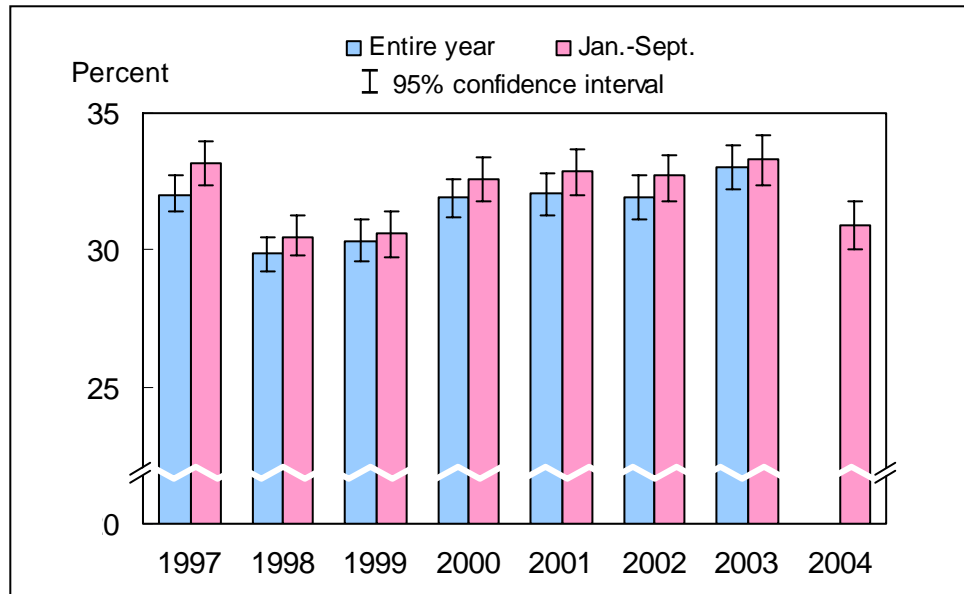


Figure 7.1. Percent of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997-2004



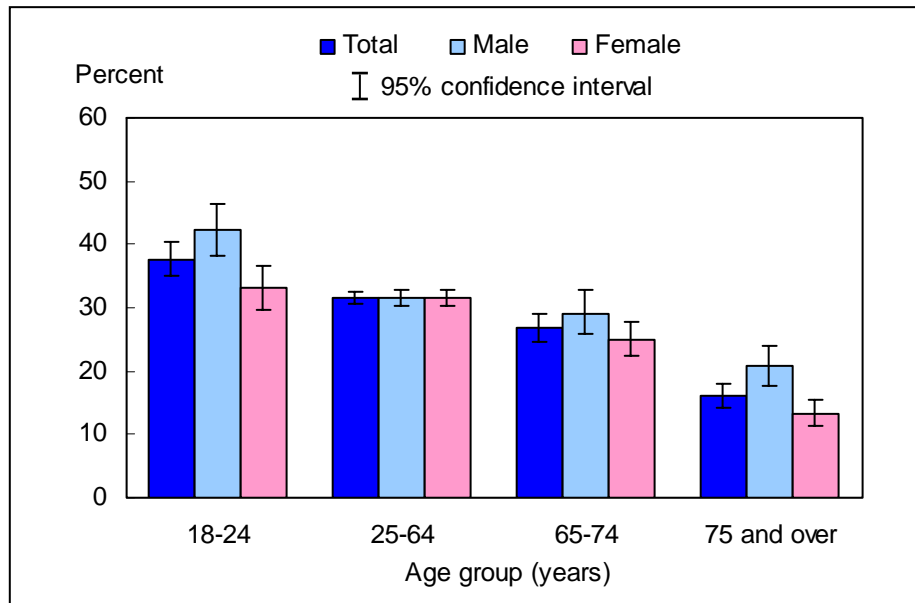
NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than 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 estimates and estimates for January-September 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). 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 table III in the appendix 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 September.

■ For the period January through September 2004, 30.9% (95% confidence interval = 30.0%-31.8%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity. This estimate was lower than the January through September 2003 estimate of 33.3%.

■ The annual percentages 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-September 2004

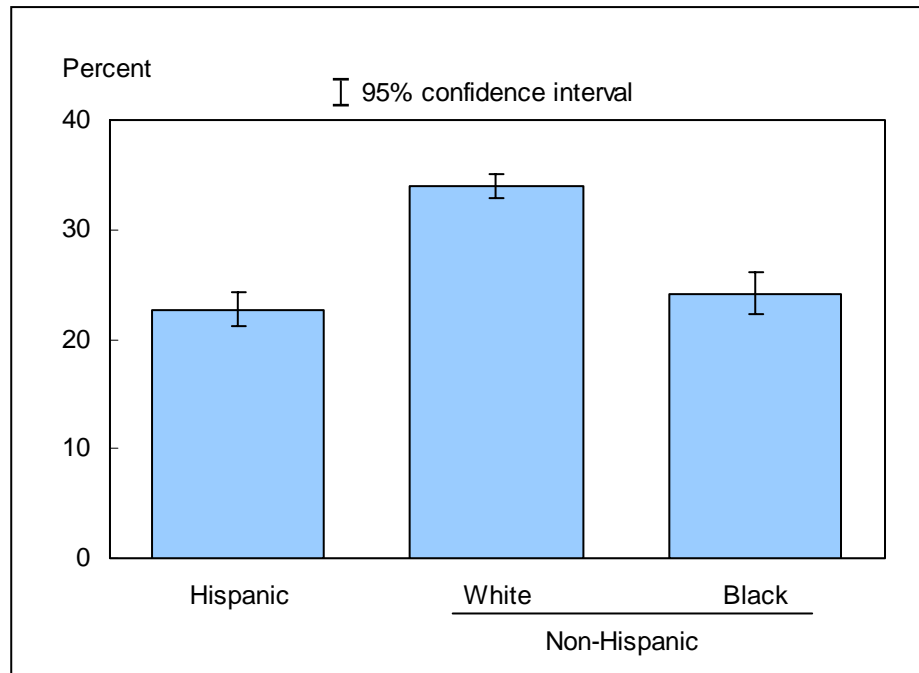


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater than 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 681 persons (3.0%) with unknown physical activity participation.

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

- For both sexes combined, the percentage of adults who engaged in regular leisure-time physical activity decreased with age.
- For age groups 18-24 years and 75 years and over, 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-September 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 681 persons (3.0%) 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 September in the Sample Adult Core component of the 2004 National Health Interview Survey.

■ The age- sex-adjusted percentage of adults who engaged in regular leisure-time physical activity was 22.7% for Hispanic adults, 33.9% for non-Hispanic white adults, and 24.1% 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	32.0 (31.4-32.7)	31.9 (31.2-32.5)
January-September	33.2 (32.4-34.0)	-
1998 Yearly	29.9 (29.2-30.5)	29.7 (29.0-30.4)
January-September	30.5 (29.8-31.3)	-
1999 Yearly	30.3 (29.6-31.1)	30.2 (29.5-30.9)
January-September	30.6 (29.7-31.4)	-
2000 Yearly	31.9 (31.2-32.6)	31.8 (31.1-32.5)
January-September	32.6 (31.8-33.4)	-
2001 Yearly	32.1 (31.3-32.8)	32.0 (31.2-32.7)
January-September	32.9 (32.0-33.7)	-
2002 Yearly	31.9 (31.1-32.7)	31.8 (31.1-32.6)
January-September	32.7 (31.8-33.5)	-
2003 Yearly	33.0 (32.2-33.8)	32.9 (32.1-33.7)
January-September	33.3 (32.4-34.2)	-
2004 January-September	30.9 (30.0-31.8)	-

¹Crude estimates are presented in the figure.

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-September 2004

Age and sex	Percent	95% confidence interval
18-24 years		
Total	37.7	34.9-40.5
Male	42.3	38.3-46.4
Female	33.1	29.7-36.7
25-64 years		
Total	31.6	30.7-32.6
Male	31.6	30.3-33.0
Female	31.7	30.4-33.0
65-74 years		
Total	26.9	24.7-29.2
Male	29.2	25.8-32.8
Female	25.0	22.3-27.9
75 years and over		
Total	16.1	14.3-18.1
Male	20.7	17.7-24.1
Female	13.2	11.3-15.4
18 years and over: crude¹		
Total	30.9	30.0-31.8
Male	32.2	31.0-33.4
Female	29.6	28.6-30.7
18 years and over: age-adjusted²		
Total	30.8	29.9-31.7
Male	32.0	30.8-33.2
Female	29.8	28.7-30.9

¹Crude estimates are presented in the figure.

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-September 2004

Race/ethnicity	Percent (95% confidence interval)	
	Age- sex-adjusted¹	Age-adjusted²
Hispanic or Latino	22.7 (21.2-24.3)	22.7 (21.2-24.3)
Not Hispanic or Latino		
White, single race	33.9 (32.8-35.0)	33.9 (32.8-35.0)
Black, single race	24.1 (22.2-26.2)	23.8 (21.8-25.8)

¹Age- sex-adjusted estimates are presented in the figure. 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.