

Research, Policy and Practice

- Late Childhood and Early Adolescence -

"Health of School-Age Children"

ESSOP Conference, October 9th 2008

Inga Dóra Sigfúsdóttir

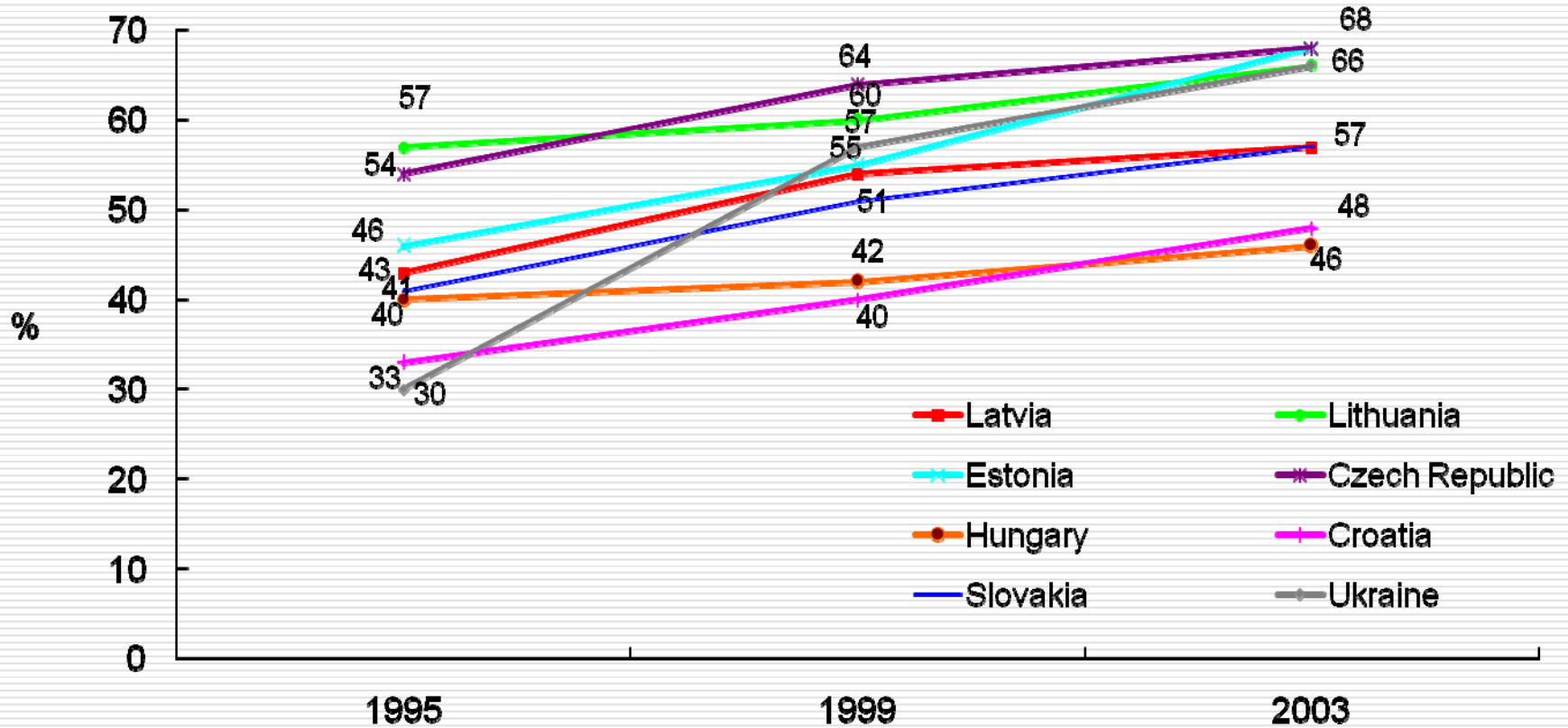
Reykjavik University



Rapid social change

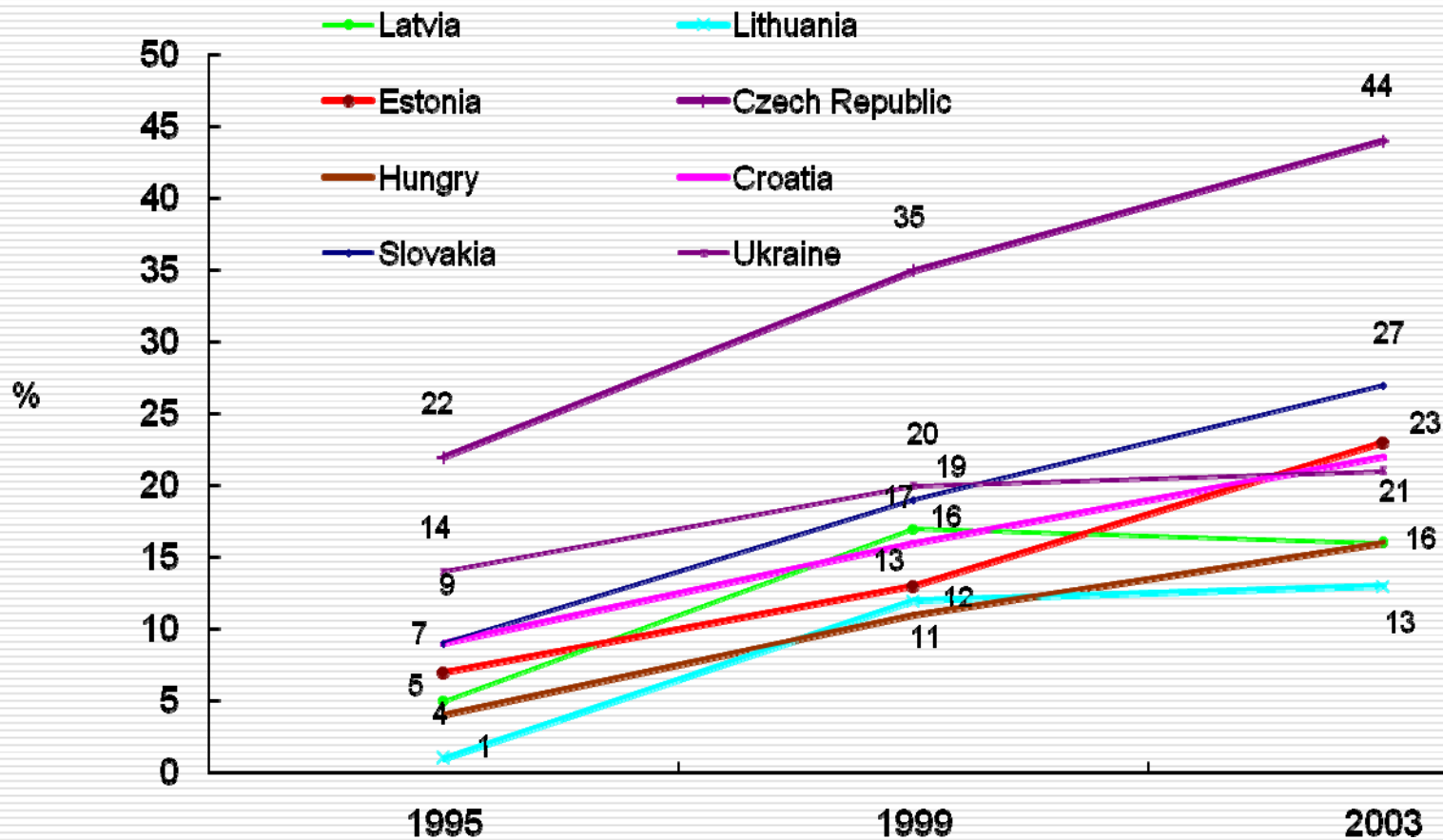
- ❑ Geographical mobility is greater than ever before
- ❑ Cities are growing
- ❑ Educational opportunities abound
- ❑ Democracy has become our shared experience

Drunk last 12 months (ESPAD)



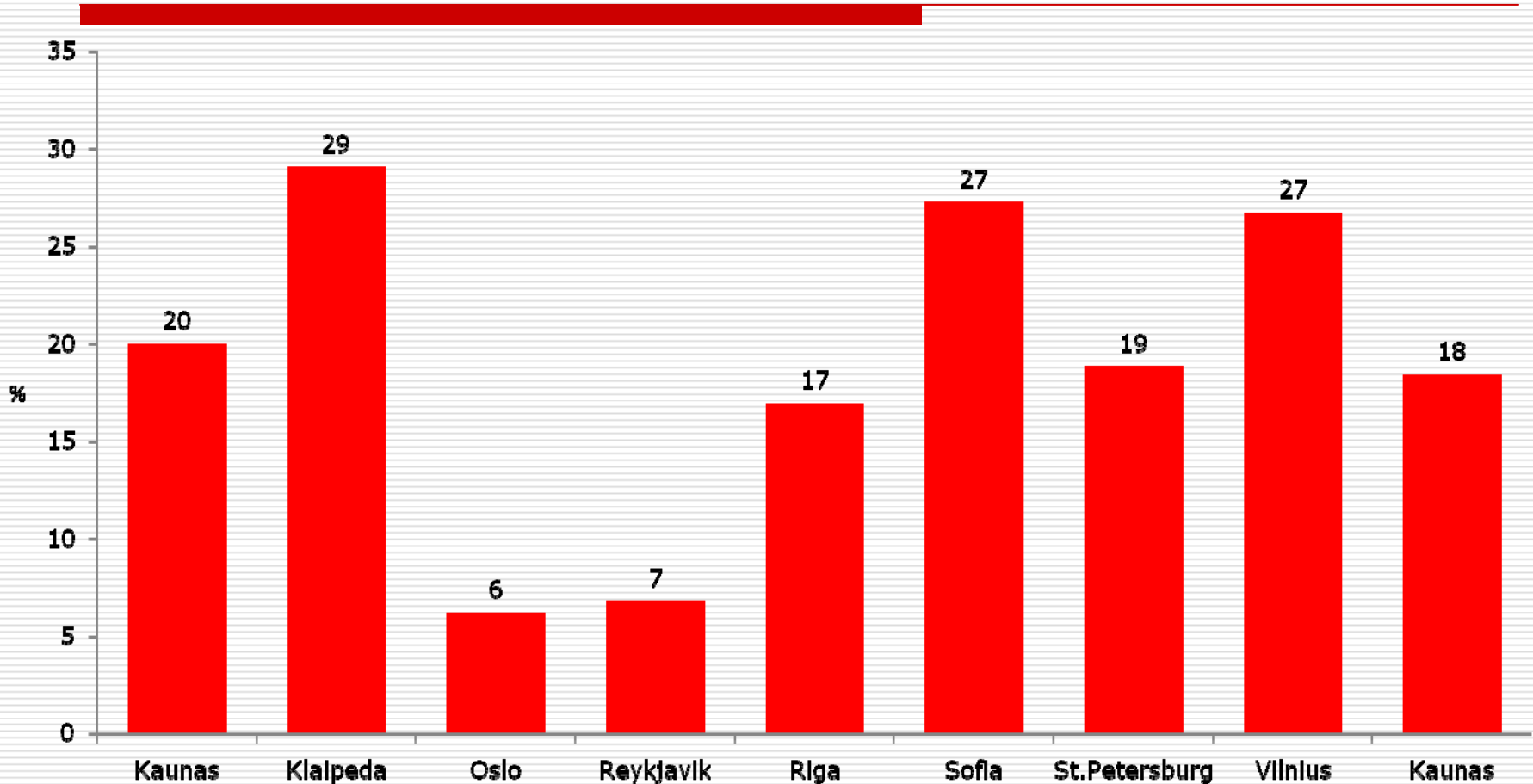
Proportion of 10th grade students

Cannabis lifetime (ESPAD)



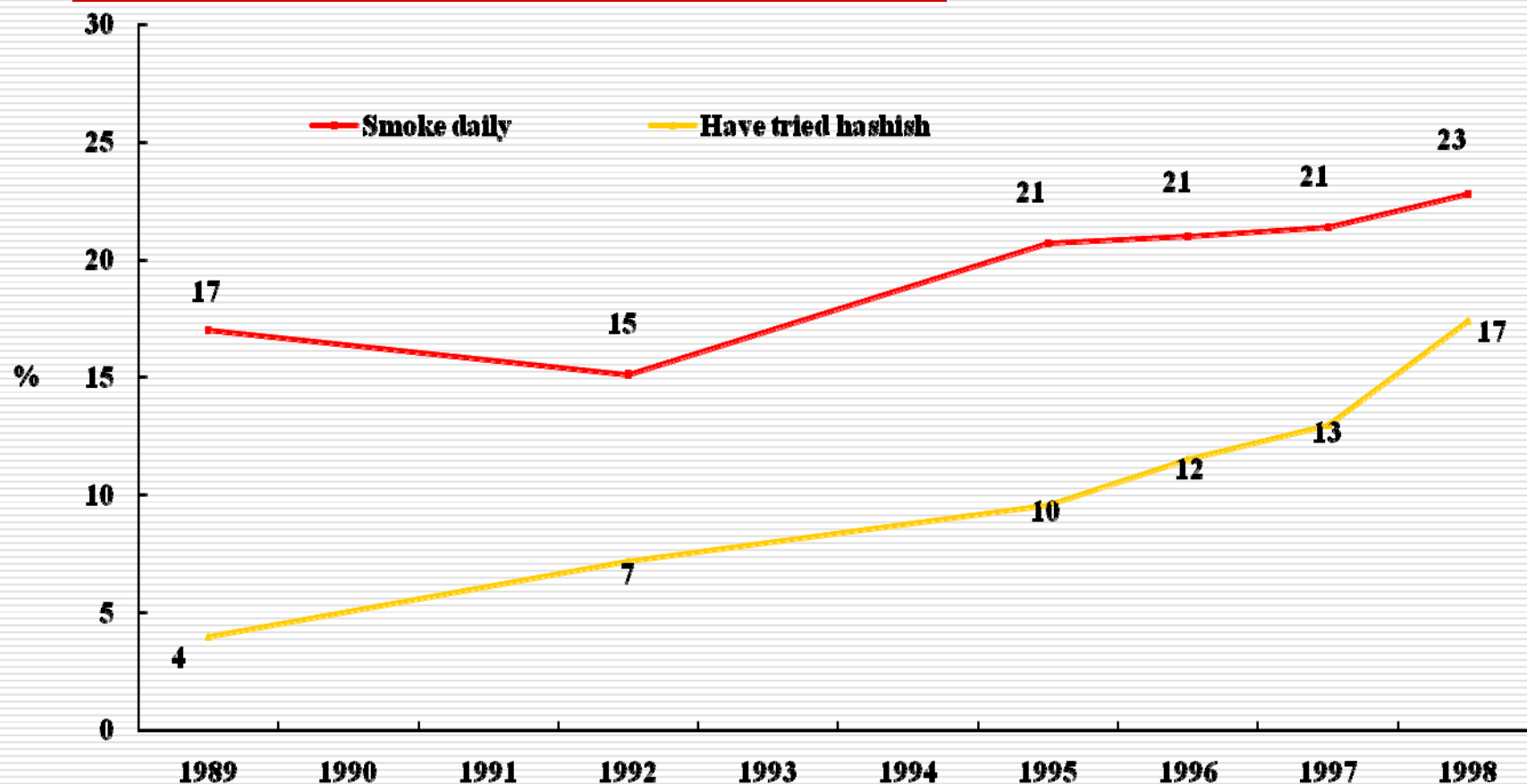
Proportion of 10th grade students

Cannabis lifetime (YIE, 2006)



Proportion of 10th grade students

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



Proportion of Icelandic 10th grade students

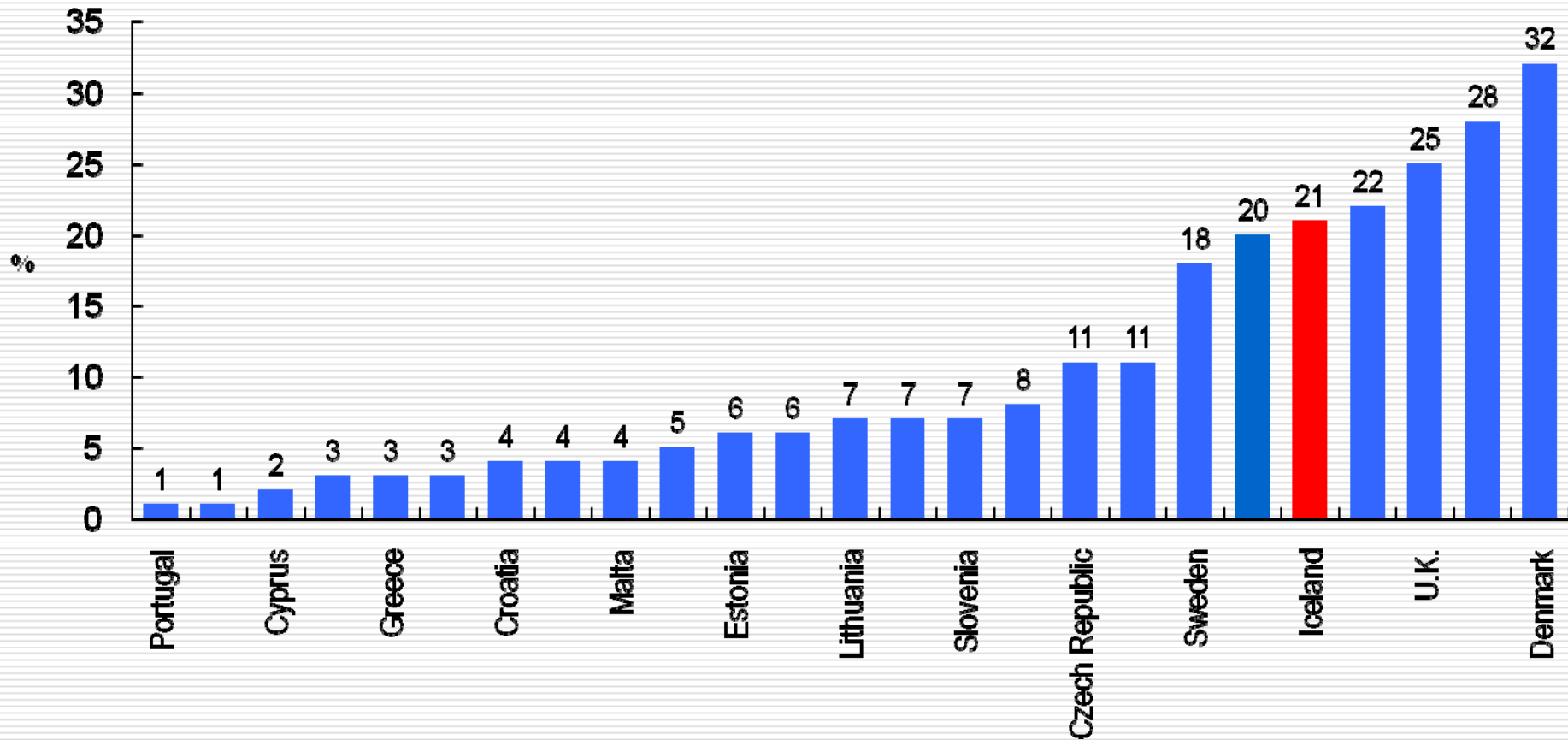
Participating cities, fall 2006

- St. Petersburg
- Reykjavik
- Helsinki
- Vilnius
- Kaunas
- Klaipeda
- Oslo
- Riga
- Sofia
- Istanbul (Bacilar)
- Gävle
- Örebro
- Söderhamn

Participating cities, fall 2008

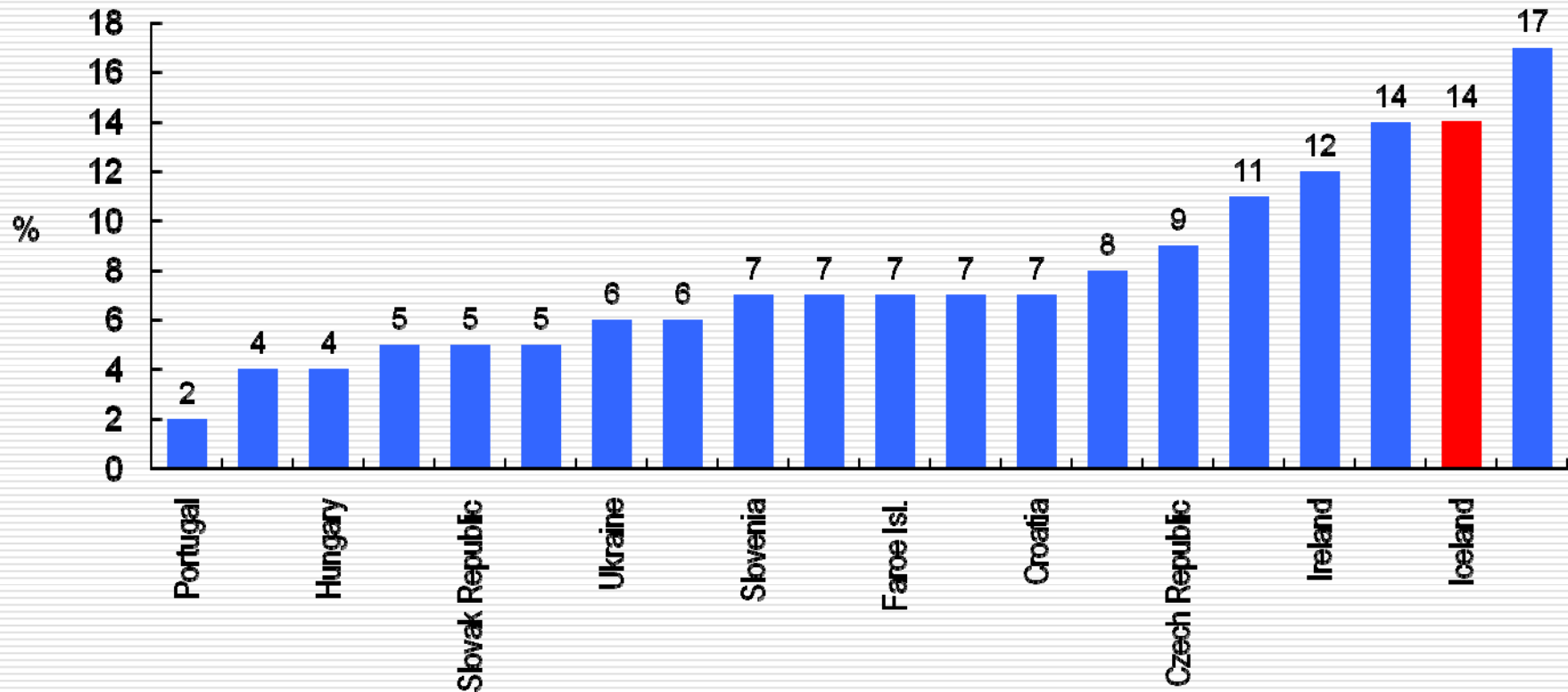
- St. Petersburg
- Moscow
- Reykjavik
- Oslo
- Riga
- Jurmala
- Liepaja
- Vilnius
- Kaunas
- Klaipeda
- Sofia
- Istanbul
- Milan
- Kazan
- Bugulma
- Nizhnekamsk
- Arilje
- Bukarest
- Gävle
- Örebro
- Söderhamn

Students who have become drunk 10 times or more during last 12 months (ESPAD, 1995)



Proportion of 10th grade students

Alcohol related accidents or injuries among students (ESPAD, 1995)



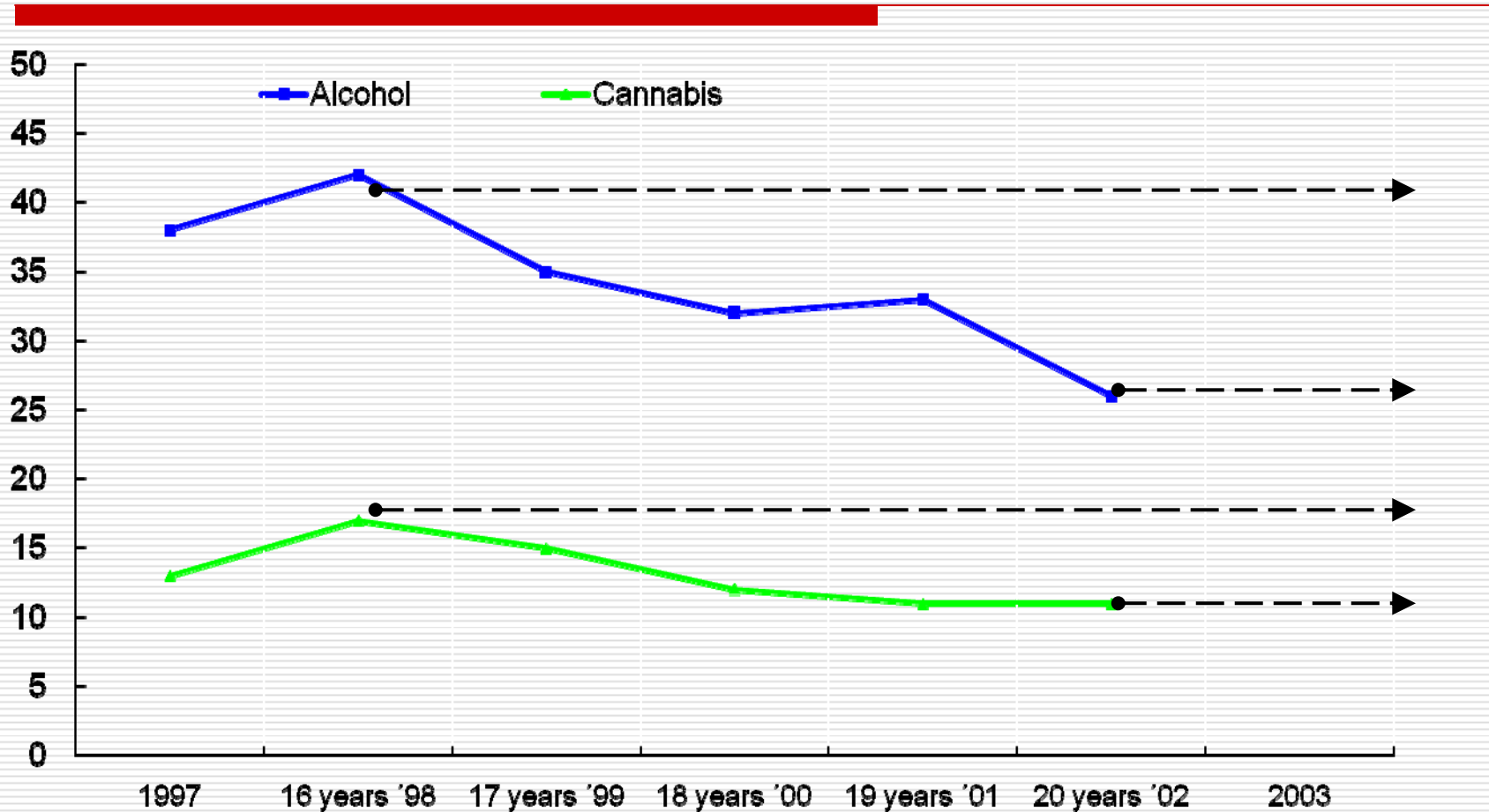
Proportion of 10th grade students

The Youth in Europe Model

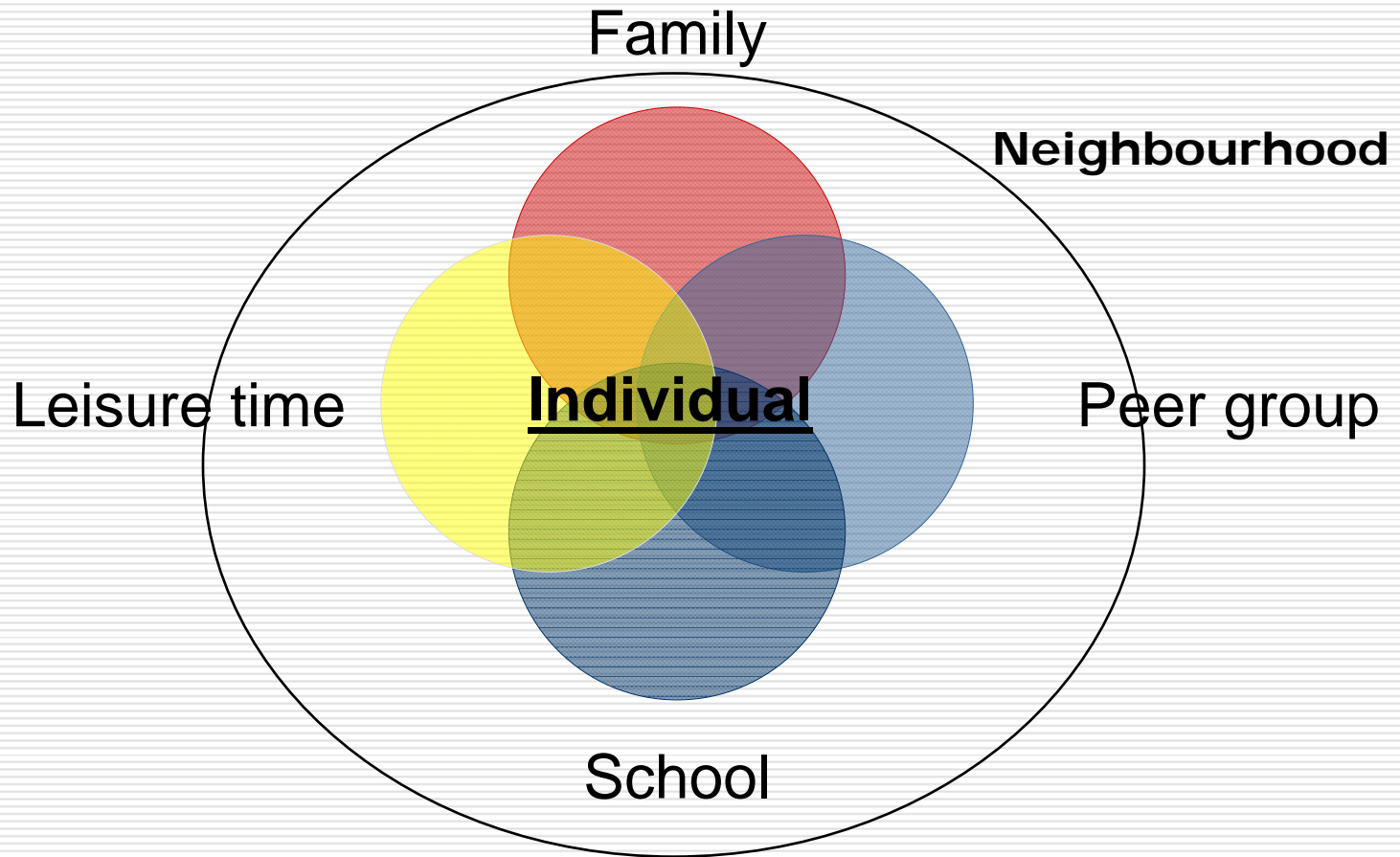
Core factors:

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

Substance use follows cohorts



The adolescent world



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

- 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.

Parents

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

Examples of actions

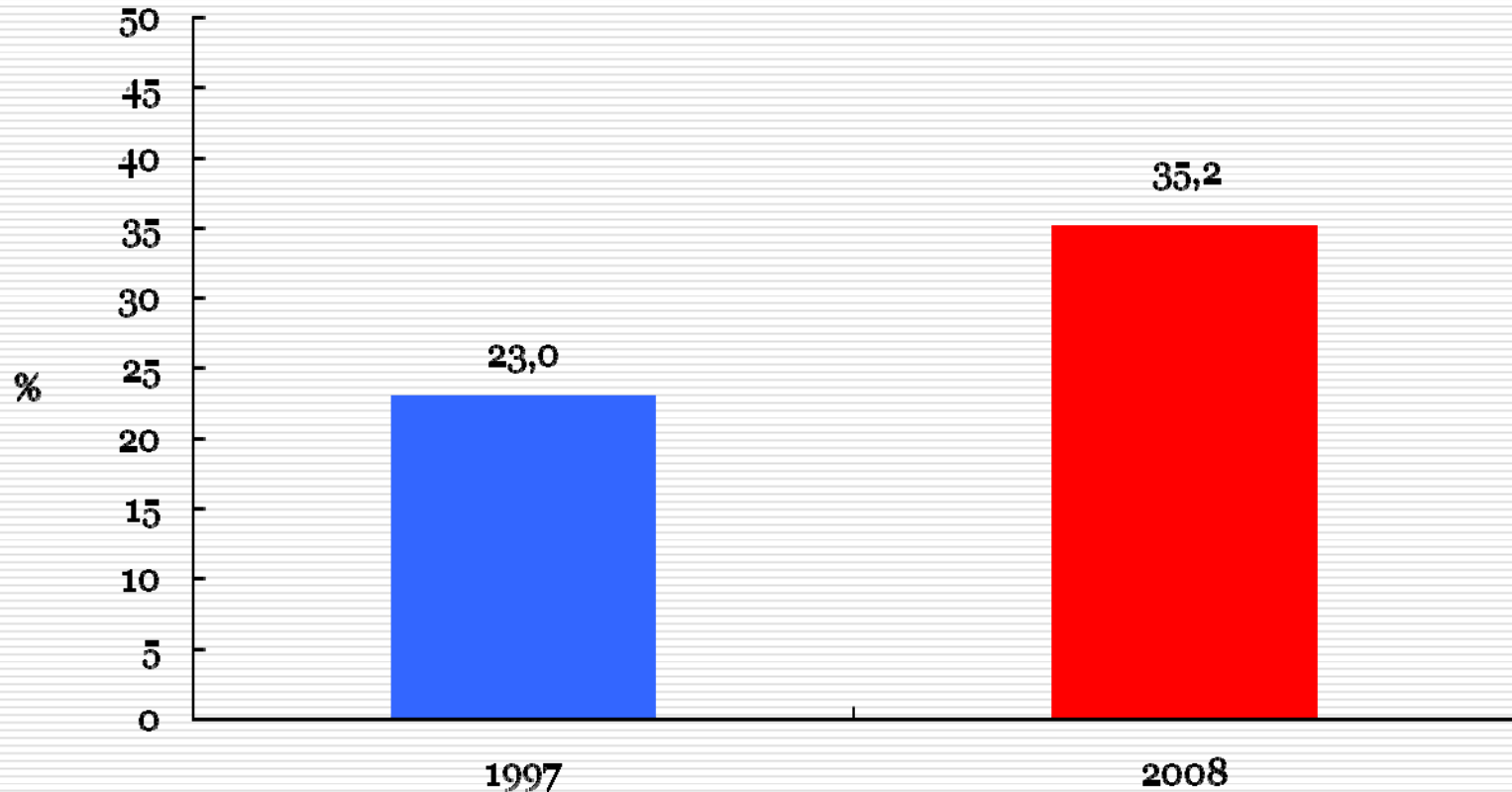
- City level:
 - A pre-paid leisure time card to participate in formal, structured youth activities
- Neighborhood level:
 - Parental walks
- School community level:
 - Reaching out to parents with clear messages
 - Encourage parental groups and school authorities to collaborate with one another

Adolescent attitudes vs. behaviour

□ Example:

- More than half of adolescents who smoke report that it is very important *not* to smoke and that they dislike smoking
- Underlines the need to change behavioral patterns

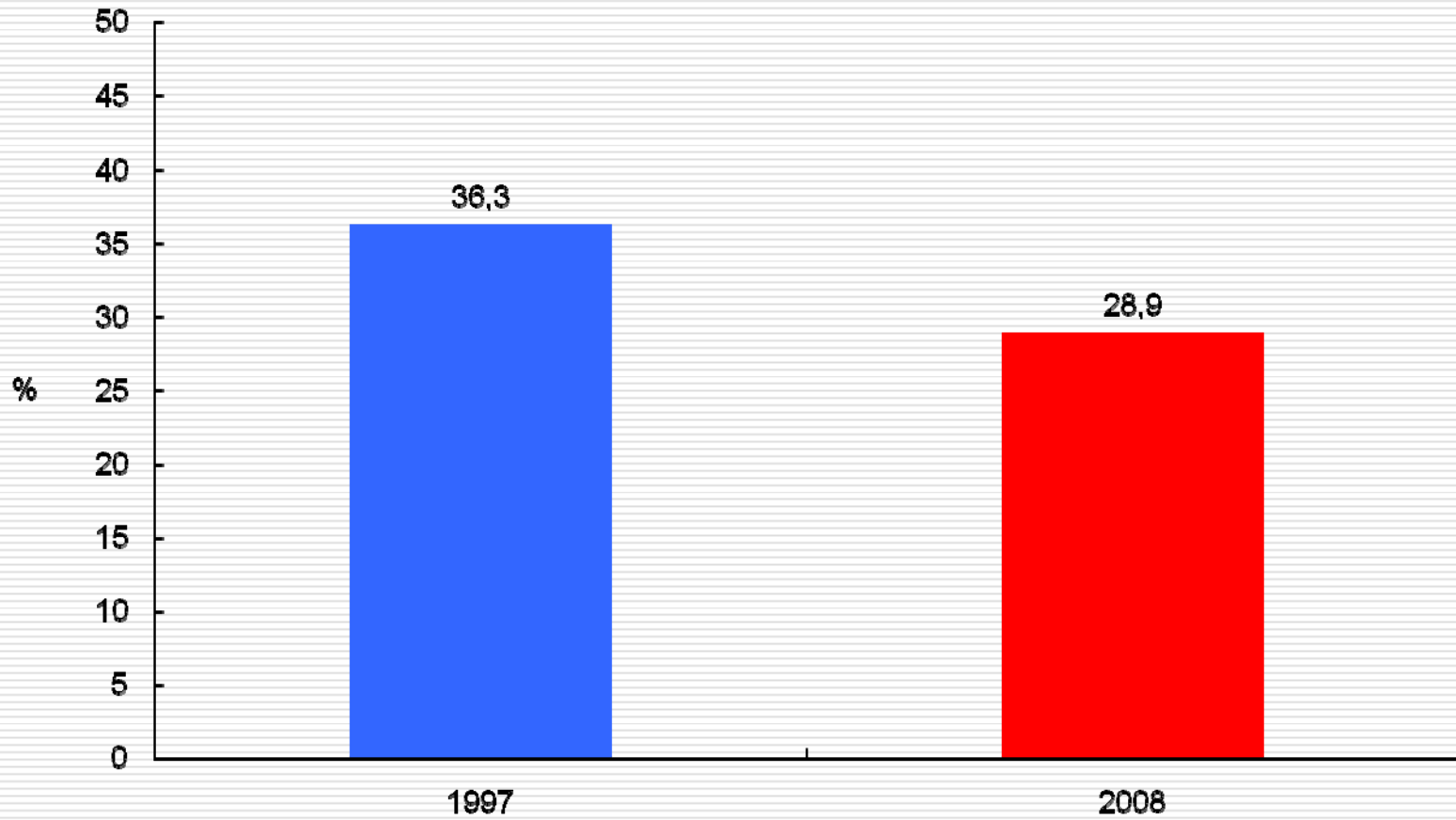
Spend time* with their parents during weekdays **(often/almost always)*



Proportion of Icelandic 10th grade students

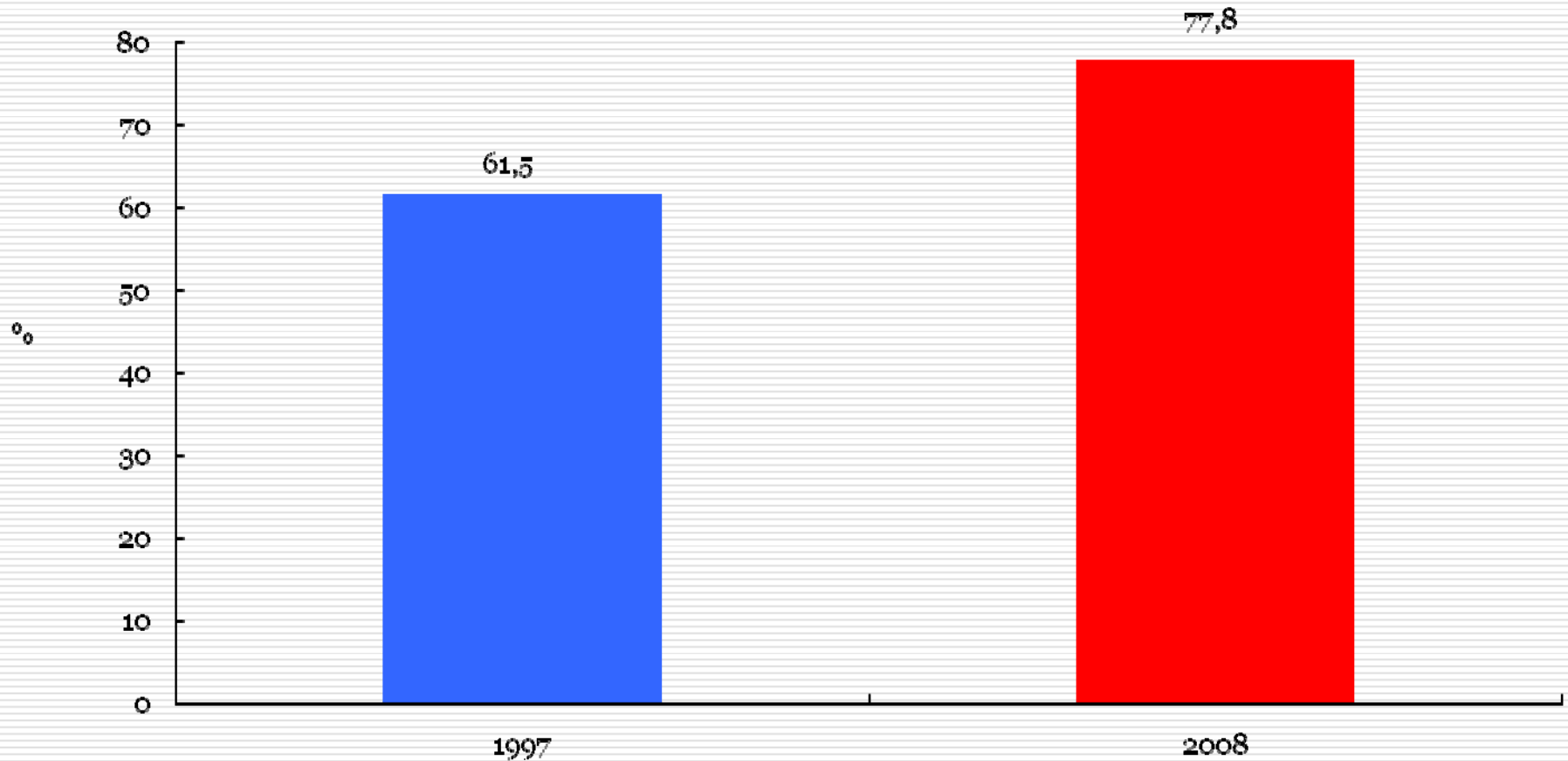
Students who have been outside after 10 pm

- 4 times or more in the past week



Proportion of Icelandic 10th grade students

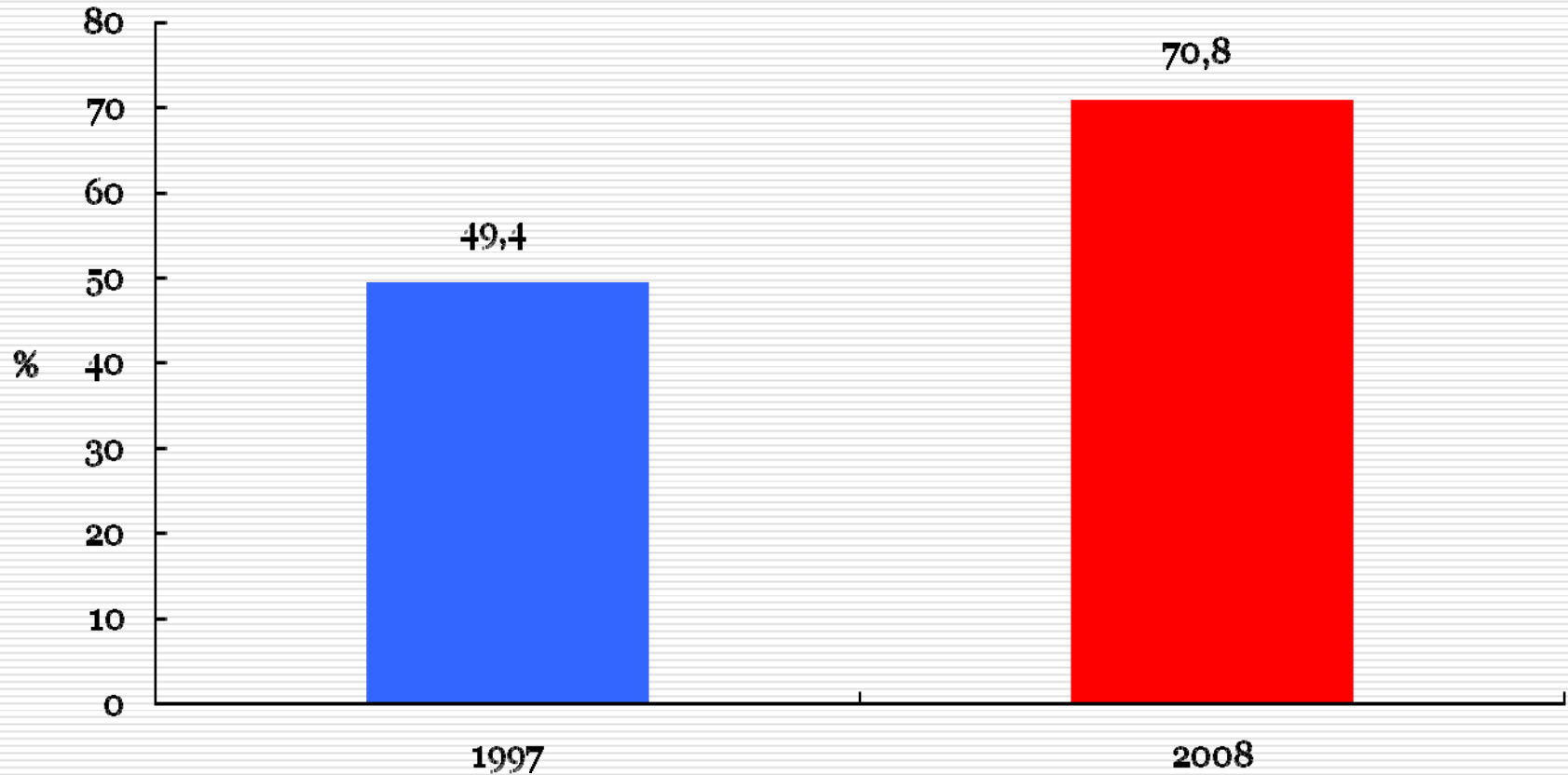
My parents know where I am in the evenings (applies *very or rather well* to me)



Proportion of Icelandic 10th grade students

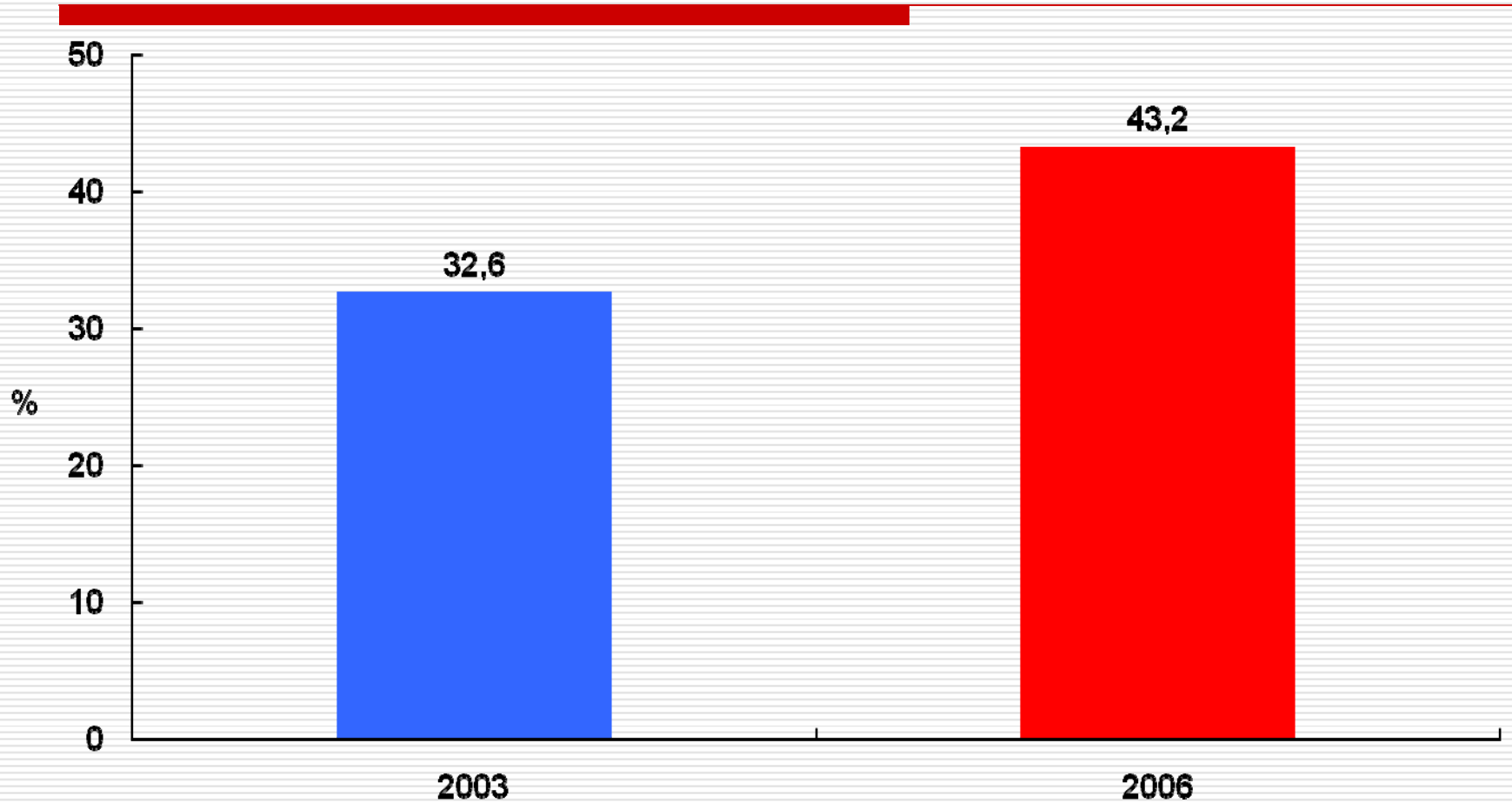
My parents know with whom I am in the evenings

(applies *very or rather well* to me)



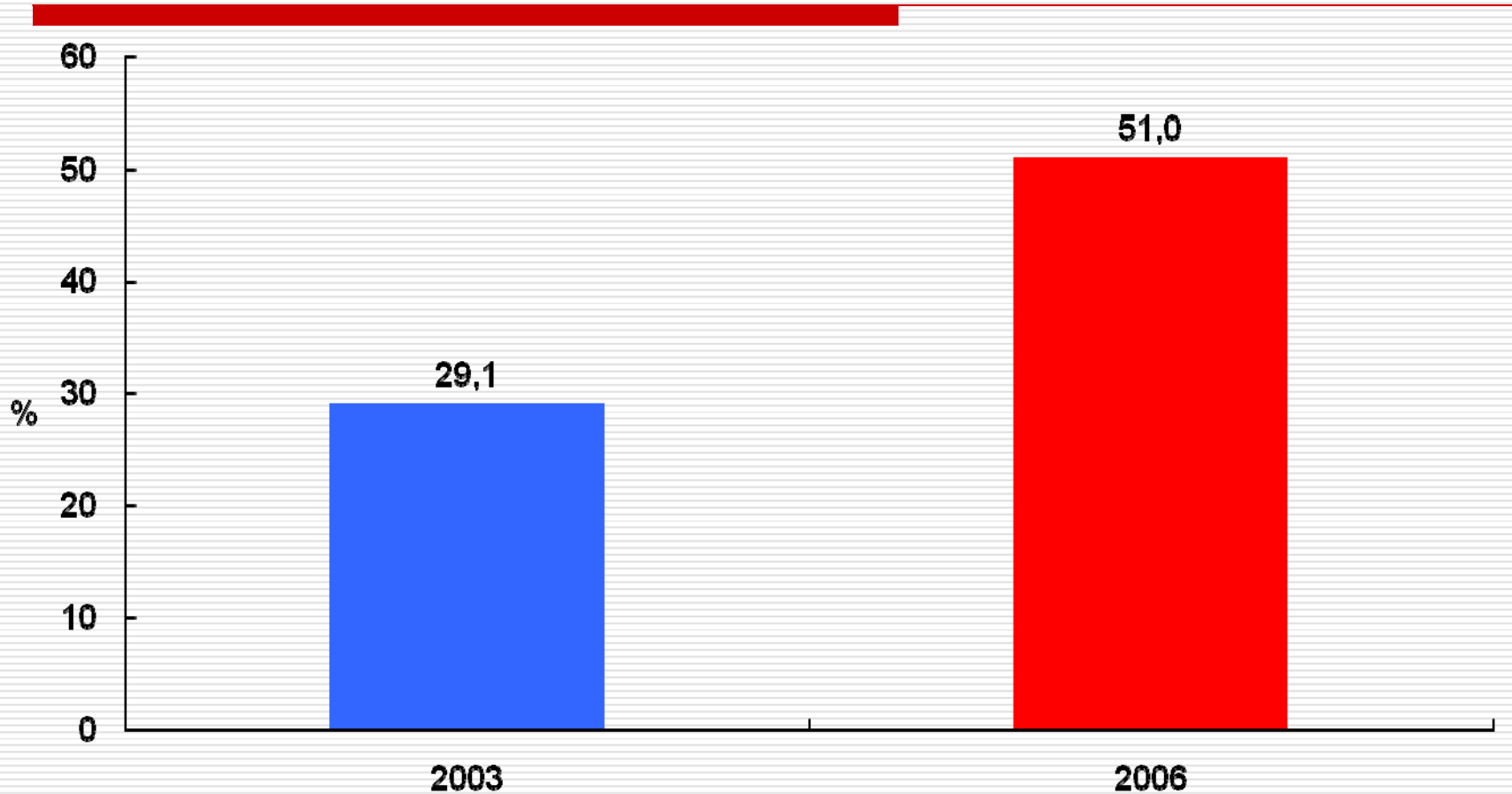
Proportion of Icelandic 10th grade students

Students who *almost never* – “go to party” –



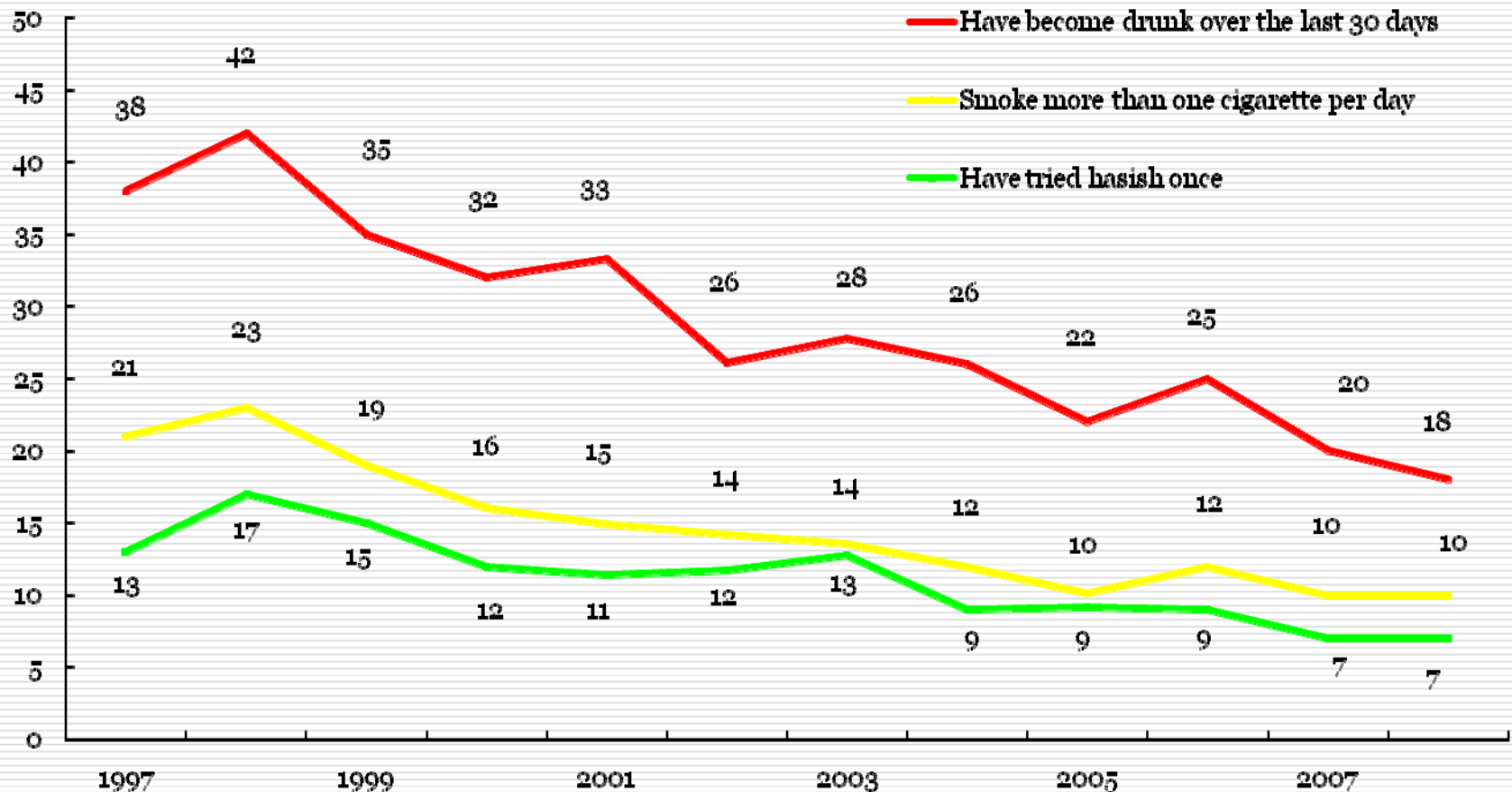
Proportion of Icelandic 10th grade students

Students who *almost never* – “Spend time downtown in the evening” –



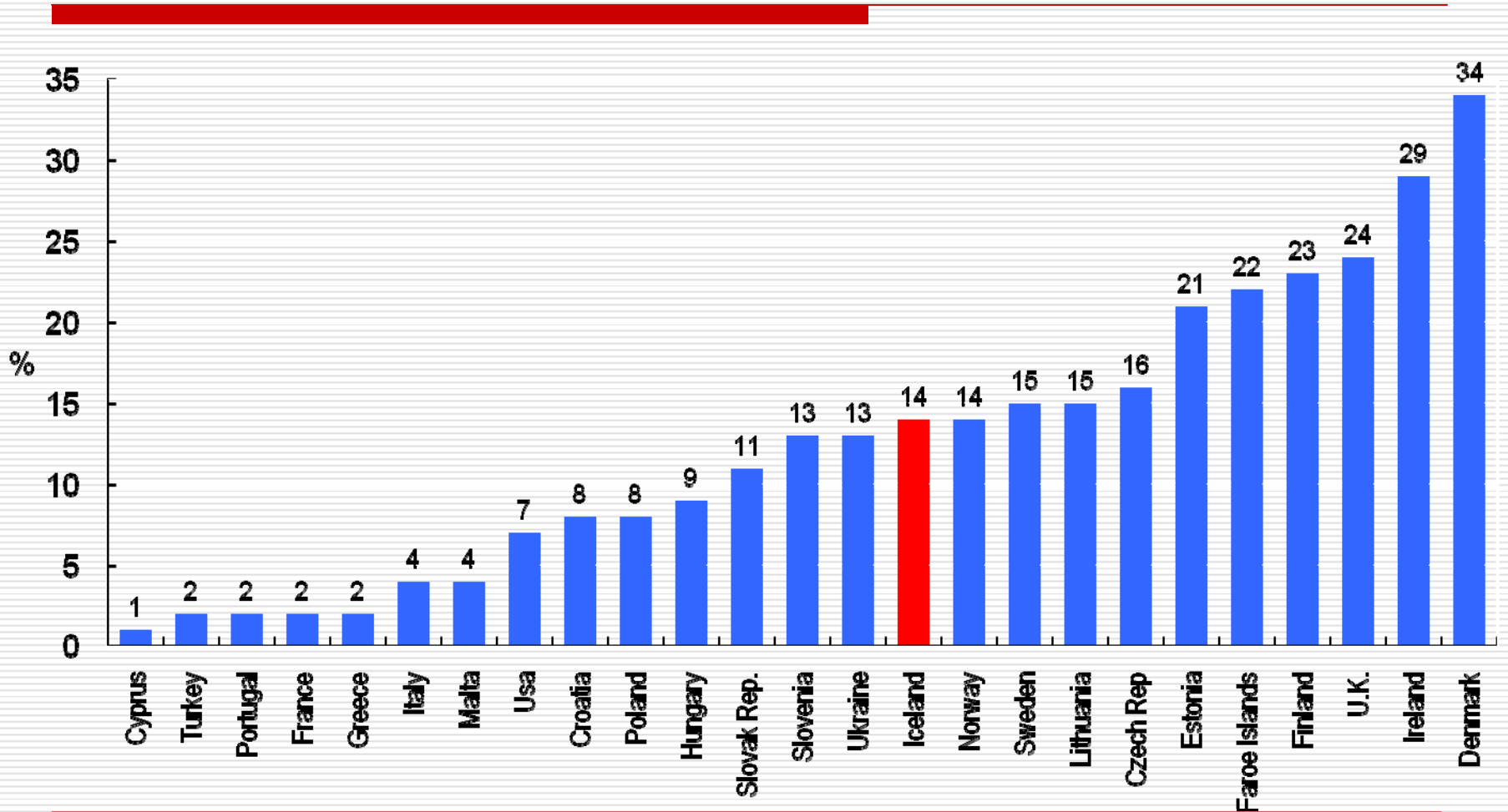
Proportion of Icelandic 10th grade students

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



Proportion of Icelandic 10th grade students

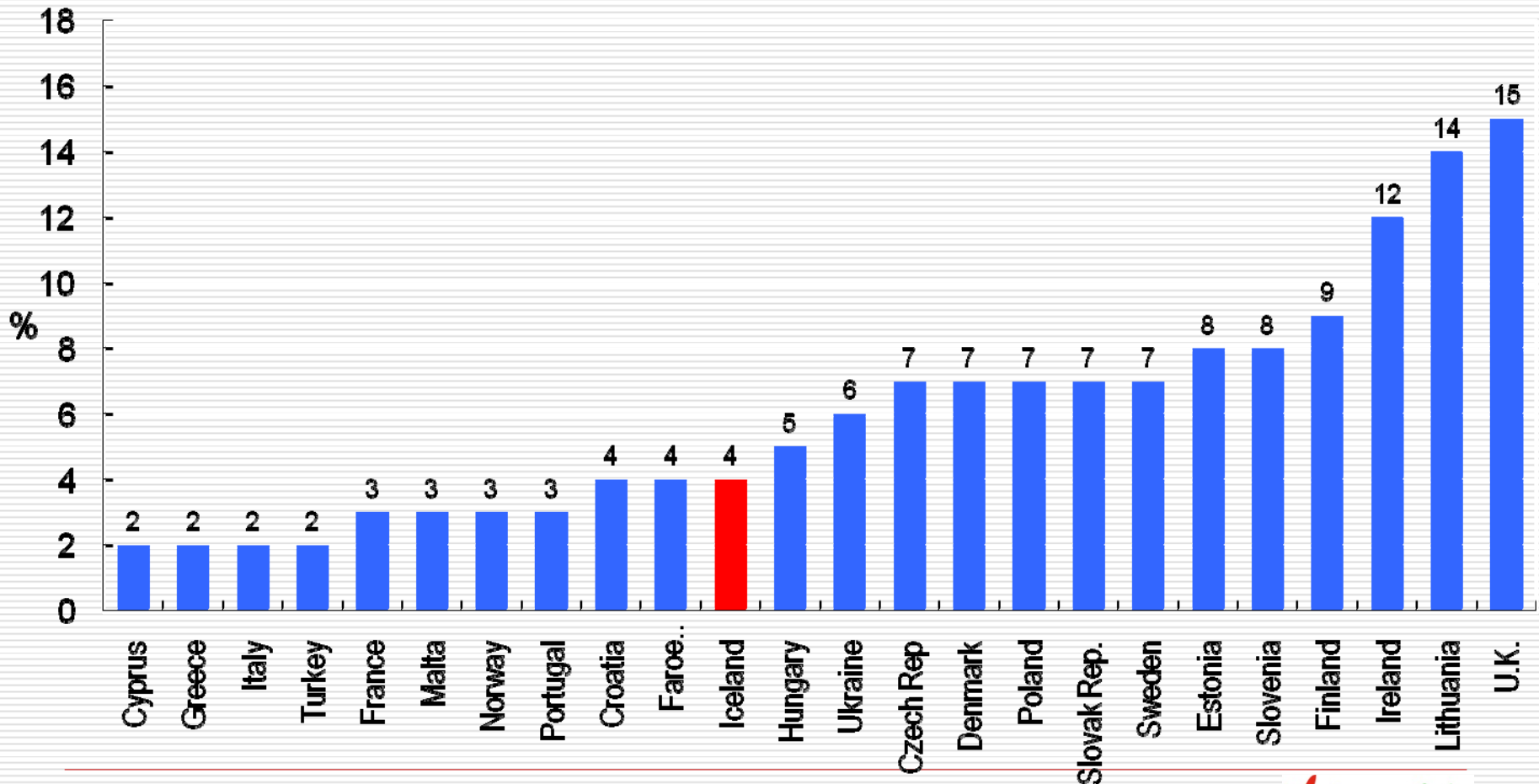
Students who have become drunk 10 times or more during last 12 months (ESPAD 2003)



Proportion of 10th grade students



Alcohol related accidents or injuries among students (ESPAD, 2003)



Proportion of 10th grade students

Thank you

ESSOP, October 2008

