

Muscle strength

Arm strength (kg)

Sex	Age (years)	Percentiles							n
		5%	10%	25%	50%	75%	90%	95%	
Men	18-24	29.5	31.5	36.5	42.0	46.5	50.5	52.5	193
	25-44	31.5	34.0	38.0	43.0	48.0	53.0	56.0	1,758
	45-64	28.0	30.0	34.5	39.0	43.5	49.0	52.5	3,345
	65+	21.0	23.8	27.5	32.0	37.0	41.3	45.5	1,496
	Total	25.0	28.5	33.0	38.5	44.0	49.5	53.5	6,792
Women	18-24	14.8	16.1	18.6	21.5	24.3	27.0	29.0	308
	25-44	15.8	17.5	20.0	23.0	25.7	28.6	30.6	2,879
	45-64	12.4	14.4	17.3	20.4	23.5	26.5	28.6	5,032
	65+	9.6	11.0	13.5	16.4	19.3	22.6	24.5	1,670
	Total	12.1	13.9	17.2	20.5	24.0	27.1	29.3	9,889

Hand Strength (kg)

Sex	Age (years)	Percentiles							n
		5%	10%	25%	50%	75%	90%	95%	
Men	18-24	35.7	38.1	43.0	47.6	53.7	57.7	59.6	193
	25-44	38.6	41.3	45.9	50.3	55.4	59.6	62.9	1,768
	45-64	36.0	38.6	42.9	47.4	52.2	56.9	59.7	3,368
	65+	29.1	31.7	35.6	40.6	45.0	48.9	51.1	1,527
	Total	33.3	36.5	41.4	46.8	52.0	57.0	59.9	6,856
Women	18-24	23.1	24.3	27.1	29.9	33.7	36.2	38.1	314
	25-44	24.5	26.1	28.6	31.6	34.6	37.7	39.8	2,931
	45-64	21.7	23.4	25.9	29.1	32.3	35.4	37.1	5,205
	65+	17.7	19.3	22.1	25.2	28.2	30.8	32.4	1,770
	Total	20.9	22.8	25.8	29.2	32.7	35.9	37.8	10,220

The Danish Health Examination Survey 2007-2008 (DANHES 2007-2008) is one of the largest health examination surveys among the Danish adult population. The survey consisted of a questionnaire (n=76,484) and a health examination (n=18,065). The DANHES 2007-2008 was carried out by the National Institute of Public Health (NIPH), University of Southern Denmark, and was funded by the Ministry of the Interior and Health and the Tryg Foundation. The above results are based on non-weighted data.