

If we take that when the average person born her height is h , then we will have:

$$h_{\text{age of 4}} = 2 \cdot h \text{ and } h_{\text{adult}} = \frac{5}{3} \cdot h_{\text{age of 4}} = \frac{5}{3} \cdot 2 \cdot h = \frac{10}{3} \cdot h \Rightarrow h = \frac{3}{10} \cdot h_{\text{adult}}.$$

So, at birth the average person is $\frac{3}{10}$ as tall as they will be as an adult.

Answer: at birth the average person is $\frac{3}{10}$ as tall as they will be as an adult.