Table 9
Distribution of the household population by partial curl-up norms, by age and sex, Canada, 2007 to 2009

	Partial curl-up 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	20.9	16.7	25.0	8.6 [E]	4.9	12.3	7.6 [E]	4.9	10.3
Age 20 to 39	26.8	22.8	30.7	5.5 [E]	3.5	7.5	8.1	6.3	9.8
Age 40 to 59	47.8	43.3	52.4	6.5 [E]	4.2	8.8	7.2	5.0	9.4
Age 60 to 69	79.4	73.5	85.2	1.6 [E]	0.8	2.4	2.9 [E]	1.4	4.4
Age 15 to 69	**41.0**	**37.7**	**44.2**	**5.7**	**4.7**	**6.8**	**7.1**	**5.8**	**8.3**
Males									
Age 15 to 19	12.2 [E]	7.9	16.6	8.0 [E]	4.6	11.4	F	...	...
Age 20 to 39	14.7	10.2	19.2	3.9 [E]	2.0	5.8	6.5 [E]	4.1	8.9
Age 40 to 59	34.2	28.5	39.8	F	...	...	5.0 [E]	2.8	7.2
Age 60 to 69	73.9	67.8	79.9	F	...	...	2.8 [E]	1.1	4.5
Age 15 to 69	**29.5**	**25.6**	**33.4**	**4.3** [E]	**2.6**	**6.1**	**5.4**	**3.9**	**6.9**
Females									
Age 15 to 19	28.7	21.4	36.0	9.2 [E]	4.5	13.9	9.1	6.6	11.6
Age 20 to 39	39.0	33.5	44.5	7.2 [E]	3.6	10.7	9.6	6.6	12.7
Age 40 to 59	61.8	54.6	69.1	8.1	5.6	10.6	9.5	6.5	12.5
Age 60 to 69	85.1	77.8	92.4	2.0 [E]	0.8	3.3	F	...	...
Age 15 to 69	**52.5**	**48.5**	**56.6**	**7.1**	**5.8**	**8.4**	**8.7**	**7.0**	**10.4**

	Partial curl-up norms					
	Very good			Excellent		
	Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To
	percent					
Both sexes						
Age 15 to 19	12.6	9.9	15.3	50.3	43.5	57.1
Age 20 to 39	16.5	14.6	18.3	43.2	39.0	47.4
Age 40 to 59	13.5	10.1	16.9	24.9	22.7	27.1
Age 60 to 69	8.3 [E]	5.2	11.4	7.8 [E]	5.1	10.5
Age 15 to 69	**14.0**	**12.0**	**16.0**	**32.3**	**29.6**	**34.9**
Males						
Age 15 to 19	9.8 [E]	6.4	13.3	63.9	57.9	69.9
Age 20 to 39	19.5	14.5	24.5	55.5	49.2	61.7
Age 40 to 59	19.8	14.5	25.1	36.0	33.2	38.8
Age 60 to 69	10.4	7.4	13.4	11.7 [E]	7.7	15.7
Age 15 to 69	**17.7**	**14.2**	**21.2**	**43.0**	**39.9**	**46.2**
Females						
Age 15 to 19	15.0	11.0	19.0	38.0	26.0	50.0
Age 20 to 39	13.5	10.7	16.2	30.8	26.1	35.4
Age 40 to 59	7.1 [E]	3.9	10.3	13.5	10.3	16.7
Age 60 to 69	F	...	...	3.7 [E]	1.7	5.8
Age 15 to 69	**10.2**	**8.5**	**12.0**	**21.4**	**18.6**	**24.1**

[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.