

Improving Lives based on Evidence

PROFESSOR INGA DORA SIGFUSDOTTIR



Indicators





Reykjavik in the
summer of 1997

Lifestyle › Health & Families

Iceland knows how to stop teen substance abuse but the rest of the world isn't listening

In Iceland, teenage smoking, drinking and drug use have been radically cut in the past 20 years. Emma Young finds out how they did it, and why other countries won't follow suit

Emma Young | Tuesday 17 January 2017 |  1 comment

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Indy Lifestyle Online

Independent

The Atlantic

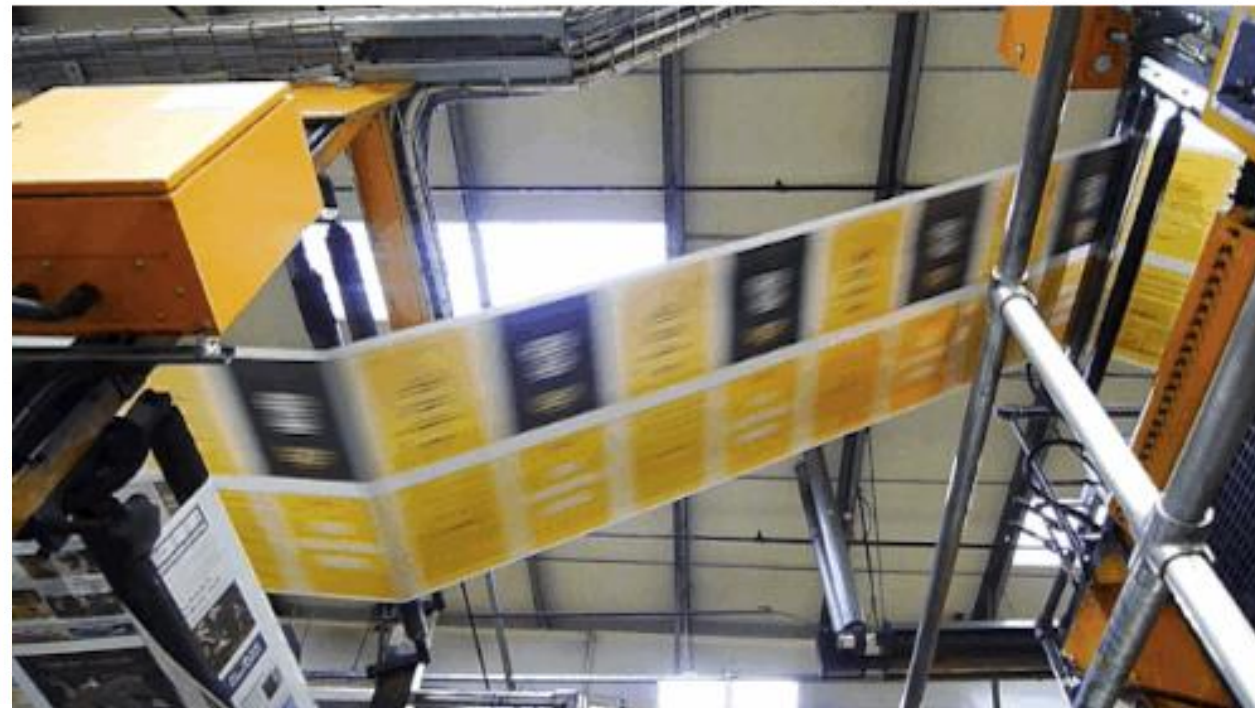
AFP

Guardian

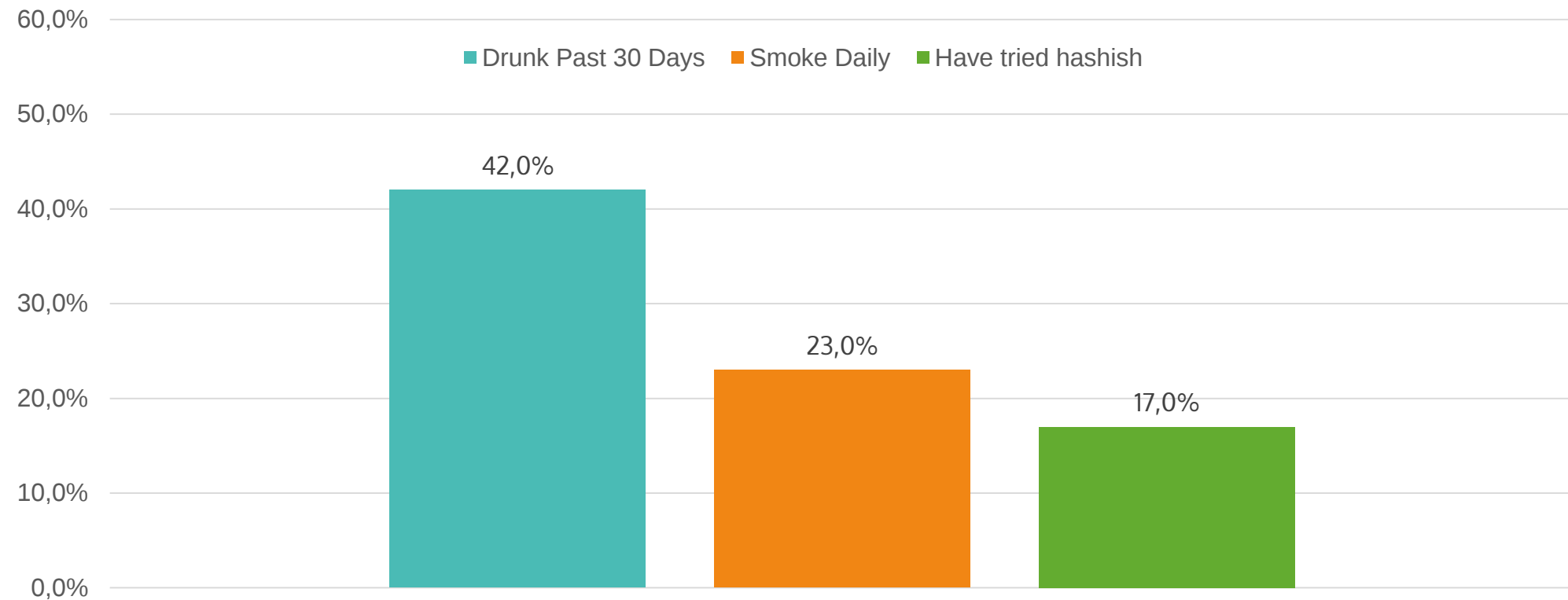
BBC

Mosaic

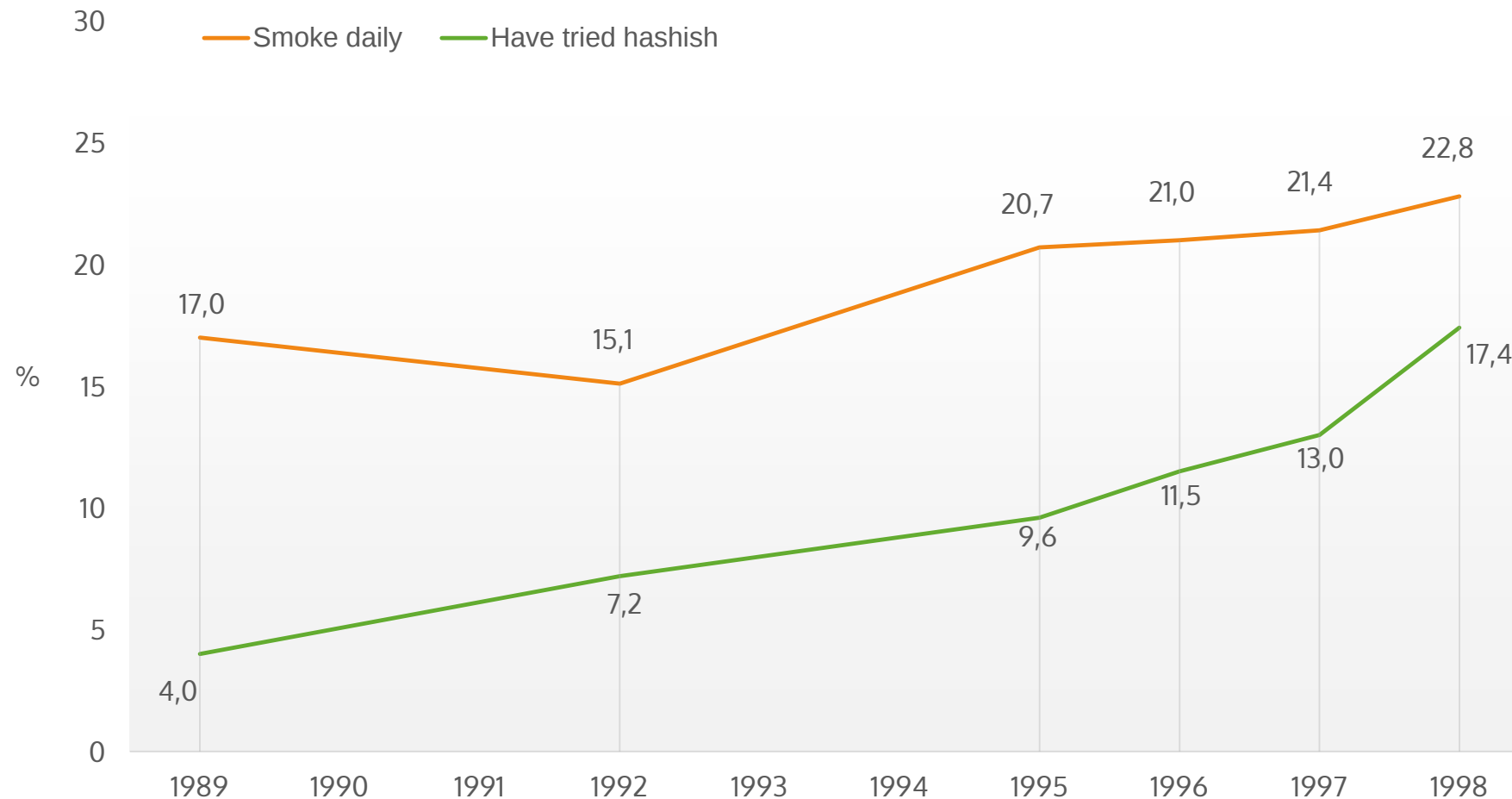
Huffingtonpost



1997: Smoke daily, Drunk past 30 days, Have tried hashish



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



Youth in Iceland core elements

- Evidence base
- Community approach
- Research – policy – practice: dialogue

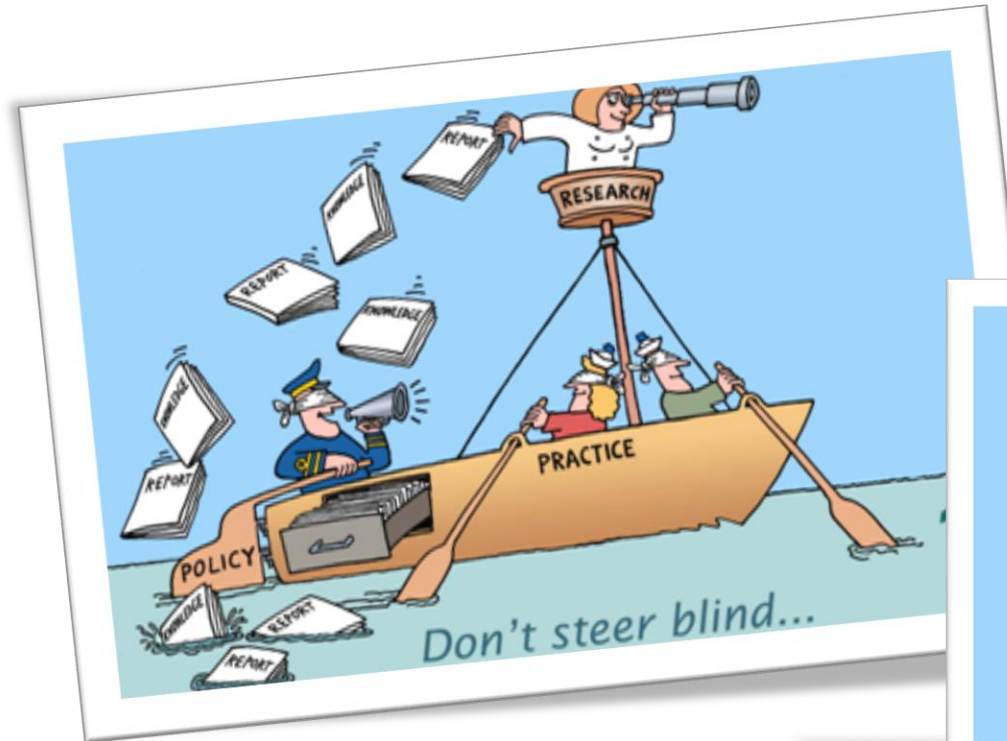
Evidence

Community-approach

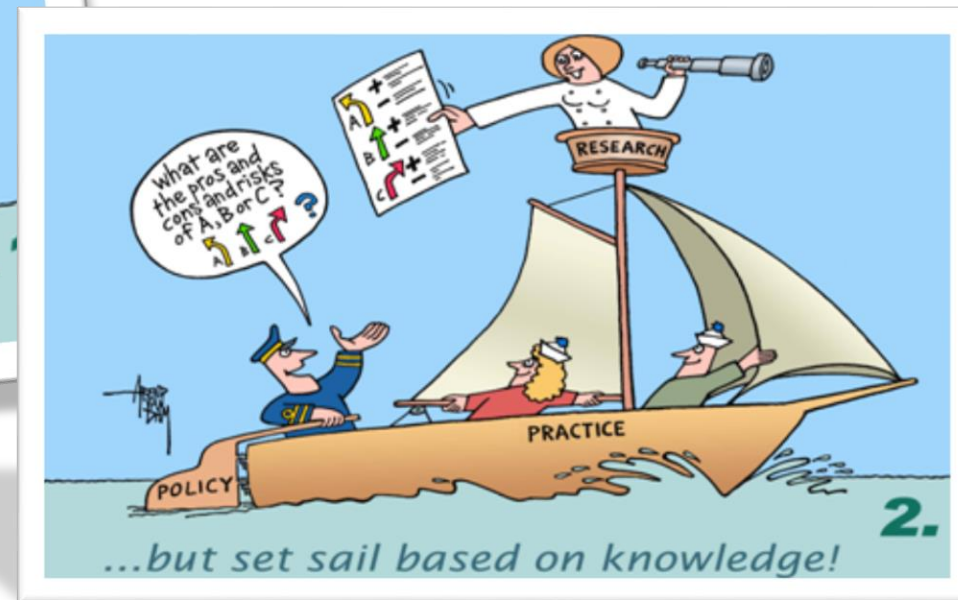
Dialogue



From research to practice



The researchers "guru" approach



What did we learn?

Youth in Iceland database 1992 - 2018

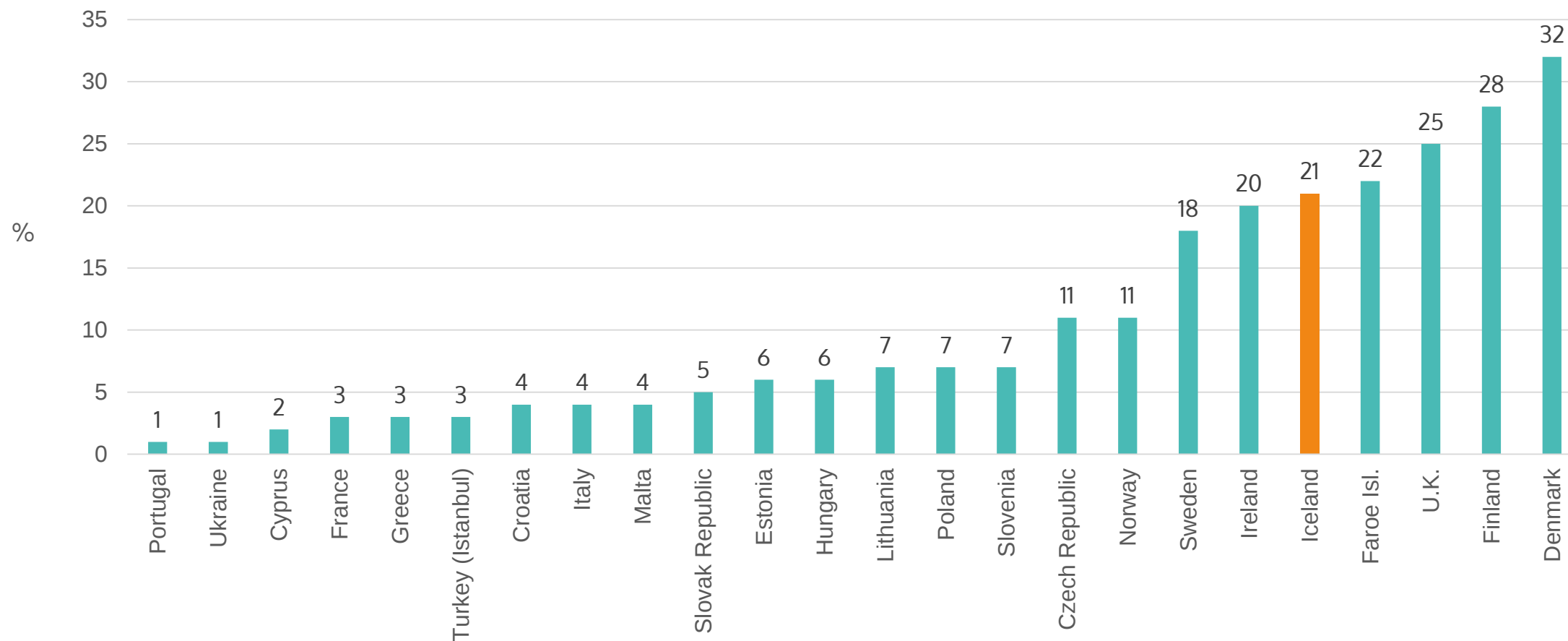
Data collections in schools

- 10 – 13 year old (since 2000) Primary school
- 14 – 16 year old (since 1992) Primary school
- 16 – 20 year old (since 1992) High-school

1992



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*



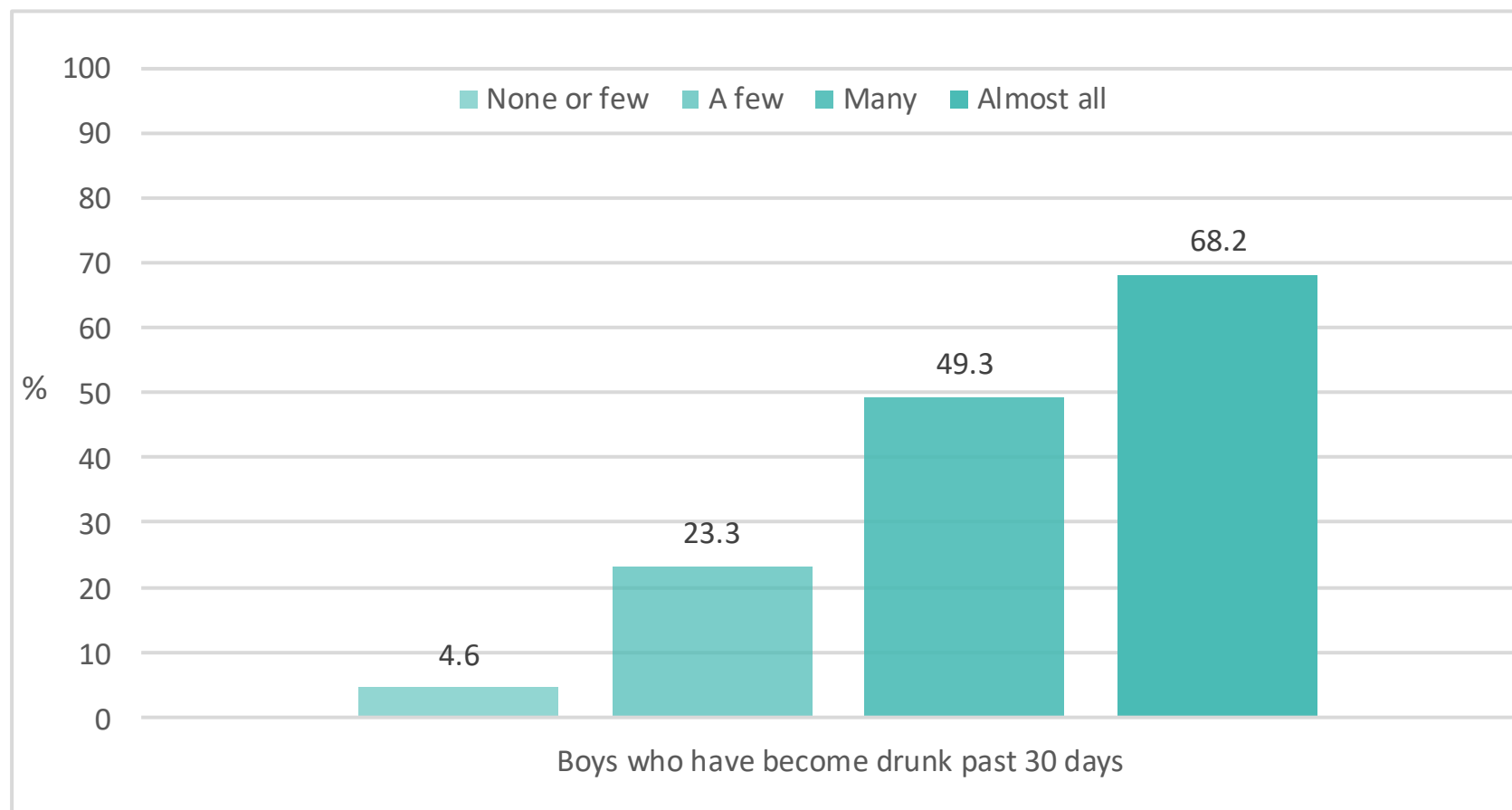
* ESPAD, 1995

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

Strong connection between drinking alcohol
and time spent with parents

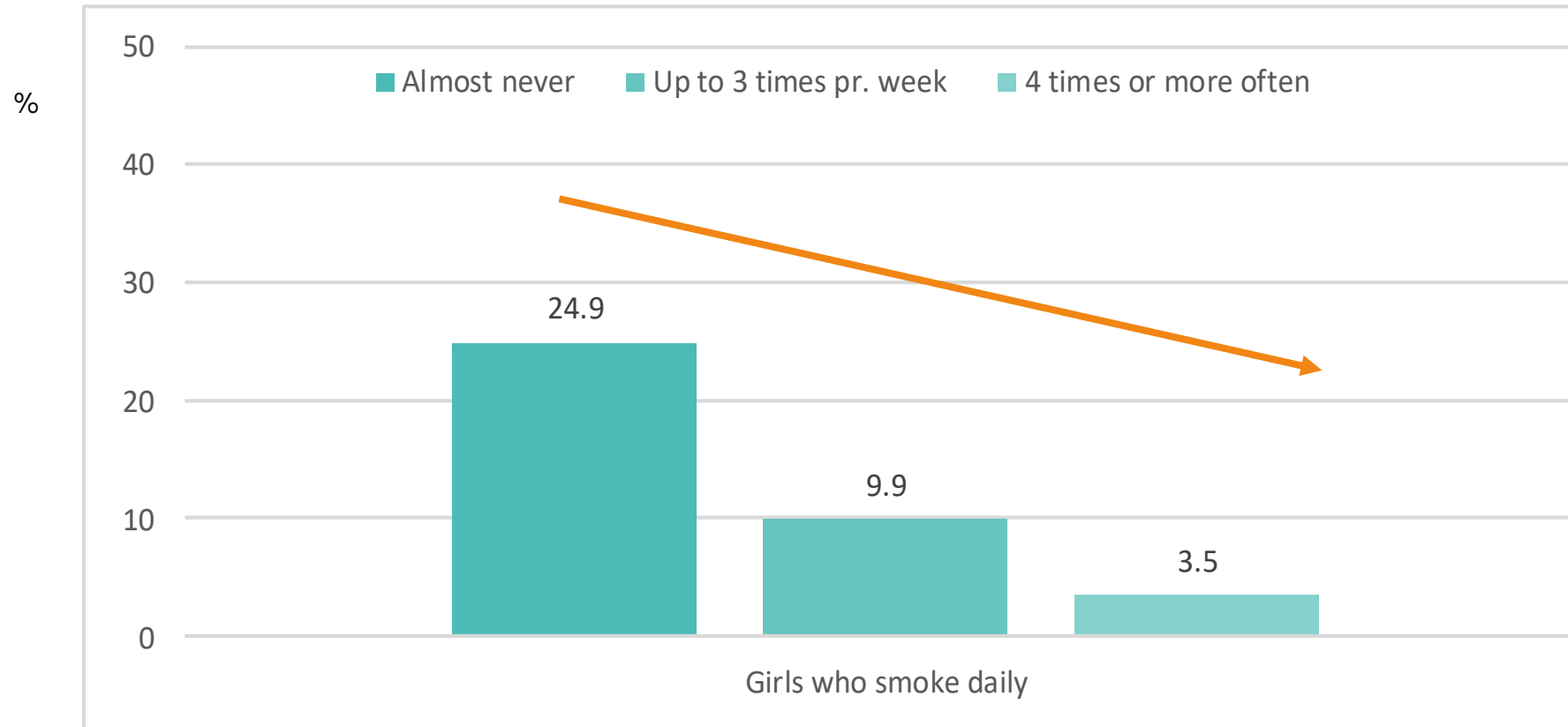


Percentage of students in 9th and 10th grade who have become drunk in the last 30 days depending on if their friends become drunk one pr. month

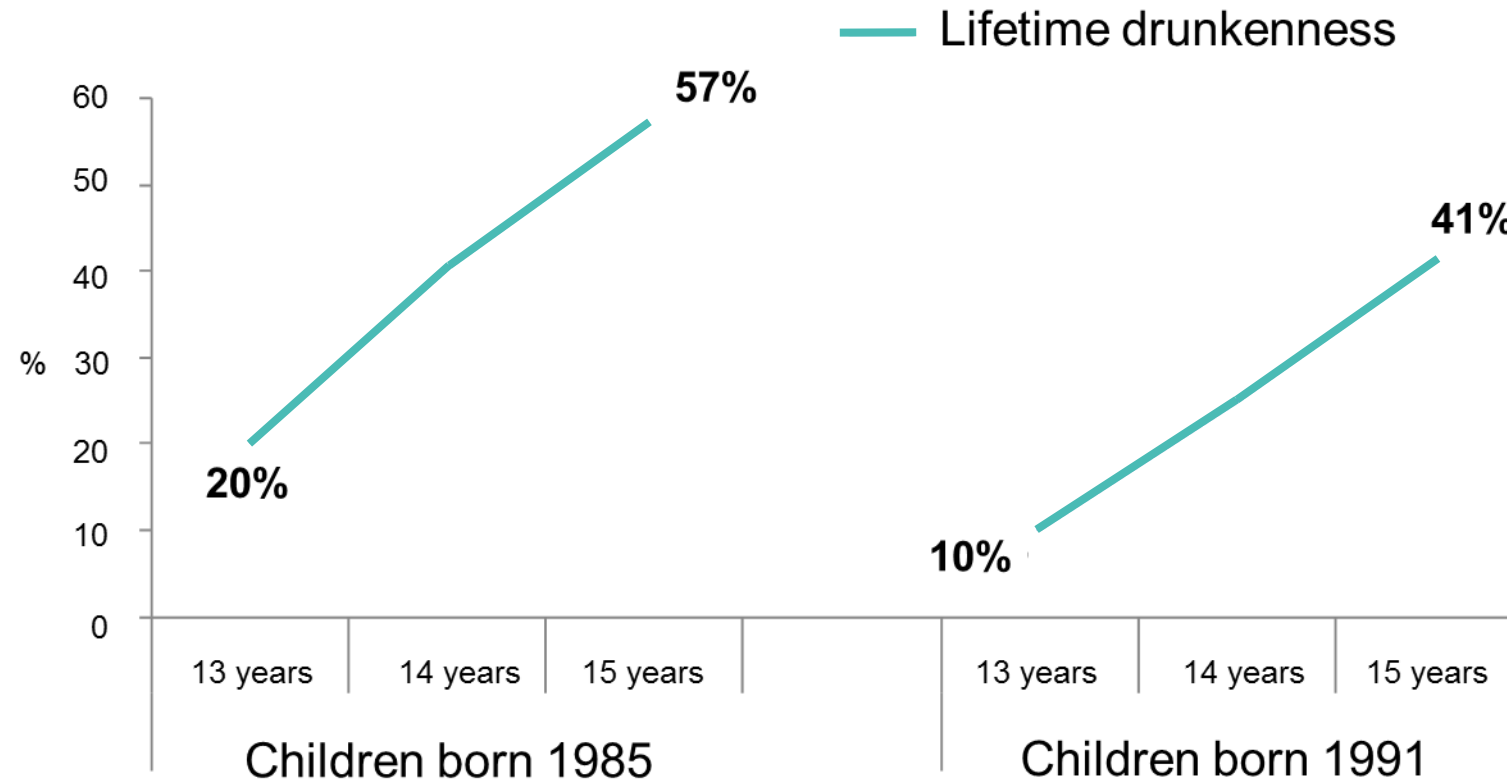


Percentage of students in 9th and 10th grade who smoke daily depending on if they practice sports

Strong connection between smoking and participation in sports



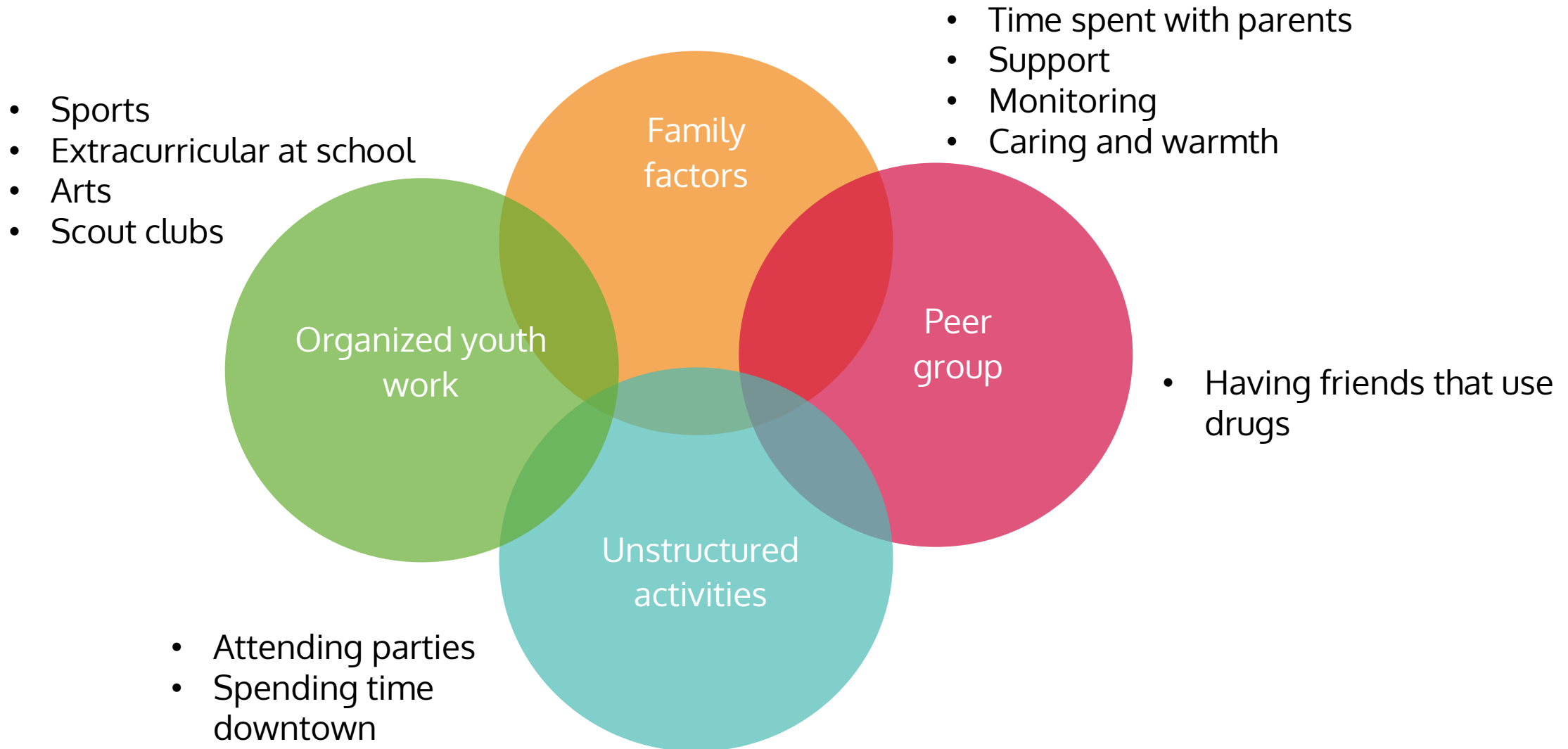
Substance use follows cohorts*



* Sigfusdottir et al., 2011, *Global Health Promotion*

How were the findings used?

Policy based on research findings



Examples of actions

- Neighborhood level: Parental watch
- Community level: A pre-paid leisure time card to participate in formal, structured youth activities
- National level: Media campaigns aimed at discouraging adolescent alcohol use and cigarette smoking



Annual “Prevention Day” launched in 2007

A highly-publicized, annual “Prevention Day” was launched in 2007 by the President of Iceland, the goals of which were to:

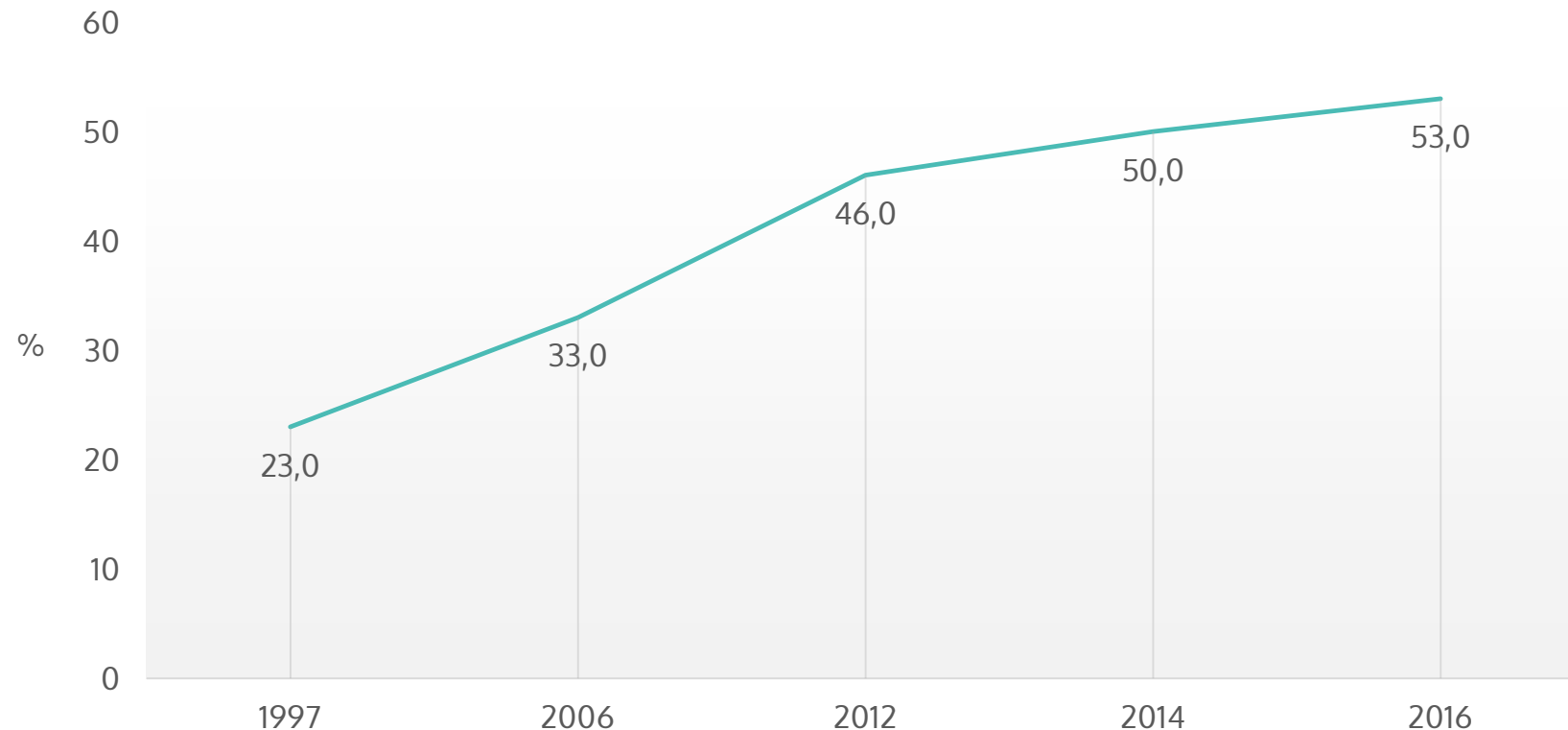
- One hour a day with family
- Some organized sports and youth activities
- Wait to drink alcohol until 18 or later



What has changed?

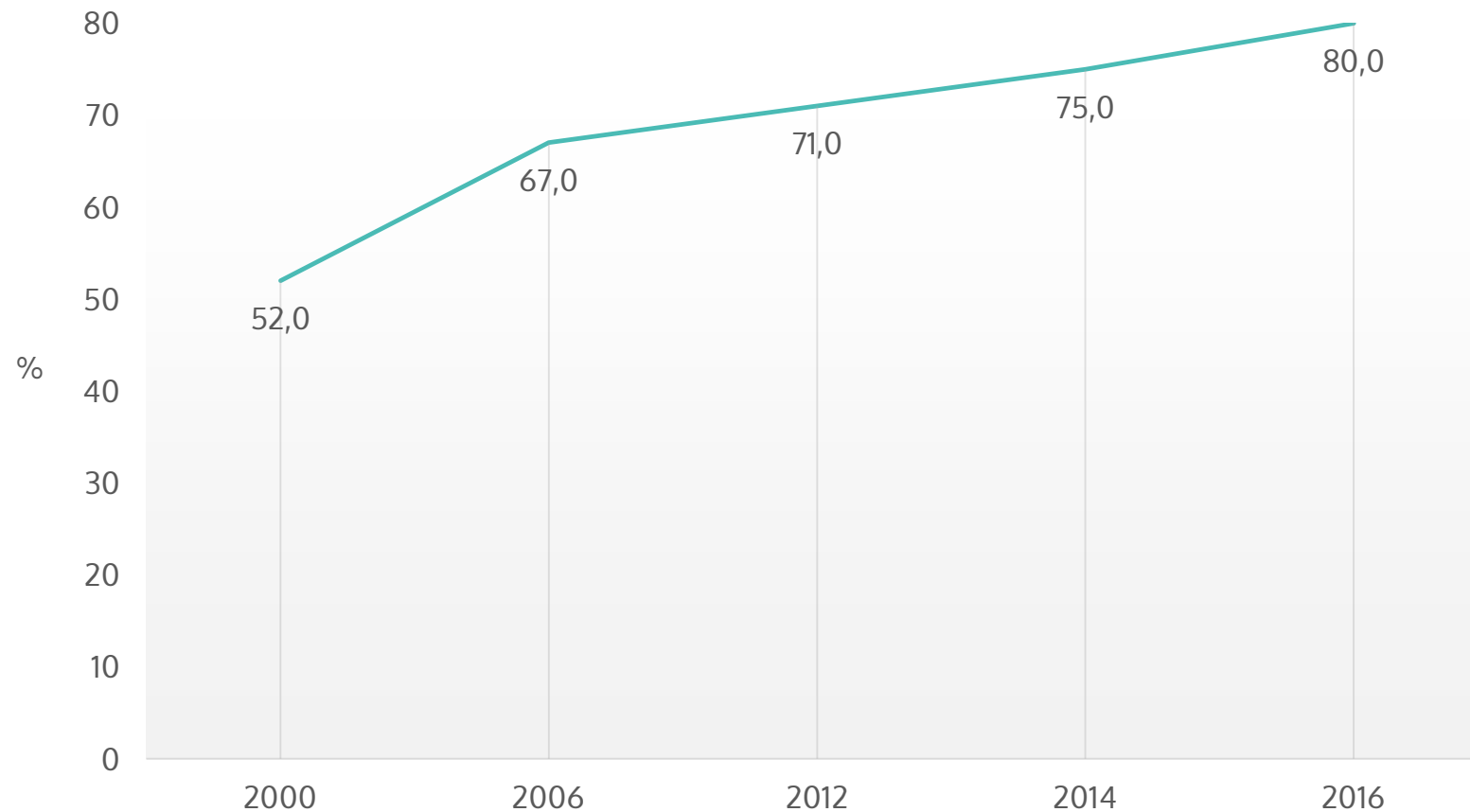
Rates of students in 9th and 10th grade who spend time (often/almost always) with their parents during weekdays

Parents and children spend more time together



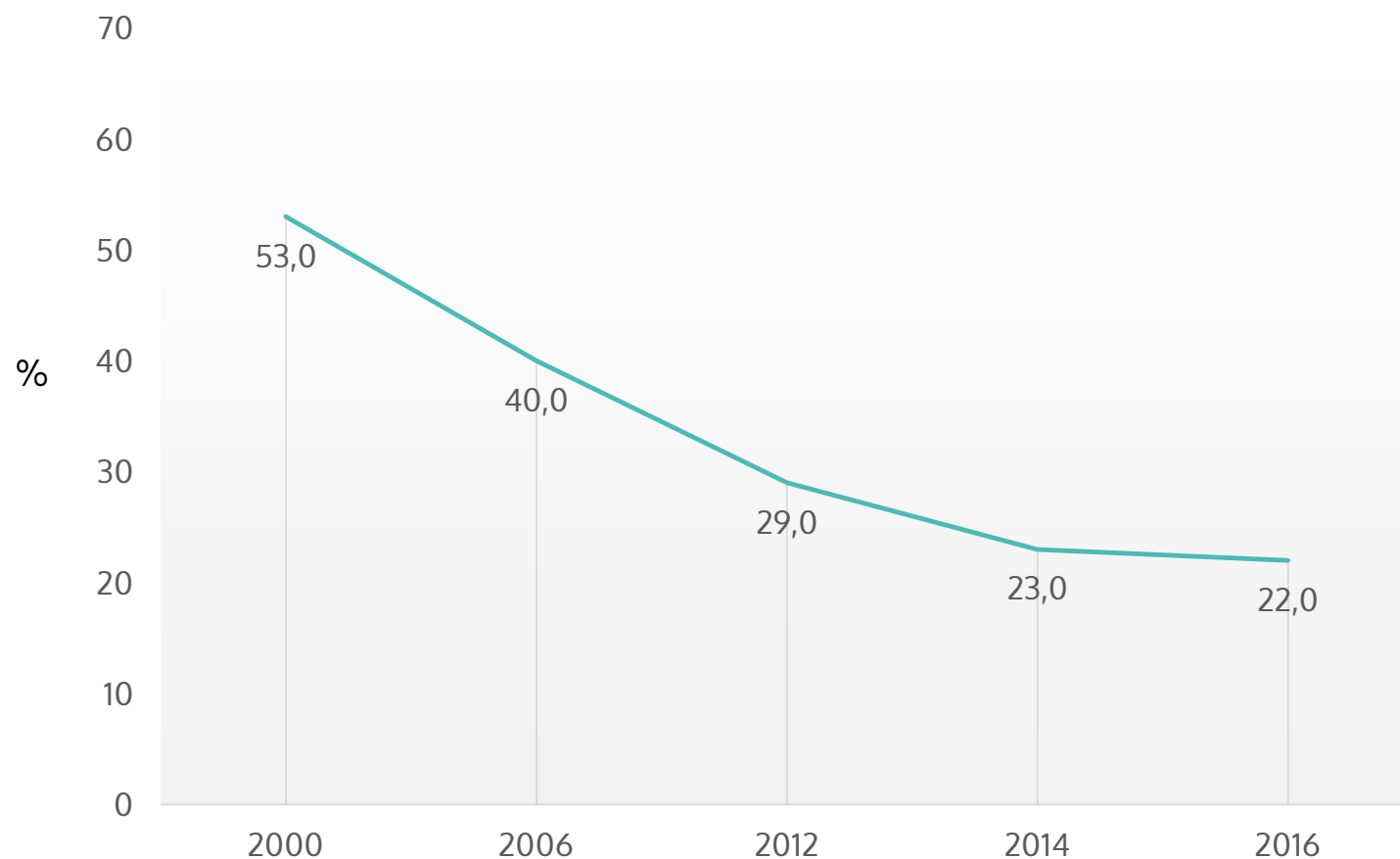
"My parents know where I am in the evenings" (applies very or rather well to me) 9th and 10th grade

Increased parental monitoring



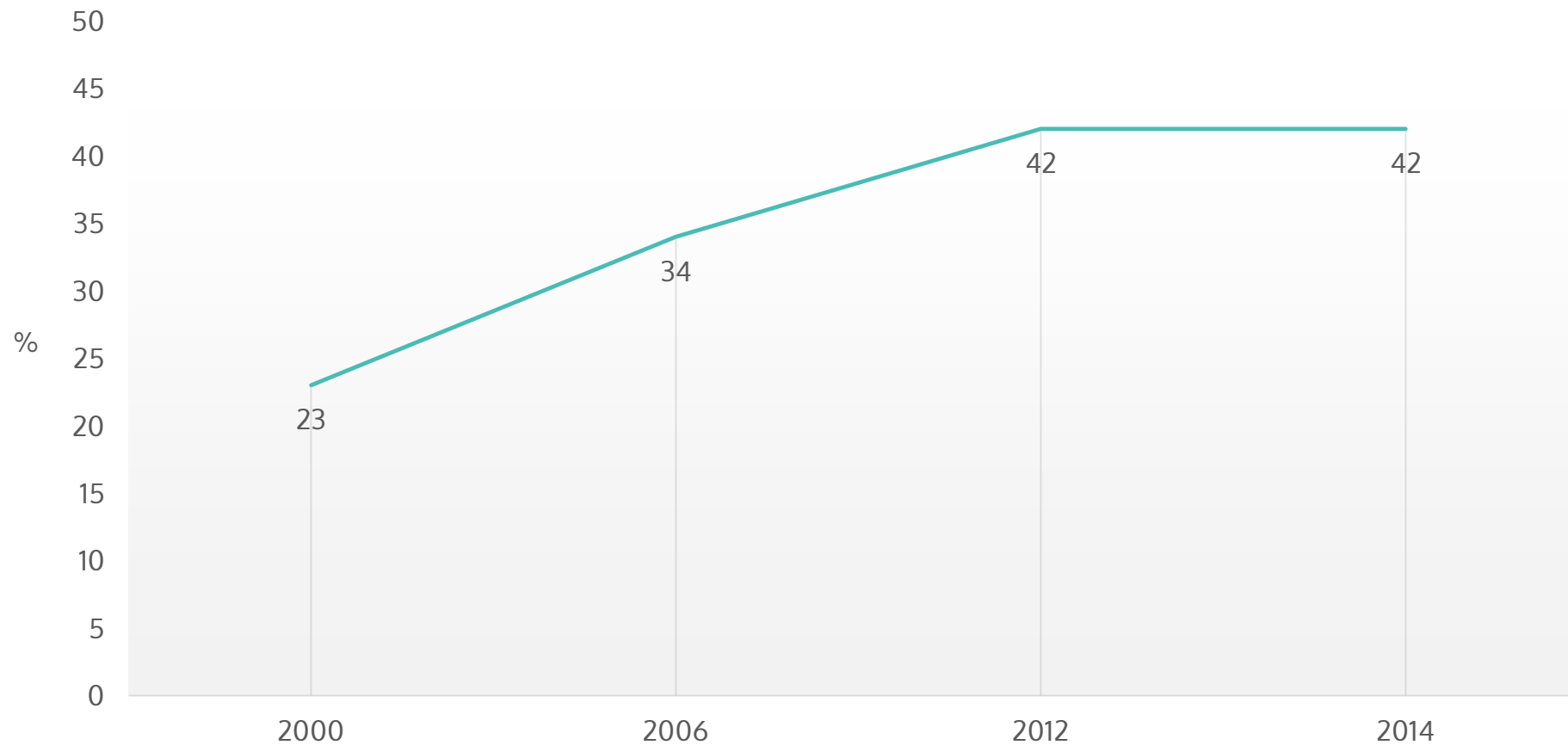
Rates of students in 9th and 10th grade who have been outside after 10 pm, 3 times+ in the past week

Less late outside hours



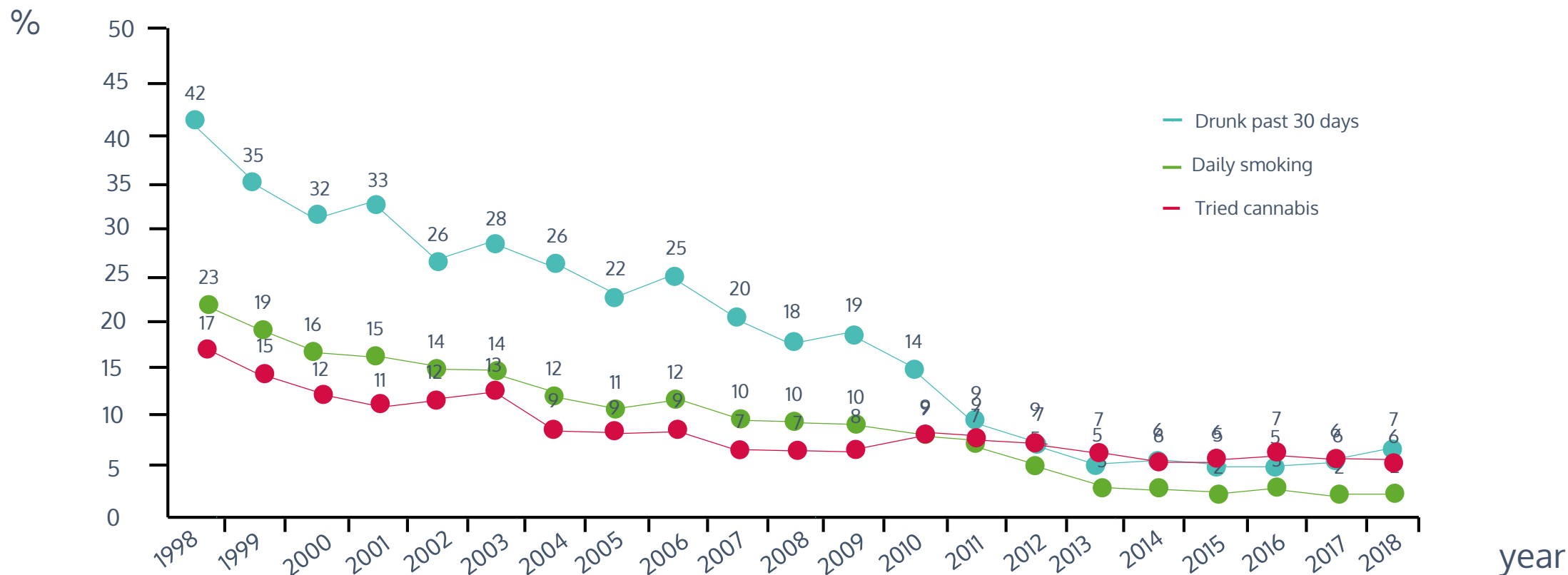
Percentage of students in 9th and 10th grade that participate in sports in a sports club four times per week or more

Increased participation in organized sports

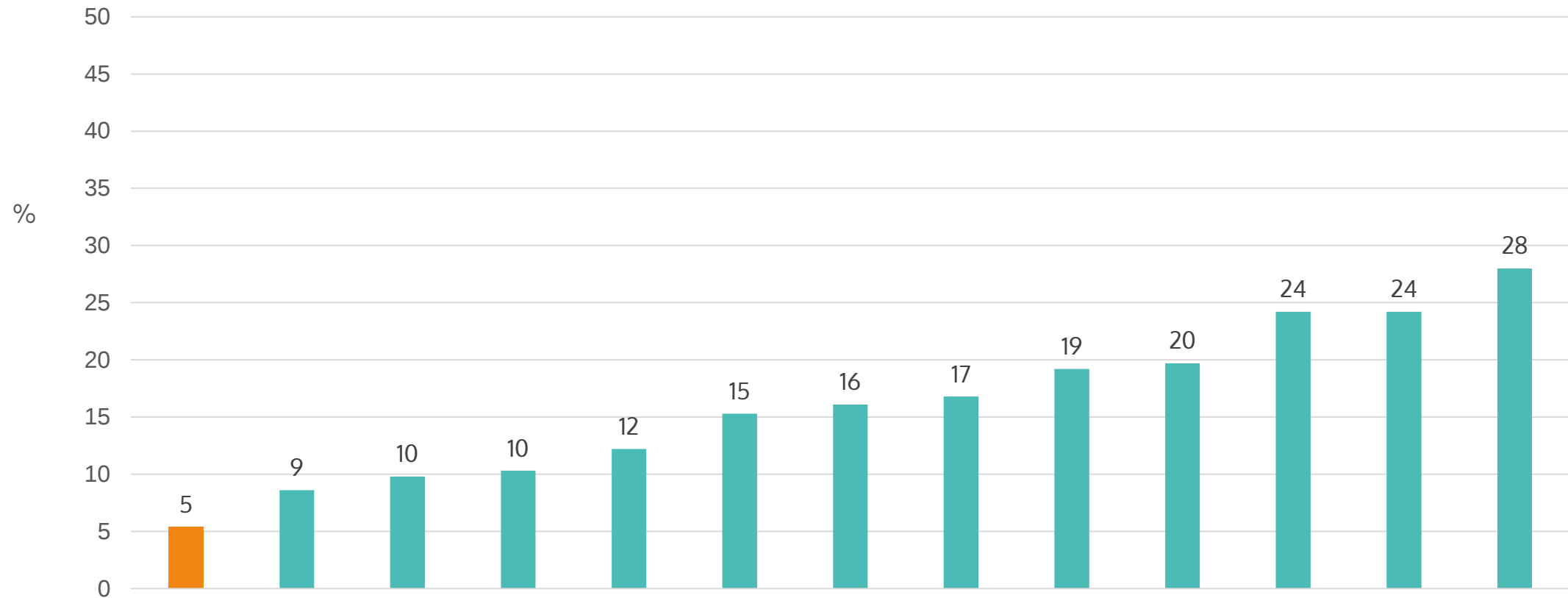


From highest to lowest in substance use – 15/16 year old students

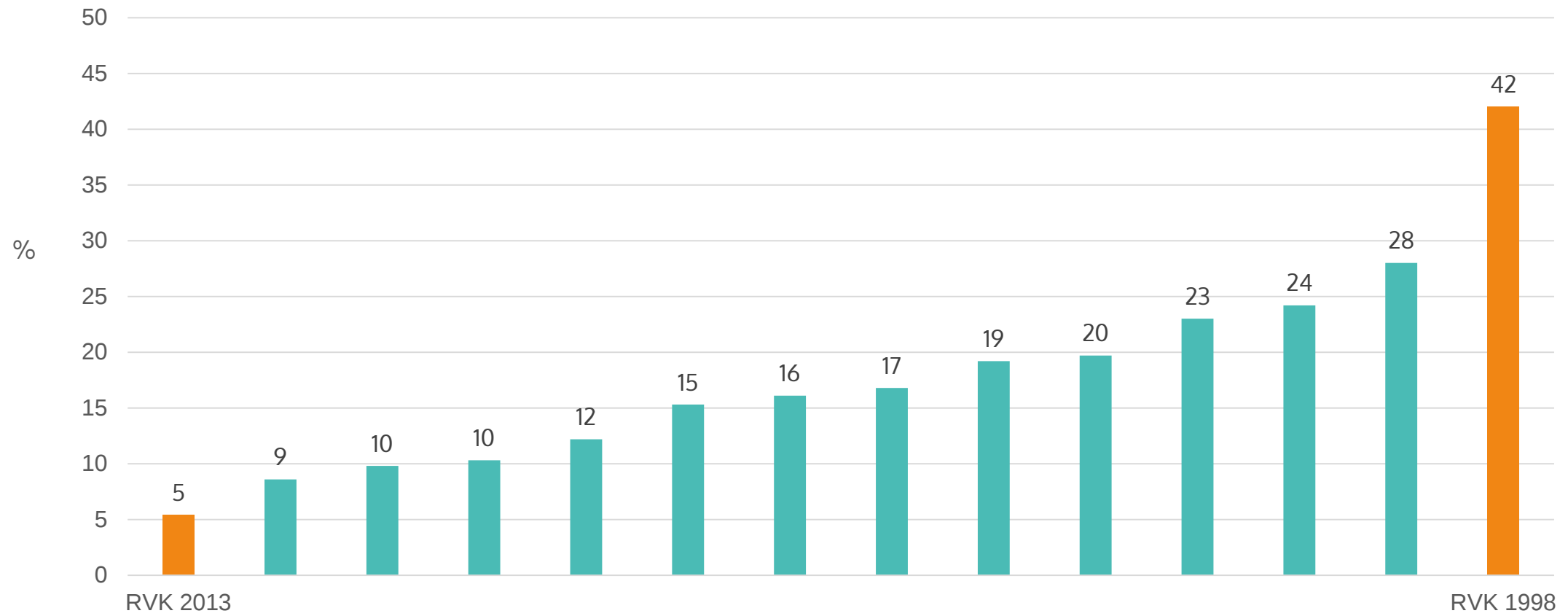
Positive development over 20 years



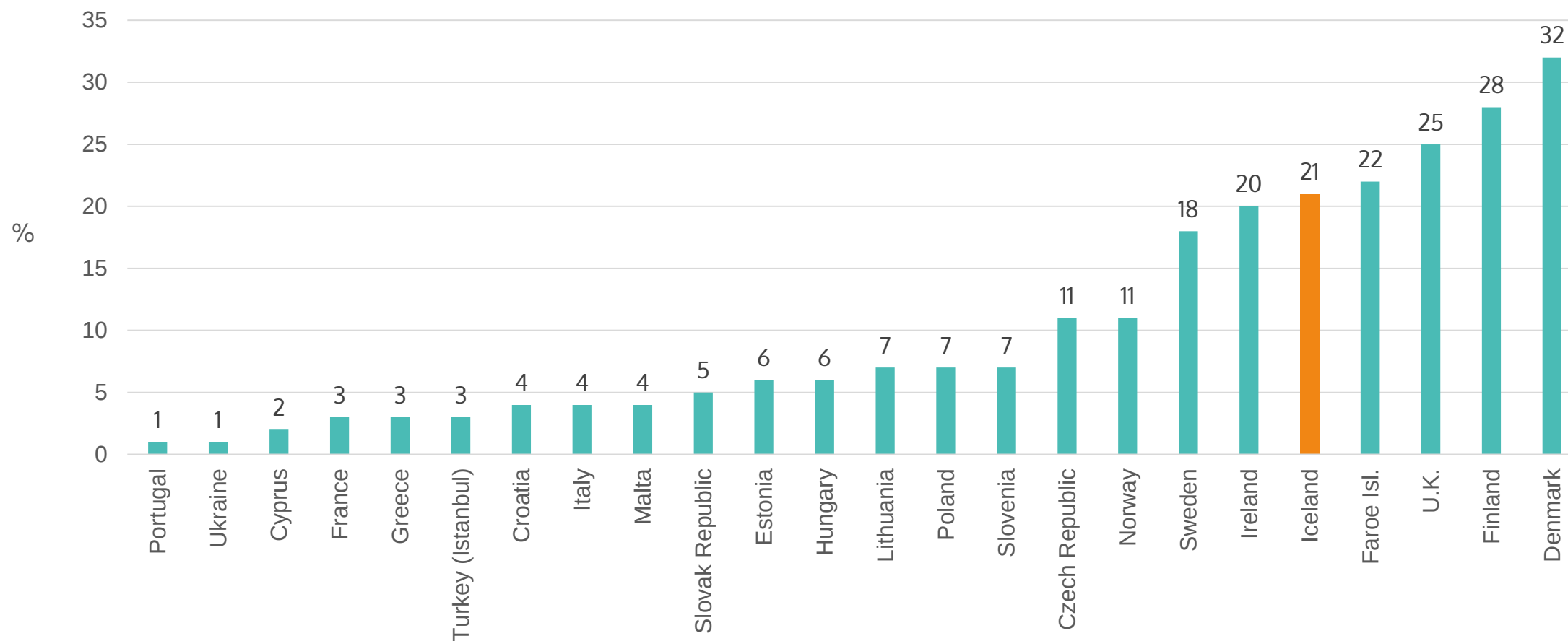
15-16 year old who have become drunk past 30 days in some European cities 2017



15-16 year old who have become drunk past 30 days in some European cities 2017

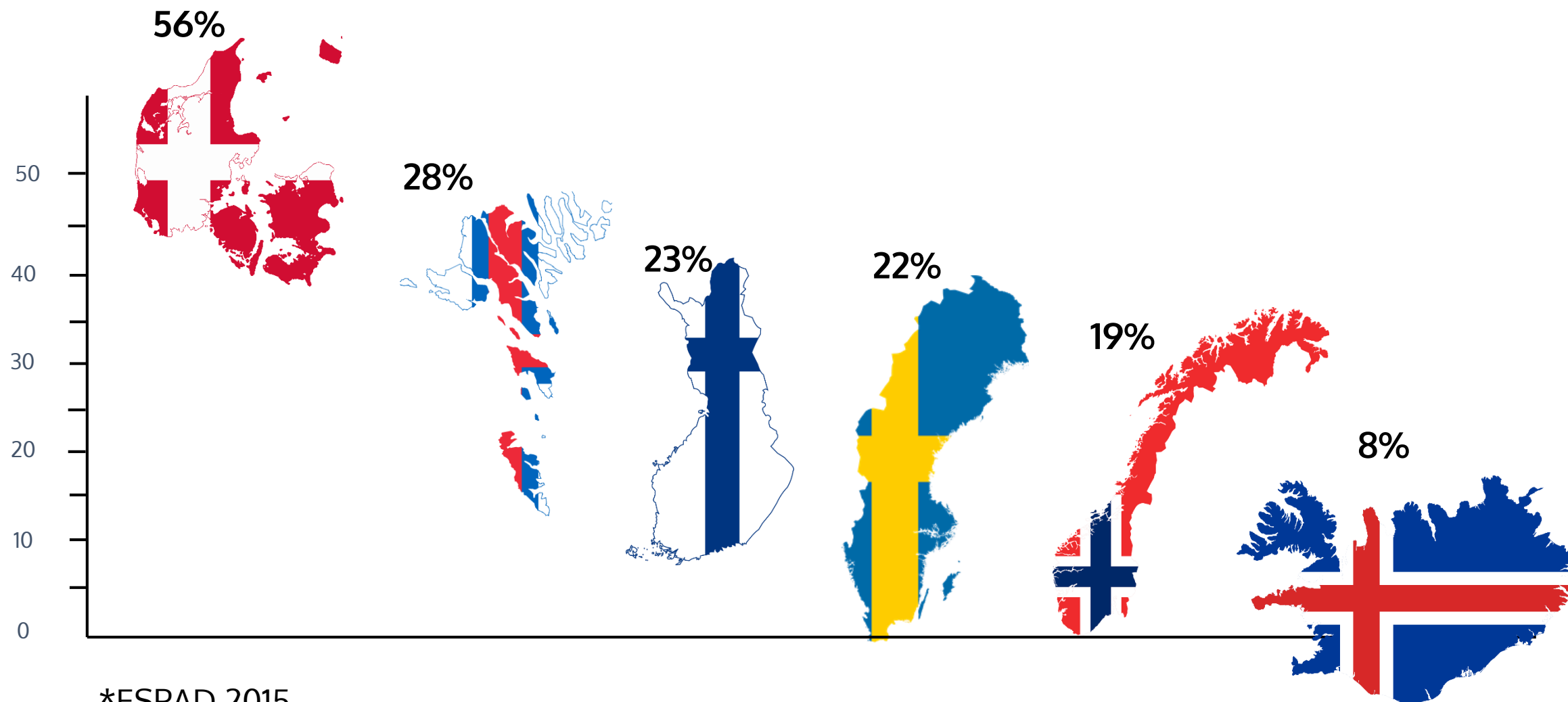


Proportion of students in 10th grade who have become drunk 10 times or more during last 12 months – 1995*



* ESPAD

Heavy episodic drinking in the last 30 days*



*ESPAD 2015

Planet Youth development



Thank you !

