

Desirable Weight Table for WOMEN

Paraplegia – subtract 5-10%

Tetraplegia – subtract 10-15%

1999 METROPOLITAN HEIGHT AND WEIGHT TABLES FOR
MEN AND WOMEN

According to Frame, Ages 25-59

WOMEN

Weight in Pounds (In Indoor Clothing)*

HEIGHT		SMALL	MEDIUM	LARGE
(In Shoes)+		FRAME	FRAME	FRAME
Feet	Inches			
4	10	102-111	109-121	118-131
4	11	103-113	111-123	120-134
5	0	104-115	113-126	122-137
5	1	106-118	115-129	125-140
5	2	108-121	118-132	128-143
5	3	111-124	121-135	131-147
5	4	114-127	124-138	134-151
5	5	117-130	127-141	137-155
5	6	120-133	130-144	140-159
5	7	123-136	133-147	143-163
5	8	126-139	136-150	146-167
5	9	129-142	139-153	149-170
5	10	132-145	142-156	152-173
5	11	135-148	145-159	155-176
6	0	138-151	148-162	158-179

- Indoor clothing weighing 5 pounds for men and 3 pounds for women.

+ Shoes with 1-inch heels

Source of basic data Build Study, 1979. Society of Actuaries and Association of Life Insurance Medical Directors of America, 1980. Copyright© 1996, 1999 Metropolitan Life Insurance Company
Courtesy of the Metropolitan Life Insurance Company.

Desirable Weight Table for MEN

Paraplegia – subtract 5-10%

Tetraplegia – subtract 10-15%

1999 METROPOLITAN HEIGHT AND WEIGHT TABLES FOR
MEN AND WOMEN

According to Frame, Ages 25-59

MEN

Weight in Pounds (In Indoor Clothing)*

HEIGHT		SMALL	MEDIUM	LARGE
(In Shoes)+		FRAME	FRAME	FRAME
Feet	Inches			
5	2	128-134	131-141	138-150
5	3	130-136	133-143	140-153
5	4	132-138	135-145	142-156
5	5	134-140	137-148	144-160
5	6	136-142	139-151	146-164
5	7	138-145	142-154	149-168
5	8	140-148	145-157	152-172
5	9	142-151	148-160	155-176
5	10	144-154	151-163	158-180
5	11	146-157	154-166	161-184
6	0	149-160	157-170	164-188
6	1	152-164	160-174	168-192
6	2	155-168	164-178	172-197
6	3	158-172	167-182	176-202
6	4	162-176	171-187	181-207

- Indoor clothing weighing 5 pounds for men and 3 pounds for women.

+ Shoes with 1-inch heels

Source of basic data Build Study, 1979. Society of Actuaries and Association of Life Insurance Medical Directors of America, 1980. Copyright© 1996, 1999 Metropolitan Life Insurance Company
Courtesy of the Metropolitan Life Insurance Company.