

2008 Physical Activity Guidelines for Americans



Trends in Meeting the 2008 Physical Activity Guidelines, 2008—2018												Overall Trend*	Period-Specific Trends*	
Percentage (95% Confidence Interval)														
2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018				
Adults engaging in no leisure-time physical activity														
36.2 (35.0-37.4)	32.3 (31.3-33.3)	32.4 (31.5-33.3)	31.6 (30.7-32.5)	29.6 (28.8-30.5)	30.3 (29.5-31.1)	30.0 (29.1-30.9)	30.0 (29.2-30.9)	26.9 (25.7-28.1)	25.9 (24.6-27.2)	25.4 (24.3-26.6)		↓ -0.9/year	None	
Adults meeting minimum aerobic physical activity guideline—Moderate-intensity for ≥ 150 minutes/week, or vigorous-intensity for ≥ 75 minutes/week, or an equivalent combination														
43.5 (42.4-44.6)	47.2 (46.2-48.2)	47.1 (46.2-48.0)	48.8 (47.9-49.7)	50.0 (49.1-50.8)	49.9 (49.1-50.8)	49.9 (49.0-50.8)	49.8 (48.9-50.6)	52.6 (51.5-53.7)	54.1 (52.9-55.2)	54.2 (53.2-55.3)		↑ 0.9/year	None	
Adults meeting high aerobic physical activity guideline—Moderate-intensity for > 300 minutes/week, or vigorous-intensity for > 150 minutes/week, or an equivalent combination														
28.4 (27.5-29.4)	31.2 (30.4-32.1)	31.7 (30.9-32.5)	33.1 (32.4-34.0)	34.3 (33.5-35.1)	34.3 (33.5-35.2)	34.0 (33.2-34.9)	33.6 (32.7-34.4)	35.9 (34.9-36.9)	37.0 (36.0-38.1)	37.4 (36.4-38.4)		↑ 0.7/year	↑2008-2012 (1.3/year) ↔ 2012-2015 ↑2015-2018 (1.2/year)	
Adults meeting muscle-strengthening guideline—Muscle-strengthening activities ≥ 2 days/week														
21.9 (21.2-22.7)	22.6 (21.8-23.3)	24.2 (23.4-24.9)	24.2 (23.5-24.9)	23.9 (23.2-24.5)	24.1 (23.4-24.9)	24.4 (23.7-25.2)	24.8 (24.2-25.5)	26.0 (25.1-26.9)	27.7 (26.8-28.6)	27.6 (26.8-28.5)		↑ 0.5/year	↑2008-2010 (1.1/year) ↔ 2010-2014 ↑2014-2018 (0.9/year)	
Adults meeting guidelines for aerobic physical activity and muscle-strengthening activity														
18.2 (17.5-19.0)	19.0 (18.3-19.7)	20.6 (19.9-21.3)	20.8 (20.2-21.5)	20.6 (20.0-21.2)	20.8 (20.1-21.4)	21.3 (20.6-22.0)	21.4 (20.8-22.1)	22.5 (21.7-23.3)	24.3 (23.5-25.2)	24.0 (23.2-24.9)		↑ 0.5/year	None	
Adolescents meeting aerobic physical activity guideline—Physically active ≥ 60 minutes per day on 7 days/week														
-	-	-	28.7 (27.1-30.3)	-	27.1 (25.5-28.8)	-	27.1 (25.4-28.8)	-	26.1 (24.1-28.3)	-		↔	None	
Adolescents meeting guideline for muscle-strengthening activity—Muscle-strengthening activities on ≥ 3 days/week														
-	-	-	55.6 (53.6-57.5)	-	51.7 (49.6-53.9)	-	53.4 (51.1-55.6)	-	51.1 (47.5-54.7)	-		↔	None	
Adolescents meeting guidelines for aerobic physical activity and muscle-strengthening activity														
-	-	-	21.9 (19.9-23.9)	-	21.6 (19.6-23.8)	-	20.5 (18.4-22.7)	-	20.0 (17.2, 23.0)	-		↔	None	

Adult estimates (18+ years) are based on data from the National Health Interview Survey (NHIS). Participation in moderate-intensity aerobic activity includes light- or moderate-intensity activities. Adult estimates are age adjusted to the projected 2000 US standard population using 5 age groups: 18–24, 25–34, 35–44, 45–64, and ≥65 years. Adolescent estimates (high school students) are based on data from the Youth Risk Behavior Surveillance System (YRBSS).

* Based on trend analyses using logistic regression models (adult models controlled for age). No significant or higher-order trends were identified for adolescents. For adults, significant linear and higher-order trends ($p < 0.05$) were present for all measures. When higher-order trends were present, the best-fitting model was identified using JoinPoint software. The average annual percentage point change is the slope of the linear trend line for the whole period or for segments identified in JoinPoint (high aerobic and muscle-strengthening guidelines).