

the 2013
Young
Adult
Fertility and
Sexuality

Study in the Philippines

key findings

Recommended citation:

Demographic Research and Development Foundation (DRDF) and University of the Philippines Population Institute (UPPI). 2014. 2013 YAFS4 Key Findings. Quezon City: DRDF and UPPI.

the 2013

Young Adult Fertility and Sexuality

Study in the Philippines

key findings



THE YOUNG ADULT FERTILITY AND SEXUALITY STUDY

The **Young Adult Fertility and Sexuality Study (YAFS)** is a series of cross-sectional surveys on the Filipino youth aged 15-24 conducted since 1982 by the University of the Philippines Population Institute (UPPI) and the Demographic Research and Development Foundation (DRDF). YAFS is the only survey of young people that is representative at the national and regional level. Among the main goals of the study is to provide updated information on a broad range of sexuality and reproductive health issues that can be used as basis for developing new interventions and improving current programs that aim to safeguard the health and welfare of the youth.

The YAFS studies began in 1982 (YAFS1) with a survey on young women aged 15-24, focused mostly on fertility-related behaviors with some questions on sexuality. YAFS2 conducted in 1994 was the first to include both sexes. YAFS3 conducted in 2002 was the first in the series to include a representative sample of Muslim youth.

Although largely quoted for its findings on sexual and non-sexual risk behaviors and their determinants, YAFS4 also covers an extensive array of information about today's youth such as their education trajectories, labor force participation, mass media exposure, family and peer relationships, the role of parents in their lives, their attitudes and values, personal characteristics like self-esteem, and adverse conditions like suicidal ideation and depression symptoms. It is the evidence base in many education and health programs for young people by government and non-government organizations, nationwide.

The fourth YAFS conducted in 2013 (YAFS4) used a total of 10 survey instruments comprising of household and community forms, and eight versions of the main questionnaire, four of which are for Muslim youth. The main questionnaire

is differentiated by sex (male and female) and marital status (ever married and never married). It contains the same core information gathered in the previous rounds plus newly introduced questions, such as new block of questions on Health and Lifestyle. The block on Media has also been expanded to include the new forms of communication technologies that were not yet well developed in 2002 when YAFS3 was conducted, such as the internet and social media and the use of cellphones.

The main questionnaire is divided into the following blocks:

- A. Individual characteristics
- B. Family characteristics and relationships
- C. Self-esteem and values
- D. School, work and community
- E. Media
- F. Friends and peers
- G. Health and lifestyle
- H. Marriage
- I. Puberty, dating, and sex
- J. Fertility and contraception
- K. Knowledge and attitude towards marriage, sex and related issues
- L. Reproductive health

The study employed a multi-stage stratified random sampling design with about 1,000 respondents per region, the same sampling design used from YAFS2 and YAFS3 to allow for the analysis of trends. The domain is the region. The primary sampling unit is the barangay and the ultimate sampling unit is the household. All eligible respondents aged 15-24 in a sample household are interviewed. YAFS4 has total sample size of 19,178 young adults (see Figure 1).

The conduct of YAFS4 was co-funded by the Australian Government through the United Nations Population Fund (UNFPA), and the Department of Health (DOH) through the Philippine Council for Health Research and Development (PCHRD) of the Department of Science and Technology (DOST).

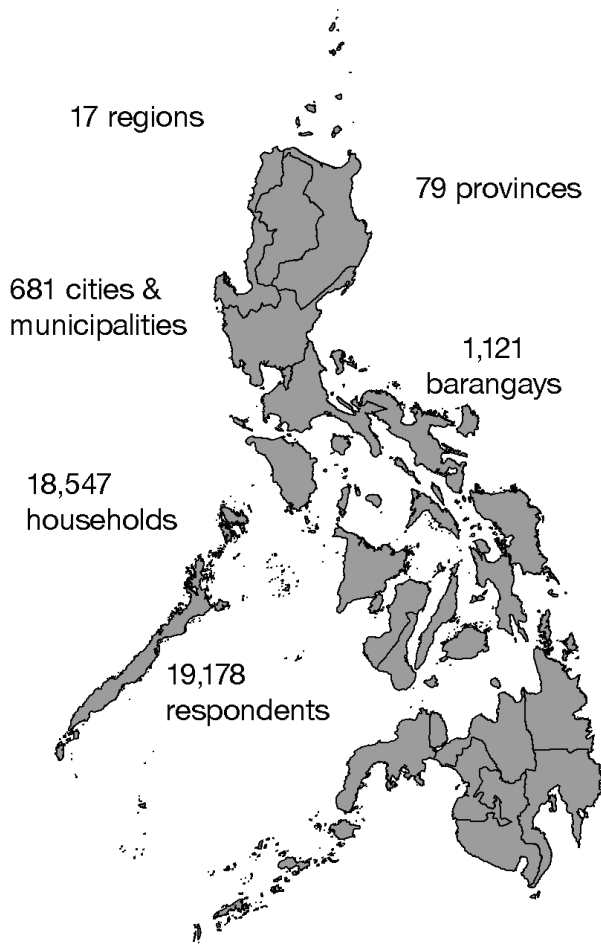
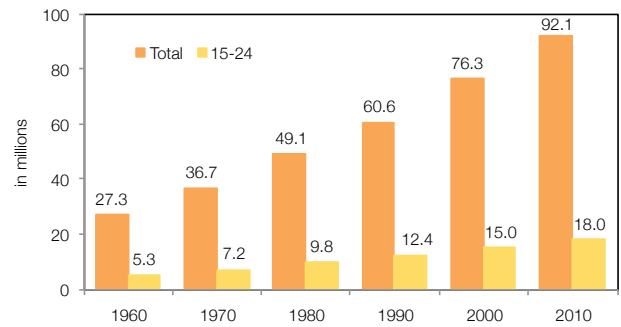


Figure 1. The coverage of YAFS4

PROFILE OF THE FILIPINO YOUTH

Demography of the Filipino youth

In the 2010 Philippine census, there were 18,045,895 aged 15-24 comprising 19.6 per cent of the total population. Of these, 9,676,094 belonged to the younger cohort (15-19 years old) while 8,369,801 belonged to the older cohort (20-24 years old). The youth cohort has grown consistently over the past five decades in keeping with the overall growth of the Philippine population (Figure 2).



Sources: Philippine Census of Population and Housing, various years

Figure 2. Philippine Population: 1960-2010

Despite the growth in absolute numbers, the share of the youth population to the total population has remained more or less stable at 20 per cent between 1960 and 2010 (Figure 3).

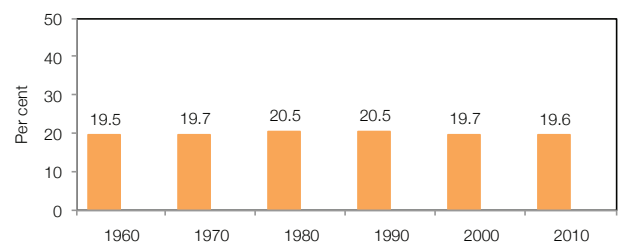


Figure 3. Per cent share of youth population: 1960-2010

In the latest population projection by the Philippine Statistics Authority (2010-2045, medium assumption), the size of the youth population is projected to expand further in the near future, reaching a historical peak of 22.2 million in 2040 after which the number will start to decline. Census data from 1960-2010 show the size of the young adult population as steadily increasing, but the rate of increase has been decelerating. Projecting to 2045, the positive rate of growth of this age sector is expected to come to an end in 2040 (Figure 5). Because of the historically high fertility rate in the country which has been declining, although very slowly over time, the younger cohort (15-19) has always exceeded the size of the older cohort 20-24. By 2035, it is projected that this will be reversed with the older cohort gradually exceeding the size of the younger cohort.

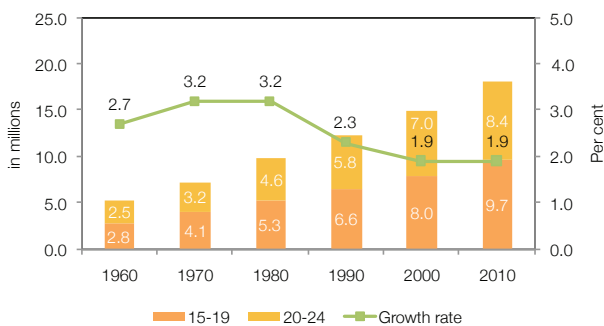


Figure 4. Population size and growth rate of youth population (15-24): 1960-2010

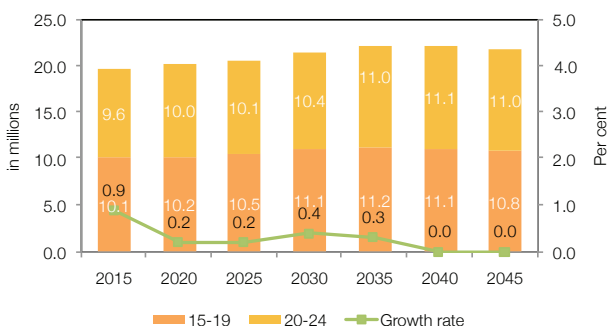


Figure 5. Projected population size and growth rate of youth population (15-24): 2015-2045

Socio-economic characteristics

The 2013 YAFS data show a higher proportion of the youth in the younger cohort of 15-19 (60%) than the older cohort 20-24 (40%). There is also a higher proportion of females (51%) than males (49%) (Figure 6).

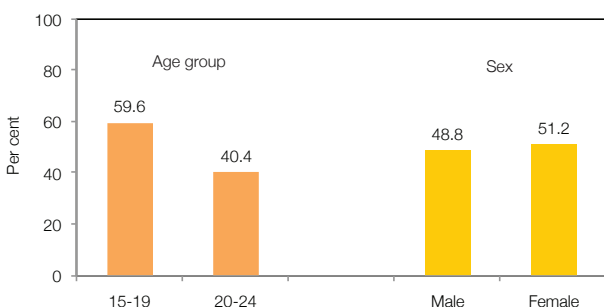


Figure 6. Filipino youth, by age and sex

Education

The modal highest educational attainment (37%) is high school undergraduate, mainly because the age group 15-19 includes the last years of

high school and many of the youth are still in this level. About 28 per cent completed high school or vocational school while 21 per cent attained college level education. About 13 per cent had elementary level of schooling while a small minority (less than 1 per cent) had no schooling. There are significant variations in the education profile across regions. For example, in ARMM and Eastern Visayas the proportion with elementary/no schooling level education is significantly higher than the national average at 37.2 per cent and 28.1 per cent respectively while in CAR this proportion is lower than the average at only 8.6 per cent.

Main activity

As to their main activity three months prior until the time of the survey, 36.3 per cent reported that they were in school while 25.3 per cent were currently working. About 20 per cent, predominantly female, were doing housework. There is a minority of 8.8 per cent who were idle, that is neither studying, working, looking for work, doing housework nor doing unpaid family work. Again, regional variations in the main activity profile are noted. ARMM has the highest proportion with idle youth (23%), followed by Eastern Visayas (12%). The regions with the lowest proportion of idle youth are CAR (1%) and Bicol (2%).

Marital status

The past three rounds of YAFS reveal that the profile of the Filipino youth by marital status has dramatically changed, especially during the last decade. The proportion of never married Filipino youth declined from 84 per cent in 2002 to 77 per cent in 2013 and the formally married also declined from 9.8 per cent in 2002 to 8.5 per cent in 2013 (Figure 7). On the other hand, the youth in a live-in relationship increased from 5.9 per cent in 2002 to 13.8 per cent in 2013. About 1.1 per cent of the youth in 2013 were separated, widowed or divorced, which is up from the 0.5 per cent recorded in 2002.

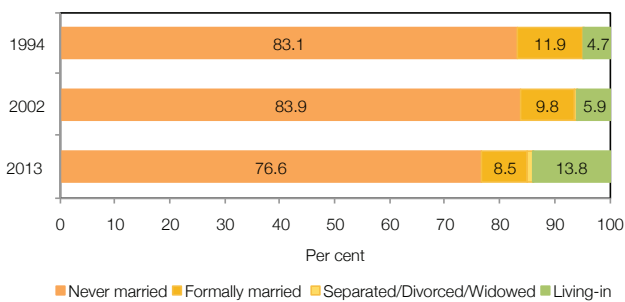


Figure 7. Current marital status of Filipino youth: 1994, 2002 and 2013

Among the youth who have ever been in a marital union in 2013, there is a larger proportion living-in than formally married. This general pattern is more pronounced among the younger (7% vs. 2%) than the older cohort (24% vs. 18%), among males (8% vs. 4%) than females (20% vs. 13%), among those with lower education (13% vs. 7%) than those with higher education (15% vs. 10%). NCR (20%) and Eastern Visayas (19%) are the top two regions with the largest proportion of youth in a live-in arrangement while ARMM (1%) and SOCCSKSARGEN (7%) have the lowest.

Living-in prior to marriage also appears highly prevalent. Sixty one per cent of the currently married youth were in a live-in arrangement before they formally got married. About 3 in every 5 had a religious ceremony to formalize their marital union with their current spouse while 1 in every 3 had a civil marriage ceremony. Only 3.3 per cent of the youth reported having both religious and civil marriage ceremonies. About 14 per cent had eloped among the currently married youth.

HEALTH AND LIFESTYLE

A new feature of the 2013 YAFS round is a block of questions on health and lifestyle of Filipino young adults. In this report we present key findings on self-assessed health status, self-reported height and weight, average hours of sleep, exercise, consumption of selected food and drinks and common leisure activities.

Self-assessed health

The period of youth is one of the healthiest in one's life where age-specific mortality rate is normally much lower compared to other age groups. Asked to assess the state of their health, a high 92.4 per cent reported themselves to be either very healthy, of above average or of average health. The percentage is slightly lower among females (91%) than males (94%). On the other hand, 7.6 per cent assessed themselves to be in poor health (somewhat or very unhealthy). The proportion with poor self-assessed health decreases as educational attainment increases, at 9 per cent among those with elementary/no schooling, decreasing monotonically to 5.4 per cent among the college educated. Across the regions, the proportions with poor self-assessed health are highest in Northern Mindanao, Davao Region and Caraga, all at above 10 per cent. It is lowest in CAR (4%) and SOCCSKSARGEN (5%).

Body Mass Index based on self-reported height and weight¹

Body Mass Index (BMI) was computed based on self-reported height and weight. BMI is then classified into Underweight (<18.5), Normal (18.5-23.9), Overweight (24-26.9) and Obese (>27). The mean BMI is about the same for men and women at 19. It is higher on the average among the older (21) than the younger cohort (19) and among those with college education (21) than with elementary/ no schooling (20).

The modal category of BMI for all is normal (56%) but there is a sizable proportion who are classified as underweight (34%). Less than a tenth (9%) are overweight/obese. For the underweight, there is a conspicuous difference by age, with 41.7 per cent of the younger cohort classified as underweight compared with 23.9 per cent in the older cohort. By education, the highest proportion underweight is recorded among high school undergraduates, likely because most of those in this education category belong to the younger cohort. As to the overweight/obese classification, more among the

¹ It should be noted that the height and weight are self-reported and thus may be prone to reporting bias as some may under- or overestimate their height and/or weight.

older (12%) than the younger cohort (7%) belong to this category; more too among the college educated (15%) than those with elementary /no schooling (7%). Across the regions, the highest proportion classified as overweight/obese are in NCR (15%), CAR (12%) and ARMM (12%) while the lowest are in Eastern Visayas (6%), MIMAROPA and Northern Mindanao (both at 7%).

Average sleep

The reported average hours of sleep is 8.1 hours, almost equal for men (8.2 hours) and women (8.1 hours). The younger cohort reported a slightly higher average (8.2 hours) than the older cohort (8.0 hours). The average sleep duration decreases consistently as educational attainment increases; those with elementary level of schooling reported an average of 8.3 hours compared with 7.8 hours among the college educated. There is only a slight variation in the average hours of sleep across the regions with a range of 7.8 to 8.3 hours. Those who reported the longest average sleep duration of 8.3 hours come from Eastern Visayas, MIMAROPA, Bicol and Cagayan Valley while those with the shortest reported sleep duration at 7.8 hours are from ARMM and CAR.

Physical Exercise

Overall, the proportion who did physical exercise at least two times a week is 46.4 per cent, much more among males (59%) than females (34%), but there is no clear age or education pattern. On the other hand, about 3 in 10 said they never exercised physically, with a clear age and gender difference. Higher proportions of females and the older cohort never exercised. Also, more among those with elementary/no schooling never exercised than those with higher education, especially the college educated. Across regions, the proportion who never exercised were highest in ARMM (49%) and lowest in Central Visayas (19%).

Food consumption

One important component of a healthy lifestyle is the type of food that is normally consumed. In the survey, we asked about the frequency of consumption of selected food and drinks that may contribute to adverse health outcomes if consumed frequently and over the long term.

These are food and drinks that are high in sugar, salt or fat content. Some are considered to consist of “empty calories” as they have little nutritive value. They also contribute to increasing the risk of lifestyle diseases like diabetes and hypertension.

Of the list of food items, the most frequently consumed are chips, instant noodles, fried and grilled street foods, desserts and fried chicken, in that order, consumed at least twice a week. About 15 per cent eat chips practically every day (5 to 7 times a week). Of the three drinks, the most commonly consumed is carbonated drinks, with 39.3 per cent drinking soft drinks at least twice a week, 15 per cent almost every day.

Slightly more females eat chips, fries and desserts frequently than males but slightly more males frequently eat instant noodles, fried and grilled street food. As for drinks, more males frequently consume carbonated (soft drinks), sweet bottled (e.g. C2, Zesto) and energy drinks (e.g. Cobra, Red Bull) than do females. The drink consumption pattern does not differ much by age, except for carbonated drinks where more among the older cohort take carbonated drinks at least twice a week (62% vs. 53%). The pattern by education suggests that ability to pay may have some influence on the frequency of consumption of the food and drinks in the list. With the exception of instant noodles and carbonated drinks, the proportion who consumed the food and drinks on the list tend to increase as education level rises.

There are specific variations by region, the most notable of which is that, in general, higher than average proportions frequently eat and drink the items on the list in the National Capital Region, again with the exception of instant noodles and carbonated drinks.

Leisure activities

The most common leisure activities of young adults are watching TV, texting, listening to music, playing sports, meeting up with friends, surfing/going online and reading, in decreasing order. It is noted that four of the seven activities are technology-mediated. There are no marked differences by age, except for a slightly higher proportion who watch TV and a lower proportion

who read among the older cohort. There are also no outstanding differences between males and females in the proportion who engage in these technology-mediated leisure activities, as well as in meeting up with friends. But there is a definite divergence in sports and reading. While 43.6 per cent of males reported sports as a leisure activity, only 2 per cent of females did. On the other hand, while 17.1 per cent of females mentioned reading as a leisure activity, the corresponding proportion for males is only 5.5 per cent. The proportion who watch TV, text, listen to music and surf the internet generally increases as education level increases. More of the college educated and high school undergraduates read for leisure than elementary and high school graduates.

MEDIA AND INFORMATION TECHNOLOGY USE

Use of traditional media

Studies on the youth have always cited the role of mass media in shaping young people's behavior and attitudes. The YAFS series has tracked exposure to the traditional media forms of print, radio and television, and in the 2013 round added internet and cell phone use, technologies which have become additional sources of information for today's young people. Both YAFS2 in 1994 and YAFS3 in 2002 found almost universal exposure of young Filipinos to the traditional media forms, especially broadcast media. The 2013 YAFS looked at regularity of media consumption. Findings presented here refer to use of mass media on a daily basis in the three months preceding the survey.

In all, 67.5 per cent watch television every day, slightly higher among females (69%) than males (66%). There is no difference between the younger and older cohort. The proportion increases monotonically as education level increases, from 50.7 per cent among those with elementary education to 72.7 per cent among those with college education. Across the regions, watching TV daily is most prevalent in NCR (86%), Central Luzon (83%) and CALABARZON (80%) and least

in ARMM (34%), Zamboanga Peninsula (48%) and CAR (48%).

As to print media, only 11.7 per cent of young people read any form of print media on a daily basis; higher among females (14%) than males (9%) and the younger cohort (14% vs. 8%). Daily reading is more prevalent among the college educated and high school undergraduates, majority of whom are still in school. Among the regions, reading daily is found most prevalent in Bicol (17%), Eastern Visayas (16%) and NCR (16%) and least in Davao (8%), Cagayan Valley (8%) and Ilocos (9%).

Use of information technology

Cellular phone

The deregulation of the telecommunication industry in 1995 following the passage of Republic Act 7925 (Telecommunications Policy Act) paved the way for the rapid development of information and communication technology in the country. Today, cellular phones have become the most common communication technology tool for every Filipino.

Overall, 78 per cent of the youth owned a cellular phone, slightly more among females (81%) than males (76%), the older (83%) than the younger (76%) cohort. Cell phone ownership increases consistently as education level rises, from 51.3 per cent among those with elementary level schooling to 94.7 per cent among the college educated. The proportions of youth who own a cellphone are highest in CALABARZON and Ilocos (87%), Central Luzon (86%) and NCR (85%) and lowest in ARMM at 52.4 per cent.

Aside from communication, cell phones have also become the means to meet new friends and form new relationships, some not requiring face-to-face contact. Among all youth who own a cell phone, 43.6 per cent reported having text mates whom they have not met personally. This practice is more common among males (54%) than females (34%) and among the younger (48%) than the older cohort (37%). There is a reverse education gradient in this practice, such that the proportion decreases as education level rises. The

prevalence of the practice is highest in Eastern Visayas (54%), CARAGA and SOCCSKSARGEN (52%) and lowest in CAR (31%), NCR (36%) and ARMM (37%).

Internet and social media

In 2002, when YAFS3 was conducted, the internet was still a relatively new innovation in the Philippines. In the intervening period, its use has grown tremendously and has since become an ubiquitous source of information and a potent communication tool for Filipinos, especially the youth. This section presents findings on internet use in general, use of the internet for social networking and online friendship and exposure to sexually explicit content through the internet.

In general, 58.9 per cent of today's youth use the internet, somewhat more among females (61%) than males (57%), the younger (60%) than the older (57%) cohort. Expectedly, there is a distinct education gradient in internet use, from almost universal use (91%) among the college educated to a low 20.5 per cent among those with elementary education.

The regional profile of internet use shows a picture of two regions at extreme ends and the rest of the regions within a narrow range in between. In the NCR, 92.3 per cent use the internet. In contrast, only 22.4 per cent use the internet in ARMM. The rest of the regions falls between 40 per cent to below 70 per cent prevalence of internet use.

Among internet users, 80.3 per cent reported using the internet for social networking. Again females have a somewhat higher prevalence (84%) than males (76%). The difference by education is not so pronounced. The regions with the highest prevalence of social networking among internet users are NCR (88%), Central Luzon, Ilocos and CALABARZON, all at 84 per cent. The prevalence is lowest in ARMM (61%), SOCCSKSARGEN, CAR and Northern Mindanao, all between 65 per cent to slightly below 70 per cent.

Similar to the cellular phone, the internet also provides a means to establish relationships without face-to-face contact, referred to as online

or virtual friends. Among internet users, more than half (52%) have online or virtual friends, i.e. friends they have not met personally. The pattern of difference by age and sex is the same as that for text mates in that more males (58% vs 47%) and the younger cohort (54% vs 50%) have virtual friends. There is no discernible difference by education level. In terms of regional differences, this kind of relationship is more common among young people from Central Luzon, Davao, NCR, ARMM, where proportions are over 50 per cent.

Exposure to pornography through mass media and the internet

One major concern regarding internet use among the youth is the easy access to sexually explicit content that the technology provides. Among internet users, 26.3 per cent reported ever visiting websites with sexually explicit content. This is much more common among males (47%) than females (8%), and among the older (32%) than the younger (22%) cohort. There is no clear education pattern. Visiting websites with sexually explicit content is more prevalent in NCR (36%) and Zamboanga Peninsula (33%). The prevalence is lowest in ARMM (12%).

In terms of exposure to pornographic materials through videos, a traditional media form covered in past YAFS rounds, the proportion rose slightly between 2002 and 2013, from 55 per cent to 56 per cent. The same gender difference is found in both survey rounds. More males have ever watched pornographic materials (76% vs. 38%), although the percentage among females increased to some extent from 36 per cent in 2002 to 38 per cent in 2013. Higher proportions of the older cohort (67% vs. 50%) have ever watched pornographic material on video. This proportion increases as education level rises. Exposure to porn through videos is highest among youth from CARAGA region (67%) and NCR (66%) and lowest in ARMM (22%) (Figure 8).

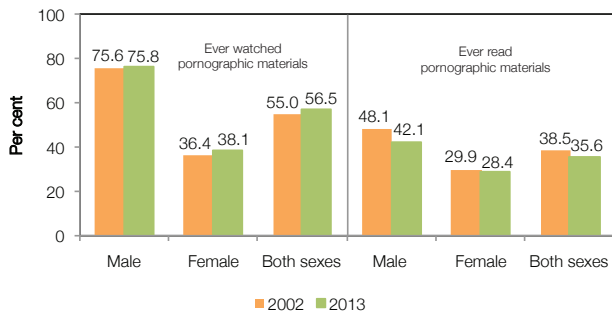


Figure 8. Exposure to pornographic materials, by sex: 2002 and 2013

Consistent with the finding on low readership of print material in general, the proportion who had ever read pornographic materials declined from 38 per cent in 2002 to 36 per cent in 2013. The same pattern by age, gender, and education as that of exposure to porn through video is observed. The prevalence is highest in NCR (47%), CALABARZON (45%) and Bicol (38%) and lowest in ARMM (12%).

NONSEXUAL RISK BEHAVIORS

The YAFS series has traditionally tracked the non-sexual risk behaviors of smoking, drinking and use of drugs. Suicidal ideation and attempt was added in the 2002 round. In the 2013 YAFS, the experience of physical violence was included.

Figure 9 shows that in 2013, the proportion currently drinking declined to the same level as 1994, the proportion currently smoking continued its trajectory of slow decline begun in 1994, while the proportion who ever used drugs in 2013 declined to a level below the 1994 prevalence. In general, the prevalence of the three traditional non-sexual risk behaviors tracked by the YAFS series declined in the past ten years, albeit by a small increment.

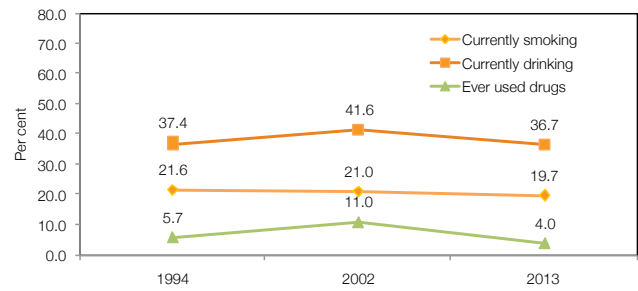


Figure 9. Trend in non-sexual risk behaviors of Filipino youth: 1994, 2002 and 2013

Smoking

Among all youth, 38.8 per cent have ever smoked, significantly more among males (56%) than females (22%). However, only 19.7 per cent of all youth are currently smoking, with a notable gender disparity; only 4.7 per cent of females are currently smoking but the corresponding prevalence among males is 35.4 per cent. The proportion currently smoking is higher in the older (26%) than the younger (16%) cohort. Current smoking is most prevalent among youth with elementary level schooling (32%); it is lowest among the college educated (13%). The prevalence of smoking is highest in NCR (27%) and Central Luzon (25%) and lowest in ARMM (12%) and SOCCSKSARGEN (13%).

On the average, males started to smoke earlier (mean age of 15.7 years) than females (mean age of 16.3 years). Across the regions, the mean age of starting to smoke regularly falls within a narrow range from 15.5 years (SOCCSKSARGEN) to 16.4 years (Eastern Visayas).

Drinking

More youth drink than smoke. In all, 68 per cent have ever drunk alcohol while 36.7 per cent currently drink. As with smoking, drinking is a male-dominated behavior; while 53.2 per cent of males currently drink, the corresponding proportion for females is only 21 per cent. Drinking is more prevalent in the older (46%) than the younger (30%) cohort. By education, the college educated have the highest prevalence of current drinking (43%), the lowest is among high school undergraduates (29%), majority of whom belong to the younger cohort and are still in school. Across

the regions, the prevalence of current drinking is highest in the NCR (56%), Central Visayas (43%) and Eastern Visayas (43%) and almost non-existent in ARMM (2%).

Drug use

Drug use is less common compared to smoking and drinking with only 4 per cent reporting ever use of drugs. Differences by age and gender are in the same direction as smoking and drinking. While 7.1 per cent of males ever used drugs, the corresponding prevalence for females is only 0.8 per cent. The mean age at which drug use was initiated is 17.3 years, same for males and females.

Physical Violence

The experience of physical violence in the past 12 months is a new measure introduced in YAFS4. Respondents were asked if they have been on the receiving end of physical violence, as well as if they had been the perpetrator of an act of physical violence against someone, in the 12 months preceding the survey. In all, the proportion of youth who reported being hurt by someone in the past 12 months (17%) is lower than the proportion who reported hurting someone (22%). Still, the experience of violence is quite high in general. More males and more 15-19 year olds reported both being hurt and hurting someone. There is no clear education pattern in the experience of physical violence, whether as victim or perpetrator. Across the regions, those living in NCR reported the highest level of recent experience with violence, both as victim (30%) and perpetrator (34%). Meanwhile, the proportions who experienced violence either as victim (6%) or perpetrator (10%) are lowest in ARMM.

Suicide

Like smoking, drinking and drug use, the proportion of youth with suicidal ideation (ever thought of committing suicide) declined in the last decade from 13.4 per cent in 2002 to 8.7 per cent in 2013 (Figure 10), for males and females alike while the proportion who attempted suicide remained at about 3 per cent in both survey rounds. There is a notable gender difference in the proportion who attempted suicide in that, while it decreased among males, it increased slightly

among females. More females and more among the older cohort had suicidal ideation; a higher proportion of these subgroups ever attempted suicide as well. More among the college educated had suicidal ideation but there is no difference in the proportion who attempted suicide across the education levels.

For suicidal ideation, the regions with highest proportions are Caraga (14%), Central Visayas (12%) and SOCCSKSARGEN (12%); those with the lowest are Central Luzon (3%), Cagayan Valley (5%) and ARMM (6%). For suicide attempt, the proportions are generally low in all regions. The highest prevalence, recorded in NCR, is 5.6 per cent. In most regions the proportion who ever attempted suicide is below 2 per cent.

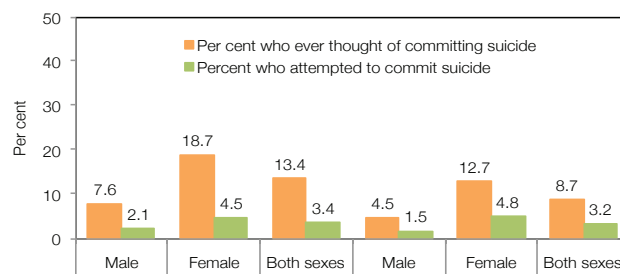


Figure 10. Suicide ideation and attempt among Filipino youth: 2002 and 2013

SEXUAL BEHAVIOR

Early sexual initiation

Among the sexual behaviors tracked by the YAFS series is early sexual initiation, defined as beginning sexual activity before age 18. Sexual initiation signals the start of the exposure to the risk of reproduction and childbearing as well of sexually transmitted infections (STIs). The results of the three YAFS rounds indicate an increasing proportion of youth who have begun sexual activity before age 18, from 13 percent in 1994 to 23 percent in 2013. for both males and females (Figure 11). Among males, this proportion increased from 13.8 percent in 1994 to 25.1 percent in 2013 while for females the increase was from 12 percent in 1994 to 22 per cent two decades later.

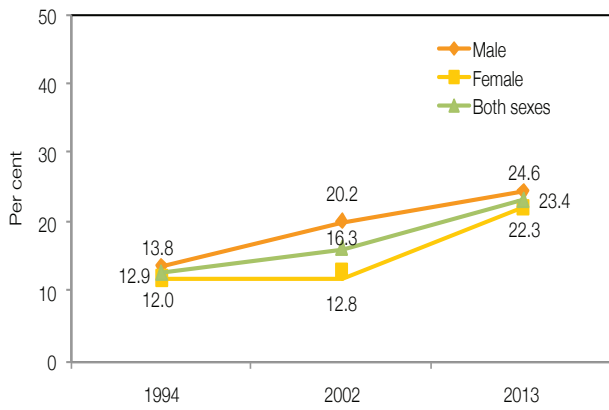


Figure 11. Trend in sexual initiation before age 18 among youth aged 18-24, by sex: 1994, 2002 and 2013

The proportion who had their sexual initiation before age 18 is highest among those with elementary schooling (30%) and decreases as education increases. The proportion who had early sexual initiation among those with college education is 16.9 per cent. Among the regions, the proportion of youth with early sexual initiation is highest in NCR at 30.6 per cent and lowest in ARMM at 15.6 per cent.

As to the age at sexual initiation, males reported a lower median age of 17.8 years compared with females with a median age of 18.2 years. The median age at sexual initiation is 1 year later among those with college education (18.4 years) compared with youth who had elementary schooling (17.4 years) or were high school undergraduates (17.3 years). Across regions, the youngest median age at sexual initiation was recorded in the NCR (17.4 years) and Davao Region (17.6 years) while the oldest was in CAR and ARMM at 18.6 years. The median age at sexual initiation decreased for males from 18.0 years in 1994 to 17.8 in 2013 and for females from 18.6 in 1994 to 18.0 in 2013.

Premarital sex

The series of YAFS has also been tracking the prevalence of premarital sexual activity, defined as sex before cohabitation or formal marriage, of Filipino youth. Trend data reveals a substantial upward shift in the prevalence of premarital sex from 17.8 per cent in 1994 to 32.2 per cent in

2013. With increasing prevalence of premarital sexual activity comes a narrowing of the gap in the level between men and women (Figure 12). In 1994, 26.1 per cent of young men had premarital sexual experience, more than double the 10.2 per cent prevalence in young women. Two decades later, 35.8 per cent of males and 28.7 per cent of females have engaged in premarital sex, a difference of only 7 percentage points. In fact, in 2013, the prevalence of premarital sexual activity is higher for females than males in CAR and Western Visayas regions.

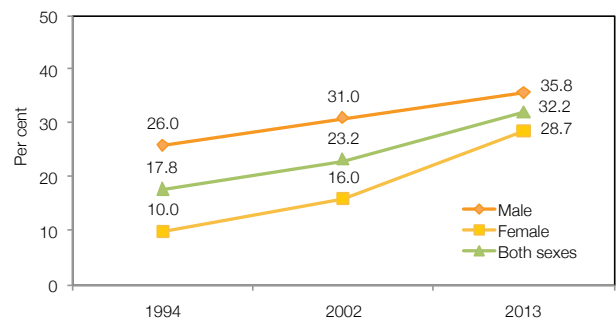


Figure 12. Trend in premarital sex experience, by sex: 1994, 2002 and 2013

The proportion of youth with premarital sex experience is much higher among the older (54%) than the younger cohort (17%). By education, it is highest among high school graduates (44%) and lowest among high school undergraduates (21%). Young people from NCR (41%) and Central Luzon (39%) reported the highest levels of premarital sexual activity while ARMM where early marriage is common, is lowest at 6.7 per cent.

Most of the first premarital sexual encounter was unprotected from the risk of conception or STIs. Among youth who had premarital sex experience, 12.9 per cent used a condom during their sexual initiation while 9.2 per cent used other methods, notably withdrawal. The rest (78%) were unprotected.

Other sexual behaviors

The YAFS4 survey elicited information on a number of other sexual activities, which if unprotected, could pose a high risk for unplanned pregnancy and STIs including HIV. These are commercial sex (paying for sex and being paid in exchange for

sex), casual sex, having a non-romantic regular sexual relationship and extramarital sex (Figure 13).

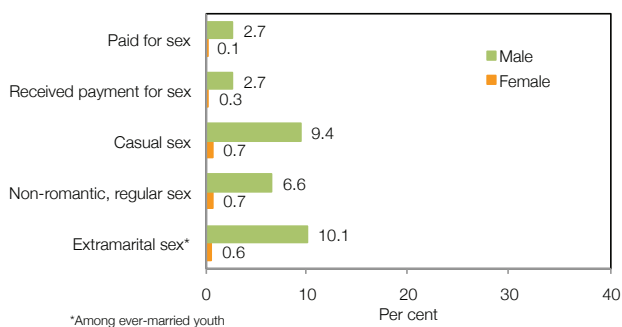


Figure 13. Other sexual behaviors, by sex

Overall, there is a low prevalence of these other sexual activities. There is also a notable gender difference in each, with more males reporting engaging in these activities, compared to females. For example, about 3 per cent of males reported having paid for or received payment for sex; the comparable figure for females is much less than 1 per cent. For casual sex, 9.4 per cent of males have engaged in this activity compared with only 0.7 per cent for females. Casual sex refers to sexual activities outside the context of a romantic relationship, with no payment involved, and which happened only once or twice (e.g., one-night stand). For extramarital sex, defined as engaging in sexual intercourse with someone other than one's spouse or live-in partner while still married or cohabiting, the prevalence in males is much higher at 10.1 per cent than the females', 0.6 per cent.

In the 2013 YAFS a new type of sexual relationship is documented for the first time. This is non-romantic regular sexual relationships whereby friends who are not in a romantic relationship regularly engage in sexual intercourse. In the language of the youth, this is called "FUBU" or FB (short for "fuck buddy" or "friends with benefits," respectively). This sexual activity is reported by 3.6 per cent of Filipino youth: 6.6 per cent by males, but only 0.7 percent by females.

The prevalence of these sexual activities may be on the low side but it is still a cause for concern as most young people engage in these activities

without protection against the risk of unintended pregnancy and contracting STIs. For example, among the youth who have ever paid for sex, only 27.3 per cent reported use of a condom every time they paid for sex in the past 12 months before the survey. Of those with casual sex experience, only 18 per cent used a condom the last time they had casual sex.

Males who have sex with males

One of the sexual behaviors tracked by YAFS which is specific to males is same-sex activity or males who have sex with other males (MSM). It is of value to track this behavior because, unprotected, it poses a heightened risk for STIs, especially HIV. MSMs are one of the sectors of the population with rapidly growing incidence of HIV infection in the Philippines since 2008.² The YAFS results show that, among males, 5 per cent have engaged in sex with a fellow male. The highest prevalence is reported in NCR (8%) and Northern Mindanao (8%), and lowest in ARMM (0.6%).

TEENAGE FERTILITY

Female fertility

The main measure of teenage childbearing is the proportion of females aged 15-19 who had begun childbearing. This refers to women who were either pregnant or had already given birth at the time of the survey. Over the twenty year period covered by YAFS, this proportion rose dramatically only in the last 10 years, doubling from 6.3% in 2002 to 13.6% in 2013 (Figure 14). In 2013, 11.0 percent of the 15-19 year olds were already mothers while another 2.6 percent were pregnant with their first child when they were interviewed.

² Philippine National AIDS Council. 2014. 5th AIDS Medium Term Plan 2011-2016. Philippine Strategic Plan on HIV and AIDS Midterm Review. Manila. PNAC.

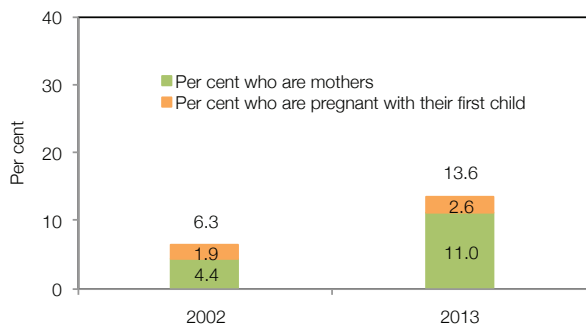


Figure 14. Teenage fertility: 2002 and 2013

The proportion of the 15-19 year olds who had begun childbearing increases with each age, beginning at 15. Among the 15-year olds, 2 per cent have started childbearing. This proportion increases steadily such that among 19 year olds, 35.2 per cent have already begun childbearing. Teenage childbearing is highest among those with elementary education (26%) and high school graduates (23%). It is lowest among the college educated (7%). The regions with the highest prevalence of teenage childbearing are CAR and Cagayan Valley, both at 18 per cent. It is lowest in Bicol (9%) and CALABARZON (8%).

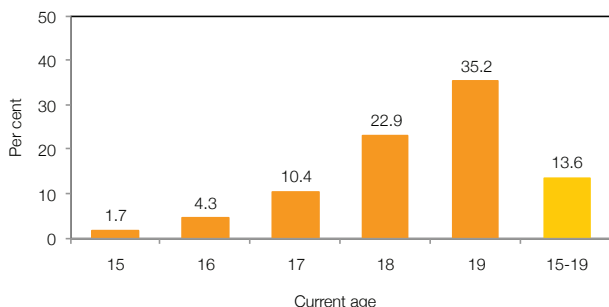


Figure 15. Teenage fertility by current age

Age at first birth

Among the females aged 15-24 who had begun childbearing, the median age at first birth is 19.3 years. This increases with increasing educational attainment - from 18.0 years among women who did not reach high school to 20.1 years among those who have reached college. Regional variation shows that ARMM and Caraga have the lowest median age at first birth (18.9 years) while Bicol and CAR had the highest (19.7 years), followed by MIMAROPA with 19.6 years.

Male fertility

The counterpart measure of teenage childbearing among men is the proportion of 15-19 year old males who reported that they had gotten someone pregnant. Unlike teenage childbearing this measure may be prone to bias as males may not always know whether or not they had fathered a child.

Still, the YAFS results show that among 15-19 year old males, 2.4 per cent reported having gotten someone pregnant. There is no distinct education difference. This measure also varies widely across regions, from a low of 0.9 per cent in Cagayan Valley and Zamboanga Peninsula to a high of 4.7 per cent in NCR and Caraga.

REPRODUCTIVE HEALTH

Male

Circumcision

Male circumcision is a traditional practice in Filipino culture. The YAFS4 data shows that this practice remains highly prevalent as nearly all (99%) of Filipino males 15-24 years old reported that they are circumcised. The mean age at circumcision is 11.0 years. The lowest mean age of 9.3 years is recorded in Central Visayas, Northern Mindanao and Davao Region, while ARMM has the highest mean age at circumcision of 12.9 years. More than half (51%) of circumcisions were performed by a physician, while 15.1 per cent were done by other medical health professionals, such as nurses and midwives.

Overall, 9 per cent of circumcised males reported experiencing infection from the circumcision. There is no distinct pattern of difference by educational attainment but there is a wide variability across regions. The proportion who experienced infection from circumcision is lowest at 0.1 per cent in Central Luzon, followed by Bicol (2%) and MIMAROPA (3%). At the other extreme, 42.9 per cent of males in SOCCSKSARGEN experienced infection, followed by Zamboanga Peninsula (26%) and Northern Mindanao (24%).

Nocturnal emission

More commonly known as “wet dreams,” nocturnal emission refers to the involuntary discharge of semen during sleep, often accompanied by an erotic dream. The occurrence of nocturnal emission signals the onset of puberty in males. The mean age at first nocturnal emission is 14.2 years with no substantial difference by age, educational attainment, or region of residence.

Female

Menarche

Menarche refers to the onset of menstruation and marks the start of puberty in females. Almost all (99.7%) said they had already experienced menarche. The mean age at menarche is 13.0 years. Nearly 2 in 5 (39%) experienced it before age 13, 45.4 per cent between ages 13 and 14 years and 15.3 per cent at age 15 and older. By educational attainment, the mean age at menarche consistently decreases as education increases although the range is not very wide (from 12.8 among the college educated to 13.3 years among those with elementary level/no schooling). Across the regions, the youngest mean age at menarche is reported in NCR at 12.7 years while the oldest is almost a year older at 13.6 years, reported in ARMM.

Reproductive health problems

YAFS4 asked about the experience of symptoms of reproductive health problems for both males and females. Figure 16 shows the comparative proportions of male and female who reported ever experiencing a given symptom. Among these symptoms are abnormal genital discharge, blood in urine, genital warts, itching in the genital area, and painful urination. Except for painful urination, which more females (28%) than males (20%) reported, the experience of the given symptoms of reproductive health problems is about the same for men and women and all at a relatively low level of prevalence.

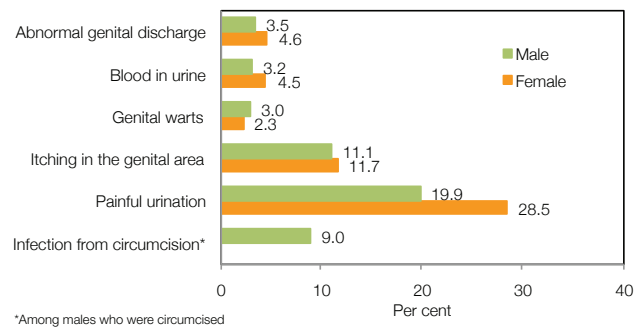


Figure 16. Symptoms of reproductive health problems, by sex

Of those who experienced any symptom of reproductive health problems, more females (36%) consulted a medical professional than did males (27%).

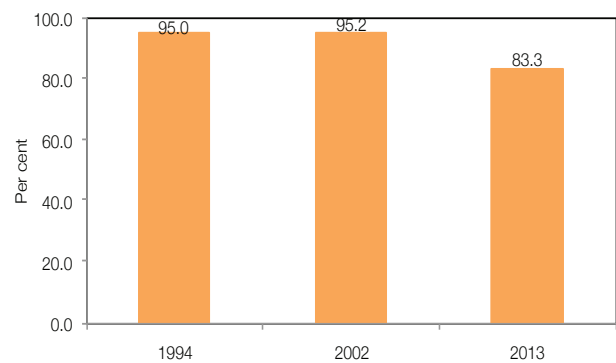


Figure 17. Trend in the percentage of youth who have heard of AIDS: 1994, 2002 and 2013

Awareness and knowledge of HIV/AIDS

One of the most worrisome findings in YAFS4 is the evidence of a decline in the awareness of HIV/AIDS (Figure 17).

In 1994, 95 per cent of the youth expressed awareness of HIV and AIDS. This remained largely the same in 2002. However, in 2013 the level dropped to only 83.3 per cent. The decline is more steep among males (from 94% in 1994 to 82% in 2013) than for females (from 95% in 1994 to 85% in 2013).

One of the key indicators of the HIV/AIDS response to Millennium Development Goal 6 (To combat HIV/AIDS, malaria and other diseases) is the proportion of the population with comprehensive knowledge of HIV, defined as correctly identifying the two major ways of preventing the sexual transmission

of HIV (i.e., using condoms and limiting sex to one faithful, uninfected partner), rejecting the two most common local misconceptions about HIV transmission, and knowing that a healthy-looking person can have HIV. In the YAFS survey, respondents were asked whether or not they agreed with each of five knowledge statements on HIV prevention and local misconceptions. A person who agrees with all five statements is deemed to have comprehensive knowledge of HIV/AIDS.

The YAFS4 results (Figure 18) shows the proportion with correct knowledge for each of the five statements and the proportion with comprehensive knowledge. Overall, only 17 per cent of Filipino youth have comprehensive knowledge, a level far below the 95 per cent target set at the 2001 United Nations General Assembly Special Session (UNGASS) on HIV and AIDS. The proportion with comprehensive knowledge is higher among males, the older cohort, and the college-educated. Across the regions, the highest proportions with comprehensive knowledge are from CAR (24%), NCR (22%) and Central Luzon (21%) while the region with the lowest proportion are ARMM (6%) and Northern Mindanao (9%).

A comparison of results across the five statements indicates that the proportion with correct knowledge is lowest for the statement “A person cannot get HIV by sharing food with someone who is infected” is at only 41.5 per cent.

KNOWLEDGE AND SOURCES OF INFORMATION ABOUT SEX AND REPRODUCTION

The YAFS surveys gathered information that can provide possible explanatory factors for the levels of the sexual and non-sexual behaviors of the youth. In relation to the sexual behaviors and their outcomes, YAFS4 asked about the level of knowledge of the youth about sex and reproduction and their self-perceived adequacy of knowledge about sex. We also asked about their sources of information about sex and their preferences as to whom to consult if they have questions regarding sex.

In general, despite the increasing levels of sexual activity, majority of the youth of today do not feel they have adequate knowledge about sex. Only 27.4 per cent overall say they have enough knowledge about sex; more among males (31%) than females (24%), more among the older (37%) than the younger (21%) cohort. Moreover, while there is an education gradient indicating an increasing proportion who self-reported adequate knowledge about sex with increase in education level, the proportion among the college educated who reported having adequate knowledge is a low 36 per cent.

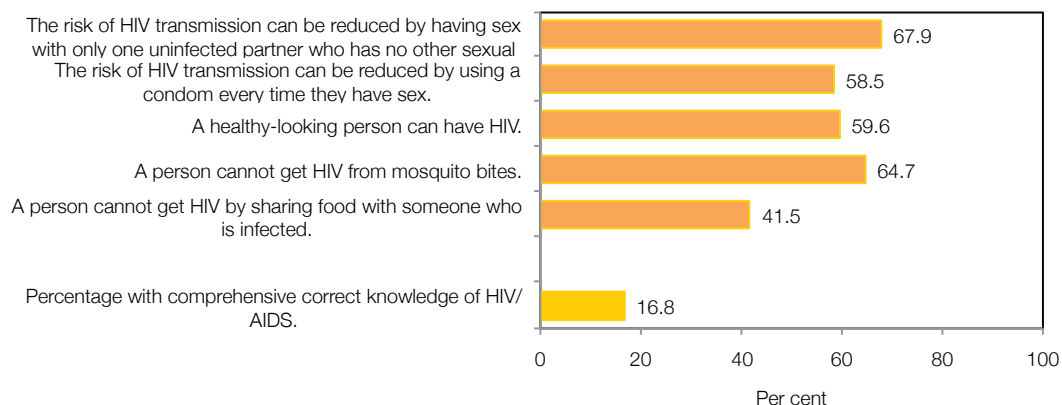


Figure 18. Knowledge of HIV transmission and prevention

This low level with adequate knowledge is corroborated by the finding that only 15 per cent overall correctly identified when, during the woman's menstrual cycle, conception is most likely to occur. This proportion is lower among males (12%) than females (18%), among the younger (13%) than the older (18%) cohort. The proportion who correctly identified the timing of conception increased as education level increases but only marginally so. For example, among those with elementary education, only 11.1 per cent correctly identified the timing of conception but even among the college educated, this proportion is still a low 18.9 per cent.

It is often argued in the Philippine context that knowledge and values about sex should begin to be inculcated in the home for the youth to get proper guidance from parents. The YAFS4 results show that, despite such pronouncements, only 9.7 per cent reported sex was ever discussed in their home while they were growing up. The proportion did increase with education, from only 6.6 per cent among those with elementary education to a still low proportion of 15.1 per cent among the college educated. Across the regions, the highest proportion who discussed sex at home while growing up is found in the NCR (18%), the lowest in ARMM (5%).

Trend data (Figure 19) show that the proportion of youth who ever discussed sex at home while growing up has actually declined in the last 10 years.

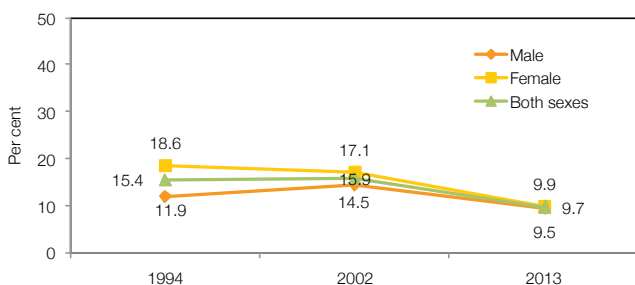


Figure 19. Trend on discussion of sex at home, by sex: 1994, 2002 and 2013

Asked to name whom they will likely consult if they had any questions about sex, the most common answer is friends, mentioned by 37.6 per cent of

the youth. The second most common answer is their mother (27%). But the third most common answer is that they will consult no one if they had questions about sex (22%). More males mentioned friends, more females mentioned their mother as the person they will most likely consult. Among the college educated, the proportion who will consult no one is 15 per cent, but among those with elementary education, 32 per cent will consult no one.

The survey respondents were further asked if, given a choice, they would like to learn about sex and reproduction from a list of possible persons to consult. The choices that were most frequently picked were friends of the same sex (60%), medical professionals (43%) and their own mother (34%). Half of females (50%) would like to learn about sex and reproduction from their own mother, the corresponding proportion for males is 18.5 per cent. Friend of the same sex is the most commonly given answer across age and education levels and likewise across the regions. More females (51% vs. 34%) would like to learn from medical professionals, more too among the older cohort (48% vs. 39%). The proportion who would like to learn from medical professionals also increases consistently with education.

As to the material sources of information about sex, the most common response, mentioned by 41.6 per cent of the youth is "None," that is they have no material sources of information. Television, books and the internet are the other frequently cited sources but the proportions who mentioned these sources are all way below the level that said they had no source of information about sex. The proportion with no source is highest among those with elementary schooling (61%). Across the regions, the proportion who said they have no material sources of information on sex is highest in ARMM (76%) and lowest in NCR (22%).

Among those in school, more than half (52%) said they have somebody in school who can help them for problems about sex. This is lower than the level found in 1994 (67%) and 2002 (59%). Across the regions, this proportion is highest in CAR (71%) and lowest in ARMM (12%).

More than one-third of the youth in school (35%) identified that person as either the school doctor or nurse.

SEXUAL ORIENTATION AND GENDER IDENTITY

Gender identity refers to a person's internal sense of being male, female or something else; while gender expression refers to the way a person communicates gender identity to others through behavior, clothing, hairstyles, voice or body characteristics. Transgender is an umbrella term for persons whose gender identity, gender expression or behavior does not conform to that typically associated with the sex they were assigned at birth³. Gender is different from sex, which is the biological status of being male or female assigned at birth and based primarily on physical attributes. Gender refers to the socially constructed roles, behaviors, activities, and attributes that a given culture considers appropriate for boys and men or girls and women.

In YAFS4, information on gender identity is based on the question "If you could choose your sex, what would you want it to be? Male or female?" The response categories are same sex, opposite sex and it does not matter. The same question was asked in YAFS3, which permits a comparison of results from the two rounds, conducted about 10 years apart (Figure 20).

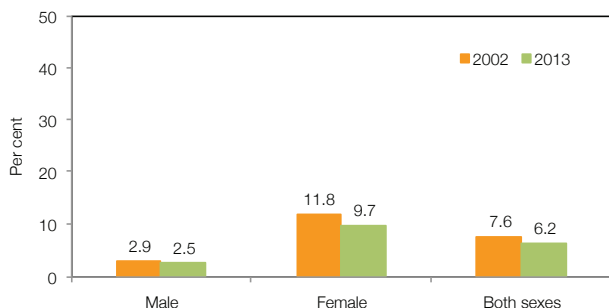


Figure 20. Youth who would choose to be of the opposite sex, by sex: 2002 and 2013

The proportion who wants to be the opposite sex declined between 2002 and 2013 from 7.6 to 6.2 per cent. A distinctly higher proportion of females than males wants to be the opposite sex; a consistent difference recorded in both survey rounds. In YAFS4, 9.7 per cent of females want to be of the opposite, compared with 2.5 per cent of males. Wanting to be of the same or opposite sex does not always connote a sexual dimension as males or females may be attracted to other aspects of gender identity, such as power or influence for the male gender identity.

Sexual orientation questions were also asked among the respondents. Sexual orientation refers to each person's capacity for profound emotional, affectional and sexual attraction to, and intimate and sexual relations with individuals of a different gender or the same gender or more than one gender⁴. One question to gauge sexual orientation comes from the direct question "How would you best describe yourself?" The response categories are straight/ heterosexual, lesbian, gay, bisexual. The results show an overwhelming majority of the youth (96.2%) who describe themselves as straight/heterosexual. Only 2.1 per cent are self-described gay or lesbian while 1.7 per cent are bisexual. The proportion of men who self-describe as gay is 2.4 per cent, higher than women who self-describe as lesbian at 1.8 per cent.

Another question on sexual orientation asks about preferences for sexual partners as a response to the question, "Who are your preferred sexual partners?" The response categories are exclusively males, exclusively females and either male or female. A great majority (94.8%) prefer a partner who is exclusively of the opposite sex (i.e. males preferring females, females preferring males), 2.5 per cent prefer sexual partners exclusively of the same sex while 2.7 per cent want either male or female. The difference between men and women is more pronounced in this sexual orientation-related question in that more males either exclusively prefer a sexual partner of the same sex (3% vs. 2%) or want either male or female (4% vs.2%).

³ American Psychological Association, (2011) Answers to questions: About transgender people, gender identity, and gender expression. Washington, DC: Author, [Retrieved from <http://www.apa.org/topics/lgbt/transgender.pdf>]

⁴ Yogyakarta Principles (2007). In www.yogyakartaprinciples.org/principles_en.pdf.

APPENDIX

Health and lifestyle

Indicators	Philippines	Sex		Age		Education				Ilocos	Cagayan Valley
		Male	Female	15-19	20-24	No schooling/ Elementary	High school undergraduate	High school graduate/ Vocational	College or higher		
A. Self-assessed health											
% very healthy/healthier than average	43.1	41.7	44.4	42.5	43.8	33.3	40.7	45.7	50.0	41.9	36.9
% with poor health	7.6	6.1	9.2	7.5	7.8	9.0	8.5	7.5	5.4	5.9	5.6
B. BMI											
% underweight	34.5	32.1	36.7	41.7	23.9	33.8	42.3	30.7	26.5	37.8	26.8
% with normal BMI	56.5	59.0	54.0	51.4	63.8	58.9	51.1	60.2	59.0	55.0	64.5
% overweight/obese	9.1	8.9	9.2	6.9	12.2	7.3	6.6	9.1	14.6	7.3	8.6
C. Exercise											
% who never exercise	32.6	19.5	45.1	29.9	36.6	38.4	31.1	34.4	29.0	29.3	33.8
D. Sleep											
Mean hours of sleep	8.1	8.2	8.1	8.2	8.0	8.3	8.2	8.2	7.8	8.2	8.3
E. Leisure activities											
% who play sports	22.3	43.6	2.0	24.6	19.0	29.4	25.7	19.1	16.3	18.2	27.0
% who read	11.5	5.5	17.1	13.1	9.0	3.3	12.0	8.4	19.8	7.7	10.7
F. Food and drink											
% who consume 2x or more per week											
instant noodles	28.3	29.8	26.8	28.5	27.9	28.2	28.5	27.9	28.4	35.2	30.6
chips	37.5	35.0	39.9	41.0	32.4	30.2	38.6	34.3	44.9	41.5	41.9
carbonated drink	39.3	43.1	35.7	52.6	61.9	67.1	53.3	57.2	53.4	56.0	44.1
energy drink	12.0	18.1	6.3	25.8	23.9	16.4	23.3	24.4	34.7	15.5	13.3

Mass media and ICT use

Indicators	Philippines	Sex		Age		Education				Ilocos	Cagayan Valley
		Male	Female	15-19	20-24	No schooling/ Elementary	High school under-graduate	High school graduate/ Vocational	College or higher		
A. Use of traditional media											
who read any form of print media everyday in the past 3 months	11.7	9.1	14.2	14.2	8.1	6.8	14.4	7.8	15.8	8.60	8.20
% who watch TV everyday in the past 3 months	67.5	66.2	68.8	67.4	67.7	50.7	66.6	73.1	72.7	71.30	60.90
B. Use of information communication technology											
% with cellular phone	78.3	75.7	80.8	75.2	83.0	51.3	71.4	88.4	94.7	86.8	82.3
% with textmates whom they have not met personally	43.6	54.5	33.9	48.3	37.4	54.9	51.1	41.3	32.9	39.2	42.1
% who use internet	58.9	56.6	61	60.3	56.7	20.5	52.1	62.5	91.3	66.3	46.1
% who use internet for social networking	80.3	75.6	84.5	79.4	81.7	74.2	77.3	82.8	82.0	83.7	72.1
% with online friends whom they have not met personally	52.3	57.9	47.3	53.7	50	54.5	50.7	51.4	54.2	44.8	54.6
% who ever visited websites with sexually explicit content	26.3	46.7	8.3	22.5	32.3	26.2	21.5	27.6	30.0	21.3	18.0
C. Exposure to pornography											
% who ever watched porn	56.5	75.8	38.1	49.6	66.8	49.0	50.0	63.5	63.3	60.8	55.5
% who ever read porn	35.6	43.1	28.4	29.8	44.0	20.8	28.8	42.2	48.1	35.1	33.0

Region														
Central Luzon	CALA-BARZON	MIMA-ROPA	Bicol	Western Visayas	Central Visayas	Eastern Visayas	Zamboanga Peninsula	Northern Mindanao	Davao	SOCCKS-SARGEN	NCR	CAR	ARMM	Caraga
42.4	44.9	49.5	36.4	38.4	40.5	43.4	36.8	52.6	33.1	35.4	54.1	51.5	37.1	44.3
6.6	6.8	7.8	8.4	9.0	8.7	8.0	7.2	12.1	10.1	4.9	19.3	4.4	9.5	11.8
35.2	38.6	39.3	37.1	38.7	32.6	33.3	30.8	34.2	31.7	31.8	33.8	20.0	28.7	36.6
54.7	54.0	53.9	53.9	54.3	59.5	60.2	61.2	58.9	59.9	60.8	51.1	67.6	59.8	56.2
10.0	7.4	6.8	9.0	7.0	7.9	6.5	8.0	6.8	8.5	7.3	15.0	12.4	11.5	7.1
38.6	36.8	27.9	25.9	27.4	18.6	26.6	37.1	27.2	42.7	43.6	32.6	24.7	49.2	24.5
8.2	8.2	8.3	8.3	8.1	8.2	8.3	8.2	8.1	8.1	8.1	7.9	7.8	7.8	8.2
19.1	21.6	26.5	24.7	23.9	27.0	24.8	22.5	23.4	22.2	20.8	20.8	18.4	15.9	28.1
7.3	8.4	11.5	17.2	11.1	13.0	14.4	13.2	11.1	9.7	13.8	13.0	19.2	16.1	10.0
33.8	30.4	23.3	13.3	24.6	27.5	28.2	32.8	23.1	35.6	27.4	28.5	23.6	29.3	21.2
39.8	43.1	31.3	23.2	36.5	31.3	36.4	37.8	23.6	40.8	36.3	48.0	28.7	33.6	28.8
46.8	38.8	27.9	15.5	43.8	25.5	25.1	32.8	27.9	47.5	44.4	55.9	36.6	29.8	26.7
10.5	13.1	9.4	10.1	13.9	9.3	11.8	13.6	9.6	9.3	5.6	16.8	12.1	11.1	10.5

Region														
Central Luzon	CALA-BARZON	MIMA-ROPA	Bicol	Western Visayas	Central Visayas	Eastern Visayas	Zamboanga Peninsula	Northern Mindanao	Davao	SOCCKS-SARGEN	NCR	CAR	ARMM	Caraga
9.20	9.30	14.60	17.40	12.70	10.20	15.90	10.70	10.50	7.70	10.60	15.80	13.70	13.80	12.10
82.60	80.20	64.20	55.10	66.30	61.40	57.30	47.90	54.00	67.00	54.40	85.80	48.10	33.90	57.90
85.7	87.3	79.4	72.5	75.8	77.6	66.3	70.0	75.0	74.9	65.4	84.8	82.2	52.4	71.0
40.3	45.2	46.5	51.1	44.4	44.2	53.7	41.3	50.4	48.8	51.6	35.9	30.9	37.3	52.4
67.8	64.7	47.7	40.1	44.3	67.0	41.6	43.2	55.0	56.7	41.6	92.3	48.4	22.4	53.9
84.2	83.6	73.4	79.0	77.9	77.3	76.5	76.7	69.2	77.6	66.5	87.8	69.3	60.7	77.5
59.8	52.4	54.7	54.7	46.3	38.7	50.1	44.8	46.3	59.3	51.4	58.1	44.6	57.3	45.4
24.7	29.4	18.7	22.0	19.1	23.1	22.5	33.2	19.2	25.6	24.7	36.0	18.2	11.5	24.9
56.0	61.5	53.6	52.7	50.3	62.4	46.6	54.0	56.3	58.4	52.2	66.2	50.8	21.7	66.7
32.9	45.0	31.3	38.0	28.4	34.5	28.7	29.3	35.1	35.6	29.3	47.4	37.0	11.1	32.6

Nonsexual Risk Behaviors

Indicators	Philippines	Sex		Age		Education				Ilocos	Cagayan Valley
		Male	Female	15-19	20-24	No schooling/ Elementary	High school under-graduate	High school graduate/ Vocational	College or higher		
A. Smoking											
% who are currently smoking	19.7	35.4	4.7	15.6	25.6	32.0	18.6	19.9	13.0	18.6	17.0
B. Drinking											
% who are currently drinking	36.7	53.2	21.0	30.1	46.5	37.2	29.0	41.6	43.2	36.0	31.5
C. Drug use											
% who ever used drugs	3.9	7.1	0.8	2.6	5.8	4.3	3.2	4.4	4.2	1.6	1.6
D. Violence											
% who has hurt someone in the past 12 months	22.5	24.5	20.6	23.8	20.6	20.7	25.5	21.3	20.2	22.7	27.4
% who has ever experienced being hurt by someone in the past 12 months	17.2	21.1	13.6	20.0	13.2	18.6	21.3	13.2	14.8	16.7	14.9
E. Suicide											
% who ever thought of committing suicide	8.7	4.5	12.6	7.3	10.7	7.9	8.1	9.0	9.7	10.0	5.2
% among all respondents who tried to commit suicide	3.2	1.5	4.8	2.5	4.3	3.1	3.0	3.2	3.5	2.6	1.8

Sources of information about sex by background characteristics

Indicators	Philippines	Sex		Age		Education				Ilocos	Cagayan Valley
		Male	Female	15-19	20-24	No schooling/ Elementary	High school under-graduate	High school graduate/ Vocational	College or higher		
Sources of Information about Sex											
% of youth who said they have enough knowledge about sex	27.4	30.9	24.1	20.8	37.2	20.9	21.7	31.9	35.6	22.7	26.7
% of youth who correctly identified when pregnancy is likely to occur	15.1	12.0	18.1	13.3	17.9	11.1	13.2	16.8	18.9	16.0	9.8
% of youth who said they will most likely consult the following for information about sex:											
Friends	37.6	50.0	25.8	37.7	37.5	32.9	35.0	38.7	43.7	35.5	32.6
Mothers	27.4	11.1	43.0	30.3	23.2	18.3	28.5	28.2	30.6	20.3	24.7
No one	21.6	23.7	19.6	21.2	22.2	32.4	23.6	18.4	15.1	34.3	30.5
% of youth who reported the following as their (material) source of information about sex											
Television	20.3	22.3	18.5	19.0	22.3	17.9	18.7	23.5	20.4	11.7	24.2
Books	17.7	12.5	22.7	18.4	16.7	7.8	16.5	17.0	27.0	16.7	22.2
Internet	16.3	18.3	14.3	16.3	16.2	3.7	12.4	15.2	32.8	13.4	7.9
None	41.6	40.4	42.8	41.8	41.3	61.4	45.3	38.7	26.2	56.4	41.0
% of youth who said the following are their preferred persons to consult for information about sex and reproduction:											
Friends of same sex	59.5	64.7	54.5	57.5	62.4	50.0	54.1	63.3	69.9	48.6	48.5
Medical Professionals	42.7	33.8	51.1	39.3	47.6	22.8	36.9	47.0	59.9	29.7	26.6
Mothers	34.5	18.5	49.8	34.0	35.3	22.6	32.4	37.5	42.1	22.6	26.3
Among those in school, % of youth who said they have somebody in school who can help them for problems about sex	51.6	44.1	58.8	51.6	51.7	33.2	48.1	55.6	61.0	44.9	37.8
% of youth who said "school doctor or nurse" are the persons whom the youth can consult for problems about sex	34.6	33.3	35.5	34.7	34.3	23.8	32.4	36.9	38.6	36.2	26.7
% of youth who ever discussed "sex" at home	9.7	9.5	9.9	8.9	11.0	6.6	7.8	9.8	15.1	5.8	7.6
% of youth who said "mothers" are the persons with whom they discuss sex at home	45.7	33.2	57.1	49.6	40.9	26.3	44.1	40.6	57.0	42.6	38.0

Region														
Central Luzon	CALA-BARZON	MIMA-ROPA	Bicol	Western Visayas	Central Visayas	Eastern Visayas	Zamboanga Peninsula	Northern Mindanao	Davao	SOCCKS-SARGEN	NCR	CAR	ARMM	Caraga
24.7	20.8	17.3	19.3	22.1	18.5	13.8	18.4	13.5	18.1	12.7	26.6	14.9	12.5	16.4
41.0	38.9	31.0	33.0	33.9	43.0	42.7	24.0	28.2	32.1	19.9	56.1	37.4	2.1	34.0
0.9	3.4	1.6	2.6	2.7	6.4	1.8	4.0	8.0	9.3	4.0	6.0	2.4	0.9	7.1
23.6	24.9	19.8	16.5	15.6	18.7	13.5	20.6	21.0	23.1	18.9	34.5	27.6	10.5	25.4
16.4	18.4	18.5	20.0	11.0	14.7	13.3	11.0	17.8	14.2	14.7	29.5	16.8	5.5	17.3
3.1	8.3	7.1	7.7	8.4	12.4	8.1	9.5	11.3	12.3	6.3	10.9	8.1	6.2	13.8
2.2	2.4	2.0	3.7	4.0	3.2	3.0	3.2	4.2	3.2	1.6	5.6	1.6	1.8	3.8

Region														
Central Luzon	CALA-BARZON	MIMA-ROPA	Bicol	Western Visayas	Central Visayas	Eastern Visayas	Western Mindanao	Northern Mindanao	Davao Region	SOCCKS-SARGEN	NCR	CAR	ARMM	Caraga
25.1	30.2	29.2	22.5	35.1	27.2	22.6	22.5	19.0	19.5	18.9	43.2	26.6	14.1	20.6
21.0	14.6	15.0	20.8	20.8	19.8	11.3	9.6	9.9	8.8	12.6	12.2	19.8	14.1	11.0
31.6	41.6	32.2	41.6	31.2	44.5	41.7	37.4	32.5	42.3	28.3	47.0	38.8	16.2	40.6
35.5	27.7	34.9	37.6	27.3	25.7	20.8	22.1	26.8	20.1	26.8	30.7	22.2	14.1	24.9
18.5	17.6	16.5	12.9	27.9	14.6	23.9	29.3	20.5	30.1	27.5	10.1	20.3	55.6	17.3
30.6	16.8	25.0	35.2	18.2	9.5	27.9	17.6	18.5	17.3	15.5	22.7	15.7	7.6	24.8
17.1	16.1	20.3	24.5	22.0	20.2	16.9	22.7	9.4	11.0	18.3	17.0	24.1	8.4	17.7
13.8	18.7	11.9	12.6	7.2	16.7	11.9	8.3	10.2	13.8	6.2	42.6	10.8	3.6	10.2
31.8	41.0	34.4	30.0	46.1	47.7	40.4	44.4	52.8	58.7	55.6	21.7	36.6	76.5	37.4
62.5	64.1	51.4	66.1	57.7	57.7	59.7	53.4	44.6	62.6	53.2	74.1	67.2	31.0	62.8
39.1	45.9	48.4	56.0	35.9	45.9	36.4	36.1	34.9	44.5	35.1	61.7	48.0	23.1	33.5
44.6	34.3	39.9	40.6	33.7	35.3	26.2	21.8	32.9	30.9	35.9	42.8	36.3	16.6	31.2
60.1	53.4	60.6	62.9	41.5	51.4	50.5	42.9	51.0	37.8	39.0	68.6	71.1	12.5	43.2
29.3	51.7	61.4	21.5	44.7	3.5	9.5	47.4	15.9	44.1	44.6	37.3	55.2	50.0	22.5
9.1	11.4	12.6	10.2	7.8	8.6	7.4	6.8	6.9	5.4	6.8	17.8	11.4	4.8	10.8
47.8	51.6	36.6	29.7	58.9	43.0	46.7	30.6	46.8	49.0	41.0	47.7	57.1	21.9	42.9

Sexual behaviors, teenage fertility and reproductive health

Indicators	Philippines	Sex		Age		Education				Ilocos	Cagayan Valley
		Male	Female	15-19	20-24	No schooling/ Elementary	High school undergraduate	High school graduate/ Vocational	College or higher		
Sexual behavior											
Median age at first sex	18.0	17.8	18.2	16.7	18.8	17.4	17.3	18.3	18.4	18.0	18.1
% who had sex before age 18	23.4	24.6	22.3	25.7	22.2	29.9	29.3	22.6	16.9	23.2	20.1
% who ever had premarital sex	32.2	35.8	28.7	17.0	54.5	31.1	21.4	43.6	36.3	31.2	27.3
% who have ever paid for sex	1.4	2.7	0.1	0.6	2.5	1.8	0.8	1.9	1.3	0.6	0.1
% who have ever been paid for sex	1.5	2.7	0.3	0.8	2.4	2.2	1.1	1.7	1.3	1.0	0.3
% who have ever engaged in casual sex	4.9	9.4	0.7	2.5	8.5	4.2	3.1	6.5	6.6	5.6	2.4
% who ever had a regular sexual partner whom they are not in a romantic relationship with FUBU	3.6	6.6	0.7	1.9	6.1	3.2	2.1	4.5	5.2	2.9	1.2
% with extramarital sex experience	3.1	10.1	0.6	1.4	3.6	1.9	4.5	2.3	3.8	3.1	0.0
% of males who ever had sex with another male MSM	5.1	5.1	---	3.4	7.7	4.9	3.7	6.5	5.9	5.1	1.2
Teenage fertility											
Median age at first birth	19.3	---	19.3	17.7	19.8	18.0	18.6	19.6	20.1	19.3	19.2
% of females age 15-19 who have begun childbearing	13.6	---	13.6	13.6	---	26.1	9.8	23.3	7.0	12.7	18.1
% of females age 20-24 who had given birth before age 20	28.7	---	28.7	---	28.7	48.9	50.4	26.2	13.9	23.4	26.1
% of males age 15-19 who have gotten someone pregnant	2.4	2.4	---	2.4	---	2.6	1.7	3.7	2.8	1.4	0.9
Reproductive health											
Mean age of circumcision	11.0	11.0	---	---	---	11.4	10.9	11.0	10.8	11.2	11.7
% who experienced infection from circumcision	9.0	9.0	---	9.2	8.8	8.7	10.0	7.9	9.1	5.4	4.2
Mean age of nocturnal emission	14.2	14.2	---	---	---	14.2	13.8	14.7	14.1	14.9	14.9
Mean age at menarche	13.0	---	13.0	---	---	13.3	13.0	13.1	12.8	12.9	13.0
% who know sexually transmitted infections STIs	47.4	50.5	44.5	43.3	53.5	26.9	40.4	51.7	67.4	49.2	41.2
% who have heard of AIDS	83.3	81.9	84.7	79.8	88.5	58.4	79.9	90.5	95.9	81.8	76.6
% with comprehensive correct knowledge of HIV	16.8	17.7	16.0	14.5	20.2	8.4	12.7	19.6	25.7	18.3	12.0

Sexual Orientation and Gender Identity

Indicators	Philippines	Sex		Age		Education				Ilocos	Cagayan Valley
		Male	Female	15-19	20-24	No schooling/ Elementary	High school undergraduate	High school graduate/ Vocational	College or higher		
% who choose to be the opposite sex	6.2	2.5	9.7	6.0	6.6	3.6	5.5	6.7	8.7	5.2	3.9
Self-description of sexual orientation											
Straight/ Heterosexual	96.2	95.8	96.6	96.3	96	97.8	96.5	95.7	95.1	96.2	97.2
Gay/ Lesbian	2.1	2.4	1.8	1.8	2.5	1.7	1.8	2.3	2.5	2.6	1.8
Bisexual	1.7	1.8	1.6	1.9	1.5	0.5	1.7	2	2.4	1.2	1
Preferred sexual partners											
Exclusively opposite sex	94.8	92.7	96.8	94.8	94.7	95.8	95.1	94	94.4	94.2	95.2
Exclusively same sex	2.5	3.3	1.8	2.3	3	2	2.1	3.2	2.8	3.5	2.1
Either male or female	2.7	4	1.4	2.9	2.3	2.2	2.8	2.8	2.8	2.3	2.7

Region														
Central Luzon	CALA-BARZON	MIMA-ROPA	Bicol	Western Visayas	Central Visayas	Eastern Visayas	Zamboanga Peninsula	Northern Mindanao	Davao	SOCCKS-SARGEN	CAR	ARMM	Caraga	NCR
18.0	18.0	18.3	18.2	18.0	18.3	18.2	18.0	18.1	17.6	18.0	18.5	18.7	17.9	17.4
25.4	23.9	21.3	19.6	20.5	19.4	20.1	23.2	22.5	29.5	20.2	17.4	15.6	27.3	30.6
39.2	29.1	31.3	25.2	31.8	35.3	25.5	34.4	33.0	38.6	23.2	34.1	6.7	33.7	41.1
2.1	1.2	1.8	0.6	1.2	1.2	1.1	1.4	1.4	2.4	0.3	1.1	0.3	1.0	2.4
1.6	1.3	1.4	1.2	0.9	1.7	0.6	1.1	2.6	2.4	0.4	0.5	0.0	1.2	2.8
4.6	6.8	4.5	2.5	3.8	5.1	4.6	3.2	4.8	6.4	2.2	3.5	1.2	4.0	8.0
3.1	4.4	2.5	2.0	3.1	3.2	1.8	2.5	2.4	4.0	1.4	1.1	0.3	1.9	9.0
1.2	2.8	2.7	2.1	1.1	2.1	0.5	1.6	3.1	2.6	1.1	1.0	0.0	1.8	11.3
5.0	6.4	7.1	3.3	4.2	4.2	3.5	5.4	7.8	7.0	2.3	1.7	0.6	4.5	7.9
19.5	19.3	19.6	19.7	19.2	19.4	19.3	19.3	19.2	19.1	19.1	19.7	18.9	18.9	19.0
15.1	8.1	12.3	8.8	15.1	13.1	11.8	16.3	13.1	16.7	13.7	18.4	11.8	17.4	17.7
25.9	27.7	23.2	26.9	23.8	26.0	36.7	34.1	36.0	32.6	33.1	25.0	28.9	29.8	31.4
3.0	1.3	2.3	2.1	2.9	2.4	1.5	0.9	2.0	2.7	1.0	2.1	1.7	4.7	4.7
11.1	11.9	11.9	11.7	12.4	9.3	10.1	9.8	9.3	9.3	10.4	11.5	12.9	9.6	11.5
0.1	6.4	2.9	2.1	5.7	4.3	2.9	26.4	23.9	13.0	42.9	12.6	6.6	10.3	8.0
14.3	13.6	14.6	14.3	14.7	14.1	14.4	14.3	14.5	13.9	13.2	14.5	14.5	14.1	14.0
12.9	13.0	13.1	13.3	12.9	12.9	13.3	13.2	13.2	13.0	12.9	13.1	13.6	13.1	12.7
60.9	44.1	49.6	45.0	43.5	46.9	36.6	30.4	30.9	52.4	34.1	51.5	15.8	40.8	70.5
89.6	86.7	85.9	80.6	79.4	83.3	73.0	80.1	79.1	90.8	76.5	86.2	43.8	87.5	94.8
20.9	18.2	12.7	13.7	17.0	16.6	12.9	14.8	9.1	16.5	18.5	24.0	6.1	13.1	22.0

Region														
Central Luzon	CALA-BARZON	MIMA-ROPA	Bicol	Western Visayas	Central Visayas	Eastern Visayas	Zamboanga Peninsula	Northern Mindanao	Davao	SOCCKS-SARGEN	CAR	ARMM	Caraga	NCR
5.5	6.0	6.6	4.4	6.9	6.4	6.1	3.3	4.6	7.8	3.9	4.9	3.2	5.0	11.2
94.8	96.8	97.6	97.3	96	96.7	95.3	98.1	96.4	95.4	98	97.8	99.7	97.1	93.7
2.8	1.5	1.2	1.5	2.2	1.6	3.1	1.4	1.8	2.4	1.2	1.6	0.1	2.3	3.2
2.4	1.7	1.2	1.2	1.8	1.7	1.6	0.5	1.8	2.2	0.8	1.1	0.3	1.0	3.2
93.2	94.1	95.9	97	95.1	96.6	93.8	97	95.2	94	95.4	95.7	98.0	96.1	92.8
3.8	1.8	2	1.3	3.1	1.7	2.3	1.1	2.6	3.2	2	2.4	0.8	2.7	3.8
3	4.1	2.1	1.7	1.8	1.7	3.9	1.9	2.2	2.8	2.6	2.2	1.3	1.5	3.4

