UNIVERSIDAD DEL SURESTE

ESCUELA DE MEDICINA

"COMPENDIO DE LAS CURVAS DE CRECIMIENTO Y PERCENTILAS POR GRUPO DE EDAD Y SEXO"

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COMPENDIO DE LAS CURVAS DE CRECIMIENTO Y PERCENTILAS POR GRUPO DE EDAD Y SEXO

APENDICE A
TABLAS DE REFERENCIA PARA VALORAR PESO/EDAD EN NIÑAS Y NIÑOS MENORES DE 5 AÑC
TABLA 1

PESO (kg) POR EDAD
0 MESES A 4 AÑOS 11 MESES
NIÑAS

EDAD	DESNUT. GRAVE	DESNUT. MODERADA	DESNUT. LEVE	PESO NORMAL	SOBRE PESO	OBESIDAD	OBESIDAD
MESES	-3 D.E.	-2 D.E.	-1 D.E.	MEDIANA	+1 D.E.	+2 D.E.	+3 D.E.
0	1.8	2.2	2.7	3.2	3.6	4.0	4.3
1	2.2	2.8	3.4	4.0	4.5	5.1	5.6
2	2.7	3.3	4.0	4.7	5.4	6.1	6.7
3	3.2	3.9	4.7	5.4	6.2	7.0	7.7
4	3.7	4.5	5.3	6.0	6.9	7.7	8.6
5	4.1	5.0	5.8	6.7	7.5	8.4	9.3
6	4.6	5.5	6.3	7.2	8.1	9.0	10.0
7	5.0	5.9	6.8	7.7	8.7	9.6	10.5
8	5.3	6.3	7.2	8.2	9.1	10.1	11.1
9	5.7	6.6	7.6	8.6	9.6	10.5	11.5
10	5.9	6.9	7.9	8.9	9.9	10.9	11.9
11	6.2	7.2	8.2	9.2	10.3	11.3	12.3
12	6.4	7.4	8.5	9.5	10.6	11.6	12.7
13	6.6	7.6	8.7	9.8	10.8	11.9	13.0
14	6.7	7.8	8.9	10.0	11.1	12.2	13.2
15	6.9	8.0	9.1	10.2	11.3	12.4	13.5
16	7.0	8.2	9.3	10.4	11.5	12.6	13.7
17	7.2	8.3	9.5	10.6	11.8	12.9	14.0
18	7.3	8.5	9.7	10.8	12.0	13.1	14.2
19	7.5	8.6	9.8	11.0	12.2	13.3	14.5
20	7.6	8.8	10.0	11.2	12.4	13.5	14.7
21	7.7	9.0	10.2	11.4	12.6	13.8	15.0
22	7.9	9.1	10.3	11.5	12.8	14.0	15.2
23	8.0	9.3	10.5	11.7	13.0	14.2	15.5

AÑOS/MESES							
2/0	8.3	9.4	10.6	11.8	13.2	14.6	16.0
2/01	8.4	9.6	10.8	12.0	13.5	14.9	16.4
2/02	8.5	9.8	11.0	12.2	13.7	15.2	16.8
2/03	8.6	9.9	11.2	12.4	14.0	15.6	17.1
2/04	8.8	10.1	11.3	12.6	14.2	15.9	17.5
2/05	8.9	10.2	11.5	12.8	14.5	16.1	17.8
2/06	9.0	10.3	11.7	13.0	14.7	16.4	18.1
2/07	9.1	10.5	11.9	13.2	15.0	16.7	18.5
2/08	9.2	10.6	12.0	13.4	15.2	17.0	18.8
2/09	9.4	10.8	12.2	13.6	15.4	17.2	19.1
2/10	9.5	10.9	12.3	13.8	15.6	17.5	19.4
2/11	9.6	11.0	12.5	13.9	15.8	17.8	19.7
3/0	9.7	11.2	12.6	14.1	16.1	18.0	20.0
3/01	9.8	11.3	12.8	14.3	16.3	18.3	20.2
3/02	9.9	11.4	12.9	14.4	16.5	18.5	20.5
3/03	10.0	11.5	13.1	14.6	16.7	18.7	20.8
3/04	10.1	11.6	13.2	14.8	16.9	19.0	21.1
3/05	10.2	11.8	13.3	14.9	17.0	19.2	21.3
3/06	10.3	11.9	13.5	15.1	17.2	19.4	21.6
3/07	10.4	12.0	13.6	15.2	17.4	19.6	21.8
3/08	10.5	12.1	13.7	15.4	17.6	19.8	22.1
3/09	10.6	12.2	13.9	15.5	17.8	20.1	22.3
3/10	10.7	12.3	14.0	15.7	18.0	20.3	22.6
3/11	10.8	12.4	14.1	15.8	18.1	20.5	22.8
4/0	10.9	12.6	14.3	16.0	18.3	20.7	23.1
4/01	10.9	12.7	14.4	16.1	18.5	20.9	23.3
4/02	11.0	12.8	14.5	16.2	18.7	21.1	23.5
4/03	11.1	12.9	14.6	16.4	18.9	21.3	23.8
4/04	11.2	13.0	14.8	16.5	19.0	21.5	24.0
4/05	11.3	13.1	14.9	16.7	19.2	21.7	24.3
4/06	11.4	13.2	15.0	16.8	19.4	21.9	24.5
4/07	11.5	13.3	15.1	17.0	19.6	22.2	24.8
4/08	11.5	13.4	15.2	17.1	19.7	22.4	25.0
4/09	11.6	13.5	15.4	17.2	19.9	22.6	25.3
4/10	11.7	13.6	15.5	17.4	20.1	22.8	25.5
4/11	11.8	13.7	15.6	17.5	20.3	23.0	25.8

TABLAS DE REFERENCIA PARA VALORAR PESO/EDAD EN NIÑAS Y NIÑOS MENORES DE 5 AÑOS

TABLA 2

PESO (kg) POR EDAD

0 MESES A 4 AÑOS 11 MESES

NIÑOS

EDAD	DESNUT. GRAVE	DESNUT. MODERADA	DESNUT. LEVE	PESO NORMAL	SOBRE PESO	OBESIDAD	OBESIDAD
MESES	-3 D.E.	-2 D.E.	-1 D.E.	MEDIANA	+1 D.E.	+2 D.E.	+3 D.E.
0	2.0	2.4	2.9	3.3	3.8	4.3	4.8
1	2.2	2.9	3.6	4.3	5.0	5.6	6.3
2	2.6	3.5	4.3	5.2	6.0	6.8	7.6
3	3.1	4.1	5.0	6.0	6.9	7.7	8.6
4	3.7	4.7	5.7	6.7	7.6	8.5	9.4
5	4.3	5.3	6.3	7.3	8.2	9.2	10.1
6	4.9	5.9	6.9	7.8	8.8	9.8	10.8
7	5.4	6.4	7.4	8.3	9.3	10.3	11.3
8	5.9	6.9	7.8	8.8	9.8	10.8	11.8
9	6.3	7.2	8.2	9.2	10.2	11.3	12.3
10	6.6	7.6	8.6	9.5	10.6	11.7	12.7
11	6.9	7.9	8.9	9.9	10.9	12.0	13.1
12	7.1	8.1	9.1	10.2	11.3	12.4	13.5
13	7.3	8.3	9.4	10.4	11.5	12.7	13.8
14	7.5	8.5	9.6	10.7	11.8	13.0	14.1
15	7.6	8.7	9.8	10.9	12.0	13.2	14.4
16	7.7	8.8	10.0	11.1	12.3	13.5	14.7
17	7.8	9.0	10.1	11.3	12.5	13.7	14.9
18	7.9	9.1	10.3	11.5	12.7	13.9	15.2
19	8.0	9.2	10.5	11.7	12.9	14.1	15.4
20	8.1	9.4	10.6	11.8	13.1	14.4	15.6
21	8.3	9.5	10.8	12.0	13.3	14.6	15.8
22	8.4	9.7	10.9	12.2	13.5	14.8	16.0
23	8.5	9.8	11.1	12.4	13.7	15.0	16.3

AÑOS/MESES							
2/0	9.0	10.1	11.2	12.3	14.0	15.7	17.4
2/01	9.0	10.2	11.4	12.5	14.2	15.9	17.6
2/02	9.1	10.3	11.5	12.7	14.4	16.1	17.8
2/03	9.1	10.4	11.7	12.9	14.6	16.3	18.0
2/04	9.2	10.5	11.8	13.1	14.8	16.6	18.3
2/05	9.3	10.6	12.0	13.3	15.1	16.8	18.5
2/06	9.4	10.7	12.1	13.5	15.3	17.0	18.7
2/07	9.4	10.9	12.3	13.7	15.5	17.2	19.0
2/08	9.5	11.0	12.4	13.9	15.7	17.4	19.2
2/09	9.6	11.1	12.6	14.1	15.9	17.6	19.4
2/10	9.7	11.2	12.7	14.3	16.0	17.8	19.6
2/11	9.7	11.3	12.9	14.4	16.2	18.0	19.8
3/0	9.8	11.4	13.0	14.6	16.4	18.3	20.1
3/01	9.9	11.5	13.2	14.8	16.6	18.5	20.3
3/02	10.0	11.7	13.3	15.0	16.8	18.7	20.5
3/03	10.1	11.8	13.5	15.2	17.0	18.9	20.7
3/04	10.2	11.9	13.6	15.3	17.2	19.1	21.0
3/05	10.3	12.0	13.8	15.5	17.4	19.3	21.2
3/06	10.4	12.1	13.9	15.7	17.6	19.5	21.4
3/07	10.5	12.3	14.1	15.8	17.8	19.7	21.7
3/08	10.6	12.4	14.2	16.0	18.0	19.9	21.9
3/09	10.7	12.5	14.4	16.2	18.2	20.1	22.1
3/10	10.8	12.6	14.5	16.4	18.4	20.4	22.4
3/11	10.9	12.8	14.6	16.5	18.6	20.6	22.6
4/0	11.0	12.9	14.8	16.7	18.7	20.8	22.8
4/01	11.1	13.0	14.9	16.9	18.9	21.0	23.1
4/02	11.2	13.1	15.1	17.0	19.1	21.2	23.3
4/03	11.3	13.3	15.2	17.2	19.3	21.4	23.6
4/04	11.4	13.4	15.4	17.4	19.5	21.7	23.8
4/05	11.5	13.5	15.5	17.5	19.7	21.9	24.1
4/06	11.6	13.7	15.7	17.7	19.9	22.1	24.3
4/07	11.8	13.8	15.8	17.9	20.1	22.3	24.6
4/08	11.9	13.9	16.0	18.0	20.3	22.6	24.8
4/09	12.0	14.0	16.1	18.2	20.5	22.8	25.1
4/10	12.1	14.2	16.3	18.3	20.7	23.0	25.4
4/11	12.2	14.3	16.4	18.5	20.9	23.3	25.6

VIGILANCIA DE LA NUTRICION DEL MENOR DE 5 AÑOS

GRAFICA DE PESO PARA LA EDAD EN NIÑOS

PESO PARA LA EDAD EN MUJERES DE 0 A 23 MESES

- OBESIDAD
- SOBREPESO
- PESO NORMAL
- DESNUTRICION LEVE
- DESNUTRICION MODERADA
- DESNUTRICION GRAVE

PESO EN Kg.

PESO PARA LA EDAD EN MUJERES DE 2 A 5 AÑOS

- OBESIDAD
- SOBREPESO
- PESO NORMAL
- DESNUTRICION LEVE
- DESNUTRICION MODERADA
- DESNUTRICION GRAVE

PESO EN Kg.

MESES
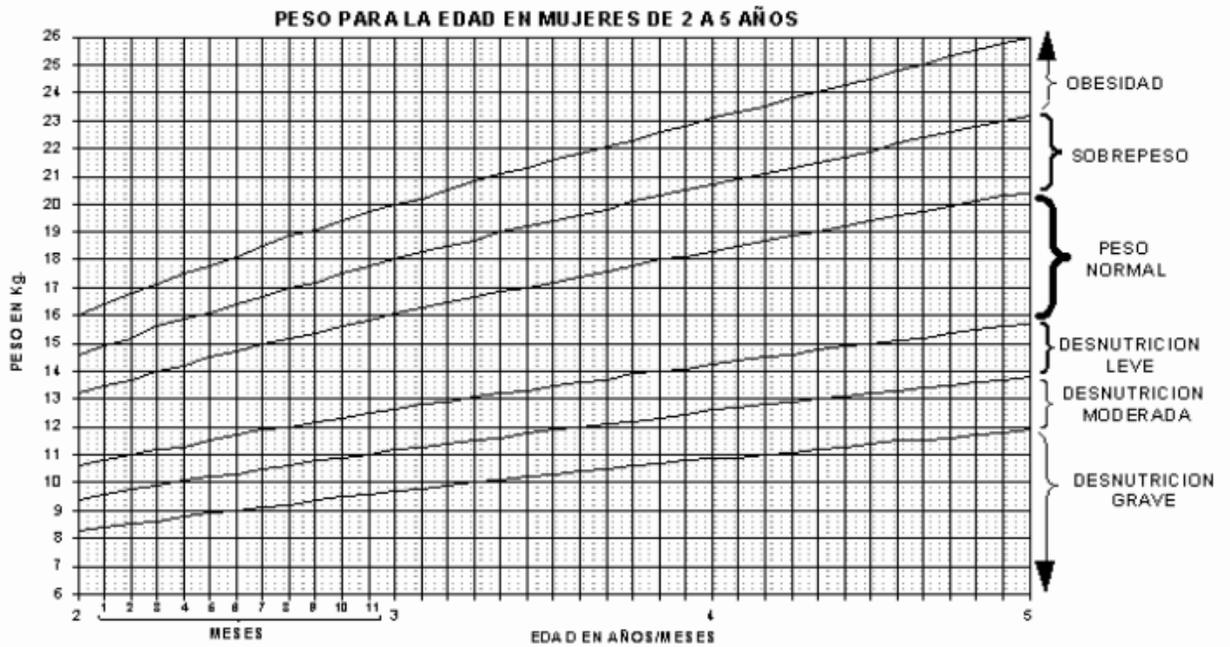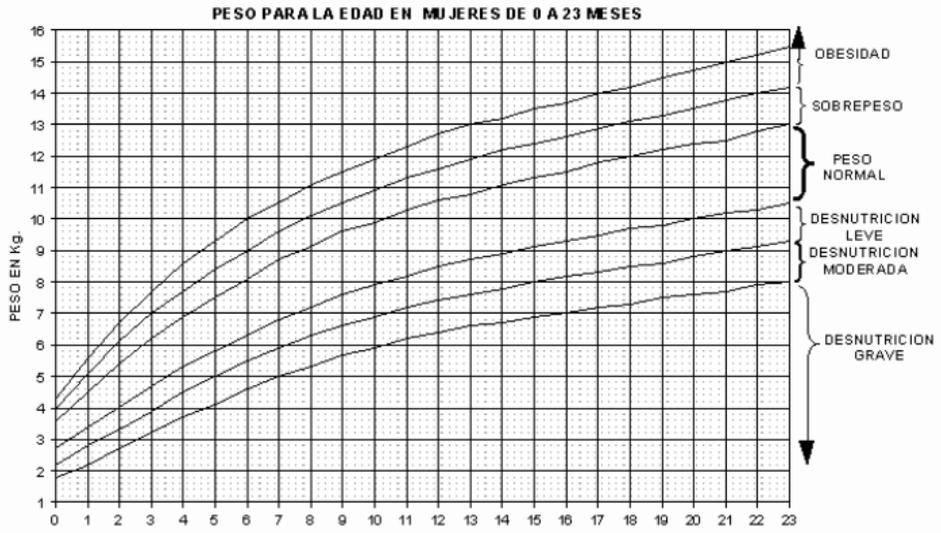
EDAD EN AÑOS/MESES

Nombre del niño: _____ Fecha de Nacimiento: _____ / _____ / _____
                                                                                                                        día   mes   año

Nombre del jefe de familia: _____

APENDICE B
TABLAS DE REFERENCIA PARA VALORAR TALLA/EDAD EN NIÑAS Y NIÑOS MENORES DE 5 AÑOS
TABLA 1

TALLA (cm) POR EDAD
0 MESES A 4 AÑOS 11 MESES
NIÑAS

EDAD MESES	-3 D.E.	-2 D.E.	-1 D.E.	MEDIANA	+1 D.E.	+2 D.E.	+3 D.E.
0	43.4	45.5	47.7	49.9	52.0	54.2	56.4
1	46.7	49.0	51.2	53.5	55.8	58.1	60.4
2	49.6	52.0	54.4	56.8	59.2	61.6	64.0
3	52.1	54.6	57.1	59.5	62.0	64.5	67.0
4	54.3	56.9	59.4	62.0	64.5	67.1	69.6
5	56.3	58.9	61.5	64.1	66.7	69.3	71.9
6	58.0	60.6	63.3	65.9	68.6	71.2	73.9
7	59.5	62.2	64.9	67.6	70.2	72.9	75.6
8	60.9	63.7	66.4	69.1	71.3	74.5	77.2
9	62.2	65.0	67.7	70.4	73.2	75.9	78.7
10	63.5	66.2	69.0	71.8	74.5	77.3	80.1
11	64.7	67.5	70.3	73.1	75.9	78.8	81.5
12	65.8	68.6	71.5	74.3	77.1	80.0	82.8
13	66.9	69.8	72.6	75.5	78.4	81.2	84.1
14	67.9	70.8	73.7	76.7	79.6	82.5	85.4
15	68.9	71.9	74.8	77.8	80.7	83.7	86.6
16	69.9	72.9	75.9	78.9	81.8	84.3	87.8
17	70.8	73.8	76.9	79.9	82.9	86.0	89.0
18	71.7	74.8	77.9	80.9	84.0	87.1	90.1
19	72.6	75.7	78.8	81.9	85.0	88.1	91.2
20	73.4	76.6	79.7	82.9	86.0	89.2	92.3
21	74.3	77.4	80.6	83.8	87.0	90.2	93.4
22	75.1	78.3	81.5	84.7	87.9	91.1	94.4
23	75.9	79.1	82.4	85.6	88.9	92.1	95.3

AÑOS/MESES							
2/0	74.9	78.1	81.3	84.5	87.7	90.9	94.1
2/01	75.6	78.8	82.1	85.4	88.6	91.9	95.1
2/02	76.3	79.6	82.9	86.2	89.5	92.8	96.2
2/03	77.0	80.3	83.7	87.0	90.4	93.8	97.1
2/04	77.6	81.0	84.5	87.9	91.3	94.7	98.1
2/05	78.3	81.8	85.2	88.7	92.1	95.6	99.0
2/06	79.0	82.5	86.0	89.5	93.0	96.5	100.0
2/07	79.6	83.2	86.7	90.2	93.8	97.3	100.9
2/08	80.3	83.8	87.4	91.0	94.6	98.2	101.7
2/09	80.9	84.5	88.1	91.7	95.4	99.0	102.6
2/10	81.5	85.2	88.8	92.5	96.1	99.8	103.4
2/11	82.1	85.8	89.5	93.2	96.9	100.6	104.3
3/0	82.8	86.5	90.2	93.9	97.6	101.4	105.1
3/01	83.4	87.1	90.9	94.6	98.4	102.1	105.9
3/02	84.0	87.7	91.5	95.3	99.1	102.9	106.6
3/03	84.5	88.4	92.2	96.0	99.8	103.6	107.4
3/04	85.1	89.0	92.8	96.6	100.5	104.3	108.2
3/05	85.7	89.6	93.4	97.3	101.2	105.0	108.9
3/06	86.3	90.2	94.0	97.9	101.8	105.7	109.6
3/07	86.8	90.7	94.7	98.6	102.5	106.4	110.3
3/08	87.4	91.3	95.3	99.2	103.1	107.1	111.0
3/09	87.9	91.9	95.8	99.8	103.8	107.8	111.7
3/10	88.4	92.4	96.4	100.4	104.4	108.4	112.4
3/11	89.0	93.0	97.0	101.0	105.1	109.1	113.1
4/0	89.5	93.5	97.6	101.6	105.7	109.7	113.8
4/01	90.0	94.1	98.1	102.2	106.3	110.4	114.4
4/02	90.5	94.6	98.7	102.8	106.9	111.0	115.1
4/03	91.0	95.1	99.3	103.4	107.5	111.6	115.8
4/04	91.5	95.6	99.8	104.0	108.1	112.3	116.4
4/05	92.0	96.1	100.3	104.5	108.7	112.9	117.1
4/06	92.4	96.7	100.9	105.1	109.3	113.5	117.7
4/07	92.9	97.1	101.4	105.6	109.9	114.1	118.4
4/08	93.4	97.6	101.9	106.2	110.5	114.8	119.0
4/09	93.8	98.1	102.4	106.7	111.1	115.4	119.7
4/10	94.3	98.6	102.9	107.3	111.6	116.0	120.3
4/11	94.7	99.1	103.5	107.8	112.2	116.6	121.0

APENDICE B
TABLAS DE REFERENCIA PARA VALORAR TALLA/EDAD EN NIÑAS Y NIÑOS MENORES DE 5 AÑOS
TABLA 2

TALLA (cm) POR EDAD
0 MESES A 4 AÑOS 11 MESES
NIÑOS

EDAD MESES	-3 D.E.	-2 D.E.	-1 D.E.	MEDIANA	+1 D.E.	+2 D.E.	+3 D.E.
0	43.6	45.9	48.2	50.5	52.8	55.1	57.4
1	47.2	49.7	52.1	54.6	57.0	59.5	61.9
2	50.4	52.9	55.5	58.1	60.7	63.2	65.8
3	53.2	55.8	58.5	61.1	63.7	66.4	69.0
4	55.6	58.3	61.0	63.7	66.4	69.1	71.7
5	57.8	60.5	63.2	65.9	68.6	71.3	74.0
6	59.8	62.4	65.1	67.8	70.5	73.2	75.9
7	61.5	64.1	66.8	69.5	72.2	74.8	77.5
8	63.0	65.7	68.3	71.0	73.6	76.3	78.9
9	64.0	67.0	69.7	72.3	75.0	77.6	80.3
10	65.7	68.3	71.0	73.6	76.3	78.9	81.6
11	66.9	69.6	72.2	74.9	77.5	80.2	82.9
12	68.0	70.7	73.4	76.1	78.8	81.5	84.2
13	69.0	71.8	74.5	77.2	80.0	82.7	85.5
14	70.0	72.8	75.6	78.3	81.1	83.9	86.7
15	70.9	73.7	76.6	79.4	82.3	85.1	88.0
16	71.7	74.6	77.5	80.4	83.4	86.3	89.2
17	72.5	75.5	78.5	81.4	84.4	87.4	90.4
18	73.3	76.3	79.4	82.4	85.4	88.5	91.5
19	74.0	77.1	80.2	83.3	86.4	89.5	92.7
20	74.7	77.9	81.1	84.2	87.4	90.6	93.8
21	75.4	78.7	81.9	85.1	88.4	91.6	94.8
22	76.1	79.4	82.7	86.0	89.3	92.5	95.8
23	76.8	80.2	83.5	86.8	90.2	93.5	96.8

AÑOS/MESES							
2/0	76.0	79.2	82.4	85.6	88.8	92.0	95.2
2/01	76.7	79.9	83.2	86.4	89.7	92.9	96.2
2/02	77.3	80.6	83.9	87.2	90.6	93.9	97.2
2/03	78.0	81.3	84.7	88.1	91.4	94.8	98.1
2/04	78.6	82.0	85.4	88.9	92.3	95.7	99.1
2/05	79.2	82.7	86.2	89.7	93.1	96.6	100.1
2/06	79.9	83.4	86.9	90.4	94.0	97.5	101.0
2/07	80.5	84.1	87.6	91.2	94.8	98.3	101.9
2/08	81.1	84.7	88.3	92.0	95.6	99.2	102.8
2/09	81.7	85.4	89.0	92.7	96.4	100.1	103.7
2/10	82.3	86.0	89.7	93.5	97.2	100.9	104.6
2/11	82.9	86.7	90.4	94.2	98.0	101.7	105.5
3/0	83.5	87.3	91.1	94.9	98.7	102.5	106.3
3/01	84.1	87.9	91.8	95.6	99.5	103.0	107.2
3/02	84.7	88.6	92.4	96.3	100.2	104.1	108.0
3/03	85.2	89.2	93.1	97.0	101.0	104.9	108.8
3/04	85.8	89.8	93.8	97.7	101.7	105.7	109.7
3/05	86.4	90.4	94.4	98.4	102.4	106.4	110.5
3/06	86.9	91.0	95.0	99.1	103.1	107.2	111.2
3/07	87.5	91.6	95.7	99.7	103.8	107.9	112.0
3/08	88.0	92.1	96.3	100.4	104.5	108.7	112.8
3/09	88.6	92.7	96.9	101.0	105.2	109.4	113.5
3/10	89.1	93.3	97.5	101.7	105.9	110.1	114.3
3/11	89.6	93.9	98.1	102.3	106.6	110.8	115.0
4/0	90.2	94.4	98.7	102.9	107.2	111.5	115.7
4/01	90.7	95.0	99.3	103.6	107.9	112.2	116.5
4/02	91.2	95.5	99.9	104.2	108.5	112.8	117.2
4/03	91.7	96.1	100.4	104.8	109.1	113.5	117.8
4/04	92.2	96.6	101.0	105.4	109.8	114.2	118.5
4/05	92.7	97.1	101.6	106.0	110.4	114.8	119.2
4/06	93.2	97.7	102.1	106.6	111.0	115.4	119.9
4/07	93.7	98.2	102.7	107.1	111.6	116.1	120.5
4/08	94.2	98.7	103.2	107.7	112.2	116.7	121.2
4/09	94.7	99.2	103.7	108.3	112.8	117.3	121.8
4/10	95.2	99.7	104.3	108.8	113.4	117.9	122.5
4/11	95.7	100.2	104.8	109.4	114.0	118.5	123.1

PESO (kg) POR LONGITUD (cm)
50 cm A 100 cm
NIÑAS

LONGITUD cm	-3 D.E.	-2 D.E.	-1 D.E.	MEDIANA	+1 D.E.	+2 D.E.	+3 D.E.
50	2.3	2.6	3.0	3.4	3.8	4.2	4.6
51	2.3	2.7	3.1	3.5	4.0	4.4	4.9
52	2.4	2.8	3.3	3.7	4.2	4.7	5.1
53	2.5	3.0	3.4	3.9	4.4	4.9	5.4
54	2.7	3.1	3.6	4.1	4.6	5.2	5.7
55	2.8	3.3	3.8	4.3	4.9	5.5	6.0
56	3.0	3.5	4.0	4.5	5.1	5.7	6.3
57	3.1	3.7	4.2	4.8	5.4	6.0	6.6
58	3.3	3.9	4.4	5.0	5.7	6.3	7.0
59	3.5	4.1	4.7	5.3	5.9	6.6	7.3
60	3.7	4.3	4.9	5.5	6.2	6.9	7.6
61	3.9	4.6	5.2	5.8	6.5	7.2	7.9
62	4.1	4.8	5.4	6.1	6.8	7.5	8.2
63	4.4	5.0	5.7	6.4	7.1	7.8	8.5
64	4.6	5.3	6.0	6.7	7.4	8.1	8.9
65	4.8	5.5	6.3	7.0	7.7	8.4	9.2
66	5.1	5.8	6.5	7.3	8.0	8.7	9.5
69	5.8	6.5	7.3	8.1	8.9	9.6	10.4
70	6.0	6.8	7.6	8.4	9.1	9.9	10.7
71	6.2	7.0	7.8	8.6	9.4	10.2	11.0
72	6.4	7.2	8.1	8.9	9.7	10.5	11.2
73	6.6	7.5	8.3	9.1	9.9	10.7	11.5
74	6.8	7.7	8.5	9.4	10.2	11.0	11.8
75	7.0	7.9	8.7	9.6	10.4	11.2	12.0
76	7.2	8.1	8.9	9.8	10.6	11.4	12.3
77	7.4	8.3	9.1	10.0	10.8	11.7	12.5
78	7.6	8.5	9.3	10.2	11.1	11.9	12.7
79	7.8	8.7	9.5	10.4	11.3	12.1	13.0
80	8.0	8.8	9.7	10.6	11.5	12.3	13.2
81	8.1	9.0	9.9	10.8	11.7	12.6	13.4
82	8.3	9.2	10.1	11.0	11.9	12.8	13.7
83	8.5	9.4	10.3	11.2	12.1	13.0	13.9
84	8.7	9.6	10.5	11.4	12.3	13.2	14.1
85	8.8	9.7	10.6	11.6	12.5	13.4	14.3
86	9.0	9.9	10.8	11.8	12.7	13.6	14.6
87	9.2	10.1	11.0	11.9	12.9	13.9	14.8
88	9.4	10.3	11.2	12.2	13.1	14.1	15.0
89	9.5	10.5	11.4	12.4	13.3	14.3	15.3
90	9.7	10.7	11.6	12.6	13.6	14.5	15.5
91	9.9	10.9	11.8	12.8	13.8	14.8	15.8
92	10.1	11.1	12.1	13.0	14.0	15.0	16.0
93	10.3	11.3	12.3	13.3	14.3	15.3	16.3
94	10.5	11.5	12.5	13.5	14.5	15.6	16.6
95	10.7	11.8	12.8	13.8	14.8	15.9	16.9
96	11.0	12.0	13.0	14.0	15.1	16.1	17.2
97	11.2	12.2	13.3	14.3	15.4	16.5	17.5
98	11.5	12.5	13.5	14.6	15.7	16.8	17.9
99	11.7	12.8	13.8	14.9	16.0	17.1	18.2
100	12.0	13.1	14.1	15.2	16.3	17.4	18.6

TABLAS DE REFERENCIA PARA VALORAR PESO/TALLA EN NIÑAS Y NIÑOS
TABLA 1

PESO (kg) POR TALLA (cm)
55 cm A 135 cm
NIÑAS

TALLA cm	-3 D.E.	-2 D.E.	-1 D.E.	MEDIANA	+1 D.E.	+2 D.E.	+3 D.E.
55	2.3	3.0	3.6	4.3	5.5	6.7	7.9
56	2.5	3.2	3.9	4.7	5.9	7.1	8.3
57	2.7	3.5	4.2	5.0	6.2	7.4	8.6
58	3.0	3.8	4.5	5.3	6.6	7.8	9.0
59	3.2	4.0	4.8	5.7	6.9	8.1	9.3
60	3.4	4.3	5.1	6.0	7.2	8.4	9.6
61	3.6	4.5	5.4	6.3	7.5	8.7	9.9
62	3.9	4.8	5.7	6.6	7.8	9.0	10.2
63	4.1	5.0	5.9	6.9	8.1	9.3	10.5
64	4.3	5.2	6.2	7.1	8.4	9.6	10.8
65	4.5	5.5	6.4	7.4	8.6	9.8	11.1
66	4.7	5.7	6.7	7.7	8.9	10.1	11.3
67	5.0	5.9	6.9	7.9	9.1	10.4	11.6
68	5.2	6.2	7.2	8.2	9.4	10.6	11.9
69	5.4	6.4	7.4	8.4	9.6	10.9	12.1
70	5.6	6.6	7.6	8.6	9.9	11.1	12.4
71	5.8	6.8	7.9	8.9	10.1	11.4	12.6
72	6.0	7.1	8.1	9.1	10.3	11.6	12.8
73	6.2	7.3	8.3	9.3	10.6	11.8	13.1
74	6.5	7.5	8.5	9.5	10.8	12.1	13.3
75	6.7	7.7	8.7	9.7	11.0	12.3	13.6
76	6.9	7.9	8.9	10.0	11.2	12.5	13.8
77	7.1	8.1	9.1	10.2	11.5	12.7	14.0
78	7.3	8.3	9.3	10.4	11.7	13.0	14.3
79	7.5	8.5	9.5	10.6	11.9	13.2	14.5
80	7.7	8.7	9.8	10.8	12.1	13.4	14.7
81	7.9	8.9	10.0	11.0	12.3	13.6	15.0
82	8.1	9.1	10.2	11.2	12.5	13.9	15.2
83	8.3	9.3	10.4	11.4	12.8	14.1	15.4
84	8.4	9.5	10.6	11.6	13.0	14.3	15.7
85	8.6	9.7	10.8	11.8	13.2	14.6	15.9
86	8.8	9.9	11.0	12.0	13.4	14.8	16.2
87	9.0	10.1	11.2	12.3	13.7	15.1	16.4
88	9.2	10.3	11.4	12.5	13.9	15.3	16.7
89	9.3	10.5	11.6	12.7	14.1	15.6	17.0
90	9.5	10.7	11.8	12.9	14.4	15.8	17.3
91	9.7	10.8	12.0	13.2	14.6	16.1	17.5
92	9.9	11.0	12.2	13.4	14.9	16.3	17.8
93	10.0	11.2	12.4	13.6	15.1	16.6	18.1
94	10.2	11.4	12.6	13.9	15.4	16.9	18.4
95	10.4	11.6	12.9	14.1	15.6	17.2	18.7
96	10.6	11.8	13.1	14.3	15.9	17.5	19.0
97	10.7	12.0	13.3	14.6	16.2	17.8	19.3
98	10.9	12.2	13.5	14.9	16.5	18.1	19.7
99	11.1	12.4	13.8	15.1	16.7	18.4	20.0
100	11.3	12.7	14.0	15.4	17.0	18.7	20.3
101	11.5	12.9	14.3	15.6	17.3	19.0	20.7
102	11.7	13.1	14.5	15.9	17.6	19.3	21.0
103	11.9	13.3	14.7	16.2	17.9	19.6	21.4
104	12.1	13.5	15.0	16.5	18.2	20.0	21.7
105	12.3	13.8	15.3	16.7	18.5	20.3	22.1
106	12.5	14.0	15.5	17.0	18.9	20.7	22.5
107	12.7	14.3	15.8	17.3	19.2	21.0	22.9
108	13.0	14.5	16.1	17.6	19.5	21.4	23.3
109	13.2	14.8	16.4	17.9	19.8	21.8	23.7
110	13.4	15.0	16.6	18.2	20.2	22.2	24.1
111	13.7	15.3	16.9	18.6	20.6	22.6	24.6
112	14.0	15.6	17.2	18.9	20.9	23.0	25.0
113	14.2	15.9	17.5	19.2	21.3	23.4	25.5
114	14.5	16.2	17.9	19.5	21.7	23.8	26.0
115	14.8	16.5	18.2	19.9	22.1	24.3	26.5
116	15.0	16.8	18.5	20.3	22.5	24.8	27.0
117	15.3	17.1	18.9	20.6	23.0	25.3	27.6
118	15.6	17.4	19.2	21.0	23.4	25.8	28.2
119	15.9	17.7	19.6	21.4	23.9	26.4	28.9
120	16.2	18.1	20.0	21.8	24.4	27.0	29.6
121	16.5	18.4	20.3	22.2	24.9	27.6	30.3
122	16.8	18.8	20.7	22.7	25.5	28.3	31.1
123	17.1	19.1	21.1	23.1	26.1	29.0	31.9
124	17.4	19.5	21.6	23.6	26.7	29.7	32.8
125	17.8	19.9	22.0	24.1	27.3	30.5	33.7
126	18.1	20.2	22.4	24.6	28.0	31.3	34.7
127	18.4	20.6	22.9	25.1	28.6	32.2	35.7
128	18.7	21.0	23.3	25.7	29.4	33.1	36.8
129	19.0	21.4	23.8	26.2	30.1	34.0	37.9
130	19.4	21.8	24.3	26.8	30.9	35.1	39.2
131	19.7	22.3	24.8	27.4	31.8	36.1	40.5
132	20.0	22.7	25.4	28.0	32.6	37.2	41.8
133	20.4	23.1	25.9	28.7	33.6	38.4	43.3
134	20.7	23.6	26.5	29.4	34.5	39.7	44.8
135	21.0	24.0	27.0	30.1	35.5	41.0	46.4

TABLAS DE REFERENCIA PARA VALORAR PESO/TALLA EN NIÑAS Y NIÑOS
TABLA 2

PESO (kg) POR LONGITUD (cm)
50 cm A 100 cm
NIÑOS

LONGITUD cm	-3 D.E.	-2 D.E.	-1 D.E.	MEDIANA	+1 D.E.	+2 D.E.	+3 D.E.
50	2.2	2.5	2.9	3.3	3.8	4.4	4.9
51	2.2	2.6	3.1	3.5	4.0	4.6	5.1
52	2.3	2.8	3.2	3.7	4.2	4.8	5.4
53	2.4	2.9	3.4	3.9	4.5	5.0	5.6
54	2.6	3.1	3.6	4.1	4.7	5.3	5.9
55	2.7	3.3	3.8	4.3	5.0	5.6	6.2
56	2.9	3.5	4.0	4.6	5.2	5.9	6.5
57	3.1	3.7	4.3	4.8	5.5	6.1	6.8
58	3.3	3.9	4.5	5.1	5.8	6.4	7.1
59	3.5	4.1	4.8	5.4	6.1	6.7	7.4
60	3.7	4.4	5.0	5.7	6.4	7.1	7.8
61	4.0	4.6	5.3	5.9	6.7	7.4	8.1
62	4.2	4.9	5.6	6.2	7.0	7.7	8.4
63	4.5	5.2	5.8	6.5	7.3	8.0	8.8
64	4.7	5.4	6.1	6.8	7.6	8.3	9.1
65	5.0	5.7	6.4	7.1	7.9	8.7	9.4
66	5.3	6.0	6.7	7.4	8.2	9.0	9.8
67	5.5	6.2	7.0	7.7	8.5	9.3	10.1
68	5.8	6.5	7.3	8.0	8.8	9.6	10.4
69	6.0	6.8	7.5	8.3	9.1	9.9	10.7
70	6.3	7.0	7.8	8.5	9.4	10.2	11.1
71	6.5	7.3	8.1	8.8	9.7	10.5	11.4

72	6.8	7.5	8.3	9.1	9.9	10.8	11.7
73	7.0	7.8	8.6	9.3	10.2	11.1	12.0
74	7.2	8.0	8.8	9.6	10.5	11.4	12.3
75	7.4	8.2	9.0	9.8	10.7	11.6	12.5
76	7.6	8.4	9.2	10.0	11.0	11.9	12.8
77	7.8	8.6	9.4	10.3	11.2	12.1	13.1
78	8.0	8.8	9.7	10.5	11.4	12.4	13.3
79	8.2	9.0	9.9	10.7	11.7	12.6	13.6
80	8.3	9.2	10.1	10.9	11.9	12.9	13.8
81	8.5	9.4	10.2	11.1	12.1	13.1	14.1
82	8.7	9.6	10.4	11.3	12.3	13.3	14.3
83	8.8	9.7	10.6	11.5	12.5	13.5	14.6
84	9.0	9.9	10.8	11.7	12.8	13.8	14.8
85	9.2	10.1	11.0	11.9	13.0	14.0	15.0
86	9.3	10.3	11.2	12.1	13.2	14.2	15.3
87	9.5	10.5	11.4	12.3	13.4	14.4	15.5
88	9.7	10.6	11.6	12.5	13.6	14.7	15.7
89	9.9	10.8	11.8	12.8	13.8	14.9	16.0
90	10.0	11.0	12.0	13.0	14.0	15.1	16.2
91	10.2	11.2	12.2	13.2	14.3	15.3	16.4
92	10.4	11.4	12.4	13.4	14.5	15.6	16.7
93	10.6	11.6	12.6	13.7	14.7	15.8	16.9
94	10.8	11.9	12.9	13.9	15.0	16.1	17.1
95	11.0	12.1	13.1	14.1	15.2	16.3	17.4
96	11.3	12.3	13.3	14.4	15.5	16.6	17.7
97	11.5	12.5	13.6	14.7	15.7	16.8	17.9
98	11.7	12.8	13.9	14.9	16.0	17.1	18.2
99	11.9	13.0	14.1	15.2	16.3	17.4	18.5
100	12.1	13.3	14.4	15.5	16.6	17.7	18.8

TABLAS DE REFERENCIA PARA VALORAR PESO/TALLA EN NIÑAS Y NIÑOS
TABLA 2

PESO (kg) POR TALLA (cm)
55 cm A 145 cm
NIÑOS

TALLA Cm	-3 D.E.	-2 D.E.	-1 D.E.	MEDIANA	+1 D.E.	+2 D.E.	+3 D.E.
55	2.0	2.8	3.6	4.3	5.5	6.7	7.9
56	2.3	3.1	3.9	4.7	5.9	7.1	8.3
57	2.6	3.4	4.2	5.0	6.2	7.4	8.6
58	2.8	3.7	4.5	5.4	6.6	7.8	9.0
59	3.1	4.0	4.8	5.7	6.9	8.1	9.3
60	3.4	4.3	5.1	6.0	7.2	8.4	9.6
61	3.6	4.5	5.4	6.3	7.5	8.7	9.9
62	3.9	4.8	5.7	6.6	7.8	9.0	10.2
63	4.1	5.1	6.0	6.9	8.1	9.3	10.6
64	4.4	5.3	6.3	7.2	8.4	9.6	10.9
65	4.6	5.6	6.5	7.5	8.7	9.9	11.2
66	4.9	5.8	6.8	7.7	9.0	10.2	11.5
67	5.1	6.1	7.0	8.0	9.3	10.5	11.8
68	5.3	6.3	7.3	8.3	9.5	10.8	12.1
69	5.6	6.6	7.5	8.5	9.8	11.1	12.4
70	5.8	6.8	7.8	8.8	10.1	11.4	12.7
71	6.0	7.0	8.0	9.0	10.3	11.6	12.9
72	6.3	7.2	8.2	9.2	10.6	11.9	13.2
73	6.5	7.5	8.5	9.5	10.8	12.1	13.5
74	6.5	7.7	8.7	9.7	11.0	12.4	13.8
75	6.9	7.9	8.9	9.9	11.3	12.7	14.0
76	7.1	8.1	9.1	10.1	11.5	12.9	14.3

77	7.3	8.3	9.3	10.4	11.8	13.2	14.5
78	7.5	8.5	9.6	10.6	12.0	13.4	14.8
79	7.7	8.7	9.8	10.8	12.2	13.6	15.1
80	7.9	8.9	10.0	11.0	12.4	13.9	15.3
81	8.1	9.1	10.2	11.2	12.7	14.1	15.5
82	8.3	9.3	10.4	11.5	12.9	14.3	15.8
83	8.5	9.5	10.6	11.7	13.1	14.6	16.0
84	8.7	9.7	10.8	11.9	13.3	14.8	16.2
85	8.9	9.9	11.0	12.1	13.6	15.0	16.5
86	9.0	10.1	11.2	12.3	13.8	15.3	16.7
87	9.2	10.3	11.5	12.6	14.0	15.5	16.9
88	9.4	10.5	11.7	12.8	14.3	15.7	17.2
89	9.6	10.7	11.9	13.8	14.5	16.0	17.4
90	9.8	10.9	12.1	13.3	14.7	16.2	17.6
91	9.9	11.1	12.3	13.5	15.0	16.4	17.9
92	10.1	11.3	12.5	13.7	15.2	16.7	18.1
93	10.3	11.5	12.8	14.0	15.4	16.9	18.4
94	10.5	11.7	13.0	14.2	15.7	17.2	18.6
95	10.7	11.9	13.2	14.5	15.9	17.4	18.9
96	10.9	12.1	13.4	14.7	16.2	17.7	19.2
97	11.0	12.4	13.7	15.0	16.5	17.9	19.4
98	11.2	12.6	13.9	15.2	16.7	18.2	19.7
99	11.4	12.8	14.1	15.5	17.0	18.5	20.0
100	11.6	13.0	14.4	15.7	17.3	18.8	20.3
101	11.8	13.2	14.6	16.0	17.5	19.1	20.6
102	12.0	13.4	14.9	16.3	17.8	19.4	20.9
103	12.2	13.7	15.1	16.6	18.1	19.7	21.3
104	12.4	13.9	15.4	16.9	18.4	20.0	21.6
105	12.7	14.2	15.6	17.1	18.8	20.4	22.0
106	12.9	14.4	15.9	17.4	19.1	20.7	22.4
107	13.1	14.7	16.2	17.7	19.4	21.1	22.7

108	13.4	14.9	16.5	18.0	19.7	21.4	23.1
109	13.6	15.2	16.8	18.3	20.1	21.8	23.6
110	13.8	15.4	17.1	18.7	20.4	22.2	24.0
111	14.1	15.7	17.4	19.0	20.8	22.6	24.5
112	14.4	16.0	17.7	19.3	21.2	23.1	24.9
113	14.6	16.3	18.0	19.6	21.6	23.5	25.4
114	14.9	16.6	18.3	20.0	22.0	24.0	25.9
115	15.2	16.9	18.6	20.3	22.4	24.4	26.5
116	15.5	17.2	18.9	20.7	22.8	24.9	27.0
117	15.8	17.5	19.3	21.1	23.2	25.4	27.6
118	16.1	17.9	19.6	21.4	23.7	26.0	28.2
119	16.4	18.2	20.0	21.8	24.2	26.5	28.8
120	16.7	18.5	20.4	22.2	24.6	27.1	29.5
121	17.0	18.9	28.7	22.6	25.1	27.6	30.2
122	17.4	19.2	21.1	23.0	25.6	28.3	30.9
123	17.7	19.6	21.5	23.4	26.2	28.9	31.6
124	18.0	20.0	21.9	23.9	26.7	29.5	32.4
125	18.4	20.4	22.3	24.3	27.2	30.2	33.1
126	18.7	20.7	22.8	24.8	27.8	30.9	33.9
127	19.1	21.1	23.2	25.2	28.4	31.6	34.8
128	19.4	21.5	23.6	25.7	29.0	32.3	35.6
129	19.8	21.9	24.1	26.2	29.7	33.1	36.5
130	20.1	22.3	24.5	26.8	30.3	33.9	37.5
131	20.4	22.7	25.0	27.3	31.0	34.7	38.4
132	20.8	23.1	25.5	27.8	31.7	35.5	39.4
133	21.1	23.6	26.0	28.4	32.4	36.4	40.4
134	21.5	24.0	26.5	29.0	33.2	37.3	41.5
135	21.8	24.4	27.0	29.6	33.9	38.2	42.5
136	22.1	24.8	27.5	30.2	34.7	39.2	43.7
137	22.4	25.3	28.1	30.9	35.5	40.2	44.8
138	22.8	25.7	28.6	31.6	36.4	41.2	46.0
139	23.1	26.1	29.2	32.3	37.2	42.2	47.2
140	23.4	26.6	29.8	33.0	38.1	43.3	48.5
141	23.7	27.0	30.4	33.7	39.1	44.4	49.8
142	24.0	27.5	31.0	34.5	40.0	45.6	51.1
143	24.2	27.9	31.6	35.2	41.0	46.7	52.5
144	24.5	28.4	32.2	36.1	42.0	48.0	53.9
145	24.8	28.8	32.8	36.9	43.0	49.2	55.4

Cuadro 1
PESO POR EDAD

Desviaciones estándar con relación a la mediana	Indicador Peso / Edad
+ 2 a + 3	Obesidad
+ 1 a + 1.99	Sobrepeso
más-menos 1	Peso normal
- 1 a - 1.99	Desnutrición leve
- 2 a - 2.99	Desnutrición moderada
- 3 y menos	Desnutrición grave

Cuadro 2
TALLA EN RELACION CON LA EDAD

Desviaciones estándar con relación a la mediana	Indicador Talla / Edad
+ 2 a + 3	Alta
+ 1 a + 1.99	Ligeramente alta
más-menos 1	Estatura normal
- 1 a - 1.99	Ligeramente baja
- 2 y menos	Baja

Cuadro 3
PESO EN RELACION CON LA TALLA

Desviaciones estándar con relación a la mediana	Indicador Peso / Talla
+ 2 a + 3	Obesidad
+ 1 a + 1.99	Sobrepeso
más-menos 1	Peso normal
- 1 a - 1.99	Desnutrición leve
- 2 a - 2.99	Desnutrición moderada
- 3 y menos	Desnutrición grave

APENDICE E
TABLAS DE REFERENCIA PARA VALORAR EL PERIMETRO CEFALICO
TABLA 1

PERIMETRO CEFALICO (cm) POR EDAD (MESES)
1 MES A 36 MESES
NIÑAS

EDAD	PERCENTILES						
MESES	3	10	25	50	75	90	97
1	33.6	34.7	35.7	36.4	37.3	38.4	39.8
2	35.8	36.6	37.3	37.9	38.9	39.7	41.6
3	37.4	38.0	38.6	39.2	40.1	41.1	42.8
4	38.5	39.2	39.7	40.4	41.3	42.3	43.6
5	39.3	40.0	40.7	41.5	42.4	43.2	44.4
6	40.0	40.7	41.5	42.4	43.1	44.0	45.5
7	40.6	41.3	42.1	43.2	43.9	44.7	45.6
8	41.1	41.9	42.7	43.8	44.5	45.3	46.2
9	41.6	42.5	43.3	44.4	45.0	45.8	46.7
10	42.1	43.0	43.8	44.9	45.4	46.3	47.1
11	42.5	43.3	44.2	45.2	45.8	46.6	47.5
12	42.8	43.6	44.6	45.6	46.2	47.0	47.8
13	43.2	44.0	45.0	45.9	46.5	47.3	48.1
14	43.5	44.3	45.2	46.2	46.8	47.6	48.4
15	43.7	44.6	45.4	46.4	47.1	47.9	48.7
16	44.0	44.8	45.7	46.7	47.3	48.1	48.9
17	44.2	45.0	45.9	46.9	47.6	48.3	49.1
18	44.4	45.2	46.1	47.1	47.8	48.5	49.3
19	44.5	45.4	46.3	47.3	48.0	48.7	49.5
20	44.7	45.5	46.5	47.4	48.2	49.0	49.7
21	44.9	45.7	46.6	47.5	48.4	49.1	49.8
22	45.0	45.9	46.8	47.7	48.5	49.3	50.0
23	45.2	46.0	46.9	47.8	48.7	49.4	50.1
24	45.3	46.2	47.1	48.0	48.8	49.6	50.3
27	45.6	46.5	47.4	48.3	49.2	50.0	50.7
30	46.0	46.8	47.7	48.6	49.5	50.3	51.1
33	46.2	47.1	48.0	48.9	49.7	50.6	51.4
36	46.4	47.4	48.3	49.3	50.0	50.9	51.7

TABLAS DE REFERENCIA PARA VALORAR EL PERIMETRO CEFALICO
TABLA 2

PERIMETRO CEFALICO (cm) POR EDAD (MESES)
1 MES A 36 MESES
NIÑOS

	PERCENTILES						
EDAD	3	10	25	50	75	90	97
MESES							
1	35.0	35.7	36.3	37.2	38.0	39.0	40.0
2	37.3	37.8	38.4	39.0	39.9	40.7	42.0
3	38.7	39.2	3938.0	40.5	41.4	42.3	43.6
4	39.7	40.3	41.0	41.7	42.5	43.4	44.6
5	40.7	41.2	42.0	42.7	43.5	44.2	45.5
6	41.6	42.1	42.8	43.6	44.5	45.0	46.3
7	42.2	42.8	43.5	44.2	45.1	45.8	47.0
8	42.8	43.5	44.0	44.9	45.8	46.5	47.5
9	43.3	44.0	44.6	45.5	46.2	47.0	48.0
10	43.8	44.4	45.1	46.0	46.7	47.4	48.5
11	44.2	44.8	45.5	46.4	47.2	47.9	48.9
12	44.5	45.3	46.0	46.9	47.6	48.3	49.3
13	44.8	45.6	46.3	47.2	47.9	48.6	49.6
14	45.1	45.8	46.6	47.5	48.2	48.9	49.9
15	45.3	46.1	46.9	47.8	48.5	49.2	50.1
16	45.6	46.4	47.2	48.0	48.8	49.5	50.3
17	45.8	46.6	47.4	48.2	49.1	49.8	50.5
18	46.0	46.9	47.6	48.5	49.3	50.0	50.7
19	46.2	47.0	47.8	48.7	49.4	50.1	50.9
20	46.4	47.2	48.0	48.9	49.6	50.3	51.1
21	46.6	47.4	48.2	49.1	49.8	50.4	51.3
22	46.7	47.5	48.4	49.3	49.9	50.6	51.5
23	46.8	47.6	48.5	49.4	50.0	50.8	51.6
24	46.9	47.7	48.6	49.5	50.1	50.9	51.7
27	47.2	48.1	48.9	49.8	50.5	51.2	52.1
30	47.5	48.3	49.2	50.0	50.7	51.5	52.4
33	47.6	48.5	49.4	50.2	50.9	51.8	52.6
36	47.8	48.7	49.6	50.4	51.1	52.0	52.8

- Debido a la trascendencia de los problemas derivados de malformaciones congénitas, ya sea por disfunción orgánica o alteraciones genéticamente determinadas a nivel craneal, se recomienda, en forma complementaria, medir el perímetro cefálico desde el nacimiento hasta los dos años de edad en que se completa el crecimiento del sistema nervioso central.

- El dato obtenido de la medición del perímetro cefálico en relación con la edad del niño, se compara con los patrones de referencia específicos contenidos en las tablas 1 y 2, mismos que pueden utilizarse para elaborar gráficas a partir de ellas. Se deben utilizar para su valoración inicial y para evaluar la tendencia del crecimiento en el tiempo; posteriormente debe hacerse un control subsecuente, de acuerdo a los hallazgos, recomendándose que la valoración sea mensual.

- Si el perímetro cefálico se encuentra dentro de los percentiles 3 y 97 se considerará como valor normal.

- Si el perímetro cefálico se sitúa por fuera de los valores percentiles mencionados, o si cambia dos carriles centilares hacia arriba o hacia abajo, se debe enviar a una unidad médica especializada, para su atención