


**#RegionXIYouthToday**  
**RISK BEHAVIOR OF YOUNG PEOPLE  
IN SOUTHERN MINDANAO**

**PART 1**

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

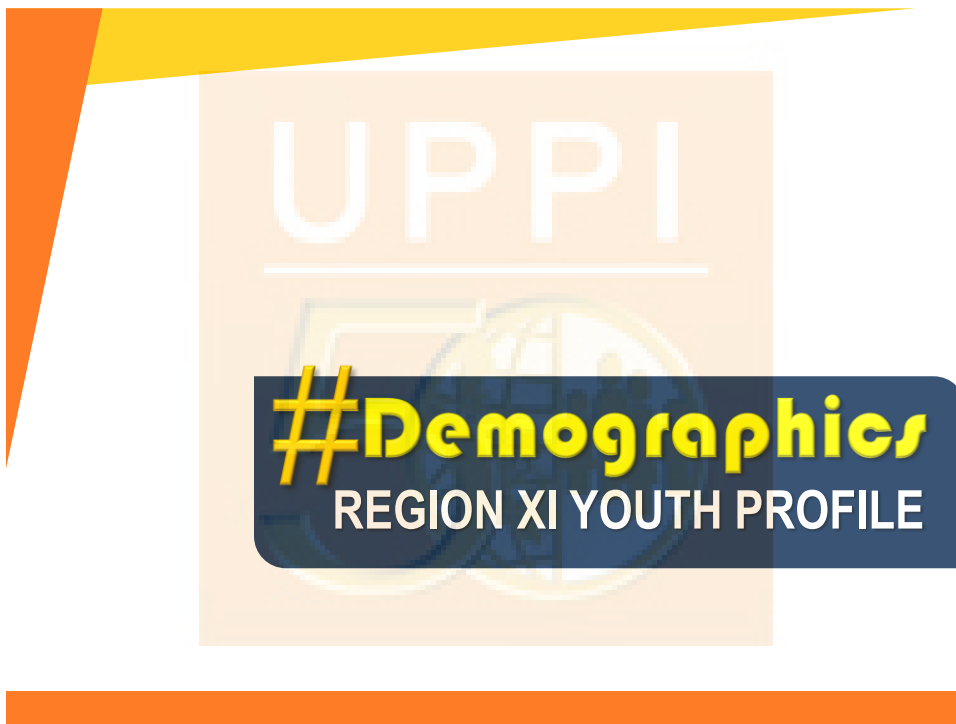
## OUTLINE

### Part 1

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

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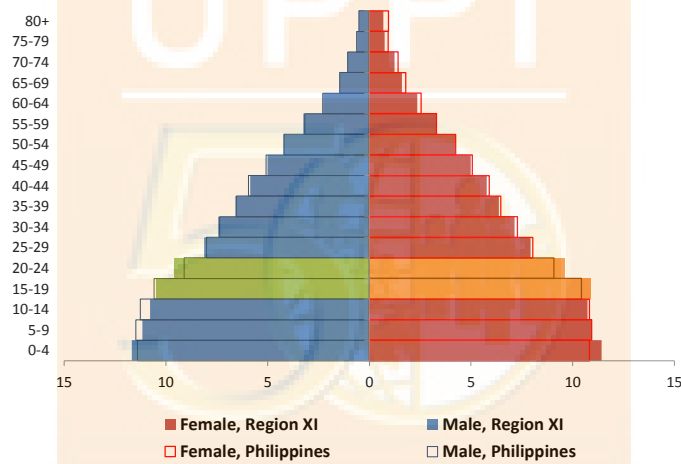
## Youth population: Philippines & Region XI



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## Age structure of the Philippines and Region XI populations, 2010



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THE 2013 YAFS STUDY

## Background

- 4<sup>th</sup> 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)

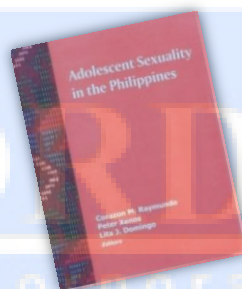
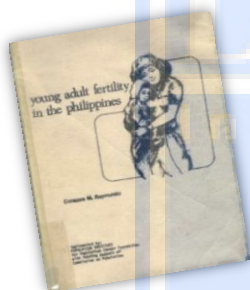
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## Predecessor surveys

### 1982 YAFS

(5,240 female respondents)



### 1994 YAFS

(10,879 male and female respondents)

### 2002 YAFS

(19,728 male and female respondents)



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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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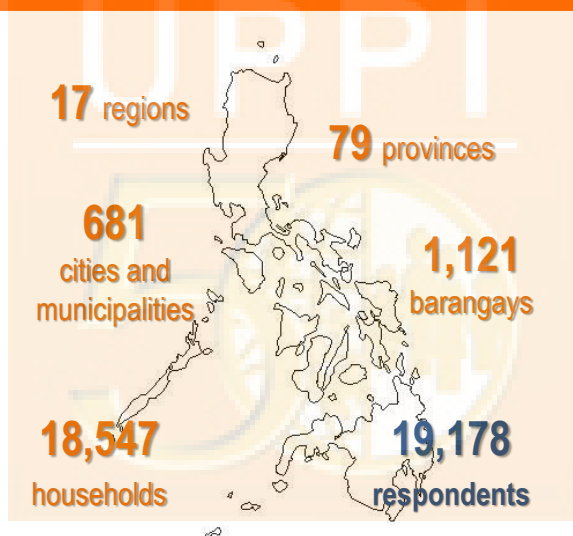
## Survey design

- 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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## 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

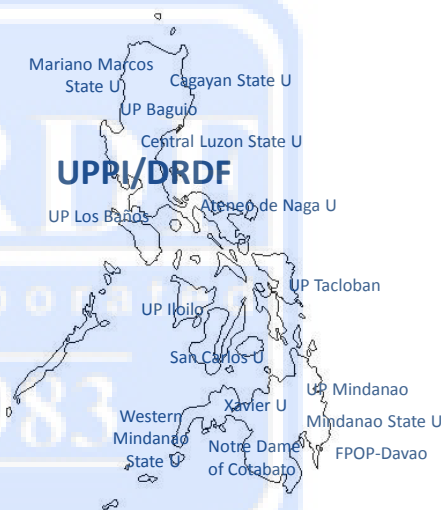
- |  |   |
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| <ul style="list-style-type: none"><li><b>Block A.</b> Individual characteristics</li><li><b>Block B.</b> Family characteristics and relationships</li><li><b>Block C.</b> Self-esteem and values</li><li><b>Block D.</b> School, work and community</li><li><b>Block E.</b> Media</li><li><b>Block F.</b> Friends and peers</li><li><b>Block G.</b> Health and lifestyle</li></ul> | <ul style="list-style-type: none"><li><b>Block H.</b> Marriage</li><li><b>Block I.</b> Puberty, dating and sex</li><li><b>Block J.</b> Fertility and contraception</li><li><b>Block K.</b> Knowledge and attitudes towards marriage, sex and related issues</li><li><b>Block L.</b> Reproductive health</li></ul> |
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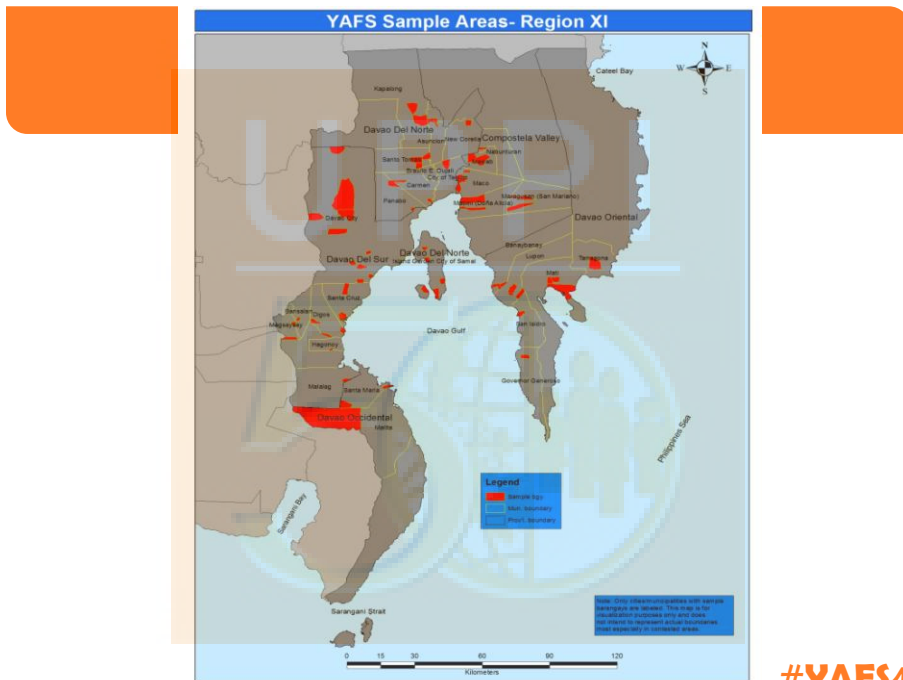
## Field implementation

- Fieldwork was conducted in January to May 2013
- Regional network of research and academic institutions were involved in the data collection
- Region XI field work was conducted in collaboration with FPOP-Davao



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**DRDF**

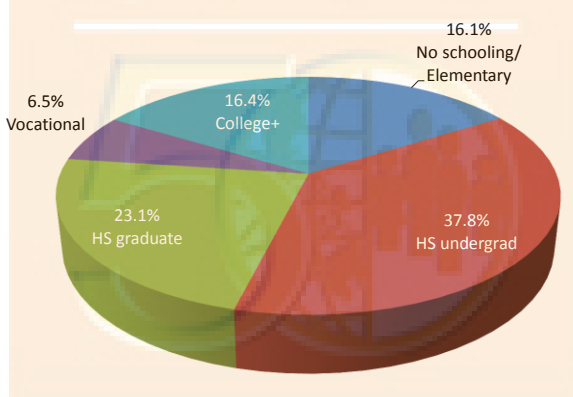
**#RegionXIProfile**  
BACKGROUND CHARACTERISTICS,  
HEALTH AND LIFESTYLE

1983



## Education profile of Region XI youth

PERCENTAGE DISTRIBUTION OF YOUTH BY HIGHEST EDUCATIONAL ATTAINMENT

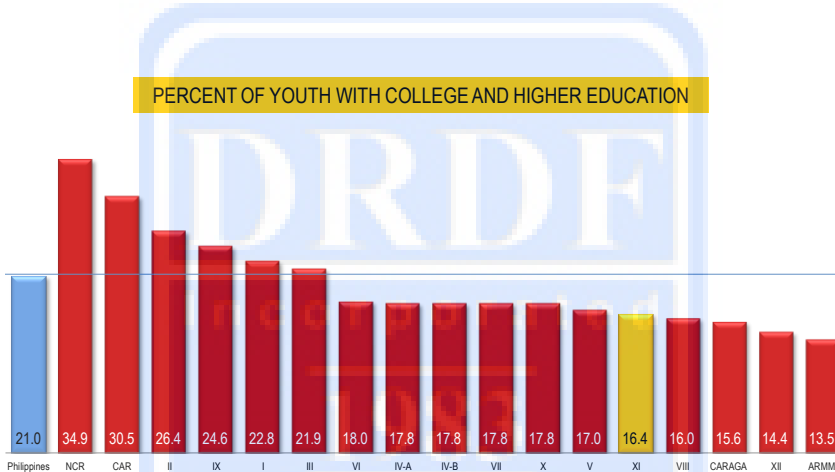


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## Proportion of Region XI youth with college and higher education is below the national average

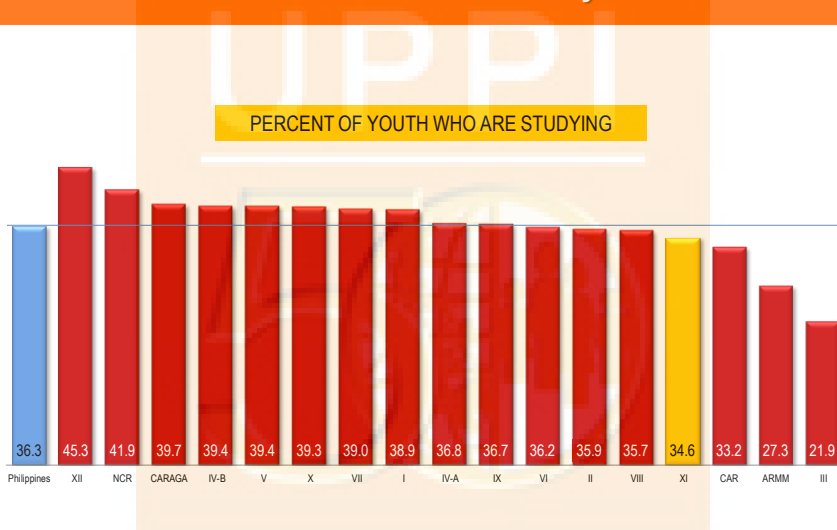
PERCENT OF YOUTH WITH COLLEGE AND HIGHER EDUCATION



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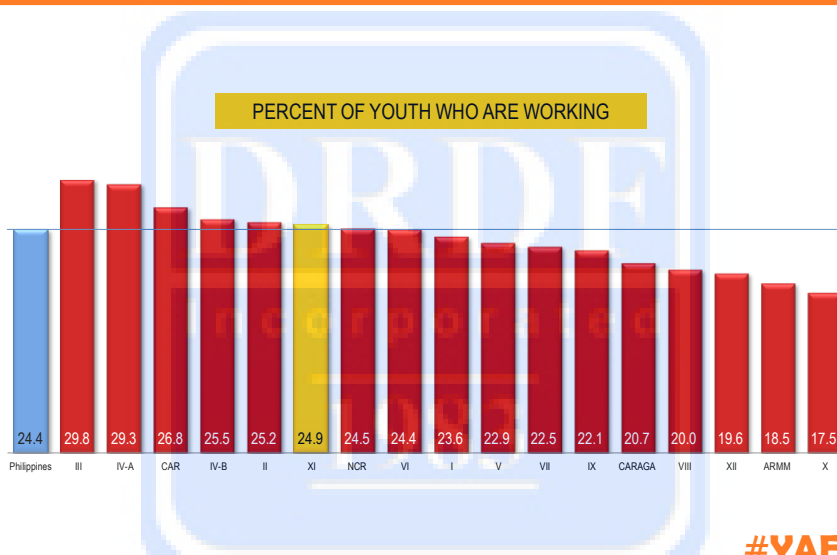
Proportion of youth who are studying in Region XI is the 4<sup>th</sup> lowest in the country



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1 out of 4 Region XI youth is working



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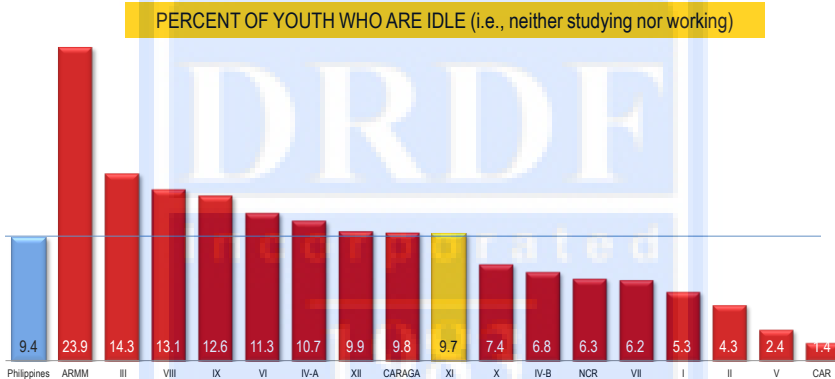
## Region XI has the 2<sup>nd</sup> biggest proportion of unemployed youth



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## 1 in 10 youth in Region XI is idle

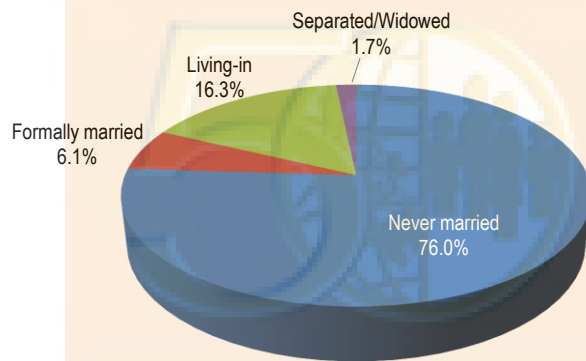


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## Marital status of Region XI youth

PERCENTAGE DISTRIBUTION OF YOUTH BY MARITAL STATUS



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## Region XI is among the regions with the smallest proportions of formally married youth

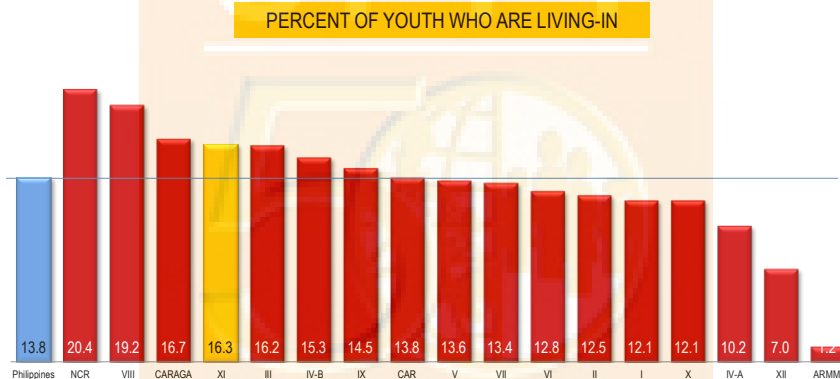
PERCENT OF YOUTH WHO ARE FORMALLY MARRIED



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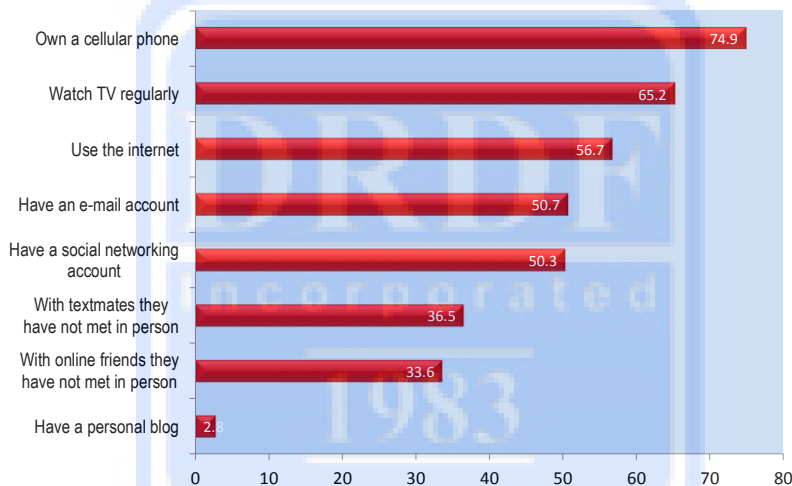
... but it has one of the biggest proportion of youth who are living-in



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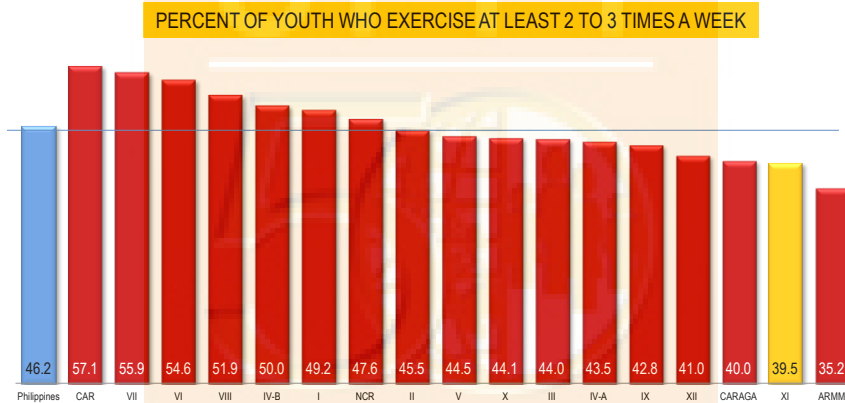
## Region XI youth are digitally wired



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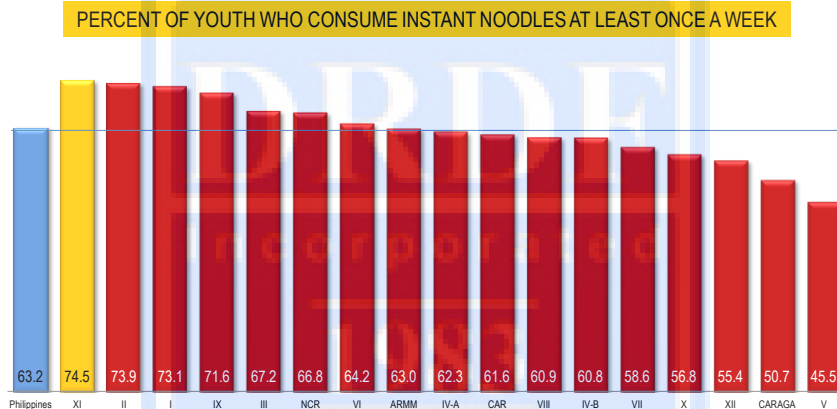
## 2 in 5 Region XI youth exercise at least 2 to 3 times a week



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## Region XI has the biggest proportion of youth who consume instant noodles

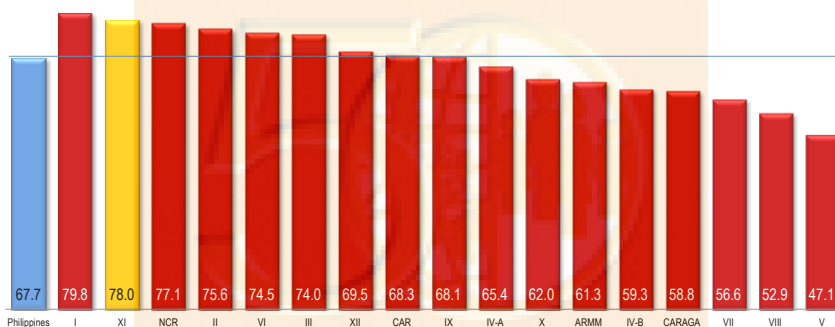


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... and the 2<sup>nd</sup> highest proportion of youth who drink carbonated drinks

PERCENT OF YOUTH WHO DRINK CARBONATED DRINKS AT LEAST ONCE A WEEK



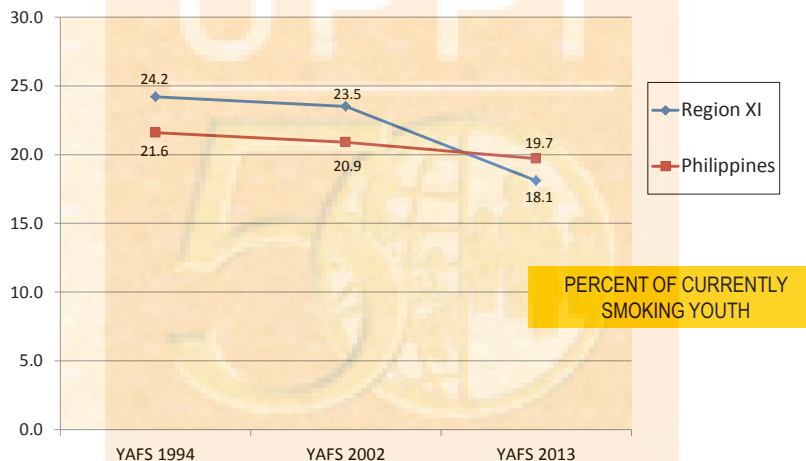
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NONSEXUAL RISK BEHAVIOR

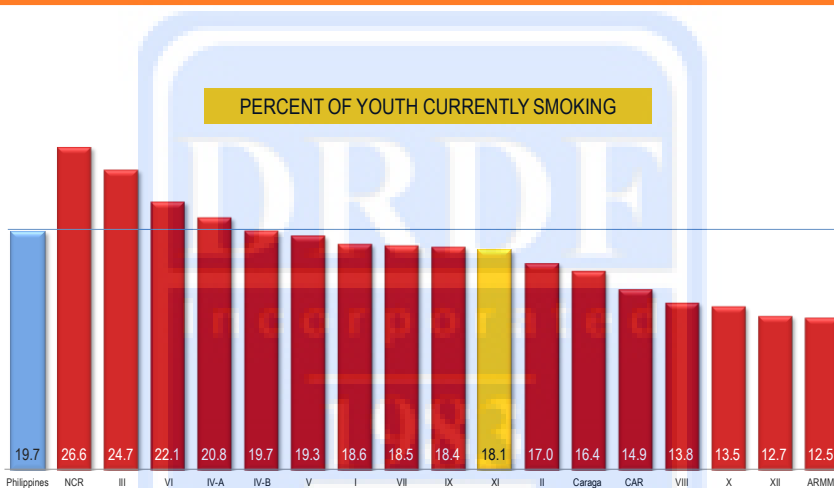
## The trend of the proportion currently smoking among the youth is declining



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## Proportion of Region XI youth who are currently smoking is below the national average

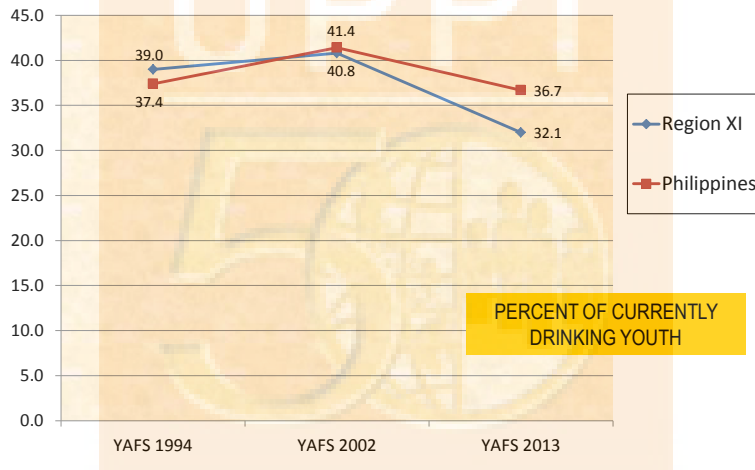


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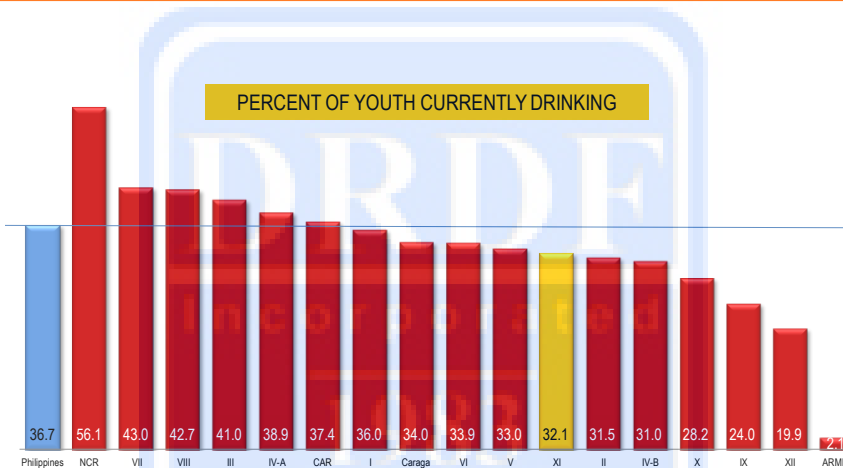
### Proportion of currently drinking youth is declining



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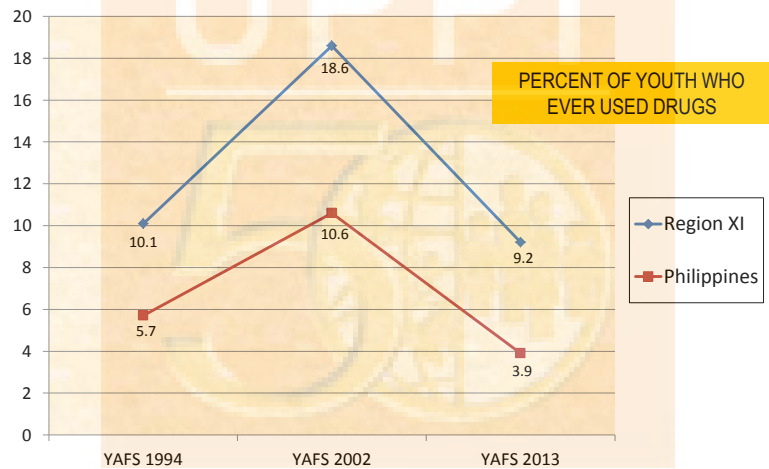
### Proportion of Region XI youth who are currently drinking is below the national average



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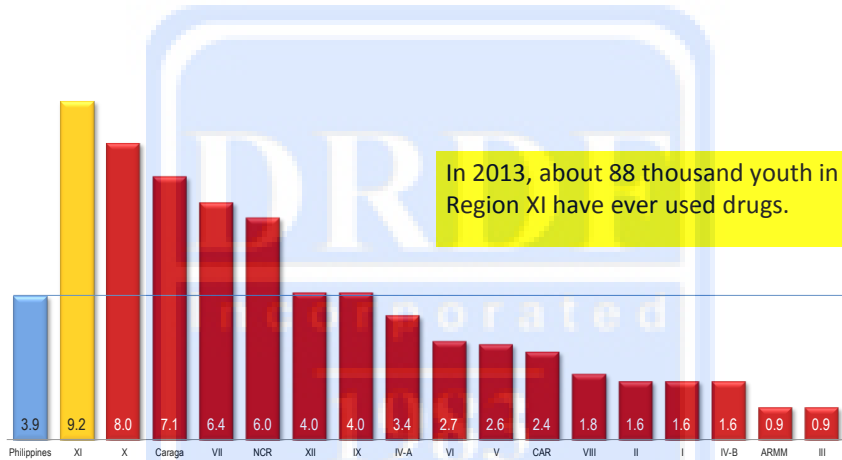
## Proportion of Region XI youth who ever used drugs is also declining



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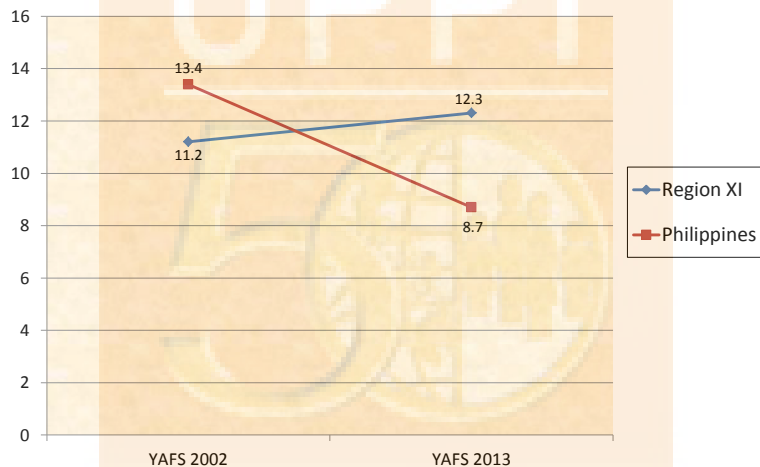
## However, proportion of youth who ever used drugs is highest in Region XI



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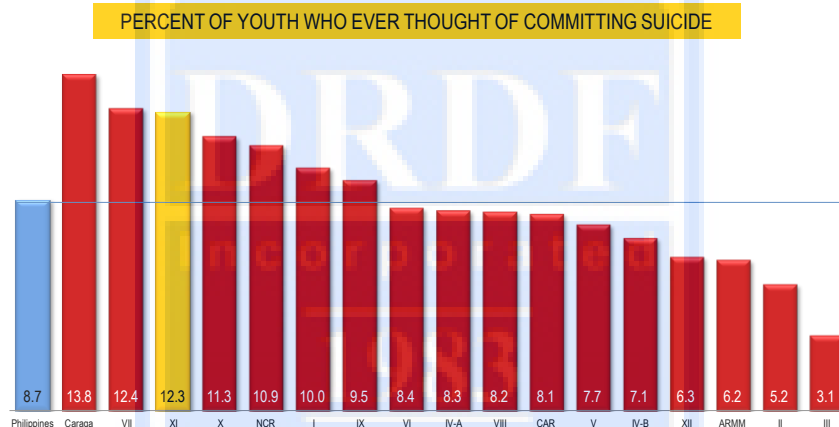
Between 2002 and 2013, the proportion of youth who ever thought of committing **suicide** increased in Region XI



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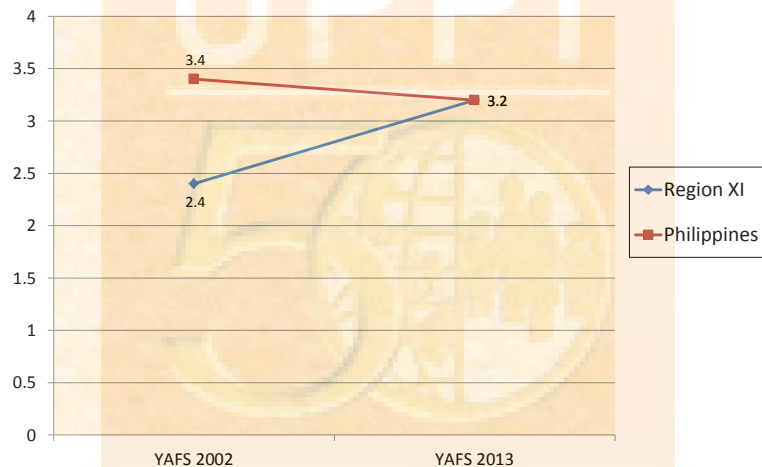
Region XI has the 3<sup>rd</sup> biggest proportion of youth who ever thought of committing suicide



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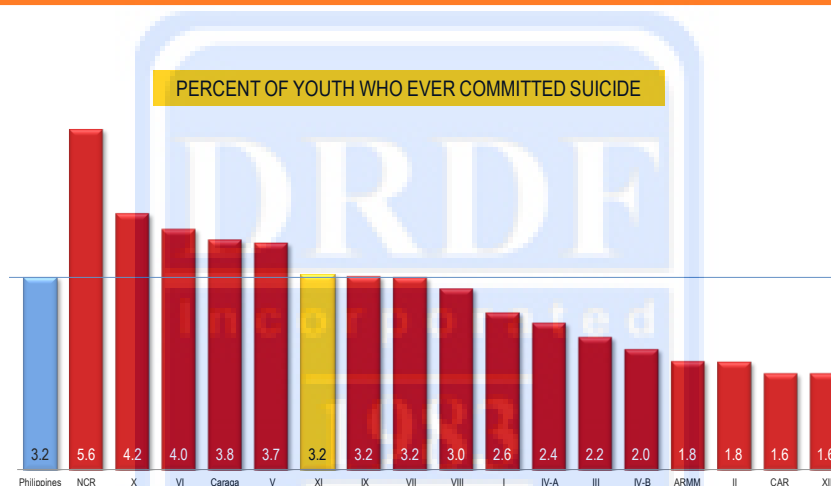
## Percent who attempted to commit suicide in the past decade also increased in Region XI



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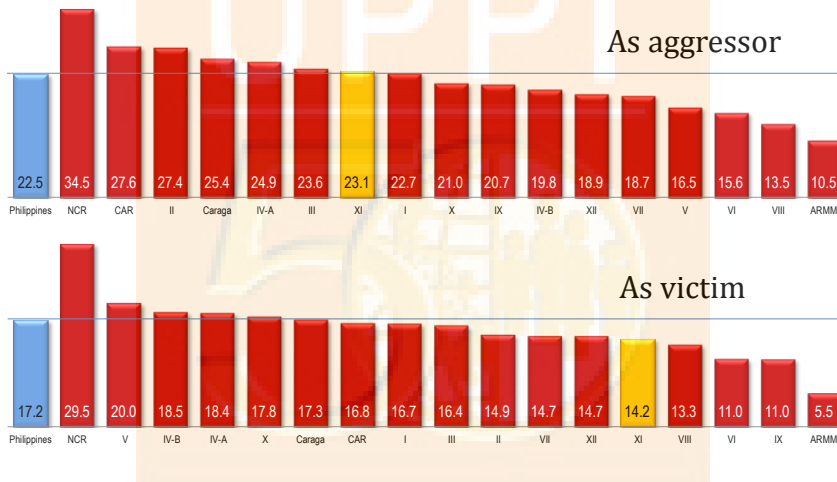
## 3 in 100 Region XI youth ever attempted suicide



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**Proportion of Region XI youth who have been aggressors of violence is above the national level; the proportion of victims is considerably less**

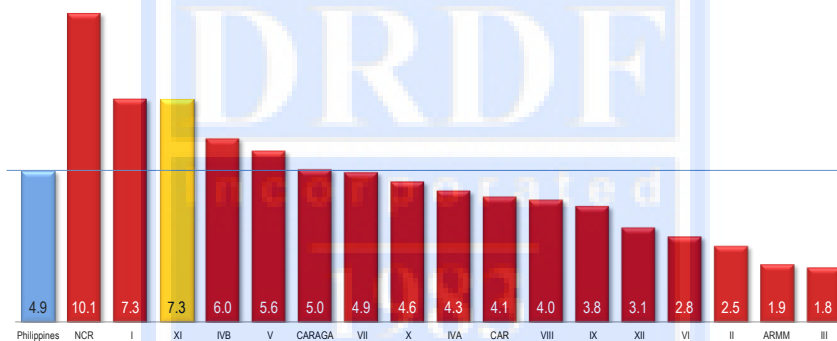


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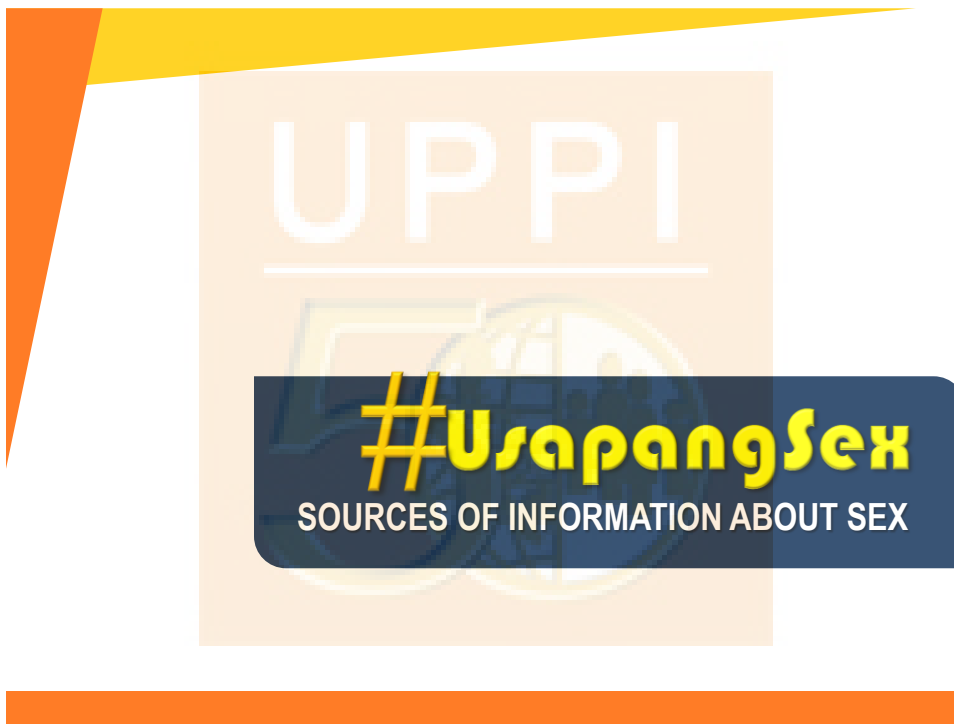
**Region XI has the 2<sup>nd</sup> biggest proportion of youth who have experienced harassment using technology**

PERCENT OF YOUTH WHO EXPERIENCED HARASSMENT WITH THE USE OF TECHNOLOGY

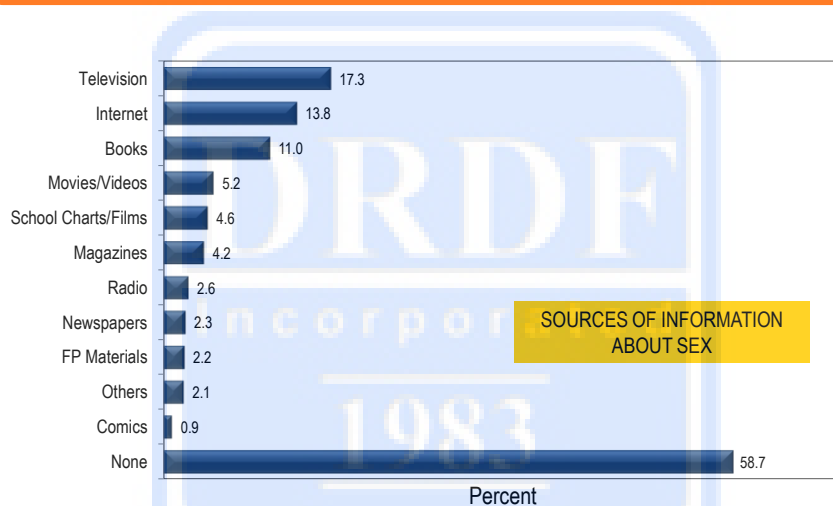


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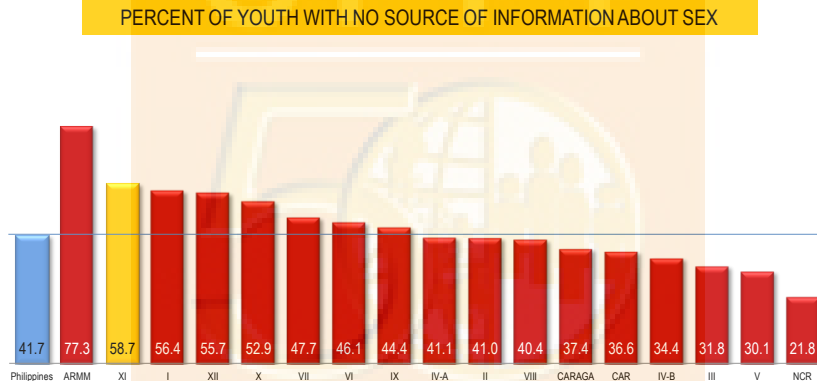
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Almost 3 in 5 Region XI youth do not have any source of information about sex



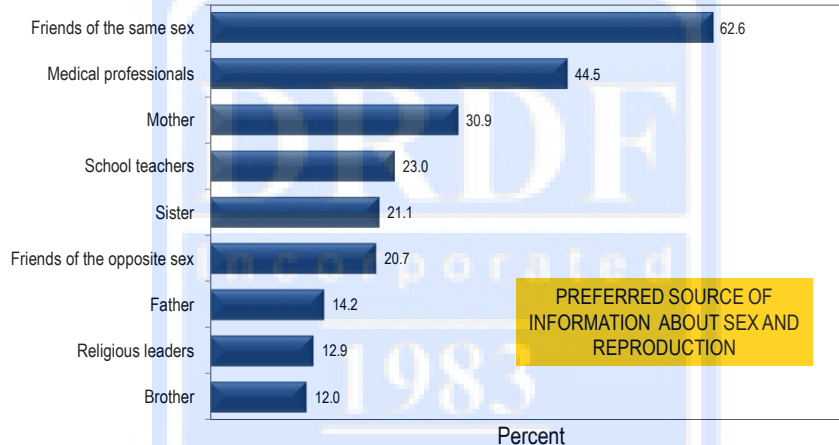
Region XI registered the 2<sup>nd</sup> highest proportion of youth who reported having no source of information about sex



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

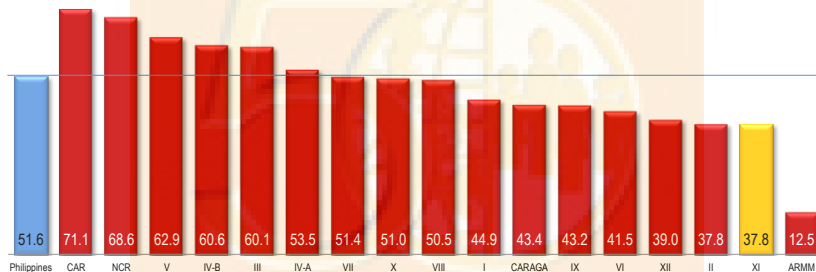


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**Region XI has the 2<sup>nd</sup> smallest proportion of youth who can find help in school regarding sex-related problems**

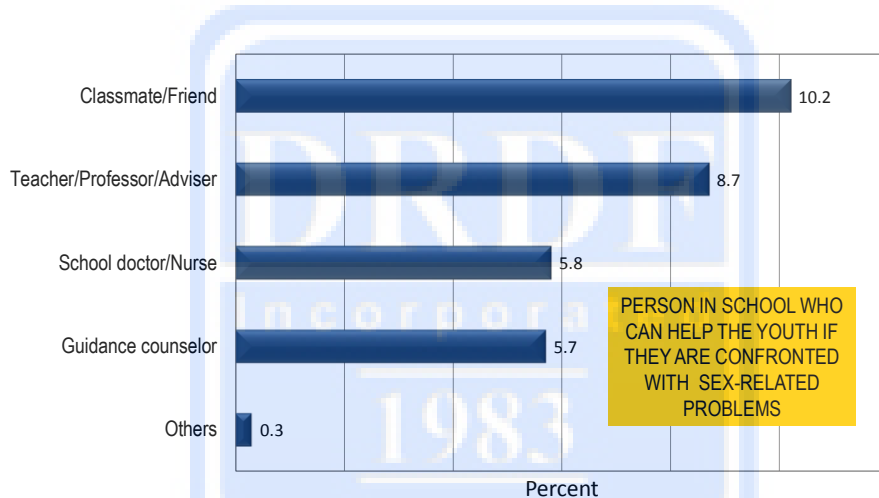
PERCENT OF YOUTH WHO HAVE SOMEBODY IN SCHOOL WHO CAN HELP THEM IF THEY ARE CONFRONTED WITH SEX-RELATED PROBLEMS



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**Most Region XI youth identified their classmates/friends as source of help at school for sex-related problems**



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

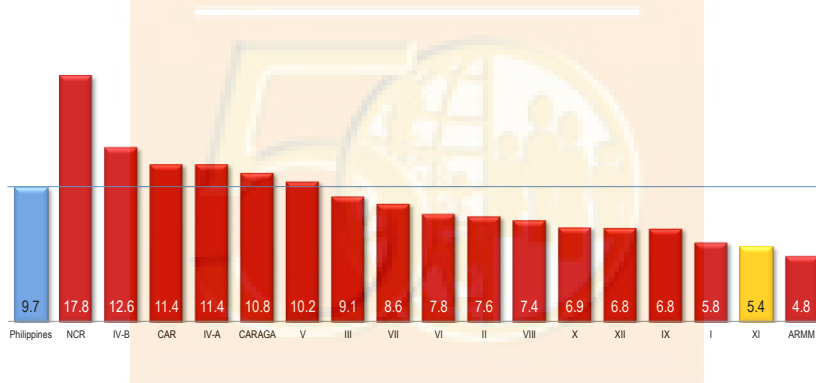
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## Only 1 in 20 Region XI youth has discussed sex at home while growing up

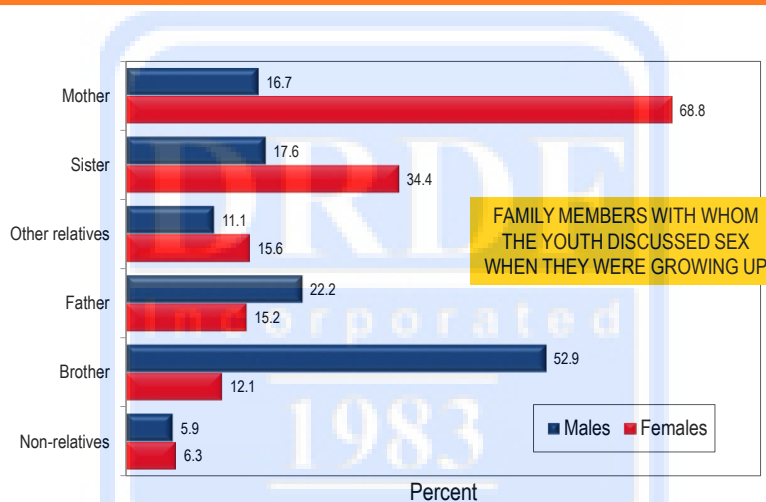
PERCENT OF YOUTH WHO HAVE DISCUSSED SEX AT HOME WHEN THEY WERE GROWING UP



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## Most discussions of sex at home are between brothers, fathers and sons, mothers and daughters, and sisters



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

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## SUMMARY

- Profile of Region XI youth:
  - Relatively poor education profile registering a mere 16% of youth who have at least some college education;
  - Among the regions with the least % of studying youth (4<sup>th</sup>) but among the top regions in terms of the % of youth working (6<sup>th</sup>)
  - 9.7% are idle
  - Has the 5<sup>th</sup> lowest % of youth who are formally married (6.1%)
  - % living-in (16.3) far exceeds the % who are formally married

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## SUMMARY

- Media exposure of the Region XI youth
  - Very high use of new information technology
    - 75% own a cellular phone
    - 57% use the internet use
    - Half have an internet or a social networking account
    - A third have a textmate or have online friends whom they have not met personally (33.8%)
- 40% of youth in Region XI exercise 2-3 times a week
- Region XI youth are the highest consumers of instant noodles and the 2nd highest consumers of carbonated drinks.

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## SUMMARY

- Non-sexual risk behaviors of Region XI youth:
  - Good news: declining % of youth who are smoking, drinking, and who have ever used drugs in the past decade following the national trend
  - % of Region XI youth who are smoking and drinking are among the lowest in the country. Estimated 173 thousand are currently smoking and 307 thousand are currently drinking.
  - BUT, Region XI recorded the highest proportion of youth who have ever used drugs. It is estimated that about 88 thousand youth ages 15-24 have ever used drugs in 2013.
  - Increase in the % of youth who have thought or attempted to commit suicide in the last decade. Levels are among the highest in the country. Increasing pattern is opposed to the declining rate at the national level.
  - Region XI has the 2nd biggest proportion of youth who have experienced harassment using technology

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## SUMMARY

- Sources of information about sex of Region XI youth:
  - Most young people do not have any source of information about sex (58.7%), the second highest among all regions in the country.
  - Friends (particularly of the same sex), medical professionals and mothers are the youth's preferred sources of information about sex and reproduction.
  - Only 37.8% of youth have someone at school who can help them regarding sex-related problems, the second lowest in the country.
  - Very little discussion about sex at home (5.4%), also the second lowest in the country.
  - Most female youth discussed sex at home with their mothers while the males with their brothers.

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