

2.1: Prelude to Measurements

Data suggest that a male child will weigh 50% of his adult weight at about 11 years of age. However, he will reach 50% of his adult height at only 2 years of age. It is obvious, then, that people eventually stop growing up but continue to grow out. Data also suggest that the average human height has been increasing over time. In industrialized countries, the average height of people increased 5.5 inches from 1810 to 1984. Most scientists attribute this simple, basic measurement of the human body to better health and nutrition.

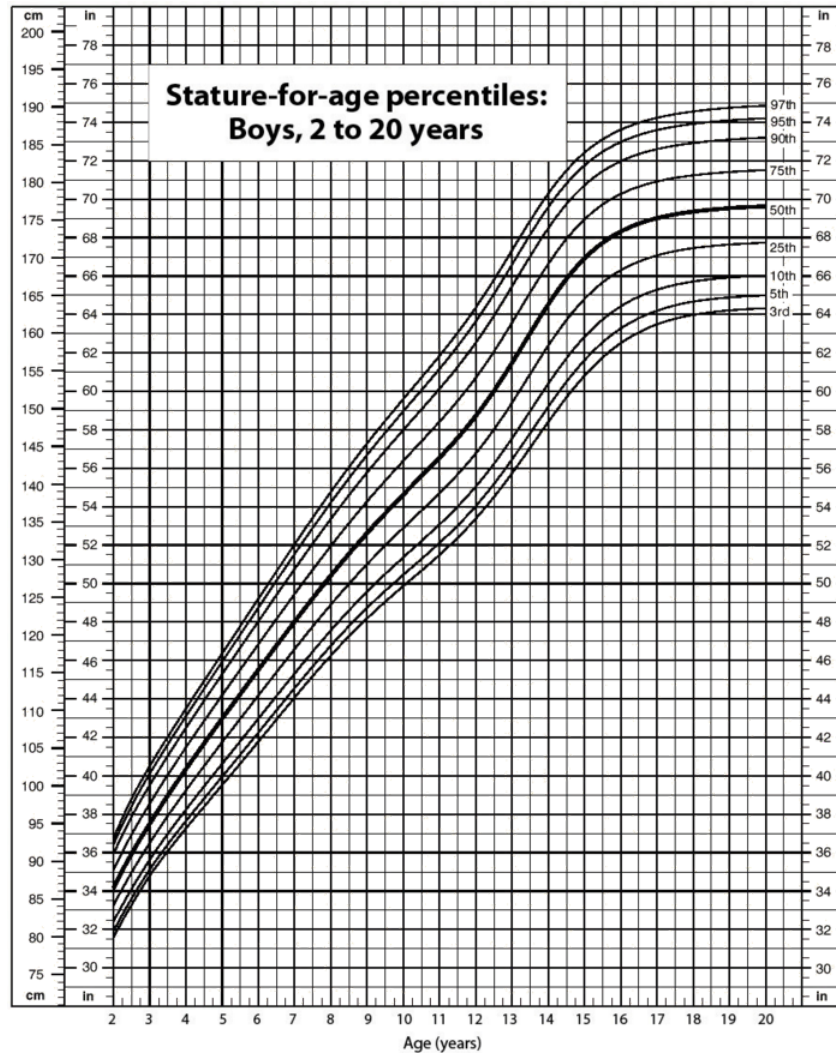


Figure 2.1.1: Human body measurement. Source: Chart courtesy of [Centers for Disease Control and Prevention](#)(opens in new window).

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