



# **Substance use and social factors**

Klaksvík

Faroe Islands

2019

## INTRODUCTION TO THE PLANET YOUTH APPROACH

In the 1990s a group of Icelandic social scientists, along with policy makers and practitioners, began collaborating in an effort to better understand the societal factors influencing substance use among adolescents and potential approaches to prevention. At the time, Iceland ranked high on adolescent alcohol, tobacco and other harmful drug use, compared to other European countries, and substance use among Icelandic adolescents was constantly increasing. This was happening despite numerous prevention projects that had been carried out in Iceland at the time.

The Icelandic Centre for Social Research and Analysis (ICSRA) developed a research-based approach to adolescent substance use prevention that involved a broad range of relevant stakeholders who worked together on this community-based, socially embedded and highly participatory effort.

The three pillars of the model are:

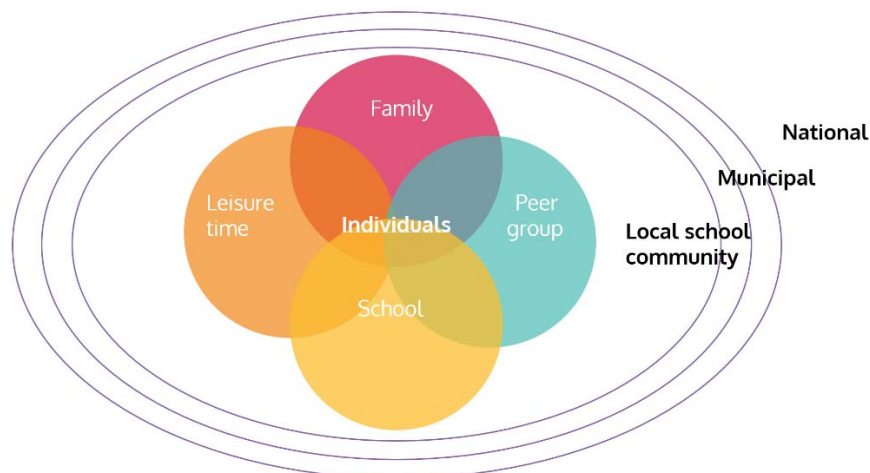
1. Research informed practice
2. Using a community-based approach
3. Creating and maintaining a dialogue among research, policy and practice

In developing this approach, ICSRA relied on global research findings, as well as their own local observations about the individual and societal factors that contribute to the likelihood of adolescent substance use in Iceland. Based on the literature, and informed by their own work, a community-based approach was designed to deter adolescent substance use. The emphasis of the approach was on getting all relevant stakeholders to the table to build a network of support, monitoring and opportunities for positive youth development at the local community level.

The aim was to demonstrate that it is possible to develop theory-driven intervention to promote and facilitate social capital on the local community level, in order to decrease the likelihood of adolescent substance use by strengthening the supportive role of parents and schools and the network of opportunities around them. The prevention model that emerged continuously links national-level data collection with local-level reflection and action to increase social capital. This model informed the Youth in Europe approach which has now developed into the Planet Youth approach.

## FIVE GUIDING PRINCIPLES OF PLANET YOUTH

1. Planet Youth is a primary prevention approach that is designed to enhance the social environment.
2. Planet Youth emphasizes community action and views schools as the natural hub of neighbourhood/area efforts to support child and adolescent health, learning, and life success.
3. Planet Youth engages and empowers community members to make practical decisions using local, high-quality, accessible data and diagnostics.
4. Planet Youth integrates researchers, policy-makers, practitioners, and community members into a unified team dedicated to solving complex, real-world problems.
5. Planet Youth matches the scope of the solution to the scope of the problem, including an emphasis on comprehensive, long-term intervention and efforts to marshal adequate community resources.



Major domains of intervention in the Planet Youth approach to substance use prevention

## METHODS AND 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 important events scheduled the same week. Since comparable data collection is fundamental a standardized sampling frame is formed and convenience samples entirely avoided.

Using a process developed by ICSRA data was collected using a pen and pencil survey or an online survey from October 2018 to February 2019. The survey was conducted during class, taking approximately 60 minutes to complete. Students were instructed not to write their names, social security numbers, or any other identifying information anywhere on the questionnaire. When finished, students were asked to seal their completed questionnaire in an envelope provided for that purpose and return the envelope to the supervising teacher.

The target population is students' ages 15 to 16 and all findings are based on answers from this group. 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.

To ensure survey accuracy respondents were eliminated if their surveys showed evidence that they had responded inaccurately or dishonestly. The criteria for elimination included reporting the use of a fictitious drug and reporting to have tried every substance 40 times or more.

The same core-questionnaire was used in every municipality. 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. Both risk and protective factors occur within the community, family, school, peer relationships and the individual. Protective

factors can moderate or mediate potential risk factors and by increasing protective factors there is increased protection against adverse outcomes. Risk factors are those that can increase the likelihood of adverse outcomes and predict substance use. An increase in risk factors can be associated with an increase in adverse outcomes.

Table 1 Participating students in each city, municipality or country.

City/Country		Boys	Girls	Total
<b>Bucharest</b>	Number:	1155	1275	2434
	%within country	47,5%	52,4%	100%
<b>Tallinn</b>	Number:	1051	1280	2338
	% within city	45%	54,7%	100%
<b>Kaunas</b>	Number:	838	891	1754
	% within city	47,8%	50,8%	100%
<b>Klaipeda</b>	Number:	429	466	906
	% within city	47,4%	51,4%	100%
<b>Klaksvík</b>	Number:	45	24	69
	% within city	65,2%	34,8%	100%
<b>All cities</b>	Number total:	3518	3936	7454

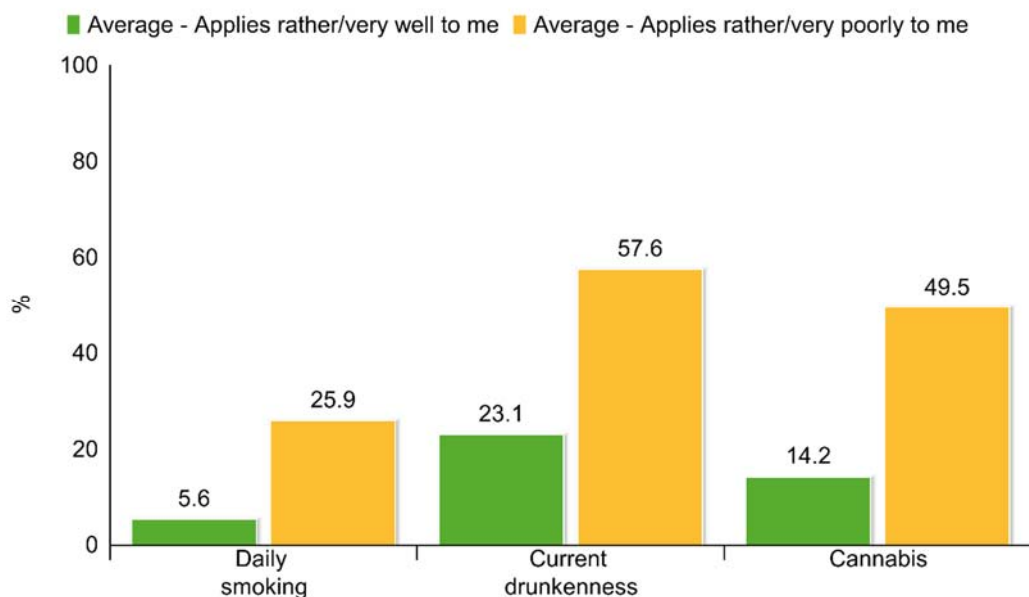
Gender or city not stated: 47

## HOW TO INTERPRET THE CROSS TABULATIONS

The cross tabulation shows frequencies of one variable for each level of the other. In this example it shows the participants that have used cannabis once or more, smoke daily, have become drunk in the past 30 days compared on each level of a specific variable.

The green bar shows the percentage of adolescent that have smoked cannabis once or more in their lifetime, smoke daily or have become drunk in the last 30 days by level of parental monitoring. These are the students that say that it applies rather or very well to them that their parents know where they are in the evenings.

The yellow bars include the same information but this time only for students that state that it applies rather or very poorly to them that their parents know where they are in the evenings.



Cross tabulations example. Proportion of adolescents that have become drunk in the last 30 days, smoke daily, and have used cannabis once or more in their lifetime by levels of parental monitoring.

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Figure 1. Proportion of adolescents in Klaksvík that have smoked a cigarette once or more in their lifetime.

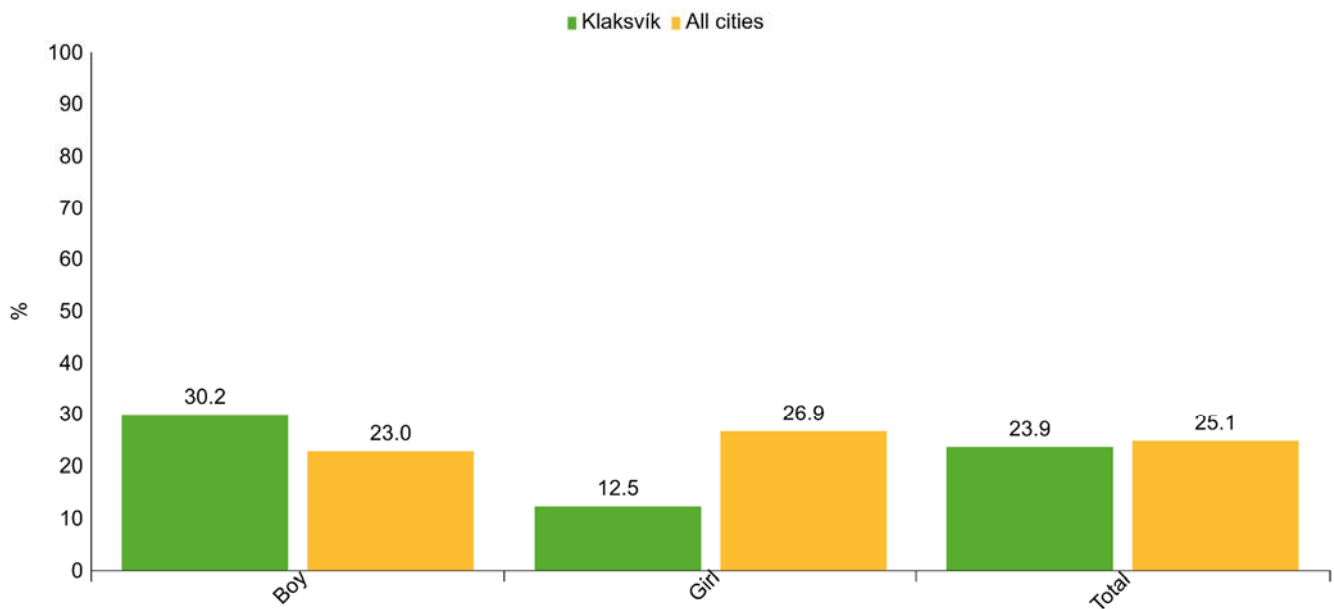


Figure 2. Proportion of adolescents in Klaksvík that have smoked a cigarette once or more in the past 30 days.

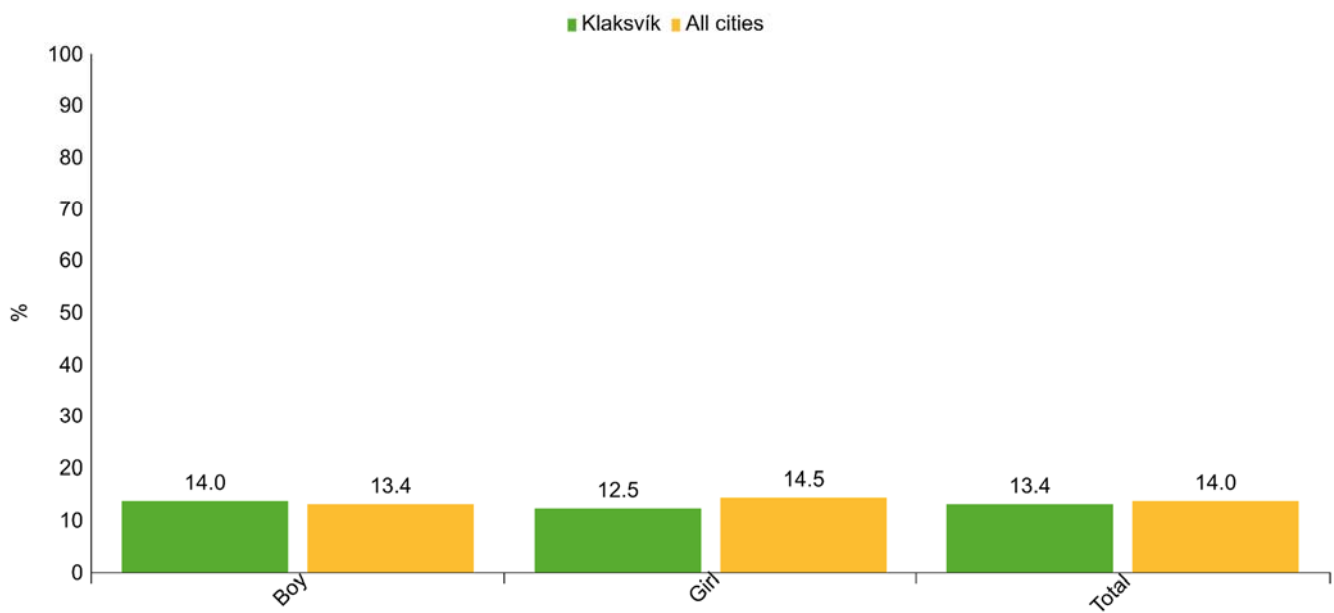


Figure 3. Proportion of adolescents in Klaksvík that are daily cigarette smokers.

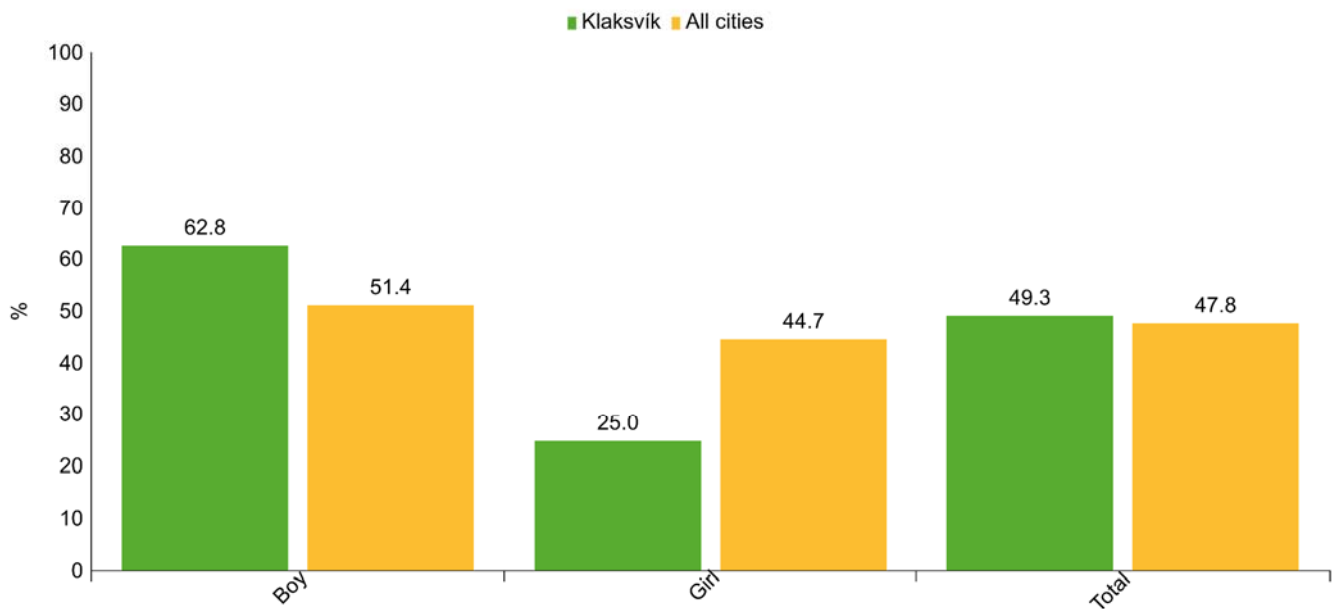


Figure 4. Proportion of adolescents in Klaksvík that have used an electronic cigarette once or more in their lifetime.

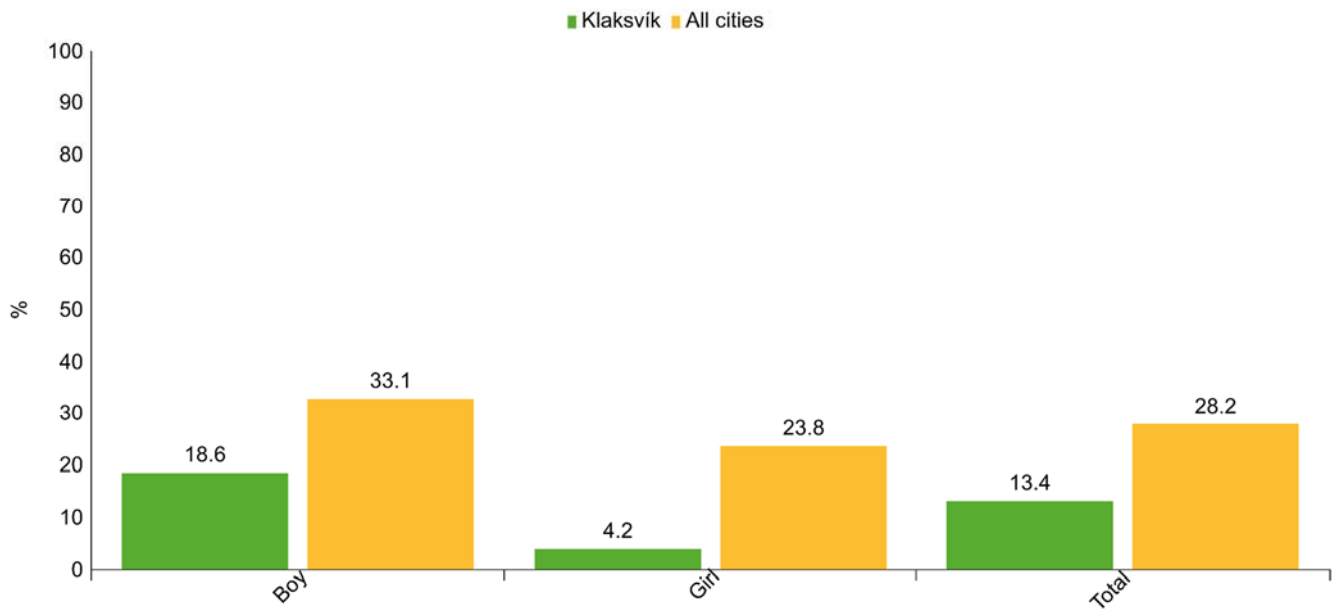


Figure 5. Proportion of adolescents in Klaksvík that have used an electronic cigarette once or more in the past 30 days.

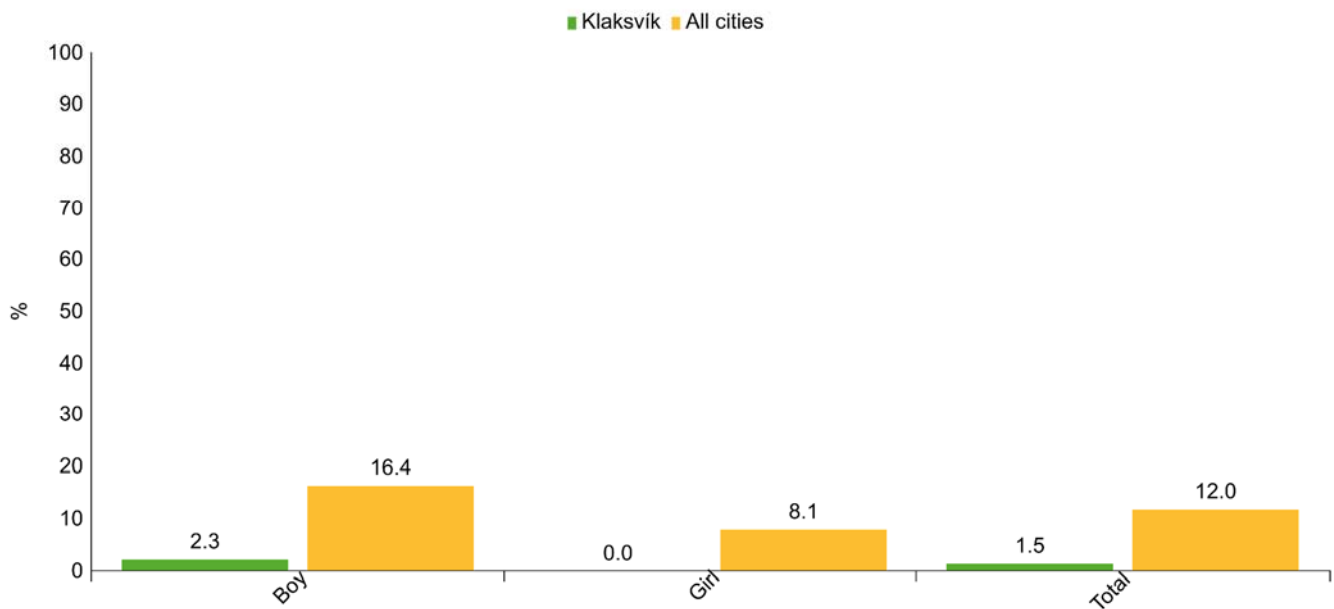


Figure 6. Proportion of adolescents in Klaksvík that are daily electronic cigarette users.

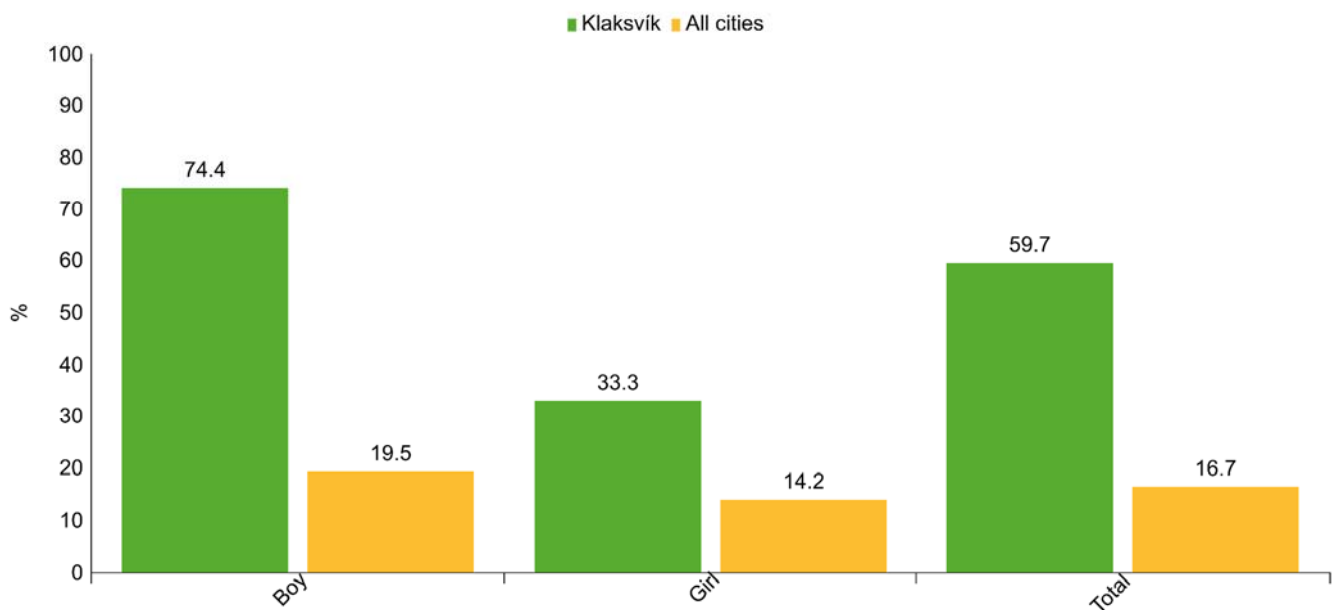


Figure 7. Proportion of adolescents in Klaksvík that have used chewing tobacco or snuff once or more in their lifetime.

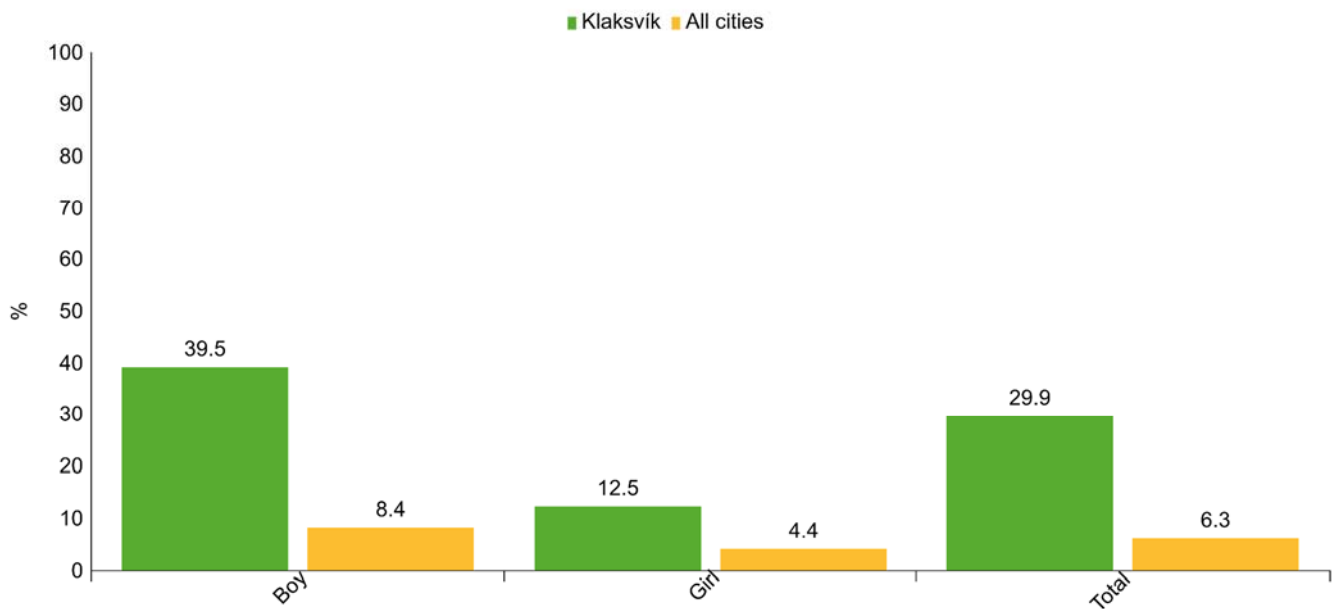


Figure 8. Proportion of adolescents in Klaksvík that have used chewing tobacco or snuff once or more in the past 30 days.

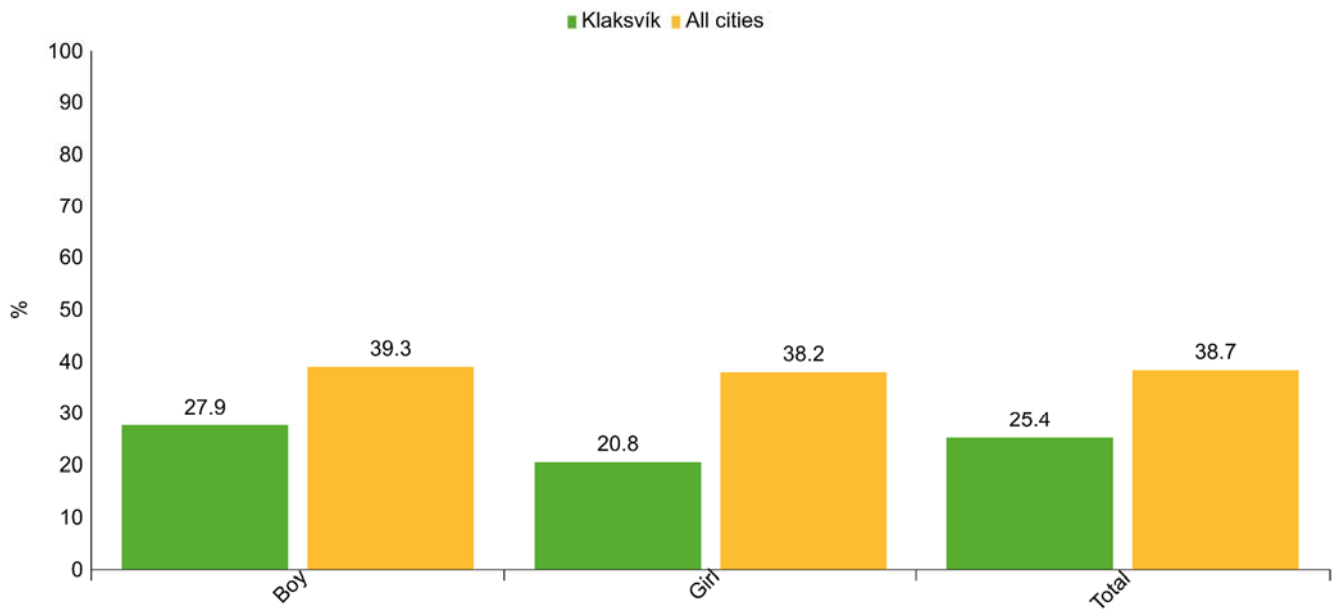


Figure 9. Proportion of adolescents in Klaksvík that have used a waterpipe/bong once or more in their lifetime.

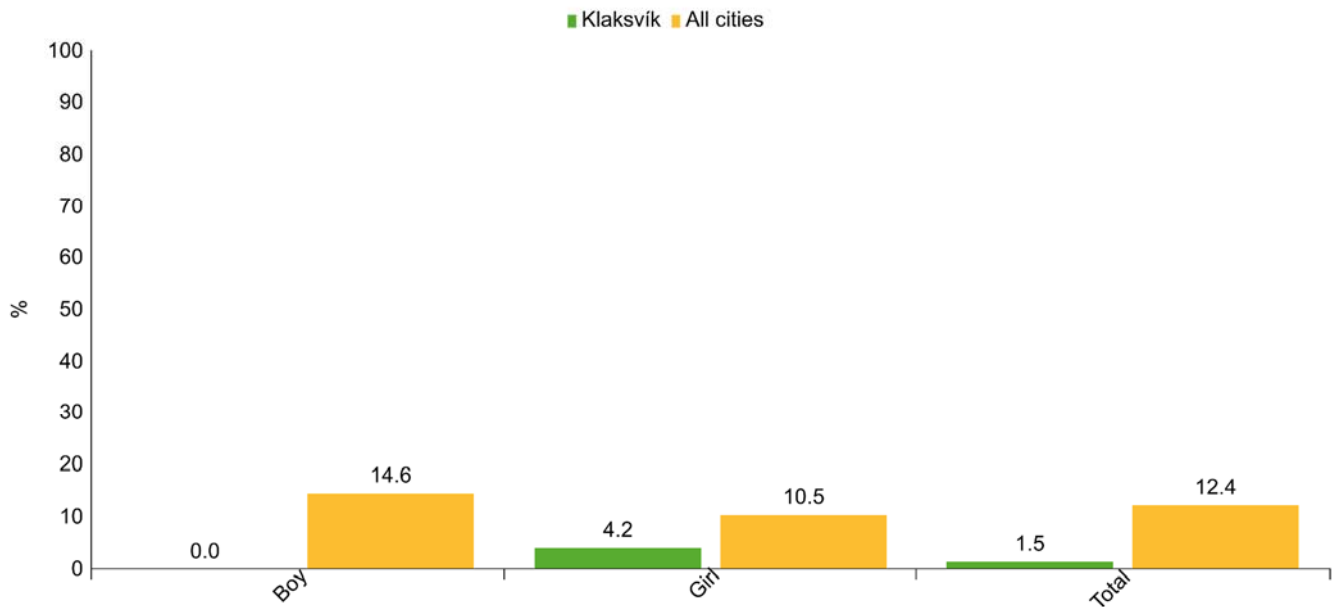


Figure 10. Proportion of adolescents in Klaksvík that have used a waterpipe/bong once or more in the past 30 days.

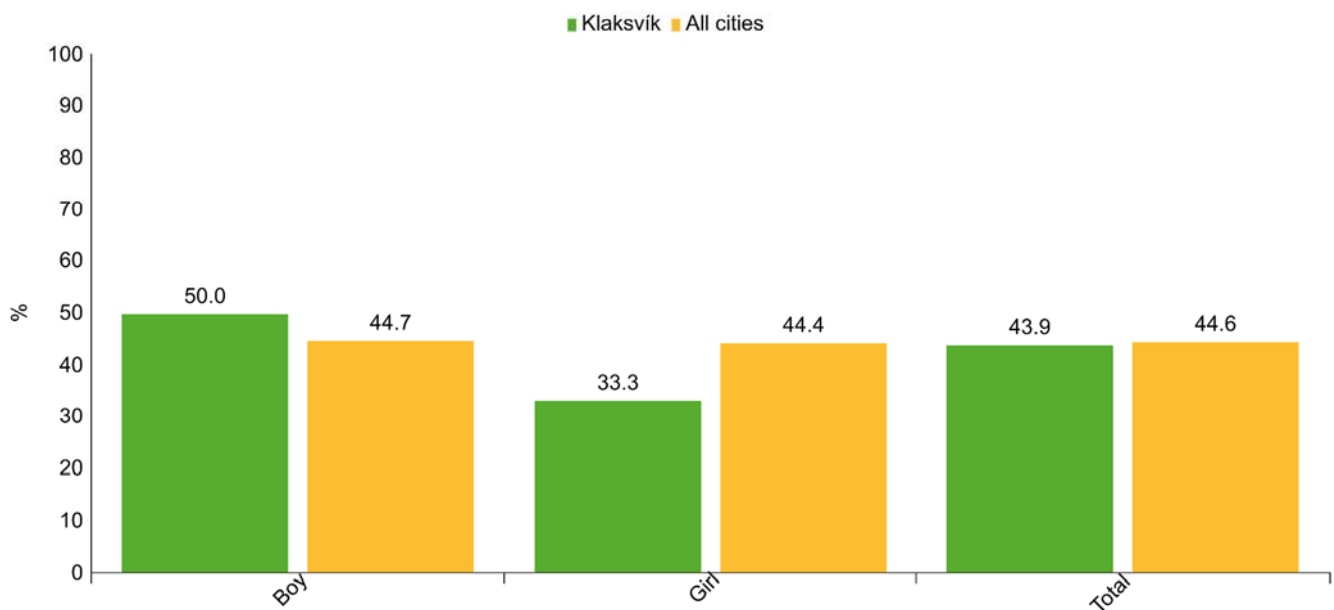


Figure 11. Proportion of adolescents in Klaksvík that have had an alcoholic drink once or more in the past 30 days.

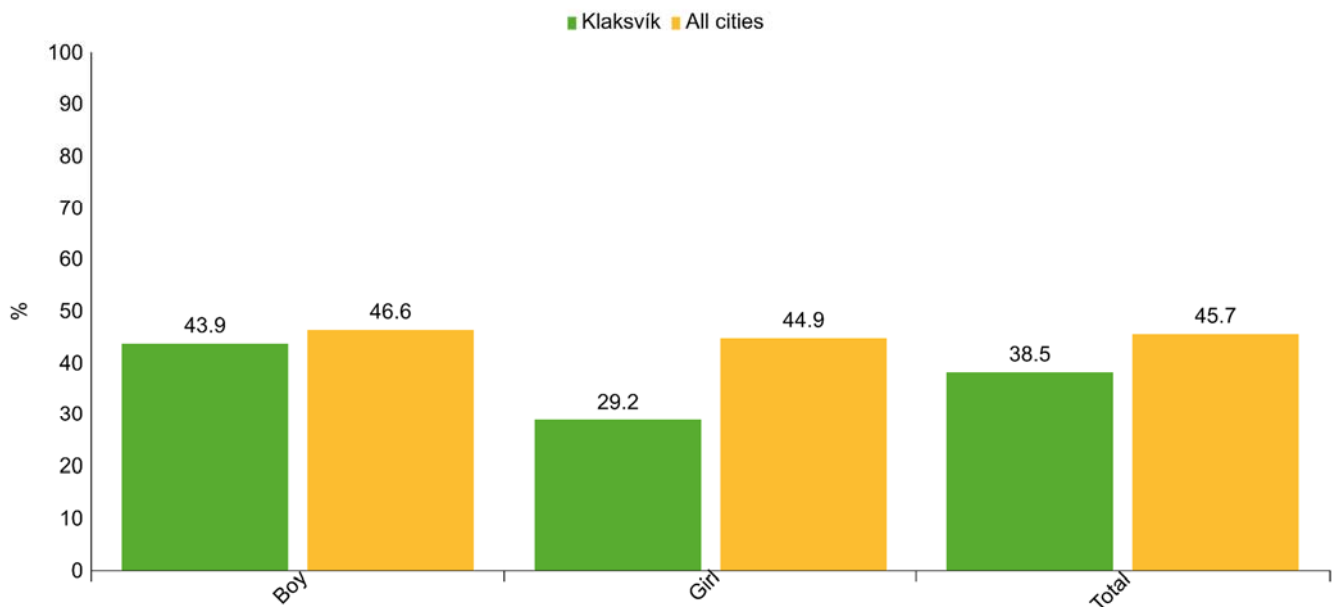


Figure 12. Proportion of adolescents in Klaksvík that have become drunk once or more in their lifetime.

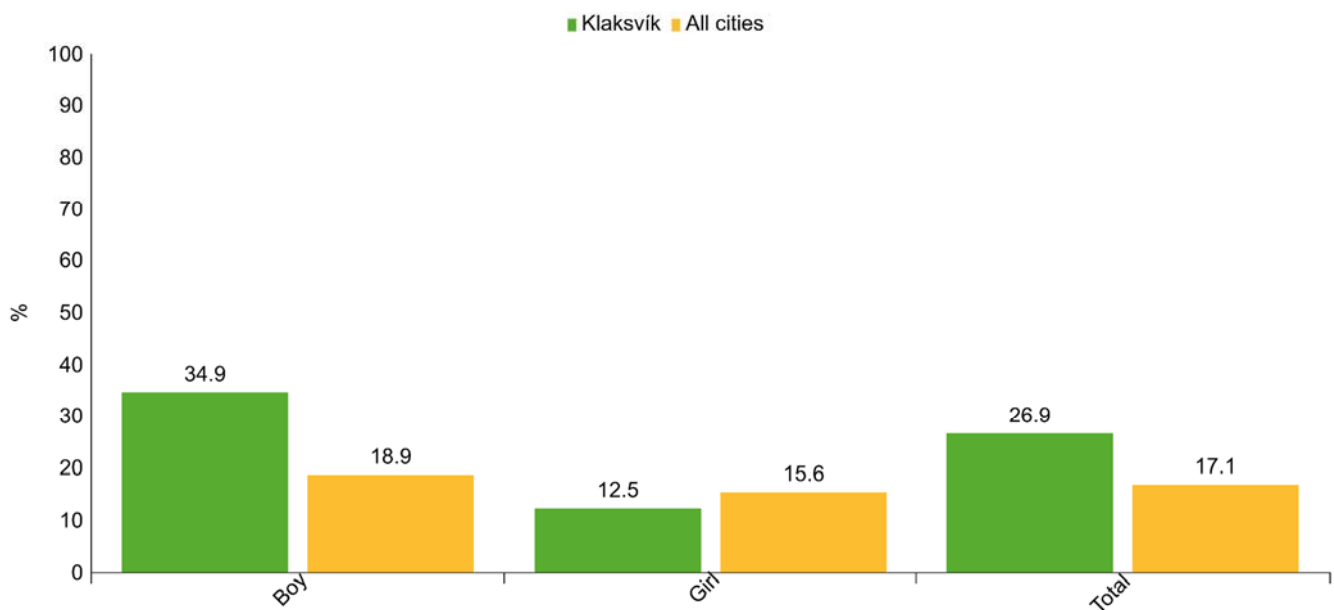


Figure 13. Proportion of adolescents in Klaksvík that have become drunk once or more in the past 30 days.

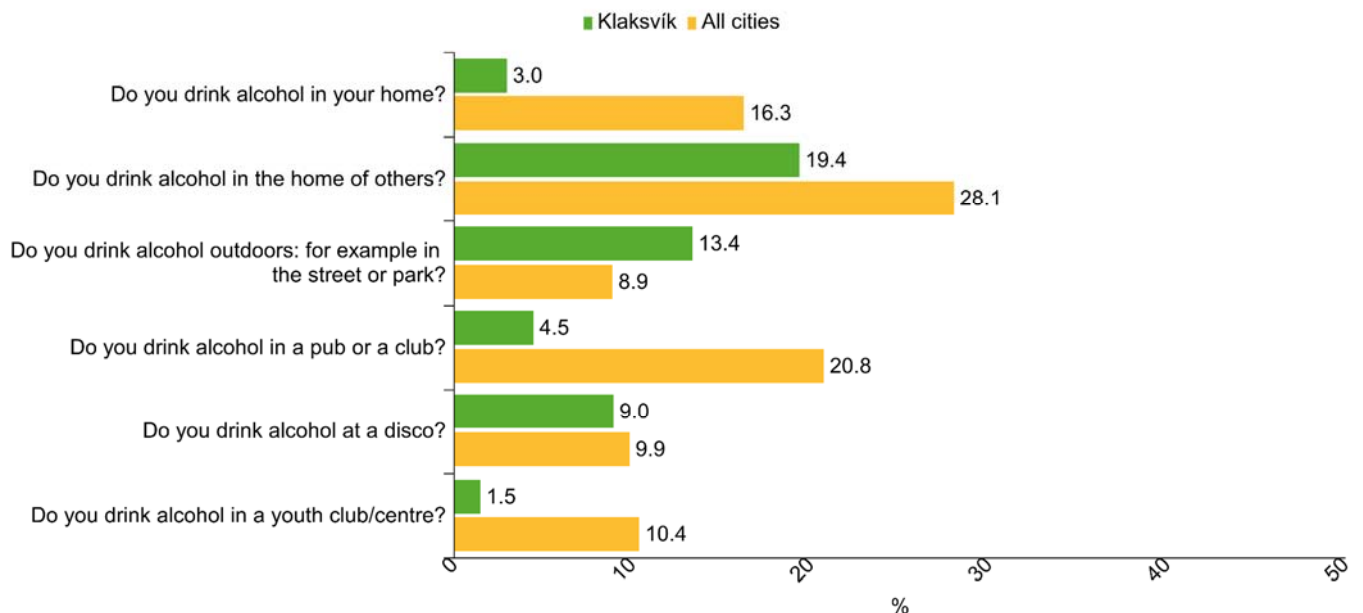


Figure 14. Proportion of adolescents in Klaksvík that drink alcohol sometimes or often in the following places.



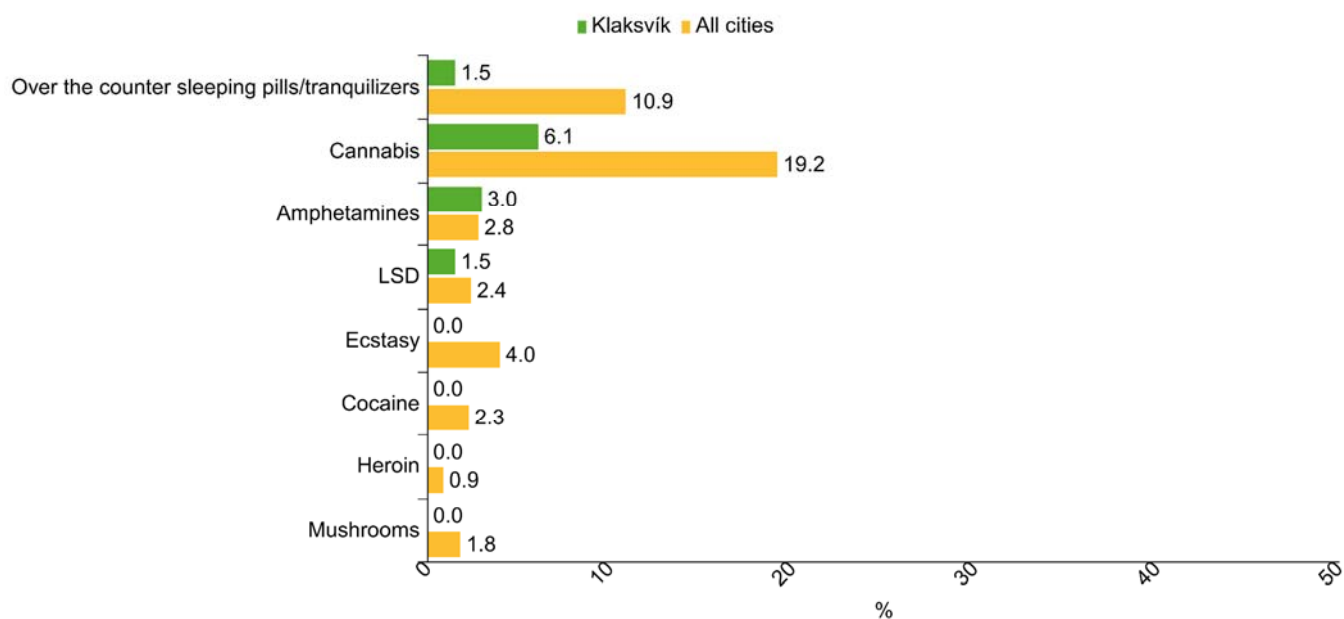


Figure 15. Proportion of adolescents in Klaksvík that have used the following substances once or more in their lifetime.

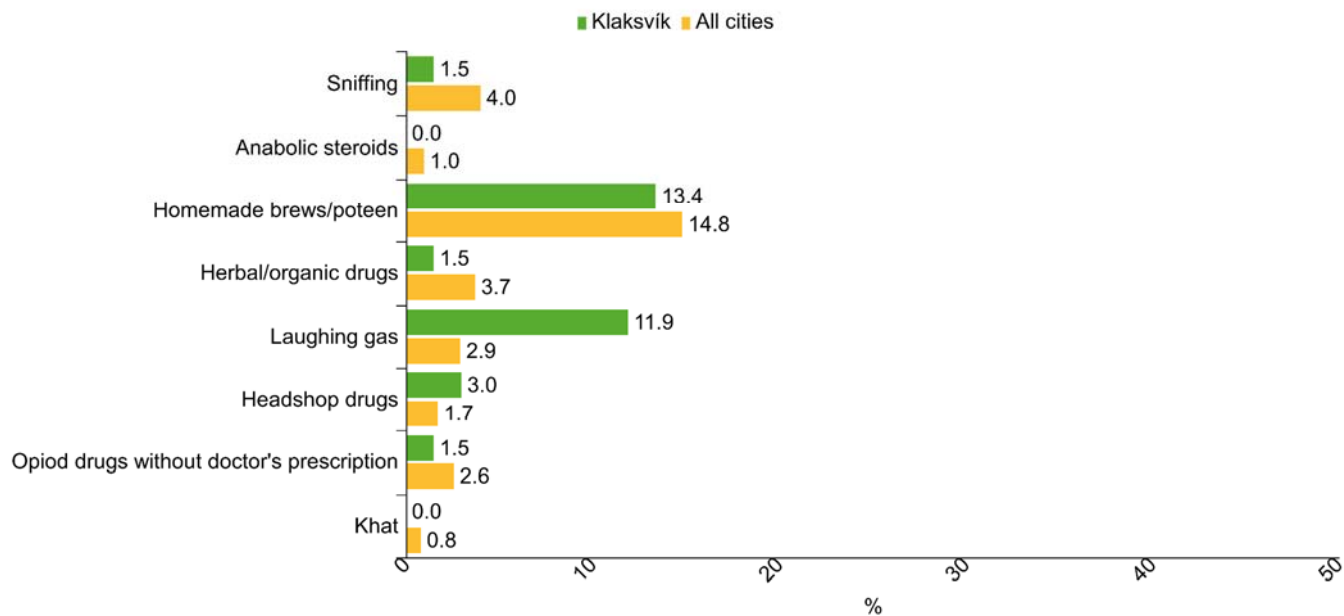


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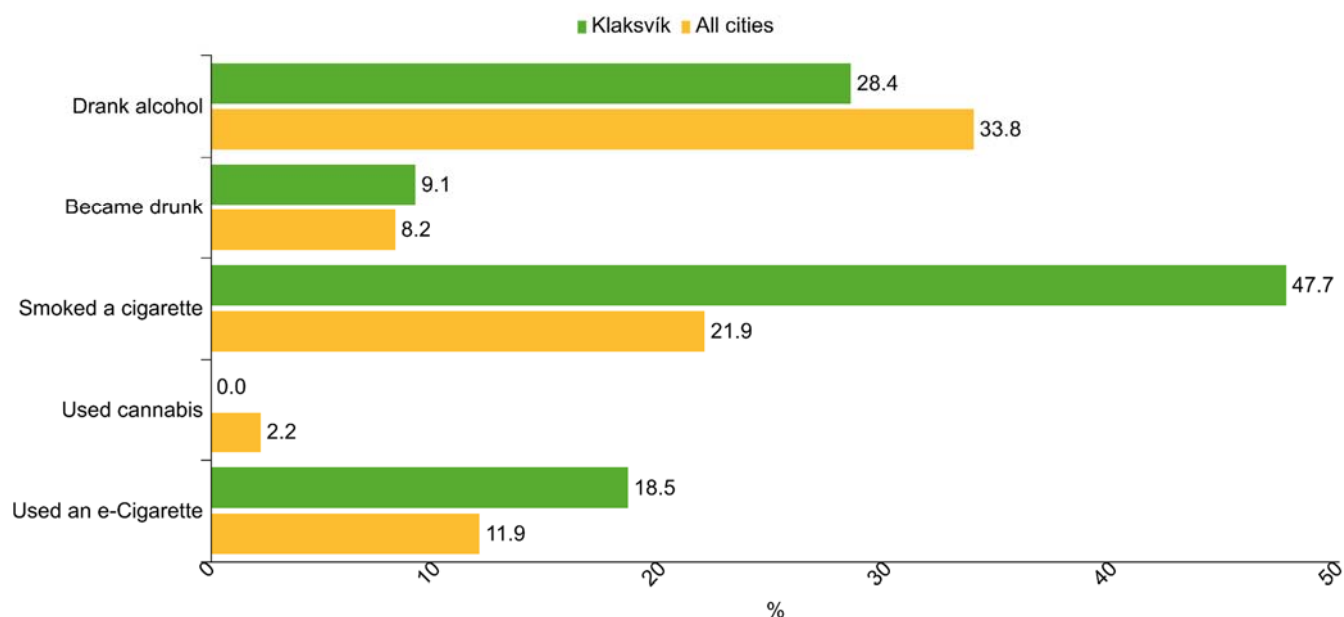


Figure 17. Proportion of adolescents in Klaksvík that drank alcohol, became drunk, smoked a cigarette, used cannabis and used an e-cigarette for the first time at 13 years or younger.

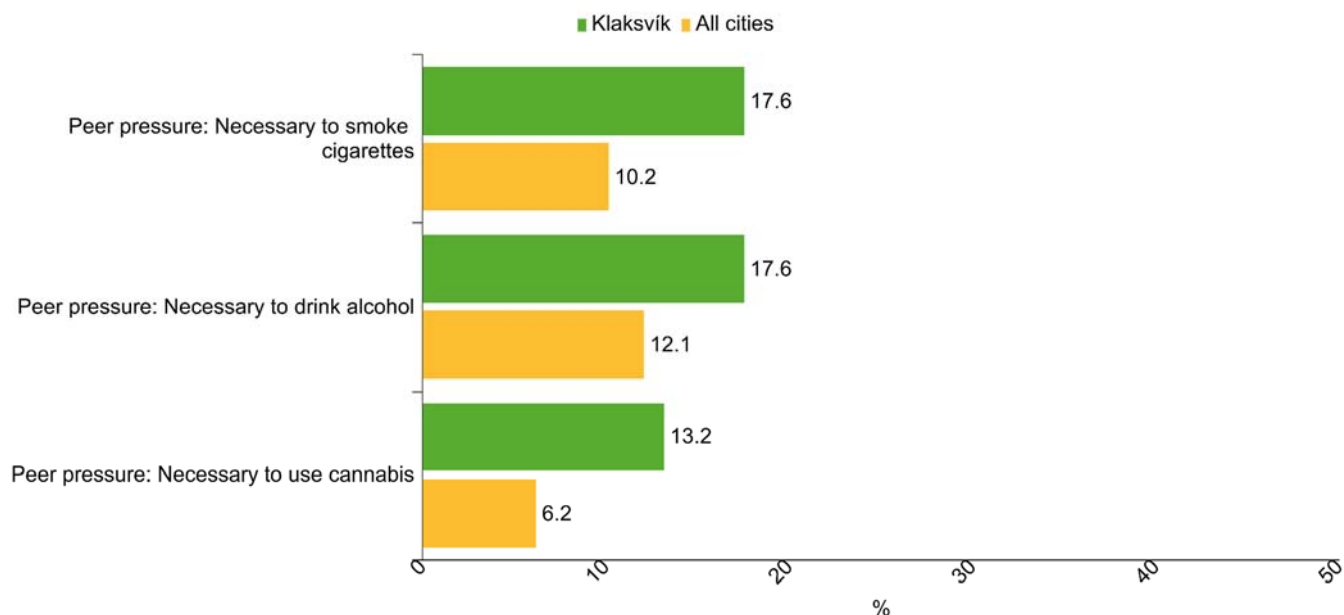


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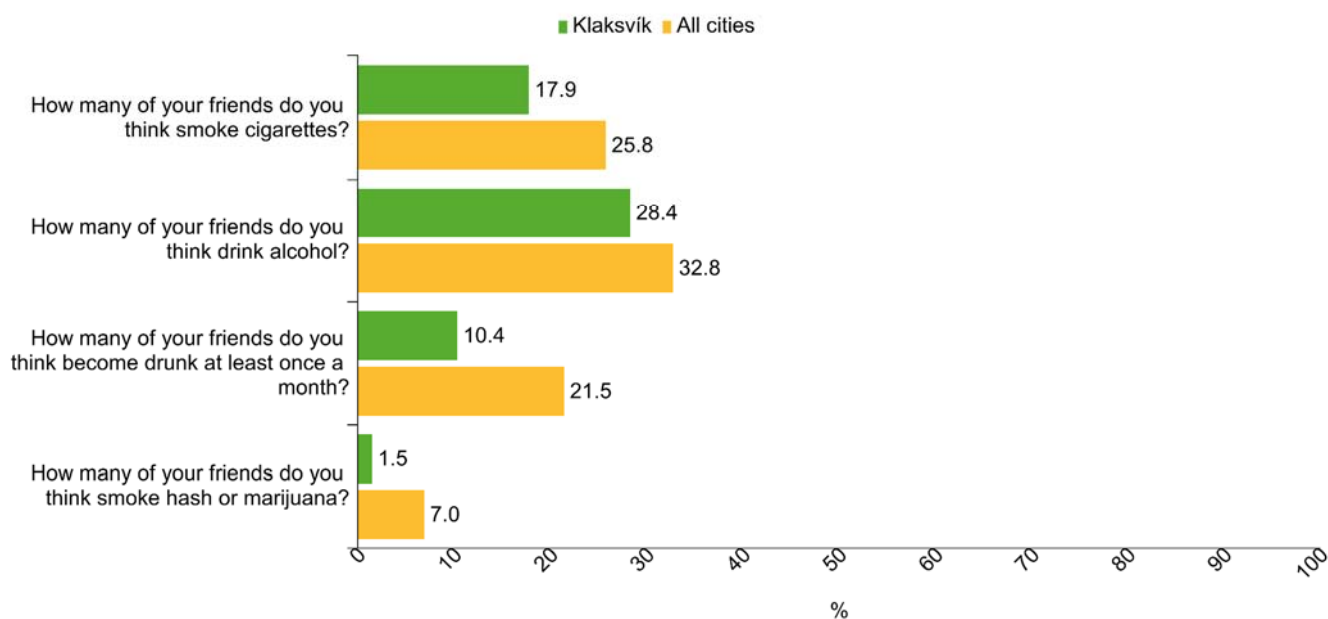


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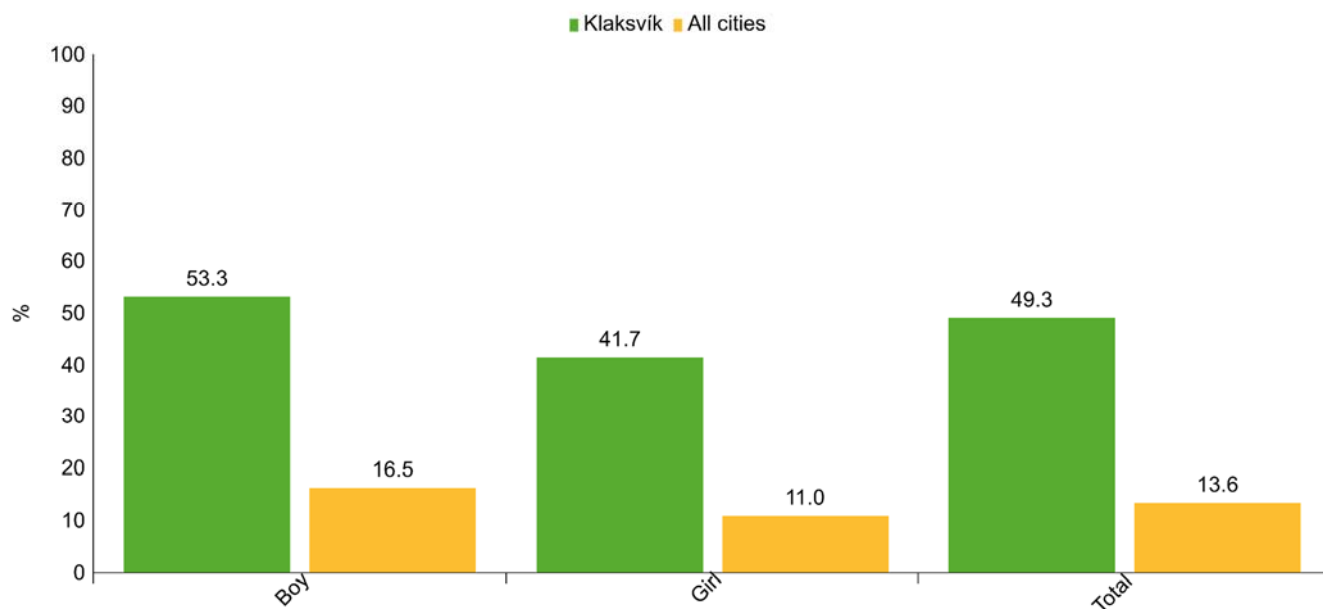


Figure 20. Proportion of adolescents in Klaksvík that were outside after ten o'clock in the evening 3 times or more in the previous week.

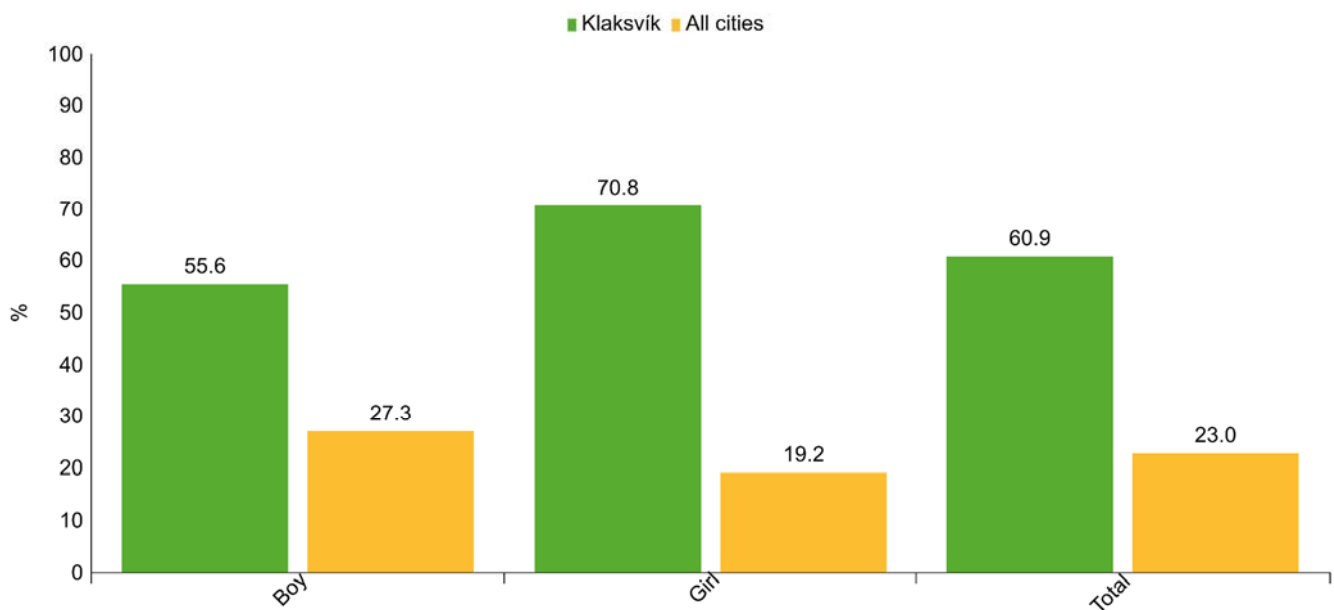


Figure 21. Proportion of adolescents in Klaksvík that were outside midnight once or more in the previous week.

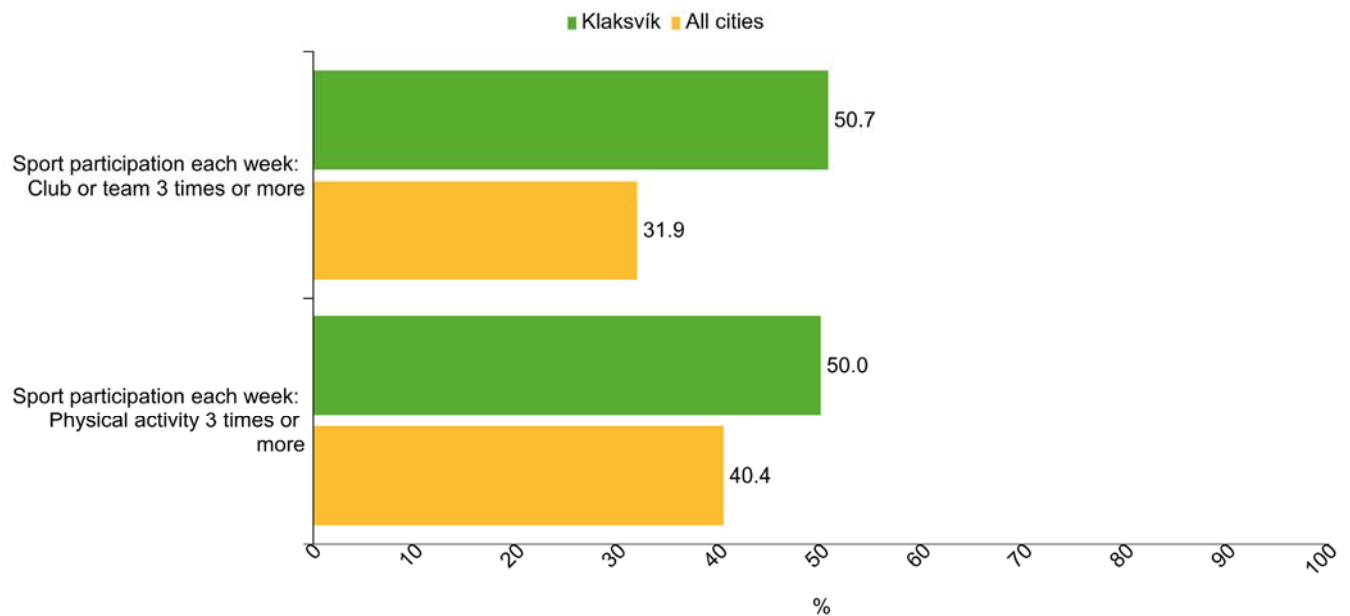


Figure 22. Proportion of adolescents in Klaksvík that play sports with a club/team three times a week or more and exert themselves physically three times a week or more.

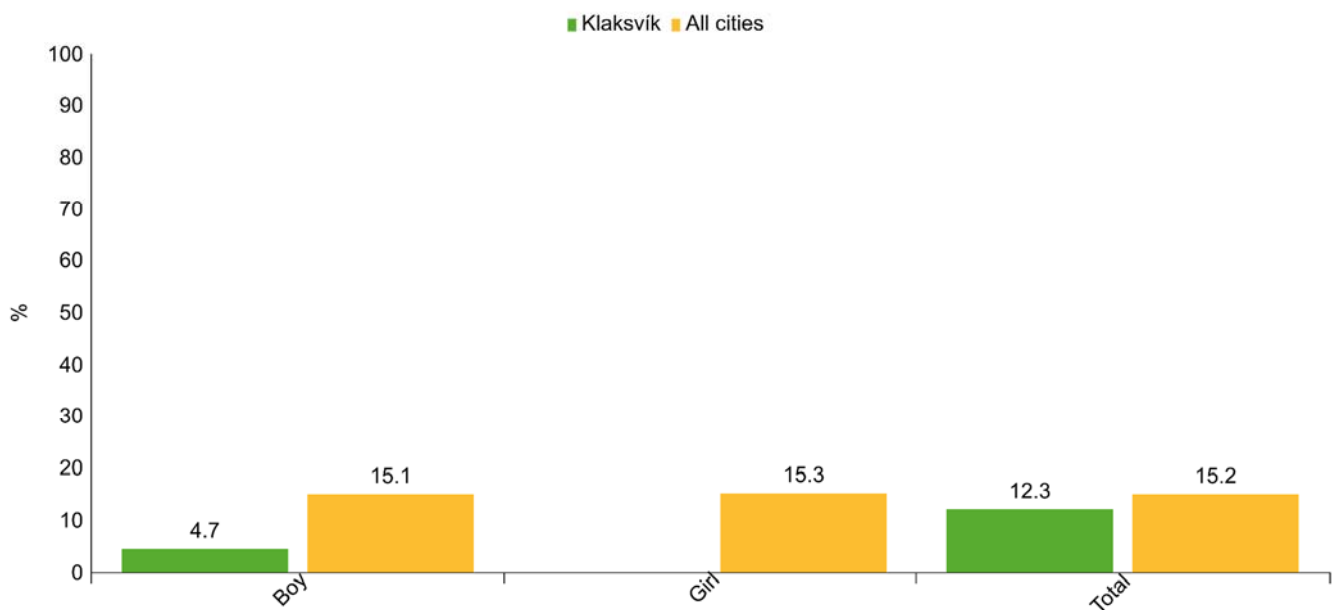


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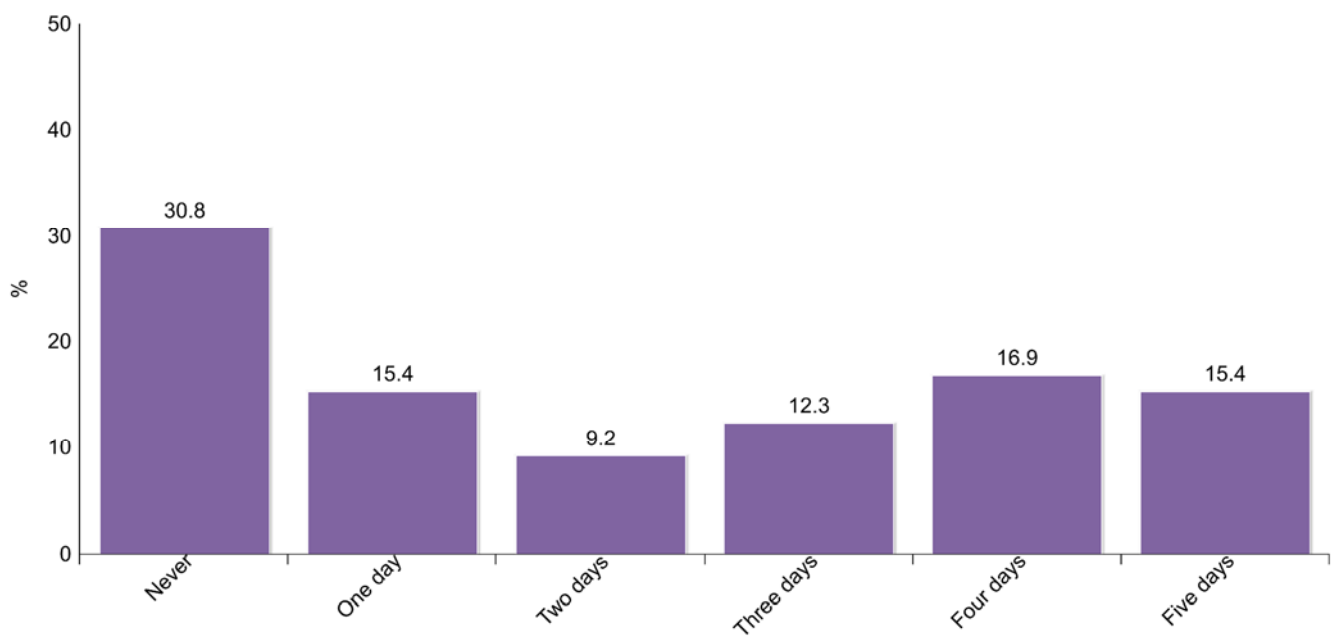


Figure 24. Physical activity among adolescents in Klaksvík. On how many days in the past week have you done a total of 60 minutes or more of physical activity?

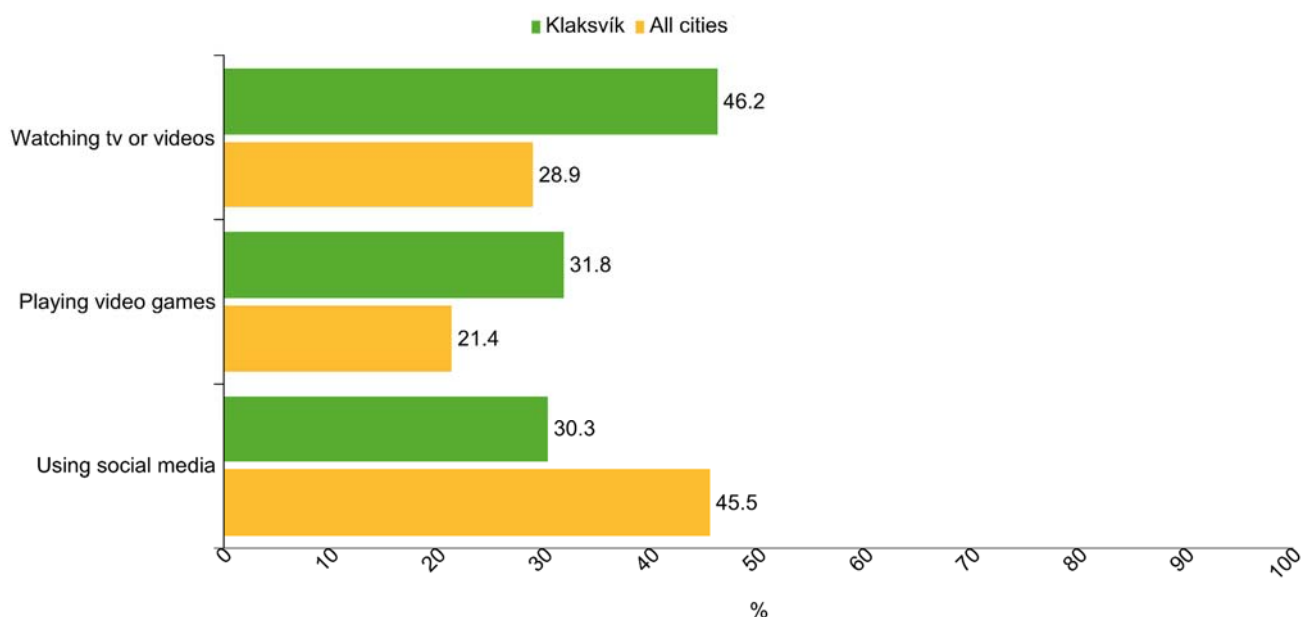


Figure 25. Proportion of adolescents in Klaksvík that report spending on average 3 hours or more on the following: watching shows, movies or videos, playing video games, on social media

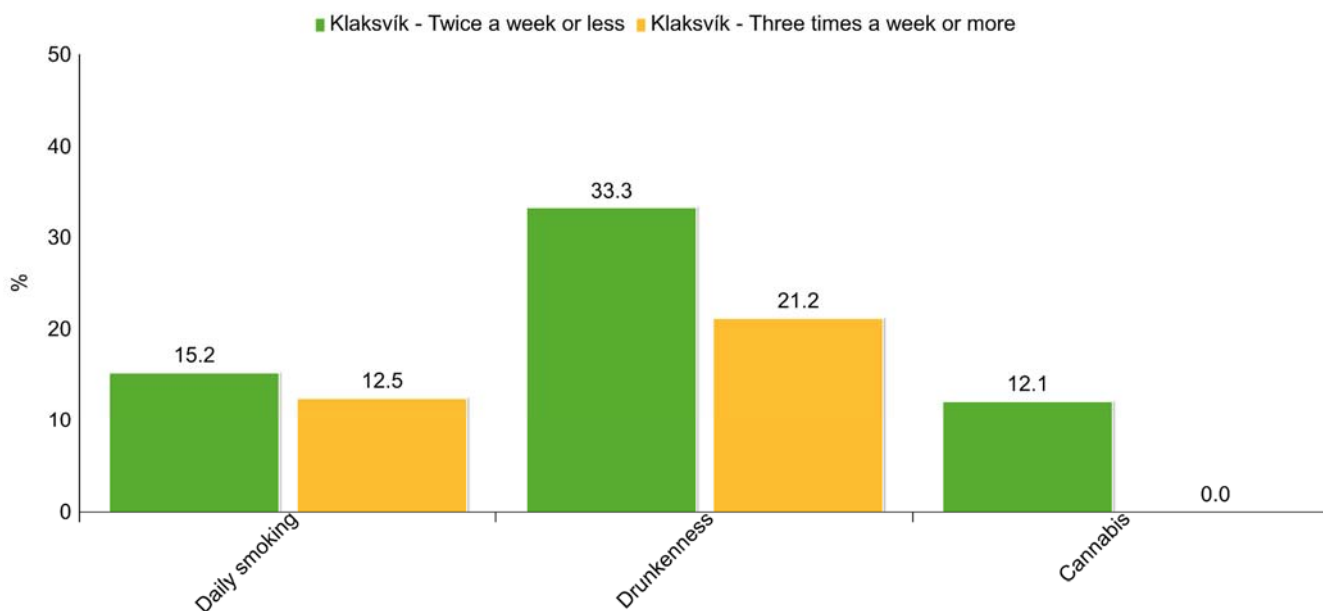


Figure 26. Cross-tabulations. Substance use against physical activity in the previous week.

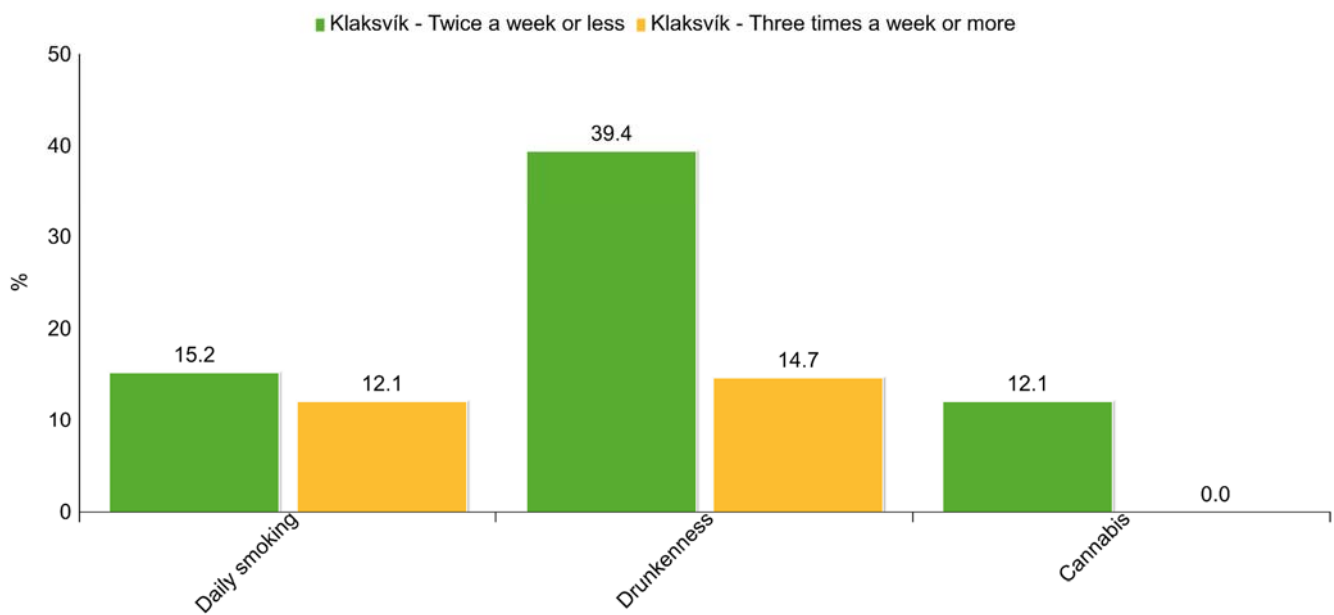


Figure 27. Cross-tabulations. Substance use against sports participation with a club or team.

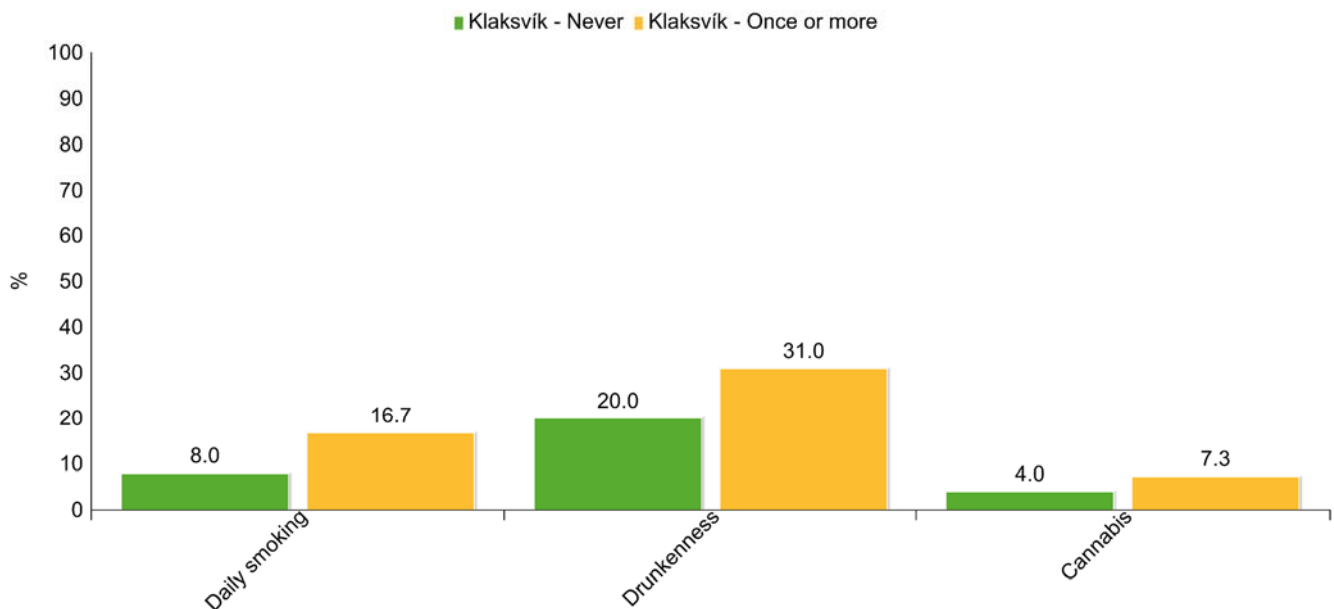


Figure 28. Cross-tabulations. Substance use against leisure time. Being outside after midnight once or more in the past week

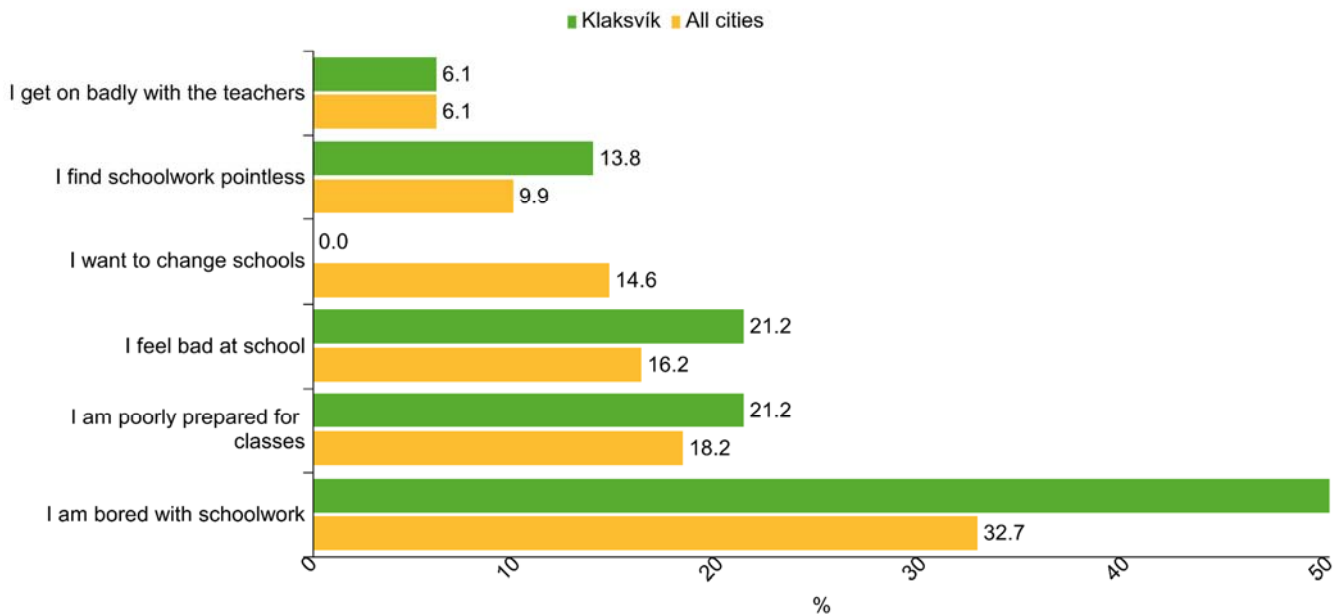


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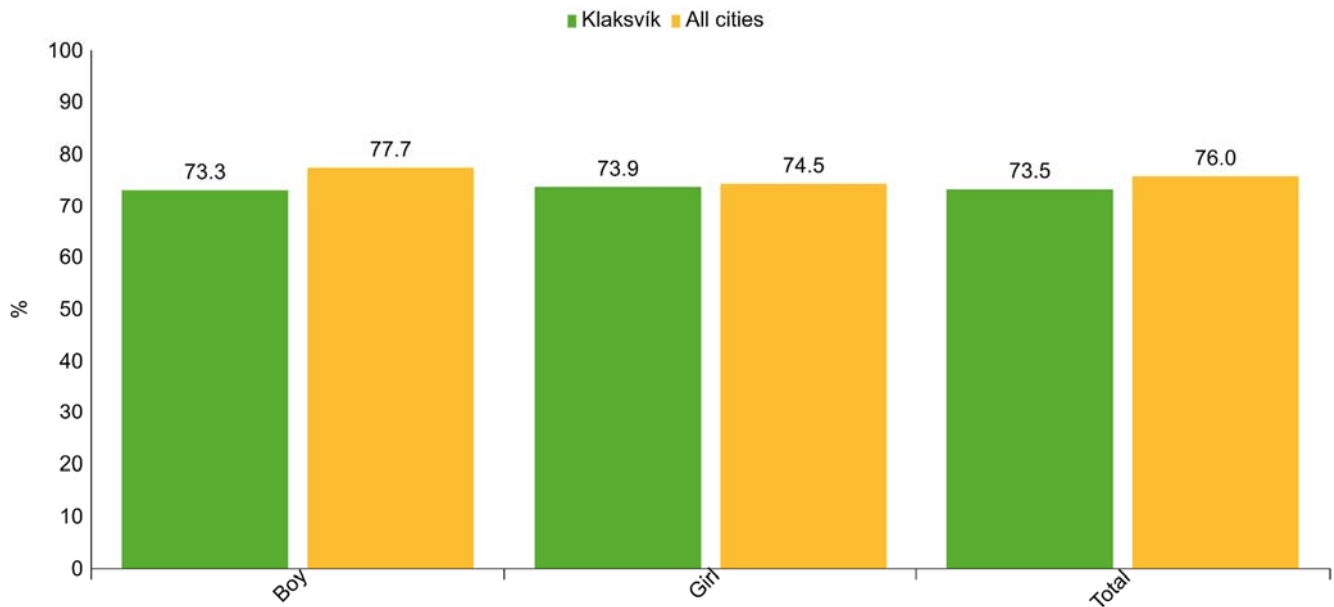


Figure 30. Proportion of adolescents in Klaksvík that often or almost always feel safe at school.



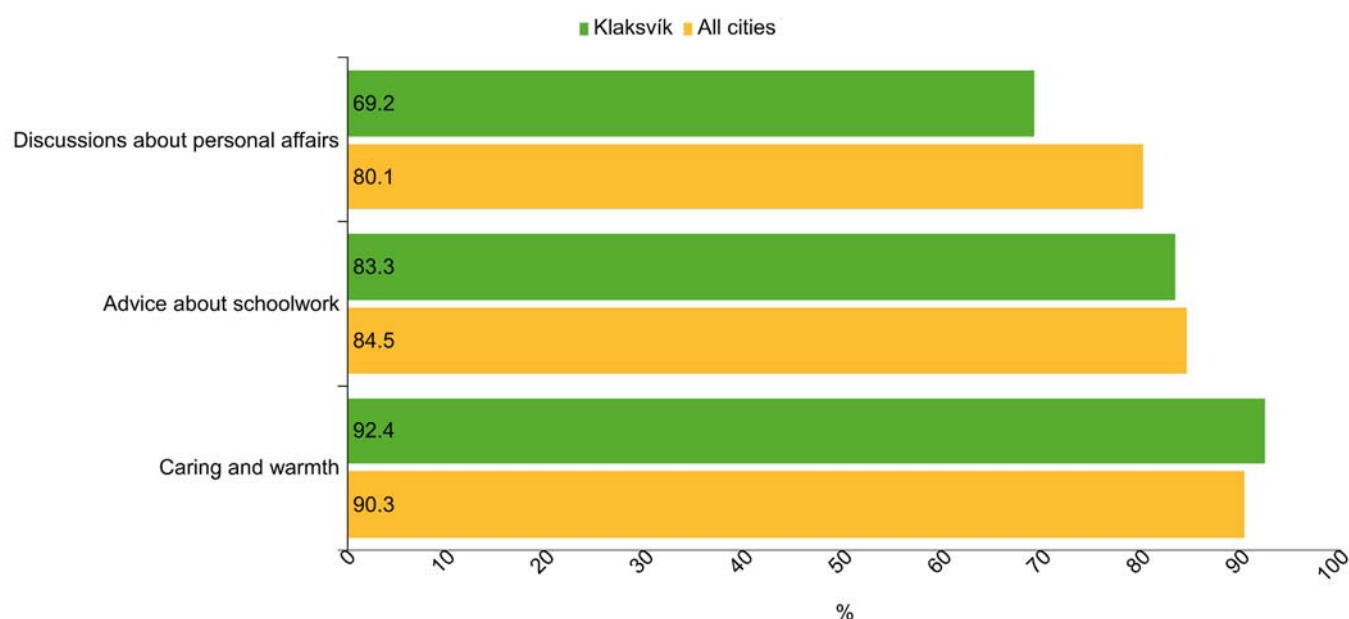


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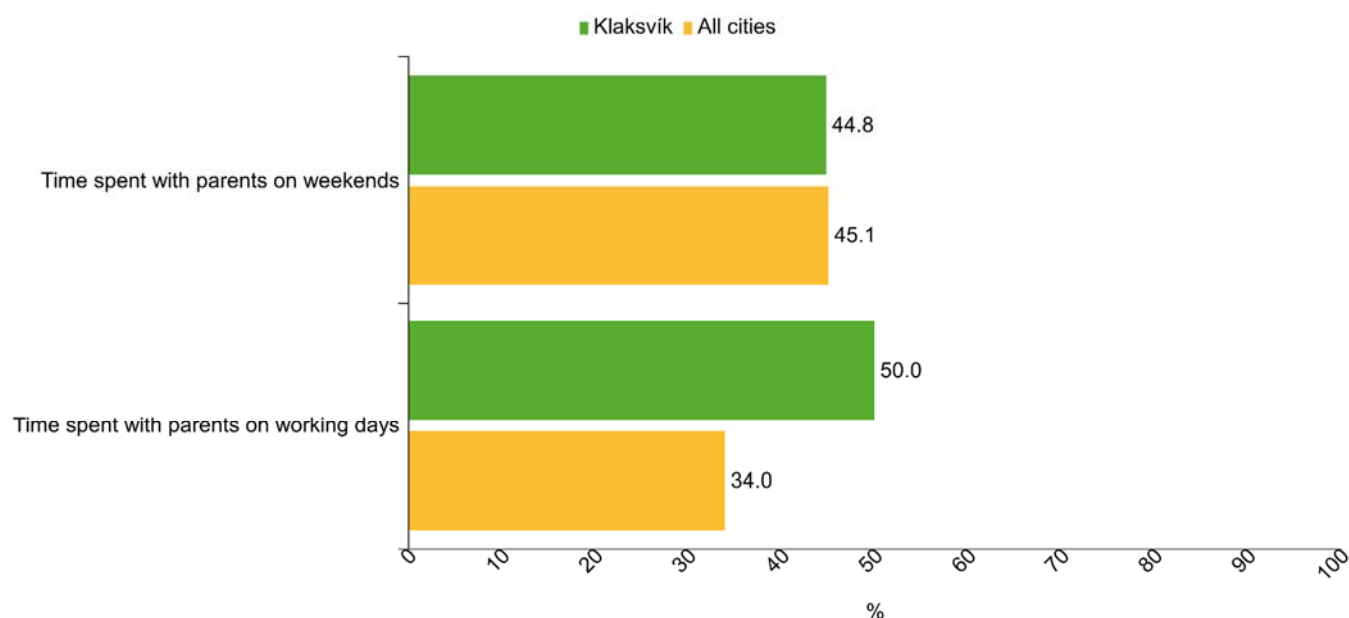


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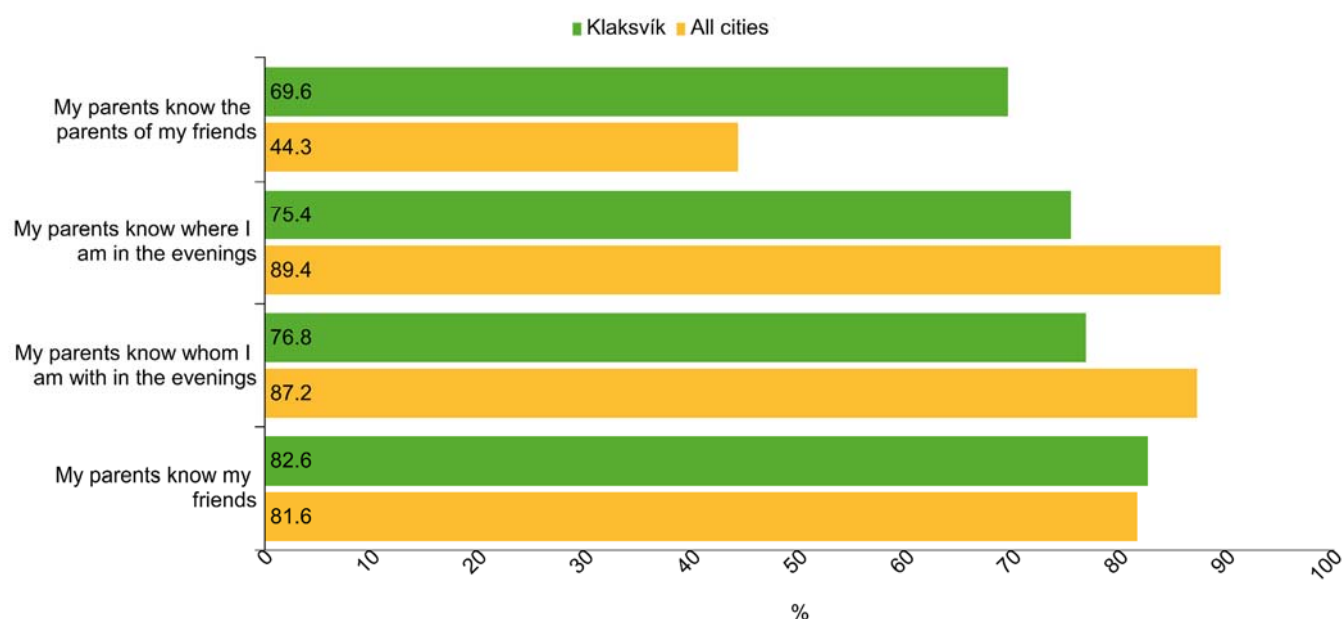


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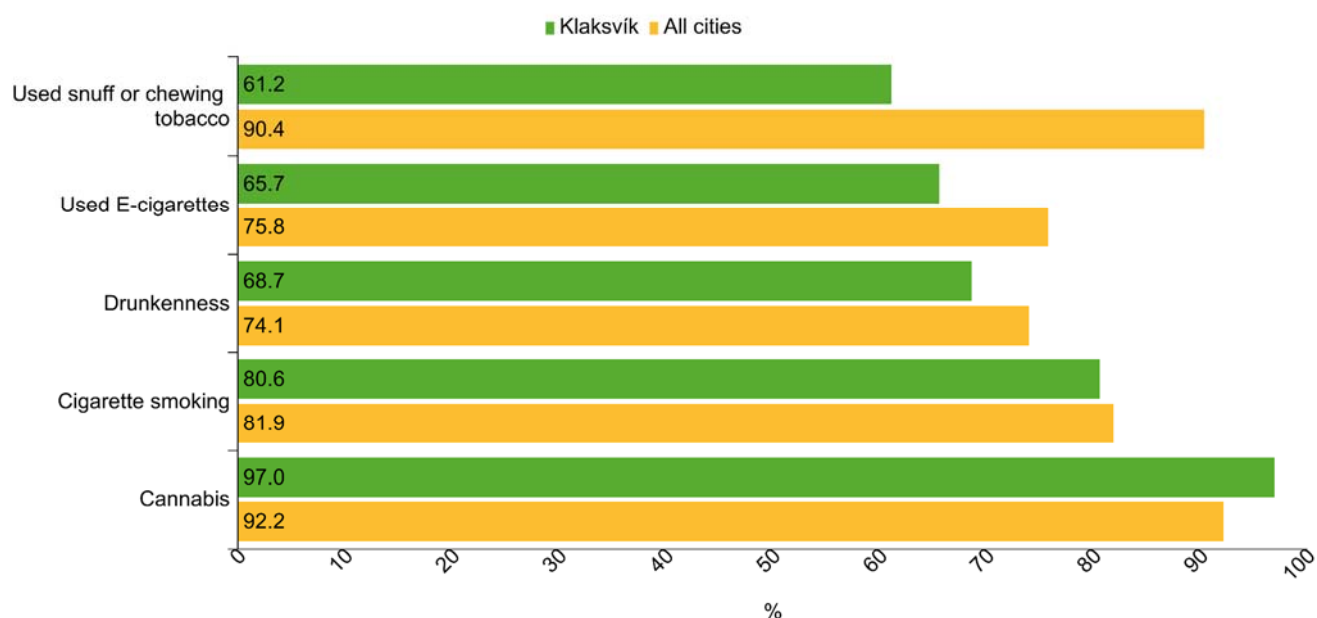


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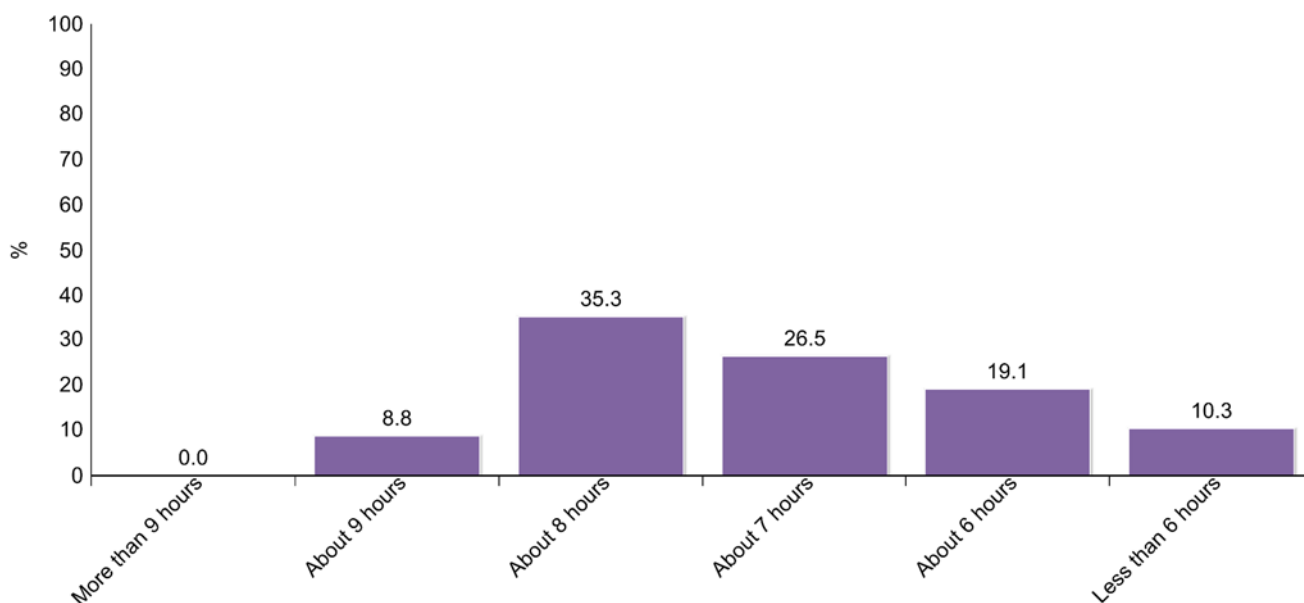


Figure 35. Average hours of sleep among adolescents in Klaksvík.

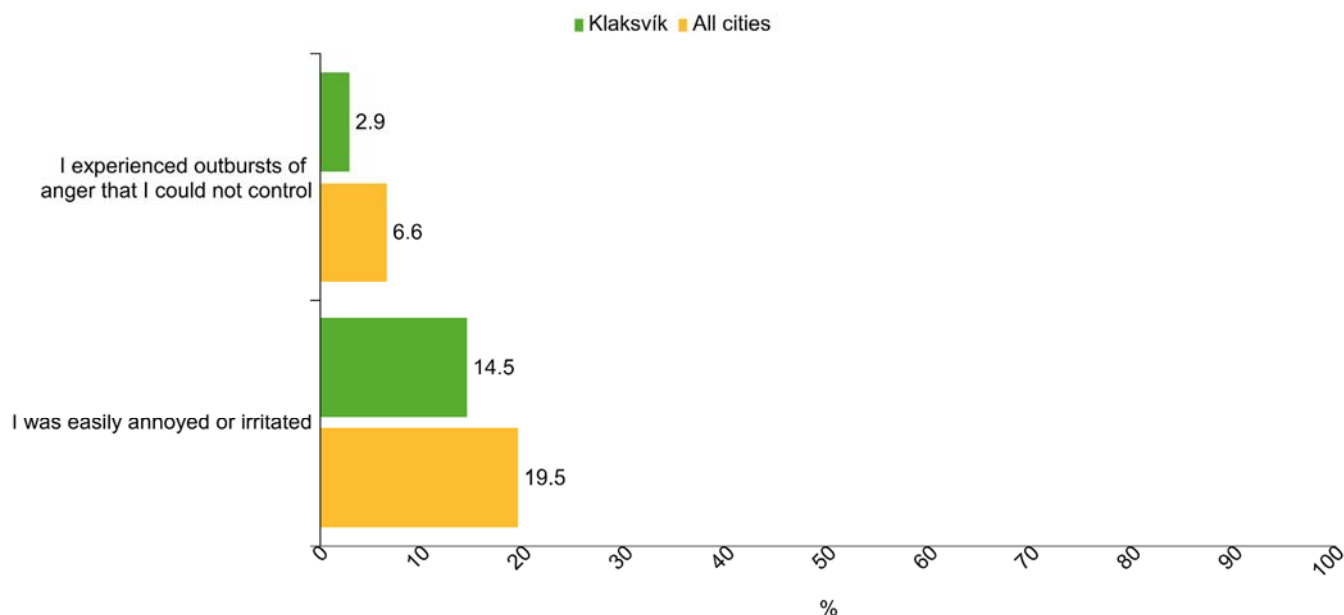


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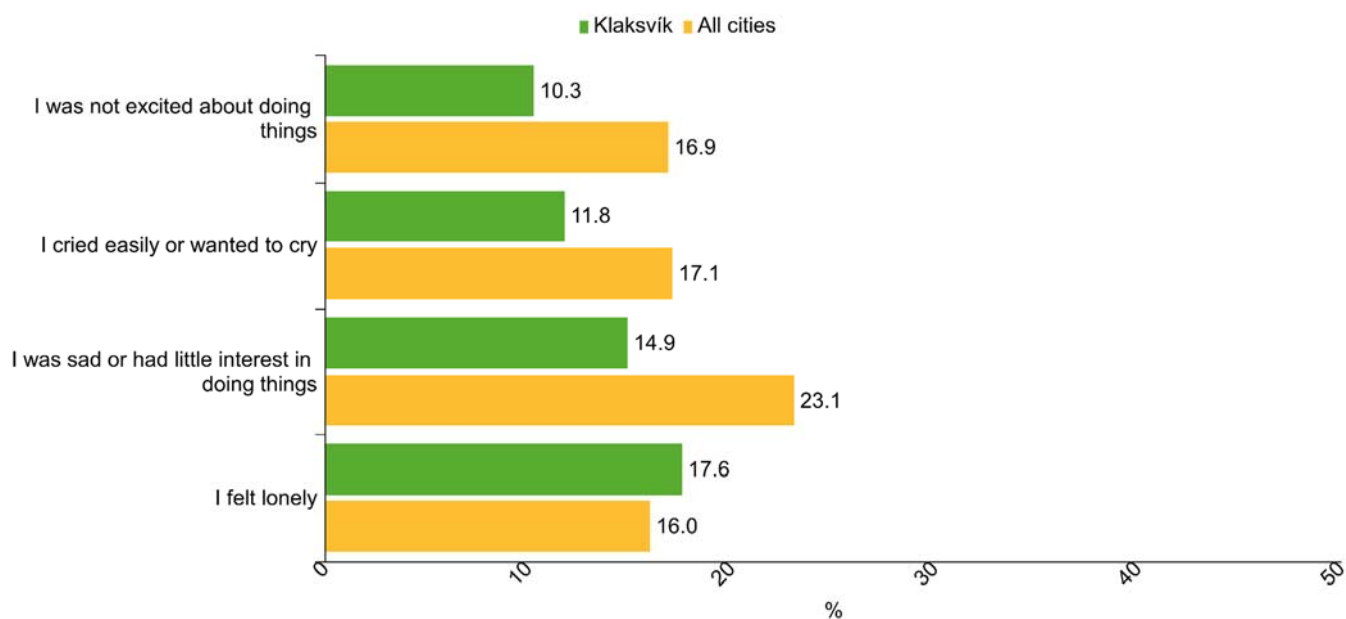


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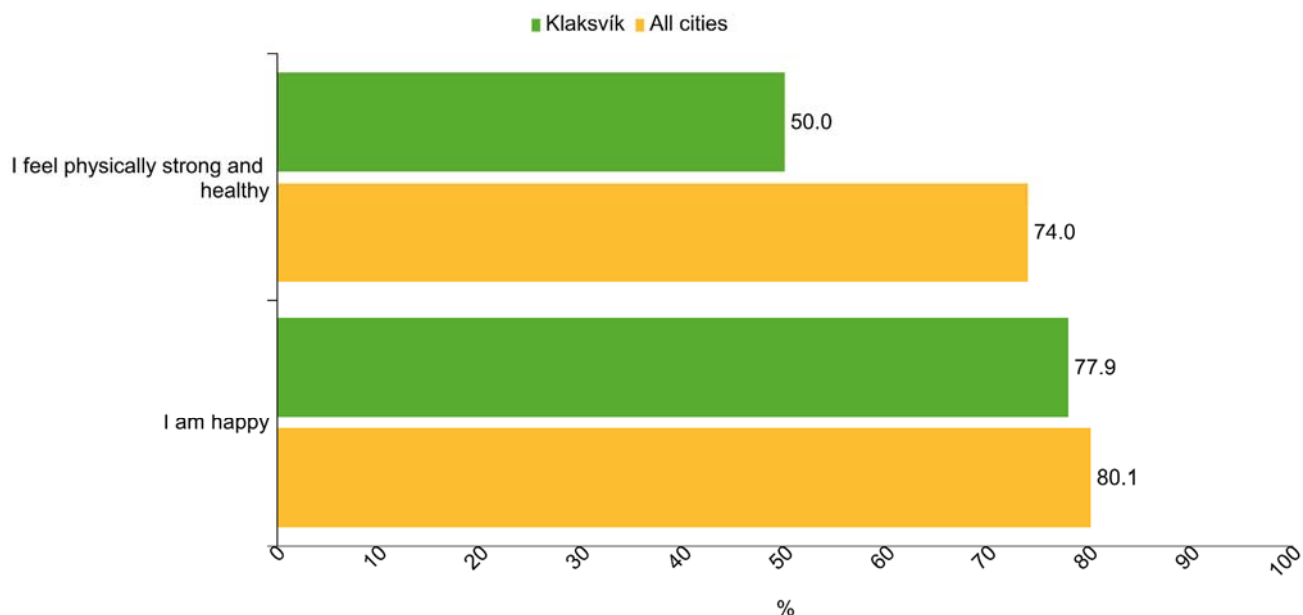


Figure 38. Proportion of adolescents in Klaksvík report being happy and feeling physically strong and healthy.

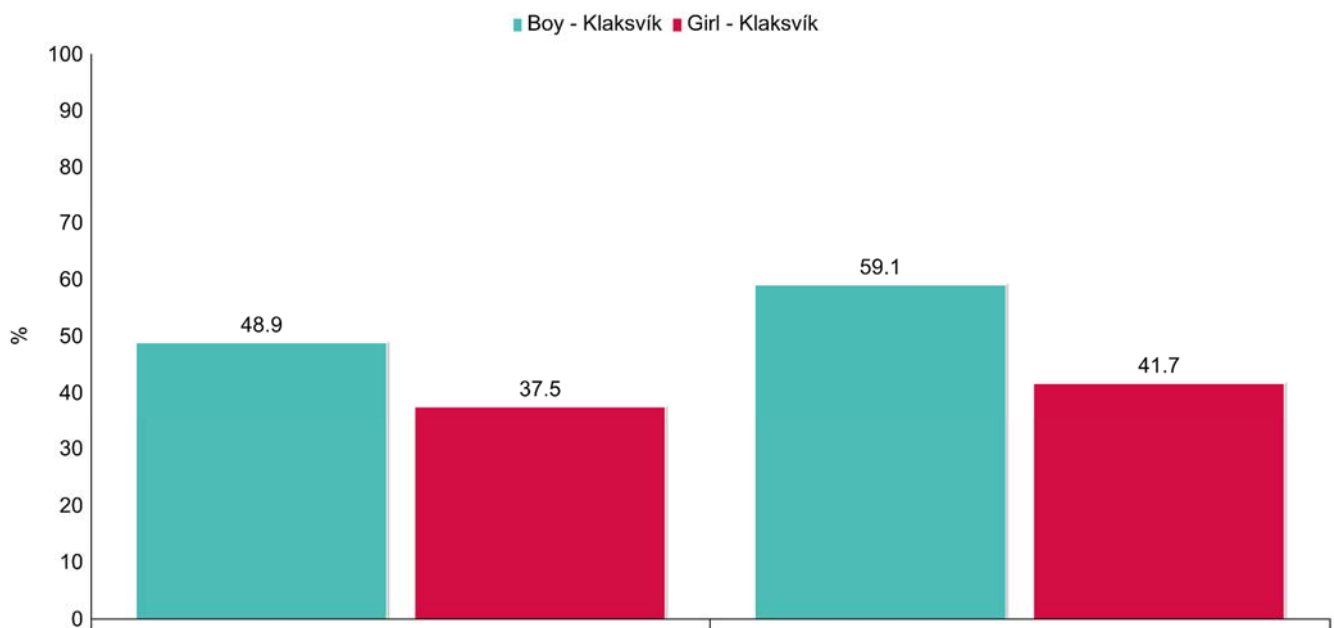


Figure 39. Proportion of adolescent girls and boys in Klaksvík that rate their physical health and mental health as good or very good.