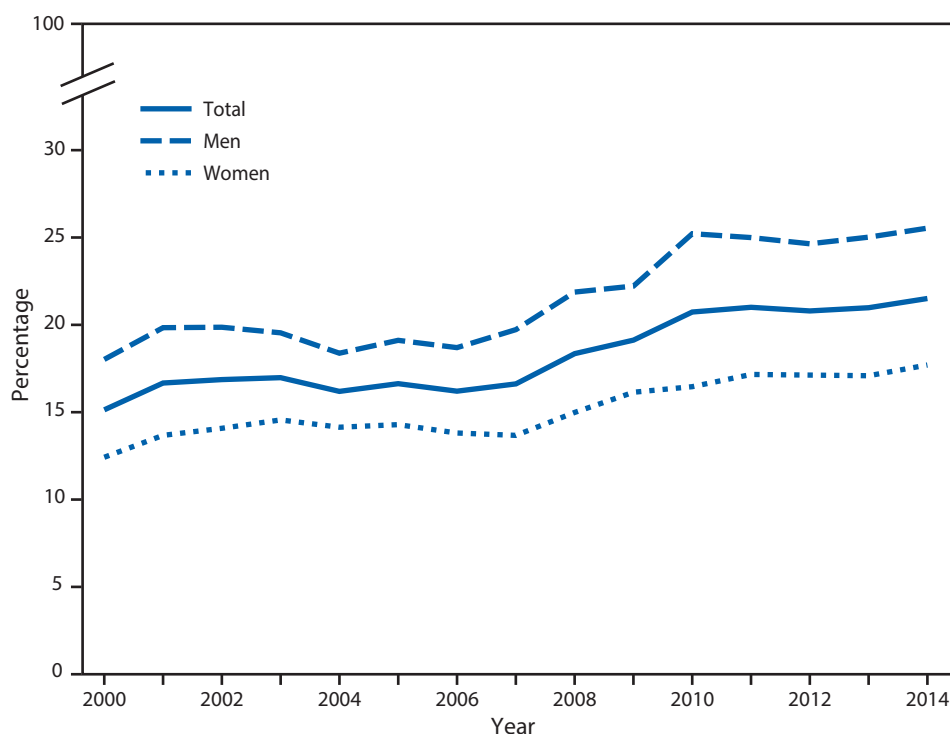


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage of U.S. Adults Who Met the 2008 Federal Physical Activity Guidelines for Aerobic and Strengthening Activity,* by Sex — National Health Interview Survey,† 2000–2014



* Based on self-reports of frequency and duration of light-moderate and vigorous leisure-time aerobic physical activity and frequency of leisure-time strengthening activity at levels consistent with federal physical activity guidelines for adults (<http://health.gov/paguidelines/guidelines/>).

† Estimates are based on household interviews of a sample of the noninstitutionalized U.S. civilian population aged ≥18 years and are derived from the National Health Interview Survey sample adult component.

The percentage of U.S. adults who met the 2008 federal physical activity guidelines for Americans increased from 15.1% in 2000 to 21.5% in 2014. Most of the increase occurred from 2006 to 2010 for men and from 2007 to 2011 for women. During all years, men were more likely than women to meet the physical activity guidelines. In 2014, 25.5% of men and 17.7% of women met the guidelines.

Source: National Health Interview Survey, 2000–2014 data. <http://www.cdc.gov/nchs/nhis.htm>.

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Morbidity and Mortality Weekly Report

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