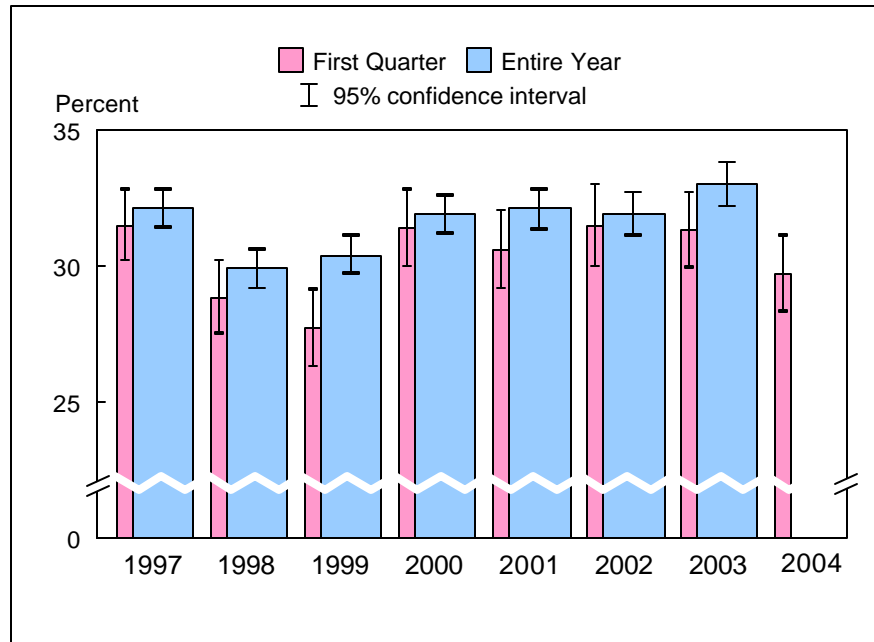


Figure 7.1. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997-2004



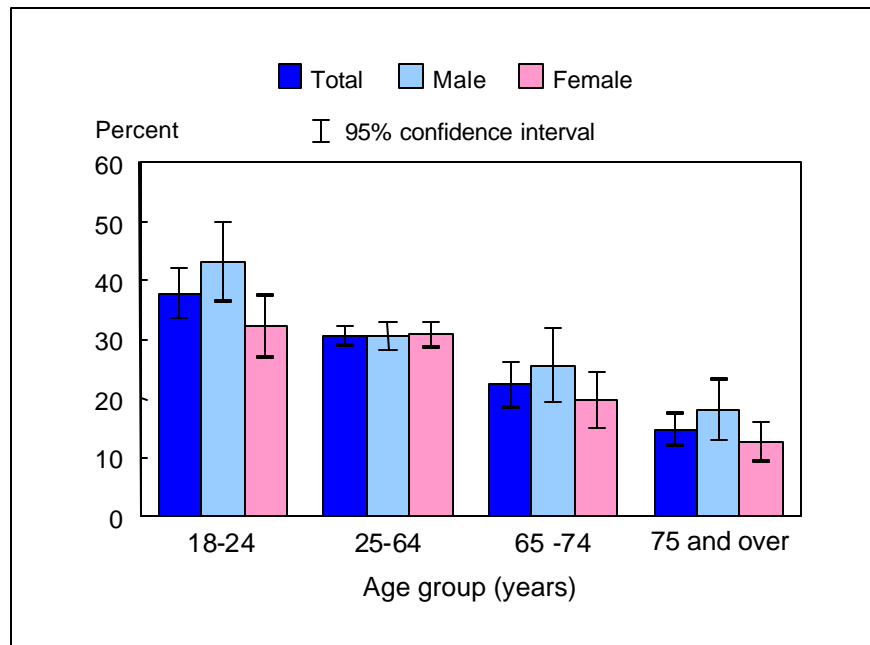
NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to 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. Both annual and quarter one estimates are presented due to the seasonality of leisure-time physical activity. The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). CI is confidence interval. Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000-02 were recalculated using weights derived from the 2000 census. See "About This Release" and appendix tables in this release for more details.

DATA SOURCE: Sample Adult Core component of the 1997-2004 National Health Interview Surveys. The estimate for 2004 was based on data collected from January through March.

■ In early 2004, 29.7% (95% CI = 28.3%-31.1%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity. This estimate was lower than, but not significantly different from, the 2003 quarter one estimate of 31.3%.

■ The annual percents of adults aged 18 years and over who engaged in regular leisure-time physical activity increased from 29.9% in 1998 to 31.9% in 2000, remained stable from 2000 to 2002, and increased from 2002 to 2003. The increase from 2002 to 2003 was not statistically significant.

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, January-March 2004

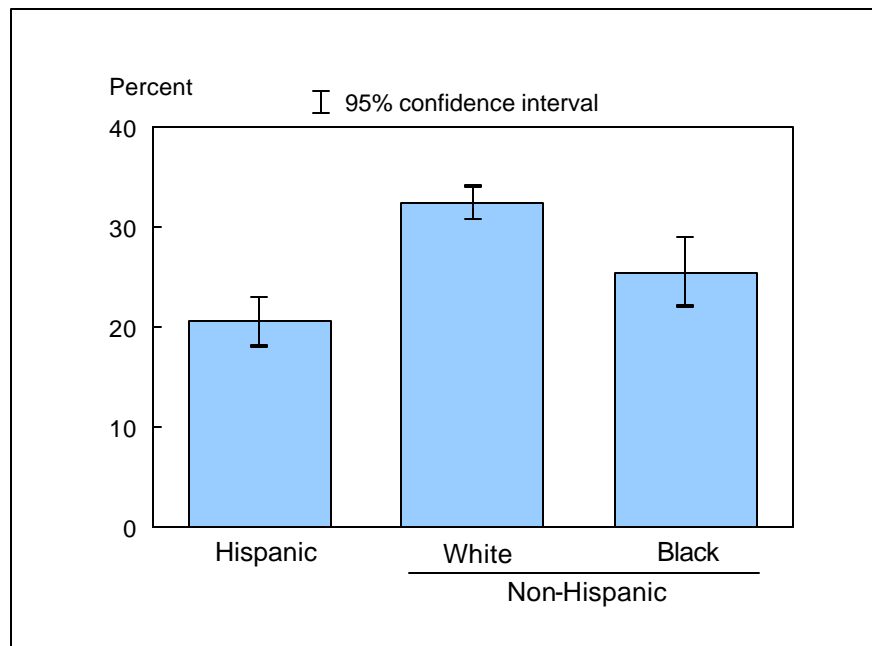


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to 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. The analyses excluded 228 persons (3.1%) with unknown physical activity participation.

DATA SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2004 National Health Interview Survey.

- For both sexes combined, the percent of adults who engaged in regular leisure-time physical activity decreased with age.
- 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 percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January-March 2004



NOTES: This measure reflects the definition 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 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. The analyses excluded 228 persons (3.1%) with unknown physical activity participation. Estimates are age-sex-adjusted to the 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 SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2004 National Health Interview Survey.

■ The age-sex-adjusted percent of adults who engaged in regular leisure-time physical activity was 20.5% for Hispanic adults, 32.5% for non-Hispanic white adults, and 25.5% 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, 1997–2004

Year	Percent (95% confidence interval)	
	Crude ¹	Age-adjusted ²
1997 Yearly	32.1 (31.4-32.8)	31.9 (31.2-32.5)
January-March	31.5 (30.2-32.8)	31.3 (30.0-32.5)
1998 Yearly	29.9 (29.2-30.6)	29.7 (29.0-30.4)
January-March	28.8 (27.5-30.2)	28.6 (27.3-29.9)
1999 Yearly	30.4 (29.7-31.1)	30.2 (29.5-30.9)
January-March	27.7 (26.3-29.1)	27.6 (26.1-29.0)
2000 Yearly	31.9 (31.2-32.6)	31.8 (31.1-32.5)
January-March	31.4 (30.0-32.8)	31.3 (29.9-32.7)
2001 Yearly	32.1 (31.3-32.8)	32.0 (31.2-32.7)
January-March	30.6 (29.2-32.0)	30.5 (29.1-31.9)
2002 Yearly	31.9 (31.1-32.7)	31.8 (31.1-32.6)
January-March	31.5 (30.0-33.0)	31.4 (30.0-32.9)
2003 Yearly	33.0 (32.2-33.8)	32.9 (32.1-33.7)
January-March	31.3 (29.9-32.7)	31.4 (30.0-32.9)
2004 January-March	29.7 (28.3-31.1)	29.6 (28.2-31.0)

¹Crude estimates are presented in the graph.

²Estimates for this Healthy People 2010 leading health indicator are age-adjusted to the 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, January-March 2004

Age and sex	Percent	95% confidence interval
18-24 years		
Total	37.7	33.5-41.9
Men	43.2	36.5-49.8
Women	32.2	26.9-37.5
25-64 years		
Total	30.7	29.0-32.3
Men	30.5	28.1-33.0
Women	30.8	28.6-33.0
65-74 years		
Total	22.3	18.4-26.2
Men	25.6	19.3-31.9
Women	19.7	14.9-24.5
75 years and over		
Total	14.8	11.9-17.6
Men	18.0	12.8-23.3
Women	12.6	9.3-16.0
18 years and over: Crude¹		
Total	29.7	28.3-31.1
Men	31.1	28.9-33.4
Women	28.4	26.6-30.1
18 years and over: Age-adjusted²		
Total	29.6	28.2-31.0
Men	30.8	28.7-32.9
Women	28.5	26.8-30.3

¹Crude estimates are presented in the graph.

²Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 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. Adjusted percent of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January-March 2004

Race/ethnicity	Percent (95% confidence interval)	
	Age-sex-adjusted ¹	Age-adjusted ²
Hispanic or Latino	20.5 (18.0-23.0)	20.6 (18.0-23.1)
Not Hispanic or Latino		
White, single race	32.5 (30.8-34.1)	32.5 (30.8-34.2)
Black, single race	25.5 (22.0-29.0)	25.0 (21.4-28.6)

¹Age-sex-adjusted estimates are presented in the graph. Estimates are age-sex-adjusted to the 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.

²Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 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.