

## 남자 3-18세 신장별 체중 표준점수

신장* (cm)	체중(kg) 표준점수						
	-3SD	-2SD	-1SD	0	+1SD	+2SD	+3SD
90	10.2	11.2	12.2	13.2	14.2	15.2	16.2
91	10.5	11.5	12.4	13.4	14.4	15.5	16.5
92	10.7	11.7	12.7	13.7	14.7	15.7	16.8
93	11.0	12.0	12.9	13.9	15.0	16.0	17.1
94	11.2	12.2	13.2	14.2	15.2	16.3	17.4
95	11.5	12.4	13.4	14.5	15.5	16.6	17.7
96	11.7	12.7	13.7	14.7	15.8	16.9	18.0
97	12.0	12.9	13.9	15.0	16.0	17.2	18.3
98	12.2	13.2	14.2	15.2	16.3	17.5	18.6
99	12.5	13.4	14.4	15.5	16.6	17.7	19.0
100	12.7	13.7	14.7	15.8	16.9	18.1	19.3
101	12.9	13.9	14.9	16.0	17.2	18.4	19.7
102	13.1	14.1	15.2	16.3	17.5	18.8	20.1
103	13.4	14.4	15.5	16.6	17.9	19.2	20.6
104	13.6	14.6	15.7	16.9	18.2	19.6	21.0
105	13.8	14.9	16.0	17.2	18.5	19.9	21.4
106	14.1	15.1	16.3	17.6	18.9	20.4	21.9
107	14.3	15.4	16.6	17.9	19.3	20.8	22.4
108	14.6	15.7	16.9	18.2	19.7	21.2	23.0
109	14.8	15.9	17.2	18.6	20.0	21.7	23.5
110	15.1	16.2	17.5	18.9	20.4	22.2	24.0
111	15.3	16.5	17.8	19.2	20.8	22.6	24.6
112	15.6	16.8	18.1	19.6	21.3	23.1	25.2
113	15.8	17.1	18.4	20.0	21.7	23.6	25.8
114	16.1	17.4	18.8	20.4	22.1	24.1	26.4
115	16.4	17.7	19.1	20.7	22.6	24.7	27.1
116	16.6	18.0	19.5	21.1	23.1	25.3	27.8
117	16.9	18.3	19.8	21.5	23.5	25.8	28.5
118	17.2	18.6	20.2	22.0	24.1	26.4	29.2
119	17.4	18.9	20.5	22.4	24.6	27.1	30.0
120	17.7	19.2	20.9	22.8	25.1	27.7	30.7
121	18.0	19.5	21.3	23.3	25.7	28.4	31.6
122	18.2	19.9	21.7	23.8	26.3	29.1	32.5
123	18.5	20.2	22.1	24.3	26.9	29.9	33.4
124	18.8	20.5	22.6	24.9	27.5	30.7	34.4
125	19.1	20.9	23.0	25.4	28.2	31.5	35.4
126	19.3	21.2	23.4	26.0	28.9	32.3	36.4
127	19.6	21.6	23.9	26.6	29.6	33.2	37.4
128	19.9	22.0	24.4	27.2	30.4	34.1	38.5
129	20.2	22.4	24.9	27.8	31.1	35.0	39.6
130	20.5	22.8	25.4	28.4	31.9	36.0	40.8
131	20.9	23.2	25.9	29.1	32.7	37.0	42.0
132	21.2	23.6	26.5	29.7	33.5	38.0	43.1
133	21.5	24.1	27.0	30.4	34.4	39.0	44.3
134	21.8	24.5	27.6	31.1	35.2	40.0	45.5
135	22.1	24.9	28.1	31.8	36.1	41.0	46.7
136	22.5	25.4	28.7	32.6	37.0	42.1	48.0
137	22.8	25.8	29.3	33.3	37.9	43.2	49.2

\* 2세(24개월) 이상의 신장은 선 키로 측정

## 남자 3-18세 신장별 체중 표준점수

신장 (cm)	체중(kg) 표준점수						
	-3SD	-2SD	-1SD	0	+1SD	+2SD	+3SD
138	23.1	26.3	29.9	34.0	38.8	44.2	50.5
139	23.5	26.8	30.5	34.8	39.7	45.3	51.7
140	23.8	27.3	31.1	35.6	40.6	46.4	53.0
141	24.2	27.7	31.8	36.4	41.6	47.5	54.2
142	24.6	28.3	32.4	37.2	42.5	48.6	55.5
143	25.0	28.8	33.1	37.9	43.4	49.7	56.7
144	25.4	29.3	33.7	38.7	44.4	50.7	57.9
145	25.9	29.9	34.4	39.6	45.3	51.8	59.1
146	26.3	30.5	35.1	40.4	46.3	52.9	60.3
147	26.8	31.0	35.8	41.2	47.2	54.0	61.5
148	27.3	31.7	36.6	42.0	48.2	55.1	62.7
149	27.9	32.3	37.3	42.9	49.2	56.2	64.0
150	28.4	32.9	38.0	43.7	50.1	57.3	65.3
151	29.0	33.6	38.7	44.6	51.1	58.4	66.6
152	29.5	34.2	39.5	45.4	52.1	59.5	67.9
153	30.1	34.8	40.2	46.3	53.1	60.7	69.2
154	30.7	35.5	40.9	47.1	54.0	61.8	70.4
155	31.3	36.2	41.7	47.9	54.9	62.8	71.7
156	31.9	36.8	42.4	48.7	55.9	63.9	72.9
157	32.5	37.5	43.1	49.5	56.7	64.9	74.0
158	33.1	38.2	43.9	50.3	57.6	65.8	75.1
159	33.8	38.9	44.6	51.1	58.5	66.8	76.2
160	34.5	39.6	45.4	52.0	59.4	67.8	77.2
161	35.1	40.3	46.2	52.8	60.3	68.7	78.3
162	35.8	41.1	47.0	53.7	61.2	69.7	79.3
163	36.6	41.9	47.8	54.5	62.1	70.7	80.4
164	37.4	42.7	48.7	55.4	63.1	71.7	81.5
165	38.1	43.5	49.5	56.3	64.0	72.7	82.5
166	38.9	44.3	50.4	57.2	65.0	73.8	83.7
167	39.7	45.1	51.3	58.2	66.0	74.8	84.8
168	40.5	46.0	52.1	59.1	67.0	75.9	86.0
169	41.3	46.8	53.0	60.0	67.9	76.9	87.0
170	42.0	47.6	53.8	60.9	68.9	77.9	88.1
171	42.8	48.4	54.7	61.8	69.8	78.9	89.1
172	43.5	49.1	55.4	62.6	70.7	79.8	90.1
173	44.1	49.8	56.2	63.4	71.5	80.7	91.1
174	44.8	50.5	56.9	64.2	72.4	81.6	92.0
175	45.4	51.2	57.7	65.0	73.2	82.5	93.0
176	46.0	51.8	58.4	65.8	74.1	83.4	93.9
177	46.6	52.5	59.1	66.6	75.0	84.3	94.8
178	46.9	53.1	59.9	67.5	75.9	85.2	95.6
179	47.3	53.6	60.6	68.4	76.9	86.2	96.3
180	47.6	54.2	61.4	69.3	77.8	87.1	97.1
181	47.8	54.7	62.2	70.2	78.8	88.0	97.8
182	48.1	55.2	62.9	71.1	79.7	88.9	98.6
183	48.3	55.8	63.7	72.0	80.7	89.8	99.3
184	48.5	56.3	64.4	72.9	81.7	90.7	100.1
185	48.6	56.8	65.2	73.8	82.6	91.7	100.9
186	48.8	57.3	66.0	74.7	83.6	92.6	101.6

## 여자 3-18세 신장별 체중 표준점수

신장* (cm)	체중(kg) 표준점수						
	-3SD	-2SD	-1SD	0	+1SD	+2SD	+3SD
88	9.7	10.5	11.4	12.3	13.4	14.4	15.6
89	9.9	10.7	11.6	12.6	13.6	14.7	15.9
90	10.1	11.0	11.9	12.9	13.9	15.0	16.1
91	10.4	11.2	12.1	13.1	14.1	15.2	16.4
92	10.6	11.5	12.4	13.4	14.4	15.5	16.7
93	10.8	11.7	12.7	13.6	14.7	15.8	17.0
94	11.1	12.0	12.9	13.9	14.9	16.1	17.2
95	11.3	12.2	13.2	14.2	15.2	16.3	17.5
96	11.6	12.5	13.4	14.4	15.5	16.6	17.8
97	11.8	12.7	13.7	14.7	15.8	16.9	18.1
98	12.0	13.0	13.9	15.0	16.0	17.2	18.4
99	12.3	13.2	14.2	15.2	16.4	17.5	18.8
100	12.5	13.4	14.5	15.5	16.7	17.9	19.2
101	12.7	13.7	14.7	15.8	17.0	18.2	19.5
102	12.9	13.9	15.0	16.1	17.3	18.6	20.0
103	13.2	14.2	15.3	16.4	17.7	19.0	20.4
104	13.4	14.4	15.5	16.7	18.0	19.4	20.9
105	13.6	14.7	15.8	17.0	18.4	19.8	21.4
106	13.8	14.9	16.1	17.4	18.7	20.3	21.9
107	14.0	15.1	16.3	17.7	19.1	20.7	22.4
108	14.3	15.4	16.6	18.0	19.5	21.2	23.0
109	14.5	15.6	16.9	18.3	19.9	21.6	23.6
110	14.7	15.9	17.2	18.7	20.3	22.2	24.2
111	15.0	16.2	17.5	19.0	20.7	22.7	24.8
112	15.2	16.5	17.8	19.4	21.2	23.2	25.5
113	15.5	16.7	18.2	19.8	21.6	23.7	26.1
114	15.7	17.0	18.5	20.1	22.0	24.2	26.8
115	15.9	17.3	18.8	20.5	22.5	24.7	27.4
116	16.2	17.6	19.1	20.9	23.0	25.3	28.1
117	16.5	17.9	19.5	21.3	23.4	25.9	28.8
118	16.7	18.2	19.8	21.7	23.9	26.5	29.5
119	17.0	18.5	20.2	22.2	24.5	27.2	30.3
120	17.2	18.8	20.5	22.6	25.0	27.8	31.1
121	17.5	19.1	20.9	23.1	25.6	28.5	32.0
122	17.8	19.4	21.3	23.6	26.1	29.2	32.8
123	18.1	19.8	21.7	24.0	26.7	29.9	33.6
124	18.4	20.1	22.2	24.5	27.3	30.6	34.6
125	18.7	20.5	22.6	25.1	27.9	31.4	35.5
126	19.0	20.9	23.0	25.6	28.6	32.2	36.6
127	19.3	21.2	23.5	26.1	29.3	33.1	37.6
128	19.6	21.6	23.9	26.7	30.0	33.9	38.7
129	19.9	22.0	24.4	27.3	30.7	34.8	39.8

\* 2세(24개월) 이상의 신장은 선 키로 측정

## 여자 3-18세 신장별 체중 표준점수

신장* (cm)	체중(kg) 표준점수						
	-3SD	-2SD	-1SD	0	+1SD	+2SD	+3SD
130	20.2	22.4	24.9	27.9	31.4	35.7	40.8
131	20.5	22.8	25.4	28.5	32.2	36.6	42.0
132	20.9	23.2	25.9	29.1	32.9	37.5	43.1
133	21.2	23.6	26.4	29.7	33.7	38.4	44.2
134	21.5	24.0	26.9	30.4	34.5	39.4	45.2
135	21.8	24.4	27.5	31.0	35.3	40.3	46.3
136	22.1	24.8	28.0	31.7	36.0	41.2	47.4
137	22.4	25.3	28.5	32.3	36.8	42.1	48.3
138	22.8	25.7	29.1	33.0	37.6	42.9	49.2
139	23.1	26.1	29.6	33.6	38.3	43.8	50.2
140	23.4	26.6	30.2	34.3	39.1	44.7	51.2
141	23.8	27.0	30.8	35.0	40.0	45.7	52.2
142	24.2	27.6	31.4	35.8	40.9	46.7	53.4
143	24.6	28.1	32.1	36.6	41.8	47.8	54.6
144	25.1	28.6	32.7	37.4	42.8	48.8	55.8
145	25.6	29.3	33.5	38.3	43.8	50.0	57.0
146	26.1	29.9	34.3	39.2	44.8	51.1	58.2
147	26.6	30.6	35.2	40.2	46.0	52.4	59.5
148	27.2	31.4	36.0	41.3	47.1	53.6	60.8
149	27.8	32.1	36.9	42.3	48.2	54.8	62.1
150	28.5	32.9	37.8	43.3	49.4	56.1	63.4
151	29.1	33.7	38.8	44.4	50.5	57.3	64.7
152	29.8	34.5	39.7	45.4	51.6	58.4	65.8
153	30.6	35.4	40.6	46.4	52.7	59.6	67.0
154	31.3	36.2	41.5	47.4	53.8	60.7	68.2
155	32.1	37.0	42.4	48.3	54.7	61.7	69.3
156	32.9	37.8	43.2	49.2	55.7	62.8	70.4
157	33.7	38.6	44.1	50.1	56.6	63.8	71.6
158	34.4	39.3	44.8	50.9	57.5	64.7	72.7
159	35.1	40.0	45.6	51.6	58.3	65.7	73.8
160	35.8	40.8	46.3	52.4	59.2	66.7	74.8
161	36.4	41.4	47.0	53.2	60.0	67.6	76.0
162	37.1	42.1	47.7	53.9	60.8	68.5	77.1
163	37.8	42.8	48.4	54.6	61.6	69.5	78.2
164	38.5	43.4	49.0	55.3	62.4	70.4	79.4
165	39.2	44.1	49.7	56.0	63.2	71.3	80.5
166	39.9	44.8	50.4	56.8	64.1	72.4	81.9
167	40.6	45.5	51.1	57.6	65.0	73.4	83.2
168	41.2	46.2	51.8	58.3	65.8	74.5	84.6
169	41.9	46.9	52.5	59.1	66.7	75.6	86.0
170	42.6	47.6	53.3	59.9	67.6	76.7	87.3
171	43.3	48.3	54.0	60.7	68.5	77.7	88.7
172	44.0	48.9	54.7	61.4	69.4	78.8	90.1