

Weight for height table for **girls**

(Height 106cm to 180cm)

| Height (cm) (a) | Underweight (kg) | Borderline underweight (kg) | Healthy weight (kg) (c) (d) | Borderline overweight (kg) | Overweight (kg) | Severely overweight (kg) |
|-----------------|------------------|-----------------------------|-----------------------------|----------------------------|-----------------|--------------------------|
| 106 | 12.1 & below | 12.2 – 13.9 | 14.0 – 17.0 | 17.1 – 18.4 | 18.5 – 21.4 | 21.5 & above |
| 108 | 12.7 & below | 12.8 – 14.3 | 14.4 – 17.6 | 17.7 – 19.1 | 19.2 – 22.5 | 22.6 & above |
| 110 | 13.2 & below | 13.3 – 15.0 | 15.1 – 18.4 | 18.5 – 20.1 | 20.2 – 23.4 | 23.5 & above |
| 112 | 13.8 & below | 13.9 – 15.8 | 15.9 – 19.2 | 19.3 – 20.9 | 21.0 – 24.8 | 24.9 & above |
| 114 | 14.5 & below | 14.6 – 16.6 | 16.7 – 20.2 | 20.3 – 22.2 | 22.3 – 25.9 | 26.0 & above |
| 116 | 15.1 & below | 15.2 – 17.3 | 17.4 – 21.1 | 21.2 – 23.1 | 23.2 – 27.0 | 27.1 & above |
| 118 | 15.9 & below | 16.0 – 18.2 | 18.3 – 22.3 | 22.4 – 24.3 | 24.4 – 28.3 | 28.4 & above |
| 120 | 16.7 & below | 16.8 – 18.9 | 19.0 – 23.1 | 23.2 – 25.3 | 25.4 – 29.7 | 29.8 & above |
| 122 | 17.5 & below | 17.6 – 19.9 | 20.0 – 24.2 | 24.3 – 26.6 | 26.7 – 30.9 | 31.0 & above |
| 124 | 18.2 & below | 18.3 – 20.8 | 20.9 – 25.4 | 25.5 – 27.9 | 28.0 – 32.4 | 32.5 & above |
| 126 | 19.1 & below | 19.2 – 21.8 | 21.9 – 26.6 | 26.7 – 29.0 | 29.1 – 34.0 | 34.1 & above |
| 128 | 20.0 & below | 20.1 – 22.9 | 23.0 – 28.0 | 28.1 – 30.5 | 30.6 – 35.7 | 35.8 & above |
| 130 | 21.1 & below | 21.2 – 24.0 | 24.1 – 29.2 | 29.3 – 31.9 | 32.0 – 37.4 | 37.5 & above |
| 132 | 22.1 & below | 22.2 – 24.9 | 25.0 – 30.6 | 30.7 – 33.5 | 33.6 – 39.0 | 39.1 & above |
| 134 | 23.3 & below | 23.4 – 26.5 | 26.6 – 32.1 | 32.2 – 35.0 | 35.1 – 40.8 | 40.9 & above |
| 136 | 24.5 & below | 24.6 – 27.8 | 27.9 – 33.8 | 33.9 – 36.7 | 36.8 – 42.9 | 43.0 & above |
| 138 | 25.8 & below | 25.9 – 29.0 | 29.1 – 35.7 | 35.8 – 38.8 | 38.9 – 45.2 | 45.3 & above |
| 140 | 26.9 & below | 27.0 – 30.4 | 30.5 – 37.4 | 37.5 – 40.2 | 40.3 – 47.4 | 47.5 & above |
| 142 | 28.3 & below | 28.4 – 31.9 | 32.0 – 39.1 | 39.2 – 42.2 | 42.3 – 49.9 | 50.0 & above |
| 144 | 29.7 & below | 29.8 – 33.6 | 33.7 – 40.9 | 41.0 – 44.6 | 44.7 – 52.1 | 52.2 & above |
| 146 | 31.1 & below | 31.2 – 35.1 | 35.2 – 42.9 | 43.0 – 46.7 | 46.8 – 54.4 | 54.5 & above |
| 148 | 32.4 & below | 32.5 – 36.7 | 36.8 – 44.9 | 45.0 – 48.7 | 48.8 – 56.9 | 57.0 & above |
| 150 | 33.8 & below | 33.9 – 38.3 | 38.4 – 46.8 | 46.9 – 50.7 | 50.8 – 59.3 | 59.4 & above |
| 152 | 34.9 & below | 35.0 – 39.7 | 39.8 – 48.7 | 48.8 – 52.7 | 52.8 – 61.6 | 61.7 & above |
| 154 | 36.6 & below | 36.7 – 40.9 | 41.0 – 50.5 | 50.6 – 54.8 | 54.9 – 63.9 | 64.0 & above |
| 156 | 37.9 & below | 38.0 – 42.7 | 42.8 – 52.1 | 52.2 – 56.7 | 56.8 – 66.6 | 66.7 & above |
| 158 | 39.1 & below | 39.2 – 44.0 | 44.1 – 54.1 | 54.2 – 58.7 | 58.8 – 68.7 | 68.8 & above |
| 160 | 40.4 & below | 40.5 – 45.6 | 45.7 – 55.7 | 55.8 – 60.6 | 60.7 – 71.0 | 71.1 & above |
| 162 | 41.6 & below | 41.7 – 47.1 | 47.2 – 57.5 | 57.6 – 62.4 | 62.5 – 73.4 | 73.5 & above |
| 164 | 42.8 & below | 42.9 – 48.4 | 48.5 – 59.1 | 59.2 – 64.1 | 64.2 – 75.0 | 75.1 & above |
| 166 | 43.8 & below | 43.9 – 49.4 | 49.5 – 60.6 | 60.7 – 65.7 | 65.8 – 76.8 | 76.9 & above |
| 168 | 45.1 & below | 45.2 – 50.7 | 50.8 – 61.9 | 62.0 – 67.4 | 67.5 – 78.7 | 78.8 & above |
| 170 | 46.0 & below | 46.1 – 51.8 | 51.9 – 63.5 | 63.6 – 69.0 | 69.1 – 80.4 | 80.5 & above |
| 172 | 46.9 & below | 47.0 – 52.9 | 53.0 – 64.7 | 64.8 – 70.5 | 70.6 – 82.3 | 82.4 & above |
| 174 | 47.9 & below | 48.0 – 53.9 | 54.0 – 66.0 | 66.1 – 71.8 | 71.9 – 84.1 | 84.2 & above |
| 176 | 48.4 & below | 48.5 – 54.9 | 55.0 – 67.1 | 67.2 – 73.1 | 73.2 – 85.4 | 85.5 & above |
| 178 | 49.1 & below | 49.2 – 55.8 | 55.9 – 68.4 | 68.5 – 74.4 | 74.5 – 86.9 | 87.0 & above |
| 180 | 49.9 & below | 50.0 – 56.1 | 56.2 – 69.4 | 69.5 – 75.9 | 76.0 – 87.9 | 88.0 & above |

Source: School Health Service, 1993

* Please note that the acceptable weight range shown in the weight for height tables in your school includes that of healthy weight, borderline underweight and borderline overweight.