# Region VI Youth Today

RISK BEHAVIOR OF YOUNG PEOPLE IN WESTERN VISAYAS

Part 1

Demographic Research & Development Foundation, Inc.
University of the Philippines Population Institute

Outline

- Demography of the youth in Region VI
- The 2013 YAFS Study
- Background characteristics, health and lifestyle
- Nonsexual risk behaviors
- Sources of information about sex and reproduction
- Summary
Number and percent of youth population: Philippines and Region VI

<table>
<thead>
<tr>
<th>Year</th>
<th>Philippines</th>
<th>Region VI</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>1,081,946</td>
<td>1,081,946</td>
</tr>
<tr>
<td>2000</td>
<td>1,210,440</td>
<td>1,210,440</td>
</tr>
<tr>
<td>2010</td>
<td>1,398,701</td>
<td>1,398,701</td>
</tr>
</tbody>
</table>

Number and percent of youth population:

- Philippines: 18,045,895
- Region VI: 15,028,944

Source:
- Demographic Research & Development Foundation
- University of the Philippines Population Institute
Region VI has the 4th biggest share of the country’s youth

PERCENTAGE DISTRIBUTION OF YOUTH BY REGION

Source: 2010 Census

Young population in Region VI and in the Philippines as a whole

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#YAFS4
Background

- 4th in a series of nationally-representative surveys on Filipino youth 15-24 years old
- Jointly implemented by the
  - Demographic Research & Development Foundation (DRDF)
  - University of the Philippines Population Institute (UPPI)
- Funded by The Australian Government, UNFPA, Department of Health, Philippine Council for Health Research and Development (PCHRD)
Predecessor surveys

1982 YAFS
(5,240 female respondents)

1994 YAFS
(10,879 male and female respondents)

2002 YAFS
(19,728 male and female respondents)

General objective of YAFS4

- To provide updated information on a broad framework of adolescent sexuality and reproductive health issues, their antecedents, and manifestations that will be useful in the design of interventions to safeguard the health and welfare of Filipino youth
Survey design

- Sampling design: Multistage stratified random sampling
- Sampling domain: Region
- Sample size per region: About 1,000 respondents
- Respondents: 15-24 years old single and married males and females

Survey instruments

- 10 survey instruments
  - Household Form
  - 8 Individual Questionnaires for the youth respondents
    - 4 Main Questionnaires
      (Single Female, Married Female, Single Male, Married Male)
    - 4 Muslim Questionnaires
      (Single Female, Married Female, Single Male, Married Male)
  - Community Form
- All questionnaires were translated to 6 major languages
Main questionnaire contents

Block A. Individual characteristics
Block B. Family characteristics and relationships
Block C. Self-esteem and values
Block D. School, work and community
Block E. Media
Block F. Friends and peers
Block G. Health and lifestyle

Block H. Marriage
Block I. Puberty, dating and sex
Block J. Fertility and contraception
Block K. Knowledge and attitudes towards marriage, sex and related issues
Block L. Reproductive health

National coverage of YAFS4

17 regions
681 cities and municipalities
18,547 households
19,178 respondents
79 provinces
1,121 barangays
Field implementation

- Fieldwork was conducted in January to May 2013
- Regional network of research and academic institutions were involved in the data collection

Coverage of YAFS4 in Region 6

- All 6 provinces
- 47 cities and municipalities
- 65 barangays
- 1,104 households
- 1,082 youth respondents
Majority of Region VI youth are Catholics

PERCENTAGE DISTRIBUTION OF YOUTH BY RELIGION

- Catholic: 86.7%
- Other Christian: 6.6%
- Born-again: 6.2%
- Others: 0.5%
Most Region VI youth have at least some high school education

PERCENTAGE DISTRIBUTION OF YOUTH BY HIGHEST EDUCATIONAL ATTAINMENT

- No schooling/Elementary: 11.9%
- HS graduate: 23.5%
- HS undergrad: 39.4%
- College+: 18.0%
- Vocational: 7.2%

Proportion of studying youth in Region VI is at par with the national level

PERCENT OF YOUTH WHO ARE STUDYING

- Philippines: 36.2%
- NCR: 36.3%
- CARAGA: 41.9%
- IV-B: 39.7%
- V: 39.4%
- VI: 39.9%
- VII: 39.9%
- VIII: 39.8%
- IX: 39.6%
- X: 36.2%
- XI: 35.9%
- XII: 35.7%
- CAR: 34.6%
- ARMM: 33.2%
- NORTHERN: 27.3%
- MIMAROPA: 21.9%

University of the Philippines Population Institute (UPPI)
Demographic Research and Development Foundation (DRDF)
Proportion of youth with college and higher education is below the national level

Proportion of youth with elementary and lower education is also relatively low

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#YAFS4
1 in 4 Region VI youth is working

Region VI’s proportion of working students is 2nd highest in the country

University of the Philippines Population Institute (UPPI)
Demographic Research and Development Foundation (DRDF)
Unemployment among Region VI youth is 5th highest in the country

Proportion of youth who are idle is the 5th highest in the country
More Region VI youth are in a live-in arrangement than in a formal union

PERCENTAGE DISTRIBUTION OF YOUTH BY MARITAL STATUS

- Never married: 81.3%
- Currently married: 5.7%
- Currently living-in: 12.8%
- Others: 0.2%

REGION VI has the highest proportion of never married youth
Proportion of Region VI youth who are formally married is 4th lowest in the country

Proportion of youth who are in a live-in arrangement is below the national level
Region VI youth are digitally wired

- Watch TV regularly: 80.7%
- Own a cellular phone: 75.8%
- Use the internet: 44.2%
- Have a social networking account: 40.0%
- Have an email account: 38.2%
- With textmates they have not met in person: 33.6%
- With online friends they have not met in person: 20.4%
- Have a personal blog: 0.6%

Proportion of Region VI youth who exercise at least 2 to 3 times a week is the 3rd highest in the country

PERCENT OF YOUTH WHO EXERCISE AT LEAST 2 TO 3 TIMES A WEEK

- Philippines: 46.2%
- CAR: 57.1%
- VII: 55.9%
- VI: 54.8%
- V: 51.9%
- IV-B: 50.0%
- IV-A: 49.2%
- I: 47.6%
- NCR: 45.5%
- XII: 44.1%
- XI: 44.0%
- X: 43.5%
- IX: 42.8%
- V: 41.0%
- III: 40.0%
- CARAGA: 39.5%
- ARMM: 35.2%
2 in 3 Region VI youth consume instant noodles at least once a week

PERCENT OF YOUTH WHO CONSUME INSTANT NOODLES AT LEAST ONCE A WEEK

2 in 5 Region VI youth consume hamburger at least once a week

PERCENT OF YOUTH WHO CONSUME HAMBURGER AT LEAST ONCE A WEEK
Consumption of fried chicken among Region VI youth is 4th highest in the country

Nearly half of Region VI youth eat fried street food at least once a week

University of the Philippines Population Institute (UPPI)
Demographic Research and Development Foundation (DRDF)
Proportion of Region VI youth who eat grilled street food at least once a week is 4th highest

Level of drinking carbonated drinks is 5th highest among Region VI youth
Level of drinking coffee/tea is lowest among Region VI youth

PERCENT OF YOUTH WHO DRINK COFFEE/TEA AT LEAST ONCE A WEEK

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#YAFS4

NONSEXUAL RISK BEHAVIOR

#BisyoAtbp
Rising prevalence of smoking among Region VI youth

PERCENT OF CURRENTLY SMOKING YOUTH

YAFS 1994  YAFS 2002  YAFS 2013

Region VI  Philippines

Proportion of currently smoking Region VI youth is the 3rd highest in the country

PERCENT OF YOUTH CURRENTLY SMOKING

Demographic Research & Development Foundation  University of the Philippines Population Institute
Decline in the proportion of currently drinking youth in the past decade

PERCENT OF CURRENTLY DRINKING YOUTH

YAFS 1994  YAFS 2002  YAFS 2013

Region VI  Philippines

1 in 3 Region VI youth are currently drinking

PERCENT OF YOUTH CURRENTLY DRINKING

Philippines  NCR  V  VI  VII  VIII  IX  N-A  CAR  I  Cam.  V  V-A  VI  X  IX  X  ARMM

36.7  56.1  43.0  42.7  41.0  38.9  37.4  36.9  34.0  33.9  33.0  32.1  31.5  31.0  28.2  24.0  19.9

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#YAFS4
Decline in the proportion of youth who ever used drugs in the past decade

Proportion of Region VI youth who ever used drugs is below the national level
**Decreased proportion of youth who ever thought of committing suicide**

PERCENT OF YOUTH WHO EVER THOUGHT OF COMMITTING SUICIDE

<table>
<thead>
<tr>
<th>Region VI</th>
<th>Philippines</th>
</tr>
</thead>
<tbody>
<tr>
<td>YAFS 2002</td>
<td>16.1</td>
</tr>
<tr>
<td>YAFS 2013</td>
<td>13.4</td>
</tr>
</tbody>
</table>

**Proportion of Region VI youth who ever contemplated suicide is below the national level**

PERCENT OF YOUTH WHO EVER THOUGHT OF COMMITTING SUICIDE

<table>
<thead>
<tr>
<th>Region</th>
<th>YAFS 2002</th>
<th>YAFS 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philippines</td>
<td>8.7</td>
<td>6.3</td>
</tr>
<tr>
<td>Caraga</td>
<td>13.8</td>
<td>11.3</td>
</tr>
<tr>
<td>I</td>
<td>12.4</td>
<td>11.9</td>
</tr>
<tr>
<td>II</td>
<td>12.3</td>
<td>10.9</td>
</tr>
<tr>
<td>III</td>
<td>11.3</td>
<td>10.0</td>
</tr>
<tr>
<td>IV-A</td>
<td>9.9</td>
<td>9.5</td>
</tr>
<tr>
<td>IV-B</td>
<td>9.4</td>
<td>8.4</td>
</tr>
<tr>
<td>V</td>
<td>9.2</td>
<td>8.3</td>
</tr>
<tr>
<td>VI</td>
<td>9.0</td>
<td>8.1</td>
</tr>
<tr>
<td>VII</td>
<td>8.4</td>
<td>7.7</td>
</tr>
<tr>
<td>VIII</td>
<td>7.7</td>
<td>7.1</td>
</tr>
<tr>
<td>IX</td>
<td>7.1</td>
<td>6.3</td>
</tr>
<tr>
<td>X</td>
<td>6.3</td>
<td>6.2</td>
</tr>
<tr>
<td>XI</td>
<td>6.2</td>
<td>6.2</td>
</tr>
<tr>
<td>XII</td>
<td>5.2</td>
<td>3.1</td>
</tr>
</tbody>
</table>

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#YAFS4
Rise in the proportion of Region VI youth who ever attempted suicide

PERCENT OF YOUTH WHO EVER ATTEMPTED COMMITTING SUICIDE

YAFS 2002  YAFS 2013

PROPORTION OF REGION VI YOUTH WHO ATTEMPTED SUICIDE IS THE 3rd HIGHEST IN THE COUNTRY

PERCENT OF YOUTH WHO EVER COMMITTED SUICIDE
Proportions of Region VI youth who have been aggressors and victims of violence are both the 3rd lowest in the country.

Proportion of youth who experienced harassment using technology is the 4th lowest in the country.
Nearly half of Region VI youth do not have any source of information about sex.
**Proportion of youth without any source of information about sex is above the national level**

<table>
<thead>
<tr>
<th>Region</th>
<th>Percent of Youth Without Source of Information About Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>NCR</td>
<td>21.8</td>
</tr>
<tr>
<td>CAR</td>
<td>30.1</td>
</tr>
<tr>
<td>CARAGA</td>
<td>30.1</td>
</tr>
<tr>
<td>III</td>
<td>46.1</td>
</tr>
<tr>
<td>IV</td>
<td>47.7</td>
</tr>
<tr>
<td>V</td>
<td>52.9</td>
</tr>
<tr>
<td>VI</td>
<td>55.7</td>
</tr>
<tr>
<td>VII</td>
<td>55.7</td>
</tr>
<tr>
<td>VIII</td>
<td>56.4</td>
</tr>
<tr>
<td>IX</td>
<td>58.7</td>
</tr>
<tr>
<td>XI</td>
<td>77.3</td>
</tr>
<tr>
<td>ARMM</td>
<td>41.7</td>
</tr>
</tbody>
</table>

**Friends of the same sex, medical professionals, and mothers are Region VI youth’s most preferred sources of information about sex and reproduction**

<table>
<thead>
<tr>
<th>Source of Information</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friends of the same sex</td>
<td>57.7</td>
</tr>
<tr>
<td>Medical professionals</td>
<td>35.9</td>
</tr>
<tr>
<td>Mother</td>
<td>33.7</td>
</tr>
<tr>
<td>Father</td>
<td>20.0</td>
</tr>
<tr>
<td>School teachers</td>
<td>19.9</td>
</tr>
<tr>
<td>Sister</td>
<td>18.9</td>
</tr>
<tr>
<td>Brother</td>
<td>15.7</td>
</tr>
<tr>
<td>Friends of the opposite sex</td>
<td>14.9</td>
</tr>
<tr>
<td>Religious leaders</td>
<td>7.3</td>
</tr>
</tbody>
</table>
Proportion of youth who can find help in school regarding sex-related problems is the 5th lowest in the country

Percent of youth who have somebody in school who can help them if they are confronted with sex-related problems

Most Region VI youth identified their teachers as the persons who can help them if they have any sex-related problem

<table>
<thead>
<tr>
<th>Person in School</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teacher/Professor/Adviser</td>
<td>11.6</td>
</tr>
<tr>
<td>Classmate/Friend</td>
<td>10.1</td>
</tr>
<tr>
<td>Guidance counselor</td>
<td>8.7</td>
</tr>
<tr>
<td>School doctor/Nurse</td>
<td>6.6</td>
</tr>
</tbody>
</table>

PERSON IN SCHOOL WHO CAN HELP THE YOUTH IF THEY ARE CONFRONTED WITH SEX-RELATED PROBLEMS

University of the Philippines Population Institute (UPPI)
Demographic Research and Development Foundation (DRDF)
Only 8 in 100 Region VI youth have discussed sex at home while growing up

Most youth discuss sex at home with their mothers

PERCENT OF YOUTH WHO HAVE DISCUSSED SEX AT HOME WHEN THEY WERE GROWING UP

FAMILY MEMBERS WITH WHOM THE YOUTH DISCUSSED SEX WHEN THEY WERE GROWING UP
SUMMARY

Profile of Region VI youth

– Proportion studying is at par with the national level. % with elementary and lower education and % with college and higher education are both below the national level.
– 24.4 percent are working which is also at par with the national level.
– 5.1 percent are working students, the 2nd highest in the country.
– 8.2 percent are unemployed and 11.3 percent are idle - both the 5th highest in the country.
– 5.7 percent are formally married and 12.8 percent are in a live-in arrangement.

SUMMARY

Media exposure of Region VI youth

– Very high use of new information technology
  • Use the internet: 44.2%
  • With a social media account: 40%
  • With an email account: 38.2%
  • With online friends they have not met personally: 20.4%
  • Own a cellular phone: 75.8%
  • With textmates they have not met personally: 33.6%

Health and lifestyle of Region VI youth

– 54.6% exercise at least 2-3 times a week, the 3rd highest in the country
– High consumers of unhealthy foods and drinks
SUMMARY

Non-sexual risk behaviors of Region VI youth

– Rise in the % who are currently smoking, decline in the % who are into drinking and drugs
– Of the estimated 1,491,782 Region VI youth in 2013:
  • Around 328,000 are currently smoking
  • Around 506,000 are currently drinking
  • Around 40,000 have ever used drugs
– Proportion who ever thought of committing suicide (8.4%) has decreased
– Proportion who ever attempted suicide (4.0%) has increased and is the 3rd highest in the country
– Proportions who have been aggressors and victims of violence are both the 3rd lowest in the country

SUMMARY

Sources of information about sex of Region VI youth

• Among those who have some sources of information about sex, most rely on books, TV, and magazines
• Friends (particularly of the same sex), medical professionals, and mothers are the persons they will turn to if they have questions about sex or confronted with any sex-related problem
• The majority (46.1%) who rely on themselves for information about sex is a cause for concern
• Very little discussion of sex at home
  – Most youth whether male or female discuss sex at home with their mothers
Thank You!

Young Adult Fertility & Sexuality Study

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