

Table 204. Percentage of Adults Engaging in Leisure-Time, Transportation-Related and Household-Related Physical Activity: 2005

[In percent. Covers persons 18 years old and over. Based on responses to questions about physical activity in prior month from the Behavioral Risk Factor Surveillance System. Estimates are age-adjusted to the year 2000 standard population. Based on a survey sample of approximately 350,000 persons in 50 states and the District of Columbia in 2005. The following lifestyle activities are used to help measure level of activity (see footnotes below). Leisure-time physical activity is exercise, sports, recreation, or hobbies that are not associated with activities as part of one's regular job duties, household, or transportation. Transportation-physical activity is walking, biking or wheeling (for wheelchair users), or similar activities to and from places such as: work, school, place of worship, and stores. Household physical activity includes, but is not limited to, activities such as sweeping floors, scrubbing, washing windows, and raking the lawn]

Characteristic	Persons who meet recommended activity ¹	Persons not meeting recommended activity ²	Persons who are physically inactive ³	Characteristic	Persons who meet recommended activity ¹	Persons not meeting recommended activity ²	Persons who are physically inactive ³
Total	48.3	51.7	25.1	30 to 44 years old . . .	50.3	49.7	24.3
Male	49.9	50.1	22.9	45 to 64 years old . . .	45.8	54.2	27.3
Female	47.0	53.0	27.1	65 to 74 years old . . .	41.2	58.8	31.7
White, non-Hispanic . . .	50.9	49.1	21.4	75 years old and over	31.8	68.2	41.8
Black, non-Hispanic . . .	40.2	59.8	32.8	School years completed:			
Hispanic	42.1	57.9	37.4	Less than 12 years . .	37.2	62.8	45.4
Other	46.2	53.8	25.5	12 years	45.6	54.4	31.4
Males:				Some college (13 to 15 years)	49.2	50.8	22.5
18 to 29 years old . . .	58.5	41.5	18.8	College (16 or more years)	54.2	45.8	13.8
30 to 44 years old . . .	50.1	49.9	21.0	Household income:			
45 to 64 years old . . .	46.6	53.4	24.6	Less than \$10,000 . .	36.9	63.1	44.6
65 to 74 years old . . .	47.7	52.3	26.0	\$10,000 to \$19,999 . .	38.7	61.3	39.8
75 years old and over	40.3	59.7	32.0	\$20,000 to \$34,999 . .	45.3	54.7	30.6
Females:				\$35,000 to \$49,999 . .	49.1	50.9	22.9
18 to 29 years old . . .	52.1	47.9	23.2	\$50,000 and over . . .	55.0	45.0	15.0

¹ Recommended activity is physical activity at least 5 times a week for 30 minutes at a time or vigorous physical activity for 20 minutes at a time at least 3 times/week. This can be accomplished through lifestyle activities (i.e., household, transportation, or leisure-time activities). ² Doing more than 10 minutes total per week of moderate- or vigorous-intensity lifestyle activities (i.e., household, transportation, or leisure-time activities), but less than the recommended level of activity. ³ Persons with no reported physical activities in the previous month.