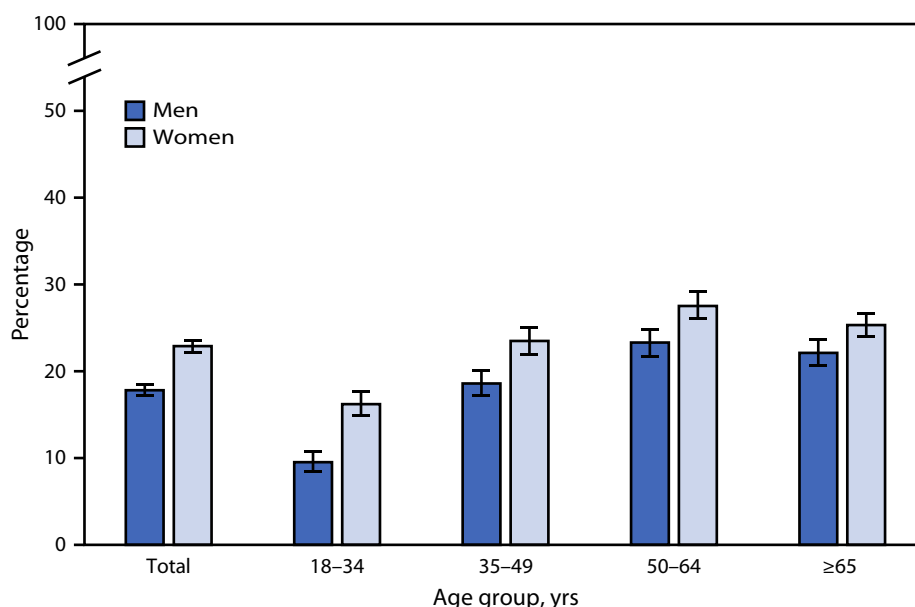


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Aged ≥ 18 Years Who Were Advised During the Past 12 Months by a Doctor or Other Health Professional to Increase Their Amount of Physical Activity or Exercise,[†] by Age Group and Sex — National Health Interview Survey, United States, 2022[§]



* With 95% CIs indicated by error bars.

[†] Based on a response of “yes” to the survey question, “During the past 12 months, has a doctor or other health professional advised you to increase the amount of physical activity or exercise you get?”

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

In 2022, among adults aged ≥ 18 years, women were more likely than men (22.9% versus 17.8%) to be advised during the past 12 months by a doctor or other health professional to increase their amount of physical activity or exercise. Percentages were higher among women than men in all age groups: 16.2% versus 9.5% among adults aged 18–34 years, 23.5% versus 18.6% among those aged 35–49 years, 27.5% versus 23.3% among those aged 50–64 years, and 25.3% versus 22.1% among those aged ≥ 65 years. Among both men and women, the percentage of those who were advised during the past 12 months by a doctor or other health professional to increase their amount of physical activity or exercise was lowest among those aged 18–34 years.

Source: National Center for Health Statistics, National Health Interview Survey, 2022. <https://www.cdc.gov/nchs/nhis.htm>

Reported by: Nazik Elgaddal, MS, nelgaddal@cdc.gov.