

**Data Brief 443. Physical Activity Among Adults Aged 18 and Over: United States, 2020**

**Data table for Figure 1. Percent distribution of adults aged 18 and over who met 2018 Physical Activity Guidelines for Americans for aerobic and muscle-strengthening activities: United States, 2020**

Response	Percent (95% confidence interval)	Standard error
Met strength only . . . . .	6.8 (6.3–7.2)	0.2
Met both criteria . . . . .	24.2 (23.5–25.0)	0.4
Met aerobic only . . . . .	22.7 (22.1–23.4)	0.3
Met neither criteria. . . . .	46.3 (45.4–47.2)	0.5

NOTES: Confidence intervals were calculated using the Korn-Graubard method for complex surveys. Adults met 2018 federal physical activity guidelines if they met both aerobic and muscle-strengthening guidelines outlined in U.S. Department of Health and Human Services 2018 *Physical Activity Guidelines for Americans, 2nd edition* (available from: <https://health.gov/paguidelines>). Aerobic guidelines for adults recommend at least 150 to 300 minutes a week of moderate-intensity, or 75 to 150 minutes a week of vigorous-intensity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Muscle-strengthening guidelines for adults recommend activities of moderate or greater intensity involving all major muscle groups on 2 days a week or more. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

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**Data table for Figure 2. Percentage of adults aged 18 and over who met 2018 Physical Activity Guidelines for Americans for aerobic and muscle-strengthening activities, by sex and age: United States, 2020**

Sex and age (years)	Percent (95% confidence interval)	Standard error
<b>Men</b>		
Total . . . . .	28.3 (27.2–29.4)	0.5
18–34. . . . .	41.3 (38.9–43.7)	1.2
35–49. . . . .	29.4 (27.5–31.4)	1.0
50–64. . . . .	21.6 (20.0–23.3)	0.8
65 and over . . . . .	15.3 (14.1–16.5)	0.6
<b>Women</b>		
Total . . . . .	20.4 (19.6–21.3)	0.5
18–34. . . . .	28.7 (26.6–30.9)	1.1
35–49. . . . .	22.7 (21.0–24.5)	0.9
50–64. . . . .	17.6 (16.2–19.0)	0.7
65 and over . . . . .	10.8 (9.8–11.9)	0.5

NOTES: Confidence intervals were calculated using the Korn-Graubard method for complex surveys. Adults met 2018 federal physical activity guidelines if they met both aerobic and muscle-strengthening guidelines outlined in U.S. Department of Health and Human Services 2018 *Physical Activity Guidelines for Americans, 2nd edition* (available from: <https://health.gov/paguidelines>). Aerobic guidelines for adults recommend at least 150 to 300 minutes a week of moderate-intensity, or 75 to 150 minutes a week of vigorous-intensity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Muscle-strengthening guidelines for adults recommend activities of moderate or greater intensity involving all major muscle groups on 2 days a week or more. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

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**Data table for Figure 3. Age-adjusted percentage of adults aged 18 and over who met 2018 Physical Activity Guidelines for Americans for aerobic and muscle-strengthening activities, by sex and race and Hispanic origin: United States, 2020**

Sex and race and Hispanic origin	Percent (95% confidence interval)	Standard error
Men		
Non-Hispanic White . . . . .	30.5 (29.3–31.7)	0.7
Non-Hispanic Black . . . . .	29.7 (26.7–32.8)	1.6
Hispanic . . . . .	23.5 (20.9–26.2)	1.3
Non-Hispanic Asian . . . . .	30.2 (26.5–34.1)	1.8
Women		
Non-Hispanic White . . . . .	24.3 (23.3–25.3)	0.6
Non-Hispanic Black . . . . .	16.5 (14.5–18.6)	1.1
Hispanic . . . . .	18.0 (15.7–20.6)	1.2
Non-Hispanic Asian . . . . .	16.7 (13.7–20.1)	1.6

NOTES: Confidence intervals were calculated using the Korn-Graubard method for complex surveys. Adults met 2018 federal physical activity guidelines if they met both aerobic and muscle-strengthening guidelines outlined in U.S. Department of Health and Human Services 2018 *Physical Activity Guidelines for Americans, 2nd edition* (available from: <https://health.gov/paguidelines>). Aerobic guidelines for adults recommend at least 150 to 300 minutes a week of moderate-intensity, or 75 to 150 minutes a week of vigorous-intensity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Muscle-strengthening guidelines for adults recommend activities of moderate or greater intensity involving all major muscle groups on 2 days a week or more. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

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**Data table for Figure 4. Age-adjusted percentage of adults aged 18 and over who met 2018 Physical Activity Guidelines for Americans for aerobic and muscle-strengthening activities, by sex and family income as percentage of federal poverty level: United States, 2020**

Sex and family income as percentage of FPL	Percent (95% confidence interval)	Standard error
Men		
Less than 100% FPL . . . . .	16.2 (13.5–19.2)	1.5
100%–199% FPL . . . . .	20.0 (17.7–22.5)	1.4
200% FPL or more . . . . .	32.4 (31.2–33.5)	0.6
Women		
Less than 100% FPL . . . . .	9.9 (8.1–11.9)	1.0
100%–199% FPL . . . . .	13.6 (12.0–15.3)	1.0
200% FPL or more . . . . .	25.9 (24.9–26.9)	0.6

NOTES: Confidence intervals were calculated using the Korn-Graubard method for complex surveys. Adults met 2018 federal physical activity guidelines if they met both aerobic and muscle-strengthening guidelines outlined in U.S. Department of Health and Human Services 2018 *Physical Activity Guidelines for Americans, 2nd edition* (available from: <https://health.gov/paguidelines>). Aerobic guidelines for adults recommend at least 150 to 300 minutes a week of moderate-intensity, or 75 to 150 minutes a week of vigorous-intensity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Muscle-strengthening guidelines for adults recommend activities of moderate or greater intensity involving all major muscle groups on 2 days a week or more. FPL is federal poverty level, which is based on the ratio of the family's income in the previous calendar year to the appropriate poverty threshold defined by the U.S. Census Bureau. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.