

## HEIGHT AND WEIGHT NORMS AND SOMATOTYPIC HEIGHT-WEIGHT CLASSIFICATION OF ESTONIAN SCHOOLCHILDREN AGED 7–18 YEARS

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### ABSTRACT

Relying on regularities of Estonian schoolchildren's body build, height and weight norms and a somatotypic height-weight classification were created for Estonian schoolchildren aged 7–18 years.

**Keywords:** *body build; height-weight classification; anthropometry*

### INTRODUCTION

In Issue 1 of our journal *Papers on Anthropology* of the previous year (2017), we presented the mean values of height and weight of adult Estonian population (aged 20–70 years) as national norms and somatotypic classifications for men and women of each year of age [1].

### METHODS

In the current study, we planned to do the same on the sample of boys and girls aged 7–18 years. The study is based on the following samples:

- 1) South Estonian schoolgirls aged 7–18 years (n=1500) [2].
- 2) Girls of secondary schools of Tartu aged 15–18 years (n=1114) [5].
- 3) Conscripts – young men aged 17–18 years (n=1500) [3].

- 4) The latest data on schoolchildren’s height and weight from Estonian schools, 2006–2009 (n=21,764; 10,282 boys, 11,482 girls) [4].

**RESULTS**

Based on the first three samples, we found that, if the sample of subjects is studied according to years of age and all the anthropometric variables measured are classified in a 5 SD height-weight classification (see Figure 1), body build regularities similar to adults were also revealed in schoolchildren.

The height and weight data of schoolgirls and -boys aged 7–18 years of the last sample (n=21,764) are presented as the average national norms (see Tables 1 and 2).

The data of all subjects were placed into height-weight classes according to ages 7–18 in absolute numbers and percentages (see Tables 3, 4, 5, 6). The division into classes was made somewhat more detailed, and the classes of pycnomorphs and leptomorphs were respectively divided into three subclasses (see Figure 2).

Finally, the limit values of classes are presented for all boys and girls for each year of age (7–18) (see Tables 7 and 8).

These data can be used for somatotypic assessment of children and for relating body build data to medical, health promotional and nutritional data.

Weight classes				
Height classes		<i>Light</i>	<i>Medium</i>	<i>Heavy</i>
	<i>Short</i>	Small		Pycnomorphic
	<i>Medium</i>	Leptomorphic	Medium	
	<i>Tall</i>			Large

Figure 1. Body build classes

		Weight classes		
		Light	Medium	Heavy
Height classes	Short	1. Small	5. Pycnomorphic I	II
	Medium	4. Leptomorphic I	2. Medium	III
	Tall	II	III	3. Large

Figure 2. Body build classes

**Table 1.** Mean values of height and weight for Estonian schoolboys aged 7–18 years (n=10062).

Age	N	Height				Weight			
		Min	Max	Mean	SD	Min	Max	Mean	SD
7	936	111.50	150.00	129.61	5.71	13.30	49.00	28.30	5.16
8	705	114.00	155.50	133.73	5.94	19.50	55.50	30.51	5.93
9	1052	119.00	162.00	139.85	6.23	19.00	63.00	34.70	7.19
10	456	126.00	165.00	144.60	6.38	24.90	65.00	38.76	8.63
11	1114	129.90	175.60	151.35	7.10	26.00	84.00	43.24	9.74
12	569	134.00	183.50	156.23	7.98	25.11	84.00	46.91	10.36
13	1227	140.00	193.00	165.51	8.73	28.00	95.50	55.06	11.81
14	680	142.70	195.00	169.62	8.65	29.70	98.50	58.59	11.56
15	1596	151.50	200.00	176.75	7.34	35.80	103.00	65.84	10.94
16	831	154.50	200.00	178.55	7.10	40.00	104.00	67.59	10.59
17	373	162.00	202.00	180.82	6.24	47.00	107.00	71.50	11.10
18	523	160.00	200.10	181.28	6.53	47.00	110.00	74.12	11.06

**Table 2.** Mean values of height and weight for Estonian schoolgirls aged 7–18 years (n=11204).

Age	N	Height				Weight			
		Min	Max	Mean	SD	Min	Max	Mean	SD
7	1041	110.50	146.50	128.24	5.60	15.80	44.50	27.05	4.85
8	667	115.30	148.80	132.89	5.92	18.00	47.40	29.73	5.65
9	1063	121.00	162.00	139.45	6.44	16.50	57.00	33.83	6.75
10	450	120.50	172.00	145.13	7.47	20.40	69.00	37.88	8.89
11	1298	128.50	175.00	152.16	7.28	21.00	75.50	43.13	9.28
12	536	134.00	173.00	157.70	6.90	26.00	80.70	47.77	9.76
13	1355	141.00	183.50	163.39	6.43	30.00	87.00	53.26	9.56
14	637	143.50	185.00	165.20	6.54	33.20	87.20	55.38	10.01
15	1829	149.30	188.00	167.13	5.95	32.70	91.20	58.44	8.90
16	978	149.50	189.00	167.63	6.24	35.50	88.50	58.87	8.35
17	588	150.00	188.00	168.62	5.88	43.00	91.50	60.84	8.57
18	762	149.00	184.00	168.23	5.88	41.00	93.00	60.76	9.15

**Table 3.** The distribution of Estonian schoolboys in height-weight classes according to years of age (7–18 years)

Age	Small	Medium	Large	Pycnomorphs			Leptomorphs			Total
				I	II	III	I	II	III	
7	222	188	171	59	13	57	102	10	114	936
8	161	156	113	41	8	44	79	11	92	705
9	240	196	177	71	10	67	128	23	140	1052
10	102	85	73	35	9	24	55	10	63	456
11	247	230	171	84	17	66	122	20	157	1114
12	127	98	104	44	16	44	79	5	52	569
13	303	206	233	94	20	85	116	4	166	1227
14	155	122	117	36	16	65	67	6	96	680
15	312	294	264	146	39	128	163	38	212	1596
16	152	161	123	70	22	89	89	20	105	831
17	64	75	52	33	5	34	44	12	54	373
18	102	98	68	52	19	48	52	21	63	523
<b>Total</b>	2187	1909	1666	765	194	751	1096	180	1314	10062

**Table 4.** The percentage distribution of Estonian schoolboys in height-weight classes by years of age (7–18 years)

Age	Small	Medium	Large	Pycnomorphs			Leptomorphs			Total
				I	II	III	I	II	III	
7	23.72	20.09	18.27	6.30	1.39	6.09	10.90	1.07	12.18	100.00
8	22.84	22.13	16.03	5.82	1.13	6.24	11.21	1.56	13.05	100.00
9	22.81	18.63	16.83	6.75	0.95	6.37	12.17	2.19	13.31	100.00
10	22.37	18.64	16.01	7.68	1.97	5.26	12.06	2.19	13.82	100.00
11	22.17	20.65	15.35	7.54	1.53	5.92	10.95	1.80	14.09	100.00
12	22.32	17.22	18.28	7.73	2.81	7.73	13.88	0.88	9.14	100.00
13	24.69	16.79	18.99	7.66	1.63	6.93	9.45	0.33	13.53	100.00
14	22.79	17.94	17.21	5.29	2.35	9.56	9.85	0.88	14.12	100.00
15	19.55	18.42	16.54	9.15	2.44	8.02	10.21	2.38	13.28	100.00
16	18.29	19.37	14.80	8.42	2.65	10.71	10.71	2.41	12.64	100.00
17	17.16	20.11	13.94	8.85	1.34	9.12	11.80	3.22	14.48	100.00
18	19.50	18.74	13.00	9.94	3.63	9.18	9.94	4.02	12.05	100.00
<b>Total</b>	21.74	18.97	16.56	7.60	1.93	7.46	10.89	1.79	13.06	100.00

**Table 5.** The distribution of Estonian schoolgirls in height-weight classes by years of age (7–18 years)

Age	Small	Medium	Large	Pycnomorphs			Leptomorphs			Total
				I	II	III	I	II	III	
7	232	225	171	107	13	121	73	13	86	1041
8	132	139	111	84	10	82	45	8	56	667
9	245	198	191	137	18	106	74	13	81	1063
10	112	86	70	39	7	62	32	4	38	450
11	295	210	226	147	11	179	107	19	104	1298
12	126	99	100	45	6	67	42	7	44	536
13	271	231	207	135	43	191	118	45	114	1355
14	128	99	97	75	20	86	46	19	67	637
15	311	296	248	211	76	206	198	68	215	1829
16	180	156	138	111	36	139	96	31	91	978
17	96	92	77	80	24	87	55	17	60	588
18	145	122	115	97	25	87	76	24	71	762
<b>Total</b>	<b>2273</b>	<b>1953</b>	<b>1751</b>	<b>1268</b>	<b>289</b>	<b>1413</b>	<b>962</b>	<b>268</b>	<b>1027</b>	<b>11204</b>

**Table 6.** The percentage distribution of Estonian schoolgirls in height-weight classes by years of age (7–18 years)

Age	Small	Medium	Large	Pycnomorphs			Leptomorphs			Total
				I	II	III	I	II	III	
7	22.29	21.61	16.43	10.28	1.25	11.62	7.01	1.25	8.26	100.00
8	19.79	20.84	16.64	12.59	1.50	12.29	6.75	1.20	8.40	100.00
9	23.05	18.63	17.97	12.89	1.69	9.97	6.96	1.22	7.62	100.00
10	24.89	19.11	15.56	8.67	1.56	13.78	7.11	0.89	8.44	100.00
11	22.73	16.18	17.41	11.33	0.85	13.79	8.24	1.46	8.01	100.00
12	23.51	18.47	18.66	8.40	1.12	12.50	7.84	1.31	8.21	100.00
13	20.00	17.05	15.28	9.96	3.17	14.10	8.71	3.32	8.41	100.00
14	20.09	15.54	15.23	11.77	3.14	13.50	7.22	2.98	10.52	100.00
15	17.00	16.18	13.56	11.54	4.16	11.26	10.83	3.72	11.76	100.00
16	18.40	15.95	14.11	11.35	3.68	14.21	9.82	3.17	9.30	100.00
17	16.33	15.65	13.10	13.61	4.08	14.80	9.35	2.89	10.20	100.00
18	19.03	16.01	15.09	12.73	3.28	11.42	9.97	3.15	9.32	100.00
<b>Total</b>	<b>20.29</b>	<b>17.43</b>	<b>15.63</b>	<b>11.32</b>	<b>2.58</b>	<b>12.61</b>	<b>8.59</b>	<b>2.39</b>	<b>9.17</b>	<b>100.00</b>

**Table 7.** Height-weight classification of Estonian schoolboys according to years of age (7–18 years), n=10062.

Age	Pycnomorphs						Leptomorphs					
	Small		Medium		Large		I		II		III	
	[min; mean-0.5SD)	[min; mean-0.5SD)	[mean+0.5SD; max]	[min; mean-0.5SD)	[min; mean-0.5SD)	[mean+0.5SD; max]	[min; mean-0.5SD)	[min; mean-0.5SD)	[mean+0.5SD; max]	[min; mean-0.5SD)	[min; mean-0.5SD)	[mean+0.5SD; max]
<b>7</b>	111.50–126.74 13.30–25.71	126.75–132.45 25.72–30.87	132.46–150.00 30.88–49.00	111.50–126.74 25.72–30.87	111.50–126.74 30.88–49.00	126.75–132.45 30.88–49.00	126.75–132.45 30.88–49.00	126.75–132.45 30.88–49.00	132.46–150.00 13.30–25.71	132.46–150.00 13.30–25.71	132.46–150.00 13.30–25.71	132.46–150.00 25.72–30.87
<b>8</b>	114.00–130.75 19.50–27.54	130.76–136.69 27.55–33.47	136.70–155.50 33.48–55.50	114.00–130.75 27.55–33.47	114.00–130.75 33.48–55.50	130.76–136.69 33.48–55.50	130.76–136.69 33.48–55.50	130.76–136.69 33.48–55.50	136.70–155.50 19.50–27.54	136.70–155.50 19.50–27.54	136.70–155.50 19.50–27.54	136.70–155.50 27.55–33.47
<b>9</b>	119.00–136.72 19.00–31.10	136.73–142.95 31.11–38.29	142.96–162.00 38.30–63.00	119.00–136.72 31.11–38.29	119.00–136.72 38.30–63.00	136.73–142.95 38.30–63.00	136.73–142.95 38.30–63.00	136.73–142.95 38.30–63.00	142.96–162.00 19.00–31.10	142.96–162.00 19.00–31.10	142.96–162.00 19.00–31.10	142.96–162.00 31.11–38.29
<b>10</b>	126.00–141.40 24.90–34.43	141.41–147.78 34.44–43.06	147.79–165.00 43.07–65.00	126.00–141.40 34.44–43.06	126.00–141.40 43.07–65.00	141.41–147.78 43.07–65.00	141.41–147.78 43.07–65.00	141.41–147.78 43.07–65.00	147.79–165.00 24.90–34.43	147.79–165.00 24.90–34.43	147.79–165.00 24.90–34.43	147.79–165.00 34.44–43.06
<b>11</b>	129.90–147.79 26.00–38.35	147.80–154.89 38.36–48.10	154.90–175.60 48.11–84.00	129.90–147.79 38.36–48.10	129.90–147.79 48.11–84.00	147.80–154.89 48.11–84.00	147.80–154.89 48.11–84.00	147.80–154.89 48.11–84.00	154.90–175.60 26.00–38.35	154.90–175.60 26.00–38.35	154.90–175.60 26.00–38.35	154.90–175.60 38.36–48.10
<b>12</b>	134.00–152.23 25.11–41.72	152.24–160.21 41.73–52.08	160.22–183.50 52.09–84.00	134.00–152.23 41.73–52.08	134.00–152.23 52.09–84.00	152.24–160.21 52.09–84.00	152.24–160.21 52.09–84.00	152.24–160.21 52.09–84.00	160.22–183.50 25.11–41.72	160.22–183.50 25.11–41.72	160.22–183.50 25.11–41.72	160.22–183.50 41.73–52.08
<b>13</b>	140.00–161.14 28.00–49.14	161.15–169.87 49.15–60.95	169.88–193.00 60.96–95.50	140.00–161.14 49.15–60.95	140.00–161.14 60.96–95.50	161.15–169.87 60.96–95.50	161.15–169.87 60.96–95.50	161.15–169.87 60.96–95.50	169.88–193.00 28.00–49.14	169.88–193.00 28.00–49.14	169.88–193.00 28.00–49.14	169.88–193.00 49.15–60.95
<b>14</b>	142.70–165.28 29.70–52.80	165.29–173.93 52.81–64.36	173.94–195.00 64.37–98.50	142.70–165.28 52.81–64.36	142.70–165.28 64.37–98.50	165.29–173.93 64.37–98.50	165.29–173.93 64.37–98.50	165.29–173.93 64.37–98.50	173.94–195.00 29.70–52.80	173.94–195.00 29.70–52.80	173.94–195.00 29.70–52.80	173.94–195.00 52.81–64.36
<b>15</b>	151.50–173.07 35.80–60.35	173.08–180.41 60.36–71.30	180.42–200.00 71.31–103.00	151.50–173.07 60.36–71.30	151.50–173.07 71.31–103.00	173.08–180.41 71.31–103.00	173.08–180.41 71.31–103.00	173.08–180.41 71.31–103.00	180.42–200.00 35.80–60.35	180.42–200.00 35.80–60.35	180.42–200.00 35.80–60.35	180.42–200.00 60.36–71.30
<b>16</b>	154.50–174.99 40.00–62.28	174.99–182.09 62.29–72.87	182.10–200.00 72.88–104.00	154.50–174.99 62.29–72.87	154.50–174.99 72.88–104.00	182.10–200.00 72.88–104.00	182.10–200.00 72.88–104.00	182.10–200.00 72.88–104.00	182.10–200.00 40.00–62.28	182.10–200.00 40.00–62.28	182.10–200.00 40.00–62.28	182.10–200.00 62.29–72.87
<b>17</b>	162.00–177.69 47.00–65.94	177.70–183.93 65.95–77.04	183.94–202.00 77.05–107.00	162.00–177.69 65.95–77.04	162.00–177.69 77.05–107.00	183.94–202.00 77.05–107.00	183.94–202.00 77.05–107.00	183.94–202.00 77.05–107.00	183.94–202.00 47.00–65.94	183.94–202.00 47.00–65.94	183.94–202.00 47.00–65.94	183.94–202.00 65.95–77.04
<b>18</b>	160.00–178.01 47.00–68.58	178.02–184.54 68.59–79.64	184.55–200.10 79.65–110.00	160.00–178.01 68.59–79.64	160.00–178.01 79.65–110.00	184.55–200.10 79.65–110.00	184.55–200.10 79.65–110.00	184.55–200.10 79.65–110.00	184.55–200.10 47.00–68.58	184.55–200.10 47.00–68.58	184.55–200.10 47.00–68.58	184.55–200.10 68.59–79.64

**Table 8.** Height-weight classification of Estonian schoolgirls according to years of age (7–18 years), n=11204.

Age	Pycnomorphs						Leptomorphs													
	Small		Medium		Large		I		II		III		I		II		III			
	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)		
<b>7</b>	110.50–125.43 15.80–24.62	125.44–131.03 24.63–29.47	110.50–125.43 24.63–29.47	125.44–131.03 29.48–44.50	131.04–146.50 29.48–44.50	146.51–161.03 34.49–49.42	110.50–125.43 29.48–44.50	125.44–131.03 29.48–44.50	125.44–131.03 29.48–44.50	131.04–146.50 34.49–49.42	131.04–146.50 34.49–49.42	146.51–161.03 39.50–54.43	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>8</b>	115.30–129.92 18.00–26.90	129.93–135.83 26.91–32.55	115.30–129.92 26.91–32.55	129.93–135.83 32.56–47.40	135.84–148.80 32.56–47.40	148.81–161.84 37.57–52.50	115.30–129.92 32.56–47.40	129.93–135.83 32.56–47.40	129.93–135.83 32.56–47.40	135.84–148.80 37.57–52.50	135.84–148.80 37.57–52.50	148.81–161.84 42.58–57.51	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>9</b>	121.00–136.23 16.50–30.44	136.24–142.66 30.45–37.20	121.00–136.23 30.45–37.20	136.24–142.66 37.21–57.00	142.67–162.00 37.21–57.00	162.01–177.44 42.01–57.00	121.00–136.23 37.21–57.00	136.24–142.66 37.21–57.00	136.24–142.66 37.21–57.00	142.67–162.00 42.01–57.00	142.67–162.00 42.01–57.00	162.01–177.44 47.01–62.00	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>10</b>	120.50–141.38 20.40–33.43	141.39–148.85 33.44–42.31	120.50–141.38 33.44–42.31	141.39–148.85 42.32–69.00	148.86–172.00 42.32–69.00	172.01–187.44 47.01–62.00	120.50–141.38 42.32–69.00	141.39–148.85 42.32–69.00	141.39–148.85 42.32–69.00	148.86–172.00 47.01–62.00	148.86–172.00 47.01–62.00	172.01–187.44 52.01–67.00	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>11</b>	128.50–148.51 21.00–38.48	148.52–155.79 38.49–47.76	128.50–148.51 38.49–47.76	148.52–155.79 47.77–75.50	155.80–175.00 47.77–75.50	175.01–190.44 52.01–67.00	128.50–148.51 47.77–75.50	148.52–155.79 47.77–75.50	148.52–155.79 47.77–75.50	155.80–175.00 52.01–67.00	155.80–175.00 52.01–67.00	175.01–190.44 57.01–72.00	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>12</b>	134.00–154.24 26.00–42.88	154.25–161.14 42.89–52.63	134.00–154.24 42.89–52.63	154.25–161.14 52.64–80.70	161.15–173.00 52.64–80.70	173.01–188.44 57.01–72.00	134.00–154.24 52.64–80.70	154.25–161.14 52.64–80.70	154.25–161.14 52.64–80.70	161.15–173.00 57.01–72.00	161.15–173.00 57.01–72.00	188.45–203.88 62.01–77.00	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>13</b>	141.00–160.16 30.00–48.46	160.17–166.60 48.47–58.03	141.00–160.16 48.47–58.03	160.17–166.60 58.04–87.00	166.61–183.50 58.04–87.00	183.51–198.94 62.01–77.00	141.00–160.16 58.04–87.00	160.17–166.60 58.04–87.00	160.17–166.60 58.04–87.00	166.61–183.50 62.01–77.00	166.61–183.50 62.01–77.00	198.95–214.38 67.01–82.00	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>14</b>	143.50–161.92 33.20–50.36	161.93–168.46 50.37–60.38	143.50–161.92 50.37–60.38	161.93–168.46 60.39–87.20	168.47–185.00 60.39–87.20	185.01–200.44 67.01–82.00	143.50–161.92 60.39–87.20	161.93–168.46 60.39–87.20	161.93–168.46 60.39–87.20	168.47–185.00 67.01–82.00	168.47–185.00 67.01–82.00	200.45–215.88 72.01–87.00	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>15</b>	149.30–164.15 32.70–53.98	164.16–170.10 53.99–62.88	149.30–164.15 53.99–62.88	164.16–170.10 62.89–91.20	170.11–188.00 62.89–91.20	188.01–203.44 67.01–82.00	149.30–164.15 62.89–91.20	164.16–170.10 62.89–91.20	164.16–170.10 62.89–91.20	170.11–188.00 67.01–82.00	170.11–188.00 67.01–82.00	203.45–218.88 72.01–87.00	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>16</b>	149.50–164.50 35.50–54.69	164.51–170.74 54.70–63.04	149.50–164.50 54.70–63.04	164.51–170.74 63.05–88.50	170.75–189.00 63.05–88.50	189.01–204.44 67.01–82.00	149.50–164.50 63.05–88.50	164.51–170.74 63.05–88.50	164.51–170.74 63.05–88.50	170.75–189.00 67.01–82.00	170.75–189.00 67.01–82.00	204.45–219.88 72.01–87.00	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>17</b>	150.00–165.67 43.00–56.54	165.68–171.55 56.55–65.11	150.00–165.67 56.55–65.11	165.68–171.55 65.12–91.50	171.56–188.00 65.12–91.50	188.01–203.44 67.01–82.00	150.00–165.67 65.12–91.50	165.68–171.55 65.12–91.50	165.68–171.55 65.12–91.50	171.56–188.00 67.01–82.00	171.56–188.00 67.01–82.00	203.45–218.88 72.01–87.00	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)
<b>18</b>	149.00–165.28 41.00–56.17	165.29–171.16 56.18–65.33	149.00–165.28 56.18–65.33	165.29–171.16 65.34–93.00	171.17–184.00 65.34–93.00	184.01–199.44 67.01–82.00	149.00–165.28 65.34–93.00	165.29–171.16 65.34–93.00	165.29–171.16 65.34–93.00	171.17–184.00 67.01–82.00	171.17–184.00 67.01–82.00	199.45–214.88 72.01–87.00	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)	[min; mean-0.5SD)	[max mean+0.5SD)

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