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.
- 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 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%).

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.
Physical Inactivity - 2013 Statistical Fact Sheet

- 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 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.

Prevalence of meeting the Aerobic 2008 Federal Physical Activity Guidelines among adults

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

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:

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.

Please direct all media inquiries to News Media Relations at inquiries@heart.org or 214-706-1173.