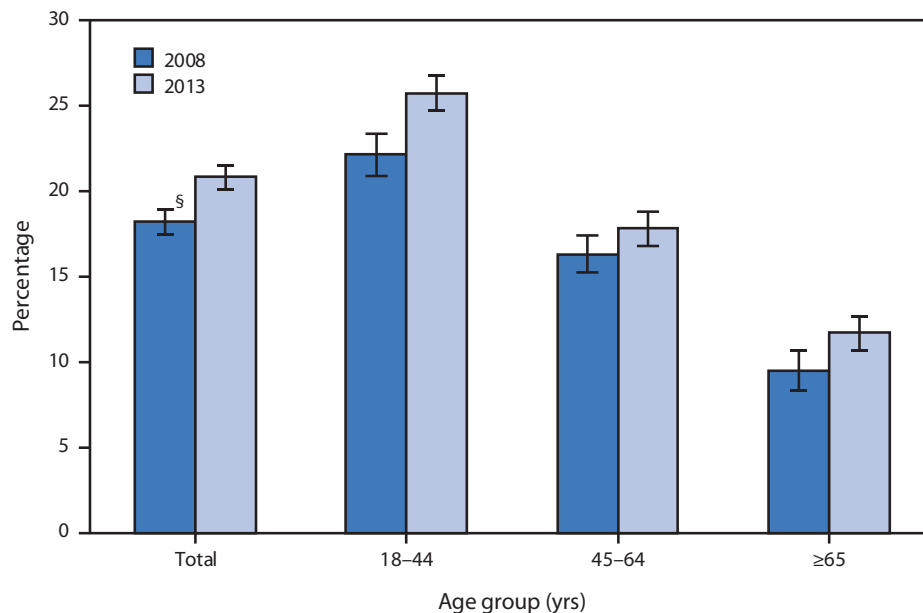


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage of Adults Aged ≥ 18 Years Who Met National Guidelines for Aerobic Activity and Muscle Strengthening,* by Age Group — National Health Interview Survey, United States, 2008 and 2013[†]



* Per U.S. Department of Health and Human Services *2008 Physical Activity Guidelines for Americans*. Available at <http://www.health.gov/paguidelines/guidelines/default.aspx>. Respondents defined as meeting both aerobic-activity and muscle-strengthening guidelines reported moderate-intensity physical activity for ≥ 150 minutes per week, vigorous-intensity physical activity for ≥ 75 minutes per week, or an equivalent combination of moderate- and vigorous-intensity activity, and engaging in physical activities specifically designed to strengthen muscles at least twice per week.

[†] Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population and are derived from the National Health Interview Survey sample adult component.

[§] 95% confidence interval.

The percentage of adults aged ≥ 18 years who met the aerobic-activity and muscle-strengthening guidelines increased from 18.2% in 2008 to 20.8% in 2013. Adults aged 18–44 years were the most likely to meet the aerobic-activity and muscle-strengthening guidelines, and those aged ≥ 65 years were the least likely in both 2008 and 2013. For all age groups, the percentage meeting the guidelines increased from 2008 to 2013.

Source: CDC. National Health Interview Survey data, 2008 and 2013. Available at <http://www.cdc.gov/nchs/nhis.htm>.

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