Philippines



Country report card - under-5s

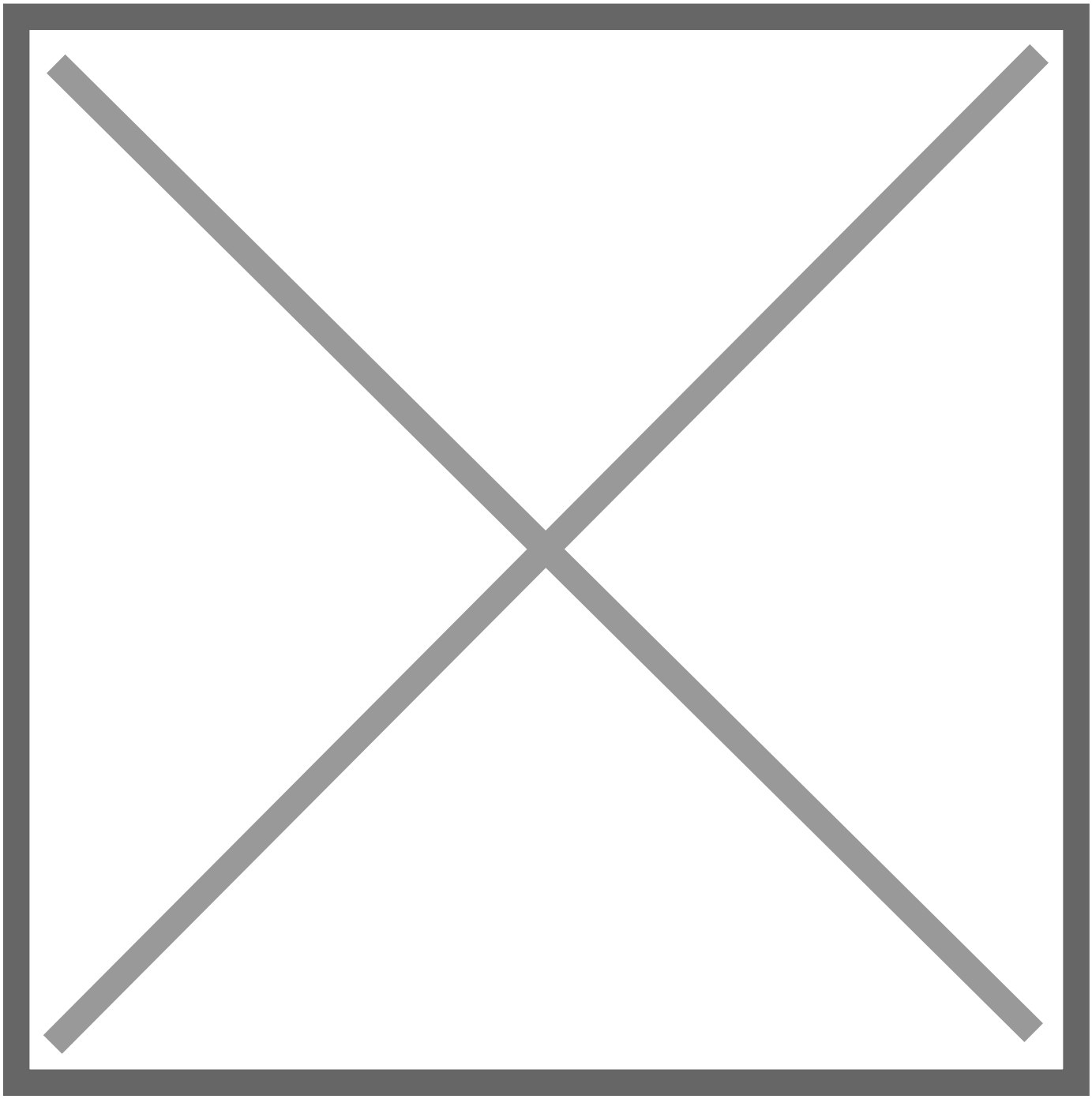
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

0-5 years, 2023-2024

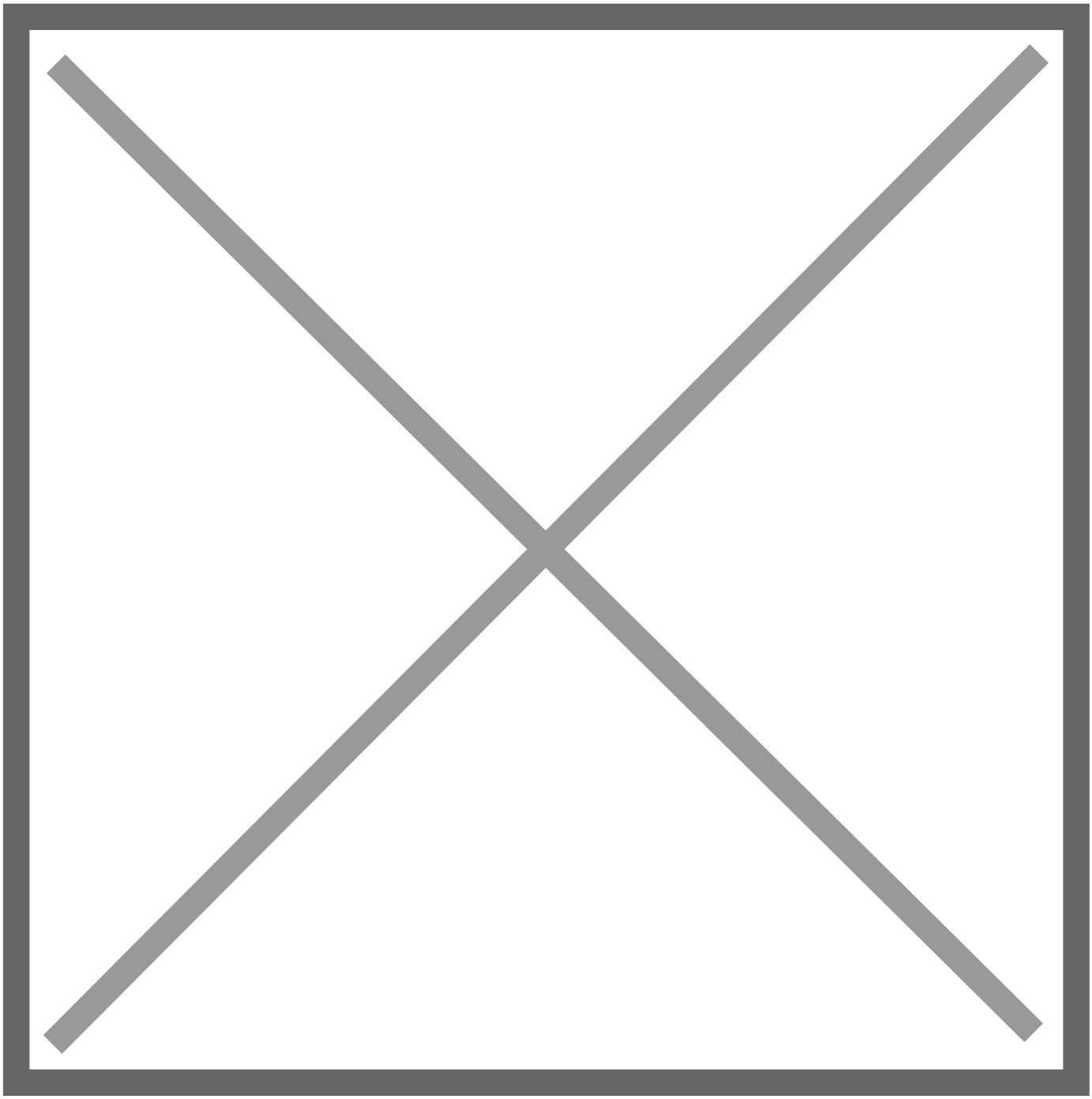


Survey type:	Measured
Age:	0-5
Area covered:	National
References:	Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2025. National Nutrition Summit. Halfway Point to 2030: Key Findings of the 2023 National Nutrition Survey. https://enutrition.fnri.dost.gov.ph/infographics.php?year=2023 [Accessed 31.07.25]

Notes:	Exact sample size unknown as full report still to be published
Definitions:	Overweight-for-height
Cutoffs:	=>+2SD

Overweight/obesity by region

0-5 years, 2023-2024

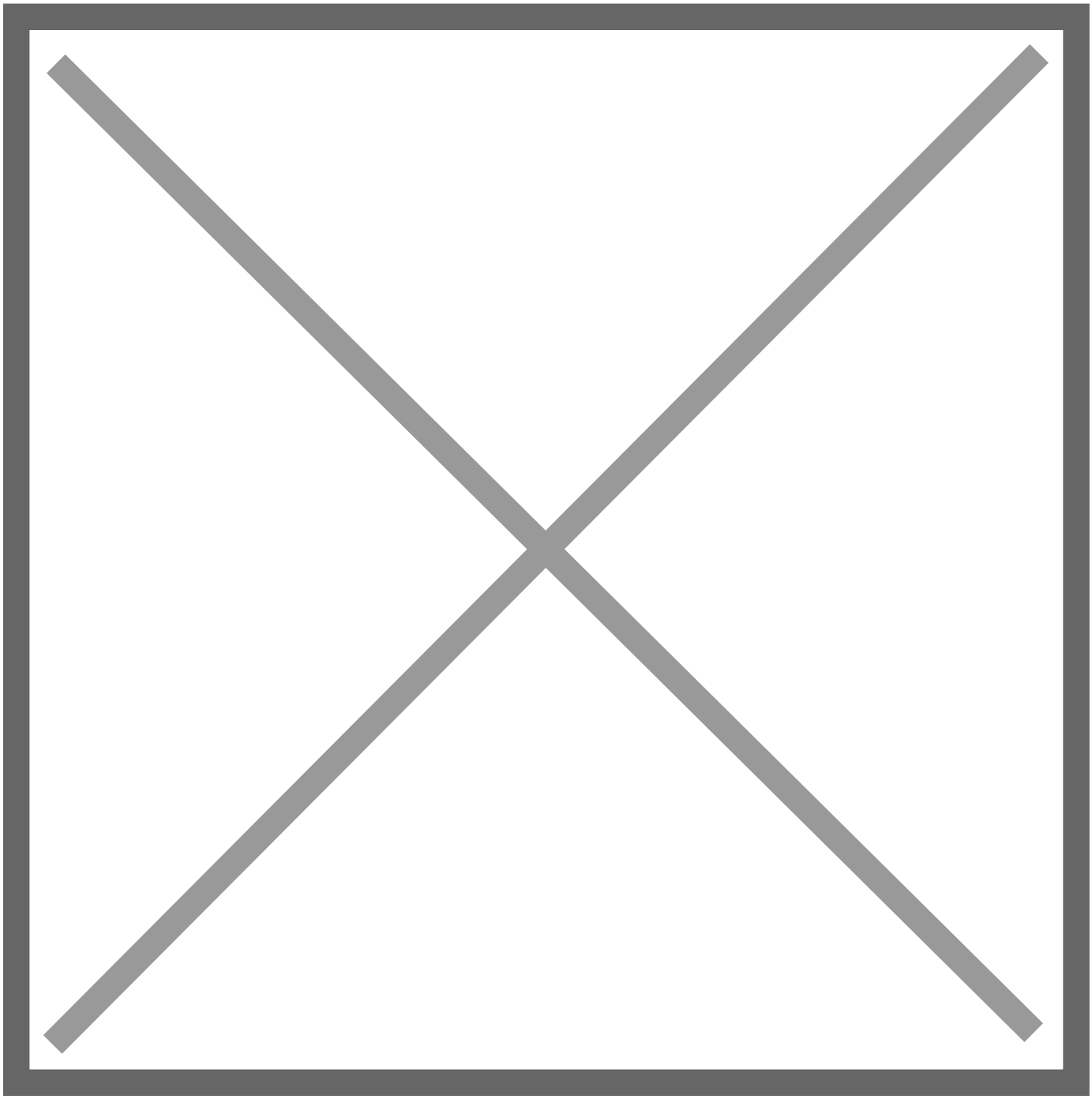


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Notes:	Exact sample size unknown as full report still to be published.

Definitions:	Overweight-for-height WHO
Cutoffs:	=>+2SD

Overweight/obesity by socio-economic group

0-5 years, 2023-2024

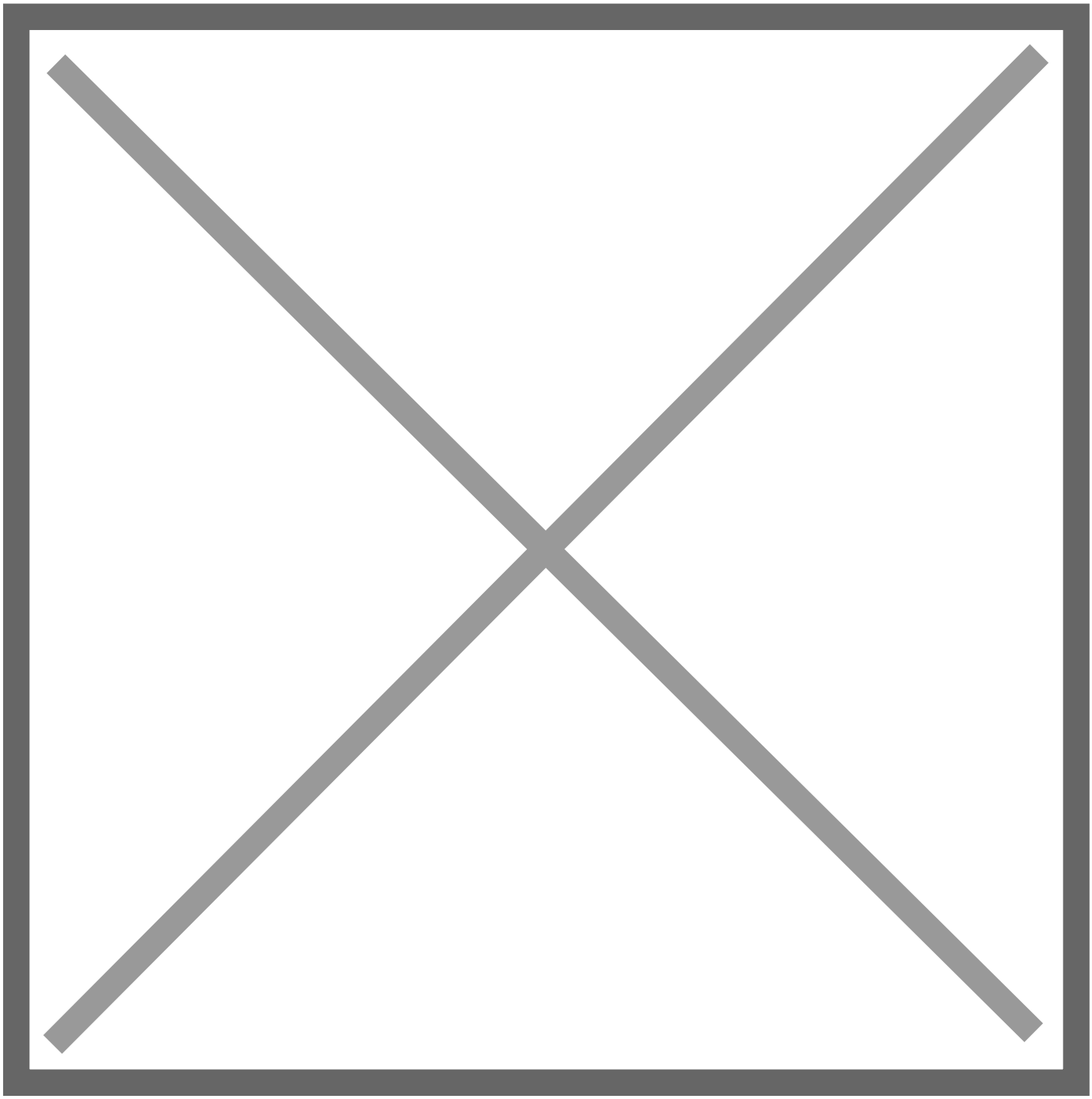


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Cutoffs:	=>+2SD

Double burden of underweight & obesity

0-5 years, 2021-2022

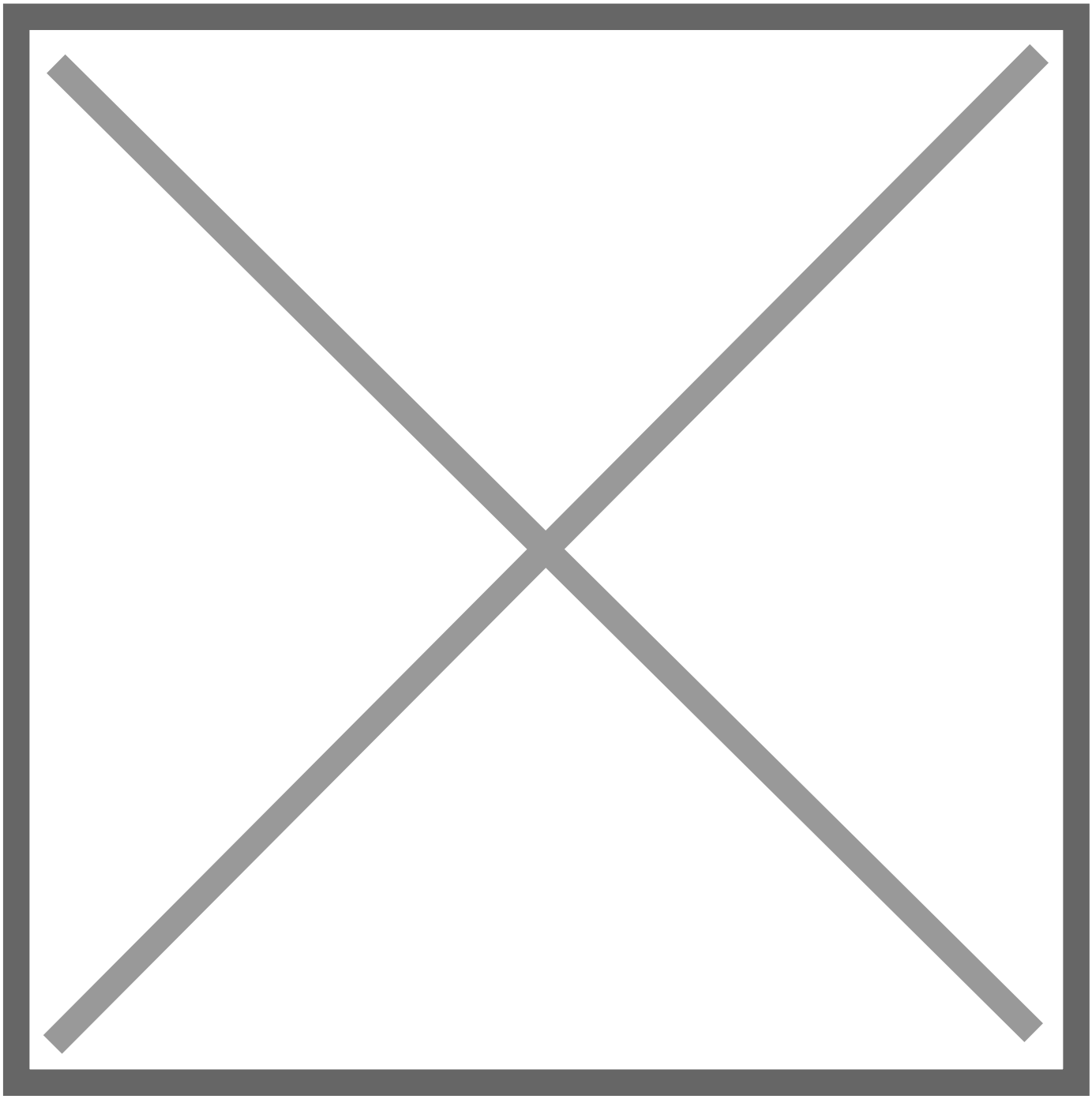


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	Philippines 2021 Expanded National Nutrition Survey (ENNS)

Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

% Infants exclusively breastfed 0-5 months

0-5 years, 2015-2023



Area covered:	National
References:	Philippine National Demographic and Health Survey 2022
Notes:	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.
Definitions:	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

PDF created on November 4, 2026