

HEIGHT AND WEIGHT

CHARTS

Compiled by

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(2008)

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IMPORTANT

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ADULT HEIGHT AND WEIGHT CHARTS

HEIGHT AND WEIGHT - ADULT MALE						
Height (ft/in)	Height (m)	Under- weight Health Risk (kg)	Normal Band 1 Optimum Health (kg)	Over-weight Band 2 Mild Health Risk (kg)	Over-weight Band 3 Moderate Health Risk (kg)	Over-weight Band 4 Clinical Obesity Definite Health Risk (kg)
6'6	1.98	< 76.20	76.20-90.63	90.63-101.60	101.60-114.30	> 114.30
6'5	1.95	< 73.89	73.89-88.32	88.32-99.25	99.25-111.99	> 111.99
6'4	1.93	< 72.16	72.16-86.01	86.01-97.56	97.56-109.68	> 109.68
6'3	1.90	< 69.85	69.85-83.70	83.70-95.25	95.25-107.37	> 107.37
6'2	1.88	< 68.12	68.12-81.40	81.40-93.52	93.52-105.06	> 105.06
6'1	1.85	< 66.39	66.39-79.66	79.66-91.79	91.79-103.33	> 103.33
6'0	1.83	< 64.08	64.08-77.35	77.35-89.48	89.48-101.60	> 101.60
5'11	1.80	< 62.35	62.35-75.62	75.62-87.75	87.75-99.87	> 99.87
5'10	1.78	< 60.61	60.61-73.89	73.89-86.01	86.01-98.14	> 98.14
5'9	1.75	< 58.88	58.88-71.58	71.58-84.28	84.28-96.40	> 96.40
5'8	1.73	< 57.15	57.15-70.43	70.43-82.55	82.55-94.67	> 94.67
5'7	1.70	< 55.42	55.42-68.70	68.70-80.82	80.82-93.52	> 93.52
5'6	1.68	< 54.26	54.26-67.54	67.54-79.66	79.66-92.36	> 92.36
5'5	1.65	< 52.53	52.53-65.81	65.81-77.93	77.93-90.63	> 90.63
5'4	1.63	< 51.38	51.38-64.65	64.65-76.78	76.78-89.48	> 89.48
5'3	1.60	< 49.65	49.65-62.92	62.92-75.05	75.05-88.32	> 88.32
5'2	1.57	< 48.49	48.49-61.77	61.77-74.47	74.47-87.17	> 87.17
5'1	1.55	< 47.91	47.91-60.61	60.61-73.31	73.31-86.01	> 86.01
5'0	1.52	< 46.76	46.76-58.88	58.88-72.16	72.16-84.86	> 84.86
4'11	1.50	< 46.18	46.18-57.73	57.73-71.58	71.58-83.70	> 83.70

Heights and weights indicate the height in bare feet and the weight without clothes. An allowance of about 2 pounds or 1 kilo can be made for 2 layers of indoor clothes (underclothes plus trousers and shirt, or skirt and blouse, or dress)

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HEIGHT AND WEIGHT - ADULT FEMALE						
Height (ft/in)	Height (m)	Under- weight Health Risk (kg)	Normal Band 1 Optimum Health (kg)	Over-weight Band 2 Mild Health Risk (kg)	Over-weight Band 3 Moderate Health Risk (kg)	Over-weight Band 4 'Clinical Obesity' Definite Health Risk (kg)
6'2	1.88	< 67.54	67.54-82.55	82.55-92.36	92.36-109.68	> 109.68
6'1	1.85	< 65.23	65.23-80.24	80.24-90.05	90.05-107.37	> 107.37
6'0	1.83	< 62.92	62.92-77.35	77.35-88.32	88.32-105.06	> 105.06
5'11	1.80	< 61.19	61.19-75.05	75.05-86.59	86.59-102.75	> 102.75
5'10	1.78	< 58.88	58.88-73.31	73.31-84.86	84.86-100.45	> 100.45
5'9	1.75	< 57.15	57.15-71.00	71.00-83.13	83.13-98.71	> 98.71
5'8	1.73	< 55.42	55.42-69.27	69.27-81.97	81.97-96.40	> 96.40
5'7	1.70	< 54.26	54.26-67.54	67.54-80.24	80.24-94.67	> 94.67
5'6	1.68	< 52.23	52.23-65.25	65.25-78.51	78.51-92.94	> 92.94
5'5	1.65	< 51.38	51.38-63.50	63.50-76.78	76.78-91.21	> 91.21
5'4	1.63	< 49.65	49.65-61.77	61.77-75.05	75.05-90.05	> 90.05
5'3	1.60	< 48.49	48.49-60.61	60.61-73.89	73.89-88.32	> 88.32
5'2	1.57	< 47.91	47.91-58.88	58.88-72.74	72.74-86.59	> 86.59
5'1	1.55	< 46.18	46.18-57.15	57.15-71.00	71.00-84.86	> 84.86
5'0	1.52	< 45.60	45.60-56.00	56.00-70.43	70.53-83.70	> 83.70
4'11	1.50	< 44.45	44.45-54.84	54.84-69.27	69.27-82.55	> 82.55
4'10	1.47	< 43.30	43.30-53.69	53.69-67.82	67.82-81.40	> 81.40
4'9	1.45	< 42.72	42.72-51.95	51.95-66.96	66.96-80.24	> 80.24
4'8	1.42	< 42.14	42.14-50.80	50.80-65.81	65.81-78.51	> 78.51
4'7	1.40	< 41.56	41.56-49.65	49.65-65.23	65.23-77.35	> 77.35

Heights and weights indicate the height in bare feet and the weight without clothes. An allowance of about 2 pounds or 1 kilo can be made for 2 layers of indoor clothes (underclothes plus trousers and shirt, or skirt and blouse, or dress)

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ADULT MALE - NORMAL HEIGHT AND WEIGHT

Maximum desirable weight for Men 25 yrs plus
 Note: 1 stone (st) = 14 pounds (lb)

Height without shoes		Body Frame					
		Small		Medium		Large	
ft in	m	st lb	kg	st lb	kg	st lb	kg
5 3	1.60	8 9	55	9 7	60	10 4	65
5 4	1.63	9 0	57	9 10	62	10 8	67
5 5	1.65	9 3	59	9 13	63	10 12	69
5 6	1.68	9 7	60	10 3	65	11 2	71
5 7	1.70	9 11	62	10 7	67	11 7	73
5 8	1.73	10 1	64	10 12	69	11 12	75
5 9	1.75	10 5	66	11 2	71	12 1	77
5 10	1.78	10 10	68	11 6	73	12 6	79
5 11	1.80	11 0	70	11 11	75	12 11	81
6 0	1.83	11 4	72	12 2	77	13 2	84
6 1	1.85	11 8	74	12 7	80	13 7	86
6 2	1.88	11 13	76	12 12	82	13 12	88

Instructions: Weigh yourself wearing indoor clothes wearing shoes

Subtract 7 pounds or 3.2 kilos if naked

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ADULT FEMALE - NORMAL HEIGHT AND WEIGHT

Maximum desirable weight for Men 25 yrs plus
 Note: 1 stone (st) = 14 pounds (lb)

Height without shoes		Body Frame					
		Small		Medium		Large	
ft in	m	st lb	kg	st lb	kg	st lb	kg
4 11	1.50	7 3	46	7 12	50	8 10	55
5 0	1.52	7 6	47	8 1	51	8 13	57
5 1	1.55	7 9	49	8 4	53	9 2	58
5 2	1.57	7 12	50	8 7	54	9 5	60
5 3	1.60	8 1	51	8 10	55	9 8	61
5 4	1.63	8 4	53	9 0	57	9 12	63
5 5	1.65	8 7	54	9 4	59	10 2	65
5 6	1.68	8 11	56	9 9	61	10 6	66
5 7	1.70	9 0	58	9 13	63	10 10	68
5 8	1.73	9 5	60	10 3	65	11 0	70
5 9	1.75	9 9	61	10 7	67	11 4	72
5 10	1.78	10 0	64	10 11	69	11 9	74

Instructions: Weigh yourself wearing indoor clothes wearing shoes

Subtract 5 pounds or 2.25 kilos if naked

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APPENDIX 3 - CHILD AND ADOLESCENT HEIGHT AND WEIGHT CHARTS

BOYS - NORMAL HEIGHT AND WEIGHT

The following table gives the range of height and weight for children and adolescents between birth and 18 years of age

Note: 1 stone (st) = 14 pounds (lb)
 Note: 1 stone (st) = 6.35 kilograms (kg)
 Note: 1 pound (lb) = 0.454 kilogram (kg)
 Note: 1 foot (ft) = 0.3048 metre (m)
 Note: 1 inch (in) = 0.0254 metre (m)

Age	Height Range (ft ins)	Weight Range (st lbs)
Birth	1'8" - 2'1"	5.5 lb - 9.6 lb
3 months	2'0" - 2'3"	9.6 lb - 15.9 lb
6 months	2'1" - 2'5"	13.6 lb - 1 st 5 lb
9 months	2'3" - 2'6"	1 st 2 lb - 1 st 8 lb
12 months	2'4" - 2'8"	1 st 3 lb - 2 st 0 lb
18 months	2'6" - 3'0"	1 st 4 lb - 2 st 3 lb
2 years	2'8" - 3'3"	1 st 8 lb - 2 st 4 lb
3 years	3'0" - 3'6"	1 st 9 lb - 2 st 8 lb
4 years	3'2" - 3'8"	2 st 0 lb - 3 st 3 lb
5 years	3'4" - 4'0"	2 st 2 lb - 3 st 6 lb
6 years	3'6" - 4'2"	2 st 5 lb - 4 st 2 lb
7 years	3'7" - 4'5"	2 st 6 lb - 4 st 7 lb
8 years	3'9" - 4'7"	2 st 9 lb - 5 st 3 lb
9 years	4'1" - 4'8"	3 st 3 lb - 6 st 1 lb
10 years	4'2" - 5'0"	3 st 6 lb - 6 st 9 lb
11 years	4'3" - 5'2"	3 st 9 lb - 7 st 8 lb
12 years	4'5" - 5'5"	4 st 2 lb - 9 st 1 lb
13 years	4'7" - 5'7"	4 st 7 lb - 10 st 0 lb
14 years	4'9" - 5'9"	5 st 1 lb - 11 st 1 lb
15 years	5'1" - 6'0"	6 st 1 lb - 11 st 9 lb
16 years	5'3" - 6'1"	7 st 2 lb - 12 st 4 lb
17 years	5'3" - 6'1"	7 st 7 lb - 12 st 6 lb
18 years	5'3" - 6'1"	7 st 9 lb - 12 st 9 lb

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GIRLS - NORMAL HEIGHT AND WEIGHT

The following table gives the range of height and weight for children and adolescents between birth and 18 years of age.

Note: 1 stone (st) = 14 pounds (lb)
 Note: 1 stone (st) = 6.35 kilograms (kg)
 Note: 1 pound (lb) = 0.454 kilogram (kg)
 Note: 1 foot (ft) = 0.3048 metre (m)
 Note: 1 inch (in) = 0.0254 metre (m)

Age	Height Range (ft ins)	Weight Range (st lbs)
Birth	1'8" - 2'0"	5.5 lb - 9.6 lb
3 months	2'0" - 2'3"	9.2 lb - 15.4 lb
6 months	2'1" - 2'4"	13.6 lb - 1 st 5 lb
9 months	2'3" - 2'5"	1 st 1 lb - 1 st 7 lb
12 months	2'4" - 2'8"	1 st 2 lb - 2 st 9 lb
18 months	2'6" - 3'0"	1 st 3 lb - 2 st 1 lb
2 years	2'8" - 3'3"	1 st 5 lb - 2 st 3 lb
3 years	3'0" - 3'6"	1 st 7 lb - 2 st 7 lb
4 years	3'2" - 3'8"	2 st 0 lb - 3 st 1 lb
5 years	3'4" - 4'0"	2 st 3 lb - 3 st 6 lb
6 years	3'6" - 4'2"	2 st 5 lb - 4 st 2 lb
7 years	3'8" - 4'4"	2 st 9 lb - 4 st 7 lb
8 years	3'9" - 4'7"	2 st 9 lb - 5 st 5 lb
9 years	4'1" - 4'8"	3 st 3 lb - 6 st 2 lb
10 years	4'2" - 5'0"	3 st 6 lb - 7 st 5 lb
11 years	4'4" - 5'4"	3 st 9 lb - 8 st 8 lb
12 years	4'6" - 5'5"	4 st 4 lb - 10 st 0 lb
13 years	4'8" - 5'6"	5 st 2 lb - 11 st 0 lb
14 years	4'9" - 5'7"	5 st 8 lb - 11 st 4 lb
15 years	5'0" - 6'7"	6 st 6 lb - 11 st 6 lb
16 years	5'0" - 6'7"	7 st 0 lb - 11 st 8 lb
17 years	5'0" - 6'7"	7 st 2 lb - 11 st 7 lb
18 years	5'0" - 6'7"	7 st 2 lb - 11 st 7 lb

End

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