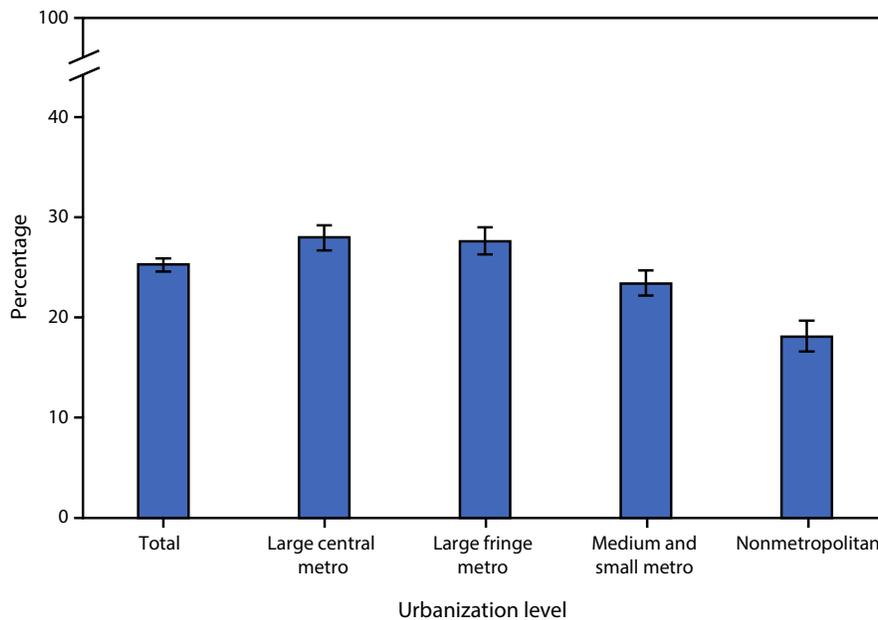


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Age-Adjusted Percentage* of Adults Aged ≥ 18 Years Who Met the 2018 Federal Physical Activity Guidelines for Both Muscle-Strengthening and Aerobic Physical Activity,[†] by Urbanization Level[§] — National Health Interview Survey, United States, 2020[¶]



* Age-adjusted percentages are based on the 2000 U.S. Census Bureau standard population, using age groups 18–34, 35–49, 50–64, and ≥ 65 years, with 95% CIs indicated by error bars.

[†] Per U.S. Department of Health and Human Services 2018 Physical Activity Guidelines for Americans, 2nd edition (<https://health.gov/paguidelines>). The aerobic physical activity guideline was met if the respondent reported engaging in ≥ 150 minutes per week of moderate-intensity aerobic physical activity or ≥ 75 minutes per week of vigorous-intensity aerobic physical activity, or an equivalent combination. The muscle-strengthening guideline was met if the respondent reported performing muscle-strengthening activities on ≥ 2 days per week.

[§] Urbanization level is based on county of residence using the National Center for Health Statistics Urban-Rural Classification Scheme for Counties. https://www.cdc.gov/nchs/data/series/sr_02/sr02_166.pdf

[¶] Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.

In 2020, 25.3% of adults aged ≥ 18 years met the 2018 federal physical activity guidelines for both muscle-strengthening and aerobic physical activity. The percentage meeting both guidelines was highest in adults living in large central metropolitan (28.0%) and large fringe metropolitan areas (27.6%), followed by those living in medium and small metropolitan areas (23.4%) and lowest in those living in nonmetropolitan areas (18.1%).

Source: National Center for Health Statistics, National Health Interview Survey, 2020. <https://www.cdc.gov/nchs/nhis.htm>

Reported by: Cynthia Reuben, MA, creuben@cdc.gov, 301-458-4458; Nazik Elgaddal, MS; Ellen A. Kramarow, PhD.