

**Data Brief 86. Trends in Adults Receiving a Recommendation for Exercise or Other Physical Activity From a Physician or Other Health Professional**

**Data table for Figure 1. Percentage of adults aged 18 and over whose physician or other health professional recommended exercise or physical activity, by sex and year: United States, 2000, 2005, and 2010**

Sex and year	Percent	Standard error
Total		
2000	22.6	0.3
2005	29.4	0.4
2010	32.4	0.4
Males		
2000	21.0	0.5
2005	27.1	0.5
2010	30.3	0.6
Females		
2000	23.9	0.4
2005	31.2	0.5
2010	34.1	0.6

NOTES: Denominator is adults aged 18 and over who had seen a physician or other health professional in the past 12 months. Age-adjusted to the 2000 U.S. standard population, using four age groups: 18–24, 25–44, 45–64, and 65 and over.

SOURCE: CDC/NCHS, National Health Interview Survey.

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**Data table for Figure 2. Percentage of adults aged 18 and over whose physician or other health professional recommended exercise or physical activity, by age group and year: United States, 2000, 2005, and 2010**

Age group and year	Percent	Standard error
<b>18–24 years</b>		
2000	10.4	0.8
2005	15.0	1.0
2010	16.1	1.0
<b>25–44 years</b>		
2000	20.9	0.5
2005	25.6	0.6
2010	28.8	0.7
<b>45–64 years</b>		
2000	28.9	0.6
2005	38.4	0.6
2010	41.6	0.7
<b>65–74 years</b>		
2000	29.2	1.0
2005	38.2	1.1
2010	41.9	1.2
<b>75–84 years</b>		
2000	21.6	1.0
2005	29.4	1.2
2010	32.9	1.4
<b>85 years and over</b>		
2000	15.3	1.9
2005	21.6	1.8
2010	28.9	2.3

NOTES: Denominator is adults aged 18 and over who had seen a physician or other health professional in the past 12 months.

SOURCE: CDC/NCHS, National Health Interview Survey.

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**Data table for Figure 3. Percentage of adults aged 18 and over whose physician or other health professional recommended exercise or physical activity, by race/ethnicity and year: United States, 2000, 2005, and 2010**

Race/ethnicity and year	Percent	Standard error
Hispanic		
2000	20.8	0.9
2005	30.3	1.0
2010	35.8	1.0
Non-Hispanic white		
2000	22.8	0.4
2005	29.0	0.4
2010	31.5	0.5
Non-Hispanic black		
2000	21.9	0.8
2005	29.7	1.0
2010	34.0	1.1
Non-Hispanic Asian		
2000	21.1	1.8
2005	32.7	2.1
2010	32.7	1.6

NOTES: Denominator is adults aged 18 and over who had seen a physician or other health professional in the past 12 months. Age-adjusted to the 2000 U.S. standard population, using four age groups: 18–24, 25–44, 45–64, and 65 and over.  
SOURCE: CDC/NCHS, National Health Interview Survey.

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**Data table for Figure 4. Percentage of adults aged 18 and over whose physician or other health professional recommended exercise or physical activity, by chronic health condition and year: United States, 2000, 2005, and 2010**

Condition and year	Percent	Standard error
<b>Hypertension</b>		
2000	34.1	1.0
2005	41.7	1.0
2010	44.2	1.0
<b>Cardiovascular disease</b>		
2000	32.5	1.2
2005	38.9	1.3
2010	41.2	1.7
<b>Cancer</b>		
2000	25.5	1.6
2005	34.8	2.1
2010	35.8	2.0
<b>Diabetes</b>		
2000	47.7	2.3
2005	51.4	2.2
2010	56.3	2.5

NOTES: Denominator is adults aged 18 and over who had seen a physician or other health professional in the past 12 months. Age-adjusted to the 2000 U.S. standard population, using four age groups: 18–24, 25–44, 45–64, and 65 and over.  
SOURCE: CDC/NCHS, National Health Interview Survey.

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**Data table for Figure 5. Percentage of adults aged 18 and over whose physician or other health professional recommended exercise or physical activity, by body mass index (BMI) category and year: United States, 2000, 2005, and 2010**

BMI category and year	Percent	Standard error
<b>Underweight</b>		
2000	14.3	1.8
2005	15.0	1.9
2010	17.3	2.6
<b>Healthy weight</b>		
2000	16.3	0.4
2005	22.5	0.5
2010	22.6	0.6
<b>Overweight</b>		
2000	21.9	0.5
2005	27.6	0.6
2010	30.5	0.7
<b>Obese</b>		
2000	34.8	0.7
2005	43.2	0.8
2010	46.9	0.8

NOTES: Denominator is adults aged 18 years and over who had seen a physician or other health professional in the past 12 months. Age-adjusted to the 2000 U.S. standard population, using four age groups: 18–24, 25–44, 45–64, and 65 and over. BMI categories are: underweight (BMI < 18.5); healthy weight (18.5 ≤ BMI < 25.0); overweight (25.0 ≤ BMI < 30.0); obese (BMI ≥ 30.0).