

ESTATURA PARA LA EDAD 0-11

PELIGRO MODERADO

PELIGRO SEVERO



NORMAL

NIÑOS	Nacer	NIÑAS
44.2-46.1	0	43.6-45.4
48.9-50.8	1	47.8-49.8
52.4-54.4	2	51.0-53.0
55.3-57.3	3	53.5-55.6
57.6-59.7	4	55.6-57.8
59.6-61.7	5	57.4-59.6
61.2-63.3	6	58.9-61.2
62.7-64.8	7	60.3-62.7
64.0-66.2	8	61.7-64.0
65.2-67.5	9	62.9-65.3
66.4-68.7	10	64.1-66.5
67.6-69.9	11	65.2-67.7
1 año		
68.6-71.0	0	66.3-68.9
69.6-72.1	1	67.3-70.0
70.6-73.1	2	68.3-71.0
71.6-74.1	3	69.3-72.0
72.5-75.0	4	70.2-73.0
73.3-76.0	5	71.1-74.0
74.2-76.9	6	72.0-74.9
75.0-77.7	7	72.8-75.8
75.8-78.6	8	73.7-76.7
76.5-79.4	9	74.5-77.5
77.2-80.2	10	75.2-78.4
78.0-81.0	11	76.0-79.2
2 años		
78.0-81.0	0	76.0-79.3
78.6-81.7	1	76.8-80.0
79.3-82.5	2	77.5-80.8
79.9-83.1	3	78.1-81.5
80.5-83.8	4	78.8-82.2
81.1-84.5	5	79.5-82.9
81.7-85.1	6	80.1-83.6
82.3-85.7	7	80.7-84.3
82.8-86.4	8	81.3-84.9
83.4-86.9	9	81.9-85.6
83.9-87.5	10	82.5-86.2
84.4-88.1	11	83.1-86.8

PELIGRO MODERADO

PELIGRO SEVERO

NIÑOS	3 años	NIÑAS
85.0-88.7	0	83.6-87.4
85.5-89.2	1	84.2-88.0
86.0-89.8	2	84.7-88.6
86.5-90.3	3	85.3-89.2
87.0-90.9	4	85.8-89.8
87.5-91.4	5	86.3-90.4
88.0-91.9	6	86.8-90.9
88.4-92.4	7	87.4-91.5
88.9-93.0	8	87.9-92.0
89.4-93.5	9	88.4-92.5
89.8-94.0	10	88.9-93.1
90.3-94.4	11	89.3-93.6
4 años		
90.7-94.9	0	89.8-94.1
91.2-95.4	1	90.3-94.6
91.6-95.9	2	90.7-95.1
92.1-96.4	3	91.2-95.6
92.5-96.9	4	91.7-96.1
93.0-97.4	5	92.1-96.6
93.4-97.8	6	92.6-97.1
93.9-98.3	7	93.0-97.6
94.3-98.8	8	93.4-98.1
94.7-99.3	9	93.9-98.5
95.2-99.7	10	94.3-99.0
95.6-100.2	11	94.7-99.5
5 años		
96.1-100.7	0	95.2-99.9
96.5-101.1	1	95.3-100.1
96.9-101.6	2	95.7-100.5
97.4-102.0	3	96.1-101.0
97.8-102.5	4	96.5-101.4
98.2-103.0	5	97.0-101.9
98.7-103.4	6	97.4-102.3
99.1-103.9	7	97.8-102.7
99.5-104.3	8	98.2-103.2
99.9-104.8	9	98.6-103.6
100.4-105.2	10	99.0-104.0
100.8-105.7	11	99.4-104.5
6 años		
101.2-106.1	0	99.8-104.9
101.6-106.5	1	100.2-105.3
102.0-107.0	2	100.5-105.7
102.4-107.4	3	100.9-106.1
102.8-107.8	4	101.3-106.6
103.2-108.2	5	101.7-107.0
103.6-108.7	6	102.1-107.4
103.9-109.1	7	102.5-107.8
104.3-109.5	8	102.9-108.2
104.7-109.9	9	103.2-108.6
105.1-110.3	10	103.6-109.0
105.5-110.8	11	104.0-109.5

NORMAL

PELIGRO MODERADO

PELIGRO SEVERO

NIÑOS	7 años	NIÑAS
105.9-111.2	0	104.4-109.9
106.3-111.6	1	104.8-110.3
106.6-112.0	2	105.2-110.7
107.0-112.4	3	105.6-111.1
107.4-112.8	4	106.0-111.6
107.8-113.2	5	106.4-112.0
108.1-113.6	6	106.8-112.4
108.5-114.0	7	107.2-112.8
108.9-114.4	8	107.6-113.2
109.2-114.8	9	108.0-113.7
109.6-115.2	10	108.4-114.1
110.0-115.6	11	108.8-114.5
8 años		
110.3-116.0	0	109.2-115.0
110.7-116.4	1	109.6-115.4
111.0-116.7	2	110.0-115.8
111.4-117.1	3	110.4-116.3
111.7-117.5	4	110.8-116.7
112.1-117.9	5	111.2-117.1
112.4-118.3	6	111.6-117.6
112.8-118.7	7	112.0-118.0
113.1-119.0	8	112.5-118.5
113.5-119.4	9	112.9-118.9
113.8-119.8	10	113.3-119.4
114.2-120.2	11	113.7-119.8
9 años		
114.5-120.5	0	114.2-120.3
114.9-120.9	1	114.6-120.7
115.2-121.3	2	115.0-121.2
115.6-121.7	3	115.5-121.6
115.9-122.0	4	115.9-122.1
116.3-122.4	5	116.3-122.6
116.6-122.8	6	116.8-123.0
116.9-123.2	7	117.2-123.5
117.3-123.5	8	117.7-124.0
117.6-123.9	9	118.1-124.4
118.0-124.3	10	118.5-124.9
118.3-124.7	11	119.0-125.4
10 años		
118.7-125.0	0	119.4-125.8
119.0-125.4	1	119.9-126.3
119.3-125.8	2	120.4-126.8
119.7-126.2	3	120.8-127.3
120.0-126.5	4	121.3-127.8
120.4-126.9	5	121.7-128.2
120.7-127.3	6	122.2-128.7
121.1-127.7	7	122.7-129.2
121.4-128.1	8	123.2-129.7
121.8-128.5	9	123.6-130.2
122.2-128.8	10	124.1-130.7
122.5-129.2	11	124.6-131.2

NORMAL

ESTATURA PARA LA EDAD 11-19

PELIGRO MODERADO

PELIGRO SEVERO

NIÑOS	11 años	NIÑAS
122.9-129.7	0	125.1-131.7
123.3-130.1	1	125.5-132.2
123.7-130.5	2	126.0-132.7
124.1-130.9	3	126.5-133.2
124.5-131.3	4	127.0-133.7
124.9-131.7	5	127.4-134.2
125.3-132.2	6	127.9-134.7
125.7-132.6	7	128.4-135.2
126.1-133.1	8	128.9-135.7
126.5-133.5	9	129.3-136.1
126.9-134.0	10	129.8-136.6
127.4-134.4	11	130.3-137.1
12 años		
127.8-134.9	0	130.7-137.6
128.3-135.4	1	131.2-138.0
128.7-135.9	2	131.6-138.5
129.2-136.4	3	132.0-138.9
129.7-136.9	4	132.5-139.3
130.2-137.4	5	132.9-139.8
130.7-137.9	6	133.3-140.2
131.2-138.5	7	133.7-140.6
131.7-139.0	8	134.1-141.0
132.2-139.5	9	134.5-141.4
132.7-140.1	10	134.8-141.8
133.2-140.6	11	135.2-142.1
13 años		
133.8-141.2	0	135.6-142.5
134.3-141.7	1	135.9-142.8
134.8-142.3	2	136.2-143.2
135.4-142.9	3	136.5-143.5
135.9-143.4	4	136.9-143.8
136.4-144.0	5	137.2-144.1
137.0-144.5	6	137.4-144.4
137.5-145.1	7	137.7-144.7
138.0-145.7	8	138.0-144.9
138.6-146.2	9	138.2-145.2
139.1-146.7	10	138.5-145.4
139.6-147.3	11	138.7-145.7
14 años		
140.1-147.8	0	139.0-145.9
140.6-148.3	1	139.2-146.1
141.1-148.8	2	139.4-146.3
141.6-149.3	3	139.6-146.5
142.1-149.8	4	139.8-146.7
142.5-150.3	5	140.0-146.9
143.0-150.8	6	140.1-147.1
143.4-151.2	7	140.3-147.2
143.9-151.7	8	140.5-147.4
144.3-152.1	9	140.6-147.5
144.7-152.5	10	140.8-147.7
145.1-152.9	11	140.9-147.8

NORMAL

PELIGRO MODERADO

PELIGRO SEVERO

NIÑOS	15 años	NIÑAS
145.5-153.4	0	141.0-147.9
145.9-153.7	1	141.2-148.0
146.3-154.1	2	141.3-148.1
146.7-154.5	3	141.4-148.2
147.1-154.9	4	141.5-148.3
147.4-155.2	5	141.6-148.4
147.7-155.5	6	141.7-148.5
148.1-155.9	7	141.8-148.6
148.4-156.2	8	141.9-148.7
148.7-156.5	9	141.9-148.7
149.0-156.8	10	142.0-148.8
149.3-157.1	11	142.1-148.9
16 años		
149.6-157.4	0	142.2-148.9
149.9-157.6	1	142.2-149.0
150.1-157.9	2	142.3-149.1
150.4-158.1	3	142.3-149.1
150.6-158.4	4	142.4-149.2
150.9-158.6	5	142.4-149.2
151.1-158.8	6	142.5-149.2
151.3-159.0	7	142.5-149.3
151.5-159.2	8	142.6-149.3
151.7-159.4	9	142.6-149.4
151.9-159.6	10	142.7-149.4
152.1-159.7	11	142.7-149.4
17 años		
152.2-159.9	0	142.8-149.5
152.4-160.0	1	142.8-149.5
152.5-160.2	2	142.9-149.5
152.7-160.3	3	142.9-149.6
152.8-160.4	4	142.9-149.6
153.0-160.5	5	143.0-149.6
153.1-160.6	6	143.0-149.7
153.2-160.8	7	143.1-149.7
153.3-160.9	8	143.1-149.7
153.4-160.9	9	143.1-149.8
153.5-161.0	10	143.2-149.8
153.6-161.1	11	143.2-149.8
18 años		
153.7-161.2	0	143.2-149.8
153.8-161.3	1	143.3-149.9
153.9-161.4	2	143.3-149.9
154.0-161.4	3	143.3-149.9
154.1-161.5	4	143.4-149.9
154.2-161.6	5	143.4-150.0
154.2-161.6	6	143.4-150.0
154.3-161.7	7	143.4-150.0
154.4-161.7	8	143.5-150.0
154.5-161.8	9	143.5-150.0
154.5-161.8	10	143.5-150.0
154.6-161.9	11	143.5-150.1

NORMAL

INSTRUCCIONES:

TABLA DE SALUD

- El niño necesita quitarse los zapatos, sombreros, ect.
- Pararse derecho mirando hacia enfrente y pies juntos.
- Baje la tabla hasta que toca la cabeza en un angulo recto.
- Leer y anotar la altura exacta al 0.1cm (Ej. 94.4 cm)
- Use edad exacta en años y meses cumplidos.

INFANTOMETRO:

- Usar para niños hasta 24 meses cumplidos (2 años)
- Sentar la madre cargando su hijo/a.
- Trabajador ponga el infantometro en las piernas de la madre.
- La madre coloca el hijo en el infantometro.
- La cabeza del niño necesita tocar el parte arriba.
- Nariz hacia arriba.
- Trabajador poner recta las piernas del niño y medir de cabeza a pie en cm.

NOTA: La longitud/estatura del niño acostado aumenta .7cm mas de que cuando esta parado. Las normas de esta tabla asumen que el niño menor de 2 años esta acostado. Entonces si un niño menor de 24 meses esta medido de pie, necesita agregar .7cm a los resultados para determinar el nivel de nutricion con esta grafica, pero anote su medida exacta. Si esta usando el programa de OMS ANTHRO la corrección va a estar hecha para usted cuando reporta si estaba acostado o parado.

Amarillo = Desnutrición Moderada
(valores Z -2 a -3)

Verde = Normal
(valores Z -2 a +2)

Rojo = Desnutrición Severa
(valores Z -3 y abajo)

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PESO PARA LA EDAD 0-10

PELIGRO MODERADO



NIÑOS	Nacer	NIÑAS
2.1-2.5	0	2.0-2.4
2.9-3.4	1	2.7-3.2
3.8-4.3	2	3.4-3.9
4.4-5.0	3	4.0-4.5
4.9-5.6	4	4.4-5.0
5.3-6.0	5	4.8-5.4
5.7-6.4	6	5.1-5.7
5.9-6.7	7	5.3-6.0
6.2-6.9	8	5.6-6.3
6.4-7.1	9	5.8-6.5
6.6-7.4	10	5.9-6.7
6.8-7.6	11	6.1-6.9
1 año		
6.9-7.7	0	6.3-7.0
7.1-7.9	1	6.4-7.2
7.2-8.1	2	6.6-7.4
7.4-8.3	3	6.7-7.6
7.5-8.4	4	6.9-7.7
7.7-8.6	5	7.0-7.9
7.8-8.8	6	7.2-8.1
8.0-8.9	7	7.3-8.2
8.1-9.1	8	7.5-8.4
8.2-9.2	9	7.6-8.6
8.4-9.4	10	7.8-8.7
8.5-9.5	11	7.9-8.9
2 años		
8.6-9.7	0	8.1-9.0
8.8-9.8	1	8.2-9.2
8.9-10.0	2	8.4-9.4
9.0-10.1	3	8.5-9.5
9.1-10.2	4	8.6-9.7
9.2-10.4	5	8.8-9.8
9.4-10.5	6	8.9-10.0
9.5-10.7	7	9.0-10.1
9.6-10.8	8	9.1-10.3
9.7-10.9	9	9.3-10.4
9.8-11.0	10	9.4-10.5
9.9-11.2	11	9.5-10.7

PELIGRO MODERADO

NIÑOS	3 años	NIÑAS
10.0-11.3	0	9.6-10.8
10.1-11.4	1	9.7-10.9
10.2-11.5	2	9.8-11.1
10.3-11.6	3	9.9-11.2
10.4-11.8	4	10.1-11.3
10.5-11.9	5	10.2-11.5
10.6-12.0	6	10.3-11.6
10.7-12.1	7	10.4-11.7
10.8-12.2	8	10.5-11.8
10.9-12.4	9	10.6-12.0
11.0-12.5	10	10.7-12.1
11.1-12.6	11	10.8-12.2
4 años		
11.2-12.7	0	10.9-12.3
11.3-12.8	1	11.0-12.4
11.4-12.9	2	11.1-12.6
11.5-13.1	3	11.2-12.7
11.6-13.2	4	11.3-12.8
11.7-13.3	5	11.4-12.9
11.8-13.4	6	11.5-13.0
11.9-13.5	7	11.6-13.2
12.0-13.6	8	11.7-13.3
12.1-13.7	9	11.8-13.4
12.2-13.8	10	11.9-13.5
12.3-14.0	11	12.0-13.6
5 años		
12.4-14.1	0	12.1-13.7
12.7-14.4	1	12.4-14.0
12.8-14.5	2	12.5-14.1
13.0-14.6	3	12.6-14.2
13.1-14.8	4	12.7-14.3
13.2-14.9	5	12.8-14.4
13.3-15.0	6	12.9-14.6
13.4-15.2	7	13.0-14.7
13.6-15.3	8	13.1-14.8
13.7-15.4	9	13.2-14.9
13.8-15.6	10	13.3-15.0
13.9-15.7	11	13.4-15.2
6 años		
14.1-15.9	0	13.5-15.3
14.2-16.0	1	13.6-15.4
14.3-16.2	2	13.7-15.5
14.5-16.3	3	13.8-15.6
14.6-16.5	4	13.9-15.8
14.7-16.6	5	14.0-15.9
14.9-16.8	6	14.1-16.0
15.0-16.9	7	14.2-16.1
15.1-17.1	8	14.3-16.3
15.3-17.2	9	14.4-16.4
15.4-17.4	10	14.5-16.5
15.5-17.5	11	14.6-16.6

PELIGRO MODERADO

NIÑOS	7 años	NIÑAS
15.7-17.7	0	14.8-16.8
15.8-17.8	1	14.9-16.9
15.9-18.0	2	15.0-17.1
16.1-18.1	3	15.1-17.2
16.2-18.3	4	15.2-17.3
16.3-18.4	5	15.4-17.5
16.5-18.6	6	15.5-17.6
16.6-18.7	7	15.6-17.8
16.7-18.9	8	15.7-17.9
16.9-19.0	9	15.9-18.1
17.0-19.2	10	16.0-18.3
17.1-19.3	11	16.2-18.4
8 años		
17.3-19.5	0	16.3-18.6
17.4-19.6	1	16.4-18.8
17.5-19.8	2	16.6-18.9
17.7-19.9	3	16.7-19.1
17.8-20.1	4	16.9-19.3
17.9-20.2	5	17.0-19.5
18.1-20.4	6	17.2-19.6
18.2-20.5	7	17.3-19.8
18.3-20.7	8	17.5-20.0
18.4-20.8	9	17.7-20.2
18.6-21.0	10	17.8-20.4
18.7-21.1	11	18.0-20.6
9 años		
18.8-21.3	0	18.1-20.8
18.9-21.4	1	18.3-21.0
19.1-21.6	2	18.5-21.2
19.2-21.7	3	18.7-21.4
19.3-21.9	4	18.8-21.6
19.5-22.1	5	19.0-21.8
19.6-22.2	6	19.2-22.0
19.7-22.4	7	19.4-22.2
19.9-22.5	8	19.5-22.4
20.0-22.7	9	19.7-22.6
20.1-22.9	10	19.9-22.8
20.3-23.0	11	20.1-23.0

Bajo peso puede ser agudo o crónico. Puede ser que el niño no va a crecer por un periodo largo o puede ser un periodo agudo. Esta gráfica no muestra cual es el problema que tiene el niño.

INSTRUCCIONES: La balanza en la tierra a nivel, preferible en piso de cemento o cerámica. Pesar al niño sin zapatos. Para niños menores de 24 meses, pesarlo con la madre, después la madre sola y restar el peso de la madre. Encuentre la edad EXACTA del niño en la gráfica.

PESO PARA LA ESTATURA 0-5

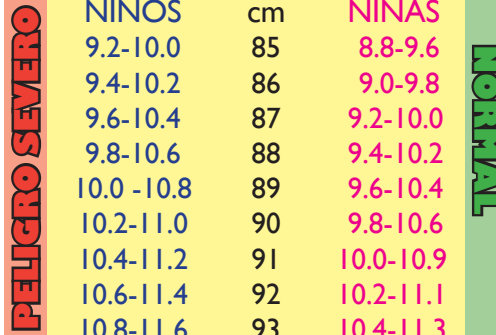
MUJERES 15-49

PELIGRO MODERADO



NIÑOS	cm	NIÑAS
1.9-2.0	45	1.9-2.1
2.0-2.2	46	2.0-2.2
2.1-2.3	47	2.2-2.4
2.3-2.5	48	2.3-2.5
2.4-2.6	49	2.4-2.6
2.6-2.8	50	2.6-2.8
2.7-3.0	51	2.8-3.0
2.9-3.2	52	2.9-3.2
3.1-3.4	53	3.1-3.4
3.3-3.6	54	3.3-3.6
3.6-3.8	55	3.5-3.8
3.8-4.1	56	3.7-4.0
4.0-4.3	57	3.9-4.3
4.3-4.6	58	4.1-4.5
4.5-4.8	59	4.3-4.7
4.7-5.1	60	4.5-4.9
4.9-5.3	61	4.7-5.1
5.1-5.6	62	4.9-5.3
5.3-5.8	63	5.1-5.5
5.5-6.0	64	5.3-5.7
5.9-6.3	65	5.6-6.1
6.1-6.5	66	5.8-6.3
6.2-6.7	67	5.9-6.4
6.4-6.9	68	6.1-6.6
6.6-7.1	69	6.3-6.8
6.8-7.3	70	6.4-7.0
6.9-7.5	71	6.6-7.1
7.1-7.7	72	6.7-7.3
7.3-7.9	73	6.9-7.5
7.4-8.0	74	7.0-7.6
7.6-8.2	75	7.2-7.8
7.7-8.4	76	7.3-8.0
7.9-8.5	77	7.5-8.1
8.0-8.7	78	7.6-8.3
8.2-8.8	79	7.8-8.4
8.3-9.0	80	7.9-8.6
8.5-9.2	81	8.1-8.8
8.7-9.3	82	8.3-9.0
8.8-9.5	83	8.5-9.2
9.0-9.7	84	8.6-9.4

PELIGRO MODERADO



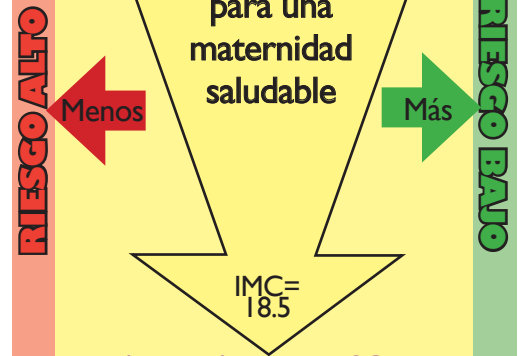
NIÑOS	cm	NIÑAS
9.2-10.0	85	8.8-9.6
9.4-10.2	86	9.0-9.8
9.6-10.4	87	9.2-10.0
9.8-10.6	88	9.4-10.2
10.0-10.8	89	9.6-10.4
10.2-11.0	90	9.8-10.6
10.4-11.2	91	10.0-10.9
10.6-11.4	92	10.2-11.1
10.8-11.6	93	10.4-11.3
11.0-11.8	94	10.6-11.5
11.1-12.0	95	10.8-11.7
11.3-12.2	96	10.9-11.9
11.5-12.4	97	11.1-12.1
11.7-12.6	98	11.3-12.3
11.9-12.9	99	11.5-12.5
12.1-13.1	100	11.7-12.8
12.3-13.3	101	12.0-13.0
12.5-13.6	102	12.2-13.3
12.8-13.8	103	12.4-13.5
13.0-14.0	104	12.6-13.8
13.2-14.3	105	12.9-14.0
13.4-14.5	106	13.1-14.3
13.7-14.8	107	13.4-14.6
13.9-15.1	108	13.7-14.9
14.1-15.3	109	13.9-15.2
14.4-15.6	110	14.2-15.5
14.6-15.9	111	14.5-15.8
14.9-16.2	112	14.8-16.2
15.2-16.5	113	15.1-16.5
15.4-16.8	114	15.4-16.8
15.7-17.1	115	15.7-17.2
16.0-17.4	116	16.0-17.5
16.2-17.7	117	16.3-17.8
16.5-18.0	118	16.6-18.2
16.8-18.5	119	16.9-18.5
17.1-18.6	120	17.3-18.9

INSTRUCCIONES:

- Usar esta gráfica si no sabe la fecha de nacimiento exacta. Normalmente un niño tiene menos de 5 años, si con su brazo sobre su cabeza, no puede alcanzar su oreja opuesta.
- Pesar en .1 KG
- Esto es para estimar nivel de nutrición basado en su peso y altura.

Nota técnica: Normas cambiaron a peso-para-la-edad a los 65cm-basado en los estándares de OMS para 2-5 años.

Peso mínimo por altura para una maternidad saludable



ALTURA (CM)	PESO (KG)
145	38.9
146	39.4
147	39.9
148	40.5
149	41.1
150	41.6
151	42.2
152	42.7
153	43.3
154	43.8
155	44.4
156	45.0
157	45.6
158	46.2
159	46.8
160	47.4
161	47.9
162	48.5
163	49.2
164	49.8
165	50.4
166	51.0
167	51.6
168	52.2
169	52.8
170	53.4
171	54.0
172	54.7
173	55.4
174	56.0
175	56.7
176	57.3

Niñas y mujeres en la edad reproductiva tienen seguros y mejores embarazos y bebés más saludables si su IMC es más de 18.5 (Adecuado peso para la estatura)

IMC PARA LA EDAD 5-19

PELIGRO MODERADO



PELIGRO SEVERO

NORMAL

NIÑOS	5 años	NIÑAS
12.0-12.9	0	11.6-12.7
12.1-13.0	1	11.8-12.7
12.1-13.0	2	11.8-12.7
12.1-13.0	3	11.8-12.7
12.1-13.0	4	11.8-12.7
12.1-13.0	5	11.7-12.7
12.1-13.0	6	11.7-12.7
12.1-13.0	7	11.7-12.7
12.1-13.0	8	11.7-12.7
12.1-13.0	9	11.7-12.7
12.1-13.0	10	11.7-12.7
12.1-13.0	11	11.7-12.7
6 años		
12.1-13.0	0	11.7-12.7
12.1-13.0	1	11.7-12.7
12.2-13.1	2	11.7-12.7
12.2-13.1	3	11.7-12.7
12.2-13.1	4	11.7-12.7
12.2-13.1	5	11.7-12.7
12.2-13.1	6	11.7-12.7
12.2-13.1	7	11.7-12.7
12.2-13.1	8	11.7-12.7
12.2-13.1	9	11.7-12.7
12.2-13.1	10	11.7-12.7
12.2-13.1	11	11.7-12.7
7 años		
12.3-13.1	0	11.8-12.7
12.3-13.2	1	11.8-12.7
12.3-13.2	2	11.8-12.8
12.3-13.2	3	11.8-12.8
12.3-13.2	4	11.8-12.8
12.3-13.2	5	11.8-12.8
12.3-13.2	6	11.8-12.8
12.3-13.2	7	11.8-12.8
12.3-13.2	8	11.8-12.8
12.4-13.3	9	11.8-12.8
12.4-13.3	10	11.9-12.9
12.4-13.3	11	11.9-12.9
8 años		
12.4-13.3	0	11.9-12.9
12.4-13.3	1	11.9-12.9
12.4-13.3	2	11.9-12.9
12.4-13.3	3	11.9-12.9
12.4-13.4	4	11.9-13.0
12.5-13.4	5	12.0-13.0
12.5-13.4	6	12.0-13.0
12.5-13.4	7	12.0-13.0
12.5-13.4	8	12.0-13.0
12.5-13.4	9	12.0-13.1
12.5-13.5	10	12.1-13.1
12.5-13.5	11	12.1-13.1

PELIGRO MODERADO

PELIGRO SEVERO

NORMAL

NIÑOS	9 años	NIÑAS
12.6-13.5	0	12.1-13.1
12.6-13.5	1	12.1-13.2
12.6-13.5	2	12.1-13.2
12.6-13.5	3	12.2-13.2
12.6-13.6	4	12.2-13.2
12.6-13.6	5	12.2-13.3
12.7-13.6	6	12.2-13.3
12.7-13.6	7	12.3-13.3
12.7-13.6	8	12.3-13.4
12.7-13.7	9	12.3-13.4
12.7-13.7	10	12.3-13.4
12.7-13.7	11	12.4-13.4
10 años		
12.8-13.7	0	12.4-13.5
12.8-13.8	1	12.4-13.5
12.8-13.8	2	12.4-13.5
12.8-13.8	3	12.5-13.6
12.9-13.8	4	12.5-13.6
12.9-13.9	5	12.5-13.6
12.9-13.9	6	12.5-13.7
12.9-13.9	7	12.6-13.7
13.0-13.9	8	12.6-13.7
13.0-14.0	9	12.6-13.8
13.0-14.0	10	12.7-13.8
13.0-14.0	11	12.7-13.8
11 años		
13.1-14.1	0	12.7-13.9
13.1-14.1	1	12.8-13.9
13.1-14.1	2	12.8-14.0
13.1-14.1	3	12.8-14.0
13.2-14.2	4	12.9-14.0
13.2-14.2	5	12.9-14.1
13.2-14.2	6	12.9-14.1
13.2-14.3	7	13.0-14.2
13.3-14.3	8	13.0-14.2
13.3-14.3	9	13.0-14.3
13.3-14.4	10	13.1-14.3
13.4-14.4	11	13.1-14.3
12 años		
13.4-14.5	0	13.2-14.4
13.4-14.5	1	13.2-14.4
13.5-14.5	2	13.2-14.5
13.5-14.6	3	13.3-14.5
13.5-14.6	4	13.3-14.6
13.6-14.6	5	13.3-14.6
13.6-14.7	6	13.4-14.7
13.6-14.7	7	13.4-14.7
13.7-14.8	8	13.5-14.8
13.7-14.8	9	13.5-14.8
13.7-14.8	10	13.5-14.8
13.8-14.9	11	13.6-14.9
13 años		
13.8-14.9	0	13.6-14.9
13.8-15.0	1	13.6-15.0
13.9-15.0	2	13.7-15.0
13.9-15.1	3	13.7-15.1
14.0-15.1	4	13.8-15.1
14.0-15.2	5	13.8-15.2
14.0-15.2	6	13.8-15.2
14.1-15.2	7	13.9-15.2
14.1-15.3	8	13.9-15.3
14.1-15.3	9	13.9-15.3
14.2-15.4	10	14.0-15.4
14.2-15.4	11	14.0-15.4

PELIGRO MODERADO

PELIGRO SEVERO

NORMAL

NIÑOS	14 años	NIÑAS
14.3-15.5	0	14.0-15.4
14.3-15.5	1	14.1-15.5
14.3-15.6	2	14.1-15.5
14.4-15.6	3	14.1-15.6
14.4-15.7	4	14.1-15.6
14.5-15.7	5	14.2-15.6
14.5-15.7	6	14.2-15.7
14.5-15.8	7	14.2-15.7
14.6-15.8	8	14.3-15.7
14.6-15.9	9	14.3-15.8
14.6-15.9	10	14.3-15.8
14.6-15.9	11	14.3-15.8
15 años		
14.7-16.0	0	14.4-15.9
14.7-16.1	1	14.4-15.9
14.8-16.1	2	14.4-15.9
14.8-16.1	3	14.4-16.0
14.8-16.2	4	14.5-16.0
14.9-16.2	5	14.5-16.0
14.9-16.3	6	14.5-16.0
15.0-16.3	7	14.5-16.1
15.0-16.3	8	14.5-16.1
15.0-16.4	9	14.5-16.1
15.0-16.4	10	14.6-16.1
15.1-16.5	11	14.6-16.2
16 años		
15.1-16.5	0	14.6-16.2
15.1-16.5	1	14.6-16.2
15.2-16.6	2	14.6-16.2
15.2-16.6	3	14.6-16.2
15.2-16.7	4	14.6-16.2
15.3-16.7	5	14.6-16.3
15.3-16.7	6	14.7-16.3
15.3-16.8	7	14.7-16.3
15.3-16.8	8	14.7-16.3
15.4-16.8	9	14.7-16.3
15.4-16.9	10	14.7-16.3
15.4-16.9	11	14.7-16.3
17 años		
15.4-16.9	0	14.7-16.4
15.5-17.0	1	14.7-16.4
15.5-17.0	2	14.7-16.4
15.5-17.0	3	14.7-16.4
15.5-17.1	4	14.7-16.4
15.6-17.1	5	14.7-16.4
15.6-17.1	6	14.7-16.4
15.6-17.1	7	14.7-16.4
15.6-17.2	8	14.7-16.4
15.6-17.2	9	14.7-16.4
15.7-17.2	10	14.7-16.4
15.7-17.3	11	14.7-16.4
18 años		
15.7-17.3	0	14.7-16.4
15.7-17.3	1	14.7-16.5
15.7-17.3	2	14.7-16.5
15.7-17.4	3	14.7-16.5
15.8-17.4	4	14.7-16.5
15.8-17.4	5	14.7-16.5
15.8-17.4	6	14.7-16.5
15.8-17.5	7	14.7-16.5
15.8-17.5	8	14.7-16.5
15.8-17.5	9	14.7-16.5
15.8-17.5	10	14.7-16.5
15.8-17.5	11	14.7-16.5

Indice de Masa Corporal (IMC)

Instrucciones: Para usar esta tabla, encuentre la altura correcta en la columna izquierda marcada con Altura (cm). Siga la línea hacia la derecha hasta encontrar el peso (en kg). El número en la columna es el IMC para la altura y peso. Este es una guía para estimar el IMC, para usar y determinar la severidad de la desnutrición en niños mayores de 60 meses y adultos. Para interpretar el IMC, usar el gráfico de IMC para EDAD.
IMC=PESO(kg) / ALTURA(m) x ALTURA(m) **o** **IMC=kg/m²**

Altura (cm)	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	Altura (cm)
51	2.3	2.5	2.6	2.7	2.9	3.0	3.1	3.3	3.4	3.5	3.6	3.8	3.9	4.0	4.2	4.3	4.4	4.6	4.7	4.8	4.9	51
52	2.4	2.6	2.7	2.8	3.0	3.1	3.2	3.4	3.5	3.7	3.8	3.9	4.1	4.2	4.3	4.5	4.6	4.7	4.9	5.0	5.1	52
53	2.5	2.7	2.8	2.9	3.1	3.2	3.4	3.5	3.7	3.8	3.9	4.1	4.2	4.4	4.5	4.6	4.8	4.9	5.1	5.2	5.3	53
54	2.6	2.8	2.9	3.1	3.2	3.4	3.5	3.6	3.8	3.9	4.1	4.2	4.4	4.5	4.7	4.8	5.0	5.1	5.2	5.4	5.5	54
55	2.7	2.9	3.0	3.2	3.3	3.5	3.6	3.8	3.9	4.1	4.2	4.4	4.5	4.7	4.8	5.0	5.1	5.3	5.4	5.6	5.7	55
56	2.8	3.0	3.1	3.3	3.4	3.6	3.8	3.9	4.1	4.2	4.4	4.5	4.7	4.9	5.0	5.2	5.3	5.5	5.6	5.8	6.0	56
57	2.9	3.1	3.2	3.4	3.6	3.7	3.9	4.1	4.2	4.4	4.5	4.7	4.9	5.0	5.2	5.4	5.5	5.7	5.8	6.0	6.2	57
58	3.0	3.2	3.4	3.5	3.7	3.9	4.0	4.2	4.4	4.5	4.7	4.9	5.0	5.2	5.4	5.6	5.7	5.9	6.1	6.2	6.4	58
59	3.1	3.3	3.5	3.7	3.8	4.0	4.2	4.4	4.5	4.7	4.9	5.0	5.2	5.4	5.6	5.7	5.9	6.1	6.3	6.4	6.6	59
60	3.2	3.4	3.6	3.8	4.0	4.1	4.3	4.5	4.7	4.9	5.0	5.2	5.4	5.6	5.8	5.9	6.1	6.3	6.5	6.7	6.8	60
61	3.3	3.5	3.7	3.9	4.1	4.3	4.5	4.7	4.8	5.0	5.2	5.4	5.6	5.8	6.0	6.1	6.3	6.5	6.7	6.9	7.1	61
62	3.5	3.7	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4	5.6	5.8	6.0	6.2	6.3	6.5	6.7	6.9	7.1	7.3	62
63	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4	5.6	5.8	6.0	6.2	6.4	6.5	6.7	6.9	7.1	7.3	7.5	63
64	3.7	3.9	4.1	4.3	4.5	4.7	4.9	5.1	5.3	5.5	5.7	5.9	6.1	6.3	6.6	6.8	7.0	7.2	7.4	7.6	7.8	64
65	3.8	4.0	4.2	4.4	4.6	4.9	5.1	5.3	5.5	5.7	5.9	6.1	6.3	6.5	6.8	7.0	7.2	7.4	7.6	7.8	8.0	65
66	3.9	4.1	4.4	4.6	4.8	5.0	5.2	5.4	5.7	5.9	6.1	6.3	6.5	6.8	7.0	7.2	7.4	7.6	7.8	8.1	8.3	66
67	4.0	4.3	4.5	4.7	4.9	5.2	5.4	5.6	5.8	6.1	6.3	6.5	6.7	7.0	7.2	7.4	7.6	7.9	8.1	8.3	8.5	67
68	4.2	4.4	4.6	4.9	5.1	5.3	5.5	5.8	6.0	6.2	6.5	6.7	6.9	7.2	7.4	7.6	7.9	8.1	8.3	8.6	8.8	68
69	4.3	4.5	4.8	5.0	5.2	5.5	5.7	6.0	6.2	6.4	6.7	6.9	7.1	7.4	7.6	7.9	8.1	8.3	8.6	8.8	9.0	69
70	4.4	4.7	4.9	5.1	5.4	5.6	5.9	6.1	6.4	6.6	6.9	7.1	7.4	7.6	7.8	8.1	8.3	8.6	8.8	9.1	9.3	70
71	4.5	4.8	5.0	5.3	5.5	5.8	6.0	6.3	6.6	6.8	7.1	7.3	7.6	7.8	8.1	8.3	8.6	8.8	9.1	9.3	9.6	71
72	4.7	4.9	5.2	5.4	5.7	6.0	6.2	6.5	6.7	7.0	7.3	7.5	7.8	8.0	8.3	8.6	8.8	9.1	9.3	9.6	9.8	72
73	4.8	5.1	5.3	5.6	5.9	6.1	6.4	6.7	6.9	7.2	7.5	7.7	8.0	8.3	8.5	8.8	9.1	9.3	9.6	9.9	10.1	73
74	4.9	5.2	5.5	5.7	6.0	6.3	6.6	6.8	7.1	7.4	7.7	7.9	8.2	8.5	8.8	9.0	9.3	9.6	9.9	10.1	10.4	74
75	5.1	5.3	5.6	5.9	6.2	6.5	6.8	7.0	7.3	7.6	7.9	8.2	8.4	8.7	9.0	9.3	9.6	9.8	10.1	10.4	10.7	75
76	5.2	5.5	5.8	6.1	6.4	6.6	6.9	7.2	7.5	7.8	8.1	8.4	8.7	9.0	9.2	9.5	9.8	10.1	10.4	10.7	11.0	76
77	5.3	5.6	5.9	6.2	6.5	6.8	7.1	7.4	7.7	8.0	8.3	8.6	8.9	9.2	9.5	9.8	10.1	10.4	10.7	11.0	11.3	77
78	5.5	5.8	6.1	6.4	6.7	7.0	7.3	7.6	7.9	8.2	8.5	8.8	9.1	9.4	9.7	10.0	10.3	10.6	11.0	11.3	11.6	78
79	5.6	5.9	6.2	6.6	6.9	7.2	7.5	7.8	8.1	8.4	8.7	9.0	9.4	9.7	10.0	10.3	10.6	10.9	11.2	11.5	11.9	79
80	5.8	6.1	6.4	6.7	7.0	7.4	7.7	8.0	8.3	8.6	9.0	9.3	9.6	9.9	10.2	10.6	10.9	11.2	11.5	11.8	12.2	80
81	5.9	6.2	6.6	6.9	7.2	7.5	7.9	8.2	8.5	8.9	9.2	9.5	9.8	10.2	10.5	10.8	11.2	11.5	11.8	12.1	12.5	81
82	6.1	6.4	6.7	7.1	7.4	7.7	8.1	8.4	8.7	9.1	9.4	9.7	10.1	10.4	10.8	11.1	11.4	11.8	12.1	12.4	12.8	82
83	6.2	6.5	6.9	7.2	7.6	7.9	8.3	8.6	9.0	9.3	9.6	10.0	10.3	10.7	11.0	11.4	11.7	12.1	12.4	12.7	13.1	83
84	6.4	6.7	7.1	7.4	7.8	8.1	8.5	8.8	9.2	9.5	9.9	10.2	10.6	10.9	11.3	11.6	12.0	12.3	12.7	13.1	13.4	84
85	6.5	6.9	7.2	7.6	7.9	8.3	8.7	9.0	9.4	9.8	10.1	10.5	10.8	11.2	11.6	11.9	12.3	12.6	13.0	13.4	13.7	85
86	6.7	7.0	7.4	7.8	8.1	8.5	8.9	9.2	9.6	10.0	10.4	10.7	11.1	11.5	11.8	12.2	12.6	12.9	13.3	13.7	14.1	86
87	6.8	7.2	7.6	7.9	8.3	8.7	9.1	9.5	9.8	10.2	10.6	11.0	11.4	11.7	12.1	12.5	12.9	13.2	13.6	14.0	14.4	87
88	7.0	7.4	7.7	8.1	8.5	8.9	9.3	9.7	10.1	10.5	10.8	11.2	11.6	12.0	12.4	12.8	13.2	13.6	13.9	14.3	14.7	88
89	7.1	7.5	7.9	8.3	8.7	9.1	9.5	9.9	10.3	10.7	11.1	11.5	11.9	12.3	12.7	13.1	13.5	13.9	14.3	14.7	15.0	89
90	7.3	7.7	8.1	8.5	8.9	9.3	9.7	10.1	10.5	10.9	11.3	11.7	12.2	12.6	13.0	13.4	13.8	14.2	14.6	15.0	15.4	90
91	7.5	7.9	8.3	8.7	9.1	9.5	9.9	10.4	10.8	11.2	11.6	12.0	12.4	12.8	13.2	13.7	14.1	14.5	14.9	15.3	15.7	91
92	7.6	8.0	8.5	8.9	9.3	9.7	10.2	10.6	11.0	11.4	11.8	12.3	12.7	13.1	13.5	14.0	14.4	14.8	15.2	15.7	16.1	92
93	7.8	8.2	8.6	9.1	9.5	9.9	10.4	10.8	11.2	11.7	12.1	12.5	13.0	13.4	13.8	14.3	14.7	15.1	15.6	16.0	16.4	93
94	8.0	8.4	8.8	9.3	9.7	10.2	10.6	11.0	11.5	11.9	12.4	12.8	13.3	13.7	14.1	14.6	15.0	15.5	15.9	16.3	16.8	94
95	8.1	8.6	9.0	9.5	9.9	10.4	10.8	11.3	11.7	12.2	12.6	13.1	13.5	14.0	14.4	14.9	15.3	15.8	16.2	16.7	17.1	95
96	8.3	8.8	9.2	9.7	10.1	10.6	11.1	11.5	12.0	12.4	12.9	13.4	13.8	14.3	14.7	15.2	15.7	16.1	16.6	17.0	17.5	96
97	8.5	8.9	9.4	9.9	10.3	10.8	11.3	11.8	12.2	12.7	13.2	13.6	14.1	14.6	15.1	15.5	16.0	16.5	16.9	17.4	17.9	97
98	8.6	9.1	9.6	10.1	10.6	11.0	11.5	12.0	12.5	13.0	13.4	13.9	14.4	14.9	15.4	15.8	16.3	16.8	17.3	17.8	18.2	98
99	8.8	9.3	9.8	10.3	10.8	11.3	11.8	12.3	12.7	13.2	13.7	14.2	14.7	15.2	15.7	16.2	16.7	17.2	17.6	18.1	18.6	99
100	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	100
101	9.2	9.7	10.2	10.7	11.2	11.7	12.2	12.8	13.3	13.8	14.3	14.8	15.3	15.8	16.3	16.8	17.3	17.9	18.4	18.9	19.4	101
102	9.4	9.9	10.4	10.9	11.4	12.0	12.5	13.0	13.5	14.0	14.6	15.1	15.6	16.1	16.6	17.2	17.7	18.2	18.7	19.2	19.8	102
103	9.5	10.1	10.6	11.1	11.7	12.2	12.7	13.3	13.8	14.3	14.9	15.4	15.9	16.4	17.0	17.5	18.0	18.6	19.1	19.6	20.2	103
104	9.7	10.3	10.8	11.4	11.9	12.4	13.0	13.5	14.1	14.6	15.1	15.7	16.2	16.8	17.3	17.8	18.4	18.9	19.5	20.0	20.6	104
105	9.9	10.5	11.0	11.6	12.1	12.7	13.2	13.8	14.3	14.9	15.4	16.0	16.5	17.1	17.6	18.2	18.7	19.3	19.8	20.4	20.9	105
106	10.1	10.7	11.2	11.8	12.4	12.9	13.5	14.0	14.6	15.2	15.7	16.3	16.9	17.4	18.0	18.5	19.1	19.7	20.2	20.8	21.3	106
107	10.3	10.9	11.4	12.0	12.6	13.2	13.7	14.3	14.9	15.5	16.0	16.6	17.2	17.7	18.3	18.9	19.5	20.0	20.6	21.2	21.8	107
108	10.5	11.1	11.7	12.2	12.8	13.4	14.0	14.6	15.2	15.7	16.3	16.9	17.5	18.1	18.7	19.2	19.8	20.4	21.0	21.6	22.2	108
109	10.7	11.3	11.9	12.5	13.1	13.7	14.3	14.9	15.4	16.0	16.6	17.2	17.8	18.4	19.0	19.6	20.2	20.8	21.4	22.0	22.6	109
110	10.9	11.5	12.1	12.7	13.3	13.9	14.5	15.1	15.7	16.3	16.9	17.5	18.2	18.8	19.4	20.0	20.6	21.2	21.8	22.4	23.0	110
111	11.1	11.7	12.3	12.9	13.6	14.2	14.8	15.4	16.0	16.6	17.2	17.9	18.5	1								

Indice de Masa Corporal (IMC)

Instrucciones: Para usar esta tabla, encuentre la altura correcta en la columna izquierda marcada con Altura (cm). Siga la línea hacia la derecha hasta encontrar el peso (en kg). El número en la columna es el IMC para la altura y peso. Este es una guía para estimar el IMC, para usar y determinar la severidad de la desnutrición en niños mayores de 60 meses y adultos. Para interpretar el IMC, usar el gráfico de IMC para EDAD.

IMC=PESO(kg)

/ ALTURA(m) x ALTURA(m) o IMC=kg/m²

Altura (cm)	Indice de Masa Corporal (IMC)																				Altura (cm)	
	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21	21.5		22
126	19.1	19.8	20.6	21.4	22.2	23.0	23.8	24.6	25.4	26.2	27.0	27.8	28.6	29.4	30.2	31.0	31.8	32.5	33.3	34.1	34.9	126
127	19.4	20.2	21.0	21.8	22.6	23.4	24.2	25.0	25.8	26.6	27.4	28.2	29.0	29.8	30.6	31.5	32.3	33.1	33.9	34.7	35.5	127
128	19.7	20.5	21.3	22.1	22.9	23.8	24.6	25.4	26.2	27.0	27.9	28.7	29.5	30.3	31.1	31.9	32.8	33.6	34.4	35.2	36.0	128
129	20.0	20.8	21.6	22.5	23.3	24.1	25.0	25.8	26.6	27.5	28.3	29.1	30.0	30.8	31.6	32.4	33.3	34.1	34.9	35.8	36.6	129
130	20.3	21.1	22.0	22.8	23.7	24.5	25.4	26.2	27.0	27.9	28.7	29.6	30.4	31.3	32.1	33.0	33.8	34.6	35.5	36.3	37.2	130
131	20.6	21.5	22.3	23.2	24.0	24.9	25.7	26.6	27.5	28.3	29.2	30.0	31.7	31.7	32.6	33.5	34.3	35.2	36.0	36.9	37.8	131
132	20.9	21.8	22.7	23.5	24.4	25.3	26.1	27.0	27.9	28.7	29.6	30.5	31.4	32.2	33.1	34.0	34.8	35.7	36.6	37.5	38.3	132
133	21.2	22.1	23.0	23.9	24.8	25.6	26.5	27.4	28.3	29.2	30.1	31.0	31.8	32.7	33.6	34.5	35.4	36.3	37.1	38.0	38.9	133
134	21.5	22.4	23.3	24.2	25.1	26.0	26.9	27.8	28.7	29.6	30.5	31.4	32.3	33.2	34.1	35.0	35.9	36.8	37.7	38.6	39.5	134
135	21.9	22.8	23.7	24.6	25.5	26.4	27.3	28.2	29.2	30.1	31.0	31.9	32.8	33.7	34.6	35.5	36.5	37.4	38.3	39.2	40.1	135
136	22.2	23.1	24.0	25.0	25.9	26.8	27.7	28.7	29.6	30.5	31.4	32.4	33.3	34.2	35.1	36.1	37.0	37.9	38.8	39.8	40.7	136
137	22.5	23.5	24.4	25.3	26.3	27.2	28.2	29.1	30.0	31.0	31.9	32.8	33.8	34.7	35.7	36.6	37.5	38.5	39.4	40.4	41.3	137
138	22.9	23.8	24.8	23.7	26.7	27.6	28.6	29.5	30.5	31.4	32.4	33.3	34.3	35.2	36.2	37.1	38.1	39.0	40.0	40.9	41.9	138
139	23.2	24.2	25.1	26.1	27.0	28.0	29.0	29.9	30.9	31.9	32.8	33.8	34.8	35.7	36.7	37.7	38.6	39.6	40.6	41.5	42.5	139
140	23.5	24.5	25.5	26.5	27.4	28.4	29.4	30.4	31.3	32.3	33.3	34.3	35.3	36.3	37.2	38.2	39.2	40.2	41.2	42.1	43.1	140
141	23.9	24.9	25.8	26.8	27.8	28.8	29.8	30.8	31.8	32.8	33.8	34.8	35.8	36.8	37.8	38.8	39.8	40.8	41.8	42.7	43.7	141
142	24.2	25.2	26.2	27.2	28.2	29.2	30.2	31.3	32.3	33.3	34.3	35.3	36.3	37.3	38.3	39.3	40.3	41.3	42.3	43.4	44.4	142
143	24.5	25.6	26.6	27.6	28.6	29.7	30.7	31.7	32.7	33.7	34.8	35.8	36.8	37.8	38.9	39.9	40.9	41.9	42.9	44.0	45.0	143
144	24.9	25.9	27.0	28.0	29.0	30.1	31.1	32.1	33.2	34.2	35.3	36.3	37.3	38.4	39.4	40.4	41.5	42.5	43.5	44.6	45.6	144
145	25.2	26.3	27.3	28.4	29.4	30.5	31.5	32.6	33.6	34.7	35.7	36.8	37.8	38.9	39.9	41.0	42.1	43.1	44.2	45.2	46.3	145
146	25.6	26.6	27.7	28.8	29.8	30.9	32.0	33.0	34.1	35.2	36.2	37.3	38.4	39.4	40.5	41.6	42.6	43.7	44.8	45.8	46.9	146
147	25.9	27.0	28.1	29.2	30.3	31.3	32.4	33.5	34.6	35.7	36.7	37.8	38.9	40.0	41.1	42.1	43.2	44.3	45.4	46.5	47.5	147
148	26.3	27.4	28.5	29.6	30.7	31.8	32.9	34.0	35.0	36.1	37.2	38.3	39.4	40.5	41.6	42.7	43.8	44.9	46.0	47.1	48.2	148
149	26.6	27.8	28.9	30.0	31.1	32.2	33.3	34.4	35.5	36.6	37.7	38.9	40.0	41.1	42.2	43.3	44.4	45.5	46.6	47.7	48.8	149
150	27.0	28.1	29.3	30.4	31.5	32.6	33.8	34.9	36.0	37.1	38.3	39.4	40.5	41.6	42.8	43.9	45.0	46.1	47.3	48.4	49.5	150
151	27.4	28.5	29.6	30.8	31.9	33.1	34.2	35.3	36.5	37.6	38.8	39.9	41.0	42.2	43.3	44.5	45.6	46.7	47.9	49.0	50.2	151
152	27.7	28.9	30.0	31.2	32.3	33.5	34.7	35.8	37.0	38.1	39.3	40.4	41.6	42.7	43.9	45.1	46.2	47.4	48.5	49.7	50.8	152
153	28.1	29.3	30.4	31.6	32.8	33.9	35.1	36.3	37.4	38.6	39.8	41.0	42.1	43.3	44.5	45.6	47.8	48.0	49.2	50.3	51.5	153
154	28.5	29.6	30.8	32.0	33.2	34.4	35.6	36.8	37.9	39.1	40.3	41.5	42.7	43.9	45.1	46.2	47.4	48.6	49.8	51.0	52.2	154
155	28.8	30.0	31.2	32.4	33.6	34.8	36.0	37.2	38.4	39.6	40.8	42.0	43.2	44.4	45.6	46.8	48.1	49.3	50.5	51.7	52.9	155
156	29.2	30.4	31.6	32.9	34.1	35.3	36.5	37.7	38.9	40.2	41.4	42.6	43.8	45.0	46.2	47.5	48.7	49.9	51.1	52.3	53.5	156
157	29.6	30.8	32.0	33.3	34.5	35.7	37.0	38.2	39.4	40.7	41.9	43.1	44.4	45.6	46.8	48.1	49.3	50.5	51.8	53.0	54.2	157
158	30.0	31.2	32.5	33.7	34.9	36.2	37.4	38.7	39.9	41.2	42.4	43.7	44.9	46.2	47.4	48.7	49.9	51.2	52.4	53.7	54.9	158
159	30.3	31.6	32.9	34.1	35.4	36.7	37.9	39.2	40.4	41.7	43.0	44.2	45.5	46.8	48.0	49.3	50.6	51.8	53.1	54.4	55.6	159
160	30.7	32.0	33.3	34.6	35.8	37.1	38.4	39.7	41.0	42.2	43.5	44.8	46.1	47.3	48.6	49.9	51.2	52.5	53.8	55.0	56.3	160
161	31.1	32.4	33.7	35.0	36.3	37.6	38.9	40.2	41.5	42.8	44.1	45.4	46.7	48.0	49.2	50.5	51.8	53.1	54.4	55.7	57.0	161
162	31.5	32.8	34.1	35.4	36.7	38.1	39.4	40.7	42.0	43.3	44.6	45.9	47.2	48.6	49.9	51.2	52.5	53.8	55.1	56.4	57.7	162
163	31.9	33.2	34.5	35.9	37.2	38.5	39.9	41.2	42.5	43.8	45.2	46.5	47.8	49.2	50.5	51.8	53.1	54.5	55.8	57.1	58.5	163
164	32.3	33.6	35.0	36.3	37.7	39.0	40.3	41.7	43.0	44.4	45.7	47.1	48.4	49.8	51.1	52.4	53.8	55.1	56.5	57.8	59.2	164
165	32.7	34.0	35.4	36.8	38.1	39.5	40.8	42.2	43.6	44.9	46.3	47.6	49.0	50.4	51.7	53.1	54.5	55.8	57.2	58.5	59.9	165
166	33.1	34.4	35.8	37.2	38.6	40.0	41.3	42.7	44.1	45.5	46.8	48.2	49.6	51.0	52.4	53.7	55.1	56.5	57.9	59.2	60.6	166
167	33.5	34.9	36.3	37.7	39.0	40.4	41.8	43.2	44.6	46.0	47.4	48.8	50.2	51.6	53.0	54.4	55.8	57.2	58.6	60.0	61.4	167
168	33.9	35.3	36.7	38.1	39.5	40.9	42.3	43.7	45.2	46.6	48.0	49.4	50.8	52.2	53.6	55.0	56.4	57.9	59.3	60.7	62.1	168
169	34.3	35.7	37.1	38.6	40.0	41.4	42.8	44.3	45.7	47.1	48.6	50.0	51.4	52.8	54.3	55.7	57.1	58.6	60.0	61.4	62.8	169
170	34.7	36.1	37.6	39.0	40.5	41.9	43.4	44.8	46.2	47.7	49.1	50.6	52.0	53.5	54.9	56.4	57.8	59.2	60.7	62.1	63.6	170
171	35.1	36.6	38.0	39.5	40.9	42.4	43.9	45.3	46.8	48.2	49.7	51.2	52.6	54.1	55.6	57.0	58.5	59.9	61.4	62.9	64.3	171
172	35.5	37.0	38.5	39.9	41.4	42.9	44.4	45.9	47.3	48.8	50.3	51.8	53.3	54.7	56.2	57.7	59.2	60.6	62.1	63.6	65.1	172
173	35.9	37.4	38.9	40.4	41.9	43.4	44.9	46.4	47.9	49.4	50.9	52.4	53.9	55.4	56.9	58.4	59.9	61.4	62.9	64.3	65.8	173
174	36.3	37.8	39.4	40.9	42.4	43.9	45.4	46.9	48.4	50.0	51.5	53.0	54.5	56.0	57.5	59.0	60.6	62.1	63.6	65.1	66.6	174
175	36.8	38.3	39.8	41.3	42.9	44.4	45.9	47.5	49.0	50.5	52.1	53.6	55.1	56.7	58.2	59.7	61.3	62.8	64.3	65.8	67.4	175
176	37.2	38.7	40.3	41.8	43.4	44.9	46.5	48.0	49.6	51.1	52.7	54.2	55.8	57.3	58.9	60.4	62.0	63.5	65.0	66.6	68.1	176
177	37.6	39.2	40.7	42.3	43.9	45.4	47.0	48.6	50.1	51.7	53.3	54.8	56.4	58.0	59.5	61.1	62.7	64.2	65.8	67.4	68.9	177
178	38.0	39.6	41.2	42.8	44.4	45.9	47.5	49.1	50.7	52.3	53.9	55.4	57.0	58.6	60.2	61.8	63.4	65.0	66.5	68.1	69.7	178
179	38.4	40.1	41.7	43.3	44.9	46.5	48.1	49.7	51.3	52.9	54.5	56.1	57.7	59.3	60.9	62.5	64.1	65.7	67.3	68.9	70.5	179
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