

Body Composition

Percent Body Fat Norms for Females

Healthy range of percent fat is generally 12% to 26% for all ages.

| | | Age | | | | |
|-----------------|-------|-------------------------------------|---------|---------|---------|-------|
| | | 17 - 29 | 30 - 39 | 40 - 49 | 50 - 59 | 60+ |
| Percentile Rank | 99 | 5.4% | 5.2% | 11.6% | 11.5% | 5.4% |
| | 95 | 10.8% | 13.4% | 16.1% | 18.8% | 16.8% |
| | 90 | 14.5% | 15.5% | 18.5% | 21.6% | 21.1% |
| | 85 | 16.0% | 16.9% | 20.3% | 23.6% | 23.6% |
| | 80 | 17.1% | 18.0% | 21.3% | 25.0% | 25.1% |
| | 75 | 18.3% | 19.1% | 22.4% | 25.8% | 26.7% |
| | 70 | 19.0% | 20.0% | 23.5% | 26.6% | 27.5% |
| | 65 | 19.8% | 20.8% | 24.3% | 27.4% | 28.5% |
| | 60 | 20.6% | 21.6% | 24.9% | 28.5% | 29.3% |
| | 55 | 21.3% | 22.4% | 25.5% | 29.2% | 29.9% |
| | 50 | 22.1% | 23.1% | 26.4% | 30.1% | 30.9% |
| | 45 | 22.7% | 24.0% | 27.3% | 30.8% | 31.8% |
| | 40 | 23.7% | 24.9% | 28.1% | 31.6% | 32.5% |
| | 35 | 24.4% | 26.0% | 29.0% | 32.6% | 33.0% |
| | 30 | 25.4% | 27.0% | 30.1% | 33.5% | 34.3% |
| | 25 | 26.6% | 28.1% | 31.1% | 34.3% | 35.5% |
| | 20 | 27.7% | 29.3% | 32.1% | 35.6% | 36.6% |
| | 15 | 29.8% | 31.0% | 33.3% | 36.6% | 38.0% |
| | 10 | 32.1% | 32.8% | 35.0% | 37.9% | 39.3% |
| 5 | 35.4% | 35.7% | 37.8% | 39.6% | 40.5% | |
| 1 | 40.5% | 40.0% | 45.5% | 50.8% | 47.0% | |
| | | 638 | 1,336 | 1,175 | 708 | 250 |
| | | Number of Subject in Research Study | | | | |
| | | From Cooper Clinic | | | | |