



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/>.

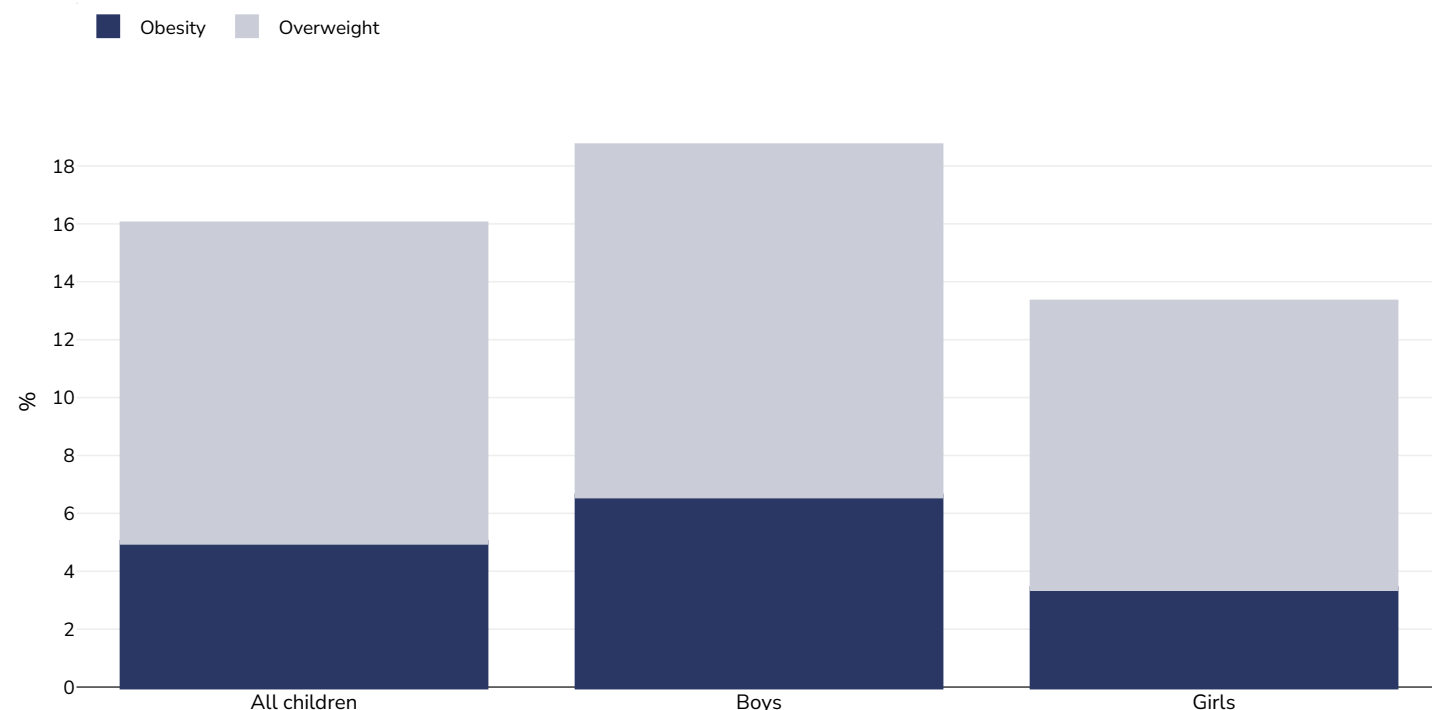
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National obesity risk *6/10 This is a composite “obesity risk” score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. **Childhood obesity risk *5/11** This is a “risk score” for each country’s likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Based on estimated data. For more information see Publications

Obesity prevalence

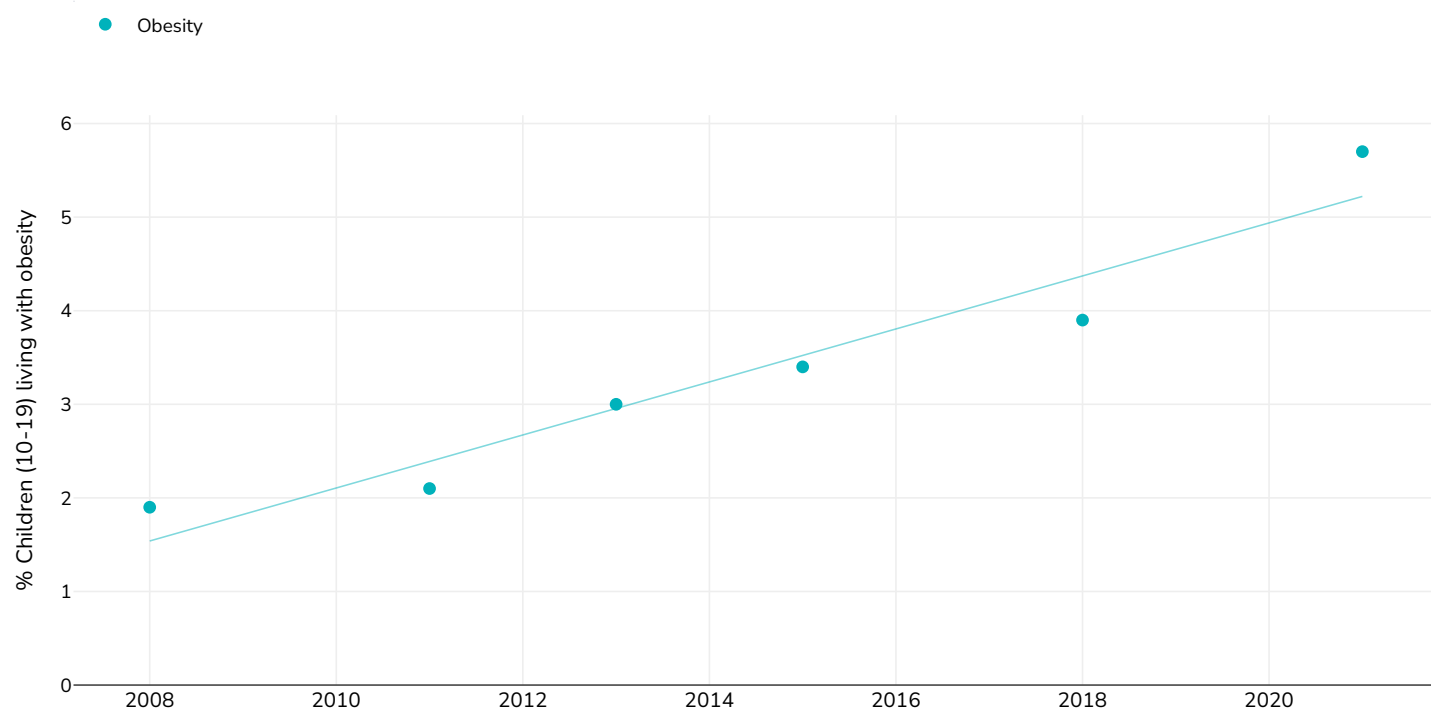
Children, 2024



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 (10-19) living with obesity in the Philippines, 2008-2021

Boys



Survey type:

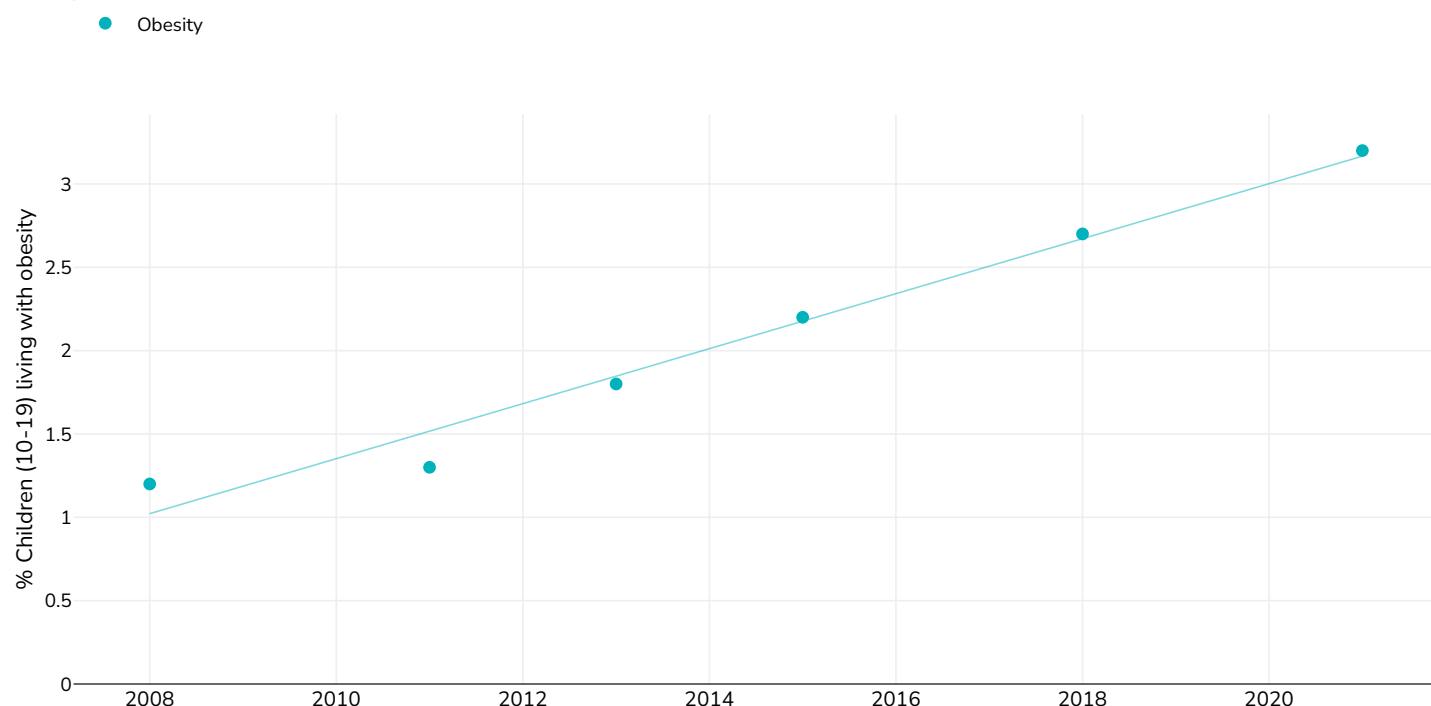
Measured

References:

- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2008> [Accessed 14.07.25]
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- 2018: Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2022. Philippine Nutrition Facts and Figures: 2018-2019 Expanded National Nutrition Survey (ENNS). FNRI Bldg., DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2019> [Accessed 14.07.25]
- 2021: Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2024. Philippine Nutrition Facts and Figures: 2021 Expanded National Nutrition Survey (ENNS). FNRI Bldg., DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2021> [Accessed 14.07.25]

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Girls



Survey type:

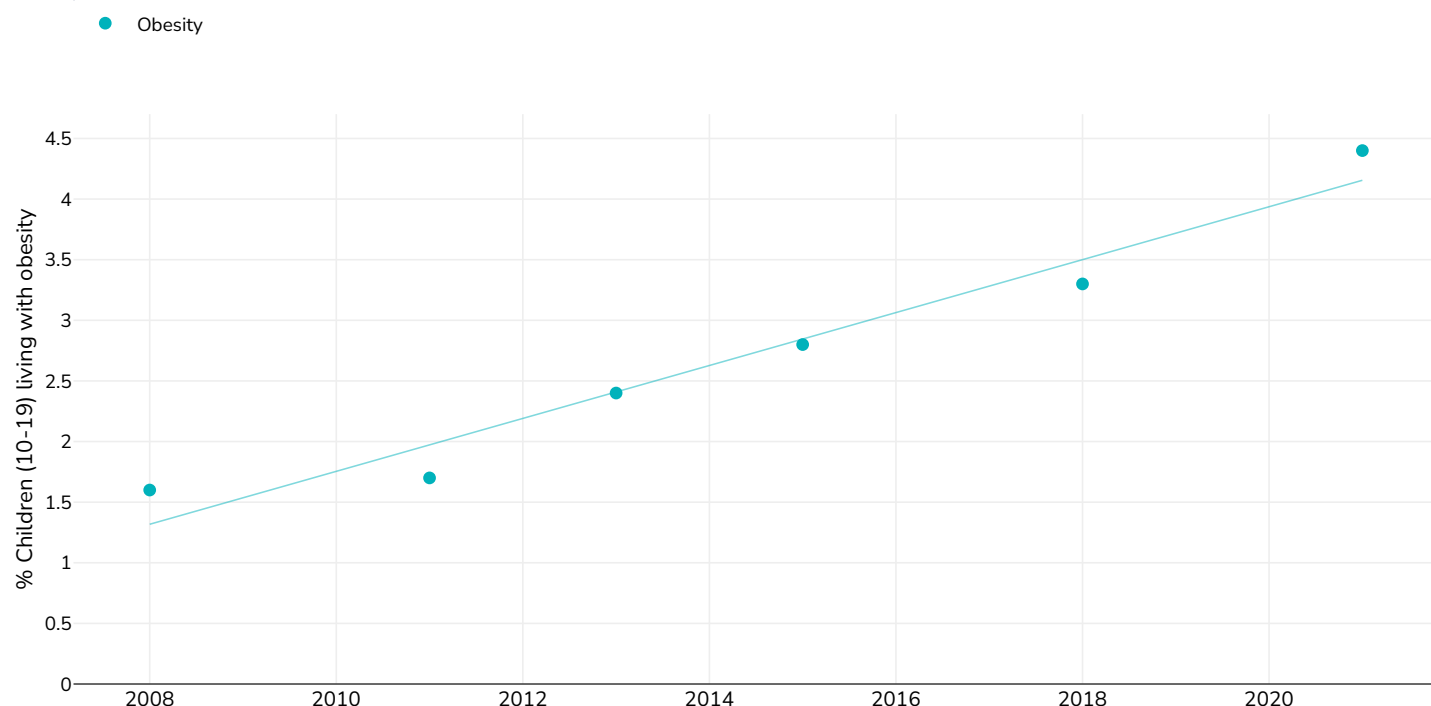
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References:

- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2008> [Accessed 14.07.25]
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Boys and girls



Survey type:

Measured

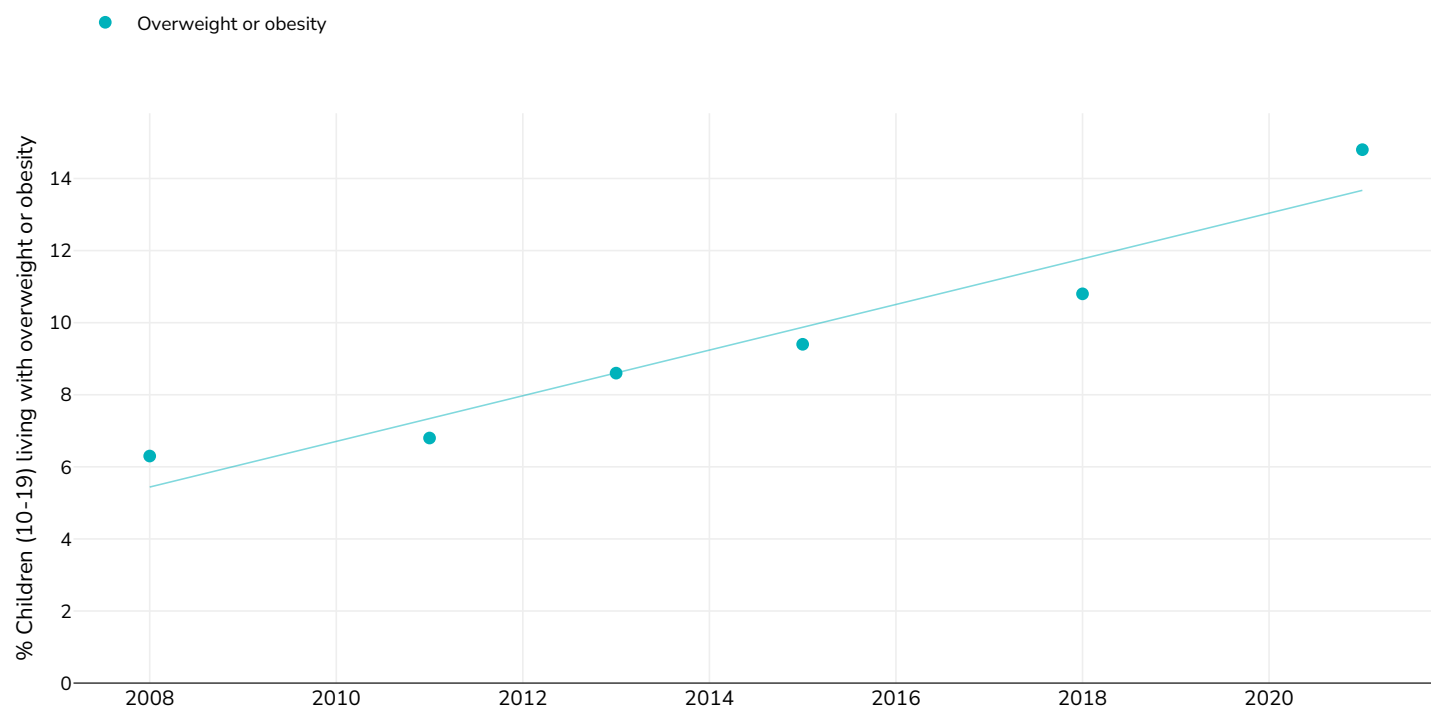
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- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2008> [Accessed 14.07.25]
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% Children (10-19) living with overweight or obesity in the Philippines, 2008-2021

Boys



Survey type:

Measured

References:

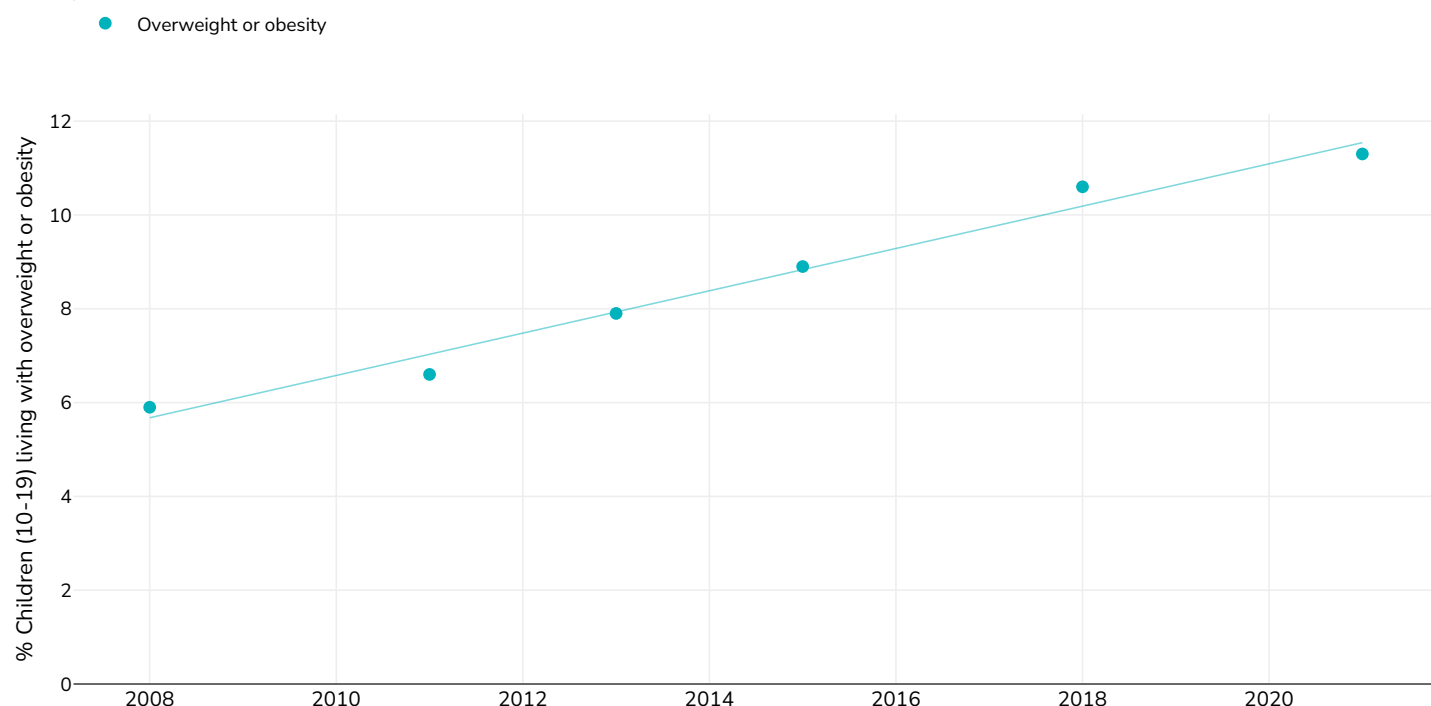
- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2008> [Accessed 14.07.25]
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Notes:

WHO cutoffs

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Girls



Survey type:

Measured

References:

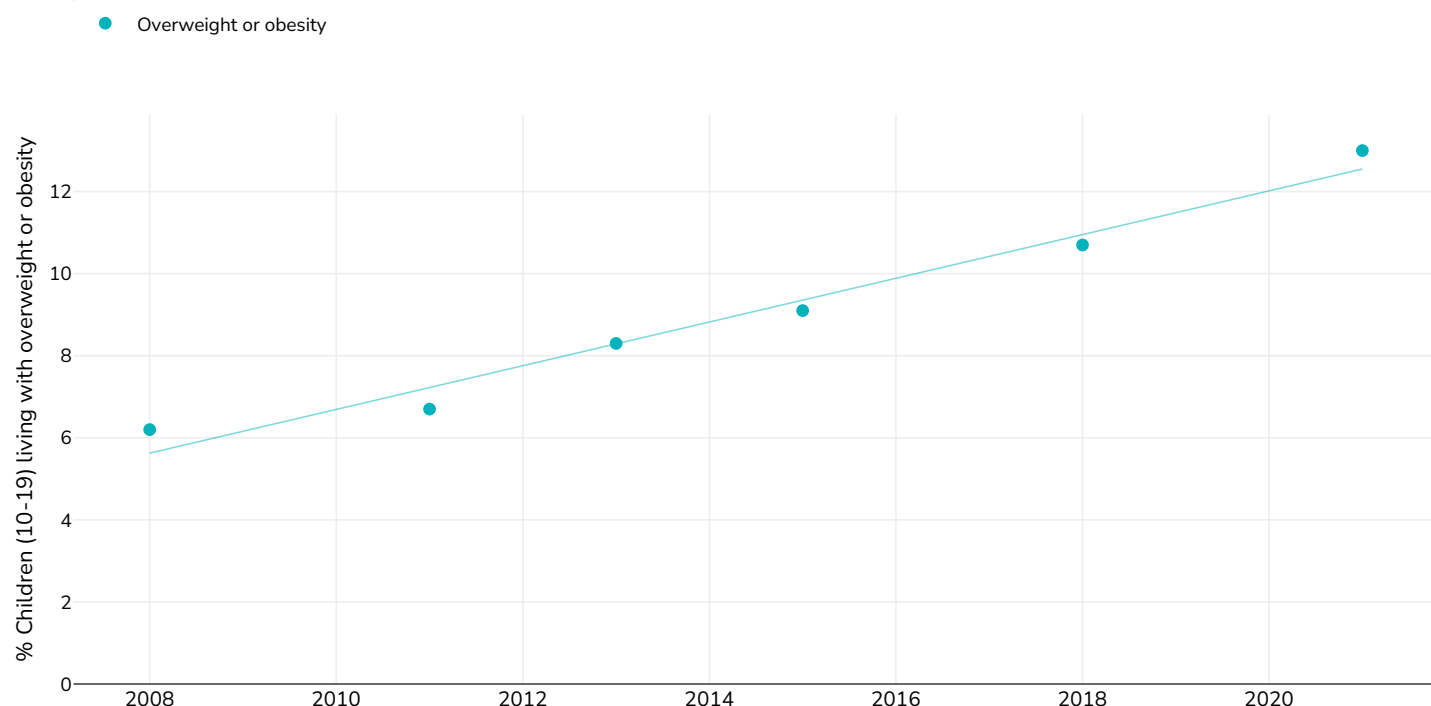
- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2008> [Accessed 14.07.25]
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Boys and girls



Survey type:

Measured

References:

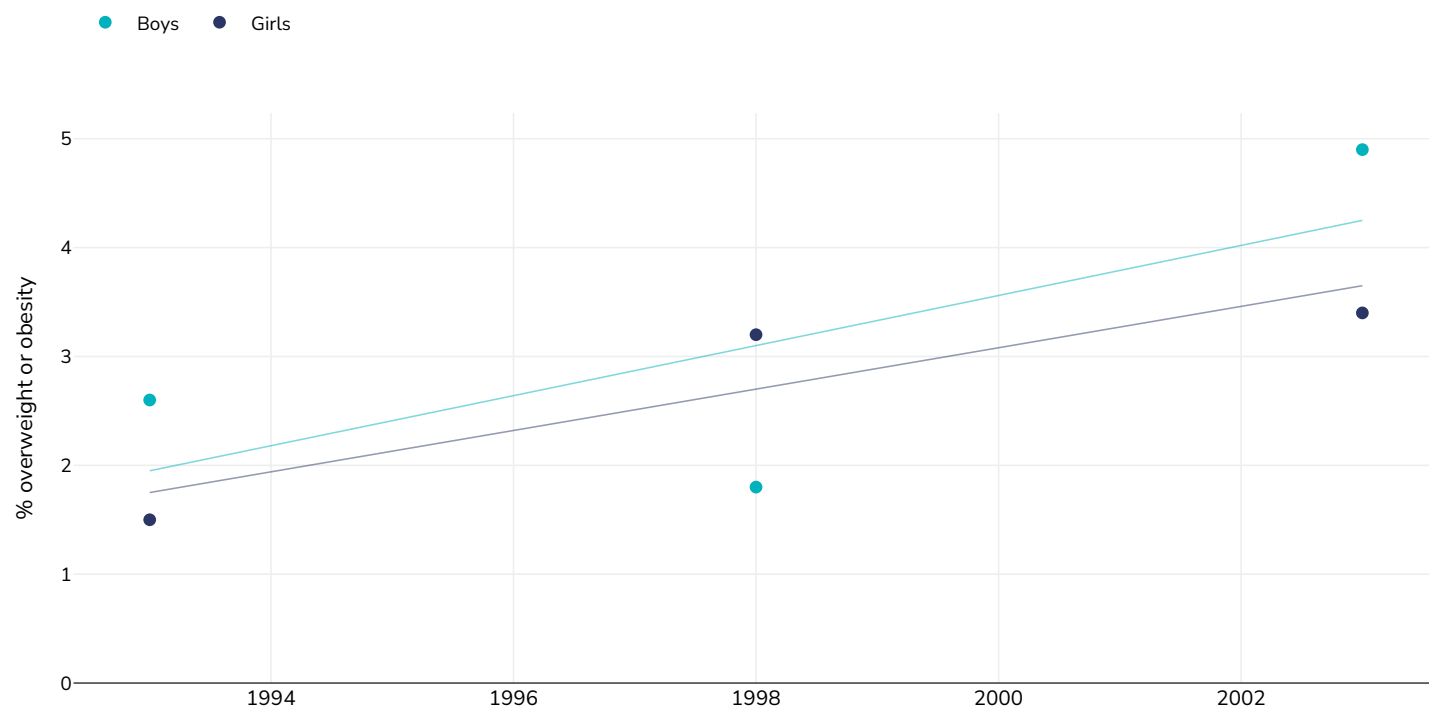
- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2008> [Accessed 14.07.25]
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Notes:

WHO cutoffs

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% Children (12 years old) living with overweight or obesity in the Philippines 1993-2003



Survey type: Measured

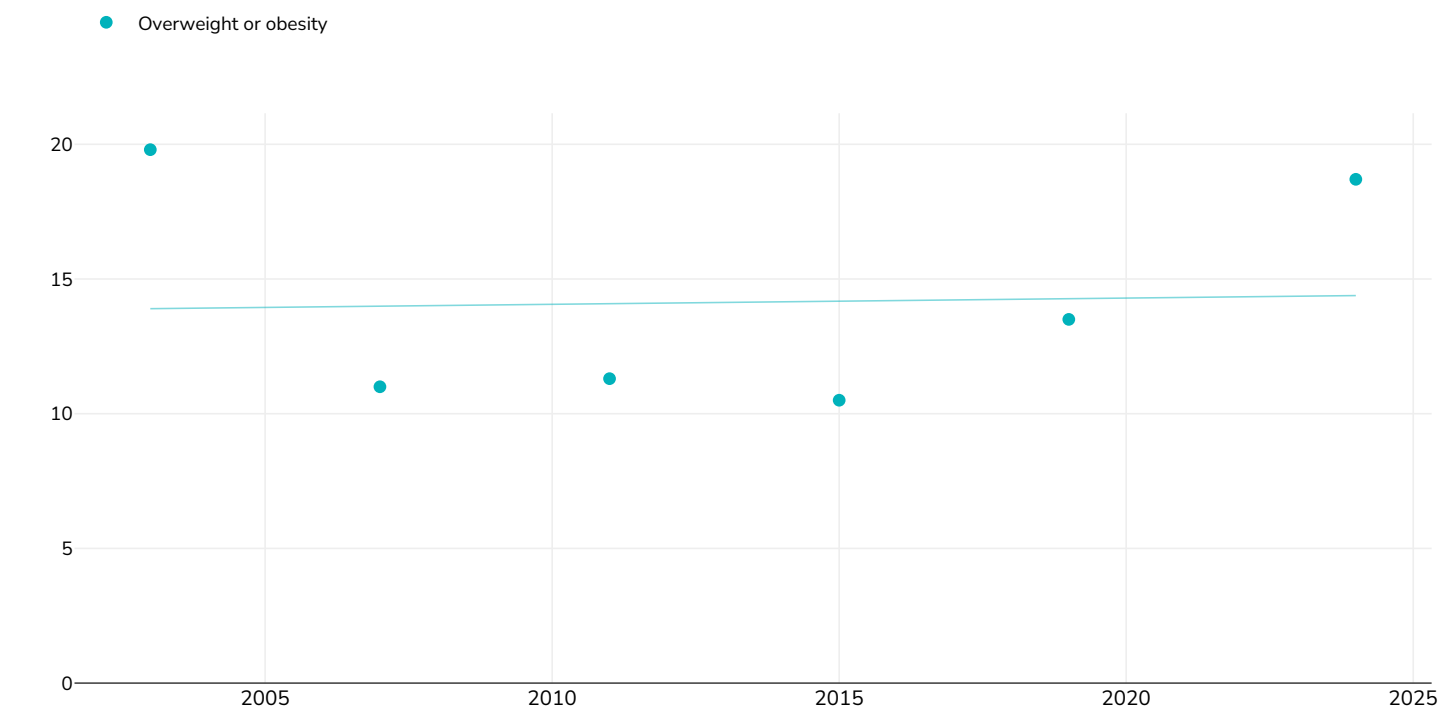
References: Philippine facts and figures 2003, Part II. Anthropometric Facts and Figures, FOOD AND NUTRITION RESEARCH INSTITUTE, Department of Science and Technology

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 (13-17) living with overweight or obesity in Philippines, 2003-2024

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_PL_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)
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- 2024: 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)

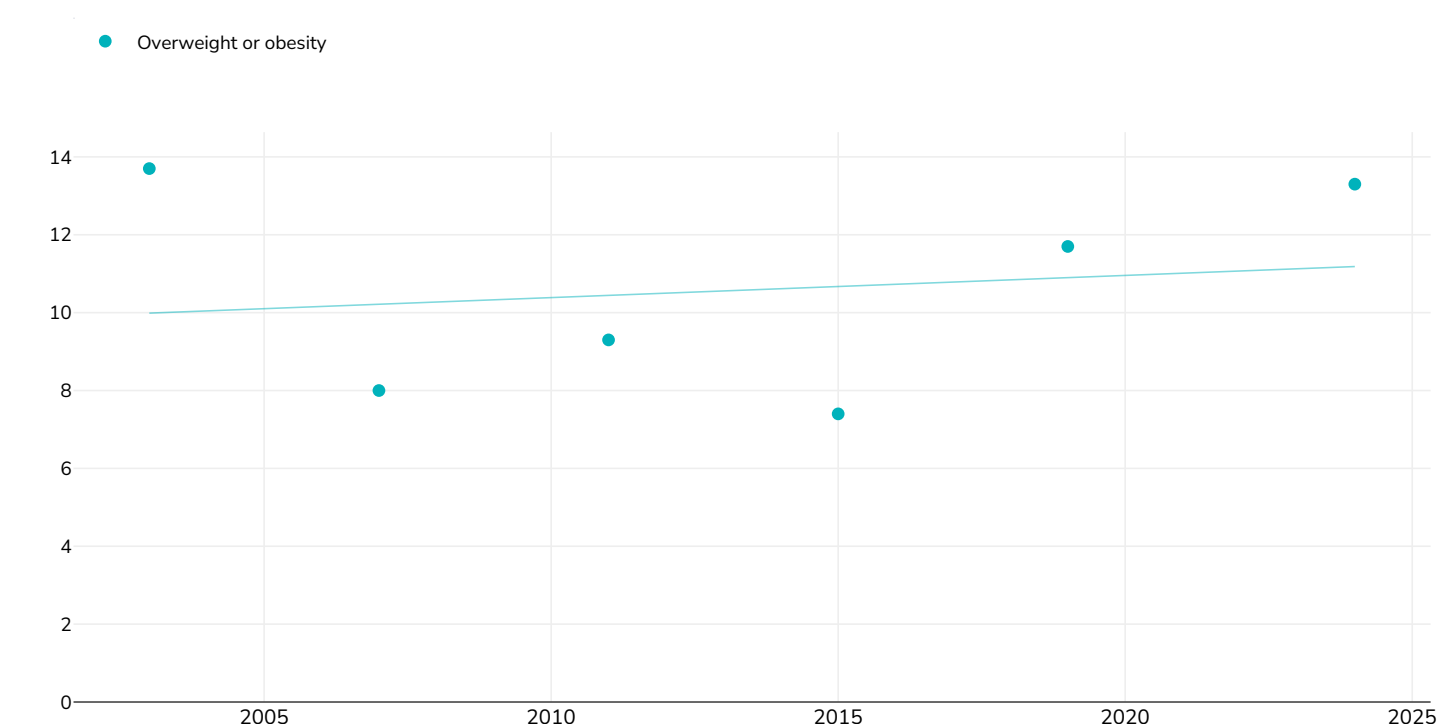
Notes:

WHO cutoffs

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)
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- 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.
- 2024: 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)

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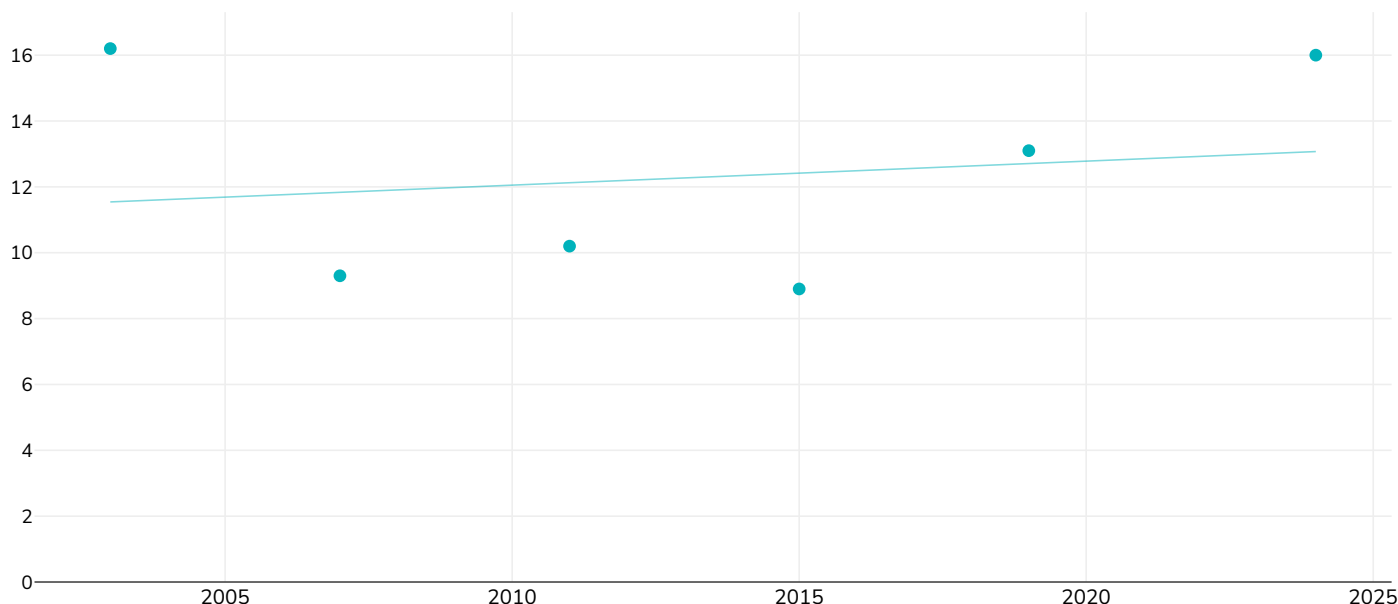
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Boys and girls

● Overweight or obesity



Survey type:

Self-reported

References:

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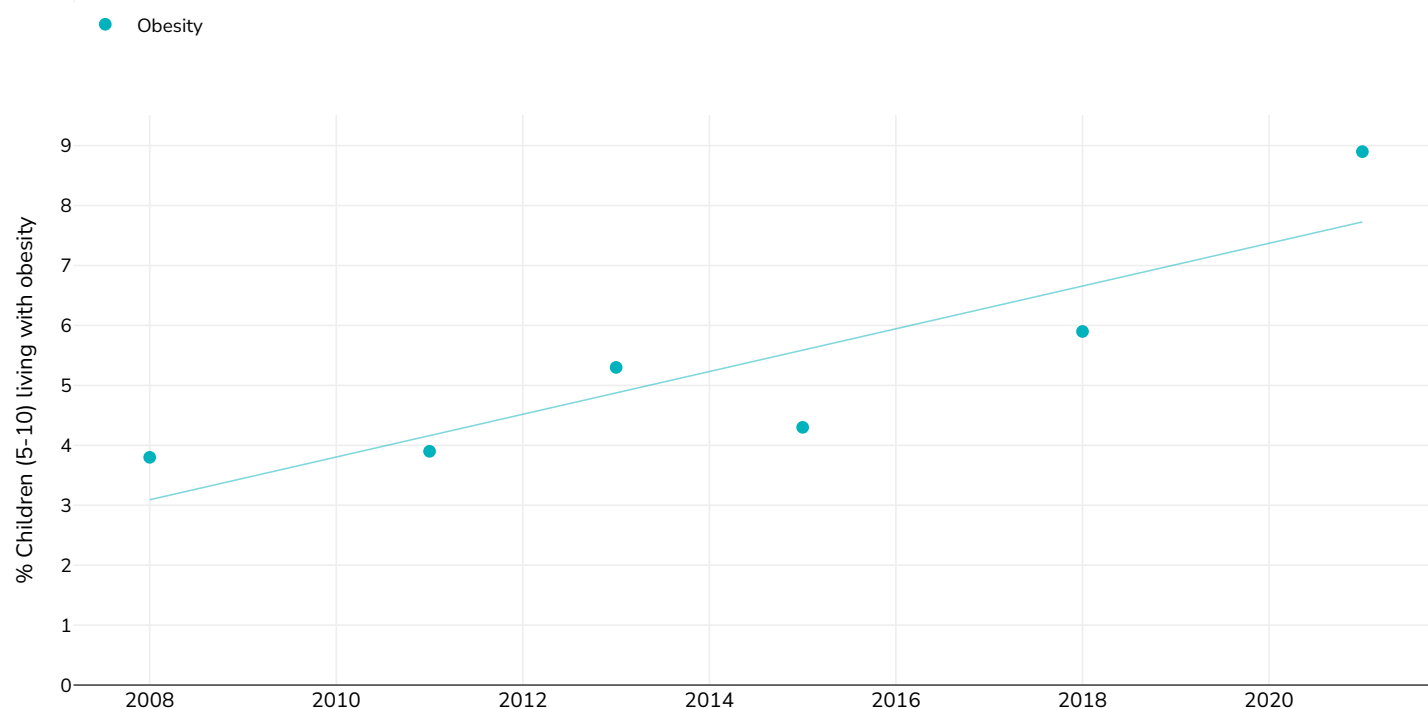
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% Children (5-10) living with obesity in the Philippines, 2008-2021

Boys



Survey type:

Measured

References:

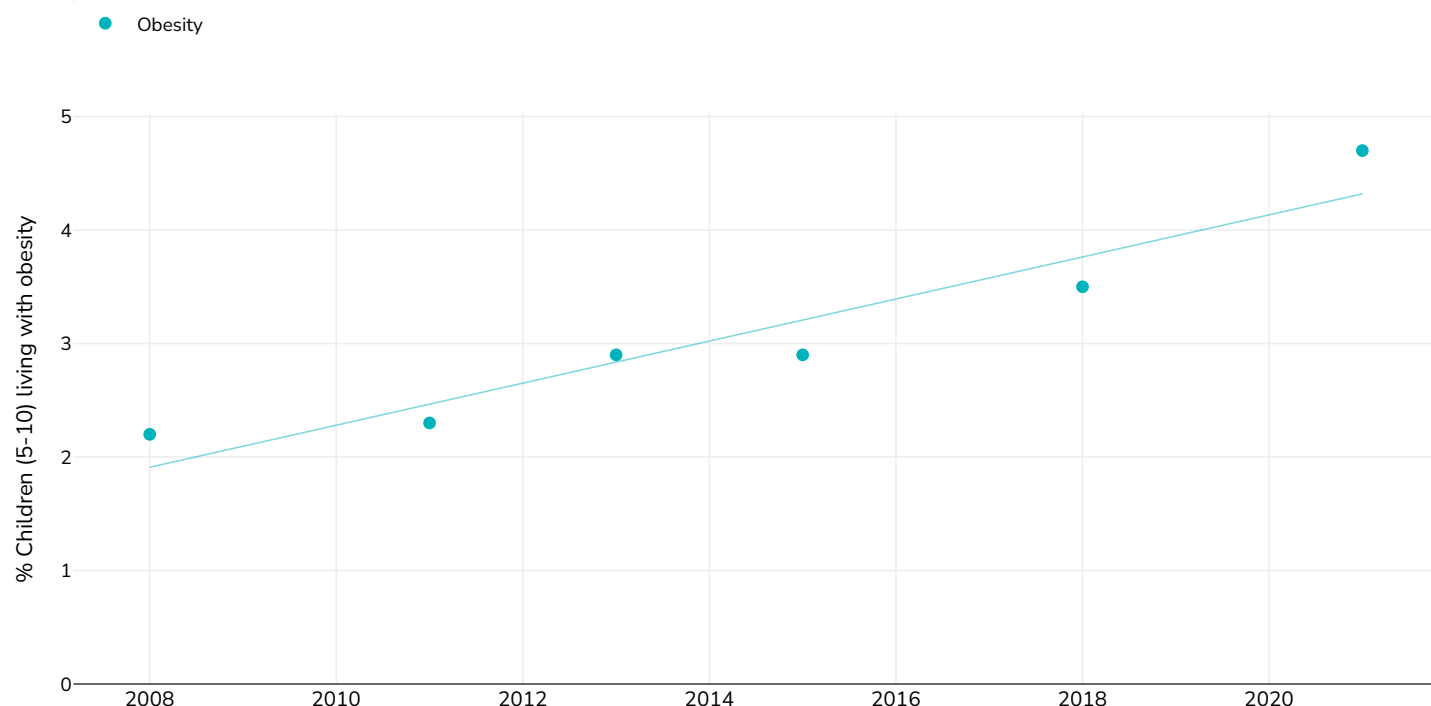
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Girls



Survey type:

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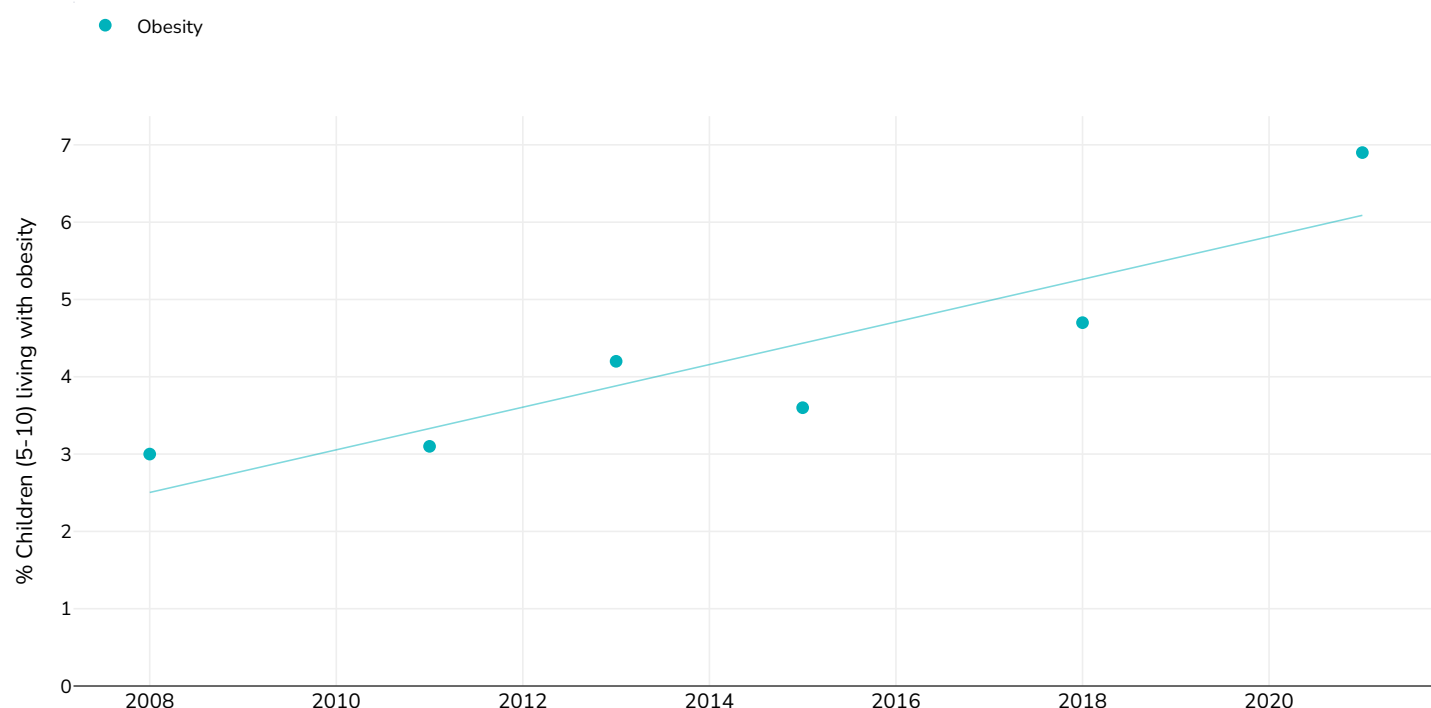
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- 2018: Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2022. Philippine Nutrition Facts and Figures: 2018-2019 Expanded National Nutrition Survey (ENNS). FNRI Bldg., DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2019> [Accessed 14.07.25]
- 2021: Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2024. Philippine Nutrition Facts and Figures: 2021 Expanded National Nutrition Survey (ENNS). FNRI Bldg., DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2021> [Accessed 14.07.25]

Notes:

WHO cutoffs

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



Survey type:

Measured

References:

- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2008> [Accessed 14.07.25]
- 2011: Food and Nutrition Research Institute – Department of Science and Technology (FNRI-DOST). 2012. Philippine Nutrition Facts and Figures 2011. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2011> [Accessed 14.07.25]
- 2013: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). (2015). Philippine Nutrition Facts and Figures 2013: Anthropometric Survey. FNRI Bldg., DOST Compound, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2013> [Accessed 14.07.25]
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- 2021: Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2024. Philippine Nutrition Facts and Figures: 2021 Expanded National Nutrition Survey (ENNS). FNRI Bldg., DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2021> [Accessed 14.07.25]

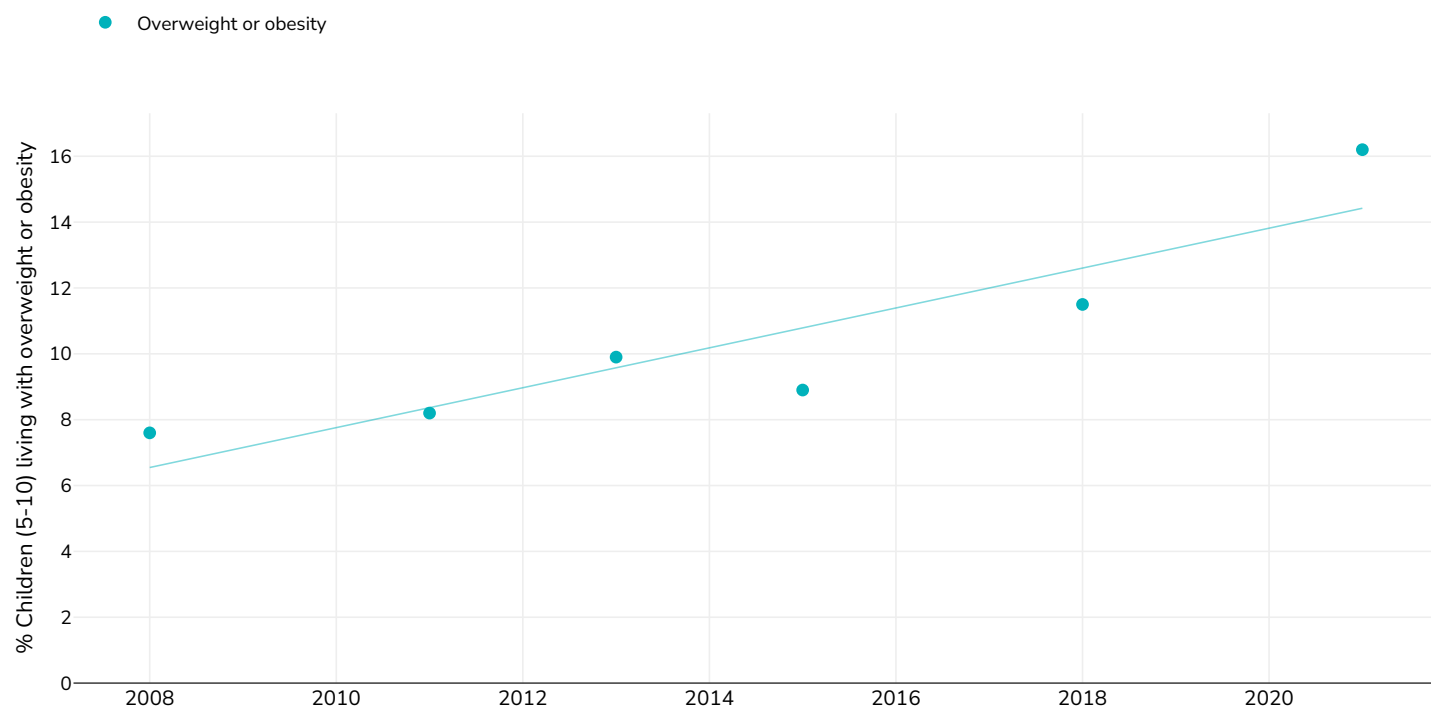
Notes:

WHO cutoffs

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 (5-10) living with overweight or obesity in the Philippines, 2008-2021

Boys



Survey type:

Measured

References:

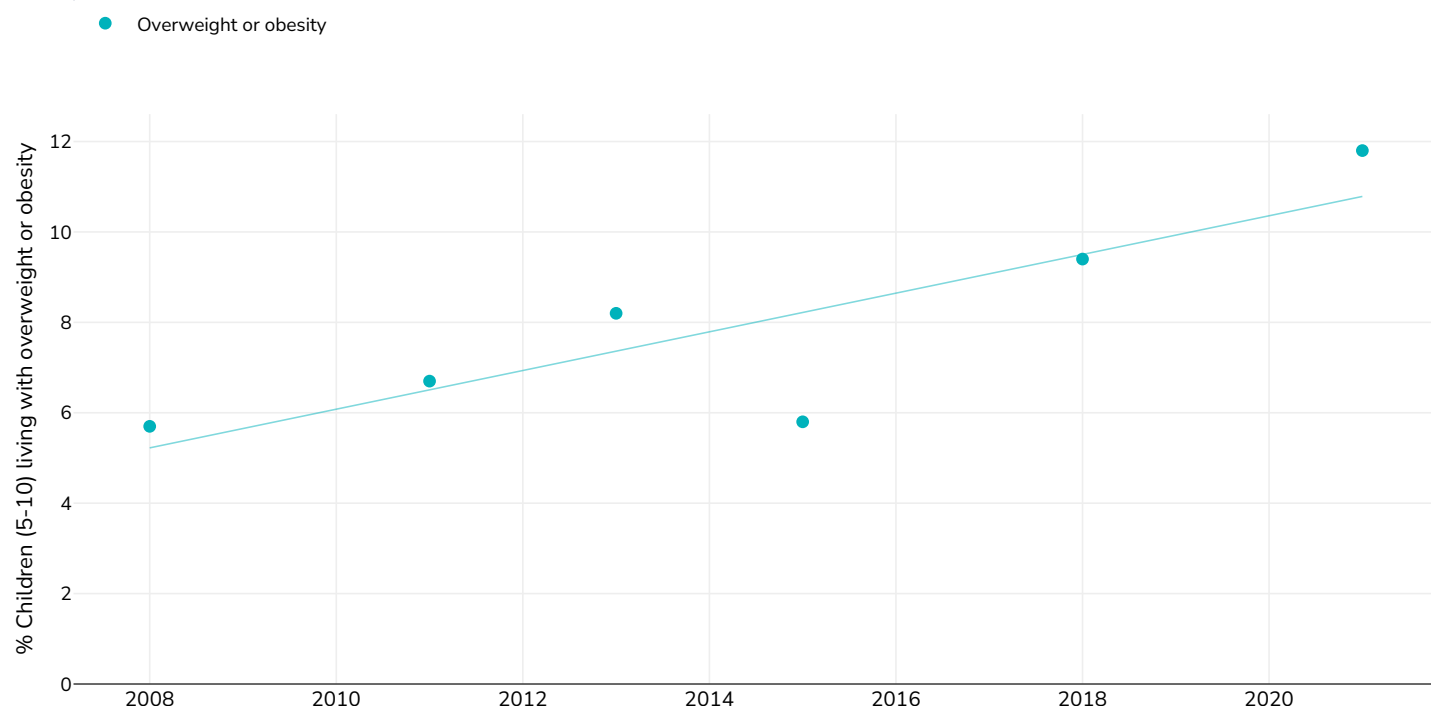
- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2008> [Accessed 14.07.25]
- 2011: Food and Nutrition Research Institute – Department of Science and Technology (FNRI-DOST). 2012. Philippine Nutrition Facts and Figures 2011. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2011> [Accessed 14.07.25]
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- 2018: Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2022. Philippine Nutrition Facts and Figures: 2018-2019 Expanded National Nutrition Survey (ENNS). FNRI Bldg., DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2019> [Accessed 14.07.25]
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Notes:

WHO cutoffs

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:

Measured

References:

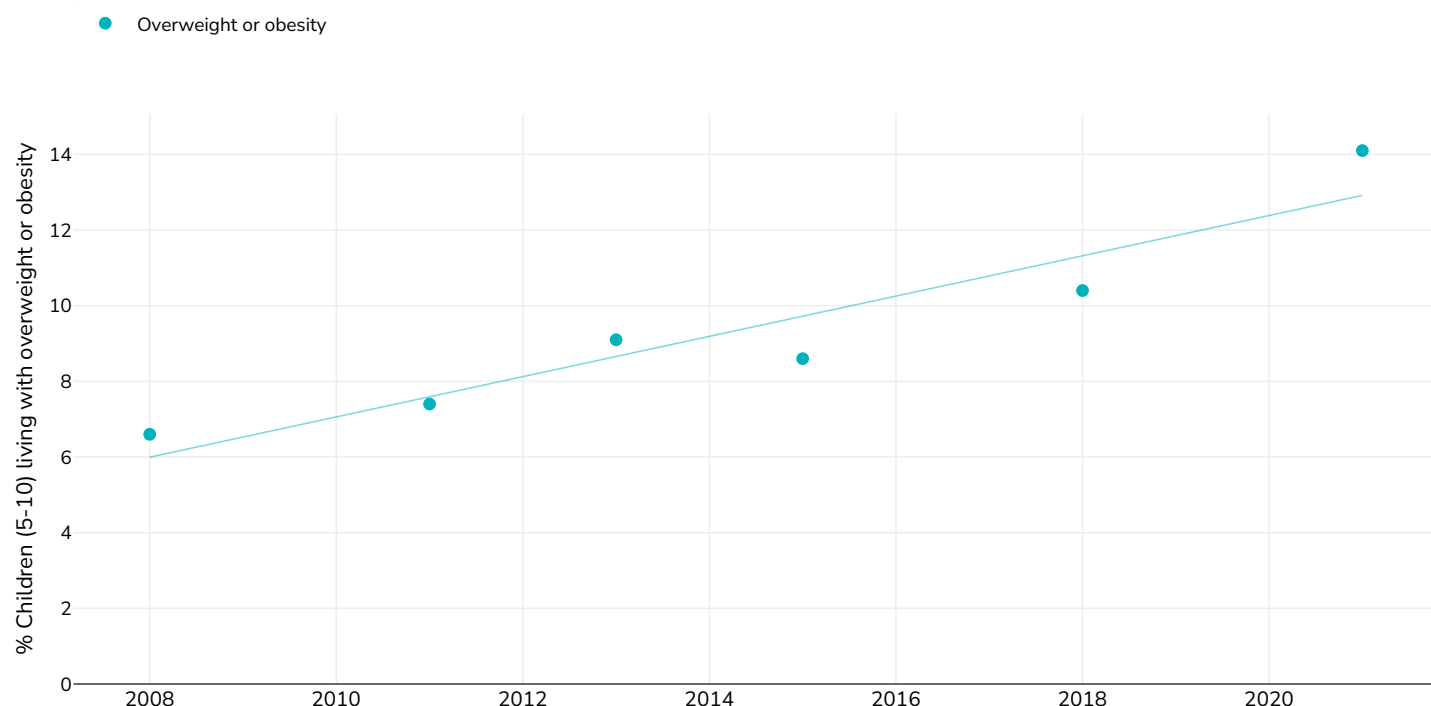
- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2008> [Accessed 14.07.25]
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WHO cutoffs

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



Survey type:

Measured

References:

- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2008> [Accessed 14.07.25]
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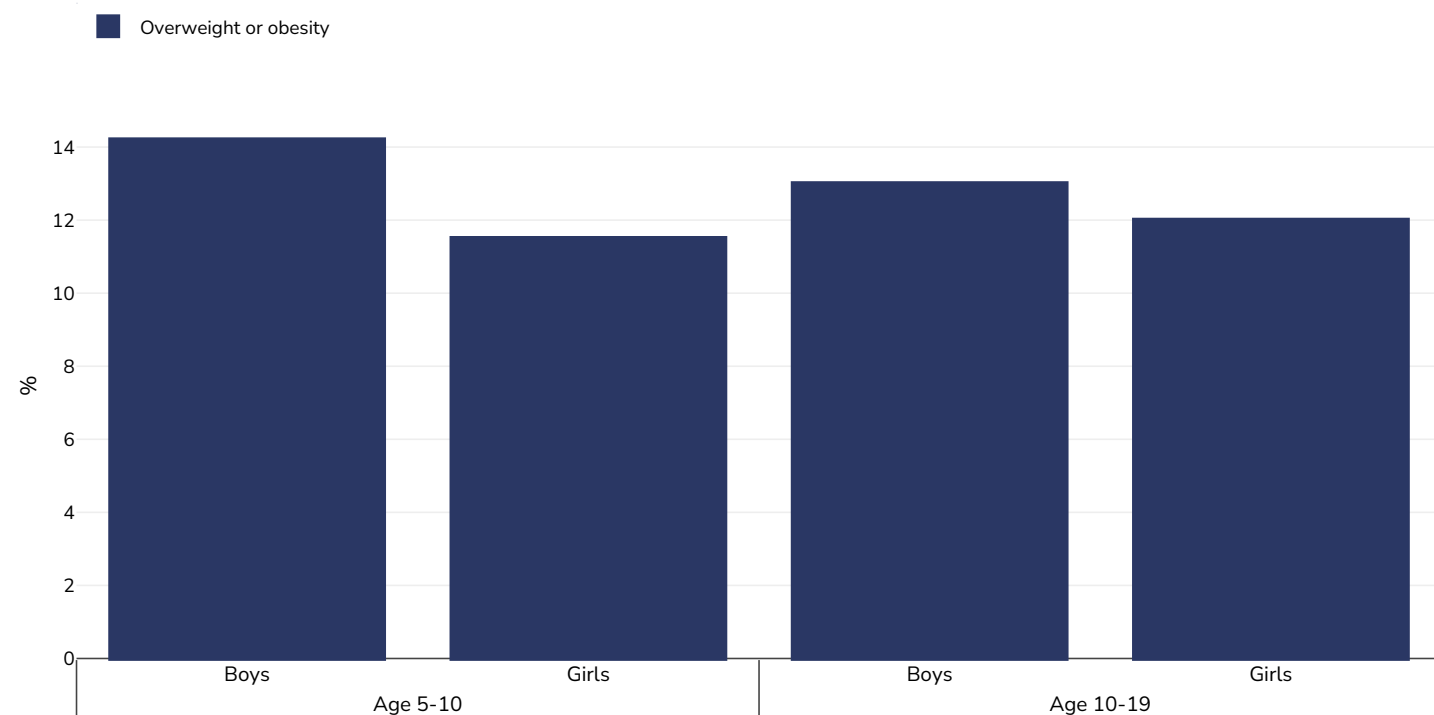
Notes:

WHO cutoffs

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

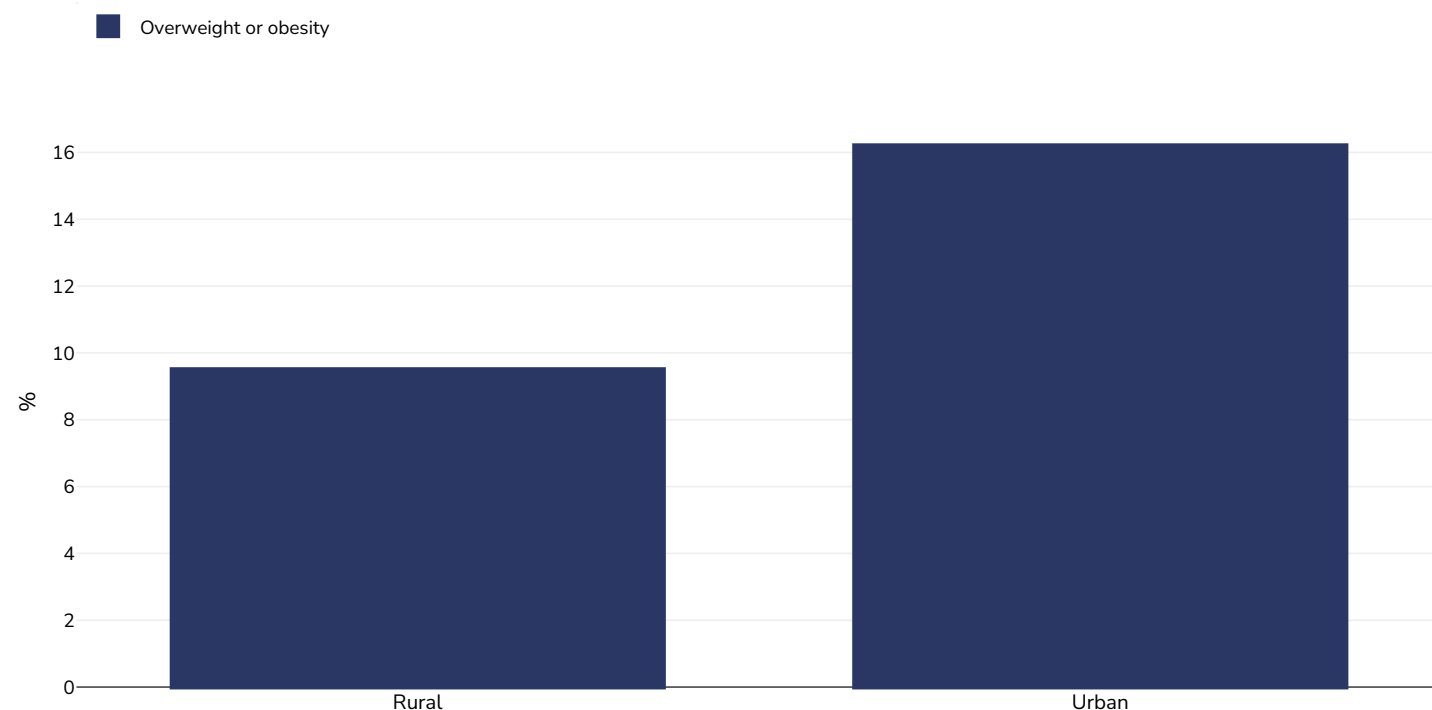
Children, 2023-2024



Survey type:	Measured
Area covered:	National
References:	Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2025. National Nutrition Summit. Halfway Point to 2030: Key Findings of the 2023 National Nutrition Survey. https://enutrition.fnri.dost.gov.ph/infographics.php?year=2023 [Accessed 31.07.25]
Notes:	Exact sample size unknown as full report still to be published
Cutoffs:	WHO 2007

Overweight/obesity by region

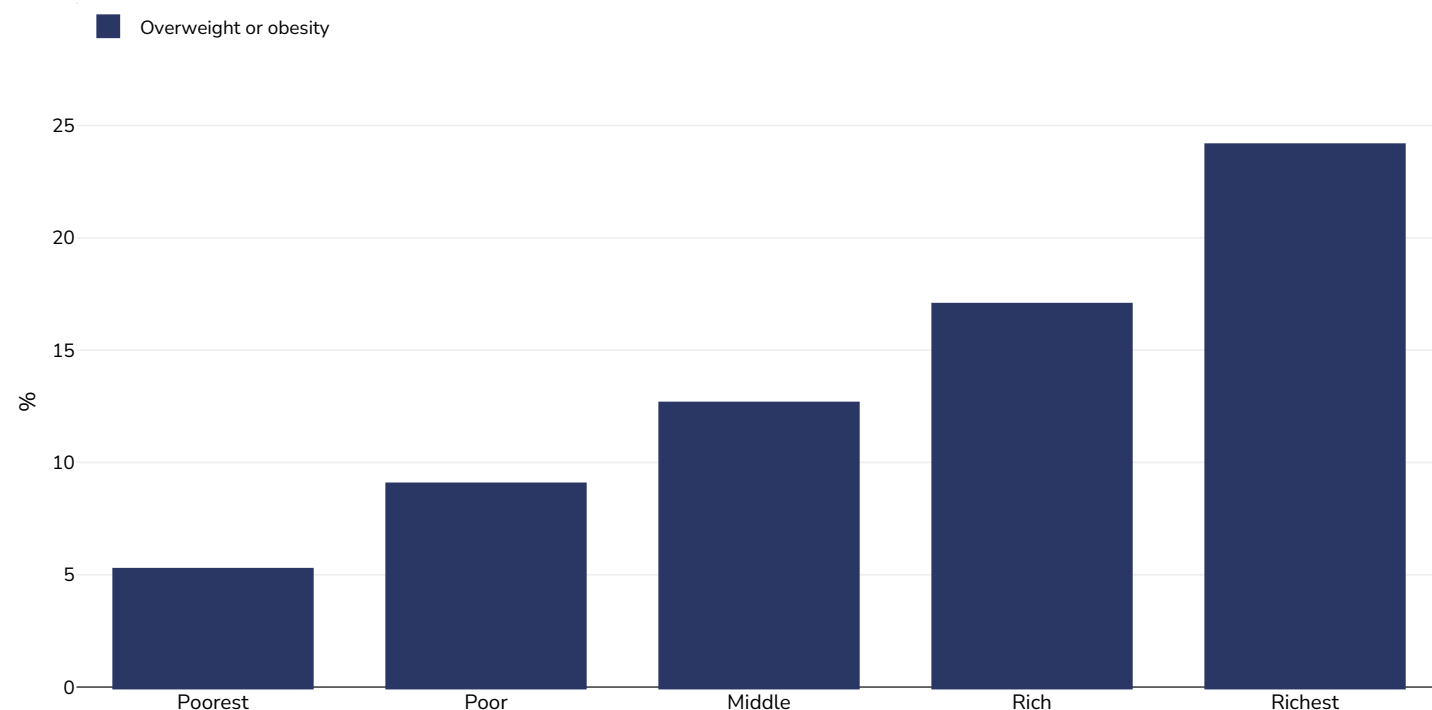
Children, 2023-2024



Survey type:	Measured
Age:	5-10
Area covered:	National
References:	Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2025. National Nutrition Summit. Halfway Point to 2030: Key Findings of the 2023 National Nutrition Survey. https://enutrition.fnri.dost.gov.ph/infographics.php?year=2023 [Accessed 31.07.25]
Notes:	Exact sample size unknown as full report still to be published
Cutoffs:	WHO 2007

Overweight/obesity by socio-economic group

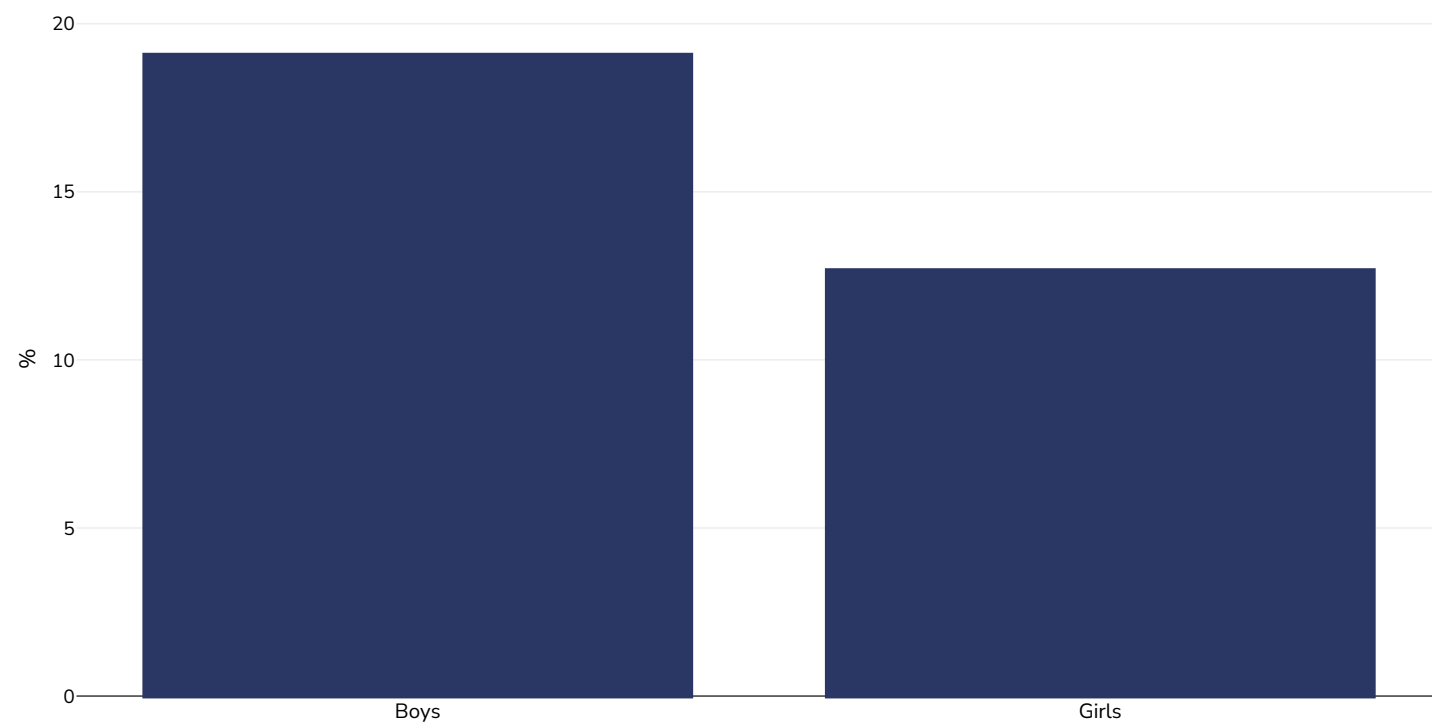
Children, 2023-2024



Survey type:	Measured
Age:	10-19
Area covered:	National
References:	Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2025. National Nutrition Summit. Halfway Point to 2030: Key Findings of the 2023 National Nutrition Survey. https://enutrition.fnri.dost.gov.ph/infographics.php?year=2023 [Accessed 31.07.25]
Notes:	Exact sample size unknown as full report still to be published
Cutoffs:	WHO 2007

Double burden of underweight & overweight

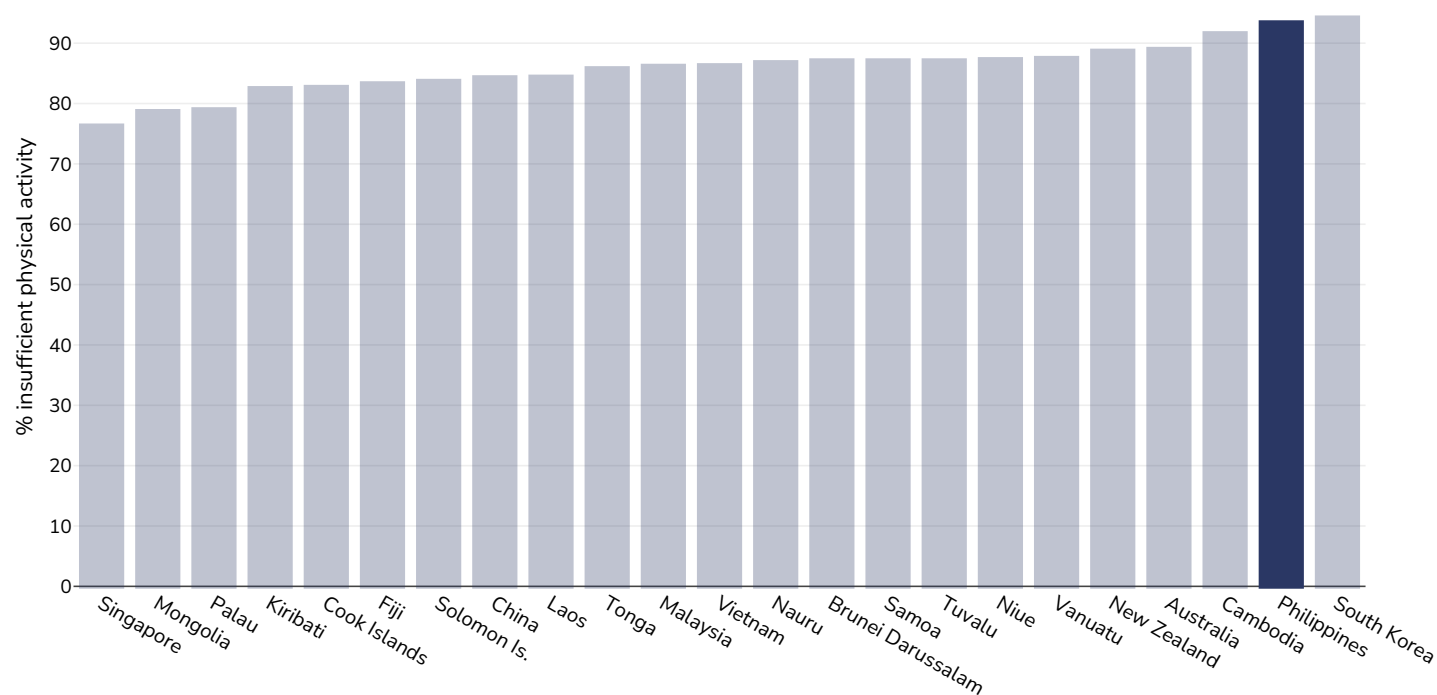
Children, 2022



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

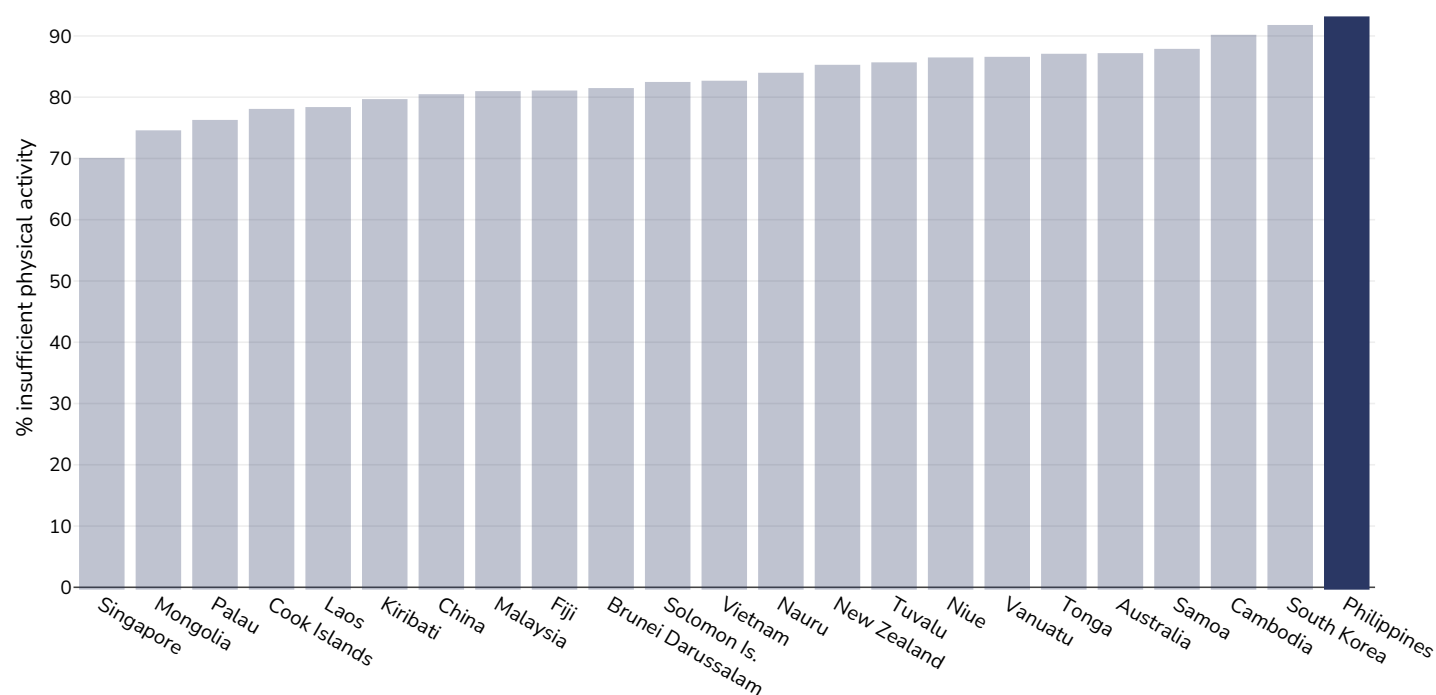
Age: 11-17

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.

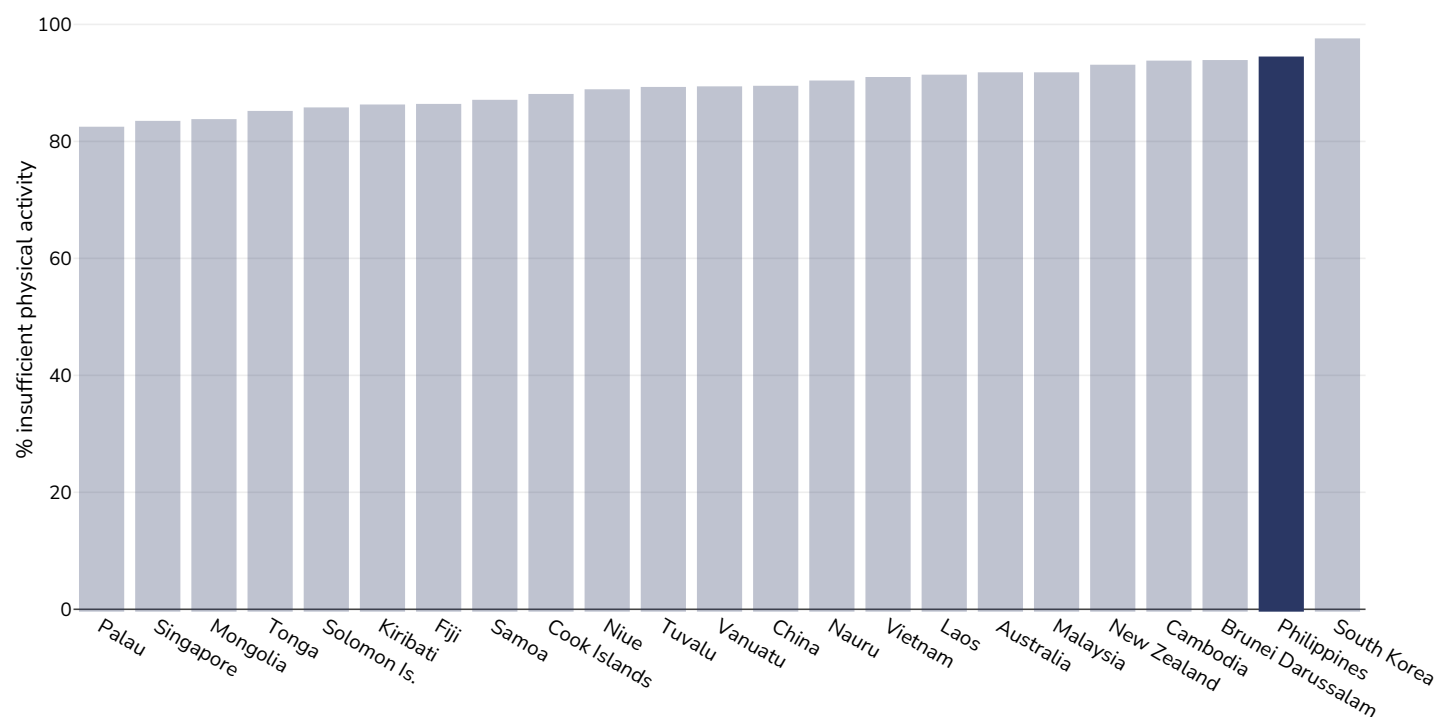
Definitions: % Adolescents insufficiently active (age standardised estimate)

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

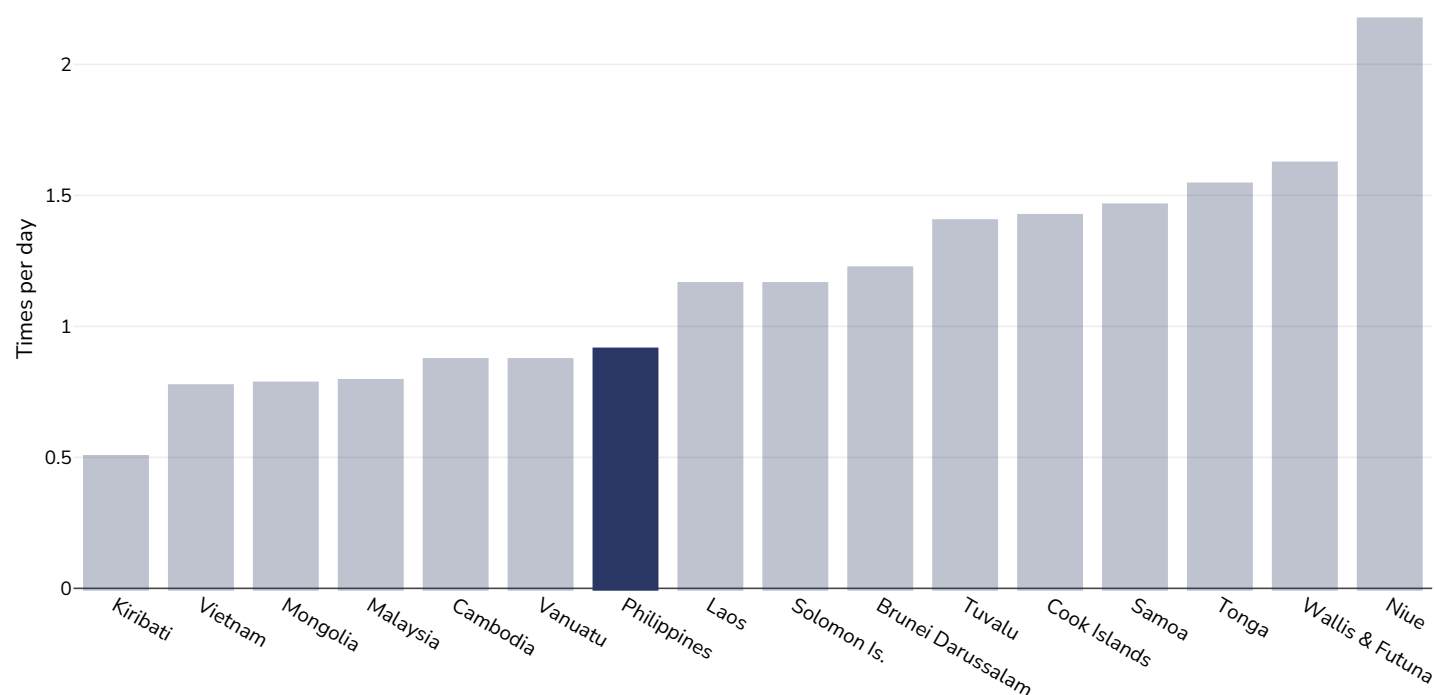
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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



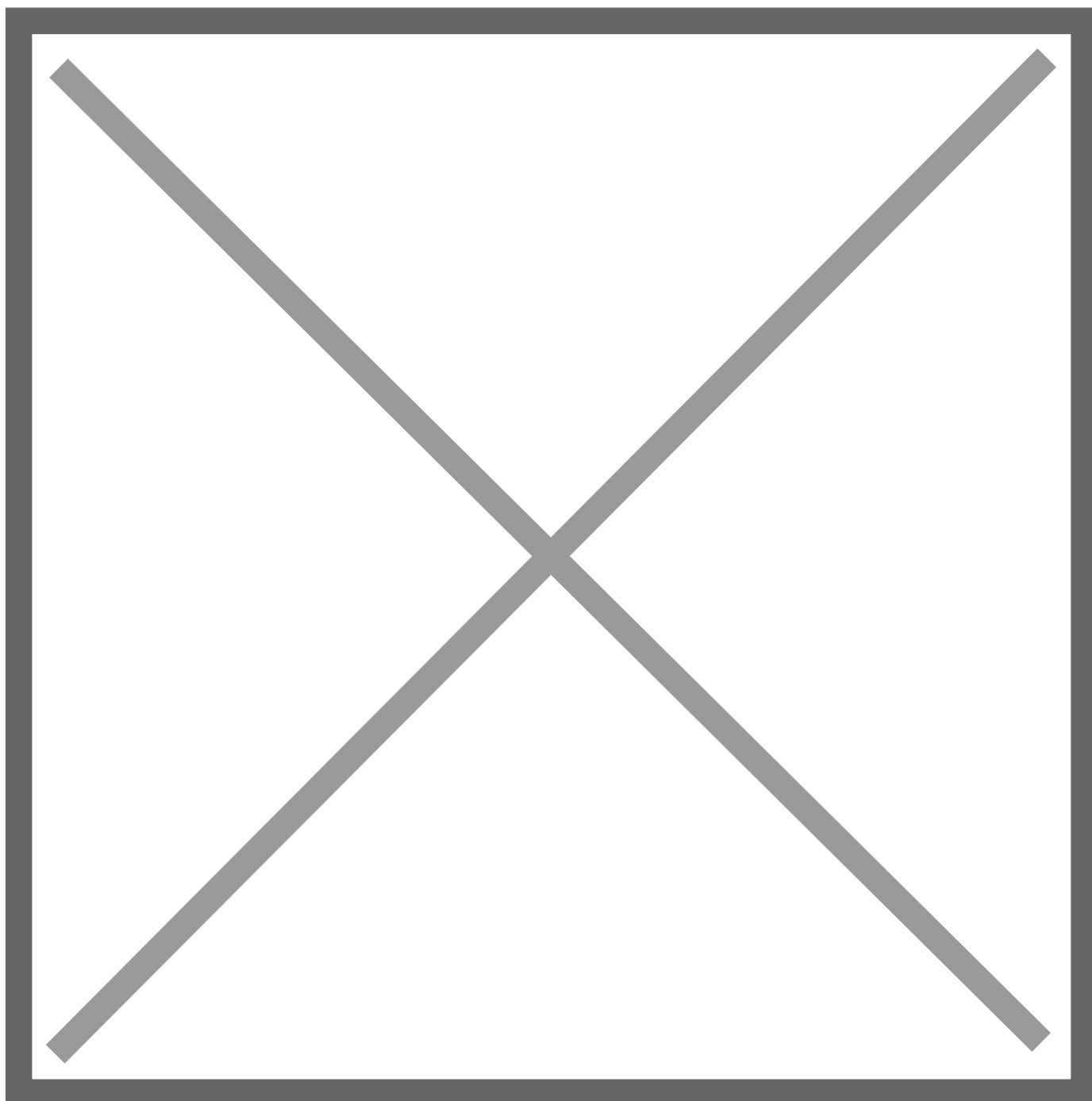
Survey type: Measured

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, 2015



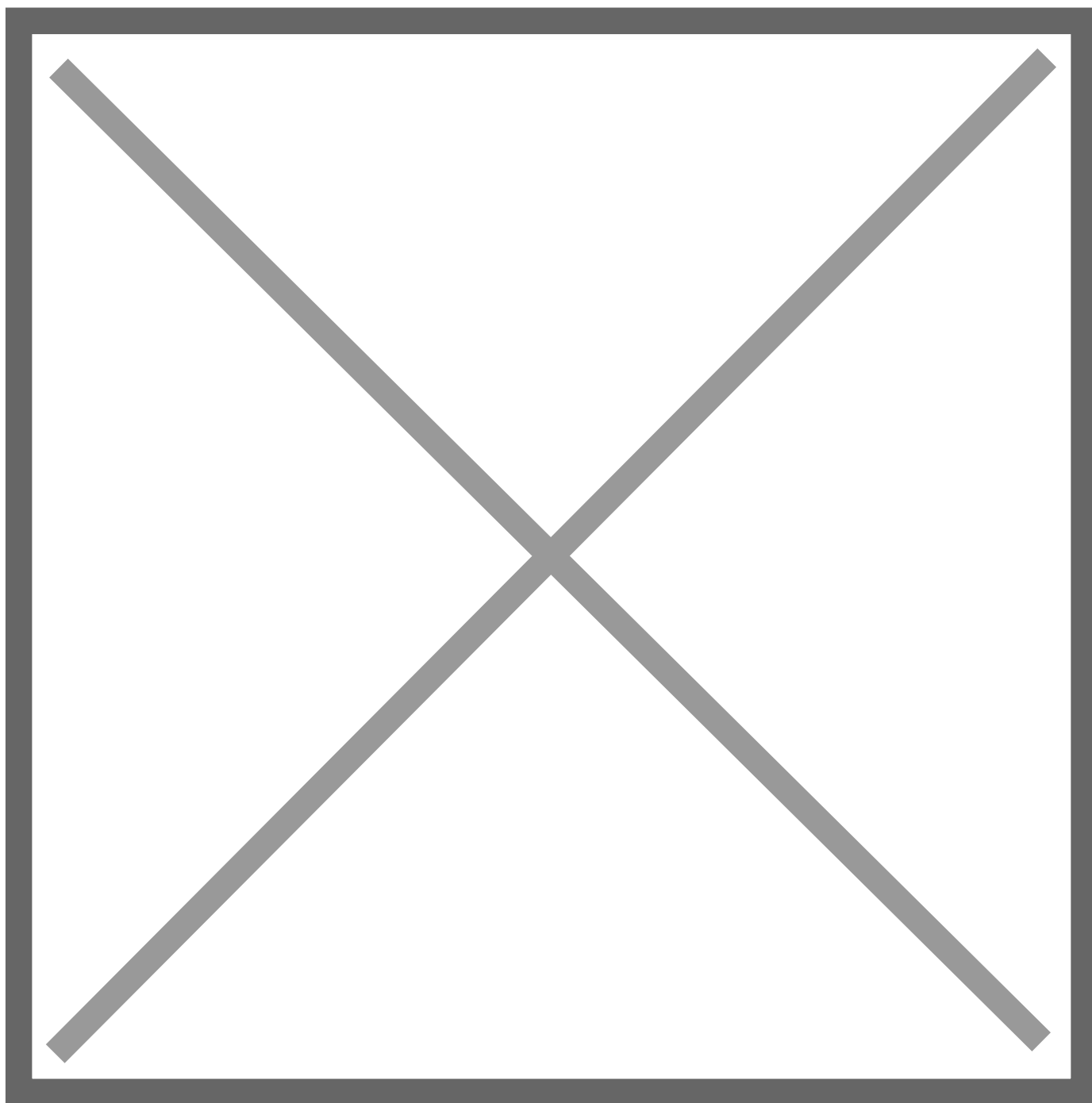
Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food 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, 2015



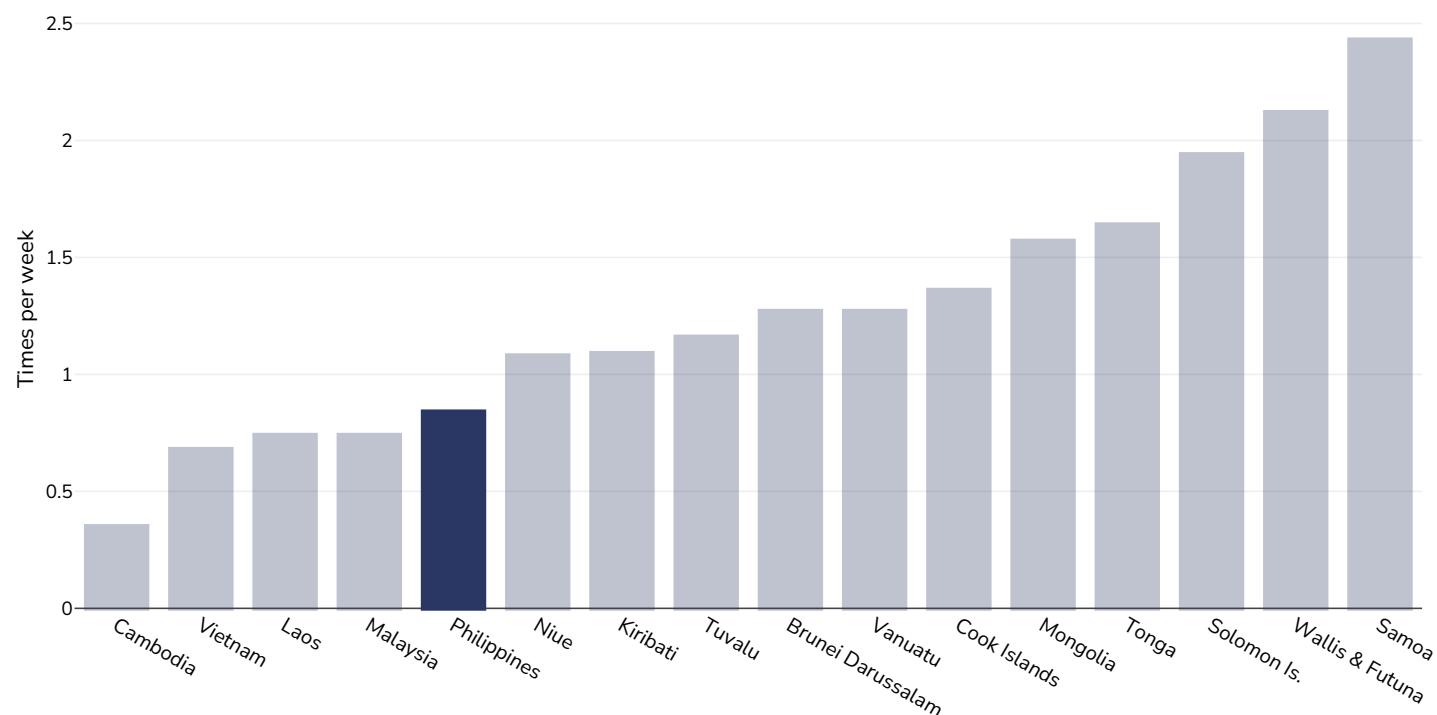
Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 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:

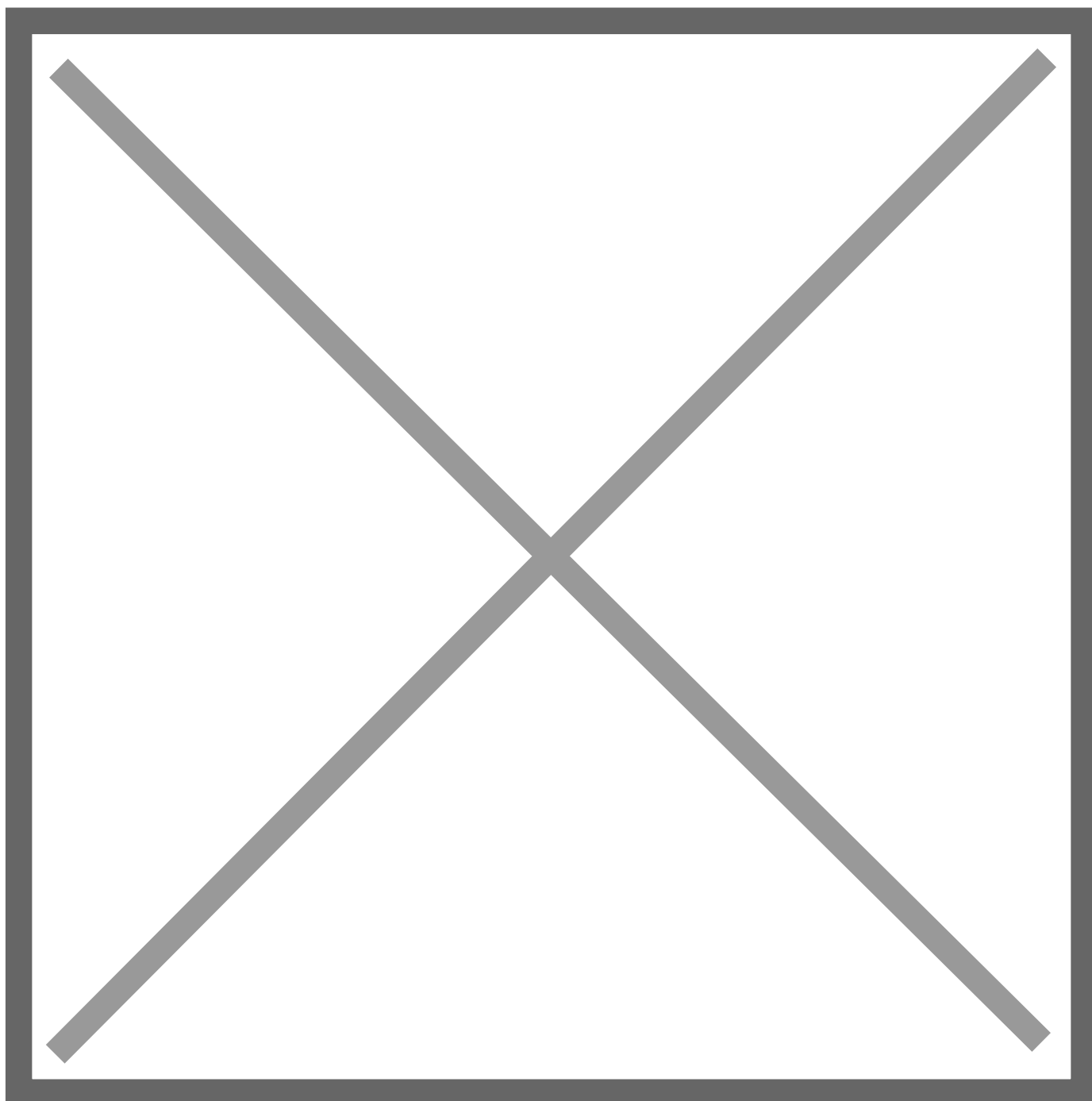
12-17

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>

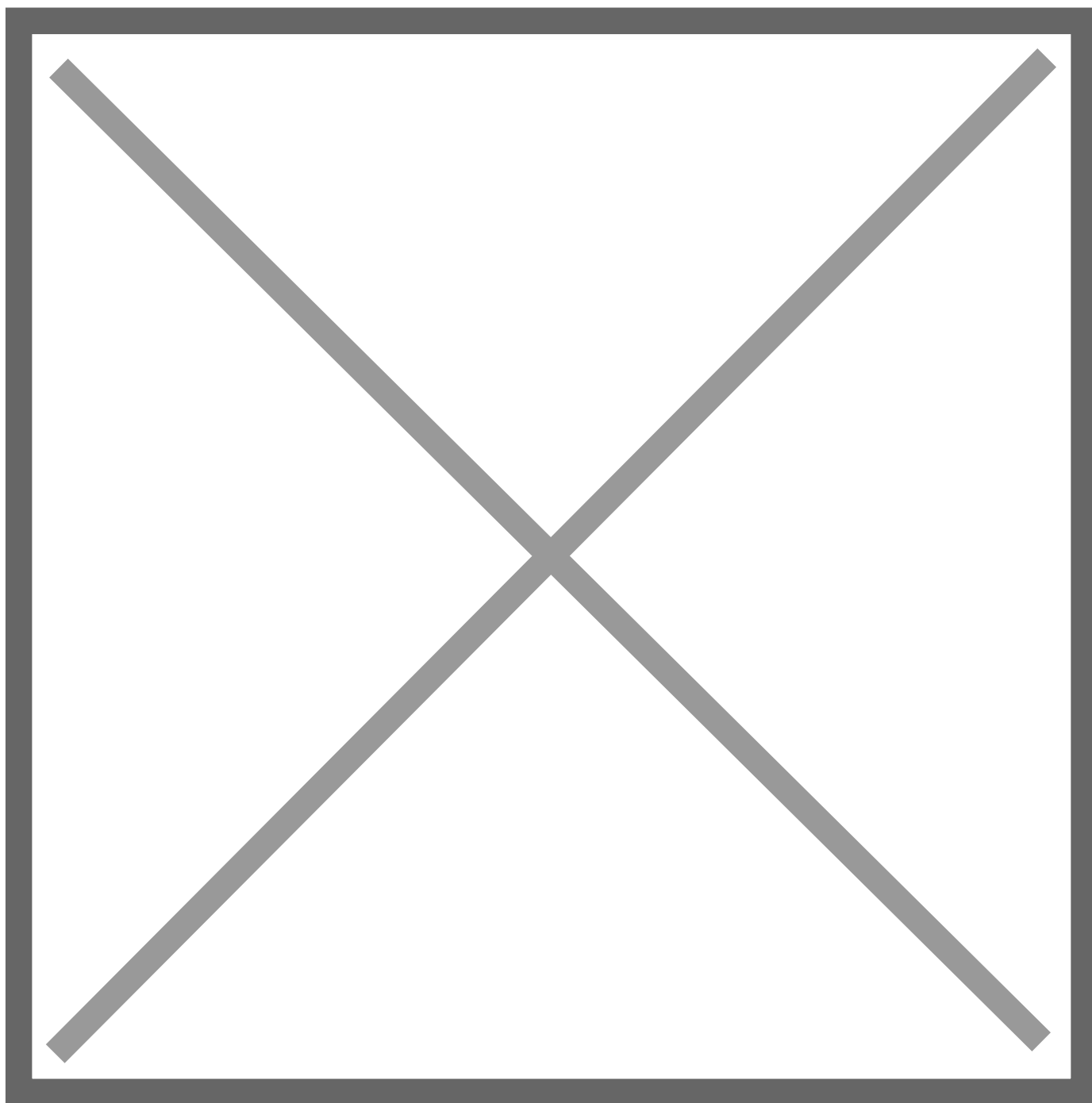
Mental health - depression disorders

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

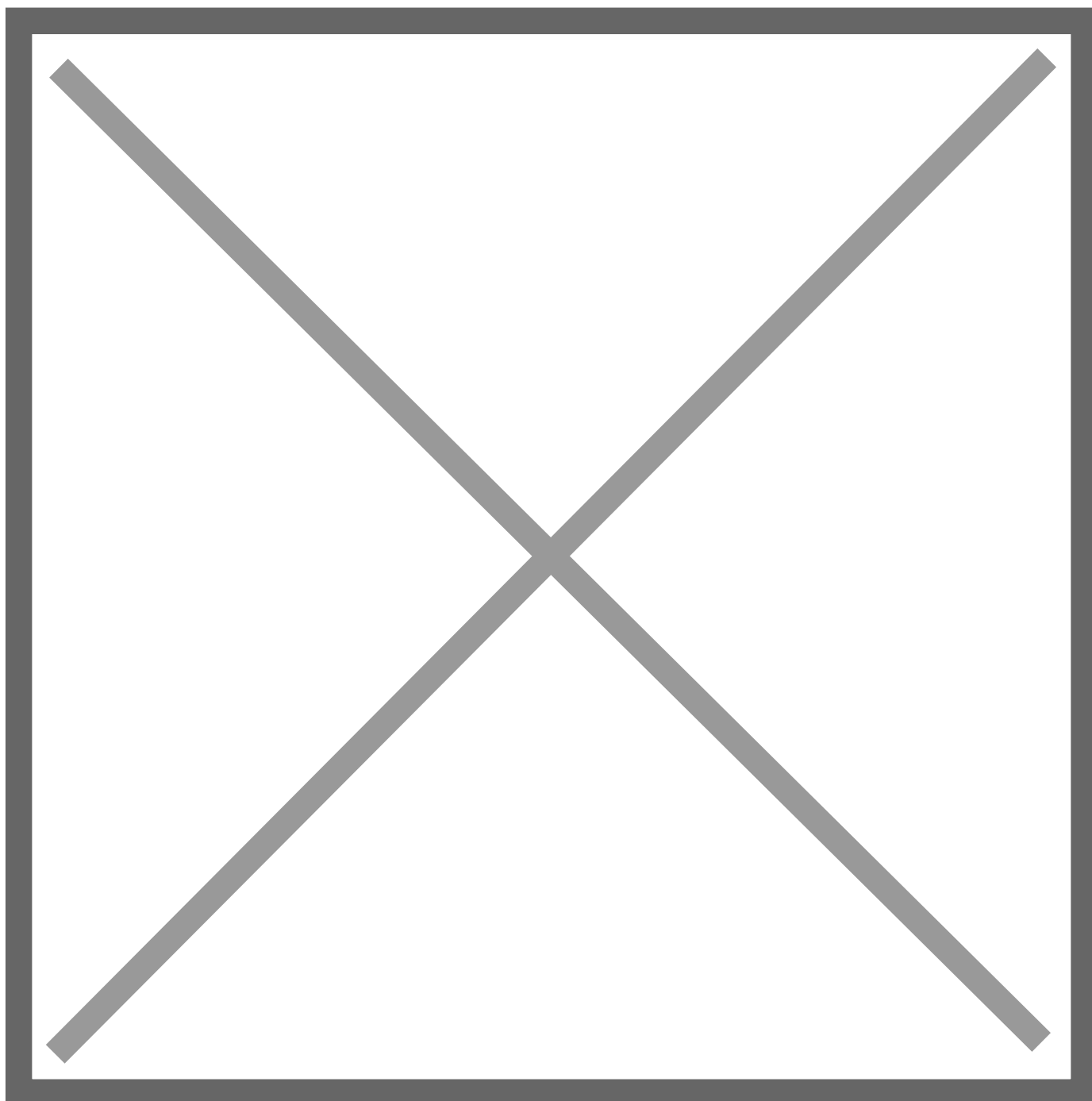
References:

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)

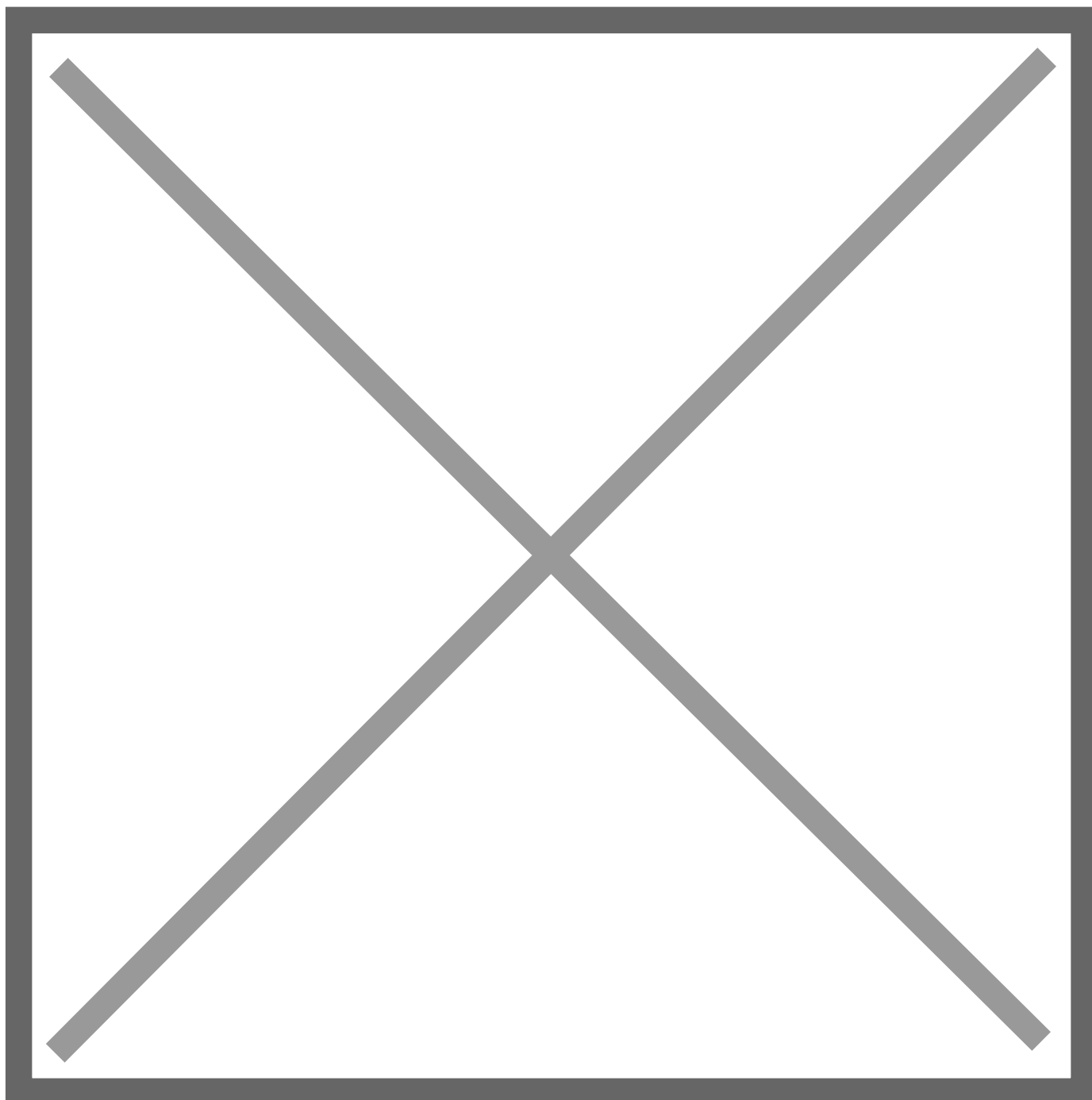
Girls, 2021



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)
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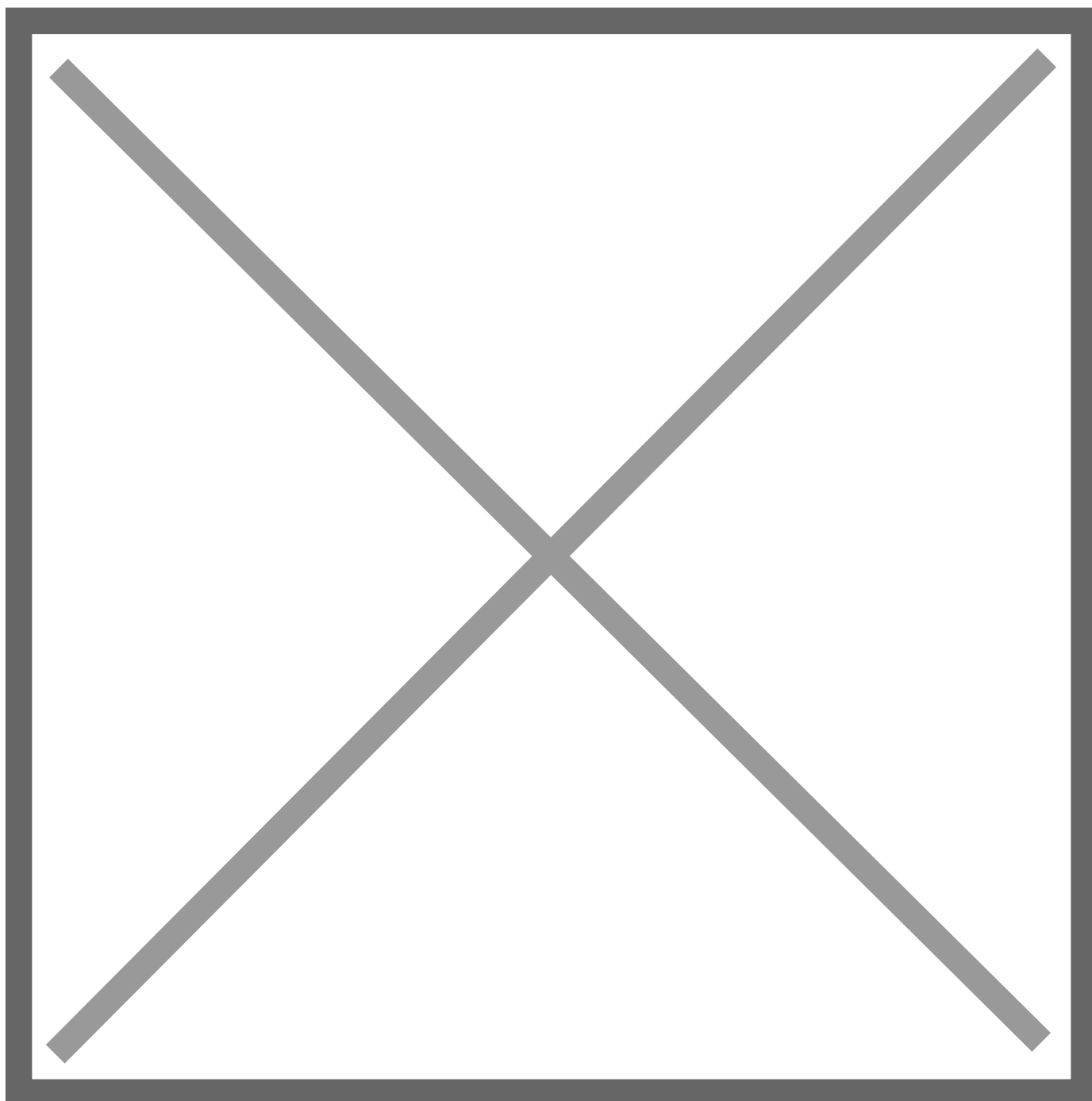
Mental health - anxiety disorders

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)

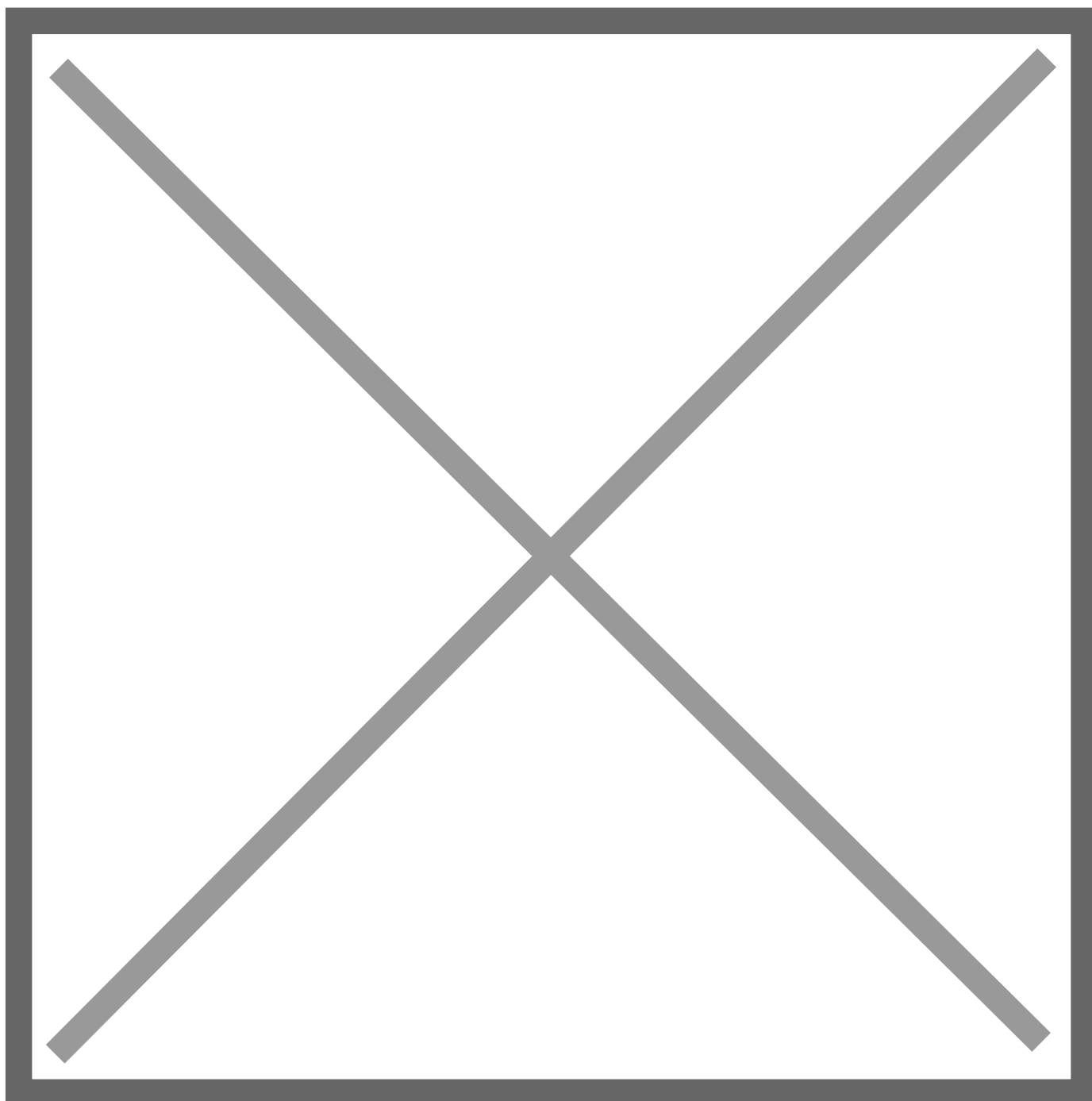
Boys, 2021



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 October 15, 2025