

Region (regional designation)	Philippine Standard Geographic Code (PSGC)	Island group	Regional center	Area	Population	Density	Component local government unit
National Capital Region	13	Luzon	Manila	619.57 km (239.22 sq mi)	13,484,462 (12.41%)	20,784/km (53,831/sq)	17
Cordillera Administrative	14	Luzon	Baguio	19,422.03 km (7,498.89 sq)	1,791,121 (1.65%)	89/km (230/sq mi)	7
Ilocos Region (Region I)	1	Luzon	San Fernando	13,012.60 km (5,024.19 sq)	5,292,297 (4.87%)	386/km (1,000/sq)	5
Cagayan Valley (Region II)	2	Luzon	Tuguegarao	28,228.83 km (10,899.21 sq)	3,679,748 (3.39%)	122/km (317/sq mi)	6
Central Luzon (Region III)	3	Luzon	San Fernando	22,014.63 km (8,499.90 sq)	12,387,811 (11.40%)	510/km (1,320/sq)	9
Calabarzon (Region IV-A)	4	Luzon	Calamba	16,873.31 km (6,514.82 sq)	16,139,770 (14.85%)	854/km (2,213/sq)	6
Southwestern Tagalog Region	17	Luzon	Calapan	29,620.90 km (11,436.69 sq)	3,212,287 (2.96%)	100/km (259/sq mi)	6
Bicol Region (Region V)	5	Luzon	Legazpi	18,155.82 km (7,010.00 sq)	6,067,290 (5.58%)	319/km (827/sq mi)	7
Western Visayas (Region VI)	6	Visayas	Iloilo City	20,794.18 km (8,028.68 sq)	7,935,531 (7.30%)	362/km (939/sq mi)	8
Central Visayas (Region VII)	7	Visayas	Cebu City	15,487.69 km (5,979.83 sq)	8,046,285 (7.40%)	478/km (1,237/sq)	7
Eastern Visayas (Region VIII)	8	Visayas	Tacloban	23,251.10 km (8,977.30 sq)	4,531,512 (4.17%)	191/km (495/sq mi)	8
Zamboanga Peninsula	9	Mindanao	Pagadian	17,056.73 km (6,585.64 sq)	3,862,588 (3.55%)	213/km (551/sq mi)	5
Northern Mindanao	10	Mindanao	Cagayan de	20,496.02 km (7,913.56 sq)	5,007,798 (4.61%)	229/km (593/sq mi)	7
Davao Region (Region XI)	11	Mindanao	Davao City	20,357.42 km (7,860.04 sq)	5,223,802 (4.81%)	245/km (634/sq mi)	6
Soccsksargen (Region XII)	12	Mindanao	Koronadal	22,513.30 km (8,692.43 sq)	4,351,773 (4.0%)	202/km (523/sq mi)	5
Caraga (Region XIII)	16	Mindanao	Butuan	21,478.35 km (8,292.84 sq)	2,795,340 (2.57%)	121/km (313/sq mi)	6
Bangsamoro (BARMM)	19	Mindanao	Cotabato C	12,535.79 km (4,840.10 sq)	4,938,539 (4.54%)	302/km (781/sq mi)	7