





体 重 (男子)

(単位 : k g)

区 分	5歳	6歳	7歳	8歳	9歳	10歳	11歳	12歳	13歳	14歳	15歳	16歳	17歳
S 23	16.4	18.4	20.1	21.7	23.6	25.6	28.2	30.7	31.7	33.0	43.7	47.6	50.3
24	17.4	17.8	19.5	21.4	23.5	25.4	26.1	31.0	34.3	38.6	48.3	50.1	53.0
25	17.2	18.2	20.8	22.1	24.1	26.0	28.7	31.1	34.4	39.0	45.8	49.9	52.4
26	17.3	18.5	20.6	22.5	24.5	26.6	29.0	31.5	34.9	39.5	45.9	50.6	53.3
27	...	...	...	...	...	...	28.8	...	...	40.2	...	...	53.5
28	...	...	...	...	...	...	28.9	...	...	40.8	...	...	53.5
29	17.2	...	...	...	...	...	29.1	...	...	40.9	...	...	53.4
30	17.4	18.6	20.6	22.5	24.6	26.8	29.3	32.4	36.7	41.8	48.0	51.5	53.7
31	17.4	18.6	20.6	22.7	24.9	27.6	29.8	32.7	37.6	42.6	48.4	52.0	54.4
32	17.3	18.6	20.6	22.6	25.0	27.2	29.8	32.8	37.3	42.4	48.9	52.4	55.0
33	17.4	18.8	20.7	22.8	24.9	27.2	29.7	33.3	37.9	43.2	49.1	52.7	55.6
34	17.4	18.8	20.9	22.7	24.9	27.3	29.9	33.3	38.5	43.9	49.2	52.5	54.8
35	17.5	18.8	20.7	22.9	24.8	27.3	29.8	33.7	38.3	44.2	50.0	52.9	55.4
36	17.8	19.0	20.9	22.9	25.1	27.5	30.1	34.7	38.7	44.2	49.6	52.6	55.2
37	17.7	18.9	20.8	22.7	25.3	27.6	30.0	33.8	38.6	44.6	50.4	53.6	55.8
38	17.7	19.1	20.9	23.2	25.4	27.7	30.2	34.2	39.3	45.1	50.6	53.9	55.8
39	17.8	19.3	21.1	23.3	25.4	27.5	30.7	35.0	39.8	45.6	50.9	54.2	56.0
40	18.2	19.4	21.3	23.5	25.9	28.2	30.9	34.9	40.1	45.5	50.9	54.1	56.5
41	18.2	19.4	21.4	23.6	26.0	28.3	31.3	35.2	40.6	46.1	51.0	54.7	56.5
42	17.9	19.2	21.3	23.7	25.9	28.6	31.4	35.4	40.5	46.3	51.7	54.3	56.5
43	17.9	19.4	21.7	23.8	26.3	28.8	31.7	35.9	41.3	46.7	51.6	54.9	56.5
44	18.2	19.5	21.8	24.1	26.5	29.1	32.1	36.2	41.6	49.0	52.0	54.7	56.8
45	...	...	...	...	...	...	32.6	...	...	47.4	...	...	56.7
46	18.3	19.7	22.0	24.5	26.9	29.6	32.9	37.1	41.8	48.0	52.3	55.8	57.0
47	18.2	19.9	22.1	24.5	27.1	29.9	33.1	37.5	42.8	48.4	53.2	55.9	57.6
48	18.5	19.9	22.3	24.8	27.3	30.1	33.6	37.9	43.7	48.8	53.2	55.9	57.4
49	18.6	20.2	22.3	25.0	27.4	30.5	33.4	38.1	43.8	49.4	53.1	56.3	57.7
50	18.5	20.2	22.3	24.8	27.8	30.5	33.8	38.0	43.5	49.1	53.4	56.4	58.1
51	18.5	20.2	22.7	25.1	27.6	30.7	34.0	38.7	44.0	49.5	53.9	56.5	58.0
52	19.0	20.4	22.6	25.2	27.6	30.9	34.2	38.4	44.4	49.0	52.8	56.4	57.7
53	18.9	20.1	22.9	25.3	28.1	31.2	34.4	39.8	44.6	49.4	53.9	56.7	59.0
54	18.9	20.7	22.7	25.5	28.0	31.5	35.2	39.6	44.7	50.6	54.3	57.3	58.3
55	18.8	20.4	22.6	25.5	27.9	31.5	34.9	40.0	45.2	50.8	55.0	57.0	58.9
56	18.6	20.6	22.7	25.4	28.3	31.5	34.7	40.1	45.4	50.7	55.9	57.7	59.5
57	18.7	20.7	23.1	25.4	28.3	31.5	35.3	40.2	45.6	51.2	54.9	57.9	59.6
58	18.9	20.5	22.7	25.4	28.2	31.1	35.3	40.2	45.1	51.6	56.3	57.6	59.7
59	18.9	20.7	23.1	25.6	28.3	31.6	35.3	40.2	45.8	51.4	56.4	58.9	60.0
60	18.8	20.9	23.3	25.9	28.5	31.9	34.9	39.9	45.7	51.6	56.2	58.8	60.2
61	18.8	20.7	23.3	26.1	28.7	32.0	35.7	40.7	46.4	52.1	57.2	58.8	61.5
62	19.0	21.0	23.7	26.4	29.0	32.7	36.1	40.9	46.7	51.6	56.8	59.6	59.8
63	19.1	21.1	23.2	26.3	29.0	32.4	35.8	41.3	46.8	52.2	57.5	58.8	60.5
H 元	19.1	21.0	23.6	26.1	29.6	33.2	36.9	41.5	46.8	52.4	57.2	58.8	61.5
2	19.3	21.3	23.9	26.5	29.3	32.6	36.5	41.8	47.2	52.7	58.5	60.4	60.9
3	19.3	21.5	23.8	26.8	29.4	32.6	36.8	43.0	48.2	52.9	58.1	60.4	61.6
4	19.3	21.3	24.0	26.5	29.4	33.1	37.1	42.4	48.2	53.3	58.3	60.0	61.9
5	19.4	21.6	23.7	27.0	30.0	33.4	37.5	42.3	47.6	53.4	58.2	60.3	60.8
6	19.1	21.3	24.2	26.8	30.3	34.0	38.0	43.1	48.2	53.4	57.5	61.3	61.5
7	19.3	21.6	23.7	27.1	30.6	33.3	37.6	43.1	48.2	53.2	58.3	60.7	62.2
8	19.3	21.8	24.5	27.1	30.6	33.6	38.4	43.4	47.6	53.6	57.7	60.0	61.9
9	19.0	21.6	24.1	27.0	30.6	34.4	37.7	43.7	49.1	53.6	58.9	60.4	62.5
10	18.9	21.5	24.2	27.4	30.4	33.9	38.7	44.6	49.1	54.1	58.7	60.7	62.3
11	19.2	21.6	24.3	27.3	30.5	34.1	38.6	44.9	48.8	54.0	58.0	60.8	61.9
12	19.2	21.3	24.2	27.5	30.4	35.0	38.6	44.3	49.4	54.3	59.0	61.3	62.3
13	19.1	21.9	24.0	27.4	30.6	34.8	37.6	45.1	49.5	54.6	59.5	60.9	62.6
14	19.1	21.8	24.4	27.6	30.2	34.5	39.0	44.1	50.1	54.7	59.7	61.4	63.2
15	19.5	21.7	24.0	27.6	30.5	34.3	38.3	45.0	49.6	55.3	60.4	61.5	63.5
16	18.9	21.5	24.2	27.6	30.7	34.0	38.8	44.2	49.5	54.6	60.1	60.8	62.3
17	19.1	21.6	24.4	27.2	30.6	34.9	38.7	43.2	49.4	54.5	60.2	61.5	63.4
18	19.0	21.4	24.2	27.2	30.6	34.1	38.1	44.3	49.2	54.3	59.9	62.2	64.8
19	19.0	21.6	24.2	27.2	31.0	34.2	38.1	44.4	49.6	53.6	58.3	62.4	63.3
20	18.9	21.6	23.9	27.1	30.7	34.5	38.9	44.2	49.1	54.1	60.4	61.6	62.6
21	18.9	21.2	24.0	26.7	30.0	33.5	37.7	44.1	49.3	54.0	59.9	61.5	61.5
22	18.7	21.4	24.1	27.1	30.2	34.2	38.2	44.2	48.5	54.4	58.6	60.9	63.9
23	18.9	21.3	23.7	27.3	29.9	33.4	37.5	43.5	49.4	54.0	58.5	60.9	63.8
24	19.0	21.2	24.0	27.1	31.0	34.3	37.3	43.4	48.3	54.2	59.6	61.0	62.8
25	18.8	21.6	24.0	27.1	30.0	34.2	37.9	43.6	48.9	53.6	59.3	60.2	63.9
26	18.7	21.5	24.0	26.8	30.5	33.1	38.6	44.2	48.7	53.9	58.4	61.3	62.5
27	18.8	21.4	24.1	26.7	29.7	33.7	37.8	44.2	48.6	54.2	59.2	60.2	63.0
28	18.7	21.3	24.1	26.8	30.7	34.0	38.0	44.4	49.2	54.2	60.1	62.1	63.1
29	18.8	21.3	24.0	27.4	30.3	34.2	38.7	44.1	49.5	53.9	58.6	60.5	63.8
30	18.9	21.3	23.9	27.2	30.3	33.7	38.3	43.8	48.5	53.4	59.7	60.4	62.3
R 元	19.0	21.4	24.0	27.4	30.7	34.1	39.5	45.0	49.5	53.7	58.1	61.4	62.8
2	19.5	21.7	24.6	27.9	30.8	35.5	38.7	44.3	49.4	54.9	58.7	60.3	62.2
3	19.3	21.6	24.2	27.4	30.9	34.8	38.6	44.9	50.0	54.4	59.6	61.0	62.2
4	19.5	21.8	24.3	27.9	31.3	35.1	39.2	44.9	50.9	54.6	60.1	60.6	62.9
5	19.0	21.7	24.6	27.6	31.0	35.2	39.4	45.3	50.5	54.8	58.7	61.7	63.9
6	19.2	21.3	24.4	27.7	31.0	35.0	39.0	44.5	49.8	55.6	60.1	61.5	63.4

注1) 下線の部分は調査実施以来最高を示す。

注2) 令和2年度から令和5年度は新型コロナウイルス感染症の影響で、他の年度と測定時期が異なっているため、過去の数値と単純比較することはできない。

体 重 (女子)		(単位 : k g)												
区 分	5歳	6歳	7歳	8歳	9歳	10歳	11歳	12歳	13歳	14歳	15歳	16歳	17歳	
S	23	15.6	17.6	19.2	21.0	23.0	25.2	27.5	31.6	35.1	39.0	44.1	43.6	48.2
	24	17.1	17.0	18.6	20.8	22.2	24.5	26.5	32.0	36.2	39.5	45.0	48.5	49.0
	25	16.8	17.7	19.5	21.5	22.6	25.6	28.2	32.0	36.2	40.6	44.8	46.4	48.3
	26	17.0	18.1	19.8	22.2	23.7	26.3	29.0	32.3	37.1	41.1	45.1	47.9	49.3
	27	...	...	...	...	...	...	28.7	...	...	40.8	...	...	49.5
	28	...	...	...	...	...	...	29.1	...	...	41.8	...	...	49.1
	29	16.8	...	...	...	...	...	29.3	...	...	42.0	...	...	48.7
	30	16.8	18.1	20.0	22.0	24.1	26.7	29.8	34.1	38.6	42.7	46.4	48.3	49.5
	31	16.9	18.2	20.0	22.0	24.3	26.6	30.6	34.3	39.1	43.2	46.9	48.7	49.6
	32	16.6	18.2	20.0	22.1	24.7	27.1	30.8	34.7	39.4	43.4	46.8	49.2	50.0
	33	17.0	18.3	20.2	22.3	24.6	27.3	30.6	35.4	40.5	43.9	47.4	49.1	49.9
	34	16.9	18.3	20.2	22.2	24.6	27.3	31.1	35.2	40.8	44.6	47.3	49.1	50.3
	35	17.1	18.3	20.1	22.2	24.6	27.6	31.4	36.1	40.7	45.0	47.5	49.1	50.2
	36	17.1	18.5	20.3	22.4	24.9	27.6	31.4	34.1	40.9	44.6	47.5	49.5	50.2
	37	17.1	18.6	20.7	22.4	24.7	27.7	31.4	36.4	41.2	45.1	48.0	49.7	51.3
	38	17.8	18.4	20.4	22.6	24.0	27.9	31.7	36.6	39.6	45.1	48.2	50.3	50.7
	39	17.2	18.6	20.6	22.7	25.0	28.2	32.0	36.8	41.5	45.1	47.7	49.4	50.7
	40	17.6	18.7	20.9	22.9	25.5	28.5	32.6	37.3	41.8	44.4	48.7	50.0	50.2
	41	17.7	18.9	20.9	23.1	25.6	28.5	32.8	37.5	42.1	45.7	47.9	49.9	50.4
	42	17.4	18.8	20.8	23.0	25.5	28.8	33.1	37.8	42.3	45.7	48.0	50.1	50.7
	43	17.5	18.8	21.1	23.5	25.7	29.4	33.5	38.2	42.7	46.5	48.5	50.0	50.5
	44	17.8	19.0	21.3	23.6	26.2	29.6	33.9	39.0	45.1	46.5	49.7	50.5	50.8
	45	...	...	...	...	...	...	34.2	...	...	46.7	...	...	51.1
	46	17.8	19.3	21.5	24.1	26.5	29.8	34.6	39.8	44.3	47.3	49.9	50.6	51.4
	47	17.9	19.5	21.6	24.2	26.9	30.3	34.9	39.9	44.5	47.7	49.9	51.0	51.7
	48	18.1	19.3	21.8	24.4	27.3	30.8	35.6	40.3	44.8	47.9	50.0	50.9	51.9
	49	18.1	19.6	21.9	24.5	27.4	30.9	35.4	40.3	44.9	48.0	50.2	51.2	51.8
	50	17.9	19.7	22.0	24.5	27.5	31.1	35.8	40.3	44.8	47.7	50.4	51.9	52.0
	51	18.0	19.8	22.1	24.7	27.6	31.1	35.7	40.8	45.3	48.0	50.0	51.3	52.0
	52	18.4	19.8	22.0	24.9	28.1	31.9	35.7	41.0	45.5	48.1	49.9	51.9	51.4
	53	18.2	19.9	22.4	24.7	27.6	31.8	36.3	41.6	45.9	48.0	49.9	51.7	51.7
	54	18.4	20.4	22.6	25.1	27.8	32.3	36.9	41.8	45.6	48.8	50.6	51.5	51.2
	55	18.5	19.9	22.0	25.0	28.3	32.3	36.0	42.0	46.0	48.8	50.8	51.6	51.7
	56	18.3	19.9	22.4	24.9	28.2	32.0	36.8	41.7	46.2	48.7	51.5	51.5	52.6
	57	18.4	20.2	22.5	25.2	28.5	32.2	36.7	41.5	46.0	48.9	51.3	52.0	52.3
	58	18.5	20.6	22.4	25.2	28.3	32.5	36.7	41.1	46.0	48.9	51.9	52.7	52.0
	59	18.4	20.4	22.8	25.2	28.6	32.2	37.2	42.0	46.3	49.1	51.7	52.6	52.7
	60	18.4	20.6	22.7	25.7	28.5	33.0	37.3	42.4	46.1	49.0	51.7	52.1	52.1
	61	18.6	20.4	22.9	25.6	28.9	33.0	38.2	43.0	46.5	49.5	51.0	52.0	52.9
	62	18.6	20.8	23.0	26.0	29.0	33.4	37.8	43.0	46.5	49.3	51.9	52.1	52.3
	63	18.7	20.5	22.9	25.7	29.3	33.3	37.3	43.1	47.6	49.2	51.7	53.0	52.8
H	元	18.6	20.8	23.3	26.0	28.9	33.5	38.1	42.9	46.8	49.7	51.6	52.4	52.6
	2	18.9	20.8	23.3	26.1	29.9	33.1	38.2	43.2	46.7	49.7	52.0	52.7	52.4
	3	19.1	21.0	23.1	26.1	29.1	33.5	38.1	43.8	46.8	49.8	52.3	53.3	52.4
	4	18.9	21.0	23.4	26.6	29.5	33.8	39.2	43.4	47.2	50.1	52.3	53.3	52.8
	5	18.7	20.8	23.4	26.4	30.2	34.1	38.5	44.1	46.7	49.9	51.5	53.6	54.0
	6	18.6	20.9	23.3	26.6	29.4	34.3	39.0	44.5	47.0	50.1	52.0	53.2	53.4
	7	19.1	20.7	23.5	26.5	29.9	34.2	38.9	44.2	47.5	50.2	52.5	53.3	52.8
	8	18.8	20.8	23.2	26.7	30.6	34.6	39.1	44.4	47.6	50.3	52.1	53.4	53.4
	9	18.6	20.9	23.4	26.6	30.2	35.1	39.6	44.6	47.5	50.1	52.2	53.9	53.1
	10	18.7	21.2	23.9	26.7	30.2	34.8	40.3	45.4	48.5	50.8	52.2	53.4	53.3
	11	18.8	20.9	23.7	26.8	30.1	34.2	40.4	44.8	47.9	50.4	52.0	53.3	52.7
	12	18.9	21.1	23.7	27.1	30.5	34.7	39.9	44.8	48.2	50.7	51.7	52.6	53.3
	13	18.7	21.4	23.7	26.8	30.7	34.5	38.7	44.2	48.2	50.5	52.5	53.6	53.6
	14	19.0	20.7	24.0	26.9	30.7	35.0	40.4	44.8	48.4	50.3	52.1	52.8	53.6
	15	18.9	21.2	23.7	27.1	30.4	35.0	39.8	45.0	48.2	50.6	52.0	52.4	53.9
	16	18.6	21.0	23.8	26.8	29.8	34.8	39.0	44.8	47.8	50.6	52.2	54.0	53.7
	17	18.7	21.3	23.7	26.6	30.5	34.7	40.1	44.5	48.2	50.8	52.2	53.1	54.5
	18	18.6	21.0	23.4	26.6	30.3	34.0	40.0	44.1	47.8	50.8	53.1	53.7	53.1
	19	18.6	21.0	23.7	26.2	30.1	34.5	39.9	44.6	48.4	50.3	52.8	53.7	53.1
	20	18.6	20.9	23.2	26.3	30.4	34.6	39.6	44.9	47.7	50.5	52.0	53.6	53.3
	21	18.8	21.0	23.2	26.0	30.3	34.0	39.0	44.9	47.4	50.6	52.8	53.0	54.5
	22	18.4	21.0	23.6	26.6	30.4	34.5	39.4	44.5	47.4	50.5	53.6	52.7	52.8
	23	18.8	20.9	23.6	26.1	30.0	34.2	39.5	43.8	47.7	49.8	52.6	53.4	53.8
	24	18.6	21.1	23.5	25.9	30.0	34.6	39.3	44.3	47.2	49.6	52.2	53.6	53.3
	25	18.7	20.8	23.7	26.3	29.7	34.3	38.9	44.3	48.0	50.3	52.7	53.5	52.5
	26	18.6	21.0	23.4	26.7	30.4	34.6	39.2	44.7	47.4	50.8	51.2	53.9	52.5
	27	18.4	21.2	23.4	26.2	29.7	34.3	39.2	44.5	47.4	50.4	51.7	52.3	54.3
	28	18.3	20.7	23.5	26.6	29.8	34.4	39.6	44.4	47.8	50.1	52.7	52.5	53.0
	29	18.7	21.2	23.3	26.8	29.9	33.8	39.9	44.4	47.7	51.1	51.7	52.2	53.6
	30	18.5	21.1	23.5	26.1	30.6	34.4	38.8	44.1	47.9	50.2	51.7	52.9	53.3
R	元	18.6	21.4	23.5	26.8	30.2	34.5	39.9	44.6	47.8	50.0	51.9	54.1	52.9
	2	19.1	21.4	23.7	26.9	30.6	34.5	40.0	45.2	48.1	50.6	51.8	53.9	52.8
	3	19.0	21.2	24.1	27.2	30.8	34.7	39.9	44.9	47.8	50.2	52.9	52.7	52.9
	4	18.6	21.3	23.8	27.0	30.9	35.2	40.4	44.5	47.7	50.5	51.9	52.2	52.8
	5	18.8	21.2	24.0	27.2	31.4	35.5	40.1	45.2	48.4	50.4	52.3	53.0	53.3
	6	19.0	20.8	24.0	27.2	30.3	34.6	39.6	45.4	47.9	50.4	51.7	52.1	53.2

注1) 下線の部分は調査実施以来最高を示す。

注2) 令和2年度から令和5年度は新型コロナウイルス感染症の影響で、他の年度と測定時期が異なっているため、過去の数値と単純比較することはできない。