

Republic of the Philippines,  
DEPARTMENT OF EDUCATION, CULTURE AND SPORTS  
UL Complex, Pasig City

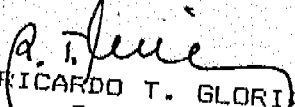
July 3, 1995

DECS O R D E R  
No. 41, s. 1995

UTILIZING THE 1995 FNRI-PPS TABLES IN DETERMINING  
THE NUTRITIONAL STATUS OF SCHOOLCHILDREN

To: Bureau Directors  
Regional Directors  
Schools Superintendents

1. Effective SY 1995-1996, the Department shall adopt the revised 1985 Weight and Height Reference Standards for Filipino Children developed by the Food and Nutrition Research Institute and the Philippine Pediatrics Society in the assessment of the nutritional status of individual children, in order to assess the magnitude of malnutrition in a community/population group.
2. Inclosed are the FNRI-PPS Weight and Height Reference Standards/Tables for boys and girls ages 6 to 19 years old.
3. It is desired that this Order be disseminated for compliance of all concerned.

  
RICARDO T. GLORIA  
Secretary

Incl.:  
As stated

Reference:  
DECS Memorandum: No. 73, s. 1985

Allotment: 1-2--(M.O. 1-87)

To be indicated in the Perpetual Index  
under the following subjects:

DATA (Statistics)  
NUTRITION EDUCATION

PUPILS  
STUDENTS

WEIGHT AND HEIGHT TABLE FOR BOYS  
6 - 19 YEARS

AGE (YEARS)	MONTHS	WEIGHT										HEIGHT			
		UNDERWEIGHT					AVERAGE					OVERWEIGHT		UNDER HEIGHT	AVERAGE
		SEVERE	MODERATE	MILD	AVERAGE	MILD	MOD-SEVERE								
		From	To	From	To	From	To	From	To	From	To	From	To	From	To
12	0/1/2	20.0	20.1	24.4	24.5	27.2	27.3	39.1	39.2	39.2	47.4	47.5	127.0	127.5	
	3/4/5	20.3	20.4	25.0	25.1	27.9	28.0	40.7	40.8	40.8	49.3	49.4	128.5	129.0	
	6/7/8	20.7	20.8	25.5	25.6	28.6	28.7	42.3	42.4	42.4	51.1	51.2	129.5	130.0	
	9/10/11	21.1	21.2	26.2	26.3	29.5	29.6	43.9	44.0	44.0	52.8	52.9	131.0	131.5	
13	0/1/2	21.5	21.6	26.9	27.0	30.4	30.5	45.4	45.5	45.5	54.5	54.6	132.5	133.0	
	3/4/5	22.0	22.1	27.7	27.8	31.5	31.6	46.9	47.0	47.0	56.0	56.1	134.0	134.5	
	6/7/8	22.5	22.6	28.6	28.7	32.7	32.8	48.3	48.4	48.4	57.4	57.5	136.0	136.5	
	9/10/11	23.0	23.1	29.5	29.6	34.0	34.1	49.5	49.6	49.6	58.7	58.8	138.0	138.5	
14	0/1/2	23.7	23.8	30.6	30.7	35.3	35.4	50.7	50.8	50.8	60.0	60.1	139.5	140.0	
	3/4/5	24.5	24.6	31.8	31.9	36.8	36.9	51.9	52.0	52.0	61.2	61.3	141.5	142.0	
	6/7/8	25.3	25.4	33.0	33.1	38.1	38.2	53.0	53.1	53.1	62.3	62.4	143.0	143.5	
	9/10/11	26.2	26.3	34.1	34.2	39.3	39.4	54.0	54.1	54.1	63.4	63.5	144.5	145.0	
15	0/1/2	27.2	27.3	35.2	35.3	40.4	40.5	54.9	55.0	55.0	64.5	64.6	145.5	146.0	
	3/4/5	28.1	28.2	36.1	36.2	41.4	41.5	55.8	55.9	55.9	65.3	65.4	146.0	146.5	
	6/7/8	29.0	29.1	37.1	37.2	42.3	42.4	56.5	56.6	56.6	66.1	66.2	147.0	147.5	
	9/10/11	29.8	29.9	37.9	38.0	43.1	43.2	57.4	57.5	57.5	66.7	66.8	147.5	148.0	
16	0/1/2	30.6	30.7	38.6	38.9	43.8	43.9	58.1	58.2	58.2	67.3	67.4	148.0	148.5	
	3/4/5	31.4	31.5	39.5	39.6	44.5	44.6	58.9	59.0	59.0	67.9	68.0	148.5	149.0	
	6/7/8	32.1	32.2	40.2	40.3	45.1	45.2	59.6	59.7	59.7	68.4	68.5	149.0	149.5	
	9/10/11	32.7	32.8	40.9	41.0	45.6	45.7	60.2	60.3	60.3	68.9	69.0	149.5	150.0	
17	0/1/2	33.3	33.4	41.4	41.5	46.1	46.2	60.8	60.9	60.9	69.2	69.3	149.5	150.0	
	3/4/5	33.8	33.9	42.0	42.1	46.5	46.6	61.3	61.4	61.4	69.6	69.7	150.0	150.5	
	6/7/8	34.2	34.3	42.4	42.5	46.8	46.9	61.8	61.9	61.9	69.9	70.0	150.0	150.5	
	9/10/11	34.5	34.6	42.8	42.9	47.1	47.2	62.3	62.4	62.4	70.2	70.3	150.0	150.5	

\* WEIGHT AND HEIGHT TABLE FOR BOYS  
6 - 19 YEARS

AGE (YEARS)	AGE (MONTHS)	W E I G H T												H E I G H T	
		UNDERWEIGHT						OVERWEIGHT						UNDER HEIGHT	AVERAGE
		SEVERE ←	MODERATE		MILD		AVERAGE	MILD		MOD-SEVERE ⇒					
	From	To	From	To	From	To	From	To	From	To					
18	0/1/2	34.8	34.9	43.2	43.3	47.4	47.5	62.6	62.7	70.5	70.6	150.5	151.0		
	3/4/5	34.9	35.0	43.4	43.5	47.7	47.8	63.0	63.1	70.9	71.0	150.5	151.0		
	6/7/8	35.0	35.1	43.7	43.8	47.9	48.0	63.3	63.4	71.2	71.3	150.5	151.0		
	9/10/11	35.0	35.1	43.8	43.9	48.1	48.2	63.6	63.7	71.6	71.7	150.5	151.0		
19	0/1/2	35.0	35.1	43.9	44.0	48.3	48.4	63.9	64.0	71.9	72.0	150.5	151.0		
	3/4/5	35.0	35.1	44.0	44.1	48.5	48.6	64.1	64.2	72.3	72.4	151.0	151.5		
	6/7/8	35.0	35.1	44.0	44.1	48.7	48.8	64.4	64.5	72.8	72.9	151.0	151.5		

\* FNRI-PPS Anthropometric tables and Charts for Filipino Children

\* WEIGHT AND HEIGHT TABLE FOR GIRLS  
6 - 19 YEARS

AGE (YEARS)	(MONTHS)	WEIGHT										HEIGHT	
		UNDERWEIGHT					OVERWEIGHT					UNDER HEIGHT	AVERAGE
		SEVERE	MODERATE	MILD	AVERAGE	MILD	MOD-SEVERE						
From	To	From	To	From	To	From	To	From	To				
6	0/1/2	11.8	11.9	13.9	14.0	15.4	15.5	20.1	20.2	23.3	23.4	99.1	99.2
	3/4/5	12.1	12.2	14.2	14.3	15.7	15.8	20.6	20.7	23.8	23.9	100.4	100.5
	6/7/8	12.3	12.4	14.5	14.6	16.1	16.2	21.0	21.1	24.4	24.5	101.7	101.8
	9/10/11	12.6	12.7	14.8	14.9	16.4	16.5	21.5	21.6	24.9	25.0	103.0	103.1
7	0/1/2	12.9	13.0	15.2	15.3	16.8	16.9	21.9	22.0	25.4	25.5	104.5	104.6
	3/4/5	13.1	13.2	15.5	15.6	17.2	17.3	22.4	22.5	26.0	26.1	105.5	105.6
	6/7/8	13.4	13.5	15.9	16.0	17.6	17.7	23.0	23.1	26.6	26.7	106.5	106.6
	9/10/11	13.6	13.7	16.2	16.3	18.0	18.1	23.5	23.6	27.3	27.4	108.0	108.1
8	0/1/2	13.9	14.0	16.6	16.7	18.4	18.5	24.1	24.2	27.9	28.0	109.0	109.1
	3/4/5	14.2	14.3	17.0	17.1	18.8	18.9	24.7	24.8	28.6	28.7	110.5	110.6
	6/7/8	14.5	14.6	17.3	17.4	19.3	19.4	25.3	25.4	29.3	29.4	111.5	111.6
	9/10/11	14.7	14.8	17.8	17.9	19.8	19.9	26.0	26.1	30.1	30.2	113.0	113.1
9	0/1/2	15.0	15.1	18.2	18.3	20.3	20.4	26.7	26.8	30.9	31.0	114.0	114.1
	3/4/5	15.4	15.5	18.6	18.7	20.8	20.9	27.4	27.5	31.8	31.9	115.5	115.6
	6/7/8	15.7	15.8	19.1	19.2	21.4	21.5	28.2	28.3	32.7	32.8	116.5	116.6
	9/10/11	16.2	16.3	19.6	19.7	22.0	22.1	29.1	29.2	33.8	33.9	117.5	117.6
10	0/1/2	16.5	16.6	20.2	20.3	22.7	22.8	30.2	30.3	35.0	35.1	119.0	119.1
	3/4/5	16.9	17.0	20.8	20.9	23.4	23.5	31.2	31.3	36.2	36.3	120.0	120.1
	6/7/8	17.3	17.4	21.4	21.5	24.2	24.3	32.3	32.4	37.5	37.6	121.5	121.6
	9/10/11	17.8	17.9	22.0	22.1	25.0	25.1	33.5	33.6	38.9	39.0	122.5	122.6
11	0/1/2	18.2	18.3	22.7	22.8	25.9	26.0	34.8	34.9	40.3	40.4	124.0	124.1
	3/4/5	18.6	18.7	23.4	23.5	26.7	26.8	36.1	36.2	41.8	41.9	125.0	125.1
	6/7/8	19.0	19.1	24.1	24.2	27.6	27.7	37.4	37.5	43.3	43.4	126.5	126.6
	9/10/11	19.4	19.5	24.8	24.9	28.6	28.7	38.7	38.8	44.9	45.0	128.0	128.1

\* WEIGHT AND HEIGHT TABLE FOR GIRLS  
6 - 19 YEARS

AGE (YEARS)	AGE (MONTHS)	W E I G H T										H E I G H T	
		UNDERWEIGHT					OVERWEIGHT					UNDER HEIGHT	AVERAGE
		SEVERE	MODERATE		MILD		AVERAGE		MILD		MOD-SEVERE		
←	From	To	From	To	From	To	From	To	From	To	⇒	← =	⇒
12	0/1/2	19.9	20.0	25.5	25.6	29.5	29.6	40.1	40.2	46.5	46.6	129.0	129.5
	3/4/5	20.4	20.5	26.3	26.4	30.6	30.7	41.5	41.6	48.2	48.3	130.5	131.0
	6/7/8	21.0	21.1	27.1	27.2	31.7	31.8	43.0	43.1	49.8	49.9	132.0	132.5
	9/10/11	21.6	21.7	27.9	28.0	32.8	32.9	44.4	44.5	51.4	51.5	133.0	133.5
13	0/1/2	22.3	22.4	28.7	28.8	33.9	34.0	45.7	45.8	53.0	53.1	134.5	135.0
	3/4/5	23.2	23.3	29.5	29.6	35.0	35.1	47.0	47.1	54.4	54.5	136.0	136.5
	6/7/8	24.2	24.3	30.4	30.5	36.0	36.1	48.0	48.1	55.6	55.7	137.0	137.5
	9/10/11	25.3	25.4	31.3	31.4	36.9	37.0	48.9	49.0	56.7	56.8	138.0	138.5
14	0/1/2	26.4	26.5	32.2	32.3	37.7	37.8	49.8	49.9	57.7	57.8	139.0	139.5
	3/4/5	27.4	27.5	33.1	33.2	38.4	38.5	50.6	50.7	58.6	58.7	140.0	140.5
	6/7/8	28.3	28.4	33.8	33.9	39.1	39.2	51.3	51.4	59.3	59.4	140.5	141.0
	9/10/11	29.0	29.1	34.5	34.6	39.7	39.8	51.9	52.0	59.7	59.8	141.0	141.5
15	0/1/2	29.6	29.7	35.0	35.1	40.2	40.3	52.4	52.5	60.1	60.2	141.5	142.0
	3/4/5	30.1	30.2	35.5	35.6	40.6	40.7	52.8	52.9	60.4	60.5	142.0	142.5
	6/7/8	30.6	30.7	35.9	36.0	41.0	41.1	53.1	53.2	60.7	60.8	142.5	143.0
	9/10/11	30.9	31.0	36.2	36.3	41.4	41.5	53.4	53.5	61.0	61.1	142.5	143.0
16	0/1/2	31.2	31.3	36.4	36.5	41.6	41.7	53.7	53.8	61.3	61.4	142.5	143.0
	3/4/5	31.4	31.5	36.6	36.7	41.9	42.0	54.0	54.1	61.6	61.7	143.0	143.5
	6/7/8	31.6	31.7	36.8	36.9	42.1	42.2	54.2	54.3	61.9	62.0	143.0	143.5
	9/10/11	31.7	31.8	37.0	37.1	42.2	42.3	54.4	54.5	62.1	62.2	143.0	143.5
17	0/1/2	31.7	31.8	37.1	37.2	42.4	42.5	54.6	54.7	62.4	62.5	143.0	143.5
	3/4/5	31.8	31.9	37.2	37.3	42.5	42.6	54.9	55.0	62.7	62.8	143.0	143.5
	6/7/8	31.8	31.9	37.3	37.4	42.6	42.7	55.1	55.2	62.9	63.0	143.0	143.5
	9/10/11	31.8	31.9	37.5	37.6	42.6	42.7	55.3	55.4	63.2	63.3	143.0	143.5

\* WEIGHT AND HEIGHT TABLE FOR GIRLS  
6 - 19 YEARS

AGE (YEARS)	(MONTHS)	WEIGHT										HEIGHT	
		UNDERWEIGHT					OVERWEIGHT					UNDER HEIGHT	AVERAGE
		SEVERE ←	MODERATE From	To	MILD From	To	AVERAGE From	To	MILD From	To	MOD-SEVERE ⇒		
18	0/1/2	31.8	31.9	37.6	37.7	42.7	42.8	55.6	55.7	63.6	63.7	143.0	143.5
	3/4/5	31.8	31.9	37.6	37.7	42.8	42.9	55.8	55.9	63.9	64.0	143.0	143.5
	6/7/8	31.8	31.9	37.7	37.8	42.8	42.9	56.1	56.2	64.3	64.4	143.0	143.5
	9/10/11	31.8	31.9	37.8	37.9	42.9	43.0	56.4	56.5	64.7	64.8	143.0	143.5
	0/1/2	31.9	32.0	37.9	38.0	42.9	43.0	56.7	56.8	65.2	65.3	143.0	143.5
19	3/4/5	32.0	32.1	38.0	38.1	43.0	43.1	57.1	57.2	65.7	65.8	143.0	143.5

\* FNRI - PPS Anthropometric Tables and Charts for Filipino Children