


## Simplified field tables

| Height-for-age GIRLS<br>5 to 19 years (z-scores) |        |  <b>World Health Organization</b> |       |       |        |       |       |       |
|--|--------|---|-------|-------|--------|-------|-------|-------|
| Year: Month                                      | Months | -3 SD   | -2 SD | -1 SD | Median | 1 SD  | 2 SD  | 3 SD  |
| 5: 1   | 61     | 95.3  | 100.1 | 104.8 | 109.6  | 114.4 | 119.1 | 123.9 |
| 5: 2   | 62     | 95.7  | 100.5 | 105.3 | 110.1  | 114.9 | 119.7 | 124.5 |
| 5: 3   | 63     | 96.1  | 101.0 | 105.8 | 110.6  | 115.5 | 120.3 | 125.2 |
| 5: 4   | 64     | 96.5  | 101.4 | 106.3 | 111.2  | 116.0 | 120.9 | 125.8 |
| 5: 5   | 65     | 97.0  | 101.9 | 106.8 | 111.7  | 116.6 | 121.5 | 126.4 |
| 5: 6   | 66     | 97.4  | 102.3 | 107.2 | 112.2  | 117.1 | 122.0 | 127.0 |
| 5: 7   | 67     | 97.8  | 102.7 | 107.7 | 112.7  | 117.6 | 122.6 | 127.6 |
| 5: 8   | 68     | 98.2  | 103.2 | 108.2 | 113.2  | 118.2 | 123.2 | 128.2 |
| 5: 9   | 69     | 98.6  | 103.6 | 108.6 | 113.7  | 118.7 | 123.7 | 128.8 |
| 5: 10  | 70     | 99.0  | 104.0 | 109.1 | 114.2  | 119.2 | 124.3 | 129.3 |
| 5: 11  | 71     | 99.4  | 104.5 | 109.6 | 114.6  | 119.7 | 124.8 | 129.9 |
| 6: 0   | 72     | 99.8  | 104.9 | 110.0 | 115.1  | 120.2 | 125.4 | 130.5 |
| 6: 1   | 73     | 100.2   | 105.3 | 110.5 | 115.6  | 120.8 | 125.9 | 131.1 |
| 6: 2   | 74     | 100.5   | 105.7 | 110.9 | 116.1  | 121.3 | 126.4 | 131.6 |
| 6: 3   | 75     | 100.9   | 106.1 | 111.3 | 116.6  | 121.8 | 127.0 | 132.2 |
| 6: 4   | 76     | 101.3   | 106.6 | 111.8 | 117.0  | 122.3 | 127.5 | 132.7 |
| 6: 5   | 77     | 101.7   | 107.0 | 112.2 | 117.5  | 122.8 | 128.0 | 133.3 |
| 6: 6   | 78     | 102.1   | 107.4 | 112.7 | 118.0  | 123.3 | 128.6 | 133.9 |
| 6: 7   | 79     | 102.5   | 107.8 | 113.1 | 118.4  | 123.8 | 129.1 | 134.4 |
| 6: 8   | 80     | 102.9   | 108.2 | 113.6 | 118.9  | 124.3 | 129.6 | 135.0 |
| 6: 9   | 81     | 103.2   | 108.6 | 114.0 | 119.4  | 124.8 | 130.2 | 135.5 |
| 6: 10  | 82     | 103.6   | 109.0 | 114.5 | 119.9  | 125.3 | 130.7 | 136.1 |
| 6: 11  | 83     | 104.0   | 109.5 | 114.9 | 120.3  | 125.8 | 131.2 | 136.7 |
| 7: 0   | 84     | 104.4   | 109.9 | 115.3 | 120.8  | 126.3 | 131.7 | 137.2 |
| 7: 1   | 85     | 104.8   | 110.3 | 115.8 | 121.3  | 126.8 | 132.3 | 137.8 |
| 7: 2   | 86     | 105.2   | 110.7 | 116.2 | 121.8  | 127.3 | 132.8 | 138.3 |
| 7: 3   | 87     | 105.6   | 111.1 | 116.7 | 122.2  | 127.8 | 133.3 | 138.9 |
| 7: 4   | 88     | 106.0   | 111.6 | 117.1 | 122.7  | 128.3 | 133.9 | 139.4 |
| 7: 5   | 89     | 106.4   | 112.0 | 117.6 | 123.2  | 128.8 | 134.4 | 140.0 |
| 7: 6   | 90     | 106.8   | 112.4 | 118.0 | 123.7  | 129.3 | 134.9 | 140.6 |

**Height-for-age GIRLS  
5 to 19 years (z-scores)**



**World Health  
Organization**

| Year: Month | Months | -3 SD | -2 SD | -1 SD | Median | 1 SD  | 2 SD  | 3 SD  |
|-------------|--------|-------|-------|-------|--------|-------|-------|-------|
| 7: 7        | 91     | 107.2 | 112.8 | 118.5 | 124.1  | 129.8 | 135.5 | 141.1 |
| 7: 8        | 92     | 107.6 | 113.2 | 118.9 | 124.6  | 130.3 | 136.0 | 141.7 |
| 7: 9        | 93     | 108.0 | 113.7 | 119.4 | 125.1  | 130.8 | 136.5 | 142.3 |
| 7: 10       | 94     | 108.4 | 114.1 | 119.8 | 125.6  | 131.3 | 137.1 | 142.8 |
| 7: 11       | 95     | 108.8 | 114.5 | 120.3 | 126.1  | 131.8 | 137.6 | 143.4 |
| 8: 0        | 96     | 109.2 | 115.0 | 120.8 | 126.6  | 132.4 | 138.2 | 143.9 |
| 8: 1        | 97     | 109.6 | 115.4 | 121.2 | 127.0  | 132.9 | 138.7 | 144.5 |
| 8: 2        | 98     | 110.0 | 115.8 | 121.7 | 127.5  | 133.4 | 139.2 | 145.1 |
| 8: 3        | 99     | 110.4 | 116.3 | 122.1 | 128.0  | 133.9 | 139.8 | 145.7 |
| 8: 4        | 100    | 110.8 | 116.7 | 122.6 | 128.5  | 134.4 | 140.3 | 146.2 |
| 8: 5        | 101    | 111.2 | 117.1 | 123.1 | 129.0  | 134.9 | 140.9 | 146.8 |
| 8: 6        | 102    | 111.6 | 117.6 | 123.5 | 129.5  | 135.5 | 141.4 | 147.4 |
| 8: 7        | 103    | 112.0 | 118.0 | 124.0 | 130.0  | 136.0 | 142.0 | 147.9 |
| 8: 8        | 104    | 112.5 | 118.5 | 124.5 | 130.5  | 136.5 | 142.5 | 148.5 |
| 8: 9        | 105    | 112.9 | 118.9 | 125.0 | 131.0  | 137.0 | 143.1 | 149.1 |
| 8: 10       | 106    | 113.3 | 119.4 | 125.4 | 131.5  | 137.5 | 143.6 | 149.7 |
| 8: 11       | 107    | 113.7 | 119.8 | 125.9 | 132.0  | 138.1 | 144.2 | 150.2 |
| 9: 0        | 108    | 114.2 | 120.3 | 126.4 | 132.5  | 138.6 | 144.7 | 150.8 |
| 9: 1        | 109    | 114.6 | 120.7 | 126.9 | 133.0  | 139.1 | 145.3 | 151.4 |
| 9: 2        | 110    | 115.0 | 121.2 | 127.3 | 133.5  | 139.7 | 145.8 | 152.0 |
| 9: 3        | 111    | 115.5 | 121.6 | 127.8 | 134.0  | 140.2 | 146.4 | 152.6 |
| 9: 4        | 112    | 115.9 | 122.1 | 128.3 | 134.5  | 140.7 | 146.9 | 153.1 |
| 9: 5        | 113    | 116.3 | 122.6 | 128.8 | 135.0  | 141.3 | 147.5 | 153.7 |
| 9: 6        | 114    | 116.8 | 123.0 | 129.3 | 135.5  | 141.8 | 148.1 | 154.3 |
| 9: 7        | 115    | 117.2 | 123.5 | 129.8 | 136.1  | 142.3 | 148.6 | 154.9 |
| 9: 8        | 116    | 117.7 | 124.0 | 130.3 | 136.6  | 142.9 | 149.2 | 155.5 |
| 9: 9        | 117    | 118.1 | 124.4 | 130.8 | 137.1  | 143.4 | 149.7 | 156.1 |
| 9: 10       | 118    | 118.5 | 124.9 | 131.2 | 137.6  | 144.0 | 150.3 | 156.7 |
| 9: 11       | 119    | 119.0 | 125.4 | 131.7 | 138.1  | 144.5 | 150.9 | 157.2 |
| 10: 0       | 120    | 119.4 | 125.8 | 132.2 | 138.6  | 145.0 | 151.4 | 157.8 |

**Height-for-age GIRLS  
5 to 19 years (z-scores)**



**World Health  
Organization**

| Year: Month | Months | -3 SD | -2 SD | -1 SD | Median | 1 SD  | 2 SD  | 3 SD  |
|-------------|--------|-------|-------|-------|--------|-------|-------|-------|
| 10: 1       | 121    | 119.9 | 126.3 | 132.7 | 139.2  | 145.6 | 152.0 | 158.4 |
| 10: 2       | 122    | 120.4 | 126.8 | 133.2 | 139.7  | 146.1 | 152.6 | 159.0 |
| 10: 3       | 123    | 120.8 | 127.3 | 133.7 | 140.2  | 146.7 | 153.1 | 159.6 |
| 10: 4       | 124    | 121.3 | 127.8 | 134.2 | 140.7  | 147.2 | 153.7 | 160.2 |
| 10: 5       | 125    | 121.7 | 128.2 | 134.8 | 141.3  | 147.8 | 154.3 | 160.8 |
| 10: 6       | 126    | 122.2 | 128.7 | 135.3 | 141.8  | 148.3 | 154.8 | 161.4 |
| 10: 7       | 127    | 122.7 | 129.2 | 135.8 | 142.3  | 148.9 | 155.4 | 162.0 |
| 10: 8       | 128    | 123.2 | 129.7 | 136.3 | 142.9  | 149.4 | 156.0 | 162.6 |
| 10: 9       | 129    | 123.6 | 130.2 | 136.8 | 143.4  | 150.0 | 156.6 | 163.1 |
| 10: 10      | 130    | 124.1 | 130.7 | 137.3 | 143.9  | 150.5 | 157.1 | 163.7 |
| 10: 11      | 131    | 124.6 | 131.2 | 137.8 | 144.5  | 151.1 | 157.7 | 164.3 |
| 11: 0       | 132    | 125.1 | 131.7 | 138.3 | 145.0  | 151.6 | 158.3 | 164.9 |
| 11: 1       | 133    | 125.5 | 132.2 | 138.9 | 145.5  | 152.2 | 158.9 | 165.5 |
| 11: 2       | 134    | 126.0 | 132.7 | 139.4 | 146.1  | 152.7 | 159.4 | 166.1 |
| 11: 3       | 135    | 126.5 | 133.2 | 139.9 | 146.6  | 153.3 | 160.0 | 166.7 |
| 11: 4       | 136    | 127.0 | 133.7 | 140.4 | 147.1  | 153.8 | 160.6 | 167.3 |
| 11: 5       | 137    | 127.4 | 134.2 | 140.9 | 147.7  | 154.4 | 161.1 | 167.9 |
| 11: 6       | 138    | 127.9 | 134.7 | 141.4 | 148.2  | 154.9 | 161.7 | 168.4 |
| 11: 7       | 139    | 128.4 | 135.2 | 141.9 | 148.7  | 155.5 | 162.2 | 169.0 |
| 11: 8       | 140    | 128.9 | 135.7 | 142.4 | 149.2  | 156.0 | 162.8 | 169.6 |
| 11: 9       | 141    | 129.3 | 136.1 | 142.9 | 149.7  | 156.5 | 163.3 | 170.1 |
| 11: 10      | 142    | 129.8 | 136.6 | 143.4 | 150.2  | 157.1 | 163.9 | 170.7 |
| 11: 11      | 143    | 130.3 | 137.1 | 143.9 | 150.7  | 157.6 | 164.4 | 171.2 |
| 12: 0       | 144    | 130.7 | 137.6 | 144.4 | 151.2  | 158.1 | 164.9 | 171.8 |
| 12: 1       | 145    | 131.2 | 138.0 | 144.9 | 151.7  | 158.6 | 165.4 | 172.3 |
| 12: 2       | 146    | 131.6 | 138.5 | 145.3 | 152.2  | 159.1 | 165.9 | 172.8 |
| 12: 3       | 147    | 132.0 | 138.9 | 145.8 | 152.7  | 159.5 | 166.4 | 173.3 |
| 12: 4       | 148    | 132.5 | 139.3 | 146.2 | 153.1  | 160.0 | 166.9 | 173.8 |
| 12: 5       | 149    | 132.9 | 139.8 | 146.7 | 153.6  | 160.5 | 167.4 | 174.3 |
| 12: 6       | 150    | 133.3 | 140.2 | 147.1 | 154.0  | 160.9 | 167.8 | 174.7 |

**Height-for-age GIRLS  
5 to 19 years (z-scores)**



**World Health  
Organization**

| Year: Month | Months | -3 SD | -2 SD | -1 SD | Median | 1 SD  | 2 SD  | 3 SD  |
|-------------|--------|-------|-------|-------|--------|-------|-------|-------|
| 12: 7       | 151    | 133.7 | 140.6 | 147.5 | 154.4  | 161.3 | 168.3 | 175.2 |
| 12: 8       | 152    | 134.1 | 141.0 | 147.9 | 154.8  | 161.8 | 168.7 | 175.6 |
| 12: 9       | 153    | 134.5 | 141.4 | 148.3 | 155.2  | 162.2 | 169.1 | 176.0 |
| 12: 10      | 154    | 134.8 | 141.8 | 148.7 | 155.6  | 162.6 | 169.5 | 176.4 |
| 12: 11      | 155    | 135.2 | 142.1 | 149.1 | 156.0  | 162.9 | 169.9 | 176.8 |
| 13: 0       | 156    | 135.6 | 142.5 | 149.4 | 156.4  | 163.3 | 170.3 | 177.2 |
| 13: 1       | 157    | 135.9 | 142.8 | 149.8 | 156.7  | 163.7 | 170.6 | 177.6 |
| 13: 2       | 158    | 136.2 | 143.2 | 150.1 | 157.1  | 164.0 | 171.0 | 177.9 |
| 13: 3       | 159    | 136.5 | 143.5 | 150.4 | 157.4  | 164.3 | 171.3 | 178.2 |
| 13: 4       | 160    | 136.9 | 143.8 | 150.8 | 157.7  | 164.7 | 171.6 | 178.6 |
| 13: 5       | 161    | 137.2 | 144.1 | 151.1 | 158.0  | 165.0 | 171.9 | 178.9 |
| 13: 6       | 162    | 137.4 | 144.4 | 151.3 | 158.3  | 165.3 | 172.2 | 179.2 |
| 13: 7       | 163    | 137.7 | 144.7 | 151.6 | 158.6  | 165.5 | 172.5 | 179.4 |
| 13: 8       | 164    | 138.0 | 144.9 | 151.9 | 158.8  | 165.8 | 172.7 | 179.7 |
| 13: 9       | 165    | 138.2 | 145.2 | 152.1 | 159.1  | 166.0 | 173.0 | 179.9 |
| 13: 10      | 166    | 138.5 | 145.4 | 152.4 | 159.3  | 166.3 | 173.2 | 180.2 |
| 13: 11      | 167    | 138.7 | 145.7 | 152.6 | 159.6  | 166.5 | 173.5 | 180.4 |
| 14: 0       | 168    | 139.0 | 145.9 | 152.8 | 159.8  | 166.7 | 173.7 | 180.6 |
| 14: 1       | 169    | 139.2 | 146.1 | 153.1 | 160.0  | 166.9 | 173.9 | 180.8 |
| 14: 2       | 170    | 139.4 | 146.3 | 153.3 | 160.2  | 167.1 | 174.1 | 181.0 |
| 14: 3       | 171    | 139.6 | 146.5 | 153.5 | 160.4  | 167.3 | 174.2 | 181.2 |
| 14: 4       | 172    | 139.8 | 146.7 | 153.6 | 160.6  | 167.5 | 174.4 | 181.3 |
| 14: 5       | 173    | 140.0 | 146.9 | 153.8 | 160.7  | 167.7 | 174.6 | 181.5 |
| 14: 6       | 174    | 140.1 | 147.1 | 154.0 | 160.9  | 167.8 | 174.7 | 181.6 |
| 14: 7       | 175    | 140.3 | 147.2 | 154.1 | 161.0  | 168.0 | 174.9 | 181.8 |
| 14: 8       | 176    | 140.5 | 147.4 | 154.3 | 161.2  | 168.1 | 175.0 | 181.9 |
| 14: 9       | 177    | 140.6 | 147.5 | 154.4 | 161.3  | 168.2 | 175.1 | 182.0 |
| 14: 10      | 178    | 140.8 | 147.7 | 154.5 | 161.4  | 168.3 | 175.2 | 182.1 |
| 14: 11      | 179    | 140.9 | 147.8 | 154.7 | 161.6  | 168.4 | 175.3 | 182.2 |
| 15: 0       | 180    | 141.0 | 147.9 | 154.8 | 161.7  | 168.5 | 175.4 | 182.3 |

**Height-for-age GIRLS  
5 to 19 years (z-scores)**



**World Health  
Organization**

| Year: Month | Months | -3 SD | -2 SD | -1 SD | Median | 1 SD  | 2 SD  | 3 SD  |
|-------------|--------|-------|-------|-------|--------|-------|-------|-------|
| 15: 1       | 181    | 141.2 | 148.0 | 154.9 | 161.8  | 168.6 | 175.5 | 182.4 |
| 15: 2       | 182    | 141.3 | 148.1 | 155.0 | 161.9  | 168.7 | 175.6 | 182.5 |
| 15: 3       | 183    | 141.4 | 148.2 | 155.1 | 162.0  | 168.8 | 175.7 | 182.5 |
| 15: 4       | 184    | 141.5 | 148.3 | 155.2 | 162.0  | 168.9 | 175.7 | 182.6 |
| 15: 5       | 185    | 141.6 | 148.4 | 155.3 | 162.1  | 169.0 | 175.8 | 182.6 |
| 15: 6       | 186    | 141.7 | 148.5 | 155.4 | 162.2  | 169.0 | 175.9 | 182.7 |
| 15: 7       | 187    | 141.8 | 148.6 | 155.4 | 162.3  | 169.1 | 175.9 | 182.7 |
| 15: 8       | 188    | 141.9 | 148.7 | 155.5 | 162.3  | 169.1 | 176.0 | 182.8 |
| 15: 9       | 189    | 141.9 | 148.7 | 155.6 | 162.4  | 169.2 | 176.0 | 182.8 |
| 15: 10      | 190    | 142.0 | 148.8 | 155.6 | 162.4  | 169.2 | 176.0 | 182.8 |
| 15: 11      | 191    | 142.1 | 148.9 | 155.7 | 162.5  | 169.3 | 176.1 | 182.9 |
| 16: 0       | 192    | 142.2 | 148.9 | 155.7 | 162.5  | 169.3 | 176.1 | 182.9 |
| 16: 1       | 193    | 142.2 | 149.0 | 155.8 | 162.6  | 169.3 | 176.1 | 182.9 |
| 16: 2       | 194    | 142.3 | 149.1 | 155.8 | 162.6  | 169.4 | 176.1 | 182.9 |
| 16: 3       | 195    | 142.3 | 149.1 | 155.9 | 162.6  | 169.4 | 176.2 | 182.9 |
| 16: 4       | 196    | 142.4 | 149.2 | 155.9 | 162.7  | 169.4 | 176.2 | 182.9 |
| 16: 5       | 197    | 142.4 | 149.2 | 155.9 | 162.7  | 169.4 | 176.2 | 182.9 |
| 16: 6       | 198    | 142.5 | 149.2 | 156.0 | 162.7  | 169.5 | 176.2 | 182.9 |
| 16: 7       | 199    | 142.5 | 149.3 | 156.0 | 162.7  | 169.5 | 176.2 | 182.9 |
| 16: 8       | 200    | 142.6 | 149.3 | 156.0 | 162.8  | 169.5 | 176.2 | 182.9 |
| 16: 9       | 201    | 142.6 | 149.4 | 156.1 | 162.8  | 169.5 | 176.2 | 182.9 |
| 16: 10      | 202    | 142.7 | 149.4 | 156.1 | 162.8  | 169.5 | 176.2 | 182.9 |
| 16: 11      | 203    | 142.7 | 149.4 | 156.1 | 162.8  | 169.5 | 176.2 | 182.9 |
| 17: 0       | 204    | 142.8 | 149.5 | 156.2 | 162.9  | 169.5 | 176.2 | 182.9 |
| 17: 1       | 205    | 142.8 | 149.5 | 156.2 | 162.9  | 169.6 | 176.2 | 182.9 |
| 17: 2       | 206    | 142.9 | 149.5 | 156.2 | 162.9  | 169.6 | 176.2 | 182.9 |
| 17: 3       | 207    | 142.9 | 149.6 | 156.2 | 162.9  | 169.6 | 176.3 | 182.9 |
| 17: 4       | 208    | 142.9 | 149.6 | 156.3 | 162.9  | 169.6 | 176.3 | 182.9 |
| 17: 5       | 209    | 143.0 | 149.6 | 156.3 | 162.9  | 169.6 | 176.3 | 182.9 |
| 17: 6       | 210    | 143.0 | 149.7 | 156.3 | 163.0  | 169.6 | 176.3 | 182.9 |

**Height-for-age GIRLS  
5 to 19 years (z-scores)**



**World Health  
Organization**

| Year: Month | Months | -3 SD | -2 SD | -1 SD | Median | 1 SD  | 2 SD  | 3 SD  |
|-------------|--------|-------|-------|-------|--------|-------|-------|-------|
| 17: 7       | 211    | 143.1 | 149.7 | 156.3 | 163.0  | 169.6 | 176.3 | 182.9 |
| 17: 8       | 212    | 143.1 | 149.7 | 156.4 | 163.0  | 169.6 | 176.3 | 182.9 |
| 17: 9       | 213    | 143.1 | 149.8 | 156.4 | 163.0  | 169.6 | 176.3 | 182.9 |
| 17: 10      | 214    | 143.2 | 149.8 | 156.4 | 163.0  | 169.7 | 176.3 | 182.9 |
| 17: 11      | 215    | 143.2 | 149.8 | 156.4 | 163.0  | 169.7 | 176.3 | 182.9 |
| 18: 0       | 216    | 143.2 | 149.8 | 156.5 | 163.1  | 169.7 | 176.3 | 182.9 |
| 18: 1       | 217    | 143.3 | 149.9 | 156.5 | 163.1  | 169.7 | 176.3 | 182.9 |
| 18: 2       | 218    | 143.3 | 149.9 | 156.5 | 163.1  | 169.7 | 176.3 | 182.9 |
| 18: 3       | 219    | 143.3 | 149.9 | 156.5 | 163.1  | 169.7 | 176.3 | 182.9 |
| 18: 4       | 220    | 143.4 | 149.9 | 156.5 | 163.1  | 169.7 | 176.3 | 182.9 |
| 18: 5       | 221    | 143.4 | 150.0 | 156.5 | 163.1  | 169.7 | 176.3 | 182.9 |
| 18: 6       | 222    | 143.4 | 150.0 | 156.6 | 163.1  | 169.7 | 176.3 | 182.9 |
| 18: 7       | 223    | 143.4 | 150.0 | 156.6 | 163.1  | 169.7 | 176.3 | 182.8 |
| 18: 8       | 224    | 143.5 | 150.0 | 156.6 | 163.1  | 169.7 | 176.3 | 182.8 |
| 18: 9       | 225    | 143.5 | 150.0 | 156.6 | 163.1  | 169.7 | 176.3 | 182.8 |
| 18: 10      | 226    | 143.5 | 150.0 | 156.6 | 163.2  | 169.7 | 176.3 | 182.8 |
| 18: 11      | 227    | 143.5 | 150.1 | 156.6 | 163.2  | 169.7 | 176.2 | 182.8 |
| 19: 0       | 228    | 143.5 | 150.1 | 156.6 | 163.2  | 169.7 | 176.2 | 182.8 |

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