

## Healthy People 2010 Operational Definition

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**22-3. Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness for at least 20 minutes per day 3 or more days per week.**

<b>National Data Source</b>	National Health Interview Survey (NHIS), CDC, NCHS.
<b>State Data Source</b>	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP. (See State Operational Definition, below.)
<b>Healthy People 2000 Objective</b>	Adapted from 1.4 (Physical Activity and Fitness).
<b>Changes since the 2000 Publication</b>	None.
<b>Measure</b>	Percent (age adjusted – see Comments).
<b>Baseline (Year)</b>	23 (1997)
<b>Target</b>	30
<b>Target-Setting Method</b>	Better than the best racial/ethnic subgroup.  For a discussion of target-setting methods, see Part A, section 4.
<b>Numerator</b>	Number of persons aged 18 years and older who report participating in vigorous physical activity for at least 20 minutes three or more times per week.
<b>Denominator</b>	Number of persons aged 18 years and older.
<b>Population Targeted</b>	U.S. civilian, noninstitutionalized population.
<b>Questions Used To Obtain the National Baseline Data</b>	From the 1997 National Health Interview Survey:  ➤ <i>How often do you do VIGOROUS activities for AT LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate?</i> <i>Never</i> <i>Unable to do this type activity</i> <i>_____ times per day/week/month/year</i>  ○ <i>About how long do you do these vigorous</i>

activities each time?  
\_\_\_\_\_ minutes/hours

**Expected Periodicity** Annual.

**Comments**

Adults are classified as participating in vigorous physical activity if they answer 3 to 28 times per week and 20 to 720 minutes for each time

Data (except those by education status) are age adjusted to the 2000 standard population using the age groups 18-24, 25-34, 35-44, 45-64, and 65 years and over. Data by education status are adjusted using the age groups 25-34, 35-44, 45-64, and 65 years and over. Age-adjusted rates are weighted sums of age-specific rates. For a discussion of age adjustment, see Part A, section 7.

Current national and State estimates are not comparable; the questions are different. Also, the national survey is administered by personal interview, and the State survey is administered by telephone. Neither survey accounts for people whose jobs may require regular or vigorous physical activity that is not reported in response to these questions.

This objective is measured differently from Healthy People 2000 objective 1.4. The new questions generally produce larger estimates of vigorous physical activity. A discussion of measuring objective 1.4 can be found in *Healthy People 2000 Statistical Notes*.<sup>1</sup>

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.<sup>2</sup>

See Part C for a description of NHIS and Appendix A for focus area contact information.

## References

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1. Chong, Y.; Klein, R.; Plepys, C.; et al. Operational definitions for year 2000 objectives: Priority area 1, Physical Activity and Fitness. *Healthy People 2000 Statistical Notes*, No. 18. Hyattsville, MD: National Center for Health Statistics, 1998.
2. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.

## State Operational Definition

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**22-3. Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness for at least 20 minutes per day 3 or more days per week.**

<b>State Data Source</b>	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
<b>National Data Source</b>	National Health Interview Survey (NHIS), CDC, NCHS.
<b>Measure</b>	Percent (age adjusted – see Comments).
<b>Numerator</b>	Number of persons aged 18 years and older who report participating in vigorous physical activity for at least 20 minutes three or more times per week.
<b>Denominator</b>	Number of persons aged 18 years and older.
<b>Population Targeted</b>	State-specific civilian, non-institutionalized adult population residing in households with telephones (see Comments).

**Questions Used To Obtain the State Baseline Data**

From the 2001 Behavioral Risk Factor Surveillance System:

[NUMERATOR:]

- *Now, thinking about the vigorous physical activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy year work, or anything else that causes large increases in breathing or heart rate?*
- *How many days per week do you do these vigorous activities for at least 10 minutes at a time?*
  - a. *\_\_\_ Days per week*
  - b. *Do not exercise at least 10 minutes weekly*
  - c. *Don't know/Not sure*
  - d. *Refused*
- *On day when you do vigorous activities for at least 10 minutes at a time, how much total time per do you spend doing these activities?*
  - a. *\_\_:00 Hours and minutes per day*
  - b. *Don't know/Not sure*
  - c. *Refused*

**Expected Periodicity**

Annual.

**Comments**

Data for this objective are collected using the core component of the BRFSS. Thus the data are available for all 50 states and the District of Columbia.

National data from the NHIS and state data from the BRFSS may not be comparable for a number of reasons, including mode of question administration, context of questions, question wording, and survey sampling frame.

Adults are classified as participating in vigorous physical activity if they answer 3 to 28 times per week and 20 to 720 minutes for each time.

Data (except those by education status) are age adjusted to the 2000 standard population using the age groups 18-24, 25-34, 35-44, 45-64, and 65 years and over. Data by education status are adjusted using the age groups 25-34, 35-44, 45-64, and 65 years and over. Age-adjusted rates are weighted sums of age-specific rates. For a discussion of age adjustment, see Part A, section 7.

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality

and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.<sup>1</sup>

See [www.cdc.gov/brfss](http://www.cdc.gov/brfss) for a description of BRFSS and Appendix A for focus area contact information.

## References

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1. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.