

A person with long, wavy blonde hair is seen from behind, making a heart shape with their hands against a background of a field of sunflowers under a clear sky. The image is used as a background for the title slide.

Trends in substance use and primary prevention variables among youth in Vilnius from 2006 to 2016

Vilnius - November 16th 2018

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Youth in Europe

- Initiated in 2006 by The Icelandic Centre for Social Research and Analysis (ICSRA) at Reykjavik University, The City of Reykjavik and ECAD (European Cities Against Drugs) in cooperation with six European cities
- Three of these cities; Kaunas, Riga and Vilnius collected data on substance use and risk and protective factors in 2006, 2008, 2010, 2012, 2014 and 2016
- This allows for the analysis of trends in both substance use and risk and protective factors
- Also allows for testing if the risk and protective factors for substance use among youth are the same in Lithuania as in other countries

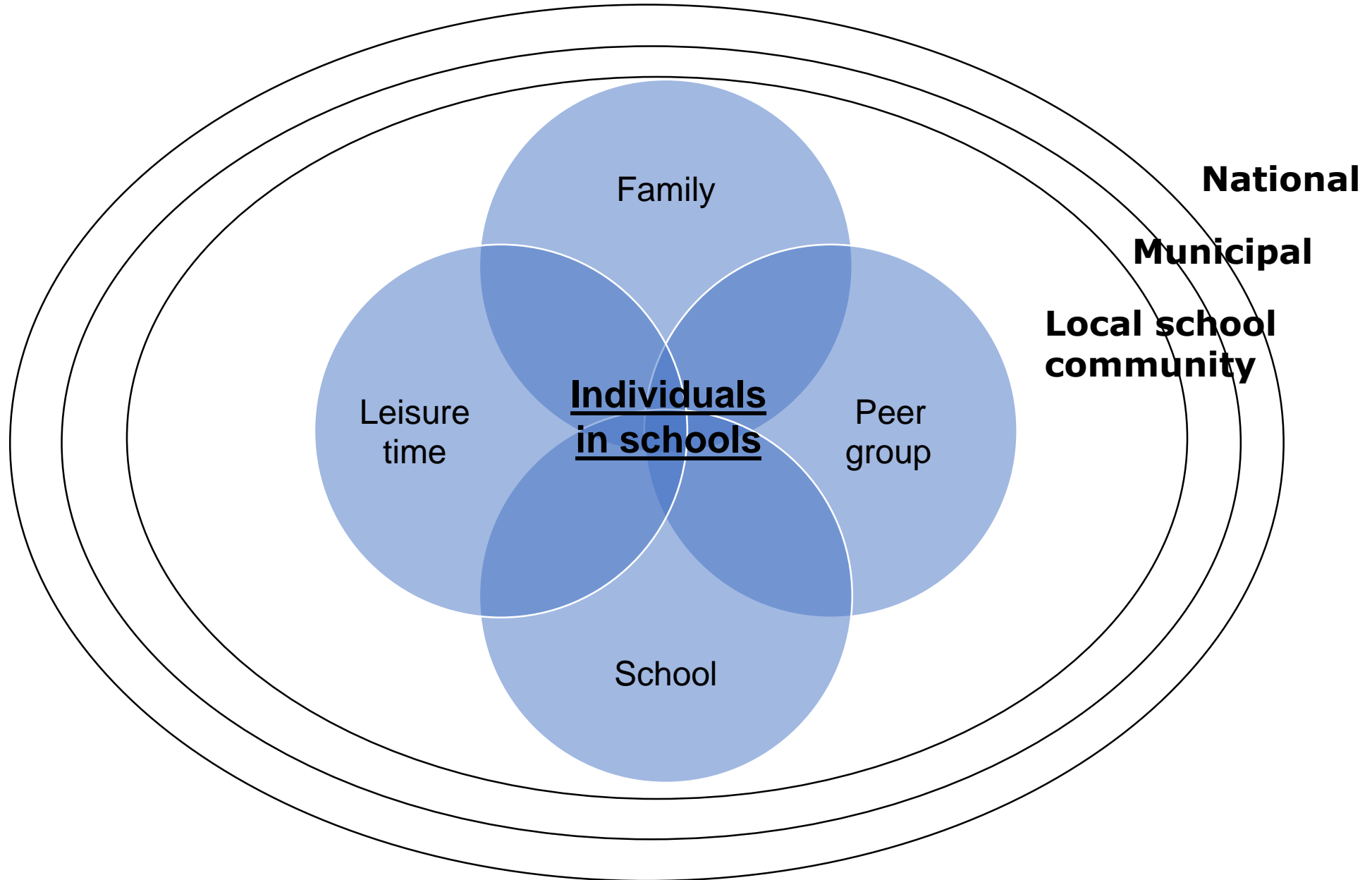
Substance use among youth in Lithuania

- When *Youth in Europe* was started in 2006 alcohol use (Zaborskis, Sumskas, Maser, & Pudule, 2006) and lifetime use of cigarettes and cannabis had increased among 15 year old youth in Lithuania (ESPAD, 2016)
- After 2006 country level data showed that lifetime use of cigarettes and alcohol among 10th graders in Lithuania decreased while frequency of cannabis use and inhalants increased

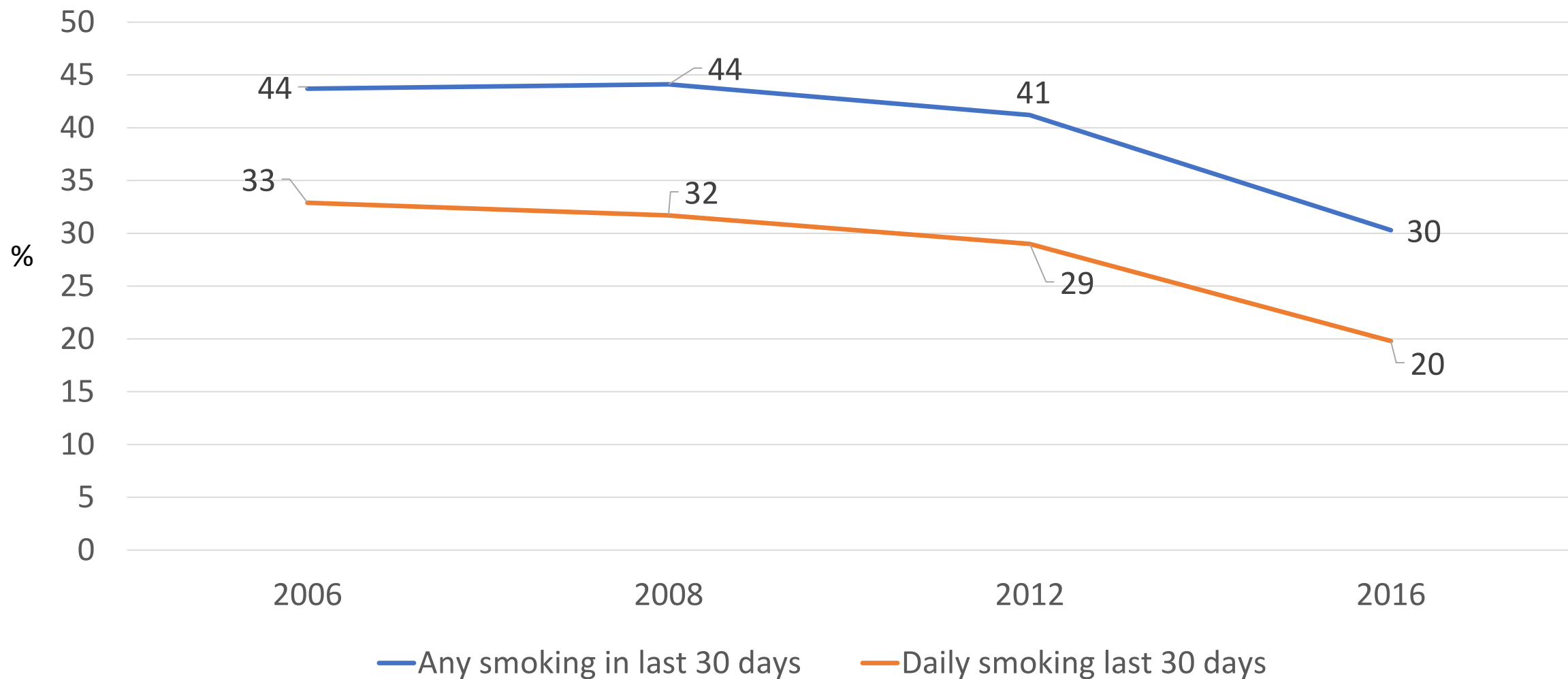
The Youth in Europe school surveys - Vilnius

- Youth in Europe cross sectional surveys
- Conducted among 10th graders in Vilnius in 2006, 2008, 2012 and 2016
- Randomly selected classes
- Total number of participants: 8858 (approx. 2200 per cohort)
- Response rate ranged from 76-92%
- Youth in Europe surveys include the same core questions as the Youth in Iceland surveys
- Substance use variables
 - Smoking
 - Alcohol use
 - Illegal & other substances
- Protective and risk factors for substance use
 - Parental monitoring
 - Parental involvement
 - Party life style
 - Organized sport participation

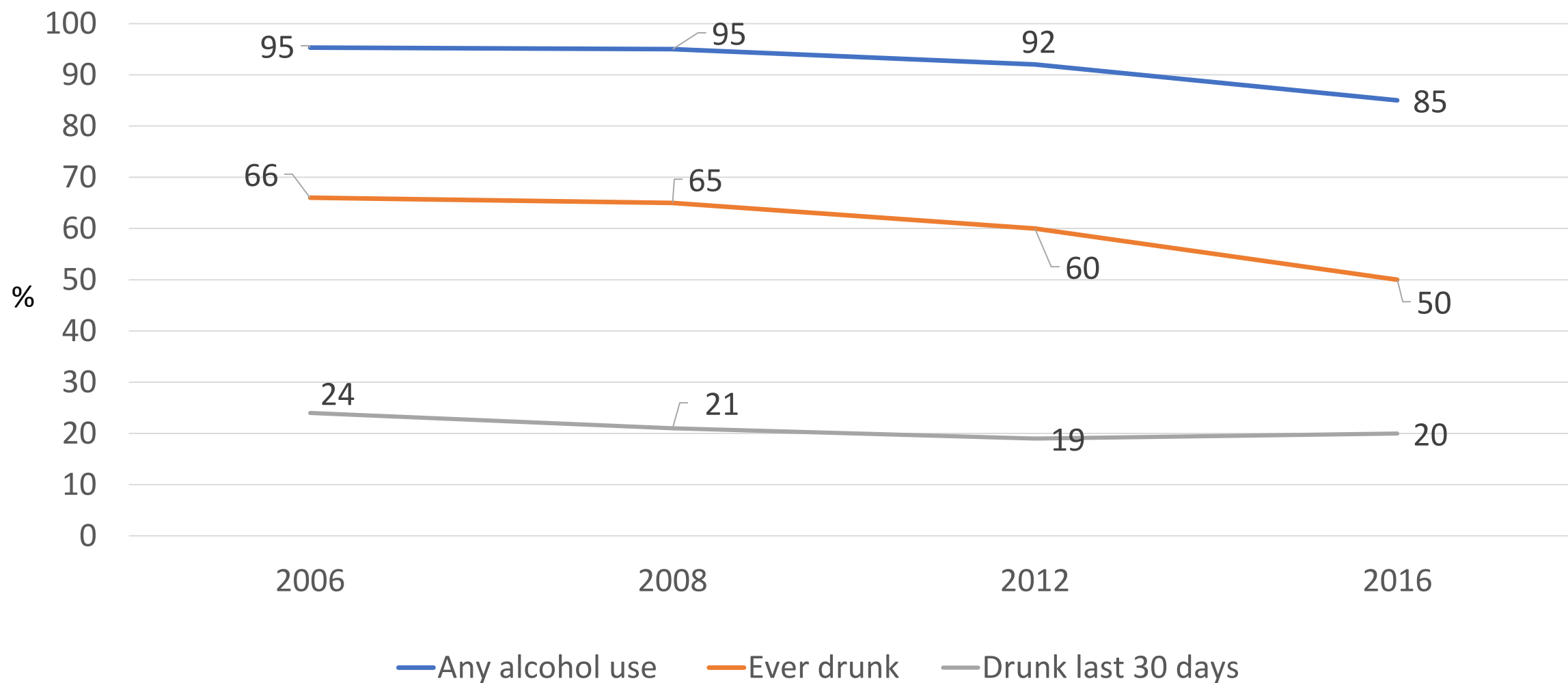
Major domains of intervention focus



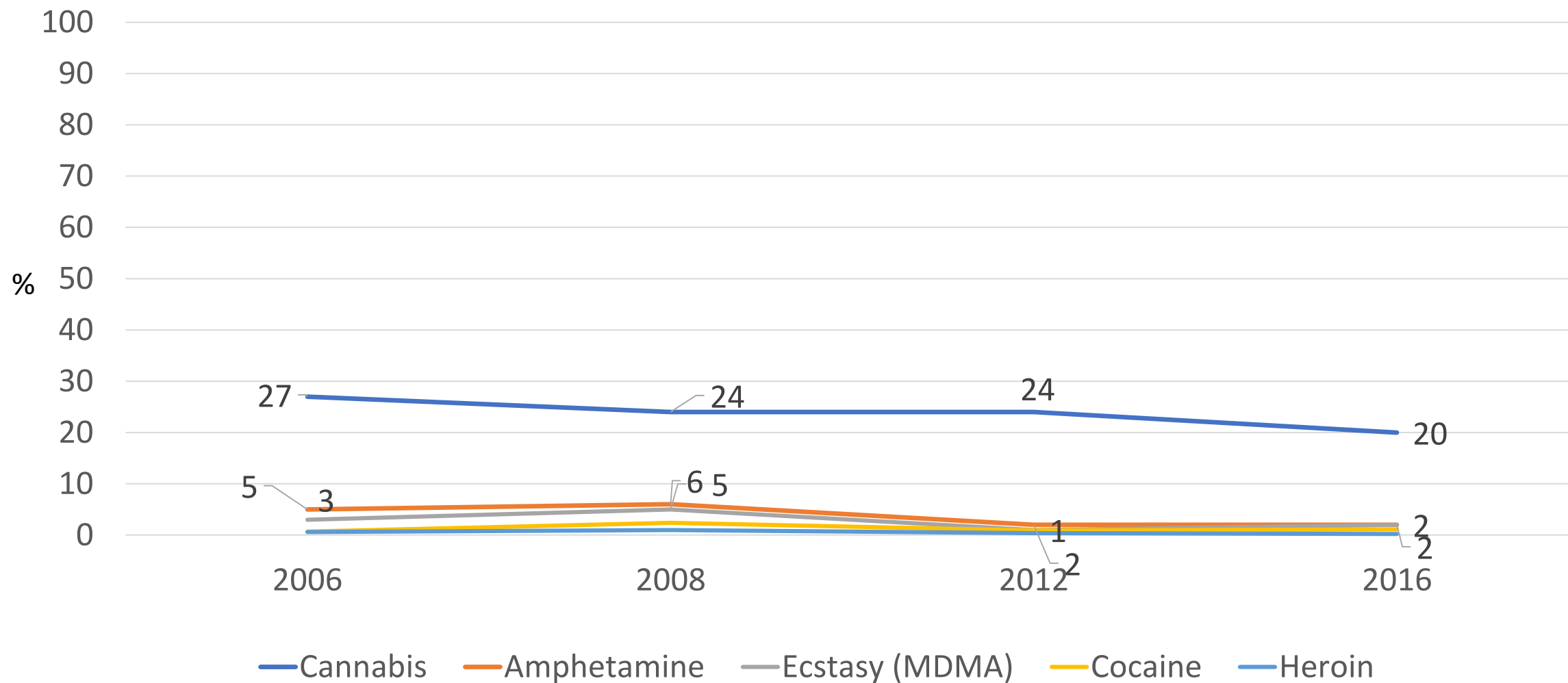
Trends in smoking in Vilnius



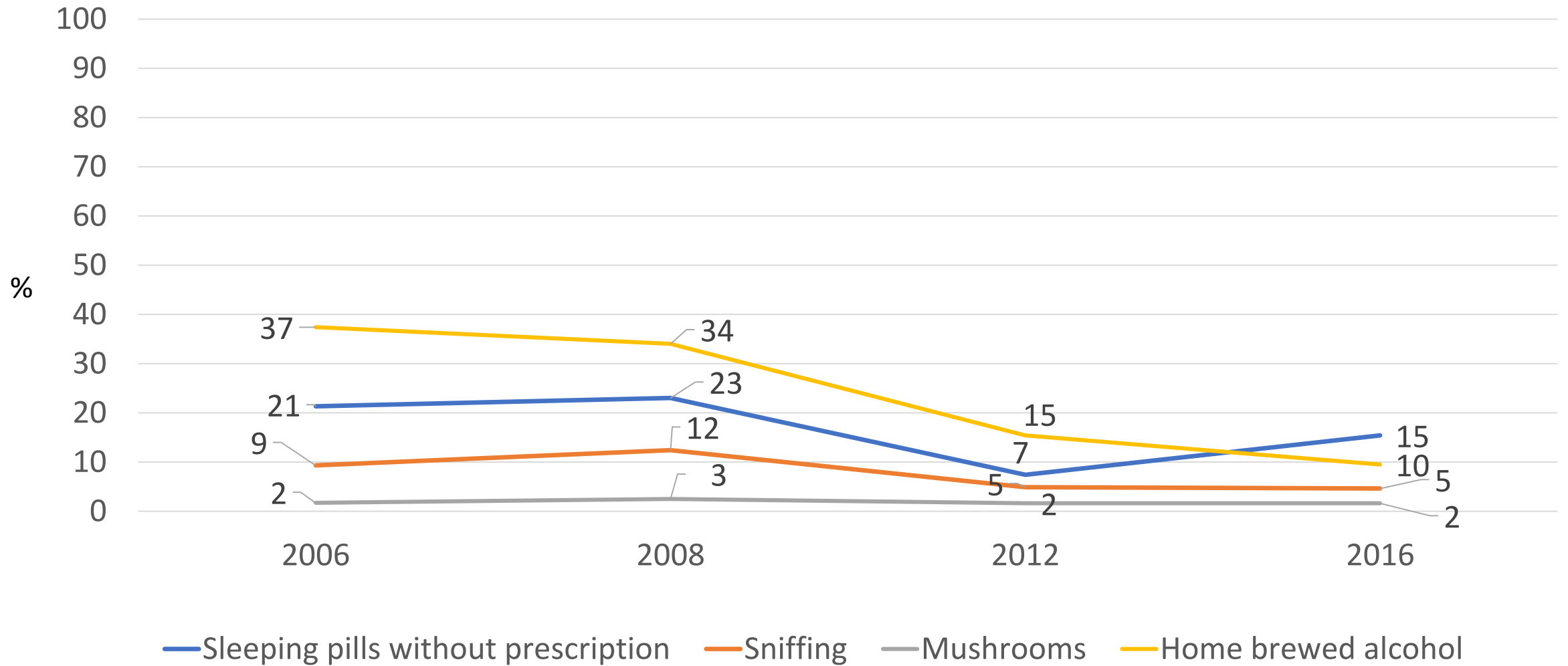
Trends in alcohol use in Vilnius



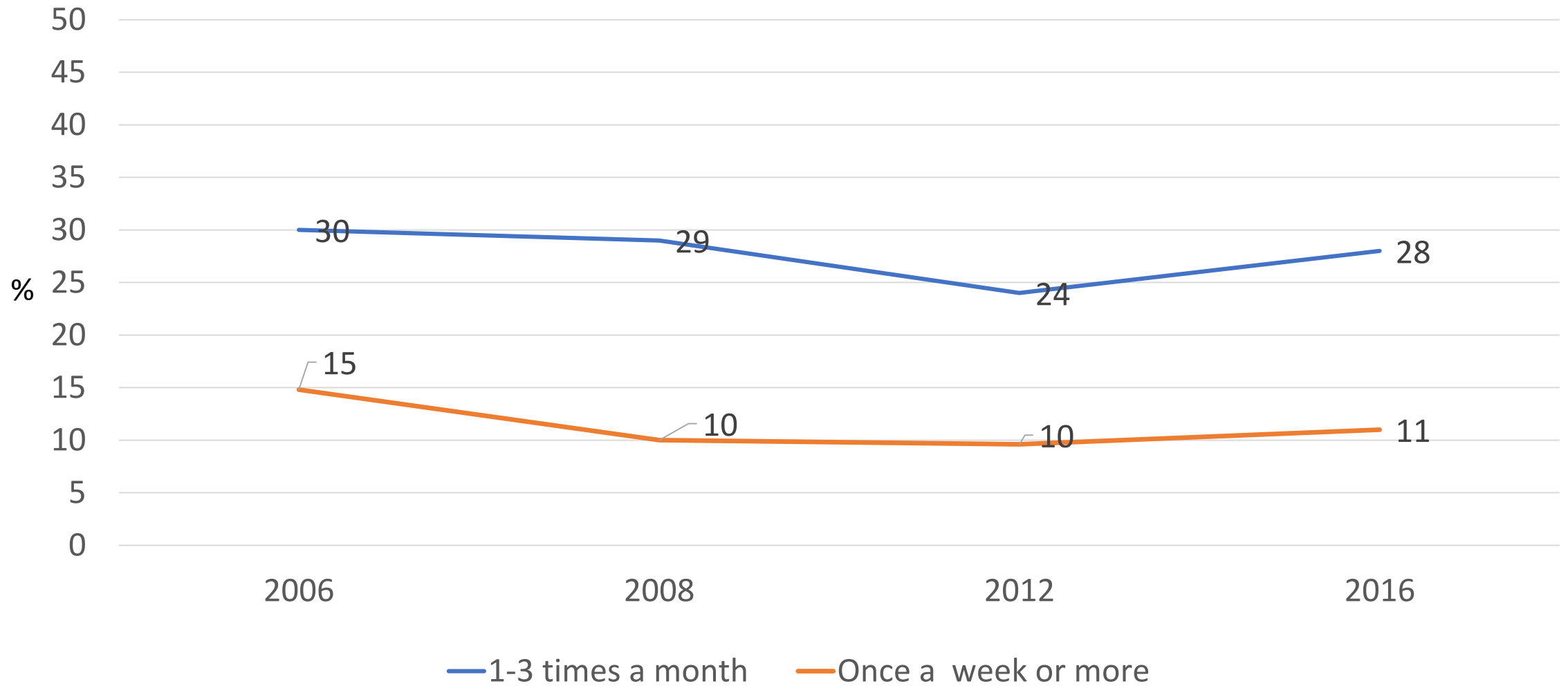
Trends in use of illegal substances in Vilnius



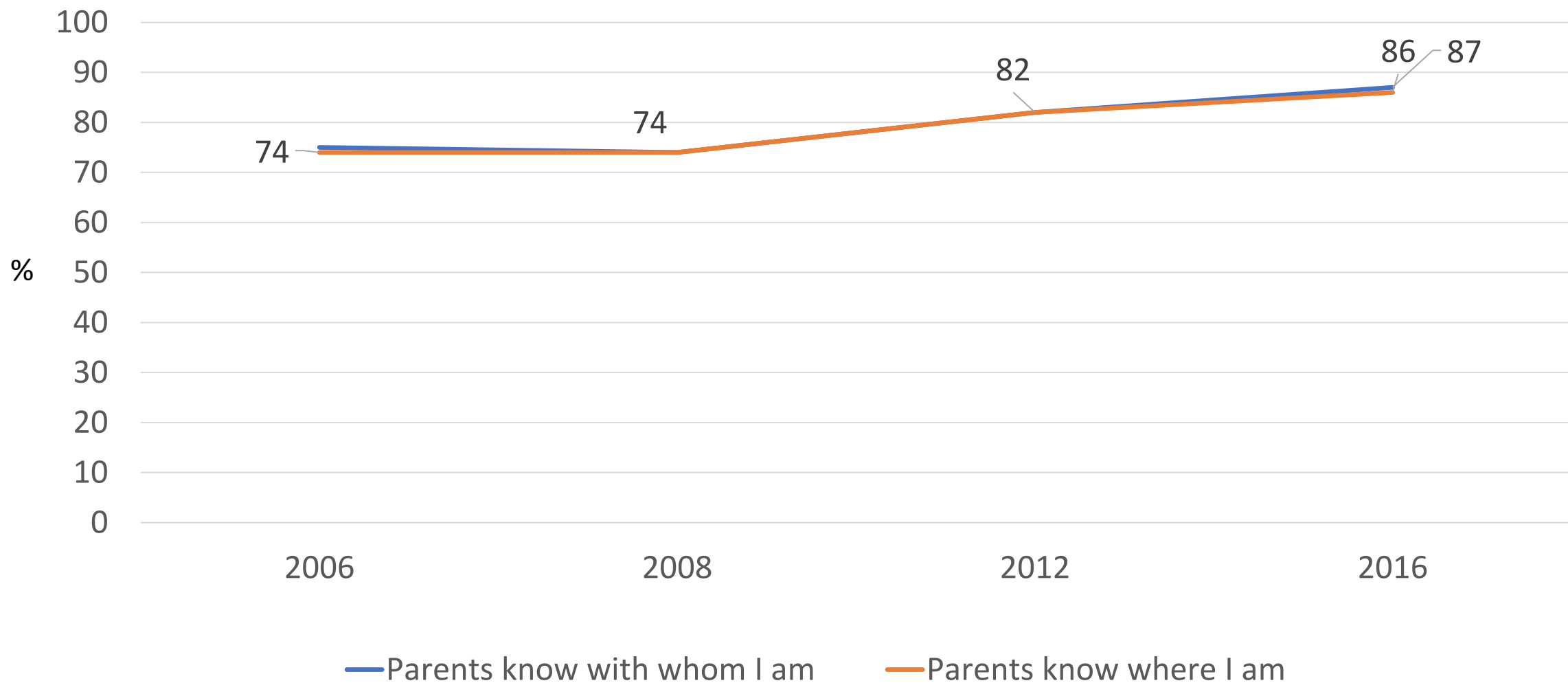
Trends in use of other substances in Vilnius



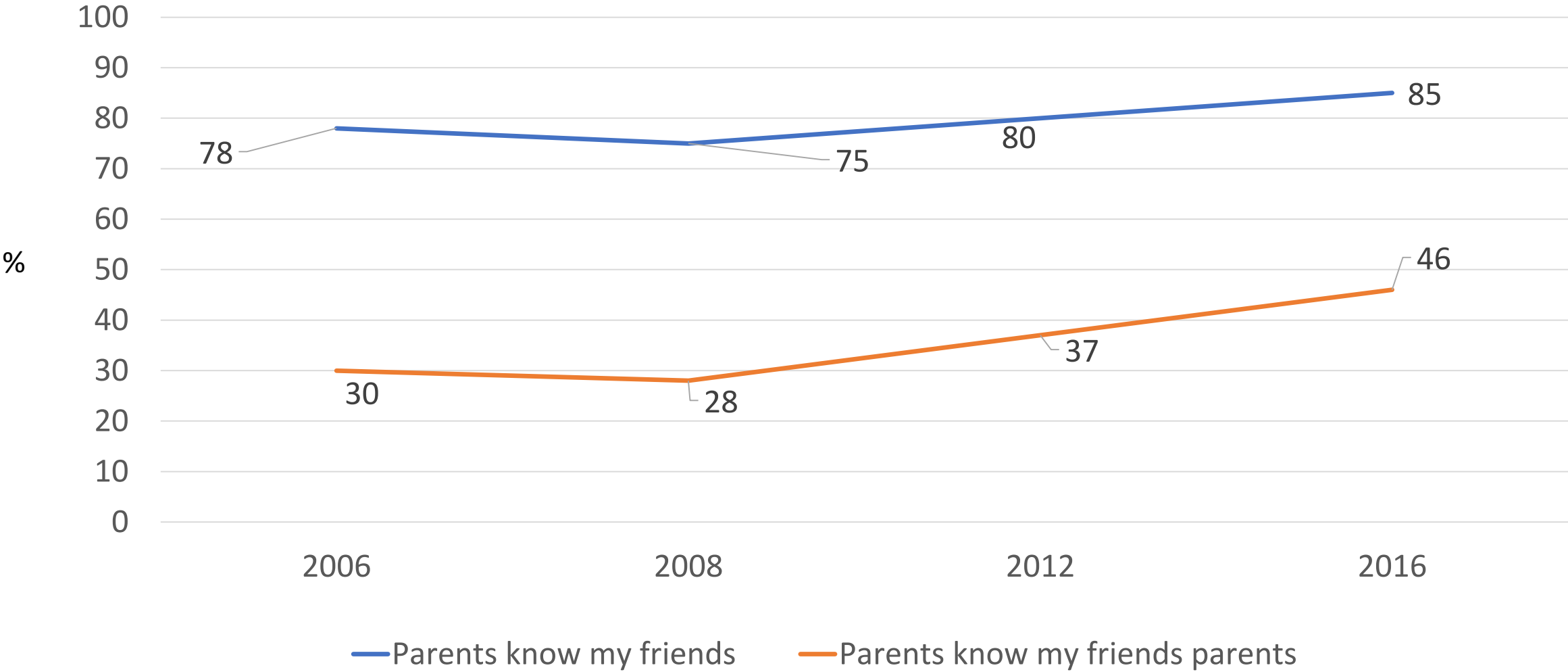
Trends in party life-style in Vilnius



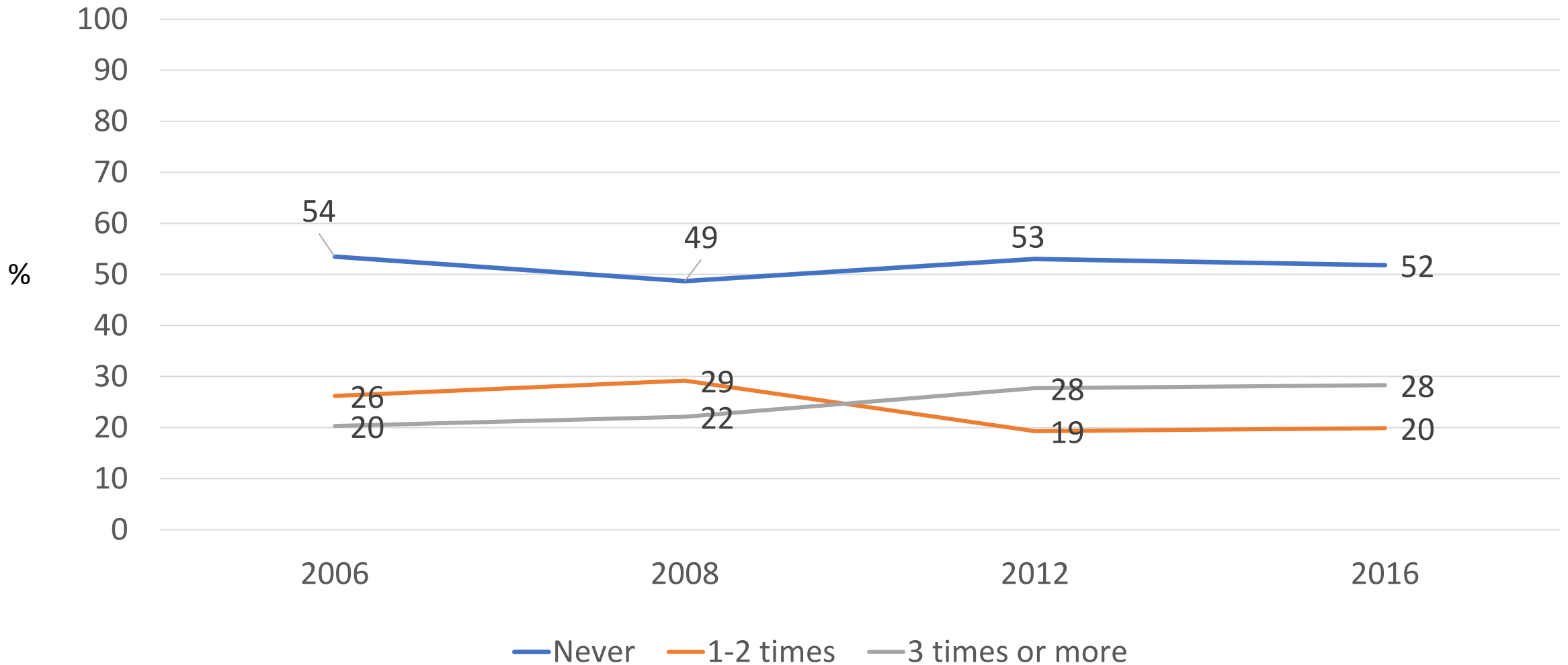
Trends in parental monitoring



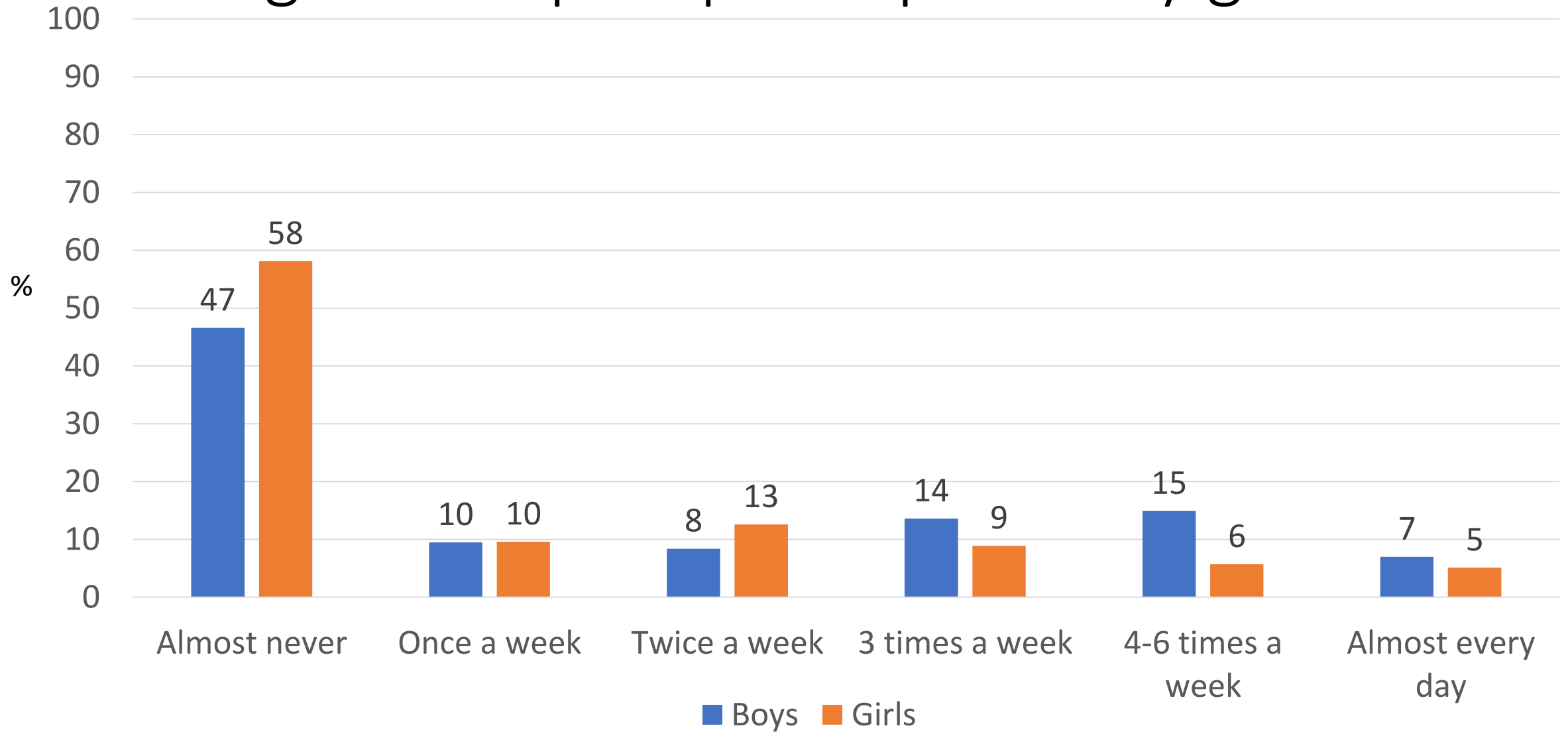
Trends in parental involvement



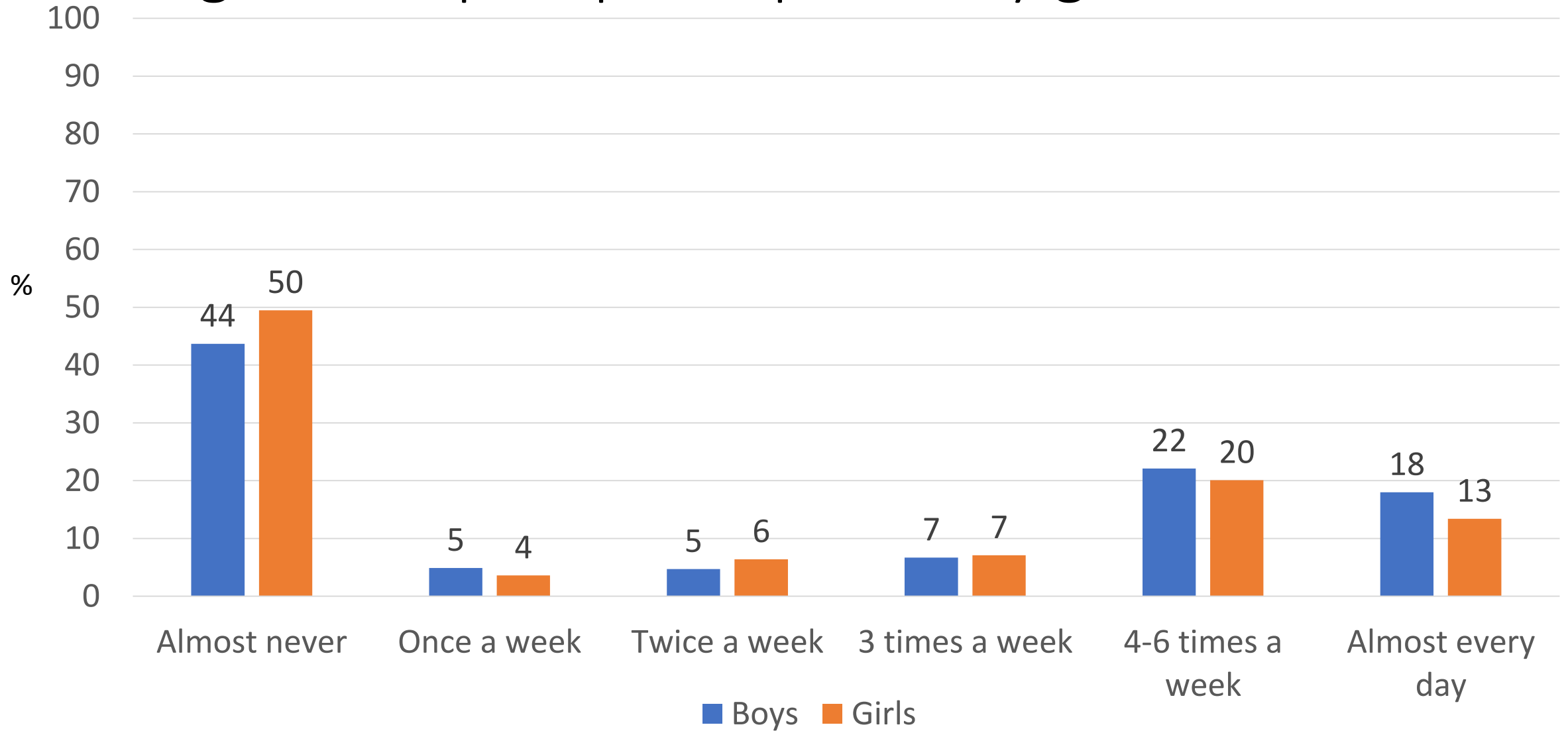
Trends in organized sport participation



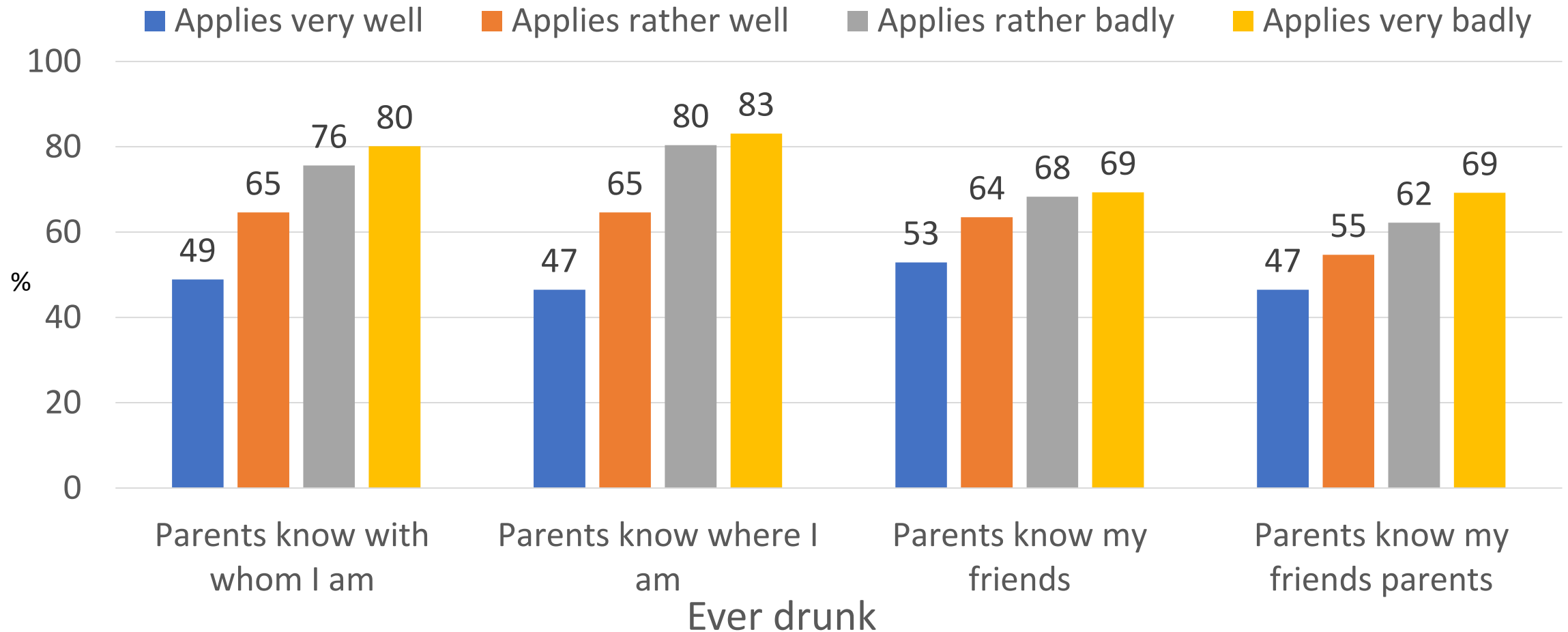
Organized sport participation by gender



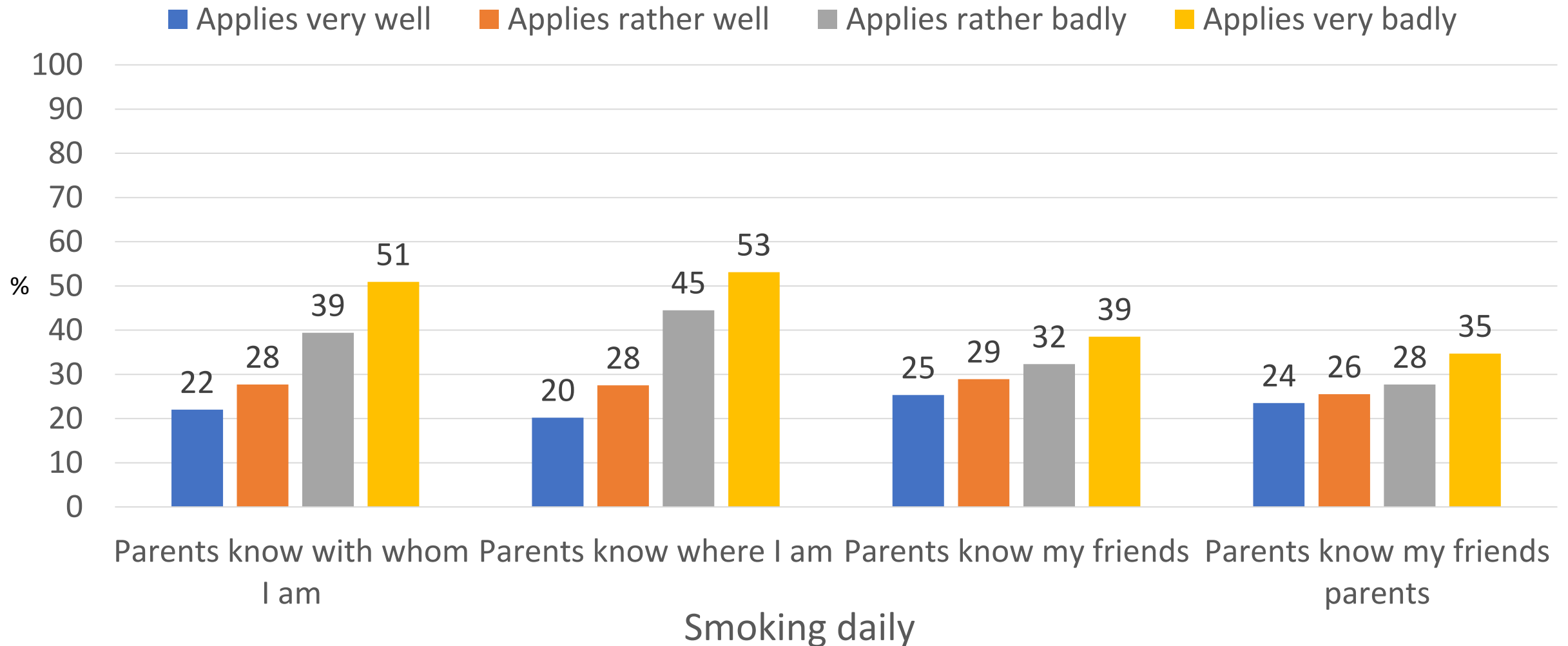
Organized sport participation by gender - Iceland



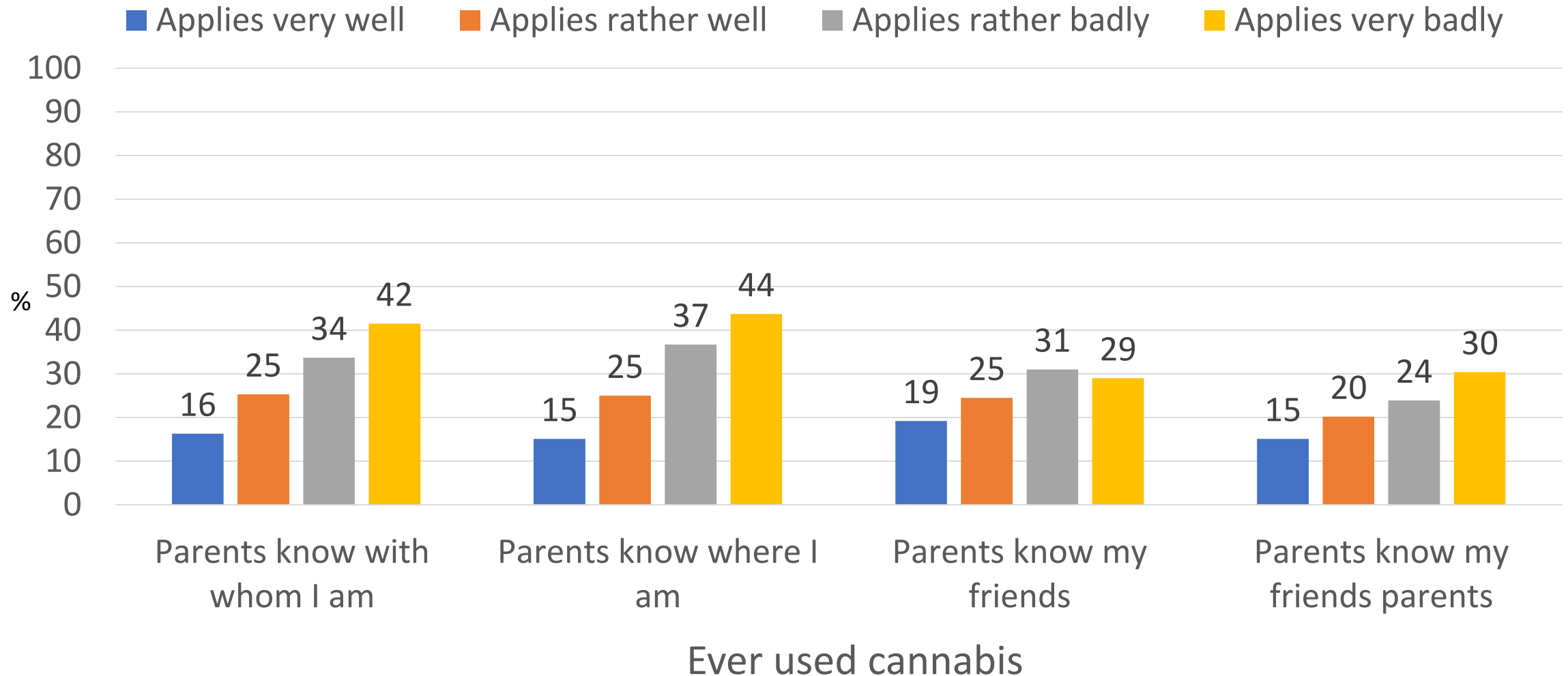
Parental monitoring/involvement and drinking



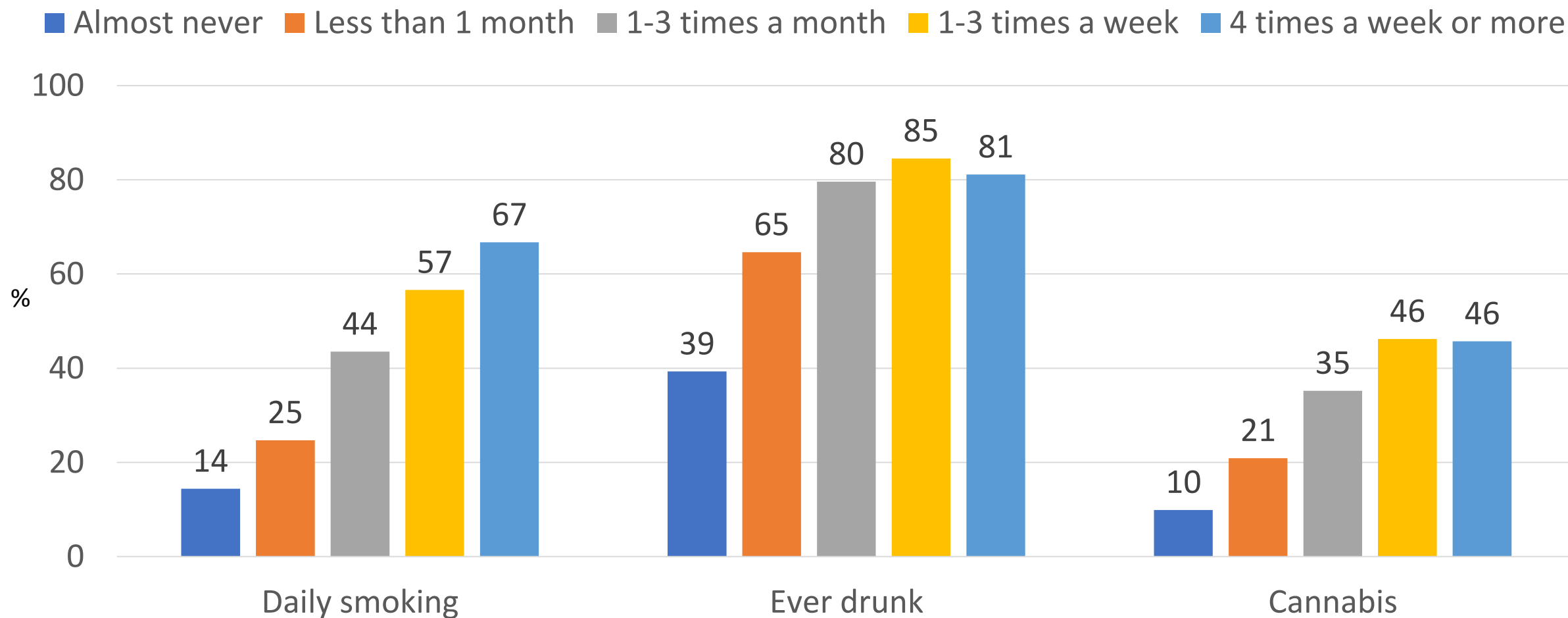
Parental monitoring/involvement and daily smoking



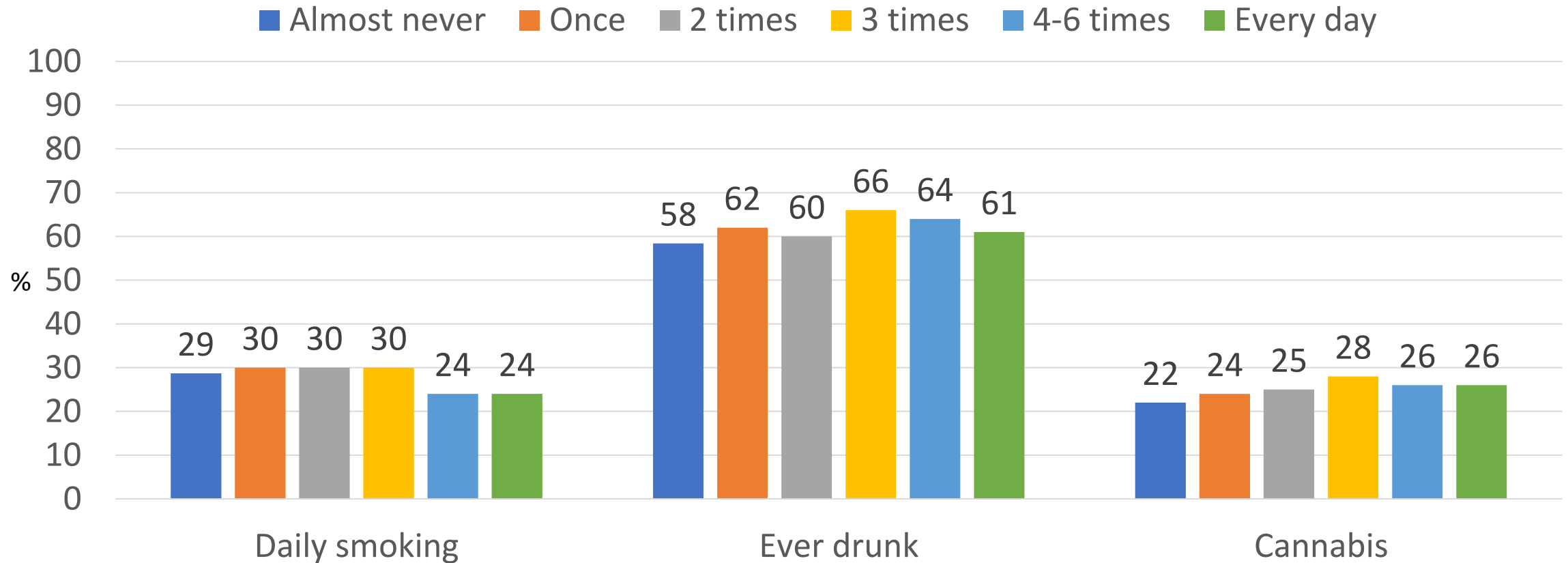
Parental monitoring/involvement and cannabis



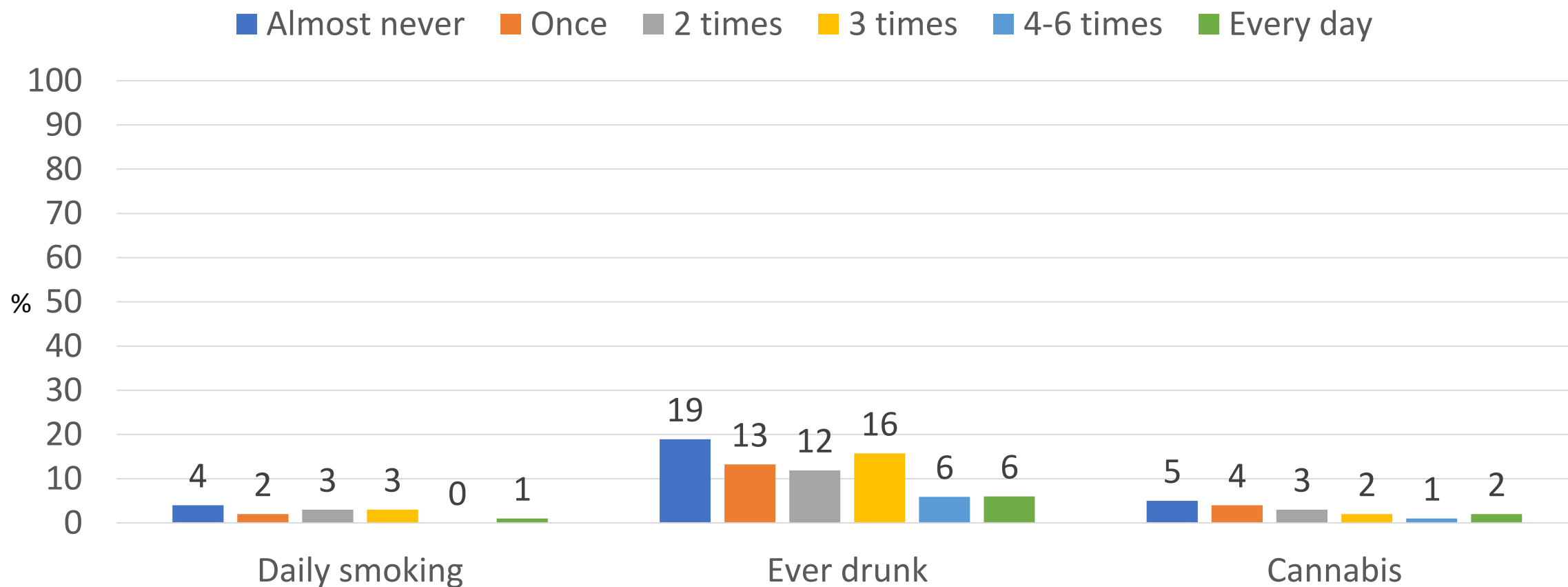
Party life style and substance use



Organized sport participation and substance use



Organized sport participation and substance use in Iceland



Conclusions

- Decrease in substance among 15 year olds in Vilnius from 2006 -2016
 - Decrease in party lifestyle 2006-2016
 - Increase in parental monitoring and parental involvement 2006-2016
 - Increase in organized sport participation 2006-2016
- Parental monitoring/involvement are protective factors for substance use among youth in Vilnius
 - Party lifestyle is a risk factor for substance use among youth in Vilnius
 - > Organized sport participation **is not** protective for alcohol use nor illegal substances for youth in Vilnius
 - **How can sport participation be socially organized so it has a protective value for youth in Lithuania?**

