

徳島県標準体重表(平成15年度～) 身長1cm未満は四捨五入したものを使用してください。

徳島県医師会生活習慣病対策委員会

男子				
身長	標準体重	+20%	+30%	+50%
99	14.6	17.6	19.0	22.0
100	15.0	18.0	19.5	22.5
101	15.3	18.4	19.9	23.0
102	15.6	18.8	20.3	23.5
103	16.0	19.2	20.8	24.0
104	16.3	19.6	21.2	24.5
105	16.7	20.0	21.7	25.0
106	17.0	20.4	22.1	25.6
107	17.4	20.9	22.6	26.1
108	17.8	21.3	23.1	26.6
109	18.1	21.8	23.6	27.2
110	18.5	22.2	24.1	27.8
111	18.9	22.7	24.6	28.3
112	19.3	23.1	25.1	28.9
113	19.7	23.6	25.6	29.5
114	20.1	24.1	26.1	30.1
115	20.5	24.6	26.7	30.8
116	20.9	25.1	27.2	31.4
117	21.4	25.6	27.8	32.0
118	21.8	26.2	28.3	32.7
119	22.2	26.7	28.9	33.4
120	22.7	27.2	29.5	34.1
121	23.2	27.8	30.1	34.8
122	23.6	28.4	30.7	35.5
123	24.1	29.0	31.4	36.2
124	24.6	29.6	32.0	37.0
125	25.2	30.2	32.7	37.7
126	25.7	30.8	33.4	38.5
127	26.2	31.5	34.1	39.3
128	26.8	32.1	34.8	40.2
129	27.3	32.8	35.5	41.0
130	27.9	33.5	36.3	41.9
131	28.5	34.2	37.1	42.8
132	29.1	34.9	37.8	43.7
133	29.7	35.7	38.6	44.6
134	30.4	36.4	39.5	45.5
135	31.0	37.2	40.3	46.5
136	31.7	38.0	41.2	47.5
137	32.4	38.8	42.1	48.5
138	33.1	39.7	43.0	49.6
139	33.8	40.5	43.9	50.7
140	34.5	41.4	44.9	51.8
141	35.3	42.3	45.8	52.9
142	36.0	43.2	46.8	54.0

男子				
身長	標準体重	+20%	+30%	+50%
143	37.0	44.4	48.1	55.5
144	37.7	45.3	49.0	56.6
145	38.4	46.1	50.0	57.7
146	39.2	47.0	50.9	58.8
147	39.9	47.9	51.9	59.8
148	40.6	48.8	52.8	60.9
149	41.4	49.6	53.8	62.1
150	42.1	50.5	54.8	63.2
151	42.9	51.4	55.7	64.3
152	43.6	52.4	56.7	65.4
153	44.4	53.3	57.7	66.6
154	45.2	54.2	58.7	67.8
155	45.9	55.1	59.7	68.9
156	46.7	56.1	60.8	70.1
157	47.5	57.0	61.8	71.3
158	48.3	58.0	62.8	72.5
159	49.1	59.0	63.9	73.7
160	49.9	59.9	64.9	74.9
161	50.8	60.9	66.0	76.2
162	51.6	61.9	67.1	77.4
163	52.4	62.9	68.2	78.7
164	53.3	63.9	69.3	79.9
165	54.1	65.0	70.4	81.2
166	55.0	66.0	71.5	82.5
167	55.9	67.0	72.6	83.8
168	56.7	68.1	73.8	85.1
169	57.6	69.1	74.9	86.4
170	58.5	70.2	76.1	87.8
171	59.4	71.3	77.2	89.1
172	60.3	72.4	78.4	90.5
173	61.2	73.5	79.6	91.8
174	62.2	74.6	80.8	93.2
175	63.1	75.7	82.0	94.6
176	64.0	76.8	83.2	96.0
177	65.0	78.0	84.5	97.5
178	65.9	79.1	85.7	98.9
179	66.9	80.3	87.0	100.4
180	67.9	81.5	88.3	101.8
181	68.9	82.7	89.5	103.3
182	69.9	83.9	90.8	104.8
183	70.9	85.1	92.1	106.3
184	71.9	86.3	93.5	107.8
185	72.9	87.5	94.8	109.4

女子				
身長	標準体重	+20%	+30%	+50%
99	14.5	17.4	18.9	21.8
100	14.8	17.8	19.2	22.2
101	15.0	17.9	19.4	22.4
102	15.1	18.1	19.6	22.7
103	15.4	18.5	20.0	23.1
104	16.0	19.2	20.8	24.0
105	16.5	19.8	21.4	24.7
106	16.9	20.3	21.9	25.3
107	17.3	20.7	22.4	25.9
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128	26.5	31.8	34.5	39.8
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130	27.6	33.2	35.9	41.4
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132	28.8	34.6	37.4	43.2
133	29.4	35.3	38.2	44.1
134	30.0	36.0	39.0	45.1
135	30.7	36.8	39.9	46.0
136	31.3	37.6	40.8	47.0
137	32.0	38.4	41.6	48.1
138	32.7	39.3	42.6	49.1
139	33.5	40.2	43.5	50.2
140	34.2	41.0	44.5	51.3
141	35.0	42.0	45.5	52.5
142	35.8	42.9	46.5	53.6

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147	40.5	48.6	52.6	60.7
148	41.5	49.8	54.0	62.3
149	42.6	51.1	55.3	63.9
150	43.6	52.3	56.6	65.3
151	44.5	53.4	57.9	66.8
152	45.4	54.5	59.1	68.2
153	46.3	55.6	60.2	69.5
154	47.2	56.6	61.4	70.8
155	48.0	57.6	62.4	72.1
156	48.9	58.6	63.5	73.3
157	49.6	59.6	64.5	74.5
158	50.4	60.5	65.6	75.6
159	51.2	61.4	66.6	76.8
160	51.9	62.3	67.5	77.9
161	52.7	63.2	68.5	79.0
162	53.4	64.1	69.5	80.1
163	54.2	65.0	70.4	81.3
164	54.9	65.9	71.4	82.4
165	55.6	66.8	72.3	83.5
166	56.4	67.7	73.3	84.6
167	57.1	68.6	74.3	85.7
168	57.9	69.5	75.3	86.8
169	58.7	70.4	76.3	88.0
170	59.5	71.4	77.3	89.2
171	60.3	72.3	78.4	90.4
172	61.1	73.3	79.4	91.7
173	62.0	74.3	80.5	92.9
174	62.8	75.4	81.7	94.3
175	63.7	76.5	82.9	95.6
176	64.7	77.6	84.1	97.0
177	65.7	78.8	85.4	98.5
178	66.7	80.0	86.7	100.0
179	67.7	81.3	88.1	101.6
180	68.8	82.6	89.5	103.3

小中学生全体の中央値から作成した標準体重です。
背が低めの中2、中3女子では肥満度が大きめに
でることがあります。ご注意ください。