United States (NHANES)

Metric	Country	Year	Value	Source
Mean height, women 20+ Measure: measured	United States	2021–2023	**63.5 in**	CDC / NCHS, FastStats Body Measurements (NHANES Aug 2021 – Aug 2023)
Mean weight, women 20+ Measure: measured	United States	2021–2023	**171.8 lb**	CDC / NCHS, FastStats Body Measurements (NHANES Aug 2021 – Aug 2023)
Mean waist circumference, women 20+ Measure: measured	United States	2021–2023	**38.5 in**	CDC / NCHS, FastStats Body Measurements (NHANES Aug 2021 – Aug 2023)
Mean height, men 20+ Measure: measured	United States	2021–2023	**68.9 in**	CDC / NCHS, FastStats Body Measurements (NHANES Aug 2021 – Aug 2023)
Mean weight, men 20+ Measure: measured	United States	2021–2023	**199 lb**	CDC / NCHS, FastStats Body Measurements (NHANES Aug 2021 – Aug 2023)
Mean waist circumference, men 20+ Measure: measured	United States	2021–2023	**40.6 in**	CDC / NCHS, FastStats Body Measurements (NHANES Aug 2021 – Aug 2023)
Average American woman's clothing size (ASTM Misses) Measure: NHANES vs ASTM standard · Corresponds to Women's Plus 20W.	United States	2016 study	**16–18 US size**	Christel & Dunn (2016), International Journal of Fashion Design, Technology and Education

England (Health Survey for England 2022)

Metric	Country	Year	Value	Source
Mean waist circumference, women 16–34 Measure: measured	England	2022	**83.3 cm**	NHS England, Health Survey for England 2022 Part 2: Adult overweight and obesity
Mean waist circumference, women 55+ Measure: measured	England	2022	**>91 cm**	NHS England, Health Survey for England 2022 Part 2: Adult overweight and obesity
Mean waist circumference, men 16–34 Measure: measured	England	2022	**88.7 cm**	NHS England, Health Survey for England 2022 Part 2: Adult overweight and obesity
Mean waist circumference, men 65–74 Measure: measured	England	2022	**104.5 cm**	NHS England, Health Survey for England 2022 Part 2: Adult overweight and obesity
Women with a high or very high waist (over 80 cm) Measure: measured	England	2022	**68%**	NHS England, Health Survey for England 2022 Part 2: Adult overweight and obesity
Men with a high or very high waist (over 94 cm) Measure: measured	England	2022	**58%**	NHS England, Health Survey for England 2022 Part 2: Adult overweight and obesity
Mean waist-to-height ratio, men / women Measure: measured	England	2022	**0.55 / 0.54 ratio**	NHS England, Health Survey for England 2022 Part 2: Adult overweight and obesity

France (Campagne Nationale de Mensuration)

Metric	Country	Year	Value	Source
Mean height, women Measure: 3D scan	France	campaign published 2006	**162.5 cm**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)

Metric	Country	Year	Value	Source
Mean weight, women Measure: 3D scan	France	campaign published 2006	**62.4 kg**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)
Mean bust (tour de poitrine), women Measure: 3D scan	France	campaign published 2006	**93.7 cm**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)
Mean waist, women Measure: 3D scan	France	campaign published 2006	**79.9 cm**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)
Mean hip at fullest point (tour de bassin), women Measure: 3D scan	France	campaign published 2006	**100.2 cm**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)
Mean height, men Measure: 3D scan	France	campaign published 2006	**175.6 cm**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)
Mean weight, men Measure: 3D scan	France	campaign published 2006	**77.4 kg**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)
Mean chest, men Measure: 3D scan	France	campaign published 2006	**102.2 cm**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)
Mean waist, men Measure: 3D scan	France	campaign published 2006	**89.4 cm**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)
People who find it hard to get clothes in their size Measure: survey	France	campaign published 2006	**1 in 3 women, 1 in 6 men share**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)
Most common shoe sizes Measure: 3D scan	France	campaign published 2006	**women 38 and 37; men 42 and 41 EU size**	IFTH, Campagne Nationale de Mensuration — Textile-Habillement n°12 hors-série (Feb 2006)

Germany (SizeGERMANY 2007–2008 vs earlier surveys)

Metric	Country	Year	Value	Source
People measured by 3D scan Measure: 3D scan · Ages 6 to 87.	Germany	2007–2008	**13,362 people**	TextilWirtschaft, Size Germany: Deutsche werden größer und breiter (Apr 2009)
Change in women's height since 1994 Measure: 3D scan	Germany	2007–2008 vs 1994	**1 cm**	ÖKO-TEST, 60 Hemden, Blusen und Kleidergrößen im Test (SizeGERMANY results quoted)
Change in women's bust since 1994 Measure: 3D scan	Germany	2007–2008 vs 1994	**2.3 cm**	ÖKO-TEST, 60 Hemden, Blusen und Kleidergrößen im Test (SizeGERMANY results quoted)

Metric	Country	Year	Value	Source
Change in women's waist since 1994 Measure: 3D scan	Germany	2007–2008 vs 1994	**4.1 cm**	ÖKO-TEST, 60 Hemden, Blusen und Kleidergrößen im Test (SizeGERMANY results quoted)
Change in women's hip since 1994 Measure: 3D scan	Germany	2007–2008 vs 1994	**1.8 cm**	ÖKO-TEST, 60 Hemden, Blusen und Kleidergrößen im Test (SizeGERMANY results quoted)
Change in men's height since 1980 Measure: 3D scan	Germany	2007–2008 vs 1980	**3.2 cm**	ÖKO-TEST, 60 Hemden, Blusen und Kleidergrößen im Test (SizeGERMANY results quoted)
Change in men's chest since 1980 Measure: 3D scan	Germany	2007–2008 vs 1980	**7.3 cm**	ÖKO-TEST, 60 Hemden, Blusen und Kleidergrößen im Test (SizeGERMANY results quoted)
Change in men's waist since 1980 Measure: 3D scan	Germany	2007–2008 vs 1980	**4.4 cm**	ÖKO-TEST, 60 Hemden, Blusen und Kleidergrößen im Test (SizeGERMANY results quoted)
Change in men's hip since 1980 Measure: 3D scan	Germany	2007–2008 vs 1980	**3.6 cm**	ÖKO-TEST, 60 Hemden, Blusen und Kleidergrößen im Test (SizeGERMANY results quoted)

South Korea (8th Size Korea survey)

Metric	Country	Year	Value	Source
Mean height, men Measure: measured · +6.4 cm since the 1st survey (1979).	South Korea	2021	**172.5 cm**	Korea Ministry of Trade, Industry and Energy / KATS, 8th Size Korea survey (Mar 2022)
Mean height, women Measure: measured · +5.3 cm since 1979.	South Korea	2021	**159.6 cm**	Korea Ministry of Trade, Industry and Energy / KATS, 8th Size Korea survey (Mar 2022)
Men with obesity (BMI) Measure: measured	South Korea	2021	**47%**	Korea Ministry of Trade, Industry and Energy / KATS, 8th Size Korea survey (Mar 2022)
Mean BMI, women Measure: measured · 22.0 in 1979.	South Korea	2021	**22.6 kg/m²**	Korea Ministry of Trade, Industry and Energy / KATS, 8th Size Korea survey (Mar 2022)

Fit problems and brand variation

Metric	Country	Year	Value	Source
Adults who struggle to find clothing that fits well Measure: survey (n=2,000)	United Kingdom	2015	**38%**	Mintel UK clothing research (via FashionUnited, Nov 2015)
Women aged 16–44 who struggle to find clothing that fits well Measure: survey	United Kingdom	2015	**49%**	Mintel UK clothing research (via FashionUnited, Nov 2015)
Consumers who want better size standardisation across retailers Measure: survey	United Kingdom	2015	**76%**	Mintel UK clothing research (via FashionUnited, Nov 2015)
Waist width of size 36/S blouses across brands (min–max) Measure: garment measurement · More than 20 cm apart at the same label size.	Germany	test	**80.4–102 cm**	ÖKO-TEST, 60 Hemden, Blusen und Kleidergrößen im Test (SizeGERMANY results quoted)
Waist width of men's size M shirts, difference between brands Measure: garment measurement	Germany	test	**15 cm**	ÖKO-TEST, 60 Hemden, Blusen und Kleidergrößen im Test (SizeGERMANY results quoted)

Where the average falls on a size chart (Fashio calculation)

Metric	Country	Year	Value	Source
Average US woman (waist 38.5 in) Measure: Fashio calculation · Waist sits between US 16 (38 in) and US 18 (43 in).	United States	2021–2023 data	**US 16 / UK 20 / EU 46 size**	Fashio AI calculation on its published size table (/data/size-charts.json)
Average US man (waist 40.6 in) Measure: Fashio calculation · XL waist 39–41 in.	United States	2021–2023 data	**XL size**	Fashio AI calculation on its published size table (/data/size-charts.json)
English woman 16–34 (waist 83.3 cm = 32.8 in) Measure: Fashio calculation · Waist only.	England	2022 data	**US 10–12 / UK 14–16 / EU 40–42 size**	Fashio AI calculation on its published size table (/data/size-charts.json)
English woman 55+ (waist over 91 cm = 35.8 in) Measure: Fashio calculation · Waist only.	England	2022 data	**US 14 / UK 18 / EU 44 or larger size**	Fashio AI calculation on its published size table (/data/size-charts.json)
English man 16–34 (waist 88.7 cm = 34.9 in) Measure: Fashio calculation	England	2022 data	**M size**	Fashio AI calculation on its published size table (/data/size-charts.json)
English man 65–74 (waist 104.5 cm = 41.1 in) Measure: Fashio calculation	England	2022 data	**XL size**	Fashio AI calculation on its published size table (/data/size-charts.json)
Average French woman (bust 36.9 / waist 31.5 / hip 39.4 in) Measure: Fashio calculation	France	2006 data	**US 8 / UK 12 / EU 38 / FR 40 size**	Fashio AI calculation on its published size table (/data/size-charts.json)
Average French man (chest 40.2 / waist 35.2 in) Measure: Fashio calculation	France	2006 data	**M–L size**	Fashio AI calculation on its published size table (/data/size-charts.json)

Our calculations (Fashio)

Metric	Country	Year	Value	Source
Measured average women's waist on one size scale: US numeric size (our calculation) Measure: our calculation · Survey mean placed on the women's table in our size-chart data (US 8 = 30.5 in waist, US 16 = 38 in). Surveys differ in year, age band and where the waist is measured, so this is an approximate placement, not a ranking of countries.	US 20+	2026-11-24	**US 16 index**	Fashio calculation from the sources above (formula in note)
Measured average women's waist on one size scale: US numeric size (our calculation) Measure: our calculation · Survey mean placed on the women's table in our size-chart data (US 8 = 30.5 in waist, US 16 = 38 in). Surveys differ in year, age band and where the waist is measured, so this is an approximate placement, not a ranking of countries.	GB (England) 55+	2026-11-24	**US 14+ index**	Fashio calculation from the sources above (formula in note)
Measured average women's waist on one size scale: US numeric size (our calculation) Measure: our calculation · Survey mean placed on the women's table in our size-chart data (US 8 = 30.5 in waist, US 16 = 38 in). Surveys differ in year, age band and where the waist is measured, so this is an approximate placement, not a ranking of countries.	GB (England) 16–34	2026-11-24	**US 10–12 index**	Fashio calculation from the sources above (formula in note)

Metric	Country	Year	Value	Source
Measured average women's waist on one size scale: US numeric size (our calculation) Measure: our calculation · Survey mean placed on the women's table in our size-chart data (US 8 = 30.5 in waist, US 16 = 38 in). Surveys differ in year, age band and where the waist is measured, so this is an approximate placement, not a ranking of countries.	FR (2006)	2026-11-24	**US 8 index**	Fashio calculation from the sources above (formula in note)
Same label, different brands: waist of two blouses both labelled 36/S (cm) Measure: our calculation · Garment measurements by ÖKO-TEST. Our calculation: 21.6 cm = 8.5 in; on our standard women's table US 6 → US 16 spans 9 in of waist, so the two blouses sit about five sizes apart. Men's shirts labelled M differed by 15 cm, about two sizes.	36/S · A	2026-11-24	**80.4 cm**	Fashio calculation from the sources above (formula in note)
Same label, different brands: waist of two blouses both labelled 36/S (cm) Measure: our calculation · Garment measurements by ÖKO-TEST. Our calculation: 21.6 cm = 8.5 in; on our standard women's table US 6 → US 16 spans 9 in of waist, so the two blouses sit about five sizes apart. Men's shirts labelled M differed by 15 cm, about two sizes.	36/S · B	2026-11-24	**102 cm**	Fashio calculation from the sources above (formula in note)