

13 年齢別 平均胸囲の推移

1 男

(単位 cm)

区 分	幼稚園	小 学 校						中 学 校			高 等 学 校		
	5 歳	6 歳	7	8	9	10	11	12歳	13	14	15歳	16	17
昭和23年	55.0	56.1	57.9	59.5	61.3	62.9	64.6	66.9	69.1	72.4	75.4	78.8	80.9
24	55.2	56.3	58.2	60.0	61.7	63.4	65.1	67.0	69.4	72.7	76.3	79.1	81.3
25	55.4	56.3	58.2	60.0	61.8	63.4	65.2	67.0	69.5	72.8	76.3	79.5	81.5
26	55.3	56.3	58.2	60.1	61.9	63.6	65.3	67.3	70.0	73.4	77.7	80.3	82.3
27	...	56.4	58.3	60.1	61.8	63.6	65.6	67.6	70.0	73.8	77.3	80.1	82.2
28	...	56.2	58.3	60.2	61.9	63.8	65.7	67.9	70.6	74.2	78.2	80.6	82.4
29	55.1	56.2	58.1	60.1	62.0	63.8	65.7	67.8	70.9	74.4	78.3	80.9	82.6
30	55.1	56.2	58.2	60.1	61.8	63.9	65.8	68.2	71.3	75.0	78.8	81.3	83.0
31	55.1	56.3	58.1	60.1	61.9	64.0	66.0	68.3	71.6	75.5	79.4	81.8	83.6
32	55.0	56.3	58.2	60.1	62.0	63.8	66.0	68.5	71.7	75.6	79.6	82.1	83.7
33	55.2	56.4	58.3	60.2	62.0	64.0	65.9	68.3	72.1	75.8	79.9	82.3	84.1
34	55.2	56.4	58.2	60.1	62.0	63.9	66.0	68.4	72.1	76.1	79.8	82.5	84.0
35	55.2	56.4	58.3	60.2	62.1	64.0	66.0	68.6	72.0	76.3	80.2	82.5	84.2
36	55.3	56.5	58.3	60.3	62.2	64.1	66.3	68.8	72.3	76.3	80.3	82.7	84.4
37	55.3	56.5	58.4	60.3	62.3	64.2	66.4	69.0	72.5	76.7	80.4	83.0	84.7
38	55.6	56.6	58.5	60.5	62.4	64.5	66.6	69.2	72.9	77.0	80.6	83.1	84.8
39	55.4	56.7	58.6	60.6	62.6	64.6	66.9	69.4	73.3	77.2	80.9	83.4	85.2
40	55.6	56.8	58.8	60.8	62.8	64.9	67.1	69.9	73.6	77.7	81.4	83.7	85.4
41	55.7	56.9	58.9	60.8	63.0	65.1	67.4	70.1	73.9	77.9	81.5	83.9	85.4
42	55.8	56.9	58.8	61.0	63.1	65.4	67.6	70.3	74.1	78.2	81.6	84.0	85.6
43	55.8	57.0	59.0	61.1	63.2	65.5	67.9	70.6	74.4	78.4	81.7	83.8	85.5
44	55.8	57.0	59.1	61.2	63.4	65.6	68.0	70.8	74.6	78.7	81.9	84.1	85.6
45	55.8	57.2	59.2	61.4	63.6	65.8	68.2	71.2	75.0	79.0	81.6	84.4	85.9
46	55.9	57.2	59.0	61.5	63.7	66.0	68.4	71.4	75.1	79.2	82.4	84.5	85.9
47	56.0	57.4	59.5	61.6	63.8	66.2	68.8	71.5	75.2	79.3	82.3	84.4	86.1
48	56.0	57.0	59.5	61.6	63.9	66.3	68.8	71.8	75.3	79.1	82.1	84.3	85.8
49	55.9	57.3	59.4	61.8	64.0	66.4	68.9	71.8	75.5	79.1	82.2	84.2	85.7
50	55.9	57.2	59.3	61.5	63.9	66.3	68.9	71.8	75.5	79.2	82.2	83.9	85.6
51	56.0	57.3	59.5	61.8	64.0	66.6	69.1	71.9	75.6	79.4	82.4	84.2	85.6
52	55.8	57.2	59.3	61.5	64.0	66.2	69.0	71.8	75.5	79.2	82.1	84.0	85.4
53	55.9	57.3	59.4	61.5	63.9	66.5	69.0	72.1	75.6	79.3	82.3	84.2	85.5

(昭和23年度～昭和53年度)

2 女

(単位 cm)

区 分	幼稚園	小 学 校						中 学 校			高 等 学 校		
	5 歳	6 歳	7	8	9	10	11	12歳	13	14	15歳	16	17
昭和23年	53.8	54.6	56.2	57.8	59.5	61.3	63.4	66.6	69.5	72.9	75.4	78.2	79.7
24	54.0	54.7	56.4	58.0	59.6	61.5	63.7	66.7	69.9	73.3	76.3	78.5	79.7
25	53.9	54.7	56.4	58.0	59.7	61.5	63.8	66.8	70.3	73.6	76.4	78.6	79.8
26	53.6	54.7	56.3	58.2	59.9	61.7	64.2	67.3	71.0	74.2	77.1	78.8	79.8
27	...	54.8	56.6	58.3	60.2	62.1	64.5	67.6	71.1	74.5	77.3	78.8	80.0
28	...	54.7	56.5	58.4	60.2	62.1	64.7	68.1	71.6	74.9	77.4	79.1	80.1
29	53.6	54.6	56.3	58.3	60.2	62.3	64.9	68.3	71.8	75.1	77.6	79.1	80.2
30	53.5	54.6	56.4	58.2	60.2	62.5	65.2	68.9	72.5	75.6	77.9	79.6	80.5
31	53.7	54.7	56.4	58.3	60.4	62.7	65.6	69.2	72.9	76.0	78.2	79.7	80.6
32	53.6	54.7	56.5	58.3	60.2	62.5	65.8	69.5	73.1	76.1	78.3	79.8	80.7
33	53.7	54.8	56.6	58.4	60.4	62.7	65.7	69.8	73.5	76.2	78.4	79.9	80.7
34	53.7	54.8	56.5	58.4	60.4	62.9	66.0	69.7	73.7	76.7	78.6	80.0	80.8
35	53.8	54.9	56.7	58.5	60.6	63.1	66.3	70.1	73.6	76.7	78.9	80.2	80.9
36	53.8	54.9	56.6	58.6	60.6	63.1	66.5	70.4	74.0	76.8	78.9	80.3	81.0
37	53.8	54.9	56.6	58.6	60.7	63.2	66.6	70.4	74.2	76.9	79.0	80.5	81.2
38	54.2	55.0	56.8	58.7	60.8	63.4	66.7	70.8	74.4	77.1	79.1	80.5	81.1
39	53.9	55.1	56.9	58.8	61.0	63.6	67.1	71.1	74.7	77.3	79.2	80.6	81.3
40	54.2	55.3	57.0	59.1	61.2	63.9	67.4	71.5	75.0	77.5	79.6	80.8	81.6
41	54.3	55.3	57.2	59.2	61.5	64.1	67.7	71.8	75.2	77.8	79.6	80.8	81.5
42	54.3	55.4	57.3	59.3	61.5	64.4	67.9	72.1	75.6	78.0	79.8	81.0	81.6
43	54.3	55.4	57.3	59.5	61.8	64.6	68.2	72.5	75.7	78.3	80.0	81.1	81.7
44	54.4	55.7	57.5	59.7	62.0	64.9	68.5	72.8	76.1	78.6	80.2	81.2	81.7
45	54.5	55.7	57.6	59.8	62.0	65.1	69.0	73.0	76.3	78.8	80.4	81.2	81.8
46	54.6	55.7	57.5	59.9	62.3	65.1	69.2	73.3	76.7	78.9	80.4	81.1	81.7
47	54.6	56.0	57.9	60.2	62.6	65.7	69.5	73.7	76.9	79.1	80.6	81.4	81.8
48	54.6	55.8	58.0	60.2	62.6	65.8	69.7	73.9	77.1	79.2	80.8	81.5	81.9
49	54.7	55.9	57.9	60.3	62.7	65.9	69.7	73.9	77.0	79.2	80.7	81.5	81.9
50	54.6	55.8	57.9	60.1	62.7	65.8	69.6	73.9	77.0	79.1	80.7	81.5	81.9
51	54.7	55.9	58.0	60.3	62.8	66.1	69.7	74.1	77.0	79.3	80.7	81.5	81.9
52	54.5	55.8	57.8	60.2	62.7	65.7	70.0	74.0	76.9	79.0	80.6	81.2	81.7
53	54.6	55.8	57.9	60.2	62.7	66.0	69.5	74.1	77.0	79.0	80.6	81.3	81.7