

Healthy People 2010 Operational Definition

22-1. Reduce the proportion of adults who engage in no leisure-time physical activity.

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective	Adapted from 1.5 (Physical Activity and Fitness).
Changes since the 2000 Publication	None.
Measure	Percent (age adjusted – see Comments).
Baseline (Year)	40 (1997)
Target	20
Target-Setting Method	Better than the best racial/ethnic subgroup. For a discussion of target-setting methods, see Part A, section 4.
Numerator	Number of persons aged 18 years and older who report that they never or are unable to do light or moderate physical activity for at least 20 minutes (at least 10 minutes after 1997) and that they never or are unable to do vigorous physical activity for at least 20 minutes (at least 10 minutes after 1997).
Denominator	Number of persons aged 18 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Baseline Data	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>

- *About how long do you do these vigorous activities each time?*
_____ minutes/hours
- *How often do you do LIGHT OR MODERATE activities for AT LEAST 10 MINUTES that cause ONLY LIGHT sweating or a SLIGHT TO MODERATE increase in breathing or heart rate?*
Never
Unable to do this type activity
_____ times per day/week/month/year
- *About how long do you do these light or moderate activities each time?*
_____ minutes/hours

Expected Periodicity Annual.

Comments

Adults are classified as not engaging in leisure time physical activity if they answer “never” or “Unable to do this type of activity” to both the vigorous and moderate physical activity questions. Responses of “over 28 times per week” to either vigorous or moderate or both sets of questions were eliminated from the denominator.

Although the 1997 baseline reflects responses of “never” or “unable [to do physical activities] for at least 20 minutes,” the question was changed. Subsequent updates for this objective used a smaller time reference of 10 minutes. Estimates were expected to decline slightly.

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 age adjusted using the age groups 25-34, 35-44, 45-64, and 65 and over. Age-adjusted percents are weighted sums of age-specific percents. For a discussion of age adjustment, see Part A, section 7.

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 who report no leisure-time physical activity who may not necessarily have a sedentary lifestyle; their 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 1.5, which tracked the percent of persons aged 18 years and older who had a sedentary lifestyle. A discussion of measuring objective 1.5 can be found in *Healthy People 2000 Statistical Notes*.¹

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*.²

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

References

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

22-1. Reduce the proportion of adults who engage in no leisure-time physical activity.

State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
Measure	Percent (age adjusted – see Comments).
Numerator	Number of persons aged 18 years and older who report that they never participate in any leisure time physical activities.
Denominator	Number of persons aged 18 years and older.
Population Targeted	State-specific civilian, non-institutionalized adult population residing in households with telephones (see Comments).
Questions Used To Obtain the State Baseline Data	<p>From the 1998 Behavioral Risk Factor Surveillance System:</p> <p>[NUMERATOR:]</p> <ul style="list-style-type: none">➤ <i>During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?</i><ul style="list-style-type: none">YesNoDon't know/Not sureRefused
Expected Periodicity	Periodic.
Comments	<p>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.</p> <p>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.</p>

A person is considered to have participated in no leisure time physical activity if he/she answered “no” to the question above.

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 age adjusted using the age groups 25-34, 35-44, 45-64, and 65 and over. Age-adjusted percents are weighted sums of age-specific percents. 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*.¹

See www.cdc.gov/brfss for a description of BRFSS and Appendix A for focus area contact information.

References

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.