

# Pacific Science for Health Literacy Project

**3 in 5 13–15 year olds in Tonga  
are Overweight or Obese\***



**1 in 5 are Obese\***

**Should we be concerned?**

**Healthy Food | Portion Size | Exercise**

**Teenagers with healthy lifestyles are more likely  
to live long and healthy lives  
and have healthy children of their own**

*\*Data from the Global School-based Student Health Survey, Tonga, 2010 Fact Sheet*