Data Brief 276: Prevalence of Low High-density Lipoprotein Cholesterol Among Adults, by Physical Activity: United States, 2011–2014

Data table for Figure 1. Age-adjusted prevalence of low HDL cholesterol among adults aged 20 and over, by physical activity and sex: 2011–2014

Sex	Met physical activity guidelines	Did not meet physical activity guidelines
	Percent (standard error)	
Total[1]	17.7 (0.9)	21.0 (0.9)
Men	25.0 (1.2)	35.4 (1.5)
Women	9.1 (0.9)	11.8 (1.0)

[1]Overall total of low HDL prevalence was 19.0%.

NOTES: HDL is high-density lipoprotein. Low HDL cholesterol is less than 40 mg/dL based on laboratory measurement. Data are age-adjusted by the direct method to the 2000 U.S. Census population using age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

Data table for Figure 2. Prevalence of low HDL cholesterol among adults aged 20 and over, by physical activity and age: 2011–2014

Age group	Met physical activity guidelines	Did not meet physical activity guidelines
	Percent (standard error)	
20–39	19.4 (1.4)	22.4 (1.6)
40–59	19.0 (1.5)	21.4 (1.6)
60 and over	12.6 (1.4)	18.1 (1.6)

NOTES: HDL is high-density lipoprotein. Low HDL cholesterol is less than 40 mg/dL based on laboratory measurement. Data are age-adjusted by the direct method to the 2000 U.S. Census population, using age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

Data table for Figure 3. Age-adjusted prevalence of low HDL cholesterol among adults aged 20 and over, by physical activity and race and Hispanic origin: 2011–2014

Race and Hispanic origin	Met physical activity guidelines	Did not meet physical activity guidelines
	Percent (standard error)	
Non-Hispanic white	18.1 (1.1)	21.8 (1.2)
Non-Hispanic black	12.4 (0.8)	16.2 (1.2)
Non-Hispanic Asian	14.4 (1.4)	16.3 (1.8)
Hispanic	20.7 (1.3)	22.4 (1.7)

NOTES: HDL is high-density lipoprotein. Low HDL cholesterol is less than 40 mg/dL based on laboratory measurement. Data are age-adjusted by the direct method to the 2000 U.S. Census population, using age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

Data table for Figure 4. Age-adjusted prevalence of low HDL cholesterol among adults aged 20 and over, by physical activity and education: 2011–2014

Education	Met physical activity guidelines	Did not meet physical activity guidelines
	Percent (standard error)	
High school or less	21.7 (1.3)	23.6 (1.3)
Some college	19.2 (1.4)	21.0 (1.5)
College graduate	12.3 (1.1)	16.8 (1.4)

NOTES: HDL is high-density lipoprotein. Low HDL cholesterol is less than 40 mg/dL based on laboratory measurement. Data are age-adjusted by the direct method to the 2000 U.S. Census population, using age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.