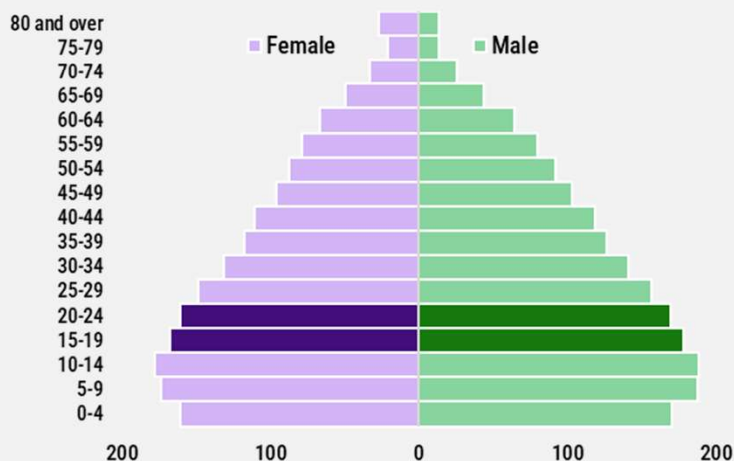


# CAGAYAN VALLEY PROFILE

## 2021 YOUNG ADULT FERTILITY AND SEXUALITY STUDY



**Population Pyramid of Cagayan Valley: 2020**  
(in thousands)



Source: Household population data from the 2020 Census of Population and Housing

The Cagayan Valley region exhibits an almost bell-shaped population pyramid, indicating a still young and growing population whose birth rates are only beginning to decline.

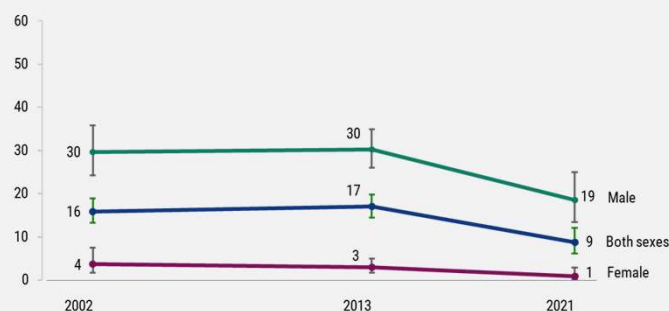
There are 0.6 million youth aged 15-24 in Cagayan Valley, constituting almost a fifth (18.3%) of the regional population. The region accounts for 3.3% of the country's youth population.

The following are the sociodemographic characteristics of the youth in Cagayan Valley compared with the whole country, based on the results from the 2021 Young Adult Fertility and Sexuality Study (YAFS5).

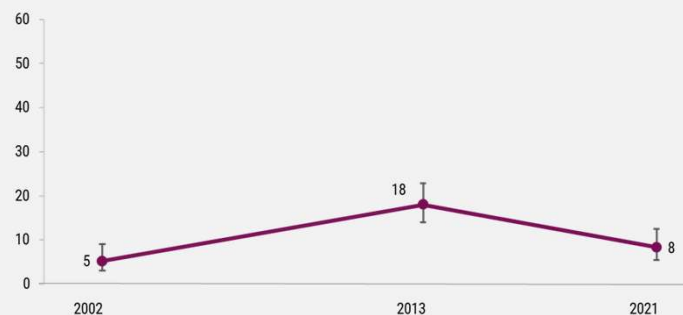
**Table 1. Percent distribution of youth by selected background characteristics: Cagayan Valley and Philippines, YAFS 2021**

Background Characteristics	Cagayan Valley	Philippines
<b>Sex</b>		
Male	44.3	48.8
Female	55.7	51.2
<b>Age</b>		
15-19	60.4	58.9
20-24	39.6	41.1
<b>Educational attainment</b>		
No education/Elementary level	7.0	7.0
Grades 7-10	39.7	40.2
Grades 11-12	25.3	28.5
Some college or higher	28.0	24.3
<b>Socioeconomic status (wealth quintile)</b>		
Lowest (Poorest)	8.1	15.1
Second	17.0	17.8
Middle	19.2	19.2
Fourth	28.1	22.0
Highest (Wealthiest)	27.6	25.9

**Figure 1. Percentage of youth in Cagayan Valley who are smoking cigarettes, by sex**



**Figure 2. Percentage of female youth aged 15-19 in Cagayan Valley who have begun childbearing**



The tables below provide a picture of Cagayan Valley behavior in terms of the percentages of ages 15-24 who engage in certain activities and exhibit particular attributes.

**Table 2. Percentage of youth by substance use experience, by sex and age group: Cagayan Valley, YAFS 2021**

Substance use and abuse	Male			Female			Both sexes		
	15-19	20-24	15-24	15-19	20-24	15-24	15-19	20-24	15-24
Ever tried smoking	27.8	57.2	39.6	8.2	10.7	9.2	16.8	31.6	22.7
Currently smoking	12.5	27.5	18.5	0.2	1.9	0.9	5.6	13.4	8.7
Ever tried vaping	28.7	33.8	30.7	7.3	5.5	6.6	16.7	18.2	17.3
Currently vaping	6.6	5.1	6.0	–	0.5	0.2	2.9	2.5	2.8
Ever tried drinking	60.5	88.6	71.8	50.2	67.4	57.0	54.7	76.9	63.5
Currently drinking	31.0	70.1	46.7	5.7	12.2	8.3	16.8	38.2	25.3

Note. A dash indicates that a figure is less than 0.1 percent.

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**Table 3. Percentage of youth by suicidal experiences and experience of violence, by sex and age group: Cagayan Valley, YAFS 2021**

Suicide and violence	Male			Female			Both sexes		
	15-19	20-24	15-24	15-19	20-24	15-24	15-19	20-24	15-24
Ever thought of committing suicide	3.6	11.0	6.5	19.9	21.4	20.5	12.8	16.7	14.3
Ever tried to commit suicide	1.9	6.6	3.8	10.4	12.4	11.1	6.7	9.8	7.9
Been physically hurt by someone in the past 12 months	17.2	9.9	14.2	11.7	6.0	9.5	14.1	7.7	11.6
Ever harassed someone using technology	6.9	8.3	7.5	3.9	0.5	2.6	5.2	4.0	4.8
Ever been harassed by someone using technology	11.7	16.4	13.6	17.7	8.6	14.2	15.1	12.1	13.9

**Table 4. Percentage of youth with sexual experience, by sex and age group: Cagayan Valley, YAFS 2021**

Sexual risk behaviors	Male			Female			Both sexes		
	15-19	20-24	15-24	15-19	20-24	15-24	15-19	20-24	15-24
Ever had premarital sex (PMS)	14.7	51.2	29.4	9.3	35.3	19.5	11.7	42.5	23.9
Ever had sex before the age of 18, among those aged 18-24	22.0	20.4	20.9	12.3	18.1	16.0	16.4	19.1	18.2
Used contraceptive at first PMS, among those who had PMS	(88.1)	77.5	80.7	(39.6)	52.1	48.5	66.4	65.9	66.0
Ever had casual sex among those who had sex	(14.2)	10.2	11.4	-	-	-	7.2	5.2	5.8
Ever been pregnant or gotten someone pregnant	3.5	17.9	9.0	8.7	36.5	19.5	6.0	27.0	14.3

Note. Figures in parentheses are based on 25-49 unweighted cases. A dash indicates that a figure is less than 0.1 percent.

**Table 5. Percentage of female youth aged 15-19 who have begun childbearing, by single age: Cagayan Valley, YAFS 2021**

Teenage fertility	Current age					
	15	16	17	18	19	15-19
Young women who have begun childbearing	7.4	2.2	9.5	10.9	11.2	8.4

Note. Figures in parentheses are based on 25-49 unweighted cases. A dash indicates that a figure is less than 0.1 percent.

**Table 6. Percentage of youth who are aware of sexually transmitted infections, by sex and age group: Cagayan Valley, YAFS 2021**

Sexual health awareness	Male			Female			Both sexes		
	15-19	20-24	15-24	15-19	20-24	15-24	15-19	20-24	15-24
Aware of Sexually Transmitted Infections (STIs)	27.6	36.8	31.3	30.6	45.2	36.3	29.2	41.5	34.1
Heard of HIV and/or AIDS	61.5	77.5	68.0	69.1	85.2	75.4	65.8	81.7	72.1
Comprehensive correct knowledge of HIV and/or AIDS	17.8	24.9	21.1	19.9	35.6	26.8	19.0	31.0	24.4

**Table 7. Percentage of youth by use of information and communication technology, by sex and age group: Cagayan Valley, YAFS 2021**

Use of information and communication technology	Male			Female			Both sexes		
	15-19	20-24	15-24	15-19	20-24	15-24	15-19	20-24	15-24
Use the internet	92.4	90.4	91.6	95.9	93.3	94.9	94.4	92.0	93.4
Has access to a smartphone	83.8	80.0	82.3	94.8	93.9	94.5	90.0	87.7	89.1
Had <i>incidental</i> exposure to pornographic or sexually explicit content in the last 3 months	41.8	46.4	43.7	36.6	38.7	37.4	38.9	42.2	40.2
Had <i>intentional</i> exposure to pornographic or sexually explicit content in the last 3 months	22.7	32.4	26.6	7.1	4.8	6.2	13.9	17.2	15.2
Ever sent sex photos or videos through phone or internet	11.6	17.2	13.8	1.2	1.7	1.4	5.8	8.7	6.9
Ever received sex photos or videos through phone or internet	26.1	36.3	30.2	18.7	20.2	19.3	21.9	27.4	24.1
Ever engaged in phone sex	2.6	4.4	3.3	-	0.5	0.2	1.2	2.2	1.6

Note. A dash indicates that a figure is less than 0.1 percent.

**Table 8. Percentage of youth by selected lifestyle indicators, by sex and age group: Cagayan Valley, YAFS 2021**

Lifestyle	Male			Female			Both sexes		
	15-19	20-24	15-24	15-19	20-24	15-24	15-19	20-24	15-24
Do physical exercise	68.9	67.7	68.4	66.5	60.3	64.1	67.5	63.6	66.0
With at least 8 average hours of sleep everyday	81.2	69.4	76.5	74.3	76.8	75.3	77.3	73.5	75.8

**Suggested citation:** University of the Philippines Population Institute (UPPI). (2023, January). *YAFS5 regional profile: Cagayan Valley*. <https://www.uppi.upd.edu.ph/sites/default/files/pdf/yafs5-regional-profiles-CAGAYAN-VALLEY.pdf>