

Table 11.
Means, standard deviations, and percentiles of total upper arm area
(cm²) by age (yrs) for White males and females of 1 to 74 years

Age (yrs)	N	Mean	SD	Percentiles								
				5	10	15	25	50	75	85	90	95
Males												
1.0-1.9	508	20.7	3.2	16.3	17.2	17.7	18.4	20.4	22.7	24.1	25.2	26.4
2.0-2.9	508	21.7	4.4	16.3	17.4	18.4	19.1	21.1	23.5	24.6	25.8	27.5
3.0-3.9	539	22.9	4.3	18.1	18.6	19.4	20.4	22.5	24.6	26.1	26.9	28.7
4.0-4.9	547	23.8	3.9	18.6	19.4	20.1	20.9	23.5	25.8	27.2	28.7	29.9
5.0-5.9	534	25.3	5.7	18.9	20.1	20.6	21.9	24.4	27.5	29.0	30.6	33.4
6.0-6.9	231	27.0	6.7	19.9	20.6	21.4	22.7	25.8	29.0	31.2	33.8	41.0
7.0-7.9	240	29.4	6.4	20.9	22.5	23.3	24.9	28.1	32.2	35.1	38.9	41.7
8.0-8.9	240	31.3	8.0	21.7	23.5	24.6	26.6	29.6	33.4	37.1	41.4	47.4
9.0-9.9	242	35.4	9.9	24.4	25.8	26.9	29.0	32.8	38.9	43.9	49.3	53.8
10.0-10.9	268	39.1	11.3	26.4	27.8	29.0	31.2	36.4	42.8	49.3	54.6	61.9
11.0-11.9	248	43.1	14.1	27.5	29.6	31.2	33.4	39.6	48.2	54.2	61.5	70.7
12.0-12.9	273	46.3	13.4	29.9	32.2	34.1	37.1	42.8	51.7	59.3	64.6	74.0
13.0-13.9	268	50.6	13.8	31.8	36.1	38.5	41.4	48.5	56.7	63.3	69.3	76.5
14.0-14.9	286	56.5	16.5	37.8	41.0	43.2	45.5	53.8	63.7	67.9	72.6	83.0
15.0-15.9	288	59.8	14.8	39.6	42.8	45.1	50.1	58.4	66.5	72.1	77.5	84.1
16.0-16.9	279	66.4	15.9	45.8	48.9	52.2	56.3	62.8	75.5	82.5	88.2	95.8
17.0-17.9	267	68.4	16.5	47.8	50.1	54.2	58.0	65.5	75.5	83.0	88.2	94.7
18.0-24.9	1467	77.9	17.3	54.6	58.9	61.5	66.0	75.5	87.2	94.2	100.3	110.1
25.0-29.9	1072	83.1	17.8	58.4	63.3	66.0	71.1	81.0	93.1	99.7	106.0	115.5
30.0-34.9	797	86.1	17.1	61.5	66.0	68.8	74.0	84.1	96.9	102.0	106.6	116.1
35.0-39.9	733	86.7	16.7	61.9	66.5	70.2	75.0	85.6	96.9	103.7	107.2	114.3
40.0-44.9	723	87.0	16.5	63.3	66.9	70.7	76.5	85.6	96.4	102.6	106.6	114.3
45.0-49.9	748	86.1	17.3	59.7	65.5	69.3	75.0	85.1	96.4	103.1	107.8	115.5
50.0-54.9	767	84.0	16.7	58.9	64.2	67.9	72.6	83.0	93.6	100.9	106.0	113.7
55.0-59.9	695	83.6	16.4	57.2	62.8	67.9	73.5	83.0	93.1	98.6	103.7	111.3
60.0-64.9	1123	81.9	17.2	56.7	61.5	65.1	70.2	81.5	92.0	98.0	102.0	109.5
65.0-69.9	1488	77.7	16.5	50.9	57.2	61.5	67.4	77.5	87.7	94.2	98.0	106.0
70.0-74.9	1051	75.5	16.1	50.1	55.0	59.3	65.1	75.0	84.6	90.4	95.3	102.6
Females												
1.0-1.9	470	19.8	3.2	14.9	16.0	16.5	17.7	19.6	21.7	23.0	23.8	25.5
2.0-2.9	483	21.1	3.4	16.3	17.2	17.9	18.9	20.6	23.0	24.1	25.8	27.2
3.0-3.9	509	22.3	3.7	16.7	18.1	18.6	19.9	21.9	24.4	26.1	26.9	28.7
4.0-4.9	521	23.4	3.8	18.1	19.1	19.9	20.9	23.3	25.8	27.2	28.4	29.9
5.0-5.9	504	25.3	5.1	18.9	19.9	20.9	21.9	24.4	27.2	29.6	31.8	34.4
6.0-6.9	218	26.7	5.8	19.6	20.9	21.7	23.0	25.5	29.0	31.8	33.8	38.9
7.0-7.9	245	29.4	7.4	21.4	22.2	23.3	24.4	27.5	32.2	35.4	37.8	43.6
8.0-8.9	220	32.9	9.7	22.7	23.5	24.6	26.9	30.3	36.1	39.9	43.2	50.9
9.0-9.9	247	36.9	10.5	25.2	26.6	28.1	29.9	35.1	39.6	47.0	50.9	57.6
10.0-10.9	266	38.1	10.8	25.2	26.9	28.4	30.6	35.8	43.6	48.5	52.6	58.9
11.0-11.9	229	43.9	13.9	28.1	30.6	31.8	34.1	39.9	50.5	55.9	61.9	73.1
12.0-12.9	247	46.4	12.4	30.3	32.8	34.4	37.1	44.7	52.6	58.9	62.8	68.8
13.0-13.9	276	50.9	16.3	31.8	34.4	36.8	39.6	47.0	56.7	64.6	72.1	88.8
14.0-14.9	287	54.6	14.9	35.8	39.2	42.1	45.5	50.5	60.6	69.7	76.0	82.5
15.0-15.9	234	54.3	14.9	36.4	39.6	42.1	45.5	50.9	61.1	66.0	71.6	81.5
16.0-16.9	284	57.7	15.2	38.9	42.1	44.3	47.0	54.2	64.2	71.1	78.5	85.6
17.0-17.9	223	60.6	18.9	39.2	42.5	44.7	47.8	58.0	67.4	75.0	83.5	95.8
18.0-24.9	2060	61.0	18.3	40.3	43.2	45.8	49.3	57.2	67.4	75.5	82.0	95.8
25.0-29.9	1617	64.9	20.2	42.5	45.5	47.8	51.3	59.7	72.6	82.0	90.9	106.0
30.0-34.9	1371	70.0	23.2	45.1	48.5	51.3	55.0	64.2	78.0	89.3	99.7	114.3
35.0-39.9	1197	72.2	23.5	46.6	50.5	52.6	55.9	66.9	80.5	93.1	102.6	117.3
40.0-44.9	1141	73.8	23.5	46.6	51.3	54.2	58.0	68.3	83.5	96.9	105.4	115.5
45.0-49.9	831	76.2	24.1	46.6	51.7	54.6	59.3	71.1	87.7	98.6	108.9	122.9
50.0-54.9	862	77.1	22.2	48.9	53.8	56.7	61.9	73.1	87.2	99.2	107.8	118.0
55.0-59.9	756	79.2	24.4	48.9	53.8	56.7	62.8	74.5	90.9	104.9	111.3	124.2
60.0-64.9	1227	79.3	23.9	49.7	54.2	58.4	63.7	74.5	90.9	100.3	109.5	123.5
65.0-69.9	1648	76.6	22.6	47.0	52.6	56.3	61.5	73.1	87.2	96.9	104.3	116.7
70.0-74.9	1261	75.1	21.8	45.1	50.9	55.0	60.6	72.6	86.7	94.7	102.0	110.7