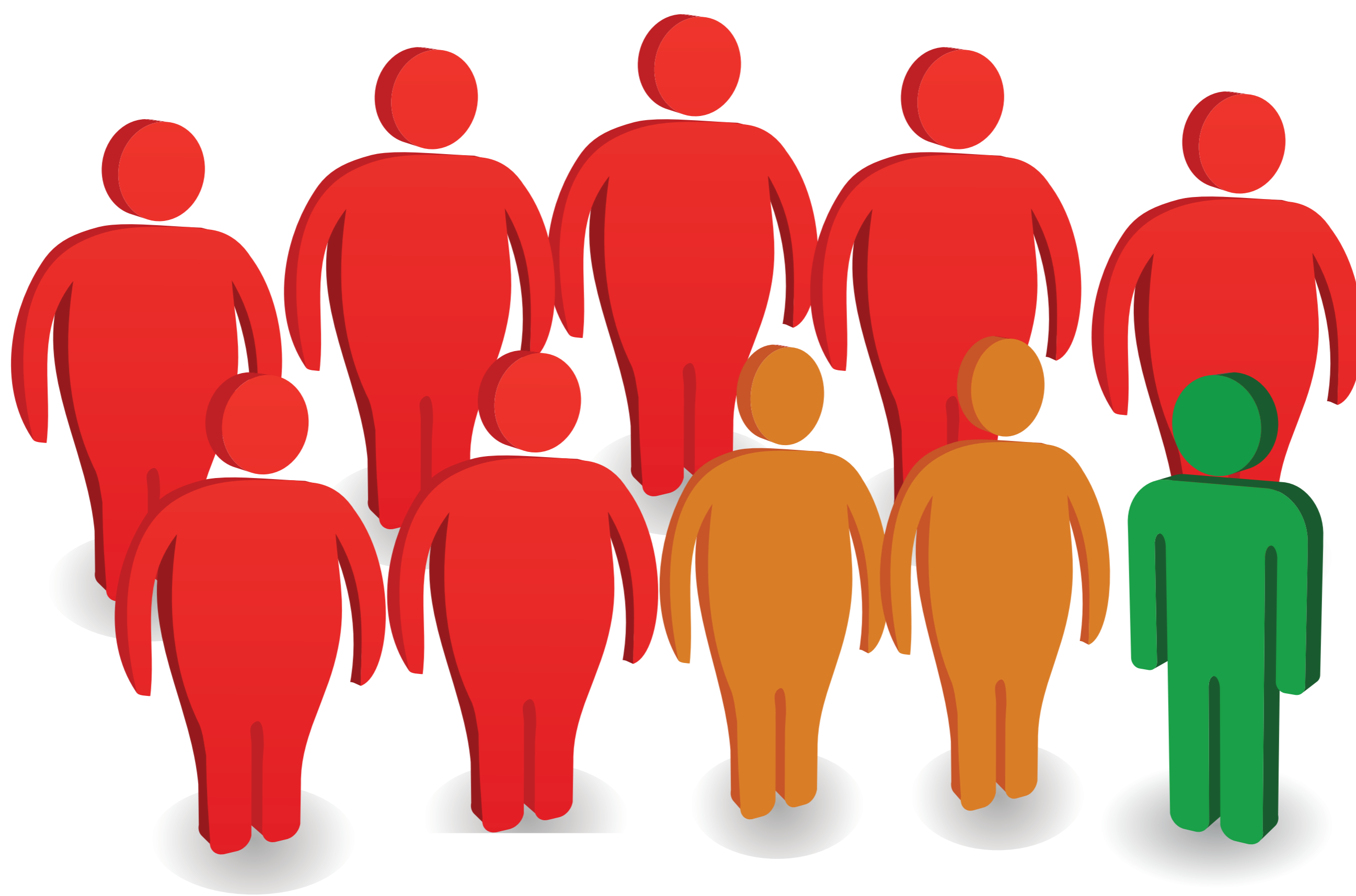


Pacific Science for Health Literacy Project

9 out of 10 Adults in Tonga are Overweight



Should we be concerned?

Healthy Food | Portion Size | Exercise

Being overweight increases the risk of diabetes and heart disease.

Teens with healthy lifestyles are less likely to become overweight as adults.