Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Both sexes	100.0	30.5 (0.32)	19.8 (0.18)	15.5 (0.15)	34.2 (0.27)	100.0	50.1 (0.30)	49.9 (0.30)
Age								
18–24 years	100.0	23.6 (0.65)	16.1 (0.45)	15.0 (0.44)	45.3 (0.71)	100.0	39.6 (0.70)	60.4 (0.70)
25–44 years	100.0	25.8 (0.37)	19.5 (0.26)	16.8 (0.23)	37.9 (0.37)	100.0	45.1 (0.38)	54.9 (0.38)
45–64 years	100.0	32.8 (0.43)	21.3 (0.28)	15.5 (0.23)	30.4 (0.36)	100.0	53.9 (0.40)	46.1 (0.40)
65–74 years	100.0	36.6 (0.56)	21.0 (0.42)	14.3 (0.36)	28.0 (0.50)	100.0	57.5 (0.56)	42.5 (0.56)
75 years and over	100.0	51.8 (0.67)	20.5 (0.50)	11.3 (0.36)	16.4 (0.52)	100.0	72.2 (0.60)	27.8 (0.60)
Race								
One race <sup>2</sup>	100.0	30.6 (0.33)	19.7 (0.18)	15.5 (0.15)	34.2 (0.27)	100.0	50.2 (0.30)	49.8 (0.30)
White	100.0	29.3 (0.36)	19.7 (0.20)	15.8 (0.17)	35.3 (0.31)	100.0	48.8 (0.34)	51.2 (0.34)
Black or African American	100.0	39.3 (0.56)	18.8 (0.43)	13.1 (0.31)	28.8 (0.48)	100.0	58.0 (0.53)	42.0 (0.53)
American Indian or Alaska Native	100.0	34.6 (2.14)	20.0 (1.40)	12.9 (1.24)	32.4 (1.93)	100.0	54.5 (2.19)	45.5 (2.19)
Asian	100.0	29.8 (0.78)	22.3 (0.59)	18.3 (0.57)	29.7 (0.67)	100.0	52.0 (0.77)	48.0 (0.77)
Native Hawaiian or Other Pacific Islander	100.0	33.6 (4.39)	13.4 (2.77)	11.1 (2.64)	41.9 (3.97)	100.0	47.0 (4.04)	53.0 (4.04)
Two or more races <sup>3</sup>	100.0	27.3 (1.29)	21.0 (1.13)	15.6 (0.99)	36.1 (1.27)	100.0	48.1 (1.30)	51.9 (1.30)
Black or African American, white	100.0	28.5 (3.26)	21.5 (2.91)	19.3 (3.25)	30.7 (2.84)	100.0	50.0 (3.50)	50.0 (3.50)
American Indian or Alaska Native, white	100.0	27.5 (1.81)	23.1 (1.83)	14.6 (1.43)	34.8 (2.08)	100.0	50.4 (2.08)	49.6 (2.08)

Table PA-1a. Age-adjusted percent distribution (with standard errors) of leisure-time aerobic physical activity status, and age-adjusted percent distribution (with standard errors) of
meeting or not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Both sexes (continued)								
Hispanic or Latino origin <sup>4</sup> and race								
Hispanic or Latino	100.0	40.2 (0.57)	17.9 (0.36)	13.4 (0.28)	28.5 (0.46)	100.0	58.0 (0.50)	42.0 (0.50)
Mexican or Mexican American	100.0	39.2 (0.77)	18.9 (0.48)	13.9 (0.37)	28.1 (0.60)	100.0	58.0 (0.64)	42.0 (0.64)
Not Hispanic or Latino	100.0	28.7 (0.34)	20.1 (0.20)	15.9 (0.17)	35.2 (0.29)	100.0	48.7 (0.32)	51.3 (0.32)
White, single race	100.0	26.8 (0.38)	20.0 (0.23)	16.3 (0.20)	36.9 (0.34)	100.0	46.7 (0.37)	53.3 (0.37)
Black or African American, single race	100.0	39.2 (0.57)	18.9 (0.45)	13.2 (0.32)	28.7 (0.50)	100.0	58.0 (0.54)	42.0 (0.54)
American Indian or Alaska Native, single race	100.0	34.3 (2.67)	18.5 (1.59)	12.7 (1.73)	34.5 (2.15)	100.0	52.7 (2.67)	47.3 (2.67)
Education <sup>5</sup>								
Less than high school diploma	100.0	52.4 (0.60)	17.4 (0.40)	10.5 (0.31)	19.7 (0.47)	100.0	69.6 (0.51)	30.4 (0.51)
GED or equivalent <sup>6</sup>	100.0	43.1 (1.12)	19.9 (0.91)	11.2 (0.63)	25.7 (0.98)	100.0	62.9 (1.03)	37.1 (1.03)
High school graduate	100.0	40.8 (0.54)	20.2 (0.36)	13.3 (0.29)	25.8 (0.45)	100.0	60.8 (0.48)	39.2 (0.48)
Some college, no degree	100.0	30.3 (0.48)	21.7 (0.39)	15.2 (0.33)	32.7 (0.45)	100.0	51.9 (0.49)	48.1 (0.49)
Associate's degree	100.0	28.2 (0.57)	21.1 (0.50)	16.2 (0.43)	34.5 (0.57)	100.0	49.1 (0.63)	50.9 (0.63)
Bachelor's degree	100.0	18.5 (0.38)	21.0 (0.35)	19.7 (0.33)	40.9 (0.46)	100.0	39.3 (0.45)	60.7 (0.45)
Master's, professional, or doctoral degree	100.0	14.2 (0.43)	20.7 (0.45)	20.5 (0.47)	44.6 (0.61)	100.0	34.7 (0.56)	65.3 (0.56)
Poverty status <sup>7</sup>								
Less than 100% of the poverty threshold	100.0	45.4 (0.61)	18.1 (0.38)	11.8 (0.30)	24.8 (0.52)	100.0	63.3 (0.59)	36.7 (0.59)
100% to less than 200% of the poverty threshold	100.0	41.5 (0.51)	19.3 (0.33)	12.8 (0.28)	26.4 (0.42)	100.0	60.6 (0.47)	39.4 (0.47)
200% to less than 400% of the poverty threshold	100.0	31.1 (0.41)	20.7 (0.32)	15.6 (0.25)	32.6 (0.38)	100.0	51.7 (0.40)	48.3 (0.40)
400% of the poverty threshold or greater	100.0	19.2 (0.33)	19.8 (0.28)	18.3 (0.28)	42.8 (0.40)	100.0	38.8 (0.38)	61.2 (0.38)

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Both sexes (continued)								
Marital status								
Married	100.0	28.7 (0.37)	20.8 (0.23)	16.8 (0.20)	33.7 (0.33)	100.0	49.4 (0.35)	50.6 (0.35)
Widowed	100.0	37.3 (1.87)	22.4 (1.86)	12.5 (1.39)	27.9 (2.15)	100.0	59.5 (2.25)	40.5 (2.25)
Divorced or separated	100.0	34.8 (0.56)	19.4 (0.43)	14.0 (0.35)	31.8 (0.54)	100.0	54.0 (0.56)	46.0 (0.56)
Never married	100.0	32.0 (0.51)	18.5 (0.37)	14.4 (0.32)	35.1 (0.45)	100.0	50.4 (0.50)	49.6 (0.50)
Living with a partner	100.0	32.4 (0.84)	19.0 (0.57)	15.2 (0.57)	33.4 (0.77)	100.0	51.3 (0.85)	48.7 (0.85)
Region								
Northeast	100.0	34.5 (0.73)	17.7 (0.40)	15.0 (0.38)	32.7 (0.62)	100.0	52.1 (0.71)	47.9 (0.71)
Midwest	100.0	28.4 (0.63)	22.4 (0.39)	16.5 (0.34)	32.7 (0.57)	100.0	50.7 (0.60)	49.3 (0.60)
South	100.0	33.5 (0.59)	19.3 (0.32)	14.5 (0.23)	32.8 (0.44)	100.0	52.6 (0.48)	47.4 (0.48)
West	100.0	24.8 (0.67)	19.5 (0.32)	16.7 (0.28)	39.0 (0.62)	100.0	44.2 (0.68)	55.8 (0.68)
Place of residence <sup>8</sup>								
Large MSA	100.0	28.4 (0.33)	19.8 (0.22)	16.0 (0.19)	35.8 (0.32)	100.0	48.1 (0.34)	51.9 (0.34)
Small MSA	100.0	30.6 (0.71)	19.7 (0.35)	15.7 (0.27)	34.0 (0.57)	100.0	50.2 (0.65)	49.8 (0.65)
Not in MSA	100.0	37.8 (1.24)	19.7 (0.60)	13.8 (0.43)	28.8 (0.87)	100.0	57.3 (0.98)	42.7 (0.98)

Age

Race

Men

18-24 years

25-44 years

45-64 years

65-74 years

One race<sup>2</sup>

White

Asian

Two or more races<sup>3</sup>

75 years and over

Black or African American

American Indian or Alaska Native

Black or African American, white

Native Hawaiian or Other Pacific Islander

American Indian or Alaska Native, white

53.7 (0.36)

66.9 (0.86)

58.4 (0.51)

47.8 (0.52)

47.1 (0.81)

34.4 (0.92)

53.6 (0.36)

54.1 (0.41)

49.6 (0.77)

48.1 (2.93)

54.2 (1.08)

65.9 (4.00)

56.1 (2.04)

60.8 (5.61)

52.4 (3.41)

meeting or not meeting the 2008 federal guidelines for aer			• •	•	• • •		•	,
	All adults aged 18		4	Medium		All adults aged 18	Did not meet 2008 federal guidelines for	Met 2008 federal guidelines for
Selected characteristic	and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	activity <sup>1</sup>	High activity <sup>1</sup>	and over	aerobic activity <sup>1</sup>	aerobic activity <sup>1</sup>

17.7 (0.24)

12.3 (0.57)

17.1 (0.36)

19.9 (0.41)

19.5 (0.60)

19.9 (0.71)

17.7 (0.24)

17.8 (0.28)

15.9 (0.53)

20.1 (2.20)

19.1 (0.82)

11.3 (3.33)

17.6 (1.68)

13.2 (3.70)

20.4 (2.82)

14.8 (0.20)

13.5 (0.60)

16.0 (0.33)

14.8 (0.33)

14.0 (0.55)

12.4 (0.58)

14.8 (0.20)

14.8 (0.23)

13.3 (0.48)

11.7 (1.62)

19.4 (0.84)

14.9 (4.37)

14.7 (1.50)

\*16.3 (5.40)

14.9 (2.42)

38.7 (0.35)

53.4 (0.91)

42.3 (0.50)

32.8 (0.47)

32.9 (0.75)

21.8 (0.81)

38.7 (0.35)

39.2 (0.39)

36.2 (0.75)

36.4 (2.84)

34.7 (1.03)

50.9 (5.03)

41.4 (1.96)

44.5 (5.57)

37.5 (3.35)

100.0

100.0

100.0

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100.0

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100.0

100.0

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100.0

100.0

100.0

46.3 (0.36)

33.1 (0.86)

41.6 (0.51)

52.2 (0.52)

52.9 (0.81)

65.6 (0.92)

46.4 (0.36)

45.9 (0.41)

50.4 (0.77)

51.9 (2.93)

45.8 (1.08)

34.1 (4.00)

43.9 (2.04)

39.2 (5.61)

47.6 (3.41)

28.8 (0.38)

20.8 (0.78)

24.6 (0.48)

32.5 (0.54)

33.6 (0.80)

45.8 (0.99)

28.8 (0.38)

28.2 (0.43)

34.7 (0.77)

31.8 (2.63)

26.8 (0.99)

22.9 (3.66)

26.3 (1.85)

26.0 (5.12)

27.2 (2.95)

100.0

100.0

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Table PA-1a. Age-adjusted percent distribution (with standard errors) of leisure-time aerobic physical activity status, and age-adjusted percent distribution (with standard errors) of
meeting or not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Men (continued)								
Hispanic or Latino origin <sup>4</sup> and race								
Hispanic or Latino	100.0	38.1 (0.72)	16.9 (0.51)	13.2 (0.41)	31.8 (0.63)	100.0	54.9 (0.67)	45.1 (0.67)
Mexican or Mexican American	100.0	37.7 (0.93)	17.8 (0.66)	13.3 (0.54)	31.2 (0.80)	100.0	55.5 (0.84)	44.5 (0.84)
Not Hispanic or Latino	100.0	27.0 (0.39)	17.8 (0.27)	15.2 (0.23)	40.0 (0.38)	100.0	44.7 (0.39)	55.3 (0.39)
White, single race	100.0	25.9 (0.45)	18.0 (0.32)	15.2 (0.26)	40.9 (0.45)	100.0	43.7 (0.46)	56.3 (0.46)
Black or African American, single race	100.0	34.7 (0.79)	15.8 (0.55)	13.4 (0.50)	36.1 (0.77)	100.0	50.4 (0.80)	49.6 (0.80)
American Indian or Alaska Native, single race	100.0	31.5 (3.38)	15.2 (2.24)	11.3 (2.19)	42.0 (3.44)	100.0	46.7 (3.66)	53.3 (3.66)
Education <sup>5</sup>								
Less than high school diploma	100.0	50.4 (0.82)	16.2 (0.54)	10.6 (0.45)	22.8 (0.70)	100.0	66.4 (0.74)	33.6 (0.74)
GED or equivalent <sup>6</sup>	100.0	41.1 (1.58)	18.7 (1.27)	10.5 (0.89)	29.7 (1.44)	100.0	59.7 (1.47)	40.3 (1.47)
High school graduate	100.0	39.0 (0.68)	18.8 (0.50)	12.9 (0.41)	29.3 (0.62)	100.0	57.6 (0.65)	42.4 (0.65)
Some college, no degree	100.0	28.0 (0.63)	19.4 (0.56)	14.8 (0.49)	37.9 (0.66)	100.0	47.3 (0.69)	52.7 (0.69)
Associate's degree	100.0	27.6 (0.80)	19.2 (0.81)	14.8 (0.62)	38.4 (0.86)	100.0	46.6 (0.96)	53.4 (0.96)
Bachelor's degree	100.0	17.1 (0.50)	18.4 (0.48)	18.9 (0.49)	45.6 (0.64)	100.0	35.4 (0.61)	64.6 (0.61)
Master's, professional, or doctoral degree	100.0	12.6 (0.56)	19.3 (0.65)	20.2 (0.67)	48.0 (0.84)	100.0	31.7 (0.77)	68.3 (0.77)
Poverty status <sup>7</sup>								
Less than 100% of the poverty threshold	100.0	42.5 (0.83)	15.8 (0.54)	11.6 (0.46)	30.1 (0.75)	100.0	58.2 (0.82)	41.8 (0.82)
100% to less than 200% of the poverty threshold	100.0	40.1 (0.68)	17.0 (0.48)	12.1 (0.41)	30.8 (0.62)	100.0	57.0 (0.63)	43.0 (0.63)
200% to less than 400% of the poverty threshold	100.0	30.7 (0.53)	18.7 (0.41)	14.1 (0.36)	36.4 (0.55)	100.0	49.3 (0.56)	50.7 (0.56)
400% of the poverty threshold or greater	100.0	18.3 (0.43)	17.7 (0.39)	17.6 (0.37)	46.3 (0.52)	100.0	36.0 (0.51)	64.0 (0.51)

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Men (continued)								
Marital status								
Married	100.0	28.1 (0.45)	19.0 (0.33)	16.3 (0.29)	36.6 (0.43)	100.0	47.0 (0.45)	53.0 (0.45)
Widowed	100.0	37.1 (3.82)	17.6 (3.24)	17.9 (3.54)	27.4 (3.82)	100.0	54.6 (4.18)	45.4 (4.18)
Divorced or separated	100.0	33.0 (0.85)	17.5 (0.64)	12.6 (0.54)	36.8 (0.87)	100.0	50.4 (0.90)	49.6 (0.90)
Never married	100.0	29.4 (0.68)	17.1 (0.53)	13.2 (0.46)	40.3 (0.64)	100.0	46.3 (0.70)	53.7 (0.70)
Living with a partner	100.0	31.2 (1.08)	16.2 (0.76)	14.4 (0.78)	38.1 (1.07)	100.0	47.3 (1.12)	52.7 (1.12)
Region								
Northeast	100.0	33.2 (0.85)	15.8 (0.55)	14.9 (0.50)	36.0 (0.80)	100.0	48.9 (0.84)	51.1 (0.84)
Midwest	100.0	26.8 (0.76)	19.9 (0.52)	15.5 (0.45)	37.8 (0.81)	100.0	46.6 (0.79)	53.4 (0.79)
South	100.0	31.1 (0.69)	17.3 (0.45)	13.8 (0.33)	37.8 (0.53)	100.0	48.3 (0.58)	51.7 (0.58)
West	100.0	23.8 (0.74)	17.6 (0.42)	15.7 (0.39)	43.0 (0.73)	100.0	41.3 (0.77)	58.7 (0.77)
Place of residence <sup>8</sup>								
Large MSA	100.0	26.3 (0.40)	17.8 (0.34)	15.4 (0.28)	40.4 (0.41)	100.0	44.1 (0.43)	55.9 (0.43)
Small MSA	100.0	28.9 (0.80)	17.5 (0.42)	14.8 (0.36)	38.9 (0.69)	100.0	46.2 (0.73)	53.8 (0.73)
Not in MSA	100.0	37.1 (1.34)	17.6 (0.64)	13.1 (0.53)	32.2 (1.10)	100.0	54.6 (1.15)	45.4 (1.15)

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Women	100.0	32.1 (0.35)	21.8 (0.23)	16.2 (0.19)	30.0 (0.30)	100.0	53.7 (0.34)	46.3 (0.34)
Age								
18–24 years	100.0	26.4 (0.86)	19.8 (0.67)	16.6 (0.65)	37.2 (0.90)	100.0	46.1 (0.92)	53.9 (0.92)
25–44 years	100.0	26.9 (0.42)	21.8 (0.35)	17.7 (0.30)	33.7 (0.45)	100.0	48.6 (0.48)	51.4 (0.48)
45–64 years	100.0	33.1 (0.49)	22.7 (0.36)	16.1 (0.31)	28.1 (0.44)	100.0	55.5 (0.48)	44.5 (0.48)
65–74 years	100.0	39.3 (0.70)	22.4 (0.58)	14.6 (0.49)	23.8 (0.62)	100.0	61.5 (0.71)	38.5 (0.71)
75 years and over	100.0	55.9 (0.78)	20.9 (0.63)	10.5 (0.42)	12.7 (0.54)	100.0	76.7 (0.65)	23.3 (0.65)
Race								
One race <sup>2</sup>	100.0	32.1 (0.35)	21.7 (0.24)	16.2 (0.19)	29.9 (0.31)	100.0	53.7 (0.35)	46.3 (0.35)
White	100.0	30.2 (0.38)	21.5 (0.26)	16.7 (0.22)	31.6 (0.35)	100.0	51.6 (0.40)	48.4 (0.40)
Black or African American	100.0	43.1 (0.66)	21.3 (0.55)	13.0 (0.40)	22.6 (0.54)	100.0	64.2 (0.63)	35.8 (0.63)
American Indian or Alaska Native	100.0	37.2 (2.61)	20.0 (1.91)	14.2 (1.72)	28.7 (2.15)	100.0	56.9 (2.52)	43.1 (2.52)
Asian	100.0	32.4 (1.00)	25.2 (0.84)	17.2 (0.73)	25.1 (0.81)	100.0	57.5 (0.97)	42.5 (0.97)
Native Hawaiian or Other Pacific Islander	100.0	40.7 (6.39)	14.6 (3.86)	*9.2 (3.23)	35.5 (5.68)	100.0	55.3 (5.87)	44.7 (5.87)
Two or more races <sup>3</sup>	100.0	28.2 (1.69)	24.0 (1.48)	16.4 (1.36)	31.4 (1.61)	100.0	51.9 (1.73)	48.1 (1.73)
Black or African American, white	100.0	31.0 (4.20)	25.5 (3.79)	21.0 (3.88)	22.5 (3.26)	100.0	56.5 (4.35)	43.5 (4.35)
American Indian or Alaska Native, white	100.0	27.8 (2.40)	25.5 (2.31)	14.5 (1.79)	32.3 (2.61)	100.0	52.8 (2.67)	47.2 (2.67)

Table PA-1a. Age-adjusted percent distribution (with standard errors) of leisure-time aerobic physical activity status, and age-adjusted percent distribution (with standard errors) of
meeting or not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Women (continued)								
Hispanic or Latino origin <sup>4</sup> and race								
Hispanic or Latino	100.0	42.1 (0.66)	19.0 (0.47)	13.6 (0.39)	25.2 (0.56)	100.0	61.1 (0.61)	38.9 (0.61)
Mexican or Mexican American	100.0	40.5 (0.89)	20.0 (0.63)	14.7 (0.54)	24.8 (0.71)	100.0	60.5 (0.79)	39.5 (0.79)
Not Hispanic or Latino	100.0	30.3 (0.36)	22.2 (0.26)	16.7 (0.21)	30.8 (0.32)	100.0	52.3 (0.36)	47.7 (0.36)
White, single race	100.0	27.6 (0.41)	21.9 (0.30)	17.4 (0.25)	33.1 (0.39)	100.0	49.4 (0.43)	50.6 (0.43)
Black or African American, single race	100.0	43.0 (0.68)	21.5 (0.57)	13.0 (0.41)	22.5 (0.55)	100.0	64.3 (0.64)	35.7 (0.64)
American Indian or Alaska Native, single race	100.0	36.7 (3.26)	21.3 (2.55)	13.8 (2.29)	28.2 (2.46)	100.0	57.7 (3.16)	42.3 (3.16)
Education <sup>5</sup>								
Less than high school diploma	100.0	54.1 (0.75)	18.7 (0.54)	10.6 (0.41)	16.6 (0.51)	100.0	72.7 (0.63)	27.3 (0.63)
GED or equivalent <sup>6</sup>	100.0	45.3 (1.48)	21.4 (1.25)	12.3 (0.93)	21.0 (1.24)	100.0	66.5 (1.38)	33.5 (1.38)
High school graduate	100.0	42.5 (0.65)	21.7 (0.49)	13.8 (0.39)	22.1 (0.54)	100.0	64.1 (0.63)	35.9 (0.63)
Some college, no degree	100.0	32.4 (0.59)	23.6 (0.51)	15.7 (0.45)	28.4 (0.56)	100.0	55.7 (0.64)	44.3 (0.64)
Associate's degree	100.0	28.7 (0.70)	22.7 (0.58)	17.2 (0.56)	31.4 (0.70)	100.0	51.2 (0.75)	48.8 (0.75)
Bachelor's degree	100.0	19.7 (0.49)	23.3 (0.50)	20.4 (0.46)	36.5 (0.61)	100.0	42.9 (0.59)	57.1 (0.59)
Master's, professional, or doctoral degree	100.0	15.8 (0.56)	21.9 (0.63)	20.9 (0.63)	41.5 (0.79)	100.0	37.6 (0.73)	62.4 (0.73)
Poverty status <sup>7</sup>								
Less than 100% of the poverty threshold	100.0	47.4 (0.70)	19.7 (0.47)	12.0 (0.36)	20.9 (0.53)	100.0	67.0 (0.64)	33.0 (0.64)
100% to less than 200% of the poverty threshold	100.0	42.5 (0.60)	21.3 (0.47)	13.5 (0.38)	22.7 (0.49)	100.0	63.6 (0.58)	36.4 (0.58)
200% to less than 400% of the poverty threshold	100.0	31.4 (0.51)	22.7 (0.46)	17.1 (0.35)	28.8 (0.48)	100.0	54.0 (0.52)	46.0 (0.52)
400% of the poverty threshold or greater	100.0	20.0 (0.41)	21.9 (0.40)	19.1 (0.37)	39.0 (0.52)	100.0	41.8 (0.50)	58.2 (0.50)

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Women (continued)								
Marital status								
Married	100.0	29.4 (0.41)	22.7 (0.31)	17.2 (0.27)	30.7 (0.40)	100.0	51.9 (0.43)	48.1 (0.43)
Widowed	100.0	37.3 (2.13)	23.7 (2.20)	11.1 (1.46)	27.9 (2.49)	100.0	60.8 (2.58)	39.2 (2.58)
Divorced or separated	100.0	36.1 (0.64)	20.6 (0.53)	14.9 (0.47)	28.4 (0.61)	100.0	56.5 (0.64)	43.5 (0.64)
Never married	100.0	34.5 (0.64)	20.2 (0.49)	15.8 (0.45)	29.4 (0.57)	100.0	54.7 (0.65)	45.3 (0.65)
Living with a partner	100.0	33.7 (1.16)	21.8 (0.87)	15.9 (0.85)	28.6 (0.98)	100.0	55.4 (1.12)	44.6 (1.12)
Region								
Northeast	100.0	35.6 (0.82)	19.6 (0.50)	15.2 (0.48)	29.6 (0.70)	100.0	55.1 (0.84)	44.9 (0.84)
Midwest	100.0	29.9 (0.68)	24.8 (0.53)	17.5 (0.43)	27.8 (0.59)	100.0	54.5 (0.70)	45.5 (0.70)
South	100.0	35.6 (0.60)	21.1 (0.39)	15.0 (0.28)	28.3 (0.52)	100.0	56.6 (0.56)	43.4 (0.56)
West	100.0	25.7 (0.71)	21.4 (0.43)	17.7 (0.38)	35.2 (0.65)	100.0	47.0 (0.74)	53.0 (0.74)
Place of residence <sup>8</sup>								
Large MSA	100.0	30.2 (0.40)	21.7 (0.30)	16.6 (0.26)	31.5 (0.39)	100.0	51.9 (0.42)	48.1 (0.42)
Small MSA	100.0	32.1 (0.73)	21.8 (0.45)	16.6 (0.33)	29.5 (0.59)	100.0	53.8 (0.71)	46.2 (0.71)
Not in MSA	100.0	38.4 (1.26)	21.6 (0.73)	14.3 (0.48)	25.7 (0.86)	100.0	59.8 (1.02)	40.2 (1.02)

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

<sup>1</sup>Leisure-time aerobic physical activity includes such activities as exercise, sports, and physically active hobbies and is measured by four source questions related to both the frequency and duration of activity. Frequency questions ask: "How often do you do light or moderate leisure-time physical activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate?" and "How often do you do vigorous leisure-time physical activities for at least 10 minutes that cause heavy sweating or large increases in breathing or heart rate?" Each question is followed by an additional duration item asking how long respondents do these activities each time. Questions are phrased in terms of current behavior and lack a specific reference period. "Inactive" is no light-moderate or vigorous leisure-time aerobic physical activity lasting at least 10 minutes, "low activity" is light-moderate or vigorous leisure-time aerobic physical activity for a cumulative total of fewer than 150 minutes per week, "medium activity" is light-moderate or vigorous leisure-time aerobic physical activity for a cumulative total of 150 to 300 minutes per week, and "high activity" is light-moderate or vigorous leisure-time aerobic physical activity for a cumulative total of fewer than 300 minutes per week. The 2008 Physical Activity Gardines for Americans (available from: http://www.health.gov/PAGuidelines/) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferably be spread throughout the week.

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

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

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

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

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

<sup>7</sup>Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

<sup>8</sup>MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population 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 estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages, but they were included in the "All adults aged 18 and over" column. Percentages may not add to totals due to rounding. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, and unknown marital status. Unless otherwise specified, estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44, 45–64, and 65 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: Nugent CN, Black LI, Adams PF. Tables of Adult Health Behaviors, Physical Activity: National Health Interview Survey, 2011–2014. 2016. Available from: http://www.cdc.gov/nchs/nhis/SHS/tables.htm).

SOURCE: NCHS, National Health Interview Survey, 2011-2014.

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Both sexes	235,845	71,619	45,954	35,676	77,499	235,845	117,572	113,783
Age								
18-24 years	30,153	6,979	4,747	4,442	13,409	30,153	11,726	17,923
25–44 years	81,276	20,531	15,500	13,418	30,197	81,276	36,031	43,809
45–64 years	81,945	26,252	17,088	12,430	24,348	81,945	43,341	37,032
65–74 years	24,278	8,676	4,980	3,384	6,634	24,278	13,657	10,080
75 years and over	18,194	9,180	3,638	2,001	2,910	18,194	12,817	4,938
Race								
One race <sup>2</sup>	232,068	70,706	45,194	35,091	76,093	232,068	115,900	111,778
White	188,610	55,500	36,718	28,834	63,460	188,610	92,218	92,801
Black or African American	28,367	10,761	5,229	3,666	8,081	28,367	15,990	11,812
American Indian or Alaska Native	1,954	639	377	249	624	1,954	1,016	879
Asian	12,745	3,690	2,817	2,299	3,753	12,745	6,507	6,069
Native Hawaiian or Other Pacific Islander	393	116	52	42	175	393	169	217
Two or more races <sup>3</sup>	3,776	913	759	585	1,405	3,776	1,672	2,005
Black or African American, white	753	173	142	146	279	753	315	426
American Indian or Alaska Native, white	1,557	420	344	221	516	1,557	764	746

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Both sexes (continued)								
Hispanic or Latino origin <sup>4</sup> and race								
Hispanic or Latino	34,996	13,236	6,145	4,684	10,361	34,996	19,381	15,095
Mexican or Mexican American	21,611	7,936	3,971	2,999	6,383	21,611	11,907	9,408
Not Hispanic or Latino	200,849	58,383	39,808	30,992	67,138	200,849	98,191	98,688
White, single race	156,720	43,291	31,111	24,594	54,133	156,720	74,402	79,191
Black or African American, single race	27,201	10,334	5,044	3,517	7,700	27,201	15,378	11,277
American Indian or Alaska Native, single race	1,230	406	216	151	402	1,230	622	556
Education <sup>5</sup>								
Less than high school diploma	27,998	14,754	4,763	2,799	5,084	27,998	19,517	7,936
GED or equivalent <sup>6</sup>	6,018	2,530	1,175	659	1,525	6,018	3,705	2,196
High school graduate	46,650	19,101	9,392	5,934	11,163	46,650	28,493	17,176
Some college, no degree	35,745	10,703	7,614	5,302	11,249	35,745	18,317	16,654
Associate's degree	23,771	6,523	4,935	3,776	8,008	23,771	11,458	11,887
Bachelor's degree	40,524	7,124	8,341	7,869	16,412	40,524	15,465	24,411
Master's, professional, or doctoral degree	23,877	3,357	4,819	4,779	10,432	23,877	8,176	15,264
Poverty status <sup>7</sup>								
Less than 100% of the poverty threshold	32,666	13,953	5,753	3,843	8,341	32,666	19,706	12,254
100% to less than 200% of the poverty threshold	45,025	18,516	8,503	5,587	11,446	45,025	27,019	17,133
200% to less than 400% of the poverty threshold	70,656	22,135	14,456	10,677	21,967	70,656	36,592	32,822
400% of the poverty threshold or greater	87,498	17,014	17,241	15,569	35,744	87,498	34,255	51,575

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Both sexes (continued)								
Marital status								
Married	124,885	36,143	25,722	20,239	40,219	124,885	61,865	60,814
Widowed	14,165	7,014	2,894	1,538	2,369	14,165	9,908	3,921
Divorced or separated	26,937	9,677	5,236	3,628	7,758	26,937	14,914	11,466
Never married	52,245	13,616	8,773	7,640	21,066	52,245	22,389	28,827
Living with a partner	17,226	5,036	3,255	2,582	5,983	17,226	8,291	8,598
Region								
Northeast	41,864	14,418	7,361	6,097	12,958	41,864	21,779	19,193
Midwest	53,927	15,191	11,851	8,637	16,888	53,927	27,041	25,699
South	86,250	28,807	16,376	12,117	27,165	86,250	45,183	39,464
West	53,805	13,203	10,366	8,825	20,487	53,805	23,569	29,427
Place of residence <sup>8</sup>								
Large MSA	126,734	35,446	24,757	19,863	44,141	126,734	60,203	64,270
Small MSA	72,525	22,106	14,044	11,062	23,615	72,525	36,149	34,922
Not in MSA	36,586	14,067	7,153	4,751	9,742	36,586	21,220	14,591

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Men	113,760	32,366	19,850	16,477	42,464	113,760	52,215	59,234
Age								
18–24 years	15,174	3,097	1,835	2,000	7,934	15,174	4,931	9,962
25–44 years	40,089	9,666	6,698	6,280	16,601	40,089	16,364	22,973
45–64 years	39,742	12,605	7,737	5,765	12,736	39,742	20,342	18,621
65–74 years	11,317	3,684	2,137	1,533	3,614	11,317	5,821	5,180
75 years and over	7,437	3,315	1,443	899	1,579	7,437	4,758	2,497
Race								
One race <sup>2</sup>	111,961	31,958	19,551	16,220	41,696	111,961	51,509	58,208
White	92,063	25,857	16,220	13,262	34,574	92,063	42,077	48,097
Black or African American	12,796	4,228	1,982	1,671	4,610	12,796	6,210	6,303
American Indian or Alaska Native	938	283	185	107	342	938	467	450
Asian	5,969	1,550	1,139	1,155	2,070	5,969	2,688	3,233
Native Hawaiian or Other Pacific Islander	195	*41	*26	*25	101	195	67	126
Two or more races <sup>3</sup>	1,799	408	298	257	767	1,799	706	1,026
Black or African American, white	304	58	34	48	155	304	92	203
American Indian or Alaska Native, white	757	202	148	108	268	757	350	377

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Men (continued)								
Hispanic or Latino origin <sup>4</sup> and race								
Hispanic or Latino	17,639	6,312	2,868	2,293	5,871	17,639	9,180	8,188
Mexican or Mexican American	11,070	3,906	1,884	1,434	3,673	11,070	5,790	5,115
Not Hispanic or Latino	96,121	26,054	16,981	14,184	36,593	96,121	43,035	51,046
White, single race	75,967	19,993	13,628	11,168	29,305	75,967	33,621	40,711
Black or African American, single race	12,261	4,065	1,900	1,607	4,393	12,261	5,965	6,021
American Indian or Alaska Native, single race	549	166	81	61	224	549	247	285
Education <sup>5</sup>								
Less than high school diploma	13,693	6,869	2,189	1,402	2,935	13,693	9,058	4,370
GED or equivalent <sup>6</sup>	3,268	1,301	594	336	966	3,268	1,894	1,306
High school graduate	22,609	8,729	4,207	2,805	6,292	22,609	12,936	9,150
Some college, no degree	16,464	4,529	3,147	2,364	6,015	16,464	7,676	8,409
Associate's degree	10,637	2,856	2,016	1,550	3,984	10,637	4,872	5,580
Bachelor's degree	19,491	3,193	3,525	3,645	8,700	19,491	6,719	12,404
Master's, professional, or doctoral degree	11,883	1,528	2,256	2,321	5,522	11,883	3,784	7,882
Poverty status <sup>7</sup>								
Less than 100% of the poverty threshold	13,870	5,472	2,116	1,594	4,323	13,870	7,588	5,942
100% to less than 200% of the poverty threshold	20,335	7,926	3,363	2,403	6,156	20,335	11,289	8,596
200% to less than 400% of the poverty threshold	34,669	10,584	6,405	4,786	12,206	34,669	16,989	17,091
400% of the poverty threshold or greater	44,886	8,383	7,966	7,694	19,779	44,886	16,349	27,605

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Men (continued)								
Marital status								
Married	63,247	18,107	12,002	9,927	21,883	63,247	30,108	31,987
Widowed	3,037	1,403	560	340	652	3,037	1,963	996
Divorced or separated	11,148	3,876	1,933	1,370	3,675	11,148	5,808	5,077
Never married	27,722	6,505	3,992	3,620	12,907	27,722	10,497	16,584
Living with a partner	8,467	2,421	1,339	1,213	3,309	8,467	3,760	4,541
Region								
Northeast	20,132	6,662	3,155	2,920	6,895	20,132	9,817	9,892
Midwest	26,300	6,897	5,121	3,970	9,568	26,300	12,018	13,607
South	40,974	12,646	6,983	5,512	14,906	40,974	19,629	20,516
West	26,354	6,162	4,591	4,075	11,095	26,354	10,752	15,218
Place of residence <sup>8</sup>								
Large MSA	61,372	15,839	10,796	9,289	24,219	61,372	26,634	33,637
Small MSA	34,977	9,986	6,016	5,016	13,036	34,977	16,003	18,177
Not in MSA	17,411	6,541	3,037	2,172	5,209	17,411	9,578	7,419

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Women	122,085	39,253	26,104	19,199	35,035	122,085	65,357	54,549
Age								
18–24 years	14,979	3,883	2,913	2,443	5,475	14,979	6,795	7,961
25–44 years	41,187	10,865	8,803	7,138	13,596	41,187	19,668	20,837
45–64 years	42,203	13,647	9,351	6,665	11,612	42,203	22,999	18,410
65–74 years	12,960	4,993	2,843	1,851	3,021	12,960	7,836	4,900
75 years and over	10,757	5,865	2,194	1,102	1,331	10,757	8,059	2,442
Race								
One race <sup>2</sup>	120,107	38,748	25,643	18,871	34,397	120,107	64,391	53,570
White	96,547	29,643	20,498	15,572	28,887	96,547	50,141	44,704
Black or African American	15,570	6,533	3,248	1,995	3,471	15,570	9,780	5,510
American Indian or Alaska Native	1,015	356	193	142	282	1,015	549	429
Asian	6,776	2,140	1,678	1,144	1,683	6,776	3,818	2,836
Native Hawaiian or Other Pacific Islander	198	76	26	*18	74	198	102	91
Two or more races <sup>3</sup>	1,978	505	461	327	638	1,978	966	979
Black or African American, white	449	115	108	98	125	449	224	224
American Indian or Alaska Native, white	800	218	196	113	249	800	413	370

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Women (continued)								
Hispanic or Latino origin <sup>4</sup> and race								
Hispanic or Latino	17,357	6,923	3,277	2,391	4,490	17,357	10,201	6,907
Mexican or Mexican American	10,541	4,030	2,086	1,566	2,710	10,541	6,116	4,294
Not Hispanic or Latino	104,728	32,329	22,827	16,807	30,545	104,728	55,156	47,642
White, single race	80,752	23,298	17,482	13,426	24,828	80,752	40,780	38,479
Black or African American, single race	14,940	6,269	3,145	1,911	3,307	14,940	9,413	5,256
American Indian or Alaska Native, single race	681	240	135	90	177	681	375	271
Education <sup>5</sup>								
Less than high school diploma	14,305	7,885	2,574	1,397	2,149	14,305	10,459	3,566
GED or equivalent <sup>6</sup>	2,750	1,229	582	323	559	2,750	1,811	889
High school graduate	24,041	10,372	5,185	3,129	4,871	24,041	15,557	8,026
Some college, no degree	19,281	6,174	4,467	2,938	5,234	19,281	10,641	8,245
Associate's degree	13,134	3,667	2,920	2,226	4,024	13,134	6,586	6,307
Bachelor's degree	21,032	3,931	4,816	4,224	7,712	21,032	8,746	12,007
Master's, professional, or doctoral degree	11,994	1,829	2,563	2,458	4,909	11,994	4,392	7,382
Poverty status <sup>7</sup>								
Less than 100% of the poverty threshold	18,796	8,481	3,637	2,250	4,018	18,796	12,118	6,311
100% to less than 200% of the poverty threshold	24,690	10,590	5,140	3,184	5,290	24,690	15,730	8,537
200% to less than 400% of the poverty threshold	35,988	11,551	8,051	5,891	9,761	35,988	19,603	15,730
400% of the poverty threshold or greater	42,612	8,631	9,275	7,875	15,965	42,612	17,906	23,970

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Women (continued)								
Marital status								
Married	61,638	18,036	13,721	10,311	18,336	61,638	31,757	28,827
Widowed	11,128	5,611	2,333	1,198	1,717	11,128	7,945	2,925
Divorced or separated	15,788	5,802	3,304	2,258	4,083	15,788	9,105	6,389
Never married	24,523	7,112	4,780	4,020	8,159	24,523	11,892	12,244
Living with a partner	8,759	2,615	1,916	1,369	2,674	8,759	4,531	4,057
Region								
Northeast	21,732	7,756	4,206	3,177	6,064	21,732	11,963	9,301
Midwest	27,626	8,294	6,730	4,666	7,320	27,626	15,024	12,091
South	45,276	16,161	9,393	6,605	12,258	45,276	25,554	18,948
West	27,451	7,041	5,775	4,751	9,393	27,451	12,816	14,209
Place of residence <sup>8</sup>								
Large MSA	65,362	19,608	13,961	10,574	19,923	65,362	33,569	30,633
Small MSA	37,548	12,119	8,027	6,045	10,579	37,548	20,147	16,745
Not in MSA	19,175	7,526	4,116	2,579	4,533	19,175	11,642	7,172

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%. <sup>1</sup>Leisure-time aerobic physical activity includes such activities as exercise, sports, and physically active hobbies and is measured by four source questions related to both the frequency and duration of activity. Frequency questions ask: "How often do you do light or moderate leisure-time physical activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate?" and "How often do you do vigorous leisure-time physical activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate?" and "How often do you do vigorous leisure-time physical activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate?" Each question is followed by an additional duration item asking how long respondents do these activities each time. Questions are phrased in terms of current behavior and lack a specific reference period. "Inactive" is no light-moderate or vigorous leisure-time aerobic physical activity lasting at least 10 minutes, "low activity" is light-moderate or vigorous leisure-time aerobic physical activity for a cumulative total of 150 to 300 minutes per week, "medium activity" is light-moderate or vigorous leisure-time aerobic physical activity for a cumulative total of more than 300 minutes per week. The 2008 Physical Activity Gra duration items (available from: http://www.health.gov/PAGuidelines/) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be per

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

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

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

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

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

<sup>7</sup>Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

<sup>6</sup>MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population 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 estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the frequencies, but they were included in the "All adults aged 18 and over" column. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, and unknown marital status. 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: Nugent CN, Black LI, Adams PF, Tables of adult health behaviors, physical activity: National Health Interview Survey, 2011–2014. 2016. Available from: http://www.cdc.gov/nchs/nhis/SHS/tables.htm. SOURCE: NCHS, National Health Interview Survey, 2011–2014.

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Both sexes	100.0	31.0 (0.33)	19.9 (0.18)	15.5 (0.15)	33.6 (0.27)	100.0	50.8 (0.30)	49.2 (0.30)
Age								
18–24 years	100.0	23.6 (0.65)	16.1 (0.45)	15.0 (0.44)	45.3 (0.71)	100.0	39.6 (0.70)	60.4 (0.70)
25–44 years	100.0	25.8 (0.37)	19.5 (0.26)	16.8 (0.23)	37.9 (0.37)	100.0	45.1 (0.38)	54.9 (0.38)
45–64 years	100.0	32.8 (0.43)	21.3 (0.28)	15.5 (0.23)	30.4 (0.36)	100.0	53.9 (0.40)	46.1 (0.40)
65–74 years	100.0	36.6 (0.56)	21.0 (0.42)	14.3 (0.36)	28.0 (0.50)	100.0	57.5 (0.56)	42.5 (0.56)
75 years and over	100.0	51.8 (0.67)	20.5 (0.50)	11.3 (0.36)	16.4 (0.52)	100.0	72.2 (0.60)	27.8 (0.60)
Race								
One race <sup>2</sup>	100.0	31.1 (0.33)	19.9 (0.18)	15.5 (0.15)	33.5 (0.27)	100.0	50.9 (0.30)	49.1 (0.30)
White	100.0	30.1 (0.37)	19.9 (0.20)	15.6 (0.17)	34.4 (0.30)	100.0	49.8 (0.34)	50.2 (0.34)
Black or African American	100.0	38.8 (0.57)	18.9 (0.43)	13.2 (0.31)	29.1 (0.50)	100.0	57.5 (0.54)	42.5 (0.54)
American Indian or Alaska Native	100.0	33.8 (2.14)	20.0 (1.41)	13.2 (1.26)	33.0 (1.97)	100.0	53.6 (2.23)	46.4 (2.23)
Asian	100.0	29.4 (0.80)	22.4 (0.60)	18.3 (0.58)	29.9 (0.69)	100.0	51.7 (0.79)	48.3 (0.79)
Native Hawaiian or Other Pacific Islander	100.0	30.2 (4.45)	13.6 (2.94)	11.0 (2.78)	45.2 (4.42)	100.0	43.8 (4.29)	56.2 (4.29)
Two or more races <sup>3</sup>	100.0	24.9 (1.29)	20.7 (1.12)	16.0 (1.03)	38.4 (1.35)	100.0	45.5 (1.34)	54.5 (1.34)
Black or African American, white	100.0	23.4 (2.70)	19.2 (2.51)	19.7 (2.65)	37.7 (3.02)	100.0	42.5 (3.16)	57.5 (3.16)
American Indian or Alaska Native, white	100.0	28.0 (1.86)	22.9 (1.86)	14.7 (1.44)	34.4 (2.12)	100.0	50.6 (2.12)	49.4 (2.12)

Table PA-1c. Crude percent distribution (with standard errors) of leisure-time aerobic physical activity status, and crude percent distribution (with standard errors) of meeting or
not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Both sexes (continued)								
Hispanic or Latino origin <sup>4</sup> and race								
Hispanic or Latino	100.0	38.4 (0.57)	17.9 (0.36)	13.6 (0.29)	30.1 (0.47)	100.0	56.2 (0.51)	43.8 (0.51)
Mexican or Mexican American	100.0	37.3 (0.75)	18.7 (0.47)	14.1 (0.37)	30.0 (0.60)	100.0	55.9 (0.65)	44.1 (0.65)
Not Hispanic or Latino	100.0	29.7 (0.35)	20.3 (0.20)	15.8 (0.16)	34.2 (0.29)	100.0	49.9 (0.32)	50.1 (0.32)
White, single race	100.0	28.3 (0.39)	20.3 (0.22)	16.1 (0.19)	35.4 (0.33)	100.0	48.4 (0.37)	51.6 (0.37)
Black or African American, single race	100.0	38.9 (0.58)	19.0 (0.45)	13.2 (0.32)	29.0 (0.51)	100.0	57.7 (0.56)	42.3 (0.56)
American Indian or Alaska Native, single race	100.0	34.5 (2.84)	18.4 (1.55)	12.9 (1.77)	34.2 (2.25)	100.0	52.8 (2.87)	47.2 (2.87)
Education <sup>5</sup>								
Less than high school diploma	100.0	53.8 (0.58)	17.4 (0.39)	10.2 (0.28)	18.6 (0.43)	100.0	71.1 (0.47)	28.9 (0.47)
GED or equivalent <sup>6</sup>	100.0	43.0 (1.15)	20.0 (0.91)	11.2 (0.63)	25.9 (1.01)	100.0	62.8 (1.06)	37.2 (1.06)
High school graduate	100.0	41.9 (0.52)	20.6 (0.35)	13.0 (0.27)	24.5 (0.42)	100.0	62.4 (0.46)	37.6 (0.46)
Some college, no degree	100.0	30.7 (0.48)	21.8 (0.39)	15.2 (0.33)	32.3 (0.45)	100.0	52.4 (0.50)	47.6 (0.50)
Associate's degree	100.0	28.1 (0.58)	21.2 (0.51)	16.2 (0.43)	34.5 (0.56)	100.0	49.1 (0.63)	50.9 (0.63)
Bachelor's degree	100.0	17.9 (0.38)	21.0 (0.35)	19.8 (0.34)	41.3 (0.46)	100.0	38.8 (0.45)	61.2 (0.45)
Master's, professional, or doctoral degree	100.0	14.4 (0.43)	20.6 (0.45)	20.4 (0.48)	44.6 (0.61)	100.0	34.9 (0.56)	65.1 (0.56)
Poverty status <sup>7</sup>								
Less than 100% of the poverty threshold	100.0	43.8 (0.68)	18.0 (0.38)	12.1 (0.30)	26.2 (0.60)	100.0	61.7 (0.67)	38.3 (0.67)
100% to less than 200% of the poverty threshold	100.0	42.0 (0.51)	19.3 (0.33)	12.7 (0.28)	26.0 (0.42)	100.0	61.2 (0.47)	38.8 (0.47)
200% to less than 400% of the poverty threshold	100.0	32.0 (0.41)	20.9 (0.32)	15.4 (0.25)	31.7 (0.38)	100.0	52.7 (0.40)	47.3 (0.40)
400% of the poverty threshold or greater	100.0	19.9 (0.34)	20.1 (0.27)	18.2 (0.27)	41.8 (0.38)	100.0	39.9 (0.38)	60.1 (0.38)

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Both sexes (continued)								
Marital status								
Married	100.0	29.5 (0.37)	21.0 (0.23)	16.5 (0.20)	32.9 (0.32)	100.0	50.4 (0.35)	49.6 (0.35)
Widowed	100.0	50.8 (0.66)	20.9 (0.51)	11.1 (0.36)	17.1 (0.47)	100.0	71.6 (0.58)	28.4 (0.58)
Divorced or separated	100.0	36.8 (0.52)	19.9 (0.39)	13.8 (0.30)	29.5 (0.44)	100.0	56.5 (0.48)	43.5 (0.48)
Never married	100.0	26.6 (0.48)	17.2 (0.32)	15.0 (0.30)	41.2 (0.49)	100.0	43.7 (0.50)	56.3 (0.50)
Living with a partner	100.0	29.9 (0.78)	19.3 (0.53)	15.3 (0.51)	35.5 (0.71)	100.0	49.1 (0.77)	50.9 (0.77)
Region								
Northeast	100.0	35.3 (0.73)	18.0 (0.39)	14.9 (0.37)	31.7 (0.60)	100.0	53.2 (0.71)	46.8 (0.71)
Midwest	100.0	28.9 (0.63)	22.5 (0.39)	16.4 (0.33)	32.1 (0.57)	100.0	51.3 (0.61)	48.7 (0.61)
South	100.0	34.1 (0.60)	19.4 (0.32)	14.3 (0.23)	32.2 (0.44)	100.0	53.4 (0.49)	46.6 (0.49)
West	100.0	25.0 (0.67)	19.6 (0.33)	16.7 (0.28)	38.7 (0.62)	100.0	44.5 (0.68)	55.5 (0.68)
Place of residence <sup>8</sup>								
Large MSA	100.0	28.5 (0.33)	19.9 (0.23)	16.0 (0.19)	35.5 (0.32)	100.0	48.4 (0.34)	51.6 (0.34)
Small MSA	100.0	31.2 (0.72)	19.8 (0.35)	15.6 (0.27)	33.3 (0.57)	100.0	50.9 (0.65)	49.1 (0.65)
Not in MSA	100.0	39.4 (1.24)	20.0 (0.59)	13.3 (0.40)	27.3 (0.83)	100.0	59.3 (0.95)	40.7 (0.95)

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Men	100.0	29.1 (0.39)	17.9 (0.25)	14.8 (0.20)	38.2 (0.35)	100.0	46.9 (0.37)	53.1 (0.37)
Age								
18–24 years	100.0	20.8 (0.78)	12.3 (0.57)	13.5 (0.60)	53.4 (0.91)	100.0	33.1 (0.86)	66.9 (0.86)
25–44 years	100.0	24.6 (0.48)	17.1 (0.36)	16.0 (0.33)	42.3 (0.50)	100.0	41.6 (0.51)	58.4 (0.51)
45–64 years	100.0	32.5 (0.54)	19.9 (0.41)	14.8 (0.33)	32.8 (0.47)	100.0	52.2 (0.52)	47.8 (0.52)
65–74 years	100.0	33.6 (0.80)	19.5 (0.60)	14.0 (0.55)	32.9 (0.75)	100.0	52.9 (0.81)	47.1 (0.81)
75 years and over	100.0	45.8 (0.99)	19.9 (0.71)	12.4 (0.58)	21.8 (0.81)	100.0	65.6 (0.92)	34.4 (0.92)
Race								
One race <sup>2</sup>	100.0	29.2 (0.39)	17.9 (0.24)	14.8 (0.20)	38.1 (0.35)	100.0	46.9 (0.37)	53.1 (0.37)
White	100.0	28.8 (0.43)	18.0 (0.28)	14.7 (0.22)	38.5 (0.39)	100.0	46.7 (0.42)	53.3 (0.42)
Black or African American	100.0	33.8 (0.78)	15.9 (0.54)	13.4 (0.48)	36.9 (0.77)	100.0	49.6 (0.80)	50.4 (0.80)
American Indian or Alaska Native	100.0	30.9 (2.65)	20.1 (2.19)	11.7 (1.59)	37.3 (2.92)	100.0	50.9 (2.98)	49.1 (2.98)
Asian	100.0	26.2 (1.00)	19.3 (0.83)	19.5 (0.85)	35.0 (1.04)	100.0	45.4 (1.09)	54.6 (1.09)
Native Hawaiian or Other Pacific Islander	100.0	21.1 (4.97)	*13.5 (4.27)	*12.9 (4.32)	52.4 (6.45)	100.0	34.7 (5.69)	65.3 (5.69)
Two or more races <sup>3</sup>	100.0	23.6 (1.83)	17.2 (1.65)	14.9 (1.49)	44.3 (2.14)	100.0	40.8 (2.10)	59.2 (2.10)
Black or African American, white	100.0	19.8 (3.66)	11.4 (2.85)	16.3 (3.37)	52.5 (4.77)	100.0	31.2 (4.31)	68.8 (4.31)
American Indian or Alaska Native, white	100.0	27.8 (2.98)	20.4 (2.98)	14.8 (2.36)	36.9 (3.35)	100.0	48.2 (3.41)	51.8 (3.41)

Table PA-1c. Crude percent distribution (with standard errors) of leisure-time aerobic physical activity status, and crude percent distribution (with standard errors) of meeting or
not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Men (continued)								
Hispanic or Latino origin <sup>4</sup> and race								
Hispanic or Latino	100.0	36.4 (0.72)	16.5 (0.49)	13.2 (0.42)	33.8 (0.65)	100.0	52.9 (0.69)	47.1 (0.69)
Mexican or Mexican American	100.0	35.8 (0.93)	17.3 (0.63)	13.2 (0.52)	33.7 (0.83)	100.0	53.1 (0.87)	46.9 (0.87)
Not Hispanic or Latino	100.0	27.8 (0.41)	18.1 (0.27)	15.1 (0.22)	39.0 (0.38)	100.0	45.7 (0.39)	54.3 (0.39)
White, single race	100.0	27.0 (0.46)	18.4 (0.31)	15.1 (0.26)	39.6 (0.44)	100.0	45.2 (0.46)	54.8 (0.46)
Black or African American, single race	100.0	34.0 (0.81)	15.9 (0.56)	13.4 (0.50)	36.7 (0.79)	100.0	49.8 (0.82)	50.2 (0.82)
American Indian or Alaska Native, single race	100.0	31.2 (3.66)	15.2 (2.25)	11.4 (2.18)	42.2 (3.61)	100.0	46.4 (3.95)	53.6 (3.95)
Education <sup>5</sup>								
Less than high school diploma	100.0	51.3 (0.79)	16.3 (0.52)	10.5 (0.43)	21.9 (0.65)	100.0	67.5 (0.70)	32.5 (0.70)
GED or equivalent <sup>6</sup>	100.0	40.7 (1.63)	18.6 (1.26)	10.5 (0.89)	30.2 (1.51)	100.0	59.2 (1.51)	40.8 (1.51)
High school graduate	100.0	39.6 (0.69)	19.1 (0.50)	12.7 (0.40)	28.6 (0.61)	100.0	58.6 (0.65)	41.4 (0.65)
Some college, no degree	100.0	28.2 (0.65)	19.6 (0.56)	14.7 (0.48)	37.5 (0.67)	100.0	47.7 (0.70)	52.3 (0.70)
Associate's degree	100.0	27.4 (0.81)	19.4 (0.84)	14.9 (0.62)	38.3 (0.86)	100.0	46.6 (0.97)	53.4 (0.97)
Bachelor's degree	100.0	16.7 (0.50)	18.5 (0.49)	19.1 (0.50)	45.6 (0.64)	100.0	35.1 (0.62)	64.9 (0.62)
Master's, professional, or doctoral degree	100.0	13.1 (0.58)	19.4 (0.64)	20.0 (0.66)	47.5 (0.81)	100.0	32.4 (0.77)	67.6 (0.77)
Poverty status <sup>7</sup>								
Less than 100% of the poverty threshold	100.0	40.5 (0.91)	15.7 (0.53)	11.8 (0.46)	32.0 (0.87)	100.0	56.1 (0.92)	43.9 (0.92)
100% to less than 200% of the poverty threshold	100.0	39.9 (0.69)	16.9 (0.48)	12.1 (0.41)	31.0 (0.65)	100.0	56.8 (0.66)	43.2 (0.66)
200% to less than 400% of the poverty threshold	100.0	31.1 (0.54)	18.8 (0.41)	14.1 (0.36)	35.9 (0.55)	100.0	49.9 (0.56)	50.1 (0.56)
400% of the poverty threshold or greater	100.0	19.1 (0.44)	18.2 (0.40)	17.6 (0.36)	45.1 (0.50)	100.0	37.2 (0.51)	62.8 (0.51)

Table PA-1c. Crude percent distribution (with standard errors) of leisure-time aerobic physical activity status, and crude percent distribution (with standard errors) of meeting or
not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Men (continued)								
Married	100.0	29.2 (0.45)	19.4 (0.33)	16.0 (0.27)	35.3 (0.41)	100.0	48.5 (0.45)	51.5 (0.45)
Widowed	100.0	47.5 (1.22)	19.0 (0.95)	11.5 (0.73)	22.1 (1.05)	100.0	66.3 (1.18)	33.7 (1.18)
Divorced or separated	100.0	35.7 (0.74)	17.8 (0.54)	12.6 (0.46)	33.9 (0.69)	100.0	53.4 (0.74)	46.6 (0.74)
Never married	100.0	24.1 (0.58)	14.8 (0.41)	13.4 (0.39)	47.8 (0.63)	100.0	38.8 (0.63)	61.2 (0.63)
Living with a partner	100.0	29.2 (0.99)	16.2 (0.72)	14.7 (0.73)	39.9 (0.98)	100.0	45.3 (1.01)	54.7 (1.01)
Region								
Northeast	100.0	33.9 (0.86)	16.1 (0.54)	14.9 (0.49)	35.1 (0.79)	100.0	49.8 (0.85)	50.2 (0.85)
Midwest	100.0	27.0 (0.78)	20.0 (0.52)	15.5 (0.45)	37.4 (0.82)	100.0	46.9 (0.80)	53.1 (0.80)
South	100.0	31.6 (0.70)	17.4 (0.46)	13.8 (0.33)	37.2 (0.53)	100.0	48.9 (0.59)	51.1 (0.59)
West	100.0	23.8 (0.74)	17.7 (0.42)	15.7 (0.39)	42.8 (0.75)	100.0	41.4 (0.78)	58.6 (0.78)
Place of residence <sup>8</sup>								
Large MSA	100.0	26.3 (0.41)	18.0 (0.34)	15.4 (0.28)	40.3 (0.41)	100.0	44.2 (0.43)	55.8 (0.43)
Small MSA	100.0	29.3 (0.81)	17.7 (0.43)	14.7 (0.36)	38.3 (0.70)	100.0	46.8 (0.75)	53.2 (0.75)
Not in MSA	100.0	38.6 (1.36)	17.9 (0.63)	12.8 (0.48)	30.7 (1.04)	100.0	56.4 (1.12)	43.6 (1.12)

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Women	100.0	32.8 (0.35)	21.8 (0.23)	16.1 (0.18)	29.3 (0.30)	100.0	54.5 (0.34)	45.5 (0.34)
Age								
18–24 years	100.0	26.4 (0.86)	19.8 (0.67)	16.6 (0.65)	37.2 (0.90)	100.0	46.1 (0.92)	53.9 (0.92)
25–44 years	100.0	26.9 (0.42)	21.8 (0.35)	17.7 (0.30)	33.7 (0.45)	100.0	48.6 (0.48)	51.4 (0.48)
45–64 years	100.0	33.1 (0.49)	22.7 (0.36)	16.1 (0.31)	28.1 (0.44)	100.0	55.5 (0.48)	44.5 (0.48)
65–74 years	100.0	39.3 (0.70)	22.4 (0.58)	14.6 (0.49)	23.8 (0.62)	100.0	61.5 (0.71)	38.5 (0.71)
75 years and over	100.0	55.9 (0.78)	20.9 (0.63)	10.5 (0.42)	12.7 (0.54)	100.0	76.7 (0.65)	23.3 (0.65)
Race								
One race <sup>2</sup>	100.0	32.9 (0.35)	21.8 (0.23)	16.0 (0.18)	29.2 (0.30)	100.0	54.6 (0.34)	45.4 (0.34)
White	100.0	31.3 (0.39)	21.7 (0.26)	16.5 (0.21)	30.5 (0.34)	100.0	52.9 (0.39)	47.1 (0.39)
Black or African American	100.0	42.8 (0.67)	21.3 (0.55)	13.1 (0.41)	22.8 (0.56)	100.0	64.0 (0.65)	36.0 (0.65)
American Indian or Alaska Native	100.0	36.6 (2.61)	19.8 (1.88)	14.6 (1.78)	29.0 (2.20)	100.0	56.1 (2.57)	43.9 (2.57)
Asian	100.0	32.2 (1.03)	25.3 (0.86)	17.2 (0.74)	25.3 (0.82)	100.0	57.4 (0.98)	42.6 (0.98)
Native Hawaiian or Other Pacific Islander	100.0	39.2 (6.51)	13.6 (3.71)	*9.1 (3.59)	38.1 (6.05)	100.0	52.8 (6.29)	47.2 (6.29)
Two or more races <sup>3</sup>	100.0	26.1 (1.66)	23.9 (1.52)	16.9 (1.46)	33.0 (1.66)	100.0	49.7 (1.78)	50.3 (1.78)
Black or African American, white	100.0	25.8 (3.74)	24.3 (3.58)	21.9 (3.72)	28.0 (3.48)	100.0	50.0 (4.29)	50.0 (4.29)
American Indian or Alaska Native, white	100.0	28.1 (2.50)	25.3 (2.29)	14.6 (1.82)	32.0 (2.67)	100.0	52.8 (2.75)	47.2 (2.75)

Table PA-1c. Crude percent distribution (with standard errors) of leisure-time aerobic physical activity status, and crude percent distribution (with standard errors) of meeting or
not meeting the 2008 federal guidelines for aerobic activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity
Women (continued)								
Hispanic or Latino origin <sup>4</sup> and race								
Hispanic or Latino	100.0	40.5 (0.66)	19.2 (0.48)	14.0 (0.41)	26.3 (0.57)	100.0	59.6 (0.63)	40.4 (0.63)
Mexican or Mexican American	100.0	38.8 (0.86)	20.1 (0.62)	15.1 (0.56)	26.1 (0.71)	100.0	58.8 (0.80)	41.2 (0.80)
Not Hispanic or Latino	100.0	31.5 (0.37)	22.3 (0.25)	16.4 (0.20)	29.8 (0.32)	100.0	53.7 (0.36)	46.3 (0.36)
White, single race	100.0	29.5 (0.42)	22.1 (0.29)	17.0 (0.24)	31.4 (0.37)	100.0	51.5 (0.42)	48.5 (0.42)
Black or African American, single race	100.0	42.8 (0.69)	21.5 (0.56)	13.1 (0.41)	22.6 (0.56)	100.0	64.2 (0.66)	35.8 (0.66)
American Indian or Alaska Native, single race	100.0	37.3 (3.30)	21.0 (2.41)	14.1 (2.32)	27.6 (2.47)	100.0	58.0 (3.24)	42.0 (3.24)
Education⁵								
Less than high school diploma	100.0	56.3 (0.70)	18.4 (0.51)	10.0 (0.37)	15.3 (0.47)	100.0	74.6 (0.58)	25.4 (0.58)
GED or equivalent <sup>6</sup>	100.0	45.6 (1.53)	21.6 (1.26)	12.0 (0.92)	20.8 (1.24)	100.0	67.1 (1.43)	32.9 (1.43)
High school graduate	100.0	44.0 (0.61)	22.0 (0.46)	13.3 (0.35)	20.7 (0.49)	100.0	66.0 (0.56)	34.0 (0.56)
Some college, no degree	100.0	32.8 (0.60)	23.7 (0.51)	15.6 (0.44)	27.8 (0.56)	100.0	56.3 (0.63)	43.7 (0.63)
Associate's degree	100.0	28.6 (0.70)	22.7 (0.57)	17.3 (0.56)	31.4 (0.70)	100.0	51.1 (0.75)	48.9 (0.75)
Bachelor's degree	100.0	19.0 (0.48)	23.3 (0.50)	20.4 (0.46)	37.3 (0.62)	100.0	42.1 (0.60)	57.9 (0.60)
Master's, professional, or doctoral degree	100.0	15.6 (0.55)	21.8 (0.63)	20.9 (0.64)	41.7 (0.80)	100.0	37.3 (0.74)	62.7 (0.74)
Poverty status <sup>7</sup>								
Less than 100% of the poverty threshold	100.0	46.1 (0.75)	19.8 (0.47)	12.2 (0.37)	21.9 (0.59)	100.0	65.8 (0.70)	34.2 (0.70)
100% to less than 200% of the poverty threshold	100.0	43.8 (0.60)	21.2 (0.45)	13.2 (0.37)	21.9 (0.47)	100.0	64.8 (0.57)	35.2 (0.57)
200% to less than 400% of the poverty threshold	100.0	32.8 (0.50)	22.8 (0.44)	16.7 (0.33)	27.7 (0.45)	100.0	55.5 (0.49)	44.5 (0.49)
400% of the poverty threshold or greater	100.0	20.7 (0.41)	22.2 (0.38)	18.9 (0.35)	38.2 (0.50)	100.0	42.8 (0.49)	57.2 (0.49)

Selected characteristic	All adults aged 18 and over	Inactive <sup>1</sup>	Low activity <sup>1</sup>	Medium activity <sup>1</sup>	High activity <sup>1</sup>	All adults aged 18 and over	Did not meet 2008 federal guidelines for aerobic activity <sup>1</sup>	Met 2008 federal guidelines for aerobic activity <sup>1</sup>
Women (continued)								
Marital status								
Married	100.0	29.9 (0.42)	22.7 (0.30)	17.1 (0.26)	30.4 (0.39)	100.0	52.4 (0.43)	47.6 (0.43)
Widowed	100.0	51.7 (0.72)	21.5 (0.59)	11.0 (0.40)	15.8 (0.49)	100.0	73.1 (0.63)	26.9 (0.63)
Divorced or separated	100.0	37.6 (0.60)	21.4 (0.49)	14.6 (0.40)	26.4 (0.52)	100.0	58.8 (0.57)	41.2 (0.57)
Never married	100.0	29.5 (0.61)	19.9 (0.48)	16.7 (0.45)	33.9 (0.61)	100.0	49.3 (0.65)	50.7 (0.65)
Living with a partner	100.0	30.5 (1.02)	22.3 (0.76)	16.0 (0.67)	31.2 (0.92)	100.0	52.8 (1.00)	47.2 (1.00)
Region								
Northeast	100.0	36.6 (0.81)	19.8 (0.49)	15.0 (0.47)	28.6 (0.66)	100.0	56.3 (0.82)	43.7 (0.82)
Midwest	100.0	30.7 (0.68)	24.9 (0.52)	17.3 (0.42)	27.1 (0.58)	100.0	55.4 (0.69)	44.6 (0.69)
South	100.0	36.4 (0.61)	21.1 (0.39)	14.9 (0.27)	27.6 (0.51)	100.0	57.4 (0.56)	42.6 (0.56)
West	100.0	26.1 (0.72)	21.4 (0.43)	17.6 (0.37)	34.8 (0.65)	100.0	47.4 (0.74)	52.6 (0.74)
Place of residence <sup>8</sup>								
Large MSA	100.0	30.6 (0.40)	21.8 (0.29)	16.5 (0.26)	31.1 (0.39)	100.0	52.3 (0.42)	47.7 (0.42)
Small MSA	100.0	33.0 (0.74)	21.8 (0.44)	16.4 (0.32)	28.8 (0.59)	100.0	54.6 (0.70)	45.4 (0.70)
Not in MSA	100.0	40.1 (1.25)	21.9 (0.72)	13.8 (0.46)	24.2 (0.80)	100.0	61.9 (0.99)	38.1 (0.99)

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%. <sup>1</sup>Leisure-time aerobic physical activity includes such activities as exercise, sports, and physically active hobbies and is measured by four source questions related to both the frequency and duration of activity. Frequency questions ask: "How often do you do light or moderate leisure-time physical activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate?" and "How often do you do vigorous leisure-time physical activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate?" and "How often do you do vigorous leisure-time physical activities for at least 10 minutes that cause heavy sweating or large increases in breathing or heart rate?" Each question is followed by an additional duration item asking how long respondents do these activities each time. Questions are phrased in terms of current behavior and lack a specific reference period. "Inactive" is no light-moderate or vigorous leisure-time aerobic physical activity lasting at least 10 minutes, "low activity" is light-moderate or vigorous leisure-time aerobic physical activity for a cumulative total of 150 to 300 minutes per week, and "high activity" is light-moderate or vigorous leisure-time aerobic physical activity for a cumulative total of more than 300 minutes per week. The 2008 Physical Activity Guidelines for Americans (available from: http://www.health.gov/PAGuidelines/) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferabl

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

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

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

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

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

<sup>7</sup>Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

<sup>6</sup>MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population 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 estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages, but they were included in the "All adults aged 18 and over" column. Percentages may not add to totals due to rounding. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, and unknown marital status. 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: Nugent CN, Black LI, Adams PF. Tables of Adult Health Behaviors, Physical Activity: National Health Interview Survey, 2011–2014. 2016.

SOURCE: NCHS, National Health Interview Survey, 2011-2014.