

12 年齢別 平均体重の推移

1 男

(単位 kg)

区 分	幼稚園	小 学 校						中 学 校			高 等 学 校		
	5 歳	6 歳	7	8	9	10	11	12歳	13	14	15歳	16	17
昭 和 24 年	17.1	18.5	20.3	22.3	24.2	26.3	28.5	31.4	34.8	39.3	45.4	49.6	52.4
25	17.3	18.5	20.4	22.4	24.4	26.4	28.7	31.5	35.1	39.7	45.7	49.9	52.6
26	17.4	18.5	20.5	22.5	24.6	26.7	28.8	32.0	35.6	40.7	47.0	50.7	53.4
27	...	18.6	20.6	22.6	24.7	26.9	29.2	32.0	36.1	41.1	47.4	51.0	53.6
28	...	18.6	20.6	22.8	24.8	27.1	29.5	32.5	36.5	41.6	48.1	51.6	54.0
29	17.4	18.6	20.5	22.7	24.8	27.0	29.5	32.8	36.9	41.9	48.2	51.7	54.0
30	17.4	18.7	20.6	22.7	25.0	27.3	29.7	33.2	37.6	42.7	48.8	52.2	54.5
31	17.4	18.8	20.7	22.8	25.0	27.4	30.0	33.5	38.1	43.5	49.7	52.9	55.1
32	17.4	18.8	20.8	22.8	25.0	27.4	30.2	33.8	38.5	43.8	50.1	53.3	55.3
33	17.6	18.9	20.9	23.1	25.3	27.6	30.2	34.0	38.8	44.2	50.4	53.6	55.7
34	17.6	18.8	20.9	23.1	25.4	27.8	30.5	34.3	39.4	45.0	50.6	53.8	55.9
35	17.7	19.1	21.0	23.2	25.5	28.0	30.7	34.6	39.3	45.3	51.0	54.1	56.1
36	17.8	19.1	21.1	23.3	25.7	28.2	31.0	34.9	40.0	45.4	51.3	54.3	56.3
37	17.9	19.3	21.3	23.5	25.8	28.4	31.2	35.2	40.4	46.1	51.4	54.7	56.5
38	18.0	19.3	21.4	23.6	26.0	28.6	31.5	35.6	40.7	46.6	52.0	54.9	56.7
39	18.0	19.4	21.4	23.8	26.3	28.9	31.8	36.0	41.4	47.0	52.1	55.4	57.1
40	18.2	19.6	21.8	24.1	26.5	29.2	32.2	36.6	42.0	47.1	52.8	55.6	57.5
41	18.2	19.7	21.9	24.3	26.7	29.5	32.6	37.0	42.5	48.0	53.0	55.9	57.6
42	18.2	19.8	21.9	24.4	26.9	29.8	33.0	37.4	42.7	48.4	53.3	56.0	57.9
43	18.3	19.9	22.1	24.6	27.1	30.0	33.2	37.9	43.3	48.8	53.5	56.2	57.9
44	18.4	20.0	22.3	24.8	27.4	30.4	33.6	38.1	43.6	49.1	54.0	56.6	58.1
45	18.5	20.1	22.4	25.0	27.6	30.5	33.8	38.5	43.7	49.6	53.7	56.7	58.7
46	18.7	20.2	22.4	25.2	27.9	30.8	34.2	38.9	44.3	50.1	54.8	57.5	58.9
47	18.5	20.4	22.8	25.3	28.0	31.3	34.7	39.5	44.9	50.4	55.0	57.5	59.1
48	18.7	20.3	23.0	25.5	28.3	31.4	35.0	39.8	45.2	50.5	55.0	57.6	59.1
49	18.7	20.5	22.8	25.7	28.4	31.6	35.0	39.9	45.3	50.7	55.1	57.6	59.1
50	18.7	20.6	22.9	25.4	28.5	31.5	35.2	40.0	45.6	51.0	55.4	57.8	59.2
51	18.7	20.6	23.0	25.8	28.5	32.0	35.4	40.4	45.9	51.4	55.7	58.0	59.4
52	18.9	20.6	23.0	25.7	28.7	31.6	35.6	40.3	46.0	51.3	55.8	58.2	59.5
53	18.9	20.7	23.1	25.7	28.7	32.0	35.6	41.0	46.3	51.8	56.2	58.5	59.9
54	18.9	20.8	23.1	25.8	28.8	32.2	36.0	40.6	46.7	51.9	56.4	58.8	60.2
55	19.0	20.8	23.2	26.0	28.9	32.4	36.2	41.4	46.7	52.4	56.9	59.2	60.6
56	18.9	20.9	23.2	25.9	29.0	32.3	35.9	41.2	46.8	52.1	57.0	59.2	60.6
57	19.0	20.9	23.3	26.1	29.1	32.3	36.1	41.4	47.1	52.6	57.1	59.4	60.9
58	19.0	21.0	23.4	26.3	29.2	32.6	36.5	41.7	47.2	52.8	57.6	59.5	61.1
59	19.1	21.1	23.5	26.3	29.4	32.7	36.4	41.7	47.3	52.8	57.9	60.0	61.5
60	19.1	21.2	23.7	26.5	29.5	32.8	36.5	41.8	47.4	53.0	57.9	60.0	61.5

(昭和24年度～昭和60年度)

2 女

(単位 kg)

区 分	幼稚園	小 学 校						中 学 校			高 等 学 校		
	5 歳	6 歳	7	8	9	10	11	12歳	13	14	15歳	16	17
昭 和 24 年	16.7	17.9	19.7	21.5	23.6	25.8	28.6	32.4	36.5	40.8	45.0	47.6	49.2
25	16.8	17.9	19.8	21.8	23.8	26.0	28.8	32.6	36.9	41.2	45.2	47.7	49.1
26	16.8	18.0	19.8	21.9	24.0	26.2	29.2	33.3	37.7	41.9	45.9	48.1	49.4
27	...	18.1	20.0	22.0	24.1	26.6	29.6	33.5	38.0	42.1	46.0	48.3	49.6
28	...	18.0	20.1	22.1	24.3	26.8	29.9	34.1	38.3	42.5	46.3	48.4	49.5
29	16.8	18.1	19.9	22.1	24.3	26.8	30.1	34.4	38.7	42.6	46.2	48.3	49.4
30	16.9	18.1	20.0	22.1	24.5	27.1	30.5	34.9	39.4	43.2	46.8	48.7	49.8
31	16.9	18.2	20.1	22.3	24.6	27.5	31.1	35.6	40.2	44.1	47.3	49.1	50.2
32	16.9	18.2	20.2	22.4	24.7	27.4	31.3	36.0	40.4	44.3	47.3	49.1	50.1
33	17.1	18.4	20.3	22.5	24.9	27.7	31.3	36.4	40.9	44.6	47.6	49.4	50.3
34	17.1	18.4	20.4	22.5	25.1	28.0	31.9	36.5	41.4	45.1	47.8	49.5	50.4
35	17.2	18.5	20.5	22.7	25.2	28.2	32.3	36.9	41.5	45.3	48.1	49.6	50.4
36	17.3	18.6	20.6	22.9	25.4	28.4	32.5	37.3	41.9	45.3	48.1	49.8	50.6
37	17.3	18.7	20.7	23.0	25.5	28.6	32.8	37.6	42.2	45.7	48.2	49.9	50.8
38	17.4	18.8	20.8	23.1	25.7	28.8	32.9	37.8	42.4	45.8	48.3	49.9	50.8
39	17.5	18.9	20.9	23.2	25.9	29.1	33.3	38.2	42.7	46.1	48.6	50.2	51.0
40	17.7	19.1	21.2	23.5	26.2	29.4	33.7	38.6	43.2	46.5	48.9	50.5	51.2
41	17.7	19.2	21.3	23.7	26.5	29.8	34.1	39.2	43.6	46.8	49.1	50.6	51.3
42	17.8	19.3	21.4	23.9	26.7	30.1	34.5	39.5	43.9	47.2	49.5	51.0	51.6
43	17.9	19.4	21.6	24.1	26.8	30.4	34.8	39.9	44.3	47.6	49.8	51.1	51.7
44	18.0	19.5	21.8	24.3	27.2	30.8	35.2	40.2	44.6	47.8	50.0	51.3	51.8
45	18.0	19.5	21.8	24.4	27.2	31.0	35.7	40.6	44.9	48.3	50.5	51.7	52.1
46	18.2	19.7	22.0	24.6	27.5	31.1	36.0	40.9	45.3	48.4	50.6	51.7	52.3
47	18.1	20.1	22.2	24.9	27.9	31.7	36.3	41.5	45.7	48.8	50.8	51.9	52.3
48	18.3	19.9	22.5	25.0	28.1	31.9	36.6	41.6	45.8	48.7	50.9	51.9	52.3
49	18.4	20.1	22.3	25.2	28.2	32.0	36.7	41.6	45.7	48.8	50.8	52.0	52.3
50	18.3	20.1	22.4	25.0	28.3	32.0	36.6	41.6	45.8	48.8	50.7	51.9	52.2
51	18.3	20.1	22.5	25.3	28.2	32.4	36.8	41.9	45.9	48.9	50.8	51.9	52.3
52	18.4	20.1	22.4	25.3	28.4	32.0	37.2	42.0	46.0	48.9	51.0	51.7	52.2
53	18.4	20.1	22.6	25.2	28.4	32.4	36.8	42.2	46.3	48.9	51.0	51.9	52.0
54	18.5	20.3	22.6	25.4	28.5	32.5	37.5	42.2	46.7	49.3	51.3	52.2	52.3
55	18.5	20.3	22.6	25.5	28.5	32.6	37.3	42.6	46.5	49.6	51.4	52.2	52.1
56	18.5	20.4	22.7	25.3	28.5	32.4	37.3	42.4	46.6	49.5	51.6	52.2	52.3
57	18.6	20.5	22.8	25.6	28.8	32.6	37.4	42.5	46.5	49.5	51.7	52.5	52.4
58	18.6	20.7	23.0	25.7	28.9	32.7	37.7	42.6	46.6	49.4	51.7	52.3	52.4
59	18.7	20.7	23.0	25.8	29.1	33.0	37.7	42.9	46.8	49.7	51.8	52.7	52.7
60	18.7	20.7	23.2	26.0	29.2	33.1	37.8	42.9	46.8	49.8	51.9	52.7	52.8