

# Youth in Europe report 2016/2017

Substance use and social factors

Vilnius



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## Introduction

### Youth in Europe

“Youth in Europe – A Drug Prevention Program” was initiated in 2005 and since then over thirty municipalities in fifteen countries 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 is administered in all the participating municipalities. A typical week is 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 is formed and convenience samples 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 sample was randomly drawn in each city and the sample unit is 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 of students 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 other variables). 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 2016.

		Participating students		
City/Country		Boys	Girls	Total
<b>Tallinn</b>	Number:	1256	1238	2494
	% within city	50,4%	49,6%	100%
<b>Riga</b>	Number:	1402	1511	2913
	% within city	48,1%	51,9%	100%
<b>Vilnius</b>	Number:	986	924	1910
	% within city	51,6%	48,4%	100%
<b>Kaunas</b>	Number:	1002	996	1998
	% within city	50,2%	49,8%	100%
<b>Klaipeda</b>	Number:	592	581	1173
	% within city	50,5%	49,5%	100%
<b>Sala</b>	Number:	27	21	48
	% within city	56,3%	43,8%	100%
<b>Klaksvik</b>	Number:	29	31	60
	% within city	48,3%	51,7%	100%
<b>Tartu</b>	Number:	552	690	1242
	% within city	44,4%	55,6%	100%
<b>Sofia</b>	Number:	176	297	473
	% within city	37,2%	62,8%	100%
<b>All cities</b>	Number total:	6022	6289	12.311
		Gender or city not stated:	49	
		Total number of participants:	12.360	

## Substance use

### Tobacco

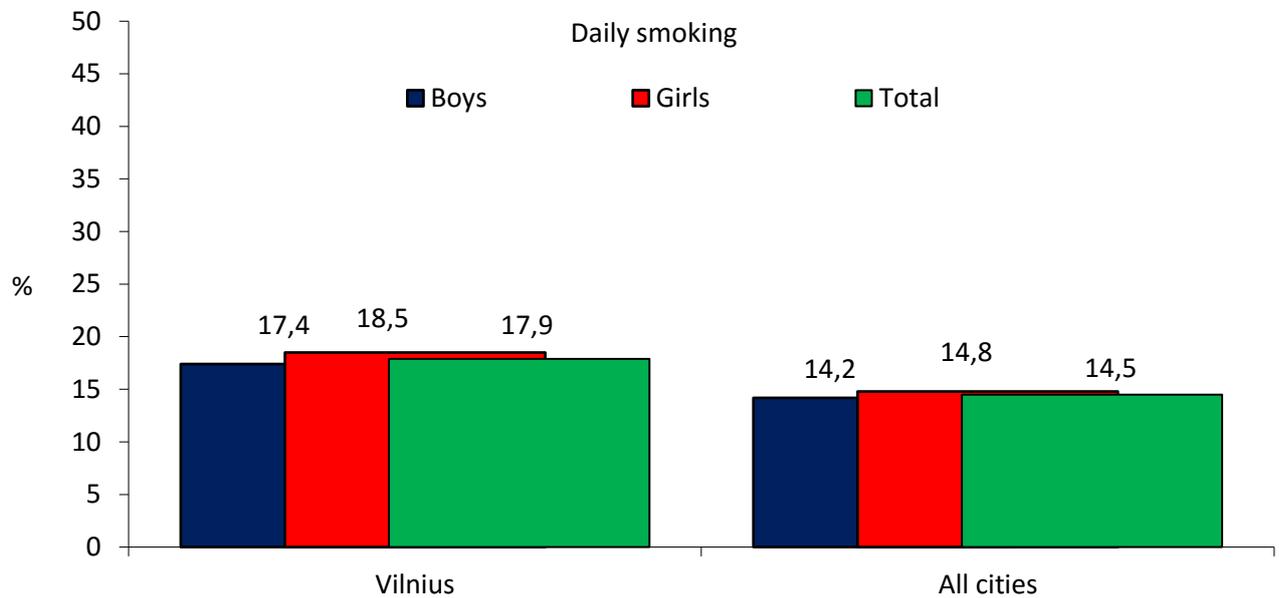


Figure 1. Daily smoking. Percentage of 15 – 16 years students in the participating cites, by gender.

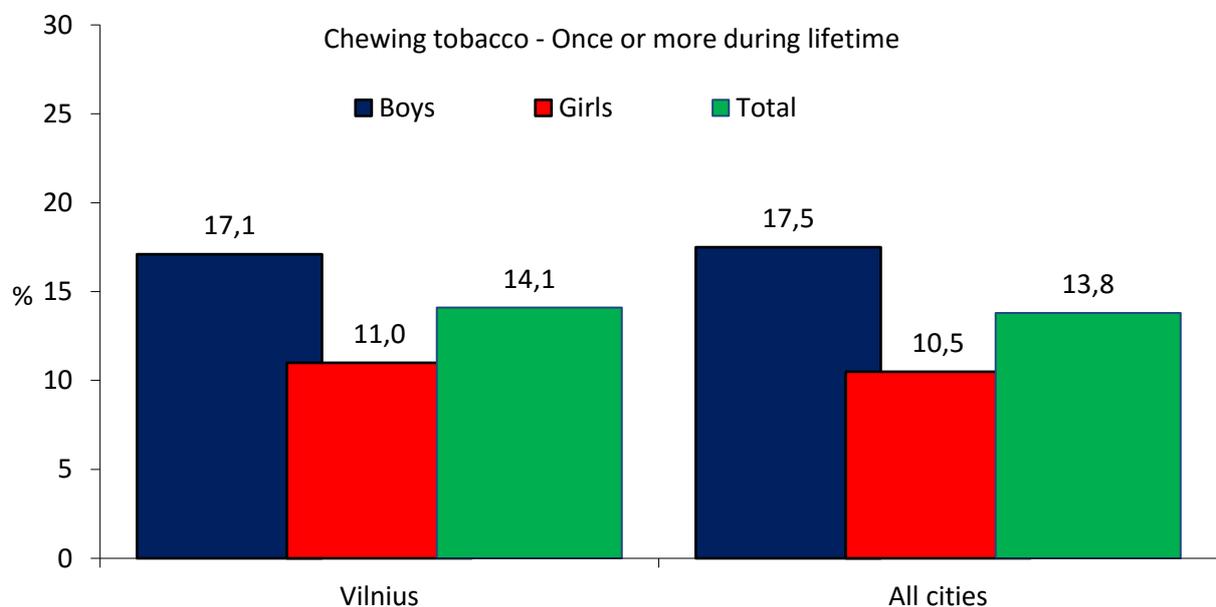


Figure 2. Chewing tobacco once or more often during lifetime. Percentage of 15 – 16 years old students in the participating cites, by gender.

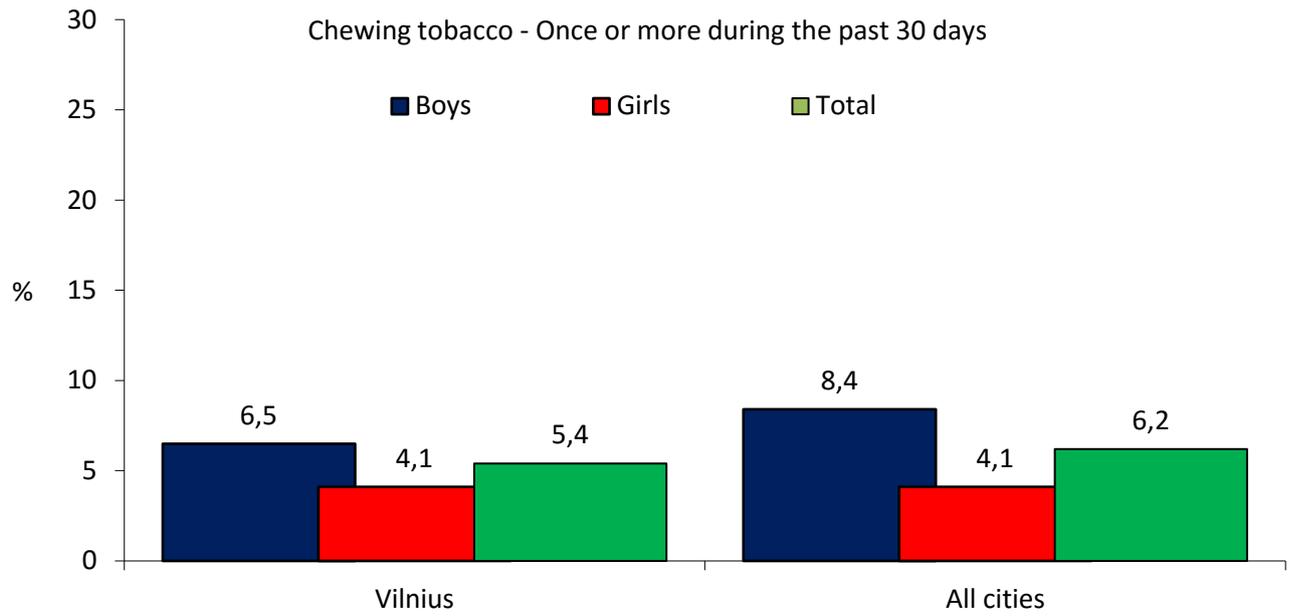


Figure 3. Chewing tobacco once or more during last 30 days. Percentage of 15 – 16 year old students in the participating cities, by gender.

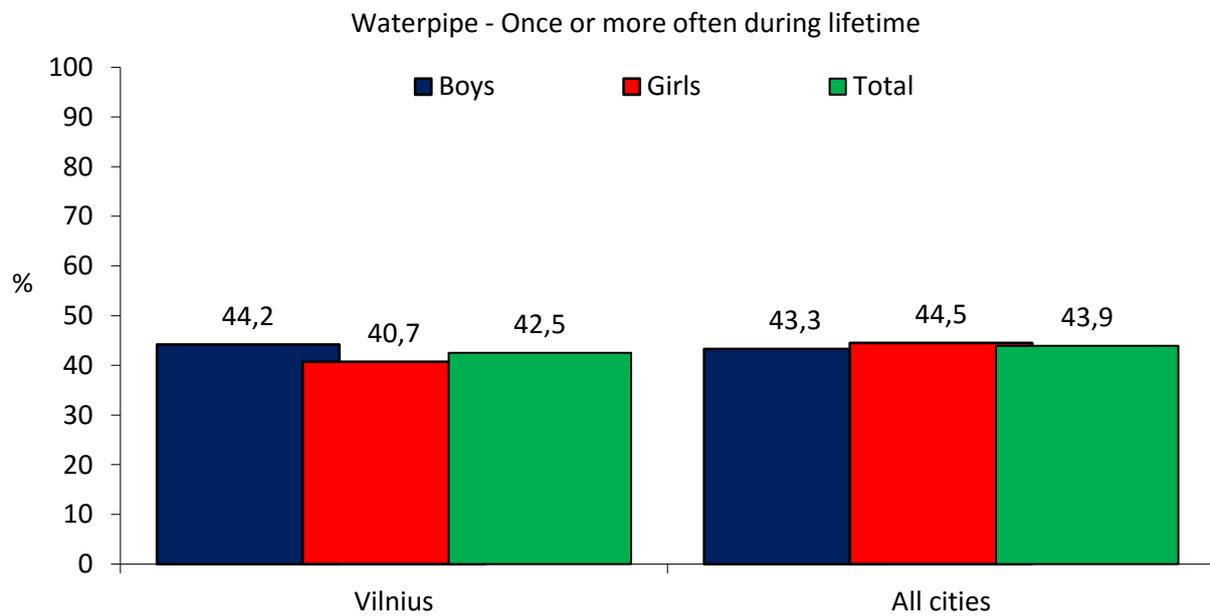


Figure 4. Waterpipe once or more often during lifetime. Percentage of 15 – 16 years old students in the participating cities, by gender.

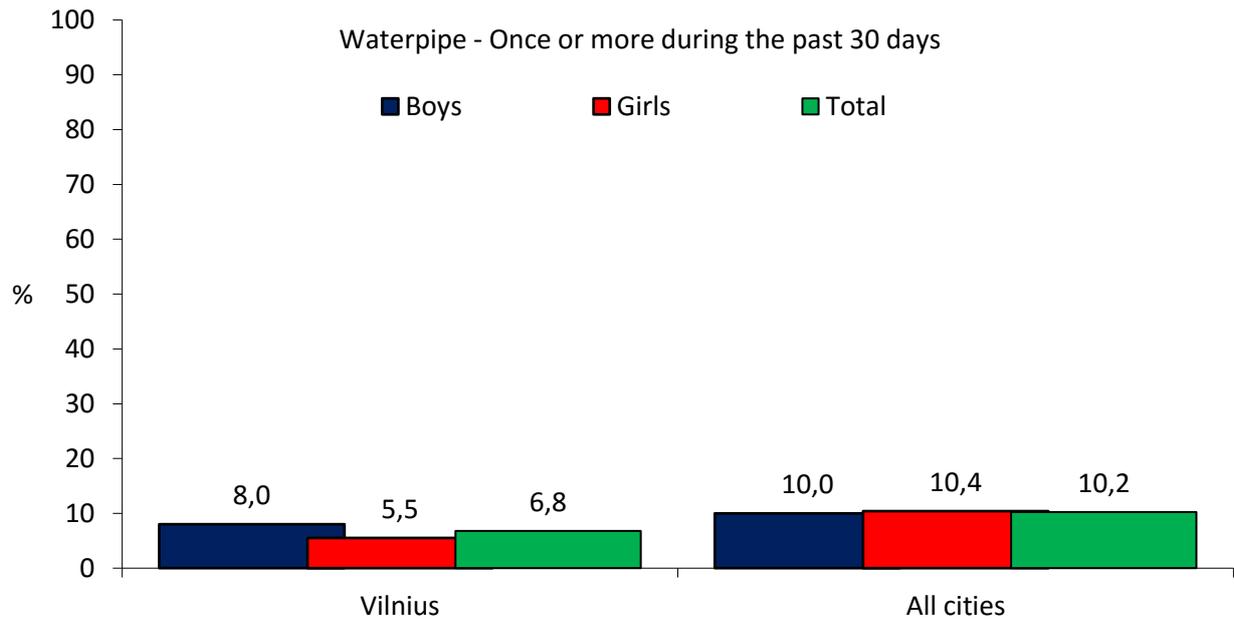


Figure 5. Waterpipe once or more during the past 30 days. Percentage of 15 – 16 year old students in the participating cities, by gender.

### Alcohol consumption

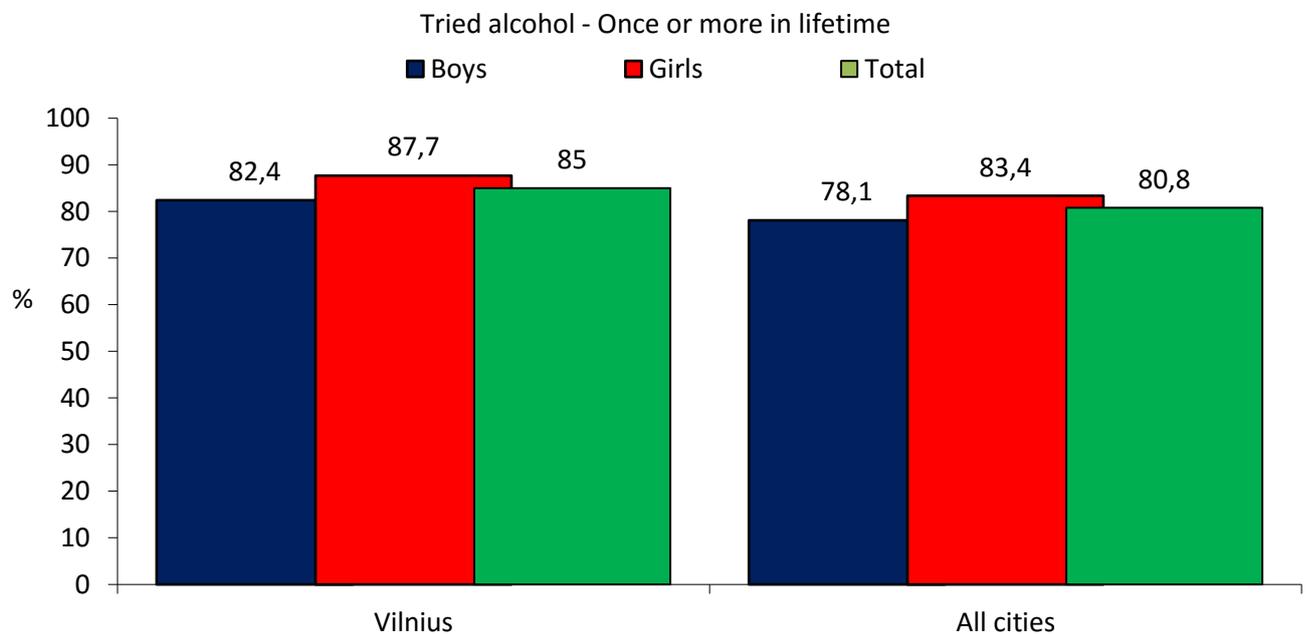


Figure 6. Tried alcohol drink once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

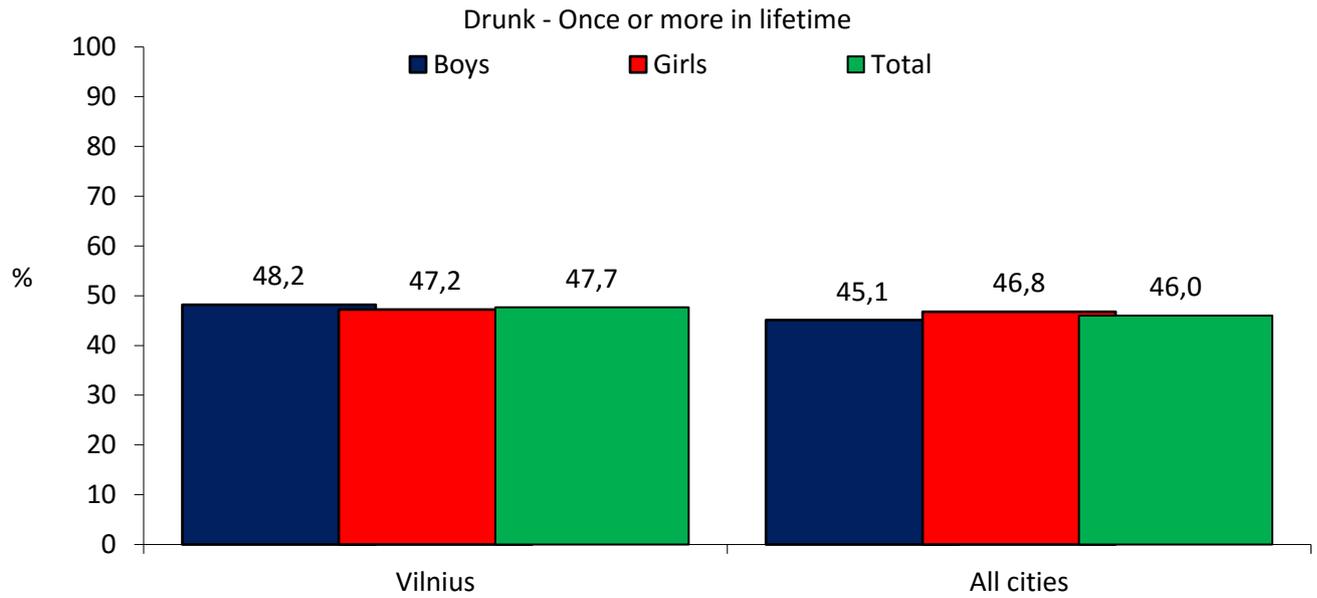


Figure 7. Drunk once or more in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

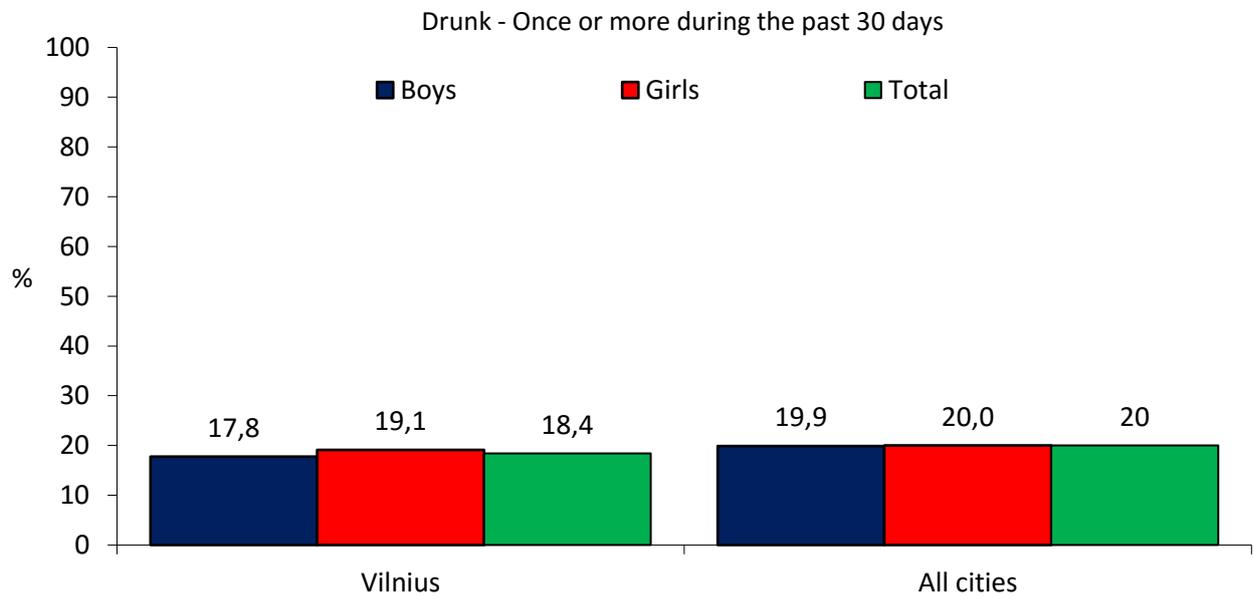


Figure 8. Drunk once or more often in last 30 days. Percentage of 15 – 16 year old students in the participating cities, by gender.

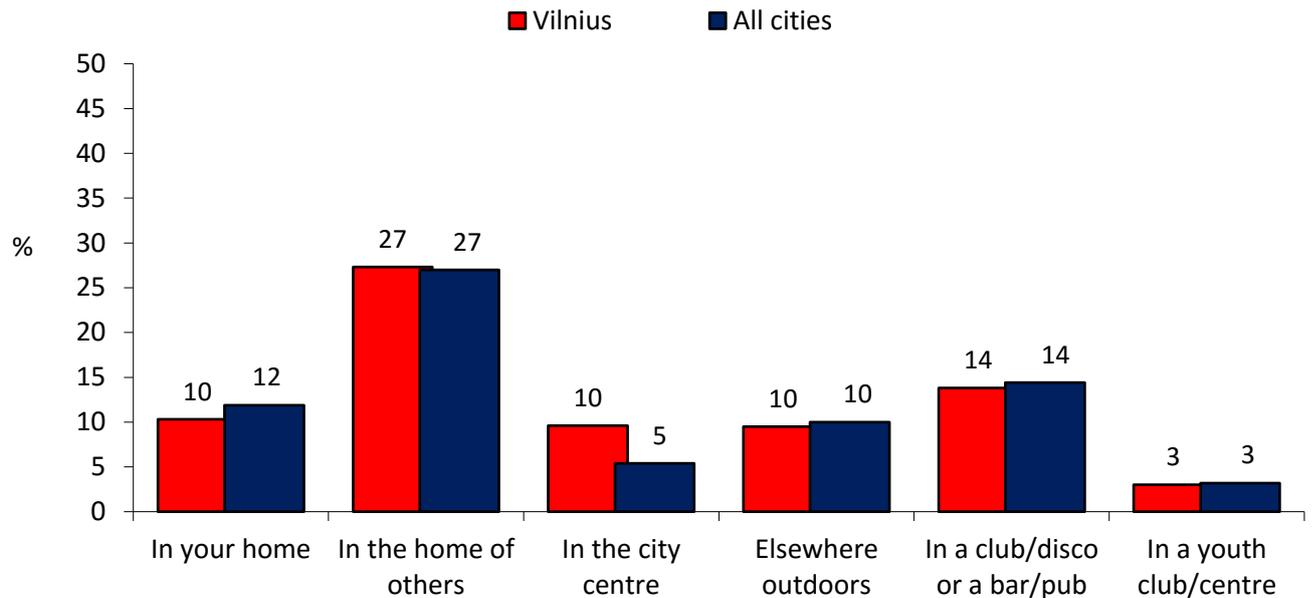


Figure 9. Percentage of 15 – 16 year old students in the participating cites that sometimes or often drink alcohol in the following places.

### Other illegal substance use

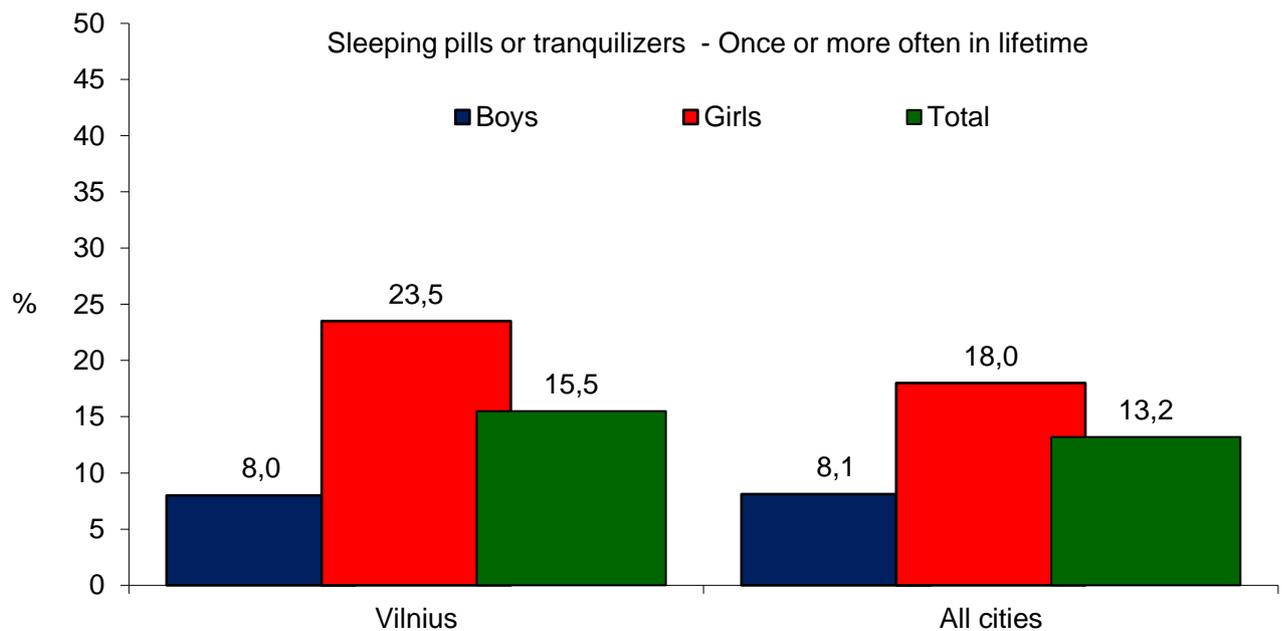


Figure 10. Sleeping pills or tranquilizers once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cites, by gender.

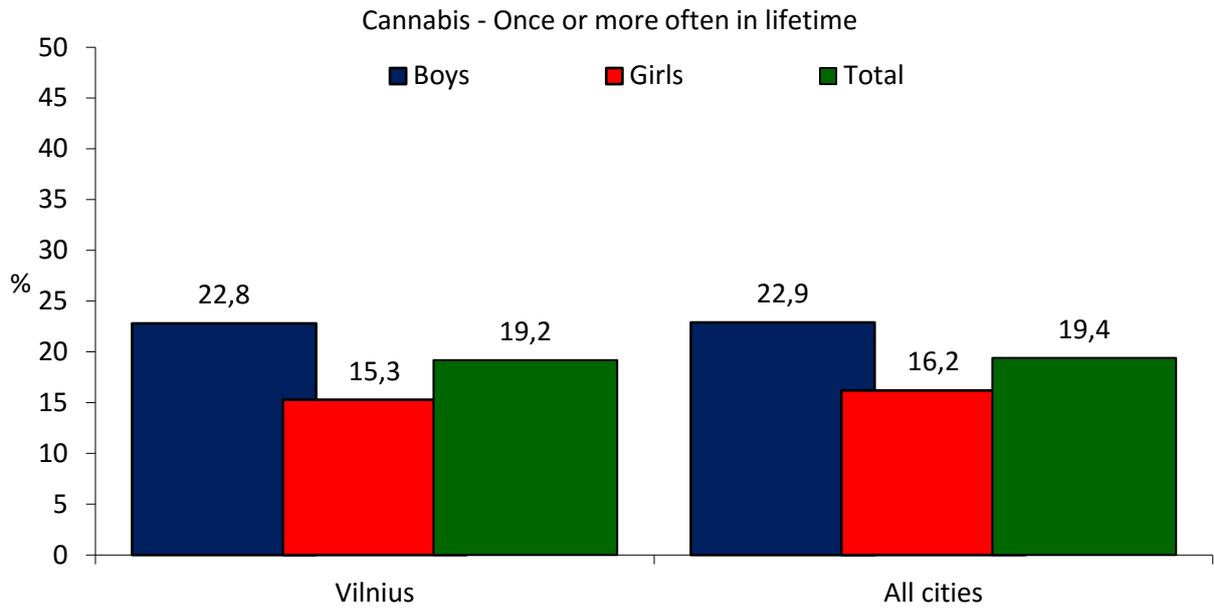


Figure 11. Cannabis once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

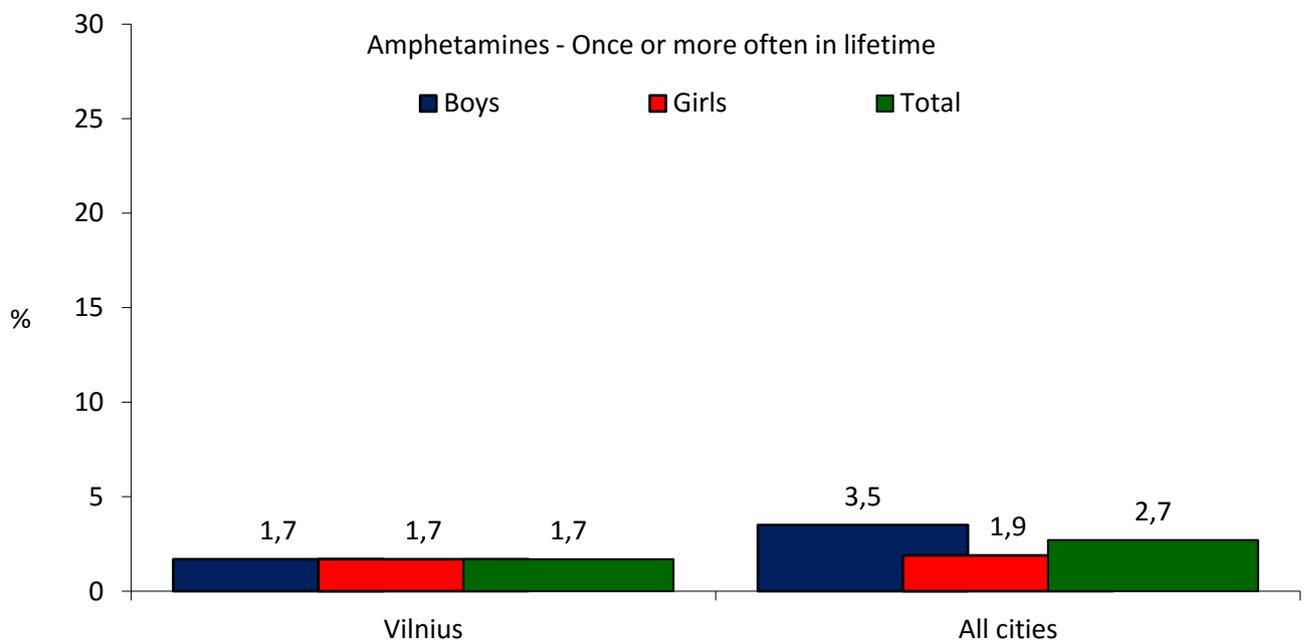


Figure 12. Amphetamines once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

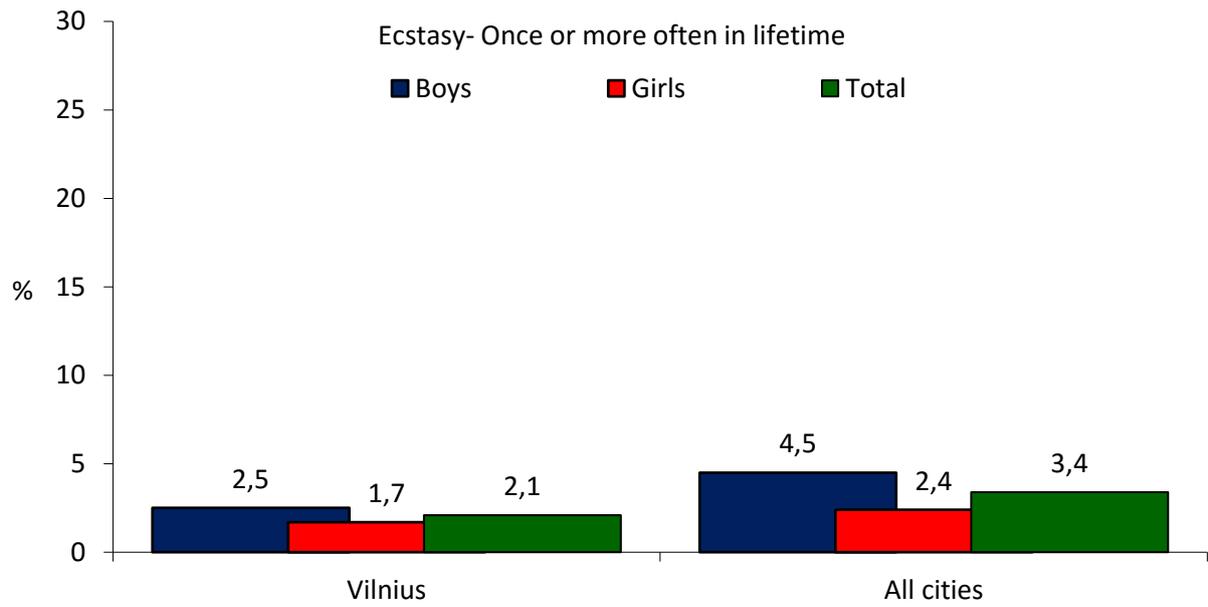


Figure 13. Ecstasy - once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

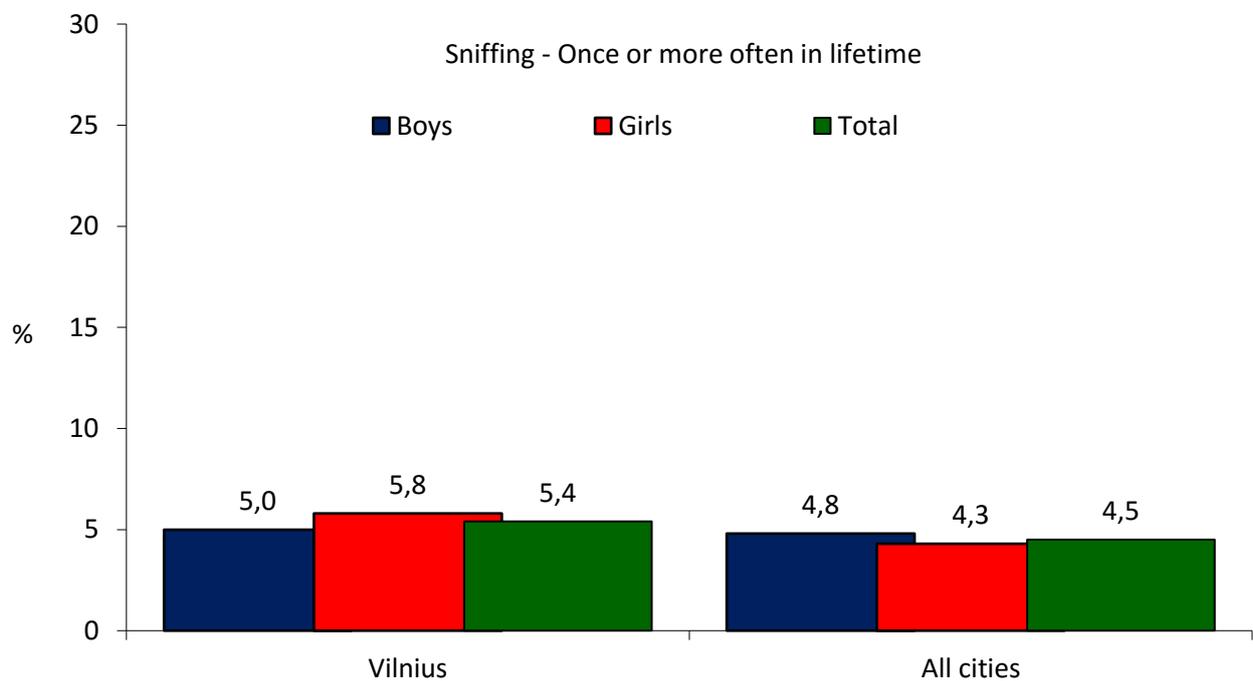


Figure 14. Sniffing - once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

### 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.

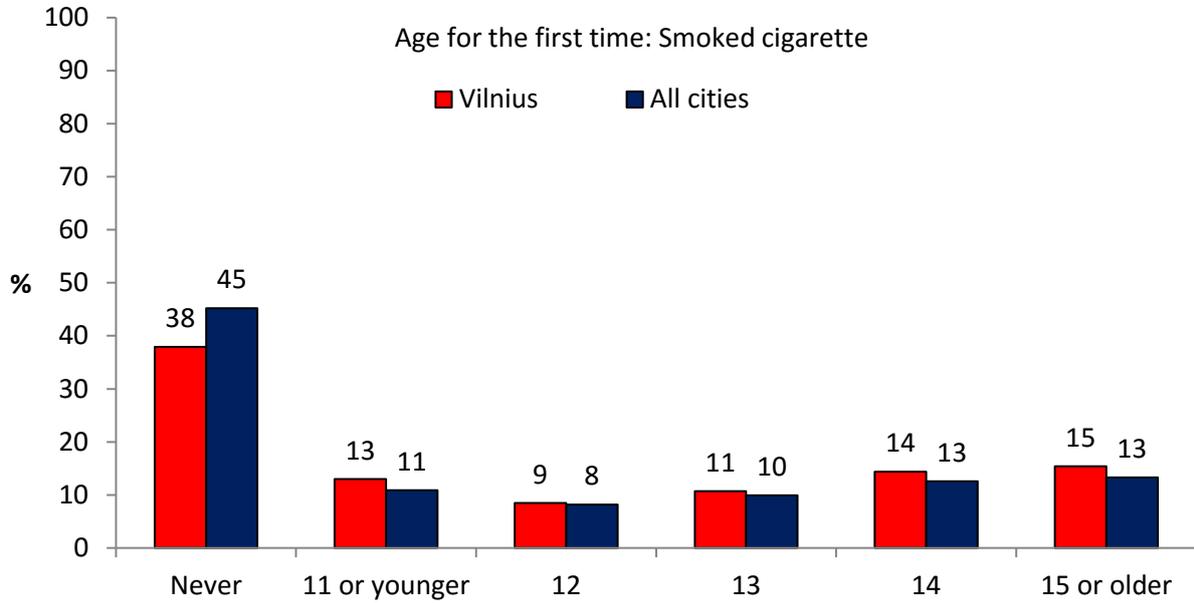


Figure 15. Age for the first time: Smoked cigarette. Percentage of 15 – 16 year old students in the participating cities.

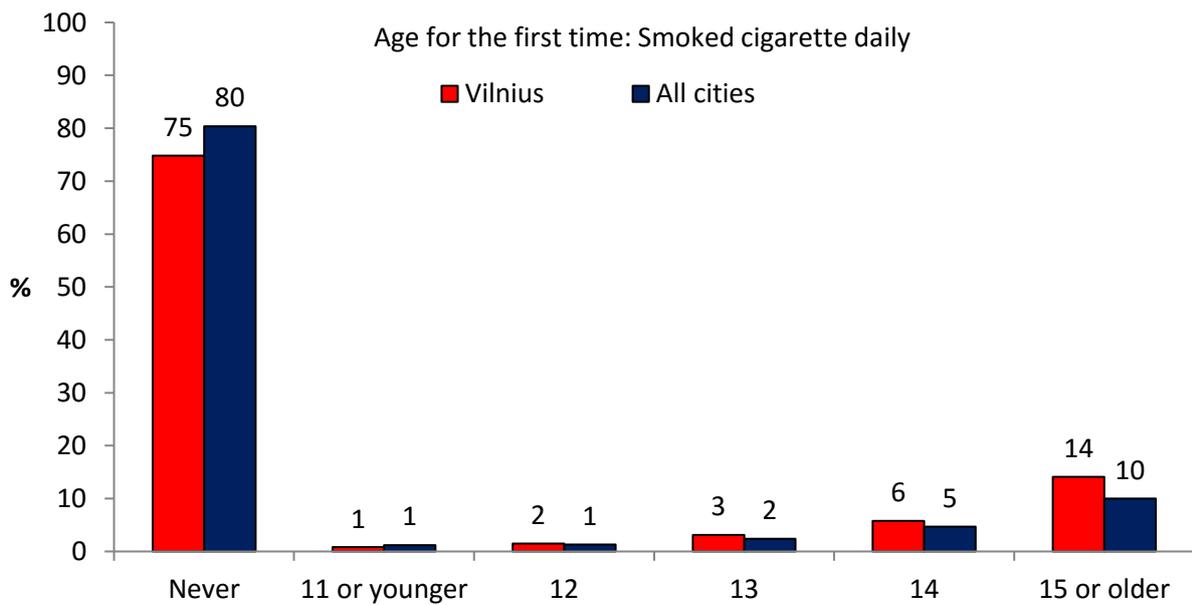


Figure 16. Age for the first time: Smoked cigarette daily. Percentage of 15 – 16 year old students in the participating cities.

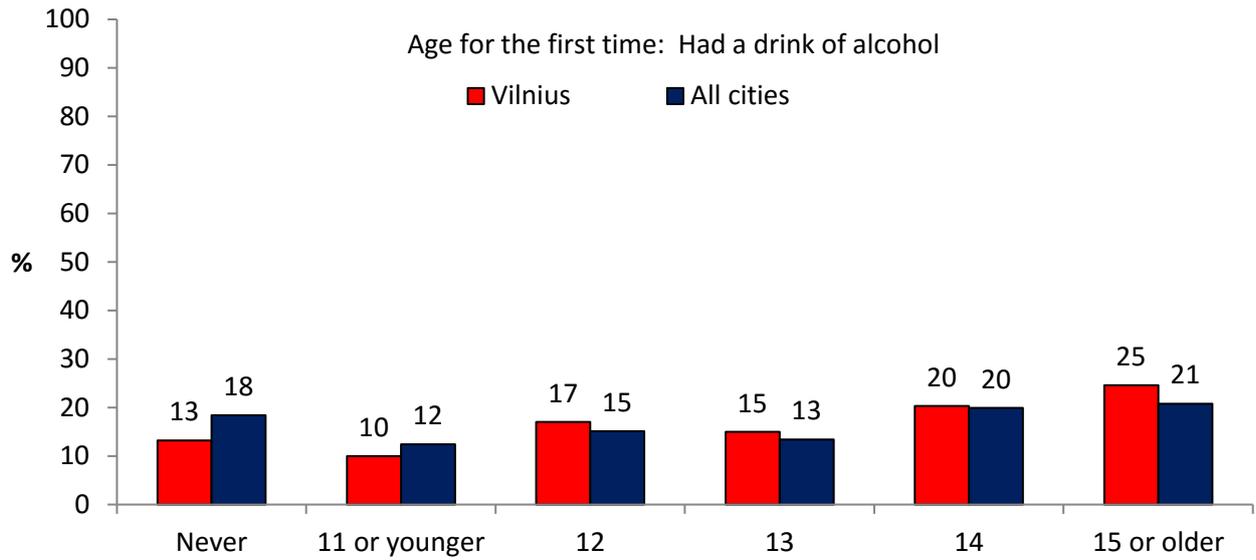


Figure 17. Age for the first time: Had a drink of alcohol. Percentage of 15 – 16 year old students in the participating cities.

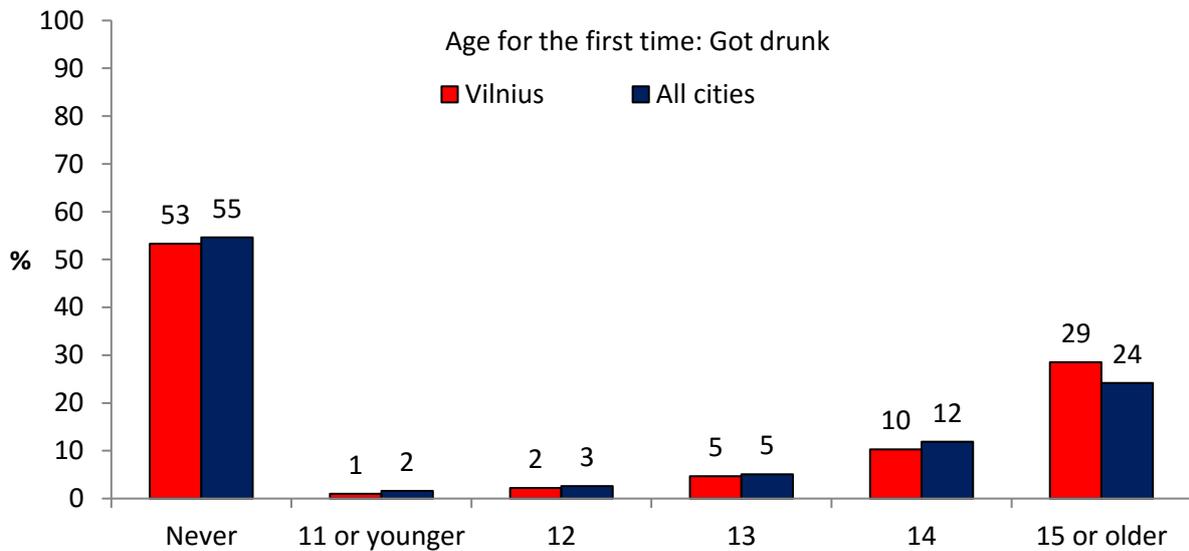


Figure 18. Age for the first time: Got drunk. Percentage of 15 – 16 year old students in the participating cities.

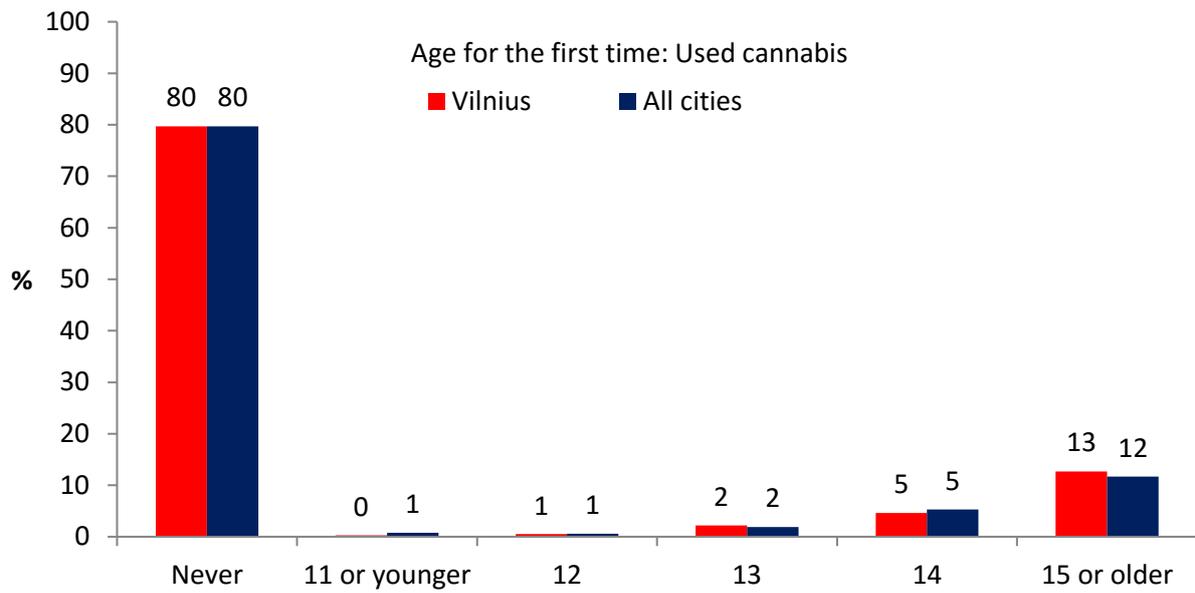


Figure 19. Age for the first time: Used cannabis. Percentage of 15 – 16 year old students in the participating cities.

### Parental factors

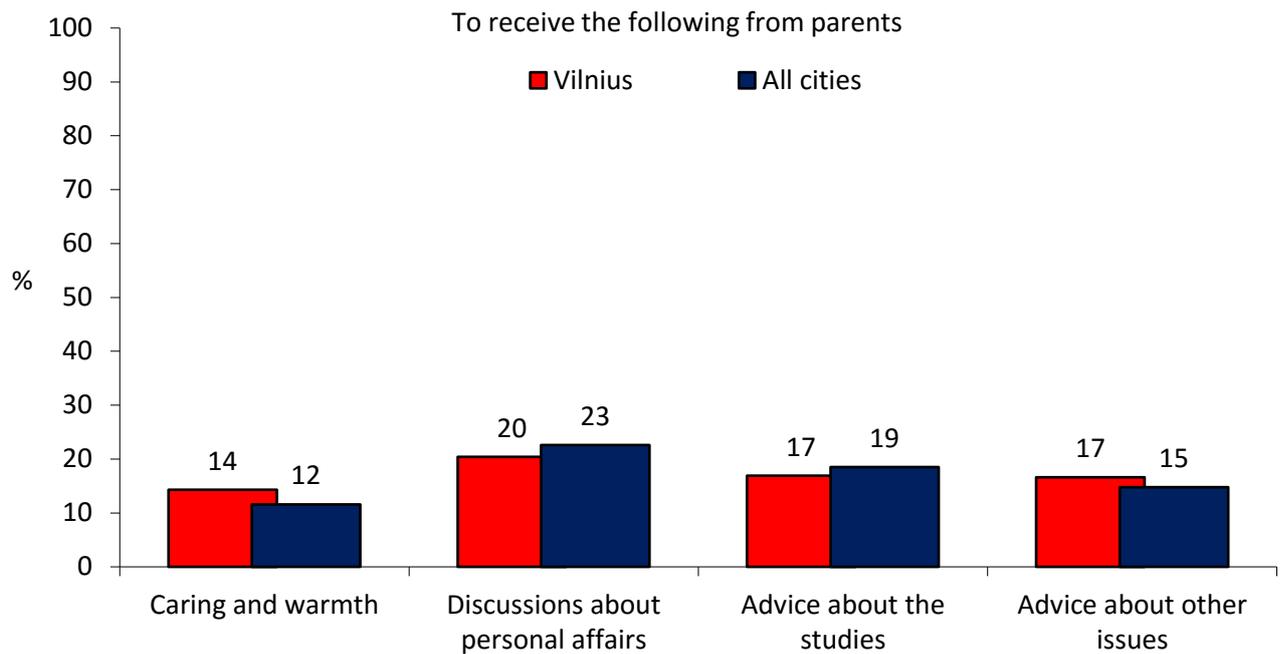


Figure 20. How easy or hard would it be for you to receive the following from your parents...? Percentage of 15 – 16 year old students in the participating cites that say it would be rather or very difficult.

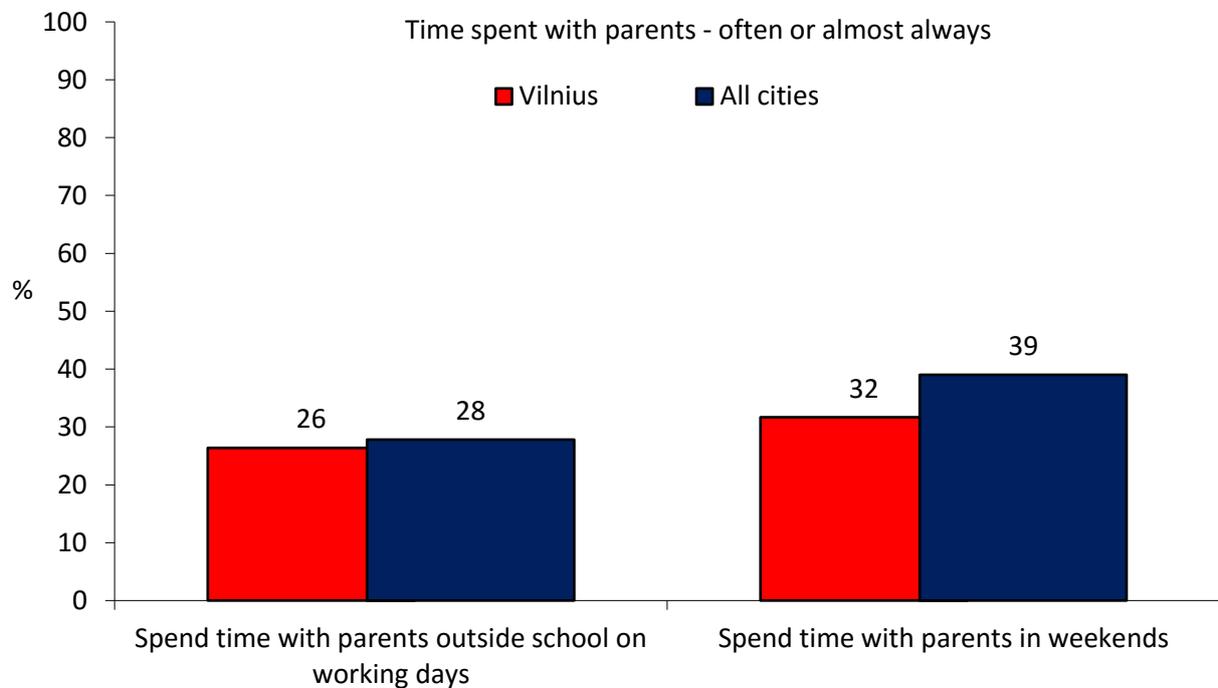


Figure 21. How well does the following apply to you...? Percentage of 15 – 16 year old students in the participating cites that say it applies often or almost always, by city.

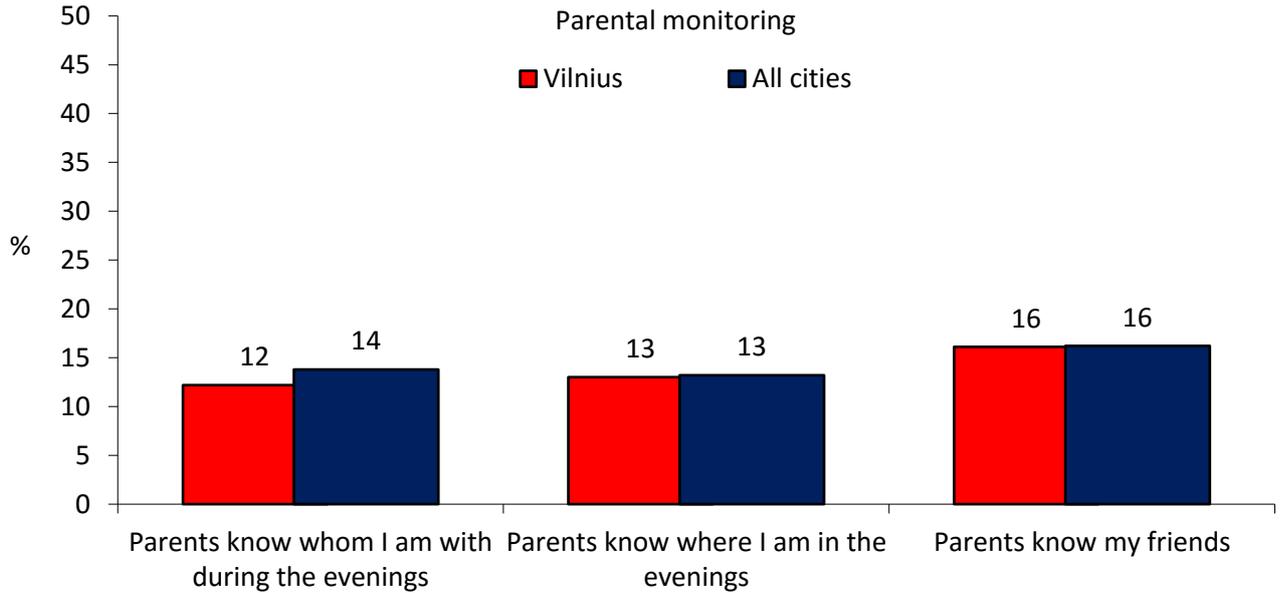


Figure 22. How well do the following statements apply to you...? Percentage of 15 – 16 year old students in the participating cities that say it applies rather or very poorly, by city.

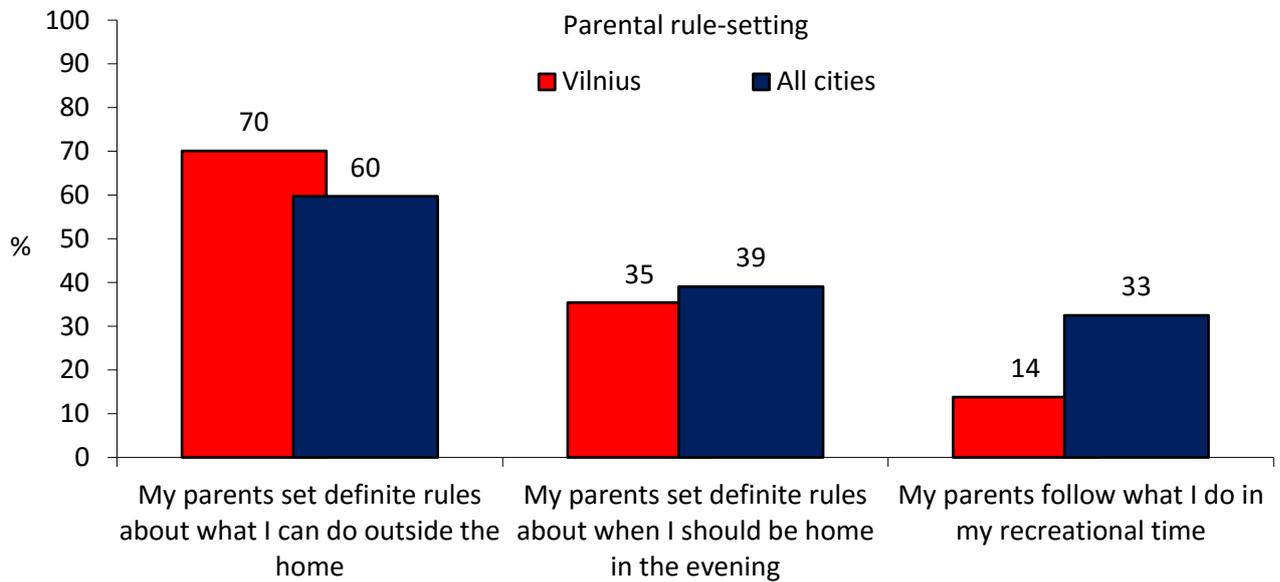


Figure 23. How well do the following statements apply to you...? Percentage of 15 – 16 year old students in the participating cities that say it applies rather or very poorly, by city.

### Substance use and parental factors - Cross tabulations

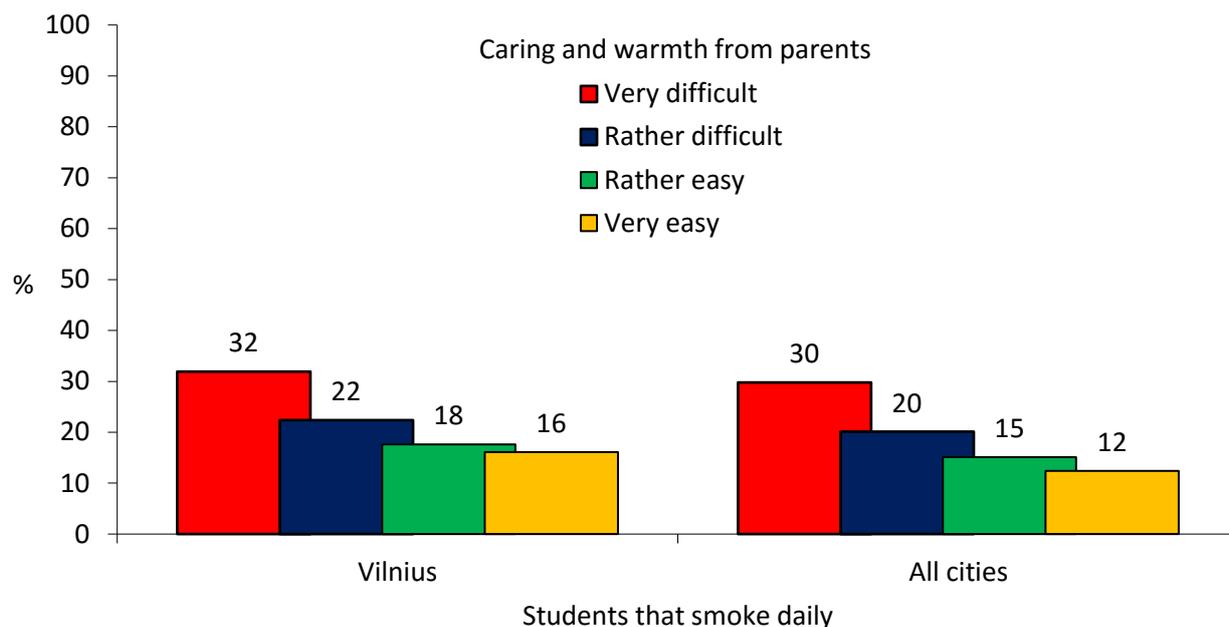


Figure 24. Percentage of 15 – 16 year old students in the participating cities that smoke daily, analysed by how easy or hard it would be to receive caring and warmth from their parents.

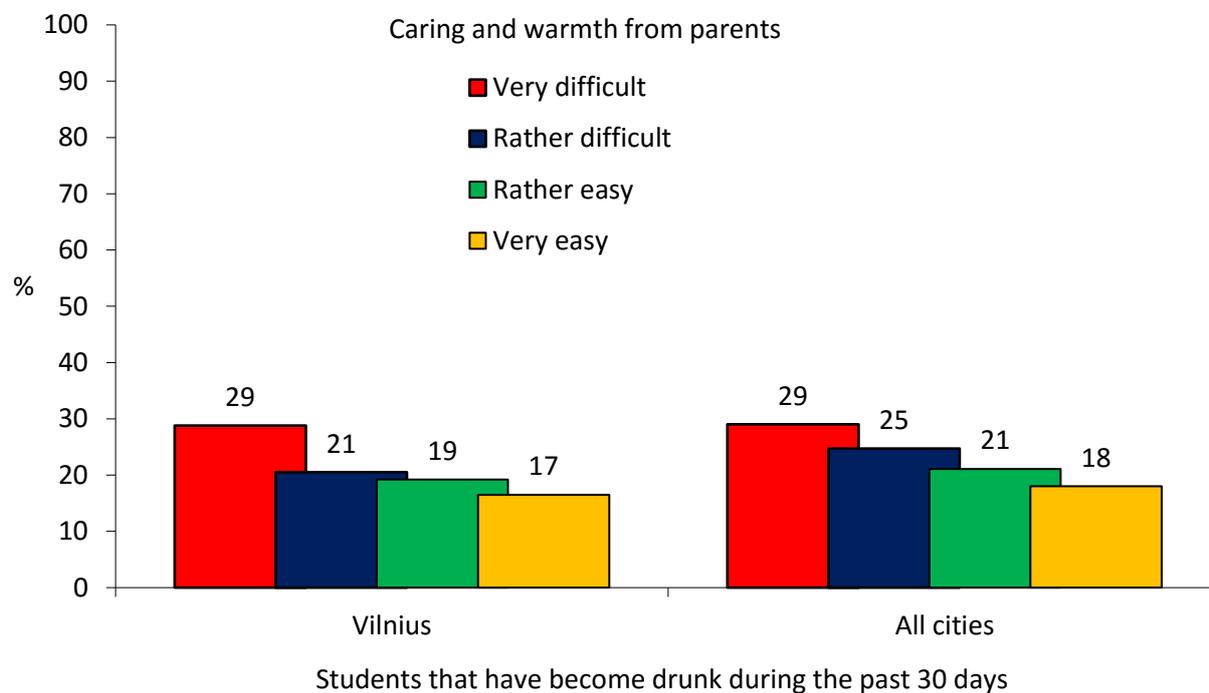


Figure 25. Percentage of 15 – 16 year old students in the participating cities that have become drunk during the past 30 days, analysed by how easy or hard it would be to receive caring and warmth from their parents.

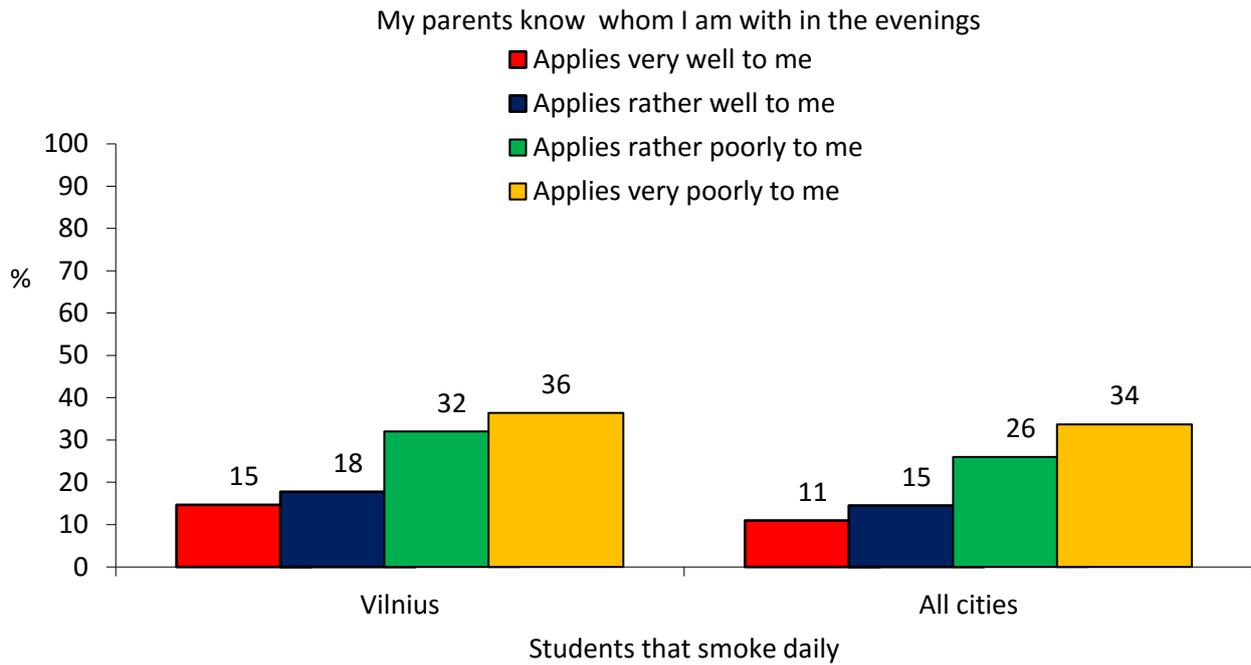


Figure 26. Percentage of 15 – 16 year old students in the participating cities that smoke daily, analysed by how well the following statements apply to them: My parents know whom I am with in the evenings.

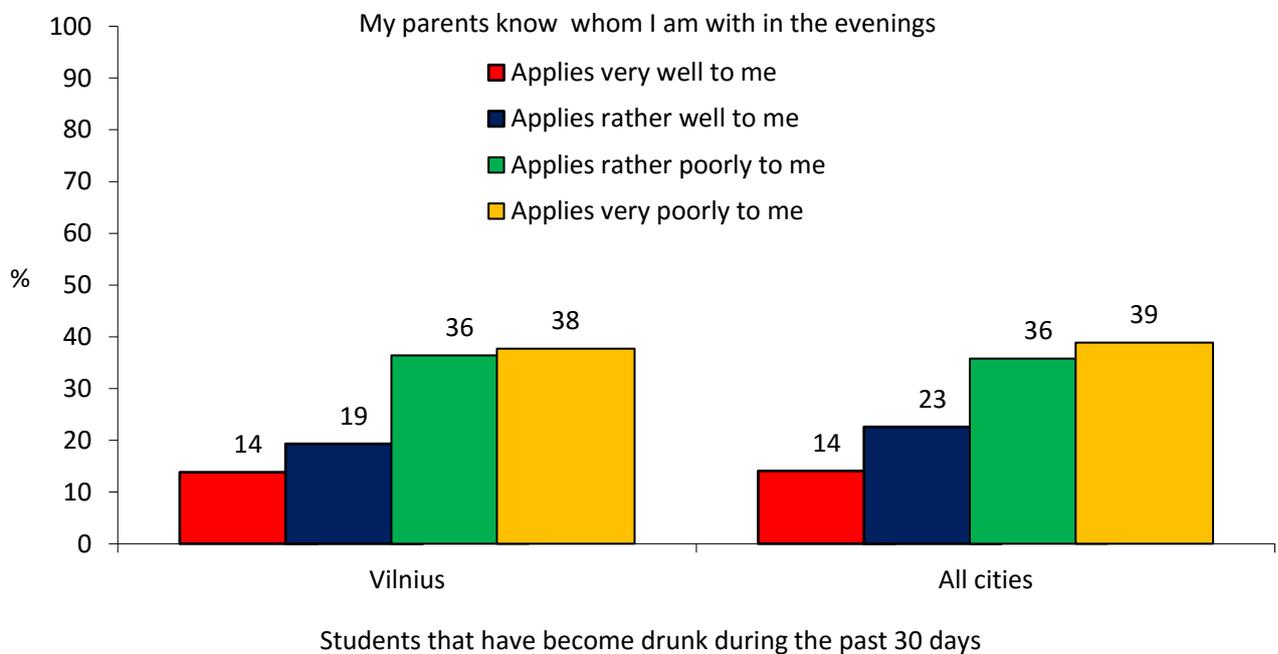


Figure 27. Percentage of 15 – 16 year old students in the participating cities that have become drunk during the past 30 days analysed by how well the following statements apply to them: My parents know whom I am with in the evenings.

## The peer group

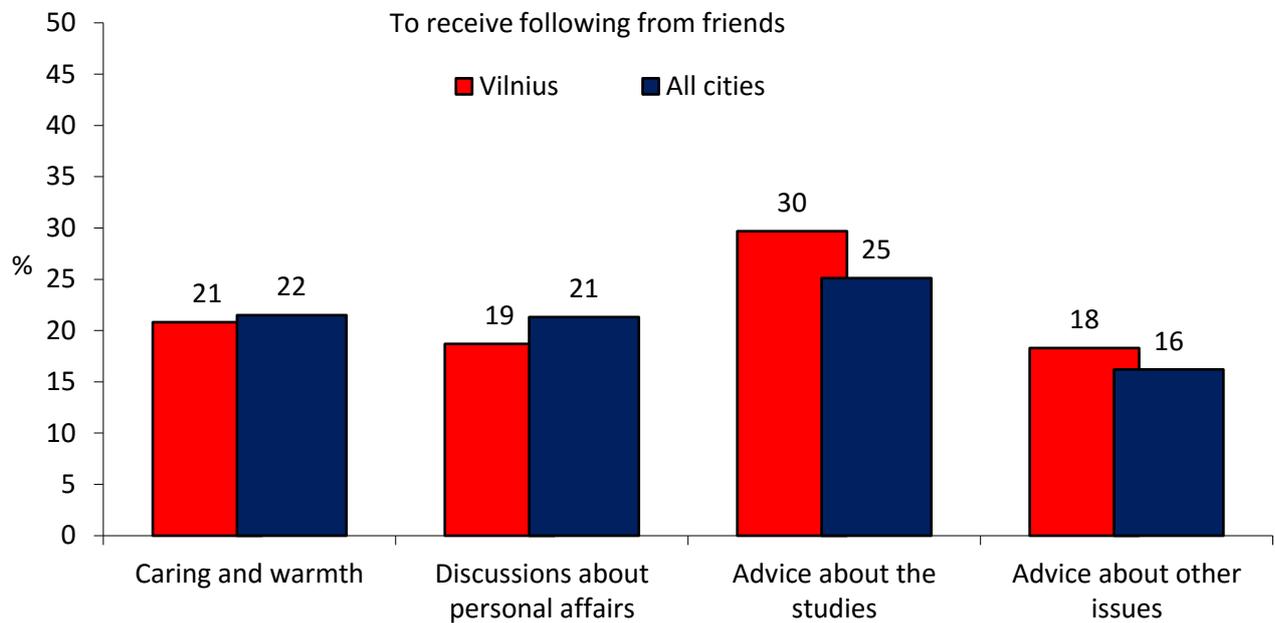


Figure 28. How easy or hard would it be for you to receive the following from your friends...? Percentage of 15 – 16 year old students in the participating cities that say it would be rather or very difficult.

## Substance use and peer-group

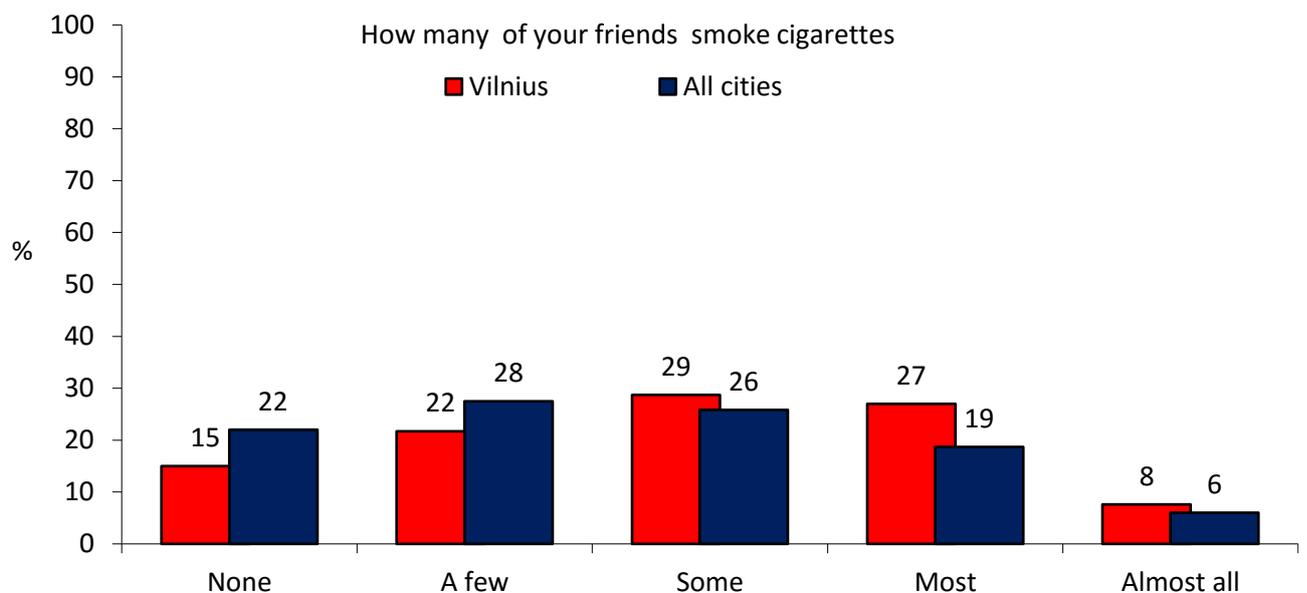


Figure 29. How many of your friends smoke cigarettes? Percentage of 15 – 16 year old students in the participating cities.

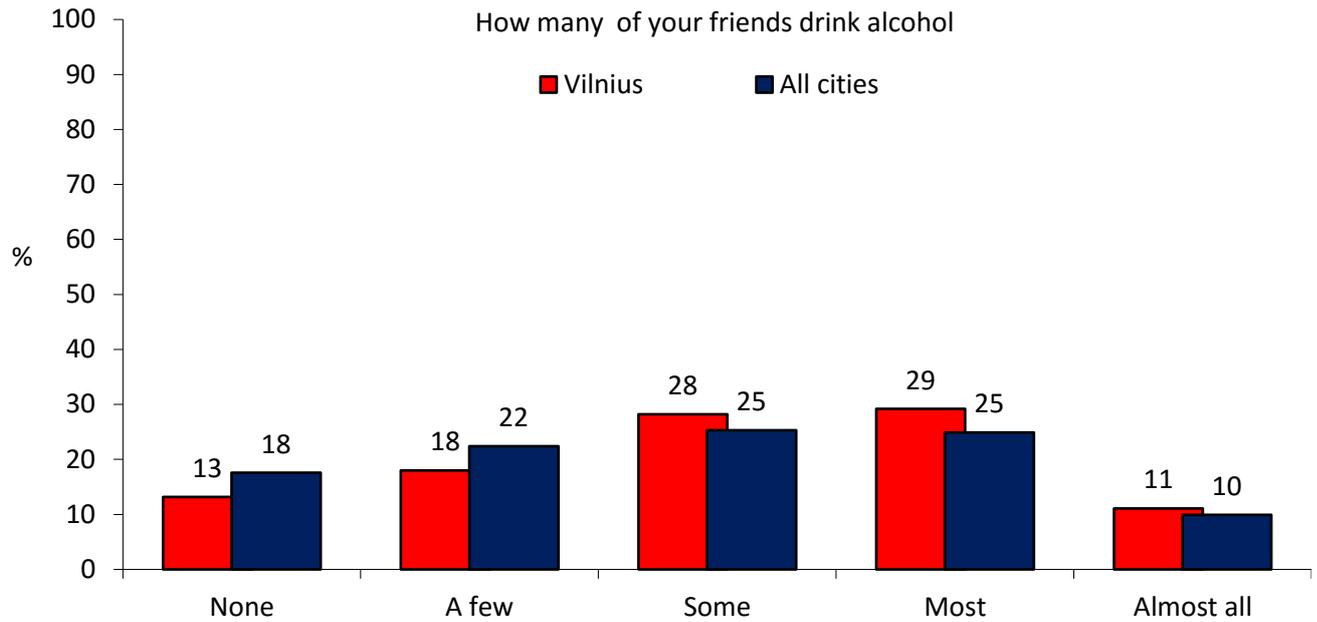


Figure 30. How many of your friends drink alcohol? Percentage of 15 – 16 year old students in the participating cities.

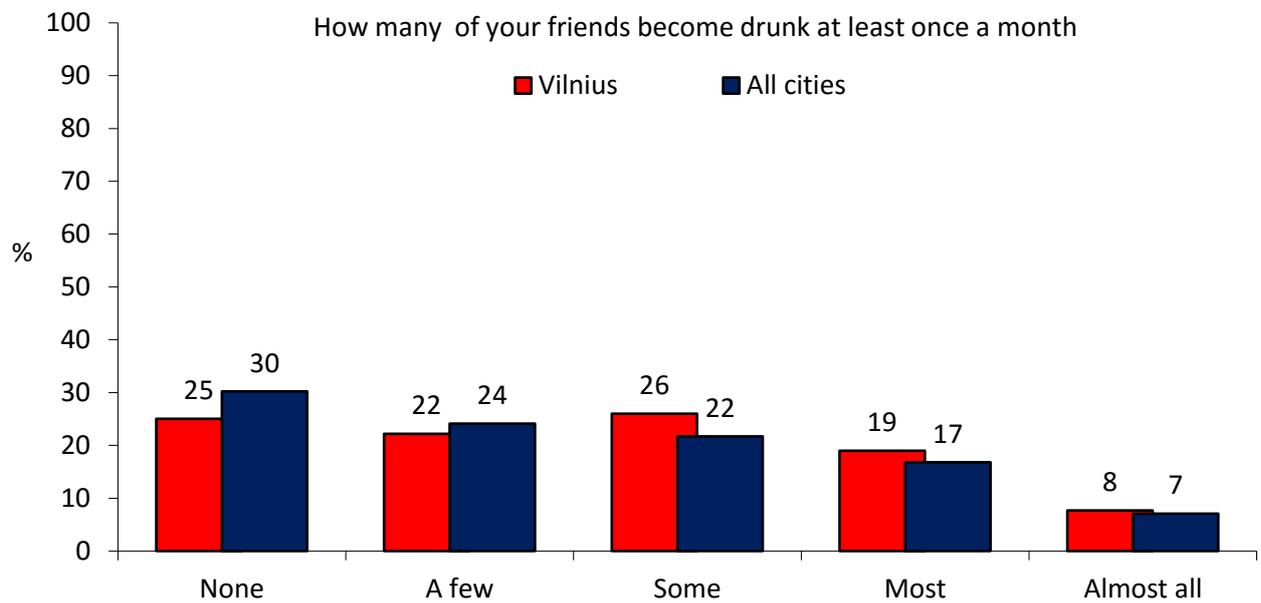


Figure 31. How many of your friends become drunk at least once a month? Percentage of 15 – 16 year old students in the participating cities.

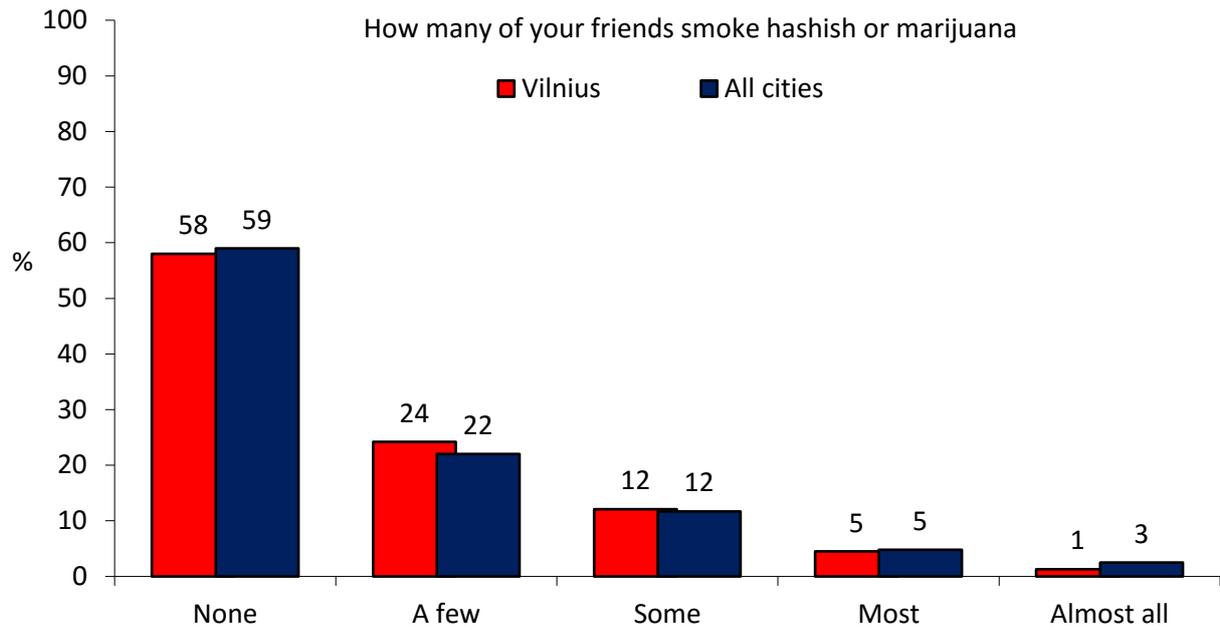


Figure 32. How many of your friends smoke hashish or marijuana? Percentage of 15 – 16 year old students in the participating cities.

## Leisure time

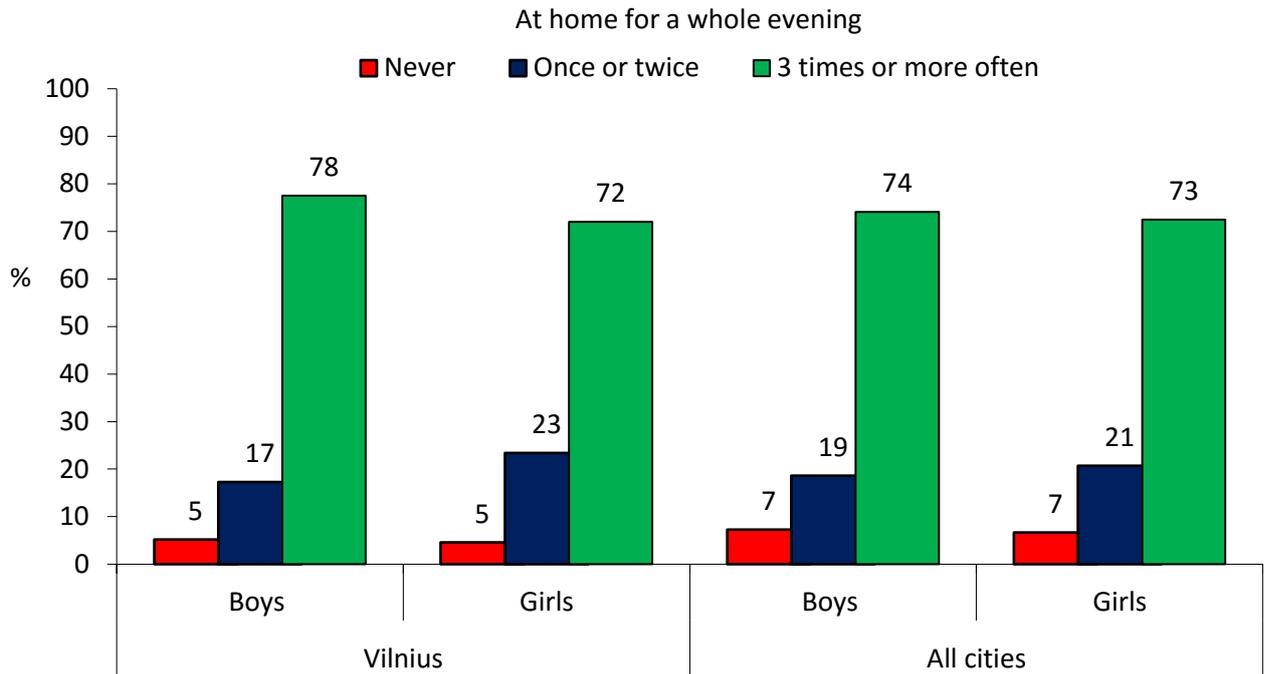


Figure 33. During the last 7 days, how often did you stayed at home for a whole evening? Percentage of 15 – 16 year old students in the participating cites, by gender.

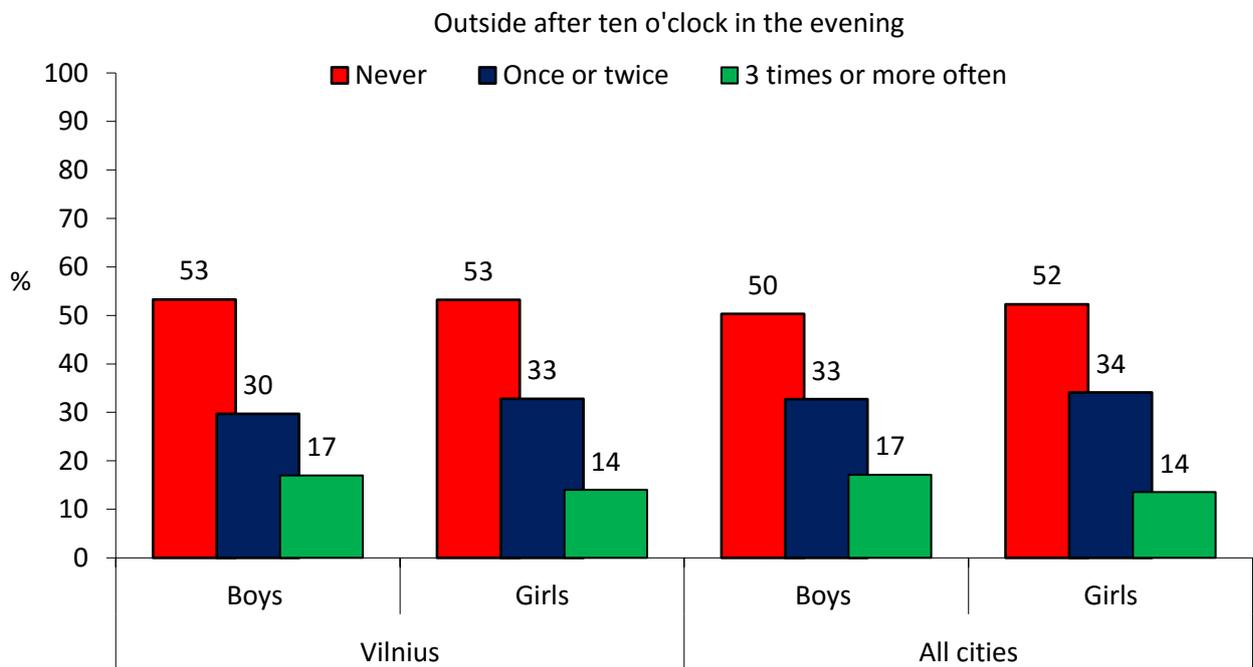


Figure 34. During the last 7 days, how often did you go outside after ten o'clock in the evening? Percentage of 15 – 16 year old students in the participating cites, by gender.

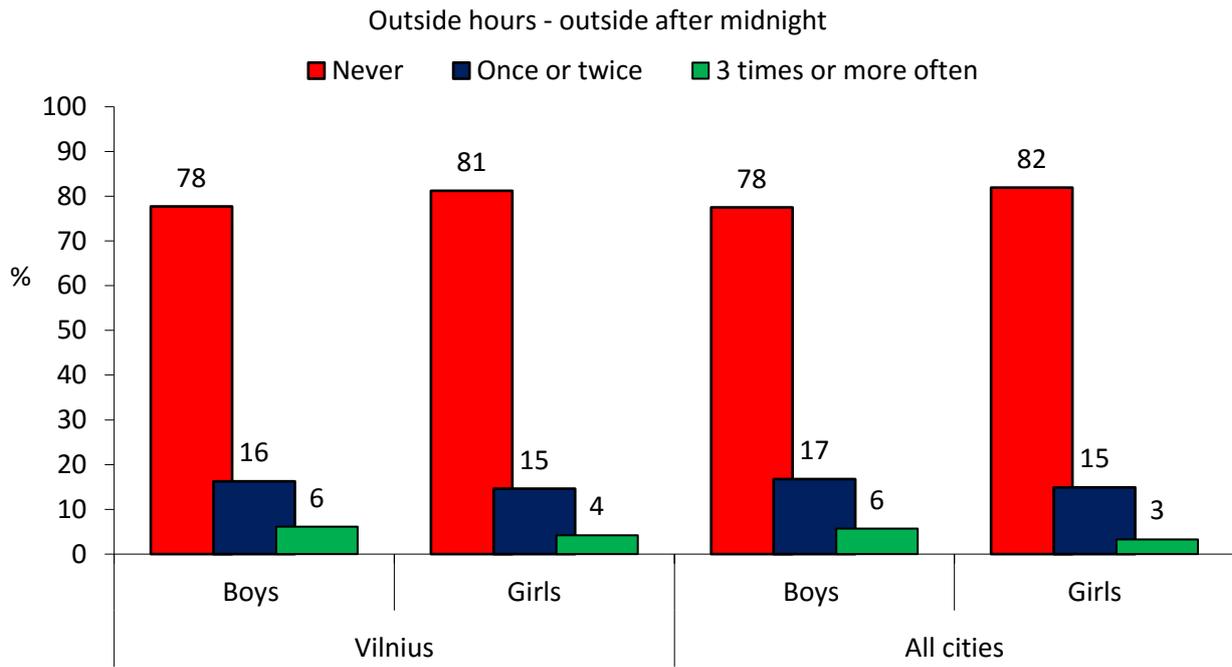


Figure 35. During the last 7 days, how often did you go outside and returned after midnight? Percentage of 15 – 16 year old students in the participating cities, by gender.

### Sports and aerobic activities

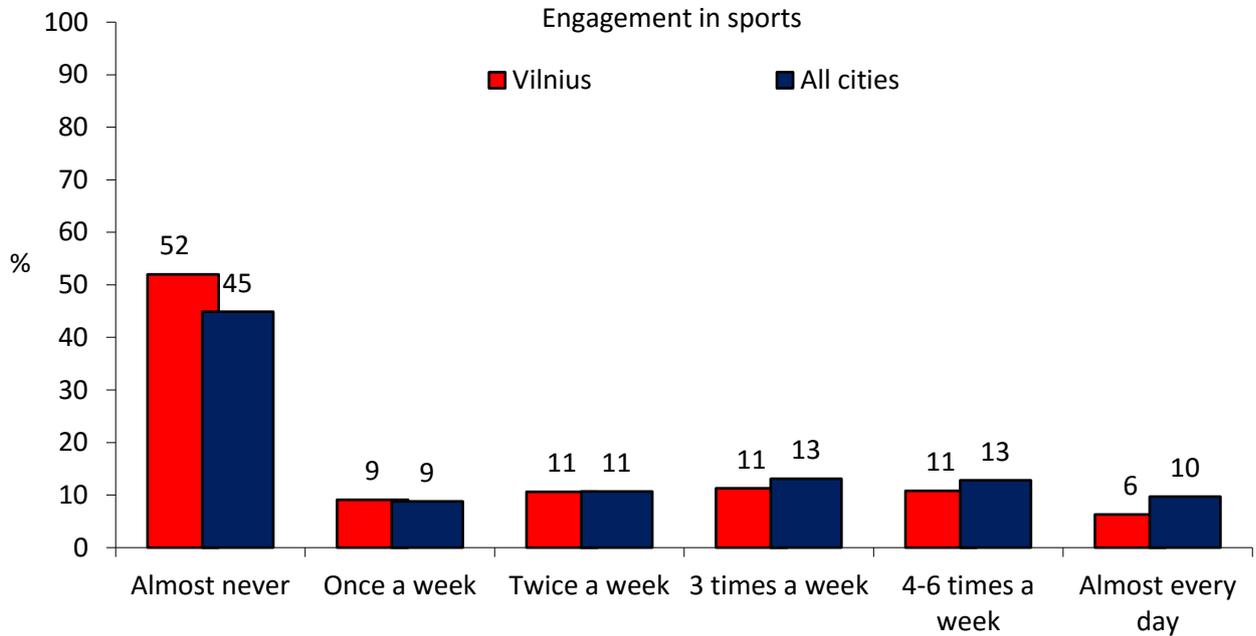


Figure 36. How often do you engage in sports in a sports club/team? Percentage of 15 – 16 year old students in the participating cities.

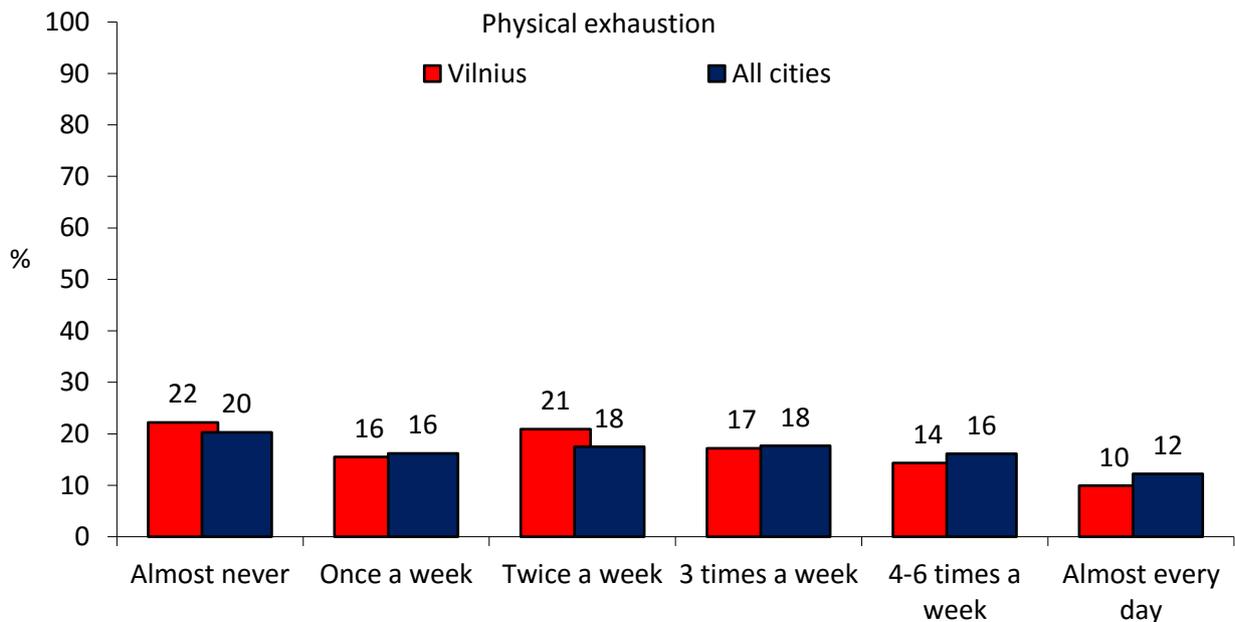


Figure 37. How often you exert yourself physically so you exhaust yourself or sweat? Percentage of 15 – 16 year old students in the participating cities.

### Organized or extracurricular activities

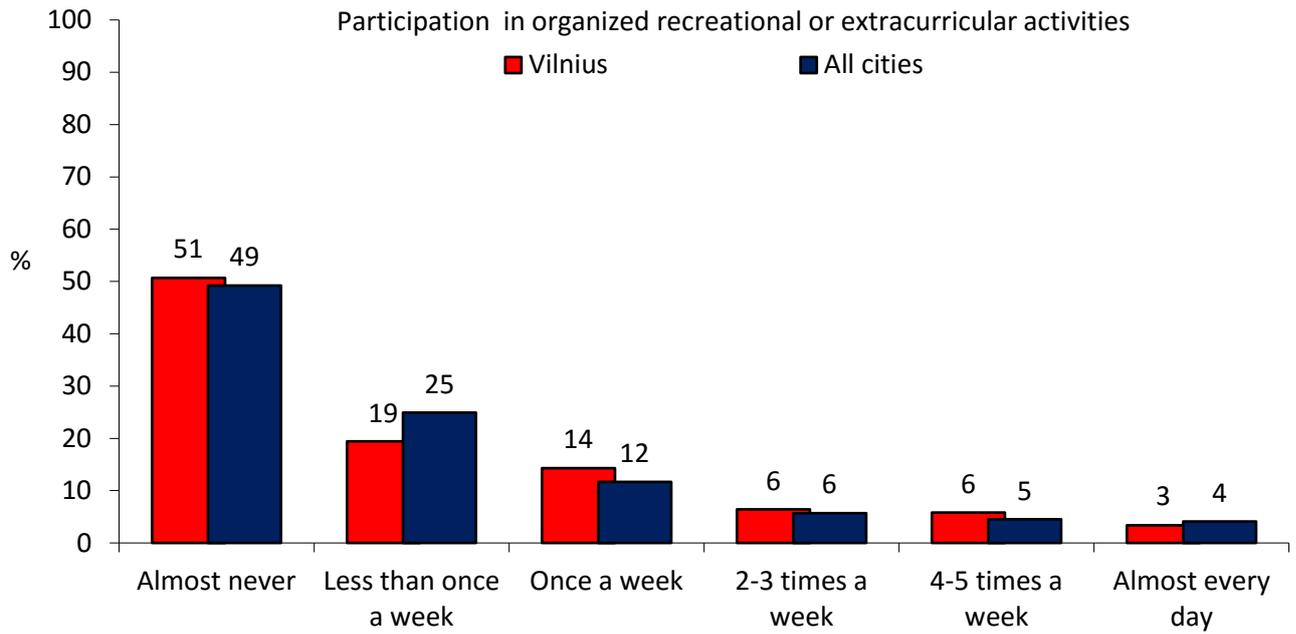


Figure 38. Do you take part in any organized recreational or extracurricular activities? Percentage of 15 – 16 year old students in the participating cities.

### Substance use and organized sport – Cross tabulations

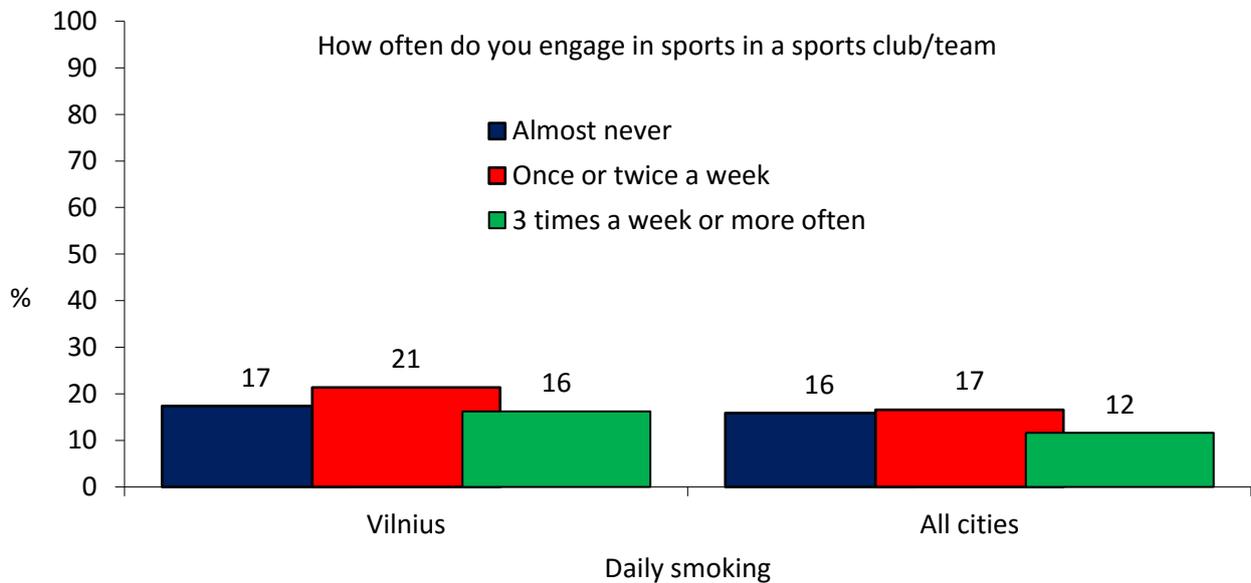


Figure 39. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how often they are engaged in sports in a sports club/team.

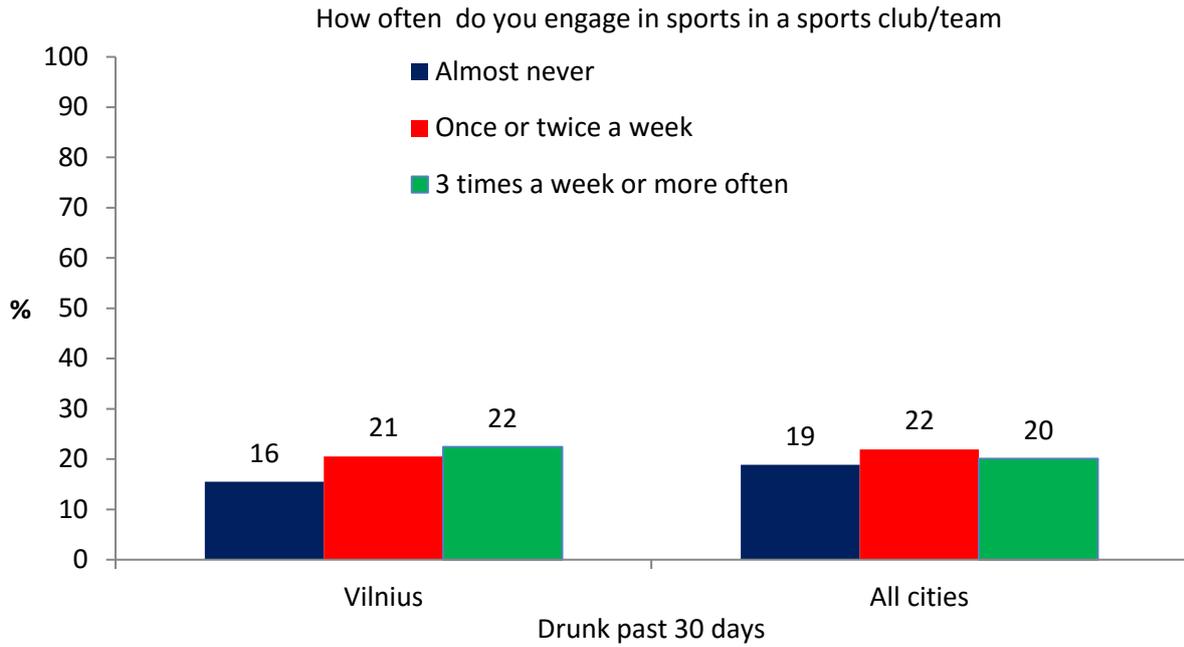


Figure 40. Percentage of 15 – 16 year old students in the participating cities that had become drunk past 30 days analysed by how often they are engaged in sports in a sports club/team, by city.

### Substance use and organized recreational activities – Cross tabulations

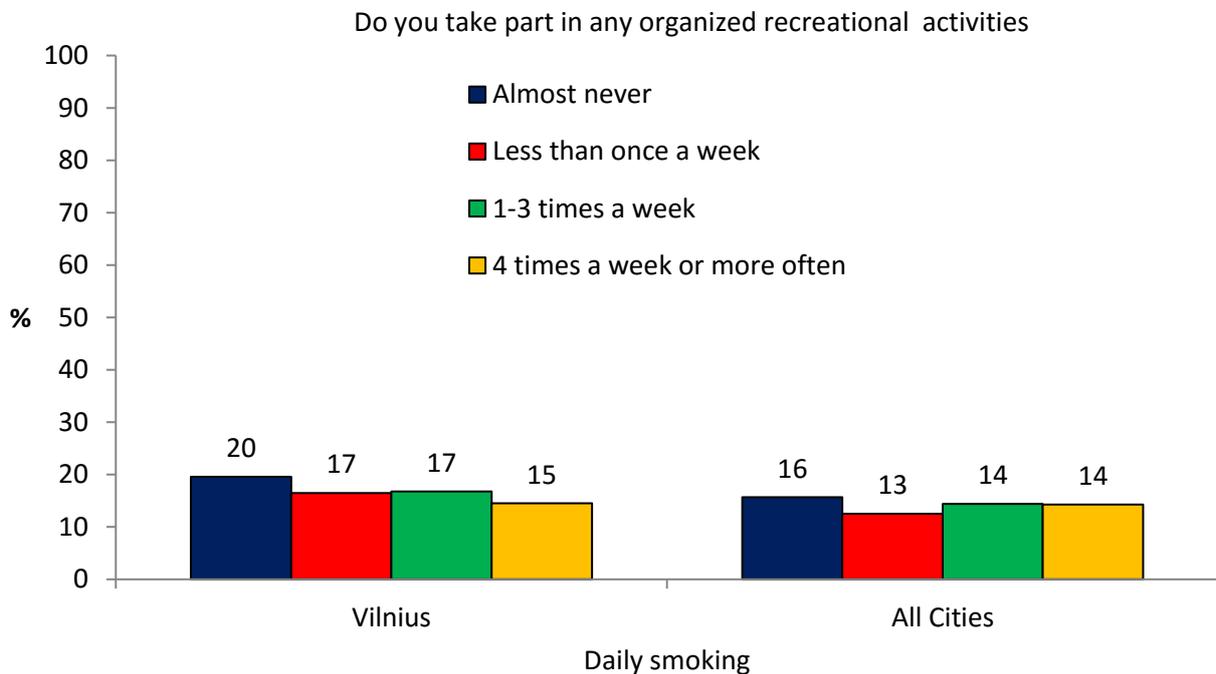


Figure 41. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how often they take part in organized recreational activities.

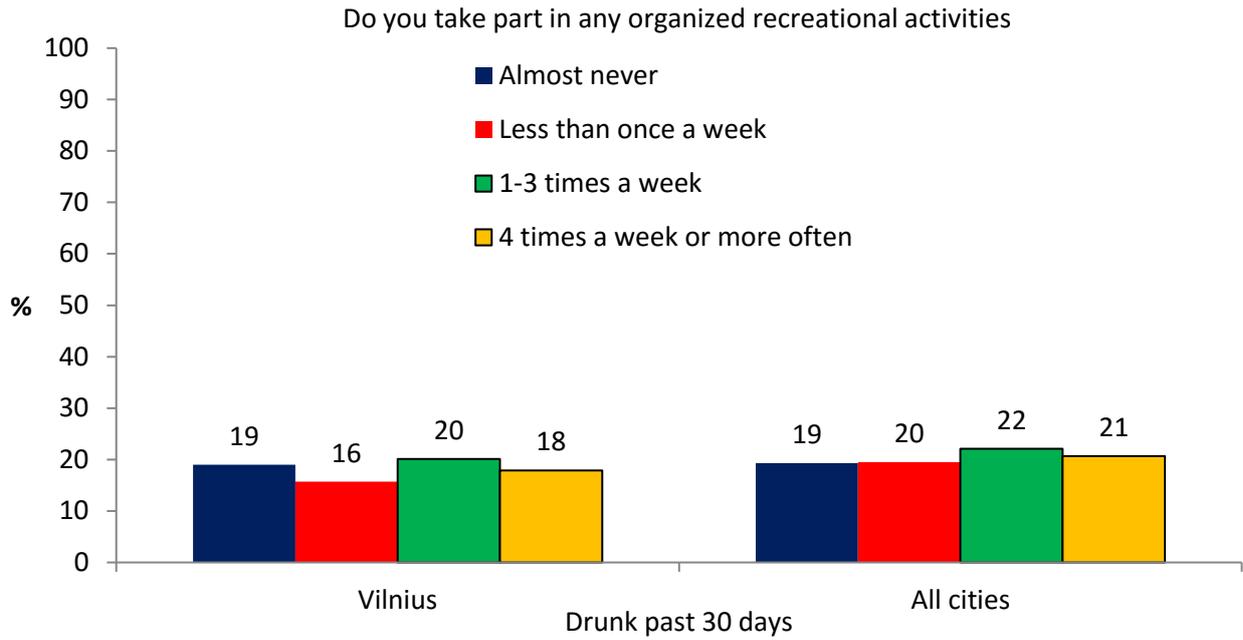


Figure 42. Percentage of 15 – 16 year old students in the participating cities that had become drunk past 30 days analysed by how often they take part in organized recreational activities.

## Well-being in school

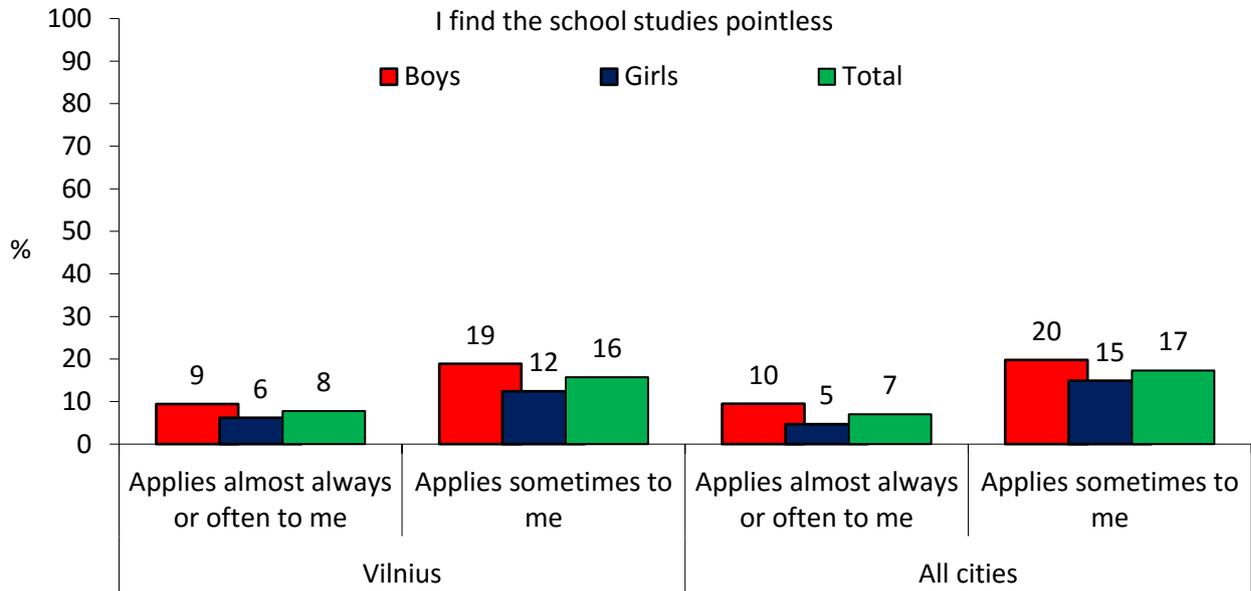


Figure 43. How well do the following statements apply to you? I find the school studies pointless. Percentage of 15 – 16 year old students in the participating cites, by gender.

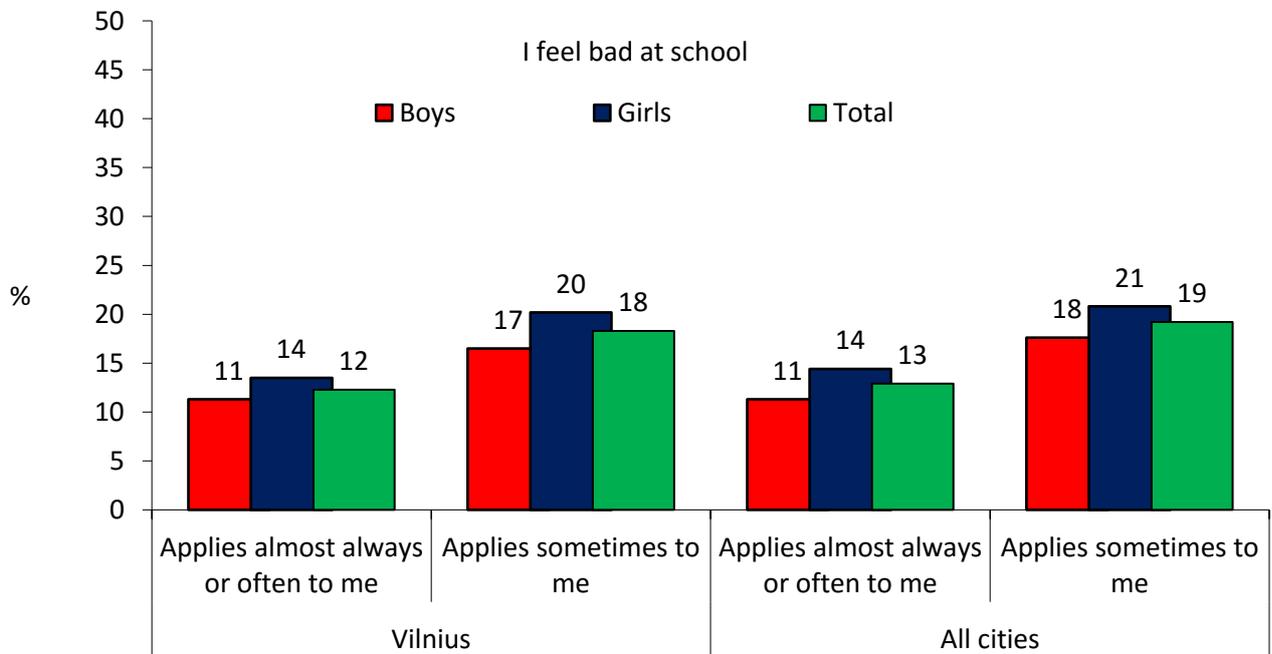


Figure 44. How well do the following statements apply to you? I feel bad at school. Percentage of 15 – 16 year old students in the participating cites, by gender.

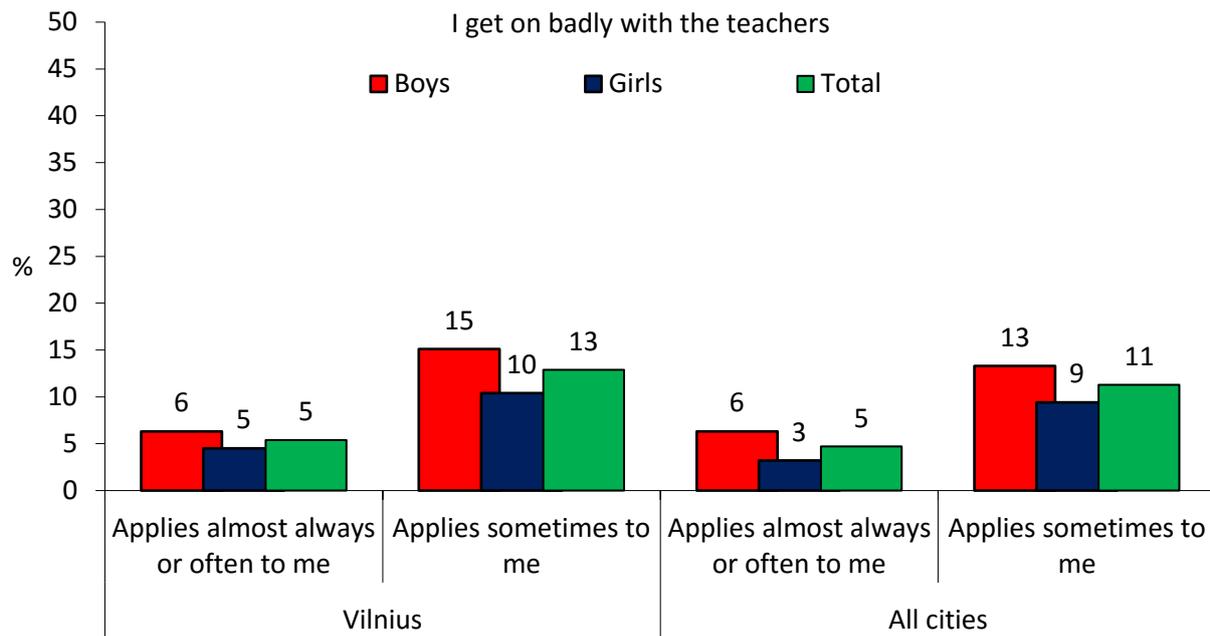


Figure 45. How well do the following statements apply to you? I get on badly with the teachers. Percentage of 15 – 16 year old students in the participating cities, by gender.

### Substance use and well-being in school – Cross tabulations

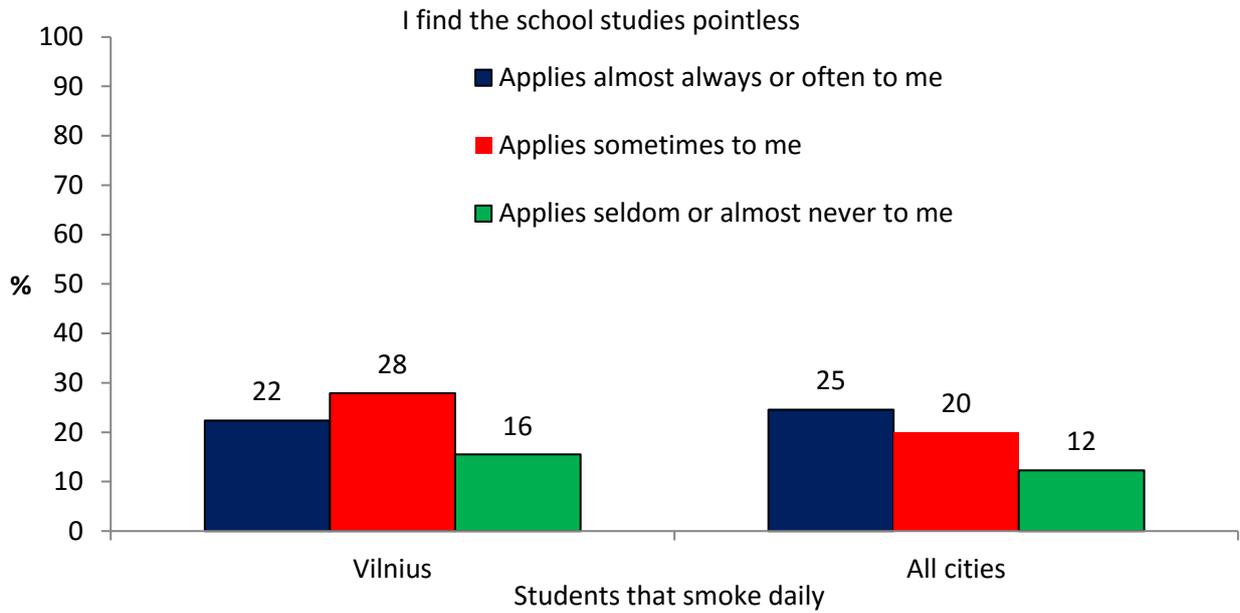


Figure 46. Percentage of 15 – 16 year old students in the participating cites that smoke daily analysed by how well the following statements apply to them: I find the school studies pointless.

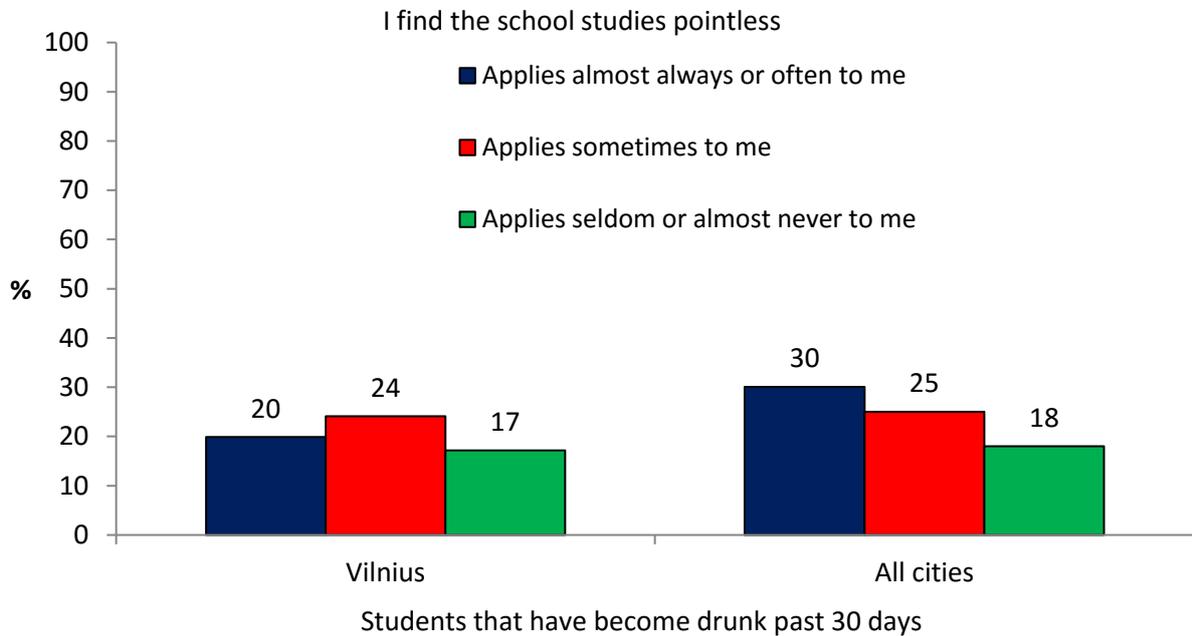


Figure 47. Percentage of 15 – 16 year old students in the participating cites that had become drunk during the past 30 days analysed by how well the following statements apply to them: I find the school studies pointless.

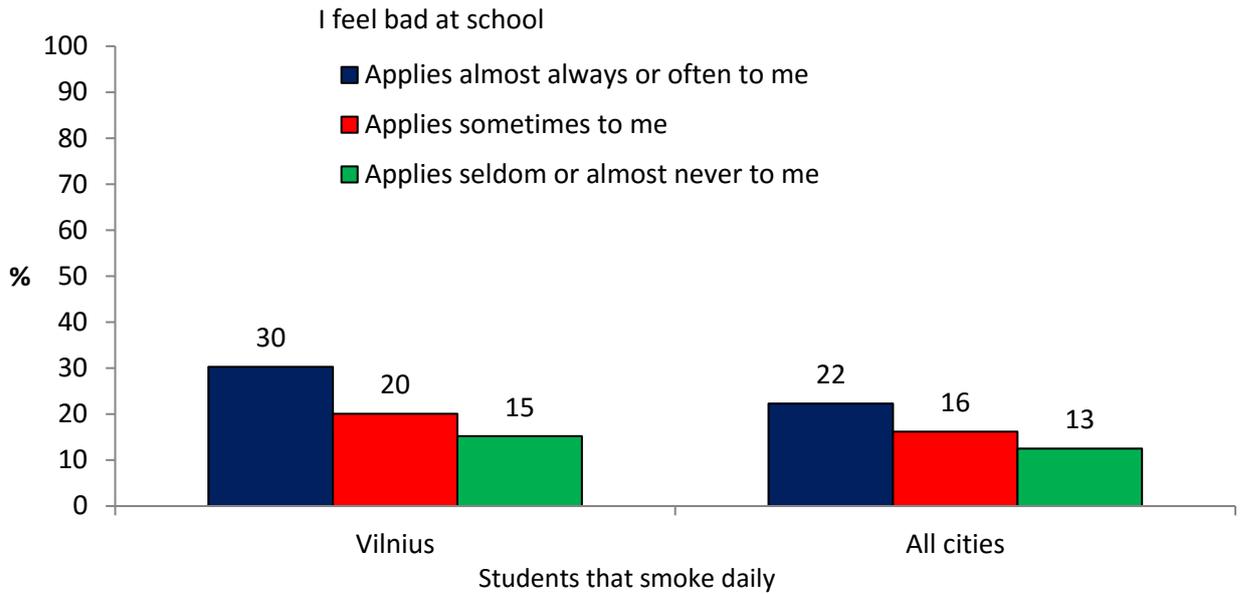


Figure 48. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how well the following statements apply to them: I feel bad at school.

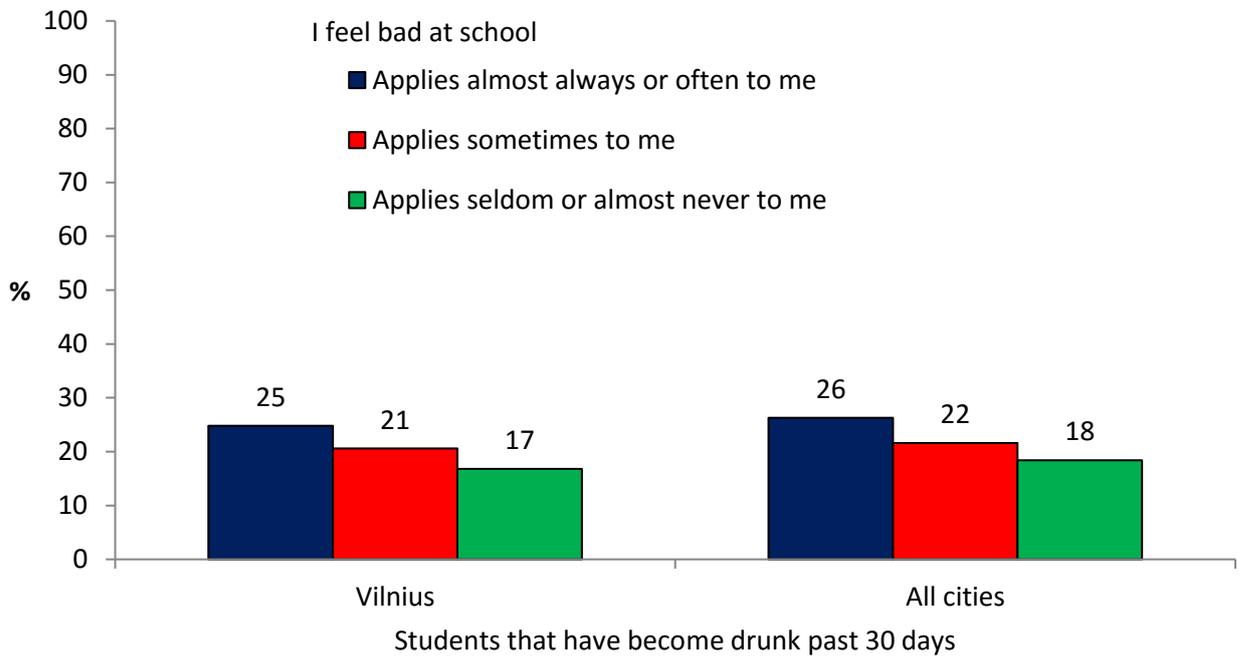


Figure 49. Percentage of 15 – 16 year old students in the participating cities that had become drunk during the past 30 days analysed by how well the following statements apply to them: I feel bad at school.

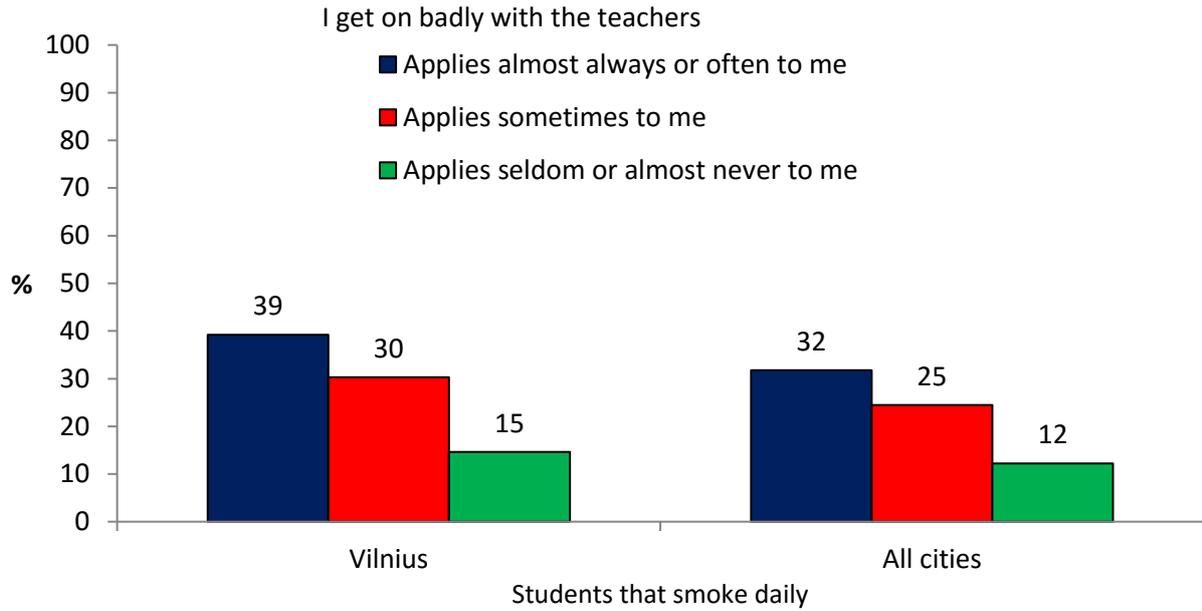


Figure 50. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how well the following statements apply to them: I get on badly with the teachers.

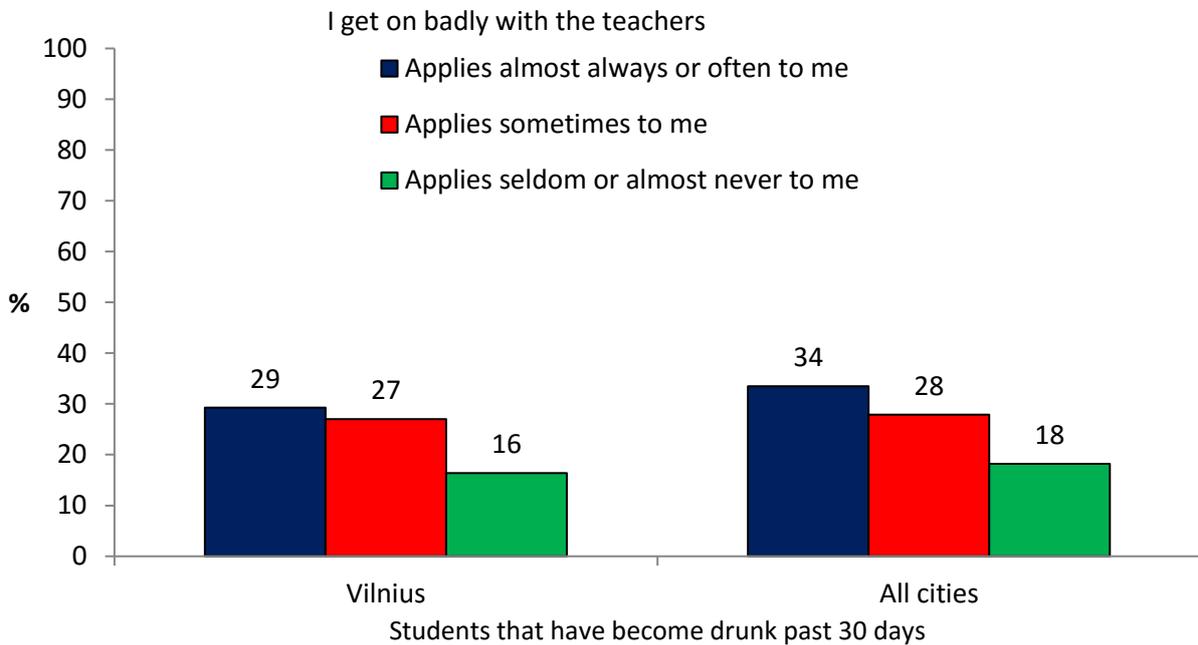


Figure 51. Percentage of 15 – 16 year old students in the participating cities that had become drunk during the past 30 days analysed by how well the following statements apply to them: I get on badly with the teachers.