

Healthy People 2010 Operational Definition

22-5. Increase the proportion of adults who perform physical activities that enhance and maintain flexibility.

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Not identified.
Healthy People 2000 Objective	Adapted from 1.6 (Physical Activity and Fitness)
Changes since the 2000 Publication	None.
Measure	Percent (age adjusted – see Comments).
Baseline (Year)	30 (1998)
Target	43
Target-Setting Method	Better than the best racial/ethnic subgroup. For a discussion of target-setting methods, see Part A, section 4.
Numerator	Number of persons aged 18 years and older who report doing stretching exercises in the past 2 weeks.
Denominator	Number of persons aged 18 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Baseline Data	From the 1998 National Health Interview Survey: ➤ <i>In the past 2 weeks, beginning Monday, (date), and ending this past Sunday, (date), have you done any of the following exercises, sports, or physically active hobbies...</i> [Response categories include:] <i>Stretching exercises?</i>
Expected Periodicity	Periodic.
Comments	This objective is measured in the same way as the flexibility part of Healthy People 2000 objective 1.6. However, it differs from objective 1.6, which tracked

persons aged 18 to 64 years only. A discussion of the measurement of objective 1.6 can be found in Healthy People 2000 Statistical Notes.¹

Data (except those by education status) are age adjusted to the 2000 standard population using the age groups 18-24, 25-34, 35-44, 45-64, and 65 years and over. Data by education status are adjusted using the age groups 25-34, 35-44, 45-64, and 65 years and over. Age-adjusted rates are weighted sums of age-specific rates. For a discussion of age adjustment, see Part A, section 7.

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.²

See Part C for a description of NHIS and Appendix A for focus area contact information.

References

1. Chong, Y.; Klein, R.; Plepys, C.; et al. Operational definitions for year 2000 objectives: Priority area 1, Physical Activity and Fitness. *Healthy People 2000 Statistical Notes*, No. 18. Hyattsville, MD: National Center for Health Statistics, 1998.
2. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.