

Percentage of Adults Aged ≥ 18 Years Who Walked for Transportation and Walked for Leisure in the Past 7 Days, by Urban-Rural Status, United States, 2022

Walking type and urban-rural status	Percent	Lower CI	Upper CI	SE
Walking for Transportation				
Total	16.2	15.5	16.8	0.32
Urban	18.3	17.6	19.0	0.37
Rural	7.6	6.6	8.7	0.53
Walking for Leisure				
Total	58.7	57.9	59.5	0.41
Urban	59.5	58.6	60.4	0.44
Rural	55.6	53.9	57.3	0.87

NOTES: Based on "yes" responses to the questions: "The next questions are about walking for transportation. This is walking you might have done to travel to and from work, to do errands, or to go from place to place. In the past 7 days, did you walk for transportation?" and "Sometimes you may walk for fun, relaxation, exercise, or to walk the dog. In the past 7 days, did you walk for any of these reasons?"

Urban-rural status is determined by the Office of Management and Budget's February 2013 delineation of Metropolitan Statistical Areas (MSAs), in which each MSA must have at least one urban area of $\geq 50,000$ inhabitants. Areas with $< 50,000$ inhabitants are grouped into the rural category.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2022. Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.