

HOW CAN EPIDEMIOLOGICAL DATA BE USEFUL FOR GUIDING SUBSTANCE USE PREVENTION POLICIES IN EUROPE

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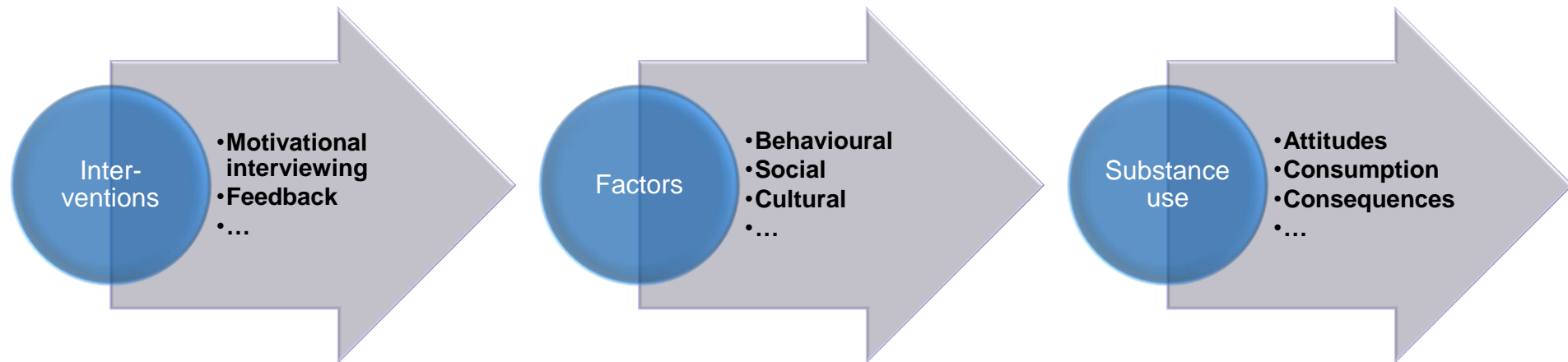
Lisbon, 19th September 2016

Background: Substance use prevention

- For many “prevention” means informing about risks and dangers of behaviours or of substances
 - Information about drug use and associated consequences alone not sufficient
 - Cannabis users have much higher health literacy (Dermota 2013)
 - Their majority knows about the risks (Yap 2012)
- Information about levels of drug use is not enough for designing appropriate prevention response

Background: Substance use prevention

- Prevention should not only address information about trends in used substances and associated consequences
- Need for greater understanding of factors that influence licit and illicit substance use to develop effective prevention approaches



→ Sound development and evaluation of interventions

- ESPAD data from 2011
- Data of participating EU countries
- Outcome variables:

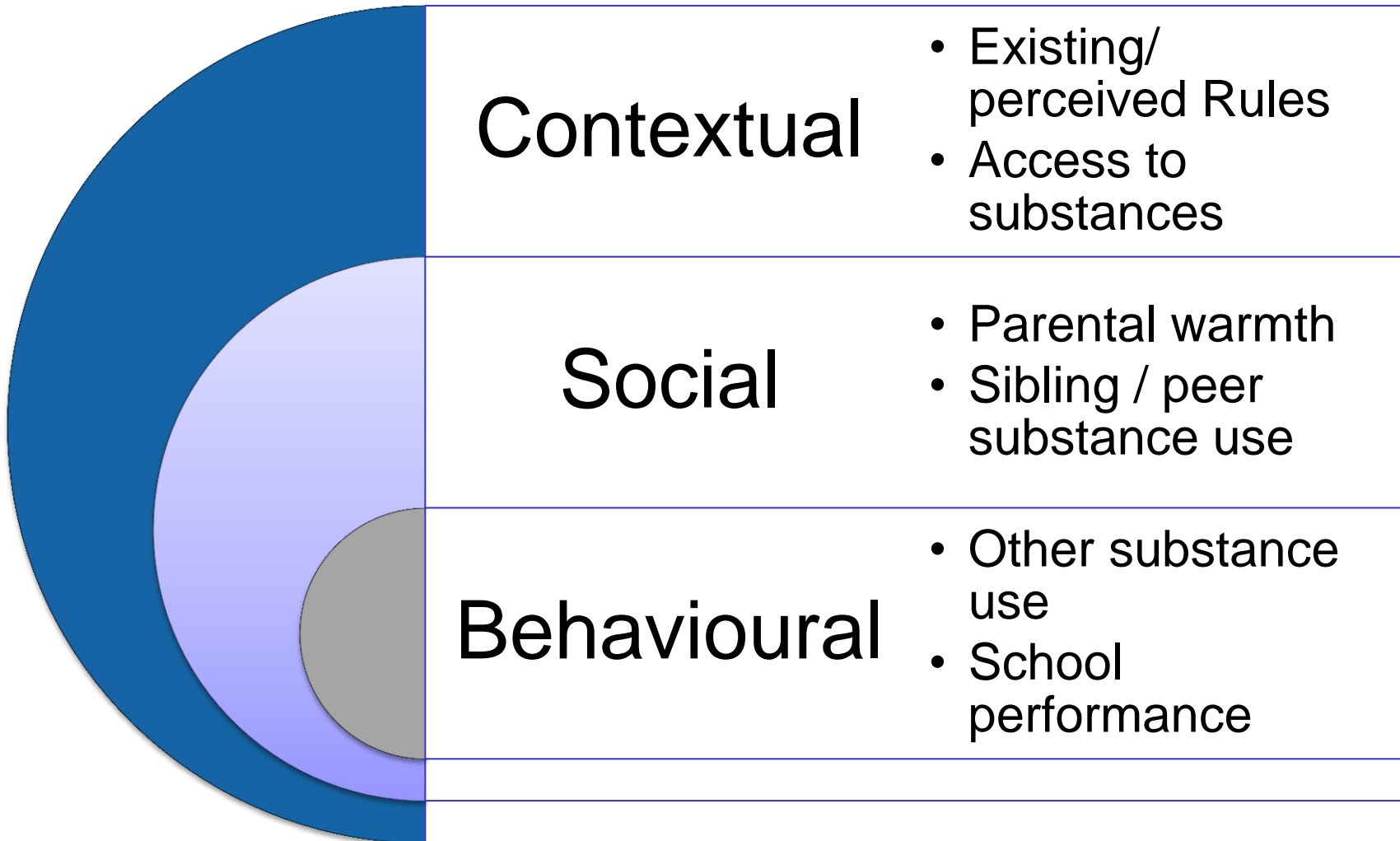


On how many occasions (if any) have you been **intoxicated from drinking alcoholic beverages**, for example staggered when walking, not being able to speak properly, throwing up or not remembering what happened during the last 30 days.



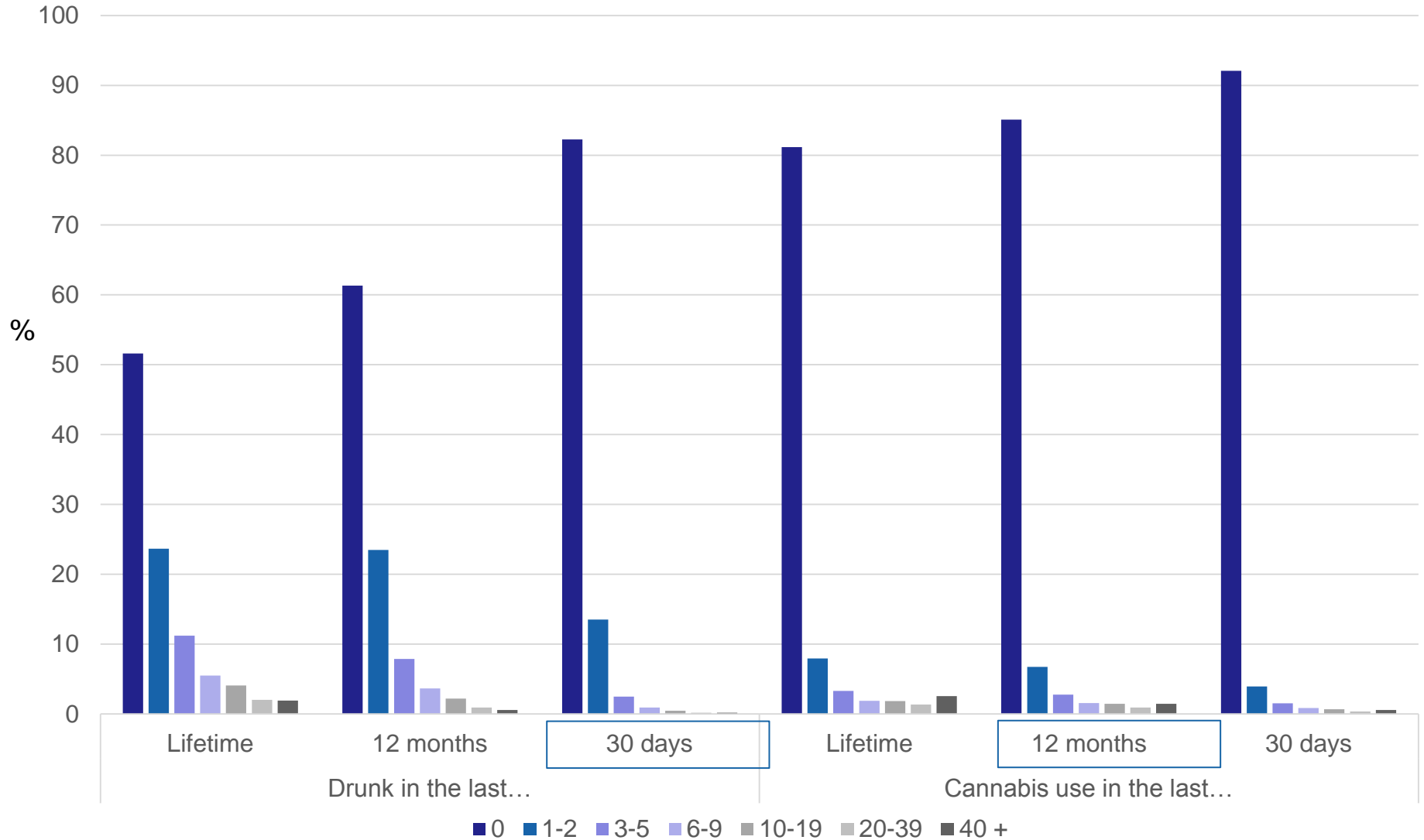
Have you **used cannabis** during the LAST 12 MONTHS?

Possible predictors of substance use



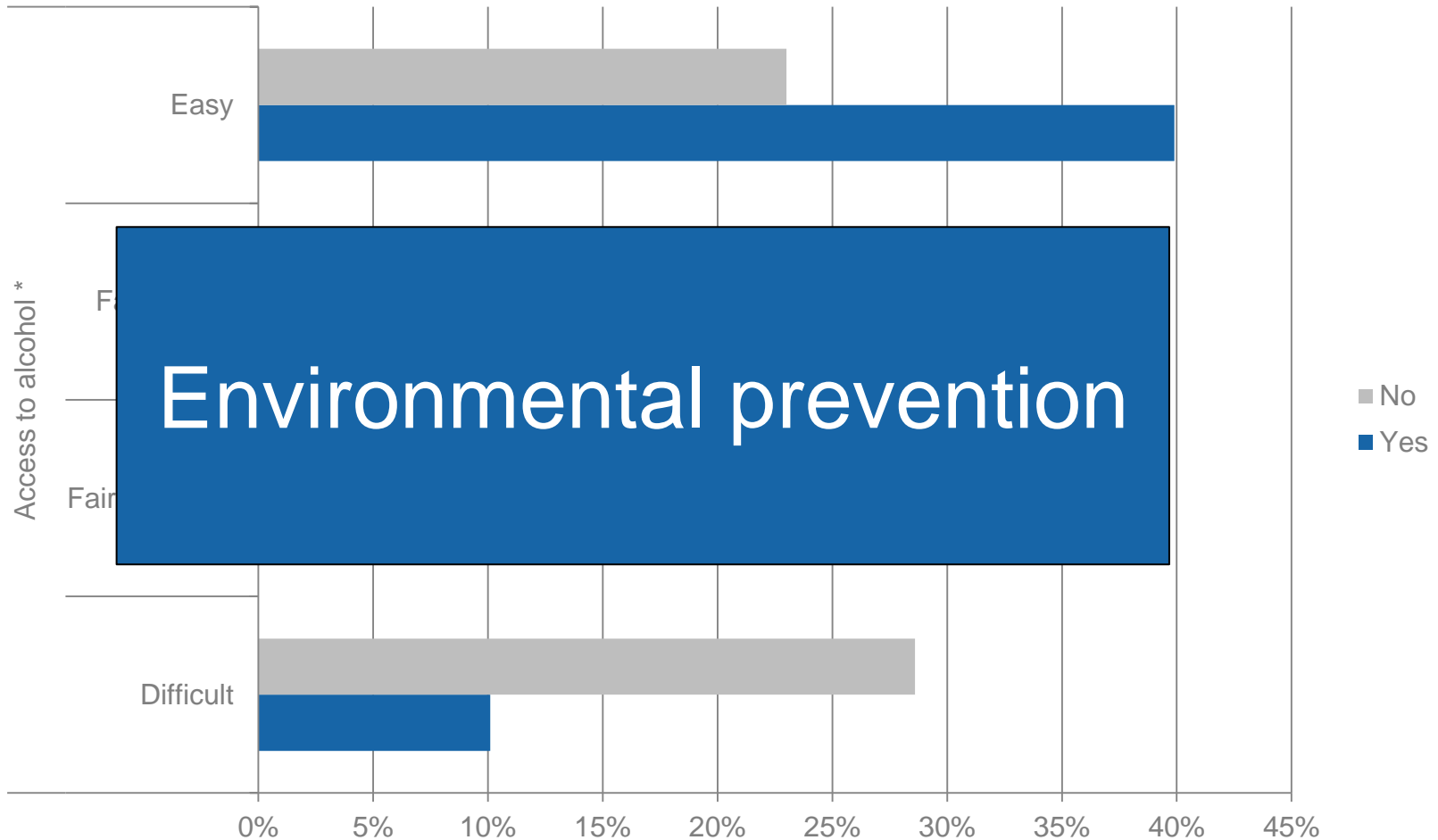
...some of the predictors can be tackled by interventions

Frequency of licit and illicit substance use



Access to alcohol and students' drinking

Drunk in the last 30 days

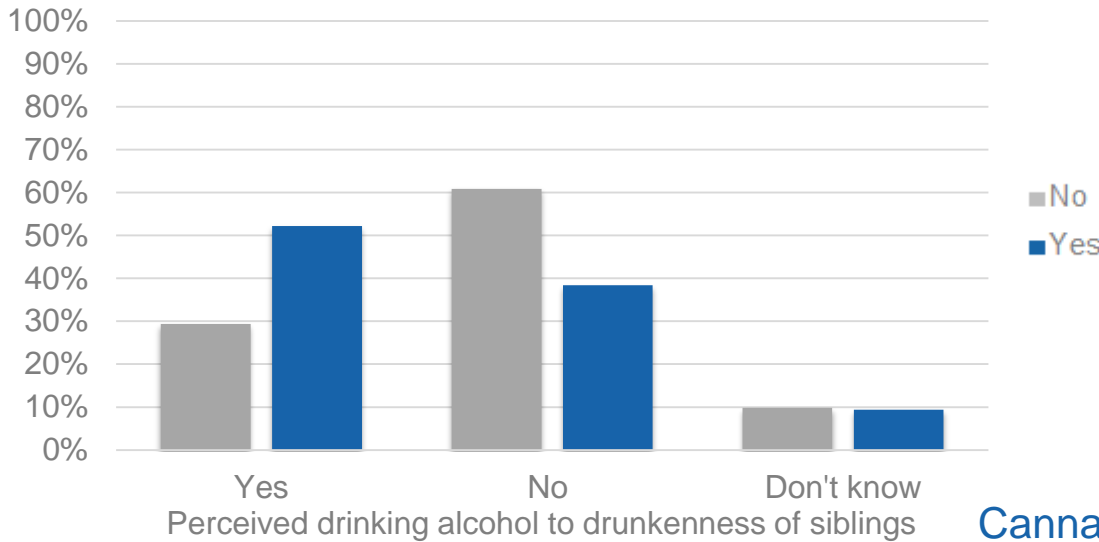


*Score consists out of access to beer, alcopops, wine, spirits

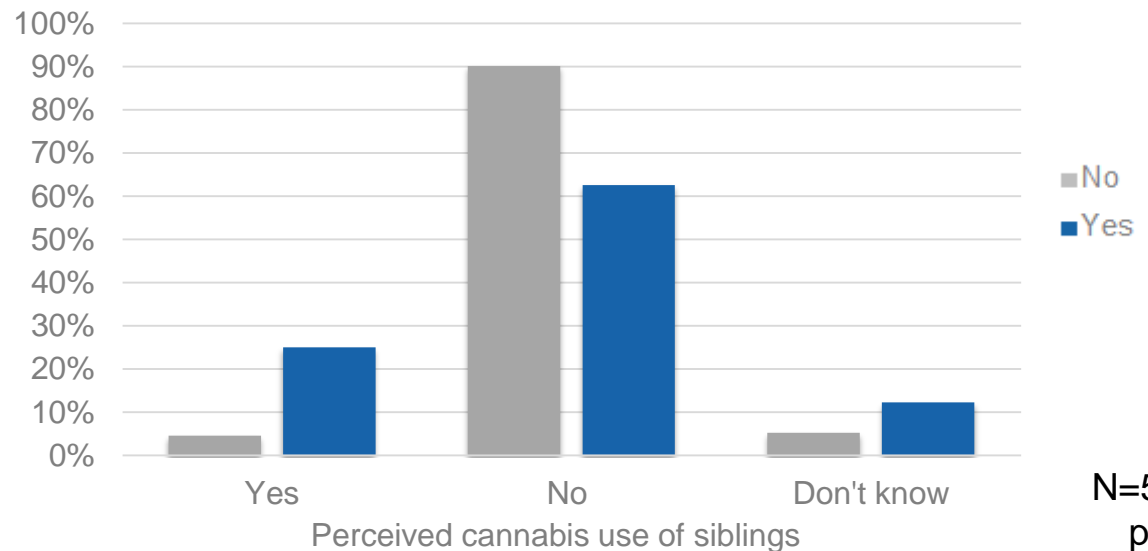
N=55 973, p<0.001

Association between personal and perceived older sibling use

Drunk in the last 30 days



Cannabis use in the last 12 months

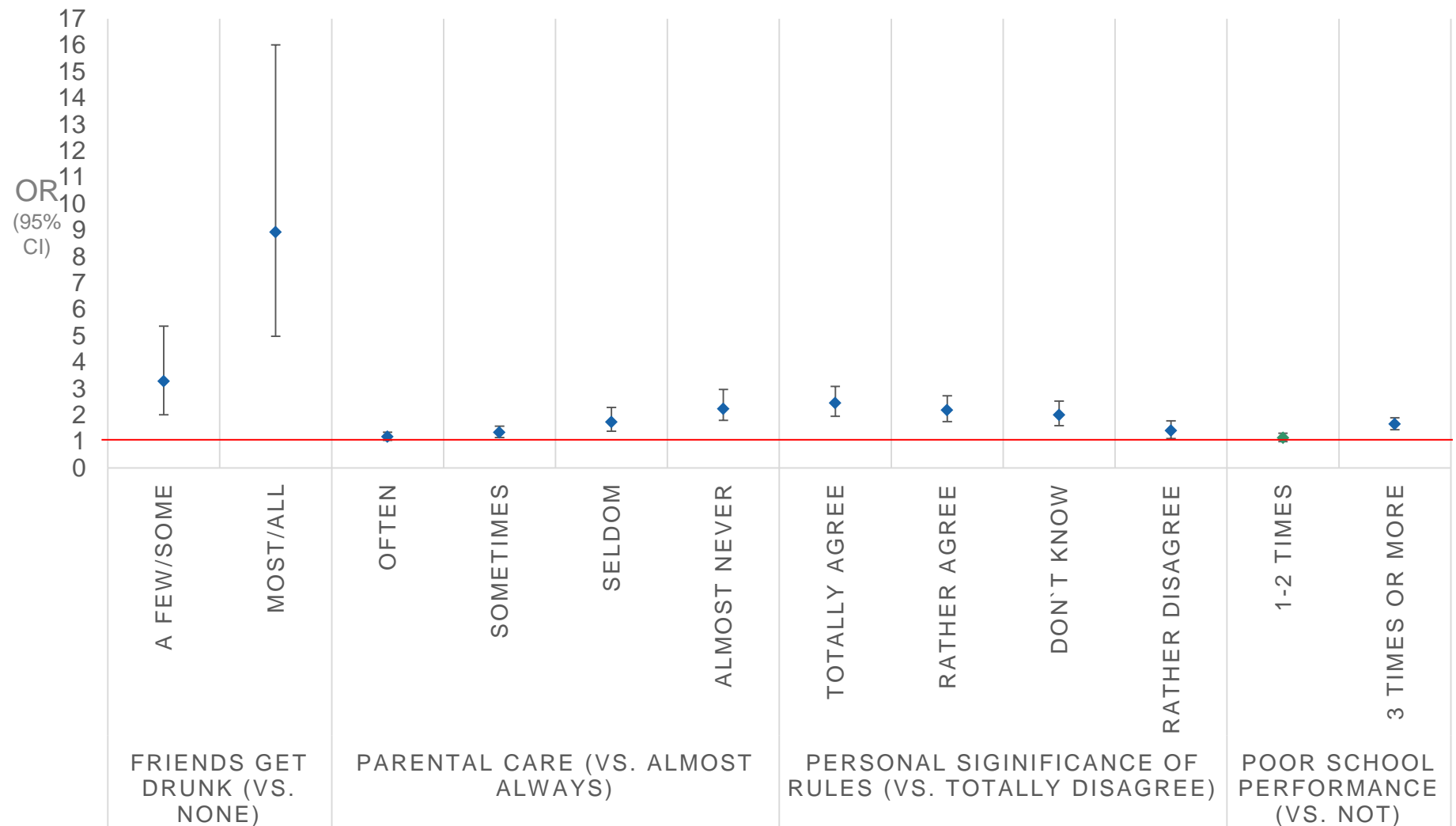


N=50 982,
p<0.001

Predictors of drinking alcohol to drunkenness



in the last 30 days

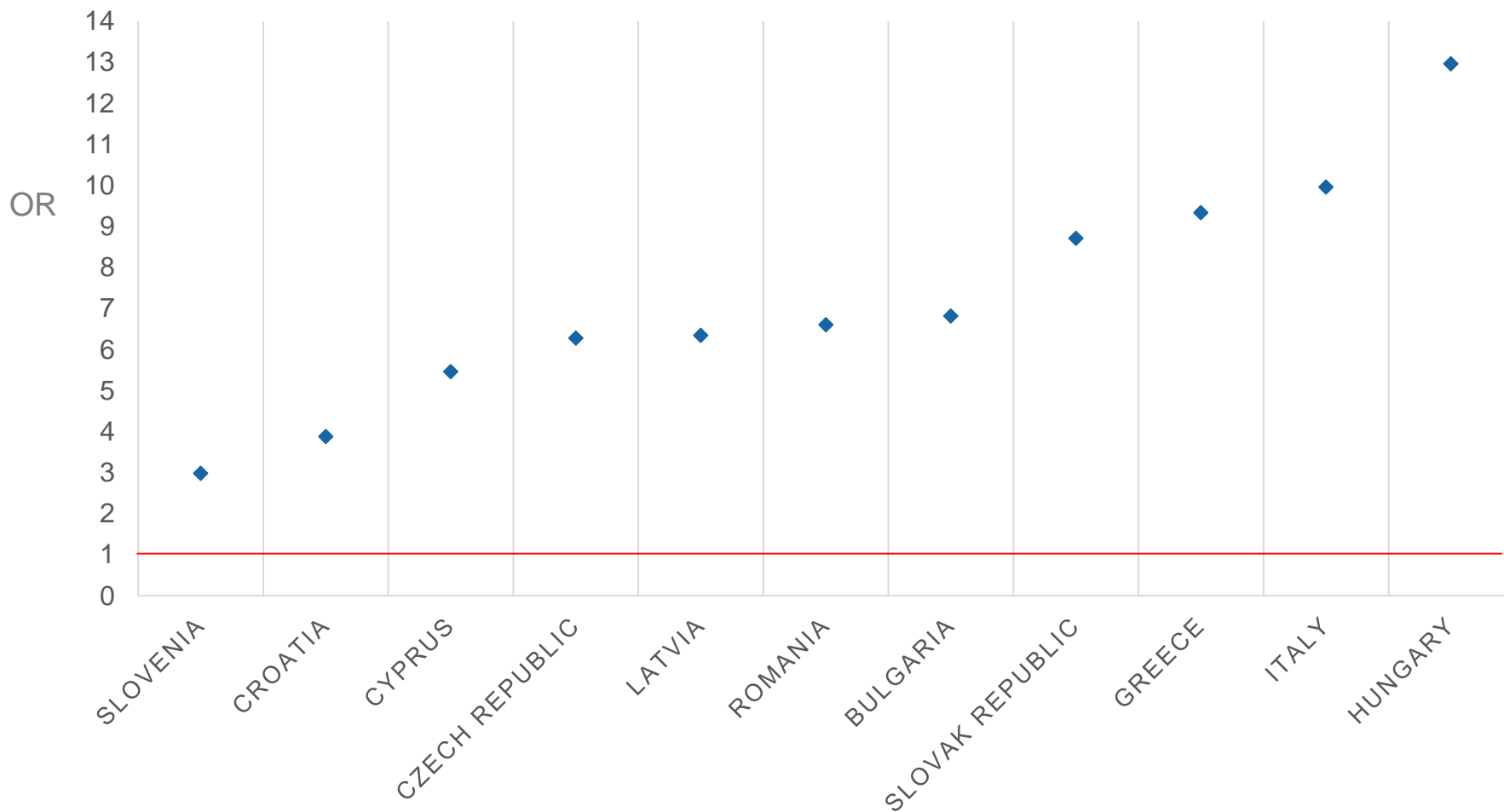


*adjusted for sex and country

Personal and perceived peer drinking alcohol to drunkenness*

Stratified by country

MOST/ALL VS. NONE



*adjusted for parental care, school performance, personal significance of rules and sex

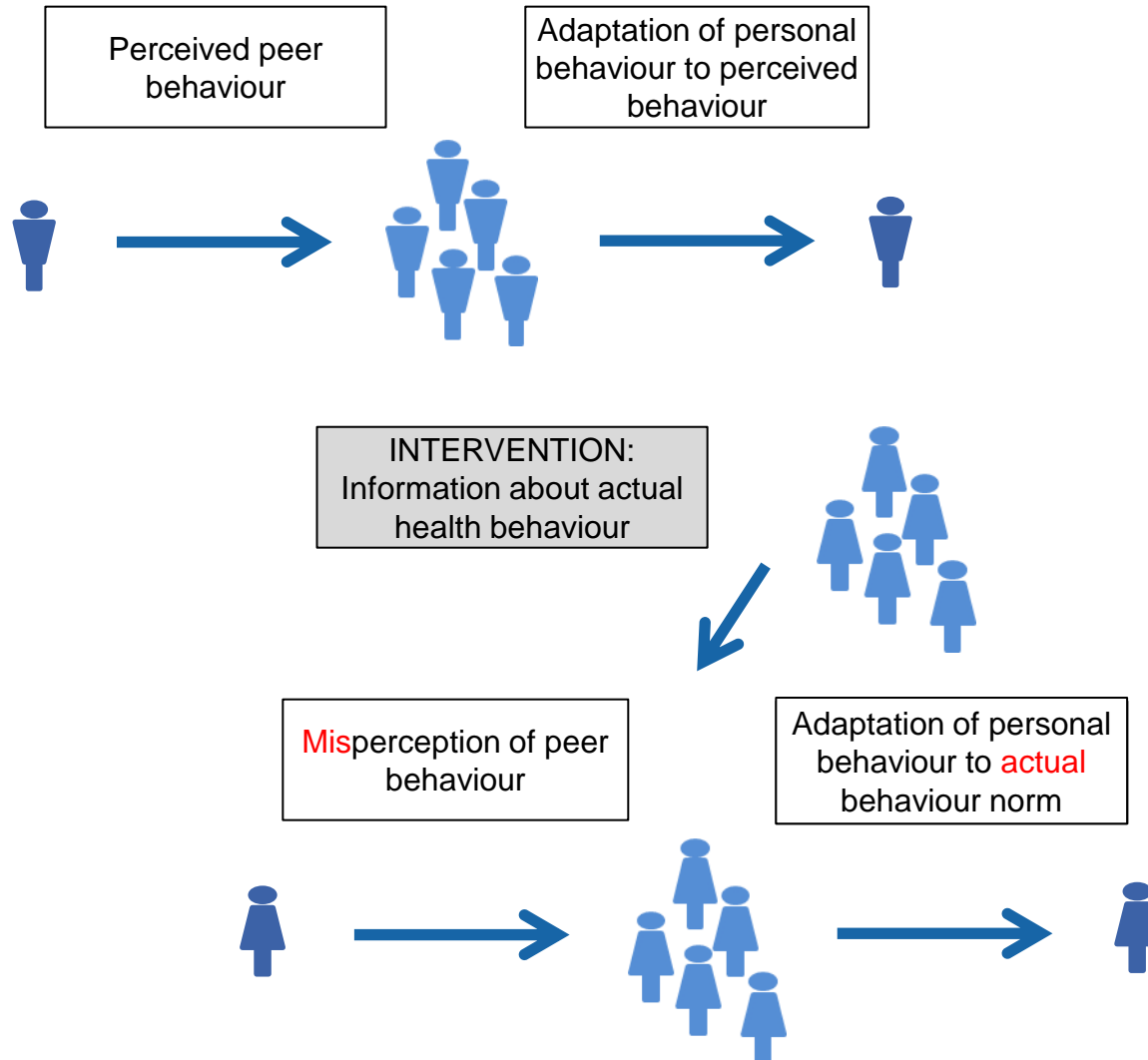
Predictors of cannabis use

in the last 12 months

Variables	Cannabis use in the last 12 months (OR; 99.9% CI)*
Friends cannabis use	
None (reference)	1.00
A few/some	24.94 (13.31-46.74)
Most/all	101.60 (35.32-292.28)
Parental care	
Almost always (ref.)	1.00
Often	1.13 (0.98-1.30)
Sometimes	1.37 (1.14-1.63)
Seldom	1.88 (1.46-2.42)
Almost never	2.19 (1.60-3.00)
Personal significance of rules	
Totally agree	2.34 (1.80-3.05)
Rather agree	2.10 (1.63-2.71)
Don't know	1.78 (1.36-2.32)
Rather disagree	1.39 (1.06-1.81)
Totally disagree (ref.)	1.00
Poor school performance	
Not in the last 12 months (ref.)	1.00
1-2 times	1.25 (1.06-1.47)
3 times or more	1.96 (1.68-2.28)

*adjusted for sex and country

Example: Social Norms Interventions





- Alcohol
- Tobacco
- Cannabis**
- Alcohol & Smoking

Did you know?

...**88%** of male students at Bradford think that it is not OK to use inhalants (e.g., glue, petrol, paint thinner)

CANNABIS

In the last 2 months

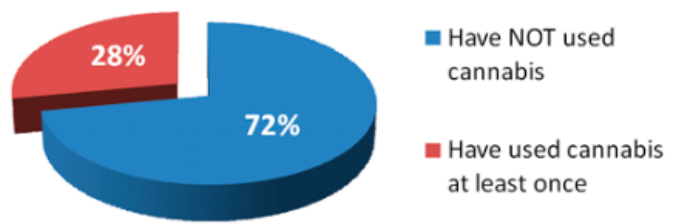
You said  I have never used cannabis in my life

I thought most male students at Bradford University had used cannabis twice in the last two months

 Most male students (**68%**) at Bradford said

We think the majority of male students at Bradford **used cannabis at least once**

What male Bradford students **actually** did in the past two months:



Discussion

- Social factors are of importance for personal substance use among school students
 - Higher perception of peer substance use and parental care were associated with higher odds for own substance use
- ESPAD provides a sound databasis for planning of interventions to prevent substance use among young people
 - Large dataset, heterogenous population
 - Information about licit and illicit substances and social, cognitive and personal determinants
- But for prevention, the behaviourally relevant variables need to be analysed more:
 - Peer norms, parental monitoring, academic performance, and - possibly neighbourhood characteristics

Thank you for your attention!

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