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February 2004

Health Behaviors of Adults: United States, 1999–2001



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics

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Health Behaviors of Adults: United States, 1999–2001

Data From the National Health
Interview Survey

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics

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Objective

This report presents prevalence estimates for key indicators of alcohol use, cigarette smoking, leisure-time physical activity, and body weight status among U.S. adults, using data from the 1999–2001 National Health Interview Surveys (NHIS). The NHIS is conducted annually by the Centers for Disease Control and Prevention's National Center for Health Statistics. Estimates are shown for several sociodemographic subgroups for both sexes combined and for men and women separately. Subgroups are compared in terms of prevalence of healthy and unhealthy behaviors.

Methods

Data for the U.S. civilian noninstitutionalized population were collected using computer-assisted personal interviews (CAPI). Questions on health behaviors were asked in the Sample Adult component of the basic core questionnaire. All data were self-reported. This report is based on a total of 96,501 completed interviews with sample adults aged 18 years and over, representing an overall sample adult response rate of 71.8% for the 3 years combined. Statistics were age adjusted to the 2000 U.S. standard population.

Results

Overall, 6 in 10 U.S. adults were current drinkers in 1999–2001; about 1 in 4 adults (23.1%) were lifetime abstainers. About 1 in 4 adults (23.1%) were current smokers and over one-half of adults (54.3%) had never smoked cigarettes. About 6 in 10 adults engaged in at least some leisure-time physical activity with about 3 in 10 regularly engaging in such activities. About 6 in 10 adults were overweight or obese (BMI ≥ 25), with 4 in 10 adults having a healthy weight.

Keywords: alcohol • drinking • smoking • smoking cessation • cigarettes • leisure-time physical activity • exercise • body weight • overweight • obesity • National Health Interview Survey • National Center for Health Statistics.

Health Behaviors of Adults: United States, 1999–2001

by Charlotte A. Schoenborn, M.P.H.; Patricia F. Adams; Patricia M. Barnes, M.A.; Jackline L. Vickerie, M.G.A.; and Jeannine S. Schiller, M.P.H., Division of Health Interview Statistics

Chapter 1 Introduction

Monitoring the health behaviors of the U.S. population has become increasingly important in recent years as evidence of the association between behavior and health has continued to mount. The behaviors included in this report—alcohol use, cigarette smoking, leisure-time physical activity, and body weight—have been the focus of extensive scientific investigation over the past half century. The first Surgeon General's report on the health effects of cigarette smoking was issued in 1964 (1). In 1971, the National Institute on Alcohol Abuse and Alcoholism (NIAAA) issued the first annual report to Congress on alcohol and health (2). In 1996, the first Surgeon General's report on physical activity and health was released (3). In 2001, the Surgeon General issued a Call to Action to Prevent and Decrease Overweight and Obesity (4). Each of these reports provided a wealth of information on the prevalence of these behaviors and on their associations with morbidity and mortality outcomes. Exploration of the causes, correlates, and consequences of these behaviors among U.S. adults continues, and much work remains to be done (5–18).

This report presents prevalence estimates for alcohol use, cigarette smoking, leisure-time physical activity, and body weight status of U.S. adults 18 years of age and over, using data from the National Health Interview Surveys

(NHIS), 1999–2001. The report updates previously published 1997–98 findings for each of these four behaviors (19–22). The earlier reports were based on the first 2 years of the redesigned NHIS. The background and rationale for the study of these particular behaviors were discussed at length in these earlier reports. With the exception of the race and Hispanic or Latino origin variables, all measures presented in this report are identical to those included in the earlier reports. Presentation of NHIS data for race and Hispanic or Latino origin changed beginning in 1999 in order to be consistent with the 1997 Office of Management and Budget (OMB) Federal guidelines (23).

The study of health behaviors in the U.S. population is ongoing. Federal initiatives to promote healthy lifestyles have been in place since 1980, and progress has been made (24). Currently, health promotion objectives for the year 2010 are guiding national, State, and local efforts to encourage the U.S. population to adopt behaviors that will promote good health (25). This report provides information on the status of four important health-related behaviors—alcohol use, cigarette smoking, leisure-time physical activity, and body weight status—among U.S. adults by selected characteristics including sex, age, race, Hispanic or Latino origin, education, poverty status, marital status, geographic region, and place of residence.

Chapter 2

Methods

Data Source

The statistics shown in this report are based on data from the Sample Adult component of the 1999–2001 NHIS (26–28). The NHIS, one of the major data collection systems of the Centers for Disease Control and Prevention’s National Center for Health Statistics, is a survey of a nationally representative sample of the U.S. civilian noninstitutionalized household population. Basic health and demographic information is collected on all household members. Adults present at the time of the interview are asked to respond for themselves. Proxy responses are accepted for adults not present at the time of the interview and for children. Additional information is collected on one randomly selected adult aged 18 years and over (sample adult) and one randomly selected child aged 0–17 years (sample child) per family. Information on the sample adult is self-reported except when the sample adult is physically or mentally incapable of responding, and information on the sample child is collected from an adult who is knowledgeable about the child’s health.

The collection, dissemination, and presentation of data on race and ethnicity in the NHIS have changed to implement new standards for data on race and Hispanic or Latino origin, issued by the OMB in 1997 (23). Presentation of data on race and Hispanic or Latino origin in this report differs from that of the earlier set of reports on adult health behaviors (19–22). Most notable among these changes is the inclusion of categories for selected multiple race combinations and separation of “Asian or Pacific Islander” into two distinct categories, “Asian” and “Native Hawaiian or other Pacific Islander” (NHOPI). Although the NHIS allowed respondents to choose more than one race group for many years, it became fully compliant with all the new race and ethnicity standards with the fielding of the 1999 survey.

The labels for some categories in this report differ slightly from those presented in the annual NHIS Summary Health Statistics reports, but the composition of the categories is the same. The tables in this report display detailed labeling of OMB race and Hispanic or Latino origin categories. However, to enhance readability, the text uses shorter versions of these terms. For example, the category “Black or African American, single race” in the tables is referred to as “black” in the text. Similarly, “Not Hispanic or Latino white, single race” is referred to in the text as “Non-Hispanic white.” Also, although the tables contain information for persons of two or more races, the “Highlights” section focuses on persons reporting one race.

Comparability With Earlier Reports

Chapters 3–6 present highlights and tables for alcohol use, cigarette smoking, leisure-time physical activity, and body weight status. Tables are numbered to facilitate comparisons with the earlier reports. Table numbers consist of the chapter number followed by the sequential table number that matches the table number from the earlier report on that behavior. For example, [table 3.1](#) in Chapter 3 of this report shows the same information as that displayed in table 1 in Advance Data no. 324, Alcohol Use Among Adults, United States, 1997–98 (19).

The health behavior characteristics presented and discussed in this report for 1999–2001 are the same as those published for 1997–98 (19–22). Each of the indicators is briefly described below, with additional detail and question wording available in the appendixes.

Measurement of Health Behaviors

Alcohol Use

Lifetime alcohol drinking status describes lifetime history of alcohol use ([table 3.1](#)). The measure includes four mutually exclusive categories: (a)

Lifetime abstainers are adults who have had fewer than 12 drinks in their entire life; (b) Former infrequent drinkers are adults who have had at least 12 drinks in their lifetime, but fewer than 12 drinks in any 1 year and no drinks in the past year; (c) Former regular drinkers are adults who have had at least 12 drinks in their lifetime and at least 12 drinks in a single year, but no drinks in the past year; and (d) Current drinkers are adults who have had at least 12 drinks in their lifetime and at least 1 drink in the past year.

Current drinking status describes alcohol consumption during the past year ([table 3.2](#)). Nondrinkers are adults who had no drinks in the past year (lifetime abstainers and former drinkers); current infrequent drinkers are adults who had at least 12 drinks in their lifetime and 1–11 drinks during the past year; light drinkers are adults who had at least 12 drinks in their lifetime, at least 12 drinks in the past year but 3 or fewer drinks per week, on average in the past year; moderate drinkers are persons who had at least 12 drinks in their lifetime, at least 12 drinks in the past year, and more than 3 drinks and up to 7 drinks per week (women) or more than 3 drinks and up to 14 drinks per week (men) on average in the past year; and heavier drinkers are adults who had at least 12 drinks in their lifetime, at least 12 drinks in the past year, and had more than 7 drinks per week (women) or more than 14 drinks per week (men) on average in the past year. (See “[Appendix II](#)” for details.)

Five or more drinks in 1 day is an indicator of days of heavier drinking during the past year that may or may not have been episodic ([tables 3.3, 3.4](#)). Current drinkers were asked on how many days in the past year they consumed five or more alcoholic beverages. The question on five or more drinks in 1 day was included in the NHIS questionnaire as a means of gaining greater understanding of drinking behavior over the course of the year. It was not designed as a measure of binge drinking, which usually refers to number of drinks “at one sitting” or “during a 2-hour period.” The question about having five or more drinks in 1 day followed, but was entirely separate

from, the questions about usual drinking practices. [Table 3.3](#) shows the percent of *all adults* who had 5 or more drinks in 1 day at least once and at least 12 times during the past year, thus showing the prevalence of this behavior in the general adult population. [Table 3.4](#) shows the percent of *current drinkers* who had 5 or more drinks in 1 day at least once and at least 12 times during the past year.

Cigarette Smoking

Lifetime cigarette smoking status—is an indicator of the lifetime history of cigarette use and has remained relatively unchanged since the beginning of the NHIS. *Never smokers* are adults who had never smoked any cigarettes or who had smoked fewer than 100 cigarettes in their entire life. Respondents who had not smoked at least 100 cigarettes are not asked the questions about current smoking practices. *Former smokers* are adults who had smoked at least 100 cigarettes in their entire life, but were not smoking as of the date of the interview. *Current smokers* are adults who had smoked at least 100 cigarettes in their entire life and were still smoking as of the date of interview. Classification of current smokers has changed slightly over the history of the NHIS. From 1964–91, current smokers were defined as those persons who had smoked at least 100 cigarettes in their entire life and answered “yes” to the followup question, “Do you smoke now?” In 1992, the NHIS question about current smoking was modified slightly to be consistent with international smoking data. This change enabled identification of daily smokers and those who smoked less than daily. The followup question was changed to “Do you now smoke cigarettes every day, some days, or not at all?” In this report, estimates for all current smokers are shown in [table 4.1](#).

Current cigarette smoking status—provides information on the status and frequency of current smoking practices. The category *nonsmoker* includes persons who had not smoked 100 cigarettes in their lifetime (i.e., never smokers) as well as those who smoked in the past but quit smoking prior to the

date of the interview (i.e., former smokers). *Nondaily* smokers include all persons who said they smoked “some days” regardless of the number of days they smoked in the past 30 days. *Daily* smokers are those who said they smoked every day.

Number of cigarettes smoked in a day—is a measure of usual cigarette consumption among current smokers. Separate questions about number of cigarettes smoked in a day were asked of adults who currently smoked every day (daily smokers) and adults who currently smoked only some days (nondaily smokers). For nondaily smokers, the question specified that they were being asked about the average number of cigarettes smoked *on those days that they smoked*. Amount smoked is presented in two ways. [Table 4.2](#) shows the mean number of cigarettes smoked in a day, for all smokers, daily smokers, and nondaily smokers who smoked at least once in the past 30 days. [Table 4.3](#) shows percent distributions of the number of cigarettes usually smoked in a day for all smokers (daily and nondaily combined): less than 15 cigarettes, 15–24 cigarettes, 25–34 cigarettes, and 35 cigarettes or more. For nondaily smokers, these estimates reflect the number of cigarettes these adults smoked on the days that they smoked. The estimates do not reflect average cigarette consumption over a period of time.

Age of smoking initiation—refers to the age at which cigarette smokers first started to smoke fairly regularly. Although the question was asked of all adults who had ever smoked 100 cigarettes, data on age of initiation shown in this report are limited to estimates for current smokers ([table 4.4](#)).

Quit attempt—is defined as stopping smoking for more than 1 day in the past year because the smoker was trying to quit. The question was asked of all current smokers, including those who only smoked some days ([table 4.5](#)).

Leisure-time Physical Activity

Leisure-time physical activity status is based on a series of questions asking about participation in leisure-time physical activities of various intensities

ranging from light-moderate to vigorous. In [table 5.1](#) *physically inactive* includes adults who never engaged in any light-moderate or vigorous leisure-time physical activity for at least 10 minutes at a time. *At least some physical activity* includes adults who engaged in *any* light-moderate or *any* vigorous leisure-time physical activity for at least 10 minutes at a time, regardless of frequency.

Light-moderate leisure-time physical activity—is based on a question that asked how often the person engaged in at least 10 minutes of light-moderate leisure-time physical activity that caused light sweating or a slight-to-moderate increase in breathing or heart rate ([table 5.2](#)). Answers could be provided in any time unit (per day, per week, per month, or per year). Frequency of activity was converted into times per week and then categorized as follows: (a) none; (b) less than one time per week; (c) 1–2 times per week; (d) 3–4 times per week; and (e) five or more times per week. The “none” category consists of all persons who engaged in no light-moderate activity, including some who engaged in only vigorous activity. The indicator for light-moderate physical activity shown in this report is designed to estimate the percent of adults who assess their level of leisure-time physical activity to be in the light-moderate range. This indicator differs from the measure of moderate activity used for tracking progress toward the Healthy People 2010 Objectives; the latter encompasses all activity that is *at least* light-moderate (including vigorous activity).

Vigorous leisure-time physical activity—is based on a question that asked how often the person engaged in at least 10 minutes of vigorous activity that caused heavy sweating or large increases in breathing or heart rate ([table 5.3](#)). Response options were identical to those of the light-moderate activity question, and frequency was categorized in the same manner.

Questions asking about light-moderate leisure-time physical activity and vigorous leisure-time physical activity were independent, with the question about vigorous activity asked first. Respondents could have reported

engaging in only light-moderate activity, only vigorous activity, both types of activity, or neither one. [Table 5.1](#) presents data for the two types of activities combined, showing the percent of persons who never engaged in either type of activity and the percent of persons who ever engaged in either or both types. [Tables 5.2](#) and [5.3](#) present data for frequency of engaging in each type of activity separately.

Regular leisure-time physical activity—combines frequency and duration for each type of activity ([table 5.4](#)). *Regular light-moderate activity* is defined as engaging in light-moderate activity five times or more per week for 30 minutes or more each time. *Regular vigorous activity* is defined as engaging in vigorous activity three times or more per week for 20 minutes or more each time. *Any regular activity* is defined as meeting either criterion or both criteria.

Strengthening activity—includes any leisure-time activities designed to strengthen muscles, such as weight lifting or calisthenics ([table 5.5](#)). Unlike light-moderate activity or vigorous activity, there was no minimum duration specified in the question, and duration of activity was not asked.

This report presents data only on leisure-time physical activity. However, analysis of data on usual (nonleisure time) daily physical activity collected in the NHIS in 2000 suggested that adults who were active in their usual daily activities (such as walking around or lifting or carrying heavy objects) were also more likely to be active during their leisure time (29).

Body Weight Status

Height and weight were used to compute body mass index (BMI), which is a measure of body weight relative to height. BMI was computed using respondent-reported height and weight, without shoes. Before 1999, the NHIS questions asking respondents to report their height and weight began with the word “about.” To be consistent with other Federal surveys, this word was dropped from both questions beginning in 1999.

Body mass index—is calculated as weight divided by height² using metric units (i.e., kilograms/meter²). The categories of BMI used in this report are consistent with standard BMI classifications used by the World Health Organization (WHO) and the 2010 National Health Objectives (25,30). Adults were classified as follows: *obese* adults had a BMI greater than or equal to 30; *overweight but not obese* adults had a BMI of greater than or equal to 25 and less than 30; *healthy weight* adults had a BMI of greater than or equal to 18.5 and less than 25; and *underweight* adults had a BMI of less than 18.5. [Table 6.1](#) and [table 6.2](#) show categories of body weight status that represent ranges of BMI values. *Overweight*, shown in [table 6.1](#), is defined as a BMI of greater than or equal to 25. The BMI equivalents are listed in footnotes of each table.

Strengths and Limitations of the Data

The collection of data on alcohol use, cigarette smoking, leisure-time physical activity, and body weight and height on the annual Sample Adult Core questionnaire makes it possible to produce annual prevalence estimates for these health behaviors for a nationally representative sample of civilian noninstitutionalized U.S. adults. By combining data years, it is possible to study the behaviors of some smaller population subgroups that would have too few cases to yield reliable estimates with a single year of data. Data on health behaviors are collected along with data on a wide range of other health characteristics including chronic health conditions, injury episodes, access to medical care, and health insurance coverage. This makes it possible to study interrelationships among the various health characteristics and to track these relationships over time.

All of the information on alcohol use, smoking, leisure-time physical activity, height, and weight were self-reported by one randomly selected adult in each family. Self-reporting enhances accuracy of the data to the

extent that respondents willingly provide the information. It is recognized, however, that there may be some underreporting of some behaviors that are considered undesirable. Estimates of behaviors generally thought to be harmful to health (e.g., heavier alcohol use, current cigarette smoking, physical inactivity in leisure time, and overweight body weight status) can be considered conservative estimates of the prevalence of such behaviors, given that underreporting may occur.

Most of the behaviors included in this report are described in terms of “usual” or “average” behavior. Questions were designed to elicit information that would characterize respondents’ typical behaviors and do not allow detailed exploration of patterns of behavior. In addition to the questions being of a general nature, the indicators described above and shown in chapters 3–7 further generalize adult health behavior characteristics in an effort to provide a meaningful overview for major population subgroups.

The strength of this approach is that it provides a “snapshot” of the important subgroups of the U.S. population in terms of general health behavior characteristics. It is possible to estimate which groups are most likely to drink heavily (on average), smoke cigarettes daily or less than daily, be completely sedentary or irregularly active in their leisure time, and be overweight or obese. Together, these estimates help pinpoint the groups that might benefit most from health education or other interventions. However, such estimates do not identify important patterns of unhealthy behaviors. For example, the data collected in the NHIS do not allow for clear identification of episodic heavy (binge) drinkers, irregularities in exercise patterns, or fluctuations in body weight status. Some information on patterns is captured for smoking with a series of questions addressed to persons who smoked cigarettes on a less-than-daily basis. A discussion of the history of the NHIS health behavior measures as well as more information on their strengths and limitations are available (19–22).

Statistical Analysis

Three years of data were combined to increase reliability of estimates for some of the smaller population subgroups. Even with the 3 years of data, the standard errors for some subgroups are quite large. In tables shown in this report, estimates with a relative standard error greater than 30% are identified with an asterisk. Readers should exercise caution when interpreting these statistics.

This report is based on data from 96,501 completed interviews with sample adults aged 18 years and over, representing an overall sample adult response rate of 71.8%. Procedures used in calculating response rates are described in detail in “Appendix I” of the Survey Description of the NHIS data files (26–28).

All estimates and associated standard errors shown in this report were generated using SUDAAN, a software package designed to handle complex sample designs such as that used by the NHIS (31). All estimates were weighted, using the Sample Adult Record Weight, to reflect the U.S. civilian noninstitutionalized population aged 18 years and over.

Most estimates presented in this report were age-adjusted to the 2000 U.S. standard population aged 18 years and over (32,33). Age adjustment was used to allow comparison among various sociodemographic subgroups that have different age structures. The age categories used to age adjust the 1999–2001 data differ slightly from the categories used in the earlier reports for 1997–98. In the earlier reports, the data were adjusted using the age groups 18–24 years, 25–44 years, 45–64 years, 65–74 years, and 75 years and over. For the current report, the two youngest age groups were combined and the two oldest age groups were combined to increase the stability of the estimates. Thus, the estimates for 1999–2001 were age-adjusted using the age groups 18–44 years, 45–64 years, and 65 years and over. Trend comparisons of age-adjusted estimates will be affected by this change and should be made with caution. (See “Appendix I” for details.) Tables showing unadjusted estimates by race,

Hispanic or Latino origin and race, education, poverty status, marital status, geographic region, and place of residence are available on the NCHS Web site (34).

Age-adjusted estimates were compared using two-tailed t-tests at the 0.05 level. No adjustments were made for multiple comparisons. Terms such as “greater than” and “less than” indicate a statistically significant difference. Terms such as “similar” or “no difference” indicate that the statistics being compared were not significantly different. Lack of comment regarding the difference between any two statistics does not mean that the difference was tested and found to be not significant.

Most statistics presented in this report can be replicated using NHIS public-use data files and accompanying documentation available for downloading from the NCHS Web site at: <http://www.cdc.gov/nchs/nhis.htm>. Data for some of the smaller race and ethnicity subgroups are not included on the public-use data files to protect respondent confidentiality. Therefore, corresponding estimates cannot be replicated. Many of the references cited in this report are also available via the NCHS Web site at: <http://www.cdc.gov/nchs>.

Chapter 3 Alcohol Use

All Adults

- Overall, 62.1% of U.S. adults were current drinkers (table 3.1).
- About 15% of adults were former drinkers: 6.5% were former *regular* drinkers and 8.3% were former *infrequent* drinkers (table 3.1).
- About 1 in 4 adults (23.1%) were lifetime abstainers (table 3.1).
- Slightly more than one-third (37.9%) of adults were currently nondrinkers, a category that consists of lifetime abstainers and former drinkers (table 3.2).
- Nearly one-third of adults (29.4%) were light drinkers (table 3.2).
- About 5% of adults were classified as heavier drinkers (table 3.2).
- About 1 in 5 adults (19.8%) had five or more drinks in 1 day at least once in the past year (table 3.3).
- About 1 in 10 adults (9.2%) had five or more drinks in 1 day on at least 12 days in the past year (table 3.3).
- Among current drinkers, nearly one-third (30.4%) had five or more drinks in 1 day at least once in the past year (table 3.4).
- About 1 in 7 current drinkers (14.1%) had five or more drinks in 1 day on at least 12 days during the past year (table 3.4).

Sex

- Men (68.6%) were more likely than women (56.3%) to be current drinkers (table 3.1).
- Men (8.3%) were more likely than women (5.0%) to be former regular drinkers, and women (9.2%) were more likely than men (7.3%) to be former infrequent drinkers (table 3.1).
- Women (29.5%) were about twice as likely as men (15.8%) to be lifetime abstainers (table 3.1).
- Men (21.6%) were considerably more likely than women (6.8%) to be moderate drinkers and somewhat more likely than women to be

heavier drinkers (5.5% and 3.7%, respectively) (table 3.2).

- Men (28.7%) were more than twice as likely as women (11.5%) to have had five or more drinks in 1 day at least once in the past year and nearly four times as likely (15.0%) as women (3.9%) to have had this much to drink in 1 day on at least 12 days during the past year (table 3.3).
- Male current drinkers (40.6%) were twice as likely as female current drinkers (19.1%) to have had five or more drinks in 1 day sometime in the past year and three times as likely to have had this much on 12 days or more in the past year (21.1% and 6.4%, respectively) (table 3.4).

Age

- Rates of lifetime abstinence were lowest among adults aged 25–44 years (table 3.1).
- Lifetime abstinence was highest among young men (29.3%) and young women (37.6%) aged 18–24 years and among women aged 65–74 years (39.6%) and 75 years and over (47.5%) compared with men and women in other age groups (table 3.1).
- Current drinking was most prevalent among adults aged 25–44 years for both men (76.8%) and women (64.9%) and declined steadily with age from 45 years of age on (table 3.1 and figure 3.1).

- The youngest adults (2.0%) were the least likely of all the age groups to be former regular drinkers (table 3.1).
- Men aged 75 years and over (19.7%) were about twice as likely as men aged 45–64 years of age (10.0%) to be former regular drinkers (table 3.1).
- Women aged 75 years and over (7.8%) were more likely than women aged 45–64 years (5.4%) to be former regular drinkers (table 3.1).
- The prevalence of being a former infrequent drinker increased with age from 2.8% among the youngest adults to 14.0% among adults aged 75 years and over (table 3.1).
- Consumption of five or more drinks in 1 day at least once in the past year was strongly associated with age for both men and women (table 3.3 and figure 3.2).
- Among male current drinkers, rates of consuming five or more drinks in 1 day at least once in the past year declined with age from 6 in 10 (61.4%) in the youngest age group to 1 in 10 (9.5%) in the oldest age group (table 3.4).
- Among female current drinkers, rates of consuming five or more drinks in 1 day at least once in the past year declined with age from 4 in 10 (42.0%) in the youngest age group to 2 in 100 (2.1%) in the oldest age group (table 3.4).

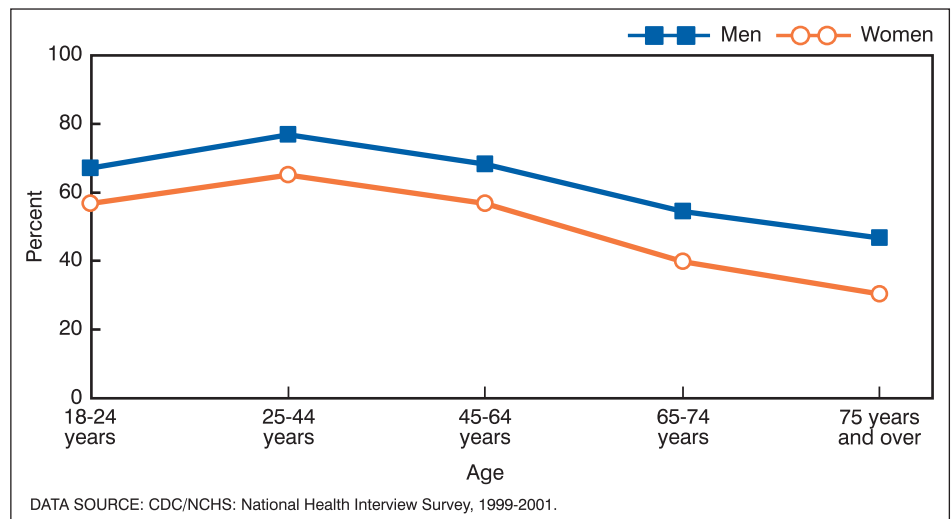


Figure 3.1 Percent of adults who were current drinkers, by age and sex: United States, 1999–2001

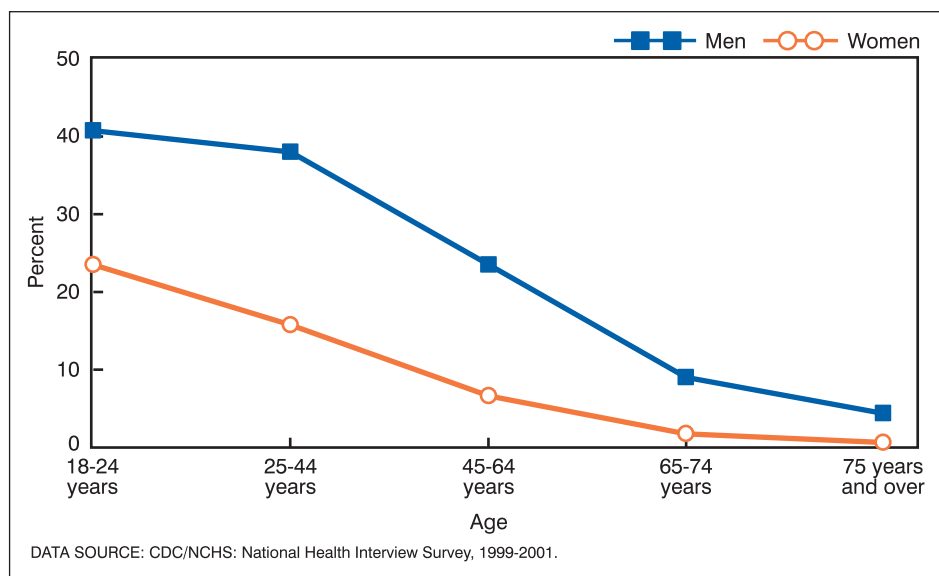


Figure 3.2. Percent of adults who had five or more drinks in 1 day at least once in past year, by age and sex: United States, 1999–2001

Race

- White men (70.8%) were more likely than black men (55.8%) and Asian men (58.4%) to be current drinkers (table 3.1 and figure 3.3).
- About 7 in 10 Native Hawaiian or other Pacific Islander men (68.0%) and 6 in 10 American Indian or

Alaska Native men (60.7%) were current drinkers (table 3.1 and figure 3.3).

- Native Hawaiian or other Pacific Islander women (60.4%) and white women (60.4%) were considerably more likely to be current drinkers than black women (39.4%) and

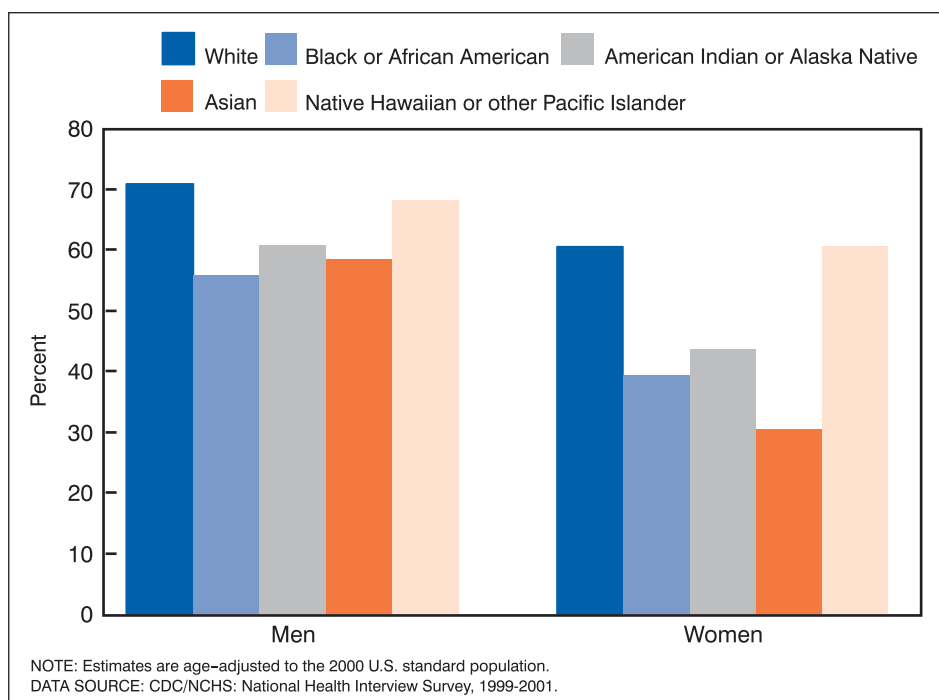


Figure 3.3. Percent of adults who were current drinkers, by race and sex: United States, 1999–2001

Asian women (30.3%) (table 3.1 and figure 3.3).

- Lifetime abstinence was higher among Asian adults (46.2%) than among black adults (35.4%) or white adults (20.2%) (table 3.1).
- American Indian or Alaska Native women and Asian women were about twice as likely as their male counterparts to be lifetime abstainers (table 3.1).
- American Indian or Alaska Native men (10.7%) were three times as likely as Asian men (3.2%) to be heavier drinkers (table 3.2).
- White men (5.6%) were more likely than black men (4.5%) to be heavier drinkers (table 3.2).
- White women (4.1%) were four times as likely as Asian women (1.0%) to be heavier drinkers (table 3.2).
- White men (30.6%) were about twice as likely as black men (17.9%) and Asian men (15.7%) to have had five or more drinks in 1 day in the past year (table 3.3 and figure 3.4).
- Among current drinkers, white adults (31.3%) were more likely than black adults (22.6%) and Asian adults (21.4%) to have consumed five or more drinks in 1 day in the past year (table 3.4).

Hispanic or Latino Origin and Race

- Non-Hispanic adults (63.5%) were more likely than Hispanic adults (51.2%) to be current drinkers (table 3.1).
- About one-third of Hispanic adults (35.6%) compared with about one-fifth of non-Hispanic adults (21.6%) were lifetime abstainers (table 3.1).
- Hispanic men were as likely as non-Hispanic men to be heavier drinkers (table 3.2).
- Non-Hispanic women (4.0%) were almost three times as likely as Hispanic women (1.4%) to be heavier drinkers (table 3.2).
- Non-Hispanic white men (31.2%) were more likely than Hispanic men (27.6%) to have consumed five or

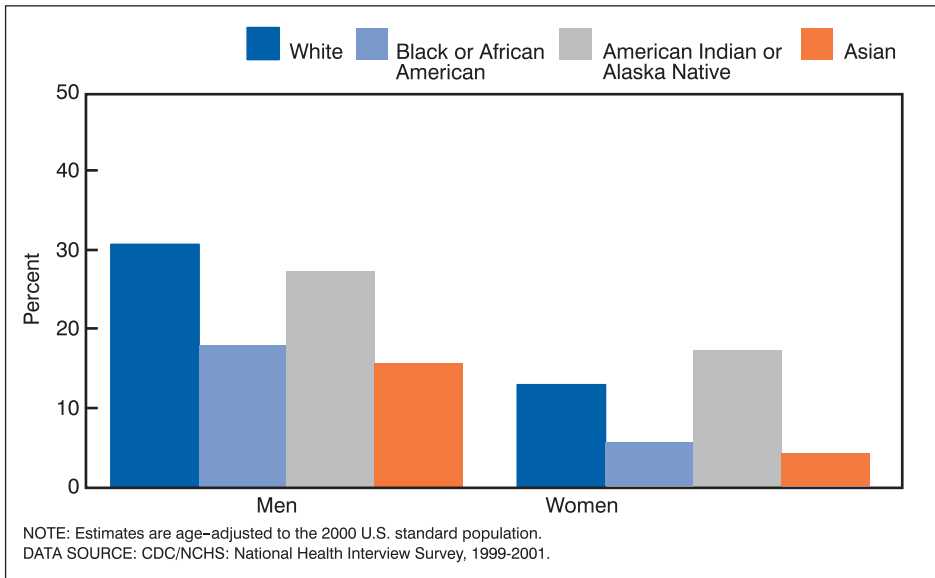


Figure 3.4. Percent of adults who had 5 or more drinks in 1 day at least once in past year, by race and sex: United States, 1999–2001

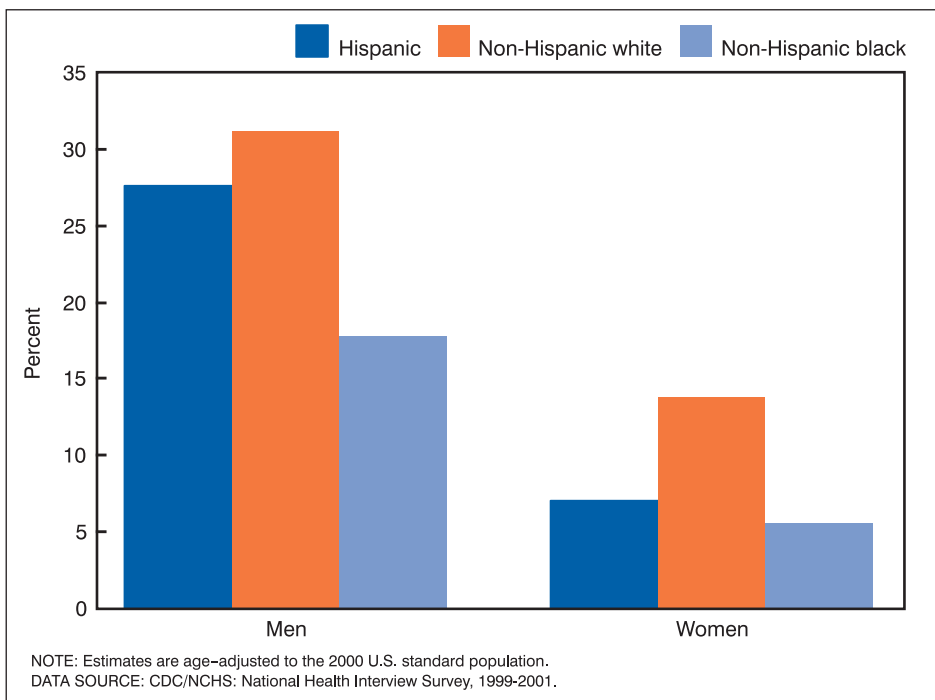


Figure 3.5. Percent of adults who had 5 or more drinks in 1 day at least once in past year, by Hispanic origin and race and sex: United States, 1999–2001

more drinks in 1 day in the past year (table 3.3 and figure 3.5).

- Non-Hispanic white women (13.8%) were almost twice as likely as Hispanic women (7.0%) to have consumed five or more drinks in 1 day in the past year (table 3.3 and figure 3.5).

Education

- The prevalence of current drinking increased with education from 45.8% for adults with less than a high school diploma to 74.9% for adults with a graduate degree (table 3.1).
- Sex differences in current drinking prevalence were greatest among

adults with fewer years of education (table 3.1 and figure 3.6).

- Among adults with less than a high school diploma, 56.3% of men and 35.3% of women were current drinkers (table 3.1 and figure 3.6).
- Among adults who had attended college, over 70% of men and over 60% of women were current drinkers (table 3.1 and figure 3.6).
- Men with less than a high school diploma (11.0%) were more than twice as likely as men who held advanced degrees (4.8%) to be former regular drinkers (table 3.1).
- Heavier drinking was most prevalent among men who had earned a General Educational Development (GED) high school equivalency diploma (10.7%) (table 3.2).
- Adults who had earned a GED (23.9%) were more likely than adults who were high school graduates (19.1%) and adults with less than a high school diploma (16.7%) to have had five or more drinks in 1 day at least once during the past year (table 3.3 and figure 3.7).

Poverty Status

- The prevalence of current drinking increased dramatically with income: 45.9% of adults having incomes below the poverty level were current drinkers compared with 75.1% of adults who had incomes four times the poverty level or more (table 3.1).
- Persons with incomes below the poverty level (35.4%) were more than twice as likely as adults with incomes four times the poverty level or more (13.7%) to be lifetime abstainers (table 3.1).
- Adults in the upper income groups were more likely to be current drinkers and to have had five or more drinks in 1 day at least once in the past year than were adults in the lower income groups (tables 3.1 and 3.3).
- Men with incomes below the poverty level (7.3%) were more likely than men in the highest income group (5.0%) to be heavier drinkers, and the inverse was true

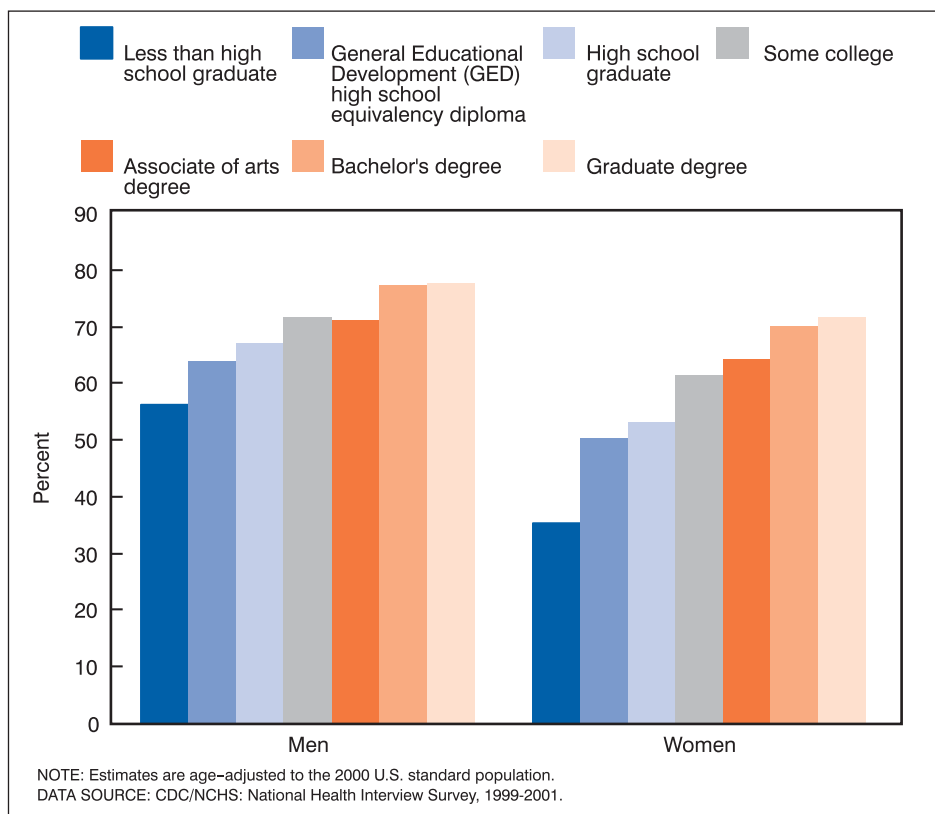


Figure 3.6. Percent of adults who were current drinkers, by education and sex: United States, 1999–2001

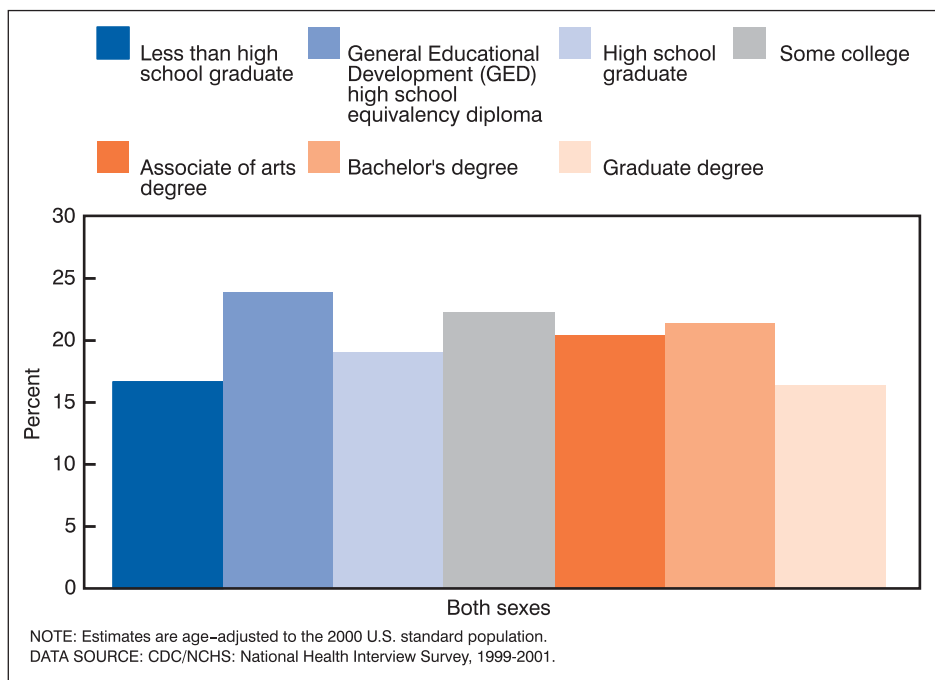


Figure 3.7. Percent of adults who had 5 or more drinks in 1 day at least once in past year, by education: United States, 1999–2001

- for women (3.2% versus 5.2%, respectively) (table 3.2).
- Among current drinkers, men with incomes below the poverty level (31.0%) were more likely than those in the highest income group (19.4%) to have had five or more drinks in 1

day on at least 12 days in the past year (table 3.4).

- Among current drinkers, women having incomes below the poverty level (11.6%) were more than twice as likely as women in the highest income group (5.3%) to have had five or more drinks in 1 day on at least 12 days during the past year (table 3.4).

Marital Status

- The prevalence of lifetime abstinence was highest among never married adults (28.8%) and widowed adults (26.5%) and lowest among cohabiting adults (11.6%) (table 3.1).
- Cohabiting adults (8.2%) and divorced or separated adults (6.5%) were more likely than married adults (3.6%) to be heavier drinkers (table 3.2).
- Widowed adults (46.9%) were more likely than adults in any other marital status group to be nondrinkers (table 3.2).
- Cohabiting adults (29.1%) were more likely than married adults (17.1%) to have had five or more drinks in 1 day at least once in the past year (table 3.3).

Geographic Region

- Adults living in the South (54.9%) were less likely to be current drinkers than adults living in the Northeast (68.8%), the Midwest (66.3%), or the West (63.7%) (table 3.1).
- Lifetime abstinence was highest among adults living in the South (29.2%) compared with adults living in the Northeast (18.5%), Midwest (18.8%), or West (21.9%) (table 3.1).
- Adults living in the Midwest (23.8%) were more likely to have had five or more drinks in 1 day at least once than were adults living in the West (20.9%), Northeast (20.8%), or South (16.1%) (table 3.3).

Place of Residence

- Adults living outside a metropolitan statistical area (MSA) (56.3%) were less likely to be current drinkers than those living in an MSA, whether in a central city (60.1%) or not in a central city (65.7%) ([table 3.1](#)).
- Among current drinkers, adults living outside an MSA (15.9%) were more likely to drink five or more drinks in 1 day on at least 12 days than were adults living in the central city of an MSA (14.7%) or outside the central city of an MSA (13.3%) ([table 3.4](#)).

Table 3.1. Percent distributions of lifetime alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Percent distribution (standard error)					
Both sexes					
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	23.1 (0.27)	8.3 (0.14)	6.5 (0.11)	62.1 (0.29)
Ages 18 years and over (crude) ²	100.0	23.0 (0.27)	8.2 (0.14)	6.4 (0.11)	62.4 (0.29)
Age:					
18–24 years	100.0	33.5 (0.70)	2.8 (0.20)	2.0 (0.16)	61.8 (0.73)
25–44 years	100.0	18.0 (0.31)	6.3 (0.16)	4.9 (0.14)	70.7 (0.33)
45–64 years	100.0	19.9 (0.35)	10.3 (0.23)	7.6 (0.19)	62.2 (0.40)
65–74 years	100.0	29.5 (0.62)	13.2 (0.42)	11.0 (0.37)	46.4 (0.68)
75 years and over	100.0	36.6 (0.72)	14.0 (0.47)	12.5 (0.43)	36.8 (0.70)
Race: ³					
White, single race	100.0	20.2 (0.29)	7.9 (0.15)	6.6 (0.12)	65.3 (0.32)
Black or African American, single race	100.0	35.4 (0.67)	11.3 (0.36)	6.7 (0.25)	46.6 (0.57)
American Indian or Alaska Native, single race	100.0	24.4 (3.09)	13.2 (1.60)	10.3 (1.42)	52.0 (3.17)
Asian, single race	100.0	46.2 (1.29)	6.8 (0.67)	2.8 (0.41)	44.2 (1.14)
Native Hawaiian or other Pacific Islander, single race	100.0	17.8 (4.30)	*13.5 (4.25)	*3.1 (1.65)	65.5 (5.47)
2 or more races	100.0	15.7 (1.46)	10.4 (1.39)	8.9 (1.24)	65.0 (1.90)
Black or African American, white	100.0	17.9 (4.40)	*10.1 (4.87)	*2.6 (1.64)	69.5 (3.67)
American Indian or Alaska Native, white	100.0	11.6 (1.83)	11.3 (2.12)	10.7 (1.83)	66.4 (2.68)
Hispanic or Latino origin and race: ³					
Hispanic or Latino	100.0	35.6 (0.59)	7.0 (0.30)	6.2 (0.29)	51.2 (0.58)
Mexican or Mexican-American	100.0	36.3 (0.67)	7.6 (0.37)	6.4 (0.35)	49.7 (0.68)
Not Hispanic or Latino	100.0	21.6 (0.29)	8.4 (0.15)	6.5 (0.12)	63.5 (0.31)
White, single race	100.0	18.4 (0.30)	8.0 (0.16)	6.7 (0.13)	66.9 (0.34)
Black or African American, single race	100.0	35.5 (0.68)	11.4 (0.37)	6.7 (0.25)	46.5 (0.58)
Education: ³					
Less than high school graduate	100.0	35.6 (0.51)	10.7 (0.30)	8.0 (0.23)	45.8 (0.48)
GED diploma ⁴	100.0	21.0 (1.23)	12.2 (0.82)	9.6 (0.71)	57.2 (1.22)
High school graduate	100.0	24.6 (0.43)	9.2 (0.24)	6.6 (0.19)	59.5 (0.43)
Some college - no degree	100.0	20.2 (0.44)	7.5 (0.23)	6.1 (0.21)	66.2 (0.50)
Associate of arts degree	100.0	18.1 (0.57)	8.1 (0.38)	6.4 (0.35)	67.4 (0.64)
Bachelor of arts, science degree	100.0	15.6 (0.38)	5.4 (0.24)	5.2 (0.21)	73.7 (0.47)
Master's, doctorate, medical degree	100.0	14.9 (0.56)	5.4 (0.31)	4.7 (0.29)	74.9 (0.65)
Poverty status: ^{3,5}					
Below poverty level	100.0	35.4 (0.77)	10.4 (0.40)	8.3 (0.34)	45.9 (0.80)
≥1 but <2 times poverty level	100.0	29.5 (0.56)	11.0 (0.33)	8.1 (0.28)	51.4 (0.53)
≥2 but <4 times poverty level	100.0	21.7 (0.39)	9.2 (0.23)	7.1 (0.20)	62.0 (0.45)
4 times poverty level or more	100.0	13.7 (0.33)	6.1 (0.18)	5.2 (0.18)	75.1 (0.37)
Marital status: ³					
Never married	100.0	28.8 (0.57)	7.4 (0.32)	5.3 (0.26)	58.5 (0.61)
Married	100.0	21.3 (0.31)	8.8 (0.19)	7.0 (0.15)	62.9 (0.33)
Cohabiting	100.0	11.6 (0.71)	8.1 (0.67)	7.3 (0.68)	72.9 (0.96)
Divorced or separated	100.0	18.2 (0.43)	9.3 (0.29)	7.8 (0.26)	64.8 (0.50)
Widowed	100.0	26.5 (1.44)	12.8 (1.40)	7.6 (0.87)	53.1 (1.75)
Geographic region: ³					
Northeast	100.0	18.5 (0.47)	6.9 (0.22)	5.8 (0.21)	68.8 (0.52)
Midwest	100.0	18.8 (0.60)	8.1 (0.22)	6.8 (0.22)	66.3 (0.60)
South	100.0	29.2 (0.49)	9.5 (0.29)	6.5 (0.20)	54.9 (0.49)
West	100.0	21.9 (0.48)	7.7 (0.28)	6.7 (0.21)	63.7 (0.53)
Place of residence: ^{3,6}					
MSA, central city	100.0	25.4 (0.46)	8.1 (0.20)	6.4 (0.17)	60.1 (0.47)
MSA, not central city	100.0	20.5 (0.33)	7.6 (0.18)	6.2 (0.16)	65.7 (0.39)
Not MSA	100.0	26.0 (0.75)	10.3 (0.40)	7.4 (0.28)	56.3 (0.77)

See footnotes at end of table.

Table 3.1. Percent distributions of lifetime alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Percent distribution (standard error)					
Men					
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	15.8 (0.29)	7.3 (0.18)	8.3 (0.16)	68.6 (0.32)
Ages 18 years and over (crude) ²	100.0	15.8 (0.29)	7.1 (0.18)	8.0 (0.16)	69.2 (0.32)
Age:					
18–24 years	100.0	29.3 (0.91)	1.9 (0.25)	1.7 (0.20)	67.1 (0.93)
25–44 years	100.0	12.6 (0.35)	5.3 (0.20)	5.3 (0.21)	76.8 (0.40)
45–64 years	100.0	12.8 (0.42)	9.1 (0.33)	10.0 (0.31)	68.1 (0.54)
65–74 years	100.0	17.0 (0.69)	12.6 (0.65)	15.9 (0.66)	54.5 (0.93)
75 years and over	100.0	20.0 (0.90)	13.6 (0.73)	19.7 (0.79)	46.6 (1.13)
Race: ³					
White, single race	100.0	14.0 (0.30)	6.8 (0.19)	8.4 (0.18)	70.8 (0.34)
Black or African American, single race	100.0	24.4 (0.83)	10.9 (0.58)	8.9 (0.42)	55.8 (0.86)
American Indian or Alaska Native, single race	100.0	15.3 (3.25)	11.7 (2.10)	12.3 (2.27)	60.7 (4.06)
Asian, single race	100.0	30.4 (1.83)	7.4 (1.08)	3.8 (0.69)	58.4 (1.77)
Native Hawaiian or other Pacific Islander, single race	100.0	*10.1 (3.10)	*16.1 (6.21)	*5.7 (3.52)	68.0 (7.47)
2 or more races	100.0	9.9 (1.81)	9.5 (1.90)	10.5 (1.85)	70.1 (2.33)
Black or African American, white	100.0	*13.4 (4.79)	17.1 (2.74)	*	69.5 (4.48)
American Indian or Alaska Native, white	100.0	*7.0 (2.13)	8.6 (2.44)	12.5 (2.67)	71.9 (3.28)
Hispanic or Latino origin and race: ³					
Hispanic or Latino	100.0	21.2 (0.71)	6.8 (0.43)	8.7 (0.52)	63.3 (0.86)
Mexican or Mexican-American	100.0	19.8 (0.81)	7.1 (0.61)	9.2 (0.68)	63.9 (1.02)
Not Hispanic or Latino	100.0	15.2 (0.32)	7.3 (0.20)	8.3 (0.17)	69.2 (0.34)
White, single race	100.0	13.2 (0.31)	6.8 (0.20)	8.4 (0.19)	71.6 (0.36)
Black or African American, single race	100.0	24.4 (0.83)	10.9 (0.58)	8.9 (0.43)	55.8 (0.88)
Education: ³					
Less than high school graduate	100.0	22.6 (0.61)	10.1 (0.42)	11.0 (0.41)	56.3 (0.66)
GED diploma ⁴	100.0	14.0 (1.55)	10.1 (1.09)	12.0 (1.08)	63.9 (1.71)
High school graduate	100.0	16.4 (0.49)	7.8 (0.35)	8.8 (0.31)	67.0 (0.55)
Some college - no degree	100.0	14.0 (0.54)	6.2 (0.33)	8.0 (0.34)	71.8 (0.68)
Associate of arts degree	100.0	13.3 (0.78)	7.4 (0.58)	8.1 (0.61)	71.1 (0.99)
Bachelor of arts, science degree	100.0	12.3 (0.49)	4.9 (0.31)	5.5 (0.33)	77.3 (0.62)
Master's, doctorate, medical degree	100.0	12.5 (0.72)	5.2 (0.42)	4.8 (0.42)	77.5 (0.89)
Poverty status: ^{3,5}					
Below poverty level	100.0	23.5 (0.96)	9.1 (0.67)	11.0 (0.64)	56.4 (1.21)
≥1 but <2 times poverty level	100.0	19.6 (0.66)	10.0 (0.47)	11.1 (0.49)	59.3 (0.76)
≥2 but <4 times poverty level	100.0	15.6 (0.48)	7.9 (0.33)	9.2 (0.32)	67.3 (0.58)
4 times poverty level or more	100.0	10.0 (0.37)	5.3 (0.24)	6.0 (0.27)	78.7 (0.47)
Marital status: ³					
Never married	100.0	22.7 (0.70)	6.8 (0.49)	6.6 (0.42)	64.0 (0.82)
Married	100.0	14.4 (0.35)	8.1 (0.24)	8.6 (0.21)	68.9 (0.38)
Cohabiting	100.0	7.7 (0.80)	6.0 (0.78)	8.7 (0.95)	77.6 (1.30)
Divorced or separated	100.0	10.7 (0.51)	7.7 (0.42)	10.0 (0.48)	71.6 (0.72)
Widowed	100.0	13.9 (2.51)	5.4 (0.83)	9.4 (1.40)	71.3 (2.86)
Geographic region: ³					
Northeast	100.0	13.2 (0.58)	5.1 (0.26)	6.9 (0.31)	74.7 (0.60)
Midwest	100.0	13.6 (0.64)	6.6 (0.33)	8.7 (0.27)	71.1 (0.69)
South	100.0	19.6 (0.54)	9.2 (0.38)	8.6 (0.31)	62.7 (0.58)
West	100.0	14.5 (0.48)	6.7 (0.36)	8.7 (0.33)	70.2 (0.61)
Place of residence: ^{3,6}					
MSA, central city	100.0	17.5 (0.51)	6.8 (0.28)	8.2 (0.28)	67.5 (0.60)
MSA, not central city	100.0	14.3 (0.40)	6.5 (0.23)	7.7 (0.23)	71.4 (0.45)
Not MSA	100.0	17.3 (0.79)	9.8 (0.51)	10.0 (0.44)	62.9 (0.86)

Table 3.1. Percent distributions of lifetime alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Lifetime alcohol drinking status ¹			
		Lifetime abstainer	Former infrequent	Former regular	Current
Percent distribution (standard error)					
Women					
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	29.5 (0.34)	9.2 (0.17)	5.0 (0.13)	56.3 (0.35)
Ages 18 years and over (crude) ²	100.0	29.6 (0.34)	9.3 (0.17)	5.0 (0.13)	56.1 (0.35)
Age:					
18–24 years	100.0	37.6 (0.88)	3.6 (0.30)	2.3 (0.25)	56.6 (0.92)
25–44 years	100.0	23.2 (0.42)	7.3 (0.24)	4.5 (0.18)	64.9 (0.45)
45–64 years	100.0	26.4 (0.46)	11.5 (0.31)	5.4 (0.22)	56.7 (0.50)
65–74 years	100.0	39.6 (0.84)	13.6 (0.54)	7.0 (0.40)	39.8 (0.85)
75 years and over	100.0	47.5 (0.90)	14.3 (0.57)	7.8 (0.44)	30.4 (0.81)
Race: ³					
White, single race	100.0	25.6 (0.37)	8.9 (0.19)	5.1 (0.15)	60.4 (0.41)
Black or African American, single race	100.0	43.7 (0.82)	11.7 (0.42)	5.2 (0.27)	39.4 (0.68)
American Indian or Alaska Native, single race	100.0	33.1 (4.27)	14.9 (2.11)	8.5 (1.94)	43.5 (3.96)
Asian, single race	100.0	61.8 (1.49)	6.1 (0.74)	1.8 (0.33)	30.3 (1.33)
Native Hawaiian or other Pacific Islander, single race	100.0	*26.9 (9.06)	*12.2 (6.47)	*0.5 (0.43)	60.4 (8.44)
2 or more races	100.0	22.0 (2.17)	11.6 (1.63)	6.9 (1.51)	59.6 (2.57)
Black or African American, white	100.0	23.1 (5.00)	*2.5 (1.70)	*5.0 (3.05)	69.5 (5.30)
American Indian or Alaska Native, white	100.0	17.5 (2.84)	14.9 (2.92)	8.7 (2.36)	58.9 (3.66)
Hispanic or Latino origin and race: ³					
Hispanic or Latino	100.0	48.8 (0.86)	7.3 (0.39)	4.1 (0.30)	39.8 (0.71)
Mexican or Mexican-American	100.0	52.1 (1.08)	8.1 (0.56)	4.0 (0.39)	35.8 (0.91)
Not Hispanic or Latino	100.0	27.2 (0.35)	9.4 (0.18)	5.1 (0.14)	58.3 (0.37)
White, single race	100.0	22.9 (0.38)	9.1 (0.20)	5.2 (0.16)	62.7 (0.43)
Black or African American, single race	100.0	43.8 (0.83)	11.8 (0.42)	5.1 (0.28)	39.3 (0.69)
Education: ³					
Less than high school graduate	100.0	48.0 (0.70)	11.4 (0.39)	5.4 (0.27)	35.3 (0.64)
GED diploma ⁴	100.0	28.3 (1.57)	14.3 (1.21)	7.1 (0.85)	50.2 (1.60)
High school graduate	100.0	31.4 (0.56)	10.4 (0.31)	5.1 (0.23)	53.0 (0.54)
Some college - no degree	100.0	25.4 (0.58)	8.6 (0.31)	4.5 (0.25)	61.5 (0.62)
Associate of arts degree	100.0	21.7 (0.71)	8.8 (0.46)	5.2 (0.39)	64.3 (0.81)
Bachelor of arts, science degree	100.0	19.3 (0.54)	5.9 (0.33)	4.7 (0.25)	70.2 (0.63)
Master's, doctorate, medical degree	100.0	18.2 (0.81)	5.8 (0.44)	4.5 (0.41)	71.6 (0.90)
Poverty status: ^{3,5}					
Below poverty level	100.0	43.2 (0.92)	11.3 (0.48)	6.7 (0.38)	38.8 (0.82)
≥1 but <2 times poverty level	100.0	37.3 (0.78)	11.9 (0.44)	6.0 (0.36)	44.7 (0.73)
≥2 but <4 times poverty level	100.0	27.5 (0.53)	10.5 (0.33)	5.2 (0.25)	56.9 (0.58)
4 times poverty level or more	100.0	17.6 (0.45)	6.9 (0.26)	4.3 (0.20)	71.2 (0.51)
Marital status: ³					
Never married	100.0	35.1 (0.80)	8.2 (0.45)	4.2 (0.33)	52.6 (0.78)
Married	100.0	28.4 (0.42)	9.4 (0.25)	5.2 (0.18)	57.0 (0.44)
Cohabiting	100.0	16.0 (1.21)	10.4 (1.18)	5.7 (1.00)	67.9 (1.49)
Divorced or separated	100.0	23.4 (0.58)	10.3 (0.38)	6.2 (0.31)	60.1 (0.63)
Widowed	100.0	30.0 (1.67)	15.5 (1.88)	7.5 (1.08)	47.0 (2.13)
Geographic region: ³					
Northeast	100.0	22.8 (0.58)	8.5 (0.31)	4.9 (0.26)	63.7 (0.60)
Midwest	100.0	23.3 (0.74)	9.5 (0.31)	5.2 (0.31)	62.1 (0.77)
South	100.0	37.6 (0.57)	9.8 (0.33)	4.9 (0.20)	47.8 (0.58)
West	100.0	29.0 (0.70)	8.6 (0.36)	5.0 (0.26)	57.4 (0.74)
Place of residence: ^{3,6}					
MSA, central city	100.0	32.1 (0.61)	9.2 (0.28)	5.1 (0.20)	53.6 (0.60)
MSA, not central city	100.0	26.1 (0.42)	8.6 (0.24)	4.9 (0.20)	60.4 (0.47)
Not MSA	100.0	33.4 (0.88)	10.8 (0.42)	5.2 (0.27)	50.5 (0.86)

* Figure does not meet standards of reliability or precision (see "Appendix I").

- Quantity zero.

¹Lifetime alcohol drinking status: Lifetime abstainer is less than 12 drinks in lifetime; former infrequent is 12 or more drinks in lifetime but less than 12 in 1 year, and none in past year; former regular is 12 or more drinks in 1 year but none in past year; current is 12 or more drinks in lifetime and 1 or more drinks in past year.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.³Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.⁴GED is General Educational Development high school equivalency diploma.⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.⁶MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent distribution excludes persons with unknown lifetime drinking status. See "Appendix II" for definitions of terms.

Table 3.2. Percent distributions of current alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	37.9 (0.29)	14.3 (0.15)	29.4 (0.22)	13.9 (0.16)	4.6 (0.09)
Ages 18 years and over (crude) ²	100.0	37.6 (0.29)	14.3 (0.15)	29.5 (0.22)	13.9 (0.16)	4.6 (0.09)
Age:						
18–24 years	100.0	38.2 (0.73)	12.4 (0.41)	30.4 (0.59)	13.3 (0.44)	5.6 (0.30)
25–44 years	100.0	29.3 (0.33)	14.9 (0.23)	35.5 (0.30)	15.6 (0.24)	4.7 (0.13)
45–64 years	100.0	37.8 (0.40)	15.5 (0.25)	28.1 (0.35)	13.8 (0.26)	4.9 (0.14)
65–74 years	100.0	53.6 (0.68)	12.9 (0.43)	18.7 (0.49)	10.9 (0.38)	3.8 (0.22)
75 years and over	100.0	63.2 (0.70)	11.3 (0.39)	13.8 (0.46)	9.6 (0.41)	2.1 (0.20)
Race: ³						
White, single race	100.0	34.7 (0.32)	14.5 (0.16)	31.0 (0.25)	15.0 (0.18)	4.9 (0.11)
Black or African American, single race	100.0	53.4 (0.57)	12.9 (0.33)	21.3 (0.49)	9.1 (0.30)	3.2 (0.18)
American Indian or Alaska Native, single race	100.0	48.0 (3.17)	14.4 (1.83)	19.5 (2.02)	10.5 (1.21)	7.6 (1.53)
Asian, single race	100.0	55.8 (1.14)	12.7 (0.76)	22.4 (0.99)	7.1 (0.68)	2.1 (0.31)
Native Hawaiian or other Pacific Islander, single race	100.0	34.5 (5.47)	11.0 (3.20)	32.0 (6.05)	17.1 (4.37)	*5.4 (3.04)
2 or more races	100.0	35.0 (1.90)	14.4 (1.23)	31.0 (1.48)	11.3 (1.18)	8.4 (1.10)
Black or African American, white	100.0	30.5 (3.67)	*16.2 (5.26)	35.2 (7.03)	*12.5 (4.29)	*5.6 (2.27)
American Indian or Alaska Native, white	100.0	33.6 (2.68)	14.2 (1.99)	27.7 (2.54)	12.9 (2.02)	11.5 (1.79)
Hispanic or Latino origin and race: ³						
Hispanic or Latino	100.0	48.8 (0.58)	13.3 (0.37)	24.4 (0.47)	10.3 (0.34)	3.2 (0.19)
Mexican or Mexican-American	100.0	50.3 (0.68)	12.4 (0.44)	23.2 (0.53)	10.7 (0.41)	3.4 (0.24)
Not Hispanic or Latino	100.0	36.5 (0.31)	14.4 (0.16)	30.0 (0.23)	14.3 (0.17)	4.8 (0.10)
White, single race	100.0	33.1 (0.34)	14.7 (0.17)	31.7 (0.26)	15.4 (0.20)	5.1 (0.12)
Black or African American, single race	100.0	53.5 (0.58)	12.9 (0.33)	21.3 (0.49)	9.2 (0.31)	3.2 (0.18)
Education: ³						
Less than high school graduate	100.0	54.2 (0.48)	12.3 (0.30)	19.1 (0.39)	9.7 (0.26)	4.8 (0.20)
GED diploma ⁴	100.0	42.8 (1.22)	16.1 (0.85)	21.7 (1.02)	12.0 (0.75)	7.4 (0.64)
High school graduate	100.0	40.5 (0.43)	15.5 (0.28)	26.7 (0.35)	12.7 (0.26)	4.7 (0.15)
Some college - no degree	100.0	33.8 (0.50)	15.1 (0.30)	31.3 (0.42)	14.7 (0.35)	5.2 (0.21)
Associate of arts degree	100.0	32.6 (0.64)	16.7 (0.52)	32.3 (0.63)	14.1 (0.43)	4.3 (0.26)
Bachelor of arts, science degree	100.0	26.3 (0.47)	13.0 (0.37)	37.8 (0.48)	18.5 (0.41)	4.5 (0.21)
Master's, doctorate, medical degree	100.0	25.1 (0.65)	12.6 (0.50)	40.5 (0.66)	18.4 (0.55)	3.3 (0.22)
Poverty status: ^{3,5}						
Below poverty level	100.0	54.1 (0.80)	12.0 (0.46)	19.8 (0.50)	9.2 (0.34)	4.9 (0.29)
≥1 but <2 times poverty level	100.0	48.6 (0.53)	13.9 (0.36)	22.8 (0.45)	10.2 (0.32)	4.5 (0.20)
≥2 but <4 times poverty level	100.0	38.0 (0.45)	15.9 (0.28)	27.9 (0.36)	13.4 (0.27)	4.8 (0.17)
4 times poverty level or more	100.0	24.9 (0.37)	13.6 (0.27)	37.0 (0.35)	19.3 (0.30)	5.1 (0.17)
Marital status: ³						
Never married	100.0	41.5 (0.61)	12.9 (0.38)	26.5 (0.45)	13.8 (0.35)	5.3 (0.22)
Married	100.0	37.1 (0.33)	15.0 (0.20)	30.8 (0.29)	13.5 (0.21)	3.6 (0.10)
Cohabiting	100.0	27.1 (0.96)	14.3 (0.73)	31.9 (0.95)	18.6 (0.79)	8.2 (0.53)
Divorced or separated	100.0	35.2 (0.50)	14.9 (0.38)	29.1 (0.46)	14.2 (0.35)	6.5 (0.27)
Widowed	100.0	46.9 (1.75)	16.1 (1.31)	22.6 (1.71)	9.2 (1.06)	5.2 (0.98)
Geographic region: ³						
Northeast	100.0	31.2 (0.52)	16.0 (0.33)	32.6 (0.56)	15.7 (0.42)	4.4 (0.19)
Midwest	100.0	33.7 (0.60)	15.6 (0.32)	31.5 (0.46)	14.5 (0.31)	4.7 (0.21)
South	100.0	45.1 (0.49)	12.7 (0.23)	25.8 (0.33)	11.9 (0.22)	4.4 (0.13)
West	100.0	36.3 (0.53)	13.8 (0.33)	30.0 (0.45)	14.9 (0.37)	5.0 (0.18)
Place of residence: ^{3,6}						
MSA, central city	100.0	39.9 (0.47)	13.2 (0.25)	28.3 (0.37)	13.8 (0.28)	4.8 (0.17)
MSA, not central city	100.0	34.3 (0.39)	14.5 (0.22)	31.8 (0.30)	14.8 (0.24)	4.6 (0.12)
Not MSA	100.0	43.7 (0.77)	15.3 (0.36)	25.0 (0.52)	11.7 (0.31)	4.4 (0.22)

See footnotes at end of table.

Table 3.2. Percent distributions of current alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Men						
Percent distribution (standard error)						
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	31.4 (0.32)	10.8 (0.19)	30.6 (0.30)	21.6 (0.26)	5.5 (0.13)
Ages 18 years and over (crude) ²	100.0	30.8 (0.32)	10.8 (0.19)	31.0 (0.31)	21.7 (0.26)	5.6 (0.13)
Age:						
18–24 years	100.0	32.9 (0.93)	9.8 (0.45)	30.2 (0.84)	20.3 (0.69)	6.8 (0.43)
25–44 years	100.0	23.2 (0.40)	10.5 (0.30)	36.4 (0.42)	24.2 (0.40)	5.7 (0.20)
45–64 years	100.0	31.9 (0.54)	11.8 (0.34)	29.5 (0.49)	20.9 (0.42)	5.9 (0.21)
65–74 years	100.0	45.5 (0.93)	10.7 (0.60)	21.4 (0.73)	17.8 (0.69)	4.5 (0.35)
75 years and over	100.0	53.4 (1.13)	10.5 (0.61)	16.5 (0.81)	17.4 (0.79)	2.3 (0.32)
Race: ³						
White, single race	100.0	29.2 (0.34)	10.8 (0.21)	31.4 (0.33)	22.9 (0.29)	5.6 (0.15)
Black or African American, single race	100.0	44.2 (0.86)	10.4 (0.52)	25.5 (0.79)	15.4 (0.56)	4.5 (0.32)
American Indian or Alaska Native, single race	100.0	39.3 (4.06)	12.5 (2.45)	20.8 (3.24)	16.8 (2.26)	10.7 (2.45)
Asian, single race	100.0	41.6 (1.77)	12.5 (1.19)	30.5 (1.69)	12.2 (1.24)	3.2 (0.54)
Native Hawaiian or other Pacific Islander, single race	100.0	32.0 (7.47)	*3.7 (2.32)	33.4 (8.18)	24.1 (5.91)	*6.8 (4.48)
2 or more races	100.0	29.9 (2.33)	11.5 (1.46)	29.9 (2.10)	16.4 (1.96)	12.3 (1.88)
Black or African American, white	100.0	30.5 (4.48)	*10.5 (3.91)	29.5 (7.57)	*16.4 (5.93)	*13.0 (6.25)
American Indian or Alaska Native, white	100.0	28.1 (3.28)	10.4 (2.07)	28.1 (3.20)	18.0 (3.14)	15.4 (2.69)
Hispanic or Latino origin and race: ³						
Hispanic or Latino	100.0	36.7 (0.86)	10.7 (0.46)	29.8 (0.81)	17.6 (0.61)	5.2 (0.34)
Mexican or Mexican-American	100.0	36.1 (1.02)	9.9 (0.53)	29.3 (0.88)	18.9 (0.76)	5.8 (0.45)
Not Hispanic or Latino	100.0	30.8 (0.34)	10.8 (0.20)	30.7 (0.31)	22.0 (0.28)	5.6 (0.14)
White, single race	100.0	28.4 (0.36)	10.8 (0.22)	31.6 (0.35)	23.5 (0.32)	5.7 (0.16)
Black or African American, single race	100.0	44.2 (0.88)	10.4 (0.52)	25.5 (0.79)	15.4 (0.57)	4.5 (0.32)
Education: ³						
Less than high school graduate	100.0	43.7 (0.66)	10.2 (0.38)	23.3 (0.60)	16.1 (0.45)	6.7 (0.33)
GED diploma ⁴	100.0	36.1 (1.71)	12.7 (1.14)	21.9 (1.46)	18.6 (1.28)	10.7 (1.04)
High school graduate	100.0	33.0 (0.55)	11.7 (0.38)	28.6 (0.49)	20.5 (0.46)	6.2 (0.26)
Some college - no degree	100.0	28.2 (0.68)	11.1 (0.38)	31.8 (0.67)	23.0 (0.58)	5.9 (0.30)
Associate of arts degree	100.0	28.9 (0.99)	11.6 (0.66)	31.9 (1.01)	22.5 (0.78)	5.2 (0.42)
Bachelor of arts, science degree	100.0	22.7 (0.62)	9.3 (0.46)	37.1 (0.72)	26.8 (0.65)	4.1 (0.27)
Master's, doctorate, medical degree	100.0	22.5 (0.89)	10.0 (0.63)	40.1 (1.01)	25.1 (0.90)	2.2 (0.26)
Poverty status: ^{3,5}						
Below poverty level	100.0	43.6 (1.21)	10.3 (0.82)	22.7 (0.84)	16.1 (0.68)	7.3 (0.54)
≥1 but <2 times poverty level	100.0	40.7 (0.76)	11.0 (0.49)	25.2 (0.66)	17.3 (0.63)	5.8 (0.33)
≥2 but <4 times poverty level	100.0	32.7 (0.58)	11.4 (0.35)	28.8 (0.54)	21.1 (0.48)	6.1 (0.26)
4 times poverty level or more	100.0	21.3 (0.47)	10.0 (0.34)	36.1 (0.49)	27.5 (0.50)	5.0 (0.22)
Marital status: ³						
Never married	100.0	36.0 (0.82)	10.6 (0.53)	26.7 (0.66)	20.3 (0.57)	6.3 (0.34)
Married	100.0	31.1 (0.38)	11.3 (0.26)	32.8 (0.40)	20.7 (0.33)	4.1 (0.15)
Cohabiting	100.0	22.4 (1.30)	12.0 (0.99)	30.9 (1.23)	25.7 (1.20)	9.1 (0.78)
Divorced or separated	100.0	28.4 (0.72)	9.5 (0.47)	28.4 (0.72)	24.0 (0.69)	9.7 (0.50)
Widowed	100.0	28.7 (2.86)	10.6 (2.11)	31.0 (3.59)	20.6 (2.75)	9.0 (2.47)
Geographic region: ³						
Northeast	100.0	25.3 (0.60)	11.6 (0.40)	33.3 (0.80)	24.8 (0.69)	5.1 (0.31)
Midwest	100.0	28.9 (0.69)	11.6 (0.38)	31.6 (0.64)	22.3 (0.49)	5.5 (0.28)
South	100.0	37.3 (0.58)	10.2 (0.31)	28.0 (0.44)	18.8 (0.39)	5.7 (0.21)
West	100.0	29.8 (0.61)	10.2 (0.41)	31.6 (0.62)	22.6 (0.59)	5.7 (0.27)
Place of residence: ^{3,6}						
MSA, central city	100.0	32.5 (0.60)	10.2 (0.34)	29.8 (0.55)	21.9 (0.46)	5.6 (0.24)
MSA, not central city	100.0	28.6 (0.45)	10.7 (0.28)	32.9 (0.43)	22.5 (0.39)	5.4 (0.18)
Not MSA	100.0	37.1 (0.86)	12.1 (0.39)	26.1 (0.64)	19.0 (0.48)	5.8 (0.32)

See footnotes at end of table.

Table 3.2. Percent distributions of current alcohol drinking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Current alcohol drinking status ¹				
		Nondrinker	Infrequent	Light	Moderate	Heavier
Percent distribution (standard error)						
Women						
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	43.7 (0.35)	17.5 (0.20)	28.3 (0.27)	6.8 (0.14)	3.7 (0.11)
Ages 18 years and over (crude) ²	100.0	43.9 (0.35)	17.5 (0.20)	28.1 (0.27)	6.7 (0.14)	3.7 (0.11)
Age:						
18–24 years	100.0	43.4 (0.92)	15.1 (0.61)	30.6 (0.79)	6.4 (0.43)	4.5 (0.36)
25–44 years	100.0	35.1 (0.45)	19.2 (0.32)	34.6 (0.38)	7.4 (0.23)	3.8 (0.16)
45–64 years	100.0	43.3 (0.50)	18.8 (0.34)	26.8 (0.45)	7.1 (0.25)	3.9 (0.20)
65–74 years	100.0	60.2 (0.85)	14.6 (0.55)	16.5 (0.64)	5.3 (0.35)	3.3 (0.28)
75 years and over	100.0	69.6 (0.81)	11.8 (0.52)	12.0 (0.54)	4.6 (0.35)	2.0 (0.24)
Race: ³						
White, single race	100.0	39.6 (0.41)	18.1 (0.23)	30.7 (0.31)	7.5 (0.16)	4.1 (0.13)
Black or African American, single race	100.0	60.6 (0.68)	15.0 (0.43)	18.1 (0.54)	4.1 (0.27)	2.2 (0.17)
American Indian or Alaska Native, single race	100.0	56.5 (3.96)	16.4 (2.34)	18.3 (2.64)	4.2 (1.23)	*4.5 (1.70)
Asian, single race	100.0	69.7 (1.33)	12.9 (1.12)	14.5 (1.05)	1.9 (0.39)	1.0 (0.28)
Native Hawaiian or other Pacific Islander, single race	100.0	39.6 (8.44)	*23.5 (7.16)	29.9 (7.98)	*4.3 (3.92)	*2.6 (1.78)
2 or more races	100.0	40.4 (2.57)	17.4 (1.89)	31.9 (2.33)	5.9 (1.04)	4.3 (0.95)
Black or African American, white	100.0	30.5 (5.30)	*18.7 (7.32)	40.2 (9.05)	*8.5 (5.09)	*2.0 (1.11)
American Indian or Alaska Native, white	100.0	41.1 (3.66)	18.7 (3.15)	26.5 (3.56)	*6.8 (2.10)	6.8 (2.03)
Hispanic or Latino origin and race: ³						
Hispanic or Latino	100.0	60.2 (0.71)	15.9 (0.53)	19.4 (0.50)	3.2 (0.23)	1.4 (0.13)
Mexican or Mexican-American	100.0	64.2 (0.91)	15.1 (0.67)	17.2 (0.67)	2.5 (0.25)	1.1 (0.14)
Not Hispanic or Latino	100.0	41.7 (0.37)	17.7 (0.21)	29.4 (0.29)	7.2 (0.15)	4.0 (0.12)
White, single race	100.0	37.3 (0.43)	18.3 (0.24)	32.0 (0.33)	7.9 (0.18)	4.4 (0.14)
Black or African American, single race	100.0	60.7 (0.69)	15.0 (0.43)	18.0 (0.54)	4.1 (0.28)	2.2 (0.17)
Education: ³						
Less than high school graduate	100.0	64.7 (0.64)	14.6 (0.46)	14.8 (0.45)	3.1 (0.20)	2.8 (0.22)
GED diploma ⁴	100.0	49.8 (1.60)	19.7 (1.33)	21.4 (1.30)	5.2 (0.67)	3.9 (0.70)
High school graduate	100.0	47.0 (0.54)	18.9 (0.38)	25.1 (0.44)	5.7 (0.24)	3.3 (0.18)
Some college - no degree	100.0	38.5 (0.62)	18.5 (0.43)	30.7 (0.50)	7.7 (0.32)	4.6 (0.26)
Associate of arts degree	100.0	35.7 (0.81)	20.8 (0.72)	32.7 (0.85)	7.3 (0.43)	3.6 (0.31)
Bachelor of arts, science degree	100.0	29.8 (0.63)	16.8 (0.54)	38.5 (0.66)	10.0 (0.39)	4.9 (0.31)
Master's, doctorate, medical degree	100.0	28.4 (0.90)	15.6 (0.73)	40.8 (0.96)	10.6 (0.59)	4.6 (0.38)
Poverty status: ^{3,5}						
Below poverty level	100.0	61.2 (0.82)	13.4 (0.50)	17.8 (0.56)	4.4 (0.34)	3.2 (0.27)
≥1 but <2 times poverty level	100.0	55.3 (0.73)	16.5 (0.51)	20.8 (0.57)	4.1 (0.24)	3.3 (0.23)
≥2 but <4 times poverty level	100.0	43.1 (0.58)	20.2 (0.43)	27.1 (0.48)	6.0 (0.25)	3.5 (0.20)
4 times poverty level or more	100.0	28.8 (0.51)	17.6 (0.37)	37.9 (0.49)	10.5 (0.29)	5.2 (0.24)
Marital status: ³						
Never married	100.0	47.4 (0.78)	15.4 (0.54)	26.5 (0.61)	6.5 (0.33)	4.3 (0.27)
Married	100.0	43.0 (0.44)	18.6 (0.28)	28.9 (0.36)	6.4 (0.18)	3.2 (0.14)
Cohabiting	100.0	32.1 (1.49)	16.5 (1.03)	33.1 (1.37)	11.1 (0.99)	7.3 (0.74)
Divorced or separated	100.0	39.9 (0.63)	18.7 (0.51)	29.6 (0.61)	7.4 (0.31)	4.4 (0.26)
Widowed	100.0	53.0 (2.13)	18.1 (1.64)	19.5 (1.66)	5.4 (0.99)	4.0 (0.93)
Geographic region: ³						
Northeast	100.0	36.3 (0.60)	19.9 (0.44)	32.2 (0.60)	7.8 (0.37)	3.9 (0.21)
Midwest	100.0	37.9 (0.77)	19.3 (0.48)	31.5 (0.56)	7.3 (0.26)	4.0 (0.26)
South	100.0	52.2 (0.58)	15.2 (0.31)	23.9 (0.40)	5.5 (0.20)	3.3 (0.17)
West	100.0	42.6 (0.74)	17.4 (0.45)	28.4 (0.62)	7.5 (0.34)	4.2 (0.26)
Place of residence: ^{3,6}						
MSA, central city	100.0	46.4 (0.60)	16.0 (0.36)	27.1 (0.45)	6.5 (0.24)	4.0 (0.19)
MSA, not central city	100.0	39.6 (0.47)	18.2 (0.28)	30.8 (0.35)	7.6 (0.21)	3.9 (0.15)
Not MSA	100.0	49.5 (0.86)	18.2 (0.53)	24.1 (0.70)	5.1 (0.31)	3.2 (0.28)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Current alcohol drinking status: Nondrinker is defined as no drinks in the past year (includes both former drinkers and lifetime abstainers); infrequent is defined as 12 or more drinks in lifetime and 1–11 drinks in past year; light is defined as 12 or more drinks in lifetime and 3 drinks or fewer per week; moderate is defined as more than 3 and up to 14 drinks per week for men and more than 3 and up to 7 drinks per week for women; heavier is defined as more than 14 drinks per week for men and more than 7 drinks per week for women.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.

⁶MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent distribution excludes persons with unknown lifetime and unknown current drinking status. See "Appendix II" for definitions of terms.

Table 3.3. Percent of adults 18 years of age and over who had 5 or more drinks in 1 day at least once in the past year, and percent of adults 18 years of age and over who had 5 or more drinks in 1 day on at least 12 days in the past year, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	5 or more drinks in 1 day at least once			5 or more drinks in 1 day on at least 12 days		
	Both sexes	Men	Women	Both sexes	Men	Women
			Percent of adults (standard error)			
Ages 18 years and over (age-adjusted) ^{1,2}	19.8 (0.21)	28.7 (0.31)	11.5 (0.20)	9.2 (0.13)	15.0 (0.21)	3.9 (0.12)
Ages 18 years and over (crude) ¹	20.0 (0.23)	29.5 (0.33)	11.4 (0.20)	9.3 (0.14)	15.3 (0.22)	3.8 (0.12)
Age						
18–24 years	32.0 (0.77)	40.7 (1.07)	23.5 (0.80)	16.6 (0.53)	24.4 (0.81)	9.0 (0.53)
25–44 years	26.6 (0.32)	38.0 (0.50)	15.8 (0.31)	11.7 (0.20)	19.0 (0.35)	4.9 (0.18)
45–64 years	14.7 (0.26)	23.5 (0.42)	6.6 (0.24)	6.9 (0.18)	11.9 (0.33)	2.2 (0.15)
65–74 years	5.0 (0.24)	9.0 (0.48)	1.7 (0.19)	2.5 (0.18)	4.8 (0.37)	0.7 (0.11)
75 years and over	2.1 (0.19)	4.4 (0.44)	0.6 (0.13)	0.9 (0.12)	2.0 (0.29)	*0.2 (0.07)
Race ²						
White, single race	21.5 (0.25)	30.6 (0.35)	12.9 (0.23)	9.9 (0.15)	15.8 (0.24)	4.2 (0.13)
Black or African American, single race	11.0 (0.35)	17.9 (0.59)	5.5 (0.36)	5.6 (0.27)	10.1 (0.51)	2.1 (0.19)
American Indian or Alaska Native, single race	22.4 (2.42)	27.4 (3.36)	17.3 (2.75)	13.4 (1.80)	17.8 (2.57)	9.0 (2.38)
Asian, single race	9.8 (0.72)	15.7 (1.24)	4.2 (0.55)	4.0 (0.55)	6.9 (1.04)	1.3 (0.29)
Native Hawaiian or other Pacific Islander, single race	36.4 (5.25)	46.5 (5.98)	*14.7 (7.51)	17.0 (3.36)	26.2 (4.88)	*
2 or more races	29.4 (1.74)	40.2 (2.30)	18.0 (1.85)	16.3 (1.48)	23.6 (2.28)	8.6 (1.29)
Black or African American, white	23.7 (4.99)	32.3 (7.44)	*19.1 (6.42)	*7.8 (2.53)	*16.7 (6.34)	*3.1 (1.36)
American Indian or Alaska Native, white	35.0 (2.87)	44.4 (3.80)	22.8 (3.17)	21.5 (2.52)	29.4 (3.88)	11.7 (2.22)
Hispanic or Latino origin and race ²						
Hispanic or Latino	17.0 (0.45)	27.6 (0.75)	7.0 (0.33)	8.9 (0.33)	15.7 (0.61)	2.3 (0.20)
Mexican or Mexican-American	18.9 (0.56)	31.0 (0.99)	6.8 (0.38)	10.3 (0.45)	18.2 (0.86)	2.4 (0.25)
Not Hispanic or Latino	20.3 (0.23)	29.0 (0.34)	12.2 (0.22)	9.3 (0.14)	14.9 (0.23)	4.1 (0.13)
White, single race	22.3 (0.27)	31.2 (0.38)	13.8 (0.26)	10.1 (0.17)	15.9 (0.26)	4.5 (0.15)
Black or African American, single race	10.9 (0.35)	17.8 (0.59)	5.5 (0.36)	5.6 (0.27)	10.0 (0.51)	2.1 (0.19)
Education ²						
Less than high school graduate	16.7 (0.38)	25.3 (0.62)	7.8 (0.36)	9.6 (0.30)	15.6 (0.51)	3.4 (0.25)
GED diploma ³	23.9 (0.98)	33.3 (1.63)	14.4 (1.05)	14.6 (0.83)	22.5 (1.44)	6.5 (0.81)
High school graduate	19.1 (0.37)	28.6 (0.58)	10.6 (0.33)	9.8 (0.25)	16.3 (0.43)	3.9 (0.21)
Some college - no degree	22.3 (0.44)	32.1 (0.69)	13.9 (0.43)	10.4 (0.29)	16.9 (0.48)	4.9 (0.26)
Associate of arts degree	20.5 (0.52)	29.5 (0.87)	12.9 (0.56)	8.7 (0.36)	14.4 (0.69)	3.8 (0.31)
Bachelor of arts, science degree	21.5 (0.45)	30.5 (0.66)	12.9 (0.40)	8.0 (0.27)	12.9 (0.46)	3.2 (0.20)
Master's, doctorate, medical degree	16.4 (0.52)	23.2 (0.84)	8.9 (0.49)	4.9 (0.30)	7.7 (0.52)	1.9 (0.21)
Poverty status ^{2,4}						
Below poverty level	18.1 (0.69)	28.0 (1.11)	11.1 (0.58)	10.5 (0.49)	18.2 (0.90)	5.1 (0.39)
≥1 but <2 times poverty level	18.1 (0.42)	26.6 (0.76)	10.7 (0.43)	9.5 (0.33)	15.4 (0.62)	4.4 (0.29)
≥2 but <4 times poverty level	20.4 (0.35)	29.1 (0.53)	11.9 (0.34)	10.0 (0.24)	16.2 (0.41)	4.1 (0.21)
4 times poverty level or more	24.2 (0.34)	33.6 (0.49)	14.2 (0.36)	10.0 (0.22)	15.6 (0.36)	3.9 (0.21)
Marital status ²						
Never married	22.5 (0.42)	29.7 (0.62)	14.5 (0.44)	11.9 (0.29)	17.3 (0.46)	5.7 (0.29)
Married	17.1 (0.25)	25.9 (0.39)	9.0 (0.22)	6.9 (0.15)	11.7 (0.27)	2.5 (0.11)
Cohabiting	29.1 (0.88)	37.8 (1.26)	20.1 (0.94)	14.9 (0.69)	22.0 (1.12)	7.4 (0.61)
Divorced or separated	21.9 (0.45)	34.4 (0.83)	13.4 (0.42)	11.0 (0.35)	20.3 (0.72)	4.7 (0.25)
Widowed	14.4 (1.48)	26.4 (2.97)	10.6 (1.57)	6.1 (0.98)	16.4 (2.95)	2.7 (0.63)
Geographic region ²						
Northeast	20.8 (0.47)	30.3 (0.81)	12.5 (0.40)	8.8 (0.29)	14.9 (0.54)	3.5 (0.23)
Midwest	23.8 (0.52)	33.3 (0.64)	14.9 (0.51)	11.3 (0.32)	17.9 (0.45)	5.2 (0.28)
South	16.1 (0.31)	24.0 (0.48)	8.7 (0.28)	8.1 (0.19)	13.2 (0.33)	3.3 (0.18)
West	20.9 (0.44)	30.3 (0.67)	11.7 (0.38)	8.9 (0.26)	14.5 (0.46)	3.5 (0.24)
Place of residence ^{2,5}						
MSA, central city	19.3 (0.36)	28.7 (0.54)	10.8 (0.31)	9.2 (0.23)	15.3 (0.38)	3.7 (0.19)
MSA, not central city	20.3 (0.31)	29.1 (0.45)	12.0 (0.28)	9.1 (0.20)	14.6 (0.31)	3.8 (0.16)
Not MSA	19.5 (0.57)	28.1 (0.76)	11.6 (0.52)	9.6 (0.29)	15.3 (0.47)	4.3 (0.29)

* Figure does not meet standards of reliability or precision (see "Appendix I").

- Quantity zero.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.²Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.³GED is General Educational Development high school equivalency diploma.⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.⁵MSA is metropolitan statistical area (see "Appendix II").

NOTES: Question was asked only of current drinkers, but prevalence is shown here as percent of all adults. Denominator for each cell excludes person with unknown lifetime drinking status and/or unknown five or more drinks in 1 day. See "Appendix II" for definitions of terms.

Table 3.4. Percent of current drinkers 18 years of age and over who had 5 or more drinks in 1 day at least once in the past year, and percent of current drinkers 18 years of age and over who had 5 or more drinks in 1 day on at least 12 days in the past year, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	5 or more drinks in 1 day at least once			5 or more drinks in 1 day on at least 12 days		
	Current drinkers	Men	Women	Current drinkers	Men	Women
				Percent of current drinkers (standard error)		
Ages 18 years and over (age-adjusted) ^{1,2}	30.4 (0.27)	40.6 (0.37)	19.1 (0.29)	14.1 (0.18)	21.1 (0.28)	6.4 (0.18)
Ages 18 years and over (crude) ¹	32.3 (0.31)	43.0 (0.41)	20.5 (0.33)	15.0 (0.20)	22.4 (0.30)	6.8 (0.20)
Age						
18–24 years	52.4 (0.92)	61.4 (1.24)	42.0 (1.12)	27.2 (0.75)	36.8 (1.07)	16.0 (0.86)
25–44 years	37.8 (0.40)	49.9 (0.56)	24.5 (0.46)	16.7 (0.28)	24.9 (0.43)	7.6 (0.27)
45–64 years	23.8 (0.38)	34.8 (0.56)	11.7 (0.40)	11.1 (0.29)	17.7 (0.48)	3.9 (0.25)
65–74 years	10.8 (0.50)	16.7 (0.86)	4.2 (0.48)	5.5 (0.38)	8.9 (0.68)	1.7 (0.29)
75 years and over	5.7 (0.51)	9.5 (0.92)	2.1 (0.42)	2.5 (0.33)	4.4 (0.62)	*0.6 (0.22)
Race ²						
White, single race	31.3 (0.30)	41.8 (0.41)	19.8 (0.32)	14.4 (0.21)	21.6 (0.31)	6.5 (0.20)
Black or African American, single race	22.6 (0.70)	31.4 (1.02)	12.9 (0.88)	11.6 (0.55)	17.7 (0.89)	4.9 (0.46)
American Indian or Alaska Native, single race	41.5 (3.98)	43.9 (5.55)	34.0 (3.90)	24.3 (3.14)	28.1 (4.41)	18.0 (4.03)
Asian, single race	21.4 (1.45)	26.7 (1.87)	12.2 (1.58)	8.8 (1.15)	11.7 (1.64)	3.8 (0.84)
Native Hawaiian or other Pacific Islander, single race	55.8 (6.76)	64.8 (7.31)	*24.8 (11.42)	26.0 (5.07)	36.5 (6.70)	*-
2 or more races	43.7 (2.29)	55.8 (2.89)	28.5 (2.73)	25.1 (2.22)	33.8 (3.19)	14.2 (2.23)
Black or African American, white	37.8 (7.96)	46.4 (9.93)	31.0 (8.67)	10.0 (2.99)	*23.1 (8.37)	*5.0 (2.16)
American Indian or Alaska Native, white	50.7 (3.47)	60.8 (4.39)	34.3 (4.40)	32.1 (3.46)	41.3 (5.00)	17.8 (3.46)
Hispanic or Latino origin and race ²						
Hispanic or Latino	32.1 (0.81)	42.3 (1.10)	16.8 (0.80)	16.8 (0.62)	24.3 (0.92)	5.7 (0.50)
Mexican or Mexican-American	36.6 (1.06)	47.4 (1.41)	17.7 (0.96)	20.0 (0.90)	27.9 (1.29)	6.1 (0.69)
Not Hispanic or Latino	30.3 (0.29)	40.5 (0.39)	19.3 (0.31)	13.9 (0.19)	20.8 (0.29)	6.5 (0.19)
White, single race	31.4 (0.31)	42.0 (0.43)	20.3 (0.33)	14.2 (0.21)	21.4 (0.33)	6.6 (0.20)
Black or African American, single race	22.5 (0.70)	31.2 (1.01)	12.9 (0.89)	11.6 (0.55)	17.6 (0.89)	4.9 (0.46)
Education ²						
Less than high school graduate	34.7 (0.70)	43.6 (0.94)	20.6 (0.86)	20.0 (0.58)	26.8 (0.82)	9.2 (0.65)
GED diploma ³	39.5 (1.45)	50.2 (2.15)	25.8 (1.74)	24.4 (1.33)	34.2 (2.05)	11.6 (1.42)
High school graduate	30.7 (0.50)	41.6 (0.74)	18.8 (0.52)	15.7 (0.36)	23.7 (0.59)	6.9 (0.37)
Some college - no degree	32.6 (0.55)	43.6 (0.80)	21.7 (0.60)	15.2 (0.40)	22.9 (0.62)	7.5 (0.39)
Associate of arts degree	29.2 (0.69)	40.3 (1.09)	19.0 (0.78)	12.4 (0.51)	19.7 (0.94)	5.6 (0.46)
Bachelor of arts, science degree	28.4 (0.57)	38.5 (0.79)	17.7 (0.53)	10.6 (0.35)	16.4 (0.57)	4.5 (0.28)
Master's, doctorate, medical degree	21.4 (0.63)	29.5 (0.96)	12.0 (0.64)	6.4 (0.39)	9.8 (0.64)	2.6 (0.29)
Poverty status ^{2,4}						
Below poverty level	36.4 (1.03)	47.3 (1.45)	25.3 (1.07)	21.4 (0.84)	31.0 (1.34)	11.6 (0.79)
≥1 but <2 times poverty level	32.7 (0.67)	42.7 (1.09)	21.6 (0.80)	17.3 (0.58)	24.8 (0.94)	9.0 (0.61)
≥2 but <4 times poverty level	31.5 (0.47)	42.0 (0.66)	19.5 (0.54)	15.5 (0.35)	23.2 (0.56)	6.7 (0.34)
4 times poverty level or more	31.4 (0.39)	41.9 (0.55)	19.1 (0.46)	12.9 (0.28)	19.4 (0.43)	5.3 (0.28)
Marital status ²						
Never married	36.7 (0.63)	45.1 (0.92)	25.5 (0.74)	19.3 (0.47)	26.2 (0.73)	10.0 (0.51)
Married	26.3 (0.34)	36.4 (0.48)	15.0 (0.36)	10.7 (0.22)	16.5 (0.37)	4.1 (0.18)
Cohabiting	38.5 (1.31)	47.2 (1.77)	28.0 (1.35)	19.8 (1.05)	27.6 (1.62)	10.3 (0.87)
Divorced or separated	32.7 (0.60)	47.2 (1.03)	21.0 (0.61)	16.5 (0.50)	27.9 (0.93)	7.4 (0.38)
Widowed	25.3 (2.14)	35.9 (3.45)	20.8 (2.63)	10.8 (1.58)	22.1 (3.60)	5.4 (1.19)
Geographic region ²						
Northeast	29.1 (0.56)	39.8 (0.91)	18.5 (0.59)	12.4 (0.39)	19.5 (0.69)	5.2 (0.34)
Midwest	33.9 (0.61)	45.1 (0.75)	22.0 (0.65)	16.2 (0.41)	24.3 (0.56)	7.7 (0.40)
South	27.4 (0.43)	36.5 (0.61)	16.5 (0.48)	13.9 (0.29)	20.1 (0.46)	6.4 (0.31)
West	31.9 (0.55)	42.4 (0.73)	19.6 (0.59)	13.7 (0.38)	20.3 (0.57)	5.8 (0.41)
Place of residence ^{2,5}						
MSA, central city	30.7 (0.48)	41.3 (0.64)	18.9 (0.52)	14.7 (0.34)	22.0 (0.51)	6.4 (0.33)
MSA, not central city	29.6 (0.37)	39.6 (0.51)	18.6 (0.39)	13.3 (0.27)	20.0 (0.40)	5.9 (0.23)
Not MSA	32.3 (0.72)	42.7 (0.91)	20.7 (0.81)	15.9 (0.42)	23.2 (0.68)	7.7 (0.50)

* Figure does not meet standards of reliability or precision (see "Appendix I").

- Quantity zero.

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.²Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.³GED is General Educational Development high school equivalency diploma.⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.⁵MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each cell excludes persons with unknown lifetime drinking status, nondrinkers, and current drinkers with unknown information for five or more drinks in 1 day." See "Appendix II" for definitions of terms.

Chapter 4 Cigarette Smoking

All Adults

- Overall, about 23% of U.S. adults were current smokers in 1999–2001 (table 4.1).

- Overall, about 23% of adults were former smokers, and over one-half of adults (54.3%) had never smoked cigarettes (table 4.1).
- Among all adults, about 19% smoked daily and about 4% smoked less than daily (table 4.2 and figure 4.1).
- About 1 in 4 nondaily smokers (26.2%) smoked on 5 days or less in

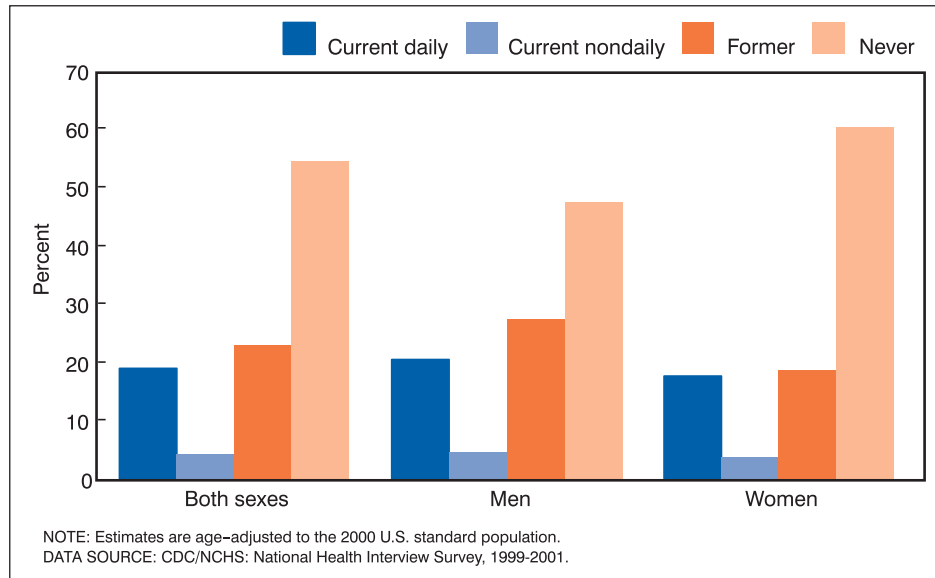


Figure 4.1. Percent distributions of current cigarette smoking status of adults, by sex: United States, 1999–2001

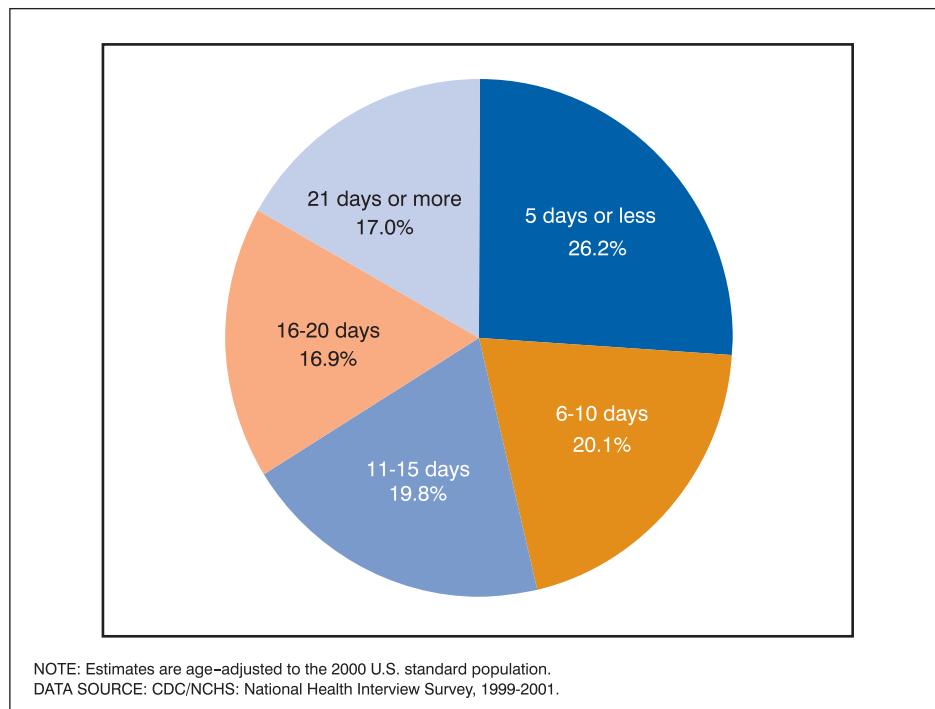


Figure 4.2. Percent distribution of number of days smoked in the past 30 days among adult nondaily smokers: United States, 1999–2001

the past 30 days; about 1 in 5 nondaily smokers (17.0%) smoked on 21 days or more during the past 30 days (figure 4.2).

- Daily smokers smoked an average of 18 cigarettes a day compared with 5 cigarettes a day for nondaily smokers on days that they smoked (table 4.2).
- Approximately one-half of current smokers (45.5%) usually smoked fewer than 15 cigarettes in a day; about 4 in 10 (39.1%) usually smoked 15–24 cigarettes in a day (table 4.3 and figure 4.3).
- Approximately 3 in 10 current smokers (30.9%) started smoking before the age of 16 years (table 4.4 and figure 4.4).
- About 1 in 5 current smokers (18.5%) started smoking at age 21 years or over (table 4.4 and figure 4.4).
- About 4 in 10 current smokers (42.4%) attempted to quit smoking in the past year (table 4.5).
- Nondaily smokers (54.3%) were more likely than daily smokers (39.9%) to have attempted to quit smoking in the past year (table 4.5).

Sex

- Men (25.1%) were more likely than women (21.2%) to be current smokers (table 4.1).
- Men (27.5%) were more likely than women (18.7%) to be former smokers (table 4.1).
- Male daily smokers smoked more cigarettes a day (about 20 cigarettes) than female daily smokers (about 16 cigarettes) (table 4.2).
- Male smokers (9.4%) were twice as likely as female smokers (4.3%) to usually smoke 35 or more cigarettes in a day (table 4.3).
- Male smokers (35.2%) were more likely than female smokers (26.8%) to have started smoking before the age of 16 years (table 4.4).
- Male smokers aged 75 years and over (38.5%) were more than three times as likely as female smokers of the same age group (11.3%) to have initiated smoking before 16 years of age (table 4.4).

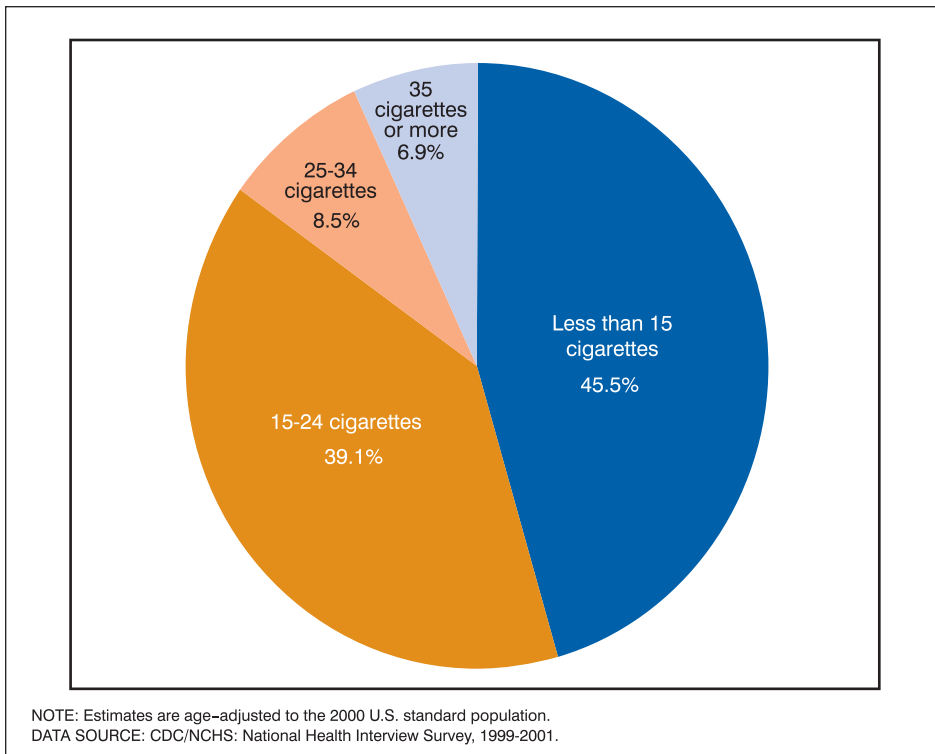


Figure 4.3. Percent distribution of usual number of cigarettes smoked in a day among all adult current smokers: United States, 1999-2001

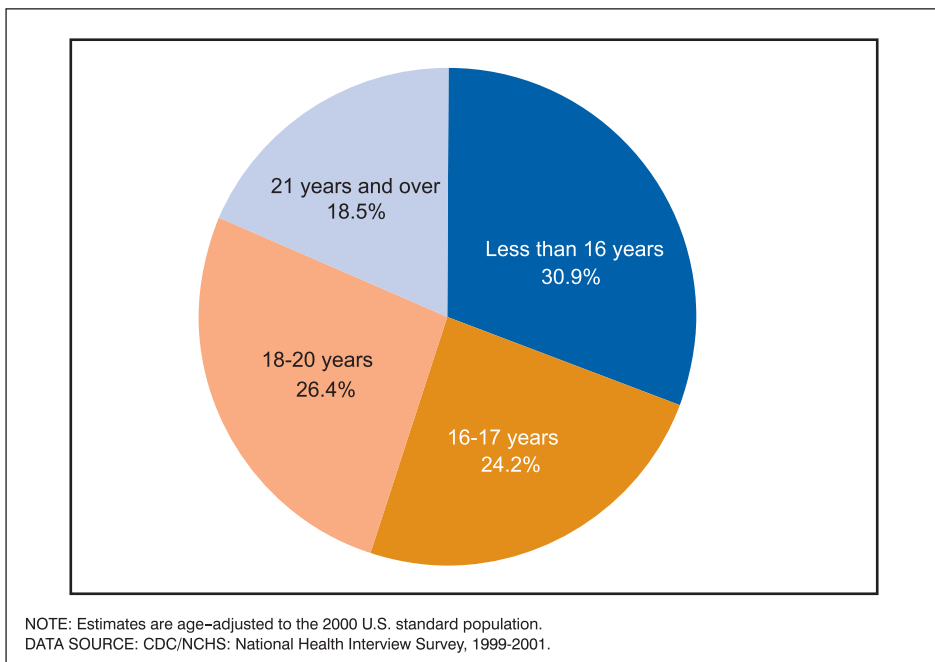


Figure 4.4. Percent distribution of age of smoking initiation among all adult current smokers: United States, 1999-2001

- Female smokers (22.0%) were more likely than male smokers (14.7%) to have started smoking at age 21 years and over (table 4.4).
- Female smokers (43.7%) were more likely than male smokers (41.1%) to have attempted to quit smoking in

the past year (table 4.5).

Age

- Current smoking was most prevalent among adults aged 18-24 years (27.2%) and aged 25-44 years

(26.7%) and declined with age (table 4.1).

- Men aged 65-74 years (55.8%) and 75 years and over (57.5%) were more likely than men in other age groups to be former smokers (table 4.1).
- Women aged 65-74 years (29.0%) were more likely than women in other age groups to be former smokers (table 4.1).
- Women aged 18-24 years (67.0%) and 75 years and over (68.7%) were more likely than women in other age groups to have never smoked (table 4.1).
- The mean number of cigarettes smoked a day was higher among current smokers aged 45-64 years (18 cigarettes) than among current smokers in any other age group (table 4.2).
- The mean number of cigarettes smoked in a day (12 cigarettes) was lowest for the youngest smokers compared with smokers in other age groups (table 4.2).
- More than one-third of current smokers aged 18-24 years (36.1%) started smoking before the age of 16 years (table 4.4).
- Female smokers aged 18-24 years (38.3%) were more than three times as likely as female smokers aged 75 years and over (11.3%) to have started smoking before age 16 years (table 4.4).
- Female smokers aged 75 years and over (43.5%) were more than twice as likely as female smokers aged 25-44 years (16.2%) to have started smoking at 21 years of age and over (table 4.4).
- Among daily smokers, attempts to quit smoking in the past year were strongly associated with age: about one-half (52.2%) of the youngest group had attempted to quit, declining steadily to about one-fourth (26.6%) of daily smokers in the oldest age group (table 4.5 and figure 4.5).
- Among nondaily smokers, quit attempts did not show a clear association with age; 50-60% of nondaily smokers had tried to quit smoking in the past year, regardless of age (table 4.5 and figure 4.5).

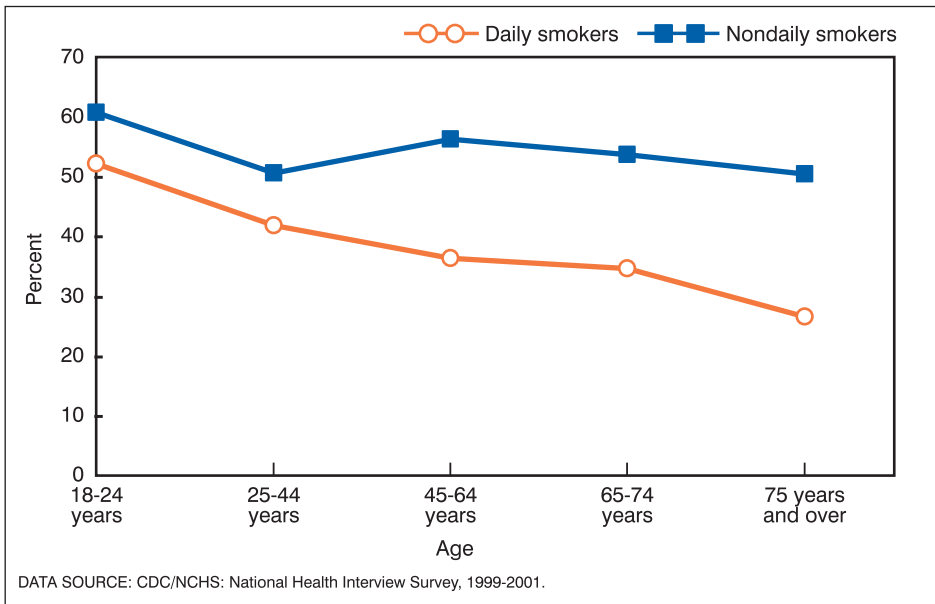


Figure 4.5. Percent of adult current smokers who tried to quit in past year, by age and smoking frequency: United States, 1999-2001

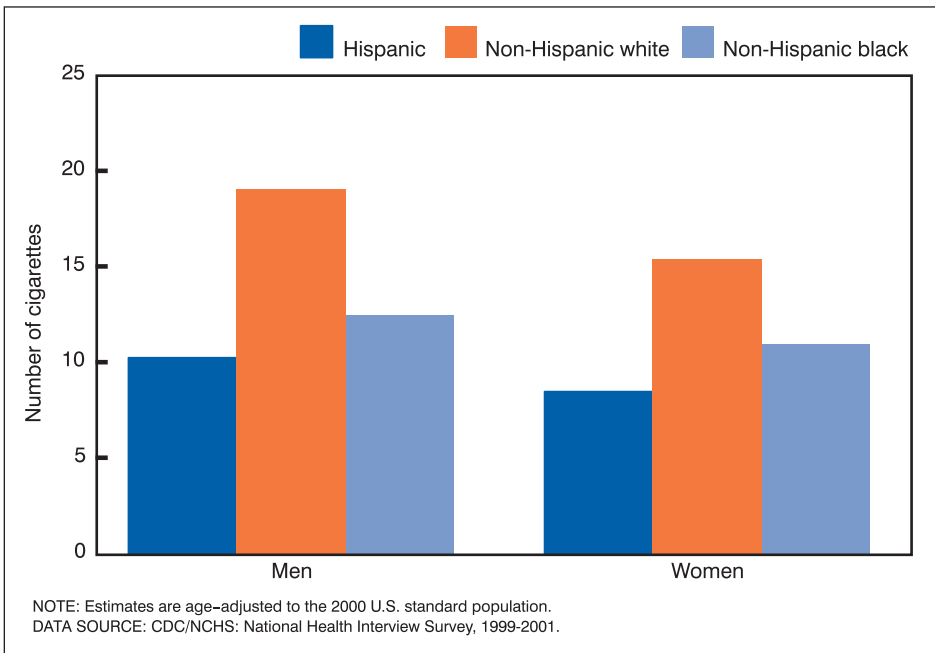


Figure 4.6. Mean number of cigarettes smoked by adult current smokers, by Hispanic origin and race and sex: United States, 1999-2001

Race

- American Indian or Alaska Native adults (32.6%) were more likely than white adults (23.7%), black adults (22.8%), and Asian adults (13.5%) to be current smokers (table 4.1).
- Asian men (20.4%) were less likely to be current smokers than any other single-race group studied: American

Indian or Alaska Native men (30.4%), black men (27.1%), and white men (25.2%) (table 4.1).

- American Indian or Alaska Native women (34.5%) were about five times as likely as Asian women (6.7%) to be current smokers (table 4.1).
- Among daily smokers, the average number of cigarettes smoked a day was about the same for white men

(21 cigarettes) and American Indian or Alaska Native men (20 cigarettes). The average number of cigarettes smoked a day was lower for black men (14 cigarettes) and Asian men (12 cigarettes) (table 4.2).

- American Indian or Alaska Native female daily smokers (20 cigarettes) and white female daily smokers (17 cigarettes) averaged more cigarettes a day than female daily smokers in any other single-race group studied: black female daily smokers (12 cigarettes), Asian female smokers (12 cigarettes), and Native Hawaiian or other Pacific Islander female smokers (10 cigarettes) (table 4.2).
- Asian women (93.3%) were the most likely to currently be nonsmokers compared with women of other races (table 4.2).
- White male smokers (10.8%) were four times as likely as black male smokers (2.7%) to usually smoke 35 cigarettes or more in a day (table 4.3).
- Asian smokers (28.7%) and black smokers (26.9%) were more likely than white smokers (17.0%) or American Indian or Alaska Native smokers (20.5%) to have started smoking on or after their 21st birthday (table 4.4).

Hispanic or Latino Origin and Race

- Non-Hispanic black adults (22.8%) and non-Hispanic white adults (24.5%) were more likely than Hispanic adults (17.0%) to be current smokers (table 4.1).
- Non-Hispanic white women (23.4%) were more likely than non-Hispanic black women (19.5%) and nearly twice as likely as Hispanic women (12.0%) to be current smokers (table 4.1).
- Non-Hispanic white male smokers smoked about 19 cigarettes a day compared with 13 cigarettes a day for non-Hispanic black male smokers and 10 cigarettes a day for Hispanic males who smoked (table 4.2 and figure 4.6).

- Non-Hispanic white female smokers smoked about 15 cigarettes a day compared with 11 cigarettes a day for non-Hispanic black female smokers and 9 cigarettes a day for Hispanic females who smoked (table 4.2 and figure 4.6).
- Non-Hispanic white male smokers (11.5%) were about four times as likely as non-Hispanic black male smokers (2.7%) and Hispanic male smokers (2.5%) to usually smoke 35 cigarettes or more in a day (table 4.3).
- Non-Hispanic white male smokers (37.0%) were more likely than non-Hispanic black male smokers (27.3%) to have started smoking before age 16 years (table 4.4).

Education

- Adults with a bachelor of arts/science degree or higher were significantly less likely to currently smoke cigarettes than adults with less education (table 4.1).
- With the exception of GED high school equivalency diploma holders, for whom current smoking rates were very high (45.8%), prevalence of current cigarette smoking declined steadily with increasing education—from 31.2% among adults with less than a high school diploma to 8.5% among adults with a master’s, doctorate, or medical degree (table 4.1).
- Four in 10 adults (40.3%) with a GED diploma were daily smokers compared with 26.5% of nonhigh school graduates, 23.6% of high school graduates, and 5.4% of adults with advanced academic degrees (table 4.2).
- Men who had earned a bachelor of arts/science degree (9.5%) were almost twice as likely as men who held graduate degrees (5.6%) to be daily smokers (table 4.2).
- Among current daily smokers, adults holding a GED diploma smoked an average of about 21 cigarettes a day compared with 18.5 cigarettes for adults who did not have a high school diploma, 18.4 cigarettes for high school graduates, and about 16 cigarettes for adults who had a

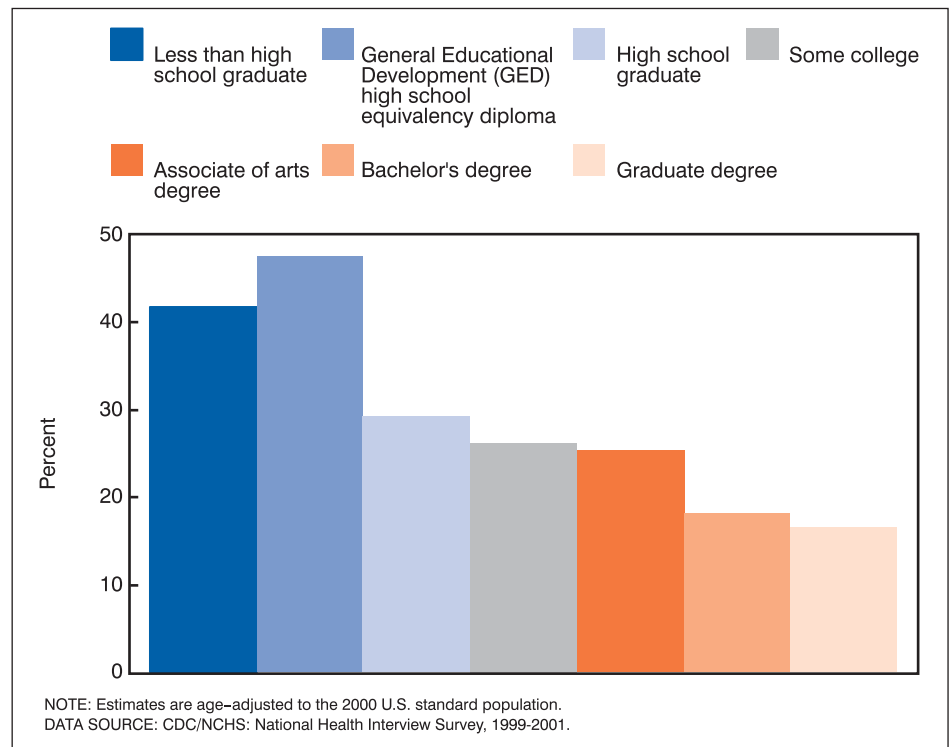


Figure 4.7. Percent of adult current smokers who started smoking younger than 16 years of age, by level of education: United States, 1999–2001

- bachelor’s degree or higher (table 4.2).
- Smokers with a GED diploma (11.4%) were more likely to usually smoke 35 cigarettes or more in a day than were smokers who had more years of education (table 4.3).
- Adult current smokers with the least education were more than twice as likely as adults with the most education to have started smoking before the age of 16 years (table 4.4 and figure 4.7).
- Fewer than 1 in 5 smokers who had a bachelor’s degree (18.2%) or an advanced academic degree (16.6%) started smoking before 16 years of age (table 4.4 and figure 4.7).

Poverty Status

- Men with incomes below the poverty level (35.7%) were almost twice as likely as men in the highest income group (18.6%) to be current smokers (table 4.1).
- Women with incomes below the poverty level (29.3%) were almost twice as likely as women in the highest income group (16.2%) to be current smokers (table 4.1).

- Smokers with the lowest incomes (below the poverty level) were more likely to have started smoking before 16 years of age than were smokers in the highest income groups (table 4.4).
- Attempts to quit smoking were unrelated to income level (table 4.5).

Marital Status

- Cohabiting adults (38.9%) and divorced or separated adults (35.0%) were more likely than never married adults (24.0%) and married adults (19.2%) to be current smokers (table 4.1).
- Prevalence of daily smoking was about twice as high among cohabiting adults (33.0%) as married adults (16.0%) (table 4.2).
- Never married smokers (49.8%) were more likely than smokers in other marital status groups to usually smoke fewer than 15 cigarettes in a day (table 4.3).
- Married male smokers (42.2%) and cohabiting male smokers (42.2%) were more likely than divorced or separated male smokers (35.1%) to

- have attempted to quit smoking in the past year (table 4.5).
- Married female smokers (41.9%) were less likely than divorced or separated female smokers (46.3%) to have attempted to quit smoking in the past year (table 4.5).
- Smokers living outside an MSA (33.0%) were more likely than those living in an MSA, whether in a central city (30.1%) or not in a central city (30.3%), to have started smoking before 16 years of age (table 4.4).

Geographic Region

- Adults living in the West (19.0%) were less likely to be current smokers than those living in the Northeast (22.1%), South (24.1%), or Midwest (25.4%) (table 4.1).
- Daily smokers living in the West smoked an average of about 16 cigarettes a day compared with about 17 cigarettes a day for smokers living in the Northeast and about 19 cigarettes a day for smokers living in the Midwest and South (table 4.2).
- Over one-half (54.6%) of smokers living in the West usually smoked fewer than 15 cigarettes in a day compared with 48.4% of smokers living in the Northeast, 42.5% of smokers in the South, and 42.4% of smokers in the Midwest (table 4.3).
- Smokers in the Midwest (29.4%) were less likely than smokers in the Northeast (31.9%) and South (31.9%) to have started smoking before 16 years of age (table 4.4).
- Smokers in the Northeast (45.1%) were more likely than smokers in the Midwest (42.2%) and South (40.3%) to have attempted to quit smoking in the past year (table 4.5).

Place of Residence

- Adults living outside an MSA (26.5%) were more likely to be current smokers than those living in an MSA, whether in a central city (23.2%) or not in a central city (21.7%) (table 4.1).
- Smokers living in the central city of an MSA (52.2%) were more likely than smokers living in an MSA but not in the central city (45.2%) and those living outside an MSA (37.9%) to usually smoke fewer than 15 cigarettes in a day (table 4.3).

Table 4.1. Percent distributions of lifetime cigarette smoking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Percent distribution (standard error)				
Both sexes				
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	54.3 (0.22)	22.7 (0.17)	23.1 (0.20)
Ages 18 years and over (crude) ²	100.0	54.4 (0.23)	22.5 (0.19)	23.2 (0.21)
Age:				
18–24 years	100.0	65.1 (0.67)	7.7 (0.29)	27.2 (0.62)
25–44 years	100.0	58.5 (0.31)	14.8 (0.23)	26.7 (0.30)
45–64 years	100.0	46.2 (0.36)	30.1 (0.32)	23.7 (0.29)
65–74 years	100.0	45.7 (0.60)	41.1 (0.58)	13.3 (0.41)
75 years and over	100.0	55.8 (0.65)	37.8 (0.69)	6.4 (0.30)
Race: ³				
White, single race	100.0	52.3 (0.24)	24.0 (0.19)	23.7 (0.23)
Black or African American, single race	100.0	61.0 (0.56)	16.2 (0.39)	22.8 (0.49)
American Indian or Alaska Native, single race	100.0	44.1 (3.18)	23.3 (1.90)	32.6 (2.59)
Asian, single race	100.0	73.5 (1.00)	13.0 (0.81)	13.5 (0.80)
Native Hawaiian or other Pacific Islander, single race	100.0	51.7 (5.22)	17.3 (3.59)	31.0 (5.08)
2 or more races	100.0	43.1 (1.74)	24.2 (1.55)	32.8 (1.54)
Black or African American, white	100.0	38.7 (5.18)	23.6 (6.19)	37.6 (5.24)
American Indian or Alaska Native, white	100.0	33.5 (2.59)	26.8 (2.42)	39.7 (2.69)
Hispanic or Latino origin and race: ³				
Hispanic or Latino	100.0	66.3 (0.55)	16.7 (0.40)	17.0 (0.39)
Mexican or Mexican-American	100.0	66.6 (0.64)	17.1 (0.52)	16.2 (0.44)
Not Hispanic or Latino	100.0	52.9 (0.24)	23.3 (0.19)	23.9 (0.22)
White, single race	100.0	50.9 (0.25)	24.7 (0.21)	24.5 (0.25)
Black or African American, single race	100.0	60.9 (0.56)	16.2 (0.39)	22.8 (0.50)
Education: ³				
Less than high school graduate	100.0	49.3 (0.53)	19.5 (0.34)	31.2 (0.50)
GED diploma ⁴	100.0	30.6 (1.07)	23.6 (0.99)	45.8 (1.20)
High school graduate	100.0	50.7 (0.40)	21.8 (0.31)	27.5 (0.35)
Some college - no degree	100.0	52.4 (0.47)	24.6 (0.36)	23.0 (0.37)
Associate of arts degree	100.0	54.9 (0.60)	24.0 (0.55)	21.0 (0.54)
Bachelor of arts, science degree	100.0	62.7 (0.50)	24.8 (0.43)	12.5 (0.30)
Master's, doctorate, medical degree	100.0	67.8 (0.60)	23.7 (0.55)	8.5 (0.37)
Poverty status: ^{3,5}				
Below poverty level	100.0	52.2 (0.77)	15.9 (0.42)	31.9 (0.72)
≥1 but <2 times poverty level	100.0	50.3 (0.57)	19.5 (0.40)	30.2 (0.53)
≥2 but <4 times poverty level	100.0	51.1 (0.37)	23.4 (0.33)	25.5 (0.31)
4 times poverty level or more	100.0	56.4 (0.37)	26.2 (0.36)	17.4 (0.28)
Marital status: ³				
Never married	100.0	59.7 (0.54)	16.3 (0.44)	24.0 (0.44)
Married	100.0	55.0 (0.28)	25.7 (0.24)	19.2 (0.24)
Cohabiting	100.0	39.2 (0.98)	22.0 (0.97)	38.9 (1.02)
Divorced or separated	100.0	43.4 (0.49)	21.7 (0.39)	35.0 (0.46)
Widowed	100.0	50.8 (1.79)	20.0 (1.24)	29.2 (1.71)
Geographic region: ³				
Northeast	100.0	52.9 (0.53)	25.0 (0.42)	22.1 (0.45)
Midwest	100.0	52.3 (0.44)	22.3 (0.31)	25.4 (0.40)
South	100.0	54.4 (0.40)	21.5 (0.29)	24.1 (0.35)
West	100.0	58.0 (0.40)	22.9 (0.41)	19.0 (0.39)
Place of residence: ^{3,6}				
MSA, central city	100.0	56.0 (0.37)	20.7 (0.30)	23.2 (0.34)
MSA, not central city	100.0	54.4 (0.32)	24.0 (0.26)	21.7 (0.29)
Not MSA	100.0	51.6 (0.56)	21.9 (0.36)	26.5 (0.47)

See footnotes at end of table.

Table 4.1. Percent distributions of lifetime cigarette smoking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Percent distribution (standard error)				
Men				
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	47.4 (0.32)	27.5 (0.26)	25.1 (0.29)
Ages 18 years and over (crude) ²	100.0	48.0 (0.34)	26.5 (0.28)	25.5 (0.30)
Age:				
18–24 years	100.0	63.2 (0.90)	7.3 (0.42)	29.5 (0.84)
25–44 years	100.0	55.7 (0.44)	15.4 (0.34)	28.8 (0.41)
45–64 years	100.0	37.7 (0.56)	36.1 (0.51)	26.2 (0.47)
65–74 years	100.0	30.7 (0.77)	55.8 (0.85)	13.6 (0.64)
75 years and over	100.0	35.7 (1.08)	57.5 (1.12)	6.8 (0.51)
Race: ³				
White, single race	100.0	46.1 (0.34)	28.7 (0.28)	25.2 (0.33)
Black or African American, single race	100.0	52.1 (0.88)	20.8 (0.70)	27.1 (0.73)
American Indian or Alaska Native, single race	100.0	39.6 (4.69)	30.0 (2.98)	30.4 (4.22)
Asian, single race	100.0	60.5 (1.65)	19.0 (1.40)	20.4 (1.37)
Native Hawaiian or other Pacific Islander, single race	100.0	49.3 (6.65)	19.8 (5.51)	30.9 (5.70)
2 or more races	100.0	37.3 (2.60)	28.3 (2.27)	34.4 (2.20)
Black or African American, white	100.0	36.9 (6.42)	24.0 (4.86)	39.1 (7.08)
American Indian or Alaska Native, white	100.0	27.8 (3.73)	33.5 (3.36)	38.7 (3.58)
Hispanic or Latino origin and race: ³				
Hispanic or Latino	100.0	55.3 (0.79)	22.5 (0.60)	22.2 (0.61)
Mexican or Mexican-American	100.0	54.8 (0.99)	23.3 (0.83)	21.9 (0.81)
Not Hispanic or Latino	100.0	46.5 (0.34)	28.0 (0.28)	25.5 (0.32)
White, single race	100.0	45.3 (0.36)	29.2 (0.30)	25.5 (0.35)
Black or African American, single race	100.0	52.1 (0.90)	20.9 (0.70)	27.1 (0.74)
Education: ³				
Less than high school graduate	100.0	38.8 (0.70)	26.0 (0.51)	35.2 (0.67)
GED diploma ⁴	100.0	23.3 (1.51)	29.1 (1.54)	47.6 (1.78)
High school graduate	100.0	42.6 (0.55)	27.4 (0.49)	30.0 (0.51)
Some college - no degree	100.0	45.7 (0.65)	29.6 (0.55)	24.8 (0.58)
Associate of arts degree	100.0	49.6 (1.00)	28.3 (0.85)	22.1 (0.82)
Bachelor of arts, science degree	100.0	59.0 (0.69)	27.6 (0.61)	13.4 (0.48)
Master's, doctorate, medical degree	100.0	65.0 (0.94)	26.1 (0.79)	8.9 (0.53)
Poverty status: ^{3,5}				
Below poverty level	100.0	43.4 (1.07)	20.8 (0.75)	35.7 (1.06)
≥1 but <2 times poverty level	100.0	40.8 (0.85)	25.1 (0.66)	34.1 (0.78)
≥2 but <4 times poverty level	100.0	44.0 (0.53)	27.8 (0.48)	28.3 (0.49)
4 times poverty level or more	100.0	51.8 (0.50)	29.6 (0.49)	18.6 (0.40)
Marital status: ³				
Never married	100.0	54.4 (0.78)	18.7 (0.68)	26.9 (0.66)
Married	100.0	48.3 (0.39)	30.4 (0.34)	21.2 (0.34)
Cohabiting	100.0	35.9 (1.30)	24.4 (1.44)	39.7 (1.34)
Divorced or separated	100.0	36.5 (0.72)	24.6 (0.61)	38.9 (0.77)
Widowed	100.0	41.5 (3.27)	27.0 (2.30)	31.5 (3.02)
Geographic region: ³				
Northeast	100.0	48.0 (0.80)	28.8 (0.65)	23.2 (0.55)
Midwest	100.0	45.4 (0.51)	27.1 (0.48)	27.5 (0.58)
South	100.0	46.4 (0.58)	27.1 (0.42)	26.5 (0.52)
West	100.0	51.4 (0.67)	27.5 (0.58)	21.1 (0.60)
Place of residence: ^{3,6}				
MSA, central city	100.0	48.8 (0.52)	25.0 (0.45)	26.2 (0.45)
MSA, not central city	100.0	48.4 (0.45)	28.5 (0.38)	23.2 (0.41)
Not MSA	100.0	43.3 (0.71)	28.2 (0.49)	28.6 (0.66)

See footnotes at end of table.

Table 4.1. Percent distributions of lifetime cigarette smoking status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Lifetime cigarette smoking status ¹		
		Never smoker	Former smoker	Current smoker
Percent distribution (standard error)				
Women				
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	60.2 (0.28)	18.7 (0.21)	21.2 (0.23)
Ages 18 years and over (crude) ²	100.0	60.2 (0.28)	18.8 (0.22)	21.0 (0.23)
Age:				
18–24 years	100.0	67.0 (0.81)	8.1 (0.41)	24.9 (0.75)
25–44 years	100.0	61.2 (0.43)	14.1 (0.30)	24.7 (0.38)
45–64 years	100.0	54.2 (0.44)	24.5 (0.37)	21.3 (0.36)
65–74 years	100.0	58.0 (0.81)	29.0 (0.74)	13.0 (0.49)
75 years and over	100.0	68.7 (0.72)	25.1 (0.70)	6.2 (0.35)
Race: ³				
White, single race	100.0	57.6 (0.31)	20.2 (0.25)	22.2 (0.26)
Black or African American, single race	100.0	67.7 (0.65)	12.8 (0.40)	19.5 (0.59)
American Indian or Alaska Native, single race	100.0	48.5 (4.24)	17.0 (1.94)	34.5 (3.32)
Asian, single race	100.0	86.5 (1.11)	6.8 (0.89)	6.7 (0.71)
Native Hawaiian or other Pacific Islander, single race	100.0	59.3 (8.36)	*13.9 (5.78)	26.8 (7.79)
2 or more races	100.0	49.6 (2.14)	19.7 (1.60)	30.7 (2.08)
Black or African American, white	100.0	41.1 (6.69)	*21.7 (6.85)	37.2 (7.09)
American Indian or Alaska Native, white	100.0	41.0 (3.67)	19.0 (2.80)	40.0 (3.68)
Hispanic or Latino origin and race: ³				
Hispanic or Latino	100.0	76.2 (0.64)	11.8 (0.44)	12.0 (0.45)
Mexican or Mexican-American	100.0	77.8 (0.78)	11.6 (0.59)	10.6 (0.54)
Not Hispanic or Latino	100.0	58.3 (0.31)	19.4 (0.23)	22.3 (0.25)
White, single race	100.0	55.6 (0.34)	21.0 (0.27)	23.4 (0.29)
Black or African American, single race	100.0	67.6 (0.64)	12.9 (0.40)	19.5 (0.59)
Education: ³				
Less than high school graduate	100.0	58.8 (0.68)	14.0 (0.43)	27.2 (0.61)
GED diploma ⁴	100.0	38.5 (1.48)	17.5 (1.18)	44.0 (1.43)
High school graduate	100.0	56.5 (0.55)	18.1 (0.40)	25.4 (0.46)
Some college - no degree	100.0	58.0 (0.64)	20.6 (0.46)	21.4 (0.49)
Associate of arts degree	100.0	58.8 (0.77)	21.1 (0.73)	20.1 (0.69)
Bachelor of arts, science degree	100.0	67.1 (0.63)	21.3 (0.58)	11.6 (0.38)
Master's, doctorate, medical degree	100.0	71.6 (0.85)	20.2 (0.80)	8.1 (0.51)
Poverty status: ^{3,5}				
Below poverty level	100.0	57.7 (0.91)	13.0 (0.48)	29.3 (0.82)
≥1 but <2 times poverty level	100.0	57.5 (0.67)	15.6 (0.46)	26.9 (0.62)
≥2 but <4 times poverty level	100.0	57.8 (0.51)	19.4 (0.44)	22.8 (0.41)
4 times poverty level or more	100.0	61.2 (0.53)	22.6 (0.46)	16.2 (0.39)
Marital status: ³				
Never married	100.0	64.7 (0.73)	14.4 (0.58)	20.9 (0.55)
Married	100.0	62.4 (0.37)	20.3 (0.31)	17.4 (0.28)
Cohabiting	100.0	43.4 (1.46)	18.5 (1.27)	38.1 (1.48)
Divorced or separated	100.0	48.1 (0.63)	19.7 (0.48)	32.2 (0.57)
Widowed	100.0	52.9 (2.24)	18.4 (1.45)	28.7 (2.11)
Geographic region: ³				
Northeast	100.0	56.8 (0.64)	22.0 (0.53)	21.1 (0.57)
Midwest	100.0	58.2 (0.59)	18.4 (0.38)	23.3 (0.49)
South	100.0	61.3 (0.48)	16.9 (0.34)	21.9 (0.38)
West	100.0	64.2 (0.55)	18.9 (0.53)	17.0 (0.45)
Place of residence: ^{3,6}				
MSA, central city	100.0	62.0 (0.49)	17.4 (0.39)	20.6 (0.42)
MSA, not central city	100.0	59.6 (0.42)	20.2 (0.32)	20.2 (0.36)
Not MSA	100.0	58.5 (0.68)	16.9 (0.43)	24.6 (0.55)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Lifetime cigarette smoking status: Never smoker: never smoked at all or smoked less than 100 cigarettes in lifetime; Former smoker: smoked at least 100 cigarettes in lifetime but did not smoke at time of interview; Current smoker: smoked at least 100 cigarettes in lifetime and currently smoked.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.

⁶MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent distribution excludes persons with unknown smoking status. See "Appendix II" for definitions of terms.

Table 4.2. Percent distributions of current cigarette smoking status for adults 18 years of age and over, and mean number of cigarettes smoked in a day among current smokers 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Total	Nonsmoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Both sexes							
Percent distribution (standard error)				Mean number of cigarettes in a day (standard error)			
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	76.9 (0.20)	4.1 (0.08)	18.9 (0.20)	15.9 (0.11)	5.2 (0.12)	18.0 (0.11)
Ages 18 years and over (crude) ¹	100.0	76.8 (0.21)	4.2 (0.08)	19.0 (0.20)	15.9 (0.11)	5.0 (0.10)	18.1 (0.10)
Age:							
18–24 years	100.0	72.8 (0.62)	6.3 (0.30)	20.9 (0.59)	11.8 (0.22)	4.3 (0.19)	14.0 (0.21)
25–44 years	100.0	73.3 (0.30)	5.0 (0.13)	21.7 (0.30)	15.7 (0.14)	5.0 (0.15)	18.0 (0.14)
45–64 years	100.0	76.3 (0.29)	3.5 (0.13)	20.2 (0.28)	18.3 (0.17)	5.5 (0.23)	20.2 (0.17)
65–74 years	100.0	86.7 (0.41)	2.1 (0.14)	11.1 (0.38)	16.3 (0.33)	6.8 (0.66)	17.9 (0.36)
75 years and over	100.0	93.6 (0.30)	1.1 (0.13)	5.3 (0.27)	13.7 (0.53)	3.8 (0.33)	15.5 (0.55)
Race: ²							
White, single race	100.0	76.3 (0.23)	4.0 (0.09)	19.6 (0.22)	16.8 (0.12)	5.2 (0.13)	18.9 (0.12)
Black or African American, single race	100.0	77.2 (0.49)	5.0 (0.22)	17.8 (0.46)	11.7 (0.17)	4.8 (0.26)	13.4 (0.18)
American Indian or Alaska Native, single race	100.0	67.4 (2.59)	5.8 (1.14)	26.8 (2.51)	17.5 (1.23)	5.7 (0.87)	19.3 (1.22)
Asian, single race	100.0	86.5 (0.80)	2.8 (0.37)	10.8 (0.70)	10.5 (0.54)	5.1 (1.21)	12.1 (0.49)
Native Hawaiian or other Pacific Islander, single race	100.0	69.0 (5.08)	*9.7 (3.85)	21.3 (4.66)	11.0 (1.20)	*4.4 (1.36)	13.4 (0.71)
2 or more races	100.0	67.2 (1.54)	6.2 (0.80)	26.6 (1.59)	14.6 (0.65)	4.3 (0.54)	16.8 (0.72)
Black or African American, white	100.0	62.4 (5.24)	*3.1 (1.82)	34.5 (5.00)	11.6 (1.70)	3.6 (0.56)	12.3 (1.79)
American Indian or Alaska Native, white	100.0	60.3 (2.69)	6.6 (1.31)	33.1 (2.81)	16.7 (0.99)	5.0 (0.85)	18.9 (1.07)
Hispanic or Latino origin and race: ²							
Hispanic or Latino	100.0	83.0 (0.39)	5.8 (0.25)	11.2 (0.32)	9.6 (0.23)	4.0 (0.20)	12.1 (0.28)
Mexican or Mexican-American	100.0	83.8 (0.44)	6.4 (0.35)	9.8 (0.35)	8.4 (0.27)	3.9 (0.33)	10.9 (0.36)
Not Hispanic or Latino	100.0	76.1 (0.22)	3.9 (0.08)	19.9 (0.22)	16.5 (0.11)	5.4 (0.13)	18.4 (0.11)
White, single race	100.0	75.5 (0.25)	3.8 (0.09)	20.7 (0.24)	17.3 (0.12)	5.5 (0.15)	19.3 (0.12)
Black or African American, single race	100.0	77.2 (0.50)	5.0 (0.21)	17.9 (0.47)	11.7 (0.17)	4.8 (0.26)	13.4 (0.18)
Education: ²							
Less than high school graduate	100.0	68.8 (0.50)	4.8 (0.21)	26.5 (0.50)	16.7 (0.22)	5.4 (0.29)	18.5 (0.22)
GED diploma ³	100.0	54.2 (1.20)	5.5 (0.55)	40.3 (1.17)	19.5 (0.50)	7.8 (0.65)	20.9 (0.53)
High school graduate	100.0	72.5 (0.35)	3.9 (0.14)	23.6 (0.32)	16.7 (0.16)	5.4 (0.25)	18.4 (0.15)
Some college - no degree	100.0	77.0 (0.37)	4.7 (0.18)	18.3 (0.36)	15.3 (0.23)	4.7 (0.20)	17.7 (0.23)
Associate of arts degree	100.0	79.0 (0.54)	4.0 (0.23)	17.1 (0.50)	15.5 (0.31)	5.0 (0.32)	17.6 (0.35)
Bachelor of arts, science degree	100.0	87.5 (0.30)	3.7 (0.16)	8.8 (0.28)	12.9 (0.29)	4.4 (0.21)	15.9 (0.31)
Master's, doctorate, medical degree	100.0	91.5 (0.37)	3.0 (0.25)	5.4 (0.27)	12.2 (0.49)	5.0 (0.62)	15.9 (0.65)
Poverty status: ^{2,4}							
Below poverty level	100.0	68.1 (0.72)	5.7 (0.29)	26.2 (0.68)	15.5 (0.27)	5.0 (0.29)	17.5 (0.27)
≥1 but <2 times poverty level	100.0	69.8 (0.53)	4.9 (0.21)	25.3 (0.54)	15.9 (0.23)	5.1 (0.28)	17.8 (0.23)
≥2 but <4 times poverty level	100.0	74.5 (0.31)	4.2 (0.16)	21.3 (0.28)	16.6 (0.19)	5.5 (0.30)	18.5 (0.19)
4 times poverty level or more	100.0	82.6 (0.28)	3.6 (0.14)	13.9 (0.27)	15.6 (0.21)	5.0 (0.27)	18.1 (0.22)
Marital status: ²							
Never married	100.0	76.0 (0.44)	5.3 (0.22)	18.7 (0.42)	14.7 (0.26)	5.3 (0.41)	17.0 (0.27)
Married	100.0	80.8 (0.24)	3.3 (0.09)	16.0 (0.23)	16.4 (0.16)	5.1 (0.21)	18.5 (0.16)
Cohabiting	100.0	61.1 (1.02)	5.8 (0.47)	33.0 (1.01)	17.2 (0.48)	5.6 (0.70)	19.0 (0.51)
Divorced or separated	100.0	65.0 (0.46)	5.7 (0.22)	29.3 (0.43)	16.8 (0.20)	5.7 (0.24)	18.8 (0.21)
Widowed	100.0	70.8 (1.71)	3.0 (0.55)	26.2 (1.70)	17.1 (0.74)	5.0 (0.78)	18.5 (0.79)
Geographic region: ²							
Northeast	100.0	77.9 (0.45)	4.5 (0.20)	17.6 (0.40)	15.1 (0.25)	5.7 (0.30)	17.3 (0.26)
Midwest	100.0	74.6 (0.40)	4.0 (0.17)	21.4 (0.41)	16.7 (0.21)	4.9 (0.19)	18.6 (0.19)
South	100.0	75.9 (0.35)	3.9 (0.13)	20.2 (0.35)	16.8 (0.19)	5.4 (0.23)	18.7 (0.18)
West	100.0	81.0 (0.39)	4.5 (0.15)	14.5 (0.37)	13.6 (0.17)	4.5 (0.18)	16.1 (0.21)
Place of residence: ^{2,5}							
MSA, central city	100.0	76.8 (0.34)	5.0 (0.16)	18.2 (0.33)	14.4 (0.17)	4.8 (0.18)	16.7 (0.17)
MSA, not central city	100.0	78.3 (0.29)	3.9 (0.11)	17.8 (0.27)	15.9 (0.15)	5.3 (0.18)	18.0 (0.15)
Not MSA	100.0	73.5 (0.47)	3.6 (0.17)	22.9 (0.49)	17.8 (0.25)	5.5 (0.30)	19.5 (0.23)

See footnotes at end of table.

Table 4.2. Percent distributions of current cigarette smoking status for adults 18 years of age and over, and mean number of cigarettes smoked in a day among current smokers 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Nonsmoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	74.9 (0.29)	4.6 (0.13)	20.4 (0.28)	17.3 (0.15)	5.6 (0.23)	19.7 (0.15)
Ages 18 years and over (crude) ¹	100.0	74.5 (0.30)	4.7 (0.13)	20.8 (0.29)	17.2 (0.15)	5.3 (0.16)	19.7 (0.14)
Age:							
18–24 years	100.0	70.5 (0.84)	7.3 (0.44)	22.2 (0.81)	12.4 (0.28)	4.2 (0.24)	15.0 (0.27)
25–44 years	100.0	71.2 (0.41)	5.7 (0.20)	23.1 (0.38)	16.9 (0.21)	5.5 (0.24)	19.5 (0.21)
45–64 years	100.0	73.8 (0.47)	3.9 (0.21)	22.4 (0.44)	20.0 (0.27)	5.8 (0.37)	22.2 (0.26)
65–74 years	100.0	86.4 (0.64)	1.7 (0.22)	11.9 (0.60)	18.0 (0.52)	8.1 (1.37)	19.3 (0.56)
75 years and over	100.0	93.2 (0.51)	1.0 (0.23)	5.7 (0.46)	15.7 (0.95)	3.8 (0.58)	17.5 (0.98)
Race: ²							
White, single race	100.0	74.8 (0.33)	4.4 (0.14)	20.8 (0.31)	18.4 (0.17)	5.8 (0.26)	20.7 (0.17)
Black or African American, single race	100.0	72.9 (0.73)	6.2 (0.37)	20.9 (0.72)	12.5 (0.26)	4.8 (0.44)	14.4 (0.27)
American Indian or Alaska Native, single race	100.0	69.6 (4.22)	*4.5 (1.40)	26.0 (3.98)	18.5 (1.66)	8.5 (1.22)	19.9 (1.72)
Asian, single race	100.0	79.6 (1.37)	3.8 (0.63)	16.6 (1.25)	10.8 (0.64)	5.4 (1.32)	12.1 (0.58)
Native Hawaiian or other Pacific Islander, single race	100.0	69.1 (5.70)	*10.5 (5.20)	20.4 (5.97)	13.1 (1.49)	*4.7 (1.96)	15.1 (0.57)
2 or more races	100.0	65.6 (2.20)	6.1 (1.24)	28.3 (2.24)	15.6 (0.99)	4.0 (0.61)	18.1 (1.06)
Black or African American, white	100.0	60.9 (7.08)	*4.9 (4.46)	34.2 (7.65)	14.2 (1.65)	5.0 (0.00)	14.7 (1.89)
American Indian or Alaska Native, white	100.0	61.3 (3.58)	6.6 (1.91)	32.1 (3.60)	17.6 (1.69)	4.7 (1.04)	20.3 (1.86)
Hispanic or Latino origin and race: ²							
Hispanic or Latino	100.0	77.8 (0.61)	7.8 (0.40)	14.4 (0.52)	10.2 (0.31)	4.2 (0.33)	13.0 (0.37)
Mexican or Mexican-American	100.0	78.1 (0.81)	8.7 (0.58)	13.2 (0.66)	9.0 (0.37)	4.4 (0.48)	11.8 (0.47)
Not Hispanic or Latino	100.0	74.5 (0.32)	4.2 (0.13)	21.3 (0.30)	18.0 (0.16)	5.9 (0.25)	20.2 (0.15)
White, single race	100.0	74.5 (0.35)	4.0 (0.14)	21.6 (0.33)	19.1 (0.18)	6.1 (0.29)	21.3 (0.17)
Black or African American, single race	100.0	72.9 (0.74)	6.2 (0.37)	20.9 (0.72)	12.5 (0.26)	4.8 (0.45)	14.4 (0.28)
Education: ²							
Less than high school graduate	100.0	64.8 (0.67)	5.7 (0.30)	29.5 (0.68)	17.8 (0.32)	5.7 (0.50)	19.8 (0.33)
GED diploma ³	100.0	52.4 (1.78)	6.7 (0.87)	40.9 (1.77)	21.0 (0.74)	8.1 (0.72)	22.8 (0.85)
High school graduate	100.0	70.0 (0.51)	4.4 (0.22)	25.6 (0.50)	18.4 (0.25)	6.2 (0.46)	20.3 (0.24)
Some college - no degree	100.0	75.2 (0.58)	5.1 (0.28)	19.7 (0.54)	16.8 (0.34)	4.7 (0.29)	19.6 (0.35)
Associate of arts degree	100.0	77.9 (0.82)	4.0 (0.36)	18.0 (0.74)	16.8 (0.45)	5.4 (0.53)	18.9 (0.46)
Bachelor of arts, science degree	100.0	86.6 (0.48)	3.9 (0.24)	9.5 (0.41)	13.9 (0.43)	4.8 (0.38)	16.9 (0.44)
Master's, doctorate, medical degree	100.0	91.1 (0.53)	3.3 (0.38)	5.6 (0.40)	13.1 (0.76)	4.6 (0.61)	17.3 (0.98)
Poverty status: ^{2,4}							
Below poverty level	100.0	64.3 (1.06)	6.4 (0.44)	29.4 (1.01)	16.9 (0.40)	5.6 (0.67)	19.0 (0.42)
≥1 but <2 times poverty level	100.0	65.9 (0.78)	5.8 (0.35)	28.3 (0.81)	16.8 (0.32)	5.2 (0.45)	18.9 (0.32)
≥2 but <4 times poverty level	100.0	71.7 (0.49)	4.6 (0.25)	23.7 (0.45)	17.9 (0.27)	5.9 (0.42)	20.1 (0.27)
4 times poverty level or more	100.0	81.4 (0.40)	3.9 (0.21)	14.7 (0.38)	17.2 (0.35)	5.3 (0.52)	20.0 (0.33)
Marital status: ²							
Never married	100.0	73.1 (0.66)	6.0 (0.31)	20.9 (0.61)	16.2 (0.32)	6.3 (0.69)	18.6 (0.35)
Married	100.0	78.8 (0.34)	3.7 (0.15)	17.5 (0.32)	17.8 (0.23)	5.5 (0.34)	20.1 (0.23)
Cohabiting	100.0	60.3 (1.34)	6.5 (0.66)	33.2 (1.33)	18.6 (0.73)	6.3 (0.69)	20.7 (0.78)
Divorced or separated	100.0	61.1 (0.77)	6.0 (0.36)	32.9 (0.71)	19.0 (0.29)	6.4 (0.51)	21.0 (0.30)
Widowed	100.0	68.5 (3.02)	*3.4 (1.28)	28.1 (2.91)	20.4 (1.52)	6.1 (1.60)	22.2 (1.60)
Geographic region: ²							
Northeast	100.0	76.8 (0.55)	4.5 (0.33)	18.6 (0.46)	16.8 (0.39)	5.8 (0.45)	19.1 (0.41)
Midwest	100.0	72.5 (0.58)	4.4 (0.28)	23.1 (0.58)	18.2 (0.31)	5.2 (0.31)	20.4 (0.28)
South	100.0	73.5 (0.52)	4.5 (0.20)	22.0 (0.50)	18.2 (0.25)	6.3 (0.50)	20.4 (0.24)
West	100.0	78.9 (0.60)	5.3 (0.24)	15.8 (0.58)	14.4 (0.27)	4.7 (0.29)	17.1 (0.31)
Place of residence: ^{2,5}							
MSA, central city	100.0	73.8 (0.45)	5.8 (0.23)	20.4 (0.45)	15.7 (0.25)	5.2 (0.34)	18.3 (0.26)
MSA, not central city	100.0	76.8 (0.41)	4.3 (0.18)	18.8 (0.37)	17.2 (0.21)	5.6 (0.30)	19.5 (0.21)
Not MSA	100.0	71.4 (0.66)	3.8 (0.25)	24.7 (0.70)	19.6 (0.33)	6.3 (0.57)	21.4 (0.33)

See footnotes at end of table.

Table 4.2. Percent distributions of current cigarette smoking status for adults 18 years of age and over, and mean number of cigarettes smoked in a day among current smokers 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Nonsmoker	Nondaily smoker	Daily smoker	All current smokers	Nondaily smokers	Daily smokers
Women							
Percent distribution (standard error)							
Mean number of cigarettes in a day (standard error)							
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	78.8 (0.23)	3.7 (0.09)	17.5 (0.22)	14.5 (0.12)	4.7 (0.13)	16.3 (0.13)
Ages 18 years and over (crude) ¹	100.0	79.0 (0.23)	3.6 (0.09)	17.4 (0.22)	14.4 (0.12)	4.6 (0.12)	16.3 (0.13)
Age:							
18–24 years	100.0	75.1 (0.75)	5.2 (0.37)	19.7 (0.67)	11.1 (0.29)	4.3 (0.33)	12.8 (0.29)
25–44 years	100.0	75.3 (0.38)	4.3 (0.15)	20.3 (0.36)	14.4 (0.17)	4.3 (0.16)	16.4 (0.18)
45–64 years	100.0	78.7 (0.36)	3.1 (0.15)	18.2 (0.33)	16.3 (0.21)	5.1 (0.24)	18.0 (0.22)
65–74 years	100.0	87.0 (0.49)	2.5 (0.21)	10.5 (0.45)	14.7 (0.41)	6.0 (0.68)	16.6 (0.44)
75 years and over	100.0	93.8 (0.35)	1.1 (0.15)	5.1 (0.33)	12.3 (0.54)	3.7 (0.39)	14.0 (0.55)
Race: ²							
White, single race	100.0	77.8 (0.26)	3.7 (0.11)	18.6 (0.25)	15.1 (0.14)	4.7 (0.15)	17.0 (0.14)
Black or African American, single race	100.0	80.5 (0.59)	4.0 (0.23)	15.5 (0.54)	10.9 (0.22)	4.9 (0.34)	12.3 (0.25)
American Indian or Alaska Native, single race	100.0	65.5 (3.32)	7.1 (1.50)	27.4 (3.08)	17.3 (1.29)	4.1 (0.91)	19.5 (1.21)
Asian, single race	100.0	93.3 (0.71)	1.7 (0.36)	5.0 (0.61)	9.8 (0.77)	3.3 (0.57)	11.9 (0.79)
Native Hawaiian or other Pacific Islander, single race	100.0	73.2 (7.79)	*5.3 (3.46)	*21.5 (7.19)	8.2 (1.16)	2.5 (0.00)	9.6 (0.97)
2 or more races	100.0	69.3 (2.08)	6.2 (1.03)	24.5 (1.99)	13.0 (0.83)	4.8 (0.87)	15.0 (1.00)
Black or African American, white	100.0	62.8 (7.09)	*3.0 (1.96)	34.2 (6.67)	9.4 (2.19)	*2.9 (0.87)	10.2 (2.18)
American Indian or Alaska Native, white	100.0	60.0 (3.68)	6.9 (1.73)	33.1 (3.63)	14.9 (1.13)	5.4 (1.19)	16.6 (1.21)
Hispanic or Latino origin and race: ²							
Hispanic or Latino	100.0	88.0 (0.45)	3.9 (0.26)	8.1 (0.37)	8.5 (0.34)	3.5 (0.23)	10.7 (0.43)
Mexican or Mexican-American	100.0	89.4 (0.54)	4.1 (0.36)	6.5 (0.42)	7.2 (0.38)	3.2 (0.32)	9.5 (0.49)
Not Hispanic or Latino	100.0	77.7 (0.25)	3.6 (0.10)	18.7 (0.24)	14.8 (0.13)	4.9 (0.14)	16.6 (0.13)
White, single race	100.0	76.6 (0.29)	3.7 (0.12)	19.8 (0.27)	15.4 (0.14)	4.8 (0.17)	17.2 (0.14)
Black or African American, single race	100.0	80.5 (0.59)	4.0 (0.24)	15.5 (0.54)	10.9 (0.22)	5.0 (0.35)	12.3 (0.26)
Education: ²							
Less than high school graduate	100.0	72.8 (0.61)	3.8 (0.23)	23.4 (0.60)	15.4 (0.27)	5.2 (0.39)	16.9 (0.29)
GED diploma ³	100.0	56.0 (1.43)	4.3 (0.57)	39.7 (1.44)	17.6 (0.60)	5.5 (0.76)	18.8 (0.60)
High school graduate	100.0	74.6 (0.46)	3.3 (0.18)	22.0 (0.42)	15.0 (0.19)	4.6 (0.25)	16.5 (0.19)
Some college - no degree	100.0	78.6 (0.49)	4.4 (0.22)	17.0 (0.46)	13.8 (0.26)	4.8 (0.27)	15.9 (0.27)
Associate of arts degree	100.0	79.9 (0.69)	3.8 (0.30)	16.3 (0.61)	14.2 (0.38)	4.3 (0.30)	16.3 (0.41)
Bachelor of arts, science degree	100.0	88.4 (0.38)	3.4 (0.24)	8.2 (0.33)	11.8 (0.36)	4.0 (0.22)	14.7 (0.39)
Master's, doctorate, medical degree	100.0	91.9 (0.51)	2.8 (0.33)	5.4 (0.38)	11.0 (0.51)	5.1 (0.82)	13.9 (0.59)
Poverty status: ^{2,4}							
Below poverty level	100.0	70.7 (0.82)	5.2 (0.35)	24.1 (0.77)	14.4 (0.29)	4.9 (0.34)	16.3 (0.28)
≥1 but <2 times poverty level	100.0	73.1 (0.62)	4.1 (0.25)	22.8 (0.60)	15.1 (0.28)	5.1 (0.38)	16.7 (0.30)
≥2 but <4 times poverty level	100.0	77.2 (0.41)	3.8 (0.19)	19.0 (0.38)	14.9 (0.24)	5.1 (0.45)	16.7 (0.24)
4 times poverty level or more	100.0	83.8 (0.39)	3.2 (0.19)	13.0 (0.35)	13.7 (0.25)	4.7 (0.34)	15.8 (0.27)
Marital status: ²							
Never married	100.0	79.1 (0.55)	4.5 (0.26)	16.4 (0.52)	12.6 (0.31)	4.3 (0.26)	14.7 (0.34)
Married	100.0	82.6 (0.28)	2.9 (0.11)	14.5 (0.27)	14.8 (0.19)	4.5 (0.23)	16.7 (0.20)
Cohabiting	100.0	61.9 (1.48)	5.1 (0.67)	33.0 (1.45)	15.5 (0.45)	4.9 (1.17)	17.0 (0.41)
Divorced or separated	100.0	67.8 (0.57)	5.5 (0.28)	26.7 (0.54)	15.0 (0.22)	5.2 (0.23)	16.8 (0.24)
Widowed	100.0	71.3 (2.11)	2.7 (0.54)	26.0 (2.08)	15.9 (0.84)	4.0 (0.42)	17.2 (0.87)
Geographic region: ²							
Northeast	100.0	78.9 (0.57)	4.3 (0.23)	16.8 (0.53)	13.6 (0.24)	5.4 (0.32)	15.5 (0.26)
Midwest	100.0	76.7 (0.49)	3.6 (0.18)	19.7 (0.47)	15.0 (0.24)	4.6 (0.22)	16.7 (0.23)
South	100.0	78.1 (0.38)	3.3 (0.15)	18.6 (0.36)	15.2 (0.23)	4.6 (0.22)	16.9 (0.23)
West	100.0	83.0 (0.45)	3.8 (0.20)	13.2 (0.39)	12.8 (0.23)	4.1 (0.22)	15.0 (0.24)
Place of residence: ^{2,5}							
MSA, central city	100.0	79.4 (0.42)	4.3 (0.19)	16.3 (0.39)	13.0 (0.19)	4.4 (0.18)	15.0 (0.18)
MSA, not central city	100.0	79.8 (0.36)	3.5 (0.13)	16.7 (0.34)	14.5 (0.19)	4.9 (0.23)	16.4 (0.20)
Not MSA	100.0	75.4 (0.55)	3.3 (0.20)	21.3 (0.55)	16.0 (0.27)	4.8 (0.27)	17.6 (0.27)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

²Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.

⁵MSA is metropolitan statistical area (see "Appendix II").

NOTES: Current cigarette smoking status: Nonsmoker includes never smokers and former smokers; Daily smokers: currently smoked everyday; Nondaily smokers: currently smoked some days, regardless of number of days they smoked. Denominator for each percent distribution excludes persons with unknown current smoking status. Denominators for mean number of cigarettes smoked in a day exclude smokers (daily and nondaily) with unknown number of cigarettes smoked and nondaily smokers who did not smoke in the past 30 days. Estimates reflect usual cigarette consumption on days smoked and do not reflect consumption over a period of time such as a week or a month. See "Appendix II" for definitions of terms.

Table 4.3. Percent distributions of usual number of cigarettes smoked in a day among all current cigarette smokers 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Usual number of cigarettes smoked in a day ¹					
	Total	Less than 15	15–24	25–34	35 or more	
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	45.5 (0.49)	39.1 (0.42)	8.5 (0.25)	6.9 (0.23)	
Ages 18 years and over (crude) ²	100.0	45.7 (0.48)	38.9 (0.40)	8.5 (0.24)	6.8 (0.22)	
Age:						
18–24 years	100.0	62.1 (1.25)	32.5 (1.17)	3.4 (0.42)	2.0 (0.31)	
25–44 years	100.0	45.9 (0.62)	39.1 (0.55)	8.9 (0.34)	6.1 (0.30)	
45–64 years	100.0	36.6 (0.67)	41.9 (0.67)	11.0 (0.44)	10.4 (0.44)	
65–74 years	100.0	43.7 (1.58)	40.9 (1.47)	8.0 (0.87)	7.4 (0.79)	
75 years and over	100.0	55.6 (2.68)	35.1 (2.52)	4.8 (1.00)	4.4 (1.05)	
Race: ³						
White, single race	100.0	41.3 (0.54)	41.4 (0.48)	9.6 (0.29)	7.8 (0.26)	
Black or African American, single race	100.0	65.8 (0.91)	29.1 (0.85)	2.8 (0.35)	2.3 (0.31)	
American Indian or Alaska Native, single race	100.0	44.1 (4.02)	34.7 (4.24)	6.9 (1.89)	14.3 (3.76)	
Asian, single race	100.0	70.8 (3.69)	26.7 (3.60)	*1.9 (0.78)	*0.6 (0.34)	
Native Hawaiian or other Pacific Islander, single race	100.0	68.9 (7.27)	30.4 (7.22)	*0.7 (0.70)	*	
2 or more races	100.0	56.4 (2.62)	27.2 (2.48)	8.7 (1.67)	7.7 (1.52)	
Black or African American, white	100.0	73.0 (9.53)	*16.5 (6.91)	*8.9 (6.61)	*1.6 (1.63)	
American Indian or Alaska Native, white	100.0	48.4 (3.83)	30.0 (3.69)	12.0 (2.73)	9.5 (2.39)	
Hispanic or Latino origin and race: ³						
Hispanic or Latino	100.0	74.3 (1.20)	20.8 (1.10)	2.7 (0.55)	2.3 (0.36)	
Mexican or Mexican-American	100.0	79.1 (1.44)	16.6 (1.35)	3.0 (0.75)	1.3 (0.36)	
Not Hispanic or Latino	100.0	43.1 (0.50)	40.6 (0.45)	9.0 (0.27)	7.3 (0.24)	
White, single race	100.0	39.0 (0.55)	42.9 (0.50)	10.0 (0.31)	8.1 (0.27)	
Black or African American, single race	100.0	65.7 (0.92)	29.2 (0.86)	2.8 (0.36)	2.3 (0.31)	
Education: ³						
Less than high school graduate	100.0	43.9 (0.87)	38.7 (0.84)	8.7 (0.48)	8.7 (0.51)	
GED diploma ⁴	100.0	32.9 (2.01)	42.8 (1.94)	12.9 (1.38)	11.4 (1.32)	
High school graduate	100.0	40.8 (0.78)	43.1 (0.78)	9.0 (0.44)	7.1 (0.37)	
Some college - no degree	100.0	47.8 (0.97)	38.0 (0.90)	8.1 (0.54)	6.0 (0.48)	
Associate of arts degree	100.0	48.3 (1.46)	36.5 (1.32)	8.7 (0.83)	6.5 (0.79)	
Bachelor of arts, science degree	100.0	58.9 (1.40)	31.1 (1.39)	5.8 (0.65)	4.3 (0.68)	
Master's, doctorate, medical degree	100.0	60.3 (2.16)	30.7 (2.03)	5.1 (1.01)	3.8 (0.85)	
Poverty status: ^{3,5}						
Below poverty level	100.0	49.1 (1.16)	37.1 (1.13)	6.6 (0.54)	7.3 (0.59)	
≥1 but <2 times poverty level	100.0	45.2 (0.99)	39.7 (0.96)	8.5 (0.64)	6.6 (0.51)	
≥2 but <4 times poverty level	100.0	43.2 (0.85)	39.6 (0.84)	9.6 (0.49)	7.6 (0.46)	
4 times poverty level or more	100.0	45.9 (1.05)	39.4 (1.01)	8.6 (0.58)	6.2 (0.41)	
Marital status: ³						
Never married	100.0	49.8 (1.22)	37.5 (1.33)	7.5 (0.79)	5.3 (0.58)	
Married	100.0	43.4 (0.72)	39.9 (0.65)	9.0 (0.36)	7.7 (0.34)	
Cohabiting	100.0	41.0 (1.78)	39.9 (1.99)	11.0 (1.41)	8.1 (1.10)	
Divorced or separated	100.0	41.1 (0.89)	41.8 (0.82)	9.5 (0.46)	7.6 (0.48)	
Widowed	100.0	39.0 (3.00)	46.2 (3.32)	7.6 (1.60)	7.1 (1.94)	
Geographic region: ³						
Northeast	100.0	48.4 (0.97)	38.5 (0.81)	7.2 (0.60)	5.9 (0.53)	
Midwest	100.0	42.4 (1.02)	40.4 (0.87)	9.3 (0.51)	7.9 (0.43)	
South	100.0	42.5 (0.82)	40.2 (0.69)	9.5 (0.41)	7.9 (0.40)	
West	100.0	54.6 (1.00)	34.7 (1.08)	6.2 (0.53)	4.4 (0.42)	
Place of residence: ^{3,6}						
MSA, central city	100.0	52.2 (0.83)	35.3 (0.74)	6.8 (0.45)	5.6 (0.34)	
MSA, not central city	100.0	45.2 (0.70)	39.7 (0.63)	8.4 (0.36)	6.7 (0.33)	
Not MSA	100.0	37.9 (0.95)	42.5 (0.80)	10.6 (0.56)	9.1 (0.51)	

See footnotes at end of table.

Table 4.3. Percent distributions of usual number of cigarettes smoked in a day among all current cigarette smokers 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Usual number of cigarettes smoked in a day ¹				
	Total	Less than 15	15–24	25–34	35 or more
Men					
Percent distribution (standard error)					
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	40.4 (0.66)	40.1 (0.62)	10.1 (0.39)	9.4 (0.36)
Ages 18 years and over (crude) ²	100.0	40.9 (0.64)	39.8 (0.58)	10.0 (0.36)	9.3 (0.34)
Age:					
18–24 years	100.0	57.3 (1.65)	36.8 (1.62)	3.5 (0.58)	2.4 (0.47)
25–44 years	100.0	41.7 (0.86)	39.5 (0.75)	10.5 (0.53)	8.3 (0.45)
45–64 years	100.0	31.8 (0.94)	41.3 (0.98)	12.5 (0.65)	14.5 (0.75)
65–74 years	100.0	36.3 (2.42)	43.6 (2.35)	11.0 (1.53)	9.0 (1.27)
75 years and over	100.0	47.8 (3.89)	38.1 (3.58)	*6.2 (1.90)	7.9 (2.24)
Race: ³					
White, single race	100.0	35.6 (0.71)	42.1 (0.67)	11.5 (0.46)	10.8 (0.42)
Black or African American, single race	100.0	60.5 (1.51)	33.2 (1.49)	3.6 (0.64)	2.7 (0.46)
American Indian or Alaska Native, single race	100.0	43.3 (5.64)	33.2 (5.08)	*6.0 (2.92)	*17.5 (5.34)
Asian, single race	100.0	69.5 (4.74)	28.0 (4.67)	*2.2 (0.93)	*0.3 (0.35)
Native Hawaiian or other Pacific Islander, single race	100.0	57.3 (3.79)	41.6 (3.68)	*1.1 (1.10)	*
2 or more races	100.0	51.1 (3.96)	31.0 (3.67)	8.7 (1.96)	9.2 (2.49)
Black or African American, white	100.0	53.0 (9.71)	34.5 (7.59)	*9.2 (6.51)	*3.3 (3.24)
American Indian or Alaska Native, white	100.0	45.8 (5.85)	30.3 (5.19)	11.3 (2.96)	*12.6 (4.41)
Hispanic or Latino origin and race: ³					
Hispanic or Latino	100.0	70.8 (1.60)	23.6 (1.54)	3.1 (0.83)	2.5 (0.45)
Mexican or Mexican-American	100.0	75.8 (2.02)	19.0 (1.93)	*3.6 (1.12)	1.6 (0.46)
Not Hispanic or Latino	100.0	37.2 (0.68)	41.9 (0.66)	10.8 (0.42)	10.1 (0.38)
White, single race	100.0	32.5 (0.73)	43.9 (0.71)	12.2 (0.50)	11.5 (0.45)
Black or African American, single race	100.0	60.5 (1.53)	33.2 (1.50)	3.6 (0.65)	2.7 (0.46)
Education: ³					
Less than high school graduate	100.0	39.9 (1.22)	40.0 (1.16)	9.0 (0.66)	11.1 (0.78)
GED diploma ⁴	100.0	28.6 (2.68)	42.6 (3.06)	13.1 (1.97)	15.7 (2.24)
High school graduate	100.0	34.4 (1.16)	43.9 (1.21)	11.8 (0.77)	10.0 (0.62)
Some college - no degree	100.0	42.5 (1.34)	39.4 (1.32)	9.6 (0.84)	8.4 (0.75)
Associate of arts degree	100.0	43.5 (2.40)	37.4 (2.27)	11.1 (1.45)	8.0 (1.04)
Bachelor of arts, science degree	100.0	57.0 (2.06)	30.4 (1.95)	6.9 (1.03)	5.7 (0.99)
Master's, doctorate, medical degree	100.0	56.5 (3.11)	33.3 (2.79)	5.6 (1.48)	4.6 (1.28)
Poverty status: ^{3,5}					
Below poverty level	100.0	44.9 (1.75)	38.0 (1.78)	7.3 (0.92)	9.9 (1.02)
≥1 but <2 times poverty level	100.0	41.4 (1.35)	40.6 (1.34)	9.9 (0.88)	8.2 (0.81)
≥2 but <4 times poverty level	100.0	38.4 (1.12)	40.4 (1.14)	11.2 (0.74)	10.0 (0.68)
4 times poverty level or more	100.0	39.5 (1.48)	41.4 (1.45)	10.6 (0.98)	8.5 (0.66)
Marital status: ³					
Never married	100.0	42.6 (1.35)	41.1 (1.74)	9.7 (1.17)	6.6 (0.89)
Married	100.0	39.4 (0.93)	39.8 (0.87)	10.4 (0.55)	10.4 (0.54)
Cohabiting	100.0	37.1 (2.40)	39.7 (2.67)	11.9 (2.13)	11.2 (1.76)
Divorced or separated	100.0	33.1 (1.26)	43.5 (1.33)	12.1 (0.83)	11.2 (0.79)
Widowed	100.0	27.1 (4.71)	48.9 (6.09)	*9.6 (3.65)	*14.3 (4.30)
Geographic region: ³					
Northeast	100.0	41.9 (1.45)	40.1 (1.20)	9.6 (1.07)	8.5 (0.88)
Midwest	100.0	37.1 (1.34)	41.1 (1.12)	10.9 (0.80)	10.8 (0.68)
South	100.0	37.4 (1.05)	41.2 (1.03)	10.9 (0.62)	10.6 (0.63)
West	100.0	51.3 (1.57)	36.0 (1.68)	7.2 (0.71)	5.5 (0.61)
Place of residence: ^{3,6}					
MSA, central city	100.0	47.3 (1.15)	36.4 (1.11)	8.4 (0.68)	8.0 (0.59)
MSA, not central city	100.0	40.0 (0.95)	41.3 (0.89)	10.0 (0.58)	8.7 (0.50)
Not MSA	100.0	32.7 (1.11)	42.6 (1.18)	12.1 (0.89)	12.6 (0.86)

See footnotes at end of table.

Table 4.3. Percent distributions of usual number of cigarettes smoked in a day among all current cigarette smokers 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Usual number of cigarettes smoked in a day ¹				
	Total	Less than 15	15–24	25–34	35 or more
Women					
Percent distribution (standard error)					
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	50.8 (0.62)	38.1 (0.56)	6.8 (0.28)	4.3 (0.24)
Ages 18 years and over (crude) ²	100.0	50.9 (0.61)	38.0 (0.55)	6.9 (0.29)	4.1 (0.23)
Age:					
18–24 years	100.0	67.6 (1.72)	27.4 (1.63)	3.3 (0.63)	1.7 (0.41)
25–44 years	100.0	50.7 (0.83)	38.6 (0.82)	7.0 (0.41)	3.7 (0.34)
45–64 years	100.0	42.1 (0.95)	42.7 (0.85)	9.3 (0.65)	5.9 (0.41)
65–74 years	100.0	50.2 (2.03)	38.4 (1.94)	5.4 (0.79)	6.0 (1.00)
75 years and over	100.0	61.1 (3.30)	33.0 (3.17)	3.9 (1.08)	*2.0 (0.77)
Race: ³					
White, single race	100.0	47.0 (0.69)	40.7 (0.63)	7.6 (0.33)	4.6 (0.28)
Black or African American, single race	100.0	71.7 (1.28)	24.5 (1.18)	1.9 (0.29)	1.9 (0.39)
American Indian or Alaska Native, single race	100.0	43.1 (4.68)	35.4 (7.49)	*7.7 (2.64)	*13.9 (5.46)
Asian, single race	100.0	75.0 (4.67)	22.5 (4.53)	*1.4 (1.33)	*1.2 (0.86)
Native Hawaiian or other Pacific Islander, single race	100.0	93.7 (5.63)	*6.3 (5.63)	-	-
2 or more races	100.0	63.7 (4.16)	23.0 (3.59)	*7.2 (2.35)	*6.1 (1.84)
Black or African American, white	100.0	87.5 (9.89)	*4.4 (3.25)	*8.1 (9.34)	-
American Indian or Alaska Native, white	100.0	55.3 (5.82)	28.6 (5.43)	*10.3 (4.05)	*5.8 (2.08)
Hispanic or Latino origin and race: ³					
Hispanic or Latino	100.0	79.8 (1.59)	16.2 (1.34)	2.1 (0.59)	*1.8 (0.60)
Mexican or Mexican-American	100.0	84.7 (2.03)	12.4 (1.85)	*2.4 (0.85)	*0.5 (0.32)
Not Hispanic or Latino	100.0	49.0 (0.65)	39.4 (0.58)	7.1 (0.29)	4.4 (0.26)
White, single race	100.0	45.5 (0.71)	41.9 (0.65)	7.9 (0.34)	4.7 (0.29)
Black or African American, single race	100.0	71.6 (1.32)	24.6 (1.22)	1.9 (0.30)	1.9 (0.39)
Education: ³					
Less than high school graduate	100.0	48.8 (1.25)	37.2 (1.15)	8.4 (0.69)	5.6 (0.56)
GED diploma ⁴	100.0	37.9 (2.84)	43.1 (2.61)	12.6 (2.00)	6.3 (1.19)
High school graduate	100.0	47.1 (1.03)	42.4 (1.00)	6.4 (0.47)	4.2 (0.38)
Some college - no degree	100.0	53.3 (1.30)	36.6 (1.27)	6.6 (0.67)	3.6 (0.54)
Associate of arts degree	100.0	52.9 (1.78)	36.1 (1.73)	6.1 (0.96)	4.9 (0.94)
Bachelor of arts, science degree	100.0	61.2 (1.86)	31.7 (1.82)	4.5 (0.90)	*2.6 (0.78)
Master's, doctorate, medical degree	100.0	65.2 (2.78)	27.6 (2.85)	4.5 (1.12)	*2.8 (0.95)
Poverty status: ^{3,5}					
Below poverty level	100.0	52.2 (1.40)	36.8 (1.26)	6.0 (0.62)	5.1 (0.60)
≥1 but <2 times poverty level	100.0	49.0 (1.29)	38.9 (1.41)	7.1 (0.77)	5.0 (0.62)
≥2 but <4 times poverty level	100.0	49.0 (1.22)	38.6 (1.23)	7.8 (0.61)	4.7 (0.54)
4 times poverty level or more	100.0	53.1 (1.45)	37.2 (1.44)	6.4 (0.63)	3.3 (0.50)
Marital status: ³					
Never married	100.0	59.7 (1.81)	32.4 (1.83)	4.5 (0.66)	3.4 (0.56)
Married	100.0	48.2 (1.01)	40.1 (0.94)	7.3 (0.46)	4.4 (0.39)
Cohabiting	100.0	45.5 (2.73)	40.8 (2.83)	9.2 (1.15)	4.4 (0.81)
Divorced or separated	100.0	48.0 (1.16)	40.2 (1.07)	7.2 (0.56)	4.5 (0.50)
Widowed	100.0	43.2 (3.72)	45.4 (3.81)	7.0 (1.68)	*4.4 (1.99)
Geographic region: ³					
Northeast	100.0	54.4 (1.21)	37.3 (1.14)	5.0 (0.53)	3.3 (0.49)
Midwest	100.0	48.0 (1.32)	39.8 (1.16)	7.6 (0.56)	4.6 (0.42)
South	100.0	48.0 (1.08)	39.1 (0.93)	8.0 (0.49)	4.9 (0.46)
West	100.0	58.4 (1.28)	33.1 (1.28)	5.3 (0.69)	3.2 (0.50)
Place of residence: ^{3,6}					
MSA, central city	100.0	57.4 (0.99)	34.3 (0.93)	5.2 (0.50)	3.1 (0.33)
MSA, not central city	100.0	50.8 (0.93)	38.1 (0.80)	6.7 (0.40)	4.4 (0.38)
Not MSA	100.0	43.2 (1.31)	42.5 (1.28)	9.1 (0.65)	5.3 (0.56)

* Figure does not meet standards of reliability or precision (see "Appendix I").

- Quantity zero.

¹Usual number of cigarettes smoked in a day includes the usual cigarette consumption of daily and nondaily smokers combined. Estimates for nondaily smokers reflect number of cigarettes smoked only on the days that they smoked and are limited to those who smoked at least once in the past 30 days.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.³Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.⁴GED is General Educational Development high school equivalency diploma.⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.⁶MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent distribution excludes smokers with unknown number of cigarettes smoked. Estimates reflect usual cigarette consumption on days smoked and do not reflect average cigarette consumption over a period of time such as a week or a month. See "Appendix II" for definitions of terms.

Table 4.4. Percent distributions of age of smoking initiation among current cigarette smokers 18 years of age and over: United States, average annual, 1999–2001

Selected characteristic	Total	Age first smoked fairly regularly			
		Less than 16 years	16–17 years	18–20 years	21 years and over
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	30.9 (0.38)	24.2 (0.33)	26.4 (0.38)	18.5 (0.30)
Ages 18 years and over (crude) ¹	100.0	31.5 (0.36)	25.3 (0.34)	26.2 (0.36)	17.1 (0.28)
Age:					
18–24 years	100.0	36.1 (1.12)	35.8 (1.19)	24.9 (1.08)	3.2 (0.37)
25–44 years	100.0	32.1 (0.53)	25.5 (0.49)	25.6 (0.49)	16.9 (0.45)
45–64 years	100.0	29.2 (0.60)	21.5 (0.59)	27.5 (0.64)	21.7 (0.55)
65–74 years	100.0	28.6 (1.51)	17.1 (1.09)	27.6 (1.42)	26.7 (1.29)
75 years and over	100.0	22.7 (1.98)	17.2 (1.77)	27.6 (1.96)	32.4 (2.32)
Race: ²					
White, single race	100.0	32.1 (0.44)	24.9 (0.38)	26.0 (0.43)	17.0 (0.32)
Black or African American, single race	100.0	24.0 (0.80)	21.0 (0.77)	28.1 (0.99)	26.9 (0.91)
American Indian or Alaska Native, single race	100.0	32.3 (4.93)	26.8 (5.22)	20.4 (2.82)	20.5 (3.63)
Asian, single race	100.0	20.4 (2.93)	14.3 (2.15)	36.7 (3.70)	28.7 (3.22)
Native Hawaiian or other Pacific Islander, single race	100.0	*14.5 (6.60)	*35.4 (11.29)	*33.6 (10.80)	*16.5 (7.58)
2 or more races	100.0	30.8 (2.57)	26.1 (2.92)	26.6 (2.84)	16.5 (2.05)
Black or African American, white	100.0	37.2 (10.43)	*9.0 (4.78)	*11.5 (4.75)	42.3 (10.16)
American Indian or Alaska Native, white	100.0	31.7 (3.37)	28.8 (4.10)	28.1 (4.12)	11.5 (2.53)
Hispanic or Latino origin and race: ²					
Hispanic or Latino	100.0	32.1 (1.24)	20.1 (0.95)	27.8 (1.28)	20.0 (1.06)
Mexican or Mexican-American	100.0	31.7 (1.68)	19.0 (1.03)	27.9 (1.71)	21.4 (1.41)
Not Hispanic or Latino	100.0	30.9 (0.40)	24.5 (0.35)	26.3 (0.40)	18.3 (0.32)
White, single race	100.0	32.1 (0.45)	25.2 (0.40)	25.9 (0.44)	16.9 (0.33)
Black or African American, single race	100.0	23.9 (0.82)	21.1 (0.78)	28.0 (0.98)	26.9 (0.92)
Education: ²					
Less than high school graduate	100.0	41.8 (0.85)	25.4 (0.76)	20.2 (0.69)	12.6 (0.54)
GED diploma ³	100.0	47.6 (2.31)	23.2 (1.48)	17.1 (1.62)	12.2 (1.53)
High school graduate	100.0	29.2 (0.69)	25.5 (0.64)	27.0 (0.71)	18.3 (0.60)
Some college - no degree	100.0	26.2 (0.84)	24.2 (0.83)	28.6 (0.85)	20.9 (0.77)
Associate of arts degree	100.0	25.4 (1.25)	23.6 (1.18)	28.4 (1.24)	22.6 (1.30)
Bachelor of arts, science degree	100.0	18.2 (1.16)	18.6 (1.22)	36.9 (1.38)	26.3 (1.16)
Master's, doctorate, medical degree	100.0	16.6 (1.90)	18.8 (1.65)	32.2 (2.18)	32.4 (2.10)
Poverty status: ^{2,4}					
Below poverty level	100.0	36.7 (1.00)	23.3 (0.85)	23.0 (0.96)	17.0 (0.87)
≥1 but <2 times poverty level	100.0	34.4 (0.90)	24.0 (0.82)	23.2 (0.79)	18.3 (0.66)
≥2 but <4 times poverty level	100.0	31.1 (0.83)	24.5 (0.68)	26.7 (0.74)	17.8 (0.65)
4 times poverty level or more	100.0	25.5 (0.85)	24.5 (0.81)	29.9 (0.91)	20.1 (0.80)
Marital status: ²					
Never married	100.0	29.3 (1.13)	25.0 (0.95)	28.5 (1.21)	17.1 (1.01)
Married	100.0	31.9 (0.57)	23.6 (0.50)	26.2 (0.59)	18.3 (0.51)
Cohabiting	100.0	35.2 (1.69)	24.3 (1.57)	24.0 (1.55)	16.5 (1.48)
Divorced or separated	100.0	30.6 (0.84)	23.2 (0.76)	26.2 (0.83)	20.0 (0.73)
Widowed	100.0	32.4 (3.33)	19.6 (2.69)	21.8 (2.25)	26.3 (2.99)
Geographic region: ²					
Northeast	100.0	31.9 (0.80)	24.2 (0.85)	26.8 (0.91)	17.1 (0.63)
Midwest	100.0	29.4 (0.77)	25.7 (0.71)	26.9 (0.72)	18.0 (0.58)
South	100.0	31.9 (0.60)	23.8 (0.46)	25.5 (0.61)	18.8 (0.50)
West	100.0	29.8 (1.05)	22.6 (0.79)	27.5 (0.95)	20.1 (0.76)
Place of residence: ^{2,5}					
MSA, central city	100.0	30.1 (0.65)	22.9 (0.57)	26.7 (0.71)	20.2 (0.55)
MSA, not central city	100.0	30.3 (0.57)	25.0 (0.52)	26.8 (0.57)	17.9 (0.48)
Not MSA	100.0	33.0 (0.76)	24.3 (0.68)	25.3 (0.77)	17.4 (0.58)

See footnotes at end of table.

Table 4.4. Percent distributions of age of smoking initiation among current cigarette smokers 18 years of age and over: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Age first smoked fairly regularly			
		Less than 16 years	16–17 years	18–20 years	21 years and over
Men		Percent distribution (standard error)			
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	35.2 (0.59)	24.8 (0.51)	25.2 (0.56)	14.7 (0.40)
Ages 18 years and over (crude) ¹	100.0	34.2 (0.55)	25.8 (0.50)	25.2 (0.51)	14.8 (0.38)
Age:					
18–24 years	100.0	34.2 (1.58)	37.8 (1.69)	25.0 (1.47)	3.0 (0.50)
25–44 years	100.0	32.1 (0.75)	25.3 (0.71)	25.2 (0.70)	17.4 (0.63)
45–64 years	100.0	35.6 (0.94)	21.9 (0.83)	25.4 (0.92)	17.0 (0.72)
65–74 years	100.0	44.3 (2.45)	18.3 (1.76)	25.1 (2.10)	12.4 (1.51)
75 years and over	100.0	38.5 (3.70)	19.1 (3.06)	25.3 (3.16)	17.0 (3.02)
Race: ²					
White, single race	100.0	36.9 (0.68)	25.5 (0.58)	24.4 (0.62)	13.3 (0.43)
Black or African American, single race	100.0	27.3 (1.38)	22.5 (1.29)	27.4 (1.52)	22.7 (1.33)
American Indian or Alaska Native, single race	100.0	33.0 (6.74)	28.9 (7.33)	22.8 (4.04)	*15.2 (5.21)
Asian, single race	100.0	22.3 (3.93)	13.4 (2.43)	39.9 (4.78)	24.5 (3.43)
Native Hawaiian or other Pacific Islander, single race	100.0	*15.4 (7.04)	*27.3 (14.62)	*46.9 (16.18)	*10.3 (7.81)
2 or more races	100.0	32.2 (3.72)	25.5 (4.20)	28.0 (4.50)	14.4 (2.98)
Black or African American, white	100.0	53.3 (10.98)	*13.6 (8.39)	*8.5 (5.78)	*24.6 (10.25)
American Indian or Alaska Native, white	100.0	31.6 (4.56)	25.0 (5.00)	33.2 (5.78)	*10.2 (4.10)
Hispanic or Latino origin and race: ²					
Hispanic or Latino	100.0	34.5 (1.64)	22.5 (1.27)	27.7 (1.62)	15.2 (1.19)
Mexican or Mexican-American	100.0	36.1 (2.27)	21.1 (1.40)	26.6 (2.00)	16.2 (1.67)
Not Hispanic or Latino	100.0	35.4 (0.64)	25.0 (0.54)	25.0 (0.58)	14.6 (0.43)
White, single race	100.0	37.0 (0.72)	25.7 (0.62)	24.1 (0.65)	13.2 (0.46)
Black or African American, single race	100.0	27.3 (1.40)	22.6 (1.31)	27.4 (1.53)	22.7 (1.35)
Education: ²					
Less than high school graduate	100.0	46.1 (1.22)	25.9 (1.03)	19.9 (0.97)	8.2 (0.65)
GED diploma ³	100.0	54.6 (2.71)	23.0 (2.21)	14.5 (2.06)	8.0 (1.23)
High school graduate	100.0	33.2 (1.08)	27.6 (0.96)	25.7 (1.07)	13.5 (0.75)
Some college - no degree	100.0	29.3 (1.30)	23.3 (1.12)	28.8 (1.31)	18.6 (1.17)
Associate of arts degree	100.0	31.0 (2.41)	24.1 (1.87)	26.0 (1.89)	18.9 (1.99)
Bachelor of arts, science degree	100.0	21.0 (1.78)	18.2 (1.74)	35.6 (2.08)	25.1 (1.77)
Master's, doctorate, medical degree	100.0	19.5 (2.80)	18.5 (2.47)	29.1 (2.77)	32.9 (2.88)
Poverty status: ^{2,4}					
Below poverty level	100.0	43.2 (1.59)	24.1 (1.44)	22.0 (1.46)	10.6 (1.05)
≥1 but <2 times poverty level	100.0	40.1 (1.38)	23.6 (1.15)	22.6 (1.16)	13.6 (0.89)
≥2 but <4 times poverty level	100.0	34.1 (1.14)	24.9 (0.94)	25.7 (0.96)	15.3 (0.83)
4 times poverty level or more	100.0	30.2 (1.36)	24.5 (1.17)	27.8 (1.30)	17.4 (1.09)
Marital status: ²					
Never married	100.0	31.7 (1.53)	24.9 (1.19)	29.4 (1.51)	13.9 (1.10)
Married	100.0	36.6 (0.81)	23.8 (0.75)	24.6 (0.77)	15.0 (0.63)
Cohabiting	100.0	37.3 (2.30)	25.2 (2.31)	20.2 (1.95)	17.3 (2.03)
Divorced or separated	100.0	33.8 (1.28)	23.3 (1.14)	26.2 (1.27)	16.7 (0.94)
Widowed	100.0	39.0 (7.09)	14.8 (3.50)	22.5 (4.67)	23.7 (7.00)
Geographic region: ²					
Northeast	100.0	36.2 (1.29)	24.8 (1.24)	25.2 (1.30)	13.8 (0.92)
Midwest	100.0	33.2 (1.15)	25.9 (1.05)	26.9 (1.14)	14.0 (0.73)
South	100.0	36.9 (0.98)	24.6 (0.77)	24.0 (0.85)	14.5 (0.66)
West	100.0	33.4 (1.47)	23.3 (1.19)	26.0 (1.30)	17.3 (1.07)
Place of residence: ^{2,5}					
MSA, central city	100.0	34.2 (1.00)	23.3 (0.88)	25.8 (0.97)	16.7 (0.75)
MSA, not central city	100.0	34.3 (0.89)	25.4 (0.81)	25.9 (0.83)	14.4 (0.68)
Not MSA	100.0	38.6 (1.24)	25.4 (0.98)	23.0 (1.04)	13.1 (0.69)

See footnotes at end of table.

Table 4.4. Percent distributions of age of smoking initiation among current cigarette smokers 18 years of age and over: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Age first smoked fairly regularly			
		Less than 16 years	16–17 years	18–20 years	21 years and over
Women		Percent distribution (standard error)			
Ages 18 years and over (age-adjusted) ^{1,2}	100.0	26.8 (0.44)	23.6 (0.47)	27.6 (0.50)	22.0 (0.48)
Ages 18 years and over (crude) ¹	100.0	28.5 (0.48)	24.6 (0.48)	27.3 (0.47)	19.6 (0.45)
Age:					
18–24 years	100.0	38.3 (1.52)	33.5 (1.52)	24.7 (1.40)	3.5 (0.56)
25–44 years	100.0	32.1 (0.76)	25.6 (0.70)	26.0 (0.70)	16.2 (0.65)
45–64 years	100.0	21.9 (0.76)	21.0 (0.83)	29.9 (0.87)	27.2 (0.83)
65–74 years	100.0	15.1 (1.37)	16.1 (1.47)	29.9 (1.98)	39.0 (1.94)
75 years and over	100.0	11.3 (1.82)	15.9 (2.05)	29.3 (2.56)	43.5 (3.10)
Race: ²					
White, single race	100.0	27.7 (0.50)	24.4 (0.51)	27.6 (0.55)	20.4 (0.51)
Black or African American, single race	100.0	20.3 (0.99)	19.3 (1.09)	28.8 (1.21)	31.6 (1.37)
American Indian or Alaska Native, single race	100.0	30.9 (5.83)	22.6 (4.68)	18.6 (3.62)	27.9 (2.41)
Asian, single race	100.0	14.2 (3.61)	16.4 (4.31)	31.9 (5.45)	37.5 (5.26)
Native Hawaiian or other Pacific Islander, single race	100.0	*14.3 (8.64)	47.7 (12.19)	*20.6 (12.62)	*17.4 (7.91)
2 or more races	100.0	27.0 (3.69)	26.9 (4.10)	24.6 (3.59)	21.4 (3.38)
Black or African American, white	100.0	*29.6 (12.31)	*4.2 (2.63)	*14.7 (7.44)	51.6 (11.84)
American Indian or Alaska Native, white	100.0	27.6 (4.91)	33.2 (6.01)	23.1 (5.27)	16.1 (4.02)
Hispanic or Latino origin and race: ²					
Hispanic or Latino	100.0	28.4 (1.60)	15.8 (1.30)	28.1 (2.04)	27.8 (1.76)
Mexican or Mexican-American	100.0	25.1 (2.19)	14.6 (1.48)	29.7 (3.01)	30.6 (2.55)
Not Hispanic or Latino	100.0	26.7 (0.46)	24.1 (0.49)	27.6 (0.50)	21.6 (0.49)
White, single race	100.0	27.7 (0.51)	24.7 (0.52)	27.5 (0.55)	20.0 (0.52)
Black or African American, single race	100.0	20.2 (1.01)	19.4 (1.10)	28.8 (1.20)	31.6 (1.37)
Education: ²					
Less than high school graduate	100.0	37.5 (1.09)	24.7 (1.11)	20.4 (0.88)	17.4 (0.88)
GED diploma ³	100.0	39.2 (2.50)	23.4 (2.04)	20.2 (2.50)	17.3 (2.49)
High school graduate	100.0	25.8 (0.82)	23.5 (0.88)	28.4 (0.95)	22.2 (0.87)
Some college - no degree	100.0	23.2 (0.99)	24.9 (1.19)	28.6 (1.10)	23.3 (1.10)
Associate of arts degree	100.0	20.9 (1.38)	23.6 (1.52)	30.5 (1.69)	25.0 (1.59)
Bachelor of arts, science degree	100.0	14.9 (1.34)	18.9 (1.55)	38.7 (1.83)	27.4 (1.74)
Master's, doctorate, medical degree	100.0	13.6 (2.36)	19.7 (2.62)	35.3 (3.26)	31.4 (3.16)
Poverty status: ^{2,4}					
Below poverty level	100.0	31.3 (1.25)	22.4 (1.13)	24.1 (1.18)	22.2 (1.19)
≥1 but <2 times poverty level	100.0	29.1 (1.18)	24.5 (1.22)	23.8 (1.09)	22.6 (1.03)
≥2 but <4 times poverty level	100.0	27.8 (1.06)	24.0 (0.99)	27.8 (1.02)	20.5 (0.97)
4 times poverty level or more	100.0	20.9 (0.98)	24.5 (1.09)	32.4 (1.22)	22.2 (1.13)
Marital status: ²					
Never married	100.0	26.0 (1.53)	25.1 (1.54)	27.4 (1.82)	21.5 (1.80)
Married	100.0	25.5 (0.70)	23.3 (0.73)	28.2 (0.84)	23.0 (0.81)
Cohabiting	100.0	32.6 (2.52)	23.1 (2.15)	29.2 (2.54)	15.1 (2.06)
Divorced or separated	100.0	27.6 (0.99)	23.1 (0.99)	26.3 (1.03)	22.9 (1.03)
Widowed	100.0	30.7 (3.57)	21.6 (3.47)	21.3 (2.38)	26.4 (2.89)
Geographic region: ²					
Northeast	100.0	28.5 (1.01)	23.6 (1.20)	28.3 (1.10)	19.6 (1.14)
Midwest	100.0	25.9 (0.90)	25.6 (0.99)	27.0 (0.94)	21.6 (0.85)
South	100.0	26.7 (0.71)	22.9 (0.67)	27.1 (0.83)	23.3 (0.83)
West	100.0	26.5 (0.98)	22.1 (1.02)	29.1 (1.14)	22.4 (1.05)
Place of residence: ^{2,5}					
MSA, central city	100.0	26.5 (0.83)	22.4 (0.83)	27.6 (0.86)	23.5 (0.74)
MSA, not central city	100.0	26.7 (0.66)	24.5 (0.68)	27.7 (0.76)	21.1 (0.71)
Not MSA	100.0	27.3 (0.87)	23.2 (1.05)	27.5 (1.14)	22.0 (0.98)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.²Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.³GED is General Educational Development high school equivalency diploma.⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.⁵MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent distribution excludes current smokers with unknown age of smoking initiation. See "Appendix II" for definitions of terms.

Table 4.5. Percent of current cigarette smokers 18 years of age and over who tried to quit smoking in the past year, by current smoking status and selected characteristics: United States, average annual, 1999–2001

Selected characteristic	All smokers	Nondaily smokers	Daily smokers
Both sexes			
Percent who tried to quit (standard error)			
Ages 18 years and over (age-adjusted) ^{1,2}	42.4 (0.44)	54.3 (0.97)	39.9 (0.47)
Ages 18 years and over (crude) ¹	43.3 (0.43)	54.3 (0.92)	40.9 (0.46)
Age:			
18–24 years	54.2 (1.09)	60.8 (2.14)	52.2 (1.23)
25–44 years	43.5 (0.64)	50.8 (1.27)	41.9 (0.68)
45–64 years	39.4 (0.71)	56.4 (1.73)	36.4 (0.76)
65–74 years	37.8 (1.52)	53.9 (3.55)	34.7 (1.63)
75 years and over	30.6 (2.28)	50.5 (6.01)	26.6 (2.26)
Race: ²			
White, single race	41.6 (0.47)	54.0 (1.10)	39.2 (0.51)
Black or African American, single race	46.1 (1.11)	55.5 (2.33)	43.6 (1.28)
American Indian or Alaska Native, single race	43.2 (5.10)	31.9 (7.87)	45.4 (5.33)
Asian, single race	46.5 (3.39)	59.4 (6.30)	43.7 (4.07)
Native Hawaiian or other Pacific Islander, single race	75.8 (9.45)	95.7 (4.57)	70.1 (10.52)
2 or more races	46.9 (3.30)	54.0 (6.77)	45.4 (3.52)
Black or African American, white	32.4 (7.04)	84.5 (15.33)	28.8 (7.24)
American Indian or Alaska Native, white	45.7 (4.21)	52.9 (7.92)	44.3 (4.75)
Hispanic or Latino origin and race: ²			
Hispanic or Latino	40.1 (1.24)	46.6 (2.32)	37.7 (1.44)
Mexican or Mexican-American	38.8 (1.58)	46.0 (2.77)	35.1 (1.93)
Not Hispanic or Latino	42.5 (0.46)	55.7 (1.02)	40.1 (0.49)
White, single race	41.8 (0.49)	55.7 (1.17)	39.4 (0.53)
Black or African American, single race	46.0 (1.11)	55.4 (2.34)	43.5 (1.28)
Education: ²			
Less than high school graduate	41.0 (0.84)	56.3 (1.99)	38.3 (0.94)
GED diploma ³	44.6 (2.07)	63.9 (4.20)	41.7 (2.05)
High school graduate	39.3 (0.77)	53.9 (1.93)	37.0 (0.82)
Some college - no degree	45.8 (0.95)	56.7 (2.21)	43.3 (1.02)
Associate of arts degree	45.9 (1.43)	56.0 (3.40)	43.6 (1.58)
Bachelor of arts, science degree	45.0 (1.52)	52.9 (2.79)	43.2 (1.75)
Master's, doctorate, medical degree	41.6 (2.41)	41.7 (3.75)	42.5 (2.97)
Poverty status: ^{2,4}			
Below poverty level	44.9 (1.01)	54.9 (2.49)	42.8 (1.06)
≥1 but <2 times poverty level	43.7 (0.88)	60.1 (2.25)	40.8 (0.94)
≥2 but <4 times poverty level	43.0 (0.80)	53.8 (2.22)	41.0 (0.90)
4 times poverty level or more	42.2 (0.98)	52.0 (2.10)	40.1 (1.09)
Marital status: ²			
Never married	41.7 (1.13)	56.7 (2.51)	38.0 (1.27)
Married	42.2 (0.64)	53.8 (1.46)	39.9 (0.71)
Cohabiting	44.4 (1.85)	55.6 (5.00)	42.4 (2.00)
Divorced or separated	41.2 (0.92)	54.1 (2.10)	38.8 (0.98)
Widowed	37.9 (3.13)	63.0 (8.19)	34.9 (3.32)
Geographic region: ²			
Northeast	45.1 (1.08)	55.6 (2.21)	42.6 (1.16)
Midwest	42.2 (0.76)	54.7 (1.89)	39.9 (0.79)
South	40.3 (0.74)	52.6 (1.67)	38.1 (0.82)
West	44.5 (1.01)	55.5 (2.13)	41.4 (1.02)
Place of residence: ^{2,5}			
MSA, central city	42.4 (0.74)	54.5 (1.56)	39.6 (0.83)
MSA, not central city	42.8 (0.66)	53.5 (1.46)	40.6 (0.71)
Not MSA	41.4 (0.87)	56.7 (2.34)	39.1 (0.86)

See footnotes at end of table.

Table 4.5. Percent of current cigarette smokers 18 years of age and over who tried to quit smoking in the past year, by current smoking status and selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	All smokers	Nondaily smokers	Daily smokers
Men	Percent who tried to quit (standard error)		
Ages 18 years and over (age-adjusted) ^{1,2}	41.1 (0.58)	51.9 (1.44)	39.0 (0.64)
Ages 18 years and over (crude) ¹	42.1 (0.57)	51.9 (1.31)	39.9 (0.63)
Age:			
18–24 years	52.8 (1.62)	61.0 (2.88)	50.1 (1.84)
25–44 years	41.8 (0.87)	47.4 (1.78)	40.5 (0.96)
45–64 years	38.5 (0.95)	53.5 (2.41)	35.9 (1.00)
65–74 years	36.8 (2.27)	47.4 (6.62)	35.3 (2.43)
75 years and over	29.7 (3.31)	57.1 (10.41)	24.7 (3.19)
Race: ²			
White, single race	40.1 (0.63)	51.7 (1.67)	38.0 (0.69)
Black or African American, single race	45.3 (1.61)	52.0 (3.64)	43.5 (1.86)
American Indian or Alaska Native, single race	45.7 (6.17)	*34.0 (13.17)	48.3 (6.31)
Asian, single race	45.6 (3.39)	57.7 (7.68)	42.8 (3.74)
Native Hawaiian or other Pacific Islander, single race	72.5 (14.49)	100 (0.00)	60.2 (16.30)
2 or more races	45.9 (4.63)	51.0 (7.11)	45.5 (4.72)
Black or African American, white	*26.4 (10.71)	100 (0.00)	*21.3 (10.70)
American Indian or Alaska Native, white	46.3 (6.10)	38.5 (10.68)	48.4 (6.53)
Hispanic or Latino origin and race: ²			
Hispanic or Latino	38.5 (1.64)	45.1 (3.13)	36.3 (1.91)
Mexican or Mexican-American	36.7 (2.00)	44.0 (3.54)	33.3 (2.47)
Not Hispanic or Latino	41.4 (0.61)	53.5 (1.59)	39.2 (0.66)
White, single race	40.4 (0.66)	53.7 (1.83)	38.2 (0.72)
Black or African American, single race	45.3 (1.62)	51.9 (3.63)	43.6 (1.87)
Education: ²			
Less than high school graduate	39.3 (1.12)	52.0 (2.84)	36.9 (1.19)
GED diploma ³	47.0 (2.97)	64.8 (5.15)	43.5 (3.08)
High school graduate	37.4 (1.02)	50.8 (3.36)	35.5 (1.09)
Some college - no degree	44.6 (1.36)	53.6 (3.51)	42.7 (1.49)
Associate of arts degree	46.6 (2.18)	66.3 (3.59)	44.0 (2.34)
Bachelor of arts, science degree	44.9 (2.19)	50.3 (4.55)	44.5 (2.46)
Master's, doctorate, medical degree	41.1 (3.13)	41.1 (4.66)	41.6 (3.97)
Poverty status: ^{2,4}			
Below poverty level	42.1 (1.57)	53.4 (4.36)	40.1 (1.73)
≥1 but <2 times poverty level	41.2 (1.32)	58.5 (3.40)	38.0 (1.40)
≥2 but <4 times poverty level	42.7 (1.11)	51.6 (3.03)	41.0 (1.28)
4 times poverty level	41.9 (1.37)	49.6 (4.38)	40.5 (1.48)
Marital status: ²			
Never married	39.2 (1.47)	49.6 (3.35)	36.6 (1.67)
Married	42.2 (0.83)	51.2 (2.15)	40.5 (0.92)
Cohabiting	42.2 (2.67)	56.4 (6.42)	39.3 (2.84)
Divorced or separated	35.1 (1.36)	46.9 (3.65)	32.9 (1.40)
Widowed	29.5 (4.89)	49.5 (13.98)	26.4 (5.24)
Geographic region: ²			
Northeast	43.8 (1.52)	53.3 (3.30)	41.9 (1.72)
Midwest	40.0 (1.08)	52.5 (3.09)	37.9 (1.12)
South	39.7 (0.92)	50.1 (2.43)	37.8 (1.07)
West	43.3 (1.27)	53.2 (2.92)	40.5 (1.29)
Place of residence: ^{2,5}			
MSA, central city	40.6 (1.03)	50.1 (2.44)	38.5 (1.13)
MSA, not central city	42.1 (0.85)	51.7 (2.23)	40.1 (0.94)
Not MSA	39.6 (1.06)	55.2 (3.11)	37.4 (1.13)

See footnotes at end of table.

Table 4.5. Percent of current cigarette smokers 18 years of age and over who tried to quit smoking in the past year, by current smoking status and selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	All smokers	Nondaily smokers	Daily smokers
Women			
Percent who tried to quit (standard error)			
Ages 18 years and over (age-adjusted) ^{1,2}	43.7 (0.57)	57.1 (1.22)	41.0 (0.61)
Ages 18 years and over (crude) ¹	44.7 (0.57)	57.2 (1.16)	42.1 (0.61)
Age:			
18–24 years	55.9 (1.53)	60.6 (3.13)	54.6 (1.72)
25–44 years	45.4 (0.85)	55.1 (1.75)	43.4 (0.89)
45–64 years	40.3 (1.02)	59.7 (2.50)	37.0 (1.08)
65–74 years	38.6 (2.06)	57.4 (4.44)	34.1 (2.16)
75 years and over	31.3 (2.95)	46.6 (7.17)	28.0 (2.92)
Race: ²			
White, single race	43.1 (0.63)	56.8 (1.42)	40.5 (0.68)
Black or African American, single race	47.0 (1.53)	58.7 (2.45)	43.9 (1.73)
American Indian or Alaska Native, single race	43.4 (7.02)	32.6 (9.33)	45.0 (7.17)
Asian, single race	45.1 (6.11)	70.0 (5.99)	42.2 (7.39)
Native Hawaiian or other Pacific Islander, single race	72.1 (12.72)	24.3 (0.00)	76.7 (11.39)
2 or more races	49.5 (4.16)	59.1 (8.63)	47.0 (4.80)
Black or African American, white	41.0 (8.15)	*75.8 (23.97)	39.7 (8.96)
American Indian or Alaska Native, white	47.1 (5.64)	71.0 (11.75)	42.7 (6.58)
Hispanic or Latino origin and race: ²			
Hispanic or Latino	42.9 (1.89)	49.9 (3.54)	40.0 (2.13)
Mexican or Mexican-American	43.2 (2.87)	51.1 (4.99)	38.3 (3.06)
Not Hispanic or Latino	43.7 (0.59)	57.9 (1.28)	41.0 (0.63)
White, single race	43.3 (0.65)	57.8 (1.49)	40.6 (0.69)
Black or African American, single race	46.7 (1.53)	58.6 (2.52)	43.6 (1.72)
Education: ²			
Less than high school graduate	43.1 (1.17)	62.8 (2.71)	39.9 (1.28)
GED diploma ³	41.8 (2.38)	57.8 (8.08)	40.2 (2.58)
High school graduate	41.4 (1.05)	57.3 (2.36)	38.7 (1.10)
Some college - no degree	47.1 (1.30)	59.4 (2.59)	44.1 (1.44)
Associate of arts degree	45.5 (1.86)	55.6 (4.19)	43.3 (2.06)
Bachelor of arts, science degree	45.0 (1.96)	55.2 (3.41)	41.7 (2.23)
Master's, doctorate, medical degree	42.2 (3.35)	40.1 (5.40)	43.8 (4.47)
Poverty status: ^{2,4}			
Below poverty level	47.2 (1.26)	57.8 (3.14)	45.0 (1.34)
≥1 but <2 times poverty level	46.4 (1.23)	61.5 (2.86)	43.7 (1.34)
≥2 but <4 times poverty level	43.7 (1.11)	56.4 (2.74)	41.3 (1.22)
4 times poverty level or more	42.4 (1.45)	54.5 (2.90)	39.5 (1.59)
Marital status: ²			
Never married	45.0 (1.77)	61.6 (3.28)	40.1 (1.94)
Married	41.9 (0.96)	57.0 (2.13)	38.9 (1.00)
Cohabiting	47.1 (2.89)	53.9 (7.29)	46.0 (3.17)
Divorced or separated	46.3 (1.12)	58.3 (2.47)	43.8 (1.25)
Widowed	41.2 (3.74)	73.1 (6.45)	37.9 (3.91)
Geographic region: ²			
Northeast	46.5 (1.33)	58.7 (2.58)	43.3 (1.47)
Midwest	44.5 (1.00)	56.7 (2.22)	42.3 (1.08)
South	40.8 (0.97)	55.4 (2.14)	38.4 (1.02)
West	46.1 (1.45)	59.3 (2.89)	42.5 (1.51)
Place of residence: ^{2,5}			
MSA, central city	44.4 (1.01)	58.5 (1.98)	40.9 (1.19)
MSA, not central city	43.6 (0.87)	55.8 (1.82)	41.2 (0.92)
Not MSA	43.2 (1.17)	58.2 (3.06)	40.8 (1.17)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

²Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

³GED is General Educational Development high school equivalency diploma.

⁴Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.

⁵MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent excludes current smokers for whom information on attempting to quit smoking is unknown. See "Appendix II" for definitions of terms.

Chapter 5

Leisure-time Physical Activity

All Adults

- Overall, 61.4% of adults engaged in at least some leisure-time physical activity (table 5.1).
- Nearly 4 in 10 (38.6%) adults were physically inactive during their leisure time—never engaging in any light, moderate, or vigorous leisure-time physical activity (table 5.1).
- Almost one-fourth (24.7%) of adults engaged in light-moderate physical activity at least five times per week (table 5.2).
- Overall, about 1 in 10 adults (12.3%) engaged in vigorous physical activity at least five times per week (table 5.3).
- Overall, 31.3% of adults engaged in any regular physical activity (light-moderate physical activity at least five times per week for a minimum of 30 minutes each time and/or vigorous physical activity at least three times per week for a minimum of 20 minutes each time) (table 5.4).
- Overall, 23.1% of adults engaged in at least some strengthening activity (table 5.5).

Sex

- Men (64.2%) were more likely than women (59.0%) to engage in at least some leisure-time physical activity (table 5.1).
- Men were more likely than women to engage in light-moderate and/or vigorous physical activity at least five times per week (tables 5.2, 5.3).
- Men (34.8%) were more likely than women (28.1%) to engage in any regular physical activity (table 5.4).
- Men (27.0%) were more likely than women (19.4%) to engage in strengthening activities (table 5.5).

Age

- Among U.S. adults, engaging in leisure-time physical activity decreased with age (table 5.1).
- Adults 18–24 years (70.1%) were almost twice as likely as adults 75 years and over (39.2%) to engage in at least some leisure-time physical activity (table 5.1 and figure 5.1).
- Adults in the younger age groups were more likely than older adults to engage in light-moderate physical activity at least five times per week: 28.8% of adults aged 18–24 years engaged in light-moderate activity at least five times per week compared with only 19.6% of adults aged 75 years and over (table 5.2).
- Adults in the youngest age group (17.2%) were almost six times as likely as adults in the oldest age group (3.1%) to engage in vigorous physical activity 3–4 times per week (table 5.3).
- Engaging in any regular physical activity declined steadily with age from 39.7% of adults 18–24 years to 15.6% of adults aged 75 years and over (table 5.4 and figure 5.1).
- Young men under age 25 years (45.3%) were much more likely than

women the same age (27.8%) to engage in strengthening activities (table 5.5 and figure 5.2).

- Participation in strengthening activities declined with age for both sexes, but more sharply for men than for women (table 5.5 and figure 5.2).

Race

- White adults (63.5%) and Asian adults (61.9%) were more likely than black adults (49.3%) to engage in at least some leisure-time physical activity (table 5.1).
- Engaging in light-moderate physical activity at least five times per week was more prevalent among white adults (25.9%) and Asian adults (23.7%) than among black adults (18.1%) (table 5.2).
- Engaging in vigorous physical activity at least five times per week was more prevalent among white adults (12.7%) than among Asian adults (10.2%) and black adults (10.1%) (table 5.3).
- Engaging in any regular physical activity was more prevalent among white adults (32.7%) than among

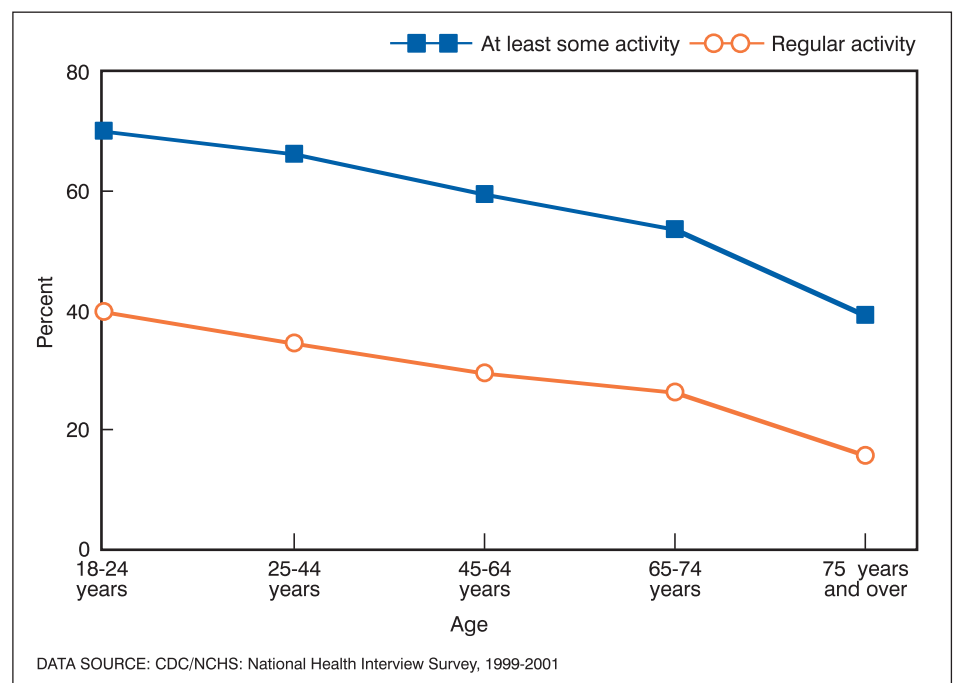


Figure 5.1. Percent of adults who engaged in leisure-time physical activity, by age: United States, 1999–2001

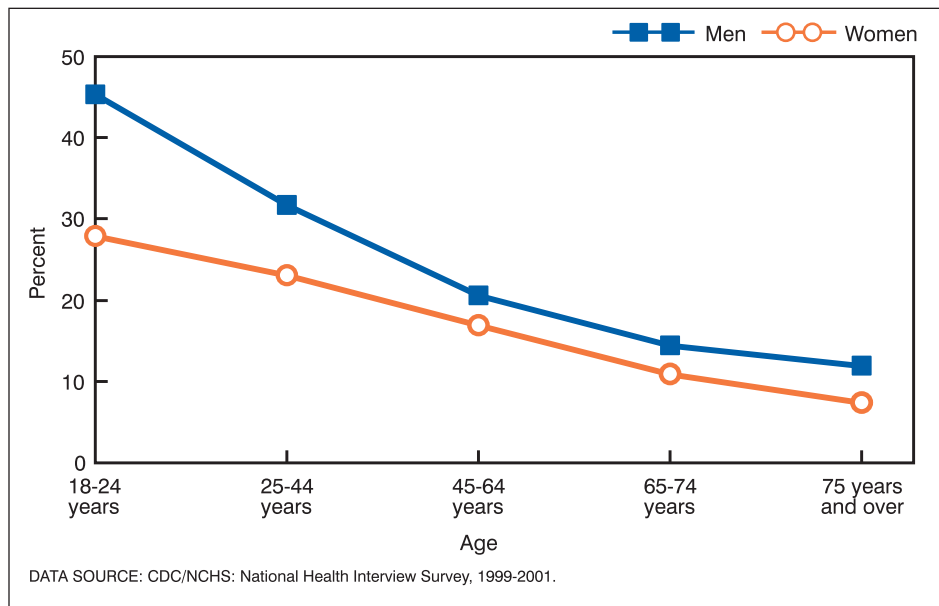


Figure 5.2. Percent of adults who engaged in at least some strengthening activity, by sex and age: United States, 1999–2001

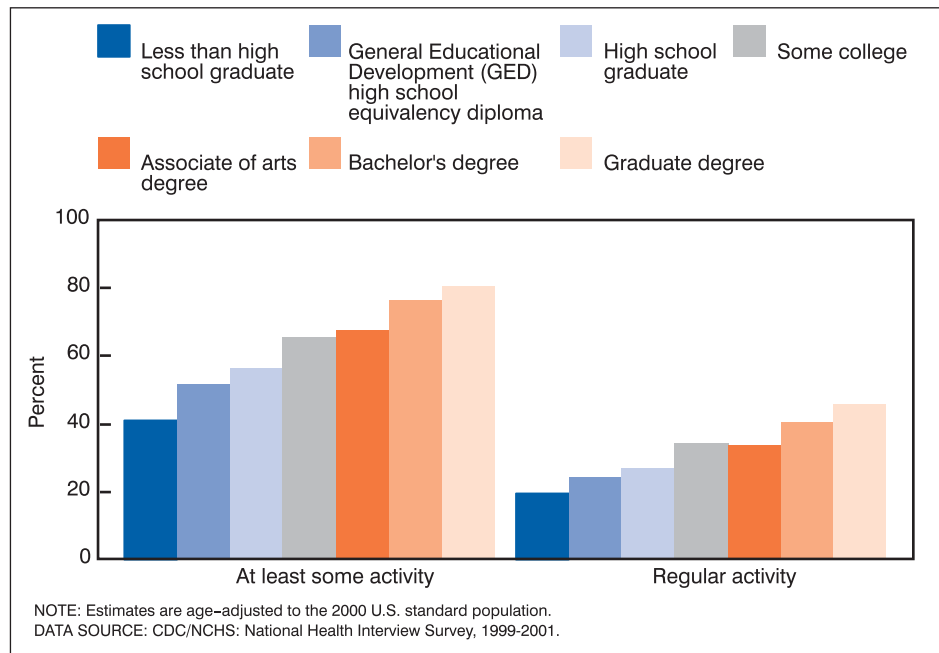


Figure 5.3. Percent of adults who engaged in leisure-time physical activity, by education: United States, 1999–2001

Asian adults (27.8%) and black adults (23.9%) (table 5.4).

- Black women (14.6%) were less likely than white women (20.5%) to engage in strengthening activities (table 5.5).

Hispanic or Latino Origin and Race

- Non-Hispanic white adults (65.7%) were more likely than non-Hispanic black adults (49.3%) and Hispanic adults (45.0%) to engage in at least some leisure-time physical activity (table 5.1).

- Engaging in light-moderate physical activity at least five times per week was more prevalent among non-Hispanic white adults (27.0%) than among non-Hispanic black adults (18.1%) and Hispanic adults (16.1%) (table 5.2).
- Engaging in vigorous physical activity at least five times per week was more prevalent among non-Hispanic white adults (13.1%) than among non-Hispanic black adults (10.2%) and Hispanic adults (9.5%) (table 5.3).
- Engaging in any regular physical activity was more prevalent among non-Hispanic white adults (33.9%) than among non-Hispanic black adults (24.0%) and Hispanic adults (22.4%) (table 5.4).
- Non-Hispanic women (20.5%) were almost twice as likely as Hispanic women (11.2%) to engage in strengthening activities (table 5.5).

Education

- Engaging in at least some leisure-time physical activity increased with education (table 5.1 and figure 5.3).
- Adults with a graduate degree (80.6%) were about twice as likely as adults with less than a high school diploma (41.0%) to engage in at least some leisure-time physical activity (table 5.1 and figure 5.3).
- Adults with the highest educational attainment were almost twice as likely as adults with the least education to engage in light-moderate or vigorous activities five or more times per week (tables 5.2, 5.3).
- Men and women with higher levels of education were more likely than those with less education to engage in regular physical activity, particularly vigorous activities (table 5.4).
- Adults with an advanced academic degree (37.1%) were about three times as likely as adults with less than a high school diploma (12.3%) to engage in strengthening activities (table 5.5).

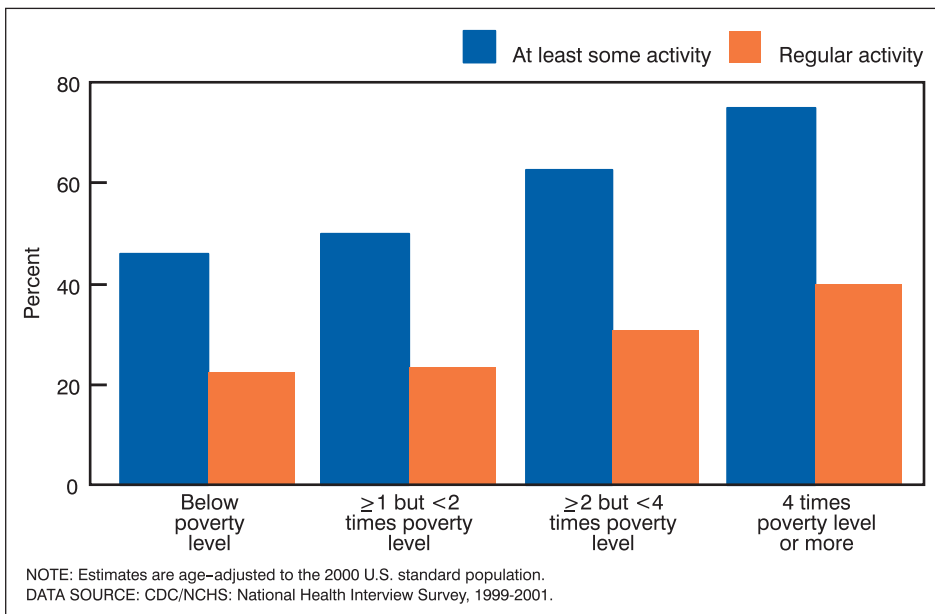


Figure 5.4. Percent of adults who engaged in leisure-time physical activity, by poverty status: United States, 1999–2001

- Women with a bachelor's degree (29.3%) and women with a graduate-level degree (34.2%) were about four times as likely as women with less than a high school diploma (8.4%) to engage in strengthening activities (table 5.5).

Poverty Status

- Among U.S. adults, the likelihood of engaging in at least some leisure-time physical activity increased with income (table 5.1 and figure 5.4).
- Adults with incomes four times the poverty level or more were significantly more likely (29.1%) than adults with incomes below the poverty level (20.5%) to engage in light-moderate physical activity at least five times per week (table 5.2).
- Adults with incomes four times the poverty level or more (17.9%) were more than two times as likely as adults with incomes below the poverty level (7.0%) to engage in vigorous physical activity 3–4 times per week (table 5.3).
- Adults who had incomes four times the poverty level or more (39.9%) were about twice as likely as adults with incomes below the poverty

level (22.6%) to engage in any regular physical activity (table 5.4 and figure 5.4).

- Adults who had incomes four times the poverty level or more (31.5%) were about twice as likely as adults with incomes below the poverty level (16.7%) to engage in strengthening activities (table 5.5).

Marital Status

- Married women (61.0%) were more likely than women in any other marital status group to engage in at least some leisure-time physical activity (table 5.1).
- Widowed adults (23.6%) were less likely than never married adults (33.0%), married adults (31.1%), and divorced or separated adults (29.1%) to engage in regular physical activity (table 5.4).
- Adults who had never been married (27.5%) were more likely than adults in any other marital status group to engage in strengthening activities (table 5.5).

Geographic Region

- Adults living in the West (65.3%) were more likely than adults living

in the South (56.4%) to engage in at least some leisure-time physical activity (table 5.1).

- Adults living in the West (27.3%) were more likely than adults living in the South (22.2%) to engage in light-moderate physical activity five or more times per week (table 5.2).
- Adults living in the West (13.8%) were slightly more likely than adults living in the Northeast (12.7%), the Midwest (11.9%), or the South (11.7%) to engage in vigorous physical activity five or more times per week (table 5.3).
- Adults living in the West (35.0%) were most likely to engage in any regular physical activity, and adults living in the South (28.4%) were least likely to engage in any regular physical activity (table 5.4).
- Adults living in the West (26.3%) were most likely to engage in strengthening activities, and adults living in the South (19.9%) were least likely to engage in such activities (table 5.5).

Place of Residence

- Adults living in an MSA but not in a central city (64.0%) were more likely than adults living outside an MSA (58.9%) and adults living in the central city of an MSA (58.8%) to engage in at least some leisure-time physical activity (table 5.1).
- Engaging in regular physical activity appears to be largely unrelated to place of residence (table 5.4).
- Adults living outside an MSA (19.0%) were less likely than adults living in the central city of an MSA (23.1%) and adults living in an MSA but not in a central city (24.7%) to engage in strengthening activities (table 5.5).

Table 5.1. Percent of adults 18 years of age and over who were physically inactive during their leisure time, and percent of adults 18 years of age and over who engaged in at least some physical activity for at least 10 minutes per episode, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Physically inactive ¹			At least some physical activity ²		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent (standard error)					
Ages 18 years and over (age-adjusted) ^{3,4}	38.6 (0.32)	35.8 (0.38)	41.0 (0.36)	61.4 (0.32)	64.2 (0.38)	59.0 (0.36)
Ages 18 years and over (crude) ³	38.4 (0.32)	35.4 (0.39)	41.2 (0.36)	61.6 (0.32)	64.6 (0.39)	58.8 (0.36)
Age						
18–24 years	29.9 (0.68)	25.3 (0.90)	34.4 (0.87)	70.1 (0.68)	74.7 (0.90)	65.6 (0.87)
25–44 years	33.7 (0.39)	31.4 (0.48)	36.0 (0.47)	66.3 (0.39)	68.6 (0.48)	64.0 (0.47)
45–64 years	40.5 (0.44)	39.8 (0.59)	41.3 (0.53)	59.5 (0.44)	60.2 (0.59)	58.7 (0.53)
65–74 years	46.6 (0.63)	42.1 (0.93)	50.3 (0.78)	53.4 (0.63)	57.9 (0.93)	49.7 (0.78)
75 years and over	60.8 (0.69)	54.4 (1.08)	65.0 (0.77)	39.2 (0.69)	45.6 (1.08)	35.0 (0.77)
Race ⁴						
White, single race	36.5 (0.35)	34.4 (0.42)	38.3 (0.39)	63.5 (0.35)	65.6 (0.42)	61.7 (0.39)
Black or African American, single race	50.7 (0.70)	45.1 (0.96)	55.1 (0.83)	49.3 (0.70)	54.9 (0.96)	44.9 (0.83)
American Indian or Alaska Native, single race	49.1 (3.54)	42.5 (4.41)	55.5 (4.12)	50.9 (3.54)	57.5 (4.41)	44.5 (4.12)
Asian, single race	38.1 (1.39)	33.4 (2.25)	42.6 (1.51)	61.9 (1.39)	66.6 (2.25)	57.4 (1.51)
Native Hawaiian or other Pacific Islander, single race	32.6 (6.37)	38.5 (7.61)	27.1 (8.03)	67.4 (6.37)	61.5 (7.61)	72.9 (8.03)
2 or more races	31.5 (1.70)	27.7 (2.39)	35.2 (2.39)	68.5 (1.70)	72.3 (2.39)	64.8 (2.39)
Black or African American, white	33.6 (6.65)	*18.4 (6.57)	47.6 (8.28)	66.4 (6.65)	81.6 (6.57)	52.4 (8.28)
American Indian or Alaska Native, white	29.8 (2.40)	27.8 (3.33)	32.8 (3.96)	70.2 (2.40)	72.2 (3.33)	67.2 (3.96)
Hispanic or Latino origin and race ⁴						
Hispanic or Latino	55.0 (0.59)	52.6 (0.85)	57.2 (0.75)	45.0 (0.59)	47.4 (0.85)	42.8 (0.75)
Mexican or Mexican-American	55.4 (0.76)	53.0 (1.11)	57.5 (0.96)	44.6 (0.76)	47.0 (1.11)	42.5 (0.96)
Not Hispanic or Latino	36.6 (0.34)	33.8 (0.40)	39.1 (0.39)	63.4 (0.34)	66.2 (0.40)	60.9 (0.39)
White, single race	34.3 (0.37)	32.3 (0.44)	36.1 (0.41)	65.7 (0.37)	67.7 (0.44)	63.9 (0.41)
Black or African American, single race	50.7 (0.71)	45.1 (0.97)	55.2 (0.83)	49.3 (0.71)	54.9 (0.97)	44.8 (0.83)
Education ⁴						
Less than high school graduate	59.0 (0.59)	55.9 (0.81)	62.2 (0.72)	41.0 (0.59)	44.1 (0.81)	37.8 (0.72)
GED diploma ⁵	48.1 (1.22)	45.2 (1.74)	51.1 (1.63)	51.9 (1.22)	54.8 (1.74)	48.9 (1.63)
High school graduate	43.3 (0.46)	41.2 (0.62)	45.1 (0.53)	56.7 (0.46)	58.8 (0.62)	54.9 (0.53)
Some college - no degree	34.2 (0.50)	31.3 (0.67)	36.7 (0.61)	65.8 (0.50)	68.7 (0.67)	63.3 (0.61)
Associate of arts degree	32.4 (0.66)	29.8 (0.98)	34.2 (0.83)	67.6 (0.66)	70.2 (0.98)	65.8 (0.83)
Bachelor of arts, science degree	23.7 (0.46)	21.0 (0.60)	26.5 (0.63)	76.3 (0.46)	79.0 (0.60)	73.5 (0.63)
Master's, doctorate, medical degree	19.4 (0.60)	16.7 (0.73)	22.8 (0.87)	80.6 (0.60)	83.3 (0.73)	77.2 (0.87)
Poverty status ^{4,6}						
Below poverty level	54.2 (0.84)	51.2 (1.21)	56.3 (0.92)	45.8 (0.84)	48.8 (1.21)	43.7 (0.92)
≥1 but <2 times poverty level	50.2 (0.62)	48.2 (0.86)	52.0 (0.75)	49.8 (0.62)	51.8 (0.86)	48.0 (0.75)
≥2 but <4 times poverty level	37.5 (0.48)	36.3 (0.63)	38.7 (0.59)	62.5 (0.48)	63.7 (0.63)	61.3 (0.59)
4 times poverty level or more	25.1 (0.40)	23.1 (0.48)	27.2 (0.55)	74.9 (0.40)	76.9 (0.48)	72.8 (0.55)
Marital status ⁴						
Never married	38.8 (0.62)	36.7 (0.84)	41.3 (0.78)	61.2 (0.62)	63.3 (0.84)	58.7 (0.78)
Married	37.4 (0.37)	35.9 (0.47)	39.0 (0.45)	62.6 (0.37)	64.1 (0.47)	61.0 (0.45)
Cohabiting	42.3 (1.10)	41.5 (1.43)	42.7 (1.46)	57.7 (1.10)	58.5 (1.43)	57.3 (1.46)
Divorced or separated	42.7 (0.56)	39.3 (0.84)	45.1 (0.65)	57.3 (0.56)	60.7 (0.84)	54.9 (0.65)
Widowed	49.6 (1.89)	46.9 (3.62)	50.5 (2.14)	50.4 (1.89)	53.1 (3.62)	49.5 (2.14)
Geographic region ⁴						
Northeast	36.2 (0.54)	32.8 (0.72)	39.0 (0.65)	63.8 (0.54)	67.2 (0.72)	61.0 (0.65)
Midwest	36.0 (0.61)	33.8 (0.85)	38.0 (0.61)	64.0 (0.61)	66.2 (0.85)	62.0 (0.61)
South	43.6 (0.59)	40.7 (0.64)	46.1 (0.72)	56.4 (0.59)	59.3 (0.64)	53.9 (0.72)
West	34.7 (0.69)	32.0 (0.81)	37.2 (0.73)	65.3 (0.69)	68.0 (0.81)	62.8 (0.73)
Place of residence ^{4,7}						
MSA, central city	41.2 (0.58)	37.6 (0.67)	44.4 (0.62)	58.8 (0.58)	62.4 (0.67)	55.6 (0.62)
MSA, not central city	36.0 (0.39)	33.4 (0.50)	38.5 (0.48)	64.0 (0.39)	66.6 (0.50)	61.5 (0.48)
Not MSA	41.1 (0.98)	39.5 (1.04)	42.4 (1.07)	58.9 (0.98)	60.5 (1.04)	57.6 (1.07)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Engaged in no light-moderate or vigorous leisure-time physical activity lasting 10 minutes or longer per episode. Persons classified as physically inactive may include individuals who engaged in strengthening activities but no other type of physical activity.²Includes vigorous leisure-time physical activities, lasting 10 minutes or longer per episode, that cause heavy sweating or large increases in breathing or heart rate and/or light-moderate leisure-time

physical activities, lasting 10 minutes or longer per episode, that cause only light sweating or a slight to moderate increase in breathing or heart rate.

³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁴Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁵GED is General Educational Development high school equivalency diploma.

⁶Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.

⁷MSA is metropolitan statistical area (see “Appendix II”).

NOTES: Denominator for each percent excludes persons with unknown leisure-time physical activity status. See “Appendix II” for definitions of terms.

Table 5.2. Percent distributions of times per week engaged in light-moderate leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	48.1 (0.33)	1.6 (0.05)	13.9 (0.16)	11.7 (0.14)	24.7 (0.23)
Ages 18 years and over (crude) ⁴	100.0	48.0 (0.33)	1.6 (0.05)	13.9 (0.16)	11.8 (0.14)	24.7 (0.23)
Age:						
18–24 years	100.0	43.2 (0.75)	1.4 (0.14)	14.5 (0.47)	12.1 (0.45)	28.8 (0.69)
25–44 years	100.0	44.8 (0.40)	1.8 (0.09)	16.0 (0.24)	12.8 (0.20)	24.5 (0.30)
45–64 years	100.0	49.0 (0.46)	1.6 (0.09)	13.6 (0.27)	11.4 (0.23)	24.3 (0.34)
65–74 years	100.0	52.7 (0.65)	1.4 (0.13)	9.9 (0.33)	10.7 (0.38)	25.3 (0.57)
75 years and over	100.0	64.0 (0.67)	1.1 (0.13)	7.4 (0.37)	7.9 (0.35)	19.6 (0.51)
Race:⁵						
White, single race	100.0	45.9 (0.37)	1.6 (0.06)	14.3 (0.19)	12.3 (0.16)	25.9 (0.26)
Black or African American, single race	100.0	60.5 (0.70)	1.6 (0.12)	11.2 (0.40)	8.6 (0.35)	18.1 (0.41)
American Indian or Alaska Native, single race	100.0	56.7 (3.40)	*2.0 (0.79)	11.0 (1.70)	6.9 (1.01)	23.4 (2.34)
Asian, single race	100.0	48.3 (1.38)	1.7 (0.33)	15.6 (0.91)	10.6 (0.73)	23.7 (1.17)
Native Hawaiian or other Pacific Islander, single race	100.0	40.0 (6.99)	*5.2 (2.98)	14.5 (4.27)	11.3 (3.30)	28.9 (6.10)
2 or more races	100.0	40.4 (1.83)	2.9 (0.70)	15.7 (1.34)	12.5 (1.34)	28.6 (1.77)
Black or African American, white	100.0	43.8 (6.90)	*5.8 (4.19)	*9.8 (3.42)	*14.3 (5.57)	26.3 (4.94)
American Indian or Alaska Native, white	100.0	38.4 (2.90)	*3.1 (1.02)	16.1 (2.25)	11.9 (2.08)	30.6 (2.75)
Hispanic or Latino origin and race:⁵						
Hispanic or Latino	100.0	65.2 (0.58)	1.1 (0.10)	9.5 (0.32)	8.1 (0.27)	16.1 (0.41)
Mexican or Mexican-American	100.0	65.2 (0.72)	1.3 (0.14)	9.4 (0.43)	8.0 (0.35)	16.1 (0.54)
Not Hispanic or Latino	100.0	46.0 (0.35)	1.7 (0.05)	14.4 (0.17)	12.2 (0.15)	25.8 (0.25)
White, single race	100.0	43.6 (0.39)	1.7 (0.06)	14.9 (0.20)	12.8 (0.17)	27.0 (0.28)
Black or African American, single race	100.0	60.5 (0.70)	1.6 (0.12)	11.2 (0.41)	8.5 (0.35)	18.1 (0.40)
Education:⁵						
Less than high school graduate	100.0	66.7 (0.54)	1.1 (0.09)	8.7 (0.30)	5.9 (0.23)	17.7 (0.42)
GED diploma ⁶	100.0	57.0 (1.25)	1.7 (0.29)	11.8 (0.80)	7.9 (0.63)	21.7 (1.05)
High school graduate	100.0	52.0 (0.47)	1.7 (0.10)	12.7 (0.26)	10.0 (0.21)	23.7 (0.39)
Some college - no degree	100.0	43.8 (0.53)	1.8 (0.12)	14.4 (0.34)	13.0 (0.31)	27.0 (0.46)
Associate of arts degree	100.0	41.7 (0.72)	1.8 (0.18)	16.4 (0.52)	13.1 (0.43)	27.1 (0.57)
Bachelor of arts, science degree	100.0	35.3 (0.56)	1.8 (0.13)	17.5 (0.36)	17.0 (0.36)	28.4 (0.47)
Master's, doctorate, medical degree	100.0	32.2 (0.76)	1.8 (0.19)	18.6 (0.55)	16.7 (0.53)	30.8 (0.70)
Poverty status:^{5,7}						
Below poverty level	100.0	61.0 (0.84)	1.1 (0.11)	10.0 (0.43)	7.4 (0.33)	20.5 (0.62)
≥1 but <2 times poverty level	100.0	57.8 (0.61)	1.3 (0.11)	10.9 (0.36)	8.3 (0.27)	21.7 (0.47)
≥2 but <4 times poverty level	100.0	46.6 (0.49)	1.9 (0.11)	14.2 (0.29)	11.7 (0.25)	25.6 (0.38)
4 times poverty level or more	100.0	36.0 (0.47)	1.9 (0.09)	17.7 (0.29)	15.2 (0.27)	29.1 (0.40)
Marital status:⁵						
Never married	100.0	49.4 (0.63)	1.4 (0.13)	13.2 (0.38)	10.6 (0.32)	25.4 (0.48)
Married	100.0	46.7 (0.38)	1.7 (0.07)	14.6 (0.21)	12.3 (0.18)	24.7 (0.29)
Cohabiting	100.0	51.1 (1.11)	1.7 (0.23)	12.6 (0.66)	10.6 (0.66)	24.0 (0.97)
Divorced or separated	100.0	51.6 (0.58)	1.4 (0.13)	12.2 (0.34)	11.3 (0.32)	23.5 (0.45)
Widowed	100.0	56.8 (1.81)	*0.8 (0.24)	10.4 (1.10)	10.4 (1.13)	21.6 (1.48)
Geographic region:⁵						
Northeast	100.0	46.8 (0.61)	1.3 (0.11)	14.2 (0.40)	11.7 (0.33)	26.0 (0.40)
Midwest	100.0	44.9 (0.63)	1.9 (0.11)	15.3 (0.36)	12.5 (0.25)	25.4 (0.42)
South	100.0	53.1 (0.61)	1.5 (0.08)	12.4 (0.25)	10.8 (0.25)	22.2 (0.46)
West	100.0	44.0 (0.68)	1.7 (0.11)	14.5 (0.33)	12.5 (0.30)	27.3 (0.48)
Place of residence:^{5,8}						
MSA, central city	100.0	51.5 (0.59)	1.6 (0.09)	12.8 (0.27)	11.1 (0.23)	23.0 (0.40)
MSA, not central city	100.0	46.1 (0.44)	1.6 (0.07)	14.9 (0.23)	12.3 (0.20)	25.1 (0.31)
Not MSA	100.0	48.4 (0.97)	1.6 (0.10)	13.0 (0.42)	11.1 (0.37)	25.9 (0.66)

See footnotes at end of table.

Table 5.2. Percent distributions of times per week engaged in light-moderate leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Men		Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	47.2 (0.40)	1.8 (0.08)	14.2 (0.23)	11.0 (0.20)	25.8 (0.33)
Ages 18 years and over (crude) ⁴	100.0	47.0 (0.41)	1.8 (0.08)	14.3 (0.24)	11.0 (0.20)	25.8 (0.33)
Age:						
18–24 years	100.0	41.8 (0.98)	1.3 (0.21)	13.5 (0.67)	11.7 (0.61)	31.7 (0.97)
25–44 years	100.0	44.6 (0.50)	2.1 (0.14)	16.6 (0.33)	11.7 (0.27)	25.0 (0.42)
45–64 years	100.0	49.7 (0.64)	1.8 (0.15)	13.8 (0.40)	10.0 (0.33)	24.6 (0.49)
65–74 years	100.0	49.2 (0.94)	1.6 (0.22)	10.8 (0.57)	11.3 (0.57)	27.1 (0.86)
75 years and over	100.0	58.9 (1.09)	1.3 (0.24)	8.1 (0.60)	9.0 (0.58)	22.7 (0.84)
Race: ⁵						
White, single race	100.0	45.5 (0.44)	1.8 (0.09)	14.6 (0.26)	11.3 (0.22)	26.8 (0.37)
Black or African American, single race	100.0	58.4 (0.97)	1.7 (0.20)	11.5 (0.62)	8.8 (0.55)	19.5 (0.70)
American Indian or Alaska Native, single race	100.0	52.2 (3.94)	*2.9 (1.51)	9.2 (1.87)	7.9 (1.84)	27.8 (3.33)
Asian, single race	100.0	45.7 (2.24)	1.8 (0.47)	16.6 (1.30)	11.6 (1.23)	24.3 (1.88)
Native Hawaiian or other Pacific Islander, single race	100.0	45.0 (8.37)	*2.8 (2.65)	*12.8 (5.54)	*11.0 (3.98)	28.4 (7.85)
2 or more races	100.0	38.6 (2.68)	*3.3 (1.08)	14.1 (2.13)	12.0 (1.95)	32.0 (2.78)
Black or African American, white	100.0	37.7 (8.04)	*	*11.9 (5.72)	21.2 (3.90)	29.1 (7.31)
American Indian or Alaska Native, white	100.0	38.0 (4.13)	*3.7 (1.45)	13.1 (3.45)	12.2 (2.98)	32.9 (4.07)
Hispanic or Latino origin and race: ⁵						
Hispanic or Latino	100.0	65.1 (0.85)	1.1 (0.15)	9.5 (0.46)	7.3 (0.39)	17.0 (0.68)
Mexican or Mexican-American	100.0	65.3 (1.06)	1.1 (0.21)	9.8 (0.60)	7.1 (0.52)	16.7 (0.81)
Not Hispanic or Latino	100.0	45.0 (0.43)	1.9 (0.09)	14.8 (0.25)	11.4 (0.22)	26.9 (0.36)
White, single race	100.0	43.2 (0.47)	1.9 (0.10)	15.2 (0.28)	11.8 (0.24)	28.0 (0.40)
Black or African American, single race	100.0	58.4 (0.98)	1.7 (0.20)	11.6 (0.62)	8.8 (0.55)	19.4 (0.70)
Education: ⁵						
Less than high school graduate	100.0	65.6 (0.76)	1.1 (0.14)	8.8 (0.44)	6.0 (0.34)	18.4 (0.59)
GED diploma ⁶	100.0	56.0 (1.85)	2.1 (0.48)	12.2 (1.19)	7.0 (0.79)	22.7 (1.50)
High school graduate	100.0	51.4 (0.63)	1.8 (0.15)	13.0 (0.36)	8.5 (0.30)	25.3 (0.60)
Some college - no degree	100.0	42.7 (0.72)	2.1 (0.21)	14.3 (0.46)	12.7 (0.43)	28.3 (0.67)
Associate of arts degree	100.0	41.1 (1.11)	2.3 (0.33)	17.0 (0.83)	11.3 (0.58)	28.4 (0.86)
Bachelor of arts, science degree	100.0	34.9 (0.77)	1.9 (0.19)	18.4 (0.54)	16.7 (0.54)	28.1 (0.64)
Master's, doctorate, medical degree	100.0	31.4 (0.99)	2.0 (0.30)	19.7 (0.79)	15.4 (0.66)	31.4 (0.95)
Poverty status: ^{5,7}						
Below poverty level	100.0	60.3 (1.20)	1.1 (0.19)	10.1 (0.61)	7.2 (0.53)	21.3 (0.89)
≥1 but <2 times poverty level	100.0	57.6 (0.85)	1.3 (0.18)	10.7 (0.51)	7.7 (0.42)	22.6 (0.71)
≥2 but <4 times poverty level	100.0	47.2 (0.66)	2.2 (0.19)	14.1 (0.41)	9.8 (0.34)	26.6 (0.53)
4 times poverty level or more	100.0	35.5 (0.55)	2.1 (0.15)	18.1 (0.41)	14.2 (0.39)	30.0 (0.56)
Marital status: ⁵						
Never married	100.0	49.4 (0.84)	1.5 (0.18)	12.3 (0.51)	9.9 (0.46)	26.9 (0.69)
Married	100.0	46.7 (0.48)	2.0 (0.11)	15.3 (0.30)	11.2 (0.25)	24.8 (0.39)
Cohabiting	100.0	52.3 (1.43)	2.0 (0.36)	11.3 (0.83)	9.1 (0.85)	25.3 (1.23)
Divorced or separated	100.0	50.8 (0.83)	1.6 (0.24)	12.7 (0.52)	10.5 (0.50)	24.4 (0.69)
Widowed	100.0	56.8 (3.58)	*1.3 (0.76)	9.2 (2.21)	6.6 (1.50)	26.2 (3.17)
Geographic region: ⁵						
Northeast	100.0	45.7 (0.81)	1.5 (0.18)	14.6 (0.59)	10.7 (0.49)	27.5 (0.72)
Midwest	100.0	44.2 (0.88)	2.1 (0.18)	15.4 (0.52)	11.6 (0.36)	26.7 (0.65)
South	100.0	52.2 (0.68)	1.7 (0.13)	12.9 (0.37)	10.0 (0.35)	23.2 (0.55)
West	100.0	43.4 (0.84)	1.9 (0.15)	14.6 (0.43)	12.1 (0.41)	28.0 (0.75)
Place of residence: ^{5,8}						
MSA, central city	100.0	50.9 (0.71)	1.8 (0.15)	13.3 (0.38)	10.2 (0.32)	23.8 (0.55)
MSA, not central city	100.0	44.9 (0.58)	1.8 (0.11)	15.2 (0.37)	11.7 (0.28)	26.4 (0.46)
Not MSA	100.0	48.1 (1.04)	1.9 (0.17)	12.6 (0.45)	10.2 (0.49)	27.2 (0.83)

See footnotes at end of table.

Table 5.2. Percent distributions of times per week engaged in light-moderate leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Women		Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	48.8 (0.36)	1.4 (0.06)	13.6 (0.20)	12.5 (0.17)	23.7 (0.26)
Ages 18 years and over (crude) ⁴	100.0	48.9 (0.36)	1.4 (0.06)	13.6 (0.20)	12.4 (0.17)	23.7 (0.26)
Age:						
18–24 years	100.0	44.6 (0.90)	1.4 (0.20)	15.4 (0.63)	12.5 (0.58)	26.0 (0.84)
25–44 years	100.0	45.0 (0.49)	1.6 (0.10)	15.5 (0.32)	13.9 (0.29)	24.0 (0.38)
45–64 years	100.0	48.4 (0.54)	1.4 (0.11)	13.4 (0.34)	12.7 (0.29)	23.9 (0.42)
65–74 years	100.0	55.7 (0.80)	1.2 (0.15)	9.1 (0.42)	10.2 (0.49)	23.8 (0.71)
75 years and over	100.0	67.3 (0.74)	1.0 (0.14)	6.9 (0.43)	7.2 (0.39)	17.6 (0.59)
Race ⁵						
White, single race	100.0	46.1 (0.41)	1.4 (0.07)	14.1 (0.24)	13.4 (0.20)	25.0 (0.30)
Black or African American, single race	100.0	62.1 (0.77)	1.5 (0.15)	10.9 (0.47)	8.4 (0.38)	17.0 (0.54)
American Indian or Alaska Native, single race	100.0	61.0 (4.24)	*1.0 (0.48)	12.8 (2.64)	5.9 (1.57)	19.3 (2.83)
Asian, single race	100.0	50.8 (1.66)	1.6 (0.36)	14.7 (1.16)	9.7 (0.87)	23.3 (1.32)
Native Hawaiian or other Pacific Islander, single race	100.0	36.5 (7.66)	*9.5 (6.55)	*18.5 (5.97)	*12.7 (6.23)	22.8 (4.52)
2 or more races	100.0	42.0 (2.56)	*2.3 (0.85)	17.3 (1.91)	13.4 (1.83)	25.0 (2.25)
Black or African American, white	100.0	50.9 (8.14)	*9.3 (6.18)	*8.3 (3.76)	*5.9 (4.21)	25.6 (5.85)
American Indian or Alaska Native, white	100.0	39.3 (4.31)	*2.1 (1.32)	19.0 (3.22)	12.1 (2.92)	27.5 (3.65)
Hispanic or Latino origin and race: ⁵						
Hispanic or Latino	100.0	65.1 (0.74)	1.2 (0.14)	9.5 (0.40)	8.9 (0.38)	15.3 (0.50)
Mexican or Mexican-American	100.0	65.0 (0.95)	1.5 (0.24)	9.1 (0.54)	8.8 (0.53)	15.6 (0.64)
Not Hispanic or Latino	100.0	46.8 (0.39)	1.5 (0.07)	14.1 (0.22)	12.9 (0.19)	24.7 (0.28)
White, single race	100.0	43.9 (0.43)	1.4 (0.07)	14.6 (0.25)	13.9 (0.22)	26.1 (0.32)
Black or African American, single race	100.0	62.2 (0.78)	1.5 (0.15)	10.9 (0.47)	8.3 (0.38)	17.1 (0.53)
Education: ⁵						
Less than high school graduate	100.0	67.8 (0.69)	1.1 (0.13)	8.5 (0.38)	5.7 (0.30)	16.9 (0.52)
GED diploma ⁶	100.0	58.0 (1.63)	1.3 (0.35)	11.3 (1.08)	8.8 (1.00)	20.6 (1.33)
High school graduate	100.0	52.3 (0.55)	1.6 (0.13)	12.6 (0.35)	11.2 (0.29)	22.3 (0.42)
Some college - no degree	100.0	44.7 (0.63)	1.5 (0.14)	14.5 (0.44)	13.3 (0.40)	26.0 (0.55)
Associate of arts degree	100.0	42.0 (0.88)	1.3 (0.16)	16.0 (0.62)	14.7 (0.59)	26.0 (0.72)
Bachelor of arts, science degree	100.0	36.0 (0.71)	1.6 (0.16)	16.5 (0.49)	17.2 (0.49)	28.7 (0.65)
Master's, doctorate, medical degree	100.0	33.3 (1.05)	1.5 (0.23)	17.2 (0.71)	18.0 (0.76)	30.0 (0.98)
Poverty status: ^{5,7}						
Below poverty level	100.0	61.5 (0.91)	1.1 (0.14)	10.0 (0.53)	7.5 (0.41)	19.9 (0.69)
≥1 but <2 times poverty level	100.0	57.9 (0.73)	1.2 (0.14)	11.1 (0.43)	8.8 (0.35)	20.9 (0.59)
≥2 but <4 times poverty level	100.0	45.9 (0.60)	1.6 (0.13)	14.2 (0.40)	13.6 (0.33)	24.7 (0.47)
4 times poverty level or more	100.0	36.5 (0.61)	1.8 (0.13)	17.3 (0.41)	16.3 (0.36)	28.2 (0.49)
Marital status: ⁵						
Never married	100.0	49.5 (0.81)	1.4 (0.18)	14.1 (0.53)	11.2 (0.44)	23.8 (0.65)
Married	100.0	46.8 (0.45)	1.4 (0.08)	14.0 (0.26)	13.3 (0.24)	24.5 (0.35)
Cohabiting	100.0	49.4 (1.48)	1.4 (0.26)	14.3 (1.05)	12.3 (0.96)	22.6 (1.24)
Divorced or separated	100.0	52.2 (0.65)	1.3 (0.13)	11.9 (0.40)	11.9 (0.40)	22.8 (0.55)
Widowed	100.0	56.8 (1.98)	0.5 (0.12)	10.9 (1.26)	11.8 (1.43)	20.0 (1.60)
Geographic region: ⁵						
Northeast	100.0	47.6 (0.76)	1.1 (0.12)	13.9 (0.47)	12.6 (0.42)	24.8 (0.54)
Midwest	100.0	45.4 (0.62)	1.6 (0.13)	15.3 (0.43)	13.4 (0.32)	24.2 (0.45)
South	100.0	53.9 (0.70)	1.4 (0.11)	11.9 (0.33)	11.6 (0.29)	21.2 (0.53)
West	100.0	44.4 (0.74)	1.5 (0.15)	14.4 (0.42)	12.9 (0.36)	26.8 (0.48)
Place of residence: ^{5,8}						
MSA, central city	100.0	51.9 (0.63)	1.5 (0.10)	12.2 (0.32)	11.9 (0.30)	22.5 (0.43)
MSA, not central city	100.0	47.0 (0.49)	1.4 (0.09)	14.5 (0.27)	13.0 (0.26)	24.0 (0.38)
Not MSA	100.0	48.5 (1.06)	1.4 (0.13)	13.4 (0.58)	11.9 (0.41)	24.8 (0.67)

* Figure does not meet standards of reliability or precision (see "Appendix I").

- Quantity zero.

¹Light-moderate activity: Leisure-time physical activities that cause only light sweating or a light to moderate increase in breathing or heart rate and are done for at least 10 minutes per episode.²None: Persons classified as not doing light-moderate activity may include individuals who engaged in vigorous activity but did not engage in light-moderate activity.³"Less than 1" refers to frequencies of light-moderate activities lasting at least 10 minutes per episode that occurred less than one time per week (for example, three times per month.)⁴Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.⁵Estimates are age-adjusted to the 2000 U.S. population using age groups 18–44 years, 45–64 years, and 65 years and over.⁶GED is General Educational Development high school equivalency diploma.⁷Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.⁸MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent distribution excludes persons with unknown light-moderate leisure-time physical activity status. See "Appendix II" for definitions of terms.

Table 5.3. Percent distributions of times per week engaged in vigorous leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	59.8 (0.30)	2.8 (0.07)	12.6 (0.16)	12.5 (0.15)	12.3 (0.14)
Ages 18 years and over (crude) ⁴	100.0	59.6 (0.31)	2.8 (0.07)	12.7 (0.16)	12.5 (0.15)	12.4 (0.15)
Age:						
18–24 years	100.0	44.4 (0.75)	3.4 (0.24)	17.4 (0.52)	17.2 (0.50)	17.7 (0.50)
25–44 years	100.0	51.8 (0.41)	3.6 (0.12)	15.8 (0.24)	15.3 (0.22)	13.5 (0.21)
45–64 years	100.0	64.5 (0.41)	2.5 (0.11)	10.8 (0.25)	10.8 (0.23)	11.4 (0.24)
65–74 years	100.0	76.8 (0.53)	1.3 (0.14)	6.1 (0.29)	6.6 (0.28)	9.2 (0.33)
75 years and over	100.0	89.1 (0.45)	0.6 (0.09)	2.6 (0.19)	3.1 (0.24)	4.5 (0.27)
Race: ⁵						
White, single race	100.0	58.3 (0.34)	2.9 (0.08)	13.0 (0.18)	13.1 (0.17)	12.7 (0.17)
Black or African American, single race	100.0	67.8 (0.65)	2.4 (0.16)	10.1 (0.33)	9.6 (0.35)	10.1 (0.32)
American Indian or Alaska Native, single race	100.0	64.2 (3.13)	2.0 (0.58)	9.3 (1.42)	10.5 (1.47)	14.1 (1.94)
Asian, single race	100.0	62.4 (1.05)	2.9 (0.42)	14.2 (0.77)	10.4 (0.63)	10.2 (0.72)
Native Hawaiian or other Pacific Islander, single race	100.0	54.3 (6.25)	*4.6 (2.81)	17.7 (4.06)	*12.0 (4.56)	11.4 (3.20)
2 or more races	100.0	53.6 (1.77)	3.5 (0.71)	13.7 (1.21)	12.0 (1.08)	17.2 (1.23)
Black or African American, white	100.0	46.4 (6.58)	*4.2 (2.34)	*8.1 (2.47)	22.1 (6.07)	19.3 (3.82)
American Indian or Alaska Native, white	100.0	55.2 (2.57)	4.3 (1.21)	15.3 (2.13)	8.0 (1.35)	17.2 (1.89)
Hispanic or Latino origin and race: ⁵						
Hispanic or Latino	100.0	71.6 (0.46)	1.8 (0.15)	8.7 (0.26)	8.4 (0.30)	9.5 (0.28)
Mexican or Mexican-American	100.0	72.4 (0.62)	1.9 (0.18)	8.7 (0.33)	7.9 (0.41)	9.1 (0.36)
Not Hispanic or Latino	100.0	58.3 (0.32)	2.9 (0.08)	13.1 (0.17)	13.0 (0.16)	12.7 (0.16)
White, single race	100.0	56.7 (0.36)	3.0 (0.09)	13.5 (0.20)	13.7 (0.18)	13.1 (0.18)
Black or African American, single race	100.0	67.8 (0.65)	2.4 (0.16)	10.0 (0.34)	9.6 (0.36)	10.2 (0.33)
Education: ⁵						
Less than high school graduate	100.0	76.2 (0.46)	1.5 (0.13)	7.4 (0.29)	5.1 (0.24)	9.8 (0.31)
GED diploma ⁶	100.0	68.7 (1.18)	2.8 (0.40)	10.1 (0.75)	7.1 (0.60)	11.3 (0.76)
High school graduate	100.0	66.7 (0.42)	2.5 (0.13)	10.7 (0.25)	8.9 (0.22)	11.2 (0.25)
Some college - no degree	100.0	56.3 (0.51)	2.9 (0.15)	13.5 (0.31)	13.8 (0.28)	13.4 (0.32)
Associate of arts degree	100.0	55.5 (0.71)	3.3 (0.24)	14.2 (0.45)	14.1 (0.43)	12.8 (0.42)
Bachelor of arts, science degree	100.0	45.9 (0.53)	3.8 (0.18)	16.7 (0.35)	19.9 (0.42)	13.7 (0.32)
Master's, doctorate, medical degree	100.0	40.2 (0.74)	3.6 (0.25)	18.3 (0.55)	21.3 (0.56)	16.5 (0.52)
Poverty status: ^{5,7}						
Below poverty level	100.0	72.9 (0.78)	1.9 (0.17)	8.1 (0.37)	7.0 (0.33)	10.1 (0.42)
≥1 but <2 times poverty level	100.0	70.6 (0.52)	2.3 (0.17)	9.5 (0.31)	7.4 (0.25)	10.3 (0.34)
≥2 but <4 times poverty level	100.0	61.3 (0.40)	3.0 (0.14)	12.3 (0.27)	11.4 (0.26)	12.0 (0.27)
4 times poverty level or more	100.0	47.3 (0.42)	3.7 (0.14)	16.4 (0.27)	17.9 (0.27)	14.7 (0.27)
Marital status: ⁵						
Never married	100.0	57.8 (0.50)	2.7 (0.16)	12.7 (0.32)	13.6 (0.33)	13.2 (0.31)
Married	100.0	60.1 (0.36)	3.0 (0.10)	12.8 (0.19)	12.3 (0.19)	11.8 (0.17)
Cohabiting	100.0	61.7 (0.97)	3.3 (0.35)	11.3 (0.53)	11.0 (0.61)	12.7 (0.62)
Divorced or separated	100.0	63.7 (0.51)	2.2 (0.15)	10.9 (0.32)	11.3 (0.32)	12.0 (0.30)
Widowed	100.0	71.6 (1.79)	*2.3 (0.71)	8.4 (1.03)	8.5 (1.08)	9.2 (1.12)
Geographic region: ⁵						
Northeast	100.0	59.6 (0.59)	2.2 (0.17)	12.6 (0.30)	12.9 (0.33)	12.7 (0.35)
Midwest	100.0	58.3 (0.67)	3.4 (0.16)	13.6 (0.38)	12.8 (0.32)	11.9 (0.29)
South	100.0	63.1 (0.50)	2.6 (0.11)	11.5 (0.25)	11.1 (0.25)	11.7 (0.24)
West	100.0	55.9 (0.60)	3.0 (0.16)	13.3 (0.32)	14.1 (0.31)	13.8 (0.30)
Place of residence: ^{5,8}						
MSA, central city	100.0	61.2 (0.54)	2.6 (0.11)	12.0 (0.30)	12.2 (0.27)	12.0 (0.26)
MSA, not central city	100.0	57.6 (0.41)	3.0 (0.10)	13.4 (0.21)	13.6 (0.22)	12.5 (0.21)
Not MSA	100.0	63.6 (0.82)	2.7 (0.20)	11.4 (0.37)	10.1 (0.29)	12.2 (0.38)

See footnotes at end of table.

Table 5.3. Percent distributions of times per week engaged in vigorous leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Men						
Percent distribution (standard error)						
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	53.3 (0.38)	3.2 (0.11)	14.7 (0.23)	13.6 (0.21)	15.2 (0.21)
Ages 18 years and over (crude) ⁴	100.0	52.5 (0.39)	3.3 (0.11)	15.0 (0.24)	13.8 (0.21)	15.4 (0.22)
Age:						
18–24 years	100.0	34.6 (0.98)	3.1 (0.32)	19.5 (0.73)	19.9 (0.76)	22.8 (0.75)
25–44 years	100.0	44.7 (0.53)	4.3 (0.19)	18.4 (0.36)	16.1 (0.32)	16.5 (0.34)
45–64 years	100.0	59.6 (0.56)	3.0 (0.17)	12.5 (0.38)	11.7 (0.32)	13.3 (0.35)
65–74 years	100.0	71.2 (0.86)	1.7 (0.25)	7.4 (0.50)	7.6 (0.49)	12.0 (0.58)
75 years and over	100.0	84.5 (0.82)	0.8 (0.19)	3.6 (0.38)	4.3 (0.47)	6.8 (0.52)
Race: ⁵						
White, single race	100.0	52.3 (0.43)	3.3 (0.12)	14.9 (0.26)	14.0 (0.23)	15.5 (0.24)
Black or African American, single race	100.0	58.3 (0.88)	2.8 (0.27)	12.8 (0.57)	12.1 (0.58)	13.9 (0.57)
American Indian or Alaska Native, single race	100.0	54.4 (4.33)	*3.0 (1.10)	10.3 (2.00)	11.8 (2.37)	20.5 (3.11)
Asian, single race	100.0	55.8 (1.72)	3.0 (0.56)	18.0 (1.21)	12.4 (1.02)	10.7 (1.13)
Native Hawaiian or other Pacific Islander, single race	100.0	54.1 (6.91)	*2.2 (2.11)	*18.3 (5.89)	*13.6 (6.15)	*11.9 (4.09)
2 or more races	100.0	45.9 (2.38)	5.0 (1.24)	14.9 (1.69)	12.7 (1.77)	21.4 (2.06)
Black or African American, white	100.0	27.7 (7.28)	*3.8 (2.64)	*11.6 (4.93)	24.5 (4.13)	32.4 (7.57)
American Indian or Alaska Native, white	100.0	50.3 (3.36)	*7.0 (2.12)	15.0 (2.85)	8.0 (1.56)	19.7 (2.88)
Hispanic or Latino origin and race: ⁵						
Hispanic or Latino	100.0	66.0 (0.72)	2.1 (0.23)	10.8 (0.46)	8.9 (0.42)	12.1 (0.48)
Mexican or Mexican-American	100.0	67.0 (0.92)	2.3 (0.27)	10.6 (0.60)	8.5 (0.57)	11.6 (0.64)
Not Hispanic or Latino	100.0	51.7 (0.41)	3.4 (0.12)	15.1 (0.25)	14.2 (0.23)	15.6 (0.23)
White, single race	100.0	50.6 (0.46)	3.5 (0.13)	15.4 (0.28)	14.5 (0.25)	16.0 (0.26)
Black or African American, single race	100.0	58.3 (0.88)	2.8 (0.27)	12.8 (0.57)	12.1 (0.58)	13.9 (0.58)
Education: ⁵						
Less than high school graduate	100.0	70.8 (0.70)	1.8 (0.20)	9.2 (0.44)	6.0 (0.36)	12.2 (0.51)
GED diploma ⁶	100.0	61.4 (1.74)	2.9 (0.54)	11.6 (1.13)	8.2 (0.98)	15.9 (1.32)
High school graduate	100.0	60.3 (0.60)	2.8 (0.19)	12.7 (0.38)	9.5 (0.34)	14.7 (0.41)
Some college - no degree	100.0	49.5 (0.70)	3.4 (0.23)	15.3 (0.48)	15.4 (0.47)	16.4 (0.46)
Associate of arts degree	100.0	48.6 (1.07)	4.3 (0.42)	16.6 (0.71)	14.2 (0.68)	16.3 (0.75)
Bachelor of arts, science degree	100.0	38.9 (0.72)	4.4 (0.28)	19.2 (0.57)	21.6 (0.63)	15.9 (0.49)
Master's, doctorate, medical degree	100.0	34.0 (0.97)	4.0 (0.35)	21.0 (0.78)	22.8 (0.82)	18.2 (0.76)
Poverty status: ^{5,7}						
Below poverty level	100.0	65.9 (1.15)	2.0 (0.27)	10.0 (0.58)	8.6 (0.54)	13.5 (0.71)
≥1 but <2 times poverty level	100.0	64.5 (0.77)	2.6 (0.26)	11.1 (0.49)	8.2 (0.42)	13.6 (0.60)
≥2 but <4 times poverty level	100.0	55.4 (0.59)	3.5 (0.22)	14.0 (0.43)	12.1 (0.37)	15.1 (0.41)
4 times poverty level or more	100.0	41.4 (0.56)	4.2 (0.19)	18.6 (0.41)	18.6 (0.39)	17.2 (0.40)
Marital status: ⁵						
Never married	100.0	52.1 (0.71)	2.6 (0.23)	13.8 (0.43)	15.1 (0.49)	16.5 (0.50)
Married	100.0	54.4 (0.46)	3.7 (0.16)	15.2 (0.29)	12.7 (0.27)	14.0 (0.26)
Cohabiting	100.0	56.2 (1.38)	3.6 (0.54)	12.3 (0.77)	12.8 (0.87)	15.2 (0.92)
Divorced or separated	100.0	56.2 (0.78)	2.4 (0.22)	13.0 (0.52)	12.8 (0.52)	15.6 (0.55)
Widowed	100.0	63.4 (3.86)	*4.0 (1.60)	*5.0 (1.67)	13.7 (2.69)	13.8 (2.34)
Geographic region: ⁵						
Northeast	100.0	52.0 (0.79)	2.7 (0.25)	15.2 (0.50)	14.3 (0.44)	15.9 (0.52)
Midwest	100.0	52.3 (0.86)	4.1 (0.24)	15.5 (0.52)	13.9 (0.43)	14.2 (0.39)
South	100.0	56.5 (0.59)	2.8 (0.17)	13.5 (0.37)	12.3 (0.34)	15.0 (0.36)
West	100.0	49.8 (0.82)	3.5 (0.23)	15.2 (0.47)	14.9 (0.48)	16.6 (0.52)
Place of residence: ^{5,8}						
MSA, central city	100.0	54.0 (0.69)	2.9 (0.18)	14.6 (0.41)	13.6 (0.37)	14.9 (0.37)
MSA, not central city	100.0	51.1 (0.51)	3.4 (0.16)	15.5 (0.34)	14.7 (0.32)	15.4 (0.31)
Not MSA	100.0	58.0 (0.96)	3.2 (0.28)	12.5 (0.50)	10.9 (0.39)	15.4 (0.55)

See footnotes at end of table.

Table 5.3. Percent distributions of times per week engaged in vigorous leisure-time physical activity for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1 ³	1–2	3–4	5 or more
Women		Percent distribution (standard error)				
Ages 18 years and over (age-adjusted) ^{4,5}	100.0	65.9 (0.32)	2.4 (0.08)	10.6 (0.18)	11.4 (0.19)	9.6 (0.17)
Ages 18 years and over (crude) ⁴	100.0	66.1 (0.32)	2.4 (0.08)	10.6 (0.17)	11.3 (0.19)	9.6 (0.17)
Age:						
18–24 years	100.0	54.1 (0.99)	3.6 (0.32)	15.2 (0.66)	14.5 (0.65)	12.6 (0.62)
25–44 years	100.0	58.6 (0.48)	2.9 (0.14)	13.2 (0.27)	14.6 (0.32)	10.7 (0.26)
45–64 years	100.0	69.1 (0.49)	2.1 (0.14)	9.3 (0.27)	10.0 (0.28)	9.5 (0.29)
65–74 years	100.0	81.4 (0.62)	0.9 (0.15)	5.1 (0.32)	5.8 (0.35)	6.8 (0.40)
75 years and over	100.0	92.1 (0.44)	0.5 (0.11)	2.0 (0.20)	2.4 (0.26)	3.0 (0.28)
Race:⁵						
White, single race	100.0	64.0 (0.36)	2.5 (0.10)	11.2 (0.21)	12.3 (0.22)	10.1 (0.20)
Black or African American, single race	100.0	75.4 (0.76)	2.1 (0.20)	7.9 (0.36)	7.5 (0.37)	7.1 (0.36)
American Indian or Alaska Native, single race	100.0	73.5 (3.11)	*1.0 (0.40)	8.5 (1.61)	9.2 (1.78)	7.9 (1.80)
Asian, single race	100.0	68.7 (1.32)	2.8 (0.52)	10.4 (0.89)	8.3 (0.83)	9.7 (0.95)
Native Hawaiian or other Pacific Islander, single race	100.0	58.8 (8.60)	*5.1 (3.87)	*17.4 (7.40)	*8.8 (5.49)	*9.9 (3.68)
2 or more races	100.0	61.4 (2.29)	2.1 (0.58)	12.3 (1.53)	11.4 (1.50)	12.9 (1.71)
Black or African American, white	100.0	64.3 (7.41)	*3.8 (3.06)	*4.8 (1.84)	*17.2 (5.94)	*9.9 (3.78)
American Indian or Alaska Native, white	100.0	61.6 (3.57)	*1.2 (0.77)	14.9 (2.93)	7.9 (2.14)	14.3 (2.79)
Hispanic or Latino origin and race:⁵						
Hispanic or Latino	100.0	77.1 (0.57)	1.4 (0.15)	6.7 (0.32)	7.8 (0.36)	7.0 (0.33)
Mexican or Mexican-American	100.0	77.8 (0.79)	1.6 (0.20)	6.7 (0.41)	7.2 (0.49)	6.7 (0.44)
Not Hispanic or Latino	100.0	64.5 (0.35)	2.5 (0.09)	11.1 (0.20)	11.9 (0.21)	10.0 (0.19)
White, single race	100.0	62.3 (0.38)	2.6 (0.11)	11.8 (0.23)	12.9 (0.24)	10.4 (0.21)
Black or African American, single race	100.0	75.5 (0.76)	2.1 (0.20)	7.8 (0.35)	7.5 (0.37)	7.2 (0.36)
Education:⁵						
Less than high school graduate	100.0	81.9 (0.55)	1.2 (0.13)	5.4 (0.31)	4.2 (0.29)	7.3 (0.35)
GED diploma ⁶	100.0	76.2 (1.43)	2.8 (0.56)	8.5 (0.96)	5.9 (0.74)	6.6 (0.79)
High school graduate	100.0	72.7 (0.49)	2.2 (0.16)	8.9 (0.30)	8.2 (0.28)	8.1 (0.28)
Some college - no degree	100.0	62.2 (0.63)	2.5 (0.18)	11.9 (0.40)	12.5 (0.39)	10.9 (0.39)
Associate of arts degree	100.0	61.3 (0.84)	2.5 (0.25)	12.3 (0.54)	14.0 (0.54)	10.0 (0.48)
Bachelor of arts, science degree	100.0	53.0 (0.65)	3.2 (0.24)	14.1 (0.43)	18.1 (0.51)	11.6 (0.42)
Master's, doctorate, medical degree	100.0	47.6 (0.99)	3.2 (0.34)	15.2 (0.65)	19.5 (0.79)	14.6 (0.72)
Poverty status:^{5,7}						
Below poverty level	100.0	77.7 (0.79)	1.9 (0.21)	6.7 (0.42)	5.9 (0.37)	7.8 (0.43)
≥1 but <2 times poverty level	100.0	76.0 (0.62)	2.0 (0.20)	8.0 (0.37)	6.7 (0.29)	7.3 (0.32)
≥2 but <4 times poverty level	100.0	67.0 (0.51)	2.5 (0.16)	10.6 (0.31)	10.8 (0.34)	9.1 (0.30)
4 times poverty level or more	100.0	53.7 (0.55)	3.3 (0.17)	14.0 (0.34)	17.1 (0.40)	12.0 (0.33)
Marital status:⁵						
Never married	100.0	64.4 (0.62)	2.7 (0.20)	11.4 (0.45)	11.8 (0.44)	9.6 (0.38)
Married	100.0	65.5 (0.41)	2.3 (0.11)	10.6 (0.21)	11.9 (0.24)	9.6 (0.22)
Cohabiting	100.0	67.8 (1.18)	2.7 (0.36)	10.2 (0.64)	8.8 (0.63)	10.4 (0.92)
Divorced or separated	100.0	68.8 (0.62)	2.1 (0.18)	9.4 (0.37)	10.2 (0.40)	9.5 (0.36)
Widowed	100.0	74.6 (1.96)	*1.6 (0.77)	9.8 (1.27)	6.5 (0.99)	7.6 (1.27)
Geographic region:⁵						
Northeast	100.0	66.3 (0.62)	1.9 (0.19)	10.3 (0.36)	11.7 (0.47)	9.8 (0.45)
Midwest	100.0	64.0 (0.69)	2.8 (0.19)	11.7 (0.40)	11.8 (0.36)	9.8 (0.34)
South	100.0	69.2 (0.58)	2.4 (0.13)	9.7 (0.27)	10.1 (0.32)	8.6 (0.27)
West	100.0	61.8 (0.57)	2.4 (0.17)	11.4 (0.41)	13.3 (0.39)	11.1 (0.36)
Place of residence:^{5,8}						
MSA, central city	100.0	67.6 (0.55)	2.3 (0.13)	9.7 (0.30)	10.9 (0.32)	9.5 (0.31)
MSA, not central city	100.0	63.8 (0.46)	2.5 (0.11)	11.3 (0.24)	12.6 (0.29)	9.9 (0.25)
Not MSA	100.0	68.7 (0.87)	2.3 (0.22)	10.3 (0.43)	9.4 (0.37)	9.2 (0.38)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Vigorous activity: Leisure-time physical activities that cause heavy sweating or large increases in breathing or heart rate and are done for at least 10 minutes per episode.

²None: Persons classified as not doing vigorous activity may include individuals who engaged in light-moderate activity but did not engage in vigorous activity.

³"Less than 1" refers to frequencies of vigorous activities lasting at least 10 minutes per episode that occurred less than one time per week (for example, three times per month.)

⁴Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

⁵Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.

⁸MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent distribution excludes persons with unknown vigorous leisure-time physical activity status. See "Appendix II" for definitions of terms.

Table 5.4. Percent of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
		Percent (standard error)	
Both sexes			
Ages 18 years and over (age-adjusted) ^{2,3}	15.5 (0.18)	22.4 (0.21)	31.3 (0.24)
Ages 18 years and over (crude) ²	15.5 (0.18)	22.6 (0.21)	31.4 (0.25)
Age:			
18–24 years	17.8 (0.56)	31.7 (0.62)	39.7 (0.69)
25–44 years	15.4 (0.24)	26.6 (0.29)	34.3 (0.33)
45–64 years	15.1 (0.27)	19.9 (0.33)	29.3 (0.36)
65–74 years	17.0 (0.53)	13.4 (0.40)	26.3 (0.58)
75 years and over	11.2 (0.43)	6.2 (0.35)	15.6 (0.50)
Race: ³			
White, single race	16.3 (0.21)	23.5 (0.24)	32.7 (0.28)
Black or African American, single race	10.7 (0.34)	17.4 (0.44)	23.9 (0.49)
American Indian or Alaska Native, single race	13.9 (1.73)	19.1 (2.46)	26.4 (2.86)
Asian, single race	14.6 (0.87)	18.0 (0.77)	27.8 (1.07)
Native Hawaiian or other Pacific Islander, single race	25.3 (5.64)	23.4 (5.45)	37.1 (6.27)
2 or more races	17.1 (1.32)	25.2 (1.48)	32.9 (1.59)
Black or African American, white	17.0 (3.70)	37.6 (6.45)	46.2 (6.42)
American Indian or Alaska Native, white	19.4 (2.17)	20.3 (2.07)	30.1 (2.48)
Hispanic or Latino origin and race: ³			
Hispanic or Latino	10.3 (0.31)	16.1 (0.37)	22.4 (0.46)
Mexican or Mexican-American	10.6 (0.40)	15.2 (0.51)	21.9 (0.61)
Not Hispanic or Latino	16.1 (0.20)	23.2 (0.22)	32.4 (0.26)
White, single race	17.0 (0.22)	24.4 (0.25)	33.9 (0.30)
Black or African American, single race	10.7 (0.34)	17.5 (0.45)	24.0 (0.49)
Education: ³			
Less than high school graduate	11.0 (0.32)	12.5 (0.35)	19.4 (0.42)
GED diploma ⁴	14.8 (0.89)	15.9 (0.91)	24.3 (1.06)
High school graduate	15.2 (0.31)	17.6 (0.30)	27.2 (0.38)
Some college - no degree	17.2 (0.38)	24.6 (0.39)	34.1 (0.48)
Associate of arts degree	15.9 (0.50)	24.4 (0.54)	33.8 (0.60)
Bachelor of arts, science degree	17.6 (0.40)	31.6 (0.48)	40.8 (0.52)
Master's, doctorate, medical degree	19.1 (0.57)	36.1 (0.73)	45.8 (0.80)
Poverty status: ^{3,5}			
Below poverty level	12.5 (0.49)	15.1 (0.56)	22.6 (0.64)
≥1 but <2 times poverty level	13.0 (0.40)	15.4 (0.37)	23.4 (0.46)
≥2 but <4 times poverty level	16.3 (0.32)	21.0 (0.33)	30.7 (0.39)
4 times poverty level or more	18.4 (0.33)	30.2 (0.36)	39.9 (0.43)
Marital status: ³			
Never married	15.5 (0.40)	24.6 (0.43)	33.0 (0.53)
Married	15.7 (0.23)	21.8 (0.26)	31.1 (0.31)
Cohabiting	14.5 (0.77)	21.1 (0.79)	28.4 (0.93)
Divorced or separated	14.7 (0.35)	20.8 (0.41)	29.1 (0.47)
Widowed	13.6 (1.45)	15.1 (1.39)	23.6 (1.60)
Geographic region: ³			
Northeast	16.4 (0.37)	23.4 (0.41)	33.0 (0.50)
Midwest	15.3 (0.32)	22.3 (0.41)	31.4 (0.47)
South	14.1 (0.35)	20.6 (0.37)	28.4 (0.44)
West	17.4 (0.38)	25.3 (0.43)	35.0 (0.50)
Place of residence: ^{3,6}			
MSA, central city	14.0 (0.30)	22.0 (0.38)	30.2 (0.44)
MSA, not central city	15.8 (0.26)	23.8 (0.30)	32.7 (0.34)
Not MSA	16.6 (0.47)	19.6 (0.48)	29.4 (0.60)

See footnotes at end of table.

Table 5.4. Percent of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Men			
Ages 18 years and over (age-adjusted) ^{2,3}	16.8 (0.26)	26.2 (0.28)	34.8 (0.32)
Ages 18 years and over (crude) ²	16.8 (0.26)	26.6 (0.29)	35.1 (0.33)
Age:			
18–24 years	20.6 (0.80)	39.1 (0.94)	46.6 (0.99)
25–44 years	16.3 (0.34)	29.9 (0.41)	37.0 (0.45)
45–64 years	15.7 (0.39)	22.5 (0.46)	31.5 (0.50)
65–74 years	18.7 (0.80)	16.9 (0.70)	30.4 (0.90)
75 years and over	14.5 (0.72)	9.4 (0.69)	20.7 (0.83)
Race: ³			
White, single race	17.5 (0.29)	26.8 (0.32)	35.8 (0.37)
Black or African American, single race	12.3 (0.57)	23.3 (0.67)	29.7 (0.71)
American Indian or Alaska Native, single race	17.5 (2.96)	25.9 (3.90)	34.0 (3.97)
Asian, single race	15.3 (1.47)	21.1 (1.29)	31.0 (1.83)
Native Hawaiian or other Pacific Islander, single race	*23.9 (7.32)	25.5 (7.28)	32.9 (7.90)
2 or more races	20.2 (2.09)	29.5 (2.17)	37.5 (2.28)
Black or African American, white	*18.4 (6.18)	53.0 (8.08)	64.2 (8.14)
American Indian or Alaska Native, white	20.9 (3.24)	23.1 (2.80)	32.3 (3.32)
Hispanic or Latino origin and race: ³			
Hispanic or Latino	11.4 (0.52)	19.4 (0.57)	25.5 (0.65)
Mexican or Mexican-American	11.5 (0.71)	18.6 (0.76)	24.9 (0.84)
Not Hispanic or Latino	17.5 (0.28)	27.0 (0.31)	35.9 (0.36)
White, single race	18.3 (0.32)	27.7 (0.35)	37.0 (0.40)
Black or African American, single race	12.2 (0.58)	23.3 (0.68)	29.6 (0.71)
Education: ³			
Less than high school graduate	12.2 (0.47)	15.6 (0.57)	22.3 (0.62)
GED diploma ⁴	16.0 (1.30)	21.1 (1.45)	28.3 (1.63)
High school graduate	17.2 (0.47)	21.4 (0.46)	31.0 (0.56)
Some college - no degree	18.6 (0.58)	28.7 (0.63)	37.6 (0.72)
Associate of arts degree	17.8 (0.74)	27.6 (0.86)	37.5 (0.94)
Bachelor of arts, science degree	17.5 (0.54)	35.3 (0.73)	43.7 (0.76)
Master's, doctorate, medical degree	19.2 (0.82)	39.0 (1.01)	48.1 (1.08)
Poverty status: ^{3,5}			
Below poverty level	13.9 (0.78)	19.9 (0.88)	27.0 (0.98)
≥1 but <2 times poverty level	14.4 (0.62)	19.3 (0.63)	27.1 (0.75)
≥2 but <4 times poverty level	17.9 (0.43)	24.3 (0.48)	33.7 (0.55)
4 times poverty level or more	19.4 (0.47)	33.1 (0.50)	42.6 (0.58)
Marital status: ³			
Never married	17.5 (0.56)	29.1 (0.64)	37.8 (0.77)
Married	16.1 (0.31)	24.2 (0.34)	32.8 (0.40)
Cohabiting	15.2 (1.00)	24.6 (1.17)	31.6 (1.30)
Divorced or separated	16.3 (0.60)	25.5 (0.71)	33.4 (0.78)
Widowed	16.8 (3.08)	24.5 (3.22)	32.7 (3.33)
Geographic region: ³			
Northeast	18.0 (0.61)	27.2 (0.69)	36.6 (0.75)
Midwest	16.7 (0.47)	25.6 (0.52)	34.6 (0.59)
South	15.4 (0.44)	24.6 (0.48)	32.1 (0.57)
West	18.4 (0.61)	28.8 (0.61)	38.3 (0.69)
Place of residence: ^{3,6}			
MSA, central city	14.9 (0.43)	26.2 (0.50)	33.8 (0.58)
MSA, not central city	17.4 (0.37)	27.4 (0.40)	36.1 (0.44)
Not MSA	17.8 (0.61)	23.1 (0.62)	32.7 (0.75)

See footnotes at end of table.

Table 5.4. Percent of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Women			
Ages 18 years and over (age-adjusted) ^{2,3}	14.3 (0.20)	19.0 (0.24)	28.1 (0.28)
Ages 18 years and over (crude) ²	14.3 (0.20)	18.9 (0.24)	28.0 (0.28)
Age:			
18–24 years	15.1 (0.67)	24.5 (0.78)	32.8 (0.87)
25–44 years	14.6 (0.30)	23.3 (0.38)	31.7 (0.42)
45–64 years	14.5 (0.34)	17.4 (0.39)	27.3 (0.46)
65–74 years	15.6 (0.61)	10.6 (0.49)	22.9 (0.67)
75 years and over	9.1 (0.44)	4.2 (0.33)	12.3 (0.53)
Race: ³			
White, single race	15.2 (0.23)	20.4 (0.28)	29.9 (0.31)
Black or African American, single race	9.5 (0.41)	12.7 (0.51)	19.3 (0.62)
American Indian or Alaska Native, single race	10.5 (2.04)	12.3 (2.34)	19.0 (3.20)
Asian, single race	13.9 (1.10)	15.1 (1.00)	24.8 (1.24)
Native Hawaiian or other Pacific Islander, single race	20.5 (4.04)	*18.7 (6.06)	37.3 (6.71)
2 or more races	13.8 (1.71)	20.8 (2.03)	28.0 (2.48)
Black or African American, white	17.1 (4.72)	24.1 (6.18)	31.7 (6.97)
American Indian or Alaska Native, white	16.8 (3.03)	16.6 (3.01)	26.7 (3.74)
Hispanic or Latino origin and race: ³			
Hispanic or Latino	9.3 (0.37)	12.9 (0.48)	19.6 (0.57)
Mexican or Mexican-American	9.8 (0.47)	11.9 (0.66)	19.1 (0.76)
Not Hispanic or Latino	14.9 (0.22)	19.8 (0.26)	29.2 (0.30)
White, single race	15.8 (0.25)	21.3 (0.30)	31.1 (0.34)
Black or African American, single race	9.6 (0.42)	12.7 (0.51)	19.4 (0.63)
Education: ³			
Less than high school graduate	9.9 (0.40)	9.3 (0.40)	16.4 (0.50)
GED diploma ⁴	13.5 (1.17)	10.6 (0.98)	20.1 (1.31)
High school graduate	13.6 (0.35)	14.1 (0.35)	23.8 (0.45)
Some college - no degree	16.0 (0.44)	21.1 (0.47)	31.1 (0.55)
Associate of arts degree	14.4 (0.60)	21.8 (0.64)	30.9 (0.72)
Bachelor of arts, science degree	17.8 (0.55)	27.8 (0.60)	37.9 (0.63)
Master's, doctorate, medical degree	18.8 (0.81)	32.6 (0.97)	42.9 (1.12)
Poverty status: ^{3,5}			
Below poverty level	11.4 (0.53)	11.6 (0.57)	19.5 (0.71)
≥1 but <2 times poverty level	12.0 (0.48)	12.0 (0.40)	20.4 (0.53)
≥2 but <4 times poverty level	14.8 (0.40)	17.7 (0.40)	27.7 (0.50)
4 times poverty level or more	17.3 (0.38)	27.1 (0.48)	36.9 (0.53)
Marital status: ³			
Never married	13.3 (0.52)	19.6 (0.51)	27.9 (0.64)
Married	15.2 (0.28)	19.5 (0.31)	29.4 (0.38)
Cohabiting	13.6 (0.97)	17.6 (1.06)	25.0 (1.21)
Divorced or separated	13.5 (0.41)	17.6 (0.48)	26.2 (0.55)
Widowed	12.4 (1.57)	11.6 (1.40)	20.2 (1.78)
Geographic region: ³			
Northeast	15.1 (0.42)	20.0 (0.50)	29.9 (0.55)
Midwest	13.9 (0.35)	19.2 (0.49)	28.4 (0.55)
South	12.9 (0.40)	16.8 (0.43)	25.1 (0.53)
West	16.5 (0.38)	21.9 (0.46)	31.9 (0.50)
Place of residence: ^{3,6}			
MSA, central city	13.3 (0.34)	18.3 (0.40)	27.0 (0.46)
MSA, not central city	14.4 (0.31)	20.5 (0.38)	29.5 (0.43)
Not MSA	15.4 (0.50)	16.3 (0.53)	26.5 (0.64)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Regular leisure-time physical activity: "light-moderate" is defined as engaging in light-moderate activity at least five times per week for at least 30 minutes each time, "vigorous" is defined as engaging in vigorous activity at least three times per week for at least 20 minutes each time, and "any" is defined as meeting either criterion or both criteria.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.

⁶MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent excludes persons with unknown leisure-time physical activity status. See "Appendix II" for definitions of terms.

Table 5.5. Percent of adults 18 years of age and over who engaged in any leisure-time strengthening activities, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Engaged in any strengthening activities ¹		
	Both sexes	Men	Women
		Percent (standard error)	
Ages 18 years and over (age-adjusted) ^{2,3}	23.1 (0.22)	27.0 (0.29)	19.4 (0.26)
Ages 18 years and over (crude) ²	23.2 (0.23)	27.5 (0.30)	19.3 (0.26)
Age			
18–24 years	36.5 (0.68)	45.3 (0.91)	27.8 (0.82)
25–44 years	27.2 (0.32)	31.6 (0.42)	23.0 (0.40)
45–64 years	18.6 (0.32)	20.5 (0.45)	16.9 (0.40)
65–74 years	12.4 (0.41)	14.3 (0.66)	10.9 (0.46)
75 years and over	9.2 (0.41)	11.9 (0.68)	7.4 (0.46)
Race ³			
White, single race	23.5 (0.25)	26.7 (0.31)	20.5 (0.29)
Black or African American, single race	21.2 (0.52)	29.2 (0.85)	14.6 (0.49)
American Indian or Alaska Native, single race	18.5 (2.26)	25.3 (3.18)	11.7 (2.35)
Asian, single race	22.8 (1.05)	27.8 (1.50)	18.1 (1.23)
Native Hawaiian or other Pacific Islander, single race	33.2 (5.95)	34.2 (8.08)	32.0 (8.83)
2 or more races	30.0 (1.87)	34.4 (2.78)	25.6 (2.38)
Black or African American, white	31.3 (6.06)	41.7 (5.52)	19.1 (4.60)
American Indian or Alaska Native, white	24.5 (2.68)	26.0 (3.69)	22.3 (3.25)
Hispanic or Latino origin and race ³			
Hispanic or Latino	15.3 (0.40)	19.5 (0.63)	11.2 (0.42)
Mexican or Mexican-American	14.8 (0.50)	19.0 (0.81)	10.7 (0.53)
Not Hispanic or Latino	24.1 (0.24)	27.9 (0.31)	20.5 (0.28)
White, single race	24.5 (0.27)	27.6 (0.34)	21.6 (0.32)
Black or African American, single race	21.2 (0.52)	29.2 (0.86)	14.6 (0.49)
Education ³			
Less than high school graduate	12.3 (0.36)	15.8 (0.54)	8.4 (0.38)
GED diploma ⁴	14.9 (0.89)	19.4 (1.31)	10.3 (0.98)
High school graduate	17.5 (0.30)	20.9 (0.45)	14.1 (0.37)
Some college - no degree	26.5 (0.41)	31.5 (0.63)	22.3 (0.50)
Associate of arts degree	25.8 (0.59)	29.4 (0.94)	22.9 (0.68)
Bachelor of arts, science degree	32.9 (0.48)	36.6 (0.70)	29.3 (0.59)
Master's, doctorate, medical degree	37.1 (0.69)	39.9 (0.91)	34.2 (0.96)
Poverty status ^{3,5}			
Below poverty level	16.7 (0.65)	22.6 (1.02)	12.6 (0.62)
≥1 but <2 times poverty level	15.4 (0.39)	19.2 (0.59)	12.1 (0.45)
≥2 but <4 times poverty level	22.1 (0.32)	24.9 (0.46)	19.3 (0.41)
4 times poverty level or more	31.5 (0.34)	34.9 (0.45)	28.0 (0.47)
Marital status ³			
Never married	27.5 (0.44)	31.7 (0.61)	22.3 (0.58)
Married	21.1 (0.26)	23.7 (0.34)	18.7 (0.33)
Cohabiting	22.1 (0.80)	25.6 (1.15)	18.2 (1.04)
Divorced or separated	22.0 (0.41)	26.3 (0.67)	19.0 (0.48)
Widowed	16.7 (1.64)	22.1 (3.06)	14.7 (1.91)
Geographic region ³			
Northeast	24.0 (0.44)	27.9 (0.61)	20.6 (0.55)
Midwest	24.6 (0.46)	28.8 (0.56)	20.7 (0.55)
South	19.9 (0.39)	23.6 (0.51)	16.3 (0.40)
West	26.3 (0.49)	30.1 (0.58)	22.5 (0.61)
Place of residence ^{3,6}			
MSA, central city	23.1 (0.39)	27.9 (0.54)	18.8 (0.41)
MSA, not central city	24.7 (0.33)	28.5 (0.40)	21.1 (0.39)
Not MSA	19.0 (0.58)	21.9 (0.70)	16.2 (0.65)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Strengthening activities: Leisure-time physical activities specifically designed to strengthen muscles such as weight lifting or calisthenics. No minimum duration was imposed when asking frequency and no duration question asked.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.

⁶MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent excludes persons with unknown strengthening activity status. See "Appendix II" for definitions of terms.

Chapter 6

Body Weight Status

All Adults

- Overall, nearly 6 in 10 adults (57.1%) were overweight (table 6.1).
- About 22% of adults were obese (table 6.2).
- About 4 in 10 adults (40.8%) were in the healthy weight range (table 6.2).
- About 2% of adults were underweight (table 6.2).

Sex

- Men (65.2%) were considerably more likely than women (49.1%) to be overweight (table 6.1).
- Men and women were about equally likely to be obese (table 6.2 and figure 6.1).
- Women (47.5%) were more likely than men (33.8%) to be of healthy weight (table 6.2 and figure 6.1).
- Women (3.3%) were about four times as likely as men (0.9%) to be underweight (table 6.2 and figure 6.1).

Age

- Overweight was most prevalent among adults in the 45–64 year age group and declined with age from 65 years on (table 6.1)
- Adults aged 18–24 years (37.9%) were significantly less likely than adults of other ages to be overweight (table 6.1).
- Among adults aged 45–64 years, about 7 in 10 men (73.2%) and almost 6 in 10 women (58.5%) were overweight (table 6.1).
- Men aged 45–64 years (26.6%) were about twice as likely as the youngest men (13.5%) and the oldest men (12.5%) to be obese (table 6.2 and figure 6.2).
- Among women, prevalence of obesity was highest for those aged 45–64 years of age (26.5%) and lowest for those 18–24 years of age (13.7%) and 75 years of age and over (15.4%) (table 6.2 and figure 6.2).
- The youngest adults and the oldest adults were about twice as likely as adults in other age groups to be underweight (table 6.2).

Race

- Over one-half of white adults (56.3%) were overweight (table 6.1).
- American Indian or Alaska Native adults (68.8%) and black adults (66.6%) were about twice as likely as Asian adults (31.0%) to be overweight (table 6.1).
- Among black adults and Native Hawaiian or other Pacific Islander adults, prevalence of overweight was about the same for men as for women. In the other single-race groups studied, prevalence of overweight was higher for men than for women (table 6.1 and figure 6.3).
- Black adults (30.4%) were considerably more likely than white adults (20.8%) to be obese (table 6.2).
- About one-third of American Indian or Alaska Native adults (34.2%) and Native Hawaiian or other Pacific Islander adults (33.4%) were obese (table 6.2).
- Asian adults (6.0%) were the least likely of all the single-race groups studied to be obese (table 6.2).
- White men (21.7%) were slightly more likely than white women (19.8%) to be obese, and black men (24.9%) were significantly less likely than black women (34.9%) to be obese (table 6.2).
- White adults (41.5%) were more likely than black adults (32.0%) to be in the healthy weight range (table 6.2).
- Nearly two-thirds of Asian adults (63.2%) were in the healthy weight range compared with less than one-third of American Indian or Alaska Native adults (28.8%) (table 6.2).
- Asian adults were twice as likely as white adults and three times as likely as black adults to be underweight (table 6.2).

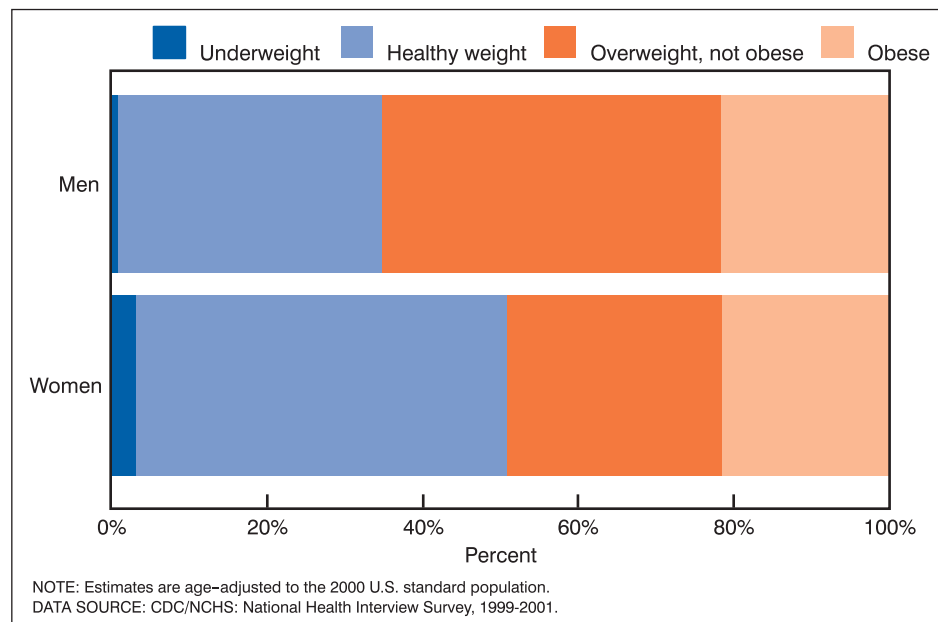


Figure 6.1. Percent distributions of body weight status of adults, by sex: United States, 1999–2001

Hispanic or Latino Origin and Race

- Hispanic adults (64.5%) were more likely than non-Hispanic adults (56.2%) to be overweight (table 6.1).

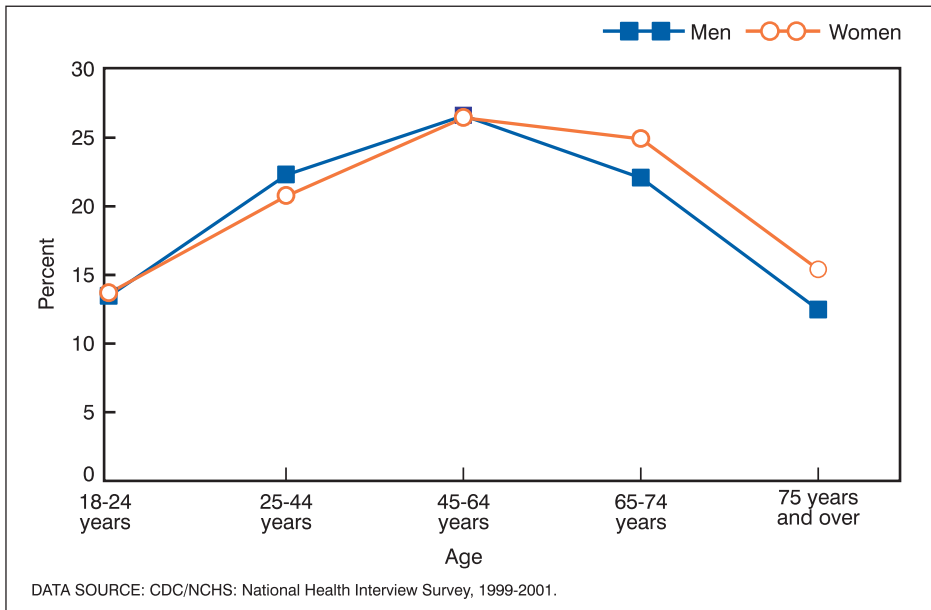


Figure 6.2. Percent of adults who were obese, by age and sex: United States, 1999-2001

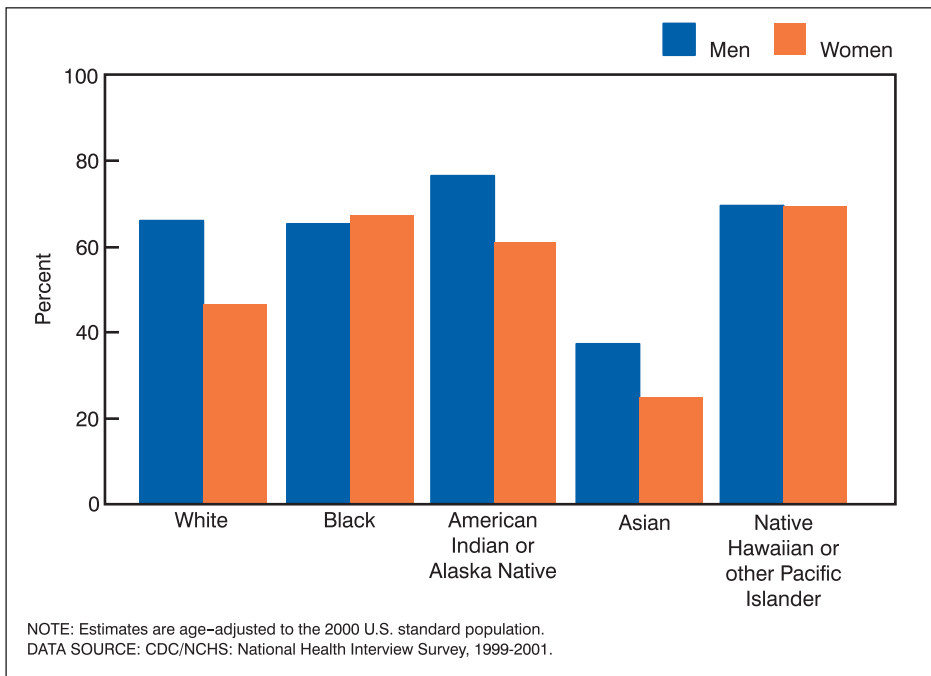


Figure 6.3. Percent of adults who were overweight, by sex and race: United States, 1999-2001

- Hispanic men and non-Hispanic men were considerably more likely than their female counterparts to be overweight (table 6.1).
- Non-Hispanic adults (21.4%) were less likely than Hispanic adults (24.0%) to be obese (table 6.2).
- Non-Hispanic black women (34.9%) were significantly more likely than

non-Hispanic white women (19.3%) and Hispanic women (25.5%) to be obese (table 6.2).

- About 4 in 10 non-Hispanic white adults (42.3%) were in the healthy weight range compared with 3 in 10 non-Hispanic black adults (32.0%) and about one-third of Hispanic

adults (34.2%) (table 6.2 and figure 6.4).

Education

- About 6 in 10 adults (61.0%) with less than a high school diploma were overweight compared with 5 in 10 adults (49.1%) who had earned a graduate degree (table 6.1).
- Men were more likely than women at each education level to be overweight (table 6.1).
- The prevalence of obesity was significantly higher among adults with the least education; one-fourth of adults with less than a high school diploma (25.9%) were obese compared with about one-seventh of adults with a graduate degree (14.4%) (table 6.2).
- Men who had earned a GED (25.2%) were significantly more likely than men who had earned a graduate degree (15.9%) to be obese (table 6.2 and figure 6.5).
- Women who had not graduated from high school (27.7%) were twice as likely as women who held a graduate degree (12.7%) to be obese (table 6.2 and figure 6.5).
- Prevalence of healthy weight was positively associated with level of education for women (table 6.2).
- About 6 in 10 women (60.3%) with the highest level of education compared with about one-third of women (37.9%) who had not graduated from high school were in the healthy weight range (table 6.2).
- Among men, those who held a graduate degree (38.8%) were more likely than those with less than a high school diploma (35.3%) to be of healthy weight (table 6.2).
- Prevalence of underweight appears to be unrelated to educational attainment and was less than 3% across all education groups (table 6.2).

Poverty Status

- Men with incomes four times the poverty level or more (67.8%) were more likely than men below the poverty level (57.4%) to be overweight (table 6.1).

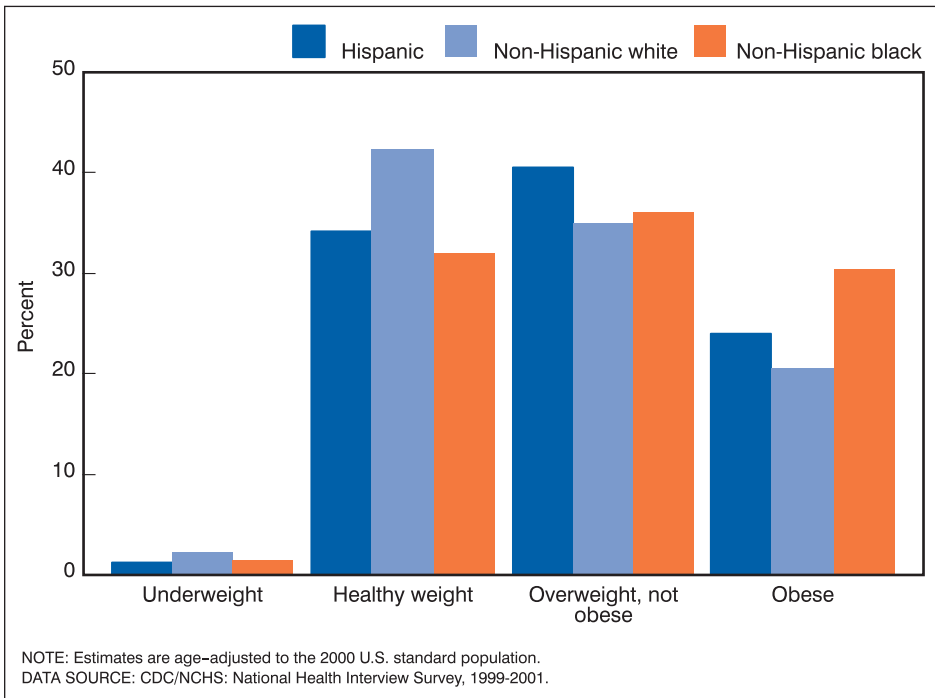


Figure 6.4. Percent distributions of body weight status of adults, by Hispanic origin and race: United States, 1999-2001

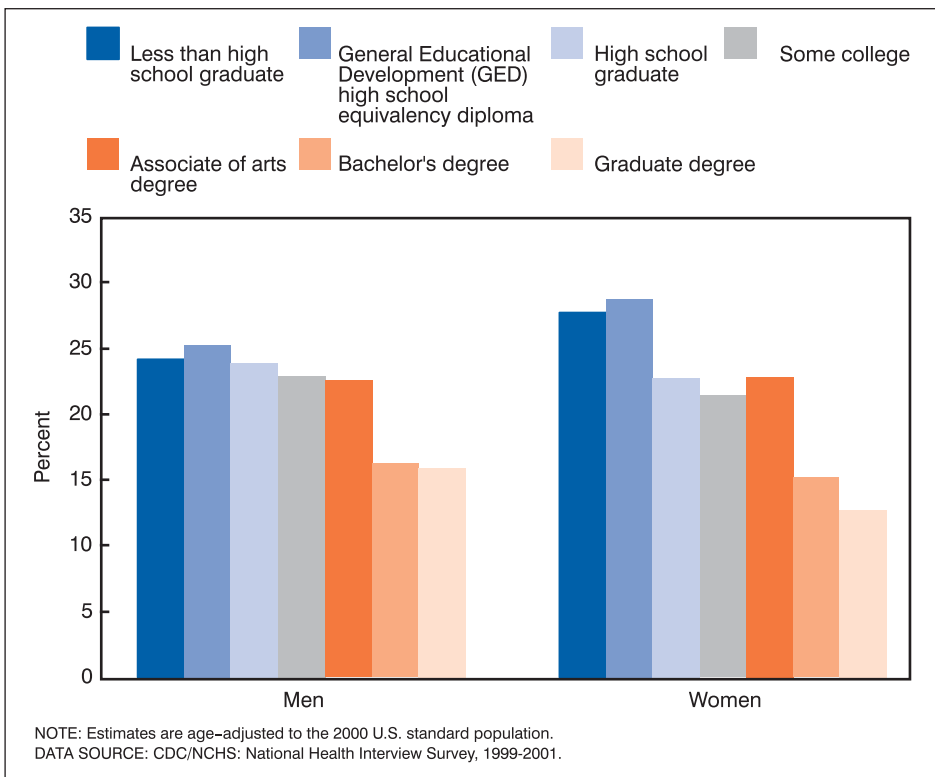


Figure 6.5. Percent of adults who were obese, by education and sex: United States, 1999-2001

adults with incomes four times the poverty level or more were obese (table 6.2).

- Prevalence of obesity was strongly associated with relative income level for women, but not for men (table 6.2 and figure 6.6).
- Men with incomes below the poverty level (21.0%) were as likely as men with the highest incomes (20.7%) to be obese (table 6.2 and figure 6.6).
- Women with incomes below the poverty level (29.2%) were about twice as likely as the most affluent group of women (15.8%) to be obese (table 6.2 and figure 6.6).
- Among men, prevalence of healthy weight was highest among those living below the poverty level (40.7%) (table 6.2).
- Among women, prevalence of healthy weight was lowest among those in the two lower income groups and markedly higher among women in the higher income groups (table 6.2).

Marital Status

- Married men (70.9%) were significantly more likely than never married men (54.0%) to be overweight (table 6.1).
- Divorced or separated women (52.9%) were more likely than married women (49.5%) to be overweight (table 6.1).
- Married men (23.9%) were more likely than divorced or separated men (20.4%) and never married men (18.6%) to be obese (table 6.2).
- The prevalence of obesity was lowest among married women (20.7%) compared with women in other marital status groups (table 6.2).
- Men who had never married (44.1%) were more likely than men in other marital status groups to be in the healthy weight range (table 6.2).
- Cohabiting women (49.0%) were more likely than divorced or separated women (43.9%) to be in the healthy weight range (table 6.2).

- Women below the poverty level (57.1%) were considerably more likely than women with the highest incomes (42.4%) to be

- overweight (table 6.1).
- About one-fourth (25.8%) of adults below the poverty level compared with about one-fifth (18.4%) of

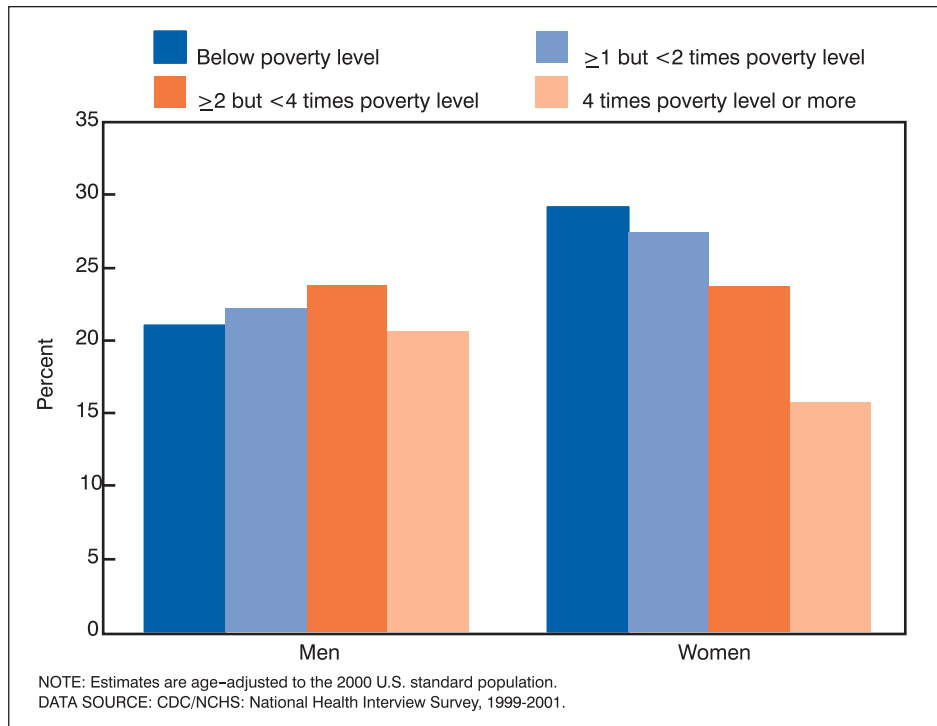


Figure 6.6. Percent of adults who were obese, by poverty status and sex: United States, 1999–2001

Geographic Region

- Adults living in the Northeast (55.0%) and the West (55.4%) were less likely than their counterparts living in the Midwest (58.1%) and South (58.3%) to be overweight (table 6.1).
- Adults living in the Northeast (19.4%) and the West (19.2%) were less likely than adults living in the Midwest (23.1%) and South (23.1%) to be obese (table 6.2).
- among men living in an MSA but not in a central city (33.1%) or men living outside an MSA (32.3%) (table 6.2).
- Healthy weight was more prevalent for women living in an MSA but not in the central city (49.4%) than among women living either in the central city of an MSA (46.2%) or outside an MSA (44.7%) (table 6.2).

Place of Residence

- Adults living outside an MSA (59.2%) were slightly more likely than those living in an MSA, whether in a central city (56.2%) or not in a central city (56.6%), to be overweight (table 6.1).
- Prevalence of obesity was highest among adults living outside an MSA (24.6%) compared with those living in the central city of an MSA (21.6%) or outside the central city of an MSA (20.5%) (table 6.2).
- Healthy weight status was more prevalent among men living in the central city of an MSA (36.5%) than

Table 6.1. Percent of adults 18 years of age and over who were overweight, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Overweight (BMI of 25 or more) ¹		
	Both sexes	Men	Women
	Percent of adults (standard error)		
Ages 18 years and over (age-adjusted) ^{2,3}	57.1 (0.21)	65.2 (0.29)	49.1 (0.27)
Ages 18 years and over (crude) ²	57.0 (0.22)	65.3 (0.30)	49.2 (0.27)
Age			
18–24 years	37.9 (0.63)	42.6 (0.85)	33.2 (0.86)
25–44 years	56.7 (0.32)	67.9 (0.44)	45.7 (0.41)
45–64 years	65.7 (0.35)	73.2 (0.47)	58.5 (0.50)
65–74 years	63.5 (0.61)	68.9 (0.93)	58.9 (0.79)
75 years and over	49.6 (0.66)	53.7 (1.03)	46.9 (0.80)
Race ³			
White, single race	56.3 (0.24)	66.0 (0.32)	46.8 (0.31)
Black or African American, single race	66.6 (0.55)	65.6 (0.80)	67.3 (0.69)
American Indian or Alaska Native, single race	68.8 (2.15)	76.6 (2.96)	61.1 (2.77)
Asian, single race	31.0 (1.15)	37.2 (1.67)	25.0 (1.43)
Native Hawaiian or other Pacific Islander, single race	70.4 (6.36)	69.8 (8.52)	69.6 (7.88)
2 or more races	61.8 (1.75)	69.0 (2.34)	54.6 (2.50)
Black or African American, white	58.6 (6.62)	68.2 (7.64)	49.5 (9.45)
American Indian or Alaska Native, white	65.4 (2.75)	68.1 (3.28)	63.1 (3.97)
Hispanic or Latino origin and race ³			
Hispanic or Latino	64.5 (0.54)	69.5 (0.71)	59.5 (0.73)
Mexican or Mexican-American	68.1 (0.69)	71.3 (0.94)	64.5 (0.95)
Not Hispanic or Latino	56.2 (0.23)	64.7 (0.31)	48.0 (0.29)
White, single race	55.5 (0.25)	65.5 (0.34)	45.6 (0.32)
Black or African American, single race	66.6 (0.56)	65.6 (0.81)	67.3 (0.70)
Education: ³			
Less than high school graduate	61.0 (0.45)	63.2 (0.64)	58.8 (0.61)
GED diploma ⁴	62.0 (1.24)	66.7 (1.73)	56.8 (1.75)
High school graduate	59.0 (0.37)	67.3 (0.53)	51.2 (0.50)
Some college - no degree	56.3 (0.44)	65.0 (0.65)	48.4 (0.59)
Associate of arts degree	59.5 (0.65)	69.5 (0.89)	50.8 (0.89)
Bachelor of arts, science degree	52.4 (0.52)	64.3 (0.74)	40.4 (0.65)
Master's, doctorate, medical degree	49.1 (0.77)	60.7 (0.99)	35.6 (0.99)
Poverty status: ^{3,5}			
Below poverty level	57.3 (0.64)	57.4 (0.98)	57.1 (0.81)
≥1 but <2 times poverty level	58.5 (0.57)	61.1 (0.84)	56.2 (0.71)
≥2 but <4 times poverty level	59.4 (0.39)	66.8 (0.56)	52.0 (0.56)
4 times poverty level or more	55.8 (0.38)	67.8 (0.53)	42.4 (0.52)
Marital status: ³			
Never married	51.5 (0.56)	54.0 (0.79)	48.6 (0.78)
Married	60.2 (0.27)	70.9 (0.35)	49.5 (0.38)
Cohabiting	57.2 (1.09)	65.2 (1.37)	48.1 (1.56)
Divorced or separated	57.9 (0.52)	64.8 (0.81)	52.9 (0.67)
Widowed	57.1 (1.81)	65.5 (3.11)	53.6 (2.15)
Geographic region: ³			
Northeast	55.0 (0.51)	64.3 (0.67)	46.3 (0.62)
Midwest	58.1 (0.39)	65.6 (0.59)	50.9 (0.51)
South	58.3 (0.36)	66.3 (0.47)	50.7 (0.49)
West	55.4 (0.47)	63.6 (0.68)	46.9 (0.55)
Place of residence: ^{3,6}			
MSA, central city	56.2 (0.38)	62.4 (0.57)	50.4 (0.50)
MSA, not central city	56.6 (0.29)	66.1 (0.41)	47.2 (0.42)
Not MSA	59.2 (0.57)	66.7 (0.64)	52.1 (0.70)

¹Body mass index (BMI) is calculated as kilograms/meters², using self-reported height and weight. Overweight is defined as a BMI greater than or equal to 25, which includes obese.

²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.

³Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁴GED is General Educational Development high school equivalency diploma.

⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.

⁶MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent excludes persons with unknown BMI. See "Appendix II" for definitions of terms.

Table 6.2. Percent distributions of body weight status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Total	Body weight status ¹			
		Not overweight		Overweight	
		Underweight	Healthy weight	Overweight (but not obese)	Obese
Both sexes		Percent distribution (standard error)			
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	2.2 (0.06)	40.8 (0.21)	35.4 (0.19)	21.6 (0.18)
Ages 18 years and over (crude) ²	100.0	2.2 (0.06)	40.8 (0.21)	35.4 (0.19)	21.6 (0.18)
Age:					
18–24 years	100.0	4.6 (0.26)	57.5 (0.65)	24.3 (0.52)	13.6 (0.43)
25–44 years	100.0	2.0 (0.08)	41.3 (0.30)	35.2 (0.29)	21.6 (0.26)
45–64 years	100.0	1.1 (0.07)	33.2 (0.35)	39.2 (0.32)	26.6 (0.34)
65–74 years	100.0	1.7 (0.14)	34.8 (0.59)	39.8 (0.57)	23.6 (0.52)
75 years and over	100.0	3.7 (0.22)	46.7 (0.68)	35.4 (0.59)	14.2 (0.45)
Race: ³					
White, single race	100.0	2.2 (0.06)	41.5 (0.23)	35.6 (0.21)	20.8 (0.20)
Black or African American, single race	100.0	1.4 (0.11)	32.0 (0.55)	36.1 (0.46)	30.4 (0.46)
American Indian or Alaska Native, single race	100.0	*2.3 (0.90)	28.8 (2.01)	34.6 (1.91)	34.2 (2.25)
Asian, single race	100.0	5.8 (0.58)	63.2 (1.20)	25.0 (1.11)	6.0 (0.57)
Native Hawaiian or other Pacific Islander, single race	100.0	*0.6 (0.59)	29.0 (6.34)	37.0 (5.71)	33.4 (5.52)
2 or more races	100.0	2.2 (0.47)	36.1 (1.71)	34.5 (1.67)	27.2 (1.73)
Black or African American, white	100.0	*2.8 (2.37)	38.6 (6.15)	30.3 (6.07)	28.3 (6.73)
American Indian or Alaska Native, white	100.0	*1.8 (0.62)	32.8 (2.61)	33.2 (2.27)	32.1 (2.64)
Hispanic or Latino origin and race: ³					
Hispanic or Latino	100.0	1.2 (0.10)	34.2 (0.55)	40.5 (0.55)	24.0 (0.47)
Mexican or Mexican-American	100.0	1.2 (0.11)	30.8 (0.67)	41.5 (0.68)	26.6 (0.64)
Not Hispanic or Latino	100.0	2.3 (0.06)	41.5 (0.22)	34.8 (0.19)	21.4 (0.19)
White, single race	100.0	2.3 (0.07)	42.3 (0.25)	35.0 (0.22)	20.5 (0.22)
Black or African American, single race	100.0	1.4 (0.11)	32.0 (0.56)	36.1 (0.47)	30.5 (0.47)
Education: ³					
Less than high school graduate	100.0	2.4 (0.15)	36.6 (0.44)	35.1 (0.46)	25.9 (0.43)
GED diploma ⁴	100.0	1.7 (0.32)	36.3 (1.24)	35.0 (1.16)	26.9 (1.15)
High school graduate	100.0	2.0 (0.11)	39.0 (0.36)	35.7 (0.35)	23.3 (0.33)
Some college - no degree	100.0	2.3 (0.13)	41.5 (0.43)	34.2 (0.41)	22.1 (0.36)
Associate of arts degree	100.0	1.9 (0.18)	38.6 (0.65)	36.8 (0.70)	22.7 (0.59)
Bachelor of arts, science degree	100.0	2.1 (0.14)	45.5 (0.51)	36.7 (0.49)	15.7 (0.37)
Master's, doctorate, medical degree	100.0	2.1 (0.19)	48.8 (0.75)	34.7 (0.67)	14.4 (0.49)
Poverty status: ^{3,5}					
Below poverty level	100.0	3.0 (0.18)	39.7 (0.64)	31.5 (0.55)	25.8 (0.59)
≥1 but <2 times poverty level	100.0	2.3 (0.15)	39.2 (0.55)	33.5 (0.48)	25.0 (0.49)
≥2 but <4 times poverty level	100.0	1.9 (0.10)	38.7 (0.38)	35.7 (0.36)	23.8 (0.36)
4 times poverty level or more	100.0	2.0 (0.11)	42.3 (0.37)	37.3 (0.35)	18.4 (0.28)
Marital status: ³					
Never married	100.0	3.5 (0.22)	45.0 (0.55)	30.4 (0.51)	21.1 (0.46)
Married	100.0	1.6 (0.07)	38.3 (0.27)	37.9 (0.26)	22.2 (0.25)
Cohabiting	100.0	1.9 (0.25)	41.0 (1.08)	34.6 (1.09)	22.5 (0.95)
Divorced or separated	100.0	2.2 (0.14)	39.9 (0.50)	34.8 (0.50)	23.1 (0.43)
Widowed	100.0	2.4 (0.54)	40.6 (1.86)	32.2 (1.55)	24.9 (1.58)
Geographic region: ³					
Northeast	100.0	2.1 (0.14)	42.9 (0.48)	35.6 (0.45)	19.4 (0.41)
Midwest	100.0	2.0 (0.11)	39.9 (0.39)	35.1 (0.34)	23.1 (0.33)
South	100.0	2.3 (0.08)	39.4 (0.35)	35.2 (0.29)	23.1 (0.33)
West	100.0	2.1 (0.13)	42.6 (0.48)	36.2 (0.49)	19.2 (0.36)
Place of residence: ^{3,6}					
MSA, central city	100.0	2.3 (0.10)	41.5 (0.37)	34.6 (0.33)	21.6 (0.31)
MSA, not central city	100.0	2.1 (0.09)	41.3 (0.29)	36.1 (0.27)	20.5 (0.24)
Not MSA	100.0	2.1 (0.12)	38.6 (0.57)	34.6 (0.39)	24.6 (0.47)

See footnotes at end of table.

Table 6.2. Percent distributions of body weight status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Body weight status ¹			
		Not overweight		Overweight	
		Underweight	Healthy weight	Overweight (but not obese)	Obese
Men		Percent distribution (standard error)			
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	0.9 (0.06)	33.8 (0.29)	43.5 (0.29)	21.7 (0.26)
Ages 18 years and over (crude) ²	100.0	0.9 (0.06)	33.8 (0.29)	43.4 (0.29)	21.8 (0.27)
Age:					
18–24 years	100.0	2.4 (0.28)	55.1 (0.84)	29.1 (0.77)	13.5 (0.60)
25–44 years	100.0	0.7 (0.07)	31.5 (0.43)	45.5 (0.45)	22.3 (0.38)
45–64 years	100.0	0.5 (0.06)	26.4 (0.47)	46.5 (0.50)	26.6 (0.46)
65–74 years	100.0	1.1 (0.19)	30.0 (0.91)	46.7 (0.91)	22.1 (0.73)
75 years and over	100.0	1.4 (0.24)	44.9 (1.04)	41.2 (0.99)	12.5 (0.65)
Race: ³					
White, single race	100.0	0.9 (0.06)	33.1 (0.32)	44.3 (0.32)	21.7 (0.30)
Black or African American, single race	100.0	1.0 (0.17)	33.5 (0.80)	40.7 (0.75)	24.9 (0.70)
American Indian or Alaska Native, single race	100.0	*1.2 (0.81)	22.2 (3.00)	38.0 (2.74)	38.6 (3.36)
Asian, single race	100.0	2.7 (0.58)	60.1 (1.69)	31.2 (1.63)	6.0 (0.70)
Native Hawaiian or other Pacific Islander, single race	100.0	*—	30.2 (8.52)	31.4 (7.57)	38.4 (6.97)
2 or more races	100.0	*0.5 (0.26)	30.5 (2.33)	42.1 (2.65)	26.9 (2.24)
Black or African American, white	100.0	*0.9 (0.95)	30.8 (7.61)	32.1 (7.70)	36.2 (7.10)
American Indian or Alaska Native, white	100.0	*0.9 (0.57)	31.0 (3.19)	37.0 (3.34)	31.1 (3.73)
Hispanic or Latino origin and race: ³					
Hispanic or Latino	100.0	0.6 (0.13)	29.8 (0.74)	47.3 (0.79)	22.2 (0.68)
Mexican or Mexican-American	100.0	0.6 (0.11)	28.1 (0.95)	47.4 (1.01)	23.9 (0.92)
Not Hispanic or Latino	100.0	1.0 (0.06)	34.4 (0.31)	43.0 (0.30)	21.7 (0.28)
White, single race	100.0	0.9 (0.07)	33.6 (0.34)	44.0 (0.34)	21.6 (0.31)
Black or African American, single race	100.0	1.0 (0.17)	33.4 (0.80)	40.6 (0.75)	25.0 (0.71)
Education: ³					
Less than high school graduate	100.0	1.5 (0.16)	35.3 (0.62)	39.0 (0.68)	24.2 (0.62)
GED diploma ⁴	100.0	1.2 (0.36)	32.1 (1.74)	41.5 (1.71)	25.2 (1.59)
High school graduate	100.0	0.8 (0.10)	31.9 (0.52)	43.4 (0.54)	23.9 (0.49)
Some college - no degree	100.0	1.1 (0.15)	33.9 (0.63)	42.1 (0.62)	22.9 (0.56)
Associate of arts degree	100.0	0.6 (0.14)	30.0 (0.88)	46.9 (1.06)	22.6 (0.87)
Bachelor of arts, science degree	100.0	0.6 (0.10)	35.1 (0.73)	48.0 (0.76)	16.3 (0.51)
Master's, doctorate, medical degree	100.0	0.4 (0.12)	38.8 (0.99)	44.8 (0.95)	15.9 (0.65)
Poverty status: ^{3,5}					
Below poverty level	100.0	1.9 (0.28)	40.7 (0.97)	36.4 (0.96)	21.0 (0.91)
≥1 but <2 times poverty level	100.0	1.6 (0.20)	37.3 (0.81)	39.0 (0.75)	22.2 (0.70)
≥2 but <4 times poverty level	100.0	0.8 (0.09)	32.4 (0.55)	43.0 (0.60)	23.8 (0.54)
4 times poverty level or more	100.0	0.6 (0.10)	31.6 (0.52)	47.1 (0.52)	20.7 (0.43)
Marital status: ³					
Never married	100.0	1.9 (0.24)	44.1 (0.79)	35.5 (0.81)	18.6 (0.63)
Married	100.0	0.6 (0.06)	28.6 (0.35)	47.0 (0.37)	23.9 (0.38)
Cohabiting	100.0	*0.8 (0.32)	34.0 (1.37)	43.3 (1.50)	21.9 (1.26)
Divorced or separated	100.0	0.8 (0.14)	34.3 (0.80)	44.4 (0.85)	20.4 (0.68)
Widowed	100.0	*1.8 (0.55)	32.8 (3.06)	42.1 (3.33)	23.4 (3.36)
Geographic region: ³					
Northeast	100.0	1.0 (0.15)	34.7 (0.64)	44.5 (0.62)	19.9 (0.57)
Midwest	100.0	0.8 (0.11)	33.5 (0.59)	42.9 (0.58)	22.7 (0.55)
South	100.0	1.1 (0.10)	32.6 (0.47)	42.8 (0.46)	23.4 (0.45)
West	100.0	0.7 (0.10)	35.6 (0.67)	44.5 (0.71)	19.2 (0.54)
Place of residence: ^{3,6}					
MSA, central city	100.0	1.1 (0.12)	36.5 (0.57)	42.0 (0.53)	20.4 (0.42)
MSA, not central city	100.0	0.8 (0.08)	33.1 (0.40)	44.8 (0.42)	21.3 (0.36)
Not MSA	100.0	1.0 (0.12)	32.3 (0.64)	42.0 (0.59)	24.7 (0.60)

See footnotes at end of table.

Table 6.2. Percent distributions of body weight status for adults 18 years of age and over, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Total	Body weight status ¹			
		Not overweight		Overweight	
		Underweight	Healthy weight	Overweight (but not obese)	Obese
Women		Percent distribution (standard error)			
Ages 18 years and over (age-adjusted) ^{2,3}	100.0	3.3 (0.10)	47.5 (0.27)	27.6 (0.23)	21.5 (0.22)
Ages 18 years and over (crude) ²	100.0	3.3 (0.10)	47.5 (0.27)	27.7 (0.23)	21.5 (0.22)
Age:					
18–24 years	100.0	6.8 (0.45)	60.0 (0.90)	19.4 (0.68)	13.7 (0.55)
25–44 years	100.0	3.2 (0.15)	51.1 (0.39)	24.9 (0.35)	20.8 (0.33)
45–64 years	100.0	1.7 (0.12)	39.8 (0.49)	32.0 (0.42)	26.5 (0.43)
65–74 years	100.0	2.2 (0.20)	38.9 (0.79)	34.0 (0.73)	24.9 (0.66)
75 years and over	100.0	5.2 (0.32)	47.9 (0.83)	31.5 (0.70)	15.4 (0.55)
Race: ³					
White, single race	100.0	3.4 (0.12)	49.8 (0.30)	27.0 (0.27)	19.8 (0.24)
Black or African American, single race	100.0	1.7 (0.16)	31.1 (0.70)	32.4 (0.58)	34.9 (0.68)
American Indian or Alaska Native, single race	100.0	*3.3 (1.60)	35.6 (3.00)	31.3 (2.78)	29.7 (3.16)
Asian, single race	100.0	8.7 (0.90)	66.2 (1.54)	18.9 (1.30)	6.2 (0.96)
Native Hawaiian or other Pacific Islander, single race	100.0	*1.9 (1.88)	28.5 (8.03)	45.8 (8.21)	23.9 (6.94)
2 or more races	100.0	3.9 (0.93)	41.6 (2.36)	26.9 (2.28)	27.7 (2.49)
Black or African American, white	100.0	*4.8 (3.87)	45.7 (8.52)	29.4 (7.02)	*20.1 (7.07)
American Indian or Alaska Native, white	100.0	*2.8 (1.19)	34.0 (3.79)	29.4 (3.00)	33.8 (3.52)
Hispanic or Latino origin and race: ³					
Hispanic or Latino	100.0	1.8 (0.17)	38.7 (0.71)	33.9 (0.74)	25.5 (0.60)
Mexican or Mexican-American	100.0	1.8 (0.21)	33.7 (0.92)	35.4 (0.98)	29.0 (0.82)
Not Hispanic or Latino	100.0	3.5 (0.11)	48.5 (0.29)	26.9 (0.24)	21.1 (0.24)
White, single race	100.0	3.6 (0.13)	50.9 (0.32)	26.2 (0.28)	19.3 (0.26)
Black or African American, single race	100.0	1.7 (0.17)	31.0 (0.70)	32.4 (0.59)	34.9 (0.69)
Education: ³					
Less than high school graduate	100.0	3.3 (0.28)	37.9 (0.60)	31.1 (0.58)	27.7 (0.58)
GED diploma ⁴	100.0	2.3 (0.48)	41.0 (1.74)	28.0 (1.60)	28.8 (1.58)
High school graduate	100.0	3.1 (0.20)	45.7 (0.52)	28.5 (0.44)	22.7 (0.44)
Some college - no degree	100.0	3.3 (0.22)	48.2 (0.56)	27.0 (0.53)	21.4 (0.44)
Associate of arts degree	100.0	3.0 (0.30)	46.2 (0.89)	28.0 (0.87)	22.8 (0.69)
Bachelor of arts, science degree	100.0	3.5 (0.25)	56.1 (0.67)	25.2 (0.60)	15.2 (0.51)
Master's, doctorate, medical degree	100.0	4.1 (0.37)	60.3 (1.00)	22.9 (0.82)	12.7 (0.64)
Poverty status: ^{3,5}					
Below poverty level	100.0	3.7 (0.26)	39.2 (0.80)	27.9 (0.67)	29.2 (0.74)
≥1 but <2 times poverty level	100.0	2.9 (0.21)	40.9 (0.69)	28.8 (0.59)	27.4 (0.63)
≥2 but <4 times poverty level	100.0	2.9 (0.18)	45.0 (0.55)	28.3 (0.48)	23.7 (0.47)
4 times poverty level or more	100.0	3.4 (0.21)	54.2 (0.51)	26.5 (0.47)	15.8 (0.38)
Marital status: ³					
Never married	100.0	5.2 (0.37)	46.2 (0.78)	24.6 (0.66)	24.0 (0.67)
Married	100.0	2.6 (0.12)	47.8 (0.38)	28.9 (0.35)	20.7 (0.31)
Cohabiting	100.0	2.9 (0.33)	49.0 (1.56)	24.1 (1.18)	24.0 (1.44)
Divorced or separated	100.0	3.2 (0.23)	43.9 (0.65)	28.0 (0.60)	24.9 (0.56)
Widowed	100.0	2.6 (0.74)	43.8 (2.22)	28.7 (1.76)	24.9 (1.72)
Geographic region: ³					
Northeast	100.0	3.1 (0.24)	50.6 (0.60)	27.4 (0.54)	18.8 (0.52)
Midwest	100.0	3.1 (0.20)	46.1 (0.50)	27.5 (0.44)	23.4 (0.46)
South	100.0	3.5 (0.15)	45.8 (0.48)	27.8 (0.40)	22.8 (0.39)
West	100.0	3.5 (0.25)	49.6 (0.53)	27.7 (0.46)	19.2 (0.37)
Place of residence: ^{3,6}					
MSA, central city	100.0	3.4 (0.16)	46.2 (0.47)	27.8 (0.39)	22.6 (0.40)
MSA, not central city	100.0	3.3 (0.16)	49.4 (0.40)	27.6 (0.34)	19.6 (0.31)
Not MSA	100.0	3.2 (0.21)	44.7 (0.72)	27.6 (0.54)	24.5 (0.53)

* Figure does not meet standards of reliability or precision (see "Appendix I").

- Quantity zero.

¹Body weight status was based on body mass index (BMI) using self-reported height and weight. The formula for BMI is kilograms/meters². Underweight is defined as a BMI of less than 18.5; healthy weight is defined as a BMI of greater than or equal to 18.5 and less than 25; overweight, but not obese, is defined as a BMI of greater than or equal to 25 and less than 30; and obese is defined as a BMI of greater than or equal to 30.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total.³Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.⁴GED is General Educational Development high school equivalency diploma.⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.⁶MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent distribution excludes persons with unknown BMI. See "Appendix II" for definitions of terms.

Chapter 7

Summary and Conclusions

Summary

This chapter summarizes the major findings from chapters 3–6, highlighting the most consistent subgroup variations across the health behaviors. [Table 7.1](#) shows a comparison of unhealthy behaviors across population subgroups, and [table 7.2](#) presents the same comparisons for healthy behaviors. Because behaviors occur on a continuum, classification of healthy and unhealthy was not always straightforward. Although there is little controversy over the classification of “current cigarette smoker” as unhealthy, the decision to present only “never smoked cigarettes” in the table on “healthy behaviors” was somewhat arbitrary. One might also have shown “not current cigarette smoker.” Similarly, the presentation of “five or more drinks in 1 day” is only one indicator of possible harmful levels of alcohol consumption. Classification of healthy alcohol use is even more problematic as studies on the health benefits of light or moderate alcohol use abound, but a clear consensus on healthy alcohol use has not been reached (35).

With the exception of the data on not having five or more drinks in 1 day, shown in [table 7.2](#), all data presented in [tables 7.1](#) and [7.2](#) are identical to those shown in earlier chapters. It is important to note that these are population prevalence estimates and do not reflect the co-occurrence of these behaviors on an individual level. Future studies will examine the co-occurrence of these behaviors in individuals.

Unhealthy Behaviors

Overall, about 1 in 5 U.S. adults (19.8%) had five or more drinks in a single day at least once in the past year, about 1 in 4 adults (23.1%) were current cigarette smokers, about 4 in 10 adults (38.6%) were physically inactive in their

leisure time, and 1 in 5 adults (21.6%) were obese ([table 7.1](#)). Examination of sex differences in these health behaviors revealed that men (28.7%) were more than twice as likely as women (11.5%) to have consumed five or more drinks in 1 day in the past year. Men (25.1%) were also more likely than women (21.2%) to be current smokers, but the differences were not as striking as for alcohol use. Although men had higher rates for drinking and smoking, they had lower rates of leisure-time physical inactivity (35.8%) than did women (41.0%). Prevalence of obesity was about the same for men (21.7%) and women (21.5%).

Overall, younger adults were significantly more likely than older adults to have had five or more drinks in 1 day at least once in the past year and to be current smokers. However, younger adults were considerably less likely to be physically inactive in their leisure time. There was an inverted u-shaped association between obesity and age, with the youngest (13.6%) and oldest (14.2%) adults least likely to be obese and adults aged 45–64 years (26.6%) showing the highest prevalence of obesity.

Differences in prevalence of unhealthy behaviors by race and ethnicity are noteworthy. Asian adults had significantly lower prevalence of the unhealthy behaviors shown in [table 7.1](#) in terms of alcohol use, smoking, and body weight than all other race groups. However, Asian adults did not exhibit lower prevalence of leisure-time physical inactivity: Asian adults (38.1%) and white adults (36.5%) were about equally likely to be physically inactive in their leisure time. White adults (21.5%) were more likely than black adults (11.0%) to have had five or more drinks in 1 day at least once in the past year. However, rates of physical inactivity and obesity were higher among black adults (50.7% and 30.4%, respectively) than among white adults (36.5% and 20.8%, respectively). Rates of smoking were slightly higher for black men (27.1%) than white men (25.2%), but lower for black women (19.5%) than white women (22.2%). Black women (34.9%) had particularly high rates of obesity compared with

white women (19.8%) and Asian women (6.2%). Large standard errors make interpretation of findings for other race groups difficult.

Overall, adults of Hispanic origin were less likely to have had five or more drinks in 1 day at least once in the past year (17.0%) or to be current smokers (17.0%), but were more likely to be physically inactive (55.0%) and more likely to be obese (24.0%) than non-Hispanic adults. Differences between Hispanic and non-Hispanic adults were particularly noteworthy for women. Hispanic women had very low rates of smoking (12.0%) compared with non-Hispanic white women (23.4%) and non-Hispanic black women (19.5%). Hispanic women also had much lower rates of having had five or more drinks at least once in the past year (7.0%) than non-Hispanic white women (13.8%).

Educational differences in health behaviors are generally consistent across the behaviors studied. Adults with higher levels of education were less likely than those with fewer years of education to be current smokers, to be physically inactive in their leisure time, and to be obese.

The association between education and alcohol consumption was more complex. The prevalence of having five or more drinks in 1 day at least once in the past year was lowest among adults who had not graduated from high school (16.7%) and those who had a master’s degree or higher (16.4%). It was higher among those with levels of education in between.

An interesting finding with respect to education and health behaviors was the prevalence of some of the behaviors among adults who had obtained a GED diploma. Although this group falls between nonhigh school graduates and adults with a high school diploma on the educational achievement continuum, in some cases their health behaviors are very different from both of these groups. Those with GED diplomas (23.9%) were more likely than both nonhigh school graduates (16.7%) and high school graduates (19.1%) to have had five or more drinks in 1 day at least once in the past year. This group (45.8%) was more likely than both nonhigh school

graduates (31.2%) and high school graduates (27.5%) to be current smokers. GED holders (48.1%) were less likely than nonhigh school graduates (59.0%) and more likely than high school graduates (43.3%) to be physically inactive. Adults with a GED diploma (26.9%) were similar to nonhigh school graduates (25.9%) in prevalence of obesity.

Prevalence of engaging in unhealthy behaviors did not show a consistent association with income level. Although prevalence of cigarette smoking and lack of leisure-time physical activity declined steadily with increasing income for both men and women, prevalence of having had five or more drinks in 1 day at least once in the past year increased modestly, most notably among adults at the highest income level. Prevalence of obesity declined sharply with increasing income for women, but not for men.

Some interesting marital status differences were noted in prevalence of unhealthy behaviors, but the findings were not consistent across the behaviors. Although married adults had a lower prevalence of current cigarette smoking than all other marital status groups, they were similar to widowed adults in terms of prevalence of having had five or more drinks in 1 day at least once in the past year; married adults (17.1%) and widowed adults (14.1%) were less likely than divorced or separated adults (21.9%), never married adults (22.5%), or cohabiting adults (29.1%) to drink at this level. Married women (but not married men) had lower rates of obesity than women in other marital status groups; rates of obesity among married men were among the highest of any marital status group. It is interesting to note that rates of drinking five or more drinks in 1 day at least once in the past year and smoking cigarettes were considerably higher for cohabiting adults (29.1% and 38.9%, respectively) than for married adults (17.1% and 19.2%, respectively). Cohabiting men (41.5%), were more likely than their married counterparts (35.9%) to be physically inactive.

Some variations were found in prevalence of unhealthy behaviors by geographic region and place of residence, although the results did not

provide a clear and systematic picture of differences by these characteristics. Adults living in the South had the lowest prevalence of having had five or more drinks in 1 day at least once in the past year (16.1%), the highest prevalence of being physically inactive in leisure time (43.6%), and among the highest prevalence of obesity (23.1%). Adults living in the West (19.0%) had the lowest smoking rates compared with adults living in other regions.

For both men and women, prevalence of physical inactivity was lowest for those living in an MSA, but not in the central city. Prevalence of obesity also was lowest for women living in an MSA but not in the central city, but the same was not true for men. For men, obesity rates were lower for those living in an MSA regardless of whether it was the central city.

Healthy Behaviors

Overall, in 1999–2001, about 8 in 10 adults (80.2%) refrained from having five or more drinks in a single day in the past year, 54.3% had never smoked cigarettes, 31.3% were regularly physically active in their leisure time, and 40.8% were of healthy weight (table 7.2).

Women were more likely than men to have not had five or more drinks in 1 day at least once in the past year (88.5% versus 71.3%, respectively), to have never smoked cigarettes (60.2% versus 47.4%, respectively), and to be of healthy body weight (47.5% versus 33.8%, respectively); men (34.8%) were more likely than women (28.1%) to engage in regular leisure-time physical activity.

Older adults were more likely than younger adults to have not had five or more drinks in 1 day at least once in the past year. However, younger adults were more likely than older adults to have never smoked and to engage in regular leisure-time physical activity. The youngest (57.5%) and oldest (46.7%) were the most likely to be of healthy weight with those 45–64 years of age (33.2%) least likely to fall in this weight range.

Prevalence of healthy behaviors was not consistent across race or Hispanic

origin subgroups. Of the race groups shown in table 7.2, Asian adults were the most likely to have never smoked cigarettes (73.5%) and to be of healthy weight (63.2%). Asian adults and black adults were more likely than white adults to have not had five or more drinks in 1 day in the past year and to have never smoked cigarettes. White adults (32.7%) were more likely than Asian adults (27.8%) to engage in regular leisure-time physical activity. White adults were also more likely than black adults to engage in regular leisure-time physical activity and to be of healthy weight.

Hispanic adults were more likely than non-Hispanic adults to have not had five or more drinks in 1 day at least once in the past year and to have never smoked cigarettes. However, Hispanic adults were less likely than non-Hispanic adults to engage in regular leisure-time physical activity and to be of healthy weight.

Prevalence of healthy behaviors was strongly associated with education: persons with higher levels of education were significantly more likely than those with less education to have never smoked cigarettes, to be regularly physically active in their leisure time, and to be of healthy weight. The most highly educated group of adults also were among the most likely to have not had five or more drinks in 1 day at least once in the past year. However, not having five or more drinks in 1 day showed an inverted u-shaped association: nonhigh school graduates (83.3%) and adults with a master's degree or higher (83.6%) had the highest rates, and adults with levels of education in between had rates ranging from 76.1% to 80.9%.

The association between income level and healthy behaviors varied by behavior and, in some cases, differed for men and women. Among women, prevalence of regular leisure-time physical activity and prevalence of healthy body weight showed clear and consistent positive associations with income level. In contrast, among men, prevalence of regular leisure-time physical activity increased, but prevalence of healthy weight decreased with increased level of income. For both

men and women, prevalence of never having smoked cigarettes increased and prevalence of refraining from having had five or more drinks in a single day in the past year decreased with increased level of income.

Findings related to marital status were mixed. For three of the four behaviors (never having smoked, engaging in regular leisure-time physical activity, and having a healthy body weight) shown in [table 7.2](#), never married men had the highest prevalence of healthy behavior compared with men in other marital status groups. Married men had among the highest prevalence of not having five or more drinks in 1 day at least once in the past year, but the lowest prevalence of healthy body weight of all the marital status groups except widowed. Some marital status differences were noted for women, but no clear pattern emerged.

Prevalence of behaviors varied by region, but no region stood out as having consistently higher prevalence of healthy behaviors. Prevalence of not having five or more drinks in 1 day at least once in the past year was highest in the South (83.9%) and lowest in the Midwest (76.2%). Adults living in the West had the highest prevalence of never having smoked cigarettes (58.0%) and engaging in regular leisure-time physical activity (35.0%) and among the highest prevalence for having a healthy body weight (42.6%). Adults in the Northeast (42.9%) were similar to adults in the West in terms of prevalence of healthy body weight.

Prevalence of never having smoked cigarettes, engaging in regular leisure-time physical activity, and being of healthy weight were associated with place of residence, although the association varied by the behavior. Men living in an MSA, whether in or outside the central city, were more likely than men living outside an MSA to have never smoked cigarettes. In contrast, men living in an MSA but not in the central city were most likely to engage in regular leisure-time physical activity, and those living in the central city of an MSA were most likely to be of healthy weight compared with men living elsewhere. Women living in the central city of an MSA were the most likely to

have never smoked cigarettes compared with women living in an MSA but not in the central city or outside an MSA. Women living in an MSA but not in the central city had the highest rates of engaging in leisure-time physical activity and of having a healthy weight compared with women living either in the central city or outside an MSA. Consumption of five or more drinks in 1 day in the past year was unrelated to place of residence for both men and women.

Conclusions

Prevalence of alcohol use, cigarette smoking, leisure-time physical activity, and body weight status varied significantly among different segments of the population. With the possible exception of adults with advanced levels of education, no single population subgroup was found to have consistently lower prevalence of unhealthy behaviors and/or higher prevalence of healthy behaviors. Some population subgroups have already met the health objectives for the nation outlined in *Healthy People 2010*, and others still lag far behind (25). Future studies focusing on the characteristics of groups most likely to engage in health-promoting behaviors may provide insights into the most effective ways to help all people achieve healthier lifestyles.

Table 7.1. Percent of adults 18 years of age and over who engaged in selected unhealthy behaviors, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Selected unhealthy behaviors			
	5 or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Physically inactive (leisure time) ³	Obese ⁴
Both sexes				
Percent of adults (standard error)				
Ages 18 years and over (age-adjusted) ^{5,6}	19.8 (0.21)	23.1 (0.20)	38.6 (0.32)	21.6 (0.18)
Ages 18 years and over (crude) ⁵	20.0 (0.23)	23.2 (0.21)	38.4 (0.32)	21.6 (0.18)
Age:				
18–24 years	32.0 (0.77)	27.2 (0.62)	29.9 (0.68)	13.6 (0.43)
25–44 years	26.6 (0.32)	26.7 (0.30)	33.7 (0.39)	21.6 (0.26)
45–64 years	14.7 (0.26)	23.7 (0.29)	40.5 (0.44)	26.6 (0.34)
65–74 years	5.0 (0.24)	13.3 (0.41)	46.6 (0.63)	23.6 (0.52)
75 years and over	2.1 (0.19)	6.4 (0.30)	60.8 (0.69)	14.2 (0.45)
Race: ⁶				
White, single race	21.5 (0.25)	23.7 (0.23)	36.5 (0.35)	20.8 (0.20)
Black or African American, single race	11.0 (0.35)	22.8 (0.49)	50.7 (0.70)	30.4 (0.46)
American Indian or Alaska Native, single race	22.4 (2.42)	32.6 (2.59)	49.1 (3.54)	34.2 (2.25)
Asian, single race	9.8 (0.72)	13.5 (0.80)	38.1 (1.39)	6.0 (0.57)
Native Hawaiian or other Pacific Islander, single race	36.4 (5.25)	31.0 (5.08)	32.6 (6.37)	33.4 (5.52)
2 or more races	29.4 (1.74)	32.8 (1.54)	31.5 (1.70)	27.2 (1.73)
Black or African American, white	23.7 (4.99)	37.6 (5.24)	33.6 (6.65)	28.3 (6.73)
American Indian or Alaska Native, white	35.0 (2.87)	39.7 (2.69)	29.8 (2.40)	32.1 (2.64)
Hispanic or Latino origin and race: ⁶				
Hispanic or Latino	17.0 (0.45)	17.0 (0.39)	55.0 (0.59)	24.0 (0.47)
Mexican or Mexican-American	18.9 (0.56)	16.2 (0.44)	55.4 (0.76)	26.6 (0.64)
Not Hispanic or Latino	20.3 (0.23)	23.9 (0.22)	36.6 (0.34)	21.4 (0.19)
White, single race	22.3 (0.27)	24.5 (0.25)	34.3 (0.37)	20.5 (0.22)
Black or African American, single race	10.9 (0.35)	22.8 (0.50)	50.7 (0.71)	30.5 (0.47)
Education: ⁶				
Less than high school graduate	16.7 (0.38)	31.2 (0.50)	59.0 (0.59)	25.9 (0.43)
GED diploma ⁷	23.9 (0.98)	45.8 (1.20)	48.1 (1.22)	26.9 (1.15)
High school graduate	19.1 (0.37)	27.5 (0.35)	43.3 (0.46)	23.3 (0.33)
Some college - no degree	22.3 (0.44)	23.0 (0.37)	34.2 (0.50)	22.1 (0.36)
Associate of arts degree	20.5 (0.52)	21.0 (0.54)	32.4 (0.66)	22.7 (0.59)
Bachelor of arts, science degree	21.5 (0.45)	12.5 (0.30)	23.7 (0.46)	15.7 (0.37)
Master's, doctorate, medical degree	16.4 (0.52)	8.5 (0.37)	19.4 (0.60)	14.4 (0.49)
Poverty status: ^{6,8}				
Below poverty level	18.1 (0.69)	31.9 (0.72)	54.2 (0.84)	25.8 (0.59)
≥1 but <2 times poverty level	18.1 (0.42)	30.2 (0.53)	50.2 (0.62)	25.0 (0.49)
≥2 but <4 times poverty level	20.4 (0.35)	25.5 (0.31)	37.5 (0.48)	23.8 (0.36)
4 times poverty level or more	24.2 (0.34)	17.4 (0.28)	25.1 (0.40)	18.4 (0.28)
Marital status: ⁶				
Never married	22.5 (0.42)	24.0 (0.44)	38.8 (0.62)	21.1 (0.46)
Married	17.1 (0.25)	19.2 (0.24)	37.4 (0.37)	22.2 (0.25)
Cohabiting	29.1 (0.88)	38.9 (1.02)	42.3 (1.10)	22.5 (0.95)
Divorced or separated	21.9 (0.45)	35.0 (0.46)	42.7 (0.56)	23.1 (0.43)
Widowed	14.4 (1.48)	29.2 (1.71)	49.6 (1.89)	24.9 (1.58)
Geographic region: ⁶				
Northeast	20.8 (0.47)	22.1 (0.45)	36.2 (0.54)	19.4 (0.41)
Midwest	23.8 (0.52)	25.4 (0.40)	36.0 (0.61)	23.1 (0.33)
South	16.1 (0.31)	24.1 (0.35)	43.6 (0.59)	23.1 (0.33)
West	20.9 (0.44)	19.0 (0.39)	34.7 (0.69)	19.2 (0.36)
Place of residence: ^{6,9}				
MSA, central city	19.3 (0.36)	23.2 (0.34)	41.2 (0.58)	21.6 (0.31)
MSA, not central city	20.3 (0.31)	21.7 (0.29)	36.0 (0.39)	20.5 (0.24)
Not MSA	19.5 (0.57)	26.5 (0.47)	41.1 (0.98)	24.6 (0.47)

See footnotes at end of table.

Table 7.1. Percent of adults 18 years of age and over who engaged in selected unhealthy behaviors, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Selected unhealthy behaviors			
	5 or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Physically inactive (leisure time) ³	Obese ⁴
Men				
Percent of adults (standard error)				
Ages 18 years and over (age-adjusted) ^{5,6}	28.7 (0.31)	25.1 (0.29)	35.8 (0.38)	21.7 (0.26)
Ages 18 years and over (crude) ⁵	29.5 (0.33)	25.5 (0.30)	35.4 (0.39)	21.8 (0.27)
Age:				
18–24 years	40.7 (1.07)	29.5 (0.84)	25.3 (0.90)	13.5 (0.60)
25–44 years	38.0 (0.50)	28.8 (0.41)	31.4 (0.48)	22.3 (0.38)
45–64 years	23.5 (0.42)	26.2 (0.47)	39.8 (0.59)	26.6 (0.46)
65–74 years	9.0 (0.48)	13.6 (0.64)	42.1 (0.93)	22.1 (0.73)
75 years and over	4.4 (0.44)	6.8 (0.51)	54.4 (1.08)	12.5 (0.65)
Race: ⁶				
White, single race	30.6 (0.35)	25.2 (0.33)	34.4 (0.42)	21.7 (0.30)
Black or African American, single race	17.9 (0.59)	27.1 (0.73)	45.1 (0.96)	24.9 (0.70)
American Indian or Alaska Native, single race	27.4 (3.36)	30.4 (4.22)	42.5 (4.41)	38.6 (3.36)
Asian, single race	15.7 (1.24)	20.4 (1.37)	33.4 (2.25)	6.0 (0.70)
Native Hawaiian or other Pacific Islander, single race	46.5 (5.98)	30.9 (5.70)	38.5 (7.61)	38.4 (6.97)
2 or more races	40.2 (2.30)	34.4 (2.20)	27.7 (2.39)	26.9 (2.24)
Black or African American, white	32.3 (7.44)	39.1 (7.08)	*18.4 (6.57)	36.2 (7.10)
American Indian or Alaska Native, white	44.4 (3.80)	38.7 (3.58)	27.8 (3.33)	31.1 (3.73)
Hispanic or Latino origin and race: ⁶				
Hispanic or Latino	27.6 (0.75)	22.2 (0.61)	52.6 (0.85)	22.2 (0.68)
Mexican or Mexican-American	31.0 (0.99)	21.9 (0.81)	53.0 (1.11)	23.9 (0.92)
Not Hispanic or Latino	29.0 (0.34)	25.5 (0.32)	33.8 (0.40)	21.7 (0.28)
White, single race	31.2 (0.38)	25.5 (0.35)	32.3 (0.44)	21.6 (0.31)
Black or African American, single race	17.8 (0.59)	27.1 (0.74)	45.1 (0.97)	25.0 (0.71)
Education: ⁶				
Less than high school graduate	25.3 (0.62)	35.2 (0.67)	55.9 (0.81)	24.2 (0.62)
GED diploma ⁷	33.3 (1.63)	47.6 (1.78)	45.2 (1.74)	25.2 (1.59)
High school graduate	28.6 (0.58)	30.0 (0.51)	41.2 (0.62)	23.9 (0.49)
Some college - no degree	32.1 (0.69)	24.8 (0.58)	31.3 (0.67)	22.9 (0.56)
Associate of arts degree	29.5 (0.87)	22.1 (0.82)	29.8 (0.98)	22.6 (0.87)
Bachelor of arts, science degree	30.5 (0.66)	13.4 (0.48)	21.0 (0.60)	16.3 (0.51)
Master's, doctorate, medical degree	23.2 (0.84)	8.9 (0.53)	16.7 (0.73)	15.9 (0.65)
Poverty status: ^{6,8}				
Below poverty level	28.0 (1.11)	35.7 (1.06)	51.2 (1.21)	21.0 (0.91)
≥1 but <2 times poverty level	26.6 (0.76)	34.1 (0.78)	48.2 (0.86)	22.2 (0.70)
≥2 but <4 times poverty level	29.1 (0.53)	28.3 (0.49)	36.3 (0.63)	23.8 (0.54)
4 times poverty level or more	33.6 (0.49)	18.6 (0.40)	23.1 (0.48)	20.7 (0.43)
Marital status: ⁶				
Never married	29.7 (0.62)	26.9 (0.66)	36.7 (0.84)	18.6 (0.63)
Married	25.9 (0.39)	21.2 (0.34)	35.9 (0.47)	23.9 (0.38)
Cohabiting	37.8 (1.26)	39.7 (1.34)	41.5 (1.43)	21.9 (1.26)
Divorced or separated	34.4 (0.83)	38.9 (0.77)	39.3 (0.84)	20.4 (0.68)
Widowed	26.4 (2.97)	31.5 (3.02)	46.9 (3.62)	23.4 (3.36)
Geographic region: ⁶				
Northeast	30.3 (0.81)	23.2 (0.55)	32.8 (0.72)	19.9 (0.57)
Midwest	33.3 (0.64)	27.5 (0.58)	33.8 (0.85)	22.7 (0.55)
South	24.0 (0.48)	26.5 (0.52)	40.7 (0.64)	23.4 (0.45)
West	30.3 (0.67)	21.1 (0.60)	32.0 (0.81)	19.2 (0.54)
Place of residence: ^{6,9}				
MSA, central city	28.7 (0.54)	26.2 (0.45)	37.6 (0.67)	20.4 (0.42)
MSA, not central city	29.1 (0.45)	23.2 (0.41)	33.4 (0.50)	21.3 (0.36)
Not MSA	28.1 (0.76)	28.6 (0.66)	39.5 (1.04)	24.7 (0.60)

See footnotes at end of table.

Table 7.1. Percent of adults 18 years of age and over who engaged in selected unhealthy behaviors, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Selected unhealthy behaviors			
	5 or more drinks in 1 day at least once (past year) ¹	Current cigarette smoker ²	Physically inactive (leisure time) ³	Obese ⁴
Women				
Percent of adults (standard error)				
Ages 18 years and over (age-adjusted) ^{5,6}	11.5 (0.20)	21.2 (0.23)	41.0 (0.36)	21.5 (0.22)
Ages 18 years and over (crude) ⁵	11.4 (0.20)	21.0 (0.23)	41.2 (0.36)	21.5 (0.22)
Age:				
18–24 years	23.5 (0.80)	24.9 (0.75)	34.4 (0.87)	13.7 (0.55)
25–44 years	15.8 (0.31)	24.7 (0.38)	36.0 (0.47)	20.8 (0.33)
45–64 years	6.6 (0.24)	21.3 (0.36)	41.3 (0.53)	26.5 (0.43)
65–74 years	1.7 (0.19)	13.0 (0.49)	50.3 (0.78)	24.9 (0.66)
75 years and over	0.6 (0.13)	6.2 (0.35)	65.0 (0.77)	15.4 (0.55)
Race: ⁶				
White, single race	12.9 (0.23)	22.2 (0.26)	38.3 (0.39)	19.8 (0.24)
Black or African American, single race	5.5 (0.36)	19.5 (0.59)	55.1 (0.83)	34.9 (0.68)
American Indian or Alaska Native, single race	17.3 (2.75)	34.5 (3.32)	55.5 (4.12)	29.7 (3.16)
Asian, single race	4.2 (0.55)	6.7 (0.71)	42.6 (1.51)	6.2 (0.96)
Native Hawaiian or other Pacific Islander, single race	*14.7 (7.51)	26.8 (7.79)	27.1 (8.03)	23.9 (6.94)
2 or more races	18.0 (1.85)	30.7 (2.08)	35.2 (2.39)	27.7 (2.49)
Black or African American, white	*19.1 (6.42)	37.2 (7.09)	47.6 (8.28)	*20.1 (7.07)
American Indian or Alaska Native, white	22.8 (3.17)	40.0 (3.68)	32.8 (3.96)	33.8 (3.52)
Hispanic or Latino origin and race: ⁶				
Hispanic or Latino	7.0 (0.33)	12.0 (0.45)	57.2 (0.75)	25.5 (0.60)
Mexican or Mexican-American	6.8 (0.38)	10.6 (0.54)	57.5 (0.96)	29.0 (0.82)
Not Hispanic or Latino	12.2 (0.22)	22.3 (0.25)	39.1 (0.39)	21.1 (0.24)
White, single race	13.8 (0.26)	23.4 (0.29)	36.1 (0.41)	19.3 (0.26)
Black or African American, single race	5.5 (0.36)	19.5 (0.59)	55.2 (0.83)	34.9 (0.69)
Education: ⁶				
Less than high school graduate	7.8 (0.36)	27.2 (0.61)	62.2 (0.72)	27.7 (0.58)
GED diploma ⁷	14.4 (1.05)	44.0 (1.43)	51.1 (1.63)	28.8 (1.58)
High school graduate	10.6 (0.33)	25.4 (0.46)	45.1 (0.53)	22.7 (0.44)
Some college - no degree	13.9 (0.43)	21.4 (0.49)	36.7 (0.61)	21.4 (0.44)
Associate of arts degree	12.9 (0.56)	20.1 (0.69)	34.2 (0.83)	22.8 (0.69)
Bachelor of arts, science degree	12.9 (0.40)	11.6 (0.38)	26.5 (0.63)	15.2 (0.51)
Master's, doctorate, medical degree	8.9 (0.49)	8.1 (0.51)	22.8 (0.87)	12.7 (0.64)
Poverty status: ^{6,8}				
Below poverty level	11.1 (0.58)	29.3 (0.82)	56.3 (0.92)	29.2 (0.74)
≥1 but <2 times poverty level	10.7 (0.43)	26.9 (0.62)	52.0 (0.75)	27.4 (0.63)
≥2 but <4 times poverty level	11.9 (0.34)	22.8 (0.41)	38.7 (0.59)	23.7 (0.47)
4 times poverty level or more	14.2 (0.36)	16.2 (0.39)	27.2 (0.55)	15.8 (0.38)
Marital status: ⁶				
Never married	14.5 (0.44)	20.9 (0.55)	41.3 (0.78)	24.0 (0.67)
Married	9.0 (0.22)	17.4 (0.28)	39.0 (0.45)	20.7 (0.31)
Cohabiting	20.1 (0.94)	38.1 (1.48)	42.7 (1.46)	24.0 (1.44)
Divorced or separated	13.4 (0.42)	32.2 (0.57)	45.1 (0.65)	24.9 (0.56)
Widowed	10.6 (1.57)	28.7 (2.11)	50.5 (2.14)	24.9 (1.72)
Geographic region: ⁶				
Northeast	12.5 (0.40)	21.1 (0.57)	39.0 (0.65)	18.8 (0.52)
Midwest	14.9 (0.51)	23.3 (0.49)	38.0 (0.61)	23.4 (0.46)
South	8.7 (0.28)	21.9 (0.38)	46.1 (0.72)	22.8 (0.39)
West	11.7 (0.38)	17.0 (0.45)	37.2 (0.73)	19.2 (0.37)
Place of residence: ^{6,9}				
MSA, central city	10.8 (0.31)	20.6 (0.42)	44.4 (0.62)	22.6 (0.40)
MSA, not central city	12.0 (0.28)	20.2 (0.36)	38.5 (0.48)	19.6 (0.31)
Not MSA	11.6 (0.52)	24.6 (0.55)	42.4 (1.07)	24.5 (0.53)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Five or more drinks in 1 day at least once in the past year was asked of only current drinkers but estimates reflect percent of all adults who engaged in this behavior (as shown in table 3.3).²Smoked at least 100 cigarettes in lifetime and currently smoked.³Never engaged in any leisure-time light, moderate, or vigorous physical activity.⁴Obese is defined as a body mass index (BMI) of greater than or equal to 30.⁵Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.⁶Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.⁷GED is General Educational Development high school equivalency diploma.⁸Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.⁹MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent excludes persons with unknown health behavior characteristics. See "Appendix II" for definitions of terms.

Table 7.2 Percent of adults 18 years of age and over who engaged in selected healthy behaviors, by selected characteristics: United States, average annual, 1999–2001

Selected characteristic	Selected healthy behaviors			
	Did not have 5 or more drinks in 1 day (past year) ¹	Never smoked cigarettes ²	Any regular leisure-time physical activity ³	Healthy weight ⁴
Both sexes				
Percent of adults (standard error)				
Ages 18 years and over (age-adjusted) ^{5,6}	80.2 (0.21)	54.3 (0.22)	31.3 (0.24)	40.8 (0.21)
Ages 18 years and over (crude) ⁵	80.0 (0.23)	54.4 (0.23)	31.4 (0.25)	40.8 (0.21)
Age:				
18–24 years	68.0 (0.77)	65.1 (0.67)	39.7 (0.69)	57.5 (0.65)
25–44 years	73.4 (0.32)	58.5 (0.31)	34.3 (0.33)	41.3 (0.30)
45–64 years	85.3 (0.26)	46.2 (0.36)	29.3 (0.36)	33.2 (0.35)
65–74 years	95.0 (0.24)	45.7 (0.60)	26.3 (0.58)	34.8 (0.59)
75 years and over	97.9 (0.19)	55.8 (0.65)	15.6 (0.50)	46.7 (0.68)
Race: ⁶				
White, single race	78.5 (0.25)	52.3 (0.24)	32.7 (0.28)	41.5 (0.23)
Black or African American, single race	89.0 (0.35)	61.0 (0.56)	23.9 (0.49)	32.0 (0.55)
American Indian or Alaska Native, single race	77.6 (2.42)	44.1 (3.18)	26.4 (2.86)	28.8 (2.01)
Asian, single race	90.2 (0.72)	73.5 (1.00)	27.8 (1.07)	63.2 (1.20)
Native Hawaiian or other Pacific Islander, single race	63.6 (5.25)	51.7 (5.22)	37.1 (6.27)	29.0 (6.34)
2 or more races	70.6 (1.74)	43.1 (1.74)	32.9 (1.59)	36.1 (1.71)
Black or African American, white	76.3 (4.99)	38.7 (5.18)	46.2 (6.42)	38.6 (6.15)
American Indian or Alaska Native, white	65.0 (2.87)	33.5 (2.59)	30.1 (2.48)	32.8 (2.61)
Hispanic or Latino origin and race: ⁶				
Hispanic or Latino	83.0 (0.45)	66.3 (0.55)	22.4 (0.46)	34.2 (0.55)
Mexican or Mexican-American	81.1 (0.56)	66.6 (0.64)	21.9 (0.61)	30.8 (0.67)
Not Hispanic or Latino	79.7 (0.23)	52.9 (0.24)	32.4 (0.26)	41.5 (0.22)
White, single race	77.7 (0.27)	50.9 (0.25)	33.9 (0.30)	42.3 (0.25)
Black or African American, single race	89.1 (0.35)	60.9 (0.56)	24.0 (0.49)	32.0 (0.56)
Education: ⁶				
Less than high school graduate	83.3 (0.38)	49.3 (0.53)	19.4 (0.42)	36.6 (0.44)
GED diploma ⁷	76.1 (0.98)	30.6 (1.07)	24.3 (1.06)	36.3 (1.24)
High school graduate	80.9 (0.37)	50.7 (0.40)	27.2 (0.38)	39.0 (0.36)
Some college - no degree	77.7 (0.44)	52.4 (0.47)	34.1 (0.48)	41.5 (0.43)
Associate of arts degree	79.5 (0.52)	54.9 (0.60)	33.8 (0.60)	38.6 (0.65)
Bachelor of arts, science degree	78.5 (0.45)	62.7 (0.50)	40.8 (0.52)	45.5 (0.51)
Master's, doctorate, medical degree	83.6 (0.52)	67.8 (0.60)	45.8 (0.80)	48.8 (0.75)
Poverty status: ^{6,8}				
Below poverty level	81.9 (0.69)	52.2 (0.77)	22.6 (0.64)	39.7 (0.64)
≥1 but <2 times poverty level	81.9 (0.42)	50.3 (0.57)	23.4 (0.46)	39.2 (0.55)
≥2 but <4 times poverty level	79.6 (0.35)	51.1 (0.37)	30.7 (0.39)	38.7 (0.38)
4 times poverty level or more	75.8 (0.34)	56.4 (0.37)	39.9 (0.43)	42.3 (0.37)
Marital status: ⁶				
Never married	77.5 (0.42)	59.7 (0.54)	33.0 (0.53)	45.0 (0.55)
Married	82.9 (0.25)	55.0 (0.28)	31.1 (0.31)	38.3 (0.27)
Cohabiting	70.9 (0.88)	39.2 (0.98)	28.4 (0.93)	41.0 (1.08)
Divorced or separated	78.1 (0.45)	43.4 (0.49)	29.1 (0.47)	39.9 (0.50)
Widowed	85.6 (1.48)	50.8 (1.79)	23.6 (1.60)	40.6 (1.86)
Geographic region: ⁶				
Northeast	79.2 (0.47)	52.9 (0.53)	33.0 (0.50)	42.9 (0.48)
Midwest	76.2 (0.52)	52.3 (0.44)	31.4 (0.47)	39.9 (0.39)
South	83.9 (0.31)	54.4 (0.40)	28.4 (0.44)	39.4 (0.35)
West	79.1 (0.44)	58.0 (0.40)	35.0 (0.50)	42.6 (0.48)
Place of residence: ^{6,9}				
MSA, central city	80.7 (0.36)	56.0 (0.37)	30.2 (0.44)	41.5 (0.37)
MSA, not central city	79.7 (0.31)	54.4 (0.32)	32.7 (0.34)	41.3 (0.29)
Not MSA	80.5 (0.57)	51.6 (0.56)	29.4 (0.60)	38.6 (0.57)

See footnotes at end of table.

Table 7.2 Percent of adults 18 years of age and over who engaged in selected healthy behaviors, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Selected healthy behaviors			
	Did not have 5 or more drinks in 1 day (past year) ¹	Never smoked cigarettes ²	Any regular leisure-time physical activity ³	Healthy weight ⁴
Men				
Age 18 years and over (age-adjusted) ^{5,6}	71.3 (0.31)	47.4 (0.32)	34.8 (0.32)	33.8 (0.29)
Ages 18 years and over (crude) ⁵	70.5 (0.33)	48.0 (0.34)	35.1 (0.33)	33.8 (0.29)
Age:				
18–24 years	59.3 (1.07)	63.2 (0.90)	46.6 (0.99)	55.1 (0.84)
25–44 years	62.0 (0.50)	55.7 (0.44)	37.0 (0.45)	31.5 (0.43)
45–64 years	76.5 (0.42)	37.7 (0.56)	31.5 (0.50)	26.4 (0.47)
65–74 years	91.0 (0.48)	30.7 (0.77)	30.4 (0.90)	30.0 (0.91)
75 years and over	95.6 (0.44)	35.7 (1.08)	20.7 (0.83)	44.9 (1.04)
Race: ⁶				
White, single race	69.4 (0.35)	46.1 (0.34)	35.8 (0.37)	33.1 (0.32)
Black or African American, single race	82.1 (0.59)	52.1 (0.88)	29.7 (0.71)	33.5 (0.80)
American Indian or Alaska Native, single race	72.6 (3.36)	39.6 (4.69)	34.0 (3.97)	22.2 (3.00)
Asian, single race	84.3 (1.24)	60.5 (1.65)	31.0 (1.83)	60.1 (1.69)
Native Hawaiian or other Pacific Islander, single race	53.5 (5.98)	49.3 (6.65)	32.9 (7.90)	30.2 (8.52)
2 or more races	59.8 (2.30)	37.3 (2.60)	37.5 (2.28)	30.5 (2.33)
Black or African American, white	67.7 (7.44)	36.9 (6.42)	64.2 (8.14)	30.8 (7.61)
American Indian or Alaska Native, white	55.6 (3.80)	27.8 (3.73)	32.3 (3.32)	31.0 (3.19)
Hispanic or Latino origin and race: ⁶				
Hispanic or Latino	72.4 (0.75)	55.3 (0.79)	25.5 (0.65)	29.8 (0.74)
Mexican or Mexican-American	69.0 (0.99)	54.8 (0.99)	24.9 (0.84)	28.1 (0.95)
Not Hispanic or Latino	71.0 (0.34)	46.5 (0.34)	35.9 (0.36)	34.4 (0.31)
White, single race	68.8 (0.38)	45.3 (0.36)	37.0 (0.40)	33.6 (0.34)
Black or African American, single race	82.2 (0.59)	52.1 (0.90)	29.6 (0.71)	33.4 (0.80)
Education: ⁶				
Less than high school graduate	74.7 (0.62)	38.8 (0.70)	22.3 (0.62)	35.3 (0.62)
GED diploma ⁷	66.7 (1.63)	23.3 (1.51)	28.3 (1.63)	32.1 (1.74)
High school graduate	71.4 (0.58)	42.6 (0.55)	31.0 (0.56)	31.9 (0.52)
Some college - no degree	67.9 (0.69)	45.7 (0.65)	37.6 (0.72)	33.9 (0.63)
Associate of arts degree	70.5 (0.87)	49.6 (1.00)	37.5 (0.94)	30.0 (0.88)
Bachelor of arts, science degree	69.5 (0.66)	59.0 (0.69)	43.7 (0.76)	35.1 (0.73)
Master's, doctorate, medical degree	76.8 (0.84)	65.0 (0.94)	48.1 (1.08)	38.8 (0.99)
Poverty status: ^{6,8}				
Below poverty level	72.0 (1.11)	43.4 (1.07)	27.0 (0.98)	40.7 (0.97)
≥1 but <2 times poverty level	73.4 (0.76)	40.8 (0.85)	27.1 (0.75)	37.3 (0.81)
≥2 but <4 times poverty level	70.9 (0.53)	44.0 (0.53)	33.7 (0.55)	32.4 (0.55)
4 times poverty level or more	66.4 (0.49)	51.8 (0.50)	42.6 (0.58)	31.6 (0.52)
Marital status: ⁶				
Never married	70.3 (0.62)	54.4 (0.78)	37.8 (0.77)	44.1 (0.79)
Married	74.1 (0.39)	48.3 (0.39)	32.8 (0.40)	28.6 (0.35)
Cohabiting	62.2 (1.26)	35.9 (1.30)	31.6 (1.30)	34.0 (1.37)
Divorced or separated	65.6 (0.83)	36.5 (0.72)	33.4 (0.78)	34.3 (0.80)
Widowed	73.6 (2.97)	41.5 (3.27)	32.7 (3.33)	32.8 (3.06)
Geographic region: ⁶				
Northeast	69.7 (0.81)	48.0 (0.80)	36.6 (0.75)	34.7 (0.64)
Midwest	66.7 (0.64)	45.4 (0.51)	34.6 (0.59)	33.5 (0.59)
South	76.0 (0.48)	46.4 (0.58)	32.1 (0.57)	32.6 (0.47)
West	69.7 (0.67)	51.4 (0.67)	38.3 (0.69)	35.6 (0.67)
Place of residence: ^{6,9}				
MSA, central city	71.3 (0.54)	48.8 (0.52)	33.8 (0.58)	36.5 (0.57)
MSA, not central city	70.9 (0.45)	48.4 (0.45)	36.1 (0.44)	33.1 (0.40)
Not MSA	71.9 (0.76)	43.3 (0.71)	32.7 (0.75)	32.3 (0.64)

See footnotes at end of table.

Table 7.2 Percent of adults 18 years of age and over who engaged in selected healthy behaviors, by selected characteristics: United States, average annual, 1999–2001—Con.

Selected characteristic	Selected healthy behaviors			
	Did not have 5 or more drinks in 1 day (past year) ¹	Never smoked cigarettes ²	Any regular leisure-time physical activity ³	Healthy weight ⁴
Women				
Percent of adults (standard error)				
Ages 18 years and over (age-adjusted) ^{5,6}	88.5 (0.20)	60.2 (0.28)	28.1 (0.28)	47.5 (0.27)
Ages 18 years and over (crude) ⁵	88.6 (0.20)	60.2 (0.28)	28.0 (0.28)	47.5 (0.27)
Age:				
18–24 years	76.5 (0.80)	67.0 (0.81)	32.8 (0.87)	60.0 (0.90)
25–44 years	84.2 (0.31)	61.2 (0.43)	31.7 (0.42)	51.1 (0.39)
45–64 years	93.4 (0.24)	54.2 (0.44)	27.3 (0.46)	39.8 (0.49)
65–74 years	98.3 (0.19)	58.0 (0.81)	22.9 (0.67)	38.9 (0.79)
75 years and over	99.4 (0.13)	68.7 (0.72)	12.3 (0.53)	47.9 (0.83)
Race: ⁶				
White, single race	87.1 (0.23)	57.6 (0.31)	29.9 (0.31)	49.8 (0.30)
Black or African American, single race	94.5 (0.36)	67.7 (0.65)	19.3 (0.62)	31.1 (0.70)
American Indian or Alaska Native, single race	82.7 (2.75)	48.5 (4.24)	19.0 (3.20)	35.6 (3.00)
Asian, single race	95.8 (0.55)	86.5 (1.11)	24.8 (1.24)	66.2 (1.54)
Native Hawaiian or other Pacific Islander, single race	85.3 (7.51)	59.3 (8.36)	37.3 (6.71)	28.5 (8.03)
2 or more races	82.0 (1.85)	49.6 (2.14)	28.0 (2.48)	41.6 (2.36)
Black or African American, white	80.9 (6.42)	41.1 (6.69)	31.7 (6.97)	45.7 (8.52)
American Indian or Alaska Native, white	77.2 (3.17)	41.0 (3.67)	26.7 (3.74)	34.0 (3.79)
Hispanic or Latino origin and race: ⁶				
Hispanic or Latino	93.0 (0.33)	76.2 (0.64)	19.6 (0.57)	38.7 (0.71)
Mexican or Mexican-American	93.2 (0.38)	77.8 (0.78)	19.1 (0.76)	33.7 (0.92)
Not Hispanic or Latino	87.8 (0.22)	58.3 (0.31)	29.2 (0.30)	48.5 (0.29)
White, single race	86.2 (0.26)	55.6 (0.34)	31.1 (0.34)	50.9 (0.32)
Black or African American, single race	94.5 (0.36)	67.6 (0.64)	19.4 (0.63)	31.0 (0.70)
Education: ⁶				
Less than high school graduate	92.2 (0.36)	58.8 (0.68)	16.4 (0.50)	37.9 (0.60)
GED diploma ⁷	85.6 (1.05)	38.5 (1.48)	20.1 (1.31)	41.0 (1.74)
High school graduate	89.4 (0.33)	56.5 (0.55)	23.8 (0.45)	45.7 (0.52)
Some college - no degree	86.1 (0.43)	58.0 (0.64)	31.1 (0.55)	48.2 (0.56)
Associate of arts degree	87.1 (0.56)	58.8 (0.77)	30.9 (0.72)	46.2 (0.89)
Bachelor of arts, science degree	87.1 (0.40)	67.1 (0.63)	37.9 (0.63)	56.1 (0.67)
Master's, doctorate, medical degree	91.1 (0.49)	71.6 (0.85)	42.9 (1.12)	60.3 (1.00)
Poverty status: ^{6,8}				
Below poverty level	88.9 (0.58)	57.7 (0.91)	19.5 (0.71)	39.2 (0.80)
≥1 but <2 times poverty level	89.3 (0.43)	57.5 (0.67)	20.4 (0.53)	40.9 (0.69)
≥2 but <4 times poverty level	88.1 (0.34)	57.8 (0.51)	27.7 (0.50)	45.0 (0.55)
4 times poverty level or more	85.8 (0.36)	61.2 (0.53)	36.9 (0.53)	54.2 (0.51)
Marital status: ⁶				
Never married	85.5 (0.44)	64.7 (0.73)	27.9 (0.64)	46.2 (0.78)
Married	91.0 (0.22)	62.4 (0.37)	29.4 (0.38)	47.8 (0.38)
Cohabiting	79.9 (0.94)	43.4 (1.46)	25.0 (1.21)	49.0 (1.56)
Divorced or separated	86.6 (0.42)	48.1 (0.63)	26.2 (0.55)	43.9 (0.65)
Widowed	89.4 (1.57)	52.9 (2.24)	20.2 (1.78)	43.8 (2.22)
Geographic region: ⁶				
Northeast	87.5 (0.40)	56.8 (0.64)	29.9 (0.55)	50.6 (0.60)
Midwest	85.1 (0.51)	58.2 (0.59)	28.4 (0.55)	46.1 (0.50)
South	91.3 (0.28)	61.3 (0.48)	25.1 (0.53)	45.8 (0.48)
West	88.3 (0.38)	64.2 (0.55)	31.9 (0.50)	49.6 (0.53)
Place of residence: ^{6,9}				
MSA, central city	89.2 (0.31)	62.0 (0.49)	27.0 (0.46)	46.2 (0.47)
MSA, not central city	88.0 (0.28)	59.6 (0.42)	29.5 (0.43)	49.4 (0.40)
Not MSA	88.4 (0.52)	58.5 (0.68)	26.5 (0.64)	44.7 (0.72)

* Figure does not meet standards of reliability or precision (see "Appendix I").

¹Estimates for adults who did not have five or more drinks in 1 day were calculated for this table only and are not shown elsewhere in the report. The question asking about having five or more drinks in 1 day in the past year was asked only of current drinkers but the estimates shown here reflect the percent of all adults who engaged in this behavior.

²Never smoked cigarettes or smoked fewer than 100 cigarettes in lifetime.

³Engaging in light-moderate activity at least 5 times per week for at least 30 minutes each time or engaging in vigorous activity at least 3 times per week for at least 20 minutes each time or meeting either criterion or both criteria.

⁴Healthy weight is defined as a BMI greater than or equal to 18.5 and less than 25.

⁵Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in total.

⁶Estimates are age-adjusted to the 2000 U.S. standard population using age groups 18–44 years, 45–64 years, and 65 years and over.

⁷GED is General Educational Development high school equivalency diploma.

⁸Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds for 1998, 1999, and 2000.

⁹MSA is metropolitan statistical area (see "Appendix II").

NOTES: Denominator for each percent excludes persons with unknown health behavior characteristics. See "Appendix II" for definitions of terms.

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Appendix I

Technical Notes on Methods

Sample Design

The National Health Interview Survey (NHIS) is a cross-sectional household interview survey of the U.S. civilian noninstitutionalized population. Data are collected continuously throughout the year in all 50 States and the District of Columbia. The NHIS uses a multistage, clustered sample design to produce national estimates for a variety of health indicators.

Information on basic health topics is collected for all household members by proxy from one family member for adults not present at the time of interview and for children. Additional information is collected for one randomly sampled adult and one randomly sampled child in each family. Self-response is required for the Sample Adult questionnaire except in the case of sample adults who are physically or mentally incapable of responding for themselves. An adult family member who is knowledgeable about the sample child's health provides information for the child component. Interviews are conducted in the home using a computer-assisted personal interview (CAPI) questionnaire. Telephone followup is permitted if in-home interviews cannot be done.

Response Rates

In 1999, interviews were completed in 37,573 households and 38,171 families with 30,801 adults completing the Sample Adult questionnaire. The 1999 household response rate was 87.6%, and the final response rate for the 1999 Sample Adult questionnaire was 69.6% (26). In 2000, interviews were completed in 38,633 households and 39,264 families, with 32,374 adults completing the Sample Adult portion of the interview. The 2000 household response rate was 88.9%, and the final response rate for the 2000 Sample Adult questionnaire was 72.1% (27). In 2001,

interviews were completed in 38,932 households and 39,633 families, with 33,326 adults completing the Sample Adult component. The 2001 household response rate was 88.9%, and the final response rate for the 2001 Sample Adult questionnaire was 73.8% (28).

Combining years 1999–2001, NHIS interviews were completed with 96,501 sample adults aged 18 years and over. The final response rate for the 1999–2001 combined sample adult files was 71.8%. Procedures used in calculating response rates for combined data years are described in detail in “Appendix I” of the Survey Description of the NHIS data files (26–28).

Item Nonresponse

Item nonresponse for each of the sociodemographic indicators shown in this report was less than 1% with the exception of the poverty threshold, which is based on detailed family income asked in the family component of the questionnaire. Item nonresponse for the poverty indicator was 23.1%. Item nonresponse for the health behavior items ranged from 0.1% to 4.2%; for most items nonresponse was less than 2%. The denominators for statistics shown in the tables in chapters 3–7 exclude persons with unknown health behavior characteristics for a given table. Persons with unknown sociodemographic characteristics are not shown separately, but are included in the totals.

Age Adjustment

Data shown in this report were age adjusted using the 2000 standard U.S. population (32,33). Age adjustment was used to allow comparison among various population subgroups that have different age structures and to allow comparison of changes over time. Age adjustment is particularly important for demographic characteristics such as race and ethnicity, education, and marital status. It is also helpful for other characteristics. The following age groups were used for age adjustment: 18–44 years, 45–64 years, and 65 years and over (table I).

Table I. Age distribution used in age adjusting data shown in this report: 2000 U.S. standard population

Age	Population (in thousands)
18 years and over	203,851
18–44 years	108,150
45–64 years	60,991
65 years and over	34,710

Estimates were calculated using software for statistical analysis of correlated data (SUDAAN) (31). The SUDAAN procedure PROC DESCRIPT was used to produce age-adjusted percents and their standard errors.

Tests of Significance

Statistical tests performed to assess significance of differences in the estimates were two-tailed with no adjustments for multiple comparisons. The test statistic used to determine the statistical significance of differences between two percents was:

$$Z = \frac{|X_a - X_b|}{\sqrt{S_a^2 + S_b^2}}$$

Here X_a and X_b are the two percents being compared, and S_a and S_b are the standard errors of the percents. The critical value used for two-sided tests at the 0.05 level of significance was 1.96.

Relative Standard Error

Estimates with a relative standard error greater than 30% are considered unreliable and are indicated with an asterisk. The relative standard errors are calculated as follows:

$$\text{Relative standard error} = (\text{SE}/\text{Est})100,$$

where SE is the standard error of the estimate, and Est is the estimate (percent, rate, mean, or frequency).

Appendix II Definitions of Selected Terms

Definitions of Sociodemographic Terms

Age—The age recorded for each person is the age at the last birthday.

Hispanic or Latino origin and race—Hispanic or Latino origin and race are two separate and distinct concepts. Persons of Hispanic or Latino origin may be of any race. Hispanic or Latino origin includes persons of Mexican, Puerto Rican, Cuban, Central and South American, or Spanish origins. All tables show Mexicans or Mexican-Americans as a subset of Hispanic or Latino. Other groups are not shown for reasons of confidentiality or statistical reliability. (See definition of race for additional detail.)

Race—In the previously published Advance Data reports on health behaviors, based on data from the 1997–98 National Health Interview Survey (NHIS), race and Hispanic ethnicity were combined and presented in four categories: Hispanic, white non-Hispanic, black non-Hispanic, and Asian/Pacific Islander non-Hispanic (19–22). Beginning in 1999, the categories for race were expanded to be consistent with the 1997 Office of Management and Budget (OMB) Federal guidelines (23), which now distinguish persons of one race from persons of two or more races. The classification includes subcategories for the following single-race persons: white; black or African American; American Indian or Alaska Native; Asian; and Native Hawaiian or other Pacific Islander. The category “2 or more races” refers to persons who indicated more than one race group. Data for multiple race combinations can only be reported to the extent that the estimates meet the requirements for confidentiality and statistical reliability. In this report, three categories are shown for multiple-race individuals (a summary category and two multiple-race categories: black or African American and white;

American Indian or Alaska Native and white). Other combinations are not shown separately due to statistical unreliability as measured by the relative standard errors of the estimates, but they are included in the total for “2 or more races.”

The text in this report uses shorter versions of the new OMB race and Hispanic origin terms for conciseness, and the tables use the complete terms. For example, the category “not Hispanic or Latino, black or African American, single race” in the tables is referred to as “non-Hispanic black” in the text.

Education—The categories of education are based on the years of school completed or highest degree obtained for persons aged 18 years and over. Respondents were shown a flash card to choose an appropriate category. Only years completed in a school that advances a person toward an elementary or high school diploma, General Educational Development high school equivalency diploma (GED), college, university, or professional degree are included. Education in other schools or home schooling is counted only if the credits are accepted in a regular school system.

Poverty status—Poverty status is based on family income and family size using the U.S. Census Bureau’s poverty thresholds (36–38). Each adult’s poverty status is expressed in terms of a ratio of family income to the appropriate poverty threshold. The lowest income group consists of persons living below the poverty level (ratio less than 1). The highest income group consists of persons living in families with incomes that were at least four times the poverty level (ratio of 4 or more).

Marital status—Respondents were asked to choose a marital status category most appropriate for their marital situation. Persons reporting their marital status as “married” may, in some cases, have been living in commonlaw marital unions. Alternatively, these individuals could have identified their marital status as “living with partner.” Adults who were living with a partner were considered to be members of the same family (as if married) and are categorized as “cohabiting” in the tables and text of

this report. The distinction between “married” and “living with partner” was made by the respondent.

Geographic region—In the geographic classification of the U.S. population, States are grouped into the four regions used by the U.S. Census Bureau:

<i>Region</i>	<i>States included</i>
Northeast	Maine, Vermont, New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, New Jersey, and Pennsylvania;
Midwest	Ohio, Illinois, Indiana, Michigan, Wisconsin, Minnesota, Iowa, Missouri, North Dakota, South Dakota, Kansas, and Nebraska;
South	Delaware, Maryland, District of Columbia, West Virginia, Virginia, Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Louisiana, Oklahoma, Arkansas, and Texas;
West	Washington, Oregon, California, Nevada, New Mexico, Arizona, Idaho, Utah, Colorado, Montana, Wyoming, Alaska, and Hawaii.

MSA—Metropolitan statistical area (MSA), a term first used in 1983, was defined by the U.S. Office of Management and Budget and is used by the U.S. Census Bureau to classify geographic areas (39). The categories shown in this report are: (a) “MSA, central city,” which generally refers to cities with populations of 50,000 or more; (b) “MSA, not central city,” which refers to communities adjacent to the central city of an MSA that have a high degree of economic and social integration with the central city; and (c) “Not MSA,” which refers to more rural areas of the country. The classification of areas in the 1999–2001 NHIS is based on data from the 1990 decennial census.

Definitions of Health Behavior Terms

Alcohol Use

Lifetime abstainer—Is an adult who had fewer than 12 drinks in entire lifetime.

Former infrequent drinker—Had 12 drinks or more in lifetime, but never as many as 12 drinks in a single year, and has had no drinks in the past year.

Former regular drinker—Had 12 drinks or more in lifetime, 12 drinks or more in 1 year, but no drinks in the past year.

Current drinker—Had at least 12 drinks in lifetime and at least one drink in the past year.

Current drinking level—Was based on self-reports of the average frequency of alcohol consumption during the past year (could be reported in terms of days per week, per month, or per year), and the number of drinks the respondent drank on the days he or she drank. Neither size nor type of beverage consumed was specified. In calculating current drinking levels, the number of days the respondent drank was converted from the time unit initially reported (days per week, per month, or per year) to number of days per year. Then, average number of drinks per week was calculated as follows:

$$\left(\frac{(\# \text{ days per year}) (\# \text{ drinks per day})}{365 \text{ days}} \right) 7$$

Current drinkers had had at least 12 drinks in their lifetime and were classified as:

Infrequent	1–11 drinks in the past year.
Light	Three drinks or less per week, on average.
Moderate	Men—More than 3 drinks and up to 14 drinks per week, on average; Women—More than three drinks and up to seven drinks per week, on average;
Heavier	Men: More than 14 drinks per week, on average (more than 2 per day);

Women: More than seven drinks per week, on average (more than one per day.)

Nondrinker—Person who has not had any drinks in the past year, including former drinkers and lifetime abstainers.

Five or more drinks in 1 day in the past year—Current drinkers were asked how many times in the past year they had five or more alcoholic beverages in 1 day.

Cigarette Smoking

Lifetime smoking status—Includes both past smoking history and current smoking practice.

Never smokers—Are adults who never smoked a cigarette or who smoked fewer than 100 cigarettes in their entire lifetime.

Former smokers—Are adults who had smoked at least 100 cigarettes in their lifetime, but said they currently did not smoke.

Current smokers—Are adults who had smoked 100 cigarettes in their lifetime and currently smoked cigarettes every day or some days.

Current smoking status—Is based on the same criteria as lifetime smoking status, but displayed somewhat differently. Current smokers are separated into two categories (daily and nondaily), and never smokers and former smokers are combined into a single category (nonsmoker).

Daily smokers—Are adults who currently smoke every day.

Nondaily smokers—Are adults who currently smoke some days, regardless of the number of days smoked in the past 30 days.

Nonsmokers—Are adults who currently do not smoke cigarettes, including both former smokers and never smokers.

Amount smoked—Adults who smoked daily and those who smoked less than daily were asked separate questions about the usual number of cigarettes smoked in a day. Daily smokers were asked how many cigarettes, on average, they usually

smoked a day. Nondaily smokers were asked to report the usual number smoked “on days that they smoked during the past 30 days.” Smokers who said they smoked “some days” (nondaily smokers), but who then said they had not smoked in the past 30 days, were excluded from the analysis of amount smoked.

Two indicators for amount smoked are shown in this report. One measure is the mean number of cigarettes smoked on the days the respondent smoked. The second is a percent distribution of usual number of cigarettes smoked on those days the respondent smoked. This distribution is shown for the following four categories: less than 15 cigarettes, 15–24 cigarettes, 25–34 cigarettes, and 35 cigarettes or more.

Quit attempt—All current smokers were asked if they had stopped smoking for at least 1 day in the past 12 months because they were trying to quit. All current smokers (including nondaily smokers) who said they had stopped for more than 1 day because they were trying to quit were classified as having attempted to quit

Leisure-time Physical Activity

All questions related to leisure-time physical activity were phrased in terms of current behavior and lack a specific reference period. An introductory phrase explained to respondents that they were being asked only about leisure-time physical activities. In this report, persons who volunteered a response indicating that they were “unable to do the activity” were combined with those saying they “never” engaged in the activity.

Physically inactive—Includes persons who engaged in no light, moderate, or vigorous leisure-time physical activity lasting 10 minutes or longer. Persons classified as physically inactive may include individuals who engaged in strengthening activities, but no other type of physical activity.

At least some physical activity—Includes persons who engaged in some light, moderate, or vigorous leisure-time physical activity lasting 10 minutes or longer. This includes all

persons who did any leisure-time activity lasting at least 10 minutes, regardless of frequency.

Light-moderate activity—Is activity lasting at least 10 minutes that caused light sweating or slight-moderate increase in breathing or heart rate.

Vigorous activity—Is activity lasting at least 10 minutes that caused heavy sweating or large increases in breathing or heart rate.

Regular activity—Refers to leisure-time activity engaged in for a minimum specified duration and a minimum specified frequency.

Regular light-moderate activity—Is light-moderate activity that occurs five or more times per week for at least 30 minutes each time.

Regular vigorous activity—Is vigorous activity that occurs three or more times per week for at least 20 minutes each time.

Any regular activity—Is either regular light-moderate, regular vigorous, or both. It does not include other combinations of activity levels (e.g., vigorous activity twice a week combined with light-moderate activity three times a week). The number of individuals with such combinations of activity is small. Persons who reported *only* strengthening activity are not included.

Strengthening activity—Is any physical activity designed specifically to strengthen muscles, including, but not limited to, weight lifting or calisthenics. The reference period was unspecified, and no information on duration was collected. Strengthening activities may overlap with light, moderate, or vigorous activities because respondents were told to report such activities even if they had included them in their previous responses to light-moderate or vigorous activities.

Body Weight

Beginning in 1999, the word “about” was dropped from the beginning of the height and weight questions so that the questions would be consistent with other Federal surveys.

See “[Appendix III](#)” for exact question wording.

Body mass index—Body mass index was calculated from self-reported height and weight. Height reported in U.S. customary units (feet and inches) was first converted to height in inches and then to height in meters (1 meter = 39.37 inches). Weight reported in U.S. customary units (pounds) was converted to weight in kilograms (1 kilogram = 2.205 pounds). Thus,

Body Mass Index (BMI) = $\text{kg}/(\text{m}^2)$,
where:

kg (kilograms) = weight in
pounds/2.205,
and m (meters) = height in
inches/39.37.

Body weight status—Body weight status refers to the entire spectrum of body weight, including underweight, healthy weight, overweight but not obese, and obese. It is based on a BMI calculated from self-reported height and weight, without shoes.

Not overweight—This category includes persons with a BMI of less than 25 and includes both healthy weight and underweight.

Underweight—Persons with a BMI of less than 18.5 were classified as underweight.

Healthy weight—Persons with a BMI greater than or equal to 18.5 and less than 25 were classified as in the healthy weight range.

Overweight—Persons with a BMI greater than or equal to 25 were classified as overweight. This category includes the following two subgroups:

Overweight (but not obese)—Persons with a BMI greater than or equal to 25 and less than 30 were classified as overweight but not obese.

Obese—Persons with a BMI greater than or equal to 30 were classified as obese.

Appendix III Health Behavior Questions

The 1999–2001 National Health Interview Surveys' Sample Adult questionnaires contained the selected questions on health behaviors shown below. Each question is preceded by its question number, beginning with the acronym "AHB." AHB is the Adult Health Behavior section of the Sample Adult questionnaire. The complete NHIS Sample Adult questionnaire, as well as information about other components of the NHIS, is available at:

<http://www.cdc.gov/nchs/nhis.html>.

Alcohol Use

- AHB.140 In any ONE year, have you had at least 12 drinks of any type of alcoholic beverage? [Asked of all adults]
- AHB.150 In your ENTIRE LIFE, have you had at least 12 drinks of any type of alcoholic beverage? [Asked of adults who never had at least 12 drinks in any one year]
- AHB.160 In the PAST YEAR, how often did you drink any type of alcoholic beverage? [Days per week/month/year] [Asked of adults who ever had 12 drinks of alcohol in their lifetime]
- AHB.170 In the PAST YEAR, on those days that you drank alcoholic beverages, on the average, how many drinks did you have? [Asked of current drinkers]
- AHB.180 In the PAST YEAR, on how many days did you have 5 or more drinks of any alcoholic beverage? [Asked of all current drinkers]

Cigarette Smoking

- AHB.010 Have you smoked at least 100 cigarettes in your ENTIRE LIFE? [Asked of all adults]
- AHB.020 How old were you when you FIRST started to smoke fairly regularly? [Asked of adults who had smoked at least 100 cigarettes in lifetime.]
- AHB.030 Do you NOW smoke every day, some days, or not at all? [Asked of adults who had smoked at least 100 cigarettes in lifetime.]
- AHB.040 How long has it been since you quit smoking cigarettes? [Asked of former smokers]
- AHB.050 On the average, how many cigarettes do you now smoke a day? [Asked of adults who smoked every day (daily smokers).]
- AHB.060 On how many of the past 30 days did you smoke a cigarette? [Asked of adults who smoked only some days (nondaily smokers).]
- AHB.070 On the average, when you smoked during the PAST 30 DAYS, about how many cigarettes did you smoke a day? [Asked of nondaily smokers who smoked at least one day in the past 30 days.]
- AHB.080 During the PAST 12 MONTHS, have you stopped smoking for more than one day BECAUSE YOU WERE TRYING TO QUIT SMOKING? [Asked of all current smokers.]

Leisure-time Physical Activity

The following introductory phrase was read to the respondent by the

interviewer immediately before asking the physical activity questions:

"The next questions are about physical activities (exercise, sports, physically active hobbies...) that you may do in your LEISURE time."

- AHB.090 How often do you do VIGOROUS activities for AT LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate? [Asked of all adults.]
- AHB.100 About how long do you do these vigorous activities each time? [Asked of adults who reported any vigorous activity.]
- AHB.110 How often do you do LIGHT OR MODERATE activities for AT LEAST 10 MINUTES that cause ONLY SLIGHT TO MODERATE increase in breathing or heart rate? [Asked of all adults.]
- AHB.120 About how long do you do these light or moderate activities each time? [Asked of adults who reported any light-moderate activity.]
- AHB.130 How often do you do physical activities specifically designed to STRENGTHEN your muscles such as lifting weights or doing calisthenics? (Include all such activities even if you mentioned them before.) [Asked of all adults.]

Body Weight and Height

- AHB.190 How tall are you without shoes? [Asked of all adults.]
- AHB.200 How much do you weigh without shoes? [Asked of all adults.]

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