

National Health Interview Survey (NHIS) adult physical activity topics: 1975-1995											
	1975	1977	1983	1984	1985	1988	1990	1991	1993	1994	1995
Leisure-time physical activity											
Specific exercises on a regular basis	X										
Specific sports in past 12 months	X										
Tournament or team sports participation in past 12 months	X										
Regular physical activity	X			X	X		X			X ₁	
Walking for exercise, recreation or leisure	X			X	X		X	X			X
Sports, exercises, and physical active hobbies in past 2 weeks					X		X	X			X
Participation in exercise class or program										X ²	X ³
Stretching activities								X			X
Usual vigorous and usual light-moderate activity											
Strengthening activities	X				X		X	X		X ²	X
Perceived physical activity level											
Physical activity level relative to others the same age	X	X	X	X	X						
Physical activity level relative to 1 year earlier				X						X ¹	
Get as much exercise as need				X							
Transportation-related activity											
Walking for transportation											
Occupational activity											
Occupation or other main daily activity					X	X	X				
Other activity-related topics											
Knowledge of health benefits of physical activity					X		X				
Increased physical activity to lose or control weight					X		X	X			X
Medical advice to exercise					X			X	X	X	
Family discussions about exercise										X	
Employer-offered physical activity programs or facilities								X	X	X	
Alternative health exercises (Yoga, Tai Chi, Qi Chong)											
¹ Asked of adults aged 70 years and over. Disability Follow-back Survey Adult's Questionnaire and Supplement on Aging Questionnaire.											
² Asked of employed adults.											
³ Asked of adults aged 65 years and over.											
⁴ Asked of adults with arthritis symptoms.											
⁵ Asked of adults with high blood pressure.											

National Health Interview Survey (NHIS) adult physical activity topics: 1997-2007											
	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Leisure-time physical activity											
Specific exercises on a regular basis											
Specific sports in past 12 months											
Tournament or team sports participation in past 12 months											
Regular physical activity											
Walking for exercise, recreation or leisure		X							X		
Sports, exercises, and physical active hobbies in past 2 weeks		X									
Participation in exercise class or program		X									
Stretching activities		X			X						
Usual vigorous and usual light-moderate activity	X	X	X	X	X	X	X	X	X	X	X
Strengthening activities	X	X	X	X	X	X	X	X	X	X	X
Perceived physical activity level											
Physical activity level relative to others the same age											
Physical activity level relative to 1 year earlier											
Get as much exercise as need											
Transportation-related activity											
Walking for transportation				X					X		
Occupational activity											
Occupation or other main daily activity				X					X		
Other activity-related topics											
Knowledge of health benefits of physical activity											
Increased physical activity to lose or control weight		X								X	
Medical advice to exercise				X		X ⁴	X ⁵		X	X	
Family discussions about exercise											
Employer-offered physical activity programs or facilities						X					X
Alternative health exercises (Yoga, Tai Chi, Qi Chong)											
¹ Asked of adults aged 70 years and over.											
² Asked of employed adults.											
³ Asked of adults aged 65 years and over.											
⁴ Asked of adults with arthritis symptoms.											
⁵ Asked of adults with high blood pressure.											