

**Table 1: Body mass for Canadian children aged 7–13 years from 4 national surveys**

Survey	Age, yr: mean body mass (and SD), kg						
	7	8	9	10	11	12	13
<b>Boys</b>							
CAHPER, 1966	25.7 (3.7) <i>n</i> = 95	27.7 (3.8) <i>n</i> = 101	30.5 (4.4) <i>n</i> = 119	33.7 (6.4) <i>n</i> = 101	37.7 (6.5) <i>n</i> = 122	42.2 (8.7) <i>n</i> = 101	47.1 (10.3) <i>n</i> = 110
CFS, 1981	24.4 (3.5) <i>n</i> = 140	28.4 (5.4) <i>n</i> = 144	31.1 (5.4) <i>n</i> = 147	35.0 (6.5) <i>n</i> = 155	38.4 (8.2) <i>n</i> = 155	42.5 (8.0) <i>n</i> = 152	48.0 (8.2) <i>n</i> = 153
CSWB, 1988	24.1 (3.4) <i>n</i> = 8	30.6 (6.7) <i>n</i> = 7	32.2 (5.0) <i>n</i> = 6	36.4 (6.3) <i>n</i> = 20	39.5 (9.2) <i>n</i> = 17	45.1 (8.1) <i>n</i> = 15	49.8 (10.1) <i>n</i> = 18
NLSCY, 1996	26.1 (5.0) <i>n</i> = 667	29.0 (5.8) <i>n</i> = 660	33.5 (7.7) <i>n</i> = 656	36.1 (7.3) <i>n</i> = 670	41.6 (8.6) <i>n</i> = 678	47.7 (9.5) <i>n</i> = 460	52.9 (9.2) <i>n</i> = 547
<b>Girls</b>							
CAHPER, 1966	24.9 (4.6) <i>n</i> = 96	27.2 (5.0) <i>n</i> = 114	30.1 (4.9) <i>n</i> = 104	33.5 (5.9) <i>n</i> = 103	36.2 (6.2) <i>n</i> = 101	43.1 (9.5) <i>n</i> = 101	49.8 (8.9) <i>n</i> = 89
CFS, 1981	24.8 (4.0) <i>n</i> = 132	28.3 (5.1) <i>n</i> = 135	30.9 (5.5) <i>n</i> = 139	35.6 (7.0) <i>n</i> = 147	38.0 (8.4) <i>n</i> = 147	43.5 (8.6) <i>n</i> = 145	48.8 (8.7) <i>n</i> = 147
CSWB, 1988	24.9 (4.6) <i>n</i> = 6	28.7 (7.6) <i>n</i> = 6	36.7 (10.8) <i>n</i> = 10	36.2 (9.0) <i>n</i> = 13	41.5 (7.5) <i>n</i> = 17	46.4 (10.6) <i>n</i> = 15	54.3 (9.9) <i>n</i> = 16
NLSCY, 1996	25.0 (4.8) <i>n</i> = 648	28.9 (5.9) <i>n</i> = 621	32.0 (6.7) <i>n</i> = 598	36.3 (7.5) <i>n</i> = 625	40.7 (8.3) <i>n</i> = 631	46.7 (8.6) <i>n</i> = 520	51.3 (9.3) <i>n</i> = 558

Note: SD = standard deviation, CAHPER = Canadian Association for Health, Physical Education and Recreation,<sup>21</sup> CFS = Canada Fitness Survey,<sup>14</sup> CSWB = Campbell's Survey on the Well-being of Canadians,<sup>13</sup> NLSCY = National Longitudinal Survey of Children and Youth.<sup>17</sup>

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