

Women								
Age (y)	15-24	25-34	35-44	45-54	55-64	65-74	75-84	>85
Number	488	561	500	378	168	183	160	52
Anthropometric (1)								
<u>Height</u> (in)	65.6 ± 2.4	65.2 ± 2.4	64.5 ± 2.4	64.2 ± 2.3	63.4 ± 2.4	62.7 ± 2.4	62.0 ± 2.4	60.3 ± 2.8
<u>Weight</u> (lb)	128.6 ± 16.3	129.4 ± 16.8	129.4 ± 17.4	133.4 ± 20.5	138.5 ± 21.2	144.6 ± 24.5	138.0 ± 21.8	130.3 ± 24
Impedance (1)								
<u>Phase Angle</u> (°)	6.6 ± 0.8	6.6 ± 0.9	6.7 ± 0.8	6.5 ± 0.9	6.0 ± 0.8	5.4 ± 0.9	4.8 ± 0.9	4.5 ± 1.2
<u>Body Capacitance</u> (pF)	600	620	640	640	580	540	470	440
<u>Resistance</u> (ohms)	601 ± 60	582 ± 60	572 ± 56	557 ± 58	563 ± 62	555 ± 64	569 ± 67	570 ± 82
<u>Reactance</u> (ohms)	69.3 ± 10.1	66.8 ± 10.3	66.8 ± 9.9	63.3 ± 9.9	58.7 ± 10.0	52.6 ± 10.3	47.7 ± 10.3	44.7 ± 10.6
Mass Distribution (2)								
<u>Body Cell Mass</u> (% wt)	38.1	37.1	36.3	34.5	31.5	27.7	25.7	24.0
<u>Extracellular Mass</u> (% wt)	40.3	40.4	39.8	39.7	39.4	38.0	38.5	38.4
<u>Fat-Free Mass</u> (% wt)	78.4	77.5	76.1	74.2	70.9	65.7	64.2	62.4
<u>Fat Mass</u> (% wt)	21.6	22.5	23.9	25.8	29.1	34.3	35.8	37.6
<u>ECM/BCM Ratio</u>	1.06	1.09	1.10	1.15	1.25	1.37	1.50	1.60
<u>BMI</u> (kg/m ²)	21.0 ± 2.3	21.4 ± 2.5	21.9 ± 2.7	22.7 ± 3.1	24.3 ± 3.5	25.9 ± 4.0	25.3 ± 4.0	25.2 ± 4.8
<u>Basal Metabolic Rate</u>	1426	1420	1395	1401	1388	1345	1254	1151
Water Compartments (2)								
<u>Intracellular Water</u> (% tbw)	55.6	54.7	54.4	53.0	50.2	47.2	45.0	43.6
<u>Extracellular Water</u> (% tbw)	44.4	45.3	45.6	47.0	49.8	52.8	55.0	56.4
<u>Total Body Water</u> (% ffm)	72.4	72.5	72.5	72.2	71.5	73.3	73.9	75.1
<u>Total Body Water</u> (% wt)	56.8	56.2	55.2	53.6	50.7	48.2	47.4	46.9

Men								
Age (y)	15-24	25-34	35-44	45-54	55-64	65-74	75-84	>85
Number	424	656	694	449	227	162	91	32
Anthropometric (1)								
Height (in)	69.9 ± 2.6	70.0 ± 2.6	69.6 ± 2.6	68.5 ± 2.5	68.2 ± 2.6	67.6 ± 2.5	67.2 ± 2.9	65.2 ± 2.7
Weight (lb)	154.6 ± 18.3	163.8 ± 19.8	166.3 ± 21.2	163.2 ± 20.3	165.8 ± 21.6	167.4 ± 23.8	160.1 ± 19.2	157.9 ± 19.6
Impedance (1)								
Phase Angle (°)	7.3 ± 0.8	7.5 ± 0.8	7.2 ± 0.9	7.2 ± 0.9	6.6 ± 0.9	6.1 ± 0.9	5.3 ± 0.9	4.6 ± 0.8
Body Capacitance (pF)	830	860	840	838	780	720	610	520
Resistance (ohms)	484 ± 52	474 ± 46	470 ± 50	469 ± 43	468 ± 45	466 ± 49	482 ± 50	486 ± 59
Reactance (ohms)	61.9 ± 9.2	62.1 ± 8.4	59.4 ± 8.7	58.8 ± 8.4	54.3 ± 8.1	49.9 ± 8.8	45.1 ± 8.6	39.1 ± 8.2
Mass Distribution (2)								
Body Cell Mass (% wt)	45.4	43.5	41.1	39.6	36.8	34.1	31.5	27.5
Extracellular Mass (% wt)	43.0	41.3	41.3	40.7	41.0	41.3	42.2	41.1
Fat-Free Mass (% wt)	88.4	84.8	82.4	80.3	77.8	75.4	73.7	68.6
Fat Mass (% wt)	11.6	15.2	17.6	19.7	22.2	24.6	26.3	31.4
ECM/BCM Ratio	0.95	0.95	1.00	1.03	1.11	1.21	1.34	1.49
BMI (kg/m ²)	22.2 ± 2.1	23.5 ± 2.3	24.1 ± 2.7	24.4 ± 2.6	25.0 ± 2.8	25.7 ± 3.6	24.9 ± 2.7	26.2 ± 3.6
Basal Metabolic Rate	1934	1966	1938	1853	1825	1785	1669	1532
Water Compartments (2)								
Intracellular Water (% tbw)	61.0	60.6	59.1	58.4	56.0	53.8	51.1	48.5
Extracellular Water (% tbw)	39.0	39.4	40.9	41.6	44.0	46.2	48.9	51.5
Total Body Water (% ffm)	72.4	72.4	72.5	72.2	72.0	71.9	71.6	72.5
Total Body Water (% wt)	64.0	61.4	59.7	58.0	56.0	54.2	52.8	49.7