

Table 13

Distribution of the household population by musculoskeletal fitness norms, by age and sex, Canada, 2007 to 2009

	Musculoskeletal 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	14.4 E	9.3	19.5	31.8	28.1	35.6	29.4	22.9	35.8
Age 20 to 39	10.6	8.3	13.0	30.0	26.3	33.8	30.1	26.6	33.5
Age 40 to 59	11.0	8.8	13.2	25.1	20.7	29.4	33.0	29.0	37.1
Age 60 to 69	17.3	13.5	21.0	31.6	27.7	35.6	31.7	27.3	36.1
Age 15 to 69	12.0	10.0	14.0	28.4	25.8	31.0	31.4	29.2	33.7
Males									
Age 15 to 19	9.8 E	4.5	15.1	35.9	28.9	43.0	29.7	20.8	38.7
Age 20 to 39	4.2 E	2.5	5.8	26.2	21.3	31.1	32.1	26.1	38.1
Age 40 to 59	5.3 E	3.0	7.6	23.9	18.8	28.9	29.6	23.6	35.6
Age 60 to 69	16.3	11.9	20.7	44.3	36.7	51.8	25.0	18.7	31.2
Age 15 to 69	6.6	5.1	8.2	28.4	25.0	31.7	30.0	27.4	32.5
Females									
Age 15 to 19	18.5 E	12.5	24.5	28.2	20.1	36.2	29.0	20.1	38.0
Age 20 to 39	17.2	12.7	21.6	33.9	29.0	38.9	28.0	23.1	32.9
Age 40 to 59	16.7	11.7	21.6	26.2	21.5	30.9	36.4	31.7	41.2
Age 60 to 69	18.1	13.2	23.1	19.8	14.5	25.0	38.0	33.1	42.9
Age 15 to 69	17.2	13.3	21.1	28.4	25.7	31.1	32.9	29.9	35.8

	Musculoskeletal fitness norms					
	Very good			Excellent		
	Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To
	percent					
Both sexes						
Age 15 to 19	19.1	15.0	23.2	5.3 E	2.7	7.9
Age 20 to 39	23.3	20.8	25.7	6.0	4.2	7.8
Age 40 to 59	22.7	20.0	25.4	8.2	6.5	9.9
Age 60 to 69	15.8	12.6	18.9	3.7	2.9	4.4
Age 15 to 69	21.7	20.2	23.2	6.5	5.8	7.3
Males						
Age 15 to 19	20.0	15.0	25.1	4.5 E	1.8	7.2
Age 20 to 39	30.5	25.2	35.8	7.0 E	3.9	10.2
Age 40 to 59	28.6	24.1	33.2	12.6	9.1	16.2
Age 60 to 69	11.1 E	6.2	16.0	3.3 E	1.4	5.2
Age 15 to 69	26.4	23.5	29.3	8.6	7.3	9.9
Females						
Age 15 to 19	18.3	12.8	23.8	6.0 E	2.6	9.4
Age 20 to 39	15.9	13.1	18.7	4.9 E	2.5	7.3
Age 40 to 59	16.8	12.7	21.0	3.9 E	1.8	6.0
Age 60 to 69	20.2 E	13.6	26.7	4.0 E	2.0	6.0
Age 15 to 69	17.1	14.9	19.3	4.5	3.5	5.4

^E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

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.