

Weight for height table for **boys**

(Height 108cm to 190cm)

Height (cm) (a)	Underweight (kg)	Borderline underweight (kg)	Healthy weight (kg) (c) (d)	Borderline overweight (kg)	Overweight (kg)	Severely overweight (kg)
108	12.8 & below	12.9 – 15.1	15.2 – 18.0	18.1 – 19.9	20.0 – 23.0	23.1 & above
110	13.4 & below	13.5 – 15.8	15.9 – 18.9	19.0 – 20.8	20.9 – 24.3	24.4 & above
112	13.9 & below	14.0 – 16.5	16.6 – 19.6	19.7 – 21.5	21.6 – 25.4	25.5 & above
114	14.8 & below	14.9 – 17.3	17.4 – 20.4	20.5 – 22.5	22.6 – 26.7	26.8 & above
116	15.6 & below	15.7 – 18.0	18.1 – 21.2	21.3 – 23.5	23.6 – 27.9	28.0 & above
118	16.5 & below	16.6 – 19.0	19.1 – 22.7	22.8 – 24.8	24.9 – 29.5	29.6 & above
120	17.3 & below	17.4 – 19.9	20.0 – 23.6	23.7 – 25.9	26.0 – 30.9	31.0 & above
122	18.3 & below	18.4 – 20.9	21.0 – 24.9	25.0 – 27.1	27.2 – 33.0	33.1 & above
124	19.2 & below	19.3 – 21.9	22.0 – 26.2	26.3 – 28.7	28.8 – 34.2	34.3 & above
126	20.2 & below	20.3 – 22.8	22.9 – 27.6	27.7 – 29.9	30.0 – 35.9	36.0 & above
128	21.2 & below	21.3 – 24.0	24.1 – 28.9	29.0 – 31.5	31.6 – 37.5	37.6 & above
130	22.2 & below	22.3 – 25.3	25.4 – 30.3	30.4 – 33.0	33.1 – 39.5	39.6 & above
132	23.2 & below	23.3 – 26.5	26.6 – 31.9	32.0 – 34.6	34.7 – 41.1	41.2 & above
134	24.5 & below	24.6 – 27.6	27.7 – 33.5	33.6 – 36.1	36.2 – 42.6	42.7 & above
136	25.8 & below	25.9 – 28.9	29.0 – 34.9	35.0 – 38.2	38.3 – 44.9	45.0 & above
138	26.8 & below	26.9 – 29.9	30.0 – 36.5	36.6 – 40.0	40.1 – 47.0	47.1 & above
140	27.9 & below	28.0 – 31.1	31.2 – 37.8	37.9 – 41.9	42.0 – 48.9	49.0 & above
142	29.2 & below	29.3 – 32.7	32.8 – 39.7	39.8 – 43.9	44.0 – 51.2	51.3 & above
144	30.3 & below	30.4 – 33.9	34.0 – 41.2	41.3 – 45.7	45.8 – 53.2	53.3 & above
146	31.7 & below	31.8 – 35.0	35.1 – 42.9	43.0 – 47.6	47.7 – 55.4	55.5 & above
148	32.8 & below	32.9 – 36.4	36.5 – 44.8	44.9 – 49.3	49.4 – 57.7	57.8 & above
150	34.1 & below	34.2 – 37.9	38.0 – 46.5	46.6 – 51.1	51.2 – 59.7	59.8 & above
152	35.2 & below	35.3 – 39.2	39.3 – 48.1	48.2 – 52.9	53.0 – 61.9	62.0 & above
154	36.6 & below	36.7 – 40.8	40.9 – 50.0	50.1 – 54.9	55.0 – 64.4	64.5 & above
156	37.8 & below	37.9 – 42.1	42.2 – 51.8	51.9 – 56.9	57.0 – 66.1	66.2 & above
158	39.0 & below	39.1 – 44.0	44.1 – 53.7	53.8 – 58.8	58.9 – 68.7	68.8 & above
160	40.6 & below	40.7 – 45.6	45.7 – 55.1	55.2 – 60.9	61.0 – 71.1	71.2 & above
162	41.9 & below	42.0 – 47.1	47.2 – 57.3	57.4 – 62.9	63.0 – 73.9	74.0 & above
164	43.4 & below	43.5 – 48.8	48.9 – 59.0	59.1 – 65.0	65.1 – 76.0	76.1 & above
166	44.9 & below	45.0 – 50.6	50.7 – 60.9	61.0 – 67.5	67.6 – 78.8	78.9 & above
168	46.3 & below	46.4 – 52.1	52.2 – 63.2	63.3 – 69.8	69.9 – 81.6	81.7 & above
170	47.7 & below	47.8 – 53.9	54.0 – 64.7	64.8 – 71.7	71.8 – 83.8	83.9 & above
172	49.0 & below	49.1 – 55.6	55.7 – 67.4	67.5 – 74.3	74.4 – 86.5	86.6 & above
174	50.4 & below	50.5 – 57.3	57.4 – 69.6	69.7 – 76.6	76.7 – 89.0	89.1 & above
176	51.7 & below	51.8 – 58.4	58.5 – 71.1	71.2 – 77.9	78.0 – 90.9	91.0 & above
178	52.9 & below	53.0 – 59.9	60.0 – 73.1	73.2 – 80.1	80.2 – 93.2	93.3 & above
180	54.2 & below	54.3 – 60.9	61.0 – 74.9	75.0 – 81.7	81.8 – 95.4	95.5 & above
182	55.4 & below	55.5 – 62.2	62.3 – 76.7	76.8 – 83.7	83.8 – 97.4	97.5 & above
184	56.4 & below	56.5 – 63.7	63.8 – 77.9	78.0 – 84.9	85.0 – 99.7	99.8 & above
186	56.9 & below	57.0 – 64.7	64.8 – 79.4	79.5 – 86.4	86.5 – 100.7	100.8 & above
188	57.9 & below	58.0 – 65.4	65.5 – 80.7	80.8 – 87.7	87.8 – 102.9	103.0 & above
190	58.9 & below	59.0 – 65.9	66.0 – 81.7	81.8 – 88.9	89.0 – 103.9	104.0 & 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.