



COUNTRY AND DEMOGRAPHIC DATA

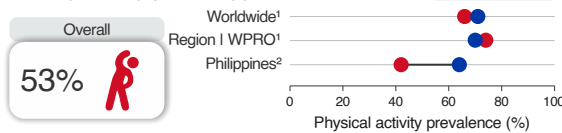
Capital - **Manila**
 Population - **117,337,368**
 Urban population - **48.0%**
 Life expectancy (years) - **72.3**
 Gini index for income inequality - **0.42**
 Human Development Index - **0.70**
 Literacy rate - **97.0%**
 Risk of premature non-communicable disease mortality - **25.0%**
 Human Capital Index - **0.73**
 Democracy Index - **6.66**
 Deaths from non-communicable diseases - **69.7%**
 World Bank income category - **Lower middle income**



PHYSICAL ACTIVITY PARTICIPATION

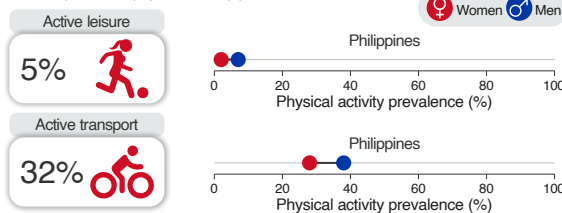
Physical activity prevalence estimates for adults

Gender inequalities in physical activity prevalence



Physical activity prevalence estimates for adults by domain

Gender inequalities in physical activity prevalence



POLICY AND SURVEILLANCE STATUS

National physical activity policy/plan **YES**

GoPA! Policy Directory

1. National Policy on Strengthening the Prevention and Control of Chronic Lifestyle Related Non Communicable Diseases, 2011
2. Universal Health Care Act, 2019

Link to GoPA! Policy Directory: new.globalphysicalactivityobservatory.com/directory.php

National recommendations **YES**

National survey(s) including physical activity questions **YES**

2023 | Most recent 2025/2026 | Next

Surveys and instruments used to assess physical activity

1. Expanded National Nutrition Survey 2018, 2021, 2023 (GPAQ)
2. National Nutrition Survey 2015 (GPAQ)

Contact Information

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This Country Card is part of the 3rd Physical Activity Almanac (free resource on the GoPA! website)
 For a description of the indicators and data sources visit: www.globalphysicalactivityobservatory.com/country-cards

PHYSICAL ACTIVITY RESEARCH



59 (0.16%)

Number of articles and contribution to physical activity research worldwide from 1950-2023

58th

Position in the Ranking (n=182)

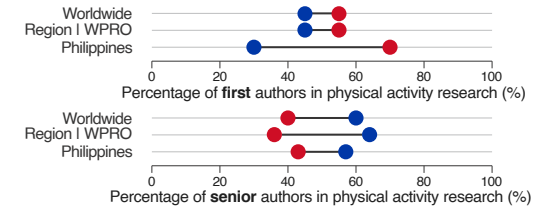


High → Low

2023 PubMed Update - Ramirez Varela et al. (2021)

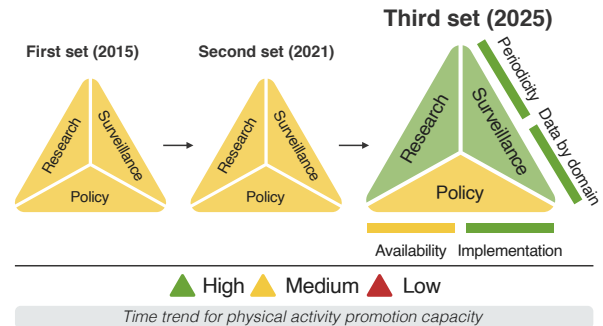
Gender inequalities in physical activity research

Women Men



Kohn et al. (2024)

PHYSICAL ACTIVITY PROMOTION CAPACITY PYRAMID



1 Global estimates (18+ years, Strain et al. (2024))
 2 Country estimates