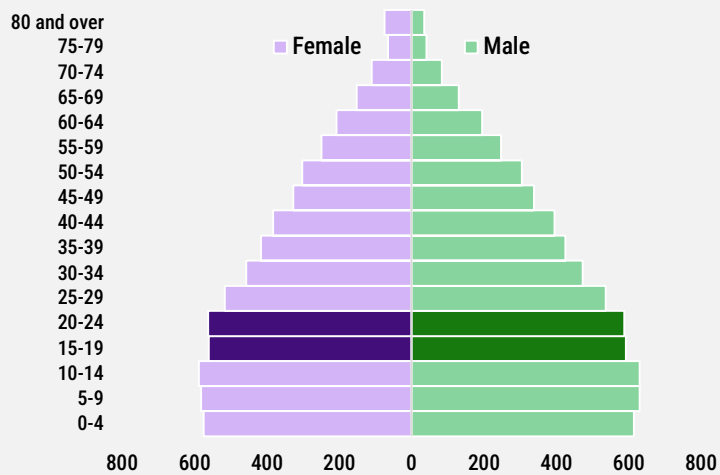


# CENTRAL LUZON PROFILE

## 2021 YOUNG ADULT FERTILITY AND SEXUALITY STUDY



**Population Pyramid of Central Luzon: 2020**  
(in thousands)



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

Central Luzon exhibits a bell-shaped population pyramid, indicating its maturing population age structure owed to declining birth and death rates.

There are 2.3 million youth aged 15-24 in Central Luzon, constituting almost a fifth (18.5%) of the regional population. The region accounts for 11.2% of the country's youth population.

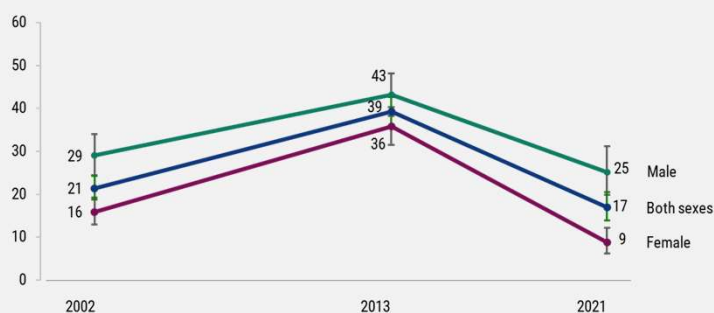
The following are the sociodemographic characteristics of the youth in Central Luzon compared with the whole country, based on the results from the 2021 Young Adult Fertility and Sexuality Study (YAFS5).

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

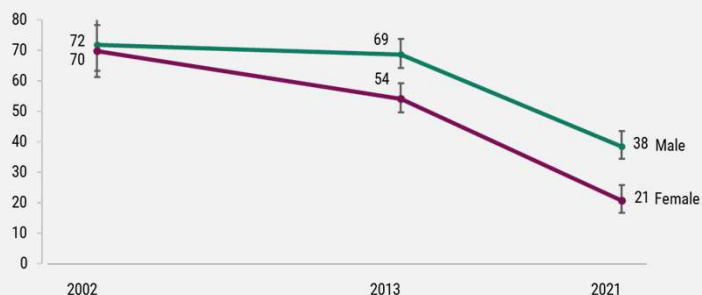
Background Characteristics	Central Luzon	Philippines
<b>Sex</b>		
Male	50.3	48.8
Female	49.8	51.2
<b>Age</b>		
15-19	58.6	58.9
20-24	41.4	41.1
<b>Educational attainment</b>		
No education/Elementary level	(6.3)	7.0
Grades 7-10	37.4	40.2
Grades 11-12	28.2	28.5
Some college or higher	28.1	24.3
<b>Socioeconomic status (wealth quintile)</b>		
Lowest (Poorest)	7.4	15.1
Second	(6.4)	17.8
Middle	14.2	19.2
Fourth	34.7	22.0
Highest (Wealthiest)	37.3	25.9

Note: Figures in parentheses are based on 25-49 unweighted cases.

**Figure 1. Percentage of youth in Central Luzon who ever had premarital sex (PMS) by sex**



**Figure 2. Percentage of youth in Central Luzon who are aware of STIs**



The tables below provide a picture of Central Luzon 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: Central Luzon, 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	21.4	54.3	35.3	4.9	10.4	7.1	13.0	32.9	21.3
Currently smoking	13.4	30.6	20.7	—	2.9	1.2	6.6	17.1	11.0
Ever tried vaping	34.3	36.3	35.1	9.4	9.1	9.3	21.7	23.0	22.3
Currently vaping	5.5	8.1	6.6	1.3	0.7	1.1	3.4	4.5	3.8
Ever tried drinking	58.2	87.0	70.4	44.4	57.2	49.6	51.2	72.5	60.0
Currently drinking	27.4	55.2	39.1	8.0	11.6	9.5	17.6	33.9	24.4

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	10.2	9.2	9.8	20.8	18.7	19.9	15.6	13.8	14.8
Ever tried to commit suicide	1.5	1.6	1.5	12.3	9.6	11.2	6.9	5.5	6.3
Been physically hurt by someone in the past 12 months	16.6	10.8	14.2	6.2	7.1	6.6	11.3	9.0	10.4
Ever harassed someone using technology	4.9	4.7	4.9	1.6	-	0.9	3.3	2.4	2.9
Ever been harassed by someone using technology	13.2	12.1	12.7	4.5	2.2	3.6	8.8	7.2	8.2

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

**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)	12.3	42.7	25.1	4.1	15.5	8.7	8.2	29.4	17.0
Ever had sex before the age of 18, among those aged 18-24	16.5	16.5	16.5	17.0	19.3	18.5	16.8	17.9	17.5
Used contraceptive at first PMS, among those who had PMS	(65.3)	50.9	55.0	*	56.1	53.5	(60.7)	52.3	54.6
Ever had casual sex among those who had sex	(13.8)	8.8	10.1	-	-	-	(7.6)	5.1	5.8
Ever been pregnant or gotten someone pregnant	2.3	20.4	10.4	8.8	35.3	19.4	5.6	26.7	14.4

Note. Figures in parentheses are based on 25-49 unweighted cases. An asterisk indicates that a figure is based on fewer than 25 unweighted cases and has been suppressed. 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	-	-	(12.6)	(7.2)	(23.0)	8.3

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

**Table 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)	34.7	43.5	38.4	17.6	24.8	20.5	26.1	34.3	29.5
Heard of HIV and/or AIDS	59.7	69.0	63.7	73.7	84.4	78.0	66.7	76.6	70.8
Comprehensive correct knowledge of HIV and/or AIDS	21.4	18.1	19.9	16.9	22.5	19.3	18.9	20.4	19.6

**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	86.5	85.5	86.1	87.2	87.3	87.2	86.8	86.4	86.6
Has access to a smartphone	91.1	90.7	90.9	92.7	93.8	93.1	91.9	92.2	92.0
Had <i>incidental</i> exposure to pornographic or sexually explicit content in the last 3 months	45.6	47.8	46.5	29.1	25.1	27.5	37.3	36.7	37.0
Had <i>intentional</i> exposure to pornographic or sexually explicit content in the last 3 months	28.5	31.9	29.9	3.8	2.8	3.4	16.0	17.7	16.7
Ever sent sex photos or videos through phone or internet	7.5	11.7	9.3	1.7	3.1	2.2	4.6	7.5	5.8
Ever received sex photos or videos through phone or internet	22.6	32.0	26.5	9.7	5.1	7.9	16.1	18.9	17.2
Ever engaged in phone sex	1.4	7.2	3.9	-	-	-	0.7	3.7	1.9

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	68.5	66.9	67.8	50.6	49.7	50.2	59.5	58.5	59.1
With at least 8 average hours of sleep everyday	67.5	59.5	64.1	69.9	65.9	68.3	68.7	62.6	66.2

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