



# Philippinen



## Country report card - children

*This report card contains the latest data available on the GlobalObesityObservatory 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/>.*



## Adipositasprävalenz

Kinder, 2024



|                   |                  |
|-------------------|------------------|
| Umfragetyp:       | Selbst berichtet |
| Alter:            | 13-17            |
| Stichprobengröße: | 8618             |
| Geltungsbereich:  | National         |

**Referenzen:**

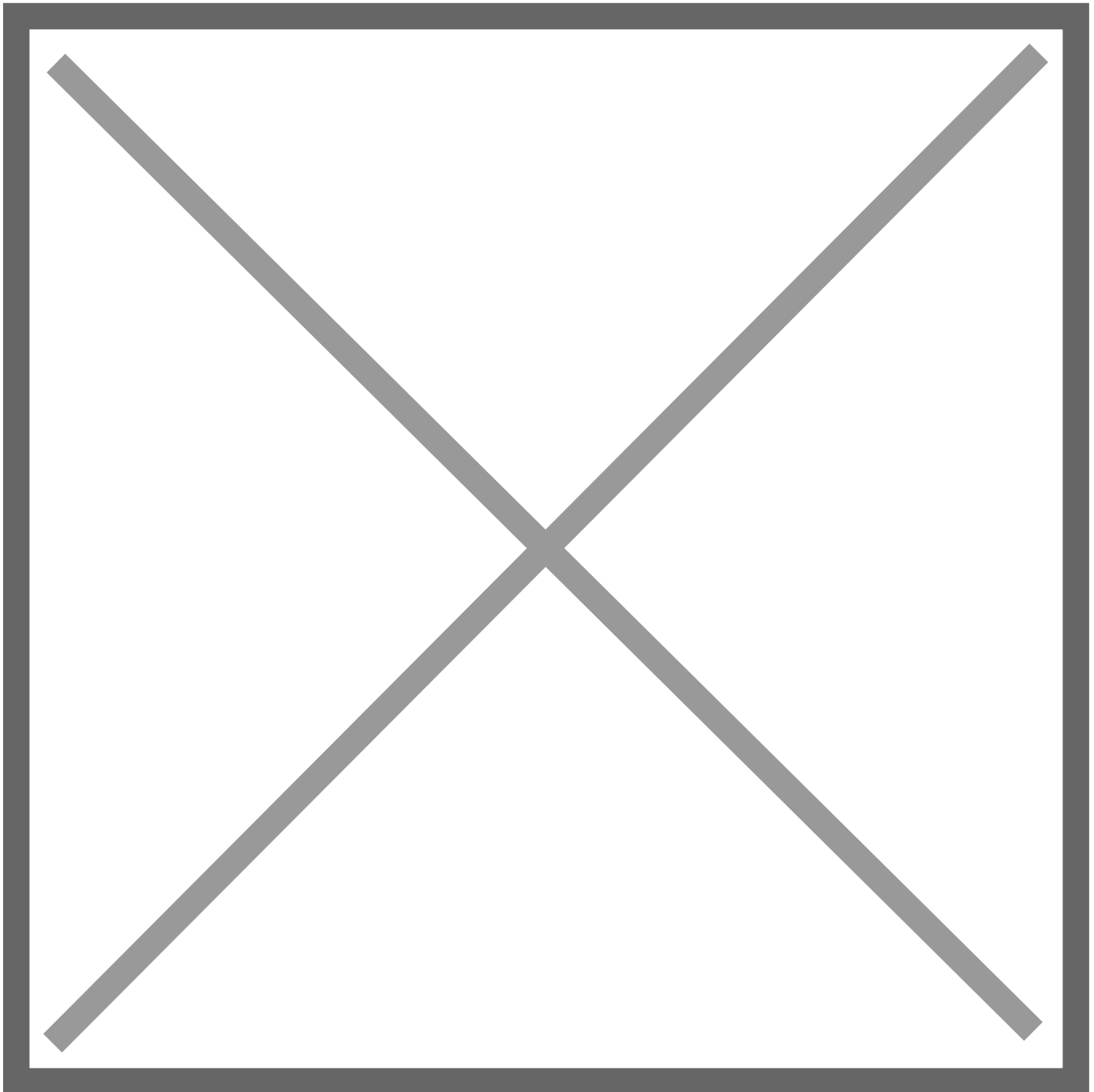
Global School-based Student Health Survey, Philippines 2024 Fact Sheet. Available at: <https://www.who.int/publications/m/item/2024-gshs-fact-sheet-philippines> (Accessed: 12.06.25)

**Cutoffs:**

WHO 2007

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

**Jungen**



Umfragetyp:

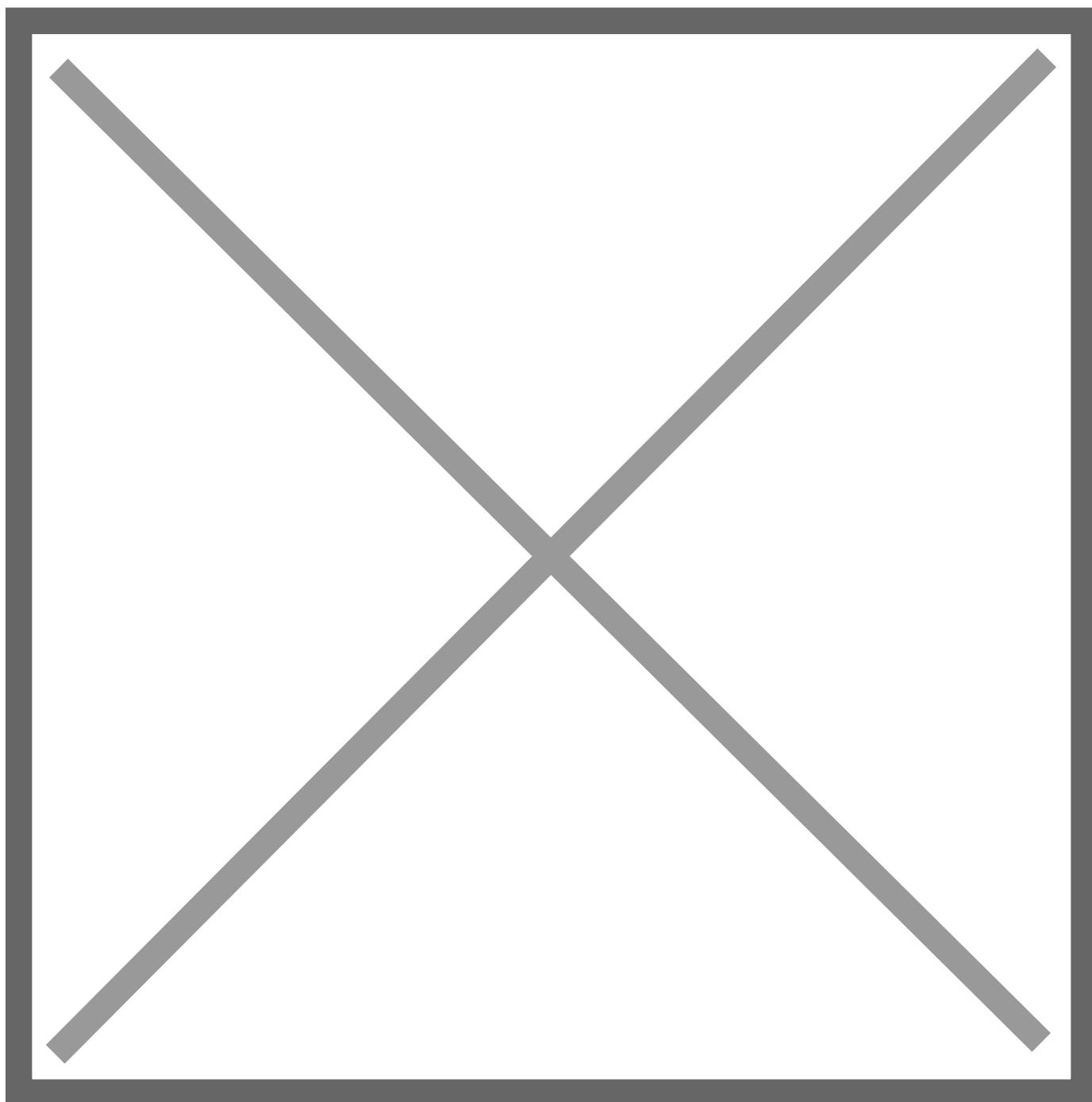
Gemessen

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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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## Mädchen



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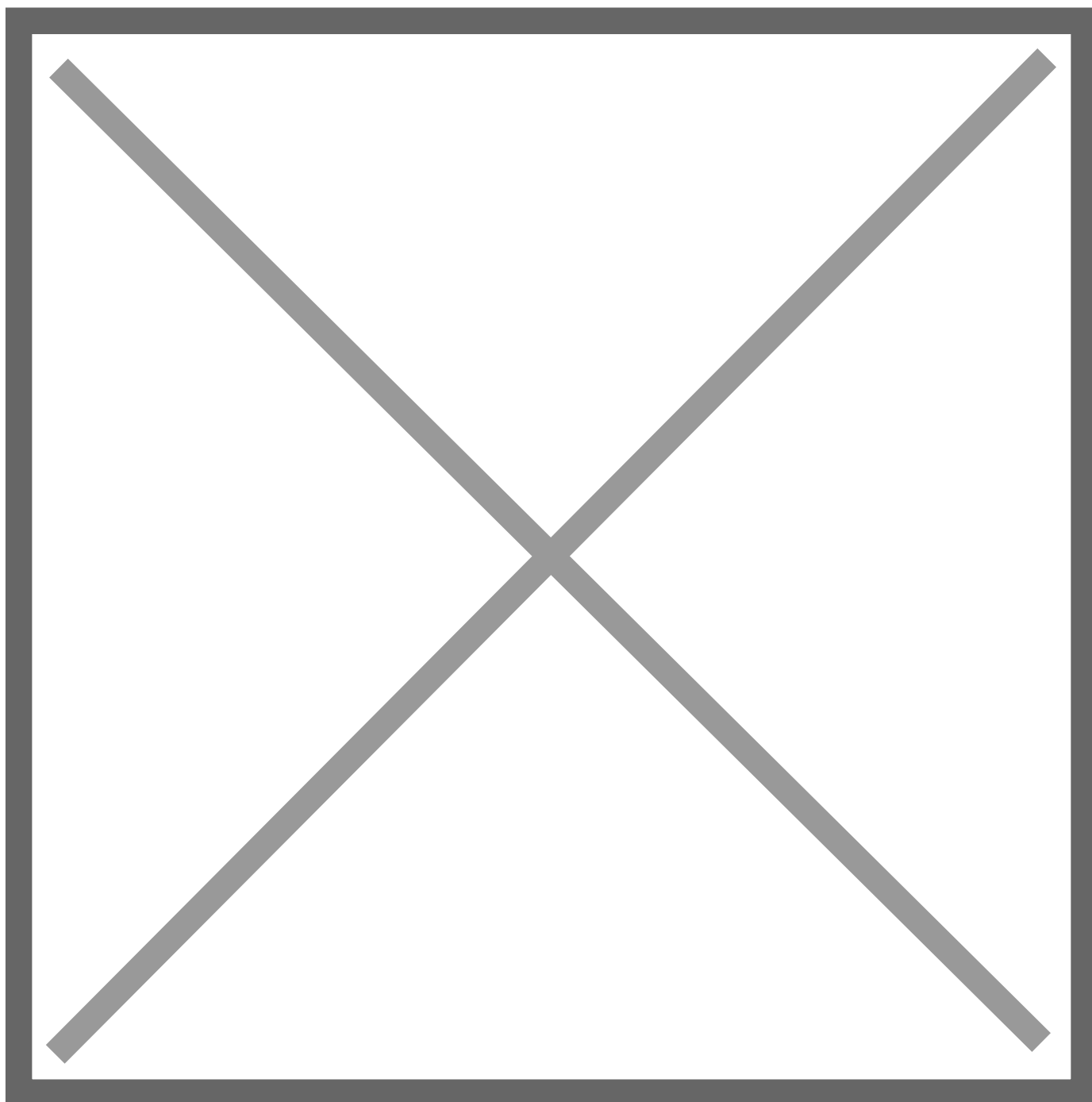
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## Boys and girls



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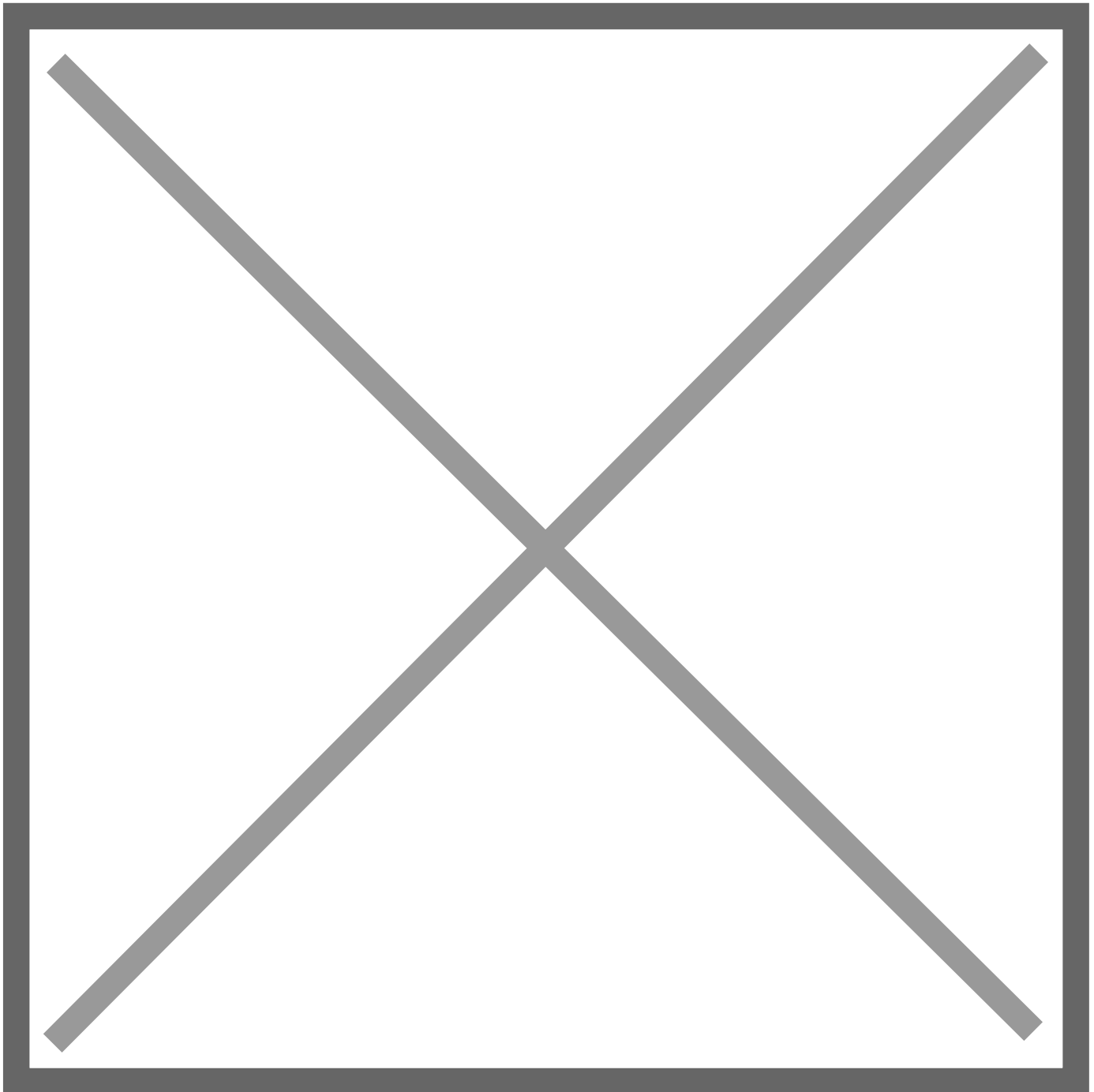
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## % Children (10-19) living with overweight or obesity in the Philippines, 2008-2021

### Jungen



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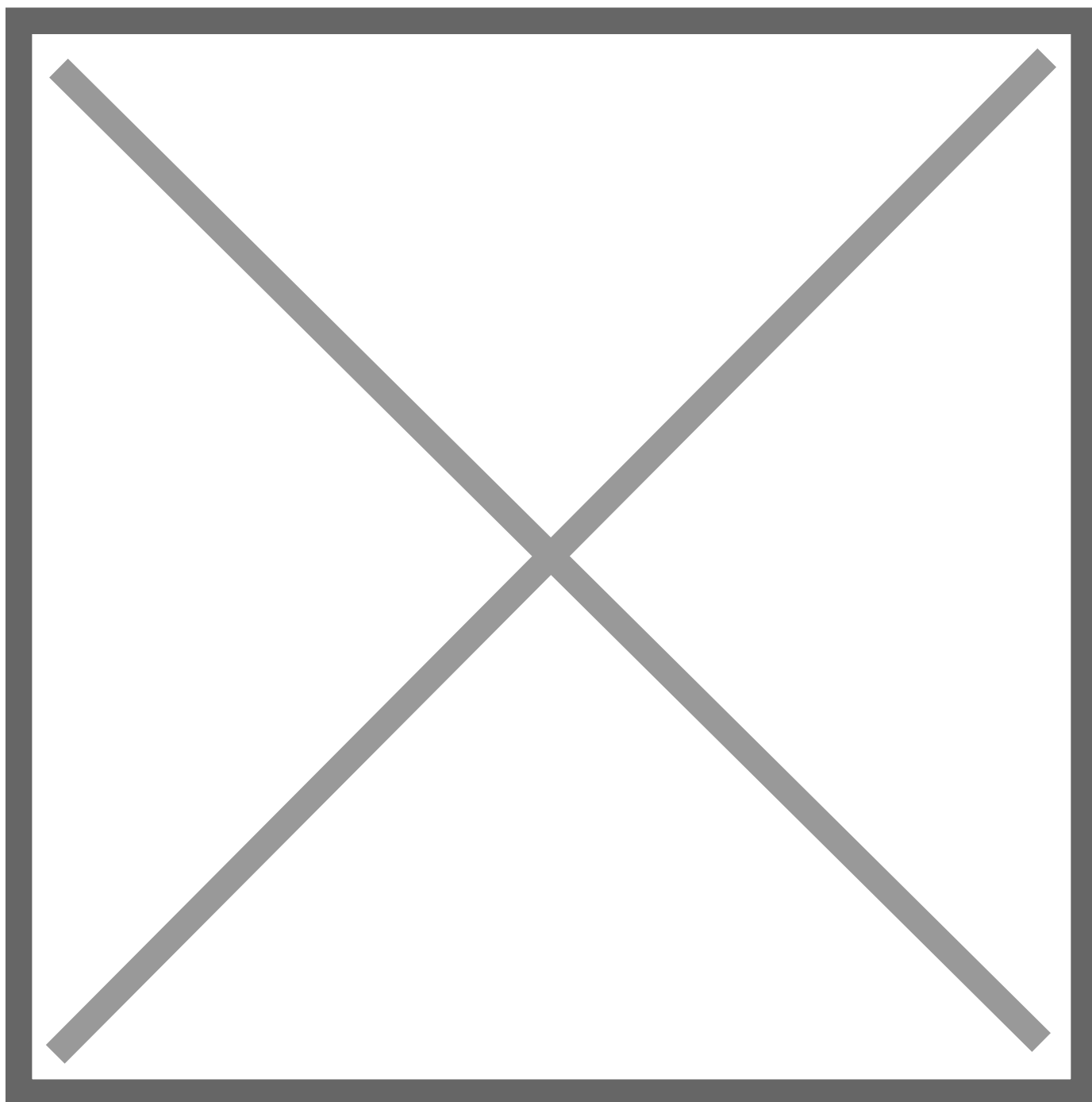
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WHO cutoffs

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## Mädchen



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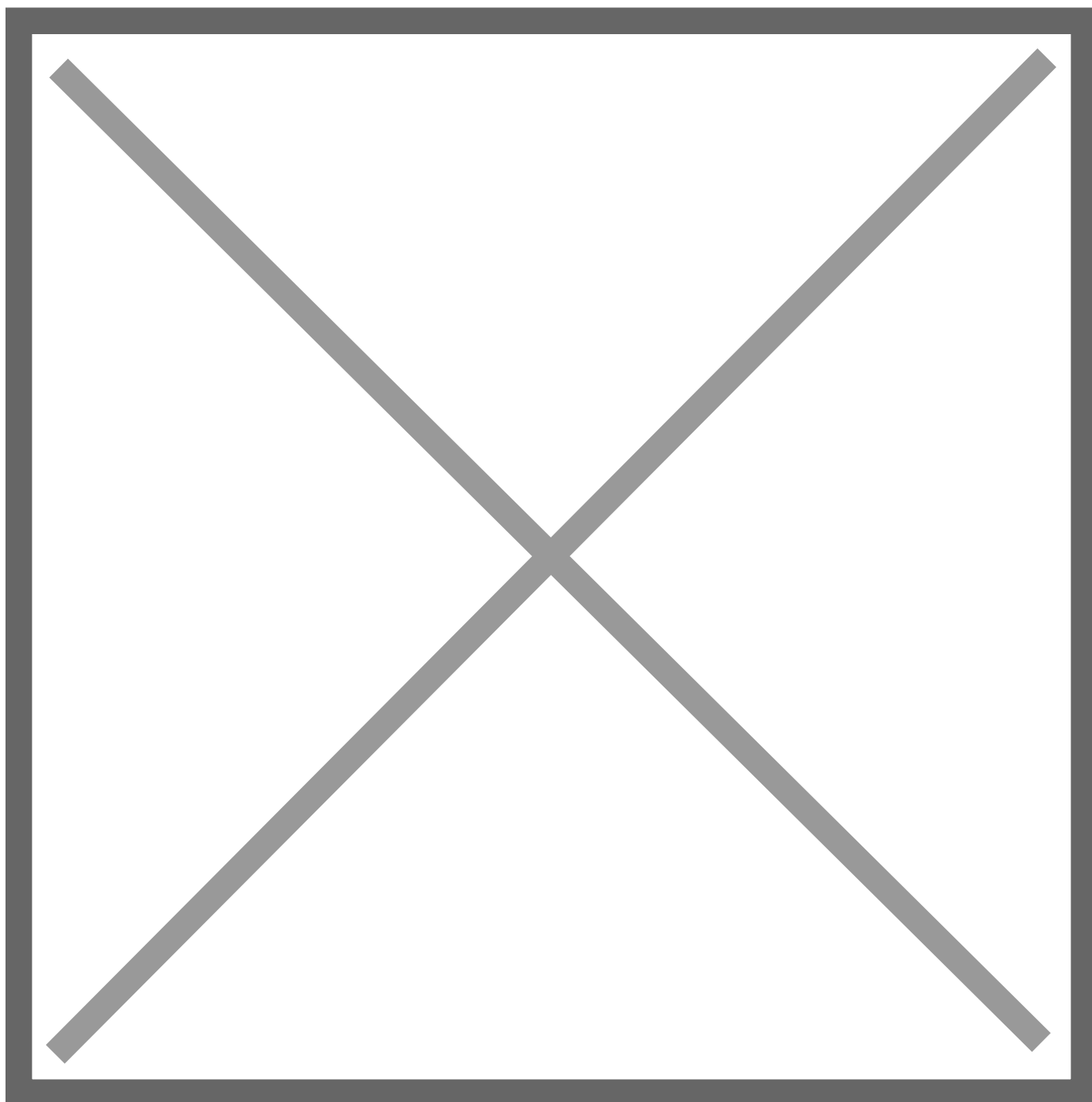
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## Boys and girls



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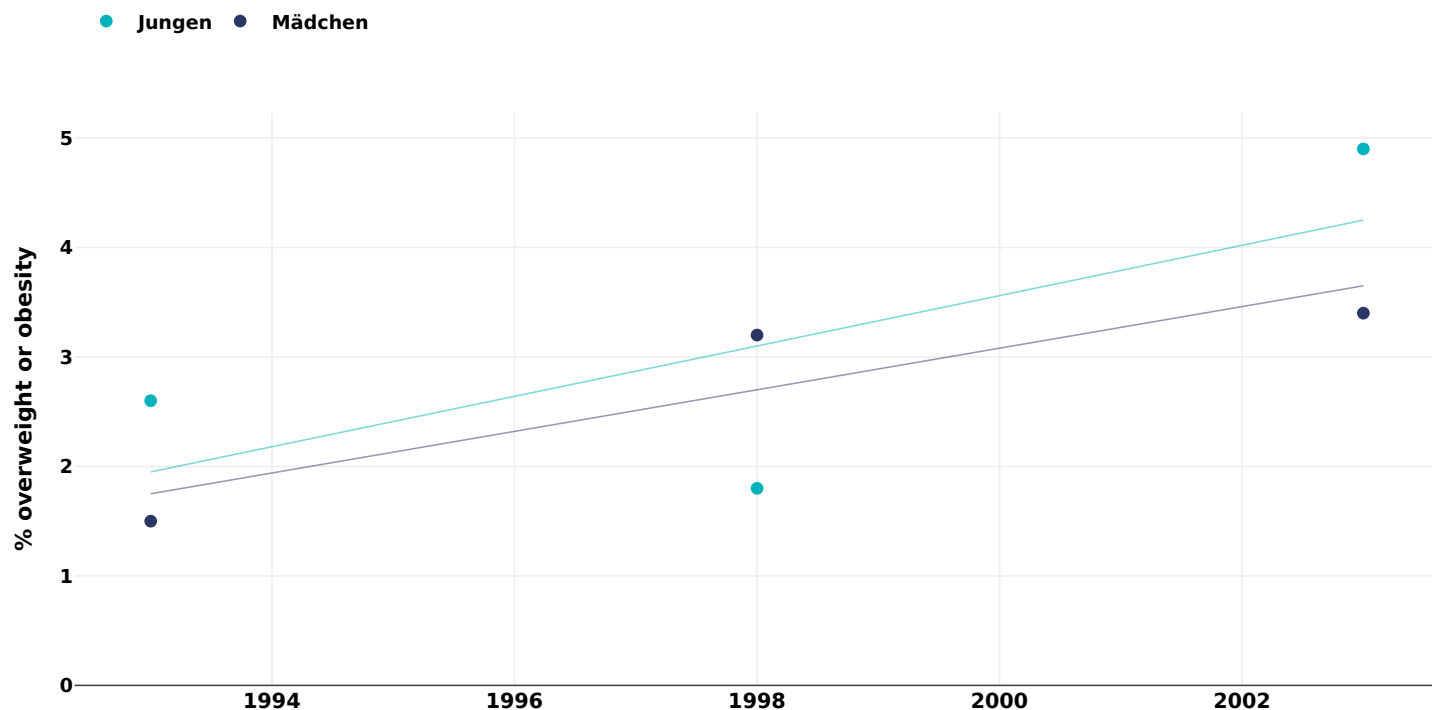
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## % Children (12 years old) living with overweight or obesity in the Philippines 1993-2003



Umfragetyp:

Gemessen

Referenzen:

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

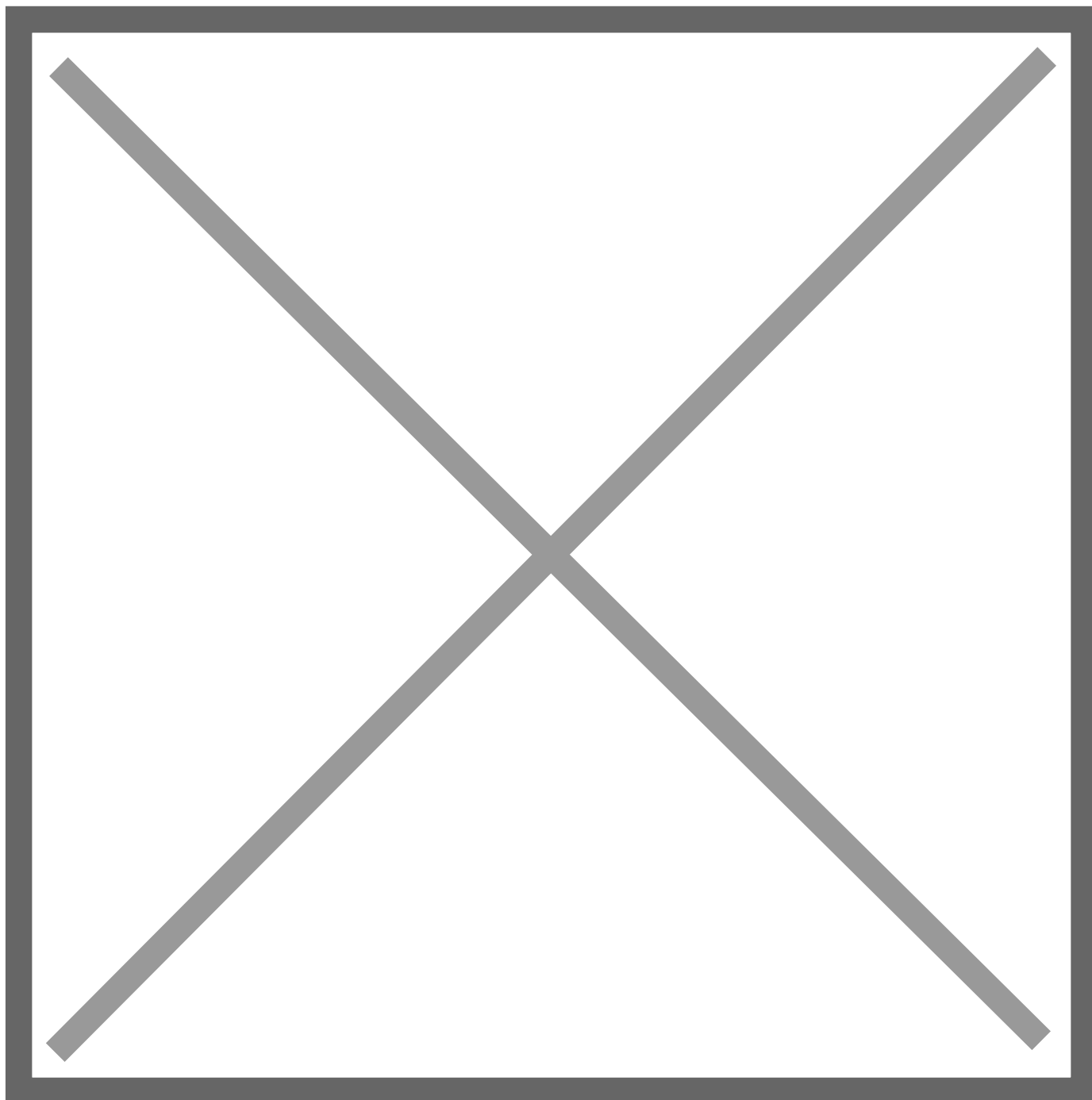
Definitionen  
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Other

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

**Jungen**



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**Referenzen:**

- 2003: Global School-based Student Health Survey Factsheet, available at [https://www.who.int/ncds/surveillance/gshs/gshs\\_fs\\_PI\\_national.pdf?ua=1](https://www.who.int/ncds/surveillance/gshs/gshs_fs_PI_national.pdf?ua=1) (last accessed 14.12.20)
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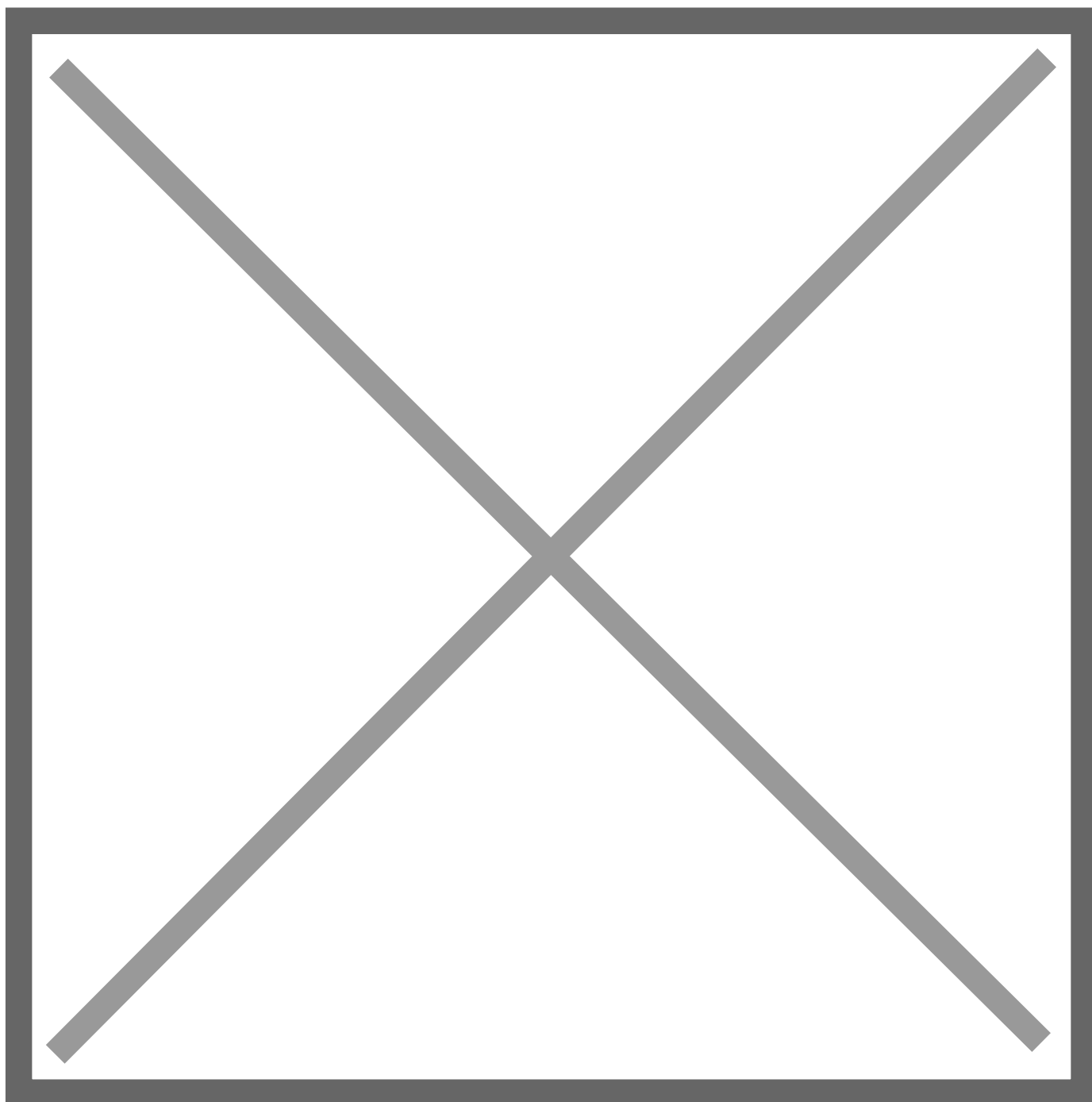
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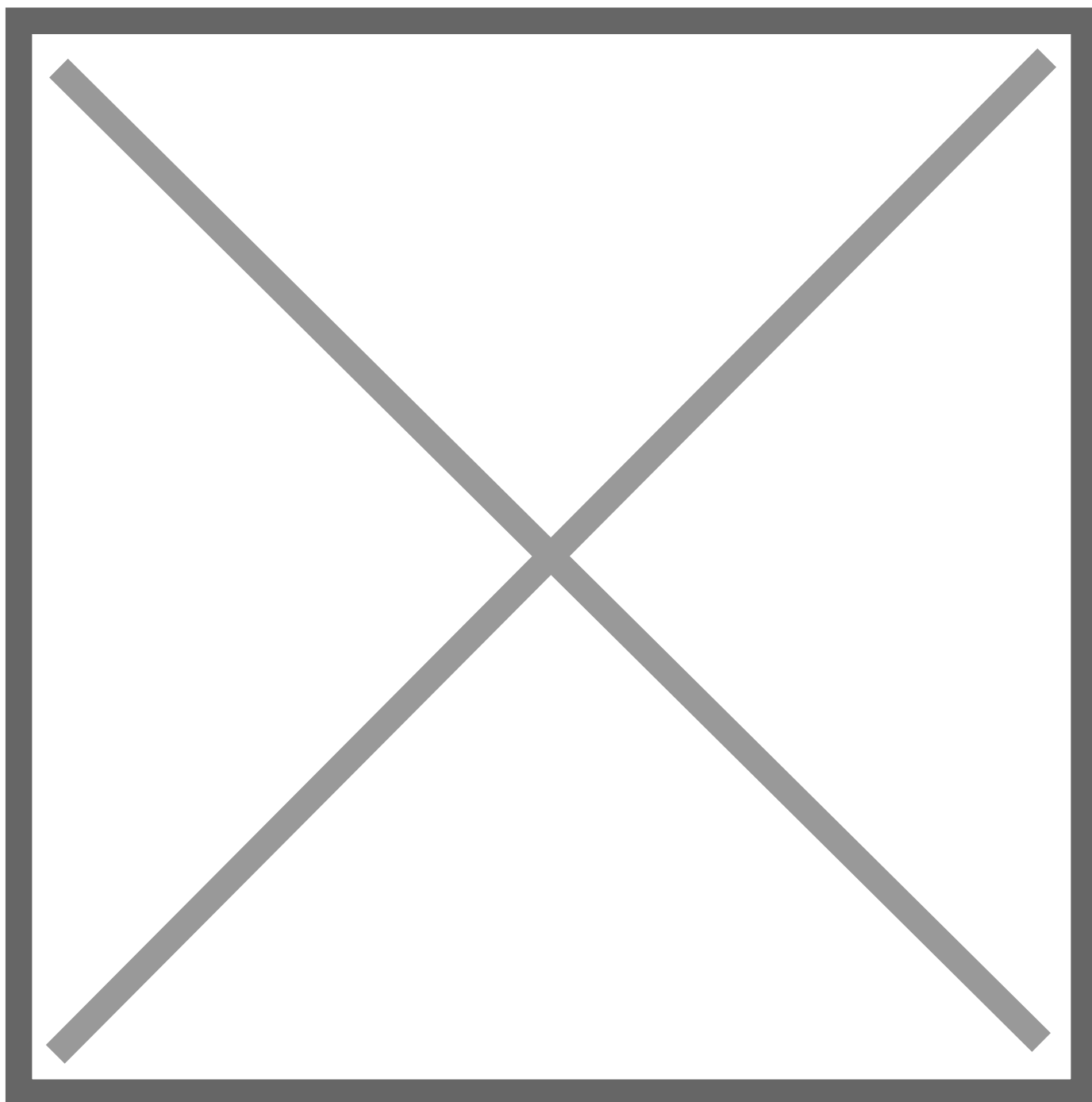
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- 2019: Global School-based Student Health Survey Philippines Factsheet 2019: Available at: [https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/philippines/2019-philippines-fact-sheet.pdf?sfvrsn=7e3888af\\_1&download=true](https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/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)

**Anmerkungen  
(nur in  
englischer  
Sprache  
verfügbar):**

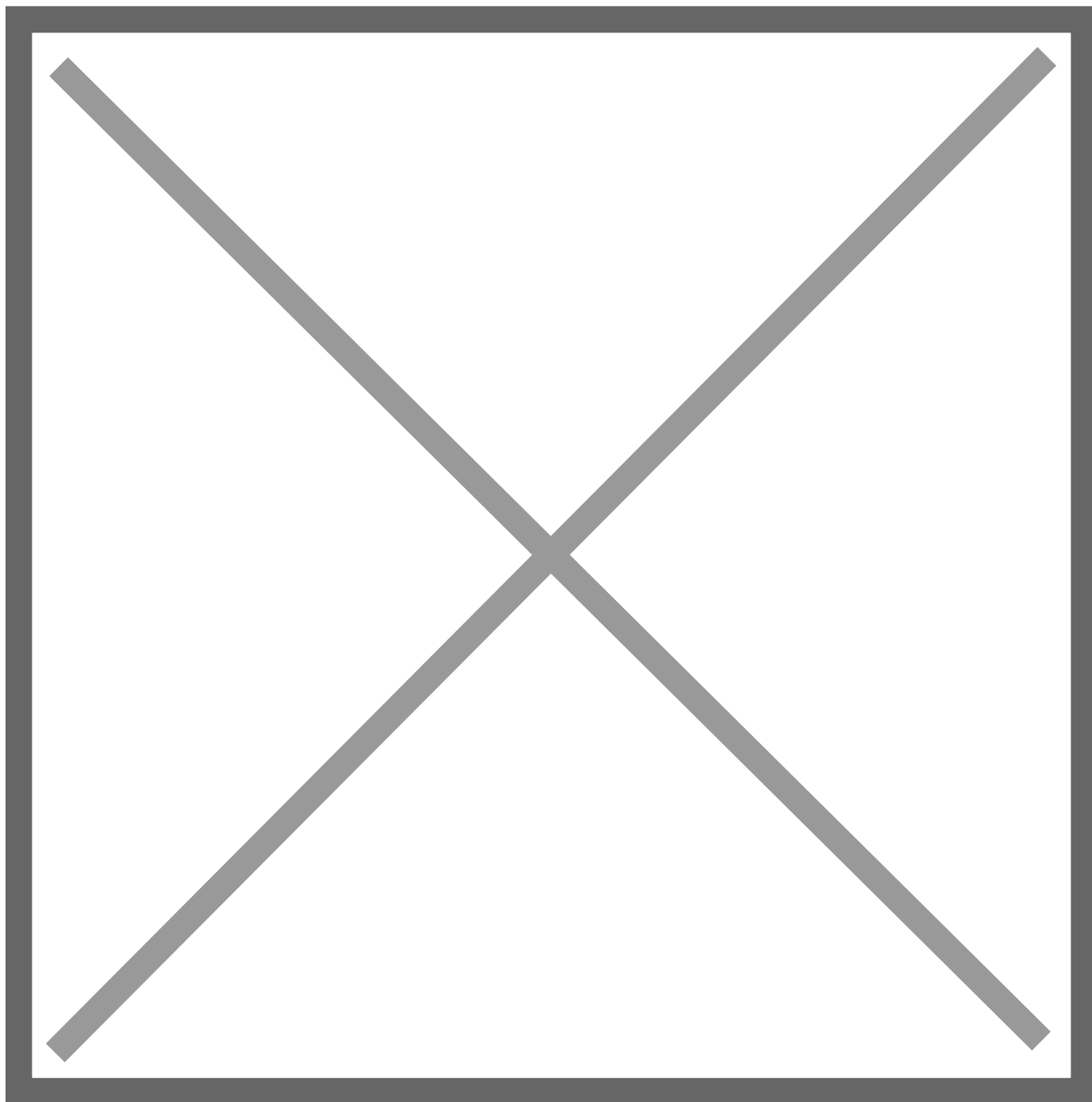
WHO cutoffs

*Wenn nicht anders angegeben, bezieht sich Übergewicht auf einen BMI zwischen 25 kg und 29,9 kg/m<sup>2</sup>, Adipositas auf einen BMI über 30 kg/m<sup>2</sup>.*

*Für die Erhebung dieser Daten wurden möglicherweise unterschiedliche Methoden verwendet, weshalb die Daten aus verschiedenen Erhebungen möglicherweise nicht genau vergleichbar sind. Bitte erkundigen Sie sich bei den ursprünglichen Datenquellen über die verwendeten Methoden*

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

**Jungen**



Umfragetyp:

Gemessen

#### Referenzen:

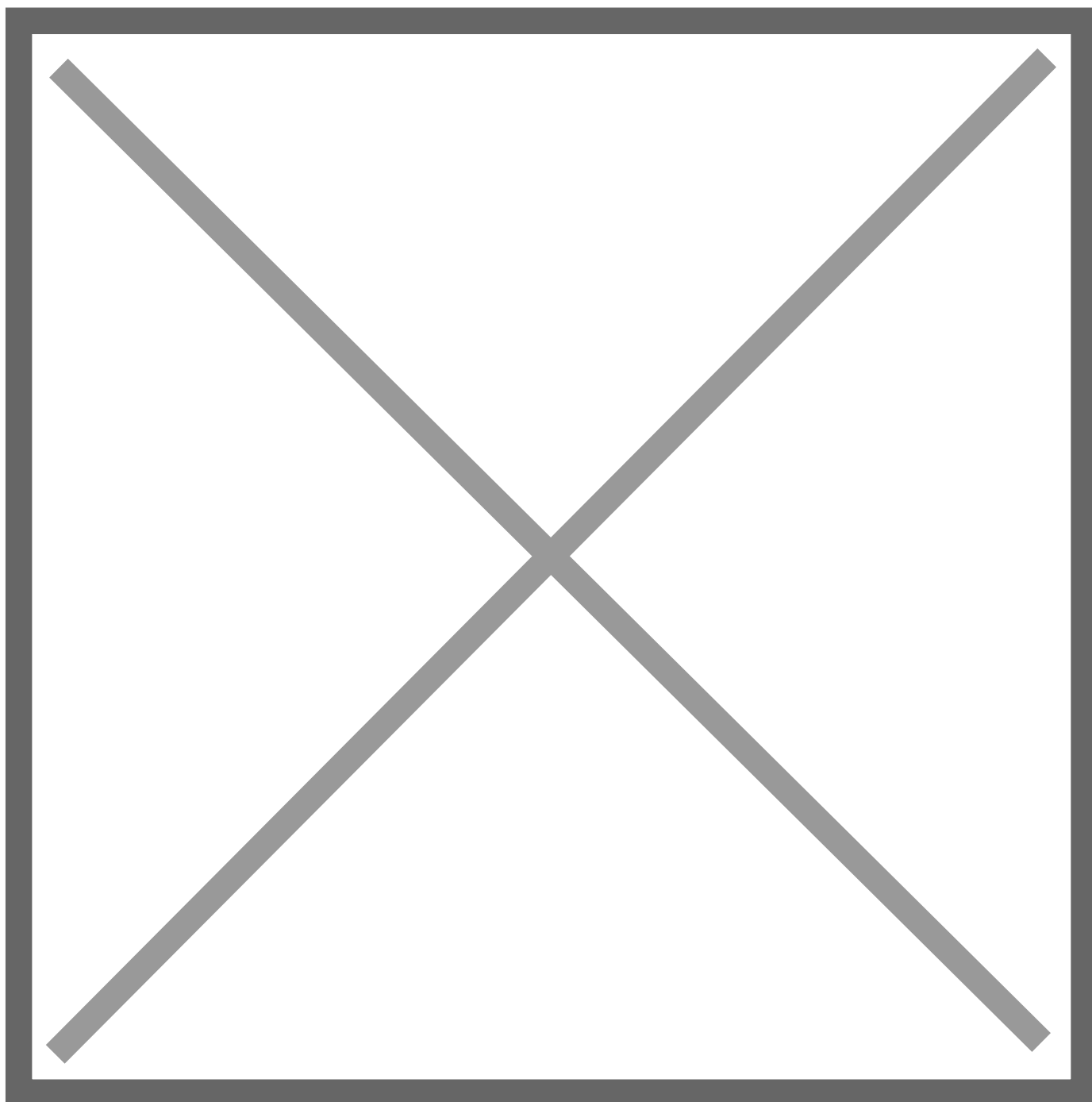
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WHO cutoffs

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## Mädchen



Umfragetyp:

Gemessen

## Referenzen:

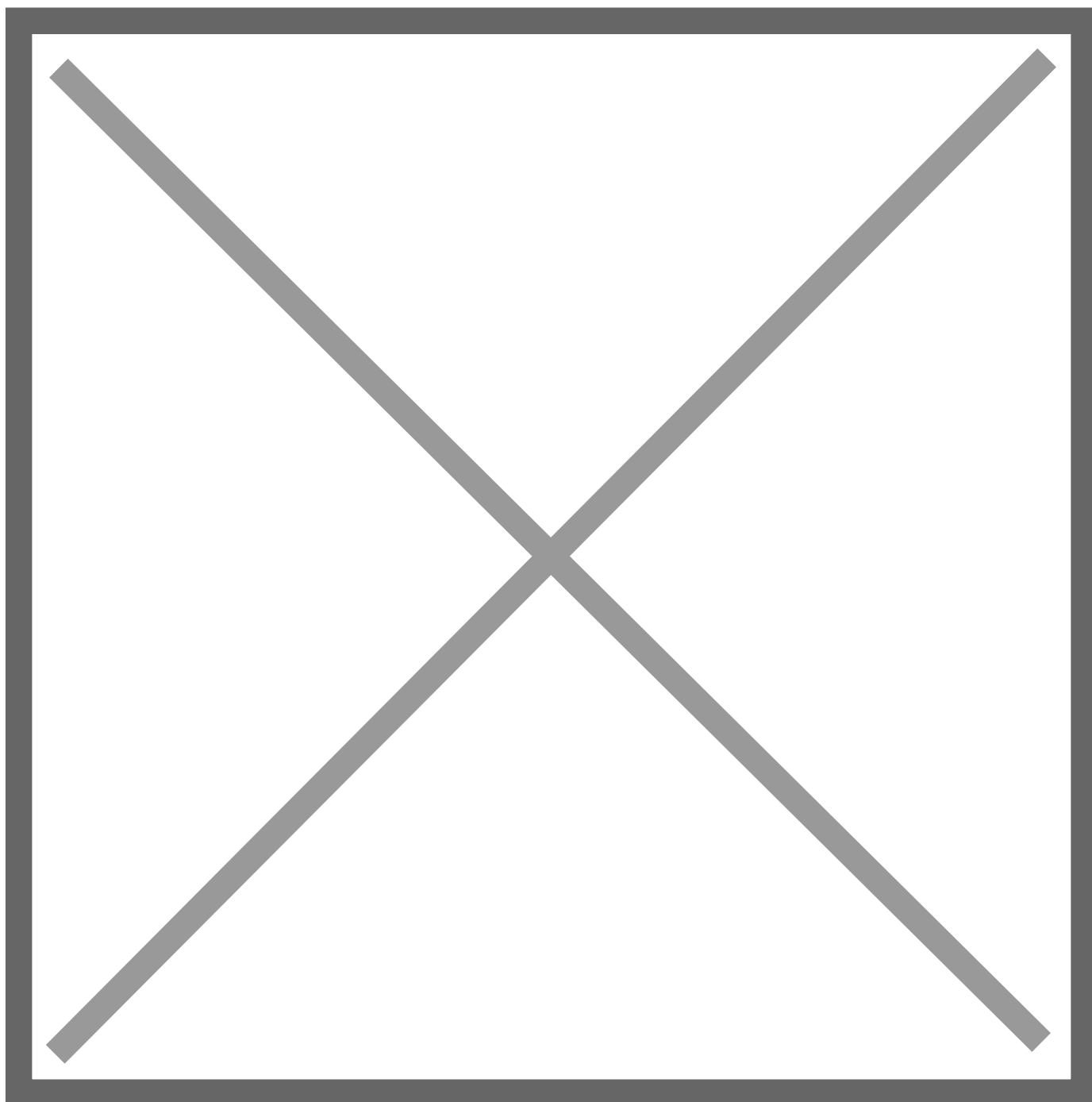
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## Boys and girls



Umfragetyp:

Gemessen

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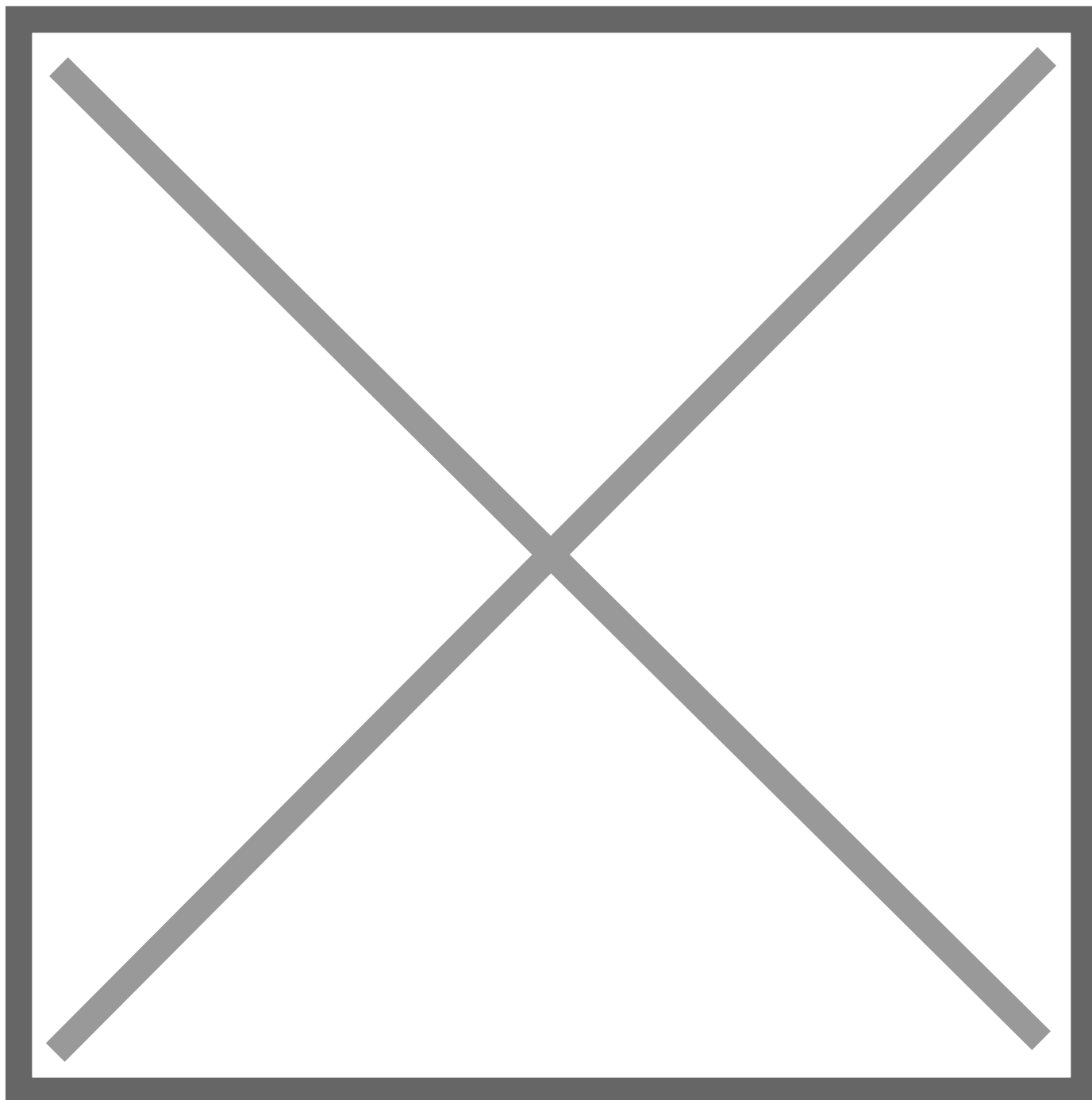
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WHO cutoffs

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

**Jungen**



Umfragetyp:

Gemessen

#### Referenzen:

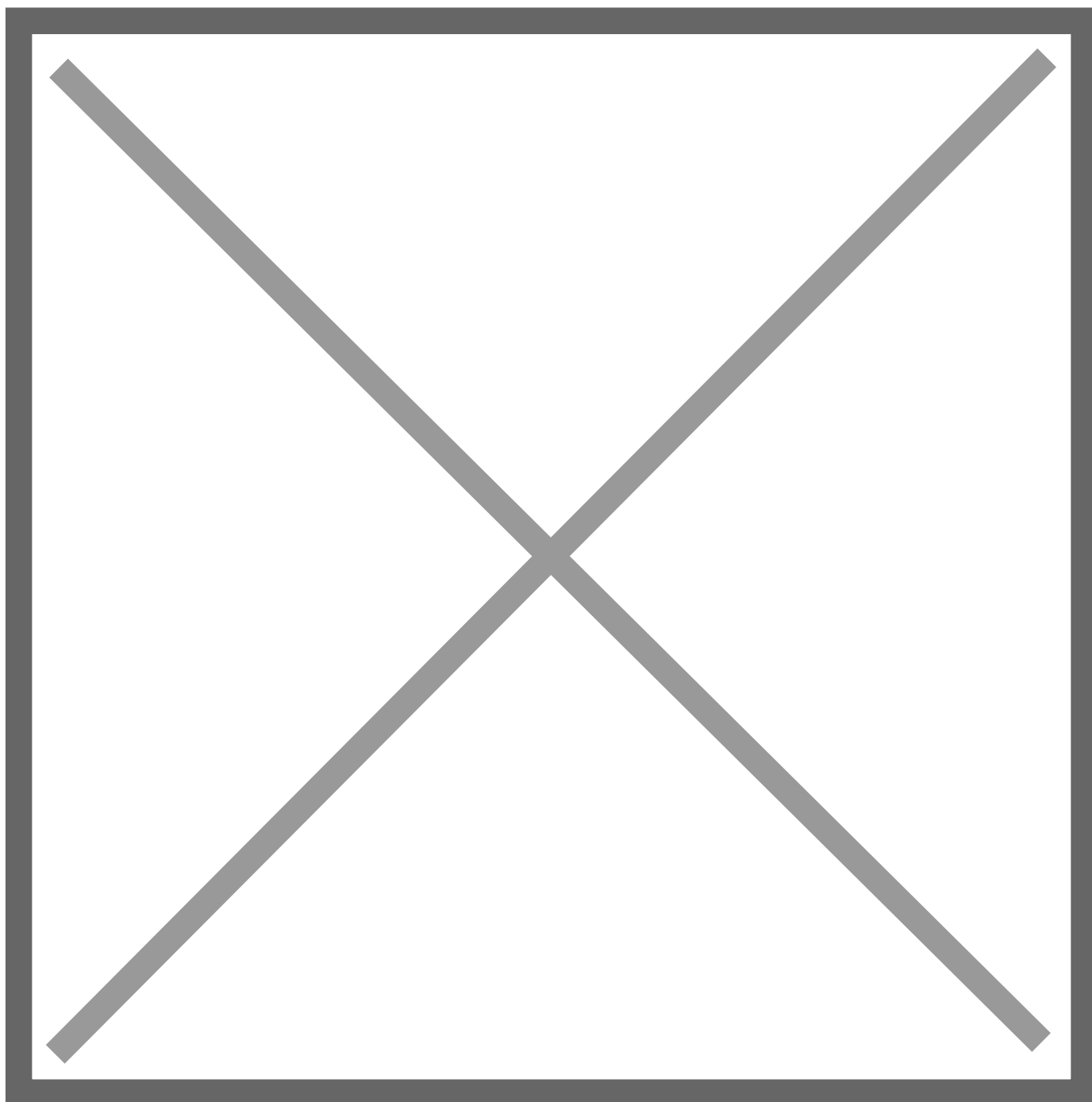
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## Mädchen



Umfragetyp:

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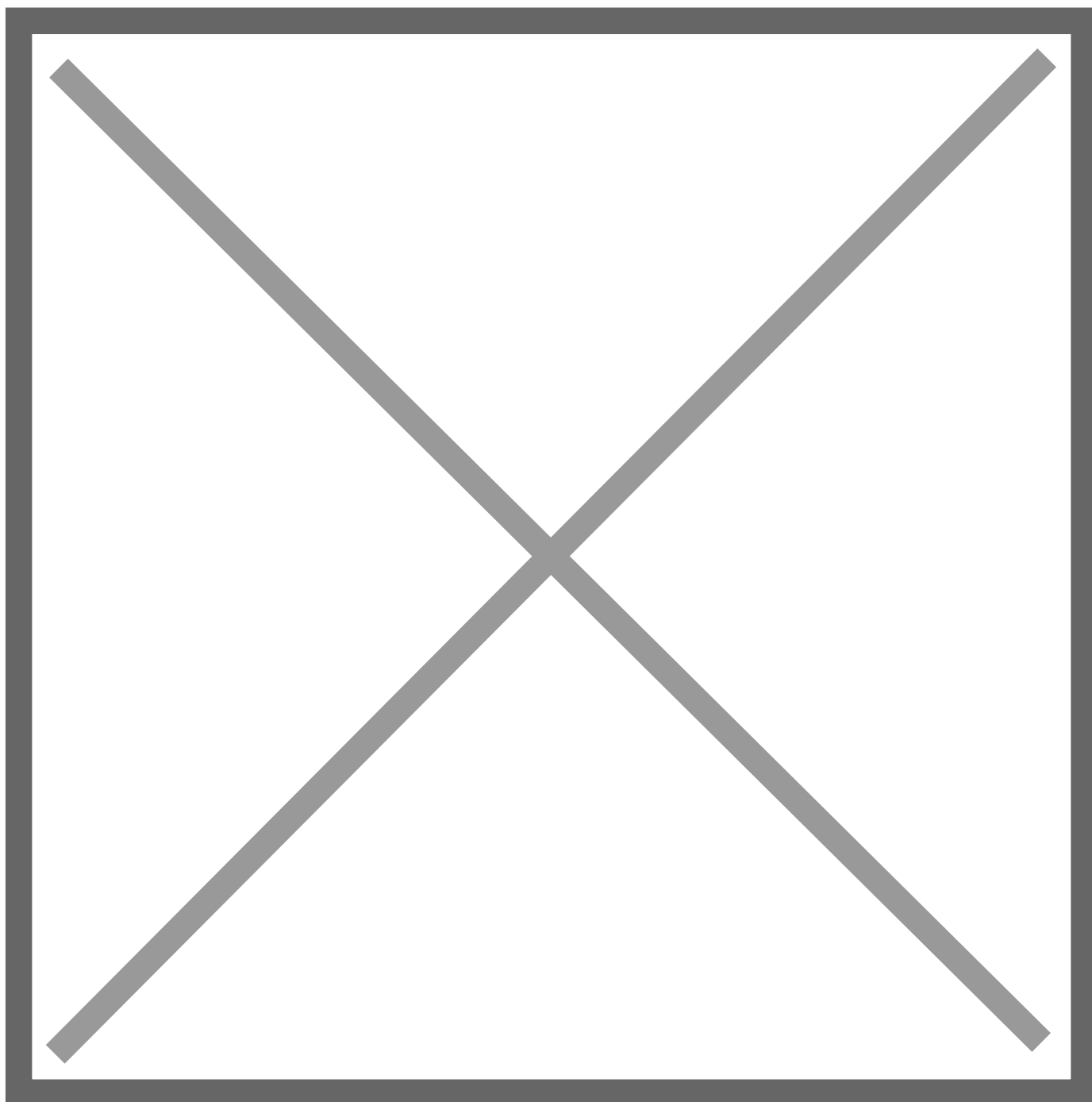
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## Boys and girls



Umfragetyp:

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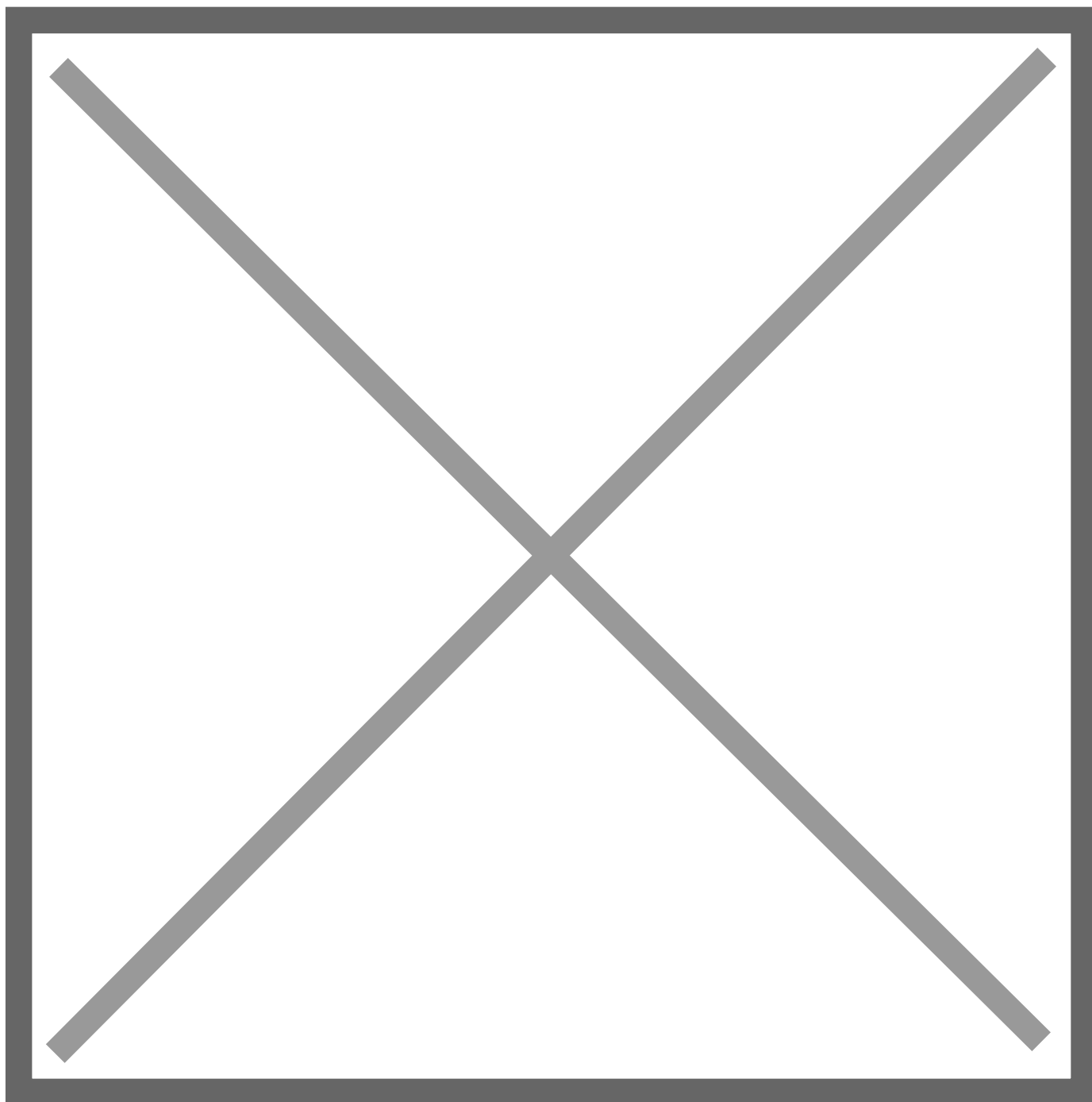
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## Übergewicht/Adipositas nach Alter

Kinder, 2023-2024



**Umfragetyp:**

Gemessen

**Geltungsbereich:**

National

**Referenzen:**

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]

Anmerkungen  
(nur in  
englischer  
Sprache  
verfügbar):

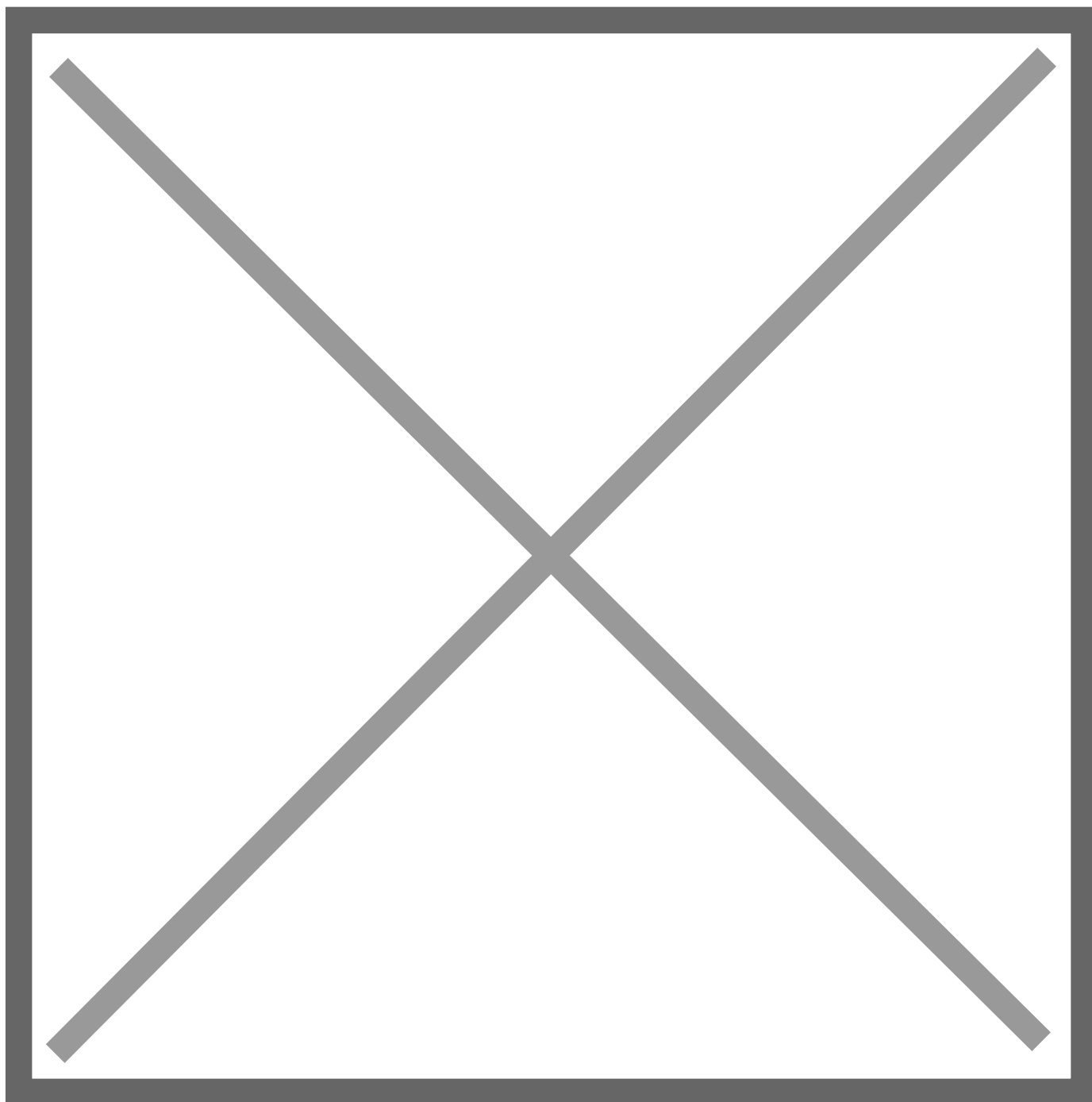
Exact sample size unknown as full report still to be published

Cutoffs:

WHO 2007

## Übergewicht/Adipositas nach Region

Kinder, 2023-2024



|                  |          |
|------------------|----------|
| Umfragetyp:      | Gemessen |
| Alter:           | 5-10     |
| Geltungsbereich: | National |

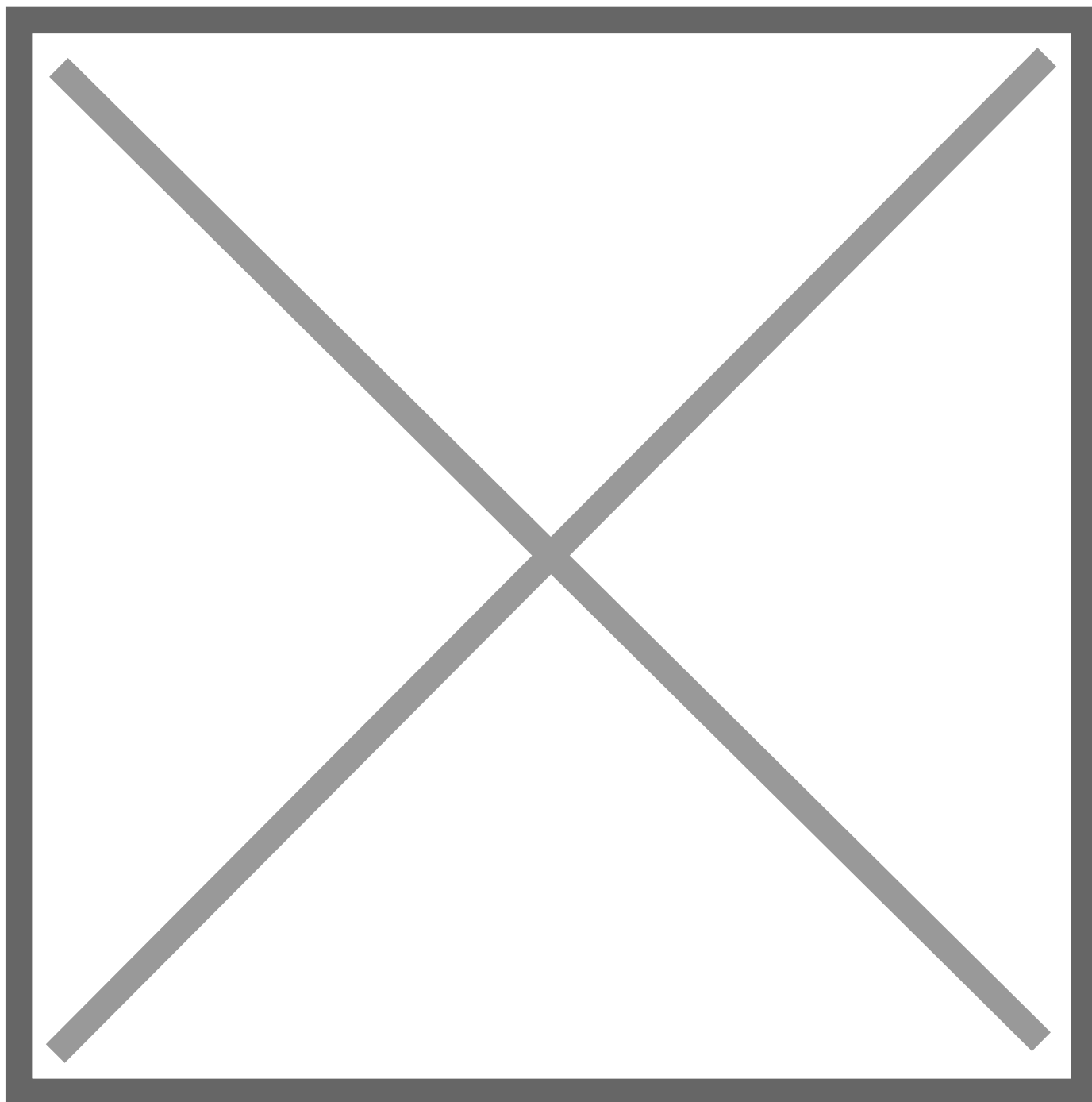
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**Anmerkungen  
(nur in  
englischer  
Sprache  
verfügbar):** Exact sample size unknown as full report still to be published

**Cutoffs:** WHO 2007

## Übergewicht/Adipositas nach sozioökonomischer Gruppe

Kinder, 2023-2024



|                  |          |
|------------------|----------|
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| Alter:           | 10-19    |
| Geltungsbereich: | National |

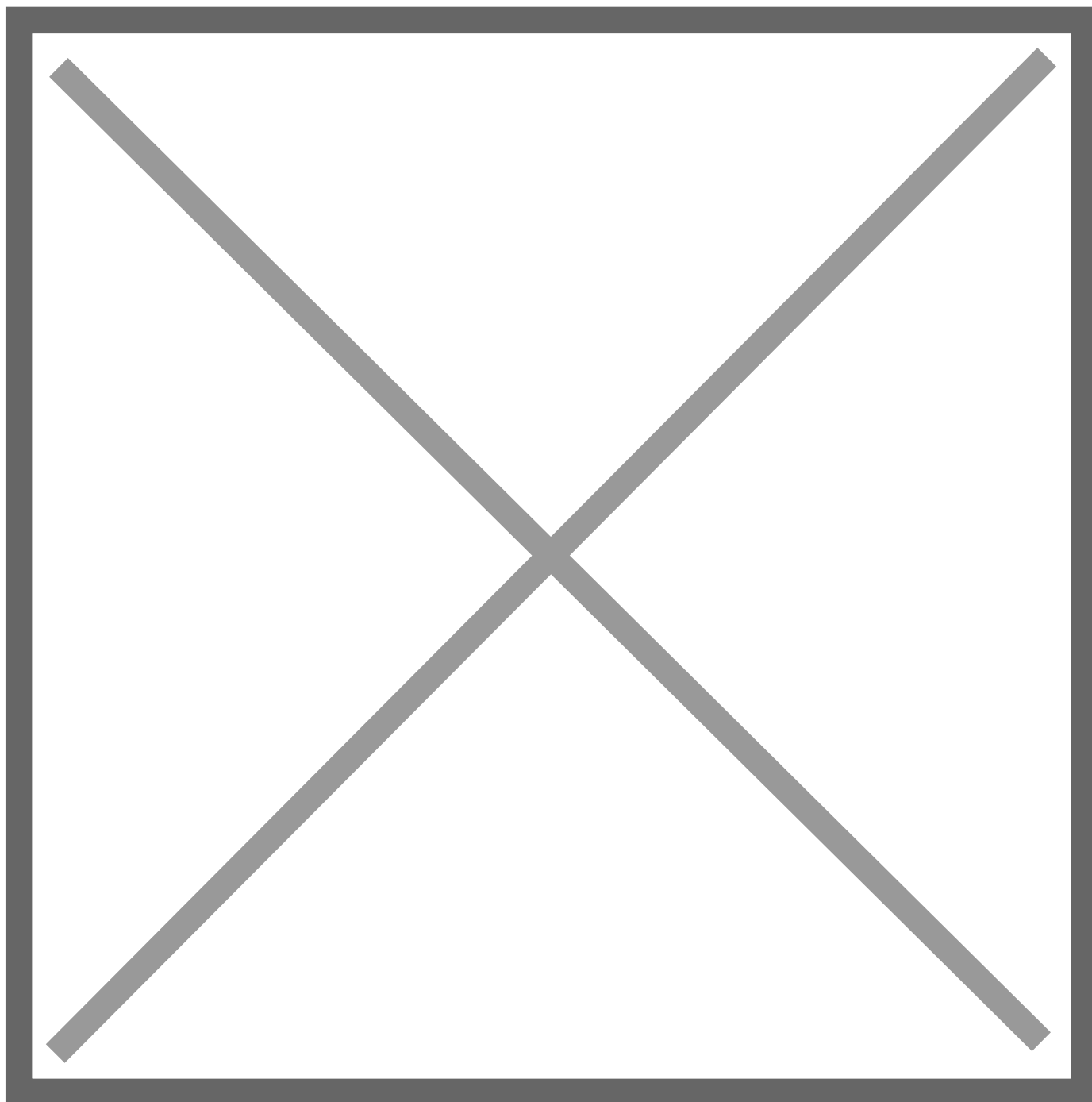
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**Anmerkungen  
(nur in  
englischer  
Sprache  
verfügbar):** Exact sample size unknown as full report still to be published

**Cutoffs:** WHO 2007

## Double burden of underweight & overweight

Kinder, 2022



**Umfragetyp:**

Gemessen

**Alter:**

5-19

**Referenzen:**

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

**Anmerkungen**  
(nur in  
englischer  
Sprache  
verfügbar):

Age standardised estimates

**Definitionen**  
(nur in  
englischer  
Sprache  
verfügbar):

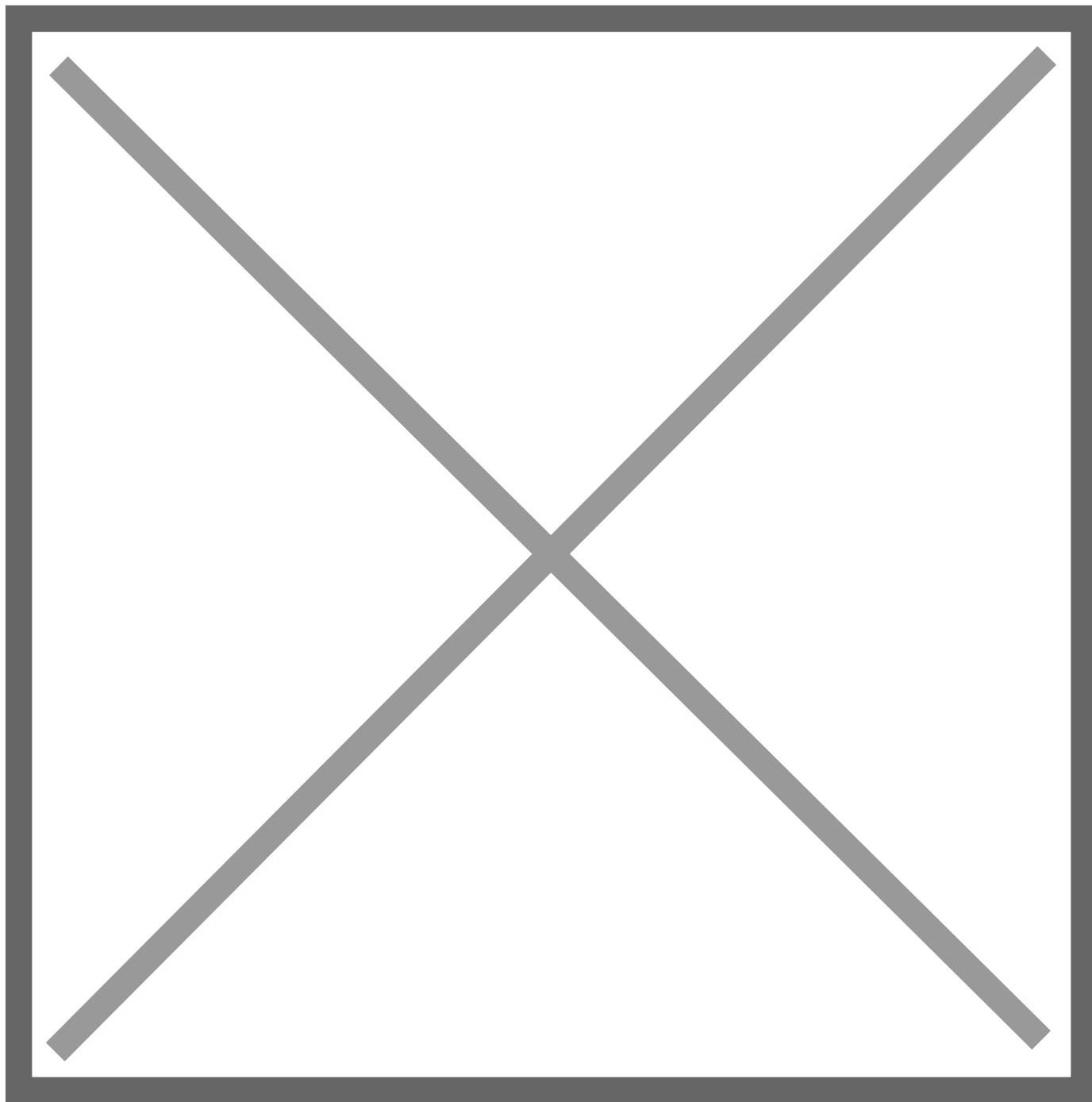
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

**Cutoffs:**

BMI < -2SD and BMI > 2SD

## Unzureichende körperliche Aktivität

Kinder, 2016



Umfragetyp:

Selbst berichtet

Alter:

11-17

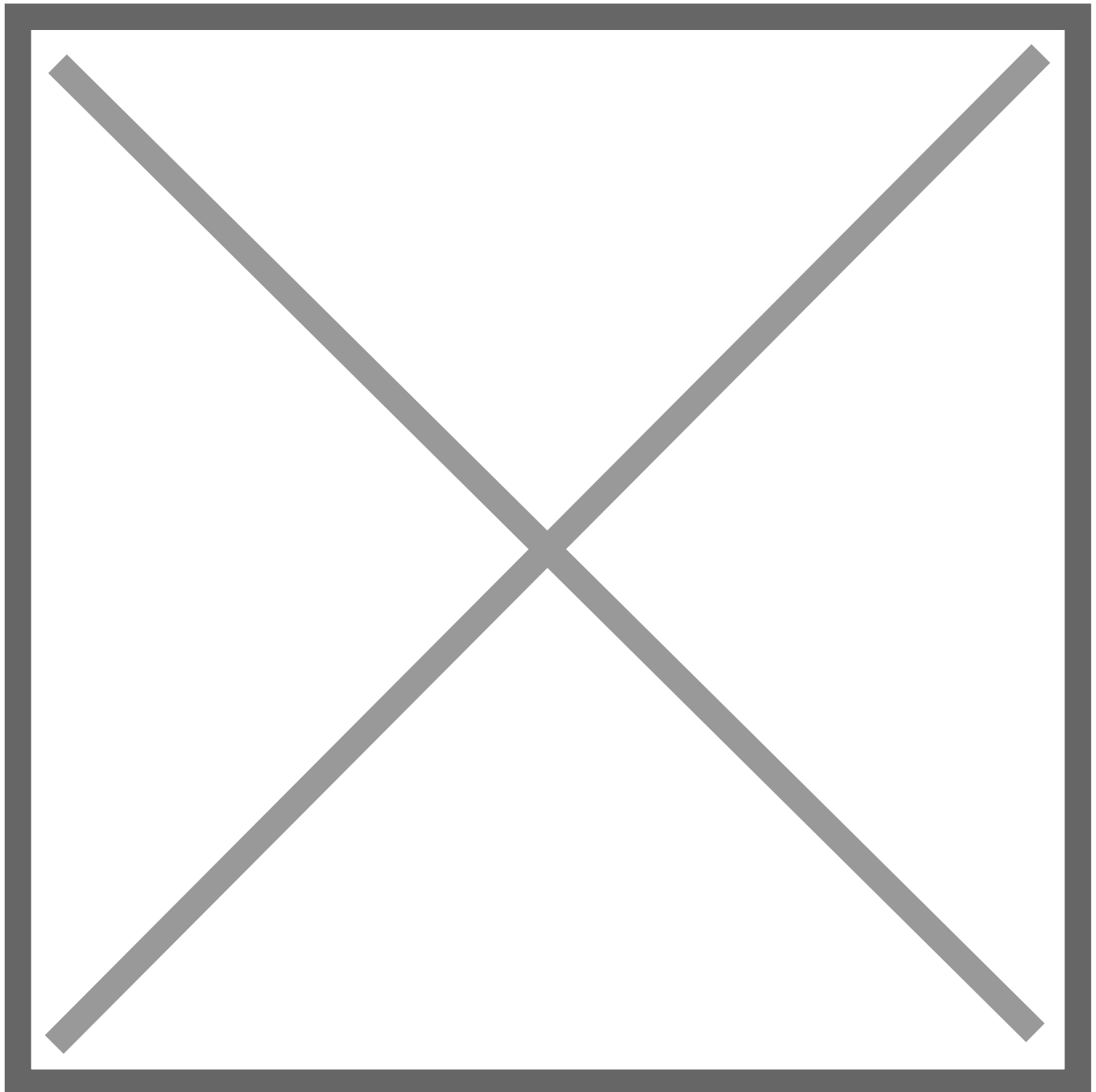
Referenzen:

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

**Anmerkungen** (nur in englischer Sprache verfügbar): % 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.

**Definitionen** (nur in englischer Sprache verfügbar): % Adolescents insufficiently active (age standardised estimate)

## Jungen, 2016

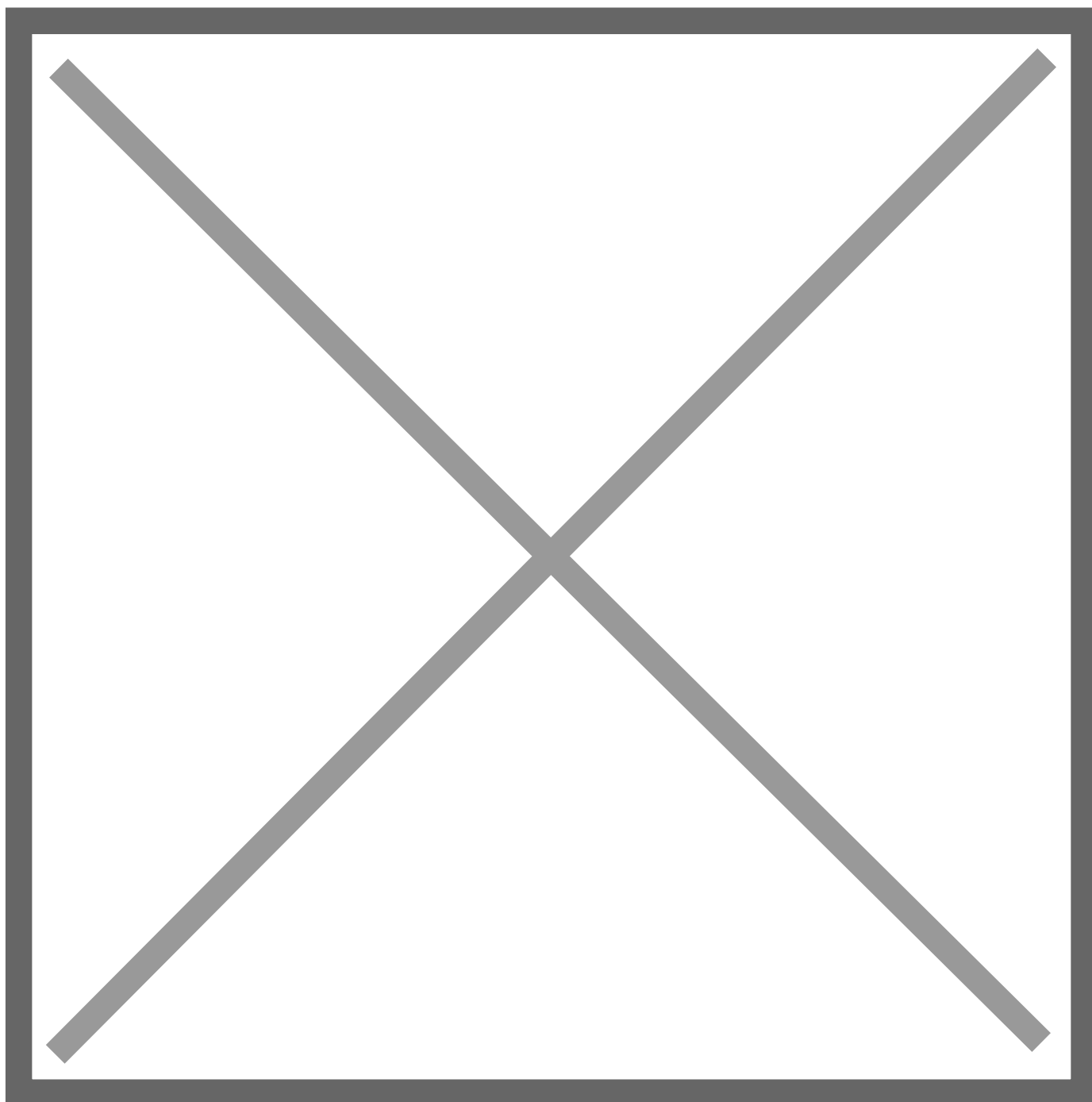


|                    |                                                                                                                                                                                                                                 |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Umfragetyp:</b> | Selbst berichtet                                                                                                                                                                                                                |
| <b>Alter:</b>      | 11-17                                                                                                                                                                                                                           |
| <b>Referenzen:</b> | Global Health Observatory data repository, World Health Organisation,<br><a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21) |

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## Mädchen, 2016



**Umfragetyp:**

Selbst berichtet

**Alter:**

11-17

**Referenzen:**

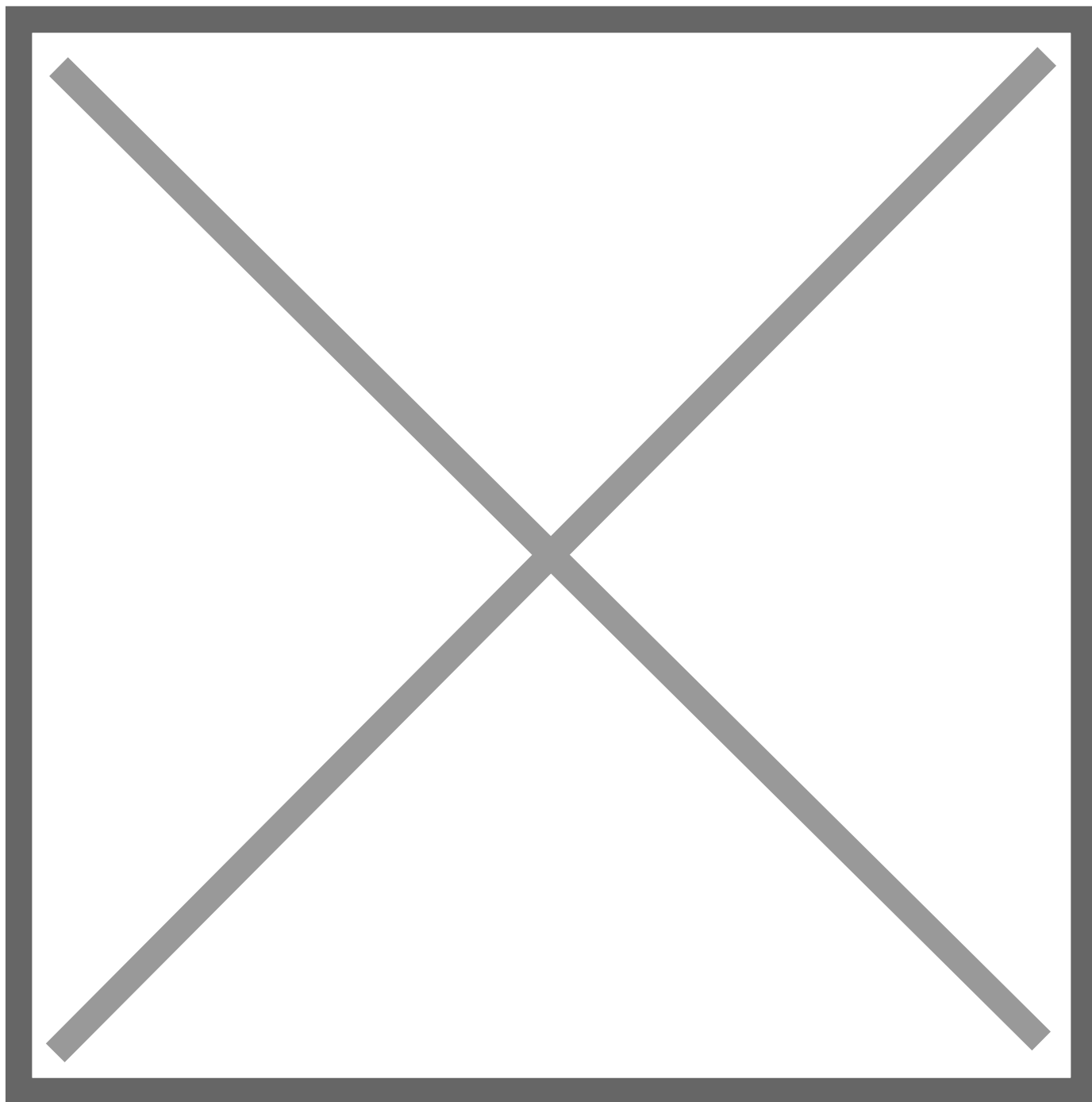
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**Definitionen** (nur in englischer Sprache verfügbar): % Adolescents insufficiently active (age standardised estimate)

## Durchschnittliche Hufigkeit des täglichen Konsums von kohlenurehaltigen Erfrischungsgetränken

Kinder, 2010-2015



Umfragetyp:

Gemessen

Alter:

12-17

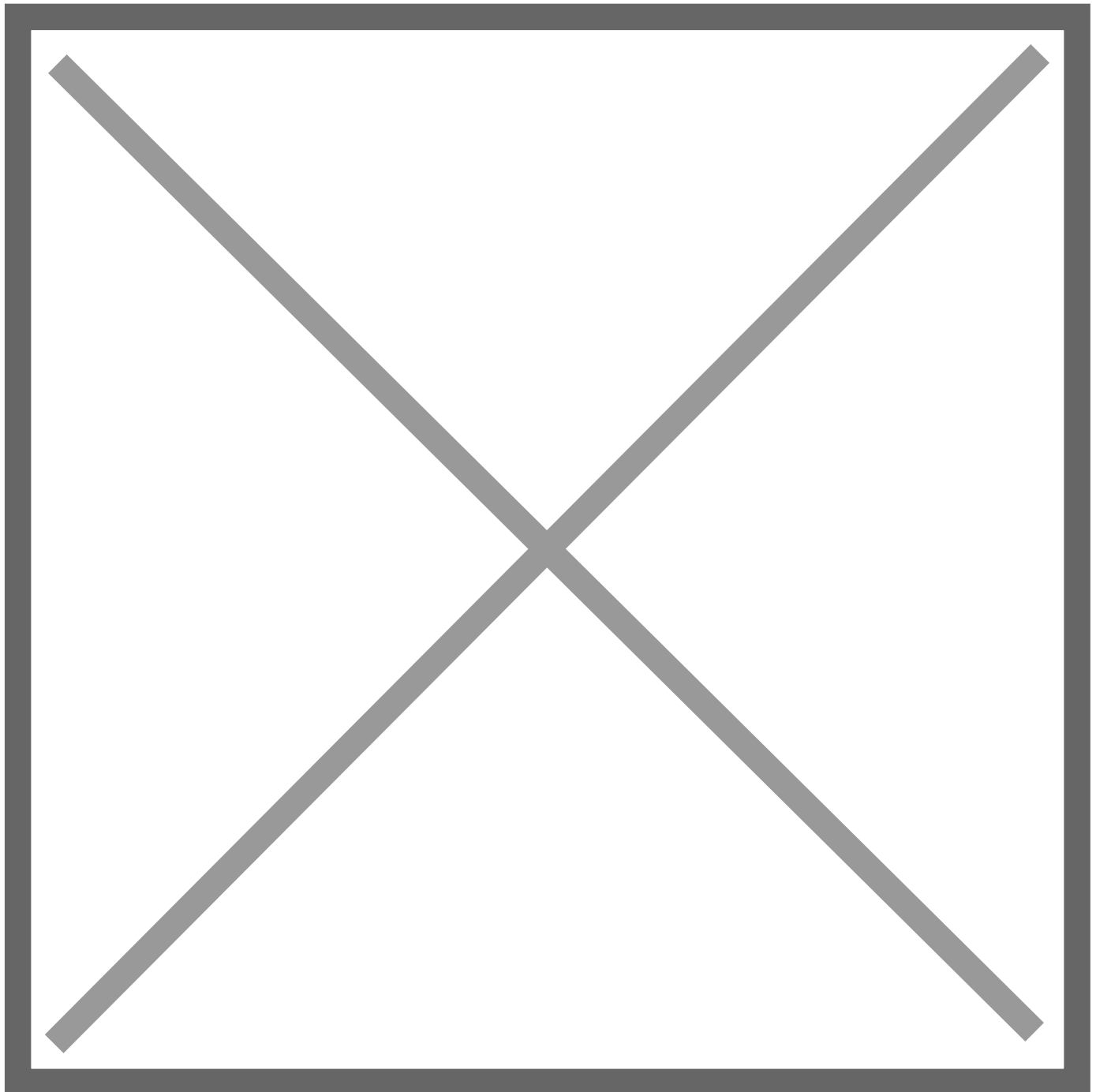
**Referenzen:**

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>

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## Prävalenz von weniger als täglichem Obstkonsum

Kinder, 2015



|                  |                  |
|------------------|------------------|
| Umfragetyp:      | Selbst berichtet |
| Alter:           | 12-17            |
| Geltungsbereich: | National         |

**Referenzen:**

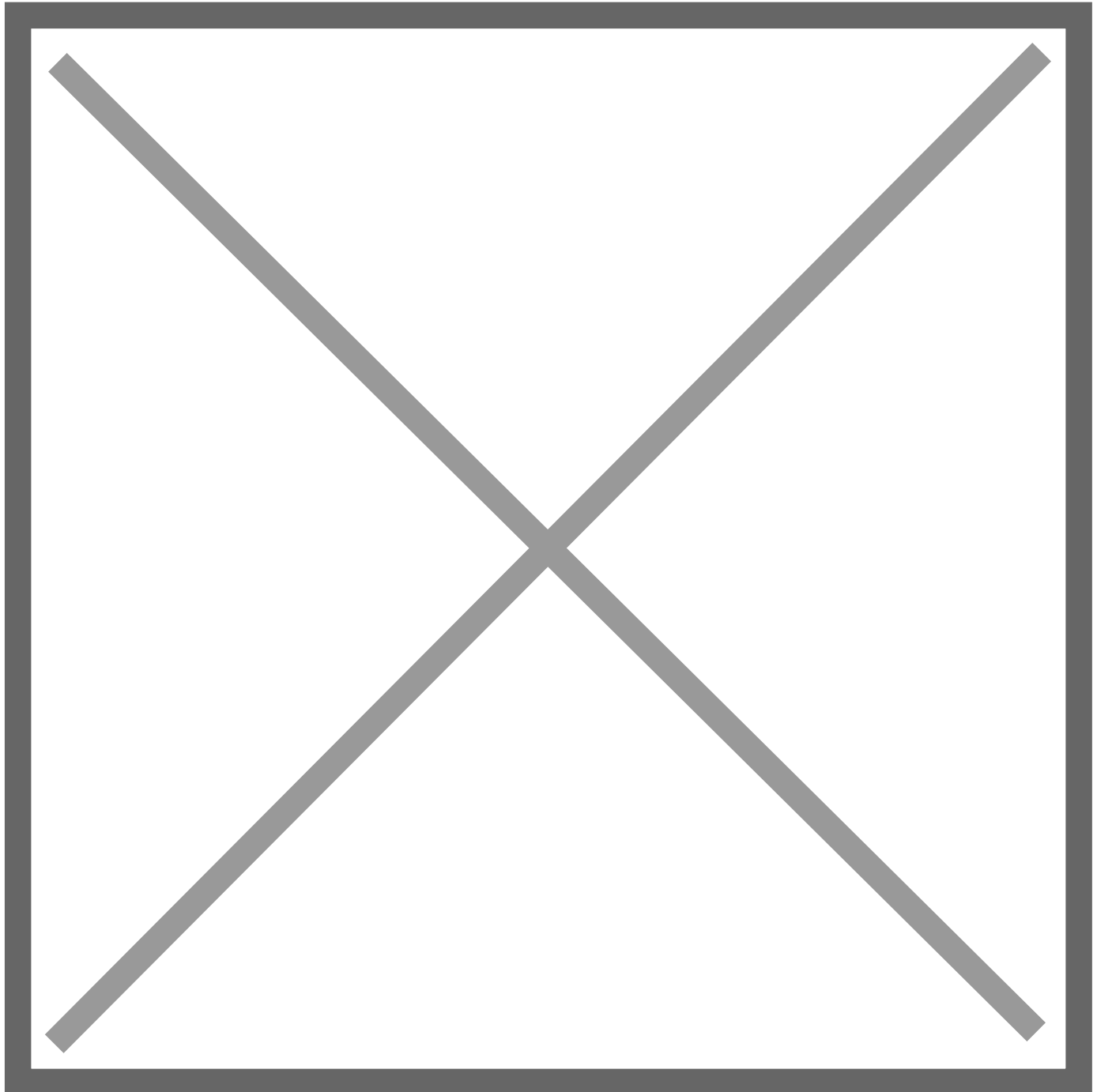
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

**Definitionen  
(nur in  
englischer  
Sprache  
verfügbar):**

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

## Prävalenz von weniger als täglichem Gemüsekonsum

Kinder, 2015



|                         |                  |
|-------------------------|------------------|
| <b>Umfragetyp:</b>      | Selbst berichtet |
| <b>Alter:</b>           | 12-17            |
| <b>Geltungsbereich:</b> | National         |

**Referenzen:**

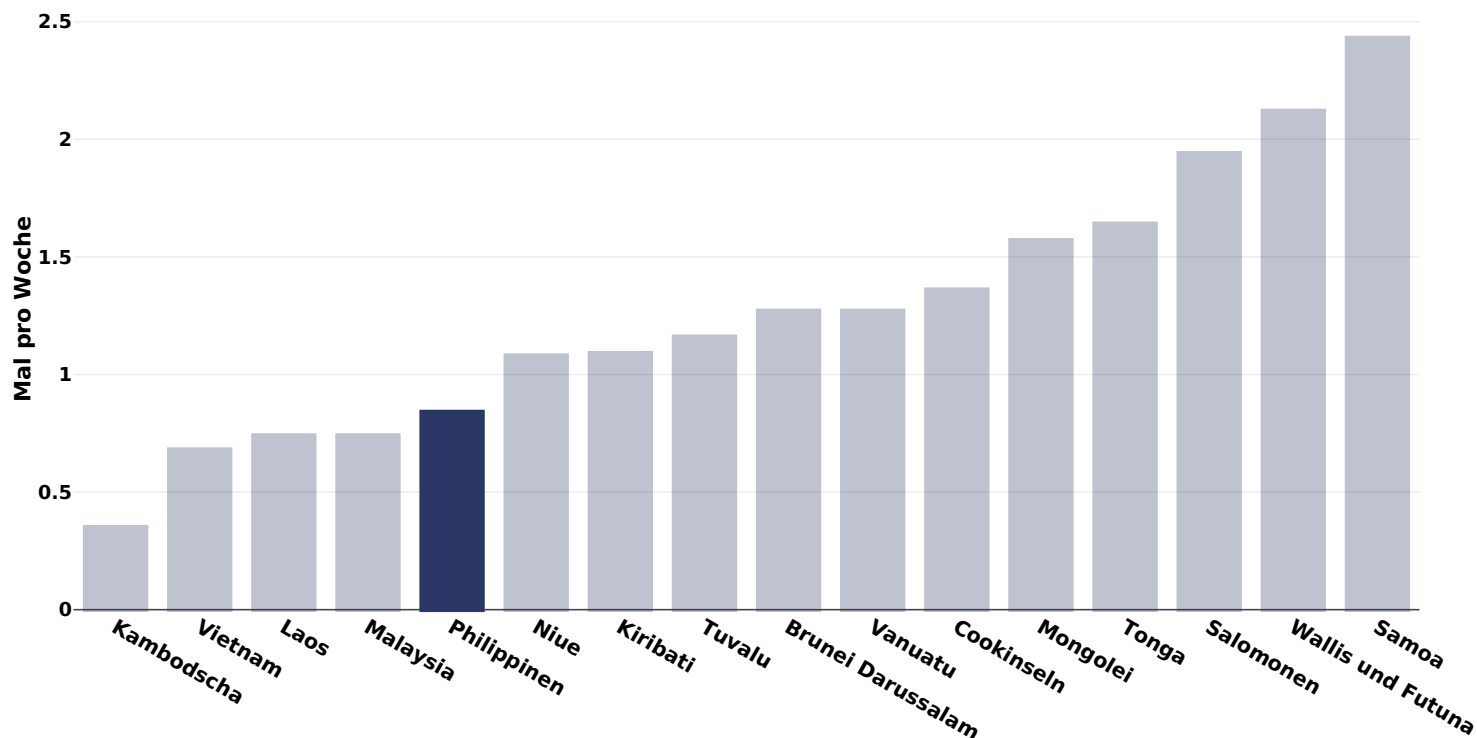
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definitionen  
(nur in  
englischer  
Sprache  
verfügbar):**

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

## Durchschnittliche wchentliche Hufigkeit des Konsums von Fast-Food

**Kinder, 2010-2015**

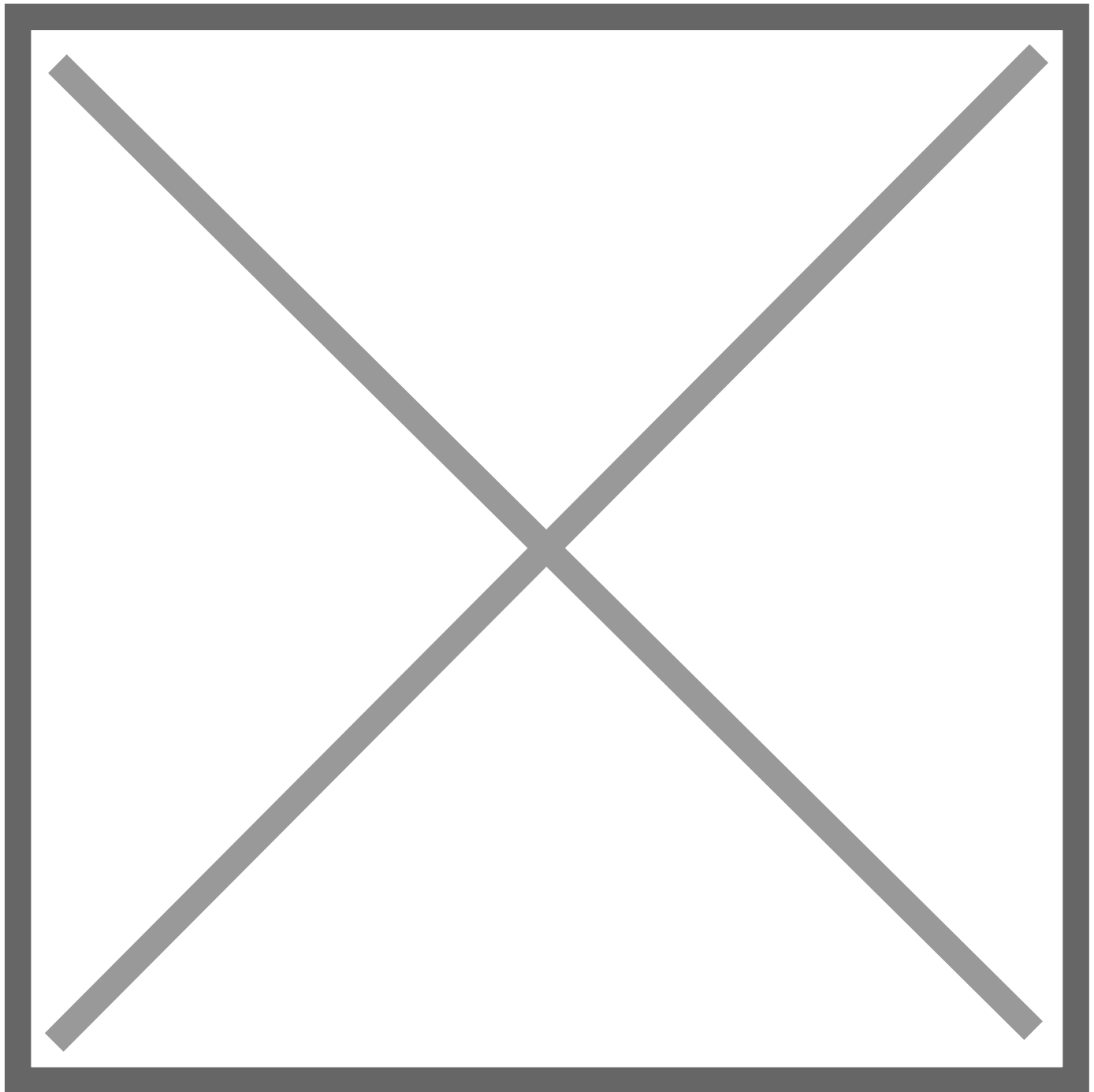


**Alter:** 12-17

**Referenzen:** 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>

## Psychische Gesundheit - Depressionsstörungen

Kinder, 2021



**Geltungsbereich:**

National

**Referenzen:**

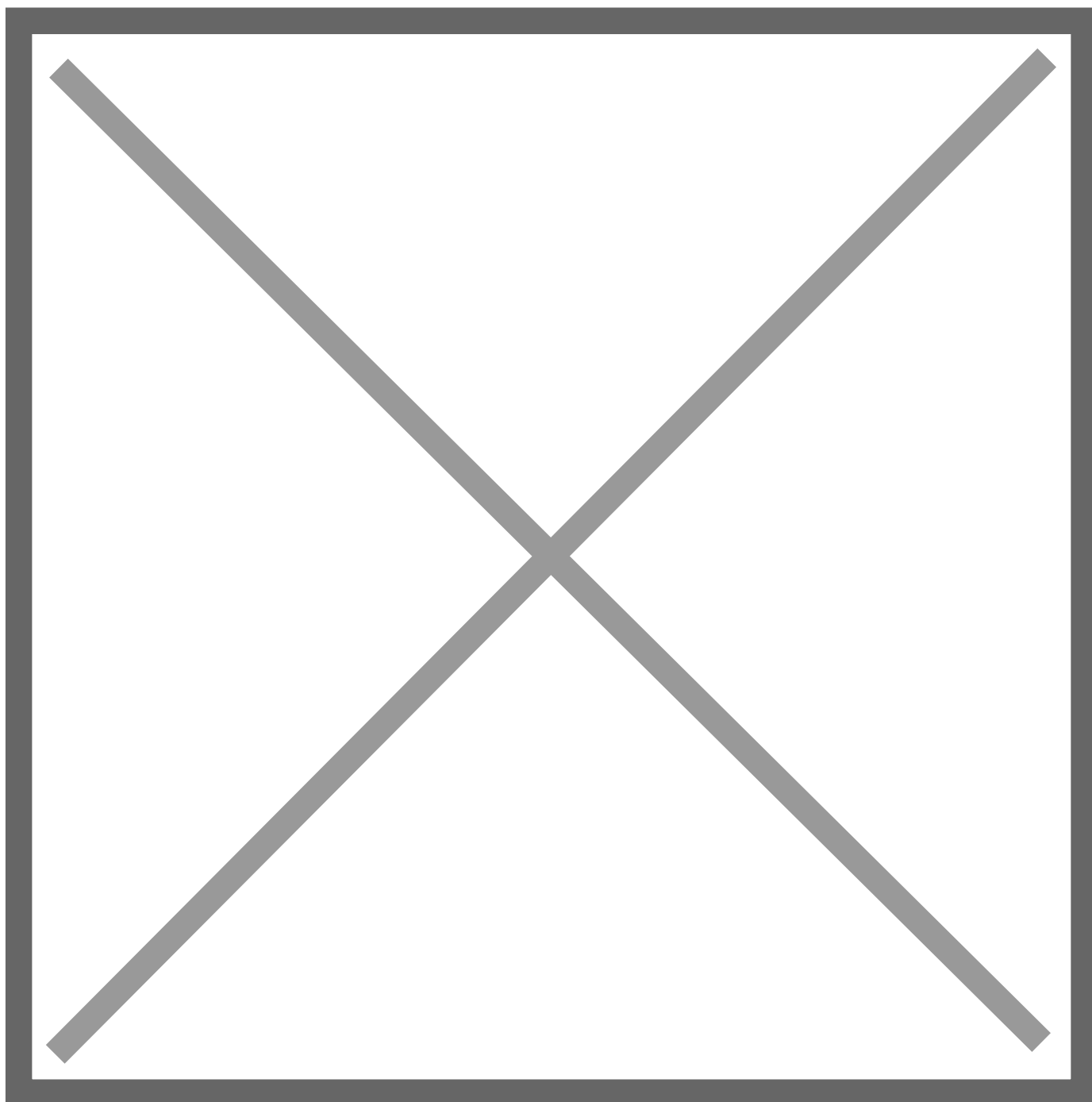
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitionen  
(nur in  
englischer  
Sprache  
verfügbar):**

---

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

## Jungen, 2021

**Geltungsbereich:**

National

**Referenzen:**

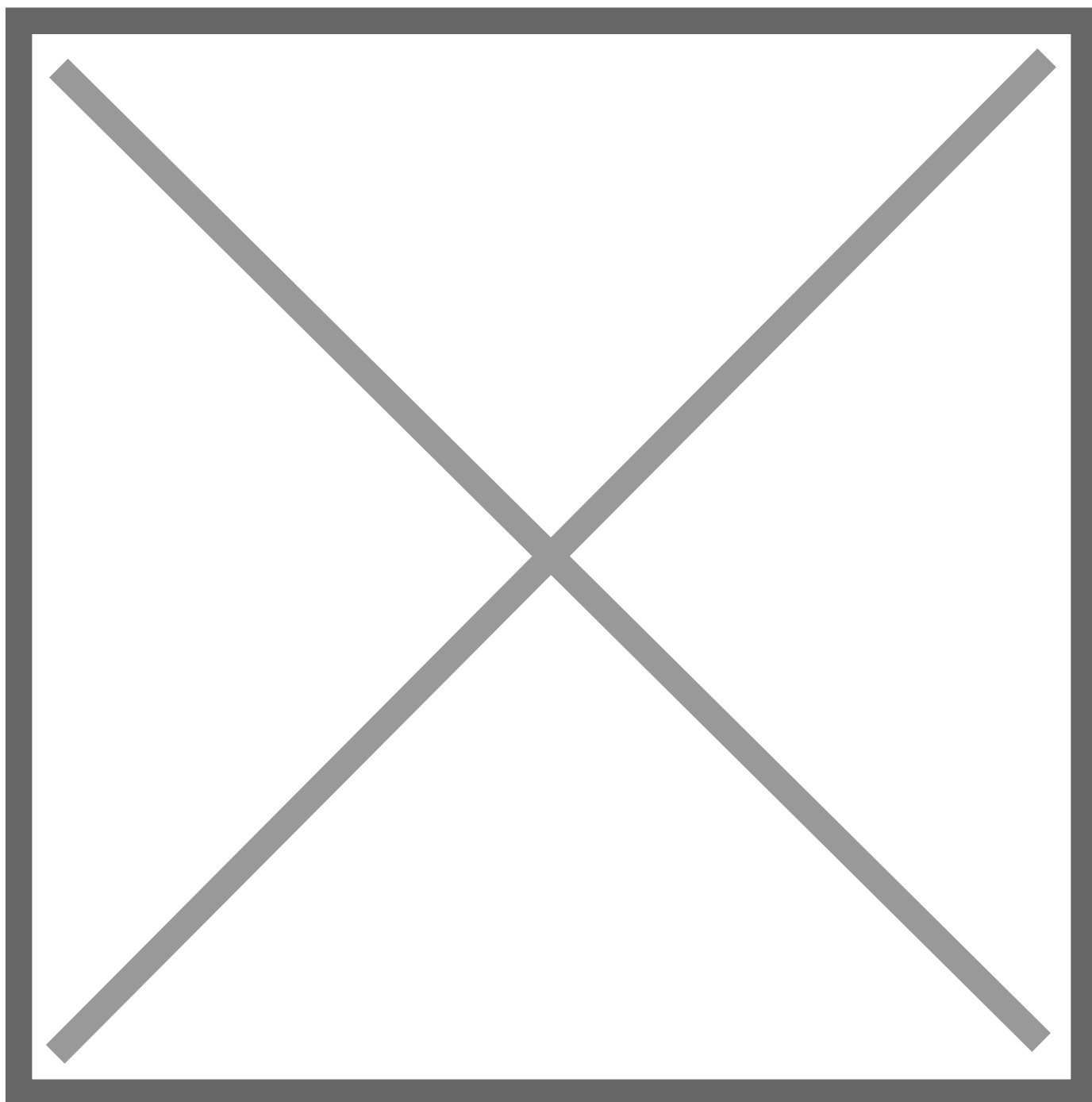
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitionen  
(nur in  
englischer  
Sprache  
verfügbar):**

---

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

## Mädchen, 2021

**Geltungsbereich:**

National

**Referenzen:**

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)

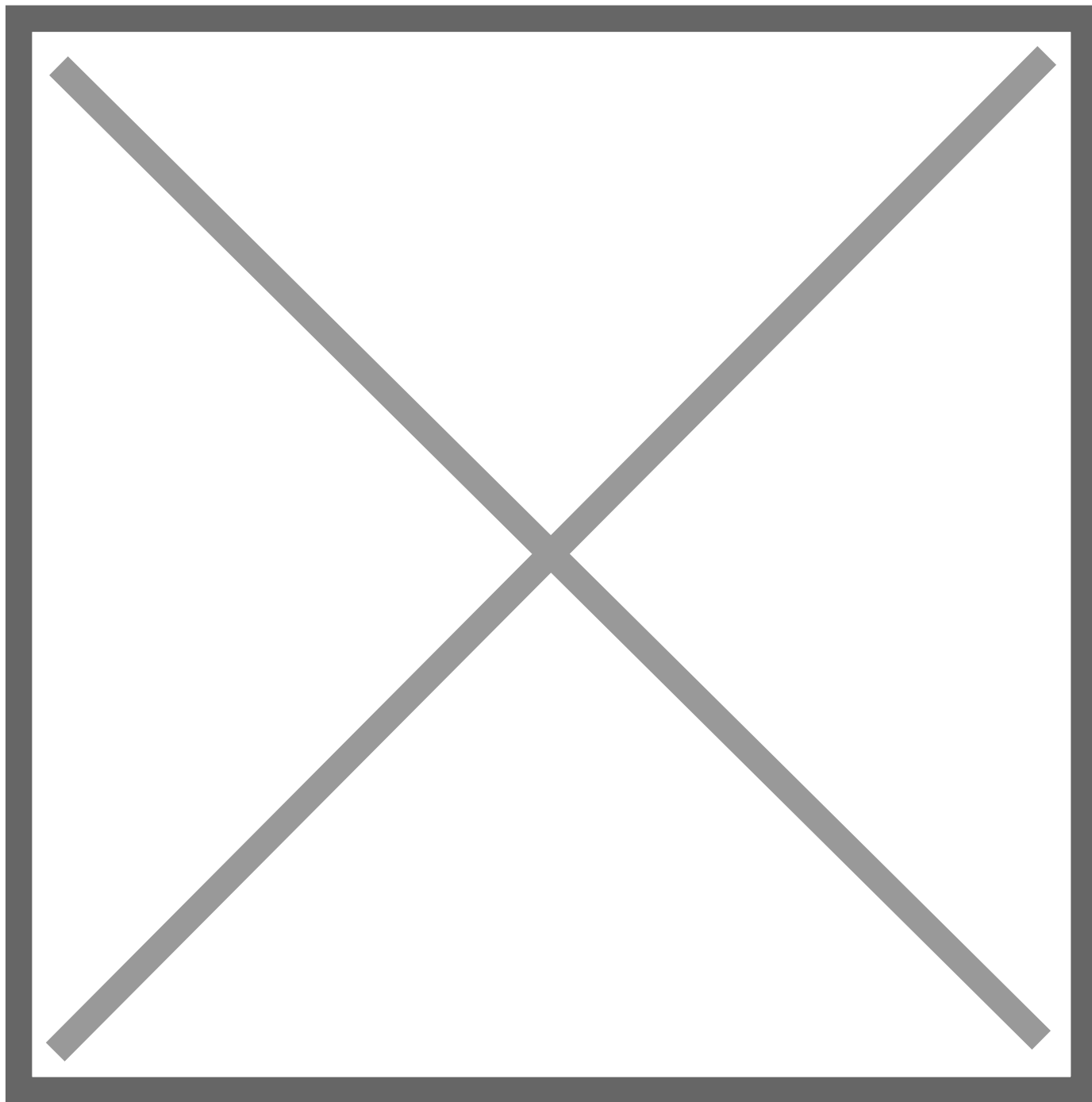
**Definitionen  
(nur in  
englischer  
Sprache  
verfügbar):**

---

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

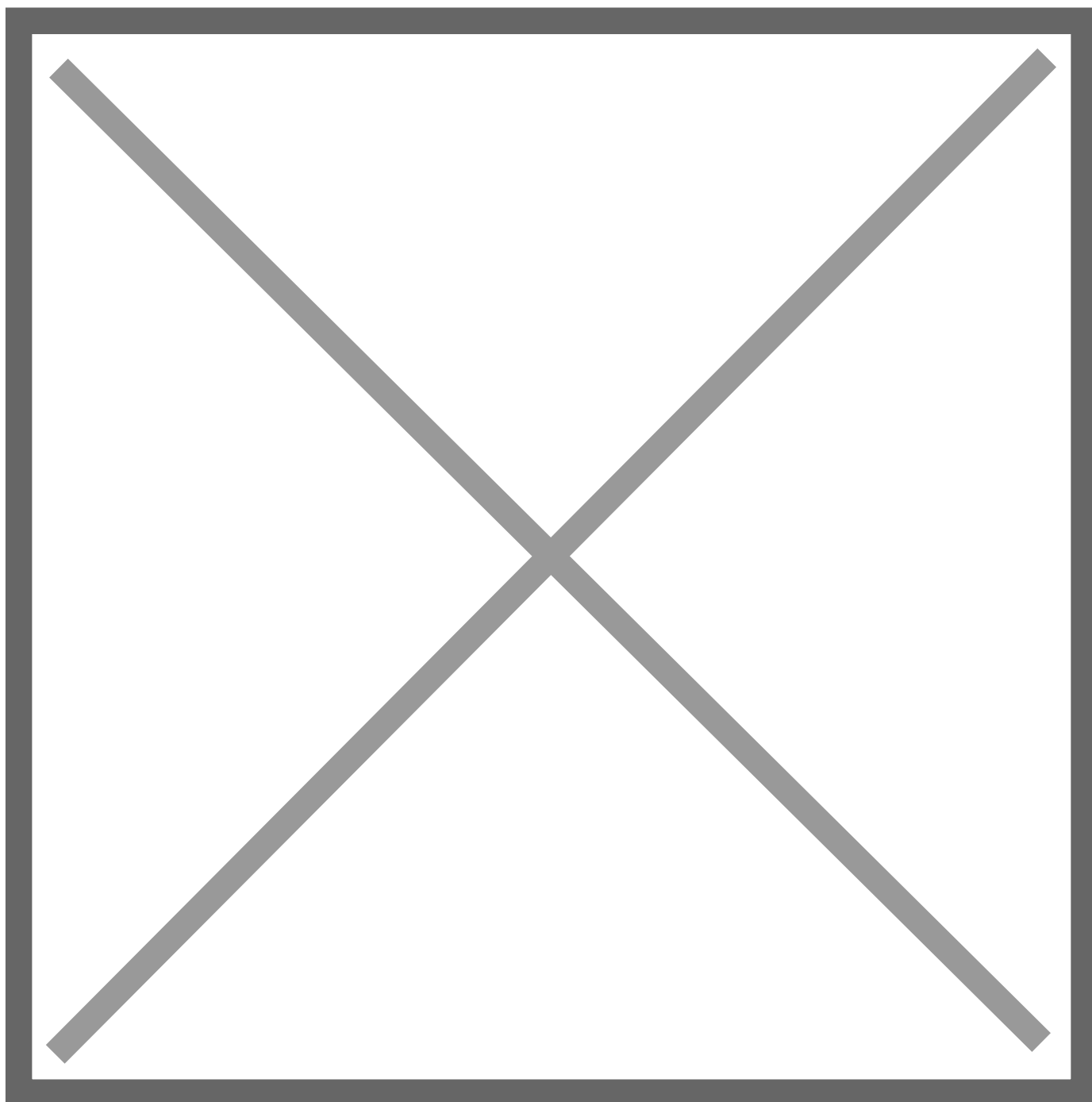
## Psychische Gesundheit - Angststörungen

Kinder, 2021

**Referenzen:**

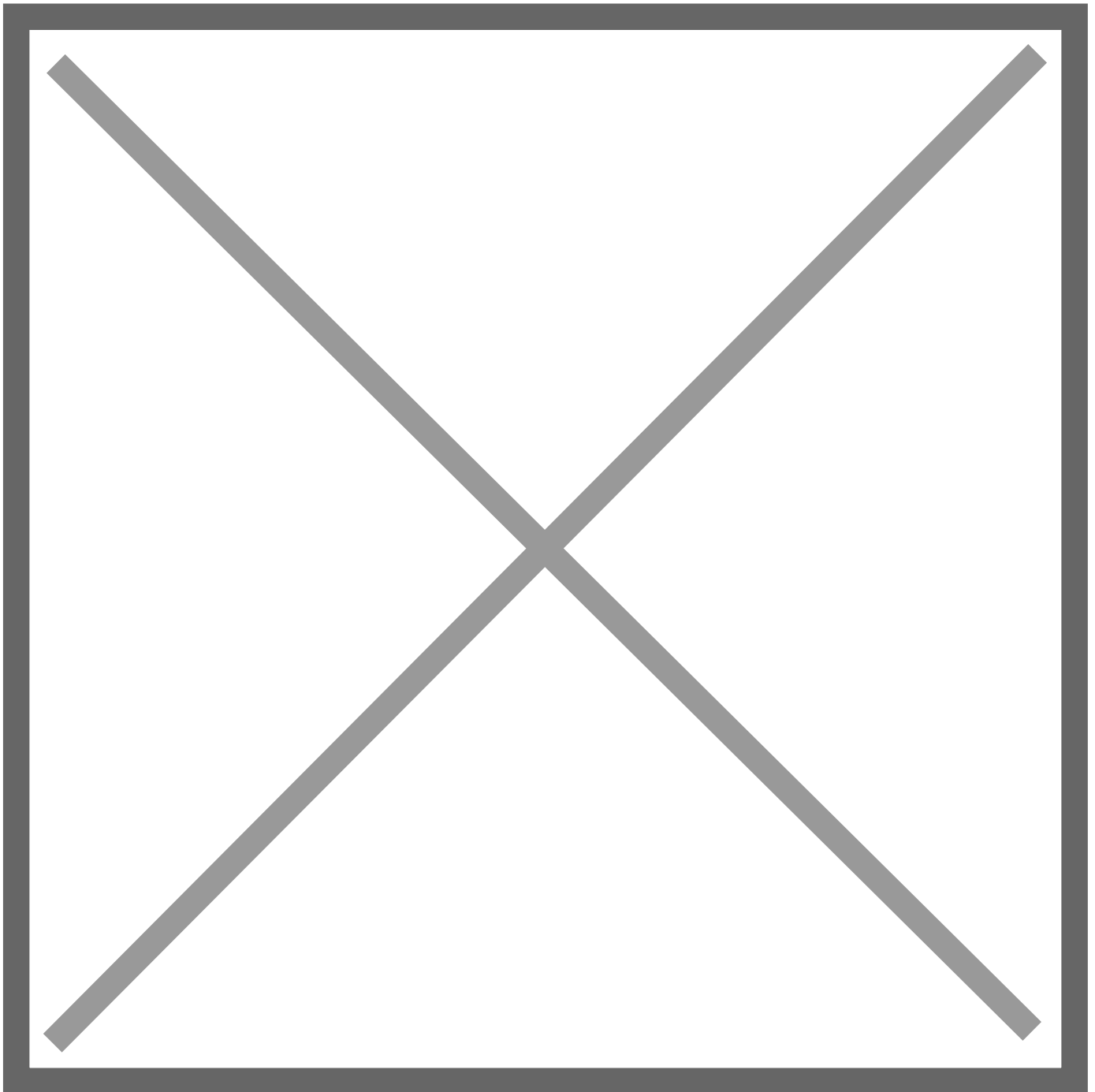
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Jungen, 2021



## Referenzen:

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)

**Mädchen, 2021****Referenzen:**

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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