

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
4 feet 1 inch tall
Normal Weight: 50 lbs.
At-Risk Weight: 57 lbs.
Overweight: 65 lbs.

12-Year Old Boy
5 feet tall
Normal Weight: 90 lbs.
At-Risk Weight: 105 lbs.
Overweight: 120 lbs.

17-Year Old Boy
5 feet 10 inches tall
Normal Weight: 147 lbs.
At-Risk Weight: 195 lbs.
Overweight: 195 lbs.



7-Year Old Girl
4 feet 1 inch tall
Normal Weight: 50 lbs.
At-Risk Weight: 60 lbs.
Overweight: 67 lbs.

12-Year Old Girl
5 feet tall
Normal Weight: 90 lbs.
At-Risk Weight: 110 lbs.
Overweight: 125 lbs.

17-Year Old Girl
5 feet 4 inches tall
Normal Weight: 125 lbs.
At-Risk Weight: 145 lbs.
Overweight: 170 lbs.

Source: Mayo Clinic, 2003