

# 性別年齢別 標準体重から 肥満度+90%の体重

## 男性

| 身長  | 年齢   |      | 身長  | 年齢  |       |
|-----|------|------|-----|-----|-------|
|     | 1-5  | 6-   |     | 1-5 | 6-    |
| 70  | 16.1 |      | 130 |     | 51.4  |
| 71  | 16.4 |      | 131 |     | 52.5  |
| 72  | 16.7 |      | 132 |     | 53.6  |
| 73  | 17.1 |      | 133 |     | 54.7  |
| 74  | 17.4 |      | 134 |     | 55.9  |
| 75  | 17.8 |      | 135 |     | 57.1  |
| 76  | 18.2 |      | 136 |     | 58.3  |
| 77  | 18.5 |      | 137 |     | 59.5  |
| 78  | 18.9 |      | 138 |     | 60.7  |
| 79  | 19.3 |      | 139 |     | 62.0  |
| 80  | 19.7 |      | 140 |     | 63.3  |
| 81  | 20.1 |      | 141 |     | 64.7  |
| 82  | 20.6 |      | 142 |     | 66.1  |
| 83  | 21.0 |      | 143 |     | 67.5  |
| 84  | 21.4 |      | 144 |     | 68.8  |
| 85  | 21.8 |      | 145 |     | 70.2  |
| 86  | 22.3 |      | 146 |     | 71.6  |
| 87  | 22.8 |      | 147 |     | 73.0  |
| 88  | 23.2 |      | 148 |     | 74.4  |
| 89  | 23.7 |      | 149 |     | 75.8  |
| 90  | 24.2 |      | 150 |     | 77.2  |
| 91  | 24.7 |      | 151 |     | 78.7  |
| 92  | 25.1 |      | 152 |     | 80.2  |
| 93  | 25.7 |      | 153 |     | 81.8  |
| 94  | 26.2 |      | 154 |     | 83.4  |
| 95  | 26.7 |      | 155 |     | 85.1  |
| 96  | 27.2 |      | 156 |     | 86.7  |
| 97  | 27.7 |      | 157 |     | 88.4  |
| 98  | 28.3 |      | 158 |     | 90.1  |
| 99  | 28.8 |      | 159 |     | 91.9  |
| 100 | 29.4 |      | 160 |     | 93.6  |
| 101 | 30.0 | 28.8 | 161 |     | 95.3  |
| 102 | 30.5 | 29.3 | 162 |     | 97.1  |
| 103 | 31.1 | 29.9 | 163 |     | 98.8  |
| 104 | 31.7 | 30.5 | 164 |     | 100.6 |
| 105 | 32.3 | 31.1 | 165 |     | 102.3 |
| 106 | 32.9 | 31.7 | 166 |     | 104.1 |
| 107 | 33.5 | 32.3 | 167 |     | 105.8 |
| 108 | 34.1 | 32.9 | 168 |     | 107.5 |
| 109 | 34.8 | 33.6 | 169 |     | 109.2 |
| 110 | 35.4 | 34.2 | 170 |     | 110.9 |
| 111 | 36.0 | 34.9 | 171 |     | 112.5 |
| 112 | 36.7 | 35.6 | 172 |     | 114.1 |
| 113 | 37.3 | 36.3 | 173 |     | 115.7 |
| 114 | 38.0 | 37.0 | 174 |     | 117.2 |
| 115 | 38.7 | 37.8 | 175 |     | 118.7 |
| 116 | 39.4 | 38.6 | 176 |     | 120.2 |
| 117 | 40.1 | 39.4 | 177 |     | 121.6 |
| 118 | 40.8 | 40.2 | 178 |     | 122.9 |
| 119 | 41.5 | 41.0 | 179 |     | 124.2 |
| 120 | 42.2 | 41.8 | 180 |     | 125.4 |
| 121 |      | 42.7 | 181 |     | 126.6 |
| 122 |      | 43.6 | 182 |     | 127.7 |
| 123 |      | 44.5 | 183 |     | 128.8 |
| 124 |      | 45.4 | 184 |     | 129.7 |
| 125 |      | 46.3 |     |     |       |
| 126 |      | 47.3 |     |     |       |
| 127 |      | 48.3 |     |     |       |
| 128 |      | 49.3 |     |     |       |
| 129 |      | 50.4 |     |     |       |

## 女性

| 身長  | 年齢   |      | 身長  | 年齢  |       |
|-----|------|------|-----|-----|-------|
|     | 1-5  | 6-   |     | 1-5 | 6-    |
| 70  | 15.6 |      | 130 |     | 50.8  |
| 71  | 16.0 |      | 131 |     | 51.8  |
| 72  | 16.3 |      | 132 |     | 52.9  |
| 73  | 16.6 |      | 133 |     | 54.1  |
| 74  | 17.0 |      | 134 |     | 55.2  |
| 75  | 17.3 |      | 135 |     | 56.4  |
| 76  | 17.7 |      | 136 |     | 57.7  |
| 77  | 18.0 |      | 137 |     | 58.9  |
| 78  | 18.4 |      | 138 |     | 60.3  |
| 79  | 18.8 |      | 139 |     | 61.6  |
| 80  | 19.2 |      | 140 |     | 63.0  |
| 81  | 19.6 |      | 141 |     | 64.4  |
| 82  | 20.0 |      | 142 |     | 65.9  |
| 83  | 20.5 |      | 143 |     | 67.7  |
| 84  | 20.9 |      | 144 |     | 69.5  |
| 85  | 21.3 |      | 145 |     | 71.5  |
| 86  | 21.8 |      | 146 |     | 73.6  |
| 87  | 22.3 |      | 147 |     | 75.7  |
| 88  | 22.7 |      | 148 |     | 78.0  |
| 89  | 23.2 |      | 149 |     | 80.2  |
| 90  | 23.7 |      | 150 |     | 82.5  |
| 91  | 24.2 |      | 151 |     | 84.4  |
| 92  | 24.7 |      | 152 |     | 86.2  |
| 93  | 25.3 |      | 153 |     | 87.9  |
| 94  | 25.8 |      | 154 |     | 89.5  |
| 95  | 26.3 |      | 155 |     | 91.0  |
| 96  | 26.9 |      | 156 |     | 92.5  |
| 97  | 27.4 |      | 157 |     | 93.9  |
| 98  | 28.0 |      | 158 |     | 95.3  |
| 99  | 28.6 |      | 159 |     | 96.6  |
| 100 | 29.2 |      | 160 |     | 97.9  |
| 101 | 29.8 | 27.8 | 161 |     | 99.1  |
| 102 | 30.4 | 28.6 | 162 |     | 100.4 |
| 103 | 31.0 | 29.3 | 163 |     | 101.7 |
| 104 | 31.6 | 30.0 | 164 |     | 103.0 |
| 105 | 32.3 | 30.7 | 165 |     | 104.3 |
| 106 | 32.9 | 31.4 | 166 |     | 105.7 |
| 107 | 33.6 | 32.1 | 167 |     | 107.1 |
| 108 | 34.2 | 32.8 | 168 |     | 108.6 |
| 109 | 34.9 | 33.5 | 169 |     | 110.2 |
| 110 | 35.6 | 34.2 | 170 |     | 111.8 |
| 111 | 36.3 | 35.0 | 171 |     | 113.6 |
| 112 | 37.0 | 35.7 |     |     |       |
| 113 | 37.7 | 36.4 |     |     |       |
| 114 | 38.4 | 37.1 |     |     |       |
| 115 | 39.1 | 37.8 |     |     |       |
| 116 | 39.9 | 38.6 |     |     |       |
| 117 | 40.6 | 39.3 |     |     |       |
| 118 | 41.4 | 40.1 |     |     |       |
| 119 | 42.2 | 40.9 |     |     |       |
| 120 | 42.9 | 41.7 |     |     |       |
| 121 |      | 42.5 |     |     |       |
| 122 |      | 43.3 |     |     |       |
| 123 |      | 44.1 |     |     |       |
| 124 |      | 45.0 |     |     |       |
| 125 |      | 45.9 |     |     |       |
| 126 |      | 46.8 |     |     |       |
| 127 |      | 47.8 |     |     |       |
| 128 |      | 48.7 |     |     |       |
| 129 |      | 49.7 |     |     |       |

男性184cm、女性171cmを超える身長では標準体重をBMI22に相当する体重とする