

Skin Fold Measurements- Women					
% Fat for sum of measurements for all four locations					
Sum of Skin fold measurements (mm)	Age 17-19	Age 20-29	Age 30-39	Age 40-49	Age 50+
14	7.62	9.30	12.68	15.59	16.99
16	9.29	11.08	14.27	17.15	18.65
18	10.77	12.66	15.68	18.54	20.11
20	12.10	14.08	15.68	19.78	21.44
22	13.32	15.38	18.10	20.92	22.64
24	14.43	16.57	19.16	21.95	23.74
26	15.46	17.67	20.14	22.91	24.76
28	16.42	18.69	21.05	23.80	25.71
30	17.31	19.64	21.90	24.64	26.59
32	18.15	20.54	22.70	25.42	27.42
34	18.94	21.39	23.45	26.16	28.21
36	19.69	22.19	24.16	26.85	28.95
38	20.40	22.95	24.84	27.51	29.65
40	21.08	23.67	25.48	28.14	30.32
42	21.72	24.36	26.09	28.74	30.86
44	22.34	25.02	26.68	29.32	31.57
46	22.93	25.65	27.24	29.87	32.15
48	23.50	26.26	27.78	30.39	32.71
50	24.04	26.84	28.30	30.90	33.25
55	25.32	28.21	29.51	32.09	34.51
60	26.49	29.46	30.62	33.17	35.67
65	27.58	30.62	31.65	34.18	36.74
70	28.58	31.70	32.60	35.11	37.74
75	29.53	32.71	33.49	35.99	38.67
80	30.41	33.66	34.33	36.81	39.54
85	31.24	34.55	35.12	37.58	40.36
90	32.03	35.40	35.87	38.31	41.14
95	32.78	36.20	36.58	39.00	41.88
100	33.49	36.97	37.25	39.66	42.59
110	34.82	38.39	38.51	40.89	43.90
120	36.04	39.66	39.66	42.02	45.10
130	37.17	40.73	40.73	43.06	46.22
140	38.22	41.72	41.72	44.03	47.25
150	39.20	42.65	42.65	44.94	48.22
160	40.12	44.08	43.52	45.79	49.13
170	40.99	45.01	44.34	46.59	49.98
180	41.81	45.89	45.12	47.35	50.79
190	42.59	46.73	45.85	48.07	51.56
200	43.33	47.53	46.55	48.75	52.29