

Catalogue no. 82-623-X

Canadian Health Measures Survey: Cycle 1 Data Tables



2007 to 2009



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Statistics Canada
Physical Health Measures Division

Canadian Health Measures Survey: Cycle 1 Data Tables

2007 to 2009

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Symbols

The following standard symbols are used in Statistics Canada publications:

- . not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0^s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- p preliminary
- r revised
- x suppressed to meet the confidentiality requirements of the *Statistics Act*
- E use with caution
- F too unreliable to be published

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Introduction

The Canadian Health Measures Survey (CHMS) is the most extensive national survey on physical health measures ever conducted in the country. Data collection consists of two steps, a personal interview at the respondent's household followed later by a visit to the CHMS mobile clinic where physical measurements and blood and urine samples are taken.

The CHMS captures a broad portrait of the health of Canadians by gathering baseline data on a variety of concerns, including cardiovascular health, nutritional status, chronic diseases and physical activity, as well as exposure to infectious diseases and environmental contaminants. The survey collects health information that can't be otherwise captured, or that may be inaccurately reported, through self-report questionnaires or health care records.

The CHMS is conducted by Statistics Canada in partnership with Health Canada and the Public Health Agency of Canada.

During CHMS cycle 1, physical measurements were collected in 15 sites across Canada from about 5,600 people representing the Canadian population aged 6 to 79. Collection sites were located in five provinces: New Brunswick, Quebec, Ontario, Alberta and British Columbia. Collection started in March 2007 and continued until February 2009. Data are representative at the national level.

This publication is part of the release of CHMS data beginning in January 2010. It provides data tables on blood pressure, physical fitness, anthropometric measures, spirometry and oral health. Data are presented by gender and the following age groups (depending on the measure): 6 to 11 years, 12 to 19 years, 20 to 39 years, 40 to 59 years and 60 to 79 years.

Additional tables will be appended to this document during each successive data release throughout 2010. Data related to cardiovascular health, chronic and infectious disease markers and nutrition will be released in the spring, environmental measures data will be released in the summer and data on physical activity will be released in the fall. Each wave of data will be accompanied by data tables, a user guide, derived variable documentation, and several articles published in *Health Reports*, a quarterly peer-reviewed journal published by Statistics Canada.

For additional information about the Canadian Health Measures Survey:

Toll-free number:	1-888-253-1087
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Telecommunication device for the hearing impaired:	1-866-753-7083
Statistics Canada website:	www.statcan.gc.ca/chms

Statistical tables

Table 1
Distribution of the household population by the average resting diastolic blood pressure, by age and sex,
Canada, 2007 to 2009

	Average resting diastolic blood pressure											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres of mercury												
Both sexes												
Age 6 to 11	61	60	61	49	48	50	51	49	53	56	55	57
Age 12 to 19	63	62	64	52	51	53	54	53	55	58	57	59
Age 20 to 39	69	68	71	56	55	57	58	57	59	63	62	64
Age 40 to 59	75	74	76	61	60	62	64	63	65	68	67	69
Age 60 to 79	73	72	73	57	55	59	61	60	62	67	66	68
Age 6 to 79	70	70	71	55	54	56	58	57	59	63	62	64
Males												
Age 6 to 11	61	59	62	49	47	51	51	49	53	56	55	57
Age 12 to 19	63	62	64	51	50	52	53	52	54	58	56	60
Age 20 to 39	72	70	73	56	54	58	59	56	62	66	64	68
Age 40 to 59	78	76	79	65	62	68	67	65	69	72	70	74
Age 60 to 79	74	73	75	58	57	59	62	61	63	68	67	69
Age 6 to 79	72	71	73	55	54	56	58	56	60	65	64	66
Females												
Age 6 to 11	60	60	61	50	48	52	52	50	54	55	54	56
Age 12 to 19	63	62	64	53	51	55	55	54	56	57	56	58
Age 20 to 39	67	66	69	55	53	57	58	57	59	62	61	63
Age 40 to 59	72	71	73	60	59	61	62	61	63	66	65	67
Age 60 to 79	72	71	73	57	54	60	60	58	62	65	63	67
Age 6 to 79	69	68	69	55	54	56	57	56	58	62	61	63

	Average resting diastolic blood pressure											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres of mercury												
Both sexes												
Age 6 to 11	61	60	62	65	64	66	70	69	71	72	70	74
Age 12 to 19	63	61	65	68	66	70	72	71	73	75	74	76
Age 20 to 39	69	68	70	75	73	77	81	79	83	84	82	86
Age 40 to 59	74	73	75	81	79	83	86	85	87	89	87	91
Age 60 to 79	73	72	74	78	77	79	83	82	84	88	86	90
Age 6 to 79	70	69	71	77	76	78	83	82	84	86	85	87
Males												
Age 6 to 11	60	59	61	64	63	65	69	67	71	72	69	75
Age 12 to 19	63	61	65	68	66	70	72	70	74	77	74	80
Age 20 to 39	72	70	74	78	76	80	82	80	84	86	83	89
Age 40 to 59	78	76	80	83	82	84	87	86	88	90	88	92
Age 60 to 79	75	74	76	80	79	81	84	83	85	88	86	90
Age 6 to 79	73	72	74	79	78	80	84	83	85	87	86	88
Females												
Age 6 to 11	61	60	62	65	64	66	70	69	71	73	71	75
Age 12 to 19	63	61	65	68	66	70	72	71	73	74	73	75
Age 20 to 39	66	64	68	72	70	74	78	75	81	83	80	86
Age 40 to 59	71	70	72	77	76	78	82	80	84	87	84	90
Age 60 to 79	72	71	73	77	76	78	83	81	85	88	86	90
Age 6 to 79	68	67	69	74	73	75	80	79	81	85	83	87

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 2
Distribution of the household population by the average resting systolic blood pressure, by age and sex,
Canada, 2007 to 2009

	Average resting systolic blood pressure											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres of mercury												
Both sexes												
Age 6 to 11	93	92	94	82	80	84	84	83	85	88	87	89
Age 12 to 19	99	98	101	86	84	88	89	88	90	93	91	95
Age 20 to 39	106	104	107	90	89	91	93	92	94	98	96	100
Age 40 to 59	114	112	116	95	94	96	99	97	101	105	104	106
Age 60 to 79	125	124	126	102	100	104	105	104	106	113	112	114
Age 6 to 79	110	109	111	89	88	90	92	91	93	99	98	100
Males												
Age 6 to 11	93	92	94	81	78	84	84	82	86	88	87	89
Age 12 to 19	101	99	103	87	86	88	89	88	90	94	92	96
Age 20 to 39	110	108	112	93	91	95	98	96	100	103	101	105
Age 40 to 59	116	115	118	99	98	100	102	101	103	108	106	110
Age 60 to 79	122	121	124	100	98	102	104	102	106	113	111	115
Age 6 to 79	112	111	113	90	89	91	94	93	95	102	101	103
Females												
Age 6 to 11	93	93	94	82	80	84	84	82	86	88	87	89
Age 12 to 19	98	96	99	86	84	88	89	87	91	92	90	94
Age 20 to 39	101	100	103	87	85	89	91	90	92	94	92	96
Age 40 to 59	112	110	114	93	92	94	96	94	98	102	101	103
Age 60 to 79	127	125	129	103	101	105	105	103	107	115	113	117
Age 6 to 79	108	107	110	88	87	89	91	90	92	97	96	98

	Average resting systolic blood pressure											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres of mercury												
Both sexes												
Age 6 to 11	93	92	94	98	96	100	103	102	104	106	104	108
Age 12 to 19	98	96	100	105	103	107	111	108	114	115	113	117
Age 20 to 39	105	103	107	113	111	115	119	117	121	125	122	128
Age 40 to 59	113	111	115	121	118	124	131	127	135	138	135	141
Age 60 to 79	123	121	125	134	132	136	146	143	149	156	151	161
Age 6 to 79	108	106	110	118	117	119	129	127	131	138	136	140
Males												
Age 6 to 11	92	91	93	97	95	99	102	100	104	105	102	108
Age 12 to 19	101	99	103	106	104	108	113	110	116	116	113	119
Age 20 to 39	110	108	112	117	115	119	122	119	125	127	124	130
Age 40 to 59	116	114	118	123	121	125	131	126	136	138	132	144
Age 60 to 79	121	119	123	132	129	135	142	140	144	146	143	149
Age 6 to 79	111	110	112	119	117	121	129	128	130	137	135	139
Females												
Age 6 to 11	93	92	94	99	98	100	104	103	105	107	105	109
Age 12 to 19	97	96	98	102	101	103	109	107	111	112	109	115
Age 20 to 39	100	98	102	107	104	110	115	113	117	119	115	123
Age 40 to 59	110	108	112	119	116	122	130	125	135	138	134	142
Age 60 to 79	125	123	127	136	133	139	152	146	158	163	154	172
Age 6 to 79	105	104	106	117	115	119	129	126	132	139	136	142

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 3
Distribution of the household population by the average resting heart rate, by age and sex, Canada, 2007 to 2009

	Average resting heart rate											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	beats per minute											
Both sexes												
Age 6 to 11	80	79	81	63	61	65	67	66	68	72	71	73
Age 12 to 19	75	74	76	56	54	58	60	59	61	67	65	69
Age 20 to 39	69	68	71	53	51	55	56	54	58	62	60	64
Age 40 to 59	67	66	68	51	49	53	55	54	56	61	60	62
Age 60 to 79	66	65	67	50	48	52	53	52	54	59	58	60
Age 6 to 79	69	69	70	52	51	53	56	55	57	62	61	63
Males												
Age 6 to 11	77	76	78	62	60	64	64	62	66	69	68	70
Age 12 to 19	74	72	76	55	52	58	59	57	61	65	62	68
Age 20 to 39	68	66	70	50	47	53	54	52	56	61	60	62
Age 40 to 59	66	65	67	49	47	51	52	49	55	59	57	61
Age 60 to 79	65	64	66	48	46	50	52	51	53	58	57	59
Age 6 to 79	68	67	69	50	48	52	54	53	55	60	59	61
Females												
Age 6 to 11	82	81	83	66	64	68	69	67	71	75	73	77
Age 12 to 19	75	74	76	58	55	61	61	59	63	68	66	70
Age 20 to 39	71	69	73	55	53	57	58	56	60	63	61	65
Age 40 to 59	68	67	69	54	53	55	57	55	59	62	61	63
Age 60 to 79	66	65	68	52	50	54	54	53	55	59	58	60
Age 6 to 79	71	70	71	54	53	55	58	57	59	63	62	64

	Average resting heart rate											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	beats per minute											
Both sexes												
Age 6 to 11	79	78	80	87	86	88	93	91	95	98	96	100
Age 12 to 19	74	73	75	82	80	84	91	90	92	95	94	96
Age 20 to 39	69	67	71	76	75	77	83	81	85	88	85	91
Age 40 to 59	66	65	67	73	71	75	81	79	83	85	83	87
Age 60 to 79	65	64	66	72	71	73	78	76	80	84	81	87
Age 6 to 79	68	67	69	76	75	77	84	83	85	89	88	90
Males												
Age 6 to 11	76	75	77	85	83	87	91	89	93	96	93	99
Age 12 to 19	73	71	75	81	78	84	92	88	96	97	95	99
Age 20 to 39	68	66	70	75	73	77	81	79	83	85	81	89
Age 40 to 59	65	64	66	72	70	74	80	77	83	84	81	87
Age 60 to 79	65	64	66	71	69	73	78	75	81	86	80	92
Age 6 to 79	67	66	68	75	74	76	83	81	85	88	87	89
Females												
Age 6 to 11	82	80	84	88	86	90	96	93	99	100	96	104
Age 12 to 19	74	73	75	83	81	85	91	89	93	94	92	96
Age 20 to 39	71	69	73	77	76	78	84	82	86	89	86	92
Age 40 to 59	67	66	68	74	72	76	82	80	84	86	84	88
Age 60 to 79	66	64	68	73	71	75	79	77	81	83	80	86
Age 6 to 79	70	69	71	77	76	78	85	84	86	89	87	91

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 4
Distribution of the household population by blood pressure norms, by age and sex, Canada, 2007 to 2009

	Blood pressure norms								
	Within the acceptable range			Acceptable, but at the high end of the acceptable range			Above the acceptable range		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 18 to 39	95.4	93.8	96.9	3.9 ^E	2.6	5.1	F
Age 40 to 59	82.4	78.8	85.9	11.3	8.7	13.9	5.3	4.0	6.6
Age 60 to 79	66.7	64.2	69.1	15.7	12.8	18.6	13.8	11.6	15.9
Age 18 to 79	84.4	82.8	86.0	9.2	8.0	10.4	5.1	4.5	5.8
Males									
Age 18 to 39	93.9	91.3	96.5	4.9 ^E	2.9	7.0	F
Age 40 to 59	78.0	72.6	83.3	14.7	10.5	18.9	6.5	4.7	8.4
Age 60 to 79	69.7	65.3	74.0	15.2	10.5	19.9	13.8	10.7	16.9
Age 18 to 79	82.8	80.7	84.9	10.8	9.1	12.6	5.7	4.7	6.7
Females									
Age 18 to 39	96.8	94.6	99.1	F	F
Age 40 to 59	86.7	82.5	90.8	7.9 ^E	5.2	10.7	4.0 ^E	2.2	5.9
Age 60 to 79	63.9	60.7	67.1	16.1	13.9	18.3	13.8	10.3	17.3
Age 18 to 79	86.0	83.9	88.1	7.6	6.2	9.0	4.6	3.5	5.6

	Blood pressure norms								
	Moderately high			High			Very high		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 18 to 39	F	0.0	0.0	0.0	0.0	0.0	0.0
Age 40 to 59	0.7 ^E	0.3	1.1	F	0.0	0.0	0.0
Age 60 to 79	2.4 ^E	1.4	3.4	F	0.0	0.0	0.0
Age 18 to 79	0.8^E	0.5	1.1	F	0.0	0.0	0.0
Males									
Age 18 to 39	F	0.0	0.0	0.0	0.0	0.0	0.0
Age 40 to 59	F	F	0.0	0.0	0.0
Age 60 to 79	1.0 ^E	0.4	1.6	F	0.0	0.0	0.0
Age 18 to 79	0.5^E	0.2	0.9	F	0.0	0.0	0.0
Females									
Age 18 to 39	F	0.0	0.0	0.0	0.0	0.0	0.0
Age 40 to 59	F	F	0.0	0.0	0.0
Age 60 to 79	3.6 ^E	1.9	5.3	F	0.0	0.0	0.0
Age 18 to 79	1.0^E	0.5	1.6	F	0.0	0.0	0.0

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): The norms used in this table can be found in D. Abbott, N. Campbell, P. Carruthers-Czyzewski, A. Chockalingam, M. David, G. Dunkley, E. Ellis, J.G. Fodor, D. McKay, V.R. Ramsden, 1994, "Guidelines for measurement of blood pressure, follow-up, and lifestyle counselling", Canadian Journal of Public Health, Vol. 85 (suppl 2), p. S29-S35.

Total household population aged 18 to 79, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1)

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 5
Household population who self-reported being diagnosed with hypertension or taking hypertension medication, by age and sex, Canada, 2007 to 2009

	Diagnosed with hypertension or taking hypertension medication			Not diagnosed with hypertension and not taking hypertension medication		
	Estimate	Confidence interval		Estimate	Confidence interval	
		To	From		To	From
percent						
Both sexes						
Age 12 to 19	F	99.7	99.4	99.9
Age 20 to 39	2.5 ^E	1.4	3.5	97.5	96.5	98.6
Age 40 to 59	17.3	14.1	20.6	82.7	79.4	85.9
Age 60 to 79	48.0	43.7	52.3	52.0	47.7	56.3
Age 12 to 79	15.8	14.7	17.0	84.2	83.0	85.3
Males						
Age 12 to 19	F	99.7	99.5	100.0
Age 20 to 39	2.6 ^E	1.2	4.0	97.4	96.0	98.8
Age 40 to 59	18.9	13.3	24.5	81.1	75.5	86.7
Age 60 to 79	47.9	42.5	53.3	52.1	46.7	57.5
Age 12 to 79	16.1	14.5	17.7	83.9	82.3	85.5
Females						
Age 12 to 19	F	99.7	99.2	100.1
Age 20 to 39	F	97.6	95.9	99.4
Age 40 to 59	15.8	13.5	18.2	84.2	81.8	86.5
Age 60 to 79	48.1	42.5	53.7	51.9	46.3	57.5
Age 12 to 79	15.6	14.3	16.9	84.4	83.1	85.7

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

^F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): Total household population aged 12 to 79.

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 6
Total grip strength of the household population, by age and sex, Canada, 2007 to 2009

	Total grip strength											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
kilograms												
Both sexes												
Age 6 to 11	26	25	28	12	11	13	14	12	16	19	17	21
Age 12 to 19	62	60	64	35	33	37	39	37	41	46	44	48
Age 20 to 39	76	75	78	43	42	44	47	46	48	56	54	58
Age 40 to 59	73	72	75	42	39	45	47	46	48	54	53	55
Age 60 to 79	61	60	62	34	32	36	36	35	37	44	43	45
Age 6 to 79	67	66	69	28	26	30	37	36	38	49	48	50
Males												
Age 6 to 11	27	26	29	12	10	14	16	13	19	21	18	24
Age 12 to 19	72	69	74	35	32	38	39	35	43	51	48	54
Age 20 to 39	97	94	99	72	66	78	77	74	80	87	82	92
Age 40 to 59	93	91	95	68	64	72	73	69	77	83	81	85
Age 60 to 79	78	75	80	51	45	57	57	52	62	68	65	71
Age 6 to 79	84	82	86	29	27	31	46	43	49	74	72	76
Females												
Age 6 to 11	25	24	27	12	11	13	13	12	14	19	18	20
Age 12 to 19	51	49	53	35	31	39	39	37	41	43	41	45
Age 20 to 39	56	54	58	39	36	42	43	42	44	49	48	50
Age 40 to 59	54	53	55	38	35	41	42	39	45	48	46	50
Age 60 to 79	46	45	47	31	30	32	34	33	35	39	38	40
Age 6 to 79	51	50	52	26	24	28	34	32	36	44	43	45

	Total grip strength											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
kilograms												
Both sexes												
Age 6 to 11	26	25	27	32	30	34	39	37	41	43	41	45
Age 12 to 19	56	53	59	75	72	78	93	90	96	102	98	106
Age 20 to 39	73	69	77	98	95	101	109	105	113	117	113	121
Age 40 to 59	68	65	71	92	90	94	106	104	108	113	110	116
Age 60 to 79	57	54	60	78	75	81	90	87	93	97	93	101
Age 6 to 79	63	61	65	88	86	90	104	102	106	111	108	114
Males												
Age 6 to 11	27	25	29	33	31	35	40	38	42	43	41	45
Age 12 to 19	73	70	76	89	84	94	102	98	106	108	102	114
Age 20 to 39	98	95	101	106	103	109	117	113	121	123	117	129
Age 40 to 59	92	90	94	103	101	105	113	110	116	116	114	118
Age 60 to 79	79	76	82	89	86	92	98	94	102	103	100	106
Age 6 to 79	88	86	90	101	99	103	111	108	114	117	115	119
Females												
Age 6 to 11	24	22	26	31	29	33	38	35	41	43	40	46
Age 12 to 19	51	49	53	58	55	61	66	64	68	70	68	72
Age 20 to 39	56	54	58	63	60	66	70	67	73	74	71	77
Age 40 to 59	54	53	55	60	59	61	67	65	69	71	68	74
Age 60 to 79	45	44	46	52	50	54	59	57	61	63	61	65
Age 6 to 79	52	51	53	59	58	60	66	64	68	71	69	73

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 7
Distribution of the household population by grip strength norms, by age and sex, Canada, 2007 to 2009

	Grip strength norms								
	Needs improvement			Fair			Good		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 15 to 19	32.9	24.1	41.8	19.5	14.8	24.2	23.0	19.1	27.0
Age 20 to 39	26.1	22.1	30.0	23.0	18.8	27.1	20.7	16.1	25.2
Age 40 to 59	18.2	15.1	21.3	17.4	13.6	21.1	24.1	19.6	28.5
Age 60 to 69	25.4	21.6	29.2	21.9	17.6	26.1	15.2	12.0	18.3
Age 15 to 69	23.4	20.4	26.3	20.2	17.1	23.4	21.5	19.2	23.8
Males									
Age 15 to 19	37.7	25.8	49.6	21.4	15.0	27.8	18.8 ^E	12.6	24.9
Age 20 to 39	20.7	14.8	26.7	21.5	16.3	26.8	23.6 ^E	14.8	32.4
Age 40 to 59	16.4	12.2	20.6	18.4	14.4	22.5	19.0 ^E	10.9	27.0
Age 60 to 69	28.4	23.8	32.9	29.6	25.6	33.6	17.7	12.4	22.9
Age 15 to 69	21.3	17.7	25.0	21.3	17.8	24.8	20.5	17.1	24.0
Females									
Age 15 to 19	28.8	20.4	37.2	17.8	13.2	22.5	26.8	21.8	31.9
Age 20 to 39	31.3	26.1	36.5	24.4	19.9	28.9	17.7	13.6	21.9
Age 40 to 59	20.0	15.2	24.8	16.3	12.0	20.7	29.1	23.8	34.4
Age 60 to 69	22.6	15.7	29.6	14.6 ^E	7.8	21.5	12.8	8.7	16.9
Age 15 to 69	25.4	21.2	29.5	19.2	16.0	22.5	22.5	20.5	24.5

	Grip strength norms						
	Very good			Excellent			
	Estimate	Confidence interval		Estimate	Confidence interval		
		From	To		From	To	To
	percent						
Both sexes							
Age 15 to 19	14.5	11.2	17.7	10.0	7.5	12.6	
Age 20 to 39	18.9	15.6	22.2	11.4	7.9	14.9	
Age 40 to 59	23.3	19.3	27.3	17.0	12.3	21.7	
Age 60 to 69	17.6	13.5	21.6	20.0	17.2	22.8	
Age 15 to 69	20.2	18.8	21.5	14.7	11.5	17.9	
Males							
Age 15 to 19	12.6	9.2	15.9	9.6 ^E	5.2	14.0	
Age 20 to 39	21.2	15.6	26.7	13.0 ^E	7.5	18.5	
Age 40 to 59	24.8	20.3	29.3	21.3	15.6	27.0	
Age 60 to 69	12.2 ^E	6.6	17.9	12.1	8.6	15.7	
Age 15 to 69	20.8	18.9	22.7	16.0	12.1	20.0	
Females							
Age 15 to 19	16.1	11.2	21.0	10.4 ^E	6.5	14.4	
Age 20 to 39	16.7	12.4	21.0	9.8 ^E	5.0	14.6	
Age 40 to 59	21.9	16.6	27.2	12.7 ^E	7.0	18.5	
Age 60 to 69	22.5	16.8	28.3	27.4	21.0	33.8	
Age 15 to 69	19.5	16.8	22.3	13.4	10.3	16.5	

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

Note(s): The norms used in this table can be found in Canadian Society for Exercise Physiology, 2004, The Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA), 3rd edition, Ottawa.
 Total household population aged 15 to 69, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 8
Number of partial curl-ups completed by the household population, by age and sex, Canada, 2007 to 2009

	Number of partial curl-ups											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	number											
Both sexes												
Age 6 to 11	9	8	10	0	0	0	0	0	0	0	0	0
Age 12 to 19	19	18	20	0	-2	2	F	15	12	18
Age 20 to 39	16	16	17	0	0	0	0	0	0	F
Age 40 to 59	11	10	12	0	0	0	0	0	0	0	0	0
Age 60 to 69	4	3	6	0	0	0	0	0	0	0	0	0
Age 6 to 69	13	12	14	0	0	0	0	0	0	0	0	0
Males												
Age 6 to 11	8	7	10	0	0	0	0	0	0	0	0	0
Age 12 to 19	21	20	22	F	10 ^E	5	15	20	17	23
Age 20 to 39	20	19	21	0	0	0	0	-5	5	19	17	21
Age 40 to 59	15	13	16	0	0	0	0	0	0	0	-2	2
Age 60 to 69	6	4	7	0	0	0	0	0	0	0	0	0
Age 6 to 69	16	15	17	0	0	0	0	0	0	F
Females												
Age 6 to 11	10	8	11	0	0	0	0	0	0	0	0	0
Age 12 to 19	17	16	19	0	0	0	F	11	9	13
Age 20 to 39	13	12	14	0	0	0	0	0	0	0	0	0
Age 40 to 59	7	6	8	0	0	0	0	0	0	0	0	0
Age 60 to 69	3 ^E	1	4	0	0	0	0	0	0	0	0	0
Age 6 to 69	10	9	11	0	0	0	0	0	0	0	0	0

	Number of partial curl-ups											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	number											
Both sexes												
Age 6 to 11	6 ^E	4	8	18	15	21	25	24	26	25	25	25
Age 12 to 19	24	23	25	25	25	25	25	25	25	25	25	25
Age 20 to 39	23	21	25	25	25	25	25	25	25	25	25	25
Age 40 to 59	F	24	23	25	25	25	25	25	25	25
Age 60 to 69	0	0	0	0	-6	6	23	19	27	25	25	25
Age 6 to 69	15	13	17	25	25	25	25	25	25	25	25	25
Males												
Age 6 to 11	5 ^E	2	8	15	11	19	25	23	27	25	25	25
Age 12 to 19	25	25	25	25	25	25	25	25	25	25	25	25
Age 20 to 39	25	25	25	25	25	25	25	25	25	25	25	25
Age 40 to 59	20	17	23	25	25	25	25	25	25	25	25	25
Age 60 to 69	0	0	0	F	25	24	26	25	25	25
Age 6 to 69	22	20	24	25	25	25	25	25	25	25	25	25
Females												
Age 6 to 11	7 ^E	4	10	20	17	23	25	25	25	25	25	25
Age 12 to 19	22	19	25	25	25	25	25	25	25	25	25	25
Age 20 to 39	15	11	19	25	25	25	25	25	25	25	25	25
Age 40 to 59	0	0	0	16	11	21	25	25	25	25	25	25
Age 60 to 69	0	0	0	0	0	0	F	23	19	27
Age 6 to 69	6^E	3	9	23	22	24	25	25	25	25	25	25

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

^F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): Total household population aged 6 to 69, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 9
Distribution of the household population by partial curl-up norms, by age and sex, Canada, 2007 to 2009

	Partial curl-up norms								
	Needs improvement			Fair			Good		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 15 to 19	20.9	16.7	25.0	8.6 ^E	4.9	12.3	7.6 ^E	4.9	10.3
Age 20 to 39	26.8	22.8	30.7	5.5 ^E	3.5	7.5	8.1	6.3	9.8
Age 40 to 59	47.8	43.3	52.4	6.5 ^E	4.2	8.8	7.2	5.0	9.4
Age 60 to 69	79.4	73.5	85.2	1.6 ^E	0.8	2.4	2.9 ^E	1.4	4.4
Age 15 to 69	41.0	37.7	44.2	5.7	4.7	6.8	7.1	5.8	8.3
Males									
Age 15 to 19	12.2 ^E	7.9	16.6	8.0 ^E	4.6	11.4	F
Age 20 to 39	14.7	10.2	19.2	3.9 ^E	2.0	5.8	6.5 ^E	4.1	8.9
Age 40 to 59	34.2	28.5	39.8	F	5.0 ^E	2.8	7.2
Age 60 to 69	73.9	67.8	79.9	F	2.8 ^E	1.1	4.5
Age 15 to 69	29.5	25.6	33.4	4.3^E	2.6	6.1	5.4	3.9	6.9
Females									
Age 15 to 19	28.7	21.4	36.0	9.2 ^E	4.5	13.9	9.1	6.6	11.6
Age 20 to 39	39.0	33.5	44.5	7.2 ^E	3.6	10.7	9.6	6.6	12.7
Age 40 to 59	61.8	54.6	69.1	8.1	5.6	10.6	9.5	6.5	12.5
Age 60 to 69	85.1	77.8	92.4	2.0 ^E	0.8	3.3	F
Age 15 to 69	52.5	48.5	56.6	7.1	5.8	8.4	8.7	7.0	10.4

	Partial curl-up norms					
	Very good			Excellent		
	Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To
	percent					
Both sexes						
Age 15 to 19	12.6	9.9	15.3	50.3	43.5	57.1
Age 20 to 39	16.5	14.6	18.3	43.2	39.0	47.4
Age 40 to 59	13.5	10.1	16.9	24.9	22.7	27.1
Age 60 to 69	8.3 ^E	5.2	11.4	7.8 ^E	5.1	10.5
Age 15 to 69	14.0	12.0	16.0	32.3	29.6	34.9
Males						
Age 15 to 19	9.8 ^E	6.4	13.3	63.9	57.9	69.9
Age 20 to 39	19.5	14.5	24.5	55.5	49.2	61.7
Age 40 to 59	19.8	14.5	25.1	36.0	33.2	38.8
Age 60 to 69	10.4	7.4	13.4	11.7 ^E	7.7	15.7
Age 15 to 69	17.7	14.2	21.2	43.0	39.9	46.2
Females						
Age 15 to 19	15.0	11.0	19.0	38.0	26.0	50.0
Age 20 to 39	13.5	10.7	16.2	30.8	26.1	35.4
Age 40 to 59	7.1 ^E	3.9	10.3	13.5	10.3	16.7
Age 60 to 69	F	3.7 ^E	1.7	5.8
Age 15 to 69	10.2	8.5	12.0	21.4	18.6	24.1

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

^F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): The norms used in this table can be found in Canadian Society for Exercise Physiology, 2004, The Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA), 3rd edition, Ottawa.

Total household population aged 15 to 69, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 10
Distribution of the household population by back fitness norms, by age and sex, Canada, 2007 to 2009

	Back fitness norms								
	Needs improvement			Fair			Good		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 15 to 19	6.2 ^E	3.7	8.7	11.4	7.9	15.0	21.1	17.4	24.7
Age 20 to 39	11.9	8.8	15.0	13.9	11.0	16.8	18.8	14.6	23.0
Age 40 to 59	18.3	13.9	22.8	19.8	16.8	22.9	22.2	18.7	25.8
Age 60 to 69	29.4	26.3	32.5	32.1	26.9	37.2	19.0	15.5	22.5
Age 15 to 69	16.3	13.8	18.9	18.5	16.7	20.4	20.4	18.3	22.6
Males									
Age 15 to 19	F	9.7 ^E	6.2	13.2	28.7	22.5	34.9
Age 20 to 39	6.6 ^E	3.0	10.1	14.9	11.9	18.0	20.8	14.8	26.8
Age 40 to 59	13.8	10.5	17.1	20.0	15.0	25.0	23.5	18.2	28.7
Age 60 to 69	28.0	23.2	32.8	32.4	25.7	39.1	20.7	15.4	25.9
Age 15 to 69	12.0	9.9	14.1	18.8	16.7	21.0	22.5	19.4	25.6
Females									
Age 15 to 19	8.8 ^E	5.2	12.4	12.9 ^E	5.4	20.5	14.3 ^E	8.5	20.2
Age 20 to 39	17.4	13.5	21.4	12.8	8.9	16.8	16.7	11.8	21.5
Age 40 to 59	22.8 ^E	15.0	30.5	19.7	14.2	25.1	21.0	17.2	24.8
Age 60 to 69	30.7	24.6	36.8	31.7	25.7	37.8	17.5	13.0	21.9
Age 15 to 69	20.6	16.2	25.0	18.2	14.6	21.8	18.3	15.5	21.2

	Back fitness norms						
	Very good			Excellent			
	Estimate	Confidence interval		Estimate	Confidence interval		
		From	To		From	To	To
	percent						
Both sexes							
Age 15 to 19		47.4	43.0	51.9	13.9	9.5	18.3
Age 20 to 39		38.8	35.7	41.9	16.6	13.9	19.3
Age 40 to 59		27.0	22.3	31.6	12.7	10.7	14.6
Age 60 to 69		14.4	10.6	18.2	5.1 ^E	3.3	6.8
Age 15 to 69		31.5	29.0	34.0	13.2	12.0	14.5
Males							
Age 15 to 19		51.1	44.9	57.3	7.3 ^E	3.3	11.3
Age 20 to 39		41.0	36.2	45.8	16.7	13.6	19.8
Age 40 to 59		25.5	19.8	31.3	17.2	14.0	20.4
Age 60 to 69		13.8	9.8	17.8	5.1 ^E	3.3	6.8
Age 15 to 69		32.0	29.4	34.6	14.6	13.3	16.0
Females							
Age 15 to 19		44.2	37.3	51.2	19.7 ^E	13.2	26.2
Age 20 to 39		36.5	32.2	40.9	16.5	13.3	19.7
Age 40 to 59		28.4	22.3	34.5	8.2 ^E	5.4	10.9
Age 60 to 69		15.0 ^E	9.9	20.1	5.1 ^E	2.2	8.0
Age 15 to 69		31.0	26.4	35.5	11.8	10.1	13.6

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

^F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): The norms used in this table can be found in Canadian Society for Exercise Physiology, 2004, The Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA), 3rd edition, Ottawa.

Total household population aged 15 to 69, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 11
Sit and reach measure completed by the household population, by age and sex, Canada, 2007 to 2009

	Sit and reach measure											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	26.5	25.9	27.1	12.8	11.7	13.9	15.7	14.8	16.6	21.0	19.9	22.1
Age 12 to 19	25.7	25.0	26.4	8.7	7.5	9.9	12.8	12.0	13.6	18.0	16.6	19.4
Age 20 to 39	28.0	27.3	28.6	11.0	9.7	12.3	14.0	12.3	15.7	21.1	20.3	21.9
Age 40 to 59	27.0	26.0	27.9	8.4	6.6	10.2	12.2	9.7	14.7	20.2	19.0	21.4
Age 60 to 69	22.2	21.1	23.2	4.5 ^E	1.6	7.4	8.5	6.4	10.6	14.4	13.2	15.6
Age 6 to 69	26.6	26.2	26.9	9.0	7.7	10.3	12.4	11.4	13.4	20.0	19.5	20.5
Males												
Age 6 to 11	24.2	23.1	25.2	11.1	9.3	12.9	14.3	12.0	16.6	18.7	17.8	19.6
Age 12 to 19	22.2	21.3	23.2	8.3	7.1	9.5	10.8	9.2	12.4	15.7	14.4	17.0
Age 20 to 39	25.4	24.2	26.6	9.0	6.2	11.8	12.1	10.5	13.7	18.4	16.3	20.5
Age 40 to 59	25.1	24.1	26.1	7.1	5.4	8.8	10.6	8.6	12.6	18.7	17.2	20.2
Age 60 to 69	17.4	16.2	18.5	0.0	-1.5	1.5	4.6 ^E	2.0	7.2	10.0	8.5	11.5
Age 6 to 69	23.9	23.4	24.4	7.1	5.9	8.3	10.2	9.0	11.4	17.0	15.9	18.1
Females												
Age 6 to 11	29.0	28.3	29.6	14.2	13.4	15.0	18.4	15.7	21.1	24.9	23.6	26.2
Age 12 to 19	29.5	27.9	31.1	12.0	8.2	15.8	15.3	12.9	17.7	23.3	20.7	25.9
Age 20 to 39	30.6	30.2	31.1	14.4	13.3	15.5	17.7	15.3	20.1	25.5	24.3	26.7
Age 40 to 59	28.7	27.2	30.3	10.4	7.3	13.5	14.7 ^E	9.8	19.6	23.4	21.5	25.3
Age 60 to 69	26.9	25.6	28.2	12.3	11.0	13.6	14.4	13.2	15.6	21.4	19.9	22.9
Age 6 to 69	29.3	28.6	29.9	12.2	10.4	14.0	15.9	14.4	17.4	24.0	23.1	24.9

	Sit and reach measure											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	27.2	26.6	27.8	32.0	31.4	32.6	36.4	35.5	37.3	38.4	37.3	39.5
Age 12 to 19	25.5	24.7	26.3	32.7	31.0	34.4	39.0	37.5	40.5	43.0	41.5	44.5
Age 20 to 39	28.2	27.7	28.7	35.4	34.7	36.1	40.9	39.2	42.6	43.7	42.4	45.0
Age 40 to 59	27.7	26.8	28.6	34.1	33.4	34.8	39.0	37.9	40.1	42.3	40.4	44.2
Age 60 to 69	22.6	21.1	24.1	29.7	28.4	31.0	35.5	33.6	37.4	38.7	37.1	40.3
Age 6 to 69	27.2	26.8	27.6	33.6	33.2	34.0	39.2	38.7	39.7	42.6	42.0	43.2
Males												
Age 6 to 11	25.2	23.7	26.7	29.7	28.7	30.7	33.3	32.4	34.2	35.2	33.6	36.8
Age 12 to 19	23.1	21.7	24.5	28.6	27.3	29.9	33.8	32.4	35.2	36.6	35.0	38.2
Age 20 to 39	25.4	23.8	27.0	32.4	31.3	33.5	39.2	37.0	41.4	43.1	41.1	45.1
Age 40 to 59	25.2	24.0	26.4	32.9	31.3	34.5	37.6	35.4	39.8	41.9	37.7	46.1
Age 60 to 69	17.6	15.8	19.4	24.2	22.7	25.7	29.1	27.1	31.1	33.7	31.0	36.4
Age 6 to 69	24.2	23.6	24.8	30.9	30.5	31.3	36.3	35.4	37.2	40.6	39.2	42.0
Females												
Age 6 to 11	29.4	28.1	30.7	34.2	33.3	35.1	38.2	37.1	39.3	40.7	39.2	42.2
Age 12 to 19	28.9	26.6	31.2	37.4	35.4	39.4	43.0	41.3	44.7	47.0	44.5	49.5
Age 20 to 39	30.6	29.8	31.4	36.9	36.4	37.4	42.3	41.3	43.3	45.2	43.9	46.5
Age 40 to 59	29.8	28.4	31.2	35.2	34.0	36.4	39.6	38.5	40.7	42.6	40.9	44.3
Age 60 to 69	27.7	25.8	29.6	33.5	31.4	35.6	38.5	36.6	40.4	40.9	38.8	43.0
Age 6 to 69	29.7	28.9	30.5	36.0	35.3	36.7	40.7	39.8	41.6	43.3	42.6	44.0

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

Note(s): Total household population aged 6 to 69, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 12
Distribution of the household population by sit and reach norms, by age and sex, Canada, 2007 to 2009

	Sit and reach norms								
	Needs improvement			Fair			Good		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 15 to 19	47.5	40.4	54.5	15.7	13.4	18.0	14.9	11.9	17.8
Age 20 to 39	37.3	34.1	40.4	20.7	17.3	24.1	16.0	13.1	18.9
Age 40 to 59	24.2	19.8	28.5	20.4	17.0	23.8	19.5	15.6	23.4
Age 60 to 69	35.1	30.4	39.7	16.6	14.1	19.2	18.4	15.3	21.6
Age 15 to 69	32.6	30.2	35.0	19.6	17.7	21.5	17.6	16.1	19.1
Males									
Age 15 to 19	48.5	41.9	55.1	19.6	13.3	25.8	18.5	12.5	24.5
Age 20 to 39	42.6	37.1	48.0	18.1	14.2	22.0	16.5	11.8	21.2
Age 40 to 59	20.0	15.9	24.1	21.9	17.8	26.0	18.8	15.3	22.3
Age 60 to 69	40.7	35.7	45.6	16.7	13.3	20.0	18.8	14.4	23.1
Age 15 to 69	33.7	30.8	36.7	19.6	17.4	21.7	17.9	15.5	20.3
Females									
Age 15 to 19	46.5	34.8	58.3	12.2	9.1	15.3	11.6 ^E	7.7	15.5
Age 20 to 39	31.8	27.8	35.7	23.4	17.8	29.1	15.5	12.0	19.0
Age 40 to 59	28.2	21.7	34.8	18.9	14.2	23.6	20.2	14.2	26.2
Age 60 to 69	29.5	21.6	37.5	16.6	12.6	20.6	18.1	13.6	22.5
Age 15 to 69	31.4	27.4	35.4	19.7	16.9	22.5	17.4	14.9	19.9

	Sit and reach norms						
	Very good			Excellent			
	Estimate	Confidence interval		Estimate	Confidence interval		
		From	To		From	To	To
	percent						
Both sexes							
Age 15 to 19	12.6	8.5	16.7	9.4	6.6	12.1	
Age 20 to 39	13.2	11.1	15.4	12.8	10.3	15.3	
Age 40 to 59	19.1	16.9	21.2	16.8	14.2	19.5	
Age 60 to 69	16.4	13.1	19.7	13.4	10.3	16.5	
Age 15 to 69	16.0	14.4	17.5	14.2	12.8	15.7	
Males							
Age 15 to 19	8.5 ^E	4.0	13.1	4.9 ^E	2.9	6.9	
Age 20 to 39	11.5	7.8	15.3	11.3	8.4	14.3	
Age 40 to 59	20.9	16.9	24.9	18.5	14.9	22.1	
Age 60 to 69	17.7	12.1	23.3	6.2 ^E	3.5	8.9	
Age 15 to 69	15.8	13.2	18.5	13.0	11.1	14.9	
Females							
Age 15 to 19	16.3 ^E	9.5	23.0	13.4 ^E	8.1	18.6	
Age 20 to 39	14.9	11.3	18.5	14.4	11.3	17.5	
Age 40 to 59	17.3	13.7	21.0	15.3	11.8	18.7	
Age 60 to 69	15.2	11.7	18.8	20.5 ^E	13.8	27.3	
Age 15 to 69	16.1	13.5	18.7	15.4	12.9	17.9	

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

Note(s): The norms used in this table can be found in Canadian Society for Exercise Physiology, 2004, The Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA), 3rd edition, Ottawa.
 Total household population aged 15 to 69, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 13
Distribution of the household population by musculoskeletal fitness norms, by age and sex, Canada, 2007 to 2009

	Musculoskeletal fitness norms								
	Needs improvement			Fair			Good		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 15 to 19	14.4 ^E	9.3	19.5	31.8	28.1	35.6	29.4	22.9	35.8
Age 20 to 39	10.6	8.3	13.0	30.0	26.3	33.8	30.1	26.6	33.5
Age 40 to 59	11.0	8.8	13.2	25.1	20.7	29.4	33.0	29.0	37.1
Age 60 to 69	17.3	13.5	21.0	31.6	27.7	35.6	31.7	27.3	36.1
Age 15 to 69	12.0	10.0	14.0	28.4	25.8	31.0	31.4	29.2	33.7
Males									
Age 15 to 19	9.8 ^E	4.5	15.1	35.9	28.9	43.0	29.7	20.8	38.7
Age 20 to 39	4.2 ^E	2.5	5.8	26.2	21.3	31.1	32.1	26.1	38.1
Age 40 to 59	5.3 ^E	3.0	7.6	23.9	18.8	28.9	29.6	23.6	35.6
Age 60 to 69	16.3	11.9	20.7	44.3	36.7	51.8	25.0	18.7	31.2
Age 15 to 69	6.6	5.1	8.2	28.4	25.0	31.7	30.0	27.4	32.5
Females									
Age 15 to 19	18.5 ^E	12.5	24.5	28.2	20.1	36.2	29.0	20.1	38.0
Age 20 to 39	17.2	12.7	21.6	33.9	29.0	38.9	28.0	23.1	32.9
Age 40 to 59	16.7	11.7	21.6	26.2	21.5	30.9	36.4	31.7	41.2
Age 60 to 69	18.1	13.2	23.1	19.8	14.5	25.0	38.0	33.1	42.9
Age 15 to 69	17.2	13.3	21.1	28.4	25.7	31.1	32.9	29.9	35.8

	Musculoskeletal fitness norms						
	Very good				Excellent		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate
		From	To		From	To	
	percent						
Both sexes							
Age 15 to 19	19.1	15.0	23.2	5.3 ^E	2.7	7.9	
Age 20 to 39	23.3	20.8	25.7	6.0	4.2	7.8	
Age 40 to 59	22.7	20.0	25.4	8.2	6.5	9.9	
Age 60 to 69	15.8	12.6	18.9	3.7	2.9	4.4	
Age 15 to 69	21.7	20.2	23.2	6.5	5.8	7.3	
Males							
Age 15 to 19	20.0	15.0	25.1	4.5 ^E	1.8	7.2	
Age 20 to 39	30.5	25.2	35.8	7.0 ^E	3.9	10.2	
Age 40 to 59	28.6	24.1	33.2	12.6	9.1	16.2	
Age 60 to 69	11.1 ^E	6.2	16.0	3.3 ^E	1.4	5.2	
Age 15 to 69	26.4	23.5	29.3	8.6	7.3	9.9	
Females							
Age 15 to 19	18.3	12.8	23.8	6.0 ^E	2.6	9.4	
Age 20 to 39	15.9	13.1	18.7	4.9 ^E	2.5	7.3	
Age 40 to 59	16.8	12.7	21.0	3.9 ^E	1.8	6.0	
Age 60 to 69	20.2 ^E	13.6	26.7	4.0 ^E	2.0	6.0	
Age 15 to 69	17.1	14.9	19.3	4.5	3.5	5.4	

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

Note(s): The norms used in this table can be found in Canadian Society for Exercise Physiology, 2004, The Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA), 3rd edition, Ottawa.
 Total household population aged 15 to 69, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 14
Distribution of the household population by aerobic fitness norms, by age and sex, Canada, 2007 to 2009

	Aerobic fitness norms								
	Needs improvement			Fair			Good		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 15 to 19	9.3 ^E	5.8	12.7	15.9	11.9	19.9	43.1	36.2	50.1
Age 20 to 39	13.7	9.9	17.5	28.2	23.6	32.8	33.0	29.1	37.0
Age 40 to 59	14.6	12.5	16.7	29.2	25.6	32.9	29.8	25.3	34.3
Age 60 to 69	40.0	32.6	47.3	35.8	28.9	42.7	19.3	15.8	22.9
Age 15 to 69	15.6	13.2	18.0	28.0	25.0	31.0	31.7	28.6	34.7
Males									
Age 15 to 19	F	22.3	16.8	27.9	30.6	23.6	37.6
Age 20 to 39	12.0 ^E	7.6	16.4	34.2	26.0	42.4	26.3	19.7	33.0
Age 40 to 59	11.2 ^E	6.9	15.4	20.9	17.5	24.2	39.5	31.8	47.2
Age 60 to 69	22.8 ^E	13.4	32.1	36.5	27.1	45.9	30.8	23.8	37.7
Age 15 to 69	12.2	9.9	14.6	28.1	23.9	32.3	32.2	27.3	37.1
Females									
Age 15 to 19	9.2 ^E	5.0	13.4	F	54.1	46.6	61.6
Age 20 to 39	15.5 ^E	10.2	20.8	21.7	18.3	25.1	40.3	36.5	44.0
Age 40 to 59	18.1	13.8	22.4	37.6	32.1	43.2	20.0	16.2	23.8
Age 60 to 69	56.5	48.4	64.6	35.2	25.4	44.9	8.3 ^E	4.5	12.1
Age 15 to 69	19.1	15.9	22.2	27.9	24.9	30.9	31.1	28.3	33.9

	Aerobic fitness norms						
	Very good				Excellent		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate
		From	To		From	To	
	percent						
Both sexes							
Age 15 to 19	22.7	18.6	26.9	9.0 ^E	5.6	12.3	
Age 20 to 39	17.6	13.6	21.6	7.5 ^E	4.2	10.9	
Age 40 to 59	19.7	16.4	23.0	6.6	4.8	8.5	
Age 60 to 69	4.1 ^E	1.8	6.4	F	
Age 15 to 69	17.9	15.2	20.6	6.8	5.1	8.5	
Males							
Age 15 to 19	24.9	20.6	29.1	12.9 ^E	7.9	17.9	
Age 20 to 39	17.4 ^E	10.4	24.3	10.1 ^E	5.0	15.1	
Age 40 to 59	20.8	15.4	26.2	7.6 ^E	4.4	10.8	
Age 60 to 69	8.4 ^E	3.6	13.2	F	
Age 15 to 69	18.7	14.5	22.9	8.7^E	5.8	11.6	
Females							
Age 15 to 19	20.9	15.0	26.8	5.5 ^E	2.0	9.0	
Age 20 to 39	17.8	13.1	22.5	4.8 ^E	2.7	6.9	
Age 40 to 59	18.6	15.9	21.3	5.7 ^E	3.3	8.0	
Age 60 to 69	0.0	0.0	0.0	0.0	0.0	0.0	
Age 15 to 69	17.1	14.1	20.1	4.8^E	3.2	6.5	

^E use with caution (use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)
^F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)
Note(s): The norms used in this table can be found in Canadian Society for Exercise Physiology, 2004, The Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA), 3rd edition, Ottawa.
 Total household population aged 15 to 69, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).
Source(s): Canadian Health Measures Survey, Cycle 1.

Table 15
Measured waist circumference of the household population, by age and sex, Canada, 2007 to 2009

	Measured waist circumference											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	60.8	60.1	61.5	49.3	48.0	50.6	51.2	50.1	52.3	54.0	53.2	54.8
Age 12 to 19	76.2	74.4	77.9	61.3	60.5	62.1	63.1	62.2	64.0	67.4	66.5	68.3
Age 20 to 39	86.9	85.5	88.4	67.0	65.2	68.8	70.2	68.7	71.7	76.1	74.6	77.6
Age 40 to 59	93.4	91.9	94.9	70.4	68.5	72.3	75.0	73.6	76.4	82.9	81.6	84.2
Age 60 to 79	97.6	96.2	98.9	74.9	73.6	76.2	79.7	77.8	81.6	87.5	85.5	89.5
Age 6 to 79	87.7	86.5	88.9	60.7	59.9	61.5	66.7	65.9	67.5	75.2	74.2	76.2
Males												
Age 6 to 11	61.3	60.1	62.5	50.2	48.5	51.9	51.5	50.0	53.0	54.6	53.6	55.6
Age 12 to 19	77.5	75.2	79.8	61.5	59.1	63.9	64.1	62.7	65.5	67.8	66.2	69.4
Age 20 to 39	90.7	89.7	91.7	72.0	70.1	73.9	75.1	73.5	76.7	80.6	78.7	82.5
Age 40 to 59	98.7	96.8	100.7	80.9	78.9	82.9	84.0	82.2	85.8	90.9	88.4	93.4
Age 60 to 79	102.5	101.0	104.0	83.0	80.7	85.3	87.5	85.7	89.3	94.1	91.6	96.6
Age 6 to 79	91.5	90.4	92.6	61.2	60.1	62.3	68.8	67.7	69.9	80.3	79.0	81.6
Females												
Age 6 to 11	60.3	59.2	61.4	48.7	47.3	50.1	50.7	49.5	51.9	53.2	52.4	54.0
Age 12 to 19	74.8	73.0	76.5	61.0	60.3	61.7	62.5	61.4	63.6	67.4	66.2	68.6
Age 20 to 39	82.9	80.7	85.1	64.9	63.3	66.5	67.2	65.3	69.1	72.3	70.3	74.3
Age 40 to 59	88.1	86.1	90.1	68.1	66.8	69.4	70.5	68.4	72.6	76.7	75.2	78.2
Age 60 to 79	93.0	91.1	95.0	72.7	71.3	74.1	76.0	74.1	77.9	82.8	80.9	84.7
Age 6 to 79	83.9	82.2	85.6	60.0	59.3	60.7	65.3	64.4	66.2	72.5	71.0	74.0

	Measured waist circumference											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	58.7	57.9	59.5	65.7	64.5	66.9	74.2	71.5	76.9	81.5	78.0	85.0
Age 12 to 19	73.0	71.4	74.6	81.6	78.2	85.0	93.3	88.2	98.4	102.2	97.4	107.0
Age 20 to 39	84.5	82.5	86.5	96.0	92.6	99.4	105.5	103.3	107.7	113.6	111.0	116.2
Age 40 to 59	92.9	91.2	94.6	102.5	100.7	104.3	112.6	109.2	116.0	119.0	115.5	122.5
Age 60 to 79	96.4	94.8	98.0	107.2	105.5	108.9	115.6	114.2	117.0	121.5	118.7	124.3
Age 6 to 79	87.0	85.7	88.3	99.4	97.6	101.2	110.0	108.4	111.6	116.2	114.2	118.2
Males												
Age 6 to 11	59.4	57.9	60.9	66.0	64.6	67.4	74.4	71.6	77.2	81.2	77.9	84.5
Age 12 to 19	74.3	72.6	76.0	85.1	81.2	89.0	96.6	89.6	103.6	103.1	97.2	109.0
Age 20 to 39	89.0	87.0	91.0	99.5	97.8	101.2	108.0	104.9	111.1	115.7	111.3	120.1
Age 40 to 59	97.5	95.7	99.3	104.3	102.3	106.3	114.0	110.7	117.3	122.5	118.3	126.7
Age 60 to 79	101.0	98.6	103.4	110.6	109.3	111.9	118.1	116.9	119.3	124.0	120.2	127.8
Age 6 to 79	92.4	90.9	93.9	102.3	100.7	103.9	112.4	110.4	114.4	118.9	117.6	120.2
Females												
Age 6 to 11	57.4	56.5	58.3	65.0	63.2	66.8	73.8	68.6	79.0	81.8	74.6	89.0
Age 12 to 19	72.2	70.8	73.6	79.1	74.3	83.9	91.6	87.4	95.8	101.2	93.3	109.1
Age 20 to 39	79.1	75.9	82.3	90.7	86.8	94.6	103.7	101.5	105.9	110.2	105.5	114.9
Age 40 to 59	85.6	83.4	87.8	97.5	94.0	101.0	110.5	104.2	116.8	116.2	111.3	121.1
Age 60 to 79	92.0	89.7	94.3	101.0	97.5	104.5	111.4	109.0	113.8	117.4	111.1	123.7
Age 6 to 79	81.9	80.0	83.8	94.2	91.4	97.0	105.8	102.2	109.4	113.0	110.2	115.8

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 16
Measured hip circumference of the household population, by age and sex, Canada, 2007 to 2009

	Measured hip circumference											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	73.2	72.3	74.2	59.5	58.0	61.0	61.7	60.5	62.9	66.0	64.8	67.2
Age 12 to 19	94.7	93.4	96.0	78.0	77.1	78.9	82.1	80.4	83.8	87.6	86.9	88.3
Age 20 to 39	102.7	101.5	103.8	88.5	87.4	89.6	90.8	89.3	92.3	95.5	94.3	96.7
Age 40 to 59	104.3	103.3	105.3	90.4	89.7	91.1	93.0	92.1	93.9	97.0	95.8	98.2
Age 60 to 79	105.1	104.3	105.9	91.0	89.9	92.1	93.5	92.8	94.2	98.0	97.1	98.9
Age 6 to 79	100.5	99.7	101.4	75.5	74.5	76.5	86.2	85.6	86.8	93.8	93.2	94.4
Males												
Age 6 to 11	73.2	71.5	74.9	59.6	57.8	61.4	61.5	60.2	62.8	66.2	64.4	68.0
Age 12 to 19	93.7	91.9	95.5	77.3	76.1	78.5	79.4	76.6	82.2	86.3	85.3	87.3
Age 20 to 39	102.2	101.5	103.0	89.7	88.6	90.8	91.6	89.7	93.5	96.0	95.0	97.0
Age 40 to 59	103.5	102.5	104.6	92.4	91.5	93.3	94.0	92.9	95.1	98.0	96.6	99.4
Age 60 to 79	103.7	102.6	104.7	89.9	88.3	91.5	93.3	91.8	94.8	97.8	96.8	98.8
Age 6 to 79	99.7	98.9	100.5	75.3	73.3	77.3	85.3	84.5	86.1	94.0	93.2	94.8
Females												
Age 6 to 11	73.3	72.3	74.2	59.5	58.0	61.0	62.0	60.5	63.5	65.6	64.6	66.6
Age 12 to 19	95.9	94.8	96.9	80.6	77.9	83.3	84.1	82.6	85.6	89.3	88.5	90.1
Age 20 to 39	103.1	101.3	105.0	87.6	86.3	88.9	89.7	87.9	91.5	94.5	92.9	96.1
Age 40 to 59	105.1	103.5	106.6	89.4	88.8	90.0	91.4	90.0	92.8	96.2	94.9	97.5
Age 60 to 79	106.4	105.1	107.6	91.5	90.9	92.1	93.8	93.0	94.6	98.5	96.9	100.1
Age 6 to 79	101.4	100.2	102.5	76.0	75.1	76.9	86.9	86.4	87.4	93.6	92.9	94.3

	Measured hip circumference											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	72.1	70.8	73.4	79.5	78.2	80.8	86.6	85.2	88.0	90.7	88.7	92.7
Age 12 to 19	93.1	91.9	94.3	100.9	98.5	103.3	108.5	104.7	112.3	115.9	113.2	118.6
Age 20 to 39	100.6	99.3	101.9	108.1	106.5	109.7	117.5	114.4	120.6	122.8	118.7	126.9
Age 40 to 59	102.8	102.0	103.6	109.3	108.0	110.6	117.7	115.0	120.4	126.0	123.1	128.9
Age 60 to 79	103.5	102.2	104.8	110.0	108.6	111.4	118.7	116.3	121.1	125.1	120.9	129.3
Age 6 to 79	100.4	99.5	101.3	107.7	106.7	108.7	115.9	114.3	117.5	122.6	120.2	125.0
Males												
Age 6 to 11	72.4	70.4	74.4	79.5	77.4	81.6	85.5	83.4	87.6	89.5	88.1	90.9
Age 12 to 19	92.0	90.9	93.1	100.1	96.6	103.6	108.5	103.0	114.0	115.5	110.8	120.2
Age 20 to 39	101.0	99.6	102.4	107.5	106.0	109.0	113.8	111.3	116.3	118.9	115.9	121.9
Age 40 to 59	102.7	101.8	103.6	107.8	106.2	109.4	113.6	111.3	115.9	117.7	115.0	120.4
Age 60 to 79	102.5	101.3	103.7	108.3	107.3	109.3	114.5	113.1	115.9	120.4	116.1	124.7
Age 6 to 79	100.5	99.4	101.6	106.8	106.0	107.6	113.0	111.3	114.7	117.5	116.1	118.9
Females												
Age 6 to 11	71.9	70.5	73.3	79.0	77.0	81.0	87.0	84.8	89.2	92.3	89.0	95.6
Age 12 to 19	94.7	93.0	96.4	101.8	99.7	103.9	109.4	106.1	112.7	116.5	113.9	119.1
Age 20 to 39	100.1	98.4	101.8	108.5	105.4	111.6	121.2	116.8	125.6	127.8	122.9	132.7
Age 40 to 59	103.0	101.7	104.3	111.0	108.9	113.1	122.2	116.6	127.8	129.0	126.2	131.8
Age 60 to 79	104.2	102.3	106.1	112.8	111.2	114.4	120.5	116.8	124.2	129.0	124.7	133.3
Age 6 to 79	100.3	99.3	101.3	108.7	106.8	110.6	119.7	117.3	122.1	127.1	125.0	129.2

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 17
Measured waist-to-hip ratio of the household population, by age and sex, Canada, 2007 to 2009

	Measured waist-to-hip ratio											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	ratio											
Both sexes												
Age 6 to 11	0.83	0.82	0.84	0.75	0.74	0.76	0.77	0.77	0.77	0.79	0.78	0.80
Age 12 to 19	0.80	0.79	0.81	0.71	0.70	0.72	0.73	0.72	0.74	0.76	0.75	0.77
Age 20 to 39	0.84	0.84	0.85	0.72	0.71	0.73	0.74	0.72	0.76	0.78	0.77	0.79
Age 40 to 59	0.89	0.89	0.90	0.75	0.74	0.76	0.77	0.76	0.78	0.83	0.82	0.84
Age 60 to 79	0.93	0.92	0.94	0.78	0.77	0.79	0.81	0.80	0.82	0.86	0.85	0.87
Age 6 to 79	0.87	0.86	0.87	0.73	0.72	0.74	0.75	0.74	0.76	0.80	0.79	0.81
Males												
Age 6 to 11	0.84	0.83	0.84	0.76	0.75	0.77	0.77	0.76	0.78	0.80	0.79	0.81
Age 12 to 19	0.82	0.82	0.83	0.75	0.74	0.76	0.76	0.76	0.76	0.78	0.77	0.79
Age 20 to 39	0.88	0.88	0.89	0.78	0.76	0.80	0.79	0.77	0.81	0.83	0.82	0.84
Age 40 to 59	0.95	0.94	0.96	0.85	0.84	0.86	0.87	0.86	0.88	0.90	0.89	0.91
Age 60 to 79	0.99	0.98	1.00	0.88	0.86	0.90	0.91	0.90	0.92	0.94	0.92	0.96
Age 6 to 79	0.91	0.91	0.92	0.78	0.77	0.79	0.80	0.79	0.81	0.84	0.83	0.85
Females												
Age 6 to 11	0.82	0.81	0.83	0.75	0.74	0.76	0.77	0.76	0.78	0.79	0.78	0.80
Age 12 to 19	0.78	0.76	0.79	0.69	0.68	0.70	0.71	0.70	0.72	0.74	0.73	0.75
Age 20 to 39	0.80	0.79	0.81	0.71	0.70	0.72	0.72	0.71	0.73	0.75	0.73	0.77
Age 40 to 59	0.84	0.83	0.85	0.72	0.71	0.73	0.75	0.74	0.76	0.78	0.77	0.79
Age 60 to 79	0.87	0.86	0.88	0.76	0.75	0.77	0.78	0.77	0.79	0.82	0.81	0.83
Age 6 to 79	0.82	0.82	0.83	0.72	0.71	0.73	0.73	0.72	0.74	0.77	0.76	0.78

	Measured waist-to-hip ratio											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	ratio											
Both sexes												
Age 6 to 11	0.83	0.82	0.84	0.86	0.85	0.87	0.90	0.89	0.91	0.93	0.91	0.95
Age 12 to 19	0.79	0.78	0.80	0.83	0.82	0.84	0.88	0.86	0.90	0.92	0.90	0.94
Age 20 to 39	0.84	0.83	0.85	0.90	0.89	0.91	0.95	0.94	0.96	0.99	0.98	1.00
Age 40 to 59	0.89	0.88	0.90	0.96	0.95	0.97	1.01	1.00	1.02	1.04	1.03	1.05
Age 60 to 79	0.93	0.92	0.94	0.99	0.98	1.00	1.04	1.02	1.06	1.08	1.06	1.10
Age 6 to 79	0.86	0.85	0.87	0.93	0.92	0.94	1.00	0.99	1.01	1.03	1.02	1.04
Males												
Age 6 to 11	0.83	0.82	0.84	0.86	0.85	0.87	0.91	0.89	0.93	0.93	0.91	0.95
Age 12 to 19	0.81	0.80	0.82	0.85	0.83	0.87	0.90	0.89	0.91	0.92	0.89	0.95
Age 20 to 39	0.88	0.87	0.89	0.93	0.92	0.94	0.98	0.97	0.99	1.01	1.00	1.02
Age 40 to 59	0.95	0.94	0.96	1.00	0.98	1.02	1.04	1.02	1.06	1.06	1.04	1.08
Age 60 to 79	0.98	0.97	0.99	1.03	1.02	1.04	1.08	1.06	1.10	1.10	1.09	1.11
Age 6 to 79	0.91	0.90	0.92	0.97	0.96	0.98	1.02	1.01	1.03	1.06	1.05	1.07
Females												
Age 6 to 11	0.81	0.80	0.82	0.85	0.83	0.87	0.90	0.89	0.91	0.92	0.90	0.94
Age 12 to 19	0.77	0.76	0.78	0.81	0.79	0.83	0.86	0.84	0.88	0.90	0.86	0.94
Age 20 to 39	0.79	0.77	0.81	0.85	0.84	0.86	0.89	0.88	0.90	0.94	0.92	0.96
Age 40 to 59	0.83	0.82	0.84	0.88	0.87	0.89	0.93	0.91	0.95	0.97	0.95	0.99
Age 60 to 79	0.87	0.86	0.88	0.92	0.90	0.94	0.96	0.95	0.97	0.99	0.97	1.01
Age 6 to 79	0.82	0.81	0.83	0.87	0.86	0.88	0.93	0.92	0.94	0.96	0.95	0.97

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 18
Distribution of the household population with a body mass index less than 30 kg/m², by the average biceps skinfold, by age and sex, Canada, 2007 to 2009

	Average biceps skinfold											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres												
Both sexes												
Age 6 to 11	6.4	6.2	6.7	3.0	2.8	3.2	3.4	3.2	3.6	4.2	4.0	4.4
Age 12 to 19	6.7	6.4	7.0	3.0	2.9	3.1	3.3	3.2	3.4	4.1	3.9	4.3
Age 20 to 39	6.4	6.1	6.7	3.0	2.8	3.2	3.2	3.1	3.3	3.8	3.6	4.0
Age 40 to 59	7.6	7.2	8.0	3.0	2.7	3.3	3.5	3.2	3.8	4.6	4.3	4.9
Age 60 to 79	8.0	7.6	8.4	3.2	3.0	3.4	3.7	3.5	3.9	5.0	4.6	5.4
Age 6 to 79	7.1	6.9	7.3	3.0	2.9	3.1	3.3	3.2	3.4	4.3	4.2	4.4
Males												
Age 6 to 11	6.2	5.8	6.5	2.9	2.8	3.0	3.2	3.0	3.4	3.7	3.4	4.0
Age 12 to 19	5.6	5.4	5.8	2.8	2.7	2.9	3.1	3.0	3.2	3.4	3.2	3.6
Age 20 to 39	4.9	4.6	5.1	2.7	2.5	2.9	3.0	2.9	3.1	3.4	3.2	3.6
Age 40 to 59	5.4	5.1	5.8	2.7	2.5	2.9	3.1	2.8	3.4	3.9	3.6	4.2
Age 60 to 79	5.5	5.2	5.8	2.8	2.6	3.0	3.2	3.0	3.4	4.0	3.8	4.2
Age 6 to 79	5.4	5.2	5.5	2.8	2.7	2.9	3.1	3.0	3.2	3.7	3.6	3.8
Females												
Age 6 to 11	6.7	6.5	6.9	3.4	3.1	3.7	3.8	3.5	4.1	4.6	4.4	4.8
Age 12 to 19	7.8	7.4	8.3	4.1	3.9	4.3	4.4	4.0	4.8	5.5	5.1	5.9
Age 20 to 39	8.1	7.5	8.7	3.5	3.2	3.8	4.0	3.4	4.6	5.1	4.5	5.7
Age 40 to 59	9.7	9.2	10.2	3.8	3.2	4.4	4.7	4.0	5.4	6.3	5.5	7.1
Age 60 to 79	10.3	9.7	10.8	4.7	4.0	5.4	5.9	5.2	6.6	7.3	6.9	7.7
Age 6 to 79	8.8	8.5	9.1	3.6	3.4	3.8	4.4	4.2	4.6	5.6	5.3	5.9

	Average biceps skinfold											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres												
Both sexes												
Age 6 to 11	5.5	5.2	5.8	8.0	7.5	8.5	10.9	10.2	11.6	12.7	12.1	13.3
Age 12 to 19	5.9	5.5	6.3	8.1	7.7	8.5	11.1	10.1	12.1	13.8	12.4	15.2
Age 20 to 39	5.4	5.1	5.7	8.0	7.4	8.6	11.1	10.3	11.9	13.7	12.6	14.8
Age 40 to 59	6.6	6.0	7.2	9.8	8.9	10.7	13.6	13.1	14.1	15.2	14.5	15.9
Age 60 to 79	7.0	6.7	7.3	10.0	9.4	10.6	13.6	12.1	15.1	16.5	14.8	18.2
Age 6 to 79	6.1	5.8	6.4	8.7	8.3	9.1	12.4	12.0	12.8	14.9	14.3	15.5
Males												
Age 6 to 11	5.0	4.5	5.5	7.6	6.9	8.3	10.7	10.1	11.3	13.7	12.1	15.3
Age 12 to 19	4.5	4.1	4.9	6.6	5.9	7.3	10.0	9.1	10.9	11.4	10.4	12.4
Age 20 to 39	4.3	4.0	4.6	5.8	5.4	6.2	7.3	6.3	8.3	9.1	7.6	10.6
Age 40 to 59	4.9	4.6	5.2	6.6	6.0	7.2	8.2	7.3	9.1	9.8	8.7	10.9
Age 60 to 79	5.2	4.8	5.6	6.8	6.3	7.3	8.1	7.4	8.8	9.1	8.5	9.7
Age 6 to 79	4.7	4.5	4.9	6.5	6.2	6.8	8.4	7.9	8.9	10.0	9.7	10.3
Females												
Age 6 to 11	5.9	5.5	6.3	8.3	7.8	8.8	11.3	10.4	12.2	12.3	11.7	12.9
Age 12 to 19	7.2	6.8	7.6	8.9	8.3	9.5	12.4	10.2	14.6	15.2	13.9	16.5
Age 20 to 39	7.6	6.6	8.6	10.3	9.4	11.2	13.7	12.6	14.8	16.6	15.3	17.9
Age 40 to 59	8.8	8.0	9.6	13.0	12.2	13.8	15.2	14.5	15.9	16.6	15.9	17.3
Age 60 to 79	9.8	9.2	10.4	12.1	10.8	13.4	16.1	14.4	17.8	17.6	16.0	19.2
Age 6 to 79	8.0	7.7	8.3	11.2	10.7	11.7	14.6	13.9	15.3	16.4	15.7	17.1

Note(s): Total household population aged 6 to 79, with a body mass index less than 30 kg/m², except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 19
Distribution of the household population with a body mass index less than 30 kg/m², by the average triceps skinfold, by age and sex, Canada, 2007 to 2009

	Average triceps skinfold											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres												
Both sexes												
Age 6 to 11	12.4	12.0	12.7	6.6	6.4	6.8	7.3	7.0	7.6	8.6	8.2	9.0
Age 12 to 19	13.9	13.4	14.4	5.7	5.3	6.1	6.6	6.2	7.0	8.7	8.2	9.2
Age 20 to 39	14.3	13.8	14.9	5.4	5.0	5.8	6.5	5.9	7.1	9.2	8.4	10.0
Age 40 to 59	16.0	15.3	16.6	5.9	5.4	6.4	7.5	6.7	8.3	10.2	9.3	11.1
Age 60 to 79	16.0	15.4	16.6	6.7	6.5	6.9	7.4	7.1	7.7	10.1	9.4	10.8
Age 6 to 79	14.9	14.5	15.2	5.9	5.7	6.1	7.0	6.7	7.3	9.4	9.0	9.8
Males												
Age 6 to 11	11.9	11.3	12.4	6.4	6.2	6.6	6.8	6.4	7.2	8.1	7.8	8.4
Age 12 to 19	11.1	10.6	11.6	5.1	4.5	5.7	5.7	5.3	6.1	7.0	6.5	7.5
Age 20 to 39	10.3	9.8	10.8	4.8	4.6	5.0	5.5	5.0	6.0	7.2	6.5	7.9
Age 40 to 59	10.9	10.1	11.7	5.4	5.0	5.8	5.9	5.4	6.4	8.0	7.1	8.9
Age 60 to 79	10.5	10.1	11.0	5.4	4.8	6.0	6.7	6.5	6.9	7.6	7.1	8.1
Age 6 to 79	10.8	10.4	11.1	5.2	5.0	5.4	5.9	5.6	6.2	7.6	7.2	8.0
Females												
Age 6 to 11	12.9	12.5	13.3	7.1	6.7	7.5	8.0	7.7	8.3	9.6	9.1	10.1
Age 12 to 19	16.7	16.0	17.5	8.7	8.0	9.4	9.7	8.8	10.6	12.6	11.8	13.4
Age 20 to 39	18.7	17.8	19.7	9.4	8.1	10.7	11.5	10.4	12.6	13.8	12.6	15.0
Age 40 to 59	20.7	20.1	21.4	10.8	10.0	11.6	12.7	11.3	14.1	16.1	15.4	16.8
Age 60 to 79	20.9	20.2	21.7	11.2	9.4	13.0	13.6	12.8	14.4	17.0	15.9	18.1
Age 6 to 79	18.9	18.5	19.4	9.1	8.7	9.5	10.8	10.5	11.1	14.0	13.5	14.5

	Average triceps skinfold											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres												
Both sexes												
Age 6 to 11	11.1	10.6	11.6	14.8	13.9	15.7	20.0	19.1	20.9	22.8	21.7	23.9
Age 12 to 19	12.7	12.0	13.4	17.6	17.1	18.1	22.6	21.1	24.1	25.1	23.8	26.4
Age 20 to 39	13.1	12.7	13.5	18.7	17.2	20.2	23.9	22.9	24.9	27.0	25.8	28.2
Age 40 to 59	14.5	13.9	15.1	21.4	20.2	22.6	26.8	26.0	27.6	28.9	28.0	29.8
Age 60 to 79	15.1	14.6	15.6	20.8	19.1	22.5	26.1	25.4	26.8	28.5	27.1	29.9
Age 6 to 79	13.4	13.0	13.8	19.2	18.7	19.7	25.0	24.5	25.5	27.9	27.4	28.4
Males												
Age 6 to 11	10.2	9.5	10.9	14.6	13.4	15.8	19.4	17.8	21.0	22.4	20.9	23.9
Age 12 to 19	9.4	8.7	10.1	13.4	12.4	14.4	19.0	17.6	20.4	22.6	20.1	25.1
Age 20 to 39	9.9	8.9	10.9	12.7	12.1	13.3	15.9	14.7	17.1	17.2	16.0	18.4
Age 40 to 59	10.4	9.5	11.3	13.1	12.0	14.2	15.0	13.3	16.7	19.1	14.3	23.9
Age 60 to 79	9.9	9.2	10.6	12.8	11.8	13.8	15.4	14.8	16.0	17.0	15.7	18.3
Age 6 to 79	10.0	9.5	10.5	13.0	12.5	13.5	16.3	15.6	17.0	19.1	18.1	20.1
Females												
Age 6 to 11	11.7	11.4	12.0	15.1	13.8	16.4	20.2	18.8	21.6	22.9	21.2	24.6
Age 12 to 19	16.6	16.0	17.2	19.4	18.3	20.5	24.3	23.0	25.6	26.8	24.1	29.5
Age 20 to 39	18.1	16.4	19.8	23.1	21.7	24.5	27.1	25.8	28.4	30.8	28.7	32.9
Age 40 to 59	20.5	19.5	21.5	25.6	24.3	26.9	28.9	28.0	29.8	31.4	30.2	32.6
Age 60 to 79	20.3	18.8	21.8	25.0	24.2	25.8	28.2	26.9	29.5	30.7	28.7	32.7
Age 6 to 79	18.6	17.9	19.3	23.4	22.9	23.9	27.6	26.9	28.3	30.3	29.4	31.2

Note(s): Total household population aged 6 to 79, with a body mass index less than 30 kg/m², except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 20
Distribution of the household population with a body mass index less than 30 kg/m², by the average subscapular skinfold, by age and sex, Canada, 2007 to 2009

	Average subscapular skinfold											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres												
Both sexes												
Age 6 to 11	8.4	8.1	8.8	4.1	3.9	4.3	4.4	4.2	4.6	4.9	4.7	5.1
Age 12 to 19	11.6	11.0	12.1	5.5	5.3	5.7	6.1	5.9	6.3	7.2	7.0	7.4
Age 20 to 39	16.0	15.2	16.8	7.2	6.9	7.5	8.0	7.6	8.4	9.8	9.3	10.3
Age 40 to 59	18.7	17.5	19.9	7.6	6.7	8.5	8.9	7.9	9.9	12.5	11.7	13.3
Age 60 to 79	19.1	18.5	19.7	8.4	7.7	9.1	9.9	9.2	10.6	13.3	12.5	14.1
Age 6 to 79	16.0	15.6	16.4	5.7	5.5	5.9	6.9	6.7	7.1	9.4	9.0	9.8
Males												
Age 6 to 11	7.9	7.5	8.4	4.0	3.7	4.3	4.3	4.1	4.5	4.7	4.5	4.9
Age 12 to 19	10.0	9.6	10.4	5.0	4.6	5.4	5.7	5.4	6.0	6.6	6.2	7.0
Age 20 to 39	15.0	14.3	15.8	7.2	6.8	7.6	7.8	7.3	8.3	9.8	9.1	10.5
Age 40 to 59	17.9	16.3	19.5	8.1	6.9	9.3	9.0	7.6	10.4	12.6	11.5	13.7
Age 60 to 79	17.9	16.9	18.8	8.4	7.8	9.0	9.7	8.7	10.7	12.2	11.0	13.4
Age 6 to 79	15.0	14.4	15.5	5.3	5.0	5.6	6.5	6.3	6.7	9.0	8.5	9.5
Females												
Age 6 to 11	9.0	8.3	9.7	4.2	4.0	4.4	4.5	4.3	4.7	5.2	5.0	5.4
Age 12 to 19	13.2	12.2	14.1	6.1	5.9	6.3	6.8	6.3	7.3	8.3	7.9	8.7
Age 20 to 39	17.0	15.8	18.2	7.2	7.0	7.4	8.2	7.6	8.8	10.1	9.4	10.8
Age 40 to 59	19.5	18.2	20.8	7.4	6.3	8.5	8.7	7.9	9.5	12.4	11.5	13.3
Age 60 to 79	20.2	19.4	21.0	8.0	6.6	9.4	10.2	9.1	11.3	14.4	13.3	15.5
Age 6 to 79	17.1	16.6	17.6	6.0	5.9	6.1	7.2	7.1	7.3	9.9	9.5	10.3

	Average subscapular skinfold											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres												
Both sexes												
Age 6 to 11	6.1	5.8	6.4	9.5	9.0	10.0	16.3	14.3	18.3	20.7	18.7	22.7
Age 12 to 19	9.6	9.0	10.2	14.4	13.4	15.4	19.9	18.3	21.5	24.8	21.9	27.7
Age 20 to 39	13.3	12.3	14.3	20.3	18.7	21.9	27.2	25.8	28.6	32.9	28.6	37.2
Age 40 to 59	17.2	15.5	18.9	23.4	21.5	25.3	30.3	29.4	31.2	34.1	32.3	35.9
Age 60 to 79	18.4	17.6	19.2	23.4	22.0	24.8	29.2	27.3	31.1	35.1	32.2	38.0
Age 6 to 79	14.2	13.6	14.8	20.6	19.8	21.4	28.0	27.0	29.0	31.8	29.7	33.9
Males												
Age 6 to 11	5.7	5.3	6.1	8.9	7.5	10.3	15.6	13.4	17.8	21.0	18.1	23.9
Age 12 to 19	8.0	7.5	8.5	11.5	10.5	12.5	17.2	15.3	19.1	20.7	17.4	24.0
Age 20 to 39	13.0	11.9	14.1	18.3	16.7	19.9	25.2	22.9	27.5	27.9	23.9	31.9
Age 40 to 59	16.0	14.6	17.4	22.0	19.3	24.7	29.9	27.0	32.8	30.8	27.1	34.5
Age 60 to 79	16.8	15.2	18.4	22.0	20.9	23.1	27.7	24.7	30.7	30.7	25.3	36.1
Age 6 to 79	13.5	12.8	14.2	19.2	18.4	20.0	25.8	24.4	27.2	30.0	28.7	31.3
Females												
Age 6 to 11	6.6	6.1	7.1	10.2	9.0	11.4	17.4	14.7	20.1	20.2	17.7	22.7
Age 12 to 19	11.4	10.0	12.8	16.3	14.6	18.0	21.8	18.7	24.9	26.7	23.4	30.0
Age 20 to 39	14.5	12.6	16.4	21.2	18.7	23.7	29.0	25.4	32.6	36.7	31.0	42.4
Age 40 to 59	18.4	16.9	19.9	25.1	22.5	27.7	31.2	30.0	32.4	35.4	31.9	38.9
Age 60 to 79	19.1	18.3	19.9	25.4	24.2	26.6	31.0	28.2	33.8	36.2	34.0	38.4
Age 6 to 79	15.2	14.3	16.1	22.0	20.8	23.2	29.3	28.1	30.5	34.6	32.2	37.0

Note(s): Total household population aged 6 to 79, with a body mass index less than 30 kg/m², except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 21

Distribution of the household population with a body mass index less than 30 kg/m², by average iliac crest skinfold, by age and sex, Canada, 2007 to 2009

	Average iliac crest skinfold											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	millimetres											
Both sexes												
Age 6 to 11	11.6	10.7	12.5	4.0	3.8	4.2	4.5	4.3	4.7	5.4	5.1	5.7
Age 12 to 19	17.5	16.5	18.4	6.0	5.6	6.4	7.2	6.7	7.7	9.1	8.4	9.8
Age 20 to 39	21.6	20.9	22.2	8.2	7.4	9.0	9.8	8.8	10.8	13.9	12.8	15.0
Age 40 to 59	22.3	21.2	23.5	9.0	8.3	9.7	10.5	9.5	11.5	15.6	14.2	17.0
Age 60 to 79	19.5	18.8	20.2	8.1	6.8	9.4	9.8	8.7	10.9	14.1	13.7	14.5
Age 6 to 79	20.0	19.6	20.5	6.4	6.1	6.7	7.9	7.7	8.1	12.5	11.8	13.2
Males												
Age 6 to 11	11.1	9.8	12.3	3.9	3.7	4.1	4.3	4.0	4.6	5.2	4.9	5.5
Age 12 to 19	14.2	13.6	14.8	5.6	5.4	5.8	6.1	5.6	6.6	7.7	7.1	8.3
Age 20 to 39	21.7	20.8	22.6	7.4	6.5	8.3	9.3	8.3	10.3	13.3	11.4	15.2
Age 40 to 59	23.0	21.4	24.5	9.0	7.9	10.1	11.3	9.4	13.2	15.7	13.6	17.8
Age 60 to 79	19.2	18.4	20.1	7.7	6.3	9.1	9.8	8.3	11.3	14.0	12.9	15.1
Age 6 to 79	19.7	19.1	20.4	5.7	5.3	6.1	7.2	6.9	7.5	11.1	10.0	12.2
Females												
Age 6 to 11	12.2	11.1	13.2	4.4	4.1	4.7	4.8	4.5	5.1	6.2	5.8	6.6
Age 12 to 19	20.9	19.4	22.3	7.8	6.8	8.8	9.6	8.9	10.3	13.2	11.8	14.6
Age 20 to 39	21.4	20.3	22.5	8.6	7.3	9.9	10.7	9.0	12.4	14.1	12.6	15.6
Age 40 to 59	21.7	20.3	23.1	8.7	7.4	10.0	10.4	9.2	11.6	15.6	14.2	17.0
Age 60 to 79	19.7	18.8	20.7	8.4	6.5	10.3	9.9	8.3	11.5	14.1	13.2	15.0
Age 6 to 79	20.3	19.8	20.8	7.1	6.8	7.4	8.9	8.4	9.4	13.5	12.9	14.1

	Average iliac crest skinfold											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	millimetres											
Both sexes												
Age 6 to 11	7.9	7.1	8.7	15.1	13.0	17.2	24.5	21.8	27.2	30.3	27.6	33.0
Age 12 to 19	15.2	13.9	16.5	23.8	22.4	25.2	31.2	29.4	33.0	36.8	33.3	40.3
Age 20 to 39	20.6	19.5	21.7	27.9	26.7	29.1	34.3	32.7	35.9	38.5	36.8	40.2
Age 40 to 59	21.0	19.4	22.6	27.9	26.4	29.4	34.8	33.3	36.3	38.5	37.1	39.9
Age 60 to 79	19.1	18.3	19.9	24.1	22.9	25.3	29.2	26.9	31.5	31.8	29.3	34.3
Age 6 to 79	19.3	18.6	20.0	26.2	25.5	26.9	33.1	32.3	33.9	38.1	36.9	39.3
Males												
Age 6 to 11	6.8	6.0	7.6	13.4	9.7	17.1	25.4	22.4	28.4	31.1	26.8	35.4
Age 12 to 19	10.2	9.0	11.4	18.1	15.6	20.6	27.6	26.0	29.2	34.6	31.2	38.0
Age 20 to 39	20.6	18.9	22.3	28.2	26.3	30.1	34.3	30.2	38.4	40.5	35.3	45.7
Age 40 to 59	21.8	20.0	23.6	28.5	26.1	30.9	36.1	33.3	38.9	40.2	37.0	43.4
Age 60 to 79	18.9	17.8	20.0	23.4	22.2	24.6	27.8	25.6	30.0	31.1	28.8	33.4
Age 6 to 79	18.7	17.9	19.5	26.2	25.1	27.3	33.2	32.0	34.4	38.5	37.0	40.0
Females												
Age 6 to 11	9.0	8.2	9.8	15.7	14.2	17.2	23.9	20.0	27.8	29.6	24.4	34.8
Age 12 to 19	19.6	18.0	21.2	26.6	23.5	29.7	33.1	29.4	36.8	39.6	35.2	44.0
Age 20 to 39	20.5	19.1	21.9	27.3	25.6	29.0	34.3	32.6	36.0	36.6	35.2	38.0
Age 40 to 59	20.4	18.9	21.9	27.6	25.4	29.8	34.1	32.3	35.9	38.1	35.9	40.3
Age 60 to 79	19.3	18.2	20.4	24.3	23.0	25.6	29.9	27.1	32.7	32.3	28.9	35.7
Age 6 to 79	19.7	19.1	20.3	26.1	25.1	27.1	32.8	31.7	33.9	36.7	35.4	38.0

Note(s): Total household population aged 6 to 79, with a body mass index less than 30 kg/m², except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 22
Distribution of the household population with a body mass index less than 30 kg/m², by the average medial calf skinfold, by age and sex, Canada, 2007 to 2009

	Average medial calf skinfold											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres												
Both sexes												
Age 6 to 11	11.9	11.3	12.4	5.2	4.7	5.7	6.0	5.7	6.3	7.7	7.3	8.1
Age 12 to 19	14.0	13.3	14.7	5.2	4.7	5.7	6.1	5.7	6.5	8.7	7.9	9.5
Age 20 to 39	13.1	12.5	13.6	4.6	4.2	5.0	5.5	5.2	5.8	7.5	7.2	7.8
Age 40 to 59	14.2	13.6	14.9	4.8	4.3	5.3	6.0	5.3	6.7	8.2	7.4	9.0
Age 60 to 79	15.4	14.7	16.1	4.5	4.0	5.0	5.7	5.3	6.1	8.0	7.5	8.5
Age 6 to 79	13.8	13.4	14.2	4.8	4.5	5.1	5.8	5.5	6.1	7.9	7.6	8.2
Males												
Age 6 to 11	11.4	10.6	12.1	4.8	4.2	5.4	5.6	5.2	6.0	7.2	6.6	7.8
Age 12 to 19	11.3	10.6	11.9	4.5	4.1	4.9	5.2	4.7	5.7	6.7	6.3	7.1
Age 20 to 39	9.5	8.9	10.0	4.1	3.7	4.5	4.7	4.3	5.1	6.0	5.5	6.5
Age 40 to 59	9.8	9.1	10.6	4.3	4.0	4.6	4.9	4.4	5.4	6.7	6.0	7.4
Age 60 to 79	8.8	8.4	9.2	3.5	3.0	4.0	4.5	4.1	4.9	6.0	5.6	6.4
Age 6 to 79	9.9	9.6	10.2	4.2	4.0	4.4	4.9	4.6	5.2	6.3	5.9	6.7
Females												
Age 6 to 11	12.4	11.7	13.1	5.8	5.3	6.3	6.7	6.0	7.4	8.3	8.0	8.6
Age 12 to 19	16.8	15.8	17.8	7.8	7.0	8.6	9.0	8.4	9.6	12.0	11.0	13.0
Age 20 to 39	17.0	15.9	18.0	7.4	7.1	7.7	8.4	7.4	9.4	11.5	10.3	12.7
Age 40 to 59	18.4	17.6	19.2	7.6	6.8	8.4	9.4	7.9	10.9	12.6	11.9	13.3
Age 60 to 79	21.6	20.4	22.8	10.6	9.4	11.8	12.5	11.7	13.3	15.7	14.6	16.8
Age 6 to 79	17.7	17.2	18.2	7.4	7.2	7.6	8.6	8.0	9.2	12.0	11.4	12.6

	Average medial calf skinfold											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres												
Both sexes												
Age 6 to 11	10.2	9.3	11.1	15.0	14.1	15.9	19.8	19.0	20.6	22.9	21.5	24.3
Age 12 to 19	12.7	11.9	13.5	18.2	16.8	19.6	23.3	22.3	24.3	27.4	25.8	29.0
Age 20 to 39	11.6	10.7	12.5	17.1	15.9	18.3	22.3	20.5	24.1	27.0	24.5	29.5
Age 40 to 59	12.8	11.8	13.8	18.8	17.6	20.0	25.6	24.0	27.2	28.7	27.3	30.1
Age 60 to 79	13.7	12.7	14.7	22.0	19.9	24.1	27.1	25.4	28.8	31.9	29.5	34.3
Age 6 to 79	12.2	11.7	12.7	18.2	17.6	18.8	24.4	23.4	25.4	28.5	27.4	29.6
Males												
Age 6 to 11	9.3	8.2	10.4	14.4	13.1	15.7	19.9	18.9	20.9	22.8	21.5	24.1
Age 12 to 19	9.6	9.0	10.2	13.8	12.7	14.9	20.2	17.9	22.5	24.3	19.9	28.7
Age 20 to 39	8.3	7.6	9.0	12.1	10.8	13.4	16.0	14.5	17.5	18.3	16.6	20.0
Age 40 to 59	8.7	7.9	9.5	12.6	10.9	14.3	15.7	13.5	17.9	18.5	14.6	22.4
Age 60 to 79	8.0	7.6	8.4	10.8	10.2	11.4	14.4	13.3	15.5	16.6	14.6	18.6
Age 6 to 79	8.7	8.3	9.1	12.4	11.7	13.1	16.6	15.7	17.5	19.7	18.3	21.1
Females												
Age 6 to 11	10.9	10.2	11.6	15.4	14.4	16.4	19.4	17.9	20.9	23.1	19.8	26.4
Age 12 to 19	16.2	15.2	17.2	20.4	19.0	21.8	25.3	22.7	27.9	29.5	26.8	32.2
Age 20 to 39	16.2	14.5	17.9	20.7	19.1	22.3	27.4	24.9	29.9	31.0	29.1	32.9
Age 40 to 59	17.5	16.3	18.7	23.3	22.0	24.6	28.7	27.4	30.0	31.3	29.7	32.9
Age 60 to 79	21.3	19.2	23.4	26.1	24.6	27.6	31.4	28.9	33.9	34.9	31.1	38.7
Age 6 to 79	16.6	15.8	17.4	22.4	21.7	23.1	28.1	27.0	29.2	31.3	30.4	32.2

Note(s): Total household population aged 6 to 79, with a body mass index less than 30 kg/m², except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 23

Distribution of the household population with a body mass index less than 30 kg/m², by the sum of the five skinfolds, by age and sex, Canada, 2007 to 2009

	Sum of five skinfolds											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	millimetres											
Both sexes												
Age 6 to 11	50.5	48.1	52.9	24.4	23.1	25.7	27.1	26.0	28.2	31.3	29.9	32.7
Age 12 to 19	63.3	60.5	66.1	28.1	26.5	29.7	31.4	30.1	32.7	39.1	36.5	41.7
Age 20 to 39	71.2	68.9	73.5	31.3	29.2	33.4	36.3	34.1	38.5	49.8	47.4	52.2
Age 40 to 59	78.6	75.0	82.2	37.2	32.3	42.1	43.0	38.7	47.3	56.3	51.9	60.7
Age 60 to 79	78.0	75.4	80.5	36.2	31.8	40.6	43.6	40.7	46.5	57.5	55.6	59.4
Age 6 to 79	71.6	70.0	73.1	30.0	29.4	30.6	34.7	33.5	35.9	48.5	46.4	50.6
Males												
Age 6 to 11	48.4	45.3	51.5	23.4	21.8	25.0	25.7	24.5	26.9	29.3	27.7	30.9
Age 12 to 19	51.6	49.8	53.4	25.5	24.6	26.4	28.2	26.6	29.8	33.4	32.2	34.6
Age 20 to 39	61.3	58.9	63.7	28.6	26.5	30.7	31.8	29.6	34.0	42.1	38.5	45.7
Age 40 to 59	66.6	62.1	71.1	32.3	29.3	35.3	38.8	34.1	43.5	51.3	46.5	56.1
Age 60 to 79	62.0	59.9	64.0	31.5	28.2	34.8	36.5	32.1	40.9	47.3	43.3	51.3
Age 6 to 79	60.5	58.6	62.3	27.4	26.6	28.2	31.2	30.5	31.9	41.4	38.9	43.9
Females												
Age 6 to 11	52.8	49.7	55.9	26.9	24.7	29.1	29.3	28.4	30.2	34.5	33.0	36.0
Age 12 to 19	75.3	71.1	79.6	36.6	32.8	40.4	40.9	36.8	45.0	54.0	49.9	58.1
Age 20 to 39	82.0	77.6	86.4	39.6	36.8	42.4	46.1	42.6	49.6	58.7	54.6	62.8
Age 40 to 59	89.9	86.0	93.9	44.7	40.1	49.3	53.8	49.4	58.2	64.8	59.9	69.7
Age 60 to 79	92.8	89.8	95.8	53.8	49.1	58.5	60.6	55.8	65.4	75.4	72.7	78.1
Age 6 to 79	82.7	80.8	84.6	37.2	36.5	37.9	43.3	41.4	45.2	59.1	56.5	61.7

	Sum of five skinfolds											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	millimetres											
Both sexes												
Age 6 to 11	41.2	38.5	43.9	61.8	56.9	66.7	92.4	85.9	98.9	105.8	99.6	112.0
Age 12 to 19	57.1	52.8	61.4	81.9	76.8	87.0	104.0	98.5	109.5	123.4	114.2	132.6
Age 20 to 39	65.5	61.0	70.0	88.8	84.7	92.9	111.8	106.2	117.4	125.5	122.3	128.7
Age 40 to 59	73.5	67.2	79.8	99.3	93.9	104.7	121.0	114.8	127.2	131.1	124.5	137.7
Age 60 to 79	76.3	74.0	78.6	93.3	88.0	98.6	117.2	112.0	122.4	127.3	116.4	138.2
Age 6 to 79	67.3	64.5	70.1	90.4	88.6	92.2	113.7	110.5	116.9	126.3	123.1	129.5
Males												
Age 6 to 11	37.1	33.5	40.7	60.3	51.4	69.2	92.4	84.5	100.3	107.4	99.4	115.4
Age 12 to 19	42.9	40.7	45.1	63.6	57.6	69.6	92.2	82.9	101.5	105.5	95.8	115.2
Age 20 to 39	58.0	52.8	63.2	76.5	73.9	79.1	91.6	84.7	98.5	103.7	95.1	112.3
Age 40 to 59	63.4	58.0	68.8	80.6	72.4	88.8	98.2	91.0	105.4	109.3	98.6	120.0
Age 60 to 79	60.2	56.5	63.9	76.1	72.7	79.5	85.0	82.1	87.9	93.3	86.9	99.7
Age 6 to 79	57.5	55.0	60.0	75.7	73.0	78.4	93.4	90.3	96.5	104.9	100.8	109.0
Females												
Age 6 to 11	44.8	42.6	47.0	62.9	58.0	67.8	92.8	84.6	101.0	103.8	93.5	114.1
Age 12 to 19	71.1	65.8	76.4	90.5	83.9	97.1	117.4	106.0	128.8	131.6	121.7	141.5
Age 20 to 39	77.3	70.3	84.3	103.0	97.3	108.7	124.7	120.0	129.4	132.2	125.7	138.7
Age 40 to 59	88.7	83.3	94.1	110.0	106.3	113.7	129.2	124.3	134.1	141.6	131.8	151.4
Age 60 to 79	89.1	84.4	93.8	110.0	103.4	116.6	124.3	117.0	131.6	143.1	132.8	153.4
Age 6 to 79	80.7	77.2	84.2	104.7	102.4	107.0	124.7	121.6	127.8	136.5	130.8	142.2

Note(s): Total household population aged 6 to 79 with a body mass index less than 30 kg/m², except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 24
Self-reported weight of the household population, by age and sex, Canada, 2007 to 2009

	Self-reported weight											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
kilograms												
Both sexes												
Age 6 to 11	32	32	33	19	18	20	20	19	21	25	24	26
Age 12 to 19	62	60	63	41	40	42	45	44	46	50	48	52
Age 20 to 39	75	73	76	52	50	54	54	53	55	61	58	64
Age 40 to 59	78	76	80	53	51	55	57	55	59	65	63	67
Age 60 to 79	76	75	77	54	52	56	57	55	59	64	62	66
Age 6 to 79	72	70	73	36	35	37	49	48	50	59	58	60
Males												
Age 6 to 11	33	32	34	20	19	21	22	20	24	26	24	28
Age 12 to 19	66	63	68	41	40	42	45	42	48	53	51	55
Age 20 to 39	82	81	84	59	56	62	65	62	68	70	68	72
Age 40 to 59	86	84	89	66	64	68	69	67	71	76	74	78
Age 60 to 79	84	82	85	61	59	63	66	64	68	73	71	75
Age 6 to 79	78	77	80	37	35	39	54	53	55	68	67	69
Females												
Age 6 to 11	32	31	33	18	17	19	20	19	21	24	23	25
Age 12 to 19	57	56	59	43	42	44	44	42	46	50	49	51
Age 20 to 39	67	65	70	49	47	51	52	51	53	56	53	59
Age 40 to 59	69	67	72	50	49	51	53	52	54	59	58	60
Age 60 to 79	70	68	71	52	50	54	54	52	56	60	58	62
Age 6 to 79	65	63	66	36	35	37	48	47	49	54	53	55

	Self-reported weight											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
kilograms												
Both sexes												
Age 6 to 11	32	31	33	39	38	40	45	43	47	50	48	52
Age 12 to 19	59	58	60	69	65	73	83	80	86	91	88	94
Age 20 to 39	73	71	75	85	82	88	98	95	101	104	99	109
Age 40 to 59	77	76	78	88	85	91	100	95	105	108	103	113
Age 60 to 79	75	73	77	86	84	88	98	94	102	104	101	107
Age 6 to 79	72	70	74	84	82	86	96	92	100	104	100	108
Males												
Age 6 to 11	32	31	33	39	38	40	46	43	49	50	47	53
Age 12 to 19	64	61	67	77	72	82	88	83	93	95	89	101
Age 20 to 39	79	76	82	91	88	94	102	99	105	109	104	114
Age 40 to 59	84	81	87	93	90	96	107	101	113	116	110	122
Age 60 to 79	82	80	84	91	89	93	104	102	106	109	106	112
Age 6 to 79	79	77	81	91	89	93	102	99	105	109	106	112
Females												
Age 6 to 11	30	28	32	37	35	39	45	43	47	50	46	54
Age 12 to 19	56	53	59	64	61	67	73	67	79	82	79	85
Age 20 to 39	64	61	67	75	72	78	88	81	95	100	93	107
Age 40 to 59	66	64	68	77	73	81	91	85	97	100	92	108
Age 60 to 79	68	66	70	76	73	79	86	81	91	95	89	101
Age 6 to 79	64	63	65	75	72	78	86	82	90	95	89	101

Note(s): Total household population aged 6 to 79.
Source(s): Canadian Health Measures Survey, Cycle 1.

Table 25
Self-reported height of the household population, by age and sex, Canada, 2007 to 2009

	Self-reported height											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	134	132	135	104	97	111	117	112	122	122	120	124
Age 12 to 19	167	167	168	150	148	152	155	153	157	160	159	161
Age 20 to 39	171	170	172	155	154	156	157	156	158	163	162	164
Age 40 to 59	170	169	170	155	155	155	157	157	157	163	161	165
Age 60 to 79	168	167	168	152	149	155	155	153	157	160	160	160
Age 6 to 79	167	167	168	145	142	148	155	152	158	160	160	160
Males												
Age 6 to 11	133	131	135	104	95	113	117	110	124	122	120	124
Age 12 to 19	171	170	172	152	150	154	155	153	157	165	163	167
Age 20 to 39	177	176	178	168	165	171	168	166	170	173	170	176
Age 40 to 59	176	175	177	163	160	166	168	166	170	170	167	173
Age 60 to 79	174	174	175	163	161	165	165	162	168	170	169	171
Age 6 to 79	173	172	173	145	142	148	160	158	162	170	168	172
Females												
Age 6 to 11	134	132	136	104	94	114	117	112	122	122	119	125
Age 12 to 19	164	163	165	150	148	152	155	152	158	157	154	160
Age 20 to 39	164	163	165	152	150	154	155	154	156	157	154	160
Age 40 to 59	163	163	164	152	151	153	155	154	156	157	154	160
Age 60 to 79	161	161	162	152	150	154	155	152	158	157	157	157
Age 6 to 79	161	161	162	145	143	147	152	152	152	157	157	157
Self-reported height												
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	135	133	137	145	142	148	152	151	153	157	155	159
Age 12 to 19	168	168	168	175	174	176	180	178	182	185	183	187
Age 20 to 39	170	169	171	178	177	179	183	183	183	185	181	189
Age 40 to 59	170	169	171	178	176	180	183	181	185	185	183	187
Age 60 to 79	168	168	168	175	174	176	180	180	180	183	182	184
Age 6 to 79	168	167	169	175	172	178	183	181	185	185	184	186
Males												
Age 6 to 11	135	132	138	145	142	148	152	150	154	155	151	159
Age 12 to 19	173	170	176	180	178	182	185	183	187	188	184	192
Age 20 to 39	178	177	179	183	180	186	185	181	189	191	188	194
Age 40 to 59	175	172	178	180	177	183	185	183	187	188	186	190
Age 60 to 79	175	174	176	180	179	181	183	182	184	185	185	185
Age 6 to 79	175	174	176	180	180	180	185	183	187	188	186	190
Females												
Age 6 to 11	135	133	137	145	142	148	152	149	155	157	155	159
Age 12 to 19	165	163	167	168	166	170	175	173	177	178	175	181
Age 20 to 39	163	161	165	170	168	172	173	171	175	175	172	178
Age 40 to 59	163	162	164	168	168	168	173	170	176	175	172	178
Age 60 to 79	160	158	162	165	164	166	170	168	172	173	170	176
Age 6 to 79	163	162	164	168	168	168	173	171	175	175	174	176

Note(s): Total household population aged 6 to 79.

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 26
Distribution of the household population aged 6 to 17, by body mass index norms based on self-reported inputs—CDC system, by age and sex, Canada, 2007 to 2009

	Body mass index norms based on self-reported inputs—CDC system											
	Underweight			Normal weight			Overweight			Obese		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	percent											
Both sexes												
Age 6 to 11	7.5	5.8	9.2	58.8	53.2	64.4	16.0	12.3	19.8	17.7	13.9	21.4
Age 12 to 17	3.2 ^E	1.6	4.7	74.4	67.4	81.3	12.3	8.4	16.1	10.2 ^E	5.3	15.1
Age 6 to 17	5.0	4.0	6.0	67.6	62.1	73.2	13.9	10.6	17.2	13.4	10.4	16.5
Males												
Age 6 to 11	8.1	5.7	10.5	50.6	43.1	58.2	19.3	14.7	23.9	22.0	15.2	28.9
Age 12 to 17	3.6 ^E	1.4	5.8	68.9	60.9	76.8	13.7	9.5	17.9	13.8 ^E	7.1	20.6
Age 6 to 17	5.5	4.0	6.9	61.2	55.2	67.3	16.0	12.3	19.8	17.3	12.8	21.7
Females												
Age 6 to 11	6.9 ^E	4.5	9.3	67.4	60.9	74.0	12.6	8.6	16.7	13.1	10.1	16.0
Age 12 to 17	2.7 ^E	1.5	3.8	80.9	73.7	88.0	10.6 ^E	5.1	16.1	F
Age 6 to 17	4.5	3.1	6.0	74.9	69.1	80.7	11.5	8.1	14.9	9.1	6.2	11.9

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

^F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): The norms used in this table can be found in National Center for Health Statistics, 2000, Clinical Growth Charts, Department of Health and Human Services, Public Health Service, Center for Disease Control, Hyattsville, MD. <http://www.cdc.gov/nchs/about/major/nhanes/growthcharts/clinicalcharts.htm> (accessed Dec. 19, 2006).

Total household population aged 6 to 17.

Center for Disease Control (CDC).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 27
Distribution of the household population aged 6 to 17, by body mass index norms based on self-reported inputs—Cole system, by age and sex, Canada, 2007 to 2009

	Body mass index norms based on self-reported inputs—Cole system								
	Neither overweight or obese			Overweight			Obese		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 6 to 11	69.1	63.9	74.3	19.3	14.7	23.9	11.6	8.2	15.1
Age 12 to 17	76.2	68.1	84.3	15.5	10.7	20.3	8.3 ^E	3.4	13.1
Age 6 to 17	73.2	67.6	78.7	17.1	12.9	21.3	9.7	7.1	12.4
Males									
Age 6 to 11	64.1	56.5	71.7	22.7	17.9	27.5	13.2 ^E	7.8	18.6
Age 12 to 17	71.6	63.1	80.2	16.8	13.5	20.1	11.6 ^E	4.8	18.3
Age 6 to 17	68.5	62.5	74.5	19.3	15.8	22.8	12.2	8.3	16.2
Females									
Age 6 to 11	74.4	69.0	79.7	15.6 ^E	10.2	21.1	10.0	7.3	12.7
Age 12 to 17	81.7	72.5	90.8	14.0 ^E	6.9	21.0	F
Age 6 to 17	78.4	72.2	84.6	14.7^E	9.1	20.3	6.9	5.2	8.5

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

^F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): The norms used in this table can be found in T.J. Cole, M.C. Bellizzi, K.M. Flegal & W.H. Dietz, 2000, "Establishing a Standard Definition for Child Overweight and Obesity Worldwide: International survey," The BMJ, Vol. 320, p. 1240-1243.
 Total household population aged 6 to 17.

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 28
Distribution of the household population aged 18 to 79, by body mass index norms based on self-reported inputs, by age and sex, Canada, 2007 to 2009

	Body mass index norms based on self-reported inputs								
	Underweight			Normal Weight			Overweight		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 18 to 39	3.3 ^E	1.6	4.9	53.2	48.9	57.5	28.5	24.9	32.0
Age 40 to 59	1.0 ^E	0.6	1.3	37.3	33.0	41.6	38.2	33.6	42.8
Age 60 to 79	F	33.8	28.4	39.3	41.7	37.3	46.1
Age 18 to 79	1.8^E	1.2	2.5	42.9	39.2	46.5	35.1	32.4	37.7
Males									
Age 18 to 39	F	49.0	44.7	53.3	35.1	31.8	38.3
Age 40 to 59	F	25.0	19.6	30.3	49.9	42.8	56.9
Age 60 to 79	F	31.3	25.1	37.4	43.4	37.6	49.2
Age 18 to 79	0.7^E	0.3	1.1	35.9	32.0	39.7	42.7	39.3	46.0
Females									
Age 18 to 39	5.6 ^E	2.4	8.7	57.7	52.2	63.1	21.5	15.6	27.4
Age 40 to 59	1.4	1.0	1.7	49.7	44.8	54.6	26.3	22.2	30.5
Age 60 to 79	F	36.2	29.8	42.6	40.2	34.8	45.6
Age 18 to 79	2.9^E	1.8	4.1	50.0	45.6	54.3	27.4	24.6	30.2

	Body mass index norms based on self-reported inputs								
	Obese, class I			Obese, class II			Obese, class III		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 18 to 39	9.5	7.2	11.8	4.1 ^E	1.8	6.4	1.4 ^E	0.6	2.3
Age 40 to 59	17.0	12.7	21.3	4.3	3.2	5.4	2.3 ^E	1.4	3.3
Age 60 to 79	17.7	14.9	20.5	4.4 ^E	2.9	5.8	1.6 ^E	1.1	2.2
Age 18 to 79	14.2	12.2	16.2	4.2	3.1	5.4	1.8^E	1.2	2.5
Males									
Age 18 to 39	9.9 ^E	6.2	13.6	F	0.8 ^E	0.4	1.3
Age 40 to 59	18.8	13.1	24.5	3.9 ^E	2.5	5.2	1.9 ^E	0.7	3.2
Age 60 to 79	19.4	15.9	22.9	4.4 ^E	3.0	5.8	F
Age 18 to 79	15.3	12.5	18.2	4.1^E	2.6	5.6	1.3^E	0.7	2.0
Females									
Age 18 to 39	9.1	6.8	11.3	F	F
Age 40 to 59	15.1	11.1	19.1	4.8 ^E	3.0	6.5	F
Age 60 to 79	16.1	12.6	19.5	4.3 ^E	1.6	7.0	2.1 ^E	1.3	2.9
Age 18 to 79	13.0	11.2	14.8	4.4^E	2.8	6.0	2.3^E	1.0	3.7

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): The norms used in this table can be found in Health Canada, 2003, "Description of the Canadian Guidelines for Body Weight Classification in Adults," Canadian Guidelines for Body Weight Classification in Adults, Health Canada Catalogue no. H49-179/2003E, p. 9-12.

http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/weight_book_tc-livres_des_poids_tm-eng.php (accessed Dec 19 2006).

Total household population aged 18 to 79.

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 29
Measured sitting height of the household population, by age and sex, Canada, 2007 to 2009

	Measured sitting height											
	Mean		5 th percentile			10 th percentile			25 th percentile			
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	71.69	71.07	72.31	62.58	61.97	63.19	63.78	63.08	64.48	66.96	66.04	67.88
Age 12 to 19	87.99	87.57	88.41	79.00	77.83	80.17	80.54	79.74	81.34	84.45	83.77	85.13
Age 20 to 39	90.95	90.57	91.32	83.71	82.98	84.44	85.22	84.85	85.59	87.73	87.32	88.14
Age 40 to 59	90.14	89.76	90.51	83.04	82.66	83.42	84.21	83.79	84.63	86.38	85.86	86.90
Age 60 to 79	87.54	87.13	87.95	79.20	78.04	80.36	81.23	80.24	82.22	84.39	84.01	84.77
Age 6 to 79	88.33	88.03	88.64	74.15	73.65	74.65	80.68	80.22	81.14	85.28	84.98	85.58
Males												
Age 6 to 11	71.66	70.70	72.62	63.00	62.29	63.71	63.98	62.87	65.09	67.45	65.89	69.01
Age 12 to 19	89.07	88.29	89.85	77.16	75.51	78.81	79.55	78.55	80.55	84.30	82.59	86.01
Age 20 to 39	93.86	93.30	94.41	88.25	87.05	89.45	88.93	88.20	89.66	91.26	90.55	91.97
Age 40 to 59	93.22	92.69	93.75	87.11	85.83	88.39	88.43	87.49	89.37	90.54	89.53	91.55
Age 60 to 79	90.89	90.41	91.38	85.01	84.26	85.76	86.53	86.01	87.05	88.46	87.97	88.95
Age 6 to 79	90.91	90.51	91.32	73.94	73.25	74.63	82.76	81.65	83.87	88.94	88.43	89.45
Females												
Age 6 to 11	71.72	71.02	72.41	61.77	60.86	62.68	63.55	62.65	64.45	66.50	65.45	67.55
Age 12 to 19	86.85	86.44	87.27	80.14	79.43	80.85	81.01	80.30	81.72	84.46	83.90	85.02
Age 20 to 39	88.01	87.62	88.40	82.30	81.18	83.42	83.79	83.08	84.50	85.81	85.36	86.26
Age 40 to 59	87.11	86.83	87.39	82.21	81.72	82.70	83.04	82.64	83.44	84.93	84.54	85.32
Age 60 to 79	84.46	84.02	84.90	78.35	77.61	79.09	79.69	78.45	80.93	82.45	81.58	83.32
Age 6 to 79	85.78	85.50	86.06	74.48	73.90	75.06	80.37	79.82	80.92	83.91	83.63	84.19

	Measured sitting height											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	71.85	70.99	72.71	75.55	74.80	76.30	79.25	78.32	80.18	81.60	80.69	82.51
Age 12 to 19	88.39	87.84	88.94	91.75	91.38	92.12	94.70	93.93	95.47	96.81	95.87	97.75
Age 20 to 39	90.93	90.47	91.39	94.10	93.49	94.71	96.98	96.26	97.70	98.82	97.96	99.68
Age 40 to 59	89.77	89.27	90.27	93.62	93.10	94.14	96.30	95.90	96.70	97.60	97.02	98.18
Age 60 to 79	87.57	87.17	87.97	91.13	90.29	91.97	93.80	93.38	94.22	95.20	94.69	95.71
Age 6 to 79	89.03	88.73	89.33	92.86	92.55	93.17	95.90	95.48	96.32	97.46	97.07	97.85
Males												
Age 6 to 11	72.07	70.70	73.44	75.39	74.37	76.41	78.42	77.66	79.18	80.16	79.07	81.25
Age 12 to 19	90.41	89.55	91.27	93.59	92.92	94.26	96.60	95.64	97.56	98.33	97.57	99.09
Age 20 to 39	93.91	93.35	94.47	96.35	95.62	97.08	98.82	97.88	99.76	99.95	99.24	100.66
Age 40 to 59	93.48	92.86	94.10	95.84	95.23	96.45	97.66	97.07	98.25	99.01	98.17	99.85
Age 60 to 79	91.16	90.29	92.03	93.38	92.98	93.78	95.26	94.78	95.74	96.02	95.35	96.69
Age 6 to 79	92.42	91.94	92.90	95.19	94.69	95.69	97.46	97.07	97.85	99.01	98.42	99.60
Females												
Age 6 to 11	71.77	70.88	72.66	75.91	74.99	76.83	80.85	79.86	81.84	82.52	81.10	83.94
Age 12 to 19	87.05	86.53	87.57	89.63	88.95	90.31	91.74	90.75	92.73	92.95	91.83	94.07
Age 20 to 39	87.96	87.53	88.39	90.40	89.81	90.99	92.16	91.70	92.62	92.82	92.71	92.93
Age 40 to 59	86.88	86.33	87.43	89.27	88.89	89.65	91.51	91.09	91.93	92.82	92.43	93.21
Age 60 to 79	84.84	84.39	85.29	86.67	86.25	87.09	88.88	88.64	89.12	89.36	88.78	89.94
Age 6 to 79	86.50	86.15	86.85	89.14	88.83	89.45	91.35	91.09	91.61	92.58	92.30	92.86

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 30
Measured standing height of the household population, by age and sex, Canada, 2007 to 2009

	Measured standing height											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	135.34	134.14	136.55	116.06	114.81	117.31	119.34	117.82	120.86	125.87	123.80	127.94
Age 12 to 19	166.66	166.24	167.09	150.45	148.08	152.82	154.88	152.93	156.83	160.01	158.89	161.13
Age 20 to 39	169.99	169.30	170.68	155.45	153.56	157.34	157.83	156.85	158.81	163.07	162.26	163.88
Age 40 to 59	168.82	168.16	169.48	154.84	154.05	155.63	157.03	156.17	157.89	161.41	160.24	162.58
Age 60 to 79	165.46	164.79	166.12	150.74	148.99	152.49	153.90	152.48	155.32	158.57	158.01	159.13
Age 6 to 79	165.89	165.41	166.36	141.27	140.00	142.54	151.86	151.00	152.72	159.43	158.95	159.91
Males												
Age 6 to 11	135.41	133.38	137.43	115.93	113.22	118.64	119.99	116.14	123.84	126.15	122.56	129.74
Age 12 to 19	169.83	168.87	170.79	149.53	146.50	152.56	155.10	152.23	157.97	162.63	161.70	163.56
Age 20 to 39	176.39	175.49	177.29	165.82	163.98	167.66	167.78	166.11	169.45	171.38	169.73	173.03
Age 40 to 59	175.15	174.19	176.11	162.31	160.52	164.10	165.73	164.03	167.43	169.96	168.33	171.59
Age 60 to 79	172.31	171.59	173.03	161.00	159.08	162.92	164.00	163.31	164.69	167.67	166.53	168.81
Age 6 to 79	171.44	170.82	172.05	141.15	139.15	143.15	157.99	156.87	159.11	167.81	166.89	168.73
Females												
Age 6 to 11	135.28	133.87	136.68	116.34	114.58	118.10	118.58	117.36	119.80	125.07	122.87	127.27
Age 12 to 19	163.31	162.31	164.31	151.06	148.62	153.50	153.98	151.83	156.13	158.49	156.72	160.26
Age 20 to 39	163.52	162.76	164.28	152.31	150.42	154.20	155.45	153.52	157.38	158.87	157.78	159.96
Age 40 to 59	162.59	161.95	163.23	152.30	151.48	153.12	154.86	154.05	155.67	158.50	157.54	159.46
Age 60 to 79	159.21	158.41	160.01	148.92	147.77	150.07	150.95	149.16	152.74	155.21	154.26	156.16
Age 6 to 79	160.38	159.91	160.86	141.52	139.77	143.27	150.53	149.54	151.52	156.78	156.21	157.35

	Measured standing height											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
centimetres												
Both sexes												
Age 6 to 11	135.63	134.23	137.03	143.93	142.57	145.29	151.36	150.23	152.49	154.90	153.08	156.72
Age 12 to 19	166.29	165.55	167.03	173.46	172.43	174.49	179.68	178.85	180.51	183.39	181.52	185.26
Age 20 to 39	169.82	168.70	170.94	177.00	176.13	177.87	181.68	180.49	182.87	184.71	182.62	186.80
Age 40 to 59	168.46	167.40	169.52	175.46	174.51	176.41	181.24	180.10	182.38	184.58	183.21	185.95
Age 60 to 79	165.23	164.48	165.98	172.52	171.30	173.74	178.13	177.41	178.85	179.98	179.01	180.95
Age 6 to 79	167.00	166.52	167.48	174.74	173.93	175.55	180.25	179.70	180.80	183.22	182.34	184.10
Males												
Age 6 to 11	135.64	133.16	138.12	143.21	141.60	144.82	150.44	149.30	151.58	153.23	151.97	154.49
Age 12 to 19	171.08	169.78	172.38	177.75	176.76	178.74	182.30	180.25	184.35	186.37	184.54	188.20
Age 20 to 39	176.65	175.40	177.90	180.59	179.62	181.56	184.71	182.49	186.93	189.85	185.59	194.11
Age 40 to 59	175.14	173.97	176.31	179.74	178.81	180.67	184.58	183.21	185.95	187.65	186.29	189.01
Age 60 to 79	172.62	171.38	173.86	177.42	176.65	178.19	180.13	179.07	181.19	182.37	181.46	183.28
Age 6 to 79	173.90	172.86	174.94	179.00	178.33	179.67	183.10	182.24	183.96	186.86	185.49	188.23
Females												
Age 6 to 11	135.50	133.51	137.49	144.96	143.47	146.45	152.49	150.72	154.26	156.27	154.17	158.37
Age 12 to 19	163.65	162.58	164.72	167.88	166.30	169.46	172.20	170.04	174.36	175.32	173.40	177.24
Age 20 to 39	163.42	162.63	164.21	167.82	166.96	168.68	171.94	169.92	173.96	175.32	173.00	177.64
Age 40 to 59	162.39	161.07	163.71	167.06	166.19	167.93	171.02	170.48	171.56	172.57	170.41	174.73
Age 60 to 79	159.13	158.34	159.92	163.17	161.97	164.37	167.83	166.82	168.84	169.24	168.09	170.39
Age 6 to 79	161.46	160.91	162.01	166.54	165.99	167.09	170.87	169.98	171.76	173.13	171.12	175.14

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 31
Measured weight of the household population, by age and sex, Canada, 2007 to 2009

	Measured weight											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
kilograms												
Both sexes												
Age 6 to 11	33.3	32.5	34.0	20.8	19.9	21.7	22.0	21.1	22.9	25.2	24.2	26.2
Age 12 to 19	63.1	61.2	65.1	41.0	39.5	42.5	44.2	42.5	45.9	51.4	50.2	52.6
Age 20 to 39	76.0	74.2	77.7	51.8	50.9	52.7	55.2	54.0	56.4	62.4	60.4	64.4
Age 40 to 59	79.2	77.4	80.9	53.5	51.9	55.1	57.5	56.2	58.8	66.4	65.0	67.8
Age 60 to 79	77.5	76.4	78.6	54.0	52.6	55.4	57.9	56.3	59.5	66.0	64.5	67.5
Age 6 to 79	72.7	71.3	74.0	35.3	34.5	36.1	48.9	48.5	49.3	59.5	58.4	60.6
Males												
Age 6 to 11	33.4	32.0	34.8	20.9	19.9	21.9	22.2	21.0	23.4	25.8	24.5	27.1
Age 12 to 19	66.1	63.1	69.0	39.6	37.6	41.6	43.3	40.4	46.2	53.4	51.0	55.8
Age 20 to 39	82.7	81.2	84.2	59.2	56.8	61.6	64.5	61.4	67.6	70.8	69.5	72.1
Age 40 to 59	87.1	84.5	89.6	66.2	64.6	67.8	69.3	67.4	71.2	75.6	73.3	77.9
Age 60 to 79	84.2	82.7	85.7	62.0	60.0	64.0	66.2	64.6	67.8	72.8	70.4	75.2
Age 6 to 79	78.7	77.2	80.2	35.2	33.2	37.2	51.0	49.6	52.4	68.0	66.7	69.3
Females												
Age 6 to 11	33.2	31.9	34.4	20.0	18.9	21.1	21.8	20.9	22.7	24.2	23.1	25.3
Age 12 to 19	60.0	58.6	61.5	41.4	40.0	42.8	45.0	43.3	46.7	51.0	49.5	52.5
Age 20 to 39	69.1	66.6	71.6	49.5	48.1	50.9	51.9	50.7	53.1	56.9	55.3	58.5
Age 40 to 59	71.4	69.3	73.6	50.4	48.6	52.2	53.9	52.6	55.2	59.7	58.2	61.2
Age 60 to 79	71.4	69.8	73.1	52.2	50.7	53.7	54.8	53.1	56.5	60.9	59.2	62.6
Age 6 to 79	66.7	65.0	68.3	35.4	34.2	36.6	47.9	47.4	48.4	55.4	54.2	56.6

	Measured weight											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
kilograms												
Both sexes												
Age 6 to 11	31.4	30.7	32.1	38.8	37.9	39.7	47.2	45.5	48.9	54.6	51.5	57.7
Age 12 to 19	60.2	58.7	61.7	71.0	67.3	74.7	86.2	82.2	90.2	94.6	90.1	99.1
Age 20 to 39	72.7	70.5	74.9	86.0	82.6	89.4	100.3	94.1	106.5	110.0	106.3	113.7
Age 40 to 59	77.6	75.4	79.8	90.0	88.4	91.6	101.3	97.3	105.3	109.7	105.1	114.3
Age 60 to 79	75.8	74.4	77.2	87.2	86.0	88.4	98.8	95.7	101.9	106.3	102.6	110.0
Age 6 to 79	72.0	70.5	73.5	85.8	83.9	87.7	98.2	95.0	101.4	107.4	103.5	111.3
Males												
Age 6 to 11	31.6	29.8	33.4	38.8	37.2	40.4	47.0	44.5	49.5	52.2	50.0	54.4
Age 12 to 19	63.6	61.2	66.0	76.1	70.8	81.4	89.9	85.0	94.8	95.8	87.0	104.6
Age 20 to 39	80.0	77.2	82.8	92.0	89.6	94.4	105.2	98.5	111.9	113.7	109.3	118.1
Age 40 to 59	85.7	81.9	89.5	95.0	91.7	98.3	106.5	101.0	112.0	116.6	110.7	122.5
Age 60 to 79	82.9	80.7	85.1	92.8	90.9	94.7	104.2	102.0	106.4	112.6	108.5	116.7
Age 6 to 79	79.3	77.1	81.5	91.3	89.6	93.0	103.0	99.2	106.8	112.6	109.7	115.5
Females												
Age 6 to 11	31.1	30.0	32.2	38.7	37.2	40.2	48.0	43.2	52.8	56.6	51.5	61.7
Age 12 to 19	57.5	55.6	59.4	64.7	62.2	67.2	80.3	75.2	85.4	88.6	82.7	94.5
Age 20 to 39	65.9	63.5	68.3	78.6	74.5	82.7	92.6	85.5	99.7	103.4	93.4	113.4
Age 40 to 59	69.0	66.8	71.2	80.8	77.0	84.6	93.8	89.0	98.6	102.6	95.4	109.8
Age 60 to 79	69.6	67.6	71.6	79.3	76.7	81.9	91.0	86.8	95.2	97.4	92.2	102.6
Age 6 to 79	64.8	63.1	66.5	76.9	74.0	79.8	90.4	87.1	93.7	99.2	94.0	104.4

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 32
Measured body mass index of the household population, by age and sex, Canada, 2007 to 2009

	Measured body mass index											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
kilograms per metre squared												
Both sexes												
Age 6 to 11	17.76	17.57	17.95	14.06	13.69	14.43	14.59	14.29	14.89	15.48	15.37	15.59
Age 12 to 19	22.50	21.80	23.19	16.74	16.19	17.29	17.42	16.99	17.85	19.14	18.69	19.59
Age 20 to 39	26.20	25.64	26.77	19.02	18.39	19.65	20.35	19.92	20.78	22.16	21.73	22.59
Age 40 to 59	27.69	27.18	28.19	20.50	20.06	20.94	21.56	21.21	21.91	24.18	23.59	24.77
Age 60 to 79	28.23	27.85	28.62	21.27	20.54	22.00	22.64	22.25	23.03	24.59	24.01	25.17
Age 6 to 79	25.99	25.57	26.41	17.12	16.91	17.33	18.92	18.80	19.04	21.90	21.63	22.17
Males												
Age 6 to 11	17.86	17.57	18.16	14.36	14.01	14.71	14.87	14.48	15.26	15.63	15.37	15.89
Age 12 to 19	22.62	21.73	23.51	16.67	16.08	17.26	17.40	16.98	17.82	19.00	18.63	19.37
Age 20 to 39	26.54	26.27	26.80	20.09	19.58	20.60	21.53	20.86	22.20	23.09	22.65	23.53
Age 40 to 59	28.34	27.71	28.97	22.01	21.34	22.68	23.47	22.44	24.50	25.47	24.74	26.20
Age 60 to 79	28.28	27.85	28.70	21.95	21.46	22.44	23.20	22.70	23.70	24.96	24.34	25.58
Age 6 to 79	26.30	25.96	26.64	17.18	16.88	17.48	19.21	18.87	19.55	22.78	22.36	23.20
Females												
Age 6 to 11	17.65	17.29	18.01	13.87	13.42	14.32	14.33	13.93	14.73	15.38	15.20	15.56
Age 12 to 19	22.37	21.79	22.95	16.74	15.83	17.65	17.59	16.86	18.32	19.35	18.78	19.92
Age 20 to 39	25.85	24.89	26.81	18.38	17.79	18.97	19.65	18.94	20.36	21.22	20.73	21.71
Age 40 to 59	27.04	26.34	27.75	19.67	19.03	20.31	20.76	20.45	21.07	22.41	21.81	23.01
Age 60 to 79	28.20	27.57	28.83	20.57	19.69	21.45	22.28	21.70	22.86	24.22	23.54	24.90
Age 6 to 79	25.69	25.09	26.28	16.98	16.67	17.29	18.77	18.64	18.90	21.21	20.93	21.49

	Measured body mass index											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
kilograms per metre squared												
Both sexes												
Age 6 to 11	16.85	16.65	17.05	19.21	18.82	19.60	22.24	21.40	23.08	24.28	23.42	25.14
Age 12 to 19	21.48	20.91	22.05	24.40	23.32	25.48	29.38	27.43	31.33	32.55	31.10	34.00
Age 20 to 39	25.03	24.28	25.78	28.99	28.14	29.84	33.70	32.31	35.09	37.70	35.59	39.81
Age 40 to 59	27.00	26.54	27.46	30.08	29.29	30.87	34.78	33.51	36.05	38.24	37.11	39.37
Age 60 to 79	27.35	26.85	27.85	31.07	30.50	31.64	34.71	33.69	35.73	37.85	36.21	39.49
Age 6 to 79	25.43	24.84	26.02	29.30	28.84	29.76	33.62	32.89	34.35	37.05	36.04	38.06
Males												
Age 6 to 11	17.06	16.66	17.46	19.38	18.81	19.95	22.36	21.34	23.38	24.21	23.36	25.06
Age 12 to 19	21.60	21.03	22.17	24.79	23.17	26.41	30.12	26.45	33.79	32.68	30.87	34.49
Age 20 to 39	25.72	25.37	26.07	28.99	28.15	29.83	33.50	32.27	34.73	36.37	34.65	38.09
Age 40 to 59	27.88	27.18	28.58	30.27	29.42	31.12	34.02	32.80	35.24	36.39	34.19	38.59
Age 60 to 79	27.70	27.02	28.38	31.11	30.29	31.93	34.15	33.21	35.09	35.81	34.23	37.39
Age 6 to 79	26.16	25.71	26.61	29.46	29.03	29.89	32.88	32.05	33.71	35.81	35.12	36.50
Females												
Age 6 to 11	16.67	16.47	16.87	19.01	18.33	19.69	22.16	20.85	23.47	24.50	22.66	26.34
Age 12 to 19	21.47	20.79	22.15	24.13	23.03	25.23	29.00	28.18	29.82	30.96	29.21	32.71
Age 20 to 39	24.26	23.23	25.29	28.99	27.67	30.31	35.33	32.58	38.08	39.33	36.26	42.40
Age 40 to 59	25.61	24.97	26.25	29.80	28.59	31.01	35.77	33.49	38.05	38.76	37.09	40.43
Age 60 to 79	27.09	26.45	27.73	31.06	30.10	32.02	35.55	33.42	37.68	39.11	37.04	41.18
Age 6 to 79	24.59	24.00	25.18	29.04	28.32	29.76	34.69	33.24	36.14	38.15	36.81	39.49

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 33
Distribution of the household population aged 6 to 17, by body mass index norms based on measured inputs—CDC system, by age and sex, Canada, 2007 to 2009

	Body mass index norms based on measured inputs—CDC system											
	Underweight			Normal weight			Overweight			Obese		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	percent											
Both sexes												
Age 6 to 11	3.7 ^E	1.5	6.0	70.7	67.7	73.7	13.9	10.4	17.4	11.6	9.0	14.3
Age 12 to 17	3.5 ^E	1.5	5.6	69.3	62.6	76.0	12.4	10.0	14.7	14.8 ^E	9.0	20.6
Age 6 to 17	3.6^E	2.4	4.9	69.9	65.8	74.1	13.1	10.9	15.3	13.4	10.7	16.0
Males												
Age 6 to 11	3.1 ^E	1.2	5.0	68.4	64.6	72.2	14.1	10.7	17.5	14.4	10.9	17.8
Age 12 to 17	3.8 ^E	1.8	5.8	66.9	60.5	73.4	12.8	9.4	16.3	16.5 ^E	9.4	23.5
Age 6 to 17	3.5^E	2.2	4.7	67.6	63.7	71.5	13.4	11.1	15.7	15.5	12.2	18.8
Females												
Age 6 to 11	F	73.1	68.8	77.3	13.8 ^E	9.2	18.3	8.8 ^E	5.4	12.1
Age 12 to 17	F	72.1	62.8	81.3	11.9	9.3	14.4	12.9 ^E	6.7	19.1
Age 6 to 17	3.7^E	2.2	5.3	72.5	67.0	78.1	12.8	10.2	15.3	11.0	8.1	13.8

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): The norms used in this table can be found in National Center for Health Statistics, 2000, Clinical Growth Charts, Department of Health and Human Services, Public Health Service, Center for Disease Control, Hyattsville, MD. <http://www.cdc.gov/nchs/about/major/nhanes/growthcharts/clinicalcharts.htm> (accessed Dec. 19, 2006).

Total household population aged 6 to 17, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Center for Disease Control (CDC).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 34
Distribution of the household population aged 6 to 17, by body mass index norms based on measured inputs—Cole system, by age and sex, Canada, 2007 to 2009

	Body mass index norms based on measured inputs—Cole system								
	Neither overweight or obese			Overweight			Obese		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 6 to 11	76.8	74.1	79.5	16.8	13.8	19.7	6.4	4.7	8.2
Age 12 to 17	72.1	65.6	78.7	17.4	13.8	21.0	10.5 ^E	5.2	15.8
Age 6 to 17	74.3	69.9	78.7	17.1	14.2	20.0	8.6	5.9	11.3
Males									
Age 6 to 11	75.8	72.7	78.8	17.2	13.7	20.6	7.1	5.0	9.1
Age 12 to 17	70.7	64.3	77.1	16.9	13.5	20.3	12.4 ^E	5.4	19.4
Age 6 to 17	73.0	69.0	77.0	17.0	14.3	19.7	10.0^E	6.3	13.7
Females									
Age 6 to 11	77.9	73.8	82.0	16.3	11.6	21.1	5.8 ^E	2.9	8.6
Age 12 to 17	73.8	65.2	82.4	18.0	12.4	23.5	8.3 ^E	3.8	12.7
Age 6 to 17	75.7	70.3	81.2	17.2	13.3	21.1	7.1	4.8	9.3

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

Note(s): The norms used in this table can be found in T.J. Cole, M.C. Bellizzi, K.M. Flegal & W.H. Diets, 2000, "Establishing a Standard Definition for Child Overweight and Obesity Worldwide: International survey," The BMJ, Vol. 320, p. 1240-1243.

Total household population aged 6 to 17, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 35

Distribution of the household population aged 18 to 79, by body mass index norms based on measured inputs, by age and sex, Canada, 2007 to 2009

	Body mass index norms based on measured inputs								
	Underweight			Normal Weight			Overweight		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 18 to 39	3.0 ^E	1.6	4.4	48.2	42.8	53.7	29.7	25.4	33.9
Age 40 to 59	F	32.7	28.0	37.4	41.4	38.0	44.8
Age 60 to 79	F	27.9	22.5	33.3	41.2	37.2	45.3
Age 18 to 79	1.5^E	0.9	2.1	37.9	33.3	42.4	36.7	33.7	39.7
Males									
Age 18 to 39	F	44.2	39.1	49.4	36.2	29.4	43.0
Age 40 to 59	F	20.6	15.2	26.0	51.9	47.1	56.7
Age 60 to 79	F	24.7	19.4	30.1	44.3	39.7	48.8
Age 18 to 79	0.8^E	0.3	1.2	31.0	26.6	35.4	44.1	39.6	48.5
Females									
Age 18 to 39	5.0 ^E	2.4	7.6	52.4	44.5	60.4	22.9	17.3	28.5
Age 40 to 59	F	44.6	39.7	49.5	31.0	27.1	35.0
Age 60 to 79	F	30.8	24.6	37.1	38.4	33.8	43.1
Age 18 to 79	2.2^E	1.2	3.2	44.7	39.0	50.4	29.5	26.6	32.3

	Body mass index norms based on measured inputs								
	Obese, class I			Obese, class II			Obese, class III		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 18 to 39	11.3	9.8	12.7	5.0	3.4	6.5	2.8 ^E	1.6	4.0
Age 40 to 59	15.9	12.8	19.0	6.3 ^E	4.2	8.5	3.2	2.2	4.2
Age 60 to 79	21.0	16.1	25.8	6.5	4.5	8.5	3.0 ^E	1.9	4.1
Age 18 to 79	15.1	13.3	16.9	5.8	4.7	7.0	3.0	2.3	3.7
Males									
Age 18 to 39	12.4	9.3	15.6	4.6 ^E	2.9	6.3	1.4 ^E	0.8	2.0
Age 40 to 59	19.9	15.0	24.9	3.7 ^E	2.0	5.4	3.3 ^E	1.8	4.8
Age 60 to 79	22.8	16.5	29.1	6.3	4.3	8.4	F
Age 18 to 79	17.4	14.7	20.2	4.6	3.6	5.6	2.2	1.5	2.8
Females									
Age 18 to 39	10.1	7.4	12.8	5.3 ^E	2.6	8.0	4.3 ^E	2.1	6.5
Age 40 to 59	11.9	9.3	14.5	8.9 ^E	5.8	12.0	3.1 ^E	1.1	5.1
Age 60 to 79	19.2	14.3	24.2	6.7 ^E	3.6	9.8	4.4 ^E	2.7	6.0
Age 18 to 79	12.7	10.6	14.9	7.1	5.4	8.8	3.8^E	2.4	5.3

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

^F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): The norms used in this table can be found in Health Canada, 2003, "Description of the Canadian Guidelines for Body Weight Classification in Adults," Canadian Guidelines for Body Weight Classification in Adults, Health Canada Catalogue no. H49-179/2003E, p. 9-12.

http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/weight_book_tc-livres_des_poids_tm-eng.php (accessed Dec 19 2006).

Total household population aged 18 to 79, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 36
Mean predicted maximal aerobic power of the household population, by age and sex, Canada, 2007 to 2009

	Mean predicted maximal aerobic power											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millilitres per kilogram per minute												
Both sexes												
Age 6 to 11	53.3	53.0	53.5	45.2	44.5	45.9	46.7	45.9	47.5	49.9	49.4	50.4
Age 12 to 19	48.6	48.0	49.2	37.6	36.7	38.5	40.3	39.7	40.9	43.0	42.2	43.8
Age 20 to 39	41.4	40.6	42.1	32.0	31.4	32.6	33.2	32.4	34.0	36.5	35.9	37.1
Age 40 to 59	33.9	33.3	34.4	23.3	22.6	24.0	25.6	25.0	26.2	30.0	29.6	30.4
Age 60 to 79	25.8	25.2	26.4	19.3	18.9	19.7	19.8	18.9	20.7	22.3	21.5	23.1
Age 6 to 79	39.6	39.2	40.1	24.1	23.3	24.9	28.0	27.3	28.7	32.5	31.9	33.1
Males												
Age 6 to 11	56.4	55.9	56.8	49.7	48.8	50.6	50.8	49.8	51.8	54.8	53.8	55.8
Age 12 to 19	52.5	51.7	53.4	43.4	39.2	47.6	45.3	44.0	46.6	49.9	48.3	51.5
Age 20 to 39	44.1	43.1	45.1	32.7	31.7	33.7	34.5	33.0	36.0	40.0	38.1	41.9
Age 40 to 59	36.6	35.6	37.6	26.8	25.6	28.0	28.3	26.9	29.7	31.6	30.9	32.3
Age 60 to 79	27.6	26.6	28.5	19.4	18.1	20.7	21.0	19.7	22.3	24.7	22.4	27.0
Age 6 to 79	42.5	41.9	43.1	27.1	26.2	28.0	30.0	29.3	30.7	35.1	33.5	36.7
Females												
Age 6 to 11	50.4	50.0	50.8	44.5	43.8	45.2	45.3	44.6	46.0	47.4	46.6	48.2
Age 12 to 19	44.5	43.8	45.1	36.3	34.7	37.9	38.4	37.4	39.4	41.1	40.5	41.7
Age 20 to 39	38.4	37.6	39.3	31.4	30.2	32.6	32.4	31.5	33.3	35.5	34.6	36.5
Age 40 to 59	31.2	30.5	31.8	22.4	20.7	24.1	23.5	22.8	24.2	28.4	26.3	30.5
Age 60 to 79	24.1	23.6	24.6	18.8	18.0	19.6	19.6	19.2	20.0	21.5	20.4	22.6
Age 6 to 79	36.7	36.1	37.2	22.8	22.3	23.3	25.0	24.1	25.9	30.9	30.3	31.5

	Mean predicted maximal aerobic power											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millilitres per kilogram per minute												
Both sexes												
Age 6 to 11	54.0	52.2	55.8	57.2	56.8	57.6	59.3	59.1	59.5	59.8	59.5	60.1
Age 12 to 19	48.8	48.1	49.5	54.0	53.7	54.3	57.1	56.6	57.6	58.1	57.5	58.7
Age 20 to 39	40.6	39.9	41.3	45.6	44.4	46.8	50.6	49.9	51.3	52.3	51.3	53.3
Age 40 to 59	33.0	32.1	33.9	38.8	38.1	39.5	41.9	40.6	43.2	45.2	44.0	46.4
Age 60 to 79	25.3	23.7	26.9	28.9	28.5	29.3	31.4	30.5	32.3	32.7	28.4	37.0
Age 6 to 79	39.3	38.8	39.8	46.2	45.4	47.0	52.6	51.8	53.4	56.3	55.8	56.8
Males												
Age 6 to 11	57.2	56.4	58.0	59.1	58.7	59.5	59.8	59.4	60.2	60.2	60.0	60.4
Age 12 to 19	53.6	52.8	54.4	56.4	55.7	57.1	58.1	57.5	58.7	60.0	58.9	61.1
Age 20 to 39	44.0	42.7	45.3	49.4	48.6	50.2	52.0	51.2	52.8	54.2	51.2	57.2
Age 40 to 59	38.2	36.5	39.9	40.0	39.6	40.4	44.5	43.3	45.7	46.3	44.4	48.2
Age 60 to 79	27.6	26.6	28.6	30.2	29.5	30.9	32.5	27.7	37.3	37.3	35.6	39.0
Age 6 to 79	42.1	41.0	43.2	50.1	49.5	50.7	55.9	55.0	56.8	58.2	57.8	58.6
Females												
Age 6 to 11	50.4	50.1	50.7	52.3	50.9	53.7	56.2	55.8	56.6	56.8	56.4	57.2
Age 12 to 19	43.2	42.3	44.1	48.0	47.3	48.7	53.0	51.4	54.6	54.0	53.5	54.5
Age 20 to 39	38.1	37.1	39.1	40.8	39.9	41.7	45.2	43.7	46.7	47.1	44.4	49.8
Age 40 to 59	31.0	30.3	31.7	34.6	34.2	35.0	37.2	35.8	38.6	40.4	38.4	42.4
Age 60 to 79	23.1	22.6	23.6	27.6	26.4	28.8	29.2	28.8	29.6	30.8	28.6	33.0
Age 6 to 79	36.4	35.8	37.0	41.8	41.1	42.5	48.4	47.5	49.3	51.1	50.5	51.7

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Equation for predicted maximal aerobic power has not been validated for children aged 6 to 14 years.

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 37

Ratio of the best forced expiratory volume in one second to the best forced vital capacity in the household population, by age and sex, Canada, 2007 to 2009

	Ratio of the best forced expiratory volume in one second to the best forced vital capacity											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	ratio											
Both sexes												
Age 6 to 11	0.846	0.839	0.852	0.738	0.719	0.757	0.769	0.759	0.779	0.813	0.807	0.819
Age 12 to 19	0.840	0.835	0.845	0.717	0.708	0.726	0.754	0.746	0.762	0.798	0.791	0.805
Age 20 to 39	0.804	0.797	0.811	0.690	0.666	0.714	0.723	0.711	0.735	0.767	0.759	0.775
Age 40 to 59	0.762	0.755	0.768	0.642	0.621	0.663	0.680	0.668	0.692	0.726	0.720	0.732
Age 60 to 79	0.729	0.725	0.733	0.583	0.561	0.605	0.631	0.618	0.644	0.696	0.692	0.700
Age 6 to 79	0.784	0.779	0.789	0.648	0.637	0.659	0.693	0.685	0.701	0.741	0.735	0.747
Males												
Age 6 to 11	0.835	0.825	0.845	0.723	0.696	0.750	0.760	0.735	0.785	0.806	0.797	0.815
Age 12 to 19	0.826	0.816	0.836	0.712	0.692	0.732	0.749	0.737	0.761	0.785	0.776	0.794
Age 20 to 39	0.794	0.781	0.806	0.666	0.627	0.705	0.711	0.687	0.735	0.756	0.742	0.770
Age 40 to 59	0.764	0.755	0.773	0.643	0.615	0.671	0.679	0.653	0.705	0.724	0.712	0.736
Age 60 to 79	0.716	0.708	0.725	0.553	0.506	0.600	0.605	0.591	0.619	0.686	0.674	0.698
Age 6 to 79	0.778	0.771	0.785	0.643	0.630	0.656	0.685	0.667	0.703	0.735	0.728	0.742
Females												
Age 6 to 11	0.856	0.849	0.862	0.756	0.740	0.772	0.778	0.769	0.787	0.821	0.817	0.825
Age 12 to 19	0.854	0.849	0.860	0.717	0.708	0.726	0.765	0.752	0.778	0.815	0.809	0.821
Age 20 to 39	0.815	0.806	0.824	0.707	0.682	0.732	0.737	0.720	0.754	0.779	0.767	0.791
Age 40 to 59	0.760	0.753	0.766	0.622	0.581	0.663	0.680	0.665	0.695	0.727	0.722	0.732
Age 60 to 79	0.741	0.734	0.748	0.609	0.569	0.649	0.658	0.639	0.677	0.704	0.695	0.713
Age 6 to 79	0.790	0.785	0.796	0.661	0.643	0.679	0.698	0.687	0.709	0.745	0.736	0.754

	Ratio of the best forced expiratory volume in one second to the best forced vital capacity											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
	ratio											
Both sexes												
Age 6 to 11	0.848	0.840	0.856	0.885	0.876	0.894	0.917	0.912	0.922	0.939	0.929	0.949
Age 12 to 19	0.845	0.836	0.854	0.888	0.882	0.894	0.923	0.917	0.929	0.940	0.935	0.945
Age 20 to 39	0.805	0.798	0.812	0.845	0.841	0.849	0.882	0.869	0.895	0.910	0.896	0.924
Age 40 to 59	0.774	0.767	0.781	0.808	0.802	0.814	0.835	0.827	0.843	0.852	0.844	0.860
Age 60 to 79	0.741	0.734	0.748	0.782	0.778	0.786	0.810	0.804	0.816	0.828	0.817	0.839
Age 6 to 79	0.791	0.787	0.795	0.833	0.827	0.839	0.874	0.867	0.881	0.904	0.897	0.911
Males												
Age 6 to 11	0.837	0.828	0.846	0.876	0.868	0.884	0.910	0.903	0.917	0.920	0.915	0.925
Age 12 to 19	0.830	0.818	0.842	0.875	0.864	0.886	0.907	0.897	0.917	0.932	0.920	0.944
Age 20 to 39	0.801	0.787	0.815	0.837	0.827	0.847	0.862	0.849	0.875	0.891	0.876	0.906
Age 40 to 59	0.777	0.767	0.787	0.811	0.803	0.819	0.845	0.834	0.856	0.857	0.849	0.865
Age 60 to 79	0.729	0.718	0.740	0.778	0.769	0.787	0.804	0.796	0.812	0.823	0.809	0.837
Age 6 to 79	0.788	0.781	0.795	0.830	0.821	0.839	0.862	0.855	0.869	0.891	0.881	0.901
Females												
Age 6 to 11	0.860	0.850	0.870	0.895	0.888	0.902	0.930	0.914	0.946	0.947	0.939	0.955
Age 12 to 19	0.865	0.859	0.871	0.900	0.893	0.907	0.930	0.921	0.939	0.945	0.932	0.958
Age 20 to 39	0.812	0.800	0.824	0.855	0.848	0.862	0.904	0.882	0.926	0.918	0.901	0.935
Age 40 to 59	0.772	0.765	0.779	0.801	0.794	0.808	0.825	0.817	0.833	0.841	0.836	0.846
Age 60 to 79	0.750	0.738	0.762	0.787	0.779	0.795	0.816	0.810	0.822	0.832	0.818	0.846
Age 6 to 79	0.793	0.790	0.796	0.840	0.834	0.846	0.887	0.878	0.896	0.916	0.907	0.925

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 38
Best forced expiratory volume in one second of the household population, by age and sex, Canada, 2007 to 2009

	Best forced expiratory volume in one second											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
litres												
Both sexes												
Age 6 to 11	1.86	1.82	1.90	1.19	1.14	1.24	1.28	1.21	1.35	1.51	1.44	1.58
Age 12 to 19	3.45	3.40	3.50	2.26	2.12	2.40	2.50	2.43	2.57	2.87	2.81	2.93
Age 20 to 39	3.66	3.59	3.74	2.54	2.44	2.64	2.73	2.65	2.81	3.05	2.98	3.12
Age 40 to 59	3.11	3.05	3.18	2.00	1.85	2.15	2.19	2.10	2.28	2.56	2.48	2.64
Age 60 to 79	2.43	2.37	2.49	1.39	1.30	1.48	1.60	1.50	1.70	1.92	1.87	1.97
Age 6 to 79	3.13	3.08	3.17	1.66	1.61	1.71	1.95	1.89	2.01	2.47	2.42	2.52
Males												
Age 6 to 11	1.88	1.81	1.94	1.22	1.15	1.29	1.29	1.19	1.39	1.57	1.47	1.67
Age 12 to 19	3.73	3.63	3.84	2.24	2.09	2.39	2.44	2.34	2.54	3.02	2.81	3.23
Age 20 to 39	4.17	4.06	4.29	3.03	2.83	3.23	3.30	3.09	3.51	3.79	3.68	3.90
Age 40 to 59	3.62	3.52	3.72	2.53	2.23	2.83	2.85	2.67	3.03	3.20	3.09	3.31
Age 60 to 79	2.84	2.74	2.95	1.63	1.43	1.83	1.97	1.78	2.16	2.41	2.29	2.53
Age 6 to 79	3.57	3.50	3.65	1.87	1.75	1.99	2.28	2.16	2.40	3.02	2.94	3.10
Females												
Age 6 to 11	1.84	1.79	1.89	1.17	1.11	1.23	1.27	1.20	1.34	1.47	1.43	1.51
Age 12 to 19	3.15	3.10	3.20	2.30	2.08	2.52	2.54	2.45	2.63	2.83	2.77	2.89
Age 20 to 39	3.12	3.07	3.18	2.40	2.32	2.48	2.54	2.44	2.64	2.80	2.72	2.88
Age 40 to 59	2.61	2.55	2.67	1.76	1.67	1.85	2.06	1.98	2.14	2.32	2.27	2.37
Age 60 to 79	2.05	2.02	2.09	1.26	1.11	1.41	1.48	1.41	1.55	1.79	1.74	1.84
Age 6 to 79	2.68	2.64	2.71	1.53	1.48	1.58	1.79	1.74	1.84	2.25	2.20	2.30

	Best forced expiratory volume in one second											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
litres												
Both sexes												
Age 6 to 11	1.81	1.75	1.87	2.17	2.12	2.22	2.46	2.37	2.55	2.68	2.59	2.77
Age 12 to 19	3.36	3.30	3.42	3.90	3.81	3.99	4.60	4.43	4.77	4.87	4.74	5.00
Age 20 to 39	3.59	3.49	3.69	4.30	4.19	4.41	4.70	4.51	4.89	5.01	4.84	5.18
Age 40 to 59	3.05	2.98	3.12	3.65	3.57	3.73	4.18	3.97	4.39	4.46	4.33	4.59
Age 60 to 79	2.36	2.30	2.42	2.91	2.81	3.01	3.45	3.32	3.58	3.70	3.54	3.86
Age 6 to 79	3.09	3.05	3.13	3.75	3.70	3.80	4.39	4.31	4.47	4.68	4.53	4.83
Males												
Age 6 to 11	1.85	1.74	1.96	2.19	2.13	2.25	2.44	2.33	2.55	2.61	2.52	2.70
Age 12 to 19	3.77	3.66	3.88	4.43	4.34	4.52	4.86	4.73	4.99	5.15	4.96	5.34
Age 20 to 39	4.27	4.14	4.40	4.52	4.35	4.69	4.98	4.81	5.15	5.11	4.93	5.29
Age 40 to 59	3.62	3.54	3.70	4.03	3.85	4.21	4.46	4.33	4.59	4.56	4.39	4.73
Age 60 to 79	2.91	2.81	3.01	3.31	3.18	3.44	3.72	3.57	3.87	3.85	3.73	3.97
Age 6 to 79	3.69	3.61	3.77	4.29	4.17	4.41	4.68	4.53	4.83	4.95	4.83	5.07
Females												
Age 6 to 11	1.77	1.71	1.83	2.14	2.05	2.23	2.48	2.35	2.61	2.69	2.56	2.82
Age 12 to 19	3.20	3.12	3.28	3.48	3.42	3.54	3.74	3.64	3.84	3.87	3.74	4.00
Age 20 to 39	3.10	3.04	3.16	3.42	3.35	3.49	3.72	3.58	3.86	3.88	3.76	4.00
Age 40 to 59	2.62	2.55	2.69	2.94	2.85	3.03	3.25	3.16	3.34	3.42	3.34	3.50
Age 60 to 79	2.07	2.03	2.11	2.36	2.31	2.41	2.65	2.56	2.74	2.74	2.67	2.81
Age 6 to 79	2.70	2.65	2.75	3.14	3.08	3.20	3.49	3.43	3.55	3.71	3.61	3.81

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 39
Best forced vital capacity in the household population, by age and sex, Canada, 2007 to 2009

	Best forced vital capacity											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
litres												
Both sexes												
Age 6 to 11	2.20	2.15	2.25	1.34	1.27	1.41	1.51	1.42	1.60	1.79	1.71	1.87
Age 12 to 19	4.13	4.05	4.21	2.69	2.54	2.84	2.94	2.84	3.04	3.45	3.35	3.55
Age 20 to 39	4.59	4.49	4.69	3.03	2.85	3.21	3.35	3.19	3.51	3.77	3.67	3.87
Age 40 to 59	4.09	4.01	4.18	2.65	2.54	2.76	2.87	2.79	2.95	3.41	3.30	3.52
Age 60 to 79	3.34	3.25	3.42	2.02	1.86	2.18	2.34	2.28	2.40	2.68	2.61	2.75
Age 6 to 79	4.00	3.93	4.06	2.20	2.13	2.27	2.55	2.50	2.60	3.19	3.11	3.27
Males												
Age 6 to 11	2.26	2.18	2.34	1.35	1.23	1.47	1.52	1.40	1.64	1.85	1.75	1.95
Age 12 to 19	4.53	4.38	4.67	2.70	2.50	2.90	3.04	2.85	3.23	3.72	3.55	3.89
Age 20 to 39	5.28	5.14	5.42	3.80	3.49	4.11	4.14	3.93	4.35	4.78	4.57	4.99
Age 40 to 59	4.75	4.63	4.87	3.46	3.04	3.88	3.71	3.52	3.90	4.16	3.97	4.35
Age 60 to 79	3.96	3.84	4.09	2.62	2.46	2.78	2.91	2.69	3.13	3.38	3.20	3.56
Age 6 to 79	4.61	4.51	4.71	2.49	2.41	2.57	3.03	2.85	3.21	3.94	3.82	4.06
Females												
Age 6 to 11	2.15	2.09	2.21	1.34	1.28	1.40	1.47	1.37	1.57	1.71	1.61	1.81
Age 12 to 19	3.70	3.65	3.75	2.67	2.45	2.89	2.91	2.85	2.97	3.30	3.24	3.36
Age 20 to 39	3.85	3.77	3.93	2.84	2.68	3.00	3.02	2.83	3.21	3.46	3.34	3.58
Age 40 to 59	3.44	3.37	3.51	2.45	2.35	2.55	2.67	2.57	2.77	3.02	2.93	3.11
Age 60 to 79	2.76	2.70	2.82	1.74	1.53	1.95	2.04	1.85	2.23	2.42	2.35	2.49
Age 6 to 79	3.39	3.35	3.43	2.02	1.93	2.11	2.38	2.33	2.43	2.89	2.85	2.93

	Best forced vital capacity											
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
litres												
Both sexes												
Age 6 to 11	2.15	2.09	2.21	2.58	2.51	2.65	2.97	2.89	3.05	3.16	3.07	3.25
Age 12 to 19	3.94	3.87	4.01	4.79	4.66	4.92	5.53	5.37	5.69	5.90	5.73	6.07
Age 20 to 39	4.45	4.30	4.60	5.35	5.22	5.48	5.98	5.87	6.09	6.28	6.10	6.46
Age 40 to 59	3.97	3.85	4.09	4.74	4.57	4.91	5.48	5.29	5.67	5.91	5.68	6.14
Age 60 to 79	3.22	3.13	3.31	3.94	3.82	4.06	4.60	4.38	4.82	5.00	4.86	5.14
Age 6 to 79	3.92	3.85	3.99	4.81	4.70	4.92	5.58	5.45	5.71	5.98	5.90	6.06
Males												
Age 6 to 11	2.26	2.15	2.37	2.62	2.53	2.71	2.97	2.90	3.04	3.15	3.04	3.26
Age 12 to 19	4.56	4.42	4.70	5.34	5.18	5.50	5.89	5.72	6.06	6.15	5.88	6.42
Age 20 to 39	5.31	5.15	5.47	5.86	5.73	5.99	6.26	6.09	6.43	6.58	6.37	6.79
Age 40 to 59	4.67	4.49	4.85	5.28	5.12	5.44	5.91	5.68	6.14	6.28	6.02	6.54
Age 60 to 79	3.95	3.82	4.08	4.53	4.40	4.66	5.00	4.87	5.13	5.24	5.04	5.44
Age 6 to 79	4.69	4.52	4.86	5.40	5.28	5.52	5.98	5.90	6.06	6.30	6.13	6.47
Females												
Age 6 to 11	2.08	2.01	2.15	2.52	2.42	2.62	2.97	2.82	3.12	3.16	2.99	3.33
Age 12 to 19	3.69	3.62	3.76	4.09	3.97	4.21	4.46	4.32	4.60	4.82	4.51	5.13
Age 20 to 39	3.84	3.76	3.92	4.24	4.18	4.30	4.68	4.56	4.80	4.87	4.74	5.00
Age 40 to 59	3.47	3.37	3.57	3.81	3.72	3.90	4.14	4.01	4.27	4.41	4.31	4.51
Age 60 to 79	2.77	2.71	2.83	3.17	3.08	3.26	3.44	3.34	3.54	3.57	3.47	3.67
Age 6 to 79	3.44	3.38	3.50	3.90	3.83	3.97	4.32	4.26	4.38	4.64	4.51	4.77

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1).

Source(s): Canadian Health Measures Survey, Cycle 1.

Table 40
Distribution of the household population by dental status, by age and sex, Canada, 2007 to 2009

	Dental Status								
	Dentate—both arches			Dentate—upper arch only			Dentate—lower arch only		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 6 to 11	100.0	100.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0
Age 12 to 19	100.0	100.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0
Age 20 to 39	99.3	98.9	99.8	F	F
Age 40 to 59	88.4	84.0	92.7	0.0	0.0	0.0	7.3 ^E	3.7	10.9
Age 60 to 79	62.9	53.5	72.2	F	15.1	11.3	19.0
Age 6 to 79	89.6	86.8	92.5	F	5.1^E	3.4	6.8
Males									
Age 6 to 11	100.0	100.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0
Age 12 to 19	100.0	100.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0
Age 20 to 39	99.7	99.2	100.1	0.0	0.0	0.0	F
Age 40 to 59	89.0	84.5	93.5	0.0	0.0	0.0	6.7 ^E	2.4	11.0
Age 60 to 79	60.9	51.2	70.6	F	16.5 ^E	10.7	22.3
Age 6 to 79	89.9	87.2	92.7	F	5.0^E	3.1	6.8
Females									
Age 6 to 11	100.0	100.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0
Age 12 to 19	100.0	100.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0
Age 20 to 39	99.0	98.3	99.8	F	F
Age 40 to 59	87.7	83.0	92.4	0.0	0.0	0.0	7.8 ^E	4.4	11.3
Age 60 to 79	64.7	54.9	74.5	F	13.9 ^E	8.8	19.0
Age 6 to 79	89.4	86.3	92.5	F	5.2^E	3.4	7.1

	Dental Status					
	Edentulous with one or more implants			Edentulous		
	Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To
	percent					
Both sexes						
Age 6 to 11	0.0	0.0	0.0	0.0	0.0	0.0
Age 12 to 19	0.0	0.0	0.0	0.0	0.0	0.0
Age 20 to 39	0.0	0.0	0.0	F
Age 40 to 59	F	4.4 ^E	2.7	6.0
Age 60 to 79	F	20.8	14.7	26.9
Age 6 to 79	0.2^E	0.1	0.2	5.0	3.7	6.4
Males						
Age 6 to 11	0.0	0.0	0.0	0.0	0.0	0.0
Age 12 to 19	0.0	0.0	0.0	0.0	0.0	0.0
Age 20 to 39	0.0	0.0	0.0	F
Age 40 to 59	0.0	0.0	0.0	4.3 ^E	2.2	6.4
Age 60 to 79	F	22.1	15.0	29.2
Age 6 to 79	F	5.0	3.5	6.5
Females						
Age 6 to 11	0.0	0.0	0.0	0.0	0.0	0.0
Age 12 to 19	0.0	0.0	0.0	0.0	0.0	0.0
Age 20 to 39	0.0	0.0	0.0	F
Age 40 to 59	F	4.4 ^E	2.3	6.6
Age 60 to 79	F	19.6 ^E	13.2	26.0
Age 6 to 79	F	5.1	3.7	6.4

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.