

SUPPLEMENTARY TABLE. Statistically significant differences* in meeting leisure-time aerobic and muscle-strengthening physical activity guidelines,[†] sufficiency of leisure-time moderate-to-vigorous aerobic physical activity,[§] and sufficiency of muscle-strengthening activity[¶] among women aged 18–44 years, by demographic characteristics and education level — National Health Interview Survey, United States, 2020 and 2022

Characteristic	Meeting physical activity guidelines**			Sufficiency of moderate-to-vigorous aerobic physical activity ^{††}			Sufficiency of muscle-strengthening activity		
	Neither	Aerobic only	Both	None	Sufficient	High	None	Insufficient	Sufficient
Race and ethnicity	Asian > White Black > White Hispanic > White Other > White	Black > White Hispanic > White Other > White	Asian < White Black < White Hispanic < White	Asian < Black Asian > White Black > White Hispanic > White	Black < White	Asian < White Black < White Hispanic < White Other < White	Black > White Hispanic > White	Hispanic < White	Asian < White Black < White Hispanic < White
Age (yrs)	18–24 < 35–39	18–24 < 40–44 35–39 < 40–44	18–24 > 30–34 18–24 > 35–39 18–24 > 40–44 25–29 > 40–44	—	18–24 < 30–34 18–24 < 35–39 18–24 < 40–44	—	18–24 < 30–34 18–24 < 35–39 18–24 < 40–44 25–29 < 30–34 25–29 < 35–39 25–29 < 40–44 30–34 < 35–39 30–34 < 40–44	18–24 > 30–34 18–24 > 35–39 18–24 > 40–44 25–29 > 40–44	18–24 > 30–34 18–24 > 35–39 18–24 > 40–44 25–29 > 40–44
Education level	<HS > HS or GED <HS > College or Assoc <HS > Bach <HS > Grad HS or GED > College or Assoc HS or GED > Bach HS or GED > Grad College or Assoc > Bach College or Assoc > Grad	—	<HS < HS or GED <HS < College or Assoc <HS < Bach <HS < Grad HS or GED < College or Assoc HS or GED < Bach HS or GED < Grad College or Assoc < Bach College or Assoc < Grad	<HS > HS or GED <HS > College or Assoc <HS < Bach <HS > Grad HS or GED > College or Assoc HS or GED > Bach HS or GED > Grad College or Assoc > Bach College or Assoc > Grad	<HS < College or Assoc <HS < Bach <HS < Grad HS or GED < Bach HS or GED < Grad College or Assoc < Bach HS or GED < Bach HS or GED < Grad	<HS < College or Assoc <HS < Bach <HS < Grad HS or GED < College or Assoc HS or GED < Bach HS or GED < Grad College or Assoc < Bach HS or GED < Bach HS or GED < Grad	<HS > College or Assoc <HS > Bach <HS > Grad HS or GED > College or Assoc HS or GED > Bach HS or GED > Grad College or Assoc > Bach HS or GED > Bach HS or GED > Grad	<HS < College or Assoc <HS < Bach <HS < Grad HS or GED < College or Assoc HS or GED < Bach HS or GED < Grad College or Assoc < Bach HS or GED < Bach HS or GED < Grad	<HS < College or Assoc <HS < Bach <HS < Grad HS or GED < College or Assoc HS or GED < Bach HS or GED < Grad College or Assoc < Bach HS or GED < Bach HS or GED < Grad

Abbreviations: Assoc = Associate; Bach = Bachelor's; Black = Black or African American; College = some college; GED = general educational development certificate; Grad = Graduate; HS = high school; NH = non-Hispanic; Other = Other multiple or single race

* Pairwise comparisons significant (p-value <0.05) after the Bonferroni correction for multiple tests. The > and < symbols indicate which group has a higher or lower prevalence. For example, for the category “Meeting physical activity guidelines = Meet neither”, the prevalence was higher among Asian women than among White women.

[†] Physical activity guideline levels: meet neither = 0–149 minutes of moderate-to-vigorous aerobic activity and 0–1 sessions of muscle strengthening activity per week; meet muscle strengthening only: ≥2 sessions of muscle strengthening activity and 0–149 minutes moderate to vigorous aerobic activity per week; meet moderate to vigorous physical activity only = ≥150 minutes of moderate to vigorous physical activity and 0–1 muscle strengthening activity sessions per week; both aerobic and muscle strengthening = ≥150 minutes of moderate to vigorous physical activity and ≥2 muscle strengthening activity sessions per week.

[§] Sufficiency of aerobic moderate-to-vigorous physical activity: None = 0 minutes per week; Insufficient = 1–149 minutes per week; Sufficient = 150–300 minutes per week; High = >300 minutes per week.

[¶] Sufficiency of muscle-strengthening activity: None = 0 sessions per week; Insufficient = 1 session per week; Sufficient = ≥2 sessions per week.

^{**} The outcome, “Meeting muscle-strengthening guidelines only” is not included in the table because there were no statistically significant differences between groups.

^{††} The outcome, “Insufficient moderate-to-vigorous aerobic physical activity” is not included in the table because there were no statistically significant differences between groups.

