

Like other countries Portugal, periodically, develops or promotes the development of research through Universities, in order to monitoring the drug situation in different populations.

In these context, in 2001 and in 2006/7, four national studies were carried out in **General Population**, **Students from Basic and Secondary School**, **Prison Population** and **Drug Users** in order to Estimate the Prevalence of Problem Drug Use.

Results of these studies are presented here.

The Portuguese policy toward drug use faced, in 2001, a challenge toward a **more balanced approach** between **demand and supply reduction**, based on a **public health perspective** and on the **humanistic principle** that considers “drug users” as “patients” needing help to undergo treatment, instead of “criminals”.

The **decriminalization of drug use** was implemented **together with** a set of other policies in the fields of **Prevention, Dissuasion, Treatment, Harm Reduction and Social Reintegration.**

## General Population Survey 2001-2007

(15-64 years old)

Method: Household survey (interview)

Samples:

Type: probabilistic and stratified at geographical level

Dimension: 2001 n = 14 184;

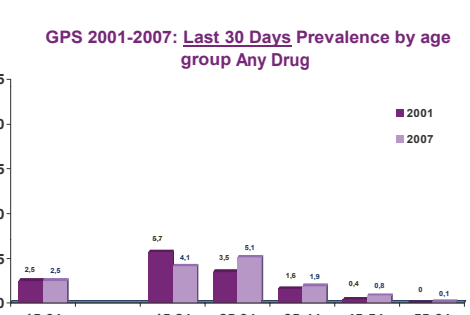
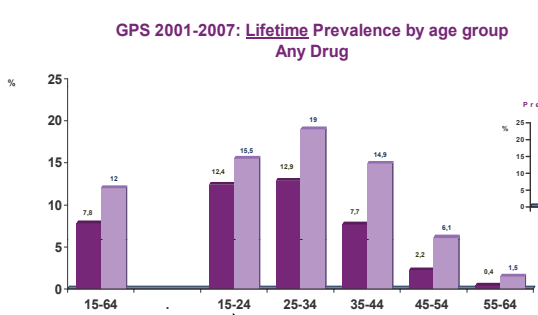
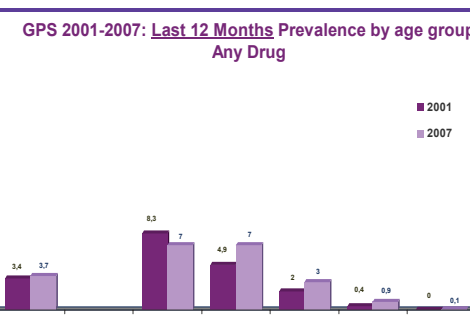
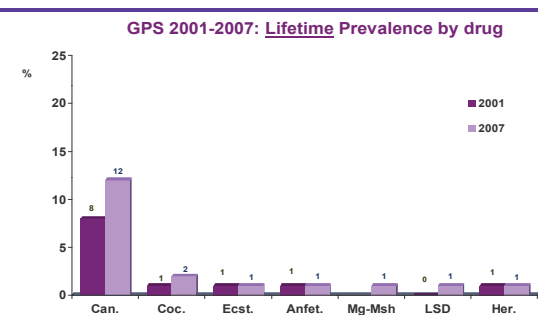
2007 n = 12 202

Representativeness: NUT I and NUT II (national and regional levels)

Source:

Balsa, C. *et al.* (2003). Inquérito Nacional ao Consumo de Substâncias Psicoativas na População Portuguesa – 2001. Lisboa: IDT

Balsa, C. *et al.* (2008). Inquérito Nacional ao Consumo de Substâncias Psicoativas na População Geral – Portugal 2007. Lisboa: IDT, IP



## General Population Survey 2001-2007

### General Conclusions:

- Lifetime Prevalences increased in all the age groups but that of 15-19 y.o. and;
- Last 12 Months Prevalence increased in all the age groups but that of 15-24 y.o.;
- Last 30 Days Prevalence increased in all the age groups but that of 15-24 y.o.;
- The increase is partially due to the “cohort effect”;
- It is already evident that drug prevalences among the younger Portuguese are decreasing.

## School Surveys 2001-2006

**3rd Level Basic School** (grades 7th, 8th, 9th)

**Secondary School** (grades 10th, 11th, 12th)

Method: survey in classroom (voluntary, anonymous, confidential) filled in by students and introduced in inviolable envelope

Samples:

Type: stratified at geographical and grade levels with random selection of classrooms (cluster)

Dimensions:

3rd Level – 2001 n = 24 000; 2006 n = 36 000

Secondary – 2001 n = 41 000; 2006 n = 36 500

Representativeness: NUT I, II, III, and Big Cities (national, regional, sub-regional, and local levels)

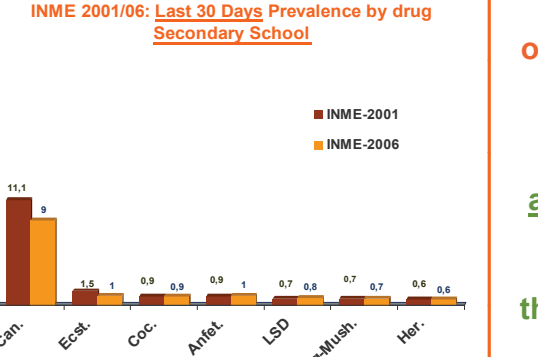
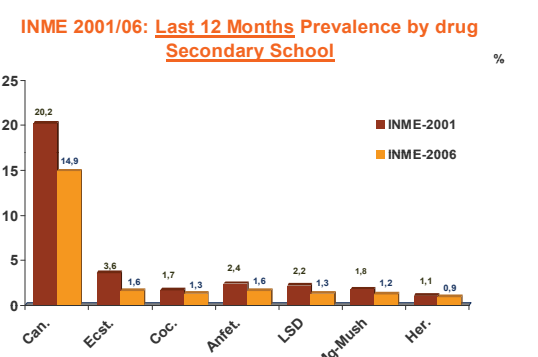
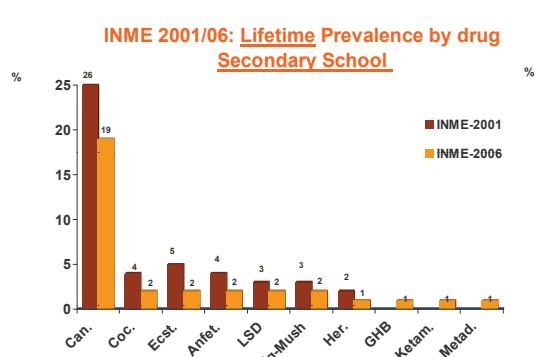
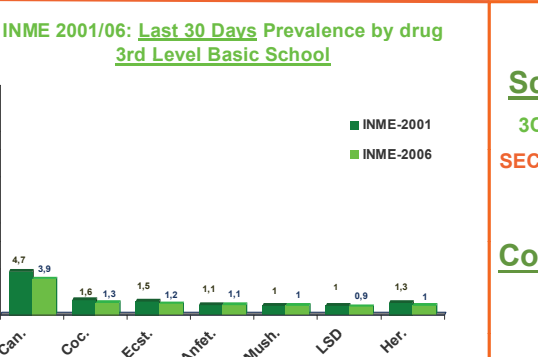
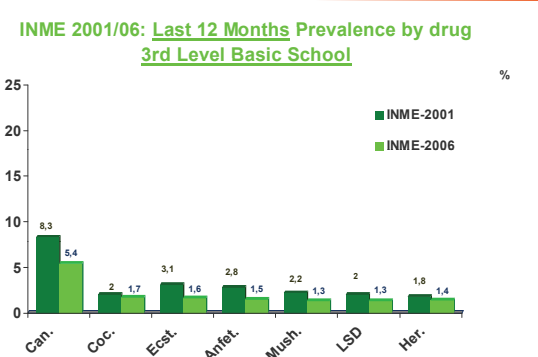
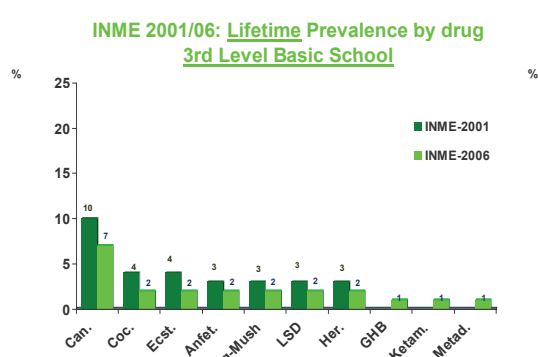
Source:

Feijão, F. & Lavado, E. (2003). Inquérito Nacional em Meio Escolar 2001 – 3.º Ciclo. Lisboa: IDT

Feijão, F. & Lavado, E. (2003). Inquérito Nacional em Meio Escolar 2001 – Secundário. Lisboa: IDT

Feijão, F. (2009). Inquérito Nacional em Meio Escolar 2006 – 3.º Ciclo. Lisboa: IDT, IP

Feijão, F. (2009). Inquérito Nacional em Meio Escolar 2006 – Secundário. Lisboa: IDT, IP



## School Survey 2001-2006:

3C – Grades: 7th-9th; Ages: ± (13-15)

SEC – Grades: 10th-12th; Ages: ± (16-18)

### Conclusions:

Either among younger students (3rd Level)

or

older students (Secondary)

there is a generalised decrease in the prevalence of drugs.

## Prison Surveys 2001-2007

Method:

- Answers were voluntary, anonymous and confidential;
- questionnaires filled in by prisoners and introduced in a ballot box;
- Without the presence of staff from the prison in the room.

Samples:

Type: random selection

Dimension – 2001 n = 2057 (47 prisons);

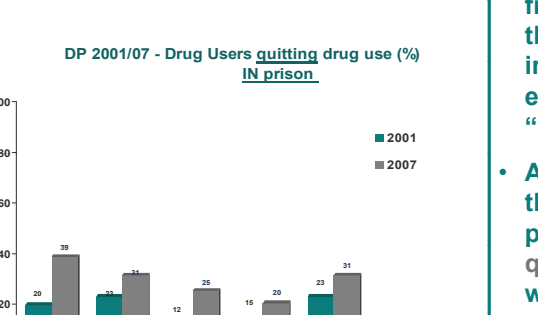
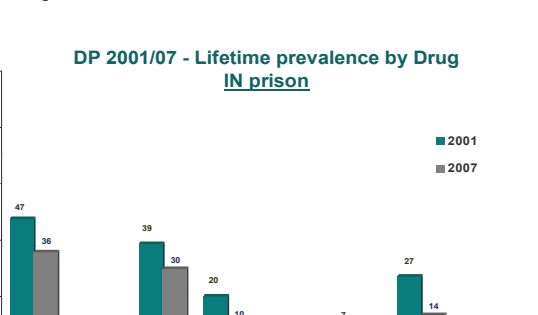
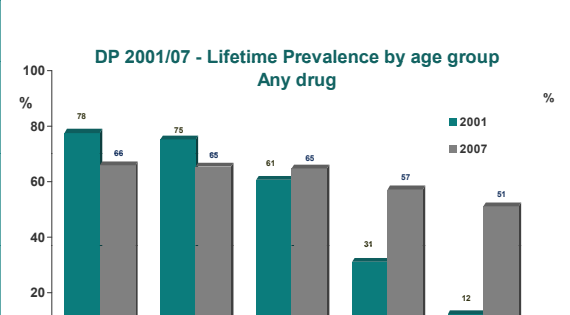
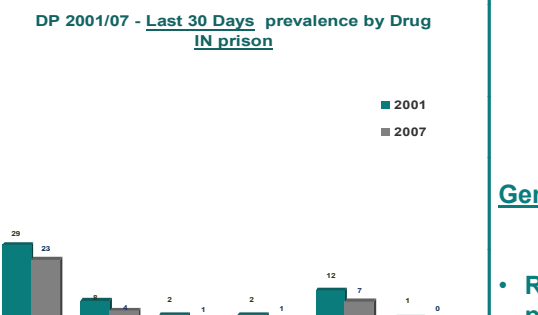
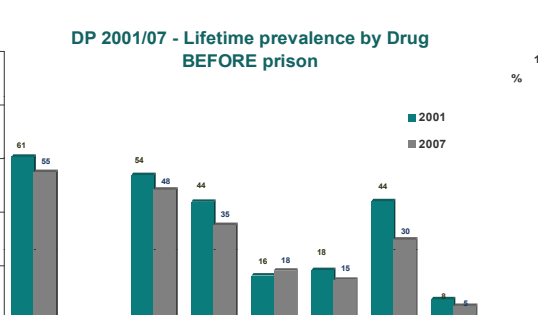
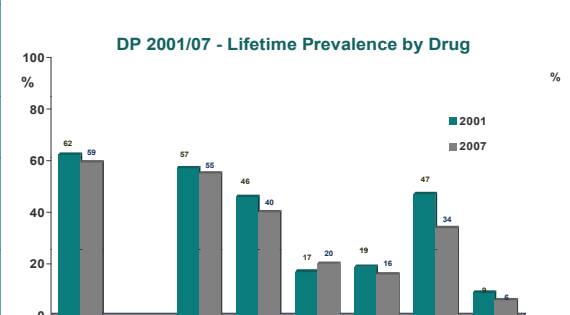
2007 n = 1986 (44 prisons)

Representativeness: prisons at national level

Sources:

Torres, A. *et al.* (2002). Drogas e Prisões em Portugal. Lisboa: CIES/ISCTE

Torres, A. *et al.* (2009). Drogas e Prisões – Portugal 2007. Lisboa: IDT, IP



## Prison Surveys 2001-2007

### General Conclusions:

- Results from all the indicators presented here show that, from 2001 to 2007, there was a decrease in the prevalence of drug use either globally, “before” prison or “in” prison;
- Another improvement is the fact that the percentage of prisoners quitting drug use, while in prison, was higher in 2007 than in 2001.

## Estimation of Prevalence of Problem Drug Use 2001-2005

Method:

2001 – Back calculation and different multiplier  
2005 – Different multiplier

Sources:

Negreiros, J. (2003) *et al.* (2003). Prevalence and patterns of problem drug use. Lisboa: EMCCDA

Negreiros, J. & Magalhães, A. (2009). Estimativa da prevalência do consumo problemático de droga – Portugal 2005. Lisboa: IDT, IP

## Estimation of Prevalence of Problem Drug Use 2001-2005

Case definition	Method	Rate /1000 h	Estimation (15-64 y.o.)
Intensive/regular Cocaine, Heroin or Anphetamines Users	2001 – Back calculation	4.3-6.4	26 920 – 43 966
	2006 – Street workers multiplier	4.3-5.0	30 833 – 35 576
or Injecting Drug Users	2001 – Drug related deaths multiplier	2.3-4.7	10 500 – 31 800
	2006 – Drug related deaths multiplier	1.5-3.0	10 950 – 21 900

## Global Conclusions

Drug use in Portugal, from 2001 to 2007:

1. The studies pointed to a decrease in the prevalence of drug use among the younger population, either in lifetime, last year or last month;
2. The increase in prevalence in older population is, in part due to the “cohort effect” so, the “real” increase in “Lifetime” is smaller than the 4% found (along the 6 years);
3. At European level, Portugal remains with low level of drug use;
4. Drug use in prison is decreasing and more prisoners are quitting drug use;
5. Problematic Drug Use seems to be controlled (not increasing).