0	62.0 (0.78)	5.5 (0.36)	32.5 (0.78)	18.8 (0.33)	6.5 (0.47)	20.8 (0.32)
Widowed	100.0	83.9 (1.01)	1.8 (0.33)	14.3 (0.97)	17.5 (0.73)	9.1 (2.24)	18.5 (0.76)
Geographic region:							
Northeast	100.0	78.3 (0.65)	3.9 (0.23)	17.8 (0.58)	16.2 (0.28)	5.2 (0.34)	18.5 (0.30)
Midwest	100.0	73.0 (0.55)	4.5 (0.27)	22.5 (0.54)	17.1 (0.25)	5.2 (0.29)	19.3 (0.26)
South	100.0	74.0 (0.49)	4.8 (0.20)	21.2 (0.44)	16.4 (0.22)	5.1 (0.22)	18.9 (0.24)
West	100.0	79.9 (0.57)	5.1 (0.28)	15.1 (0.49)	12.5 (0.24)	4.0 (0.21)	15.2 (0.29)
Place of residence:⁵							
MSA, central city	100.0	75.8 (0.48)	5.6 (0.26)	18.6 (0.43)	13.6 (0.23)	4.3 (0.22)	16.3 (0.24)
MSA, not central city	100.0	77.7 (0.39)	4.2 (0.16)	18.1 (0.35)	16.2 (0.19)	5.3 (0.22)	18.6 (0.20)
Not MSA	100.0	70.7 (0.70)	4.2 (0.26)	25.1 (0.67)	18.0 (0.28)	5.0 (0.24)	20.0 (0.30)
Women							
Ages 18 years and over (crude) ¹	100.0	80.8 (0.25)	3.5 (0.10)	15.7 (0.22)	13.7 (0.12)	4.6 (0.13)	15.6 (0.13)
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	80.6 (0.25)	3.5 (0.10)	15.8 (0.23)	13.7 (0.12)	4.7 (0.14)	15.6 (0.13)
Age:							
18–24 years	100.0	77.5 (0.75)	5.2 (0.35)	17.3 (0.63)	10.2 (0.25)	3.7 (0.21)	12.1 (0.28)
25–44 years	100.0	77.7 (0.39)	4.2 (0.16)	18.1 (0.37)	13.4 (0.18)	4.5 (0.19)	15.4 (0.19)
45–64 years	100.0	79.6 (0.38)	3.2 (0.17)	17.2 (0.35)	15.6 (0.20)	5.3 (0.26)	17.4 (0.21)
65–74 years	100.0	88.8 (0.50)	1.8 (0.20)	9.4 (0.47)	14.3 (0.42)	4.8 (0.43)	16.0 (0.46)
75 years and over	100.0	94.5 (0.36)	0.9 (0.15)	4.5 (0.33)	13.8 (0.67)	5.8 (1.43)	15.1 (0.72)

See footnotes at end of table.

Table VIII. Crude percent distributions (with standard errors) of current cigarette smoking status for adults 18 years of age and over, and crude mean number (with standard errors) of cigarettes on days smoked among current smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Current cigarette smoking status			Number of cigarettes on days smoked		
		Non-smoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Women—Continued		Percent distribution (standard error)			Mean (standard error)		
Race:							
White, single race	100.0	79.9 (0.28)	3.5 (0.11)	16.6 (0.25)	14.3 (0.13)	4.7 (0.14)	16.3 (0.14)
Black or African American, single race	100.0	82.0 (0.61)	3.9 (0.24)	14.1 (0.55)	10.2 (0.22)	4.9 (0.42)	11.7 (0.24)
American Indian or Alaska Native, single race	100.0	66.5 (3.93)	6.0 (1.47)	27.5 (3.67)	12.5 (1.23)	4.5 (0.74)	14.2 (1.35)
Asian, single race	100.0	93.9 (0.72)	1.4 (0.38)	4.7 (0.68)	10.7 (1.19)	3.1 (0.67)	12.5 (1.32)
Native Hawaiian or Other Pacific Islander, single race	100.0	79.0 (6.54)	—	*21.0 (6.54)	12.8 (2.30)	—	12.8 (2.30)
2 or more races	100.0	71.2 (1.93)	6.3 (1.16)	22.4 (1.84)	12.5 (1.00)	3.8 (0.60)	14.9 (1.12)
Black or African American, white	100.0	73.6 (4.86)	†	22.6 (4.67)	11.3 (1.54)	*3.8 (1.41)	12.5 (1.70)
American Indian or Alaska Native, white	100.0	64.1 (3.32)	7.0 (2.02)	28.9 (3.18)	14.6 (1.67)	3.6 (0.62)	17.0 (1.78)
Hispanic or Latino origin and race:							
Hispanic or Latino	100.0	89.3 (0.37)	3.2 (0.20)	7.4 (0.32)	8.5 (0.30)	3.1 (0.20)	10.8 (0.37)
Mexican or Mexican-American	100.0	90.7 (0.49)	3.4 (0.28)	5.9 (0.40)	7.5 (0.38)	2.9 (0.26)	10.0 (0.50)
Not Hispanic or Latino	100.0	79.7 (0.27)	3.5 (0.11)	16.8 (0.25)	14.1 (0.13)	4.8 (0.14)	15.9 (0.13)
White, single race	100.0	78.9 (0.30)	3.5 (0.12)	17.6 (0.28)	14.7 (0.14)	4.8 (0.15)	16.5 (0.14)
Black or African American, single race	100.0	82.0 (0.60)	3.9 (0.24)	14.1 (0.54)	10.2 (0.22)	4.9 (0.42)	11.7 (0.24)
Education:							
Less than high school graduate	100.0	77.0 (0.62)	3.2 (0.22)	19.8 (0.58)	15.2 (0.29)	4.6 (0.34)	16.7 (0.30)
GED diploma ³	100.0	60.3 (1.64)	4.5 (0.62)	35.1 (1.64)	16.0 (0.53)	5.6 (0.75)	17.3 (0.54)
High school graduate	100.0	77.8 (0.43)	3.4 (0.17)	18.8 (0.42)	14.3 (0.19)	5.0 (0.24)	15.9 (0.20)
Some college—no degree	100.0	78.9 (0.53)	4.1 (0.24)	17.0 (0.46)	13.0 (0.24)	4.2 (0.20)	15.1 (0.25)
Associate of arts degree	100.0	81.2 (0.60)	3.9 (0.28)	14.9 (0.52)	12.8 (0.32)	5.5 (0.58)	14.7 (0.36)
Bachelor of arts, science degree	100.0	89.1 (0.39)	3.6 (0.23)	7.3 (0.33)	10.4 (0.29)	4.0 (0.22)	13.4 (0.38)
Masters, doctorate, medical degree	100.0	92.9 (0.46)	2.1 (0.24)	5.0 (0.37)	11.7 (0.57)	3.9 (0.56)	14.7 (0.66)
Poverty status:⁴							
Below poverty level	100.0	71.3 (0.82)	5.0 (0.35)	23.7 (0.76)	14.2 (0.32)	5.1 (0.42)	16.0 (0.33)
≥1 and <2 times poverty level	100.0	77.3 (0.60)	3.8 (0.24)	18.9 (0.56)	14.1 (0.28)	4.6 (0.28)	16.0 (0.30)
≥2 and <4 times poverty level	100.0	78.9 (0.50)	3.8 (0.22)	17.3 (0.44)	13.8 (0.22)	4.4 (0.29)	15.8 (0.24)
4 times poverty level or more	100.0	85.0 (0.36)	3.1 (0.17)	11.9 (0.34)	13.2 (0.22)	4.5 (0.23)	15.3 (0.24)
Marital status:							
Never married	100.0	78.5 (0.56)	5.3 (0.27)	16.2 (0.48)	10.8 (0.22)	4.2 (0.22)	12.9 (0.25)
Married	100.0	84.5 (0.29)	2.6 (0.12)	12.9 (0.27)	14.3 (0.18)	4.6 (0.18)	16.1 (0.18)
Cohabiting	100.0	62.4 (1.08)	5.6 (0.53)	32.0 (1.06)	13.9 (0.30)	4.0 (0.35)	15.5 (0.31)
Divorced or separated	100.0	69.6 (0.60)	5.2 (0.28)	25.1 (0.57)	14.8 (0.25)	5.3 (0.38)	16.7 (0.26)
Widowed	100.0	87.6 (0.46)	2.1 (0.20)	10.3 (0.42)	14.6 (0.37)	5.6 (0.59)	16.3 (0.39)
Geographic region:							
Northeast	100.0	81.2 (0.59)	3.5 (0.21)	15.3 (0.56)	12.9 (0.22)	4.8 (0.42)	14.6 (0.23)
Midwest	100.0	78.4 (0.51)	3.9 (0.23)	17.7 (0.44)	13.9 (0.24)	4.9 (0.23)	15.9 (0.24)
South	100.0	79.7 (0.42)	3.3 (0.15)	17.0 (0.38)	14.7 (0.22)	4.7 (0.17)	16.6 (0.23)
West	100.0	85.2 (0.44)	3.4 (0.21)	11.4 (0.39)	11.7 (0.25)	3.9 (0.26)	13.9 (0.28)
Place of residence:⁵							
MSA, central city	100.0	81.2 (0.45)	3.9 (0.19)	14.8 (0.41)	12.5 (0.22)	4.5 (0.24)	14.5 (0.23)
MSA, not central city	100.0	82.1 (0.33)	3.4 (0.13)	14.5 (0.30)	13.5 (0.17)	4.7 (0.18)	15.6 (0.18)
Not MSA	100.0	76.8 (0.61)	3.0 (0.20)	20.2 (0.58)	15.4 (0.25)	4.7 (0.26)	16.9 (0.25)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

— Quantity zero.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

²Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁵MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percent distributions, refer to Table 4.2. Current cigarette smoking status: nonsmoker includes never smokers and former smokers; daily smokers—currently smoked every day; nondaily smokers—currently smoked some days, regardless of number of days they smoked. Denominator for each percent distribution excludes persons with unknown current smoking status. Denominators for mean number of cigarettes on days smoked exclude smokers (daily and nondaily) with unknown number of cigarettes on days smoked and nondaily smokers who did not smoke in the past 30 days. Estimates reflect usual cigarette consumption on days smoked and do not reflect average consumption over a period of time such as a week or a month. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table IX. Crude percent distributions (with standard errors) of usual number of cigarettes on days smoked among all current cigarette smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Usual number of cigarettes on days smoked among all current smokers ¹				
	Total	Less than 15	15–24	25–34	35 or more
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	50.0 (0.48)	36.8 (0.42)	7.6 (0.24)	5.6 (0.19)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	49.6 (0.49)	37.1 (0.44)	7.6 (0.24)	5.6 (0.21)
Age:					
18–24 years	100.0	67.4 (1.17)	28.1 (1.10)	3.2 (0.45)	1.3 (0.24)
25–44 years	100.0	51.5 (0.69)	36.3 (0.62)	7.3 (0.35)	4.9 (0.29)
45–64 years	100.0	40.4 (0.67)	40.9 (0.73)	10.2 (0.42)	8.6 (0.41)
65–74 years	100.0	45.1 (1.77)	41.0 (1.67)	8.2 (0.88)	5.6 (0.93)
75 years and over	100.0	51.9 (2.43)	36.5 (2.39)	5.7 (1.29)	5.9 (1.41)
Race:					
White, single race	100.0	45.3 (0.51)	39.7 (0.45)	8.6 (0.28)	6.3 (0.23)
Black or African American, single race	100.0	70.2 (1.07)	24.9 (0.99)	2.9 (0.35)	1.9 (0.25)
American Indian or Alaska Native, single race	100.0	60.9 (4.54)	27.6 (3.32)	*4.5 (1.72)	*6.9 (2.36)
Asian, single race	100.0	76.8 (2.59)	20.8 (2.54)	†	*1.8 (0.85)
Native Hawaiian or Other Pacific Islander, single race	100.0	74.3 (9.70)	*23.7 (9.41)	†	–
2 or more races	100.0	58.6 (3.07)	27.1 (2.70)	8.8 (2.03)	5.5 (1.24)
Black or African American, white	100.0	61.4 (7.40)	35.2 (7.28)	†	†
American Indian or Alaska Native, white	100.0	48.6 (4.52)	29.8 (3.85)	13.2 (3.42)	8.3 (2.05)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	78.4 (0.98)	18.5 (0.93)	1.6 (0.29)	1.4 (0.29)
Mexican or Mexican-American	100.0	82.9 (1.03)	14.5 (0.94)	1.7 (0.40)	*0.9 (0.35)
Not Hispanic or Latino	100.0	47.3 (0.50)	38.5 (0.45)	8.2 (0.26)	6.0 (0.21)
White, single race	100.0	42.9 (0.53)	41.2 (0.48)	9.2 (0.30)	6.7 (0.25)
Black or African American, single race	100.0	70.4 (1.07)	24.8 (0.99)	2.9 (0.36)	1.9 (0.25)
Education:					
Less than high school graduate	100.0	47.6 (1.06)	36.4 (0.98)	8.1 (0.50)	7.8 (0.47)
GED diploma ⁴	100.0	38.5 (1.80)	42.9 (1.83)	11.0 (1.16)	7.5 (1.03)
High school graduate	100.0	46.1 (0.70)	40.2 (0.71)	7.8 (0.43)	5.8 (0.38)
Some college—no degree	100.0	53.0 (1.00)	35.1 (0.95)	7.5 (0.50)	4.5 (0.34)
Associate of arts degree	100.0	51.7 (1.38)	36.6 (1.38)	7.2 (0.73)	4.5 (0.60)
Bachelor of arts, science degree	100.0	63.7 (1.32)	28.3 (1.22)	5.1 (0.61)	2.9 (0.43)
Masters, doctorate, medical degree	100.0	59.5 (2.26)	31.3 (2.21)	6.0 (1.09)	3.2 (0.69)
Poverty status: ⁵					
Below poverty level	100.0	53.3 (1.22)	33.8 (1.06)	7.0 (0.51)	5.9 (0.55)
≥1 and <2 times poverty level	100.0	51.2 (1.07)	35.6 (1.00)	7.0 (0.51)	6.2 (0.65)
≥2 and <4 times poverty level	100.0	47.3 (0.82)	37.8 (0.76)	9.1 (0.46)	5.8 (0.40)
4 times poverty level or more	100.0	49.3 (0.84)	37.6 (0.86)	7.7 (0.46)	5.3 (0.37)
Marital status:					
Never married	100.0	63.5 (0.94)	28.8 (0.86)	4.7 (0.38)	3.0 (0.25)
Married	100.0	46.5 (0.65)	38.7 (0.65)	8.4 (0.37)	6.4 (0.34)
Cohabiting	100.0	48.3 (1.29)	38.9 (1.28)	8.2 (0.71)	4.6 (0.57)
Divorced or separated	100.0	43.2 (1.00)	40.1 (0.91)	9.0 (0.50)	7.6 (0.47)
Widowed	100.0	47.7 (1.81)	39.9 (1.72)	7.8 (1.00)	4.7 (0.69)
Geographic region:					
Northeast	100.0	51.1 (1.04)	37.3 (1.01)	6.5 (0.57)	5.0 (0.38)
Midwest	100.0	46.1 (0.90)	39.0 (0.80)	9.4 (0.47)	5.4 (0.33)
South	100.0	47.4 (0.82)	37.6 (0.69)	8.0 (0.40)	6.9 (0.37)
West	100.0	61.6 (0.93)	30.3 (0.98)	4.8 (0.46)	3.3 (0.39)
Place of residence: ⁶					
MSA, central city	100.0	58.5 (0.82)	32.0 (0.71)	5.4 (0.36)	4.1 (0.28)
MSA, not central city	100.0	49.0 (0.65)	37.9 (0.60)	7.8 (0.35)	5.4 (0.29)
Not MSA	100.0	42.6 (1.05)	39.9 (0.94)	9.8 (0.55)	7.7 (0.46)
Men					
Ages 18 years and over (crude) ²	100.0	45.7 (0.63)	37.8 (0.59)	9.2 (0.36)	7.3 (0.29)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	44.9 (0.65)	38.2 (0.62)	9.4 (0.38)	7.5 (0.33)
Age:					
18–24 years	100.0	62.2 (1.75)	32.1 (1.69)	4.1 (0.65)	1.7 (0.38)
25–44 years	100.0	47.7 (0.87)	37.0 (0.83)	8.9 (0.49)	6.4 (0.44)
45–64 years	100.0	35.6 (0.95)	41.1 (1.07)	11.9 (0.66)	11.4 (0.63)
65–74 years	100.0	39.8 (2.58)	40.5 (2.48)	11.6 (1.55)	8.0 (1.38)
75 years and over	100.0	44.6 (3.93)	40.7 (4.20)	7.8 (2.34)	*6.9 (2.38)

See footnotes at end of table.

Table IX. Crude percent distributions (with standard errors) of usual number of cigarettes on days smoked among all current cigarette smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Usual number of cigarettes on days smoked among all current smokers ¹				
	Total	Less than 15	15–24	25–34	35 or more
Men—Continued					
Percent distribution (standard error)					
Race:					
White, single race	100.0	40.2 (0.69)	40.7 (0.66)	10.6 (0.43)	8.5 (0.36)
Black or African American, single race	100.0	65.6 (1.55)	28.2 (1.46)	3.9 (0.58)	2.3 (0.45)
American Indian or Alaska Native, single race	100.0	53.4 (6.12)	33.4 (5.07)	*4.6 (2.27)	*8.7 (3.36)
Asian, single race	100.0	77.2 (3.05)	21.5 (3.02)	†	†
Native Hawaiian or Other Pacific Islander, single race	100.0	77.8 (10.89)	*22.2 (10.89)	–	–
2 or more races	100.0	52.4 (4.33)	28.8 (3.97)	10.4 (2.62)	8.4 (2.13)
Black or African American, white	100.0	52.1 (10.83)	47.9 (10.83)	–	–
American Indian or Alaska Native, white	100.0	40.8 (6.45)	31.5 (5.91)	15.4 (4.37)	12.3 (3.42)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	77.3 (1.23)	19.5 (1.18)	1.8 (0.39)	1.3 (0.37)
Mexican or Mexican-American	100.0	82.4 (1.25)	14.8 (1.14)	1.9 (0.51)	*0.9 (0.41)
Not Hispanic or Latino	100.0	41.8 (0.66)	40.0 (0.64)	10.1 (0.40)	8.1 (0.33)
White, single race	100.0	36.6 (0.72)	42.7 (0.71)	11.5 (0.47)	9.2 (0.39)
Black or African American, single race	100.0	65.8 (1.55)	28.0 (1.47)	4.0 (0.59)	2.2 (0.45)
Education:					
Less than high school graduate	100.0	45.7 (1.33)	35.5 (1.22)	9.1 (0.75)	9.7 (0.69)
GED diploma ⁴	100.0	32.3 (2.17)	45.2 (2.30)	13.7 (1.65)	8.8 (1.51)
High school graduate	100.0	41.3 (0.99)	41.7 (1.07)	9.3 (0.64)	7.7 (0.53)
Some college—no degree	100.0	47.9 (1.41)	36.3 (1.36)	10.1 (0.81)	5.8 (0.55)
Associate of arts degree	100.0	46.3 (1.94)	37.5 (1.99)	9.0 (1.18)	7.1 (1.07)
Bachelor of arts, science degree	100.0	58.1 (1.87)	31.6 (1.74)	6.4 (0.89)	3.9 (0.71)
Masters, doctorate, medical degree	100.0	58.8 (3.19)	30.3 (2.99)	6.6 (1.46)	4.3 (1.15)
Poverty status:⁵					
Below poverty level	100.0	50.7 (1.84)	34.4 (1.67)	7.7 (0.84)	7.2 (0.84)
≥1 and <2 times poverty level	100.0	48.8 (1.49)	35.5 (1.36)	7.2 (0.78)	8.4 (0.87)
≥2 and <4 times poverty level	100.0	42.4 (1.09)	38.6 (1.02)	11.3 (0.71)	7.6 (0.59)
4 times poverty level or more	100.0	44.8 (1.19)	38.4 (1.20)	9.6 (0.62)	7.2 (0.58)
Marital status:					
Never married	100.0	58.8 (1.32)	31.9 (1.22)	5.7 (0.52)	3.6 (0.35)
Married	100.0	42.9 (0.83)	38.4 (0.81)	10.3 (0.55)	8.5 (0.50)
Cohabiting	100.0	42.2 (1.72)	42.0 (1.77)	9.5 (1.11)	6.2 (0.94)
Divorced or separated	100.0	35.1 (1.32)	42.3 (1.30)	11.6 (0.88)	10.9 (0.80)
Widowed	100.0	37.3 (3.37)	45.0 (3.44)	10.4 (2.52)	7.3 (1.72)
Geographic region:					
Northeast	100.0	44.1 (1.44)	39.0 (1.48)	9.6 (0.90)	7.3 (0.59)
Midwest	100.0	40.5 (1.27)	40.6 (1.21)	11.0 (0.73)	7.9 (0.57)
South	100.0	44.0 (0.98)	38.2 (0.90)	9.4 (0.58)	8.5 (0.53)
West	100.0	59.4 (1.26)	31.1 (1.35)	5.8 (0.70)	3.7 (0.40)
Place of residence:⁶					
MSA, central city	100.0	55.4 (1.17)	33.4 (1.06)	6.7 (0.58)	4.6 (0.39)
MSA, not central city	100.0	43.9 (0.88)	39.1 (0.85)	9.7 (0.53)	7.3 (0.44)
Not MSA	100.0	38.3 (1.26)	40.1 (1.29)	11.1 (0.83)	10.6 (0.70)
Women					
Ages 18 years and over (crude) ²	100.0	55.0 (0.65)	35.6 (0.60)	5.7 (0.27)	3.6 (0.24)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	54.8 (0.68)	35.9 (0.63)	5.6 (0.27)	3.6 (0.25)
Age:					
18–24 years	100.0	74.0 (1.52)	23.2 (1.42)	2.1 (0.53)	*0.7 (0.29)
25–44 years	100.0	56.1 (1.00)	35.5 (0.90)	5.3 (0.44)	3.1 (0.29)
45–64 years	100.0	45.8 (1.01)	40.6 (1.01)	8.2 (0.59)	5.4 (0.48)
65–74 years	100.0	50.3 (2.29)	41.5 (2.18)	5.0 (0.96)	*3.3 (1.00)
75 years and over	100.0	57.4 (3.28)	33.4 (3.03)	*4.1 (1.41)	*5.1 (1.63)
Race:					
White, single race	100.0	51.1 (0.70)	38.6 (0.67)	6.4 (0.32)	3.9 (0.27)
Black or African American, single race	100.0	75.5 (1.38)	21.2 (1.27)	1.7 (0.38)	1.5 (0.33)
American Indian or Alaska Native, single race	100.0	69.0 (5.43)	21.5 (4.48)	†	†
Asian, single race	100.0	75.6 (4.74)	18.2 (4.40)	†	†
Native Hawaiian or Other Pacific Islander, single race	100.0	65.0 (15.12)	*27.8 (13.29)	†	–
2 or more races	100.0	64.7 (3.98)	25.4 (3.52)	*7.3 (2.91)	†
Black or African American, white	100.0	71.0 (9.09)	*22.1 (7.98)	†	†
American Indian or Alaska Native, white	100.0	56.5 (5.82)	28.1 (4.59)	*11.0 (5.02)	†

See footnotes at end of table.

Table IX. Crude percent distributions (with standard errors) of usual number of cigarettes on days smoked among all current cigarette smokers 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Usual number of cigarettes on days smoked among all current smokers ¹				
	Total	Less than 15	15–24	25–34	35 or more
Women—Continued					
Percent distribution (standard error)					
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	80.7 (1.62)	16.5 (1.52)	*1.3 (0.43)	*1.6 (0.53)
Mexican or Mexican-American	100.0	84.1 (2.11)	13.9 (2.03)	*1.0 (0.50)	†
Not Hispanic or Latino	100.0	53.3 (0.68)	36.9 (0.63)	6.0 (0.29)	3.7 (0.25)
White, single race	100.0	49.5 (0.74)	39.7 (0.70)	6.7 (0.34)	4.0 (0.28)
Black or African American, single race	100.0	75.6 (1.38)	21.1 (1.28)	1.7 (0.38)	1.6 (0.33)
Education:					
Less than high school graduate	100.0	50.2 (1.41)	37.5 (1.36)	6.9 (0.67)	5.4 (0.64)
GED diploma ⁴	100.0	46.3 (2.54)	40.1 (2.59)	7.7 (1.35)	5.9 (1.23)
High school graduate	100.0	51.7 (1.01)	38.5 (1.05)	6.1 (0.55)	3.7 (0.45)
Some college—no degree	100.0	58.1 (1.35)	33.9 (1.27)	4.8 (0.50)	3.2 (0.41)
Associate of arts degree	100.0	56.9 (1.95)	35.8 (1.87)	5.4 (0.89)	1.9 (0.51)
Bachelor of arts, science degree	100.0	70.3 (1.77)	24.5 (1.61)	3.7 (0.86)	1.6 (0.45)
Masters, doctorate, medical degree	100.0	60.4 (3.26)	32.7 (3.14)	*5.2 (1.62)	*1.7 (0.79)
Poverty status: ⁵					
Below poverty level	100.0	55.4 (1.42)	33.4 (1.28)	6.4 (0.66)	4.8 (0.66)
≥1 and <2 times poverty level	100.0	53.9 (1.37)	35.7 (1.35)	6.8 (0.68)	3.7 (0.64)
≥2 and <4 times poverty level	100.0	53.3 (1.25)	36.8 (1.24)	6.3 (0.60)	3.6 (0.47)
4 times poverty level or more	100.0	55.6 (1.28)	36.6 (1.22)	5.1 (0.66)	2.7 (0.40)
Marital status:					
Never married.	100.0	70.8 (1.22)	24.0 (1.12)	3.2 (0.48)	2.1 (0.35)
Married	100.0	51.1 (0.99)	39.2 (0.97)	6.0 (0.47)	3.8 (0.39)
Cohabiting	100.0	55.0 (1.84)	35.4 (1.84)	6.7 (0.96)	2.9 (0.58)
Divorced or separated.	100.0	50.1 (1.33)	38.3 (1.21)	6.9 (0.57)	4.8 (0.51)
Widowed	100.0	50.8 (1.97)	38.4 (1.94)	7.0 (0.96)	3.9 (0.69)
Geographic region:					
Northeast	100.0	58.3 (1.31)	35.6 (1.31)	3.4 (0.46)	2.7 (0.46)
Midwest	100.0	52.6 (1.41)	37.2 (1.32)	7.6 (0.60)	2.5 (0.35)
South	100.0	51.5 (1.09)	36.9 (0.93)	6.5 (0.48)	5.1 (0.43)
West	100.0	64.3 (1.27)	29.4 (1.42)	3.5 (0.53)	2.8 (0.66)
Place of residence: ⁶					
MSA, central city	100.0	62.1 (1.13)	30.4 (1.04)	4.0 (0.42)	3.5 (0.39)
MSA, not central city	100.0	54.9 (0.92)	36.4 (0.89)	5.5 (0.39)	3.2 (0.34)
Not MSA	100.0	47.4 (1.41)	39.8 (1.27)	8.3 (0.65)	4.5 (0.49)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

– Quantity zero.

¹Usual number of cigarettes on days smoked includes the usual cigarette consumption of daily and nondaily smokers combined. Estimates for nondaily smokers reflect number of cigarettes smoked only on the days that they smoked and are limited to those who smoked at least once in the past 30 days.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percent distributions, refer to Table 4.3. Denominator for each percent distribution excludes smokers with unknown number of cigarettes on days smoked. Estimates reflect usual cigarette consumption on days smoked and do not reflect average cigarette consumption over a period of time such as a week or a month. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table X. Crude percent distributions (with standard errors) of age of smoking initiation among current cigarette smokers 18 years of age and over: United States, average annual, 2002–04

Selected characteristic	Total	Age first smoked fairly regularly			
		Less than 16 years	16–17 years	18–20 years	21 years and over
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (crude) ¹	100.0	30.5 (0.42)	24.8 (0.34)	27.3 (0.38)	17.4 (0.33)
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	30.0 (0.43)	24.1 (0.34)	27.2 (0.40)	18.8 (0.35)
Age:					
18–24 years	100.0	39.3 (1.13)	33.0 (1.12)	24.6 (1.01)	3.1 (0.41)
25–44 years	100.0	30.5 (0.60)	24.6 (0.53)	27.9 (0.57)	17.0 (0.47)
45–64 years	100.0	27.4 (0.66)	22.4 (0.59)	28.1 (0.68)	22.1 (0.57)
65–74 years	100.0	26.3 (1.44)	18.4 (1.49)	27.1 (1.48)	28.2 (1.54)
75 years and over	100.0	24.8 (2.26)	19.9 (2.04)	22.8 (2.06)	32.5 (2.41)
Race:					
White, single race	100.0	31.9 (0.46)	25.4 (0.37)	26.8 (0.41)	15.9 (0.35)
Black or African American, single race	100.0	22.3 (0.99)	21.6 (1.01)	29.5 (1.10)	26.6 (1.01)
American Indian or Alaska Native, single race	100.0	31.6 (4.01)	31.5 (4.47)	24.2 (2.96)	12.6 (2.81)
Asian, single race	100.0	13.7 (2.25)	19.4 (2.64)	37.2 (3.60)	29.7 (3.05)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	53.1 (12.19)	*18.0 (7.63)	*24.9 (10.19)
2 or more races	100.0	34.6 (3.09)	20.4 (2.50)	26.8 (2.87)	18.2 (2.18)
Black or African American, white	100.0	55.4 (7.92)	*18.5 (5.82)	*17.8 (6.68)	*8.3 (4.00)
American Indian or Alaska Native, white	100.0	36.2 (4.42)	21.9 (3.89)	26.8 (3.66)	15.2 (2.96)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	33.2 (1.16)	20.6 (1.02)	26.9 (1.04)	19.3 (0.94)
Mexican or Mexican-American	100.0	31.3 (1.46)	20.4 (1.29)	28.7 (1.48)	19.5 (1.20)
Not Hispanic or Latino	100.0	30.3 (0.45)	25.1 (0.37)	27.4 (0.41)	17.2 (0.35)
White, single race	100.0	31.8 (0.48)	25.7 (0.39)	26.9 (0.44)	15.6 (0.37)
Black or African American, single race	100.0	22.1 (1.00)	21.8 (1.03)	29.5 (1.10)	26.7 (1.04)
Education:					
Less than high school graduate	100.0	43.7 (0.89)	24.1 (0.78)	20.0 (0.74)	12.1 (0.54)
GED diploma ³	100.0	47.0 (1.69)	23.7 (1.41)	18.0 (1.39)	11.3 (1.04)
High school graduate	100.0	26.8 (0.69)	28.4 (0.74)	26.9 (0.68)	17.9 (0.59)
Some college—no degree	100.0	27.3 (0.88)	24.1 (0.84)	31.4 (0.93)	17.2 (0.69)
Associate of arts degree	100.0	25.1 (1.27)	22.8 (1.17)	31.4 (1.41)	20.7 (1.14)
Bachelor of arts, science degree	100.0	17.4 (0.99)	20.3 (1.18)	37.2 (1.35)	25.2 (1.28)
Masters, doctorate, medical degree	100.0	18.1 (1.62)	19.6 (1.75)	32.2 (2.11)	30.2 (2.07)
Poverty status: ⁴					
Below poverty level	100.0	38.5 (1.15)	24.3 (1.03)	21.6 (0.91)	15.6 (0.75)
≥1 and <2 times poverty level	100.0	35.7 (0.94)	23.9 (0.84)	24.4 (0.84)	16.0 (0.67)
≤2 and <4 times poverty level	100.0	30.2 (0.78)	24.9 (0.67)	28.5 (0.75)	16.5 (0.55)
4 times poverty level or more	100.0	23.9 (0.80)	25.0 (0.77)	30.8 (0.81)	20.4 (0.73)
Marital status:					
Never married	100.0	31.5 (0.81)	28.0 (0.83)	28.3 (0.80)	12.3 (0.54)
Married	100.0	29.1 (0.60)	24.6 (0.54)	28.2 (0.55)	18.1 (0.51)
Cohabiting	100.0	37.0 (1.38)	24.7 (1.18)	23.9 (1.17)	14.3 (0.86)
Divorced or separated	100.0	30.3 (0.85)	22.6 (0.77)	25.9 (0.73)	21.3 (0.67)
Widowed	100.0	25.3 (1.47)	18.7 (1.43)	26.4 (1.56)	29.6 (1.51)
Geographic region:					
Northeast	100.0	31.9 (0.94)	26.0 (0.77)	25.7 (0.90)	16.5 (0.71)
Midwest	100.0	29.5 (0.79)	26.3 (0.71)	27.9 (0.78)	16.3 (0.64)
South	100.0	30.4 (0.71)	24.6 (0.57)	27.0 (0.60)	18.0 (0.52)
West	100.0	30.9 (0.89)	21.1 (0.72)	29.0 (0.89)	18.9 (0.84)
Place of residence: ⁵					
MSA, central city	100.0	29.6 (0.71)	23.0 (0.60)	28.3 (0.64)	19.1 (0.61)
MSA, not central city	100.0	30.4 (0.59)	24.8 (0.48)	27.1 (0.57)	17.7 (0.51)
Not MSA	100.0	31.8 (0.86)	26.6 (0.81)	26.7 (0.70)	14.9 (0.58)
Men					
Ages 18 years and over (crude) ¹	100.0	32.7 (0.55)	25.0 (0.49)	27.0 (0.51)	15.4 (0.44)
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	33.5 (0.62)	24.4 (0.52)	26.7 (0.54)	15.4 (0.44)
Age:					
18–24 years	100.0	38.2 (1.62)	33.6 (1.49)	25.2 (1.46)	3.0 (0.51)
25–44 years	100.0	29.9 (0.80)	24.0 (0.74)	28.1 (0.79)	18.0 (0.67)
45–64 years	100.0	32.5 (0.94)	23.0 (0.86)	26.8 (0.85)	17.7 (0.80)
65–74 years	100.0	39.9 (2.55)	20.1 (2.20)	24.8 (2.13)	15.2 (1.58)
75 years and over	100.0	39.3 (3.89)	21.0 (3.34)	23.0 (3.22)	16.7 (2.99)

See footnotes at end of table.

Table X. Crude percent distributions (with standard errors) of age of smoking initiation among current cigarette smokers 18 years of age and over: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Age first smoked fairly regularly			
		Less than 16 years	16–17 years	18–20 years	21 years and over
Men—Continued		Percent distribution (standard error)			
Race:					
White, single race	100.0	34.3 (0.61)	25.7 (0.55)	26.4 (0.57)	13.6 (0.46)
Black or African American, single race	100.0	25.0 (1.55)	21.0 (1.37)	29.5 (1.70)	24.6 (1.47)
American Indian or Alaska Native, single race	100.0	32.4 (5.72)	33.5 (6.54)	24.1 (4.26)	*9.9 (3.67)
Asian, single race	100.0	14.9 (2.72)	20.4 (3.33)	33.9 (4.19)	30.8 (3.70)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	*54.0 (17.39)	†	*31.4 (15.70)
2 or more races	100.0	40.7 (4.61)	20.1 (3.51)	26.6 (4.16)	12.6 (2.94)
Black or African American, white	100.0	73.7 (9.29)	†	†	†
American Indian or Alaska Native, white	100.0	43.6 (6.91)	*16.8 (5.34)	29.2 (5.53)	*10.4 (4.03)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	34.6 (1.47)	21.7 (1.24)	27.5 (1.33)	16.3 (1.14)
Mexican or Mexican-American	100.0	32.8 (1.76)	21.3 (1.58)	29.3 (1.78)	16.6 (1.35)
Not Hispanic or Latino	100.0	32.5 (0.60)	25.3 (0.54)	27.0 (0.56)	15.3 (0.47)
White, single race	100.0	34.1 (0.65)	26.0 (0.59)	26.5 (0.61)	13.4 (0.48)
Black or African American, single race	100.0	24.7 (1.56)	21.1 (1.40)	29.5 (1.69)	24.7 (1.51)
Education:					
Less than high school graduate	100.0	47.8 (1.21)	24.3 (1.04)	19.3 (0.97)	8.7 (0.63)
GED diploma ³	100.0	50.0 (2.29)	24.2 (1.98)	15.3 (1.70)	10.5 (1.33)
High school graduate	100.0	28.5 (0.87)	30.1 (0.99)	26.5 (0.95)	14.9 (0.77)
Some college—no degree	100.0	27.7 (1.32)	23.3 (1.21)	32.1 (1.29)	16.9 (0.98)
Associate of arts degree	100.0	25.4 (1.96)	22.7 (1.79)	33.3 (2.06)	18.6 (1.65)
Bachelor of arts, science degree	100.0	17.7 (1.41)	19.0 (1.62)	37.6 (1.77)	25.7 (1.69)
Masters, doctorate, medical degree	100.0	18.4 (2.22)	18.2 (2.24)	32.3 (2.75)	31.1 (2.75)
Poverty status: ⁴					
Below poverty level	100.0	40.5 (1.75)	25.2 (1.57)	21.5 (1.57)	12.8 (1.14)
≥1 and <2 times poverty level	100.0	37.9 (1.41)	23.7 (1.18)	24.5 (1.20)	13.9 (0.96)
≥2 and <4 times poverty level	100.0	32.7 (1.08)	25.1 (0.93)	27.8 (0.99)	14.4 (0.76)
4 times poverty level or more	100.0	25.8 (1.13)	25.1 (1.07)	30.0 (1.12)	19.1 (0.90)
Marital status:					
Never married	100.0	30.7 (1.05)	29.0 (1.09)	28.2 (1.04)	12.2 (0.66)
Married	100.0	31.7 (0.83)	23.9 (0.75)	27.9 (0.72)	16.6 (0.67)
Cohabiting	100.0	38.4 (2.01)	23.5 (1.72)	23.7 (1.65)	14.4 (1.36)
Divorced or separated	100.0	33.9 (1.24)	23.7 (1.11)	25.0 (1.08)	17.4 (0.93)
Widowed	100.0	43.4 (3.48)	20.3 (2.72)	21.2 (2.89)	15.0 (2.06)
Geographic region:					
Northeast	100.0	33.6 (1.21)	25.7 (1.37)	25.9 (1.38)	14.8 (1.07)
Midwest	100.0	32.0 (1.07)	27.1 (0.91)	27.1 (1.01)	13.8 (0.85)
South	100.0	33.0 (0.96)	25.0 (0.78)	26.1 (0.77)	15.9 (0.66)
West	100.0	32.0 (1.09)	20.7 (1.08)	30.0 (1.20)	17.2 (1.17)
Place of residence: ⁵					
MSA, central city	100.0	30.3 (1.03)	22.9 (0.84)	29.0 (0.94)	17.8 (0.79)
MSA, not central city	100.0	33.1 (0.79)	24.8 (0.71)	26.2 (0.75)	15.9 (0.69)
Not MSA	100.0	34.4 (1.10)	27.6 (1.11)	26.4 (0.97)	11.6 (0.71)
Women					
Ages 18 years and over (crude) ¹	100.0	28.0 (0.57)	24.5 (0.48)	27.7 (0.53)	19.7 (0.46)
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	26.6 (0.55)	23.8 (0.47)	27.7 (0.54)	21.9 (0.49)
Age:					
18–24 years	100.0	40.5 (1.63)	32.4 (1.68)	23.9 (1.45)	3.2 (0.67)
25–44 years	100.0	31.2 (0.82)	25.3 (0.72)	27.7 (0.80)	15.8 (0.63)
45–64 years	100.0	21.7 (0.83)	21.7 (0.85)	29.5 (1.00)	27.1 (0.85)
65–74 years	100.0	13.3 (1.34)	16.8 (1.85)	29.2 (2.06)	40.7 (2.38)
75 years and over	100.0	14.0 (2.49)	19.1 (2.66)	22.7 (2.74)	44.2 (3.41)
Race:					
White, single race	100.0	29.3 (0.64)	25.0 (0.52)	27.3 (0.57)	18.4 (0.51)
Black or African American, single race	100.0	19.2 (1.11)	22.3 (1.37)	29.5 (1.40)	29.0 (1.34)
American Indian or Alaska Native, single race	100.0	30.8 (5.07)	29.5 (6.07)	24.4 (5.55)	*15.3 (5.05)
Asian, single race	100.0	*9.6 (3.32)	15.9 (4.22)	48.5 (5.73)	26.0 (5.42)
Native Hawaiian or Other Pacific Islander, single race	100.0	†	*50.9 (18.31)	*34.3 (15.61)	†
2 or more races	100.0	28.5 (3.56)	20.7 (3.71)	27.0 (3.94)	23.8 (3.63)
Black or African American, white	100.0	37.7 (10.48)	*21.1 (8.32)	*26.9 (11.28)	†
American Indian or Alaska Native, white	100.0	28.7 (5.20)	27.1 (6.06)	24.3 (4.99)	20.0 (4.61)

See footnotes at end of table.

Table X. Crude percent distributions (with standard errors) of age of smoking initiation among current cigarette smokers 18 years of age and over: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Age first smoked fairly regularly			
		Less than 16 years	16–17 years	18–20 years	21 years and over
Women—Continued		Percent distribution (standard error)			
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	30.5 (1.83)	18.4 (1.74)	25.8 (1.58)	25.4 (1.55)
Mexican or Mexican-American	100.0	27.7 (2.49)	18.3 (2.42)	27.5 (2.32)	26.6 (2.24)
Not Hispanic or Latino	100.0	27.8 (0.59)	24.9 (0.50)	27.8 (0.55)	19.4 (0.48)
White, single race					
Black or African American, single race	100.0	29.2 (0.66)	25.4 (0.53)	27.4 (0.59)	18.0 (0.52)
Black or African American, single race	100.0	19.1 (1.11)	22.5 (1.39)	29.5 (1.42)	28.9 (1.37)
Education:					
Less than high school graduate	100.0	38.3 (1.32)	24.0 (1.25)	21.0 (1.13)	16.7 (0.91)
GED diploma ³	100.0	43.2 (2.33)	23.1 (2.00)	21.4 (2.06)	12.4 (1.60)
High school graduate	100.0	24.8 (1.03)	26.4 (1.02)	27.5 (0.89)	21.4 (0.85)
Some college—no degree	100.0	26.8 (1.16)	24.9 (1.13)	30.8 (1.24)	17.5 (0.92)
Associate of arts degree	100.0	24.8 (1.61)	23.0 (1.62)	29.5 (1.86)	22.7 (1.50)
Bachelor of arts, science degree	100.0	17.0 (1.52)	21.9 (1.48)	36.6 (1.87)	24.5 (1.65)
Masters, doctorate, medical degree	100.0	17.6 (2.52)	21.5 (2.76)	32.2 (3.36)	28.8 (3.10)
Poverty status: ⁴					
Below poverty level	100.0	36.9 (1.41)	23.6 (1.26)	21.6 (1.12)	17.9 (1.00)
≥1 and <2 times poverty level	100.0	33.2 (1.36)	24.1 (1.24)	24.3 (1.13)	18.4 (1.00)
≥2 and <4 times poverty level	100.0	27.0 (0.97)	24.7 (0.95)	29.3 (1.08)	19.0 (0.88)
4 times poverty level or more	100.0	21.3 (1.02)	24.8 (1.14)	31.8 (1.13)	22.1 (1.08)
Marital status:					
Never married	100.0	32.7 (1.30)	26.5 (1.24)	28.4 (1.21)	12.4 (0.87)
Married	100.0	25.8 (0.83)	25.4 (0.78)	28.7 (0.83)	20.1 (0.77)
Cohabiting	100.0	35.4 (1.88)	26.2 (1.67)	24.2 (1.66)	14.2 (1.20)
Divorced or separated	100.0	27.2 (1.07)	21.7 (1.03)	26.6 (0.97)	24.5 (0.94)
Widowed	100.0	20.0 (1.53)	18.3 (1.60)	27.9 (1.80)	33.8 (1.80)
Geographic region:					
Northeast	100.0	30.2 (1.38)	26.3 (1.17)	25.4 (1.07)	18.2 (0.98)
Midwest	100.0	26.6 (0.98)	25.4 (0.96)	28.9 (1.07)	19.1 (0.88)
South	100.0	27.3 (0.95)	24.2 (0.74)	28.0 (0.88)	20.4 (0.76)
West	100.0	29.5 (1.39)	21.6 (1.04)	27.8 (1.29)	21.1 (1.18)
Place of residence: ⁵					
MSA, central city	100.0	28.8 (0.96)	23.1 (0.93)	27.5 (0.96)	20.6 (0.84)
MSA, not central city	100.0	27.1 (0.85)	24.8 (0.69)	28.3 (0.81)	19.8 (0.70)
Not MSA	100.0	28.9 (1.17)	25.5 (0.98)	26.9 (0.96)	18.7 (0.93)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

²Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁵MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percent distributions, refer to Table 4.4. Denominator for each percent distribution excludes current smokers with unknown age of smoking initiation. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XI. Crude percentages (with standard errors) of current cigarette smokers 18 years of age and over who tried to quit smoking in the past year, by current smoking status and selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	All current smokers	Nondaily smokers	Daily smokers
Men—Continued			
Percent who tried to quit (standard error)			
Race:			
White, single race	41.3 (0.69)	50.4 (1.56)	39.4 (0.74)
Black or African American, single race	45.3 (1.96)	52.1 (3.69)	43.3 (2.25)
American Indian or Alaska Native, single race	42.0 (5.43)	46.6 (11.61)	40.5 (6.10)
Asian, single race	43.7 (3.88)	43.6 (7.66)	43.7 (4.52)
Native Hawaiian or Other Pacific Islander, single race	*53.0 (17.49)	90.8 (10.99)	*42.5 (21.13)
2 or more races	45.5 (4.98)	53.3 (10.19)	43.5 (5.53)
Black or African American, white	42.1 (10.26)	†	45.5 (12.30)
American Indian or Alaska Native, white	49.5 (6.57)	62.5 (16.65)	47.7 (7.15)
Hispanic or Latino origin and race:			
Hispanic or Latino	43.2 (1.55)	45.4 (2.42)	41.9 (1.89)
Mexican or Mexican-American	40.9 (1.92)	42.5 (2.62)	39.7 (2.48)
Not Hispanic or Latino	42.0 (0.70)	52.0 (1.62)	40.0 (0.74)
White, single race	41.4 (0.74)	52.4 (1.78)	39.4 (0.78)
Black or African American, single race	44.9 (1.99)	51.7 (3.63)	42.9 (2.27)
Education:			
Less than high school graduate	39.5 (1.24)	46.3 (2.71)	38.1 (1.34)
GED diploma ³	38.5 (2.32)	61.5 (7.25)	36.2 (2.46)
High school graduate	41.0 (1.07)	51.5 (2.65)	38.9 (1.18)
Some college—no degree	47.2 (1.41)	53.2 (2.93)	45.6 (1.59)
Associate of arts degree	46.4 (1.96)	57.5 (3.70)	43.4 (2.24)
Bachelor of arts, science degree	43.7 (1.90)	46.2 (3.32)	42.7 (2.16)
Masters, doctorate, medical degree	39.7 (2.87)	47.4 (5.38)	36.1 (3.27)
Poverty status:⁴			
Below poverty level	41.1 (1.75)	48.9 (3.64)	39.1 (1.98)
≥1 and <2 times poverty level	44.6 (1.39)	56.4 (3.25)	41.7 (1.48)
≥2 and <4 times poverty level	42.9 (1.15)	46.8 (2.84)	42.1 (1.27)
4 times poverty level or more	43.8 (1.25)	51.4 (2.67)	41.8 (1.39)
Marital status:			
Never married	45.4 (1.32)	47.8 (2.36)	44.6 (1.48)
Married	41.4 (0.87)	52.4 (2.00)	39.0 (0.96)
Cohabiting	40.8 (1.64)	43.3 (4.22)	40.4 (1.77)
Divorced or separated	40.9 (1.30)	56.5 (3.08)	38.2 (1.34)
Widowed	34.0 (3.10)	50.8 (9.10)	31.9 (3.32)
Geographic region:			
Northeast	43.7 (1.75)	59.1 (3.63)	40.3 (1.76)
Midwest	43.5 (1.24)	49.6 (3.08)	42.3 (1.27)
South	40.8 (0.97)	50.0 (2.13)	38.7 (1.08)
West	41.9 (1.51)	46.4 (2.49)	40.3 (1.77)
Place of residence:⁵			
MSA, central city	44.5 (1.16)	47.9 (2.21)	43.5 (1.34)
MSA, not central city	41.8 (0.91)	53.1 (2.05)	39.2 (0.96)
Not MSA	40.3 (1.31)	48.6 (2.71)	38.9 (1.44)
Women			
Ages 18 years and over (crude) ¹	44.4 (0.60)	56.4 (1.48)	41.8 (0.66)
Ages 18 years and over (age-adjusted) ^{1,2}	43.6 (0.62)	55.9 (1.55)	41.0 (0.67)
Age:			
18–24 years	52.8 (1.65)	57.6 (3.42)	51.4 (1.86)
25–44 years	45.2 (0.88)	56.1 (2.06)	42.6 (0.96)
45–64 years	41.7 (1.02)	57.3 (2.60)	38.8 (1.13)
65–74 years	38.2 (2.27)	56.2 (5.69)	34.7 (2.40)
75 years and over	31.8 (2.76)	41.6 (7.47)	29.8 (3.00)
Race:			
White, single race	44.1 (0.66)	57.4 (1.68)	41.3 (0.75)
Black or African American, single race	47.9 (1.50)	57.2 (3.42)	45.4 (1.66)
American Indian or Alaska Native, single race	30.8 (5.65)	*21.1 (7.88)	32.9 (6.22)
Asian, single race	43.3 (5.41)	48.6 (13.22)	41.7 (6.47)
Native Hawaiian or Other Pacific Islander, single race	†	–	†
2 or more races	48.1 (4.34)	48.0 (9.62)	48.1 (4.67)
Black or African American, white	53.7 (10.80)	†	55.8 (11.64)
American Indian or Alaska Native, white	45.7 (6.06)	*41.8 (15.44)	46.6 (6.28)

See footnotes at end of table.

Table XI. Crude percentages (with standard errors) of current cigarette smokers 18 years of age and over who tried to quit smoking in the past year, by current smoking status and selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	All current smokers	Nondaily smokers	Daily smokers
Women—Continued			
Percent who tried to quit (standard error)			
Hispanic or Latino origin and race:			
Hispanic or Latino	42.8 (2.03)	44.4 (3.27)	42.0 (2.45)
Mexican or Mexican-American	41.6 (2.67)	45.1 (4.12)	39.5 (3.39)
Not Hispanic or Latino	44.5 (0.63)	57.8 (1.59)	41.7 (0.69)
White, single race	44.2 (0.69)	58.9 (1.79)	41.3 (0.78)
Black or African American, single race	48.1 (1.52)	57.3 (3.43)	45.5 (1.69)
Education:			
Less than high school graduate	42.7 (1.27)	53.9 (3.44)	40.8 (1.34)
GED diploma ³	44.8 (2.31)	64.5 (7.39)	42.3 (2.48)
High school graduate	41.4 (1.05)	57.8 (2.67)	38.5 (1.15)
Some college—no degree	47.3 (1.28)	57.8 (2.87)	44.8 (1.46)
Associate of arts degree	48.4 (1.97)	60.1 (3.81)	45.3 (2.26)
Bachelor of arts, science degree	48.3 (1.99)	52.5 (3.33)	46.2 (2.57)
Masters, doctorate, medical degree	41.6 (3.51)	49.0 (6.48)	38.4 (3.92)
Poverty status: ⁴			
Below poverty level	47.1 (1.37)	58.8 (3.31)	44.7 (1.43)
≥1 and <2 times poverty level	44.2 (1.31)	55.8 (3.43)	41.9 (1.42)
≥2 and <4 times poverty level	45.1 (1.22)	58.1 (3.11)	42.3 (1.26)
4 times poverty level or more	45.0 (1.27)	56.2 (2.75)	42.2 (1.53)
Marital status:			
Never married	48.1 (1.27)	55.4 (2.78)	45.8 (1.42)
Married	43.4 (0.97)	56.8 (2.43)	40.7 (1.04)
Cohabiting	44.6 (1.85)	55.2 (4.84)	42.7 (1.98)
Divorced or separated	45.0 (1.22)	58.2 (2.98)	42.2 (1.28)
Widowed	39.3 (2.03)	54.8 (4.52)	36.0 (2.23)
Geographic region:			
Northeast	45.4 (1.41)	52.9 (3.45)	43.7 (1.44)
Midwest	46.4 (1.25)	61.1 (2.85)	43.2 (1.37)
South	42.2 (0.92)	55.2 (2.58)	39.7 (1.03)
West	45.3 (1.36)	55.4 (3.23)	42.3 (1.49)
Place of residence: ⁵			
MSA, central city	46.1 (1.09)	52.3 (2.40)	44.5 (1.13)
MSA, not central city	44.5 (0.95)	57.3 (2.01)	41.5 (1.08)
Not MSA	42.5 (1.11)	61.1 (3.75)	39.7 (1.18)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

– Quantity zero.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

²Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁵MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percentages, refer to Table 4.5. Denominator for each percentage excludes current smokers for whom information on attempting to quit smoking is unknown. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XII. Crude percentages (with standard errors) of adults 18 years of age and over who were physically inactive during their leisure time, and crude percentages (with standard errors) of adults 18 years of age and over who engaged in at least some leisure-time physical activity for at least 10 minutes per episode, by selected characteristics: United States, average annual, 2002–04

Selected characteristic sexes	Physically inactive ¹			At least some physical activity ²		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent (standard error)					
Ages 18 years and over (crude) ³	37.9 (0.40)	35.7 (0.45)	40.0 (0.43)	62.1 (0.40)	64.3 (0.45)	60.0 (0.43)
Ages 18 years and over (age-adjusted) ^{3,4}	38.0 (0.40)	36.0 (0.45)	39.8 (0.43)	62.0 (0.40)	64.0 (0.45)	60.2 (0.43)
Age						
18–24 years	31.4 (0.73)	28.4 (0.94)	34.5 (0.89)	68.6 (0.73)	71.6 (0.94)	65.5 (0.89)
25–44 years	34.0 (0.48)	32.4 (0.57)	35.6 (0.58)	66.0 (0.48)	67.6 (0.57)	64.4 (0.58)
45–64 years	38.2 (0.47)	37.8 (0.59)	38.5 (0.54)	61.8 (0.47)	62.2 (0.59)	61.5 (0.54)
65–74 years	45.3 (0.76)	42.7 (1.07)	47.5 (0.88)	54.7 (0.76)	57.3 (1.07)	52.5 (0.88)
75 years and over	59.8 (0.71)	53.0 (1.13)	64.1 (0.81)	40.2 (0.71)	47.0 (1.13)	35.9 (0.81)
Race						
White, single race	36.5 (0.43)	34.8 (0.48)	38.1 (0.47)	63.5 (0.43)	65.2 (0.48)	61.9 (0.47)
Black or African American, single race	47.3 (0.79)	42.2 (1.15)	51.5 (0.81)	52.7 (0.79)	57.8 (1.15)	48.5 (0.81)
American Indian or Alaska Native, single race	44.8 (3.13)	46.3 (4.04)	43.4 (4.12)	55.2 (3.13)	53.7 (4.04)	56.6 (4.12)
Asian, single race	37.5 (1.11)	34.6 (1.68)	40.6 (1.55)	62.5 (1.11)	65.4 (1.68)	59.4 (1.55)
Native Hawaiian or Other Pacific Islander, single race	29.7 (5.11)	30.2 (6.46)	29.1 (8.17)	70.3 (5.11)	69.8 (6.46)	70.9 (8.17)
2 or more races	27.6 (1.54)	25.6 (2.21)	29.3 (1.99)	72.4 (1.54)	74.4 (2.21)	70.7 (1.99)
Black or African American, white	29.5 (4.12)	22.7 (6.36)	34.4 (5.65)	70.5 (4.12)	77.3 (6.36)	65.6 (5.65)
American Indian or Alaska Native, white	31.0 (2.76)	30.6 (3.79)	31.3 (3.66)	69.0 (2.76)	69.4 (3.79)	68.7 (3.66)
Hispanic or Latino origin and race						
Hispanic or Latino	50.7 (0.61)	48.2 (0.77)	53.4 (0.80)	49.3 (0.61)	51.8 (0.77)	46.6 (0.80)
Mexican or Mexican-American	51.1 (0.76)	49.4 (0.98)	53.0 (1.02)	48.9 (0.76)	50.6 (0.98)	47.0 (1.02)
Not Hispanic or Latino	36.2 (0.43)	33.9 (0.48)	38.3 (0.46)	63.8 (0.43)	66.1 (0.48)	61.7 (0.46)
White, single race	34.4 (0.46)	32.7 (0.51)	36.1 (0.50)	65.6 (0.46)	67.3 (0.51)	63.9 (0.50)
Black or African American, single race	47.5 (0.80)	42.3 (1.16)	51.6 (0.83)	52.5 (0.80)	57.7 (1.16)	48.4 (0.83)
Education						
Less than high school graduate	60.4 (0.55)	58.0 (0.75)	62.8 (0.69)	39.6 (0.55)	42.0 (0.75)	37.2 (0.69)
GED diploma ⁵	46.3 (1.20)	45.2 (1.78)	47.5 (1.70)	53.7 (1.20)	54.8 (1.78)	52.5 (1.70)
High school graduate	44.9 (0.57)	42.6 (0.71)	46.9 (0.65)	55.1 (0.57)	57.4 (0.71)	53.1 (0.65)
Some college—no degree	31.7 (0.54)	29.0 (0.70)	34.1 (0.61)	68.3 (0.54)	71.0 (0.70)	65.9 (0.61)
Associate of arts degree	30.4 (0.73)	28.8 (1.10)	31.6 (0.88)	69.6 (0.73)	71.2 (1.10)	68.4 (0.88)
Bachelor of arts, science degree	21.8 (0.46)	20.3 (0.58)	23.2 (0.61)	78.2 (0.46)	79.7 (0.58)	76.8 (0.61)
Masters, doctorate, medical degree	18.7 (0.58)	17.5 (0.73)	20.2 (0.85)	81.3 (0.58)	82.5 (0.73)	79.8 (0.85)
Poverty status ⁶						
Below poverty level	52.2 (1.01)	48.6 (1.32)	54.6 (1.16)	47.8 (1.01)	51.4 (1.32)	45.4 (1.16)
≥1 and <2 times poverty level	49.7 (0.67)	48.6 (0.94)	50.5 (0.74)	50.3 (0.67)	51.4 (0.94)	49.5 (0.74)
≥2 and <4 times poverty level	36.1 (0.53)	35.5 (0.70)	36.6 (0.62)	63.9 (0.53)	64.5 (0.70)	63.4 (0.62)
4 times poverty level or more	23.1 (0.41)	22.1 (0.51)	24.1 (0.54)	76.9 (0.41)	77.9 (0.51)	75.9 (0.54)
Marital status						
Never married	32.8 (0.54)	30.2 (0.70)	35.9 (0.72)	67.2 (0.54)	69.8 (0.70)	64.1 (0.72)
Married	36.7 (0.45)	36.3 (0.49)	37.2 (0.54)	63.3 (0.45)	63.7 (0.49)	62.8 (0.54)
Cohabiting	37.9 (0.88)	38.0 (1.20)	37.8 (1.12)	62.1 (0.88)	62.0 (1.20)	62.2 (1.12)
Divorced or separated	41.8 (0.58)	39.1 (0.88)	43.5 (0.68)	58.2 (0.58)	60.9 (0.88)	56.5 (0.68)
Widowed	57.4 (0.70)	51.9 (1.52)	58.6 (0.74)	42.6 (0.70)	48.1 (1.52)	41.4 (0.74)
Geographic region						
Northeast	35.2 (0.63)	32.3 (0.74)	37.7 (0.80)	64.8 (0.63)	67.7 (0.74)	62.3 (0.80)
Midwest	34.3 (0.75)	33.0 (0.88)	35.6 (0.81)	65.7 (0.75)	67.0 (0.88)	64.4 (0.81)
South	43.5 (0.79)	41.1 (0.86)	45.8 (0.83)	56.5 (0.79)	58.9 (0.86)	54.2 (0.83)
West	34.8 (0.75)	32.4 (0.88)	37.0 (0.80)	65.2 (0.75)	67.6 (0.88)	63.0 (0.80)

See footnotes at end of table.

Table XII. Crude percentages (with standard errors) of adults 18 years of age and over who were physically inactive during their leisure time, and crude percentages (with standard errors) of adults 18 years of age and over who engaged in at least some leisure-time physical activity for at least 10 minutes per episode, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic sexes	Physically inactive ¹			At least some physical activity ²		
	Both sexes	Men	Women	Both sexes	Men	Women
Place of residence ⁷						
	Percent (standard error)					
MSA, central city	39.9 (0.67)	36.3 (0.79)	43.2 (0.73)	60.1 (0.67)	63.7 (0.79)	56.8 (0.73)
MSA, not central city	34.8 (0.45)	33.1 (0.51)	36.4 (0.53)	65.2 (0.45)	66.9 (0.51)	63.6 (0.53)
Not MSA	43.2 (1.12)	41.8 (1.21)	44.5 (1.20)	56.8 (1.12)	58.2 (1.21)	55.5 (1.20)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

¹Engaged in no light-moderate or vigorous leisure-time physical activity lasting 10 minutes or longer per episode. Persons classified as physically inactive may include individuals who engaged in strengthening activities but no other type of physical activity.

²Includes vigorous leisure-time physical activities, lasting 10 minutes or longer per episode, that cause heavy sweating or large increases in breathing or heart rate and/or light-moderate leisure-time physical activities, lasting 10 minutes or longer per episode, that cause only light sweating or a slight to moderate increase in breathing or heart rate.

³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁴Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁵GED is General Educational Development high school equivalency diploma.

⁶Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁷MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percentages, refer to Table 5.1. Denominator for each percentage excludes persons with unknown leisure-time physical activity status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XIII. Crude percent distributions (with standard errors) of times per week engaged in light-moderate leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (crude) ⁴	100.0	46.9 (0.40)	1.7 (0.05)	14.7 (0.17)	12.9 (0.16)	23.8 (0.26)
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	47.0 (0.40)	1.7 (0.05)	14.6 (0.17)	12.9 (0.16)	23.8 (0.26)
Age:						
18–24 years	100.0	45.4 (0.78)	1.4 (0.14)	15.1 (0.44)	12.6 (0.43)	25.5 (0.64)
25–44 years	100.0	44.2 (0.49)	2.0 (0.08)	16.6 (0.26)	13.7 (0.24)	23.5 (0.32)
45–64 years	100.0	46.0 (0.48)	1.8 (0.10)	15.1 (0.28)	13.5 (0.25)	23.6 (0.35)
65–74 years	100.0	50.8 (0.76)	1.2 (0.13)	10.9 (0.40)	11.9 (0.40)	25.3 (0.62)
75 years and over	100.0	63.1 (0.71)	0.9 (0.13)	7.1 (0.32)	8.1 (0.37)	20.8 (0.56)
Race:						
White, single race	100.0	45.2 (0.44)	1.7 (0.06)	14.9 (0.20)	13.4 (0.18)	24.8 (0.29)
Black or African American, single race	100.0	57.4 (0.75)	1.8 (0.15)	12.8 (0.41)	10.7 (0.36)	17.4 (0.47)
American Indian or Alaska Native, single race	100.0	53.9 (3.60)	*0.9 (0.43)	12.5 (1.79)	10.4 (1.46)	22.3 (2.57)
Asian, single race	100.0	48.2 (1.11)	2.0 (0.30)	16.3 (0.88)	11.1 (0.66)	22.4 (0.87)
Native Hawaiian or Other Pacific Islander, single race	100.0	41.7 (6.70)	†	17.5 (4.47)	*13.1 (5.30)	23.9 (6.09)
2 or more races	100.0	37.4 (1.64)	2.4 (0.50)	16.3 (1.33)	15.2 (1.25)	28.7 (1.68)
Black or African American, white	100.0	46.1 (4.67)	†	11.5 (2.68)	14.0 (3.26)	26.3 (4.27)
American Indian or Alaska Native, white	100.0	37.7 (2.96)	*1.6 (0.69)	17.2 (2.17)	12.0 (1.77)	31.5 (3.02)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	61.4 (0.59)	1.4 (0.13)	10.8 (0.31)	9.7 (0.32)	16.6 (0.39)
Mexican or Mexican-American	100.0	61.7 (0.74)	1.5 (0.18)	11.1 (0.38)	9.0 (0.36)	16.6 (0.48)
Not Hispanic or Latino	100.0	45.0 (0.43)	1.7 (0.06)	15.2 (0.19)	13.4 (0.17)	24.7 (0.28)
White, single race	100.0	42.9 (0.47)	1.7 (0.06)	15.5 (0.21)	13.9 (0.19)	25.9 (0.31)
Black or African American, single race	100.0	57.5 (0.74)	1.8 (0.15)	12.7 (0.42)	10.6 (0.35)	17.5 (0.48)
Education:						
Less than high school graduate	100.0	66.9 (0.53)	1.3 (0.11)	8.5 (0.28)	6.8 (0.25)	16.5 (0.39)
GED diploma ⁶	100.0	54.4 (1.20)	2.4 (0.36)	12.9 (0.87)	8.3 (0.67)	22.1 (0.98)
High school graduate	100.0	52.8 (0.55)	1.6 (0.10)	13.3 (0.28)	10.6 (0.27)	21.7 (0.41)
Some college—no degree	100.0	42.1 (0.59)	1.9 (0.12)	15.4 (0.35)	14.2 (0.33)	26.4 (0.50)
Associate of arts degree	100.0	39.2 (0.79)	2.0 (0.16)	17.2 (0.47)	15.1 (0.47)	26.6 (0.58)
Bachelor of arts, science degree	100.0	32.8 (0.55)	1.6 (0.12)	19.3 (0.36)	18.4 (0.40)	27.8 (0.48)
Masters, doctorate, medical degree	100.0	29.9 (0.74)	2.0 (0.22)	19.7 (0.56)	18.8 (0.51)	29.6 (0.66)
Poverty status: ⁷						
Below poverty level	100.0	59.8 (0.90)	1.2 (0.12)	10.3 (0.39)	8.3 (0.34)	20.4 (0.64)
≥1 and <2 times poverty level	100.0	57.1 (0.65)	1.5 (0.13)	11.5 (0.35)	9.6 (0.32)	20.3 (0.46)
≥2 and <4 times poverty level	100.0	44.8 (0.56)	1.9 (0.11)	15.5 (0.32)	12.9 (0.29)	24.9 (0.43)
4 times poverty level or more	100.0	33.1 (0.47)	2.1 (0.11)	19.3 (0.30)	17.1 (0.30)	28.4 (0.37)
Marital status:						
Never married	100.0	45.8 (0.61)	1.7 (0.12)	14.8 (0.32)	12.9 (0.29)	24.9 (0.46)
Married	100.0	45.1 (0.46)	1.8 (0.07)	15.5 (0.24)	13.7 (0.21)	23.9 (0.31)
Cohabiting	100.0	47.5 (0.95)	1.9 (0.24)	14.5 (0.64)	11.5 (0.55)	24.6 (0.81)
Divorced or separated	100.0	50.0 (0.60)	1.8 (0.13)	13.5 (0.34)	11.9 (0.30)	22.7 (0.46)
Widowed	100.0	61.0 (0.69)	0.8 (0.12)	9.0 (0.36)	8.8 (0.38)	20.3 (0.51)
Geographic region:						
Northeast	100.0	44.5 (0.68)	1.8 (0.15)	14.7 (0.33)	12.3 (0.32)	26.6 (0.51)
Midwest	100.0	43.0 (0.79)	1.9 (0.12)	16.5 (0.40)	13.5 (0.33)	25.1 (0.52)
South	100.0	52.1 (0.78)	1.5 (0.08)	13.4 (0.30)	12.3 (0.28)	20.7 (0.47)
West	100.0	44.7 (0.77)	1.6 (0.11)	14.9 (0.36)	13.9 (0.34)	24.9 (0.47)
Place of residence: ⁸						
MSA, central city	100.0	50.4 (0.70)	1.6 (0.09)	13.9 (0.31)	11.9 (0.28)	22.2 (0.42)
MSA, not central city	100.0	43.8 (0.47)	1.8 (0.08)	15.8 (0.24)	14.0 (0.21)	24.5 (0.33)
Not MSA	100.0	50.2 (1.12)	1.5 (0.12)	12.9 (0.41)	11.4 (0.39)	23.9 (0.69)
Men						
Ages 18 years and over (crude) ⁴	100.0	46.7 (0.46)	1.9 (0.09)	15.2 (0.26)	12.1 (0.21)	24.3 (0.31)
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	46.8 (0.46)	1.9 (0.08)	15.0 (0.26)	12.0 (0.21)	24.3 (0.31)
Age:						
18–24 years	100.0	46.2 (1.04)	1.4 (0.21)	13.5 (0.61)	11.8 (0.59)	27.1 (0.88)
25–44 years	100.0	44.7 (0.59)	2.2 (0.13)	17.1 (0.39)	12.6 (0.32)	23.4 (0.42)
45–64 years	100.0	46.7 (0.62)	2.0 (0.15)	15.8 (0.40)	12.3 (0.36)	23.2 (0.46)
65–74 years	100.0	48.8 (1.08)	1.4 (0.20)	11.3 (0.64)	11.5 (0.60)	27.0 (0.87)
75 years and over	100.0	57.3 (1.17)	1.3 (0.25)	7.9 (0.54)	8.7 (0.60)	24.8 (0.95)

See footnotes at end of table.

Table XIII. Crude percent distributions (with standard errors) of times per week engaged in light-moderate leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Men—Continued		Percent distribution (standard error)				
Race:						
White, single race	100.0	45.2 (0.51)	1.9 (0.10)	15.4 (0.29)	12.4 (0.23)	25.1 (0.34)
Black or African American, single race	100.0	55.4 (1.15)	1.8 (0.22)	13.1 (0.67)	10.2 (0.51)	19.4 (0.82)
American Indian or Alaska Native, single race	100.0	58.6 (4.72)	*1.8 (0.86)	7.8 (1.82)	11.3 (2.30)	20.6 (3.59)
Asian, single race	100.0	48.1 (1.64)	2.0 (0.47)	18.2 (1.37)	9.3 (0.93)	22.3 (1.44)
Native Hawaiian or Other Pacific Islander, single race	100.0	41.9 (8.13)	†	*13.5 (4.59)	*16.9 (8.32)	*22.5 (7.84)
2 or more races	100.0	36.9 (2.38)	*2.2 (0.81)	12.4 (1.63)	14.8 (1.71)	33.7 (2.53)
Black or African American, white	100.0	48.1 (7.79)	–	*11.9 (4.53)	*12.3 (4.79)	27.7 (6.90)
American Indian or Alaska Native, white	100.0	38.5 (4.15)	†	14.4 (2.73)	9.2 (2.20)	36.8 (4.51)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	61.8 (0.78)	1.6 (0.19)	11.3 (0.48)	9.1 (0.44)	16.2 (0.57)
Mexican or Mexican-American	100.0	62.8 (1.02)	1.7 (0.23)	11.4 (0.59)	8.2 (0.50)	16.0 (0.68)
Not Hispanic or Latino	100.0	44.5 (0.50)	1.9 (0.09)	15.7 (0.28)	12.5 (0.23)	25.4 (0.34)
White, single race	100.0	42.7 (0.54)	1.9 (0.10)	16.1 (0.31)	13.0 (0.25)	26.3 (0.36)
Black or African American, single race	100.0	55.6 (1.14)	1.9 (0.22)	12.9 (0.67)	10.1 (0.48)	19.6 (0.83)
Education:						
Less than high school graduate	100.0	66.6 (0.71)	1.5 (0.18)	8.5 (0.42)	6.4 (0.35)	17.0 (0.58)
GED diploma ⁶	100.0	54.8 (1.75)	3.2 (0.61)	14.0 (1.37)	6.5 (0.80)	21.4 (1.41)
High school graduate	100.0	52.6 (0.69)	1.7 (0.16)	14.1 (0.45)	9.8 (0.37)	21.7 (0.53)
Some college—no degree	100.0	41.7 (0.72)	2.2 (0.20)	15.1 (0.49)	13.2 (0.49)	27.8 (0.71)
Associate of arts degree	100.0	39.3 (1.17)	2.3 (0.28)	17.6 (0.83)	13.5 (0.69)	27.4 (0.85)
Bachelor of arts, science degree	100.0	33.1 (0.74)	1.9 (0.18)	20.1 (0.58)	17.3 (0.50)	27.6 (0.67)
Masters, doctorate, medical degree	100.0	29.7 (0.94)	2.0 (0.30)	20.3 (0.79)	17.9 (0.71)	30.2 (0.91)
Poverty status:⁷						
Below poverty level	100.0	59.0 (1.28)	1.2 (0.21)	10.2 (0.58)	8.2 (0.58)	21.3 (0.91)
≥1 and <2 times poverty level	100.0	57.9 (0.92)	1.8 (0.22)	11.4 (0.53)	8.9 (0.48)	20.1 (0.65)
≥2 and <4 times poverty level	100.0	46.3 (0.72)	1.9 (0.16)	15.2 (0.44)	11.6 (0.37)	25.0 (0.59)
4 times poverty level or more	100.0	33.6 (0.59)	2.3 (0.16)	19.8 (0.43)	15.8 (0.42)	28.5 (0.51)
Marital status:						
Never married	100.0	46.1 (0.78)	1.7 (0.18)	13.7 (0.45)	12.2 (0.40)	26.3 (0.63)
Married	100.0	45.7 (0.53)	1.9 (0.11)	16.3 (0.34)	12.5 (0.28)	23.6 (0.37)
Cohabiting	100.0	49.3 (1.30)	2.3 (0.38)	14.0 (0.86)	10.7 (0.74)	23.8 (1.13)
Divorced or separated	100.0	49.7 (0.92)	1.9 (0.21)	13.8 (0.55)	10.7 (0.48)	23.9 (0.67)
Widowed	100.0	55.7 (1.47)	1.3 (0.36)	8.2 (0.70)	9.0 (0.84)	25.7 (1.34)
Geographic region:						
Northeast	100.0	43.7 (0.81)	2.0 (0.24)	15.4 (0.54)	11.3 (0.39)	27.7 (0.65)
Midwest	100.0	42.9 (0.94)	2.3 (0.20)	17.0 (0.63)	12.6 (0.43)	25.3 (0.62)
South	100.0	51.7 (0.84)	1.6 (0.12)	13.8 (0.42)	11.7 (0.39)	21.3 (0.56)
West	100.0	44.9 (0.96)	1.9 (0.18)	15.2 (0.50)	12.8 (0.45)	25.2 (0.61)
Place of residence:⁸						
MSA, central city	100.0	49.4 (0.82)	1.7 (0.13)	14.5 (0.45)	11.3 (0.39)	23.1 (0.53)
MSA, not central city	100.0	43.9 (0.54)	2.0 (0.12)	16.2 (0.38)	12.9 (0.27)	25.0 (0.41)
Not MSA	100.0	50.1 (1.20)	1.8 (0.19)	13.3 (0.52)	10.9 (0.52)	23.9 (0.79)
Women						
Ages 18 years and over (crude) ⁴	100.0	47.2 (0.44)	1.5 (0.06)	14.3 (0.19)	13.7 (0.19)	23.3 (0.31)
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	47.1 (0.44)	1.5 (0.06)	14.3 (0.20)	13.8 (0.19)	23.3 (0.32)
Age:						
18–24 years	100.0	44.6 (0.94)	1.4 (0.18)	16.7 (0.60)	13.3 (0.60)	23.9 (0.81)
25–44 years	100.0	43.8 (0.57)	1.8 (0.11)	16.0 (0.33)	14.9 (0.29)	23.6 (0.42)
45–64 years	100.0	45.4 (0.56)	1.6 (0.12)	14.4 (0.35)	14.7 (0.34)	24.0 (0.45)
65–74 years	100.0	52.4 (0.85)	1.1 (0.15)	10.5 (0.51)	12.2 (0.49)	23.9 (0.76)
75 years and over	100.0	66.8 (0.80)	0.7 (0.13)	6.7 (0.39)	7.6 (0.44)	18.2 (0.65)
Race:						
White, single race	100.0	45.2 (0.49)	1.4 (0.07)	14.5 (0.23)	14.3 (0.23)	24.6 (0.36)
Black or African American, single race	100.0	58.9 (0.83)	1.8 (0.20)	12.5 (0.43)	11.0 (0.48)	15.8 (0.46)
American Indian or Alaska Native, single race	100.0	49.4 (4.13)	†	17.0 (2.71)	9.5 (1.83)	23.9 (3.08)
Asian, single race	100.0	48.2 (1.56)	1.9 (0.36)	14.5 (1.09)	13.0 (0.97)	22.4 (1.17)
Native Hawaiian or Other Pacific Islander, single race	100.0	41.3 (9.97)	†	*23.5 (7.26)	†	25.9 (7.45)
2 or more races	100.0	37.8 (2.22)	2.5 (0.71)	19.6 (1.80)	15.5 (1.64)	24.5 (2.12)
Black or African American, white	100.0	44.7 (5.89)	†	11.2 (3.33)	15.3 (4.00)	25.4 (5.22)
American Indian or Alaska Native, white	100.0	37.0 (3.99)	†	19.5 (2.91)	14.3 (2.53)	27.3 (3.46)

See footnotes at end of table.

Table XIII. Crude percent distributions (with standard errors) of times per week engaged in light-moderate leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Women—Continued						
Percent distribution (standard error)						
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	61.1 (0.77)	1.3 (0.16)	10.3 (0.43)	10.3 (0.43)	17.0 (0.53)
Mexican or Mexican-American	100.0	60.5 (0.95)	1.4 (0.25)	10.9 (0.56)	10.0 (0.50)	17.2 (0.64)
Not Hispanic or Latino	100.0	45.4 (0.47)	1.5 (0.07)	14.8 (0.21)	14.2 (0.20)	24.1 (0.34)
White, single race	100.0	43.1 (0.52)	1.5 (0.07)	15.1 (0.25)	14.8 (0.24)	25.5 (0.39)
Black or African American, single race	100.0	59.0 (0.84)	1.8 (0.20)	12.5 (0.44)	10.9 (0.48)	15.8 (0.46)
Education:						
Less than high school graduate	100.0	67.2 (0.64)	1.1 (0.13)	8.6 (0.36)	7.1 (0.34)	16.0 (0.46)
GED diploma ⁶	100.0	54.0 (1.68)	1.5 (0.34)	11.6 (0.96)	10.2 (1.05)	22.8 (1.39)
High school graduate	100.0	53.0 (0.65)	1.5 (0.12)	12.5 (0.34)	11.2 (0.35)	21.7 (0.52)
Some college—no degree	100.0	42.5 (0.70)	1.6 (0.14)	15.6 (0.44)	15.1 (0.42)	25.1 (0.58)
Associate of arts degree	100.0	39.1 (0.92)	1.7 (0.21)	16.9 (0.61)	16.3 (0.64)	26.0 (0.79)
Bachelor of arts, science degree	100.0	32.6 (0.72)	1.4 (0.15)	18.6 (0.47)	19.4 (0.56)	28.0 (0.69)
Masters, doctorate, medical degree	100.0	30.1 (0.96)	2.1 (0.28)	18.9 (0.80)	19.9 (0.77)	28.9 (0.94)
Poverty status: ⁷						
Below poverty level	100.0	60.3 (1.00)	1.2 (0.16)	10.4 (0.49)	8.3 (0.43)	19.8 (0.78)
≥1 and <2 times poverty level	100.0	56.5 (0.69)	1.4 (0.15)	11.7 (0.43)	10.1 (0.37)	20.4 (0.58)
≥2 and <4 times poverty level	100.0	43.4 (0.64)	1.8 (0.14)	15.7 (0.43)	14.2 (0.40)	24.8 (0.53)
4 times poverty level or more	100.0	32.6 (0.59)	1.8 (0.14)	18.9 (0.40)	18.5 (0.40)	28.2 (0.51)
Marital status:						
Never married	100.0	45.5 (0.77)	1.6 (0.16)	16.1 (0.48)	13.7 (0.43)	23.2 (0.61)
Married	100.0	44.4 (0.55)	1.6 (0.09)	14.8 (0.28)	15.0 (0.25)	24.3 (0.41)
Cohabiting	100.0	45.8 (1.20)	1.5 (0.27)	15.0 (0.94)	12.3 (0.73)	25.5 (1.02)
Divorced or separated	100.0	50.2 (0.70)	1.7 (0.17)	13.3 (0.42)	12.7 (0.41)	22.0 (0.59)
Widowed	100.0	62.3 (0.73)	0.7 (0.11)	9.2 (0.41)	8.8 (0.40)	19.1 (0.51)
Geographic region:						
Northeast	100.0	45.3 (0.82)	1.6 (0.15)	14.2 (0.34)	13.3 (0.45)	25.7 (0.67)
Midwest	100.0	43.1 (0.85)	1.6 (0.12)	16.0 (0.41)	14.3 (0.39)	25.0 (0.61)
South	100.0	52.4 (0.83)	1.5 (0.11)	12.9 (0.35)	12.9 (0.30)	20.3 (0.57)
West	100.0	44.6 (0.80)	1.4 (0.12)	14.6 (0.42)	14.9 (0.43)	24.5 (0.65)
Place of residence: ⁸						
MSA, central city	100.0	51.3 (0.77)	1.4 (0.11)	13.3 (0.36)	12.5 (0.30)	21.4 (0.51)
MSA, not central city	100.0	43.7 (0.54)	1.7 (0.09)	15.4 (0.26)	15.1 (0.27)	24.1 (0.43)
Not MSA	100.0	50.3 (1.19)	1.2 (0.14)	12.6 (0.52)	12.0 (0.46)	23.9 (0.80)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

– Quantity zero.

¹Light-moderate activity: Leisure-time physical activities that cause only light sweating or a light to moderate increase in breathing or heart rate and are done for at least 10 minutes per episode.

²None: Persons classified as not doing light-moderate activity may include individuals who engaged in vigorous activity but did not engage in light-moderate activity.

³“Less than 1” refers to frequencies of light-moderate activities lasting 10 minutes per episode that occurred less than one time per week (for example, three times per month.)

⁴Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁵Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁸MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percent distributions, refer to Table 5.2. Denominator for each percent distribution excludes persons with unknown light-moderate leisure-time physical activity status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XIV. Crude percent distributions (with standard errors) of times per week engaged in vigorous leisure-time physical activity, for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (crude) ⁴	100.0	59.9 (0.38)	2.9 (0.08)	12.2 (0.18)	13.2 (0.17)	11.8 (0.17)
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	60.0 (0.38)	2.8 (0.08)	12.2 (0.18)	13.2 (0.17)	11.8 (0.17)
Age:						
18–24 years	100.0	46.4 (0.82)	3.3 (0.25)	16.3 (0.50)	17.3 (0.51)	16.8 (0.50)
25–44 years	100.0	52.6 (0.48)	3.5 (0.13)	15.2 (0.28)	15.9 (0.25)	12.8 (0.23)
45–64 years	100.0	63.3 (0.46)	2.8 (0.14)	10.9 (0.24)	12.1 (0.25)	10.9 (0.24)
65–74 years	100.0	76.8 (0.66)	1.3 (0.14)	5.6 (0.29)	7.5 (0.35)	8.7 (0.40)
75 years and over	100.0	87.7 (0.47)	0.8 (0.11)	3.1 (0.23)	3.3 (0.25)	5.1 (0.30)
Race:						
White, single race	100.0	58.8 (0.42)	2.9 (0.09)	12.4 (0.20)	13.6 (0.19)	12.3 (0.19)
Black or African American, single race	100.0	66.4 (0.75)	2.3 (0.15)	10.6 (0.36)	11.4 (0.39)	9.3 (0.36)
American Indian or Alaska Native, single race	100.0	67.6 (2.35)	*1.3 (0.52)	9.3 (1.47)	10.1 (1.49)	11.7 (1.79)
Asian, single race	100.0	62.9 (1.20)	3.4 (0.47)	12.4 (0.80)	11.9 (0.82)	9.4 (0.67)
Native Hawaiian or Other Pacific Islander, single race	100.0	52.0 (6.80)	†	*18.5 (6.13)	11.9 (3.43)	14.7 (3.77)
2 or more races	100.0	51.7 (1.97)	3.2 (0.58)	15.1 (1.23)	17.1 (1.39)	12.9 (1.05)
Black or African American, white	100.0	51.7 (4.58)	*3.4 (1.63)	15.4 (3.10)	17.4 (3.52)	12.1 (3.52)
American Indian or Alaska Native, white	100.0	53.9 (3.04)	4.3 (1.01)	14.9 (1.83)	13.2 (2.02)	13.7 (1.87)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	68.4 (0.54)	2.2 (0.16)	10.4 (0.33)	9.5 (0.29)	9.5 (0.31)
Mexican or Mexican-American	100.0	68.5 (0.66)	2.4 (0.22)	10.6 (0.42)	9.3 (0.35)	9.2 (0.39)
Not Hispanic or Latino	100.0	58.8 (0.41)	2.9 (0.09)	12.5 (0.19)	13.7 (0.19)	12.1 (0.18)
White, single race	100.0	57.5 (0.45)	3.0 (0.10)	12.7 (0.21)	14.1 (0.21)	12.7 (0.20)
Black or African American, single race	100.0	66.5 (0.77)	2.3 (0.15)	10.5 (0.36)	11.4 (0.39)	9.2 (0.37)
Education:						
Less than high school graduate	100.0	79.0 (0.45)	1.5 (0.14)	6.7 (0.24)	5.2 (0.24)	7.6 (0.28)
GED diploma ⁶	100.0	68.8 (1.15)	2.3 (0.32)	10.9 (0.86)	7.9 (0.65)	10.1 (0.71)
High school graduate	100.0	68.1 (0.52)	2.3 (0.13)	10.0 (0.26)	9.1 (0.22)	10.5 (0.28)
Some college—no degree	100.0	53.7 (0.60)	3.5 (0.18)	14.1 (0.35)	15.2 (0.38)	13.5 (0.34)
Associate of arts degree	100.0	54.9 (0.77)	3.2 (0.23)	13.6 (0.46)	15.9 (0.50)	12.4 (0.43)
Bachelor of arts, science degree	100.0	44.3 (0.61)	3.8 (0.19)	16.7 (0.42)	20.7 (0.42)	14.4 (0.36)
Masters, doctorate, medical degree	100.0	41.0 (0.80)	4.0 (0.30)	16.9 (0.53)	22.5 (0.56)	15.6 (0.52)
Poverty status: ⁷						
Below poverty level	100.0	71.5 (1.04)	1.9 (0.18)	8.7 (0.45)	7.9 (0.42)	9.9 (0.47)
≥1 and <2 times poverty level	100.0	71.1 (0.59)	2.3 (0.17)	9.1 (0.29)	8.1 (0.29)	9.3 (0.34)
≥2 and <4 times poverty level	100.0	59.8 (0.53)	3.0 (0.14)	13.1 (0.28)	12.5 (0.30)	11.6 (0.28)
4 times poverty level or more	100.0	45.8 (0.51)	4.0 (0.16)	16.4 (0.31)	19.3 (0.33)	14.5 (0.27)
Marital status:						
Never married	100.0	49.3 (0.60)	3.1 (0.16)	14.6 (0.36)	17.3 (0.40)	15.7 (0.39)
Married	100.0	60.0 (0.43)	3.0 (0.11)	12.6 (0.22)	13.0 (0.21)	11.3 (0.20)
Cohabiting	100.0	56.9 (0.89)	3.4 (0.32)	13.9 (0.60)	13.6 (0.57)	12.3 (0.50)
Divorced or separated	100.0	65.0 (0.53)	2.3 (0.16)	10.1 (0.30)	11.7 (0.31)	11.0 (0.30)
Widowed	100.0	85.2 (0.46)	0.9 (0.11)	3.9 (0.23)	4.4 (0.25)	5.6 (0.28)
Geographic region:						
Northeast	100.0	59.4 (0.66)	2.6 (0.13)	11.6 (0.36)	13.9 (0.42)	12.6 (0.35)
Midwest	100.0	57.1 (0.72)	3.5 (0.18)	13.9 (0.36)	13.6 (0.34)	11.8 (0.32)
South	100.0	63.9 (0.72)	2.5 (0.13)	11.0 (0.29)	11.9 (0.28)	10.8 (0.31)
West	100.0	56.8 (0.79)	3.0 (0.21)	13.0 (0.44)	14.4 (0.36)	12.8 (0.32)
Place of residence: ⁸						
MSA, central city	100.0	60.1 (0.65)	2.7 (0.13)	12.3 (0.29)	13.5 (0.31)	11.5 (0.28)
MSA, not central city	100.0	57.9 (0.46)	3.0 (0.11)	12.6 (0.23)	14.3 (0.21)	12.2 (0.22)
Not MSA	100.0	64.9 (0.97)	2.7 (0.21)	11.2 (0.43)	10.0 (0.43)	11.2 (0.42)
Men						
Ages 18 years and over (crude) ⁴	100.0	53.8 (0.46)	3.5 (0.12)	14.6 (0.26)	14.0 (0.24)	14.1 (0.25)
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	54.4 (0.45)	3.4 (0.12)	14.4 (0.25)	13.9 (0.23)	14.0 (0.25)
Age:						
18–24 years	100.0	37.9 (1.08)	3.5 (0.39)	18.0 (0.74)	19.1 (0.79)	21.6 (0.79)
25–44 years	100.0	46.6 (0.59)	4.1 (0.19)	18.1 (0.42)	16.5 (0.36)	14.7 (0.35)
45–64 years	100.0	59.2 (0.62)	3.6 (0.23)	12.8 (0.33)	12.2 (0.37)	12.3 (0.34)
65–74 years	100.0	73.0 (0.99)	1.8 (0.25)	7.1 (0.51)	8.0 (0.53)	10.2 (0.61)
75 years and over	100.0	82.5 (0.80)	1.0 (0.21)	3.8 (0.39)	4.8 (0.49)	7.9 (0.53)

See footnotes at end of table.

Table XIV. Crude percent distributions (with standard errors) of times per week engaged in vigorous leisure-time physical activity, for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Men—Continued		Percent distribution (standard error)				
Race:						
White, single race	100.0	53.3 (0.50)	3.6 (0.14)	14.5 (0.28)	14.0 (0.26)	14.5 (0.28)
Black or African American, single race	100.0	57.5 (1.12)	2.3 (0.26)	13.3 (0.65)	14.5 (0.68)	12.4 (0.58)
American Indian or Alaska Native, single race	100.0	63.2 (3.50)	*2.0 (0.86)	12.5 (2.24)	11.7 (2.85)	10.6 (2.23)
Asian, single race	100.0	55.9 (1.75)	3.9 (0.81)	15.9 (1.35)	12.8 (1.12)	11.5 (1.02)
Native Hawaiian or Other Pacific Islander, single race	100.0	48.9 (7.80)	†	†	*17.7 (5.74)	*14.6 (4.81)
2 or more races	100.0	44.6 (2.51)	2.9 (0.77)	17.9 (1.96)	18.8 (2.16)	15.8 (1.70)
Black or African American, white	100.0	35.2 (6.92)	†	21.6 (5.40)	22.0 (6.16)	*16.7 (6.56)
American Indian or Alaska Native, white	100.0	49.0 (4.31)	*4.2 (1.42)	17.6 (2.99)	12.7 (3.42)	16.5 (3.25)
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	61.4 (0.78)	2.5 (0.26)	13.7 (0.49)	10.8 (0.45)	11.5 (0.48)
Mexican or Mexican-American	100.0	62.3 (0.95)	2.9 (0.36)	13.8 (0.59)	10.2 (0.55)	10.8 (0.58)
Not Hispanic or Latino	100.0	52.8 (0.50)	3.6 (0.13)	14.7 (0.28)	14.5 (0.26)	14.4 (0.27)
White, single race	100.0	51.9 (0.54)	3.8 (0.15)	14.8 (0.30)	14.6 (0.28)	14.9 (0.31)
Black or African American, single race	100.0	57.7 (1.15)	2.4 (0.26)	13.0 (0.67)	14.5 (0.70)	12.3 (0.59)
Education:						
Less than high school graduate	100.0	73.4 (0.70)	1.6 (0.21)	8.7 (0.39)	6.3 (0.38)	10.0 (0.46)
GED diploma ⁶	100.0	64.5 (1.78)	2.8 (0.52)	13.4 (1.37)	8.3 (0.93)	10.9 (0.98)
High school graduate	100.0	61.7 (0.67)	2.9 (0.20)	12.7 (0.42)	9.6 (0.35)	13.0 (0.45)
Some college—no degree	100.0	47.0 (0.82)	4.1 (0.29)	15.9 (0.54)	16.3 (0.59)	16.8 (0.56)
Associate of arts degree	100.0	49.1 (1.16)	3.9 (0.42)	16.0 (0.74)	16.4 (0.75)	14.5 (0.67)
Bachelor of arts, science degree	100.0	38.3 (0.78)	4.7 (0.30)	19.8 (0.63)	21.2 (0.61)	16.0 (0.57)
Masters, doctorate, medical degree	100.0	36.7 (1.03)	4.7 (0.47)	18.2 (0.70)	23.5 (0.83)	16.9 (0.76)
Poverty status: ⁷						
Below poverty level	100.0	63.7 (1.41)	2.1 (0.31)	11.2 (0.71)	10.4 (0.72)	12.6 (0.76)
≥1 and <2 times poverty level	100.0	65.6 (0.88)	2.9 (0.29)	11.4 (0.52)	9.0 (0.46)	11.1 (0.51)
≥2 and <4 times poverty level	100.0	54.9 (0.72)	3.5 (0.23)	15.0 (0.44)	12.4 (0.39)	14.1 (0.44)
4 times poverty level or more	100.0	40.8 (0.66)	4.5 (0.23)	18.7 (0.45)	19.7 (0.47)	16.3 (0.44)
Marital status:						
Never married	100.0	42.7 (0.76)	3.3 (0.25)	15.9 (0.51)	18.8 (0.57)	19.3 (0.56)
Married	100.0	56.3 (0.53)	3.6 (0.16)	14.8 (0.31)	12.8 (0.29)	12.5 (0.29)
Cohabiting	100.0	52.0 (1.27)	4.7 (0.54)	15.3 (0.86)	13.7 (0.81)	14.3 (0.79)
Divorced or separated	100.0	58.1 (0.83)	2.7 (0.27)	12.0 (0.51)	13.4 (0.51)	13.8 (0.53)
Widowed	100.0	81.1 (1.13)	1.2 (0.27)	4.8 (0.57)	5.3 (0.67)	7.7 (0.77)
Geographic region:						
Northeast	100.0	52.7 (0.83)	3.4 (0.23)	14.0 (0.53)	14.9 (0.53)	15.0 (0.61)
Midwest	100.0	52.1 (0.88)	4.2 (0.26)	16.1 (0.56)	14.0 (0.50)	13.6 (0.47)
South	100.0	57.8 (0.86)	2.8 (0.17)	13.2 (0.41)	13.0 (0.42)	13.1 (0.43)
West	100.0	49.9 (0.96)	3.8 (0.31)	15.6 (0.60)	15.3 (0.47)	15.5 (0.53)
Place of residence: ⁸						
MSA, central city	100.0	52.7 (0.81)	3.3 (0.22)	15.1 (0.44)	14.8 (0.43)	14.2 (0.41)
MSA, not central city	100.0	52.1 (0.55)	3.6 (0.16)	14.8 (0.33)	15.0 (0.31)	14.5 (0.35)
Not MSA	100.0	59.9 (1.09)	3.3 (0.29)	13.3 (0.57)	10.4 (0.59)	13.0 (0.54)
Women						
Ages 18 years and over (crude) ⁴	100.0	65.6 (0.40)	2.3 (0.09)	10.1 (0.19)	12.4 (0.20)	9.7 (0.18)
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	65.2 (0.40)	2.3 (0.09)	10.2 (0.19)	12.5 (0.20)	9.8 (0.18)
Age:						
18–24 years	100.0	54.8 (0.98)	3.2 (0.31)	14.6 (0.64)	15.5 (0.59)	12.0 (0.58)
25–44 years	100.0	58.4 (0.56)	2.9 (0.16)	12.4 (0.31)	15.3 (0.32)	10.9 (0.27)
45–64 years	100.0	67.1 (0.49)	2.0 (0.12)	9.1 (0.30)	12.1 (0.30)	9.6 (0.28)
65–74 years	100.0	80.0 (0.70)	1.0 (0.16)	4.5 (0.32)	7.1 (0.42)	7.5 (0.45)
75 years and over	100.0	91.1 (0.50)	0.7 (0.12)	2.6 (0.25)	2.4 (0.26)	3.3 (0.30)
Race:						
White, single race	100.0	64.0 (0.44)	2.3 (0.10)	10.4 (0.22)	13.1 (0.23)	10.2 (0.20)
Black or African American, single race	100.0	73.4 (0.74)	2.3 (0.20)	8.5 (0.39)	8.9 (0.38)	6.8 (0.35)
American Indian or Alaska Native, single race	100.0	72.0 (3.24)	†	6.1 (1.53)	8.4 (1.65)	12.8 (2.65)
Asian, single race	100.0	70.2 (1.39)	2.8 (0.49)	8.7 (0.81)	11.1 (0.99)	7.2 (0.79)
Native Hawaiian or Other Pacific Islander, single race	100.0	56.5 (9.70)	†	*21.1 (8.75)	†	*14.9 (6.15)
2 or more races	100.0	57.7 (2.62)	3.4 (0.80)	12.6 (1.48)	15.7 (1.72)	10.5 (1.40)
Black or African American, white	100.0	63.6 (6.12)	†	*11.0 (3.55)	14.0 (4.03)	*8.8 (3.50)
American Indian or Alaska Native, white	100.0	57.8 (4.17)	*4.4 (1.43)	12.7 (2.24)	13.6 (2.65)	11.5 (2.29)

See footnotes at end of table.

Table XIV. Crude percent distributions (with standard errors) of times per week engaged in vigorous leisure-time physical activity, for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Women—Continued						
Percent distribution (standard error)						
Hispanic or Latino origin and race:						
Hispanic or Latino	100.0	75.5 (0.66)	1.8 (0.19)	7.1 (0.35)	8.3 (0.40)	7.3 (0.37)
Mexican or Mexican-American	100.0	75.3 (0.82)	1.8 (0.24)	7.1 (0.45)	8.3 (0.52)	7.4 (0.43)
Not Hispanic or Latino	100.0	64.3 (0.43)	2.4 (0.10)	10.4 (0.21)	12.9 (0.21)	10.0 (0.20)
White, single race	100.0	62.6 (0.47)	2.3 (0.11)	10.8 (0.24)	13.7 (0.24)	10.6 (0.22)
Black or African American, single race	100.0	73.5 (0.76)	2.3 (0.21)	8.5 (0.40)	8.9 (0.39)	6.8 (0.37)
Education:						
Less than high school graduate	100.0	84.3 (0.51)	1.3 (0.16)	4.8 (0.29)	4.2 (0.29)	5.3 (0.29)
GED diploma ⁶	100.0	73.3 (1.38)	1.8 (0.39)	8.2 (0.92)	7.5 (0.84)	9.2 (0.97)
High school graduate	100.0	73.7 (0.56)	1.8 (0.14)	7.6 (0.28)	8.6 (0.28)	8.2 (0.31)
Some college—no degree	100.0	59.6 (0.66)	2.9 (0.21)	12.5 (0.43)	14.3 (0.44)	10.6 (0.37)
Associate of arts degree	100.0	59.3 (0.92)	2.7 (0.28)	11.7 (0.54)	15.5 (0.63)	10.8 (0.54)
Bachelor of arts, science degree	100.0	50.0 (0.72)	2.9 (0.21)	13.8 (0.48)	20.2 (0.52)	13.0 (0.46)
Masters, doctorate, medical degree	100.0	46.3 (1.05)	3.1 (0.32)	15.3 (0.69)	21.2 (0.71)	14.0 (0.65)
Poverty status: ⁷						
Below poverty level	100.0	76.8 (1.15)	1.8 (0.23)	7.1 (0.53)	6.3 (0.44)	8.0 (0.48)
≥1 and <2 times poverty level	100.0	75.5 (0.63)	1.9 (0.18)	7.3 (0.34)	7.4 (0.37)	7.9 (0.41)
≥2 and <4 times poverty level	100.0	64.6 (0.61)	2.5 (0.17)	11.2 (0.36)	12.6 (0.40)	9.2 (0.32)
4 times poverty level or more	100.0	51.2 (0.61)	3.4 (0.20)	13.9 (0.38)	18.9 (0.42)	12.7 (0.35)
Marital status:						
Never married	100.0	57.2 (0.79)	2.8 (0.22)	13.1 (0.50)	15.4 (0.48)	11.4 (0.48)
Married	100.0	63.8 (0.49)	2.5 (0.12)	10.4 (0.25)	13.3 (0.26)	10.1 (0.25)
Cohabiting	100.0	61.7 (1.11)	2.0 (0.32)	12.6 (0.81)	13.4 (0.81)	10.3 (0.63)
Divorced or separated	100.0	69.6 (0.61)	2.0 (0.17)	8.8 (0.35)	10.6 (0.39)	9.0 (0.35)
Widowed	100.0	86.2 (0.50)	0.9 (0.11)	3.7 (0.25)	4.1 (0.26)	5.1 (0.29)
Geographic region:						
Northeast	100.0	65.2 (0.75)	1.9 (0.17)	9.5 (0.38)	13.0 (0.49)	10.4 (0.37)
Midwest	100.0	61.8 (0.76)	2.9 (0.21)	11.9 (0.42)	13.2 (0.41)	10.1 (0.39)
South	100.0	69.5 (0.74)	2.1 (0.15)	8.9 (0.30)	10.9 (0.30)	8.6 (0.32)
West	100.0	63.5 (0.79)	2.2 (0.17)	10.5 (0.44)	13.5 (0.43)	10.3 (0.35)
Place of residence: ⁸						
MSA, central city	100.0	66.7 (0.69)	2.2 (0.15)	9.8 (0.29)	12.3 (0.37)	9.1 (0.29)
MSA, not central city	100.0	63.4 (0.51)	2.4 (0.12)	10.6 (0.25)	13.6 (0.27)	10.0 (0.25)
Not MSA	100.0	69.4 (1.05)	2.2 (0.22)	9.2 (0.50)	9.6 (0.43)	9.6 (0.47)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Vigorous activity: Leisure-time physical activities that cause heavy sweating or large increases in breathing or heart rate and are done for at least 10 minutes per episode.

²None: Persons classified as not doing vigorous activity may include individuals who engaged in light-moderate activity but did not engage in vigorous activity.

³"Less than 1" refers to frequencies of vigorous activities lasting 10 minutes per episode that occurred less than one time per week (for example, three times per month).

⁴Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁵Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁸MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percent distributions, refer to Table 5.3. Denominator for each percent distribution excludes persons with unknown leisure-time physical activity status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XV. Crude percentages (with standard errors) of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 2002–04

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Both sexes			
Percent (standard error)			
Ages 18 years and over (crude) ²	15.1 (0.20)	23.1 (0.25)	31.6 (0.29)
Ages 18 years and over (age-adjusted) ^{2,3}	15.1 (0.20)	23.1 (0.25)	31.6 (0.29)
Age:			
18–24 years	16.7 (0.53)	32.2 (0.69)	39.3 (0.74)
25–44 years	14.7 (0.26)	26.7 (0.32)	34.0 (0.38)
45–64 years	15.1 (0.29)	21.0 (0.34)	30.4 (0.38)
65–74 years	17.1 (0.53)	14.4 (0.52)	27.0 (0.64)
75 years and over	12.0 (0.45)	7.0 (0.37)	16.8 (0.49)
Race:			
White, single race	15.8 (0.23)	23.9 (0.28)	32.8 (0.33)
Black or African American, single race	11.1 (0.38)	19.2 (0.57)	25.5 (0.62)
American Indian or Alaska Native, single race	12.4 (1.96)	18.2 (2.16)	26.1 (2.52)
Asian, single race	13.1 (0.76)	19.7 (1.00)	28.9 (1.09)
Native Hawaiian or Other Pacific Islander, single race	*19.0 (6.05)	26.6 (5.29)	37.0 (5.74)
2 or more races	17.0 (1.30)	26.9 (1.59)	35.8 (1.69)
Black or African American, white	16.3 (3.69)	28.8 (4.51)	37.9 (4.55)
American Indian or Alaska Native, white	17.8 (2.31)	22.8 (2.62)	33.1 (2.86)
Hispanic or Latino origin and race:			
Hispanic or Latino	11.3 (0.32)	17.4 (0.40)	24.1 (0.44)
Mexican or Mexican-American	11.4 (0.37)	16.8 (0.50)	23.7 (0.53)
Not Hispanic or Latino	15.6 (0.22)	23.8 (0.28)	32.7 (0.32)
White, single race	16.4 (0.25)	24.7 (0.30)	33.9 (0.35)
Black or African American, single race	11.1 (0.39)	19.2 (0.58)	25.5 (0.64)
Education:			
Less than high school graduate	10.8 (0.33)	11.2 (0.33)	18.3 (0.40)
GED diploma ⁴	14.4 (0.83)	15.8 (0.82)	24.5 (1.02)
High school graduate	14.0 (0.35)	17.5 (0.37)	26.4 (0.46)
Some college—no degree	16.8 (0.38)	26.6 (0.51)	35.5 (0.55)
Associate of arts degree	16.8 (0.48)	26.2 (0.60)	35.7 (0.65)
Bachelor of arts, science degree	17.2 (0.41)	33.4 (0.52)	42.1 (0.52)
Masters, doctorate, medical degree	18.1 (0.52)	36.4 (0.71)	45.3 (0.72)
Poverty status: ⁵			
Below poverty level	12.3 (0.51)	16.4 (0.72)	23.7 (0.77)
≥1 and <2 times poverty level	12.5 (0.36)	15.5 (0.43)	23.4 (0.49)
≥2 and <4 times poverty level	15.8 (0.35)	22.2 (0.39)	31.4 (0.45)
4 times poverty level or more	18.0 (0.32)	31.8 (0.39)	40.9 (0.42)
Marital status:			
Never married	16.0 (0.39)	31.2 (0.53)	38.4 (0.56)
Married	15.3 (0.24)	22.3 (0.28)	31.3 (0.33)
Cohabiting	15.8 (0.67)	23.9 (0.75)	32.1 (0.89)
Divorced or separated	14.4 (0.37)	20.6 (0.41)	29.2 (0.46)
Widowed	11.7 (0.41)	8.5 (0.36)	18.0 (0.52)
Geographic region:			
Northeast	16.5 (0.51)	24.4 (0.54)	34.0 (0.65)
Midwest	15.3 (0.38)	23.5 (0.44)	32.2 (0.55)
South	13.5 (0.36)	20.9 (0.48)	28.4 (0.56)
West	16.4 (0.33)	25.2 (0.48)	34.5 (0.48)
Place of residence: ⁶			
MSA, central city	13.8 (0.31)	23.1 (0.43)	30.9 (0.50)
MSA, not central city	15.7 (0.28)	24.6 (0.31)	33.5 (0.36)
Not MSA	15.2 (0.52)	19.0 (0.62)	27.9 (0.73)
Men			
Ages 18 years and over (crude) ²	15.9 (0.26)	26.1 (0.34)	34.2 (0.38)
Ages 18 years and over (age-adjusted) ^{2,3}	15.9 (0.26)	25.9 (0.34)	34.1 (0.37)
Age:			
18–24 years	18.4 (0.76)	38.4 (0.97)	44.5 (1.01)
25–44 years	15.1 (0.36)	29.1 (0.47)	35.7 (0.50)
45–64 years	15.2 (0.38)	22.5 (0.49)	31.3 (0.52)
65–74 years	18.9 (0.79)	16.7 (0.76)	30.2 (0.91)
75 years and over	15.1 (0.75)	11.1 (0.68)	22.1 (0.84)

See footnotes at end of table.

Table XV. Crude percentages (with standard errors) of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Men—Continued			
Percent (standard error)			
Race:			
White, single race	16.5 (0.30)	26.4 (0.38)	34.9 (0.42)
Black or African American, single race	13.3 (0.65)	25.2 (0.91)	31.4 (0.97)
American Indian or Alaska Native, single race	10.7 (2.78)	18.2 (3.24)	25.3 (3.68)
Asian, single race	12.3 (1.02)	22.7 (1.43)	30.7 (1.54)
Native Hawaiian or Other Pacific Islander, single race	*18.8 (7.82)	32.3 (6.83)	41.1 (8.05)
2 or more races	18.8 (1.99)	30.6 (2.44)	38.9 (2.50)
Black or African American, white	*13.3 (4.88)	38.8 (7.46)	42.0 (7.54)
American Indian or Alaska Native, white	21.8 (4.00)	24.6 (4.05)	36.1 (4.27)
Hispanic or Latino origin and race:			
Hispanic or Latino	11.3 (0.46)	20.7 (0.63)	26.5 (0.67)
Mexican or Mexican-American	11.3 (0.54)	19.5 (0.80)	25.5 (0.84)
Not Hispanic or Latino	16.6 (0.28)	26.9 (0.38)	35.3 (0.41)
White, single race	17.2 (0.32)	27.3 (0.41)	36.1 (0.46)
Black or African American, single race	13.4 (0.66)	25.2 (0.93)	31.4 (0.99)
Education:			
Less than high school graduate	11.6 (0.49)	14.6 (0.55)	21.0 (0.64)
GED diploma ⁴	15.2 (1.21)	17.6 (1.21)	25.7 (1.45)
High school graduate	14.7 (0.47)	20.5 (0.54)	28.9 (0.63)
Some college—no degree	18.5 (0.58)	30.8 (0.75)	39.5 (0.80)
Associate of arts degree	18.4 (0.81)	28.3 (0.90)	37.6 (0.99)
Bachelor of arts, science degree	17.1 (0.55)	35.3 (0.73)	43.4 (0.72)
Masters, doctorate, medical degree	18.3 (0.71)	38.6 (0.93)	47.0 (0.95)
Poverty status:⁵			
Below poverty level	13.3 (0.78)	21.6 (1.08)	28.6 (1.19)
≥1 and <2 times poverty level	12.7 (0.53)	18.2 (0.66)	24.9 (0.73)
≥2 and <4 times poverty level	16.7 (0.49)	24.6 (0.56)	33.4 (0.64)
4 times poverty level or more	18.7 (0.45)	33.7 (0.58)	42.5 (0.61)
Marital status:			
Never married	17.6 (0.55)	35.9 (0.72)	42.7 (0.74)
Married	15.3 (0.31)	23.3 (0.39)	31.8 (0.44)
Cohabiting	15.8 (0.89)	25.9 (1.11)	32.9 (1.22)
Divorced or separated	15.8 (0.58)	24.9 (0.67)	33.2 (0.72)
Widowed	15.8 (1.15)	11.4 (0.98)	23.1 (1.34)
Geographic region:			
Northeast	18.0 (0.61)	27.6 (0.72)	37.4 (0.80)
Midwest	15.9 (0.52)	25.4 (0.61)	33.9 (0.75)
South	14.3 (0.45)	24.3 (0.66)	31.2 (0.71)
West	16.8 (0.49)	28.8 (0.63)	37.1 (0.64)
Place of residence:⁶			
MSA, central city	14.8 (0.40)	26.9 (0.58)	34.5 (0.64)
MSA, not central city	16.5 (0.36)	27.5 (0.43)	35.8 (0.48)
Not MSA	15.8 (0.66)	21.3 (0.80)	29.7 (0.92)
Women			
Ages 18 years and over (crude) ²	14.3 (0.24)	20.3 (0.28)	29.3 (0.34)
Ages 18 years and over (age-adjusted) ^{2,3}	14.3 (0.24)	20.5 (0.28)	29.4 (0.34)
Age:			
18–24 years	15.0 (0.66)	26.1 (0.75)	34.1 (0.84)
25–44 years	14.2 (0.33)	24.4 (0.39)	32.3 (0.47)
45–64 years	15.0 (0.36)	19.6 (0.40)	29.5 (0.47)
65–74 years	15.7 (0.61)	12.6 (0.59)	24.4 (0.76)
75 years and over	10.1 (0.52)	4.4 (0.34)	13.3 (0.55)
Race:			
White, single race	15.2 (0.28)	21.5 (0.31)	30.8 (0.38)
Black or African American, single race	9.3 (0.41)	14.4 (0.56)	20.8 (0.66)
American Indian or Alaska Native, single race	14.0 (2.22)	18.3 (2.83)	27.0 (3.25)
Asian, single race	13.8 (1.04)	16.6 (1.23)	27.1 (1.35)
Native Hawaiian or Other Pacific Islander, single race	*19.3 (6.79)	*18.2 (7.06)	30.9 (8.15)
2 or more races	15.4 (1.66)	23.7 (2.06)	33.1 (2.33)
Black or African American, white	18.4 (5.14)	21.7 (5.10)	34.9 (6.11)
American Indian or Alaska Native, white	14.6 (2.40)	21.3 (3.51)	30.7 (3.72)

See footnotes at end of table.

Table XV. Crude percentages (with standard errors) of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Women—Continued			
Percent (standard error)			
Hispanic or Latino origin and race:			
Hispanic or Latino	11.3 (0.42)	14.0 (0.51)	21.7 (0.60)
Mexican or Mexican-American	11.6 (0.49)	13.9 (0.63)	21.8 (0.74)
Not Hispanic or Latino	14.7 (0.26)	21.1 (0.30)	30.2 (0.36)
White, single race	15.7 (0.30)	22.4 (0.33)	31.9 (0.40)
Black or African American, single race	9.3 (0.41)	14.3 (0.58)	20.7 (0.68)
Education:			
Less than high school graduate	10.1 (0.39)	8.1 (0.38)	15.7 (0.47)
GED diploma ⁴	13.5 (1.14)	13.9 (1.13)	23.2 (1.39)
High school graduate	13.5 (0.44)	14.9 (0.42)	24.2 (0.57)
Some college—no degree	15.3 (0.44)	22.8 (0.55)	32.0 (0.61)
Associate of arts degree	15.6 (0.65)	24.6 (0.73)	34.1 (0.81)
Bachelor of arts, science degree	17.3 (0.59)	31.6 (0.65)	41.0 (0.69)
Masters, doctorate, medical degree	17.7 (0.80)	33.7 (0.97)	43.2 (1.04)
Poverty status: ⁵			
Below poverty level	11.6 (0.57)	12.8 (0.75)	20.4 (0.80)
≥1 and <2 times poverty level	12.5 (0.44)	13.4 (0.48)	22.1 (0.57)
≥2 and <4 times poverty level	15.0 (0.42)	20.0 (0.48)	29.5 (0.56)
4 times poverty level or more	17.3 (0.44)	29.6 (0.49)	39.1 (0.55)
Marital status:			
Never married.	14.0 (0.47)	25.5 (0.63)	33.2 (0.69)
Married	15.2 (0.31)	21.3 (0.34)	30.8 (0.41)
Cohabiting	15.7 (0.87)	21.9 (0.95)	31.4 (1.15)
Divorced or separated.	13.5 (0.44)	17.7 (0.50)	26.6 (0.56)
Widowed	10.7 (0.40)	7.8 (0.37)	16.8 (0.52)
Geographic region:			
Northeast	15.2 (0.61)	21.6 (0.64)	31.0 (0.82)
Midwest	14.6 (0.45)	21.7 (0.52)	30.5 (0.64)
South	12.7 (0.41)	17.8 (0.49)	25.9 (0.59)
West	16.1 (0.47)	21.8 (0.56)	32.1 (0.60)
Place of residence: ⁶			
MSA, central city	12.9 (0.38)	19.7 (0.50)	27.8 (0.58)
MSA, not central city	15.0 (0.34)	21.9 (0.37)	31.3 (0.44)
Not MSA	14.7 (0.58)	16.9 (0.63)	26.2 (0.82)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

¹Regular leisure-time physical activity: "light-moderate" is defined as engaging in light-moderate activity at least 5 times per week for at least 30 minutes each time; "vigorous" is defined as engaging in vigorous activity at least 3 times per week for at least 20 minutes each time; "any" is defined as meeting either criterion or both criteria.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percentages, refer to Table 5.4. Denominator for each percentage excludes persons with unknown leisure-time physical activity status. See Appendix II definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XVI. Crude percentages (with standard errors) of adults 18 years of age and over who engaged in any leisure-time strengthening activities by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Engaged in any strengthening activities ¹		
	Both sexes	Men	Women
		Percent (standard error)	
Ages 18 years and over (crude) ²	24.6 (0.27)	28.3 (0.34)	21.2 (0.31)
Ages 18 years and over (age-adjusted) ^{2,3}	24.6 (0.26)	28.1 (0.33)	21.4 (0.31)
Age			
18–24 years	36.2 (0.76)	44.9 (1.04)	27.4 (0.86)
25–44 years	28.5 (0.36)	32.5 (0.47)	24.6 (0.45)
45–64 years	21.0 (0.33)	21.7 (0.45)	20.2 (0.40)
65–74 years	15.0 (0.45)	16.8 (0.71)	13.4 (0.56)
75 years and over	10.9 (0.44)	13.6 (0.79)	9.2 (0.47)
Race			
White, single race	24.8 (0.30)	27.5 (0.37)	22.3 (0.35)
Black or African American, single race	23.1 (0.58)	32.5 (0.94)	15.7 (0.55)
American Indian or Alaska Native, single race	20.8 (1.72)	22.8 (2.54)	18.9 (2.81)
Asian, single race	24.9 (1.03)	29.7 (1.52)	19.9 (1.26)
Native Hawaiian or Other Pacific Islander, single race	36.1 (6.19)	45.4 (9.19)	*22.5 (7.47)
2 or more races	34.3 (1.69)	39.7 (2.60)	29.8 (2.26)
Black or African American, white	37.7 (4.15)	47.9 (7.37)	30.5 (5.69)
American Indian or Alaska Native, white	27.5 (2.48)	31.3 (3.74)	24.5 (3.19)
Hispanic or Latino origin and race			
Hispanic or Latino	17.6 (0.44)	22.5 (0.67)	12.7 (0.49)
Mexican or Mexican-American	16.9 (0.53)	21.4 (0.83)	12.1 (0.59)
Not Hispanic or Latino	25.5 (0.30)	29.1 (0.37)	22.3 (0.33)
White, single race	25.8 (0.33)	28.4 (0.40)	23.4 (0.38)
Black or African American, single race	23.0 (0.57)	32.3 (0.94)	15.6 (0.56)
Education			
Less than high school graduate	11.1 (0.35)	14.6 (0.56)	7.9 (0.37)
GED diploma ⁴	16.1 (0.97)	19.5 (1.63)	12.6 (1.09)
High school graduate	18.6 (0.38)	22.7 (0.57)	14.9 (0.42)
Some college—no degree	29.2 (0.48)	34.1 (0.72)	24.9 (0.59)
Associate of arts degree	28.0 (0.62)	30.6 (1.02)	26.0 (0.77)
Bachelor of arts, science degree	35.9 (0.55)	38.6 (0.70)	33.4 (0.70)
Masters, doctorate, medical degree	38.6 (0.65)	40.3 (0.92)	36.4 (0.97)
Poverty status ⁵			
Below poverty level	17.1 (0.78)	23.5 (1.18)	12.7 (0.73)
≥1 and <2 times poverty level	17.4 (0.43)	21.5 (0.74)	14.1 (0.46)
≥2 and <4 times poverty level	24.4 (0.40)	27.4 (0.55)	21.4 (0.50)
4 times poverty level or more	34.6 (0.42)	36.7 (0.58)	32.4 (0.55)
Marital status			
Never married	34.9 (0.58)	41.5 (0.74)	26.9 (0.68)
Married	22.8 (0.29)	24.0 (0.39)	21.7 (0.38)
Cohabiting	26.2 (0.79)	29.3 (1.03)	23.2 (1.08)
Divorced or separated	22.7 (0.44)	28.1 (0.73)	19.0 (0.51)
Widowed	11.4 (0.40)	14.0 (0.94)	10.8 (0.45)
Geographic region			
Northeast	26.0 (0.53)	29.4 (0.55)	23.1 (0.76)
Midwest	28.0 (0.55)	30.5 (0.72)	25.7 (0.63)
South	20.6 (0.47)	25.0 (0.64)	16.5 (0.47)
West	26.4 (0.57)	30.5 (0.68)	22.5 (0.65)
Place of residence ⁶			
MSA, central city	25.5 (0.49)	30.4 (0.63)	21.2 (0.53)
MSA, not central city	26.4 (0.33)	29.7 (0.42)	23.2 (0.41)
Not MSA	18.9 (0.57)	21.6 (0.77)	16.4 (0.63)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

¹Strengthening activities: leisure-time physical activities specifically designed to strengthen muscles such as weight lifting or calisthenics. No minimum duration imposed when asking frequency and no duration question asked.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percentages, refer to Table 5.5. Denominator for each percentage excludes persons with unknown leisure-time strengthening activity status. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XVII. Crude percentages (with standard errors) of adults 18 years of age and over who were overweight, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Overweight (BMI or 25 or more) ¹		
	Both sexes	Men	Women
		Percent (standard error)	
Ages 18 years and over (crude) ²	58.9 (0.24)	67.3 (0.31)	50.9 (0.32)
Ages 18 years and over (age-adjusted) ^{2,3}	58.7 (0.23)	67.1 (0.30)	50.6 (0.32)
Age			
18–24 years	39.9 (0.64)	44.8 (0.91)	34.9 (0.88)
25–44 years	58.4 (0.34)	69.1 (0.44)	47.7 (0.48)
45–64 years	67.1 (0.35)	75.1 (0.48)	59.1 (0.46)
65–74 years	66.3 (0.55)	73.4 (0.84)	60.0 (0.78)
75 years and over	52.1 (0.65)	57.0 (1.06)	48.8 (0.77)
Race			
White, single race	58.4 (0.25)	68.3 (0.34)	48.8 (0.35)
Black or African American, single race	68.6 (0.58)	68.6 (0.88)	68.6 (0.74)
American Indian or Alaska Native, single race	64.4 (3.29)	73.2 (4.65)	55.2 (3.52)
Asian, single race	33.0 (1.08)	40.5 (1.41)	25.0 (1.51)
Native Hawaiian or Other Pacific Islander, single race	65.4 (6.61)	73.7 (9.44)	51.2 (9.27)
2 or more races	58.6 (2.13)	66.1 (3.00)	52.0 (2.68)
Black or African American, white	56.0 (4.77)	61.2 (7.01)	52.0 (6.28)
American Indian or Alaska Native, white	61.7 (3.04)	68.7 (4.25)	56.1 (4.14)
Hispanic or Latino origin and race			
Hispanic or Latino	64.6 (0.48)	70.3 (0.61)	58.7 (0.68)
Mexican or Mexican-American	67.4 (0.60)	71.9 (0.73)	62.5 (0.86)
Not Hispanic or Latino	58.2 (0.25)	66.9 (0.34)	49.9 (0.34)
White, single race	57.7 (0.26)	68.0 (0.37)	47.8 (0.37)
Black or African American, single race	68.6 (0.59)	68.6 (0.88)	68.7 (0.73)
Education			
Less than high school graduate	62.0 (0.48)	64.5 (0.71)	59.7 (0.65)
GED diploma ⁴	63.2 (1.16)	66.2 (1.58)	59.8 (1.62)
High school graduate	61.6 (0.41)	68.6 (0.54)	55.1 (0.52)
Some college—no degree	58.4 (0.57)	67.8 (0.75)	49.7 (0.72)
Associate of arts degree	61.4 (0.64)	72.4 (0.87)	52.5 (0.82)
Bachelor of arts, science degree	53.2 (0.52)	67.8 (0.73)	39.1 (0.69)
Masters, doctorate, medical degree	53.0 (0.68)	64.0 (0.84)	38.9 (0.95)
Poverty status ⁵			
Below poverty level	56.5 (0.74)	57.3 (1.04)	56.0 (1.01)
≥1 and <2 times poverty level	60.4 (0.51)	64.1 (0.78)	57.5 (0.64)
≥2 and <4 times poverty level	60.7 (0.41)	67.5 (0.59)	53.8 (0.56)
4 times poverty level or more	58.9 (0.38)	71.9 (0.48)	44.5 (0.57)
Marital status			
Never married	48.5 (0.52)	52.3 (0.66)	43.8 (0.76)
Married	62.7 (0.29)	73.2 (0.35)	51.6 (0.41)
Cohabiting	55.3 (0.82)	64.2 (1.02)	46.1 (1.29)
Divorced or separated	61.6 (0.51)	68.5 (0.68)	56.8 (0.73)
Widowed	55.6 (0.66)	61.1 (1.25)	54.3 (0.75)
Geographic region			
Northeast	57.6 (0.50)	67.5 (0.77)	48.4 (0.74)
Midwest	60.3 (0.45)	69.4 (0.57)	51.6 (0.63)
South	60.4 (0.42)	67.4 (0.58)	53.6 (0.54)
West	55.9 (0.47)	64.5 (0.53)	47.4 (0.68)
Place of residence ⁶			
MSA, central city	56.8 (0.39)	63.5 (0.59)	50.6 (0.52)
MSA, not central city	58.7 (0.31)	68.4 (0.43)	49.1 (0.43)
Not MSA	62.5 (0.59)	69.9 (0.67)	55.5 (0.78)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

¹Body Mass Index (BMI) is calculated as kilograms/meters², using self-reported height and weight. Overweight is defined as a BMI of greater than or equal to 25, which includes obese.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percentages, refer to Table 6.1. Denominator for each percentage excludes persons with unknown body mass index. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XVIII. Crude percent distributions (with standard errors) of body weight status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Total	Body weight status ¹			
		Not overweight		Overweight	
		Underweight	Healthy weight	Overweight (but not obese)	Obese
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (crude) ²	100.0	2.0 (0.06)	39.1 (0.23)	35.4 (0.19)	23.6 (0.20)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	2.0 (0.06)	39.2 (0.22)	35.3 (0.19)	23.4 (0.20)
Age:					
18–24 years	100.0	4.3 (0.27)	55.8 (0.64)	25.6 (0.58)	14.3 (0.47)
25–44 years	100.0	1.8 (0.09)	39.7 (0.34)	34.8 (0.30)	23.6 (0.29)
45–64 years	100.0	1.1 (0.08)	31.9 (0.34)	38.8 (0.35)	28.3 (0.36)
65–74 years	100.0	1.5 (0.14)	32.3 (0.55)	39.6 (0.57)	26.7 (0.52)
75 years and over	100.0	3.4 (0.22)	44.5 (0.66)	36.1 (0.60)	16.0 (0.46)
Race:					
White, single race	100.0	2.0 (0.06)	39.6 (0.25)	35.8 (0.21)	22.6 (0.22)
Black or African American, single race	100.0	1.3 (0.13)	30.1 (0.58)	34.4 (0.51)	34.2 (0.55)
American Indian or Alaska Native, single race	100.0	2.1 (0.63)	33.4 (3.36)	30.5 (2.89)	33.9 (2.63)
Asian, single race	100.0	5.8 (0.57)	61.2 (1.16)	26.6 (0.97)	6.4 (0.55)
Native Hawaiian or Other Pacific Islander, single race	100.0	–	34.6 (6.61)	33.2 (4.36)	32.2 (5.80)
2 or more races	100.0	2.4 (0.57)	39.1 (2.02)	32.4 (1.96)	26.2 (1.71)
Black or African American, white	100.0	†	41.3 (4.60)	27.0 (3.95)	29.0 (4.41)
American Indian or Alaska Native, white	100.0	*2.1 (0.68)	36.2 (3.05)	34.0 (2.89)	27.7 (2.54)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	1.2 (0.10)	34.2 (0.49)	39.4 (0.44)	25.2 (0.46)
Mexican or Mexican-American	100.0	1.0 (0.11)	31.6 (0.61)	40.2 (0.54)	27.2 (0.62)
Not Hispanic or Latino	100.0	2.1 (0.07)	39.7 (0.24)	34.8 (0.21)	23.4 (0.22)
White, single race	100.0	2.1 (0.07)	40.2 (0.26)	35.3 (0.23)	22.4 (0.24)
Black or African American, single race	100.0	1.3 (0.13)	30.0 (0.58)	34.4 (0.52)	34.2 (0.54)
Education:					
Less than high school graduate	100.0	2.4 (0.15)	35.6 (0.47)	35.1 (0.41)	27.0 (0.42)
GED diploma ⁴	100.0	2.5 (0.34)	34.4 (1.16)	34.0 (1.15)	29.2 (1.03)
High school graduate	100.0	1.9 (0.12)	36.5 (0.39)	36.0 (0.38)	25.6 (0.37)
Some college—no degree	100.0	2.2 (0.15)	39.4 (0.55)	33.9 (0.46)	24.5 (0.41)
Associate of arts degree	100.0	1.7 (0.16)	36.8 (0.64)	35.7 (0.62)	25.7 (0.59)
Bachelor of arts, science degree	100.0	1.9 (0.13)	44.9 (0.51)	35.6 (0.49)	17.5 (0.39)
Masters, doctorate, medical degree	100.0	1.4 (0.14)	45.6 (0.68)	36.7 (0.62)	16.2 (0.52)
Poverty status: ⁵					
Below poverty level	100.0	3.0 (0.24)	40.4 (0.74)	30.1 (0.57)	26.4 (0.58)
≥1 and <2 times poverty level	100.0	2.3 (0.17)	37.2 (0.51)	33.4 (0.48)	27.1 (0.46)
≥2 and <4 times poverty level	100.0	1.9 (0.12)	37.4 (0.41)	35.3 (0.36)	25.4 (0.37)
4 times poverty level or more	100.0	1.6 (0.10)	39.4 (0.37)	37.4 (0.36)	21.5 (0.33)
Marital status:					
Never married	100.0	3.3 (0.20)	48.2 (0.51)	28.6 (0.44)	19.9 (0.39)
Married	100.0	1.4 (0.07)	35.9 (0.28)	38.2 (0.26)	24.5 (0.26)
Cohabiting	100.0	2.3 (0.29)	42.4 (0.80)	33.1 (0.77)	22.2 (0.70)
Divorced or separated	100.0	1.8 (0.12)	36.6 (0.50)	34.9 (0.48)	26.7 (0.47)
Widowed	100.0	3.3 (0.21)	41.1 (0.66)	32.6 (0.63)	22.9 (0.54)
Geographic region:					
Northeast	100.0	2.0 (0.16)	40.4 (0.50)	35.8 (0.42)	21.8 (0.44)
Midwest	100.0	1.9 (0.12)	37.8 (0.44)	35.5 (0.39)	24.8 (0.35)
South	100.0	2.0 (0.10)	37.7 (0.40)	35.2 (0.35)	25.2 (0.37)
West	100.0	2.2 (0.14)	41.9 (0.46)	35.1 (0.36)	20.8 (0.37)
Place of residence: ⁶					
MSA, central city	100.0	2.1 (0.11)	41.0 (0.39)	33.5 (0.33)	23.3 (0.33)
MSA, not central city	100.0	2.0 (0.08)	39.3 (0.30)	36.2 (0.26)	22.4 (0.25)
Not MSA	100.0	1.8 (0.14)	35.8 (0.55)	35.6 (0.47)	26.9 (0.53)
Men					
Ages 18 years and over (crude) ²	100.0	1.0 (0.07)	31.6 (0.31)	43.6 (0.29)	23.8 (0.28)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	1.0 (0.07)	31.8 (0.30)	43.6 (0.29)	23.6 (0.28)

See footnotes at end of table.

Table XVIII. Crude percent distributions (with standard errors) of body weight status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Body weight status ¹			
		Not overweight		Overweight	
		Underweight	Healthy weight	Overweight (but not obese)	Obese
Men—Continued		Percent distribution (standard error)			
Age:					
18–24 years	100.0	2.8 (0.35)	52.4 (0.90)	30.4 (0.84)	14.3 (0.68)
25–44 years	100.0	0.6 (0.09)	30.3 (0.45)	44.6 (0.44)	24.5 (0.41)
45–64 years	100.0	0.5 (0.08)	24.3 (0.47)	46.9 (0.54)	28.2 (0.53)
65–74 years	100.0	1.2 (0.20)	25.4 (0.83)	48.1 (0.90)	25.4 (0.82)
75 years and over	100.0	1.7 (0.29)	41.3 (1.07)	42.5 (1.03)	14.5 (0.73)
Race:					
White, single race	100.0	0.9 (0.07)	30.8 (0.34)	44.5 (0.33)	23.8 (0.31)
Black or African American, single race	100.0	1.1 (0.20)	30.3 (0.87)	39.9 (0.95)	28.7 (0.83)
American Indian or Alaska Native, single race	100.0	†	25.2 (4.57)	38.0 (3.67)	35.2 (4.51)
Asian, single race	100.0	3.1 (0.75)	56.4 (1.45)	33.4 (1.33)	7.2 (0.83)
Native Hawaiian or Other Pacific Islander, single race	100.0	–	*26.3 (9.44)	34.2 (6.00)	39.5 (8.65)
2 or more races	100.0	†	33.1 (2.98)	43.7 (3.33)	22.4 (2.43)
Black or African American, white	100.0	–	38.8 (7.01)	37.8 (7.00)	23.4 (5.62)
American Indian or Alaska Native, white	100.0	†	30.4 (4.18)	47.1 (4.43)	21.5 (3.23)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	0.7 (0.13)	28.9 (0.61)	45.8 (0.65)	24.6 (0.63)
Mexican or Mexican-American	100.0	0.6 (0.14)	27.5 (0.75)	45.8 (0.80)	26.1 (0.84)
Not Hispanic or Latino	100.0	1.1 (0.08)	32.0 (0.33)	43.3 (0.32)	23.7 (0.31)
White, single race	100.0	0.9 (0.08)	31.1 (0.36)	44.3 (0.36)	23.7 (0.34)
Black or African American, single race	100.0	1.1 (0.21)	30.3 (0.87)	40.0 (0.96)	28.5 (0.81)
Education:					
Less than high school graduate	100.0	1.7 (0.22)	33.8 (0.70)	40.1 (0.65)	24.4 (0.60)
GED diploma ⁴	100.0	1.6 (0.46)	32.2 (1.57)	38.6 (1.64)	27.7 (1.52)
High school graduate	100.0	1.2 (0.15)	30.2 (0.54)	42.7 (0.59)	25.9 (0.54)
Some college—no degree	100.0	0.9 (0.16)	31.2 (0.74)	42.6 (0.69)	25.2 (0.61)
Associate of arts degree	100.0	0.7 (0.19)	26.9 (0.84)	45.5 (1.04)	26.9 (0.88)
Bachelor of arts, science degree	100.0	0.4 (0.08)	31.8 (0.73)	48.3 (0.75)	19.5 (0.61)
Masters, doctorate, medical degree	100.0	0.4 (0.10)	35.7 (0.83)	46.1 (0.84)	17.9 (0.74)
Poverty status: ⁵					
Below poverty level	100.0	2.5 (0.43)	40.3 (1.05)	35.1 (0.91)	22.2 (0.81)
≥1 and <2 times poverty level	100.0	1.4 (0.24)	34.5 (0.78)	39.6 (0.78)	24.5 (0.68)
≥2 and <4 times poverty level	100.0	1.0 (0.13)	31.5 (0.58)	42.4 (0.58)	25.1 (0.55)
4 times poverty level or more	100.0	0.5 (0.09)	27.5 (0.47)	47.5 (0.49)	24.5 (0.49)
Marital status:					
Never married	100.0	2.3 (0.25)	45.4 (0.66)	34.5 (0.62)	17.8 (0.53)
Married	100.0	0.6 (0.06)	26.2 (0.36)	47.1 (0.38)	26.2 (0.37)
Cohabiting	100.0	0.9 (0.27)	34.9 (1.01)	41.9 (1.17)	22.2 (0.94)
Divorced or separated	100.0	0.8 (0.14)	30.7 (0.68)	43.5 (0.76)	25.0 (0.74)
Widowed	100.0	1.5 (0.31)	37.4 (1.25)	43.1 (1.36)	18.0 (1.05)
Geographic region:					
Northeast	100.0	1.0 (0.21)	31.4 (0.77)	44.2 (0.67)	23.3 (0.67)
Midwest	100.0	0.9 (0.15)	29.7 (0.57)	44.6 (0.63)	24.8 (0.56)
South	100.0	1.0 (0.11)	31.6 (0.56)	42.7 (0.52)	24.8 (0.50)
West	100.0	1.2 (0.14)	34.3 (0.58)	43.4 (0.50)	21.1 (0.54)
Place of residence: ⁶					
MSA, central city	100.0	1.1 (0.13)	35.4 (0.60)	41.3 (0.52)	22.2 (0.46)
MSA, not central city	100.0	1.0 (0.10)	30.7 (0.42)	44.9 (0.42)	23.5 (0.38)
Not MSA	100.0	1.0 (0.17)	29.1 (0.65)	43.1 (0.66)	26.8 (0.69)
Women					
Ages 18 years and over (crude) ²	100.0	3.0 (0.09)	46.2 (0.32)	27.5 (0.25)	23.4 (0.26)
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	3.0 (0.10)	46.4 (0.31)	27.3 (0.25)	23.2 (0.25)
Age:					
18–24 years	100.0	5.9 (0.41)	59.2 (0.88)	20.6 (0.71)	14.3 (0.60)
25–44 years	100.0	3.1 (0.15)	49.2 (0.47)	25.0 (0.41)	22.8 (0.40)
45–64 years	100.0	1.6 (0.12)	39.3 (0.45)	30.7 (0.40)	28.4 (0.48)
65–74 years	100.0	1.8 (0.20)	38.2 (0.78)	32.2 (0.75)	27.8 (0.68)
75 years and over	100.0	4.6 (0.31)	46.6 (0.78)	31.9 (0.73)	16.9 (0.60)

See footnotes at end of table.

Table XVIII. Crude percent distributions (with standard errors) of body weight status for adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Total	Body weight status ¹			
		Not overweight		Overweight	
		Underweight	Healthy weight	Overweight (but not obese)	Obese
Women—Continued		Percent distribution (standard error)			
Race:					
White, single race	100.0	3.0 (0.10)	48.1 (0.34)	27.3 (0.29)	21.5 (0.27)
Black or African American, single race	100.0	1.5 (0.16)	30.0 (0.76)	29.7 (0.54)	38.8 (0.80)
American Indian or Alaska Native, single race	100.0	*2.7 (1.03)	42.1 (3.66)	22.6 (3.29)	32.6 (3.29)
Asian, single race	100.0	8.7 (0.86)	66.3 (1.66)	19.5 (1.34)	5.5 (0.68)
Native Hawaiian or Other Pacific Islander, single race	100.0	—	48.8 (9.27)	31.6 (8.70)	*19.6 (6.71)
2 or more races	100.0	3.8 (0.90)	44.3 (2.54)	22.6 (1.93)	29.4 (2.22)
Black or African American, white	100.0	†	43.3 (5.89)	18.7 (4.45)	33.4 (6.13)
American Indian or Alaska Native, white	100.0	*3.0 (1.08)	40.9 (4.16)	23.3 (3.14)	32.8 (3.39)
Hispanic or Latino origin and race:					
Hispanic or Latino	100.0	1.7 (0.16)	39.7 (0.67)	32.8 (0.61)	25.9 (0.57)
Mexican or Mexican-American	100.0	1.4 (0.15)	36.1 (0.88)	34.1 (0.82)	28.4 (0.76)
Not Hispanic or Latino	100.0	3.1 (0.10)	47.0 (0.34)	26.8 (0.27)	23.1 (0.28)
White, single race	100.0	3.2 (0.11)	49.0 (0.36)	26.7 (0.30)	21.1 (0.29)
Black or African American, single race	100.0	1.5 (0.17)	29.8 (0.74)	29.7 (0.55)	39.0 (0.78)
Education:					
Less than high school graduate	100.0	3.1 (0.21)	37.3 (0.63)	30.2 (0.57)	29.4 (0.62)
GED diploma ⁴	100.0	3.5 (0.57)	36.7 (1.66)	28.8 (1.52)	31.0 (1.35)
High school graduate	100.0	2.6 (0.17)	42.3 (0.50)	29.8 (0.45)	25.3 (0.45)
Some college—no degree	100.0	3.3 (0.22)	47.0 (0.71)	26.0 (0.57)	23.7 (0.54)
Associate of arts degree	100.0	2.6 (0.26)	44.9 (0.83)	27.8 (0.75)	24.8 (0.80)
Bachelor of arts, science degree	100.0	3.3 (0.25)	57.7 (0.70)	23.4 (0.61)	15.7 (0.48)
Masters, doctorate, medical degree	100.0	2.8 (0.30)	58.4 (0.97)	24.7 (0.80)	14.2 (0.67)
Poverty status:⁵					
Below poverty level	100.0	3.4 (0.30)	40.6 (0.99)	26.7 (0.72)	29.3 (0.77)
≥1 and <2 times poverty level	100.0	3.1 (0.23)	39.5 (0.66)	28.3 (0.57)	29.2 (0.58)
≥2 and <4 times poverty level	100.0	2.9 (0.20)	43.3 (0.56)	28.2 (0.47)	25.6 (0.44)
4 times poverty level or more	100.0	2.8 (0.18)	52.7 (0.55)	26.2 (0.50)	18.3 (0.41)
Marital status:					
Never married	100.0	4.6 (0.31)	51.7 (0.75)	21.4 (0.56)	22.4 (0.54)
Married	100.0	2.4 (0.12)	46.0 (0.40)	28.9 (0.34)	22.7 (0.33)
Cohabiting	100.0	3.7 (0.51)	50.2 (1.24)	24.0 (1.02)	22.1 (1.05)
Divorced or separated	100.0	2.5 (0.19)	40.7 (0.72)	29.0 (0.58)	27.8 (0.63)
Widowed	100.0	3.7 (0.25)	42.0 (0.75)	30.2 (0.68)	24.1 (0.62)
Geographic region:					
Northeast	100.0	2.9 (0.22)	48.7 (0.75)	28.1 (0.59)	20.3 (0.54)
Midwest	100.0	2.9 (0.18)	45.6 (0.61)	26.8 (0.48)	24.8 (0.50)
South	100.0	2.9 (0.15)	43.5 (0.52)	28.0 (0.43)	25.6 (0.48)
West	100.0	3.3 (0.23)	49.4 (0.65)	26.9 (0.53)	20.5 (0.43)
Place of residence:⁶					
MSA, central city	100.0	3.1 (0.18)	46.3 (0.53)	26.3 (0.40)	24.3 (0.42)
MSA, not central city	100.0	3.1 (0.14)	47.8 (0.42)	27.7 (0.35)	21.4 (0.32)
Not MSA	100.0	2.5 (0.18)	42.0 (0.74)	28.5 (0.54)	27.0 (0.71)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

†A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

— Quantity zero.

¹Body weight status was based on Body Mass Index (BMI) using self-reported height and weight. The formula for BMI is kilograms/meters². Underweight is defined as a BMI of less than 18.5; healthy weight is defined as a BMI of greater than 18.5 and less than 25; overweight, but not obese, is defined as a BMI of greater than 25 and less than 30; and obese is defined as a BMI of greater than or equal to 30.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percent distributions, refer to Table 6.2. Denominator for each percent distribution excludes persons with unknown body mass index. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XIX. Crude percent distributions (with standard errors) of usual hours of sleep for adults 18 years of age and over, by selected characteristics: United States, 2004

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7 to 8	9 or more
Both sexes		Percent distribution (standard error)		
Ages 18 years and over (age-adjusted) ²	100.0	28.6 (0.33)	62.8 (0.35)	8.6 (0.21)
Ages 18 years and over (crude) ^{2,3}	100.0	28.5 (0.32)	62.8 (0.35)	8.7 (0.20)
Age:				
18–24 years	100.0	23.5 (0.96)	63.4 (1.05)	13.2 (0.69)
25–44 years	100.0	29.7 (0.49)	64.4 (0.52)	5.9 (0.27)
45–64 years	100.0	31.8 (0.59)	61.8 (0.61)	6.4 (0.32)
65–74 years	100.0	24.2 (0.87)	63.4 (0.98)	12.4 (0.72)
75 years and over	100.0	23.8 (0.93)	57.0 (1.11)	19.3 (0.92)
Race:				
White, single race	100.0	27.7 (0.37)	64.0 (0.39)	8.3 (0.23)
Black or African American, single race	100.0	34.5 (0.98)	54.9 (0.99)	10.6 (0.67)
American Indian or Alaska Native, single race	100.0	34.2 (4.18)	52.6 (4.85)	13.2 (3.41)
Asian, single race	100.0	30.4 (1.65)	64.5 (1.80)	5.1 (0.89)
Native Hawaiian or other Pacific Islander, single race	100.0	30.1 (8.00)	56.9 (9.81)	†
2 or more races	100.0	35.1 (2.89)	54.9 (2.91)	10.0 (1.77)
Black or African American, white	100.0	40.7 (7.31)	56.2 (7.31)	†
American Indian or Alaska Native, white	100.0	35.2 (5.03)	56.2 (4.75)	8.6 (2.43)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	25.0 (0.77)	65.8 (0.84)	9.2 (0.44)
Mexican or Mexican-American	100.0	22.9 (0.93)	66.8 (1.06)	10.3 (0.55)
Not Hispanic or Latino	100.0	29.2 (0.36)	62.4 (0.37)	8.5 (0.22)
White, single race	100.0	28.1 (0.39)	63.6 (0.40)	8.2 (0.25)
Black or African American, single race	100.0	34.6 (0.99)	54.7 (1.00)	10.6 (0.68)
Education:				
Less than high school graduate	100.0	29.0 (0.74)	58.0 (0.80)	13.0 (0.51)
GED diploma ⁴	100.0	34.4 (2.19)	53.6 (2.20)	12.0 (1.34)
High school graduate	100.0	27.9 (0.55)	62.2 (0.64)	9.8 (0.42)
Some college—no degree	100.0	31.0 (0.80)	60.9 (0.79)	8.1 (0.45)
Associate of arts degree	100.0	31.6 (1.01)	61.2 (1.06)	7.3 (0.58)
Bachelor of arts, science degree	100.0	26.4 (0.74)	68.8 (0.74)	4.8 (0.35)
Masters, doctorate, medical degree	100.0	24.8 (1.01)	70.4 (1.07)	4.8 (0.49)
Poverty status: ⁵				
Below poverty level	100.0	30.7 (0.94)	55.9 (1.10)	13.3 (0.73)
≥1 and <2 times poverty level	100.0	31.5 (0.79)	57.3 (0.84)	11.2 (0.54)
≥2 and <4 times poverty level	100.0	29.6 (0.69)	62.0 (0.72)	8.4 (0.37)
4 times poverty level or more	100.0	27.7 (0.59)	66.3 (0.61)	6.0 (0.35)
Marital status:				
Never married	100.0	26.1 (0.74)	63.2 (0.81)	10.7 (0.52)
Married	100.0	27.7 (0.41)	65.1 (0.45)	7.2 (0.25)
Cohabiting	100.0	31.0 (1.26)	59.4 (1.32)	9.6 (0.70)
Divorced or separated	100.0	36.3 (0.86)	55.7 (0.85)	8.0 (0.47)
Widowed	100.0	29.2 (0.92)	56.1 (0.98)	14.7 (0.83)
Geographic region:				
Northeast	100.0	31.1 (0.80)	61.1 (0.82)	7.8 (0.55)
Midwest	100.0	29.7 (0.70)	62.2 (0.69)	8.1 (0.38)
South	100.0	28.8 (0.53)	62.0 (0.58)	9.2 (0.33)
West	100.0	25.0 (0.66)	66.3 (0.77)	8.7 (0.49)
Place of residence: ⁶				
MSA, central city	100.0	28.9 (0.59)	61.9 (0.62)	9.2 (0.36)
MSA, not central city	100.0	28.6 (0.48)	63.7 (0.50)	7.7 (0.29)
Not MSA	100.0	28.3 (0.63)	61.7 (0.78)	10.0 (0.51)
Men				
Ages 18 years and over (age-adjusted) ²	100.0	29.0 (0.44)	63.2 (0.48)	7.8 (0.30)
Ages 18 years and over (crude) ^{2,3}	100.0	28.6 (0.43)	63.2 (0.48)	8.1 (0.30)
Age:				
18–24 years	100.0	22.8 (1.35)	65.6 (1.57)	11.5 (1.02)
25–44 years	100.0	31.1 (0.71)	64.2 (0.77)	4.7 (0.35)
45–64 years	100.0	32.3 (0.88)	61.4 (0.88)	6.3 (0.49)
65–74 years	100.0	21.4 (1.26)	65.6 (1.49)	13.1 (1.01)
75 years and over	100.0	21.4 (1.57)	57.6 (1.78)	21.0 (1.56)

See footnotes at end of table.

Table XIX. Crude percent distributions (with standard errors) of usual hours of sleep for adults 18 years of age and over, by selected characteristics: United States, 2004—Con.

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7 to 8	9 or more
Men—Continued				
Percent distribution (standard error)				
Race:				
White, single race	100.0	28.2 (0.49)	64.3 (0.52)	7.5 (0.33)
Black or African American, single race	100.0	33.9 (1.42)	55.2 (1.59)	10.8 (0.96)
American Indian or Alaska Native, single race	100.0	34.4 (6.28)	54.3 (6.72)	*11.2 (4.21)
Asian, single race	100.0	31.5 (2.46)	63.9 (2.63)	4.7 (1.11)
Native Hawaiian or other Pacific Islander, single race	100.0	*38.4 (11.70)	38.4 (10.60)	†
2 or more races	100.0	37.0 (4.25)	53.7 (4.74)	*9.4 (2.84)
Black or African American, white	100.0	42.0 (10.60)	58.0 (10.60)	—
American Indian or Alaska Native, white	100.0	34.2 (7.62)	57.6 (7.34)	*8.2 (3.17)
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	24.1 (1.10)	68.2 (1.24)	7.6 (0.65)
Mexican or Mexican-American	100.0	21.5 (1.38)	70.7 (1.55)	7.9 (0.78)
Not Hispanic or Latino	100.0	29.7 (0.48)	62.4 (0.53)	7.8 (0.32)
White, single race	100.0	28.8 (0.53)	63.7 (0.55)	7.5 (0.35)
Black or African American, single race	100.0	33.9 (1.43)	55.2 (1.60)	10.9 (0.98)
Education:				
Less than high school graduate	100.0	28.6 (1.14)	58.8 (1.22)	12.7 (0.80)
GED diploma ⁴	100.0	35.3 (3.04)	54.9 (3.11)	9.8 (1.81)
High school graduate	100.0	27.8 (0.88)	62.9 (1.01)	9.4 (0.67)
Some college—no degree	100.0	31.2 (1.08)	61.9 (1.10)	6.9 (0.63)
Associate of arts degree	100.0	33.3 (1.61)	60.6 (1.65)	6.0 (0.85)
Bachelor of arts, science degree	100.0	27.9 (1.03)	67.9 (1.07)	4.2 (0.50)
Masters, doctorate, medical degree	100.0	25.5 (1.33)	70.7 (1.45)	3.8 (0.60)
Poverty status:⁵				
Below poverty level	100.0	28.7 (1.57)	59.1 (1.94)	12.2 (1.20)
≥1 and <2 times poverty level	100.0	30.0 (1.25)	59.1 (1.42)	11.0 (0.87)
≥2 and <4 times poverty level	100.0	30.5 (0.98)	61.2 (1.02)	8.4 (0.57)
4 times poverty level or more	100.0	29.7 (0.83)	65.4 (0.83)	4.9 (0.48)
Marital status:				
Never married	100.0	25.6 (0.91)	64.2 (1.06)	10.2 (0.72)
Married	100.0	28.6 (0.56)	64.7 (0.57)	6.7 (0.36)
Cohabiting	100.0	33.1 (1.91)	58.8 (1.88)	8.1 (1.02)
Divorced or separated	100.0	37.0 (1.27)	54.9 (1.33)	8.1 (0.78)
Widowed	100.0	28.5 (2.36)	57.6 (2.27)	13.9 (1.59)
Geographic region:				
Northeast	100.0	31.7 (0.89)	61.2 (0.93)	7.1 (0.73)
Midwest	100.0	29.6 (1.01)	62.9 (0.96)	7.5 (0.60)
South	100.0	29.6 (0.70)	62.1 (0.90)	8.3 (0.49)
West	100.0	25.0 (0.95)	67.0 (0.98)	8.0 (0.67)
Place of residence:⁶				
MSA, central city	100.0	28.9 (0.84)	62.7 (0.91)	8.4 (0.52)
MSA, not central city	100.0	29.4 (0.63)	63.5 (0.70)	7.1 (0.40)
Not MSA	100.0	27.9 (1.05)	63.0 (1.18)	9.2 (0.79)
Women				
Ages 18 years and over (age-adjusted) ²	100.0	28.3 (0.43)	62.4 (0.44)	9.2 (0.26)
Ages 18 years and over (crude) ^{2,3}	100.0	28.3 (0.43)	62.5 (0.44)	9.3 (0.26)
Age:				
18–24 years	100.0	24.1 (1.29)	61.1 (1.37)	14.8 (0.92)
25–44 years	100.0	28.4 (0.63)	64.6 (0.67)	7.0 (0.38)
45–64 years	100.0	31.3 (0.78)	62.2 (0.79)	6.5 (0.38)
65–74 years	100.0	26.6 (1.27)	61.5 (1.32)	11.9 (0.99)
75 years and over	100.0	25.3 (1.11)	56.6 (1.36)	18.1 (1.04)
Race:				
White, single race	100.0	27.2 (0.47)	63.7 (0.49)	9.1 (0.30)
Black or African American, single race	100.0	35.0 (1.27)	54.6 (1.18)	10.4 (0.85)
American Indian or Alaska Native, single race	100.0	33.9 (5.32)	50.6 (6.35)	*15.5 (5.06)
Asian, single race	100.0	29.2 (2.31)	65.1 (2.45)	5.6 (1.26)
Native Hawaiian or other Pacific Islander, single race	100.0	*22.1 (8.62)	74.7 (7.97)	†
2 or more races	100.0	33.4 (4.21)	56.1 (3.95)	10.5 (2.75)
Black or African American, white	100.0	39.8 (10.22)	54.9 (10.30)	†
American Indian or Alaska Native, white	100.0	36.0 (6.51)	55.1 (6.06)	*8.9 (3.35)

See footnotes at end of table.

Table XIX. Crude percent distributions (with standard errors) of usual hours of sleep for adults 18 years of age and over, by selected characteristics: United States, 2004—Con.

Selected characteristic	Total	Hours of sleep ¹		
		6 or less	7 to 8	9 or more
Women—Continued				
Percent distribution (standard error)				
Hispanic or Latino origin and race:				
Hispanic or Latino	100.0	25.9 (0.95)	63.3 (1.01)	10.9 (0.59)
Mexican or Mexican-American	100.0	24.5 (1.16)	62.6 (1.28)	12.9 (0.78)
Not Hispanic or Latino.	100.0	28.6 (0.47)	62.3 (0.46)	9.0 (0.28)
White, single race	100.0	27.4 (0.49)	63.6 (0.51)	8.9 (0.32)
Black or African American, single race	100.0	35.2 (1.29)	54.4 (1.20)	10.4 (0.87)
Education:				
Less than high school graduate	100.0	29.4 (0.95)	57.3 (0.99)	13.3 (0.69)
GED diploma ⁴	100.0	33.4 (2.95)	51.9 (3.16)	14.7 (2.14)
High school graduate	100.0	28.0 (0.74)	61.7 (0.81)	10.3 (0.53)
Some college—no degree	100.0	30.9 (1.02)	60.0 (1.04)	9.1 (0.59)
Associate of arts degree	100.0	30.2 (1.26)	61.6 (1.39)	8.2 (0.84)
Bachelor of arts, science degree	100.0	25.0 (0.92)	69.7 (0.95)	5.3 (0.48)
Masters, doctorate, medical degree	100.0	24.0 (1.43)	70.0 (1.49)	6.0 (0.77)
Poverty status: ⁵				
Below poverty level	100.0	32.1 (1.12)	53.8 (1.23)	14.1 (0.92)
≥1 and <2 times poverty level	100.0	32.7 (1.01)	55.9 (1.05)	11.5 (0.70)
≥2 and <4 times poverty level	100.0	28.8 (0.85)	62.8 (0.93)	8.4 (0.53)
4 times poverty level or more	100.0	25.5 (0.80)	67.3 (0.79)	7.2 (0.49)
Marital status:				
Never married.	100.0	26.8 (1.04)	61.8 (1.11)	11.4 (0.72)
Married	100.0	26.9 (0.57)	65.4 (0.63)	7.7 (0.36)
Cohabiting	100.0	29.0 (1.78)	60.0 (1.93)	10.9 (1.08)
Divorced or separated.	100.0	35.9 (1.08)	56.2 (1.07)	7.9 (0.60)
Widowed	100.0	29.4 (0.96)	55.7 (1.13)	14.9 (0.97)
Geographic region:				
Northeast	100.0	30.6 (1.12)	61.0 (1.10)	8.4 (0.67)
Midwest	100.0	29.8 (1.02)	61.5 (0.93)	8.7 (0.47)
South	100.0	28.1 (0.65)	61.9 (0.68)	10.0 (0.46)
West	100.0	25.0 (0.77)	65.6 (0.94)	9.3 (0.56)
Place of residence: ⁶				
MSA, central city	100.0	28.8 (0.82)	61.3 (0.83)	9.9 (0.46)
MSA, not central city	100.0	27.9 (0.61)	63.8 (0.61)	8.3 (0.36)
Not MSA	100.0	28.8 (0.83)	60.4 (0.99)	10.8 (0.69)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

— Quantity zero.

¹Based on the question, "How many hours of sleep do you usually get in a 24 hour period?" Response options were 01–24 hours.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁶MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percent distributions, refer to Table 7.1. Denominator for each percent distribution excludes persons with unknown number of hours of sleep. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Survey, 2004. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XX. Crude percentages (with standard errors) of adults 18 years of age and over who engaged in selected unhealthy behaviors, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Selected unhealthy behaviors				
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Physically inactive (leisure time) ³	Obese ⁴	Slept 6 hours or less ⁵
Both sexes					
Percent (standard error)					
Ages 18 years and over (crude) ⁶	19.6 (0.24)	21.6 (0.21)	37.9 (0.40)	23.6 (0.20)	28.6 (0.33)
Ages 18 years and over (age adjusted) ^{6,7}	19.7 (0.24)	21.5 (0.21)	38.0 (0.40)	23.4 (0.20)	28.5 (0.32)
Age:					
18–24 years	32.0 (0.80)	25.3 (0.65)	31.4 (0.73)	14.3 (0.47)	23.5 (0.96)
25–44 years	26.3 (0.36)	25.0 (0.32)	34.0 (0.48)	23.6 (0.29)	29.7 (0.49)
45–64 years	14.4 (0.26)	22.4 (0.33)	38.2 (0.47)	28.3 (0.36)	31.8 (0.59)
65–74 years	5.4 (0.30)	11.9 (0.39)	45.3 (0.76)	26.7 (0.52)	24.2 (0.87)
75 years and over	1.8 (0.18)	5.8 (0.30)	59.8 (0.71)	16.0 (0.46)	23.8 (0.93)
Race:					
White, single race	21.0 (0.28)	22.0 (0.24)	36.5 (0.43)	22.6 (0.22)	27.7 (0.37)
Black or African American, single race	11.6 (0.36)	21.4 (0.57)	47.3 (0.79)	34.2 (0.55)	34.5 (0.98)
American Indian or Alaska Native, single race	24.4 (2.28)	34.9 (2.82)	44.8 (3.13)	33.9 (2.63)	34.2 (4.18)
Asian, single race	8.6 (0.68)	12.2 (0.72)	37.5 (1.11)	6.4 (0.55)	30.4 (1.65)
Native Hawaiian or other Pacific Islander, single race	30.0 (7.26)	31.1 (6.86)	29.7 (5.11)	32.2 (5.80)	30.1 (8.00)
2 or more races	22.3 (1.38)	31.1 (1.61)	27.6 (1.54)	26.2 (1.71)	35.1 (2.89)
Black or African American, white	25.1 (4.31)	31.2 (4.09)	29.5 (4.12)	29.0 (4.41)	40.7 (7.31)
American Indian or Alaska Native, white	21.8 (2.27)	40.0 (2.58)	31.0 (2.76)	27.7 (2.54)	35.2 (5.03)
Hispanic or Latino origin and race:					
Hispanic or Latino	19.1 (0.42)	16.0 (0.39)	50.7 (0.61)	25.2 (0.46)	25.0 (0.77)
Mexican or Mexican-American	21.3 (0.53)	15.3 (0.47)	51.1 (0.76)	27.2 (0.62)	22.9 (0.93)
Not Hispanic or Latino	19.6 (0.26)	22.4 (0.23)	36.2 (0.43)	23.4 (0.22)	29.2 (0.36)
White, single race	21.3 (0.30)	22.8 (0.26)	34.4 (0.46)	22.4 (0.24)	28.1 (0.39)
Black or African American, single race	11.5 (0.36)	21.4 (0.56)	47.5 (0.80)	34.2 (0.54)	34.6 (0.99)
Education:					
Less than high school graduate	15.3 (0.35)	27.5 (0.49)	60.4 (0.55)	27.0 (0.42)	29.0 (0.74)
GED diploma ⁸	24.6 (1.10)	43.3 (1.16)	46.3 (1.20)	29.2 (1.03)	34.4 (2.19)
High school graduate	18.2 (0.37)	25.4 (0.34)	44.9 (0.57)	25.6 (0.37)	27.9 (0.55)
Some college—no degree	22.8 (0.49)	22.4 (0.41)	31.7 (0.54)	24.5 (0.41)	31.0 (0.80)
Associate of arts degree	21.1 (0.54)	21.0 (0.52)	30.4 (0.73)	25.7 (0.59)	31.6 (1.01)
Bachelor of arts, science degree	23.0 (0.47)	12.2 (0.32)	21.8 (0.46)	17.5 (0.39)	26.4 (0.74)
Masters, doctorate, medical degree	16.0 (0.51)	7.6 (0.31)	18.7 (0.58)	16.2 (0.52)	24.8 (1.01)
Poverty status: ⁹					
Below poverty level	19.5 (0.76)	30.8 (0.71)	52.2 (1.01)	26.4 (0.58)	30.7 (0.94)
≥1 and <2 times poverty level	17.8 (0.45)	26.8 (0.46)	49.7 (0.67)	27.1 (0.46)	31.5 (0.79)
≥2 and <4 times poverty level	20.9 (0.36)	23.9 (0.37)	36.1 (0.53)	25.4 (0.37)	29.6 (0.69)
4 times poverty level or more	24.3 (0.35)	17.2 (0.29)	23.1 (0.41)	21.5 (0.33)	27.7 (0.59)
Marital status:					
Never married	30.2 (0.60)	24.7 (0.47)	32.8 (0.54)	19.9 (0.39)	26.1 (0.74)
Married	16.4 (0.25)	17.6 (0.24)	36.7 (0.45)	24.5 (0.26)	27.7 (0.41)
Cohabiting	33.5 (0.80)	40.1 (0.81)	37.9 (0.88)	22.2 (0.70)	31.0 (1.26)
Divorced or separated	19.8 (0.42)	33.4 (0.47)	41.8 (0.58)	26.7 (0.47)	36.3 (0.86)
Widowed	3.5 (0.21)	13.1 (0.42)	57.4 (0.70)	22.9 (0.54)	29.2 (0.92)
Geographic region:					
Northeast	19.6 (0.44)	20.2 (0.48)	35.2 (0.63)	21.8 (0.44)	31.1 (0.80)
Midwest	24.0 (0.58)	24.2 (0.41)	34.3 (0.75)	24.8 (0.35)	29.7 (0.70)
South	16.5 (0.41)	23.0 (0.36)	43.5 (0.79)	25.2 (0.37)	28.8 (0.53)
West	19.9 (0.42)	17.4 (0.42)	34.8 (0.75)	20.8 (0.37)	25.0 (0.66)
Place of residence: ¹⁰					
MSA, central city	20.2 (0.44)	21.4 (0.36)	39.9 (0.67)	23.3 (0.33)	28.9 (0.59)
MSA, not central city	19.6 (0.32)	20.0 (0.28)	34.8 (0.45)	22.4 (0.25)	28.6 (0.48)
Not MSA	18.7 (0.59)	26.1 (0.53)	43.2 (1.12)	26.9 (0.53)	28.3 (0.63)
Men					
Ages 18 years and over (crude) ⁶	28.5 (0.38)	24.2 (0.28)	35.7 (0.45)	23.8 (0.28)	29.0 (0.44)
Ages 18 years and over (age adjusted) ^{6,7}	28.1 (0.36)	23.8 (0.28)	36.0 (0.45)	23.6 (0.28)	28.6 (0.43)

See footnotes at end of table.

Table XX. Crude percentages (with standard errors) of adults 18 years of age and over who engaged in selected unhealthy behaviors, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Selected unhealthy behaviors				
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Physically inactive (leisure time) ³	Obese ⁴	Slept 6 hours or less ⁵
Men—Continued					
Percent (standard error)					
Age:					
18–24 years	41.3 (1.15)	28.1 (0.92)	28.4 (0.94)	14.3 (0.68)	22.8 (1.35)
25–44 years	37.3 (0.55)	27.8 (0.43)	32.4 (0.57)	24.5 (0.41)	31.1 (0.71)
45–64 years	22.0 (0.42)	24.5 (0.48)	37.8 (0.59)	28.2 (0.53)	32.3 (0.88)
65–74 years	9.4 (0.56)	12.9 (0.58)	42.7 (1.07)	25.4 (0.82)	21.4 (1.26)
75 years and over	3.7 (0.40)	6.3 (0.48)	53.0 (1.13)	14.5 (0.73)	21.4 (1.57)
Race:					
White, single race	30.0 (0.43)	24.1 (0.32)	34.8 (0.48)	23.8 (0.31)	28.2 (0.49)
Black or African American, single race	19.0 (0.67)	25.7 (0.81)	42.2 (1.15)	28.7 (0.83)	33.9 (1.42)
American Indian or Alaska Native, single race	31.3 (3.67)	36.3 (3.54)	46.3 (4.04)	35.2 (4.51)	34.4 (6.28)
Asian, single race	14.1 (1.22)	18.2 (1.21)	34.6 (1.68)	7.2 (0.83)	31.5 (2.46)
Native Hawaiian or other Pacific Islander, single race	40.8 (9.69)	37.8 (9.22)	30.2 (6.46)	39.5 (8.65)	*38.4 (11.70)
2 or more races	32.4 (2.58)	33.9 (2.39)	25.6 (2.21)	22.4 (2.43)	37.0 (4.25)
Black or African American, white	37.0 (8.29)	38.0 (7.12)	22.7 (6.36)	23.4 (5.62)	42.0 (10.60)
American Indian or Alaska Native, white	32.3 (3.85)	45.2 (4.15)	30.6 (3.79)	21.5 (3.23)	34.2 (7.62)
Hispanic or Latino origin and race:					
Hispanic or Latino	30.5 (0.72)	21.1 (0.63)	48.2 (0.77)	24.6 (0.63)	24.1 (1.10)
Mexican or Mexican-American	33.6 (0.88)	21.0 (0.75)	49.4 (0.98)	26.1 (0.84)	21.5 (1.38)
Not Hispanic or Latino	28.3 (0.41)	24.7 (0.31)	33.9 (0.48)	23.7 (0.31)	29.7 (0.48)
White, single race	30.2 (0.46)	24.6 (0.36)	32.7 (0.51)	23.7 (0.34)	28.8 (0.53)
Black or African American, single race	18.8 (0.67)	25.5 (0.81)	42.3 (1.16)	28.5 (0.81)	33.9 (1.43)
Education:					
Less than high school graduate	25.0 (0.64)	32.4 (0.66)	58.0 (0.75)	24.4 (0.60)	28.6 (1.14)
GED diploma ⁸	33.1 (1.64)	46.6 (1.59)	45.2 (1.78)	27.7 (1.52)	35.3 (3.04)
High school graduate	28.1 (0.62)	29.1 (0.53)	42.6 (0.71)	25.9 (0.54)	27.8 (0.88)
Some college—no degree	32.2 (0.77)	24.0 (0.58)	29.0 (0.70)	25.2 (0.61)	31.2 (1.08)
Associate of arts degree	32.1 (0.96)	23.8 (0.86)	28.8 (1.10)	26.9 (0.88)	33.3 (1.61)
Bachelor of arts, science degree	31.4 (0.75)	13.7 (0.51)	20.3 (0.58)	19.5 (0.61)	27.9 (1.03)
Masters, doctorate, medical degree	20.3 (0.77)	8.0 (0.44)	17.5 (0.73)	17.9 (0.74)	25.5 (1.33)
Poverty status: ⁹					
Below poverty level	30.6 (1.27)	33.9 (1.03)	48.6 (1.32)	22.2 (0.81)	28.7 (1.57)
≥1 and <2 times poverty level	27.4 (0.80)	31.9 (0.71)	48.6 (0.94)	24.5 (0.68)	30.0 (1.25)
≥2 and <4 times poverty level	29.4 (0.59)	26.7 (0.52)	35.5 (0.70)	25.1 (0.55)	30.5 (0.98)
4 times poverty level or more	33.2 (0.55)	19.3 (0.41)	22.1 (0.51)	24.5 (0.49)	29.7 (0.83)
Marital status:					
Never married	39.2 (0.82)	27.3 (0.64)	30.2 (0.70)	17.8 (0.53)	25.6 (0.91)
Married	23.4 (0.39)	19.7 (0.32)	36.3 (0.49)	26.2 (0.37)	28.6 (0.56)
Cohabiting	43.5 (1.23)	42.7 (1.19)	38.0 (1.20)	22.2 (0.94)	33.1 (1.91)
Divorced or separated	32.7 (0.78)	38.0 (0.78)	39.1 (0.88)	25.0 (0.74)	37.0 (1.27)
Widowed	10.5 (0.80)	16.1 (1.01)	51.9 (1.52)	18.0 (1.05)	28.5 (2.36)
Geographic region:					
Northeast	28.2 (0.76)	21.7 (0.65)	32.3 (0.74)	23.3 (0.67)	31.7 (0.89)
Midwest	33.8 (0.88)	27.0 (0.55)	33.0 (0.88)	24.8 (0.56)	29.6 (1.01)
South	24.7 (0.64)	26.0 (0.49)	41.1 (0.86)	24.8 (0.50)	29.6 (0.70)
West	29.4 (0.65)	20.1 (0.57)	32.4 (0.88)	21.1 (0.54)	25.0 (0.95)
Place of residence: ¹⁰					
MSA, central city	29.6 (0.63)	24.2 (0.48)	36.3 (0.79)	22.2 (0.46)	28.9 (0.84)
MSA, not central city	28.2 (0.50)	22.3 (0.39)	33.1 (0.51)	23.5 (0.38)	29.4 (0.63)
Not MSA	27.9 (0.88)	29.3 (0.70)	41.8 (1.21)	26.8 (0.69)	27.9 (1.05)
Women					
Ages 18 years and over (crude) ⁶	11.5 (0.19)	19.2 (0.25)	40.0 (0.43)	23.4 (0.26)	28.3 (0.43)
Ages 18 years and over (age adjusted) ^{6,7}	11.8 (0.20)	19.4 (0.25)	39.8 (0.43)	23.2 (0.25)	28.3 (0.43)
Age:					
18–24 years	22.9 (0.79)	22.5 (0.75)	34.5 (0.89)	14.3 (0.60)	24.1 (1.29)
25–44 years	15.8 (0.34)	22.3 (0.39)	35.6 (0.58)	22.8 (0.40)	28.4 (0.63)
45–64 years	7.3 (0.24)	20.4 (0.38)	38.5 (0.54)	28.4 (0.48)	31.3 (0.78)
65–74 years	2.2 (0.25)	11.2 (0.50)	47.5 (0.88)	27.8 (0.68)	26.6 (1.27)
75 years and over	0.5 (0.10)	5.5 (0.36)	64.1 (0.81)	16.9 (0.60)	25.3 (1.11)

See footnotes at end of table.

Table XX. Crude percentages (with standard errors) of adults 18 years of age and over who engaged in selected unhealthy behaviors, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Selected unhealthy behaviors				
	Five or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Physically inactive (leisure time) ³	Obese ⁴	Slept 6 hours or less ⁵
Women—Continued					
Race:					
White, single race	12.6 (0.23)	20.1 (0.28)	38.1 (0.47)	21.5 (0.27)	27.2 (0.47)
Black or African American, single race	5.9 (0.31)	18.0 (0.61)	51.5 (0.81)	38.8 (0.80)	35.0 (1.27)
American Indian or Alaska Native, single race	17.7 (2.95)	33.5 (3.93)	43.4 (4.12)	32.6 (3.29)	33.9 (5.32)
Asian, single race	3.0 (0.50)	6.1 (0.72)	40.6 (1.55)	5.5 (0.68)	29.2 (2.31)
Native Hawaiian or other Pacific Islander, single race	†	*21.0 (6.54)	29.1 (8.17)	*19.6 (6.71)	*22.1 (8.62)
2 or more races	14.0 (1.49)	28.8 (1.93)	29.3 (1.99)	29.4 (2.22)	33.4 (4.21)
Black or African American, white	16.7 (4.51)	26.4 (4.86)	34.4 (5.65)	33.4 (6.13)	39.8 (10.22)
American Indian or Alaska Native, white	13.7 (2.74)	35.9 (3.32)	31.3 (3.66)	32.8 (3.39)	36.0 (6.51)
Hispanic or Latino origin and race:					
Hispanic or Latino	7.7 (0.32)	10.7 (0.37)	53.4 (0.80)	25.9 (0.57)	25.9 (0.95)
Mexican or Mexican-American	8.5 (0.45)	9.3 (0.49)	53.0 (1.02)	28.4 (0.76)	24.5 (1.16)
Not Hispanic or Latino	11.9 (0.21)	20.3 (0.27)	38.3 (0.46)	23.1 (0.28)	28.6 (0.47)
White, single race	13.3 (0.25)	21.1 (0.30)	36.1 (0.50)	21.1 (0.29)	27.4 (0.49)
Black or African American, single race	5.8 (0.31)	18.0 (0.60)	51.6 (0.83)	39.0 (0.78)	35.2 (1.29)
Education:					
Less than high school graduate	6.3 (0.29)	23.0 (0.62)	62.8 (0.69)	29.4 (0.62)	29.4 (0.95)
GED diploma ⁸	15.7 (1.20)	39.7 (1.64)	47.5 (1.70)	31.0 (1.35)	33.4 (2.95)
High school graduate	9.5 (0.32)	22.2 (0.43)	46.9 (0.65)	25.3 (0.45)	28.0 (0.74)
Some college—no degree	14.5 (0.47)	21.1 (0.53)	34.1 (0.61)	23.7 (0.54)	30.9 (1.02)
Associate of arts degree	12.7 (0.59)	18.8 (0.60)	31.6 (0.88)	24.8 (0.80)	30.2 (1.26)
Bachelor of arts, science degree	15.3 (0.50)	10.9 (0.39)	23.2 (0.61)	15.7 (0.48)	25.0 (0.92)
Masters, doctorate, medical degree	10.7 (0.59)	7.1 (0.46)	20.2 (0.85)	14.2 (0.67)	24.0 (1.43)
Poverty status: ⁹					
Below poverty level	12.1 (0.63)	28.7 (0.82)	54.6 (1.16)	29.3 (0.77)	32.1 (1.12)
≥1 and <2 times poverty level	10.2 (0.41)	22.7 (0.60)	50.5 (0.74)	29.2 (0.58)	32.7 (1.01)
≥2 and <4 times poverty level	12.6 (0.36)	21.1 (0.50)	36.6 (0.62)	25.6 (0.44)	28.8 (0.85)
4 times poverty level or more	14.9 (0.38)	15.0 (0.36)	24.1 (0.54)	18.3 (0.41)	25.5 (0.80)
Marital status:					
Never married	19.8 (0.64)	21.5 (0.56)	35.9 (0.72)	22.4 (0.54)	26.8 (1.04)
Married	9.4 (0.22)	15.5 (0.29)	37.2 (0.54)	22.7 (0.33)	26.9 (0.57)
Cohabiting	24.0 (0.95)	37.6 (1.08)	37.8 (1.12)	22.1 (1.05)	29.0 (1.78)
Divorced or separated	11.3 (0.43)	30.4 (0.60)	43.5 (0.68)	27.8 (0.63)	35.9 (1.08)
Widowed	2.0 (0.18)	12.4 (0.46)	58.6 (0.74)	24.1 (0.62)	29.4 (0.96)
Geographic region:					
Northeast	12.2 (0.41)	18.8 (0.59)	37.7 (0.80)	20.3 (0.54)	30.6 (1.12)
Midwest	15.0 (0.45)	21.6 (0.51)	35.6 (0.81)	24.8 (0.50)	29.8 (1.02)
South	8.9 (0.29)	20.3 (0.42)	45.8 (0.83)	25.6 (0.48)	28.1 (0.65)
West	11.0 (0.40)	14.8 (0.44)	37.0 (0.80)	20.5 (0.43)	25.0 (0.77)
Place of residence: ¹⁰					
MSA, central city	11.9 (0.40)	18.8 (0.45)	43.2 (0.73)	24.3 (0.42)	28.8 (0.82)
MSA, not central city	11.6 (0.27)	17.9 (0.33)	36.4 (0.53)	21.4 (0.32)	27.9 (0.61)
Not MSA	10.5 (0.48)	23.2 (0.61)	44.5 (1.20)	27.0 (0.71)	28.8 (0.83)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

† A dagger indicates that the estimate has a relative standard error of greater than 50% and is not shown.

¹Five or more drinks in 1 day at least once in the past year was asked of only current drinkers but estimates reflect percent of all adults who engaged in this behavior (as shown in Table 3.3).

²Smoked at least 100 cigarettes in lifetime and currently smoked.

³Never engaged in any leisure-time light, moderate, or vigorous physical activity.

⁴Obese is defined as a body mass index (BMI) of greater than or equal to 30.

⁵Usual number of hours of sleep in a 24-hour period. Based on data from 2004 NHIS Sample Adult only.

⁶Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁷Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁸GED is General Educational Development high school equivalency diploma.

⁹Poverty status for columns 1–4 is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003; poverty status for column 5 is based on 2003.

¹⁰MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percentages, refer to Table 8.1. Denominator for each percentage excludes persons with unknown health behavior characteristic. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XXI. Crude percentages (with standard errors) of adults 18 years of age and over who engaged in selected healthy behaviors, by selected characteristics: United States, average annual, 2002–04

Selected characteristic	Selected healthy behaviors			
	Never smoked cigarettes ¹	Any regular leisure-time physical activity ²	Healthy weight ³	Slept 7–8 hours ⁴
Both sexes				
Percent (standard error)				
Ages 18 years and over (crude) ⁵	56.4 (0.27)	31.6 (0.29)	39.1 (0.23)	62.8 (0.35)
Ages 18 years and over (age adjusted) ^{5,6}	56.6 (0.26)	31.6 (0.29)	39.2 (0.22)	62.8 (0.35)
Age:				
18–24 years	67.5 (0.73)	39.3 (0.74)	55.8 (0.64)	63.4 (1.05)
25–44 years	60.8 (0.38)	34.0 (0.38)	39.7 (0.34)	64.4 (0.52)
45–64 years	49.3 (0.41)	30.4 (0.38)	31.9 (0.34)	61.8 (0.61)
65–74 years	46.9 (0.62)	27.0 (0.64)	32.3 (0.55)	63.4 (0.98)
75 years and over	55.7 (0.62)	16.8 (0.49)	44.5 (0.66)	57.0 (1.11)
Race:				
White, single race	54.2 (0.30)	32.8 (0.33)	39.6 (0.25)	64.0 (0.39)
Black or African American, single race	64.4 (0.57)	25.5 (0.62)	30.1 (0.58)	54.9 (0.99)
American Indian or Alaska Native, single race	46.1 (3.51)	26.1 (2.52)	33.4 (3.36)	52.6 (4.85)
Asian, single race	75.1 (0.95)	28.9 (1.09)	61.2 (1.16)	64.5 (1.80)
Native Hawaiian or other Pacific Islander, single race	54.6 (7.71)	37.0 (5.74)	34.6 (6.61)	56.9 (9.81)
2 or more races	48.3 (1.80)	35.8 (1.69)	39.1 (2.02)	54.9 (2.91)
Black or African American, white	58.6 (4.83)	37.9 (4.55)	41.3 (4.60)	56.2 (7.31)
American Indian or Alaska Native, white	34.7 (2.27)	33.1 (2.86)	36.2 (3.05)	56.2 (4.75)
Hispanic or Latino origin and race:				
Hispanic or Latino	70.4 (0.52)	24.1 (0.44)	34.2 (0.49)	65.8 (0.84)
Mexican or Mexican-American	72.1 (0.63)	23.7 (0.53)	31.6 (0.61)	66.8 (1.06)
Not Hispanic or Latino	54.5 (0.29)	32.7 (0.32)	39.7 (0.24)	62.4 (0.37)
White, single race	52.2 (0.32)	33.9 (0.35)	40.2 (0.26)	63.6 (0.40)
Black or African American, single race	64.4 (0.57)	25.5 (0.64)	30.0 (0.58)	54.7 (1.00)
Education:				
Less than high school graduate	52.1 (0.54)	18.3 (0.40)	35.6 (0.47)	58.0 (0.80)
GED diploma ⁷	32.8 (1.07)	24.5 (1.02)	34.4 (1.16)	53.6 (2.20)
High school graduate	52.3 (0.41)	26.4 (0.46)	36.5 (0.39)	62.2 (0.64)
Some college—no degree	56.0 (0.50)	35.5 (0.55)	39.4 (0.55)	60.9 (0.79)
Associate of arts degree	55.3 (0.69)	35.7 (0.65)	36.8 (0.64)	61.2 (1.06)
Bachelor of arts, science degree	66.3 (0.48)	42.1 (0.52)	44.9 (0.51)	68.8 (0.74)
Masters, doctorate, medical degree	68.0 (0.59)	45.3 (0.72)	45.6 (0.68)	70.4 (1.07)
Poverty status: ⁸				
Below poverty level	55.1 (0.87)	23.7 (0.77)	40.4 (0.74)	55.9 (1.10)
≥1 and <2 times poverty level	54.3 (0.53)	23.4 (0.49)	37.2 (0.51)	57.3 (0.84)
≥2 and <4 times poverty level	53.6 (0.45)	31.4 (0.45)	37.4 (0.41)	62.0 (0.72)
4 times poverty level or more	57.7 (0.39)	40.9 (0.42)	39.4 (0.37)	66.3 (0.61)
Marital status:				
Never married	65.6 (0.51)	38.4 (0.56)	48.2 (0.51)	63.2 (0.81)
Married	57.0 (0.33)	31.3 (0.33)	35.9 (0.28)	65.1 (0.45)
Cohabiting	42.2 (0.81)	32.1 (0.89)	42.4 (0.80)	59.4 (1.32)
Divorced or separated	44.4 (0.50)	29.2 (0.46)	36.6 (0.50)	55.7 (0.85)
Widowed	55.9 (0.62)	18.0 (0.52)	41.1 (0.66)	56.1 (0.98)
Geographic region:				
Northeast	55.1 (0.59)	34.0 (0.65)	40.4 (0.50)	61.1 (0.82)
Midwest	53.3 (0.54)	32.2 (0.55)	37.8 (0.44)	62.2 (0.69)
South	56.7 (0.48)	28.4 (0.56)	37.7 (0.40)	62.0 (0.58)
West	61.0 (0.56)	34.5 (0.48)	41.9 (0.46)	66.3 (0.77)
Place of residence: ⁹				
MSA, central city	59.3 (0.44)	30.9 (0.50)	41.0 (0.39)	61.9 (0.62)
MSA, not central city	56.6 (0.38)	33.5 (0.36)	39.3 (0.30)	63.7 (0.50)
Not MSA	51.9 (0.61)	27.9 (0.73)	35.8 (0.55)	61.7 (0.78)
Men				
Ages 18 years and over (crude) ⁵	50.3 (0.35)	34.2 (0.38)	31.6 (0.31)	63.2 (0.48)
Ages 18 years and over (age adjusted) ^{5,6}	50.0 (0.33)	34.1 (0.37)	31.8 (0.30)	63.2 (0.48)
Age:				
18–24 years	64.6 (1.00)	44.5 (1.01)	52.4 (0.90)	65.6 (1.57)
25–44 years	57.7 (0.47)	35.7 (0.50)	30.3 (0.45)	64.2 (0.77)
45–64 years	41.6 (0.55)	31.3 (0.52)	24.3 (0.47)	61.4 (0.88)
65–74 years	33.6 (0.83)	30.2 (0.91)	25.4 (0.83)	65.6 (1.49)
75 years and over	37.8 (1.04)	22.1 (0.84)	41.3 (1.07)	57.6 (1.78)

See footnotes at end of table.

Table XXI. Crude percentages (with standard errors) of adults 18 years of age and over who engaged in selected healthy behaviors, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Selected healthy behaviors			
	Never smoked cigarettes ¹	Any regular leisure-time physical activity ²	Healthy weight ³	Slept 7–8 hours ⁴
Men—Continued				
Percent (standard error)				
Race:				
White, single race	48.7 (0.39)	34.9 (0.42)	30.8 (0.34)	64.3 (0.52)
Black or African American, single race	56.7 (0.91)	31.4 (0.97)	30.3 (0.87)	55.2 (1.59)
American Indian or Alaska Native, single race	43.5 (4.38)	25.3 (3.68)	25.2 (4.57)	54.3 (6.72)
Asian, single race	61.8 (1.53)	30.7 (1.54)	56.4 (1.45)	63.9 (2.63)
Native Hawaiian or other Pacific Islander, single race	47.4 (9.09)	41.1 (8.05)	*26.3 (9.44)	38.4 (10.60)
2 or more races	43.2 (2.65)	38.9 (2.50)	33.1 (2.98)	53.7 (4.74)
Black or African American, white	55.3 (8.63)	42.0 (7.54)	38.8 (7.01)	58.0 (10.60)
American Indian or Alaska Native, white	26.9 (3.37)	36.1 (4.27)	30.4 (4.18)	57.6 (7.34)
Hispanic or Latino origin and race:				
Hispanic or Latino	61.3 (0.81)	26.5 (0.67)	28.9 (0.61)	68.2 (1.24)
Mexican or Mexican-American	62.8 (0.99)	25.5 (0.84)	27.5 (0.75)	70.7 (1.55)
Not Hispanic or Latino	48.7 (0.38)	35.3 (0.41)	32.0 (0.33)	62.4 (0.53)
White, single race	47.0 (0.42)	36.1 (0.46)	31.1 (0.36)	63.7 (0.55)
Black or African American, single race	56.9 (0.92)	31.4 (0.99)	30.3 (0.87)	55.2 (1.60)
Education:				
Less than high school graduate	41.8 (0.76)	21.0 (0.64)	33.8 (0.70)	58.8 (1.22)
GED diploma ⁷	26.0 (1.42)	25.7 (1.45)	32.2 (1.57)	54.9 (3.11)
High school graduate	45.4 (0.58)	28.9 (0.63)	30.2 (0.54)	62.9 (1.01)
Some college—no degree	51.4 (0.73)	39.5 (0.80)	31.2 (0.74)	61.9 (1.10)
Associate of arts degree	49.4 (1.06)	37.6 (0.99)	26.9 (0.84)	60.6 (1.65)
Bachelor of arts, science degree	61.7 (0.69)	43.4 (0.72)	31.8 (0.73)	67.9 (1.07)
Masters, doctorate, medical degree	64.9 (0.88)	47.0 (0.95)	35.7 (0.83)	70.7 (1.45)
Poverty status:⁸				
Below poverty level	48.5 (1.27)	28.6 (1.19)	40.3 (1.05)	59.1 (1.94)
≥1 and <2 times poverty level	46.1 (0.75)	24.9 (0.73)	34.5 (0.78)	59.1 (1.42)
≥2 and <4 times poverty level	47.8 (0.60)	33.4 (0.64)	31.5 (0.58)	61.2 (1.02)
4 times poverty level or more	52.7 (0.53)	42.5 (0.61)	27.5 (0.47)	65.4 (0.83)
Marital status:				
Never married	62.4 (0.69)	42.7 (0.74)	45.4 (0.66)	64.2 (1.06)
Married	49.7 (0.42)	31.8 (0.44)	26.2 (0.36)	64.7 (0.57)
Cohabiting	38.5 (1.21)	32.9 (1.22)	34.9 (1.01)	58.8 (1.88)
Divorced or separated	36.2 (0.77)	33.2 (0.72)	30.7 (0.68)	54.9 (1.33)
Widowed	34.5 (1.33)	23.1 (1.34)	37.4 (1.25)	57.6 (2.27)
Geographic region:				
Northeast	50.2 (0.80)	37.4 (0.80)	31.4 (0.77)	61.2 (0.93)
Midwest	47.1 (0.67)	33.9 (0.75)	29.7 (0.57)	62.9 (0.96)
South	49.8 (0.60)	31.2 (0.71)	31.6 (0.56)	62.1 (0.90)
West	55.1 (0.69)	37.1 (0.64)	34.3 (0.58)	67.0 (0.98)
Place of residence:⁹				
MSA, central city	53.2 (0.57)	34.5 (0.64)	35.4 (0.60)	62.7 (0.91)
MSA, not central city	51.1 (0.47)	35.8 (0.48)	30.7 (0.42)	63.5 (0.70)
Not MSA	44.3 (0.79)	29.7 (0.92)	29.1 (0.65)	63.0 (1.18)
Women				
Ages 18 years and over (crude) ⁵	62.1 (0.32)	29.3 (0.34)	46.2 (0.32)	62.4 (0.44)
Ages 18 years and over (age adjusted) ^{5,6}	62.3 (0.32)	29.4 (0.34)	46.4 (0.31)	62.5 (0.44)
Age:				
18–24 years	70.4 (0.88)	34.1 (0.84)	59.2 (0.88)	61.1 (1.37)
25–44 years	63.8 (0.47)	32.3 (0.47)	49.2 (0.47)	64.6 (0.67)
45–64 years	56.5 (0.51)	29.5 (0.47)	39.3 (0.45)	62.2 (0.79)
65–74 years	57.9 (0.78)	24.4 (0.76)	38.2 (0.78)	61.5 (1.32)
75 years and over	67.2 (0.73)	13.3 (0.55)	46.6 (0.78)	56.6 (1.36)

See footnotes at end of table.

Table XXI. Crude percentages (with standard errors) of adults 18 years of age and over who engaged in selected healthy behaviors, by selected characteristics: United States, average annual, 2002–04—Con.

Selected characteristic	Selected healthy behaviors			
	Never smoked cigarettes ¹	Any regular leisure-time physical activity ²	Healthy weight ³	Slept 7–8 hours ⁴
Women—Continued				
Percent (standard error)				
Race:				
White, single race	59.2 (0.36)	30.8 (0.38)	48.1 (0.34)	63.7 (0.49)
Black or African American, single race	70.5 (0.60)	20.8 (0.66)	30.0 (0.76)	54.6 (1.18)
American Indian or Alaska Native, single race	48.7 (4.55)	27.0 (3.25)	42.1 (3.66)	50.6 (6.35)
Asian, single race	89.0 (0.91)	27.1 (1.35)	66.3 (1.66)	65.1 (2.45)
Native Hawaiian or other Pacific Islander, single race	65.6 (9.42)	30.9 (8.15)	48.8 (9.27)	74.7 (7.97)
2 or more races	52.5 (2.09)	33.1 (2.33)	44.3 (2.54)	56.1 (3.95)
Black or African American, white	61.0 (5.30)	34.9 (6.11)	43.3 (5.89)	54.9 (10.30)
American Indian or Alaska Native, white	40.7 (3.13)	30.7 (3.72)	40.9 (4.16)	55.1 (6.06)
Hispanic or Latino origin and race:				
Hispanic or Latino	79.7 (0.52)	21.7 (0.60)	39.7 (0.67)	63.3 (1.01)
Mexican or Mexican-American	82.2 (0.64)	21.8 (0.74)	36.1 (0.88)	62.6 (1.28)
Not Hispanic or Latino	59.8 (0.34)	30.2 (0.36)	47.0 (0.34)	62.3 (0.46)
White, single race	57.0 (0.38)	31.9 (0.40)	49.0 (0.36)	63.6 (0.51)
Black or African American, single race	70.4 (0.60)	20.7 (0.68)	29.8 (0.74)	54.4 (1.20)
Education:				
Less than high school graduate	61.8 (0.68)	15.7 (0.47)	37.3 (0.63)	57.3 (0.99)
GED diploma ⁷	40.2 (1.62)	23.2 (1.39)	36.7 (1.66)	51.9 (3.16)
High school graduate	58.5 (0.52)	24.2 (0.57)	42.3 (0.50)	61.7 (0.81)
Some college—no degree	60.0 (0.61)	32.0 (0.61)	47.0 (0.71)	60.0 (1.04)
Associate of arts degree	60.0 (0.80)	34.1 (0.81)	44.9 (0.83)	61.6 (1.39)
Bachelor of arts, science degree	70.7 (0.63)	41.0 (0.69)	57.7 (0.70)	69.7 (0.95)
Masters, doctorate, medical degree	72.0 (0.83)	43.2 (1.04)	58.4 (0.97)	70.0 (1.49)
Poverty status:⁸				
Below poverty level	59.6 (0.94)	20.4 (0.80)	40.6 (0.99)	53.8 (1.23)
≥1 and <2 times poverty level	60.9 (0.70)	22.1 (0.57)	39.5 (0.66)	55.9 (1.05)
≥2 and <4 times poverty level	59.3 (0.58)	29.5 (0.56)	43.3 (0.56)	62.8 (0.93)
4 times poverty level or more	63.1 (0.52)	39.1 (0.55)	52.7 (0.55)	67.3 (0.79)
Marital status:				
Never married	69.5 (0.64)	33.2 (0.69)	51.7 (0.75)	61.8 (1.11)
Married	64.3 (0.42)	30.8 (0.41)	46.0 (0.40)	65.4 (0.63)
Cohabiting	45.9 (1.13)	31.4 (1.15)	50.2 (1.24)	60.0 (1.93)
Divorced or separated	49.9 (0.65)	26.6 (0.56)	40.7 (0.72)	56.2 (1.07)
Widowed	60.7 (0.66)	16.8 (0.52)	42.0 (0.75)	55.7 (1.13)
Geographic region:				
Northeast	59.4 (0.70)	31.0 (0.82)	48.7 (0.75)	61.0 (1.10)
Midwest	59.0 (0.62)	30.5 (0.64)	45.6 (0.61)	61.5 (0.93)
South	63.1 (0.55)	25.9 (0.59)	43.5 (0.52)	61.9 (0.68)
West	66.7 (0.67)	32.1 (0.60)	49.4 (0.65)	65.6 (0.94)
Place of residence:⁹				
MSA, central city	64.8 (0.53)	27.8 (0.58)	46.3 (0.53)	61.3 (0.83)
MSA, not central city	61.9 (0.45)	31.3 (0.44)	47.8 (0.42)	63.8 (0.61)
Not MSA	58.8 (0.72)	26.2 (0.82)	42.0 (0.74)	60.4 (0.99)

* Estimates preceded by an asterisk have a relative standard error of greater than 30% and less than or equal to 50%. These should be interpreted with caution as they do not meet the standard of reliability or precision.

¹Never smoked cigarettes or smoked fewer than 100 cigarettes in lifetime.

²Engaged in light-moderate activity at least 5 times per week for at least 30 minutes each time, or engaged in vigorous activity at least 3 times per week for at least 20 minutes each time, or met either one or both of these criteria.

³Healthy weight is defined as a BMI of greater than or equal to 18.5 and less than 25.

⁴Usual number of hours of sleep in a 24-hour period. Based on data from the 2004 NHIS Sample Adult only.

⁵Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁶Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁷GED is General Educational Development high school equivalency diploma.

⁸Poverty status for columns 1–3 is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003; poverty status for column 4 is based on 2003.

⁹MSA is metropolitan statistical area (see Appendix II).

NOTES: For age-adjusted percentages, refer to Table 8.2. Denominator for each percentage excludes persons with unknown health behavior characteristics. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

Table XXII. Number of adults 18 years of age and over, by selected characteristics: United States, average annual, 2002–04

Selected characteristic sexes	Both sexes	Men	Women
	Number (in thousands)		
Total ¹	211,353	101,533	109,820
Age			
18–24 years	27,791	13,914	13,877
25–44 years	81,899	40,360	41,538
45–64 years	67,693	32,812	34,881
65–74 years	18,089	8,238	9,851
75 years and over	15,881	6,208	9,673
Race			
White, single race	169,450	81,822	87,628
Black or African American, single race	23,734	10,581	13,153
American Indian or Alaska Native, single race	1,208	602	607
Asian, single race	7,385	3,787	3,599
Native Hawaiian or other Pacific Islander, single race	290	172	118
2 or more races	2,400	1,100	1,301
Black or African American, white	268	111	157
American Indian or Alaska Native, white	1,022	450	571
Hispanic or Latino origin and race			
Hispanic or Latino	25,254	12,781	12,473
Mexican or Mexican-American	15,884	8,263	7,621
Not Hispanic or Latino	185,797	88,584	97,213
White, single race	151,644	72,761	78,883
Black or African American, single race	23,390	10,413	12,977
Education			
Less than high school graduate	34,898	16,942	17,955
GED diploma ²	5,840	3,018	2,822
High school graduate	55,852	26,228	29,624
Some college—no degree	41,489	19,487	22,003
Associate of arts degree	19,185	8,370	10,816
Bachelor of arts, science degree	33,854	16,369	17,485
Masters, doctorate, medical degree	17,518	9,715	7,803
Poverty ³			
Below poverty level	17,466	7,084	10,383
≥1 and <2 times poverty level	28,052	12,473	15,578
≥2 and <4 times poverty level	49,841	24,700	25,141
4 times poverty level or more	62,814	32,591	30,223
Marital status			
Never married	41,062	22,495	18,567
Married	121,815	61,267	60,547
Cohabiting	12,002	5,955	6,047
Divorced or separated	22,247	8,948	13,298
Widowed	13,472	2,489	10,983
Geographic region			
Northeast	40,371	18,940	21,431
Midwest	51,499	24,748	26,752
South	77,005	37,081	39,924
West	42,478	20,764	21,714
Place of residence ⁴			
MSA, central city	59,032	27,972	31,061
MSA, not central city	109,528	53,281	56,247
Not MSA	42,792	20,280	22,512

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

²GED is General Educational Development high school equivalency diploma.

³Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 2001, 2002, and 2003.

⁴MSA is metropolitan statistical area (see Appendix II).

NOTES: Population estimates can be used in conjunction with the unadjusted statistics to calculate the numbers of persons in each category shown in the Appendix III Tables of the report. See Appendix II for definitions of terms.

DATA SOURCE: National Health Interview Surveys, 2002–04. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

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