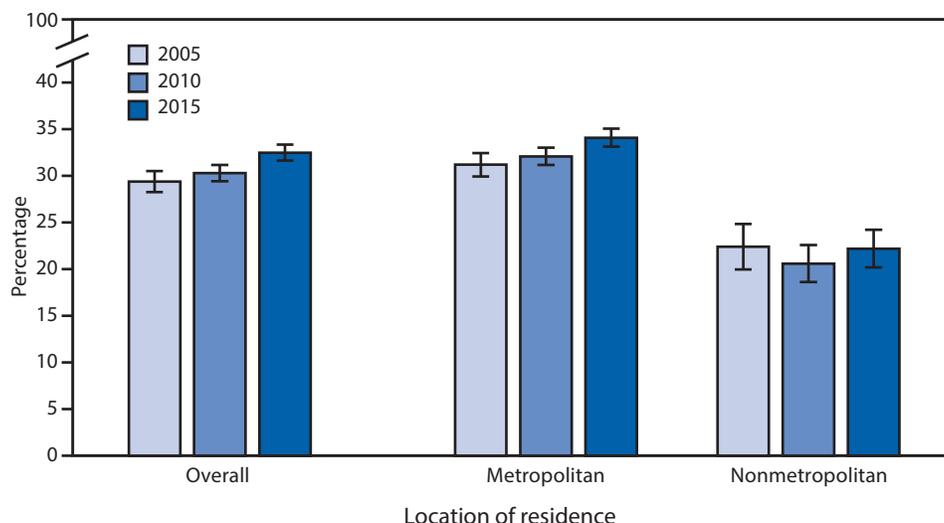


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Aged ≥ 18 Years Who Walked ≥ 10 Minutes as a Method of Transportation,[†] by Location of Residence[§] — National Health Interview Survey, United States, 2005, 2010, and 2015[¶]



* Percentages shown with 95% confidence intervals.

[†] Based on the response of “yes” to the survey question, “During the past 7 days, did you walk to get some place that took you at least 10 minutes?” This was the first of a series of questions that asked about walking for transportation. Questions about walking for other reasons like relaxation or exercise were asked separately and were not included in these estimates.

[§] Based on the household residence location. Metropolitan is located within a metropolitan statistical area, defined as a county or group of contiguous counties that contains at least one urbanized area of $\geq 50,000$ population. Surrounding counties with strong economic ties to the urbanized area also are included. Nonmetropolitan areas do not include a large urbanized area and are typically thought of as more rural.

[¶] 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.

Overall, the percentage of adults aged ≥ 18 years that walked as a method of transportation increased from 29.4% in 2005 to 32.5% in 2015. A similar pattern was observed for adults residing in metropolitan locations (31.2% to 34.1%) but there was no change for those residing in nonmetropolitan locations (22.4% to 22.2%). Regardless of year, adults residing in metropolitan locations were more likely to have walked as a method of transportation than were adults residing in nonmetropolitan locations.

Source: National Health Interview Survey, 2005, 2010, 2015 data. <https://www.cdc.gov/nchs/nhis.htm>.

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