

2003 Kenya Demographic and Health Survey (2003 KDHS)

Youth in Kenya: Health and HIV



The 2003 KDHS was conducted by the Kenya Central Bureau of Statistics in partnership with the Ministry of Health and the Kenya Medical Research Institute. ORC Macro and U.S. Centers for Disease Control (CDC) provided technical assistance in the design, implementation and analysis of the survey. Funding was provided by the U.S. Agency for International Development (USAID) and CDC, as well as UNFPA, DFID/U.K., the Government of Japan through UNDP, and UNICEF. Funding for this document was provided by USAID/Office of the Global AIDS Coordinator, and the Central Bureau of Statistics of the Government of Kenya.

Cover Photos courtesy of Family Health International Kenya.



Kenya's Youth Today

Young people today face many health-related challenges. This report is designed to help program managers, parents, church groups and other people and organizations working with youth to understand some of these challenges. Drawing from the most recent Kenya Demographic and Health Survey, this report outlines the latest information about Kenya's young people, age 15 to 24. The Demographic and Health Survey collected data from more than 11,500 women and men nationwide including more than 4,000 young women and men age 15-24.



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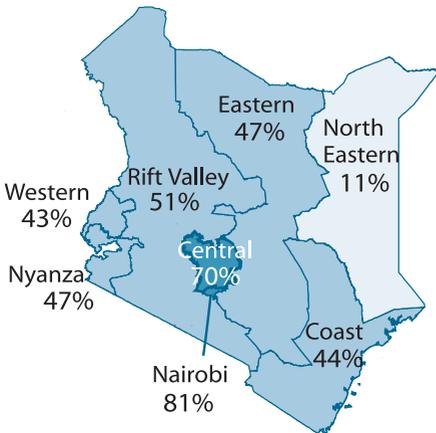
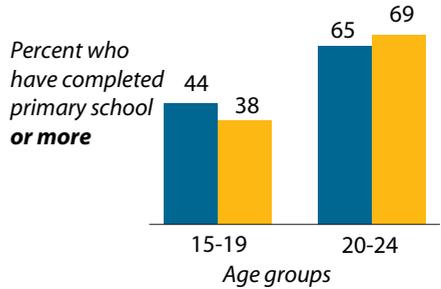
Education

Less than half of men and women age 15-19 have completed primary school, while about two-thirds of 20-24 year olds have completed primary school or more education.

Education is highest in Nairobi, and lowest in North Eastern, where only 4% of women 15-24 have completed at least primary school.

Education

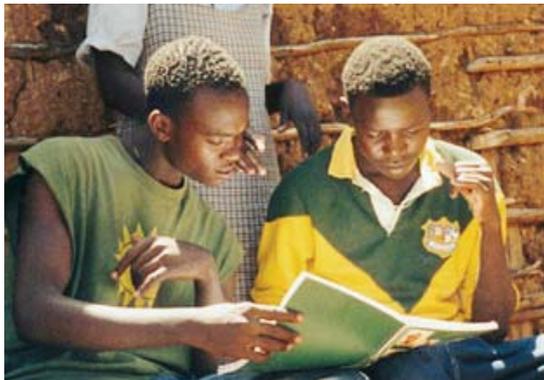
■ Women ■ Men



Education

Percent of men and women (15-24) who have completed primary school or more

Kenya average: 53%

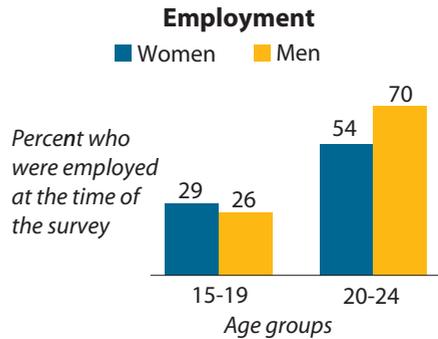


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Employment

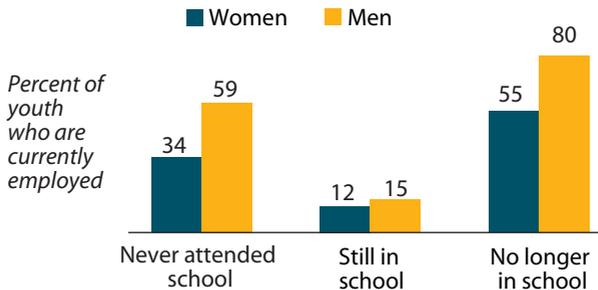


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Fifteen to nineteen year olds are less likely to be working than 20-24 year olds. Among the older youth, men are more likely to be employed than women.

Employment by Educational Background



Young men and women are much more likely to be employed if they have completed their education. Most young people who are currently in school do not work.

Sex and Pregnancy

Young People and Sex

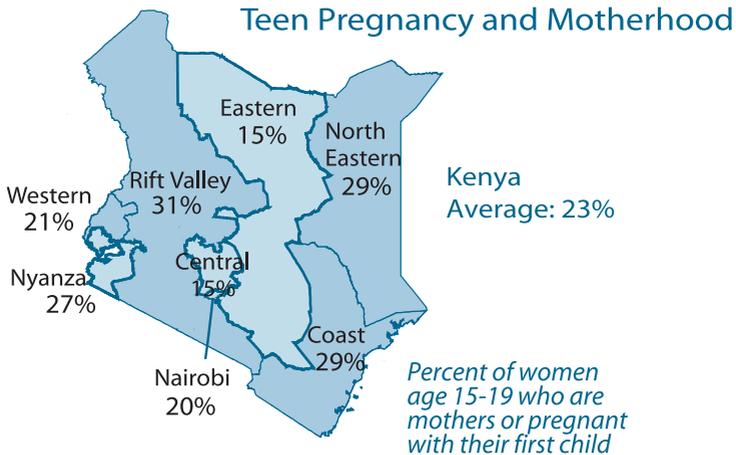
Women: Almost *half* of young women have sex by the time they turn 18. And more than one in ten (13%) have sex by the time they are 15.

Men: Young men start having sex at an earlier age. Sixty percent had sex by age 18, and a quarter had sex by age 15.

The good news: Young people are waiting longer to start having sex than they did five years ago.



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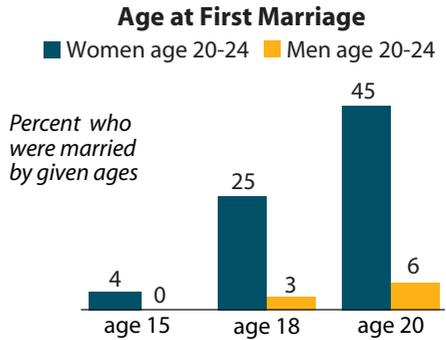


Almost a quarter of young Kenyan women (age 15-19) are either pregnant with their first child or already mothers. The rate of teenage pregnancy/motherhood is highest in North Eastern, Coast and Rift Valley. Teenage motherhood has risen in recent years.

Marriage

Among young women age 20-24, 4 percent were married by age 15, while 25 percent were married by age 18. Almost half were married by age 20.

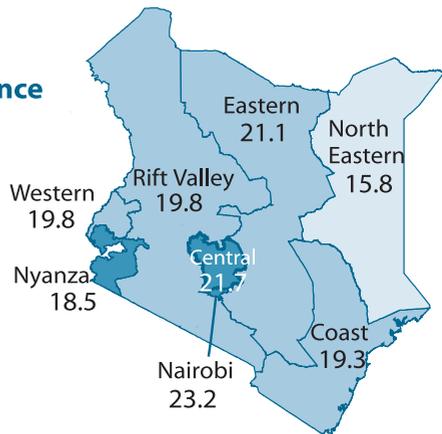
Men get married at a later age than women; among men age 20-24, less than 3 percent were married by age 18 and only 6 percent were married by age 20.



Age at First Marriage by Province

Kenya average: 20.3 years

Median age at first marriage among women age 25-29



Maternal Health

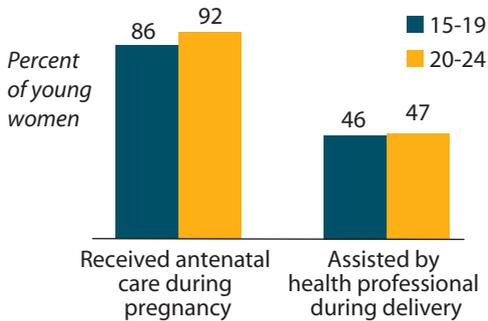
Antenatal care is used by about 90% of 15-24 year olds in all provinces except for North Eastern, where only 31% of young women had any antenatal care.

Delivery assistance varies by province. About 3 in 4 young women are assisted at delivery by a health professional in Nairobi and Central, compared to only 11% in North Eastern.



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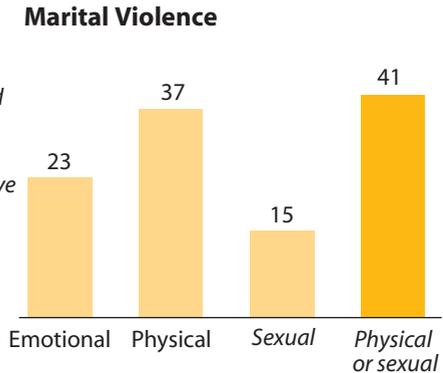
Antenatal Care and Delivery Assistance among Young Women



Marital Violence, Smoking and Alcohol

Two in five young (20-24) ever-married women have experienced violence from their spouses. The most commonly reported types of violence are being pushed/shaken or being slapped and having an arm twisted.

Percent of married and divorced/separated women age 20-24 who have experienced violence by their current or most recent husband



Marital violence seems to vary greatly by province. Three out of five young women (15-24) in Western province report physical or sexual violence, compared to only one in five in North Eastern.

Alcohol and Tobacco Use



One in five men age 20-24 smoke cigarettes.

Almost one in three men age 20-24 drank alcohol in the month before the survey.



Young women drink much less frequently than men; only 4% of 20-24 year olds drank alcohol in the month before the survey.

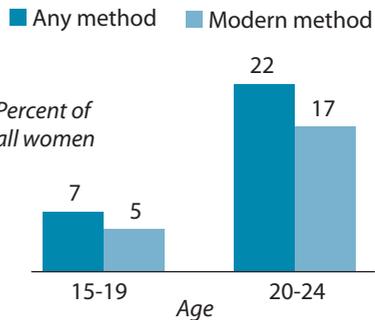
Family Planning

Most young women do not use any method of contraception. Only 17 percent of 20-24 year olds use a modern method (pill, injectable, implant, condom, etc...). Young married women are less likely to use a method of contraception than their unmarried, sexually active peers. Less than 2 percent of young women use male condoms, the only contraceptive method that protects against HIV.

Young women age 20-24 in Nairobi, Central and Eastern provinces are most likely to be using a modern method of contraception (18, 27 and 19 percent, respectively) while only 9 percent of women age 20-24 living in Coast province use a modern method of family planning.



Current Use of Family Planning



Unmet Need for Family Planning

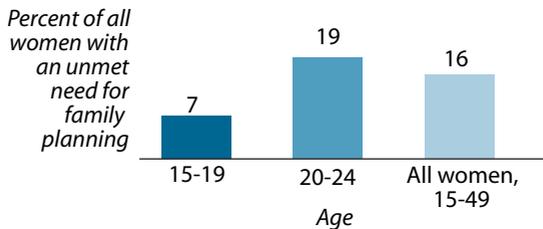
Women who do not want any more children, or want to wait at least 2 years before having a child but are **not** using a method of family planning have an “unmet need” for family planning.

Unmet need for family planning is highest among those 20-24, probably because they are sexually active but wish to wait at least 2 years between births. Unmet need among young women is highest in Nyanza (19%) and Rift Valley (17%) and lowest in North Eastern (6%), and Central (7%) provinces.



© RUINET, Courtesy of Photoshare. A program officer of Advocates for Teenagers' Rights discusses reproductive health issues with high-risk youth. (2003)

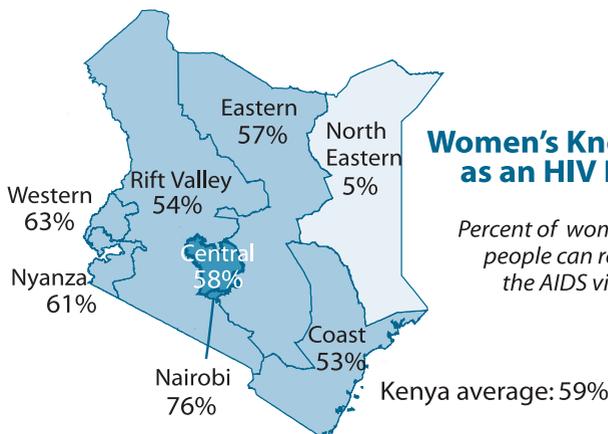
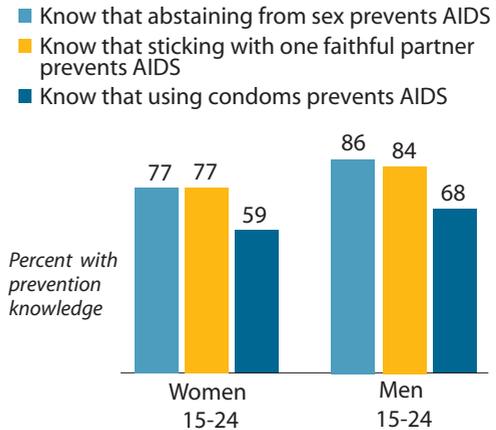
Unmet Need for Family Planning



HIV and AIDS: Knowledge

Over 98% of young men and women have heard of HIV and AIDS. In 2003, more than three-quarters of young people knew that abstaining from sex or sticking with one faithful partner can prevent AIDS. Almost 60% of young women and 68% of young men knew that using condoms can prevent transmission of HIV.

Knowledge of AIDS Prevention Methods



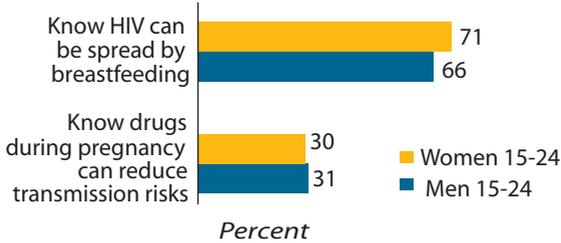
Women's Knowledge of Condoms as an HIV Prevention Method

Percent of women (15-24) who know that people can reduce the risk of getting the AIDS virus by using condoms

Young people are much more aware of condoms than they were 5 years ago, when only 33% of women knew that using condoms can prevent HIV transmission. This knowledge is highest in Nairobi and lowest in North Eastern.

HIV and AIDS: Knowledge

Knowledge of Mother to Child Transmission

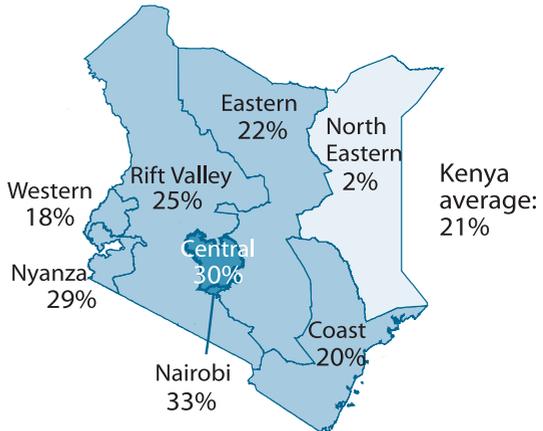


Although many young people know that HIV can be spread to babies through breastfeeding, less than a third know that the risk of transmission can be lowered if a woman takes drugs during her pregnancy. This knowledge is consistent across most provinces except for North Eastern, where less than 2 percent are aware of this prevention method.

Knowledge of Maternal to Child Transmission of HIV



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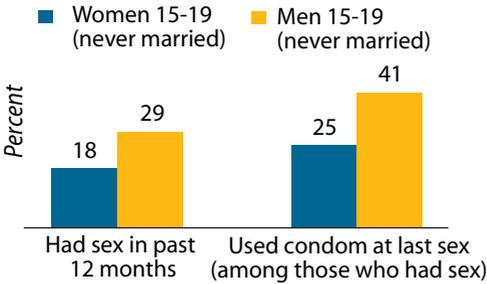


Percent of women (15-24) who know that HIV can be transmitted from mother to child by breastfeeding and that the risk of maternal to child transmission of HIV can be reduced by mother taking drugs during pregnancy

HIV and AIDS Related Behaviors

Several behaviors may lead to increased risk of getting HIV/AIDS. Unsafe sexual behavior includes having unprotected sex, especially with multiple partners.

Premarital Sex and Condom Use

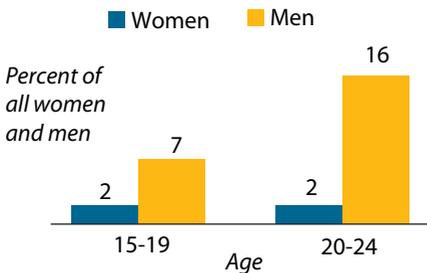


Almost 20% of young women and 30% of young men are having premarital sex. Among these, only a quarter of the women used a condom the last time they had premarital sex. Men were more likely to protect themselves- 2 in 5 used a condom the last time they had premarital sex.

Premarital sex is highest in Nyanza among young women (32%) and Rift Valley among young men (59%).

43% of women 15-19 and 63% of men 15-19 know where to get a male condom. This knowledge has **decreased** since 1998 when 47% of women and 76% of men knew where to get condoms.

Multiple Sexual Partnerships

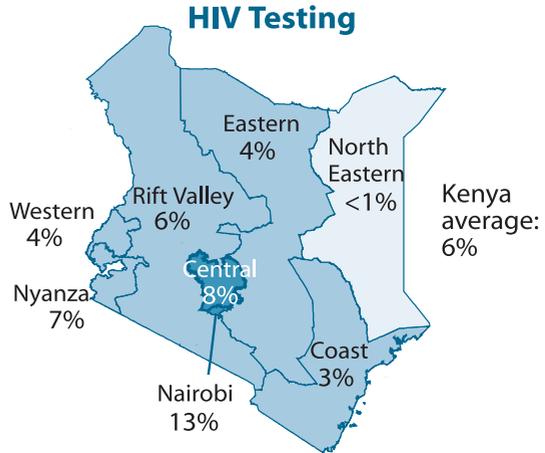


Young men age 15-24 have more sexual partners than young women. Sixteen percent of men age 20-24 have had more than one sexual partner in the past year.

HIV Testing

Most Kenyans, including young men and women, do not know their HIV status. Overall, only 50% of young women and 59% of young men age 15-24 have ever heard of voluntary counseling and testing (VCT).

Only 7% of young women (15-24) and 6% of young men (15-24) were tested for HIV and received the results in the year before the survey. HIV testing is most common in Nairobi and Central provinces, and very low in North Eastern.



Percent of men and women (15-24) who were tested for HIV and received results in the past 12 months



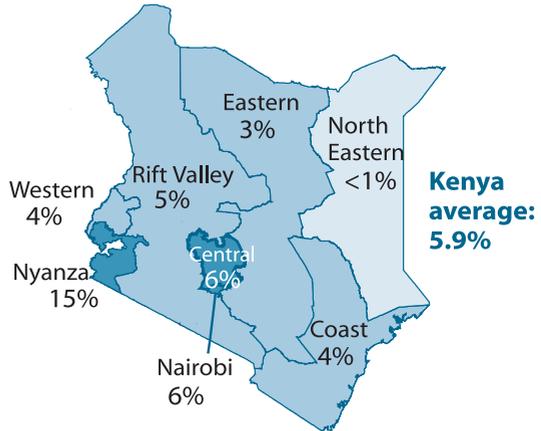
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HIV Prevalence

Two percent of young people 15-19 and 6% of those 20-24 have HIV. Young women have higher infection rates than men their age. Women and men, age 20-24 have higher rates of infection than those age 15-19.

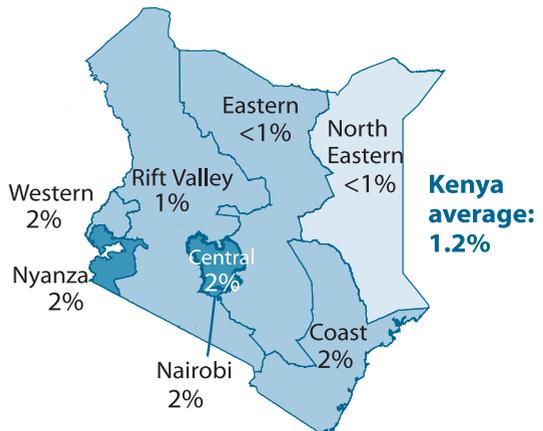
HIV Prevalence by Province among Young Women age 15-24

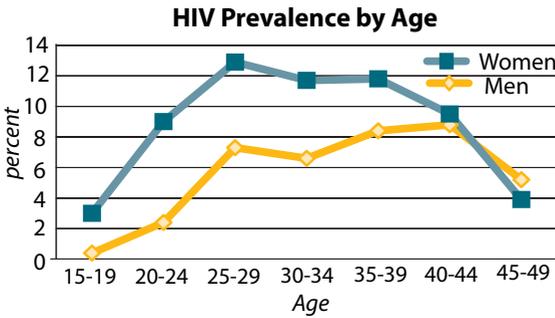
The HIV infection rate among women is especially high in Nyanza province, where 15% of young women (15-24) have HIV. The rate of HIV is also high in Nairobi and Central Province.



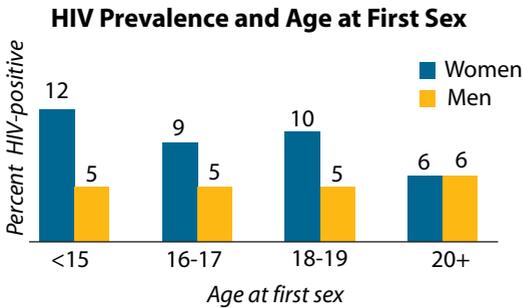
HIV Prevalence by Province among Young Men age 15-24

Overall, HIV prevalence is much lower for men in all regions than for women. However, among the young men age 20-24, HIV prevalence climbs - it reaches almost 6% in Nyanza and 5% in Western (not shown).





Younger women are particularly affected by HIV. HIV rates among women age 20-24 are three times higher than among men.



For women, the rate of HIV is highest among those who began sex at an early age and lowest among those who started sex later. This pattern does not occur among men.

HIV prevalence is higher among women and men who are in polygynous unions compared to those in monogamous unions; 10% of women age 15-19 and 12% of women 20-24 are in polygynous unions.

What Is The Way Forward?

How can we help young people finish school, find jobs, and remain free of unplanned pregnancy and HIV infection? The Adolescent Reproductive Health and Development Policy launched in May 2003 provides a strong framework and guidelines for helping today's young adults.

The Policy recommends several actions to safeguard the reproductive health of Kenyan youth:

- **All youth** should have access to accurate and complete reproductive health information so that they can make responsible decisions about their sexuality: to delay sex, to be faithful to one uninfected partner or to use condoms with every sexual act.
- **All youth** should also know the dangers of alcohol, its association with higher risk sexual behavior, and where to get help if drinking is interfering with their life goals.
- **All youth** should be free from sexual harassment, early and forced marriage, teenage pregnancy, poverty, and harmful traditional practices such as female genital mutilation.
- **All youth** should have access to life skills training to help them build their self-esteem and make responsible decisions for their lives.
- **All youth** should learn how to avoid HIV and AIDS; how to get HIV testing through VCT centers; and how to prevent mother-to child-transmission of HIV.
- **All youth** should have access to accurate information about modern contraceptive methods.
- **All youth** should have access to youth friendly reproductive health services with providers trained to deal with youth.

For additional information on this booklet and the results of the 2003 Kenya Demographic and Health Survey, please contact:

In Kenya: Central Bureau of Statistics (CBS), P.O. Box 30266, Nairobi,
Telephone: 254.20.340.929, Fax: 254.20.333.030. www.cbs.go.ke

In USA: MEASURE DHS+, ORC Macro, 11785 Beltsville Drive, Calverton,
MD 20705 USA, Telephone: 301-572-0200, Fax: 301-572-0999, www.measuredhs.com



