

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.