

**Appendix**  
**Prevalence and Correlates of Receiving Medical Advice to Increase Physical Activity in U.S. Adults:**  
**National Health and Nutrition Examination Survey 2013–2016**  
**Zwaid et al.**

**Appendix Table 1.** Descriptive Characteristics of Entire Sample and Adults Missing Data for Health Conditions, NHANES 2013–2016

Characteristic	Total		Missing data for health conditions	
	n	% (SE)	n	% (SE)
Total	8,410	100.0 (0.0)	699	100.0 (0.0)
Health conditions				
Obesity				
Yes	3,390	39.8 (1.0)	–	–
No	5,020	60.2 (1.0)	–	–
Hypertension				
Yes	3,447	36.2 (0.9)	–	–
No	4,963	63.8 (0.9)	–	–
Diabetes				
Yes	1,570	14.1 (0.6)	–	–
No	6,840	85.9 (0.6)	–	–
Hypercholesterolemia				
Yes	2,716	31.5 (0.7)	–	–
No	5,694	68.5 (0.7)	–	–
Low HDL cholesterol				
Yes	1,599	18.7 (0.8)	–	–
No	6,811	81.3 (0.8)	–	–
Health behaviors				
Smoking status				
Never	4,804	56.4 (0.9)	390	54.6 (1.9)
Former	2,047	25.7 (0.8)	172	24.6 (1.8)
Current	1,550	18.0 (0.8)	136	20.8 (1.8)
Met physical activity guidelines <sup>a</sup>				
Yes	4,825	62.1 (0.9)	356	53.4 (3.3)
No	3,539	37.9 (0.9)	341	46.6 (3.3)
Demographic characteristics				
Sex				
Male	3,785	45.2 (0.5)	322	43.8 (2.6)
Female	4,625	54.8 (0.5)	377	56.2 (2.6)
Age, years				
20–39	2,494	32.2 (0.9)	214	35.1 (2.8)
40–59	2,822	36.6 (0.9)	225	34.8 (1.9)
≥60	3,094	31.3 (1.0)	260	30.1 (2.1)
Race/Hispanic origin <sup>b</sup>				
Hispanic	2,076	12.7 (1.6)	137	12.3 (1.3)

**Appendix**  
**Prevalence and Correlates of Receiving Medical Advice to Increase Physical Activity in U.S. Adults:**  
**National Health and Nutrition Examination Survey 2013–2016**  
**Zwald et al.**

Non-Hispanic white	3,409	68.2 (2.4)	223	57.1 (3.6)
Non-Hispanic black	1,737	10.8 (1.3)	213	19.0 (2.6)
Non-Hispanic Asian	913	5.1 (0.7)	100	7.8 (1.6)
Education level				
Less than high school	1,749	12.9 (1.1)	171	17.0 (2.1)
High school	1,839	21.0 (0.8)	155	20.7 (2.3)
Some college	2,609	33.1 (0.9)	193	29.3 (2.2)
College degree or higher	2,207	33.0 (1.9)	178	32.9 (3.3)
Poverty status <sup>c</sup>				
<130%	2,408	19.1 (1.3)	236	26.9 (2.8)
130%–<350%	2,816	32.5 (0.9)	218	31.7 (2.4)
≥350%	2,459	41.3 (1.9)	162	31.8 (2.7)
Missing	727	7.0 (0.5)	83	9.6 (1.2)
Health insurance status				
Yes	7,233	88.8 (0.8)	610	88.2 (1.2)
No	1,165	11.2 (0.8)	87	11.8 (1.2)

*Note:* Entire analytic sample includes non-pregnant adults aged 20 years or older who participated in both the interview and mobile examination center and reported seeing or talking to a healthcare professional in the previous year.

<sup>a</sup>Calculated from the average minutes/week participants reported participating in moderate- or vigorous-intensity PA in a typical week for leisure, work, and transportation, where vigorous PA was doubled and added to moderate PA to compute an equivalent combination of moderate and vigorous PA. Minutes/week were categorized according to the 2008 National Physical Activity Guidelines, where meeting guidelines is  $\geq 150$  minutes/week.

<sup>b</sup>Individuals of “other” race/Hispanic origin were included in the analysis, but percentages and AOR are not shown separately.

<sup>c</sup>Poverty status based on family income-to-poverty ratio.

*Source:* National Health and Nutrition Examination Survey.

HDL, high density lipoprotein; PA, physical activity.