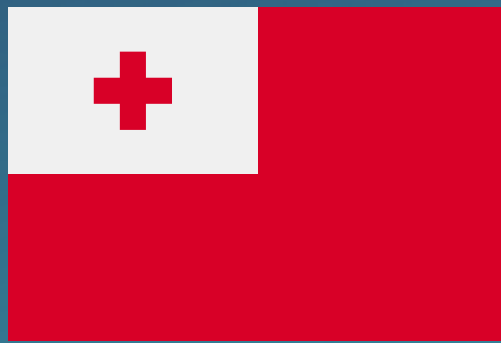




Tonga



Country report card - under-5s

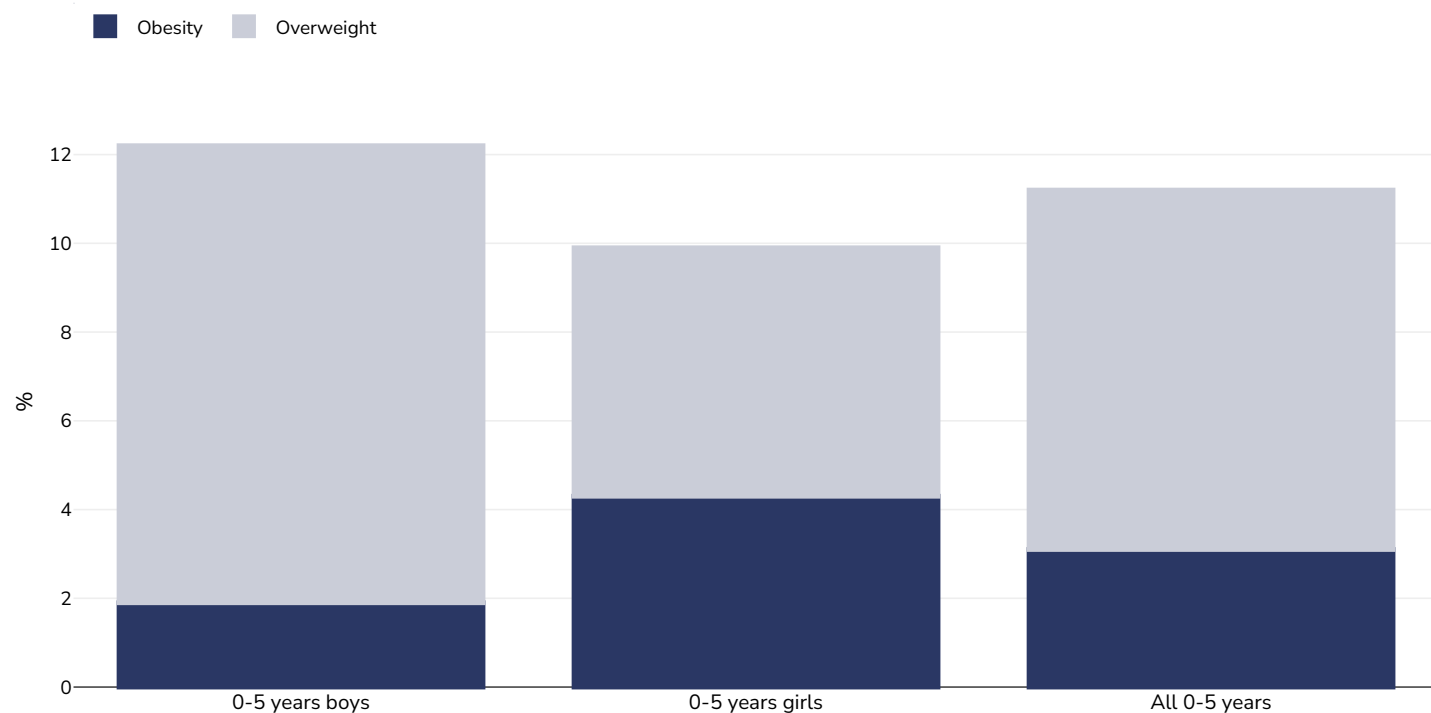
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/tonga-216/>

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Obesity prevalence

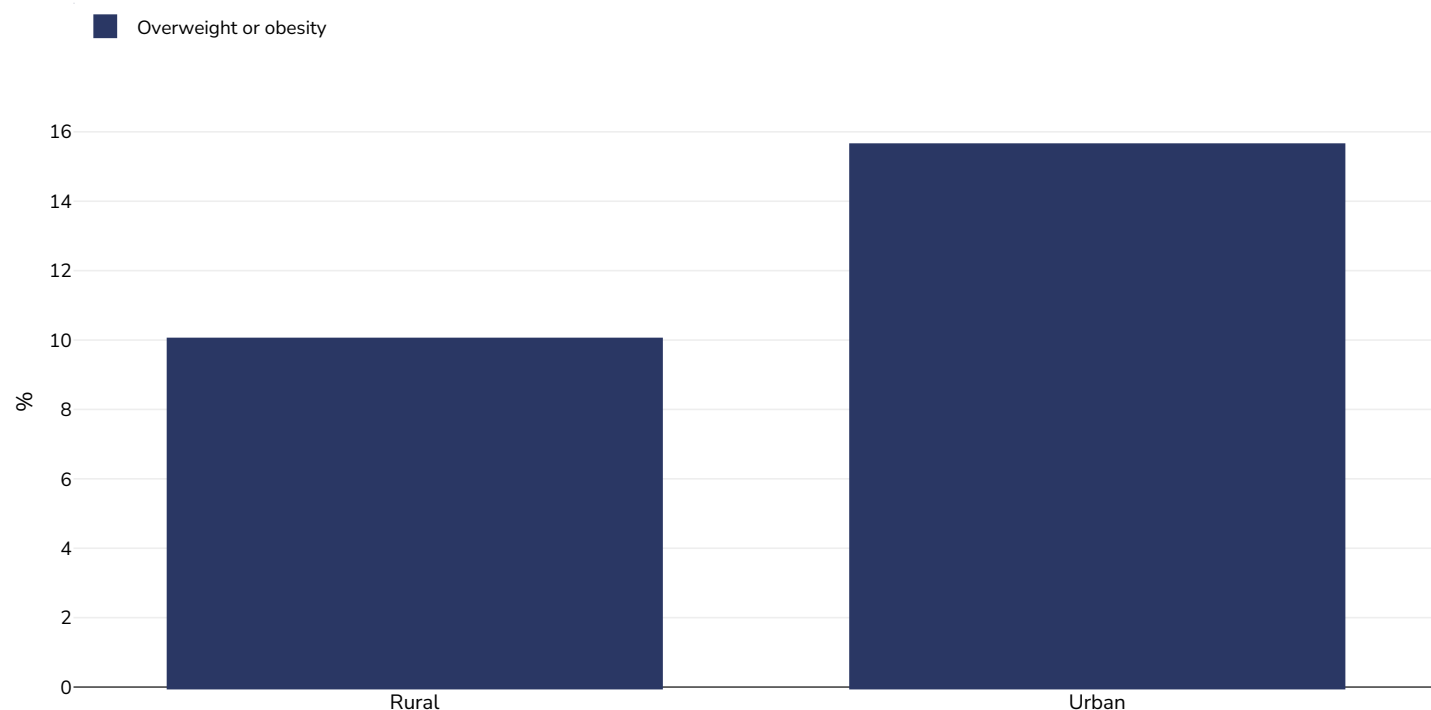
0-5 years, 2019



Survey type:	Measured
Age:	0-5
Sample size:	1271
Area covered:	National
References:	Tonga Multiple Indicator Cluster Survey 2019, Survey Findings Report. Nuku'alofa, Tonga: Tonga Statistics Department
Notes:	Infants.
Definitions:	Weight for height. Overweight = +2SD-+3SD. Obesity = >+3SD
Cutoffs:	Other

Overweight/obesity by region

0-5 years, 2019



Sample size: 1271

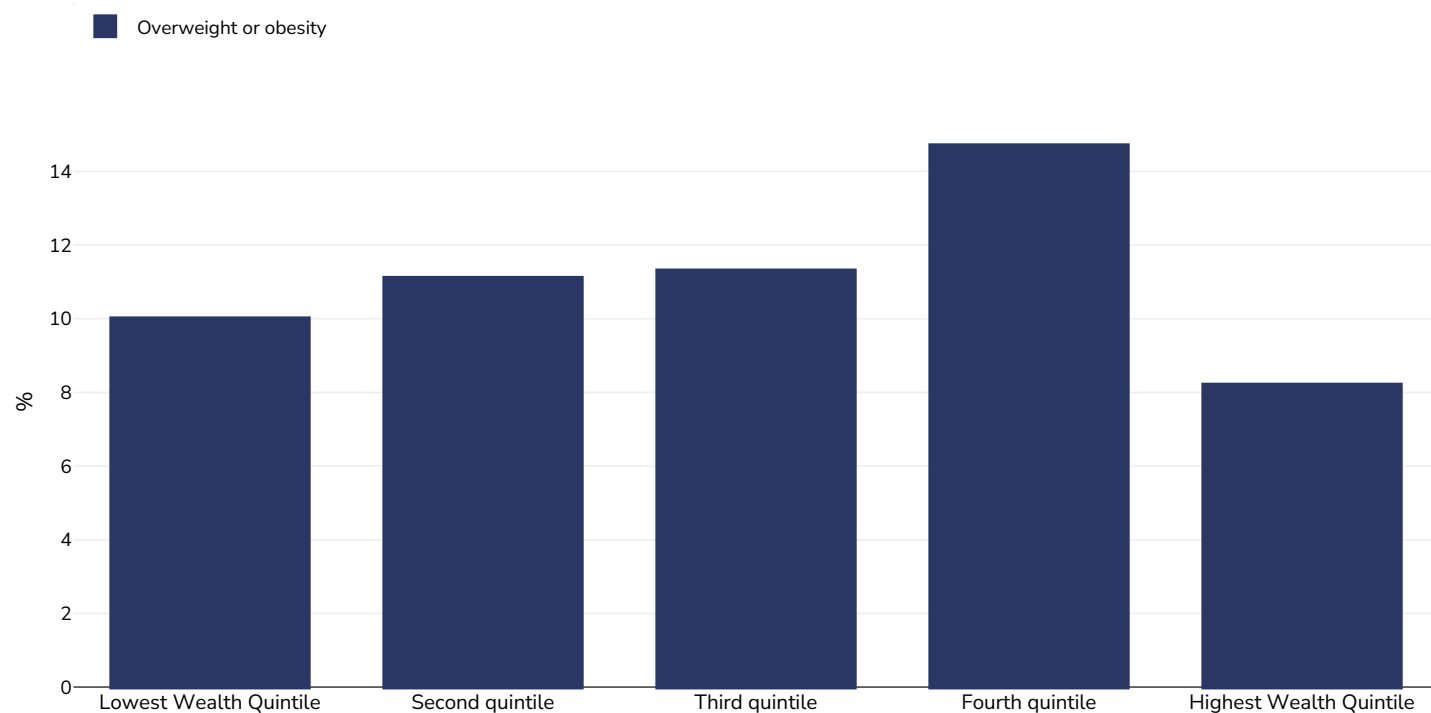
References: MICS: Tonga Multiple Indicator Cluster Survey 2019, Survey Findings Report. Nuku'alofa, Tonga: Tonga Statistics Department

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Overweight/obesity by socio-economic group

0-5 years, 2019



Sample size: 1271

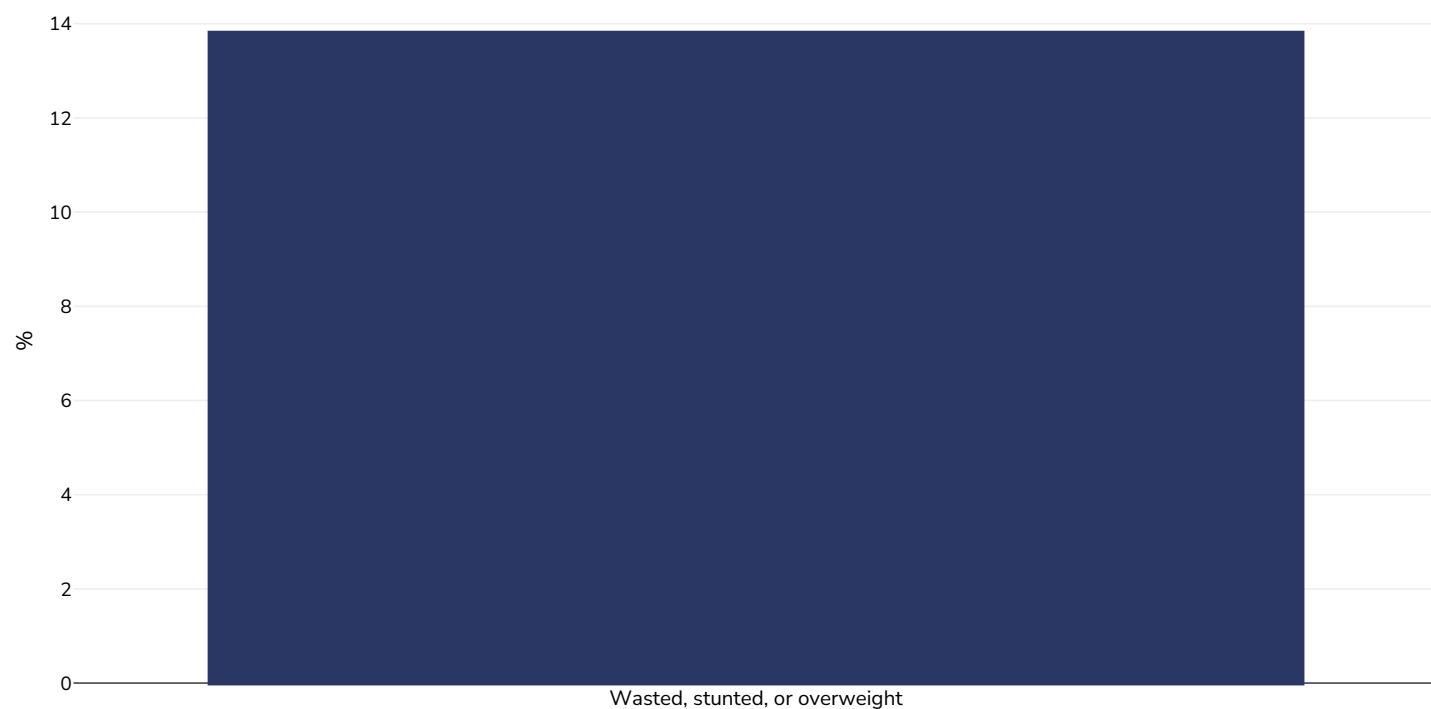
References: MICS: Tonga Multiple Indicator Cluster Survey 2019, Survey Findings Report. Nuku'alofa, Tonga: Tonga Statistics Department

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Double burden of underweight & overweight

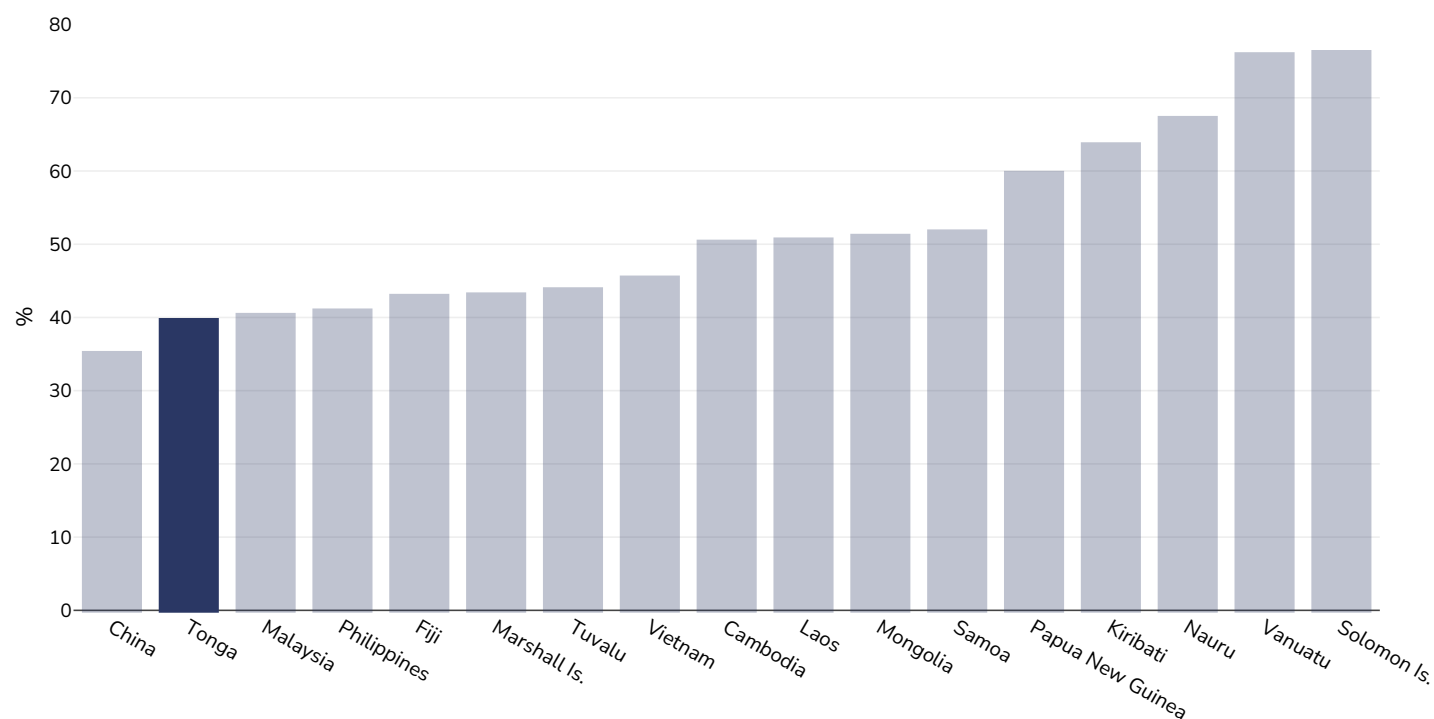
0-5 years, 2019



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:	Tonga Multiple Indicator Cluster Survey 2019, Survey Findings Report. Nuku'alofa, Tonga: Tonga Statistics Department
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, 2007-2023



References: Tonga Multiple Indicator Cluster Survey 2019, Survey Findings Report. Nuku'alofa, Tonga: Tonga Statistics Department

Notes: Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

PDF created on September 17, 2025