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Average weight for a 14 year old

Staying Healthy For many people, their New Year's resolutions include some sort of weight-loss goal. However, while extra pounds often come off, evidence shows they rarely stay off. Among overweight or obese people who are able to lose 10% of their body weight, just one in six is able to maintain the weight loss for at least a year. Experts say it's not surprising that weight loss rarely sticks, considering what they now know about how the body works. "Most people believe that obesity is caused by overeating, while we now recognize that the main driver of obesity is one or more disruptions in the body's normal regulation of the amount of fat we maintain," says Dr. Lee Kaplan, an associate professor of medicine at Harvard Medical School and director of the Obesity, Metabolism, and Nutrition Institute at Massachusetts General Hospital. In short: your weight creeps back up not primarily because of your behavior, but because your body is essentially malfunctioning, driving you to store more fat. The drive to store more fat causes you to eat more and to burn fewer of the calories that you eat. But this doesn't mean all weight-loss efforts are destined to fail. How much fat you store is strongly affected by the environment, so addressing the underlying reasons why your body is gaining weight can help you shed pounds and keep them off, he says. It helps to think about overweight and obesity the same way you would other physical imbalances. For example, if you had edema (swelling in your skin that comes from fluid retention), you wouldn't just dehydrate yourself to remove the fluid and expect to solve the problem, says Dr. Kaplan. You'd need to identify and address the reason for the fluid retention in the first place, he says. The issue is similar when the body is storing too much fat. Trying to override your body's hunger signals and simply eating less is not going to give you an effective long-term solution. "It's better to determine why your body wants to store too much fat and make changes that reverse that biological process," says Dr. Kaplan. So, how exactly can you do this? First, it's helpful to understand some of the common reasons why your body might be holding on to fat in the first place. These include inadequate sleep, chronic stress, disrupted daily biorhythm, medication that causes weight gain, a diet that is high in processed foods, and muscle atrophy from a complete lack of exercise. Because causes of weight gain vary, there's no one-size-fits-all solution, says Dr. Kaplan. Below are some strategies you can use to identify the cause of your excess weight and ideally to address it. Do some detective work. Ask yourself: When did your excess weight begin? When did you gain the most weight? Was there a trigger? For example, did you put on weight when you stopped working out regularly, when you experienced a lot of stress, or when you started working a night shift? Did your weight problem begin after childbirth, at menopause, after a death in the family, or when you started a new medication? Analyzing when the problem began and when your weight increased the most can help you determine the underlying factor or factors you need to address. Make changes. Once you determine the underlying cause or causes of your weight gain, work to adjust it. If it's inadequate sleep, are there things you can do to get more sleep? If it's stress, are there changes you can make to decrease the chronic stressors in your life? If you think a medication triggered your weight gain, talk to your doctor about a potential alternative. Drugs that can cause weight gain include some types of antidepressants and mood stabilizers, anticonvulsants, beta blockers, steroids, histamine blockers, and pain medications. "It is important to talk with your doctor before discontinuing any medication you are taking," says Dr. Kaplan. Adopt sustainable dietary changes. "There is no single solution or single diet that will be successful for everyone," says Dr. Kaplan. Recent studies have shown that some people do better with a low-carb diet and others do better with a low-fat diet. These differences are determined by our genetic makeup. The best plan is different for each individual, but choose one that is safe and feasible to continue over the long term, says Dr. Kaplan. Seek help if you need it. Someone who needs to lose five to 15 pounds might not need outside help, but for others, sustained loss requires professional intervention. "It's vital to recognize that you didn't get there because of something you did. You got there because your body has a disease," says Dr. Kaplan. Fixing the problem with lifestyle changes alone might not be feasible. "In those cases, you may need more directed medical intervention," says Dr. Kaplan. "Recognizing that obesity is a disease out of your immediate control can be the first step in solving what can be a frustrating and dangerous dilemma." Image: noneymover/Getty Images As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note the date of last review or update on all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. According to the Centers for Disease Control and Prevention (CDC), a 12-year-old boy's weight usually falls between 67 and 130 pounds, and the 50th percentile weight for boys is 89 pounds. The CDC also reports that a 12-year-old girl's weight is usually between 68 and 135 pounds, and the 50th percentile weight for girls is 92 pounds.If your child is in the 50th percentile for weight, it means that out of 100 children their age, 50 may weigh more than they do and the other 50 may weigh less. If your child is in the 75th percentile, it means that out of 100 kids their age, 25 may weigh more and 75 may weigh less.As kids approach puberty, their weight can vary a lot. According to Johns Hopkins Medicine, some kids may begin puberty as early as age 8, while others don't see changes until they are closer to 14 years old. During puberty, children grow taller — by as much as 10 inches — before reaching their full adult height. They also gain muscle and develop new fat deposits as their bodies become more like those of adults. All this morphing may lead to significant changes in weight and feelings of self-consciousness.Twelve-year-old boys most often weigh somewhere between 67 and 130 pounds, with 89 pounds marking the 50th percentile. Girls at age 12 most often weigh between 68 and 135 pounds, with 92 pounds being the 50th-percentile marker.Determining how much a 12-year-old should weigh can be trickier than plotting numbers on a chart. Several factors affect appropriate weight for 12-year-old children.Rate of developmentWhen puberty begins, a child's weight can change rapidly due to increases in height, muscle mass, and fat stores. Since puberty can start any time from age 8 to 14, some 12-year-olds may have finished the process while others are just starting or won't begin puberty for another couple of years.Height and body makeupYour child's height factors into their weight as well. Taller kids may weigh more than their shorter peers, but this isn't a hard-and-fast rule. Body shape, muscle mass, and frame size all play a role in weight, too. For example, an athletic child who has more muscle than fat may weigh more because muscle weighs more than fat. On the other hand, a leaner child may not have much muscle or fat and may be on the lighter end of the scale.GeneticsA child's height, body mass, and other body features are also influenced by genes inherited from parents. This means that regardless of the child's diet and exercise habits, their weight may be somewhat predetermined.LocationWhere a child grows up may also affect their weight and overall body size. Puberty begins at different ages across the globe. For example, on average, puberty begins earlier in northern Europe than in southern Europe, possibly due to obesity rates and genetic factors. In other areas of the world, weight may be affected by factors like socioeconomic level and access to food. Cultural practices play a role, too. Doctors use a formula called body mass index (BMI) to find out if a person's weight is in a healthy range. BMI is a way of figuring out how much body fat a person has based on just their weight and height. BMI has some limitations, because it doesn't account for factors like body composition (muscle versus fat) and frame size. BMI percentile calculation for children and teens takes into account age and sex and is called BMI-for-age.The CDC offers an online BMI calculator specific to children and young adults ages 19 and younger. You just need to enter your child's age, sex, height, and weight. The results correspond with CDC growth charts and are ranked by percentile.Why this information is importantYour child's pediatrician uses BMI-for-age to track your child's growth from year to year. This is important because a BMI in the overweight or obese range may put your child at risk of developing health issues like type 2 diabetes, high cholesterol, or high blood pressure. Kids who are overweight are also more likely to be overweight as adults. Using this information, you can work with your child's doctor to help your child reach or maintain a healthy weight. Puberty can be an emotional time for kids as their bodies and hormones change dramatically in a short time. They may have a lot of new feelings or insecurities and may not know how to articulate them to you. It may be helpful to sit down with your child — even before they come to you with questions — to explain what puberty is and what it means with regard to the changes they'll experience.Explain that people come in different shapes and sizesCreating a positive body image begins with understanding that not everyone should be held to the same standard of beauty. You may even consider asking your child to make a list of things they like about themselves — physical and otherwise.Address what your child sees in the mediaImages on television, in magazines, and on social media contribute to peer pressure and promote a certain "ideal" body type that may not be healthy for everyone.Take a look at your self-esteem around body issuesModel positive behaviors that you hope to see your child emulate. Talk about positive attributes of yourself and your child that go beyond the physical.Remind your child that they are not aloneRemind them that everybody goes through the changes of puberty. Also tell them that not everyone will experience those changes at the same time. Some kids may start earlier, while others start later.Keep the lines of communication openTell your child you are available whenever they need to talk and for whatever they want to talk about.Eating a balanced diet will contribute to healthy growth and development in kids of any weight.Make an effort to offer your child whole foods, including fruits, vegetables, whole grains, low-fat dairy, lean protein, and healthy fats, if those foods are available to you.Don't dwell on numbers, but try to make sure your child eats an appropriate number of calories each day. Active 12-year-old boys should consume 2,000 to 2,600 calories. Somewhat-active boys should consume 1,800 to 2,200 calories. Boys who are not as active should consume 1,600 to 2,000 calories. For girls, these ranges are 1,600 to 2,000, 1,600 to 2,000, and 1,400 to 1,600, respectively.Encourage your child to eat mindfully and to listen to their body's cues for hunger and fullness. Paying attention to the body's signals helps prevent overeating. It may be helpful to tell your child to ask themselves "Am I hungry?" before snacking and "Am I satisfied?" while snacking.Begin to educate your child about portion sizes and the importance of avoiding distractions while eating.Make sure your child isn't skipping meals or getting too busy to eat enough calories to fuel their development.If you have concerns about your child's weight, contact their pediatrician, who has been regularly recording weight at office visits and can explain the percentiles as they apply to your child. Otherwise, remember that puberty is a time of great physical change that happens on a different timeline for each child. Listening to your child's concerns and being open and honest about body changes can help create healthy habits that stick for life. Medically reviewed by Judith Marcini, M.D. — Written by Stephen Gill on February 14, 2018The average weight for men varies according to country, race, and age. However, an average weight is not necessarily the same as a healthy weight.A person's ideal weight depends on several factors, including their height and build. Maintaining a good weight is important for health and can reduce the risk of developing serious conditions, such as heart disease and type 2 diabetes.This article looks at average weight in men and how this varies between different groups and world regions. It also discusses how to determine a healthy weight for a man, as well as risk factors for being overweight, and what men can do to improve their weight.Share on PinterestThe average weight for men varies depending on a range of factors, including height and age.There is no simple answer to this question.When only talking about the U.S., then the average man, aged 20 years or older, weighs 197.6 pounds (lbs). He also stands around 5 feet 9 inches tall and has a waist circumference of 40 inches. This is according to data collected by the Centers for Disease Control and Prevention (CDC) between 2015 and 2016 and published in 2018.In contrast, the average U.S. woman is both lighter and shorter, weighing 170.6 lbs, standing 5 feet 3.7 inches tall, and having a waist of 38.2 inches.Within the U.S., the average weight for men varies with age. Younger and older men tend to weigh less than those in middle age.Another factor is racial background. For example, non-Hispanic Asian men tend to be lighter, but also shorter, on average, than black, white, or Mexican-American men.Age group (years)Average weight (pounds)Average height (inches)20-29196.969.340-59200.969.260 and over194.768.3all groups197.669.2Table 1. Average weight and height for U.S. men aged over 20 years, according to age group.Racial groupAverage weight (pounds)Average height (inches)non-Hispanic white202.269.8non-Hispanic black197.769.1non-Hispanic Asian161.166.8Hispanic190.566.7Mexican-American190.466.5all groups197.669.2Table 2. Average weight and height for U.S. men aged over 20 years according to race.Average weight globallyAt a global level, average weight changes according to country and region.For instance, North Americans are heavier on average than people from any other geographic region, whereas people in Asia are the lightest, on average, compared to people in all other parts of the world.This is based on a study that combines data from both men and women.World regionAverage weight (pounds)Africa133.5Asia126.9Europe155.8Latin America and the Caribbean149.4North America177.5Oceania163.0World136.4Table 3. Average weight in adults (men and woman combined) by world regionIdeal weight varies from person-to-person and depends on height, build, and age.The most widely used method for determining a healthy weight is the body mass index or BMI. This measurement uses height and weight to estimate the proportion of body fat in an individual.Despite being only an estimate, BMI corresponds reasonably well with more direct approaches for measuring body fat.Normally, it provides a good indication as to whether an individual is overweight or underweight for their height. It is also quick, easy, and cheap to perform.Anyone who knows their height and weight can work out their BMI using this online calculator or by consulting these tables. Alternatively, BMI can be calculated manually by using one of the following formulae:weight in kilograms divided by height in meters squared, or kg/m2weight in pounds divided by height in inches squared and multiplied by 703, or lbs/inches2 x 703BMIs are interpreted differently for children and teenagers. However, for adults aged 20 years and older, a BMI below 18.5 is considered underweight18.5 to 24.9 is considered a healthy weight25 to 29.9 is considered overweightover 30 is considered obeseBased on a BMI of 18.5 to 24.9, this table gives a rough guide to the ideal weight for an average adult man of a specific height:Height (inches)Ideal weight (pounds)58 (4'10")91-11859 (4'11")94-12360 (5'0")97-12761 (5'1")100-13162 (5'2")104-13563 (5'3")107-14064 (5'4")110-14465 (5'5")114-14966 (5'6")118-15467 (5'7")121-15868 (5'8")125-16369 (5'9")128-16870 (5'10")132-17371 (5'11")136-17872 (6'0")140-18373 (6'1")144-18874 (6'2")148-19375 (6'3")152-19976 (6'4")156-204Table 4. Ideal weight range based on height and a BMI of 18.5 to 24.9.Unfortunately, BMI does have its limitations. It tends to overestimate or underestimate body fat in certain groups of people. For instance, at the same BMI:men, on average, have less body fat than womenAsian people, on average, have more body fat than white peoplewhite people, on average, have more body fat than black peopleA high BMI can also result from being lean or muscular, such as in the case of an athlete. This is because muscle is denser and weighs more than fat.BMI can also underestimate body fat in older people or those who have lost muscle or bone mass.As mentioned earlier, the average weight for a group of people is not the same as a healthy weight.If the average U.S. man weighs 195.7 pounds and stands 5 feet 9 tall, then his BMI is 28.9. That puts him firmly in the overweight category.According to CDC data from 2011-2014, 73 percent of men and 66.2 percent of women in the US were estimated to be overweight or obese based on their BMI. These figures were just 60.9 and 51.4 percent for 1988-1994. Upward trends in weight have also been observed in other developed nations.Being overweight or obese puts a person at greater risk of developing:Share on PinterestSetting specific and achievable goals, such as jogging twice a week, is a good way to reach or maintain an ideal weight.It is usually recommended that people with a BMI above 30 should try to lose weight. People with a BMI between 25 and 29.9 should try to prevent further weight gain. However, they should also try to lose weight if they have two or more of the following risk factors:family history of heart disease or diabeteshigh blood pressure, high LDL or low HDL cholesterol, high triglycerides, diabetesa waist circumference greater than 40 inches for men or 35 inches for womenEven losing a small amount of weight can improve overall health, lower blood pressure, and reduce the risk of developing other conditions.A doctor can advise on whether a person needs to lose weight or simply stop gaining it. They may also be able to help formulate a weight loss plan or be able to provide access to other professional advice and resources.General tips for reaching and maintaining an ideal weight include:Setting specific and achievable goals"Exercise more" and "eat less" are too vague, whereas "run 10 miles every day" or "lose 10 pounds each week" might be unrealistic.Committing to walking for 30 minutes each day or losing 1 to 2 pounds a week, for example, would be far more sensible goals.Regular exercisePeople should aim to get at least 150 minutes of moderately intense physical activity each week. The exercise should raise the heart rate and cause sweating.Cycling, swimming, brisk walking, running, dancing, tennis, and soccer are all examples of suitable alternative or additional activities. If possible, an individual should aim for 60-90 minutes of exercise a day.Reduce portion sizesPeople can try using smaller plates or replacing half of a normal meal with fruit and vegetables. Or aim to reduce consumption by 500 calories per day. Planning meals in advance can help with this.Eat healthyThose wanting to lose weight should focus on eating more fruit, vegetables, and whole grains. Also, they should aim to eat leaner meats and get protein from healthier sources, such as poultry, fish, beans, eggs, and nuts.Replacing sugary drinks with water or drinking unsweetened tea and coffee is also helpful while also limiting alcohol.Calculating BMI can help men determine their ideal weight range. Reaching and maintaining that range can improve health and reduce the risk of developing conditions associated with being overweight or obese. Last medically reviewed on February 14, 2018Men's HealthObesity / Weight Loss / Fitness

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