

# #Region IV-A Youth Today

## RISK BEHAVIOR OF YOUNG PEOPLE IN CALABARZON

PART 1




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

## OUTLINE

- Demography of the youth in Region IV-A
- The 2013 YAFS Study
- Background characteristics, health, and lifestyle
- Nonsexual risk behaviors
- Sources of information about sex and reproduction
- Summary

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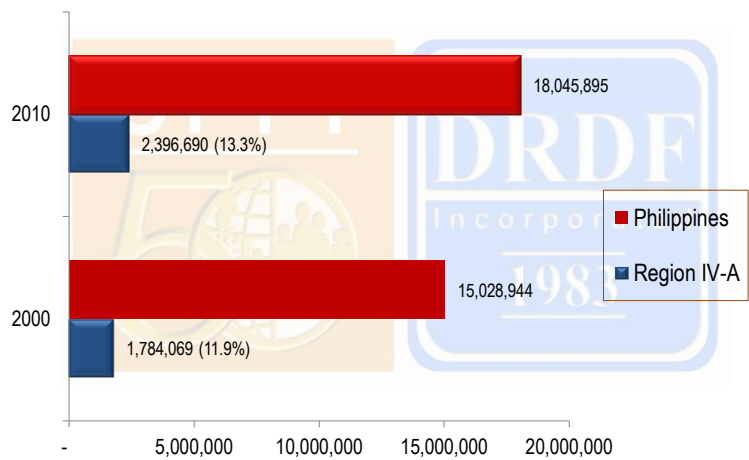
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# #Demographics

## REGION IV-A YOUTH PROFILE

### Youth population: Philippines & Region IV-A

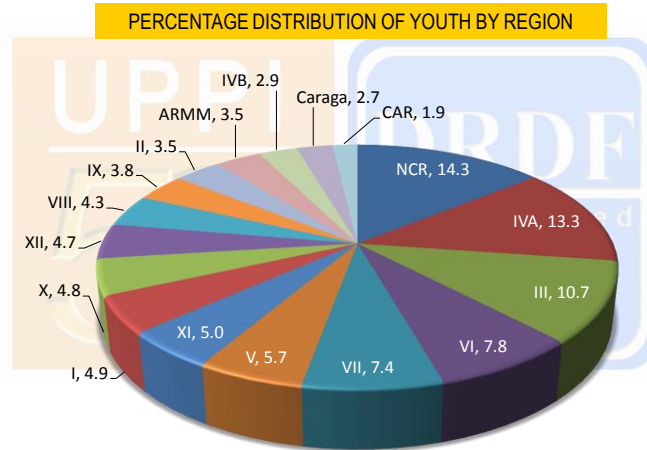


Source: 2010 Census

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**13.3 percent of the country's youth are in CALABARZON**

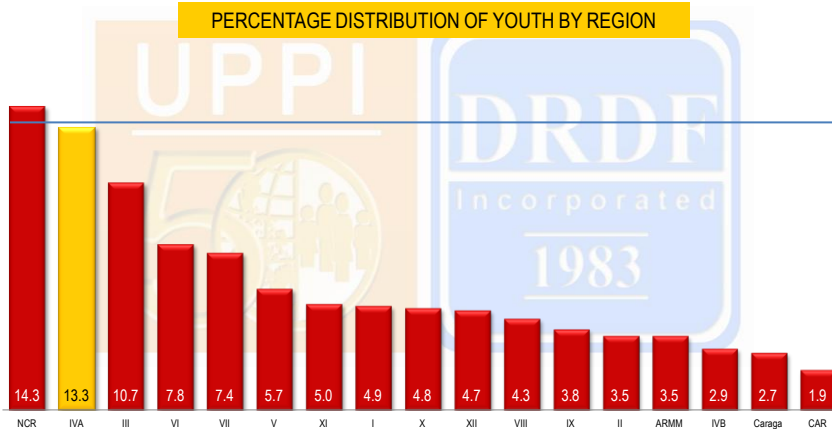


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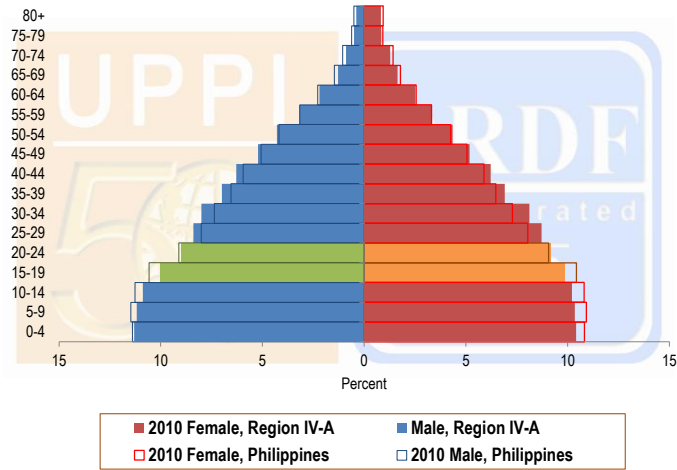


Source: 2010 Census

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## Young population in CALABARZON and in the Philippines as a whole



Source: 2010 Census

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UPPI DRDF #YAFS4 THE 2013 YAFS STUDY

## Background

- 4<sup>th</sup> round 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 through the UNFPA, Department of Health, Philippine Council for Health Research and Development (PCHRD)

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## Predecessor surveys



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## 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

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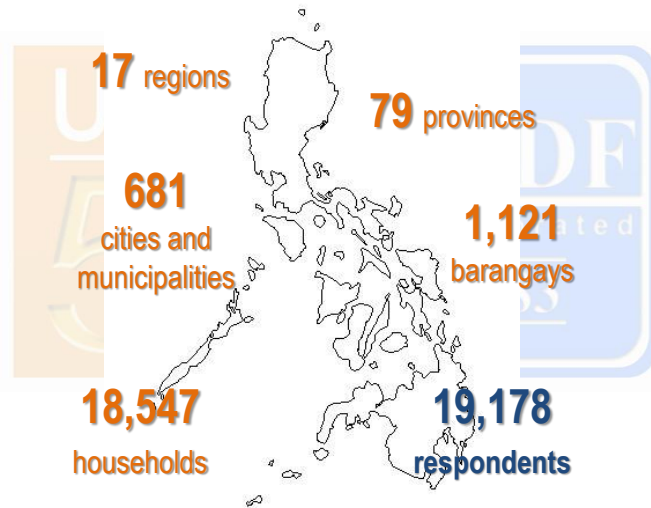
## Survey design

- 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

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# Coverage of YAFS4



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## Coverage of YAFS4 in Region IV-A

All 5 provinces  
49 cities/municipalities  
73 barangays  
1,401 households  
1,137 youth respondents



## 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

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## 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

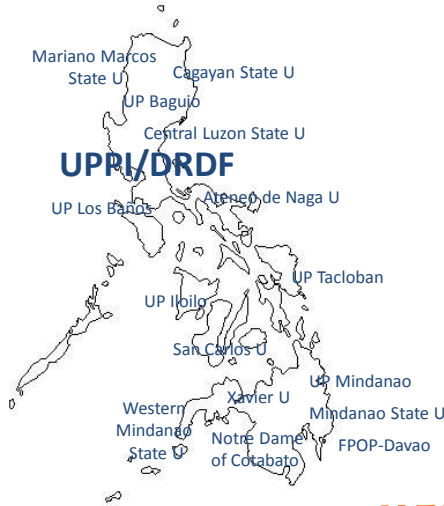
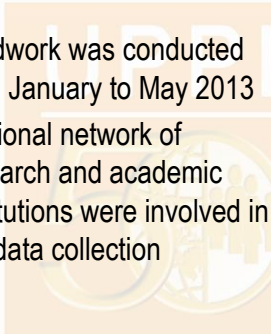
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# Field implementation

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



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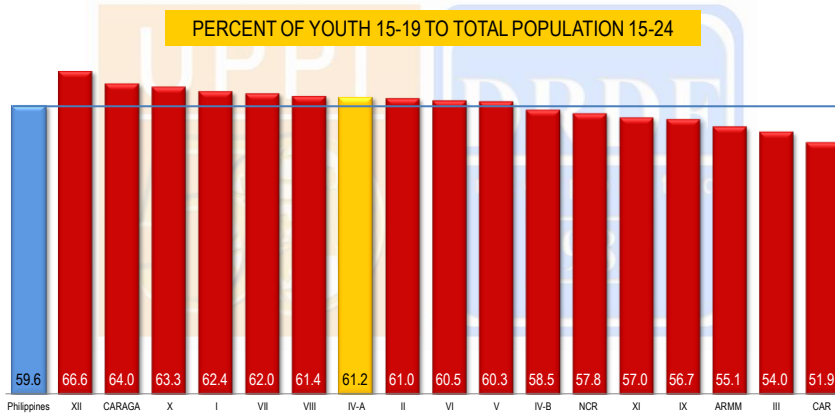
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 This graphic features the UPPI and DRDF logos in the background. A dark blue box in the foreground contains the text:
 

## #RegionV-AProfile

BACKGROUND CHARACTERISTICS,  
HEALTH, & LIFESTYLE

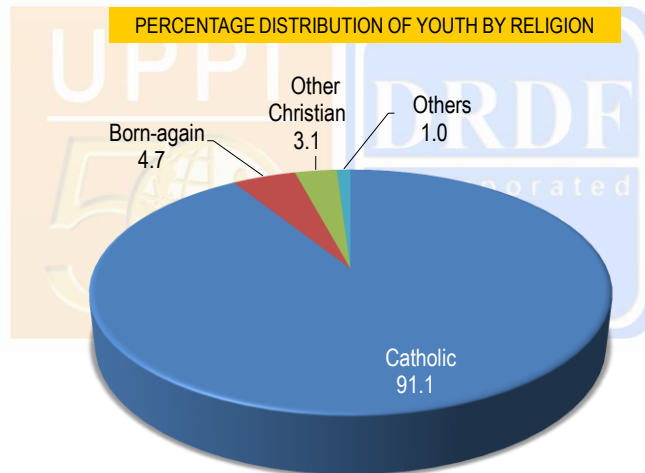
## Percent of population 15-19 in Region IV-A is above the national average



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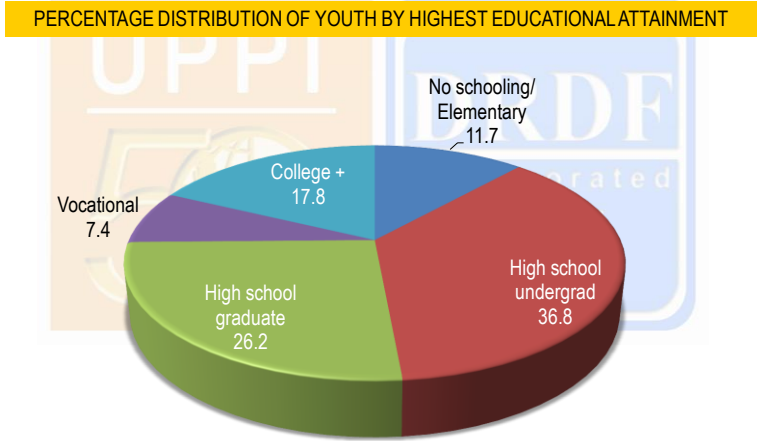
## The majority of Region IV-A youth are Catholics



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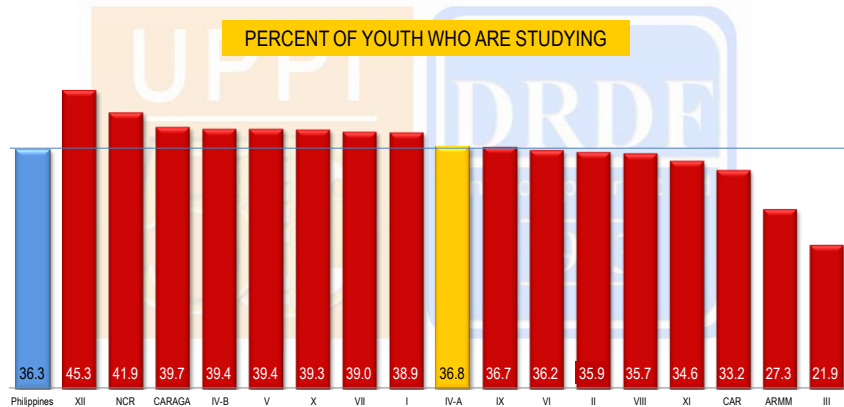
**The majority of Region IV-A youth have at least high school education**



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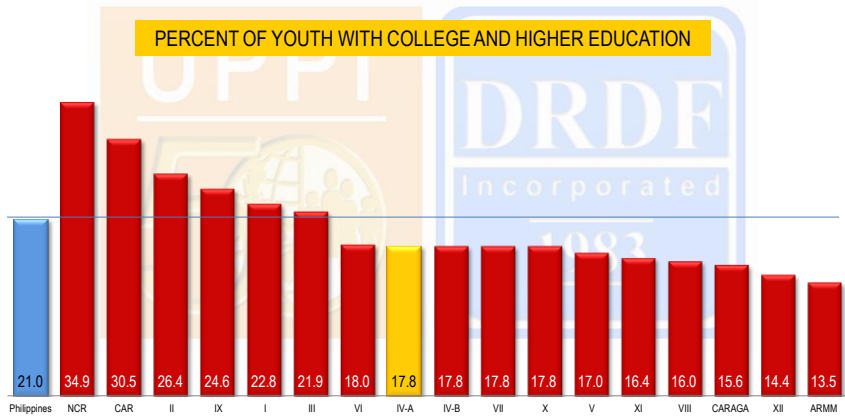
**Proportion of youth who are studying in Region IV-A is at par with the national average**



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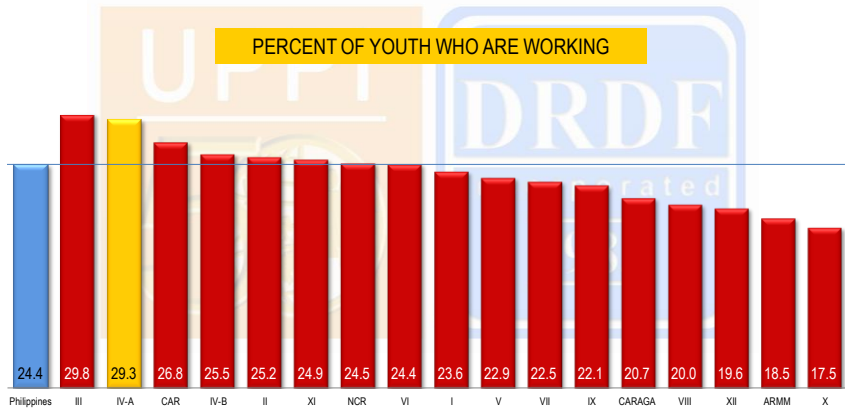
... But the region has below-average proportion of youth with college and higher education



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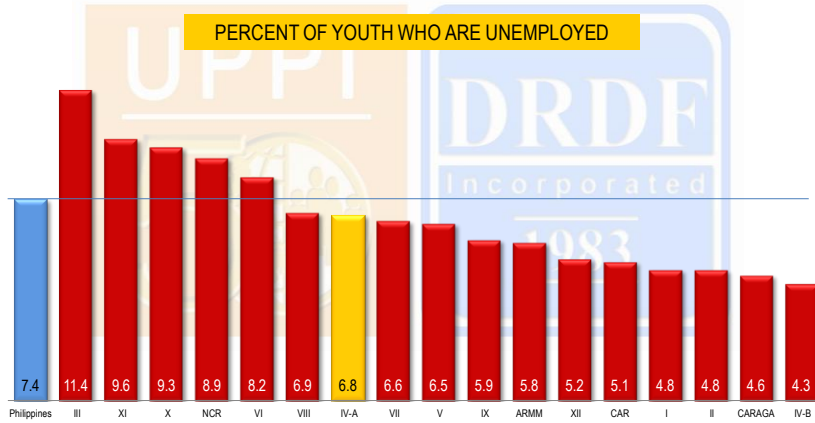
... Because it has the 2<sup>nd</sup> highest proportion of working youth



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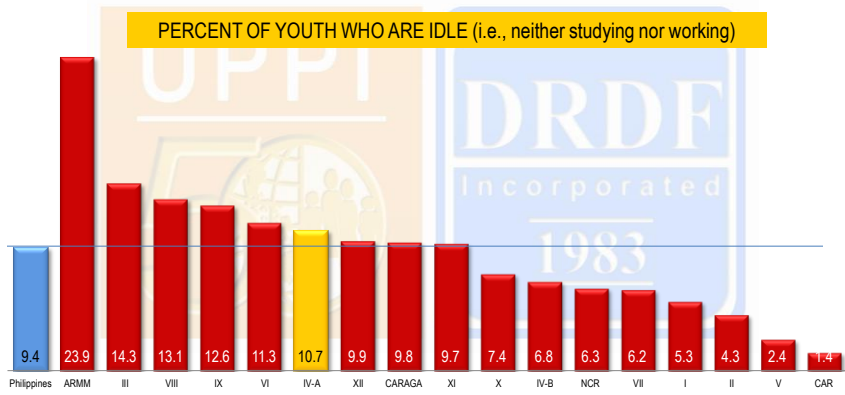
## Unemployment among the youth is below the national average



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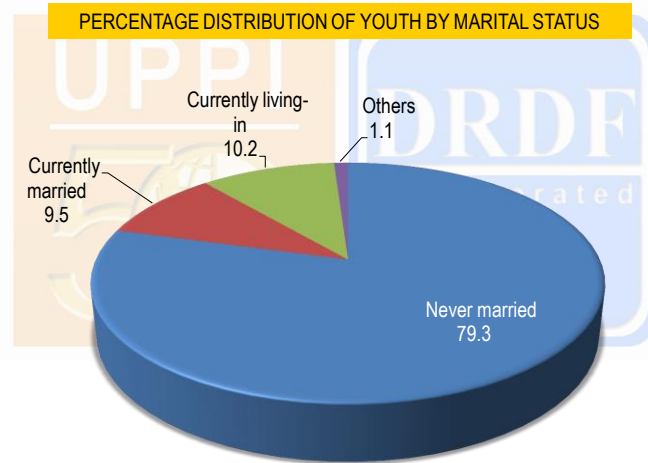
## ... But more than 1 in 10 youth are idle



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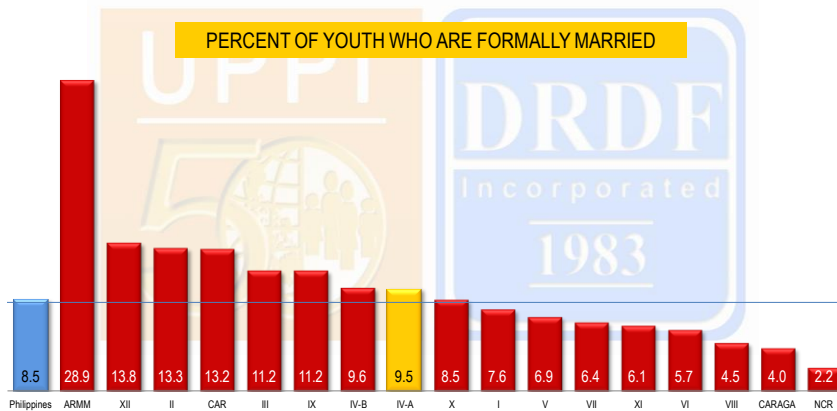
# Marital status of Region IV-A youth



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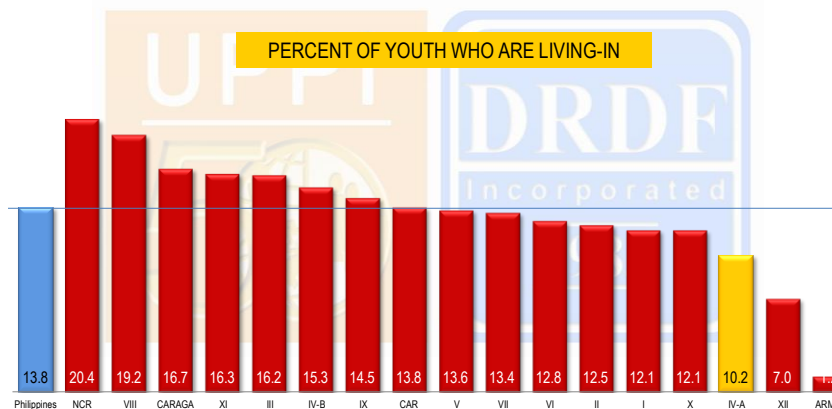
# Proportion of youth who are formally married is above the national average



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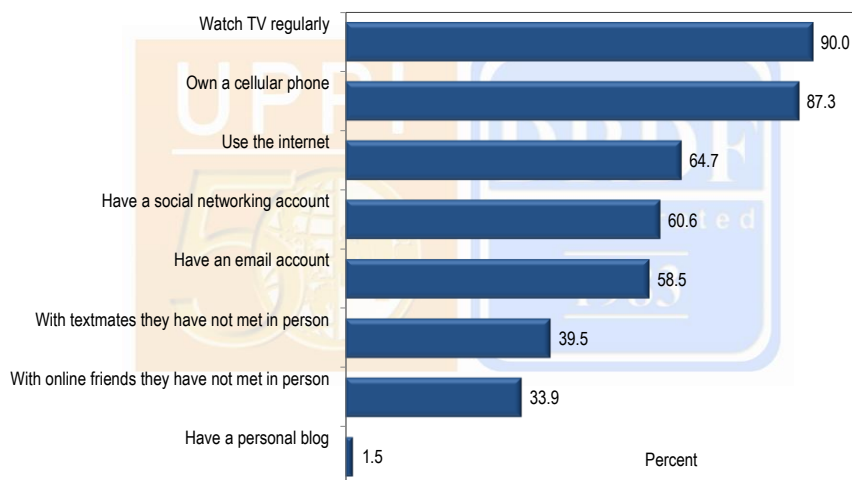
## Proportion of youth who are living-in is the 3<sup>rd</sup> lowest in the country



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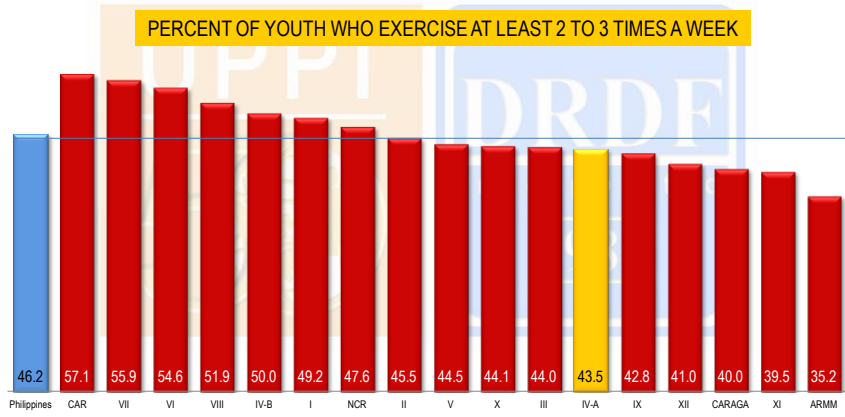
## Region IV-A youth are digitally wired



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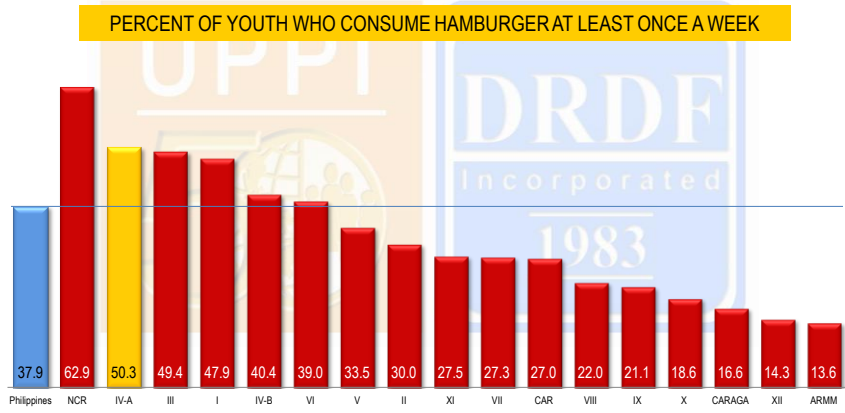
**Proportion of youth who exercise at least twice a week is relatively low**



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**Consumption of hamburger among the youth is 2<sup>nd</sup> highest in Region IV-A**

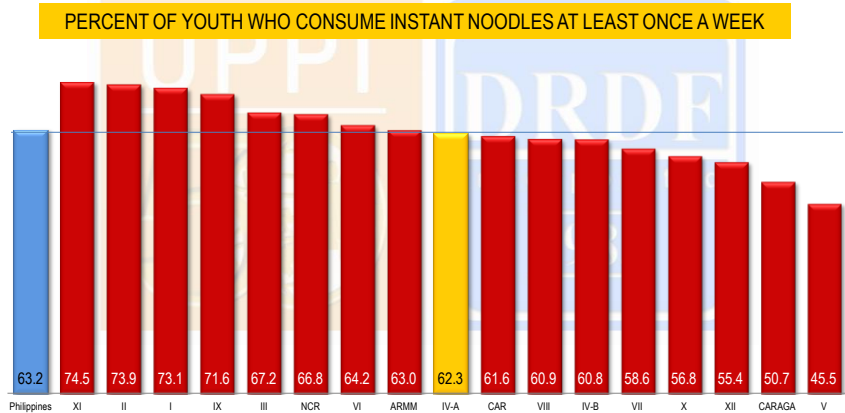


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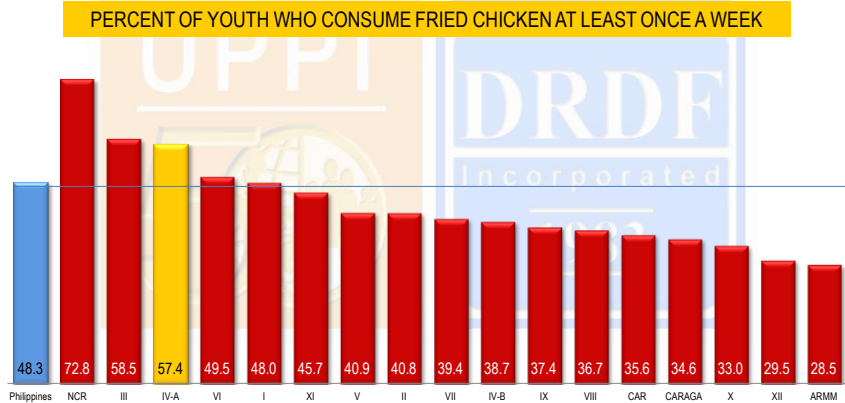
## More than 6 in 10 youth consume instant noodles at least once a week



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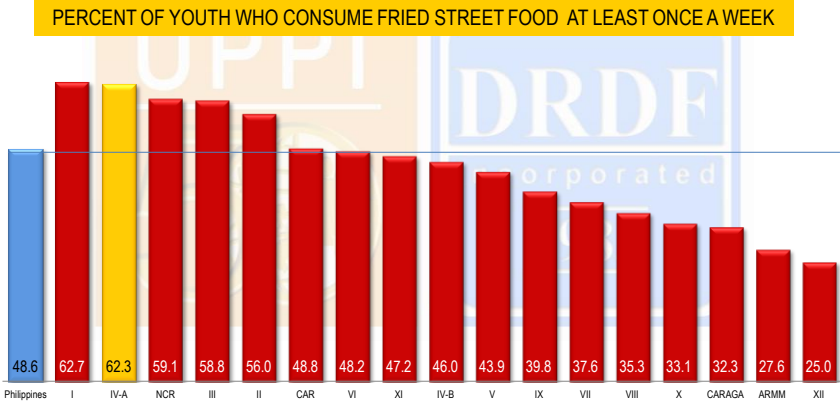
## Consumption of fried chicken among the youth is 3<sup>rd</sup> highest in Region IV-A



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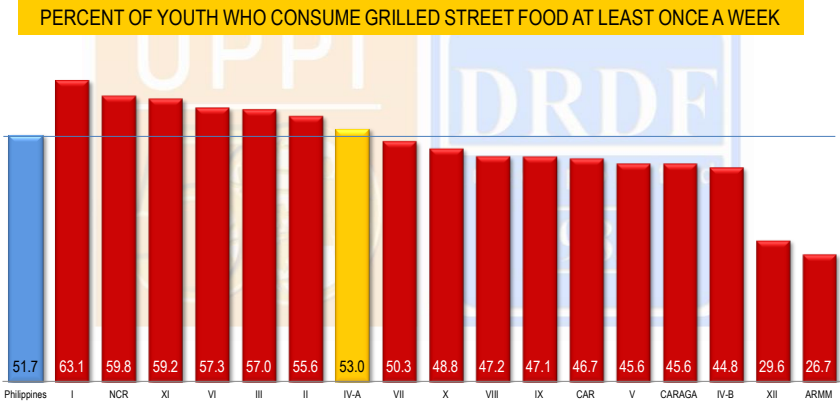
## Consumption of fried street food is 2<sup>nd</sup> highest among Region IV-A youth



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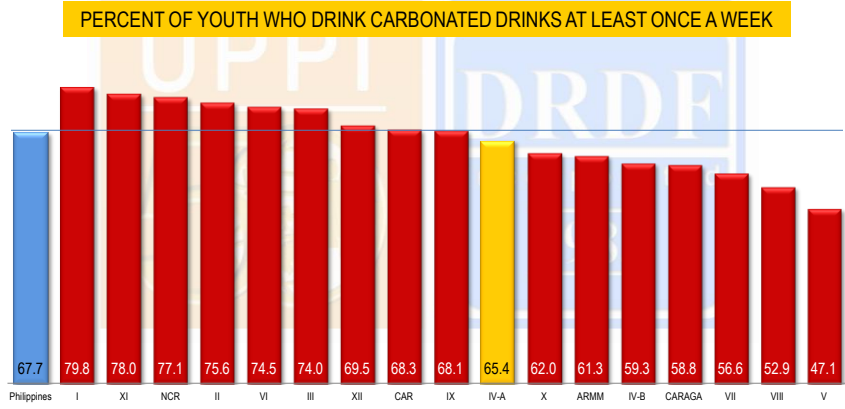
## More than half of the youth regularly consume grilled street food



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## More than 6 in 10 youth drink carbonated drinks at least once a week

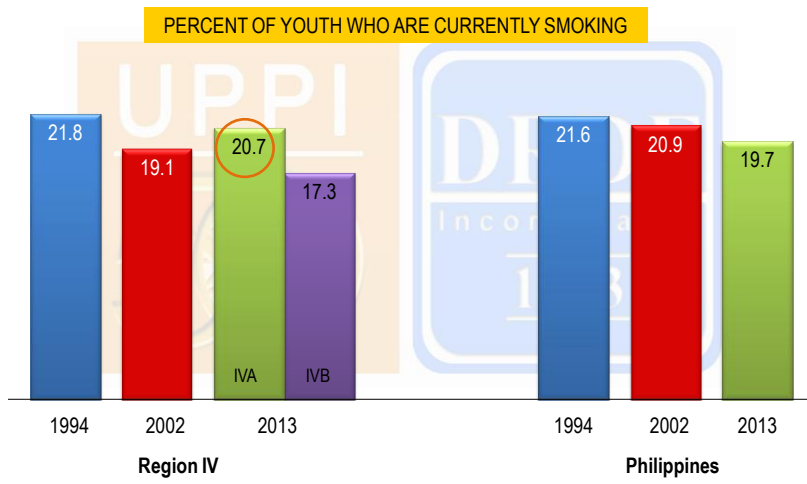


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# #BisyoAtbp

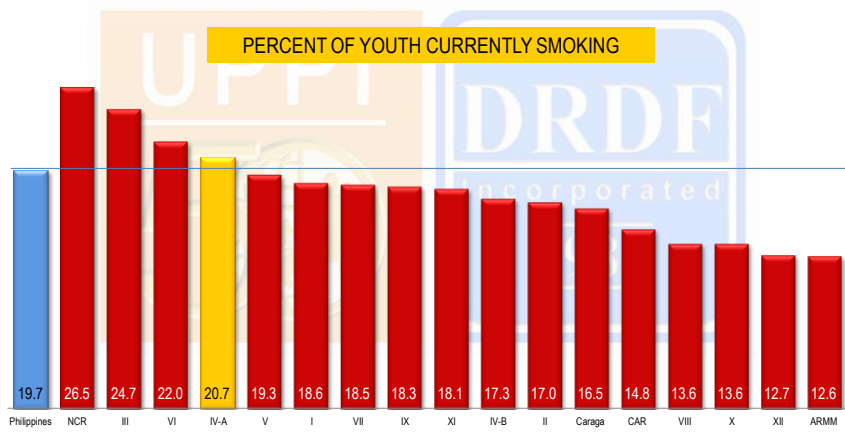
## NONSEXUAL RISK BEHAVIOR

**Proportion of youth who are smoking is above the national average**



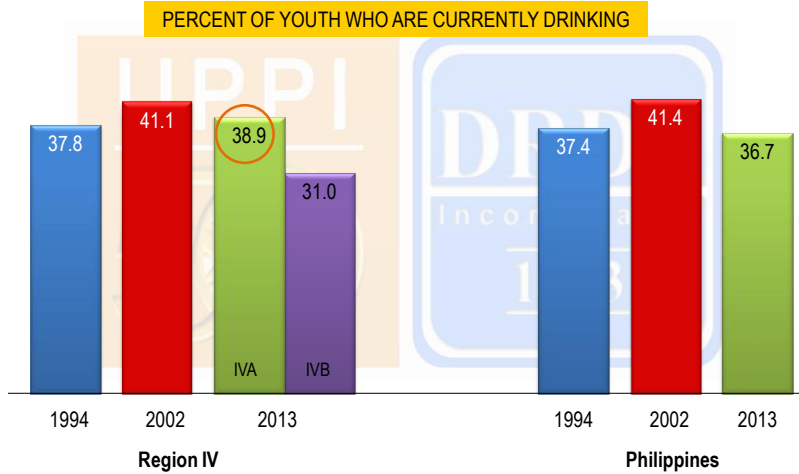
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**Region IV-A has the 4<sup>th</sup> highest proportion of youth who are currently smoking**



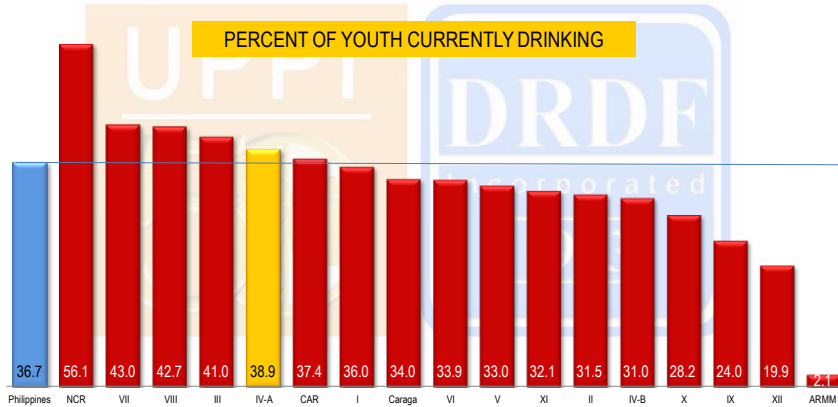
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**Proportion of currently drinking youth is also above the national average**



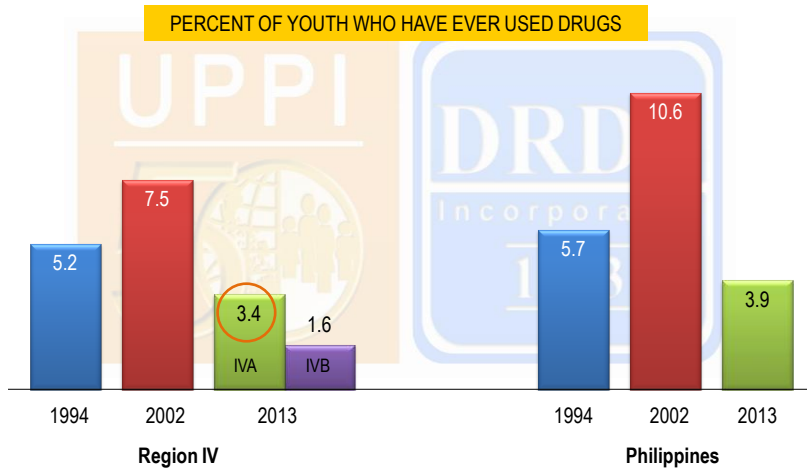
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**Nearly 4 in 10 Region IV-A youth are currently drinking**



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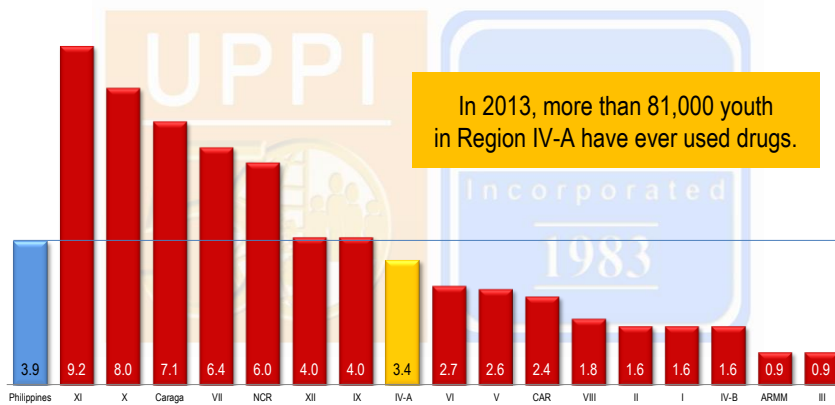
## More than 3 in 100 youth have used drugs



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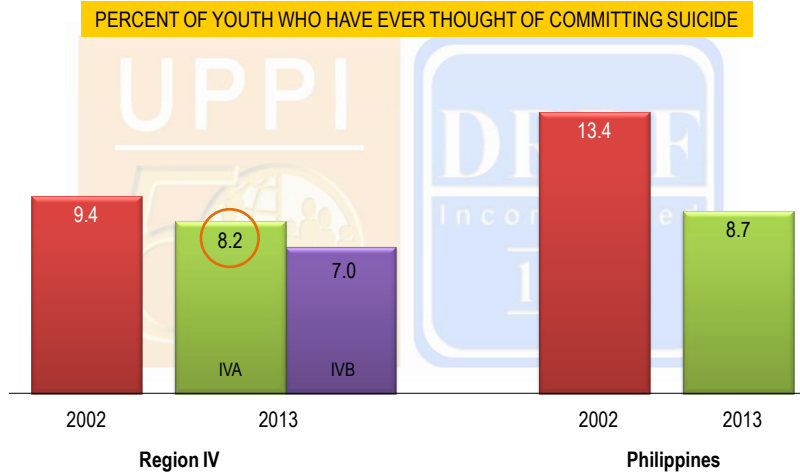
## Proportion of Region IV-A youth who ever used drugs is below the national average



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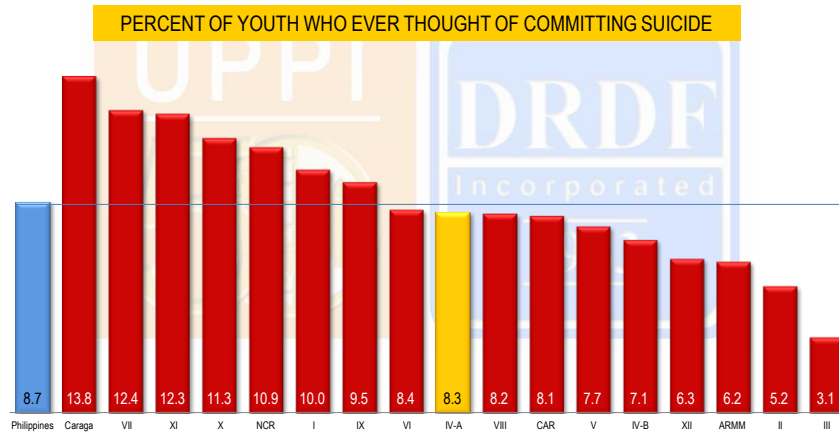
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## More than 8 in 100 youth have ever considered suicide



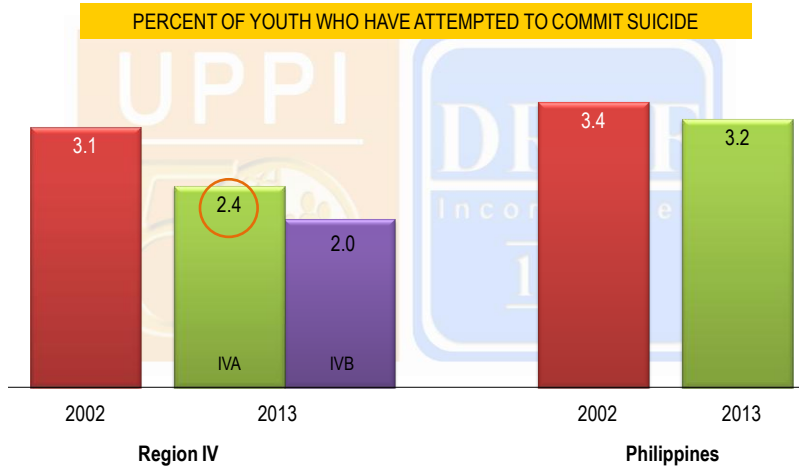
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## Proportion of youth who have thought of committing suicide is slightly below-average



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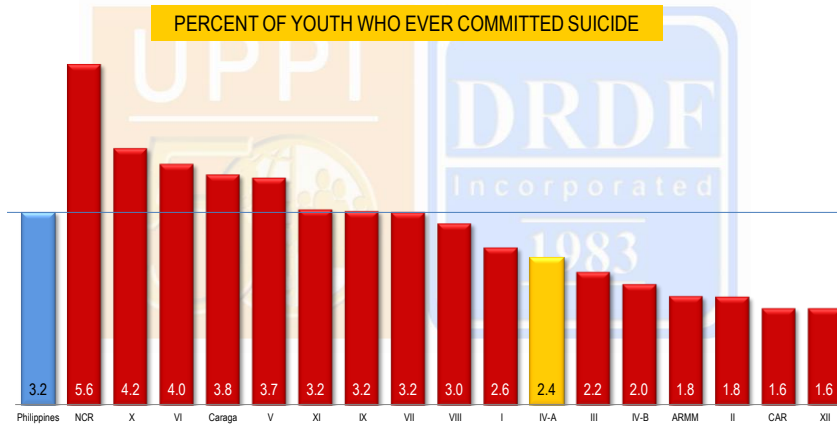
## Decline in the proportion of youth who have attempted suicide



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## Proportion of youth who ever attempted suicide in Region IV-A is below the national average

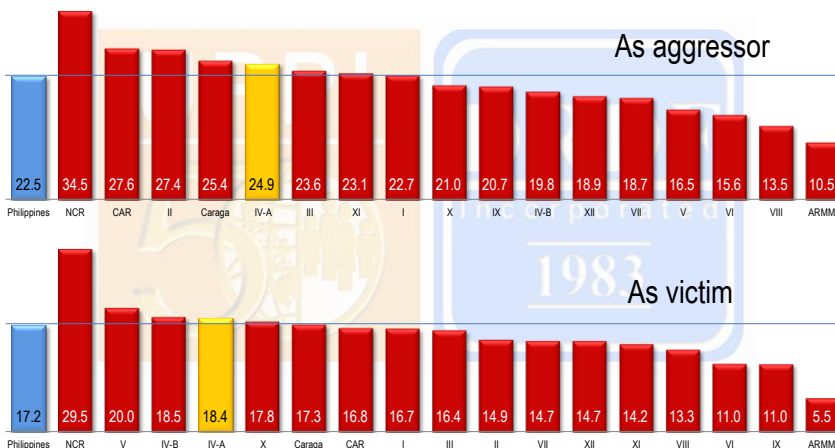


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**Proportions of Region IV-A youth who have been aggressors and victims of violence are relatively high**

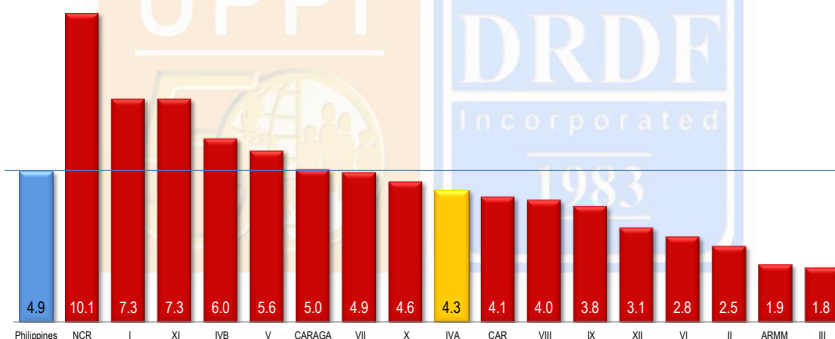


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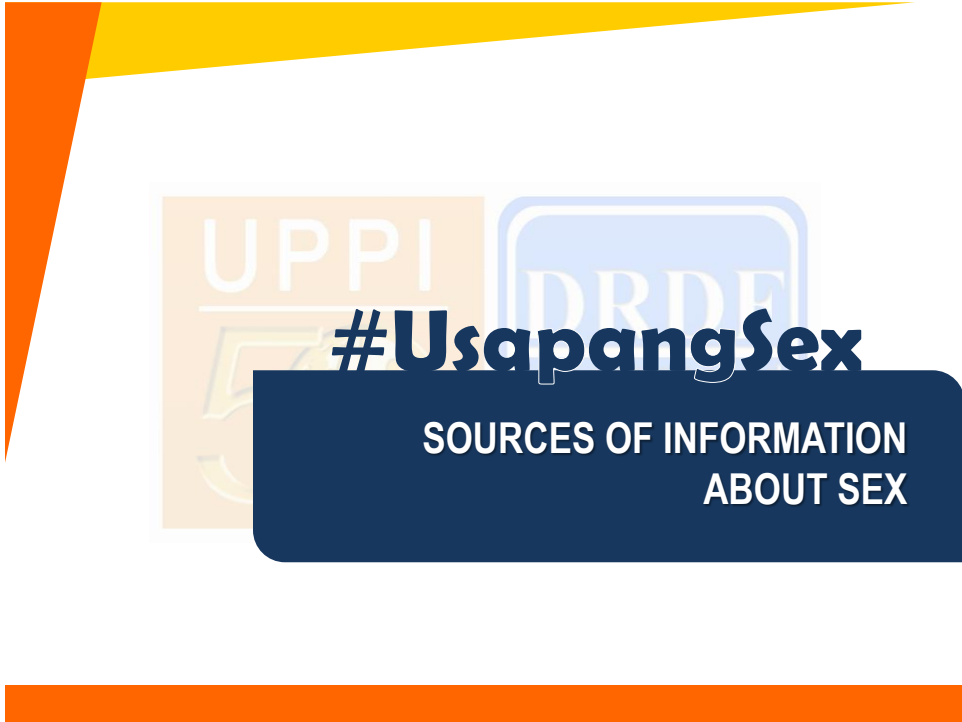
**More than 4 in 100 youth in Region IV-A have experienced harassment using technology**

PERCENT OF YOUTH WHO EXPERIENCED HARASSMENT WITH THE USE OF TECHNOLOGY

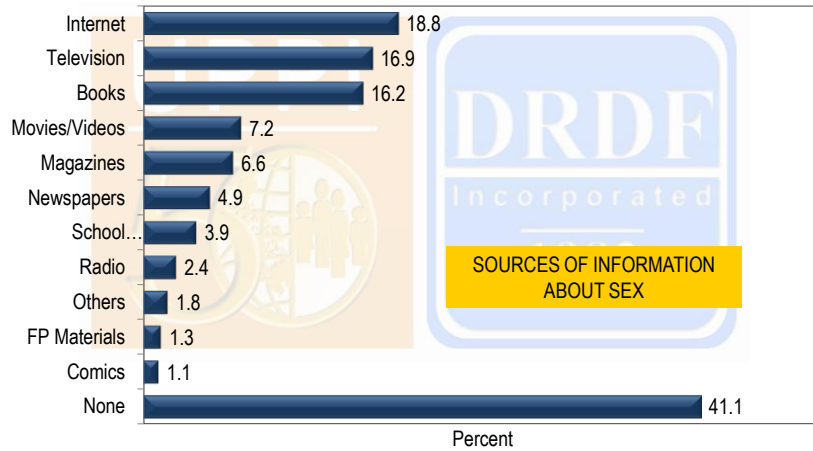


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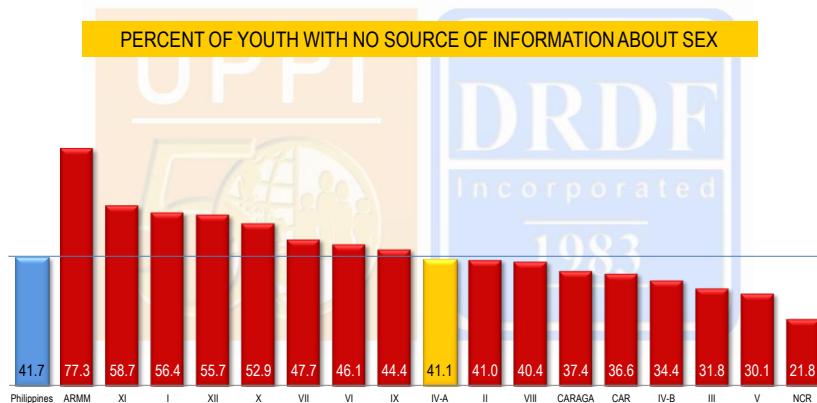
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The youth who do not have any source of information about sex far outnumber those who have



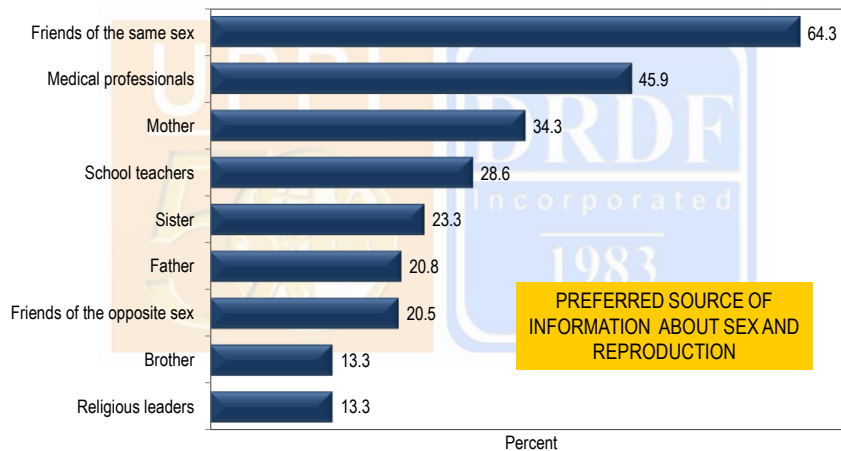
**More than 4 in 10 Region IV-A youth do not have any source of information about sex**



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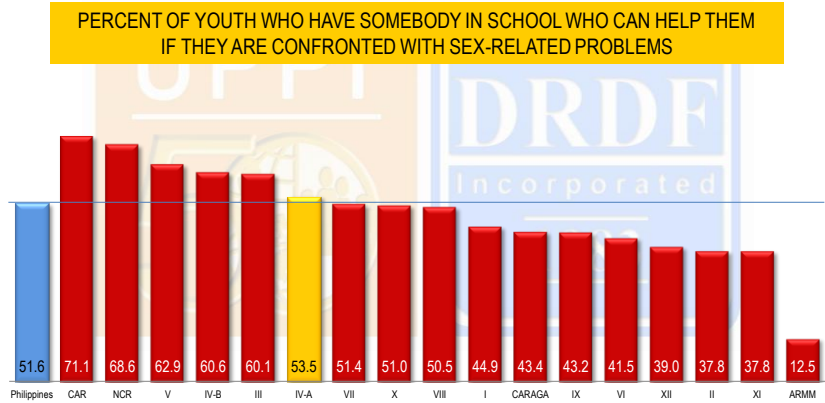
**Friends of the same sex, medical professionals, and mothers are Region IV-A youth's most preferred sources of information about sex and reproduction**



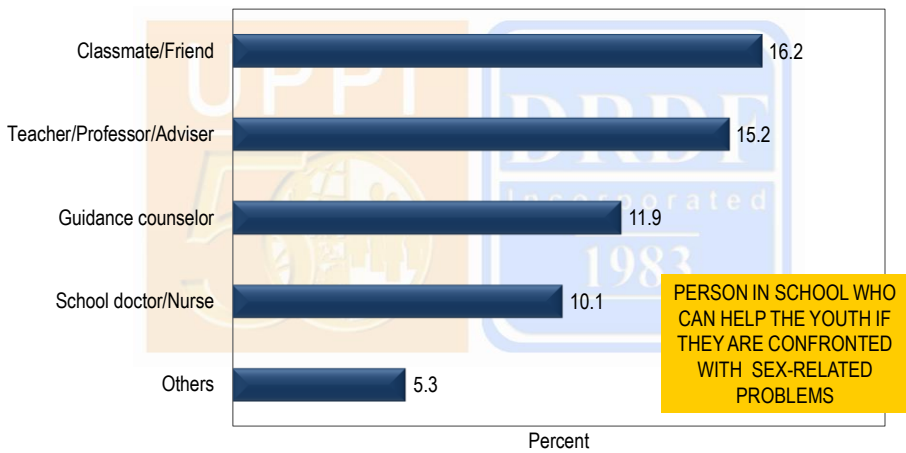
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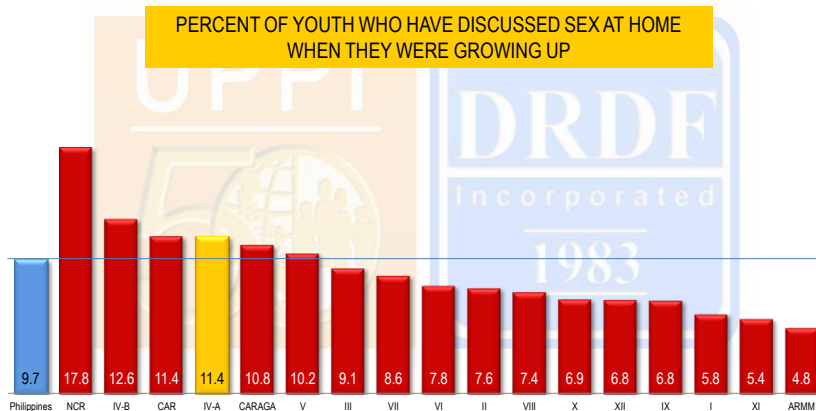
## More than half of the youth can find help in school regarding sex-related problems



## Most Region IV-A youth identified their classmates/friends as source of help at school for sex-related problems



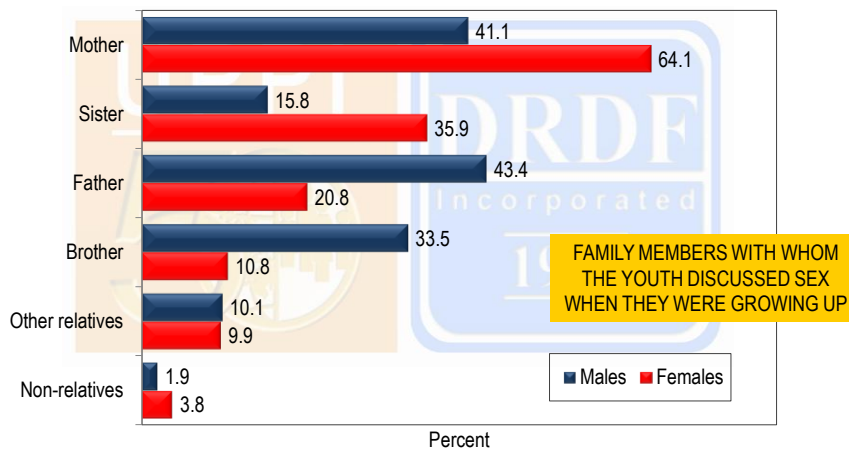
## Relatively high proportion of youth who have discussed sex at home while growing up



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## Discussions of sex at home are more common between male youth with their father/mother and between female youth with their mother/sister



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## SUMMARY

- **Profile of Region IV-A youth**
  - CALABARZON has a young population as shown by its higher proportion of youth population relative to the country in general
  - Proportion studying is at par with the national average but proportion with college and higher education is relatively low
  - Proportion working is 2<sup>nd</sup> highest in the country. Unemployment is also below the national average. More than 1 in 10 are idle
  - Nearly 1 in 10 is formally married. Proportion living-in (10.2%) is the 3<sup>rd</sup> lowest in the country

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## SUMMARY

- **Media exposure of the Region IV-A youth**
  - Very high use of new information technology
    - 87.3% own a cellular phone
    - 64.7% use the internet
    - More than 3 in 5 have an e-mail or a social networking account
    - One in three has online friends whom they have not met personally
- **Health and Lifestyle of Region IV-A youth**
  - 43.5% exercise 2-3 times a week
  - High consumers of unhealthy foods and drinks

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## SUMMARY

### • Non-sexual risk behaviors of Region IV-A youth

- % who are smoking and drinking are among the highest in the country; estimated 499 thousand are currently smoking and 932 thousand are currently drinking
- More than 81 thousand have ever used drugs
- Low and declining % who ever contemplated and attempted suicide
- Relatively high proportions who have been aggressors and victims of violence
- More than 4 in 100 have experienced harassment using technology

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## SUMMARY

### • Sources of information about sex of Region IV-A youth

- The youth who do not have any source of information about sex far outnumber those who have
- Friends (particularly of the same sex), medical professionals and mothers are the preferred sources of information about sex and reproduction
- Only 53.5% have someone at school who can help them regarding sex-related problems
- Relatively high level of discussion about sex at home (11.4%), the 4th highest in the country
- Most female youth who discussed sex at home do so with their mothers and sisters while the male youth with their fathers and mothers

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