

Table 1. Number of Overseas Workers by Age Group, Sex, and Region: Philippines, 2010

Age Group and Region	Household Population 10 Years Old and Over	Overseas Workers by Sex		
		Total	Male	Female
<b>PHILIPPINES</b>				
Total	71,548,673	1,505,645	852,048	653,597
Below 20	19,844,578	57,782	28,404	29,378
20 - 24	8,370,398	115,644	51,896	63,748
25 - 29	7,390,062	256,577	123,505	133,072
30 - 34	6,744,028	281,135	155,068	126,067
35 - 39	5,990,108	249,349	145,359	103,990
40 - 44	5,450,679	198,205	120,788	77,417
45 - 49	4,664,537	144,122	94,405	49,717
50 - 54	3,883,630	98,415	67,521	30,894
55 - 59	2,980,350	54,559	36,580	17,979
60 years old and over	6,230,303	49,857	28,522	21,335
<b>NATIONAL CAPITAL REGION</b>				
Total	9,482,814	211,727	135,230	76,497
Below 20	2,275,729	5,669	2,838	2,831
20 - 24	1,203,246	11,925	5,935	5,990
25 - 29	1,156,857	30,612	16,977	13,635
30 - 34	1,023,768	37,628	23,536	14,092
35 - 39	849,576	33,984	22,110	11,874
40 - 44	750,217	28,564	19,233	9,331
45 - 49	632,195	23,563	16,576	6,987
50 - 54	526,305	18,325	13,321	5,004
55 - 59	386,331	11,320	8,254	3,066
60 years old and over	678,590	10,137	6,450	3,687
<b>CORDILLERA ADMINISTRATIVE REGION</b>				
Total	1,268,162	32,978	11,179	21,799
Below 20	350,113	910	451	459
20 - 24	167,308	2,799	828	1,971
25 - 29	137,938	6,999	2,027	4,972
30 - 34	114,756	6,692	2,163	4,529
35 - 39	96,760	5,234	1,741	3,493
40 - 44	90,739	4,205	1,504	2,701
45 - 49	80,863	2,803	1,047	1,756
50 - 54	67,763	1,704	714	990
55 - 59	50,623	882	384	498
60 years old and over	111,299	750	320	430
<b>REGION I - ILOCOS</b>				
Total	3,745,950	128,130	56,421	71,709
Below 20	969,890	3,231	1,642	1,589
20 - 24	411,769	9,109	3,834	5,275
25 - 29	375,888	23,165	9,224	13,941
30 - 34	341,530	24,423	10,612	13,811
35 - 39	307,124	21,902	9,382	12,520
40 - 44	285,545	17,554	7,777	9,777
45 - 49	248,448	12,298	5,722	6,576
50 - 54	211,500	7,736	3,943	3,793
55 - 59	169,538	4,243	2,169	2,074
60 years old and over	424,718	4,469	2,116	2,353

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<b>REGION II - CAGAYAN VALLEY</b>				
Total	2,544,451	74,961	22,599	52,362
Below 20	681,303	1,964	890	1,074
20 - 24	292,208	7,852	2,050	5,802
25 - 29	252,917	16,385	4,411	11,974
30 - 34	236,724	16,205	4,828	11,377
35 - 39	212,748	12,806	3,655	9,151
40 - 44	194,869	8,902	2,703	6,199
45 - 49	176,687	5,446	1,877	3,569
50 - 54	149,123	2,789	1,106	1,683
55 - 59	113,690	1,340	569	771
60 years old and over	234,182	1,272	510	762
<b>REGION III - CENTRAL LUZON</b>				
Total	7,964,381	231,820	144,523	87,297
Below 20	2,083,596	7,372	3,723	3,649
20 - 24	912,530	16,099	8,016	8,083
25 - 29	828,402	36,372	20,024	16,348
30 - 34	778,022	42,136	25,944	16,192
35 - 39	689,776	39,077	24,914	14,163
40 - 44	643,579	33,351	22,174	11,177
45 - 49	535,735	23,792	16,779	7,013
50 - 54	444,454	16,230	11,628	4,602
55 - 59	340,346	8,890	6,225	2,665
60 years old and over	707,941	8,501	5,096	3,405
<b>REGION IV-A - CALABARZON</b>				
Total	9,860,336	301,067	193,640	107,427
Below 20	2,577,856	9,990	5,138	4,852
20 - 24	1,145,175	18,527	9,755	8,772
25 - 29	1,076,856	44,267	25,190	19,077
30 - 34	1,014,498	54,286	34,659	19,627
35 - 39	874,501	51,348	34,293	17,055
40 - 44	787,260	43,342	29,580	13,762
45 - 49	653,548	32,641	23,175	9,466
50 - 54	543,282	23,460	16,966	6,494
55 - 59	411,059	12,801	8,858	3,943
60 years old and over	776,301	10,405	6,026	4,379
<b>REGION IV-B - MIMAROPA</b>				
Total	2,059,892	23,551	13,449	10,102
Below 20	641,018	1,941	1,008	933
20 - 24	228,673	2,059	1,083	976
25 - 29	195,837	3,979	2,038	1,941
30 - 34	179,554	4,212	2,346	1,866
35 - 39	164,911	3,735	2,149	1,586
40 - 44	148,471	2,781	1,722	1,059
45 - 49	129,162	1,954	1,310	644
50 - 54	108,549	1,384	915	469
55 - 59	82,576	736	452	284
60 years old and over	181,141	770	426	344

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		Total	Male	Female
<b>REGION V - BICOL</b>				
Total	4,049,462	43,546	24,245	19,301
Below 20	1,283,873	1,948	1,010	938
20 - 24	436,191	3,349	1,561	1,788
25 - 29	359,445	7,596	3,651	3,945
30 - 34	337,480	8,303	4,479	3,824
35 - 39	306,921	7,442	4,265	3,177
40 - 44	291,031	5,842	3,471	2,371
45 - 49	251,550	3,929	2,596	1,333
50 - 54	212,880	2,410	1,607	803
55 - 59	170,226	1,387	875	512
60 years old and over	399,865	1,340	730	610
<b>REGION VI - WESTERN VISAYAS</b>				
Total	5,589,551	127,279	72,837	54,442
Below 20	1,532,269	3,259	1,707	1,552
20 - 24	638,207	9,971	5,399	4,572
25 - 29	534,693	24,720	12,045	12,675
30 - 34	478,741	25,372	13,729	11,643
35 - 39	432,831	21,126	12,231	8,895
40 - 44	410,895	15,741	9,456	6,285
45 - 49	369,877	11,650	7,868	3,782
50 - 54	318,641	7,969	5,746	2,223
55 - 59	259,090	4,118	2,842	1,276
60 years old and over	614,307	3,353	1,814	1,539
<b>REGION VII - CENTRAL VISAYAS</b>				
Total	5,278,442	86,547	59,524	27,023
Below 20	1,449,984	2,592	1,360	1,232
20 - 24	613,900	5,792	3,215	2,577
25 - 29	532,790	15,587	9,179	6,408
30 - 34	479,025	17,081	11,599	5,482
35 - 39	426,943	15,050	11,033	4,017
40 - 44	386,212	11,016	8,281	2,735
45 - 49	342,541	8,129	6,365	1,764
50 - 54	286,276	5,554	4,492	1,062
55 - 59	230,573	2,958	2,267	691
60 years old and over	530,198	2,788	1,733	1,055
<b>REGION VIII - EASTERN VISAYAS</b>				
Total	3,108,750	34,125	20,859	13,266
Below 20	968,723	2,719	1,407	1,312
20 - 24	329,212	2,866	1,611	1,255
25 - 29	270,728	5,651	3,076	2,575
30 - 34	251,725	6,171	3,778	2,393
35 - 39	234,927	5,180	3,393	1,787
40 - 44	220,251	4,090	2,662	1,428
45 - 49	194,828	2,971	2,096	875
50 - 54	168,157	1,980	1,400	580
55 - 59	133,418	1,104	718	386
60 years old and over	336,781	1,393	718	675

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<b>REGION IX - ZAMBOANGA PENINSULA</b>				
Total	2,584,939	28,160	13,233	14,927
Below 20	789,258	2,102	1,059	1,043
20 - 24	301,785	3,226	1,253	1,973
25 - 29	249,391	5,452	2,101	3,351
30 - 34	227,327	5,363	2,454	2,909
35 - 39	210,385	4,336	2,103	2,233
40 - 44	191,469	3,232	1,686	1,546
45 - 49	165,316	1,997	1,170	827
50 - 54	136,069	1,186	706	480
55 - 59	104,022	630	369	261
60 years old and over	209,917	636	332	304
<b>REGION X - NORTHERN MINDANAO</b>				
Total	3,272,755	40,457	23,934	16,523
Below 20	957,474	1,698	848	850
20 - 24	395,059	3,320	1,506	1,814
25 - 29	322,779	7,588	3,802	3,786
30 - 34	295,566	7,956	4,671	3,285
35 - 39	263,867	7,043	4,440	2,603
40 - 44	244,108	5,106	3,312	1,794
45 - 49	212,284	3,448	2,456	992
50 - 54	177,912	2,152	1,579	573
55 - 59	135,778	1,106	735	371
60 years old and over	267,928	1,040	585	455
<b>REGION XI - DAVAO</b>				
Total	3,446,479	40,894	19,087	21,807
Below 20	954,475	1,802	873	929
20 - 24	427,470	3,903	1,423	2,480
25 - 29	357,574	8,065	3,030	5,035
30 - 34	324,278	8,052	3,447	4,605
35 - 39	288,253	6,978	3,451	3,527
40 - 44	258,725	4,773	2,501	2,272
45 - 49	222,493	3,151	1,830	1,321
50 - 54	188,841	1,925	1,192	733
55 - 59	145,435	1,152	715	437
60 years old and over	278,935	1,093	625	468
<b>REGION XII - SOCCSKSARGEN</b>				
Total	3,128,349	46,851	15,925	30,926
Below 20	935,169	3,242	1,022	2,220
20 - 24	389,663	7,227	1,685	5,542
25 - 29	328,906	10,283	2,856	7,427
30 - 34	295,911	9,007	3,058	5,949
35 - 39	268,596	6,928	2,629	4,299
40 - 44	237,575	4,689	1,904	2,785
45 - 49	193,200	2,742	1,337	1,405
50 - 54	151,653	1,433	749	684
55 - 59	111,090	658	370	288
60 years old and over	216,586	642	315	327

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<b>REGION XIII - CARAGA</b>				
Total	1,845,051	17,169	9,774	7,395
Below 20	555,836	965	512	453
20 - 24	218,909	1,387	596	791
25 - 29	172,894	3,331	1,515	1,816
30 - 34	154,299	3,322	1,792	1,530
35 - 39	143,045	2,864	1,705	1,159
40 - 44	134,686	1,946	1,269	677
45 - 49	119,987	1,443	1,041	402
50 - 54	100,604	916	704	212
55 - 59	76,952	520	368	152
60 years old and over	167,839	475	272	203
<b>AUTONOMOUS REGION IN MUSLIM MINDANAO</b>				
Total	2,318,909	36,383	15,589	20,794
Below 20	838,012	6,378	2,916	3,462
20 - 24	259,093	6,233	2,146	4,087
25 - 29	236,167	6,525	2,359	4,166
30 - 34	210,824	4,926	1,973	2,953
35 - 39	218,944	4,316	1,865	2,451
40 - 44	175,047	3,071	1,553	1,518
45 - 49	135,823	2,165	1,160	1,005
50 - 54	91,621	1,262	753	509
55 - 59	59,603	714	410	304
60 years old and over	93,775	793	454	339

Source: National Statistics Office, 2010 Census of Population and Housing.