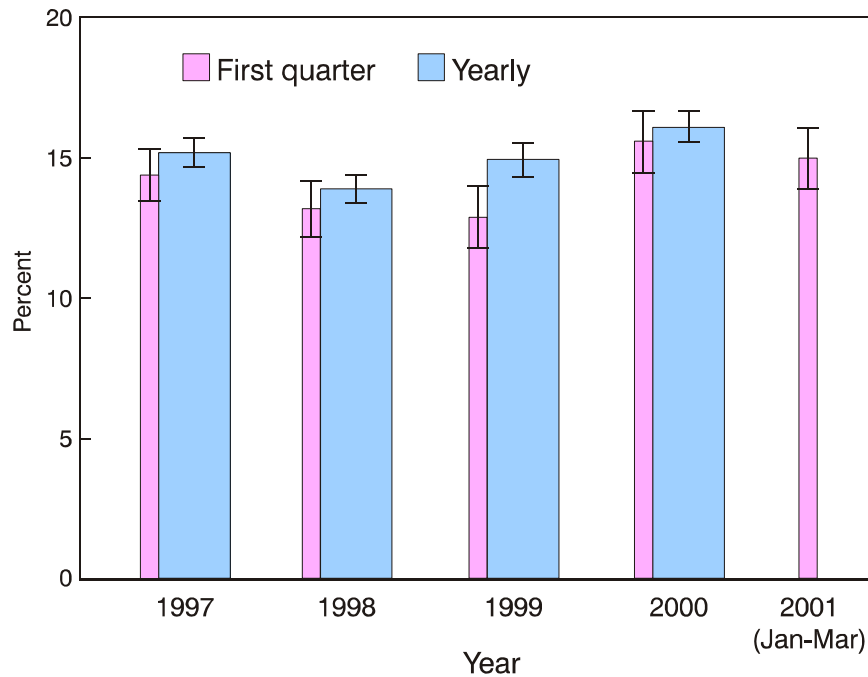


**Figure 7.1. Percentage of adults aged 18 years and older who regularly participated in light or moderate leisure-time physical activity: United States, 1997 - 2001**

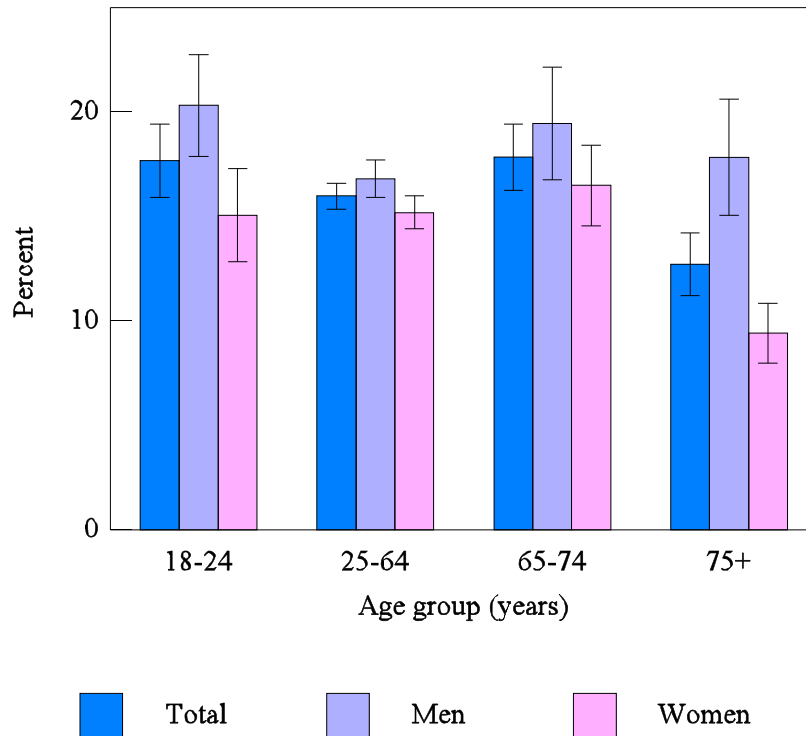


DATA SOURCE: Sample Adult Core component of the 1997-2001 National Health Interview Surveys. The estimate for the year 2001 was based on data collected from January-March.

NOTES: Regular participation in light or moderate leisure-time physical activity was defined as engaging in such activities for  $\geq 30$  minutes  $\geq 5$  times per week. The analysis excluded people with unknown physical activity participation. Brackets indicate 95% confidence intervals (CI).

- ! In early 2001, 15.0% (95% CI = 13.9%-16.1%) of U.S. adults aged 18 years and older reported regularly participating in light or moderate leisure-time physical activities.
- ! The first quarter percentage for adults aged 18 years and older was 14.4% in 1997, 13.2% in 1998, 12.9% in 1999, and 15.6% in 2000.
- ! The annual percentages of adults aged 18 years and older who regularly participated in leisure-time physical activities were 15.2% in 1997, 13.9% in 1998, 14.9% in 1999, and 16.1% in 2000.

**Figure 7.2. Percentage of adults aged 18 and older who regularly participated in light or moderate leisure-time physical activity, by sex and age group: United States, 2000**

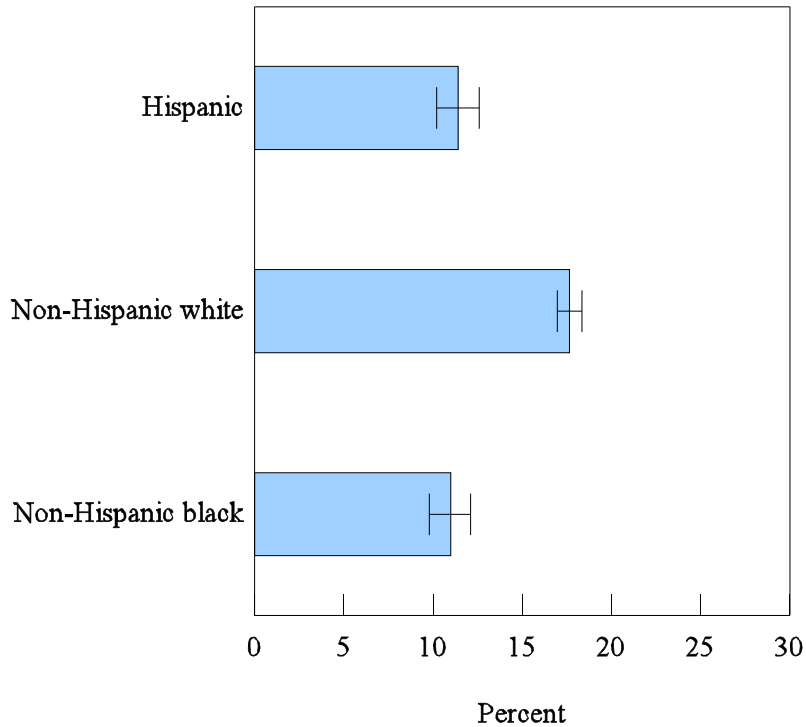


DATA SOURCE: Sample Adult Core component of the 2000 National Health Interview Survey.

NOTES: Regular participation in light or moderate leisure-time physical activity was defined as engaging in such activities for  $\geq 30$  minutes  $\geq 5$  times per week. The analysis excluded 1,730 people with unknown physical activity participation. Brackets indicate 95% confidence intervals (CI).

- ! For both sexes combined, the percentage of adults who regularly participated in light or moderate leisure-time physical activity was higher in age groups 18-24 (17.7%, 95% CI = 15.9%-19.4%) and 65-74 years (17.8%, 95% CI = 16.3%-19.4%), compared with age groups 25-64 (16.0%, 95% CI = 15.4%-16.6%) and 75 years and over (12.7%, 95% CI = 11.2%-14.2%).
- ! Women were less likely than men to regularly participate in light or moderate leisure-time physical activities in all four age groups.

**Figure 7.3. Age-sex-adjusted percentage of adults aged 18 years and older who regularly participated in light or moderate leisure-time physical activity, by race/ethnicity: United States, 2000**



DATA SOURCE: Sample Adult Core component of the 2000 National Health Interview Survey.

NOTES: Regular participation in light or moderate leisure-time physical activity was defined as engaging in such activities for  $\geq 30$  minutes  $\geq 5$  times per week. The analysis excluded 1,730 people with unknown physical activity participation. Brackets indicate 95% confidence intervals (CI).

! The age-sex-adjusted percentage of adults who regularly participated in light or moderate physical activity was higher for non-Hispanic white (17.7%) than for Hispanic (11.4%) and non-Hispanic black adults (11.0%).

Data tables for figures 7.1-7.3:

**Figure 7.1. Percentage of adults aged 18 years and older who regularly participated in light or moderate leisure-time physical activity: United States, 1997-2001**

<b>Year</b>	<b>Percent</b>	<b>95% Confidence interval</b>
<b>1997</b>	15.2	14.7-15.7
<b>1998</b>	13.9	13.4-14.4
<b>1999</b>	14.9	14.4-15.5
<b>2000</b>	16.1	15.6-16.7
<b>2001 (Jan-Mar)</b>	15.0	13.9-16.1

**Figure 7.2. Percentage of adults aged 18 and older who regularly participated in light or moderate leisure-time physical activity, by sex and age group: United States, 2000**

<b>Age and Sex</b>	<b>Percent</b>	<b>95% Confidence interval</b>
<b>18-24 years</b>		
<b>Total</b>	17.7	15.9-19.4
<b>Men</b>	20.3	17.9-22.7
<b>Women</b>	15.1	12.8-17.3
<b>25-64 years</b>		
<b>Total</b>	16.0	15.4-16.6
<b>Men</b>	16.8	15.9-17.7
<b>Women</b>	15.2	14.4-16.0
<b>65-74 years</b>		
<b>Total</b>	17.8	16.3-19.4
<b>Men</b>	19.5	16.8-22.1
<b>Women</b>	16.5	14.6-18.4
<b>75 years and older</b>		
<b>Total</b>	12.7	11.2-14.2
<b>Men</b>	17.8	15.1-20.6
<b>Women</b>	9.9	8.0-10.8

**Figure 7.3. Age-sex-adjusted percentage of adults aged 18 years and older who regularly participated in light or moderate leisure-time physical activity, by race/ethnicity: United States, 2000**

<b>Race/Ethnicity</b>	<b>Percent</b>	<b>95% Confidence interval</b>
<b>Hispanic</b>	11.4	10.2-12.6
<b>Non-Hispanic white</b>	17.7	17.0-18.3
<b>Non-Hispanic black</b>	11.0	9.8-12.1