

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹	
Total	100.0	27.1 (0.51)	20.3 (0.33)	52.6 (0.48)	100.0	43.9 (0.49)	3.5 (0.14)	30.0 (0.39)	22.6 (0.37)	
Sex										
Male	100.0	25.4 (0.57)	18.4 (0.45)	56.2 (0.63)	100.0	39.8 (0.62)	4.0 (0.24)	29.6 (0.53)	26.5 (0.52)	
Female	100.0	28.6 (0.63)	22.1 (0.45)	49.3 (0.59)	100.0	47.7 (0.61)	3.1 (0.16)	30.4 (0.51)	18.8 (0.45)	
Age (years)										
18–44	100.0	22.1 (0.63)	18.8 (0.48)	59.1 (0.66)	100.0	37.9 (0.65)	3.0 (0.22)	31.1 (0.56)	28.0 (0.56)	
45–64	100.0	28.0 (0.73)	22.2 (0.55)	49.8 (0.73)	100.0	46.6 (0.74)	3.7 (0.24)	30.7 (0.61)	19.0 (0.53)	
65–74	100.0	32.6 (0.93)	22.7 (0.77)	44.7 (0.96)	100.0	50.8 (0.98)	4.5 (0.39)	29.1 (0.86)	15.7 (0.71)	
75 and over	100.0	50.1 (1.13)	20.4 (0.88)	29.5 (1.04)	100.0	65.4 (1.08)	5.2 (0.48)	21.0 (0.94)	8.4 (0.61)	
Race										
One race ²	100.0	27.1 (0.52)	20.4 (0.34)	52.6 (0.48)	100.0	44.1 (0.49)	3.5 (0.14)	29.9 (0.39)	22.6 (0.37)	
White	100.0	25.7 (0.58)	20.3 (0.37)	54.0 (0.55)	100.0	42.7 (0.55)	3.4 (0.15)	30.6 (0.44)	23.4 (0.42)	
Black or African American	100.0	37.3 (1.19)	18.1 (0.93)	44.6 (1.15)	100.0	51.8 (1.15)	3.7 (0.37)	23.7 (0.97)	20.9 (0.99)	
American Indian or Alaska Native	100.0	35.6 (3.66)	23.2 (3.52)	41.2 (3.82)	100.0	55.6 (3.89)	*	26.5 (3.14)	14.7 (2.40)	
Asian	100.0	22.6 (1.48)	25.4 (1.53)	52.0 (1.68)	100.0	44.1 (1.66)	3.9 (0.68)	35.1 (1.61)	16.8 (1.28)	
Native Hawaiian or Other Pacific Islander	100.0	22.1 (5.59)	27.6 (5.70)	50.3 (7.00)	100.0	46.3 (6.33)	*	26.3 (5.42)	24.1 (6.84)	
Two or more races ³	100.0	28.5 (2.32)	16.1 (1.92)	55.4 (2.57)	100.0	38.1 (2.30)	7.0 (1.65)	30.3 (2.62)	24.5 (2.20)	
Black or African American, white	100.0	*	*	44.3 (7.10)	100.0	*	*	16.3 (4.48)	28.0 (6.61)	
American Indian or Alaska Native, white	100.0	30.2 (3.46)	13.3 (2.44)	56.4 (3.58)	100.0	41.2 (3.63)	*	31.6 (3.61)	23.4 (3.33)	
Hispanic or Latino origin ⁴ and race										
Hispanic or Latino	100.0	36.5 (1.48)	19.0 (0.92)	44.5 (1.32)	100.0	52.4 (1.39)	3.2 (0.38)	27.4 (1.04)	17.0 (0.85)	
Mexican or Mexican American	100.0	35.1 (2.27)	20.4 (1.24)	44.5 (1.97)	100.0	52.8 (2.06)	2.7 (0.45)	28.8 (1.51)	15.6 (1.10)	
Not Hispanic or Latino	100.0	25.2 (0.51)	20.5 (0.35)	54.3 (0.49)	100.0	42.2 (0.48)	3.6 (0.16)	30.5 (0.42)	23.7 (0.39)	
White, single race	100.0	22.9 (0.55)	20.5 (0.40)	56.6 (0.55)	100.0	40.0 (0.54)	3.5 (0.17)	31.5 (0.47)	25.0 (0.45)	
Black or African American, single race	100.0	37.1 (1.23)	18.5 (0.97)	44.4 (1.17)	100.0	51.9 (1.17)	3.8 (0.39)	23.4 (0.99)	20.9 (1.00)	

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Education⁵									
Less than a high school diploma	100.0	47.3 (1.52)	20.1 (1.13)	32.6 (1.40)	100.0	63.6 (1.44)	3.9 (0.48)	23.7 (1.20)	8.9 (0.81)
High school diploma or GED ⁶	100.0	38.3 (0.94)	20.8 (0.68)	40.9 (0.88)	100.0	55.7 (0.89)	3.5 (0.33)	27.5 (0.78)	13.3 (0.62)
Some college	100.0	26.4 (0.73)	22.4 (0.65)	51.2 (0.78)	100.0	45.0 (0.77)	3.9 (0.26)	29.9 (0.69)	21.3 (0.64)
Bachelor's degree or higher	100.0	15.6 (0.54)	19.7 (0.53)	64.7 (0.66)	100.0	32.1 (0.66)	3.2 (0.21)	33.6 (0.63)	31.1 (0.65)
Current employment status⁷									
Employed	100.0	22.2 (0.57)	20.7 (0.47)	57.1 (0.63)	100.0	39.5 (0.62)	3.5 (0.20)	31.5 (0.56)	25.5 (0.53)
Full-time	100.0	22.6 (0.76)	20.0 (0.59)	57.4 (0.84)	100.0	39.2 (0.83)	3.5 (0.27)	32.3 (0.80)	25.0 (0.71)
Part-time	100.0	21.0 (1.02)	22.4 (1.06)	56.6 (1.24)	100.0	40.3 (1.24)	3.3 (0.42)	30.1 (1.08)	26.3 (1.10)
Not employed but has worked previously	100.0	32.6 (0.89)	20.3 (0.68)	47.2 (0.96)	100.0	49.4 (0.96)	3.5 (0.32)	27.8 (0.81)	19.3 (0.73)
Not employed and has never worked	100.0	44.9 (1.92)	17.5 (1.42)	37.6 (1.82)	100.0	59.4 (1.86)	3.0 (0.63)	27.3 (1.68)	10.3 (1.05)
Family income⁸									
Less than \$35,000	100.0	37.8 (0.86)	20.3 (0.59)	42.0 (0.77)	100.0	54.3 (0.79)	3.8 (0.26)	26.7 (0.63)	15.2 (0.52)
\$35,000 or more	100.0	21.8 (0.52)	20.3 (0.41)	57.9 (0.54)	100.0	38.7 (0.53)	3.5 (0.18)	31.5 (0.48)	26.3 (0.46)
\$35,000–\$49,999	100.0	31.3 (1.20)	21.0 (1.00)	47.8 (1.23)	100.0	48.5 (1.26)	3.9 (0.43)	28.8 (1.06)	18.9 (0.97)
\$50,000–\$74,999	100.0	25.9 (0.91)	22.2 (0.85)	52.0 (1.03)	100.0	44.3 (1.00)	3.9 (0.40)	29.7 (0.91)	22.1 (0.83)
\$75,000–\$99,999	100.0	21.9 (0.99)	18.6 (0.88)	59.5 (1.09)	100.0	37.7 (1.09)	2.9 (0.41)	32.6 (1.06)	26.9 (1.00)
\$100,000 or more	100.0	15.4 (0.70)	19.4 (0.67)	65.2 (0.88)	100.0	31.7 (0.87)	3.1 (0.29)	33.3 (0.85)	31.8 (0.81)
Poverty status⁹									
Poor	100.0	41.2 (1.25)	18.3 (0.80)	40.5 (1.13)	100.0	56.1 (1.17)	3.4 (0.39)	26.3 (0.95)	14.2 (0.72)
Near poor	100.0	37.8 (1.01)	21.9 (0.82)	40.3 (0.95)	100.0	56.1 (0.97)	3.7 (0.35)	25.5 (0.83)	14.7 (0.72)
Not poor	100.0	21.6 (0.49)	20.2 (0.39)	58.2 (0.51)	100.0	38.4 (0.50)	3.5 (0.18)	31.7 (0.47)	26.4 (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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Health insurance coverage ¹⁰									
Under 65:									
Private	100.0	18.3 (0.52)	19.8 (0.45)	61.9 (0.59)	100.0	35.1 (0.56)	3.1 (0.19)	32.6 (0.51)	29.1 (0.51)
Medicaid	100.0	40.1 (1.25)	20.6 (1.01)	39.3 (1.28)	100.0	57.3 (1.26)	3.3 (0.42)	27.4 (1.15)	12.0 (0.82)
Other coverage	100.0	30.6 (2.28)	20.3 (2.06)	49.1 (2.38)	100.0	45.8 (2.36)	5.1 (1.48)	24.6 (1.94)	24.5 (1.86)
Uninsured	100.0	37.3 (1.54)	19.2 (1.01)	43.5 (1.47)	100.0	53.5 (1.55)	3.1 (0.46)	27.3 (1.27)	16.2 (0.98)
65 and over:									
Private	100.0	37.1 (1.07)	22.6 (0.91)	40.3 (1.08)	100.0	55.0 (1.12)	4.7 (0.40)	26.0 (0.95)	14.3 (0.76)
Medicare and Medicaid	100.0	53.9 (2.54)	22.4 (2.12)	23.7 (2.18)	100.0	70.8 (2.37)	5.5 (1.39)	17.4 (1.93)	6.3 (1.36)
Medicare Advantage	100.0	38.7 (1.44)	20.9 (1.15)	40.4 (1.44)	100.0	54.5 (1.53)	5.2 (0.64)	27.5 (1.29)	12.8 (0.92)
Medicare only	100.0	47.6 (1.82)	20.5 (1.33)	31.9 (1.63)	100.0	64.2 (1.64)	3.9 (0.68)	22.1 (1.43)	9.8 (1.04)
Other coverage	100.0	40.7 (2.48)	19.8 (1.90)	39.5 (2.44)	100.0	54.9 (2.48)	5.6 (1.13)	28.6 (2.24)	10.9 (1.50)
Uninsured	100.0	*	*	*	100.0	*	*	*	*
Marital status									
Married	100.0	24.9 (0.64)	21.1 (0.48)	54.0 (0.63)	100.0	43.0 (0.63)	3.1 (0.18)	31.6 (0.56)	22.3 (0.52)
Widowed	100.0	40.0 (5.12)	19.6 (4.20)	40.5 (5.20)	100.0	57.5 (5.20)	2.2 (0.56)	30.9 (4.98)	9.4 (2.09)
Divorced or separated	100.0	32.0 (1.16)	19.8 (0.89)	48.2 (1.22)	100.0	47.6 (1.23)	4.3 (0.49)	27.6 (1.07)	20.6 (1.03)
Never married	100.0	30.6 (0.91)	19.4 (0.74)	50.0 (0.88)	100.0	45.7 (0.92)	4.4 (0.41)	27.4 (0.76)	22.6 (0.73)
Living with a partner	100.0	29.2 (1.45)	20.6 (1.35)	50.2 (1.53)	100.0	46.3 (1.51)	3.7 (0.62)	28.6 (1.37)	21.4 (1.14)
Place of residence ¹¹									
Large MSA	100.0	26.1 (0.57)	20.0 (0.44)	54.0 (0.61)	100.0	42.5 (0.61)	3.7 (0.20)	29.7 (0.54)	24.2 (0.50)
Small MSA	100.0	26.4 (0.98)	20.4 (0.60)	53.2 (0.87)	100.0	43.3 (0.88)	3.6 (0.25)	30.2 (0.67)	22.9 (0.64)
Not in MSA	100.0	32.4 (1.88)	21.3 (0.90)	46.3 (1.52)	100.0	50.9 (1.58)	2.9 (0.31)	30.8 (1.09)	15.4 (0.95)
Region									
Northeast	100.0	28.5 (1.08)	19.3 (0.79)	52.1 (1.04)	100.0	44.2 (1.04)	3.7 (0.35)	28.3 (0.92)	23.8 (0.83)
Midwest	100.0	23.8 (0.91)	22.3 (0.73)	53.9 (0.95)	100.0	42.0 (0.95)	4.2 (0.33)	30.6 (0.84)	23.2 (0.76)
South	100.0	31.3 (1.02)	20.0 (0.56)	48.7 (0.87)	100.0	48.0 (0.91)	3.4 (0.25)	28.5 (0.64)	20.0 (0.62)
West	100.0	22.7 (0.92)	19.5 (0.62)	57.8 (0.95)	100.0	39.3 (0.95)	3.0 (0.25)	32.7 (0.81)	25.0 (0.76)

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Hispanic or Latino origin ⁴ , race, and sex									
Hispanic or Latino, male	100.0	34.9 (1.83)	18.1 (1.18)	47.0 (1.77)	100.0	49.4 (1.83)	3.8 (0.62)	26.5 (1.44)	20.3 (1.24)
Hispanic or Latina, female	100.0	38.1 (1.79)	19.8 (1.27)	42.1 (1.60)	100.0	55.3 (1.64)	2.7 (0.45)	28.4 (1.41)	13.6 (1.06)
Not Hispanic or Latino:									
White, single race, male	100.0	22.0 (0.65)	18.2 (0.53)	59.8 (0.73)	100.0	36.3 (0.69)	4.0 (0.29)	31.9 (0.65)	27.7 (0.65)
White, single race, female	100.0	23.6 (0.69)	22.8 (0.56)	53.6 (0.69)	100.0	43.6 (0.70)	2.9 (0.19)	31.1 (0.61)	22.4 (0.60)
Black or African American, single race, male	100.0	31.3 (1.66)	17.7 (1.49)	51.0 (1.74)	100.0	45.1 (1.74)	3.8 (0.58)	21.3 (1.52)	29.8 (1.67)
Black or African American, single race, female	100.0	42.0 (1.52)	19.3 (1.16)	38.7 (1.47)	100.0	57.8 (1.48)	3.7 (0.51)	25.2 (1.30)	13.3 (1.06)

* Estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf), and is not shown.

** Complement of the estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf).

- Quantity zero.

¹Measures 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.

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

³Refers 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.

⁴Refers 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.

⁵Shown 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.

⁶GED is General Educational Development high school equivalency diploma.

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

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

⁹"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.

¹⁰Based 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.

¹¹MSA 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, Villarreal MA. Tables of Summary Health Statistics for U.S. Adults: 2016 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2016.

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹	
Total	245,142	66,339	49,407	124,961	245,142	106,990	8,656	71,779	52,630	
Sex										
Male	118,223	29,776	21,614	64,757	118,223	46,676	4,670	34,424	30,002	
Female	126,920	36,563	27,794	60,204	126,920	60,314	3,986	37,355	22,628	
Age (years)										
18–44	113,401	24,663	20,935	65,990	113,401	42,176	3,376	34,586	31,102	
45–64	83,703	22,992	18,238	40,848	83,703	38,188	3,039	25,101	15,555	
65–74	28,532	9,100	6,329	12,482	28,532	14,144	1,248	8,089	4,362	
75 and over	19,507	9,584	3,905	5,641	19,507	12,482	993	4,004	1,611	
Race										
One race ²	240,410	65,195	48,695	122,258	240,410	105,467	8,322	70,328	51,447	
White	192,455	50,101	38,918	99,917	192,455	82,390	6,571	57,280	42,253	
Black or African American	30,105	10,900	5,375	13,340	30,105	15,161	1,086	7,075	6,202	
American Indian or Alaska Native	2,460	832	559	1,031	2,460	1,308	*	661	370	
Asian	14,853	3,252	3,710	7,688	14,853	6,386	561	5,166	2,485	
Native Hawaiian or Other Pacific Islander	538	110	133	*	538	223	*	146	*	
Two or more races ³	4,732	1,144	712	2,703	4,732	1,522	334	1,451	1,183	
Black or African American, white	816	240	127	424	816	307	*	173	251	
American Indian or Alaska Native, white	1,763	498	227	926	1,763	663	*	498	365	
Hispanic or Latino origin ⁴ and race										
Hispanic or Latino	38,782	13,428	7,222	17,633	38,782	19,436	1,213	10,587	6,940	
Mexican or Mexican American	23,240	7,741	4,571	10,608	23,240	11,689	624	6,682	3,877	
Not Hispanic or Latino	206,360	52,911	42,186	107,328	206,360	87,554	7,442	61,193	45,690	
White, single race	157,505	37,892	32,337	84,212	157,505	64,607	5,564	47,805	36,072	
Black or African American, single race	28,757	10,370	5,247	12,673	28,757	14,530	1,058	6,685	5,933	

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Education⁵									
Less than a high school diploma	26,459	12,749	5,247	7,942	26,459	16,934	1,034	5,903	2,023
High school diploma or GED ⁶	51,932	20,000	10,859	20,154	51,932	29,029	1,827	13,750	6,253
Some college	61,937	16,082	13,775	30,971	61,937	27,435	2,401	18,203	12,674
Bachelor's degree or higher	74,100	11,035	14,369	47,541	74,100	23,038	2,326	24,665	22,777
Current employment status⁷									
Employed	150,236	31,405	30,462	85,697	150,236	56,819	5,012	46,826	38,427
Full-time	120,071	25,369	23,839	68,839	120,071	45,115	4,056	37,970	30,542
Part-time	27,966	5,582	6,170	15,634	27,966	10,860	891	8,218	7,298
Not employed but has worked previously	81,641	29,264	16,701	34,249	81,641	42,660	3,256	21,410	12,751
Not employed and has never worked	13,099	5,578	2,243	4,958	13,099	7,417	388	3,516	1,422
Family income⁸									
Less than \$35,000	66,236	25,238	13,279	26,338	66,236	35,958	2,532	16,908	9,333
\$35,000 or more	153,049	32,400	31,058	87,338	153,049	58,135	5,252	47,921	39,092
\$35,000–\$49,999	24,929	7,768	5,185	11,552	24,929	11,967	963	7,050	4,458
\$50,000–\$74,999	38,167	9,795	8,394	19,445	38,167	16,736	1,437	11,203	8,156
\$75,000–\$99,999	27,484	5,817	5,165	16,194	27,484	10,160	806	8,913	7,210
\$100,000 or more	62,469	9,021	12,314	40,147	62,469	19,272	2,046	20,755	19,269
Poverty status⁹									
Poor	28,852	11,135	5,067	12,055	28,852	15,230	950	7,657	4,335
Near poor	40,911	15,448	8,829	15,864	40,911	22,752	1,521	10,121	5,695
Not poor	162,870	35,302	33,108	91,875	162,870	62,610	5,729	50,833	40,637

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Health insurance coverage ¹⁰									
Under 65:									
Private	136,020	25,096	26,934	81,517	136,020	47,754	4,248	43,496	37,557
Medicaid	28,037	11,039	5,675	10,863	28,037	15,779	923	7,547	3,316
Other coverage	8,873	2,926	1,932	3,881	8,873	4,395	463	2,142	1,733
Uninsured	22,734	8,284	4,309	9,811	22,734	11,896	686	6,103	3,683
65 and over:									
Private	20,020	6,882	4,492	8,211	20,020	10,459	887	5,252	2,943
Medicare and Medicaid	3,360	1,779	742	789	3,360	2,339	182	579	210
Medicare Advantage	12,135	4,508	2,494	4,882	12,135	6,363	622	3,289	1,566
Medicare only	8,167	3,722	1,648	2,621	8,167	5,053	310	1,800	809
Other coverage	3,891	1,525	760	1,532	3,891	2,066	219	1,120	409
Uninsured	336	*	*	*	336	**273	*	*	*
Marital status									
Married	130,447	32,586	27,400	68,240	130,447	55,717	4,207	40,652	27,370
Widowed	14,066	6,558	3,018	4,165	14,066	8,831	734	2,903	1,220
Divorced or separated	27,343	8,995	5,708	12,053	27,343	13,592	1,103	7,091	4,920
Never married	54,432	13,341	9,644	30,421	54,432	21,002	1,961	15,509	14,713
Living with a partner	18,527	4,759	3,601	9,905	18,527	7,714	646	5,521	4,344
Place of residence ¹¹									
Large MSA	137,266	35,232	27,203	72,720	137,266	57,375	5,012	40,258	32,157
Small MSA	73,222	19,585	14,904	37,338	73,222	31,864	2,616	21,463	15,689
Not in MSA	34,654	11,522	7,300	14,903	34,654	17,751	1,028	10,058	4,784
Region									
Northeast	44,851	12,813	8,685	22,418	44,851	19,828	1,653	12,396	9,915
Midwest	54,359	13,133	11,992	28,274	54,359	22,812	2,265	16,220	11,941
South	87,402	27,279	17,385	41,122	87,402	41,651	2,986	24,355	16,553
West	58,531	13,114	11,345	33,147	58,531	22,698	1,752	18,809	14,222

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Hispanic or Latino origin ⁴ , race, and sex									
Hispanic or Latino, male	19,292	6,337	3,419	9,264	19,292	9,057	700	4,986	4,192
Hispanic or Latina, female	19,489	7,091	3,803	8,369	19,489	10,380	514	5,600	2,748
Not Hispanic or Latino:									
White, single race, male	76,525	17,500	13,994	43,610	76,525	28,485	2,981	23,773	19,636
White, single race, female	80,980	20,392	18,343	40,601	80,980	36,123	2,583	24,031	16,435
Black or African American, single race, male	12,928	3,885	2,225	6,632	12,928	5,613	485	2,778	3,854
Black or African American, single race, female	15,829	6,485	3,022	6,041	15,829	8,917	573	3,907	2,079

* Corresponding crude percentage for the frequency is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf), so the frequency is not shown.

** Complement of the corresponding crude percentage for the frequency is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf).

- Quantity zero.

¹Measures 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.

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

³Refers 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.

⁴Refers 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.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

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

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

⁹"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.

¹⁰Based 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.

¹¹MSA 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. Tables of Summary Health Statistics for U.S. Adults: 2016 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2016.

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹	
Total	100.0	27.6 (0.51)	20.5 (0.33)	51.9 (0.48)	100.0	44.6 (0.49)	3.6 (0.14)	29.9 (0.38)	21.9 (0.36)	
Sex										
Male	100.0	25.6 (0.58)	18.6 (0.44)	55.8 (0.63)	100.0	40.3 (0.62)	4.0 (0.23)	29.7 (0.52)	25.9 (0.51)	
Female	100.0	29.4 (0.62)	22.3 (0.44)	48.3 (0.58)	100.0	48.5 (0.60)	3.2 (0.16)	30.1 (0.49)	18.2 (0.43)	
Age (years)										
18–44	100.0	22.1 (0.63)	18.8 (0.48)	59.1 (0.66)	100.0	37.9 (0.65)	3.0 (0.22)	31.1 (0.56)	28.0 (0.56)	
45–64	100.0	28.0 (0.73)	22.2 (0.55)	49.8 (0.73)	100.0	46.6 (0.74)	3.7 (0.24)	30.7 (0.61)	19.0 (0.53)	
65–74	100.0	32.6 (0.93)	22.7 (0.77)	44.7 (0.96)	100.0	50.8 (0.98)	4.5 (0.39)	29.1 (0.86)	15.7 (0.71)	
75 and over	100.0	50.1 (1.13)	20.4 (0.88)	29.5 (1.04)	100.0	65.4 (1.08)	5.2 (0.48)	21.0 (0.94)	8.4 (0.61)	
Race										
One race ²	100.0	27.6 (0.52)	20.6 (0.33)	51.8 (0.48)	100.0	44.8 (0.49)	3.5 (0.14)	29.9 (0.39)	21.8 (0.36)	
White	100.0	26.5 (0.57)	20.6 (0.37)	52.9 (0.54)	100.0	43.7 (0.55)	3.5 (0.15)	30.4 (0.43)	22.4 (0.41)	
Black or African American	100.0	36.8 (1.20)	18.2 (0.94)	45.0 (1.15)	100.0	51.3 (1.15)	3.7 (0.37)	24.0 (0.98)	21.0 (1.00)	
American Indian or Alaska Native	100.0	34.3 (3.84)	23.1 (3.47)	42.6 (4.05)	100.0	54.0 (4.14)	*	27.3 (3.26)	15.3 (2.53)	
Asian	100.0	22.2 (1.49)	25.3 (1.52)	52.5 (1.72)	100.0	43.7 (1.69)	3.8 (0.65)	35.4 (1.63)	17.0 (1.33)	
Native Hawaiian or Other Pacific Islander	100.0	20.9 (5.46)	25.3 (5.74)	*	100.0	42.4 (7.01)	*	27.8 (6.39)	*	
Two or more races ³	100.0	25.1 (2.35)	15.6 (1.94)	59.3 (2.85)	100.0	33.9 (2.57)	7.4 (1.92)	32.3 (2.95)	26.3 (2.43)	
Black or African American, white	100.0	30.3 (6.78)	16.1 (4.32)	53.6 (6.99)	100.0	38.8 (7.10)	*	21.9 (6.48)	31.7 (6.19)	
American Indian or Alaska Native, white	100.0	30.2 (3.53)	13.8 (2.64)	56.1 (3.89)	100.0	41.7 (3.89)	*	31.4 (3.65)	23.0 (3.25)	
Hispanic or Latino origin ⁴ and race										
Hispanic or Latino	100.0	35.1 (1.49)	18.9 (0.92)	46.1 (1.33)	100.0	50.9 (1.40)	3.2 (0.39)	27.7 (1.03)	18.2 (0.93)	
Mexican or Mexican American	100.0	33.8 (2.21)	19.9 (1.21)	46.3 (1.95)	100.0	51.1 (2.06)	2.7 (0.47)	29.2 (1.48)	17.0 (1.20)	
Not Hispanic or Latino	100.0	26.1 (0.51)	20.8 (0.35)	53.0 (0.49)	100.0	43.4 (0.49)	3.7 (0.15)	30.3 (0.40)	22.6 (0.38)	
White, single race	100.0	24.5 (0.56)	20.9 (0.39)	54.5 (0.55)	100.0	41.9 (0.55)	3.6 (0.16)	31.0 (0.44)	23.4 (0.43)	
Black or African American, single race	100.0	36.7 (1.23)	18.5 (0.97)	44.8 (1.18)	100.0	51.5 (1.18)	3.8 (0.39)	23.7 (1.00)	21.0 (1.01)	

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Education⁵									
Less than a high school diploma	100.0	49.2 (1.42)	20.2 (1.06)	30.6 (1.25)	100.0	65.4 (1.29)	4.0 (0.47)	22.8 (1.09)	7.8 (0.66)
High school diploma or GED ⁶	100.0	39.2 (0.89)	21.3 (0.65)	39.5 (0.82)	100.0	57.1 (0.83)	3.6 (0.30)	27.0 (0.72)	12.3 (0.54)
Some college	100.0	26.4 (0.73)	22.6 (0.64)	50.9 (0.78)	100.0	45.2 (0.77)	4.0 (0.26)	30.0 (0.68)	20.9 (0.63)
Bachelor's degree or higher	100.0	15.1 (0.54)	19.7 (0.53)	65.2 (0.67)	100.0	31.6 (0.66)	3.2 (0.22)	33.9 (0.62)	31.3 (0.65)
Current employment status⁷									
Employed	100.0	21.3 (0.52)	20.6 (0.41)	58.1 (0.56)	100.0	38.6 (0.55)	3.4 (0.19)	31.8 (0.48)	26.1 (0.46)
Full-time	100.0	21.5 (0.57)	20.2 (0.46)	58.3 (0.60)	100.0	38.3 (0.59)	3.4 (0.21)	32.3 (0.53)	26.0 (0.50)
Part-time	100.0	20.4 (1.01)	22.5 (1.05)	57.1 (1.23)	100.0	39.8 (1.22)	3.3 (0.43)	30.1 (1.07)	26.8 (1.10)
Not employed but has worked previously	100.0	36.5 (0.72)	20.8 (0.50)	42.7 (0.71)	100.0	53.3 (0.73)	4.1 (0.24)	26.7 (0.60)	15.9 (0.50)
Not employed and has never worked	100.0	43.6 (1.95)	17.6 (1.42)	38.8 (1.89)	100.0	58.2 (1.92)	3.0 (0.62)	27.6 (1.71)	11.2 (1.17)
Family income⁸									
Less than \$35,000	100.0	38.9 (0.85)	20.5 (0.57)	40.6 (0.76)	100.0	55.5 (0.79)	3.9 (0.25)	26.1 (0.60)	14.4 (0.50)
\$35,000 or more	100.0	21.5 (0.52)	20.6 (0.41)	57.9 (0.54)	100.0	38.7 (0.54)	3.5 (0.18)	31.9 (0.47)	26.0 (0.46)
\$35,000–\$49,999	100.0	31.7 (1.18)	21.2 (0.98)	47.1 (1.19)	100.0	49.0 (1.22)	3.9 (0.42)	28.8 (1.04)	18.2 (0.95)
\$50,000–\$74,999	100.0	26.0 (0.91)	22.3 (0.85)	51.7 (1.03)	100.0	44.6 (1.00)	3.8 (0.39)	29.8 (0.90)	21.7 (0.82)
\$75,000–\$99,999	100.0	21.4 (0.98)	19.0 (0.88)	59.6 (1.08)	100.0	37.5 (1.08)	3.0 (0.42)	32.9 (1.04)	26.6 (1.00)
\$100,000 or more	100.0	14.7 (0.63)	20.0 (0.66)	65.3 (0.82)	100.0	31.4 (0.81)	3.3 (0.29)	33.8 (0.77)	31.4 (0.75)
Poverty status⁹									
Poor	100.0	39.4 (1.30)	17.9 (0.79)	42.7 (1.22)	100.0	54.1 (1.24)	3.4 (0.38)	27.2 (0.97)	15.4 (0.81)
Near poor	100.0	38.5 (1.00)	22.0 (0.80)	39.5 (0.94)	100.0	56.8 (0.96)	3.8 (0.34)	25.2 (0.81)	14.2 (0.71)
Not poor	100.0	22.0 (0.49)	20.7 (0.39)	57.3 (0.51)	100.0	39.2 (0.51)	3.6 (0.17)	31.8 (0.45)	25.4 (0.43)

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Health insurance coverage ¹⁰									
Under 65:									
Private	100.0	18.8 (0.53)	20.2 (0.45)	61.0 (0.59)	100.0	35.9 (0.56)	3.2 (0.18)	32.7 (0.50)	28.2 (0.50)
Medicaid	100.0	40.0 (1.25)	20.6 (1.01)	39.4 (1.28)	100.0	57.2 (1.26)	3.3 (0.42)	27.4 (1.15)	12.0 (0.84)
Other coverage	100.0	33.5 (1.88)	22.1 (1.65)	44.4 (1.91)	100.0	50.3 (1.94)	5.3 (1.08)	24.5 (1.65)	19.9 (1.41)
Uninsured	100.0	37.0 (1.55)	19.2 (1.02)	43.8 (1.47)	100.0	53.2 (1.56)	3.1 (0.47)	27.3 (1.26)	16.5 (1.01)
65 and over:									
Private	100.0	35.1 (1.08)	22.9 (0.92)	41.9 (1.10)	100.0	53.5 (1.13)	4.5 (0.39)	26.9 (0.97)	15.1 (0.79)
Medicare and Medicaid	100.0	53.7 (2.56)	22.4 (2.12)	23.8 (2.20)	100.0	70.7 (2.37)	5.5 (1.38)	17.5 (1.93)	6.3 (1.41)
Medicare Advantage	100.0	37.9 (1.46)	21.0 (1.14)	41.1 (1.48)	100.0	53.7 (1.58)	5.3 (0.65)	27.8 (1.29)	13.2 (0.97)
Medicare only	100.0	46.6 (1.85)	20.6 (1.33)	32.8 (1.69)	100.0	63.4 (1.68)	3.9 (0.67)	22.6 (1.44)	10.2 (1.10)
Other coverage	100.0	39.9 (2.43)	19.9 (1.88)	40.1 (2.48)	100.0	54.2 (2.53)	5.7 (1.24)	29.4 (2.29)	10.7 (1.47)
Uninsured	100.0	*	*	*	100.0	**81.9 (6.84)	*	*	*
Marital status									
Married	100.0	25.4 (0.63)	21.4 (0.46)	53.2 (0.61)	100.0	43.5 (0.62)	3.3 (0.18)	31.8 (0.52)	21.4 (0.48)
Widowed	100.0	47.7 (1.30)	22.0 (1.06)	30.3 (1.12)	100.0	64.5 (1.17)	5.4 (0.64)	21.2 (0.97)	8.9 (0.72)
Divorced or separated	100.0	33.6 (0.98)	21.3 (0.73)	45.0 (0.95)	100.0	50.9 (0.98)	4.1 (0.34)	26.6 (0.82)	18.4 (0.72)
Never married	100.0	25.0 (0.86)	18.1 (0.71)	57.0 (0.95)	100.0	39.5 (0.94)	3.7 (0.33)	29.2 (0.79)	27.7 (0.81)
Living with a partner	100.0	26.1 (1.30)	19.7 (1.27)	54.2 (1.52)	100.0	42.3 (1.47)	3.5 (0.66)	30.3 (1.34)	23.8 (1.20)
Place of residence ¹¹									
Large MSA	100.0	26.1 (0.57)	20.1 (0.44)	53.8 (0.61)	100.0	42.6 (0.61)	3.7 (0.20)	29.9 (0.53)	23.9 (0.49)
Small MSA	100.0	27.3 (0.98)	20.8 (0.59)	52.0 (0.87)	100.0	44.5 (0.89)	3.7 (0.23)	30.0 (0.65)	21.9 (0.63)
Not in MSA	100.0	34.2 (1.84)	21.6 (0.87)	44.2 (1.44)	100.0	52.8 (1.51)	3.1 (0.30)	29.9 (1.04)	14.2 (0.85)
Region									
Northeast	100.0	29.2 (1.05)	19.8 (0.81)	51.0 (1.00)	100.0	45.3 (1.00)	3.8 (0.32)	28.3 (0.87)	22.6 (0.79)
Midwest	100.0	24.6 (0.96)	22.5 (0.72)	52.9 (0.98)	100.0	42.8 (0.98)	4.3 (0.33)	30.5 (0.83)	22.4 (0.75)
South	100.0	31.8 (1.01)	20.3 (0.54)	47.9 (0.86)	100.0	48.7 (0.90)	3.5 (0.24)	28.5 (0.63)	19.3 (0.61)
West	100.0	22.8 (0.92)	19.7 (0.62)	57.5 (0.96)	100.0	39.5 (0.96)	3.0 (0.25)	32.7 (0.80)	24.7 (0.74)

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, 2016

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Hispanic or Latino origin ⁴ , race, and sex									
Hispanic or Latino, male	100.0	33.3 (1.79)	18.0 (1.22)	48.7 (1.79)	100.0	47.8 (1.86)	3.7 (0.62)	26.3 (1.42)	22.1 (1.37)
Hispanic or Latina, female	100.0	36.8 (1.79)	19.7 (1.28)	43.4 (1.63)	100.0	53.9 (1.67)	2.7 (0.47)	29.1 (1.41)	14.3 (1.13)
Not Hispanic or Latino:									
White, single race, male	100.0	23.3 (0.66)	18.6 (0.51)	58.1 (0.72)	100.0	38.0 (0.70)	4.0 (0.26)	31.8 (0.61)	26.2 (0.61)
White, single race, female	100.0	25.7 (0.69)	23.1 (0.54)	51.2 (0.68)	100.0	45.6 (0.69)	3.3 (0.20)	30.4 (0.57)	20.8 (0.55)
Black or African American, single race, male	100.0	30.5 (1.69)	17.5 (1.49)	52.0 (1.79)	100.0	44.1 (1.77)	3.8 (0.60)	21.8 (1.57)	30.3 (1.74)
Black or African American, single race, female	100.0	41.7 (1.51)	19.4 (1.16)	38.9 (1.48)	100.0	57.6 (1.49)	3.7 (0.50)	25.2 (1.30)	13.4 (1.07)

* Estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf), and is not shown.

** Complement of the estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf).

- Quantity zero.

¹Measures 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.

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

³Refers 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.

⁴Refers 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.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

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

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

⁹"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.

¹⁰Based 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.

¹¹MSA 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. Tables of Summary Health Statistics for U.S. Adults: 2016 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2016.