

**LESOTHO**

Admin. level	Months	Year	Area	Sex	Age group	Sample size	Percentage below / above median													Notes	Ref	
							Weight/age		Height/age		Weight/height					BMI / age						
							-3SD	-2SD	-3SD	-2SD	-3SD	-2SD	+1SD	+2SD	+3SD	-3SD	-2SD	+1SD	+2SD			+3SD
National	AUG-NOV	1976			0. -4.99	1710		15.2		47.4											Converted estimates	00101
National	MAY-JUN	1992			0. -4.99	4687		13.8		39.2					3.2						Converted estimates	01313
National	OCT-DEC	1993			0. -5.00	449		18.9		37.5					22.4						Age-adjusted + converted	01524
National	MAR-MAY	2000			0. -5.00	3585	4.6	15.0	30.0	53.0	2.9	6.7	41.9	21.0	9.1	3.4	6.3	47.4	23.8	11.4		02366
					0. -5.00	435	4.1	16.1	37.6	61.3	2.0	4.8	41.9	20.2	10.4	2.0	4.2	47.5	22.3	12.7	Foothill	
					0. -5.00	1997	4.1	12.1	27.3	50.3	2.2	5.8	42.9	21.3	9.3	2.9	5.8	49.2	23.6	11.3	Lowland	
					0. -5.00	947	5.9	20.4	32.3	54.5	5.2	10.2	39.5	20.3	8.4	5.5	8.7	42.4	24.3	11.2	Mountain	
					0. -5.00	206	4.9	16.0	31.4	56.4	1.6	4.3	43.6	22.3	8.5	1.6	4.3	51.1	25.8	11.3	Senqu Valley	
					0. -0.49	395	3.8	12.2	21.4	42.2	5.1	13.1	49.3	31.8	14.6	6.2	11.7	47.9	30.0	15.3		
					0.50-0.99	379	7.1	16.1	28.1	41.3	4.7	10.3	43.8	23.4	12.2	5.9	11.1	43.0	22.0	11.5		
					1. -1.99	742	5.4	16.0	39.7	59.2	3.8	8.3	45.5	23.8	10.3	4.1	7.0	55.1	29.0	14.9		
					2. -2.99	761	4.1	14.3	28.6	53.7	3.6	6.2	39.8	17.9	6.6	3.9	6.1	49.7	24.7	9.8		
					3. -3.99	698	4.3	15.5	27.9	55.1	1.1	3.7	38.4	17.4	7.0	1.2	2.9	44.0	19.7	9.4		
					4. -5.00	610	3.6	15.2	29.6	55.8	1.3	3.8	40.0	19.4	9.0	1.3	3.6	42.2	19.3	9.7		
			URBAN		0. -5.00	681	4.0	11.3	23.6	45.2	2.7	7.8	43.2	22.1	8.4	3.7	7.6	47.7	24.3	10.7		
			RURAL		0. -5.00	2904	4.8	15.9	31.5	54.8	3.0	6.4	41.6	20.8	9.3	3.3	5.9	47.3	23.7	11.6		
				M	0. -5.00	1790	5.3	17.4	32.6	54.8	3.3	7.4	42.2	21.6	8.9	3.5	6.6	49.1	25.9	11.9		
				M	0. -0.49	194	3.6	11.3	23.4	40.5	6.9	16.2	49.2	33.1	13.8	8.0	12.7	48.7	34.7	16.0		
				M	0.50-0.99	184	8.2	19.0	32.1	42.1	5.6	9.4	45.0	26.3	14.4	5.6	9.3	45.3	26.1	13.7		
				M	1. -1.99	366	6.8	19.7	44.2	62.0	4.3	10.7	42.8	23.9	8.9	5.4	9.2	53.2	29.3	14.6		
				M	2. -2.99	395	4.3	16.7	31.1	56.8	3.4	5.6	42.8	19.2	7.9	3.2	5.2	53.3	26.6	10.3		
				M	3. -3.99	349	4.3	17.5	31.8	58.3	0.9	3.4	39.7	17.8	6.6	1.0	2.9	47.5	22.9	10.5		
				M	4. -5.00	302	5.3	18.2	28.3	55.8	1.5	5.1	38.8	18.3	7.3	1.1	4.5	43.5	19.3	8.9		
				F	0. -5.00	1795	3.9	12.6	27.5	51.2	2.6	6.0	41.6	20.4	9.4	3.2	6.0	45.7	21.7	11.0		
				F	0. -0.49	201	4.0	12.9	19.5	43.8	3.5	10.4	49.3	30.6	15.3	4.5	10.8	47.1	25.5	14.6		
				F	0.50-0.99	195	6.2	13.3	24.2	40.4	3.8	11.3	42.5	20.6	10.0	6.2	13.0	40.7	17.9	9.3		
				F	1. -1.99	376	4.0	12.5	35.4	56.4	3.2	5.8	48.2	23.6	11.8	2.6	4.6	57.1	28.7	15.2		
				F	2. -2.99	366	3.8	11.7	26.0	50.4	3.8	6.8	36.7	16.6	5.3	4.8	7.2	46.0	22.7	9.3		
				F	3. -3.99	349	4.3	13.5	24.1	52.1	1.2	3.9	37.1	16.9	7.4	1.5	3.0	40.7	16.6	8.4		
				F	4. -5.00	308	1.9	12.3	30.9	55.8	1.1	2.5	41.2	20.4	10.6	1.4	2.8	41.1	19.3	10.5		

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Admin. level	Months	Year	Area	Sex	Age group	Sample size	Percentage below / above median															Notes	Ref
							Weight/age		Height/age		Weight/height					BMI / age							
							-3SD	-2SD	-3SD	-2SD	-3SD	-2SD	+1SD	+2SD	+3SD	-3SD	-2SD	+1SD	+2SD	+3SD			
National	SEP-JAN	2004-05			0. -5.00	1785	4.7	16.6	20.3	45.2	2.3	5.6	25.5	6.8	2.1	2.0	4.8	31.4	10.2	3.5	Berea Butha-Buthe Leribe Mafeteng Maseru Mohale's Hoek Mokhotlong Qasha's Nek Quthing Thaba-Tseka	02798	
					0. -5.00	235	3.2	13.3	16.6	37.4	2.5	6.2	24.6	6.8	2.7	2.2	5.6	30.6	7.9	4.2			
					0. -5.00	114	3.6	15.3	14.2	39.2	2.3	5.2	30.3	9.6	2.3	1.0	4.9	39.2	12.1	4.7			
					0. -5.00	227	4.2	13.7	16.0	34.7	3.7	4.6	22.5	4.3	1.4	3.1	4.5	27.6	9.7	2.6			
					0. -5.00	211	2.9	10.8	15.9	40.0	0.9	5.0	28.5	6.2	0.0	0.9	5.1	29.9	8.9	1.3			
					0. -5.00	332	3.3	13.7	22.3	49.2	0.6	3.4	28.4	5.6	1.9	1.1	3.3	33.9	11.4	4.1			
					0. -5.00	163	4.9	14.3	19.2	40.8	1.9	7.0	18.1	3.6	0.9	1.9	5.7	24.2	3.4	0.0			
					0. -5.00	123	7.9	24.8	27.5	54.9	2.8	5.7	23.8	6.9	1.7	2.1	3.5	32.8	12.0	2.5			
					0. -5.00	78	9.1	24.9	24.7	53.9	2.9	8.9	21.6	7.4	1.7	2.9	6.7	30.9	7.1	3.7			
					0. -5.00	143	8.4	25.7	24.7	52.5	5.8	10.8	32.3	14.2	7.2	5.1	8.9	38.3	19.2	9.6			
					0. -5.00	158	5.0	24.5	28.1	61.3	2.2	4.2	22.7	7.2	2.9	1.5	2.2	29.5	10.5	2.8			
					0. -0.49	201	5.2	13.5	15.3	29.7	2.7	12.0	41.8	14.7	5.8	4.7	10.3	36.2	13.4	5.9			
					0.50-0.99	190	3.7	11.4	9.4	23.6	4.8	9.8	25.7	8.2	3.7	4.3	10.0	24.9	9.8	4.3			
					1. -1.99	331	3.8	13.1	29.3	51.1	3.3	5.2	29.7	8.5	1.0	2.0	3.3	43.3	15.3	3.4			
					2. -2.99	372	5.1	19.7	22.6	51.9	1.1	4.0	22.7	6.3	1.0	0.8	3.2	34.0	10.4	3.5			
					3. -3.99	354	3.4	17.8	20.6	48.5	1.5	3.4	26.2	5.6	2.9	1.1	3.5	31.0	10.3	4.0			
					4. -5.00	337	6.5	20.4	17.8	49.5	2.1	4.6	15.5	1.9	0.8	1.7	3.5	18.6	3.4	1.2			
					URBAN	0. -5.00	235	4.8	14.2	15.3	38.7	2.6	5.9	27.8	6.7	1.9	2.3	5.0	33.1	10.0			5.2
					RURAL	0. -5.00	1551	4.6	17.0	21.1	46.2	2.3	5.6	25.2	6.8	2.1	2.0	4.8	31.2	10.2			3.2
					M	0. -5.00	908	4.5	17.3	22.7	48.0	2.5	5.8	27.8	7.3	2.3	2.2	4.8	33.3	11.6			3.6
					M	0. -0.49	99	6.7	16.6	18.2	33.8	4.2	14.0	42.2	17.2	10.5	6.4	13.0	33.3	16.5			7.6
M	0.50-0.99	94	2.1	9.1	9.4	27.9	1.9	6.8	31.0	8.6	5.8	2.0	7.3	28.9	8.7	5.8							
M	1. -1.99	170	5.6	16.7	34.5	56.4	4.3	7.2	34.3	10.6	1.2	3.1	4.7	44.4	20.0	4.6							
M	2. -2.99	182	4.6	20.4	26.2	54.2	1.3	2.8	24.1	7.4	0.0	0.7	2.2	36.5	11.8	3.3							
M	3. -3.99	192	3.7	19.4	21.2	52.2	1.8	4.3	27.8	4.8	1.5	1.1	4.2	31.7	10.4	2.5							
M	4. -5.00	171	4.1	17.3	19.0	46.8	2.3	4.2	16.3	1.0	0.5	1.7	2.5	23.2	3.4	0.8							
F	0. -5.00	877	4.9	15.9	17.9	42.4	2.1	5.5	23.2	6.2	1.9	1.9	4.8	29.5	8.7	3.3							
F	0. -0.49	102	3.8	10.5	12.6	25.7	1.2	9.9	41.4	12.2	1.1	2.9	7.5	39.2	10.3	4.2							
F	0.50-0.99	96	5.2	13.7	9.4	19.5	7.6	12.7	20.3	7.7	1.6	6.6	12.6	21.0	11.0	2.8							
F	1. -1.99	161	1.8	9.2	23.8	45.5	2.2	3.1	24.8	6.3	0.8	0.9	1.8	42.1	10.3	2.0							

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							Weight/age		Height/age		Weight/height					BMI / age							
							-3SD	-2SD	-3SD	-2SD	-3SD	-2SD	+1SD	+2SD	+3SD	-3SD	-2SD	+1SD	+2SD	+3SD			
National	SEP-JAN	2004-05		F	2. -2.99	190	5.7	19.1	19.3	49.8	0.9	5.0	21.4	5.2	2.0	0.9	4.1	31.7	9.0	3.7		02798	
				F	3. -3.99	162	3.2	16.0	20.0	43.9	1.1	2.2	24.3	6.7	4.5	1.1	2.7	30.3	10.2	5.8			
				F	4. -5.00	166	8.9	23.5	16.7	52.1	1.9	5.1	14.7	2.9	1.1	1.8	4.5	14.0	3.3	1.5			
National	OCT-JAN	2009-10			0. -5.00	2139	2.8	13.5	14.7	39.0	1.5	3.9	23.7	7.3	2.5	1.8	3.7	28.5	8.5	2.8	Berea Butha-Bothe Leribe Mafeteng Maseru Mohale's Hoek Mokhotlong Qacha's-Nek Quthing Thaba-Tseka	03098	
					0. -5.00	289	1.6	10.2	9.9	35.4	0.5	2.7	25.3	7.0	2.0	1.1	3.3	30.6	8.8	2.0			
					0. -5.00	114	4.8	12.4	9.4	31.5	1.9	4.3	18.7	3.8	0.0	2.3	3.1	19.1	4.5	0.0			
					0. -5.00	360	1.0	10.4	19.2	39.2	0.4	1.4	37.0	13.6	8.7	0.8	1.6	41.5	15.9	8.9			
					0. -5.00	204	1.0	14.7	15.0	37.4	1.4	5.1	17.8	1.8	0.8	1.4	5.9	24.3	2.7	0.8			
					0. -5.00	440	3.1	13.2	13.0	32.1	1.4	3.8	20.4	7.1	0.5	1.4	2.9	24.8	7.0	0.7			
					0. -5.00	195	6.9	20.6	11.3	43.3	2.6	5.3	19.3	5.4	1.6	2.6	5.2	24.5	7.0	3.4			
					0. -5.00	140	4.6	18.1	18.6	47.9	2.4	4.4	19.8	3.8	1.0	2.0	4.4	25.4	4.3	2.2			
					0. -5.00	69	2.6	11.2	13.8	47.4	1.5	4.4	26.9	11.2	3.3	1.8	5.1	29.7	13.2	4.3			
					0. -5.00	119	3.1	9.3	12.0	38.4	3.9	5.3	23.2	7.6	3.0	3.9	5.3	28.7	10.5	2.0			
					0. -5.00	209	2.4	17.2	21.9	51.6	2.4	5.9	19.9	7.2	1.3	3.2	5.0	25.8	8.2	1.7			
					0. -0.49	218	3.2	10.4	8.9	21.4	1.9	7.3	38.4	16.5	5.8	2.8	7.8	31.2	11.5	6.3			
					0.50-0.99	213	5.2	13.4	8.8	22.9	5.7	9.2	17.7	7.6	3.0	5.7	10.6	16.7	7.0	2.1			
					1. -1.99	440	2.6	14.0	18.0	39.8	1.2	3.3	27.6	10.2	3.9	1.4	3.3	35.4	14.2	4.2			
					2. -2.99	432	2.6	15.2	16.4	44.4	1.3	2.5	25.2	6.0	2.4	1.8	2.3	33.3	9.4	3.5			
					3. -3.99	384	2.5	13.2	16.3	45.4	0.5	2.3	21.4	4.9	1.7	0.4	1.5	31.3	6.3	1.7			
					4. -5.00	452	2.0	13.3	14.0	43.3	0.8	3.1	16.1	3.1	0.1	0.9	2.3	19.3	3.4	0.5			
					URBAN	0. -5.00	364	2.9	13.1	13.2	30.6	1.8	4.1	27.4	9.1	3.7	1.8	3.4	31.2	10.3			4.5
					RURAL	0. -5.00	1775	2.8	13.6	15.0	40.8	1.5	3.8	22.9	6.9	2.3	1.8	3.8	28.0	8.2			2.5
					M	0. -5.00	1061	3.8	16.0	18.3	43.1	1.9	4.2	25.5	7.7	2.3	2.3	4.1	31.2	9.0			2.7
	M	0. -0.49	105	6.4	13.9	7.4	22.3	3.5	5.3	42.9	15.4	2.9	5.5	8.5	34.9	9.1	3.7						
	M	0.50-0.99	105	7.4	16.2	13.8	29.1	5.6	9.2	22.7	9.1	4.1	5.6	9.2	22.3	9.5	2.5						
	M	1. -1.99	203	3.2	18.2	28.4	48.2	1.4	3.1	29.9	14.0	6.4	1.3	3.2	36.9	19.0	6.8						
	M	2. -2.99	215	4.7	17.7	16.8	51.7	2.5	4.0	25.4	4.2	0.7	3.4	3.4	34.1	7.3	2.0						
	M	3. -3.99	203	3.0	13.2	18.2	40.3	0.7	2.9	23.3	6.4	1.4	0.7	2.2	34.2	8.1	1.5						
	M	4. -5.00	230	1.2	15.7	17.5	48.4	0.4	3.9	17.3	2.5	0.0	0.5	3.0	23.3	2.6	0.4						
	F	0. -5.00	1078	1.8	11.1	11.2	35.0	1.2	3.5	21.8	6.9	2.7	1.3	3.4	25.9	8.0	3.0						

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							Weight/age		Height/age		Weight/height					BMI / age							
							-3SD	-2SD	-3SD	-2SD	-3SD	-2SD	+1SD	+2SD	+3SD	-3SD	-2SD	+1SD	+2SD	+3SD			
National	OCT-JAN	2009-10		F	0. -0.49	113	0.2	7.1	10.3	20.5	0.3	9.2	34.3	17.6	8.5	0.3	7.2	27.7	13.7	8.7		03098	
				F	0.50-0.99	108	3.0	10.6	4.1	17.0	5.8	9.1	12.9	6.2	2.0	5.8	12.0	11.4	4.5	1.7			
				F	1. -1.99	237	2.1	10.5	9.1	32.6	1.1	3.4	25.7	7.0	1.9	1.6	3.4	34.0	10.1	2.0			
				F	2. -2.99	216	0.6	12.7	15.9	37.1	0.0	1.0	25.0	7.8	4.1	0.2	1.2	32.5	11.4	5.0			
				F	3. -3.99	181	1.9	13.2	14.1	51.2	0.4	1.5	19.2	3.3	2.0	0.0	0.8	28.0	4.4	2.0			
				F	4. -5.00	222	2.8	10.7	10.4	38.0	1.3	2.2	14.9	3.7	0.2	1.3	1.6	15.2	4.3	0.6			