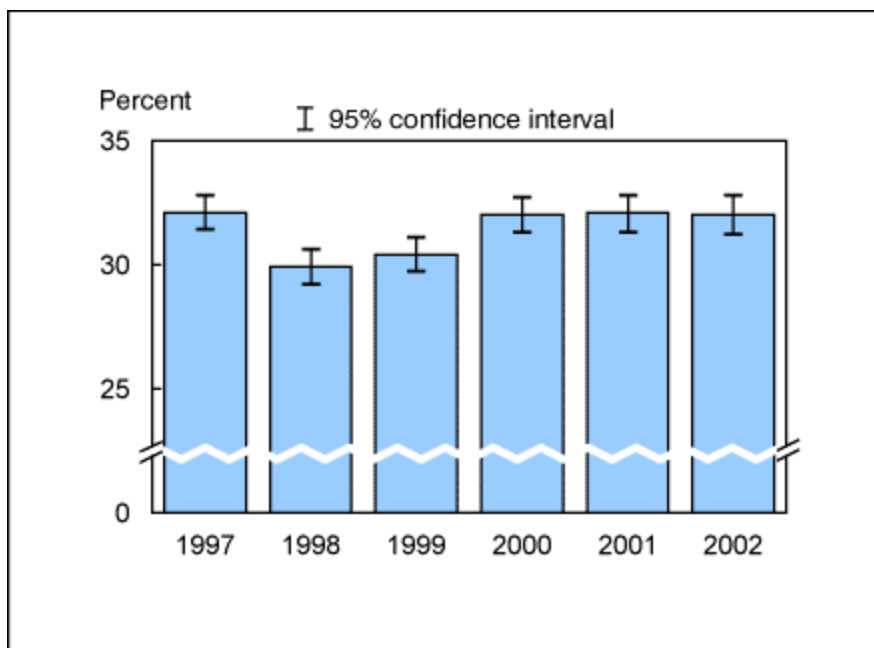




Figure 7.1. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997-2002



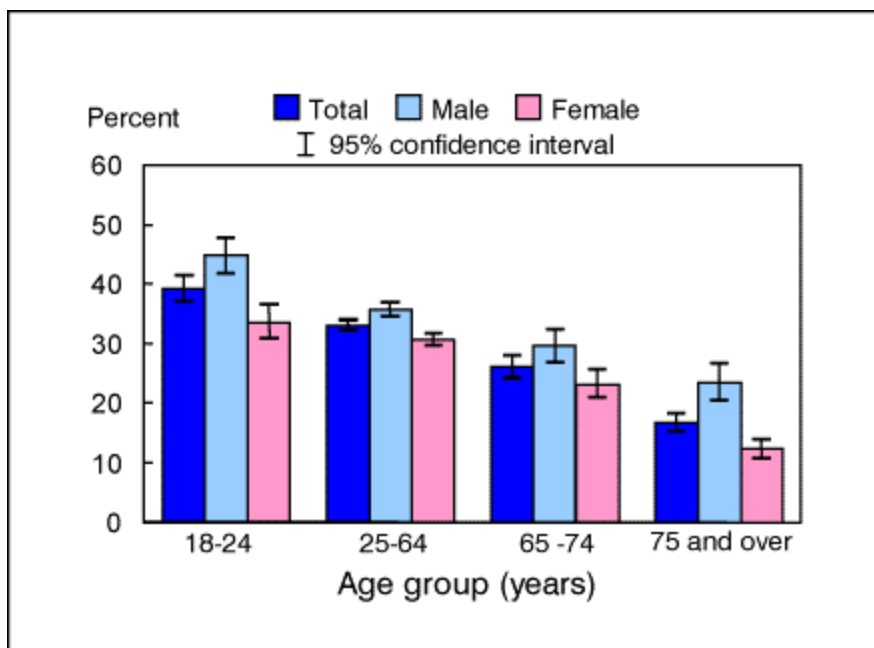
NOTES: This measure reflects a new definition being used for the physical activity leading health indicator (Healthy People 2010). Regular leisure -time physical activity is defined as engaging in light-moderate leisure -time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to 5 times per week or engaging in vigorous leisure -time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to 3 times per week. The analysis excluded persons with unknown physical activity participation (about 3% of respondents each year). CI is confidence interval.

DATA SOURCE: Sample Adult Core component of the 1997-2002 National Health Interview Surveys.

- In 2002, 32.0% (95% CI = 31.2% - 32.8%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity.
- The percents of adults aged 18 years and over who engaged in regular leisure-time physical activity increased from 29.9% in 1998 to 32.1% in 2001.



Figure 7.2. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by age group and sex: United States, 2002



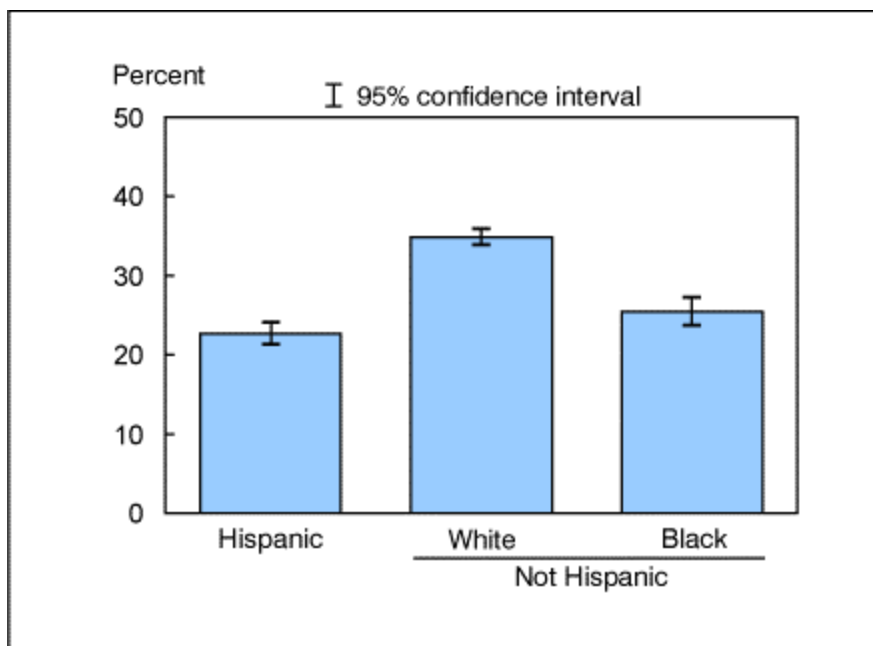
NOTES: This measure reflects a new definition being used for the physical activity leading health indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to 5 times per week, or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to 3 times per week. The analysis excluded 1,019 (3.3%) persons with unknown physical activity participation.

DATA SOURCE: Sample Adult Core component of the 2002 National Health Interview Survey.

- For both sexes combined, the percent of adults who engaged in regular leisure-time physical activity decreased with age.
- For all the age groups, women were less likely than men to engage in regular leisure-time physical activity.



Figure 7.3. Age-sex-adjusted percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, 2002



NOTES: This measure reflects a new definition being used for the physical activity leading health indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to 5 times per week, or engaging in vigorous leisure-time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to 3 times per week. The analysis excluded 1,019 (3.3%) persons with unknown physical activity participation. Estimates are age-sex-adjusted to the year 2000 projected U.S. standard population using five age groups: 18-24 years, 25-44 years, 45-64 years, 65-74 years, and 75 years and over.

DATA SOURCE: Sample Adult Core component of the 2002 National Health Interview Survey.

- The age-sex-adjusted percent of adults who engaged in regular leisure-time physical activity was 22.7% for Hispanic adults, 34.9% for non-Hispanic white adults, and 25.4% for non-Hispanic black adults.
- Non-Hispanic white adults were more likely to engage in regular leisure-time physical activity than Hispanic adults and non-Hispanic black adults.



Data tables for figures 7.1-7.3:

Data table for figure 7.1. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–2002

Year	Percent (95% Confidence Interval)	
	Crude ¹	Age-adjusted ²
1997	32.1 (31.4-32.8)	31.9 (31.2-32.5)
1998	29.9 (29.2-30.6)	29.7 (29.0-30.4)
1999	30.4 (29.7-31.1)	30.2 (29.5-30.9)
2000	32.0 (31.3-32.7)	31.9 (31.2-32.6)
2001	32.1 (31.3-32.8)	32.0 (31.2-32.7)
2002	32.0 (31.2-32.8)	32.0 (31.2-32.8)

¹Crude estimates are presented in the graph.

²Estimates for this Healthy People 2010 leading health indicator are age adjusted to the year 2000 projected U.S. standard population using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.



Data table for figure 7.2. Percent of adults aged 18 and over who engaged in regular leisure-time physical activity, by age group and sex: United States, 2002

Age and sex	Percent	95% confidence interval
18-24 years		
Total	39.2	37.0-41.4
Men	44.8	41.7-47.9
Women	33.6	30.7-36.5
25-64 years		
Total	33.1	32.1-34.0
Men	35.7	34.4-36.9
Women	30.6	29.5-31.6
65-74 years		
Total	26.1	24.2-28.0
Men	29.5	26.7-32.4
Women	23.2	20.8-25.6
75 years and over		
Total	16.7	15.1-18.3
Men	23.5	20.4-26.6
Women	12.3	10.6-13.9
Age-adjusted¹		
Total	32.0	31.2-32.8
Men	35.4	34.3-36.5
Women	28.8	27.9-29.8

¹Estimates for this Healthy People 2010 leading health indicator are age adjusted to the year 2000 projected U.S. standard population using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.

Data table for figure 7.3. Age-sex-adjusted percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, 2002

Race/ethnicity	Percent (95% confidence interval)	
	Age-sex-adjusted ¹	Age-adjusted ²
Hispanic or Latino	22.7 (21.3-24.1)	22.7 (21.3-24.1)
White, not Hispanic	34.9 (33.9-35.9)	34.9 (33.9-35.9)
Black or African American, not Hispanic	25.4 (23.7-27.2)	24.9 (23.2-26.7)

¹Age-sex-adjusted estimates are presented in the graph. Estimates are age-sex-adjusted to the year 2000 projected U.S. standard population using five age groups: 18-24 years, 25-44 years, 45-64 years, 65-74 years, and 75 years and over.

²Estimates for the Healthy People 2010 leading health indicator are age-adjusted to the year 2000 projected U.S. standard population using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.