



Adult men and women are roughly an inch taller than they were in 1960, but are nearly 25 pounds heavier on average according to a new report from the Centers for Disease Control and Prevention (CDC). In addition, the body mass index, a weight-for-height formula used to measure obesity) has increased among adults from 24.5 in 1960 to 28.5 in 2002.

The report, "Mean Body Weight, Height, and Body Mass Index (BMI) 1960-2002: United States," published by the Center for Health Statistics, shows that the average height of a man aged 20-74 years increased from 5-9 ½ in 1960 to 5-10 ½ in 2002, while the average height of a woman the same age increased from slightly over 5-5 to 5-6 ½ in 2002.

Meanwhile, the average weight for men aged 20-74 years rose dramatically from 166.3 pounds in 1960 to 194.5 pounds in 2002, while the average weight for women the same age increased from 140.2 pounds in 1960 to 164.5 pounds in 2002.

- Though the average weight for men aged 20-39 years increased by nearly 20 pounds over the period, the increase was greater among older men:
- Men between the ages of 40 and 49 were nearly 27 pounds heavier on average in 2002 compared with 1960.
- Men between the ages of 50 and 59 were nearly 28 pounds heavier on average in 2002 compared with 1960.
- Men between the ages of 60 and 74 were almost 33 pounds heavier on average in 2002 compared with 1960.

For women, the near opposite trend occurred:

- Women aged 20-29 were nearly 29 pounds heavier on average in 2002 compared with 1960.
- Women aged 40-49 were about 25½ pounds heavier on average in 2002 compared with 1960.
- Women aged 60-74 were about 17½ pounds heavier on average in 2002 compared with 1960.

Meanwhile, the report documented that average weights for children are increasing as well:

- The average weight for a 10-year-old boy in 1963 was 74.2 pounds; by 2002 the average weight was 100.5 pounds.
- The average weight for a 10-year-old girl in 1963 was 77.4 pounds; by 2002 the average weight was 105.5 pounds.
- A 15-year-old boy weighed 135.5 pounds on average in 1966; by 2002 the average weight of a 15-year-old boy was 150.3 pounds.
- A 15-year-old girl weighed 124.2 pounds on average in 1966; by 2002 the average weight of a 15-year-old girl was 145.5 pounds.

indicator in assessing body fat and has been the most common method of tracking weight prob
adults.

The data in the report was based on actual body measurements taken as part of the National H
Examination Survey, which CDC's National Center for Health Statistics (NCHS) has conducted pe
NCHS report "Mean Body Weight, Height, and Body Mass Index (BMI) 1960-2002: United States"
[CDC/NCHS Web site](#).

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