

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
	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.