

児童・生徒の身長および体重發育 パーセンタイル値

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Centiles of Height and Weight in School Children

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Centiles of height and weight were calculated with cross-sectional data in school health statistics from 1970 to 1985. Different equations were used in calculating centiles between the data before 1976 and after 1977 because of different rounding methods.

The latest data should be used in calculating centiles of height and weight, because positive trends have been found in those of Japanese school children.

Centiles of height and weight in each year were shown in tables and centiles curves in 1985 were figured.

I はじめに

児童・生徒の身体發育評価は、集団としては正確になされており、近年、わが国の児童・生徒の体位が年々向上していることが新聞などで報じられている。これに対して、集団の構成員である個人の身体發育を評価する全国的な基準はない。小・中・高等学校では、評価の基準として全国平均値、あるいは都道府県平均値を参考にする場合が多いと思われるが、このような代表値との比較だけで個人の身体發育評価を行うのは適切ではない。また、平均値と標準偏差を用いた身体發育評価基準も作成されているが、標本の分布が正規分布から大きくずれている場合にはあまり正確とは言えない。これに対して、厚生省の乳幼児身体發育調査の結果を基にした乳幼児身体發育標準値¹⁾²⁾³⁾や Tanner ら⁴⁾⁵⁾⁶⁾あるいは WHO⁷⁾で用いられている個人の身体發育評価基準は、パーセンタイル値を用いたノンパラメトリックな方法であるため標本の分布型に関わらず有効である。ところが、全国の児童・生徒の資料によるパーセンタイル値は未だ作成されておらず、個人のからだの發育を正確に評価し、有効な保健指導を行うためにも早急に作成する必要があると思われる。

幸いにして、全国の幼稚園、小・中・高等学校で実施される定期健康診断の結果は、学校保健統計調査報告書として毎年度文部省から刊行されている。この中には、1970年度（昭和45年度）以後数年を除いて身長、体重、胸囲、座高の度数分布が掲載されており、従って、これらの資料からパーセンタイル値を計算することが可能である。そこで、本研究では児童・生徒の身体發育評価基準作成のための身長および体重のパーセンタイル値を計算したので報告する。

II 研究方法

1970年度（昭和45年度）統計から1985年度（昭和60年度）統計⁸⁾までのうち、身長および体重の度数分布が掲載されていない1972年度（昭和47年度）統計から1976年度（昭和51年度）統計までを除いた11年度分について、文部省学校保健統計調査報告書に掲載されている身長および体重の度数分布から男女別身長体重別にパーセンタイル値を求めた。すなわち、5歳から17歳までの年齢ごとに、3, 10, 20, 25, 30, 40, 50, 60, 70, 75, 80, 90, 97パーセンタイルにあたる身長、体重を計算した。

なお、表1に示す通り1976年度（昭和51年度）以前と

表1 文部省学校保健統計調査概要並びに調査結果の掲載状況

調査年度	標本抽出法	計測値の小数点以下の取り扱い	度数分布掲載状況				全 国 平均値	全 国 標準偏差
			身長	体重	胸囲	座高		
1970/S 45	系統抽出	切り捨て	○	○	○	○	○	○
1971/S 46	〃	〃	○	○	○	○	○	○
1972/S 47	層化抽出	〃					○	
1973/S 48	〃	〃					○	
1974/S 49	〃	〃					○	
1975/S 50	層化抽出	切り捨て					○	
1976/S 51	任意系統抽出	〃					○	
1977/S 52	確率比例抽出	四捨五入	○	○	○	○	○	○
1978/S 53	〃	〃	○	○	○	○	○	○
1979/S 54	〃	〃	○	○	○	○	○	○
1980/S 55	確率比例抽出	四捨五入	○	○	○	○	○	○
1981/S 56	〃	〃	○	○	○	○	○	○
1982/S 57	〃	〃	○	○	○	○	○	○
1983/S 58	〃	〃	○	○	○	○	○	○
1984/S 59	〃	〃	○	○	○	○	○	○
1985/S 60	確率比例抽出	四捨五入	○	○	○	○	○	○

(注) ○印は5歳から17歳までの値が男女共に掲載されていることを表す

1977年度(昭和52年度)以降とでは、身体計測値を収集する際の小数点以下の処理が異なるため、この点を考慮して計算した。すなわち、小数点以下を切り捨てた計測値について集計している1976年度(昭和51年度)以前の統計の任意の年齢標本集団におけるPパーセンタイル値 P_p は、

$$P_p = L + \frac{(p/100) \cdot N - F}{f_p}$$

で求められる。ここで、Lは文部省学校保健統計調査報告書の身長と体重の相関表あるいは年齢別分布で使われている階級値、Pは計算しようとするパーセンタイル、Nは標本集団の総度数、Fは階級値Lまでの累積度数、 f_p は P_p の存在する級間の度数である。一方、小数点以下を四捨五入した計測値について集計している1977年度(昭和52年度)以降の統計の任意の年齢標本集団におけるPパーセンタイル値 P_p は、

$$P_p = (L + 0.5) + \frac{(p/100) \cdot N - F}{f_p}$$

で求められる。

さらに、1985年度(昭和60年度)においては、3, 10, 25, 50, 75, 90, 97パーセンタイルレベルについて男女別身長体重別にパーセンタイル曲線を作成した。なお、文部省学校保健統計では、定期健康診断日現在の正確な

年齢が児童・生徒によって異なっているため、パーセンタイル曲線作成の際には、求めたパーセンタイル値を各年齢の中間にプロットすることとし、また、同一パーセンタイルレベル間にはスプライン関数を用いて補間した。

III 研究結果

表2に1985年度(昭和60年度)の男女の身長パーセンタイル値と体重パーセンタイル値を示す。また、図1および図2には同年度の男女の身長パーセンタイル曲線を、図3および図4には同年度の男女の体重パーセンタイル曲線を示す。さらに、1970年度(昭和45年度)統計、1971年度(昭和46年度)統計および1977年度(昭和52年度)統計から1984年度(昭和59年度)統計までの10年度分について、男女別身長体重別パーセンタイル値を資料として示す。

IV 考 察

本研究では、1970年度(昭和45年度)から1985年度(昭和60年度)までの文部省統計、すなわち横断的資料から児童・生徒の身長、体重発育パーセンタイル値を計算した。この身体発育パーセンタイル値は各年齢ごとに生

表 2 男女別身長体重別パーセンタイル値 (1985年度)

(HEIGHT, MALE)				(CENTILES: cm)									
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	102.1	104.8	106.7	107.5	108.2	109.4	110.5	111.8	113.0	113.7	114.5	116.5	119.5
6+	107.5	110.3	112.4	113.2	113.9	115.2	116.4	117.5	118.8	119.5	120.3	122.5	125.5
7+	112.7	115.7	117.9	118.7	119.4	120.8	122.0	123.3	124.6	125.4	126.2	128.4	131.7
8+	117.9	120.9	123.2	124.0	124.7	126.1	127.4	128.7	130.1	130.9	131.8	134.2	137.5
9+	122.5	125.6	128.0	128.9	129.7	131.2	132.5	133.9	135.3	136.2	137.1	139.6	143.1
10+	127.1	130.5	132.8	133.8	134.7	136.1	137.5	139.0	140.6	141.5	142.5	145.2	149.3
11+	131.5	135.0	137.6	138.7	139.6	141.3	142.8	144.5	146.3	147.4	148.6	151.9	156.5
12+	136.4	140.3	143.3	144.5	145.6	147.6	149.6	151.7	153.9	155.2	156.7	160.4	165.4
13+	142.3	147.1	151.0	152.5	153.7	156.0	158.2	160.1	162.2	163.3	164.5	167.6	171.5
14+	149.8	154.8	158.3	159.6	160.6	162.4	164.1	165.8	167.5	168.5	169.6	172.2	175.8
15+	155.8	160.0	162.7	163.8	164.6	166.1	167.6	169.0	170.6	171.4	172.4	174.8	178.4
16+	158.6	162.0	164.6	165.5	166.3	167.8	169.3	170.7	172.2	173.1	174.0	176.4	179.7
17+	159.8	163.1	165.4	166.3	167.2	168.7	170.1	171.4	173.0	173.9	174.9	177.3	180.6

(HEIGHT, FEMALE)				(CENTILES: cm)									
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.5	104.1	106.0	106.7	107.4	108.6	109.7	110.9	112.2	112.9	113.7	115.7	118.6
6+	106.8	109.7	111.7	112.5	113.2	114.4	115.6	116.8	118.1	118.8	119.6	121.7	124.6
7+	112.1	115.0	117.1	117.9	118.7	120.1	121.3	122.5	124.0	124.7	125.6	127.8	131.0
8+	117.2	120.1	122.4	123.2	124.0	125.5	126.8	128.1	129.6	130.5	131.4	133.9	137.2
9+	122.0	125.3	127.5	128.5	129.4	130.9	132.3	133.8	135.4	136.3	137.4	140.3	144.1
10+	127.0	130.6	133.3	134.2	135.1	136.8	138.4	140.2	142.0	143.1	144.3	147.4	151.5
11+	132.9	136.7	139.8	140.9	141.9	143.9	145.7	147.4	149.2	150.2	151.2	153.9	157.4
12+	138.8	143.1	146.0	147.0	148.0	149.7	151.2	152.7	154.2	155.1	156.0	158.4	161.6
13+	143.9	147.6	150.1	151.0	151.8	153.2	154.5	155.9	157.3	158.1	158.9	161.2	164.5
14+	146.6	149.9	152.1	152.9	153.7	155.0	156.3	157.6	159.0	159.7	160.5	162.7	165.7
15+	147.8	150.7	152.8	153.7	154.4	155.7	156.9	158.2	159.6	160.4	161.2	163.4	166.4
16+	148.2	151.0	153.2	154.1	154.8	156.2	157.5	158.7	160.1	160.8	161.6	163.9	166.8
17+	148.1	151.2	153.4	154.3	155.0	156.5	157.7	159.0	160.2	160.9	161.8	163.9	166.9

(WEIGHT, MALE)				(CENTILES: kg)									
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.2	16.3	17.1	17.5	17.8	18.3	18.9	19.5	20.1	20.4	20.9	22.1	24.4
6+	16.7	17.9	18.9	19.2	19.6	20.2	20.8	21.4	22.2	22.6	23.2	24.8	28.0
7+	18.6	19.9	20.9	21.3	21.7	22.4	23.2	23.9	24.8	25.3	25.9	27.9	32.1
8+	20.5	21.9	23.1	23.6	24.0	24.8	25.6	26.5	27.6	28.3	29.1	31.8	37.1
9+	22.4	24.1	25.5	26.0	26.5	27.5	28.5	29.6	30.8	31.7	32.7	35.9	41.9
10+	24.6	26.5	28.0	28.7	29.3	30.4	31.5	32.8	34.5	35.5	36.8	40.9	48.0
11+	26.7	28.9	30.7	31.5	32.2	33.6	35.1	36.7	38.8	39.9	41.4	46.0	53.8
12+	29.7	32.4	34.8	35.8	36.7	38.6	40.4	42.5	44.9	46.4	48.1	52.8	60.5
13+	33.3	36.8	39.9	41.2	42.3	44.5	46.5	48.6	50.9	52.3	53.9	58.7	67.7
14+	38.1	42.4	45.2	46.5	47.5	49.4	51.3	53.3	55.5	56.8	58.5	63.4	72.9
15+	43.7	47.5	50.5	51.7	52.7	54.7	56.6	58.6	61.0	62.4	64.1	69.7	80.1
16+	46.6	50.4	53.0	54.1	55.1	57.0	58.7	60.7	63.0	64.3	65.7	70.9	81.5
17+	48.5	51.9	54.7	55.7	56.6	58.5	60.2	62.1	64.4	65.7	67.2	72.2	80.9

(WEIGHT, FEMALE)				(CENTILES: kg)									
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.8	15.9	16.8	17.1	17.4	18.0	18.5	19.1	19.7	20.1	20.4	21.8	24.1
6+	16.2	17.5	18.4	18.7	19.1	19.7	20.3	21.0	21.8	22.2	22.8	24.4	27.2
7+	17.9	19.4	20.4	20.8	21.2	21.9	22.7	23.5	24.4	24.9	25.5	27.5	31.2
8+	19.8	21.5	22.6	23.1	23.6	24.5	25.3	26.2	27.3	28.0	28.8	31.4	36.2
9+	21.9	23.7	25.0	25.6	26.1	27.2	28.2	29.4	30.8	31.6	32.7	36.0	41.5
10+	24.1	26.2	27.9	28.7	29.3	30.6	31.9	33.5	35.3	36.3	37.7	41.5	47.7
11+	26.9	29.5	31.8	32.7	33.6	35.2	36.9	38.7	40.8	42.0	43.3	47.1	53.5
12+	30.7	34.0	36.7	37.7	38.7	40.5	42.2	44.0	46.1	47.3	48.6	52.4	59.2
13+	34.8	38.4	41.0	42.0	43.0	44.6	46.1	47.8	49.7	50.8	52.2	56.0	62.1
14+	38.7	41.8	44.1	45.1	45.9	47.5	49.1	50.7	52.6	53.6	54.8	58.3	64.5
15+	40.7	43.7	46.1	47.0	47.9	49.5	51.1	52.8	54.7	55.8	57.1	60.8	67.5
16+	41.8	44.8	47.1	48.0	48.8	50.4	51.9	53.5	55.4	56.5	57.7	61.1	67.5
17+	42.3	45.1	47.4	48.3	49.1	50.5	52.1	53.6	55.3	56.4	57.6	61.1	66.8

(注) YEARS の 5+ とは 5 歳 0 カ月から 6 歳未満の意。6+ ～ 17+ についても同様

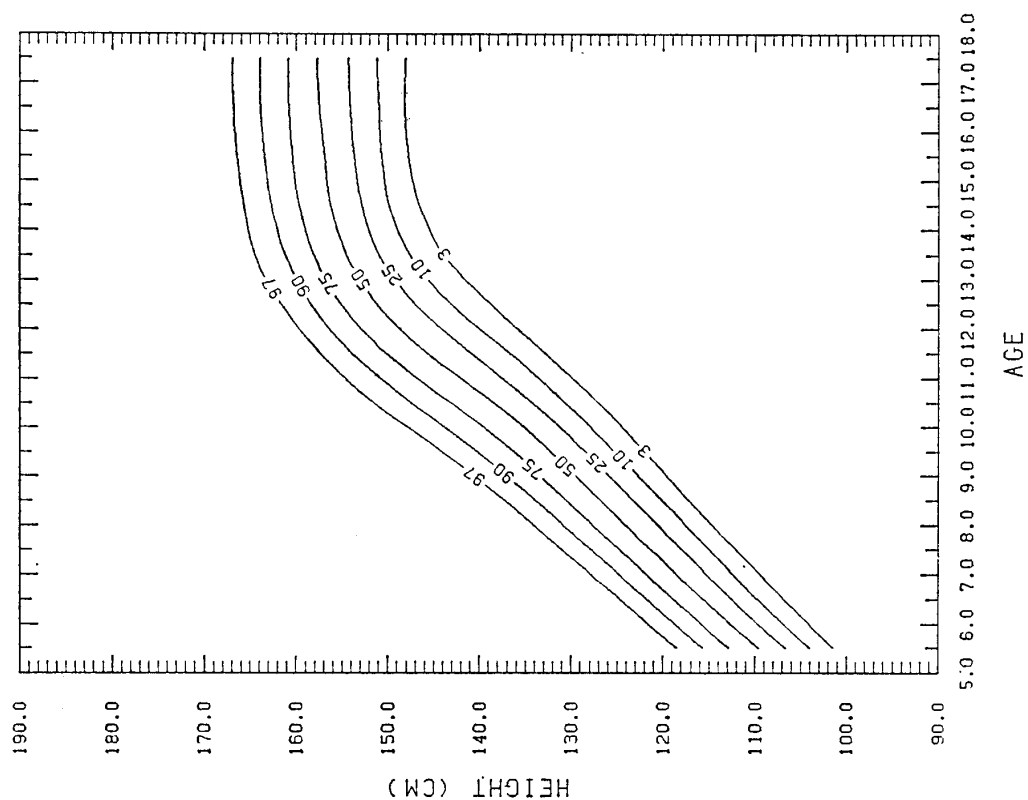


図2 女子の身長パーセンタイル曲線 (1985年度)

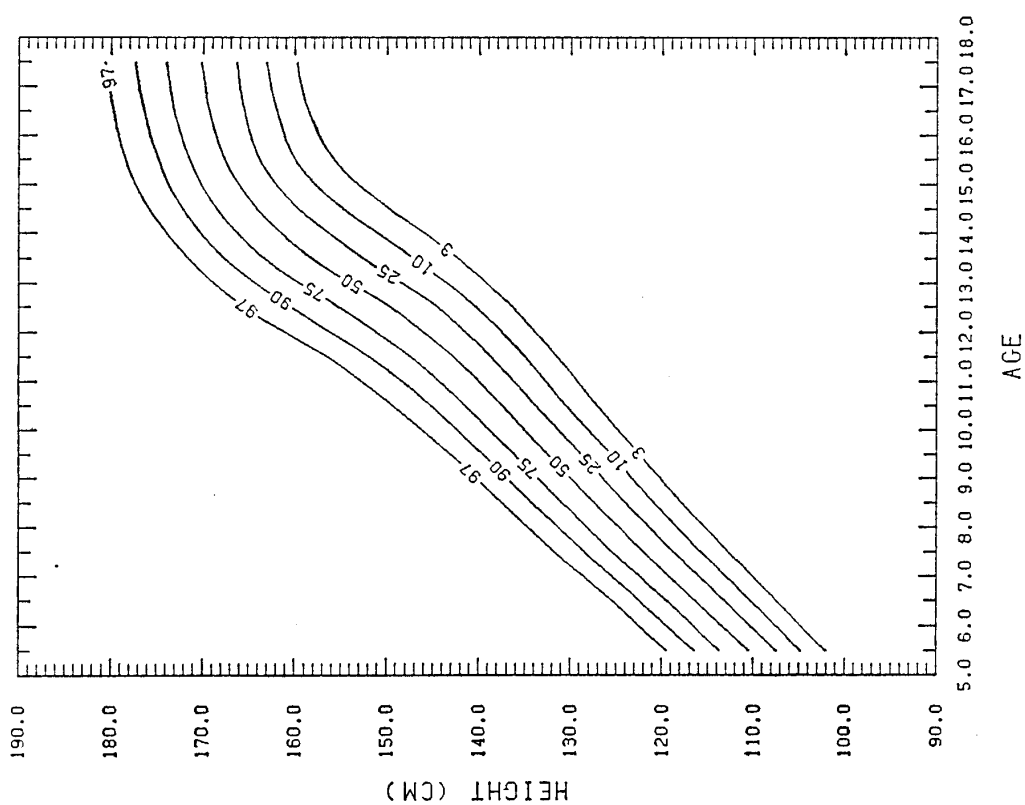


図1 男子の身長パーセンタイル曲線 (1985年度)

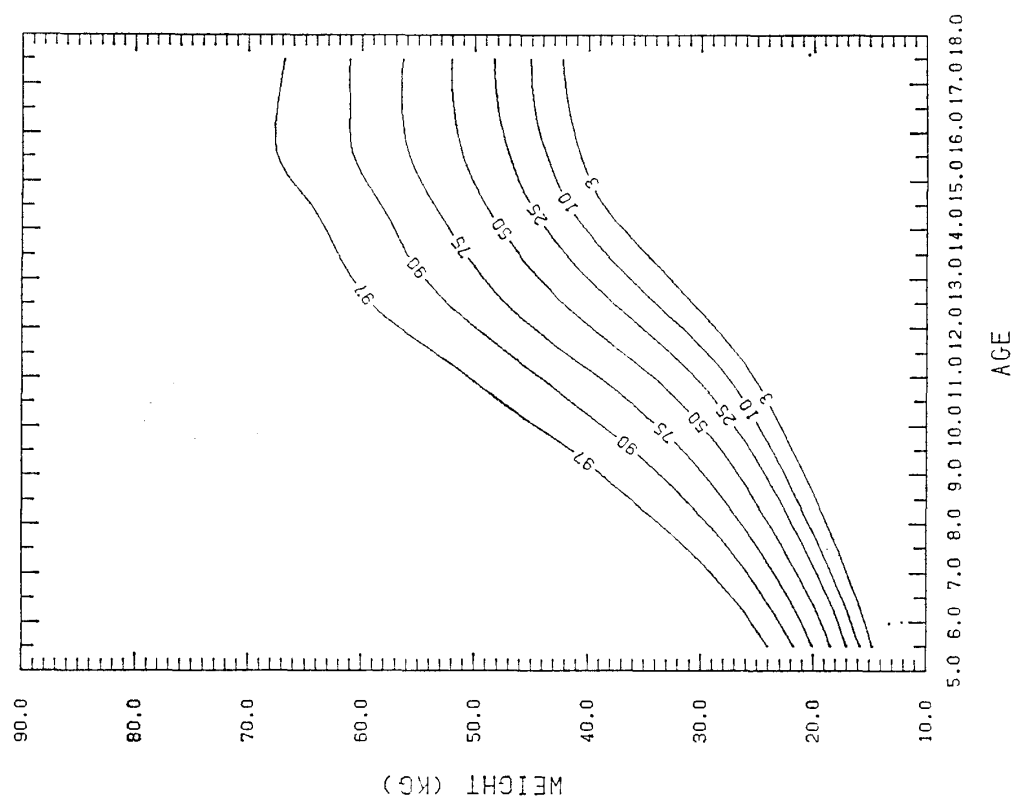


図 4 女子の体重パーセンタイル曲線 (1985年度)

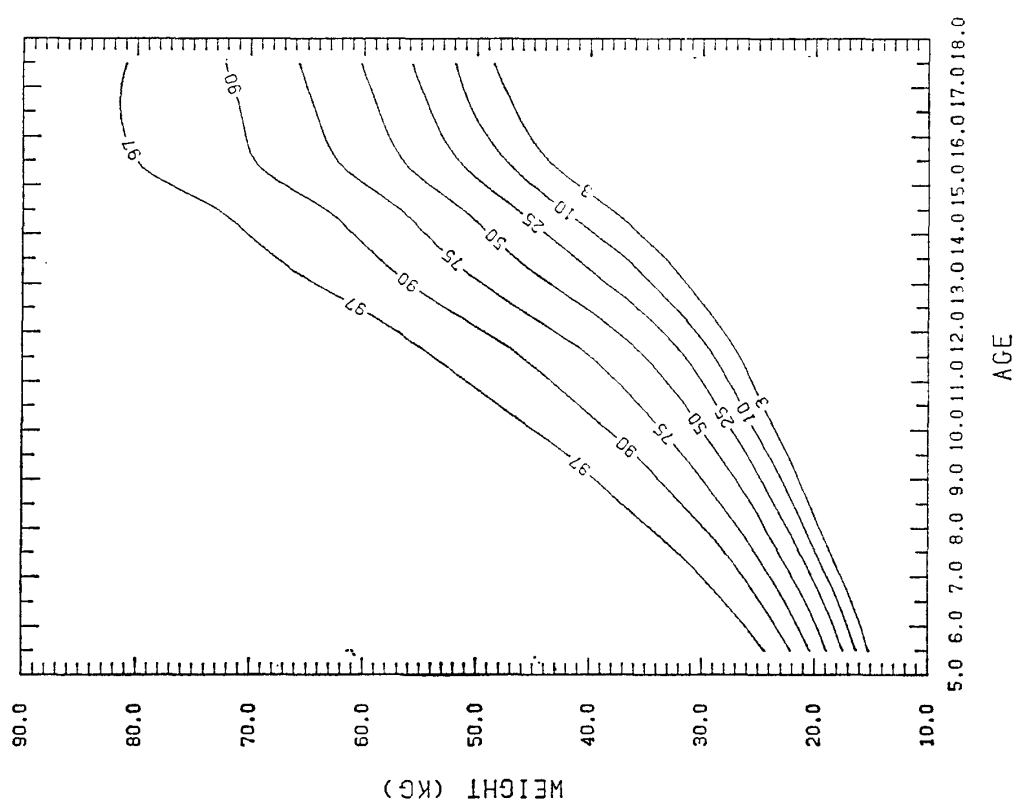


図 3 男子の体重パーセンタイル曲線 (1985年度)

まれ年が異なった複数のコホートから得られたものであるから、個人のある年齢における発育評価に用いることはできても、個人の身体発育過程を評価するには適切でないと思われる。これに対して、Tanner ら⁴⁾⁵⁾⁶⁾ は完全な縦断的資料から身体発育評価基準を作成し、個人の発育の臨床に応用しているが、縦断的資料の収集には膨大な年月が必要なため、これから得られた発育評価基準が身体発育の年次推移によって完成した時点で既に適切でないものになる可能性も考えられる。

このように発育評価基準を作成するにあたっては身体発育の年次推移が問題になってくるが、この点に関して Cameron⁹⁾ はイギリスにおいて1959年と1966年の学童の身長および体重の10, 50, 90パーセンタイル曲線を比較して年次推移がほとんど認められないことを指摘している。これに対して、Chinn ら¹⁰⁾ はイギリスおよびスコットランドにおいて1972年から1980年までの小学生の身長の年次推移を調べて、8歳の男女に正の年次推移が認められることを示している。Cameron に比べて Chinn らの研究は最近のイギリス人の資料を基にしているので、少なくとも最近のイギリス人の身長発育評価基準を作成するには年次推移の影響を無視することはできないと考えられる。

一方、わが国では、菊田¹¹⁾が1971年度、1977年度、および1983年度の文部省学校保健統計の資料から男女別身長体重別にパーセンタイル曲線の年次推移を検討した結果、身長体重共に5歳から17歳までのすべての年齢について年度が進むにつれて大きくなる傾向が認められている。従って、わが国においても身長および体重のパーセンタイル値は、最新の資料から計算する必要がある。

さらに、横断的資料に基づいた身体発育パーセンタイル値に加えて個人の発育過程の評価のためのパーセンタイル値も必要であり、これについては学校保健統計の同一コホートを追跡する方法、すなわち高石¹²⁾が言う横断的資料の縦断的処理を学校保健統計に適用してパーセンタイル値を計算する予定である。

本研究にあたっては、国立公衆衛生院、高石昌弘先生のご指導ご助言をいただいた。

(指導教官 東郷正美教授)

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資料 1 男女別身長体重別パーセンタイル値 (1970年度)

(HEIGHT, MALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.3	103.9	105.7	106.5	107.1	108.3	109.5	110.6	111.9	112.6	113.4	115.5	118.4
6+	105.2	108.1	110.3	111.0	111.7	112.9	114.2	115.4	116.7	117.4	118.3	120.4	123.4
7+	110.4	113.3	115.4	116.2	117.0	118.4	119.6	120.9	122.3	123.1	123.9	126.1	129.2
8+	115.3	118.4	120.7	121.5	122.2	123.6	125.0	126.2	127.6	128.4	129.3	131.6	135.1
9+	120.0	123.0	125.3	126.2	127.0	128.4	129.8	131.2	132.7	133.5	134.5	136.9	140.2
10+	124.3	127.6	130.0	130.9	131.7	133.2	134.6	136.1	137.7	138.6	139.5	142.1	145.7
11+	128.6	132.1	134.7	135.7	136.5	138.2	139.8	141.3	143.0	143.9	145.0	148.0	152.9
12+	133.0	137.2	140.0	141.2	142.2	144.1	145.9	147.9	150.2	151.4	152.8	156.6	161.8
13+	138.4	142.9	146.3	147.8	149.1	151.5	153.7	155.8	158.1	159.4	160.7	164.1	168.5
14+	144.5	150.1	153.9	155.3	156.5	158.6	160.6	162.4	164.1	165.1	166.3	169.1	172.7
15+	151.7	156.4	159.4	160.5	161.4	163.0	164.5	166.1	167.7	168.5	169.5	171.9	175.6
16+	155.6	159.5	162.0	162.9	163.7	165.3	166.7	168.2	169.7	170.5	171.4	173.8	177.1
17+	157.2	160.9	163.3	164.2	165.0	166.5	167.8	169.2	170.7	171.5	172.4	174.8	178.1

(HEIGHT, FEMALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	100.3	102.9	104.7	105.4	106.0	107.3	108.4	109.5	110.7	111.4	112.2	114.2	117.2
6+	104.3	107.1	109.2	110.0	110.7	112.0	113.2	114.3	115.6	116.3	117.1	119.3	122.1
7+	109.4	112.5	114.6	115.4	116.1	117.5	118.8	120.1	121.3	122.1	123.0	125.2	128.3
8+	114.8	117.6	119.9	120.6	121.3	122.8	124.1	125.4	126.8	127.6	128.5	130.9	134.3
9+	119.4	122.5	124.8	125.7	126.5	128.0	129.5	130.9	132.5	133.3	134.3	137.0	140.9
10+	124.3	127.6	130.2	131.2	132.1	133.8	135.4	137.1	139.0	140.0	141.1	144.2	148.5
11+	129.2	133.4	136.5	137.6	138.6	140.6	142.4	144.3	146.1	147.1	148.3	151.1	154.9
12+	135.2	139.7	142.7	143.8	144.8	146.6	148.1	149.7	151.4	152.3	153.2	155.7	158.9
13+	140.5	144.6	147.2	148.2	149.1	150.6	152.0	153.3	154.7	155.5	156.3	158.7	161.8
14+	143.9	147.3	149.7	150.5	151.2	152.6	153.8	155.1	156.5	157.3	158.1	160.4	163.3
15+	145.8	148.8	150.9	151.7	152.4	153.8	155.1	156.3	157.7	158.4	159.2	161.5	164.7
16+	146.1	149.0	151.1	152.0	152.8	154.1	155.4	156.7	158.1	158.9	159.7	161.8	164.7
17+	146.2	149.3	151.4	152.2	152.9	154.2	155.5	156.8	158.2	159.0	159.9	162.0	165.1

(WEIGHT, MALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.1	16.0	16.7	17.0	17.3	17.8	18.3	18.9	19.5	19.8	20.2	21.2	23.0
6+	16.0	17.1	18.0	18.4	18.7	19.3	19.8	20.4	21.0	21.4	21.8	22.9	25.0
7+	17.6	19.0	19.9	20.3	20.6	21.3	21.9	22.7	23.4	23.8	24.4	25.8	28.2
8+	19.6	21.0	22.1	22.5	22.9	23.7	24.4	25.1	25.9	26.5	27.0	28.7	31.9
9+	21.4	23.1	24.3	24.8	25.2	26.0	26.8	27.7	28.7	29.3	30.0	32.0	36.0
10+	23.4	25.3	26.6	27.2	27.7	28.6	29.6	30.6	31.7	32.4	33.2	35.6	40.3
11+	25.5	27.5	29.2	29.8	30.4	31.5	32.6	33.9	35.2	36.1	37.0	40.1	45.7
12+	28.1	30.6	32.5	33.4	34.1	35.6	37.2	38.7	40.7	41.8	43.2	46.8	53.0
13+	31.4	34.4	36.9	38.0	39.0	41.0	42.8	44.9	46.9	48.2	49.6	53.4	58.8
14+	35.7	39.7	42.8	44.2	45.3	47.2	49.0	51.0	52.9	54.0	55.2	58.7	64.3
15+	40.9	45.0	47.8	48.9	49.9	51.5	53.2	54.9	56.7	57.8	59.2	62.9	69.0
16+	45.3	48.6	51.2	52.2	53.1	54.7	56.2	57.8	59.7	60.7	61.9	65.1	70.6
17+	47.4	50.7	53.1	54.1	55.0	56.4	58.1	59.7	61.4	62.6	63.7	67.2	72.2

(WEIGHT, FEMALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.5	15.4	16.2	16.5	16.8	17.3	17.8	18.4	18.9	19.3	19.7	20.8	22.6
6+	15.4	16.6	17.4	17.8	18.1	18.7	19.2	19.8	20.4	20.8	21.2	22.5	24.5
7+	17.1	18.4	19.4	19.8	20.1	20.8	21.4	22.1	22.9	23.3	23.8	25.2	27.8
8+	19.1	20.4	21.5	21.9	22.3	23.1	23.8	24.6	25.5	26.0	26.7	28.6	31.9
9+	21.1	22.5	23.8	24.3	24.8	25.7	26.5	27.4	28.5	29.1	29.9	32.1	36.1
10+	23.1	25.0	26.5	27.1	27.7	28.8	29.9	31.1	32.5	33.3	34.4	37.4	42.5
11+	25.8	28.1	30.1	30.9	31.7	33.1	34.6	36.2	38.0	39.0	40.4	43.8	49.2
12+	29.1	32.1	34.6	35.6	36.5	38.3	40.0	41.6	43.5	44.6	45.6	48.7	53.8
13+	33.3	36.8	39.4	40.4	41.4	42.9	44.4	45.9	47.7	48.8	49.9	53.0	58.0
14+	37.2	40.6	43.0	43.9	44.8	46.3	47.9	49.4	51.0	52.0	53.1	56.3	60.8
15+	40.0	42.9	45.1	46.0	46.9	48.5	49.9	51.4	53.2	54.2	55.4	58.7	64.1
16+	41.3	44.3	46.6	47.5	48.3	49.9	51.3	52.8	54.5	55.4	56.4	59.4	64.0
17+	41.9	44.8	47.0	47.9	48.7	50.2	51.7	53.2	54.8	55.7	56.7	59.7	63.3

資料2 男女別身長体重別パーセンタイル値(1971年度)

(HEIGHT, MALE)				(CENTILES:cm)									
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	102.3	104.6	106.3	106.9	107.5	108.7	109.9	111.0	112.3	113.0	113.9	115.9	119.0
6+	106.3	108.8	110.7	111.5	112.3	113.6	114.8	116.1	117.3	117.9	118.7	120.8	123.8
7+	111.1	113.9	115.9	116.8	117.5	118.8	120.1	121.3	122.7	123.4	124.3	126.4	129.3
8+	115.7	118.7	121.0	121.9	122.7	124.1	125.5	126.8	128.2	129.0	129.9	132.3	135.4
9+	120.6	123.7	126.0	126.9	127.7	129.3	130.6	131.9	133.3	134.2	135.1	137.6	141.0
10+	125.0	128.4	130.8	131.7	132.5	134.0	135.4	136.9	138.4	139.4	140.3	142.8	146.4
11+	129.6	133.0	135.4	136.4	137.3	139.0	140.5	142.1	143.9	144.9	146.0	149.2	153.7
12+	133.8	137.8	140.8	142.0	143.0	145.0	146.9	149.0	151.2	152.3	153.7	157.4	162.4
13+	139.0	143.5	147.3	148.7	150.0	152.4	154.6	156.8	158.9	160.2	161.4	164.9	168.9
14+	145.7	151.4	155.1	156.5	157.7	159.7	161.4	163.1	164.9	165.8	166.8	169.6	173.4
15+	153.7	157.7	160.5	161.5	162.3	163.8	165.3	166.9	168.5	169.3	170.2	172.6	175.7
16+	156.6	160.2	162.6	163.6	164.4	165.9	167.3	168.7	170.2	171.0	172.0	174.6	177.9
17+	157.9	161.3	163.7	164.6	165.4	166.9	168.3	169.8	171.2	172.0	172.9	175.3	178.6

(HEIGHT, FEMALE)				(CENTILES:cm)									
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	99.5	102.1	104.1	104.8	105.5	106.7	107.9	109.0	110.3	111.0	111.8	114.1	116.7
6+	104.7	107.6	109.7	110.5	111.2	112.5	113.6	114.8	116.0	116.8	117.6	119.7	122.9
7+	110.0	113.1	115.1	115.9	116.6	118.0	119.3	120.5	121.9	122.6	123.5	125.6	128.7
8+	115.2	118.2	120.3	121.1	121.9	123.3	124.7	126.0	127.4	128.2	129.1	131.3	135.1
9+	120.1	123.2	125.5	126.5	127.3	128.7	130.2	131.6	133.1	134.1	135.0	137.7	141.4
10+	124.8	128.4	131.0	132.1	133.0	134.8	136.3	137.9	139.6	140.6	141.7	144.8	148.7
11+	130.6	134.5	137.3	138.5	139.5	141.4	143.1	144.9	146.8	147.9	149.1	151.9	155.8
12+	135.9	140.5	143.5	144.6	145.6	147.3	148.8	150.3	151.8	152.7	153.7	156.0	159.4
13+	141.4	145.4	147.9	148.8	149.7	151.2	152.6	154.0	155.4	156.1	157.0	159.2	162.2
14+	144.5	147.8	150.0	150.8	151.6	152.9	154.3	155.6	156.9	157.7	158.5	160.6	163.7
15+	145.9	149.3	151.3	152.1	152.8	154.2	155.5	156.6	157.9	158.6	159.5	161.8	164.5
16+	146.4	149.5	151.7	152.5	153.3	154.6	155.9	157.1	158.4	159.2	160.1	162.3	165.4
17+	146.8	149.9	151.9	152.7	153.4	154.7	155.9	157.2	158.6	159.3	160.2	162.2	164.9

(WEIGHT, MALE)				(CENTILES:kg)									
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.2	16.1	16.9	17.2	17.4	18.0	18.5	19.0	19.6	19.9	20.3	21.4	23.4
6+	16.2	17.2	18.1	18.5	18.8	19.4	20.0	20.6	21.2	21.6	22.0	23.4	25.6
7+	17.8	19.1	20.1	20.5	20.9	21.5	22.1	22.8	23.6	24.0	24.6	26.0	28.6
8+	19.9	21.2	22.3	22.8	23.2	24.0	24.7	25.5	26.4	26.9	27.6	29.5	33.8
9+	21.6	23.3	24.6	25.1	25.5	26.4	27.2	28.2	29.3	29.9	30.6	33.1	37.8
10+	23.8	25.6	27.0	27.5	28.0	29.0	30.0	31.0	32.3	33.1	34.2	37.1	42.8
11+	26.0	28.0	29.6	30.3	30.9	32.1	33.2	34.6	36.3	37.3	38.4	41.9	47.6
12+	28.5	31.0	33.1	34.0	34.8	36.4	37.9	39.6	41.6	42.8	44.2	47.9	54.1
13+	31.3	34.5	37.3	38.6	39.7	41.7	43.8	45.7	48.0	49.2	50.5	54.0	60.5
14+	36.1	40.5	43.9	45.1	46.1	48.0	49.8	51.6	53.6	54.7	55.9	59.6	66.1
15+	42.3	46.1	48.9	50.0	50.8	52.5	54.1	55.7	57.8	58.9	60.2	64.0	70.4
16+	45.8	49.3	51.8	52.8	53.7	55.3	56.7	58.5	60.4	61.5	62.7	66.1	71.8
17+	47.8	50.8	53.2	54.2	55.0	56.6	58.2	60.1	61.8	62.9	64.1	67.3	72.7

(WEIGHT, FEMALE)				(CENTILES:kg)									
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.5	15.5	16.3	16.7	17.0	17.5	18.0	18.5	19.1	19.5	19.9	21.0	23.1
6+	15.5	16.7	17.6	18.0	18.3	18.8	19.4	20.1	20.7	21.1	21.6	22.8	25.0
7+	17.2	18.6	19.6	20.0	20.3	21.0	21.7	22.4	23.2	23.6	24.2	25.7	28.4
8+	19.2	20.6	21.7	22.2	22.6	23.4	24.1	25.0	25.9	26.5	27.2	29.2	32.8
9+	21.2	22.8	24.1	24.6	25.1	26.0	26.9	27.8	29.0	29.7	30.4	32.9	37.0
10+	23.3	25.3	26.8	27.5	28.1	29.3	30.4	31.6	33.1	34.0	35.0	38.1	43.1
11+	26.0	28.4	30.4	31.2	32.1	33.6	35.1	36.8	38.8	39.9	41.1	44.5	50.4
12+	29.4	32.5	35.2	36.1	37.0	38.8	40.4	42.1	44.1	45.1	46.4	49.9	55.4
13+	33.8	37.3	40.0	40.9	41.7	43.3	45.0	46.5	48.3	49.4	50.5	53.6	58.7
14+	37.7	40.9	43.3	44.2	45.0	46.4	47.9	49.5	51.1	52.1	53.2	56.3	61.1
15+	40.3	43.2	45.5	46.4	47.2	48.6	50.1	51.6	53.3	54.3	55.4	58.5	63.5
16+	41.6	44.5	46.6	47.5	48.3	49.9	51.3	52.8	54.5	55.4	56.5	59.6	64.4
17+	42.2	45.2	47.3	48.1	48.9	50.4	51.9	53.4	55.0	55.9	57.0	59.8	64.4

資料 3 男女別身長体重別パーセンタイル値 (1977年度)

(HEIGHT, MALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.7	104.4	106.4	107.2	107.9	109.1	110.1	111.4	112.8	113.4	114.2	116.4	119.3
6+	106.6	109.5	111.6	112.3	113.0	114.2	115.4	116.6	118.0	118.7	119.5	121.8	125.1
7+	111.9	114.8	117.0	117.8	118.5	119.8	121.0	122.2	123.6	124.3	125.2	127.6	130.5
8+	116.9	120.0	122.1	122.9	123.7	125.2	126.5	127.9	129.4	130.2	131.0	133.4	136.7
9+	121.4	124.8	127.1	128.0	128.9	130.3	131.6	133.0	134.4	135.3	136.2	138.8	142.4
10+	125.8	129.3	131.6	132.7	133.5	135.0	136.4	137.8	139.4	140.3	141.3	143.9	148.0
11+	130.9	134.5	137.1	138.2	139.1	140.7	142.3	144.0	145.7	146.7	148.0	151.3	155.9
12+	135.3	139.5	142.4	143.6	144.7	146.8	148.8	150.8	153.0	154.4	155.9	159.6	164.4
13+	141.2	146.0	149.7	151.1	152.4	154.8	157.0	159.1	161.1	162.2	163.4	166.5	170.7
14+	148.4	153.6	157.2	158.5	159.6	161.4	163.1	164.7	166.5	167.4	168.5	171.2	174.7
15+	154.7	159.0	161.7	162.7	163.6	165.1	166.4	167.9	169.4	170.2	171.2	173.7	177.4
16+	157.7	161.0	163.5	164.5	165.4	166.9	168.3	169.7	171.2	172.0	173.0	175.4	178.8
17+	158.6	162.0	164.5	165.4	166.3	167.8	169.2	170.6	172.0	172.8	173.8	176.2	179.5

(HEIGHT, FEMALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.0	103.5	105.3	106.1	106.8	108.0	109.1	110.2	111.6	112.3	113.1	115.2	118.3
6+	105.7	108.6	110.6	111.4	112.1	113.3	114.5	115.7	117.1	117.8	118.6	120.8	123.9
7+	111.2	114.0	116.2	117.0	117.7	118.9	120.1	121.3	122.7	123.5	124.3	126.6	129.8
8+	116.0	119.0	121.4	122.2	123.0	124.4	125.7	127.1	128.6	129.5	130.4	133.0	136.3
9+	120.9	124.2	126.6	127.5	128.3	129.9	131.3	132.7	134.4	135.3	136.3	139.0	142.6
10+	126.1	129.6	132.3	133.2	134.1	135.9	137.5	139.1	140.9	141.9	143.0	146.2	150.6
11+	131.9	136.1	139.3	140.4	141.5	143.3	145.1	146.9	148.7	149.6	150.7	153.4	157.3
12+	137.8	142.2	145.3	146.4	147.4	149.0	150.4	151.9	153.5	154.3	155.2	157.6	161.0
13+	143.0	146.7	149.3	150.2	151.0	152.4	153.7	155.1	156.4	157.2	158.1	160.2	163.3
14+	145.5	148.8	151.2	152.0	152.8	154.1	155.4	156.6	158.0	158.8	159.6	161.7	164.6
15+	146.8	149.8	151.9	152.7	153.5	154.8	156.0	157.3	158.7	159.5	160.2	162.4	165.4
16+	147.0	150.1	152.2	153.1	153.8	155.2	156.4	157.7	159.0	159.7	160.5	162.6	165.6
17+	147.2	150.2	152.4	153.2	154.0	155.4	156.6	157.9	159.2	159.9	160.7	163.0	166.0

(WEIGHT, MALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.0	16.1	16.9	17.2	17.5	18.1	18.6	19.2	19.8	20.1	20.5	21.8	24.0
6+	16.3	17.5	18.4	18.7	19.0	19.6	20.2	20.9	21.6	22.0	22.5	24.0	26.7
7+	18.1	19.5	20.4	20.8	21.2	21.9	22.5	23.2	24.1	24.5	25.1	26.8	30.1
8+	19.9	21.4	22.6	23.0	23.4	24.2	25.0	25.8	26.8	27.4	28.1	30.5	35.4
9+	21.8	23.6	25.0	25.5	26.0	26.9	27.8	28.8	30.0	30.7	31.7	34.4	40.2
10+	23.9	25.8	27.3	27.9	28.4	29.5	30.6	31.7	33.2	34.0	35.2	38.7	45.4
11+	26.4	28.6	30.3	31.1	31.8	33.0	34.4	35.8	37.7	38.8	40.1	44.3	51.6
12+	29.2	31.6	33.9	34.8	35.6	37.3	39.1	40.9	43.3	44.6	46.1	50.5	57.7
13+	32.4	35.7	38.8	40.0	41.2	43.3	45.3	47.3	49.5	50.8	52.3	56.6	61.8
14+	37.6	41.7	44.9	46.0	47.0	49.0	50.8	52.7	54.7	55.8	57.2	61.1	67.6
15+	42.8	46.4	49.4	50.3	51.3	53.1	54.8	56.7	58.7	60.0	61.5	65.8	73.6
16+	46.0	49.4	51.9	52.9	53.9	55.6	57.3	59.1	61.1	62.2	63.6	67.8	75.6
17+	47.8	50.8	53.3	54.3	55.2	56.9	58.7	60.5	62.6	63.6	64.9	68.8	75.9

(WEIGHT, FEMALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.7	15.7	16.5	16.7	17.0	17.6	18.1	18.6	19.3	19.7	20.1	21.2	23.3
6+	15.7	16.9	17.8	18.2	18.5	19.2	19.8	20.4	21.1	21.5	22.1	23.5	26.2
7+	17.5	18.8	19.9	20.2	20.6	21.3	22.0	22.7	23.5	24.1	24.6	26.3	29.7
8+	19.4	20.9	22.0	22.5	22.9	23.8	24.6	25.5	26.6	27.2	28.0	30.3	34.8
9+	21.4	23.1	24.5	25.0	25.5	26.5	27.5	28.6	30.0	30.7	31.8	34.5	39.7
10+	23.6	25.5	27.1	27.8	28.5	29.7	31.0	32.3	34.0	35.1	36.4	40.0	45.6
11+	26.4	29.2	31.4	32.3	33.2	34.8	36.4	38.0	40.1	41.3	42.6	46.5	52.0
12+	30.0	33.4	36.0	37.1	38.0	39.8	41.4	43.0	45.1	46.1	47.4	51.1	57.1
13+	34.3	37.8	40.4	41.3	42.2	43.9	45.4	47.0	48.9	50.0	51.2	54.7	60.3
14+	37.6	41.0	43.5	44.4	45.2	46.8	48.4	49.9	51.7	52.7	53.8	57.3	62.7
15+	40.2	43.2	45.4	46.4	47.2	48.8	50.3	51.9	53.9	54.9	56.2	59.7	65.1
16+	41.3	44.3	46.5	47.4	48.2	49.7	51.2	52.7	54.4	55.3	56.4	59.7	65.2
17+	42.0	44.8	47.0	47.9	48.7	50.1	51.6	53.1	54.8	55.7	56.9	60.0	65.4

資料4 男女別身長体重別パーセンタイル値(1978年度)

(HEIGHT, MALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.8	104.4	106.3	107.1	107.8	109.0	110.2	111.4	112.8	113.4	114.3	116.4	119.4
6+	106.8	109.7	111.7	112.4	113.2	114.4	115.5	116.8	118.1	118.8	119.6	121.7	124.9
7+	111.9	114.9	117.0	117.9	118.6	119.9	121.1	122.4	123.9	124.6	125.4	127.7	130.9
8+	117.1	120.1	122.3	123.2	123.9	125.3	126.5	127.9	129.3	130.1	131.0	133.4	136.3
9+	121.9	124.8	127.2	128.1	128.9	130.3	131.6	133.0	134.5	135.4	136.4	139.0	142.3
10+	126.2	129.5	132.1	133.1	133.9	135.5	137.0	138.5	140.1	140.9	141.9	144.7	148.7
11+	130.6	134.0	136.8	137.8	138.8	140.4	142.0	143.7	145.4	146.5	147.7	151.1	156.0
12+	135.9	139.9	143.0	144.2	145.3	147.3	149.3	151.4	153.6	154.9	156.4	160.0	164.8
13+	141.5	146.3	150.0	151.5	152.7	155.0	157.2	159.3	161.3	162.5	163.7	166.8	170.7
14+	148.6	153.8	157.5	158.8	159.9	161.7	163.3	165.0	166.8	167.8	168.8	171.5	175.1
15+	155.0	159.2	161.8	162.7	163.6	165.1	166.6	168.1	169.8	170.5	171.5	174.0	177.4
16+	157.5	161.1	163.7	164.7	165.5	167.1	168.5	169.9	171.3	172.2	173.1	175.6	178.8
17+	159.0	162.1	164.6	165.5	166.3	167.8	169.3	170.7	172.2	173.0	174.0	176.5	179.8

(HEIGHT, FEMALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	100.8	103.6	105.6	106.3	107.0	108.2	109.3	110.4	111.7	112.4	113.1	115.2	118.3
6+	105.7	108.6	110.7	111.4	112.1	113.4	114.6	115.7	117.0	117.8	118.7	120.9	124.1
7+	111.1	114.0	116.1	117.0	117.7	119.0	120.2	121.6	122.9	123.6	124.5	126.8	130.0
8+	116.0	119.2	121.4	122.2	123.0	124.3	125.6	127.0	128.6	129.4	130.3	132.8	136.4
9+	121.3	124.3	126.7	127.6	128.5	130.0	131.4	132.8	134.4	135.4	136.5	139.2	143.1
10+	126.4	130.0	132.6	133.6	134.6	136.3	137.9	139.7	141.5	142.5	143.7	146.9	150.9
11+	131.8	135.6	138.5	139.7	140.7	142.5	144.3	146.1	148.0	149.0	150.3	153.2	156.9
12+	138.7	142.6	145.6	146.6	147.5	149.2	150.7	152.2	153.7	154.5	155.5	157.8	160.8
13+	143.3	146.9	149.4	150.3	151.1	152.5	153.9	155.2	156.7	157.4	158.2	160.5	163.3
14+	145.8	149.1	151.3	152.2	152.9	154.3	155.6	156.9	158.2	158.9	159.8	161.9	164.9
15+	146.6	149.7	151.9	152.7	153.5	154.9	156.1	157.4	158.8	159.6	160.3	162.5	165.7
16+	147.0	150.1	152.2	153.1	153.8	155.2	156.5	157.9	159.3	160.0	160.8	162.9	165.9
17+	147.1	150.3	152.5	153.3	154.0	155.4	156.6	157.9	159.3	160.0	160.8	162.9	166.0

(WEIGHT, MALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.1	16.1	16.9	17.3	17.6	18.1	18.7	19.2	19.8	20.1	20.4	21.6	23.7
6+	16.5	17.6	18.5	18.8	19.1	19.7	20.3	20.9	21.6	22.0	22.5	24.0	26.8
7+	18.1	19.5	20.5	20.9	21.2	21.9	22.6	23.3	24.2	24.6	25.2	27.0	30.6
8+	19.9	21.5	22.7	23.1	23.5	24.3	25.1	25.9	26.9	27.4	28.2	30.4	34.7
9+	21.9	23.7	24.9	25.4	25.9	26.8	27.8	28.8	30.1	30.8	31.7	34.9	40.7
10+	24.2	25.9	27.5	28.1	28.7	29.8	30.9	32.2	33.7	34.7	35.8	39.5	45.8
11+	26.0	28.5	30.2	31.0	31.6	32.9	34.3	35.8	37.6	38.8	40.2	44.5	52.3
12+	29.6	32.1	34.3	35.2	36.1	37.9	39.7	41.7	44.0	45.2	46.8	51.5	58.8
13+	32.8	36.1	39.1	40.3	41.4	43.5	45.5	47.6	49.9	51.1	52.6	57.0	64.7
14+	37.4	41.9	45.0	46.2	47.3	49.4	51.2	53.1	55.1	56.3	57.6	62.1	70.0
15+	42.6	46.7	49.7	50.8	51.7	53.5	55.2	57.1	59.4	60.6	62.1	66.5	74.8
16+	45.7	49.4	52.1	53.1	54.1	55.8	57.6	59.4	61.5	62.7	64.1	68.6	77.0
17+	47.6	51.0	53.7	54.7	55.5	57.2	59.0	60.7	62.8	63.9	65.3	69.6	77.9

(WEIGHT, FEMALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.7	15.7	16.5	16.8	17.1	17.7	18.2	18.7	19.3	19.7	20.1	21.3	23.3
6+	15.8	17.0	17.9	18.2	18.6	19.2	19.8	20.4	21.1	21.5	22.1	23.6	26.2
7+	17.6	18.8	19.9	20.3	20.7	21.4	22.1	22.9	23.7	24.3	24.9	26.6	29.8
8+	19.5	20.9	22.1	22.5	23.0	23.8	24.6	25.4	26.5	27.1	27.9	30.3	34.5
9+	21.6	23.1	24.5	25.0	25.6	26.5	27.5	28.6	29.9	30.7	31.7	34.7	39.6
10+	23.6	25.7	27.3	28.1	28.7	30.0	31.2	32.7	34.6	35.7	36.9	40.5	46.6
11+	26.3	28.7	30.9	31.8	32.7	34.3	35.8	37.4	39.5	40.7	42.1	46.0	51.9
12+	30.3	33.6	36.2	37.2	38.1	39.9	41.6	43.4	45.3	46.4	47.7	51.5	57.7
13+	34.5	38.0	40.6	41.6	42.4	44.1	45.7	47.3	49.2	50.2	51.4	55.0	60.7
14+	38.1	41.1	43.5	44.5	45.3	46.9	48.3	49.9	51.7	52.7	53.9	57.1	62.8
15+	40.1	43.2	45.3	46.2	47.0	48.6	50.2	51.9	53.7	54.8	56.0	59.5	65.6
16+	41.3	44.4	46.7	47.6	48.3	49.8	51.3	52.9	54.7	55.6	56.9	60.1	65.8
17+	41.8	44.7	46.8	47.7	48.5	50.0	51.5	53.0	54.6	55.4	56.5	59.9	65.4

資料 5 男女別身長体重別パーセンタイル値 (1979年度)

(HEIGHT, MALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.7	104.3	106.2	107.0	107.7	108.9	110.1	111.2	112.4	113.1	113.9	116.0	118.9
6+	106.7	109.7	111.6	112.4	113.0	114.4	115.6	116.7	118.1	118.8	119.6	121.7	124.9
7+	112.1	115.0	117.1	117.9	118.7	120.0	121.2	122.5	123.9	124.7	125.5	127.8	130.9
8+	117.1	120.2	122.3	123.2	123.9	125.3	126.6	128.0	129.5	130.3	131.2	133.5	136.9
9+	121.7	125.0	127.2	128.1	129.0	130.4	131.7	133.2	134.6	135.4	136.3	138.9	142.4
10+	126.7	129.9	132.3	133.2	134.0	135.6	137.0	138.5	140.1	141.0	142.0	144.8	148.4
11+	130.8	134.6	137.3	138.4	139.3	140.9	142.5	144.2	146.0	147.1	148.3	151.6	156.4
12+	135.6	139.6	142.4	143.6	144.7	146.7	148.7	150.7	153.0	154.4	155.8	159.5	164.4
13+	141.7	146.6	150.4	151.9	153.2	155.6	157.7	159.8	161.8	162.9	164.1	167.3	171.2
14+	148.6	153.9	157.5	158.8	159.9	161.8	163.5	165.1	166.9	167.9	169.0	171.6	175.3
15+	155.4	159.4	162.1	163.1	164.0	165.5	167.0	168.5	170.0	170.9	171.8	174.3	178.0
16+	158.1	161.5	163.9	164.8	165.7	167.3	168.6	170.0	171.6	172.4	173.3	176.0	179.5
17+	159.2	162.2	164.8	165.7	166.5	168.0	169.5	170.9	172.4	173.2	174.2	176.7	180.0

(HEIGHT, FEMALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	100.9	103.4	105.4	106.1	106.8	108.0	109.2	110.3	111.6	112.2	113.0	115.1	118.0
6+	105.9	108.7	110.8	111.6	112.3	113.6	114.8	116.0	117.3	118.0	118.8	121.0	124.0
7+	111.3	114.2	116.3	117.1	117.9	119.2	120.4	121.7	123.1	123.8	124.7	127.0	130.3
8+	116.3	119.4	121.6	122.5	123.2	124.6	126.0	127.3	128.8	129.7	130.6	133.1	136.6
9+	121.1	124.6	126.8	127.7	128.6	130.1	131.5	133.0	134.6	135.5	136.6	139.4	143.3
10+	126.1	129.9	132.6	133.5	134.6	136.2	137.9	139.6	141.5	142.5	143.7	146.8	151.0
11+	132.2	136.3	139.3	140.4	141.5	143.5	145.2	147.0	148.8	149.8	150.9	153.7	157.4
12+	138.2	142.4	145.3	146.4	147.3	149.0	150.6	152.0	153.6	154.5	155.5	157.9	161.0
13+	143.7	147.3	149.8	150.7	151.5	152.9	154.2	155.5	156.9	157.6	158.4	160.6	163.8
14+	145.9	149.2	151.5	152.3	153.1	154.5	155.7	157.0	158.4	159.2	160.0	162.2	165.3
15+	146.7	149.9	152.1	152.9	153.6	155.0	156.3	157.5	158.9	159.7	160.5	162.7	165.8
16+	147.3	150.3	152.5	153.3	154.1	155.4	156.6	157.8	159.2	159.9	160.8	163.0	165.8
17+	147.5	150.4	152.6	153.4	154.1	155.5	156.8	158.0	159.3	160.1	160.9	163.0	166.1

(WEIGHT, MALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.0	16.1	16.9	17.2	17.5	18.1	18.6	19.2	19.8	20.1	20.4	21.7	24.0
6+	16.5	17.6	18.5	18.8	19.2	19.8	20.4	21.0	21.7	22.2	22.7	24.2	27.2
7+	18.2	19.6	20.5	20.9	21.3	22.0	22.7	23.4	24.2	24.7	25.3	27.0	31.1
8+	20.0	21.5	22.7	23.2	23.6	24.4	25.2	26.1	27.1	27.7	28.5	30.9	35.9
9+	22.1	23.7	25.0	25.6	26.1	27.0	27.9	29.0	30.2	30.9	31.8	34.9	41.0
10+	24.2	26.1	27.7	28.3	28.9	30.0	31.1	32.4	34.1	35.0	36.1	40.2	47.0
11+	26.5	28.7	30.5	31.2	31.9	33.3	34.7	36.3	38.3	39.5	40.8	45.2	52.5
12+	29.1	31.8	34.1	35.0	35.9	37.7	39.5	41.5	43.8	45.1	46.7	51.5	58.9
13+	32.8	36.3	39.5	40.7	41.8	44.0	46.0	48.2	50.5	51.9	53.4	57.7	65.9
14+	37.4	42.0	45.1	46.4	47.5	49.5	51.4	53.3	55.4	56.7	58.1	62.5	70.9
15+	43.0	46.9	49.7	50.8	51.8	53.6	55.4	57.3	59.6	61.0	62.5	67.6	76.9
16+	46.2	49.8	52.4	53.5	54.4	56.1	57.8	59.7	61.7	63.0	64.4	68.8	77.9
17+	48.0	51.4	54.0	54.9	55.9	57.7	59.4	61.2	63.2	64.4	65.6	70.0	78.2

(WEIGHT, FEMALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.6	15.6	16.5	16.8	17.1	17.6	18.2	18.7	19.3	19.7	20.1	21.3	23.5
6+	15.8	17.0	17.9	18.3	18.7	19.3	19.9	20.5	21.3	21.7	22.3	23.8	26.4
7+	17.7	19.0	20.0	20.4	20.8	21.5	22.2	23.0	23.8	24.3	24.9	26.8	30.1
8+	19.6	21.0	22.2	22.6	23.1	23.9	24.8	25.6	26.7	27.3	28.1	30.5	35.3
9+	21.6	23.2	24.6	25.2	25.7	26.7	27.7	28.8	30.0	30.8	31.8	34.9	40.4
10+	23.8	25.8	27.5	28.2	28.8	30.1	31.4	32.9	34.7	35.7	37.0	40.8	46.6
11+	26.6	29.2	31.4	32.3	33.2	34.9	36.6	38.4	40.3	41.5	42.9	46.9	53.9
12+	30.2	33.5	36.1	37.1	38.1	39.9	41.7	43.4	45.4	46.5	47.8	51.7	58.2
13+	35.0	38.4	40.9	41.9	42.8	44.5	46.1	47.7	49.6	50.7	52.0	55.4	61.7
14+	38.0	41.3	43.7	44.7	45.6	47.2	48.7	50.3	52.0	53.1	54.3	57.6	63.5
15+	40.1	43.3	45.6	46.5	47.4	49.0	50.6	52.2	53.9	55.0	56.2	59.8	66.4
16+	41.6	44.5	46.8	47.7	48.5	50.0	51.6	53.1	54.6	55.6	56.8	60.3	65.9
17+	41.8	44.7	46.9	47.7	48.5	50.1	51.6	53.1	54.7	55.6	56.8	60.1	66.4

資料6 男女別身長体重別パーセンタイル値(1980年度)

(HEIGHT, MALE)		(CENTILES: cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.8	104.5	106.4	107.1	107.8	109.0	110.2	111.4	112.6	113.3	114.1	116.2	119.1
6+	107.0	109.8	111.8	112.6	113.2	114.5	115.7	116.9	118.2	118.9	119.7	121.9	125.1
7+	112.2	115.0	117.1	117.9	118.7	120.0	121.3	122.6	124.0	124.8	125.6	127.9	131.1
8+	117.2	120.2	122.5	123.3	124.1	125.5	126.7	128.1	129.5	130.3	131.2	133.7	137.1
9+	122.0	125.1	127.4	128.3	129.1	130.5	131.9	133.3	134.7	135.6	136.5	138.9	142.3
10+	126.6	129.9	132.3	133.2	134.1	135.6	137.1	138.6	140.2	141.1	142.2	144.8	148.7
11+	130.7	134.6	137.3	138.3	139.3	141.0	142.6	144.2	146.0	147.0	148.3	151.4	156.4
12+	136.1	140.1	143.1	144.3	145.4	147.5	149.5	151.6	153.9	155.1	156.6	160.2	165.0
13+	141.8	146.3	150.0	151.5	152.7	155.0	157.2	159.3	161.4	162.6	163.9	167.0	171.2
14+	149.2	154.6	158.1	159.4	160.4	162.3	163.9	165.6	167.3	168.2	169.3	172.0	175.6
15+	155.6	159.6	162.1	163.1	164.0	165.6	167.0	168.5	170.1	170.9	171.9	174.5	178.3
16+	158.0	161.6	164.0	165.0	165.9	167.5	168.9	170.3	171.9	172.7	173.6	176.1	179.5
17+	159.1	162.6	165.0	165.9	166.8	168.3	169.7	171.0	172.5	173.3	174.3	176.8	180.2

(HEIGHT, FEMALE)		(CENTILES: cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.0	103.7	105.6	106.3	107.0	108.2	109.4	110.5	111.8	112.5	113.3	115.3	118.2
6+	106.0	108.9	110.9	111.7	112.4	113.6	114.9	116.1	117.4	118.1	118.9	121.1	124.2
7+	111.3	114.1	116.3	117.2	117.9	119.2	120.4	121.7	123.1	123.9	124.8	127.0	130.1
8+	116.5	119.6	121.7	122.6	123.5	124.8	126.2	127.5	128.9	129.7	130.5	133.1	136.6
9+	121.3	124.6	127.1	128.0	128.8	130.2	131.7	133.1	134.7	135.6	136.6	139.3	143.4
10+	126.4	129.9	132.6	133.7	134.6	136.4	138.1	139.8	141.7	142.8	144.0	147.1	151.2
11+	131.8	135.9	138.9	140.2	141.3	143.3	145.1	146.9	148.8	149.8	150.8	153.6	157.2
12+	138.6	142.7	145.7	146.8	147.8	149.5	150.9	152.4	153.9	154.8	155.7	158.1	161.4
13+	143.6	147.1	149.6	150.5	151.3	152.8	154.1	155.5	156.9	157.6	158.5	160.7	163.8
14+	146.1	149.4	151.7	152.6	153.3	154.7	156.0	157.3	158.7	159.5	160.2	162.5	165.5
15+	147.1	150.2	152.4	153.2	154.0	155.3	156.6	157.8	159.2	159.9	160.7	163.1	166.2
16+	147.4	150.4	152.6	153.5	154.2	155.6	156.9	158.2	159.6	160.3	161.2	163.3	166.3
17+	147.5	150.5	152.7	153.6	154.4	155.7	157.0	158.3	159.6	160.4	161.2	163.3	166.2

(WEIGHT, MALE)		(CENTILES: kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.0	16.2	17.0	17.3	17.6	18.1	18.7	19.2	19.8	20.2	20.5	21.8	24.1
6+	16.5	17.6	18.6	18.9	19.2	19.9	20.4	21.1	21.8	22.2	22.7	24.3	27.4
7+	18.2	19.6	20.5	20.9	21.3	22.0	22.7	23.4	24.3	24.8	25.4	27.2	30.8
8+	20.0	21.6	22.7	23.2	23.6	24.4	25.2	26.1	27.2	27.8	28.6	31.0	36.4
9+	22.0	23.8	25.1	25.6	26.1	27.0	28.0	29.1	30.2	31.0	32.0	35.2	41.3
10+	24.2	26.1	27.7	28.3	28.9	29.9	31.1	32.4	34.0	34.9	36.2	40.3	47.7
11+	26.4	28.6	30.4	31.1	31.8	33.3	34.8	36.4	38.4	39.5	41.0	45.7	53.3
12+	29.5	32.1	34.4	35.4	36.4	38.2	40.1	42.1	44.5	45.8	47.4	52.2	60.1
13+	32.7	36.1	39.2	40.4	41.6	43.7	45.7	47.8	50.2	51.6	53.1	58.0	66.3
14+	38.0	42.4	45.6	46.8	47.9	49.8	51.6	53.6	55.7	57.0	58.5	63.1	71.3
15+	43.3	47.1	49.9	51.0	52.1	53.9	55.7	57.7	59.9	61.2	62.8	67.9	77.7
16+	46.4	49.8	52.5	53.6	54.6	56.3	58.1	60.0	62.2	63.4	64.8	69.6	78.9
17+	47.9	51.3	54.0	55.0	55.9	57.7	59.6	61.4	63.5	64.8	66.2	70.6	78.9

(WEIGHT, FEMALE)		(CENTILES: kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.7	15.7	16.6	16.9	17.2	17.7	18.2	18.8	19.4	19.8	20.2	21.5	23.6
6+	15.9	17.1	18.0	18.4	18.7	19.3	20.0	20.6	21.3	21.7	22.2	23.8	26.6
7+	17.6	18.9	20.0	20.4	20.7	21.4	22.1	22.9	23.7	24.2	24.9	26.7	30.1
8+	19.5	21.0	22.2	22.7	23.1	24.0	24.8	25.6	26.7	27.4	28.1	30.5	35.3
9+	21.6	23.3	24.6	25.1	25.7	26.7	27.7	28.8	30.1	30.9	31.9	34.9	40.0
10+	23.6	25.8	27.4	28.2	28.8	30.1	31.4	32.9	34.7	35.9	37.2	41.0	47.1
11+	26.3	28.9	31.2	32.1	33.0	34.7	36.3	38.2	40.4	41.7	42.9	46.6	52.8
12+	30.5	33.8	36.5	37.5	38.5	40.2	42.0	43.7	45.7	46.9	48.2	52.1	58.4
13+	34.7	38.1	40.7	41.7	42.6	44.3	45.8	47.5	49.3	50.4	51.6	55.3	61.5
14+	38.4	41.6	44.1	45.0	45.8	47.4	48.9	50.4	52.3	53.3	54.5	58.1	64.2
15+	40.1	43.5	45.8	46.8	47.6	49.3	50.7	52.3	54.1	55.1	56.4	60.0	66.6
16+	41.5	44.6	46.7	47.6	48.5	50.0	51.5	53.0	54.7	55.6	56.8	60.3	66.3
17+	41.8	44.6	46.8	47.7	48.5	50.0	51.5	53.0	54.7	55.6	56.8	60.2	65.9

資料 7 男女別身長体重別パーセンタイル値 (1981年度)

(HEIGHT, MALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.8	104.5	106.4	107.1	107.8	109.0	110.2	111.4	112.6	113.3	114.1	116.1	119.0
6+	107.0	109.9	111.9	112.7	113.3	114.6	115.8	117.0	118.3	119.0	119.9	122.1	125.2
7+	112.3	115.1	117.2	118.0	118.7	120.0	121.3	122.5	124.0	124.7	125.6	127.9	131.0
8+	117.2	120.2	122.4	123.3	124.0	125.4	126.6	128.0	129.4	130.2	131.1	133.7	137.2
9+	121.9	125.2	127.5	128.5	129.3	130.7	132.0	133.4	134.9	135.6	136.6	139.2	142.7
10+	126.6	129.8	132.3	133.3	134.1	135.7	137.1	138.6	140.2	141.0	142.0	144.8	148.9
11+	131.0	134.5	137.1	138.2	139.2	140.9	142.5	144.2	146.1	147.1	148.2	151.6	156.3
12+	136.2	140.0	143.1	144.3	145.4	147.5	149.4	151.5	153.8	155.0	156.5	160.2	164.9
13+	141.8	146.7	150.4	151.9	153.2	155.6	157.7	159.7	161.8	162.9	164.2	167.3	171.3
14+	148.5	154.0	157.6	158.9	159.9	161.9	163.6	165.3	167.0	168.0	169.0	171.7	175.3
15+	156.0	159.8	162.5	163.5	164.4	166.0	167.4	168.9	170.4	171.3	172.2	174.7	178.4
16+	158.1	161.6	164.2	165.1	166.0	167.6	169.0	170.4	171.9	172.7	173.7	176.2	179.6
17+	159.4	162.6	165.0	165.9	166.8	168.4	169.8	171.1	172.7	173.5	174.5	177.0	180.3

(HEIGHT, FEMALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	100.9	103.6	105.6	106.3	106.9	108.1	109.3	110.4	111.8	112.5	113.3	115.3	118.3
6+	106.3	109.0	111.1	111.9	112.6	113.8	115.0	116.2	117.5	118.2	119.0	121.2	124.2
7+	111.5	114.4	116.6	117.3	118.1	119.4	120.7	121.9	123.3	124.1	124.9	127.2	130.4
8+	116.2	119.5	121.7	122.6	123.3	124.7	126.0	127.3	128.8	129.6	130.4	133.0	136.4
9+	121.5	124.6	127.0	127.9	128.7	130.2	131.6	133.0	134.7	135.6	136.6	139.5	143.5
10+	126.5	129.9	132.5	133.6	134.6	136.2	138.0	139.6	141.4	142.6	143.7	146.9	151.0
11+	131.8	136.2	139.3	140.4	141.4	143.4	145.1	146.9	148.8	149.7	150.8	153.5	157.3
12+	138.3	142.5	145.6	146.6	147.6	149.4	150.8	152.2	153.8	154.7	155.6	158.0	161.3
13+	143.7	147.4	149.8	150.7	151.5	153.0	154.3	155.7	157.1	157.9	158.7	161.0	164.1
14+	146.3	149.6	151.8	152.6	153.4	154.8	156.0	157.3	158.7	159.4	160.3	162.4	165.4
15+	147.1	150.3	152.4	153.3	154.0	155.4	156.6	157.9	159.3	160.1	160.9	163.1	166.0
16+	147.5	150.5	152.6	153.5	154.3	155.7	156.9	158.2	159.6	160.3	161.1	163.3	166.2
17+	147.7	150.8	152.9	153.7	154.5	155.8	157.1	158.3	159.7	160.4	161.2	163.4	166.4

(WEIGHT, MALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.1	16.2	17.0	17.3	17.6	18.1	18.7	19.2	19.9	20.2	20.6	21.8	23.7
6+	16.5	17.7	18.6	19.0	19.3	19.9	20.5	21.2	21.9	22.3	22.8	24.3	27.2
7+	18.3	19.6	20.6	20.9	21.3	22.0	22.7	23.4	24.3	24.8	25.3	27.2	31.1
8+	20.1	21.6	22.7	23.1	23.6	24.4	25.2	26.0	27.1	27.7	28.5	31.0	35.9
9+	22.1	23.8	25.1	25.7	26.2	27.1	28.0	29.1	30.2	31.0	31.9	35.1	41.3
10+	24.1	26.0	27.7	28.3	28.9	30.0	31.0	32.3	33.9	34.9	36.1	40.2	47.2
11+	26.4	28.6	30.3	31.0	31.7	33.1	34.5	36.1	38.0	39.2	40.8	45.2	52.5
12+	29.4	32.1	34.4	35.4	36.3	38.1	39.9	41.9	44.3	45.6	47.2	51.9	59.4
13+	32.9	36.4	39.5	40.6	41.8	43.9	46.0	48.1	50.4	51.7	53.2	57.8	66.0
14+	37.3	41.7	44.9	46.2	47.4	49.5	51.4	53.3	55.6	56.9	58.4	62.8	71.1
15+	43.2	47.2	50.1	51.2	52.2	54.1	55.9	57.8	60.0	61.3	62.9	68.0	77.5
16+	46.4	49.9	52.6	53.6	54.6	56.3	58.1	60.0	62.1	63.3	64.8	69.2	78.4
17+	48.1	51.3	54.0	55.0	55.9	57.7	59.4	61.3	63.5	64.8	66.1	70.8	80.0

(WEIGHT, FEMALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.7	15.7	16.6	16.9	17.2	17.7	18.3	18.8	19.5	19.8	20.3	21.4	23.6
6+	15.9	17.1	18.0	18.4	18.8	19.4	20.0	20.6	21.4	21.8	22.3	23.9	26.8
7+	17.7	19.1	20.1	20.5	20.9	21.6	22.3	23.0	23.9	24.4	25.0	26.8	30.0
8+	19.6	21.0	22.2	22.7	23.1	23.9	24.7	25.6	26.6	27.2	27.9	30.3	34.4
9+	21.5	23.2	24.6	25.1	25.6	26.6	27.6	28.7	30.0	30.8	31.8	34.8	40.1
10+	23.8	25.7	27.4	28.0	28.7	30.0	31.4	32.8	34.5	35.5	36.7	40.4	46.5
11+	26.4	29.0	31.2	32.1	33.0	34.6	36.3	38.0	40.0	41.2	42.6	46.6	53.5
12+	30.2	33.5	36.1	37.2	38.2	40.0	41.8	43.5	45.5	46.6	48.0	51.9	58.1
13+	34.7	38.2	40.9	41.9	42.8	44.4	46.0	47.6	49.5	50.6	51.9	55.4	61.6
14+	38.4	41.6	44.0	44.9	45.8	47.4	48.9	50.5	52.3	53.4	54.6	58.0	64.3
15+	40.5	43.6	46.0	46.9	47.8	49.4	50.9	52.6	54.5	55.6	56.8	60.3	66.3
16+	41.6	44.5	46.8	47.7	48.5	50.1	51.6	53.1	54.9	55.9	57.1	60.4	66.6
17+	41.8	44.6	46.9	47.8	48.6	50.1	51.7	53.2	54.8	55.8	57.0	60.4	66.3

資料8 男女別身長体重別パーセンタイル値(1982年度)

(HEIGHT, MALE)		(CENTILES: cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	102.0	104.6	106.5	107.3	107.9	109.2	110.3	111.4	112.7	113.4	114.2	116.3	119.2
6+	107.2	109.9	111.9	112.7	113.4	114.7	115.9	117.1	118.3	119.1	119.9	122.1	125.1
7+	112.0	115.2	117.3	118.1	118.9	120.2	121.5	122.7	124.1	124.9	125.8	128.1	131.2
8+	117.4	120.5	122.7	123.5	124.3	125.7	126.9	128.2	129.6	130.4	131.3	133.6	137.1
9+	121.8	125.2	127.5	128.5	129.3	130.6	132.1	133.5	135.0	135.8	136.8	139.2	142.8
10+	126.5	130.0	132.4	133.3	134.2	135.7	137.1	138.7	140.2	141.1	142.0	144.9	148.7
11+	131.1	134.7	137.2	138.2	139.2	140.8	142.5	144.2	146.0	147.1	148.4	151.4	156.4
12+	136.3	140.1	143.0	144.2	145.3	147.4	149.5	151.5	153.8	155.1	156.5	160.2	165.0
13+	142.0	146.7	150.5	151.9	153.2	155.6	157.7	159.8	161.8	163.0	164.2	167.4	171.3
14+	149.4	154.6	158.0	159.3	160.4	162.3	164.0	165.7	167.4	168.3	169.4	172.0	176.0
15+	155.5	159.6	162.2	163.3	164.2	165.7	167.2	168.7	170.3	171.1	172.1	174.6	178.0
16+	158.7	162.0	164.5	165.5	166.3	167.7	169.2	170.6	172.1	172.9	173.8	176.4	179.9
17+	159.8	162.9	165.4	166.4	167.2	168.7	170.2	171.5	173.0	173.8	174.8	177.3	180.6

(HEIGHT, FEMALE)		(CENTILES: cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.3	103.8	105.7	106.5	107.1	108.3	109.5	110.7	112.0	112.7	113.5	115.5	118.5
6+	106.5	109.2	111.2	112.0	112.7	114.0	115.1	116.3	117.5	118.2	119.0	121.2	124.4
7+	111.6	114.5	116.7	117.5	118.2	119.5	120.7	121.9	123.3	124.1	125.0	127.3	130.5
8+	116.6	119.7	121.9	122.7	123.5	124.9	126.2	127.6	129.0	129.8	130.7	133.3	136.6
9+	121.4	124.7	127.1	128.0	128.9	130.4	131.8	133.2	134.9	135.8	136.8	139.7	143.3
10+	126.5	130.0	132.7	133.8	134.7	136.4	138.0	139.7	141.5	142.5	143.7	146.9	151.2
11+	132.2	136.2	139.2	140.3	141.4	143.3	145.0	146.9	148.7	149.7	150.8	153.6	157.4
12+	138.5	142.7	145.7	146.8	147.7	149.3	150.8	152.3	153.9	154.8	155.7	158.1	161.4
13+	143.7	147.4	149.8	150.7	151.5	153.0	154.3	155.7	157.0	157.8	158.6	160.9	163.9
14+	146.5	149.5	151.8	152.6	153.4	154.8	156.0	157.3	158.7	159.5	160.3	162.4	165.4
15+	147.1	150.2	152.5	153.3	154.0	155.4	156.7	157.9	159.3	160.0	160.8	163.0	166.1
16+	147.8	150.8	153.1	153.9	154.7	156.0	157.3	158.5	159.9	160.6	161.4	163.5	166.8
17+	147.9	150.8	153.0	153.9	154.6	156.0	157.3	158.5	159.9	160.7	161.5	163.6	166.8

(WEIGHT, MALE)		(CENTILES: kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.1	16.2	17.0	17.3	17.6	18.2	18.7	19.3	19.9	20.2	20.6	21.8	24.0
6+	16.6	17.7	18.7	19.0	19.4	20.0	20.5	21.2	21.9	22.4	22.9	24.4	27.3
7+	18.3	19.7	20.7	21.1	21.5	22.2	22.9	23.6	24.4	24.9	25.5	27.4	31.2
8+	20.3	21.8	22.9	23.4	23.8	24.6	25.4	26.3	27.3	28.0	28.7	31.0	36.0
9+	22.1	23.9	25.2	25.7	26.2	27.1	28.1	29.1	30.4	31.2	32.1	35.3	41.5
10+	24.3	26.3	27.8	28.4	28.9	30.0	31.2	32.4	33.9	34.8	36.1	40.0	47.0
11+	26.5	28.7	30.4	31.2	31.9	33.2	34.7	36.3	38.3	39.5	41.0	45.5	52.8
12+	29.6	32.2	34.5	35.5	36.4	38.2	40.1	42.2	44.5	45.8	47.4	52.1	60.4
13+	32.9	36.6	39.7	40.9	42.0	44.2	46.2	48.4	50.6	52.0	53.6	58.1	66.4
14+	38.0	42.3	45.5	46.8	47.9	49.9	51.8	53.8	55.9	57.2	58.8	63.3	72.2
15+	42.9	46.9	49.9	51.1	52.2	54.1	55.9	57.9	60.2	61.5	63.3	68.5	78.3
16+	46.8	50.3	52.9	53.9	54.9	56.6	58.4	60.2	62.4	63.5	65.0	69.6	78.5
17+	48.4	51.8	54.4	55.4	56.4	58.2	60.0	61.8	63.9	65.1	66.4	71.0	78.9

(WEIGHT, FEMALE)		(CENTILES: kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.7	15.8	16.6	16.9	17.3	17.8	18.4	19.0	19.6	20.0	20.3	21.6	23.8
6+	16.1	17.4	18.3	18.6	18.9	19.6	20.2	20.8	21.5	22.0	22.5	24.1	27.0
7+	17.8	19.2	20.1	20.6	20.9	21.7	22.4	23.1	24.0	24.5	25.1	27.0	30.7
8+	19.7	21.2	22.3	22.8	23.3	24.1	25.0	25.9	26.9	27.6	28.4	30.7	35.6
9+	21.6	23.4	24.8	25.3	25.9	26.9	27.9	29.0	30.3	31.1	32.1	35.3	40.7
10+	23.9	25.9	27.6	28.4	29.0	30.3	31.6	33.0	34.7	35.8	37.0	40.7	46.9
11+	26.6	29.2	31.4	32.2	33.1	34.8	36.4	38.2	40.2	41.4	42.8	46.6	53.0
12+	30.3	33.7	36.3	37.3	38.4	40.1	41.9	43.7	45.7	46.8	48.1	51.9	58.3
13+	34.7	38.2	40.8	41.8	42.7	44.4	45.9	47.6	49.4	50.4	51.7	55.3	61.4
14+	38.3	41.6	43.9	44.9	45.7	47.3	48.8	50.4	52.2	53.3	54.5	57.9	64.2
15+	40.4	43.5	45.9	46.9	47.8	49.4	51.0	52.6	54.4	55.4	56.7	60.3	67.2
16+	41.8	44.8	47.0	47.9	48.7	50.3	51.8	53.4	55.0	56.0	57.2	60.6	67.0
17+	41.8	44.8	47.0	47.9	48.7	50.3	51.9	53.4	55.1	56.0	57.2	60.6	66.5

資料 9 男女別身長体重別パーセンタイル値 (1983年度)

(HEIGHT, MALE)					(CENTILES:cm)								
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	102.0	104.7	106.6	107.3	108.0	109.3	110.4	111.6	112.9	113.6	114.3	116.4	119.3
6+	107.1	110.0	112.1	112.9	113.6	114.9	116.0	117.3	118.6	119.4	120.2	122.5	125.3
7+	112.5	115.5	117.5	118.4	119.1	120.5	121.7	123.0	124.4	125.1	125.9	128.2	131.5
8+	117.5	120.6	122.8	123.7	124.4	125.7	127.1	128.4	129.8	130.6	131.5	133.9	137.3
9+	122.2	125.4	127.7	128.6	129.4	130.8	132.1	133.5	135.0	135.9	136.9	139.4	143.0
10+	126.8	130.1	132.6	133.5	134.3	135.8	137.2	138.7	140.3	141.2	142.2	145.0	148.9
11+	131.5	134.9	137.5	138.6	139.5	141.1	142.8	144.4	146.2	147.3	148.5	151.7	156.6
12+	136.2	140.2	143.2	144.5	145.5	147.6	149.6	151.7	154.0	155.3	156.7	160.4	165.2
13+	141.9	146.8	150.7	152.1	153.4	155.7	157.9	160.0	162.0	163.1	164.4	167.5	171.5
14+	149.3	154.4	158.1	159.4	160.4	162.3	164.0	165.6	167.4	168.3	169.4	172.0	175.6
15+	155.8	159.8	162.5	163.5	164.4	165.9	167.4	168.9	170.4	171.3	172.2	174.8	178.3
16+	158.3	161.8	164.4	165.3	166.2	167.7	169.1	170.5	172.0	172.9	173.8	176.2	179.7
17+	159.9	163.0	165.4	166.4	167.2	168.8	170.2	171.5	173.0	173.9	174.8	177.3	180.7

(HEIGHT, FEMALE)					(CENTILES:cm)								
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.5	104.0	105.8	106.5	107.2	108.5	109.7	110.8	112.0	112.7	113.4	115.4	118.3
6+	106.8	109.5	111.6	112.3	113.0	114.2	115.4	116.6	117.9	118.6	119.4	121.5	124.7
7+	111.9	114.7	116.7	117.6	118.3	119.7	121.0	122.2	123.5	124.3	125.1	127.4	130.7
8+	116.9	120.0	122.1	122.9	123.7	125.1	126.5	127.8	129.2	130.1	131.0	133.4	136.9
9+	121.7	124.8	127.2	128.1	129.0	130.5	132.0	133.5	135.1	136.0	137.0	139.8	143.8
10+	126.7	130.2	132.9	133.9	134.8	136.5	138.2	139.9	141.7	142.8	143.9	147.0	151.1
11+	132.3	136.5	139.5	140.6	141.6	143.6	145.5	147.2	149.0	149.9	151.0	153.8	157.5
12+	138.5	142.8	145.8	146.9	147.8	149.6	151.0	152.5	154.1	154.9	155.8	158.2	161.3
13+	144.0	147.5	150.0	150.8	151.7	153.1	154.4	155.8	157.1	157.9	158.7	160.9	164.1
14+	146.4	149.6	151.9	152.7	153.5	154.8	156.1	157.4	158.7	159.4	160.2	162.5	165.6
15+	147.5	150.5	152.6	153.5	154.2	155.5	156.8	158.1	159.5	160.2	161.1	163.3	166.3
16+	147.7	150.8	153.1	153.9	154.7	156.0	157.3	158.6	160.0	160.7	161.5	163.7	166.7
17+	148.1	151.2	153.3	154.1	154.9	156.2	157.5	158.7	160.1	160.8	161.6	163.7	166.5

(WEIGHT, MALE)					(CENTILES:kg)								
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.2	16.2	17.1	17.4	17.7	18.2	18.8	19.4	20.0	20.3	20.7	22.0	24.2
6+	16.6	17.8	18.7	19.1	19.5	20.0	20.6	21.3	22.0	22.5	23.0	24.5	27.6
7+	18.3	19.7	20.7	21.2	21.5	22.2	22.9	23.7	24.5	25.1	25.7	27.5	31.4
8+	20.3	21.8	23.0	23.5	23.9	24.7	25.5	26.4	27.4	28.1	28.9	31.4	36.6
9+	22.3	24.0	25.3	25.8	26.3	27.3	28.2	29.3	30.5	31.3	32.3	35.5	42.0
10+	24.3	26.3	27.8	28.5	29.1	30.2	31.3	32.6	34.2	35.2	36.4	40.4	47.5
11+	26.7	28.9	30.7	31.4	32.1	33.5	35.0	36.6	38.5	39.8	41.5	46.1	53.8
12+	29.7	32.4	34.7	35.6	36.5	38.3	40.2	42.3	44.8	46.2	47.9	52.8	61.3
13+	32.9	36.6	39.7	40.9	42.1	44.2	46.3	48.4	50.8	52.2	53.9	58.7	67.5
14+	37.8	42.4	45.6	46.9	48.0	50.0	51.9	53.9	56.2	57.5	59.1	63.7	72.8
15+	43.4	47.5	50.4	51.6	52.5	54.5	56.3	58.4	60.8	62.1	63.8	69.0	79.4
16+	46.4	50.1	52.7	53.8	54.8	56.5	58.4	60.2	62.4	63.7	65.3	70.0	80.1
17+	48.6	51.9	54.4	55.4	56.4	58.2	60.0	61.9	64.1	65.3	66.8	71.4	80.4

(WEIGHT, FEMALE)					(CENTILES:kg)								
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.8	15.8	16.7	17.0	17.3	17.8	18.4	19.0	19.6	20.0	20.3	21.5	23.8
6+	16.2	17.4	18.3	18.7	19.0	19.7	20.2	20.9	21.7	22.1	22.6	24.3	27.3
7+	17.8	19.2	20.2	20.7	21.0	21.8	22.5	23.3	24.2	24.7	25.3	27.3	30.9
8+	19.7	21.3	22.5	23.0	23.4	24.3	25.1	26.0	27.0	27.7	28.4	30.8	35.4
9+	21.7	23.4	24.8	25.4	26.0	27.0	28.0	29.2	30.5	31.4	32.4	35.4	41.0
10+	24.0	26.0	27.7	28.4	29.1	30.3	31.7	33.1	34.9	35.9	37.2	40.8	46.8
11+	26.9	29.5	31.6	32.6	33.5	35.0	36.7	38.5	40.6	41.7	43.1	47.0	53.2
12+	30.4	33.8	36.4	37.5	38.5	40.2	42.0	43.8	45.7	46.9	48.2	51.9	58.8
13+	34.8	38.3	40.8	41.8	42.7	44.4	46.0	47.6	49.5	50.5	51.8	55.3	61.6
14+	38.4	41.6	43.9	44.9	45.7	47.3	48.8	50.3	52.1	53.1	54.3	57.7	64.0
15+	40.5	43.5	45.9	46.8	47.7	49.3	50.9	52.7	54.6	55.6	57.0	60.5	67.1
16+	41.7	44.6	46.9	47.8	48.6	50.1	51.6	53.2	54.9	55.9	57.1	60.5	66.4
17+	42.0	44.9	47.1	48.0	48.8	50.2	51.7	53.3	55.0	56.0	57.1	60.6	66.6

資料 10 男女別身長体重別パーセンタイル値 (1984年度)

(HEIGHT, MALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	102.4	104.8	106.7	107.5	108.2	109.4	110.5	111.7	113.0	113.7	114.4	116.6	119.5
6+	107.5	110.2	112.3	113.1	113.8	115.1	116.3	117.4	118.8	119.6	120.4	122.5	125.5
7+	112.9	115.7	117.8	118.6	119.3	120.6	121.8	123.1	124.5	125.2	126.1	128.3	131.7
8+	117.7	120.8	123.0	123.9	124.6	126.0	127.3	128.6	130.1	130.9	131.7	134.1	137.5
9+	122.4	125.6	127.9	128.8	129.6	131.1	132.4	133.7	135.2	136.1	137.0	139.6	143.1
10+	126.9	130.4	132.8	133.7	134.5	136.0	137.5	138.9	140.5	141.4	142.4	145.2	149.2
11+	131.5	135.0	137.7	138.7	139.6	141.2	142.8	144.4	146.3	147.3	148.5	151.9	156.8
12+	136.2	140.3	143.2	144.4	145.6	147.7	149.7	151.7	154.0	155.2	156.6	160.3	165.3
13+	142.1	147.0	150.7	152.1	153.4	155.7	157.9	159.9	162.0	163.1	164.4	167.5	171.5
14+	149.2	154.6	158.1	159.4	160.4	162.3	164.0	165.6	167.3	168.2	169.2	171.9	175.4
15+	155.9	160.0	162.7	163.7	164.6	166.1	167.6	169.1	170.6	171.5	172.4	175.0	178.5
16+	158.6	162.0	164.5	165.4	166.3	167.8	169.2	170.6	172.1	172.9	173.9	176.5	180.2
17+	159.8	163.0	165.4	166.4	167.2	168.8	170.2	171.6	173.1	174.0	174.9	177.5	180.9

(HEIGHT, FEMALE)		(CENTILES:cm)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	101.5	104.0	105.9	106.7	107.4	108.5	109.7	110.9	112.2	112.9	113.7	115.8	118.8
6+	106.7	109.5	111.6	112.4	113.1	114.4	115.6	116.8	118.1	118.8	119.7	121.8	124.7
7+	112.0	114.9	117.0	117.8	118.5	119.9	121.1	122.4	123.8	124.5	125.4	127.6	130.8
8+	116.9	120.0	122.2	123.1	123.9	125.3	126.6	128.0	129.5	130.3	131.2	133.7	137.0
9+	121.8	125.0	127.4	128.3	129.2	130.7	132.2	133.7	135.2	136.1	137.1	139.9	144.1
10+	127.0	130.6	133.2	134.2	135.1	136.9	138.4	140.1	142.0	143.0	144.1	147.2	151.3
11+	132.7	136.5	139.6	140.7	141.7	143.8	145.5	147.2	149.2	150.2	151.2	153.9	157.5
12+	139.0	143.0	145.9	147.0	147.9	149.6	151.0	152.5	154.1	155.0	155.9	158.3	161.5
13+	144.1	147.7	150.1	150.9	151.7	153.1	154.5	155.9	157.3	158.0	158.9	161.1	164.2
14+	146.7	149.8	152.0	152.9	153.7	155.0	156.3	157.5	158.9	159.7	160.5	162.6	165.6
15+	147.6	150.5	152.7	153.5	154.2	155.6	156.9	158.1	159.4	160.2	161.0	163.1	166.0
16+	147.9	151.0	153.2	154.1	154.8	156.2	157.4	158.7	160.0	160.7	161.5	163.7	166.8
17+	148.3	151.1	153.3	154.1	154.9	156.3	157.6	158.9	160.2	161.0	161.8	164.0	167.1

(WEIGHT, MALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	15.2	16.3	17.1	17.5	17.7	18.3	18.8	19.4	20.0	20.4	20.8	22.1	24.3
6+	16.7	17.8	18.8	19.2	19.5	20.1	20.7	21.4	22.1	22.5	23.1	24.6	27.7
7+	18.6	19.8	20.8	21.2	21.6	22.3	23.0	23.7	24.6	25.1	25.7	27.7	32.0
8+	20.4	21.9	23.1	23.6	24.0	24.8	25.6	26.5	27.5	28.2	29.0	31.5	36.8
9+	22.5	24.0	25.4	25.9	26.4	27.4	28.4	29.5	30.8	31.5	32.5	35.8	42.4
10+	24.6	26.5	28.0	28.6	29.2	30.3	31.5	32.7	34.3	35.3	36.5	40.4	47.4
11+	26.7	29.0	30.7	31.5	32.2	33.6	35.0	36.5	38.5	39.8	41.2	45.9	53.4
12+	29.7	32.4	34.7	35.6	36.6	38.4	40.3	42.4	44.8	46.2	47.9	52.7	60.3
13+	33.1	36.7	39.8	41.0	42.1	44.3	46.3	48.5	50.9	52.3	53.9	58.6	67.2
14+	38.0	42.5	45.6	46.9	48.0	50.0	52.0	54.0	56.1	57.4	58.9	63.7	72.9
15+	43.7	47.8	50.6	51.7	52.9	54.8	56.7	58.6	61.0	62.4	64.2	69.6	79.9
16+	46.7	50.3	53.1	54.2	55.1	57.0	58.9	60.7	62.9	64.2	65.7	70.7	79.9
17+	48.7	52.0	54.8	55.8	56.8	58.6	60.4	62.3	64.5	65.7	67.2	71.7	80.7

(WEIGHT, FEMALE)		(CENTILES:kg)											
YEARS	3RD	10TH	20TH	25TH	30TH	40TH	50TH	60TH	70TH	75TH	80TH	90TH	97TH
5+	14.8	15.9	16.7	17.0	17.3	17.9	18.4	19.0	19.6	20.0	20.4	21.6	23.9
6+	16.2	17.4	18.3	18.7	19.0	19.7	20.3	21.0	21.7	22.2	22.7	24.3	27.2
7+	17.9	19.3	20.3	20.7	21.1	21.8	22.5	23.3	24.2	24.7	25.3	27.3	30.9
8+	19.8	21.3	22.6	23.0	23.5	24.3	25.1	26.0	27.1	27.8	28.5	30.9	34.8
9+	21.9	23.7	25.0	25.6	26.1	27.1	28.1	29.3	30.6	31.4	32.4	35.6	41.4
10+	24.3	26.3	27.9	28.7	29.3	30.6	32.0	33.4	35.2	36.2	37.4	40.9	47.4
11+	26.8	29.4	31.6	32.6	33.5	35.2	36.8	38.6	40.6	41.8	43.2	47.0	53.3
12+	30.7	34.0	36.6	37.7	38.7	40.4	42.2	44.0	46.0	47.2	48.5	52.4	59.1
13+	35.1	38.6	41.2	42.1	43.0	44.6	46.1	47.9	49.7	50.8	52.1	55.7	61.9
14+	38.7	41.8	44.2	45.1	45.9	47.5	49.0	50.6	52.5	53.6	54.8	58.2	64.4
15+	40.8	43.7	46.1	47.1	47.9	49.5	51.0	52.6	54.5	55.5	56.7	60.4	67.5
16+	42.1	44.9	47.2	48.1	49.0	50.4	52.0	53.5	55.3	56.4	57.7	61.1	67.3
17+	42.3	45.0	47.3	48.1	48.9	50.4	52.0	53.5	55.2	56.2	57.4	60.8	66.8