

TABLE 3

Percentiles for estimates of upper arm fat area (mm²) and upper arm muscle area (mm²) for whites of the United States Health Examination Survey I of 1971 to 1974

| Age group | Arm muscle area percentiles (mm ²) | | | | | | | Arm fat area percentiles (mm ²) | | | | | | |
|----------------|--|------|------|------|------|------|------|---|------|------|------|------|------|------|
| | 5 | 10 | 25 | 50 | 75 | 90 | 95 | 5 | 10 | 25 | 50 | 75 | 90 | 95 |
| Males | | | | | | | | | | | | | | |
| 1-1.9 | 956 | 1014 | 1133 | 1278 | 1447 | 1644 | 1720 | 452 | 486 | 590 | 741 | 895 | 1036 | 1176 |
| 2-2.9 | 973 | 1040 | 1190 | 1345 | 1557 | 1690 | 1787 | 434 | 504 | 578 | 737 | 871 | 1044 | 1148 |
| 3-3.9 | 1095 | 1201 | 1357 | 1484 | 1618 | 1750 | 1853 | 464 | 519 | 590 | 736 | 868 | 1071 | 1151 |
| 4-4.9 | 1207 | 1264 | 1408 | 1579 | 1747 | 1926 | 2008 | 428 | 494 | 598 | 722 | 859 | 989 | 1085 |
| 5-5.9 | 1298 | 1411 | 1550 | 1720 | 1884 | 2089 | 2285 | 446 | 488 | 582 | 713 | 914 | 1176 | 1299 |
| 6-6.9 | 1360 | 1447 | 1605 | 1815 | 2056 | 2297 | 2493 | 371 | 446 | 539 | 678 | 896 | 1115 | 1519 |
| 7-7.9 | 1497 | 1548 | 1808 | 2027 | 2246 | 2494 | 2886 | 423 | 473 | 574 | 758 | 1011 | 1393 | 1511 |
| 8-8.9 | 1550 | 1664 | 1895 | 2089 | 2296 | 2628 | 2788 | 410 | 460 | 588 | 725 | 1003 | 1248 | 1558 |
| 9-9.9 | 1811 | 1884 | 2067 | 2288 | 2657 | 3053 | 3257 | 485 | 527 | 635 | 859 | 1252 | 1864 | 2081 |
| 10-10.9 | 1930 | 2027 | 2182 | 2575 | 2903 | 3486 | 3882 | 523 | 543 | 738 | 982 | 1376 | 1906 | 2609 |
| 11-11.9 | 2016 | 2156 | 2382 | 2670 | 3022 | 3359 | 4226 | 536 | 595 | 754 | 1148 | 1710 | 2348 | 2574 |
| 12-12.9 | 2216 | 2339 | 2649 | 3022 | 3496 | 3968 | 4640 | 554 | 650 | 874 | 1172 | 1558 | 2536 | 3580 |
| 13-13.9 | 2363 | 2546 | 3044 | 3553 | 4081 | 4502 | 4794 | 475 | 570 | 812 | 1096 | 1702 | 2744 | 3322 |
| 14-14.9 | 2830 | 3147 | 3586 | 3963 | 4575 | 5368 | 5530 | 453 | 563 | 786 | 1082 | 1608 | 2746 | 3508 |
| 15-15.9 | 3138 | 3317 | 3788 | 4481 | 5134 | 5631 | 5900 | 521 | 595 | 690 | 931 | 1423 | 2434 | 3100 |
| 16-16.9 | 3625 | 4044 | 4352 | 4951 | 5753 | 6576 | 6980 | 542 | 593 | 844 | 1078 | 1746 | 2280 | 3041 |
| 17-17.9 | 3998 | 4252 | 4777 | 5286 | 5950 | 6886 | 7726 | 598 | 698 | 827 | 1096 | 1636 | 2407 | 2888 |
| 18-18.9 | 4070 | 4481 | 5066 | 5552 | 6374 | 7067 | 8355 | 560 | 665 | 860 | 1264 | 1947 | 3302 | 3928 |
| 19-24.9 | 4508 | 4777 | 5274 | 5913 | 6660 | 7606 | 8200 | 594 | 743 | 963 | 1406 | 2231 | 3098 | 3652 |
| 25-34.9 | 4694 | 4963 | 5541 | 6214 | 7067 | 7847 | 8436 | 675 | 831 | 1174 | 1752 | 2459 | 3246 | 3786 |
| 35-44.9 | 4844 | 5181 | 5740 | 6490 | 7265 | 8034 | 8488 | 703 | 851 | 1310 | 1792 | 2463 | 3098 | 3624 |
| 45-54.9 | 4546 | 4946 | 5589 | 6297 | 7142 | 7918 | 8458 | 749 | 922 | 1254 | 1741 | 2359 | 3245 | 3928 |
| 55-64.9 | 4422 | 4783 | 5381 | 6144 | 6919 | 7670 | 8149 | 658 | 839 | 1166 | 1645 | 2236 | 2976 | 3466 |
| 65-74.9 | 3973 | 4411 | 5031 | 5716 | 6432 | 7074 | 7453 | 573 | 753 | 1122 | 1621 | 2199 | 2876 | 3327 |
| Females | | | | | | | | | | | | | | |
| 1-1.9 | 885 | 973 | 1084 | 1221 | 1378 | 1535 | 1621 | 401 | 466 | 578 | 706 | 847 | 1022 | 1140 |
| 2-2.9 | 973 | 1029 | 1119 | 1269 | 1405 | 1595 | 1727 | 469 | 526 | 642 | 747 | 894 | 1061 | 1173 |
| 3-3.9 | 1014 | 1133 | 1227 | 1396 | 1563 | 1690 | 1846 | 473 | 529 | 656 | 822 | 967 | 1106 | 1158 |
| 4-4.9 | 1058 | 1171 | 1313 | 1475 | 1644 | 1832 | 1958 | 490 | 541 | 654 | 766 | 907 | 1109 | 1236 |
| 5-5.9 | 1238 | 1301 | 1423 | 1598 | 1825 | 2012 | 2159 | 470 | 529 | 647 | 812 | 991 | 1330 | 1536 |
| 6-6.9 | 1354 | 1414 | 1513 | 1683 | 1877 | 2182 | 2323 | 464 | 508 | 638 | 827 | 1009 | 1263 | 1436 |
| 7-7.9 | 1330 | 1441 | 1602 | 1815 | 2045 | 2332 | 2469 | 491 | 560 | 706 | 920 | 1135 | 1407 | 1644 |
| 8-8.9 | 1513 | 1566 | 1808 | 2034 | 2327 | 2657 | 2996 | 527 | 634 | 769 | 1042 | 1383 | 1872 | 2482 |
| 9-9.9 | 1723 | 1788 | 1976 | 2227 | 2571 | 2987 | 3112 | 642 | 690 | 933 | 1219 | 1584 | 2171 | 2524 |
| 10-10.9 | 1740 | 1784 | 2019 | 2296 | 2583 | 2873 | 3093 | 616 | 702 | 842 | 1141 | 1608 | 2500 | 3005 |
| 11-11.9 | 1784 | 1987 | 2316 | 2612 | 3071 | 3739 | 3953 | 707 | 802 | 1015 | 1301 | 1942 | 2730 | 3690 |
| 12-12.9 | 2092 | 2182 | 2579 | 2904 | 3225 | 3655 | 3847 | 782 | 854 | 1090 | 1511 | 2056 | 2666 | 3369 |
| 13-13.9 | 2269 | 2426 | 2657 | 3130 | 3529 | 4081 | 4568 | 726 | 838 | 1219 | 1625 | 2374 | 3272 | 4150 |
| 14-14.9 | 2418 | 2562 | 2874 | 3220 | 3704 | 4294 | 4850 | 981 | 1043 | 1423 | 1818 | 2403 | 3250 | 3765 |
| 15-15.9 | 2426 | 2518 | 2847 | 3248 | 3689 | 4123 | 4756 | 839 | 1126 | 1396 | 1886 | 2544 | 3093 | 4195 |
| 16-16.9 | 2308 | 2567 | 2865 | 3248 | 3718 | 4353 | 4946 | 1126 | 1351 | 1663 | 2006 | 2598 | 3374 | 4236 |
| 17-17.9 | 2442 | 2674 | 2996 | 3336 | 3883 | 4552 | 5251 | 1042 | 1267 | 1463 | 2104 | 2977 | 3864 | 5159 |
| 18-18.9 | 2398 | 2538 | 2917 | 3243 | 3694 | 4461 | 4767 | 1003 | 1230 | 1616 | 2104 | 2617 | 3508 | 3733 |
| 19-24.9 | 2538 | 2728 | 3026 | 3406 | 3877 | 4439 | 4940 | 1046 | 1198 | 1596 | 2166 | 2959 | 4050 | 4896 |
| 25-34.9 | 2661 | 2826 | 3148 | 3573 | 4138 | 4806 | 5541 | 1173 | 1399 | 1841 | 2548 | 3512 | 4690 | 5560 |
| 35-44.9 | 2750 | 2948 | 3359 | 3783 | 4428 | 5240 | 5877 | 1336 | 1619 | 2158 | 2898 | 3932 | 5093 | 5847 |
| 45-54.9 | 2784 | 2956 | 3378 | 3858 | 4520 | 5375 | 5964 | 1459 | 1803 | 2447 | 3244 | 4229 | 5416 | 6140 |
| 55-64.9 | 2784 | 3063 | 3477 | 4045 | 4750 | 5632 | 6247 | 1345 | 1879 | 2520 | 3369 | 4360 | 5276 | 6152 |
| 65-74.9 | 2737 | 3018 | 3444 | 4019 | 4739 | 5566 | 6214 | 1363 | 1681 | 2266 | 3063 | 3943 | 4914 | 5530 |