

# Report card

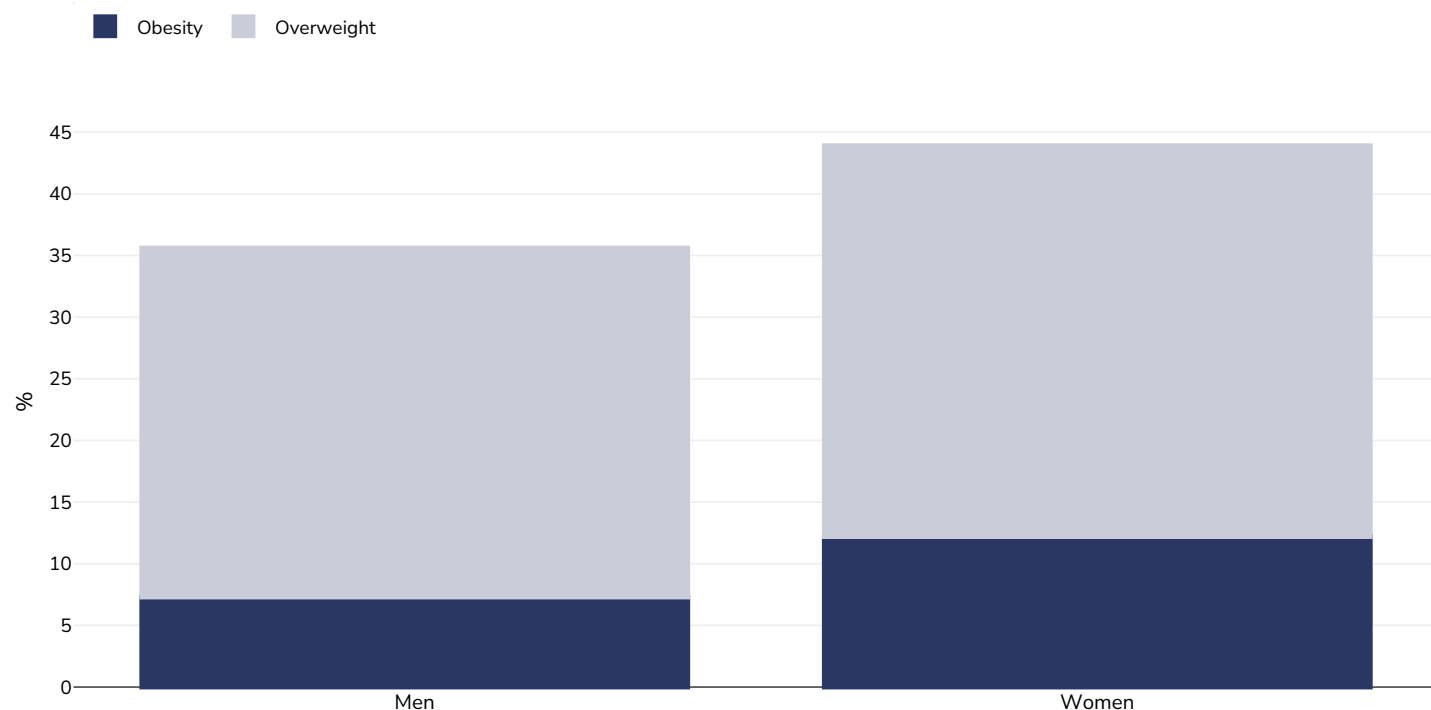
## Philippines



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## Obesity prevalence

### Adults, 2021



Survey type: Measured

Age: 20-59

Sample size: 141189\*

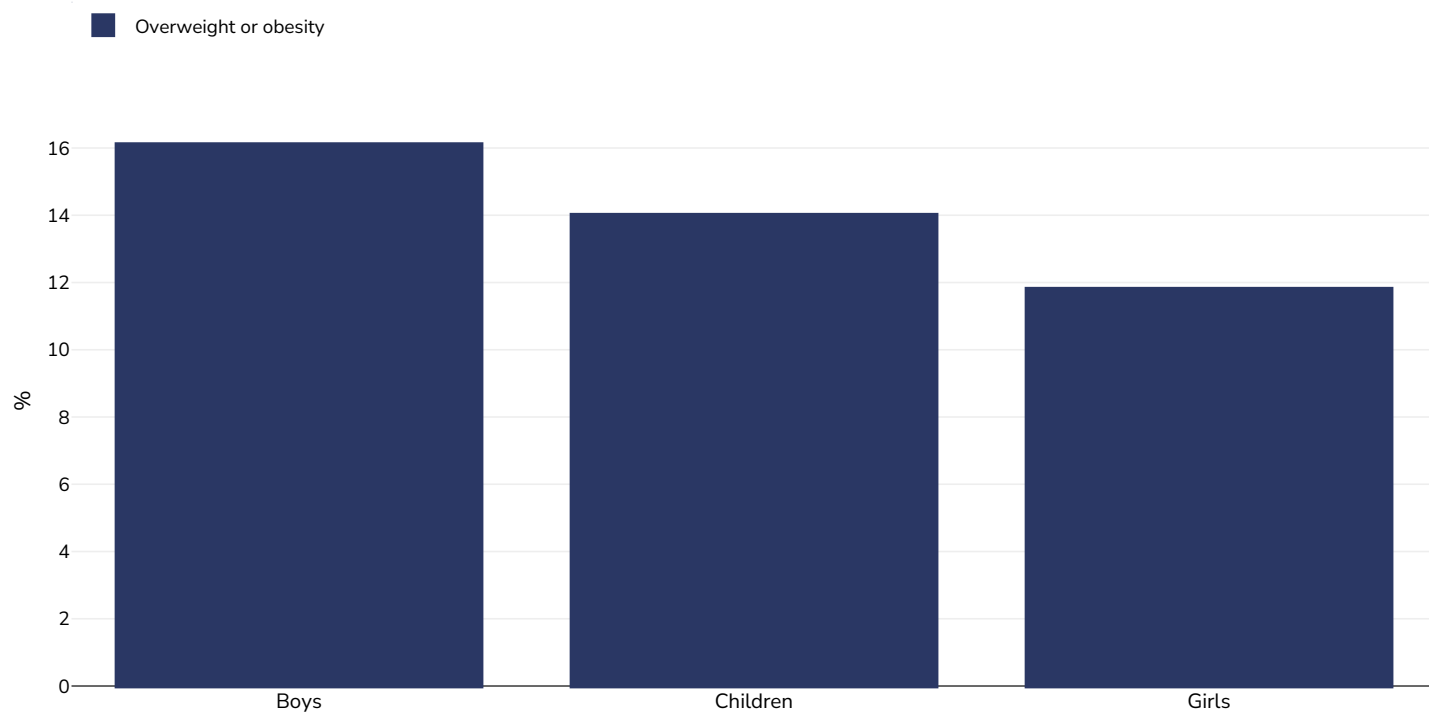
Area covered: National

References: Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the <https://enutrition.fnri.dost.gov.ph/> (Registration required) Last accessed 09.07.24

Notes: \*Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

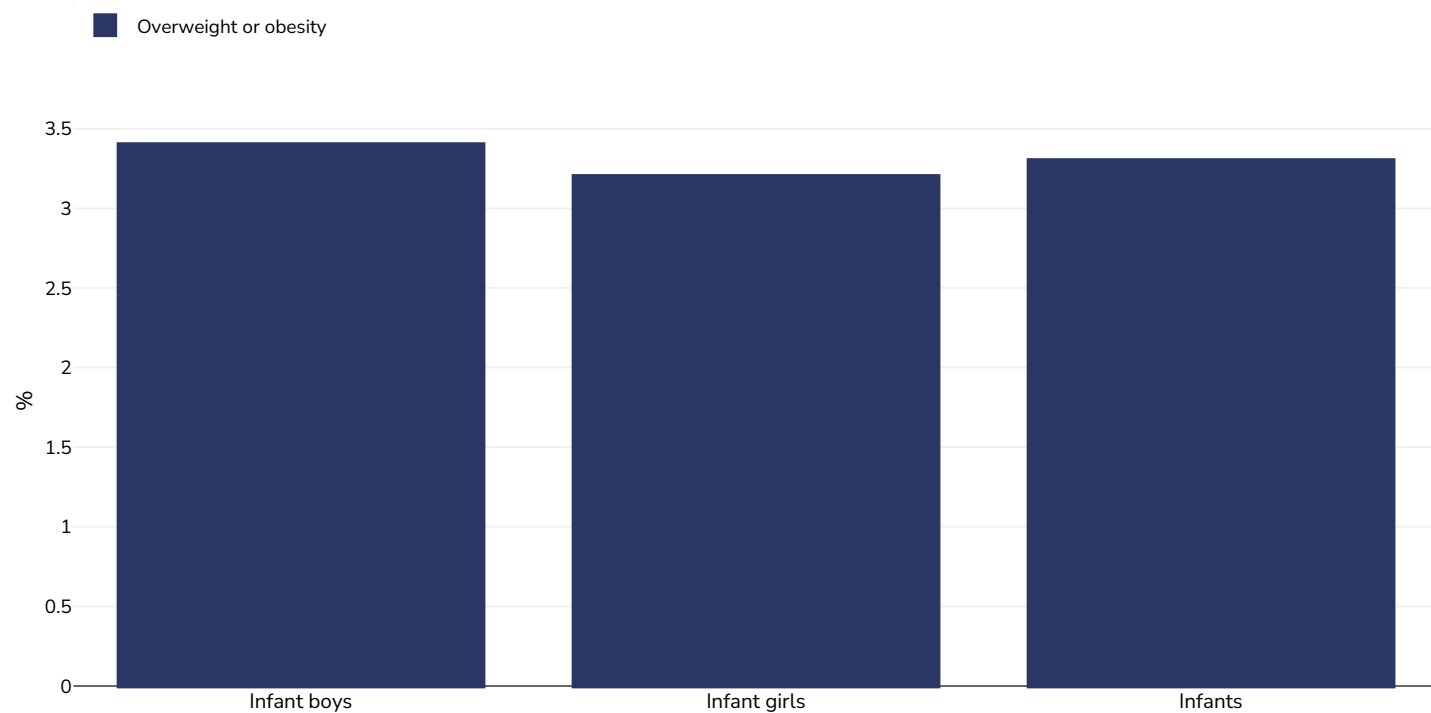
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2021



Survey type:	Measured
Age:	5-10
Sample size:	141189*
Area covered:	National
References:	Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the <a href="https://enutrition.fnri.dost.gov.ph/">https://enutrition.fnri.dost.gov.ph/</a> (Registration required) Last accessed 09.07.24
Notes:	*Sample size includes adults and children. Data based on Asia specific cut offs should become available when full report released
Cutoffs:	WHO

## Infants, 2015



Age: 0-5

Sample size: 10206885

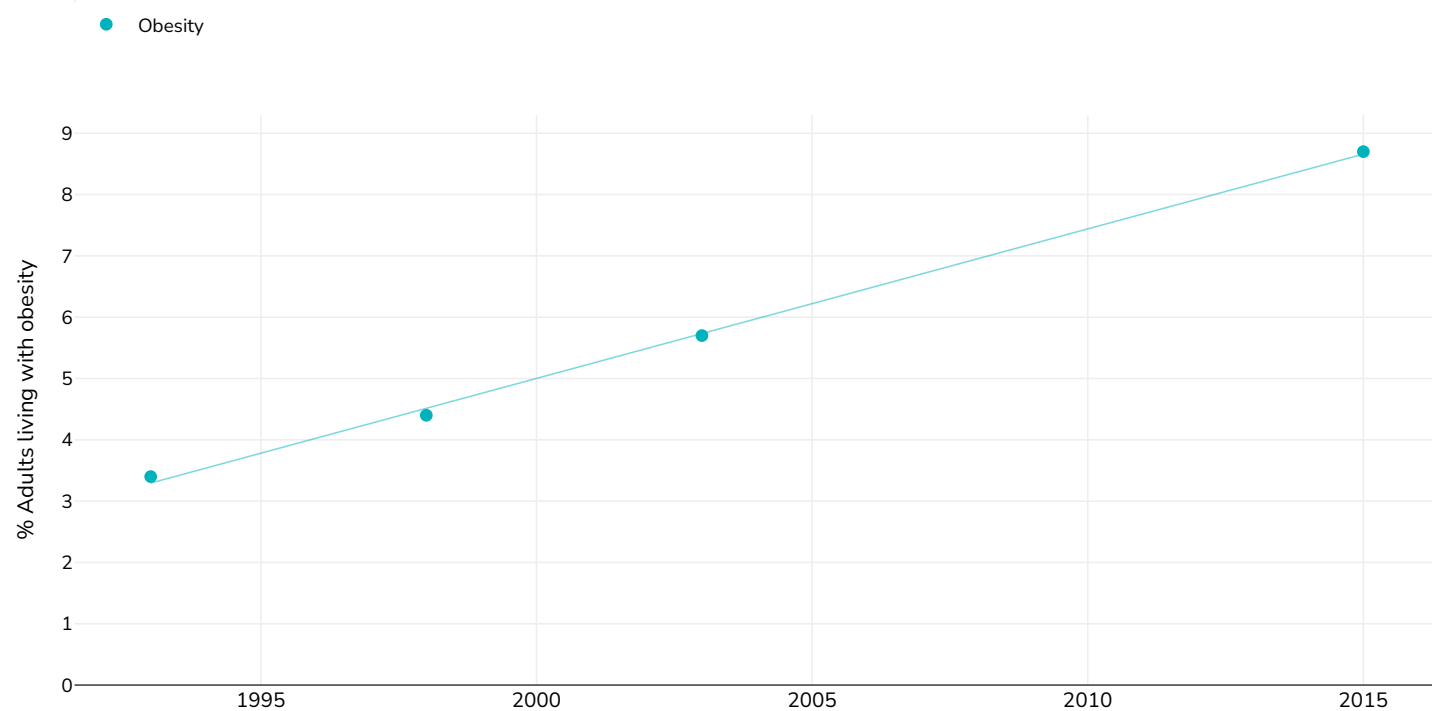
References: NNS: Philippines 2015 National Nutrition Survey - Updating Survey Results

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

## % Adults living with obesity in the Philippines 1993-2013

### Women



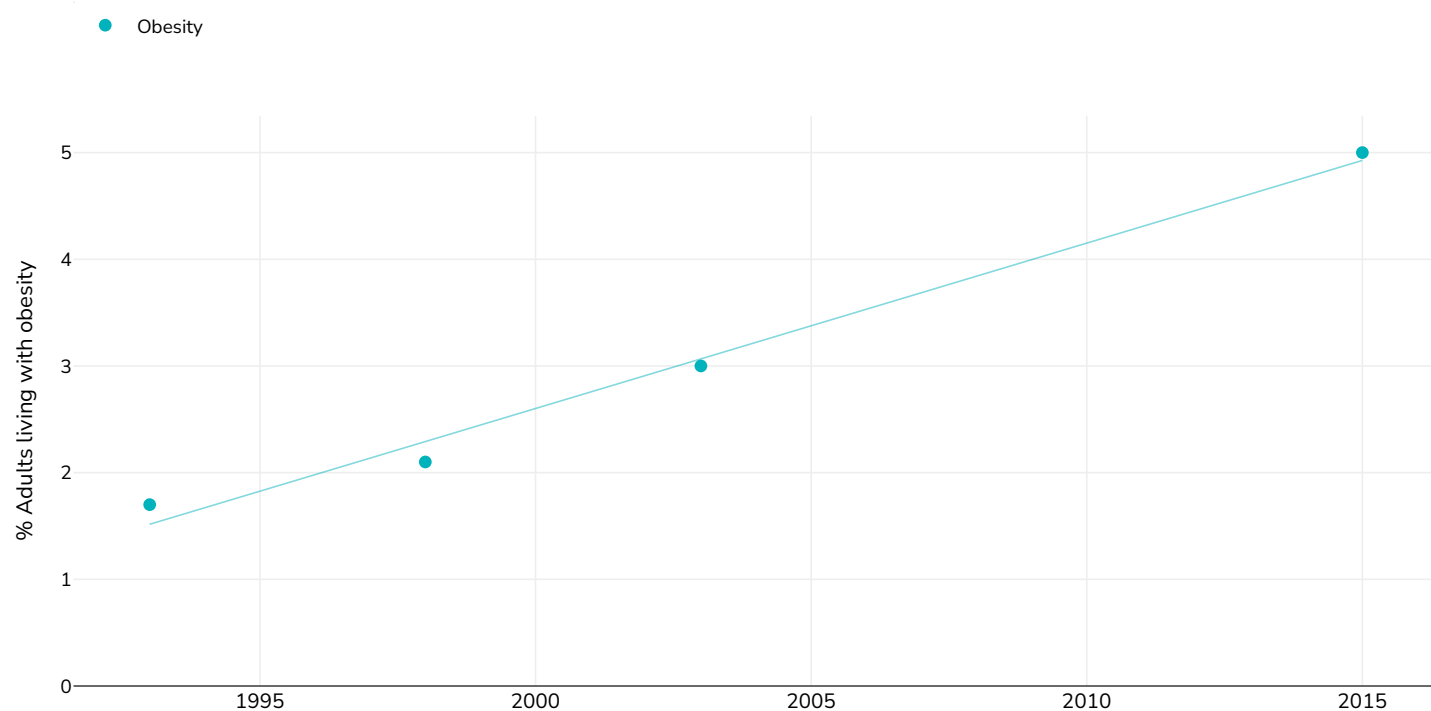
Survey type: Measured

- References:
- 1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report Series, vol 2, No.1, cited in Reference 53
  - 1998: Data provided by the Philippine Department of Health, Dr C. Barbu, data reanalysed by Dr Charmaine Duante.
  - 2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)
  - 2015: 2015 Philippine Anthropometric Survey. [http://enutrition.fnri.dost.gov.ph/site/preview.php?xx=%20uploads/2015\\_ANTHROPOMETRIC\\_SURVEY.pdf](http://enutrition.fnri.dost.gov.ph/site/preview.php?xx=%20uploads/2015_ANTHROPOMETRIC_SURVEY.pdf)
  - 2018: EXPANDED NATIONAL NUTRITION SURVEY: 2019 RESULTS. Available at <http://enutrition.fnri.dost.gov.ph/site/uploads/2018-2019%20ENNS%20FACTS%20&%20FIGURES.pdf> (last accessed 14.09.22)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Men



Survey type: Measured

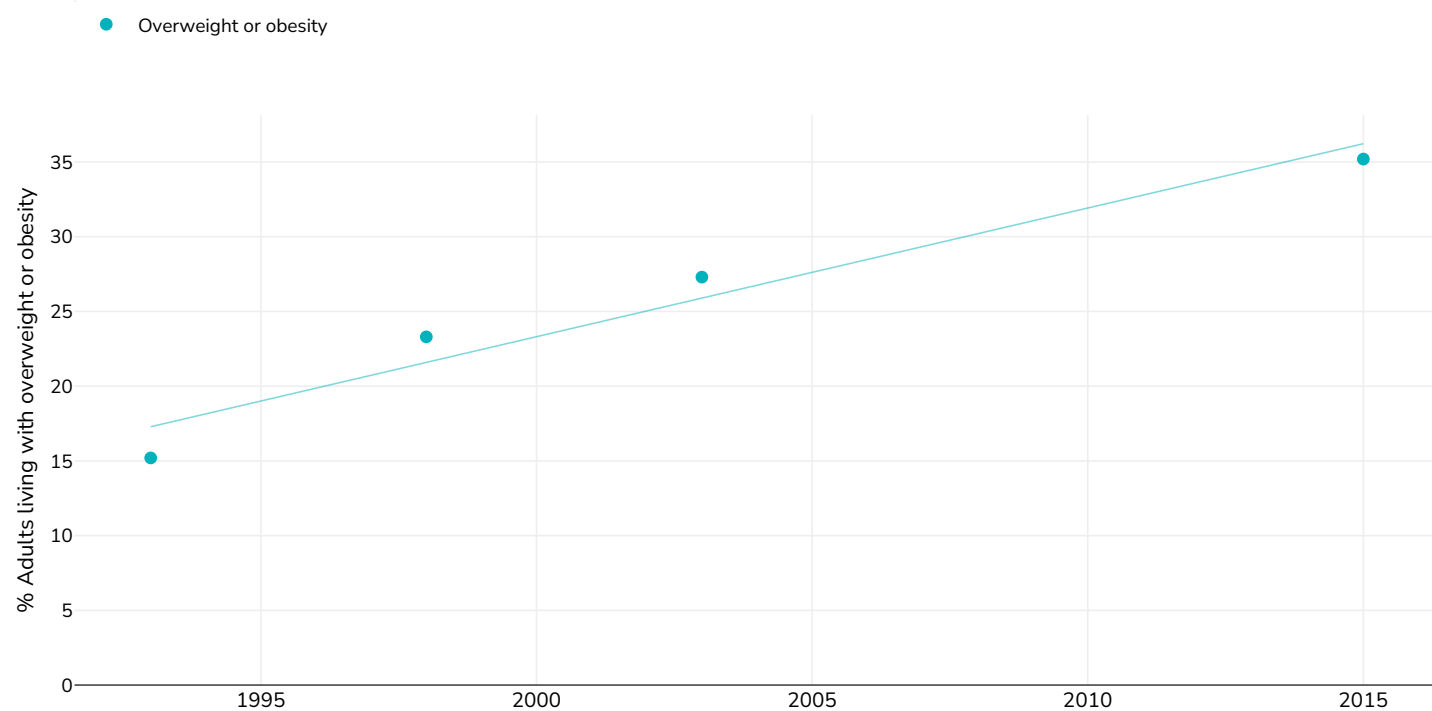
- References:
- 1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report Series, vol 2, No.1, cited in Reference 53
  - 1998: Data provided by the Philippine Department of Health, Dr C. Barbu, data reanalysed by Dr Charmaine Duante.
  - 2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)
  - 2015: 2015 Philippine Anthropometric Survey. [http://enutrition.fnri.dost.gov.ph/site/preview.php?xx=%20uploads/2015\\_ANTHROPOMETRIC\\_SURVEY.pdf](http://enutrition.fnri.dost.gov.ph/site/preview.php?xx=%20uploads/2015_ANTHROPOMETRIC_SURVEY.pdf)
  - 2018: EXPANDED NATIONAL NUTRITION SURVEY: 2019 RESULTS. Available at <http://enutrition.fnri.dost.gov.ph/site/uploads/2018-2019%20ENNS%20FACTS%20&%20FIGURES.pdf> (last accessed 14.09.22)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

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## % Adults living with overweight or obesity in the Philippines 1993-2013

### Women



Survey type: Measured

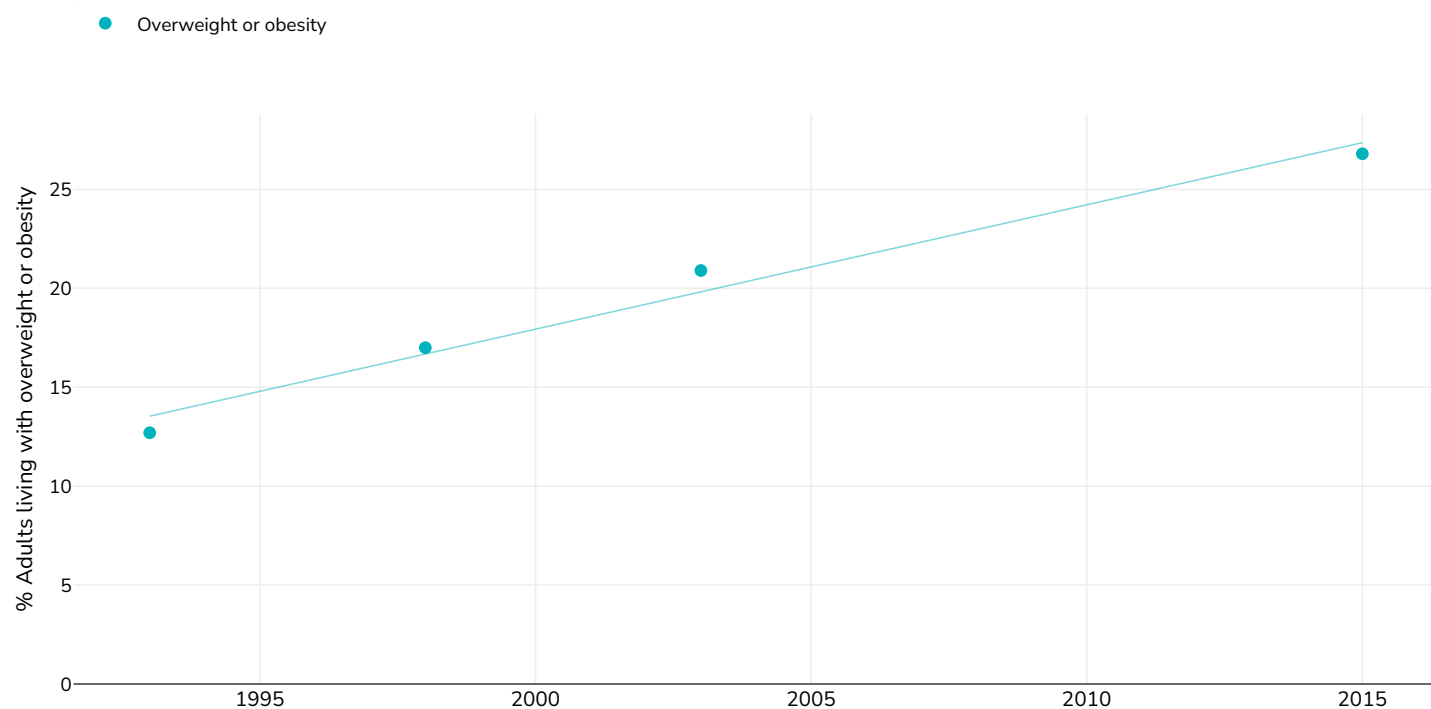
References:

- 1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report Series, vol 2, No.1, cited in Reference 53
- 1998: Data provided by the Philippine Department of Health, Dr C. Barbu, data reanalysed by Dr Charmaine Duante.
- 2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)
- 2015: 2015 Philippine Anthropometric Survey. [http://enutrition.fnri.dost.gov.ph/site/preview.php?xx=%20uploads/2015\\_ANTHROPOMETRIC\\_SURVEY.pdf](http://enutrition.fnri.dost.gov.ph/site/preview.php?xx=%20uploads/2015_ANTHROPOMETRIC_SURVEY.pdf)
- 2018: EXPANDED NATIONAL NUTRITION SURVEY: 2019 RESULTS. Available at <http://enutrition.fnri.dost.gov.ph/site/uploads/2018-2019%20ENNS%20FACTS%20&%20FIGURES.pdf> (last accessed 14.09.22)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Men



Survey type: Measured

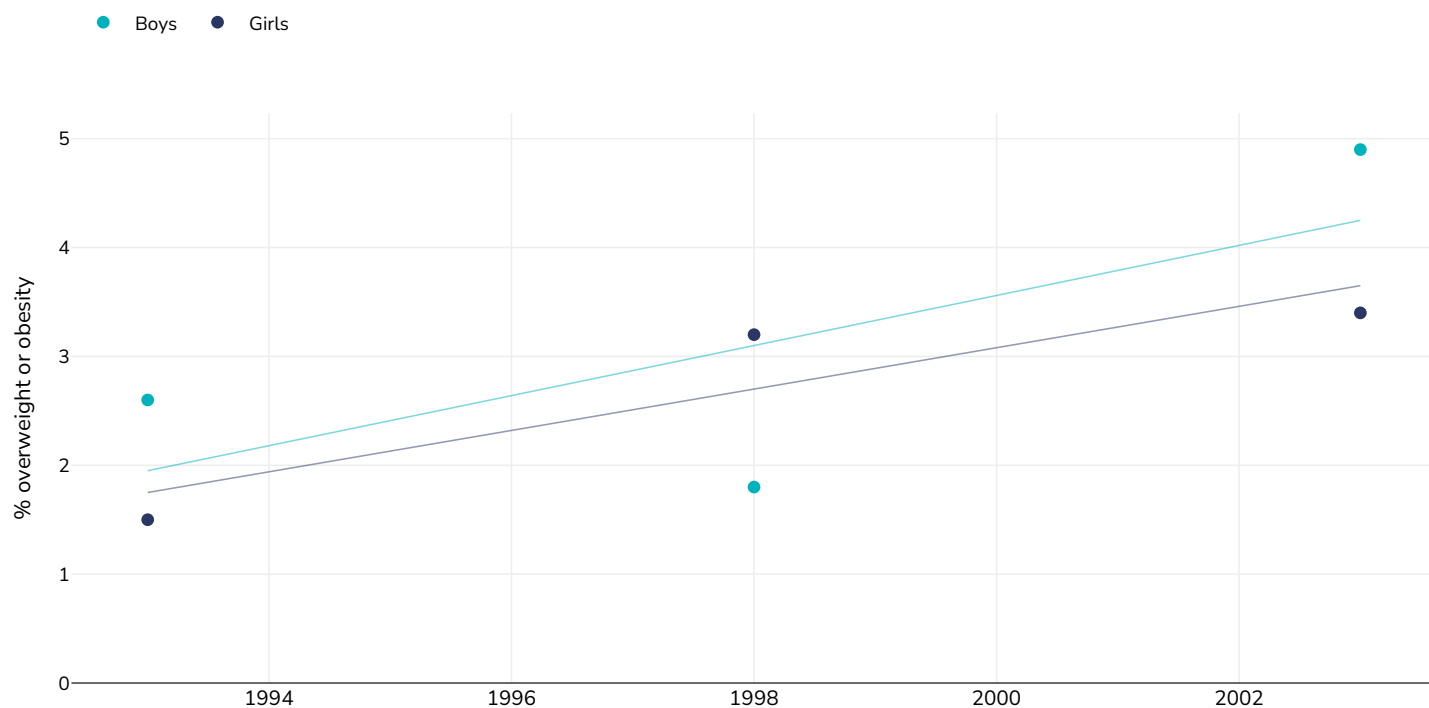
- References:
- 1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report Series, vol 2, No.1, cited in Reference 53
  - 1998: Data provided by the Philippine Department of Health, Dr C. Barbu, data reanalysed by Dr Charmaine Duante.
  - 2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)
  - 2015: 2015 Philippine Anthropometric Survey. [http://enutrition.fnri.dost.gov.ph/site/preview.php?xx=%20uploads/2015\\_ANTHROPOMETRIC\\_SURVEY.pdf](http://enutrition.fnri.dost.gov.ph/site/preview.php?xx=%20uploads/2015_ANTHROPOMETRIC_SURVEY.pdf)
  - 2018: EXPANDED NATIONAL NUTRITION SURVEY: 2019 RESULTS. Available at <http://enutrition.fnri.dost.gov.ph/site/uploads/2018-2019%20ENNS%20FACTS%20&%20FIGURES.pdf> (last accessed 14.09.22)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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 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 living with overweight or obesity in Philippines 2003-2019

## 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\\_PI\\_national.pdf?ua=1](https://www.who.int/ncds/surveillance/gshs/gshs_fs_PI_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](https://www.who.int/ncds/surveillance/gshs/Philippines_2007_GSHS_fact_sheet.pdf?ua=1) (last accessed 14.12.20)

2011: Global School-based Student Health Survey Factsheet, available at

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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:

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](https://www.who.int/ncds/surveillance/gshs/gshs_fs_PI_national.pdf?ua=1) (last accessed 14.12.20)

2007: Global School-based Student Health Survey Factsheet, available at

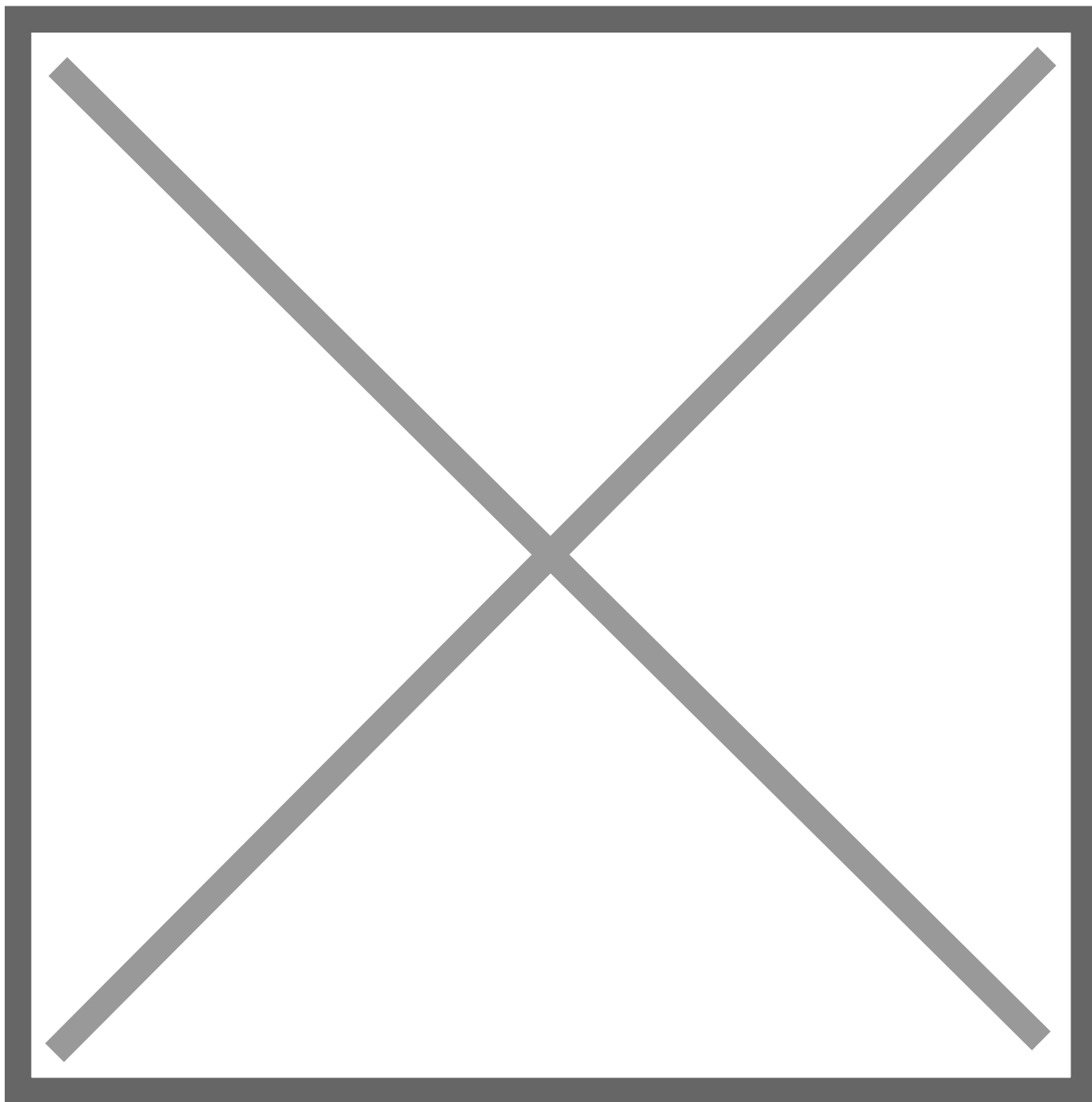
[https://www.who.int/ncds/surveillance/gshs/Philippines\\_2007\\_GSHS\\_fact\\_sheet.pdf?ua=1](https://www.who.int/ncds/surveillance/gshs/Philippines_2007_GSHS_fact_sheet.pdf?ua=1) (last accessed 14.12.20)

2011: Global School-based Student Health Survey Factsheet, available at

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*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](https://www.who.int/ncds/surveillance/gshs/gshs_fs_PI_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](https://www.who.int/ncds/surveillance/gshs/Philippines_2007_GSHS_fact_sheet.pdf?ua=1) (last accessed 14.12.20)

2011: Global School-based Student Health Survey Factsheet, available at

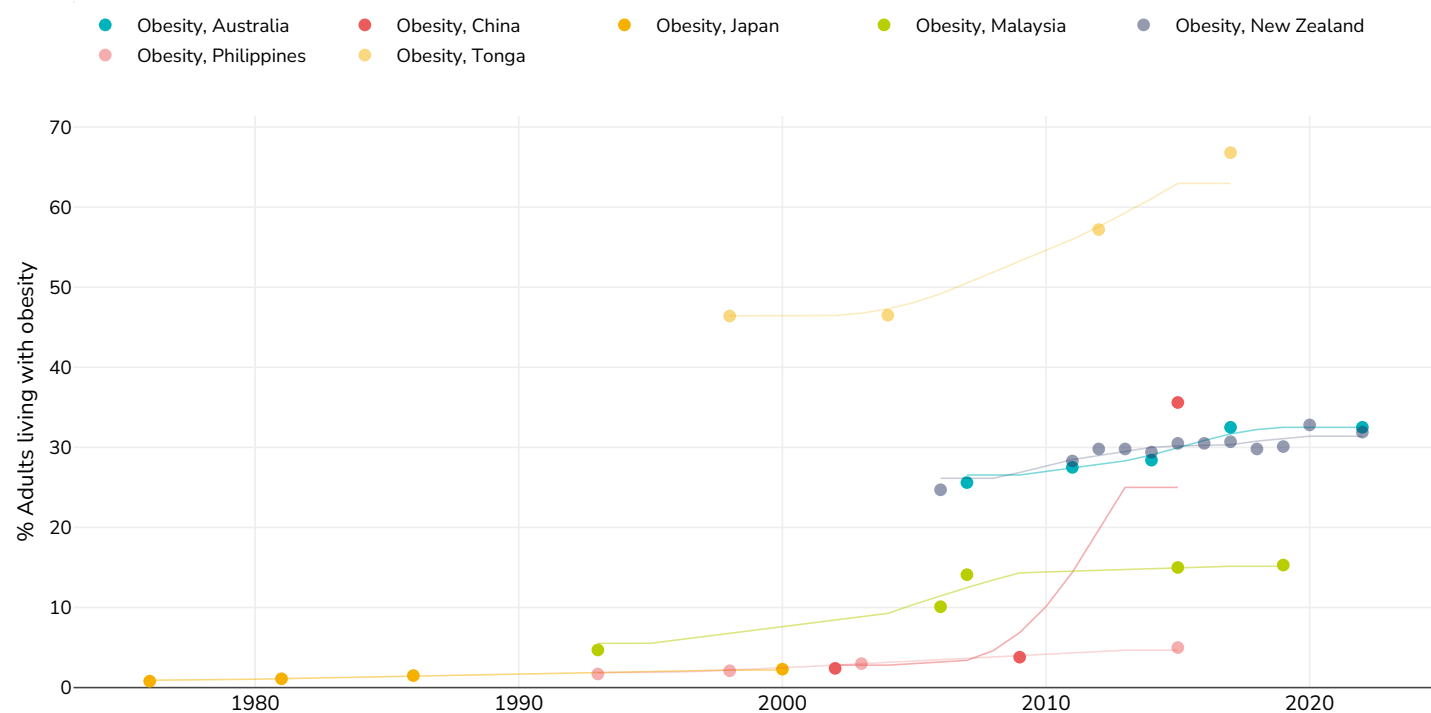
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*



**% Adults living with obesity in selected countries in the Asia/Oceania  
Region 1975-2019, selected countries**

## Men



References:

1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report Series, vol 2, No.1, cited in Reference 53

1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252

1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. *Diabetes care*, 25: 1378 - 1383.

2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.

2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11

2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).

2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)

2004: Tonga STEPS Survey 2004

2005, 2013: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. *PLoS One*. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577

2006: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and Macro International. 2007. Nepal Demographic and Health Survey 2006. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and Macro International.

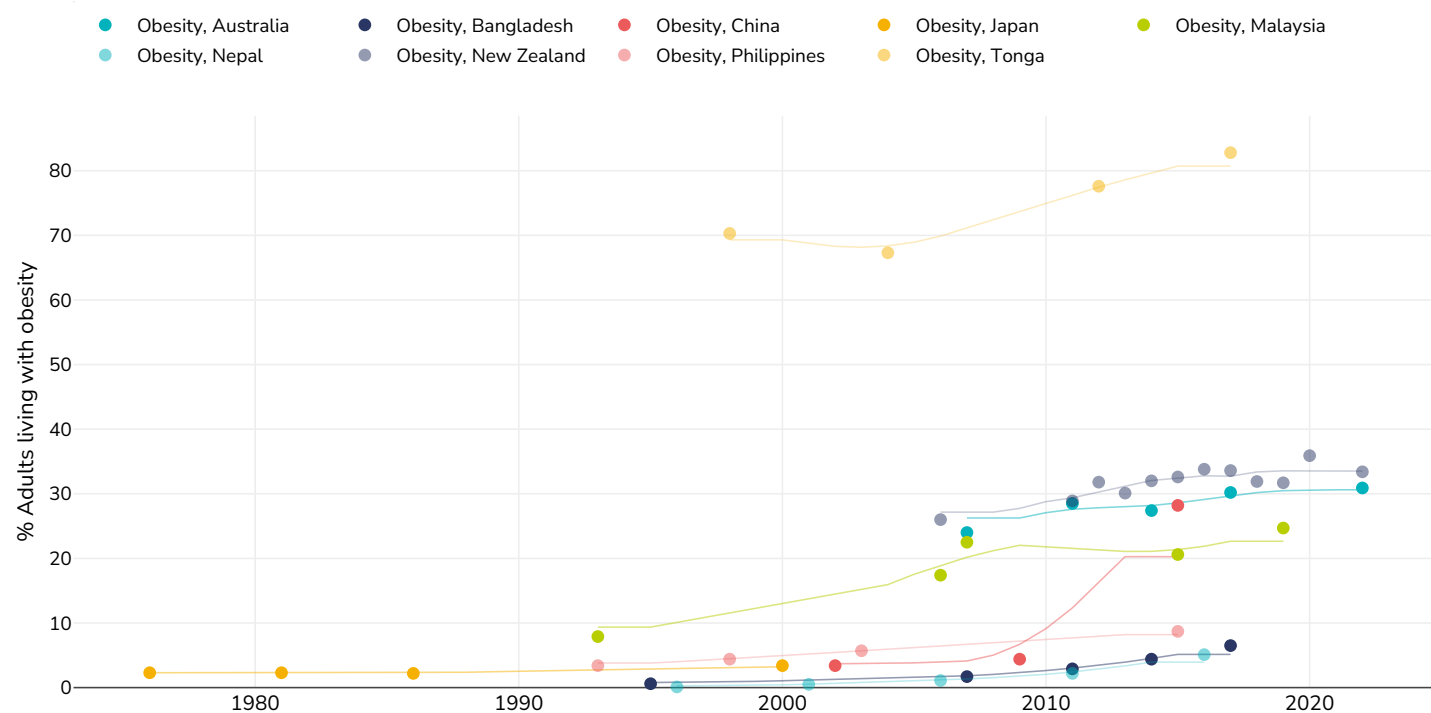
2007: National Institute of Population Research and Training (NIPORT), Mitra and Associates, and Macro International. 2008. Bangladesh Demographic and Health Survey 2007: Key Findings. Calverton, Maryland, USA: NIPORT, Mitra and Associates, and Macro International.

2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/obr.11467

*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.*

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## Women



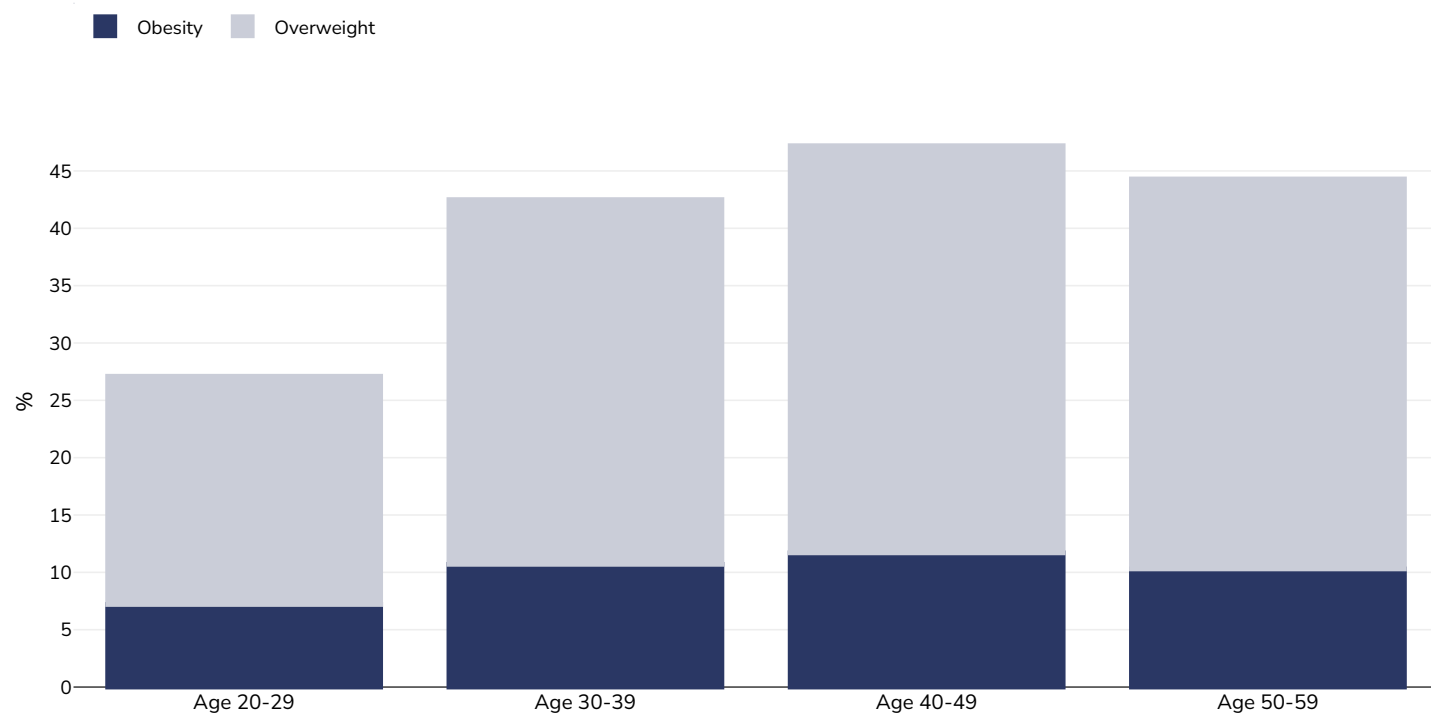
- References:
- 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190
  - 1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report Series, vol 2, No.1, cited in Reference 53
  - 1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252
  - 1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. *Diabetes care*, 25: 1378 - 1383.
  - 2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.
  - 2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
  - 2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).
  - 2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)
  - 2004: Tonga STEPS Survey 2004
  - 2005, 2013: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. *PLoS One*. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577
  - 2006: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and Macro International. 2007. Nepal Demographic and Health Survey 2006. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and Macro International.
  - 2007: National Institute of Population Research and Training (NIPORT), Mitra and Associates, and Macro International. 2008. Bangladesh Demographic and Health Survey 2007: Key Findings. Calverton, Maryland, USA: NIPORT, Mitra and Associates, and Macro International.
  - 2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/obr.11467

*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.*

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## Overweight/obesity by age

### Adults, 2021



Survey type: Measured

Sample size: 141189\*

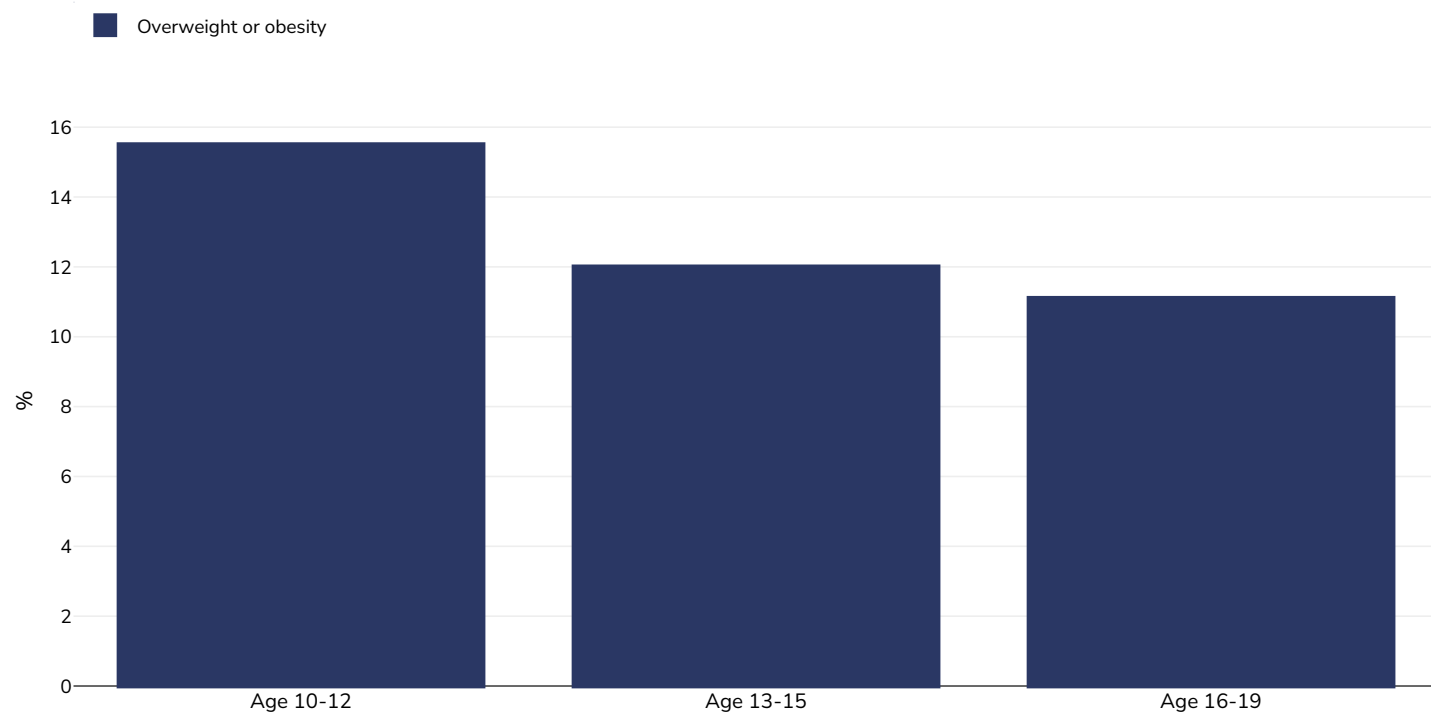
Area covered: National

References: Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the <https://enutrition.fnri.dost.gov.ph/> (Registration required) Last accessed 09.07.24

Notes: \*Sample size includes children. Data based on Asia specific cut offs should become available when full report released

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2021



Survey type: Measured

Sample size: 141189\*

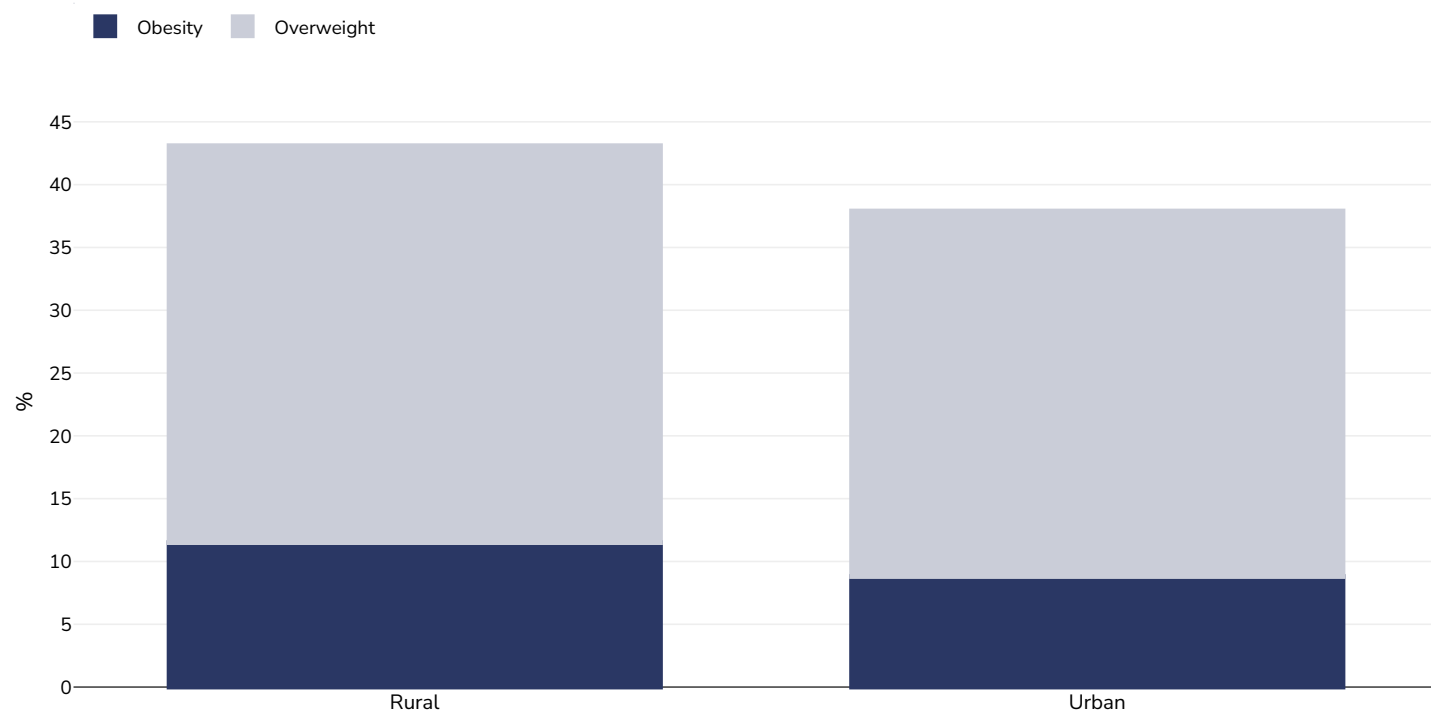
Area covered: National

References: Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the <https://enutrition.fnri.dost.gov.ph/> (Registration required) Last accessed 09.07.24

Notes: \*Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

## Overweight/obesity by region

### Adults, 2021



Survey type:	Measured
Age:	20-59
Sample size:	141189*
Area covered:	National

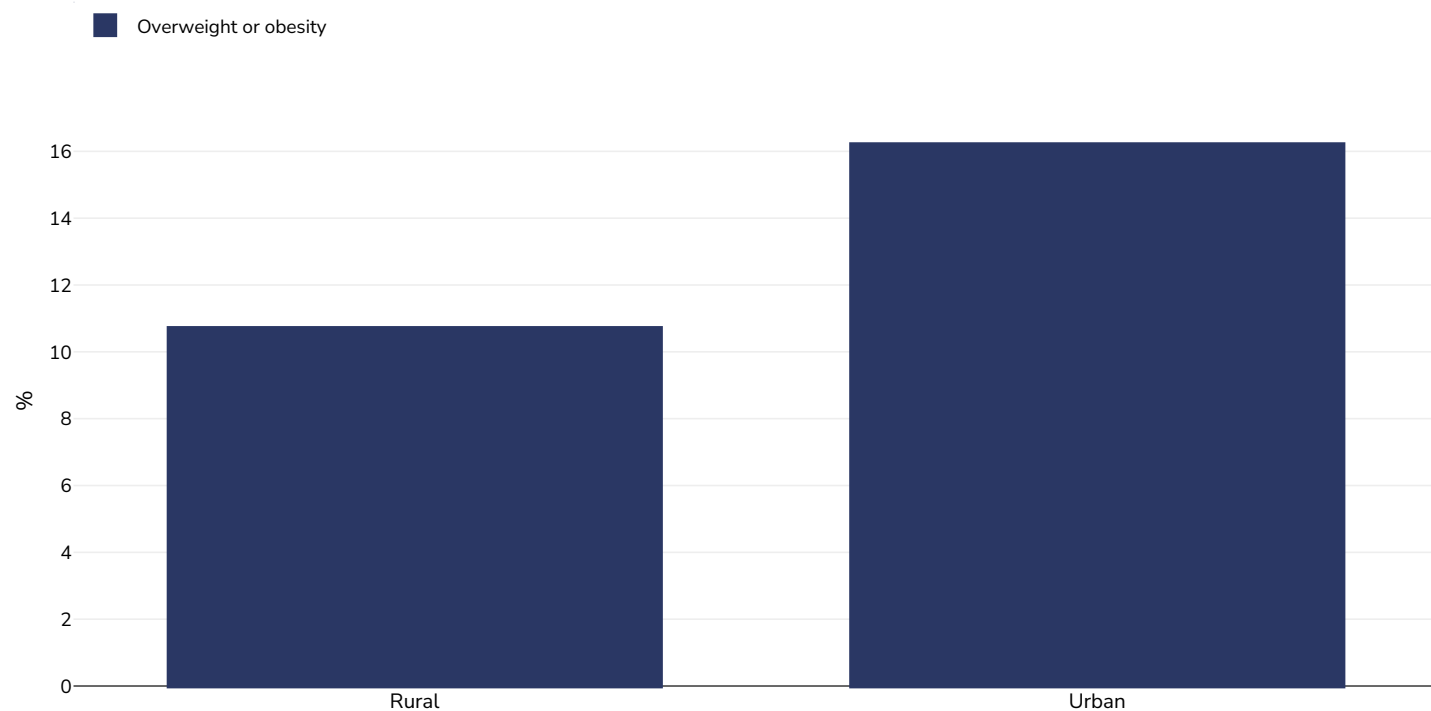
References: Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the <https://enutrition.fnri.dost.gov.ph/> (Registration required) Last accessed 09.07.24

Notes: \*Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*



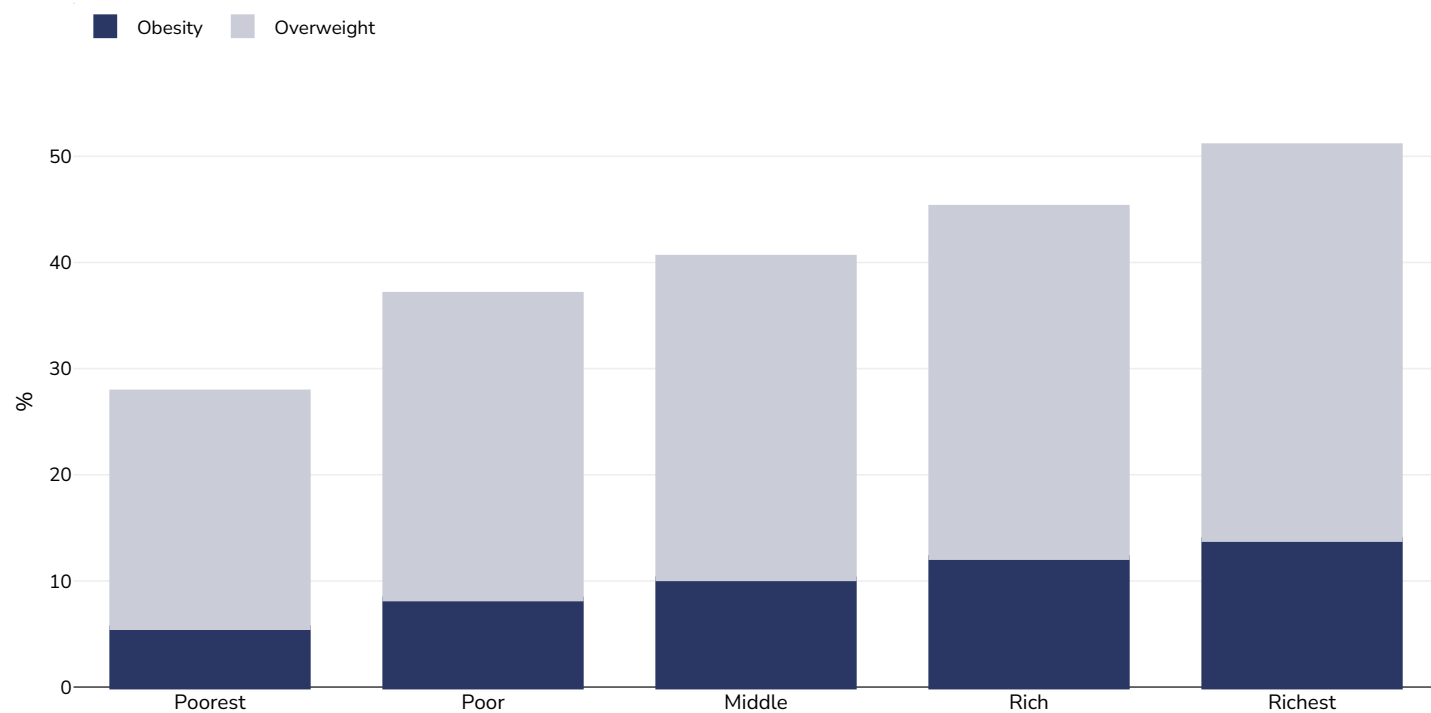
## Children, 2021



Survey type:	Measured
Age:	10-19
Sample size:	141189*
Area covered:	National
References:	Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the <a href="https://enutrition.fnri.dost.gov.ph/">https://enutrition.fnri.dost.gov.ph/</a> (Registration required) Last accessed 09.07.24
Notes:	*Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

## Overweight/obesity by socio-economic group

### Adults, 2021



Survey type: Measured

Age: 20-59

Sample size: 141189\*

Area covered: National

References: Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the <https://enutrition.fnri.dost.gov.ph/> (Registration required) Last accessed 09.07.24

Notes: \*Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

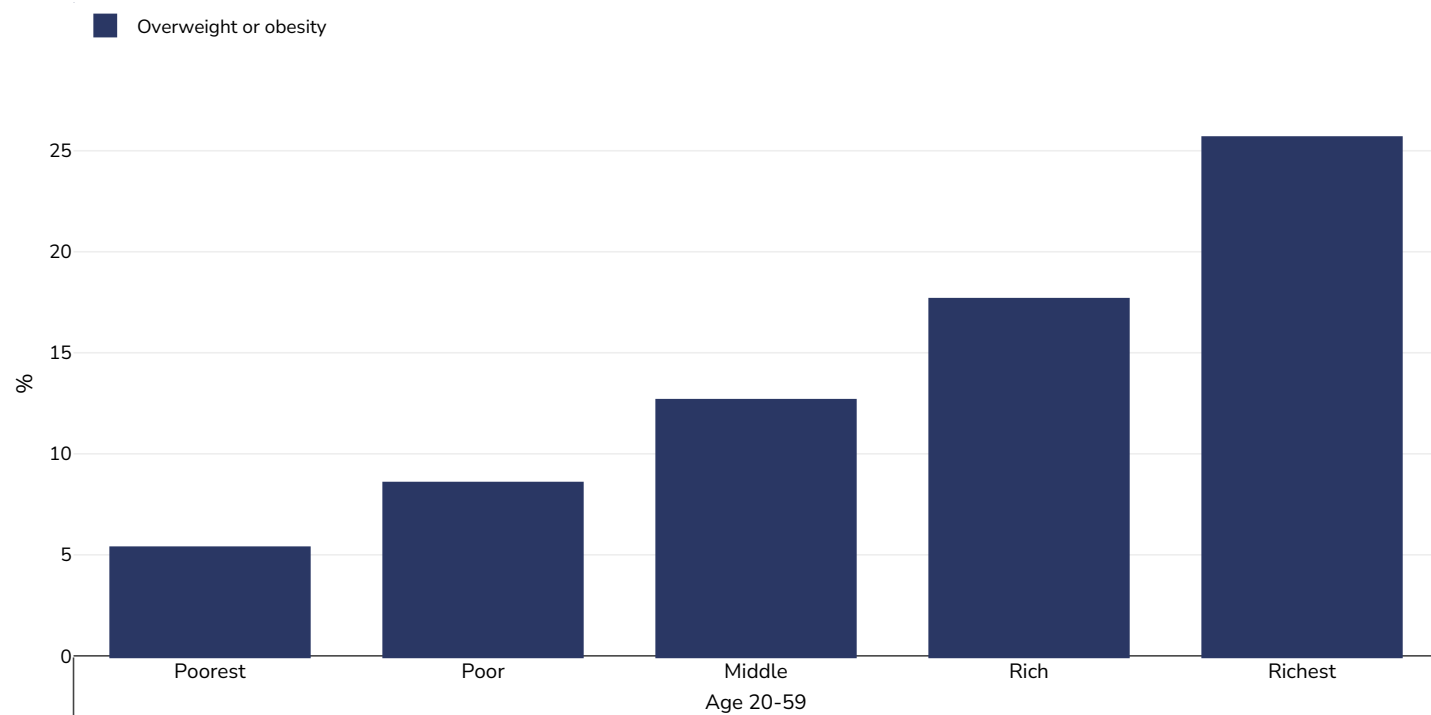
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2021



Survey type:	Measured
Sample size:	141189*
Area covered:	National
References:	Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the <a href="https://enutrition.fnri.dost.gov.ph/">https://enutrition.fnri.dost.gov.ph/</a> (Registration required) Last accessed 09.07.24
Notes:	*Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

## Children, 2021



Survey type: Measured

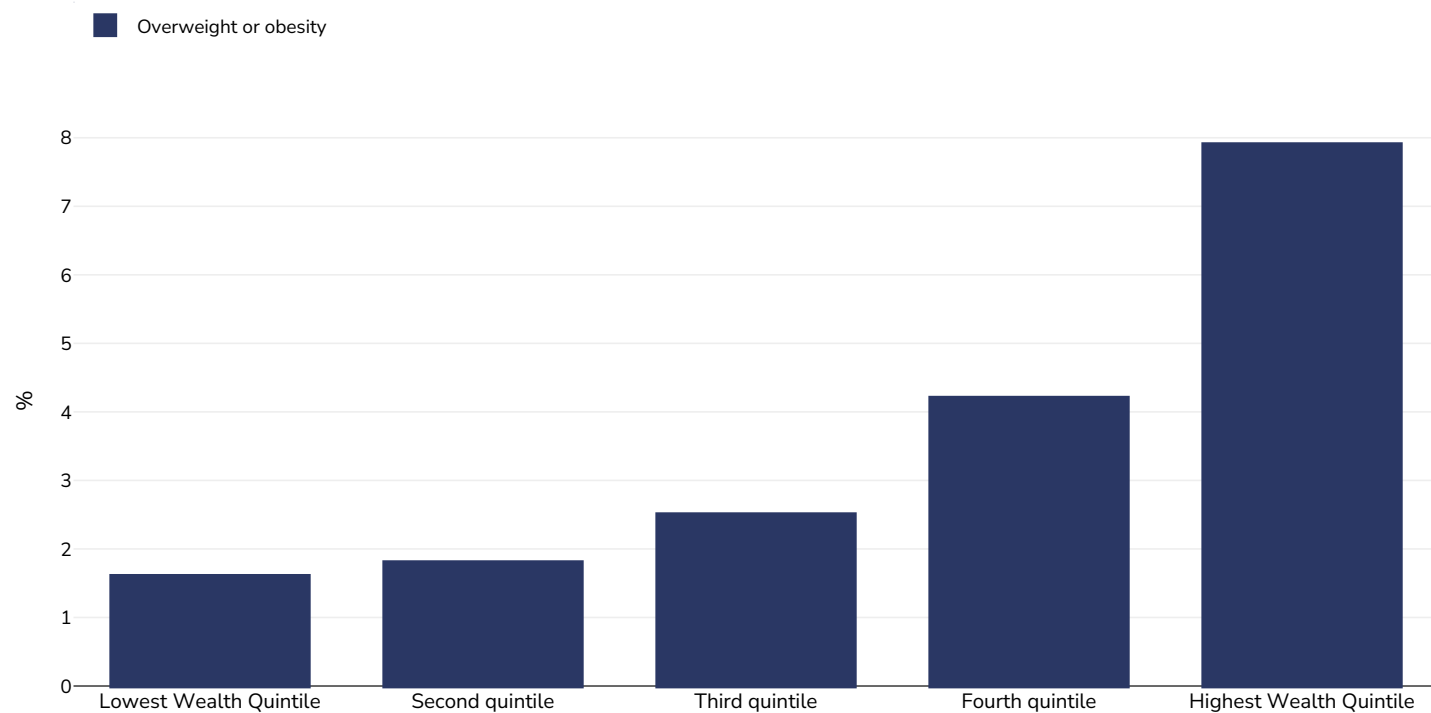
Sample size: 141189\*

Area covered: National

References: Powerpoint presentation on the Expanded National Nutrition Survey (ENNS) 2021. Department of Science and Technology Food and Nutrition Research Institute (DOST-FNRI), Manila 2022. Available on the <https://enutrition.fnri.dost.gov.ph/> (Registration required) Last accessed 09.07.24

Notes: \*Sample size includes adults & children. Data based on Asia specific cut offs should become available when full report released

## Infants, 2015



Sample size: 10206885

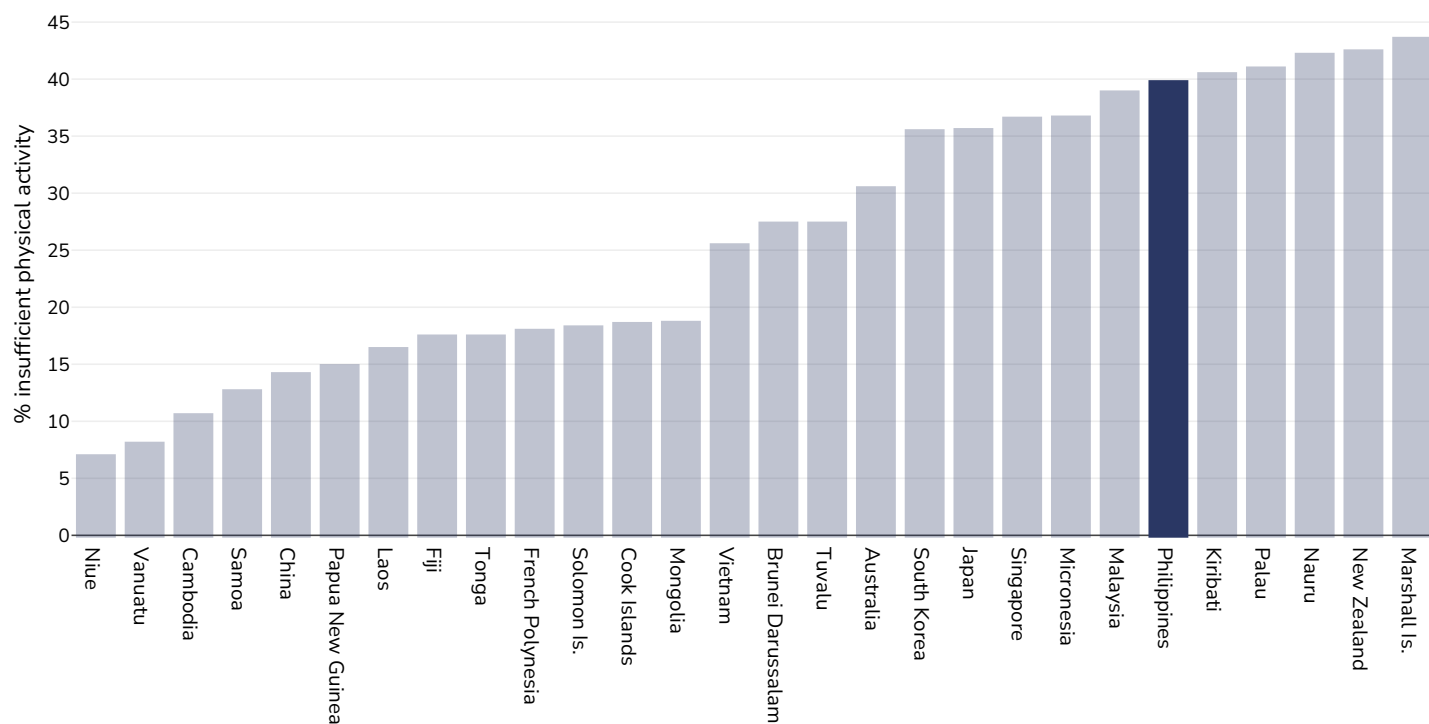
References: NNS: Philippines 2015 National Nutrition Survey - Updating Survey Results

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

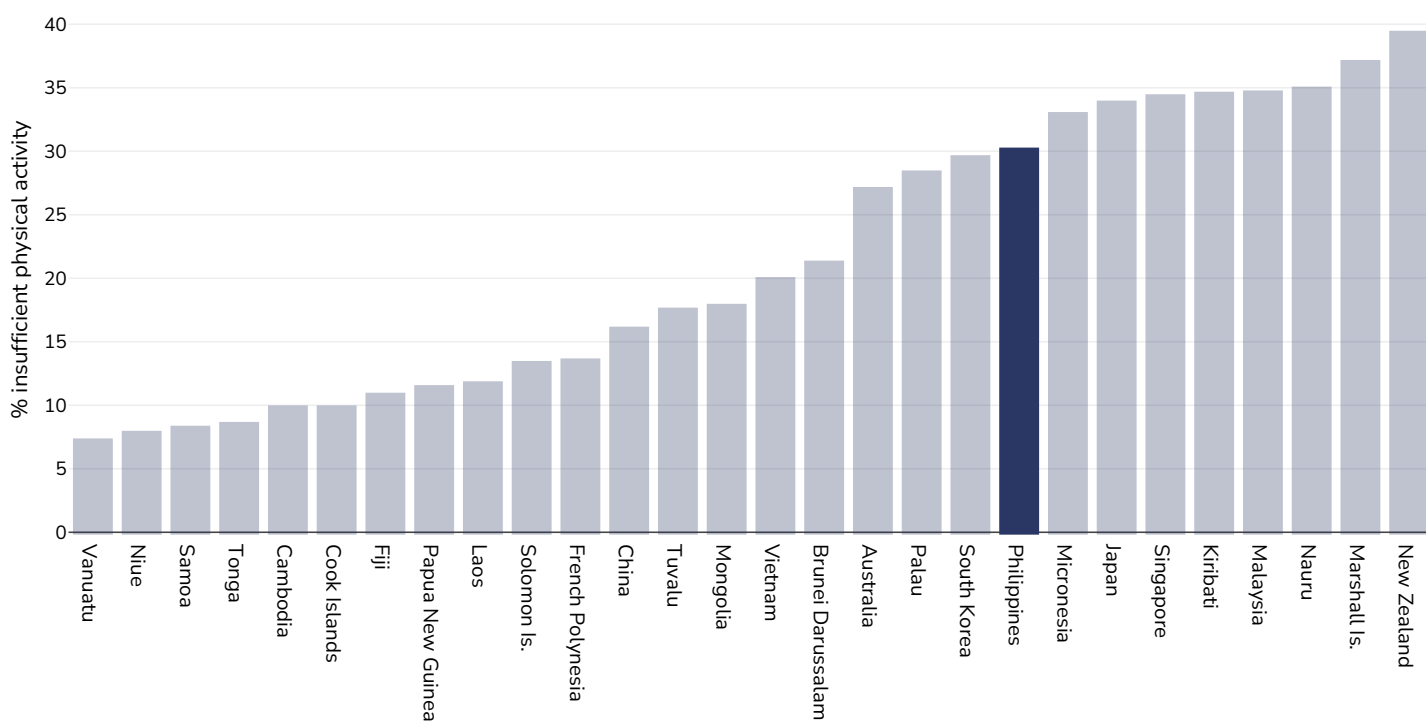
## Insufficient physical activity

### Adults, 2016



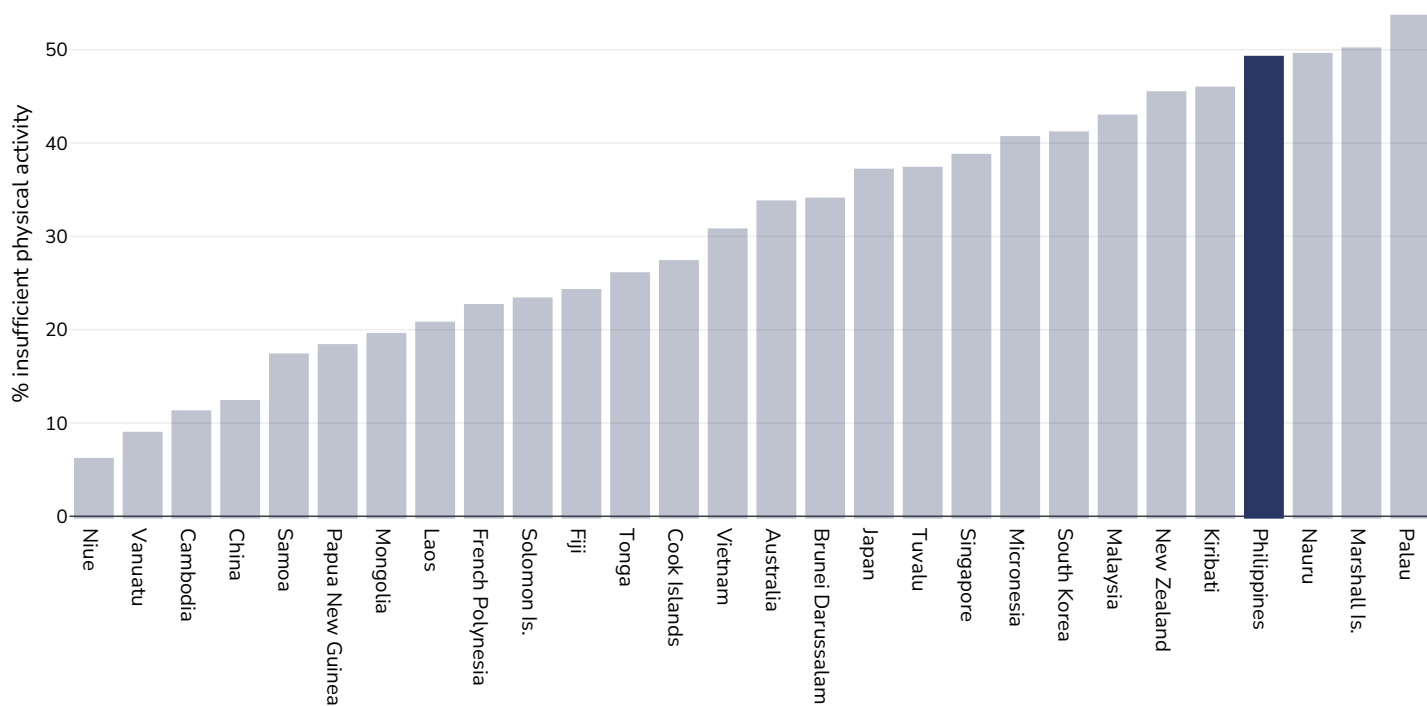
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. *Lancet* 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Men, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. *Lancet* 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

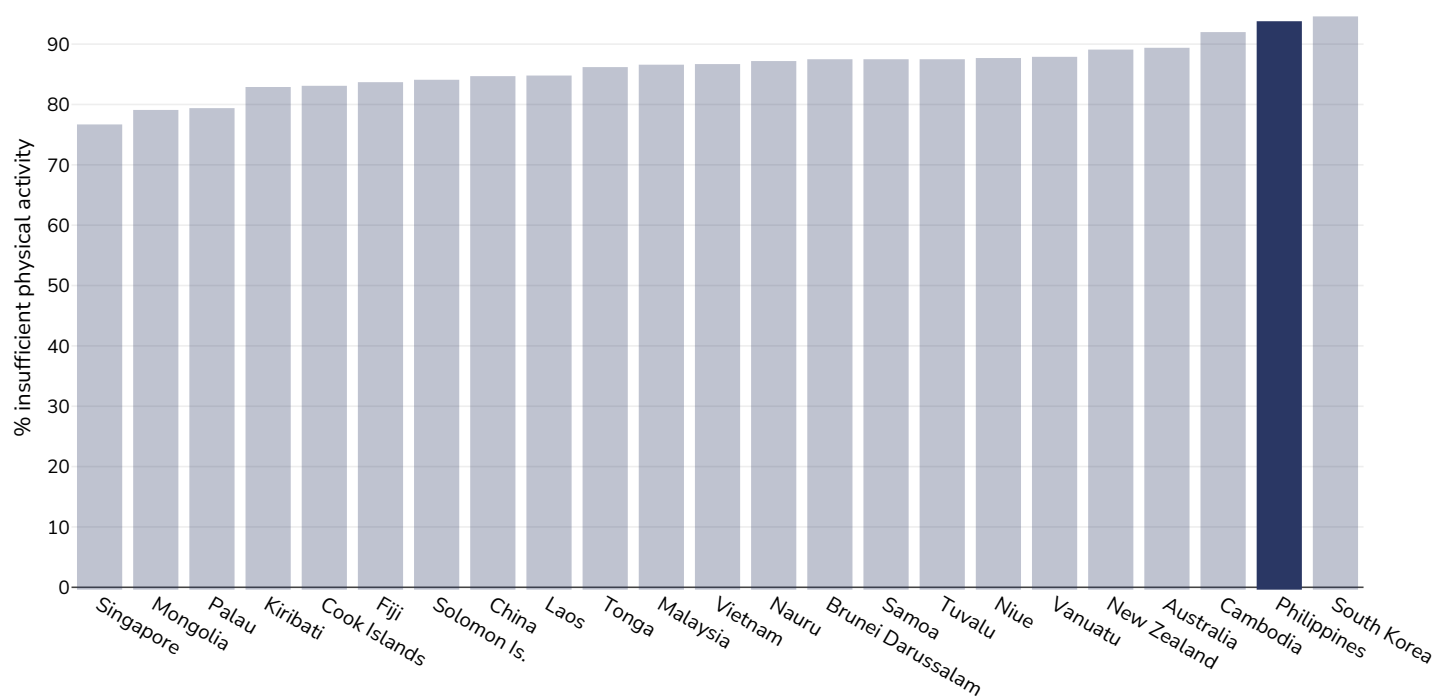
## Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)



## Children, 2016



Survey type: Self-reported

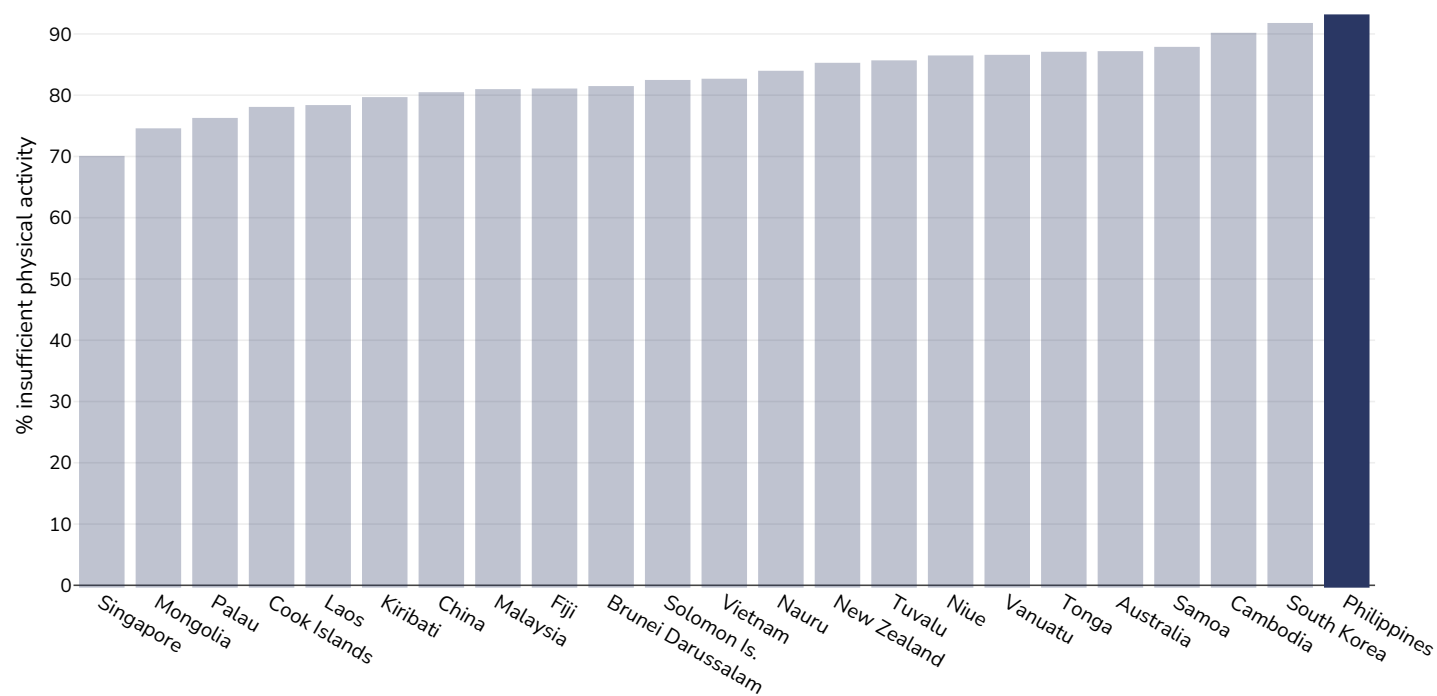
Age: 11-17

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

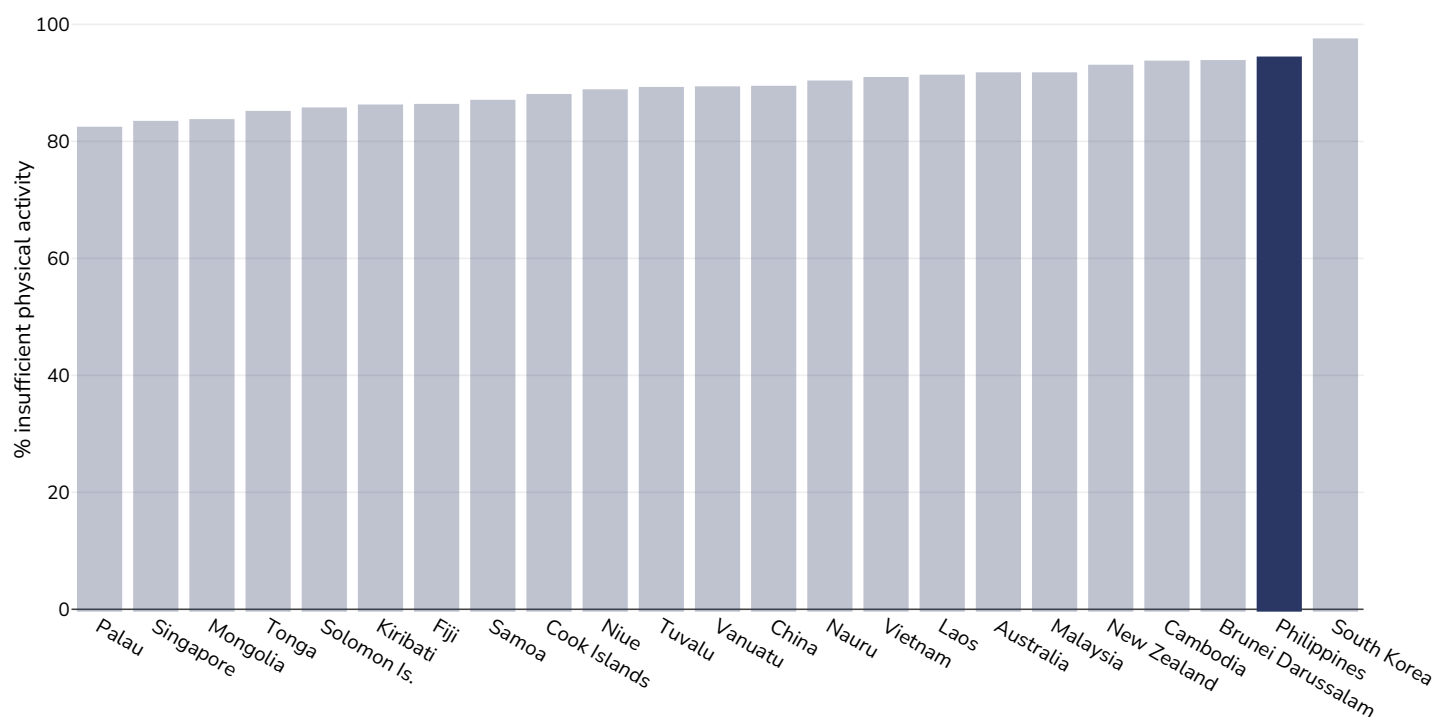
Age: 11-17

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

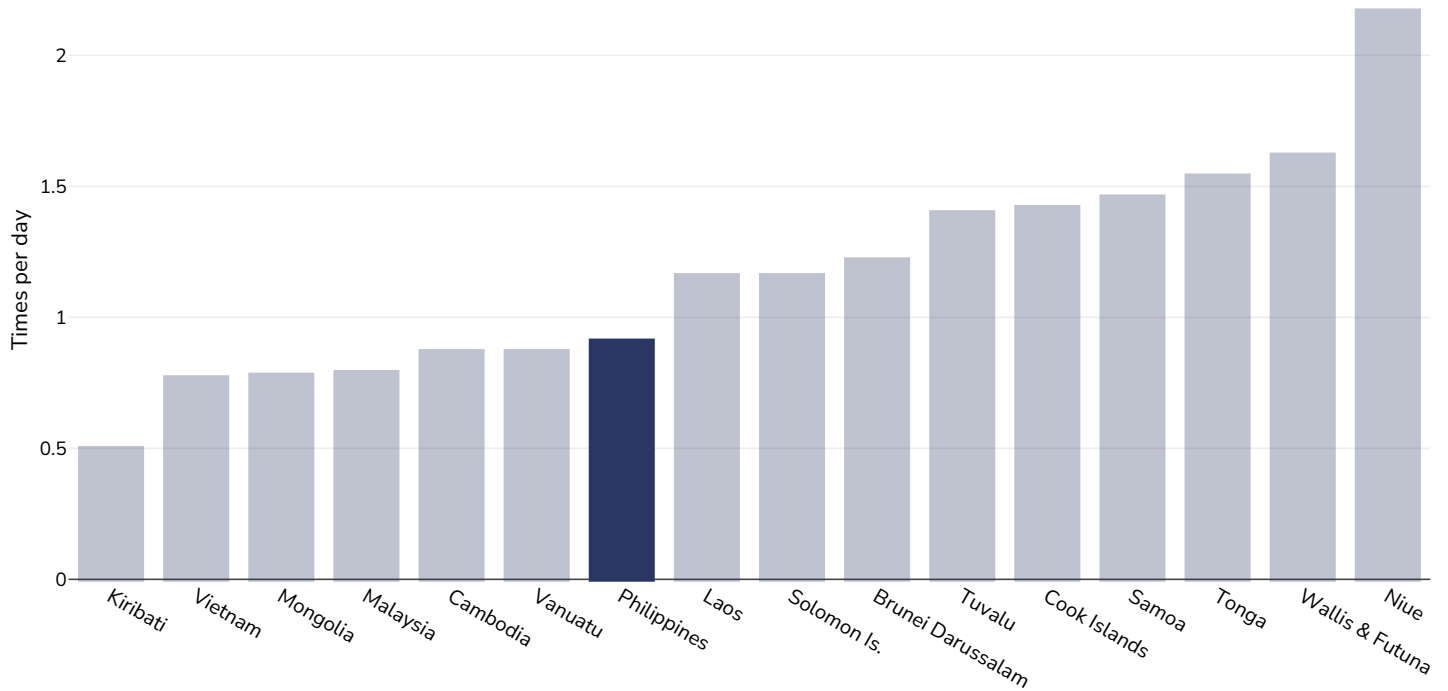
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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

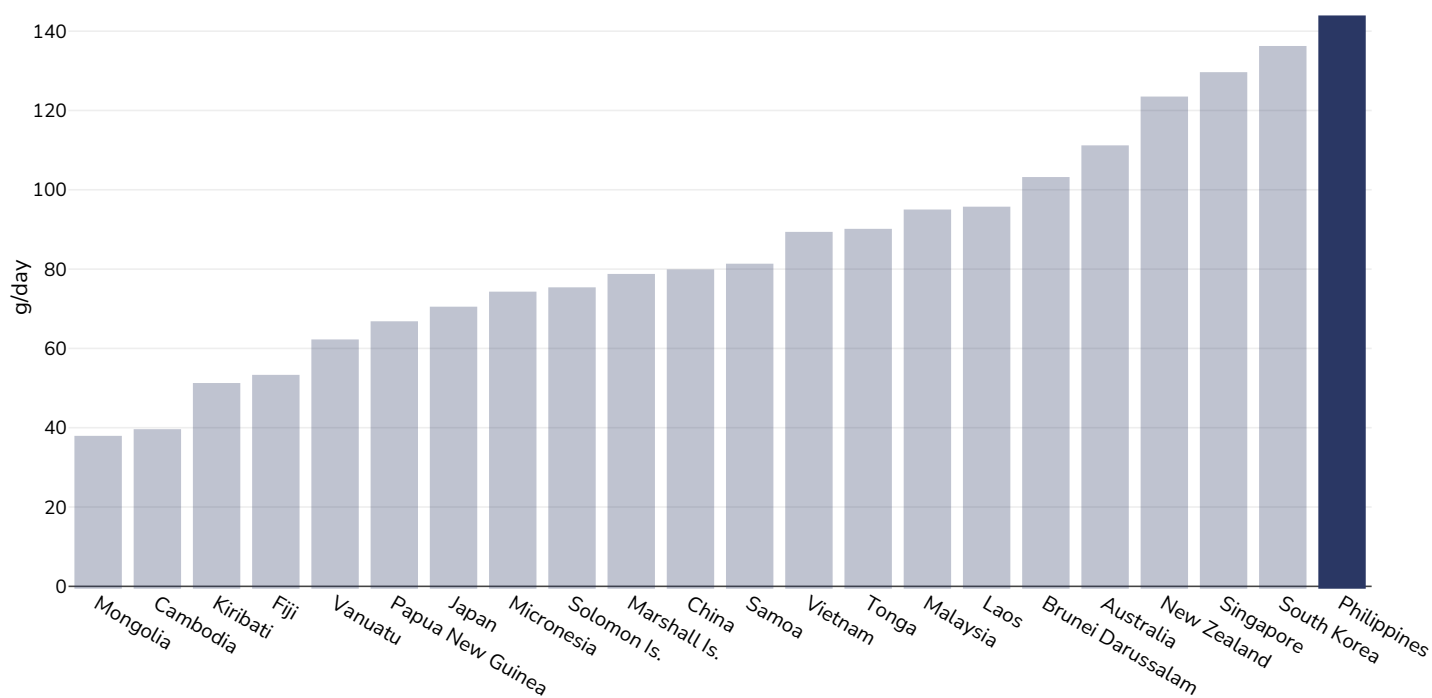
Age:

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>

## Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

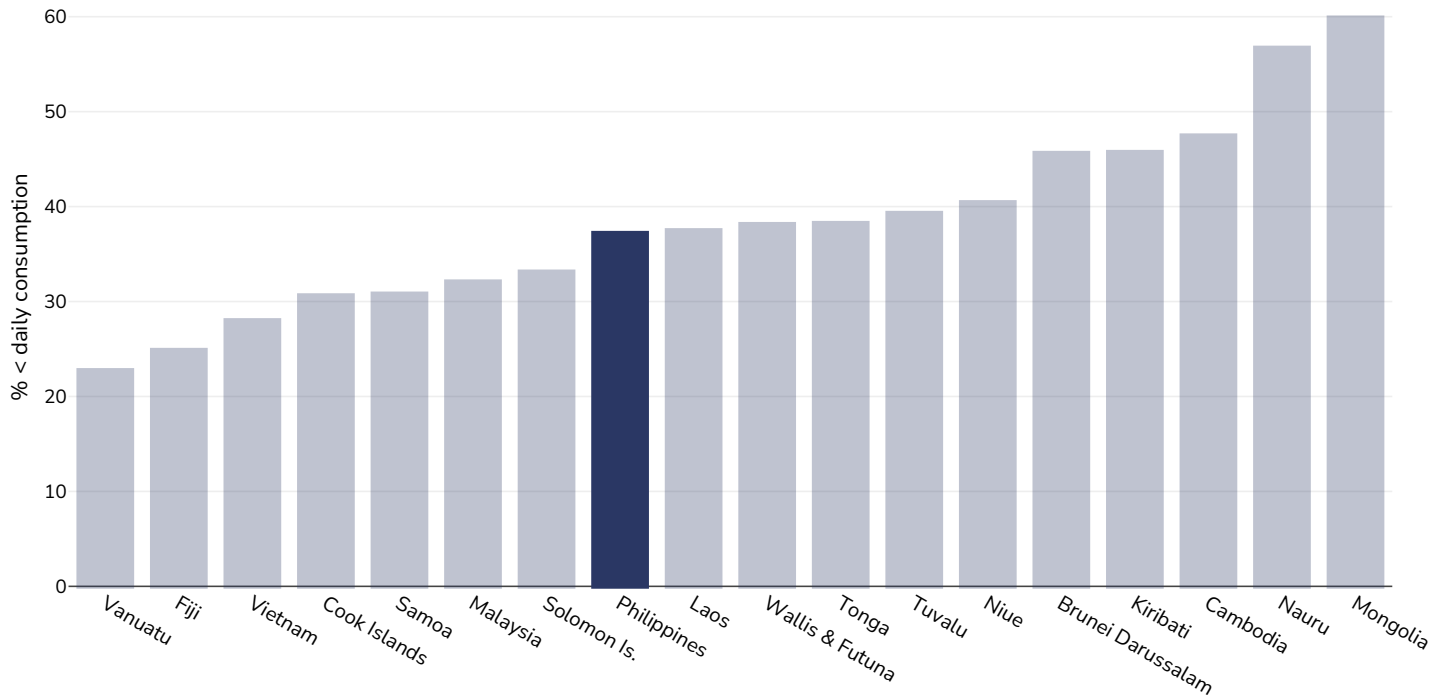
Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions: Estimated per-capita fruit intake (g/day)

## Prevalence of less than daily fruit consumption

### Children, 2010-2015



Survey type: Measured

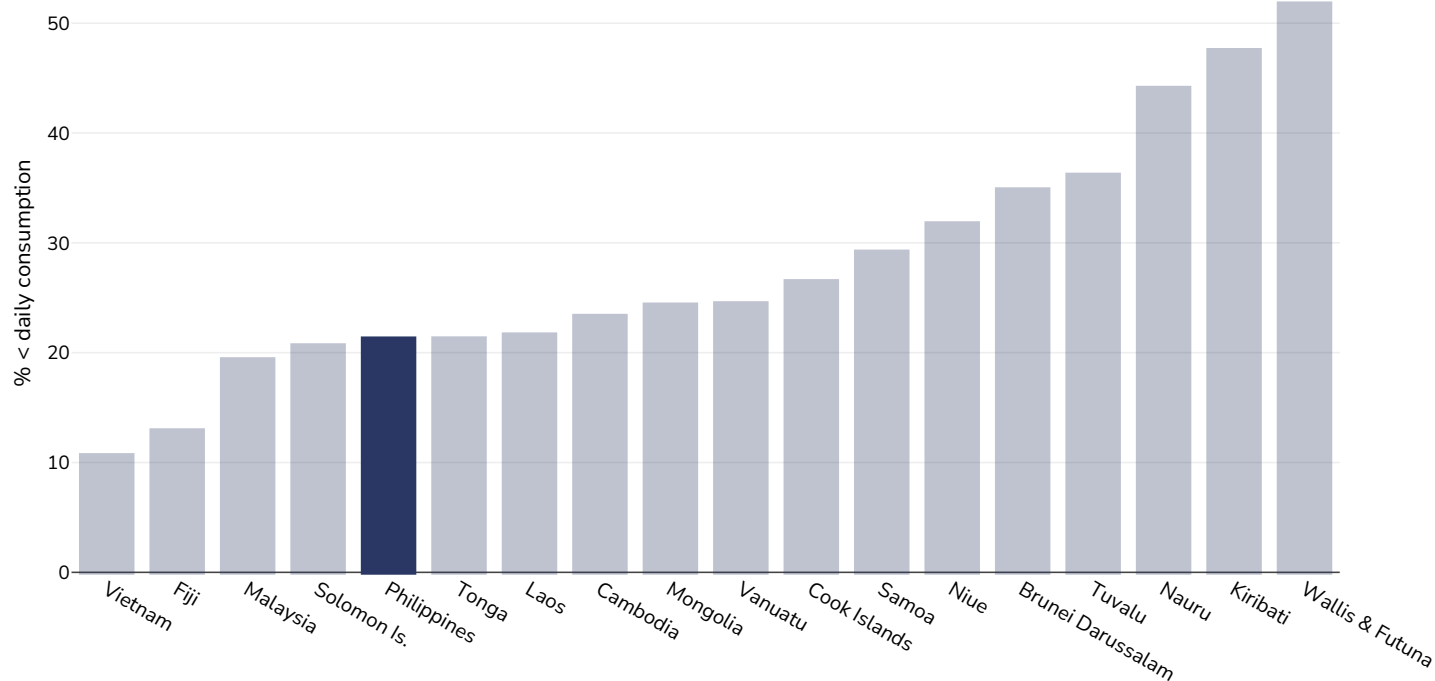
Age: 12-17

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, 2010-2015



Survey type: Measured

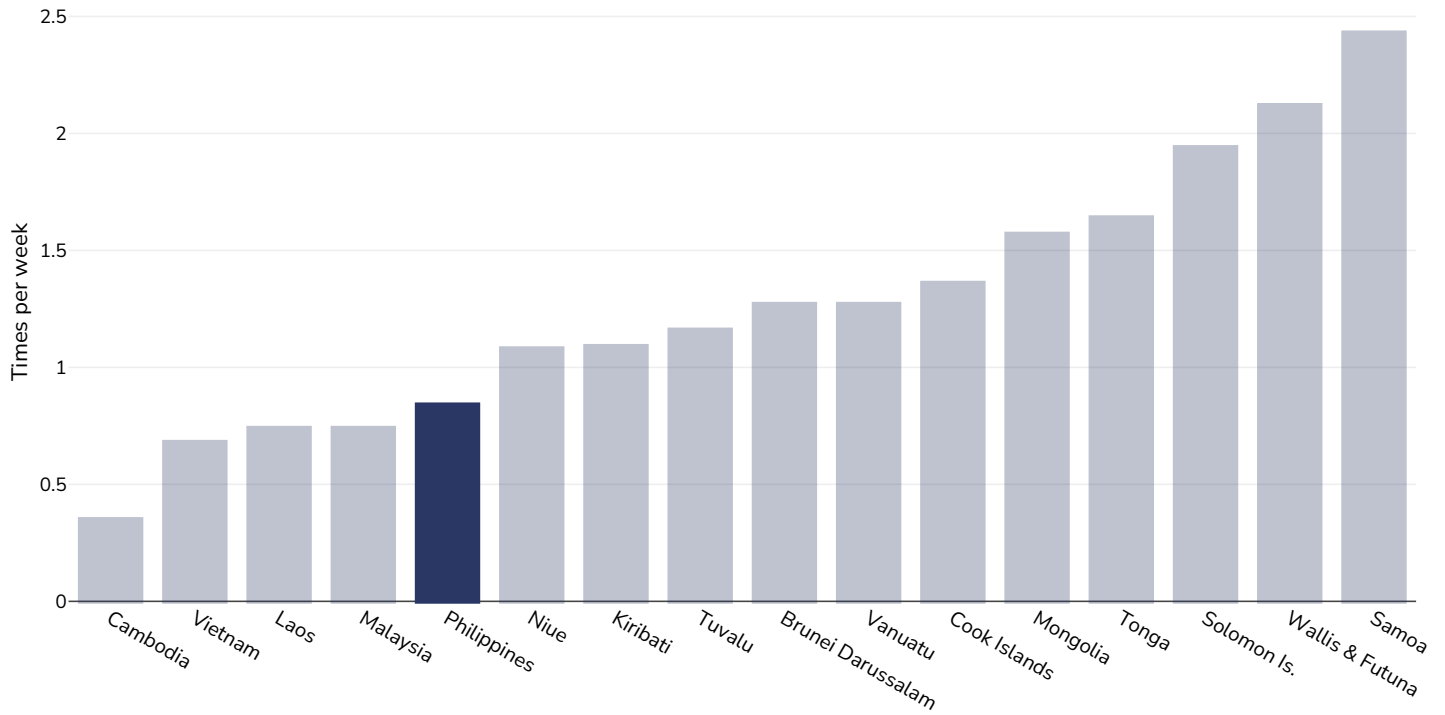
Age: 12-17

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>

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

## Average weekly frequency of fast food consumption

### Children, 2010-2015



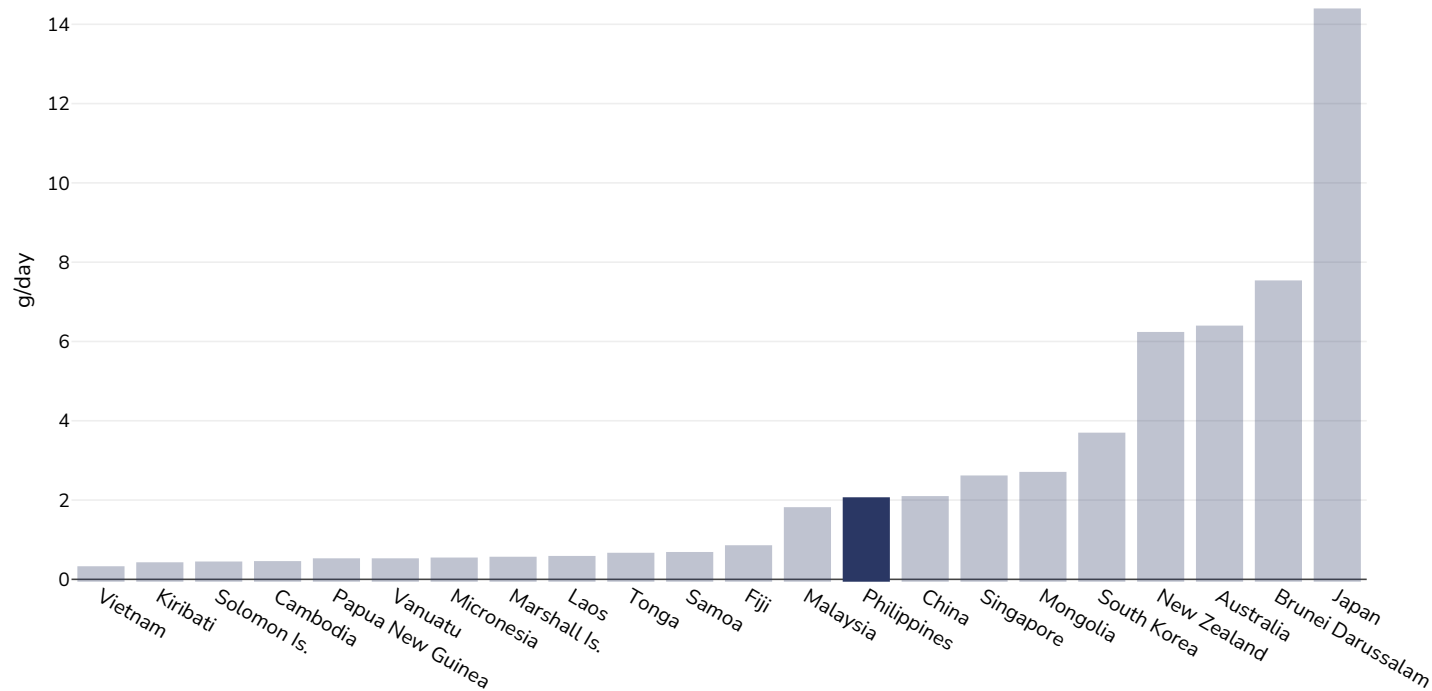
Age: 12-17

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>



## Estimated per-capita processed meat intake

Adults, 2017



Survey type: Measured

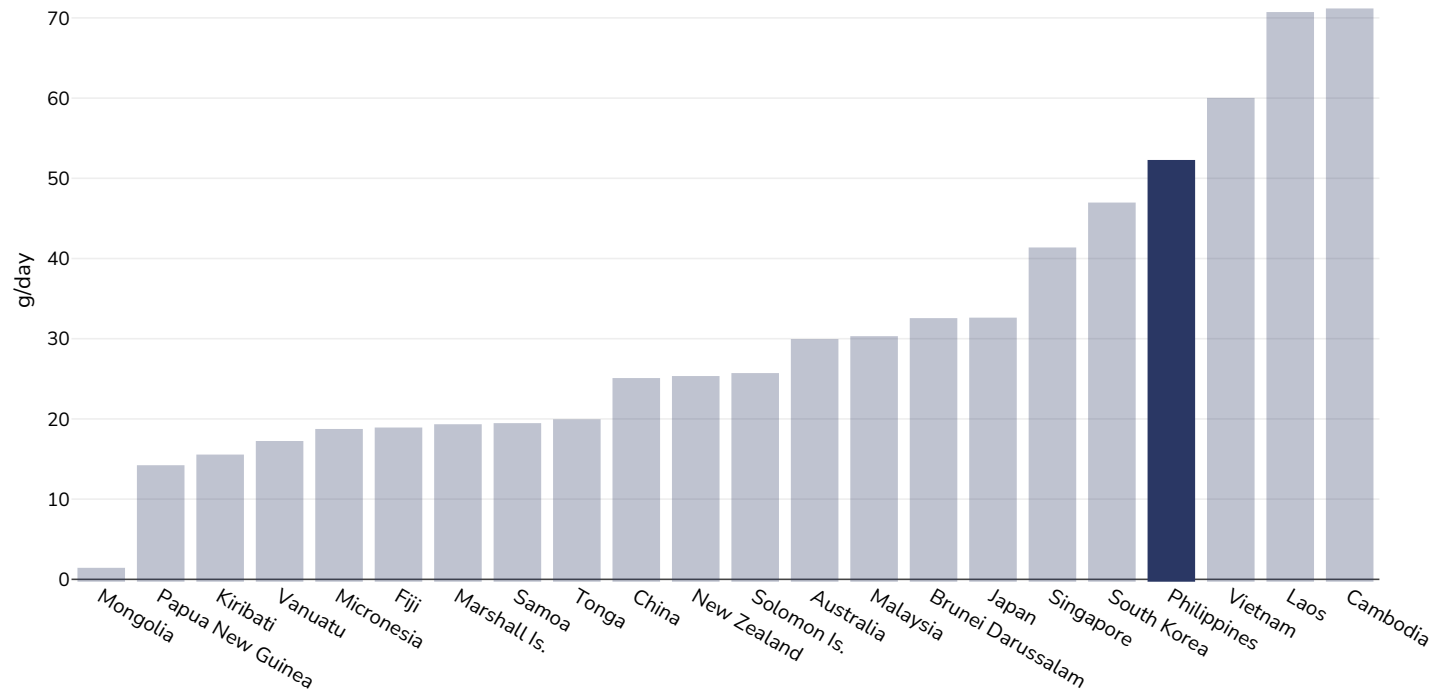
Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions: Estimated per-capita processed meat intake (g per day)

## Estimated per capita whole grains intake

Adults, 2017



Survey type: Measured

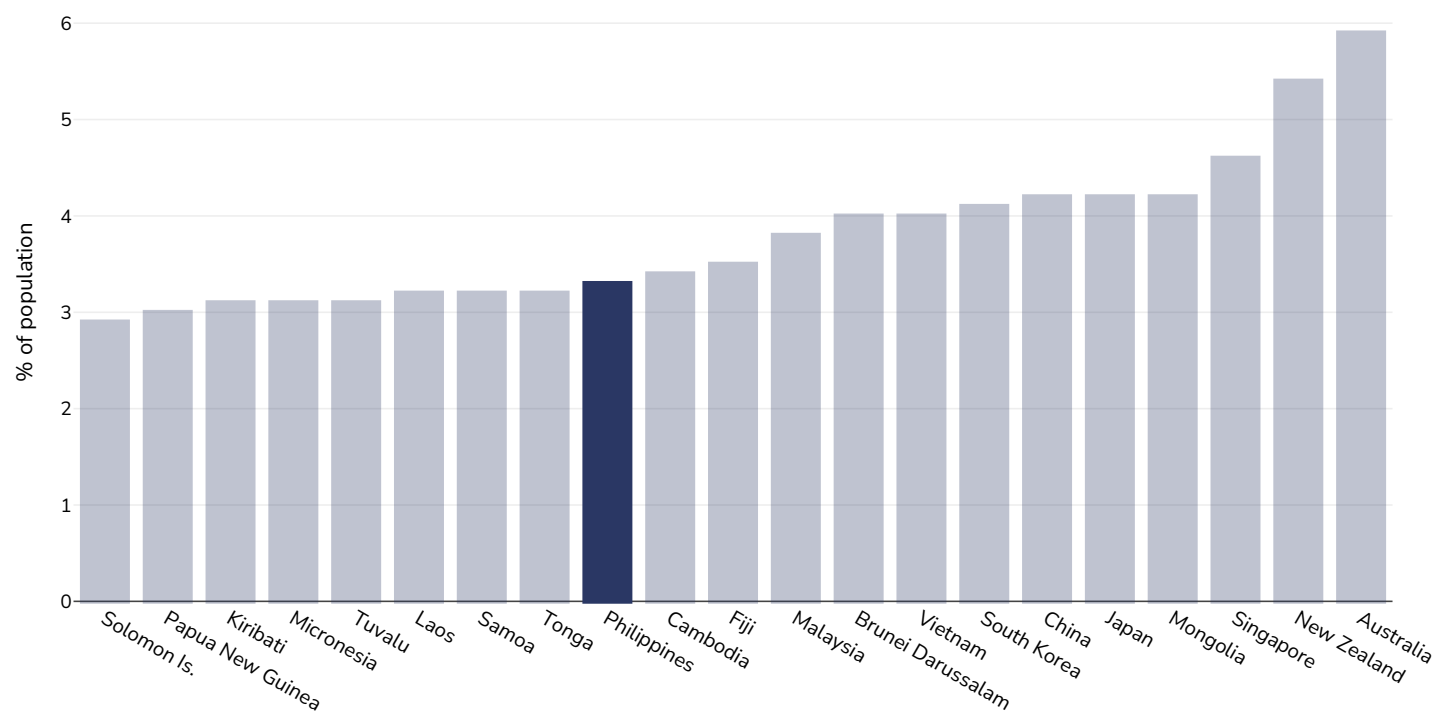
Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions: Estimated per-capita whole grains intake (g/day)

## Mental health - depression disorders

### Adults, 2015

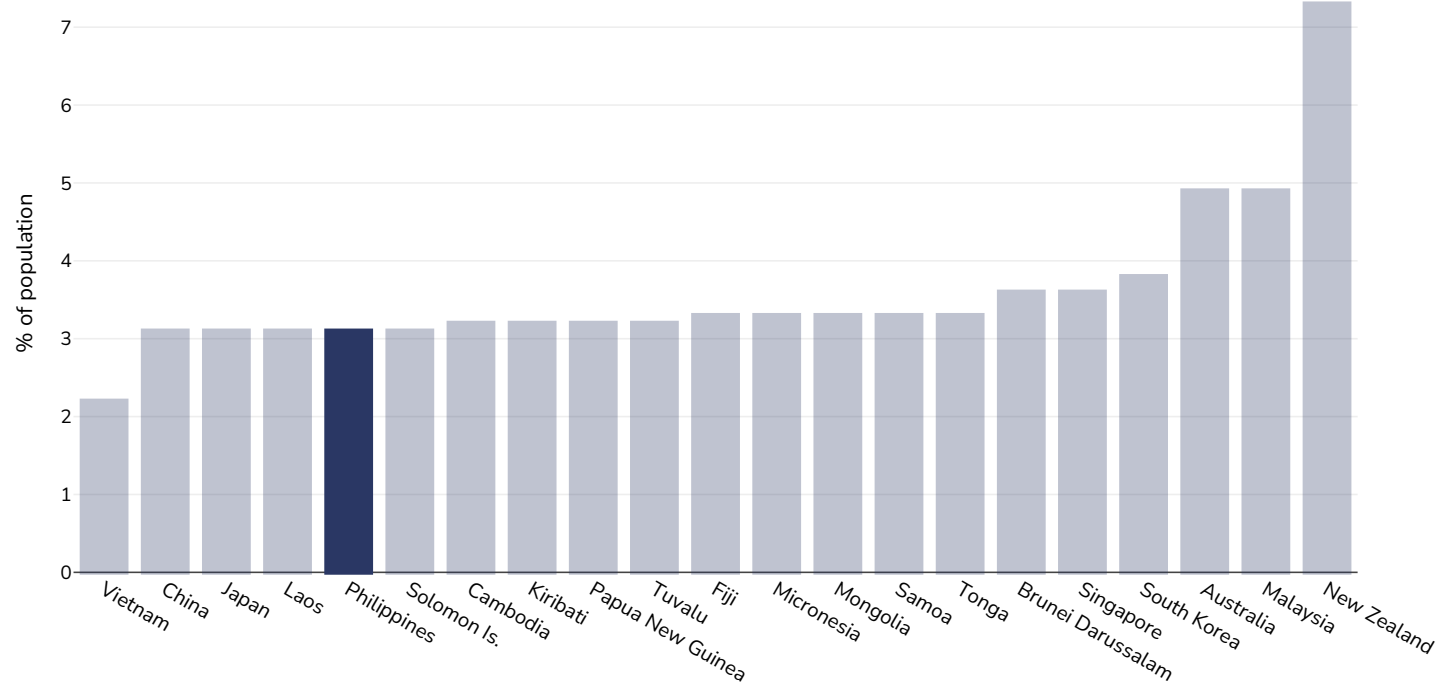


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

## Mental health - anxiety disorders

### Adults, 2015

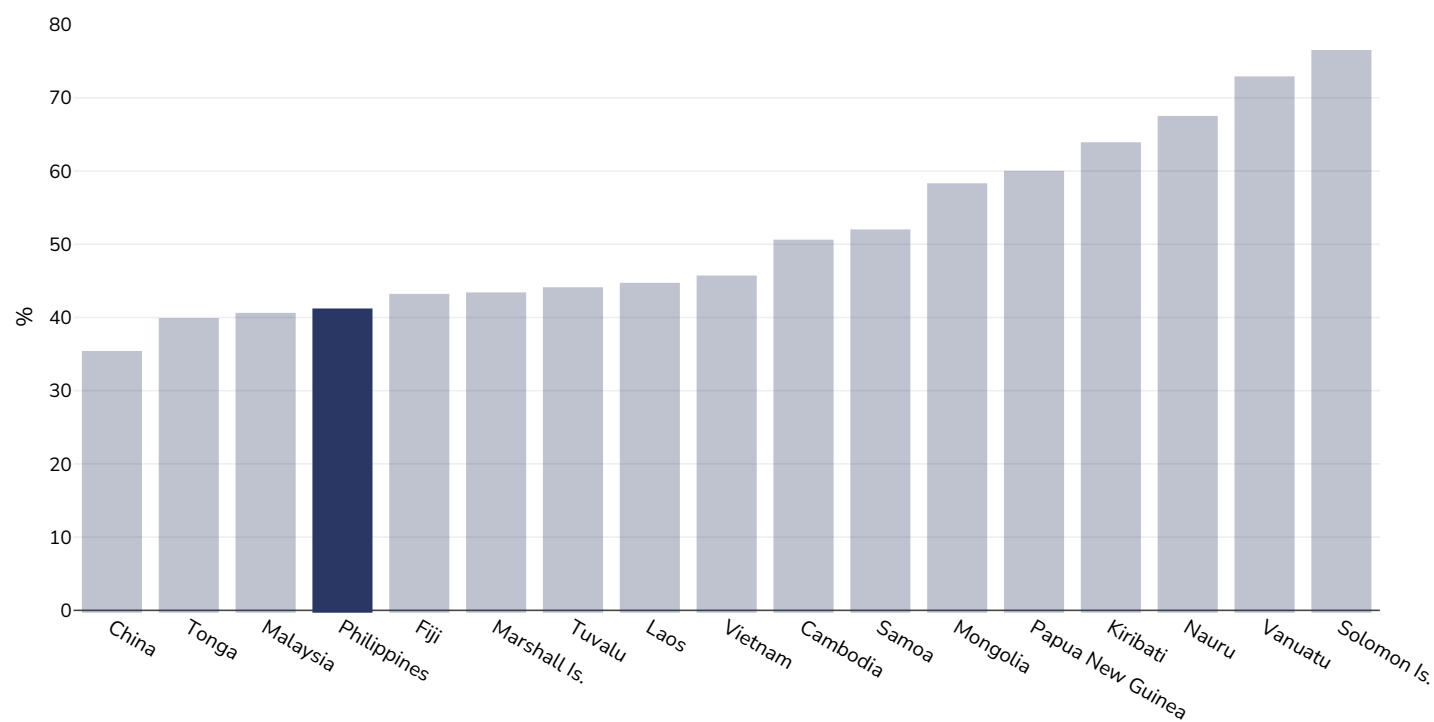


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

## % Infants exclusively breastfed 0-5 months

### Infants, 2007-2022



References:

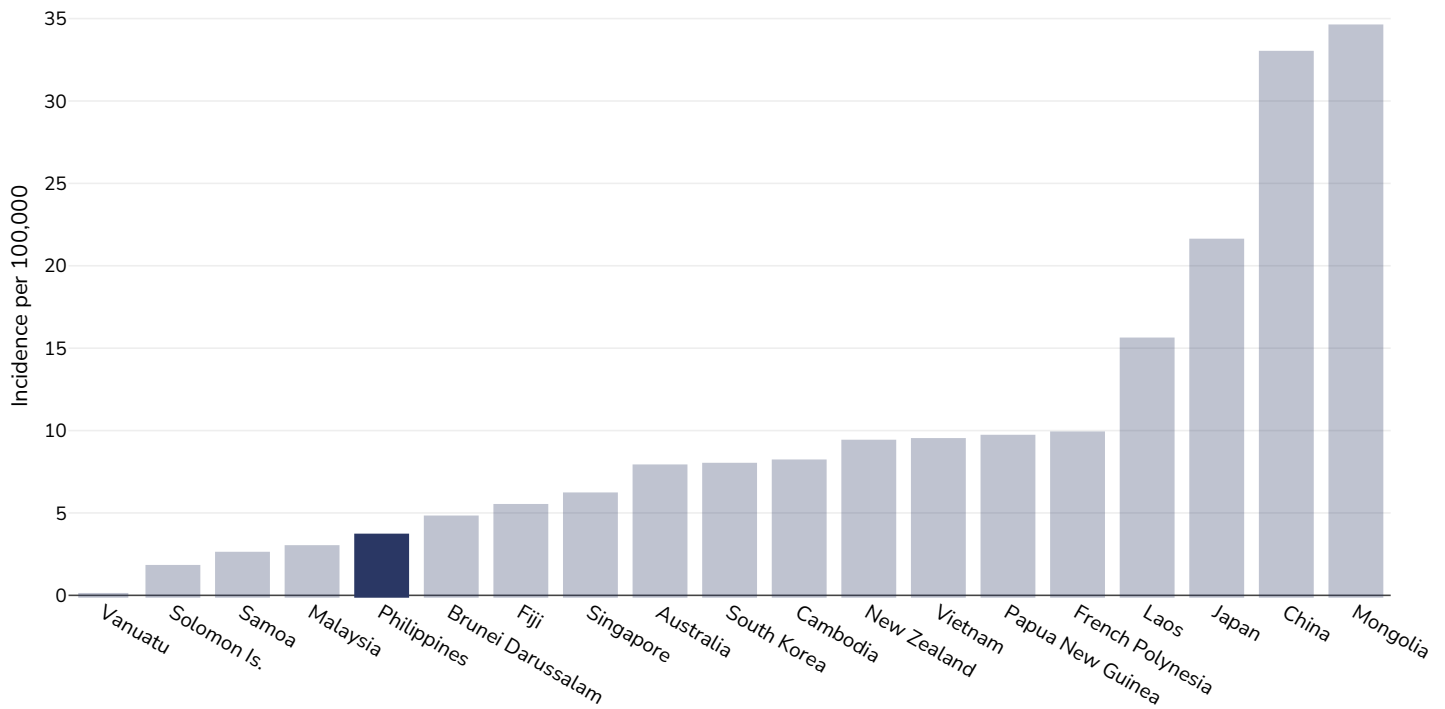
Philippine National Demographic and Health Survey 2022

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.

## Oesophageal cancer

### Men, 2020



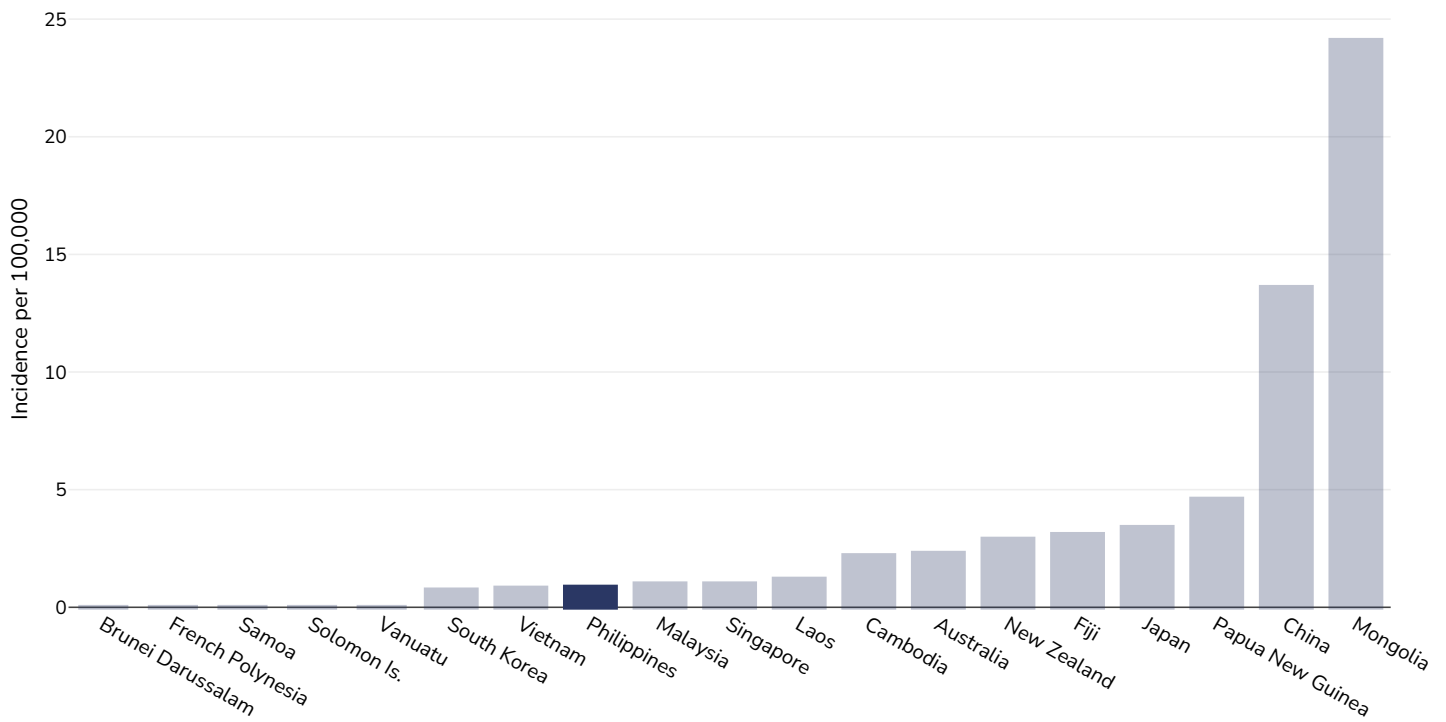
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

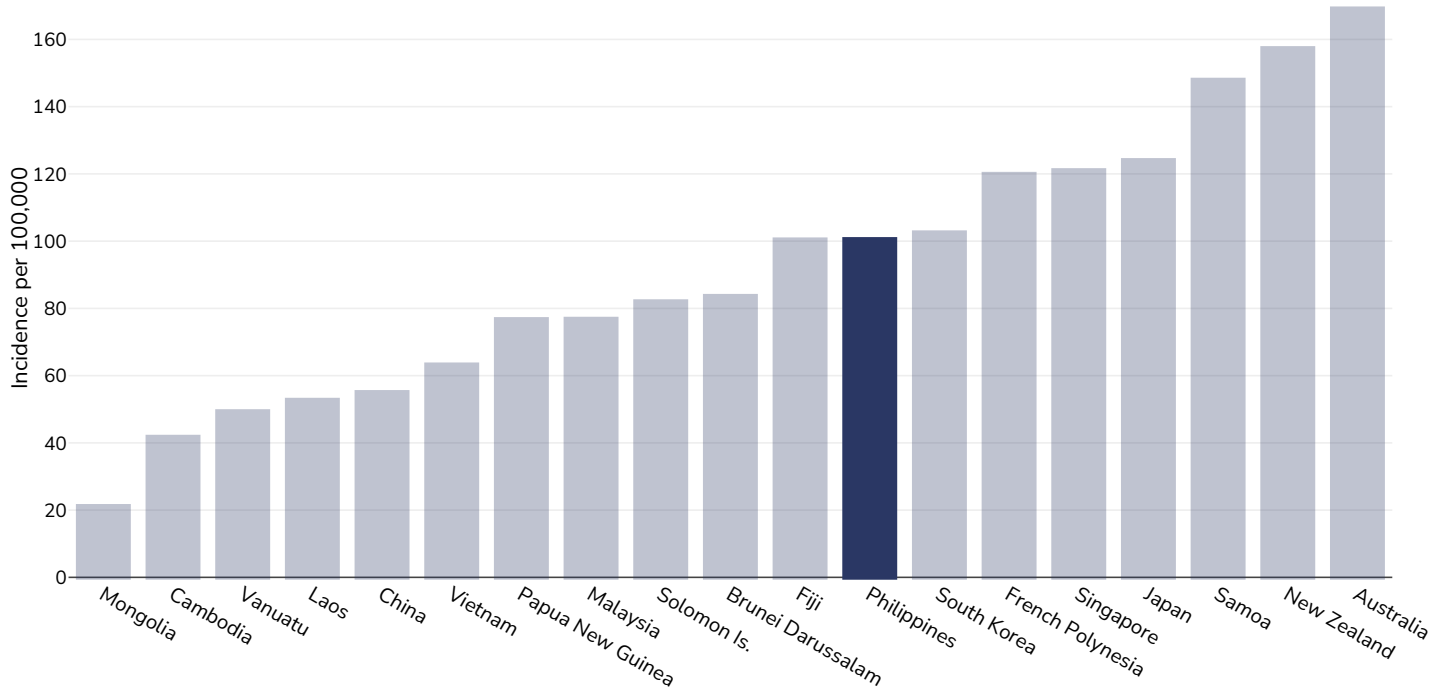
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000

## Breast cancer

### Women, 2022



Age: 20

Area covered: National

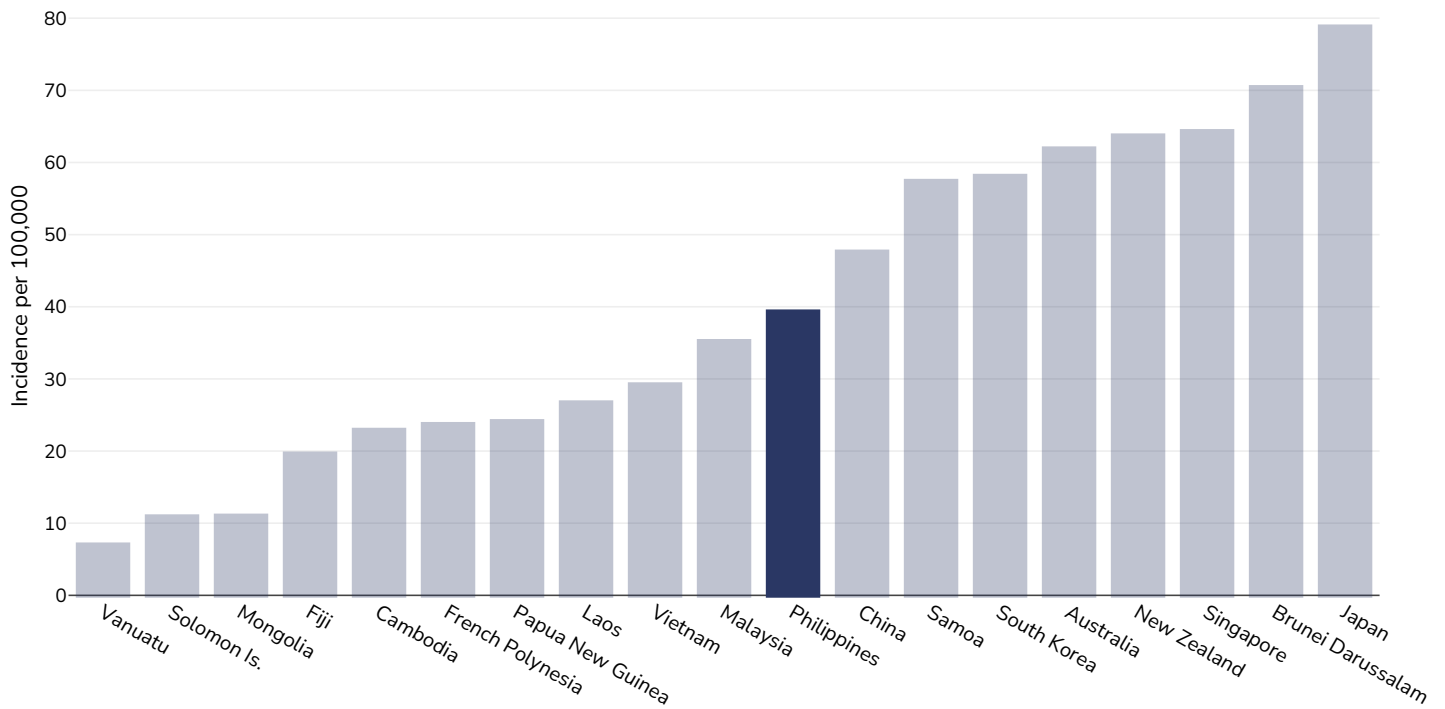
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000



## Colorectal cancer

### Men, 2020



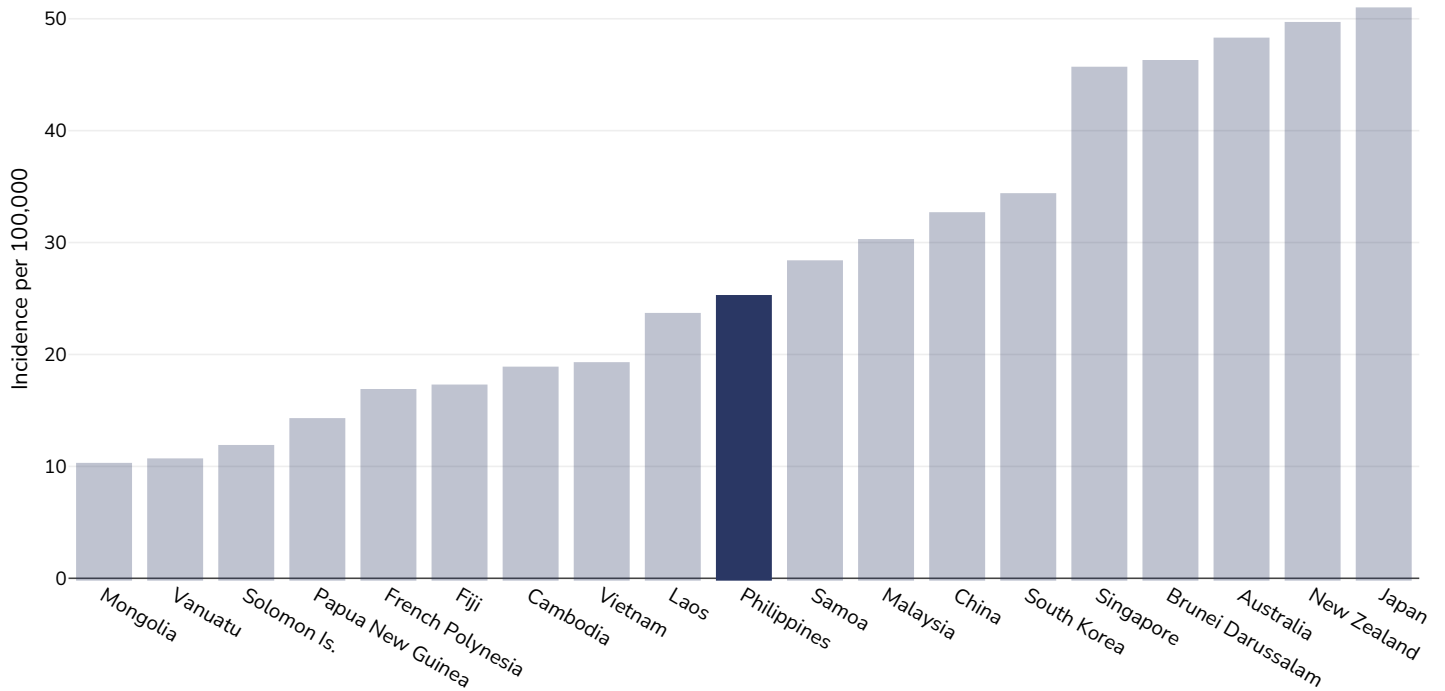
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000

**Women, 2020**



Age: 20+

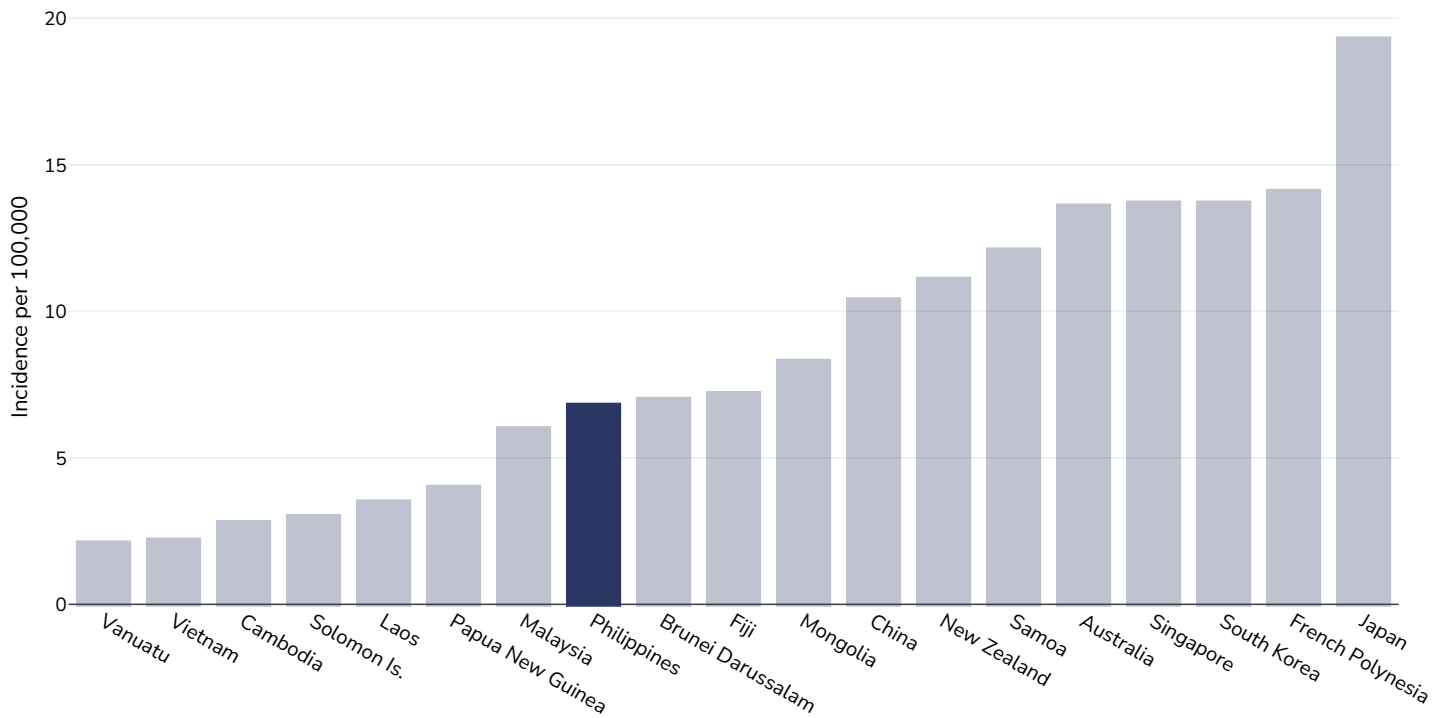
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000

## Pancreatic cancer

### Men, 2020



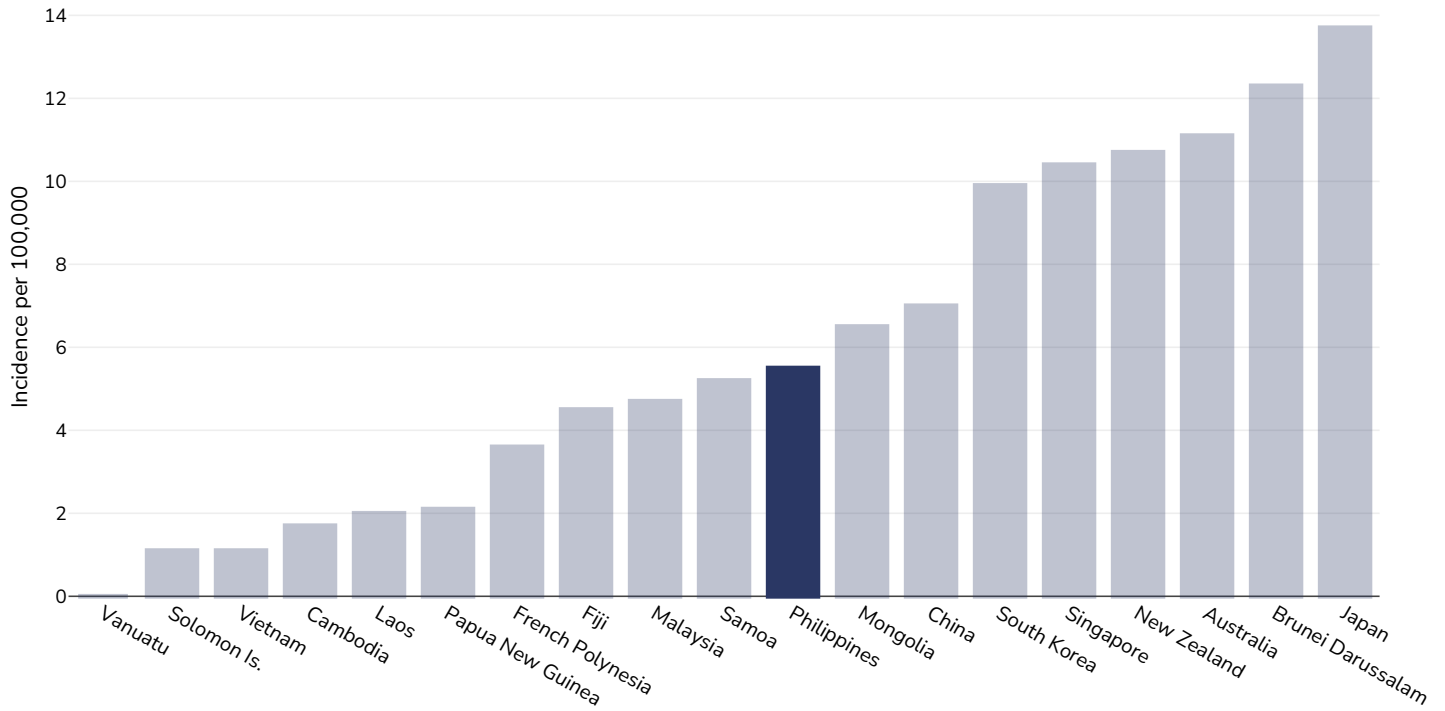
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000

**Women, 2020**



Age: 20+

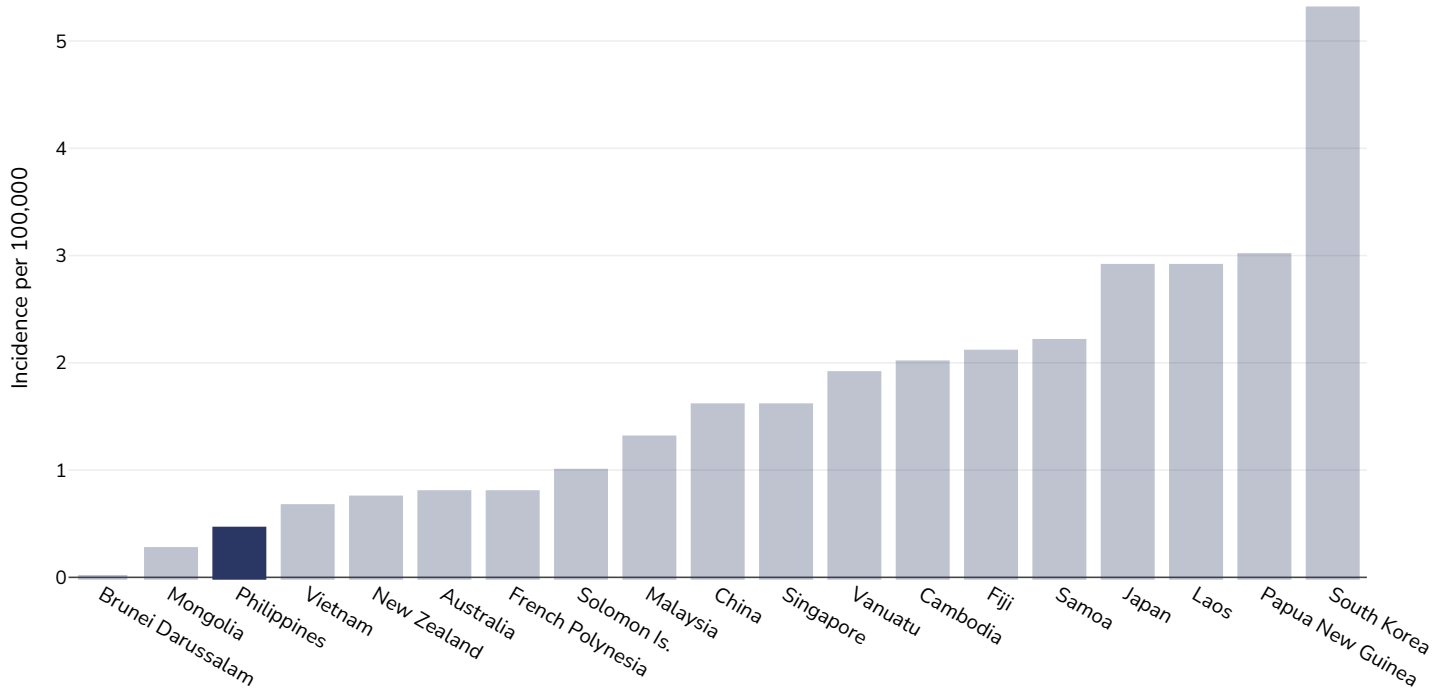
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000

## Gallbladder cancer

### Men, 2020



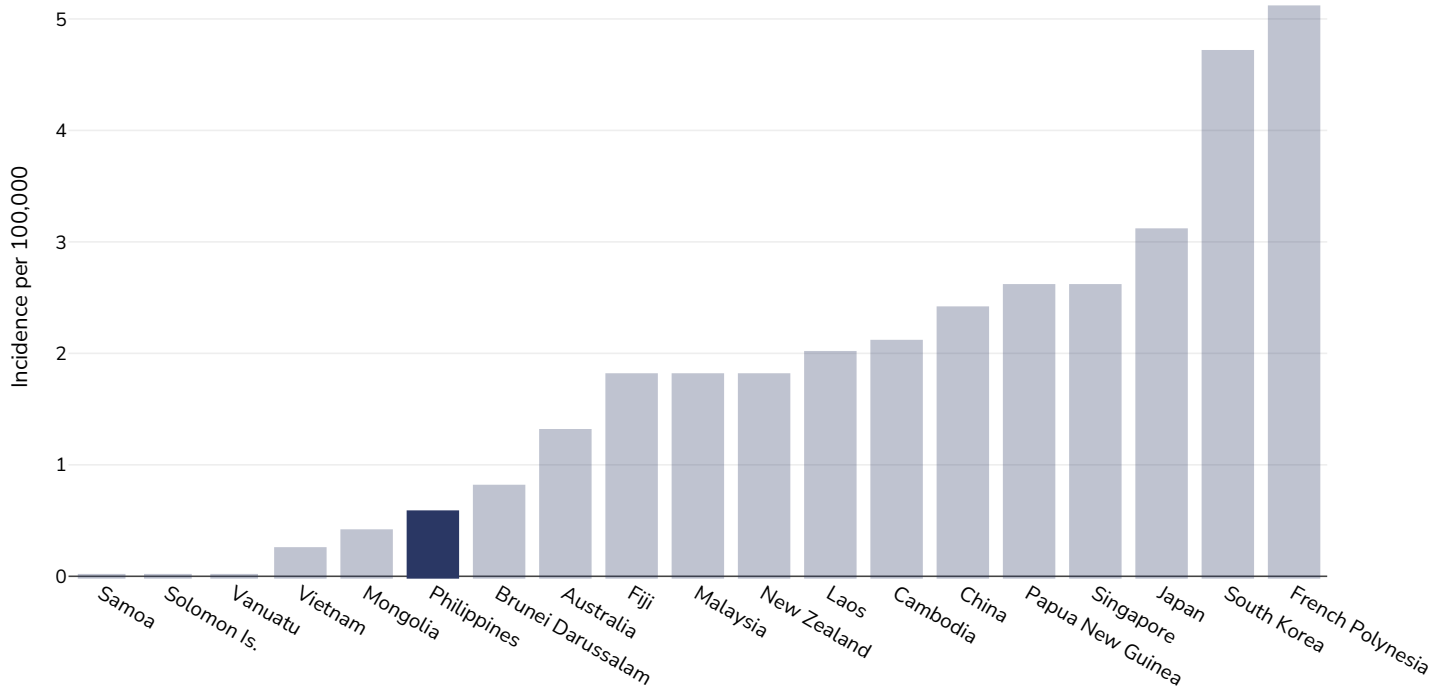
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000

**Women, 2020**



Age: 20+

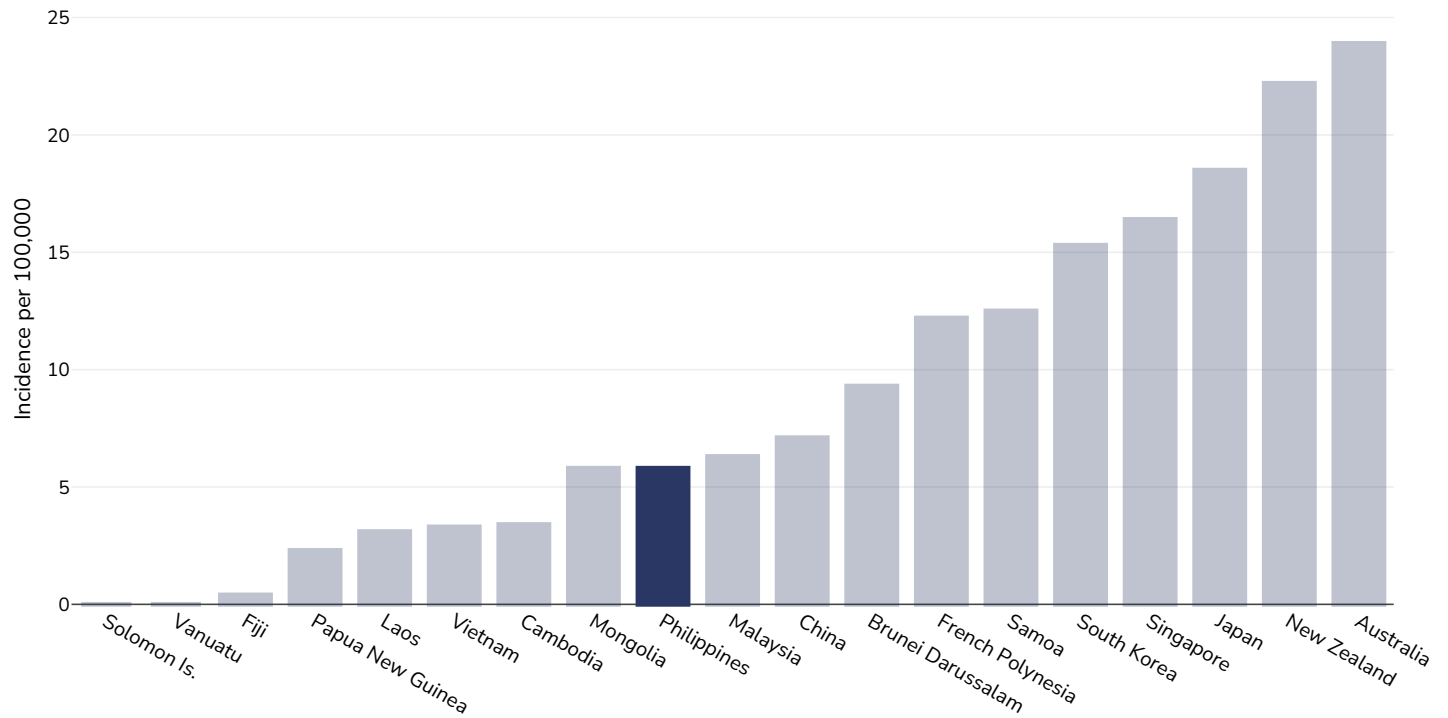
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000

## Kidney cancer

### Men, 2020



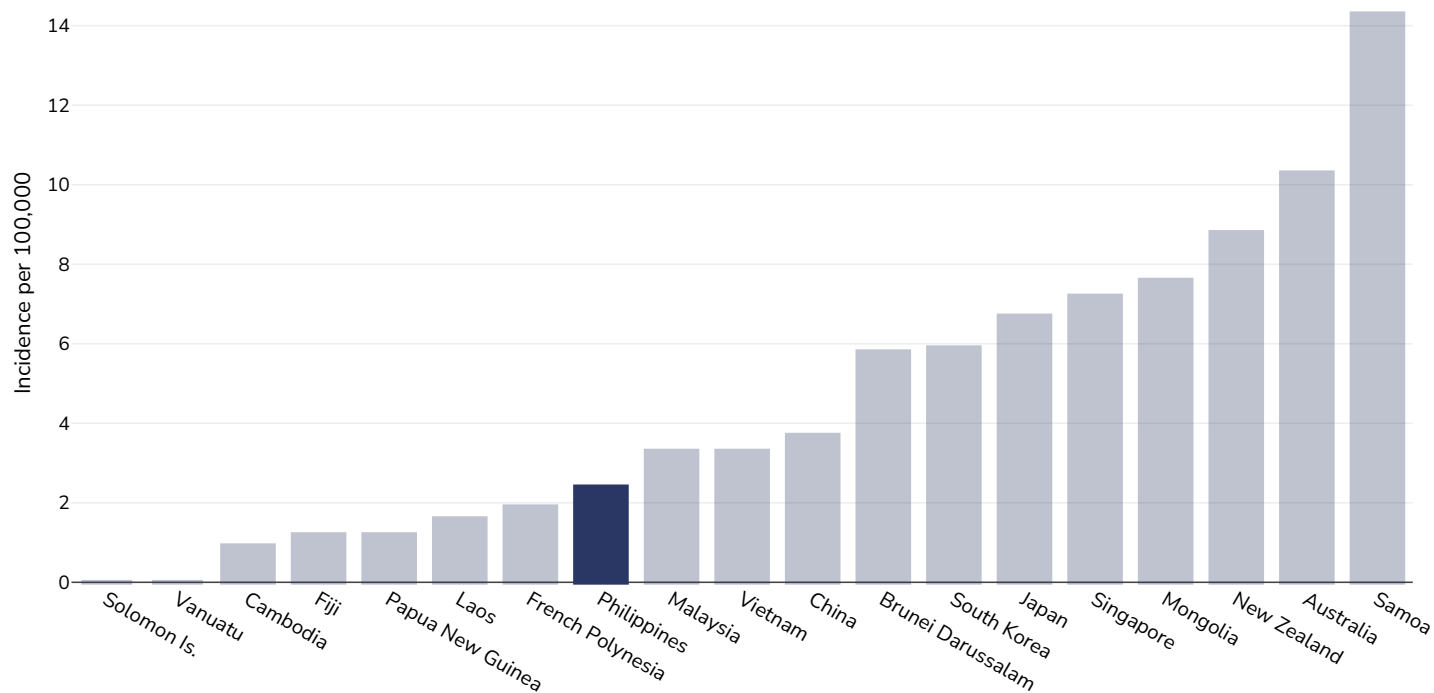
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

Area covered: National

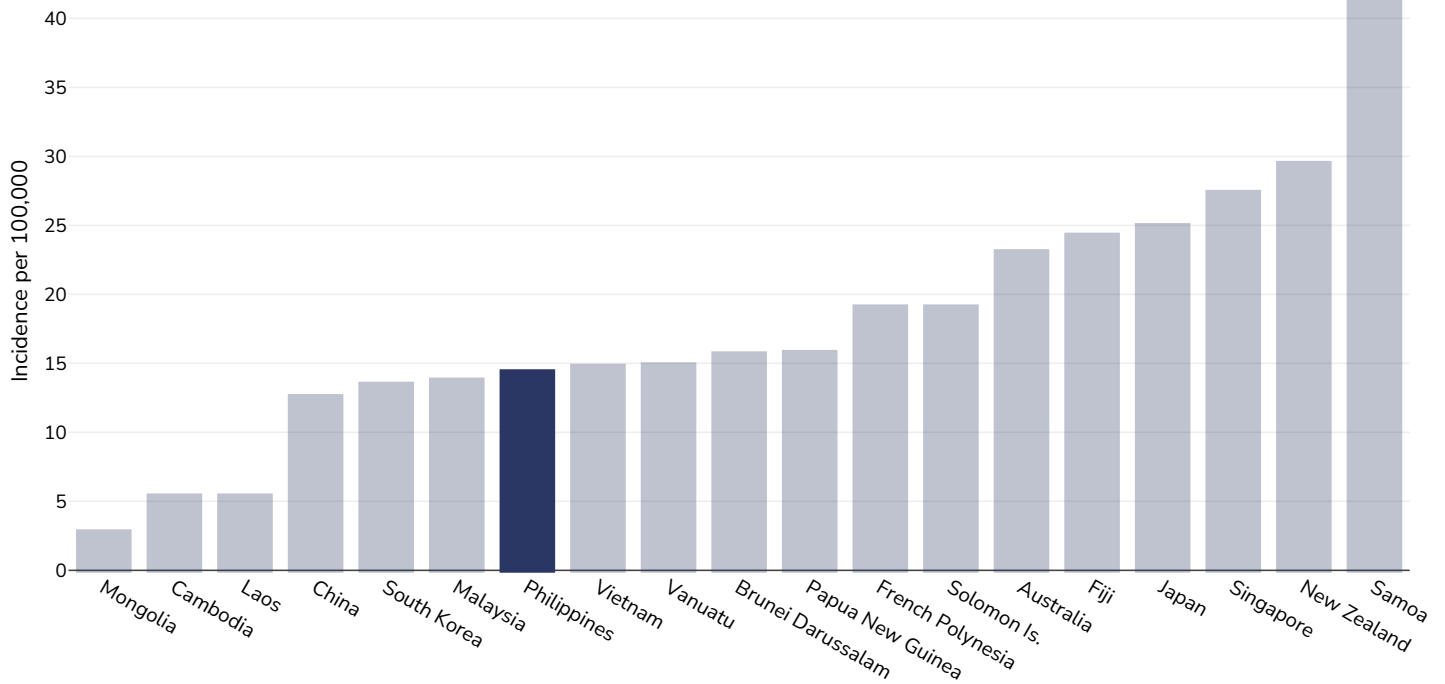
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000



## Cancer of the uterus

### Women, 2020



Age: 20+

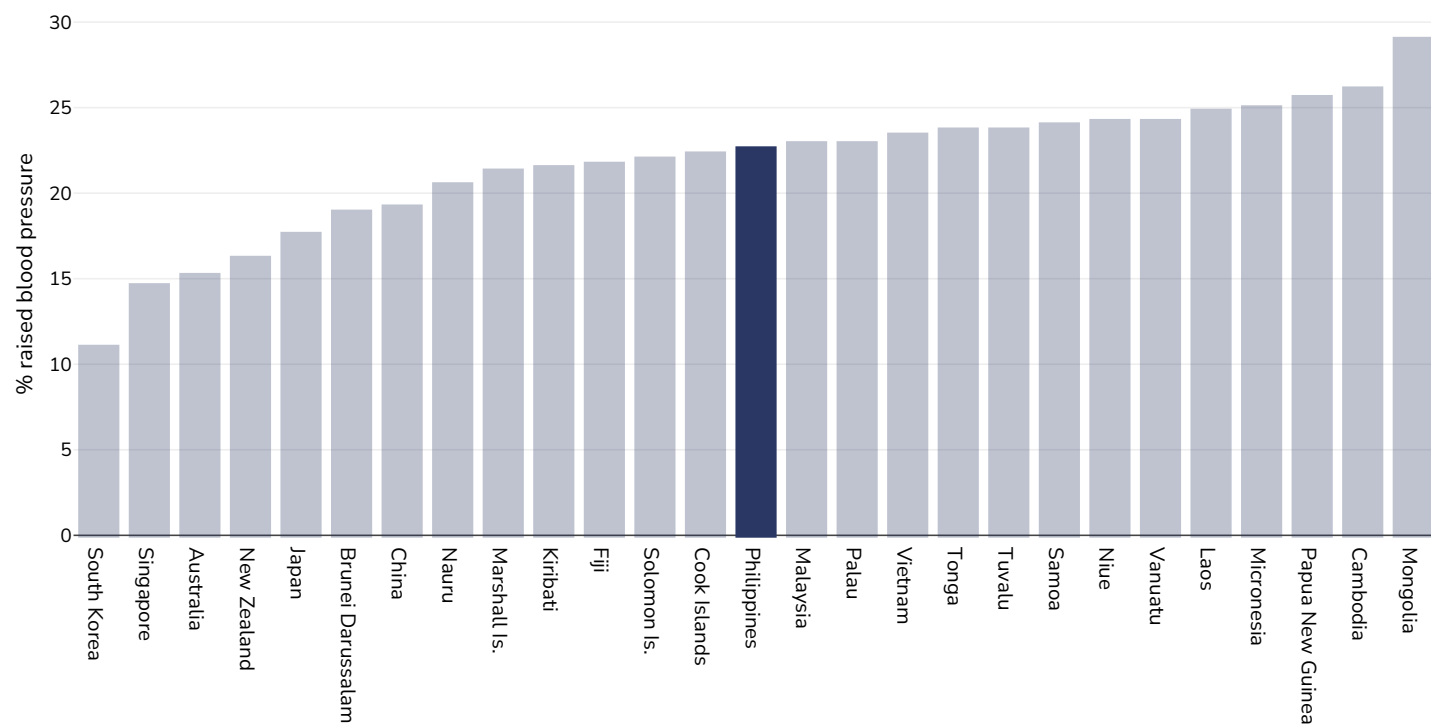
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2283

Definitions: Age-standardized incidence rates per 100 000

## Raised blood pressure

### Adults, 2015



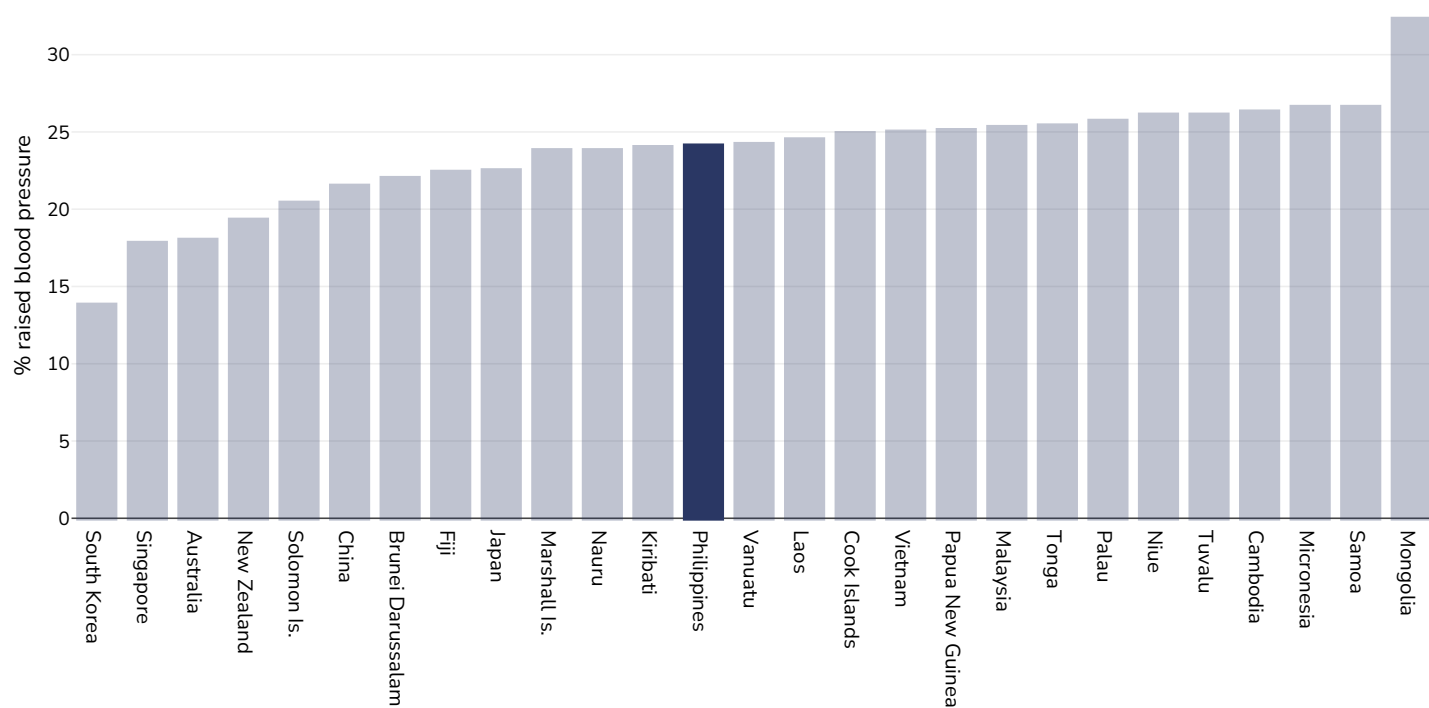
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

## Men, 2015



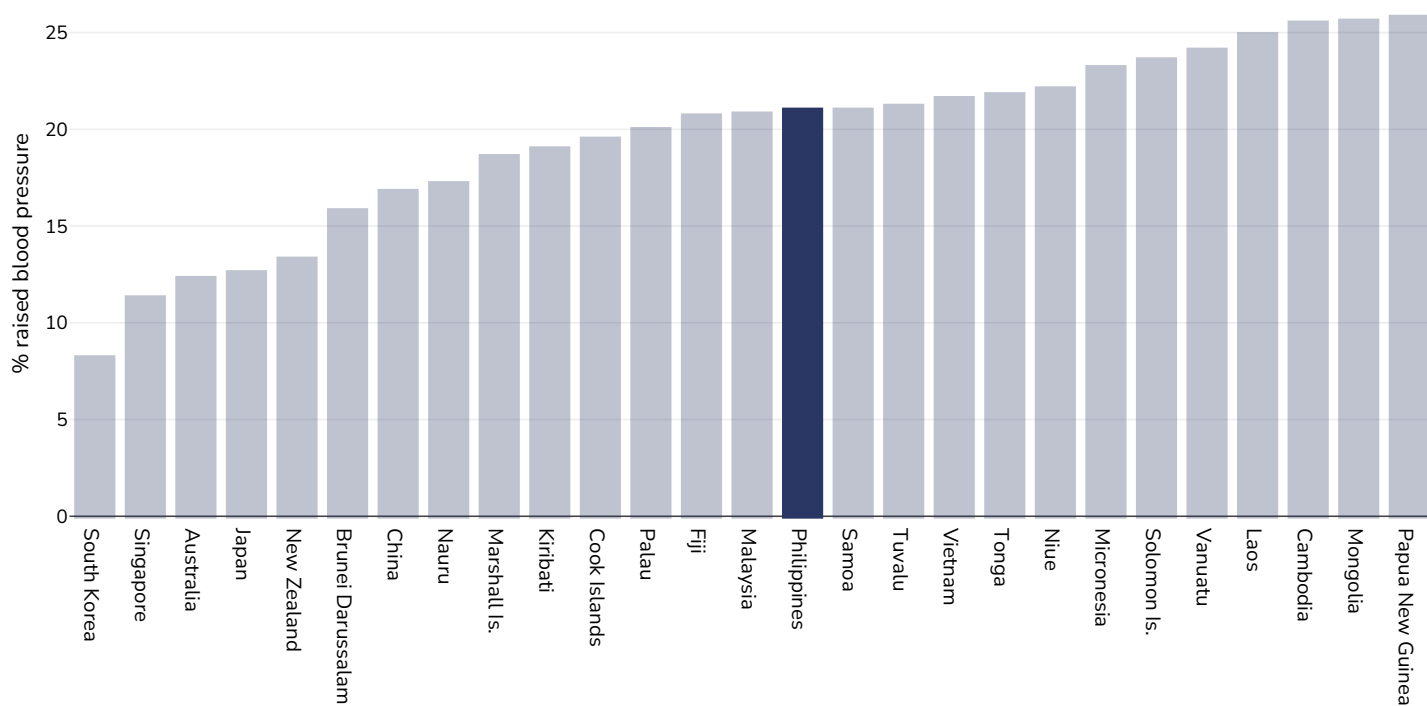
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

## Women, 2015



References:

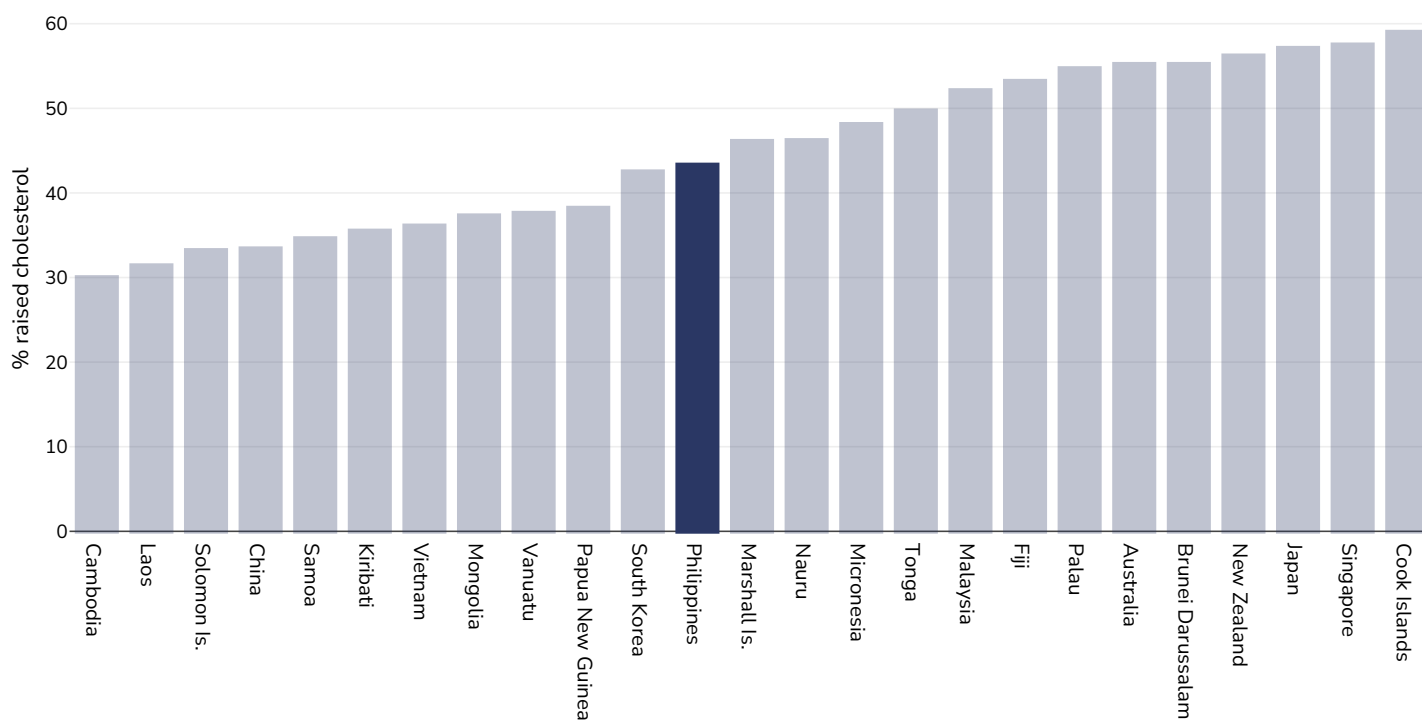
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

## Raised cholesterol

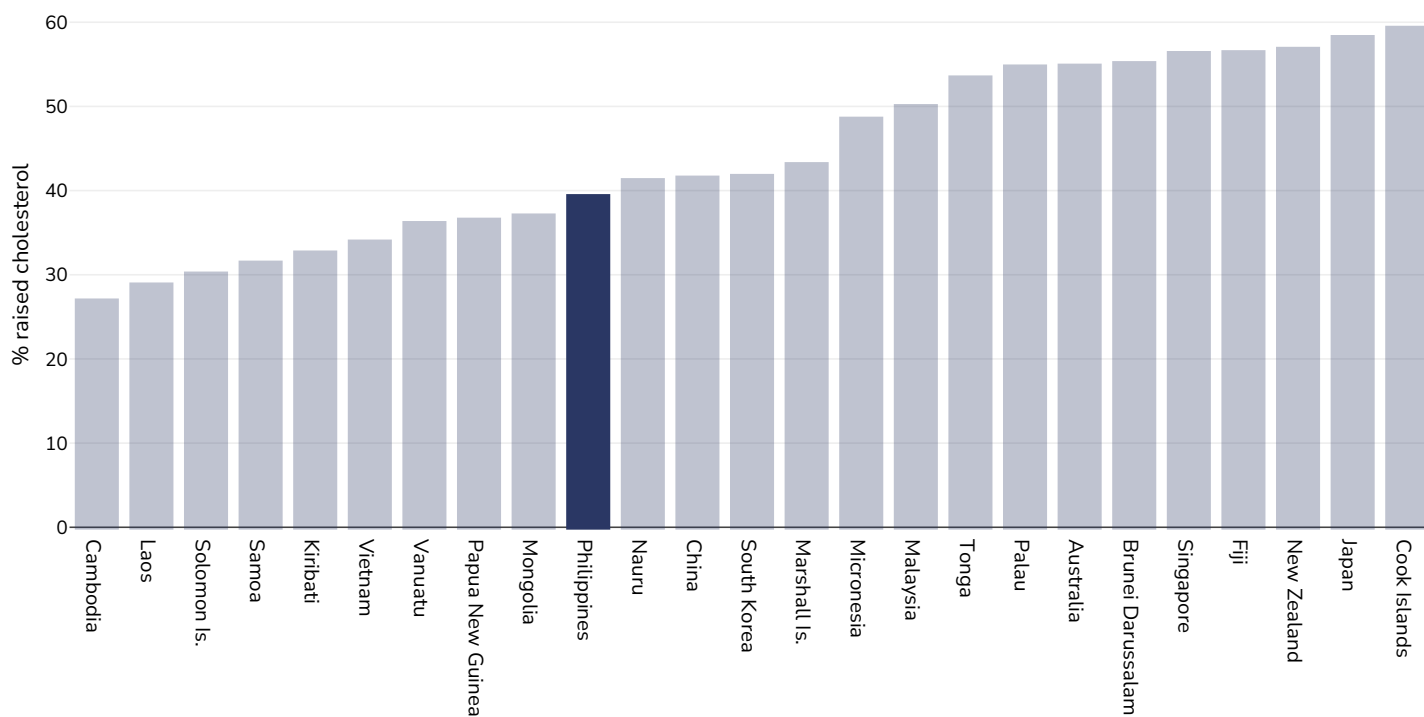
### Adults, 2008



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

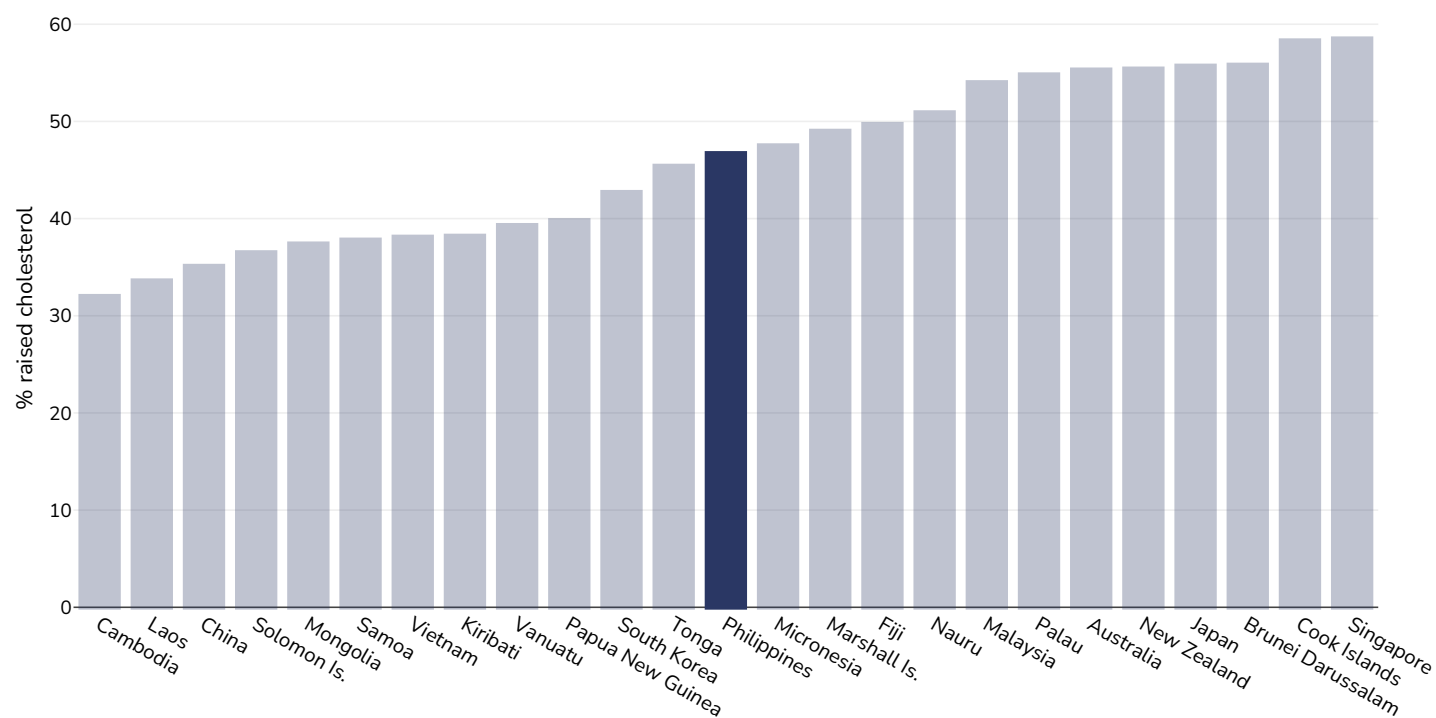
## Men, 2008



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Women, 2008

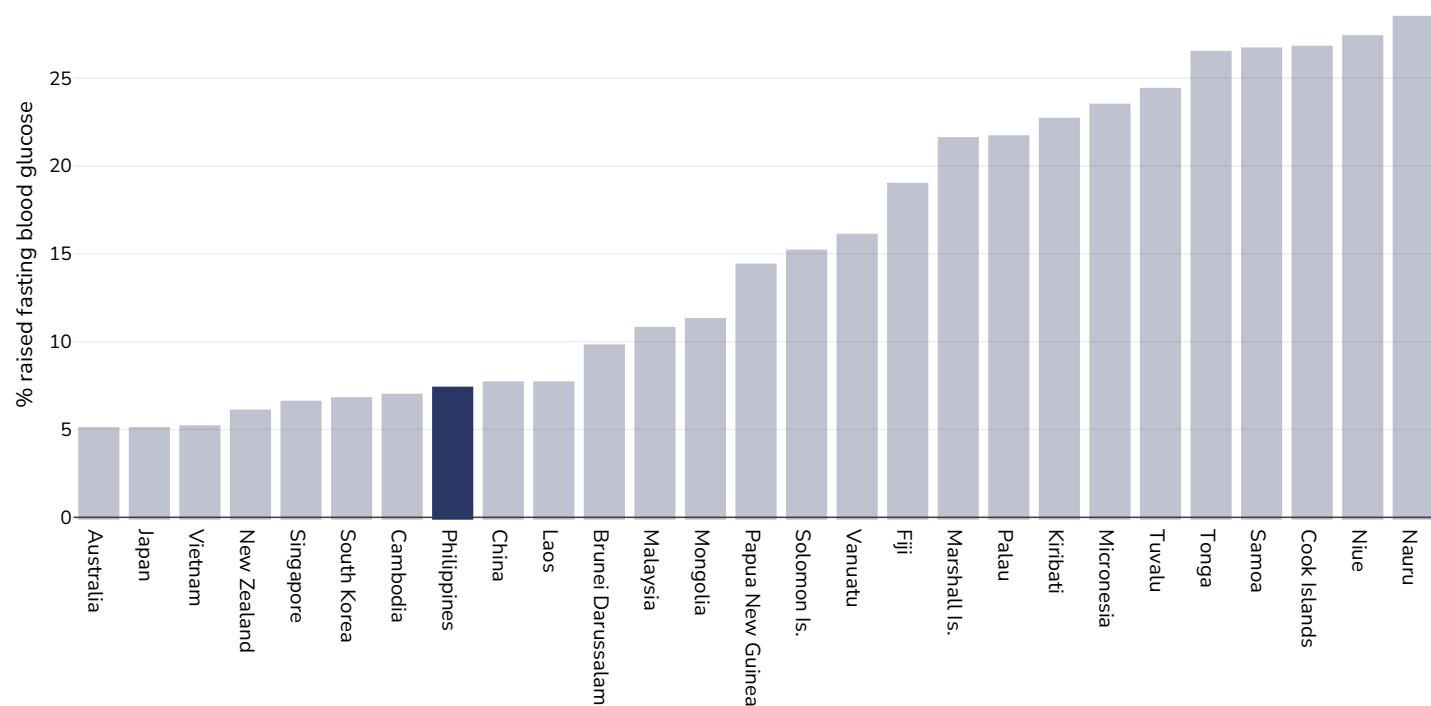


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Raised fasting blood glucose

Men, 2014



References:

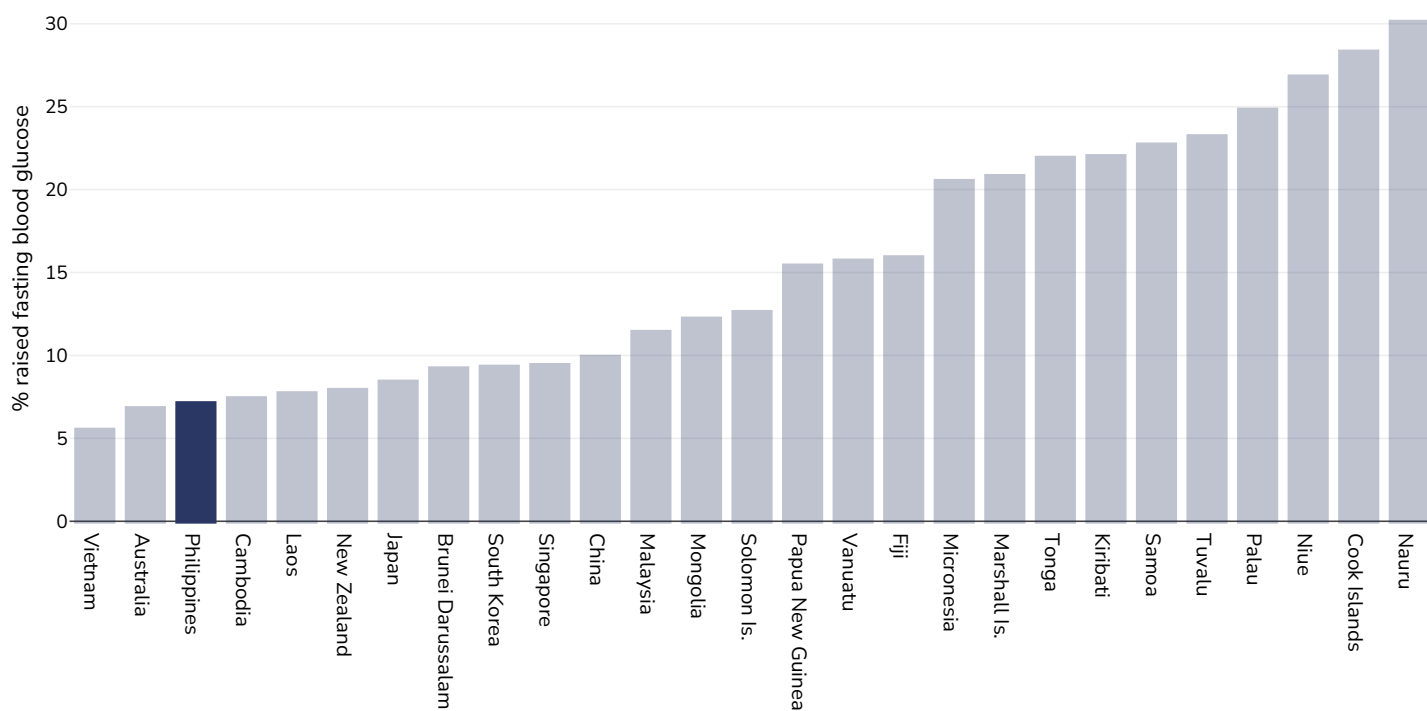
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).



## Women, 2014



References:

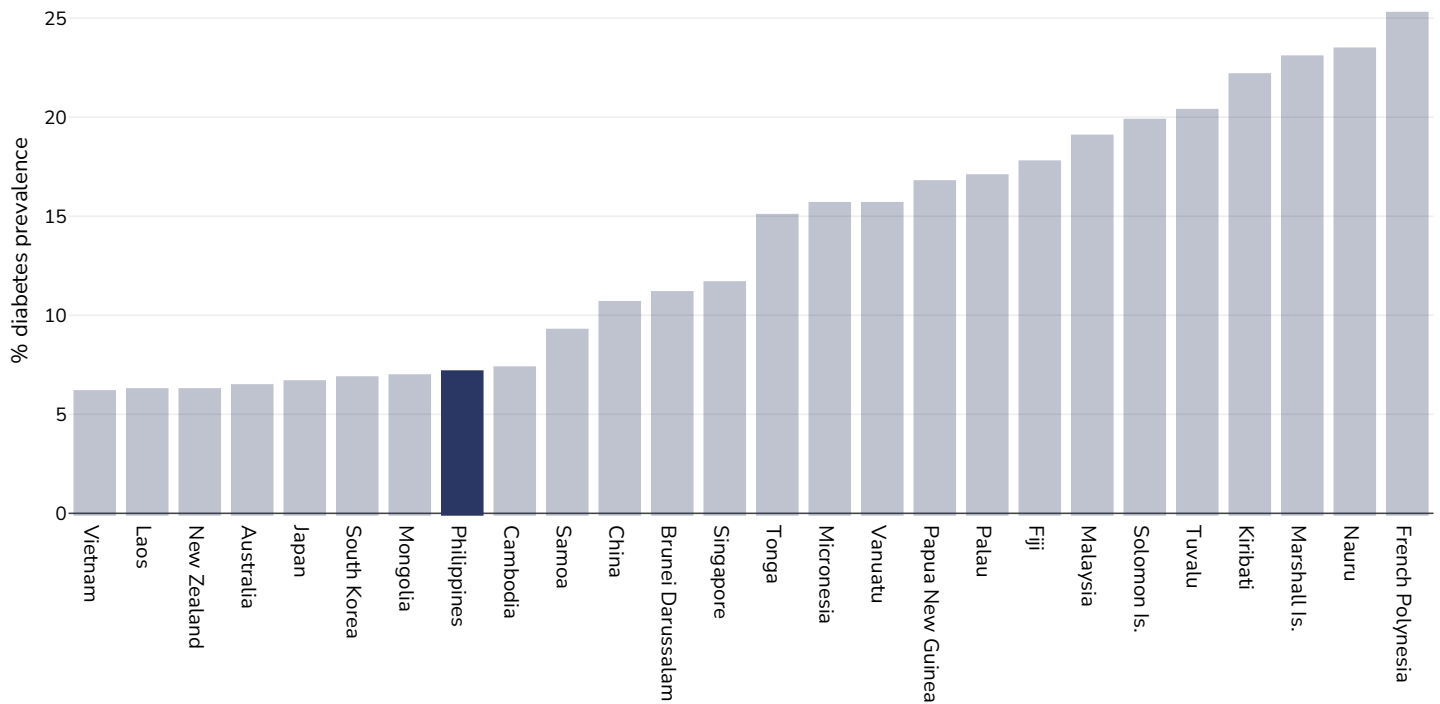
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).

## Diabetes prevalence

### Adults, 2021



Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>





Definitions: Age-adjusted comparative prevalence of diabetes, %

## Contextual factors

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



### Labelling

<b>Is there mandatory nutrition labelling?</b>	
Front-of-package labelling?	
Back-of-pack nutrition declaration?	
Color coding?	
Warning label?	



## Regulation and marketing

<b>Are there fiscal policies on unhealthy products?</b>	✓
Tax on unhealthy foods?	✗
Tax on unhealthy drinks?	✓
<b>Are there fiscal policies on healthy products?</b>	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
<b>Mandatory limit or ban of trans fat (all settings)?</b>	✓
Mandatory limit of trans fats in place (all settings)?	✓
Ban on trans-fats or phos in place (all settings)?	✓
<b>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</b>	✗
Mandatory restriction on broadcast media?	✗
Mandatory restriction on non-broadcast media?	✗
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✓ <sub>v</sub>
<b>Are there mandatory standards for food in schools?</b>	✗
<b>Are there any mandatory nutrient limits in any manufactured food products?</b>	✗
<b>Nutrition standards for public sector procurement?</b>	✗



## Political will and support

<b>National obesity strategy or nutrition and physical activity national strategy?</b>	✓
National obesity strategy?	✓
National childhood obesity strategy?	✓
Comprehensive nutrition strategy?	✓
Comprehensive physical activity strategy?	✓
<b>Evidence-based dietary guidelines and/or RDAs?</b>	✓
<b>National target(s) on reducing obesity?</b>	✓
<b>Guidelines/policy on obesity treatment?</b>	✓
<b>Promotion of breastfeeding?</b>	✗



## Monitoring and surveillance

<b>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</b>	✓
Within 5 years?	✓



## Governance and resource

<b>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</b>	✓
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### Key

✓ Present

✓<sub>v</sub> Present

(voluntary)

✓ Incoming

✗ Absent

? Unknown

Last updated June 28, 2024

PDF created on August 8, 2024