

Chart showing the average height of males and females in various world countries.

Country/Region	Average male height	Average female height	Sampled Age Range
Albania	174.0 cm (5 ft 8 1/2 in)	161.8 cm (5 ft 3 1/2 in)	20-29
Argentina	-	159.6 cm (5 ft 3 in)	19-49
Argentina	174.46 cm (5 ft 8 1/2 in)	161.01 cm (5 ft 3 1/2 in)	18
Armenia	-	158.1 cm (5 ft 2 in)	25-49
Australia	175.6 cm (5 ft 9 in)	161.8 cm (5 ft 3 1/2 in)	18
Australia	177.8 cm (5 ft 10 in)	163.8 cm (5 ft 4 1/2 in)	18-24
Austria	179 cm (5 ft 10 1/2 in)	166 cm (5 ft 5 1/2 in)	20-49
Austria	180 cm (5 ft 11 in)	167 cm (5 ft 5 1/2 in)	20-24
Austria	178.80 cm (5 ft 10 1/2 in)	-	30-34
Austria	179.2 cm (5 ft 10 1/2 in)	167.6 cm (5 ft 6 in)	21
Azerbaijan	171.8 cm (5 ft 7 1/2 in)	165.4 cm (5 ft 5 in)	16
Bahrain	165.1 cm (5 ft 5 in)	154.2 cm (5 ft 1/2 in)	19+
Bahrain	171.0 cm (5 ft 7 1/2 in)	156.6 cm (5 ft 1 1/2 in)	18
Bangladesh	-	150.6 cm (4 ft 11 1/2 in)	25-49
Belgium	178.70 cm (5 ft 10 1/2 in)	-	30-34
Belgium	178.6 cm (5 ft 10 1/2 in)	168.1 cm (5 ft 6 in)	21
Benin	-	159.3 cm (5 ft 2 1/2 in)	25-49
Bolivia	-	151.8 cm (5 ft 0 in)	25-49

Bolivia	160.0 cm (5 ft 3 in)	142.2 cm (4 ft 8 in)	20-29
Bosnia and Herzegovina	183.9 cm (6 ft 1/2 in)	171.8 cm (5 ft 7 1/2 in)	19-32
Brazil	170.7 cm (5 ft 7 in)	158.8 cm (5 ft 2 1/2 in)	18+
Brazil	173.0 cm (5 ft 8 in)	161.1 cm (5 ft 3 1/2 in)	20-24
Brazil-Urban	173.5 cm (5 ft 8 1/2 in)	161.6 cm (5 ft 3 1/2 in)	20-24
Brazil-Rural	170.9 cm (5 ft 7 1/2 in)	158.9 cm (5 ft 2 1/2 in)	20-24
Bulgaria	175.2 cm (5 ft 9 in)	163.2 cm (5 ft 4 1/2 in)	-
Bulgaria-Sofia	178.1 cm (5 ft 10 in)	164.8 cm (5 ft 5 in)	-
Burkina Faso	-	161.6 cm (5 ft 3 1/2 in)	25-49
Cambodia	-	152.4 cm (5 ft 0 in)	25-49
Cameroon-Urban	170.6 cm (5 ft 7 in)	161.3 cm (5 ft 3 1/2 in)	15+
Cameroon-Urban	172.1 cm (5 ft 8 in)	162.0 cm (5 ft 4 in)	35-44
Canada	175.1 cm (5 ft 9 in)	162.3 cm (5 ft 4 in)	18-79
Canada	176.0 cm (5 ft 9 1/2 in)	163.3 cm (5 ft 4 1/2 in)	25-44
Central African Republic	-	158.9 cm (5 ft 2 1/2 in)	25-49
Chad	-	162.6 cm (5 ft 4 in)	25-49
Chile	169.6 cm (5 ft 7 in)	156.1 cm (5 ft 1 1/2 in)	15
Chile	171.2 cm (5 ft 7 1/2 in)	157.2 cm (5 ft 2 in)	25-44
Chile	171 cm (5 ft 7 1/2 in)	159.1 cm (5 ft 2 1/2 in)	15-24
China, People's Republic of	167.1 cm (5 ft 6 in)	155.8 cm (5 ft 1 1/2 in)	18
China	172.1 cm (5 ft 8 in)	160.1 cm (5 ft 3 in)	19

Mainland			
China	170.2 cm (5 ft 7 in)	158.6 cm (5 ft 2 1/2 in)	17
People's Republic of-Urban			
China	166.3 cm (5 ft 5 1/2 in)	157.0 cm (5 ft 2 in)	17
People's Republic of-Rural			
China	174.7 cm (5 ft 9 in)	161.3 cm (5 ft 3 1/2 in)	21
People's Republic of-Beijing			
China	169.2 cm (5 ft 6 1/2 in)	158.2 cm (5 ft 2 1/2 in)	20-24
People's Republic of-Sichuan			
Colombia	170.6 cm (5 ft 7 in)	158.7 cm (5 ft 2 1/2 in)	18-22
Colombia	-	155.0 cm (5 ft 1 in)	25-49
Comoros	-	154.8 cm (5 ft 1 in)	25-49
Congo	-	157.7 cm (5 ft 2 in)	25-49
Democratic Republic of the			
Congo, Republic of the	-	159.0 cm (5 ft 2 1/2 in)	25-49
Croatia	180.4 cm (5 ft 11 in)	166.49 cm (5 ft 5 1/2 in)	18
Cuba-Urban	168 cm (5 ft 6 in)	156 cm (5 ft 1 1/2 in)	15
Czech Republic	180.31 cm (5 ft 11 in)	167.22 cm (5 ft 6 in)	17
Denmark	180.4 cm (5 ft 11 in)	-	18-20
Denmark	181.4 cm (5 ft 11 1/2 in)	-	30
Denmark	182.6 cm (6 ft 0 in)	168.7 cm (5 ft 6 1/2 in)	23

Dinaric Alps	185.6 cm (6 ft 1 in)	171.1 cm (5 ft 7 1/2 in)	17
Dominican Republic	-	156.4 cm (5 ft 1 1/2 in)	25-49
El Salvador	-	160.3 cm (5 ft 3 in)	25-49
Egypt	170.3 cm (5 ft 7 in)	158.9 cm (5 ft 2 1/2 in)	20-24
Egypt	-	159.5 cm (5 ft 3 in)	25-49
Estonia	179.1 cm (5 ft 10 1/2 in)	-	17
Ethiopia	-	157.6 cm (5 ft 2 in)	25-49
Europe	177.6 cm (5 ft 10 in)	-	17-29
Finland	178.9 cm (5 ft 10 1/2 in)	165.3 cm (5 ft 5 in)	25-34
Finland	180.7 cm (5 ft 11 in)	167.2 cm (5 ft 6 in)	25
Finland	177.9 cm (5 ft 10 in)	-	30-34
France	175.6 cm (5 ft 9 in)	162.5 cm (5 ft 4 in)	18-70
France	174.1 cm (5 ft 8 1/2 in)	161.9 cm (5 ft 3 1/2 in)	20
France	177.0 cm (5 ft 9 1/2 in)	164.6 cm (5 ft 5 in)	20-29
France	176.2 cm (5 ft 9 1/2 in)	-	30-34
Gabon	-	158.4 cm (5 ft 2 1/2 in)	25-49
Gambia-Rural	168.0 cm (5 ft 6 in)	157.8 cm (5 ft 2 in)	21-49
Germany	175.4 cm (5 ft 9 in)	162.8 cm (5 ft 4 in)	18-79
Germany	178.9 cm (5 ft 10 1/2 in)	166.1 cm (5 ft 5 1/2 in)	18-37
Germany-Urban	180.6 cm (5 ft 11 in)	168.5 cm (5 ft 6 1/2 in)	18-37
Germany	180.17 cm (5 ft 11 in)	-	30-34

Germany	178 cm (5 ft 10 in)	165 cm (5 ft 5 in)	18+
Germany	181 cm (5 ft 11 1/2 in)	168 cm (5 ft 6 in)	18-25
Ghana	-	159.3 cm (5 ft 2 1/2 in)	25-49
Ghana	169.5 cm (5 ft 6 1/2 in)	158.5 cm (5 ft 2 1/2 in)	25-29
Greece	177 cm (5 ft 9 1/2 in)	165 cm (5 ft 5 in)	18-49
Greece	177 cm (5 ft 9 1/2 in)	166 cm (5 ft 5 1/2 in)	20-24
Greece	178.06 cm (5 ft 10 in)	-	18-26
Greece	177.29 cm (5 ft 10 in)	-	30-34
Greece	178.3 cm (5 ft 10 in)	166.6 cm (5 ft 5 1/2 in)	21
Guatemala	-	147.3 cm (4 ft 10 in)	25-49
Guinea	-	158.8 cm (5 ft 2 1/2 in)	25-49
Haiti	-	158.6 cm (5 ft 2 1/2 in)	25-49
Honduras	-	152.0 cm (5 ft 0 in)	25-49
Hong Kong	171.7 cm (5 ft 7 1/2 in)	158.7 cm (5 ft 2 1/2 in)	18
Hong Kong	173.4 cm (5 ft 8 1/2 in)	160.1 cm (5 ft 3 in)	19-20
Hungary	176 cm (5 ft 9 1/2 in)	164 cm (5 ft 4 1/2 in)	Adults
Hungary	177.3 cm (5 ft 10 in)	-	18
India	164.7 cm (5 ft 5 in)	151.9 cm (5 ft 0 in)	20-49
India-Rural	161.2 cm (5 ft 3 1/2 in)	152.1 cm (5 ft 0 in)	17+
India	166.3 cm (5 ft 5 1/2 in)	152.6 cm (5 ft 0 in)	20
Indonesia	158 cm (5 ft 2 in)	147 cm (4 ft 10 in)	50+

Iran	170.3 cm (5 ft 7 in)	157.2 cm (5 ft 2 in)	21+
Iran	173.4 cm (5 ft 8 1/2 in)	159.8 cm (5 ft 3 in)	21-25
Iraq-Baghdad	165.4 cm (5 ft 5 in)	155.8 cm (5 ft 1 1/2 in)	18-44
Ireland	177 cm (5 ft 9 1/2 in)	163 cm (5 ft 4 in)	20-49
Ireland	179 cm (5 ft 10 1/2 in)	163 cm (5 ft 4 in)	20-24
Ireland	176.60 cm (5 ft 9 1/2 in)	-	30
Ireland	177.5 cm (5 ft 10 in)	163.5 cm (5 ft 4 1/2 in)	21
Israel	177 cm (5 ft 9 1/2 in)	166 cm (5 ft 5 1/2 in)	18-21
Italy	176.5 cm (5 ft 9 1/2 in)	162.5 cm (5 ft 4 in)	18
Italy	174.48 cm (5 ft 8 1/2 in)	-	30
Italy	177.2 cm (5 ft 10 in)	167.8 cm (5 ft 6 in)	21
Ivory Coast	170.1 cm (5 ft 7 in)	159.1 cm (5 ft 2 1/2 in)	25-29
Ivory Coast	-	159.8 cm (5 ft 3 in)	25-49
Jamaica	171.8 cm (5 ft 7 1/2 in)	160.8 cm (5 ft 3 1/2 in)	25-74
Japan	172 cm (5 ft 7 1/2 in)	158 cm (5 ft 2 in)	20-49
Japan	172.0 cm (5 ft 7 1/2 in)	158.70 cm (5 ft 2 1/2 in)	20-24
Japan	170.7 cm (5 ft 7 in)	158.0 cm (5 ft 2 in)	17
Jordan	-	158.2 cm (5 ft 2 1/2 in)	25-49
Kazakhstan	-	159.8 cm (5 ft 3 in)	25-49
Kenya	-	159.4 cm (5 ft 3 in)	25-49
North Korea	165.6 cm (5 ft 5 in)	154.9 cm (5 ft 1 in)	20-39

South Korea	170.7 cm (5 ft 7 in)	157.4 cm (5 ft 2 in)	20+
South Korea	173.5 cm (5 ft 8 1/2 in)	160.4 cm (5 ft 3 in)	20-24
South Korea	173.5 cm (5 ft 8 1/2 in)	-	18-19
South Korea-Seoul	173.9 cm (5 ft 8 1/2 in)	-	18-19
Kyrgyzstan	-	158.0 cm (5 ft 2 in)	25-49
Lesotho	-	157.6 cm (5 ft 2 in)	25-49
Liberia	-	157.3 cm (5 ft 2 in)	25-49
Lithuania	177.2 cm (5 ft 10 in)	-	19-25
Lithuania-Urban	178.4 cm (5 ft 10 in)	-	19-25
Lithuania-Rural	176.2 cm (5 ft 9 1/2 in)	-	19-25
Lithuania	181.3 cm (5 ft 11 1/2 in)	167.5 cm (5 ft 6 in)	18
Madagascar	-	154.3 cm (5 ft 1/2 in)	25-49
Malawi-Urban	166 cm (5 ft 5 1/2 in)	155 cm (5 ft 1 in)	16-60
Malaysia	166.3 cm (5 ft 5 1/2 in)	154.7 cm (5 ft 1 in)	20-24
Malaysia	168.5 cm (5 ft 6 1/2 in)	158.1 cm (5 ft 2 in)	Chinese, 20-24
Malaysia	169.1 cm (5 ft 6 1/2 in)	155.4 cm (5 ft 1 in)	Indian, 20-24
Mali-Southern Mali	171.3 cm (5 ft 7 1/2 in)	160.4 cm (5 ft 3 in)	Adults
Malta	169.9 cm (5 ft 7 in)	159.9 cm (5 ft 3 in)	18
Malta	175.2 cm (5 ft 9 in)	163.8 cm (5 ft 4 1/2 in)	25-34
Mexico	167 cm (5 ft 5 1/2 in)	154 cm (5 ft 1/2 in)	20-49
Mexico	169 cm (5 ft 6 1/2 in)	155 cm (5 ft 1 in)	20-24

Mexico	172 cm (5 ft 7 1/2 in)	-	Young adults
Mexico-Bajio	172 cm (5 ft 7 1/2 in)	-	Adults
Mexico-Central	-	162 cm (5 ft 4 in)	26-39
Mexico-Morelos	167 cm (5 ft 5 1/2 in)	155 cm (5 ft 1 in)	18-76
Moldova	-	161.2 cm (5 ft 3 1/2 in)	25-49
Mongolia	168.4 cm (5 ft 6 1/2 in)	157.7 cm (5 ft 2 in)	25-34
Montenegro	183.2 cm (6 ft 0 in)	168.4 cm (5 ft 6 1/2 in)	Students
Morocco	-	158.5 cm (5 ft 2 1/2 in)	25-49
Mozambique	-	156 cm (5 ft 1 1/2 in)	25-49
Namibia	-	160.7 cm (5 ft 3 1/2 in)	25-49
Nepal	-	150.8 cm (4 ft 11 1/2 in)	25-49
Netherlands	181 cm (5 ft 11 1/2 in)	169 cm (5 ft 6 1/2 in)	Caucasians, 16-18
Netherlands	182.70 cm (6 ft 0 in)	-	30-34
Netherlands	180.8 cm (5 ft 11 in)	167.5 cm (5 ft 6 in)	20
Netherlands	183.2 cm (6 ft 0 in)	169.9 cm (5 ft 7 in)	20-30
Netherlands	183.8 cm (6 ft 1/2 in)	170.7 cm (5 ft 7 in)	21
New Zealand	177 cm (5 ft 9 1/2 in)	164 cm (5 ft 4 1/2 in)	20-49
New Zealand	178 cm (5 ft 10 in)	164 cm (5 ft 4 1/2 in)	20-24
Nicaragua	-	153.7 cm (5 ft 1/2 in)	25-49
Nigeria	163.8 cm (5 ft 4 1/2 in)	157.8 cm (5 ft 2 in)	18-74
Nigeria	167.2 cm (5 ft 6 in)	160.3 cm (5 ft 3 in)	20-29

Norway	179.63 cm (5 ft 10 1/2 in)	-	30-34
Norway	180.3 cm (5 ft 11 in)	167 cm (5 ft 5 1/2 in)	20-85
Norway	182.4 cm (6 ft 0 in)	168 cm (5 ft 6 in)	20-25
Norway	181.6 cm (5 ft 11 1/2 in)	168.2 cm (5 ft 6 in)	26-35
Peru	164 cm (5 ft 4 1/2 in)	151 cm (4 ft 11 1/2 in)	20
Philippines	161.9 cm (5 ft 3 1/2 in)	150.2 cm (4 ft 11 in)	20
Philippines	163.4 cm (5 ft 4 1/2 in)	151.7 cm (4 ft 11 1/2 in)	20-39
Poland	178.7 cm (5 ft 10 1/2 in)	165.1 cm (5 ft 5 in)	18
Portugal	173.9 cm (5 ft 8 1/2 in)	-	18
Portugal	172.30 cm (5 ft 8 in)	-	30-34
Portugal	171 cm (5 ft 7 1/2 in)	161 cm (5 ft 3 1/2 in)	20-50
Portugal	173.7 cm (5 ft 8 1/2 in)	163.7 cm (5 ft 4 1/2 in)	21
Qatar	170.8 cm (5 ft 7 in)	161.1 cm (5 ft 3 1/2 in)	18
Rwanda	-	157.7 cm (5 ft 2 in)	25-49
Romania	172 cm (5 ft 7 1/2 in)	157 cm (5 ft 2 in)	-
Russia	177.2 cm (5 ft 10 in)	164.1 cm (5 ft 4 1/2 in)	24
Samoa	-	166.6 cm (5 ft 5 1/2 in)	18-28
Saudi Arabia	168.9 cm (5 ft 6 1/2 in)	156.3 cm (5 ft 1 1/2 in)	18
Senegal	-	163 cm (5 ft 4 in)	25-49
Serbia	182.0 cm (5 ft 11 1/2 in)	166.8 cm (5 ft 5 1/2 in)	18-30
Singapore	171 cm (5 ft 7 1/2 in)	160 cm (5 ft 3 in)	Chinese students

Slovakia	179.4 cm (5 ft 10 1/2 in)	165.6 cm (5 ft 5 in)	18
Slovenia-Ljubljana	180.3 cm (5 ft 11 in)	167.4 cm (5 ft 6 in)	19
South Africa	168 cm (5 ft 6 in)	159 cm (5 ft 2 1/2 in)	19
Sri Lanka	163.6 cm (5 ft 4 1/2 in)	151.4 cm (4 ft 11 1/2 in)	18+
Sri Lanka	165.6 cm (5 ft 5 in)	154.0 cm (5 ft 1/2 in)	18-29
Spain	173.1 cm (5 ft 8 in)	-	18-70
Spain	-	159.6 cm (5 ft 3 in)	18-70
Spain	175.3 cm (5 ft 9 in)	-	18-34
Spain	-	162.6 cm (5 ft 4 in)	18-19
Spain	175.30 cm (5 ft 9 in)	-	30-34
Spain	174 cm (5 ft 8 1/2 in)	163 cm (5 ft 4 in)	20-49
Spain	176 cm (5 ft 9 1/2 in)	166 cm (5 ft 5 1/2 in)	20-24
Spain	178 cm (5 ft 10 in)	166.2 cm (5 ft 5 1/2 in)	21
Swaziland	-	159.1 cm (5 ft 2 1/2 in)	25-49
Sweden	181.5 cm (5 ft 11 1/2 in)	166.8 cm (5 ft 5 1/2 in)	20-29
Sweden	180.4 cm (5 ft 11 in)	-	30
Sweden	177.9 cm (5 ft 10 in)	164.6 cm (5 ft 5 in)	20-74
Switzerland	178.2 cm (5 ft 10 in)	-	19
Switzerland	175.4 cm (5 ft 9 in)	164 cm (5 ft 4 1/2 in)	20-74
Taiwan	171.4 cm (5 ft 7 1/2 in)	159.9 cm (5 ft 3 in)	17
Tanzania	-	156.6 cm (5 ft 1 1/2 in)	25-49

Thailand	170.3 cm (5 ft 7 in)	159 cm (5 ft 2 1/2 in)	15-19
Togo	-	159.0 cm (5 ft 2 1/2 in)	25-49
Tonga	176.1 cm (5 ft 9 1/2 in)	165.3 cm (5 ft 5 in)	40
Turkey	173.6 cm (5 ft 8 1/2 in)	161.9 cm (5 ft 3 1/2 in)	20-22
Turkey-Ankara	174.1 cm (5 ft 8 1/2 in)	158.9 cm (5 ft 2 1/2 in)	18-59
Turkey-Ankara	176.1 cm (5 ft 9 1/2 in)	162 cm (5 ft 4 in)	18-29
Turkey	-	156.4 cm (5 ft 1 1/2 in)	25-49
Uganda	-	159.2 cm (5 ft 2 1/2 in)	25-49
United Arab Emirates	173.4 cm (5 ft 8 1/2 in)	156.4 cm (5 ft 1 1/2 in)	-
UK-England	175.3 cm (5 ft 9 in)	161.9 cm (5 ft 3 1/2 in)	16+
UK-England	177.8 cm (5 ft 10 in)	164.5 cm (5 ft 5 in)	25-34
UK-Scotland	175.0 cm (5 ft 9 in)	161.3 cm (5 ft 3 1/2 in)	16+
UK-Scotland	178.2 cm (5 ft 10 in)	163.5 cm (5 ft 4 1/2 in)	25-34
UK-Wales	177.0 cm (5 ft 9 1/2 in)	162.0 cm (5 ft 4 in)	16
U.S.	175.9 cm (5 ft 9 1/2 in)	162.1 cm (5 ft 4 in)	All Americans, 20+
U.S.	176.3 cm (5 ft 9 1/2 in)	163.1 cm (5 ft 4 in)	All Americans, 20-29
U.S.	176.9 cm (5 ft 9 1/2 in)	163.7 cm (5 ft 4 1/2 in)	African Americans, 20-39
U.S.	171.1 cm (5 ft 7 1/2 in)	158.2 cm (5 ft 2 1/2 in)	Hispanic/Latino, 20-39
U.S.	178.4 cm (5 ft 10 in)	164.9 cm (5 ft 5 in)	Non-Hispanic White, 20-39
Uruguay	170 cm (5 ft 7 in)	158 cm (5 ft 2 in)	Adults
Uzbekistan	-	159.9 cm (5 ft 3 in)	25-49

Vietnam	162.1 cm (5 ft 4 in)	152.2 cm (5 ft 0 in)	25-29
Vietnam	165.7 cm (5 ft 5 in)	155.2 cm (5 ft 1 in)	20-25
Zambia	-	158.5 cm (5 ft 2 1/2 in)	25-49
Zimbabwe	-	160.3 cm (5 ft 3 in)	25-49