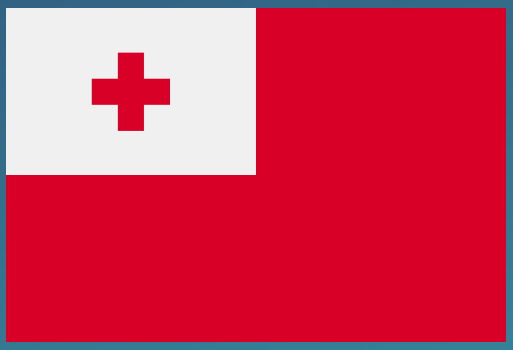
Tonga



Country report card - under-5s

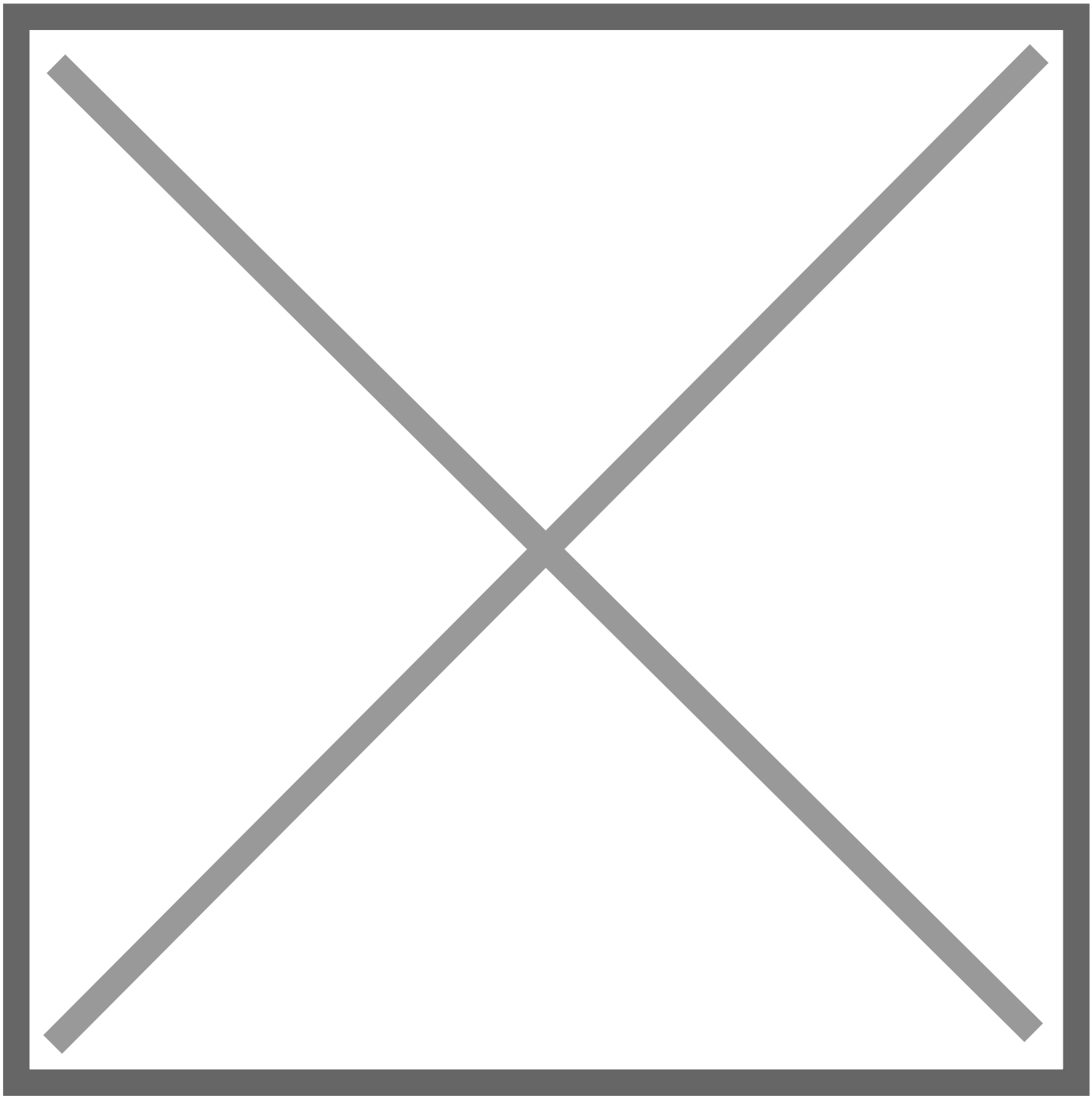
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

Contents	Page
Obesity prevalence	3
Overweight/obesity by region	6
Overweight/obesity by socio-economic group	9
Double burden of underweight & obesity	12
% Infants exclusively breastfed 0-5 months	15

Obesity prevalence

0-5 years, 2019

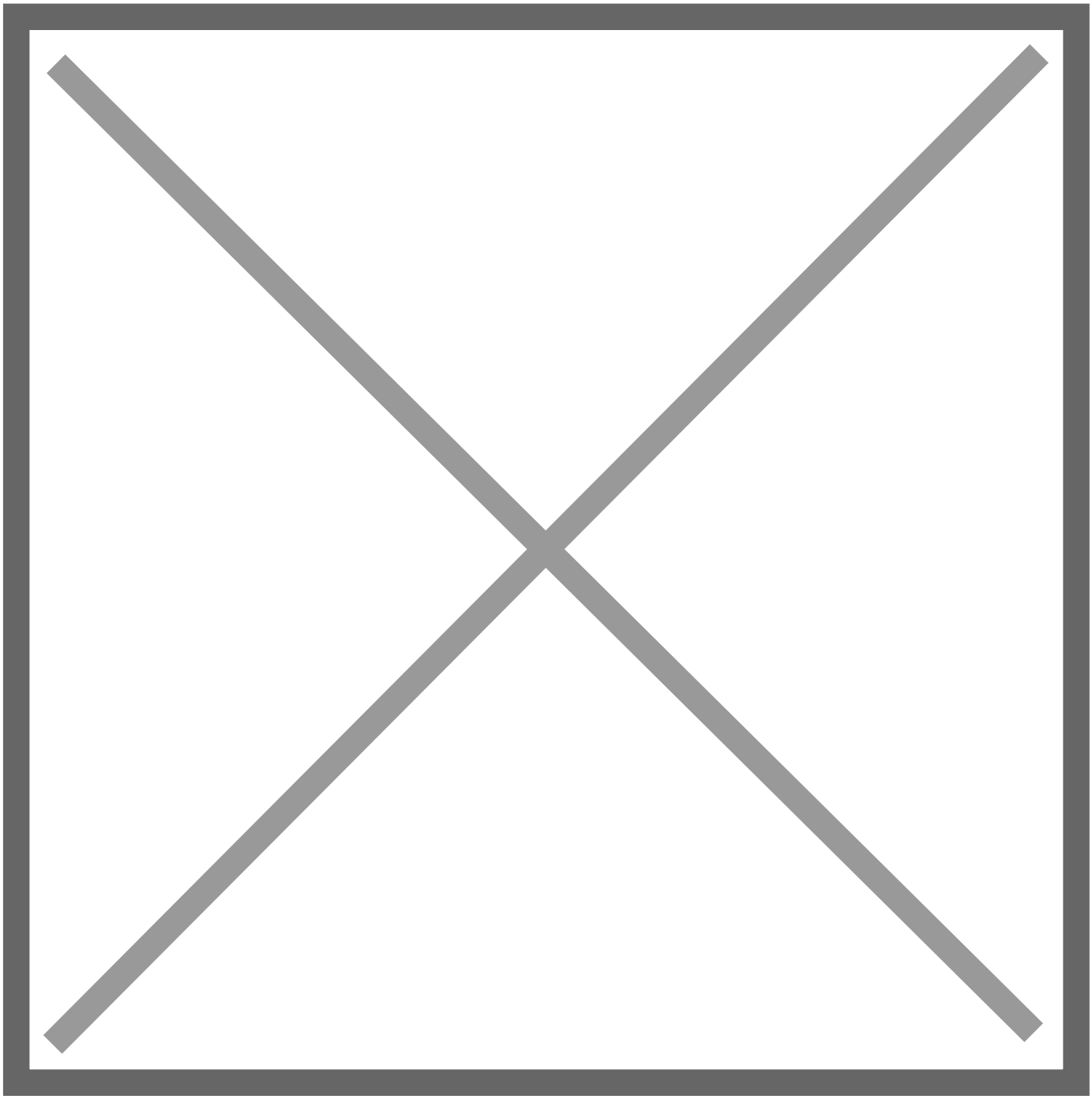


Survey type:	Measured
Age:	0-5
Sample size:	1271
Area covered:	National
References:	Tonga Multiple Indicator Cluster Survey 2019, Survey Findings Report. Nuku'alofa, Tonga: Tonga Statistics Department
Notes:	Infants.

Definitions:	Weight for height. Overweight = +2SD-+3SD. Obesity = >+3SD
Cutoffs:	Other

Overweight/obesity by region

0-5 years, 2019

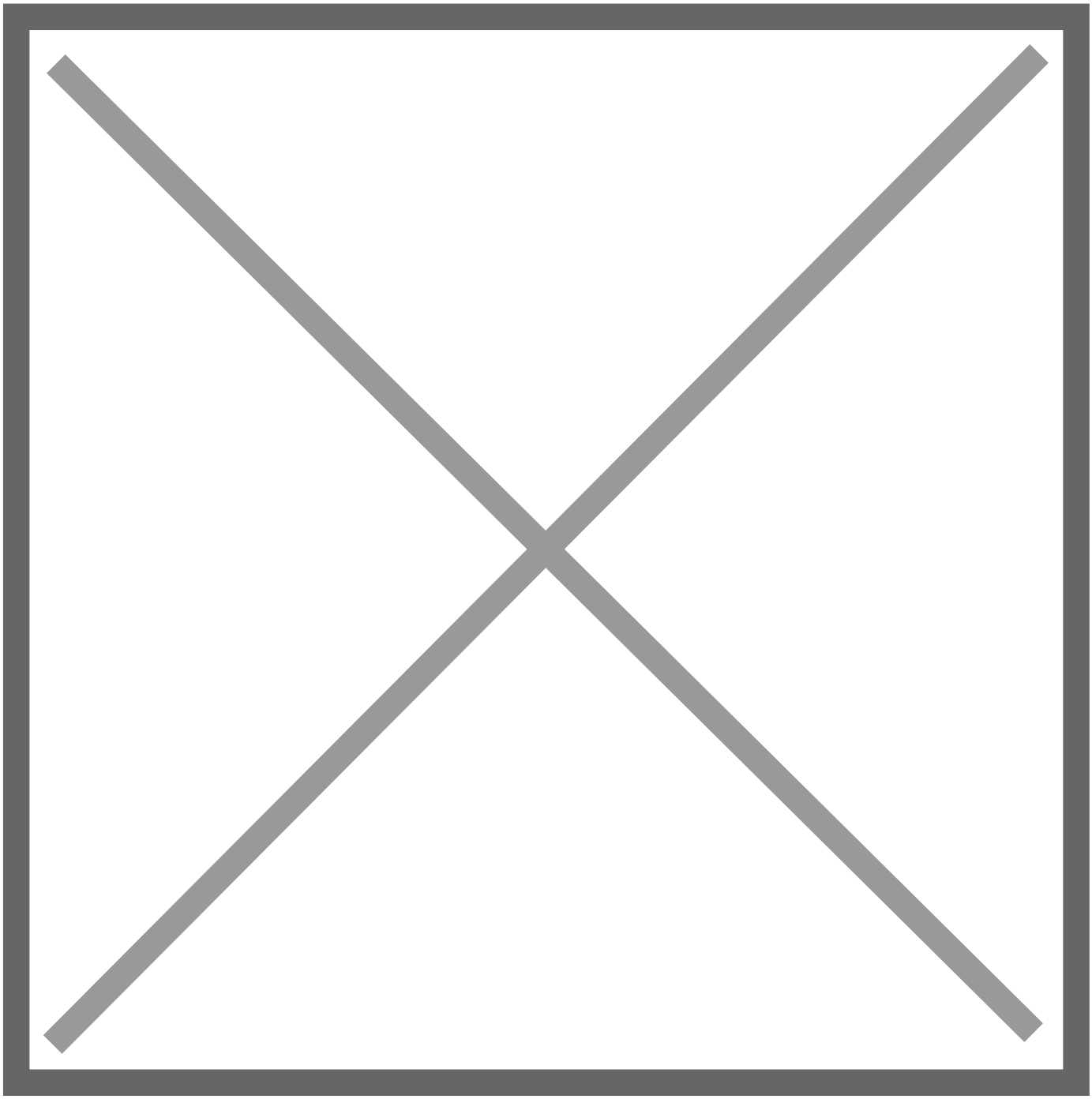


Sample size:	1271
References:	MICS: Tonga Multiple Indicator Cluster Survey 2019, Survey Findings Report. Nuku'alofa, Tonga: Tonga Statistics Department
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information 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

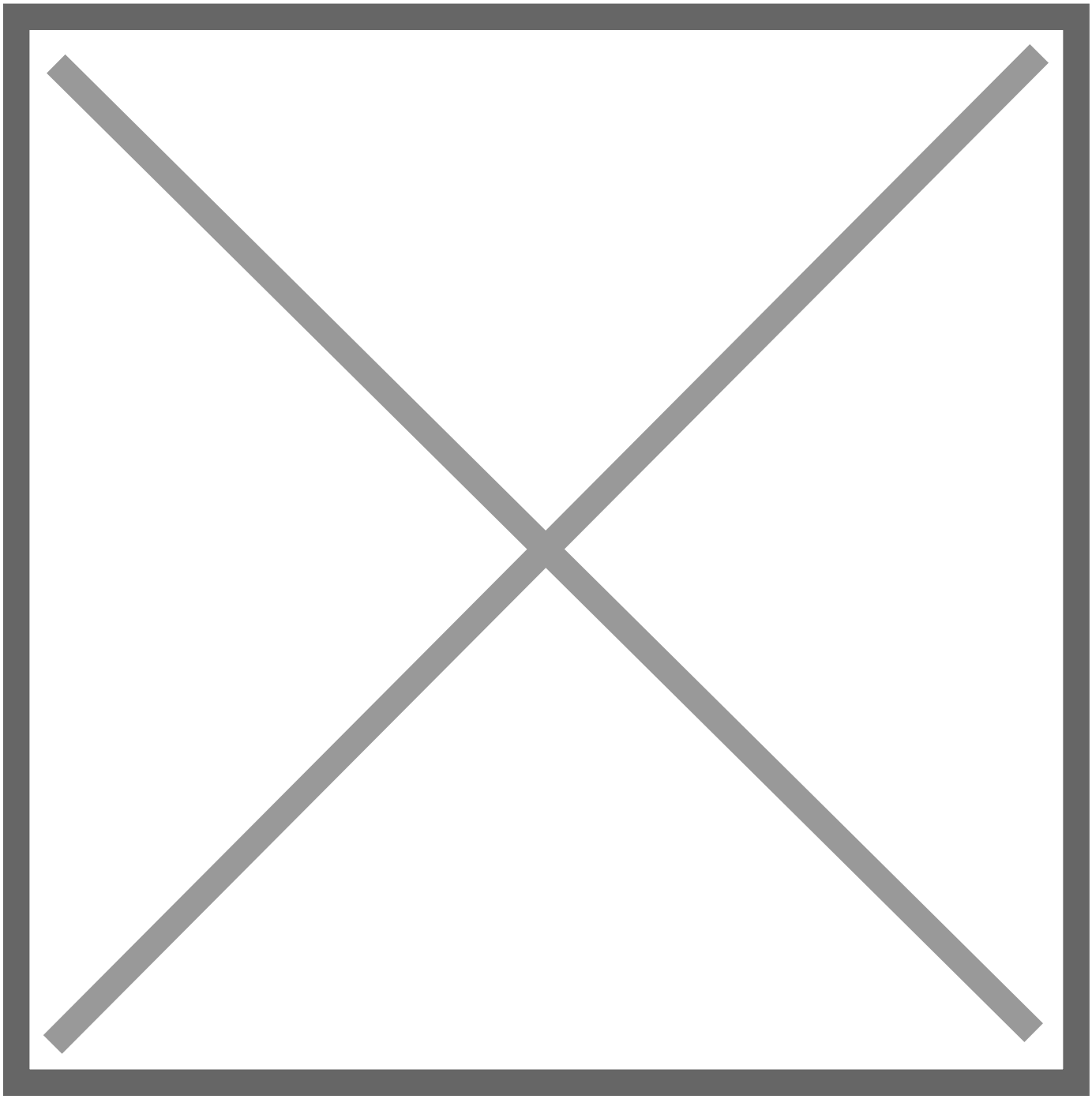


Sample size:	1271
References:	MICS: Tonga Multiple Indicator Cluster Survey 2019, Survey Findings Report. Nuku'alofa, Tonga: Tonga Statistics Department
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information 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 & obesity

0-5 years, 2019

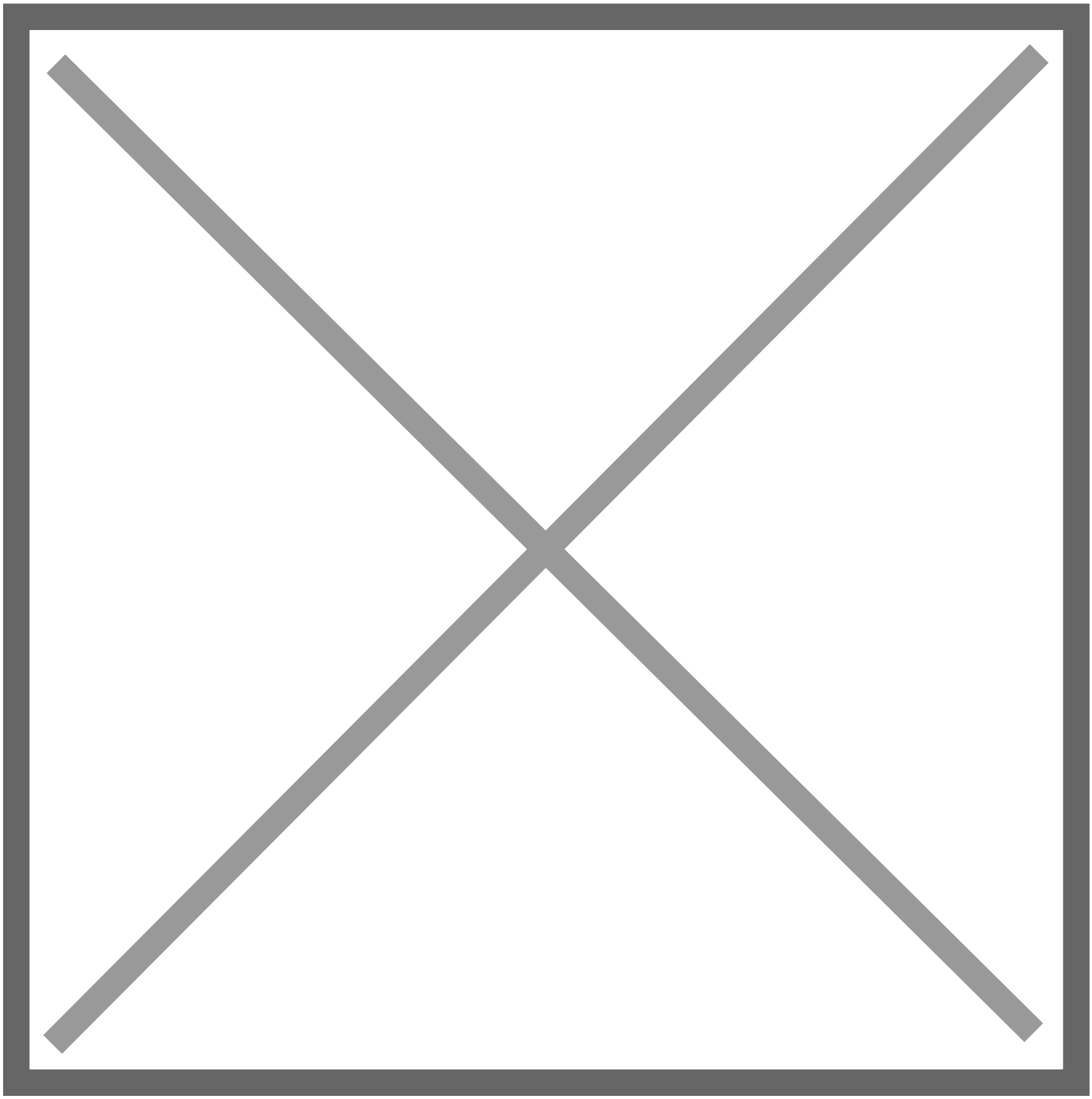


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [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, 2015-2023



Area covered:	National
References:	Tonga Multiple Indicator Cluster Survey 2019, Survey Findings Report. Nuku'alofa, Tonga: Tonga Statistics Department
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 2, 2026