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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{2}$ | 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 ${ }^{3}$ | 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |

## Both sexes (continued)

Hispanic or Latino origin ${ }^{4}$ and race
Hispanic or Latino
Mexican or Mexican American
Not Hispanic or Latino
White, single race
Black or African American, single race
American Indian or Alaska Native, single race Education ${ }^{5}$
Less than high school diploma
GED or equivalent ${ }^{6}$
High school graduate
Some college, no degree
Associate's degree
Bachelor's degree
Master's, professional, or doctoral degree
Poverty status ${ }^{7}$
Less than $100 \%$ of the poverty threshold
$100 \%$ to less than $200 \%$ of the poverty threshold $200 \%$ to less than $400 \%$ of the poverty threshold 400\% of the poverty threshold or greater

| 100.0 | $40.2(0.57)$ | $17.9(0.36)$ | $13.4(0.28)$ | $28.5(0.46)$ | 100.0 | $58.0(0.50)$ | $42.0(0.50)$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 100.0 | $39.2(0.77)$ | $18.9(0.48)$ | $13.9(0.37)$ | $28.1(0.60)$ | 100.0 | $58.0(0.64)$ | $42.0(0.64)$ |
| 100.0 | $28.7(0.34)$ | $20.1(0.20)$ | $15.9(0.17)$ | $35.2(0.29)$ | 100.0 | $48.7(0.32)$ | $51.3(0.32)$ |
| 100.0 | $26.8(0.38)$ | $20.0(0.23)$ | $16.3(0.20)$ | $36.9(0.34)$ | 100.0 | $46.7(0.37)$ | $53.3(0.37)$ |
| 100.0 | $39.2(0.57)$ | $18.9(0.45)$ | $13.2(0.32)$ | $28.7(0.50)$ | 100.0 | $58.0(0.54)$ | $42.0(0.54)$ |
| 100.0 | $34.3(2.67)$ | $18.5(1.59)$ | $12.7(1.73)$ | $34.5(2.15)$ | 100.0 | $52.7(2.67)$ | $47.3(2.67)$ |
|  |  |  |  |  |  |  |  |
| 100.0 | $52.4(0.60)$ | $17.4(0.40)$ | $10.5(0.31)$ | $19.7(0.47)$ | 100.0 | $69.6(0.51)$ | $30.4(0.51)$ |
| 100.0 | $43.1(1.12)$ | $19.9(0.91)$ | $11.2(0.63)$ | $25.7(0.98)$ | 100.0 | $62.9(1.03)$ | $37.1(1.03)$ |
| 100.0 | $40.8(0.54)$ | $20.2(0.36)$ | $13.3(0.29)$ | $25.8(0.45)$ | 100.0 | $60.8(0.48)$ | $39.2(0.48)$ |
| 100.0 | $30.3(0.48)$ | $21.7(0.39)$ | $15.2(0.33)$ | $32.7(0.45)$ | 100.0 | $51.9(0.49)$ | $48.1(0.49)$ |
| 100.0 | $28.2(0.57)$ | $21.1(0.50)$ | $16.2(0.43)$ | $34.5(0.57)$ | 100.0 | $49.1(0.63)$ | $50.9(0.63)$ |
| 100.0 | $18.5(0.38)$ | $21.0(0.35)$ | $19.7(0.33)$ | $40.9(0.46)$ | 100.0 | $39.3(0.45)$ | $60.7(0.45)$ |
| 100.0 | $14.2(0.43)$ | $20.7(0.45)$ | $20.5(0.47)$ | $44.6(0.61)$ | 100.0 | $34.7(0.56)$ | $65.3(0.56)$ |
|  |  |  |  |  |  |  |  |
| 100.0 | $45.4(0.61)$ | $18.1(0.38)$ | $11.8(0.30)$ | $24.8(0.52)$ | 100.0 | $63.3(0.59)$ | $36.7(0.59)$ |
| 100.0 | $41.5(0.51)$ | $19.3(0.33)$ | $12.8(0.28)$ | $26.4(0.42)$ | 100.0 | $60.6(0.47)$ | $39.4(0.47)$ |
| 100.0 | $31.1(0.41)$ | $20.7(0.32)$ | $15.6(0.25)$ | $32.6(0.38)$ | 100.0 | $51.7(0.40)$ | $48.3(0.40)$ |
| 100.0 | $19.2(0.33)$ | $19.8(0.28)$ | $18.3(0.28)$ | $42.8(0.40)$ | 100.0 | $38.8(0.38)$ | $61.2(0.38)$ |

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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{8}$ |  |  |  |  |  |  |  |  |
| 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) |

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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Men | 100.0 | 28.8 (0.38) | 17.7 (0.24) | 14.8 (0.20) | 38.7 (0.35) | 100.0 | 46.3 (0.36) | 53.7 (0.36) |
| 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 ${ }^{2}$ | 100.0 | 28.8 (0.38) | 17.7 (0.24) | 14.8 (0.20) | 38.7 (0.35) | 100.0 | 46.4 (0.36) | 53.6 (0.36) |
| White | 100.0 | 28.2 (0.43) | 17.8 (0.28) | 14.8 (0.23) | 39.2 (0.39) | 100.0 | 45.9 (0.41) | 54.1 (0.41) |
| Black or African American | 100.0 | 34.7 (0.77) | 15.9 (0.53) | 13.3 (0.48) | 36.2 (0.75) | 100.0 | 50.4 (0.77) | 49.6 (0.77) |
| American Indian or Alaska Native | 100.0 | 31.8 (2.63) | 20.1 (2.20) | 11.7 (1.62) | 36.4 (2.84) | 100.0 | 51.9 (2.93) | 48.1 (2.93) |
| Asian | 100.0 | 26.8 (0.99) | 19.1 (0.82) | 19.4 (0.84) | 34.7 (1.03) | 100.0 | 45.8 (1.08) | 54.2 (1.08) |
| Native Hawaiian or Other Pacific Islander | 100.0 | 22.9 (3.66) | 11.3 (3.33) | 14.9 (4.37) | 50.9 (5.03) | 100.0 | 34.1 (4.00) | 65.9 (4.00) |
| Two or more races ${ }^{3}$ | 100.0 | 26.3 (1.85) | 17.6 (1.68) | 14.7 (1.50) | 41.4 (1.96) | 100.0 | 43.9 (2.04) | 56.1 (2.04) |
| Black or African American, white | 100.0 | 26.0 (5.12) | 13.2 (3.70) | *16.3 (5.40) | 44.5 (5.57) | 100.0 | 39.2 (5.61) | 60.8 (5.61) |
| American Indian or Alaska Native, white | 100.0 | 27.2 (2.95) | 20.4 (2.82) | 14.9 (2.42) | 37.5 (3.35) | 100.0 | 47.6 (3.41) | 52.4 (3.41) |

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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity $^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Men (continued) |  |  |  |  |  |  |  |  |
| Hispanic or Latino origin ${ }^{4}$ 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 ${ }^{5}$ |  |  |  |  |  |  |  |  |
| 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 ${ }^{6}$ | 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 ${ }^{7}$ |  |  |  |  |  |  |  |  |
| 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) |

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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{8}$ |  |  |  |  |  |  |  |  |
| 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) |

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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{2}$ | 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 ${ }^{3}$ | 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Women (continued) |  |  |  |  |  |  |  |  |
| Hispanic or Latino origin ${ }^{4}$ 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 ${ }^{5}$ |  |  |  |  |  |  |  |  |
| 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 ${ }^{6}$ | 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 ${ }^{7}$ |  |  |  |  |  |  |  |  |
| 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) |

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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |

## 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 ${ }^{8}$ |  |  |  |  |  |  |  |  |
| 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 $50 \%$.

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 $50 \%$. ${ }^{1}$ 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 tem asking how long respondents do these activites each time. Questions are phrased in terms of current behavior and lack a specific reference
"medium activity" is light-m-moderate or vigorous leisure-tie aerobic physical activy lasting at least 10 mines, low activy" is ligh-moderate orvigorous eisure-time aerobic physical activy but for a cumuaive total of fewer han 150 minules per week,

 ghout the week.
${ }^{2}$ Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.
${ }^{3}$ 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.
${ }^{4}$ 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.
${ }^{5}$ 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.
GED is General Educational Development high school equivalency diploma.
${ }^{7}$ Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.
${ }^{8}$ 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:
tp.//mww.cdc.gov/nchs/nhis/SHS/tables.htm.
SOURCE: NCHS, National Health Interview Survey, 2011-2014.

Table PA-1b. Frequency distribution (number in thousands) of leisure-time aerobic physical activity status, and frequency distribution (number in thousands) 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{2}$ | 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 ${ }^{3}$ | 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 |

Table PA-1b. Frequency distribution (number in thousands) of leisure-time aerobic physical activity status, and frequency distribution (number in thousands) 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |

Both sexes (continued)

$$
\text { Hispanic or Latino origin }{ }^{4} \text { and race }
$$

| 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 ${ }^{5}$ |  |  |  |  |  |  |  |  |
| Less than high school diploma | 27,998 | 14,754 | 4,763 | 2,799 | 5,084 | 27,998 | 19,517 | 7,936 |
| GED or equivalent ${ }^{6}$ | 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 ${ }^{7}$ |  |  |  |  |  |  |  |  |
| 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 |

Table PA-1b. Frequency distribution (number in thousands) of leisure-time aerobic physical activity status, and frequency distribution (number in thousands) 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{8}$ |  |  |  |  |  |  |  |  |
| 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 |

Table PA-1b. Frequency distribution (number in thousands) of leisure-time aerobic physical activity status, and frequency distribution (number in thousands) 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{2}$ | 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 ${ }^{3}$ | 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 |

Table PA-1b. Frequency distribution (number in thousands) of leisure-time aerobic physical activity status, and frequency distribution (number in thousands) 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Men (continued) |  |  |  |  |  |  |  |  |
| Hispanic or Latino origin ${ }^{4}$ 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 ${ }^{5}$ |  |  |  |  |  |  |  |  |
| Less than high school diploma | 13,693 | 6,869 | 2,189 | 1,402 | 2,935 | 13,693 | 9,058 | 4,370 |
| GED or equivalent ${ }^{6}$ | 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 ${ }^{7}$ |  |  |  |  |  |  |  |  |
| 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 |

Table PA-1b. Frequency distribution (number in thousands) of leisure-time aerobic physical activity status, and frequency distribution (number in thousands) 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{8}$ |  |  |  |  |  |  |  |  |
| 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 |

Table PA-1b. Frequency distribution (number in thousands) of leisure-time aerobic physical activity status, and frequency distribution (number in thousands) 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{2}$ | 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 ${ }^{3}$ | 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 |

Table PA-1b. Frequency distribution (number in thousands) of leisure-time aerobic physical activity status, and frequency distribution (number in thousands) 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Women (continued) |  |  |  |  |  |  |  |  |
| Hispanic or Latino origin ${ }^{4}$ 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 ${ }^{5}$ |  |  |  |  |  |  |  |  |
| Less than high school diploma | 14,305 | 7,885 | 2,574 | 1,397 | 2,149 | 14,305 | 10,459 | 3,566 |
| GED or equivalent ${ }^{6}$ | 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 ${ }^{7}$ |  |  |  |  |  |  |  |  |
| 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 |

Table PA-1b. Frequency distribution (number in thousands) of leisure-time aerobic physical activity status, and frequency distribution (number in thousands) 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{8}$ |  |  |  |  |  |  |  |  |
| 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 $50 \%$.

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 hat 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 but 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 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 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 performed in episodes of at least 0 minutes, regardless of intensity, and preferably be spread throughout the week
${ }^{2}$ Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.
${ }^{3}$ 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.
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.
Shown only for adults aged 25 and over
${ }^{6}$ GED is General Educational Development high school equivalency diploma.
Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.
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.
 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{2}$ | 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 ${ }^{3}$ | 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Both sexes (continued) |  |  |  |  |  |  |  |  |
| Hispanic or Latino origin ${ }^{4}$ 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 ${ }^{5}$ |  |  |  |  |  |  |  |  |
| 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 ${ }^{6}$ | 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 ${ }^{7}$ |  |  |  |  |  |  |  |  |
| 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) |

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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{8}$ |  |  |  |  |  |  |  |  |
| 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) |

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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{2}$ | 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 ${ }^{3}$ | 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Men (continued) |  |  |  |  |  |  |  |  |
| Hispanic or Latino origin ${ }^{4}$ 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 ${ }^{5}$ |  |  |  |  |  |  |  |  |
| 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 ${ }^{6}$ | 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 ${ }^{7}$ |  |  |  |  |  |  |  |  |
| 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{8}$ |  |  |  |  |  |  |  |  |
| 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) |

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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{2}$ | 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 ${ }^{3}$ | 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Women (continued) |  |  |  |  |  |  |  |  |
| Hispanic or Latino origin ${ }^{4}$ 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) |
| Education ${ }^{5}$ |  |  |  |  |  |  |  |  |
| 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 ${ }^{6}$ | 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 ${ }^{7}$ |  |  |  |  |  |  |  |  |
| 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) |

 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 ${ }^{1}$ | Low activity ${ }^{1}$ | Medium activity ${ }^{1}$ | High activity ${ }^{1}$ | All adults aged 18 and over | Did not meet 2008 federal guidelines for aerobic activity ${ }^{1}$ | Met 2008 federal guidelines for aerobic activity ${ }^{1}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 ${ }^{8}$ |  |  |  |  |  |  |  |  |
| 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) |

[^0]
[^0]:    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 $50 \%$.
     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 hat 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 but 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 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 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 performed in episodes of at east 10 minutes, regardless of intensity, and preferably be spread throughout the week.
    ${ }^{2}$ Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.
    ${ }^{3}$ 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.
    "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.
    ${ }^{5}$ Shown only for adults aged 25 and over.
    GED is General Educational Development high school equivalency diploma.
    Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.
    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.
    Available from: http://www.cdc.gov/nchs/nhis/SHS/tables.htm.
    SOURCE: NCHS, National Health Interview Survey, 2011-2014.

