

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
beats per minute												
	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
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.