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→ Grip strength reference values for Canadians aged 6 to 79: Canadian Health Measures Survey, 2007 to 2013

## Table 3

# Reference values for selected percentiles for maximum grip strength (in kilograms), by sex and age, based on reference equations for Canadians aged 6 to 79

Age (years)	Maximum grip strength													
	Males							Females						
	Percentile													
	5 <sup>th</sup>	10 <sup>th</sup>	25 <sup>th</sup>	50 <sup>th</sup>	75 <sup>th</sup>	90 <sup>th</sup>	95 <sup>th</sup>	5 <sup>th</sup>	10 <sup>th</sup>	25 <sup>th</sup>	50 <sup>th</sup>	75 <sup>th</sup>	90 <sup>th</sup>	95 <sup>th</sup>
6	5.3	5.9	7.0	8.0	9.0	10.1	10.7	4.2	4.7	5.9	6.9	8.4	9.7	10.6
7	6.2	7.0	8.3	9.6	11.0	12.4	13.1	5.7	6.3	7.6	8.8	10.4	11.8	12.7
8	7.4	8.3	9.7	11.3	13.0	14.7	15.6	7.3	7.9	9.3	10.7	12.4	13.9	14.9
9	8.9	9.9	11.5	13.4	15.5	17.4	18.4	8.7	9.5	10.9	12.5	14.3	16.0	17.0
10	10.3	11.5	13.3	15.4	17.7	19.8	21.0	10.4	11.2	12.8	14.6	16.5	18.3	19.3
11	12.3	13.6	15.6	18.1	20.8	23.2	24.6	12.4	13.3	15.0	17.1	19.1	21.0	22.1
12	14.4	15.9	18.2	21.0	24.1	26.7	28.4	14.2	15.3	17.2	19.5	21.7	23.8	24.9
13	17.3	18.9	21.6	24.9	28.4	31.3	33.3	15.9	17.0	19.0	21.5	24.0	26.2	27.4
14	20.5	22.3	25.5	29.1	33.1	36.3	38.6	17.3	18.5	20.6	23.3	25.8	28.2	29.4
15	23.6	25.6	29.1	33.2	37.4	41.0	43.5	18.2	19.4	21.6	24.4	27.0	29.4	30.7
16	26.1	28.2	32.1	36.4	40.9	44.7	47.4	18.7	20.0	22.2	25.0	27.7	30.2	31.6
17	27.8	30.0	33.9	38.4	43.1	47.0	49.8	19.0	20.3	22.5	25.3	28.0	30.6	32.0
18	29.1	31.3	35.3	39.9	44.7	48.7	51.6	19.3	20.6	22.8	25.6	28.4	30.9	32.3
19	30.3	32.5	36.6	41.2	46.1	50.2	53.2	19.6	20.8	23.0	25.9	28.7	31.3	32.7
20 to 24	32.0	34.2	38.2	42.9	47.7	51.9	54.8	20.2	21.5	23.7	26.6	29.4	32.0	33.5
25 to 29	34.3	36.5	40.5	45.2	49.9	54.2	57.1	21.1	22.3	24.6	27.5	30.3	32.9	34.6
30 to 34	35.9	38.2	42.1	46.9	51.5	55.8	58.7	21.7	22.9	25.2	28.1	31.0	33.6	35.3
35 to 39	36.9	39.2	43.2	47.9	52.5	56.8	59.7	22.0	23.2	25.5	28.4	31.3	34.0	35.7
40 to 44	37.2	39.7	43.6	48.4	52.9	57.2	60.0	21.9	23.2	25.6	28.5	31.4	34.0	35.8
45 to 49	36.9	39.4	43.4	48.1	52.6	56.9	59.7	21.6	23.0	25.4	28.3	31.1	33.7	35.5
50 to 54	35.9	38.5	42.5	47.3	51.7	56.0	58.8	21.0	22.5	25.0	27.8	30.5	33.1	34.9

55 to 59	34.2	37.0	41.1	45.9	50.1	54.4	57.2	20.0	21.7	24.2	27.0	29.7	32.2	33.9
60 to 64	31.8	34.9	39.0	43.8	48.0	52.1	55.0	18.7	20.6	23.3	25.9	28.5	31.0	32.6
65 to 69	28.8	32.1	36.3	41.1	45.2	49.2	52.1	17.2	19.2	22.0	24.6	27.1	29.5	30.9
70 to 74	25.1	28.6	33.0	37.7	41.8	45.7	48.6	15.3	17.6	20.5	23.0	25.3	27.7	28.9
75 to 79	20.7	24.5	29.1	33.7	37.8	41.5	44.4	13.1	15.7	18.7	21.1	23.3	25.5	26.6

**Note:** Reference equations fit with median height and weight from the World Health Organization Growth Charts Adapted for Canada.

**Source:** 2007 to 2013 Canadian Health Measures Survey (reference equations).