

10 年 齡 別 平 均 体 重

1 男

年 齡	5 歳	6	7	8	9	10	11	12
年 度								
昭和 23	17.5	18.4	20.1	22.0	24.0	26.0	28.2	31.4
24	17.1	18.5	20.3	22.3	24.2	26.3	28.5	31.4
25	17.3	18.5	20.4	22.4	24.4	26.4	28.7	31.5
26	17.4	18.5	20.5	22.5	24.6	26.7	28.8	32.0
27	—	18.6	20.6	22.6	24.7	26.9	29.2	32.0
28	—	18.6	20.6	22.8	24.8	27.1	29.5	32.5
29	17.4	18.6	20.5	22.7	24.8	27.0	29.5	32.8
30	17.4	18.7	20.6	22.7	25.0	27.3	29.7	33.2
31	17.4	18.8	20.7	22.8	25.0	27.4	30.0	33.5
32	17.4	18.8	20.8	22.8	25.0	27.4	30.2	33.8
33	17.6	18.9	20.9	23.1	25.3	27.6	30.2	34.0
34	17.6	18.8	20.9	23.1	25.4	27.8	30.5	34.3
35	17.7	19.1	21.0	23.2	25.5	28.0	30.7	34.6
36	17.8	19.1	21.1	23.3	25.7	28.2	31.0	34.9
37	17.9	19.3	21.3	23.5	25.8	28.4	31.2	35.2
38	18.0	19.3	21.4	23.6	26.0	28.6	31.5	35.6
39	18.0	19.4	21.4	23.8	26.3	28.9	31.8	36.0
40	18.2	19.6	21.8	24.1	26.5	29.2	32.2	36.6
41	18.2	19.7	21.9	24.3	26.7	29.5	32.6	37.0
42	18.2	19.8	21.9	24.4	26.9	29.8	33.0	37.4
43	18.3	19.9	22.1	24.6	27.1	30.0	33.2	37.9
44	18.4	20.0	22.3	24.8	27.4	30.4	33.6	38.1
45	18.5	20.1	22.4	25.0	27.6	30.5	33.8	38.5
46	18.7	20.2	22.4	25.2	27.9	30.8	34.2	38.9
47	18.5	20.4	22.8	25.3	28.0	31.3	34.7	39.5

の 推 移 (昭和23年度～昭和47年度)

(kg)

13	14	15	16	17	18	19	20	21
34.5	38.9	44.0	48.7	51.7	53.4	54.7	55.3	55.7
34.8	39.3	45.4	49.6	52.4	53.8	54.6	55.0	55.3
35.1	39.7	45.7	49.9	52.6	53.9	54.6	55.0	55.3
35.6	40.7	47.0	50.7	53.4	54.7	55.2	55.1	55.4
36.1	41.1	47.4	51.0	53.6	54.5	55.0	55.3	55.4
36.5	41.6	48.1	51.6	54.0	55.1	55.3	55.6	55.7
36.9	41.9	48.2	51.7	54.0	55.0	55.5	55.5	55.7
37.6	42.7	48.8	52.2	54.5	55.4	55.8	56.0	55.9
38.1	43.5	49.7	52.9	55.1	56.0	56.2	56.4	56.6
38.5	43.8	50.1	53.3	55.3	56.3	56.5	56.6	56.5
38.8	44.2	50.4	53.6	55.7	56.6	56.6	56.7	56.9
39.4	45.0	50.6	53.8	55.9	56.7	56.7	56.9	57.0
39.3	45.3	51.0	54.1	56.1	56.8	57.0	57.0	57.2
40.0	45.4	51.3	54.3	56.3	56.9	57.1	57.4	57.5
40.4	46.1	51.4	54.7	56.5	57.2	57.5	57.6	57.8
40.7	46.6	52.0	54.9	56.7	57.3	57.6	57.7	57.9
41.4	47.0	52.1	55.4	57.1	57.7	57.9	58.0	58.3
42.0	47.1	52.8	55.6	57.5	57.8	58.1	58.2	58.3
42.5	48.0	53.0	55.9	57.6	58.3	58.6	58.6	58.9
42.7	48.4	53.3	56.0	57.9	58.6	58.9	58.9	58.8
43.3	48.8	53.5	56.2	57.9	58.6	58.8	58.8	58.8
43.6	49.1	54.0	56.6	58.1	59.1	59.1	59.4	59.6
43.7	49.6	53.7	56.7	58.7	59.3	59.3	59.3	59.5
44.3	50.1	54.8	57.5	58.9	59.3	59.8	59.6	59.7
44.9	50.4	55.0	57.5	59.1	—	—	—	—

2 女

年 齡	5 歳	6	7	8	9	10	11	12
年 度								
昭和 23	16.8	17.9	19.5	21.3	23.4	25.6	28.2	32.2
24	16.7	17.9	19.7	21.5	23.6	25.8	28.6	32.4
25	16.8	17.9	19.8	21.8	23.8	26.0	28.8	32.6
26	16.8	18.0	19.8	21.9	24.0	26.2	29.2	33.3
27	—	18.1	20.0	22.0	24.1	26.6	29.6	33.5
28	—	18.0	20.1	22.1	24.3	26.8	29.9	34.1
29	16.8	18.1	19.9	22.1	24.3	26.8	30.1	34.4
30	16.9	18.1	20.0	22.1	24.5	27.1	30.5	34.9
31	16.9	18.2	20.1	22.3	24.6	27.5	31.1	35.6
32	16.9	18.2	20.2	22.4	24.7	27.4	31.3	36.0
33	17.1	18.4	20.3	22.5	24.9	27.7	31.3	36.4
34	17.1	18.4	20.4	22.5	25.1	28.0	31.9	36.5
35	17.2	18.5	20.5	22.7	25.2	28.2	32.3	36.9
36	17.3	18.6	20.6	22.9	25.4	28.4	32.5	37.3
37	17.3	18.7	20.7	23.0	25.5	28.6	32.8	37.6
38	17.4	18.8	20.8	23.1	25.7	28.8	32.9	37.8
39	17.5	18.9	20.9	23.2	25.9	29.1	33.3	38.2
40	17.7	19.1	21.2	23.5	26.2	29.4	33.7	38.6
41	17.7	19.2	21.3	23.7	26.5	29.8	34.1	39.2
42	17.8	19.3	21.4	23.9	26.7	30.1	34.5	39.5
43	17.9	19.4	21.6	24.1	26.8	30.4	34.8	39.9
44	18.0	19.5	21.8	24.3	27.2	30.8	35.2	40.2
45	18.0	19.5	21.8	24.4	27.2	31.0	35.7	40.6
46	18.2	19.7	22.0	24.6	27.5	31.1	36.0	40.9
47	18.1	20.1	22.2	24.9	27.9	31.7	36.3	41.5

(kg)

13	14	15	16	17	18	19	20	21
35.9	40.1	43.9	47.2	49.1	50.5	51.2	51.4	51.4
36.5	40.8	45.0	47.6	49.2	50.3	51.0	51.1	51.2
36.9	41.2	45.2	47.7	49.1	49.8	50.5	50.7	50.6
37.7	41.9	45.9	48.1	49.4	49.7	50.0	50.0	50.4
38.0	42.1	46.0	48.3	49.6	49.5	49.8	49.8	49.6
38.3	42.5	46.3	48.4	49.5	49.7	49.9	49.6	49.6
38.7	42.6	46.2	48.3	49.4	49.4	49.7	49.6	49.2
39.4	43.2	46.8	48.7	49.8	49.8	50.2	49.9	49.5
40.2	44.1	47.3	49.1	50.2	49.9	50.2	50.2	49.8
40.4	44.3	47.3	49.1	50.1	50.0	50.2	50.2	49.8
40.9	44.6	47.6	49.4	50.3	49.8	50.3	50.0	49.8
41.4	45.1	47.8	49.5	50.4	49.9	50.2	50.1	49.7
41.5	45.3	48.1	49.6	50.4	50.0	50.3	50.4	49.8
41.9	45.3	48.1	49.8	50.6	50.0	50.4	50.4	50.2
42.2	45.7	48.2	49.9	50.8	50.0	50.4	50.4	50.1
42.4	45.8	48.3	49.9	50.8	50.1	50.5	50.2	49.9
42.7	46.1	48.6	50.2	51.0	50.2	50.5	50.3	49.9
43.2	46.5	48.9	50.5	51.2	50.5	50.8	50.8	50.5
43.6	46.8	49.1	50.6	51.3	50.6	51.0	50.7	50.3
43.9	47.2	49.5	51.0	51.6	50.9	51.2	50.9	50.5
44.3	47.6	49.8	51.1	51.7	50.8	51.0	50.7	50.2
44.6	47.8	50.0	51.3	51.8	51.1	51.2	51.0	50.4
44.9	48.3	50.5	51.7	52.1	51.3	51.7	51.1	50.7
45.3	48.4	50.6	51.7	52.3	51.4	51.6	51.3	50.7
45.7	48.8	50.8	51.9	52.3	—	—	—	—