

90th Percentile Waist Circumference for Boys and Girls

	*90 th Percentile for Boys		*90 th Percentile for Girls	
Age (years)	Inches	Cm	Inches	Cm
2	20.0	50.8	20.6	52.2
3	21.3	54.2	21.8	55.3
4	22.7	57.6	22.9	58.3
5	24.0	61.0	24.2	61.4
6	25.4	64.4	25.4	64.4
7	26.7	67.8	26.6	67.5
8	28.03	71.2	27.8	70.5
9	29.4	74.6	28.9	73.6
10	30.7	78.0	30.2	76.6
11	32.04	81.4	31.4	79.7
12	33.4	84.8	32.6	82.7
13	34.7	88.2	33.8	85.8
14	36.1	91.6	34.9	88.8
15	37.4	95.0	36.2	91.9
16	38.7	98.4	37.4	94.9
17	40.1	101.8	38.6	98.0
18	41.4	105.2	39.8	101.0

As adapted from Fernandez et al. Peds 2004;145:439-444.

*** Although there is no set standard, the 90th percentile is typically considered overweight and may be correlated with risk of disease to include cardiovascular disease, hyperinsulinemia, and type 2 diabetes.**