

表2 年齢別平均体重の

(1) 男

年齢	6才	7	8	9	10	11	12	13	14
明治 33	17.0	20.0	21.0	23.0	25.0	27.0	29.0	33.0	38.0
34	17.5	19.0	21.0	23.9	25.3	27.2	30.1	33.8	39.1
35	17.6	19.0	21.0	23.0	25.0	27.1	29.8	33.3	38.0
36	17.5	19.4	20.9	22.8	25.0	27.0	29.8	33.6	38.5
37	17.4	18.9	20.7	22.7	24.8	27.0	29.7	33.5	38.5
38	17.5	19.0	20.8	22.7	24.7	26.9	29.6	33.4	38.6
39	17.6	19.1	21.1	22.8	25.0	27.0	29.7	33.7	38.6
40	17.4	19.0	20.9	22.9	24.7	27.0	29.8	33.6	39.0
41	17.5	19.2	20.9	22.8	25.1	27.1	29.9	33.6	38.7
42	17.6	19.2	21.0	22.9	24.5	27.0	29.9	33.4	38.5
43	17.5	19.2	21.1	22.9	24.9	27.1	29.8	33.5	38.6
44	17.6	19.2	20.8	23.0	24.7	27.1	29.8	33.8	38.8
45	17.6	19.3	21.0	23.0	25.0	27.1	30.3	34.1	39.2
大正 2	17.5	19.1	20.9	22.9	24.9	27.1	29.7	33.9	39.0
3	17.5	19.2	21.0	22.9	25.0	27.1	30.1	33.7	38.9
4	17.5	19.2	21.1	23.1	25.0	27.3	30.3	34.0	39.1
5	17.6	19.3	21.2	23.2	25.1	27.5	30.3	34.1	39.4
6	17.6	19.4	21.1	23.7	25.2	28.0	30.5	34.4	39.8
7	17.5	19.3	21.1	23.2	25.2	27.5	30.5	34.6	40.7
8	17.5	19.3	21.2	23.1	25.1	27.6	30.2	34.1	39.6
9	17.6	19.4	21.2	23.2	25.3	27.5	30.5	34.6	39.9
10	-	-	-	-	-	-	-	-	-
11	17.6	19.4	21.3	23.4	25.4	27.7	30.6	34.8	40.1
12	17.7	19.5	21.5	23.5	25.6	28.0	30.9	35.2	40.6
13	17.7	19.5	21.4	23.5	25.6	27.9	31.1	35.3	41.0
14	17.7	19.6	21.6	24.1	25.7	28.1	31.7	35.2	40.9
昭和 15	17.7	19.6	21.6	23.6	25.7	27.7	31.7	35.6	41.5
2	17.8	19.6	21.7	23.7	26.0	28.3	31.7	36.3	41.4
3	17.8	19.7	21.6	23.7	25.9	28.3	31.7	36.1	41.6
4	17.9	19.7	21.8	23.7	26.0	28.2	31.8	36.2	41.9
5	17.9	19.8	21.8	23.8	25.9	28.4	31.8	36.2	42.0
6	17.9	19.7	21.8	23.9	26.0	28.5	31.9	36.4	42.5
7	18.0	19.8	21.9	24.0	26.1	28.6	32.2	36.7	42.7
8	18.1	19.9	21.9	24.0	26.2	28.7	32.5	36.7	42.9
9	18.2	20.1	22.1	24.1	26.4	28.9	32.5	37.2	43.4
10	18.1	20.0	22.1	24.1	26.4	28.8	32.6	37.1	43.4
11	18.1	20.0	22.1	24.3	26.5	29.0	32.5	37.2	43.5
12	18.2	20.0	22.1	24.3	26.5	29.0	32.2	36.5	43.0
13	18.5	20.1	22.3	24.5	26.8	29.2	32.5	37.0	43.7
14	18.5	20.3	22.5	24.6	26.9	29.3	32.5	36.9	43.6
15~22	-	-	-	-	-	-	-	-	-
23	18.4	20.1	22.0	24.0	26.0	28.2	31.4	34.5	38.9
24	18.5	20.3	22.3	24.2	26.3	28.5	31.4	34.8	39.3
25	18.5	20.4	22.4	24.4	26.4	28.7	31.5	35.1	39.7
26	18.5	20.5	22.5	24.6	26.7	28.8	32.0	35.6	40.7
27	18.6	20.6	22.6	24.7	26.9	29.2	32.0	36.1	41.1
28	18.6	20.6	22.8	24.8	27.1	29.5	32.5	36.5	41.6
29	18.6	20.5	22.7	24.8	27.0	29.5	32.8	36.9	41.9
30	18.7	20.6	22.7	25.0	27.3	29.7	33.2	37.6	42.7
31	18.8	20.7	22.8	25.0	27.4	30.0	33.5	38.1	43.5
32	18.8	20.8	22.8	25.0	27.4	30.2	33.8	38.5	43.8
33	18.9	20.9	23.1	25.3	27.6	30.2	34.0	38.8	44.2
34	18.8	20.9	23.1	25.4	27.8	30.5	34.3	39.4	45.0
35	19.1	21.0	23.2	25.5	28.0	30.7	34.6	39.3	45.3
36	19.1	21.1	23.3	25.7	28.2	31.0	34.9	40.0	45.4

推移明 (明治33年度~昭和36年度)

年次統計

(kg)

15	16	17	18	19	20	21	22	23	24
43.0	47.0	50.0	52.0	53.0	53.0	54.0	53.0	53.0	52.0
43.6	47.7	49.8	52.2	53.0	53.8	54.7	54.7	52.8	52.4
42.8	47.7	49.7	52.2	53.3	53.9	53.9	54.0	54.2	52.9
43.4	47.6	50.6	51.9	53.7	53.8	53.8	53.7	52.9	53.0
42.5	47.5	50.3	52.0	53.1	53.6	53.8	53.4	53.2	52.7
43.6	47.9	50.3	52.3	53.4	53.9	53.9	53.8	53.6	53.4
43.6	47.8	49.2	51.9	53.7	54.1	54.5	53.8	53.7	53.5
44.0	47.9	50.5	52.4	53.6	53.6	54.1	54.0	53.9	53.7
44.1	48.0	50.7	52.5	53.4	53.1	54.1	54.2	53.8	53.6
44.0	48.3	50.9	52.4	53.7	54.1	54.2	54.1	54.0	54.0
44.6	48.5	51.4	52.7	53.6	54.3	54.5	54.4	54.5	54.0
44.3	48.3	50.9	52.6	53.6	54.1	54.5	54.2	53.9	54.0
44.6	48.5	50.9	52.8	53.9	54.2	54.3	53.8	54.0	54.0
44.6	48.7	51.1	52.8	53.8	53.8	54.2	54.3	54.1	54.4
44.7	48.8	51.3	53.1	54.0	54.4	54.4	54.5	54.2	54.3
45.1	48.9	51.7	53.3	54.2	54.2	53.9	54.7	54.4	54.3
45.8	49.2	51.8	53.3	54.5	54.8	54.6	54.6	54.5	54.2
44.5	50.5	51.5	53.3	54.2	54.8	54.9	55.4	54.7	53.5
45.2	49.2	51.9	53.4	54.3	54.7	54.8	54.9	54.3	54.3
45.6	49.1	51.5	53.1	53.9	54.3	54.4	54.3	54.4	54.2
45.2	49.1	51.8	53.4	54.1	54.4	54.5	54.3	54.3	54.6
45.2	49.3	51.7	53.4	54.2	54.4	54.5	54.3	54.3	54.6
45.6	49.5	52.1	53.6	54.4	54.7	54.9	55.3	54.9	55.1
46.2	49.8	52.2	53.5	54.1	54.6	54.8	54.8	54.9	54.8
46.3	49.8	52.4	54.0	54.3	54.8	54.9	54.8	54.7	55.1
46.6	50.2	52.5	53.9	54.5	54.6	54.9	54.2	54.8	54.6
46.8	50.0	52.5	54.0	54.9	55.1	54.8	55.5	55.2	55.1
46.8	50.3	52.7	54.0	54.8	55.4	55.0	55.9	55.6	55.0
47.1	50.6	52.8	54.3	54.9	55.3	55.9	55.5	55.3	55.2
47.1	50.6	53.0	54.3	54.8	54.8	54.7	54.8	54.9	54.7
47.4	51.0	53.2	54.5	55.1	55.2	55.2	55.4	55.7	55.7
47.6	51.2	53.3	54.8	55.4	55.4	55.4	55.2	55.4	55.5
48.3	51.4	53.3	54.8	55.3	55.7	55.4	55.2	55.3	55.6
48.4	51.9	53.8	55.1	55.9	55.8	55.7	55.6	55.4	55.6
48.3	51.7	53.7	55.0	55.5	55.7	55.7	55.7	55.5	55.8
48.5	51.7	53.6	55.1	55.6	55.5	55.8	55.8	55.5	56.0
48.4	51.5	53.1	54.6	55.5	55.6	55.6	55.7	56.0	55.8
48.5	52.3	54.5	55.4	55.7	56.2	56.2	56.0	56.4	56.3
48.6	51.8	53.9	55.2	55.6	55.7	57.3	55.7	55.7	55.8
-	-	-	-	-	-	-	-	-	-
44.0	48.7	51.7	53.4	54.7	55.3	55.7	55.9	55.9	55.8
45.4	49.6	52.4	53.8	54.6	55.0	55.3	55.6	55.6	55.5
45.7	49.9	52.6	53.9	54.6	55.0	55.3	55.5	55.5	55.7
47.0	50.7	53.4	54.7	55.2	55.1	55.4	55.4	55.6	55.8
47.4	51.0	53.6	54.5	55.0	55.3	55.4	55.3	55.3	55.2
48.1	51.6	54.0	55.1	55.3	55.6	55.7	55.5	55.8	55.7
48.2	51.7	54.0	55.0	55.5	55.5	55.7	55.6	55.5	55.4
48.8	52.2	54.5	55.4	55.8	56.0	55.9	55.9	55.8	55.5
49.7	52.9	55.1	56.0	56.2	56.4	56.6	56.4	56.2	56.0
50.1	53.3	55.3	56.3	56.5	56.6	56.5	56.9	56.2	56.1
50.4	53.6	55.7	56.6	56.6	56.7	56.9	56.7	56.7	56.4
50.6	53.8	55.9	56.7	56.7	56.9	57.0	56.9	56.7	56.7
51.0	54.1	56.1	56.8	57.0	57.0	57.2	57.1	57.1	57.0
51.3	54.3	56.3	56.9	57.1	57.4	57.5	57.3	57.2	57.2

表2 年齢別平均体重の

(2) 女

年齢	6才	7	8	9	10	11	12	13	14
明治 33	17.0	19.0	20.0	22.0	25.0	27.0	30.0	33.0	39.0
34	16.9	18.5	20.3	22.2	24.6	27.2	30.5	34.5	38.8
35	16.9	18.4	20.2	22.3	24.4	27.1	30.4	34.1	38.4
36	16.9	18.4	20.2	22.2	24.2	26.8	30.4	34.3	38.5
37	16.7	18.0	19.9	21.9	24.1	26.7	30.0	34.2	38.8
38	16.8	18.2	20.0	21.9	24.0	26.6	29.8	34.2	38.6
39	16.7	18.4	20.0	21.9	24.5	26.8	30.3	34.1	38.3
40	16.8	18.4	20.1	21.9	24.2	26.8	30.5	34.3	38.8
41	16.8	18.1	20.1	22.1	24.0	26.9	30.4	34.4	38.6
42	16.9	18.4	20.3	22.1	24.2	26.7	30.1	34.4	38.6
43	17.0	18.4	20.3	22.2	24.3	27.0	31.2	34.2	38.8
44	17.1	18.5	20.3	22.2	24.4	27.0	30.6	34.5	38.6
45	16.9	18.5	20.1	22.2	24.4	27.2	30.9	35.3	39.3
大正 2	16.8	18.4	20.1	22.2	24.4	27.0	30.7	35.2	39.3
3	16.9	18.4	20.2	22.2	24.3	27.1	30.8	35.1	39.4
4	17.1	18.5	19.7	22.3	24.5	27.2	31.0	35.4	39.8
5	17.0	18.6	20.4	22.4	24.6	27.4	31.2	35.6	39.9
6	16.6	18.5	20.0	21.9	24.3	27.3	31.5	36.1	40.2
7	17.0	18.5	20.3	22.3	24.6	27.2	31.4	35.9	40.2
8	16.9	18.5	20.3	22.2	24.4	27.2	31.0	35.6	39.9
9	17.0	18.6	20.0	22.4	24.6	27.4	31.3	35.7	40.1
10	-	-	-	-	-	-	-	-	-
11	17.0	18.7	20.6	22.5	24.7	27.5	31.4	36.1	40.3
12	17.1	18.8	20.7	22.7	25.0	27.8	32.1	36.7	41.2
13	17.1	18.9	20.7	22.7	25.0	27.9	31.9	36.9	41.0
14	17.3	18.9	20.7	22.8	25.0	27.9	32.1	36.8	40.8
昭和 15	17.2	18.8	20.8	23.0	25.0	28.1	32.3	37.2	41.5
2	17.2	18.9	20.8	23.0	25.2	28.3	32.6	37.5	41.7
3	17.2	19.4	20.8	22.9	25.3	28.3	32.9	37.9	41.8
4	17.3	18.9	20.9	23.0	25.4	28.5	33.1	37.9	42.1
5	17.3	19.0	20.9	23.0	25.4	28.5	33.2	37.7	42.1
6	17.2	19.0	21.0	23.2	25.6	28.6	33.4	38.0	42.4
7	17.4	19.1	21.1	23.2	25.6	28.8	33.6	38.3	42.7
8	17.4	19.2	21.2	23.3	25.8	28.9	33.9	38.5	42.7
9	17.5	19.3	21.4	23.5	26.0	29.1	33.9	38.8	43.1
10	17.5	19.3	21.4	23.5	26.0	29.2	33.9	38.7	43.2
11	17.6	19.4	21.4	23.5	26.0	29.2	34.0	38.7	43.2
12	17.6	19.4	21.4	23.6	26.1	29.4	33.7	38.3	43.2
13	17.9	19.5	21.6	23.7	26.0	29.5	32.9	38.2	42.8
14	17.7	19.4	21.7	23.7	26.5	29.5	33.7	38.2	43.3
15~22	-	-	-	-	-	-	-	-	-
23	17.9	19.5	21.3	23.4	25.6	28.2	32.2	35.9	40.1
24	17.9	19.7	21.5	23.6	25.8	28.6	32.4	36.5	40.8
25	17.9	19.8	21.8	23.8	26.0	28.8	32.6	36.9	41.2
26	18.0	19.8	21.9	24.0	26.2	29.2	33.3	37.7	41.9
27	18.1	20.0	22.0	24.1	26.6	29.6	33.5	38.0	42.1
28	18.0	20.1	22.1	24.3	26.8	29.9	34.1	38.3	42.5
29	18.1	19.9	22.1	24.3	26.8	30.1	34.4	38.7	42.6
30	18.1	20.0	22.1	24.5	27.1	30.5	34.9	39.4	43.2
31	18.2	20.1	22.3	24.6	27.5	31.1	35.6	40.2	44.1
32	18.2	20.2	22.4	24.7	27.4	31.3	36.0	40.4	44.3
33	18.4	20.3	22.5	24.9	27.7	31.3	36.4	40.9	44.6
34	18.4	20.4	22.5	25.1	28.0	31.9	36.5	41.4	45.1
35	18.5	20.5	22.7	25.2	28.2	32.3	36.9	41.5	45.3
36	18.6	20.6	22.9	25.4	28.4	32.5	37.3	41.9	45.3

推移 (明治33年度~昭和36年度)

年次統計

(kg)

15	16	17	18	19	20	21	22	23	24
42.0	45.0	47.0	47.0	49.0	48.0	48.0	48.0	48.0	47.0
42.5	44.8	46.2	47.2	47.4	49.3	46.4	45.1	47.3	46.1
42.1	44.4	46.4	47.3	47.5	51.5	48.0	48.5	46.7	48.8
42.3	44.4	46.2	47.0	47.2	47.3	46.4	48.8	47.4	45.8
43.3	44.8	46.7	47.9	48.1	47.6	48.5	46.7	47.5	46.8
42.6	44.8	46.7	46.9	48.3	48.6	47.4	47.6	48.4	50.8
42.5	45.5	46.9	48.1	48.4	47.8	48.8	47.5	48.0	46.1
42.5	45.0	46.7	48.0	48.4	47.1	47.7	46.6	47.9	45.0
42.3	45.1	46.8	47.7	48.3	48.5	47.6	47.2	48.0	47.6
42.4	45.0	47.0	47.3	48.1	49.0	47.5	47.1	47.6	46.3
42.9	45.1	46.8	47.8	48.4	48.3	48.6	47.7	46.6	46.6
42.6	45.0	46.2	48.0	48.7	48.7	48.3	48.1	48.2	47.6
43.2	45.2	47.0	48.2	49.1	48.7	48.8	48.5	47.9	47.1
42.9	45.1	46.3	48.0	48.7	48.6	49.4	48.9	48.4	50.5
43.2	45.4	47.1	48.2	48.9	49.3	49.1	49.2	48.3	48.4
43.2	45.4	47.1	48.8	49.3	49.0	49.0	49.3	47.7	46.5
43.1	45.5	47.3	48.5	48.8	50.1	48.8	48.9	47.6	47.9
42.8	45.7	47.7	48.7	49.4	49.3	49.5	48.0	50.3	46.7
44.0	45.5	47.3	48.6	50.2	49.7	48.8	49.5	49.4	50.9
43.3	45.3	47.0	48.4	49.1	48.9	48.7	47.9	48.3	47.8
43.4	45.8	47.4	48.9	49.4	49.3	48.8	48.9	47.5	45.5
-	-	-	-	-	-	-	-	-	-
43.7	45.5	47.3	48.9	49.7	48.9	48.8	50.6	51.7	54.2
44.2	46.2	47.5	49.0	49.3	50.3	49.2	48.7	49.0	51.4
43.9	46.1	47.6	48.3	49.0	49.0	49.0	48.3	47.2	47.0
44.8	46.4	47.3	48.5	48.8	48.4	48.4	48.7	48.2	47.1
44.4	46.5	48.0	48.9	48.8	48.6	48.0	49.1	48.3	46.4
44.8	46.7	48.5	48.8	49.2	48.6	48.7	48.8	47.3	48.8
44.9	46.6	48.1	49.2	49.0	48.7	48.5	48.9	48.1	47.8
45.0	46.8	48.5	49.3	48.0	49.0	49.0	48.0	48.7	50.9
45.0	46.7	48.1	49.3	49.0	48.9	48.6	48.3	48.7	48.0
45.2	46.9	48.4	49.3	49.1	49.0	49.0	48.4	47.9	48.1
45.5	47.2	48.6	49.6	49.1	49.2	49.1	48.2	48.2	47.8
44.8	47.3	48.4	49.6	49.6	49.2	49.0	48.7	48.5	49.7
45.8	47.8	48.9	49.8	49.7	50.6	49.6	48.3	47.8	47.9
45.9	47.4	48.5	49.6	49.6	49.5	48.7	48.4	48.8	50.3
45.8	47.3	48.9	49.7	50.1	49.8	49.7	50.5	48.3	49.0
45.6	47.2	48.5	49.4	49.3	49.5	48.9	48.6	49.3	47.8
45.7	47.4	49.1	50.1	49.7	49.7	49.6	48.9	48.8	47.9
45.0	47.5	48.8	50.0	49.7	49.6	49.3	49.1	49.6	48.3
-	-	-	-	-	-	-	-	-	-
43.9	47.2	49.1	50.5	51.2	51.4	51.4	51.1	51.0	50.5
45.0	47.6	49.2	50.3	51.0	51.1	51.2	51.3	51.2	50.6
45.2	47.7	49.1	49.8	50.5	50.7	50.6	50.6	50.2	50.3
45.9	48.1	49.4	49.7	50.0	50.0	50.4	49.7	50.7	50.2
46.0	48.3	49.6	49.5	49.8	49.8	49.6	49.7	49.2	48.6
46.3	48.4	49.5	49.7	49.9	49.6	49.6	49.4	49.6	49.2
46.2	48.3	49.4	49.4	49.7	49.6	49.2	49.3	48.6	49.0
46.8	48.7	49.8	49.8	50.2	49.9	49.5	49.4	49.4	49.2
47.3	49.1	50.2	49.9	50.3	50.2	49.8	49.6	49.7	49.2
47.3	49.1	50.1	50.0	50.2	50.2	49.8	49.4	49.2	49.2
47.6	49.4	50.3	49.8	50.3	50.0	49.8	49.6	49.3	49.3
47.8	49.5	50.4	49.9	50.2	50.1	49.7	49.4	49.3	49.1
48.1	49.6	50.4	50.0	50.3	50.1	49.8	49.6	49.1	48.9
48.1	49.8	50.6	50.0	50.4	50.4	50.2	50.1	50.0	49.7