

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>	
Total	100.0	30.5 (0.44)	19.5 (0.33)	50.0 (0.45)	100.0	46.6 (0.44)	3.5 (0.14)	29.0 (0.37)	20.9 (0.35)	
Sex										
Male	100.0	28.6 (0.58)	17.2 (0.44)	54.2 (0.61)	100.0	42.0 (0.61)	3.8 (0.21)	29.2 (0.52)	24.9 (0.50)	
Female	100.0	32.3 (0.53)	21.6 (0.44)	46.1 (0.54)	100.0	50.8 (0.54)	3.2 (0.17)	29.0 (0.48)	17.0 (0.41)	
Age (years)										
18–44	100.0	25.1 (0.53)	18.1 (0.46)	56.9 (0.62)	100.0	40.3 (0.61)	3.0 (0.19)	31.1 (0.52)	25.7 (0.53)	
45–64	100.0	32.8 (0.67)	20.8 (0.51)	46.4 (0.67)	100.0	50.2 (0.67)	3.5 (0.22)	28.4 (0.59)	17.8 (0.50)	
65–74	100.0	35.7 (0.97)	22.5 (0.88)	41.8 (1.01)	100.0	54.0 (1.03)	4.3 (0.41)	27.0 (0.88)	14.7 (0.74)	
75 and over	100.0	51.9 (1.17)	20.5 (0.94)	27.6 (1.07)	100.0	66.8 (1.15)	5.7 (0.51)	19.9 (0.89)	7.6 (0.65)	
Race										
One race <sup>2</sup>	100.0	30.6 (0.44)	19.5 (0.33)	50.0 (0.45)	100.0	46.6 (0.45)	3.5 (0.14)	29.0 (0.37)	20.9 (0.35)	
White	100.0	29.4 (0.49)	19.3 (0.37)	51.3 (0.50)	100.0	45.3 (0.50)	3.5 (0.15)	29.7 (0.42)	21.5 (0.41)	
Black or African American	100.0	39.0 (0.96)	19.6 (0.76)	41.4 (0.95)	100.0	54.8 (0.96)	3.9 (0.36)	23.7 (0.80)	17.7 (0.73)	
American Indian or Alaska Native	100.0	34.0 (3.94)	18.8 (3.01)	47.2 (4.10)	100.0	51.1 (3.82)	*3.4 (1.08)	28.9 (3.65)	16.6 (2.51)	
Asian	100.0	29.5 (1.33)	21.0 (1.15)	49.5 (1.41)	100.0	47.7 (1.39)	2.9 (0.45)	31.2 (1.28)	18.2 (1.09)	
Native Hawaiian or Other Pacific Islander	100.0	*15.5 (5.61)	20.6 (4.98)	63.9 (6.15)	100.0	35.3 (6.15)	*	29.8 (4.89)	34.1 (7.40)	
Two or more races <sup>3</sup>	100.0	28.1 (2.35)	20.4 (2.18)	51.4 (2.58)	100.0	44.6 (2.59)	4.2 (1.19)	28.9 (2.26)	22.4 (2.16)	
Black or African American, white	100.0	21.7 (4.74)	33.2 (5.58)	45.1 (5.60)	100.0	51.5 (5.71)	*	24.0 (4.99)	21.1 (3.64)	
American Indian or Alaska Native, white	100.0	28.6 (3.41)	20.6 (3.25)	50.9 (3.72)	100.0	45.1 (3.78)	*4.1 (1.27)	31.1 (3.48)	19.7 (3.40)	
Hispanic or Latino origin <sup>4</sup> and race										
Hispanic or Latino	100.0	39.7 (0.88)	17.4 (0.67)	42.9 (0.84)	100.0	53.8 (0.85)	3.3 (0.31)	26.3 (0.73)	16.6 (0.62)	
Mexican or Mexican American	100.0	38.6 (1.15)	17.9 (0.87)	43.5 (1.07)	100.0	53.4 (1.08)	3.2 (0.38)	28.4 (0.97)	15.0 (0.76)	
Not Hispanic or Latino	100.0	28.9 (0.47)	19.8 (0.37)	51.3 (0.49)	100.0	45.3 (0.48)	3.5 (0.15)	29.5 (0.42)	21.7 (0.39)	
White, single race	100.0	27.0 (0.53)	19.6 (0.42)	53.4 (0.56)	100.0	43.2 (0.56)	3.4 (0.17)	30.6 (0.48)	22.7 (0.47)	
Black or African American, single race	100.0	38.8 (0.98)	19.8 (0.78)	41.4 (0.97)	100.0	54.7 (0.98)	3.9 (0.37)	23.6 (0.81)	17.7 (0.75)	

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
<b>Education<sup>5</sup></b>									
Less than a high school diploma	100.0	52.0 (1.05)	17.3 (0.80)	30.7 (0.97)	100.0	66.6 (0.98)	2.8 (0.33)	22.5 (0.84)	8.0 (0.61)
High school diploma or GED <sup>6</sup>	100.0	40.2 (0.85)	20.0 (0.61)	39.8 (0.84)	100.0	57.2 (0.87)	3.2 (0.25)	25.9 (0.72)	13.7 (0.66)
Some college	100.0	30.1 (0.70)	20.5 (0.59)	49.4 (0.74)	100.0	46.8 (0.73)	3.9 (0.28)	29.8 (0.65)	19.5 (0.57)
Bachelor's degree or higher	100.0	17.6 (0.57)	21.2 (0.58)	61.2 (0.71)	100.0	35.1 (0.70)	3.8 (0.25)	32.7 (0.65)	28.5 (0.60)
<b>Current employment status<sup>7</sup></b>									
Employed	100.0	26.2 (0.63)	20.3 (0.51)	53.4 (0.64)	100.0	43.0 (0.64)	3.6 (0.28)	30.2 (0.56)	23.1 (0.49)
Full-time	100.0	27.1 (0.89)	19.9 (0.77)	53.0 (0.82)	100.0	43.5 (0.81)	3.5 (0.46)	30.5 (0.77)	22.4 (0.49)
Part-time	100.0	25.3 (1.05)	21.5 (1.01)	53.2 (1.24)	100.0	43.1 (1.25)	3.8 (0.48)	30.2 (1.09)	23.0 (1.08)
Not employed but has worked previously	100.0	34.7 (0.74)	19.5 (0.60)	45.8 (0.77)	100.0	50.4 (0.78)	3.8 (0.28)	28.3 (0.70)	17.5 (0.62)
Not employed and has never worked	100.0	51.0 (1.61)	15.0 (1.12)	34.0 (1.55)	100.0	62.8 (1.55)	3.3 (0.57)	23.3 (1.38)	10.6 (1.02)
<b>Family income<sup>8</sup></b>									
Less than \$35,000	100.0	41.1 (0.68)	19.2 (0.47)	39.8 (0.63)	100.0	56.3 (0.64)	4.1 (0.25)	25.2 (0.52)	14.5 (0.49)
\$35,000 or more	100.0	25.1 (0.50)	19.8 (0.42)	55.1 (0.55)	100.0	41.8 (0.53)	3.2 (0.17)	31.0 (0.47)	23.9 (0.45)
\$35,000–\$49,999	100.0	34.1 (0.97)	19.1 (0.77)	46.8 (1.01)	100.0	50.5 (1.00)	2.9 (0.32)	28.5 (0.90)	18.2 (0.79)
\$50,000–\$74,999	100.0	28.4 (0.88)	20.9 (0.78)	50.7 (0.92)	100.0	46.2 (0.91)	3.2 (0.32)	30.7 (0.84)	19.9 (0.81)
\$75,000–\$99,999	100.0	25.1 (1.01)	19.1 (0.88)	55.8 (1.09)	100.0	40.8 (1.10)	3.5 (0.44)	32.8 (1.11)	22.9 (0.97)
\$100,000 or more	100.0	17.3 (0.73)	19.5 (0.72)	63.3 (0.90)	100.0	33.6 (0.90)	3.2 (0.32)	32.1 (0.86)	31.0 (0.82)
<b>Poverty status<sup>9</sup></b>									
Poor	100.0	44.6 (0.93)	18.2 (0.72)	37.2 (0.87)	100.0	59.4 (0.89)	3.5 (0.34)	24.7 (0.79)	12.4 (0.68)
Near poor	100.0	41.7 (0.87)	19.2 (0.69)	39.1 (0.84)	100.0	57.0 (0.86)	4.0 (0.36)	24.9 (0.73)	14.1 (0.61)
Not poor	100.0	23.9 (0.48)	20.1 (0.41)	56.0 (0.53)	100.0	40.8 (0.53)	3.3 (0.17)	31.1 (0.47)	24.8 (0.45)

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Health insurance coverage <sup>10</sup>									
Under 65:									
Private	100.0	21.5 (0.49)	19.6 (0.44)	58.9 (0.58)	100.0	38.2 (0.57)	3.0 (0.19)	31.9 (0.52)	27.0 (0.49)
Medicaid	100.0	46.2 (1.25)	17.1 (0.96)	36.7 (1.25)	100.0	60.5 (1.26)	3.1 (0.40)	24.1 (1.08)	12.3 (0.92)
Other	100.0	35.0 (1.94)	16.9 (1.30)	48.1 (1.89)	100.0	47.1 (1.79)	4.8 (0.79)	25.6 (1.85)	22.5 (1.85)
Uninsured	100.0	37.0 (0.94)	18.3 (0.71)	44.7 (0.93)	100.0	52.0 (0.93)	3.4 (0.30)	28.6 (0.80)	16.0 (0.67)
65 and over:									
Private	100.0	38.4 (1.05)	23.0 (0.89)	38.6 (1.06)	100.0	56.2 (1.12)	5.2 (0.48)	25.8 (0.92)	12.8 (0.76)
Medicare and Medicaid	100.0	60.0 (2.42)	18.4 (1.78)	21.6 (2.02)	100.0	74.8 (2.08)	3.5 (0.79)	16.4 (1.68)	5.3 (1.21)
Medicare only	100.0	46.3 (1.34)	20.1 (1.08)	33.6 (1.25)	100.0	61.6 (1.32)	5.0 (0.57)	22.8 (1.10)	10.6 (0.82)
Other	100.0	46.6 (2.90)	22.2 (2.48)	31.2 (2.28)	100.0	64.3 (2.45)	4.6 (1.14)	19.3 (2.00)	11.9 (1.58)
Uninsured	100.0	53.4 (7.87)	*19.6 (7.30)	27.0 (4.45)	100.0	72.1 (4.42)	*	21.8 (4.55)	*5.2 (2.19)
Marital status									
Married	100.0	29.0 (0.57)	20.3 (0.43)	50.7 (0.61)	100.0	46.3 (0.61)	3.0 (0.18)	30.5 (0.51)	20.1 (0.51)
Widowed	100.0	38.7 (3.98)	17.5 (3.38)	43.8 (4.47)	100.0	51.7 (4.42)	*4.6 (1.45)	30.7 (4.39)	13.0 (3.37)
Divorced or separated	100.0	35.8 (1.01)	20.0 (0.83)	44.2 (1.02)	100.0	51.5 (1.04)	4.4 (0.38)	26.7 (0.91)	17.4 (0.78)
Never married	100.0	30.7 (0.90)	19.7 (0.76)	49.6 (0.95)	100.0	45.8 (0.96)	4.7 (0.49)	26.9 (0.86)	22.6 (0.71)
Living with a partner	100.0	32.9 (1.49)	17.3 (1.12)	49.8 (1.56)	100.0	47.6 (1.57)	2.8 (0.48)	30.0 (1.44)	19.6 (1.13)
Place of residence <sup>11</sup>									
Large MSA	100.0	28.4 (0.53)	19.6 (0.42)	52.0 (0.57)	100.0	44.5 (0.56)	3.5 (0.20)	28.9 (0.47)	23.1 (0.48)
Small MSA	100.0	31.1 (0.86)	19.3 (0.64)	49.7 (0.88)	100.0	46.9 (0.88)	3.5 (0.23)	30.0 (0.72)	19.5 (0.63)
Not in MSA	100.0	37.2 (1.67)	19.5 (0.96)	43.3 (1.37)	100.0	53.7 (1.38)	3.1 (0.27)	27.6 (1.12)	15.6 (0.80)
Region									
Northeast	100.0	32.8 (1.01)	18.1 (0.85)	49.1 (1.08)	100.0	47.2 (1.05)	3.8 (0.36)	26.8 (0.86)	22.1 (0.92)
Midwest	100.0	29.0 (0.89)	21.1 (0.70)	50.0 (0.98)	100.0	46.3 (0.98)	3.8 (0.30)	28.4 (0.78)	21.5 (0.80)
South	100.0	33.1 (0.79)	19.7 (0.56)	47.1 (0.72)	100.0	49.6 (0.72)	3.3 (0.23)	28.9 (0.65)	18.1 (0.55)
West	100.0	26.1 (0.83)	18.6 (0.58)	55.3 (0.91)	100.0	41.5 (0.91)	3.3 (0.24)	31.5 (0.71)	23.7 (0.66)

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening only <sup>1</sup>	Met full aerobic activity guidelines only	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex									
Hispanic or Latino, male	100.0	38.1 (1.27)	17.2 (1.04)	44.7 (1.26)	100.0	50.8 (1.25)	4.5 (0.56)	24.3 (1.13)	20.4 (0.98)
Hispanic or Latina, female	100.0	41.0 (1.08)	17.7 (0.83)	41.3 (1.09)	100.0	56.6 (1.09)	2.2 (0.33)	28.5 (0.99)	12.6 (0.73)
Not Hispanic or Latino:									
White, single race, male	100.0	25.8 (0.71)	17.2 (0.56)	57.0 (0.77)	100.0	39.5 (0.77)	3.6 (0.25)	31.0 (0.68)	25.9 (0.66)
White, single race, female	100.0	28.1 (0.63)	21.9 (0.57)	50.0 (0.71)	100.0	46.8 (0.70)	3.3 (0.22)	30.3 (0.64)	19.6 (0.57)
Black or African American, single race, male	100.0	33.6 (1.37)	16.7 (1.04)	49.8 (1.53)	100.0	45.6 (1.52)	4.7 (0.68)	25.2 (1.36)	24.5 (1.30)
Black or African American, single race, female	100.0	43.1 (1.26)	22.3 (1.03)	34.6 (1.16)	100.0	62.2 (1.18)	3.2 (0.41)	22.5 (1.04)	12.1 (0.79)

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

- Quantity zero.

<sup>1</sup>Measures of physical activity shown in this table reflect the federal "2008 Physical Activity Guidelines for Americans" (available from: <http://www.health.gov/PAGuidelines/>). This table shows the percentages of adults who met the guidelines' aerobic activity component and the percentages of adults who met the full guidelines for both aerobic activity and muscle-strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults should perform at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Aerobic activity should be performed in episodes of at least 10 minutes that are preferably spread throughout the week. The guidelines also recommend that adults perform muscle-strengthening activities of moderate or high intensity involving all major muscle groups on 2 or more days a week for additional health benefits. NHIS questions ask about frequency and duration of light-to moderate-intensity and vigorous-intensity leisure-time physical activities, and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

Categories with respect to only the aerobic activity guidelines are mutually exclusive. "Inactive with respect to aerobic activity guidelines only" is participating in no leisure-time aerobic activity that lasted at least 10 minutes.

"Insufficiently active with respect to aerobic activity guidelines only" is participating in aerobic activities for 10 minutes or more but less than 150 minutes per week. "Sufficiently active (met aerobic activity guidelines only)" is participating in moderate-intensity leisure-time physical activity 150 minutes or more per week, or in vigorous-intensity leisure-time physical activity 75 minutes or more per week, or an equivalent combination.

Categories with respect to the full guidelines are mutually exclusive. Adults who did not meet the full guidelines for either aerobic activity or muscle-strengthening may have engaged in lesser amounts of activity. Meeting the full muscle-strengthening guidelines only means participating in leisure-time muscle-strengthening activities 2 or more days per week with either no leisure-time aerobic activity or aerobic activity that did not meet the guidelines. Meeting the full aerobic activity guidelines only means participating in moderate-intensity leisure-time physical activities 150 minutes or more per week or vigorous-intensity activities 75 minutes or more per week, or an equivalent combination, and not meeting the muscle-strengthening guidelines. The sum of percentages for adults who met the aerobic-only guidelines and for those who met both the aerobic and muscle-strengthening guidelines equals (within rounding error) the percentage of adults identified as "sufficiently active" according to the 2008 federal guidelines for aerobic activity. See the Technical Notes for more information.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using four age groups: 25-44, 45-64, 65-74, and 75 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

<sup>8</sup>Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

<sup>9</sup>"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

<sup>10</sup>Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

<sup>11</sup>MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. Unless otherwise specified, estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using four age groups: 18-44, 45-64, 65-74, and 75 and over. Estimates for age groups are not age-adjusted. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarroel MA, Clarke TC. Tables of Summary Health Statistics for U.S. Adults: 2013 National Health Interview Survey. 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2013.

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Total	237,394	72,166	45,846	115,071	109,684	8,188	67,085	47,442
Sex								
Male	114,334	32,206	19,578	60,302	47,471	4,228	32,641	27,353
Female	123,061	39,960	26,267	54,769	62,214	3,960	34,444	20,090
Age (years)								
18–44	111,717	27,536	19,812	62,402	44,035	3,260	33,981	28,091
45–64	82,286	26,525	16,821	37,457	40,430	2,851	22,916	14,383
65–74	25,086	8,740	5,520	10,243	13,197	1,049	6,605	3,596
75 and over	18,305	9,365	3,693	4,969	12,023	1,028	3,583	1,373
Race								
One race <sup>2</sup>	233,678	71,235	45,124	113,112	108,170	8,050	66,022	46,563
White	189,484	56,072	36,437	93,628	85,886	6,539	54,633	38,596
Black or African American	28,503	10,691	5,525	11,730	15,085	1,076	6,636	5,042
American Indian or Alaska Native	1,970	621	355	938	912	*63	551	318
Asian	13,236	3,761	2,738	6,492	6,132	367	4,062	2,423
Native Hawaiian or Other Pacific Islander	485	*90	*69	324	*154	*	139	*185
Two or more races <sup>3</sup>	3,716	931	721	1,959	1,515	*138	1,063	879
Black or African American, white	801	177	*148	439	307	*	193	246
American Indian or Alaska Native, white	1,570	432	306	786	672	*66	487	296
Hispanic or Latino origin <sup>4</sup> and race								
Hispanic or Latino	35,704	13,248	6,130	15,874	18,238	1,124	9,522	6,296
Mexican or Mexican American	22,277	7,979	3,898	10,135	11,189	679	6,452	3,658
Not Hispanic or Latino	201,690	58,917	39,716	99,197	91,447	7,064	57,563	41,146
White, single race	156,858	43,814	30,812	79,289	69,054	5,505	46,030	32,916
Black or African American, single race	27,415	10,256	5,356	11,252	14,514	1,044	6,351	4,850

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
<b>Education<sup>5</sup></b>								
Less than a high school diploma	27,749	14,554	4,750	7,861	18,447	829	5,855	1,945
High school diploma or GED <sup>6</sup>	52,621	21,413	10,630	19,571	30,312	1,717	13,010	6,455
Some college	60,000	17,610	12,193	29,047	27,428	2,297	17,571	11,334
Bachelor's degree or higher	65,758	11,121	13,674	39,919	22,428	2,352	21,155	18,675
<b>Current employment status<sup>7</sup></b>								
Employed	144,126	35,605	27,904	78,132	59,074	4,341	43,354	34,368
Full-time	117,101	29,087	22,324	63,572	47,971	3,387	35,350	27,920
Part-time	24,980	6,001	5,244	13,402	10,361	844	7,489	5,827
Not employed but has worked previously	78,659	29,562	15,737	31,757	41,900	3,354	20,270	11,377
Not employed and has never worked	14,364	6,863	2,198	5,095	8,569	493	3,401	1,671
<b>Family income<sup>8</sup></b>								
Less than \$35,000	72,188	29,871	13,719	27,274	40,573	2,933	17,411	9,735
\$35,000 or more	149,560	36,695	29,296	81,184	61,331	4,620	45,855	34,976
\$35,000–\$49,999	30,855	10,496	5,844	14,039	15,459	881	8,601	5,320
\$50,000–\$74,999	40,797	11,468	8,457	20,229	18,609	1,282	12,301	7,854
\$75,000–\$99,999	27,096	6,554	5,040	14,930	10,701	889	8,747	6,129
\$100,000 or more	50,812	8,177	9,954	31,985	16,563	1,568	16,206	15,673
<b>Poverty status<sup>9</sup></b>								
Poor	29,822	12,498	5,252	11,405	16,749	972	7,428	3,917
Near poor	38,468	16,008	7,299	14,681	21,738	1,554	9,367	5,225
Not poor	148,428	35,431	29,598	80,929	60,177	4,812	45,442	35,193

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Health insurance coverage <sup>10</sup>								
Under 65:								
Private	125,224	27,292	24,400	71,313	47,925	3,716	38,877	32,151
Medicaid	19,711	8,894	3,316	7,156	11,604	582	4,657	2,382
Other	9,247	3,590	1,833	3,642	4,935	455	2,109	1,527
Uninsured	38,942	14,074	6,966	17,289	19,735	1,294	10,978	6,231
65 and over:								
Private	21,580	7,952	4,870	8,307	11,716	1,092	5,536	2,753
Medicare and Medicaid	3,185	1,867	587	691	2,343	111	520	171
Medicare only	14,960	6,632	2,993	5,022	8,892	726	3,372	1,615
Other	3,159	1,438	680	996	1,987	131	609	385
Uninsured	411	178	*63	168	235	*	135	*34
Marital status								
Married	125,149	36,324	25,337	61,317	57,879	3,687	37,097	24,036
Widowed	14,432	7,201	2,868	4,079	9,337	718	2,805	1,254
Divorced or separated	27,632	10,140	5,400	11,545	14,274	1,266	7,174	4,322
Never married	52,816	13,551	9,149	29,127	20,673	1,998	14,823	14,123
Living with a partner	16,910	4,830	3,017	8,764	7,346	502	5,078	3,584
Place of residence <sup>11</sup>								
Large MSA	127,881	35,802	24,809	65,343	56,063	4,449	36,379	28,698
Small MSA	73,440	22,711	13,939	35,303	34,067	2,568	21,420	13,674
Not in MSA	36,074	13,652	7,097	14,425	19,554	1,171	9,286	5,069
Region								
Northeast	41,590	13,782	7,510	19,558	19,690	1,561	10,778	8,619
Midwest	53,833	15,419	11,163	25,913	24,510	2,023	14,801	11,007
South	87,664	28,975	17,113	39,959	43,196	2,862	24,590	15,237
West	54,307	13,990	10,060	29,641	22,289	1,742	16,915	12,578

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex								
Hispanic or Latino, male	17,870	6,382	2,949	8,285	8,564	751	4,294	3,959
Hispanic or Latina, female	17,834	6,867	3,180	7,589	9,674	373	5,229	2,337
Not Hispanic or Latino:								
White, single race, male	75,979	19,995	13,223	41,244	30,469	2,693	22,817	18,223
White, single race, female	80,880	23,820	17,589	38,045	38,584	2,812	23,213	14,693
Black or African American, single race, male	12,321	3,906	2,017	6,112	5,349	561	3,028	3,054
Black or African American, single race, female	15,094	6,351	3,339	5,141	9,164	483	3,323	1,796

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

- Quantity zero.

<sup>1</sup>Measures of physical activity shown in this table reflect the federal "2008 Physical Activity Guidelines for Americans" (available from: <http://www.health.gov/PAGuidelines/>). This table shows the percentages of adults who met the guidelines' aerobic activity component and the percentages of adults who met the full guidelines for both aerobic activity and muscle-strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults should perform at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Aerobic activity should be performed in episodes of at least 10 minutes that are preferably spread throughout the week. The guidelines also recommend that adults perform muscle-strengthening activities of moderate or high intensity involving all major muscle groups on 2 or more days a week for additional health benefits. NHIS questions ask about frequency and duration of light-to-moderate-intensity and vigorous-intensity leisure-time physical activities, and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

Categories with respect to the aerobic activity guidelines only are mutually exclusive. "Inactive with respect to aerobic activity guidelines only" is participating in no leisure-time aerobic activity that lasted at least 10 minutes. "Insufficiently active with respect to aerobic activity guidelines only" is participating in aerobic activities for 10 minutes or more but less than 150 minutes per week. "Sufficiently active (met aerobic activity guidelines only)" is participating in moderate-intensity leisure-time physical activity 150 minutes or more per week, or in vigorous-intensity leisure-time physical activity 75 minutes or more per week, or an equivalent combination.

Categories with respect to the full guidelines are mutually exclusive. Adults who did not meet the full guidelines for either aerobic activity or muscle-strengthening may have engaged in lesser amounts of activity. Meeting the full muscle-strengthening guidelines only means participating in leisure-time muscle-strengthening activities 2 or more days per week with either no leisure-time aerobic activity or aerobic activity that did not meet the guidelines. Meeting the full aerobic activity guidelines only means participating in moderate-intensity leisure-time physical activities 150 minutes or more per week or vigorous-intensity activities 75 minutes or more per week, or an equivalent combination, and not meeting the strengthening guidelines. The sum of frequencies for adults who met the aerobic-only guidelines and for those who met both the aerobic and strengthening guidelines equals (within rounding error) the frequency of adults identified as "sufficiently active" according to the 2008 federal guidelines for aerobic activity. See the Technical Notes for more information.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

<sup>8</sup>Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

<sup>9</sup>"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

<sup>10</sup>Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

<sup>11</sup>MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the frequencies, but they are included in the "All adults aged 18 and over" column. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarroel MA, Clarke TC. Tables of Summary Health Statistics for U.S. Adults: 2013 National Health Interview Survey, 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2013.



**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Total	100.0	31.0 (0.44)	19.7 (0.33)	49.4 (0.45)	100.0	47.2 (0.44)	3.5 (0.13)	28.9 (0.37)	20.4 (0.34)
Sex									
Male	100.0	28.7 (0.58)	17.5 (0.44)	53.8 (0.61)	100.0	42.5 (0.61)	3.8 (0.21)	29.2 (0.52)	24.5 (0.50)
Female	100.0	33.0 (0.53)	21.7 (0.43)	45.3 (0.54)	100.0	51.5 (0.54)	3.3 (0.17)	28.5 (0.47)	16.6 (0.40)
Age (years)									
18–44	100.0	25.1 (0.53)	18.1 (0.46)	56.9 (0.62)	100.0	40.3 (0.61)	3.0 (0.19)	31.1 (0.52)	25.7 (0.53)
45–64	100.0	32.8 (0.67)	20.8 (0.51)	46.4 (0.67)	100.0	50.2 (0.67)	3.5 (0.22)	28.4 (0.59)	17.8 (0.50)
65–74	100.0	35.7 (0.97)	22.5 (0.88)	41.8 (1.01)	100.0	54.0 (1.03)	4.3 (0.41)	27.0 (0.88)	14.7 (0.74)
75 and over	100.0	51.9 (1.17)	20.5 (0.94)	27.6 (1.07)	100.0	66.8 (1.15)	5.7 (0.51)	19.9 (0.89)	7.6 (0.65)
Race									
One race <sup>2</sup>	100.0	31.0 (0.45)	19.7 (0.33)	49.3 (0.45)	100.0	47.3 (0.44)	3.5 (0.14)	28.9 (0.37)	20.4 (0.34)
White	100.0	30.1 (0.49)	19.6 (0.36)	50.3 (0.49)	100.0	46.3 (0.49)	3.5 (0.15)	29.4 (0.41)	20.8 (0.39)
Black or African American	100.0	38.3 (0.97)	19.8 (0.77)	42.0 (0.99)	100.0	54.2 (1.00)	3.9 (0.36)	23.8 (0.81)	18.1 (0.76)
American Indian or Alaska Native	100.0	32.5 (3.96)	18.5 (3.07)	49.0 (4.38)	100.0	49.5 (3.98)	*3.4 (1.09)	29.9 (3.88)	17.2 (2.63)
Asian	100.0	29.0 (1.37)	21.1 (1.17)	50.0 (1.43)	100.0	47.2 (1.41)	2.8 (0.45)	31.3 (1.30)	18.7 (1.12)
Native Hawaiian or Other Pacific Islander	100.0	*18.6 (6.97)	*14.4 (5.51)	67.1 (7.30)	100.0	31.8 (7.29)	*	28.8 (6.76)	38.2 (8.96)
Two or more races <sup>3</sup>	100.0	25.8 (2.33)	20.0 (2.22)	54.2 (2.72)	100.0	42.1 (2.66)	3.8 (1.13)	29.6 (2.34)	24.5 (2.41)
Black or African American, white	100.0	23.2 (5.14)	19.3 (5.23)	57.5 (6.57)	100.0	40.3 (6.54)	*	25.2 (4.96)	32.2 (5.90)
American Indian or Alaska Native, white	100.0	28.3 (3.55)	20.1 (3.18)	51.6 (3.82)	100.0	44.2 (3.79)	*4.3 (1.40)	32.0 (3.71)	19.5 (3.45)
Hispanic or Latino origin <sup>4</sup> and race									
Hispanic or Latino	100.0	37.6 (0.87)	17.4 (0.65)	45.0 (0.86)	100.0	51.8 (0.86)	3.2 (0.30)	27.1 (0.73)	17.9 (0.67)
Mexican or Mexican American	100.0	36.2 (1.09)	17.7 (0.83)	46.0 (1.07)	100.0	50.9 (1.08)	3.1 (0.37)	29.4 (0.97)	16.6 (0.84)
Not Hispanic or Latino	100.0	29.8 (0.47)	20.1 (0.36)	50.1 (0.49)	100.0	46.4 (0.48)	3.6 (0.15)	29.2 (0.41)	20.9 (0.38)
White, single race	100.0	28.5 (0.53)	20.0 (0.41)	51.5 (0.55)	100.0	45.0 (0.54)	3.6 (0.17)	30.0 (0.46)	21.4 (0.44)
Black or African American, single race	100.0	38.2 (0.99)	19.9 (0.79)	41.9 (1.01)	100.0	54.2 (1.02)	3.9 (0.37)	23.7 (0.82)	18.1 (0.78)

**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
<b>Education<sup>5</sup></b>									
Less than a high school diploma	100.0	53.6 (1.01)	17.5 (0.78)	28.9 (0.90)	100.0	68.1 (0.92)	3.1 (0.34)	21.6 (0.79)	7.2 (0.53)
High school diploma or GED <sup>6</sup>	100.0	41.5 (0.83)	20.6 (0.64)	37.9 (0.80)	100.0	58.9 (0.83)	3.3 (0.26)	25.3 (0.68)	12.5 (0.58)
Some college	100.0	29.9 (0.71)	20.7 (0.58)	49.4 (0.75)	100.0	46.8 (0.73)	3.9 (0.28)	30.0 (0.65)	19.3 (0.57)
Bachelor's degree or higher	100.0	17.2 (0.56)	21.1 (0.57)	61.7 (0.71)	100.0	34.7 (0.69)	3.6 (0.24)	32.7 (0.66)	28.9 (0.61)
<b>Current employment status<sup>7</sup></b>									
Employed	100.0	25.1 (0.49)	19.7 (0.40)	55.2 (0.55)	100.0	41.9 (0.53)	3.1 (0.16)	30.7 (0.47)	24.4 (0.44)
Full-time	100.0	25.3 (0.53)	19.4 (0.43)	55.3 (0.59)	100.0	41.8 (0.57)	3.0 (0.17)	30.8 (0.52)	24.4 (0.48)
Part-time	100.0	24.3 (0.97)	21.3 (0.99)	54.4 (1.20)	100.0	42.3 (1.19)	3.4 (0.40)	30.5 (1.06)	23.8 (1.07)
Not employed but has worked previously	100.0	38.4 (0.65)	20.4 (0.52)	41.2 (0.64)	100.0	54.5 (0.65)	4.4 (0.24)	26.4 (0.54)	14.8 (0.47)
Not employed and has never worked	100.0	48.5 (1.62)	15.5 (1.17)	36.0 (1.62)	100.0	60.6 (1.63)	3.5 (0.64)	24.1 (1.38)	11.8 (1.16)
<b>Family income<sup>8</sup></b>									
Less than \$35,000	100.0	42.2 (0.69)	19.4 (0.47)	38.5 (0.64)	100.0	57.4 (0.66)	4.2 (0.25)	24.6 (0.50)	13.8 (0.49)
\$35,000 or more	100.0	24.9 (0.50)	19.9 (0.42)	55.2 (0.54)	100.0	41.8 (0.53)	3.1 (0.17)	31.2 (0.48)	23.8 (0.45)
\$35,000–\$49,999	100.0	34.5 (0.97)	19.2 (0.77)	46.2 (1.01)	100.0	51.1 (1.00)	2.9 (0.31)	28.4 (0.88)	17.6 (0.78)
\$50,000–\$74,999	100.0	28.6 (0.89)	21.1 (0.78)	50.4 (0.92)	100.0	46.5 (0.91)	3.2 (0.32)	30.7 (0.83)	19.6 (0.80)
\$75,000–\$99,999	100.0	24.7 (0.99)	19.0 (0.87)	56.3 (1.09)	100.0	40.4 (1.09)	3.4 (0.41)	33.0 (1.10)	23.2 (0.98)
\$100,000 or more	100.0	16.3 (0.66)	19.9 (0.70)	63.8 (0.85)	100.0	33.1 (0.84)	3.1 (0.29)	32.4 (0.81)	31.3 (0.80)
<b>Poverty status<sup>9</sup></b>									
Poor	100.0	42.9 (0.98)	18.0 (0.72)	39.1 (0.98)	100.0	57.6 (0.99)	3.3 (0.34)	25.6 (0.82)	13.5 (0.78)
Near poor	100.0	42.1 (0.86)	19.2 (0.68)	38.6 (0.84)	100.0	57.4 (0.86)	4.1 (0.36)	24.7 (0.72)	13.8 (0.60)
Not poor	100.0	24.3 (0.48)	20.3 (0.41)	55.4 (0.53)	100.0	41.3 (0.52)	3.3 (0.16)	31.2 (0.47)	24.2 (0.44)

**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Health insurance coverage <sup>10</sup>									
Under 65:									
Private	100.0	22.2 (0.50)	19.8 (0.44)	58.0 (0.57)	100.0	39.1 (0.57)	3.0 (0.18)	31.7 (0.51)	26.2 (0.48)
Medicaid	100.0	45.9 (1.28)	17.1 (0.97)	37.0 (1.27)	100.0	60.4 (1.29)	3.0 (0.40)	24.2 (1.08)	12.4 (0.94)
Other	100.0	39.6 (1.86)	20.2 (1.42)	40.2 (1.69)	100.0	54.7 (1.66)	5.0 (0.72)	23.4 (1.46)	16.9 (1.38)
Uninsured	100.0	36.7 (0.94)	18.2 (0.71)	45.1 (0.94)	100.0	51.6 (0.94)	3.4 (0.30)	28.7 (0.80)	16.3 (0.69)
65 and over:									
Private	100.0	37.6 (1.06)	23.0 (0.89)	39.3 (1.08)	100.0	55.5 (1.13)	5.2 (0.47)	26.2 (0.94)	13.1 (0.77)
Medicare and Medicaid	100.0	59.4 (2.51)	18.7 (1.83)	22.0 (2.08)	100.0	74.5 (2.13)	3.5 (0.78)	16.5 (1.69)	5.4 (1.27)
Medicare only	100.0	45.3 (1.35)	20.4 (1.10)	34.3 (1.26)	100.0	60.9 (1.32)	5.0 (0.57)	23.1 (1.10)	11.1 (0.85)
Other	100.0	46.2 (2.88)	21.8 (2.38)	32.0 (2.32)	100.0	63.8 (2.44)	4.2 (1.05)	19.6 (2.01)	12.4 (1.65)
Uninsured	100.0	43.4 (7.01)	*15.4 (5.00)	41.2 (7.38)	100.0	57.5 (7.36)	*	32.9 (7.40)	*8.2 (3.47)
Marital status									
Married	100.0	29.5 (0.57)	20.6 (0.42)	49.9 (0.59)	100.0	47.2 (0.59)	3.0 (0.17)	30.2 (0.50)	19.6 (0.47)
Widowed	100.0	50.9 (1.24)	20.3 (1.02)	28.8 (1.08)	100.0	66.2 (1.15)	5.1 (0.54)	19.9 (0.91)	8.9 (0.68)
Divorced or separated	100.0	37.4 (0.93)	19.9 (0.72)	42.6 (0.89)	100.0	52.8 (0.91)	4.7 (0.37)	26.5 (0.79)	16.0 (0.62)
Never married	100.0	26.1 (0.75)	17.7 (0.63)	56.2 (0.84)	100.0	40.1 (0.84)	3.9 (0.30)	28.7 (0.77)	27.4 (0.77)
Living with a partner	100.0	29.1 (1.30)	18.2 (1.08)	52.8 (1.39)	100.0	44.5 (1.39)	3.0 (0.48)	30.8 (1.30)	21.7 (1.15)
Place of residence <sup>11</sup>									
Large MSA	100.0	28.4 (0.53)	19.7 (0.42)	51.9 (0.58)	100.0	44.6 (0.57)	3.5 (0.20)	29.0 (0.47)	22.9 (0.48)
Small MSA	100.0	31.6 (0.88)	19.4 (0.63)	49.1 (0.87)	100.0	47.5 (0.87)	3.6 (0.24)	29.9 (0.72)	19.1 (0.62)
Not in MSA	100.0	38.8 (1.68)	20.2 (0.93)	41.0 (1.35)	100.0	55.7 (1.35)	3.3 (0.26)	26.5 (1.06)	14.5 (0.75)
Region									
Northeast	100.0	33.7 (1.02)	18.4 (0.83)	47.9 (1.08)	100.0	48.4 (1.03)	3.8 (0.35)	26.5 (0.84)	21.2 (0.89)
Midwest	100.0	29.4 (0.89)	21.3 (0.69)	49.4 (0.97)	100.0	46.8 (0.97)	3.9 (0.30)	28.3 (0.78)	21.0 (0.77)
South	100.0	33.7 (0.81)	19.9 (0.56)	46.4 (0.72)	100.0	50.3 (0.72)	3.3 (0.23)	28.6 (0.64)	17.7 (0.54)
West	100.0	26.1 (0.84)	18.7 (0.59)	55.2 (0.92)	100.0	41.6 (0.91)	3.3 (0.24)	31.6 (0.72)	23.5 (0.67)

**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2013**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex									
Hispanic or Latino, male	100.0	36.2 (1.25)	16.7 (0.96)	47.0 (1.26)	100.0	48.7 (1.25)	4.3 (0.48)	24.4 (1.09)	22.5 (1.09)
Hispanic or Latina, female	100.0	38.9 (1.08)	18.0 (0.84)	43.0 (1.12)	100.0	54.9 (1.12)	2.1 (0.32)	29.7 (1.02)	13.3 (0.77)
Not Hispanic or Latino:									
White, single race, male	100.0	26.9 (0.72)	17.8 (0.56)	55.4 (0.77)	100.0	41.1 (0.76)	3.6 (0.24)	30.7 (0.66)	24.6 (0.64)
White, single race, female	100.0	30.0 (0.63)	22.1 (0.55)	47.9 (0.68)	100.0	48.7 (0.67)	3.5 (0.22)	29.3 (0.59)	18.5 (0.52)
Black or African American, single race, male	100.0	32.5 (1.39)	16.8 (1.06)	50.8 (1.58)	100.0	44.6 (1.55)	4.7 (0.69)	25.2 (1.35)	25.5 (1.38)
Black or African American, single race, female	100.0	42.8 (1.28)	22.5 (1.04)	34.7 (1.19)	100.0	62.1 (1.22)	3.3 (0.40)	22.5 (1.05)	12.2 (0.80)

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

- Quantity zero.

<sup>1</sup>Measures of physical activity shown in this table reflect the federal "2008 Physical Activity Guidelines for Americans" (available from: <http://www.health.gov/PAGuidelines/>). This table shows the percentages of adults who met the guidelines' aerobic activity component and the percentages of adults who met the full guidelines for both aerobic activity and muscle-strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults should perform at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Aerobic activity should be performed in episodes of at least 10 minutes that are preferably spread throughout the week. The guidelines also recommend that adults perform muscle-strengthening activities of moderate or high intensity involving all major muscle groups on 2 or more days a week for additional health benefits. NHIS questions ask about frequency and duration of light-to moderate-intensity and vigorous-intensity leisure-time physical activities, and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

Categories with respect to only the aerobic activity guidelines are mutually exclusive. "Inactive with respect to aerobic activity guidelines only" is participating in no leisure-time aerobic activity that lasted at least 10 minutes. "Insufficiently active with respect to aerobic activity guidelines only" is participating in aerobic activities for 10 minutes or more but less than 150 minutes per week. "Sufficiently active (met aerobic activity guidelines only)" is participating in moderate-intensity leisure-time physical activity 150 minutes or more per week, or in vigorous-intensity leisure-time physical activity 75 minutes or more per week, or an equivalent combination.

Categories with respect to the full guidelines are mutually exclusive. Adults who did not meet the full guidelines for either aerobic activity or muscle-strengthening may have engaged in lesser amounts of activity. Meeting the full muscle-strengthening guidelines only means participating in leisure-time muscle-strengthening activities 2 or more days per week with either no leisure-time aerobic activity or aerobic activity that did not meet the guidelines. Meeting the full aerobic activity guidelines only means participating in moderate-intensity leisure-time physical activities 150 minutes or more per week or vigorous-intensity activities 75 minutes or more per week, or an equivalent combination, and not meeting the muscle-strengthening guidelines. The sum of percentages for adults who met the aerobic-only guidelines and for those who met both the aerobic and muscle-strengthening guidelines equals (within rounding error) the percentage of adults identified as "sufficiently active" according to the 2008 federal guidelines for aerobic activity. See the Technical Notes for more information.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

<sup>8</sup>Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

<sup>9</sup>"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

<sup>10</sup>Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

<sup>11</sup>MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarreal MA, Clarke TC. Tables of Summary Health Statistics for U.S. Adults: 2013 National Health Interview Survey. 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2013.