

11 年齢別 平均身長の推移

1 男

(単位 cm)

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	104.2	108.6	113.5	118.1	122.4	126.6	130.6	135.6	140.7	146.7	154.2	158.7	161.2
25	104.4	108.6	113.6	118.4	122.9	127.1	131.1	136.0	141.2	147.3	154.8	159.3	161.8
26	105.0	109.1	114.1	118.9	123.4	127.7	131.8	136.2	142.2	148.4	156.1	159.8	162.2
27	...	109.3	114.2	119.2	123.9	128.3	132.5	137.4	142.9	148.8	156.8	160.3	162.6
28	...	109.5	114.8	119.7	124.2	128.7	133.1	137.9	143.5	149.9	157.6	160.9	162.9
29	105.7	110.0	115.1	120.1	124.7	129.1	133.6	138.5	144.4	150.6	158.1	161.3	163.2
30	106.0	110.3	115.6	120.3	125.1	129.6	133.9	139.2	145.3	151.7	158.5	161.6	163.4
31	106.2	110.6	115.8	120.8	125.4	130.0	134.5	139.5	145.8	152.3	159.2	162.0	163.7
32	106.4	110.7	116.0	121.0	125.8	130.1	135.0	140.2	146.3	153.0	159.8	162.4	163.9
33	106.9	110.9	116.2	121.4	126.1	130.7	135.1	140.8	147.1	153.6	160.3	162.9	164.3
34	107.0	111.3	116.6	121.6	126.5	131.2	135.9	141.0	147.9	154.3	160.6	163.2	164.5
35	107.4	111.7	117.0	121.9	126.8	131.6	136.2	141.9	148.1	155.1	161.2	163.6	165.0
36	107.6	112.0	117.3	122.4	127.2	131.9	136.8	142.3	149.2	155.5	161.8	164.0	165.2
37	107.9	112.4	117.7	122.9	127.6	132.2	137.1	142.9	149.8	156.4	162.2	164.5	165.6
38	108.1	112.6	118.0	123.2	128.0	132.7	137.5	143.4	150.7	157.1	162.8	164.8	165.9
39	108.5	113.2	118.5	123.6	128.5	133.2	138.2	144.1	151.2	157.7	163.2	165.5	166.4
40	108.7	113.3	118.8	124.0	128.8	133.6	138.5	144.7	151.7	158.3	163.6	165.7	166.8
41	108.8	113.6	119.1	124.3	129.1	134.0	139.0	145.2	152.4	158.7	163.8	165.9	167.0
42	108.9	113.8	119.3	124.5	129.6	134.3	139.5	145.7	152.8	159.2	164.1	166.2	167.2
43	109.0	114.1	119.5	124.7	129.7	134.5	139.7	146.2	153.4	159.7	164.3	166.3	167.3
44	109.2	114.2	119.8	125.1	130.0	134.9	140.0	146.5	153.6	160.0	164.7	166.7	167.6
45	109.6	114.5	120.2	125.5	130.4	135.3	140.5	147.1	154.0	160.5	164.3	166.6	167.8
46	110.1	114.8	120.1	125.5	130.6	135.5	140.8	147.3	154.4	160.9	165.1	167.3	168.3
47	109.5	115.2	120.5	125.9	130.9	135.8	141.1	147.8	154.9	161.2	165.5	167.4	168.3
48	109.7	114.8	120.8	125.9	131.1	136.0	141.5	148.1	155.4	161.5	165.6	167.5	168.4
49	109.7	115.2	120.5	126.4	131.3	136.4	141.7	148.3	155.8	161.9	165.9	167.7	168.7
50	109.7	115.1	120.9	126.0	131.6	136.4	142.0	148.6	156.1	162.2	166.1	167.9	168.8
51	109.9	115.3	120.9	126.5	131.3	136.8	142.1	148.9	156.2	162.4	166.3	168.0	169.0
52	110.3	115.5	121.2	126.6	131.7	136.5	142.6	149.1	156.6	162.7	166.4	168.2	169.1
53	110.3	115.7	121.3	126.7	131.8	137.1	142.4	149.6	156.8	163.0	166.6	168.4	169.3
54	110.0	115.5	121.2	126.6	131.8	137.0	142.7	148.9	157.2	163.0	166.7	168.6	169.4
55	110.3	115.8	121.4	126.9	132.0	137.3	142.9	149.8	156.9	163.6	167.0	168.9	169.7
56	110.3	115.9	121.4	126.8	132.1	137.2	142.8	149.8	157.3	163.2	167.3	169.0	169.7
57	110.4	115.9	121.5	127.0	132.2	137.3	142.8	149.8	157.3	163.6	167.1	169.2	170.1
58	110.5	116.2	121.8	127.2	132.3	137.4	143.1	150.0	157.5	163.6	167.3	169.1	170.2
59	110.6	116.3	122.0	127.4	132.5	137.6	143.2	150.0	157.5	163.6	167.5	169.2	170.2
60	110.6	116.4	122.1	127.5	132.6	137.7	143.2	150.0	157.7	163.8	167.5	169.2	170.2

(昭和24年度～昭和60年度)

2 女

(単位 cm)

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	103.5	107.7	112.7	117.3	121.8	126.2	131.0	136.8	141.8	146.0	149.8	151.5	152.3
25	104.5	107.8	112.8	117.6	122.1	126.6	131.7	137.3	142.5	146.6	150.2	151.8	152.7
26	104.4	108.8	113.0	118.0	122.7	127.3	132.4	138.2	143.3	147.3	151.0	151.9	152.5
27	...	108.6	113.6	118.3	123.3	128.0	133.1	138.4	143.8	147.7	151.0	152.1	152.8
28	...	108.6	114.0	118.8	123.5	128.3	133.6	139.4	144.2	148.0	151.3	152.3	153.0
29	104.8	109.1	114.1	119.2	124.0	128.9	134.5	140.2	145.0	148.3	151.5	152.4	153.0
30	104.9	109.3	114.6	119.4	124.5	129.5	134.9	141.0	145.7	148.9	151.7	152.6	153.2
31	105.1	109.6	114.7	119.9	124.7	130.1	135.8	141.6	146.1	149.3	151.9	152.7	153.2
32	105.3	109.7	115.0	120.1	125.2	130.2	136.3	142.2	146.6	149.6	152.1	152.8	153.3
33	105.5	109.9	115.2	120.4	125.5	131.0	136.6	142.8	147.1	149.9	152.3	153.1	153.5
34	105.8	110.3	115.6	120.8	126.0	131.5	137.6	143.1	147.6	150.3	152.6	153.3	153.6
35	106.2	110.6	115.9	121.1	126.3	132.0	138.1	144.0	148.1	150.7	152.7	153.3	153.7
36	106.5	111.0	116.3	121.5	126.7	132.4	138.6	144.3	148.8	151.1	153.0	153.5	154.0
37	106.7	111.4	116.6	121.8	127.1	132.6	138.9	144.9	149.0	151.6	153.3	153.7	154.0
38	107.0	111.6	117.0	122.2	127.4	133.3	139.3	145.4	149.5	151.8	153.9	154.2	154.4
39	107.4	112.2	117.6	122.7	128.0	133.5	140.0	146.1	149.9	152.3	153.9	154.4	154.7
40	107.7	112.5	117.8	123.0	128.4	134.1	140.4	146.3	150.3	152.5	154.0	154.6	154.8
41	107.7	112.7	118.1	123.4	128.8	134.6	141.0	146.8	150.7	152.8	154.3	154.7	155.0
42	107.9	112.9	118.3	123.7	129.1	135.0	141.4	147.2	151.0	153.1	154.5	155.0	155.2
43	108.1	113.1	118.6	123.9	129.3	135.3	141.7	147.6	151.4	153.4	154.7	155.1	155.3
44	108.2	113.4	119.0	124.2	129.7	135.7	142.1	148.0	151.7	153.7	154.8	155.2	155.4
45	108.5	113.6	119.3	124.6	130.1	136.2	142.9	148.4	152.1	154.2	155.1	155.4	155.6
46	108.9	113.7	119.3	124.7	130.3	136.4	143.2	148.5	152.4	154.2	155.4	155.9	156.0
47	108.7	114.3	119.7	125.2	130.6	136.8	143.2	149.0	152.6	154.5	155.3	155.6	155.8
48	108.9	114.0	120.0	125.4	130.9	137.1	143.7	149.2	152.7	154.5	155.5	155.8	156.0
49	108.9	114.5	119.8	125.8	131.1	137.4	143.9	149.5	153.0	154.7	155.6	156.1	156.2
50	109.0	114.4	120.1	125.5	131.6	137.6	144.2	149.6	153.2	155.0	155.7	156.2	156.3
51	109.1	114.6	120.2	125.8	131.2	138.0	144.4	149.9	153.3	155.1	155.9	156.3	156.5
52	109.3	114.6	120.3	125.9	131.5	137.7	144.9	150.1	153.5	155.3	156.1	156.4	156.6
53	109.4	114.6	120.4	125.8	131.6	138.2	144.4	150.4	153.8	155.5	156.1	156.5	156.6
54	109.2	114.7	120.4	126.0	131.7	138.1	145.0	150.2	154.0	155.6	156.2	156.6	156.7
55	109.4	114.9	120.6	126.2	131.9	138.3	144.9	150.6	154.0	156.0	156.6	156.9	157.0
56	109.4	115.1	120.8	126.1	131.9	138.2	145.0	150.5	154.2	156.0	156.6	156.9	157.1
57	109.6	115.2	120.8	126.3	132.0	138.3	145.0	150.6	154.2	156.0	156.6	157.3	157.3
58	109.7	115.5	121.0	126.6	132.2	138.4	145.2	150.7	154.3	156.1	156.9	157.3	157.4
59	109.8	115.6	121.2	126.8	132.4	138.7	145.4	150.8	154.4	156.2	156.8	157.4	157.6
60	109.8	115.7	121.4	126.9	132.6	138.8	145.5	150.9	154.4	156.3	157.0	157.4	157.6