

Healthy People 2010 Focus Area 22. Physical Activity and Fitness

Objective	Baseline								Target
	Year	Baseline	1998	1999	2000	2001	2002	2003	2010
22-1 No leisure-time physical activity (age adjusted, ages 18 years and over)	1997	40%	40%	39%	39%	38%	38%	---	20%
Race and ethnicity									
American Indian or Alaska Native only	1997	¹ 46%	¹ 48%	46%	51%	50%	45%	---	20%
Asian or Pacific Islander only	1997	¹ 42%	¹ 40%	DNA	DNA	DNA	DNA	---	20%
Asian only	1997	¹ 42%	¹ 41%	39%	36%	41%	39%	---	20%
Native Hawaiian or Other Pacific Islander only	1997	^{a,1} DSU	¹ DSU	DSU	DSU	DSU	DSU	---	20%
Black or African American only	1997	¹ 52%	¹ 52%	51%	52%	49%	48%	---	20%
White only	1997	¹ 38%	¹ 38%	37%	37%	35%	36%	---	20%
2 or more races	1997	DNC	DNC	32%	31%	31%	31%	---	20%
American Indian or Alaska Native; White	1997	DNC	DNC	33%	35%	24%	34%	---	20%
Black or African American; White	1997	DNC	DNC	DSU	DSU	DSU	30%	---	20%
Hispanic or Latino	1997	54%	55%	56%	54%	56%	54%	---	20%
Not Hispanic or Latino	1997	38%	38%	38%	37%	35%	36%	---	20%
Black or African American only, not Hisp/Latino	1997	¹ 52%	¹ 52%	51%	52%	49%	48%	---	20%
White only, not Hispanic or Latino	1997	¹ 36%	¹ 36%	35%	35%	33%	33%	---	20%
Gender									
Female	1997	43%	43%	42%	41%	40%	40%	---	20%
Male	1997	36%	37%	37%	36%	35%	35%	---	20%
Education level (persons 25 years and over)									
Less than 9th grade	1997	73%	72%	72%	70%	67%	69%	---	20%
Grades 9 through 11	1997	59%	60%	59%	59%	57%	59%	---	20%
High school graduate	1997	46%	47%	46%	45%	44%	45%	---	20%
Some college or AA degree	1997	35%	35%	36%	35%	35%	34%	---	20%
College graduate or above	1997	24%	24%	23%	23%	23%	21%	---	20%
Geographic location									
Urban (metropolitan statistical area)	1997	39%	39%	39%	38%	37%	37%	---	20%
Rural (nonmetropolitan statistical area)	1997	43%	43%	40%	40%	38%	41%	---	20%
Disability status									
Persons with disabilities	1997	56%	² 53%	53%	54%	52%	51%	---	20%
Persons without disabilities	1997	36%	² 38%	37%	36%	34%	34%	---	20%

Objective	Baseline								Target
	Year	Baseline	1998	1999	2000	2001	2002	2003	2010
Select populations									
Age groups									
Persons 18 to 24 years (not age adjusted)	1997	31%	33%	31%	31%	28%	32%	---	20%
Persons 25 to 44 years (not age adjusted)	1997	34%	36%	34%	34%	33%	33%	---	20%
Persons 45 to 64 years (not age adjusted)	1997	42%	41%	41%	41%	39%	38%	---	20%
Persons 65 to 74 years (not age adjusted)	1997	51%	49%	48%	46%	46%	47%	---	20%
Persons 75 years and older (not age adjusted)	1997	^a 64%	63%	62%	59%	62%	61%	---	20%
Persons with arthritis symptoms	1997	^a 44%	³ 41%	³ 41%	³ 41%	³ 39%	⁴ 34%	---	20%
Persons without arthritis symptoms	1997	38%	40%	39%	38%	37%	38%	---	20%
22-2 Moderate, regular physical activity (age adjusted, ages 18 years and over)	1997	^a 32%	30%	30%	32%	32%	32%	⁵ 33%	^b 50%
Race and ethnicity									
American Indian or Alaska Native only	1997	^{a,1} 27%	¹ 32%	26%	23%	29%	25%	---	^b 50%
Asian or Pacific Islander only	1997	^{a,1} 27%	¹ 25%	DNA	DNA	DNA	DNA	---	^b 50%
Asian only	1997	^{a,1} 27%	¹ 25%	23%	31%	28%	27%	---	^b 50%
Native Hawaiian or Other Pacific Islander only	1997	^{a,1} DSU	¹ DSU	DSU	DSU	DSU	DSU	---	^b 50%
Black or African American only	1997	^{a,1} 24%	¹ 23%	23%	23%	25%	25%	---	^b 50%
White only	1997	^{a,1} 33%	¹ 31%	32%	33%	33%	33%	---	^b 50%
2 or more races	1997	DNC	DNC	34%	33%	32%	36%	---	50%
American Indian or Alaska Native; White	1997	DNC	DNC	27%	30%	34%	32%	---	50%
Black or African American; White	1997	DNC	DNC	DSU	DSU	DSU	39%	---	50%
Hispanic or Latino	1997	^a 23%	21%	22%	24%	21%	23%	⁵ 25%	^b 50%
Not Hispanic or Latino	1997	^a 33%	31%	31%	33%	33%	33%	---	^b 50%
Black or African American only, not Hisp/Latino	1997	^{a,1} 24%	¹ 23%	23%	23%	25%	25%	⁵ 26%	^b 50%
White only, not Hispanic or Latino	1997	^{a,1} 34%	¹ 32%	33%	34%	35%	35%	⁵ 36%	^b 50%
Gender									
Female	1997	^a 29%	26%	27%	28%	29%	29%	⁵ 31%	^b 50%
Male	1997	^a 35%	34%	34%	35%	35%	35%	⁵ 36%	^b 50%
Education level (persons 25 years and over)									
Less than 9th grade	1997	^a 12%	11%	12%	14%	14%	14%	---	^b 50%
Grades 9 through 11	1997	^a 20%	18%	18%	19%	19%	19%	---	^b 50%
High school graduate	1997	^a 27%	24%	24%	27%	26%	26%	---	^b 50%
Some college or AA degree	1997	^a 34%	31%	31%	32%	33%	33%	---	^b 50%
College graduate or above	1997	^a 42%	41%	42%	42%	42%	42%	---	^b 50%
Geographic location									
Urban (metropolitan statistical area)	1997	^a 32%	30%	30%	32%	32%	33%	---	^b 50%
Rural (nonmetropolitan statistical area)	1997	^a 30%	28%	29%	31%	31%	30%	---	^b 50%
Disability status									
Persons with disabilities	1997	^a 21%	³ 19%	19%	20%	21%	22%	---	^b 50%

Objective	Baseline								Target
	Year	Baseline	1998	1999	2000	2001	2002	2003	2010
Persons with disabilities	1997	13%	² 11%	11%	12%	12%	14%	---	30%
Persons without disabilities	1997	25%	² 24%	23%	25%	25%	25%	---	30%
Select populations									
Age groups									
Persons 18 to 24 years (not age adjusted)	1997	32%	31%	30%	32%	33%	33%	---	30%
Persons 25 to 44 years (not age adjusted)	1997	27%	26%	26%	27%	27%	28%	---	30%
Persons 45 to 64 years (not age adjusted)	1997	21%	20%	19%	20%	21%	21%	---	30%
Persons 65 to 74 years (not age adjusted)	1997	13%	12%	12%	14%	14%	14%	---	30%
Persons 75 years and older (not age adjusted)	1997	6%	5%	5%	6%	7%	7%	---	30%
Persons with arthritis symptoms	1997	^a 20%	³ 20%	³ 19%	³ 19%	³ 20%	⁴ 24%	---	30%
Persons without arthritis symptoms	1997	24%	22%	22%	24%	24%	24%	---	30%
22-4 Muscular strength and endurance (age adjusted, ages 18 years and over)	1998	18%	NA	18%	18%	20%	20%	---	30%
Race and ethnicity									
American Indian or Alaska Native only	1998	¹ 18%	NA	12%	13%	17%	21%	---	30%
Asian or Pacific Islander only	1998	¹ 17%	NA	DNA	DNA	DNA	DNA	---	30%
Asian only	1998	¹ 17%	NA	16%	17%	20%	20%	---	30%
Native Hawaiian or Other Pacific Islander only	1998	^{a,1} DSU	NA	DSU	DSU	DSU	DSU	---	30%
Black or African American only	1998	¹ 16%	NA	17%	16%	18%	18%	---	30%
White only	1998	¹ 18%	NA	18%	19%	21%	21%	---	30%
2 or more races	1998	DNC	NA	26%	22%	24%	29%	---	30%
American Indian or Alaska Native; White	1998	DNC	NA	19%	21%	23%	23%	---	30%
Black or African American; White	1998	DNC	NA	DSU	DSU	DSU	33%	---	30%
Hispanic or Latino	1998	13%	NA	12%	12%	12%	13%	---	30%
Not Hispanic or Latino	1998	18%	NA	19%	19%	21%	21%	---	30%
Black or African American only, not Hisp/Latino	1998	¹ 15%	NA	17%	16%	18%	18%	---	30%
White only, not Hispanic or Latino	1998	¹ 19%	NA	19%	19%	22%	22%	---	30%
Gender									
Female	1998	14%	NA	15%	15%	17%	17%	---	30%
Male	1998	21%	NA	21%	21%	23%	24%	---	30%
Education level (persons 25 years and over)									
Less than 9th grade	1998	4%	NA	4%	4%	7%	5%	---	30%
Grades 9 through 11	1998	8%	NA	7%	8%	8%	10%	---	30%
High school graduate	1998	11%	NA	12%	12%	13%	14%	---	30%
Some college or AA degree	1998	19%	NA	19%	19%	21%	21%	---	30%
College graduate and above	1998	26%	NA	26%	26%	29%	29%	---	30%
Geographic location									
Urban (metropolitan statistical area)	1998	19%	NA	19%	19%	21%	22%	---	30%
Rural (nonmetropolitan statistical area)	1998	15%	NA	15%	16%	18%	17%	---	30%

Objective	Baseline								Target
	Year	Baseline	1998	1999	2000	2001	2002	2003	2010
Disability status									
Persons with disabilities	1998	^{a,2} 11%	NA	13%	13%	16%	15%	---	30%
Persons without disabilities	1998	^{a,2} 18%	NA	19%	19%	21%	21%	---	30%
Select populations									
Age groups									
Persons 18 to 24 years (not age adjusted)	1998	28%	NA	28%	27%	30%	29%	---	30%
Persons 25 to 44 years (not age adjusted)	1998	21%	NA	21%	21%	24%	24%	---	30%
Persons 45 to 64 years (not age adjusted)	1998	14%	NA	15%	15%	17%	17%	---	30%
Persons 65 to 74 years (not age adjusted)	1998	10%	NA	11%	11%	12%	12%	---	30%
Persons 75 years and older (not age adjusted)	1998	7%	NA	7%	8%	9%	9%	---	30%
Persons with arthritis symptoms	1998	^a 17%	NA	³ 17%	³ 18%	³ 20%	⁴ 22%	---	30%
Persons without arthritis symptoms	1998	18%	NA	18%	18%	20%	20%	---	30%
22-5 Flexibility (age adjusted, ages 18 years and over)	1998	30%	NA	---	---	31%	---	---	43%
Race and ethnicity									
American Indian or Alaska Native only	1998	¹ 26%	NA	---	---	29%	---	---	43%
Asian or Pacific Islander only	1998	¹ 34%	NA	---	---	---	---	---	43%
Asian only	1998	¹ 34%	NA	---	---	35%	---	---	43%
Native Hawaiian or Other Pacific Islander only	1998	^{a,1} DSU	NA	---	---	DSU	---	---	43%

Objective	Baseline								Target
	Year	Baseline	1998	1999	2000	2001	2002	2003	2010
Black or African American only	1998	¹ 26%	NA	---	---	28%	---	---	43%
White only	1998	¹ 30%	NA	---	---	31%	---	---	43%
2 or more races	1998	DNC	NA	---	---	38%	---	---	43%
American Indian or Alaska Native; White	1998	DNC	NA	---	---	37%	---	---	43%
Black or African American; White	1998	DNC	NA	---	---	DSU	---	---	43%
Hispanic or Latino	1998	22%	NA	---	---	21%	---	---	43%
Not Hispanic or Latino	1998	31%	NA	---	---	32%	---	---	43%
Black or African American only, not Hisp/Latino	1998	¹ 27%	NA	---	---	28%	---	---	43%
White only, not Hispanic or Latino	1998	¹ 31%	NA	---	---	32%	---	---	43%
Gender									
Female	1998	30%	NA	---	---	32%	---	---	43%
Male	1998	30%	NA	---	---	30%	---	---	43%
Education level (persons 25 years and older)									
Less than high school	1998	16%	NA	---	---	15%	---	---	43%
High school graduate	1998	23%	NA	---	---	23%	---	---	43%
At least some college	1998	36%	NA	---	---	37%	---	---	43%
Family income level									
Poor	1998	21%	NA	---	---	22%	---	---	43%
Near poor	1998	24%	NA	---	---	24%	---	---	43%
Middle/high income	1998	34%	NA	---	---	35%	---	---	43%
Geographic location									
Urban (metropolitan statistical area)	1998	32%	NA	---	---	32%	---	---	43%
Rural (nonmetropolitan statistical area)	1998	25%	NA	---	---	26%	---	---	43%
Disability status									
Persons with disabilities (replaces with activity limitations)	1998	^{a,2} 29%	NA	---	---	28%	---	---	43%
Persons without disabilities (replaces without activity limitations)	1998	^{a,2} 28%	NA	---	---	31%	---	---	43%
Select populations									
Age groups									
Persons 18 to 24 years (not age adjusted)	1998	36%	NA	---	---	40%	---	---	43%
Persons 25 to 44 years (not age adjusted)	1998	32%	NA	---	---	33%	---	---	43%
Persons 45 to 64 years (not age adjusted)	1998	28%	NA	---	---	28%	---	---	43%
Persons 65 to 74 years (not age adjusted)	1998	24%	NA	---	---	21%	---	---	43%
Persons 75 years and older (not age adjusted)	1998	^a 21%	NA	---	---	20%	---	---	43%
Persons with arthritis symptoms	1998	38%	NA	---	---	35%	---	---	43%
Persons without arthritis symptoms	1998	29%	NA	---	---	30%	---	---	43%
22-6 Moderate physical activity in adolescents (students in grades 9 through 12)	1999	27%	NA	NA	---	26%	---	---	35%

Objective	Baseline								Target
	Year	Baseline	1998	1999	2000	2001	2002	2003	2010
Race and ethnicity									
American Indian or Alaska Native only	1999	DSU	NA	NA	---	DSU	---	---	35%
Asian or Pacific Islander only	1999	^a DNA	NA	NA	---	DNA	---	---	35%
Asian only	1999	^a DNA	NA	NA	---	DNA	---	---	35%
Native Hawaiian or Other Pacific Islander only	1999	DSU	NA	NA	---	DSU	---	---	35%
Black or African American only	1999	^a DNA	NA	NA	---	DNA	---	---	35%
White only	1999	^a DNA	NA	NA	---	DNA	---	---	35%
2 or more races	1999	DSU	NA	NA	---	DSU	---	---	35%
Hispanic or Latino	1999	21%	NA	NA	---	22%	---	---	35%
Not Hispanic or Latino	1999	^a DNA	NA	NA	---	DNA	---	---	35%
Black or African American only, not Hisp/Latino	1999	21%	NA	NA	---	20%	---	---	35%
White only, not Hispanic or Latino	1999	29%	NA	NA	---	27%	---	---	35%
Gender									
Female	1999	24%	NA	NA	---	23%	---	---	35%
Male	1999	29%	NA	NA	---	28%	---	---	35%
Parent's education level									
Less than high school	1997	25%	---	---	---	DNC	---	---	35%
High school graduate	1997	21%	---	---	---	DNC	---	---	35%
At least some college	1997	20%	---	---	---	DNC	---	---	35%
Select populations									
Grade levels									
9th grade	1999	28%	NA	NA	---	27%	---	---	35%
10th grade	1999	26%	NA	NA	---	25%	---	---	35%
11th grade	1999	25%	NA	NA	---	26%	---	---	35%
12th grade	1999	27%	NA	NA	---	25%	---	---	35%
22-7 Vigorous physical activity in adolescents (students in grades 9 through 12)	1999	65%	NA	NA	---	65%	---	---	85%
Race and ethnicity									
American Indian or Alaska Native only	1999	DSU	NA	NA	---	DSU	---	---	85%
Asian or Pacific Islander only	1999	^a DNA	NA	NA	---	DNA	---	---	85%
Asian only	1999	^a DNA	NA	NA	---	DNA	---	---	85%
Native Hawaiian or Other Pacific Islander only	1999	DSU	NA	NA	---	DSU	---	---	85%
Black or African American only	1999	^a DNA	NA	NA	---	DNA	---	---	85%
White only	1999	^a DNA	NA	NA	---	DNA	---	---	85%
2 or more races	1999	DSU	NA	NA	---	DSU	---	---	85%
Hispanic or Latino	1999	61%	NA	NA	---	61%	---	---	85%
Not Hispanic or Latino	1999	^a DNA	NA	NA	---	DNA	---	---	85%
Black or African American only, not Hisp/Latino	1999	56%	NA	NA	---	60%	---	---	85%
White only, not Hispanic or Latino	1999	67%	NA	NA	---	67%	---	---	85%
Gender									

Objective	Baseline								Target
	Year	Baseline	1998	1999	2000	2001	2002	2003	2010
Grade levels									
9th grade	1999	42%	NA	NA	---	49%	---	---	50%
10th grade	1999	30%	NA	NA	---	32%	---	---	50%
11th grade	1999	20%	NA	NA	---	23%	---	---	50%
12th grade	1999	20%	NA	NA	---	20%	---	---	50%
22-10 Physical activity in physical education class (students in grades 9 through 12)	1999	38%	NA	NA	---	39%	---	---	50%
Race and ethnicity									
American Indian or Alaska Native only	1999	DSU	NA	NA	---	DSU	---	---	50%
Asian or Pacific Islander only	1999	^a DNA	NA	NA	---	DNA	---	---	50%
Asian only	1999	^a DNA	NA	NA	---	DNA	---	---	50%
Native Hawaiian or Other Pacific Islander only	1999	DSU	NA	NA	---	DNA	---	---	50%
Black or African American only	1999	^a DNA	NA	NA	---	DNA	---	---	50%
White only	1999	^a DNA	NA	NA	---	DNA	---	---	50%
2 or more races	1999	DSU	NA	NA	---	DSU	---	---	50%
Hispanic or Latino	1999	41%	NA	NA	---	43%	---	---	50%
Not Hispanic or Latino	1999	^a DNA	NA	NA	---	DNA	---	---	50%
Black or African American only, not Hisp/Latino	1999	32%	NA	NA	---	DNA	---	---	50%
White only, not Hispanic or Latino	1999	40%	NA	NA	---	DNA	---	---	50%

Objective	Baseline								Target
	Year	Baseline	1998	1999	2000	2001	2002	2003	2010
Gender									
Female	1999	32%	NA	NA	---	35%	---	---	50%
Male	1999	45%	NA	NA	---	44%	---	---	50%
Parent's education level									
Less than high school	1999	28%	DNC	DNA	---	DNA	---	---	50%
High school graduate	1999	29%	DNC	DNA	---	DNA	---	---	50%
At least some college	1999	33%	DNC	DNA	---	DNA	---	---	50%
Select populations									
Grade levels									
9th grade	1999	55%	NA	NA	---	55%	---	---	50%
10th grade	1999	41%	NA	NA	---	41%	---	---	50%
11th grade	1999	29%	NA	NA	---	30%	---	---	50%
12th grade	1999	24%	NA	NA	---	24%	---	---	50%
22-11 Reduce television viewing (students in grades 9 through	1999	57%	NA	NA	---	62%	---	---	75%
Race and ethnicity									
American Indian or Alaska Native only	1999	DSU	NA	NA	---	DSU	---	---	75%
Asian or Pacific Islander only	1999	^a DNA	NA	NA	---	DNA	---	---	75%
Asian only	1999	^a DNA	NA	NA	---	DNA	---	---	75%
Native Hawaiian or Other Pacific Islander only	1999	DSU	NA	NA	---	DSU	---	---	75%
Black or African American only	1999	^a DNA	NA	NA	---	DNA	---	---	75%
White only	1999	^a DNA	NA	NA	---	DNA	---	---	75%
2 or more races	1999	DSU	NA	NA	---	DSU	---	---	75%
Hispanic or Latino	1999	48%	NA	NA	---	52%	---	---	75%
Not Hispanic or Latino	1999	DNA	NA	NA	---	DNA	---	---	75%
Black or African American only, not Hisp/Latino	1999	26%	NA	NA	---	31%	---	---	75%
White only, not Hispanic or Latino	1999	66%	NA	NA	---	69%	---	---	75%
Gender									
Female	1999	59%	NA	NA	---	65%	---	---	75%
Male	1999	56%	NA	NA	---	58%	---	---	75%
Parent's education level									
Less than high school	1999	DNC	NA	NA	---	DNC	---	---	75%
High school graduate	1999	DNC	NA	NA	---	DNC	---	---	75%
At least some college	1999	DNC	NA	NA	---	DNC	---	---	75%

<i>Objective</i>	<i>Baseline</i>									<i>Target</i>
	<i>Year</i>	<i>Baseline</i>	<i>1998</i>	<i>1999</i>	<i>2000</i>	<i>2001</i>	<i>2002</i>	<i>2003</i>	<i>2010</i>	
Gender										
Female	1995	1.7%	---	---	---	---	---	---	5.0%	
Male	1995	3.2%	---	---	---	---	---	---	5.0%	
Parent's education level										
Less than high school	1995	DNC	---	---	---	---	---	---	5.0%	
High school graduate	1995	DNC	---	---	---	---	---	---	5.0%	
At least some college	1995	DNC	---	---	---	---	---	---	5.0%	
Geographic location										
Urban (metropolitan statistical area)	1995	2.6%	---	---	---	---	---	---	5.0%	
Rural (nonmetropolitan statistical area)	1995	1.1%	---	---	---	---	---	---	5.0%	
Select populations										
Age groups										
Persons 5 to 9 years	1995	1.6%	---	---	---	---	---	---	5.0%	
Persons 10 to 15 years	1995	3.0%	---	---	---	---	---	---	5.0%	

DATA ISSUES

--- = Data are not available.

DNA = Data have not been analyzed.

DNC = Data for specific population are not collected.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality.

NA = Not applicable.

^a Baseline has been revised.

^b Target has been revised.

¹ Persons reported only one race or reported more than one race and identified one race as best representing their race.

² Due to survey design error, data are for July-December only.

³ Data changed due to revised methodology.

⁴ Due to a questionnaire modification, data for arthritis symptoms may not be comparable to earlier years.

⁵ Preliminary data from January-September 2003.

⁶ Target will be changed at Midcourse Review.

NOTE: Data may include revisions, and may differ from those shown previously. Any displayed age-adjusted data are adjusted to the 2000 standard population.

Objective

number

DATA SOURCE

22-1	National Health Interview Survey (NHIS), CDC, NCHS.
22-2	National Health Interview Survey (NHIS), CDC, NCHS.
22-3	National Health Interview Survey (NHIS), CDC, NCHS.
22-4	National Health Interview Survey (NHIS), CDC, NCHS.
22-5	National Health Interview Survey (NHIS), CDC, NCHS.
22-6	Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.

