

Table A. Comparison of percent distributions of item-specific and usual leisure-time physical activity summary indicators among adults aged 18 years and over, by selected health characteristics: age-adjusted and crude, 1998.

Characteristic	Summary (kilocalories) of 23 activities (past 2 weeks) ¹			Usual leisure-time physical activity ²				
	Total	Sedentary (kcal < 1.5)	Moderately active (1.5 ≤ kcal < 3.0)	Very active (kcal ≥ 3.0)	Total	Inactive	Some activity, < regular	Regularly active
Adults aged 18 years and over (age adjusted) ^{3,4}	100.0	63.0 (0.39)	15.0 (0.24)	22.0 (0.31)	100.0	40.4 (0.45)	30.0 (0.34)	29.6 (0.34)
Reported health status ^{4,5}								
Excellent or very good	100.0	56.2 (0.48)	17.0 (0.32)	26.8 (0.41)	100.0	33.6 (0.52)	31.4 (0.43)	35.0 (0.46)
Good	100.0	70.8 (0.67)	13.5 (0.46)	15.7 (0.52)	100.0	46.0 (0.72)	30.9 (0.62)	23.1 (0.59)
Fair or poor	100.0	84.0 (0.88)	8.2 (0.67)	7.9 (0.60)	100.0	65.0 (1.13)	21.9 (1.00)	13.1 (0.81)
Difficulties in physical functioning ^{4,6}								
Yes	100.0	81.5 (0.95)	8.6 (0.62)	9.8 (0.71)	100.0	59.0 (1.17)	25.3 (0.97)	15.7 (0.85)
No	100.0	59.8 (0.43)	16.2 (0.27)	24.1 (0.35)	100.0	37.0 (0.48)	30.9 (0.37)	32.0 (0.37)
Difficulty walking ^{4,7}								
Yes	100.0	90.8 (1.07)	4.7 (0.73)	4.6 (0.80)	100.0	74.6 (1.60)	17.0 (1.37)	8.5 (1.19)
No	100.0	60.9 (0.41)	15.9 (0.25)	23.2 (0.33)	100.0	37.8 (0.46)	31.0 (0.35)	31.2 (0.36)
Diabetes ^{4,8}								
Yes	100.0	72.4 (1.80)	11.5 (1.27)	16.1 (1.61)	100.0	51.0 (1.90)	27.2 (1.68)	21.7 (1.66)
No	100.0	62.5 (0.39)	15.2 (0.25)	22.3 (0.32)	100.0	39.7 (0.45)	30.2 (0.36)	30.1 (0.35)
Hypertension ^{4,9}								
Yes	100.0	68.2 (0.96)	14.3 (0.74)	17.5 (0.81)	100.0	46.4 (1.04)	29.8 (0.92)	23.9 (0.89)
No	100.0	61.7 (0.43)	15.2 (0.27)	23.0 (0.35)	100.0	39.0 (0.47)	30.2 (0.39)	30.8 (0.38)
Symptoms of serious psychological distress ^{4,10}								
Yes	100.0	77.9 (1.46)	8.7 (1.08)	13.4 (1.20)	100.0	60.3 (1.64)	22.0 (1.49)	17.7 (1.34)
No	100.0	62.6 (0.39)	15.2 (0.24)	22.2 (0.32)	100.0	39.8 (0.45)	30.2 (0.34)	30.0 (0.34)
Body mass index ^{4,11}								
Underweight	100.0	69.0 (2.44)	14.0 (1.92)	17.0 (1.83)	100.0	49.7 (2.31)	28.8 (2.36)	21.5 (2.02)
Healthy weight	100.0	59.6 (0.58)	15.8 (0.38)	24.5 (0.49)	100.0	36.5 (0.58)	30.4 (0.50)	33.1 (0.51)
Overweight	100.0	60.8 (0.56)	15.9 (0.39)	23.3 (0.48)	100.0	39.6 (0.61)	29.9 (0.55)	30.5 (0.58)
Obese	100.0	70.8 (0.66)	12.8 (0.50)	16.4 (0.56)	100.0	46.9 (0.83)	29.7 (0.69)	23.4 (0.64)
Adults aged 18 years and over (crude) ³	100.0	62.9 (0.39)	15.0 (0.24)	22.1 (0.32)	100.0	40.2 (0.45)	30.0 (0.34)	29.8 (0.34)
Reported health status ⁵								
Excellent or very good	100.0	55.8 (0.48)	16.8 (0.32)	27.3 (0.41)	100.0	32.7 (0.52)	31.6 (0.42)	35.6 (0.46)
Good	100.0	71.0 (0.65)	13.6 (0.45)	15.4 (0.51)	100.0	46.8 (0.70)	30.5 (0.60)	22.7 (0.56)
Fair or poor	100.0	85.2 (0.65)	7.8 (0.51)	7.0 (0.44)	100.0	68.3 (0.89)	20.1 (0.77)	11.6 (0.59)
Difficulties in physical functioning ⁶								
Yes	100.0	83.5 (0.65)	8.6 (0.48)	7.9 (0.46)	100.0	64.0 (0.85)	23.3 (0.73)	12.8 (0.56)
No	100.0	59.5 (0.43)	16.1 (0.27)	24.4 (0.35)	100.0	36.4 (0.48)	31.1 (0.37)	32.5 (0.38)

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Characteristic	Summary (kilocalories) of 23 activities (past 2 weeks) ¹				Usual leisure-time physical activity ²			
	Total	Sedentary (kcal < 1.5)	Moderately active (1.5 ≤ kcal <3.0)	Very active (kcal ≥ 3.0)	Total	Inactive	Some activity, < regular	Regularly active
Difficulty walking ⁷								
Yes	100.0	92.0 (0.62)	4.6 (0.48)	3.4 (0.39)	100.0	77.6 (0.98)	16.1 (0.84)	6.2 (0.56)
No	100.0	60.6 (0.41)	15.8 (0.26)	23.5 (0.33)	100.0	37.3 (0.46)	31.1 (0.35)	31.6 (0.36)
Diabetes ⁸								
Yes	100.0	74.9 (1.19)	11.8 (0.87)	13.3 (0.96)	100.0	56.6 (1.35)	25.5 (1.14)	17.9 (1.05)
No	100.0	62.1 (0.39)	15.2 (0.25)	22.7 (0.32)	100.0	39.2 (0.45)	30.3 (0.36)	30.5 (0.36)
Hypertension ⁹								
Yes	100.0	70.9 (0.70)	13.9 (0.54)	15.2 (0.57)	100.0	50.5 (0.77)	27.8 (0.66)	21.7 (0.64)
No	100.0	61.0 (0.43)	15.3 (0.27)	23.8 (0.35)	100.0	37.7 (0.48)	30.6 (0.38)	31.7 (0.39)
Symptoms of serious psychological distress ¹⁰								
Yes	100.0	78.1 (1.48)	8.7 (1.08)	13.2 (1.20)	100.0	60.3 (1.68)	22.0 (1.48)	17.7 (1.37)
No	100.0	62.4 (0.39)	15.2 (0.25)	22.4 (0.32)	100.0	39.6 (0.45)	30.3 (0.35)	30.1 (0.34)
Body mass index ¹¹								
Underweight	100.0	69.0 (2.27)	13.6 (1.72)	17.4 (1.82)	100.0	50.4 (2.41)	28.0 (2.24)	21.6 (1.95)
Healthy weight	100.0	59.2 (0.57)	15.8 (0.38)	25.0 (0.50)	100.0	36.0 (0.58)	30.5 (0.50)	33.5 (0.50)
Overweight	100.0	61.1 (0.56)	15.8 (0.39)	23.1 (0.48)	100.0	39.8 (0.62)	29.8 (0.55)	30.4 (0.57)
Obese	100.0	70.9 (0.66)	12.8 (0.51)	16.3 (0.56)	100.0	46.7 (0.84)	30.0 (0.69)	23.4 (0.64)

¹ Based on a series of questions about frequency, duration, and intensity of 23 sports-related leisure-time physical activities during the two weeks preceding the interview. Total average daily kilocalorie expenditure was estimated. Activity level was classified as "sedentary," "moderately active," or "very active" based on average daily kilocalorie expenditure over the two week period.

² Based on a set of four questions asking about frequency and duration of light-moderate and vigorous leisure-time physical activity that lasted at least 10 minutes. The questions were introduced with a phrase specifying that the questions referred to leisure-time exercise, sports and physically active hobbies. Adults were classified in terms of regularity of their activity: "Inactive" refers to adults who engaged in no light-moderate or vigorous LTPA. "Some activity, < regular" refers to adults who engaged in some activity but less than the amount needed to qualify as "regularly active." "Regularly active" adults engaged in light-moderate activity at least 5 times per week for at least 30 minutes each time or vigorous activity at least 3 times a week for at least 20 minutes each time or both.

³ Excludes adults with unknown leisure-time physical activity status.

⁴ Age adjusted using the 2000 projected U.S. population as the standard population with age groups: 18-44 years, 45-64 years and 65 years and over.

⁵ Based on the questions: "Would you say (your/name) health in general is excellent, very good, good, fair, or poor?"

⁶ In a series of questions, respondents were asked if they experienced difficulty performing one or more of the nine routine physical activities-- by themselves, and without using any special equipment. These activities included walking a quarter of a mile (or three city blocks); standing for 2 hours; stooping, bending, or kneeling; climbing 10 steps without resting; sitting for two hours; reaching over one's head; using one's fingers to grasp or handle small objects; lifting or carrying a 10-pound object (such as a bag of groceries); and pushing or pulling a large object (such as a living room chair). The response categories consisted of "not at all difficult," "only a little difficult," "somewhat difficult," "very difficult," "can't do at all," or "do not do this activity." The estimates shown include adults who responded "very difficult," or "cannot do at all" to any of these questions.

⁷ Difficulty walking is based on answers of "very difficult" and "can't do at all" to the question about walking a quarter mile shown in footnote # 6.

⁸ Based on the question "Have you ever been told by a doctor or other health professional that you had diabetes or sugar diabetes?" Borderline and diabetes only during pregnancy were excluded.

⁹ Based on a set of two questions: "Have you ever been told you had high blood pressure?" and "Have you been told you had high blood pressure two or more times?"

¹⁰ Based on a series of questions about frequency of negative moods during the past 30 days: sad, nervous, restless, hopeless, feeling everything is an effort, and worthless. Response choices were: all of the time; most of the time; some of the time; little of the time; none of the time. A composite index of these items was developed by Kessler et al. with a score of 13 or greater representing serious psychological distress. [See reference # 10].

¹¹ Body Mass Index (BMI) is based on self-reported height and weight using the formula: weight (in kilograms)/ [height (in meters)] ². Categories shown are consistent with the World Health Organization classification: (a) underweight is BMI <18.5; (b) healthy weight is 18.5 ≤ BMI <25.0; (c) overweight is 25.0 ≤ BMI <30.0; obese is BMI ≥30.0 (See reference # 11)