

INITIAL

Youth in Europe report 2014

Substance use and social factors

Tallinn



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Margrét Lilja Guðmundsdóttir, Jón Sigfússon, Inga Dóra Sigfúsdóttir, Hrefna Pálsdóttir, Álfgeir Logi Kristjánsson and Erla María Tolgyes Jónsdóttir

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Introduction

Youth in Europe

“Youth in Europe – A Drug Prevention Program” was initiated in 2005 and since then over twenty cities/municipalities in Europe have participated and made use of the successful methodology behind the program.

The program is based on primary prevention work initiated in Iceland in 1998. Through that work substance use has decreased more in Iceland than in any other Western country and use of substances measures lowest there amongst youth in comparison to all European countries.

“Youth in Europe” is considered by many to be the biggest health promotion project targeting youth substance abuse across Europe. This evidence-based, international programme was initiated by Icelandic Scientists, The City of Reykjavik and ECAD (European Cities Against Drugs) and is carried out in cooperation with major European cities. Taking a broadly holistic approach, its aim is to decrease the likelihood of substance use among young people.

The core elements of the project are three: community based approach, collaboration between researchers, policy makers and people in the field, and evidence based work.

The city of Reykjavík, Iceland, serves as the chair and provides management for this programme, while research is conducted by the Icelandic Centre for Social Research and Analysis (ICSRA). The President of Iceland, Ólafur Ragnar Grímsson is the patron of the program and the main sponsor is *Actavis Group*, an International pharmaceutical company that has operations all over Europe.

Methods and data

The data collection

A survey using a fully comparable core-questionnaire was administered in all the participating cities in November 2014. A typical week were to be selected (i.e. not a week following a holiday or other events scheduled the same week). Since comparable data collection is fundamental a standardised sampling frame was formed and convenience samples were entirely avoided.

The target population

The target population is students of the age group 15-16 year olds, one grade according to school system in each city, normally but not necessarily the highest class in grammar school. The population was randomly drawn in each city and the sample unit school classes rather than entire schools or individual students. School classes were randomly selected from a list of classes in every participating city. Total population sampling was used where the number of students was smaller than sample size.

In the larger communities the sample should include 2,800 individuals in each of the surveys so that the minimum number of answers 2,200 from participants could be attained or around 80% response rate. The suggested figure of at least 2,200 allows for breakdowns by two background variables (gender and another variable). Otherwise the full population of students were selected. Much effort

was put in maximizing response rates based on "The 11 steps of data collection procedures for school-based surveys among adolescents", generated by ICSRA.

Instrument

The same core-questionnaire was used in every city. The questionnaire included questions on substance use (recent and throughout life) as well as questions on a large number of social factors aimed to be able to map status of substance abuse and indicating relevant risk and protective factors in each participating city associated with drug use.

In order to ensure comparability the translation process did include translations of the final questionnaire into the language of every participating city and then a reverse translation to the original language by another interpreter. Translations and reverse translations are necessary in order to maximize comparison effects. When translating questions about substance use it is important to adjust the language of the questionnaire to the cultural context of each city (using street terms that refer to specific drug types or pharmaceutical names where and when appropriate).

Results

Table 1. Participating students in each municipality.

		Participating students		
City/Country		Boys	Girls	Total
Kaunas / Lithuania	Number:	1157	1081	2238
	% within city	51,7	48,3	100
	% within gender	22,2	20,2	21,2
Klaipeda / Lithuania	Number:	603	569	1172
	% within city	51,5	48,5	100
	% within gender	11,6	10,6	11,1
Klaksvik / Faroe Islands	Number:	35	53	88
	% within city	39,8	60,2	100
	% within gender	0,7	1,0	0,8
Riga / Latvia	Number:	1199	1423	2622
	% within city	45,7	54,3	100
	% within gender	23	26,6	24,8
Tallinn / Estonia	Number:	1633	1506	3139
	% within city	52	48	100
	% within gender	31,4	28,1	29,7
Tapa / Estonia	Number:	49	53	102
	% within city	48	52	100
	% within gender	0,9	1,0	1,0
Tartu / Estonia	Number:	532	668	1200
	% within city	44,3	55,7	100
	% within gender	10,2	12,5	11,4
All cities	Number total:	5208	5353	10.561

Gender not stated: 38

Total number of participants: 10.631

Substance use

Tobacco

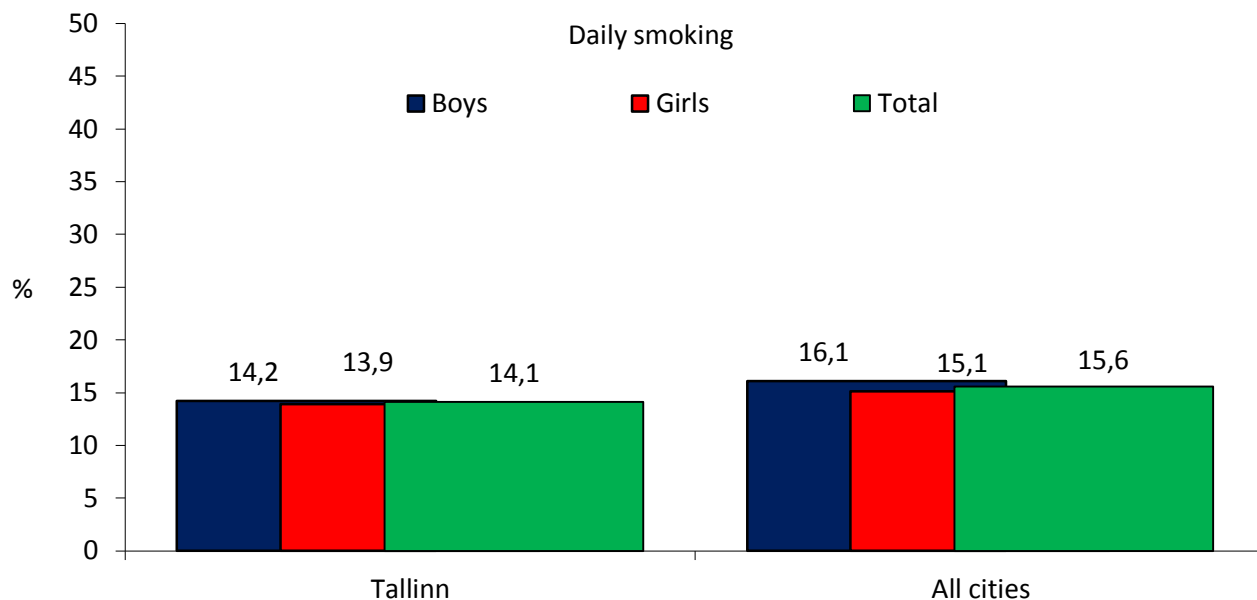


Figure 1. Daily smoking. Percentage of 15 – 16 year old students in the participating cites, by gender.

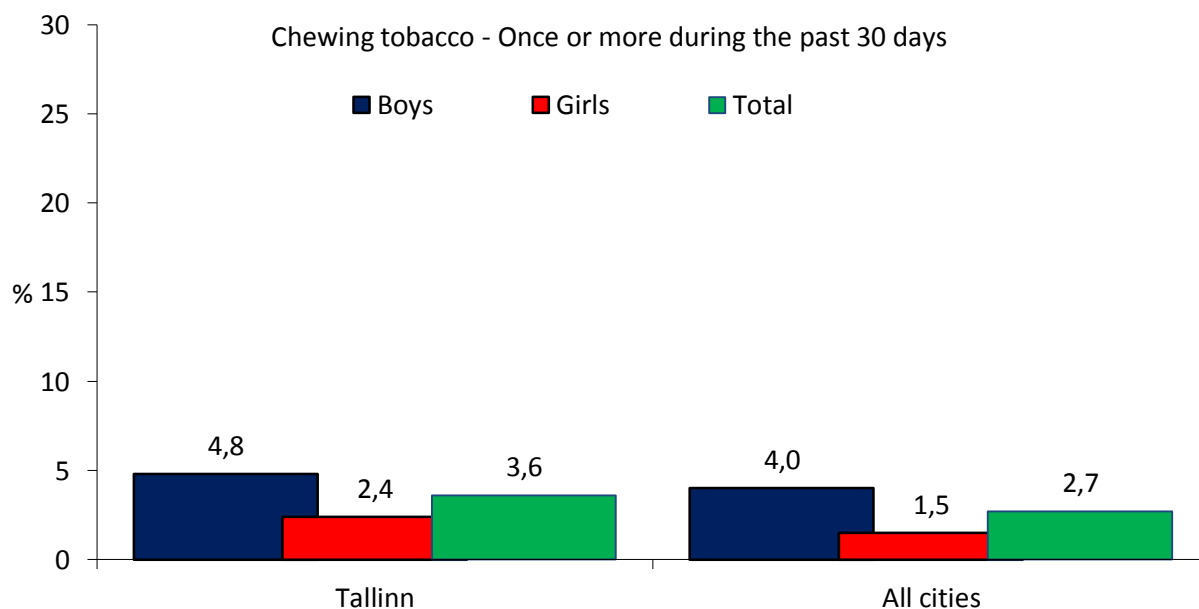


Figure 2. Chewing tobacco once or more during last 30 days. Percentage of 15 – 16 year old students in the participating cites, by gender.

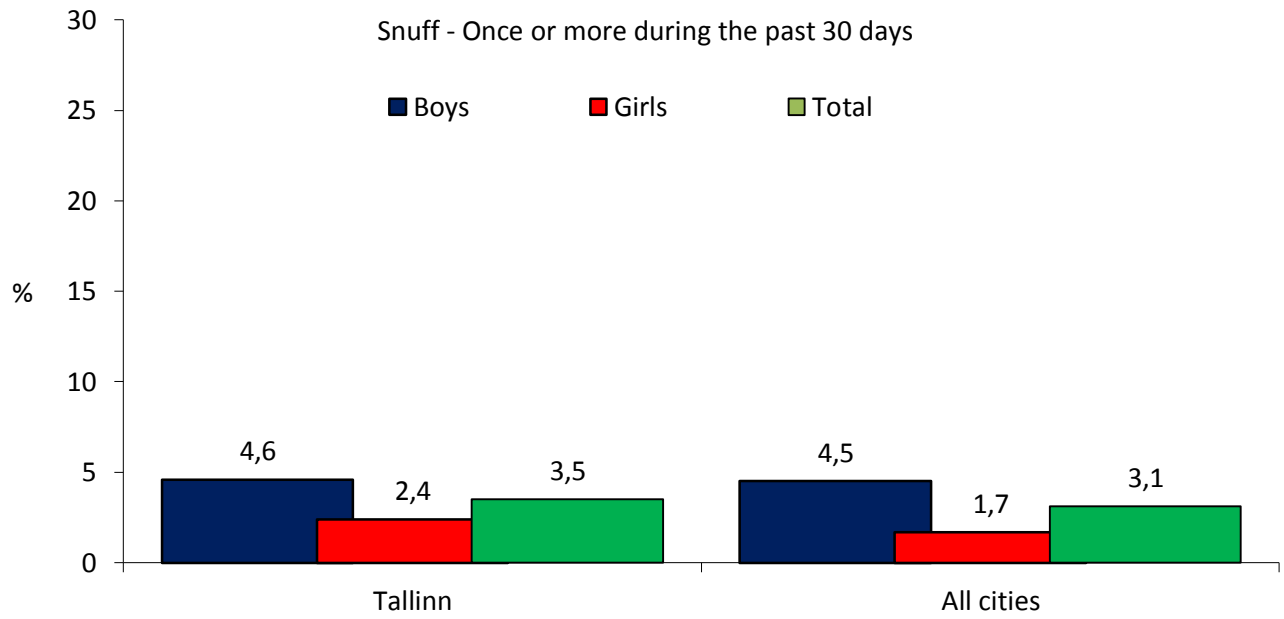


Figure 3. Snuff once or more during last 30 days. Percentage of 15 – 16 year old students in the participating cities, by gender.

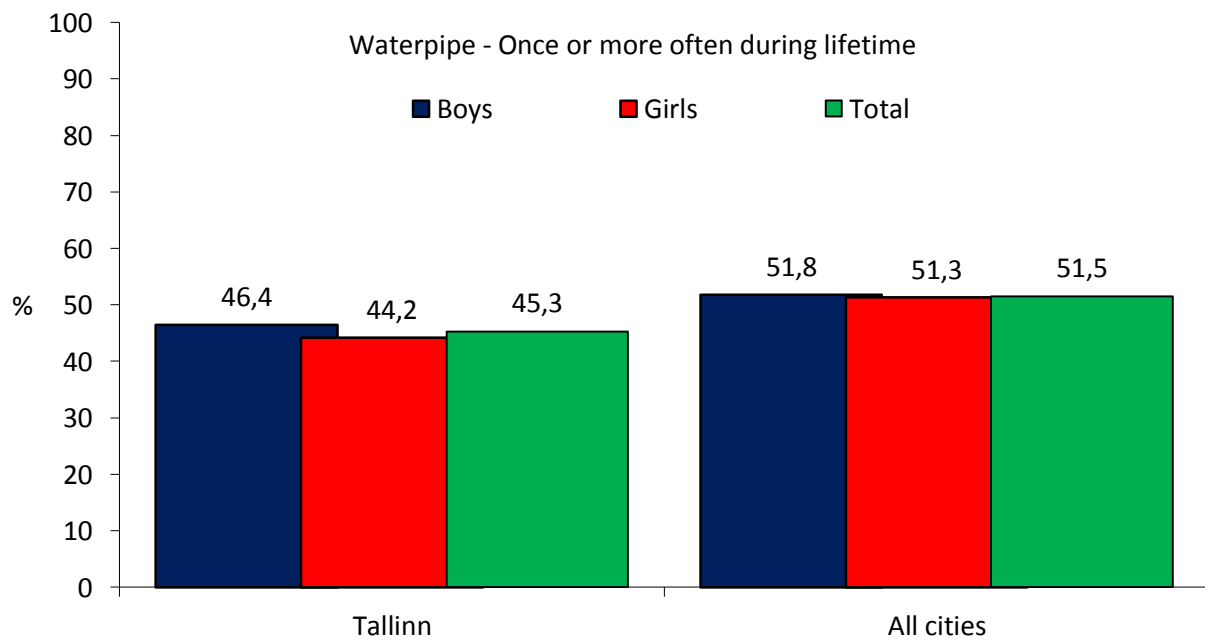


Figure 4. Waterpipe once or more often during lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

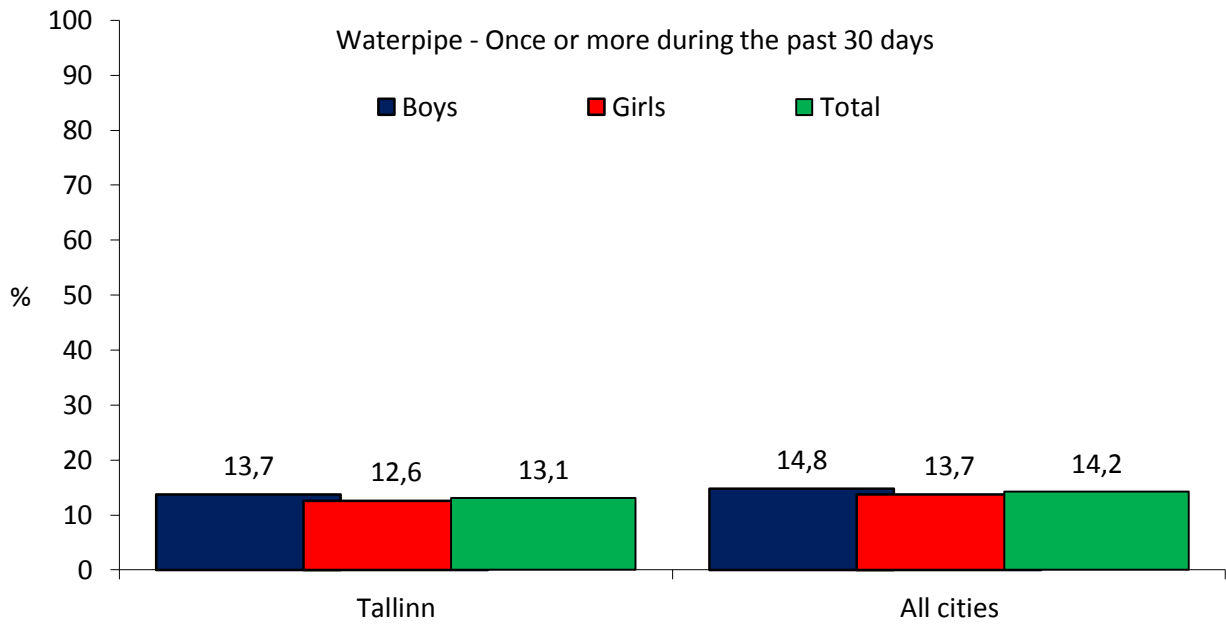


Figure 5. Waterpipe once or more during the past 30 days. Percentage of 15 – 16 year old students in the participating cities, by gender.

Alcohol consumption

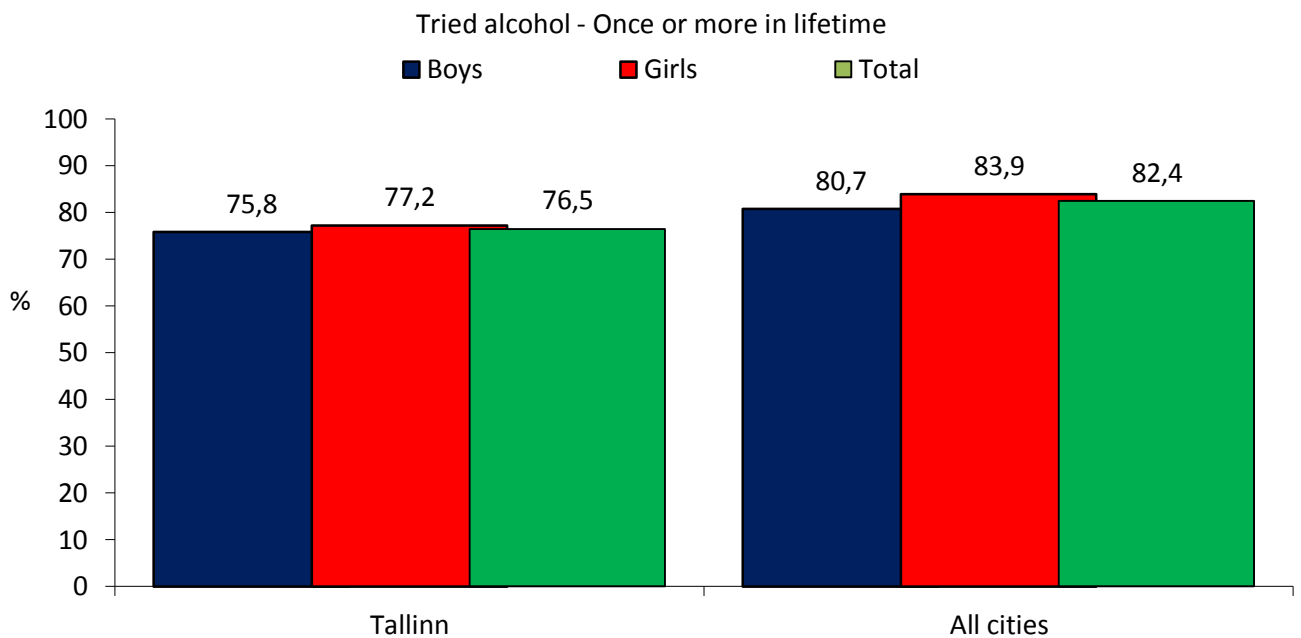


Figure 6. Tried alcohol drink once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

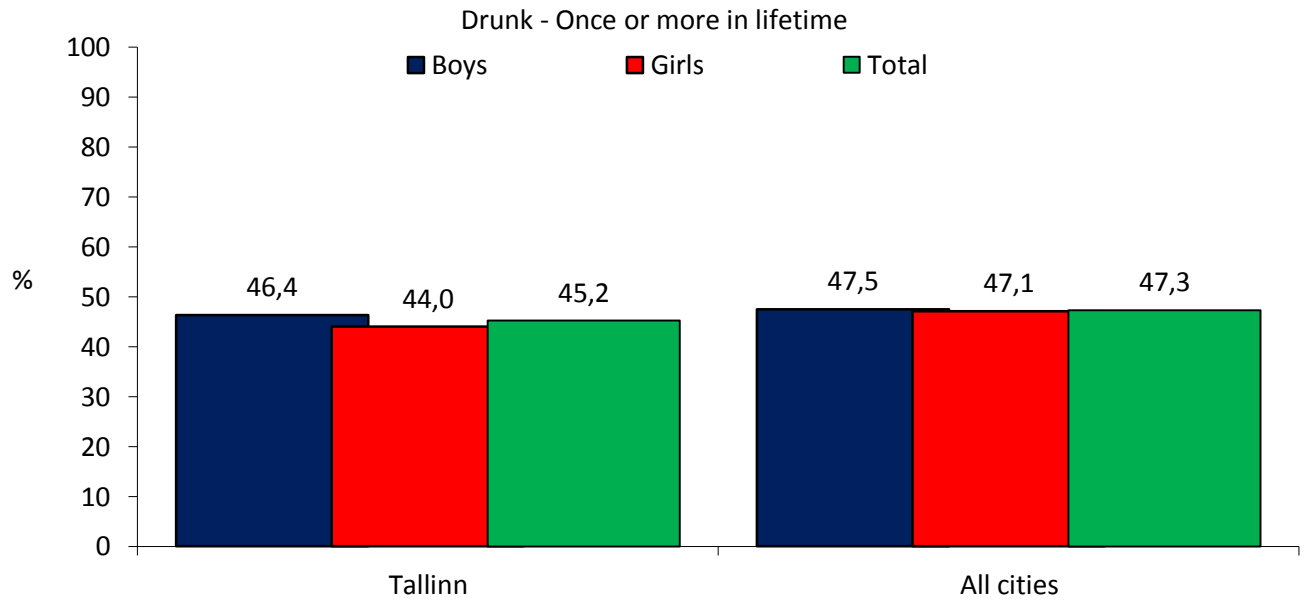


Figure 7. Drunk once or more in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

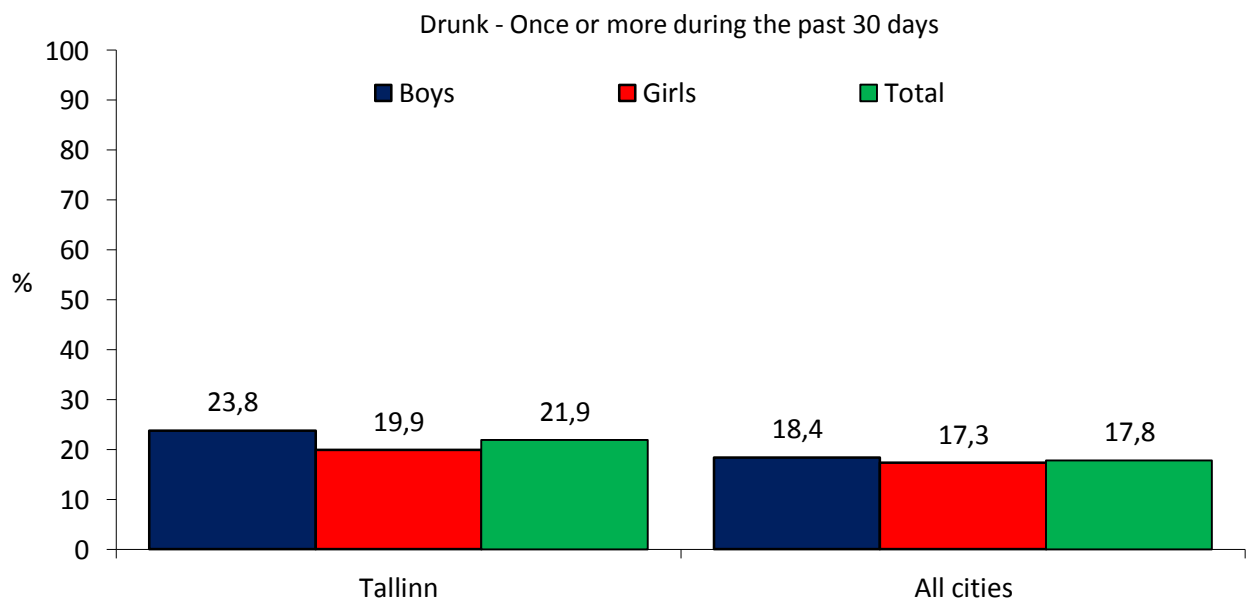


Figure 8. Drunk once or more often in last 30 days. Percentage of 15 – 16 year old students in the participating cities, by gender.

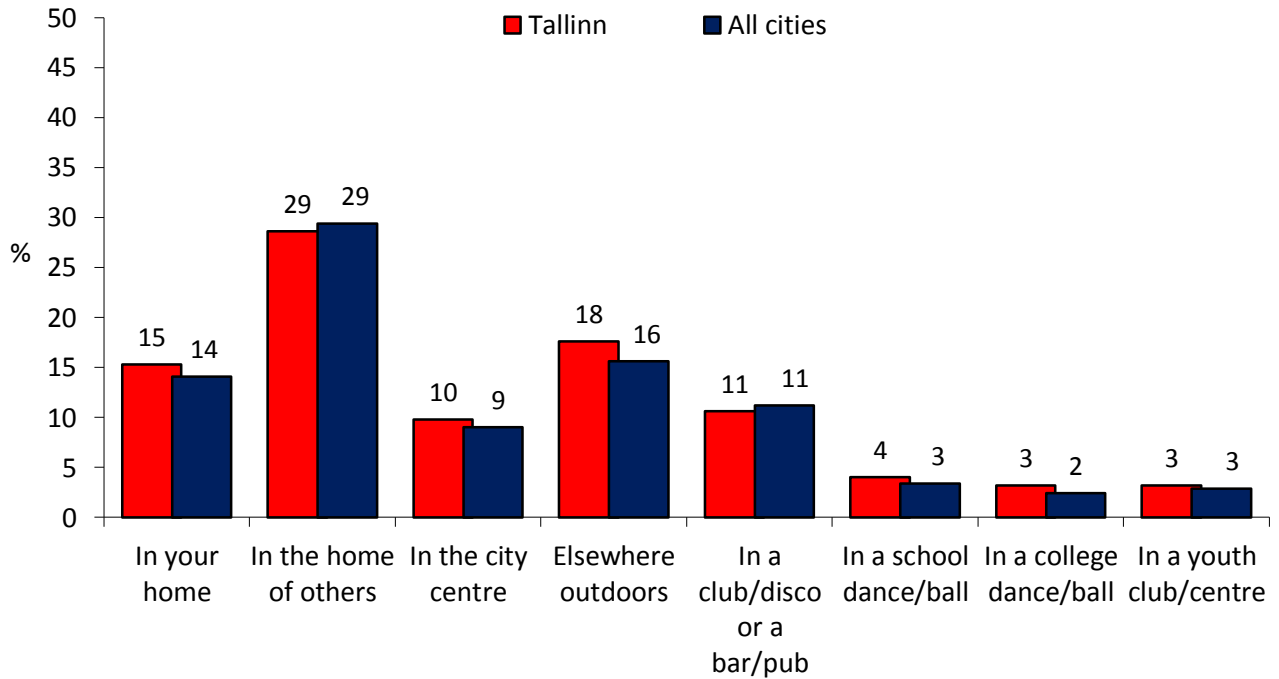


Figure 9. Percentage of 15 – 16 year old students in the participating cites that sometimes or often drink alcohol in the following places.

Other illegal substance use

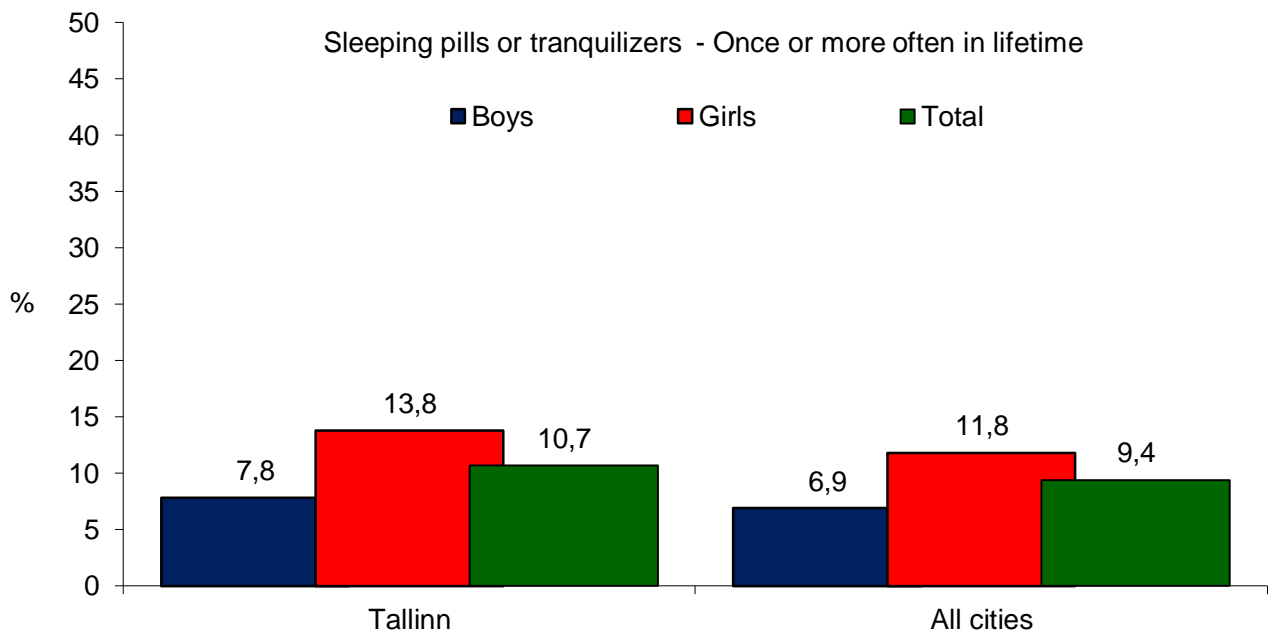


Figure 10. Sleeping pills or tranquilizers once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cites, by gender.

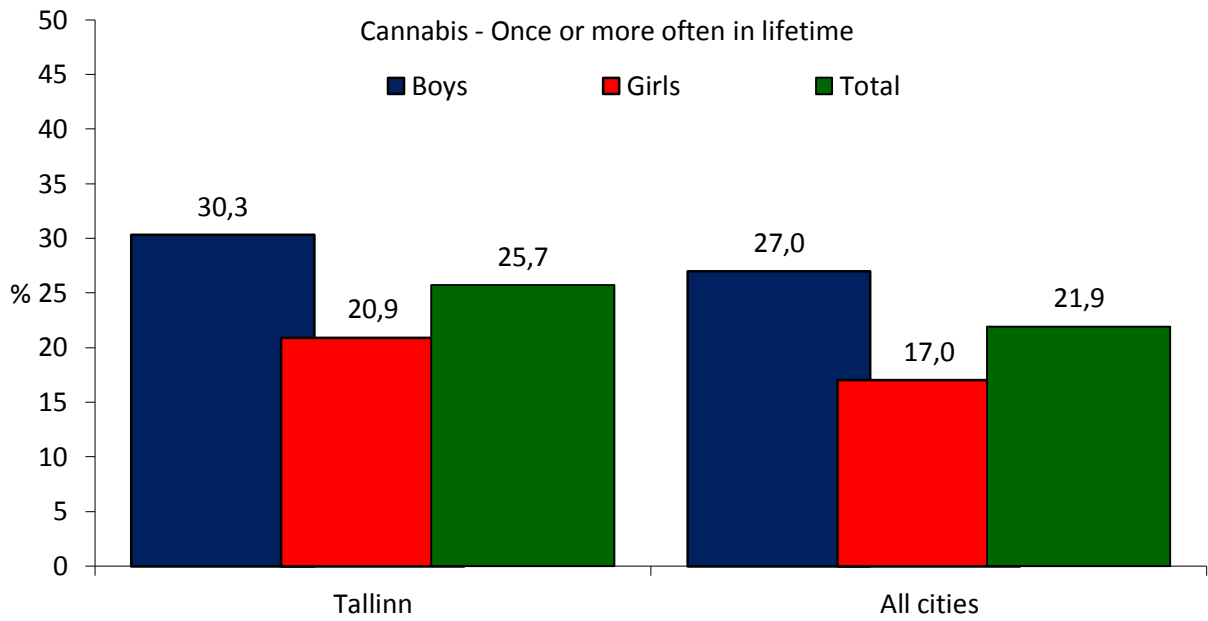


Figure 11. Cannabis once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cites, by gender.

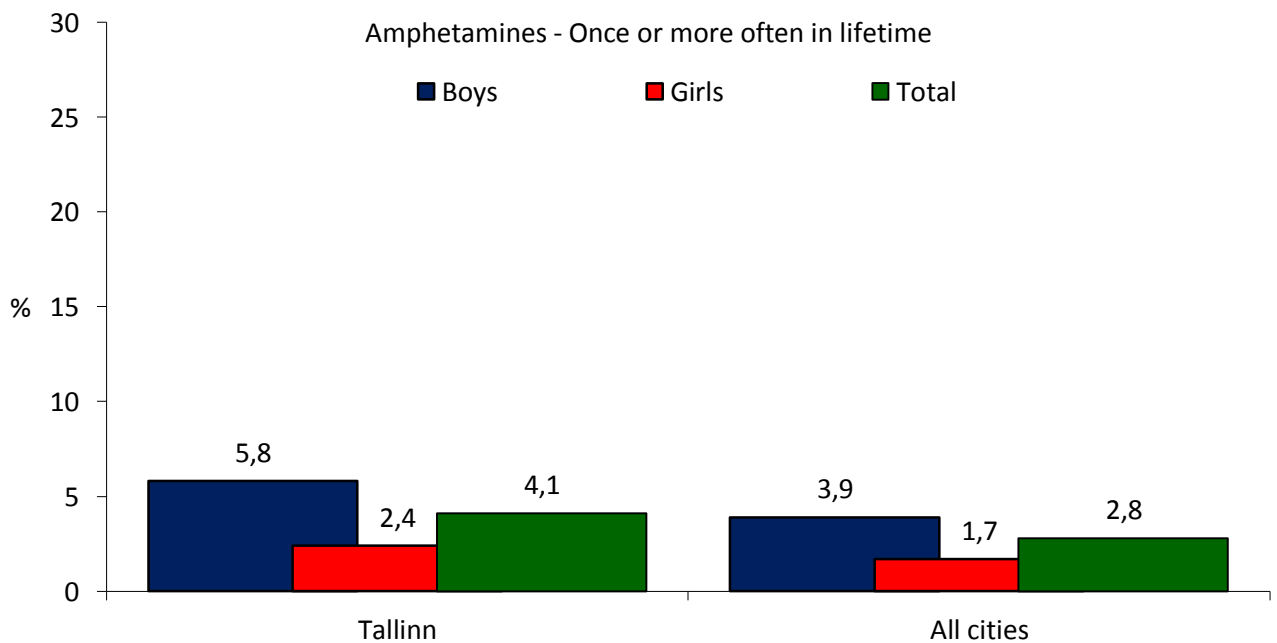


Figure 12. Amphetamines once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cites, by gender.

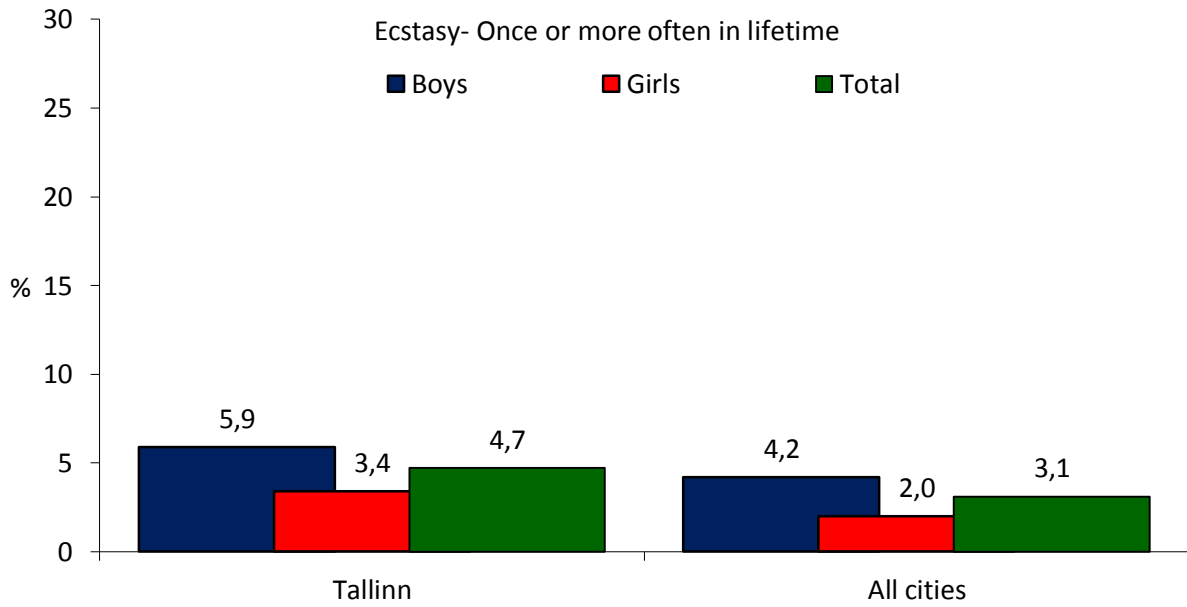


Figure 13. Ecstasy - once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

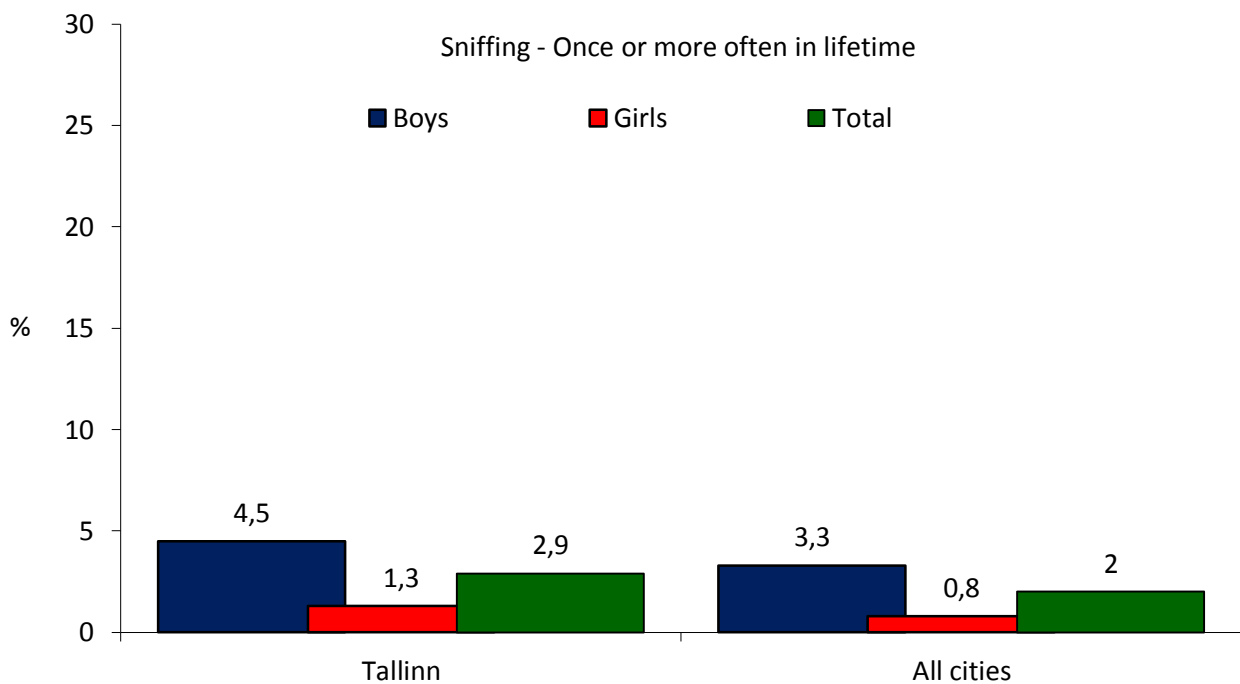


Figure 14. Sniffing - once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

First time use of substances

At what age (if ever) did you do any of the following for the first time: Had a drink of alcohol; got drunk; smoked cigarette; smoked cigarettes daily; used cannabis.

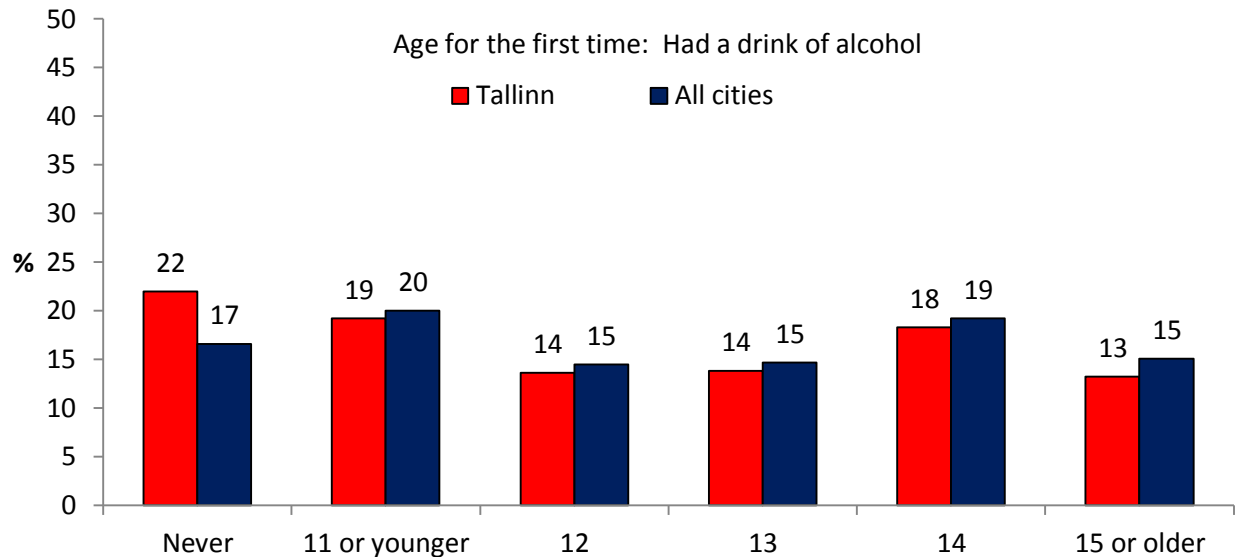


Figure 15. Age for the first time: Had a drink of alcohol. Percentage of 15 – 16 year old students in the participating cities.

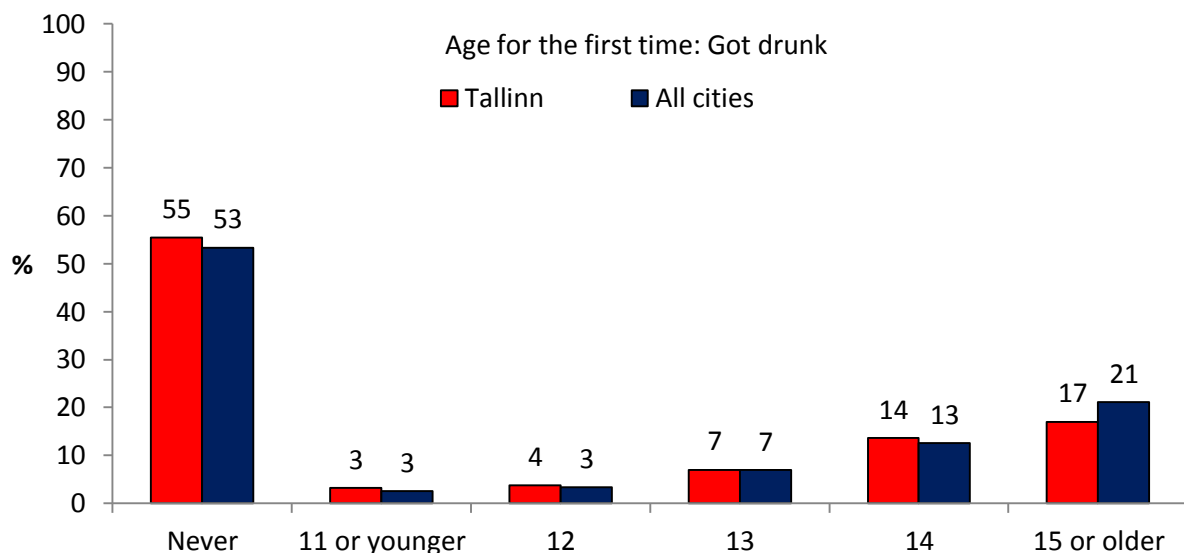


Figure 16. Age for the first time: Got drunk. Percentage of 15 – 16 year old students in the participating cities.

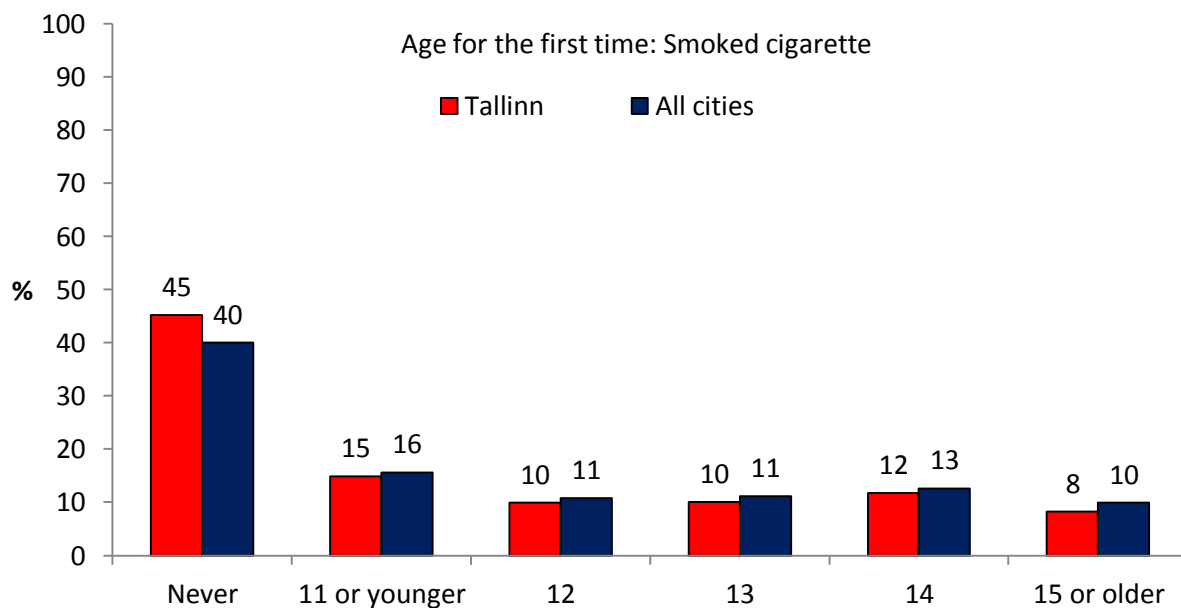


Figure 17. Age for the first time: Smoked cigarette. Percentage of 15 – 16 year old students in the participating cities.

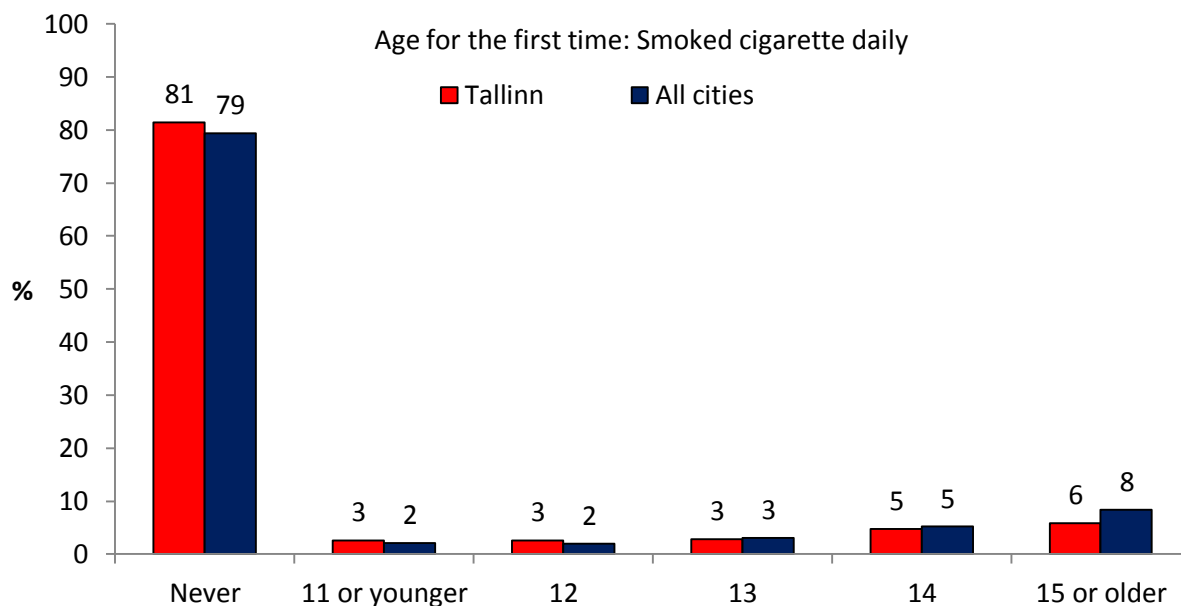


Figure 18. Age for the first time: Smoked cigarette daily. Percentage of 15 – 16 year old students in the participating cities.

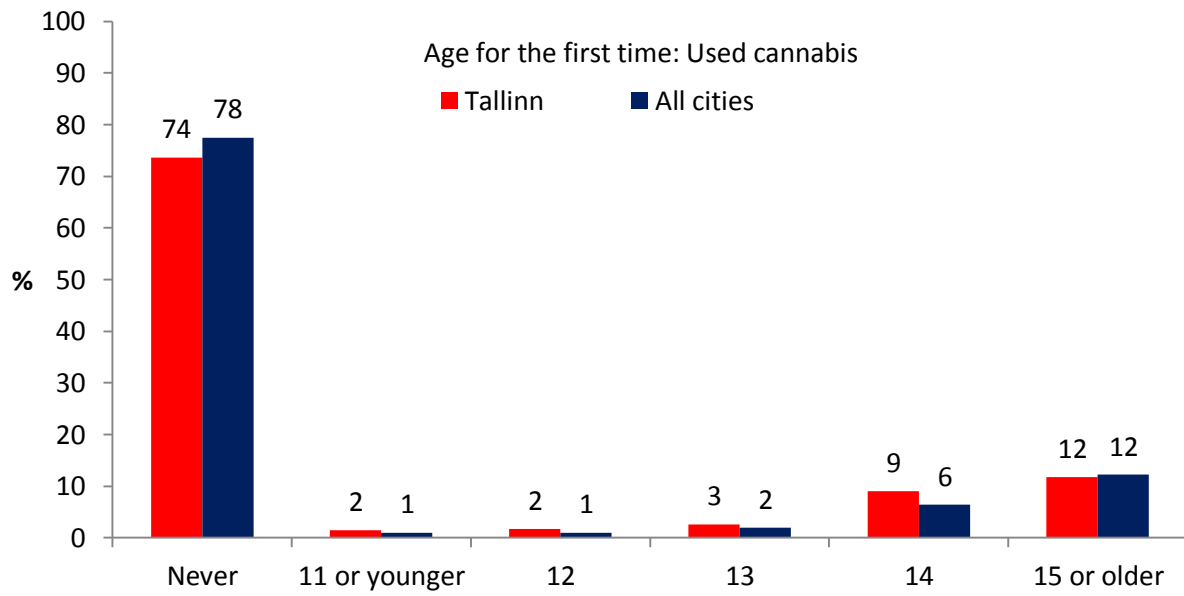


Figure 19. Age for the first time: Used cannabis. Percentage of 15 – 16 year old students in the participating cities.

Parental factors

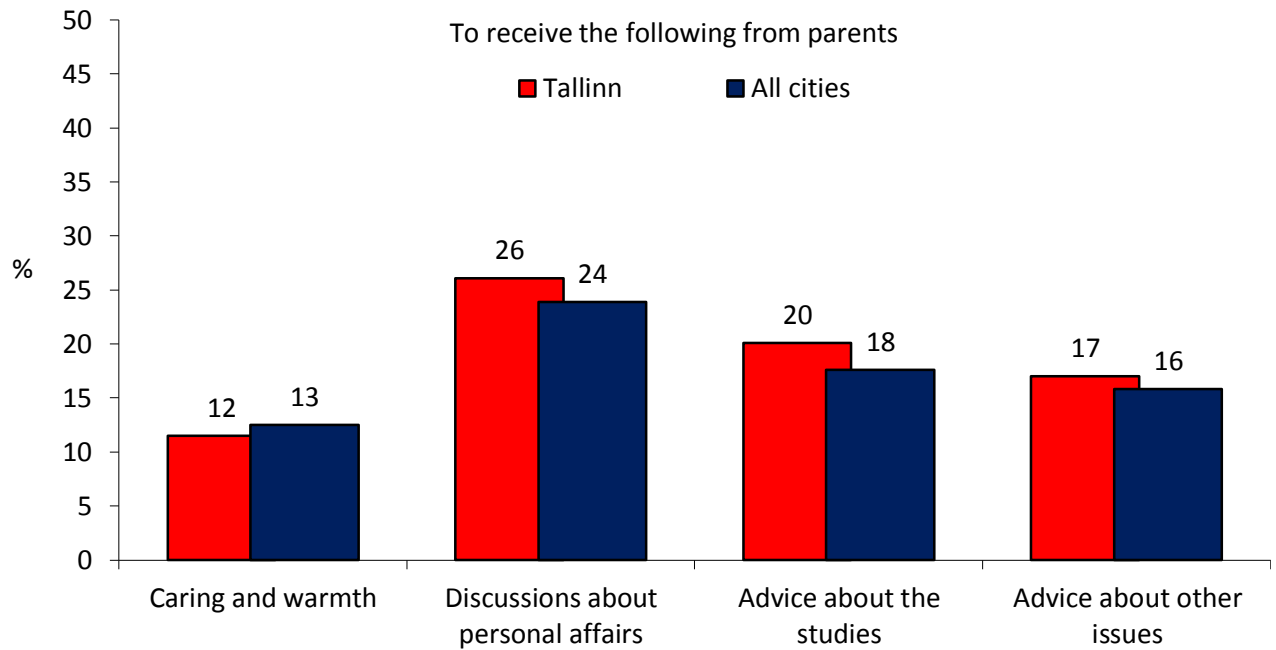


Figure 20. How easy or hard would it be for you to receive the following from your parents...? Percentage of 15 – 16 year old students in the participating cities that say it would be rather or very difficult.

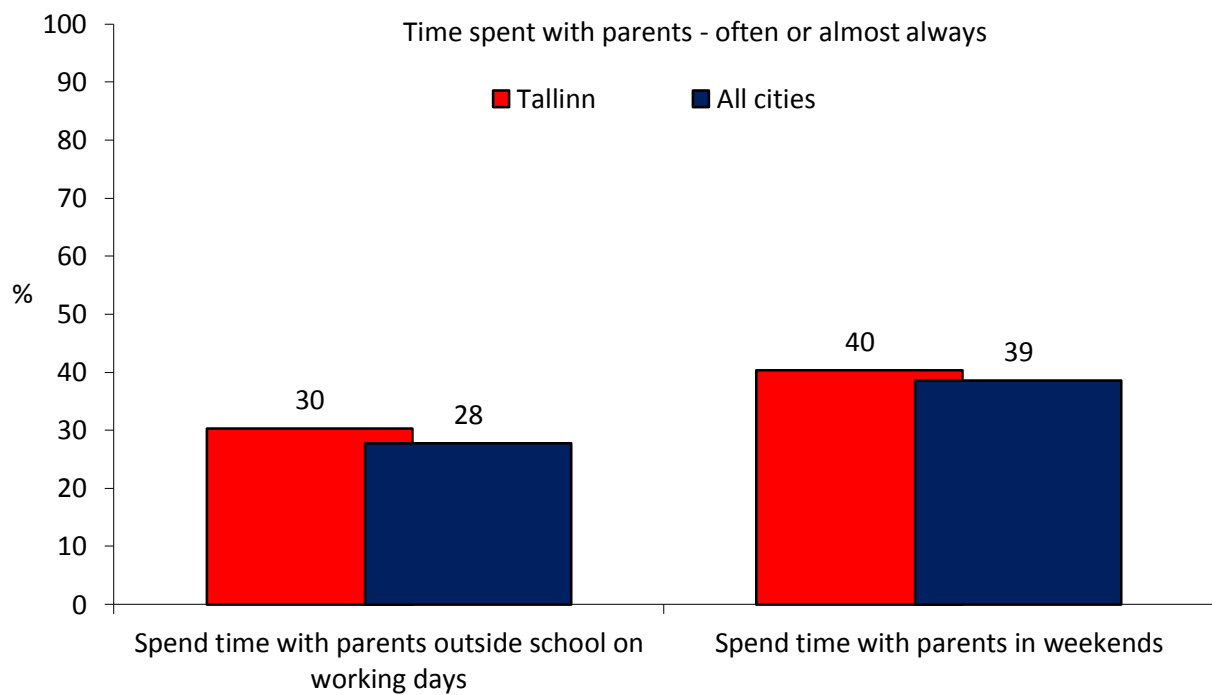


Figure 21. How well does the following apply to you...? Percentage of 15 – 16 year old students in the participating cities that say it applies often or almost always, by city.

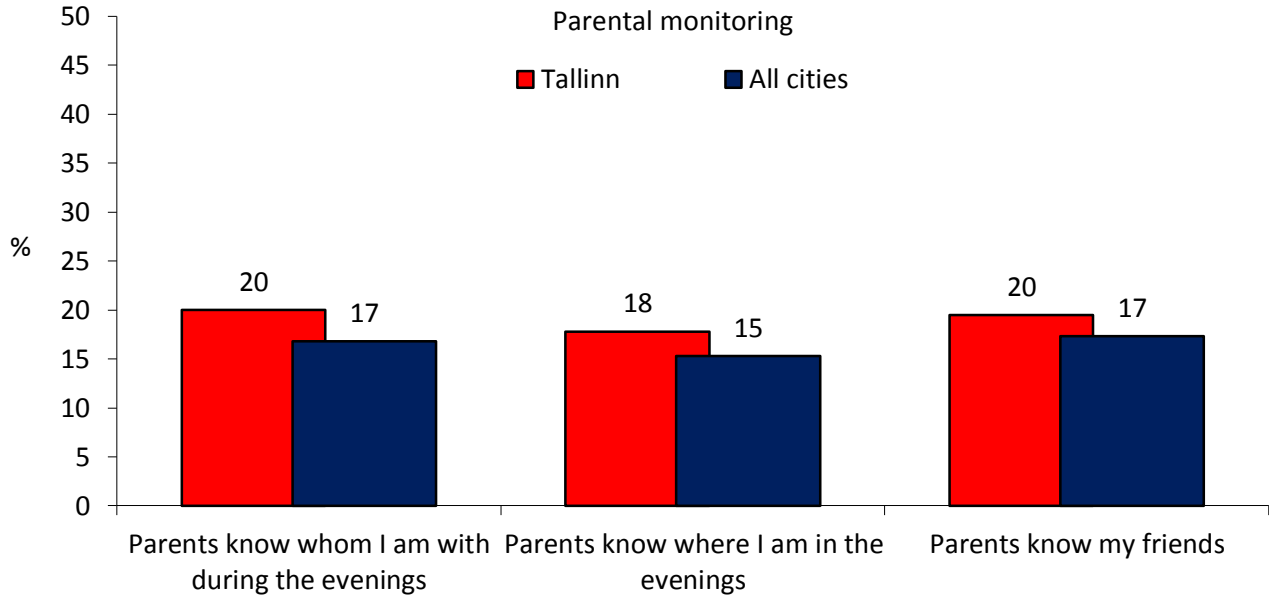


Figure 22. How well do the following statements apply to you...? Percentage of 15 – 16 year old students in the participating cities that say it applies rather or very poorly, by city.

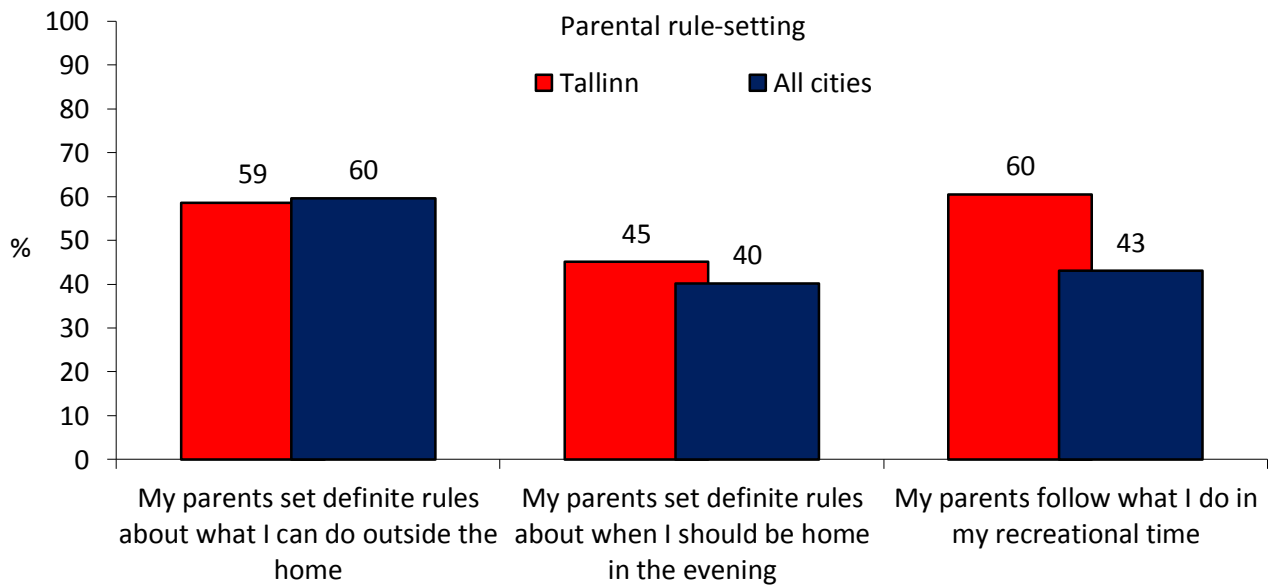


Figure 23. How well do the following statements apply to you...? Percentage of 15 – 16 year old students in the participating cities that say it applies rather or very poorly, by city.

Parents reactions to substance use

How do you think your parents would react if you did any of the following: If you would smoke cigarettes; if you would become drunk; if you would smoke cannabis.

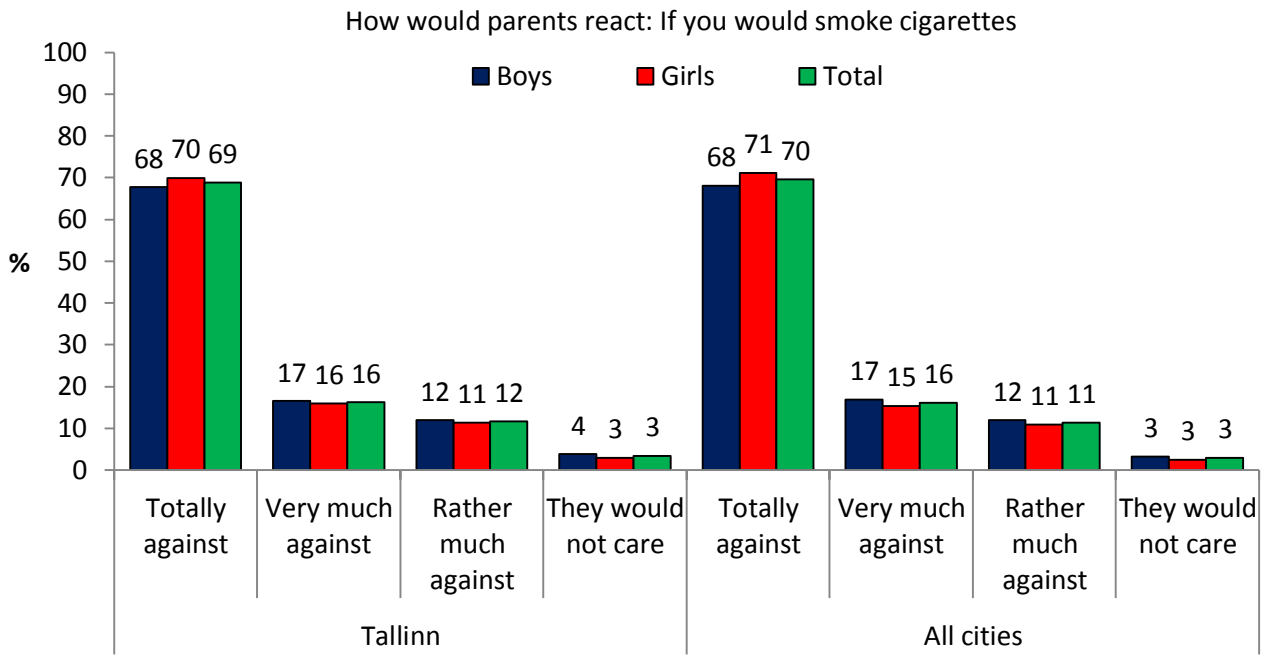


Figure 24. How would parents react if you would smoke cigarettes? Percentage of 15 – 16 year old students in the participating cites, by gender.

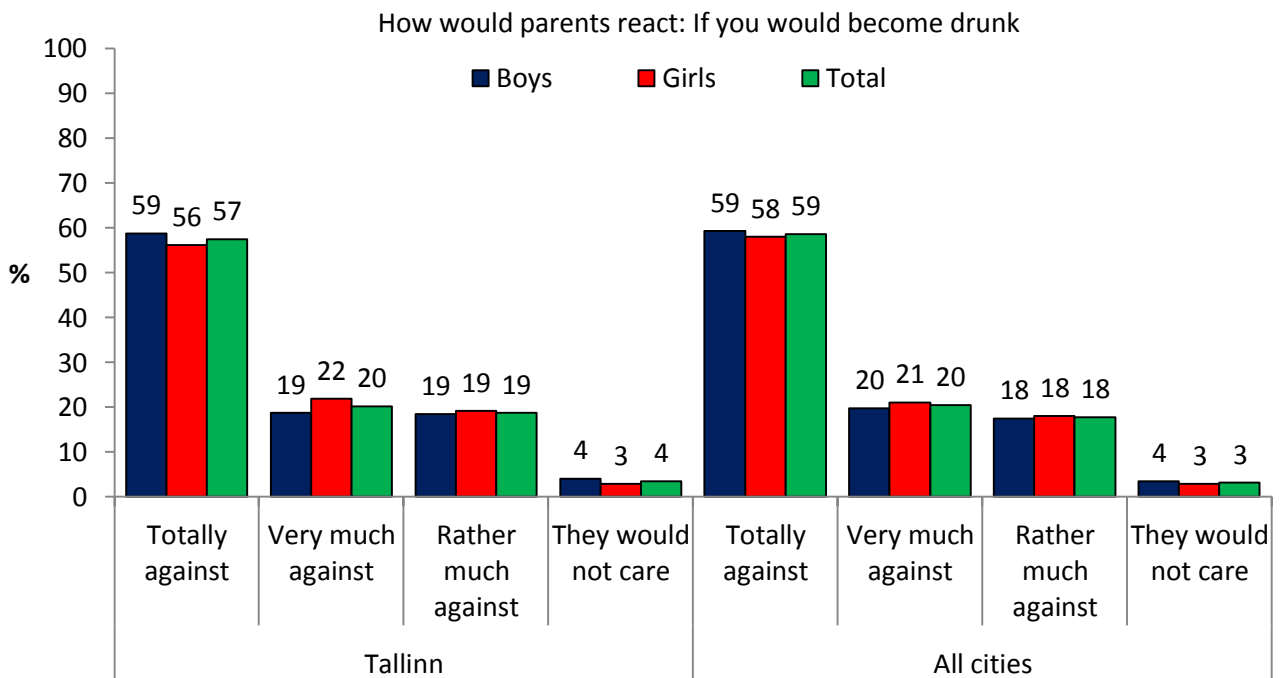


Figure 25. How would parents react if you would become drunk? Percentage of 15 – 16 year old students in the participating cites, by gender.

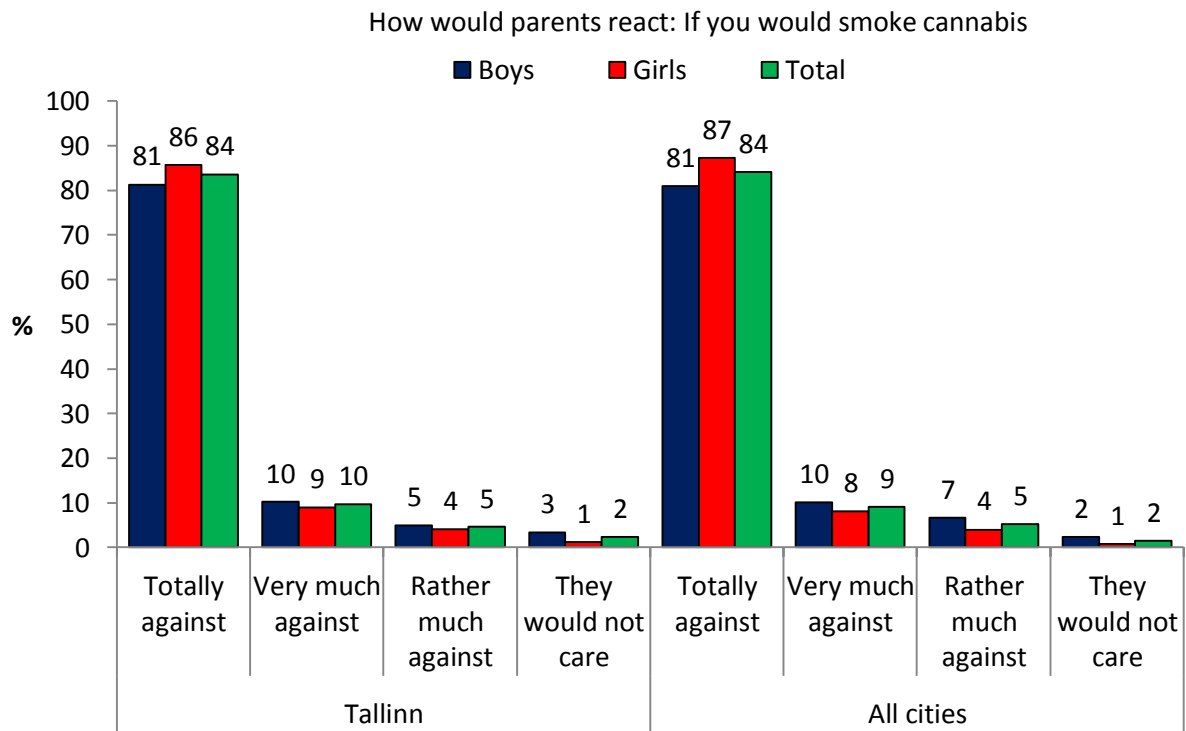


Figure 26. How would parents react if you would smoke cannabis? Percentage of 15 – 16 year old students in the participating cities, by gender.

Substance use and parental factors - Cross tabulations

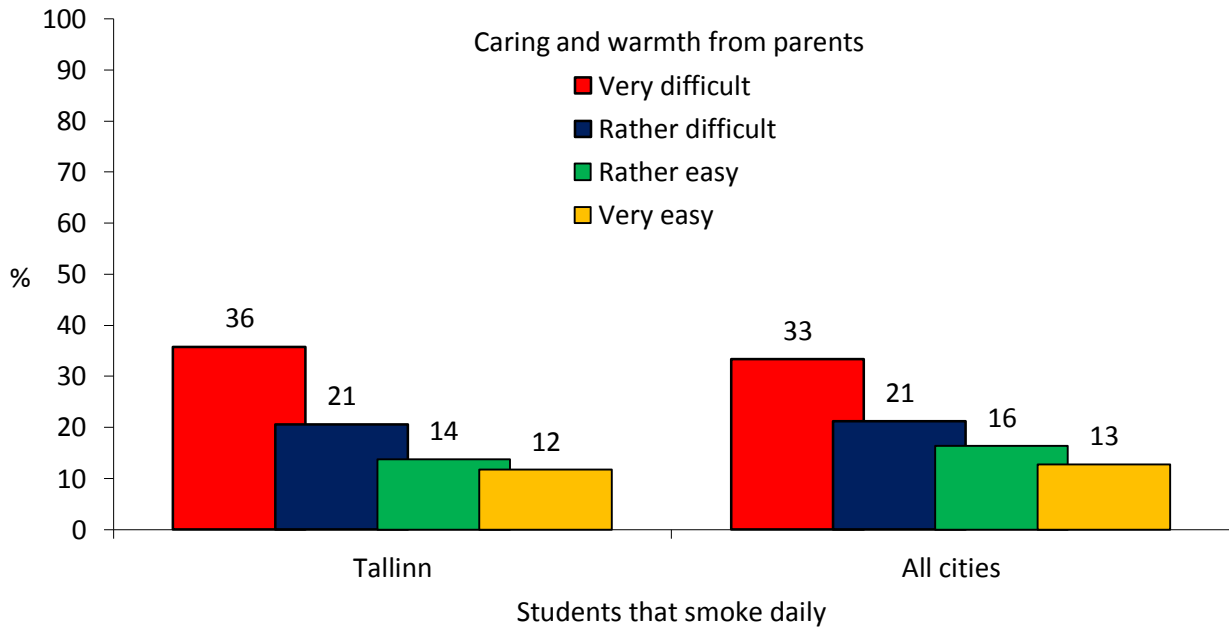


Figure 27. Percentage of 15 – 16 year old students in the participating cities that smoke daily, analysed by how easy or hard it would be to receive caring and warmth from their parents.

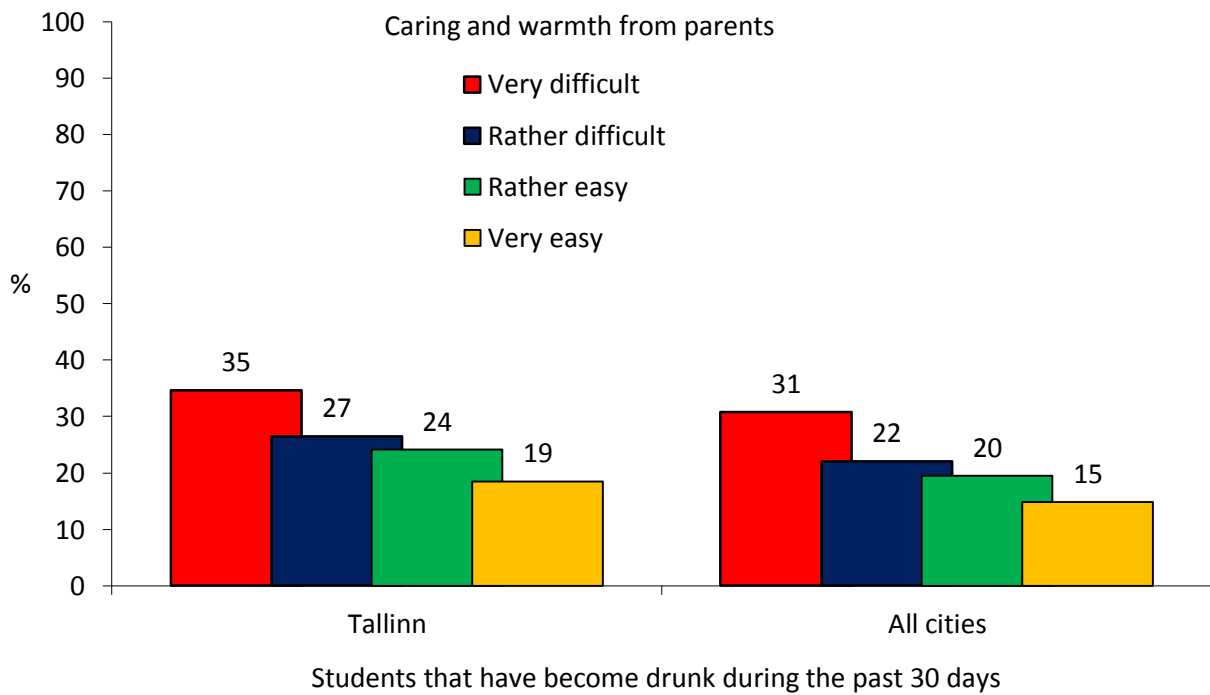


Figure 28. Percentage of 15 – 16 year old students in the participating cities that have become drunk during the past 30 days, analysed by how easy or hard it would be to receive caring and warmth from their parents.

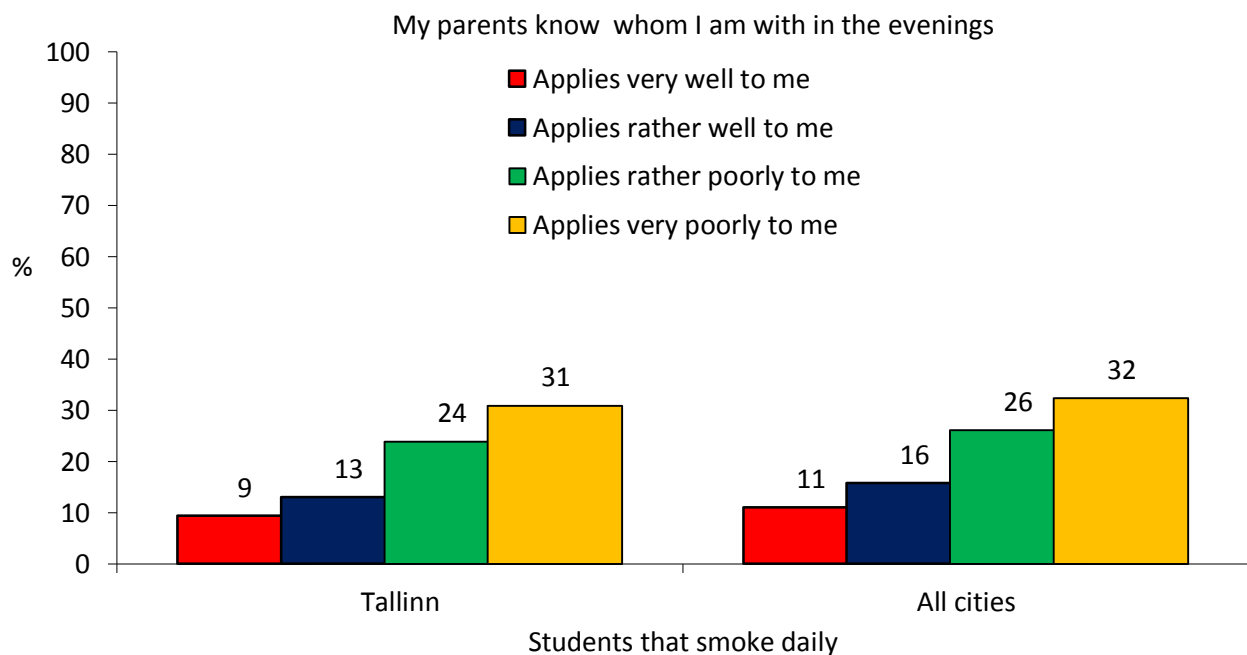


Figure 29. Percentage of 15 – 16 year old students in the participating cites that smoke daily, analysed by how well the following statements apply to them: My parents know whom I am with in the evenings.

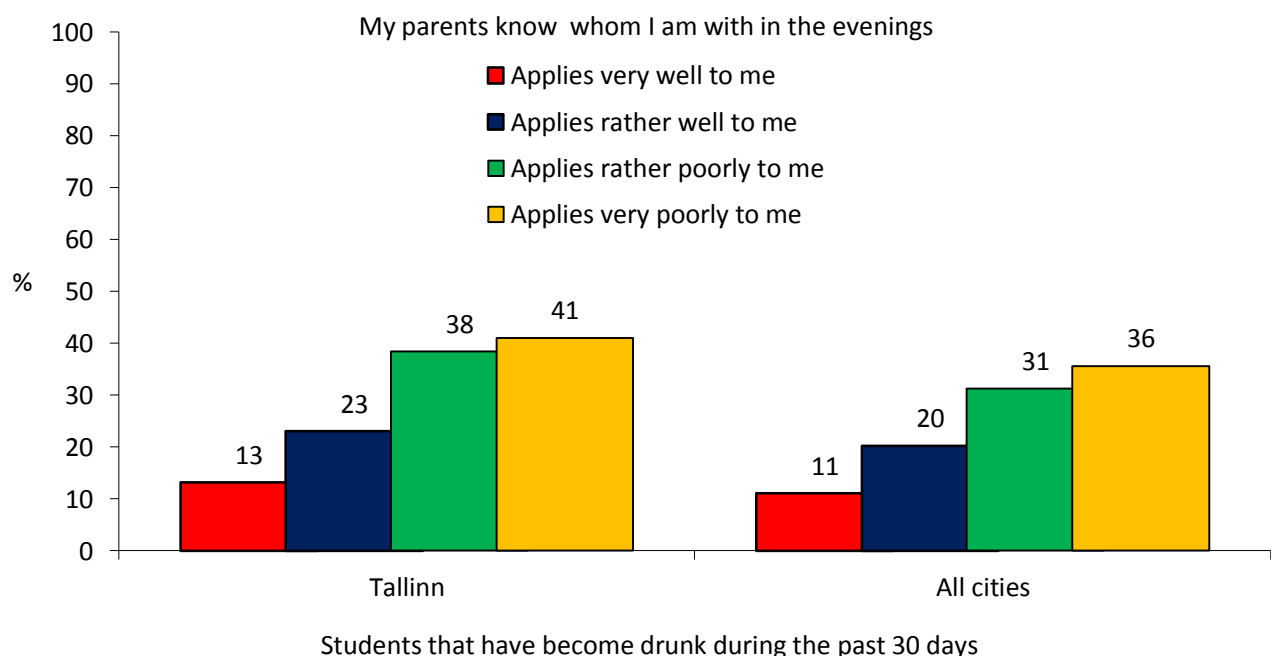


Figure 30. Percentage of 15 – 16 year old students in the participating cites that have become drunk during the past 30 days analysed by how well the following statements apply to them: My parents know whom I am with in the evenings.

The peer group

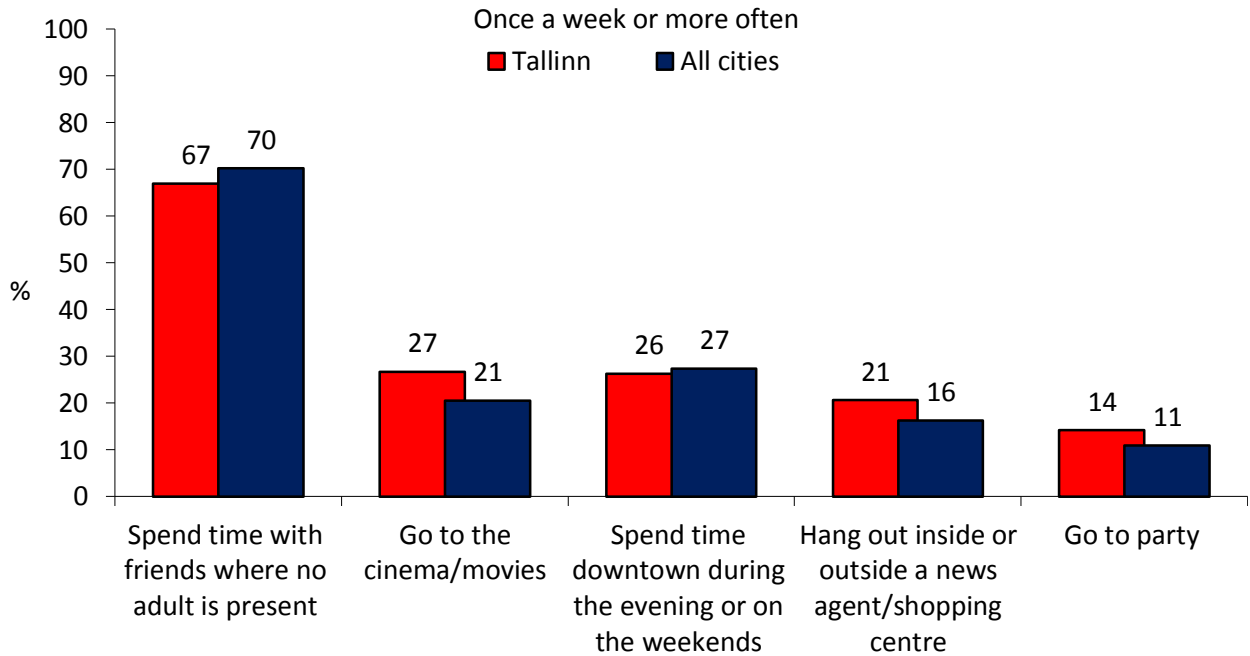


Figure 31. How often do you do the following...? Percentage of 15 – 16 year old students in the participating cities that say they do the following once a week or more often.

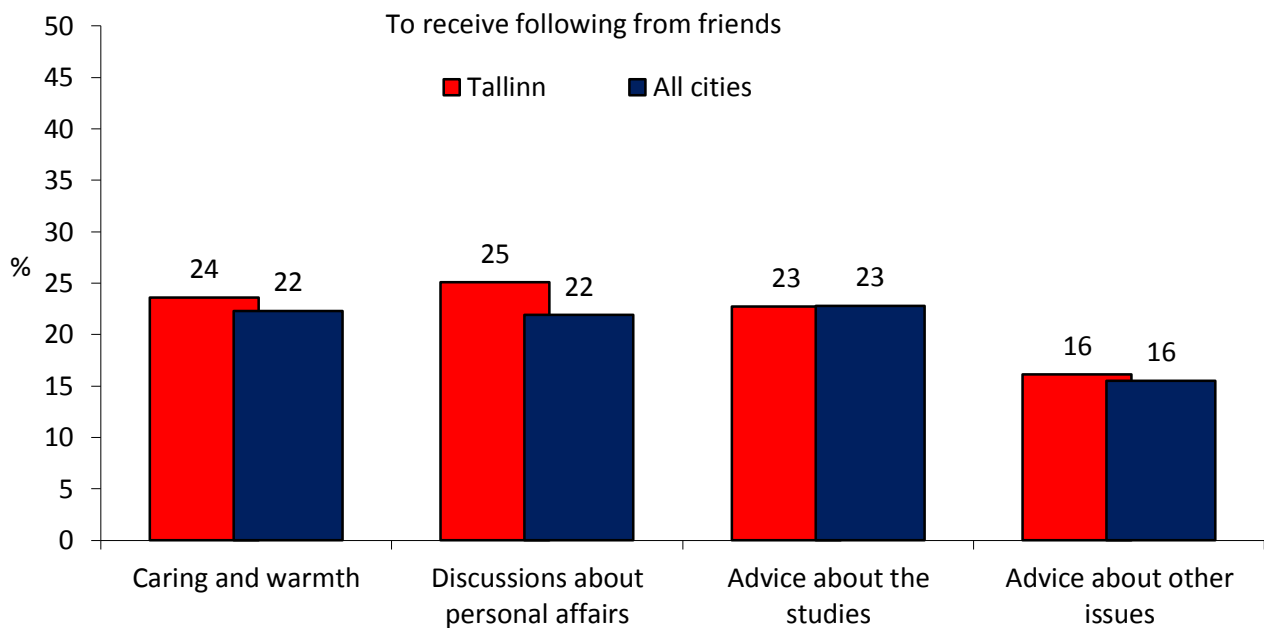


Figure 32. How easy or hard would it be for you to receive the following from your friends...? Percentage of 15 – 16 year old students in the participating cities that say it would be rather or very difficult.

Substance use and peer-group

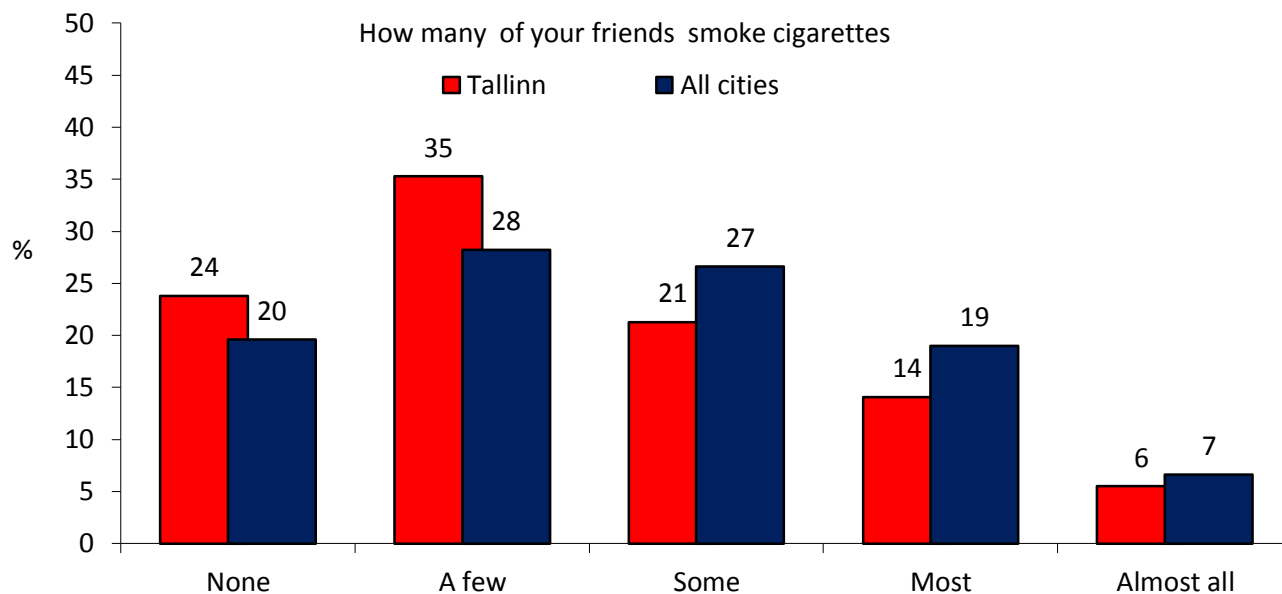


Figure 33. How many of your friends smoke cigarettes? Percentage of 15 – 16 year old students in the participating cities.

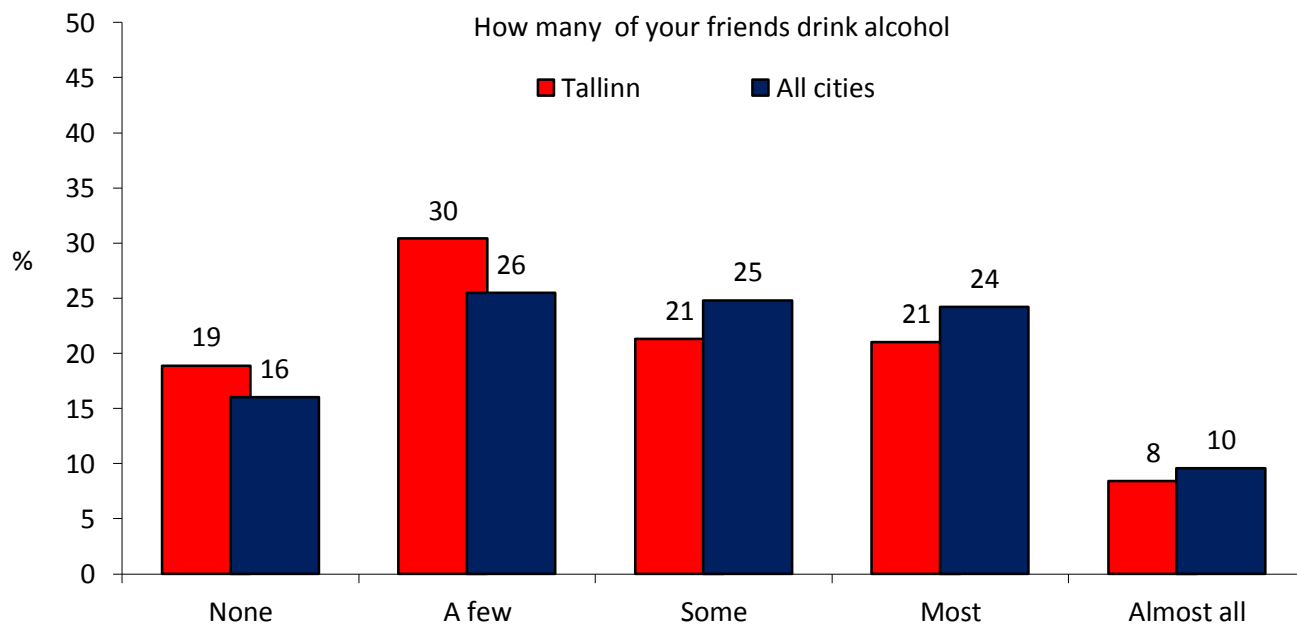


Figure 34. How many of your friends drink alcohol? Percentage of 15 – 16 year old students in the participating cities.

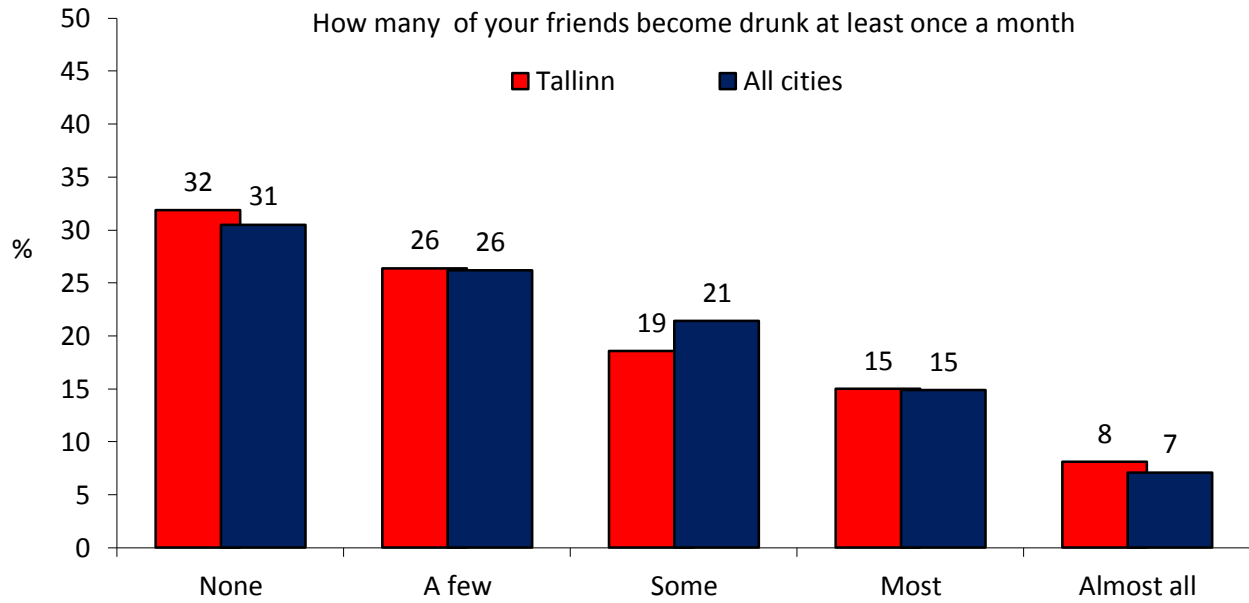


Figure 35. How many of your friends become drunk at least once a month? Percentage of 15 – 16 year old students in the participating cites.

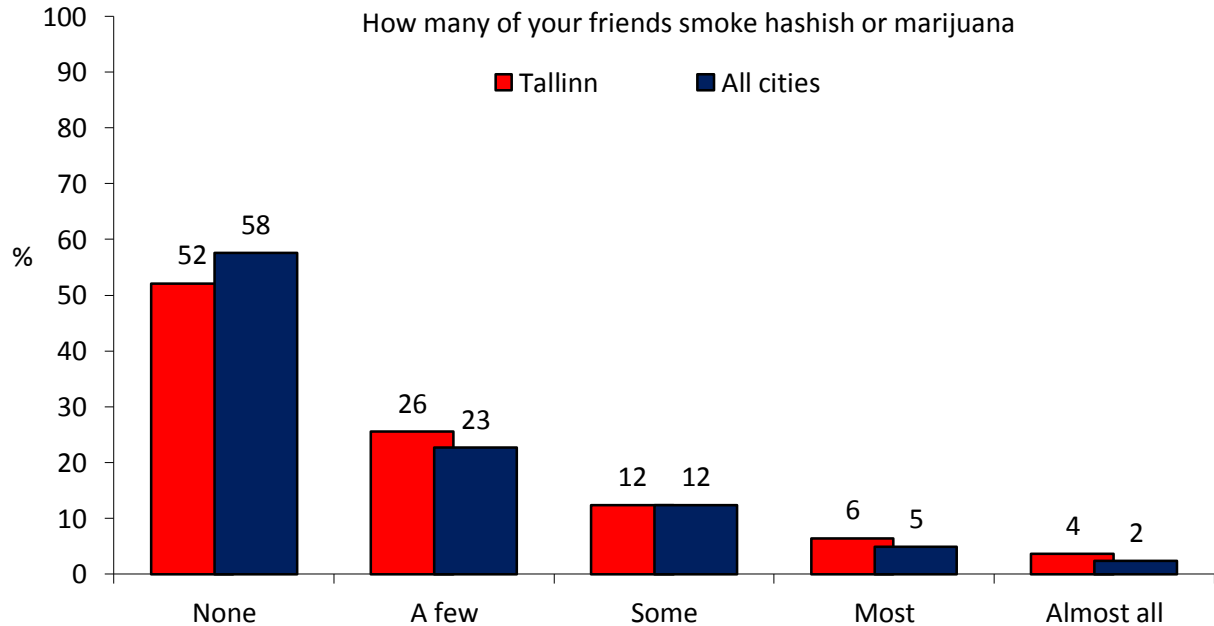


Figure 36. How many of your friends smoke hashish or marijuana? Percentage of 15 – 16 year old students in the participating cites.

Leisure time

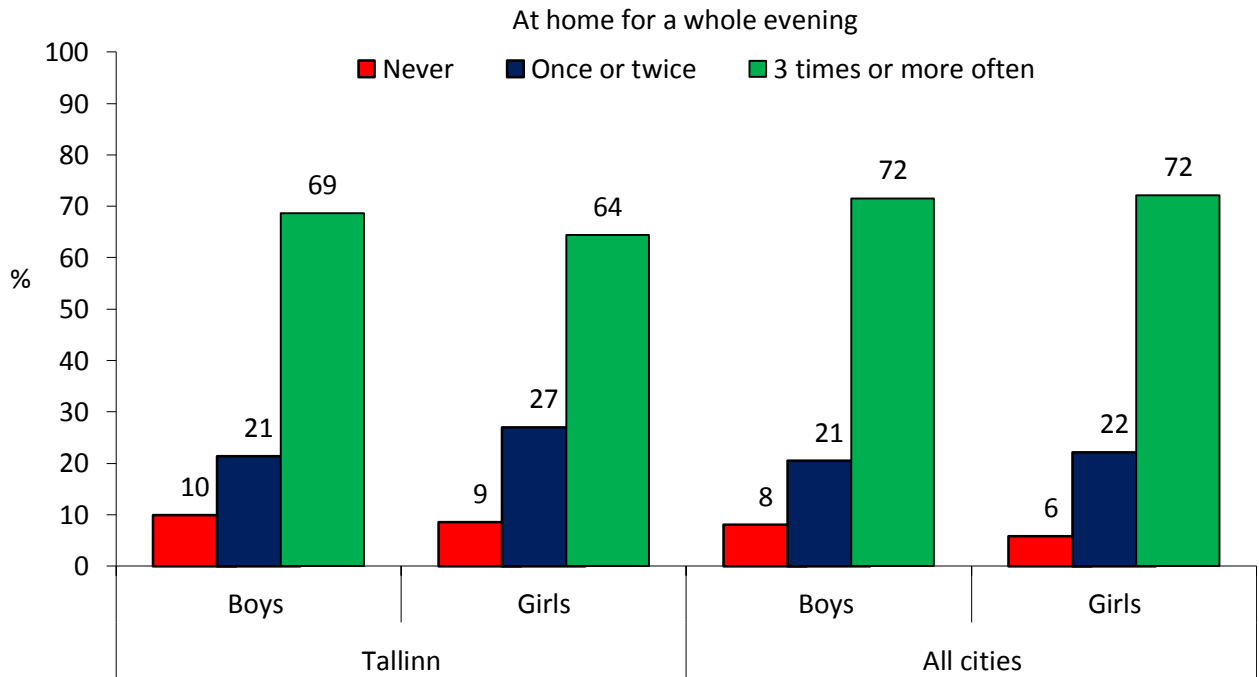


Figure 37. During the last 7 days, how often did you stayed at home for a whole evening? Percentage of 15 – 16 year old students in the participating cites, by gender.

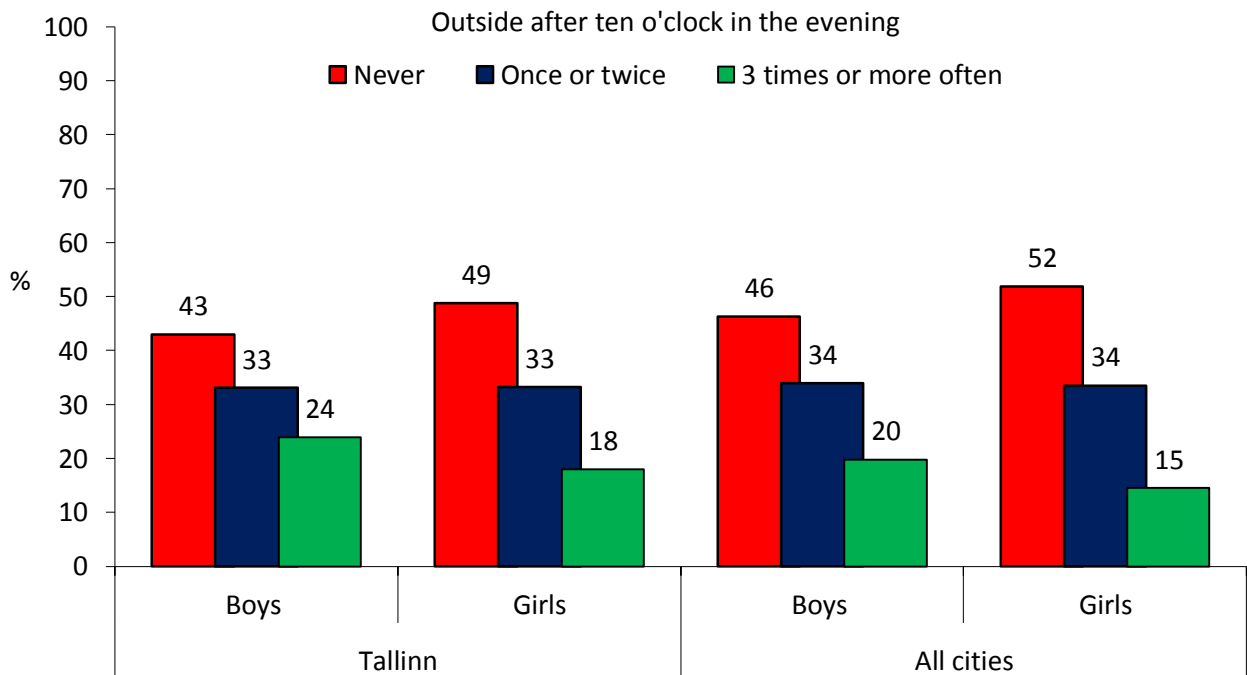


Figure 38. During the last 7 days, how often did you go outside after ten o'clock in the evening? Percentage of 15 – 16 year old students in the participating cites, by gender.

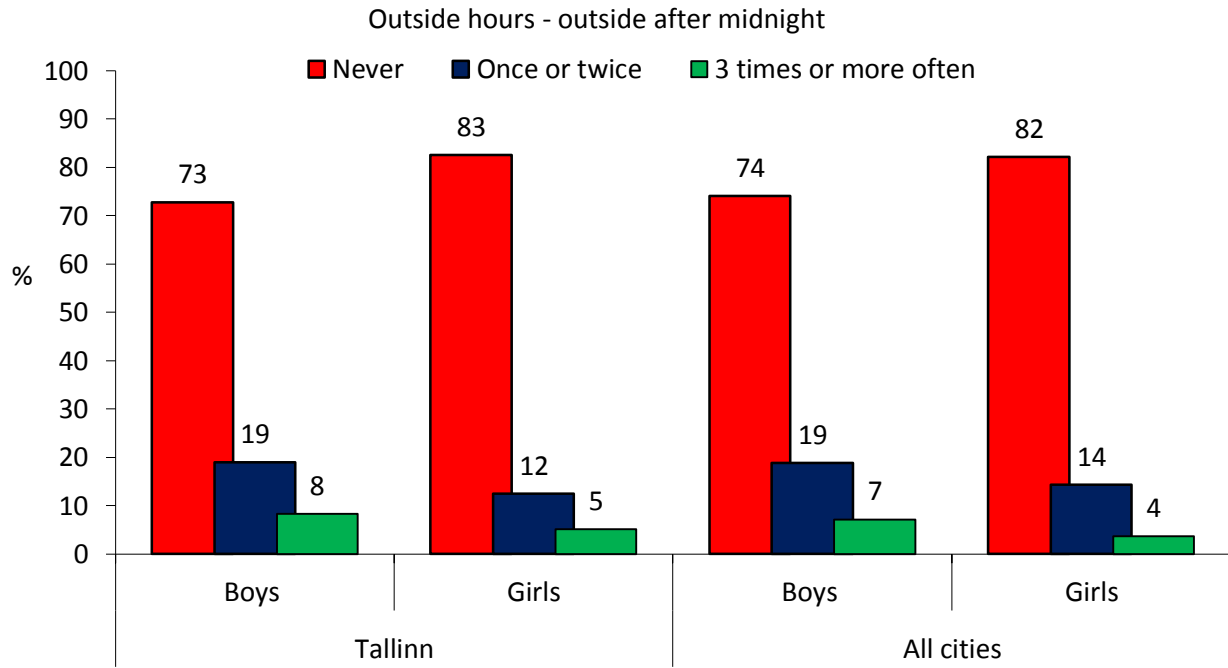


Figure 39. During the last 7 days, how often did you go outside and returned after midnight? Percentage of 15 – 16 year old students in the participating cites, by gender.

Sports and aerobic activities

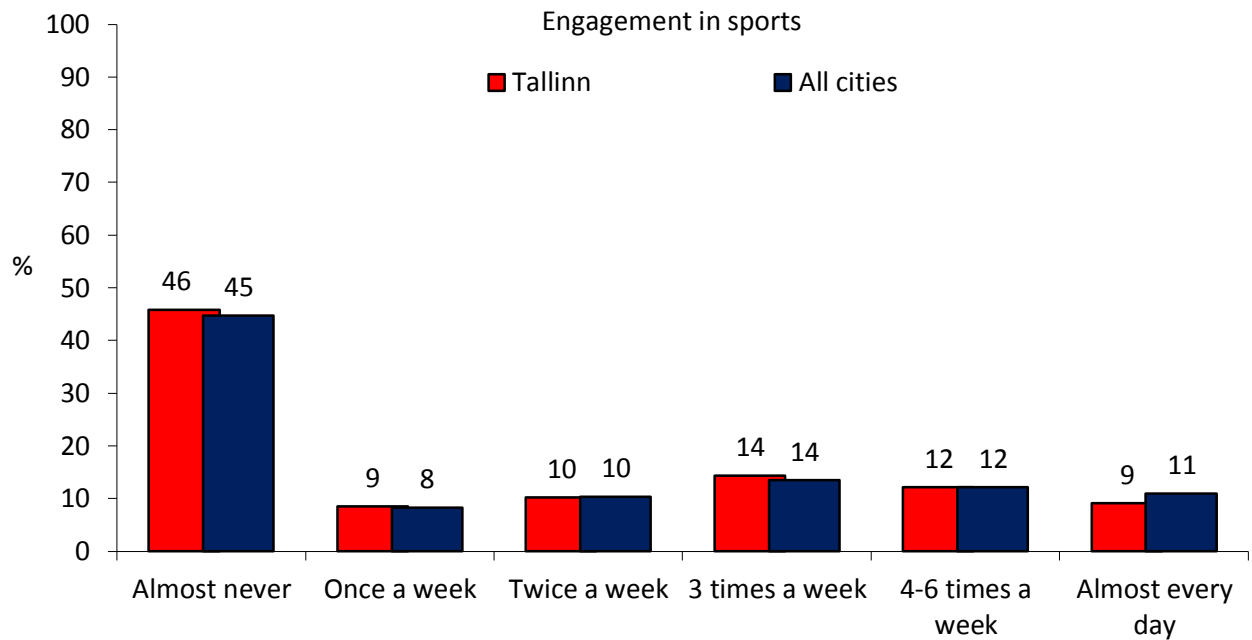


Figure 40. How often do you engage in sports in a sports club/team? Percentage of 15 – 16 year old students in the participating cites.

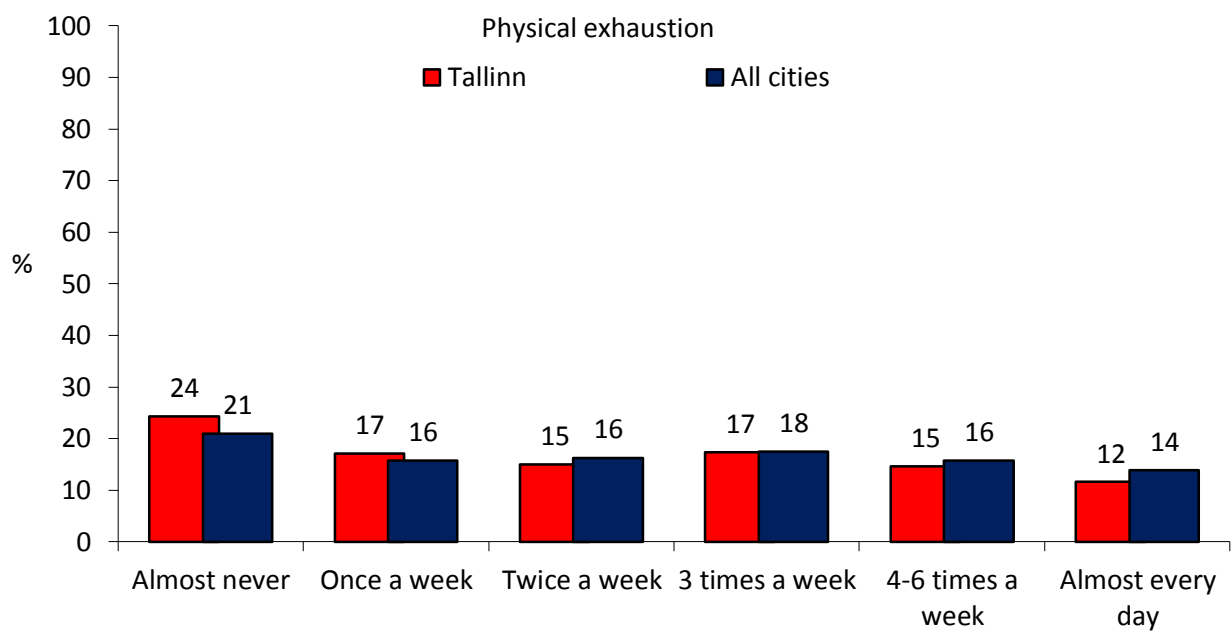


Figure 41. How often you exert yourself physically so you exhaust yourself or sweat? Percentage of 15 – 16 year old students in the participating cites.

Organized or extracurricular activities

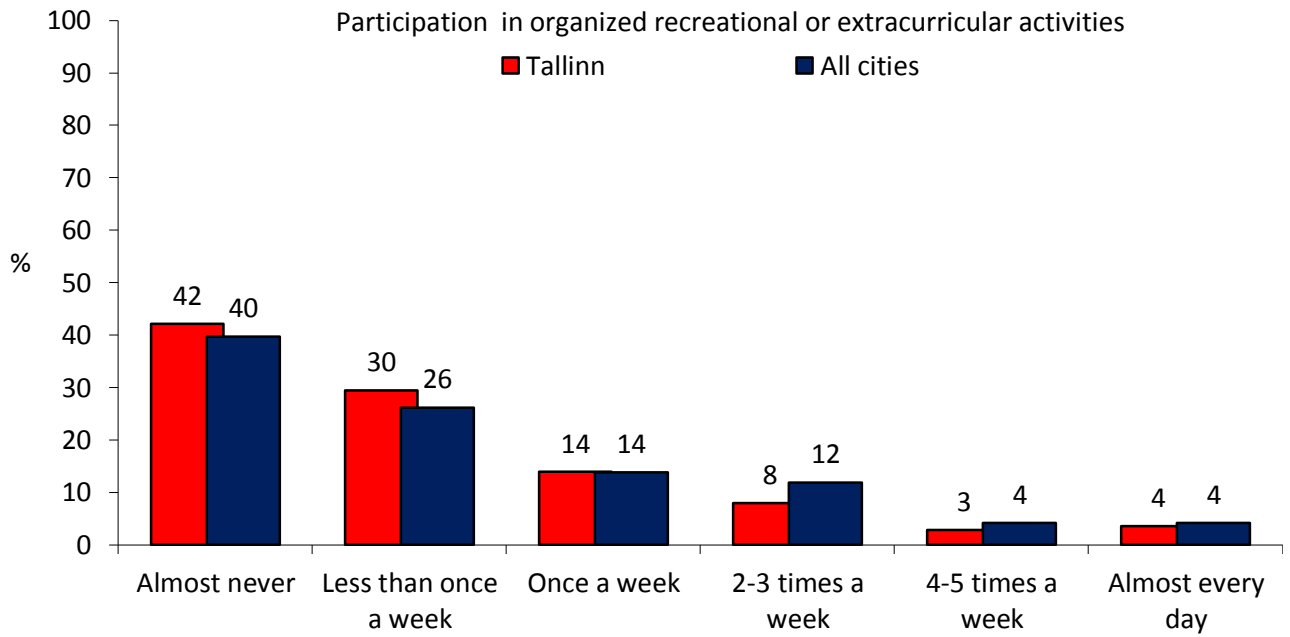


Figure 42. Do you take part in any organized recreational or extracurricular activities? Percentage of 15 – 16 year old students in the participating cities.

Substance use and organized sport – Cross tabulations

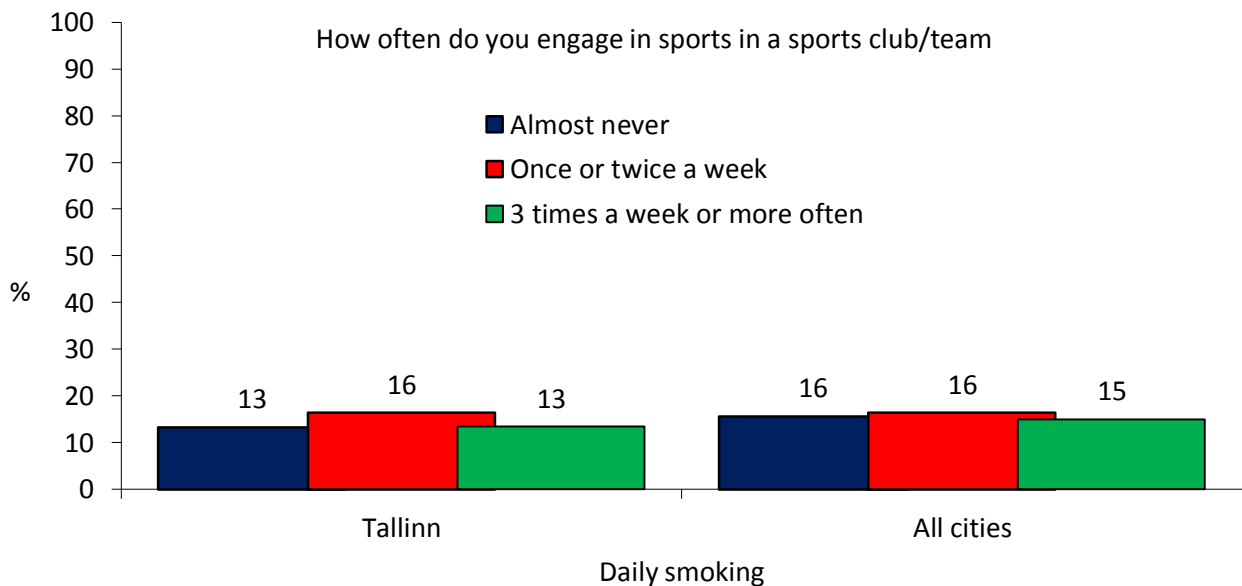


Figure 43. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how often they are engaged in sports in a sports club/team.

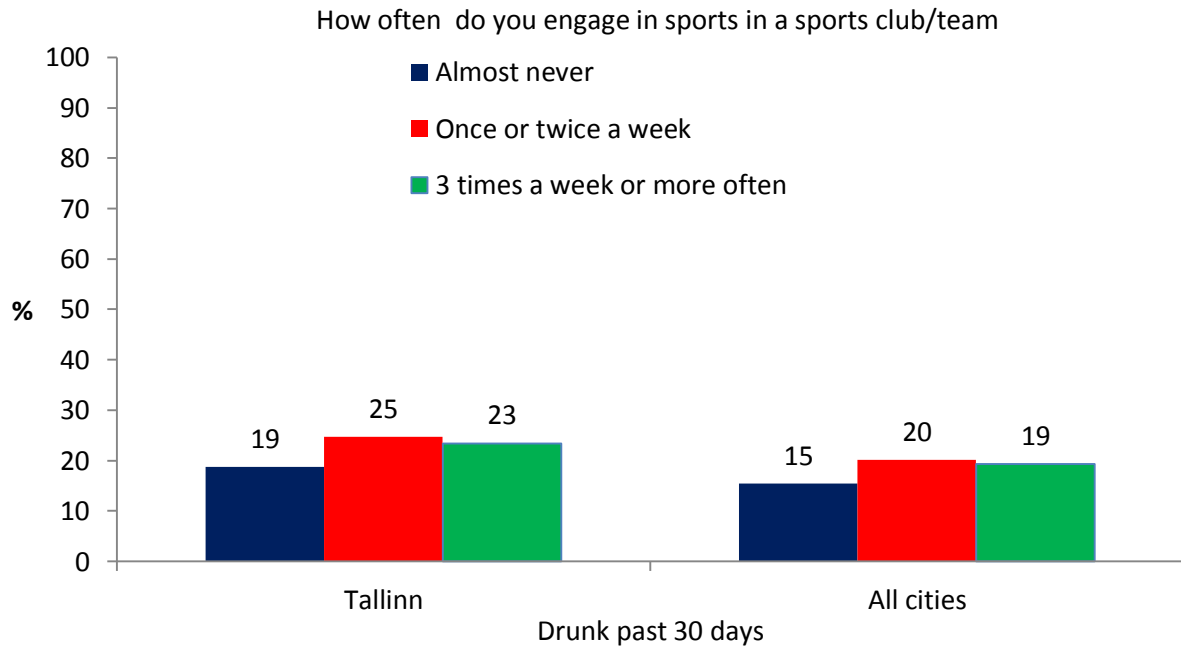


Figure 44. Percentage of 15 – 16 year old students in the participating cities that had become drunk past 30 days analysed by how often they are engaged in sports in a sports club/team, by city.

Substance use and organized recreational activities – Cross tabulations

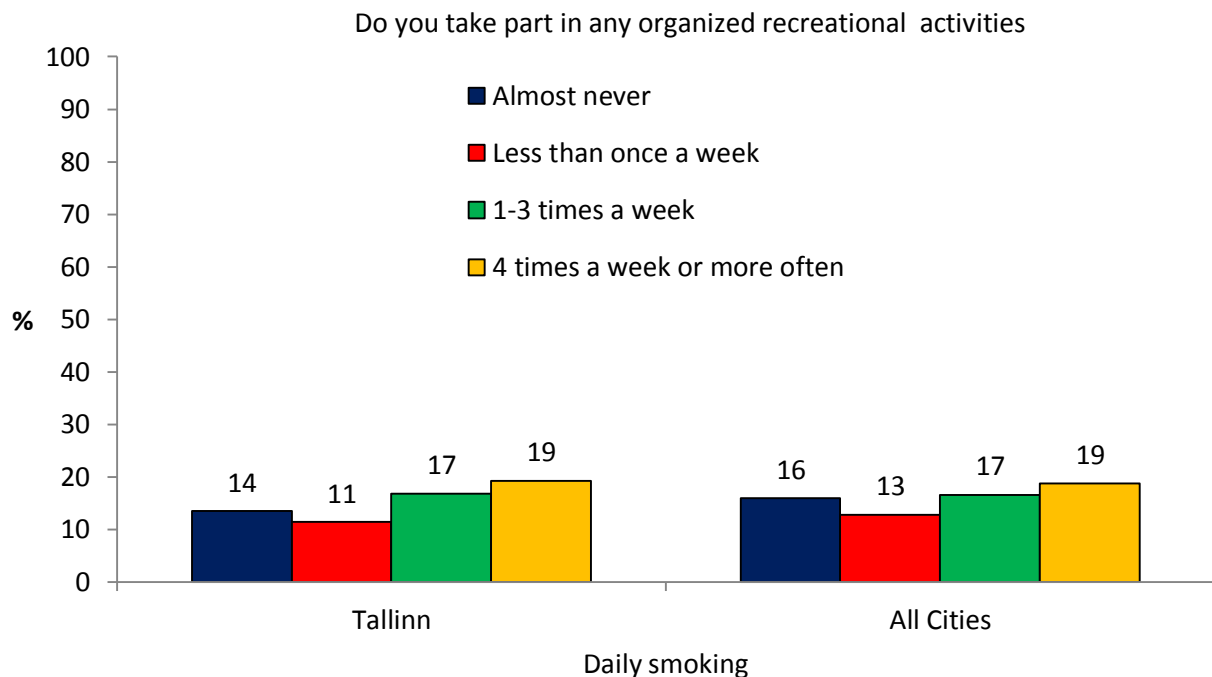


Figure 45. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how often they take part in organized recreational activities.

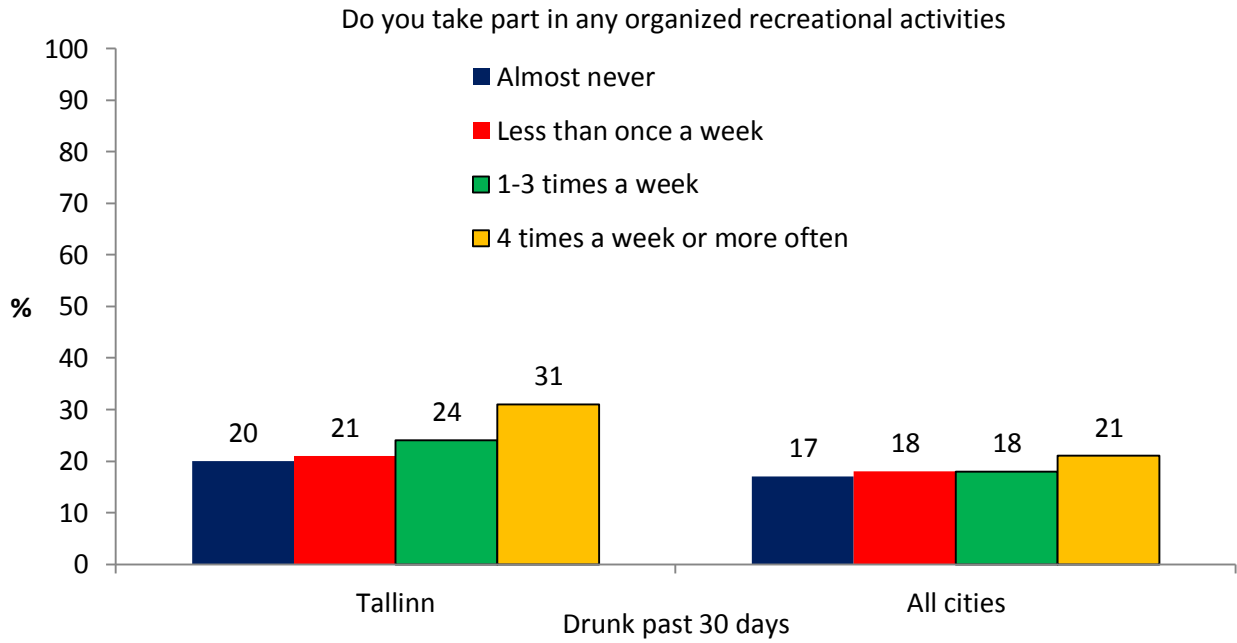


Figure 46. Percentage of 15 – 16 year old students in the participating cities that had become drunk past 30 days analysed by how often they take part in organized recreational activities.

Well-being in school

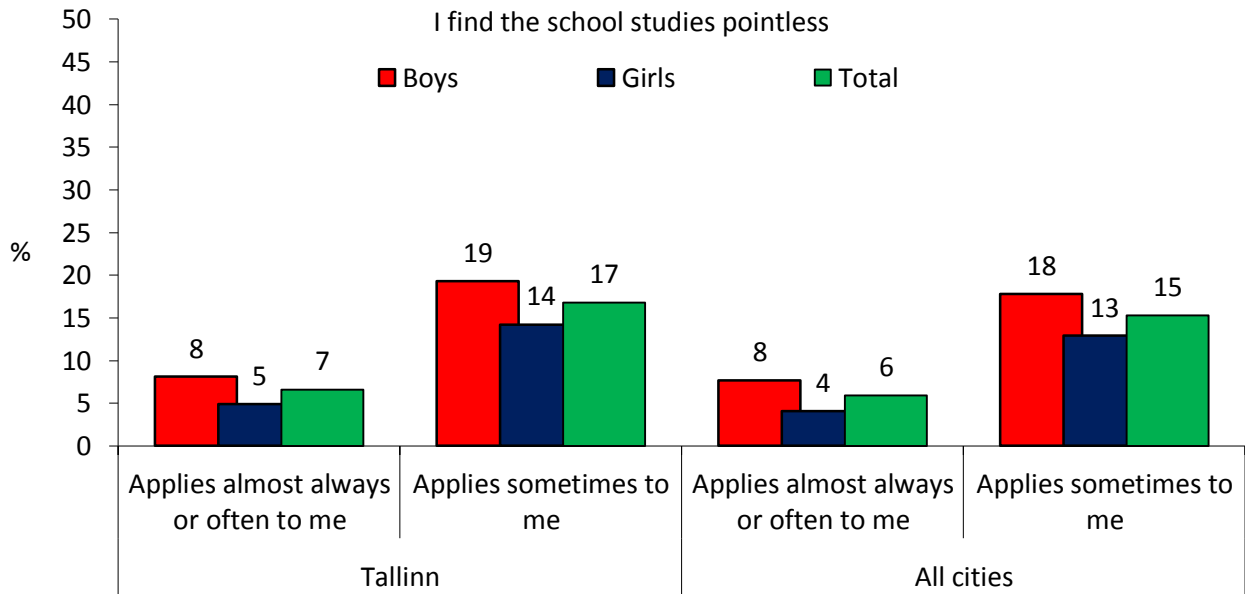


Figure 47. How well do the following statements apply to you? I find the school studies pointless. Percentage of 15 – 16 year old students in the participating cites, by gender.

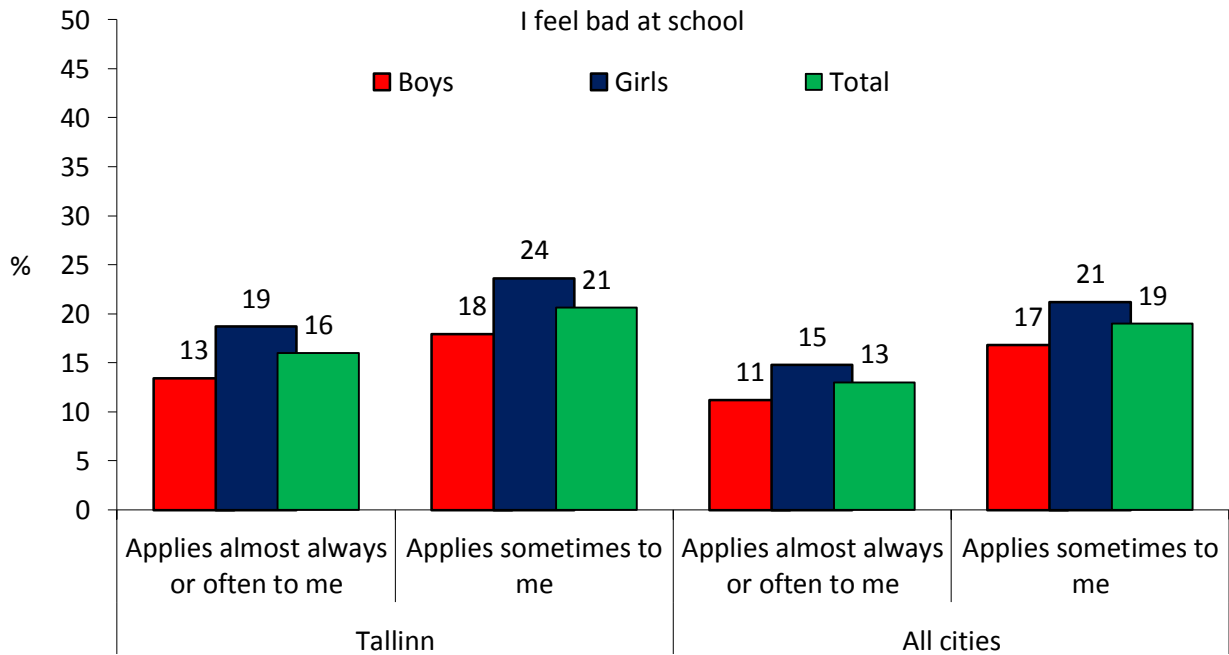


Figure 48. How well do the following statements apply to you? I feel bad at school. Percentage of 15 – 16 year old students in the participating cites, by gender.

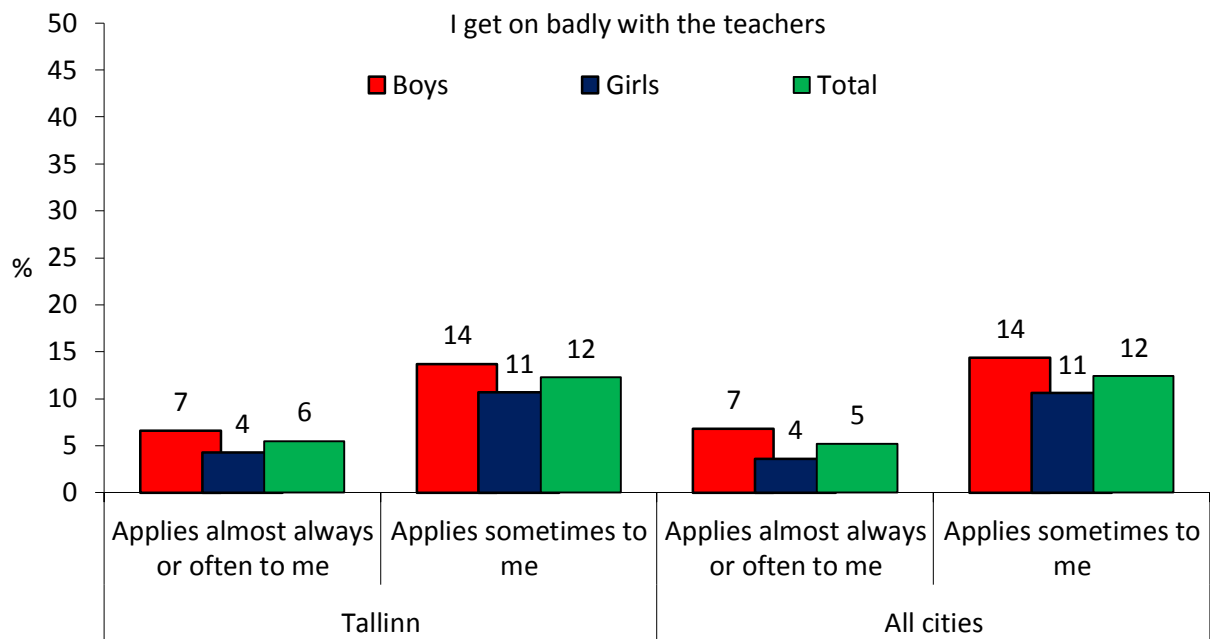


Figure 49. How well do the following statements apply to you? I get on badly with the teachers. Percentage of 15 – 16 year old students in the participating cities, by gender.

Substance use and well-being in school – Cross tabulations

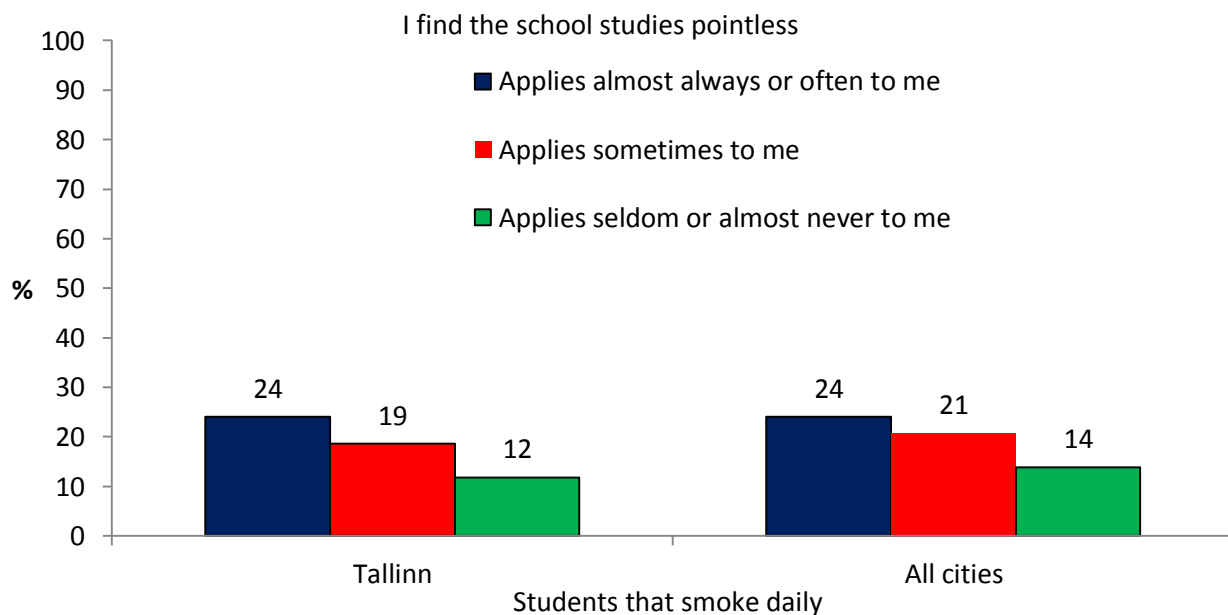


Figure 50. Percentage of 15 – 16 year old students in the participating cites that smoke daily analysed by how well the following statements apply to them: I find the school studies pointless.

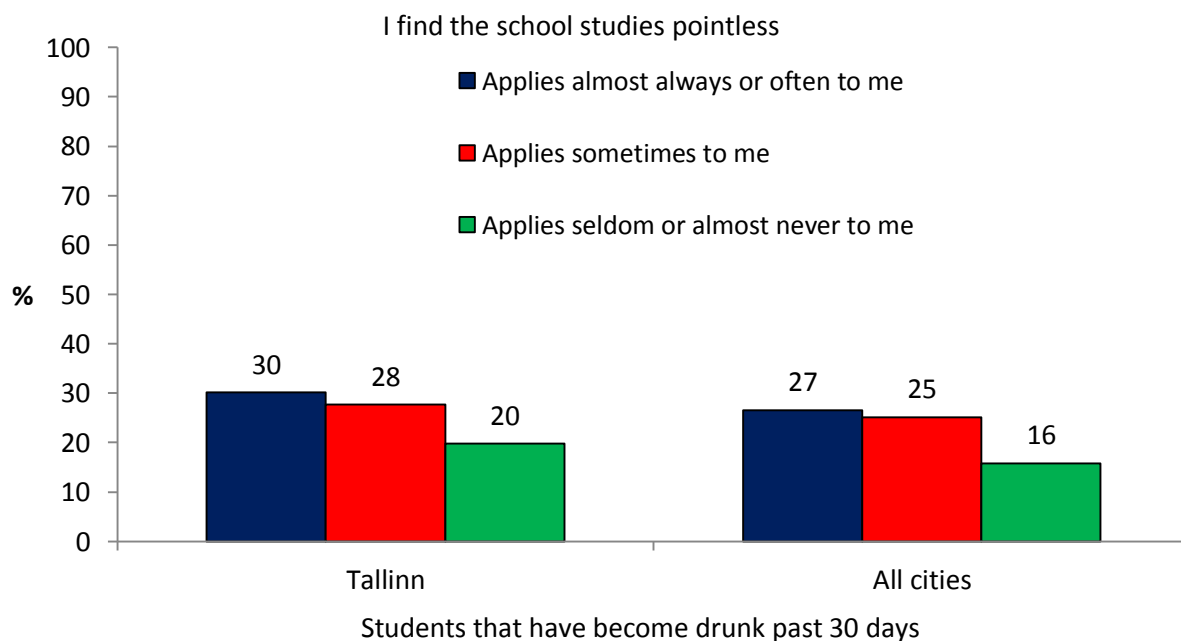


Figure 51. Percentage of 15 – 16 year old students in the participating cites that had become drunk during the past 30 days analysed by how well the following statements apply to them: I find the school studies pointless.

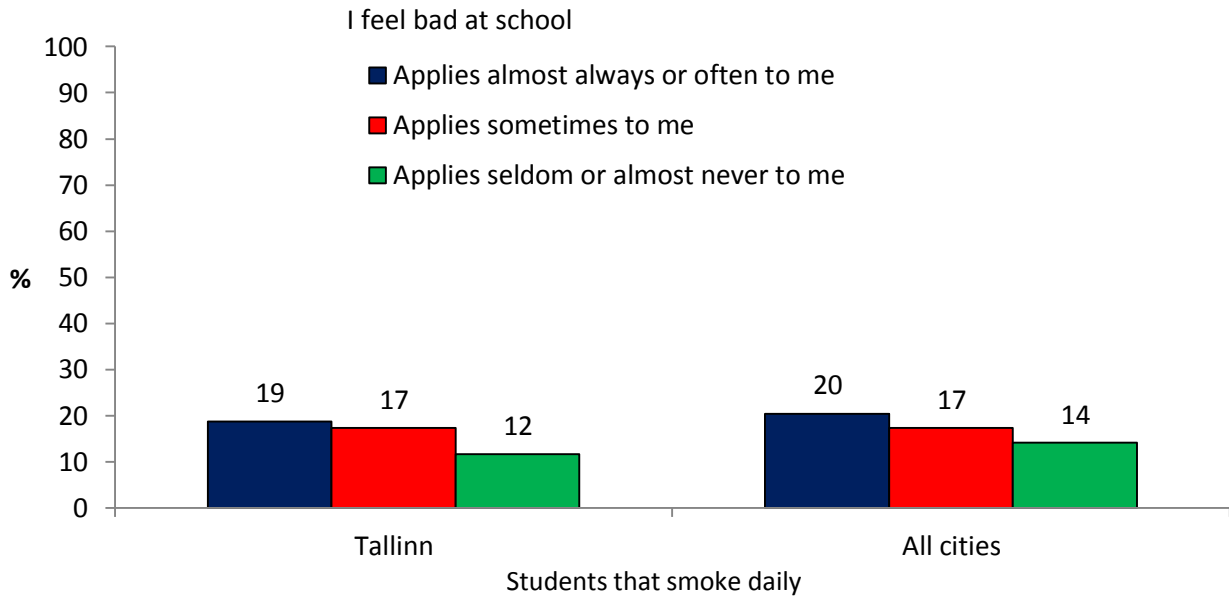


Figure 52. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how well the following statements apply to them: I feel bad at school.

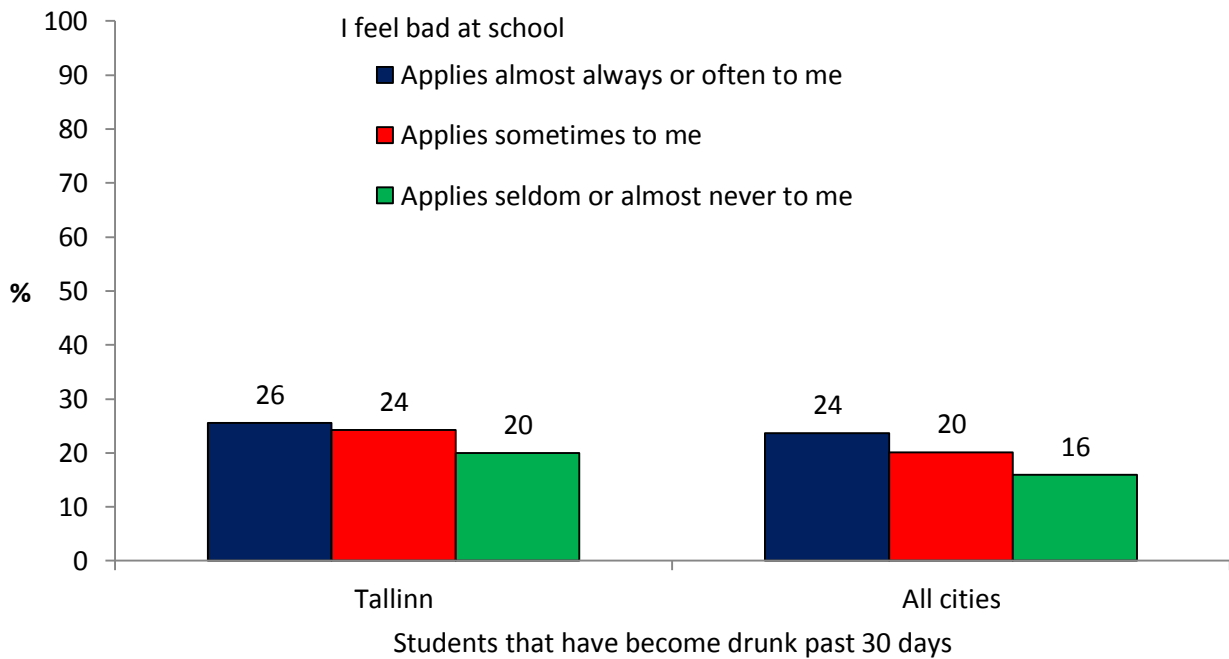


Figure 53. Percentage of 15 – 16 year old students in the participating cities that had become drunk during the past 30 days analysed by how well the following statements apply to them: I feel bad at school.

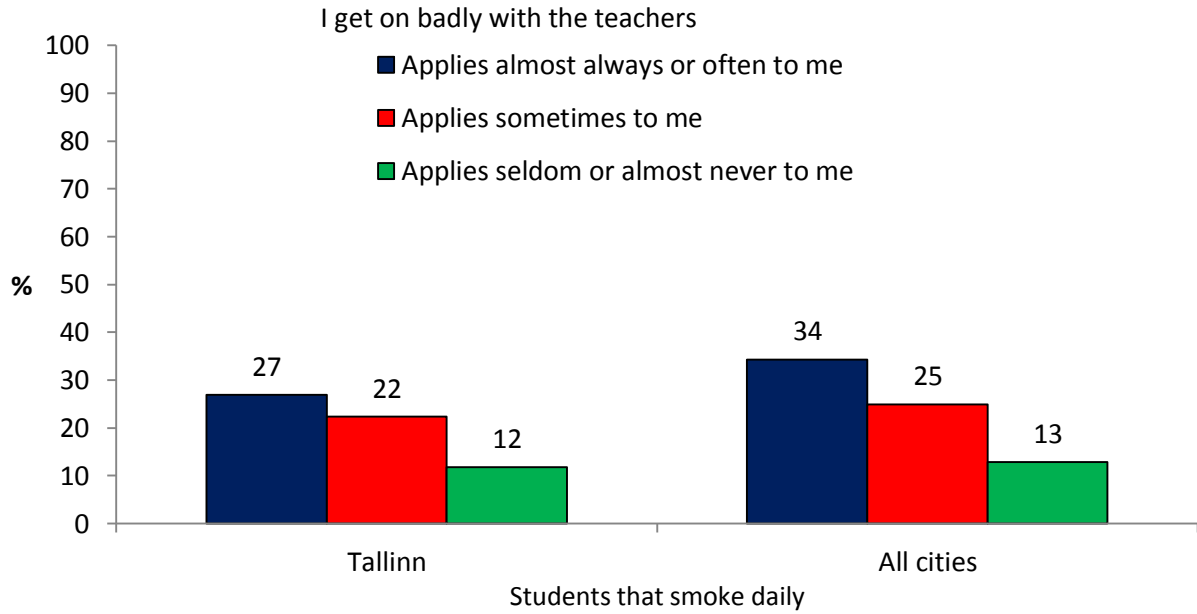


Figure 54. Percentage of 15 – 16 year old students in the participating cites that smoke daily analysed by how well the following statements apply to them: I get on badly with the teachers.

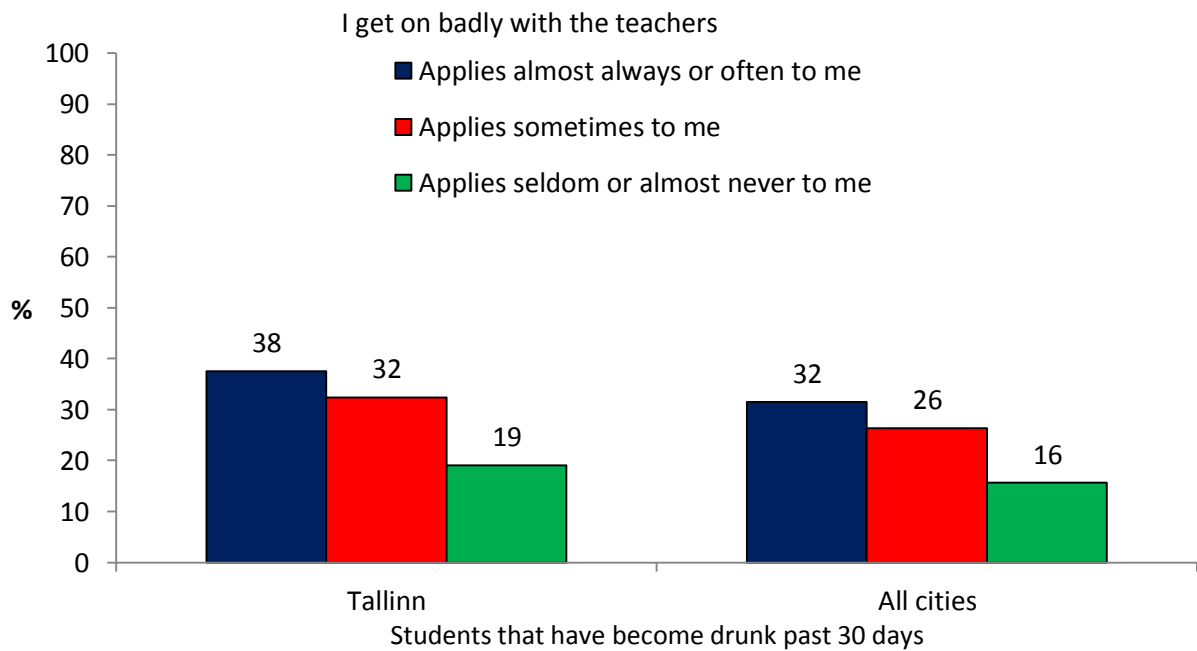


Figure 55. Percentage of 15 – 16 year old students in the participating cites that had become drunk during the past 30 days analysed by how well the following statements apply to them: I get on badly with the teachers.