

第4表 年齢別平均体重の推移

1 男子

単位：kg

区分	幼稚園	小学校						中学校			高等学校		
	5歳	6	7	8	9	10	11	12	13	14	15	16	17
昭和23年度	…	18.3	20.2	21.9	23.9	25.9	28.1	30.5	34.5	38.6	46.5	49.1	51.3
24	…	18.4	20.3	22.3	24.3	26.3	28.4	31.4	35.1	39.8	46.3	49.7	52.3
25	…	18.6	20.3	22.4	24.4	26.3	28.7	31.5	35.1	39.4	46.4	49.9	52.4
26	…	18.9	20.8	22.8	25.0	27.1	29.7	32.1	35.4	40.6	46.3	49.8	52.8
27	…	18.4	20.4	22.5	24.3	26.9	29.2	32.5	35.8	42.0	47.4	50.7	53.2
28	…	18.5	20.4	22.7	24.9	27.0	29.3	32.4	36.3	41.3	47.5	51.2	53.6
29	17.0	18.5	20.3	22.5	24.9	26.8	29.4	32.9	36.8	41.8	48.1	51.4	53.8
30	17.1	18.5	20.6	22.6	24.0	27.3	30.0	33.4	37.2	42.6	48.7	51.8	54.2
31	17.3	18.7	20.5	22.8	24.9	27.1	29.8	33.6	38.1	43.4	49.7	52.0	54.6
32	17.2	18.5	20.7	22.7	24.8	27.1	29.9	33.6	38.1	43.5	49.6	52.8	54.7
33	17.3	18.7	20.7	22.9	25.1	27.6	30.1	34.3	38.7	44.0	49.7	53.1	55.4
34	17.5	18.8	20.9	22.9	25.3	27.7	30.6	34.0	39.2	44.5	50.4	53.5	55.5
35	17.5	18.9	21.0	23.1	25.3	27.8	30.7	34.1	39.1	45.1	50.4	53.7	55.6
36	17.6	18.8	21.1	23.3	25.5	28.0	30.8	34.5	39.6	47.1	51.1	54.4	56.0
37	17.6	18.9	21.0	23.0	25.4	27.9	30.7	33.9	39.1	45.7	50.9	54.0	56.2
38	17.7	19.1	21.3	23.5	25.8	28.3	31.2	35.2	40.5	46.2	51.6	54.6	56.9
39	17.8	19.2	21.3	23.6	26.1	28.5	31.8	35.7	41.0	46.6	52.2	55.5	57.0
40	17.9	19.3	21.6	23.8	26.2	28.9	32.0	36.4	41.2	47.6	52.2	55.0	57.0
41	17.9	19.5	21.7	24.2	26.6	29.3	32.5	36.6	42.0	47.6	52.7	55.3	57.4
42	17.9	19.6	21.9	24.4	26.8	29.9	32.8	37.0	42.4	47.9	53.0	55.8	57.8
43	18.1	19.6	21.8	24.2	26.7	29.7	32.9	37.4	42.8	48.4	53.3	55.9	57.9
44	18.4	19.7	22.0	24.5	27.1	30.0	33.3	37.5	42.9	48.6	52.8	55.4	57.2
45	18.6	19.9	22.2	25.0	27.4	30.5	33.4	37.4	43.9	48.8	53.0	56.3	58.6
46	18.7	19.9	22.2	24.6	27.3	30.2	33.5	38.0	43.5	49.1	54.2	56.6	58.1
47	18.2	20.1	22.3	24.9	27.7	30.8	34.1	38.9	44.3	49.9	54.3	56.5	58.3
48	18.4	20.0	22.6	25.0	27.8	30.9	34.5	39.3	45.0	50.0	54.7	57.0	58.5
49	18.6	20.2	22.6	25.2	27.8	31.1	34.1	39.3	44.6	50.0	54.3	57.3	58.6
50	18.4	20.2	22.5	25.0	28.2	30.9	34.6	39.0	44.5	50.3	55.2	57.6	58.9
51	18.8	19.8	22.5	25.2	27.9	31.2	34.6	39.7	45.0	50.6	55.0	57.2	58.9
52	18.1	20.8	22.7	25.3	28.4	30.9	35.3	39.5	44.9	50.4	55.0	58.5	58.9
53	18.8	20.8	22.5	24.9	28.0	30.6	35.0	39.3	45.0	50.0	55.7	57.7	59.0
54	18.9	20.5	22.9	25.4	28.2	31.8	35.0	40.3	46.2	50.7	56.4	58.2	60.0
55	18.8	20.6	22.9	25.5	28.9	31.4	35.4	40.7	45.4	51.8	56.0	59.2	60.3
56	18.8	20.5	22.9	25.5	28.4	32.0	35.8	40.1	45.8	51.3	56.2	58.4	59.8
57	18.7	20.7	22.9	25.5	28.7	31.3	35.2	40.2	46.1	50.8	56.5	58.3	60.4
58	18.7	21.0	23.4	26.0	28.9	32.5	35.2	40.9	47.0	51.5	56.8	58.6	60.2
59	18.9	20.8	23.1	26.2	28.9	32.2	35.7	40.6	46.3	51.8	57.4	58.5	60.5
60	18.8	20.8	23.6	26.3	28.9	32.4	36.2	41.1	45.9	52.5	56.4	59.3	60.2
61	18.9	21.0	23.5	26.3	29.6	32.9	35.9	41.2	47.0	52.1	57.2	59.8	61.2
62	19.1	21.1	23.4	26.6	29.6	32.7	36.8	42.4	47.3	52.2	58.0	60.3	61.8
63	19.1	21.1	23.5	26.8	29.3	33.0	37.0	42.0	47.8	53.2	57.1	60.3	62.2
平成元	19.3	21.4	23.9	26.6	29.7	33.4	37.3	42.3	48.2	53.5	57.4	60.4	61.8
2	19.1	21.2	23.6	26.5	29.7	33.5	37.0	42.6	48.2	53.5	58.5	60.7	61.2
3	19.1	21.0	24.2	27.0	30.4	34.2	37.2	43.0	47.4	52.8	58.4	60.1	61.3
4	19.0	21.0	23.6	26.8	29.8	33.6	37.5	43.5	48.6	53.4	59.4	60.9	61.4
5	19.1	21.3	23.7	26.7	30.3	33.5	37.8	43.1	48.5	54.5	57.7	61.3	62.2
6	19.1	21.3	23.6	26.8	30.2	33.7	38.2	43.2	48.5	53.3	58.6	61.1	61.4
7	19.2	21.5	23.8	27.2	29.9	33.6	37.7	42.4	49.0	53.7	58.1	60.4	61.6
8	19.1	21.6	24.3	27.1	30.9	34.1	38.1	43.5	49.2	53.6	59.5	60.4	62.1
9	19.1	21.7	24.3	27.1	30.7	34.2	39.1	43.5	48.3	54.2	58.5	60.8	61.4
10	19.3	21.4	24.1	27.1	30.7	34.2	38.5	43.8	49.3	54.3	58.6	60.8	61.9
11	19.2	22.0	23.9	27.6	30.7	34.3	38.9	43.9	49.7	54.0	59.2	60.2	61.5
12	19.0	22.0	24.6	27.4	31.0	35.4	38.9	44.4	49.8	54.7	58.7	60.9	61.4
13	19.1	21.6	23.7	27.9	31.3	34.6	38.4	44.0	49.6	54.9	59.6	59.7	62.9
14	19.0	21.3	24.1	27.3	31.0	34.7	38.3	44.5	49.9	54.8	59.5	61.5	62.2
15	19.2	21.6	24.2	27.3	31.4	34.4	38.4	44.7	50.6	54.7	59.2	61.6	62.9
16	19.1	21.6	24.2	27.4	30.4	34.7	38.9	44.4	49.4	54.5	59.3	61.9	63.0
17	19.1	21.3	23.7	27.1	30.9	34.4	37.6	44.6	49.2	54.0	59.6	61.2	62.6
18	19.1	21.3	24.1	27.7	30.7	33.8	38.4	44.7	49.1	54.3	58.8	60.6	62.1
19	19.0	21.6	24.3	27.3	30.4	34.5	38.8	43.8	49.1	54.4	59.0	62.0	62.2
20	19.2	21.4	23.8	26.8	30.7	33.9	38.2	44.0	49.4	54.7	59.0	60.6	62.7

注意1) 昭和29年度の高等学校(15～17歳)は、全日制のみの平均値である。

注意2) 昭和45・46年度は東海ブロック(山梨県、長野県、岐阜県、静岡県、愛知県)の平均値である。

(岐阜県、昭和23年度～平成20年度)

2 女子

単位：kg

区分	幼稚園	小学校						中学校			高等学校		
	5歳	6	7	8	9	10	11	12	13	14	15	16	17
昭和23年度	…	17.8	19.5	21.2	23.4	25.6	28.2	32.0	35.7	39.7	44.9	46.5	47.6
24	…	17.8	19.7	21.7	23.7	25.9	28.8	32.6	36.6	40.9	45.1	47.2	48.8
25	…	17.9	19.8	21.8	23.8	26.0	28.8	32.6	37.1	41.6	45.3	48.0	48.6
26	…	17.8	19.7	21.8	23.9	26.2	29.0	32.9	37.5	41.4	45.1	47.3	48.4
27	…	17.8	19.9	21.9	24.0	26.3	29.3	33.2	37.9	41.2	45.8	47.5	48.7
28	…	17.9	19.9	22.1	24.1	26.7	29.7	33.9	38.0	42.0	45.7	47.7	48.5
29	16.6	17.9	20.0	22.1	24.3	26.6	29.7	33.9	38.5	42.3	45.8	48.0	49.3
30	16.6	18.1	19.9	22.0	24.7	27.0	30.2	34.8	39.1	43.0	46.4	47.8	49.3
31	16.6	18.1	20.1	22.3	24.4	27.2	30.7	35.5	39.8	43.9	46.7	48.4	50.6
32	16.6	18.0	20.0	22.2	24.5	27.1	30.7	35.6	39.7	43.8	46.7	48.7	49.7
33	16.8	18.2	20.3	22.4	24.7	27.6	31.1	35.9	40.3	44.0	47.1	49.0	50.5
34	17.0	18.8	20.3	22.7	25.2	28.0	32.0	36.0	40.9	44.6	47.2	48.8	50.0
35	17.0	18.4	20.3	22.6	25.2	27.9	31.9	36.5	40.9	45.3	47.8	49.2	50.0
36	17.1	18.4	20.3	22.8	25.1	28.3	32.3	36.6	41.0	44.7	47.2	49.3	50.2
37	17.2	18.3	20.4	22.5	25.0	28.2	32.1	37.1	41.7	45.2	47.7	49.2	50.4
38	17.2	18.6	20.7	22.9	25.5	28.6	32.5	37.3	42.0	45.4	48.3	50.1	50.7
39	17.2	18.6	20.8	23.1	25.7	28.7	32.9	37.6	42.1	45.4	48.2	50.3	51.0
40	17.5	18.9	20.9	23.4	25.9	29.1	33.2	37.8	42.9	46.1	48.6	50.2	51.0
41	17.5	19.0	21.2	23.6	26.2	29.6	33.8	38.8	43.0	46.7	48.9	50.4	51.1
42	17.5	19.2	21.3	23.7	26.6	30.3	34.4	39.3	43.4	46.7	49.0	50.8	51.2
43	17.6	19.1	21.2	23.8	26.4	29.8	34.3	39.5	43.9	47.3	49.7	51.2	51.8
44	17.8	19.2	21.6	24.0	26.7	30.3	34.5	39.5	43.9	47.1	49.1	50.7	51.2
45	18.1	19.6	21.9	24.2	27.0	30.8	35.7	40.2	44.9	48.2	50.1	52.1	51.7
46	18.4	19.4	21.6	24.6	26.9	30.6	34.6	40.5	44.0	48.2	50.6	51.3	52.4
47	17.8	19.8	22.0	24.7	27.5	30.9	35.5	40.8	44.9	48.1	50.3	51.8	52.1
48	18.1	19.6	22.2	24.7	27.7	31.3	36.0	40.9	45.4	48.2	50.7	51.8	52.1
49	18.1	19.8	21.9	24.8	27.6	31.5	35.9	41.1	45.4	47.9	50.6	52.2	52.4
50	17.9	19.8	22.2	24.6	28.0	31.7	36.0	41.1	45.5	48.3	50.4	51.5	52.1
51	17.8	19.8	22.0	24.8	27.7	31.4	35.9	40.9	45.0	48.1	51.0	51.8	52.0
52	17.9	20.1	21.7	24.9	28.2	31.2	37.9	41.7	45.6	48.5	49.8	51.6	52.0
53	18.0	19.9	22.0	24.6	28.0	31.3	36.3	41.0	45.1	48.5	49.4	51.2	51.8
54	18.4	20.2	22.2	25.1	27.8	32.4	37.1	41.4	45.5	48.9	50.4	51.5	51.7
55	18.6	20.1	22.6	25.0	28.2	31.3	36.2	41.9	45.6	48.9	51.0	51.5	52.1
56	18.2	20.3	22.6	25.1	28.2	31.9	36.5	41.4	45.8	48.8	51.6	51.6	51.7
57	18.4	20.2	22.6	25.3	28.0	31.9	36.8	41.2	46.1	48.9	51.1	52.0	51.9
58	18.5	20.6	22.7	25.3	28.7	32.1	36.9	41.7	45.7	48.7	51.2	51.6	51.6
59	18.4	20.5	22.9	25.8	28.7	32.8	36.7	42.7	45.9	49.1	51.2	52.1	52.6
60	18.5	20.5	23.0	25.6	28.8	32.8	37.5	43.0	46.2	49.6	51.2	52.2	52.1
61	18.7	20.6	23.0	25.8	28.9	33.0	37.7	42.8	46.7	49.2	51.4	52.1	51.9
62	18.6	20.8	23.1	26.2	29.2	33.9	38.0	42.5	46.8	49.8	52.7	52.3	52.7
63	18.6	20.6	22.8	25.9	29.2	33.4	38.5	43.0	47.1	49.3	52.1	51.5	52.1
平成元	18.9	21.0	23.2	25.9	29.6	33.3	38.2	43.0	46.3	49.5	51.7	51.9	51.5
2	18.8	21.0	23.0	26.2	29.5	33.3	38.1	43.4	46.8	49.9	51.8	52.5	52.2
3	18.7	20.9	23.1	26.0	29.3	33.1	38.5	43.1	46.6	49.7	52.0	52.6	52.4
4	18.8	21.0	23.3	25.9	29.2	33.5	38.3	44.0	47.8	50.3	51.5	51.5	51.8
5	18.8	21.2	23.5	26.6	29.6	33.9	38.3	43.1	47.1	49.9	51.9	52.2	52.3
6	18.8	21.1	23.5	26.5	29.4	33.8	39.2	43.8	46.9	49.8	51.9	52.7	51.8
7	18.9	21.1	23.2	26.3	29.9	34.1	39.0	43.9	47.2	49.8	51.7	52.6	52.1
8	18.9	21.0	23.7	26.8	30.1	34.5	39.4	44.3	47.7	49.9	51.4	52.9	52.4
9	18.8	21.2	23.6	26.8	30.6	34.3	39.5	43.8	47.6	49.8	52.0	52.9	52.9
10	18.7	20.9	23.5	26.4	30.0	34.5	40.1	44.4	47.7	50.3	51.1	52.0	52.5
11	18.6	21.0	23.3	26.1	30.0	34.2	39.8	44.5	47.7	50.9	51.8	52.8	52.4
12	18.7	21.0	24.1	26.6	30.0	35.2	40.1	44.0	47.2	49.6	51.7	52.9	52.0
13	18.6	20.9	23.6	26.4	30.2	33.9	39.1	44.5	47.7	50.8	51.1	53.1	52.1
14	18.6	21.2	23.6	26.9	29.9	33.9	39.1	44.8	47.3	50.1	51.8	52.1	52.2
15	18.7	21.1	23.8	26.5	30.2	34.2	39.1	44.1	47.7	50.6	51.4	52.4	52.1
16	18.6	21.0	23.5	26.7	29.8	33.8	39.7	44.2	47.2	51.0	51.4	52.2	52.5
17	18.6	20.7	23.6	26.5	29.9	34.0	39.1	43.9	47.6	50.5	51.2	52.3	52.5
18	18.3	20.8	23.4	26.3	29.3	33.5	39.2	43.4	47.3	50.2	51.2	52.2	52.3
19	18.6	20.6	23.5	26.5	29.7	33.5	38.6	43.6	47.6	49.6	51.2	52.7	52.5
20	18.7	21.0	23.5	26.1	29.8	33.1	38.2	43.9	47.2	49.8	50.9	52.7	51.9