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Exercise and Participation in Sports Among Persons 20 Years of Age and Over: United States, 1975¹

During July-December 1975 the Health Interview Survey questionnaire included a supplement to obtain information about exercise, participation in sports, and self-judgment of the individual's amount of physical activity for the U.S. civilian noninstitutionalized population 20 years of age and over. Data were obtained in response to the following five questions: What exercises were done on a regular basis? What sports were participated in during the 12 months prior to interview? Was this participation as a team member? Was any of the participation in tournaments? and Do you consider yourself more, less, or about as active as other persons of your age? A copy of the questionnaire may be found in "Current Estimates from the Health Interview Survey, United States, 1975," *Vital and Health Statistics*, Series 10, No. 115, DHEW Publication No. (HRA) 77-1543. Unlike most data gathered in this survey, the information on exercise and sports participation was obtained from each sample person rather than from a household respondent.

The data show that about 49 percent of persons 20 years of age and over reported doing one regular exercise or more, while 51 percent reported no regular exercise (table 1). Among specific exercises, walking was the most common form; approximately 7 out of 10 persons who exercised regularly reported this form. During the 12 months before the interview about 42 percent in this age group participated in one

kind of sport or more. Among specified types of sports, the participation rate was highest for swimming (24.0 percent). Approximately 11 percent of the group participated in sports as a team member, and about 7 percent participated in a tournament during the year.

Exercise

Tables 1 and 2 show the number and percent distribution of persons by type of exercise according to selected characteristics. Walking (33.8 percent) was the main form of exercise among persons 20 years of age or over. This was especially true for older persons. For example, among persons 65 years or over who exercised regularly, almost 9 out of 10 walked for exercise. Calisthenics was the second most popular form of exercise (13.5 percent). The next most frequently mentioned exercises were swimming (11.8 percent), bicycling (10.9 percent), jogging (4.8 percent), and weight lifting (3.4 percent). Figure 1 shows these percents by sex.

A higher proportion of younger persons exercised regularly than did older persons. About 54 percent of persons aged 20-44 years exercised, while only about 42 percent 65 years and over reported exercising regularly. Persons with higher family income were more likely to exercise than were persons with lower family income.

Because many people do more than one form of exercise, the sum of those who did different forms is, of course, greater than the number of those who exercised. Table 3 illustrates

¹This report prepared by Jai W. Choi, Division of Health Interview Statistics.

Table 1. Percent distribution of persons 20 years of age and over by exercise status and percent by type of exercise, according to selected characteristics: United States, 1975

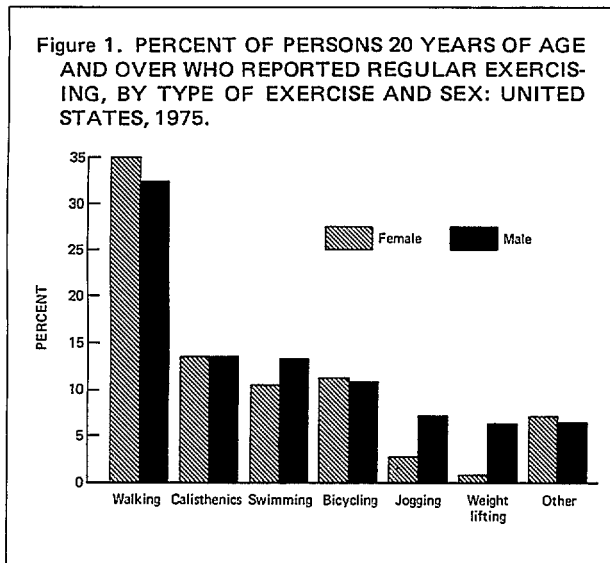
Characteristic	All persons 20 years and over ¹	One regular exercise or more	Type of exercise							No regular exercise
			Bicycling	Calisthenics	Jogging	Weight lifting	Swimming	Walking	Other	
SEX										
Both sexes										
All ages 20 years and over ..	100.0	48.6	10.9	13.5	4.8	3.4	11.8	33.8	6.8	51.1
20-44 years	100.0	53.7	16.1	17.3	7.3	5.4	16.9	33.8	6.9	46.1
45-64 years	100.0	43.4	6.5	10.8	2.7	1.5	8.0	32.9	6.5	56.3
65 years and over	100.0	42.3	2.9	6.1	1.2	*0.5	2.8	35.7	6.9	57.4
Male										
All ages 20 years and over ..	100.0	48.5	10.8	13.5	7.2	6.3	13.3	32.5	6.4	51.1
20-44 years	100.0	52.7	14.9	17.5	10.6	10.1	18.8	31.4	6.2	47.0
45-64 years	100.0	42.0	6.7	10.1	3.8	2.6	8.1	31.4	5.9	57.6
65 years and over	100.0	47.3	4.3	5.9	2.1	*0.5	4.1	39.4	8.1	52.0
Female										
All ages 20 years and over ..	100.0	48.7	11.1	13.5	2.7	0.8	10.5	35.0	7.1	51.1
20-44 years	100.0	54.6	17.2	17.1	4.1	1.1	15.0	36.0	7.5	45.2
45-64 years	100.0	44.6	6.4	11.4	1.6	*0.5	7.8	34.2	7.1	55.2
65 years and over	100.0	38.7	1.8	6.3	*0.6	*0.4	1.9	33.0	6.0	61.1
COLOR										
White										
All ages 20 years and over ..	100.0	49.3	11.3	13.8	4.7	3.4	12.6	34.0	6.8	50.4
20-44 years	100.0	54.1	16.6	17.8	7.0	5.5	18.0	33.5	6.8	45.6
45-64 years	100.0	44.5	6.9	11.1	2.8	1.4	8.7	33.4	6.7	55.2
65 years and over	100.0	43.8	3.1	6.5	1.2	*0.5	3.0	36.8	7.2	55.8
All other										
All ages 20 years and over ..	100.0	42.9	8.3	11.0	6.1	3.4	6.0	32.4	6.3	56.8
20-44 years	100.0	50.7	12.5	14.0	9.5	4.7	9.4	36.3	7.4	48.9
45-64 years	100.0	33.9	3.2	8.6	*1.4	*2.3	*1.3	28.2	5.1	65.8
65 years and over	100.0	27.2	*	*2.7	*1.1	*	*1.3	24.4	*4.0	72.8
Family income										
Less than \$5,000	100.0	45.2	7.4	9.6	3.5	2.4	6.7	35.6	5.9	54.7
\$5,000-\$9,999	100.0	46.4	9.5	12.1	4.3	3.0	10.3	34.2	6.4	53.4
\$10,000-\$14,999	100.0	49.9	11.6	13.9	4.7	3.6	13.5	33.7	6.6	49.9
\$15,000 or more	100.0	53.4	14.2	17.5	6.4	4.3	15.2	34.5	7.5	46.3
Unknown	100.0	38.8	6.9	7.2	3.0	2.0	7.8	27.2	7.0	60.7

¹Includes unknown exercise status.

Table 1. Percent distribution of persons 20 years of age and over by exercise status and percent by type of exercise, according to selected characteristics: United States, 1975—Con.

Characteristic	All persons 20 years and over ¹	One regular exercise or more	Type of exercise							No regular exercise
			Bicycling	Calisthenics	Jogging	Weight lifting	Swimming	Walking	Other	
Geographic region										
Northeast	100.0	50.4	10.7	14.0	4.8	3.1	14.1	36.5	7.1	49.4
North Central	100.0	49.6	14.4	13.4	4.3	3.5	10.3	34.9	5.6	50.1
South	100.0	42.0	7.9	10.4	4.2	3.0	10.4	28.1	6.6	57.8
West	100.0	55.8	11.4	18.1	6.7	4.1	13.4	38.4	8.4	43.6
Self-perceived physical activity										
Less active	100.0	39.8	5.1	7.4	0.9	1.2	7.2	27.9	5.3	60.1
As active as others the same age	100.0	50.5	11.4	12.4	3.4	2.6	11.8	35.2	5.7	49.3
More active	100.0	66.6	17.3	23.5	11.1	7.1	18.5	46.2	11.9	33.3
Unknown	100.0	9.7	2.3	2.3	1.4	*0.7	2.4	6.6	1.2	88.7

¹Includes unknown exercise status.



reported doing one type of exercise or more. The corresponding proportions were about 51 percent for those who were about as active as others their age and 67 percent for those who were more active.

Participation in Sports

About 42 percent of the population 20 years of age and over participated in one type of sport or more, while 58 percent did not participate in any kind of sports. During the 12 months before the interview about 11 percent of persons participated in one type of sport or more as team members, and about 7 percent participated in at least one tournament (table 4).

A higher proportion of younger persons participated in sports than did older persons. For instance, about 58 percent of persons aged 20-44 years participated in some form of sport while only about 10 percent of those 65 years and over participated (table 4).

About 37 percent of women reported they had participated in one kind of sport or more, while the comparable rate for men was about 47

that about 46 percent of persons reported that they did two types or more of exercises, and about 55 percent reported that they did only one type of exercise.

Among persons who were less active than others in the same age group, about 40 percent

Table 2. Number of persons 20 years of age and over by exercise status and type of exercise, according to selected characteristics: United States, 1975

Characteristic	All persons 20 years and over ^{1,2}	One regular exercise or more	Type of exercise ³							No regular exercise
			Bicycling	Calis-thenics	Jogging	Weight lifting	Swim-ming	Walking	Other	
SEX										
Both sexes										
All ages 20 years and over	135,655	65,922	14,854	18,287	6,569	4,601	16,034	45,880	9,193	69,334
20-44 years	71,084	38,158	11,422	12,313	5,170	3,852	11,989	24,045	4,894	32,735
45-64 years	43,145	18,710	2,891	4,661	1,145	651	3,435	14,197	2,823	24,308
65 years and over.....	21,426	9,054	611	1,312	254	*99	610	7,639	1,475	12,291
Male										
All ages 20 years and over	63,665	30,893	6,853	8,604	4,604	4,031	8,491	20,716	4,074	32,551
20-44 years	34,268	18,074	5,092	6,006	3,648	3,444	6,452	10,773	2,133	16,107
45-64 years	20,567	8,638	1,380	2,076	773	540	1,675	6,463	1,223	11,847
65 years and over	8,830	4,180	381	522	183	*47	365	3,480	718	4,596
Female										
All ages 20 years and over	71,990	35,030	8,001	9,683	1,965	570	7,543	25,164	5,119	36,783
20-44 years	36,816	20,084	6,330	6,307	1,522	407	5,538	13,272	2,762	16,628
45-64 years	22,579	10,072	1,441	2,585	372	*111	1,760	7,733	1,601	12,461
65 years and over	12,595	4,874	230	790	*71	*52	245	4,159	757	7,695
COLOR										
White										
All ages 20 years and over	120,141	59,264	13,574	16,575	5,627	4,077	15,100	40,847	8,212	60,523
20-44 years	61,990	33,545	10,283	11,037	4,310	3,429	11,135	20,746	4,220	28,287
45-64 years	38,696	17,202	2,679	4,280	1,084	549	3,379	12,942	2,595	21,379
65 years and over	19,455	8,517	611	1,258	232	*99	585	7,159	1,396	10,857
All other										
All ages 20 years and over	15,515	6,658	1,280	1,712	942	524	935	5,033	981	8,811
20-44 years	9,094	4,614	1,139	1,276	860	423	854	3,299	674	4,448
45-64 years	4,450	1,508	141	381	*61	*101	*56	1,254	228	2,930
65 years and over	1,971	536	*	*54	*22	*	*25	480	*79	1,434
Family income										
Less than \$5,000	21,180	9,566	1,563	2,043	738	514	1,426	7,536	1,258	11,576
\$5,000-\$9,999	29,271	13,573	2,791	3,545	1,264	877	3,002	10,010	1,861	15,622
\$10,000-\$14,999.....	29,538	14,733	3,416	4,102	1,402	1,077	3,990	9,957	1,950	14,739
\$15,000 or more	44,358	23,665	6,300	7,782	2,831	1,907	6,739	15,304	3,331	20,530
Unknown	11,307	4,384	784	815	334	227	878	3,073	793	6,868

See footnotes at end of table.

Table 2. Number of persons 20 years of age and over by exercise status and type of exercise, according to selected characteristics: United States, 1975—Con.

Characteristic	All persons 20 years and over ^{1,2}	One regular exercises or more	Type of exercise ³							No regular exercise
			Bicycling	Calis-thenics	Jogging	Weight lifting	Swim-ming	Walking	Other	
<u>Geographic region</u>			Number in thousands							
Northeast	32,789	16,536	3,520	3,520	4,576	1,585	1,030	11,965	2,334	16,185
North Central	35,951	17,830	5,178	4,806	1,551	1,274	3,692	12,547	2,018	18,003
South	41,991	17,639	3,306	4,381	1,751	1,280	4,363	11,790	2,754	24,286
West	24,925	13,916	2,850	4,523	1,682	1,018	3,350	9,578	2,087	10,860
<u>Self-perceived physical activity</u>										
Less active	21,952	8,731	1,120	1,627	206	259	1,588	6,125	1,161	13,199
As active as others the same age	61,946	31,307	7,046	7,691	2,090	1,627	7,305	21,816	3,509	30,563
More active	36,666	24,425	6,340	8,616	4,067	2,607	6,782	16,939	4,345	12,192
Unknown	15,091	1,459	348	353	205	*109	360	1,001	177	13,380

¹Includes unknown exercise status.

²Estimate based on the civilian noninstitutionalized population, July-December 1975.

³The number of persons participating in specific types of exercise is greater than the number of persons who exercise because more than one form is reported in some cases.

Table 3. Number and percent distribution of persons who exercised by number of types of exercise: United States, 1975

Number of types of exercise	Number of persons in thousands	Percent distribution
Total	65,922	100.0
1 type.....	35,932	54.5
2 types	17,450	26.5
3 types or more	12,540	19.0

Participating in sports and doing regular exercises are highly associated. Of the approximately 82.8 million persons who participate in one or the other or both, about 20 percent participate only in sports, about 32 percent only exercise regularly, and about 48 percent are involved in both types of activity.

Type of Sports Participation

The rate of sports participation varies according to the specific type of sport. Table 5 shows the number and percent of sport participants 20 years of age and over for 14 different types of sports. Among the sports specified on the questionnaire, the participation rate was highest for swimming (24.0 percent) and lowest for wrestling (1.0 percent). Swimming (26.7 percent), bowling (16.9 percent), and softball (13.5 percent) were the three most popular sports among men, and swimming (21.6 percent), bowling (15.4 percent), and tennis (9.5 percent) were most popular among women.

percent (table 5). The proportions of persons who participated in sports, who participated as a team member, and who participated in one tournament or more decreased with increasing age and were higher for males and white persons than for females and persons of other races. These proportions increased with increasing family income. Not unexpectedly, the percent of persons in each type of participation category increased dramatically as the self-perceived level of physical activity increased from "less active" to "more active."

Table 4. Number, percent distribution, and percent of persons 20 years of age and over by sports participation status, according to selected characteristics: United States, 1975

Characteristic	All persons 20 years and over 1,2	Sports participation status				All persons 20 years and over 1,2	Sports participation status			
		One type of sport or more	Team member	Tournament	No participation		One type of sport or more	Team member	Tournament	No participation
SEX										
<u>Both sexes</u>										
Number in thousands						Percent				
All ages 20 years and over	135,655	56,460	15,169	9,038	78,866	100.0	41.6	11.2	6.7	58.1
20-44 years.....	71,084	41,267	11,718	6,776	29,657	100.0	58.1	16.5	9.5	41.7
45-64 years.....	43,145	13,076	3,139	2,119	29,954	100.0	30.3	7.3	4.9	69.4
65 years and over	21,426	2,117	312	143	19,255	100.0	9.9	1.5	0.7	89.9
<u>Male</u>										
All ages 20 years and over	63,665	30,178	9,153	6,492	33,307	100.0	47.4	14.4	10.2	52.3
20-44 years.....	34,268	21,372	7,109	4,882	12,841	100.0	62.4	20.7	14.2	37.5
45-64 years.....	20,567	7,340	1,803	1,492	13,156	100.0	35.7	8.8	7.3	64.0
65 years and over	8,830	1,465	241	*119	7,311	100.0	16.6	2.7	*1.3	82.8
<u>Female</u>										
All ages 20 years and over	71,990	26,283	6,016	2,545	45,559	100.0	36.5	8.4	3.5	63.3
20-44 years.....	36,816	19,895	4,609	1,894	16,8	100.0	54.0	12.5	5.1	45.7
45-64 years.....	22,579	5,736	1,336	627	16,799	100.0	25.4	5.9	2.8	74.4
65 years and over	12,595	652	*71	*24	11,944	100.0	5.2	*0.6	*0.2	94.8
<u>COLOR</u>										
<u>White</u>										
All ages 20 years and over	120,141	51,923	14,071	8,424	67,925	100.0	43.2	11.7	7.0	56.5
20-44 years.....	61,990	37,387	10,780	6,213	24,455	100.0	60.3	17.4	10.0	39.4
45-64 years.....	38,696	12,452	2,978	2,068	26,152	100.0	32.2	7.7	5.3	67.6
65 years and over	19,455	2,083	312	143	17,318	100.0	10.7	1.6	0.7	89.0
<u>All other</u>										
All ages 20 years and over	15,515	4,538	1,098	614	10,941	100.0	29.2	7.1	4.0	70.5
20-44 years.....	9,094	3,880	938	563	5,202	100.0	42.7	10.3	6.2	57.2
45-64 years.....	4,450	624	161	*51	3,802	100.0	14.0	3.6	*1.1	85.4
65 years and over	1,971	*34	*	*	1,937	100.0	*1.7	*	*	98.3
<u>Family income</u>										
Less than \$5,000.....	21,180	4,882	1,003	597	16,276	100.0	23.1	4.7	2.8	76.8
\$5,000-\$9,999.....	29,271	10,175	2,443	1,376	19,040	100.0	34.8	8.3	4.7	65.0
\$10,000-\$14,999.....	29,538	14,099	4,034	2,251	15,373	100.0	47.7	13.7	7.6	52.0
\$15,000 or more	44,358	24,411	7,120	4,521	19,807	100.0	55.0	16.1	10.2	44.7
Unknown	11,307	2,893	570	294	8,370	100.0	25.6	5.0	2.6	74.0

See footnotes at end of table.

Table 4. Number, percent distribution, and percent of persons 20 years of age and over by sports participation status, according to selected characteristics: United States, 1975—Con.

Characteristic	All persons 20 years and over ^{1,2}	Sports participation status				All persons 20 years and over ^{1,2}	Sports participation status			
		One type of sport or more	Team member	Tournament	No participation		One type of sport or more	Team member	Tournament	No participation
Geographic region	Number in thousands					Percent				
Northeast	32,789	15,114	3,955	2,174	17,607	100.0	46.1	12.1	6.6	53.7
North Central	35,951	15,500	4,961	2,788	20,322	100.0	43.1	13.8	7.8	56.5
South	41,991	13,825	2,964	1,828	28,089	100.0	32.9	7.1	4.4	66.9
West	24,925	12,021	3,288	2,247	12,848	100.0	48.2	13.2	9.0	51.5
Self-perceived physical activity										
Less active	21,952	7,138	1,124	526	14,814	100.0	32.5	5.1	2.4	67.5
As active as others the same age	61,946	28,031	7,000	3,471	33,870	100.0	45.3	11.3	5.6	54.7
More active	36,666	20,098	6,533	4,605	16,536	100.0	54.8	17.8	12.6	45.1
Unknown	15,091	1,193	513	435	13,646	100.0	7.9	3.4	2.9	90.4

¹Includes unknown exercise status.

²Estimate based on civilian noninstitutionalized population, July-December 1975.

Table 5. Number and percent of persons 20 years of age and over by sex and specific sport participated in: United States, 1975

Sport	Number in thousands ¹			Percent		
	Both sexes	Male	Female	Both sexes	Male	Female
All persons 20 years and over	135,655	64,665	71,990	100.0	100.0	100.0
All persons who participate in one type of sport or more	56,460	30,178	26,283	41.6	47.4	36.5
Swimming	32,542	17,000	15,542	24.0	26.7	21.6
Bowling	21,870	10,762	11,108	16.1	16.9	15.4
Tennis	14,965	8,139	6,826	11.0	12.8	9.5
Softball	12,137	8,599	3,538	8.9	13.5	4.9
Golf	11,370	8,044	3,326	8.4	12.6	4.6
Basketball	10,514	8,554	1,960	7.8	13.4	2.7
Volleyball	8,723	4,917	3,806	6.4	7.7	5.3
Baseball	6,710	5,202	1,508	4.9	8.2	2.1
Football	6,675	5,991	684	4.9	9.4	1.0
Gymnastics	3,233	1,514	1,719	2.4	2.4	2.4
Handball	2,983	2,300	683	2.2	3.6	0.9
Track and field	1,935	1,375	560	1.4	2.2	0.8
Soccer	1,798	1,563	235	1.3	2.5	0.3
Wrestling	1,332	1,110	221	1.0	1.7	0.3
Others	11,070	7,310	3,760	8.2	11.5	5.2

¹Estimate based on civilian noninstitutionalized population, July-December 1975.

Figure 2 shows the percent of persons who participated in sports by sex. The rate of participation was not greater for women than for men in any of the specified types of sports.

Table 6 shows the number and percent of persons who participated in sports by sex and whether this participation was as a team member or in a tournament during the year before the interview. Participation as a team member is proportionally highest for those who bowl (35.5 percent) and for those who play softball (32.2 percent). Tournament participation is highest for softball (19.4 percent), golf (16.7 percent), and bowling (14.4 percent).

Figure 2. PERCENT OF PERSONS 20 YEARS OF AGE AND OVER WHO PARTICIPATED IN 7 SPECIFIED SPORTS, BY SEX.

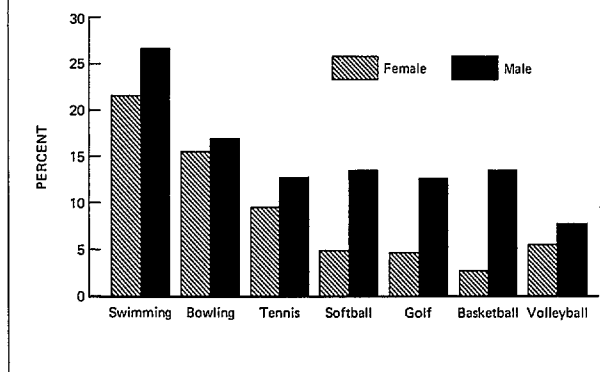


Table 6. Number and percent of persons 20 years of age and over by type of sport participant, specific type of sport, and sex: United States, 1975

Type of sport and sex	Total	Type of participant		Total	Type of participant	
		Team member	Tournament		Team member	Tournament
<u>Both sexes</u>		Number in thousands		Percent		
All persons who participated in one type of sport or more	56,460	15,169	9,038	100.0	26.9	16.0
Swimming	32,542	257	86	100.0	0.8	0.3
Bowling	21,870	7,759	3,147	100.0	35.5	14.4
Tennis	14,965	773	706	100.0	5.2	4.7
Softball	12,137	3,914	2,349	100.0	32.2	19.4
Golf	11,370	1,522	1,901	100.0	13.4	16.7
Basketball	10,514	1,875	816	100.0	17.8	7.8
Volleyball	8,723	1,120	423	100.0	12.8	4.8
Baseball	6,710	861	304	100.0	12.8	4.5
Football	6,675	745	267	100.0	11.2	4.0
Gymnastics	3,233	148	*11	100.0	4.6	0.3
Handball	2,983	244	135	100.0	8.2	4.5
Track and field	1,935	193	141	100.0	10.0	7.3
Soccer	1,798	355	128	100.0	19.7	7.1
Wrestling	1,332	*56	*33	100.0	4.2	2.5
Other	11,070	912	657	100.0	8.2	5.9
<u>Male</u>		Number in thousands		Percent		
One type of sport or more	30,178	9,153	6,492	100.0	30.3	21.5
Swimming	17,000	202	*75	100.0	1.2	*0.4
Bowling	10,762	3,665	1,696	100.0	34.1	15.8
Tennis	8,139	398	495	100.0	4.9	6.1
Softball	8,599	3,222	1,969	100.0	37.5	22.9
Golf	8,044	1,098	1,606	100.0	13.6	20.0
Basketball	8,554	1,636	722	100.0	19.1	8.4
Volleyball	4,917	538	228	100.0	11.0	4.6
Baseball	5,202	739	272	100.0	14.2	5.2
Football	5,991	687	239	100.0	11.5	4.0
Gymnastics	1,514	*51	*11	100.0	*3.4	*0.1
Handball	2,300	211	*102	100.0	9.2	*4.4
Track and field	1,375	171	*119	100.0	12.4	*8.7
Soccer	1,563	333	128	100.0	21.3	8.2
Wrestling	1,110	*56	*33	100.0	*5.0	*3.0
Other	7,310	679	514	100.0	9.3	7.0
<u>Female</u>		Number in thousands		Percent		
One type of sport or more	26,283	6,016	2,545	100.0	22.9	9.7
Swimming	15,542	*54	*11	100.0	*0.3	*0.0
Bowling	11,108	4,095	1,451	100.0	36.9	13.1
Tennis	6,826	375	211	100.0	5.5	3.1
Softball	3,538	692	380	100.0	19.6	10.7
Golf	3,326	424	295	100.0	12.7	8.9
Basketball	1,960	239	*94	100.0	12.2	*4.8
Volleyball	3,806	581	195	100.0	15.3	5.1
Baseball	1,508	*122	*33	100.0	*8.1	*2.2
Football	684	*58	*58	100.0	*8.5	*4.1
Gymnastics	1,719	*97	*	100.0	*5.6	*.
Handball	683	*33	*33	100.0	*4.8	*4.8
Track and field	560	*22	*22	100.0	*3.9	*3.9
Soccer	235	*22	*	100.0	*9.4	*.
Wrestling	221	*	*	100.0	*.	*.
Other	3,760	233	143	100.0	6.2	3.8

TECHNICAL NOTES

SOURCE OF DATA. The data presented in this report were obtained from household interviews in the Health Interview Survey. These interviews were conducted during the final 2 quarters of 1975 in a probability sample of the civilian non-institutionalized population of the United States. During that period approximately 58,000 persons living in about 20,000 households were included in the sample. The physical activity questions were asked of each household member 20 years of age and over who was identified as a "sample person." This subsample included approximately 12,000 persons.

SAMPLING. The sampling pattern for sample person selection was based on the total number of related and unrelated household members. Sample persons (approximately a one-third subsample of the Health Interview Survey sample) were selected by the interviewer at the time of interview. To determine which household member to designate as a sample person, the interviewer referred to a preselected flashcard after listing all related and unrelated persons in the household on the questionnaire. The flashcard contained, for each household size, one person number or more that were to be identified as a sample person.

Since the estimates shown are based on a sample of the population rather than on the entire population, they are subject to sampling error. Standard errors appropriate for the estimates of the number of persons are shown in table I; standard errors appropriate for estimated percentages are shown in table II.

LIMITATIONS AND QUALIFICATIONS OF DATA. All the limitations and qualifications that apply in general to Health Interview Survey data apply to the data shown in this report. A full statement of these limitations and qualifications may be found in any report in Series 10 of *Vital and Health Statistics*.

Specific to the data shown in this report, it should be noted that the intensity and duration of regular physical exercise and sports participation were not considered in classifying people according to participation categories. The category classified as exercising regularly does not distinguish between the person who takes a walk

Table I. Standard errors of estimates of aggregates

Size of estimate in thousands	Standard error in thousands
50	24
70	29
100	35
125	38
300	60
500	77
700	91
1,000	109
5,000	243
10,000	342
20,000	478
30,000	579
50,000	731
100,000	970

Table II. Standard errors, expressed in percentage points, of estimated percentages

Base of percentage in thousands	Estimated percentage				
	2 or 98	5 or 95	10 or 90	20 or 80	50
50	6.8	10.7	14.7	19.6	24.4
70	5.8	9.0	12.4	16.5	20.7
100	4.8	7.5	10.4	13.8	17.3
300	2.8	4.3	6.0	8.0	10.0
500	2.2	3.4	4.6	6.2	7.7
700	1.8	2.8	3.9	5.2	6.5
1,000	1.5	2.4	3.3	4.4	5.5
5,000	0.7	1.1	1.5	2.0	2.4
10,000	0.5	0.8	1.0	1.4	1.7
20,000	0.3	0.5	0.7	1.0	1.2
30,000	0.3	0.4	0.6	0.8	1.0
50,000	0.2	0.3	0.5	0.6	0.8
100,000	0.2	0.2	0.3	0.4	0.5

around the block once a week for exercise and the person who walks 10 miles every day for exercise. Also it should be emphasized that a person who says that he or she does not exercise regularly may in fact be involved in more physical activity than a person who says that they do exercise regularly. The critical point regarding these data is that they reflect how the person defines his or her own activity.

SYMBOLS

Data not available-----	---
Category not applicable-----	...
Quantity zero-----	-
Quantity more than 0 but less than 0.05---	0.0
Figure does not meet standards of reliability or precision-----	*

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