

Health Reports, October 2019

Released at 8:30 a.m. Eastern time in *The Daily*, Wednesday, October 16, 2019

The October 2019 issue of *Health Reports*, which contains two articles, is now available.

The article "[Trends in physical fitness among Canadian children and youth](#)," presents the fitness levels of children and youth aged 6 to 19 using Canadian Health Measures Survey data. The fitness measures included in this paper are cardiorespiratory fitness, muscular strength, flexibility and body composition. The study examines differences by age and sex as well as changes in the fitness measures from 2007 to 2017.

The article "[Normative-referenced percentile values for physical fitness among Canadians](#)," is based on data from cycle 5 of the Canadian Health Measures Survey. Normative values can be used to help interpret an individual's fitness test results by identifying how their results compare with the general population. Data from over 5,000 Canadians aged 3 to 79 were gathered to calculate, for the first time, nationally representative age-group specific and sex-specific Canadian normative-referenced percentile values for five physical fitness tests.

Available tables: [13-10-0324-01](#) and [13-10-0755-01](#).

Definitions, data sources and methods: survey number [5071](#).

The articles "[Trends in physical fitness among Canadian children and youth](#)" and "[Normative-referenced percentile values for physical fitness among Canadians](#)" are now available in the October 2019 issue of *Health Reports*, Vol. 30, no. 10 ([82-003-X](#)).

Estimates of the 2017 physical fitness measures, and the distribution of the household population by physical fitness categories from 2009 to 2017, are also available.

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; STATCAN.infostats-infostats.STATCAN@canada.ca) or Media Relations (613-951-4636; STATCAN.mediahotline-ligneinfomedias.STATCAN@canada.ca).

