

Leisure-time Physical Activity Among Adults: United States, 1997–98
Advance Data No. 325:
Companion Tables - Population estimates and unadjusted percents

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Advance Data No. 325, “Leisure-time Physical Activity Among Adults: United States, 1997–98”, published by the National Center for Health Statistics, April 7, 2002, contains five tables showing selected measures of leisure-time physical activity among U.S. adults. Each table in the published report presents crude rates for the total population and age-specific rates. All other statistics included in the published tables are age adjusted to the 2000 projected U.S. population.

The following five tables are designed as companions to [tables 1–5](#) of the published report. They provide the crude (unadjusted) estimates for each of the published tables. A subtitle on each table identifies them as “INTERNET RELEASE ONLY.” Together with the population table ([table X](#)), these can be used to estimate actual number and percent of persons in the various physical activity categories. However, they should not be used for analysis of differences between subgroups except insofar as variations in age composition of the groups are considered. The tables are:

[Table 1](#). Percent of adults 18 years of age and older who were physically inactive during their leisure time and percent of adults who engaged in at least some leisure-time physical activity for at least 10 minutes, by selected characteristics, United States, average annual, 1997–98. [CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325. INTERNET RELEASE ONLY]

[Table 2](#). Percent distribution of times per week engaged in any light-moderate leisure-time physical activity, for adults 18 years of age and older, by selected characteristics, United States, average annual, 1997–98. [CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325. INTERNET RELEASE ONLY]

[Table 3](#). Percent distribution of times per week engaged in any vigorous leisure-time physical activity, for adults 18 years of age and older, by selected characteristics, United States, average annual, 1997–98. [CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325. INTERNET RELEASE ONLY]

[Table 4](#). Percent of adults 18 years of age and older who engaged in regular leisure-time physical activity, by type of activity and selected characteristics, United States, average annual, 1997–98. [CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325. INTERNET RELEASE ONLY]

[Table 5](#). Percent of adults 18 years of age and older who engaged in any strengthening activities by selected characteristics, United States, average annual, 1997–98. [CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325. INTERNET RELEASE ONLY]

[Table X](#). Number of adults 18 years of age and older, by selected characteristics, United States, average annual, 1997–98.

Table 1. Percent of adults 18 years of age and over who were physically inactive during their leisure time and percent of adults who engaged in at least some leisure-time physical activity for at least 10 minutes, by selected characteristics, United States, average annual, 1997–98

CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.
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Selected characteristic	Physically inactive ¹			At least some physical activity ²		
	Both sexes	Men	Women	Both sexes	Men	Women
	Percent (standard error)					
Ages 18 years and over (crude) ³	38.0 (0.35)	34.7 (0.45)	41.1 (0.39)	62.0 (0.35)	65.3 (0.45)	58.9 (0.39)
Ages 18 years and over (age-adjusted) ^{3,4}	38.3 (0.35)	35.4 (0.44)	40.9 (0.39)	61.7 (0.35)	64.6 (0.44)	59.1 (0.39)
Age						
18–24 years	30.4 (0.76)	25.0 (1.01)	35.7 (1.01)	69.6 (0.76)	75.0 (1.01)	64.3 (1.01)
25–44 years	33.3 (0.44)	31.1 (0.58)	35.3 (0.51)	66.7 (0.44)	68.9 (0.58)	64.7 (0.51)
45–64 years	39.5 (0.51)	37.9 (0.63)	40.9 (0.68)	60.5 (0.51)	62.1 (0.63)	59.1 (0.68)
65–74 years	47.9 (0.71)	44.2 (1.11)	51.0 (0.85)	52.1 (0.71)	55.8 (1.11)	49.0 (0.85)
75 years and over	61.3 (0.73)	53.9 (1.25)	66.0 (0.90)	38.7 (0.73)	46.1 (1.25)	34.0 (0.90)
Race-ethnicity						
Hispanic	50.9 (0.76)	46.5 (0.97)	55.4 (0.89)	49.1 (0.76)	53.5 (0.97)	44.6 (0.89)
White non-Hispanic	34.8 (0.39)	32.4 (0.51)	37.1 (0.43)	65.2 (0.39)	67.6 (0.51)	62.9 (0.43)
Black non-Hispanic	48.1 (0.76)	40.9 (1.14)	53.8 (0.91)	51.9 (0.76)	59.1 (1.14)	46.2 (0.91)
Asian/Pacific Islander non-Hispanic	37.4 (1.72)	30.3 (2.01)	44.0 (2.20)	62.6 (1.72)	69.7 (2.01)	56.0 (2.20)
Education						
Less than high school graduate	60.5 (0.62)	56.6 (0.86)	64.1 (0.67)	39.5 (0.62)	43.4 (0.86)	35.9 (0.67)
GED diploma ⁵	44.0 (1.47)	41.4 (1.91)	47.0 (2.08)	56.0 (1.47)	58.6 (1.91)	53.0 (2.08)
High school graduate	43.3 (0.50)	40.4 (0.72)	45.7 (0.62)	56.7 (0.50)	59.6 (0.72)	54.3 (0.62)
Some college - no degree	30.2 (0.55)	26.9 (0.79)	33.2 (0.68)	69.8 (0.55)	73.1 (0.79)	66.8 (0.68)
Associate of Arts degree	29.7 (0.77)	26.5 (1.15)	32.4 (1.02)	70.3 (0.77)	73.5 (1.15)	67.6 (1.02)
Bachelor of Arts, Science degree	21.4 (0.51)	18.6 (0.72)	24.1 (0.70)	78.6 (0.51)	81.4 (0.72)	75.9 (0.70)
Master's, doctorate, medical degree	19.5 (0.75)	19.4 (0.98)	19.7 (0.97)	80.5 (0.75)	80.6 (0.98)	80.3 (0.97)
Poverty status ⁶						
Below poverty level	53.4 (0.95)	47.7 (1.46)	57.0 (0.91)	46.6 (0.95)	52.3 (1.46)	43.0 (0.91)
1.00–1.99 times poverty level	48.4 (0.70)	45.3 (0.95)	50.9 (0.84)	51.6 (0.70)	54.7 (0.95)	49.1 (0.84)
2.00–3.99 times poverty level	35.3 (0.53)	33.3 (0.72)	37.1 (0.62)	64.7 (0.53)	66.7 (0.72)	62.9 (0.62)
4.00 times poverty level or more	23.4 (0.41)	22.2 (0.58)	24.8 (0.53)	76.6 (0.41)	77.8 (0.58)	75.2 (0.53)
Marital status						
Never married	31.3 (0.54)	27.0 (0.69)	36.4 (0.80)	68.7 (0.54)	73.0 (0.69)	63.6 (0.80)
Married	36.8 (0.41)	35.7 (0.52)	38.0 (0.49)	63.2 (0.41)	64.3 (0.52)	62.0 (0.49)
Cohabiting	36.7 (1.09)	35.3 (1.53)	38.2 (1.39)	63.3 (1.09)	64.7 (1.53)	61.8 (1.39)
Divorced or separated	42.8 (0.63)	39.4 (1.05)	45.1 (0.73)	57.2 (0.63)	60.6 (1.05)	54.9 (0.73)
Widowed	59.8 (0.69)	55.3 (1.58)	60.9 (0.74)	40.2 (0.69)	44.7 (1.58)	39.1 (0.74)
Geographic region						
Northeast	37.8 (0.61)	33.9 (0.82)	41.2 (0.81)	62.2 (0.61)	66.1 (0.82)	58.8 (0.81)
Midwest	34.6 (0.62)	32.0 (0.75)	37.0 (0.73)	65.4 (0.62)	68.0 (0.75)	63.0 (0.73)
South	43.8 (0.63)	40.5 (0.86)	46.9 (0.64)	56.2 (0.63)	59.5 (0.86)	53.1 (0.64)
West	31.9 (0.86)	28.2 (0.97)	35.4 (1.02)	68.1 (0.86)	71.8 (0.97)	64.6 (1.02)
Place of residence						
MSA, central city ⁷	40.5 (0.65)	35.9 (0.77)	44.6 (0.74)	59.5 (0.65)	64.1 (0.77)	55.4 (0.74)
MSA, not central city ⁷	34.9 (0.47)	31.6 (0.61)	37.9 (0.52)	65.1 (0.47)	68.4 (0.61)	62.1 (0.52)
Not MSA ⁷	42.0 (0.84)	40.3 (0.98)	43.6 (0.97)	58.0 (0.84)	59.7 (0.98)	56.4 (0.97)

¹Engaged in no light-moderate, or vigorous leisure-time physical activity lasting 10 minutes or longer. Persons classified as physically inactive may include individuals who engaged in strengthening activities but no other type of physical activity.

²Includes engaging in vigorous leisure-time physical activities, lasting 10 minutes or longer, that cause heavy sweating or large increases in breathing or heart rate and/or engaging in light-moderate leisure-time physical activities, lasting 10 minutes or longer, that cause only light sweating or a slight to moderate increase in breathing or heart rate.

³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total but not shown separately.

⁴Age adjusted to the 2000 projected U.S. population using age groups 18–24 years, 25–44 years, 45–64 years, 65–74 years, and 75 years and over.

⁵GED is General Educational Development high school equivalency diploma.

⁶Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds.

⁷MSA is metropolitan statistical area (see Technical notes).

Table 2. Percent distribution of times per week engaged in light-moderate leisure-time physical activity, for adults 18 years of age and over, by selected characteristics, United States, average annual, 1997–98CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.
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Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1	1–2	3–4	5 or more
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (crude) ³	100.0	48.5 (0.36)	1.9 (0.07)	14.8 (0.18)	11.9 (0.16)	22.8 (0.25)
Ages 18 years and over (age-adjusted) ^{3,4}	100.0	48.7 (0.36)	1.9 (0.07)	14.7 (0.18)	11.9 (0.16)	22.7 (0.25)
Age:						
18–24 years	100.0	44.9 (0.87)	1.7 (0.19)	14.6 (0.56)	13.0 (0.52)	25.8 (0.70)
25–44 years	100.0	45.5 (0.45)	2.1 (0.11)	17.5 (0.27)	12.6 (0.25)	22.3 (0.33)
45–64 years	100.0	48.8 (0.54)	2.1 (0.13)	14.6 (0.32)	11.9 (0.28)	22.6 (0.39)
65–74 years	100.0	53.9 (0.71)	1.5 (0.16)	10.3 (0.43)	10.5 (0.42)	23.9 (0.63)
75 years and over	100.0	65.0 (0.74)	1.2 (0.16)	6.7 (0.37)	7.6 (0.41)	19.6 (0.61)
Race-ethnicity:						
Hispanic	100.0	63.1 (0.77)	1.5 (0.15)	11.1 (0.43)	8.6 (0.34)	15.7 (0.50)
White non-Hispanic	100.0	45.0 (0.41)	1.9 (0.09)	15.7 (0.21)	12.8 (0.19)	24.6 (0.29)
Black non-Hispanic	100.0	59.2 (0.80)	2.1 (0.20)	11.7 (0.48)	9.5 (0.37)	17.6 (0.50)
Asian/Pacific Islander non-Hispanic	100.0	48.3 (1.86)	2.6 (0.46)	17.9 (1.08)	11.6 (0.83)	19.6 (1.31)
Education						
Less than high school graduate	100.0	68.3 (0.57)	1.2 (0.11)	8.4 (0.30)	6.1 (0.27)	15.9 (0.42)
GED diploma ⁵	100.0	54.3 (1.51)	2.6 (0.53)	12.7 (0.88)	9.6 (0.77)	20.8 (1.17)
High school graduate	100.0	53.3 (0.51)	2.0 (0.14)	13.5 (0.29)	10.4 (0.27)	20.8 (0.36)
Some college - no degree	100.0	41.5 (0.61)	2.2 (0.15)	16.0 (0.41)	13.6 (0.35)	26.8 (0.50)
Associate of Arts degree	100.0	40.6 (0.86)	2.2 (0.22)	17.2 (0.60)	14.5 (0.53)	25.6 (0.74)
Bachelor of Arts, Science degree	100.0	34.0 (0.58)	2.2 (0.20)	21.4 (0.48)	16.3 (0.44)	26.2 (0.57)
Master's, doctorate, medical degree	100.0	32.8 (0.85)	2.0 (0.23)	19.1 (0.64)	17.4 (0.66)	28.7 (0.77)
Poverty status ⁶						
Below poverty level	100.0	62.5 (0.91)	1.4 (0.15)	9.5 (0.42)	7.3 (0.36)	19.2 (0.61)
1.00–1.99 times poverty level	100.0	57.2 (0.70)	1.8 (0.16)	11.7 (0.39)	8.4 (0.30)	20.9 (0.53)
2.00–3.99 times poverty level	100.0	45.9 (0.55)	2.3 (0.14)	16.2 (0.35)	12.5 (0.32)	23.2 (0.39)
4.00 times poverty level or more	100.0	35.7 (0.45)	2.2 (0.13)	19.2 (0.35)	15.8 (0.34)	27.1 (0.42)
Marital status						
Never married	100.0	44.8 (0.64)	1.9 (0.15)	15.2 (0.40)	12.8 (0.39)	25.2 (0.52)
Married	100.0	47.2 (0.42)	2.0 (0.10)	15.7 (0.24)	12.1 (0.22)	22.9 (0.32)
Cohabiting	100.0	47.2 (1.16)	2.4 (0.34)	14.6 (0.75)	12.3 (0.68)	23.5 (0.90)
Divorced or separated	100.0	52.6 (0.66)	1.6 (0.14)	13.9 (0.40)	11.1 (0.34)	20.8 (0.53)
Widowed	100.0	64.2 (0.69)	1.3 (0.17)	8.1 (0.36)	8.4 (0.37)	18.0 (0.54)
Geographic region						
Northeast	100.0	47.9 (0.64)	2.1 (0.17)	14.8 (0.37)	12.6 (0.31)	22.6 (0.53)
Midwest	100.0	44.5 (0.66)	1.9 (0.14)	16.4 (0.38)	12.5 (0.30)	24.7 (0.50)
South	100.0	54.9 (0.64)	1.8 (0.12)	13.3 (0.31)	10.6 (0.28)	19.5 (0.42)
West	100.0	42.5 (0.88)	2.3 (0.17)	15.7 (0.39)	12.9 (0.39)	26.6 (0.59)
Place of residence:						
MSA, central city ⁷	100.0	51.1 (0.65)	1.9 (0.11)	13.9 (0.32)	11.7 (0.31)	21.4 (0.42)
MSA, not central city ⁷	100.0	45.9 (0.49)	2.1 (0.11)	16.0 (0.27)	12.9 (0.24)	23.0 (0.33)
Not MSA ⁷	100.0	51.3 (0.94)	1.6 (0.14)	13.3 (0.41)	9.7 (0.32)	24.0 (0.65)

See footnotes at end of table.

Table 2. Percent distribution of times per week engaged in light-moderate leisure-time physical activity, for adults 18 years of age and over, by selected characteristics, United States, average annual, 1997–98—Con.CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.
INTERNET RELEASE ONLY

Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1	1–2	3–4	5 or more
Men		Percent distribution (standard error)				
Ages 18 years and over (crude) ³	100.0	47.4 (0.45)	2.1 (0.10)	15.2 (0.26)	11.1 (0.21)	24.1 (0.35)
Ages 18 years and over (age-adjusted) ^{3,4}	100.0	47.8 (0.45)	2.1 (0.10)	14.9 (0.25)	11.0 (0.21)	24.1 (0.35)
Age:						
18–24 years	100.0	43.6 (1.19)	1.5 (0.29)	13.6 (0.78)	12.3 (0.77)	29.0 (1.05)
25–44 years	100.0	45.5 (0.59)	2.4 (0.16)	17.9 (0.39)	11.6 (0.33)	22.7 (0.47)
45–64 years	100.0	48.8 (0.64)	2.4 (0.20)	15.1 (0.46)	10.7 (0.39)	23.1 (0.54)
65–74 years	100.0	50.8 (1.08)	1.7 (0.27)	10.7 (0.71)	10.2 (0.61)	26.6 (0.96)
75 years and over	100.0	59.1 (1.22)	1.4 (0.29)	7.0 (0.60)	8.4 (0.70)	24.2 (1.13)
Race-ethnicity:						
Hispanic	100.0	62.5 (1.01)	1.6 (0.22)	11.0 (0.63)	8.0 (0.49)	16.9 (0.73)
White non-Hispanic	100.0	44.3 (0.52)	2.2 (0.12)	16.1 (0.31)	11.6 (0.25)	25.9 (0.40)
Black non-Hispanic	100.0	56.0 (1.22)	2.3 (0.33)	12.5 (0.70)	10.1 (0.57)	19.0 (0.78)
Asian/Pacific Islander non-Hispanic	100.0	44.0 (2.09)	2.4 (0.70)	19.2 (1.54)	13.3 (1.41)	21.0 (1.80)
Education:						
Less than high school graduate	100.0	66.8 (0.80)	1.4 (0.16)	8.9 (0.46)	5.8 (0.40)	17.0 (0.64)
GED diploma ⁵	100.0	54.1 (2.09)	3.0 (0.73)	12.9 (1.36)	8.9 (1.10)	21.0 (1.62)
High school graduate	100.0	53.0 (0.73)	2.3 (0.23)	14.1 (0.47)	8.9 (0.38)	21.8 (0.59)
Some college - no degree	100.0	40.6 (0.85)	2.1 (0.22)	15.9 (0.57)	12.5 (0.51)	28.9 (0.76)
Associate of Arts degree	100.0	38.8 (1.24)	2.8 (0.37)	17.3 (0.85)	13.3 (0.79)	27.8 (1.12)
Bachelor of Arts, Science degree	100.0	32.7 (0.86)	2.3 (0.28)	22.0 (0.73)	16.1 (0.60)	26.8 (0.84)
Master's, doctorate, medical degree	100.0	34.4 (1.14)	2.3 (0.36)	18.4 (0.89)	16.0 (0.85)	28.9 (1.02)
Poverty status ⁶ :						
Below poverty level	100.0	60.2 (1.29)	1.3 (0.22)	10.7 (0.76)	6.8 (0.55)	20.9 (0.99)
1.00–1.99 times poverty level	100.0	56.2 (1.02)	2.1 (0.27)	12.0 (0.61)	7.3 (0.44)	22.3 (0.82)
2.00–3.99 times poverty level	100.0	45.8 (0.70)	2.4 (0.20)	15.8 (0.49)	11.7 (0.44)	24.3 (0.58)
4.00 times poverty level or more	100.0	36.0 (0.62)	2.5 (0.20)	19.2 (0.46)	14.4 (0.41)	27.9 (0.57)
Marital status:						
Never married	100.0	43.7 (0.82)	1.8 (0.22)	14.6 (0.55)	12.5 (0.53)	27.3 (0.77)
Married	100.0	47.5 (0.52)	2.4 (0.14)	16.0 (0.33)	10.8 (0.27)	23.3 (0.42)
Cohabiting	100.0	47.4 (1.58)	2.4 (0.49)	13.5 (1.02)	11.6 (0.92)	25.2 (1.30)
Divorced or separated	100.0	51.6 (1.07)	1.4 (0.19)	14.5 (0.64)	9.9 (0.53)	22.5 (0.84)
Widowed	100.0	61.5 (1.55)	*1.2 (0.46)	6.9 (0.81)	9.3 (0.89)	21.1 (1.26)
Geographic region:						
Northeast	100.0	46.4 (0.82)	2.4 (0.25)	15.6 (0.45)	11.6 (0.46)	24.0 (0.67)
Midwest	100.0	43.5 (0.84)	2.0 (0.20)	16.8 (0.58)	11.9 (0.44)	25.8 (0.70)
South	100.0	54.0 (0.83)	2.0 (0.19)	13.5 (0.44)	9.9 (0.33)	20.5 (0.61)
West	100.0	41.4 (0.95)	2.3 (0.22)	16.0 (0.60)	11.7 (0.49)	28.5 (0.79)
Place of residence:						
MSA, central city ⁷	100.0	49.0 (0.78)	2.1 (0.17)	14.4 (0.48)	11.6 (0.43)	22.8 (0.56)
MSA, not central city ⁷	100.0	44.8 (0.62)	2.3 (0.15)	16.6 (0.37)	11.9 (0.32)	24.4 (0.46)
Not MSA ⁷	100.0	51.5 (1.10)	1.8 (0.22)	13.2 (0.56)	8.6 (0.42)	24.9 (0.88)

See footnotes at end of table.

Table 2. Percent distribution of times per week engaged in light-moderate leisure-time physical activity, for adults 18 years of age and over, by selected characteristics, United States, average annual, 1997–98—Con.CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.
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Selected characteristic	Total	Times per week engaged in light-moderate activity ¹				
		None ²	Less than 1	1–2	3–4	5 or more
Women						
Percent distribution (standard error)						
Ages 18 years and over (crude) ³	100.0	49.5 (0.41)	1.7 (0.09)	14.5 (0.22)	12.7 (0.21)	21.6 (0.28)
Ages 18 years and over (age-adjusted) ^{3,4}	100.0	49.4 (0.41)	1.7 (0.09)	14.5 (0.22)	12.7 (0.21)	21.6 (0.28)
Age:						
18–24 years	100.0	46.2 (1.09)	1.9 (0.28)	15.7 (0.74)	13.7 (0.67)	22.6 (0.88)
25–44 years	100.0	45.5 (0.53)	1.9 (0.13)	17.1 (0.36)	13.7 (0.33)	21.8 (0.39)
45–64 years	100.0	48.9 (0.69)	1.7 (0.15)	14.1 (0.41)	13.1 (0.41)	22.2 (0.50)
65–74 years	100.0	56.3 (0.90)	1.4 (0.19)	9.9 (0.50)	10.7 (0.51)	21.7 (0.72)
75 years and over	100.0	68.7 (0.92)	1.1 (0.18)	6.4 (0.46)	7.0 (0.47)	16.7 (0.66)
Race-ethnicity:						
Hispanic	100.0	63.7 (0.85)	1.5 (0.20)	11.2 (0.51)	9.2 (0.45)	14.5 (0.58)
White non-Hispanic	100.0	45.7 (0.45)	1.7 (0.10)	15.3 (0.26)	13.9 (0.26)	23.4 (0.33)
Black non-Hispanic	100.0	61.8 (0.94)	1.8 (0.22)	11.1 (0.56)	8.9 (0.41)	16.4 (0.67)
Asian/Pacific Islander non-Hispanic	100.0	52.2 (2.48)	2.8 (0.63)	16.6 (1.65)	10.1 (1.07)	18.3 (1.55)
Education:						
Less than high school graduate	100.0	69.7 (0.66)	1.1 (0.14)	7.9 (0.37)	6.4 (0.35)	14.9 (0.48)
GED diploma ⁵	100.0	54.6 (2.04)	*2.0 (0.66)	12.6 (1.14)	10.4 (1.13)	20.4 (1.61)
High school graduate	100.0	53.5 (0.62)	1.8 (0.16)	13.0 (0.37)	11.7 (0.35)	20.0 (0.49)
Some college - no degree	100.0	42.3 (0.74)	2.2 (0.21)	16.1 (0.53)	14.5 (0.50)	24.9 (0.58)
Associate of Arts degree	100.0	42.1 (1.15)	1.7 (0.24)	17.0 (0.75)	15.4 (0.72)	23.7 (0.87)
Bachelor of Arts, Science degree	100.0	35.2 (0.78)	2.0 (0.25)	20.7 (0.64)	16.4 (0.59)	25.6 (0.71)
Master's, doctorate, medical degree	100.0	30.7 (1.09)	1.5 (0.25)	20.1 (0.90)	19.0 (0.92)	28.6 (1.07)
Poverty status ⁶ :						
Below poverty level	100.0	63.9 (0.94)	1.5 (0.22)	8.7 (0.44)	7.7 (0.45)	18.1 (0.67)
1.00–1.99 times poverty level	100.0	57.9 (0.81)	1.6 (0.17)	11.5 (0.48)	9.3 (0.40)	19.8 (0.60)
2.00–3.99 times poverty level	100.0	45.9 (0.66)	2.2 (0.18)	16.5 (0.45)	13.4 (0.41)	22.0 (0.51)
4.00 times poverty level or more	100.0	35.3 (0.60)	1.9 (0.16)	19.2 (0.45)	17.3 (0.51)	26.2 (0.54)
Marital status:						
Never married	100.0	46.2 (0.88)	2.0 (0.21)	16.0 (0.57)	13.2 (0.55)	22.7 (0.70)
Married	100.0	46.9 (0.51)	1.7 (0.11)	15.4 (0.30)	13.5 (0.31)	22.5 (0.39)
Cohabiting	100.0	47.1 (1.51)	2.4 (0.50)	15.7 (1.07)	13.2 (0.96)	21.7 (1.17)
Divorced or separated	100.0	53.3 (0.75)	1.7 (0.20)	13.5 (0.46)	11.9 (0.46)	19.6 (0.63)
Widowed	100.0	64.9 (0.75)	1.4 (0.19)	8.3 (0.42)	8.1 (0.40)	17.3 (0.57)
Geographic region:						
Northeast	100.0	49.2 (0.82)	1.8 (0.21)	14.1 (0.55)	13.5 (0.39)	21.4 (0.60)
Midwest	100.0	45.4 (0.76)	1.7 (0.16)	16.1 (0.39)	13.1 (0.41)	23.7 (0.57)
South	100.0	55.8 (0.70)	1.5 (0.13)	13.1 (0.36)	11.1 (0.36)	18.5 (0.47)
West	100.0	43.5 (1.05)	2.2 (0.22)	15.5 (0.52)	14.0 (0.54)	24.8 (0.63)
Place of residence:						
MSA, central city ⁷	100.0	52.9 (0.74)	1.8 (0.16)	13.4 (0.37)	11.8 (0.39)	20.1 (0.50)
MSA, not central city ⁷	100.0	46.8 (0.56)	1.9 (0.12)	15.5 (0.32)	13.9 (0.32)	21.8 (0.39)
Not MSA ⁷	100.0	51.2 (1.05)	1.3 (0.17)	13.5 (0.51)	10.9 (0.44)	23.1 (0.70)

* Figure does not meet standards of reliability or precision (see Technical notes).

¹Light-moderate activity: Leisure-time physical activities that cause only light sweating or a slight to moderate increase in breathing or heart rate and are done for at least 10 minutes.²None: Persons classified as not doing light-moderate activity may include individuals who engaged in vigorous activity but did not engage in light-moderate activity.³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total but not shown separately.⁴Age adjusted to the 2000 projected U.S. population using age groups 18–24 years, 25–44 years, 45–64 years, 65–74 years, and 75 years and over.⁵GED is General Educational Development high school equivalency diploma.⁶Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds.⁷MSA is metropolitan statistical area (see Technical notes).

Table 3. Percent distribution of times per week engaged in vigorous leisure-time physical activity, for adults 18 years of age and over, by selected characteristics, United States, average annual, 1997–98

CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.

INTERNET RELEASE ONLY

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1	1–2	3–4	5 or more
Both sexes		Percent distribution (standard error)				
Ages 18 years and over (crude) ³	100.0	59.4 (0.33)	3.2 (0.09)	13.1 (0.17)	12.6 (0.16)	11.7 (0.17)
Ages 18 years and over (age-adjusted) ^{3,4}	100.0	59.9 (0.32)	3.1 (0.09)	12.9 (0.17)	12.4 (0.16)	11.6 (0.17)
Age:						
18–24 years	100.0	44.8 (0.82)	3.7 (0.28)	18.0 (0.51)	16.1 (0.56)	17.4 (0.61)
25–44 years	100.0	51.1 (0.43)	4.0 (0.15)	16.7 (0.28)	15.7 (0.25)	12.6 (0.25)
45–64 years	100.0	64.3 (0.46)	2.9 (0.15)	10.6 (0.27)	11.2 (0.26)	11.0 (0.29)
65–74 years	100.0	78.7 (0.60)	1.5 (0.17)	5.6 (0.33)	6.1 (0.33)	8.1 (0.41)
75 years and over	100.0	90.3 (0.48)	0.6 (0.13)	2.7 (0.27)	2.4 (0.25)	4.1 (0.29)
Race-ethnicity:						
Hispanic	100.0	67.4 (0.63)	2.2 (0.17)	11.8 (0.40)	9.1 (0.37)	9.4 (0.40)
White non-Hispanic	100.0	57.3 (0.39)	3.4 (0.11)	13.5 (0.21)	13.5 (0.20)	12.4 (0.20)
Black non-Hispanic	100.0	66.3 (0.71)	2.6 (0.19)	11.3 (0.42)	10.4 (0.38)	9.5 (0.37)
Asian/Pacific Islander non-Hispanic	100.0	60.6 (1.68)	4.0 (0.62)	15.0 (1.03)	11.4 (0.87)	9.0 (0.83)
Education:						
Less than high school graduate	100.0	79.3 (0.47)	1.6 (0.13)	6.7 (0.29)	4.5 (0.25)	7.8 (0.30)
GED diploma ⁵	100.0	65.9 (1.38)	2.9 (0.45)	11.3 (0.85)	8.8 (0.72)	11.1 (0.86)
High school graduate	100.0	66.7 (0.47)	2.5 (0.15)	11.4 (0.30)	8.7 (0.25)	10.7 (0.29)
Some college - no degree	100.0	52.1 (0.61)	3.8 (0.21)	15.8 (0.41)	14.7 (0.38)	13.6 (0.39)
Associate of Arts degree	100.0	51.6 (0.83)	4.0 (0.30)	15.9 (0.57)	15.1 (0.51)	13.4 (0.53)
Bachelor of Arts, Science degree	100.0	42.0 (0.65)	4.7 (0.26)	17.8 (0.45)	21.9 (0.47)	13.7 (0.43)
Master's, doctorate, medical degree	100.0	40.0 (0.81)	4.2 (0.32)	17.1 (0.59)	23.3 (0.69)	15.4 (0.62)
Poverty status ⁶ :						
Below poverty level	100.0	72.0 (0.92)	2.2 (0.20)	9.0 (0.45)	6.8 (0.40)	10.0 (0.41)
1.00–1.99 times poverty level	100.0	70.1 (0.58)	2.5 (0.16)	10.2 (0.36)	7.7 (0.34)	9.5 (0.35)
2.00–3.99 times poverty level	100.0	57.8 (0.51)	3.4 (0.18)	14.7 (0.35)	12.0 (0.28)	12.1 (0.28)
4.00 times poverty level or more	100.0	44.8 (0.49)	4.4 (0.20)	17.0 (0.32)	19.4 (0.34)	14.3 (0.31)
Marital status:						
Never married	100.0	47.0 (0.58)	3.6 (0.20)	16.5 (0.39)	17.0 (0.42)	15.9 (0.42)
Married	100.0	59.8 (0.39)	3.3 (0.12)	13.3 (0.23)	12.3 (0.21)	11.2 (0.22)
Cohabiting	100.0	53.4 (1.06)	4.3 (0.50)	14.6 (0.71)	14.0 (0.68)	13.7 (0.69)
Divorced or separated	100.0	64.2 (0.56)	2.5 (0.17)	10.9 (0.38)	11.5 (0.36)	10.9 (0.35)
Widowed	100.0	86.3 (0.47)	1.1 (0.16)	4.1 (0.28)	4.0 (0.27)	4.5 (0.27)
Geographic region:						
Northeast	100.0	62.4 (0.57)	2.9 (0.20)	11.4 (0.36)	12.5 (0.30)	10.7 (0.30)
Midwest	100.0	56.3 (0.60)	3.4 (0.19)	14.6 (0.37)	13.2 (0.32)	12.5 (0.36)
South	100.0	63.1 (0.61)	2.9 (0.15)	12.1 (0.30)	11.4 (0.30)	10.5 (0.29)
West	100.0	53.4 (0.85)	3.6 (0.23)	14.8 (0.42)	14.2 (0.37)	14.0 (0.37)
Place of residence:						
MSA, central city ⁷	100.0	60.7 (0.61)	3.1 (0.16)	12.6 (0.33)	12.6 (0.33)	11.1 (0.27)
MSA, not central city ⁷	100.0	56.9 (0.44)	3.4 (0.13)	14.2 (0.26)	13.7 (0.23)	11.9 (0.23)
Not MSA ⁷	100.0	63.6 (0.78)	2.8 (0.19)	11.3 (0.38)	10.1 (0.38)	12.2 (0.39)

See footnotes at end of table.

Table 3. Percent distribution of times per week engaged in vigorous leisure-time physical activity, for adults 18 years of age and over, by selected characteristics, United States, average annual, 1997–98—Con.

CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.

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Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1	1–2	3–4	5 or more
Men		Percent distribution (standard error)				
Ages 18 years and over (crude) ³	100.0	52.0 (0.45)	3.6 (0.14)	15.6 (0.27)	14.2 (0.26)	14.6 (0.27)
Ages 18 years and over (age-adjusted) ^{3,4}	100.0	53.3 (0.43)	3.5 (0.13)	15.1 (0.25)	13.8 (0.25)	14.3 (0.26)
Age:						
18–24 years	100.0	34.8 (1.10)	3.7 (0.42)	20.0 (0.82)	18.6 (0.94)	22.9 (0.92)
25–44 years	100.0	44.2 (0.61)	4.4 (0.21)	19.8 (0.42)	16.7 (0.41)	14.8 (0.39)
45–64 years	100.0	58.8 (0.68)	3.4 (0.22)	12.6 (0.44)	12.3 (0.40)	12.9 (0.45)
65–74 years	100.0	72.4 (0.94)	2.1 (0.29)	6.4 (0.52)	7.8 (0.54)	11.3 (0.74)
75 years and over	100.0	86.4 (0.86)	0.8 (0.23)	3.1 (0.42)	3.5 (0.46)	6.2 (0.62)
Race-ethnicity:						
Hispanic	100.0	59.5 (0.91)	2.5 (0.25)	14.7 (0.61)	11.3 (0.59)	11.9 (0.63)
White non-Hispanic	100.0	50.5 (0.52)	3.8 (0.15)	15.8 (0.31)	14.8 (0.31)	15.2 (0.32)
Black non-Hispanic	100.0	55.8 (1.12)	2.9 (0.32)	14.6 (0.71)	13.2 (0.67)	13.5 (0.70)
Asian/Pacific Islander non-Hispanic	100.0	50.9 (2.17)	4.8 (0.86)	20.0 (1.70)	13.1 (1.33)	11.2 (1.22)
Education:						
Less than high school graduate	100.0	73.1 (0.76)	2.2 (0.22)	8.8 (0.45)	5.7 (0.40)	10.2 (0.49)
GED diploma ⁵	100.0	61.3 (1.88)	2.9 (0.62)	11.9 (1.18)	9.2 (1.09)	14.7 (1.41)
High school graduate	100.0	59.0 (0.71)	2.9 (0.24)	14.0 (0.50)	10.2 (0.41)	13.9 (0.47)
Some college - no degree	100.0	44.0 (0.87)	3.9 (0.31)	18.4 (0.62)	16.5 (0.63)	17.1 (0.63)
Associate of Arts degree	100.0	43.6 (1.23)	4.5 (0.49)	19.5 (0.95)	15.9 (0.83)	16.6 (0.79)
Bachelor of Arts, Science degree	100.0	35.3 (0.84)	5.1 (0.38)	21.0 (0.68)	23.1 (0.68)	15.5 (0.62)
Master's, doctorate, medical degree	100.0	35.9 (1.11)	4.9 (0.48)	17.6 (0.78)	24.6 (0.91)	17.0 (0.93)
Poverty status ⁶ :						
Below poverty level	100.0	62.7 (1.48)	2.5 (0.34)	12.2 (0.83)	8.7 (0.64)	14.0 (0.79)
1.00–1.99 times poverty level	100.0	63.3 (0.92)	2.9 (0.28)	12.2 (0.59)	8.8 (0.54)	12.9 (0.61)
2.00–3.99 times poverty level	100.0	51.1 (0.73)	3.8 (0.25)	17.4 (0.53)	12.8 (0.42)	14.9 (0.47)
4.00 times poverty level or more	100.0	39.3 (0.66)	4.8 (0.25)	18.8 (0.48)	20.5 (0.51)	16.7 (0.48)
Marital status:						
Never married	100.0	39.7 (0.76)	3.4 (0.26)	18.2 (0.61)	19.2 (0.67)	19.4 (0.63)
Married	100.0	54.7 (0.54)	3.9 (0.18)	15.6 (0.35)	12.8 (0.29)	13.0 (0.35)
Cohabiting	100.0	48.8 (1.52)	3.8 (0.58)	15.6 (1.06)	15.5 (1.05)	16.4 (1.11)
Divorced or separated	100.0	56.2 (0.94)	2.6 (0.27)	12.7 (0.64)	13.5 (0.66)	15.0 (0.69)
Widowed	100.0	80.5 (1.16)	1.6 (0.38)	5.4 (0.73)	5.6 (0.61)	6.9 (0.73)
Geographic region:						
Northeast	100.0	54.4 (0.75)	3.3 (0.31)	14.1 (0.55)	14.4 (0.55)	13.7 (0.54)
Midwest	100.0	49.5 (0.78)	4.0 (0.29)	16.6 (0.54)	14.5 (0.51)	15.4 (0.55)
South	100.0	56.0 (0.87)	3.3 (0.20)	14.6 (0.47)	13.3 (0.47)	12.8 (0.45)
West	100.0	45.5 (1.01)	3.9 (0.33)	17.9 (0.57)	15.3 (0.61)	17.5 (0.64)
Place of residence:						
MSA, central city ⁷	100.0	52.3 (0.76)	3.5 (0.23)	15.7 (0.50)	14.8 (0.47)	13.7 (0.42)
MSA, not central city ⁷	100.0	49.5 (0.62)	3.8 (0.20)	16.6 (0.40)	15.1 (0.37)	14.9 (0.38)
Not MSA ⁷	100.0	57.4 (1.01)	3.2 (0.26)	13.3 (0.56)	11.3 (0.58)	14.8 (0.63)

See footnotes at end of table.

Table 3. Percent distribution of times per week engaged in vigorous leisure-time physical activity, for adults 18 years of age and over, by selected characteristics, United States, average annual, 1997–98—Con.

CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.

INTERNET RELEASE ONLY

Selected characteristic	Total	Times per week engaged in vigorous activity ¹				
		None ²	Less than 1	1–2	3–4	5 or more
Women		Percent distribution (standard error)				
Ages 18 years and over (crude) ³	100.0	66.2 (0.37)	2.8 (0.11)	10.8 (0.20)	11.1 (0.19)	9.1 (0.19)
Ages 18 years and over (age-adjusted) ^{3,4}	100.0	66.0 (0.36)	2.8 (0.11)	10.8 (0.20)	11.2 (0.19)	9.2 (0.19)
Age:						
18–24 years	100.0	55.0 (1.03)	3.7 (0.37)	15.9 (0.67)	13.5 (0.65)	11.9 (0.68)
25–44 years	100.0	57.7 (0.49)	3.6 (0.18)	13.7 (0.32)	14.6 (0.31)	10.4 (0.28)
45–64 years	100.0	69.4 (0.59)	2.5 (0.18)	8.7 (0.30)	10.1 (0.32)	9.2 (0.34)
65–74 years	100.0	83.8 (0.65)	1.0 (0.17)	5.1 (0.40)	4.7 (0.38)	5.4 (0.39)
75 years and over	100.0	92.7 (0.48)	0.5 (0.15)	2.4 (0.31)	1.6 (0.24)	2.7 (0.28)
Race-ethnicity:						
Hispanic	100.0	75.5 (0.74)	1.9 (0.22)	8.8 (0.49)	6.9 (0.41)	6.9 (0.40)
White non-Hispanic	100.0	63.5 (0.44)	3.0 (0.13)	11.3 (0.24)	12.2 (0.23)	9.9 (0.23)
Black non-Hispanic	100.0	74.6 (0.80)	2.3 (0.21)	8.6 (0.52)	8.1 (0.46)	6.4 (0.39)
Asian/Pacific Islander non-Hispanic	100.0	69.7 (2.01)	3.3 (0.85)	10.3 (1.08)	9.7 (1.03)	*6.9 (1.06)
Education:						
Less than high school graduate	100.0	85.0 (0.50)	1.2 (0.15)	4.8 (0.31)	3.4 (0.28)	5.6 (0.34)
GED diploma ⁵	100.0	71.1 (1.85)	3.0 (0.68)	10.6 (1.28)	8.3 (0.95)	7.1 (0.95)
High school graduate	100.0	73.0 (0.55)	2.3 (0.17)	9.3 (0.32)	7.4 (0.30)	8.1 (0.31)
Some college - no degree	100.0	59.6 (0.70)	3.6 (0.27)	13.4 (0.50)	12.9 (0.43)	10.4 (0.44)
Associate of Arts degree	100.0	58.3 (1.04)	3.7 (0.38)	12.9 (0.68)	14.4 (0.71)	10.8 (0.65)
Bachelor of Arts, Science degree	100.0	48.6 (0.82)	4.3 (0.32)	14.6 (0.60)	20.7 (0.63)	11.8 (0.50)
Master's, doctorate, medical degree	100.0	45.0 (1.20)	3.4 (0.42)	16.4 (0.89)	21.7 (0.97)	13.5 (0.78)
Poverty status ⁶ :						
Below poverty level	100.0	78.0 (0.85)	2.0 (0.25)	7.0 (0.48)	5.6 (0.41)	7.4 (0.42)
1.00–1.99 times poverty level	100.0	75.8 (0.66)	2.2 (0.20)	8.5 (0.42)	6.8 (0.38)	6.7 (0.35)
2.00–3.99 times poverty level	100.0	64.3 (0.64)	3.0 (0.22)	12.0 (0.43)	11.3 (0.34)	9.4 (0.38)
4.00 times poverty level or more	100.0	51.0 (0.63)	4.1 (0.26)	15.1 (0.42)	18.2 (0.48)	11.7 (0.41)
Marital status:						
Never married	100.0	55.8 (0.82)	3.7 (0.32)	14.5 (0.55)	14.4 (0.50)	11.6 (0.51)
Married	100.0	65.0 (0.46)	2.8 (0.14)	11.0 (0.26)	11.8 (0.27)	9.4 (0.26)
Cohabiting	100.0	58.3 (1.39)	4.9 (0.75)	13.6 (0.95)	12.4 (0.95)	10.9 (0.82)
Divorced or separated	100.0	69.5 (0.64)	2.4 (0.21)	9.7 (0.43)	10.1 (0.41)	8.2 (0.38)
Widowed	100.0	87.6 (0.50)	1.0 (0.19)	3.8 (0.28)	3.6 (0.28)	3.9 (0.29)
Geographic region:						
Northeast	100.0	69.4 (0.77)	2.6 (0.24)	9.1 (0.42)	10.8 (0.45)	8.1 (0.40)
Midwest	100.0	62.6 (0.71)	2.9 (0.22)	12.7 (0.44)	12.0 (0.41)	9.8 (0.41)
South	100.0	69.6 (0.59)	2.6 (0.18)	9.7 (0.31)	9.7 (0.28)	8.3 (0.32)
West	100.0	60.9 (0.98)	3.3 (0.27)	11.8 (0.53)	13.2 (0.42)	10.8 (0.38)
Place of residence:						
MSA, central city ⁷	100.0	68.1 (0.65)	2.7 (0.18)	9.8 (0.36)	10.7 (0.35)	8.7 (0.32)
MSA, not central city ⁷	100.0	63.7 (0.48)	3.0 (0.16)	11.9 (0.30)	12.3 (0.29)	9.1 (0.26)
Not MSA ⁷	100.0	69.4 (0.85)	2.4 (0.22)	9.4 (0.50)	9.0 (0.42)	9.7 (0.38)

* Figure does not meet standards of reliability or precision (see Technical notes).

¹Vigorous activity: Leisure-time physical activities that cause heavy sweating or large increases in breathing or heart rate and are done for at least 10 minutes.²None: Persons classified as not doing vigorous activity may include individuals who engaged in light-moderate activity but did not engage in vigorous activity.³Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total but not shown separately.⁴Age adjusted to the 2000 projected U.S. population using age groups 18–24 years, 25–44 years, 45–64 years, 65–74 years, and 75 years and over.⁵GED is General Educational Development high school equivalency diploma.⁶Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds.⁷MSA is metropolitan statistical area (see Technical notes).

Table 4. Percent of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 1997–98CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.
INTERNET RELEASE ONLY

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Both sexes			
Percent (standard error)			
Ages 18 years and over (crude) ²	14.3 (0.19)	22.6 (0.23)	30.9 (0.27)
Ages 18 years and over (age-adjusted) ^{3,4}	14.3 (0.19)	22.3 (0.22)	30.6 (0.26)
Age:			
18–24 years	16.5 (0.58)	31.7 (0.72)	38.9 (0.76)
25–44 years	13.9 (0.26)	26.5 (0.32)	33.5 (0.36)
45–64 years	14.2 (0.33)	20.3 (0.37)	29.1 (0.43)
65–74 years	15.9 (0.51)	12.6 (0.48)	24.9 (0.61)
75 years and over	11.2 (0.50)	5.6 (0.35)	15.4 (0.57)
Race-ethnicity:			
Hispanic	10.3 (0.40)	17.4 (0.50)	23.6 (0.59)
White non-Hispanic	15.5 (0.22)	24.1 (0.28)	32.9 (0.32)
Black non-Hispanic	10.3 (0.39)	18.2 (0.52)	24.6 (0.56)
Asian/Pacific Islander non-Hispanic	11.6 (1.00)	18.5 (1.16)	25.9 (1.32)
Education:			
Less than high school graduate	10.2 (0.35)	11.1 (0.36)	18.1 (0.46)
GED diploma ⁴	13.5 (1.02)	18.1 (1.02)	27.2 (1.25)
High school graduate	13.4 (0.32)	17.5 (0.37)	26.1 (0.41)
Some college - no degree	17.0 (0.41)	26.5 (0.52)	35.6 (0.54)
Associate of Arts degree	15.9 (0.60)	26.3 (0.67)	34.8 (0.73)
Bachelor of Arts, Science degree	15.7 (0.45)	33.6 (0.54)	41.2 (0.60)
Master's, doctorate, medical degree	17.5 (0.60)	37.2 (0.83)	46.1 (0.84)
Poverty status ⁵ :			
Below poverty level	12.0 (0.44)	15.5 (0.62)	23.1 (0.69)
1.00–1.99 times poverty level	13.4 (0.40)	15.3 (0.45)	23.8 (0.50)
2.00–3.99 times poverty level	14.4 (0.33)	22.4 (0.37)	30.8 (0.43)
4.00 times poverty level or more	17.1 (0.35)	31.7 (0.40)	40.6 (0.43)
Marital status:			
Never married	15.7 (0.41)	31.2 (0.52)	38.3 (0.55)
Married	14.5 (0.24)	21.8 (0.29)	30.5 (0.33)
Cohabiting	15.2 (0.75)	25.5 (0.88)	33.0 (0.99)
Divorced or separated	13.2 (0.42)	20.5 (0.45)	28.4 (0.53)
Widowed	9.9 (0.40)	7.6 (0.34)	15.8 (0.49)
Geographic region:			
Northeast	14.1 (0.44)	21.6 (0.43)	30.4 (0.53)
Midwest	15.0 (0.40)	23.6 (0.50)	32.0 (0.57)
South	12.3 (0.29)	20.4 (0.39)	27.8 (0.45)
West	17.3 (0.45)	26.3 (0.48)	35.6 (0.58)
Place of residence:			
MSA, central city ⁶	13.3 (0.32)	22.1 (0.43)	30.1 (0.48)
MSA, not central city ⁶	14.5 (0.26)	23.9 (0.31)	32.2 (0.35)
Not MSA ⁶	15.3 (0.46)	20.1 (0.50)	28.8 (0.64)

See footnotes at end of table.

Table 4. Percent of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 1997–98—Con.CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.
INTERNET RELEASE ONLY

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Men			
Percent (standard error)			
Ages 18 years and over (crude) ²	15.6 (0.28)	26.8 (0.34)	34.8 (0.38)
Ages 18 years and over (age-adjusted) ^{3,4}	15.7 (0.27)	26.1 (0.33)	34.4 (0.38)
Age:			
18–24 years	18.8 (0.86)	39.3 (1.10)	46.0 (1.19)
25–44 years	14.5 (0.38)	29.6 (0.51)	36.0 (0.55)
45–64 years	14.9 (0.45)	23.2 (0.55)	31.6 (0.61)
65–74 years	18.9 (0.86)	17.3 (0.81)	30.6 (0.98)
75 years and over	15.6 (0.97)	8.6 (0.72)	21.9 (1.10)
Race-ethnicity:			
Hispanic	11.6 (0.60)	21.9 (0.81)	28.0 (0.92)
White non-Hispanic	16.9 (0.32)	27.9 (0.40)	36.5 (0.44)
Black non-Hispanic	10.9 (0.62)	24.7 (0.90)	30.5 (1.01)
Asian/Pacific Islander non-Hispanic	12.5 (1.52)	22.7 (1.82)	29.6 (2.01)
Education:			
Less than high school graduate	11.5 (0.55)	14.7 (0.59)	21.8 (0.71)
GED diploma ⁴	14.7 (1.46)	21.9 (1.60)	30.7 (1.80)
High school graduate	14.8 (0.50)	21.7 (0.58)	30.2 (0.63)
Some college - no degree	19.2 (0.66)	31.6 (0.80)	40.1 (0.85)
Associate of Arts degree	17.3 (0.95)	30.0 (1.08)	38.0 (1.16)
Bachelor of Arts, Science degree	16.2 (0.65)	36.4 (0.78)	43.9 (0.82)
Master's, doctorate, medical degree	17.4 (0.79)	40.0 (1.09)	48.4 (1.09)
Poverty status ⁵ :			
Below poverty level	13.3 (0.72)	21.1 (1.06)	27.9 (1.16)
1.00–1.99 times poverty level	14.7 (0.64)	19.3 (0.75)	27.4 (0.82)
2.00–3.99 times poverty level	15.5 (0.50)	25.8 (0.57)	33.8 (0.65)
4.00 times poverty level or more	18.3 (0.50)	34.9 (0.59)	43.8 (0.62)
Marital status:			
Never married	17.4 (0.59)	36.6 (0.77)	43.7 (0.80)
Married	15.1 (0.35)	23.9 (0.41)	32.3 (0.47)
Cohabiting	16.5 (1.11)	29.2 (1.31)	36.5 (1.47)
Divorced or separated	15.5 (0.71)	26.6 (0.81)	34.4 (0.94)
Widowed	12.8 (0.94)	11.3 (0.90)	21.8 (1.18)
Geographic region:			
Northeast	15.5 (0.61)	26.4 (0.63)	35.1 (0.76)
Midwest	16.1 (0.54)	27.6 (0.74)	35.5 (0.80)
South	13.4 (0.46)	24.4 (0.61)	31.5 (0.67)
West	19.4 (0.66)	30.5 (0.70)	39.8 (0.82)
Place of residence:			
MSA, central city ⁶	14.5 (0.46)	26.9 (0.61)	34.8 (0.67)
MSA, not central city ⁶	15.9 (0.37)	28.1 (0.47)	36.1 (0.51)
Not MSA ⁶	16.5 (0.67)	23.4 (0.78)	31.6 (0.87)

See footnotes at end of table.

Table 4. Percent of adults 18 years of age and over who engaged in regular leisure-time physical activity, by type of activity and selected characteristics: United States, average annual, 1997–98—Con.CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.
INTERNET RELEASE ONLY

Selected characteristic	Regular activity ¹		
	Light-moderate	Vigorous	Any
Women			
Percent (standard error)			
Ages 18 years and over (crude) ²	13.1 (0.22)	18.8 (0.26)	27.2 (0.30)
Ages 18 years and over (age-adjusted) ^{3,4}	13.1 (0.22)	18.9 (0.26)	27.3 (0.30)
Age:			
18–24 years	14.3 (0.74)	24.0 (0.84)	31.9 (0.92)
25–44 years	13.3 (0.31)	23.5 (0.39)	31.1 (0.43)
45–64 years	13.6 (0.44)	17.6 (0.46)	26.7 (0.54)
65–74 years	13.5 (0.59)	8.7 (0.49)	20.2 (0.68)
75 years and over	8.3 (0.51)	3.7 (0.34)	11.2 (0.59)
Race-ethnicity:			
Hispanic	8.9 (0.45)	12.8 (0.52)	19.0 (0.62)
White non-Hispanic	14.3 (0.26)	20.6 (0.32)	29.6 (0.37)
Black non-Hispanic	9.7 (0.50)	12.9 (0.59)	19.9 (0.65)
Asian/Pacific Islander non-Hispanic	10.7 (1.12)	14.6 (1.31)	22.5 (1.43)
Education:			
Less than high school graduate	8.9 (0.39)	7.9 (0.38)	14.8 (0.48)
GED diploma ⁴	12.2 (1.41)	13.7 (1.24)	23.3 (1.70)
High school graduate	12.3 (0.38)	14.0 (0.39)	22.7 (0.47)
Some college - no degree	15.0 (0.48)	21.8 (0.59)	31.3 (0.62)
Associate of Arts degree	14.8 (0.70)	23.1 (0.85)	32.2 (0.90)
Bachelor of Arts, Science degree	15.2 (0.58)	30.8 (0.75)	38.5 (0.81)
Master's, doctorate, medical degree	17.5 (0.88)	33.7 (1.22)	43.3 (1.28)
Poverty status ⁵ :			
Below poverty level	11.1 (0.52)	11.9 (0.58)	20.1 (0.70)
1.00–1.99 times poverty level	12.3 (0.48)	12.0 (0.47)	20.9 (0.57)
2.00–3.99 times poverty level	13.4 (0.41)	19.2 (0.48)	27.8 (0.55)
4.00 times poverty level or more	15.7 (0.45)	28.2 (0.58)	37.0 (0.58)
Marital status:			
Never married	13.6 (0.55)	24.7 (0.67)	32.0 (0.73)
Married	13.9 (0.30)	19.6 (0.36)	28.7 (0.39)
Cohabiting	13.8 (0.98)	21.6 (1.10)	29.3 (1.25)
Divorced or separated	11.8 (0.51)	16.5 (0.52)	24.4 (0.64)
Widowed	9.3 (0.44)	6.7 (0.36)	14.5 (0.53)
Geographic region:			
Northeast	12.9 (0.49)	17.5 (0.62)	26.3 (0.69)
Midwest	14.1 (0.49)	19.9 (0.57)	28.8 (0.68)
South	11.3 (0.33)	16.8 (0.39)	24.3 (0.44)
West	15.4 (0.49)	22.3 (0.58)	31.7 (0.64)
Place of residence:			
MSA, central city ⁶	12.2 (0.39)	17.8 (0.47)	25.8 (0.53)
MSA, not central city ⁶	13.2 (0.33)	20.0 (0.38)	28.5 (0.44)
Not MSA ⁶	14.1 (0.51)	17.1 (0.54)	26.3 (0.68)

¹Regular leisure-time physical activity: engaging in light-moderate activity at least 5 times per week for at least 30 minutes each time or engaging in vigorous activity at least 3 times per week for at least 20 minutes each time or meeting either one or both of the first two criteria.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total but not shown separately.³Age adjusted to the 2000 projected U.S. population using age groups 18–24 years, 25–44 years, 45–64 years, 65–74 years, and 75 years and over.⁴GED is General Educational Development high school equivalency diploma.⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds.⁶MSA is metropolitan statistical area (see Technical notes).

Table 5. Percent of adults 18 years of age and over who engaged in any strengthening activities by selected characteristics, United States, average annual, 1997–98CRUDE (unadjusted) estimates, with age-adjusted totals. Companion to Advance Data No. 325.
INTERNET RELEASE ONLY

Selected characteristic	Engaged in any strengthening activities ¹		
	Both sexes	Men	Women
		Percent (standard error)	
Ages 18 years and over (crude) ²	23.1 (0.26)	27.9 (0.37)	18.7 (0.29)
Ages 18 years and over (age-adjusted) ^{2,3}	22.9 (0.25)	27.2 (0.34)	18.7 (0.29)
Age:			
18–24 years	36.5 (0.73)	46.7 (1.15)	26.2 (0.87)
25–44 years	27.3 (0.35)	31.7 (0.52)	23.1 (0.42)
45–64 years	18.3 (0.38)	20.9 (0.56)	15.8 (0.43)
65–74 years	11.7 (0.47)	14.1 (0.73)	9.7 (0.55)
75 years and over	8.2 (0.46)	11.1 (0.83)	6.4 (0.45)
Race-ethnicity:			
Hispanic	18.6 (0.49)	24.4 (0.80)	12.7 (0.51)
White non-Hispanic	23.7 (0.30)	27.5 (0.41)	20.1 (0.35)
Black non-Hispanic	23.0 (0.69)	33.6 (1.17)	14.6 (0.67)
Asian/Pacific Islander non-Hispanic	23.7 (1.41)	29.4 (2.14)	18.3 (1.47)
Education:			
Less than high school graduate	11.2 (0.37)	15.7 (0.67)	7.2 (0.36)
GED diploma ⁴	17.0 (1.02)	19.9 (1.55)	13.7 (1.28)
High school graduate	17.2 (0.36)	22.1 (0.56)	13.2 (0.40)
Some college - no degree	28.4 (0.54)	33.7 (0.86)	23.5 (0.57)
Associate of Arts degree	27.3 (0.74)	32.9 (1.07)	22.7 (0.93)
Bachelor of Arts, Science degree	35.1 (0.58)	38.8 (0.85)	31.4 (0.73)
Master's, doctorate, medical degree	36.2 (0.84)	38.6 (1.10)	33.2 (1.16)
Poverty status ⁵ :			
Below poverty level	16.3 (0.72)	23.5 (1.18)	11.6 (0.63)
1.00–1.99 times poverty level	17.0 (0.46)	21.8 (0.80)	13.0 (0.48)
2.00–3.99 times poverty level	22.7 (0.40)	26.7 (0.60)	18.7 (0.50)
4.00 times poverty level or more	33.0 (0.46)	36.3 (0.63)	29.4 (0.60)
Marital status:			
Never married	35.5 (0.60)	43.0 (0.84)	26.5 (0.71)
Married	20.8 (0.28)	23.2 (0.39)	18.5 (0.36)
Cohabiting	26.4 (0.91)	30.6 (1.46)	22.0 (1.26)
Divorced or separated	21.7 (0.46)	27.8 (0.81)	17.7 (0.52)
Widowed	9.1 (0.40)	13.8 (1.14)	8.0 (0.43)
Geographic region:			
Northeast	22.6 (0.54)	27.4 (0.73)	18.3 (0.73)
Midwest	24.1 (0.56)	28.6 (0.78)	20.0 (0.56)
South	20.2 (0.43)	25.3 (0.62)	15.5 (0.45)
West	27.8 (0.51)	32.5 (0.77)	23.4 (0.64)
Place of residence:			
MSA, central city ⁶	24.0 (0.42)	30.3 (0.60)	18.4 (0.50)
MSA, not central city ⁶	24.3 (0.36)	28.8 (0.52)	20.1 (0.42)
Not MSA ⁶	19.1 (0.68)	22.8 (0.90)	15.7 (0.71)

¹Strengthening activities: Physical activities specifically designed to strengthen muscles such as weight lifting or calisthenics. No minimum duration imposed when asking frequency and no duration question asked.²Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total but not shown separately.³Age adjusted to the 2000 projected U.S. population using age groups 18–24 years, 25–44 years, 45–64 years, 65–74 years, and 75 years and over.⁴GED is General Educational Development high school equivalency diploma.⁵Poverty status is based on family income and family size using the U.S. Census Bureau poverty thresholds.⁶MSA is metropolitan statistical area (see Technical notes).

**Table X. Number of adults 18 years of age and older, by selected characteristics, United States, average annual, 1997–98
[INTERMET RELEASE ONLY]**

Selected characteristic	Both sexes	Men	Women
	Number (in thousands)		
Total ¹	196,290	94,187	102,103
Age			
18–24 years	25,213	12,659	12,554
25–44 years	83,180	40,997	42,184
45–64 years	55,783	26,996	28,786
65–74 years	18,096	8,094	10,002
75 years and over	14,018	5,441	8,577
Race-ethnicity			
Hispanic	19,624	9,990	9,634
White non-Hispanic	147,133	70,803	76,329
Black non-Hispanic	21,814	9,697	12,117
Asian/Pacific Islander non-Hispanic	6,170	3,001	3,169
Education			
Less than high school graduate	36,869	17,632	19,237
GED diploma ²	4,961	2,643	2,318
High school graduate	54,100	24,506	29,593
Some college - no degree	37,985	18,270	19,715
Associate of Arts degree	17,208	7,853	9,354
Bachelor of Arts, Science degree	28,758	14,357	14,401
Masters, doctorate, medical degree	14,681	8,147	6,534
Poverty status			
Below poverty level	18,963	7,421	11,542
1.00–1.99 times poverty level	28,596	12,972	15,624
2.00–3.99 times poverty level	52,165	25,784	26,381
4.00 times poverty level or more	58,036	30,564	27,472
Marital status			
Never married	36,462	19,912	16,550
Married	116,211	58,598	57,613
Cohabiting	9,584	4,943	4,641
Divorced or separated	19,890	7,941	11,949
Widowed	13,388	2,466	10,922
Geographic region			
Northeast	39,221	18,371	20,850
Midwest	49,781	24,066	25,715
South	69,991	33,655	36,336
West	37,297	18,095	19,201
Place of residence ³			
MSA, central city	56,987	26,853	30,133
MSA, not central city	97,672	47,175	50,498
Not MSA	41,631	20,159	21,472

¹Persons of other races and unknown race and ethnicity, unknown education, unknown poverty status, and unknown marital status are included in the total but not shown separately.

²GED is General Educational Development high school equivalency diploma.

³MSA is metropolitan statistical area (see Technical notes).

NOTE: Population estimates were calculated using the 1997–98 National Health Interview Survey and can be used in conjunction with the unadjusted statistics to calculate the numbers of persons in each category in tables 1–5.