

(参考)表10 調査年度別年齢別平均身長の推移(男)

(単位:cm)

| 性 | 年齢 | 昭和30年度 | 35 | 40 | 45 | 50 | 55 | 60 | 平成2年度 | 3 | 4 | 5 | |
|---|----|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 男 | 5 | 106.1 | 106.8 | 108.5 | 108.0 | 109.6 | 110.0 | 110.5 | 110.8 | 111.1 | 110.9 | 111.0 | |
| | 6 | 110.8 | 112.2 | 113.9 | 114.8 | 115.4 | 116.1 | 116.5 | 116.7 | 116.6 | 116.8 | 116.8 | |
| | 7 | 116.0 | 117.4 | 119.3 | 119.9 | 121.3 | 121.6 | 122.3 | 122.4 | 122.4 | 122.7 | 122.6 | 122.4 |
| | 8 | 120.9 | 122.6 | 124.8 | 125.3 | 126.4 | 126.6 | 127.5 | 128.5 | 128.5 | 128.1 | 128.5 | 128.4 |
| | 9 | 126.0 | 127.3 | 129.6 | 129.0 | 132.0 | 132.6 | 132.6 | 133.4 | 133.4 | 133.5 | 133.6 | 133.7 |
| | 10 | 130.4 | 132.2 | 134.3 | 133.9 | 136.9 | 137.4 | 138.3 | 138.8 | 138.8 | 139.4 | 138.7 | 138.7 |
| | 11 | 134.6 | 136.9 | 139.3 | 139.3 | 143.0 | 143.1 | 142.6 | 144.4 | 144.4 | 144.1 | 143.9 | 144.4 |
| | 12 | 139.8 | 142.7 | 145.3 | 146.5 | 149.0 | 150.1 | 150.4 | 150.9 | 150.9 | 151.9 | 152.0 | 151.4 |
| | 13 | 145.9 | 149.1 | 152.7 | 154.2 | 156.6 | 156.9 | 157.9 | 159.0 | 159.0 | 159.1 | 159.2 | 158.9 |
| | 14 | 152.6 | 155.8 | 158.8 | 161.0 | 162.8 | 163.4 | 163.8 | 165.1 | 165.1 | 165.3 | 165.4 | 164.7 |
| | 15 | 159.5 | 161.8 | 164.5 | 165.0 | 167.0 | 168.1 | 167.9 | 168.5 | 168.5 | 168.1 | 168.9 | 168.7 |
| | 16 | 162.0 | 164.1 | 166.7 | 166.6 | 169.0 | 169.9 | 170.3 | 170.2 | 170.2 | 170.8 | 170.4 | 170.7 |
| | 17 | 164.7 | 165.6 | 167.8 | 166.8 | 169.8 | 170.6 | 170.4 | 170.9 | 170.9 | 170.9 | 171.6 | 171.2 |
| | | 年齢 | 平成6年度 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | 5 | 110.8 | 110.7 | 110.7 | 110.9 | 110.7 | 110.9 | 110.5 | 111.1 | 110.8 | 110.9 | 111.0 |
| | | 6 | 116.7 | 117.0 | 116.7 | 116.8 | 116.8 | 116.4 | 116.7 | 116.7 | 116.6 | 116.1 | 117.2 |
| | | 7 | 122.9 | 122.2 | 122.5 | 122.5 | 122.2 | 122.4 | 122.6 | 122.3 | 122.4 | 122.6 | 122.6 |
| | | 8 | 128.3 | 127.8 | 128.4 | 128.1 | 127.5 | 127.8 | 128.0 | 128.5 | 128.1 | 128.1 | 128.5 |
| | | 9 | 133.4 | 133.4 | 133.6 | 133.4 | 134.1 | 133.1 | 133.4 | 133.4 | 133.7 | 133.7 | 133.7 |
| | | 10 | 138.4 | 138.9 | 138.6 | 138.9 | 138.8 | 139.1 | 139.1 | 138.8 | 138.7 | 138.7 | 138.5 |
| | 11 | 144.7 | 144.7 | 144.2 | 145.0 | 145.0 | 144.9 | 144.9 | 144.8 | 144.8 | 144.9 | 145.3 | |
| | 12 | 152.3 | 151.9 | 151.5 | 152.4 | 152.7 | 152.7 | 152.0 | 152.5 | 152.4 | 152.0 | 151.9 | |
| | 13 | 159.5 | 159.4 | 159.2 | 159.5 | 159.8 | 159.9 | 159.5 | 160.5 | 159.7 | 160.0 | 159.9 | |
| | 14 | 165.2 | 164.9 | 165.3 | 165.4 | 165.8 | 165.9 | 165.8 | 165.7 | 165.7 | 165.7 | 165.3 | |
| | 15 | 169.2 | 168.6 | 168.9 | 169.0 | 168.6 | 168.6 | 168.5 | 168.5 | 168.6 | 168.5 | 168.8 | |
| | 16 | 170.6 | 170.0 | 170.2 | 170.6 | 170.3 | 170.5 | 170.7 | 170.4 | 170.1 | 170.3 | 169.9 | |
| | 17 | 171.4 | 172.0 | 171.3 | 171.4 | 171.7 | 171.3 | 171.4 | 171.2 | 171.3 | 171.2 | 171.7 | |

表 1 1 調査年度別年齢別平均身長の推移（女）

（単位：cm）

| 性 | 年齢 | 昭和30年度 | 35 | 40 | 45 | 50 | 55 | 60 | 平成2年度 | 3 | 4 | 5 | |
|---|----|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 女 | 5 | 105.0 | 105.9 | 107.1 | 108.2 | 108.5 | 109.1 | 109.5 | 110.2 | 110.1 | 110.0 | 110.2 | |
| | 6 | 109.7 | 111.2 | 112.7 | 112.4 | 114.5 | 115.1 | 115.6 | 116.2 | 116.1 | 115.9 | 116.1 | |
| | 7 | 115.0 | 116.2 | 118.2 | 120.6 | 120.9 | 120.9 | 121.2 | 121.8 | 121.6 | 121.9 | 122.0 | |
| | 8 | 120.1 | 121.5 | 123.3 | 124.3 | 125.8 | 126.5 | 126.9 | 128.2 | 127.2 | 127.1 | 127.3 | |
| | 9 | 125.4 | 126.7 | 128.8 | 130.0 | 131.7 | 131.8 | 132.3 | 132.6 | 133.3 | 133.0 | 133.4 | |
| | 10 | 130.2 | 132.6 | 134.7 | 136.0 | 137.6 | 138.7 | 138.7 | 139.7 | 139.6 | 139.5 | 139.4 | |
| | 11 | 135.4 | 138.6 | 141.0 | 142.4 | 144.3 | 145.5 | 145.0 | 146.5 | 145.9 | 146.3 | 146.1 | |
| | 12 | 141.3 | 144.4 | 146.7 | 149.8 | 150.0 | 151.1 | 151.1 | 151.8 | 151.5 | 151.9 | 151.9 | |
| | 13 | 146.3 | 148.5 | 150.7 | 152.5 | 153.9 | 154.4 | 154.8 | 155.0 | 154.8 | 155.0 | 155.1 | |
| | 14 | 149.7 | 151.0 | 153.2 | 155.2 | 155.7 | 156.7 | 156.7 | 156.9 | 157.1 | 157.0 | 156.8 | |
| | 15 | 152.4 | 153.1 | 154.8 | 156.1 | 156.7 | 156.8 | 157.8 | 157.8 | 157.8 | 157.9 | 157.6 | |
| | 16 | 153.2 | 153.9 | 155.6 | 156.7 | 157.2 | 157.4 | 158.0 | 158.2 | 158.0 | 158.1 | 158.6 | |
| | 17 | 154.1 | 154.3 | 155.7 | 156.1 | 157.1 | 157.6 | 158.3 | 158.6 | 158.6 | 158.9 | 158.6 | |
| | | 年齢 | 平成6年度 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | 5 | 109.6 | 110.2 | 110.0 | 110.1 | 110.1 | 110.1 | 109.8 | 110.4 | 109.9 | 109.9 | 110.1 |
| | | 6 | 116.3 | 115.8 | 115.6 | 115.9 | 115.7 | 116.1 | 116.0 | 116.4 | 115.8 | 116.1 | 115.8 |
| | | 7 | 121.8 | 121.7 | 121.8 | 121.3 | 121.9 | 121.5 | 121.9 | 121.9 | 122.0 | 121.4 | 121.9 |
| | | 8 | 127.5 | 127.7 | 127.8 | 127.4 | 127.2 | 127.4 | 127.5 | 126.9 | 127.3 | 127.4 | 128.0 |
| | | 9 | 133.5 | 133.1 | 133.7 | 133.3 | 133.8 | 133.3 | 133.1 | 133.3 | 133.8 | 133.2 | 133.3 |
| | | 10 | 140.3 | 140.7 | 139.8 | 140.4 | 140.6 | 140.2 | 140.2 | 139.8 | 139.6 | 139.5 | 140.2 |
| | 11 | 146.5 | 146.5 | 146.5 | 146.3 | 147.3 | 147.1 | 146.9 | 147.2 | 147.3 | 146.9 | 146.6 | |
| | 12 | 151.9 | 152.1 | 152.3 | 152.3 | 152.3 | 152.2 | 152.3 | 152.0 | 152.3 | 152.0 | 152.4 | |
| | 13 | 155.1 | 155.7 | 155.4 | 155.3 | 155.5 | 155.4 | 155.5 | 155.5 | 155.6 | 155.4 | 155.5 | |
| | 14 | 156.9 | 157.3 | 157.5 | 157.3 | 157.2 | 157.5 | 157.1 | 157.3 | 157.2 | 157.0 | 157.2 | |
| | 15 | 157.9 | 157.5 | 157.5 | 158.1 | 157.6 | 157.5 | 157.5 | 157.7 | 157.6 | 157.8 | 157.5 | |
| | 16 | 158.1 | 158.2 | 158.3 | 158.4 | 158.3 | 158.5 | 158.6 | 158.2 | 157.9 | 158.0 | 158.5 | |
| | 17 | 158.4 | 157.9 | 158.7 | 158.6 | 158.6 | 158.8 | 158.6 | 158.5 | 158.8 | 158.6 | 158.6 | |

表 1 2 調査年度別年齢別平均体重の推移（男）

（単位：kg）

| 性 | 年齢 | 平成30年度 | | | | | 平成29年度 | | | | | 3 | 4 | 5 | |
|---|----|--------|-------|------|------|------|--------|--------|------|------|------|------|------|---|--|
| | | 35 | 40 | 45 | 50 | 55 | 60 | 平成28年度 | 27 | 26 | 25 | | | | |
| 男 | 5 | 17.3 | 17.4 | 18.0 | 17.7 | 18.3 | 18.6 | 18.9 | 19.3 | 19.3 | 19.1 | 19.1 | | | |
| | 6 | 18.8 | 19.4 | 19.7 | 19.8 | 20.3 | 20.9 | 21.2 | 21.2 | 21.3 | 21.5 | 21.3 | | | |
| | 7 | 20.9 | 21.5 | 21.7 | 22.0 | 22.9 | 23.4 | 23.6 | 23.8 | 24.1 | 24.0 | 24.0 | | | |
| | 8 | 22.9 | 23.7 | 24.2 | 24.4 | 25.6 | 25.7 | 26.0 | 27.0 | 26.8 | 27.2 | 27.0 | | | |
| | 9 | 25.1 | 26.1 | 26.9 | 27.6 | 28.8 | 28.8 | 29.3 | 30.1 | 29.9 | 30.2 | 30.4 | | | |
| | 10 | 27.5 | 28.7 | 29.4 | 29.9 | 31.7 | 32.3 | 33.0 | 33.5 | 34.2 | 33.5 | 33.4 | | | |
| | 11 | 29.8 | 31.3 | 32.5 | 33.8 | 35.3 | 35.6 | 35.3 | 37.7 | 37.1 | 37.0 | 37.7 | | | |
| | 12 | 33.3 | 35.1 | 37.0 | 38.0 | 40.1 | 41.4 | 42.0 | 42.5 | 43.1 | 43.0 | 43.0 | | | |
| | 13 | 37.6 | 39.8 | 42.4 | 42.8 | 45.6 | 45.9 | 47.1 | 48.2 | 48.5 | 48.3 | 48.0 | | | |
| | 14 | 43.0 | 45.8 | 48.1 | 49.9 | 51.0 | 51.8 | 52.3 | 53.9 | 53.8 | 54.5 | 53.4 | | | |
| | 15 | 48.8 | 51.5 | 53.5 | 54.5 | 56.1 | 57.7 | 57.9 | 58.7 | 58.7 | 59.6 | 59.7 | | | |
| | 16 | 52.1 | 55.1 | 56.5 | 57.3 | 58.7 | 59.9 | 60.9 | 60.5 | 61.2 | 61.1 | 61.8 | | | |
| | 17 | 54.6 | 56.8 | 58.4 | 57.3 | 60.0 | 61.5 | 61.3 | 61.5 | 62.1 | 62.5 | 62.8 | | | |
| | | 年齢 | 平成6年度 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | |
| | | 5 | 19.0 | 19.2 | 19.1 | 19.4 | 19.0 | 19.2 | 19.0 | 19.1 | 18.9 | 19.0 | 18.9 | | |
| | | 6 | 21.5 | 21.7 | 21.5 | 21.6 | 21.4 | 21.4 | 21.5 | 21.5 | 21.4 | 21.1 | 21.6 | | |
| | | 7 | 24.0 | 23.8 | 24.2 | 24.1 | 24.0 | 24.2 | 24.0 | 24.1 | 24.1 | 24.1 | 23.8 | | |
| | 8 | 27.0 | 26.7 | 27.5 | 26.8 | 27.0 | 27.4 | 27.2 | 27.8 | 27.2 | 27.2 | 27.4 | | | |
| | 9 | 29.7 | 30.0 | 30.9 | 30.6 | 30.9 | 30.0 | 30.7 | 30.4 | 30.7 | 31.1 | 30.2 | | | |
| | 10 | 33.2 | 33.5 | 34.2 | 33.9 | 34.3 | 34.2 | 34.2 | 34.4 | 33.9 | 34.3 | 33.4 | | | |
| | 11 | 37.4 | 37.5 | 37.2 | 38.4 | 38.2 | 38.0 | 38.2 | 37.9 | 38.6 | 38.3 | 39.1 | | | |
| | 12 | 42.7 | 42.8 | 43.1 | 43.8 | 43.8 | 44.1 | 43.9 | 44.2 | 43.6 | 44.0 | 43.6 | | | |
| | 13 | 48.3 | 48.7 | 49.1 | 48.9 | 49.1 | 49.3 | 49.2 | 50.2 | 49.2 | 49.6 | 49.0 | | | |
| | 14 | 53.5 | 53.9 | 53.8 | 54.3 | 55.5 | 54.3 | 54.8 | 54.7 | 55.0 | 54.7 | 54.4 | | | |
| | 15 | 59.6 | 59.5 | 58.7 | 59.5 | 58.3 | 58.5 | 58.2 | 59.5 | 59.6 | 60.9 | 60.5 | | | |
| | 16 | 60.7 | 60.9 | 60.7 | 61.5 | 60.7 | 60.5 | 60.7 | 61.1 | 61.9 | 61.1 | 61.7 | | | |
| | 17 | 62.7 | 63.2 | 62.4 | 62.2 | 62.7 | 62.1 | 62.3 | 62.7 | 63.4 | 63.7 | 63.9 | | | |

表 1 3 調査年度別年齢別平均体重の推移（女）

（単位：kg）

| 性 | 年齢 | 昭和30年度 | 35 | 40 | 45 | 50 | 55 | 60 | 平成2年度 | 3 | 4 | 5 | |
|---|----|--------|-------|------|------|------|------|------|-------|------|------|------|------|
| 女 | 5 | 16.8 | 17.4 | 17.5 | 17.6 | 18.0 | 18.3 | 18.3 | 18.8 | 18.8 | 18.7 | 19.0 | |
| | 6 | 18.3 | 18.9 | 19.1 | 18.7 | 20.1 | 20.4 | 20.7 | 21.0 | 21.0 | 21.0 | 21.2 | |
| | 7 | 20.3 | 20.9 | 21.2 | 21.9 | 22.7 | 22.7 | 23.0 | 23.4 | 23.4 | 23.2 | 23.5 | 23.7 |
| | 8 | 22.5 | 23.1 | 23.7 | 24.1 | 25.2 | 25.1 | 25.6 | 26.7 | 26.7 | 26.2 | 26.2 | 26.2 |
| | 9 | 25.0 | 25.7 | 26.3 | 27.1 | 28.2 | 28.4 | 28.7 | 29.4 | 29.4 | 29.6 | 29.5 | 30.0 |
| | 10 | 27.5 | 28.9 | 29.6 | 29.9 | 31.9 | 32.6 | 32.6 | 33.5 | 33.5 | 33.7 | 33.8 | 33.7 |
| | 11 | 30.6 | 33.2 | 33.8 | 35.3 | 36.7 | 37.2 | 37.1 | 38.7 | 38.7 | 37.9 | 38.6 | 38.3 |
| | 12 | 34.9 | 37.5 | 38.8 | 40.8 | 41.8 | 42.6 | 42.7 | 43.1 | 43.1 | 43.0 | 43.7 | 43.5 |
| | 13 | 39.5 | 41.9 | 43.3 | 44.9 | 46.0 | 46.1 | 46.6 | 46.9 | 46.9 | 47.0 | 47.3 | 47.3 |
| | 14 | 43.3 | 45.9 | 47.0 | 49.2 | 49.1 | 49.7 | 49.6 | 49.7 | 49.7 | 49.9 | 50.0 | 50.4 |
| | 15 | 46.1 | 49.1 | 49.8 | 51.7 | 51.4 | 51.5 | 52.8 | 52.0 | 52.0 | 52.5 | 52.8 | 52.7 |
| | 16 | 48.0 | 50.3 | 51.6 | 52.2 | 52.7 | 52.8 | 53.2 | 53.0 | 53.0 | 52.9 | 53.5 | 53.1 |
| | 17 | 49.2 | 51.0 | 52.5 | 52.2 | 52.9 | 53.3 | 52.8 | 53.2 | 53.2 | 54.2 | 54.2 | 53.1 |
| | | 年齢 | 平成6年度 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | 5 | 18.7 | 18.9 | 18.7 | 18.9 | 18.8 | 18.6 | 18.6 | 18.7 | 18.5 | 18.5 | 18.5 |
| | | 6 | 21.4 | 21.1 | 21.1 | 20.7 | 21.1 | 20.9 | 21.2 | 21.2 | 21.0 | 21.3 | 21.1 |
| | | 7 | 23.3 | 23.5 | 23.6 | 23.4 | 23.3 | 23.7 | 23.7 | 23.7 | 23.7 | 23.3 | 23.6 |
| | | 8 | 26.5 | 26.5 | 26.8 | 26.6 | 26.4 | 26.6 | 26.7 | 26.2 | 26.3 | 26.7 | 26.6 |
| | | 9 | 30.2 | 29.8 | 30.5 | 30.0 | 30.3 | 30.0 | 29.8 | 29.6 | 30.1 | 29.6 | 29.8 |
| | | 10 | 34.5 | 34.5 | 34.5 | 34.5 | 34.3 | 34.4 | 34.2 | 33.6 | 33.9 | 33.7 | 33.9 |
| | 11 | 38.7 | 38.5 | 39.0 | 38.8 | 39.4 | 39.6 | 39.4 | 39.5 | 39.5 | 39.0 | 38.5 | |
| | 12 | 43.6 | 44.1 | 44.3 | 43.9 | 44.4 | 44.3 | 44.0 | 44.0 | 44.3 | 44.1 | 44.1 | |
| | 13 | 47.3 | 47.7 | 47.6 | 47.8 | 47.7 | 47.7 | 47.5 | 47.7 | 47.9 | 47.6 | 47.5 | |
| | 14 | 50.3 | 50.3 | 50.5 | 49.9 | 50.6 | 50.7 | 50.2 | 50.7 | 50.8 | 50.5 | 50.3 | |
| | 15 | 52.5 | 52.0 | 52.3 | 52.3 | 52.0 | 51.9 | 51.5 | 52.2 | 52.0 | 52.5 | 52.2 | |
| | 16 | 52.8 | 53.4 | 53.6 | 53.9 | 53.6 | 53.6 | 53.2 | 53.2 | 53.2 | 53.2 | 53.8 | |
| | 17 | 52.9 | 53.4 | 54.1 | 53.6 | 53.6 | 53.3 | 53.5 | 53.5 | 53.5 | 53.8 | 54.4 | |

表 1 4 調査年度別年齢別平均座高の推移（男）

（単位：cm）

| 性 | 年齢 | 平成30年度 | | | | | | | | | | | |
|---|----|--------|-------|------|------|------|------|-------|------|------|------|------|------|
| | | 35 | 40 | 45 | 50 | 55 | 60 | 平成2年度 | 3 | 4 | 5 | | |
| 男 | 5 | 61.0 | 61.0 | 61.9 | 60.9 | 62.2 | 62.5 | 62.8 | 62.8 | 63.0 | 62.8 | 62.6 | |
| | 6 | 63.0 | 63.7 | 64.6 | 64.2 | 64.5 | 64.8 | 64.9 | 65.3 | 65.1 | 65.1 | 65.2 | |
| | 7 | 65.7 | 66.2 | 67.0 | 66.7 | 67.2 | 67.6 | 67.9 | 67.9 | 67.9 | 67.9 | 67.8 | |
| | 8 | 67.9 | 69.4 | 69.6 | 69.7 | 69.5 | 69.8 | 70.1 | 70.6 | 70.4 | 70.5 | 70.5 | |
| | 9 | 70.1 | 70.7 | 71.7 | 72.2 | 72.1 | 72.3 | 72.2 | 72.7 | 72.7 | 72.8 | 73.0 | |
| | 10 | 71.9 | 72.7 | 73.6 | 73.0 | 74.3 | 74.3 | 74.8 | 75.0 | 75.3 | 75.0 | 74.9 | |
| | 11 | 73.7 | 74.6 | 75.8 | 75.5 | 76.5 | 76.7 | 76.5 | 77.4 | 77.3 | 77.1 | 77.5 | |
| | 12 | 76.0 | 77.0 | 78.5 | 78.7 | 79.3 | 80.1 | 79.9 | 80.4 | 81.1 | 81.2 | 80.7 | |
| | 13 | 78.9 | 80.6 | 82.2 | 81.8 | 82.7 | 83.0 | 83.5 | 84.3 | 84.6 | 84.4 | 84.3 | |
| | 14 | 82.3 | 83.9 | 85.4 | 85.9 | 86.1 | 86.6 | 86.9 | 87.4 | 87.7 | 87.7 | 87.5 | |
| | 15 | 86.6 | 87.5 | 88.6 | 88.6 | 88.8 | 89.5 | 89.5 | 89.9 | 90.0 | 90.2 | 89.9 | |
| | 16 | 88.6 | 89.3 | 90.0 | 89.7 | 89.9 | 90.5 | 90.7 | 91.1 | 91.3 | 90.9 | 91.2 | |
| | 17 | 89.8 | 89.9 | 90.5 | 89.8 | 90.5 | 91.0 | 91.0 | 91.4 | 91.4 | 91.7 | 91.7 | |
| | | 年齢 | 平成6年度 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | 5 | 62.5 | 62.5 | 62.4 | 62.6 | 62.5 | 62.6 | 62.2 | 62.5 | 62.5 | 62.4 | 62.1 |
| | | 6 | 65.3 | 65.2 | 65.1 | 65.3 | 64.9 | 64.8 | 65.0 | 64.9 | 64.8 | 64.8 | 65.2 |
| | | 7 | 67.9 | 67.7 | 67.7 | 67.9 | 67.5 | 67.7 | 67.7 | 67.6 | 67.6 | 67.8 | 67.7 |
| | 8 | 70.4 | 70.2 | 70.4 | 70.5 | 70.1 | 70.5 | 70.3 | 70.6 | 70.3 | 70.3 | 70.5 | |
| | 9 | 72.7 | 72.8 | 72.9 | 72.9 | 73.1 | 72.6 | 72.6 | 72.6 | 72.8 | 72.9 | 72.7 | |
| | 10 | 74.9 | 75.0 | 75.1 | 75.1 | 75.0 | 75.2 | 75.0 | 74.9 | 74.9 | 74.9 | 74.8 | |
| | 11 | 77.5 | 77.6 | 77.6 | 77.7 | 77.7 | 77.7 | 77.7 | 77.4 | 77.6 | 77.7 | 78.0 | |
| | 12 | 81.2 | 81.0 | 80.8 | 81.2 | 81.4 | 81.2 | 81.5 | 81.4 | 81.5 | 81.1 | 81.0 | |
| | 13 | 84.6 | 84.6 | 84.3 | 84.6 | 84.8 | 84.9 | 84.9 | 85.4 | 84.9 | 85.1 | 84.9 | |
| | 14 | 87.5 | 87.5 | 87.7 | 87.7 | 88.2 | 88.1 | 88.4 | 88.0 | 88.0 | 88.2 | 88.1 | |
| | 15 | 90.1 | 90.1 | 90.1 | 90.1 | 89.9 | 90.1 | 90.0 | 90.4 | 90.3 | 90.3 | 90.3 | |
| | 16 | 91.1 | 90.7 | 91.3 | 91.1 | 91.2 | 91.1 | 91.5 | 91.3 | 91.2 | 91.2 | 91.1 | |
| | 17 | 91.8 | 91.7 | 91.8 | 91.9 | 91.9 | 92.1 | 92.0 | 91.9 | 91.8 | 92.0 | 92.2 | |

表 1 5 調査年度別年齢別平均座高の推移（女）

（単位：cm）

| 性 | 年齢 | 昭和30年度 | 35 | 40 | 45 | 50 | 55 | 60 | 平成2年度 | 3 | 4 | 5 | |
|---|----|--------|-------|------|------|------|------|------|-------|------|------|------|------|
| 女 | 5 | 60.4 | 60.5 | 61.4 | 61.3 | 61.8 | 62.0 | 62.2 | 62.3 | 62.4 | 62.2 | 62.2 | |
| | 6 | 62.9 | 63.2 | 64.0 | 63.8 | 64.1 | 64.3 | 64.8 | 64.9 | 64.7 | 64.6 | 65.0 | |
| | 7 | 65.5 | 65.8 | 66.7 | 67.0 | 66.9 | 67.2 | 67.2 | 67.5 | 67.3 | 67.4 | 67.7 | |
| | 8 | 67.8 | 68.0 | 69.1 | 68.8 | 69.3 | 69.4 | 69.8 | 70.4 | 69.9 | 69.8 | 70.0 | |
| | 9 | 70.1 | 70.8 | 71.6 | 71.5 | 72.1 | 72.0 | 72.1 | 72.5 | 72.5 | 72.6 | 72.8 | |
| | 10 | 72.1 | 72.7 | 74.2 | 73.3 | 74.9 | 75.1 | 75.2 | 75.7 | 75.5 | 75.6 | 75.6 | |
| | 11 | 74.5 | 76.2 | 77.2 | 76.8 | 78.1 | 78.4 | 78.1 | 78.9 | 78.5 | 78.9 | 78.9 | |
| | 12 | 77.3 | 79.1 | 80.3 | 80.6 | 81.0 | 81.6 | 81.4 | 82.1 | 82.0 | 82.1 | 82.2 | |
| | 13 | 80.5 | 81.6 | 82.8 | 83.0 | 83.2 | 83.2 | 83.6 | 83.7 | 83.7 | 83.8 | 83.8 | |
| | 14 | 82.2 | 83.3 | 84.3 | 84.4 | 84.2 | 84.6 | 84.6 | 84.9 | 85.0 | 84.8 | 84.7 | |
| | 15 | 84.2 | 84.5 | 85.3 | 84.6 | 85.2 | 85.1 | 85.4 | 85.7 | 85.6 | 85.6 | 85.5 | |
| | 16 | 84.8 | 84.9 | 85.9 | 84.3 | 85.4 | 85.2 | 85.4 | 85.5 | 85.6 | 85.8 | 85.9 | |
| | 17 | 85.2 | 84.9 | 85.9 | 85.1 | 85.2 | 85.2 | 85.3 | 85.9 | 85.8 | 85.9 | 85.9 | |
| | | 年齢 | 平成6年度 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | 5 | 61.9 | 62.2 | 62.1 | 62.2 | 62.0 | 62.1 | 61.8 | 62.2 | 61.8 | 61.9 | 61.8 |
| | | 6 | 64.9 | 64.7 | 64.6 | 64.9 | 64.6 | 64.8 | 64.7 | 64.7 | 64.6 | 64.8 | 64.6 |
| | | 7 | 67.5 | 67.4 | 67.5 | 67.4 | 67.4 | 67.3 | 67.5 | 67.5 | 67.5 | 67.3 | 67.4 |
| | | 8 | 70.1 | 70.1 | 70.2 | 70.2 | 70.0 | 70.0 | 70.2 | 69.8 | 70.0 | 70.0 | 70.1 |
| | | 9 | 73.1 | 72.7 | 73.0 | 72.8 | 72.9 | 72.8 | 72.7 | 72.7 | 73.0 | 72.7 | 72.7 |
| | | 10 | 76.1 | 76.2 | 75.9 | 76.2 | 76.1 | 76.0 | 76.1 | 75.7 | 75.7 | 75.5 | 75.7 |
| | 11 | 79.0 | 79.2 | 79.3 | 79.1 | 79.5 | 79.4 | 79.4 | 79.4 | 79.4 | 79.2 | 79.0 | |
| | 12 | 82.2 | 82.3 | 82.5 | 82.4 | 82.6 | 82.4 | 82.6 | 82.1 | 82.5 | 82.4 | 82.3 | |
| | 13 | 83.8 | 84.1 | 84.1 | 84.1 | 84.0 | 84.0 | 84.0 | 84.1 | 84.0 | 84.1 | 84.0 | |
| | 14 | 84.8 | 84.9 | 85.1 | 85.1 | 84.9 | 84.9 | 85.0 | 84.9 | 85.0 | 85.1 | 85.0 | |
| | 15 | 85.6 | 85.7 | 85.3 | 85.7 | 85.6 | 85.2 | 85.3 | 85.6 | 85.5 | 85.7 | 85.6 | |
| | 16 | 85.8 | 85.7 | 86.0 | 85.6 | 85.7 | 85.9 | 86.0 | 85.8 | 85.7 | 85.6 | 86.0 | |
| | 17 | 85.7 | 85.6 | 85.7 | 85.6 | 85.8 | 86.0 | 85.9 | 85.9 | 86.1 | 86.1 | 86.1 | |