



Proper Weight for Height and Age

The ideal weight of a person is determined according to the height and body structure of the individual. Genetics also has a role to play, along with dietary pattern and exercise. To know the proper weight for your height and age, you can refer to the charts given in this article...

With obesity and its related problems like heart diseases and high blood pressure on the rise nowadays, people all over the world are increasingly concerned about their weight and overall health. It is a known fact that maintaining proper weight based on one's height and age is a prerequisite in order to stay healthy in the long run.

Answers to common fitness questions like how much should my ideal weight be for being healthy, or is my weight in sync with my height, can help in judging whether you are fit, underweight or overweight. In this article, we look at the ideal weight for height and age in children as well as adults.



Weight Height Ratio for Children

Childhood is an important growth phase which is marked by physical, mental, and psychological developments. Parents have to constantly monitor the weight and height to ensure proper growth of the child. Moreover, childhood obesity is a growing concern, especially in developed countries, and hence, parents need to keep a tab of the increasing weight of a child. Here is a height and weight chart for children, based on the guidelines and growth charts provided by the Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO).

Age Height Weight for Boys		
Age	Average Height	Average Weight
Newborn	19.6	7.4
1 Month	21.6	9.8
2 Months	23.0	12.3
3 Months	24.2	14.1
4 Months	25.2	15.4
5 Months	26.0	16.6
6 Months	26.6	17.5
7 Months	27.2	18.3
8 Months	27.8	19.0
9 Months	28.3	19.6
10 Months	28.8	20.1

Age Height Weight for Girls		
Age	Average Height	Average Weight
Newborn	19.4	7.3
1 Month	21.2	9.6
2 Months	22.1	11.7
3 Months	23.6	13.3
4 Months	24.5	14.6
5 Months	25.3	15.8
6 Months	25.9	16.6
7 Months	26.5	17.4
8 Months	27.1	18.1
9 Months	27.6	18.8
10 Months	28.2	19.4

11 Months	29.3	20.8
1 year	29.8	21.3
13 Months	30.3	21.8
14 Months	30.7	22.3
15 Months	31.2	22.7
16 Months	31.6	23.2
17 Months	32.0	23.7
18 Months	32.4	24.1
20 Months	33.1	25.0
21 Months	33.5	25.5
22 Months	33.9	25.9
23 Months	34.2	26.3
2 years	34.2	27.5
3 years	37.5	31.0
4 years	40.3	40.5
5 years	43.0	40.5
6 years	45.5	45.5
7 years	48.0	50.5
8 years	50.4	56.5
9 years	52.5	63.0
10 years	54.5	70.5
11 years	56.5	78.5
12-13 years	58 - 62	88 - 100
14-15 years	64 - 67	112 - 123
16-17 years	68 - 69	134 - 142
18-20 years	69 - 70	147 - 155

11 Months	28.7	19.9
1 year	29.2	20.4
13 Months	29.6	21.0
14 Months	30.1	21.5
15 Months	30.6	22.0
16 Months	30.9	22.5
17 Months	31.4	23.0
18 Months	31.8	23.4
20 Months	32.6	24.4
21 Months	32.9	24.9
22 Months	33.4	25.4
23 Months	33.7	25.9
2 years	33.5	26.5
3 years	37.0	31.5
4 years	39.5	34.0
5 years	42.5	39.5
6 years	45.5	44.0
7 years	47.7	49.5
8 years	50.5	57.0
9 years	52.5	62.0
10 years	54.5	70.5
11 years	56.7	81.5
12-13 years	59 - 62	91 - 101
14-15 years	62 - 63	105 - 115
16-17 years	64	118 - 120
18-20 years	64	125 - 128

Height is indicated in Inches and Weight is indicated in Pounds.

Things to Note

- There is rapid weight gain in the initial six months, followed by a slow, yet steady increase in weight till the child is one years of age.
- Once the child is one year old, an increase of three to six pounds is expected in a year, along with a total height gain of three to five inches.
- Till the child is five years old, an additional five pounds of weight gain is expected.
- A sudden growth spurt in children in the age group of ten to fifteen years can be seen. This leads to

eight to twelve pounds of weight gain.

- In children, along with a check of the height and weight, it is important to take the head circumference into consideration as well.
- Genetics, environmental factors, diet, and ethnicity, play an important role in the height and weight ratio in children.

Weight Height Ratio For Adults

The height weight helps in understanding a person's health and well-being. Physicians have increasingly used these charts for gaging a person's healthy weight. Here is a weight and height chart for men as well as women, in the age group of eighteen to sixty years.

Ideal Weight for Men by Height

Height

Body Frame

Height Weight Chart for Men

Height	Small Frame	Medium Frame	Large Frame
5'1"	123	134	145
5'2"	125	137	148
5'3"	127	139	151
5'4"	129	142	155
5'5"	131	145	159
5'6"	133	148	163
5'7"	135	151	167
5'8"	137	154	171
5'9"	139	157	175
5'10"	141	160	179
5'11"	144	164	183
6'0"	147	167	187
6'1"	150	171	192
6'2"	153	175	197
6'3"	157	179	202

Ideal Weight for Women by Height

Height

Body Frame

Height Weight Chart for Women

Height	Small Frame	Medium Frame	Large Frame
4'10"	100	115	131
4'11"	101	117	134
5'0"	103	120	137
5'1"	105	122	140
5'2"	108	125	144
5'3"	111	128	148
5'4"	114	133	152
5'5"	117	136	156
5'6"	120	140	160
5'7"	123	143	163
5'8"	126	146	167
5'9"	129	150	170
5'10"	132	153	173
5'11"	135	156	176
6'0"	138	159	179

Weight indicated in the table is in Pounds

Age Weight Chart for American Men

Age	20 - 29 yrs	30 - 39 yrs	40 - 49 yrs	50 - 59 yrs	60 - 69 yrs
Pounds	168	179	182	185	184

Age Weight Chart for American Women

Age	20 - 29 yrs	30 - 39 yrs	40 - 49 yrs	50 - 59 yrs	60 - 69 yrs
Pounds	132	144	149	158	152

Things to Note

- The weight and height ratio may vary based on the body structure, body type, and bone density of an adult.
- Unlike children, there is no significant height gain in adults above eighteen years of age.

All About BMI

To estimate the right weight based on the height, a person should know the ideal body mass index. Also known as BMI, this value is calculated based on the height and weight of an individual. To know your BMI level, note down your your height in inches and weight in pounds. Now using the BMI formula of **[Weight in Pounds ÷ (Height in inches)²] × 703**, you can calculate if you are overweight, obese, underweight or normal.

BMI Categories:

<18.5 = Underweight

18.5 - 24.9 = Normal Weight

25 - 29.9 = Overweight

BMI of 30 or greater = Obesity

Things to Note

- BMI is higher in athletes and slightly more in elderly people.
- Age, sex, and ethnicity might affect the ratio as well.
- The BMI does not take into consideration waist measurement or muscle mass, and hence, accuracy is doubtful.

Despite certain limitations, the BMI is a great way to check the proper height and weight of an individual. In case you are underweight, it is important to rethink your diet so that you include nutritious foods in it. On the other hand, obesity can signal an impending health danger, and hence, should be controlled with a strict diet and exercise regime. A sharp increase in weight can be due to certain health problems like thyroid diseases and diabetes. In case you notice such a rapid increase in weight, consult a doctor immediately.

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Last Updated: 2/19/2013

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