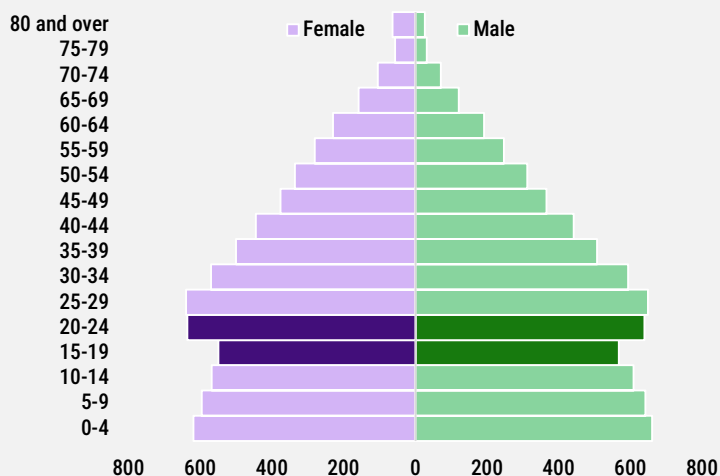


# NATIONAL CAPITAL REGION (NCR) PROFILE

## 2021 YOUNG ADULT FERTILITY AND SEXUALITY STUDY



**Population Pyramid of National Capital Region: 2020  
(in thousands)**



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

The National Capital Region (NCR) exhibits a bell-shaped population pyramid, indicating its maturing population age structure owed to declining birth and death rates.

There are 2.4 million youth aged 15-24 in NCR, constituting about a fifth (17%) of the regional population. The region accounts for a relatively large share (12%) of the country's young adult population.

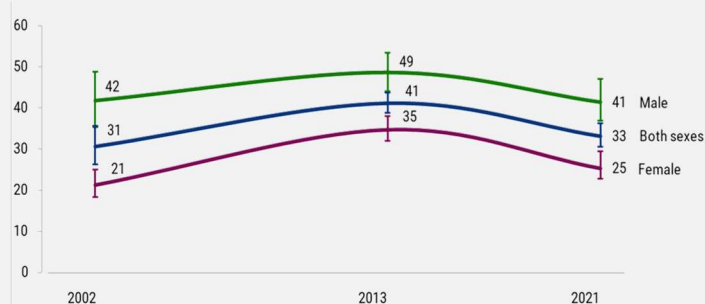
The following are the sociodemographic characteristics of youth in NCR compared with the whole country, based on preliminary results from the 2021 Young Adult Fertility and Sexuality Study (YAFS5).

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

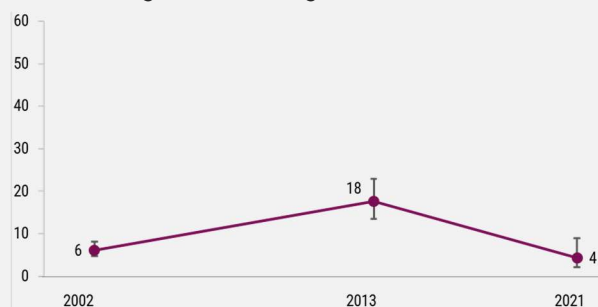
Background Characteristics	NCR	Philippines
<b>Sex</b>		
Male	48.3	48.8
Female	51.7	51.2
<b>Age</b>		
15-19	50.1	58.9
20-24	49.9	41.1
<b>Educational attainment</b>		
No education/Elementary level	(5.5)	7.0
Grades 7-10	37.4	40.2
Grades 11-12	26.4	28.5
Some college or higher	30.7	24.3
<b>Socioeconomic status (wealth quintile)</b>		
Lowest (Poorest)	*	15.1
Second	*	17.8
Middle	5.5	19.2
Fourth	29.5	22.0
Highest (Wealthiest)	62.4	25.9

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.

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



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



The tables below provide a picture of NCR youth 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: NCR, 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	20.4	58.6	38.8	9.3	30.5	20.2	14.8	43.7	29.2
Currently smoking	8.8	28.4	18.3	2.5	10.6	6.7	5.6	18.9	12.3
Ever tried vaping	33.1	51.9	42.2	25.6	33.6	29.7	29.3	42.1	35.7
Currently vaping	6.9	9.3	8.1	2.1	5.5	3.9	4.5	7.3	5.9
Ever tried drinking	66.1	93.4	79.3	63.2	91.0	77.5	64.6	92.1	78.3
Currently drinking	24.1	63.9	43.3	19.0	47.6	33.7	21.6	55.2	38.4

# NATIONAL CAPITAL REGION (NCR) PROFILE

## 2021 YOUNG ADULT FERTILITY AND SEXUALITY STUDY



**Table 3. Percentage of youth by suicidal experiences and experience of violence, by sex and age group: NCR, 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	11.4	20.9	16.0	37.7	29.1	33.3	24.6	25.3	24.9
Ever tried to commit suicide	6.3	11.6	8.9	20.1	17.0	18.5	13.2	14.5	13.9
Been physically hurt by someone in the past 12 months	27.7	12.7	20.4	19.4	5.7	12.4	23.6	8.9	16.3
Ever harassed someone using technology	9.2	9.3	9.3	3.4	4.0	3.7	6.3	6.5	6.4
Ever been harassed by someone using technology	15.6	18.5	17.0	21.9	15.8	18.8	18.7	17.1	17.9

**Table 4. Percentage of youth with sexual experience, by sex and age group: NCR, 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)	20.0	64.4	41.4	10.2	39.6	25.3	15.1	51.2	33.1
Ever had sex before the age of 18, among those aged 18-24	26.2	29.5	28.5	18.2	22.7	21.5	22.3	25.9	24.9
Used contraceptive at first PMS, among those who had PMS	(51.7)	68.0	63.9	*	58.2	58.9	55.2	63.9	61.9
Ever had casual sex among those who had sex	(8.6)	30.4	25.1	–	7.4	6.1	5.4	19.6	16.6
Ever been pregnant or gotten someone pregnant	1.8	15.3	8.2	4.4	35.9	20.8	2.8	27.7	15.2

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: NCR, YAFS 2021**

Teenage fertility	Current age					
	15	16	17	18	19	15-19
Young women who have begun childbearing	–	–	–	(11.7)	(10.6)	4.4

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 6. Percentage of youth who are aware of sexually transmitted infections, by sex and age group: NCR, 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)	40.0	55.4	47.5	45.5	53.9	49.8	42.8	54.6	48.7
Heard of HIV and/or AIDS	80.2	89.6	84.7	80.6	87.9	84.4	80.4	88.7	84.5
Comprehensive correct knowledge of HIV and/or AIDS	21.5	38.9	30.4	22.4	34.9	29.1	22.0	36.8	29.7

**Table 7. Percentage of youth by use of information and communication technology, by sex and age group: NCR, 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	99.1	98.4	98.7	100.0	97.7	98.8	99.5	98.0	98.8
Has access to a smartphone	95.8	100.0	97.8	99.9	99.5	99.7	97.9	99.7	98.8
Had <i>incidental</i> exposure to pornographic or sexually explicit content in the last 3 months	77.3	76.3	76.8	64.0	63.7	63.8	70.6	69.6	70.1
Had <i>intentional</i> exposure to pornographic or sexually explicit content in the last 3 months	44.8	52.3	48.4	17.0	14.1	15.5	30.9	31.9	31.4
Ever sent sex photos or videos through phone or internet	5.6	18.9	12.0	3.0	4.3	3.7	4.3	11.1	7.7
Ever received sex photos or videos through phone or internet	43.6	57.2	50.2	43.7	34.8	39.1	43.7	45.3	44.5
Ever engaged in phone sex	1.6	16.7	8.9	1.4	1.6	1.5	1.5	8.7	5.1

**Table 8. Percentage of youth by selected lifestyle indicators, by sex and age group: NCR, 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	71.9	73.7	72.8	56.4	53.0	54.6	64.1	62.7	63.4
With at least 8 average hours of sleep everyday	65.4	54.5	60.1	61.8	50.4	55.9	63.6	52.3	58.0

**Suggested citation:** University of the Philippines Population Institute (UPPI). (2022, December). *YAFS5 regional profile: National Capital Region (NCR)*. <https://www.uppi.upd.edu.ph/sites/default/files/pdf/yafs5-regional-profiles-NCR.pdf>