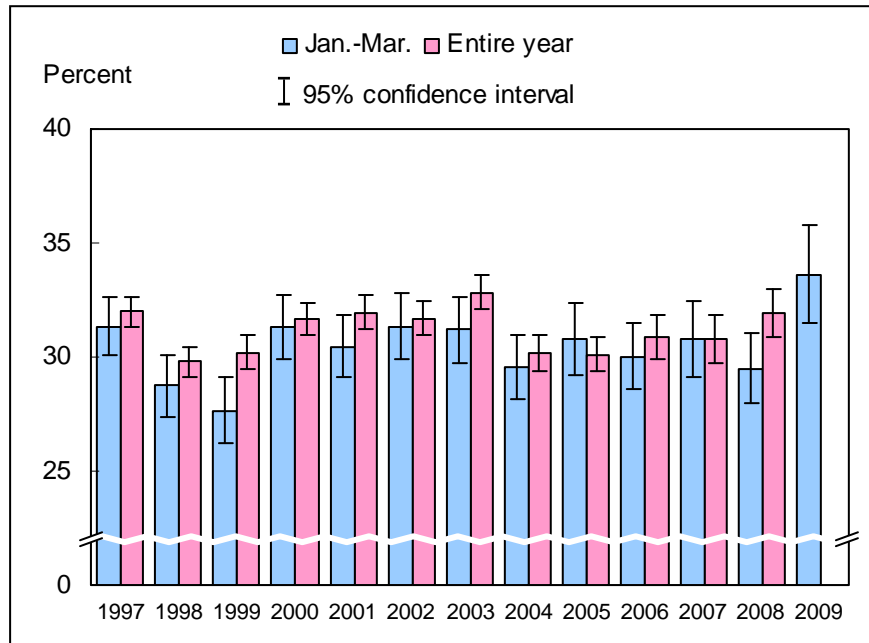


**Figure 7.1. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–March 2009**

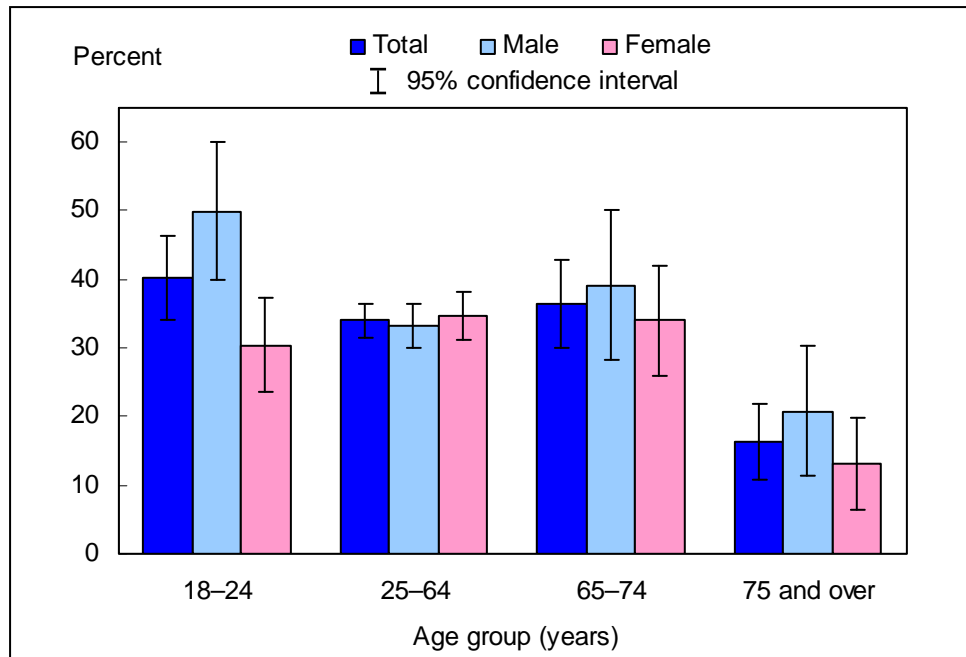


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator in *Healthy People 2010* (3). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five 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 three times per week. In Early Releases before September 2005 (based on the 2004 National Health Interview Survey (NHIS)), regular physical activity was calculated slightly differently than for *Healthy People 2010*. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (i.e., partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. All estimates have been rerun using the revised denominator. The impact of the change on the estimates was minimal (typically 0.1 percentage points or less). The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). Beginning with the 2003 data, NHIS transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See "About This Early Release" for more details. Estimates for January–March 2009 are based on approximately half the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between the last two data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In early 2009, 33.6% (95% confidence interval = 31.52%–35.76%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity, which was higher than the early 2008 estimate of 29.5%.
- The annual percentages of adults aged 18 years and over who engaged in regular leisure-time physical activity ranged from 29.8% in 1998 to 32.8% in 2003.

**Figure 7.2. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by age group and sex: United States, January–March 2009**

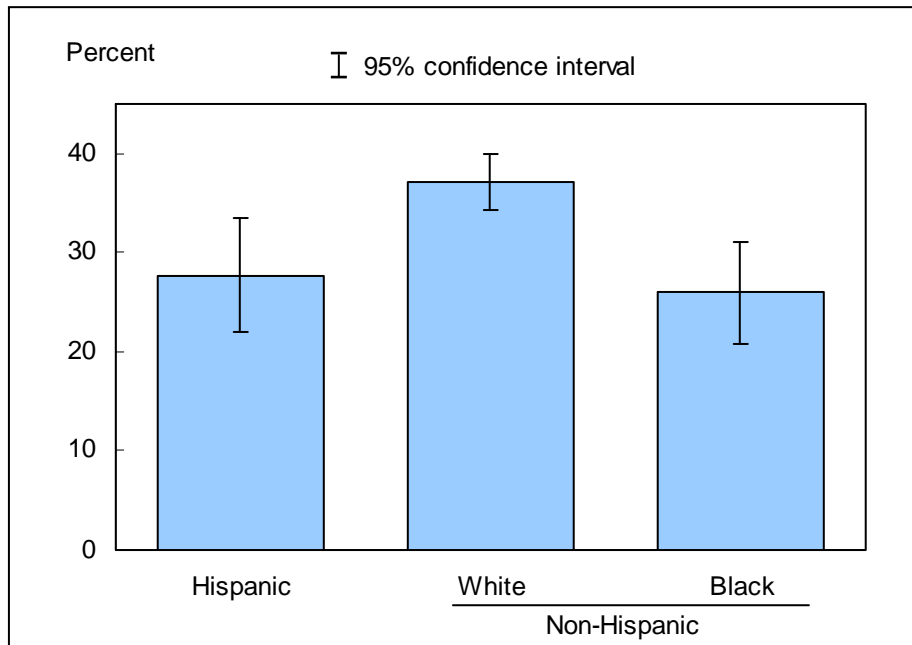


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator in *Healthy People 2010* (3). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five 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 three times per week. In Early Releases before September 2005 (based on the 2004 National Health Interview Survey), regular physical activity was calculated slightly differently than for *Healthy People 2010*. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity (i.e., partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. Estimates are based on approximately half the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available. The analyses excluded 51 persons (1.7%) with unknown physical activity participation.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- For both sexes combined, adults aged 75 years and over were less likely than adults in younger age groups to engage in regular leisure-time physical activity.
- For adults aged 18–24 years, women were less likely than men to engage in regular leisure-time physical activity.

**Figure 7.3. Age-sex-adjusted percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January–March 2009**



NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator in *Healthy People 2010* (3). 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 five 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 three times per week. In Early Releases before September 2005 (based on the 2004 National Health Interview Survey), regular physical activity was calculated slightly differently than for *Healthy People 2010*. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (i.e., partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. Estimates are based on approximately half the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available. The analyses excluded 51 persons (1.7%) with unknown physical activity participation. Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- The age-sex-adjusted percentage of adults who engaged in regular leisure-time physical activity was 27.7% for Hispanic adults, 37.2% for non-Hispanic white adults, and 26.0% 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. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–March 2009

| Year               | Crude <sup>1</sup> percent<br>(95% confidence interval) | Age-adjusted <sup>2</sup> percent<br>(95% confidence interval) |
|--------------------|---|--|
| 1997 yearly        | 32.0 (31.3-32.6)  | 31.8 (31.1-32.4)   |
| 1997 January–March | 31.3 (30.1-32.6)  | 31.1 (29.9-32.5)   |
| 1998 yearly        | 29.8 (29.1-30.4)  | 29.6 (28.9-30.3)   |
| 1998 January–March | 28.8 (27.4-30.1)  | 28.5 (27.2-29.9)   |
| 1999 yearly        | 30.2 (29.5-31.0)  | 30.1 (29.4-30.8)   |
| 1999 January–March | 27.6 (26.2-29.1)  | 27.4 (26.0-28.9)   |
| 2000 yearly        | 31.7 (31.0-32.4)  | 31.7 (31.0-32.4)   |
| 2000 January–March | 31.3 (29.9-32.7)  | 31.2 (29.8-32.6)   |
| 2001 yearly        | 31.9 (31.2-32.7)  | 31.8 (31.1-32.6)   |
| 2001 January–March | 30.4 (29.1-31.8)  | 30.3 (29.0-31.7)   |
| 2002 yearly        | 31.7 (31.0-32.5)  | 31.7 (30.9-32.5)   |
| 2002 January–March | 31.3 (29.9-32.8)  | 31.3 (29.9-32.7)   |
| 2003 yearly        | 32.8 (32.1-33.6)  | 32.8 (32.0-33.6)   |
| 2003 January–March | 31.2 (29.7-32.6)  | 31.1 (29.7-32.5)   |
| 2004 yearly        | 30.2 (29.4-31.0)  | 30.1 (29.3-30.9)   |
| 2004 January–March | 29.6 (28.2-31.0)  | 29.5 (28.1-30.9)   |
| 2005 yearly        | 30.1 (29.38-30.92)                                      | 30.1 (29.37-30.90)   |
| 2005 January–March | 30.8 (29.20-32.39)                                      | 30.7 (29.20-32.34)   |
| 2006 yearly        | 30.9 (29.91-31.80)                                      | 30.9 (29.96-31.85)   |
| 2006 January–March | 30.0 (28.57-31.46)                                      | 30.0 (28.58-31.48)   |
| 2007 yearly        | 30.8 (29.73-31.82)                                      | 30.8 (29.74-31.82)   |
| 2007 January–March | 30.8 (29.13-32.50)                                      | 30.7 (29.02-32.40)   |
| 2008 yearly        | 31.9 (30.92-32.97)                                      | 32.0 (30.95-33.01)   |
| 2008 January–March | 29.5 (27.96-31.07)                                      | 29.7 (28.15-31.16)   |
| 2009 January–March | 33.6 (31.52-35.76)                                      | 33.8 (31.59-35.92)   |

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates for this *Healthy People 2010* Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

NOTES: Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See “About This Early Release” for more details. Estimates for January–March 2009 are based on approximately half of the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between the last two data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

**Data table for Figure 7.2. Percentage of adults aged 18 and over who engaged in regular leisure-time physical activity, by age group and sex: United States, January–March 2009**

| Age and sex  | Percent | 95% confidence interval |
|--|---------|-------------------------|
| 18–24 years, total                                     | 40.2    | 34.04-46.37             |
| 18–24 years, male                                      | 49.9    | 39.90-59.96             |
| 18–24 years, female                                    | 30.4    | 23.56-37.26             |
| 25–64 years, total                                     | 34.0    | 31.59-36.42             |
| 25–64 years, male                                      | 33.2    | 29.93-36.43             |
| 25–64 years, female                                    | 34.8    | 31.31-38.27             |
| 65–74 years, total                                     | 36.4    | 30.06-42.72             |
| 65–74 years, male                                      | 39.1    | 28.15-50.12             |
| 65–74 years, female                                    | 34.0    | 26.07-41.98             |
| 75 years and over, total                               | 16.3    | 10.70-21.88             |
| 75 years and over, male                                | 20.8    | 11.23-30.36             |
| 75 years and over, female                              | 13.1    | 6.37-19.86              |
| 18 years and over (crude <sup>1</sup> ), total         | 33.6    | 31.52-35.76             |
| 18 years and over (crude <sup>1</sup> ), male          | 35.1    | 31.99-38.14             |
| 18 years and over (crude <sup>1</sup> ), female        | 32.3    | 29.60-35.05             |
| 18 years and over (age-adjusted <sup>2</sup> ), total  | 33.8    | 31.59-35.92             |
| 18 years and over (age-adjusted <sup>2</sup> ), male   | 34.8    | 31.72-37.88             |
| 18 years and over (age-adjusted <sup>2</sup> ), female | 32.9    | 30.14-35.64             |

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates for this *Healthy People 2010* Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

NOTES: Estimates are based on approximately half of the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

**Data table for Figure 7.3. Age-sex-adjusted percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January–March 2009**

| <b>Race/ethnicity</b>                      | <b>Age-sex-adjusted<sup>1</sup> percent<br/>(95% confidence interval)</b> | <b>Age-adjusted<sup>2</sup> percent<br/>(95% confidence interval)</b> |
|--|---|---|
| Hispanic or Latino                         | 27.7 (21.92-33.49)  | 27.9 (22.01-33.80)  |
| Not Hispanic or Latino, single race, white | 37.2 (34.35-39.99)  | 37.2 (34.31-40.08)  |
| Not Hispanic or Latino, single race, black | 26.0 (20.81-31.12)  | 25.8 (20.61-30.90)  |

<sup>1</sup>Age-sex-adjusted estimates are presented in the figure. Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

<sup>2</sup>Estimates for this *Healthy People 2010* Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

NOTES: Estimates are based on approximately half of the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.