

# SPORTS AND HEALTH IN AMERICA

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Harvard T.H. Chan School of Public Health



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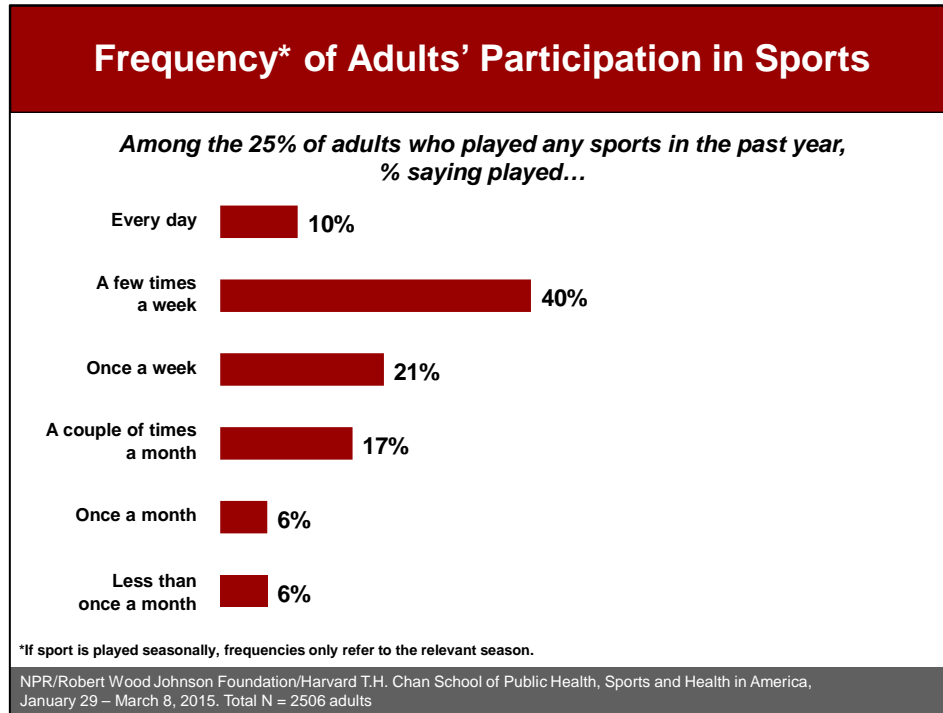
## REPORT SUMMARY

- **A majority of adults played sports when they were younger, but most do not play anymore.** While only one in four adults (25%) currently play sports, almost three in four adults (73%) aged 30+ played sports when they were younger.
- **When asked the sport they play most often, adults report playing more than 50 different types of sports,** ranging from hockey and fishing to martial arts and bowling. The top five sports played most often by adults overall are golf, basketball, baseball/softball, soccer, and running or track.
- **There is a striking gender gap in sports participation among adults.** Men are more than twice as likely as women (35% to 16%) to say they play sports. The top five sports played by men most often (including ties) are golf, basketball, soccer, baseball/softball, football, and running or track. The top five sports played by women most often are running or track, baseball/softball, tennis, volleyball, and swimming.
- **This gender gap does not exist among children.** Parents of middle school or high school aged children report that most boys and girls (76% and 70%) currently play sports.
- **There is a sharp decline in sports participation among adults as they age.** While 40% of 18-21 year olds and 41% of 22-25 year olds currently play sports, only 26% of 26-49 year olds play sports, and just 20% of adults aged 50+ play sports.
- **Lower-income adults are less than half as likely to play sports as higher-income adults.** Sports participation among adults varies by income, where only 15% of lower-income adults play sports (those with household incomes less than \$25,000/year), while 37% of higher-income adults play sports (those with household incomes of at least \$75,000/year).
- **Parents report that their children also participate in a wide range of sports,** ranging from field hockey and wrestling to volleyball and lacrosse. The top five sports played by boys most often (including ties) are basketball, soccer, football, baseball/softball, swimming, and running or track. The top five sports played by girls most often are basketball, baseball/softball, volleyball, soccer, and running or track.
- **The top two reasons adults say they play sports are for personal enjoyment and health.** A majority of adults who play sports do so for personal enjoyment (55%), while almost one in four (23%) of those who play do so for health-related reasons, including to improve health, to get into or stay in shape, or lose weight.
- **A majority of adults who play sports say it has improved their health.** More than half of adults who play sports report that it has reduced their stress (58%), improved their mental health (54%), or improved their physical health (51%) a great deal or quite a bit. Considering only the top five sports played most often by adults, those who do running or track or play soccer are more likely to say that it has improved their physical health than those who play other sports.

- **For adults who play sports, how they play is important to them.** The vast majority of adults who play sports (85%) say their performance is important to them. Winning is also important to a majority of adults who play sports (56%).
- **Adults who have not played sports in the past year primarily cite health reasons, lack of time, and lack of interest.** Most adults have not played any sports in the past year (75%). The three most frequently mentioned reasons adults say they have not played sports in the past year are health-related reasons (cited by 50% of adults who do not play sports), lack of time (35%), and lack of interest (22%).
- **Most parents place a high priority on their child playing sports.** Most parents of children in middle or high school (76%) say they encourage their child to play sports.
- **Parents who are less well-off are twice as likely to report problems with the costs of their child's sports compared to parents who are more well-off.** When parents whose child plays sports were asked about problems that make it difficult for their child to continue participating, about one in three parents (32%) who are less well-off (household incomes less than \$50,000/year) say that sports cost too much, while just one in six parents (16%) who are more well-off (household incomes \$50,000/year or more) say that sports cost too much.
- **Despite the difficult odds, many parents hope their child will become a professional athlete.** More than one in four parents (26%) whose high school aged child plays sports hope their child will become a professional athlete.
- **About half of adults exercise regularly, and half do not. Among those who exercise, most say they do it for health reasons.** About half of adults (48%) say they do vigorous- or moderate-intensity exercise on a regular basis. The vast majority of adults who exercise report doing so for health-related reasons (71%), including to improve health, get into or stay in shape, or lose weight.
- **Walking and cardio/aerobic activities are the most frequently reported forms of exercise by adults.** When adults who regularly did any vigorous- or moderate-intensity exercise in the past year were asked the type of exercise they did most often, the top five most frequently reported forms of exercise were walking (27% of adults who exercise), cardio/aerobic activities (23%), running or jogging (15%), weight lifting (12%), and biking (6%).
- **Adults who exercise are more likely to have higher incomes, more education, and tend to be younger than adults who do not exercise.** Lower-income adults are less likely to exercise regularly than higher-income adults: 40% of lower-income adults (those with household incomes less than \$25,000/year) say they exercise on a regular basis, while 64% of higher-income adults (those with household incomes of at least \$75,000/year) say they exercise on a regular basis.

## I. Adults' Sports Participation

**A majority of adults played sports when they were younger, but most do not play anymore.** While only one in four adults (25%) currently play sports, almost three in four adults (73%) aged 30+ played sports when they were younger.<sup>1</sup>



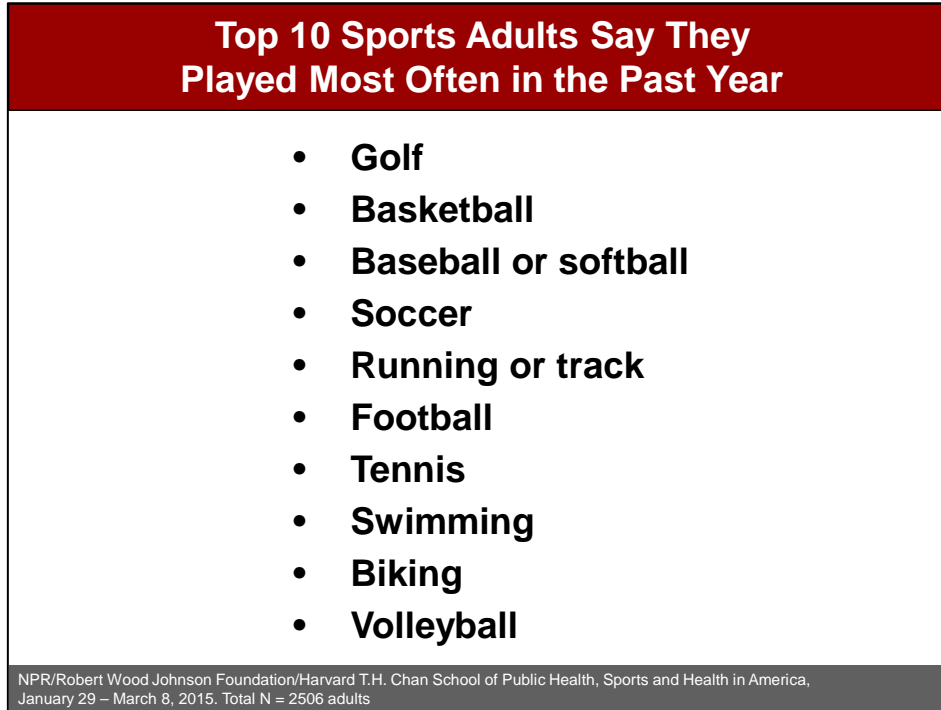
**Adults who play sports tend to do so regularly.** Half (50%) of adults who play sports report playing every day or a few times a week, while 21% report playing once a week, 17% report playing a couple of times a month, and 12% report playing once a month or less.<sup>2</sup>

<sup>1</sup> This survey did not define *sports*. Respondents were asked, “In the past year, have you played or participated in any sports, or haven’t you?”

<sup>2</sup> If a respondent plays a sport seasonally, this only refers to the relevant season.

## II. Top Sports Among Adults (Most Frequently Played)

When asked the sport they play most often, adults report playing more than 50 different types of sports, ranging from hockey and fishing to martial arts and bowling. No single sport is played most often by 15% of adults who play sports. While the top five sports played most often by adults overall<sup>3</sup> are golf (13% of sports participants), basketball (11%), baseball/softball (8%), soccer (8%), and running or track (7%), there are significant differences in sports played between men and women, and by adults of different ages.



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<sup>3</sup> Respondents were asked, “What sport did you play or participate in most often during the past year?”

### III. The Gender Gap in Adult Sports

**There is a striking gender gap in sports participation among adults.** Men are more than twice as likely as women (35% to 16%) to say they have played sports in the past year. Among younger adults aged 18-29, 48% of men and 23% of women currently play sports.<sup>4</sup> This gender gap persists with age: among older adults aged 65+, men are more than three times as likely as women to say they currently play sports (32% to 9%).

**The top sports among men.** When men who played a sport in the past year were asked what sports they did most often, the top five most frequently reported sports by younger men aged 18-29 were basketball (22% of sports participants), soccer (22%), football (13%), baseball/softball (6%), and running or track (5%). This somewhat differs from the sports played by older men. More than four in ten older men aged 65+ who play sports report that golf (44%) was the sport they played most often during the past year. The remaining top five sports among this age group (including ties) are basketball (6%), baseball/softball (6%), tennis (4%), walking (4%), and fishing (4%).

**The top sports among women.** When women who played a sport in the past year were asked what sports they did most often, the top five most frequently reported sports by younger women aged 18-29 were baseball/softball (16% of sports participants), volleyball (13%), running or track (12%), tennis (11%), and basketball (9%). This differs from the sports played by older women. Women aged 65+ reported their top sports were walking (18% of sports participants), swimming (14%), golf (13%), tennis (11%), and bowling (10%).

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<sup>4</sup> Currently play sports, meaning that respondents have played or participated in a sport within the past year.

**Sport played most often in past year – top five (in percent)**  
**Responses of adults who played a sport in the past year, by gender/age**

Total N = 2506 adults

**Base: % played/participated in sports, for each group:**

<i>Men ages 18-29</i> 48%	<i>Women ages 18-29</i> 23%
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1t Basketball	22	1 Baseball/softball	16
1t Soccer	22	2 Volleyball	13
3 Football	13	3 Running/track	12
4 Baseball/softball	6	4 Tennis	11
5 Running/track	5	5 Basketball	9

**Base: % played/participated in sports, for each group:**

<i>Men ages 30-49</i> 38%	<i>Women ages 30-49</i> 15%
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1 Basketball	14	1 Running/track	19
2t Soccer	10	2 Volleyball	11
2t Golf	10	3 Baseball/softball	9
2t Baseball/softball	10	4 Soccer	8
5 Running/track	9	5 Biking	6

**Base: % played/participated in sports, for each group:**

<i>Men ages 50-64</i> 24%	<i>Women ages 50-64</i> 16%
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1 Golf	25	1t Golf	9
2 Baseball/softball	9	1t Walking	9
3 Basketball	8	3t Biking	8
4 Running/track	7	3t Swimming	8
5 Biking	6	5t Tennis	7
		5t Dance	7

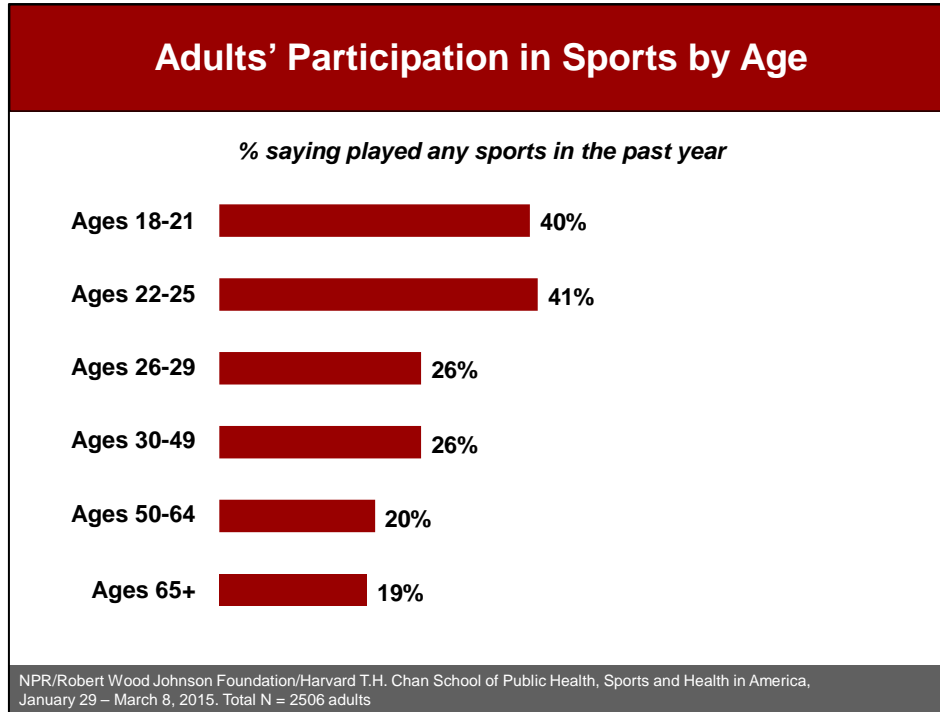
**Base: % played/participated in sports, for each group:**

<i>Men ages 65+</i> 32%	<i>Women ages 65+</i> 9%
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1 Golf	44	1 Walking	18
2 Basketball	6	2 Swimming	14
3 Baseball/softball	6	3 Golf	13
4t Tennis	4	4 Tennis	11
4t Walking	4	5 Bowling	10
4t Fishing	4		

#### IV. The Decline of Sports Participation as Adults Age

**There is a sharp decline in sports participation among adults as they age.** While 40% of 18-21 year olds and 41% of 22-25 year olds currently play sports, only 26% of 26-49 year olds play sports, and just 20% of adults aged 50+ play sports.



**A majority of adults in the U.S. played a sport when they were younger, but most no longer play sports now.** While only one in four (25%) of adults currently play sports, almost three in four adults (73%) aged 30+ report playing sports when they were younger.<sup>5</sup>

**Few adults report playing sports in the past year if they did not play sports when they were younger.** Only 3% of adults aged 30+ say that they play sports currently and did not play when they were younger.

Comparing sports played by adults now to those played by adults aged 30+ when they were younger, baseball/softball and basketball are top sports in both youth and adulthood, while football is a top sport only when adults were younger, and golf is a top sport only among adults now.

**About one in three adults who do not play sports still report being physically active.** About one in three adults (32%) say they engage in vigorous- or moderate-intensity exercise but do not play sports. In addition, many adults who currently exercise also currently play sports. Among those who have exercised in the past year, 32% of them have also played a sport.

<sup>5</sup> Currently play sports, meaning that respondents have played or participated in a sport within the past year.



When thinking about sports participation throughout the lifetime, 19% of adults aged 30+ both played sports when they were younger and also play now, while 53% played when they were younger but do not play now.

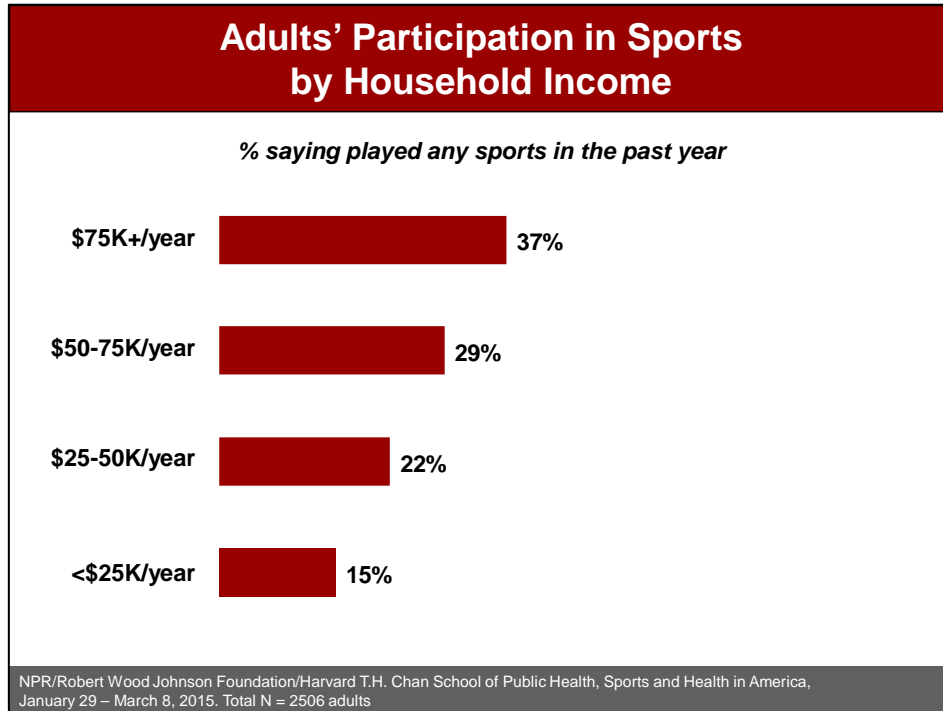
**Many adults who played sports say they hoped they would become a professional athlete.**

More than one in six (17%) adults aged 30+ who played sports while in high school or college say that they hoped they would become a professional athlete. Among those aged 30+ who played sports when they were younger and still in school, men were significantly more likely than women (23% vs. 9%) to say they hoped they would become a professional athlete. In addition, Hispanic adults aged 30+ who played sports when they were younger and still in school were more likely (30%) than non-Hispanic whites (14%) to say they hoped they would become a professional athlete.

**Adults expect to continue playing sports as they age.** The overwhelming majority of adults who currently play sports (94%) say that it is very likely or somewhat likely that they will be playing sports a year from now, while more than two in three say that it is very likely or somewhat likely that they will be playing sports 10 years from now (68%).

## V. The Income Gap in Adult Sports Participation

**Lower-income adults are less than half as likely to play sports as higher-income adults.** Sports participation among adults varies by income, where only 15% of lower-income adults play sports (those with household incomes less than \$25,000/year), while 37% of higher-income adults play sports (those with household incomes of at least \$75,000/year).



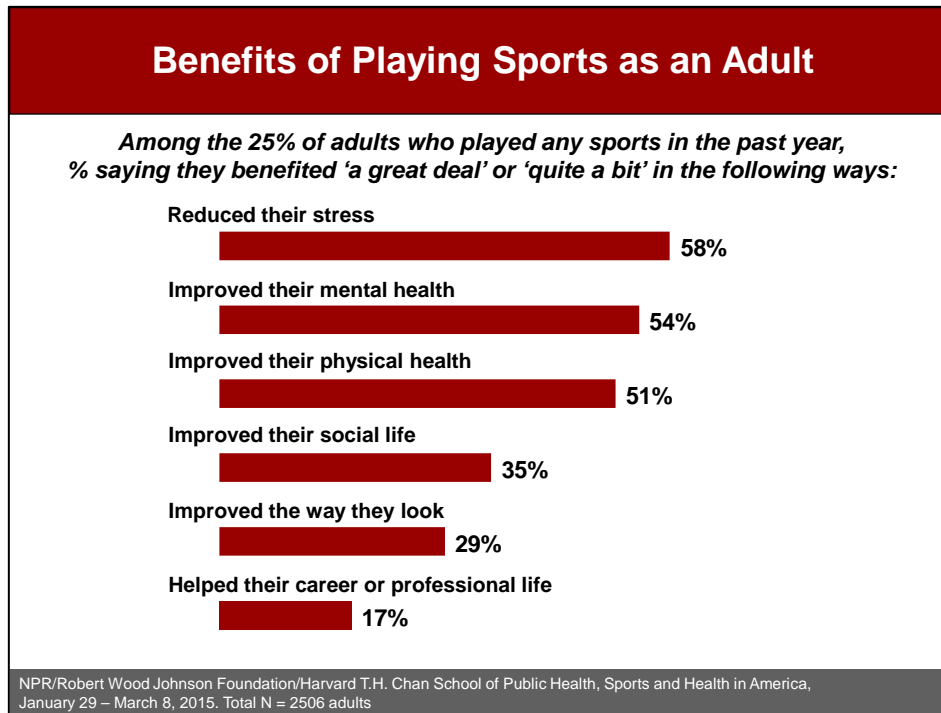
There is also an education gap in sports participation, as adults with less education (graduated high school or less) are much less likely to say they play sports (15%) compared to adults with some college (29%) or college graduates (35%).

## VI. Why Adults Play Sports

**The top two reasons adults say they play sports are for personal enjoyment and health.** When adults who play sports were asked what motivated them the most<sup>6</sup> to play the sport they played most often in the past year, a majority (55%) say they do so for reasons related to personal enjoyment and satisfaction, including that sports are fun, they love it, they do it for personal accomplishment, and for social interaction with teammates. Almost one in four adults (23%) who play sports do it primarily for health-related reasons, including maintaining or improving health, to lose weight, and to stay in shape.

**Adults report that playing or participating in sports has improved their well-being in a variety of ways.** More than half of adults who play sports report that it has reduced their stress (58%), improved their mental health (54%), or improved their physical health (51%) a great deal or quite a bit. Considering only the top five sports played most often by adults, those who do running or track (83%) or play soccer (72%) are more likely to say that it has improved their physical health than those who play other sports.

In addition, about one in three (35%) adults who play sports say that it has improved their social life a great deal or quite a bit, while 29% say it has improved the way they look, and 17% say it has helped their careers or professional lives.

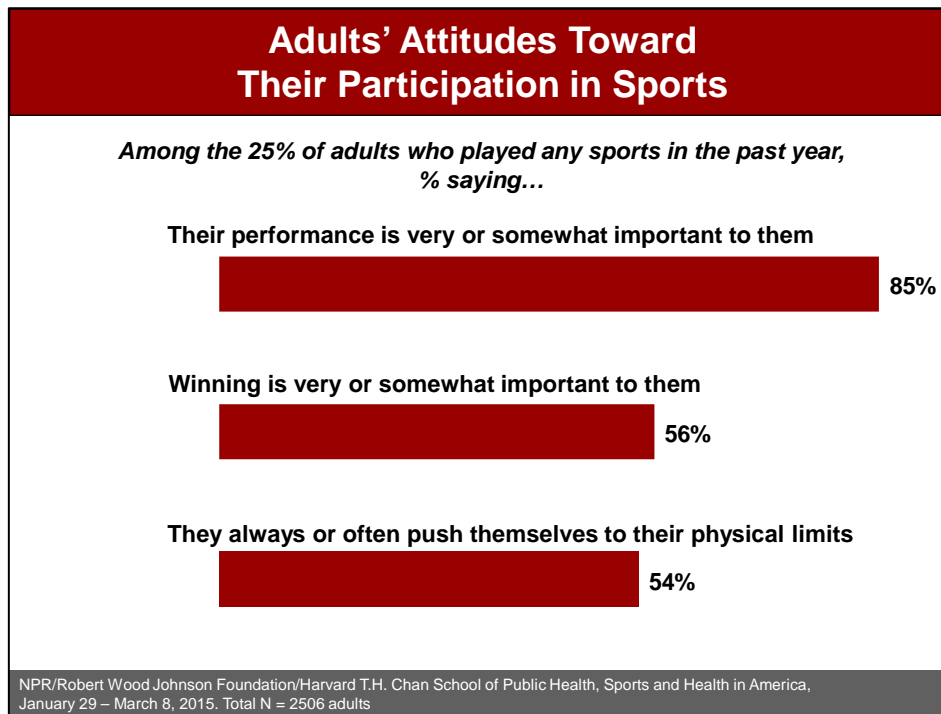


<sup>6</sup> These numbers reflect an aggregate of the top 2 reasons respondents report playing sports

## VII. Sports Performance Among Adults

**For adults who play sports, how they play is important to them.**<sup>7</sup> The vast majority of adults who play sports (85%) say their performance in sports is important to them. Fully half (50%) of adults who play sports report that their performance was very important to them, while 35% say that it is somewhat important. Only 14% of adults who play sports say their performance is not very important or not at all important to them. In addition, a majority of adults who play sports (54%) say that they always (26%) or often (28%) push themselves to their physical limits when they play the sport they play most often.

**Winning is also important to a majority of adults who play sports (56%).** While nearly one in four (24%) adults who play sports say that winning is very important to them when they play, 32% say that winning is somewhat important, and 27% say that winning is not very important or not important at all. Seventeen percent (17%) of adults said they play sports in which it is not possible to win.



<sup>7</sup> When playing the sport they have played most often in the past year.

## VIII. Barriers to Playing Sports Among Adults

**Adults who have not played sports in the past year primarily cite health reasons, lack of time, and lack of interest.** Most adults have not played any sports in the past year (75%). The three most frequently mentioned reasons adults say they have not played sports in the past year are health-related reasons (cited by 50% of adults who do not play sports), lack of time (35%), and lack of interest (22%). Adults cited multiple health-related reasons for not participating in sports, including that they had a health problem other than an injury (16%), they were too old (16%), had a sports-related injury (2%) or other injury (7%), or sports were hard for them to do physically (5%).

**The reasons that adults do not play sports are similar to the reasons why they stop playing sports they participated in when they were younger.** When adults aged 30+ were asked why they stopped playing the sport they played when they were younger, the top reasons they stopped are due to life changes (25%), no longer had enough time (20%), and old age (12%). Most adults (69% of those aged 30+) do not regret no longer playing the sports they played when they were younger, but three in ten (30%) do regret no longer playing sports.

## **IX. Youth Sports Participation**

**Most young people currently play sports, and there is no gender gap in sports participation among young people today.** When parents of middle school or high school aged children were asked what sports their child plays,<sup>8</sup> they reported that most young people (72%) currently play sports in various locations.<sup>9</sup> There is no gender gap in current sports participation between boys and girls (76% and 70%).

**The sports that young people play now are somewhat different than the sports played in previous generations.** Compared to the sports adults aged 30+ played when they were younger and still in school, more children play soccer (14% now vs. 6% in the past), and fewer children play baseball or softball (11% now vs. 17% in the past).

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<sup>8</sup> Parents were asked about sports participation in the past year for a randomly-selected child in their household in middle school, junior high school, or high school. Does not include any coaching, refereeing, teaching or situations in which the child only watched the sport. Includes any sports participation (inside or outside of school) in the past year.

<sup>9</sup> When surveys focus only on sports participation at school, they estimate that participation in high school sports (including competitive, varsity and intramural) ranges from 53%-56%. See more at: [The National Federation of State High School Associations Athletics Participation Summary](#); Johnston LD, Delva J, O'Malley PJ. [Sports Participation and Physical Education in American Secondary Schools. Am J Prev Med. 2007.](#)

## X. Top Sports Among Young People (Most Frequently Played)

**Parents report that their children participate in a wide range of sports**, ranging from field hockey and wrestling to volleyball and lacrosse. While 41% of parents whose child plays sports say their child does the sport year-round, a majority (58%) say their child only plays during a certain season. According to their parents, the vast majority of children who play sports do so every day (28%) or a few times a week (56%).<sup>10</sup> Just 16% of young people who participate in sports do so once a week or less.

**The top sports among boys.** The top five sports played by boys most often in the past year (including ties) are basketball (17% of sports participants), soccer (17%), football (16%), baseball/softball (11%), swimming (6%), and running or track (6%).

**The top sports among girls.** The top five sports played by girls most often in the past year are basketball (15% of sports participants), baseball/softball (13%), volleyball (13%), soccer (11%), and running or track (8%).

### Sport played most often in past year – top five (in percent)

Responses of parents about their child in middle school, junior high, or high school who played a sport in the past year, by gender/age

Total N = 2506 adults

#### Base: % played/participated in sports, for each group:

	Boys 76%	Girls 70%	
1t Basketball	17	1 Basketball	15
1t Soccer	17	2 Baseball/softball	13
3 Football	16	2t Volleyball	13
4 Baseball/softball	11	4 Soccer	11
5t Swimming	6	5 Running/track	8
5t Running/track	6		

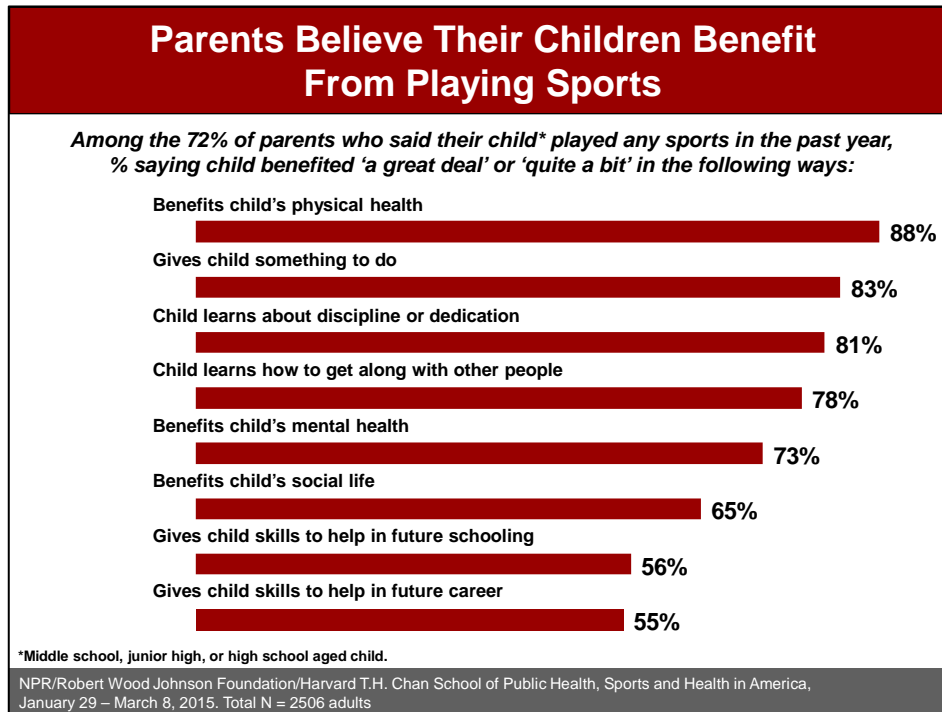
<sup>10</sup> If a child plays a sport seasonally, this only refers to the relevant season.

## XI. Parents' Views on Their Child's Involvement in Sports

**Most parents place a high priority on their child playing sports.** Most parents of children in middle or high school (76%) say they encourage their child to play sports. Only 1% of parents discourage their child from playing sports, and 22% say they don't express a preference.

**In addition, parents hold extremely positive views toward their child's sports participation.** Roughly nine in ten parents whose middle school or high school aged child plays sports (89%) say that their child benefits a great deal or quite a bit from participating in sports. Only 1% of parents whose child plays sports say he/she doesn't benefit very much from it. Among parents whose child plays sports, 37% of parents say they have played or participated in sports with their child in the past year.

**Parents report that playing or participating in sports has improved their child's well-being in a variety of ways.** When parents were asked about the benefits that their middle school or high school aged child gets from playing sports, more than eight in ten parents whose child plays sports say their child benefits a great deal or quite a bit in the following ways: physical health (88%), it gives him/her something to do (83%), or it helps him/her learn about discipline or dedication (81%). More than seven in ten parents say that playing sports benefits their child a great deal or quite a bit in learning how to get along with other people (78%) and his/her mental health (73%). More than half of parents report playing sports benefits their child a great deal or quite a bit in his/her social life (65%), giving him/her skills to help in future schooling (56%), and giving him/her skills to help in a future career (55%).

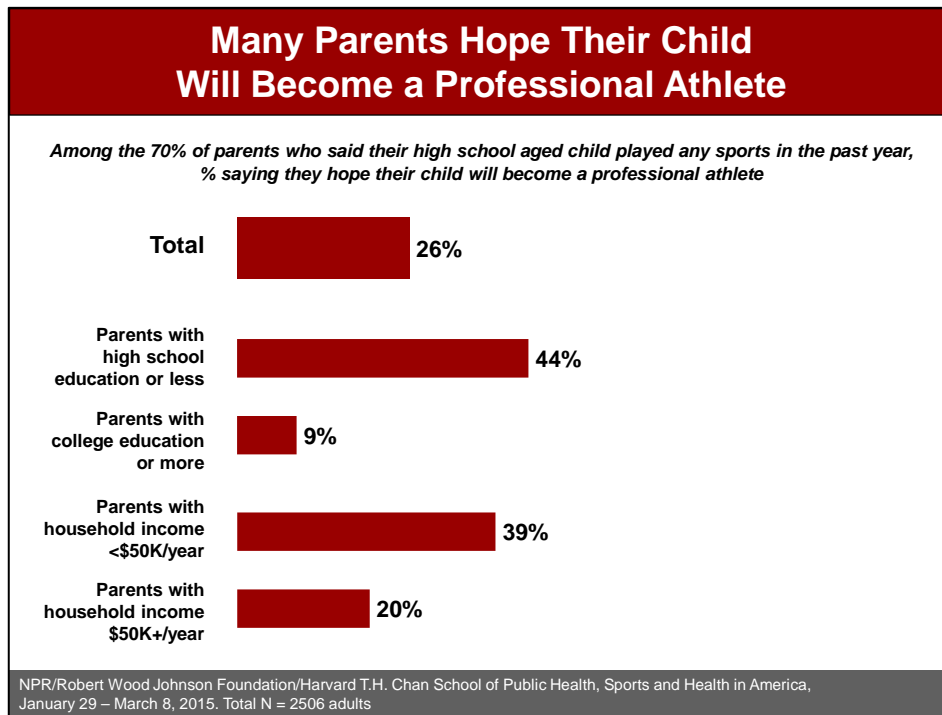




## XII. Parents' Views on Their Child Playing Sports in the Future

**Parents expect their children to continue playing sports in the future.** The majority of parents (72%) whose child plays sports say it is very likely or somewhat likely that their child will continue playing or participating in sports when he/she becomes an adult, while only 12% say it is not at all likely their child will continue playing.

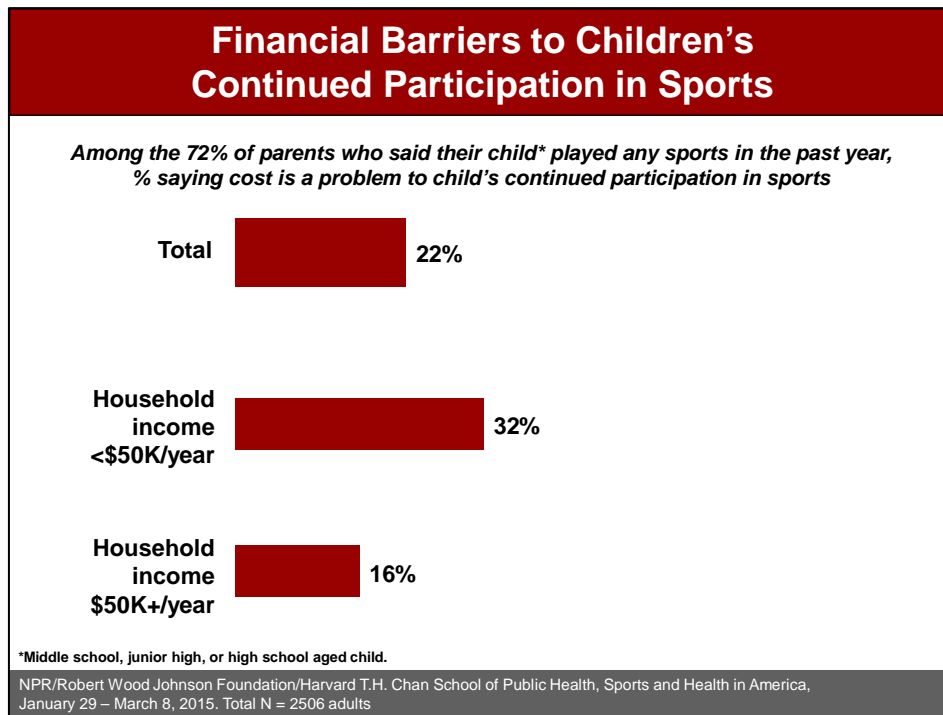
**Despite the difficult odds, many parents hope their child will become a professional athlete.** More than one in four parents (26%) whose high school aged child plays sports hope their child will become a professional athlete, and these views vary by socioeconomic status. Parents with household incomes of less than \$50,000 a year are significantly more likely to say they hope their child will become a professional athlete compared to parents with household incomes of \$50,000 or more a year (39% to 20%). In addition, parents with less education (graduated high school or less) with a high school aged child playing sports are more likely to say they hope their child will become a professional athlete (44%) than parents who graduated college (9%).



### XIII. Parents' Views on Barriers to Their Child Playing Sports

**If a child has not played a sport in the past year, parents say it is primarily due to a lack of interest.** When parents of children in middle school or high school were asked the two most important reasons why their child did not participate in sports in the past year, the majority of parents say that their child isn't interested in playing sports (51%). More than one in five parents (21%) say it conflicts with other activities. Eight percent (8%) of parents whose children do not play sports say it is primarily due to health-related reasons such as injuries and illnesses.

Parents whose child plays sports were asked the main reasons why they find it difficult for their child to continue participating. Among parents whose middle or high school aged child currently plays sports, the most frequently mentioned problem by parents is that their child would rather spend time on the phone, computer, video games, or TV (34%). Other frequently mentioned reasons include that playing a sport interferes with schoolwork (25%), and it costs too much (22%).



**Parents who are less well-off are twice as likely to report problems with the costs of their child's sports compared to parents who are more well-off.** When parents whose child plays sports were asked about problems that make it difficult for their child to continue participating, about one in three parents (32%) who are less well-off (household incomes less than \$50,000/year) say that sports cost too much, while just one in six parents (16%) who are more well-off (household incomes \$50,000/year or more) say that sports cost too much.

#### **XIV. Sports Injuries and Health**

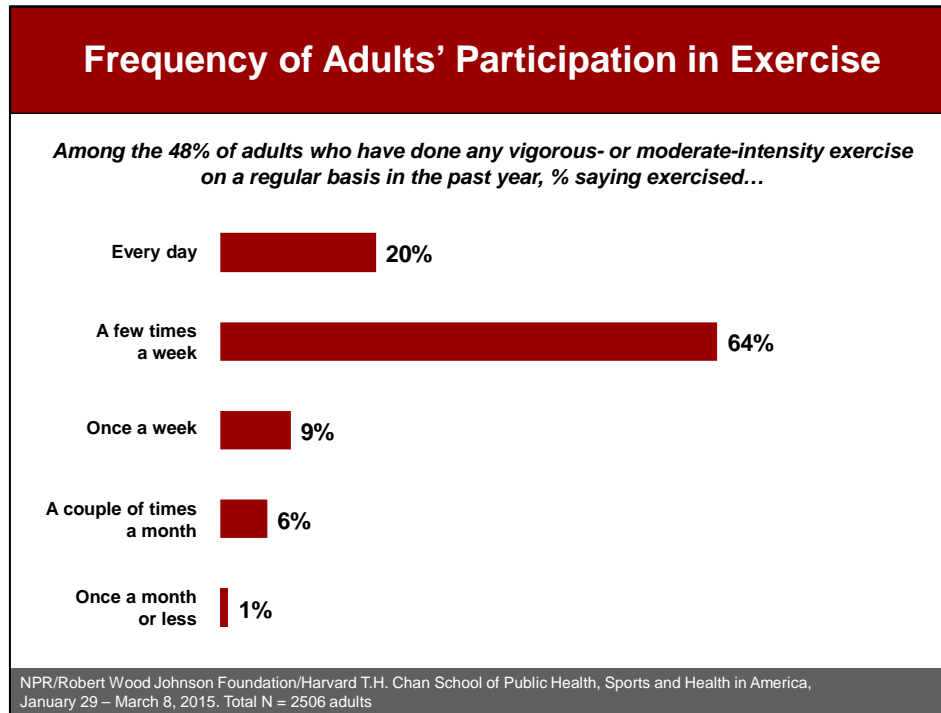
**Many adults report having had sports injuries when they were younger.** Roughly one in four adults (24%) say that they had a sports-related injury that required medical care when they were younger and still in school, including 20% of adults say a sports-related injury kept them from doing that sport for at least some time.

When adults were asked about sports-related injuries that required medical care in the past 5 years, roughly one in ten adults (9%) reported having such injuries.

**A small share of children are impacted by sports injuries, which limits their ability to participate.** When parents of children who play sports were asked about difficulties for their child to continue playing, roughly one in ten parents (9%) say their child had an injury that prevents him/her from participating in sports for at least some time.

## XV. Exercise and Health

**About half of adults exercise regularly, and half do not.** About half of adults (48%)<sup>11</sup> report that they have done vigorous- or moderate-intensity exercise in the past year on a regular basis.<sup>12</sup> Among adults who have exercised in the past year, 20% report exercising every day, while roughly two in three (64%) report exercising a few times a week. Six percent (6%) report exercising a couple of times a month, and 1% report exercising once a month.



**Adults who exercise are more likely to have higher incomes, more education, and tend to be younger than adults who do not exercise.** Lower-income adults are less likely to exercise regularly than higher-income adults: 40% of lower-income adults (those with household incomes less than \$25,000/year) say they exercise on a regular basis, while 64% of higher-income adults (those with household incomes of at least \$75,000/year) say they exercise on a regular basis.

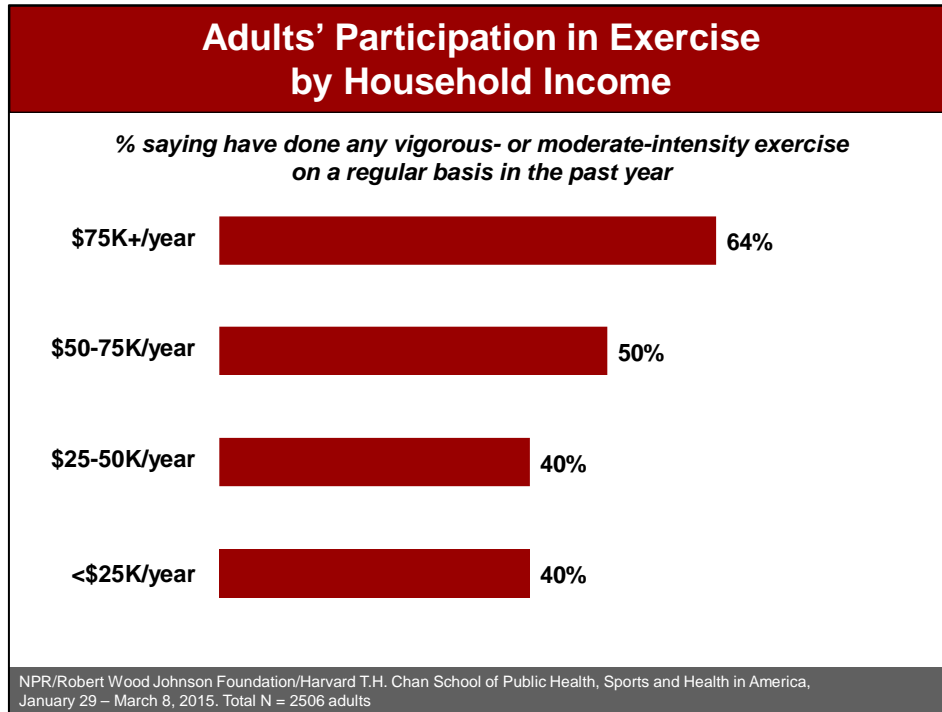
There is also an education gap in exercise participation, as adults with less education (graduated high school or less) are much less likely to say they exercise regularly (33%) compared to adults with some college (50%) or college graduates (65%).

<sup>11</sup> Of note, the Centers for Disease Control & Prevention (CDC) reports that 48% of adults engage in regular physical activity, following the [CDC 2008 Physical Activity Guidelines](#) and the [Department of Health and Human Services' Healthy People 2020](#) goals for the nation.

<sup>12</sup> Respondents who did not play sports were asked “In the past year, have you done any vigorous- or moderate-intensity exercise on a regular basis, or haven’t you? Please do not include exercise that you did as part of a job.” Respondents who played sports were asked “Other than sports, in the past year, have you done any vigorous- or moderate-intensity exercise on a regular basis, or haven’t you? Please do not include exercise that you did as part of a job.”

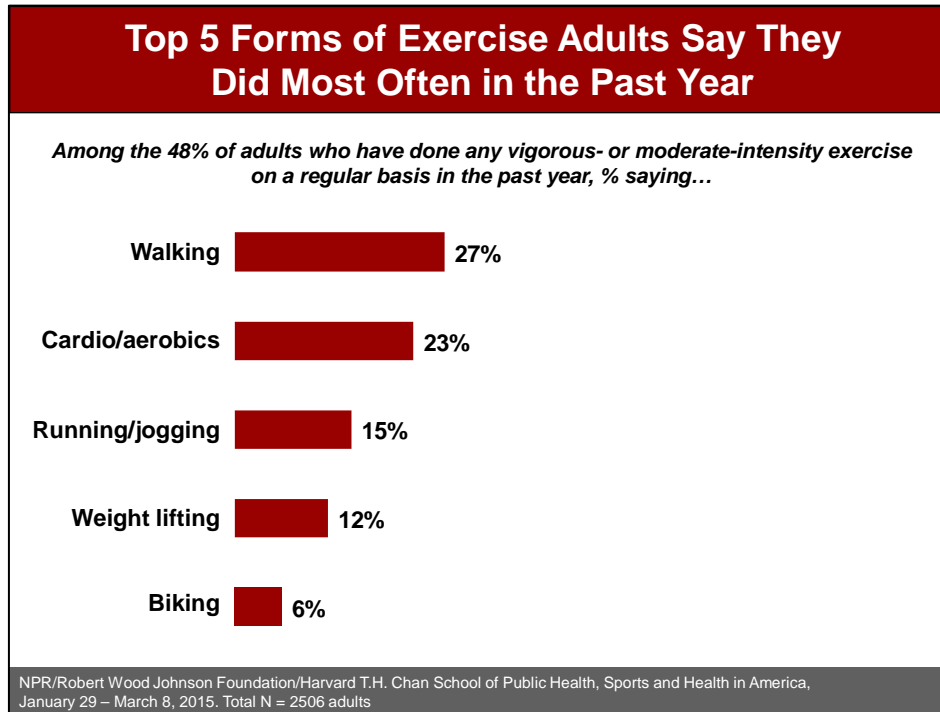
**Unlike sports participation, exercise participation only slightly declines between when people were younger and adulthood.** While a majority of adults (57%) aged 30+ say they exercised regularly when they were younger and still in school,<sup>13</sup> about half of all adults (48%) say they exercise regularly now.

**Among adults who exercise, most played a sport when they were younger.** Most adults aged 30+ who regularly exercise (77%) say they played a sport when they were younger and still in school. Of note, even among those who do not currently exercise, most adults aged 30+ say they played a sport when they were younger (69%).



<sup>13</sup> Not including physical activities during the school day, such as physical education, gym class or recess.

**Walking and cardio/aerobic activities are the most frequently reported forms of exercise by adults.** When adults who regularly did any vigorous- or moderate-intensity exercise in the past year were asked the type of exercise they did most often, the top five most frequently reported forms of exercise were walking (27% of adults who exercise), cardio/aerobic activities (23%), running or jogging (15%), weight lifting (12%), and biking (6%).



**The vast majority of adults who exercise say they do so for health-related reasons.** When adults who exercise were asked what motivated them the most to do so, 71% reported health-related reasons, including to improve health, get into or stay in shape, lose weight, or because of health problems. Seventeen percent (17%) of adults reported exercising for personal enjoyment or satisfaction.

**Adults report exercising in a variety of locations.** Adults who did vigorous- or moderate-intensity exercise in the past year were asked where they exercise, and adults report exercising in a variety of locations, including at home (74%), at a gym (29%), at a fitness club (25%), at work (20%), and at school (14%).

## **XVI. Conclusions**

While a majority of adults played sports when they were younger, most no longer play sports now. One in four adults currently play sports, and adults report playing more than 50 different types of sports, ranging from hockey and fishing to martial arts and bowling. The top five sports played most often by adults overall are golf, basketball, baseball/softball, soccer, and running or track.

There is a striking gender gap in sports participation among adults, but not among children. Men are more than twice as likely as women to say they play sports. The top five sports played by men most often (including ties) are golf, basketball, soccer, baseball/softball, football, and running or track. The top five sports played by women most often are running or track, baseball/softball, tennis, volleyball, and swimming.

There is a sharp decline in sports participation among adults as they age, and lower-income adults are less than half as likely to play sports as higher-income adults. Adults who play sports do so quite often, winning is important to them, and they expect to continue playing sports as they age. Adults who play sports say they do so primarily for personal enjoyment and health-related reasons. Health reasons (including health problems and injuries), lack of time, and lack of interest are the top reason that adults who do not currently play sports say they have not played in the past year.

Most young people in America now play sports. Parents report that their middle school, junior high, or high school aged children participate in a wide range of sports, ranging from field hockey and wrestling to volleyball and lacrosse. Parents hold extremely positive views toward their child's sports participation, and they report that sports impact their child's well-being in a variety of ways. Parents say their children avoid sports primarily due to lack of interest, though some are also impacted by sports injuries.

Parents also place a high priority on their child playing sports. Most parents of children in middle school or high school say they encourage their child to play sports, and despite the difficult odds, more than one in four parents whose high school aged child plays sports hope their child will become a professional athlete.

Regardless of sports participation, about half of adults say they exercise on a regular basis. Adults who exercise are more likely to have higher incomes, more education, and tend to be younger than adults who do not exercise. Unlike sports participation, exercise participation only slightly declines between when people were younger and adulthood. A majority of adults exercised regularly when they were younger, and about half exercise now. The vast majority of adults who exercise report doing so for health-related reasons, including improving health, getting into or staying in shape, or losing weight. The top five forms of exercise adults do most often are walking, cardio/aerobic activities, running or jogging, weight lifting, and biking.

These findings suggest that sports play different roles in the lives of men, women, and children throughout the lifespan. Sports participation varies widely across different socioeconomic groups, and it is one form of physical activity that adults choose for both health reasons and personal enjoyment. A better understanding of adults' attitudes toward sports participation, as well as their attitudes toward exercise, may impact health in the future.

## Methodology

This poll is part of an on-going series of surveys developed by researchers at the Harvard Opinion Research Program (HORP) at the Harvard T.H. Chan School of Public Health in partnership with the Robert Wood Johnson Foundation and NPR. The research team consists of the following members at each institution.

Harvard T.H. Chan School of Public Health: Robert J. Blendon, Professor of Health Policy and Political Analysis and Executive Director of HORP; John M. Benson, Research Scientist and Managing Director of HORP; Justin M. Sayde, Administrative and Research Manager; and Mary T. Gorski, Research Fellow.

Robert Wood Johnson Foundation: Fred Mann, Vice President, Communications; Carolyn Miller, Senior Program Officer, Research and Evaluation; and Brooke Van Roekel, Director Audience Engagement and Marketing.

NPR: Anne Gudenkauf, Senior Supervising Editor, Science Desk; and Joe Neel, Deputy Senior Supervising Editor, Science Desk.

Interviews were conducted by SSRS of Media (PA) via telephone (including both landline and cell phone) using random-digit dialing, January 29 – March 8, 2015, among a nationally representative probability sample of 2,506 respondents age 18 and older. The interviews were conducted in English and Spanish. The margin of error for total respondents is +/- 2.7 percentage points at the 95% confidence level. The total sample includes oversamples of two groups: (1) adults who said they played or participated in any sport in the past year (1,249 interviews, margin of error +/- 3.4 percentage points); (2) parents of junior high school, middle school, or high school children (604 interviews, margin of error +/- 5.2 percentage points). In the overall results, these two groups were weighted to their actual proportion of adults nationwide.

Possible sources of non-sampling error include non-response bias, as well as question wording and ordering effects. Non-response in telephone surveys produces some known biases in survey-derived estimates because participation tends to vary for different subgroups of the population. To compensate for these known biases and for variations in probability of selection within and across households, sample data are weighted by household size, cell phone/landline use and demographics (sex, age, race/ethnicity, education, number of adults in household and census region) to reflect the true population. Other techniques, including random-digit dialing, replicate subsamples, and systematic respondent selection within households, are used to ensure that the sample is representative.



**Methodology (continued)**

<b>Group</b>	<b>Number of Interviews</b> (unweighted n)
Total adults	2506
Adults who said they played or participated in any sport in the past year (total)	1249
Men who played a sport in past year	817
Women who played a sport in past year	432
Adults age 30 or over (total)	2095
Adults age 30+ who said they played or participated in any sport when they were in junior high school, middle school, high school, or college	1537
Parents of junior high school, middle school, or high school children (total)	604
Parents who said their child played or participated in any sport in the past year	437

**NPR**  
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**HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH**

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**SPORTS AND HEALTH IN AMERICA**

**Table of Contents**

	Page #
I. Current involvement in sports and exercise ( <i>total adults</i> )	2
a. Who does sports/exercise and what do they do?	2
b. Attitudes about the sports/exercise they currently do	8
c. Why people do not do sports/regular exercise	15
II. Past involvement in sports and exercise ( <i>respondents age 30+</i> )	17
III. What parents say about their children's involvement in sports/exercise ( <i>parents of children in junior high/middle school or high school; reporting about a randomly-selected child of this grade level</i> )	25
IV. Health demographics of respondent	40
V. Standard demographics of respondent	43
VI. Demographics of randomly-selected child ( <i>reported by parent</i> )	47

**Methodology**

This survey was conducted for National Public Radio, the Robert Wood Johnson Foundation, and the Harvard T.H. Chan School of Public Health via telephone (landline and cell phone) by SSRS, an independent research company. Interviews were conducted using random-digit dialing, January 29 – March 8, 2015, among a nationally representative probability sample of 2,506 respondents age 18 or older.

The total sample includes oversamples of two groups: (1) adults who said they played or participated in any sport in the past year; (2) parents of junior high school, middle school or high school children. In the overall results, these groups were weighted to their actual proportion of adults nationwide.

	Number of interviews	Margin of error (percentage points)
Total adults	2506	+/-2.7
Adults who said they played or participated in any sport in the past year	1249	+/-3.4
Parents of junior high school, middle school or high school children	604	+/-5.2

## I. CURRENT INVOLVEMENT IN SPORTS AND EXERCISE

### a. Who does sports/exercise and what do they do?

1. In the past year, have you played or participated in any sports, or haven't you? Please do not include any coaching, refereeing, teaching or situations in which you only watched the sport.

	%
Yes	25
No	75

**(Respondents who played or participated in any sports in the past year; n=1,249)**

2. What sport did you play or participate in **most often** during the past year?

	%
Golf	13
Basketball	11
Baseball/softball	8
Soccer	8
Running/jogging/trail running or track	7
Football	5
Tennis	5
Swimming/other aquatic exercise (not diving or water polo)	4
Bike riding/dirt biking/mountain biking/cycling/bicycling	4
Volleyball	4
Bowling	3
Walking or race walking	3
Dance (ballet, modern, jazz)/zumba	2
Skiing (general)/downhill skiing/snowboarding	2
Fishing	2
Hiking	2
Cardio/aerobic activities	1
Pilates or yoga	1
Martial arts (karate, tae kwon do, judo, kickboxing, etc.)	1
Ice hockey/hockey	1
Canoeing, rafting, or kayaking (white water)	1
Horseback riding/polo	1
Racquetball	1
Weightlifting/power lifting	1
Surfing or windsurfing	1
Frisbee	1
Riflery/hunting/shooting	1
Table tennis	1

Boxing	*
Cheerleading	*
Field hockey/street hockey/roller hockey	*
Gymnastics/tumbling	*
Lacrosse	*
Rugby	*
Ultimate frisbee	*
Water polo	*
Wrestling	*
Fencing	*
Skating (ice skating/inline skating/roller skating/roller blading)	*
Water skiing/jet skiing/wakeboarding/snow shoeing/cross-country skiing/telemarking (not ski jumping)	*
Skateboarding	*
Squash	*
Tai chi	*
Archery	*
Badminton	*
Curling	*
Crew or rowing	*
Sailing/boardsailing/parasailing	*
Snorkeling/scuba diving	*
Triathlon	*
Climbing	*
Billiards/pool	*
Boating	*
Darts	*
Paintball	*
Using exercise videos/game videos	*
Other/Don't know/Refused	7

**(Respondents who played or participated in any sports in the past year; n=1,249)**

3. Is this a sport you do year-round, or is it one you do only during a certain season?

	%
Year-round	59
During a certain season	41

**(Respondents who played or participated in any sports in the past year; n=1,249)**

4. In the past year, how often did you play or participate in (INSERT SPORT)? If you do this sport only seasonally, please consider only the relevant season. Did you play or participate in (INSERT SPORT) every day, a few times a week, once a week, a couple of times a month, once a month, or less than that?

	%
Every day	10
A few times a week	40
Once a week	21
A couple of times a month	17
Once a month	6
Less than that	6

5. (Other than sports,) In the past year, have you done any vigorous- or moderate-intensity exercise on a regular basis, or haven't you? Please do not include exercise that you did as part of a job.

	%
Yes, have	48
No, have not	52

**(Respondents who did any vigorous- or moderate-intensity exercise in the past year; n=1,399)**

6. What type of exercise did you do **most often** in the past year?

	%
Walking or race walking	27
Cardio/aerobic activities	23
Running/jogging/trail running or track	15
Weightlifting/body building	12
Bike riding/dirt biking/mountain biking/cycling/bicycling	6
Martial arts (karate, tae kwon do, judo, kickboxing, etc.)	1
Dance (ballet, modern, jazz)/zumba	2
Swimming/other aquatic exercise (not diving or water polo)	2
Hiking	2
Pilates or yoga	2
Using exercise videos/game videos	1
Other/Don't know/Refused	6

**(Respondents who did any vigorous- or moderate-intensity exercise in the past year; n=1,399)**

8. In the past year, how often did you do (INSERT FORM OF EXERCISE)? Did you do (INSERT EXERCISE) every day, a few times a week, once a week, a couple of times a month, once a month, or less than that?

	%
Every day	20
A few times a week	64
Once a week	9
A couple of times a month	6
Once a month	1
Less than that	*

**Q1/Q5 Combo Table: Sports and exercise in the past year  
Total Respondents**

	%
ONLY played or participated in a sport in the past year	9
ONLY did vigorous/moderate-intensity exercise in the past year	32
Did both	15
Did neither	43

9a. How many of your friends play or participate in a sport on a regular basis? Would you say all of them, most of them, about half, a few of them, or none of them?

	%
All of them	2
Most of them	10
About half	14
A few of them	35
None of them	34
Don't Know/ Refused	5

9b. How many of your friends do any vigorous- or moderate-intensity exercise on a regular basis? Would you say all of them, most of them, about half, a few of them, or none of them?

	%
All of them	3
Most of them	10
About half	16
A few of them	44
None of them	22
Don't Know/ Refused	5



### b. Attitudes about the sports/exercise they currently do

*Q10-Q25 were asked about the sport/type of exercise the respondent did most often in the past year. Those who both played/participated in a sport and did any vigorous- or moderate-intensity exercise in the past year were randomly selected to respond about one or the other, not about both.*

The next few questions are about when you (played or participated in [INSERT SPORT]/did [INSERT FORM OF EXERCISE]) during this past year.

10a. What motivated you the **most** to play or participate in [INSERT SPORT]?

**(Respondents who played or participated in any sports in the past year; n=1,153)**

	%
<b>FOR PERSONAL ENJOYMENT/SATISFACTION (NET)</b>	<b>55</b>
For enjoyment/recreation/I like it/love it/it's fun (general)	30
For social interaction (to interact with/have fun with friends/family/for camaraderie/teamwork)	15
To get outside/outdoors/get fresh air/enjoy the weather	5
For personal satisfaction/personal accomplishment	3
Other for personal enjoyment/satisfaction mentions	2
<b>FOR HEALTH-RELATED REASONS (NET)</b>	<b>23</b>
For my health/it's good for me/to improve or maintain health (general)	9
For exercise/physical activity	6
To be fit/physical fitness/to stay in shape/get into shape	3
To lose/maintain weight	2
Because of my health problems/injuries/doctor's advice	2
Other health-related mentions	1
For the challenge/to challenge myself/competition	5
Have been doing it for a long time/all my life/since I was a kid/used to it	5
Family influence (general)	2
To exercise my animals	1
Easy accessibility to do/easiest availability	1
For my job	1
Other	6
Don't Know	1

10b. What motivated you the **most** to (do [INSERT FORM OF EXERCISE])?

**(Respondents who did any vigorous- or moderate-intensity exercise in the past year; n=662)**

	%
<b>FOR HEALTH-RELATED REASONS (NET)</b>	<b>71</b>
For my health/it's good for me/to improve or maintain health (general)	27
To be fit/physical fitness/to stay in shape/get into shape	13
To lose/maintain weight	11
Because of my health problems/injuries/doctor's advice	8
For exercise/physical activity	4
Getting older/aging	2
Other health-related mentions	5
<b>FOR PERSONAL ENJOYMENT/SATISFACTION (NET)</b>	<b>17</b>
For enjoyment/recreation/I like it/love it/it's fun (general)	9
To get outside/outdoors/get fresh air/enjoy the weather	2
For personal satisfaction/personal accomplishment	2
For social interaction (to interact with/have fun with friends/family/for camaraderie/teamwork)	1
Other for personal enjoyment/satisfaction mentions	4
Family influence (general)	3
Have been doing it for a long time/all my life/since I was a kid/used to it	2
For my job	2
For the challenge/to challenge myself/competition	1
To exercise my animals	1
Other	3

**(Respondents who played or participated in any sports in the past year; n=1,153)**

11. In the past year, did you play or participate in [INSERT SPORT] on a competitive team or league, or didn't you?

	%
Yes, did	35
No, did not	65

**(Respondents who did any vigorous- or moderate-intensity exercise in the past year; n=662)**

13. In the past year, did you do [INSERT FORM OF EXERCISE] (INSERT ITEM), or not?

% saying “Yes” to each item

	%
a. While you were at home	74
b. While you were at work	20
c. While you were at school	14
d1. At a gym	29
d2. At a fitness club	25

14a. When you played or participated in [INSERT SPORT], how often did you push yourself to your physical limits?

**(Respondents who played or participated in any sports in the past year; n=1,153)**

	%
Always	26
Often	28
Sometimes	24
Rarely	14
Never	7
Don't Know/Refused	1

14b. When you did [INSERT FORM OF EXERCISE], how often did you push yourself to your physical limits?

**(Respondents who did any vigorous- or moderate-intensity exercise in the past year; n=662)**

	%
Always	23
Often	32
Sometimes	30
Rarely	11
Never	4
Don't Know/Refused	*

Again, thinking about the times you (played or participated in [INSERT SPORT]/did [INSERT FORM OF EXERCISE]) in the past year...

15a. Overall, how important to you was playing or participating in [INSERT SPORT]?

**(Respondents who played or participated in any sports in the past year; n=1,153)**

	%
Very	56
Somewhat	36
Not very	6
Not at all	2

15b. Overall, how important to you was (playing or participating in doing [INSERT FORM OF EXERCISE])?

**(Respondents who did any vigorous- or moderate-intensity exercise in the past year; n=662)**

	%
Very	67
Somewhat	30
Not very	2
Not at all	1

17. How important was winning at [INSERT SPORT] to you? Would you say very, somewhat, not very or not at all? If it's not possible to win this sport, please just say so.

**(Respondents who played or participated in any sports in the past year; n=1,153)**

	%
Very	24
Somewhat	32
Not very	13
Not at all	14
Not possible to win this sport	17

18a. How important to you was your performance at [INSERT SPORT]?

**(Respondents who played or participated in any sports in the past year; n=1,153)**

	%
Very	50
Somewhat	35
Not very	8
Not at all	6
Don't Know/Refused	1

18b. How important to you was your performance at [INSERT EXERCISE]?

**(Respondents who did any vigorous- or moderate-intensity exercise in the past year; n=662)**

	%
Very	47
Somewhat	39
Not very	9
Not at all	4
Don't Know/Refused	1

19a. How much, if at all, do you think playing or participating in [INSERT SPORT] has done each of the following?

**(Respondents who played or participated in any sports in the past year; n=1,153)**

	A great deal	Quite a bit	Some	Not very much	Not at all	Don't know/ Ref
a. Improved your physical health	28	23	36	7	5	1
b. Improved your mental health	28	26	30	8	8	*
c. Reduced your stress	32	26	29	5	7	1
d. Improved your social life	17	18	38	11	16	*
e. Improved the way you look	14	15	31	17	22	1
f. Helped your career or professional life	9	8	19	14	48	2

19b. How much, if at all, do you think doing [INSERT FORM OF EXERCISE] has done each of the following?

**(Respondents who did any vigorous- or moderate-intensity exercise in the past year; n=662)**

	A great deal	Quite a bit	Some	Not very much	Not at all	Don't know/ Ref
a. Improved your physical health	36	31	29	2	2	*
b. Improved your mental health	30	26	34	4	5	1
c. Reduced your stress	31	24	35	6	4	*
d. Improved your social life	7	10	24	25	34	*
e. Improved the way you look	19	19	36	15	9	2
f. Helped your career or professional life	8	8	22	16	44	2

25Aa-c. How likely do you think it is that you will be playing or participating in [INSERT SPORT] a year from now? Would you say it will be very likely, somewhat likely, not very likely or not at all likely that you will be doing this a year from now? (If very/somewhat likely) How about 5 years from now? (If very/somewhat likely) How about 10 years from now?

**Q25Aa/Q25Ab/Q25Ac Combo Table  
(Respondents who played or participated in any sports in the past year; n=1,153)**

	%
Very/somewhat likely will be playing/participating in sport a year from now	94
Very/somewhat likely will be playing/participating in sport 5 years from now	84
Very/somewhat likely will be playing/participating in sport 10 years from now	68

25Ba-c. How likely do you think it is that you will be doing [INSERT FORM OF EXERCISE] on a regular basis a year from now? Would you say it will be very likely, somewhat likely, not very likely or not at all likely that you will be doing this a year from now? (If very/somewhat likely) How about 5 years from now? (If very/somewhat likely) How about 10 years from now?

**Q25Ba/Q25Bb/Q25Bc Combo Table  
(Respondents who did any vigorous- or moderate-intensity exercise in the past year; n=662)**

	%
Very/somewhat likely will be doing exercise on a regular basis a year from now	99
Very/somewhat likely will be doing exercise on a regular basis 5 years from now	87
Very/somewhat likely will be doing exercise on a regular basis 10 years from now	76

### c. Why people do not do sports/regular exercise

**(Respondents who DID NOT play sports in the past year; n=1,256)**

26. What is the MOST important reason why you did not play or participate in any sports in the past year?

27. Is there another reason that is almost as important?

**Q26/Q27 Combo Table: By Category**

**(Respondents who DID NOT play sports in the past year; n=1,256)**

Combined first and second responses	%
<b>HEALTH-RELATED (NET)</b>	<b>50</b>
Had a health problem other than an injury	16
Too old/old age	16
Had an injury (not sports-related)	7
Hard for me to do it physically	5
Had an injury (sports-related)	2
Didn't have the energy	2
Disabled/handicapped	1
Other health-related mentions	1
<b>TIME AVAILABILITY/COST/LACK OF OPPORTUNITIES (NET)</b>	<b>48</b>
Not enough time	35
No team or league to join	4
Takes time away from family	4
Didn't have access to needed facilities/transportation/getting to facility/location	2
Costs too much money	1
Other lack of opportunities mentions	2
<b>LACK OF INTEREST (NET)</b>	<b>22</b>
Sports don't interest me	16
Don't like the competitive pressure	1
It isn't fun	2
Other lack of interest mentions	3
<b>PARTICIPATION CONCERNS (NET)</b>	<b>3</b>
Don't have the needed skills	2
Concerned about getting injured	1
Hurts appearance	*
Other	3
No reason	2
Don't Know/Refused	2



**(Respondents who DID NOT play sports or do vigorous- or moderate-intensity exercise in the past year; n=690)**

28. What is the MOST important reason why you did not do any vigorous- or moderate-intensity exercise on a regular basis in the past year?

29. Is there another reason that is almost as important?

**Q28/Q29 Combo Table: By Category**

**(Respondents who DID NOT play sports or do vigorous- or moderate-intensity exercise in the past year; n=690)**

Combined first and second responses	%
<b>HEALTH-RELATED (NET)</b>	<b>47</b>
Had a health problem other than an injury	21
Had an injury (not exercise-related)	8
Hard for me to do it physically	5
Didn't have the energy	4
Too old/old age	3
Disabled/handicapped	2
Had an injury (exercise-related)	1
Other health-related mentions	3
<b>TIME AVAILABILITY/COST/LACK OF OPPORTUNITY (NET)</b>	<b>38</b>
Not enough time	34
Didn't have access to needed facilities	1
Costs too much money	1
Other lack of opportunity mentions	1
<b>LACK OF INTEREST (NET)</b>	<b>15</b>
Exercise doesn't interest me	7
Don't have the motivation/rather be lazy/have no discipline	6
It isn't fun	2
Get a lot of exercise in other ways (work/household chores/etc.)	3
Don't need to (not further specified)	2
Hurts appearance	*
Other	2
No reason	7
Don't Know/Refused	2

## II. PAST INVOLVEMENT IN SPORTS AND EXERCISE [RESPONDENTS AGE 30+]

I want to ask you about when you were younger and still in school.

**(Respondents who are 30 years old or older; n=2,095)**

30. At that time [when you were younger and still in school], did your parents encourage you to play sports, discourage you from playing sports, or didn't they express a preference?

	%
Encouraged	37
Discouraged	5
Didn't express a preference	56
Don't Know/Refused	2

**(Respondents who are 30 years old or older; n=2,095)**

31. Did you play or participate in any sports when you were younger and still in school? Please do not include things you did during the school day like physical education, gym class or recess.

	%
Yes, did	73
No, did not	27
Don't know/Refused	*

**Q1/Q31 Combo Tables: Played/participated in sports, then and past year  
(Respondents who are 30 years old or older; n=2,095)**

	%
Both when younger and in past year	19
Then, not in past year	53
In past year, not then	3
Neither	24
Don't know/Refused	*

**Q1/Q5/Q31 Combo Table  
(Respondents who are 30 years old or older; n=2,095)**

	%
Exercise now, played/participated in sports when younger, but not in past year	23
All else	77

**(Asked of respondents who are 30 years old or older and played or participated in any sports when they were younger and still in school; n=1,625)**

32. Did you play or participate in sports while you were attending [INSERT], or not?

- a. Middle school or junior high school
- b. High school
- c. College

**Q31/Q32 Combo Table**

**(Respondents who are 30 years old or older; n=2095)**

	%
Yes, did play/participate in sports when younger and in school	73
Yes, played sports while attending middle school/junior high	56
Yes, played sports while attending high school	56
Yes, played sports while attending college	21
No, did NOT play/participate in sport when younger and in school	27

**(Respondents who are 30 years old or older and played or participated in any sports when they were in middle school, high school or college; n=1,537. Asked about the highest grade level during which they played/participated in a sport.)**

33. When you were in [middle school or junior high school/high school/college], what sport did you do MOST often?

	%
Basketball	19
Baseball/softball	17
Football	11
Running/jogging/trail running or track	10
Volleyball	8
Soccer	6
Tennis	5
Swimming/other aquatic exercise (not diving or water polo)	4
Cheerleading	3
Wrestling	2
Boxing	1
Gymnastics/tumbling	1
Ice hockey/hockey	1
Rugby	1
Skiing (general)/downhill skiing/snowboarding	1
Racquetball	1
Water skiing/jet skiing/wakeboarding/snow shoeing/cross-country skiing/telemarking (not ski jumping)	1
Dance (ballet, modern, jazz)/zumba	1
Golf	1

Diving	*
Field hockey/street hockey/roller hockey	*
Lacrosse	*
Martial arts (karate, tae kwon do, judo, kickboxing, etc.)	*
Rodeo	*
Ultimate frisbee	*
Water polo	*
Bike riding/dirt biking/mountain biking/cycling/bicycling	*
Fencing	*
Handball	*
Horseback riding/polo	*
Skating (ice skating/inline skating/roller skating/roller blading)	*
Squash	*
Surfing or windsurfing	*
Weightlifting/body building	*
Archery	*
Badminton	*
Bowling	*
Curling	*
Crew or rowing	*
Riflery/hunting/shooting	*
Table tennis	*
Walking or race walking	*
Cardio/aerobic activities	*
Billiards/pool	*
Cricket	*
Hiking	*
Other/Don't know/Refused	4

**(Respondents who are 30 years old or older and played or participated in any sports when they were in middle school/junior high school, high school or college; n=1,528)**

34. If you had a child, do you think you would or would not want them to play or participate in [INSERT SPORT FROM Q.33]?

	%
Would	86
Would not	8
Don't Know/ Refused	6

**(Respondents who are 30 years old or older and played or participated in any sports when they were in high school or college; n=1,400)**

35. When you were in high school or college, did you hope you would become a professional athlete, or not?

	%
Yes, did	17
No, did not	83

**(Respondents who are 30 years old or older; n=2,095)**

36. Did you do any vigorous- or moderate-intensity exercise on a regular basis when you were younger and still in school? Please do not include things you did during the school day like physical education, gym class or recess.

	%
Yes, did	57
No, did not	42
Don't Know/ Refused	1

**Q5/Q36 Combo Table: Did vigorous- or moderate-intensity exercise, then and now (Respondents who are 30 years old or older; n=2,095)**

	%
Both then and in past year	29
Then, not now	28
In past year, not then	15
Neither	27
Don't Know/Refused	1

**(Respondents who are 30 years old or older and played or participated in any sports when they were in middle school/junior high school, high school or college; n=1,537)**

39. (Thinking about the sport you did most often) When you were younger and still in school, did you regularly play or participate in [INSERT SPORT FROM Q33] on a competitive team or league, or not?

	%
Yes, did	71
No, did not	29

**(Respondents who are 30 years old or older and played or participated in any sports when they were in middle school/junior high school, high school or college; n=1,537)**

40. During that time, did you play or participate in [INSERT SPORT FROM Q33] with other people, by yourself or both?

	%
Other people	61
By yourself	2
Both	37

**(Respondents who are 30 years old or older and played or participated in any sports when they were in middle school/junior high school, high school or college; n=1,537)**

41. How much do you think you benefited, if at all, from playing or participating in [INSERT SPORT FROM Q33] when you were younger and still in school in terms of (INSERT ITEM). Would you say you benefited a great deal, quite a bit, some, not very much, or not at all?

	A great deal	Quite a bit	Some	Not very much	Not at all	Don't know/ Ref
a. Your physical health	42	26	24	3	3	2
b. Your mental health	33	21	29	7	8	2
c. Your social life	28	24	28	9	11	*
d. Learning how to get along with other people	39	26	21	7	7	*
e. Learning about discipline or dedication	42	24	21	6	6	1
f. Keeping you out of trouble	33	18	21	9	17	2
g. Giving you skills to help you in future schooling	18	14	27	18	22	1
h. Giving you skills to help you in your future career	21	14	26	15	24	*
i. How you look	25	20	27	11	16	1

**(Respondents age 30+ who HAVE NOT in the past year played the sport they played when they were in middle school/junior high school, high school or college; n=1,193)**

43. What is the MOST important reason you stopped playing or participating in [INSERT SPORT FROM Q33]?

44. Is there another reason that is almost as important?

**Q43/Q44 Combo Table**

**(Respondents age 30+ who HAVE NOT in the past year played the sport they played when they were in middle school/junior high school, high school or college; n=1,193)**

Combined first and second responses	%
Life changes	25
No longer had enough time	20
Too old/old age	12
Career/job	6
Takes time away from my family	6
Had an injury (not exercise-related)	5
There wasn't a team or league for it anymore	5
Doing sport from younger time doesn't interest me anymore	5
Had health problems other than an injury	4
Hard for me to do it physically	4
Didn't have access anymore to needed facilities	4
It wasn't fun anymore	4
Had an injury (exercise-related)	3
Developed other interests/do other activities/other sports	3
Didn't have the skills to keep doing it	3
Didn't have the energy anymore	1
Couldn't take the competitive pressure	1
It was too expensive	1
Hurts my appearance	*
Other lack of opportunity mentions	5
Other lack of interest mentions	2
Other physical limitations mentions	1
Other	6
None	1
Don't Know/Refused	1

**(Respondents age 30+ who HAVE NOT in the past year played the sport they played when they were in middle school/junior high school, high school or college; n=1,193)**

45. Do you regret no longer playing or participating in [INSERT SPORT FROM Q33], or not?

	%
Yes	30
No	69
Don't Know/ Refused	1

**(Respondents age 30+ who played a different sport in the past year than they played when they were in middle school/junior high school, high school or college; n=649)**

46z. When you were younger and still in school, did you also play or participate in [INSERT SPORT FROM Q2]?

	%
Yes	51
No	49



**(Respondents age 30+ who played a different sport in the past year than they played when they were in middle school/junior high school, high school or college or did not play a sport when they were in middle school, high school or college; n=453)**

46. (You said you did not play or participate in [INSERT SPORT FROM Q2] when you were younger and still in school, but now you do.) What is the MOST important reason you started playing or participating in [INSERT SPORT FROM Q2]?

47. Is there another reason that is almost as important?

**Q46/Q47 Combo Table**

**(Respondents age 30+ who played a different sport in the past year than they played when they were in middle school/junior high school, high school or college or did not play a sport when they were in middle school, high school or college; n=453)**

Combined first and second responses	%
Thought it would improve my physical health	25
Had friends or family who did it	25
For enjoyment/recreation/I like it/love it/it's fun (general)	16
Wanted to meet other people	11
Wanted to try something new	8
For exercise/physical activity	7
Wanted to maintain my weight or lose weight	6
Thought it would improve my mental health	5
For the challenge	4
To get outside/outdoors/get fresh air/enjoy the weather	4
Easy accessibility to do/easiest availability/had an opportunity	4
Because of my health problems/injuries/doctor's advice	3
Wanted to look better	2
For my job/career	2
Family influence (general)	1
Other personal enjoyment/satisfaction mentions	5
Other health-related mentions	3
Other social interaction mentions	1
Other	14
None/No reason	1

### III. WHAT PARENTS SAY ABOUT THEIR CHILDREN’S INVOLVEMENT IN SPORTS/EXERCISE [PARENTS OF CHILDREN IN JUNIOR HIGH/MIDDLE SCHOOL OR HIGH SCHOOL]

*In this section, parents of junior high school, middle school, or high school children are asked about one randomly-selected child (called TCHILDNAME) in that grade range.*

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

51a. How important is it to you that [TCHILDNAME] exercise on a regular basis? Is it very important, somewhat important, not very important, or not at all important?

	%
Very important	69
Somewhat important	28
Not very important	2
Not at all important	*
Don't Know/Refused	1

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

51b. How important is it to you that [TCHILDNAME] play or participate in a sport regularly? Is it very important, somewhat important, not very important, or not at all important?

	%
Very important	43
Somewhat important	29
Not very important	18
Not at all important	8
Don't Know/Refused	2

**(Asked of respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and think it is very or somewhat important for child play/participate in a sport regularly; n=434)**

52. Is it important to you that [TCHILDNAME] play or participate on a competitive team or league, or not?

**Q51b/Q52 Combo Table:**

**(Based on respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

	%
Very/somewhat important to you that [TCHILDNAME] play or participate in a sport regularly	72
Important to you that [TCHILDNAME] play or participate on a competitive team or league	38
Not important to you that [TCHILDNAME] play or participate on a competitive team or league	34
Not very/Not at all important to you that [TCHILDNAME] play or participate in a sport regularly	26
Don't Know/Refused	2

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

53. Do you encourage [TCHILDNAME] to play sports, discourage (him/her) from playing sports, or don't you express a preference?

	%
Encourage	76
Discourage	1
Don't express a preference	22
Don't Know/Refused	1

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

54. In the past year, has [TCHILDNAME] played or participated in any sports, or hasn't she/he)? Please do not include any coaching, refereeing, teaching or situations in which [TCHILDNAME] only watched the sport.

	%
Yes	72
No	27
Don't Know/Refused	1

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=437)**

55. Did you play or participate in any sports with [TCHILDNAME] in the past year, or not?

	%
Yes	37
No	63

**Q54/Q55 Combo Table**

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

	%
Yes, child has participated in sports in the past year	72
Yes, parent participated in sports with child in past year	27
No, parent did NOT participate in sports with child in past year	45
No, child has NOT participated in sports in the past year	27
Don't Know/Refused	1

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=437)**

56. What sport did [TCHILDNAME] participate in MOST OFTEN during the past year?

	%
Basketball	16
Soccer	14
Baseball/softball	11
Football	9
Running/jogging/trail running or track	7
Volleyball	6
Swimming/other aquatic exercise (not diving or water polo)	5
Cheerleading	3
Martial arts (karate, tae kwon do, judo, kickboxing, etc.)	3
Field hockey/street hockey/roller hockey	2
Lacrosse	2
Wrestling	2
Water skiing/jet skiing/wakeboarding/snow shoeing/cross-country skiing/telemarking (not ski jumping)	2
Dance (ballet, modern, jazz)/zumba	2
Golf	2
Tennis	2
Bike riding/dirt biking/mountain biking/cycling/bicycling	1
Bowling	1
Cardio/aerobic activities	1
Climbing	1
Using exercise videos/game videos	1
Diving	*
Gymnastic/tumbling	*
Ultimate frisbee	*
Water polo	*
Fencing	*
Horseback riding/polo	*
Skating (ice skating/inline skating/roller skating/roller blading)	*
Skateboarding	*
Squash	*
Weightlifting/body building	*
Crew or rowing	*
Triathlon	*
Hiking	*
Pilates or yoga	*

Other/Don't know/Refused	7
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**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=437)**

57. Is this a sport (she/he) does year-round, or is it one (she/he) does only during a certain season?

	%
Year-round	41
Only during a certain season	58
Don't Know/Refused	1

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=437)**

58. In the past year, how often did [TCHILDNAME] play or participate in [INSERT SPORT FROM Q56]? If this sport is only done seasonally, please consider only the relevant season. Did [TCHILDNAME] play or participate in [INSERT SPORT FROM Q56] every day, a few times a week, once a week, a couple of times a month, once a month, or less than that?

	%
Every day	28
A few times a week	56
Once a week	7
A couple of times a month	7
Once a month	1
Less than that	1

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=437)**

66a. Overall, how much do you think [TCHILDNAME] benefits from playing or participating in [INSERT SPORT FROM Q56]?

	%
A great deal	63
Quite a bit	26
Some	10
Not very much	1
Not at all	0

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=437)**

67. How much do you think [TCHILDNAME] benefits, if at all, from playing or participating in [INSERT SPORT FROM Q56] in terms of (INSERT ITEM). Would you say they benefit a great deal, quite a bit, some, not very much, or not at all?

	A great deal	Quite a bit	Some	Not very much	Not at all	Don't know/ Ref
a. (His/Her) physical health	58	30	11	1	0	0
b. (His/Her) mental health	46	27	23	3	1	0
c. (His/Her) social life	41	24	27	6	2	0
d. Learning how to get along with other people	52	26	18	2	1	1
e. Learning about discipline or dedication	55	26	17	*	2	0
f. Giving (him/her) something to do	54	29	14	2	1	*
g. Giving (him/her) skills to help in (his/her) future schooling	37	19	31	8	4	1
h. Giving (him/her) skills to help in (his/her) future career	34	21	28	10	5	2

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=437)**

64. In the past year, did [TCHILDNAME] regularly play or participate in (INSERT SPORT FROM Q56) on a competitive team or league, or not?

	%
Yes, did	74
No, did not	26

**Q54/Q64 Combo Table**

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

	%
Yes, child has participated in sports in the past year	72
Yes, did participate in competitive team or league	54
No, did NOT participate in competitive team or league	18
No, child has NOT participated in sports in the past year	27
Don't Know/Refused	1

**(Respondents who are the parent of one or more children living in their household who currently attends high school and whose randomly-selected child played or participated in a sport in the past year; n=239)**

59. Do you hope [TCHILDNAME] will become a professional athlete, or not?

	%
Yes	26
No	69
Don't Know/Refused	5



**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

60. (Other than sports,) In the past year, has [TCHILDNAME] done any vigorous- or moderate-intensity exercise on a regular basis, or hasn't (she/he)? Please do not include things [TCHILD] did during the school day like physical education, gym class or recess.

	%
Yes, did	52
No, did not	47
Don't know/ Refused	1

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child did vigorous- or moderate-intensity exercise on a regular basis in the past year; n=331)**

61. What type of exercise did [TCHILDNAME] do MOST OFTEN in the past year?

	%
Running/jogging/trail running or track	28
Cardio/aerobic activities	17
Walking or race walking	9
Weightlifting/body building	9
Dance (ballet, modern, jazz)/zumba	5
Bike riding/dirt biking/mountain biking/cycling/bicycling	4
Basketball	3
Swimming/other aquatic exercise (not diving or water polo)	3
Soccer	2
Skateboarding	2
Hiking	2
Boxing	1
Martial arts (karate, tae kwon do, judo, kickboxing, etc.)	1
Football	1
Volleyball	1
Tennis	1
Calisthenics	1
Using exercise videos/game videos	1
Other	9

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child did vigorous- or moderate-intensity exercise on a regular basis in the past year; n=331)**

66b. Overall, how much do you think [TCHILDNAME] benefits from doing [INSERT FORM OF EXERCISE FROM Q61]?

	%
A great deal	59
Quite a bit	24
Some	16
Not very much	1
Not at all	0

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=437)**

68. Some families find it difficult for their children to continue participating in a sport. For each of the following, please tell me whether or not it is a problem for you and [TCHILDNAME]? How about (INSERT ITEM)? Is this a problem for you and (TCHILDNAME), or is it not? (IF YES: Is that a major or minor problem?)

	Major problem	Minor problem	Not a problem	Don't know/Refused
a. [TCHILDNAME] isn't interested in continuing to participate in sports	7	8	84	1
b. It interferes with (his/her) schoolwork	10	15	75	0
c. It interferes with social commitments for the family or [TCHILD] (himself/herself)	3	12	85	*
d. [TCHILDNAME] is concerned about getting physically injured	5	12	83	*
e. The facilities are hard to get to	6	8	85	1
f. It costs too much	10	12	78	0
h. (He/She) has an illness other than an injury that prevents (him/her) from doing it	5	4	80	1
i. (He/She) is not good at sports	3	8	89	*
j. (He/She) has a job	2	2	96	0
k. (He/She) would rather spend time on the phone, computer, video games, or TV	16	18	66	*
g. (He/She) had an injury that prevents (him/her) from doing it	5	8	87	*
Sports-related injury was a major or minor problem	9			
Other type of injury was a major or minor problem	4			

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child DID NOT play or participate in a sport in the past year; n=164)**

69. What is the MOST important reason why [TCHILDNAME] did not play or participate in any sports in the past year?

69a. Is there another reason that is almost as important?

**Q69/Q69a Combo Table: By Category**

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child DID NOT play or participate in a sport in the past year; n=164)**

Combined first and second responses	%
<b>LACK OF INTEREST (NET)</b>	<b>63</b>
Child isn't interested in participating in sports	51
Is involved in/prefers other activities (band, etc.)	5
Child would rather spend time on the phone, computer, video games, or TV	3
Other lack of interest mentions	4
<b>TIME AVAILABILITY/COST/LACK OF OPPORTUNITY (NET)</b>	<b>21</b>
Interferes with schoolwork	8
It costs too much	2
Facilities are hard to get to	1
Child has a job	1
Other lack of opportunity/time mentions	9
<b>HEALTH-RELATED (NET)</b>	<b>8</b>
Child has an illness other than an injury that prevents him/her from doing it	5
Child has an injury that prevents him/her from doing it (not sports-related)	1
Other physical limitations mentions	2
Child concerned about getting physically injured	2
Child is not good at sports	3
Other	13
None/No reason	6
Don't Know/Refused	2

**(Respondents who are the parent of two or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child DID NOT play or participate in a sport in the past year; n=62)**

69x. In the past year, has another child other than [TCHILDNAME], who is currently attending middle school, junior high or high school, played or participated in any sports, or not?

**Q54/Q69x Combo Table**

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

	%
Any child in HH in these grades has participated in sports in the past year	77
No child in HH in these grades has participated in sports in the past year	23

**(Respondents who are the parent of two or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child DID NOT do any vigorous or moderate-intensity exercise on a regular basis in the past year; n=103)**

69y. In the past year, has another child other than [TCHILDNAME], who is currently attending middle school, junior high or high school, done any vigorous- or moderate-intensity exercise on a regular basis, or not?

**Q60/Q69y Combo Table**

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

	%
Any child in HH in these grades has done vigorous- or moderate-intensity exercise on a regular basis in the past year	58
No child in HH in these grades has done done vigorous- or moderate-intensity exercise on a regular basis in the past year	42

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=434)**

71a. How likely do you think [TCHILDNAME] is to continue playing or participating in [INSERT SPORT FROM Q56] when (he/she) becomes an adult?

	%
Very likely	31
Somewhat likely	41
Not very likely	14
Not at all likely	12
Don't Know/ Refused	2

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child did vigorous or moderate-intensity exercise on a regular basis in the past year; n=328)**

71b. How likely do you think [TCHILDNAME] is to continue doing [INSERT FORM OF EXERCISE FROM Q61] when (he/she) becomes an adult?

	%
Very likely	57
Somewhat likely	35
Not very likely	5
Not at all likely	2
Don't Know/ Refused	1

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=434)**

72a. Do you think it is important for [TCHILDNAME] to continue doing [INSERT SPORT FROM Q56] when (he/she) becomes an adult, or not? (IF YES: Do you think it is very important or somewhat important?)

	%
Yes, very important	23
Yes, somewhat important	30
No, not important	46
Don't Know/Refused	1

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child did vigorous or moderate-intensity exercise on a regular basis in the past year; n=328)**

72b. Do you think it is important for [TCHILDNAME] to continue doing [INSERT FORM OF EXERCISE FROM Q61] when (he/she) becomes an adult, or not?

	%
Yes, very important	48
Yes, somewhat important	32
No, not important	16
Don't Know/Refused	4

**Level-of-Contact Summary 1\*****(Respondents who played or participated in any sports in the past year; n=1,249)**Based on Q2. What sport did you play or participate in **most often** during the past year?

	%
Contact or collision sports	28
Limited contact sports	24
Non-contact sports	41
Exercise or other physical activities	7

**Level-of-Contact Summary 2\*****(Respondents who are 30 years old or older and played or participated in any sports when they were in middle school, high school or college; n=1,537. Asked about the highest grade level during which they played/participated in a sport.)**

Based on Q33. When you were in [middle school or junior high school/high school/college], what sport did you do MOST often?

	%
Contact or collision sports	46
Limited contact sports	30
Non-contact sports	22
Exercise or other physical activities	1

**Level-of-Contact Summary 3\*****(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school and whose randomly-selected child played or participated in a sport in the past year; n=437)**

Based on Q56. What sport did [TCHILDNAME] participate in MOST OFTEN during the past year?

	%
Contact or collision sports	51
Limited contact sports	23
Non-contact sports	20
Exercise or other physical activities	3
Other	3

\*Sports are categorized by contact level, modified from the American Academy of Pediatrics Committee on Sports Medicine and Fitness 2008 classification of sports according to contact (see Rice SG. Medical Conditions Affecting Sports Participation. Pediatrics 2008, 121(4):841.)



## IV. HEALTH DEMOGRAPHICS OF RESPONDENT

73. In general, how would you describe your own health—excellent, very good, good, fair or poor?

	%
Excellent	16
Very good	33
Good	28
Fair	16
Poor	7

75. Are you now receiving regular medical treatment or making regular doctor visits for any chronic health problems, such as asthma, arthritis, diabetes, high blood pressure, or heart disease?

	%
Yes	32
No	67
Don't Know/Refused	1

76. How would you describe your weight? Would you say you are very underweight, a little underweight, about the right weight, a little overweight, or very overweight?

	%
Very underweight	1
A little underweight	6
About the right weight	46
A little overweight	39
Very overweight	7
Don't Know/Refused	1

77. In the past 5 years, have you had one or more sports-related injuries that required medical care, or haven't you?

77a. Did it keep you from doing that sport for at least a short time or didn't it?

**Q77/Q77a Combo Table**

**Total Respondents**

	%
<b>Yes, 1+ sports-related injury that required medical care in past 5 years</b>	<b>9</b>
Yes, kept you from doing that sport	7
No, did NOT keep you from doing that sport	2
No, have not	91
Don't Know/Refused	*

78. In the past 5 years, have you had one or more exercise-related injuries that required medical care, or haven't you?

78a. Did it keep you from exercising for at least a short time or didn't it?

**Q78/Q78a Combo Table**

	%
<b>Yes, 1+ exercise-related injury that required medical care in past 5 years</b>	<b>7</b>
Yes, kept you from doing that exercise	7
No, did NOT keep you from doing that exercise	*
No, have not	92
Don't Know/Refused	1

79. When you were younger and still in school, did you have one or more sports-related injuries that required medical care, or didn't you?

79a. Did it keep you from doing that sport for at least a short time or didn't it?

**Q79/Q79a Combo Table**

	%
<b>Yes, 1+ sports-related injury when younger and in school that required medical care</b>	<b>24</b>
Yes, kept you from doing that sport	20
No, did NOT keep you from doing that sport	4
No, have not	76
Don't Know/Refused	*

80. When you were younger and still in school, did you have one or more exercise-related injuries that required medical care, or didn't you?

80a. Did it keep you from exercising for at least a short time or didn't it?

#### Q80/Q80a Combo Table

	%
<b>Yes, 1+ sports-related injury when younger and in school that required medical care</b>	<b>8</b>
Yes, kept you from doing that exercise	7
No, did NOT keep you from doing that exercise	1
No, have not	92
Don't Know/Refused	*

81. On average how many hour per day outside of work or school do you sit and watch TV or videos, use a computer, or play video games?

	%
1 hour or less	23
2-3 hours	46
4 hours or more	28
Don't Know/Refused	3

## V. STANDARD DEMOGRAPHICS OF RESPONDENT

Gender:

	%
Male	48
Female	52

Age:

	%
18 to 29	22
30 to 49	27
50 to 64	32
65 or older	18
18 or older but won't disclose age	1

D1. What is the last grade or class that you completed in school?

	%
<b>High school or less (Net)</b>	<b>41</b>
Less than high school (grades 1-11, grade 12 but no diploma)	12
High school graduate or equivalent (e.g. GED)	29
Some college but no degree (incl. 2 year occupational or vocational programs)	28
<b>College + (Net)</b>	<b>29</b>
College graduate (e.g. BA, AB, BS)	19
Postgraduate (e.g. MA, MS, MEng, Med, MSW, MBA, MD, DDs, PhD, JD, LLB, DVM)	10
Don't Know/Refused	2

D2. Are you currently married, living with a partner, divorced, separated, widowed or have you never been married?

	%
Married	53
Living with a partner	6
Divorced	9
Separated	2
Widowed	6
Never been married	23
Refused	1

D3. Are you, yourself, of Latino or Hispanic origin or descent, such as Mexican, Puerto Rican, Cuban, or some other Latin American background?

D4. What is your race? Are you white, black or African American, Asian, American Indian or Alaska Native, or Native Hawaiian or other Pacific Islander?

**Race Summary Table  
Total Respondents**

	<b>%</b>
White non-Hispanic	65
Hispanic	14
Black non-Hispanic	12
Asian	4
American Indian/Alaska Native	1
Native Hawaiian/Pacific Islander	*
Mixed (vol)	1
Other (vol)	1
Don't Know/Refused	2

Parent of child in middle school, junior high school, or high school

	<b>%</b>
Yes	14
No	86

D6. Are you, or is anyone in your household serving in the military or military veteran, or not?

	<b>%</b>
<b>Veteran in household (Net)</b>	<b>19</b>
Respondent is veteran	11
Someone else in HH is veteran	9
<b>No veteran in household (Net)</b>	<b>80</b>
Don't know/Refused	1

D7a. Is your total annual household income from all sources, and before taxes:

D7b. Is your total annual household income from all sources and before taxes less than \$50,000, \$50,000 but less than \$100,000, or over \$100,000?

D7c. Is that 100 but less than 150 thousand, 150 but less than 200 thousand, 200 but less than 250 thousand, or 250 thousand and over?

**Income Summary Table**

	%
<b>Less than \$50,000 (Net)</b>	<b>51</b>
Less than \$15,000	16
\$15,000 but less than \$25,000	12
\$25,000 but less than \$30,000	6
\$30,000 but less than \$40,000	8
\$40,000 but less than \$50,000	8
Less than \$50,000 (unspecified)	2
<b>\$50,000 but less than \$100,000 (Net)</b>	<b>23</b>
\$50,000 but less than \$100,000 (unspecified)	1
\$50,000 but less than \$75,000	13
\$75,000 but less than \$100,000	10
<b>\$100,000 and over (Net)</b>	<b>16</b>
\$100,000 and over (unspecified)	1
\$100,000 but less than \$150,000	9
\$150,000 but less than \$200,000	3
\$200,000 but less than \$250,000	1
\$250,000 and over	2
Don't Know/Refused	10

**(Landline Respondents; n=1,074)**

L1. Now thinking about your telephone use...Does anyone in your household, including yourself, have a working cell phone?

**(Cell Phone Respondents; n=1,432)**

C1. Now thinking about your telephone use, is there at least one telephone INSIDE your home that is currently working and is not a cell phone?

**L1/C1 Combo Tables**

**Total Respondents**

	<b>%</b>
Landline only	7
Both LL and Cell	49
Cell phone only	43
Don't Know/Refused	1

## VI. DEMOGRAPHICS OF RANDOMLY-SELECTED CHILD (REPORTED BY PARENT)

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

School grade-level of [TCHILDNAME]

	%
High school	57
Middle school/Junior high school	43

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

Gender of [TCHILDNAME]

	%
Boy	49
Girl	50
Refused	1

**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

Age of [TCHILDNAME]

	%
10-11	7
12-13	26
14-16	44
17-19	22
Refused	1



**(Respondents who are the parent of one or more children living in their household who currently attends middle school, junior high, or high school; n=604)**

50. In general, how would you describe (TCHILDNAME)'s health—excellent, very good, good, fair or poor?

	%
Excellent	54
Very good	25
Good	15
Fair	4
Poor	1
Refused	1

**(Respondents who are the parent of a child living in their household who currently attends middle school, junior high, or high school who were asked about TChild race; n=523)**

D3c. Is [TCHILD] of Latino or Hispanic origin or descent, such as Mexican, Puerto Rican, Cuban, or some other Latin American background?

D4c. What is [TCHILD] 's race? Is [TCHILD] white, black or African American, Asian, American Indian or Alaska Native, or Native Hawaiian or other Pacific Islander?

**TCHILD Race Summary Table**

**(Respondents who are the parent of a child living in their household who currently attends middle school, junior high, or high school who were asked about TChild race; n=523)**

	%
White non-Hispanic	56
Hispanic	20
Black non-Hispanic	13
Asian	3
American Indian/Alaska Native	1
Mixed (vol)	5
Other (vol)	1
Refused	1