

22

Physical Activity and Fitness

Physical Activity in Adults

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- 22-2 Moderate physical activity
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Muscular Strength/Endurance and Flexibility

- 22-4 Muscular strength and endurance
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Physical Activity in Children and Adolescents

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Physical Activity in Adults

22-1. Reduce the proportion of adults who engage in no leisure-time physical activity.

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective	Adapted from 1.5 (Physical Activity and Fitness).
Measure	Percent (age adjusted—see Comments).
Baseline	40 (1997).
Numerator	Number of adults aged 18 years and older who report that they never or are unable to do light or moderate physical activity for at least 20 minutes (at least 10 minutes after 1997) and that they never or are unable to do vigorous physical activity for at least 20 minutes (at least 10 minutes after 1997).
Denominator	Number of adults aged 18 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Data	<p>From the 1997 National Health Interview Survey:</p> <ul style="list-style-type: none">➤ <i>How often do you do VIGOROUS activities for AT LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate?</i> <i>Never</i> <i>Unable to do this type activity</i> _____ <i>times per day/week/month/year</i><ul style="list-style-type: none">○ <i>About how long do you do these vigorous activities each time?</i> _____ <i>minutes/hours</i>➤ <i>How often do you do LIGHT OR MODERATE activities for AT LEAST 10 MINUTES that cause ONLY LIGHT sweating or a SLIGHT TO MODERATE increase in breathing or heart rate?</i> <i>Never</i> <i>Unable to do this type activity</i> _____ <i>times per day/week/month/year</i>

➤ *About how long do you do these light or moderate activities each time?*

_____ *minutes/hours*

Expected Periodicity

Annual.

Comments

Adults are classified as not engaging in leisure time physical activity if they answer “never” or “Unable to do this type of activity” to both the vigorous and moderate physical activity questions. Responses of “over 28 times per week” to either vigorous or moderate or both sets of questions were eliminated from the Denominator.

Although the 1997 baseline reflects responses of “never” or “unable [to do physical activities] for at least 20 minutes,” the question has been changed. Future updates for this objective will use a smaller time reference of 10 minutes. Estimates are expected to decline slightly.

Data are age adjusted to the 2000 standard population. Age-adjusted percents are weighted sums of age-specific percents. For a discussion on age adjustment, see Part A, section 5.

National and State estimates are not comparable; the questions are different. Also, the national survey is administered by personal interview, and the State survey is administered by telephone. Neither survey accounts for people who report no leisure-time physical activity who may not necessarily have a sedentary lifestyle; their jobs may require regular or vigorous physical activity that is not reported in response to these questions.

This objective is measured differently from the Healthy People 2000 objective. A discussion on measuring objective 1.5 can be found in Healthy People 2000 Statistical Notes.¹

See Part C for descriptions of NHIS and BRFSS and Appendix A for focus area contact information.



22-2. Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective	Adapted from 1.3 (Physical Activity and Fitness) (also 15.11 and 17.13).
Leading Health Indicator	Physical Activity.
Measure	Percent (age adjusted—see Comments).
Baseline	15 (1997).
Numerator	Number of adults aged 18 years and older who report light or moderate physical activity for at least 30 minutes five or more times per week.
Denominator	Number of adults aged 18 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Data	From the 1997 National Health Interview Survey: ➤ <i>How often do you do LIGHT OR MODERATE activities for AT LEAST 10 MINUTES that cause ONLY LIGHT sweating or a SLIGHT TO MODERATE increase in breathing or heart rate?</i> <i>Never</i> <i>Unable to do this type activity</i> <i>_____ times per day/week/month/year</i> ○ <i>About how long do you do these light or moderate activities each time?</i> <i>_____ minutes/hours</i>
Expected Periodicity	Annual.
Comments	Adults are classified as participating in light or moderate physical activity if they answer 5 to 28 times per week and 30 to 720 minutes for each time. Data are age adjusted to the 2000 standard population. Age-adjusted percents are weighted sums of age-specific percents. For a discussion on age adjustment, see Part A, section 5.

Current national and State estimates are not comparable; the questions are different. Also, the national survey is administered by personal interview, and the State survey is administered by telephone. Neither survey accounts for people whose jobs may require regular or vigorous physical activity that is not reported in response to these questions.

This objective is measured differently from the Healthy People 2000 objective; the new questions generally produce smaller estimates of moderate physical activity. A discussion on measuring objective 1.3 can be found in Healthy People 2000 Statistical Notes.¹

This objective is one of the measures used to track the Physical Activity Leading Health Indicator. See Appendix H for a complete listing.

See Part C for descriptions of NHIS and BRFSS and Appendix A for focus area contact information.



22-3. Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective	Adapted from 1.4 (Physical Activity and Fitness).
Measure	Percent (age adjusted—see Comments).
Baseline	23 (1997).
Numerator	Number of adults aged 18 years and older who report participating in vigorous physical activity for at least 20 minutes three or more times per week.
Denominator	Number of adults aged 18 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.

Questions Used To Obtain the National Data

From the 1997 National Health Interview Survey:

- *How often do you do VIGOROUS activities for AT LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate?*

Never

Unable to do this type activity

_____ *times per day/week/month/year*

- *About how long do you do these vigorous activities each time?*

_____ *minutes/hours*

Expected Periodicity

Annual.

Comments

Adults are classified as participating in vigorous physical activity if they answer 3 to 28 times per week and 20 to 720 minutes for each time.

Data are age adjusted to the 2000 standard population. Age-adjusted percents are weighted sums of age-specific percents. For a discussion on age adjustment, see Part A, section 5.

Current national and State estimates are not comparable; the questions are different. Also, the national survey is administered by personal interview, and the State survey is administered by telephone. Neither survey accounts for people whose jobs may require regular or vigorous physical activity that is not reported in response to these questions.

This objective is measured differently from the Healthy People 2000 objective; the new questions generally produce larger estimates of vigorous physical activity. A discussion on measuring objective 1.4 can be found in Healthy People 2000 Statistical Notes.¹

See Part C for descriptions of NHIS and BRFSS and Appendix A for focus area contact information.



Muscular Strength/Endurance and Flexibility

22-4. Increase the proportion of adults who perform physical activities that enhance and maintain muscular strength and endurance.

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Not identified.
Healthy People 2000 Objective	Adapted from 1.6 (Physical Activity and Fitness).
Measure	Percent (age adjusted—see Comments).
Baseline	18 (1998).
Numerator	Number of adults aged 18 years and older who report doing physical activities specifically designed to strengthen muscles at least twice a week.
Denominator	Number of adults aged 18 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Data	<p>From the 1998 National Health Interview Survey:</p> <p>➤ <i>How often do you do physical activities specifically designed to STRENGTHEN your muscles such as lifting weights or doing calisthenics? (Include all such activities even if you have mentioned them before.)</i></p> <p><i>Never</i> <i>Unable to do this type activity</i> <i>_____ times per day/week/month/year</i></p>
Expected Periodicity	Annual.
Comments	<p>For this objective, adults were classified as doing strengthening activities if they responded that they did these activities 2 to 28 times per week.</p> <p>Data are age adjusted to the 2000 standard population. Age-adjusted percents are weighted sums of age-specific percents. For a discussion on age adjustment, see Part A, section 5.</p> <p>State data do not come from a specific question about strengthening activities. Rather, the respondent is asked about participating in any physical activities or exercises and, if so, what type. These data are not comparable with national data.</p>

This objective is measured differently from the Healthy People 2000 objective. A discussion on measuring objective 1.6 can be found in Healthy People 2000 Statistical Notes.¹

See Part C for descriptions of NHIS and Appendix A for focus area contact information.



22-5. Increase the proportion of adults who perform physical activities that enhance and maintain flexibility.

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Not identified.
Healthy People 2000 Objective	Adapted from 1.6 (Physical Activity and Fitness)
Measure	Percent (age adjusted—see Comments).
Baseline	30 (1998).
Numerator	Number of adults aged 18 years and older who report doing stretching exercises in the past 2 weeks.
Denominator	Number of adults aged 18 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Data	From the 1998 National Health Interview Survey: ➤ <i>In the past 2 weeks, beginning Monday, (date), and ending this past Sunday, (date), have you done any of the following exercises, sports, or physically active hobbies...</i> [Response categories include:] <i>Stretching exercises?</i>
Expected Periodicity	Periodic.
Comments	This objective is measured in the same way as the flexibility part of Healthy People 2000 objective 1.6. However, it differs from objective 1.6, which tracked ages 18 to 64 years only. A discussion of the measurement of objective 1.6 can be found in Healthy People 2000 Statistical Notes. ¹

Data are age adjusted to the 2000 standard population. Age-adjusted percents are weighted sums of age-specific percents. For a discussion on age adjustment, see Part A, section 5.

See Part C for descriptions of NHIS and Appendix A for focus area contact information.



Physical Activity in Children and Adolescents

22-6. Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days.

National Data Source	Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.
State Data Source	Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.
Healthy People 2000 Objective	Adapted from 1.3 (Physical Activity and Fitness) (also 15.11 and 17.13).
Measure	Percent.
Baseline	27 (1999).
Numerator	Number of students in grades 9 through 12 who report participating for at least 30 minutes in physical activity that did not make them sweat or breathe hard on 5 or more of the 7 days preceding the survey.
Denominator	Number of students in grades 9 through 12.
Population Targeted	Students in grades 9 through 12.
Questions Used to Obtain the National Data	From the 1999 Youth Risk Behavior Surveillance System:

- *On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?*

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

Expected Periodicity Biennial.

Comments This objective differs from Healthy People 2000 objective 1.3, which tracked moderate physical activity in adults only.

See Part C for a description of YRBSS and Appendix A for focus area contact information.



22-7. Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

National Data Source Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.

State Data Source Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.

Healthy People 2000 Objective Adapted from 1.4 (Physical Activity and Fitness).

Leading Health Indicator Physical Activity.

Measure Percent.

Baseline 65 (1999).

Numerator Number of students in grades 9 through 12 who report exercising or participating for at least 20 minutes in physical activity that made them sweat and breathe hard on 3 or more of the 7 days preceding the survey.

Denominator	Number of students in grades 9 through 12.
Population Targeted	Students in grades 9 through 12.
Questions Used To Obtain the National Data	<p>From the 1999 Youth Risk Behavior Surveillance System:</p> <p>➤ <i>On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?</i></p> <p><i>0 days</i> <i>1 day</i> <i>2 days</i> <i>3 days</i> <i>4 days</i> <i>5 days</i> <i>6 days</i> <i>7 days</i></p>
Expected Periodicity	Biennial.
Comments	<p>This objective differs from Healthy People 2000 objective 1.4, which used different question wording. The former YRBSS question was: “On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?”</p> <p>This objective is one of the measures used to track the Physical Activity Leading Health Indicator. See Appendix H for a complete list.</p> <p>See Part C for a description of YRBSS and Appendix A for focus area contact information.</p>



22-8. Increase the proportion of the Nation’s public and private schools that require daily physical education for all students.

22-8a. Middle and junior high schools.

National Data Source School Health Policies and Programs Study (SHPPS), CDC, NCCDPHP.

State Data Source	School Health Policies and Programs Study (SHPPS), CDC, NCCDPHP.
Healthy People 2000 Objective	Not applicable.
Measure	Percent.
Baseline	17 (1994).
Numerator	Number of public and private middle and junior high schools for which physical education (PE) is offered 5 days a week, and the number of years of required PE equals the number of grades in the school.
Denominator	Number of public and private middle and junior high schools.
Population Targeted	Public and private middle and junior high schools.
Questions Used To Obtain the National Data	<p>From the 1994 School Health Policies and Programs Study Physical Education School Questionnaire:</p> <ul style="list-style-type: none"> ➤ <i>[Question 3] How much physical education are students required to take while attending this school? Please count all of a student's physical education requirements.</i> <p><i>Number of units required:</i></p> <ul style="list-style-type: none"> <i>Years</i> <i>Semesters</i> <i>Trimesters</i> <i>Quarters</i> <i>Weeks</i> <i>Carnegie units</i> <i>Other (SPECIFY UNIT):</i> ➤ <i>[Question 8] During required physical education courses, how many days per week do students attend class? CHECK THE ONE BEST ANSWER (1-7):</i> <ul style="list-style-type: none"> <i>(1) One day</i> <i>(2) Two days</i> <i>(3) Two days one week/ three days the next (alternating)</i> <i>(4) Three days</i> <i>(5) Four days</i> <i>(6) Five days</i> <i>(7) Differs by grade — GO ON TO NEXT QUESTION</i>

- *[Question 9] How many days per week do students attend required physical education courses by grade in your school? CHECK BOX (1-7) AND RECORD NUMBER OF DAYS FOR EACH GRADE THAT TAKES REQUIRED PHYSICAL EDUCATION.*

Days per week

- (1) 6th
- (2) 7th
- (3) 8th
- (4) 9th
- (5) 10th
- (6) 11th
- (7) 12th

Expected Periodicity	Periodic.
Comments	<p>From question 3, the number of units (semesters, quarters, etc.) of PE that students were required to take while attending the particular school were standardized to years of required PE. If the number of years of required PE (from question 9) equaled the number of grades in that school (from another database), and if the response to question 8 was all 5 days, students were considered to be required to take PE 5 days a week for each year they attended that school.</p> <p>See Part C for a description of SHPPS and Appendix A for focus area contact information.</p>



22-8b. Senior high schools.

National Data Source	School Health Policies and Programs Study (SHPPS), CDC, NCCDPHP.
State Data Source	School Health Policies and Programs Study (SHPPS), CDC, NCCDPHP.
Healthy People 2000 Objective	Not applicable.
Measure	Percent.
Baseline	2 (1994).
Numerator	Number of public and private senior high schools for which physical education (PE) is offered 5 days a week, and the number of years of required PE equals the number of grades in the school.

Denominator	Number of public and private senior high schools.
Population Targeted	Public and private senior high schools.
Questions Used To Obtain the National Data	From the 1994 School Health Policies and Programs Study school physical education questionnaire: See Questions Used To Obtain the National Data provided with objective 22-8a.
Expected Periodicity	Periodic.
Comments	See Comments provided with objective 22-8a for more information.



22-9. Increase the proportion of adolescents who participate in daily school physical education.

National Data Source	Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.
State Data Source	Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.
Healthy People 2000 Objective	1.8 (Physical Activity and Fitness).
Measure	Percent.
Baseline	29 (1999).
Numerator	Number of students in grades 9 through 12 who report participating in physical education classes five times per week.
Denominator	Number of students in grades 9 through 12.
Population Targeted	Students in grades 9 through 12.
Questions Used To Obtain the National Data	From the 1999 Youth Risk Behavior Surveillance System:

➤ *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

0 days

1 day

2 days

3 days

4 days

5 days

Expected Periodicity Biennial.

Comments See Part C for a description of YRBSS and Appendix A for focus area contact information.



22-10. Increase the proportion of adolescents who spend at least 50 percent of school physical education class time being physically active.

National Data Source Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.

State Data Source Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.

Healthy People 2000 Objective 1.9 (Physical Activity and Fitness).

Measure Percent.

Baseline 38 (1999).

Numerator Number of students in grades 9 through 12 who report spending 21 or more minutes exercising or playing sports in physical education class three to five times a week.

Denominator Number of students in grades 9 through 12.

Population Targeted Students in grades 9 through 12.

Questions Used To Obtain the National Data From the 1999 Youth Risk Behavior Surveillance System:

- *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*
 - 0 days*
 - 1 day*
 - 2 days*
 - 3 days*
 - 4 days*
 - 5 days*
- *During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?*
 - I do not take PE*
 - Less than 10 minutes*
 - 10 to 20 minutes*
 - 21 to 30 minutes*
 - More than 30 minutes*

Expected Periodicity Biennial.

Comments See Part C for a description of YRBSS and Appendix A for focus area contact information.



22-11. Increase the proportion of adolescents who view television 2 or fewer hours on a school day.

National Data Source Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.

State Data Source Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.

Healthy People 2000 Objective Not applicable.

Measure Percent.

Baseline 57 (1999).

Numerator Number of students in grades 9 through 12 who report watching TV for 2 or fewer hours on an average school day.

Denominator Number of students in grades 9 through 12.

Population Targeted Students in grades 9 through 12.

Questions Used To Obtain the National Data From the 1999 Youth Risk Behavior Surveillance System:

- *On an average school day, how many hours do you watch TV?*

I do not watch TV on an average school day

Less than 1 hour per day

1 hour per day

2 hours per day

3 hours per day

4 hours per day

5 or more hours per day

Expected Periodicity Biennial.

Comments Students who report that they did not watch TV on an average school day or watched TV less than 1 hour per day, 1 hour per day, or 2 hours per day were classified as viewing television for 2 or fewer hours during a school day.

See Part C for a description of YRBSS and Appendix A for focus area contact information.



Access

22-12. (Developmental) Increase the proportion of the Nation's public and private schools that provide access to their physical activity spaces and facilities for all persons outside of normal school hours (that is, before and after the school day, on weekends, and during summer and other vacations).

Comments An operational definition could not be specified at the time of publication.

The expected national data source for this objective is the School Health Policies and Programs Study (SHPPS) Physical Education School Questionnaire, CDC, NCCDPHP, from which 2000 baseline data will be obtained.

The numerator will be the number of schools that allow children, adolescents, and adults who are not school employees to use any of the school's physical activity or athletic facilities outside of school hours or when school is not in session; the denominator will be the number of schools with indoor physical activity or athletic facilities.

The 2000 baseline data will be obtained by the following three questions:

- *Outside of school hours or when school is not in session, do children or adolescents use any of this school's physical activity or athletic facilities for...*
Community-sponsored sports teams?
Community-sponsored classes or lessons, such as tennis or gymnastics?
Community-sponsored supervised "open-gym" or "free play?"
- *Outside of school hours or when school is not in session, do adults who are not school employees use any of this school's physical activity or athletic facilities for...*
Community-sponsored sports teams?
Community-sponsored classes or lessons, such as tennis or aerobics?
Community-sponsored supervised "open-gym?"
- *Can children or adults in the community use this school's outdoor physical activity and athletic facilities without being in a supervised program?*

See Part C for a description of SHPPS and Appendix A for focus area contact information.



22-13. Increase the proportion of worksites offering employer-sponsored physical activity and fitness programs.

National Data Source	1999 National Worksite Health Promotion Survey (NWHPS), Association for Worksite Health Promotion (AWHP) and OPHS, ODPHP.
State Data Source	Not identified.
Healthy People 2000 Objective	Adapted from 1.10 (Physical Activity and Fitness).
Measure	Percent.
Baseline	46 (1998–99).
Numerator	Number of nongovernmental worksites with 50 or more employees offering employer-sponsored physical activity and fitness programs at the worksite or through their health plans.
Denominator	Number of nongovernmental worksites with 50 or more employees.

Population Targeted	Nongovernmental worksites with 50 or more employees.
Questions Used to Obtain the National Data	<p>From the 1999 National Worksite Health Promotion Survey:</p> <ul style="list-style-type: none"> ➤ <i>During the last 12 months, did you offer physical activity and/or fitness programs or activities to your employees at the worksite?</i> ➤ <i>During the last 12 months, did you offer physical activity and/or fitness programs or activities to your employees through one of your health plans?</i>
Expected Periodicity	Periodic.
Comments	<p>Worksites for which respondents answered “yes” to either question above were classified as offering employer-sponsored physical activity and fitness programs.</p> <p>This objective differs from Healthy People 2000 objective 1.10, which used different surveys, none of which asked about programs or activities through worksite health plans.</p> <p>See Part C for a description of NWHPS and Appendix A for focus area contact information.</p>



22-14. Increase the proportion of trips made by walking.

22-14a. Adults aged 18 years and older.

National Data Source	Nationwide Personal Transportation Survey (NPTS), DOT.
State Data Source	Not identified.
Healthy People 2000 Objective	Not applicable.
Measure	Percent (age adjusted—see Comments).
Baseline	17 (1995).
Numerator	Number of trips of 1 mile or less that adults aged 18 years and older report taking by walking on designated travel day.

Denominator	Number of trips of 1 mile or less that adults aged 18 years and older report taking on designated travel day.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used to Obtain the National Data	<p>From the 1995 Nationwide Personal Transportation Survey:</p> <p><i>Now I have some questions about all trips (you/Person) took (yesterday/on <u>Travel Day</u>), (including long trips that may have already been reported). For these questions, a "trip" is any time (you/Person) went from one address to another by car, bus, walking, bicycling, or some other means. For example, if you leave work, stop at the store, and then continue home that would be two trips—one to the store and one from the store to home.</i></p> <ul style="list-style-type: none"> ➤ <i>Did (you/Person) go anywhere (yesterday/on <u>Travel Day</u>)?</i> ➤ <i>(Excluding the trips taken as a regular part of the job), please tell me everywhere (you/Person) went (yesterday/on <u>Travel Day</u>). Remember, we want to know about any time (you/Person) went from one place to another for any purpose.</i> ➤ <i>Where did (you/Person) go first (yesterday/on <u>Travel Day</u>)?</i> ➤ <i>When (you/Person) left (<u>Destination</u>) where did (you/Person) go next?</i> <p>[Repeat question until no more trips....]</p> <p><i>Now I have a few questions about each trip.</i></p> <ul style="list-style-type: none"> ➤ <i>How far is it from where (you/Person) started to (<u>Destination</u>)? _____ miles</i> <p>[For nonsegmented trips:]</p> <ul style="list-style-type: none"> ➤ <i>How did (you/Person) get to (<u>Destination</u>)? That is, what means of transportation did (you/Person) use for this trip?</i> <p style="margin-left: 40px;"><i>Walk</i> <i>Bicycle</i></p> <p>[For multisegment trips:]</p> <ul style="list-style-type: none"> ➤ <i>What means of transportation did (you/Person) use for the (first/next) part of this trip to (<u>Destination</u>)?</i> <p style="margin-left: 40px;"><i>Walk</i> <i>Bicycle</i></p> <p>[Continue for additional segments...]</p>
Expected Periodicity	Periodic.
Comments	The 1995 NPTS sample design provided a scientific

sample of households with telephones in the United States, covering all 50 States and the District of Columbia. The sample was stratified by geography and time so that the data collection would be dispersed nearly uniformly throughout the country and across the data collection period. The sampling was also controlled by day of the week to capture variations in personal travel within a week. A Mitofsky-Waksberg random-digit-dialing design was used to select the sample telephone numbers, both listed and unlisted. The population of interest was defined as all persons aged 5 years and older.

Demographic data for each household member included age, sex, and race of the household reference person (person who owned or rented the home) and the relationship of each household member to the reference person, annual combined household income, and education.

The travel day was defined as beginning at 4:00 a.m. on the designated day and ending at 3:59 a.m. on the following day. In Quarter 1, a primary number was randomly assigned to each day of the week—one-seventh to each day. All households identified in the cluster associated with the primary number were assigned the same travel day. In Quarters 2, 3, and 4, every sample telephone number was randomly assigned a day of the week so that about one-seventh were assigned to each day. In general, telephone numbers were called the day after their assigned travel day.

Data for adults are age adjusted to the 2000 standard population. Age-adjusted percents are weighted sums of age-specific percents. For a discussion on age adjustment, see Part A, section 5.

The age groups used to age adjust the NPTS estimates are 18 to 24 years, 25 to 34 years, 35 to 44 years, 45 to 54 years, 55 to 64 years, 65 to 74 years, 75 to 84 years, and 85 years and older.

This objective is similar to Healthy People 2010 objective 8-2b; however, objective 8-2b does not specify distance, age, or purpose of trip.

See Appendix A for focus area contact information.



22-14b. Children and adolescents aged 5 to 15 years.

National Data Source	Nationwide Personal Transportation Survey (NPTS), DOT.
State Data Source	Not identified.
Healthy People 2000 Objective	Not applicable.
Measure	Percent.
Baseline	31 (1995).
Numerator	Number of trips to school of 1 mile or less that children and adolescents aged 5 to 15 years report taking by walking on designated travel day.
Denominator	Number of trips to school of 1 mile or less that children and adolescents aged 5 to 15 years report taking on designated travel day.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Data	From the 1995 Nationwide Personal Transportation Survey:

Now I have some questions about all trips (you/Person) took (yesterday/on Travel Day), (including long trips that may have already been reported). For these questions, a "trip" is any time (you/Person) went from one address to another by car, bus, walking, bicycling, or some other means. For example, if you leave work, stop at the store, and then continue home that would be two trips C one to the store and one from the store to home.

- *Did (you/Person) go anywhere (yesterday/on Travel Day)?*
- *(Excluding the trips taken as a regular part of the job), please tell me everywhere (you/Person) went (yesterday/on Travel Day). Remember, we want to know about any time (you/Person) went from one place to another for any purpose.*
- *Where did (you/Person) go first (yesterday/on Travel Day)?*
- *When (you/Person) left (Destination) where did (you/Person) go next?*

[Repeat question until no more trips....]

Now I have a few questions about each trip.

- *What was the main purpose of the trip to (Destination)?*
School/church
- *How far is it from where (you/Person) started to (Destination)?*
_____miles

[For nonsegmented trips:]

- *How did (you/Person) get to (Destination)? That is, what means of transportation did (you/Person) use for this trip?*
Walk
Bicycle

[For multisegment trips:]

- *What means of transportation did (you/Person) use for the (first/next) part of this trip to (Destination)?*
Walk
Bicycle

[Continue for additional segments...]

Expected Periodicity Periodic.

Comments See Comments provided with objective 22-14a for more information.



22-15. Increase the proportion of trips made by bicycling.

22-15a. Adults aged 18 years and older.

National Data Source Nationwide Personal Transportation Survey (NPTS), DOT.

State Data Source Not identified.

Healthy People 2000 Objective Not applicable.

Measure Percent.

Baseline 0.6 (1995).

Numerator Number of trips of 5 miles or less that adults aged 18 years and older report taking by bicycling on designated travel day.

Denominator	Number of trips of 5 miles or less that adults aged 18 years and older report taking on designated travel day.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Data	See Questions Used To Obtain the National Data provided with objective 22-14a.
Expected Periodicity	Periodic.
Comments	See Comments provided with objective 22-14a for more information. This objective is similar to Healthy People 2010 objective 8-2a; however, objective 8-2a does not specify distance, age, or purpose of trip. See Appendix A for focus area contact information.



22-15b. Children and adolescents aged 5 to 15 years.

National Data Source	Nationwide Personal Transportation Survey (NPTS), DOT.
State Data Source	Not identified.
Healthy People 2000 Objective	Not applicable.
Measure	Percent.
Baseline	2.4 (1995).
Numerator	Number of trips to school of 2 miles or less that children and adolescents aged 5 to 15 years report taking by bicycle on designated travel day.
Denominator	Number of trips to school of 2 miles or less that children and adolescents aged 5 to 15 years report taking on designated travel day.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Data	See Questions Used To Obtain the National Data provided with objective 22-14b.
Expected Periodicity	Periodic.

Comments

See Comments provided with objectives 22-14a and 22-15a for more information.

**Reference**

1. Chong, Y.; Klein, R.; Plepys, C.; et al. Operational definitions for year 2000 objectives: Priority area 1, Physical Activity and Fitness. *Healthy People 2000 Statistical Notes*, No. 18. Hyattsville, MD: National Center for Health Statistics, 1998.