

Situation of Adolescents in Kenya 2024

An Infographic Snapshot



Kenya is a demographically diverse country with many issues affecting different population groups: children, adolescents, young people, youth, women, men, elderly population and other key populations. This demographic diversity creates major opportunities and challenges that are continuously harnessed and addressed respectively.

Adolescence, defined by the age of 10-19 is a distinct and defining period in a child's life as they transition from childhood to adulthood. Adolescents are indeed a rapidly growing segment of the world's population; they account for 1.3 billion people, making up 16 percent of the world population. In Kenya, the population is young with

46 percent (21.9 million) of total population below the age of 18 years with those in the ages of 10-19 (adolescents) constituting 11.6 million. Despite efforts to harness the demographic dividend, the transitions for adolescents come with some multiple and intersecting challenges that need significant public and policy attention that is evidence-based.

This document summarises data describing the Situation of Adolescents in Kenya collected from government reports. The raison d'être for producing the Situation of Adolescents in Kenya was to provide a snapshot of adolescent indicators that include: Population size and growth, gender and disability status, poverty levels, health and well being,

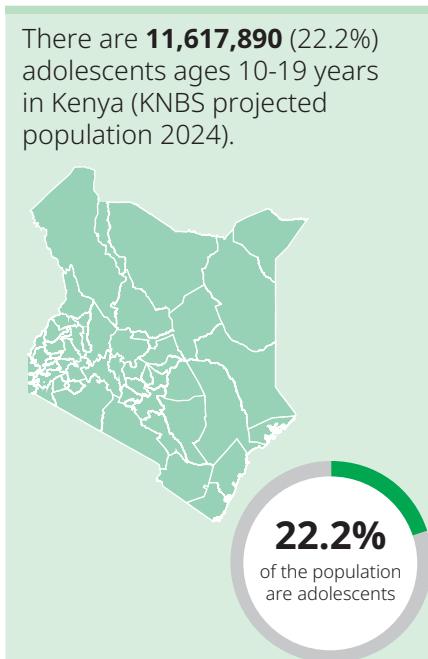
nutrition status, education, information, communication and technology use, child labour and participation. Notably, the report captures new patterns and opportunities that the country must be prepared to invest in to harness the demographic dividend. It further signals us to other existing knowledge gaps that have either not been prioritized nationally.

This Situation of Adolescents in Kenya was prepared jointly by the National Council for Population and Development, Kenya National Bureau of Statistics, UNICEF and UNFPA. Funding for the analysis was provided by the Government of Kenya and United Nations Children's Fund (UNICEF).

Situation of Adolescents in Kenya 2024: An Infographic Snapshot

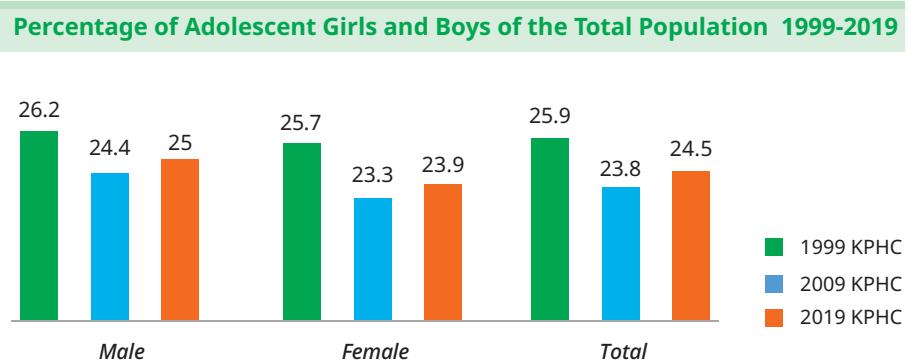
- Population Size and Growth
- Gender Split
- Disability Status
- Poverty Levels
- Health and Well Being
- Nutrition Status
- Access to Education
- Information, Communication and Technology Use
- Child Labour and Employment Status
- Participation

1.0 Population Size and Growth



Adolescent Population (10-14)
 **5,947,870**
(2024 KNBS projections)

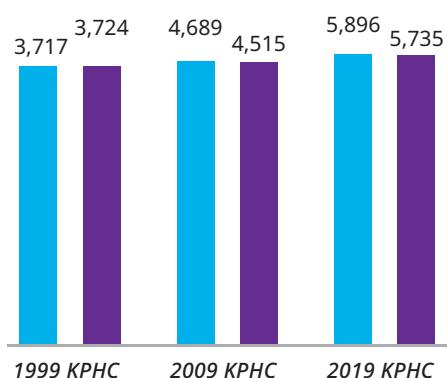
Adolescent Population (15-19)
 **5,670,020**



2.0 Gender Split

Trends of Adolescent Population 1999 - 2019

Population size of adolescents by sex (millions)



Adolescent Population

Age (10-19) - 2024 KNBS projections



Adolescent **male** comprise **22.1%** (5,745,958) of the **total Kenyan male population of 25,994,416**

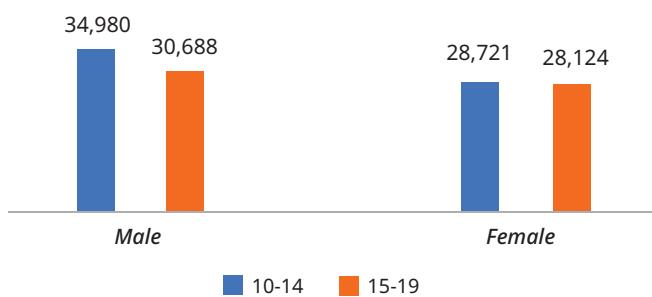
Adolescent **female** comprise **22.2%** (5,871,932) of the **total Kenyan female population of 26,433,875**

Projected Adolescent Population 2024 (KNBS)

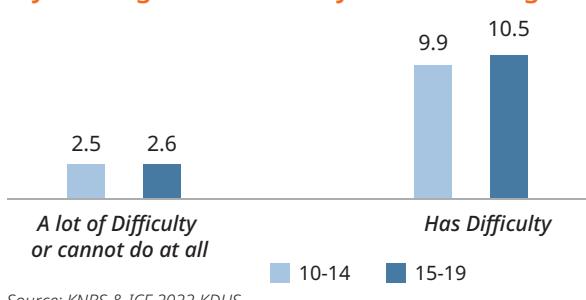
Age	Male	Female	Total
10-14	2,939,826	3,008,044	5,947,870
15-19	2,806,132	2,863,888	5,670,020
10-19	5,745,958	5,871,932	11,617,890
Percentages	22.1	22.2	22.2

3.0 Disability Status by Sex

Number of Adolescents 10-19 with Disability by Sex



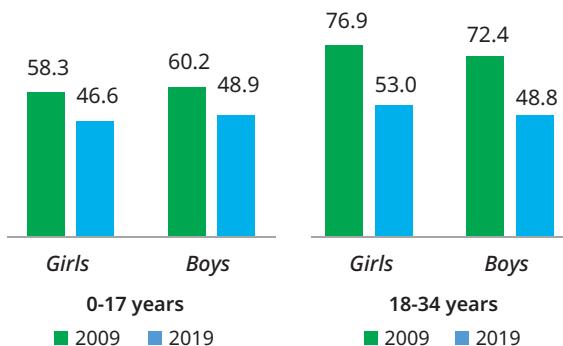
Percent distribution of adolescents age 10-14 by the degree of difficulty in functioning



There are slightly more adolescents boys living with a disability compared to girls. Homa Bay has the highest proportion of adolescents living with disability at 2.42 percent, followed by Siaya at 2.0 percent, Embu at 1.82 percent, Meru 1.5 percent, Vihiga 1.5 percent and Kakamega 1.4 percent with the lowest percentage in Marsabit 0.3 per cent. Embu, Migori, Siaya, Kisumu and Homa Bay have recorded highest percentages over the years.

4.0 Poverty levels

Percentage of Multi-dimensionally poor children and youth by sex (2009-2019 KNBS)



Multidimensional poverty refers to the various deprivations that individuals (including adolescents) or households may face in their daily lives beyond just income.

These include

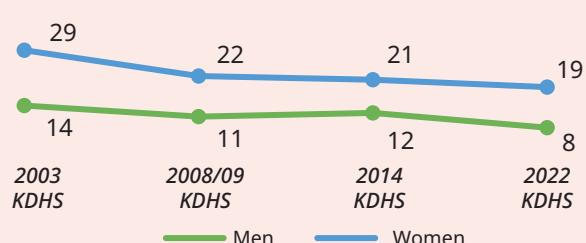
- Education
- Health
- Living standards
- Protection and safety
- Economic Stability

5.0 Health and Well Being

5.1 Age at first sex among Adolescents

Trends in age at first sexual intercourse among adolescents and young people (15-24 years)

Percentage of young people aged 15-24 who had sexual intercourse before age 15

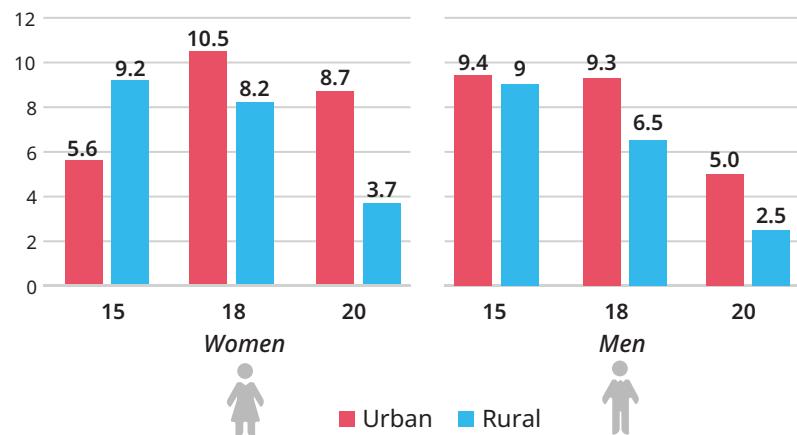


Sexual Debut:
Sexual intercourse
before age 15

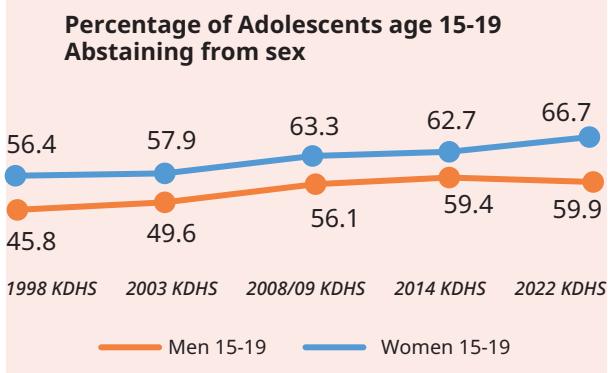
Boys 19% Girls 8%

5.2 Age at first sex among young people by residence

Percentage of Young Women and Men age 15-24 who had sexual intercourse by exact specific age by residence



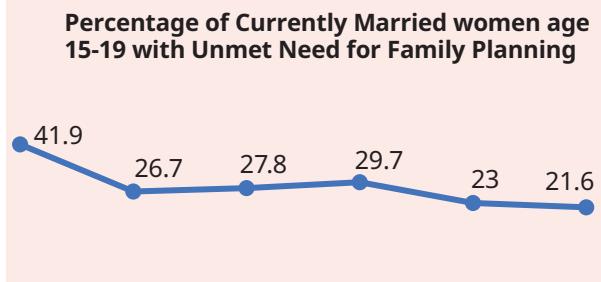
5.3 Adolescents abstaining from sex



More girls than boys abstained from sex among adolescents aged 15-19 years

Boys 60% Girls 66%

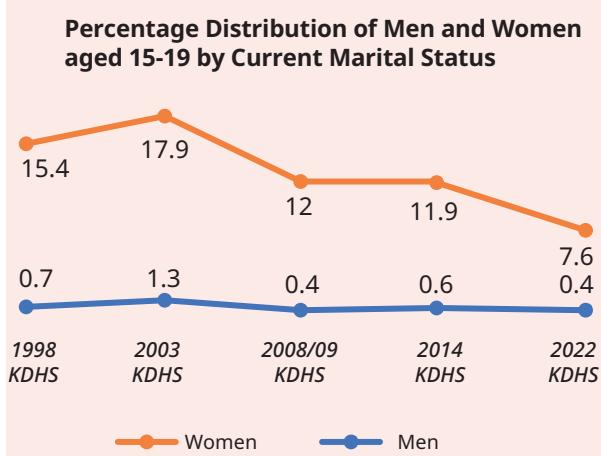
5.5 Trends in unmet need for Family Planning among Adolescents



Currently married women 15-19 years have unmet need for family planning

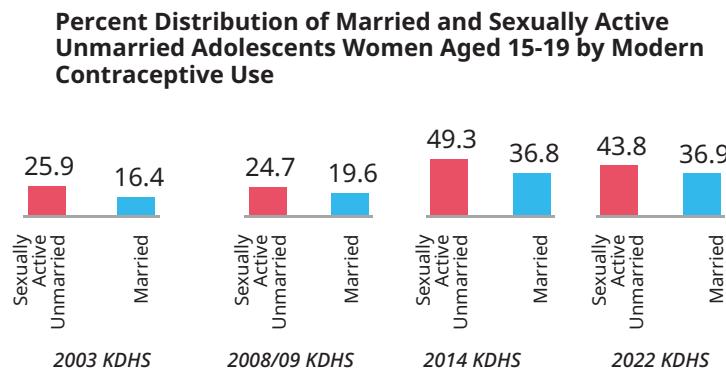
Women 21%

5.7 Trends in Marital Status among Adolescents



The percentage of women married for the first time by age of 18 has reduced from 42% in 1993 to 25% in 2022 (KDHS 2022)

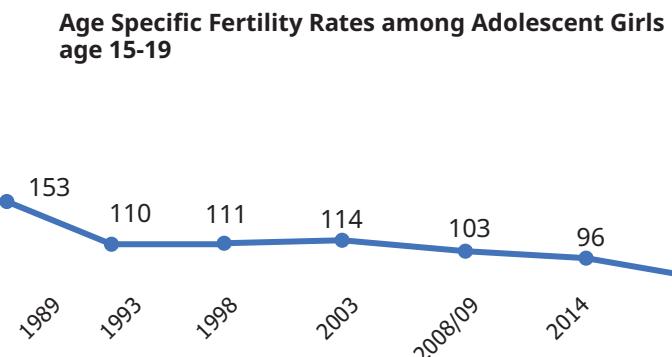
5.4 Trends in Use of Modern Contraception among Adolescents



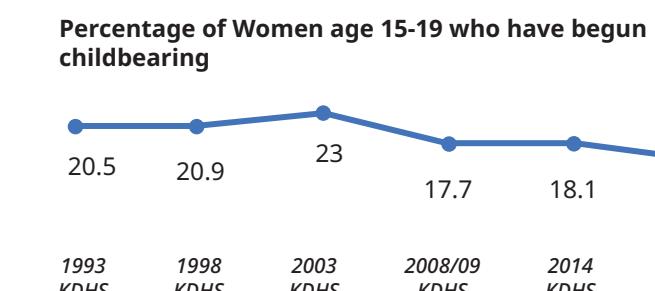
Sexually active unmarried women 15-19 years who use modern contraceptives

Women 43.8%

5.6 Trends in Age Specific Fertility Rates among Adolescent Girls



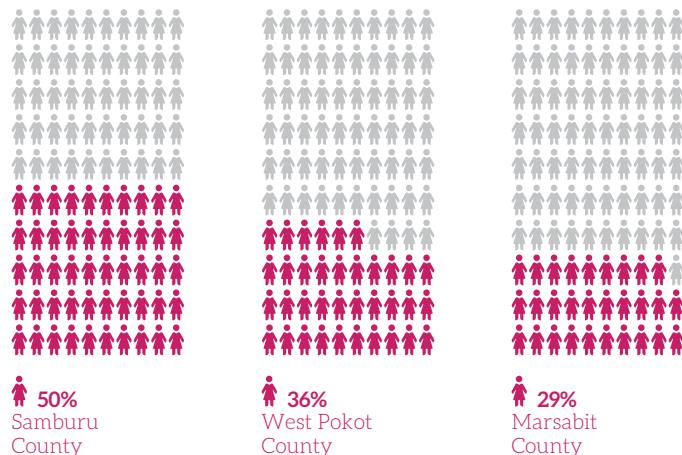
5.8 Trends in Teenage Pregnancy



Percentage of Adolescent girls 15-19 who have ever been pregnant by county DHS 2022

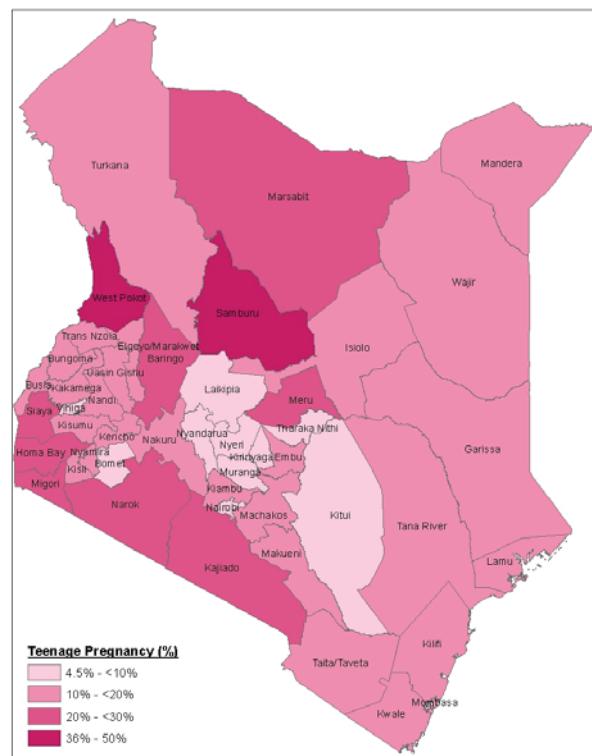
Samburu county having the highest teen pregnancy at **50%**, followed closely by West Pokot at **36%**.

Highest Prevalence

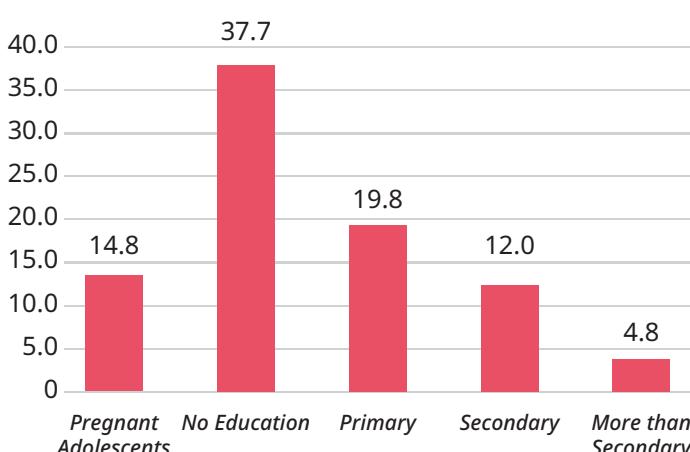


Lowest Prevalence

Nyeri/ Nyandarua 5%
Kirinyaga/Muranga 7%
Nairobi 8%



Pregnant Adolescents by Education Level



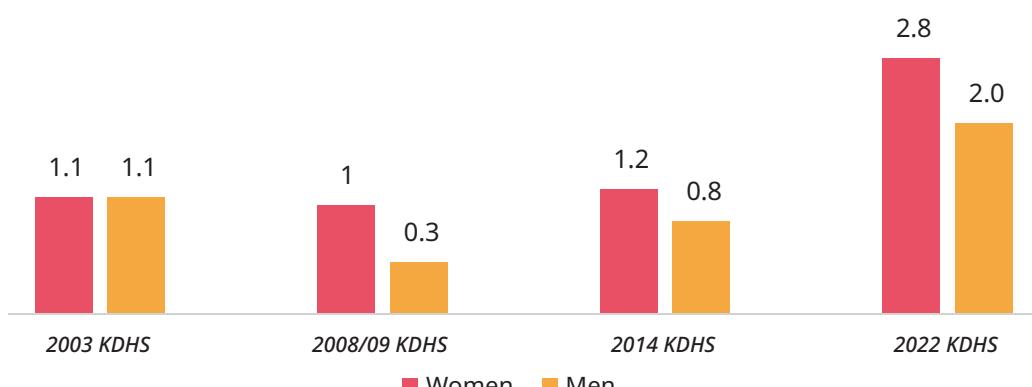
Source: 2022 KDHS

Adolescent Trends in Use of Antenatal Care Services

Year	10-14 years	15-19 years	Total adolescent pregnancies (10-19 years)
2018	22,563	404,734	427,297
2019	20,246	376,683	396,929
2020	17,467	314,741	332,208
2021	21,527	294,193	315,720
2022	13,078	245,249	258,329
2023	11,831	241,483	253,314

5.9 Trends in Sexually Transmitted Infections Prevalence 2003-2022

Percentage self reported prevalence of STI among Adolescents aged 15-19 by Sex



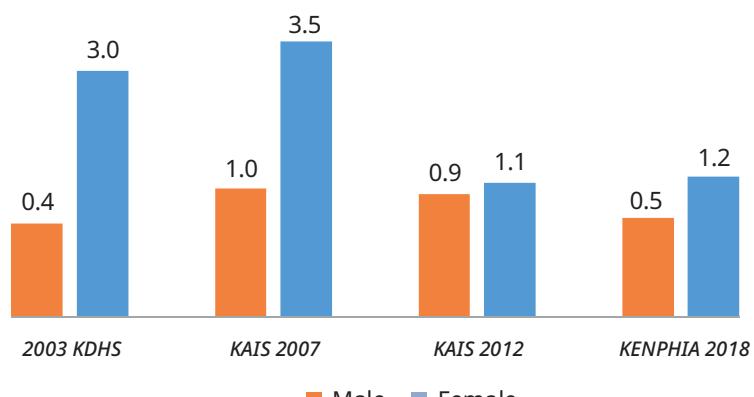
5.10 Human papillomavirus vaccine (HPV) uptake



- Since 2019 at least 2.8 million girls aged 10-14 years have received at least 1st dose of HPV Vaccine.
- Among them 1.7 million have received the second dose of HPV vaccine.
- With the introduction of multi age cohort the average yearly target population range from 3.1 to 3.5 million girls aged 10-14 years.
- In 2023 HPV 1&2 recorded 28% and 22% respectively.

5.11 Trends in HIV Prevalence

Prevalence of HIV among Adolescents 15-19 by sex (2003-2018)

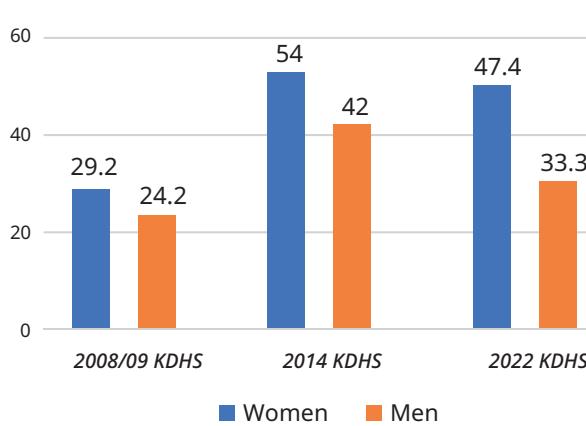


HIV prevalence is slightly higher in girls aged 15-19 years than in boys of the same age

Boys 0.5% Girls 1.2%

5.12 Trends in HIV Testing among Adolescents 2008/09-2022

Percentage of adolescents aged 15-19 who have ever tested for HIV by sex (2008/09-2022)



4 out of 10 girls and 3 out of 10 boys aged 15-19 have ever tested for HIV



Knowledge about HIV prevention

% of AYP 15-24 years with knowledge about HIV prevention, national (KDHS 2022)

Age	Male	Female
15-19	47.3	48.7
20-24	61.1	63.8
Residence		
Rural	57.2	63.3
Urban	52.2	51.2
Education		
No Education	13.3	13.8
Primary	42.9	38.3
Secondary	56.7	59.7
> than Secondary	69.4	79.8
Wealth Quintile		
Lowest	40.8	44.9
Second	51.4	50.4
Middle	58.3	52.5
Fourth	60.5	61.7
Highest	57.0	67.4

Knowledge about HIV prevention lowest among:

- Those aged 15-19 years.
- Women in rural areas and men in rural areas.
- Those with lowest education level.
- Those in lower wealth quintile.

Percentage of AYP 15-24 years with knowledge about HIV prevention, Counties. (KDHS 2022)

25 Counties in which % of AYP 15-24 years with knowledge about HIV prevention is below national average (54.2%)

HIV Prevention knowledge is low in rural areas than in urban areas



5.13 New HIV Infections among adolescents 10-19

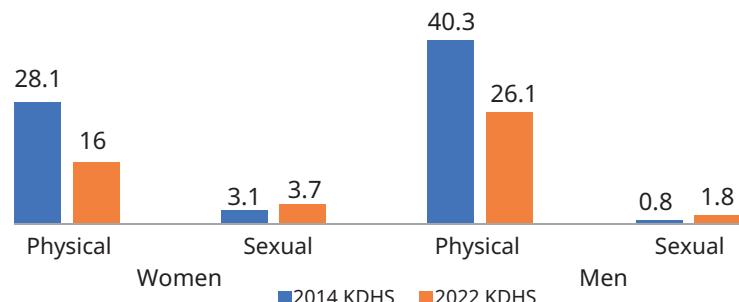
As per the HIV estimates of 2023 there were 1215 AIDS related deaths among adolescents aged 10 – 19 years.



59% of new HIV infection recorded among adolescents 10-19 in 10 counties: Kisumu, Homabay, Siaya, Migori, Nakuru, Nairobi, Uasin Gishu, Kisii, Kajiado and Kakamega

5.14 Sexual and Gender Based Violence

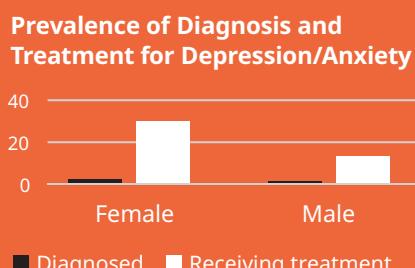
Percentage of Adolescents aged 15-19 who have ever experienced Physical and Sexual Violence by sex



More adolescent boys experienced physical violence compared to girls, while more adolescents girls experienced sexual violence compared to boys.

5.15 Mental Health

Percentage of adolescents aged 15-19 years diagnosed or treated for depression/anxiety by a health care worker.



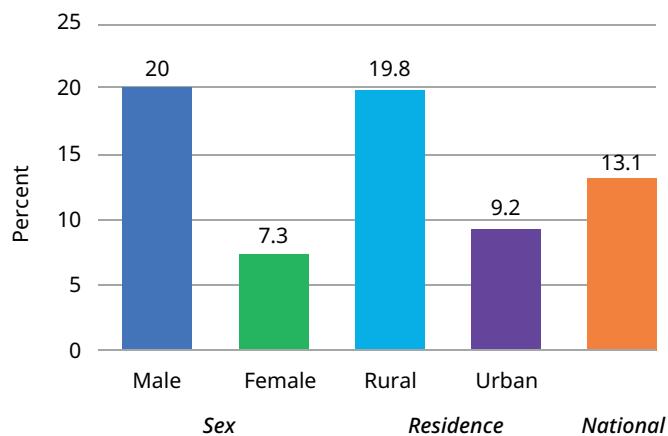
The National Mental Health Survey, 2022 revealed that over two-fifths of adolescents (44.3%) aged 10-17 had a mental health problem, with one in eight adolescents (12.2%) meeting criteria for a mental disorder. No difference in prevalence between males and females, or younger (10-13 years) and older (14-17 years) adolescents.

More adolescent girls were undergoing treatment for depression/anxiety compared to boys

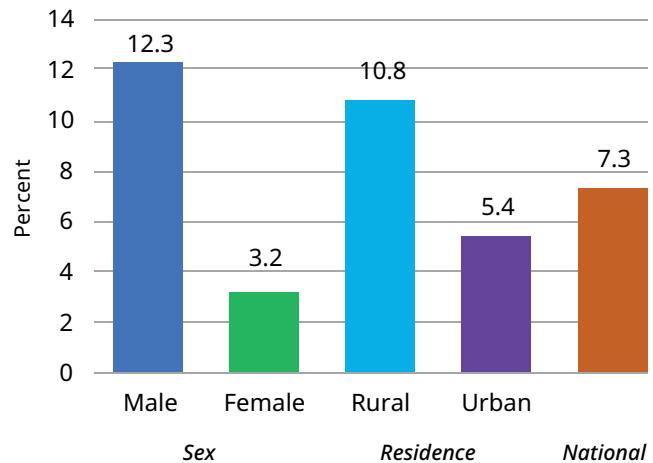


5.16 Drugs and Substance -Use

Lifetime use of Alcohol among Adolescents and Young People aged 15-24 by sex and residence



Lifetime Use of Tobacco among young people 15-24 by sex and residence



6.0 Nutrition Status

18 percent of adolescent girls ages 15-19 are underweight (thin) while one in ten (13 %) adolescent girls are either overweight (11%) or obese (2%) 2022, KDHS. The proportion of wasted adolescent girls 15 – 19 years increased to 18 percent in 2022 compared to 15 percent in 2014



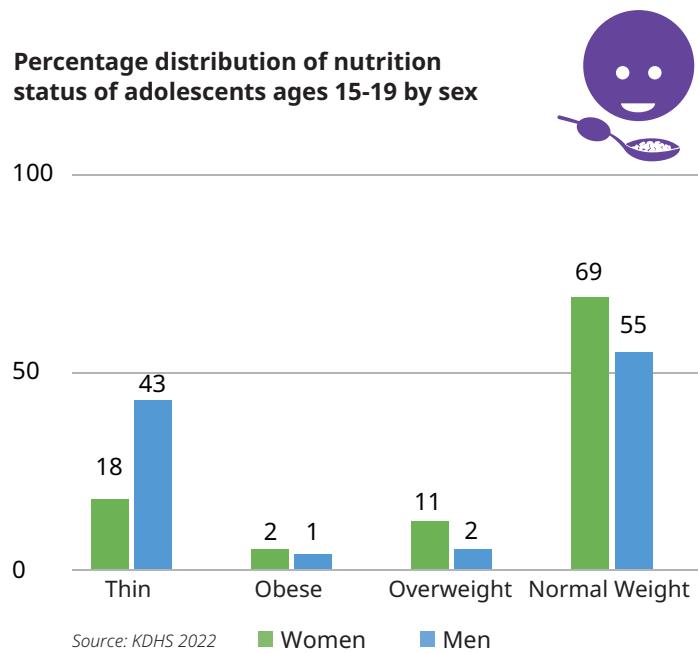
Nutrition deficiencies - Anaemia for those aged 15-19 is 13.8 per cent, iron deficiencies at 15.6 per cent and iron deficiency anaemia at 7.6 per cent.

Nutrition behaviors among adolescents 65 percent of adolescents did not consume the recommended minimum number of food groups.

9.4 percent of adolescents were aware of problems and diseases related to low intake of fruits and vegetables. 72 percent of adolescent's male and 51 percent female reported to perform physical activity for at least 60 minutes and majority of Adolescents 51% and spent an average of two hours per day watching television, playing computer games.

Nutrition knowledge - 6.5 percent of adolescents were aware of problems and diseases related to too much intake of salt or sodium in the diet. 13.9 percent of adolescents were aware of problems and diseases related to the amount of fat people eat. Kenya Adolescent Health Survey, 2019.

Percentage distribution of nutrition status of adolescents ages 15-19 by sex

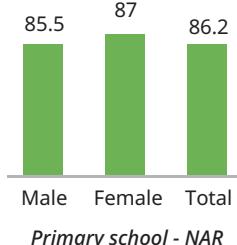


Source: KDHS 2022

■ Women ■ Men

7.0 Adolescents access to education

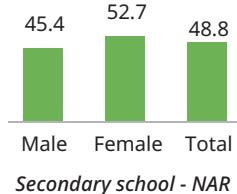
School attendance ratios by nationally



Adolescents Gross Enrolment, Net Enrolment and Transition Rates by School Level

	2018	2019	2020	2021	2022
Adolescents in secondary schools					
Males (thousands)	1,489.00	1632.58	1775.34	1925.18	1893.52
Females (thousands)	1453.64	1627.43	1793.94	1975.95	1964.56
Total Adolescents in Secondary (thousands)	2942.64	3260.01	3569.28	3901.13	3858.08
Secondary GER %	70.3	71.9	80.7	87.3	85.5
Secondary NER %	53.2	59.5	65.9	70.9	70.5
Primary to secondary transition	83.3	85.5	91.0	78.5	78.5

Source: MoE 2023



Source: KDHS, 2022



Primary to secondary transition rate among PWDs is at 1.5%.

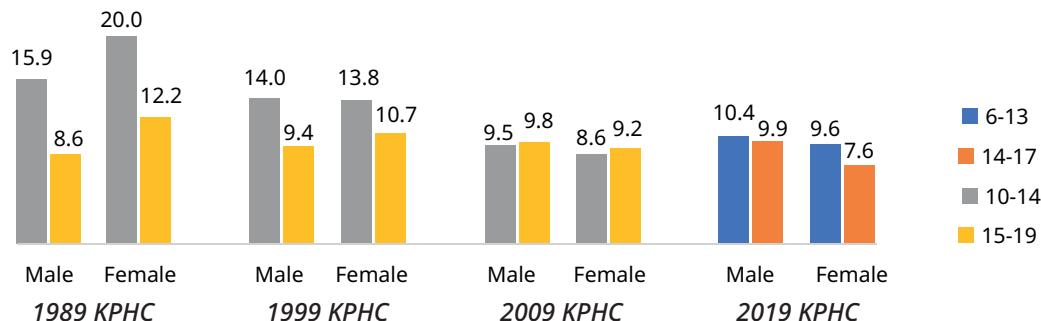


Counties with low Gross Enrollment Rates below 50% are Mandera, Marsabit, Garissa, Wajir, Isiolo, Tana river, Nairobi, Samburu and Mombasa.



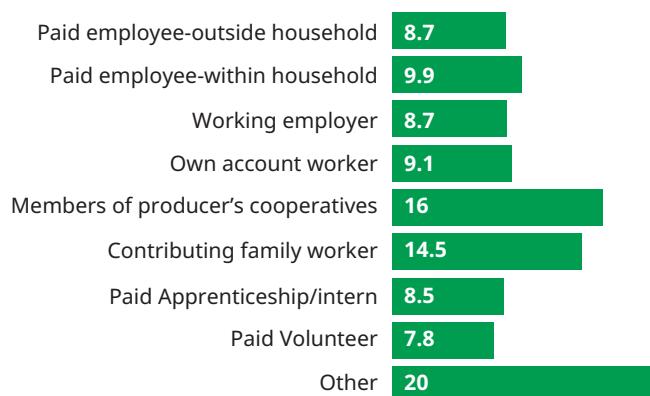
Primary to secondary transition among adolescents has dropped from 83.3 percent in 2018 to 78.6 percent in 2022. The rate was highest in 2020.

Percent Distribution of Adolescents aged 6-19 years with No Education



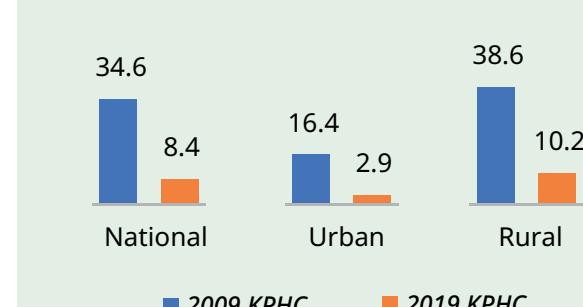
8.0 Labour Force

National Distribution of Adolescents 15-19 Employment Status, KDHS 2019



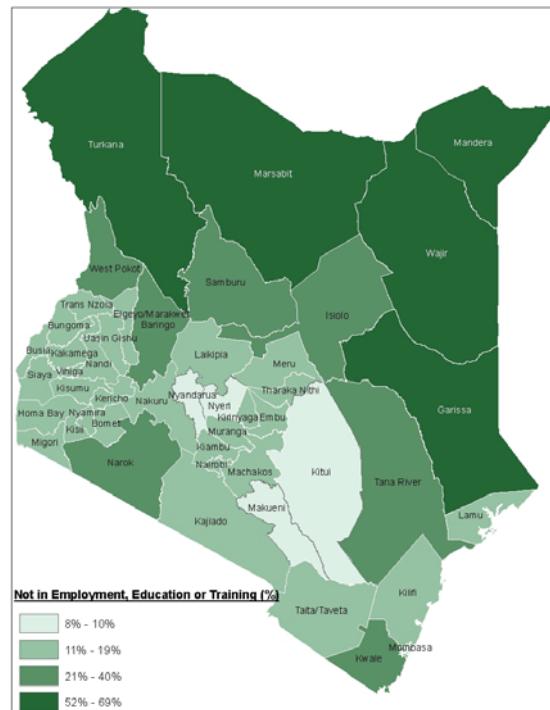
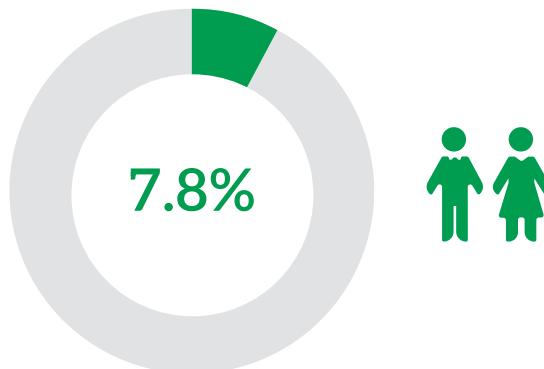
Percentage of Adolescents engaged in child labour

Percentage of Children and Adolescents aged 5-17 years engaged in Child Labour by residence



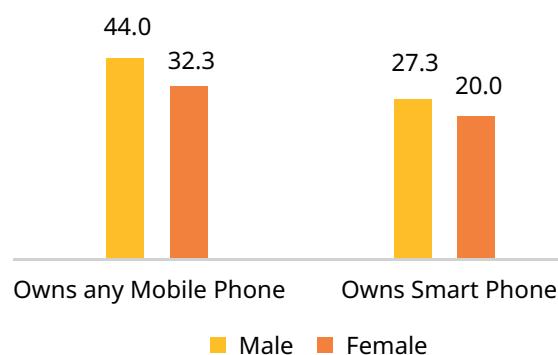
Percent Distribution of Adolescent and Young People aged 15-24 Not in Employment, Education or Training By County

Out of **5,681,787** adolescents 15-19, **445,621** (7.8%) were not in education, employment or training (2022 KNBS Quarterly Labour Force Report)

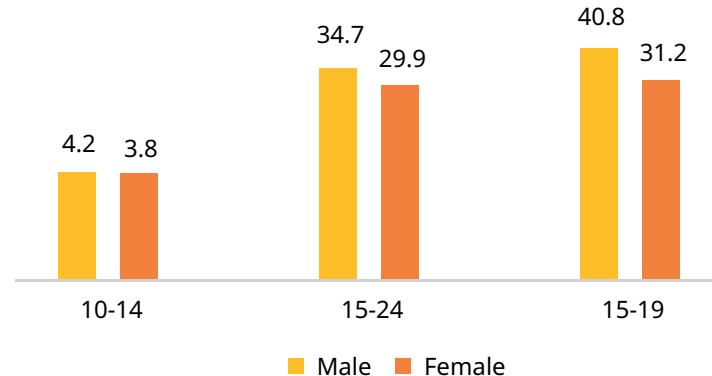


9.0 Adolescents use of Communication and Technology

Percent distribution of Adolescents aged 15-19 who own mobile phone by sex



Percent distribution of Adolescents and Young People age 10-24 using internet by sex



10.0 Adolescent Participation



2,173,878

18-19 Years Eligible
Voters as per
KNBS 2022 projection



18-19 Years

Registered Voters
2022 116,470 (0.53%)
(IEBC 2022 Report)



18-19 Voting Trends
In 2017 there were
3.4 M first time
registered voters
aged 18-24

