



PHILIPPINES Philippines

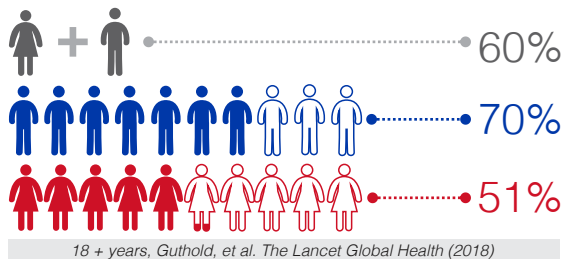
World Region | WPRO - East Asia & Pacific



Capital.....	Manila
Population.....	106,651,922
Urban Population.....	47.0%
Life Expectancy.....	69
Gini index for income inequality.....	0.43
Human Development Index.....	0.699
Literacy Rate.....	96.4%
Deaths from non-communicable diseases.....	67.0%

World Bank income category ★★☆☆ Lower middle income

Physical Activity Prevalence



Percentage of Deaths due to Physical Inactivity



In Philippines
10.0%

worldwide, % of deaths
due to physical
inactivity = **9%**

This Country Card is part of the 2nd Physical Activity Almanac
(free resource on the GoPA! website)

For a description of the indicators and data sources visit:
www.globalphysicalactivityobservatory.com/country-cards

Policy and Surveillance Status

National physical activity policy/plan ☒ Yes ☐ No

Title

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

National recommendations ☒ Yes ☐ No

National survey(s) including physical activity questions ☒ Yes ☐ No



Surveys and instruments used to assess physical activity

WHO STEPS 2002, 2013, 2015 (GPAQ)

National health monitoring system ☒ Yes ☐ No

Physical activity ☒
Sedentary behavior (i.e. sitting time) ☒

Name(s)

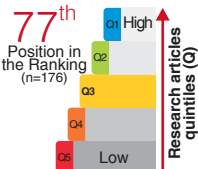
Physical Activity Research

 **0.10%**

Contribution to
physical activity
research
worldwide from
1950-2019

 **23**

Total number of
articles from the
country from
1950-2019



Sedentary Behavior (Sitting Time)



Total
Sitting
Time = **--**
hrs/day

Daily Sitting Time Global Tertile



Physical Activity Promotion Capacity Pyramid



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