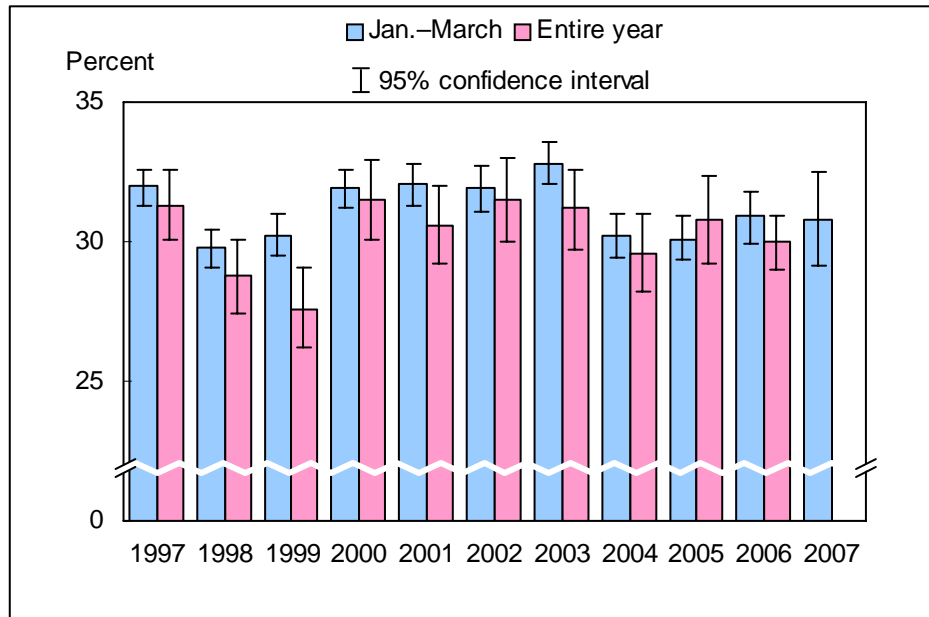


Figure 7.1. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–March 2007

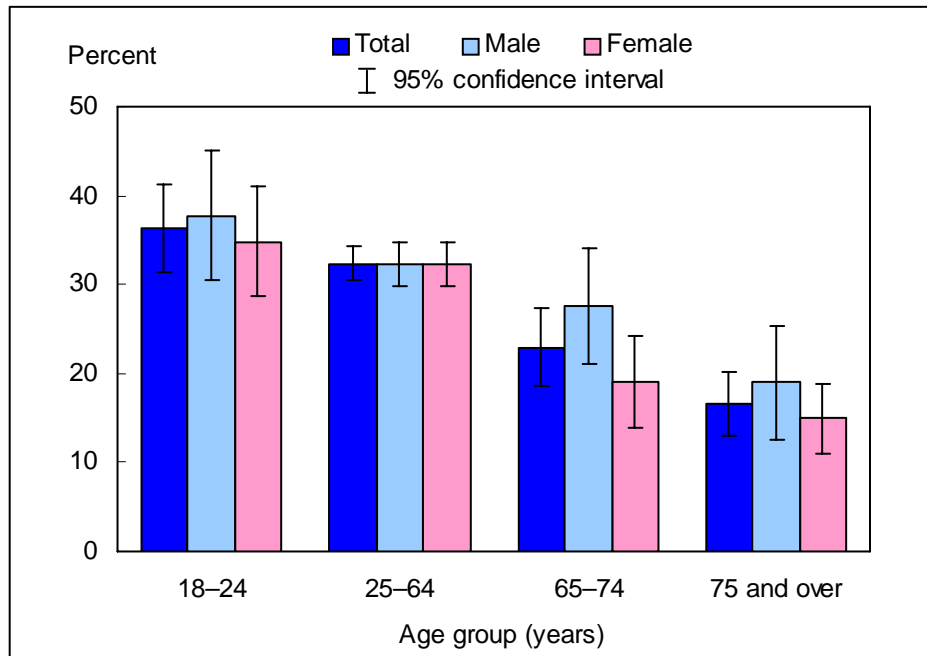


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (14)). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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. In Early Releases before September 2005 (based on the 2004 National Health Interview Survey (NHIS)), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (i.e., partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. All estimates have been rerun using the revised denominator. The impact of the change on the estimates was minimal (typically 0.1 percentage points or less). The analyses excluded persons with unknown physical activity participation (about 3% of respondents each year). Beginning with the 2003 data, NHIS transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See "About This Early Release" and Table III in the Appendix for more details.

DATA SOURCE: Sample Adult Core component of the 1997–2007 NHIS. The estimate for 2007 was based on data collected from January through March. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In early 2007, 30.8% (95% confidence interval = 29.13–32.50%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity, which was not significantly different from the 2006 quarter 1 estimate of 30.0%.
- The percentages of adults aged 18 years and over who engaged in regular leisure-time physical activity increased from 29.8% in 1998 to 32.1% in 2001, did not change significantly from 2001 to 2003, decreased from 2003 to 2004, and remained stable from 2004 to early 2007.

Figure 7.2. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by age group and sex: United States, January–March 2007

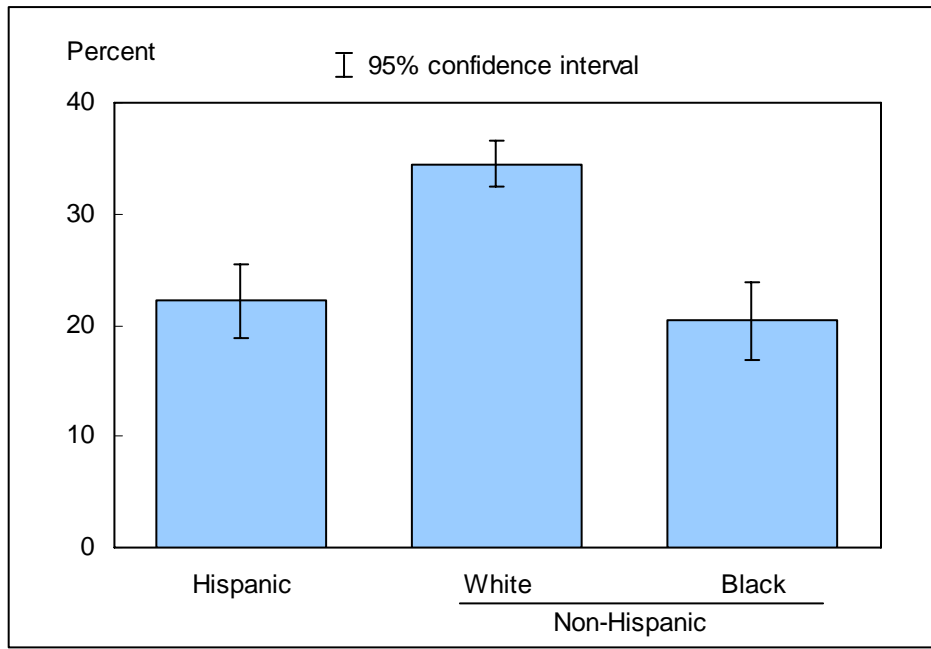


NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (14)). Regular leisure-time physical activity is defined as engaging in light-moderate leisure-time physical activity for greater than or equal to 30 minutes at a frequency greater 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. In Early Releases before September 2005 (based on the 2004 National Health Interview Survey (NHIS)), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (i.e., partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. The analyses excluded 183 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 2007 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- For both sexes combined, the percentage of adults who engaged in regular leisure-time physical activity decreased with age.
- For adults aged 65–74 years, women were less likely than men to engage in regular leisure-time physical activity.

Figure 7.3. Age-sex-adjusted percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January–March 2007



NOTES: This measure reflects the definition used for the physical activity Leading Health Indicator (Healthy People 2010, (14)). 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. In Early Releases before September 2005 (based on the 2004 National Health Interview Survey (NHIS)), regular physical activity was calculated slightly differently than that of Healthy People 2010. The earlier Early Release estimates excluded from the analysis persons with unknown duration of light-moderate or vigorous leisure-time physical activity who were known to have not met the frequency recommendations for light-moderate or vigorous leisure-time physical activity (i.e., partial unknowns). With the current release, persons who were known to have not met the frequency recommendations are classified as "not regular," regardless of duration. The analyses excluded 183 persons (3.1%) with unknown physical activity participation. Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and 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 2007 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

■ The age-sex-adjusted percentage of adults who engaged in regular leisure-time physical activity was 22.2% for Hispanic adults, 34.5% for non-Hispanic white adults, and 20.4% 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. Percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity: United States, 1997–March 2007

Year	Percent (95% confidence interval)	
	Crude ¹	Age-adjusted ²
1997 Yearly	32.0 (31.3-32.6)	31.8 (31.1-32.5)
January–March	31.3 (30.1-32.6)	31.1 (29.9-32.5)
1998 Yearly	29.8 (29.1-30.4)	29.6 (28.9-30.3)
January–March	28.8 (27.4-30.1)	28.5 (27.2-29.9)
1999 Yearly	30.2 (29.5-31.0)	30.1 (29.4-30.8)
January–March	27.6 (26.2-29.1)	27.4 (26.0-28.9)
2000 Yearly	31.9 (31.2-32.6)	31.8 (31.1-32.5)
January–March	31.5 (30.1-32.9)	31.3 (30.0-32.7)
2001 Yearly	32.1 (31.3-32.8)	31.9 (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 (31.0-32.6)
January–March	31.5 (30.0-33.0)	31.4 (30.0-32.9)
2003 Yearly	32.8 (32.1-33.6)	32.8 (32.0-33.6)
January–March	31.2 (29.7-32.6)	31.1 (29.7-32.5)
2004 Yearly	30.2 (29.4-31.0)	30.1 (29.4-30.9)
January–March	29.6 (28.2-31.0)	29.5 (28.1-30.9)
2005 Yearly	30.1 (29.38-30.92)	30.1 (29.37-30.90)
January–March	30.8 (29.20-32.39)	30.7 (29.20-32.34)
2006 Yearly	30.9 (29.91-31.80)	30.9 (29.96-31.85)
January–March	30.0 (28.57-31.46)	30.0 (28.58-31.48)
2007 January–March	30.8 (29.13-32.50)	30.7 (29.02-32.40)

¹Crude estimates are presented in the figure.

²Estimates for this Healthy People 2010 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

NOTES: Beginning with the 2003 data, the National Health Interview Survey (NHIS) transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See “About This Early Release” and Table III in the Appendix for more details.

DATA SOURCE: NHIS, 1997–March 2007. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

Data table for Figure 7.2. Percentage of adults aged 18 and over who engaged in regular leisure-time physical activity, by age group and sex: United States, January–March 2007

Age and sex	Percent	95% confidence interval
18–24 years		
Total	36.3	31.36-41.17
Male	37.7	30.40-45.05
Female	34.8	28.61-41.02
25–64 years		
Total	32.3	30.43-34.20
Male	32.3	29.79-34.86
Female	32.3	29.89-34.71
65–74 years		
Total	22.9	18.59-27.28
Male	27.6	21.16-33.99
Female	19.1	13.92-24.25
75 years and over		
Total	16.6	12.90-20.24
Male	19.0	12.63-25.30
Female	15.0	11.05-18.86
18 years and over: crude¹		
Total	30.8	29.13-32.50
Male	31.8	29.48-34.14
Female	29.9	27.85-31.95
18 years and over: age-adjusted²		
Total	30.7	29.02-32.40
Male	31.5	29.18-33.83
Female	30.1	28.04-32.16

¹Crude estimates are presented in the figure.

²Estimates for this Healthy People 2010 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: National Health Interview Survey, January–March 2007. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

Data table for Figure 7.3. Age-sex-adjusted percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race/ethnicity: United States, January–March 2007

Race/ethnicity	Percent (95% confidence interval)	
	Age-sex-adjusted ¹	Age-adjusted ²
Hispanic or Latino	22.2 (18.87-25.54)	22.2 (18.85-25.51)
Not Hispanic or Latino:		
White, single race	34.5 (32.47-36.54)	34.5 (32.48-36.56)
Black, single race	20.4 (16.95-23.89)	19.8 (16.33-23.24)

¹Age-sex-adjusted estimates are presented in the figure. Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and 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 using the projected 2000 U.S. population as the standard population and using five age groups: 18–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: National Health Interview Survey, January–March 2007. Data are based on household interviews of a sample of the civilian noninstitutionalized population.