The Chamorro people are believed to have originated from Southeast Asia in a wave of migration that began over 3500 years ago. Over the centuries they have contributed to the dearth of scientific studies on the physical attributes of Micronesian peoples, especially from pre-contact times.

Physical anthropology is the specialization of anthropology that examines human biology in the context of evolution, with an emphasis on the interaction between biology and culture. It often relies on, but is distinguished from, archeology, which is the anthropological subdiscipline that studies the cultural artifacts and material remains from early or past societies. Modern physical anthropologists are largely concerned with biological differences expressed among various human populations as societies undergo cultural change or environmental challenges or physical conditions individuals or populations had to contend with over the course of one's lifetime, including physical stresses from culturally related activities, or nutritional stresses from periods of famine or drought.