

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>	
Total	100.0	26.2 (0.49)	19.8 (0.36)	54.0 (0.48)	100.0	42.7 (0.47)	3.4 (0.15)	29.5 (0.40)	24.4 (0.39)	
Sex										
Male	100.0	24.4 (0.62)	17.0 (0.44)	58.6 (0.64)	100.0	38.1 (0.64)	3.4 (0.21)	29.6 (0.56)	28.9 (0.63)	
Female	100.0	27.9 (0.59)	22.4 (0.53)	49.7 (0.62)	100.0	47.0 (0.62)	3.4 (0.22)	29.5 (0.50)	20.1 (0.47)	
Age (years)										
18–44	100.0	21.2 (0.59)	18.3 (0.51)	60.5 (0.66)	100.0	36.7 (0.65)	2.9 (0.22)	30.1 (0.57)	30.3 (0.61)	
45–64	100.0	27.2 (0.67)	21.3 (0.56)	51.5 (0.69)	100.0	45.4 (0.70)	3.1 (0.24)	30.8 (0.60)	20.7 (0.55)	
65–74	100.0	31.9 (0.95)	22.7 (0.79)	45.4 (0.97)	100.0	49.3 (0.98)	5.4 (0.43)	29.6 (0.86)	15.7 (0.69)	
75 and over	100.0	49.5 (1.17)	20.7 (0.94)	29.8 (1.05)	100.0	64.9 (1.12)	5.4 (0.51)	20.9 (0.91)	8.7 (0.61)	
Race										
One race <sup>2</sup>	100.0	26.3 (0.49)	19.8 (0.37)	53.9 (0.48)	100.0	42.8 (0.48)	3.4 (0.16)	29.4 (0.40)	24.4 (0.39)	
White	100.0	24.9 (0.53)	19.4 (0.40)	55.7 (0.54)	100.0	41.2 (0.53)	3.2 (0.17)	30.5 (0.45)	25.1 (0.45)	
Black or African American	100.0	35.4 (1.22)	20.6 (1.00)	44.0 (1.21)	100.0	51.8 (1.24)	4.1 (0.49)	23.4 (1.07)	20.7 (1.05)	
American Indian or Alaska Native	100.0	26.7 (3.22)	19.0 (2.66)	54.2 (3.44)	100.0	42.0 (3.33)	*	30.3 (3.10)	23.8 (3.12)	
Asian	100.0	25.7 (1.48)	23.0 (1.42)	51.3 (1.66)	100.0	45.2 (1.70)	3.7 (0.59)	28.8 (1.46)	22.3 (1.41)	
Native Hawaiian or Other Pacific Islander	100.0	*	*	*	100.0	*	*	35.3 (7.28)	*	
Two or more races <sup>3</sup>	100.0	23.2 (2.24)	19.4 (2.36)	57.4 (2.65)	100.0	37.5 (2.72)	5.3 (1.29)	32.4 (2.53)	24.8 (2.27)	
Black or African American, white	100.0	30.9 (5.00)	*	50.8 (5.53)	100.0	47.4 (5.15)	*	34.1 (4.75)	16.1 (4.38)	
American Indian or Alaska Native, white	100.0	24.2 (3.75)	20.5 (4.06)	55.2 (4.54)	100.0	40.5 (4.57)	*	32.4 (4.73)	22.8 (3.72)	
Hispanic or Latino origin <sup>4</sup> and race										
Hispanic or Latino	100.0	35.9 (1.26)	19.2 (1.01)	44.9 (1.13)	100.0	51.5 (1.12)	3.7 (0.48)	25.9 (1.00)	18.9 (0.92)	
Mexican or Mexican American	100.0	34.3 (1.83)	20.3 (1.33)	45.4 (1.66)	100.0	51.2 (1.64)	3.6 (0.66)	27.3 (1.43)	17.9 (1.17)	
Not Hispanic or Latino	100.0	24.4 (0.49)	19.8 (0.39)	55.8 (0.50)	100.0	41.0 (0.50)	3.3 (0.16)	30.2 (0.43)	25.5 (0.42)	
White, single race	100.0	22.1 (0.53)	19.5 (0.44)	58.5 (0.56)	100.0	38.5 (0.55)	3.1 (0.17)	31.6 (0.50)	26.8 (0.50)	
Black or African American, single race	100.0	35.6 (1.25)	20.2 (1.02)	44.2 (1.24)	100.0	52.1 (1.28)	3.7 (0.46)	23.2 (1.10)	21.0 (1.08)	

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
<b>Education<sup>5</sup></b>									
Less than a high school diploma	100.0	48.5 (1.44)	18.6 (1.08)	32.9 (1.26)	100.0	64.4 (1.30)	2.8 (0.43)	23.8 (1.15)	9.0 (0.80)
High school diploma or GED <sup>6</sup>	100.0	36.6 (0.97)	20.3 (0.73)	43.0 (0.92)	100.0	53.9 (0.96)	3.1 (0.28)	27.8 (0.82)	15.2 (0.70)
Some college	100.0	26.0 (0.74)	22.2 (0.68)	51.8 (0.78)	100.0	44.0 (0.78)	4.3 (0.35)	29.9 (0.70)	21.8 (0.66)
Bachelor's degree or higher	100.0	14.8 (0.49)	19.3 (0.54)	65.8 (0.66)	100.0	30.8 (0.63)	3.4 (0.24)	33.2 (0.62)	32.6 (0.63)
<b>Current employment status<sup>7</sup></b>									
Employed	100.0	22.6 (0.59)	19.9 (0.51)	57.5 (0.61)	100.0	39.1 (0.61)	3.5 (0.30)	30.7 (0.53)	26.6 (0.48)
Full-time	100.0	22.7 (0.71)	20.0 (0.70)	57.3 (0.70)	100.0	39.0 (0.75)	3.8 (0.43)	30.6 (0.66)	26.6 (0.54)
Part-time	100.0	24.0 (1.16)	21.0 (1.07)	55.0 (1.30)	100.0	41.9 (1.30)	3.4 (0.50)	29.9 (1.11)	24.8 (1.09)
Not employed but has worked previously	100.0	30.3 (0.89)	21.0 (0.75)	48.7 (1.00)	100.0	47.7 (0.99)	3.7 (0.29)	27.6 (0.84)	21.1 (0.83)
Not employed and has never worked	100.0	45.0 (2.19)	19.6 (1.74)	35.4 (2.00)	100.0	62.3 (2.00)	2.6 (0.61)	22.3 (1.63)	12.8 (1.68)
<b>Family income<sup>8</sup></b>									
Less than \$35,000	100.0	37.7 (0.89)	19.8 (0.62)	42.5 (0.81)	100.0	54.4 (0.83)	3.2 (0.23)	25.4 (0.65)	17.0 (0.62)
\$35,000 or more	100.0	21.3 (0.50)	20.0 (0.45)	58.7 (0.55)	100.0	37.9 (0.53)	3.5 (0.20)	31.2 (0.50)	27.4 (0.49)
\$35,000–\$49,999	100.0	31.9 (1.15)	22.7 (1.08)	45.4 (1.19)	100.0	50.4 (1.21)	4.3 (0.48)	26.7 (1.07)	18.7 (0.88)
\$50,000–\$74,999	100.0	26.0 (1.00)	21.1 (0.86)	52.9 (1.06)	100.0	43.3 (1.03)	3.9 (0.45)	30.4 (0.92)	22.4 (0.90)
\$75,000–\$99,999	100.0	21.0 (0.99)	19.5 (0.96)	59.5 (1.18)	100.0	37.7 (1.16)	3.0 (0.38)	32.6 (1.09)	26.8 (1.09)
\$100,000 or more	100.0	15.2 (0.66)	18.7 (0.67)	66.1 (0.81)	100.0	30.8 (0.80)	3.2 (0.31)	32.5 (0.76)	33.6 (0.79)
<b>Poverty status<sup>9</sup></b>									
Poor	100.0	41.1 (1.28)	19.5 (0.98)	39.4 (1.14)	100.0	57.7 (1.17)	3.1 (0.37)	24.4 (0.96)	14.9 (0.94)
Near poor	100.0	39.0 (1.03)	20.0 (0.81)	40.9 (0.98)	100.0	56.1 (1.00)	3.0 (0.31)	25.1 (0.87)	15.7 (0.71)
Not poor	100.0	20.6 (0.49)	19.9 (0.43)	59.4 (0.55)	100.0	37.1 (0.53)	3.6 (0.20)	31.2 (0.47)	28.1 (0.49)

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Health insurance coverage <sup>10</sup>									
Under 65:									
Private	100.0	17.7 (0.51)	18.8 (0.46)	63.5 (0.59)	100.0	33.7 (0.58)	2.9 (0.20)	32.4 (0.52)	31.0 (0.51)
Medicaid	100.0	38.8 (1.31)	22.6 (1.12)	38.6 (1.27)	100.0	58.0 (1.28)	3.6 (0.48)	24.1 (1.07)	14.3 (0.97)
Other coverage	100.0	29.0 (1.93)	20.4 (1.77)	50.7 (2.09)	100.0	45.4 (2.05)	4.0 (0.79)	24.8 (2.02)	25.9 (1.99)
Uninsured	100.0	35.1 (1.37)	19.4 (1.14)	45.5 (1.38)	100.0	51.7 (1.38)	3.0 (0.45)	26.8 (1.18)	18.5 (1.12)
65 and over:									
Private	100.0	37.0 (1.15)	22.5 (0.95)	40.5 (1.17)	100.0	54.0 (1.23)	5.6 (0.48)	26.1 (1.06)	14.3 (0.76)
Medicare and Medicaid	100.0	57.5 (2.65)	21.3 (2.29)	21.3 (1.95)	100.0	72.7 (2.34)	5.9 (1.40)	18.4 (1.87)	3.0 (0.77)
Medicare Advantage	100.0	36.9 (1.47)	21.6 (1.22)	41.4 (1.40)	100.0	52.9 (1.49)	6.0 (0.72)	27.6 (1.26)	13.5 (0.94)
Medicare only	100.0	46.0 (1.95)	19.8 (1.55)	34.2 (1.74)	100.0	62.1 (1.76)	3.8 (0.71)	24.1 (1.45)	10.0 (1.05)
Other coverage	100.0	39.2 (2.52)	23.4 (2.45)	37.4 (2.50)	100.0	56.6 (2.50)	6.2 (1.18)	24.4 (2.14)	12.8 (1.85)
Uninsured	100.0	*	*	*	100.0	*	*	*	*
Marital status									
Married	100.0	23.2 (0.57)	20.7 (0.50)	56.1 (0.60)	100.0	40.6 (0.60)	3.4 (0.23)	31.8 (0.56)	24.2 (0.54)
Widowed	100.0	34.0 (4.53)	20.8 (3.89)	45.2 (4.80)	100.0	54.2 (4.87)	1.3 (0.18)	25.0 (3.53)	19.5 (4.71)
Divorced or separated	100.0	32.5 (1.26)	20.4 (1.08)	47.2 (1.23)	100.0	48.4 (1.29)	4.5 (0.53)	27.1 (1.04)	20.1 (0.97)
Never married	100.0	30.1 (0.95)	18.6 (0.75)	51.3 (0.92)	100.0	45.5 (0.94)	3.2 (0.30)	27.0 (0.81)	24.3 (0.69)
Living with a partner	100.0	30.4 (1.64)	19.1 (1.26)	50.5 (1.70)	100.0	46.3 (1.70)	3.3 (0.50)	29.2 (1.53)	21.2 (1.18)
Place of residence <sup>11</sup>									
Large MSA	100.0	24.8 (0.56)	19.6 (0.49)	55.6 (0.60)	100.0	40.7 (0.58)	3.7 (0.22)	28.9 (0.52)	26.7 (0.53)
Small MSA	100.0	26.6 (1.00)	19.9 (0.62)	53.5 (0.90)	100.0	43.6 (0.89)	3.1 (0.23)	30.3 (0.72)	23.1 (0.63)
Not in MSA	100.0	32.5 (1.82)	20.2 (1.02)	47.3 (1.56)	100.0	49.9 (1.65)	2.9 (0.33)	30.9 (1.27)	16.3 (0.91)
Region									
Northeast	100.0	26.8 (1.17)	19.7 (1.04)	53.5 (1.18)	100.0	42.9 (1.17)	3.6 (0.41)	27.8 (1.01)	25.7 (1.00)
Midwest	100.0	23.6 (0.89)	21.3 (0.68)	55.1 (0.97)	100.0	41.3 (0.94)	3.6 (0.29)	29.2 (0.85)	25.9 (0.77)
South	100.0	30.8 (0.88)	18.7 (0.56)	50.6 (0.79)	100.0	46.5 (0.79)	3.1 (0.26)	28.9 (0.63)	21.6 (0.64)
West	100.0	21.3 (0.96)	20.1 (0.74)	58.6 (1.01)	100.0	38.0 (0.99)	3.5 (0.30)	32.2 (0.80)	26.3 (0.82)

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex									
Hispanic or Latino, male	100.0	34.3 (1.89)	16.5 (1.36)	49.2 (1.76)	100.0	47.0 (1.73)	4.1 (0.70)	24.9 (1.45)	24.0 (1.54)
Hispanic or Latina, female	100.0	37.2 (1.44)	21.9 (1.30)	40.9 (1.47)	100.0	55.7 (1.51)	3.4 (0.67)	27.1 (1.34)	13.8 (0.98)
Not Hispanic or Latino:									
White, single race, male	100.0	21.0 (0.67)	17.0 (0.51)	62.0 (0.73)	100.0	35.0 (0.74)	3.1 (0.22)	32.0 (0.70)	29.9 (0.72)
White, single race, female	100.0	23.1 (0.65)	21.9 (0.63)	55.1 (0.75)	100.0	41.8 (0.73)	3.2 (0.23)	31.3 (0.62)	23.7 (0.64)
Black or African American, single race, male	100.0	31.9 (1.72)	15.4 (1.26)	52.7 (1.88)	100.0	43.2 (1.91)	4.1 (0.70)	23.4 (1.64)	29.3 (1.78)
Black or African American, single race, female	100.0	38.7 (1.72)	24.3 (1.55)	37.0 (1.65)	100.0	59.6 (1.68)	3.4 (0.63)	23.0 (1.26)	13.9 (1.24)

\* Estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: [https://www.cdc.gov/nchs/data/series/sr/02/sr02\\_175.pdf](https://www.cdc.gov/nchs/data/series/sr/02/sr02_175.pdf)), and is not shown.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Suggested citation: Blackwell DL, Villarroel MA. Tables of Summary Health Statistics for U.S. Adults: 2017 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2017.

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>	
Total	246,657	64,834	48,466	128,628	246,657	104,709	8,439	71,178	56,779	
Sex										
Male	118,990	28,778	20,124	67,569	118,990	44,836	4,000	34,566	32,578	
Female	127,667	36,056	28,342	61,059	127,667	59,873	4,438	36,612	24,201	
Age (years)										
18–44	113,636	23,616	20,424	67,498	113,636	40,724	3,249	33,363	33,652	
45–64	83,494	22,307	17,423	42,211	83,494	37,108	2,573	25,216	16,899	
65–74	29,454	9,181	6,542	13,059	29,454	14,167	1,553	8,512	4,518	
75 and over	20,073	9,730	4,077	5,861	20,073	12,709	1,064	4,088	1,710	
Race										
One race <sup>2</sup>	241,760	63,787	47,553	125,772	241,760	102,978	8,210	69,603	55,528	
White	192,033	48,510	37,237	102,787	192,033	79,324	6,329	57,107	45,178	
Black or African American	30,560	10,517	6,118	13,164	30,560	15,371	1,210	6,986	6,129	
American Indian or Alaska Native	2,944	762	559	1,600	2,944	1,216	*	885	706	
Asian	15,675	3,843	3,535	7,933	15,675	6,812	561	4,428	3,423	
Native Hawaiian or Other Pacific Islander	548	*	*	*	548	*	*	*	*	
Two or more races <sup>3</sup>	4,897	1,047	912	2,856	4,897	1,731	229	1,575	1,251	
Black or African American, white	1,183	261	200	679	1,183	444	*	436	214	
American Indian or Alaska Native, white	1,863	454	371	1,009	1,863	744	*	604	405	
Hispanic or Latino origin <sup>4</sup> and race										
Hispanic or Latino	39,416	13,190	7,433	18,097	39,416	19,194	1,383	10,170	7,809	
Mexican or Mexican American	23,657	7,575	4,748	11,042	23,657	11,504	774	6,441	4,567	
Not Hispanic or Latino	207,242	51,644	41,033	110,531	207,242	85,514	7,055	61,009	48,969	
White, single race	157,443	36,493	30,928	87,085	157,443	62,185	5,186	48,264	38,428	
Black or African American, single race	29,127	10,082	5,753	12,564	29,127	14,740	1,041	6,617	5,908	

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
<b>Education<sup>5</sup></b>									
Less than a high school diploma	24,473	12,122	4,534	7,303	24,473	15,856	731	5,398	1,842
High school diploma or GED <sup>6</sup>	51,376	18,993	10,411	20,744	51,376	27,740	1,643	13,707	6,955
Some college	61,418	15,819	13,462	30,906	61,418	26,707	2,550	18,025	12,804
Bachelor's degree or higher	78,981	11,099	15,001	51,671	78,981	23,454	2,631	26,066	25,411
<b>Current employment status<sup>7</sup></b>									
Employed	154,311	31,962	29,421	90,069	154,311	56,681	4,616	47,660	41,959
Full-time	126,572	25,554	23,752	74,918	126,572	45,468	3,753	39,548	35,015
Part-time	25,582	5,843	5,297	13,975	25,582	10,321	820	7,538	6,340
Not employed but has worked previously	79,750	27,507	16,758	33,983	79,750	40,775	3,459	20,788	13,063
Not employed and has never worked	12,466	5,324	2,269	4,520	12,466	7,207	351	2,696	1,735
<b>Family income<sup>8</sup></b>									
Less than \$35,000	62,681	23,938	12,289	25,089	62,681	34,083	2,048	15,177	9,712
\$35,000 or more	158,267	32,901	31,439	91,438	158,267	58,852	5,473	48,931	42,114
\$35,000–\$49,999	24,774	7,826	5,570	10,871	24,774	12,327	1,069	6,448	4,394
\$50,000–\$74,999	38,018	9,848	7,940	19,575	38,018	16,317	1,470	11,295	8,187
\$75,000–\$99,999	28,310	5,842	5,501	16,511	28,310	10,500	837	9,101	7,296
\$100,000 or more	67,166	9,385	12,428	44,481	67,166	19,708	2,098	22,087	22,237
<b>Poverty status<sup>9</sup></b>									
Poor	27,569	10,815	5,221	10,940	27,569	15,214	797	6,632	4,190
Near poor	39,410	15,277	7,738	15,409	39,410	21,748	1,200	9,476	5,830
Not poor	167,503	34,708	33,465	96,599	167,503	62,157	5,994	51,617	44,567

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Health insurance coverage <sup>10</sup>									
Under 65:									
Private	136,430	24,407	25,581	84,220	136,430	46,085	3,850	43,611	40,280
Medicaid	25,831	9,736	5,695	9,754	25,831	14,480	908	6,043	3,589
Other coverage	9,334	3,234	1,833	4,042	9,334	4,718	349	2,205	1,836
Uninsured	24,357	8,318	4,571	10,939	24,357	12,173	693	6,346	4,506
65 and over:									
Private	20,155	6,962	4,496	8,318	20,155	10,342	1,104	5,307	2,987
Medicare and Medicaid	3,643	2,013	748	749	3,643	2,533	204	642	107
Medicare Advantage	13,349	4,722	2,841	5,508	13,349	6,786	777	3,651	1,795
Medicare only	8,457	3,659	1,684	2,936	8,457	5,032	311	2,077	859
Other coverage	3,578	1,351	797	1,333	3,578	1,931	218	880	447
Uninsured	261	*	*	*	261	*	*	*	*
Marital status									
Married	129,268	30,360	26,639	69,673	129,268	52,461	4,479	40,296	29,112
Widowed	14,492	6,478	3,127	4,644	14,492	9,051	550	3,188	1,436
Divorced or separated	27,735	9,289	5,607	12,318	27,735	13,726	1,145	7,185	5,096
Never married	55,574	13,509	9,428	31,661	55,574	21,244	1,626	14,946	16,416
Living with a partner	19,212	5,113	3,615	10,115	19,212	8,091	637	5,453	4,618
Place of residence <sup>11</sup>									
Large MSA	142,082	34,936	27,570	77,239	142,082	57,214	5,230	40,400	36,508
Small MSA	73,127	19,538	14,485	37,440	73,127	31,700	2,273	21,454	15,714
Not in MSA	31,448	10,359	6,411	13,949	31,448	15,795	936	9,324	4,556
Region									
Northeast	45,169	12,334	8,881	23,103	45,169	19,550	1,635	12,328	10,739
Midwest	53,793	12,760	11,483	28,434	53,793	22,245	1,976	15,167	13,140
South	89,318	27,391	16,416	43,632	89,318	40,990	2,746	25,184	18,086
West	58,377	12,350	11,686	33,460	58,377	21,923	2,081	18,500	14,814

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex									
Hispanic or Latino, male	19,584	6,255	3,132	9,854	19,584	8,594	749	4,764	4,971
Hispanic or Latina, female	19,832	6,934	4,300	8,243	19,832	10,601	634	5,405	2,838
Not Hispanic or Latino:									
White, single race, male	76,561	16,526	13,202	45,272	76,561	27,366	2,359	24,040	21,039
White, single race, female	80,881	19,967	17,725	41,813	80,881	34,819	2,827	24,224	17,389
Black or African American, single race, male	13,175	4,052	1,946	6,766	13,175	5,470	515	2,995	3,760
Black or African American, single race, female	15,952	6,030	3,807	5,798	15,952	9,270	527	3,622	2,148

\* Corresponding crude percentage for the frequency is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: [https://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_175.pdf](https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf)), and is not shown.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Suggested citation: Blackwell DL, Villarreal MA. Tables of Summary Health Statistics for U.S. Adults: 2017 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2017.



**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>	
Total	100.0	26.8 (0.49)	20.0 (0.35)	53.2 (0.48)	100.0	43.4 (0.47)	3.5 (0.15)	29.5 (0.39)	23.5 (0.38)	
Sex										
Male	100.0	24.7 (0.62)	17.3 (0.43)	58.0 (0.65)	100.0	38.7 (0.64)	3.4 (0.20)	29.8 (0.55)	28.1 (0.62)	
Female	100.0	28.7 (0.58)	22.6 (0.51)	48.7 (0.61)	100.0	47.9 (0.60)	3.5 (0.22)	29.3 (0.48)	19.3 (0.45)	
Age (years)										
18–44	100.0	21.2 (0.59)	18.3 (0.51)	60.5 (0.66)	100.0	36.7 (0.65)	2.9 (0.22)	30.1 (0.57)	30.3 (0.61)	
45–64	100.0	27.2 (0.67)	21.3 (0.56)	51.5 (0.69)	100.0	45.4 (0.70)	3.1 (0.24)	30.8 (0.60)	20.7 (0.55)	
65–74	100.0	31.9 (0.95)	22.7 (0.79)	45.4 (0.97)	100.0	49.3 (0.98)	5.4 (0.43)	29.6 (0.86)	15.7 (0.69)	
75 and over	100.0	49.5 (1.17)	20.7 (0.94)	29.8 (1.05)	100.0	64.9 (1.12)	5.4 (0.51)	20.9 (0.91)	8.7 (0.61)	
Race										
One race <sup>2</sup>	100.0	26.9 (0.49)	20.1 (0.36)	53.0 (0.48)	100.0	43.6 (0.48)	3.5 (0.15)	29.5 (0.39)	23.5 (0.39)	
White	100.0	25.7 (0.53)	19.8 (0.39)	54.5 (0.53)	100.0	42.2 (0.53)	3.4 (0.17)	30.4 (0.43)	24.0 (0.44)	
Black or African American	100.0	35.3 (1.23)	20.5 (1.01)	44.2 (1.25)	100.0	51.8 (1.28)	4.1 (0.49)	23.5 (1.09)	20.6 (1.06)	
American Indian or Alaska Native	100.0	26.1 (3.13)	19.1 (2.65)	54.8 (3.37)	100.0	41.8 (3.27)	*	30.4 (3.26)	24.2 (3.40)	
Asian	100.0	25.1 (1.52)	23.1 (1.44)	51.8 (1.72)	100.0	44.7 (1.76)	3.7 (0.60)	29.1 (1.49)	22.5 (1.44)	
Native Hawaiian or Other Pacific Islander	100.0	*	*	*	100.0	*	*	*	*	
Two or more races <sup>3</sup>	100.0	21.8 (2.28)	18.9 (2.39)	59.3 (2.89)	100.0	36.2 (2.83)	4.8 (1.15)	32.9 (2.63)	26.1 (2.51)	
Black or African American, white	100.0	22.9 (4.63)	17.5 (5.18)	59.6 (5.94)	100.0	40.0 (5.72)	*	39.3 (6.01)	19.3 (4.90)	
American Indian or Alaska Native, white	100.0	24.8 (3.75)	20.2 (3.74)	55.0 (4.37)	100.0	40.6 (4.34)	*	32.9 (4.41)	22.1 (3.42)	
Hispanic or Latino origin <sup>4</sup> and race										
Hispanic or Latino	100.0	34.1 (1.28)	19.2 (0.98)	46.7 (1.19)	100.0	49.8 (1.16)	3.6 (0.48)	26.4 (1.02)	20.3 (1.00)	
Mexican or Mexican American	100.0	32.4 (1.82)	20.3 (1.28)	47.3 (1.72)	100.0	49.4 (1.67)	3.3 (0.61)	27.7 (1.43)	19.6 (1.31)	
Not Hispanic or Latino	100.0	25.4 (0.49)	20.2 (0.38)	54.4 (0.50)	100.0	42.2 (0.50)	3.5 (0.16)	30.1 (0.41)	24.2 (0.41)	
White, single race	100.0	23.6 (0.54)	20.0 (0.42)	56.4 (0.56)	100.0	40.4 (0.55)	3.4 (0.17)	31.3 (0.47)	24.9 (0.47)	
Black or African American, single race	100.0	35.5 (1.25)	20.3 (1.03)	44.2 (1.29)	100.0	52.1 (1.31)	3.7 (0.46)	23.4 (1.12)	20.9 (1.09)	

**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
<b>Education<sup>5</sup></b>									
Less than a high school diploma	100.0	50.6 (1.37)	18.9 (1.06)	30.5 (1.14)	100.0	66.5 (1.17)	3.1 (0.42)	22.7 (1.03)	7.7 (0.65)
High school diploma or GED <sup>6</sup>	100.0	37.9 (0.94)	20.8 (0.71)	41.4 (0.86)	100.0	55.4 (0.90)	3.3 (0.28)	27.4 (0.76)	13.9 (0.60)
Some college	100.0	26.3 (0.74)	22.4 (0.67)	51.3 (0.77)	100.0	44.4 (0.77)	4.2 (0.33)	30.0 (0.69)	21.3 (0.64)
Bachelor's degree or higher	100.0	14.3 (0.49)	19.3 (0.53)	66.4 (0.66)	100.0	30.2 (0.64)	3.4 (0.24)	33.6 (0.62)	32.8 (0.64)
<b>Current employment status<sup>7</sup></b>									
Employed	100.0	21.1 (0.52)	19.4 (0.42)	59.5 (0.54)	100.0	37.6 (0.54)	3.1 (0.20)	31.6 (0.48)	27.8 (0.48)
Full-time	100.0	20.6 (0.54)	19.1 (0.45)	60.3 (0.58)	100.0	36.7 (0.57)	3.0 (0.22)	31.9 (0.53)	28.3 (0.52)
Part-time	100.0	23.3 (1.16)	21.1 (1.08)	55.6 (1.29)	100.0	41.3 (1.29)	3.3 (0.44)	30.1 (1.13)	25.3 (1.12)
Not employed but has worked previously	100.0	35.2 (0.73)	21.4 (0.57)	43.4 (0.73)	100.0	52.2 (0.74)	4.4 (0.25)	26.6 (0.61)	16.7 (0.53)
Not employed and has never worked	100.0	44.0 (2.14)	18.7 (1.57)	37.3 (2.18)	100.0	60.1 (2.19)	2.9 (0.70)	22.5 (1.62)	14.5 (2.04)
<b>Family income<sup>8</sup></b>									
Less than \$35,000	100.0	39.0 (0.89)	20.0 (0.60)	40.9 (0.80)	100.0	55.9 (0.82)	3.4 (0.24)	24.9 (0.62)	15.9 (0.60)
\$35,000 or more	100.0	21.1 (0.50)	20.2 (0.44)	58.7 (0.55)	100.0	37.9 (0.52)	3.5 (0.20)	31.5 (0.49)	27.1 (0.49)
\$35,000–\$49,999	100.0	32.2 (1.16)	23.0 (1.05)	44.8 (1.17)	100.0	50.9 (1.20)	4.4 (0.47)	26.6 (1.04)	18.1 (0.85)
\$50,000–\$74,999	100.0	26.4 (0.99)	21.3 (0.86)	52.4 (1.05)	100.0	43.8 (1.03)	3.9 (0.43)	30.3 (0.90)	22.0 (0.88)
\$75,000–\$99,999	100.0	21.0 (0.98)	19.7 (0.95)	59.3 (1.16)	100.0	37.9 (1.15)	3.0 (0.37)	32.8 (1.08)	26.3 (1.07)
\$100,000 or more	100.0	14.2 (0.62)	18.7 (0.63)	67.1 (0.78)	100.0	29.8 (0.74)	3.2 (0.30)	33.4 (0.72)	33.6 (0.78)
<b>Poverty status<sup>9</sup></b>									
Poor	100.0	40.1 (1.34)	19.4 (0.98)	40.6 (1.23)	100.0	56.7 (1.24)	3.0 (0.35)	24.7 (0.98)	15.6 (1.03)
Near poor	100.0	39.8 (1.03)	20.1 (0.79)	40.1 (0.96)	100.0	56.9 (0.99)	3.1 (0.31)	24.8 (0.85)	15.2 (0.69)
Not poor	100.0	21.1 (0.48)	20.3 (0.42)	58.6 (0.54)	100.0	37.8 (0.52)	3.6 (0.19)	31.4 (0.46)	27.1 (0.47)

**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Health insurance coverage <sup>10</sup>									
Under 65:									
Private	100.0	18.2 (0.51)	19.1 (0.45)	62.8 (0.59)	100.0	34.4 (0.57)	2.9 (0.19)	32.6 (0.51)	30.1 (0.50)
Medicaid	100.0	38.7 (1.32)	22.6 (1.12)	38.7 (1.29)	100.0	57.9 (1.30)	3.6 (0.49)	24.2 (1.07)	14.3 (0.98)
Other coverage	100.0	35.5 (1.97)	20.1 (1.55)	44.4 (1.90)	100.0	51.8 (1.92)	3.8 (0.71)	24.2 (1.75)	20.2 (1.49)
Uninsured	100.0	34.9 (1.37)	19.2 (1.14)	45.9 (1.40)	100.0	51.3 (1.40)	2.9 (0.43)	26.8 (1.18)	19.0 (1.18)
65 and over:									
Private	100.0	35.2 (1.13)	22.7 (0.93)	42.1 (1.20)	100.0	52.4 (1.24)	5.6 (0.49)	26.9 (1.06)	15.1 (0.81)
Medicare and Medicaid	100.0	57.4 (2.65)	21.3 (2.28)	21.3 (1.96)	100.0	72.7 (2.35)	5.9 (1.39)	18.4 (1.87)	3.1 (0.80)
Medicare Advantage	100.0	36.1 (1.46)	21.7 (1.22)	42.1 (1.41)	100.0	52.2 (1.48)	6.0 (0.71)	28.1 (1.26)	13.8 (0.96)
Medicare only	100.0	44.2 (1.96)	20.3 (1.56)	35.5 (1.80)	100.0	60.8 (1.80)	3.8 (0.71)	25.1 (1.52)	10.4 (1.12)
Other coverage	100.0	38.8 (2.46)	22.9 (2.33)	38.3 (2.53)	100.0	55.5 (2.56)	6.3 (1.21)	25.3 (2.23)	12.9 (1.87)
Uninsured	100.0	*	*	*	100.0	*	*	*	*
Marital status									
Married	100.0	24.0 (0.55)	21.0 (0.47)	55.0 (0.57)	100.0	41.5 (0.57)	3.5 (0.23)	31.9 (0.52)	23.0 (0.50)
Widowed	100.0	45.5 (1.34)	21.9 (1.08)	32.6 (1.21)	100.0	63.6 (1.23)	3.9 (0.42)	22.4 (1.08)	10.1 (0.75)
Divorced or separated	100.0	34.1 (1.03)	20.6 (0.79)	45.3 (0.98)	100.0	50.6 (1.02)	4.2 (0.36)	26.5 (0.82)	18.8 (0.79)
Never married	100.0	24.7 (0.86)	17.3 (0.67)	58.0 (0.94)	100.0	39.2 (0.94)	3.0 (0.28)	27.6 (0.78)	30.3 (0.88)
Living with a partner	100.0	27.1 (1.39)	19.2 (1.27)	53.7 (1.50)	100.0	43.0 (1.49)	3.4 (0.49)	29.0 (1.31)	24.6 (1.35)
Place of residence <sup>11</sup>									
Large MSA	100.0	25.0 (0.56)	19.7 (0.48)	55.3 (0.60)	100.0	41.1 (0.59)	3.8 (0.22)	29.0 (0.51)	26.2 (0.53)
Small MSA	100.0	27.3 (0.99)	20.3 (0.62)	52.4 (0.88)	100.0	44.6 (0.88)	3.2 (0.23)	30.2 (0.70)	22.1 (0.60)
Not in MSA	100.0	33.7 (1.83)	20.9 (1.00)	45.4 (1.49)	100.0	51.6 (1.58)	3.1 (0.35)	30.5 (1.21)	14.9 (0.83)
Region									
Northeast	100.0	27.8 (1.14)	20.0 (1.00)	52.1 (1.14)	100.0	44.2 (1.14)	3.7 (0.38)	27.9 (0.98)	24.3 (0.94)
Midwest	100.0	24.2 (0.92)	21.8 (0.68)	54.0 (0.98)	100.0	42.3 (0.97)	3.8 (0.29)	28.9 (0.83)	25.0 (0.77)
South	100.0	31.3 (0.89)	18.8 (0.55)	49.9 (0.79)	100.0	47.1 (0.79)	3.2 (0.26)	28.9 (0.61)	20.8 (0.63)
West	100.0	21.5 (0.96)	20.3 (0.74)	58.2 (0.99)	100.0	38.2 (0.98)	3.6 (0.30)	32.3 (0.78)	25.8 (0.81)

**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2017**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex									
Hispanic or Latino, male	100.0	32.5 (1.85)	16.3 (1.31)	51.2 (1.81)	100.0	45.0 (1.76)	3.9 (0.71)	25.0 (1.45)	26.1 (1.68)
Hispanic or Latina, female	100.0	35.6 (1.47)	22.1 (1.32)	42.3 (1.51)	100.0	54.4 (1.54)	3.3 (0.65)	27.8 (1.37)	14.6 (1.04)
Not Hispanic or Latino:									
White, single race, male	100.0	22.0 (0.68)	17.6 (0.50)	60.4 (0.73)	100.0	36.6 (0.74)	3.2 (0.21)	32.1 (0.66)	28.1 (0.69)
White, single race, female	100.0	25.1 (0.65)	22.3 (0.60)	52.6 (0.73)	100.0	43.9 (0.70)	3.6 (0.25)	30.6 (0.58)	21.9 (0.59)
Black or African American, single race, male	100.0	31.7 (1.77)	15.2 (1.30)	53.0 (2.02)	100.0	42.9 (2.00)	4.0 (0.72)	23.5 (1.66)	29.5 (1.94)
Black or African American, single race, female	100.0	38.6 (1.72)	24.4 (1.53)	37.1 (1.65)	100.0	59.6 (1.69)	3.4 (0.60)	23.3 (1.26)	13.8 (1.21)

\* Estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: [https://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_175.pdf](https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf)), and is not shown.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Suggested citation: Blackwell DL, Villarroel MA. Tables of Summary Health Statistics for U.S. Adults: 2017 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2017.