

Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹	
Total	100.0	30.4 (0.44)	19.9 (0.33)	49.7 (0.43)	100.0	46.9 (0.43)	3.4 (0.14)	28.1 (0.36)	21.5 (0.35)	
Sex										
Male	100.0	28.9 (0.59)	18.1 (0.46)	52.9 (0.60)	100.0	43.6 (0.60)	3.5 (0.20)	27.6 (0.50)	25.3 (0.53)	
Female	100.0	31.7 (0.53)	21.6 (0.44)	46.7 (0.56)	100.0	50.0 (0.57)	3.3 (0.20)	28.8 (0.49)	17.9 (0.43)	
Age (years)										
18–44	100.0	24.7 (0.56)	18.9 (0.48)	56.4 (0.61)	100.0	40.7 (0.61)	2.9 (0.20)	29.9 (0.53)	26.4 (0.55)	
45–64	100.0	32.6 (0.70)	21.5 (0.52)	45.9 (0.68)	100.0	50.5 (0.67)	3.6 (0.24)	27.7 (0.59)	18.1 (0.52)	
65–74	100.0	36.3 (1.03)	20.4 (0.83)	43.3 (1.03)	100.0	52.4 (1.06)	4.4 (0.43)	27.7 (0.91)	15.5 (0.78)	
75 and over	100.0	53.0 (1.14)	19.8 (0.93)	27.2 (1.00)	100.0	67.8 (1.04)	5.1 (0.47)	18.4 (0.85)	8.7 (0.66)	
Race										
One race ²	100.0	30.4 (0.44)	19.8 (0.32)	49.7 (0.44)	100.0	46.9 (0.44)	3.4 (0.14)	28.2 (0.37)	21.5 (0.35)	
White	100.0	29.5 (0.49)	19.7 (0.36)	50.9 (0.50)	100.0	45.8 (0.50)	3.4 (0.16)	28.8 (0.42)	22.0 (0.40)	
Black or African American	100.0	39.1 (1.04)	19.2 (0.80)	41.7 (1.01)	100.0	54.8 (1.05)	3.6 (0.39)	22.0 (0.84)	19.7 (0.85)	
American Indian or Alaska Native	100.0	28.3 (3.05)	24.5 (3.39)	47.2 (2.91)	100.0	46.4 (3.04)	6.4 (1.75)	28.4 (2.90)	18.9 (2.60)	
Asian	100.0	25.9 (1.32)	22.7 (1.27)	51.4 (1.44)	100.0	45.1 (1.40)	3.4 (0.58)	32.3 (1.35)	19.1 (1.17)	
Native Hawaiian or Other Pacific Islander	100.0	27.7 (5.94)	21.8 (4.88)	50.5 (7.86)	100.0	47.9 (7.94)	*	17.6 (4.95)	32.9 (7.20)	
Two or more races ³	100.0	30.3 (2.51)	20.8 (2.34)	48.9 (2.81)	100.0	47.9 (2.83)	3.3 (0.77)	26.2 (2.27)	22.7 (2.35)	
Black or African American, white	100.0	28.5 (5.80)	20.1 (4.67)	51.4 (6.26)	100.0	45.2 (6.26)	*3.5 (1.60)	25.1 (5.26)	26.2 (5.64)	
American Indian or Alaska Native, white	100.0	31.9 (4.15)	24.5 (4.38)	43.6 (4.62)	100.0	53.6 (4.63)	*2.8 (0.99)	24.8 (3.67)	18.8 (3.48)	
Hispanic or Latino origin ⁴ and race										
Hispanic or Latino	100.0	38.8 (0.94)	17.9 (0.65)	43.3 (0.90)	100.0	53.5 (0.90)	3.2 (0.33)	26.4 (0.83)	16.8 (0.64)	
Mexican or Mexican American	100.0	38.7 (1.24)	18.9 (0.88)	42.3 (1.17)	100.0	55.0 (1.14)	2.7 (0.34)	25.9 (1.05)	16.4 (0.79)	
Not Hispanic or Latino	100.0	28.6 (0.47)	20.3 (0.37)	51.1 (0.48)	100.0	45.5 (0.48)	3.5 (0.16)	28.6 (0.41)	22.5 (0.39)	
White, single race	100.0	27.0 (0.53)	20.1 (0.42)	53.0 (0.57)	100.0	43.7 (0.57)	3.4 (0.18)	29.5 (0.49)	23.4 (0.46)	
Black or African American, single race	100.0	39.0 (1.08)	19.2 (0.82)	41.8 (1.04)	100.0	54.7 (1.08)	3.6 (0.41)	21.9 (0.87)	19.8 (0.88)	

Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Education⁵									
Less than a high school diploma	100.0	50.6 (1.12)	19.4 (0.90)	30.0 (1.04)	100.0	67.1 (1.04)	3.0 (0.38)	22.0 (0.95)	7.9 (0.63)
High school diploma or GED ⁶	100.0	40.5 (0.87)	20.6 (0.76)	38.9 (0.89)	100.0	58.2 (0.92)	3.0 (0.29)	25.7 (0.78)	13.1 (0.60)
Some college	100.0	31.2 (0.73)	22.0 (0.64)	46.8 (0.74)	100.0	49.8 (0.73)	3.5 (0.24)	27.7 (0.66)	19.0 (0.57)
Bachelor's degree or higher	100.0	17.7 (0.53)	19.5 (0.53)	62.8 (0.66)	100.0	33.2 (0.64)	4.0 (0.27)	32.4 (0.62)	30.4 (0.62)
Current employment status⁷									
Employed	100.0	26.8 (0.62)	20.0 (0.47)	53.2 (0.61)	100.0	43.5 (0.61)	3.3 (0.21)	29.4 (0.53)	23.8 (0.49)
Full-time	100.0	28.1 (0.79)	19.8 (0.58)	52.0 (0.73)	100.0	44.6 (0.74)	3.4 (0.29)	28.7 (0.66)	23.3 (0.49)
Part-time	100.0	25.9 (1.15)	20.2 (0.99)	53.9 (1.27)	100.0	42.9 (1.27)	3.3 (0.42)	30.8 (1.13)	23.1 (1.12)
Not employed but has worked previously	100.0	34.2 (0.78)	20.0 (0.66)	45.8 (0.88)	100.0	50.5 (0.88)	3.7 (0.30)	27.2 (0.78)	18.6 (0.74)
Not employed and has never worked	100.0	44.3 (1.71)	16.9 (1.32)	38.8 (1.69)	100.0	59.2 (1.71)	2.0 (0.55)	26.4 (1.60)	12.4 (1.12)
Family income⁸									
Less than \$35,000	100.0	41.5 (0.73)	19.7 (0.52)	38.9 (0.69)	100.0	58.0 (0.70)	3.2 (0.22)	24.4 (0.55)	14.4 (0.52)
\$35,000 or more	100.0	25.0 (0.52)	20.0 (0.42)	54.9 (0.54)	100.0	41.7 (0.54)	3.4 (0.19)	29.7 (0.47)	25.2 (0.45)
\$35,000–\$49,999	100.0	34.4 (1.17)	20.7 (0.94)	44.9 (1.17)	100.0	51.5 (1.18)	3.8 (0.47)	27.8 (1.08)	17.0 (0.86)
\$50,000–\$74,999	100.0	30.7 (0.95)	19.2 (0.79)	50.1 (1.00)	100.0	46.6 (1.01)	3.3 (0.32)	28.1 (0.90)	21.9 (0.80)
\$75,000–\$99,999	100.0	25.5 (1.07)	19.6 (0.94)	54.8 (1.12)	100.0	41.8 (1.10)	3.4 (0.42)	30.1 (1.09)	24.6 (1.05)
\$100,000 or more	100.0	17.2 (0.70)	20.4 (0.72)	62.3 (0.85)	100.0	34.4 (0.83)	3.3 (0.33)	31.4 (0.79)	30.9 (0.80)
Poverty status⁹									
Poor	100.0	45.2 (1.05)	17.8 (0.73)	37.0 (1.02)	100.0	60.3 (1.03)	2.8 (0.31)	24.0 (0.84)	12.9 (0.74)
Near poor	100.0	41.3 (0.98)	20.8 (0.73)	37.9 (0.88)	100.0	59.0 (0.90)	3.2 (0.32)	25.4 (0.79)	12.4 (0.58)
Not poor	100.0	24.8 (0.47)	20.1 (0.40)	55.1 (0.51)	100.0	41.4 (0.51)	3.5 (0.18)	29.3 (0.44)	25.8 (0.44)

Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Health insurance coverage ¹⁰									
Under 65:									
Private	100.0	21.8 (0.50)	20.3 (0.46)	57.9 (0.57)	100.0	38.8 (0.56)	3.3 (0.19)	30.8 (0.49)	27.1 (0.49)
Medicaid	100.0	43.6 (1.16)	19.8 (0.92)	36.6 (1.11)	100.0	60.2 (1.10)	3.3 (0.40)	25.0 (0.99)	11.5 (0.81)
Other coverage	100.0	33.1 (2.06)	20.2 (1.68)	46.7 (2.24)	100.0	50.2 (2.24)	3.1 (0.67)	22.4 (1.87)	24.3 (2.04)
Uninsured	100.0	38.5 (1.21)	17.7 (0.87)	43.8 (1.17)	100.0	53.8 (1.16)	2.4 (0.35)	26.7 (1.02)	17.1 (0.89)
65 and over:									
Private	100.0	40.7 (1.12)	20.4 (0.94)	38.9 (1.15)	100.0	56.4 (1.15)	4.8 (0.48)	24.4 (0.97)	14.5 (0.87)
Medicare and Medicaid	100.0	60.8 (2.63)	15.3 (1.81)	23.9 (2.40)	100.0	73.2 (2.43)	2.9 (0.71)	19.4 (2.33)	4.5 (0.93)
Medicare Advantage	100.0	40.5 (1.49)	20.9 (1.24)	38.5 (1.50)	100.0	56.0 (1.52)	5.6 (0.69)	24.3 (1.31)	14.1 (1.12)
Medicare only	100.0	49.8 (1.94)	19.9 (1.54)	30.3 (1.72)	100.0	65.5 (1.81)	4.1 (0.75)	20.8 (1.58)	9.5 (1.02)
Other coverage	100.0	47.3 (2.80)	21.5 (2.09)	31.2 (2.45)	100.0	64.9 (2.63)	4.3 (1.04)	23.2 (2.11)	7.6 (1.44)
Uninsured	100.0	52.9 (9.00)	22.1 (6.48)	*25.0 (8.15)	100.0	67.6 (8.88)	*	15.6 (4.61)	*
Marital status									
Married	100.0	27.9 (0.56)	21.4 (0.46)	50.7 (0.58)	100.0	46.0 (0.58)	3.4 (0.20)	30.0 (0.51)	20.6 (0.46)
Widowed	100.0	36.5 (4.78)	14.0 (2.16)	49.5 (5.12)	100.0	48.0 (5.11)	2.6 (0.48)	31.3 (6.14)	18.2 (4.94)
Divorced or separated	100.0	34.9 (1.07)	19.8 (0.95)	45.3 (1.20)	100.0	51.6 (1.22)	3.2 (0.34)	24.9 (0.99)	20.4 (0.98)
Never married	100.0	33.0 (0.91)	18.0 (0.71)	49.0 (0.91)	100.0	47.4 (0.92)	3.6 (0.34)	25.4 (0.76)	23.6 (0.74)
Living with a partner	100.0	32.0 (1.57)	20.4 (1.41)	47.6 (1.62)	100.0	49.4 (1.61)	3.0 (0.63)	28.5 (1.48)	19.1 (1.22)
Place of residence ¹¹									
Large MSA	100.0	28.5 (0.53)	20.1 (0.43)	51.4 (0.57)	100.0	45.1 (0.56)	3.5 (0.20)	28.6 (0.49)	22.8 (0.47)
Small MSA	100.0	30.0 (0.90)	19.7 (0.64)	50.4 (0.82)	100.0	46.5 (0.86)	3.2 (0.22)	28.8 (0.67)	21.5 (0.64)
Not in MSA	100.0	39.3 (1.48)	19.6 (0.91)	41.1 (1.21)	100.0	55.1 (1.22)	3.9 (0.41)	25.0 (1.02)	16.1 (0.74)
Region									
Northeast	100.0	31.5 (0.99)	18.7 (0.75)	49.7 (1.06)	100.0	47.0 (1.04)	3.4 (0.35)	27.6 (0.95)	22.1 (0.87)
Midwest	100.0	29.9 (0.94)	22.0 (0.74)	48.1 (0.81)	100.0	48.3 (0.84)	3.7 (0.30)	27.2 (0.72)	20.8 (0.65)
South	100.0	33.5 (0.79)	18.5 (0.52)	48.0 (0.78)	100.0	48.5 (0.80)	3.5 (0.26)	27.4 (0.62)	20.6 (0.60)
West	100.0	25.0 (0.79)	20.9 (0.65)	54.1 (0.83)	100.0	42.9 (0.79)	3.1 (0.24)	30.8 (0.71)	23.2 (0.71)

Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Hispanic or Latino origin ⁴ , race, and sex									
Hispanic or Latino, male	100.0	38.2 (1.41)	16.1 (0.98)	45.7 (1.33)	100.0	50.5 (1.36)	3.8 (0.54)	25.6 (1.18)	20.1 (1.00)
Hispanic or Latina, female	100.0	39.1 (1.14)	19.9 (0.92)	41.0 (1.15)	100.0	56.3 (1.15)	2.8 (0.40)	27.6 (1.07)	13.3 (0.82)
Not Hispanic or Latino:									
White, single race, male	100.0	25.9 (0.72)	18.9 (0.62)	55.2 (0.79)	100.0	41.5 (0.78)	3.3 (0.25)	29.2 (0.68)	26.0 (0.70)
White, single race, female	100.0	27.9 (0.67)	21.3 (0.57)	50.9 (0.75)	100.0	45.7 (0.75)	3.5 (0.27)	30.0 (0.69)	20.8 (0.58)
Black or African American, single race, male	100.0	32.8 (1.55)	16.9 (1.18)	50.3 (1.64)	100.0	45.9 (1.67)	3.9 (0.58)	22.0 (1.30)	28.2 (1.54)
Black or African American, single race, female	100.0	44.0 (1.37)	21.1 (1.13)	35.0 (1.26)	100.0	61.8 (1.33)	3.3 (0.56)	22.1 (1.07)	12.8 (0.88)

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.
- Quantity zero.

¹Measures of physical activity shown in this table reflect the federal "2008 Physical Activity Guidelines for Americans" (available from: <http://www.health.gov/PAGuidelines/>). This table shows the percentages of adults who met the guidelines' aerobic activity component and the percentages of adults who met the full guidelines for both aerobic activity and muscle-strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults should perform at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Aerobic activity should be performed in episodes of at least 10 minutes that are preferably spread throughout the week. The guidelines also recommend that adults perform muscle-strengthening activities of moderate or high intensity involving all major muscle groups on 2 or more days a week for additional health benefits. NHIS questions ask about frequency and duration of light-to moderate-intensity and vigorous-intensity leisure-time physical activities, and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

Categories with respect to only the aerobic activity guidelines are mutually exclusive. "Inactive with respect to aerobic activity guidelines only" is participating in no leisure-time aerobic activity that lasted at least 10 minutes. "Insufficiently active with respect to aerobic activity guidelines only" is participating in aerobic activities for 10 minutes or more but less than 150 minutes per week. "Sufficiently active (met aerobic activity guidelines only)" is participating in moderate-intensity leisure-time physical activity 150 minutes or more per week, or in vigorous-intensity leisure-time physical activity 75 minutes or more per week, or an equivalent combination.

Categories with respect to the full guidelines are mutually exclusive. Adults who did not meet the full guidelines for either aerobic activity or muscle-strengthening may have engaged in lesser amounts of activity. Meeting the full muscle-strengthening guidelines only means participating in leisure-time muscle-strengthening activities 2 or more days per week with either no leisure-time aerobic activity or aerobic activity that did not meet the guidelines. Meeting the full aerobic activity guidelines only means participating in moderate-intensity leisure-time physical activities 150 minutes or more per week or vigorous-intensity activities 75 minutes or more per week, or an equivalent combination, and not meeting the muscle-strengthening guidelines. The sum of percentages for adults who met the aerobic-only guidelines and for those who met both the aerobic and muscle-strengthening guidelines equals (within rounding error) the percentage of adults identified as "sufficiently active" according to the 2008 federal guidelines for aerobic activity. See the Technical Notes for more information.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using four age groups: 25-44, 45-64, 65-74, and 75 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

⁸Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

⁹"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

¹⁰Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

¹¹MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. Unless otherwise specified, estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using four age groups: 18-44, 45-64, 65-74, and 75 and over. Estimates for age groups are not age-adjusted. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>).

Suggested citation: Blackwell DL, Villarreal MA. Tables of Summary Health Statistics for U.S. Adults: 2015 National Health Interview Survey. National Center for Health Statistics. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2015.

Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹	
Total	242,501	73,798	47,783	116,875	242,501	113,121	8,309	66,694	49,841	
Sex										
Male	116,875	33,649	20,922	60,261	116,875	50,441	4,057	31,804	28,275	
Female	125,625	40,149	26,860	56,614	125,625	62,681	4,252	34,890	21,567	
Age (years)										
18–44	112,760	27,386	20,940	62,516	112,760	45,091	3,235	33,167	29,274	
45–64	83,239	26,691	17,635	37,632	83,239	41,298	2,943	22,663	14,800	
65–74	27,297	9,756	5,477	11,613	27,297	14,003	1,179	7,411	4,132	
75 and over	19,204	9,965	3,730	5,115	19,204	12,729	953	3,453	1,636	
Race										
One race ²	238,301	72,686	46,885	114,772	238,301	111,252	8,168	65,564	48,869	
White	191,218	57,054	37,307	93,669	191,218	87,766	6,494	53,701	39,710	
Black or African American	29,796	11,287	5,674	12,298	29,796	15,916	1,045	6,472	5,777	
American Indian or Alaska Native	2,307	593	550	1,113	2,307	999	144	666	447	
Asian	14,360	3,577	3,235	7,368	14,360	6,288	476	4,610	2,725	
Native Hawaiian or Other Pacific Islander	619	*174	*119	324	619	*283	*	*115	209	
Two or more races ³	4,200	1,112	898	2,103	4,200	1,869	141	1,130	973	
Black or African American, white	851	170	*229	413	851	363	*37	241	173	
American Indian or Alaska Native, white	1,647	530	387	714	1,647	863	*54	413	301	
Hispanic or Latino origin ⁴ and race										
Hispanic or Latino	37,755	13,948	6,658	16,639	37,755	19,447	1,154	9,944	6,639	
Mexican or Mexican American	22,992	8,528	4,195	10,000	22,992	12,098	619	5,906	4,079	
Not Hispanic or Latino	204,746	59,850	41,124	100,236	204,746	93,674	7,155	56,750	43,203	
White, single race	157,410	44,358	31,434	78,868	157,410	70,204	5,492	44,788	33,863	
Black or African American, single race	28,418	10,759	5,415	11,724	28,418	15,163	1,011	6,154	5,538	

Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Education⁵									
Less than a high school diploma	26,648	13,771	5,020	7,416	26,648	18,018	767	5,506	1,896
High school diploma or GED ⁶	50,847	20,990	10,378	18,474	50,847	29,818	1,538	12,504	5,924
Some college	61,605	18,960	13,431	28,253	61,605	30,159	2,176	16,743	11,374
Bachelor's degree or higher	72,373	12,289	13,979	45,203	72,373	23,338	2,861	23,277	21,821
Current employment status⁷									
Employed	148,914	37,524	29,637	79,548	148,914	62,304	4,791	43,365	35,964
Full-time	121,609	30,608	24,141	65,043	121,609	50,740	3,943	35,206	29,657
Part-time	25,508	6,425	5,075	13,672	25,508	10,693	807	7,748	5,903
Not employed but has worked previously	79,530	30,328	15,748	31,835	79,530	42,790	3,201	19,721	11,999
Not employed and has never worked	13,899	5,897	2,388	5,433	13,899	7,975	310	3,572	1,855
Family income⁸									
Less than \$35,000	66,342	27,723	12,814	24,493	66,342	38,393	2,119	15,609	8,819
\$35,000 or more	148,656	36,376	29,687	80,663	148,656	61,043	4,993	43,938	36,532
\$35,000–\$49,999	25,114	8,599	5,198	10,985	25,114	12,836	944	6,802	4,134
\$50,000–\$74,999	37,018	11,355	7,079	18,194	37,018	17,185	1,238	10,343	7,823
\$75,000–\$99,999	27,607	6,841	5,428	14,968	27,607	11,350	919	8,258	6,676
\$100,000 or more	58,917	9,581	11,982	36,517	58,917	19,672	1,891	18,536	17,899
Poverty status⁹									
Poor	28,022	11,956	4,857	10,642	28,022	16,041	760	6,793	3,815
Near poor	42,375	17,491	8,637	15,535	42,375	24,769	1,345	10,476	5,022
Not poor	159,450	39,799	31,961	85,302	159,450	66,095	5,633	46,072	39,000

Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Health insurance coverage ¹⁰									
Under 65:									
Private	135,220	29,986	27,371	76,013	135,220	52,864	4,455	40,836	34,963
Medicaid	25,313	10,758	4,900	9,122	25,313	14,845	807	6,225	2,879
Other coverage	9,086	3,563	1,743	3,560	9,086	4,954	311	1,880	1,674
Uninsured	24,896	9,305	4,259	10,873	24,896	12,977	587	6,582	4,284
65 and over:									
Private	19,581	7,541	3,912	7,748	19,581	10,536	917	4,815	2,887
Medicare and Medicaid	3,267	1,961	491	765	3,267	2,357	94	622	144
Medicare Advantage	11,634	4,550	2,404	4,506	11,634	6,314	630	2,821	1,655
Medicare only	7,890	3,793	1,548	2,422	7,890	4,984	313	1,645	772
Other coverage	3,808	1,692	790	1,211	3,808	2,323	155	905	290
Uninsured	249	120	*63	*65	249	155	*	*47	*
Marital status									
Married	128,583	36,236	27,163	63,329	128,583	58,931	4,368	37,657	25,454
Widowed	14,720	7,362	2,816	4,201	14,720	9,434	724	2,915	1,269
Divorced or separated	27,858	10,393	5,372	11,530	27,858	14,779	969	6,771	4,711
Never married	53,374	14,388	8,937	29,001	53,374	21,529	1,791	14,204	14,747
Living with a partner	17,665	5,284	3,454	8,696	17,665	8,294	444	5,082	3,610
Place of residence ¹¹									
Large MSA	134,062	37,862	26,597	67,467	134,062	59,722	4,608	37,595	29,673
Small MSA	74,299	22,347	14,517	36,298	74,299	34,458	2,405	20,975	15,220
Not in MSA	34,140	13,589	6,669	13,111	34,140	18,941	1,296	8,125	4,949
Region									
Northeast	42,320	13,534	7,908	20,006	42,320	19,907	1,487	11,260	8,678
Midwest	54,367	16,317	11,767	25,315	54,367	26,031	2,025	14,368	10,810
South	90,015	30,231	16,596	41,673	90,015	43,648	3,110	24,008	17,603
West	55,798	13,716	11,511	29,881	55,798	23,535	1,687	17,058	12,750

Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Hispanic or Latino origin ⁴ , race, and sex									
Hispanic or Latino, male	18,798	6,934	2,909	8,744	18,798	9,202	641	4,672	4,061
Hispanic or Latina, female	18,957	7,015	3,749	7,895	18,957	10,245	513	5,272	2,577
Not Hispanic or Latino:									
White, single race, male	76,483	20,516	14,229	40,290	76,483	32,138	2,544	21,878	18,284
White, single race, female	80,927	23,842	17,204	38,579	80,927	38,066	2,948	22,909	15,579
Black or African American, single race, male	12,771	4,019	2,142	6,342	12,771	5,658	503	2,745	3,571
Black or African American, single race, female	15,647	6,740	3,274	5,383	15,647	9,505	509	3,409	1,967

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.
- Quantity zero.

¹Measures of physical activity shown in this table reflect the federal "2008 Physical Activity Guidelines for Americans" (available from: <http://www.health.gov/PAGuidelines/>). This table shows the percentages of adults who met the guidelines' aerobic activity component and the percentages of adults who met the full guidelines for both aerobic activity and muscle-strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults should perform at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Aerobic activity should be performed in episodes of at least 10 minutes that are preferably spread throughout the week. The guidelines also recommend that adults perform muscle-strengthening activities of moderate or high intensity involving all major muscle groups on 2 or more days a week for additional health benefits. NHIS questions ask about frequency and duration of light-to moderate-intensity and vigorous-intensity leisure-time physical activities, and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

Categories with respect to the aerobic activity guidelines only are mutually exclusive. "Inactive with respect to aerobic activity guidelines only" is participating in no leisure-time aerobic activity that lasted at least 10 minutes. "Insufficiently active with respect to aerobic activity guidelines only" is participating in aerobic activities for 10 minutes or more but less than 150 minutes per week. "Sufficiently active (met aerobic activity guidelines only)" is participating in moderate-intensity leisure-time physical activity 150 minutes or more per week, or in vigorous-intensity leisure-time physical activity 75 minutes or more per week, or an equivalent combination.

Categories with respect to the full guidelines are mutually exclusive. Adults who did not meet the full guidelines for either aerobic activity or muscle-strengthening may have engaged in lesser amounts of activity. Meeting the full muscle-strengthening guidelines only means participating in leisure-time muscle-strengthening activities 2 or more days per week with either no leisure-time aerobic activity or aerobic activity that did not meet the guidelines. Meeting the full aerobic activity guidelines only means participating in moderate-intensity leisure-time physical activities 150 minutes or more per week or vigorous-intensity activities 75 minutes or more per week, or an equivalent combination, and not meeting the strengthening guidelines. The sum of frequencies for adults who met the aerobic-only guidelines and for those who met both the aerobic and strengthening guidelines equals (within rounding error) the frequency of adults identified as "sufficiently active" according to the 2008 federal guidelines for aerobic activity. See the Technical Notes for more information.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

⁸Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

⁹"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

¹⁰Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

¹¹MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the frequencies, but they are included in the "All adults aged 18 and over" column. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarroel MA. Tables of Summary Health Statistics for U.S. Adults: 2015 National Health Interview Survey. National Center for Health Statistics. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2015.

Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹	
Total	100.0	30.9 (0.44)	20.0 (0.32)	49.0 (0.43)	100.0	47.5 (0.43)	3.5 (0.14)	28.0 (0.36)	20.9 (0.34)	
Sex										
Male	100.0	29.3 (0.60)	18.2 (0.45)	52.5 (0.60)	100.0	44.0 (0.60)	3.5 (0.20)	27.8 (0.50)	24.7 (0.52)	
Female	100.0	32.5 (0.54)	21.7 (0.43)	45.8 (0.56)	100.0	50.8 (0.57)	3.4 (0.20)	28.3 (0.48)	17.5 (0.41)	
Age (years)										
18–44	100.0	24.7 (0.56)	18.9 (0.48)	56.4 (0.61)	100.0	40.7 (0.61)	2.9 (0.20)	29.9 (0.53)	26.4 (0.55)	
45–64	100.0	32.6 (0.70)	21.5 (0.52)	45.9 (0.68)	100.0	50.5 (0.67)	3.6 (0.24)	27.7 (0.59)	18.1 (0.52)	
65–74	100.0	36.3 (1.03)	20.4 (0.83)	43.3 (1.03)	100.0	52.4 (1.06)	4.4 (0.43)	27.7 (0.91)	15.5 (0.78)	
75 and over	100.0	53.0 (1.14)	19.8 (0.93)	27.2 (1.00)	100.0	67.8 (1.04)	5.1 (0.47)	18.4 (0.85)	8.7 (0.66)	
Race										
One race ²	100.0	31.0 (0.44)	20.0 (0.32)	49.0 (0.44)	100.0	47.6 (0.44)	3.5 (0.15)	28.0 (0.36)	20.9 (0.34)	
White	100.0	30.3 (0.49)	19.8 (0.35)	49.8 (0.49)	100.0	46.8 (0.49)	3.5 (0.16)	28.6 (0.41)	21.2 (0.38)	
Black or African American	100.0	38.6 (1.06)	19.4 (0.80)	42.0 (1.03)	100.0	54.5 (1.07)	3.6 (0.40)	22.2 (0.85)	19.8 (0.87)	
American Indian or Alaska Native	100.0	26.3 (3.02)	24.4 (3.43)	49.3 (3.53)	100.0	44.3 (3.50)	6.4 (1.75)	29.5 (3.13)	19.8 (2.90)	
Asian	100.0	25.2 (1.33)	22.8 (1.27)	52.0 (1.46)	100.0	44.6 (1.43)	3.4 (0.58)	32.7 (1.38)	19.3 (1.18)	
Native Hawaiian or Other Pacific Islander	100.0	28.3 (7.14)	19.3 (4.61)	52.5 (9.00)	100.0	45.9 (9.12)	*	18.6 (5.47)	33.9 (8.21)	
Two or more races ³	100.0	27.0 (2.64)	21.8 (2.62)	51.1 (2.94)	100.0	45.4 (2.95)	3.4 (0.83)	27.5 (2.42)	23.6 (2.41)	
Black or African American, white	100.0	21.0 (4.92)	28.2 (7.33)	50.9 (7.19)	100.0	44.6 (7.33)	*4.5 (2.19)	29.6 (6.26)	21.2 (5.49)	
American Indian or Alaska Native, white	100.0	32.5 (4.58)	23.7 (4.15)	43.8 (4.49)	100.0	52.9 (4.50)	*3.3 (1.24)	25.3 (3.69)	18.5 (3.38)	
Hispanic or Latino origin ⁴ and race										
Hispanic or Latino	100.0	37.4 (0.94)	17.9 (0.65)	44.7 (0.90)	100.0	52.3 (0.90)	3.1 (0.31)	26.7 (0.83)	17.9 (0.69)	
Mexican or Mexican American	100.0	37.5 (1.20)	18.5 (0.84)	44.0 (1.14)	100.0	53.3 (1.11)	2.7 (0.33)	26.0 (1.03)	18.0 (0.86)	
Not Hispanic or Latino	100.0	29.7 (0.48)	20.4 (0.36)	49.8 (0.48)	100.0	46.7 (0.48)	3.6 (0.16)	28.3 (0.40)	21.5 (0.37)	
White, single race	100.0	28.7 (0.53)	20.3 (0.39)	51.0 (0.55)	100.0	45.5 (0.55)	3.6 (0.18)	29.0 (0.46)	21.9 (0.43)	
Black or African American, single race	100.0	38.6 (1.09)	19.4 (0.82)	42.0 (1.06)	100.0	54.4 (1.10)	3.6 (0.41)	22.1 (0.87)	19.9 (0.90)	

Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Education⁵									
Less than a high school diploma	100.0	52.5 (1.07)	19.2 (0.84)	28.3 (0.96)	100.0	68.8 (0.97)	2.9 (0.35)	21.0 (0.86)	7.2 (0.56)
High school diploma or GED ⁶	100.0	42.1 (0.86)	20.8 (0.71)	37.1 (0.84)	100.0	59.9 (0.87)	3.1 (0.28)	25.1 (0.74)	11.9 (0.54)
Some college	100.0	31.3 (0.75)	22.1 (0.62)	46.6 (0.75)	100.0	49.9 (0.74)	3.6 (0.25)	27.7 (0.66)	18.8 (0.57)
Bachelor's degree or higher	100.0	17.2 (0.53)	19.6 (0.53)	63.2 (0.66)	100.0	32.7 (0.64)	4.0 (0.27)	32.6 (0.62)	30.6 (0.62)
Current employment status⁷									
Employed	100.0	25.6 (0.52)	20.2 (0.41)	54.2 (0.53)	100.0	42.6 (0.52)	3.3 (0.17)	29.6 (0.45)	24.6 (0.44)
Full-time	100.0	25.6 (0.56)	20.2 (0.45)	54.3 (0.57)	100.0	42.4 (0.55)	3.3 (0.19)	29.4 (0.49)	24.8 (0.47)
Part-time	100.0	25.5 (1.14)	20.2 (0.97)	54.3 (1.26)	100.0	42.5 (1.26)	3.2 (0.41)	30.8 (1.13)	23.5 (1.13)
Not employed but has worked previously	100.0	38.9 (0.67)	20.2 (0.50)	40.9 (0.69)	100.0	55.1 (0.69)	4.1 (0.25)	25.4 (0.57)	15.4 (0.52)
Not employed and has never worked	100.0	43.0 (1.67)	17.4 (1.32)	39.6 (1.71)	100.0	58.2 (1.73)	2.3 (0.65)	26.1 (1.54)	13.5 (1.28)
Family income⁸									
Less than \$35,000	100.0	42.6 (0.76)	19.7 (0.51)	37.7 (0.71)	100.0	59.1 (0.71)	3.3 (0.22)	24.0 (0.55)	13.6 (0.51)
\$35,000 or more	100.0	24.8 (0.53)	20.2 (0.41)	55.0 (0.53)	100.0	41.7 (0.53)	3.4 (0.19)	30.0 (0.47)	24.9 (0.44)
\$35,000–\$49,999	100.0	34.7 (1.17)	21.0 (0.94)	44.3 (1.17)	100.0	51.9 (1.17)	3.8 (0.46)	27.5 (1.05)	16.7 (0.85)
\$50,000–\$74,999	100.0	31.0 (0.96)	19.3 (0.78)	49.7 (0.99)	100.0	47.0 (1.00)	3.4 (0.32)	28.3 (0.89)	21.4 (0.78)
\$75,000–\$99,999	100.0	25.1 (1.08)	19.9 (0.93)	55.0 (1.13)	100.0	41.7 (1.11)	3.4 (0.41)	30.4 (1.08)	24.5 (1.04)
\$100,000 or more	100.0	16.5 (0.66)	20.6 (0.69)	62.9 (0.82)	100.0	33.9 (0.81)	3.3 (0.31)	32.0 (0.77)	30.9 (0.79)
Poverty status⁹									
Poor	100.0	43.5 (1.15)	17.7 (0.73)	38.8 (1.16)	100.0	58.5 (1.16)	2.8 (0.31)	24.8 (0.88)	13.9 (0.85)
Near poor	100.0	42.0 (0.98)	20.7 (0.72)	37.3 (0.88)	100.0	59.5 (0.90)	3.2 (0.32)	25.2 (0.78)	12.1 (0.57)
Not poor	100.0	25.3 (0.48)	20.3 (0.39)	54.3 (0.50)	100.0	42.2 (0.50)	3.6 (0.18)	29.4 (0.44)	24.9 (0.42)

Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Health insurance coverage ¹⁰									
Under 65:									
Private	100.0	22.5 (0.51)	20.5 (0.44)	57.0 (0.56)	100.0	39.7 (0.55)	3.3 (0.19)	30.7 (0.48)	26.3 (0.48)
Medicaid	100.0	43.4 (1.18)	19.8 (0.92)	36.8 (1.14)	100.0	60.0 (1.13)	3.3 (0.40)	25.1 (1.01)	11.6 (0.83)
Other coverage	100.0	40.2 (1.88)	19.7 (1.38)	40.2 (1.85)	100.0	56.2 (1.88)	3.5 (0.70)	21.3 (1.53)	19.0 (1.44)
Uninsured	100.0	38.1 (1.20)	17.4 (0.86)	44.5 (1.18)	100.0	53.1 (1.17)	2.4 (0.36)	26.9 (1.04)	17.5 (0.91)
65 and over:									
Private	100.0	39.3 (1.13)	20.4 (0.94)	40.4 (1.19)	100.0	55.0 (1.20)	4.8 (0.49)	25.1 (1.01)	15.1 (0.89)
Medicare and Medicaid	100.0	61.0 (2.62)	15.3 (1.80)	23.8 (2.39)	100.0	73.3 (2.42)	2.9 (0.72)	19.3 (2.33)	4.5 (0.92)
Medicare Advantage	100.0	39.7 (1.49)	21.0 (1.25)	39.3 (1.53)	100.0	55.3 (1.54)	5.5 (0.70)	24.7 (1.32)	14.5 (1.16)
Medicare only	100.0	48.9 (1.96)	19.9 (1.50)	31.2 (1.81)	100.0	64.6 (1.88)	4.1 (0.71)	21.3 (1.64)	10.0 (1.08)
Other coverage	100.0	45.8 (2.91)	21.4 (2.09)	32.8 (2.61)	100.0	63.2 (2.85)	4.2 (1.10)	24.6 (2.25)	7.9 (1.46)
Uninsured	100.0	48.1 (8.59)	25.5 (7.38)	26.3 (7.36)	100.0	64.0 (8.16)	*	*19.4 (6.17)	*
Marital status									
Married	100.0	28.6 (0.57)	21.4 (0.44)	50.0 (0.57)	100.0	46.6 (0.58)	3.5 (0.20)	29.8 (0.49)	20.1 (0.44)
Widowed	100.0	51.2 (1.26)	19.6 (0.95)	29.2 (1.13)	100.0	65.8 (1.20)	5.1 (0.51)	20.3 (1.00)	8.8 (0.69)
Divorced or separated	100.0	38.1 (0.96)	19.7 (0.75)	42.2 (0.96)	100.0	54.3 (0.98)	3.6 (0.32)	24.9 (0.80)	17.3 (0.72)
Never married	100.0	27.5 (0.78)	17.1 (0.64)	55.4 (0.89)	100.0	41.2 (0.88)	3.4 (0.33)	27.2 (0.76)	28.2 (0.82)
Living with a partner	100.0	30.3 (1.42)	19.8 (1.19)	49.9 (1.43)	100.0	47.6 (1.41)	2.5 (0.46)	29.2 (1.28)	20.7 (1.16)
Place of residence ¹¹									
Large MSA	100.0	28.7 (0.54)	20.2 (0.43)	51.1 (0.57)	100.0	45.4 (0.57)	3.5 (0.20)	28.6 (0.49)	22.5 (0.47)
Small MSA	100.0	30.5 (0.92)	19.8 (0.62)	49.6 (0.82)	100.0	47.2 (0.86)	3.3 (0.23)	28.7 (0.66)	20.8 (0.62)
Not in MSA	100.0	40.7 (1.40)	20.0 (0.88)	39.3 (1.12)	100.0	56.9 (1.11)	3.9 (0.37)	24.4 (0.92)	14.9 (0.69)
Region									
Northeast	100.0	32.7 (0.98)	19.1 (0.73)	48.3 (1.03)	100.0	48.2 (1.02)	3.6 (0.35)	27.2 (0.90)	21.0 (0.82)
Midwest	100.0	30.6 (0.96)	22.0 (0.71)	47.4 (0.82)	100.0	48.9 (0.84)	3.8 (0.30)	27.0 (0.72)	20.3 (0.64)
South	100.0	34.2 (0.80)	18.8 (0.52)	47.1 (0.78)	100.0	49.4 (0.80)	3.5 (0.26)	27.2 (0.61)	19.9 (0.58)
West	100.0	24.9 (0.80)	20.9 (0.65)	54.2 (0.84)	100.0	42.8 (0.81)	3.1 (0.24)	31.0 (0.71)	23.2 (0.71)

Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2015

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only ¹	Insufficiently active with respect to aerobic activity guidelines only ¹	Sufficiently active (met aerobic activity guidelines only) ¹	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening ¹	Met full muscle-strengthening guidelines only ¹	Met full aerobic activity guidelines only ¹	Met full guidelines for both aerobic activity and muscle-strengthening ¹
Hispanic or Latino origin ⁴ , race, and sex									
Hispanic or Latino, male	100.0	37.3 (1.40)	15.7 (0.94)	47.0 (1.34)	100.0	49.5 (1.36)	3.4 (0.47)	25.2 (1.18)	21.9 (1.09)
Hispanic or Latina, female	100.0	37.6 (1.14)	20.1 (0.93)	42.3 (1.16)	100.0	55.1 (1.15)	2.8 (0.40)	28.3 (1.07)	13.9 (0.86)
Not Hispanic or Latino:									
White, single race, male	100.0	27.3 (0.72)	19.0 (0.58)	53.7 (0.76)	100.0	42.9 (0.75)	3.4 (0.25)	29.2 (0.65)	24.4 (0.65)
White, single race, female	100.0	29.9 (0.67)	21.6 (0.54)	48.5 (0.72)	100.0	47.9 (0.73)	3.7 (0.26)	28.8 (0.64)	19.6 (0.54)
Black or African American, single race, male	100.0	32.1 (1.58)	17.1 (1.18)	50.7 (1.67)	100.0	45.3 (1.70)	4.0 (0.60)	22.0 (1.30)	28.6 (1.58)
Black or African American, single race, female	100.0	43.8 (1.38)	21.3 (1.13)	35.0 (1.27)	100.0	61.8 (1.34)	3.3 (0.57)	22.1 (1.07)	12.8 (0.87)

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.
 - Quantity zero.

¹Measures of physical activity shown in this table reflect the federal "2008 Physical Activity Guidelines for Americans" (available from: <http://www.health.gov/PAGuidelines/>). This table shows the percentages of adults who met the guidelines' aerobic activity component and the percentages of adults who met the full guidelines for both aerobic activity and muscle-strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults should perform at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Aerobic activity should be performed in episodes of at least 10 minutes that are preferably spread throughout the week. The guidelines also recommend that adults perform muscle-strengthening activities of moderate or high intensity involving all major muscle groups on 2 or more days a week for additional health benefits. NHIS questions ask about frequency and duration of light-to moderate-intensity and vigorous-intensity leisure-time physical activities, and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

Categories with respect to only the aerobic activity guidelines are mutually exclusive. "Inactive with respect to aerobic activity guidelines only" is participating in no leisure-time aerobic activity that lasted at least 10 minutes. "Insufficiently active with respect to aerobic activity guidelines only" is participating in aerobic activities for 10 minutes or more but less than 150 minutes per week. "Sufficiently active (met aerobic activity guidelines only)" is participating in moderate-intensity leisure-time physical activity 150 minutes or more per week, or in vigorous-intensity leisure-time physical activity 75 minutes or more per week, or an equivalent combination.

Categories with respect to the full guidelines are mutually exclusive. Adults who did not meet the full guidelines for either aerobic activity or muscle-strengthening may have engaged in lesser amounts of activity. Meeting the full muscle-strengthening guidelines only means participating in leisure-time muscle-strengthening activities 2 or more days per week with either no leisure-time aerobic activity or aerobic activity that did not meet the guidelines. Meeting the full aerobic activity guidelines only means participating in moderate-intensity leisure-time physical activities 150 minutes or more per week or vigorous-intensity activities 75 minutes or more per week, or an equivalent combination, and not meeting the muscle-strengthening guidelines. The sum of percentages for adults who met the aerobic-only guidelines and for those who met both the aerobic and muscle-strengthening guidelines equals (within rounding error) the percentage of adults identified as "sufficiently active" according to the 2008 federal guidelines for aerobic activity. See the Technical Notes for more information.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

⁸Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

⁹"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

¹⁰Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

¹¹MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarreal MA. Tables of Summary Health Statistics for U.S. Adults: 2015 National Health Interview Survey. National Center for Health Statistics. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2015.