People tend vary greatly in height regardless of gender and different ethnic groups vary in what is "normal" for weight and height. Please use the general information provided below with the understanding that it may not apply to you or your child. If you think that your child is at risk for overweight or obesity (a serious health condition) always consult a medical professional skilled in obesity and multi-culturally informed.

Please contact Healthy Parks if you need contact information for multicultural health information or practitioners and advocacy groups. We are here to help!

7-Year Old Boy	12-Year Old Boy	17-Year Old Boy
4 feet 1 inch tall	5 feet tall	5 feet 10 inches tall
Normal Weight: 50 lbs.	Normal Weight: 90 lbs.	Normal Weight: 147 lbs.
At-Risk Weight: 57 lbs.	At-Risk Weight: 105 lbs.	At-Risk Weight: 195 lbs
Overweight: 65 lbs.	Overweight: 120 lbs.	Overweight: 195 lbs.

7-Year Old Girl	12-Year Old Girl	17-Year Old Girl
4 feet 1 inch tall	5 feet tall	5 feet 4 inches tall
Normal Weight: 50 lbs.	Normal Weight: 90 lbs.	Normal Weight: 125 lbs.
At-Risk Weight: 60 lbs.	At-Risk Weight: 110 lbs.	At-Risk Weight: 145 lbs
Overweight: 67 lbs.	Overweight: 125 lbs.	Overweight: 170 lbs.

Source: Mayo Clinic, 2003