

The Youth in Europe Project

– *Linking research, policy and practice*

Vilnius

12th September 2007

Jón Sigfússon

ICSRA



ICSRA

- ❑ The Icelandic Centre for Social Research and Analysis, ICSRA, (Rannsóknir & greining ehf) is a non-profit research centre that specializes in youth research and special research for policymakers.
- ❑ We work hand in hand with youth-policymakers who want to use scientific knowledge as a basis for their work

Our aim

- ❑ We aim to analyze the social well being of youth in Iceland and other European countries.
- ❑ We focus on determinants of various health related lifestyles and changes therein over time and on international comparison

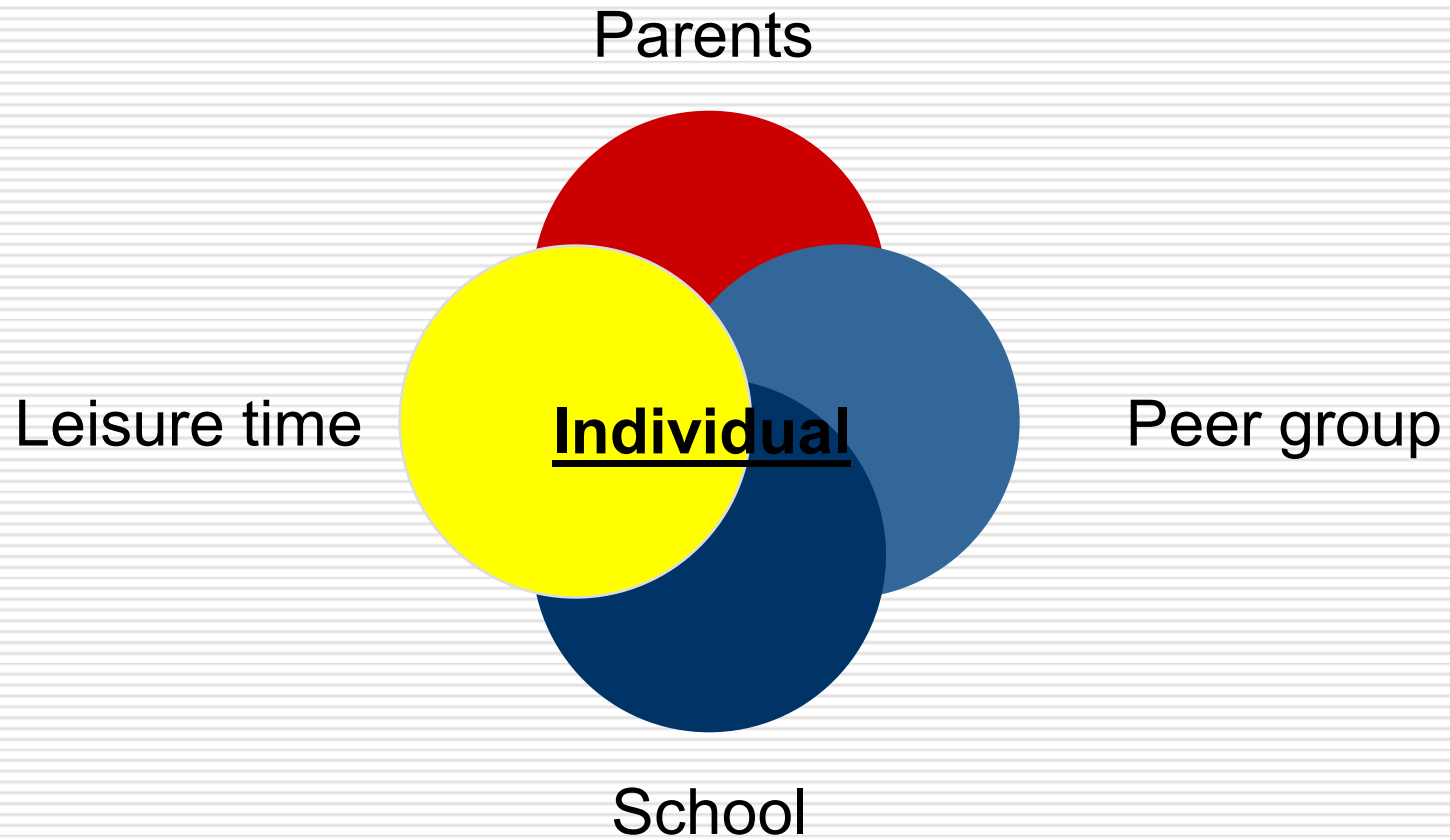
Users of information

- ☐ Municipalities
- ☐ Ministries of Education, Health and Social services
- ☐ Sports and youth institutions
- ☐ Schools
- ☐ Prevention groups
- ☐ Parent organizations
- ☐ The Red Cross
- ☐ Center for Disease Control
- ☐ The Child Protection Agency
- ☐ Childrens Umbodsmann

Long-term relationship

- ❑ Contracts with municipalities containing around 85% of the Icelandic Population
- ❑ Yearly monitoring of youth development

The adolescent world



Publications

Personality and Individual Differences

Acta Sociologica

Social Compass

Health Education Research

Social Forces

Journal of Youth and Adolescence

European Sociological Review

Youth and Society

The Icelandic Youth in Europe Team

- ❑ The City of Reykjavik – official body
- ❑ The Reykjavik University - science
- ❑ The University of Iceland - science
- ❑ Actavis – main sponsor
- ❑ ICSRA – research / co-ordinator
- ❑ The President of Iceland, HE Ólafur Ragnar Grímsson, patron

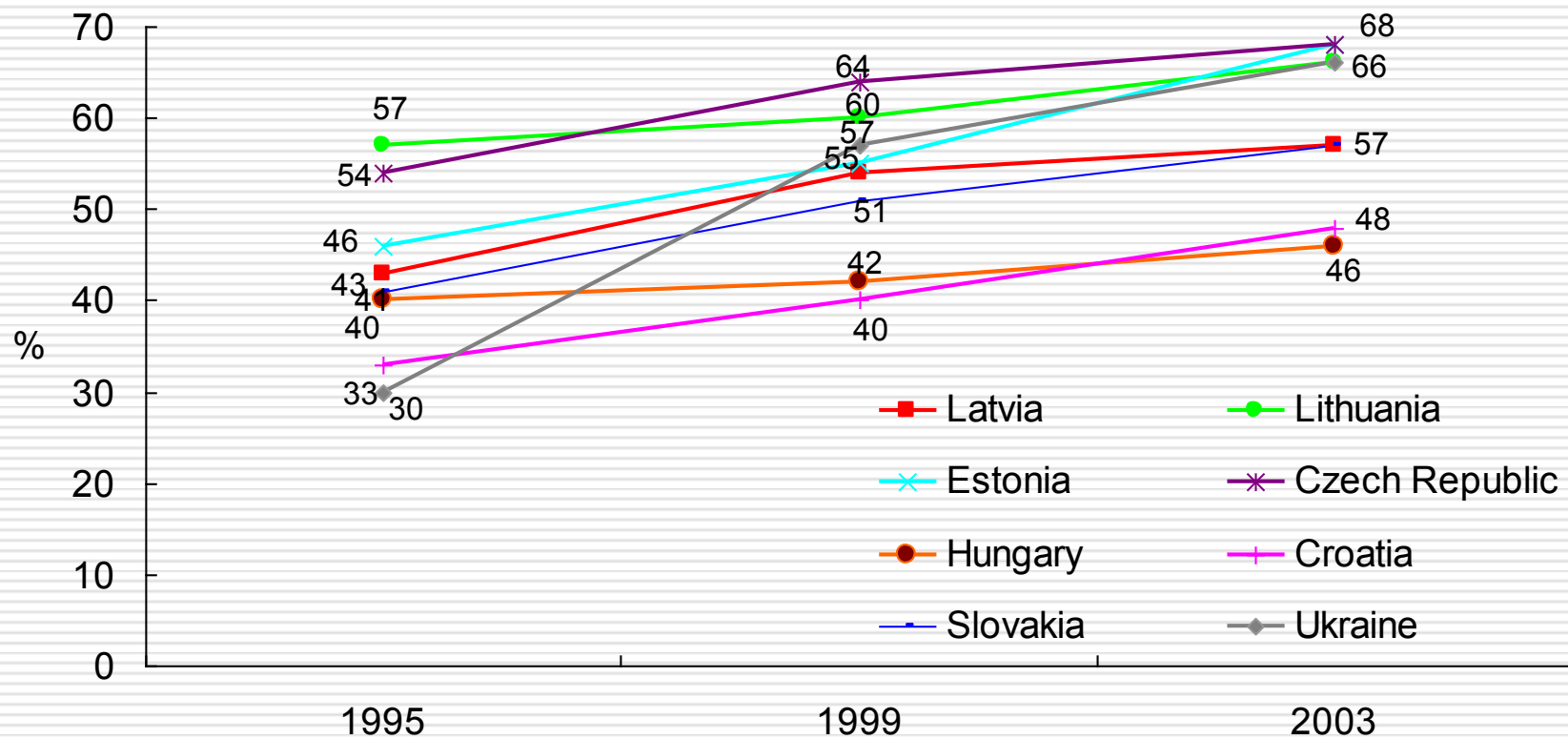
The YiE Cities

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> St. Petersburg | <input type="checkbox"/> Vilnius |
| <input type="checkbox"/> Reykjavik | <input type="checkbox"/> Kaunas |
| <input type="checkbox"/> Helsinki | <input type="checkbox"/> Klaipeda |
| <input type="checkbox"/> Stockholm | <input type="checkbox"/> Sofia |
| <input type="checkbox"/> Gävle | <input type="checkbox"/> Istanbul |
| <input type="checkbox"/> Örebro | <input type="checkbox"/> Moscow |
| <input type="checkbox"/> Oslo | <input type="checkbox"/> Bukarest |
| <input type="checkbox"/> Riga | |

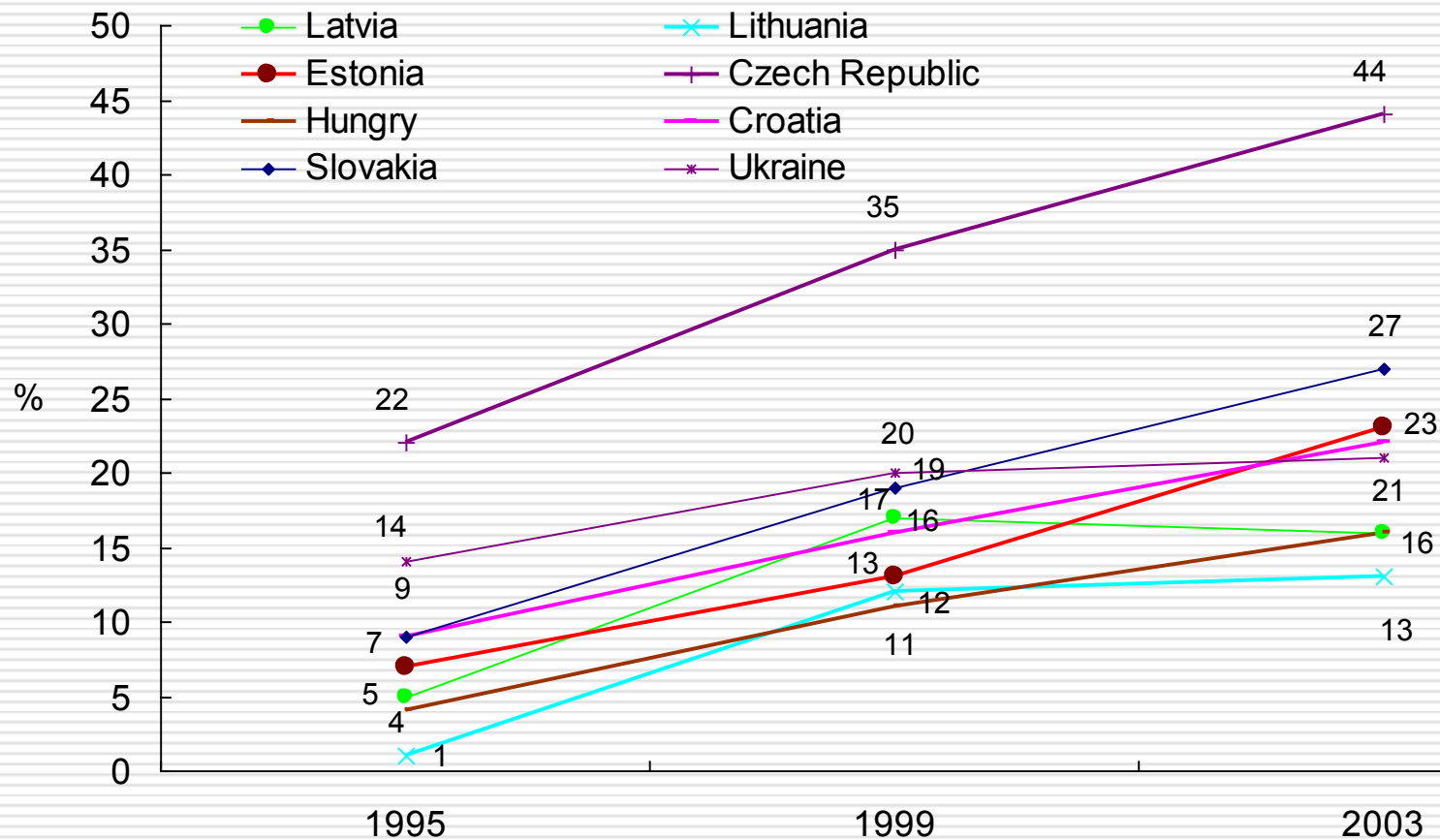
An unpredictable world

- Constant change is among our few certainties

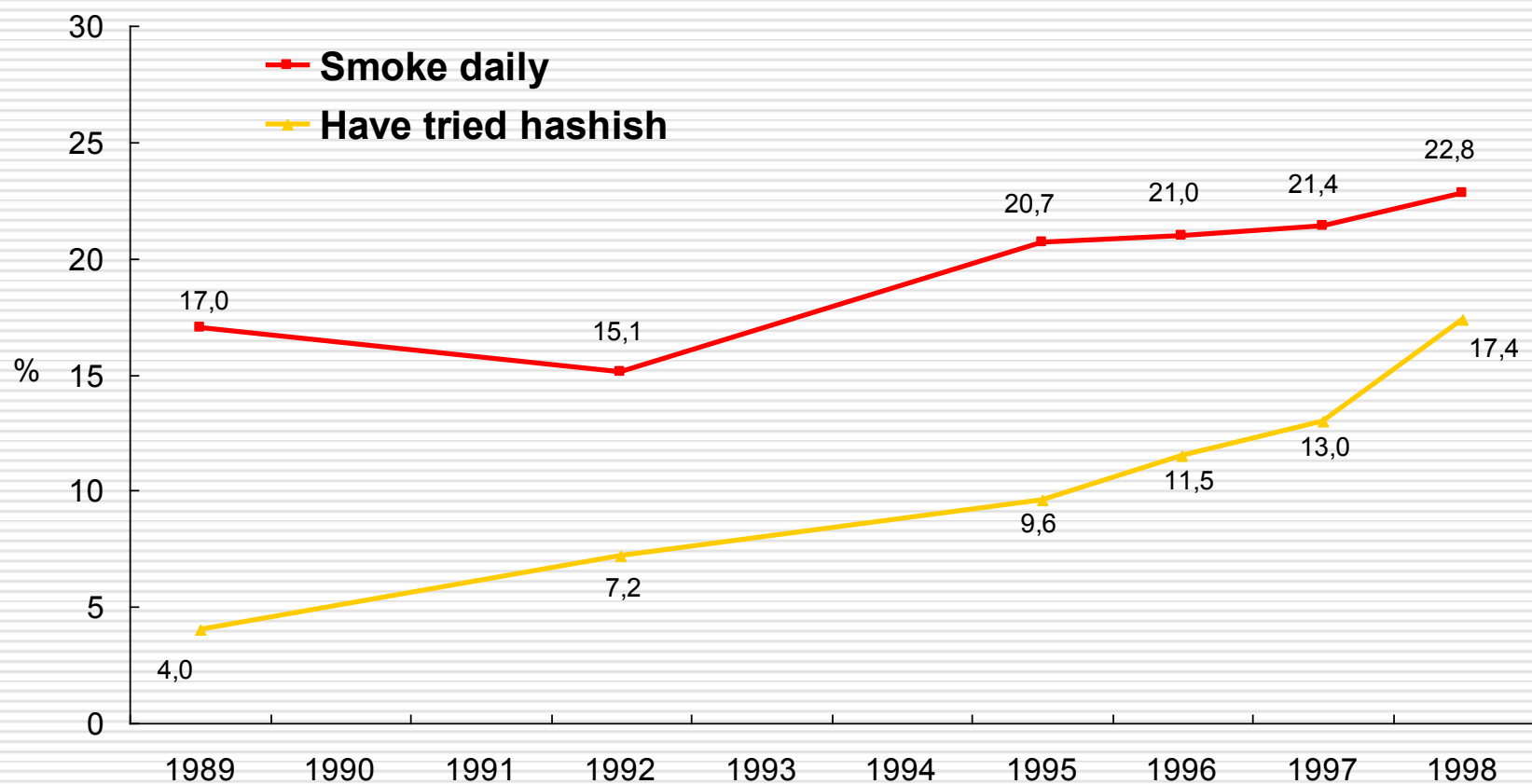
Drunk last 12 months (ESPAD)



Cannabis lifetime (ESPAD)



Trends in substance use among 10th grade students in Iceland from 1989-1998



The Icelandic Model – Core elements

- ❑ Community based, bottom-up approach
- ❑ Collaboration between researchers, policy makers and people working in the field
- ❑ Policy and practice based on research

Drug Free Iceland

- Mobilize Society as a whole in the struggle against drugs

Action plan – Year 1997

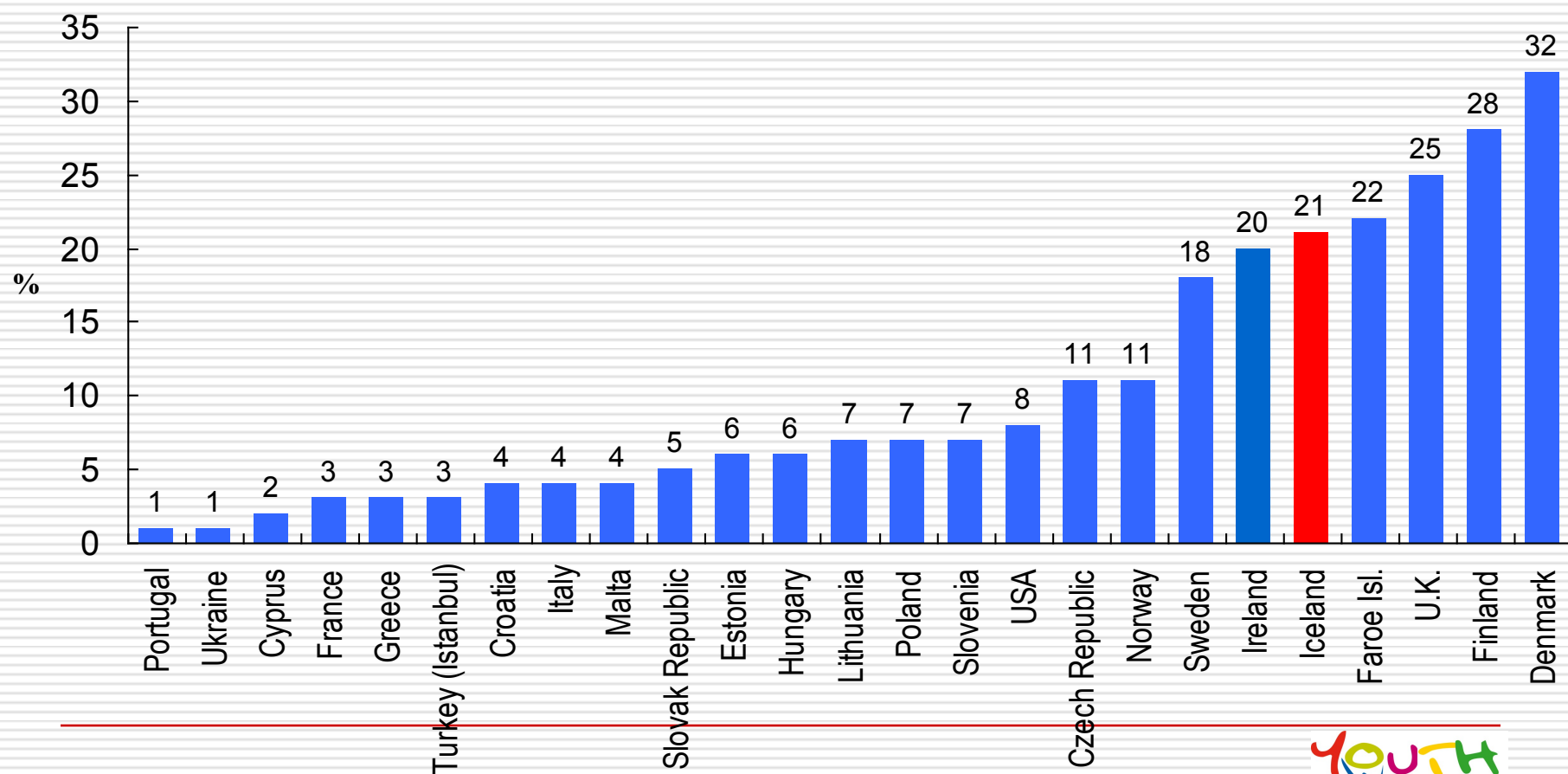
1. Initiate and support research as a basis
2. Preventive Work and Education
3. Active Non-Governmental Organizations
4. Co-operation with Parents Organizations
5. Young people at risk
6. Co-operative work groups against drugs
Nationwide and in the Communities

Age – focus

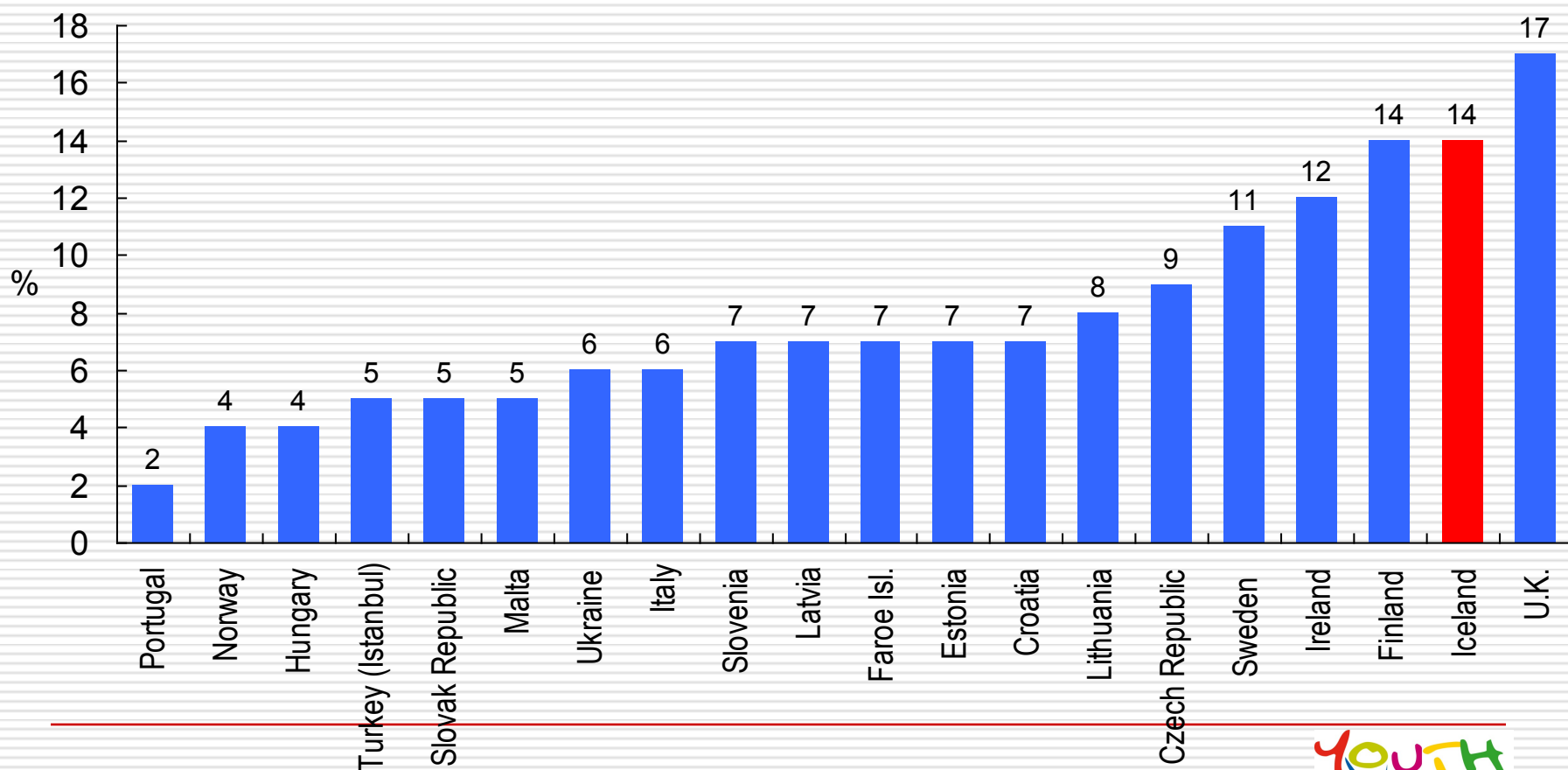
- DFI = 15 and 16 year old

- 10 to 14 year old in Primary school
- 14 to 16 year old in Primary school
- 16 to 20 year old in High school
- 16 to 20 year old and NOT in school
 - Dropout students

Proportion of students in 10th grade who have become drunk 10 times or more during last 12 months (ESPAD, **1995**)



Proportion of students in 10th grade who have had accidents or injuries related to alcohol use (ESPAD, **1995**)



Organized youth work - Preventive

- ☐ Participating in sports with a team or a club
- ☐ Engaging in structured activities within youth recreational centres
- ☐ Extracurricular activities in school
- ☐ Other: scout clubs, rescue squads, religious groups etc.

Unstructured activities - Risk

- ☐ Spending time downtown nights/weekends
- ☐ Attending parties
- ☐ Hanging out around malls/shopping centres
- ☐ Idle hours

Peer group - Risk

- ☐ Having friends who smoke, drink and use other substances

Parents - Preventive

- ☐ Monitoring: knowing with whom and where the adolescents are in the evenings
- ☐ Support: caring and warmth
- ☐ Time spent with parents

The Icelandic Model

Risk factors

Peer group

- Having friends who smoke, drink and use other substances

Unstructured activities

- Attending parties
- Spending time downtown nights/weekends
- Hanging out around malls/shopping centres

Protective factors

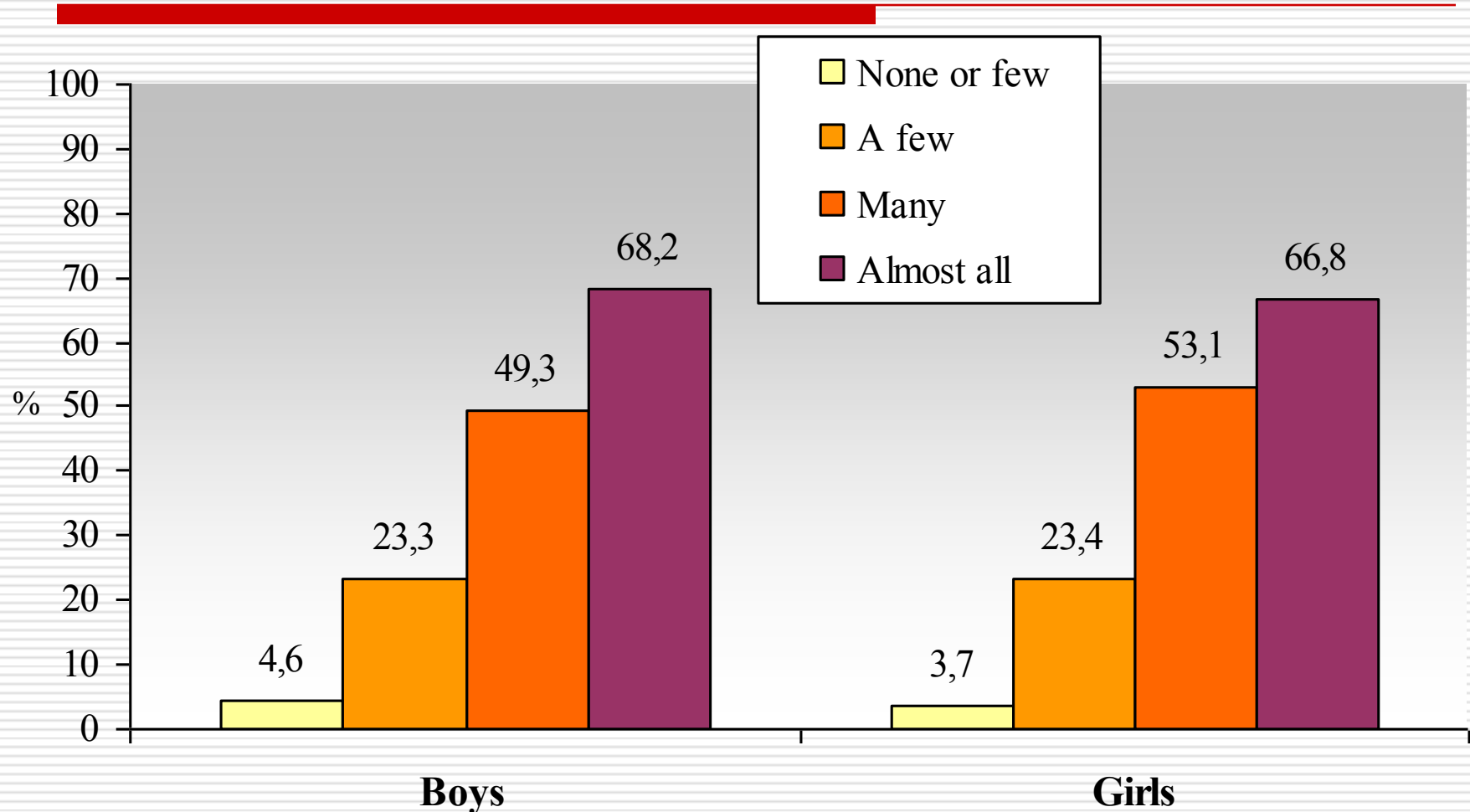
Organized youth work

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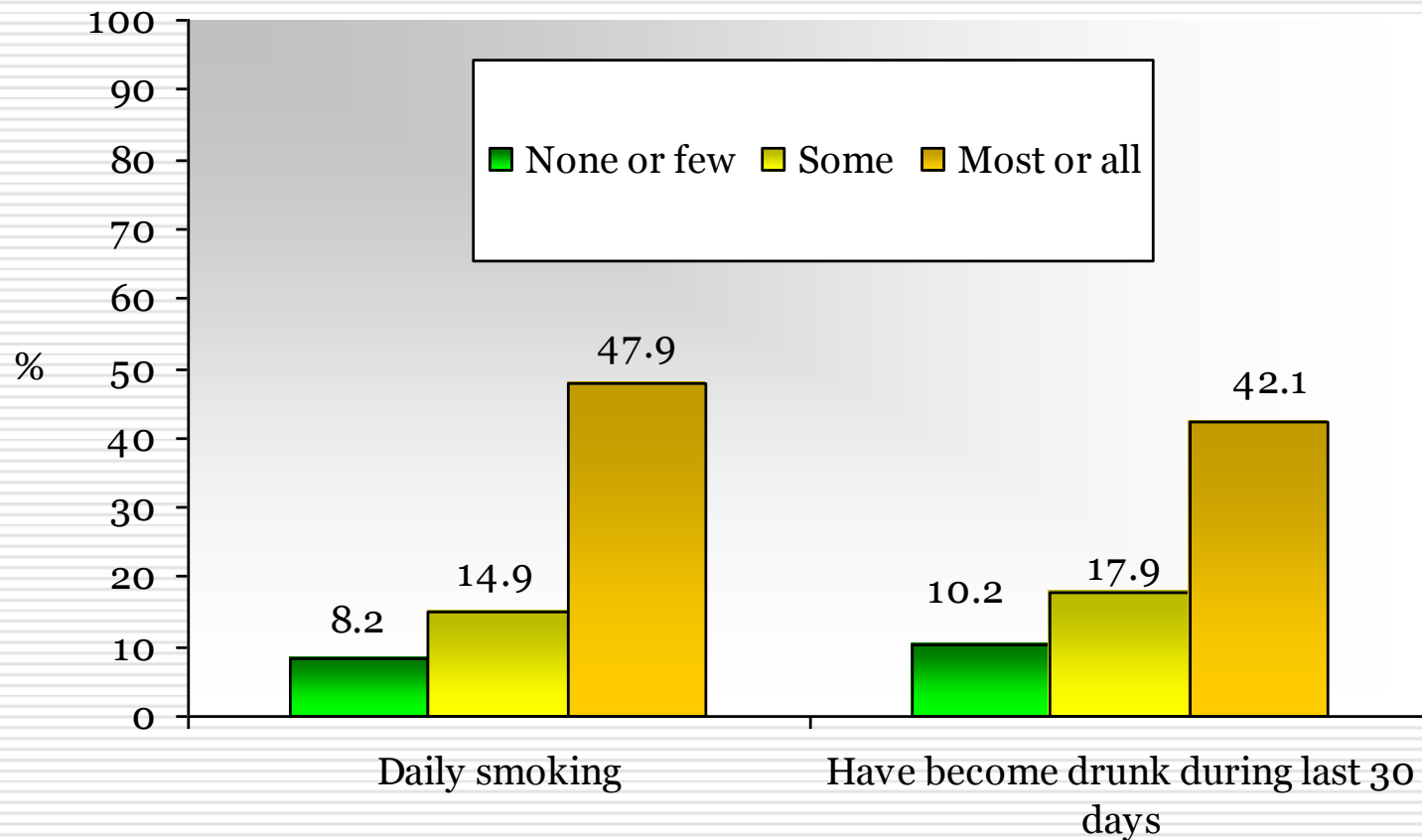
Parents

- Support: caring and warmth
- Monitoring: knowing with whom and where the adolescents are in the evenings
- Time spent with parents

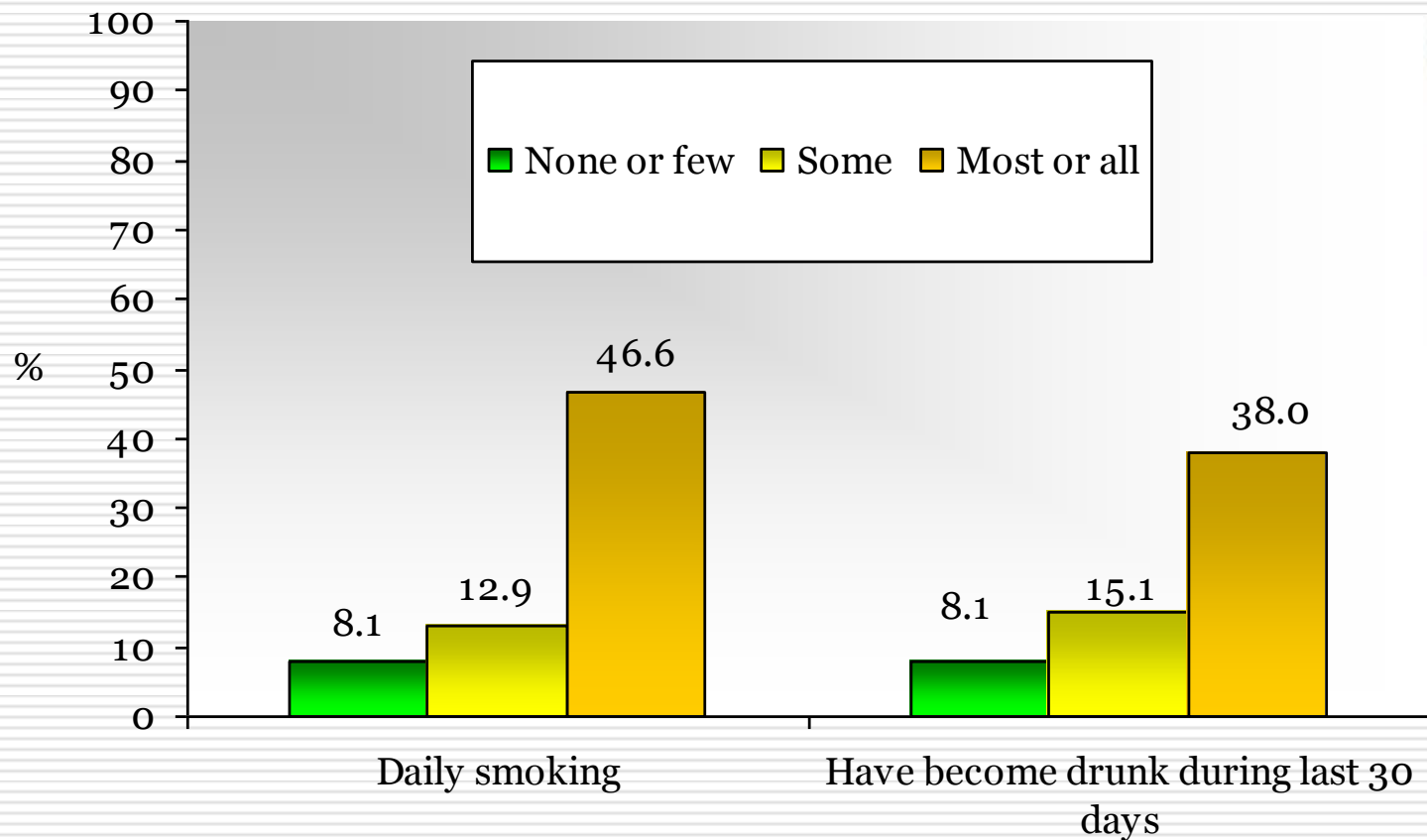
Percentage of students in 9th and 10th grade who have become drunk in the last 30 days depending on if their friends become drunk once pr. month.



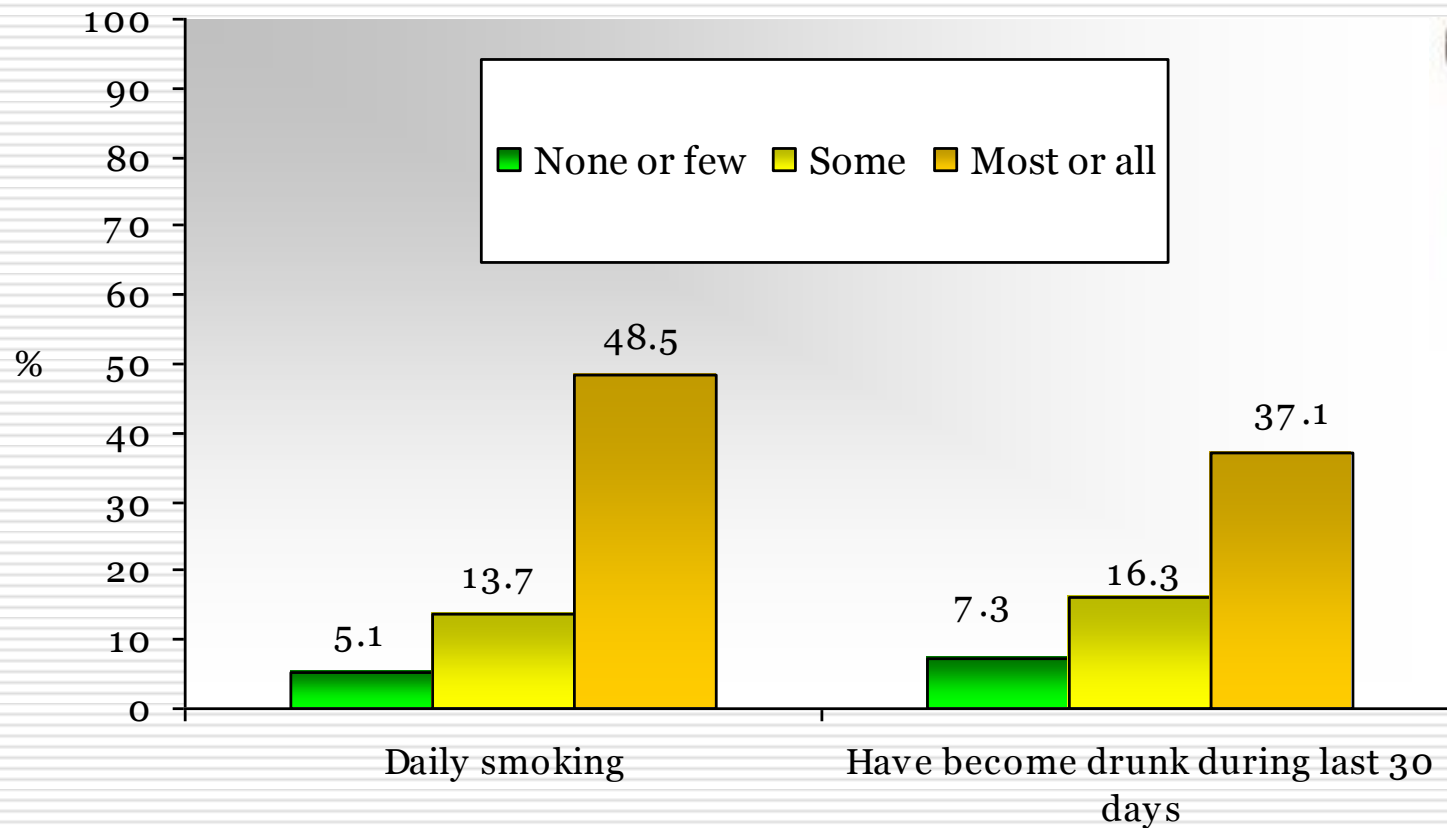
Daily smoking and having become drunk during last 30 days among adolescents in **Vilnius** by how many of their friends smoke cigarettes and become drunk at least once a month



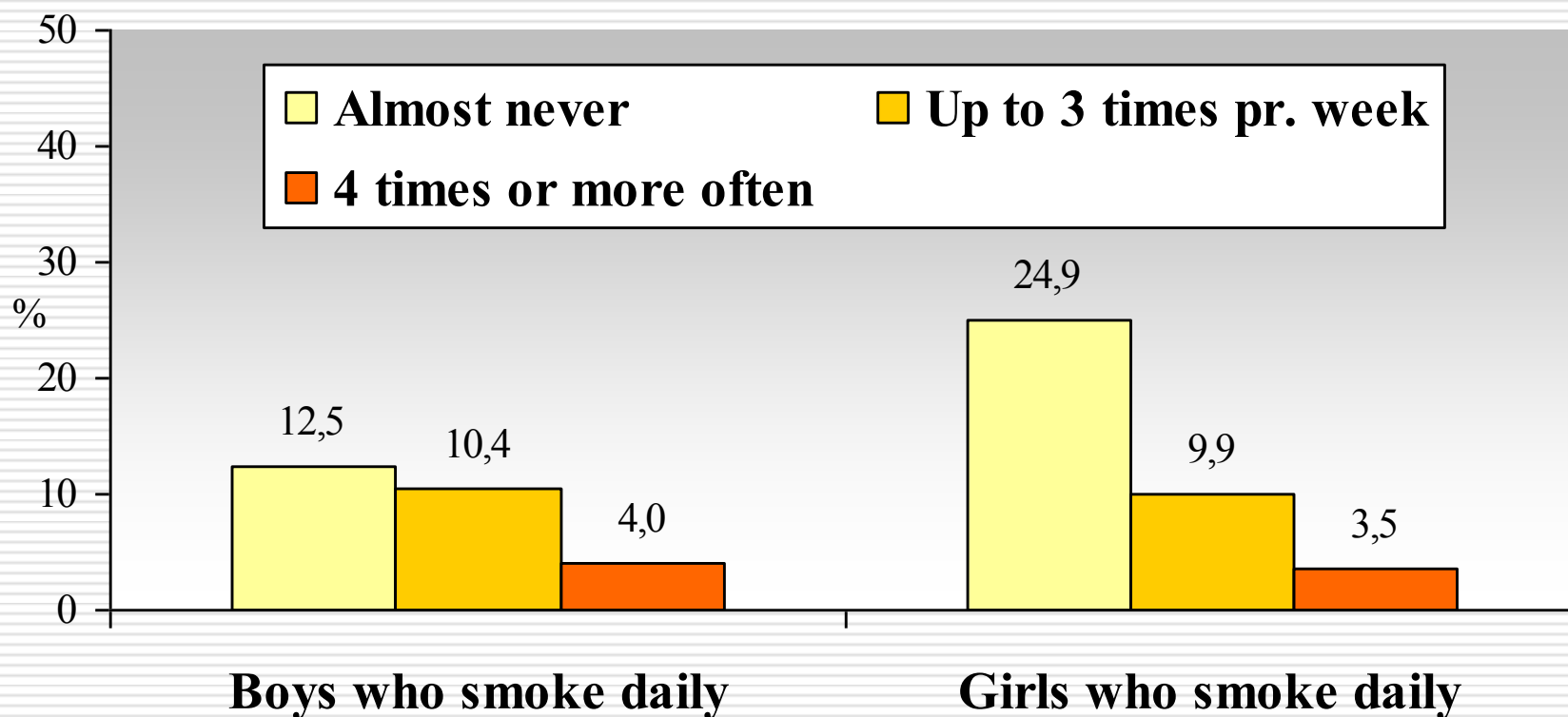
Daily smoking and having become drunk during last 30 days among adolescents in **Kaunas** by how many of their friends smoke cigarettes and become drunk at least once a month



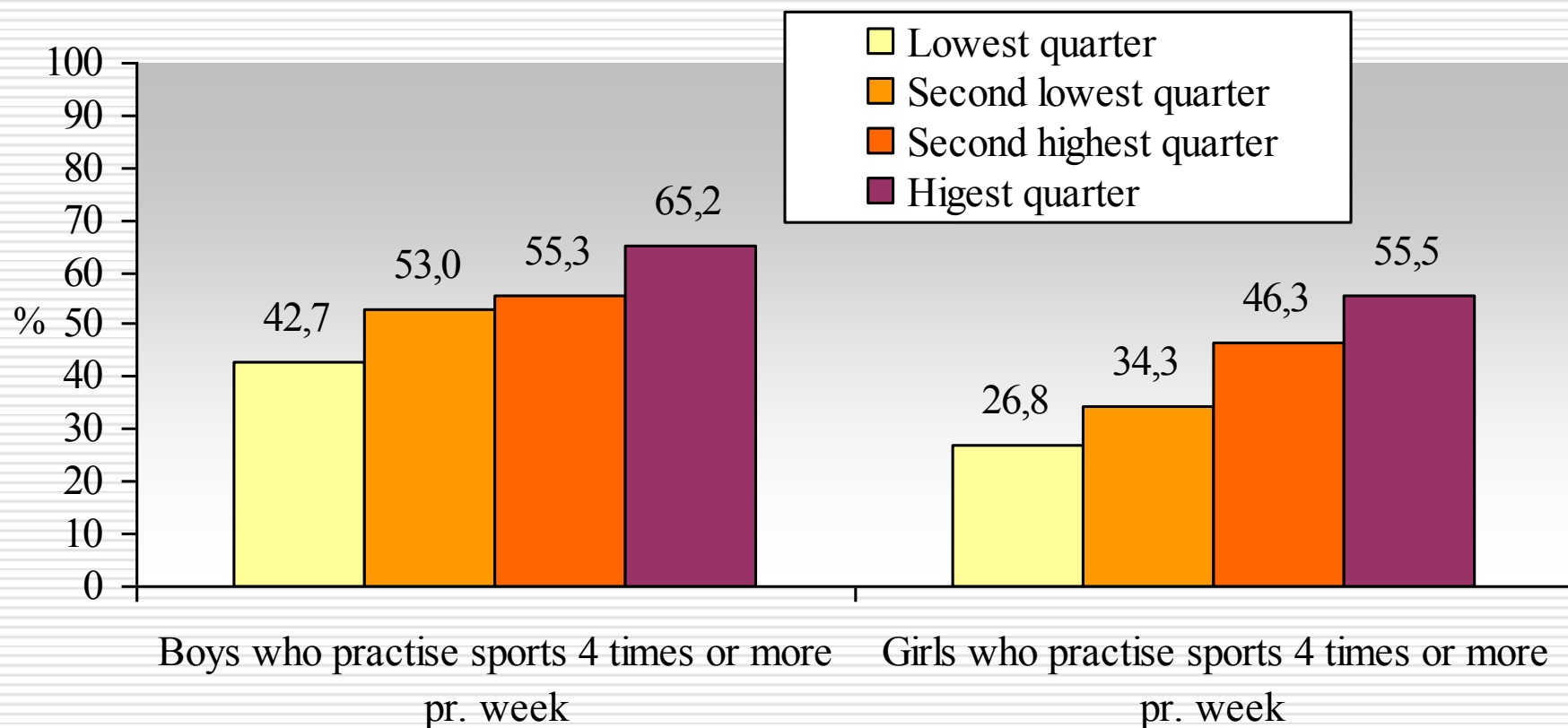
Daily smoking and having become drunk during last 30 days among adolescents in **Klaipeda** by how many of their friends smoke cigarettes and become drunk at least once a month



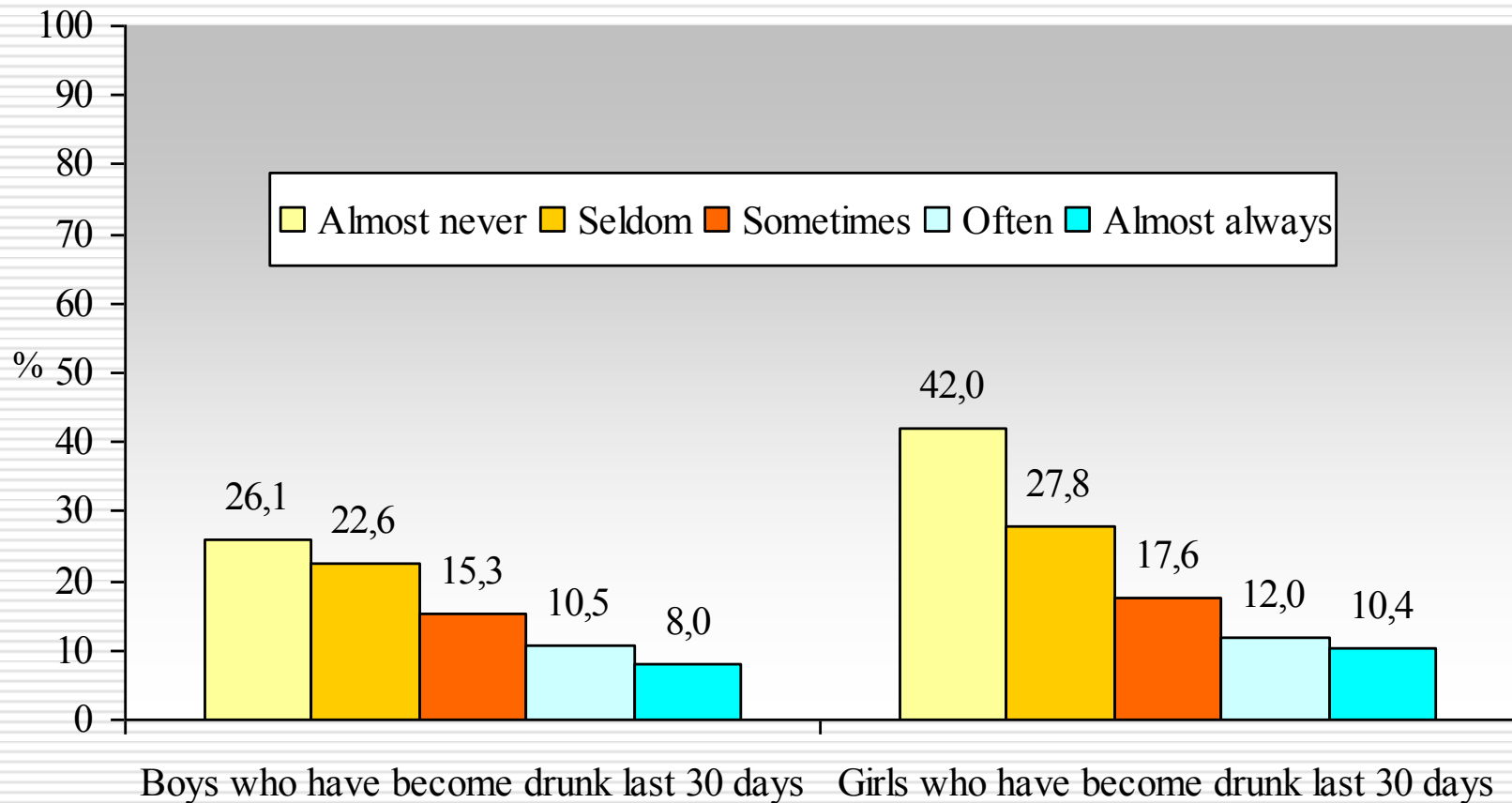
Percentage of students in 9th and 10th grade who smoke daily depending on if they practice sports



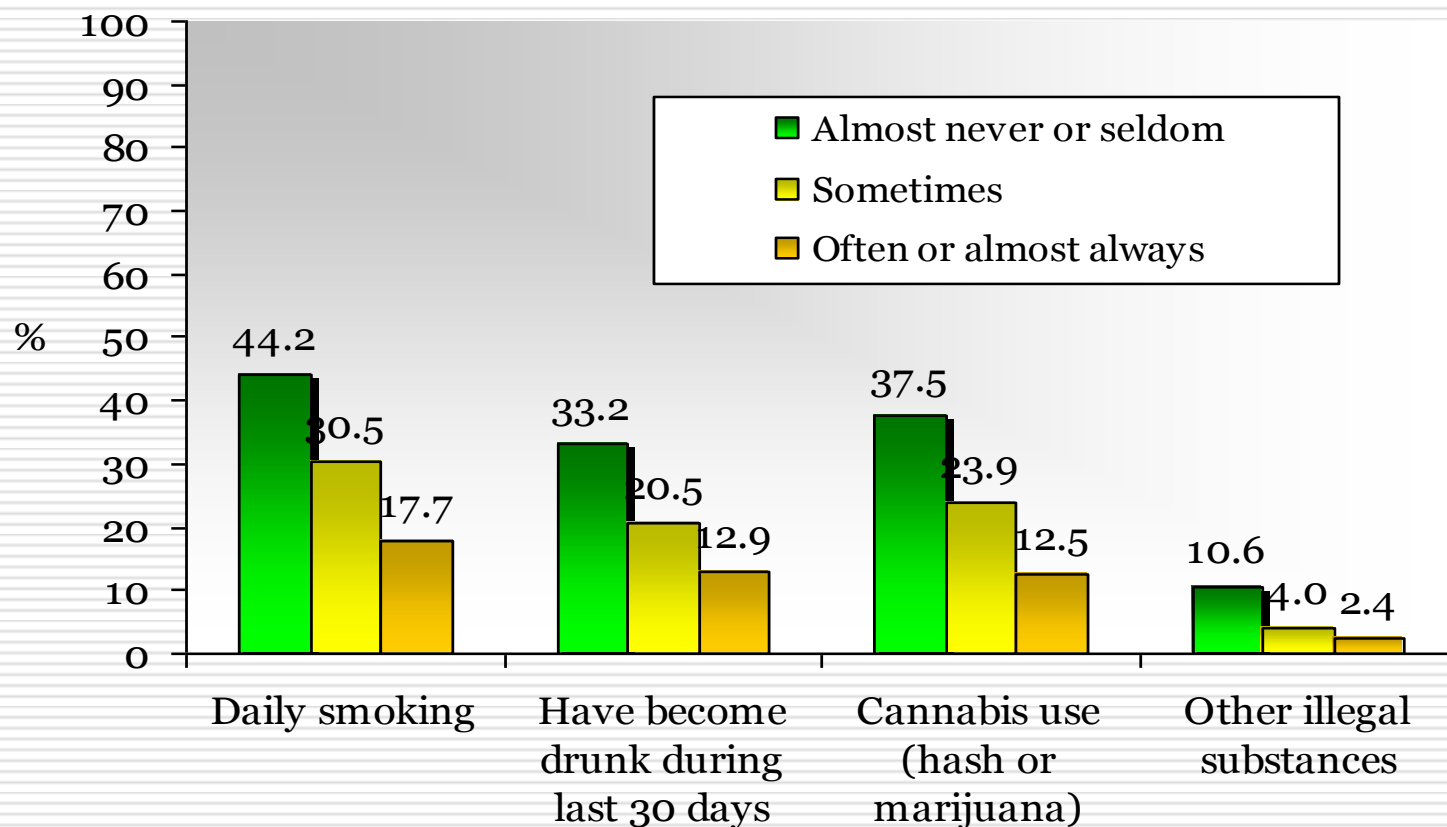
Percentage of students in 9th and 10th grade who practise sports 4 times or more pr. week depending on their achivement in school



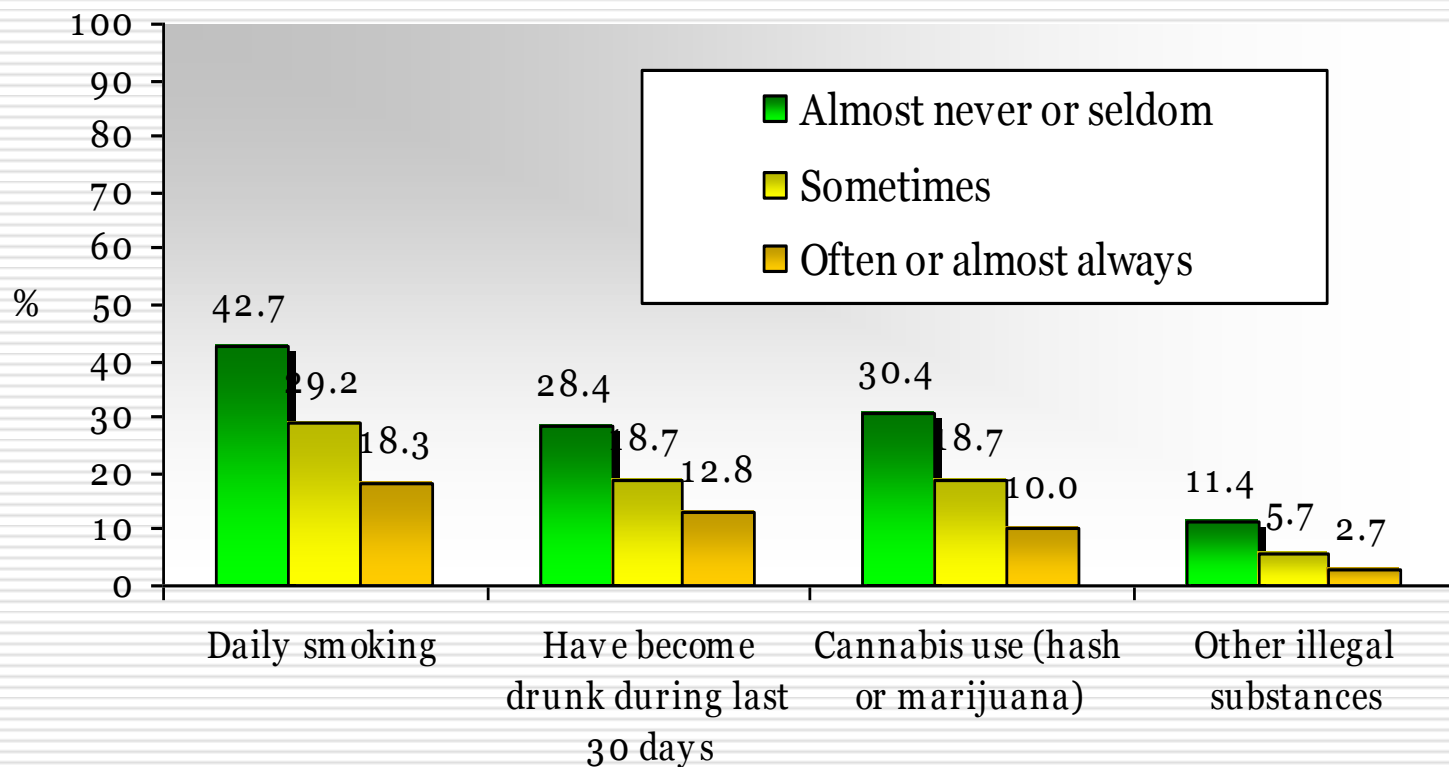
Percentage of students in 9th and 10th grade who have become drunk in the last 30 days depending on how much time they spend with their parents



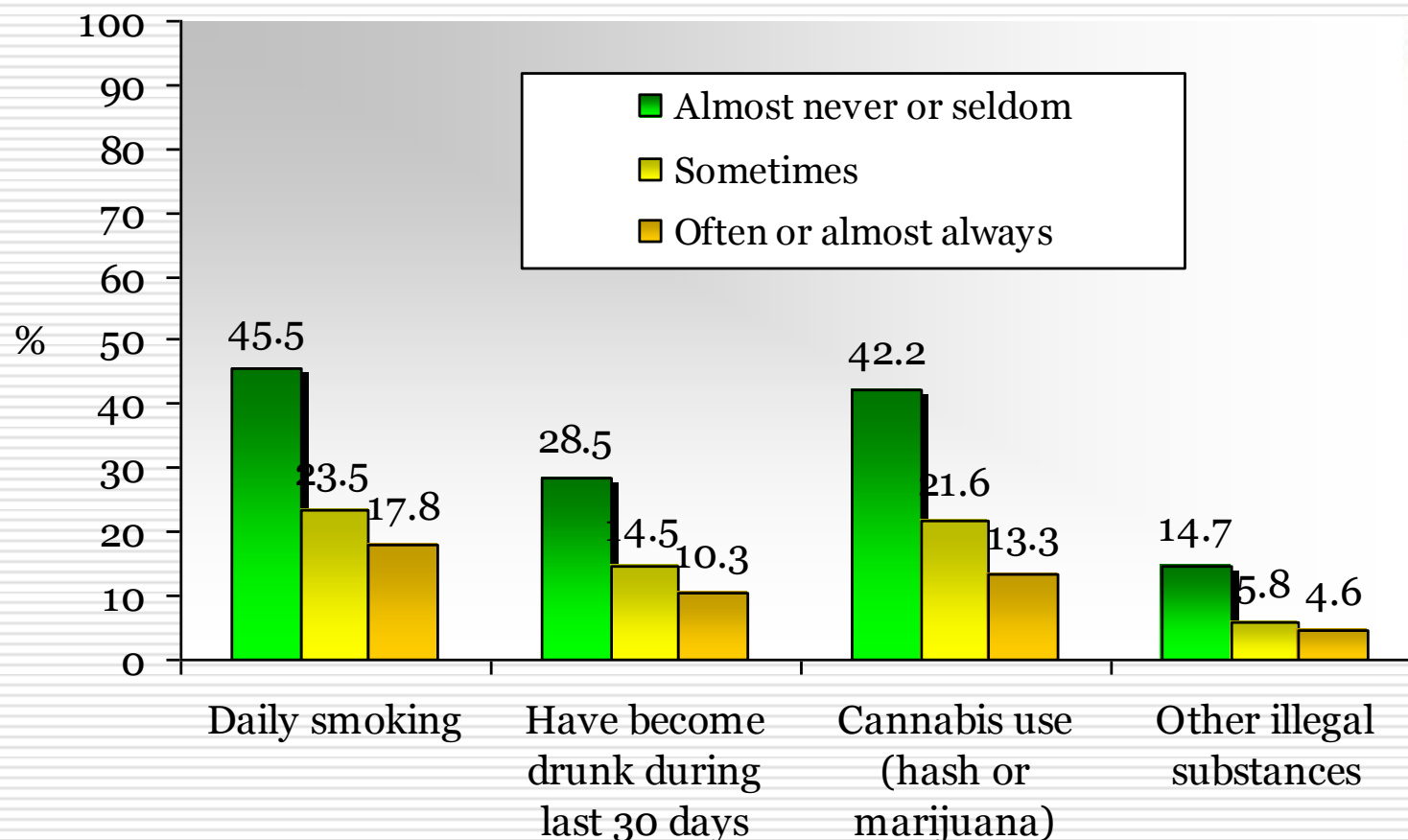
Substance use among adolescents in **Vilnius** by how often they spend time with their parents weekends



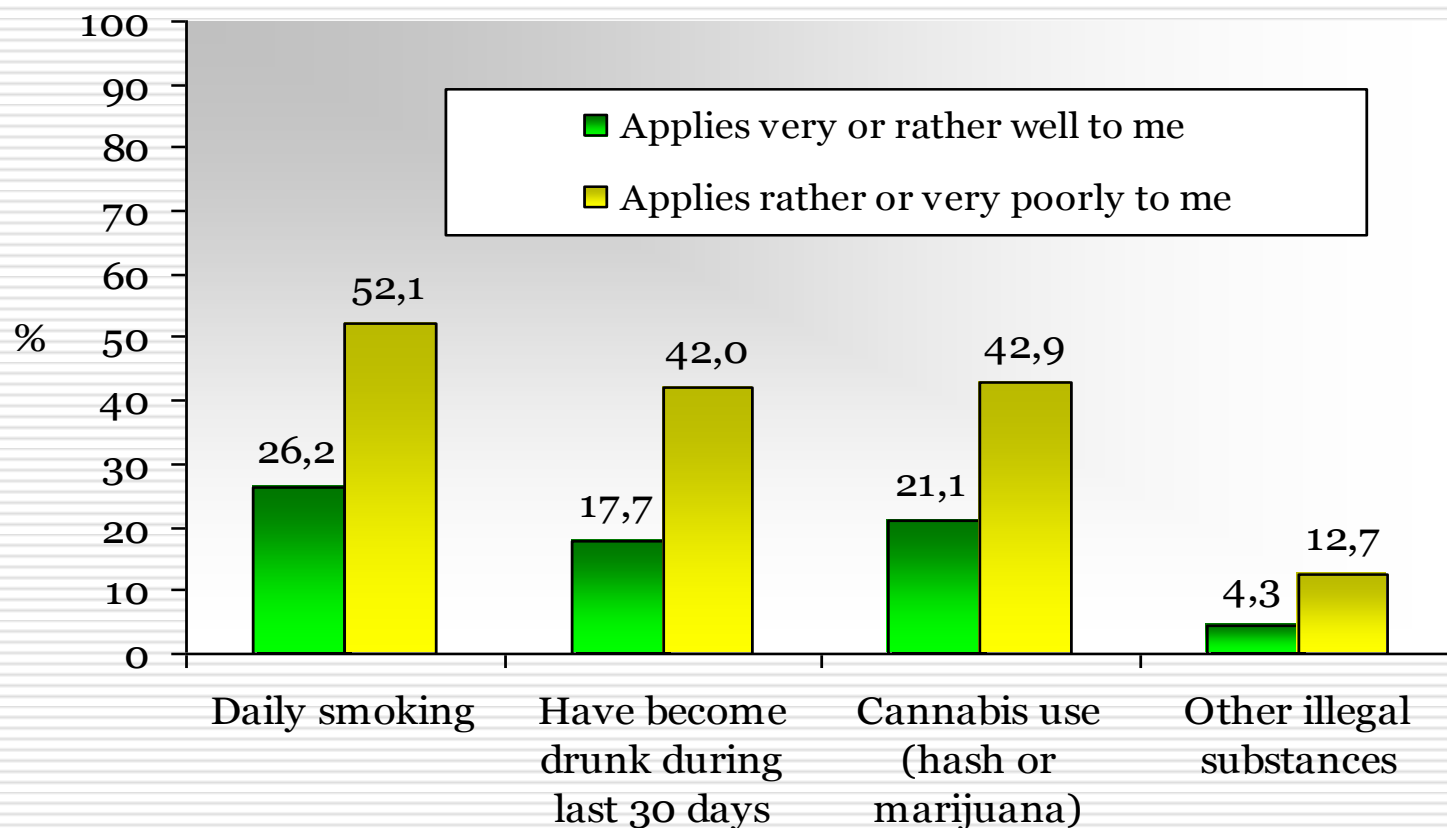
Substance use among adolescents in **Kaunas** by how often they spend time with their parents on weekends



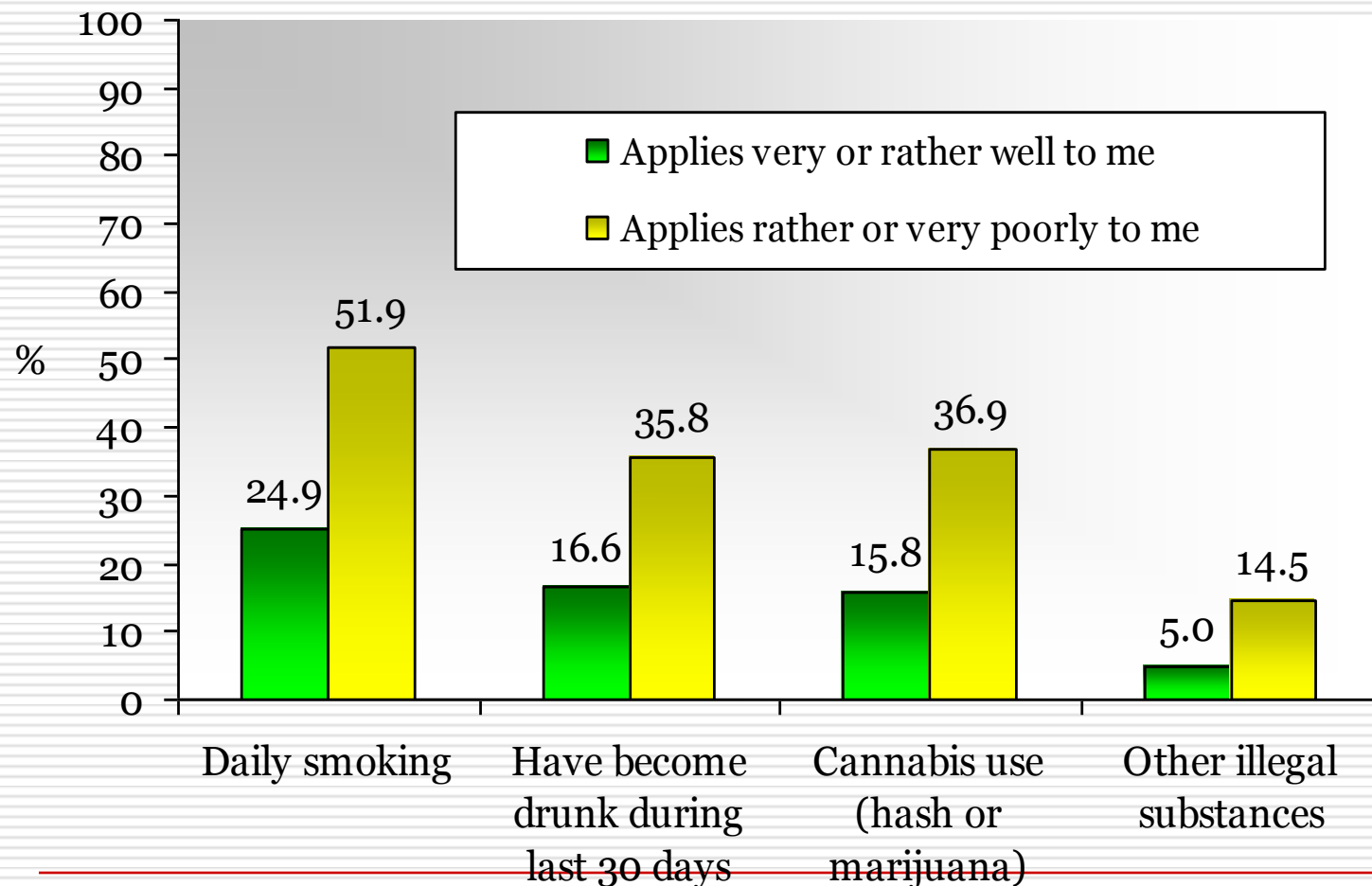
Substance use among adolescents in **Klaipeda** by how often they spend time with their parents on weekends



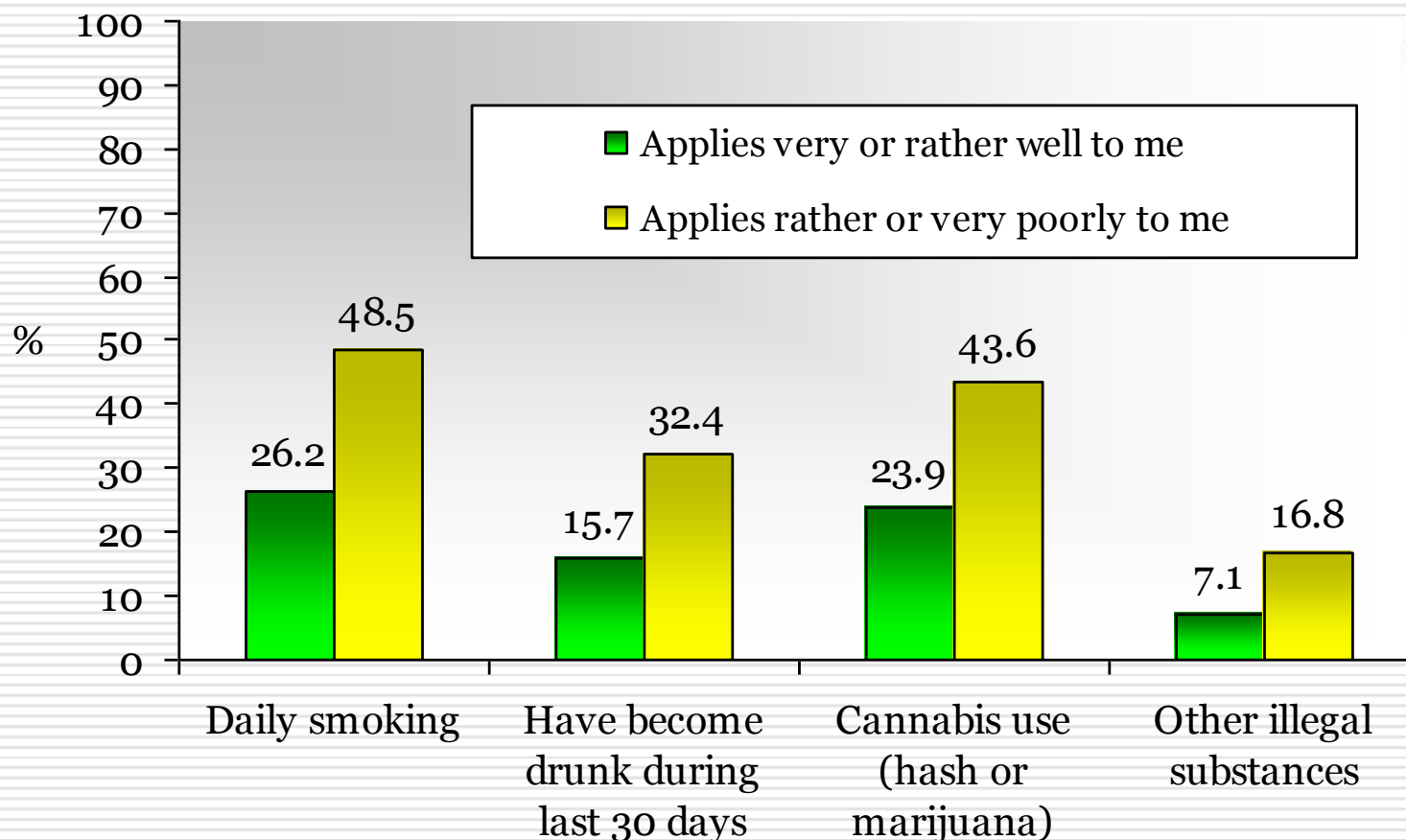
Substance use among adolescents in **Vilnius** by how well their parents know where they are in the evenings



Substance use among adolescents in **Kaunas** by how well their parents know where they are in the evenings



Substance use among adolescents in **Klaipeda** by how well their parents know where they are in the evenings



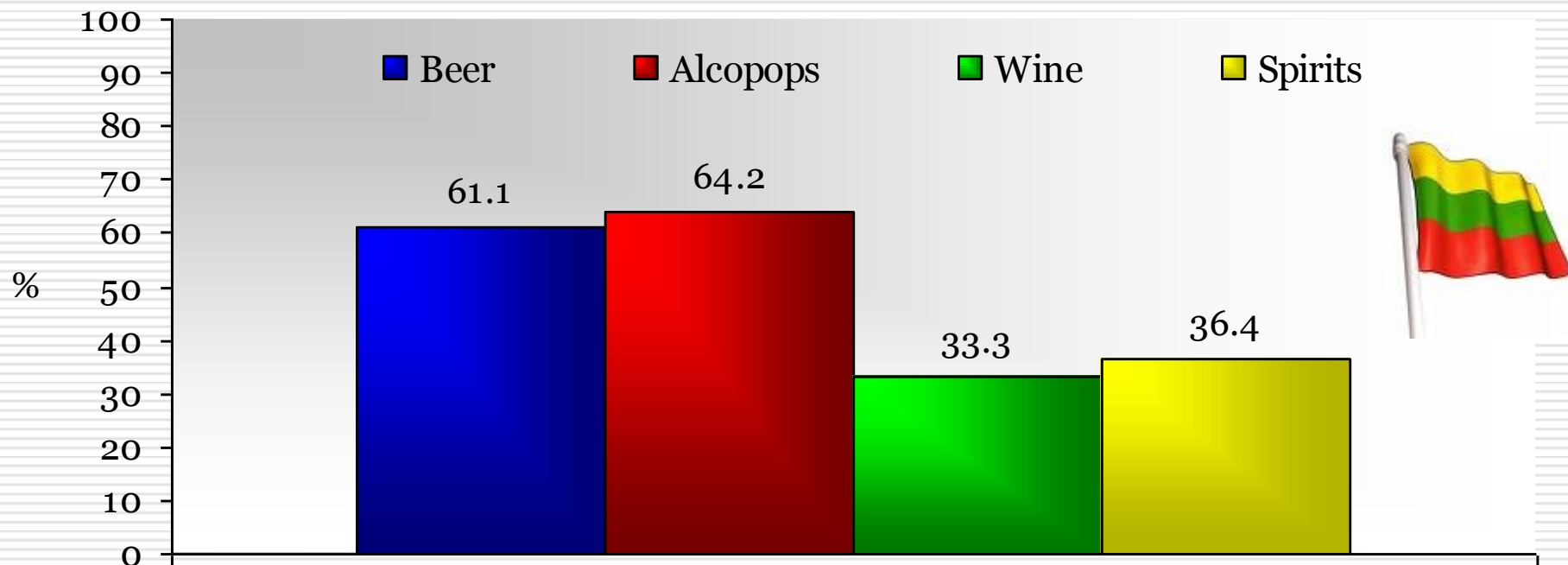
Daily smoking among adolescents in all participating cities

Cities	%
Helsinki	18.9
Kaunas	30.5
Klaipeda	32.0
Oslo	8.0
Reykjavik	9.9
Riga	25.9
Sofia	32.6
St.Petersburg	25.9
Vilnius	33.0

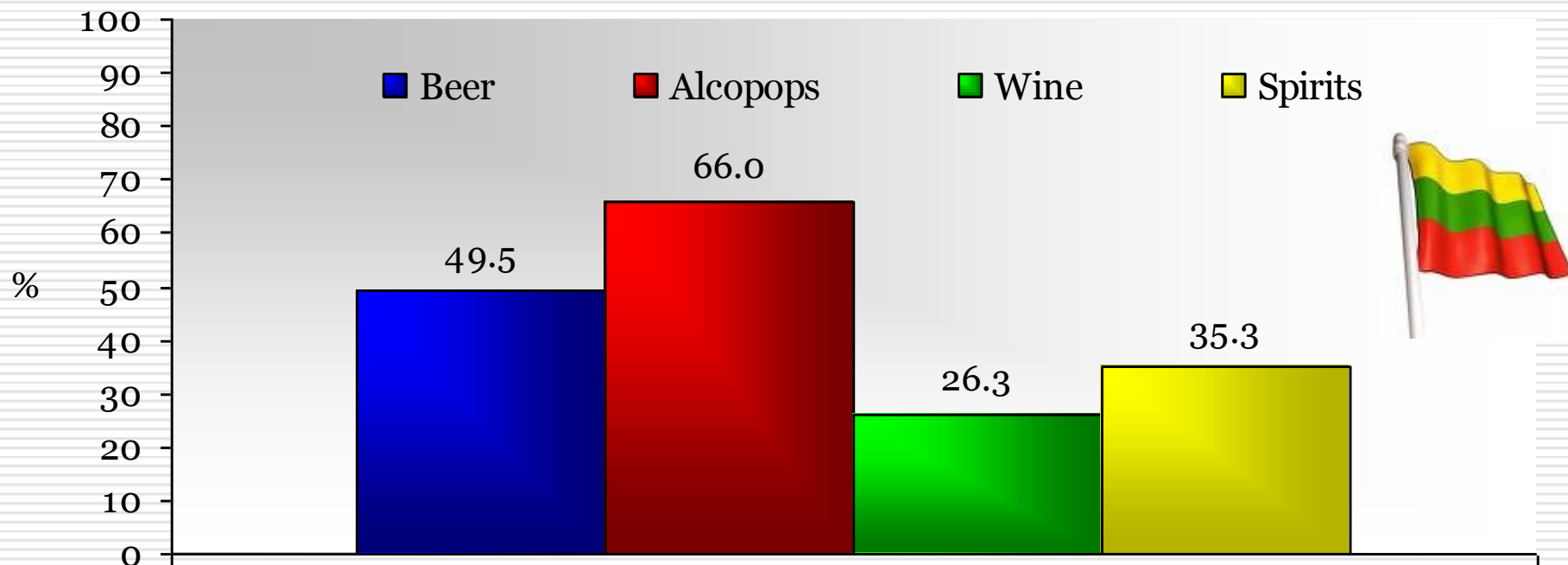
Having become drunk once or more in the last 30 days among adolescents in all participating cities

Cities	%
Helsinki	No data
Kaunas	20.3
Klaipeda	20.0
Oslo	20.8
Reykjavik	18.2
Riga	22.4
Sofia	33.8
St.Petersburg	15.3
Vilnius	24.1

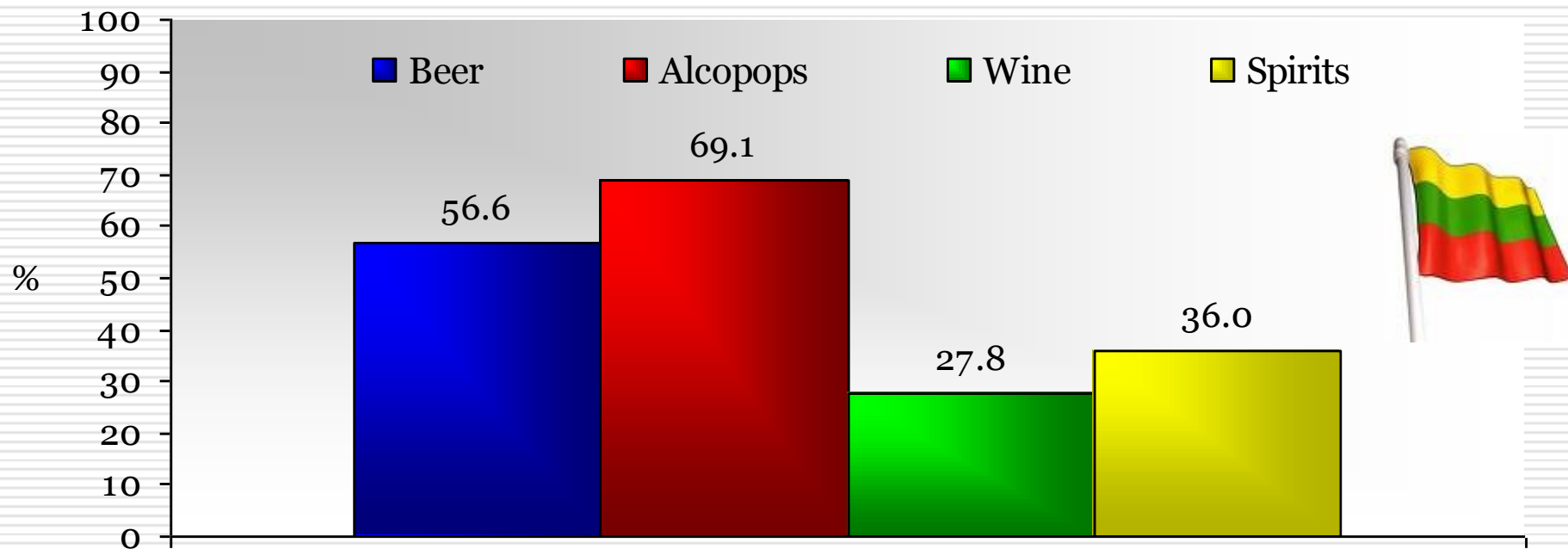
Types of alcoholic beverages consumed by adolescents in **Vilnius** during last 30 days



Types of alcoholic beverages consumed by adolescents in **Kaunas** during last 30 days



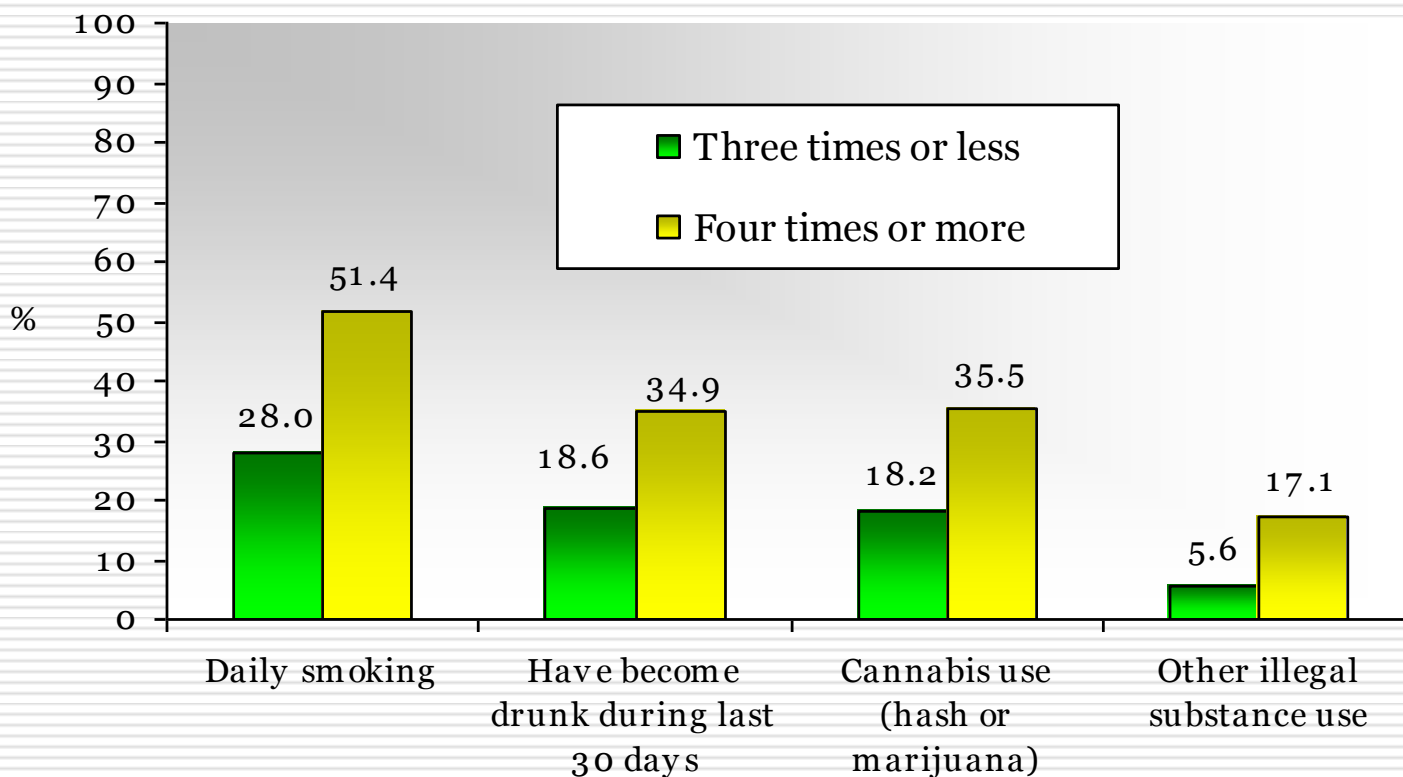
Types of alcoholic beverages consumed by adolescents in **Klaipeda** during last 30 days



Proportion of adolescents in **Vilnius** that sometimes or often drink alcohol in the following places

Response categories	Vilnius	Reykjavik
In your home	24.3	4.6
In the home of others	46.6	25.3
In the city centre	27.3	12.1
Elsewhere outdoors	44.4	14.9
In a club/disco or a bar/pub	32.7	4.8
In a school dance/ball	9.3	2.1
In a college dance/ball	11.1	4.2
In a youth club/centre	10.8	0.9

Substance use among adolescents in **Kaunas** by having been outside after ten o'clock in the evening three times or less or four times or more during last 7 days



Rates of adolescents in all participating cities that have used cannabis once or more in their lives

Cities	%
Helsinki	8.6
Kaunas	20.0
Klaipeda	29.1
Oslo	6.2
Reykjavik	6.8
Riga	16.9
Sofia	27.3
St.Petersburg	18.8
Vilnius	26.7

Clear messages to parents and others involved in the lives of children and adolescents

- Prevent unsupervised gatherings
- Support, monitoring and time
- Outside hours

Attitudes vs. behaviour

- More than half of adolescents who smoke report that it is very important *not* to smoke and that they dislike smoking

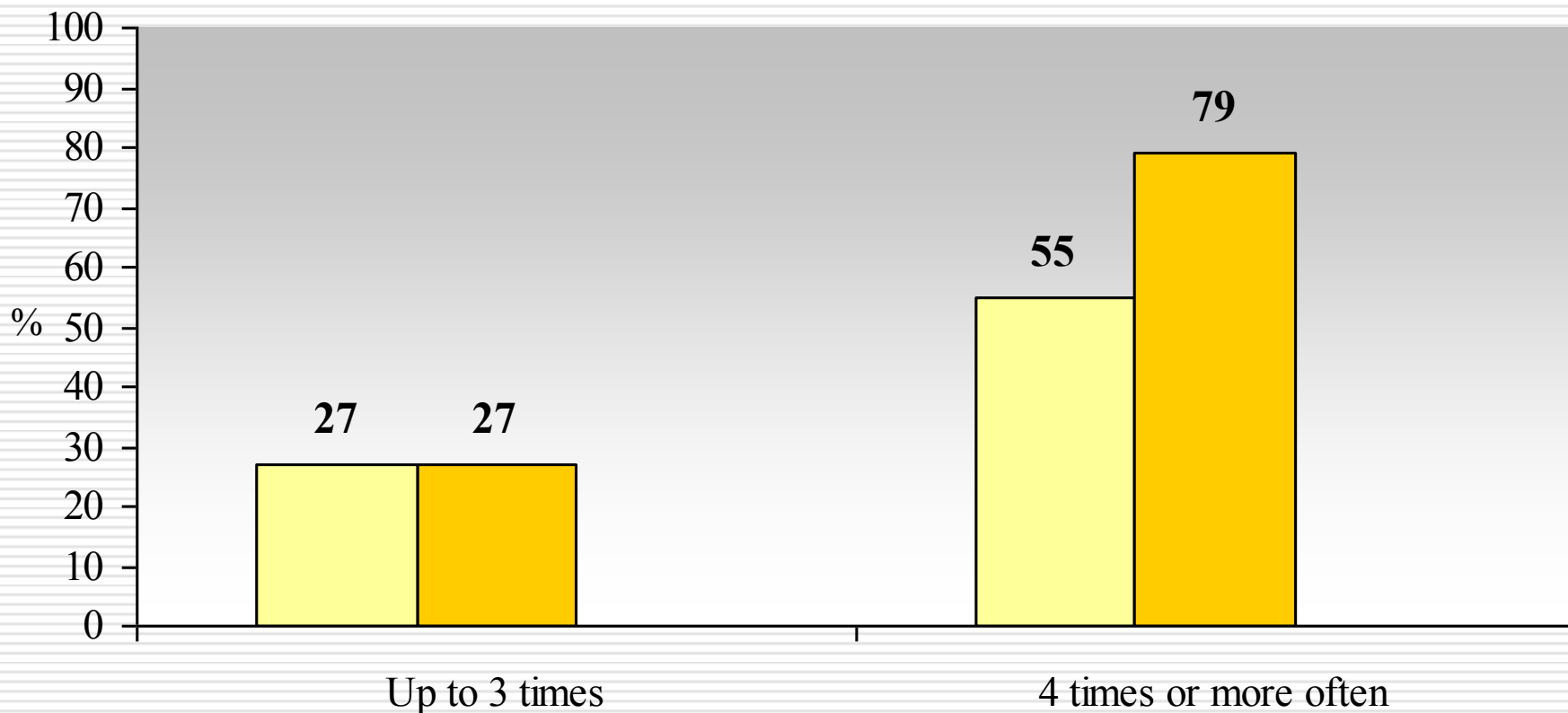
New emphasis

- ☐ *In line with this finding, practitioners put much less emphasis on solely informing adolescents about the negative sides of substance use, but more emphasis on activating them in organized youth work and sports*
- ☐ *Less emphasis on affecting their attitudes, more emphasis on influencing their behavior*

Leisure cards

- ☐ Introduced 2002 in one town
- ☐ Free sports participation
- ☐ An x amount pr. person up to 14 years
- ☐ Valid for all sports

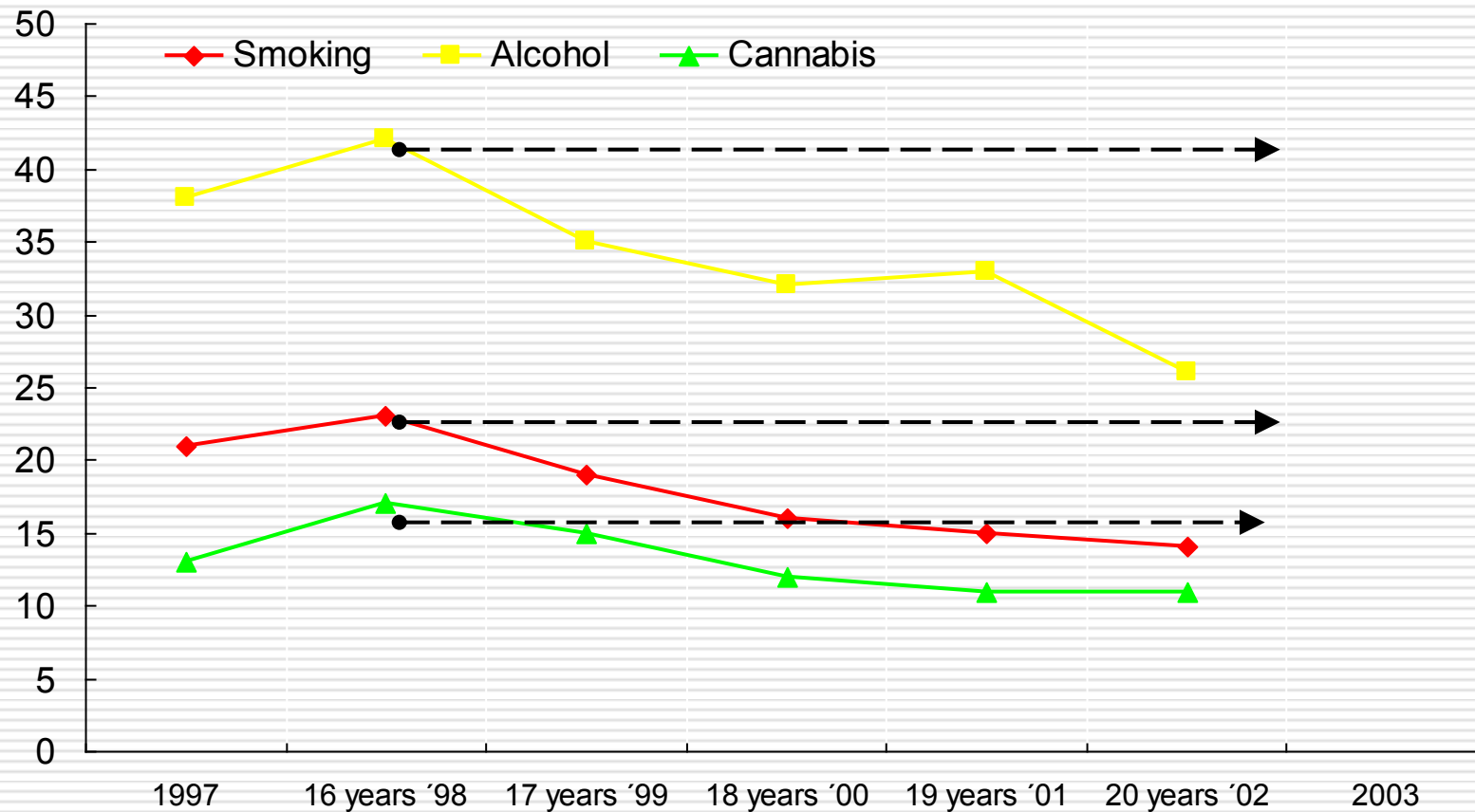
Percentage of students in Hafnarfjordur who practice sports 2003 and 2006



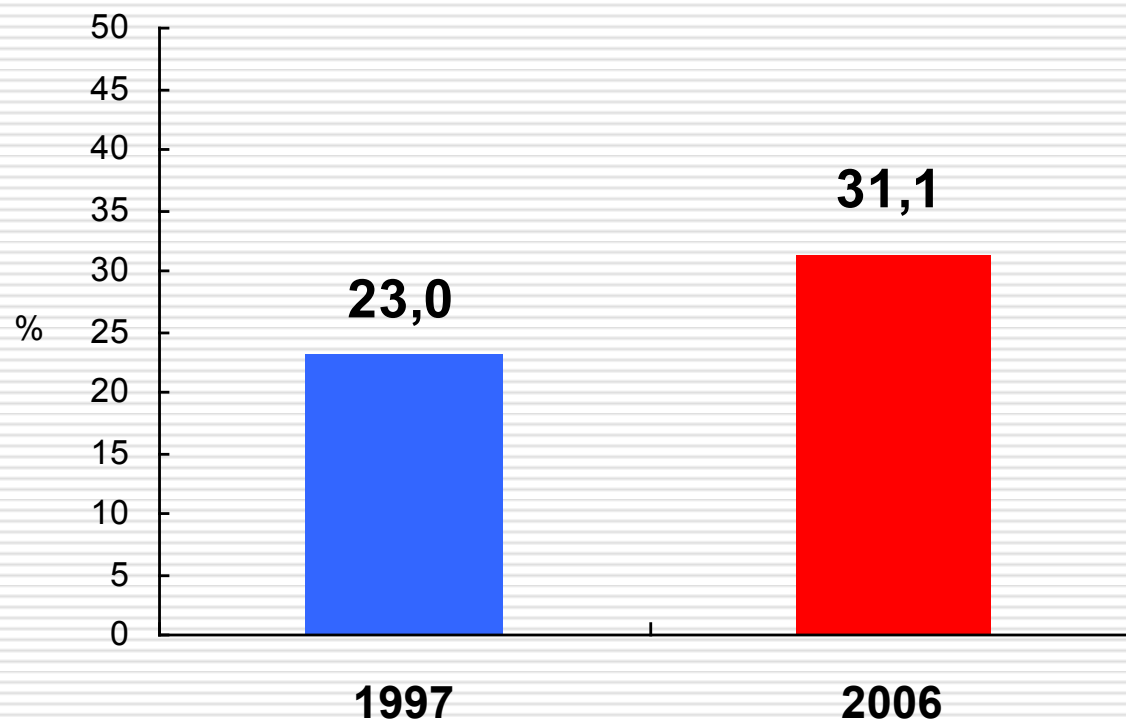
Legislation

- ☐ 18 yr. age limit to buy and sell
- ☐ Tobacco advertisements prohibited
- ☐ Tobacco not visible in shops
- ☐ 20 yr. age limit to buy alcohol
- ☐ Alcohol only sold in state run shops
- ☐ Total ban against alcohol advertisements
- ☐ Staying out late was limited

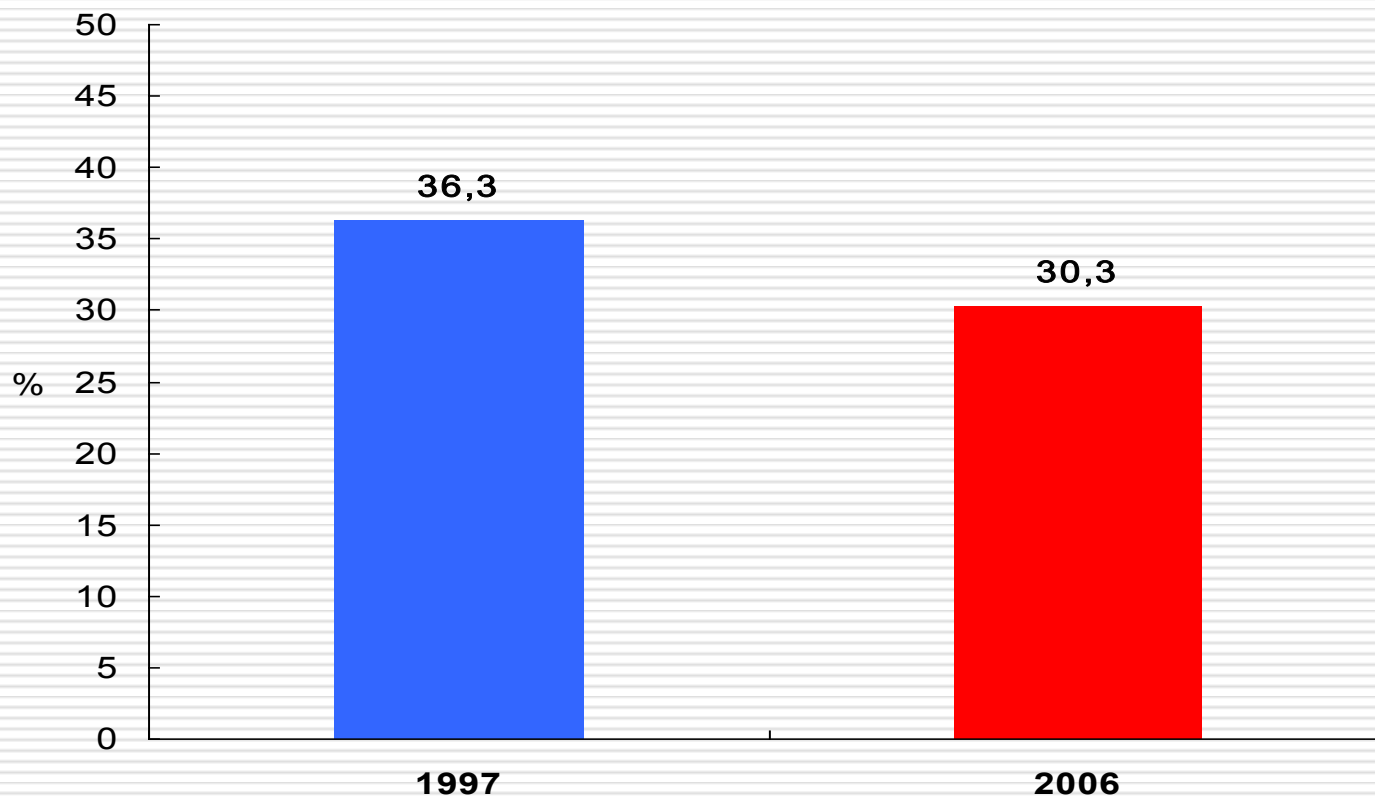
Substance use follows cohorts



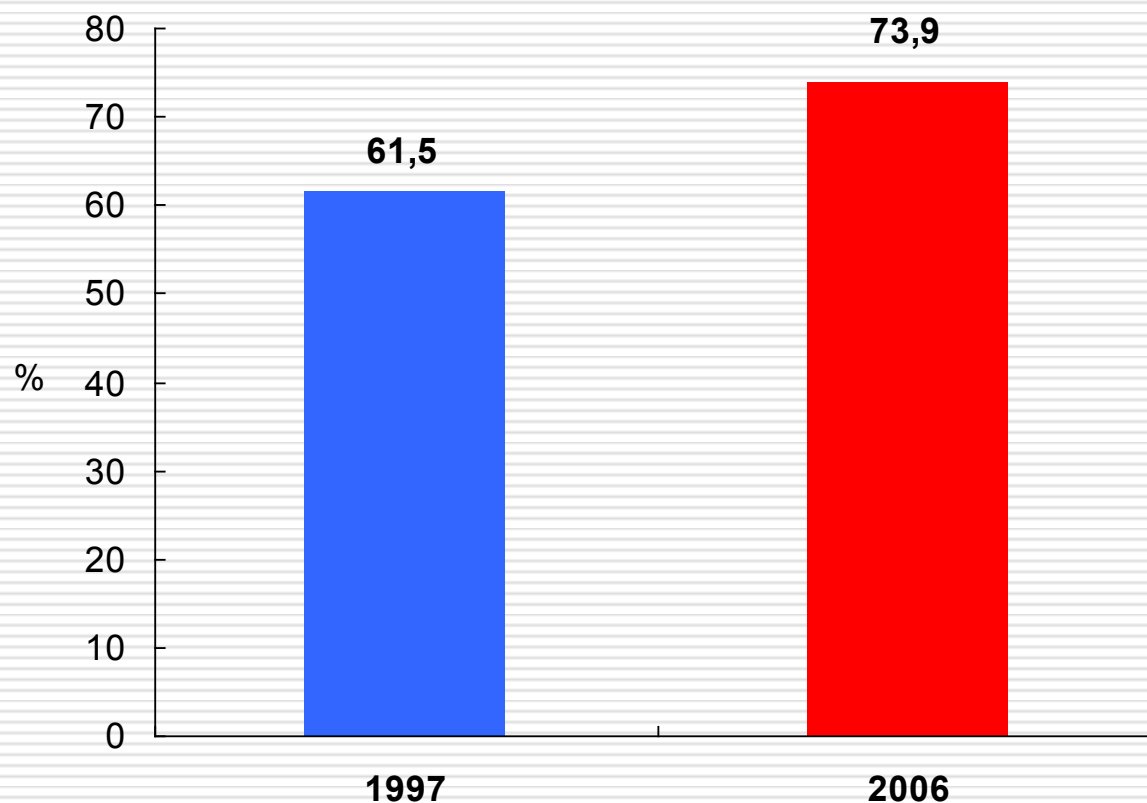
Proportion of students in 10th grade who spend time (*often/almost always*) with their parents during weekdays



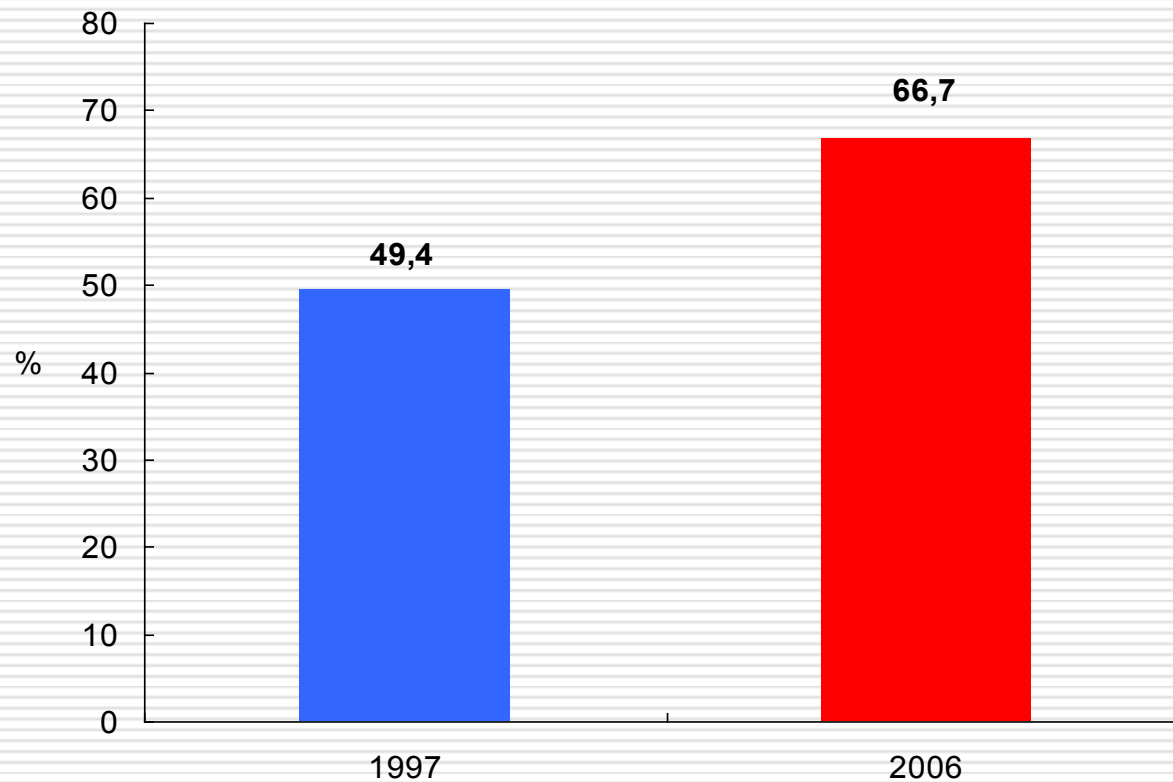
Proportion of students in 10th grade who have been out after 10 pm (*4 times or more*) in the past week



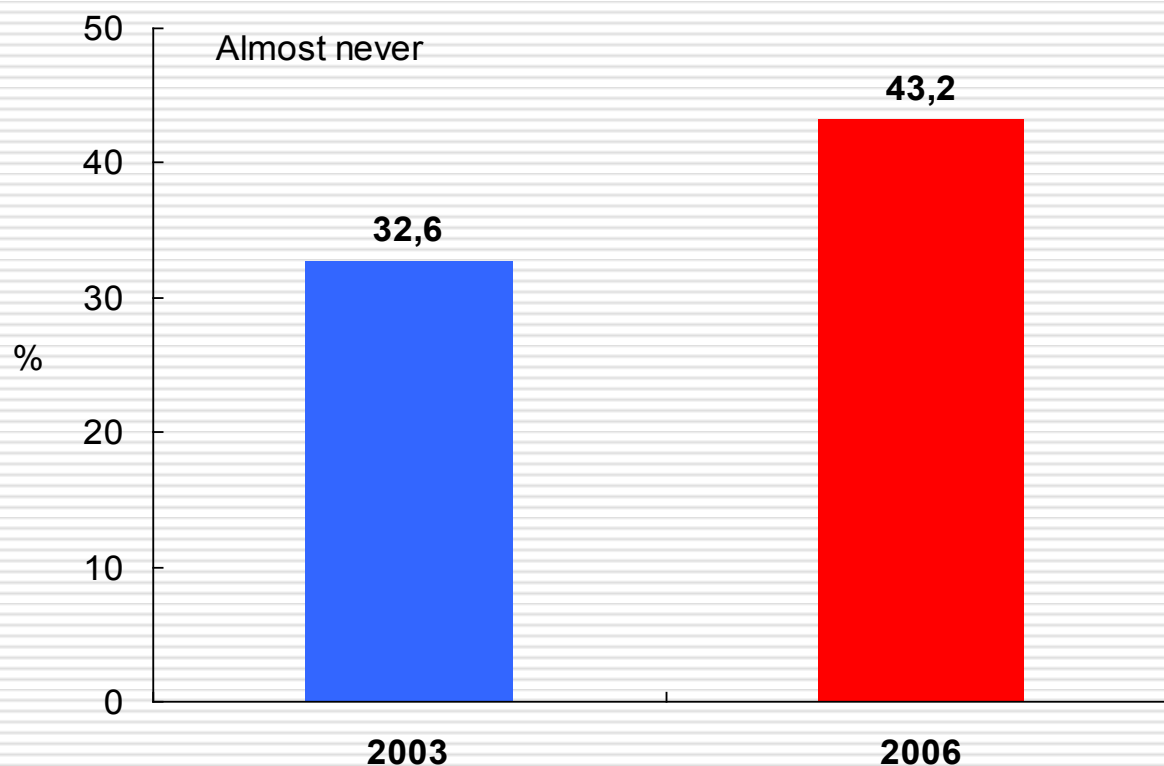
My parents know where I am in the evenings (applies *very or rather well* to me)



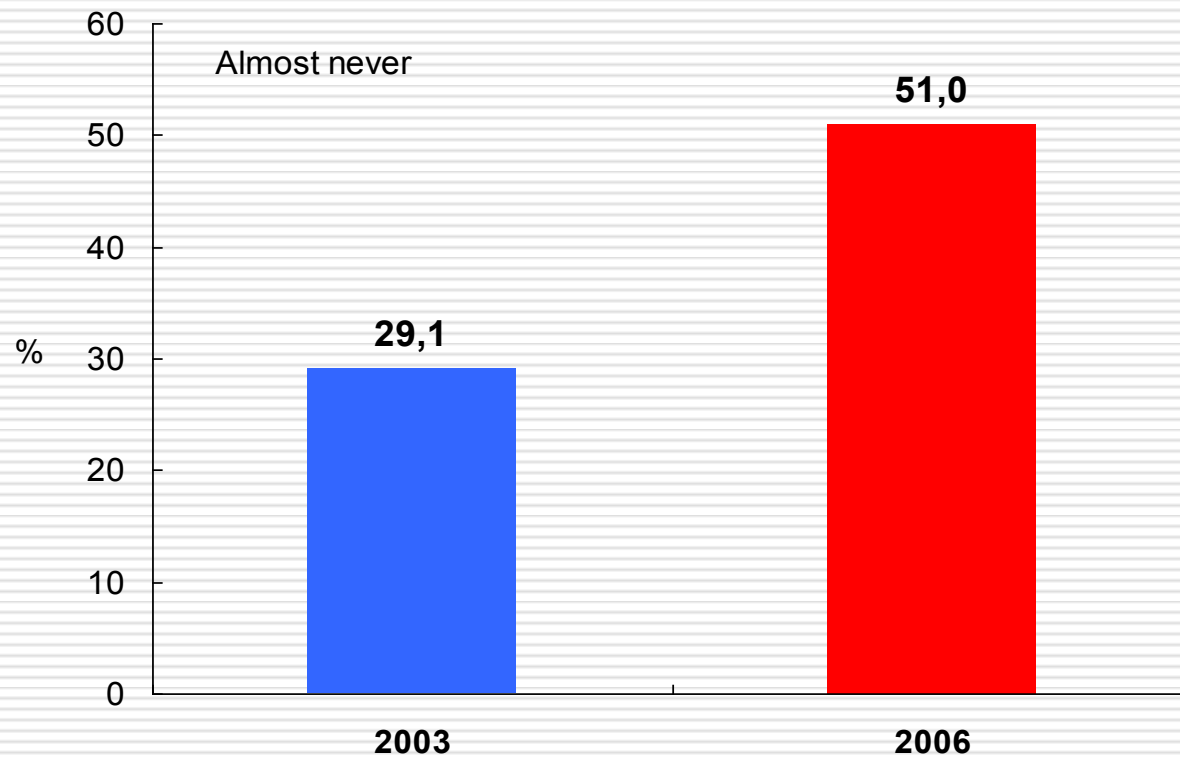
My parents know with whom I am in the evenings
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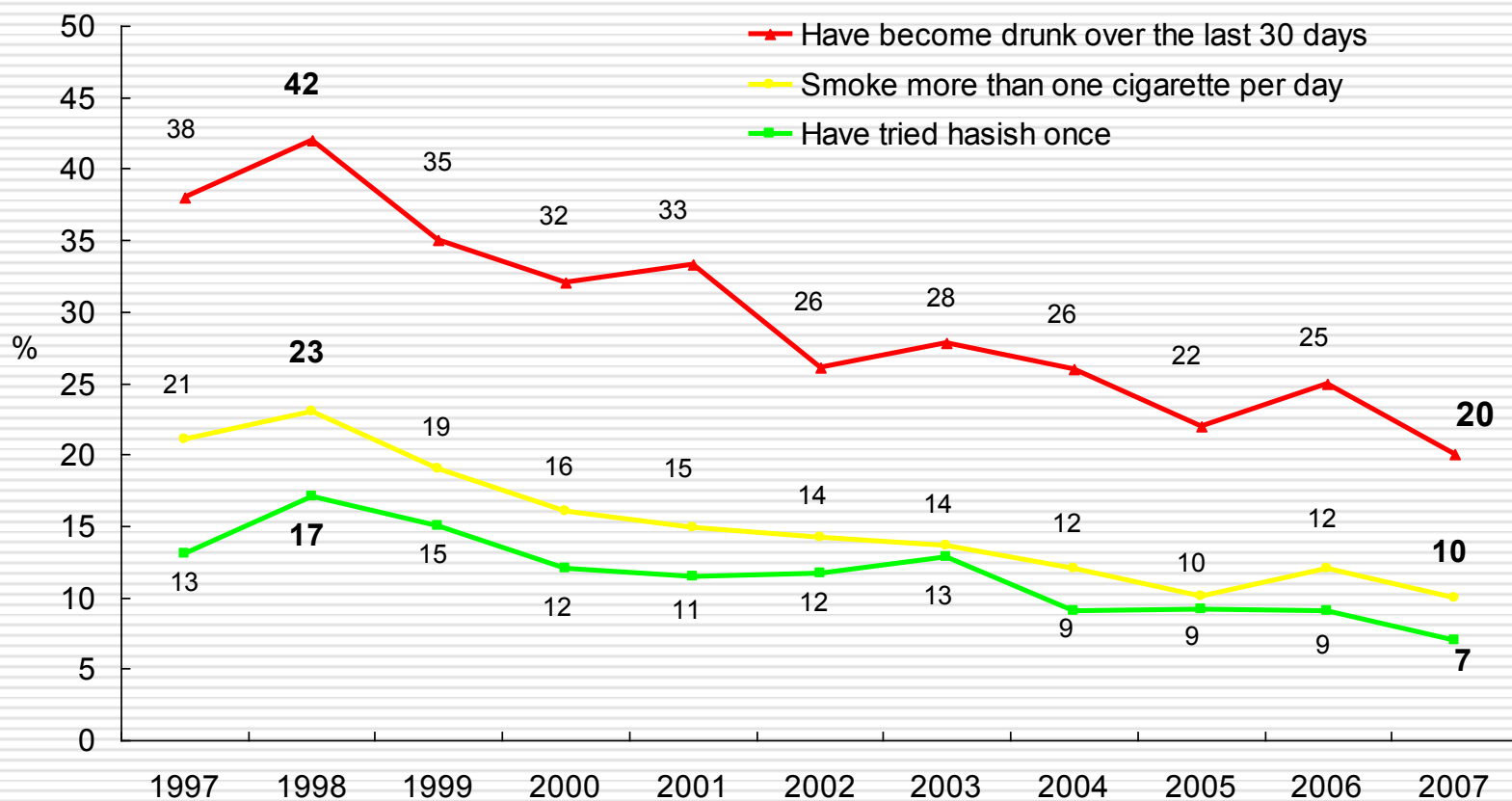
How often do you do the following – “go to party” – almost never



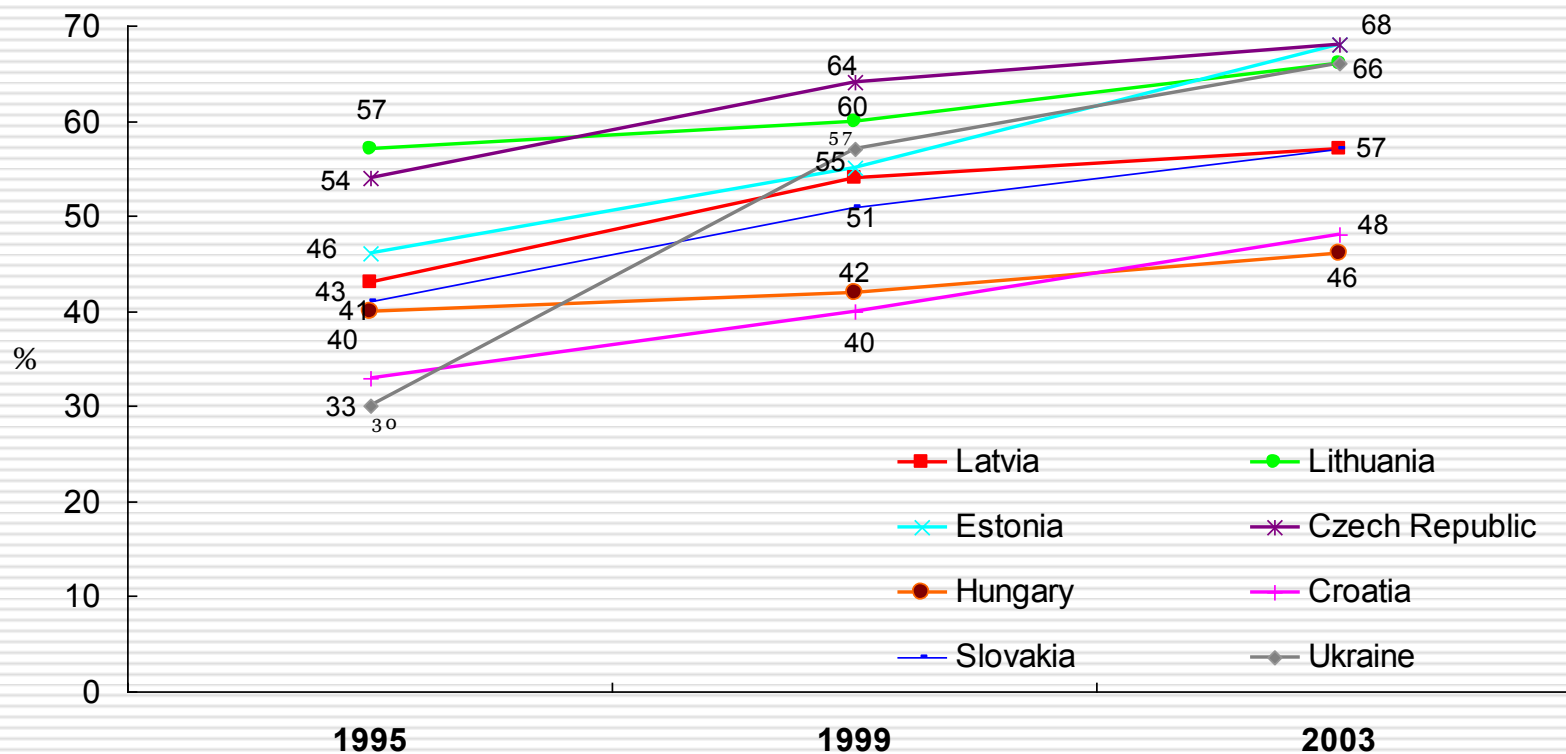
How often do you do the following –
“Spend time downtown in the evening” –(almost never)



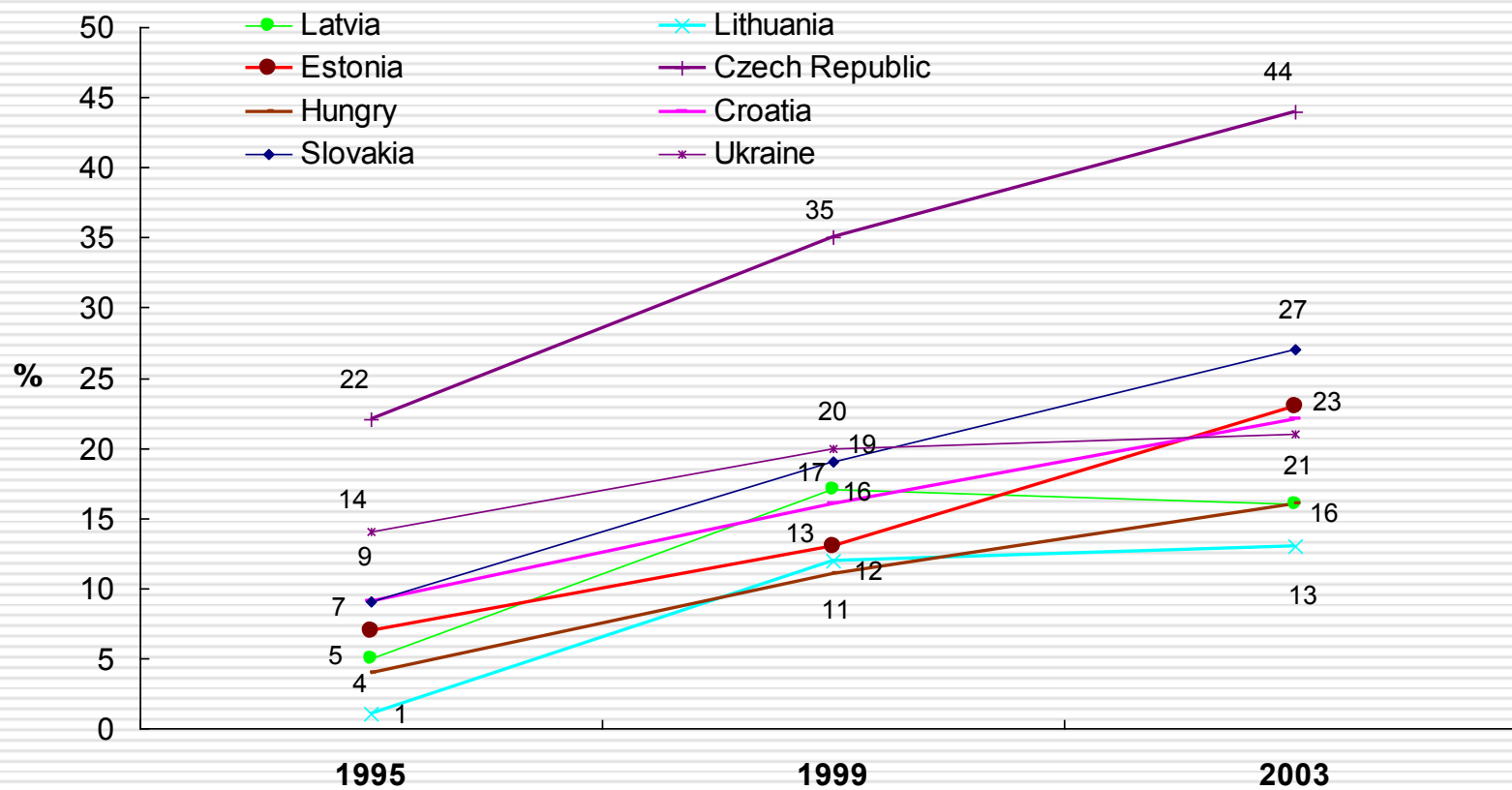
Trends in substance use among 10th grade students in Iceland from 1997-2007



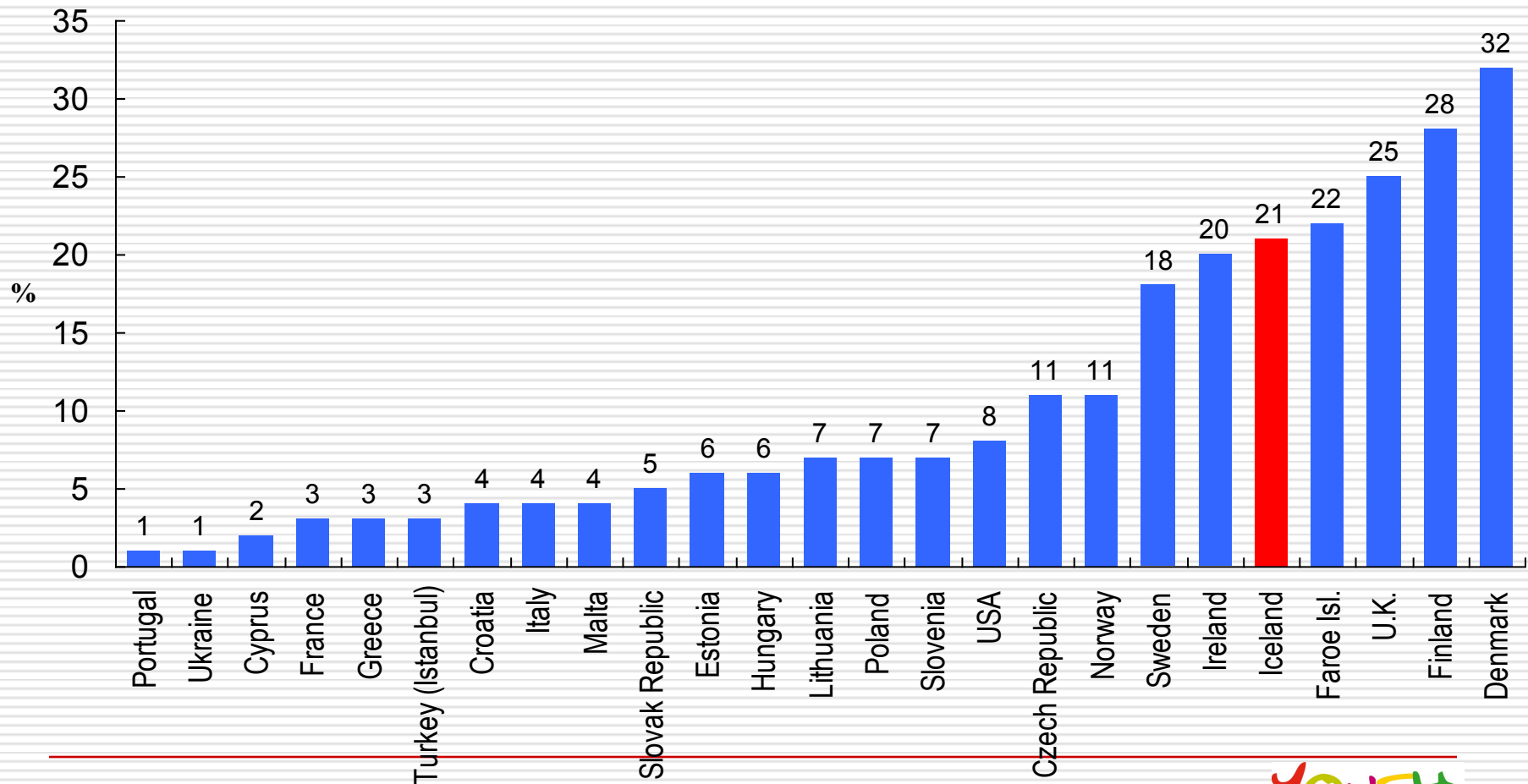
Drunk last 12 months (ESPAD)



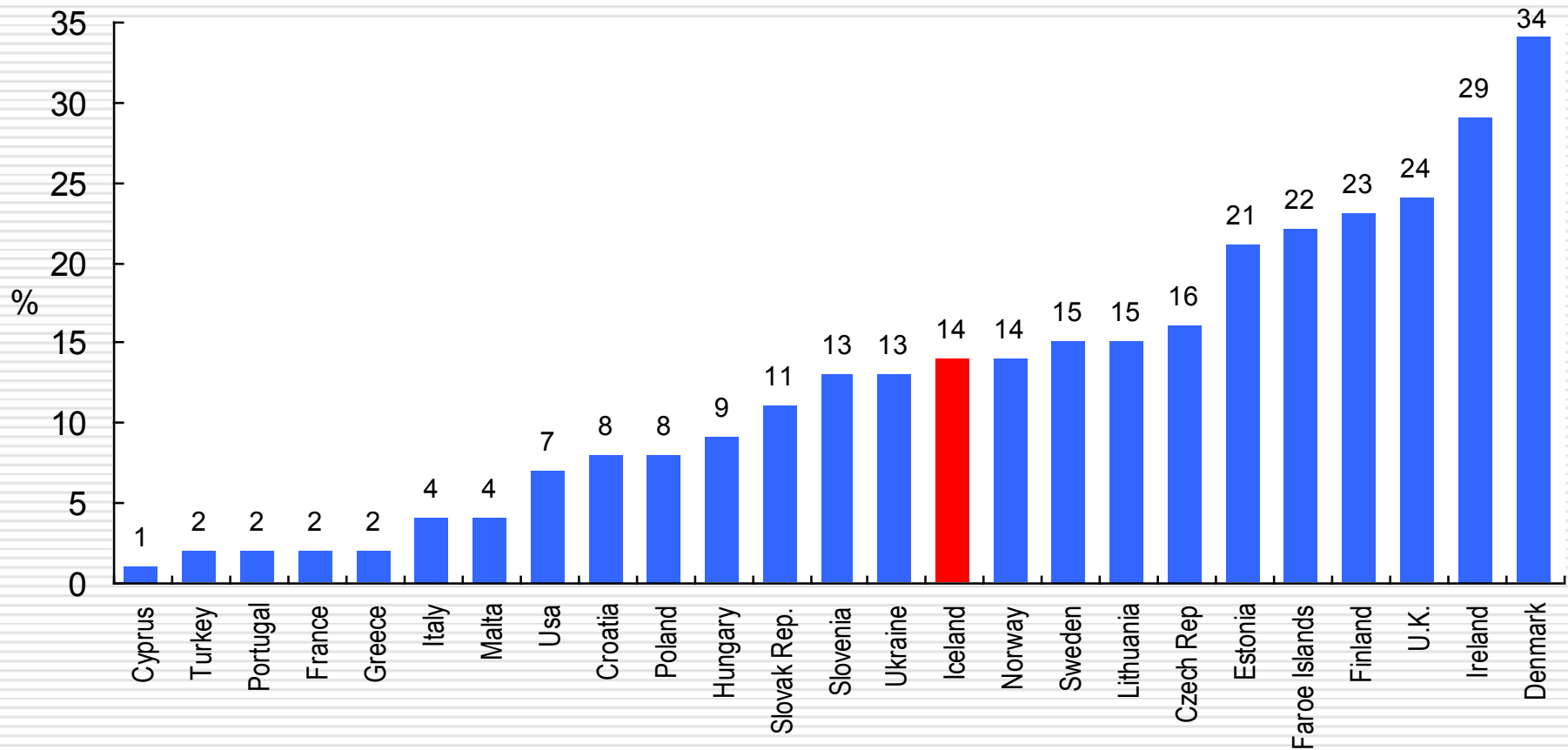
Cannabis lifetime (ESPAD)



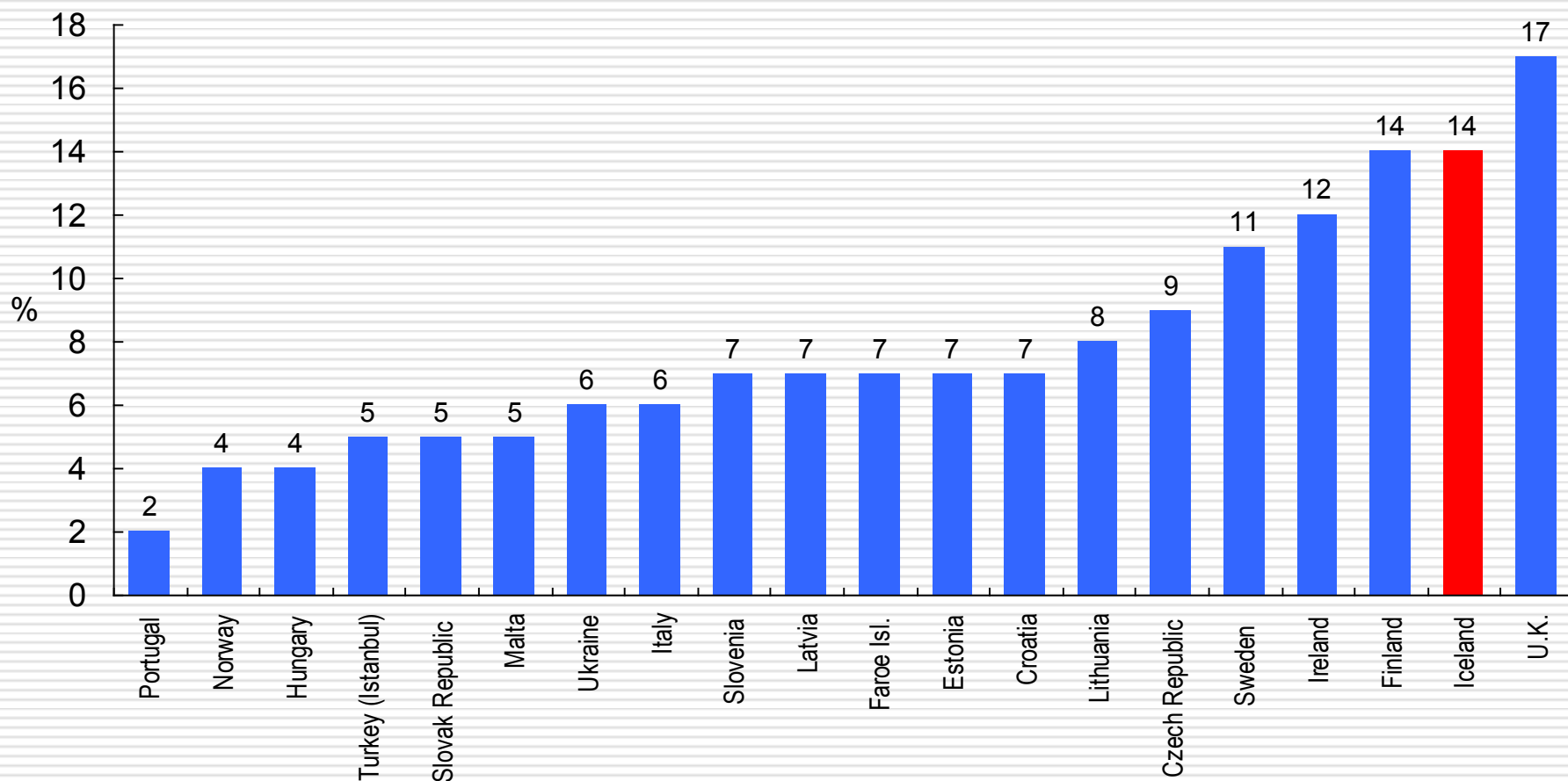
Proportion of students in 10th grade who have become drunk 10 times or more during last 12 months (ESPAD, **1995**)



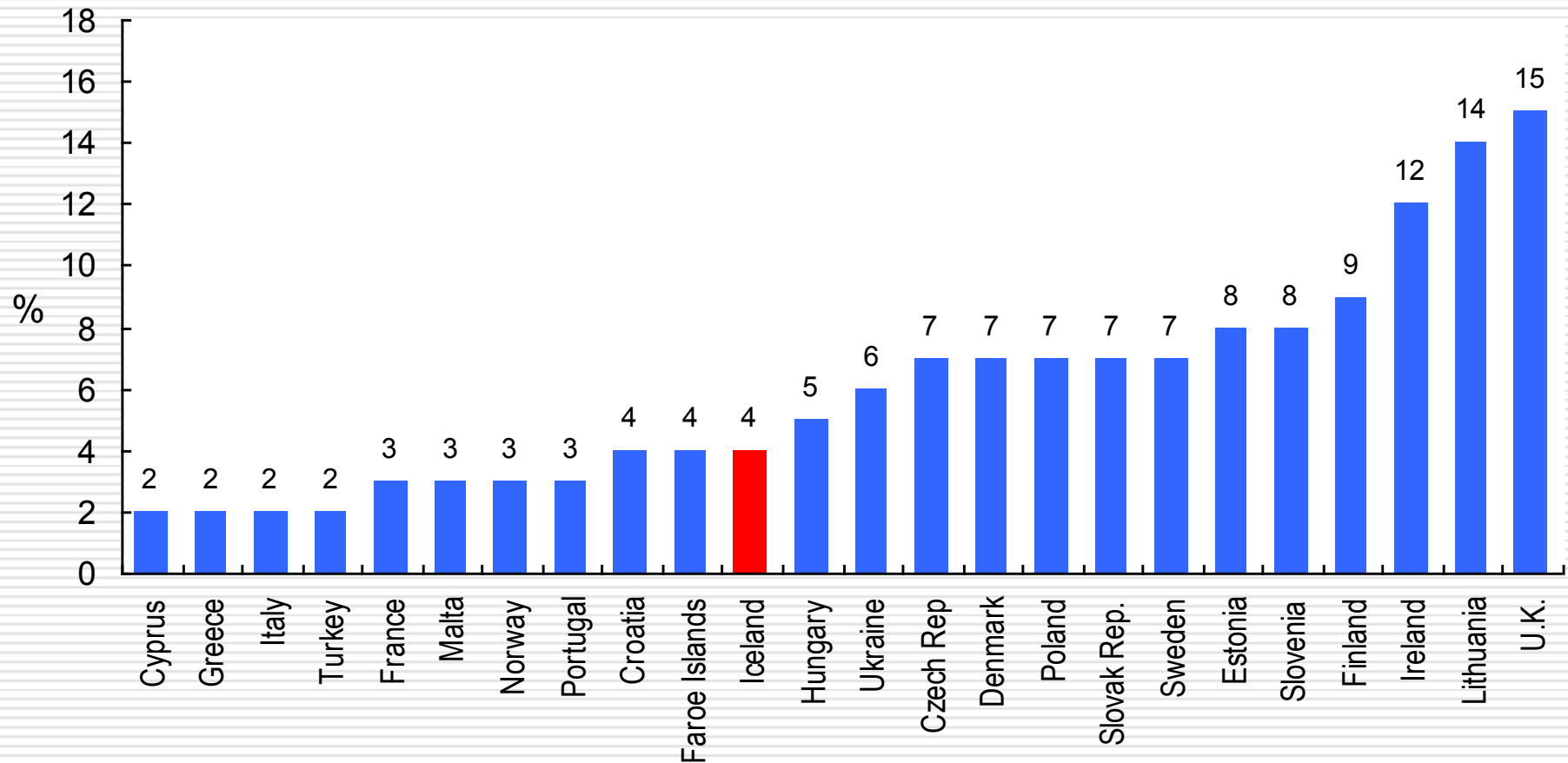
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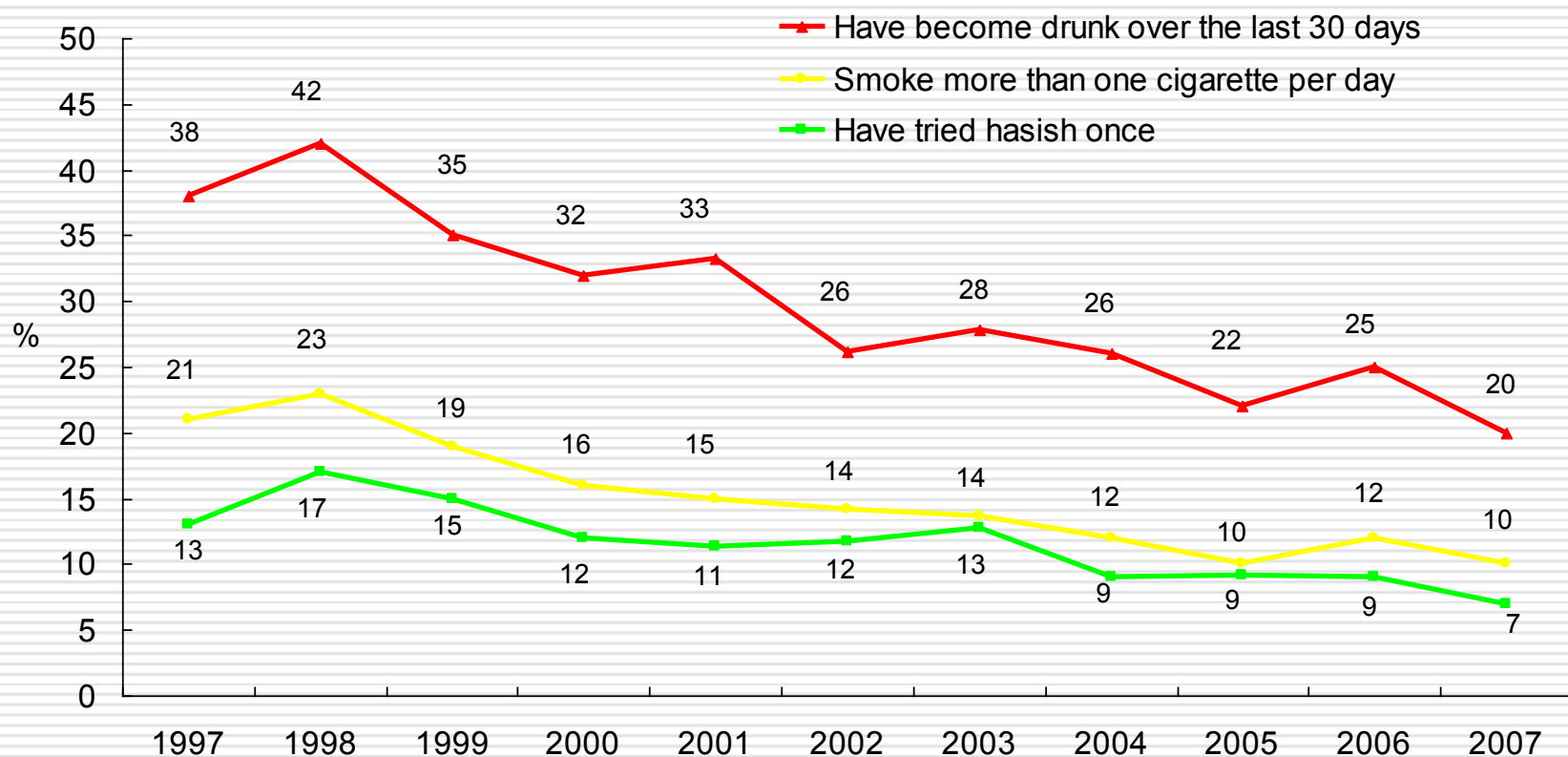
Proportion of students in 10th grade who have had accidents or injuries related to alcohol use (ESPAD, 1995)



Proportion of students in 10th grade who have had accidents or injuries in relation to alcohol use (ESPAD, 2003)



Trends in substance use among 10th grade students in Iceland in 1997-2007



Lithuania

September 2007

