

National Center for Health Statistics

Body Measurements

Data are for the U.S.

Measured average height, weight, and waist circumference for adults aged 20 and over

- **Men:**
Height in inches: 69.0
Weight in pounds: 197.8
Waist circumference in inches: 40.3
- **Women:**
Height in inches: 63.6
Weight in pounds: 170.5
Waist circumference in inches: 38.7

Source: Mean Body Weight, Height, Waist Circumference, and Body Mass Index Among Adults: United States, 1999–2000 Through 2015–2016, tables 2, 4, 6  [PDF – 434 KB]

Related FastStats

- [Obesity/Overweight](#)

Related Links

- [Body Mass Index table](#) 
- [CDC Growth Charts](#)
- [National Health and Nutrition Examination Survey](#)
- [National Center for Chronic Disease Prevention and Health Promotion – Overweight and Obesity](#)

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