

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹	
Total	100.0	25.7 (0.47)	20.1 (0.35)	54.2 (0.48)	100.0	42.3 (0.49)	3.6 (0.16)	30.0 (0.40)	24.1 (0.38)	
Sex										
Male	100.0	23.2 (0.56)	18.7 (0.47)	58.2 (0.65)	100.0	38.2 (0.64)	3.7 (0.25)	30.5 (0.57)	27.6 (0.56)	
Female	100.0	27.9 (0.63)	21.5 (0.48)	50.6 (0.62)	100.0	46.0 (0.62)	3.5 (0.20)	29.6 (0.53)	20.8 (0.48)	
Age (years)										
18–44	100.0	20.8 (0.62)	18.8 (0.50)	60.4 (0.69)	100.0	36.5 (0.69)	3.2 (0.25)	30.2 (0.59)	30.0 (0.58)	
45–64	100.0	26.8 (0.70)	21.6 (0.60)	51.6 (0.74)	100.0	44.7 (0.75)	3.7 (0.26)	31.8 (0.65)	19.7 (0.54)	
65–74	100.0	31.4 (0.89)	22.5 (0.85)	46.1 (0.96)	100.0	49.6 (0.94)	4.4 (0.35)	29.5 (0.85)	16.4 (0.71)	
75 and over	100.0	46.9 (1.11)	20.9 (0.85)	32.2 (0.99)	100.0	62.9 (1.03)	5.0 (0.47)	22.0 (0.86)	10.2 (0.67)	
Race										
One race ²	100.0	25.7 (0.48)	20.1 (0.35)	54.1 (0.49)	100.0	42.3 (0.50)	3.6 (0.17)	30.0 (0.41)	24.0 (0.39)	
White	100.0	24.6 (0.52)	19.9 (0.39)	55.5 (0.55)	100.0	41.1 (0.56)	3.5 (0.18)	30.5 (0.48)	24.9 (0.42)	
Black or African American	100.0	34.9 (1.29)	19.3 (0.89)	45.7 (1.24)	100.0	50.1 (1.28)	4.2 (0.46)	25.8 (1.07)	19.9 (1.05)	
American Indian or Alaska Native	100.0	25.8 (3.99)	19.7 (2.79)	54.4 (3.88)	100.0	41.0 (4.10)	*	35.5 (3.23)	18.7 (2.96)	
Asian	100.0	21.5 (1.51)	23.8 (1.41)	54.7 (1.67)	100.0	41.6 (1.68)	3.7 (0.70)	31.8 (1.52)	22.9 (1.38)	
Native Hawaiian or Other Pacific Islander	100.0	42.3 (7.22)	*	44.5 (7.15)	100.0	51.4 (5.62)	*	22.6 (5.81)	21.9 (5.99)	
Two or more races ³	100.0	23.6 (2.07)	20.2 (2.27)	56.2 (2.61)	100.0	39.7 (2.49)	4.1 (0.88)	30.3 (2.45)	25.9 (2.29)	
Black or African American, white	100.0	20.8 (4.47)	12.1 (3.31)	67.1 (5.18)	100.0	31.1 (5.12)	*	36.5 (5.36)	30.6 (4.51)	
American Indian or Alaska Native, white	100.0	21.9 (3.42)	25.6 (4.79)	52.5 (5.15)	100.0	43.7 (5.15)	*	36.2 (4.97)	16.3 (3.48)	
Hispanic or Latino origin ⁴ and race										
Hispanic or Latino	100.0	34.3 (1.19)	17.9 (0.90)	47.8 (1.25)	100.0	49.5 (1.26)	2.8 (0.42)	26.1 (1.03)	21.6 (0.94)	
Mexican or Mexican American	100.0	33.2 (1.72)	18.4 (1.25)	48.4 (1.71)	100.0	48.6 (1.73)	3.1 (0.59)	27.1 (1.36)	21.1 (1.24)	
Not Hispanic or Latino	100.0	23.9 (0.49)	20.6 (0.38)	55.5 (0.51)	100.0	40.8 (0.52)	3.8 (0.17)	30.8 (0.44)	24.6 (0.42)	
White, single race	100.0	22.0 (0.54)	20.5 (0.42)	57.5 (0.58)	100.0	38.9 (0.59)	3.6 (0.19)	31.7 (0.52)	25.8 (0.47)	
Black or African American, single race	100.0	35.2 (1.36)	19.1 (0.91)	45.8 (1.28)	100.0	50.3 (1.33)	4.1 (0.46)	25.7 (1.10)	20.0 (1.09)	

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Education⁵									
Less than a high school diploma	100.0	48.1 (1.43)	17.3 (1.05)	34.6 (1.36)	100.0	63.7 (1.39)	1.9 (0.33)	24.7 (1.20)	9.8 (0.81)
High school diploma or GED ⁶	100.0	35.4 (0.95)	21.4 (0.78)	43.2 (0.93)	100.0	52.5 (0.96)	4.4 (0.44)	28.3 (0.82)	14.8 (0.68)
Some college	100.0	26.7 (0.76)	21.6 (0.65)	51.6 (0.82)	100.0	44.8 (0.83)	3.7 (0.27)	29.8 (0.71)	21.8 (0.66)
Bachelor's degree or higher	100.0	14.7 (0.50)	20.0 (0.56)	65.3 (0.67)	100.0	31.1 (0.64)	3.7 (0.27)	33.1 (0.64)	32.1 (0.63)
Current employment status⁷									
Employed	100.0	21.9 (0.57)	20.5 (0.48)	57.6 (0.61)	100.0	39.1 (0.62)	3.4 (0.23)	30.7 (0.55)	26.7 (0.49)
Full-time	100.0	21.8 (0.77)	20.5 (0.60)	57.6 (0.80)	100.0	39.3 (0.81)	3.2 (0.27)	30.9 (0.72)	26.6 (0.60)
Part-time	100.0	23.1 (1.07)	20.6 (1.05)	56.3 (1.23)	100.0	39.3 (1.21)	4.4 (0.54)	29.8 (1.17)	26.5 (1.13)
Not employed but has worked previously	100.0	30.5 (0.89)	20.2 (0.76)	49.3 (0.97)	100.0	46.8 (0.95)	4.0 (0.34)	29.9 (0.86)	19.4 (0.80)
Not employed and has never worked	100.0	43.9 (2.22)	16.3 (1.45)	39.8 (2.24)	100.0	57.8 (2.31)	2.5 (0.66)	25.9 (1.97)	13.8 (1.48)
Family income⁸									
Less than \$35,000	100.0	37.8 (0.89)	19.7 (0.64)	42.5 (0.84)	100.0	53.5 (0.85)	4.2 (0.31)	25.7 (0.67)	16.6 (0.61)
\$35,000 or more	100.0	20.8 (0.49)	20.5 (0.41)	58.7 (0.55)	100.0	37.8 (0.56)	3.5 (0.20)	31.8 (0.49)	26.9 (0.46)
\$35,000–\$49,999	100.0	31.2 (1.21)	20.0 (0.96)	48.8 (1.22)	100.0	47.1 (1.25)	4.3 (0.50)	28.3 (1.07)	20.3 (1.00)
\$50,000–\$74,999	100.0	26.7 (0.91)	20.3 (0.86)	53.0 (1.04)	100.0	43.2 (1.03)	3.9 (0.43)	30.4 (0.96)	22.5 (0.83)
\$75,000–\$99,999	100.0	20.3 (0.99)	21.0 (0.98)	58.8 (1.16)	100.0	37.4 (1.14)	3.8 (0.43)	32.6 (1.03)	26.1 (0.98)
\$100,000 or more	100.0	14.6 (0.61)	20.4 (0.66)	65.0 (0.77)	100.0	32.0 (0.76)	3.0 (0.29)	33.2 (0.77)	31.9 (0.75)
Poverty status⁹									
Poor	100.0	41.0 (1.29)	18.6 (0.92)	40.4 (1.22)	100.0	56.1 (1.25)	3.8 (0.49)	24.9 (0.99)	15.2 (0.89)
Near poor	100.0	35.9 (1.02)	21.1 (0.88)	43.0 (1.02)	100.0	52.9 (1.04)	4.2 (0.40)	26.9 (0.92)	16.1 (0.75)
Not poor	100.0	20.7 (0.47)	20.2 (0.40)	59.0 (0.53)	100.0	37.5 (0.53)	3.5 (0.19)	31.6 (0.49)	27.4 (0.47)

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Health insurance coverage ¹⁰									
Under 65:									
Private	100.0	17.7 (0.51)	19.6 (0.46)	62.8 (0.59)	100.0	34.0 (0.59)	3.3 (0.21)	32.2 (0.55)	30.5 (0.53)
Medicaid	100.0	37.0 (1.41)	21.0 (1.06)	42.0 (1.42)	100.0	54.1 (1.46)	4.1 (0.53)	28.3 (1.28)	13.5 (1.02)
Other coverage	100.0	29.8 (2.04)	18.9 (1.71)	51.3 (2.22)	100.0	45.7 (2.23)	2.9 (0.55)	23.5 (2.05)	27.8 (2.20)
Uninsured	100.0	34.3 (1.34)	19.3 (1.11)	46.4 (1.36)	100.0	50.4 (1.40)	3.3 (0.49)	28.7 (1.21)	17.6 (0.98)
65 and over:									
Private	100.0	34.5 (1.11)	23.7 (0.94)	41.8 (1.11)	100.0	53.3 (1.11)	4.9 (0.45)	26.3 (0.95)	15.4 (0.81)
Medicare and Medicaid	100.0	61.7 (2.55)	17.6 (2.01)	20.7 (1.94)	100.0	76.3 (2.04)	3.1 (0.78)	14.7 (1.69)	5.9 (1.03)
Medicare Advantage	100.0	35.4 (1.41)	21.2 (1.16)	43.4 (1.42)	100.0	52.1 (1.40)	4.6 (0.55)	27.8 (1.27)	15.5 (1.06)
Medicare only	100.0	45.3 (1.86)	19.4 (1.40)	35.3 (1.71)	100.0	59.8 (1.75)	5.0 (0.79)	25.8 (1.58)	9.4 (0.97)
Other coverage	100.0	38.6 (2.12)	22.4 (2.06)	38.9 (2.22)	100.0	56.8 (2.22)	4.4 (0.88)	27.1 (2.07)	11.7 (1.38)
Uninsured	100.0	*	*	*	100.0	*	*	*	*
Marital status									
Married	100.0	23.2 (0.60)	21.0 (0.49)	55.9 (0.64)	100.0	40.8 (0.64)	3.5 (0.23)	31.7 (0.59)	24.0 (0.54)
Widowed	100.0	34.2 (4.95)	14.3 (2.47)	51.5 (5.17)	100.0	45.1 (5.19)	*	33.6 (5.32)	17.6 (4.85)
Divorced or separated	100.0	32.3 (1.28)	19.9 (0.99)	47.7 (1.32)	100.0	48.5 (1.34)	3.9 (0.41)	25.7 (1.03)	21.9 (1.09)
Never married	100.0	29.1 (0.95)	19.3 (0.80)	51.6 (0.95)	100.0	44.4 (0.96)	4.0 (0.36)	28.2 (0.83)	23.4 (0.70)
Living with a partner	100.0	28.7 (1.57)	20.0 (1.42)	51.3 (1.60)	100.0	45.3 (1.60)	3.4 (0.60)	29.1 (1.38)	22.2 (1.16)
Place of residence ¹¹									
Large MSA	100.0	24.1 (0.53)	20.0 (0.45)	55.9 (0.58)	100.0	40.4 (0.58)	3.8 (0.23)	29.2 (0.51)	26.6 (0.49)
Small MSA	100.0	25.8 (0.95)	20.3 (0.63)	53.9 (0.96)	100.0	42.7 (0.95)	3.5 (0.28)	31.0 (0.76)	22.8 (0.70)
Not in MSA	100.0	32.3 (1.88)	20.2 (1.08)	47.5 (1.67)	100.0	49.4 (1.74)	3.1 (0.37)	31.5 (1.34)	16.0 (1.00)
Region									
Northeast	100.0	25.5 (0.99)	19.2 (0.84)	55.4 (1.09)	100.0	41.2 (1.06)	3.6 (0.38)	30.5 (1.00)	24.7 (0.91)
Midwest	100.0	24.1 (0.91)	22.6 (0.69)	53.3 (0.96)	100.0	42.3 (1.02)	4.5 (0.40)	29.3 (0.90)	24.0 (0.75)
South	100.0	29.9 (0.87)	19.6 (0.58)	50.4 (0.84)	100.0	46.3 (0.86)	3.4 (0.28)	28.8 (0.63)	21.5 (0.64)
West	100.0	20.6 (0.91)	19.4 (0.73)	59.9 (0.99)	100.0	36.9 (0.96)	3.2 (0.30)	32.2 (0.83)	27.7 (0.78)

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either		Met full guidelines for both aerobic activity and muscle-strengthening ¹	
						aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	strengthening ¹
Hispanic or Latino origin ⁴ , race, and sex									
Hispanic or Latino, male	100.0	31.8 (1.57)	16.1 (1.31)	52.2 (1.79)	100.0	44.6 (1.76)	3.4 (0.67)	25.9 (1.49)	26.2 (1.48)
Hispanic or Latina, female	100.0	36.6 (1.55)	19.6 (1.10)	43.8 (1.51)	100.0	54.1 (1.56)	2.3 (0.44)	26.6 (1.24)	17.1 (1.09)
Not Hispanic or Latino:									
White, single race, male	100.0	20.5 (0.65)	18.9 (0.57)	60.6 (0.76)	100.0	36.1 (0.75)	3.4 (0.26)	32.8 (0.70)	27.6 (0.67)
White, single race, female	100.0	23.3 (0.71)	22.0 (0.62)	54.7 (0.78)	100.0	41.5 (0.77)	3.9 (0.27)	30.6 (0.71)	24.0 (0.64)
Black or African American, single race, male	100.0	27.1 (1.70)	19.9 (1.42)	53.1 (1.90)	100.0	42.0 (1.96)	5.0 (0.75)	25.1 (1.73)	27.9 (1.74)
Black or African American, single race, female	100.0	41.7 (1.79)	18.6 (1.15)	39.7 (1.64)	100.0	57.0 (1.68)	3.3 (0.58)	26.5 (1.45)	13.1 (1.12)

* Estimate does not meet NCHS standards of reliability.

¹Measures 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.

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

³Refers 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.

⁴Refers 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.

⁵Shown 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.

⁶GED is General Educational Development high school equivalency diploma.

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

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

⁹"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.

¹⁰Based 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.

¹¹MSA 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: Villarreal MA Blackwell DL Jen A Tables of Summary Health Statistics for U S Adults: 2018 National Health Interview Survey National Center for Health Statistics 2019 Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹	
Total	249,456	64,094	49,739	130,314	249,456	104,674	8,971	72,978	56,634	
Sex										
Male	120,442	27,623	22,129	67,908	120,442	45,277	4,351	36,033	31,419	
Female	129,014	36,472	27,609	62,406	129,014	59,397	4,620	36,945	25,216	
Age (years)										
18–44	115,008	23,464	21,200	68,048	115,008	41,014	3,624	33,970	33,707	
45–64	83,038	21,700	17,527	41,864	83,038	36,089	3,026	25,711	15,937	
65–74	30,809	9,465	6,791	13,895	30,809	14,899	1,322	8,876	4,940	
75 and over	20,601	9,465	4,221	6,507	20,601	12,672	998	4,421	2,050	
Race										
One race ²	243,677	62,860	48,589	127,029	243,677	102,518	8,744	71,273	55,057	
White	193,454	48,368	38,498	102,789	193,454	80,006	6,739	57,404	44,850	
Black or African American	30,813	10,276	5,768	13,866	30,813	14,755	1,256	7,816	5,970	
American Indian or Alaska Native	2,810	651	543	1,532	2,810	1,049	*	976	526	
Asian	15,960	3,302	3,692	8,552	15,960	6,386	583	4,930	3,568	
Native Hawaiian or Other Pacific Islander	640	*	*	*	640	322	*	147	142	
Two or more races ³	5,779	1,235	1,149	3,285	5,779	2,156	227	1,705	1,577	
Black or African American, white	1,567	222	233	1,072	1,567	411	*	440	632	
American Indian or Alaska Native, white	1,879	437	449	953	1,879	800	*	679	274	
Hispanic or Latino origin ⁴ and race										
Hispanic or Latino	40,749	13,067	7,057	19,670	40,749	18,961	1,104	10,487	9,023	
Mexican or Mexican American	24,415	7,481	4,356	12,064	24,415	11,054	740	6,475	5,469	
Not Hispanic or Latino	208,706	51,027	42,682	110,644	208,706	85,714	7,867	62,491	47,611	
White, single race	157,289	36,521	32,395	85,472	157,289	62,972	5,866	48,179	36,879	
Black or African American, single race	29,089	9,814	5,357	13,030	29,089	13,991	1,147	7,360	5,600	

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Education⁵									
Less than a high school diploma	24,710	11,946	4,176	7,790	24,710	15,595	495	5,664	2,084
High school diploma or GED ⁶	52,455	18,581	11,164	21,508	52,455	27,481	2,231	14,345	7,007
Some college	62,770	16,621	13,397	31,185	62,770	27,620	2,333	18,167	12,849
Bachelor's degree or higher	78,964	11,233	15,529	50,864	78,964	23,861	2,852	25,845	24,773
Current employment status⁷									
Employed	158,301	31,827	31,531	91,306	158,301	58,066	5,183	48,210	42,584
Full-time	129,152	25,660	25,607	74,831	129,152	47,188	3,972	39,568	34,784
Part-time	27,087	5,835	5,492	15,193	27,087	10,176	1,148	7,958	7,202
Not employed but has worked previously	78,269	26,872	16,133	33,889	78,269	39,473	3,467	21,529	12,207
Not employed and has never worked	12,669	5,288	2,031	5,052	12,669	6,985	321	3,199	1,818
Family income⁸									
Less than \$35,000	58,573	22,541	11,535	23,236	58,573	31,589	2,460	14,257	8,770
\$35,000 or more	166,985	33,910	33,852	96,006	166,985	61,854	5,764	52,371	43,296
\$35,000–\$49,999	24,817	7,658	4,972	11,553	24,817	11,551	1,045	6,776	4,675
\$50,000–\$74,999	38,139	10,206	7,651	19,455	38,139	16,398	1,448	11,366	8,046
\$75,000–\$99,999	30,794	6,064	6,376	17,599	30,794	11,276	1,152	9,835	7,709
\$100,000 or more	73,236	9,983	14,852	47,399	73,236	22,630	2,119	24,393	22,865
Poverty status⁹									
Poor	24,028	9,529	4,336	9,677	24,028	12,958	894	5,871	3,680
Near poor	40,315	14,432	8,281	16,537	40,315	21,047	1,661	10,370	6,084
Not poor	173,576	36,095	34,942	99,245	173,576	64,795	6,089	53,929	44,893

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Health insurance coverage ¹⁰									
Under 65:									
Private	136,568	24,136	26,570	83,218	136,568	46,094	4,488	43,235	39,538
Medicaid	24,908	8,906	5,078	10,208	24,908	12,996	988	6,846	3,286
Other coverage	9,857	3,251	2,023	4,422	9,857	4,934	331	2,263	2,160
Uninsured	25,525	8,470	4,798	11,586	25,525	12,446	818	7,109	4,411
65 and over:									
Private	21,274	6,827	5,036	9,069	21,274	10,800	1,038	5,673	3,348
Medicare and Medicaid	3,529	2,096	598	720	3,529	2,590	100	509	207
Medicare Advantage	13,113	4,412	2,733	5,678	13,113	6,559	586	3,608	2,048
Medicare only	7,945	3,460	1,488	2,822	7,945	4,555	376	2,041	757
Other coverage	5,181	1,964	1,130	1,987	5,181	2,870	221	1,375	596
Uninsured	274	*	*	*	274	*	*	*	*
Marital status									
Married	130,518	30,620	27,289	70,070	130,518	53,324	4,486	40,809	28,856
Widowed	14,263	6,345	2,833	4,738	14,263	8,471	691	3,312	1,397
Divorced or separated	27,100	8,980	5,525	11,956	27,100	13,336	1,154	6,735	5,132
Never married	58,300	13,389	10,486	33,133	58,300	21,776	2,067	16,370	16,628
Living with a partner	18,856	4,581	3,563	10,250	18,856	7,548	572	5,651	4,554
Place of residence ¹¹									
Large MSA	142,041	33,902	27,944	77,112	142,041	56,445	5,310	40,749	35,942
Small MSA	75,044	19,470	15,211	38,973	75,044	31,972	2,630	22,636	16,102
Not in MSA	32,370	10,723	6,584	14,228	32,370	16,258	1,031	9,594	4,591
Region									
Northeast	43,262	11,121	8,187	22,680	43,262	17,707	1,569	12,710	9,786
Midwest	54,818	13,329	12,300	28,077	54,818	23,197	2,412	15,614	12,383
South	92,043	27,529	17,813	44,822	92,043	42,173	3,095	25,846	18,693
West	59,333	12,115	11,438	34,735	59,333	21,598	1,896	18,809	15,772

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Hispanic or Latino origin ⁴ , race, and sex									
Hispanic or Latino, male	20,279	5,954	3,126	10,628	20,279	8,359	666	5,077	5,423
Hispanic or Latina, female	20,470	7,113	3,931	9,042	20,470	10,601	438	5,410	3,600
Not Hispanic or Latino:									
White, single race, male	76,416	16,238	14,427	44,275	76,416	28,077	2,546	24,624	19,411
White, single race, female	80,872	20,283	17,968	41,197	80,872	34,895	3,321	23,554	17,469
Black or African American, single race, male	13,250	3,421	2,512	6,905	13,250	5,285	638	3,252	3,607
Black or African American, single race, female	15,840	6,394	2,845	6,125	15,840	8,706	509	4,107	1,993

* Corresponding crude percentage for the frequency does not meet NCHS standards of reliability, so the frequency is not shown.

¹Measures 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.

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

³Refers 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.

⁴Refers 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.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

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

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

⁹"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.

¹⁰Based 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.

¹¹MSA 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: Villarreal MA, Blackwell DL, Jen A. Tables of Summary Health Statistics for U.S. Adults: 2018 National Health Interview Survey. National Center for Health Statistics. 2019. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2018.

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Total	100.0	26.3 (0.47)	20.4 (0.34)	53.4 (0.47)	100.0	43.0 (0.47)	3.7 (0.16)	30.0 (0.39)	23.3 (0.36)
Sex									
Male	100.0	23.5 (0.55)	18.8 (0.46)	57.7 (0.64)	100.0	38.7 (0.63)	3.7 (0.24)	30.8 (0.56)	26.8 (0.54)
Female	100.0	28.8 (0.61)	21.8 (0.47)	49.3 (0.60)	100.0	47.1 (0.60)	3.7 (0.20)	29.3 (0.51)	20.0 (0.45)
Age (years)									
18–44	100.0	20.8 (0.62)	18.8 (0.50)	60.4 (0.69)	100.0	36.5 (0.69)	3.2 (0.25)	30.2 (0.59)	30.0 (0.58)
45–64	100.0	26.8 (0.70)	21.6 (0.60)	51.6 (0.74)	100.0	44.7 (0.75)	3.7 (0.26)	31.8 (0.65)	19.7 (0.54)
65–74	100.0	31.4 (0.89)	22.5 (0.85)	46.1 (0.96)	100.0	49.6 (0.94)	4.4 (0.35)	29.5 (0.85)	16.4 (0.71)
75 and over	100.0	46.9 (1.11)	20.9 (0.85)	32.2 (0.99)	100.0	62.9 (1.03)	5.0 (0.47)	22.0 (0.86)	10.2 (0.67)
Race									
One race ²	100.0	26.4 (0.47)	20.4 (0.34)	53.3 (0.47)	100.0	43.1 (0.48)	3.7 (0.16)	30.0 (0.40)	23.2 (0.37)
White	100.0	25.5 (0.52)	20.3 (0.38)	54.2 (0.53)	100.0	42.3 (0.54)	3.6 (0.17)	30.4 (0.46)	23.7 (0.40)
Black or African American	100.0	34.4 (1.31)	19.3 (0.90)	46.4 (1.25)	100.0	49.5 (1.28)	4.2 (0.47)	26.2 (1.08)	20.0 (1.06)
American Indian or Alaska Native	100.0	23.9 (3.94)	19.9 (2.84)	56.2 (3.85)	100.0	39.0 (4.08)	*	36.3 (3.24)	19.6 (3.07)
Asian	100.0	21.2 (1.50)	23.7 (1.43)	55.0 (1.68)	100.0	41.3 (1.69)	3.8 (0.71)	31.9 (1.53)	23.1 (1.43)
Native Hawaiian or Other Pacific Islander	100.0	*	*	*	100.0	50.4 (6.10)	*	23.0 (6.34)	22.3 (6.16)
Two or more races ³	100.0	21.8 (2.02)	20.3 (2.38)	57.9 (2.70)	100.0	38.1 (2.56)	4.0 (0.86)	30.1 (2.52)	27.8 (2.56)
Black or African American, white	100.0	14.5 (3.44)	15.2 (4.47)	70.2 (5.18)	100.0	26.9 (5.09)	*	28.8 (5.29)	41.4 (5.88)
American Indian or Alaska Native, white	100.0	23.8 (3.55)	24.4 (4.22)	51.8 (4.69)	100.0	43.5 (4.65)	*	36.9 (4.63)	14.9 (3.04)
Hispanic or Latino origin ⁴ and race									
Hispanic or Latino	100.0	32.8 (1.20)	17.7 (0.91)	49.4 (1.28)	100.0	47.9 (1.29)	2.8 (0.44)	26.5 (1.06)	22.8 (0.99)
Mexican or Mexican American	100.0	31.3 (1.69)	18.2 (1.24)	50.5 (1.76)	100.0	46.6 (1.77)	3.1 (0.60)	27.3 (1.40)	23.0 (1.37)
Not Hispanic or Latino	100.0	25.0 (0.49)	20.9 (0.37)	54.1 (0.49)	100.0	42.1 (0.50)	3.9 (0.17)	30.7 (0.42)	23.4 (0.39)
White, single race	100.0	23.7 (0.54)	21.0 (0.40)	55.4 (0.56)	100.0	40.9 (0.57)	3.8 (0.18)	31.3 (0.49)	24.0 (0.44)
Black or African American, single race	100.0	34.8 (1.37)	19.0 (0.91)	46.2 (1.29)	100.0	49.8 (1.33)	4.1 (0.46)	26.2 (1.11)	19.9 (1.10)

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Education⁵									
Less than a high school diploma	100.0	50.0 (1.34)	17.5 (0.96)	32.6 (1.21)	100.0	65.4 (1.24)	2.1 (0.31)	23.8 (1.08)	8.7 (0.69)
High school diploma or GED ⁶	100.0	36.3 (0.89)	21.8 (0.73)	42.0 (0.86)	100.0	53.8 (0.89)	4.4 (0.39)	28.1 (0.77)	13.7 (0.61)
Some college	100.0	27.2 (0.76)	21.9 (0.63)	51.0 (0.78)	100.0	45.3 (0.80)	3.8 (0.27)	29.8 (0.68)	21.1 (0.63)
Bachelor's degree or higher	100.0	14.5 (0.50)	20.0 (0.56)	65.5 (0.67)	100.0	30.9 (0.64)	3.7 (0.26)	33.4 (0.64)	32.0 (0.63)
Current employment status⁷									
Employed	100.0	20.6 (0.52)	20.4 (0.43)	59.0 (0.57)	100.0	37.7 (0.57)	3.4 (0.20)	31.3 (0.50)	27.6 (0.47)
Full-time	100.0	20.3 (0.55)	20.3 (0.47)	59.3 (0.63)	100.0	37.6 (0.63)	3.2 (0.22)	31.5 (0.55)	27.7 (0.50)
Part-time	100.0	22.0 (1.05)	20.7 (1.06)	57.3 (1.26)	100.0	38.4 (1.22)	4.3 (0.53)	30.0 (1.18)	27.2 (1.20)
Not employed but has worked previously	100.0	34.9 (0.70)	21.0 (0.54)	44.1 (0.69)	100.0	51.5 (0.69)	4.5 (0.26)	28.1 (0.59)	15.9 (0.50)
Not employed and has never worked	100.0	42.7 (2.20)	16.4 (1.43)	40.8 (2.21)	100.0	56.7 (2.25)	2.6 (0.61)	26.0 (1.89)	14.7 (1.58)
Family income⁸									
Less than \$35,000	100.0	39.3 (0.87)	20.1 (0.61)	40.5 (0.81)	100.0	55.3 (0.83)	4.3 (0.29)	25.0 (0.62)	15.4 (0.58)
\$35,000 or more	100.0	20.7 (0.48)	20.7 (0.41)	58.6 (0.55)	100.0	37.9 (0.55)	3.5 (0.20)	32.1 (0.49)	26.5 (0.45)
\$35,000–\$49,999	100.0	31.7 (1.18)	20.6 (0.95)	47.8 (1.21)	100.0	48.0 (1.23)	4.3 (0.49)	28.2 (1.03)	19.4 (0.97)
\$50,000–\$74,999	100.0	27.4 (0.90)	20.5 (0.83)	52.1 (1.02)	100.0	44.0 (1.01)	3.9 (0.41)	30.5 (0.93)	21.6 (0.79)
\$75,000–\$99,999	100.0	20.2 (0.96)	21.2 (0.95)	58.6 (1.12)	100.0	37.6 (1.10)	3.8 (0.41)	32.8 (1.00)	25.7 (0.95)
\$100,000 or more	100.0	13.8 (0.58)	20.6 (0.64)	65.6 (0.75)	100.0	31.4 (0.74)	2.9 (0.28)	33.9 (0.75)	31.8 (0.74)
Poverty status⁹									
Poor	100.0	40.5 (1.32)	18.4 (0.92)	41.1 (1.29)	100.0	55.4 (1.32)	3.8 (0.50)	25.1 (1.02)	15.7 (0.96)
Near poor	100.0	36.8 (1.02)	21.1 (0.85)	42.1 (1.00)	100.0	53.7 (1.03)	4.2 (0.38)	26.5 (0.88)	15.5 (0.73)
Not poor	100.0	21.2 (0.46)	20.5 (0.40)	58.3 (0.52)	100.0	38.2 (0.52)	3.6 (0.18)	31.8 (0.47)	26.5 (0.45)

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Health insurance coverage ¹⁰									
Under 65:									
Private	100.0	18.0 (0.50)	19.8 (0.46)	62.1 (0.58)	100.0	34.6 (0.59)	3.4 (0.21)	32.4 (0.54)	29.6 (0.52)
Medicaid	100.0	36.8 (1.41)	21.0 (1.06)	42.2 (1.42)	100.0	53.9 (1.46)	4.1 (0.54)	28.4 (1.29)	13.6 (1.02)
Other coverage	100.0	33.5 (1.92)	20.9 (1.61)	45.6 (1.97)	100.0	50.9 (1.99)	3.4 (0.59)	23.4 (1.72)	22.3 (1.70)
Uninsured	100.0	34.1 (1.34)	19.3 (1.12)	46.6 (1.37)	100.0	50.2 (1.41)	3.3 (0.49)	28.7 (1.22)	17.8 (1.00)
65 and over:									
Private	100.0	32.6 (1.11)	24.1 (0.97)	43.3 (1.14)	100.0	51.8 (1.13)	5.0 (0.45)	27.2 (0.97)	16.0 (0.83)
Medicare and Medicaid	100.0	61.4 (2.54)	17.5 (1.97)	21.1 (1.97)	100.0	76.0 (2.04)	2.9 (0.73)	15.0 (1.71)	6.1 (1.06)
Medicare Advantage	100.0	34.4 (1.41)	21.3 (1.16)	44.3 (1.44)	100.0	51.2 (1.42)	4.6 (0.54)	28.2 (1.28)	16.0 (1.10)
Medicare only	100.0	44.5 (1.82)	19.2 (1.35)	36.3 (1.71)	100.0	58.9 (1.74)	4.9 (0.76)	26.4 (1.59)	9.8 (0.99)
Other coverage	100.0	38.7 (2.11)	22.2 (2.06)	39.1 (2.22)	100.0	56.7 (2.22)	4.4 (0.87)	27.2 (2.07)	11.8 (1.39)
Uninsured	100.0	*	*	*	100.0	*	*	*	*
Marital status									
Married	100.0	23.9 (0.58)	21.3 (0.46)	54.8 (0.60)	100.0	41.8 (0.61)	3.5 (0.21)	32.0 (0.55)	22.6 (0.48)
Widowed	100.0	45.6 (1.24)	20.4 (0.94)	34.0 (1.15)	100.0	61.1 (1.20)	5.0 (0.56)	23.9 (1.03)	10.1 (0.72)
Divorced or separated	100.0	33.9 (0.97)	20.9 (0.80)	45.2 (0.97)	100.0	50.6 (1.00)	4.4 (0.38)	25.6 (0.80)	19.5 (0.76)
Never married	100.0	23.5 (0.88)	18.4 (0.73)	58.1 (0.97)	100.0	38.3 (0.97)	3.6 (0.35)	28.8 (0.84)	29.3 (0.83)
Living with a partner	100.0	24.9 (1.30)	19.4 (1.19)	55.7 (1.57)	100.0	41.2 (1.56)	3.1 (0.48)	30.8 (1.33)	24.9 (1.23)
Place of residence ¹¹									
Large MSA	100.0	24.4 (0.52)	20.1 (0.45)	55.5 (0.57)	100.0	40.8 (0.57)	3.8 (0.23)	29.4 (0.51)	26.0 (0.48)
Small MSA	100.0	26.4 (0.93)	20.7 (0.61)	52.9 (0.93)	100.0	43.6 (0.92)	3.6 (0.27)	30.9 (0.74)	22.0 (0.67)
Not in MSA	100.0	34.0 (1.84)	20.9 (1.04)	45.1 (1.57)	100.0	51.7 (1.63)	3.3 (0.37)	30.5 (1.24)	14.6 (0.91)
Region									
Northeast	100.0	26.5 (0.96)	19.5 (0.81)	54.0 (1.03)	100.0	42.4 (0.99)	3.8 (0.36)	30.4 (0.94)	23.4 (0.84)
Midwest	100.0	24.8 (0.94)	22.9 (0.68)	52.3 (0.97)	100.0	43.3 (1.03)	4.5 (0.38)	29.1 (0.87)	23.1 (0.75)
South	100.0	30.5 (0.86)	19.8 (0.56)	49.7 (0.81)	100.0	47.0 (0.84)	3.4 (0.26)	28.8 (0.61)	20.8 (0.62)
West	100.0	20.8 (0.89)	19.6 (0.72)	59.6 (0.96)	100.0	37.2 (0.93)	3.3 (0.29)	32.4 (0.83)	27.2 (0.76)

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, 2018

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full
						full guidelines for either aerobic activity or muscle-strengthening ¹			guidelines for both aerobic activity and muscle-strengthening ¹
Hispanic or Latino origin ⁴ , race, and sex									
Hispanic or Latino, male	100.0	30.2 (1.57)	15.9 (1.29)	53.9 (1.84)	100.0	42.8 (1.80)	3.4 (0.73)	26.0 (1.53)	27.8 (1.54)
Hispanic or Latina, female	100.0	35.4 (1.59)	19.6 (1.11)	45.0 (1.57)	100.0	52.9 (1.62)	2.2 (0.44)	27.0 (1.28)	18.0 (1.15)
Not Hispanic or Latino:									
White, single race, male	100.0	21.7 (0.65)	19.3 (0.54)	59.1 (0.74)	100.0	37.6 (0.73)	3.4 (0.24)	33.0 (0.66)	26.0 (0.62)
White, single race, female	100.0	25.5 (0.70)	22.6 (0.58)	51.9 (0.73)	100.0	44.0 (0.73)	4.2 (0.26)	29.7 (0.65)	22.0 (0.58)
Black or African American, single race, male	100.0	26.6 (1.72)	19.6 (1.43)	53.8 (1.90)	100.0	41.3 (1.95)	5.0 (0.76)	25.4 (1.76)	28.2 (1.80)
Black or African American, single race, female	100.0	41.6 (1.79)	18.5 (1.14)	39.9 (1.65)	100.0	56.8 (1.69)	3.3 (0.57)	26.8 (1.46)	13.0 (1.10)

* Estimate does not meet NCHS standards of reliability.

¹Measures 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.

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

³Refers 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.

⁴Refers 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.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

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

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

⁹"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.

¹⁰Based 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.

¹¹MSA 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: Villarreal MA, Blackwell DL, Jen A. Tables of Summary Health Statistics for U.S. Adults: 2018 National Health Interview Survey. National Center for Health Statistics. 2019. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2018.