

Percent of U.S. adults who were sedentary in terms of their leisure time physical activities (that is, never engaged in ANY vigorous, moderate, or light physical activities for at least 20 minutes), by selected characteristics, 1997

Characteristic	%	Sedentary (No leisure physical activity)	
		95% confidence interval Upper	Lower
Age			
Both sexes			
All ages (age-adjusted)	40.1	39.3	40.9
All ages (unadjusted)	39.8	39.0	40.6
18-24 years	31.5	29.6	33.4
25-44 years	34.2	33.2	35.2
45-64 years	42.1	40.8	43.4
65 years and over	56.9	55.5	58.3
Men			
All ages (age-adjusted)	36.5	35.5	37.5
All ages (unadjusted)	35.9	34.9	36.9
18-24 years	25.8	23.2	28.4
25-44 years	31.8	30.4	33.2
45-64 years	39.6	37.9	41.3
65 years and over	50.5	48.2	52.8
Women			
All ages (age-adjusted)	43.2	42.3	44.1
All ages (unadjusted)	43.3	42.4	44.2
18-24 years	37.1	34.5	39.7
25-44 years	36.5	35.3	37.7
45-64 years	44.4	42.8	46.0
65 years and over	61.4	59.7	63.1
Race/ethnicity			
Both sexes			
Hispanic	53.5	51.6	55.4
White, Non-Hispanic	36.3	35.4	37.2
Black, Non-Hispanic	52.2	50.5	53.9
Asian/Pacific Islander, Non-Hispanic	43.0	38.8	47.2

Men			
Hispanic	49.9	47.1	52.7
White, Non-Hispanic	33.3	32.1	34.5
Black, Non-Hispanic	46.0	43.2	48.8
Asian/Pacific Islander, Non-Hispanic	36.2	30.4	42.0

Women			
Hispanic	57.1	54.8	59.4
White, Non-Hispanic	38.9	37.8	40.0
Black, Non-Hispanic	57.1	55.0	59.2
Asian/Pacific Islander, Non-Hispanic	49.2	43.9	54.5

Education

Both sexes			
Fewer than 9 grades	71.6	69.2	74.0
Grades 9-11	57.3	55.5	59.1
GED	47.4	43.5	51.3
High school graduate	44.5	43.3	45.7
Some college - no degree	34.0	32.6	35.4
Associate of Arts - Technical	33.3	30.9	35.7
Associate of Arts - Academic	31.7	28.2	35.2
Bachelor of Arts or Science	23.8	22.4	25.2
Graduate (MA, PhD, MD, etc.)	23.5	20.2	26.8

Men			
Fewer than 9 grades	69.7	66.1	73.3
Grades 9-11	54.5	51.9	57.1
GED	42.8	37.6	48.0
High school graduate	41.1	39.3	42.9
Some college - no degree	30.0	28.0	32.0
Associate of Arts - Technical	28.6	25.0	32.2
Associate of Arts - Academic	26.4	20.9	31.9
Bachelor of Arts or Science	20.2	18.2	22.2
Graduate (MA, PhD, MD, etc.)	22.0	17.0	27.0

Women			
Fewer than 9 grades	73.7	70.6	76.8
Grades 9-11	59.6	57.3	61.9
GED	52.9	47.6	58.2
High school graduate	47.5	45.9	49.1
Some college - no degree	37.7	35.9	39.5
Associate of Arts - Technical	36.7	33.4	40.0
Associate of Arts - Academic	35.9	31.4	40.4
Bachelor of Arts or Science	27.5	25.4	29.6
Graduate (MA, PhD, MD, etc.)	25.4	20.9	29.9

Note: Age-specific rates are unadjusted; all other estimates were adjusted to the 2000 Projected Population.

Data source: CDC/NCHS, National Health Interview Survey, 1997