

ADOLESCENT HEALTH CONCERNS: TRENDS & INSIGHTS

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Society of Adolescent Medicine of the Philippines, Inc. (SAMPI)



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OBJECTIVE

By the end of the session, the participant will be able to identify the most common health care concerns of Filipino adolescents

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OUTLINE

- Understanding Gen Z lingo
- Adolescent Demographics
- Factors affecting Adolescent Development
- Adolescence & Stages
- Young Adulthood
- Non-sexual and Mental Health Concerns
- Sexual Health concerns

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**The key to
effectively
communicating
with teens is to be
able to *understand
them and where
they are coming
from***

Teen Brain 101



GEN Z LINGO

DELULU

- a. Delicious
- b. Delusional
- c. Delayed

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GEN Z LINGO

**LIVING RENT
FREE IN MY
MIND**

- a. Bothering me
- b. Can't stop thinking about it
- c. Out of touch with reality

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GEN Z LINGO

**TOUCH
SOME
GRASS**

- a. Do some gardening
- b. Connect with the real world
- c. Use drugs

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DEMOGRAPHICS



2024 Fact Sheet

on Women and Men in the Philippines



THE FILIPINO YOUTH



POPULATION a/				
Age Group	Women	Men	Ref. period	Source
15-19 years old	5.1M	5.3M	2024	Population Proj., PSA
20-24 years old	4.8M	5.1M		
25-29 years old	4.6M	4.9M		

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FACTORS AFFECTING ADOLESCENT DEVELOPMENT

Technology &
Digital Media

Family
Structure &
Function

Interpersonal
Relationships

Social Media

Climate
Change

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ADOLESCENCE

- **Transitional period** between childhood and adulthood
- Characterized by **physical, psychological, emotional, intellectual, social changes**



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ADOLESCENCE

- A period of heightened **“storm and stress”**
- **Conflict with parents:** rebellion
- **Mood disruptions:** labile, more depressed
- **Risk-taking behaviors:** higher rates of reckless & anti-social behavior



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ADOLESCENCE AS A TIME OF GREAT OPPORTUNITY

- a time of expanding horizons and **self-discovery**
- **Guidance** and **support** to help teens become the best that they can be



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STAGES of ADOLESCENCE

EARLY ADOLESCENCE (10-13 yrs)

- Independence
- Onset of puberty



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STAGES of ADOLESCENCE

MIDDLE ADOLESCENCE (14-16 yrs)

- Peak of parental conflicts, peer pressure and risk-taking behaviors



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STAGES of ADOLESCENCE

LATE ADOLESCENCE (17-19 yrs)

- sense of perspective with abilities to delay, compromise and set limits



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YOUNG ADULTS

- **18-26** years old
- unique & critical time of development
- challenges and milestones distinct from adolescents & adults
- high unmet health needs & disparities

Society of Adolescent Health & Medicine (SAHM), 2017



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YOUNG ADULTS

- **Highest rate of death and injury** from motor vehicles, homicides, mental health problems and sexually transmitted infections (STIs) & substance abuse
- Peak of **substance abuse**
- higher rates of **psychological distress**: psychosis, suicide

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TEEN BRAIN

- Underdeveloped **PREFRONTAL CORTEX** (judgment, emotional regulation)
- **AMYGDALA** as *boss* (“emotional brain”, risk, excitement, core of impulse)



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TOP CAUSES OF MORTALITY

CAUSE OF DEATH	N=21,635,792
ACCIDENTS (UNINTENTIONAL INJURIES)	4,762
ASSAULT (HOMICIDE)	2,781
INTENTIONAL SELF-HARM (SUICIDE)	2,164
MALIGNANT NEOPLASMS	631
HEART DISEASE	286

Centers for Disease Control & Prevention, 2018-2023

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YOUNG ADULT FERTILITY & SEXUALITY STUDY 5 (YAFS 5), 2021

- ✓ series of cross-sectional surveys (1982, 1994, 2002, 2013, 2021)
- ✓ **15-24 age group**
- ✓ University of the Philippines Population Institute (UPPI)
- ✓ Used as bases for programs and policies for health and welfare of the youth

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NON-SEXUAL & MENTAL HEALTH CONCERNS

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SMOKING

More than a quarter first tried smoking before age 15 years

Average Age Started Smoking 16 years

Current smokers finish an average of 5 sticks per day



YAFS 5 (2021)

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ALCOHOL DRINKING

Hard Liquors: 61%
Beers: 41%

Average age of starting drinking: 16.8 years



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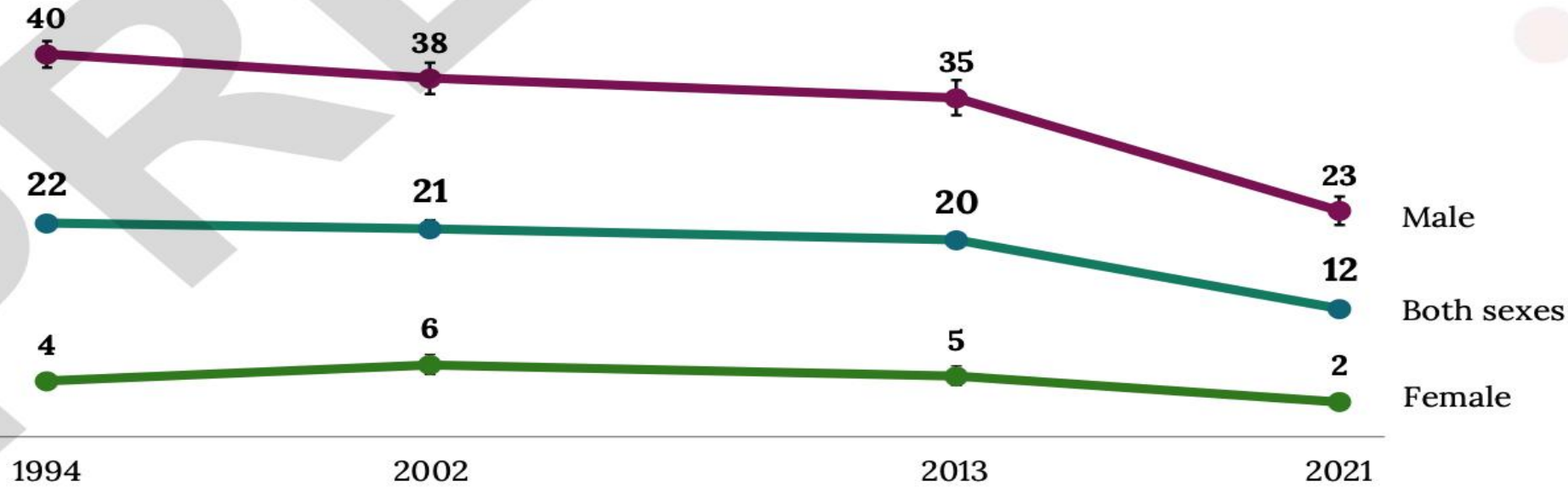
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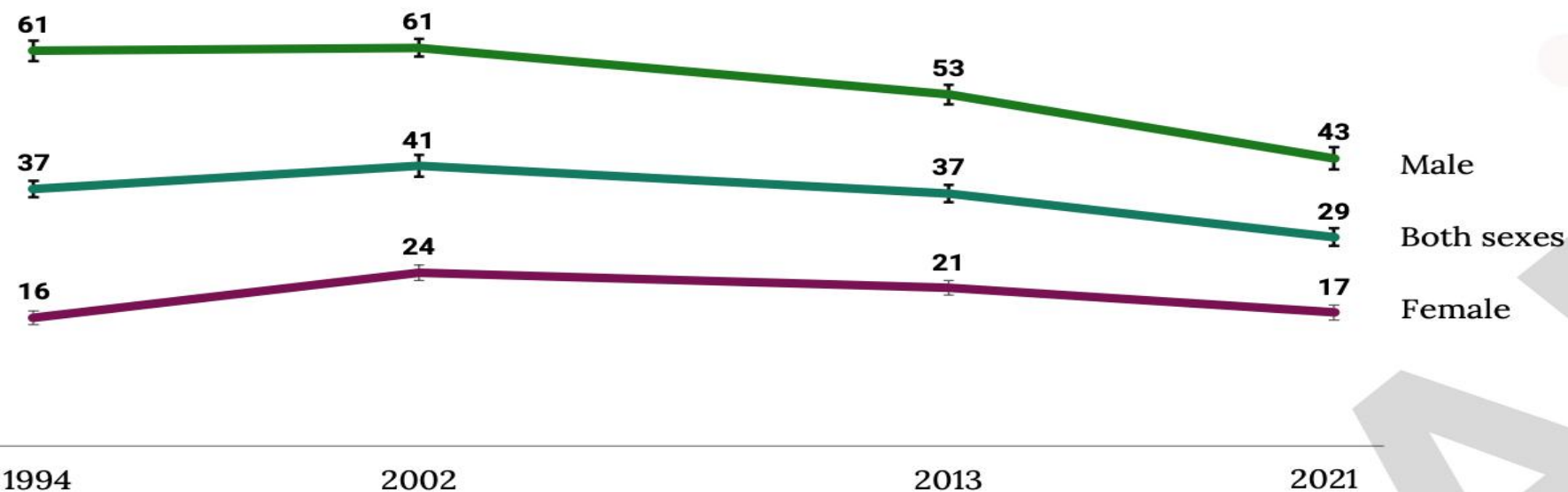
Trend in cigarette smoking



Percentage of youth who are currently smoking cigarettes, by sex



Trend in drinking



Percent of youth who are currently drinking alcoholic beverages, by sex

UNIVERSITY OF THE PHILIPPINES DILIMAN INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

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SUBSTANCE ABUSE

Drug use among youth declined
from 2.4% in 2002 **to almost nil**
(0.1%) in 2021.



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VAPING

16 % ever tried vaping
3% current vapers
More common among male youth (4.5%)

YAFS 5 (2021)



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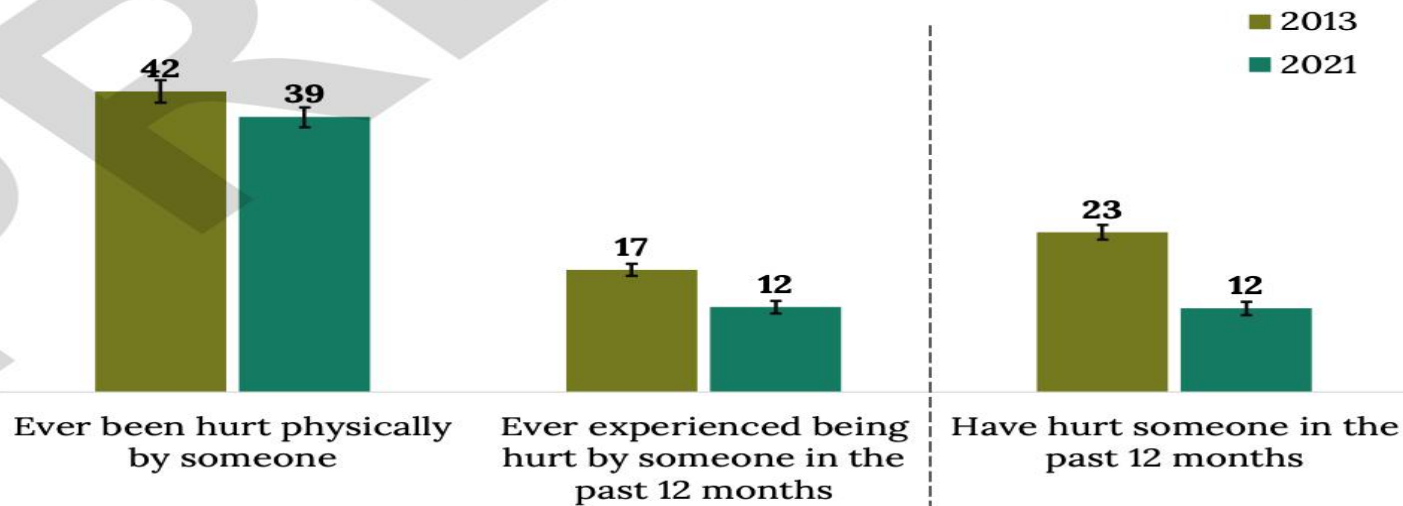


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VIOLENCE

Physical violence

Percent of youth who experienced physical violence



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2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

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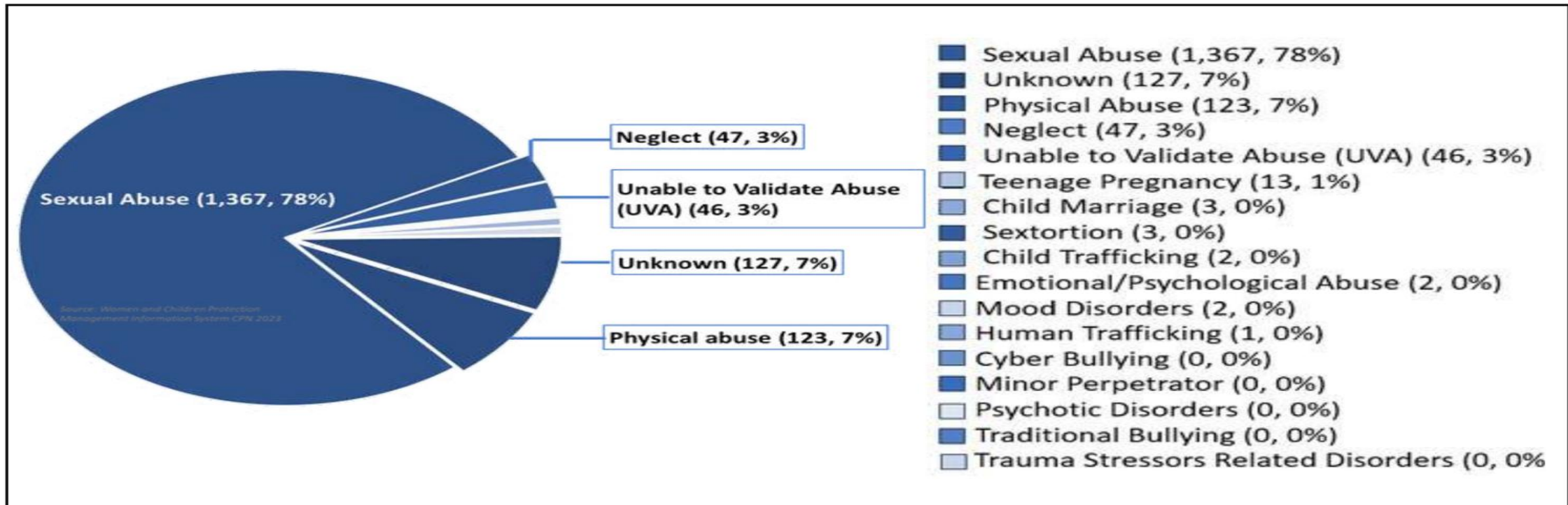


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ABUSE

Distribution of Patients by Type of Abuse, PGH-CPU, 2023



About 80% of patients evaluated at PGH-CPU were referred for evaluation of suspected sexual abuse. Less than 10% of patients were referred due to physical abuse or neglect. The same pattern is seen in all the WCPUs.

SUICIDALITY

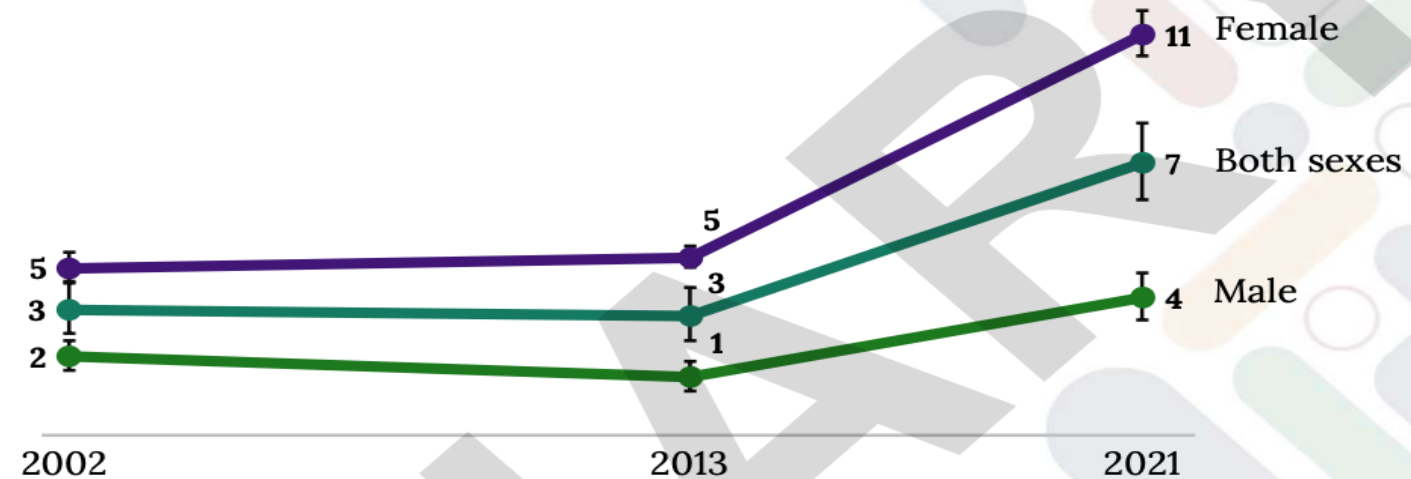
Suicide attempt

7%

have ever thought of committing suicide, **a third of whom experienced suicide attempt more than once.**

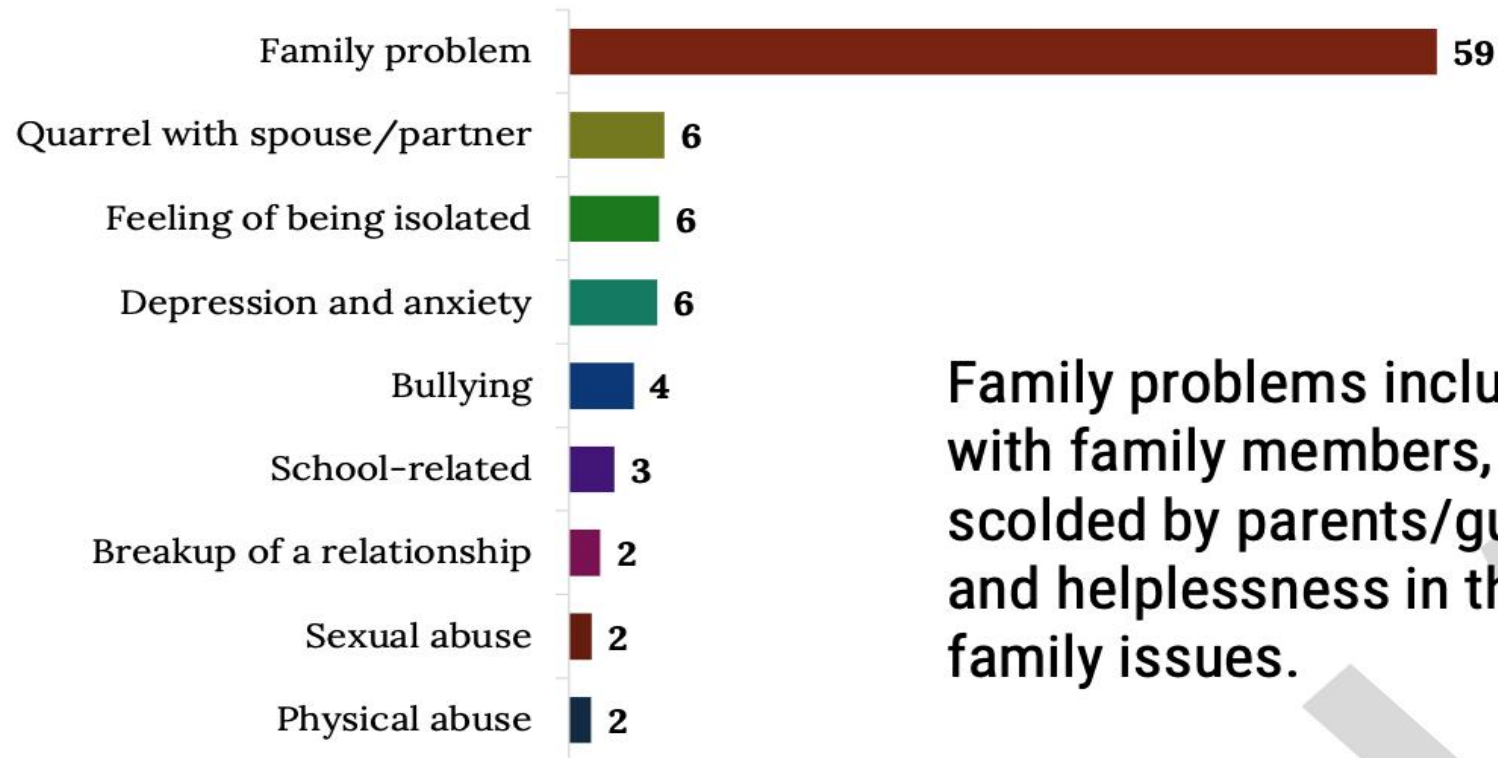
- 44% of those who had suicidal ideation acted on this thought
- higher among female youth

Percent of youth who have ever thought of committing suicide



SUICIDALITY

Common reasons for suicide attempt



Family problems include conflict with family members, being scolded by parents/guardians, and helplessness in the face of family issues.

SEXUAL HEALTH CONCERNS

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PREMARITAL SEX



19%

Percentage of youth aged 18-24
who had sex before age 18



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HIGH RISK SEXUAL ACTIVITIES

	MALE	FEMALE
Casual Sex	6%	0.6%
Sex with FUBU	5%	0.4%
MSM	4%	

Percentage of youth aged 15-24 who have engaged in potentially high risk sexual activities

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TEENAGE PREGNANCY

Experience of childbearing

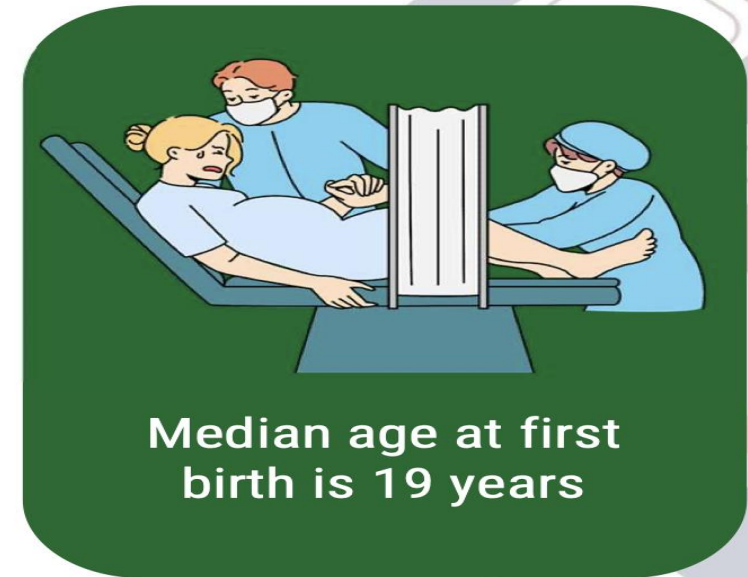


19% have begun childbearing

17% already had a live birth

3% currently pregnant

2% pregnant with their first child



Median age at first birth is 19 years

TEENAGE PREGNANCY

Total number of live births in the Philippines in 2023 :
1,448,522

Under 15 yrs: 3,343 (0.2%)
15-19 yrs: 138,933 (9.6%)

Philippine Statistics Authority Annual Report (2023)



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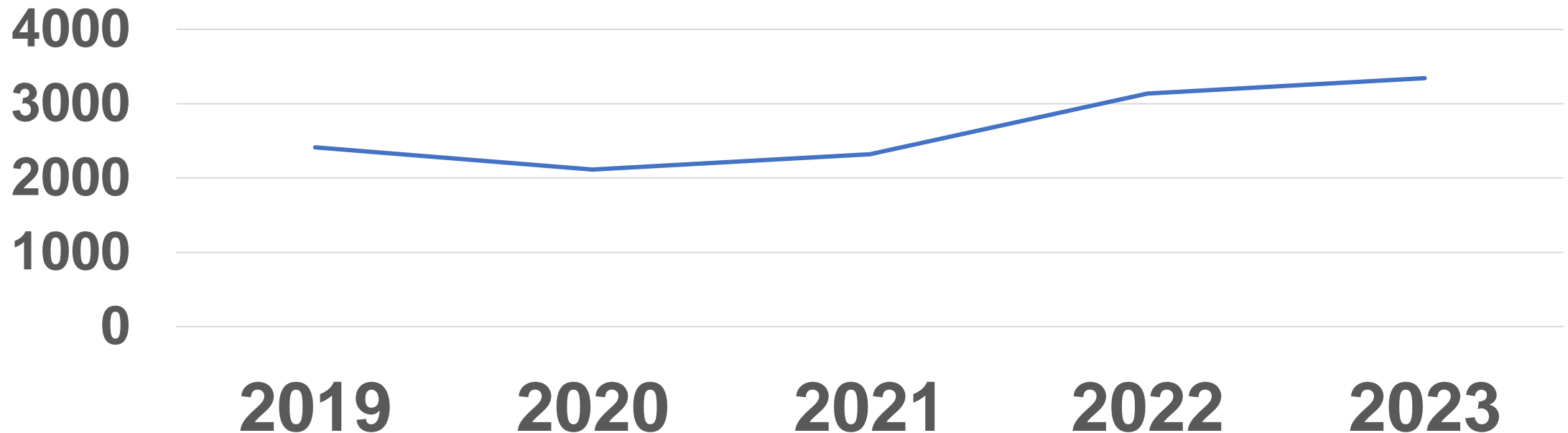
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TEENAGE PREGNANCY

**Number of Registered Live Births of Filipino Adolescent Mothers Under 15 years
(PSA CRVS 2019-2023)**



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Pregnancy Complications



One in 10
live births had
complications during
pregnancy that require
treatment.



**96% of
complications**
during pregnancy are
brought to a health
professional for
consultation



5% of pregnancies
are lost before full-term



TEENAGE PREGNANCY

***Teenage Pregnancy as an
“urgent national priority”***

Executive Order (EO) 141

June 25, 2021

adopts the implementation of measures to address the root causes of the rising number of teenage pregnancies as a national priority



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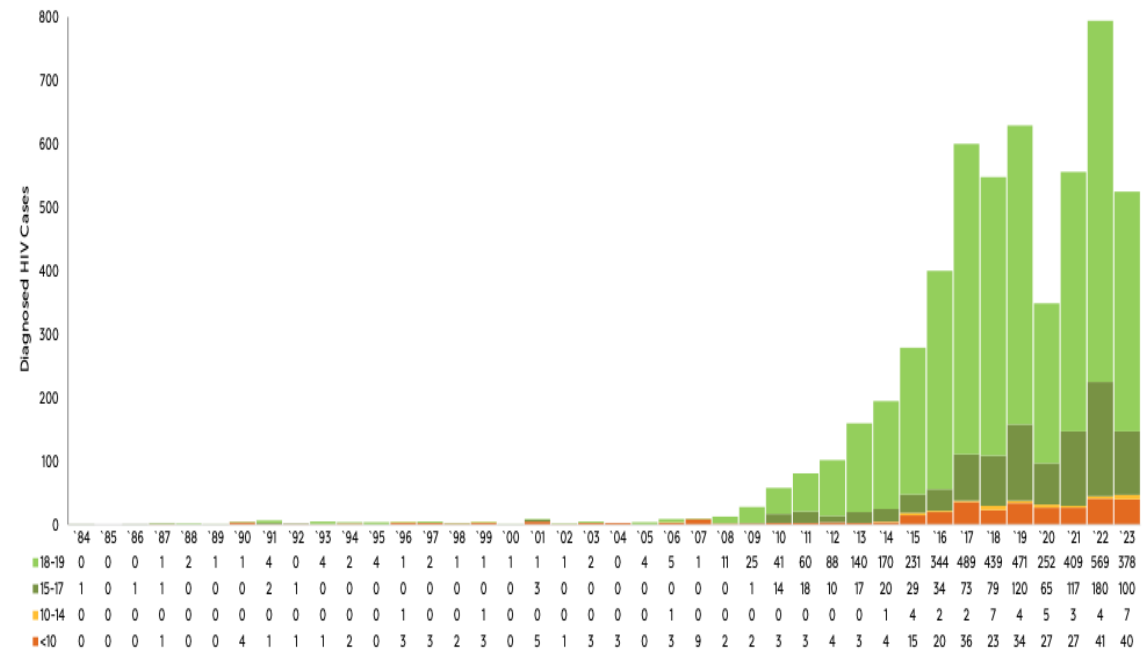
HIV/AIDS

10-14 years : 42 (1%)

15-17 years: 886 (16%)

18-19 years: 4,156 (77%)

Figure 8: Diagnosed HIV cases among children and adolescents by age group, Jan 1984-Jun 2023 (n=5,413)



DOH HIV ART REGISTRY 2023

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SUMMARY

- ✓ numerous health challenges of adolescents
- ✓ holistic approach required
- ✓ medical management
- ✓ psychosocial and behavioral aspects

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THANK YOU FOR YOUR KIND ATTENTION!

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