

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
centimetres												
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
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.