

Statistical Fact Sheet

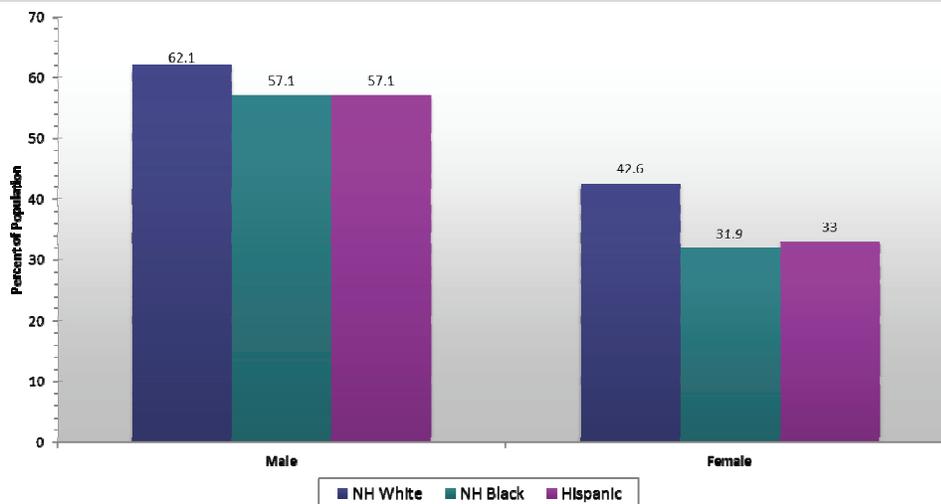
2013 Update

Physical Inactivity

Youth

- The proportion of adolescents who report engaging in no regular PA is high and varies by sex and race.
- Nationwide, 13.8% of adolescents were inactive during the previous 7 days, as indicated by their response that they did not participate in ≥ 60 minutes of any kind of PA that increased their heart rate and made them breathe hard on any 1 of the previous 7 days.
- Girls were more likely than boys to report inactivity (17.7% versus 10.0%).
- The prevalence of inactivity was highest among black (26.7%) and Hispanic (21.3%) girls, followed by white girls (13.7%), black boys (12.3%), Hispanic boys (10.7%), and white boys (8.5%).
- Nationwide, 31.1% of adolescents used a computer for activities other than school work (e.g., videogames or other computer games) for ≥ 3 hours per day on an average school day.

Prevalence of students in grades 9–12 who met currently recommended levels of physical activity during the past 7 days by race/ethnicity and sex



NH indicates non-Hispanic. Source: Youth Risk Behavior Surveillance: 2011.

hours per day was highest among black girls (54.9%) and boys (54.4%), followed by Hispanic boys (38.4%) and girls (37.2%) and white boys (27.3%) and girls (23.9%).

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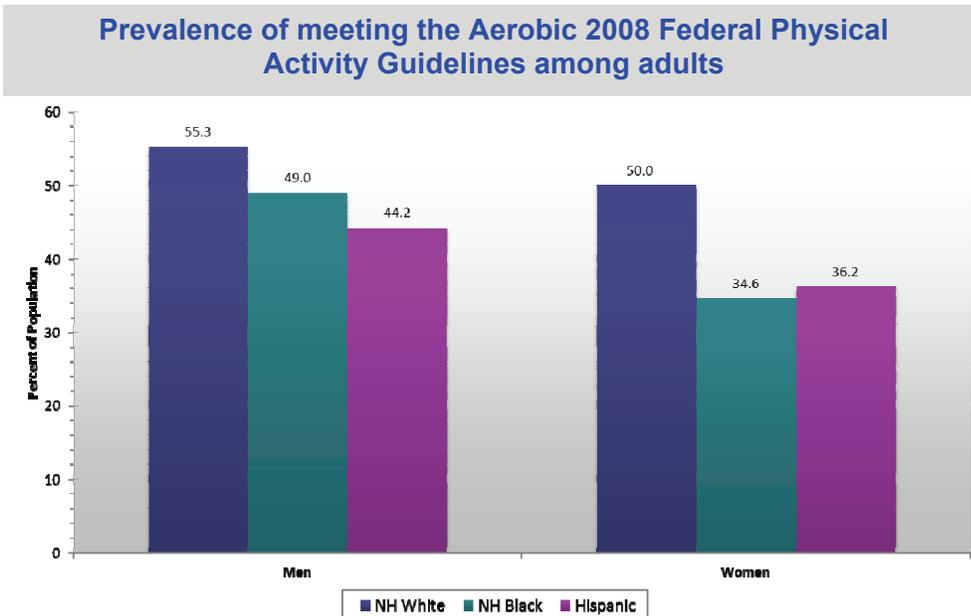
- The prevalence of using computers or watching television ≥ 3 hours per day was highest among black (41.1%) and Hispanic boys (36.3%), followed by white boys (33.3%), black girls (35.2%), Hispanic girls (28.3%), and white girls (22.6%).
- 32.4% of adolescents watched television for ≥ 3 hours per day.
- The prevalence of watching television ≥ 3

Adults

- Thirty-two percent do not engage in leisure-time PA (“no leisure-time PA/inactivity” refers to no sessions of light/moderate or vigorous PA of at least 10 minutes duration per day).⁷
- Inactivity was higher among women than men (33.2% versus 29.9%, age-adjusted) and increased with age from 26.1% to 33.4%, 40.0%, and 52.4% among adults 18 to 44, 45 to 64, 65 to 74, and ≥ 75 years of age, respectively.
- Non-Hispanic black and Hispanic adults were more likely to be inactive (41.1% and 42.2%, respectively) than were non-Hispanic white adults (27.7%) on the basis of age-adjusted estimates.
- Only 21.0% met the 2008 federal PA guidelines for both aerobic and strengthening activity, an important component of overall physical fitness.

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- Women (54.1%) were more likely than men (43.9%) to not meet the 2008 Federal PA guidelines on the basis of age-adjusted estimates from the 2010 NHIS.



- Among people age 18 and older, the following meet both the aerobic and strengthening portions of the 2008 Federal Physical Activity guidelines:
 - Non-Hispanic whites only, 21.3%
 - Non-Hispanic blacks only, 17.2%
 - Hispanics or Latinos, 14.4%.

- Hispanic/Latino adults (59.8%) and non-Hispanic black adults (58.8%) were more likely to not

NH indicates non-Hispanic. Percents are age-adjusted. Source: National Health Interview Survey, 2011.

meet the federal PA guidelines than non-Hispanic white (47.4%) adults, according to age-adjusted estimates.

- The percentage of adults ≥25 years of age not meeting the full (aerobic and muscle-strengthening) federal PA guidelines was inversely associated with education; participants with no high school diploma (68.4%), a high school diploma (59.0%), some college (48.2%), or a bachelor's degree or higher (34.0%), respectively, did not meet the full federal PA guidelines.

For additional information, charts and tables, see Chapter 4 of [Heart Disease & Stroke Statistics - 2013 Update](#).

Additional charts may be downloaded directly from the online publication at: <http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad>

Or at: www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:

Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, Borden WB, Bravata DM, Dai S, Ford ES, Fox CS, Franco S, Fullerton HJ, Gillespie C, Hailpern SM, Heit JA, Howard VJ, Huffman MD, Kissela BM, Kittner SJ, Lackland DT, Lichtman JH, Lisabeth LD, Magid D, Marcus GM, Marelli A, Matchar DB, McGuire DK, Mohler ER, Moy CS, Mussolino ME, Nichol G, Paynter NP, Schreiner PJ, Sorlie PD, Stein J, Turan TN, Virani SS, Wong ND, Woo D, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2013 update: a report from the American Heart Association. *Circulation*. 2013;127:e6-e245.

If you have questions about statistics or any points made in the 2013 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org.

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