

Healthy People 2010 Operational Definition

1-3. Increase the proportion of persons appropriately counseled about health behaviors.

1-3a. Physical activity or exercise (adults aged 18 years and older).

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective	Not applicable.
Changes since the 2000 Publication	None.
Measure	Percent (age adjusted – see Comments).
Baseline (Year)	45 (2001)
Target	54
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 over who were asked or given advice by their health care provider in the past 12 months regarding physical activity or exercise.
Denominator	Number of persons aged 18 years and older who have had a health care visit in the past 12 months.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used to Obtain the National Baseline Data	From the 2001 National Health Interview Survey: ➤ <i>During the past 12 months, has your {provider} asked you about or given you advice regarding physical activity or exercise?</i>

Expected Periodicity Periodic.

Comments 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 age adjusted using the age groups 25-34, 35-44, 45-64, and 65 and over. Age-adjusted percents are weighted sums of age-specific percents. 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

This subobjective moved from developmental to measurable status at the Healthy People 2010 Midcourse Review.

See Part C for a description of NHIS 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.