

(参考)表10 調査年度別年齢別平均身長の推移(男子)

(単位:cm)

性	年齢	昭和30年度	35	40	45	50	55	60	平成2年度	4	5	6	
男	5	106.1	106.8	108.5	108.0	109.6	110.0	110.5	110.8	110.9	111.0	110.8	
	6	110.8	112.2	113.9	114.8	115.4	116.1	116.5	116.7	116.8	116.8	116.7	
	7	116.0	117.4	119.3	119.9	121.3	121.6	122.3	122.4	122.4	122.4	122.9	
	8	120.9	122.6	124.8	125.3	126.4	126.6	127.5	128.5	128.5	128.4	128.3	
	9	126.0	127.3	129.6	129.0	132.0	132.6	132.6	133.4	133.6	133.7	133.4	
	10	130.4	132.2	134.3	133.9	136.9	137.4	138.3	138.8	138.7	138.7	138.4	
	11	134.6	136.9	139.3	139.3	143.0	143.1	142.6	144.4	143.9	144.4	144.7	
	12	139.8	142.7	145.3	146.5	149.0	150.1	150.4	150.9	152.0	151.4	152.3	
	13	145.9	149.1	152.7	154.2	156.6	156.9	157.9	159.0	159.2	158.9	159.5	
	14	152.6	155.8	158.8	161.0	162.8	163.4	163.8	165.1	165.4	164.7	165.2	
	15	159.5	161.8	164.5	165.0	167.0	168.1	167.9	168.5	168.9	168.7	169.2	
	16	162.0	164.1	166.7	166.6	169.0	169.9	170.3	170.2	170.4	170.7	170.6	
	17	164.7	165.6	167.8	166.8	169.8	170.6	170.4	170.9	171.6	171.2	171.4	
	子	年齢	平成7年度	8	9	10	11	12	13	14	15	16	17
		5	110.7	110.7	110.9	110.7	110.9	110.5	111.1	110.8	110.9	111.0	110.5
		6	117.0	116.7	116.8	116.8	116.4	116.7	116.7	116.6	116.1	117.2	117.1
		7	122.2	122.5	122.5	122.2	122.4	122.6	122.3	122.4	122.6	122.6	122.9
8		127.8	128.4	128.1	127.5	127.8	128.0	128.5	128.1	128.1	128.5	128.4	
9		133.4	133.6	133.4	134.1	133.1	133.4	133.4	133.7	133.7	133.7	133.7	
10		138.9	138.6	138.9	138.8	139.1	139.1	138.8	138.7	138.7	138.5	139.1	
11		144.7	144.2	145.0	145.0	144.9	144.9	144.8	144.8	144.9	145.3	145.0	
12		151.9	151.5	152.4	152.7	152.7	152.0	152.5	152.4	152.0	151.9	152.2	
13		159.4	159.2	159.5	159.8	159.9	159.5	160.5	159.7	160.0	159.9	160.1	
14		164.9	165.3	165.4	165.8	165.9	165.8	165.7	165.7	165.7	165.3	165.6	
15		168.6	168.9	169.0	168.6	168.6	168.5	168.5	168.6	168.5	168.8	168.5	
16		170.0	170.2	170.6	170.3	170.5	170.7	170.4	170.1	170.3	169.9	169.8	
17		172.0	171.3	171.4	171.7	171.3	171.4	171.2	171.3	171.2	171.7	171.2	

表 1 1 調査年度別年齢別平均身長の推移（女子）

（単位：cm）

性	年齢	昭和30年度	35	40	45	50	55	60	平成2年度	4	5	6	
女	5	105.0	105.9	107.1	108.2	108.5	109.1	109.5	110.2	110.0	110.2	109.6	
	6	109.7	111.2	112.7	112.4	114.5	115.1	115.6	116.2	115.9	116.1	116.3	
	7	115.0	116.2	118.2	120.6	120.9	120.9	121.2	121.8	121.9	122.0	121.8	
	8	120.1	121.5	123.3	124.3	125.8	126.5	126.9	128.2	127.1	127.3	127.5	
	9	125.4	126.7	128.8	130.0	131.7	131.8	132.3	132.6	133.0	133.4	133.5	
	10	130.2	132.6	134.7	136.0	137.6	138.7	138.7	139.7	139.5	139.4	140.3	
	11	135.4	138.6	141.0	142.4	144.3	145.5	145.0	146.5	146.3	146.1	146.5	
	12	141.3	144.4	146.7	149.8	150.0	151.1	151.1	151.8	151.9	151.9	151.9	
	13	146.3	148.5	150.7	152.5	153.9	154.4	154.8	155.0	155.0	155.1	155.1	
	14	149.7	151.0	153.2	155.2	155.7	156.7	156.7	156.9	157.0	156.8	156.9	
	15	152.4	153.1	154.8	156.1	156.7	156.8	157.8	157.8	157.9	157.6	157.9	
	16	153.2	153.9	155.6	156.7	157.2	157.4	158.0	158.2	158.1	158.6	158.1	
	17	154.1	154.3	155.7	156.1	157.1	157.6	158.3	158.6	158.9	158.6	158.4	
		年齢	平成7年度	8	9	10	11	12	13	14	15	16	17
	子	5	110.2	110.0	110.1	110.1	110.1	109.8	110.4	109.9	109.9	110.1	109.6
		6	115.8	115.6	115.9	115.7	116.1	116.0	116.4	115.8	116.1	115.8	115.7
		7	121.7	121.8	121.3	121.9	121.5	121.9	121.9	122.0	121.4	121.9	122.0
8		127.7	127.8	127.4	127.2	127.4	127.5	126.9	127.3	127.4	128.0	128.0	
9		133.1	133.7	133.3	133.8	133.3	133.1	133.3	133.8	133.2	133.3	133.3	
10		140.7	139.8	140.4	140.6	140.2	140.2	139.8	139.6	139.5	140.2	139.9	
11		146.5	146.5	146.3	147.3	147.1	146.9	147.2	147.3	146.9	146.6	146.9	
12		152.1	152.3	152.3	152.3	152.2	152.3	152.0	152.3	152.0	152.4	152.1	
13		155.7	155.4	155.3	155.5	155.4	155.5	155.5	155.6	155.4	155.5	155.8	
14		157.3	157.5	157.3	157.2	157.5	157.1	157.3	157.2	157.0	157.2	157.0	
15		157.5	157.5	158.1	157.6	157.5	157.5	157.7	157.6	157.8	157.5	158.0	
16	158.2	158.3	158.4	158.3	158.5	158.6	158.2	157.9	158.0	158.5	158.2		
17	157.9	158.7	158.6	158.6	158.8	158.6	158.5	158.8	158.6	158.6	158.9		

表 1 2 調査年度別年齢別平均体重の推移（男子）

（単位：kg）

性	年齢	昭和30年度	35	40	45	50	55	60	平成2年度	4	5	6	
男	5	17.3	17.4	18.0	17.7	18.3	18.6	18.9	19.3	19.1	19.1	19.0	
	6	18.8	19.4	19.7	19.8	20.3	20.9	21.2	21.2	21.5	21.3	21.5	
	7	20.9	21.5	21.7	22.0	22.9	23.4	23.6	23.8	24.0	24.0	24.0	
	8	22.9	23.7	24.2	24.4	25.6	25.7	26.0	27.0	27.2	27.0	27.0	
	9	25.1	26.1	26.9	27.6	28.8	28.8	29.3	30.1	30.2	30.4	29.7	
	10	27.5	28.7	29.4	29.9	31.7	32.3	33.0	33.5	33.5	33.4	33.2	
	11	29.8	31.3	32.5	33.8	35.3	35.6	35.3	37.7	37.0	37.7	37.4	
	12	33.3	35.1	37.0	38.0	40.1	41.4	42.0	42.5	43.0	43.0	42.7	
	13	37.6	39.8	42.4	42.8	45.6	45.9	47.1	48.2	48.3	48.0	48.3	
	14	43.0	45.8	48.1	49.9	51.0	51.8	52.3	53.9	54.5	53.4	53.5	
	15	48.8	51.5	53.5	54.5	56.1	57.7	57.9	58.7	59.6	59.7	59.6	
	16	52.1	55.1	56.5	57.3	58.7	59.9	60.9	60.5	61.1	61.8	60.7	
	17	54.6	56.8	58.4	57.3	60.0	61.5	61.3	61.5	62.5	62.8	62.7	
	子	年齢	平成7年度	8	9	10	11	12	13	14	15	16	17
		5	19.2	19.1	19.4	19.0	19.2	19.0	19.1	18.9	19.0	18.9	18.7
		6	21.7	21.5	21.6	21.4	21.4	21.5	21.5	21.4	21.1	21.6	21.6
		7	23.8	24.2	24.1	24.0	24.2	24.0	24.1	24.1	24.1	23.8	24.0
8		26.7	27.5	26.8	27.0	27.4	27.2	27.8	27.2	27.2	27.4	27.0	
9		30.0	30.9	30.6	30.9	30.0	30.7	30.4	30.7	31.1	30.2	30.4	
10		33.5	34.2	33.9	34.3	34.2	34.2	34.4	33.9	34.3	33.4	34.0	
11		37.5	37.2	38.4	38.2	38.0	38.2	37.9	38.6	38.3	39.1	38.0	
12		42.8	43.1	43.8	43.8	44.1	43.9	44.2	43.6	44.0	43.6	43.8	
13		48.7	49.1	48.9	49.1	49.3	49.2	50.2	49.2	49.6	49.0	49.7	
14		53.9	53.8	54.3	55.5	54.3	54.8	54.7	55.0	54.7	54.4	54.5	
15		59.5	58.7	59.5	58.3	58.5	58.2	59.5	59.6	60.9	60.5	60.4	
16		60.9	60.7	61.5	60.7	60.5	60.7	61.1	61.9	61.1	61.7	62.1	
17		63.2	62.4	62.2	62.7	62.1	62.3	62.7	63.4	63.7	63.9	63.4	

表 1 3 調査年度別年齢別平均体重の推移（女子）

（単位：kg）

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

（単位：cm）

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

表 1 5 調査年度別年齢別平均座高の推移（女子）

（単位：cm）

性	年齢	昭和30年度	35	40	45	50	55	60	平成2年度	4	5	6	
女	5	60.4	60.5	61.4	61.3	61.8	62.0	62.2	62.3	62.2	62.2	61.9	
	6	62.9	63.2	64.0	63.8	64.1	64.3	64.8	64.9	64.6	65.0	64.9	
	7	65.5	65.8	66.7	67.0	66.9	67.2	67.2	67.5	67.4	67.7	67.5	
	8	67.8	68.0	69.1	68.8	69.3	69.4	69.8	70.4	69.8	70.0	70.1	
	9	70.1	70.8	71.6	71.5	72.1	72.0	72.1	72.5	72.6	72.8	73.1	
	10	72.1	72.7	74.2	73.3	74.9	75.1	75.2	75.7	75.6	75.6	76.1	
	11	74.5	76.2	77.2	76.8	78.1	78.4	78.1	78.9	78.9	78.9	79.0	
	12	77.3	79.1	80.3	80.6	81.0	81.6	81.4	82.1	82.1	82.2	82.2	
	13	80.5	81.6	82.8	83.0	83.2	83.2	83.6	83.7	83.8	83.8	83.8	
	14	82.2	83.3	84.3	84.4	84.2	84.6	84.6	84.9	84.8	84.7	84.8	
	15	84.2	84.5	85.3	84.6	85.2	85.1	85.4	85.7	85.6	85.5	85.6	
	16	84.8	84.9	85.9	84.3	85.4	85.2	85.4	85.5	85.8	85.9	85.8	
	17	85.2	84.9	85.9	85.1	85.2	85.2	85.3	85.9	85.9	85.9	85.7	
		年齢	平成7年度	8	9	10	11	12	13	14	15	16	17
	子	5	62.2	62.1	62.2	62.0	62.1	61.8	62.2	61.8	61.9	61.8	61.6
		6	64.7	64.6	64.9	64.6	64.8	64.7	64.7	64.6	64.8	64.6	64.6
		7	67.4	67.5	67.4	67.4	67.3	67.5	67.5	67.5	67.3	67.4	67.4
8		70.1	70.2	70.2	70.0	70.0	70.2	69.8	70.0	70.0	70.1	70.4	
9		72.7	73.0	72.8	72.9	72.8	72.7	72.7	73.0	72.7	72.7	72.4	
10		76.2	75.9	76.2	76.1	76.0	76.1	75.7	75.7	75.5	75.7	75.7	
11		79.2	79.3	79.1	79.5	79.4	79.4	79.4	79.4	79.2	79.0	79.3	
12		82.3	82.5	82.4	82.6	82.4	82.6	82.1	82.5	82.4	82.3	82.2	
13		84.1	84.1	84.1	84.0	84.0	84.0	84.1	84.0	84.1	84.0	84.3	
14		84.9	85.1	85.1	84.9	84.9	85.0	84.9	85.0	85.1	85.0	85.0	
15	85.7	85.3	85.7	85.6	85.2	85.3	85.6	85.5	85.7	85.6	85.7		
16	85.7	86.0	85.6	85.7	85.9	86.0	85.8	85.7	85.6	86.0	85.9		
17	85.6	85.7	85.6	85.8	86.0	85.9	85.9	86.1	86.1	86.1	86.1		