1944

4-H Club Height-Weight Charts: Extension Circular 0-26-2

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4-H Club

Height-Weight Charts

Extension Circular 0-26-2

Extension Service, The University of Nebraska
College of Agriculture, Lincoln, Nebraska
Read These Directions

On this chart find the individual's height. Then find the age. The club member's type will be indicated at the top of that column. Beside the age you will see the limits of underweight and overweight followed by the normal weight. The club member is not underweight or overweight unless beyond the limits indicated.

Impress on the members that it is important to keep one's weight between the U and O. It is even better if it is between the N and O.
Height-weight relationship is an index of nutritional condition. 4-H Club members keep a record of their weight on their health record. These height-weight charts are sent to leaders to be used as a reference.