



Philippines



Country report card - children

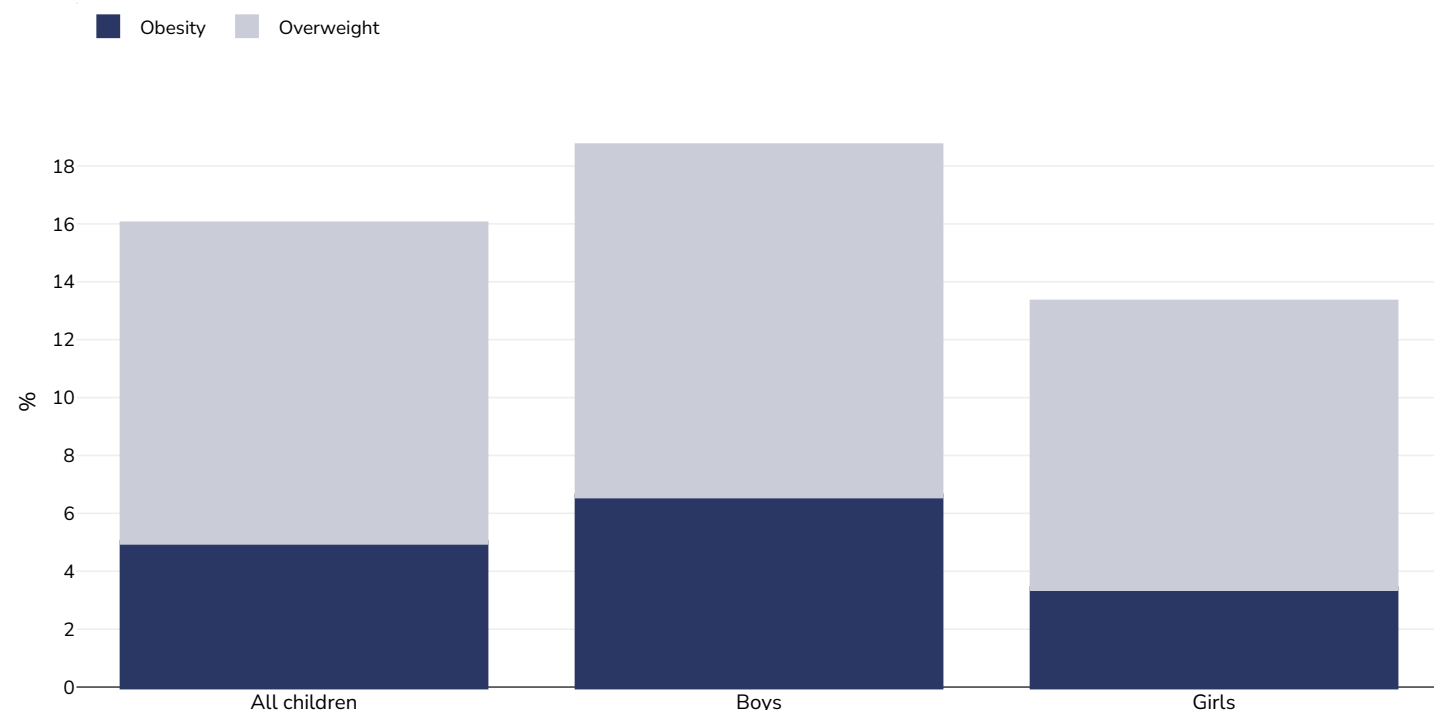
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/philippines-172/>.

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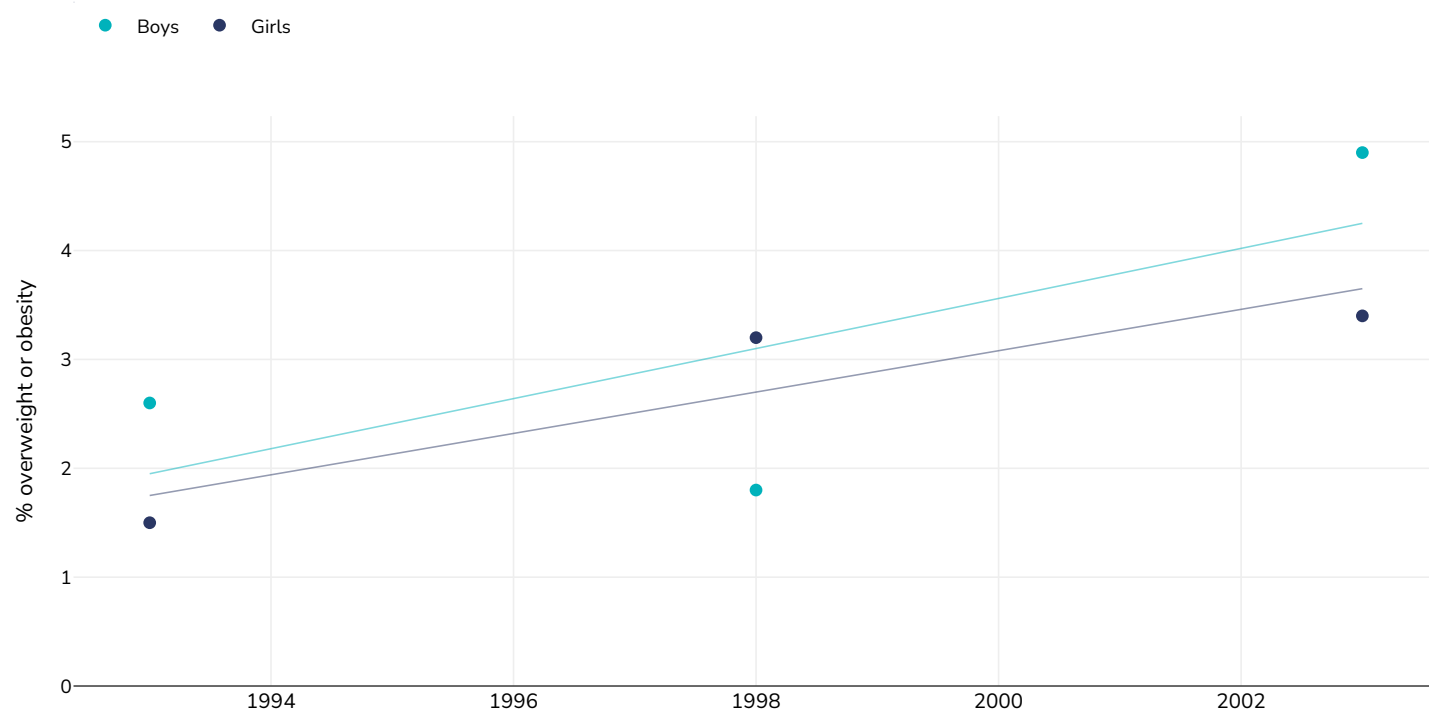
Obesity prevalence

Children, 2024



Survey type:	Self-reported
Age:	13-17
Sample size:	8618
Area covered:	National
References:	Global School-based Student Health Survey, Philippines 2024 Fact Sheet. Available at: https://www.who.int/publications/m/item/2024-gshs-fact-sheet-philippines (Accessed: 12.06.25)
Cutoffs:	WHO 2007

% Children living with overweight or obesity in the Philippines 1993-2003



Survey type: Measured

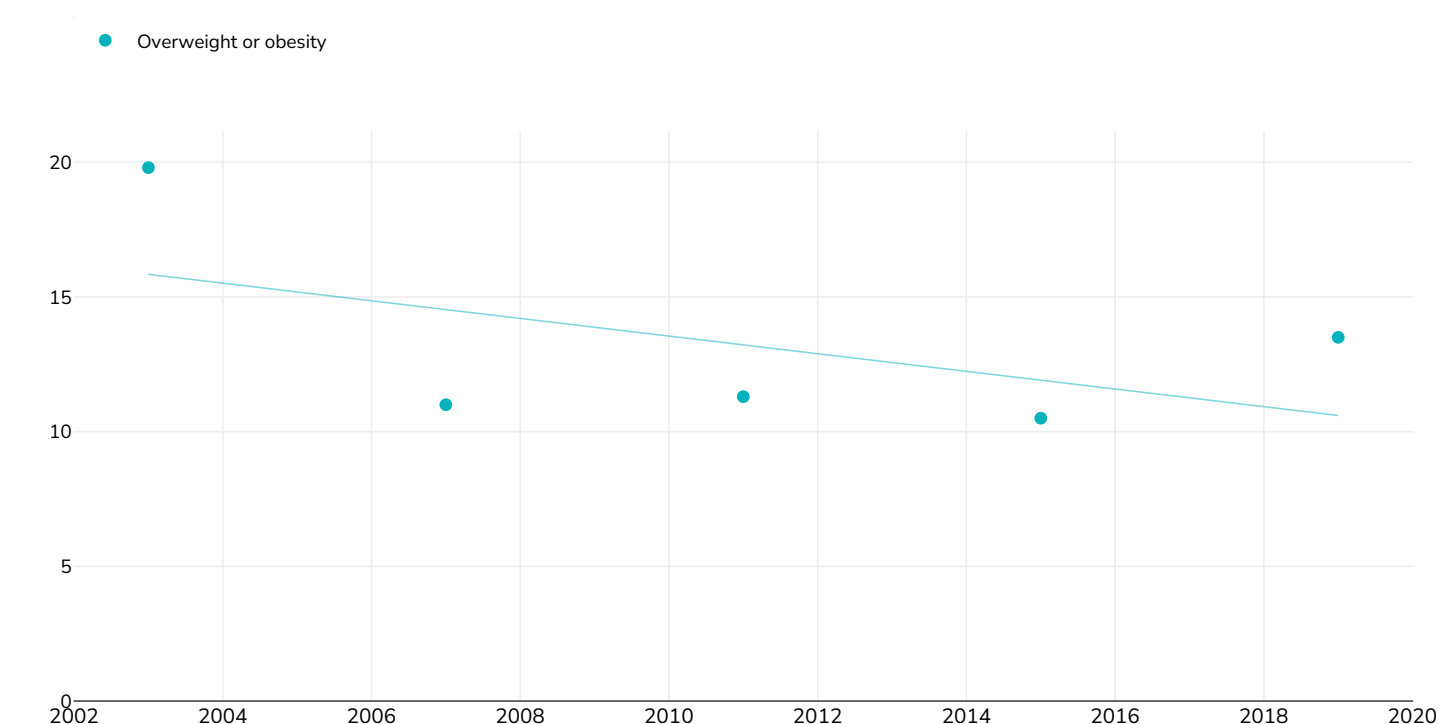
References: Philippine facts and figures 2003, Part II. Anthropometric Facts and Figures, FOOD AND NUTRITION RESEARCH INSTITUTE, Department of Science and Technology

Definitions: Other

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Children living with overweight or obesity in Philippines 2003-2019

Boys



Survey type:

Self-reported

References:

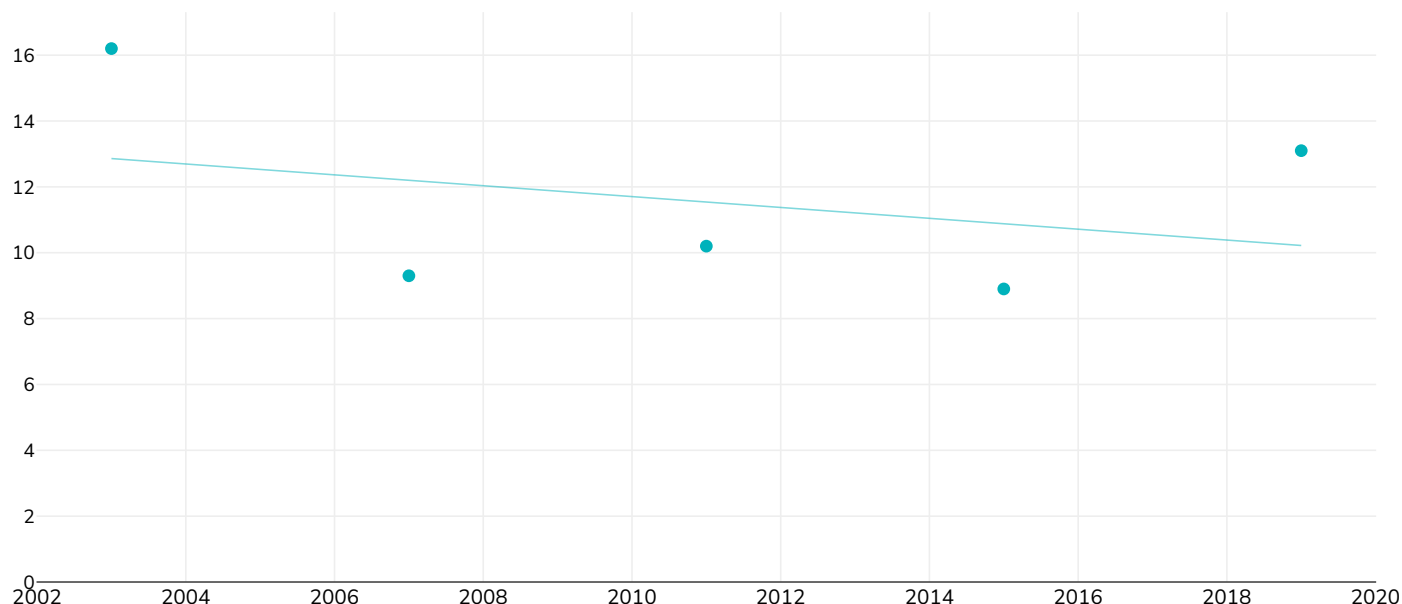
- 2003: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/gshs_fs_PI_national.pdf?ua=1 (last accessed 14.12.20)
- 2007: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/Philippines_2007_GSHS_fact_sheet.pdf?ua=1 (last accessed 14.12.20)
- 2011: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/2011_GSHS_FS_Philippines.pdf?ua=1 (last accessed 14.12.20)
- 2015: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/PIH2015_fact_sheet.pdf?ua=1 (last accessed 14.12.20)
- 2019: Global School-based Student Health Survey Philippines Factsheet 2019: Available at: https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/philippines/2019-philippines-fact-sheet.pdf?sfvrsn=7e3888af_1&download=true. Accessed: 04.10.21.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Boys and girls

● Overweight or obesity



Survey type:

Self-reported

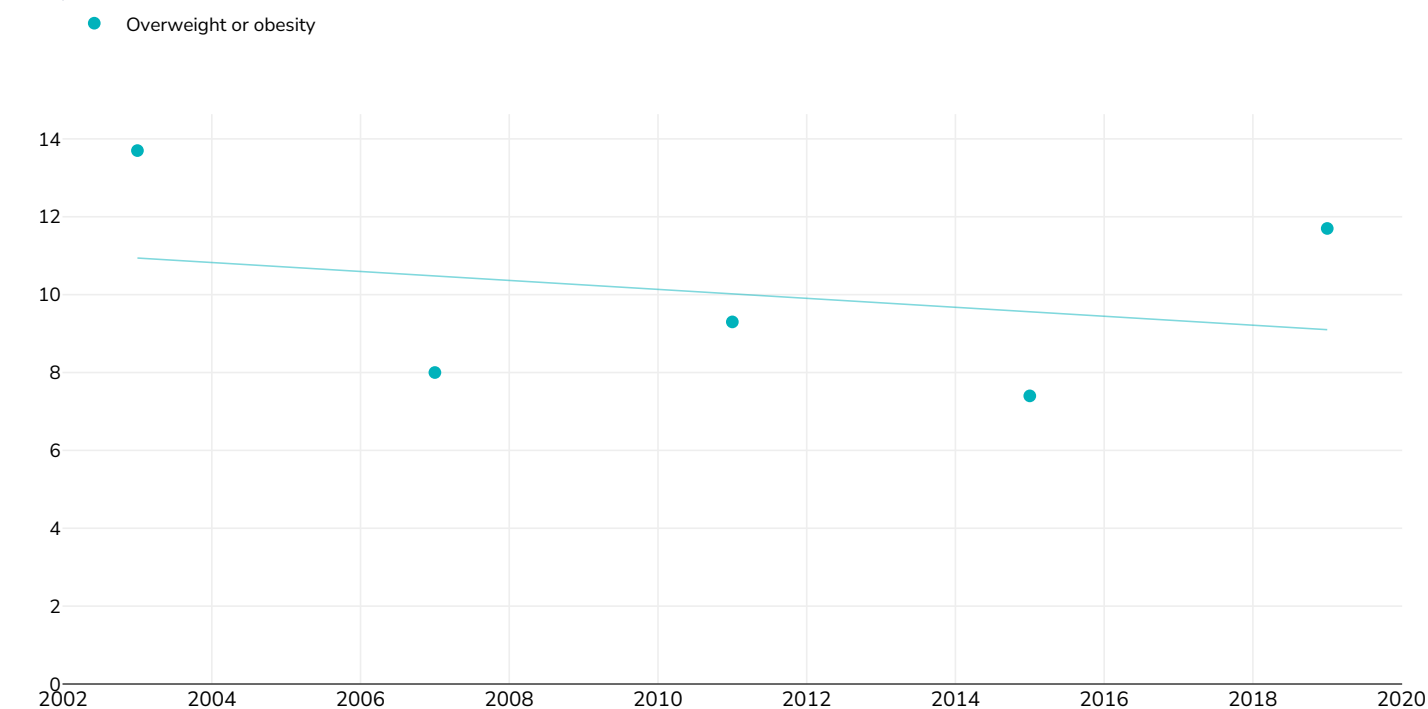
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- 2003: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/gshs_fs_PI_national.pdf?ua=1 (last accessed 14.12.20)
- 2007: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/Philippines_2007_GSHS_fact_sheet.pdf?ua=1 (last accessed 14.12.20)
- 2011: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/2011_GSHS_FS_Philippines.pdf?ua=1 (last accessed 14.12.20)
- 2015: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/PIH2015_fact_sheet.pdf?ua=1 (last accessed 14.12.20)
- 2019: Global School-based Student Health Survey Philippines Factsheet 2019: Available at: https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/philippines/2019-philippines-fact-sheet.pdf?sfvrsn=7e3888af_1&download=true. Accessed: 04.10.21.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Girls



Survey type: Self-reported

References:

2003: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/gshs_fs_PI_national.pdf?ua=1 (last accessed 14.12.20)

2007: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/Philippines_2007_GSHS_fact_sheet.pdf?ua=1 (last accessed 14.12.20)

2011: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/2011_GSHS_FS_Philippines.pdf?ua=1 (last accessed 14.12.20)

2015: Global School-based Student Health Survey Factsheet, available at https://www.who.int/ncds/surveillance/gshs/PIH2015_fact_sheet.pdf?ua=1 (last accessed 14.12.20)

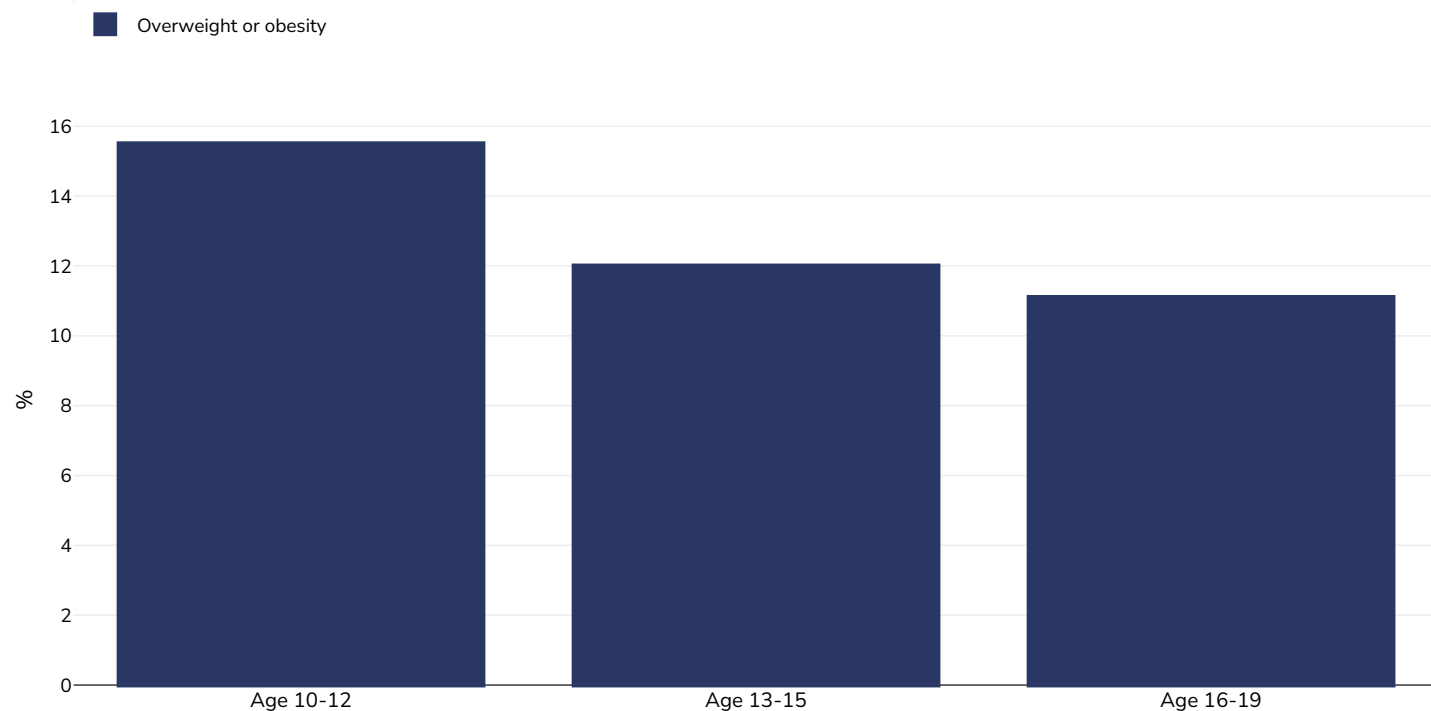
2019: Global School-based Student Health Survey Philippines Factsheet 2019: Available at: https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/philippines/2019-philippines-fact-sheet.pdf?sfvrsn=7e3888af_1&download=true. Accessed: 04.10.21.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by age

Children, 2021



Survey type: Measured

Sample size: 141189*

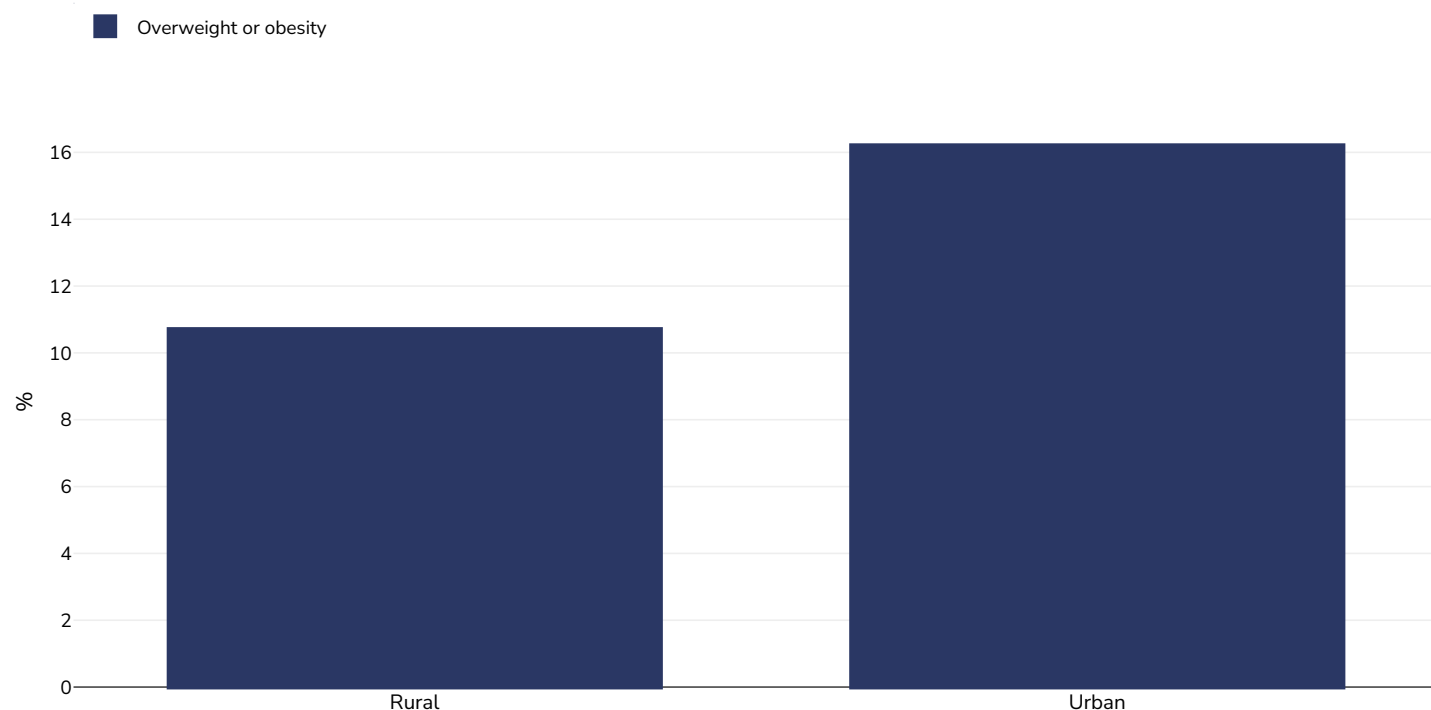
Area covered: National

References: Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the <https://enutrition.fnri.dost.gov.ph/> (Registration required) Last accessed 09.07.24

Notes: *Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

Overweight/obesity by region

Children, 2021



Survey type:	Measured
Age:	10-19
Sample size:	141189*
Area covered:	National
References:	Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the https://enutrition.fnri.dost.gov.ph/ (Registration required) Last accessed 09.07.24
Notes:	*Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

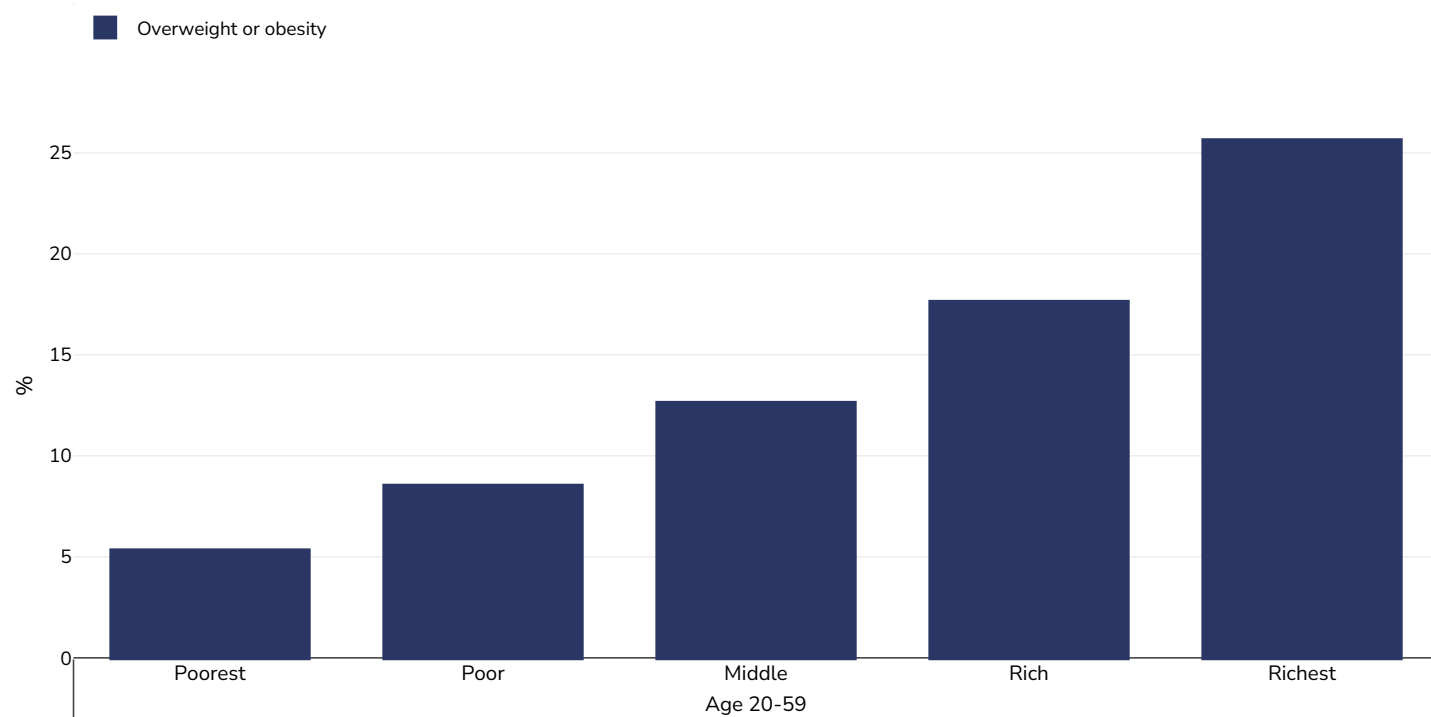
Overweight/obesity by socio-economic group

Children, 2021



Survey type:	Measured
Sample size:	141189*
Area covered:	National
References:	Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the https://enutrition.fnri.dost.gov.ph/ (Registration required) Last accessed 09.07.24
Notes:	*Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

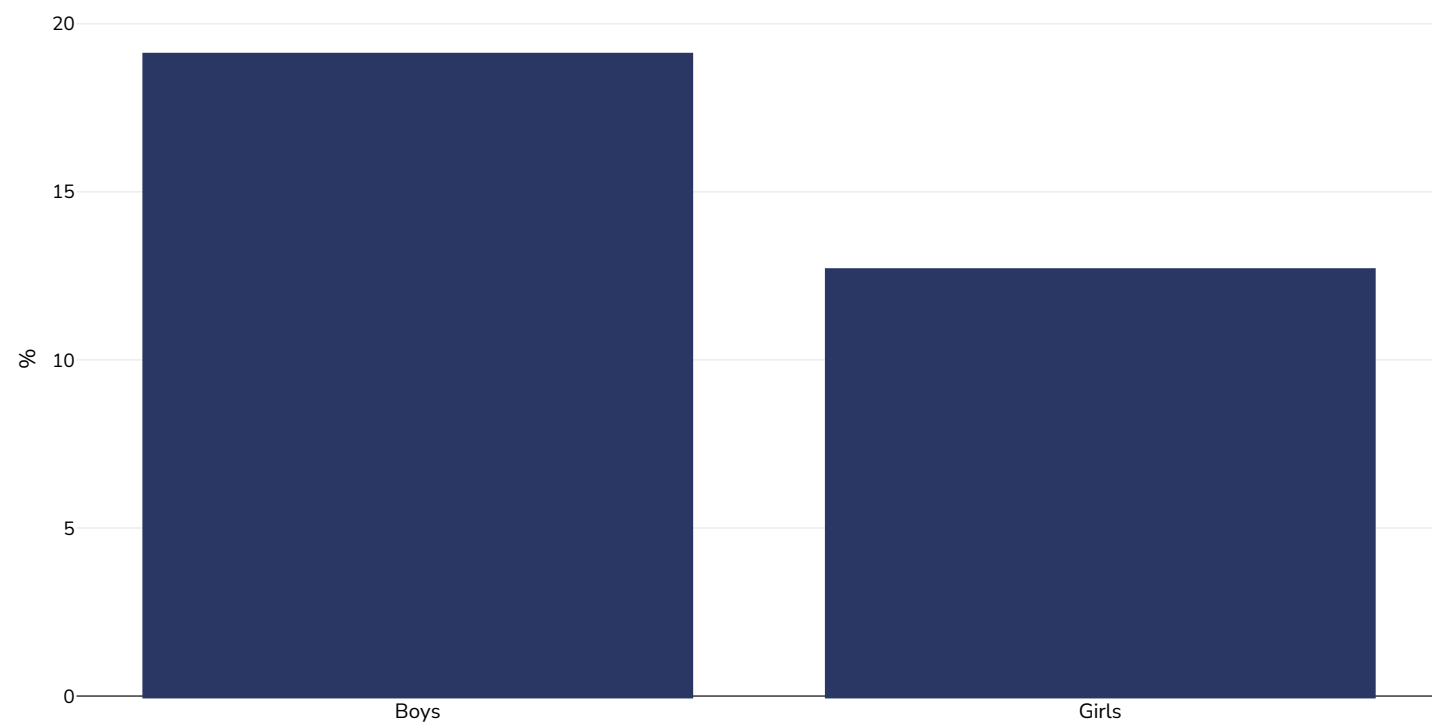
Children, 2021



Survey type:	Measured
Sample size:	141189*
Area covered:	National
References:	Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the https://enutrition.fnri.dost.gov.ph/ (Registration required) Last accessed 09.07.24
Notes:	*Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

Double burden of underweight & overweight

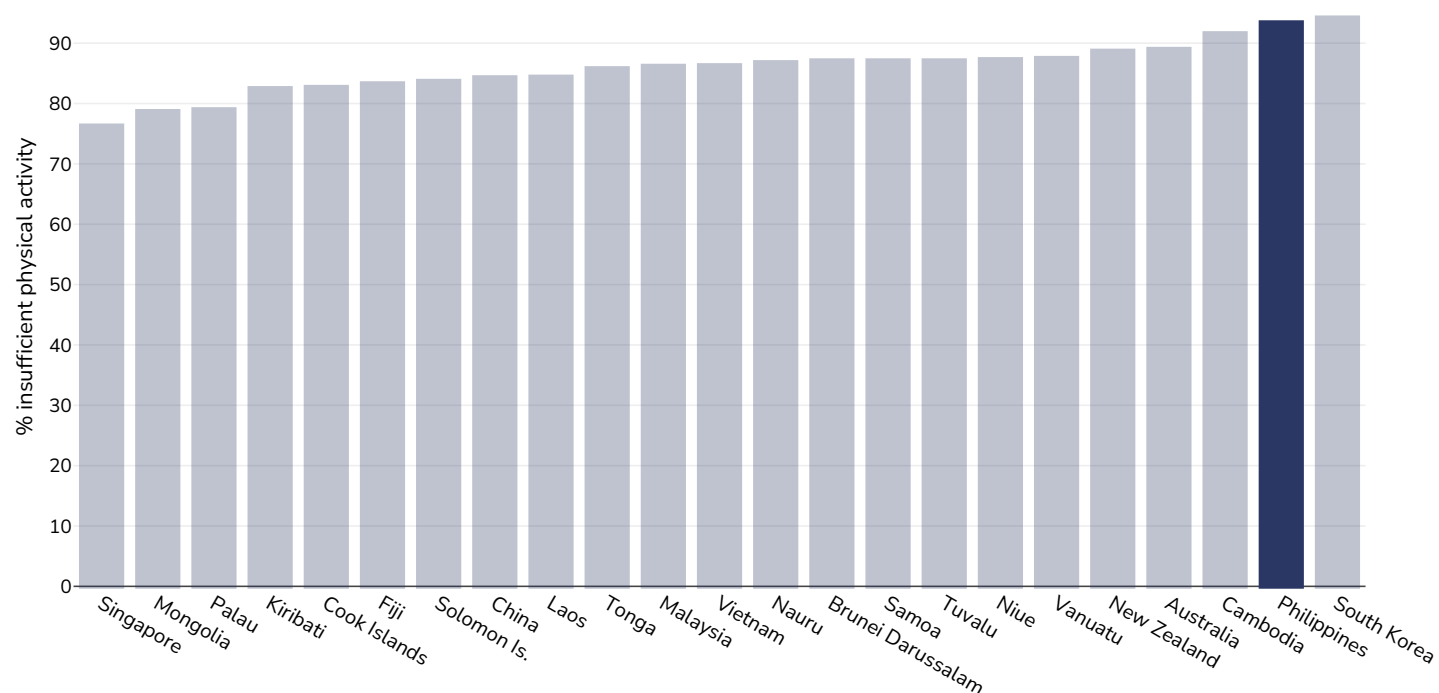
Children, 2022



Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2 .
Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Insufficient physical activity

Children, 2016



Survey type: Self-reported

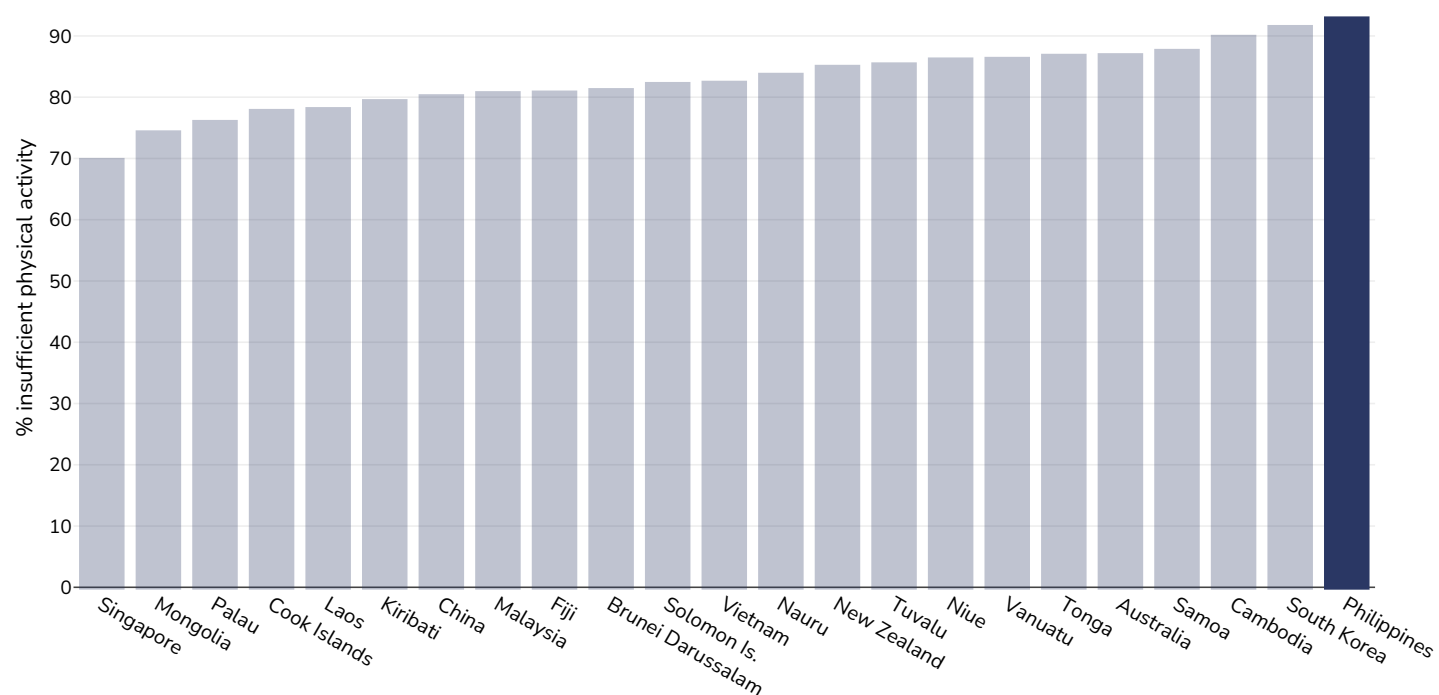
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (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

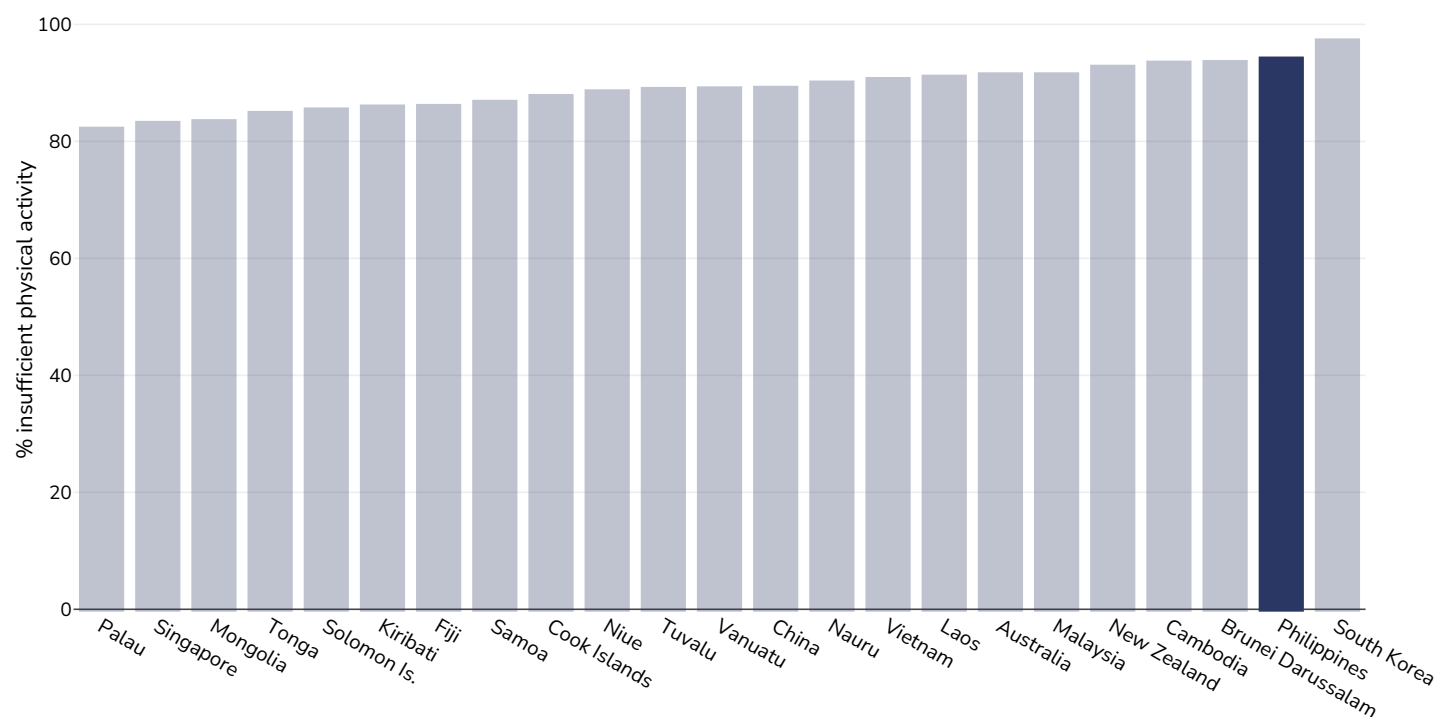
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <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)

Girls, 2016



Survey type: Self-reported

Age: 11-17

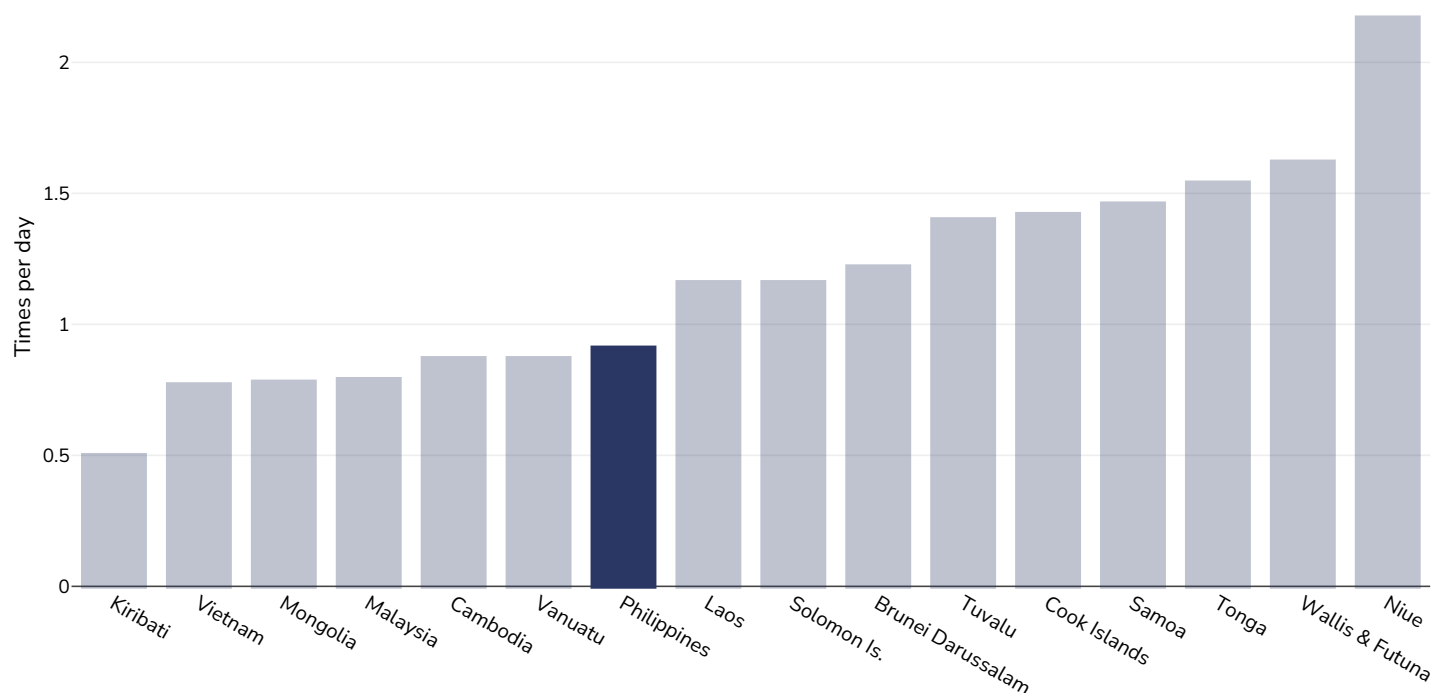
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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)

Average daily frequency of carbonated soft drink consumption

Children, 2010-2015



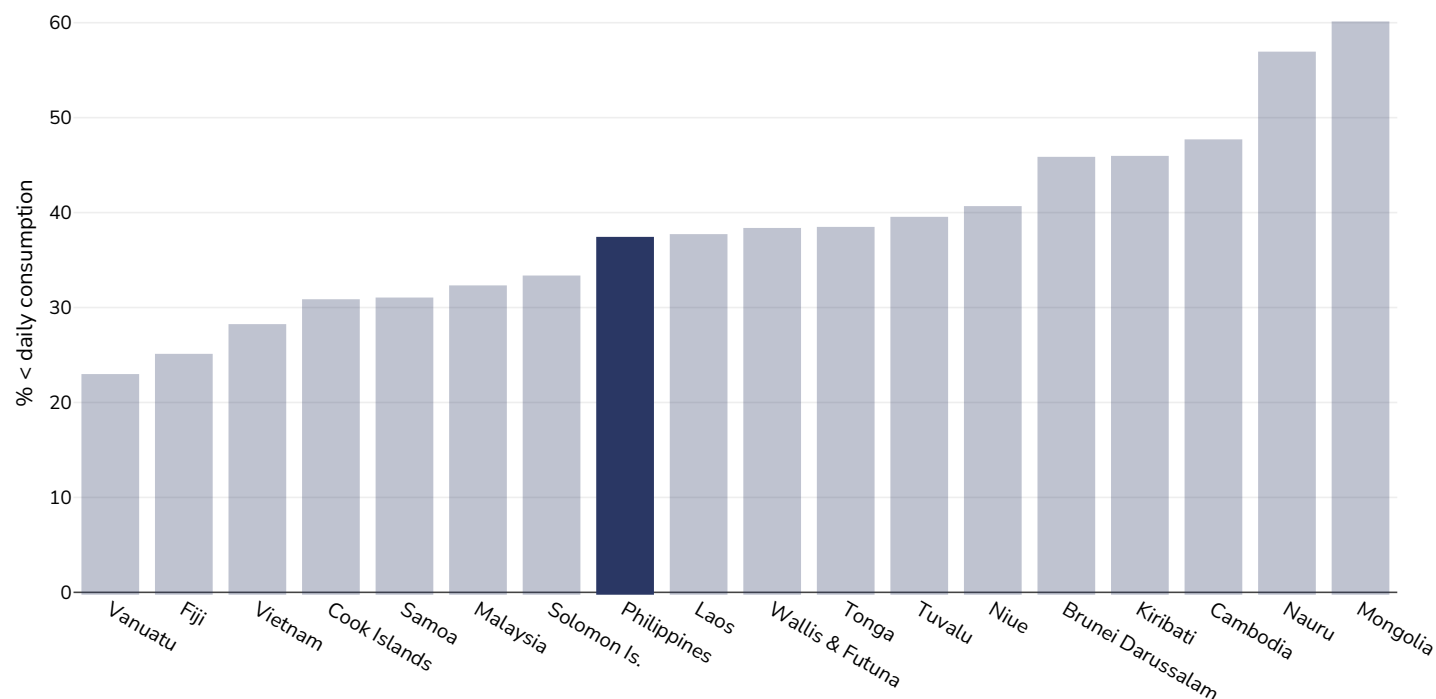
Survey type: Measured

Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Prevalence of less than daily fruit consumption

Children, 2010-2015



Survey type: Measured

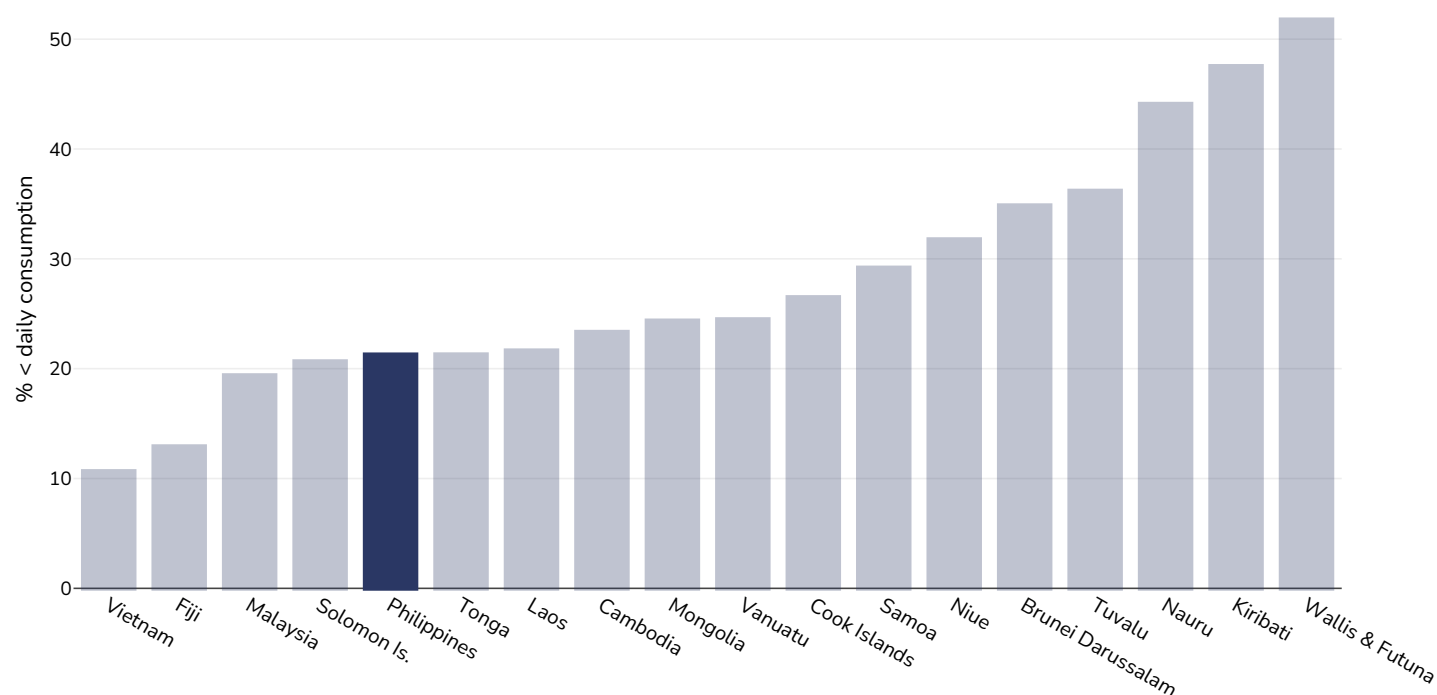
Age: 12-17

References: Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

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

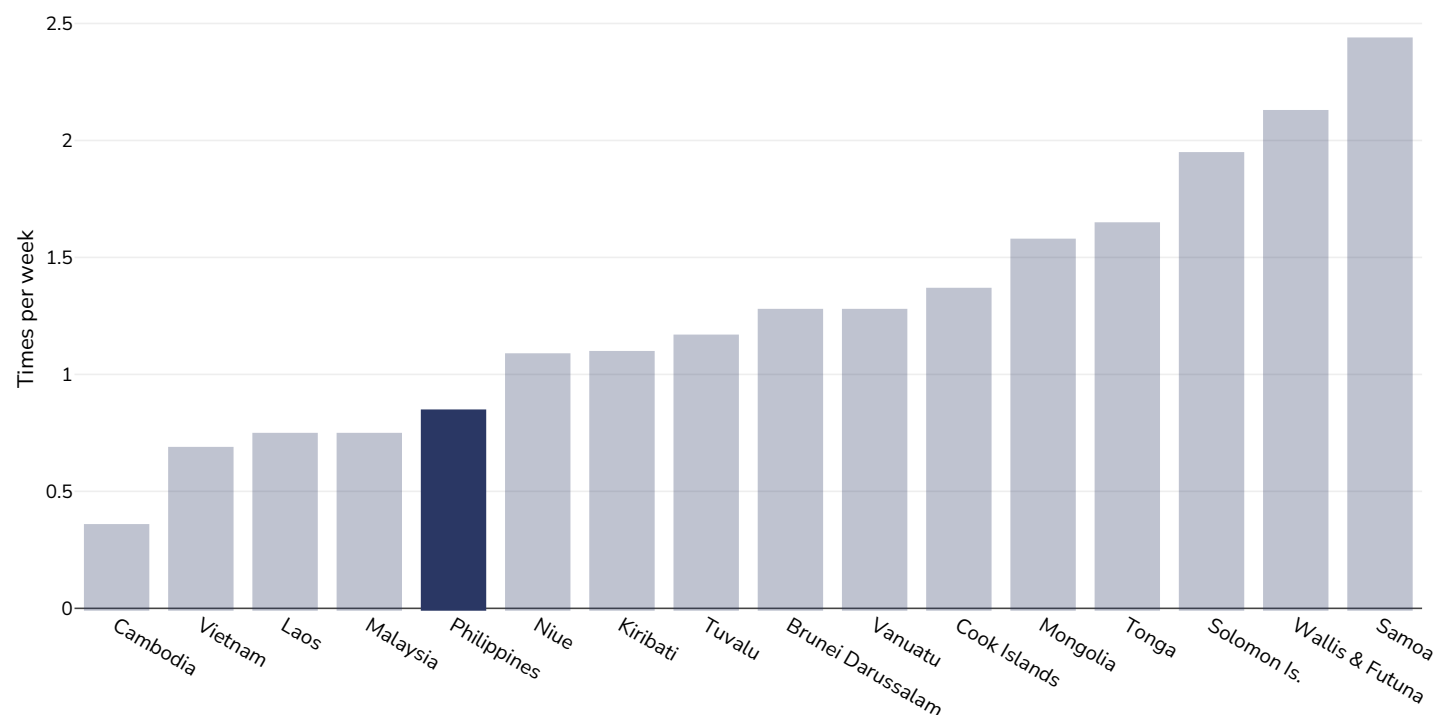
Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

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

Average weekly frequency of fast food consumption

Children, 2010-2015



Age:

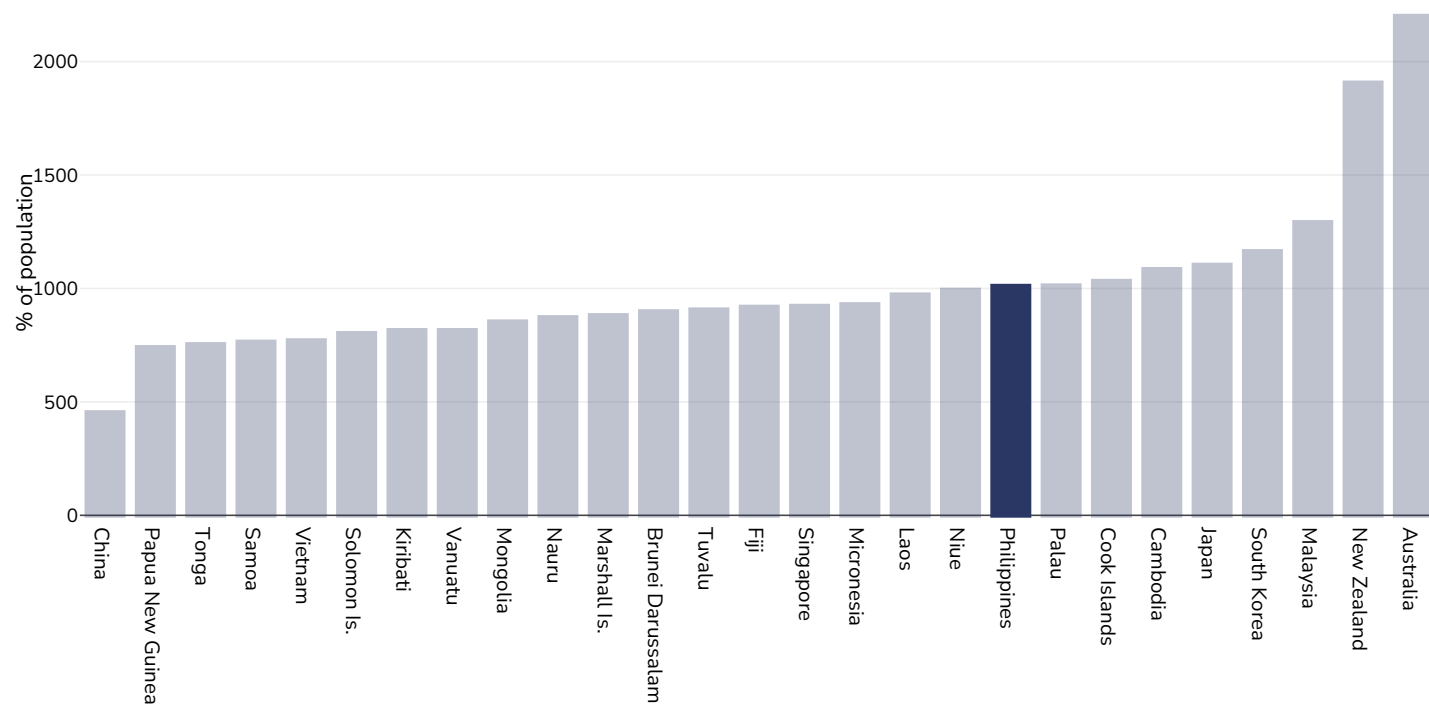
12-17

References:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Mental health - depression disorders

Children, 2021



Area covered:

National

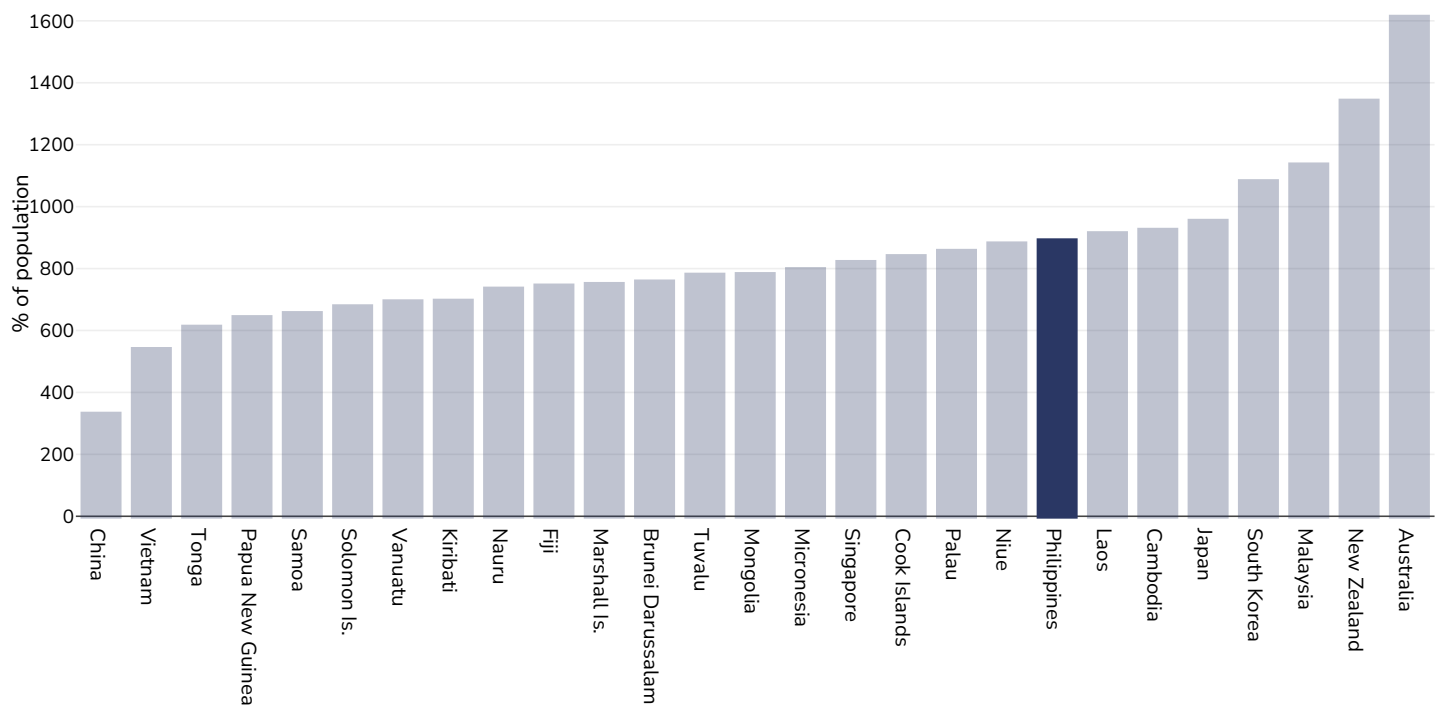
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021



Area covered:

National

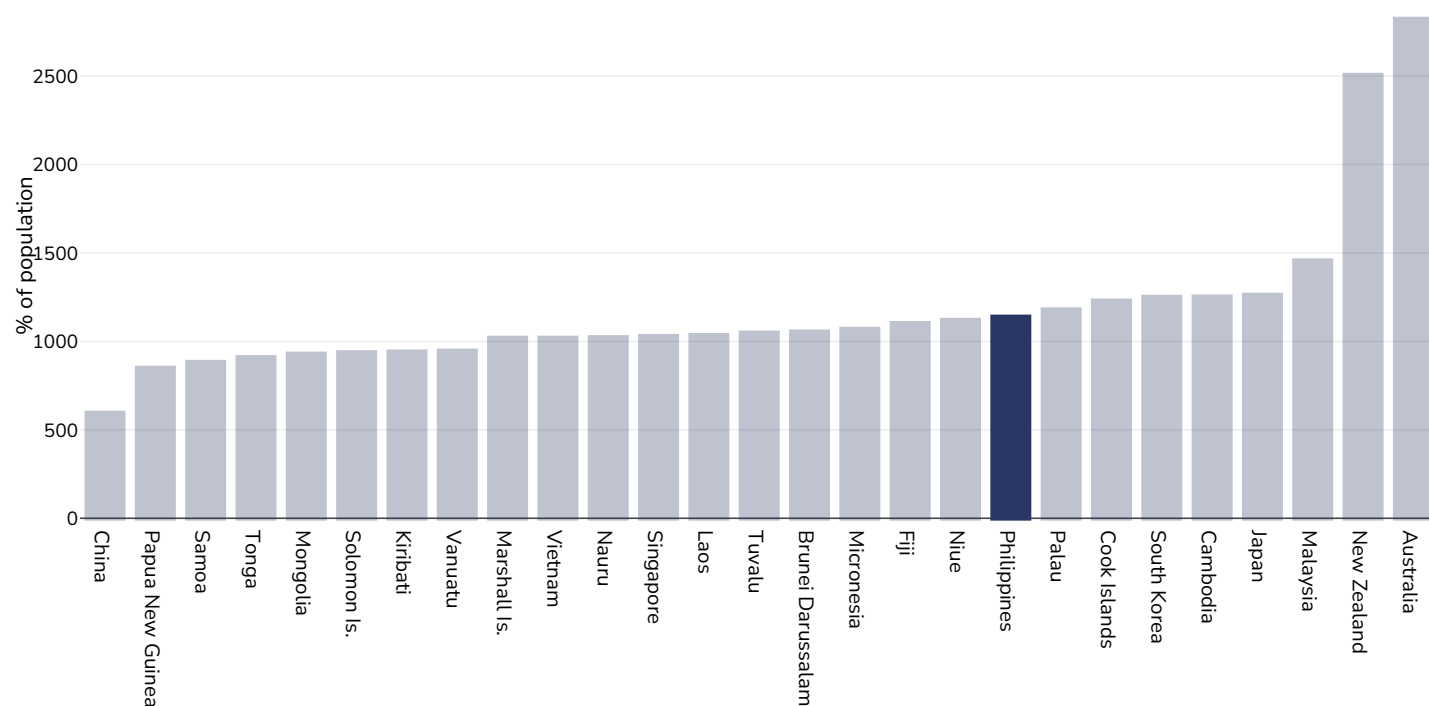
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021



Area covered:

National

References:

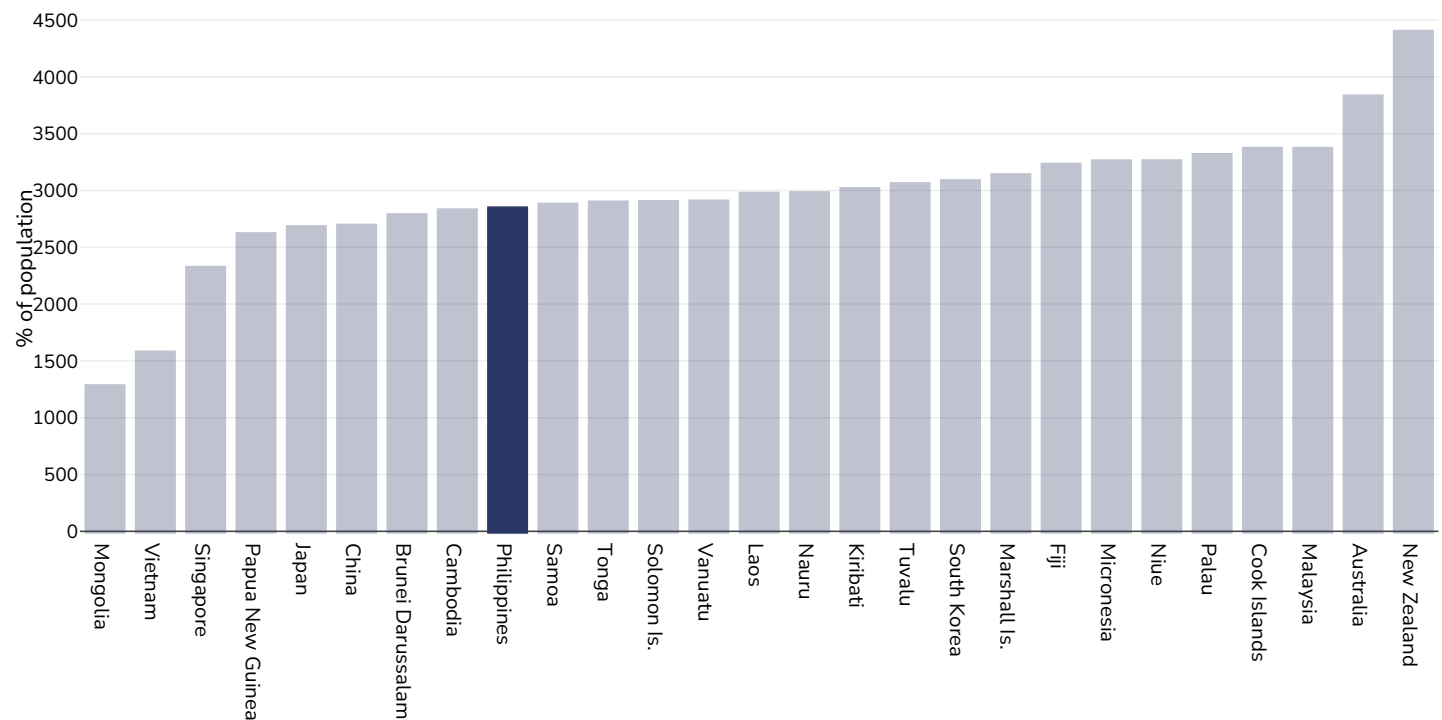
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

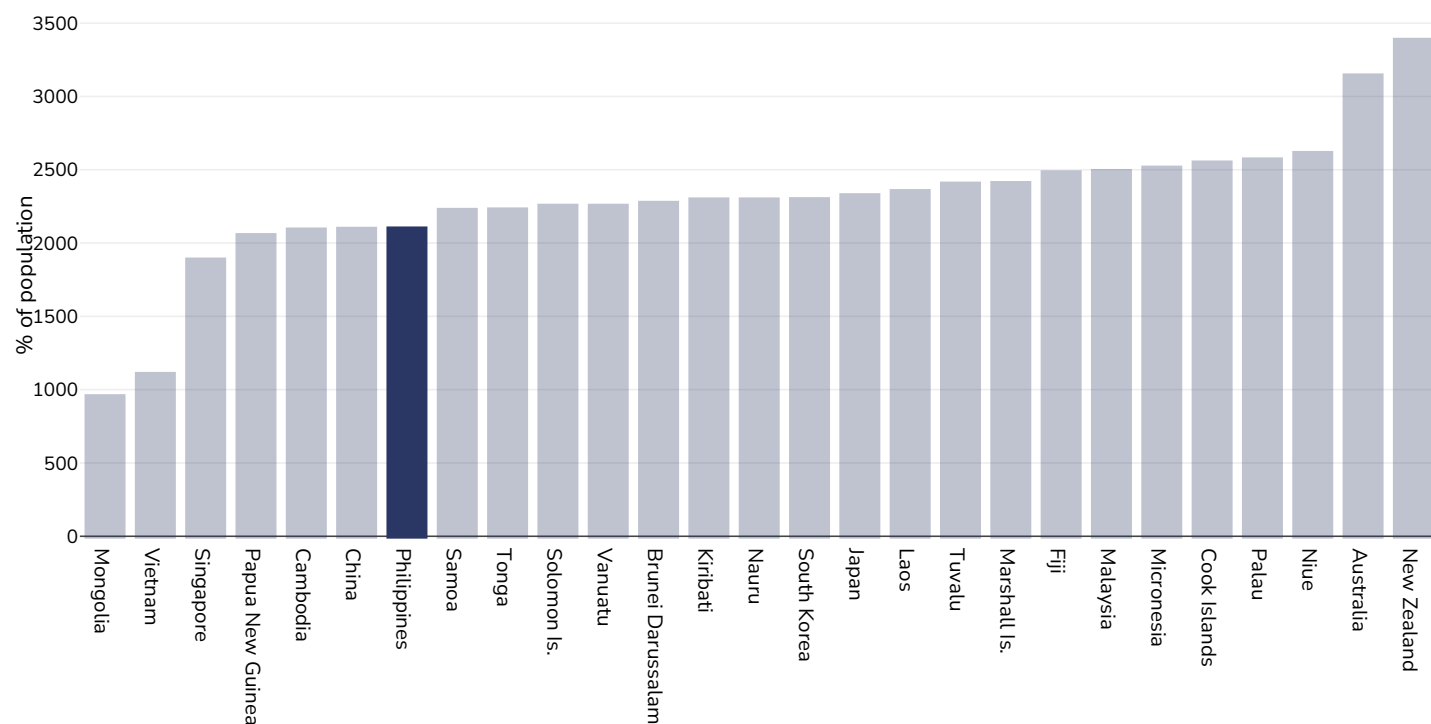
Children, 2021



References:

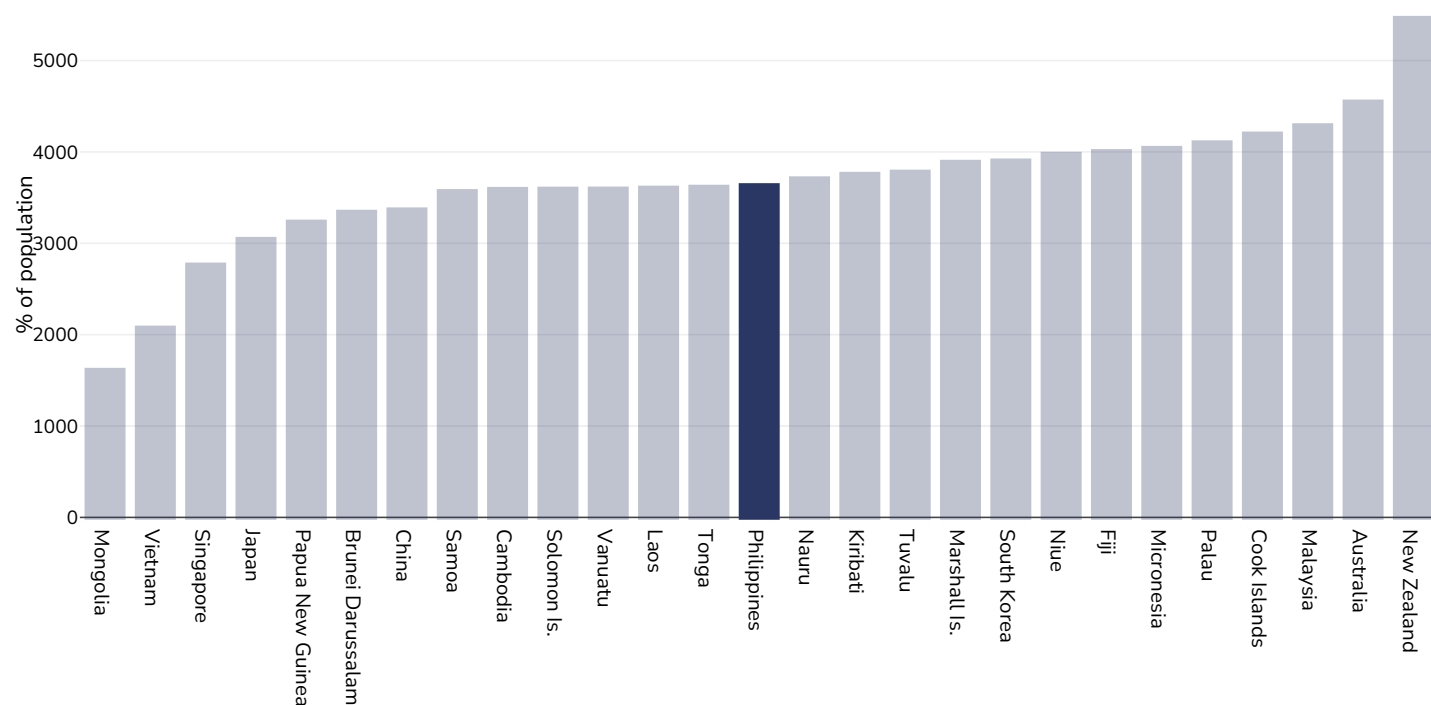
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Boys, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Girls, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

PDF created on June 17, 2025