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

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E.C. 0-26-2

4-H Club

Height-Weight Charts

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Extension Circular 0-26-2

Extension Service, The University of Nebraska
College of Agriculture, Lincoln, Nebraska

Height-Weight Charts

GIRLS' HEIGHT-WEIGHT CHART

U indicates underweight. O indicates overweight. N indicates normal weight.

TALL SLENDER TYPE				AVERAGE TYPE				SHORT STOCKY TYPE			
Age	Weight			Age	Weight			Age	Weight		
	U	O	N		U	O	N		U	O	N
69 Inches				65 Inches				62 Inches			
18	128	170	142	18	113	151	126	18	106	142	118
17	126	168	140	17	112	150	125	17	105	140	117
16	124	166	138	16	111	148	123	16	103	138	115
68 Inches				64 Inches				61 Inches			
18	124	166	138	18	111	148	123	18	104	139	116
17	124	166	138	17	110	146	122	17	102	136	113
16	122	163	136	16	108	144	120	16	101	134	112
15	121	162	135	15	107	143	119	15	97	139	108
14	120	160	133	14	105	140	117	60 Inches			
67 Inches				63 Inches				18	100	133	111
18	121	162	135	18	108	144	120	17	98	131	109
17	120	160	133	17	107	143	119	16	97	130	108
16	120	160	133	16	105	140	117	15	94	126	105
15	118	157	131	15	104	139	116	14	91	121	101
14	117	156	130	14	101	134	112	59 Inches			
66 Inches				62 Inches				16	93	123	103
18	117	156	130	15	102	136	113	15	90	120	100
17	116	155	129	14	98	131	109	14	86	115	96
16	115	153	128	13	95	127	106	58 Inches			
15	112	150	125	61 Inches				15	86	115	96
14	112	149	124	14	94	126	105	14	84	112	93
13	112	149	124	13	91	121	101	13	79	106	88
65 Inches				60 Inches				57 Inches			
15	110	146	122	13	87	116	97	14	79	106	88
14	109	145	121	59 Inches				13	76	101	84
13	108	144	120	13	83	110	92	56 Inches			
64 Inches				12	81	108	90	14	75	100	83
13	103	138	115	58 Inches				13	73	97	81
12	103	137	114	12	77	103	86	55 Inches			
63 Inches				57 Inches				13	69	92	77
13	99	132	110	12	74	98	82	12	67	90	75
12	99	132	110	11	74	98	82	54 Inches			
62 Inches				56 Inches				13	66	88	73
12	94	126	105	12	71	95	79	12	64	85	71
61 Inches				11	70	94	78	53 Inches			
12	90	120	100	55 Inches				12	62	83	69
11	89	119	99	11	67	89	74	11	61	82	68
60 Inches				10	67	89	74	52 Inches			
12	85	114	95	54 Inches				12	60	80	67
11	85	114	95	11	64	85	71	11	58	78	65
59 Inches				10	63	84	70	51 Inches			
11	81	108	90	50 Inches				12	58	78	65
10	78	104	87					11	57	76	63
58 Inches								10	55	73	61
11	77	103	86								
10	76	101	84								
57 Inches											
10	74	98	82								

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.

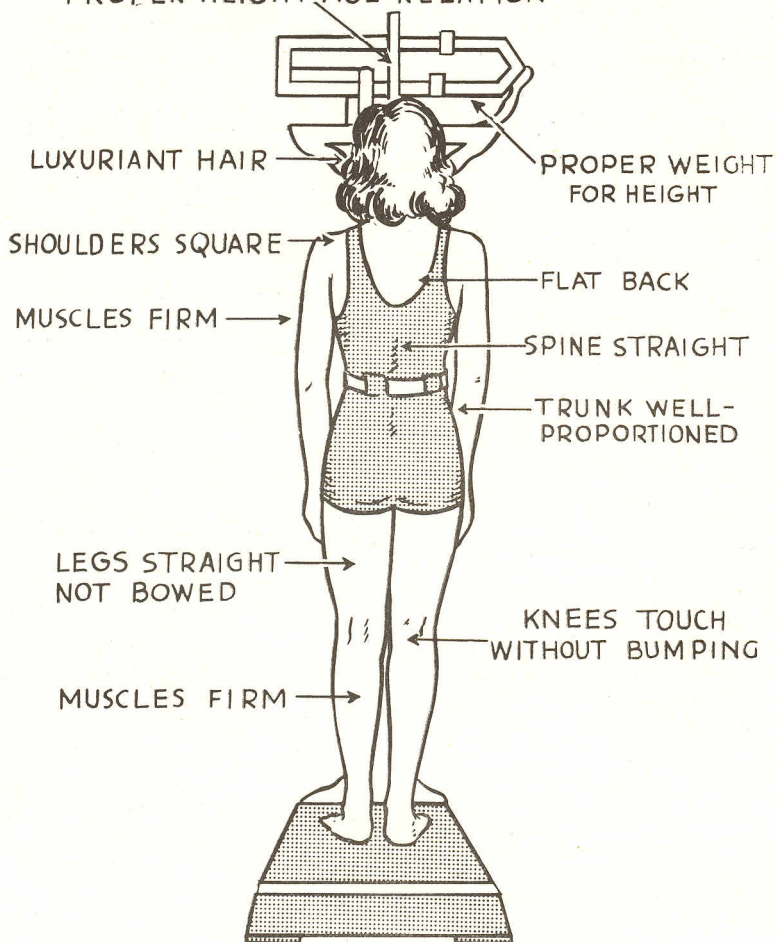
Impress on the members that it is important to keep one's weight between the U and O. It is even better if it is between the N and O.

BOYS' HEIGHT-WEIGHT CHART

U indicates underweight. O indicates overweight. N indicates normal weight.

TALL SLENDER TYPE				AVERAGE TYPE				SHORT STOCKY TYPE			
Age	Weight			Age	Weight			Age	Weight		
	U	O	N		U	O	N		U	O	N
74 Inches				71 Inches				67 Inches			
19	154	205	171	19	143	191	159	19	128	170	142
18	153	204	170	18	139	185	154	18	125	167	139
17	151	201	168	70 Inches				66 Inches			
16	148	197	164	19	140	187	155	19	125	167	139
73 Inches				18	135	180	150	18	122	163	136
19	150	200	167	69 Inches				65 Inches			
18	148	197	164	19	137	182	152	19	121	161	134
17	146	194	162	18	134	179	149	18	118	157	131
16	144	192	160	17	131	175	146	17	115	152	127
72 Inches				16	129	172	143	64 Inches			
19	147	195	163	68 Inches				19	117	156	130
18	142	189	158	19	132	176	147	18	113	151	126
17	140	187	156	18	129	172	143	17	109	145	121
16	140	187	155	17	127	169	141	16	105	140	117
15	138	183	153	16	123	164	137	63 Inches			
71 Inches				67 Inches				19	115	152	127
17	137	182	152	17	122	163	136	18	111	148	123
16	136	181	151	16	121	161	134	17	106	142	118
15	135	180	150	15	117	156	130	16	102	136	113
70 Inches				66 Inches				62 Inches			
17	133	177	148	17	119	158	132	17	100	133	111
16	130	174	145	16	115	153	128	16	96	128	107
15	130	173	144	15	112	150	125	15	94	125	104
14	129	172	143	65 Inches				61 Inches			
69 Inches				16	110	146	122	16	93	123	103
15	125	167	139	15	108	144	120	15	90	120	100
14	125	167	139	14	106	142	118	60 Inches			
68 Inches				64 Inches				16	86	115	96
15	121	161	134	15	103	138	115	15	85	114	95
14	121	161	134	14	102	136	113	14	85	113	94
67 Inches				63 Inches				59 Inches			
14	115	153	128	15	99	132	110	15	81	108	90
66 Inches				14	97	130	108	14	81	108	90
14	110	146	122	62 Inches				58 Inches			
13	107	143	119	14	93	123	103	15	78	103	87
12	107	143	119	13	92	122	102	14	77	103	86
65 Inches				61 Inches				13	76	102	85
13	105	140	117	14	89	119	99	57 Inches			
64 Inches				13	87	116	97	14	75	100	83
13	100	133	111	60 Inches				13	74	98	82
12	98	131	109	13	84	112	93	56 Inches			
63 Inches				59 Inches				14	70	94	78
13	96	128	107	13	80	107	89	13	70	94	78
12	95	127	106	12	80	107	89	55 Inches			
62 Inches				58 Inches				13	67	89	74
12	91	121	101	12	76	102	85	12	67	89	74
61 Inches				57 Inches				54 Inches			
12	86	115	96	12	73	97	81	13	64	85	71
11	85	114	95	11	73	97	81	12	64	85	71
60 Inches				56 Inches				11	63	84	70
12	83	110	92	12	69	92	77	53 Inches			
11	83	110	92	11	69	92	77	12	61	82	68
59 Inches				55 Inches				11	60	80	67
11	79	106	88	11	66	88	73	52 Inches			
10	78	104	87	10	66	88	73	11	58	77	64
58 Inches				54 Inches				10	58	77	64
11	76	101	84	57 Inches				51 Inches			
10	76	101	84	10	63	84	70	11	55	73	61
57 Inches				53 Inches				10	55	73	61
10	72	96	80	52 Inches				50 Inches			
				51 Inches				10	52	70	58
				50 Inches				9	52	70	58

PROPER HEIGHT-AGE RELATION



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.

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