## Drivers

### Philippines

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insufficient physical activity</td>
<td>2</td>
</tr>
<tr>
<td>Average daily frequency of carbonated soft drink consumption</td>
<td>8</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>9</td>
</tr>
<tr>
<td>Prevalence of less than daily fruit consumption</td>
<td>10</td>
</tr>
<tr>
<td>Prevalence of less than daily vegetable consumption</td>
<td>11</td>
</tr>
<tr>
<td>Average weekly frequency of fast food consumption</td>
<td>12</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>13</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>14</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>15</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>16</td>
</tr>
<tr>
<td>% Infants exclusively breastfed 0-5 months</td>
<td>17</td>
</tr>
</tbody>
</table>
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

### Survey type:
Self-reported

### Age:
11-17

### References:
Global Health Observatory data repository, World Health Organisation,
[https://apps.who.int/gho/data/node.main.A893ADO?lang=en](https://apps.who.int/gho/data/node.main.A893ADO?lang=en) (last accessed 16.03.21)

### Notes:
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

### Definitions:
% Adolescents insufficiently active (age standardised estimate)
Boys, 2016

Survey type: Self-reported

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Survey type: Self-reported
Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
**Average daily frequency of carbonated soft drink consumption**

**Children, 2010-2015**

<table>
<thead>
<tr>
<th>Country</th>
<th>Times per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiribati</td>
<td>0</td>
</tr>
<tr>
<td>Vietnam</td>
<td>0.5</td>
</tr>
<tr>
<td>Mongolia</td>
<td>1</td>
</tr>
<tr>
<td>Malaysia</td>
<td>1</td>
</tr>
<tr>
<td>Cambodia</td>
<td>1</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>1.5</td>
</tr>
<tr>
<td>Philippines</td>
<td>2</td>
</tr>
<tr>
<td>Laos</td>
<td>1.5</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>1.5</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>1.5</td>
</tr>
<tr>
<td>Tuvalu</td>
<td>1.5</td>
</tr>
<tr>
<td>Cook Islands</td>
<td>1.5</td>
</tr>
<tr>
<td>Samoa</td>
<td>1.5</td>
</tr>
<tr>
<td>Tonga</td>
<td>1.5</td>
</tr>
<tr>
<td>Wallis &amp; Futuna</td>
<td>2</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 12-17

Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less than daily fruit consumption

Children, 2010-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less than daily vegetable consumption

Children, 2010-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2010-2015

Age: 12-17

Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2004-2020

Area covered: National

References: Philippines 2018 Expanded National Nutrition Survey (ENNS)


Definitions: % exclusively breastfed 0-5 months

PDF created on August 4, 2023