

Bảng tra cứu Tình trạng Dinh dưỡng theo Z-Score của trẻ GÁI 0 - 19 tuổi (theo 3 chỉ số: W/A; (L/A) H/A; BMI/A)

Tuổi (Năm : Tháng)	Tháng	(Cân theo Tuổi)-GÁI							(Cao theo Tuổi)-GÁI							(BMI theo Tuổi)-GÁI						
		-3 SD	Bình thường					3 SD	-3 SD	Bình thường (trẻ ≤2tuổi: đo chiều dài năm; trẻ >2tuổi: đo chiều cao đứng)					3 SD	-3 SD	Trẻ 0- <5 tuổi: Bình thường: -2SD<=Z-Score<=2SD Trẻ 5-19 tuổi: Bình thường: -2SD<=Z-Score<=1SD					3 SD
			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD	
0:00	0	2.0	2.4	2.8	3.2	3.7	4.2	4.8	43.6	45.4	47.3	49.1	51.0	52.9	54.7	10.1	11.1	12.2	13.3	14.6	16.1	17.7
0:01	1	2.7	3.2	3.6	4.2	4.8	5.5	6.2	47.8	49.8	51.7	53.7	55.6	57.6	59.5	10.8	12.0	13.2	14.6	16.0	17.5	19.1
0:02	2	3.4	3.9	4.5	5.1	5.8	6.6	7.5	51.0	53.0	55.0	57.1	59.1	61.1	63.2	11.8	13.0	14.3	15.8	17.3	19.0	20.7
0:03	3	4.0	4.5	5.2	5.8	6.6	7.5	8.5	53.5	55.6	57.7	59.8	61.9	64.0	66.1	12.4	13.6	14.9	16.4	17.9	19.7	21.5
0:04	4	4.4	5.0	5.7	6.4	7.3	8.2	9.3	55.6	57.8	59.9	62.1	64.3	66.4	68.6	12.7	13.9	15.2	16.7	18.3	20.0	22.0
0:05	5	4.8	5.4	6.1	6.9	7.8	8.8	10.0	57.4	59.6	61.8	64.0	66.2	68.5	70.7	12.9	14.1	15.4	16.8	18.4	20.2	22.2
0:06	6	5.1	5.7	6.5	7.3	8.2	9.3	10.6	58.9	61.2	63.5	65.7	68.0	70.3	72.5	13.0	14.1	15.5	16.9	18.5	20.3	22.3
0:07	7	5.3	6.0	6.8	7.6	8.6	9.8	11.1	60.3	62.7	65.0	67.3	69.6	71.9	74.2	13.0	14.2	15.5	16.9	18.5	20.3	22.3
0:08	8	5.6	6.3	7.0	7.9	9.0	10.2	11.6	61.7	64.0	66.4	68.7	71.1	73.5	75.8	13.0	14.1	15.4	16.8	18.4	20.2	22.2
0:09	9	5.8	6.5	7.3	8.2	9.3	10.5	12.0	62.9	65.3	67.7	70.1	72.6	75.0	77.4	12.9	14.1	15.3	16.7	18.3	20.1	22.1
0:10	10	5.9	6.7	7.5	8.5	9.6	10.9	12.4	64.1	66.5	69.0	71.5	73.9	76.4	78.9	12.9	14.0	15.2	16.6	18.2	19.9	21.9
0:11	11	6.1	6.9	7.7	8.7	9.9	11.2	12.8	65.2	67.7	70.3	72.8	75.3	77.8	80.3	12.8	13.9	15.1	16.5	18.0	19.8	21.8
1:00	12	6.3	7.0	7.9	8.9	10.1	11.5	13.1	66.3	68.9	71.4	74.0	76.6	79.2	81.7	12.7	13.8	15.0	16.4	17.9	19.6	21.6
1:01	13	6.4	7.2	8.1	9.2	10.4	11.8	13.5	67.3	70.0	72.6	75.2	77.8	80.5	83.1	12.6	13.7	14.9	16.2	17.7	19.5	21.4
1:02	14	6.6	7.4	8.3	9.4	10.6	12.1	13.8	68.3	71.0	73.7	76.4	79.1	81.7	84.4	12.6	13.6	14.8	16.1	17.6	19.3	21.3
1:03	15	6.7	7.6	8.5	9.6	10.9	12.4	14.1	69.3	72.0	74.8	77.5	80.2	83.0	85.7	12.5	13.5	14.7	16.0	17.5	19.2	21.1
1:04	16	6.9	7.7	8.7	9.8	11.1	12.6	14.5	70.2	73.0	75.8	78.6	81.4	84.2	87.0	12.4	13.5	14.6	15.9	17.4	19.1	21.0
1:00	17	7.0	7.9	8.9	10.0	11.4	12.9	14.8	71.1	74.0	76.8	79.7	82.5	85.4	88.2	12.4	13.4	14.5	15.8	17.3	18.9	20.9
1:06	18	7.2	8.1	9.1	10.2	11.6	13.2	15.1	72.0	74.9	77.8	80.7	83.6	86.5	89.4	12.3	13.3	14.4	15.7	17.2	18.8	20.8
1:07	19	7.3	8.2	9.2	10.4	11.8	13.5	15.4	72.8	75.8	78.8	81.7	84.7	87.6	90.6	12.3	13.3	14.4	15.7	17.1	18.8	20.7
1:08	20	7.5	8.4	9.4	10.6	12.1	13.7	15.7	73.7	76.7	79.7	82.7	85.7	88.7	91.7	12.2	13.2	14.3	15.6	17.0	18.7	20.6
1:09	21	7.6	8.6	9.6	10.9	12.3	14.0	16.0	74.5	77.5	80.6	83.7	86.7	89.8	92.9	12.2	13.2	14.3	15.5	17.0	18.6	20.5
1:10	22	7.8	8.7	9.8	11.1	12.5	14.3	16.4	75.2	78.4	81.5	84.6	87.7	90.8	94.0	12.2	13.1	14.2	15.5	16.9	18.5	20.4
1:11	23	7.9	8.9	10.0	11.3	12.8	14.6	16.7	76.0	79.2	82.3	85.5	88.7	91.9	95.0	12.2	13.1	14.2	15.4	16.9	18.5	20.4
2:00	24	8.1	9.0	10.2	11.5	13.0	14.8	17.0	76.7	80.0	83.2	86.4	89.6	92.9	96.1	12.1	13.1	14.2	15.4	16.8	18.4	20.3
2:00	24								76.0	79.3	82.5	85.7	88.9	92.2	95.4	12.4	13.3	14.4	15.7	17.1	18.7	20.6
2:01	25	8.2	9.2	10.3	11.7	13.3	15.1	17.3	76.8	80.0	83.3	86.6	89.9	93.1	96.4	12.4	13.3	14.4	15.7	17.1	18.7	20.6
2:02	26	8.4	9.4	10.5	11.9	13.5	15.4	17.7	77.5	80.8	84.1	87.4	90.8	94.1	97.4	12.3	13.3	14.4	15.6	17.0	18.7	20.6
2:03	27	8.5	9.5	10.7	12.1	13.7	15.7	18.0	78.1	81.5	84.9	88.3	91.7	95.0	98.4	12.3	13.3	14.4	15.6	17.0	18.6	20.5
2:04	28	8.6	9.7	10.9	12.3	14.0	16.0	18.3	78.8	82.2	85.7	89.1	92.5	96.0	99.4	12.3	13.3	14.3	15.6	17.0	18.6	20.5
2:05	29	8.8	9.8	11.1	12.5	14.2	16.2	18.7	79.5	82.9	86.4	89.9	93.4	96.9	100.3	12.3	13.2	14.3	15.6	17.0	18.6	20.4
2:06	30	8.9	10.0	11.2	12.7	14.4	16.5	19.0	80.1	83.6	87.1	90.7	94.2	97.7	101.3	12.3	13.2	14.3	15.5	16.9	18.5	20.4
2:07	31	9.0	10.1	11.4	12.9	14.7	16.8	19.3	80.7	84.3	87.9	91.4	95.0	98.6	102.2	12.2	13.2	14.3	15.5	16.9	18.5	20.4
2:08	32	9.1	10.3	11.6	13.1	14.9	17.1	19.6	81.3	84.9	88.6	92.2	95.8	99.4	103.1	12.2	13.2	14.3	15.5	16.9	18.5	20.4
2:09	33	9.3	10.4	11.7	13.3	15.1	17.3	20.0	81.9	85.6	89.3	92.9	96.6	100.3	103.9	12.2	13.1	14.2	15.5	16.9	18.5	20.3
2:10	34	9.4	10.5	11.9	13.5	15.4	17.6	20.3	82.5	86.2	89.9	93.6	97.4	101.1	104.8	12.2	13.1	14.2	15.4	16.8	18.5	20.3
2:11	35	9.5	10.7	12.0	13.7	15.6	17.9	20.6	83.1	86.8	90.6	94.4	98.1	101.9	105.6	12.1	13.1	14.2	15.4	16.8	18.4	20.3
3:00	36	9.6	10.8	12.2	13.9	15.8	18.1	20.9	83.6	87.4	91.2	95.1	98.9	102.7	106.5	12.1	13.1	14.2	15.4	16.8	18.4	20.3
3:01	37	9.7	10.9	12.4	14.0	16.0	18.4	21.3	84.2	88.0	91.9	95.7	99.6	103.4	107.3	12.1	13.1	14.1	15.4	16.8	18.4	20.3
3:02	38	9.8	11.1	12.5	14.2	16.3	18.7	21.6	84.7	88.6	92.5	96.4	100.3	104.2	108.1	12.1	13.0	14.1	15.4	16.8	18.4	20.3
3:03	39	9.9	11.2	12.7	14.4	16.5	19.0	22.0	85.3	89.2	93.1	97.1	101.0	105.0	108.9	12.0	13.0	14.1	15.3	16.8	18.4	20.3
3:04	40	10.1	11.3	12.8	14.6	16.7	19.2	22.3	85.8	89.8	93.8	97.7	101.7	105.7	109.7	12.0	13.0	14.1	15.3	16.8	18.4	20.3
3:05	41	10.2	11.5	13.0	14.8	16.9	19.5	22.7	86.3	90.4	94.4	98.4	102.4	106.4	110.5	12.0	13.0	14.1	15.3	16.8	18.4	20.4
3:06	42	10.3	11.6	13.1	15.0	17.2	19.8	23.0	86.8	90.9	95.0	99.0	103.1	107.2	111.2	12.0	12.9	14.0	15.3	16.8	18.4	20.4
3:07	43	10.4	11.7	13.3	15.2	17.4	20.1	23.4	87.4	91.5	95.6	99.7	103.8	107.9	112.0	11.9	12.9	14.0	15.3	16.8	18.4	20.4
3:08	44	10.5	11.8	13.4	15.3	17.6	20.4	23.7	87.9	92.0	96.2	100.3	104.5	108.6	112.7	11.9	12.9	14.0	15.3	16.8	18.5	20.4
3:09	45	10.6	12.0	13.6	15.5	17.8	20.7	24.1	88.4	92.5	96.7	100.9	105.1	109.3	113.5	11.9	12.9	14.0	15.3	16.8	18.5	20.5
3:10	46	10.7	12.1	13.7	15.7	18.1	20.9	24.5	88.9	93.1	97.3	101.5	105.8	110.0	114.2	11.9	12.9	14.0	15.3	16.8	18.5	20.5
3:11	47	10.8	12.2	13.9	15.9	18.3	21.2	24.8	89.3	93.6	97.9	102.1	106.4	110.7	114.9	11.8	12.8	14.0	15.3	16.8	18.5	20.5
4:00	48	10.9	12.3	14.0	16.1	18.5	21.5	25.2	89.8	94.1	98.4	102.7	107.0	111.3	115.7	11.8	12.8	14.0	15.3	16.8	18.5	20.6
4:01	49	11.0	12.4	14.2	16.3	18.8	21.8	25.5	90.3	94.6	99.0	103.3	107.7	112.0	116.4	11.8	12.8	13.9	15.3	16.8	18.5	20.6
4:02	50	11.1	12.6	14.3	16.4	19.0	22.1	25.9	90.7	95.1	99.5	103.9	108.3	112.7	117.1	11.8	12.8	13.9	15.3	16.8	18.6	20.7
4:03	51	11.2	12.7	14.5	16.6	19.2	22.4	26.3	91.2	95.6	100.1	104.5	108.9	113.3	117.7	11.8	12.8	13.9	15.3	16.8	18.6	20.7
4:04	52	11.3	12.8	14.6	16.8	19.4	22.6	26.6	91.7	96.1	100.6	105.0	109.5	114.0	118.4	11.7	12.8	13.9	15.2	16.8	18.6	20.7
4:05	53	11.4	12.9	14.8	17.0	19.7	22.9	27.0	92.1	96.6	101.1	105.6	110.1	114.6	119.1	11.7	12.7	13.9	15.3	16.8	18.6	20.8
4:06	54	11.5	13.0	14.9	17.2	19.9	23.2	27.4	92.6	97.1	101.6	106.2	110.7	115.2	119.8	11.7	12.7	13.9	15.3	16.8	18.7	20.8

Tuổi (Năm : Tháng)	Tháng	(Cân theo Tuổi)-GÁI							(Cao theo Tuổi)-GÁI							(BMI theo Tuổi)-GÁI						
		-3 SD	Bình thường					3 SD	-3 SD	Bình thường (trẻ ≤2tuổi: đo chiều dài nằm; trẻ >2tuổi: đo chiều cao đứng)					3 SD	-3 SD	Trẻ 0- <5 tuổi: Bình thường: -2SD≤Z-Score≤2SD Trẻ 5-19 tuổi: Bình thường: -2SD≤Z-Score≤1SD					3 SD
			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD	
4:07	55	11.6	13.2	15.1	17.3	20.1	23.5	27.7	93.0	97.6	102.2	106.7	111.3	115.9	120.4	11.7	12.7	13.9	15.3	16.8	18.7	20.9
4:08	56	11.7	13.3	15.2	17.5	20.3	23.8	28.1	93.4	98.1	102.7	107.3	111.9	116.5	121.1	11.7	12.7	13.9	15.3	16.8	18.7	20.9
4:09	57	11.8	13.4	15.3	17.7	20.6	24.1	28.5	93.9	98.5	103.2	107.8	112.5	117.1	121.8	11.7	12.7	13.9	15.3	16.9	18.7	21.0
4:10	58	11.9	13.5	15.5	17.9	20.8	24.4	28.8	94.3	99.0	103.7	108.4	113.0	117.7	122.4	11.7	12.7	13.9	15.3	16.9	18.8	21.0
4:11	59	12.0	13.6	15.6	18.0	21.0	24.6	29.2	94.7	99.5	104.2	108.9	113.6	118.3	123.1	11.6	12.7	13.9	15.3	16.9	18.8	21.0
5:00	60	12.1	13.7	15.8	18.2	21.2	24.9	29.5	95.2	99.9	104.7	109.4	114.2	118.9	123.7	11.6	12.7	13.9	15.3	16.9	18.8	21.1
5:01	61	12.4	14.0	15.9	18.3	21.2	24.8	29.5	95.3	100.1	104.8	109.6	114.4	119.1	123.9	11.8	12.7	13.9	15.2	16.9	18.9	21.3
5:02	62	12.5	14.1	16.0	18.4	21.4	25.1	29.8	95.7	100.5	105.3	110.1	114.9	119.7	124.5	11.8	12.7	13.9	15.2	16.9	18.9	21.4
5:03	63	12.6	14.2	16.2	18.6	21.6	25.4	30.2	96.1	101.0	105.8	110.6	115.5	120.3	125.2	11.8	12.7	13.9	15.2	16.9	18.9	21.5
5:04	64	12.7	14.3	16.3	18.8	21.8	25.6	30.5	96.5	101.4	106.3	111.2	116.0	120.9	125.8	11.8	12.7	13.9	15.2	16.9	18.9	21.5
5:05	65	12.8	14.4	16.5	19.0	22.0	25.9	30.9	97.0	101.9	106.8	111.7	116.6	121.5	126.4	11.7	12.7	13.9	15.2	16.9	19.0	21.6
5:06	66	12.9	14.6	16.6	19.1	22.2	26.2	31.3	97.4	102.3	107.2	112.2	117.1	122.0	127.0	11.7	12.7	13.9	15.2	16.9	19.0	21.7
5:07	67	13.0	14.7	16.8	19.3	22.5	26.5	31.6	97.8	102.7	107.7	112.7	117.6	122.6	127.6	11.7	12.7	13.9	15.2	16.9	19.0	21.7
5:08	68	13.1	14.8	16.9	19.5	22.7	26.7	32.0	98.2	103.2	108.2	113.2	118.2	123.2	128.2	11.7	12.7	13.9	15.3	17.0	19.1	21.8
5:09	69	13.2	14.9	17.0	19.6	22.9	27.0	32.3	98.6	103.6	108.6	113.7	118.7	123.7	128.8	11.7	12.7	13.9	15.3	17.0	19.1	21.9
5:10	70	13.3	15.0	17.2	19.8	23.1	27.3	32.7	99.0	104.0	109.1	114.2	119.2	124.3	129.3	11.7	12.7	13.9	15.3	17.0	19.1	22.0
5:11	71	13.4	15.2	17.3	20.0	23.3	27.6	33.1	99.4	104.5	109.6	114.6	119.7	124.8	129.9	11.7	12.7	13.9	15.3	17.0	19.2	22.1
6:00	72	13.5	15.3	17.5	20.2	23.5	27.8	33.4	99.8	104.9	110.0	115.1	120.2	125.4	130.5	11.7	12.7	13.9	15.3	17.0	19.2	22.1
6:01	73	13.6	15.4	17.6	20.3	23.8	28.1	33.8	100.2	105.3	110.5	115.6	120.8	125.9	131.1	11.7	12.7	13.9	15.3	17.0	19.3	22.2
6:02	74	13.7	15.5	17.8	20.5	24.0	28.4	34.2	100.5	105.7	110.9	116.1	121.3	126.4	131.6	11.7	12.7	13.9	15.3	17.0	19.3	22.3
6:03	75	13.8	15.6	17.9	20.7	24.2	28.7	34.6	100.9	106.1	111.3	116.6	121.8	127.0	132.2	11.7	12.7	13.9	15.3	17.1	19.3	22.4
6:04	76	13.9	15.8	18.0	20.9	24.4	29.0	35.0	101.3	106.6	111.8	117.0	122.3	127.5	132.7	11.7	12.7	13.9	15.3	17.1	19.4	22.5
6:05	77	14.0	15.9	18.2	21.0	24.6	29.3	35.4	101.7	107.0	112.2	117.5	122.8	128.0	133.3	11.7	12.7	13.9	15.3	17.1	19.4	22.6
6:06	78	14.1	16.0	18.3	21.2	24.9	29.6	35.8	102.1	107.4	112.7	118.0	123.3	128.6	133.9	11.7	12.7	13.9	15.3	17.1	19.5	22.7
6:07	79	14.2	16.1	18.5	21.4	25.1	29.9	36.2	102.5	107.8	113.1	118.4	123.8	129.1	134.4	11.7	12.7	13.9	15.3	17.2	19.5	22.8
6:08	80	14.3	16.3	18.6	21.6	25.3	30.2	36.6	102.9	108.2	113.6	118.9	124.3	129.6	135.0	11.7	12.7	13.9	15.3	17.2	19.6	22.9
6:09	81	14.4	16.4	18.8	21.8	25.6	30.5	37.0	103.2	108.6	114.0	119.4	124.8	130.2	135.5	11.7	12.7	13.9	15.4	17.2	19.6	23.0
6:10	82	14.5	16.5	18.9	22.0	25.8	30.8	37.4	103.6	109.0	114.5	119.9	125.3	130.7	136.1	11.7	12.7	13.9	15.4	17.2	19.7	23.1
6:11	83	14.6	16.6	19.1	22.2	26.1	31.1	37.8	104.0	109.5	114.9	120.3	125.8	131.2	136.7	11.7	12.7	13.9	15.4	17.3	19.7	23.2
7:00	84	14.8	16.8	19.3	22.4	26.3	31.4	38.3	104.4	109.9	115.3	120.8	126.3	131.7	137.2	11.8	12.7	13.9	15.4	17.3	19.8	23.3
7:01	85	14.9	16.9	19.4	22.6	26.6	31.8	38.7	104.8	110.3	115.8	121.3	126.8	132.3	137.8	11.8	12.7	13.9	15.4	17.3	19.8	23.4
7:02	86	15.0	17.1	19.6	22.8	26.8	32.1	39.2	105.2	110.7	116.2	121.8	127.3	132.8	138.3	11.8	12.8	14.0	15.4	17.4	19.9	23.5
7:03	87	15.1	17.2	19.8	23.0	27.1	32.5	39.6	105.6	111.1	116.7	122.2	127.8	133.3	138.9	11.8	12.8	14.0	15.5	17.4	20.0	23.6
7:04	88	15.2	17.3	19.9	23.2	27.4	32.8	40.1	106.0	111.6	117.1	122.7	128.3	133.9	139.4	11.8	12.8	14.0	15.5	17.4	20.0	23.7
7:05	89	15.4	17.5	20.1	23.4	27.6	33.1	40.6	106.4	112.0	117.6	123.2	128.8	134.4	140.0	11.8	12.8	14.0	15.5	17.5	20.1	23.9
7:06	90	15.5	17.6	20.3	23.6	27.9	33.5	41.1	106.8	112.4	118.0	123.7	129.3	134.9	140.6	11.8	12.8	14.0	15.5	17.5	20.1	24.0
7:07	91	15.6	17.8	20.5	23.9	28.2	33.9	41.5	107.2	112.8	118.5	124.1	129.8	135.5	141.1	11.8	12.8	14.0	15.5	17.5	20.2	24.1
7:08	92	15.7	17.9	20.7	24.1	28.5	34.2	42.0	107.6	113.2	118.9	124.6	130.3	136.0	141.7	11.8	12.8	14.0	15.6	17.6	20.3	24.2
7:09	93	15.9	18.1	20.9	24.3	28.8	34.6	42.6	108.0	113.7	119.4	125.1	130.8	136.5	142.3	11.8	12.8	14.1	15.6	17.6	20.3	24.4
7:10	94	16.0	18.3	21.0	24.5	29.1	35.0	43.1	108.4	114.1	119.8	125.6	131.3	137.1	142.8	11.9	12.9	14.1	15.6	17.6	20.4	24.5
7:11	95	16.2	18.4	21.2	24.8	29.4	35.4	43.6	108.8	114.5	120.3	126.1	131.8	137.6	143.4	11.9	12.9	14.1	15.7	17.7	20.5	24.6
8:00	96	16.3	18.6	21.4	25.0	29.7	35.8	44.1	109.2	115.0	120.8	126.6	132.4	138.2	143.9	11.9	12.9	14.1	15.7	17.7	20.6	24.8
8:01	97	16.4	18.8	21.6	25.3	30.0	36.2	44.7	109.6	115.4	121.2	127.0	132.9	138.7	144.5	11.9	12.9	14.1	15.7	17.8	20.6	24.9
8:02	98	16.6	18.9	21.8	25.5	30.3	36.6	45.2	110.0	115.8	121.7	127.5	133.4	139.2	145.1	11.9	12.9	14.2	15.7	17.8	20.7	25.1
8:03	99	16.7	19.1	22.0	25.8	30.6	37.0	45.8	110.4	116.3	122.1	128.0	133.9	139.8	145.7	11.9	12.9	14.2	15.8	17.9	20.8	25.2
8:04	100	16.9	19.3	22.3	26.0	30.9	37.4	46.3	110.8	116.7	122.6	128.5	134.4	140.3	146.2	11.9	13.0	14.2	15.8	17.9	20.9	25.3
8:05	101	17.0	19.5	22.5	26.3	31.2	37.8	46.9	111.2	117.1	123.1	129.0	134.9	140.9	146.8	12.0	13.0	14.2	15.8	18.0	20.9	25.5
8:06	102	17.2	19.6	22.7	26.6	31.6	38.3	47.5	111.6	117.6	123.5	129.5	135.5	141.4	147.4	12.0	13.0	14.3	15.9	18.0	21.0	25.6
8:07	103	17.3	19.8	22.9	26.8	31.9	38.7	48.1	112.0	118.0	124.0	130.0	136.0	142.0	147.9	12.0	13.0	14.3	15.9	18.1	21.1	25.8
8:08	104	17.5	20.0	23.1	27.1	32.2	39.1	48.7	112.5	118.5	124.5	130.5	136.5	142.5	148.5	12.0	13.0	14.3	15.9	18.1	21.2	25.9
8:09	105	17.7	20.2	23.3	27.4	32.6	39.6	49.3	112.9	118.9	125.0	131.0	137.0	143.1	149.1	12.0	13.1	14.3	16.0	18.2	21.3	26.1
8:10	106	17.8	20.4	23.6	27.6	32.9	40.0	49.9	113.3	119.4	125.4	131.5	137.5	143.6	149.7	12.1	13.1	14.4	16.0	18.2	21.3	26.2
8:11	107	18.0	20.6	23.8	27.9	33.3	40.5	50.5	113.7	119.8	125.9	132.0	138.1	144.2	150.2	12.1	13.1	14.4	16.1	18.3	21.4	26.4
9:00	108	18.1	20.8	24.0	28.2	33.6	41.0	51.1	114.2	120.3	126.4	132.5	138.6	144.7	150.8	12.1	13.1	14.4	16.1	18.3	21.5	26.5
9:01	109	18.3	21.0	24.3	28.5	34.0	41.4	51.8	114.6	120.7	126.9	133.0	139.1	145.3	151.4	12.1	13.2	14.5	16.1	18.4	21.6	26.7</

Tuổi (Năm : Tháng)	Tháng	(Cân theo Tuổi)-GÁI							(Cao theo Tuổi)-GÁI							(BMI theo Tuổi)-GÁI						
		-3 SD	Bình thường					3 SD	-3 SD	Bình thường (trẻ ≤2tuổi: đo chiều dài nằm; trẻ >2tuổi: đo chiều cao đứng)					3 SD	-3 SD	Trẻ 0- <5 tuổi: Bình thường: -2SD≤Z-Score≤2SD Trẻ 5-19 tuổi: Bình thường: -2SD≤Z-Score≤1SD					3 SD
			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD	
9:05	113	19.0	21.8	25.2	29.7	35.5	43.3	54.4	116.3	122.6	128.8	135.0	141.3	147.5	153.7	12.2	13.3	14.6	16.3	18.6	21.9	27.3
9:06	114	19.2	22.0	25.5	30.0	35.9	43.8	55.0	116.8	123.0	129.3	135.5	141.8	148.1	154.3	12.2	13.3	14.6	16.3	18.7	22.0	27.5
9:07	115	19.4	22.2	25.7	30.3	36.2	44.3	55.7	117.2	123.5	129.8	136.1	142.3	148.6	154.9	12.3	13.3	14.7	16.4	18.7	22.1	27.6
9:08	116	19.5	22.4	26.0	30.6	36.6	44.8	56.4	117.7	124.0	130.3	136.6	142.9	149.2	155.5	12.3	13.4	14.7	16.4	18.8	22.2	27.8
9:09	117	19.7	22.6	26.2	30.9	37.0	45.3	57.1	118.1	124.4	130.8	137.1	143.4	149.7	156.1	12.3	13.4	14.7	16.5	18.8	22.3	27.9
9:10	118	19.9	22.8	26.5	31.2	37.4	45.8	57.8	118.5	124.9	131.2	137.6	144.0	150.3	156.7	12.3	13.4	14.8	16.5	18.9	22.4	28.1
9:11	119	20.1	23.0	26.8	31.5	37.8	46.4	58.5	119.0	125.4	131.7	138.1	144.5	150.9	157.2	12.4	13.4	14.8	16.6	19.0	22.5	28.2
10:00	120	20.3	23.3	27.0	31.9	38.2	46.9	59.2	119.4	125.8	132.2	138.6	145.0	151.4	157.8	12.4	13.5	14.8	16.6	19.0	22.6	28.4
10:01									119.9	126.3	132.7	139.2	145.6	152.0	158.4	12.4	13.5	14.9	16.7	19.1	22.7	28.5
10:02									120.4	126.8	133.2	139.7	146.1	152.6	159.0	12.4	13.5	14.9	16.7	19.2	22.8	28.7
10:03									120.8	127.3	133.7	140.2	146.7	153.1	159.6	12.5	13.6	15.0	16.8	19.2	22.8	28.8
10:04									121.3	127.8	134.2	140.7	147.2	153.7	160.2	12.5	13.6	15.0	16.8	19.3	22.9	29.0
10:05									121.7	128.2	134.8	141.3	147.8	154.3	160.8	12.5	13.6	15.0	16.9	19.4	23.0	29.1
10:06									122.2	128.7	135.3	141.8	148.3	154.8	161.4	12.5	13.7	15.1	16.9	19.4	23.1	29.3
10:07									122.7	129.2	135.8	142.3	148.8	155.4	162.0	12.6	13.7	15.1	17.0	19.5	23.2	29.4
10:08									123.2	129.7	136.3	142.9	149.4	156.0	162.6	12.6	13.7	15.2	17.0	19.6	23.3	29.6
10:09									123.6	130.2	136.8	143.4	150.0	156.6	163.1	12.6	13.8	15.2	17.1	19.6	23.4	29.7
10:10									124.1	130.7	137.3	143.9	150.5	157.1	163.7	12.7	13.8	15.3	17.1	19.7	23.5	29.9
10:11									124.6	131.2	137.8	144.5	151.1	157.7	164.3	12.7	13.8	15.3	17.2	19.8	23.6	30.0
11:00									125.1	131.7	138.3	145.0	151.6	158.3	164.9	12.7	13.9	15.3	17.2	19.9	23.7	30.2
11:01									125.5	132.2	138.9	145.5	152.2	158.9	165.5	12.8	13.9	15.4	17.3	19.9	23.8	30.3
11:02									126.0	132.7	139.4	146.1	152.7	159.4	166.1	12.8	14.0	15.4	17.4	20.0	23.9	30.5
11:03									126.5	133.2	139.9	146.6	153.3	160.0	166.7	12.8	14.0	15.5	17.4	20.1	24.0	30.6
11:04									127.0	133.7	140.4	147.1	153.8	160.6	167.3	12.9	14.0	15.5	17.5	20.2	24.1	30.8
11:05									127.4	134.2	140.9	147.7	154.4	161.1	167.9	12.9	14.1	15.6	17.5	20.2	24.2	30.9
11:06									127.9	134.7	141.4	148.2	154.9	161.7	168.4	12.9	14.1	15.6	17.6	20.3	24.3	31.1
11:07									128.4	135.2	141.9	148.7	155.5	162.2	169.0	13.0	14.2	15.7	17.7	20.4	24.4	31.2
11:08									128.9	135.7	142.4	149.2	156.0	162.8	169.6	13.0	14.2	15.7	17.7	20.5	24.5	31.4
11:09									129.3	136.1	142.9	149.7	156.5	163.3	170.1	13.0	14.3	15.8	17.8	20.6	24.7	31.5
11:10									129.8	136.6	143.4	150.2	157.1	163.9	170.7	13.1	14.3	15.8	17.9	20.6	24.8	31.6
11:11									130.3	137.1	143.9	150.7	157.6	164.4	171.2	13.1	14.3	15.9	17.9	20.7	24.9	31.8
12:00									130.7	137.6	144.4	151.2	158.1	164.9	171.8	13.2	14.4	16.0	18.0	20.8	25.0	31.9
12:01									131.2	138.0	144.9	151.7	158.6	165.4	172.3	13.2	14.4	16.0	18.1	20.9	25.1	32.0
12:02									131.6	138.5	145.3	152.2	159.1	165.9	172.8	13.2	14.5	16.1	18.1	21.0	25.2	32.2
12:03									132.0	138.9	145.8	152.7	159.5	166.4	173.3	13.3	14.5	16.1	18.2	21.1	25.3	32.3
12:04									132.5	139.3	146.2	153.1	160.0	166.9	173.8	13.3	14.6	16.2	18.3	21.1	25.4	32.4
12:05									132.9	139.8	146.7	153.6	160.5	167.4	174.3	13.3	14.6	16.2	18.3	21.2	25.5	32.6
12:06									133.3	140.2	147.1	154.0	160.9	167.8	174.7	13.4	14.7	16.3	18.4	21.3	25.6	32.7
12:07									133.7	140.6	147.5	154.4	161.3	168.3	175.2	13.4	14.7	16.3	18.5	21.4	25.7	32.8
12:08									134.1	141.0	147.9	154.8	161.8	168.7	175.6	13.5	14.8	16.4	18.5	21.5	25.8	33.0
12:09									134.5	141.4	148.3	155.2	162.2	169.1	176.0	13.5	14.8	16.4	18.6	21.6	25.9	33.1
12:10									134.8	141.8	148.7	155.6	162.6	169.5	176.4	13.5	14.8	16.5	18.7	21.6	26.0	33.2
12:11									135.2	142.1	149.1	156.0	162.9	169.9	176.8	13.6	14.9	16.6	18.7	21.7	26.1	33.3
13:00									135.6	142.5	149.4	156.4	163.3	170.3	177.2	13.6	14.9	16.6	18.8	21.8	26.2	33.4
13:01									135.9	142.8	149.8	156.7	163.7	170.6	177.6	13.6	15.0	16.7	18.9	21.9	26.3	33.6
13:02									136.2	143.2	150.1	157.1	164.0	171.0	177.9	13.7	15.0	16.7	18.9	22.0	26.4	33.7
13:03									136.5	143.5	150.4	157.4	164.3	171.3	178.2	13.7	15.1	16.8	19.0	22.0	26.5	33.8
13:04									136.9	143.8	150.8	157.7	164.7	171.6	178.6	13.8	15.1	16.8	19.1	22.1	26.6	33.9
13:05									137.2	144.1	151.1	158.0	165.0	171.9	178.9	13.8	15.2	16.9	19.1	22.2	26.7	34.0
13:06									137.4	144.4	151.3	158.3	165.3	172.2	179.2	13.8	15.2	16.9	19.2	22.3	26.8	34.1
13:07									137.7	144.7	151.6	158.6	165.6	172.5	179.5	13.9	15.2	17.0	19.3	22.4	26.9	34.2
13:08									138.0	144.9	151.9	158.8	165.8	172.7	179.7	13.9	15.3	17.0	19.3	22.4	27.0	34.3
13:09									138.2	145.2	152.1	159.1	166.0	173.0	179.9	13.9	15.3	17.1	19.4	22.5	27.1	34.4
13:10									138.5	145.4	152.4	159.3	166.3	173.2	180.2	14.0	15.4	17.1	19.4	22.6	27.1	34.5
13:11									138.7	145.7	152.6	159.6	166.5	173.5	180.4	14.0	15.4	17.2	19.5	22.7	27.2	34.6
14:00									139.0	145.9	152.8	159.8	166.7	173.7	180.6	14.0	15.4	17.2	19.6	22.7	27.3	34.7
14:01									139.2	146.1	153.1	160.0	166.9	173.9	180.8	14.1	15.5	17.3	19.6	22.8	27.4	34.7
14:02									139.4	146.3	153.3	160.2	167.1	174.1	181.0	14.1	15.5	17.3	19.7	22.9	27.5	34.8

Tuổi (Năm : Tháng)	Tháng	(Cân theo Tuổi)-GÁI					(Cao theo Tuổi)-GÁI					(BMI theo Tuổi)-GÁI								
		-3 SD	Bình thường				3 SD	-3 SD	Bình thường (trẻ ≤2tuổi: đo chiều dài nằm; trẻ >2tuổi: đo chiều cao đứng)				3 SD	-3 SD	Trẻ 0- <5 tuổi: Bình thường: -2SD≤Z-Score≤2SD Trẻ 5-19 tuổi: Bình thường: -2SD≤Z-Score≤1SD					3 SD
			-2 SD	-1 SD	TB	1 SD			2 SD	-2 SD	-1 SD	TB			1 SD	2 SD	-2 SD	-1 SD	TB	
14:03							139.6	146.5	153.5	160.4	167.3	174.2	181.2	14.1	15.6	17.4	19.7	22.9	27.6	34.9
14:04							139.8	146.7	153.6	160.6	167.5	174.4	181.3	14.1	15.6	17.4	19.8	23.0	27.7	35.0
14:05							140.0	146.9	153.8	160.7	167.7	174.6	181.5	14.2	15.6	17.5	19.9	23.1	27.7	35.1
14:06							140.1	147.1	154.0	160.9	167.8	174.7	181.6	14.2	15.7	17.5	19.9	23.1	27.8	35.1
14:07							140.3	147.2	154.1	161.0	168.0	174.9	181.8	14.2	15.7	17.6	20.0	23.2	27.9	35.2
14:08							140.5	147.4	154.3	161.2	168.1	175.0	181.9	14.3	15.7	17.6	20.0	23.3	28.0	35.3
14:09							140.6	147.5	154.4	161.3	168.2	175.1	182.0	14.3	15.8	17.6	20.1	23.3	28.0	35.4
14:10							140.8	147.7	154.5	161.4	168.3	175.2	182.1	14.3	15.8	17.7	20.1	23.4	28.1	35.4
14:11							140.9	147.8	154.7	161.6	168.4	175.3	182.2	14.3	15.8	17.7	20.2	23.5	28.2	35.5
15:00							141.0	147.9	154.8	161.7	168.5	175.4	182.3	14.4	15.9	17.8	20.2	23.5	28.2	35.5
15:01							141.2	148.0	154.9	161.8	168.6	175.5	182.4	14.4	15.9	17.8	20.3	23.6	28.3	35.6
15:02							141.3	148.1	155.0	161.9	168.7	175.6	182.5	14.4	15.9	17.8	20.3	23.6	28.4	35.7
15:03							141.4	148.2	155.1	162.0	168.8	175.7	182.5	14.4	16.0	17.9	20.4	23.7	28.4	35.7
15:04							141.5	148.3	155.2	162.0	168.9	175.7	182.6	14.5	16.0	17.9	20.4	23.7	28.5	35.8
15:05							141.6	148.4	155.3	162.1	169.0	175.8	182.6	14.5	16.0	17.9	20.4	23.8	28.5	35.8
15:06							141.7	148.5	155.4	162.2	169.0	175.9	182.7	14.5	16.0	18.0	20.5	23.8	28.6	35.8
15:07							141.8	148.6	155.4	162.3	169.1	175.9	182.7	14.5	16.1	18.0	20.5	23.9	28.6	35.9
15:08							141.9	148.7	155.5	162.3	169.1	176.0	182.8	14.5	16.1	18.0	20.6	23.9	28.7	35.9
15:09							141.9	148.7	155.6	162.4	169.2	176.0	182.8	14.5	16.1	18.1	20.6	24.0	28.7	36.0
15:10							142.0	148.8	155.6	162.4	169.2	176.0	182.8	14.6	16.1	18.1	20.6	24.0	28.8	36.0
15:11							142.1	148.9	155.7	162.5	169.3	176.1	182.9	14.6	16.2	18.1	20.7	24.1	28.8	36.0
16:00							142.2	148.9	155.7	162.5	169.3	176.1	182.9	14.6	16.2	18.2	20.7	24.1	28.9	36.1
16:01							142.2	149.0	155.8	162.6	169.3	176.1	182.9	14.6	16.2	18.2	20.7	24.1	28.9	36.1
16:02							142.3	149.1	155.8	162.6	169.4	176.1	182.9	14.6	16.2	18.2	20.8	24.2	29.0	36.1
16:03							142.3	149.1	155.9	162.6	169.4	176.2	182.9	14.6	16.2	18.2	20.8	24.2	29.0	36.1
16:04							142.4	149.2	155.9	162.7	169.4	176.2	182.9	14.6	16.2	18.3	20.8	24.3	29.0	36.2
16:05							142.4	149.2	155.9	162.7	169.4	176.2	182.9	14.6	16.3	18.3	20.9	24.3	29.1	36.2
16:06							142.5	149.2	156.0	162.7	169.5	176.2	182.9	14.7	16.3	18.3	20.9	24.3	29.1	36.2
16:07							142.5	149.3	156.0	162.7	169.5	176.2	182.9	14.7	16.3	18.3	20.9	24.4	29.1	36.2
16:08							142.6	149.3	156.0	162.8	169.5	176.2	182.9	14.7	16.3	18.3	20.9	24.4	29.2	36.2
16:09							142.6	149.4	156.1	162.8	169.5	176.2	182.9	14.7	16.3	18.4	21.0	24.4	29.2	36.3
16:10							142.7	149.4	156.1	162.8	169.5	176.2	182.9	14.7	16.3	18.4	21.0	24.4	29.2	36.3
16:11							142.7	149.4	156.1	162.8	169.5	176.2	182.9	14.7	16.3	18.4	21.0	24.5	29.3	36.3
17:00							142.8	149.5	156.2	162.9	169.5	176.2	182.9	14.7	16.4	18.4	21.0	24.5	29.3	36.3
17:01							142.8	149.5	156.2	162.9	169.6	176.2	182.9	14.7	16.4	18.4	21.1	24.5	29.3	36.3
17:02							142.9	149.5	156.2	162.9	169.6	176.2	182.9	14.7	16.4	18.4	21.1	24.6	29.3	36.3
17:03							142.9	149.6	156.2	162.9	169.6	176.3	182.9	14.7	16.4	18.5	21.1	24.6	29.4	36.3
17:04							142.9	149.6	156.3	162.9	169.6	176.3	182.9	14.7	16.4	18.5	21.1	24.6	29.4	36.3
17:05							143.0	149.6	156.3	162.9	169.6	176.3	182.9	14.7	16.4	18.5	21.1	24.6	29.4	36.3
17:06							143.0	149.7	156.3	163.0	169.6	176.3	182.9	14.7	16.4	18.5	21.2	24.6	29.4	36.3
17:07							143.1	149.7	156.3	163.0	169.6	176.3	182.9	14.7	16.4	18.5	21.2	24.7	29.4	36.3
17:08							143.1	149.7	156.4	163.0	169.6	176.3	182.9	14.7	16.4	18.5	21.2	24.7	29.5	36.3
17:09							143.1	149.8	156.4	163.0	169.6	176.3	182.9	14.7	16.4	18.5	21.2	24.7	29.5	36.3
17:10							143.2	149.8	156.4	163.0	169.7	176.3	182.9	14.7	16.4	18.5	21.2	24.7	29.5	36.3
17:11							143.2	149.8	156.4	163.0	169.7	176.3	182.9	14.7	16.4	18.6	21.2	24.8	29.5	36.3
18:00							143.2	149.8	156.5	163.1	169.7	176.3	182.9	14.7	16.4	18.6	21.3	24.8	29.5	36.3
18:01							143.3	149.9	156.5	163.1	169.7	176.3	182.9	14.7	16.5	18.6	21.3	24.8	29.5	36.3
18:02							143.3	149.9	156.5	163.1	169.7	176.3	182.9	14.7	16.5	18.6	21.3	24.8	29.6	36.3
18:03							143.3	149.9	156.5	163.1	169.7	176.3	182.9	14.7	16.5	18.6	21.3	24.8	29.6	36.3
18:04							143.4	149.9	156.5	163.1	169.7	176.3	182.9	14.7	16.5	18.6	21.3	24.8	29.6	36.3
18:05							143.4	150.0	156.5	163.1	169.7	176.3	182.9	14.7	16.5	18.6	21.3	24.9	29.6	36.2
18:06							143.4	150.0	156.6	163.1	169.7	176.3	182.9	14.7	16.5	18.6	21.3	24.9	29.6	36.2
18:07							143.4	150.0	156.6	163.1	169.7	176.3	182.8	14.7	16.5	18.6	21.4	24.9	29.6	36.2
18:08							143.5	150.0	156.6	163.1	169.7	176.3	182.8	14.7	16.5	18.6	21.4	24.9	29.6	36.2
18:09							143.5	150.0	156.6	163.1	169.7	176.3	182.8	14.7	16.5	18.7	21.4	24.9	29.6	36.2
18:10							143.5	150.0	156.6	163.2	169.7	176.3	182.8	14.7	16.5	18.7	21.4	24.9	29.6	36.2
18:11							143.5	150.1	156.6	163.2	169.7	176.2	182.8	14.7	16.5	18.7	21.4	25.0	29.7	36.2
19:00							143.5	150.1	156.6	163.2	169.7	176.2	182.8	14.7	16.5	18.7	21.4	25.0	29.7	36.2