

Healthy People 2010 Operational Definition

22-2. Increase the proportion of adults who engage in moderate physical activity for at least 30 minutes per day 5 or more days per week or vigorous physical activity for at least 20 minutes per day 3 or more days per week.

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP. (See State Operational Definition, below.)
Healthy People 2000 Objective	Adapted from 1.3 (Physical Activity and Fitness) (also 15.11 and 17.13).
Leading Health Indicator	Physical Activity.
Changes since the 2000 Publication	Revised text (see Comments) Revised baseline (see Comments) Revised target (see Comments)
Measure	Percent (age adjusted – see Comments).
Baseline (Year)	32 (1997)
Target	50
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 light or moderate physical activity for at least 30 minutes five or more times per week or who report vigorous physical activity 20 minutes three or more times 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 1997 National Health Interview Survey: ➤ <i>How often do you do VIGOROUS activities for AT</i>

LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate?

Never

Unable to do this type activity

_____ times per day/week/month/year

- *About how long do you do these vigorous activities each time?*

_____ minutes/hours

- *How often do you do LIGHT OR MODERATE activities for AT LEAST 10 MINUTES that cause ONLY LIGHT sweating or a SLIGHT TO MODERATE increase in breathing or heart rate?*

Never

Unable to do this type activity

_____ times per day/week/month/year

- *About how long do you do these light or moderate activities each time?*

_____ minutes/hours

Expected Periodicity Annual.

Comments

Adults are classified as participating in regular moderate physical activity if they answer 5 or more times per week and 30 or more minutes for each time to the moderate physical activity question or 3 or more times per week and 20 or more minutes for each time to the vigorous activity question. This interpretation of the objective as "at least" moderate physical activity is consistent with the intent of the objective to measure regular, sustained physical activity regardless of intensity.

The current definition is a revision from the original baseline, which addressed moderate physical activity using the moderate physical activity questions only. The text of the objective was revised to also include adults who met the definition for vigorous physical activity.

As a result of the above modification, the original baseline was revised from 15 percent to 32 percent. The target was proportionally adjusted from 30 percent to 50 percent to reflect the revised baseline using the original target-setting method.

If responses meet the criteria for one activity (vigorous or moderate) but the status of the other activity is unknown, the record is included in the numerator and the denominator. If responses do

not meet the criteria for one activity and the status of the other activity is unknown, the record is dropped from the analysis. If responses do not meet the criteria for the frequency of both activities, the durations are not asked and the record is included in the denominator only.

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.

Current national and State estimates are not comparable; the questions are different. Also, the national survey is administered by personal interview, and the State survey is administered by telephone. Neither survey accounts for people whose jobs may require regular or vigorous physical activity that is not reported in response to these questions.

Objective 22-2 is one of the measures used to track the Physical Activity Leading Health Indicator. See Appendix E for a complete list.

This objective is measured differently from the Healthy People 2000 objective 1.3, which tracked light to moderate physical activity. The new questions generally produce smaller estimates of moderate physical activity. A discussion of measuring objective 1.3 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.

State Operational Definition

- 22-2. Increase the proportion of adults who engage in moderate physical activity for at least 30 minutes per day 5 or more days per week or vigorous physical activity for at least 20 minutes per day 3 or more days per week.**

State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
Measure	Percent (age adjusted – see Comments).
Numerator	Number of persons aged 18 years and older who report light or moderate physical activity for at least 30 minutes five or more times per week or who report vigorous physical activity 20 minutes three or more time per week.
Denominator	Number of persons aged 18 years and older.
Population Targeted	State-specific civilian, non-institutionalized adult population residing in households with telephones (see Comments).
Questions Used To Obtain the State Baseline Data	From the 2003 Behavioral Risk Factor Surveillance System: [NUMERATOR:] ➤ <i>Now, thinking about the moderate physical activities you do in a usual week, do you do moderate activities</i>

for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

- *How many days per week do you do these moderate activities for at least 10 minutes at a time?*
 - a. *___ Days per week*
 - b. *Do not exercise at least 10 minutes weekly*
 - c. *Don't know/Not sure*
 - d. *Refused*
- *On a day when you do moderate activities for at least 10 minutes at a time, how much total time per do you spend doing these activities?*
 - a. *__:00 Hours and minutes per day*
 - b. *Don't know/Not sure*
 - c. *Refused*
- *Now, thinking about the vigorous physical activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?*
- *How many days per week do you do these vigorous activities for at least 10 minutes at a time?*
 - a. *___ Days per week*
 - b. *Do not exercise at least 10 minutes weekly*
 - c. *Don't know/Not sure*
 - d. *Refused*
- *On days when you do vigorous activities for at least 10 minutes at a time, how much total time per do you spend doing these activities?*
 - a. *__:00 Hours and minutes per day*
 - b. *Don't know/Not sure*
 - c. *Refused*

Expected Periodicity Annual.

Comments

Data for this objective are collected using the core component of the BRFSS. Thus the data are available for all 50 states and the District of Columbia.

National data from the NHIS and state data from the BRFSS may not be comparable for a number of reasons, including mode of question administration, context of questions, question wording, and survey sampling frame.

Adults are classified as participating in regular moderate physical activity if they answer 5 or more times per week and 30 or more minutes for each time to the moderate physical activity question or 3

or more times per week and 20 or more minutes for each time to the vigorous activity question..

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*.¹

See www.cdc.gov/brfss for a description of BRFSS and Appendix A for focus area contact information.

References

1. 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.