

Healthy People 2010 Operational Definition

22-4. Increase the proportion of adults who perform physical activities that enhance and maintain muscular strength and endurance.

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)	18 (1998)
Target	30
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 physical activities specifically designed to strengthen muscles at least twice per week.
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>How often do you do physical activities specifically designed to STRENGTHEN your muscles such as lifting weights or doing calisthenics? (Include all such activities even if you have mentioned them before.)</i> <i>Never</i> <i>Unable to do this type activity</i> <i>_____ times per day/week/month/year</i>
Expected Periodicity	Annual.
Comments	For this objective, adults were classified as doing

strengthening activities if they responded that they did these activities 2 to 28 times per week.

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.

This objective is measured differently from Healthy People 2000 objective 1.6, which tracked persons who performed exercises to maintain and enhance muscle strength, endurance, and flexibility. A discussion of measuring objective 1.6 can be found in *Healthy People 2000 Statistical Notes*.¹

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.