

REPORT ON THE 2007 ESPAD SURVEY

(The European School Survey Project on
Alcohol and Other Drugs)

by
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ESPAD

Purposes and goals:

- To collect comparable data on the use of alcohol, tobacco and other drugs among students throughout European countries.
- To monitor the trends of the adolescent substance use in European countries and to compare trends between countries.
- To study adolescent substance use in Europe

Coordinator:

CAN - The Swedish Council for Information
on Alcohol and other Drugs

(Björn Hibell, Barbro Andersson, Ulf Guttormsson)



Supporters:

Council of Europe, Pompidou Group

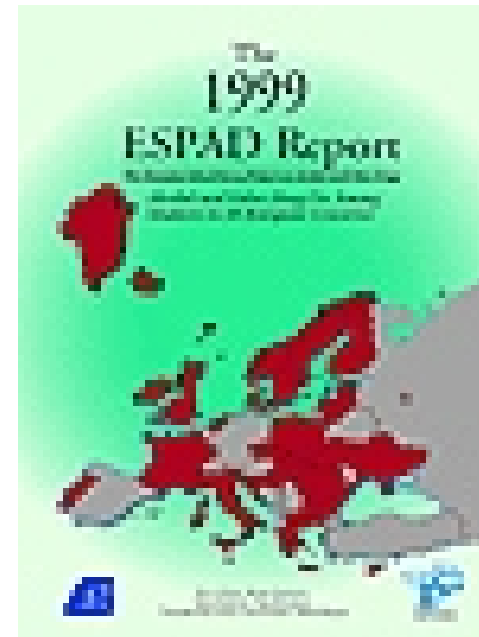


EMCDDA – The European Monitoring Centre
for drugs and drug Addiction



Financed

By different organs of participating countries



Method

- The most important peculiarity of the ESPAD methodology is that it is strictly standardized to insure the international and long run comparability
- Target population is students that turn 16 years old during the calendar year of data collection
 - National representative sample
 - At least 2400 participant by countries

- Standardized questionnaire
 - Contains core and optional questions
- Data collection: March/April
- Participant deliver their dataset to be merged into a common ESPAD dataset
 - First time in 2007,
 - But common dataset has been set up for the 2003 data collection, with the participation of 30 countries

Results – 2007

35 countries and 100 thousands students

The 2007 ESPAD Report
Substance Use Among Students in 35 European Countries



ESPAD Björn Hibell, Ulf Guttormsson, Salmé Ahlström,
Olga Balakireva, Thoroddur Bjarnason, Anna Kokkevi, Ludwig Kraus





























The European School Survey Project on Alcohol and Other Drugs (ESPAD) is a collaborative effort of independent research teams in more than forty European countries, making it the largest cross-national research project on adolescent substance use in the world.

ESPAD was founded in 1993, on the initiative of the Swedish Council for Information on Alcohol and Other Drugs (CAI) and with the support of the Pompidou Group at the Council of Europe. The first data collection exercise was conducted in 26 European countries in 1995. In later years, ESPAD has also established cooperation with the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), a body of the European Union.

The ESPAD project now covers most of the European continent, providing a reliable overview of trends in substance use among 15–16-year-old European students. Data are collected every four years. This report presents the results from the fourth wave, conducted in 35 countries during 2007. It gives a comprehensive picture of the present situation in Europe regarding the use of tobacco, alcohol, cannabis and other substances, as well as an overview of trends in 1995–2007.

2007 ESPAD Countries:

 Armenia	 Germany	 Norway
 Austria	 Greece	 Poland
 Belgium	 Hungary	 Portugal
 Bulgaria	 Iceland	 Romania
 Croatia	 Ireland	 Russia
 Cyprus	 Isle of Man	 Slovak Republic
 Czech Republic	 Italy	 Slovenia
 Denmark	 Latvia	 Sweden
 Estonia	 Lithuania	 Switzerland
 Faroe Islands	 Malta	 Ukraine
 Finland	 Monaco	 United Kingdom
 France	 Netherlands	

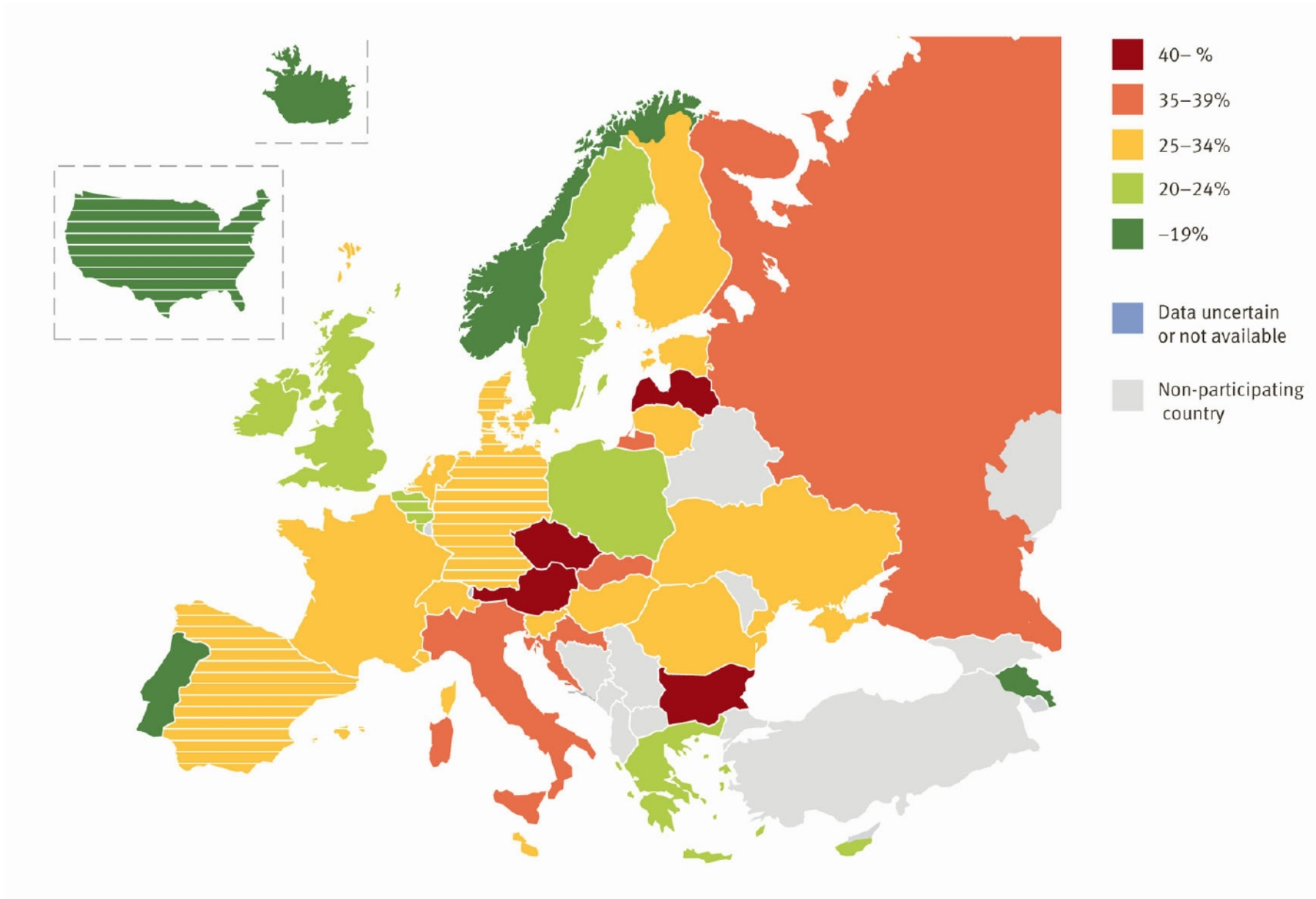
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Smoking

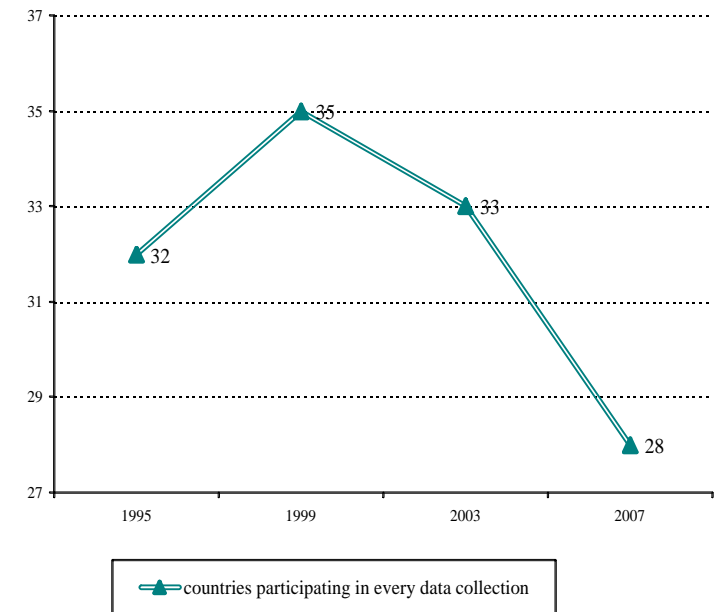
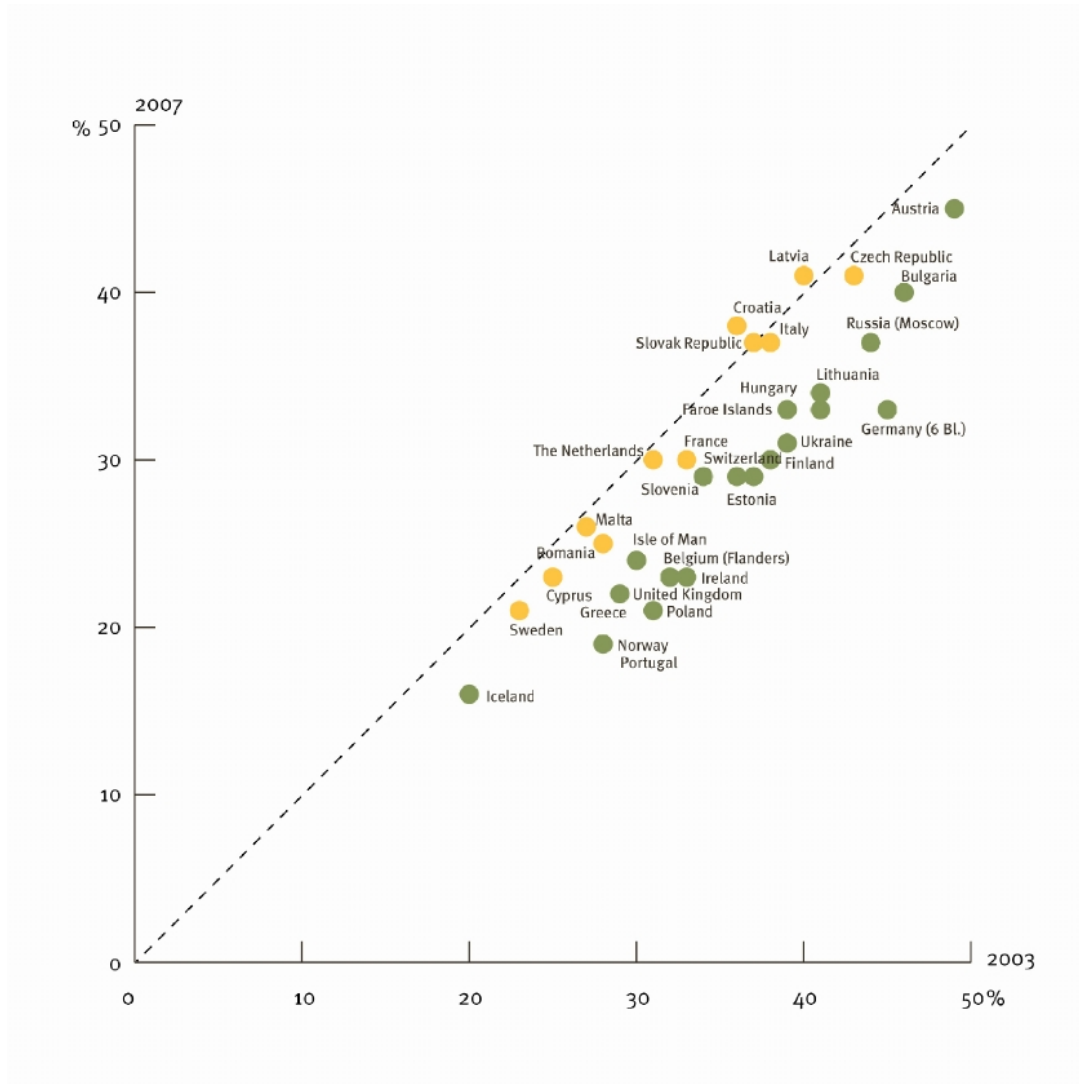
- More than half (58 %) of the students in participating countries reported having tried smoking cigarettes at least once in their life
- 29% had used cigarettes during the last 30 days
- 18 % smoke with a daily regularity

- Gender differences are not important in 2007 for smoking, but there are exceptions:
 - by the smoking in the last 30 days:
 - In Armenia boys were 16 percentage points above girls, and
 - in Monaco girls were 19 percentage points above boy

Cigarette use during the last 30 days – All students



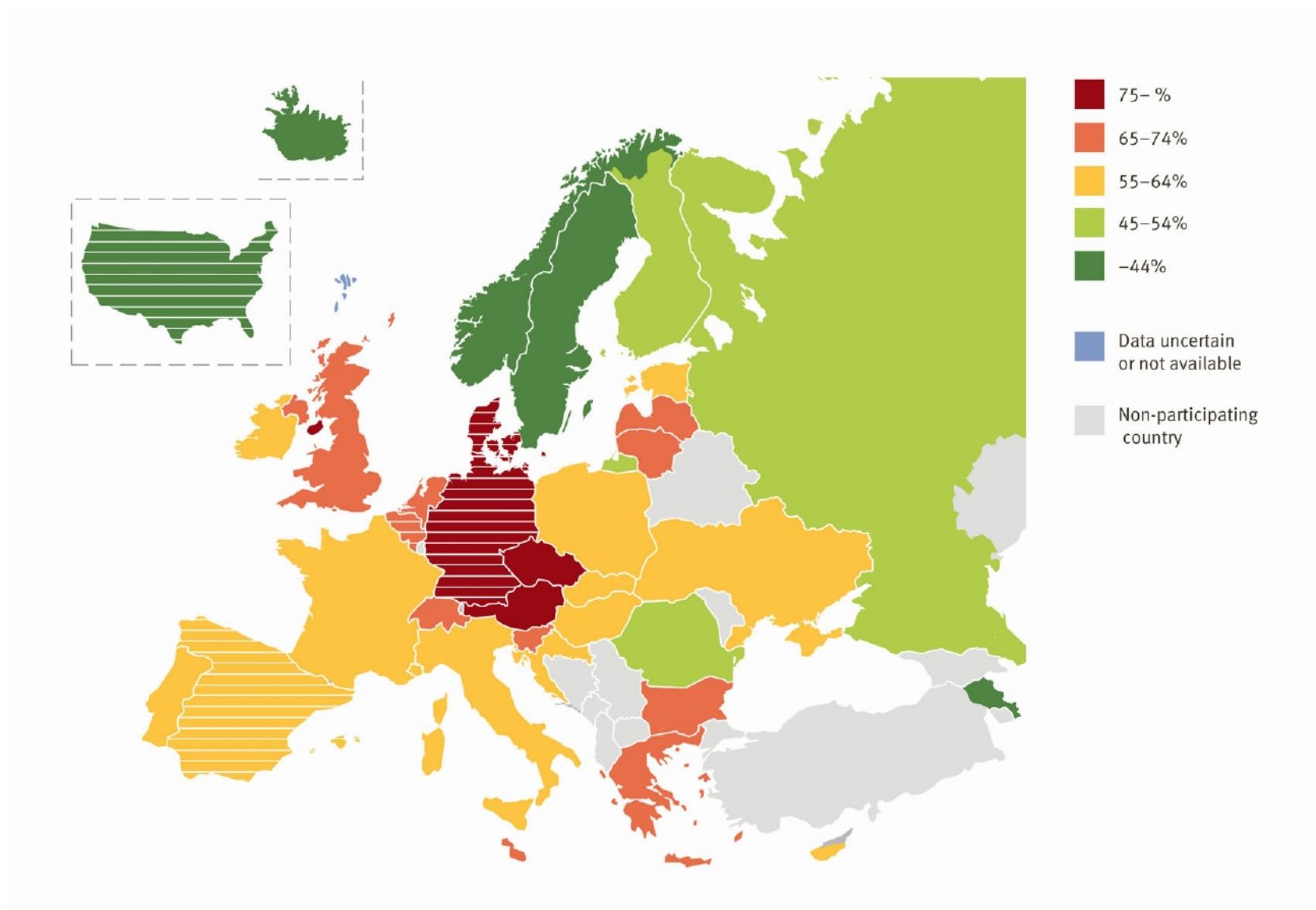
Changes in cigarette use during the last 30 days



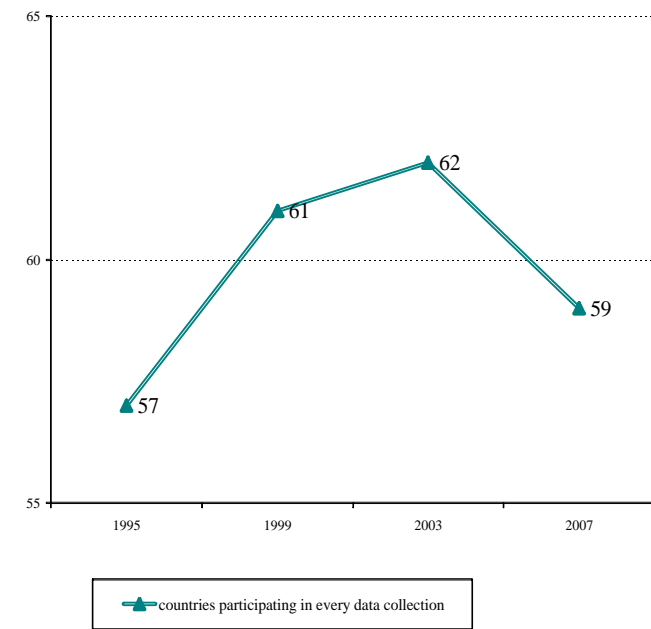
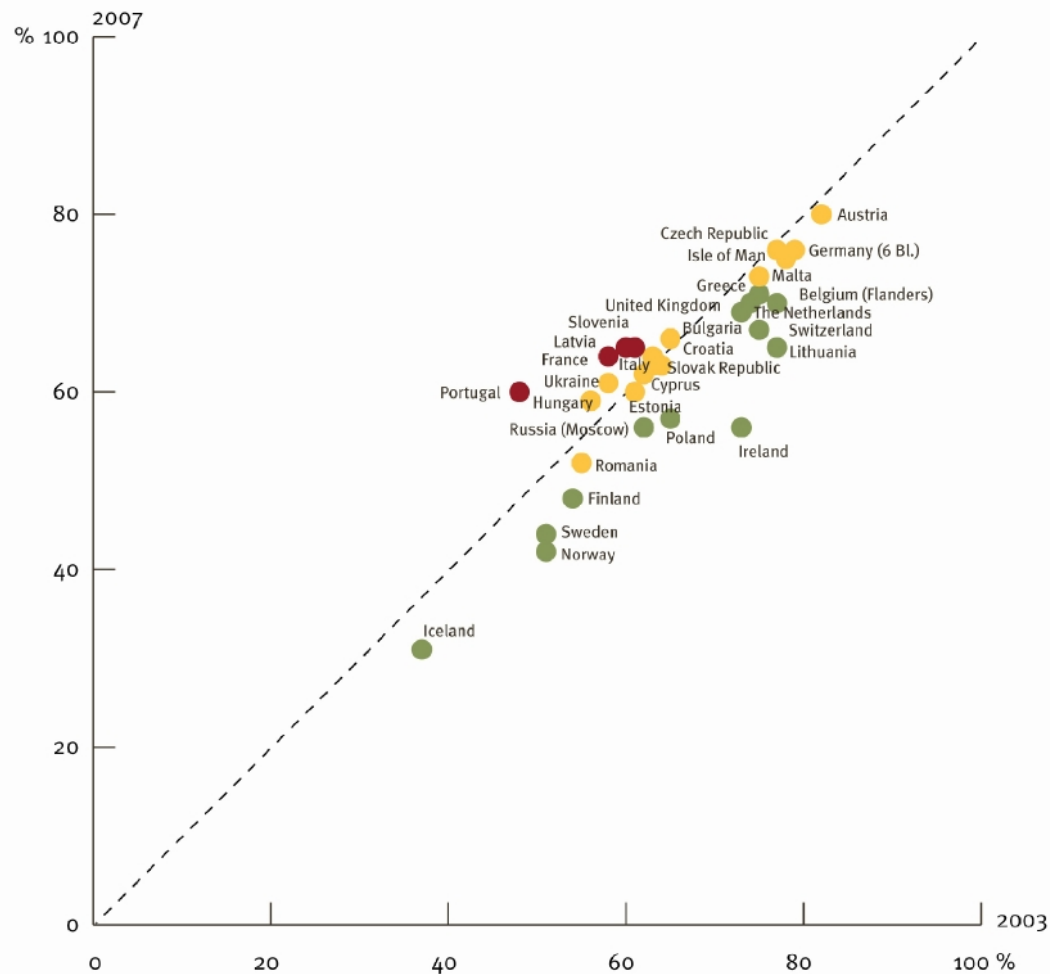
Alcohol

- 90% of students have drunk alcohol at least once during their lifetime
- 82% have drunk in the last 12 months
- 61% have drunk in the last 30 days
 - Significant country differences: Iceland 31 %, Austria 80%
- The figures for lifetime, past 12 months and past 30 days prevalences are similar for boys and girls
- Higher frequencies are reported in higher proportion by boys

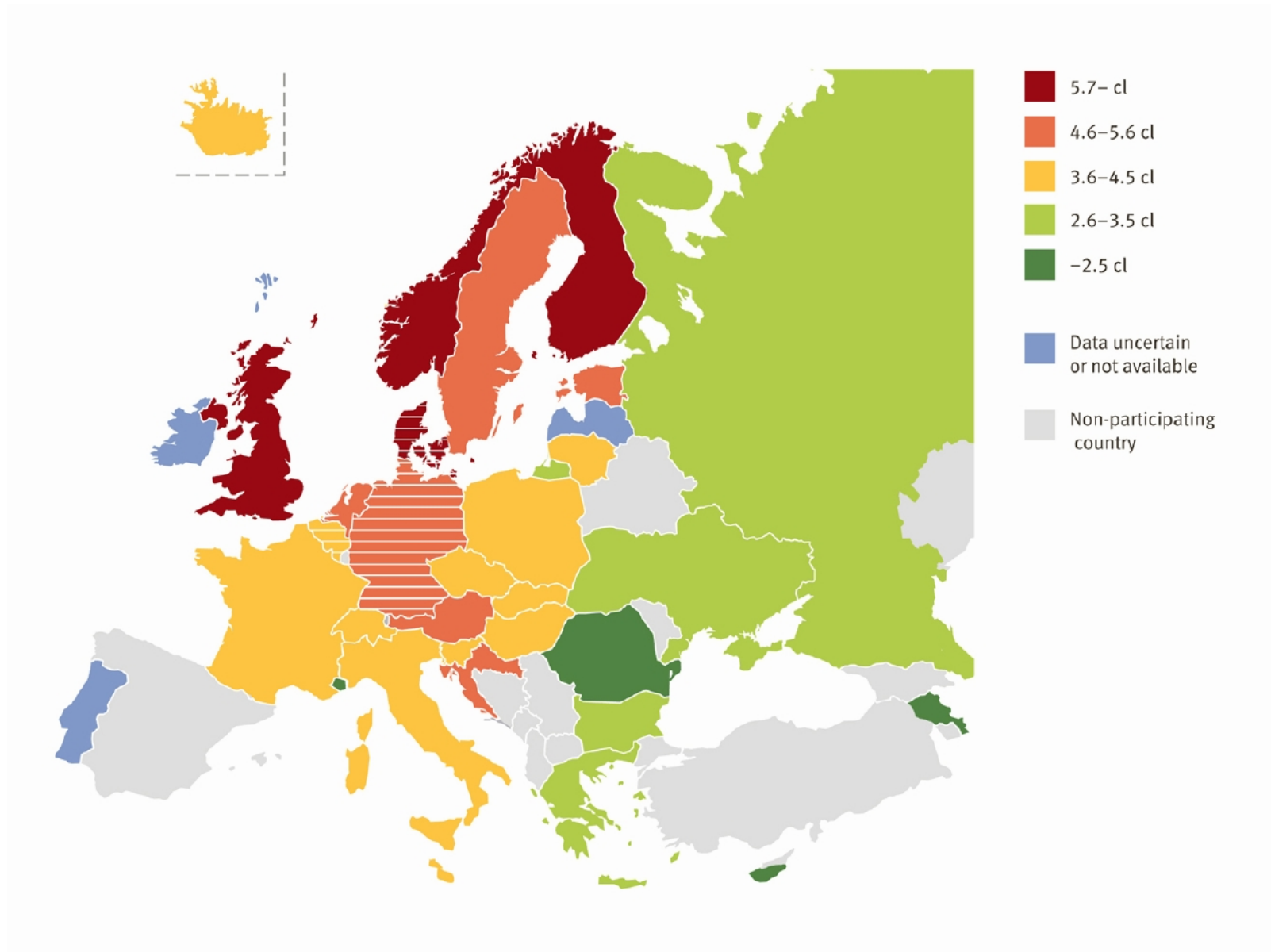
Alcohol use during the last 30 days



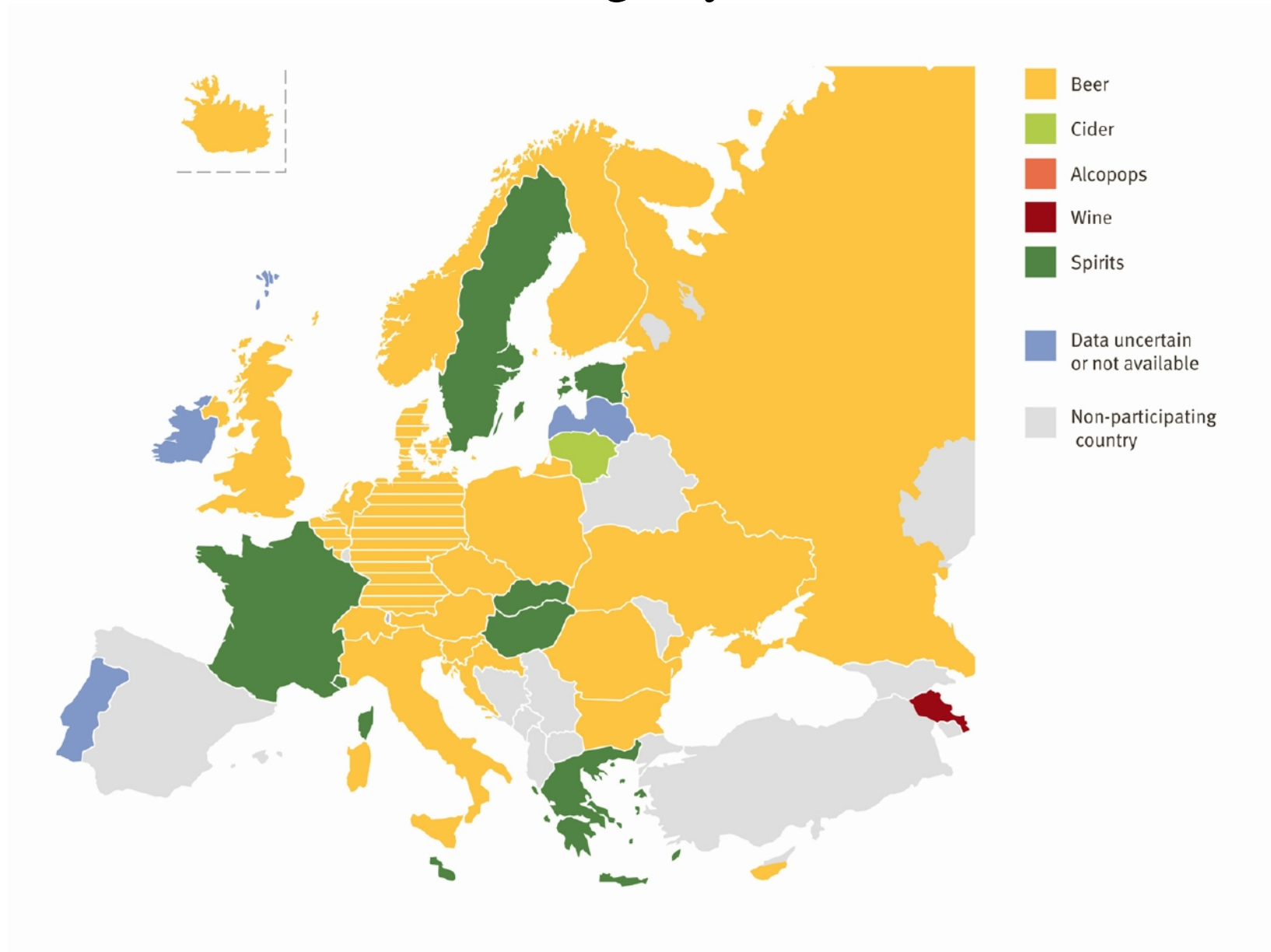
Changes in use of any alcoholic beverage during the last 30 days



Average alcohol consumption during the latest alcohol-drinking day (centilitres of 100% alcohol)



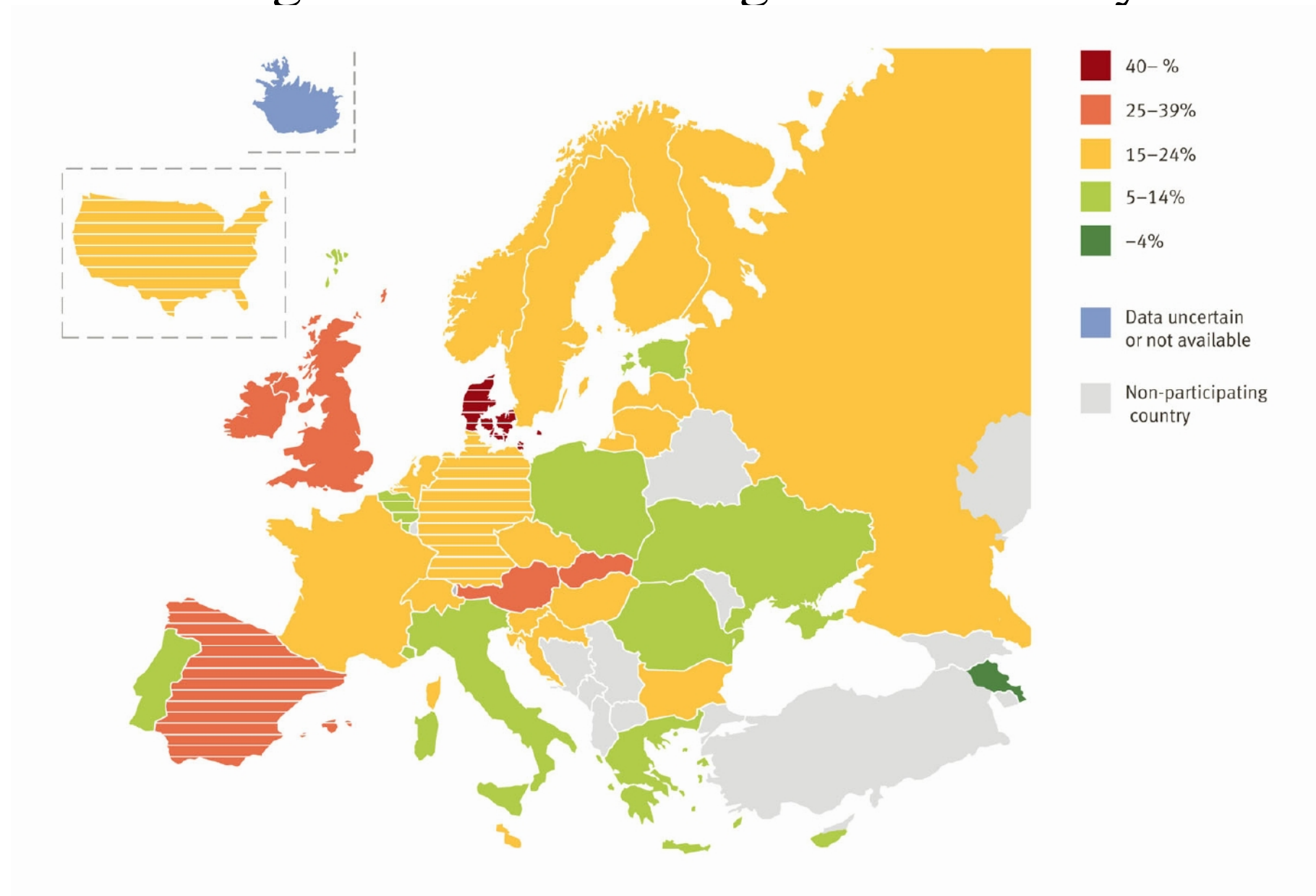
Dominant beverage during the latest alcohol-drinking day



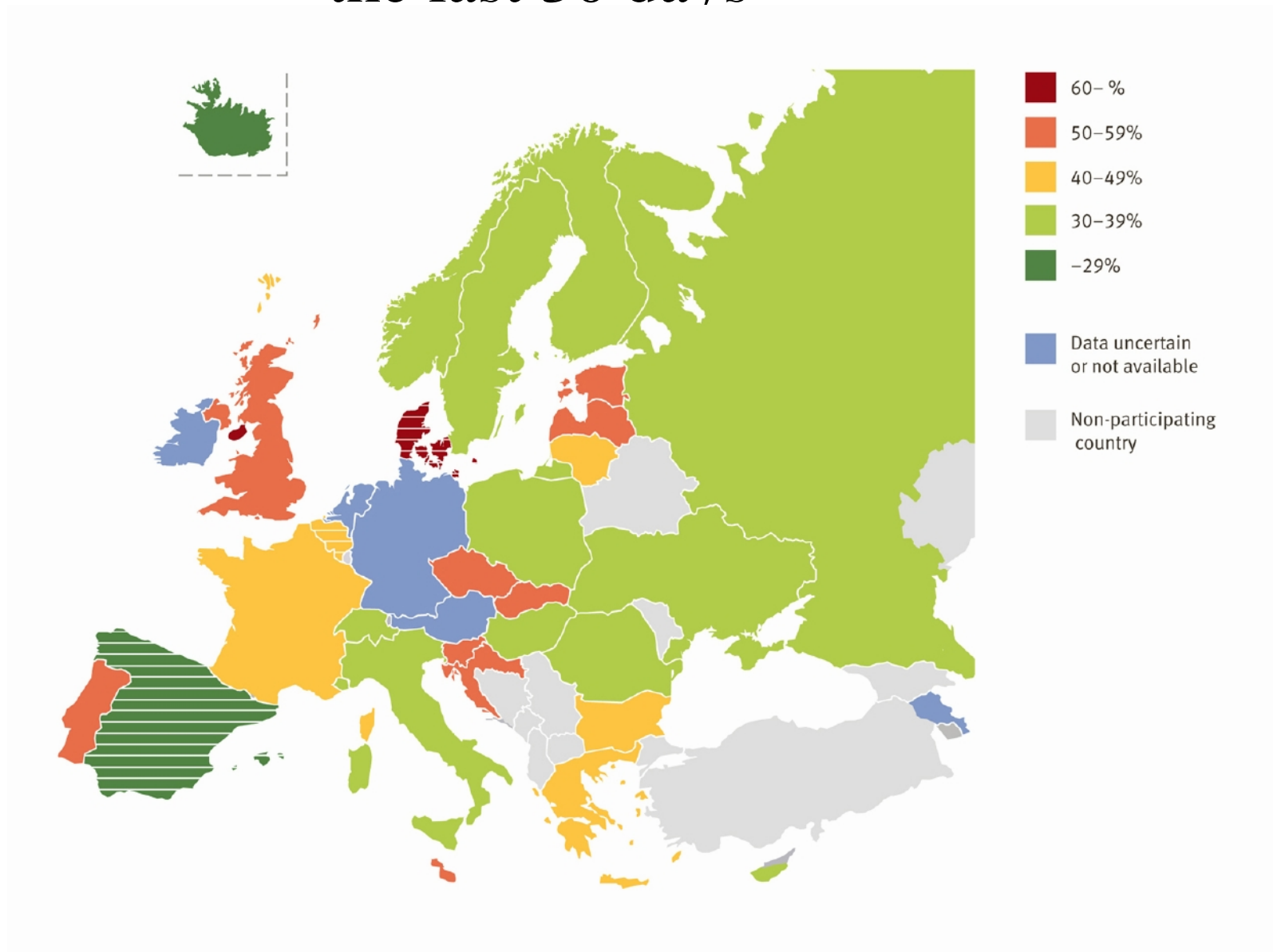
Heavy drinking and drunkenness

- Half of the ESPAD students have been intoxicated at least once during their life
- For 18% of the students this had happened during the past 30 days
- 43% of the ESPAD students reported heavy episodic drinking (5+ drinks) during the past 30 days
- On the average EASPAD level there were no gender differences in drunkenness, while heavy episodic drinking is more common among boys
- Gender differences of heavy drinking are diminishing

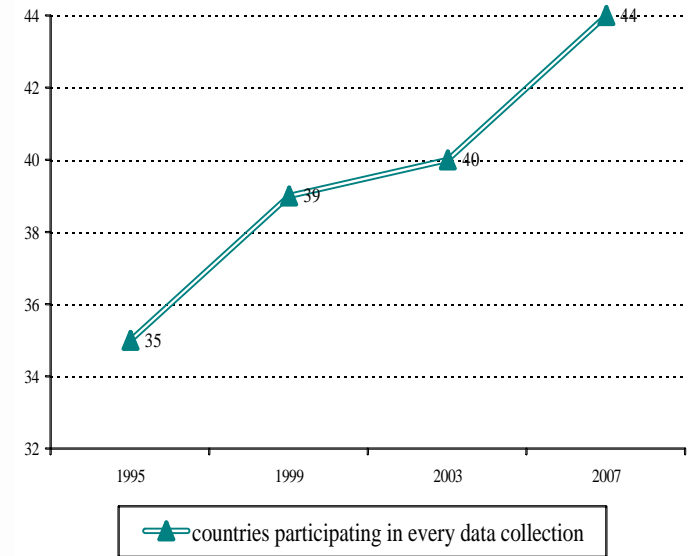
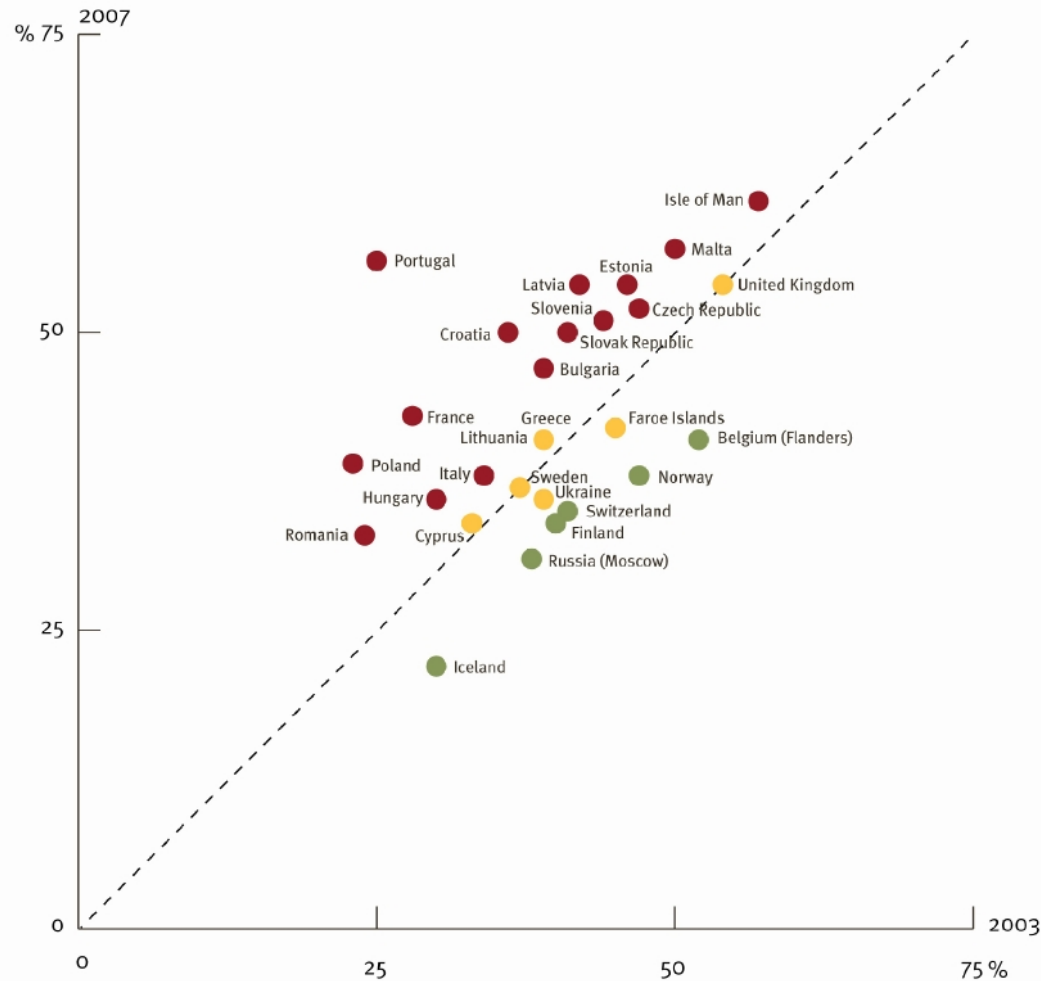
Having been drunk during the last 30 days



Five or more drinks on one occasion during the last 30 days



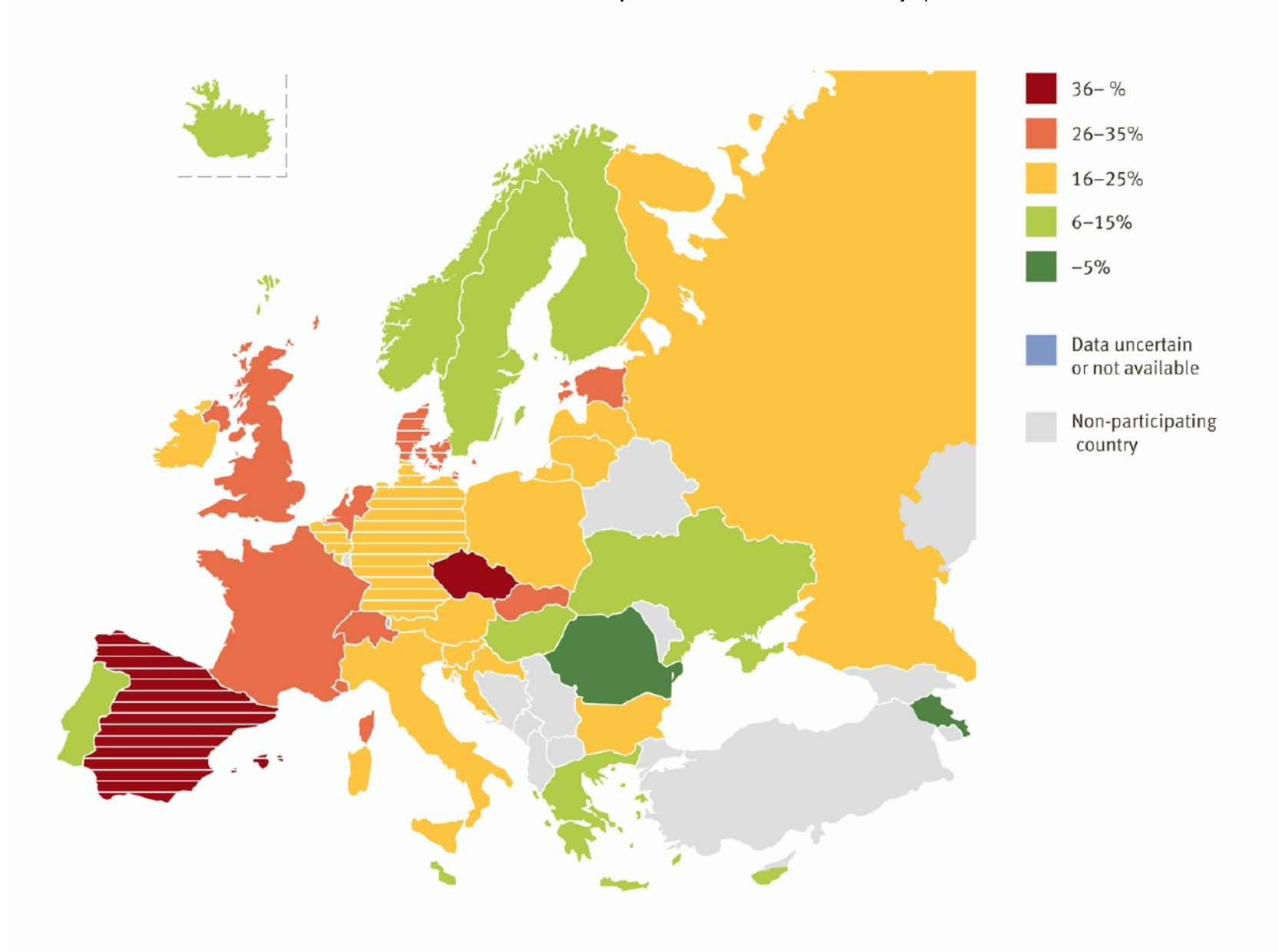
Changes in heavy drinking during the last 30 days



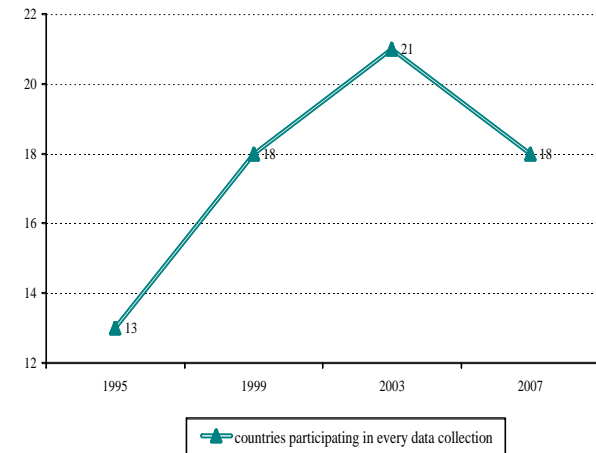
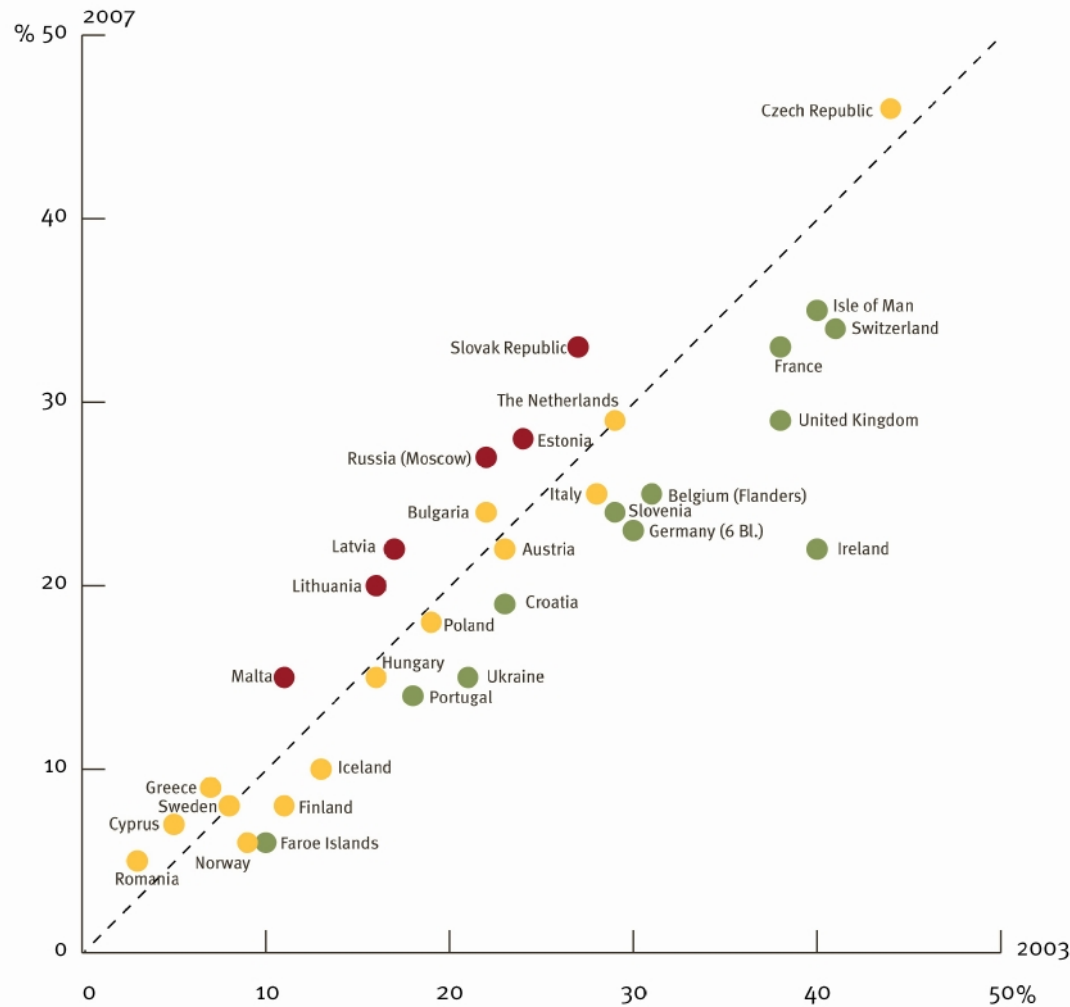
Illicit drugs

- Cannabis is easy to obtain in Europe: one-third of the students find cannabis readily available
- Amphetamines and ecstasy are not considered as readily available as cannabis
- 20 % of the students have tried illicit drugs at least once during their lifetime
- The vast majority of the students who have tried illicit drugs have used cannabis
- Cannabis use was reported by 19%
- 7% had tried other illicit drugs
- More boys than girls have tried illicit drugs

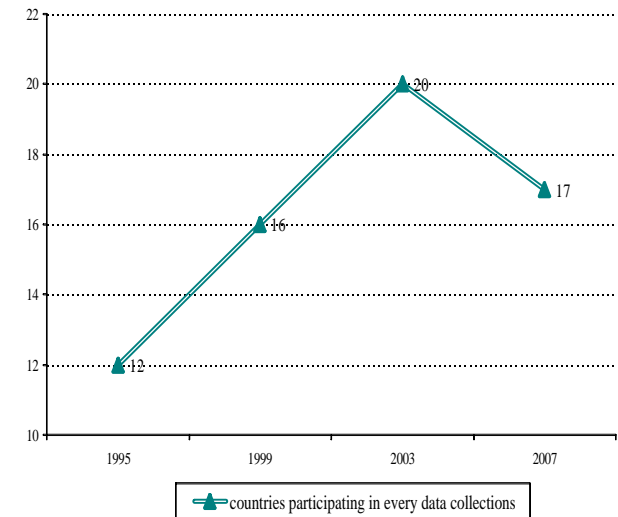
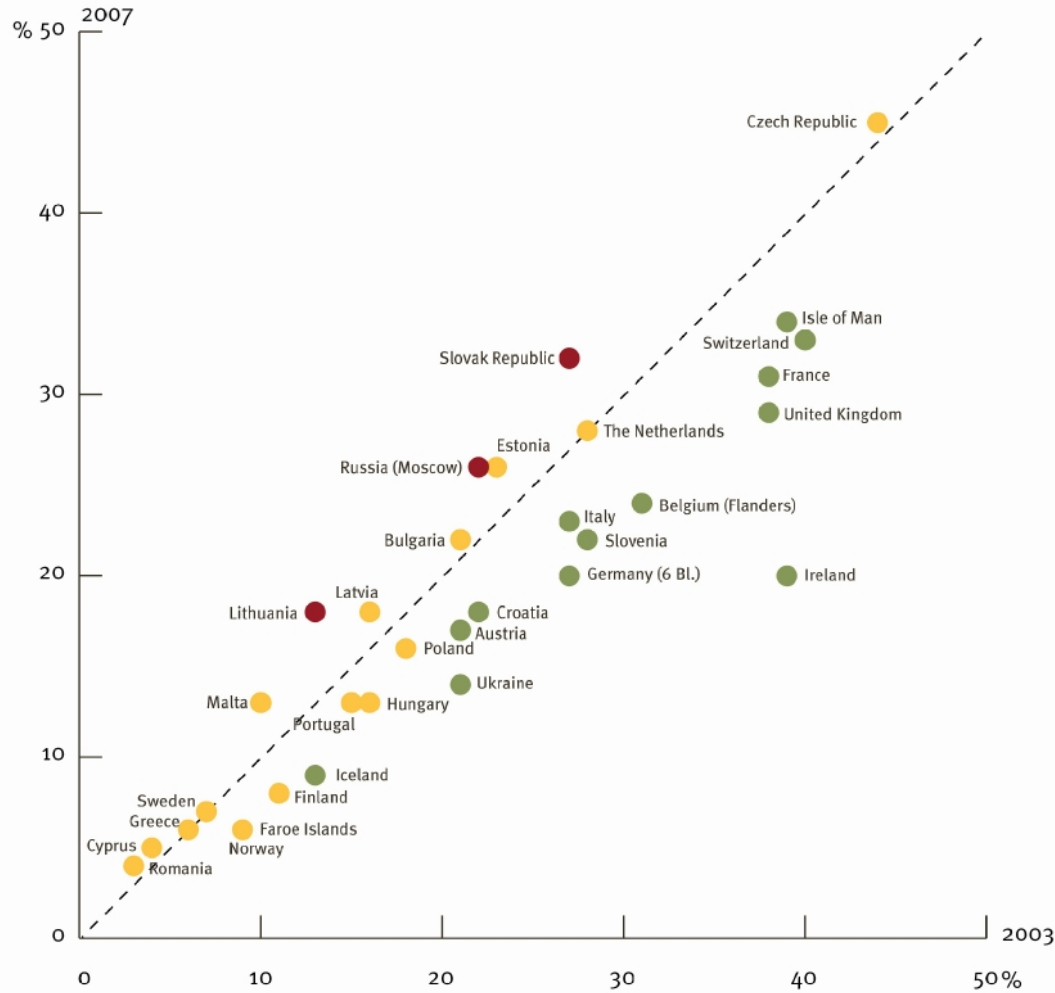
Lifetime use of any illicit drugs



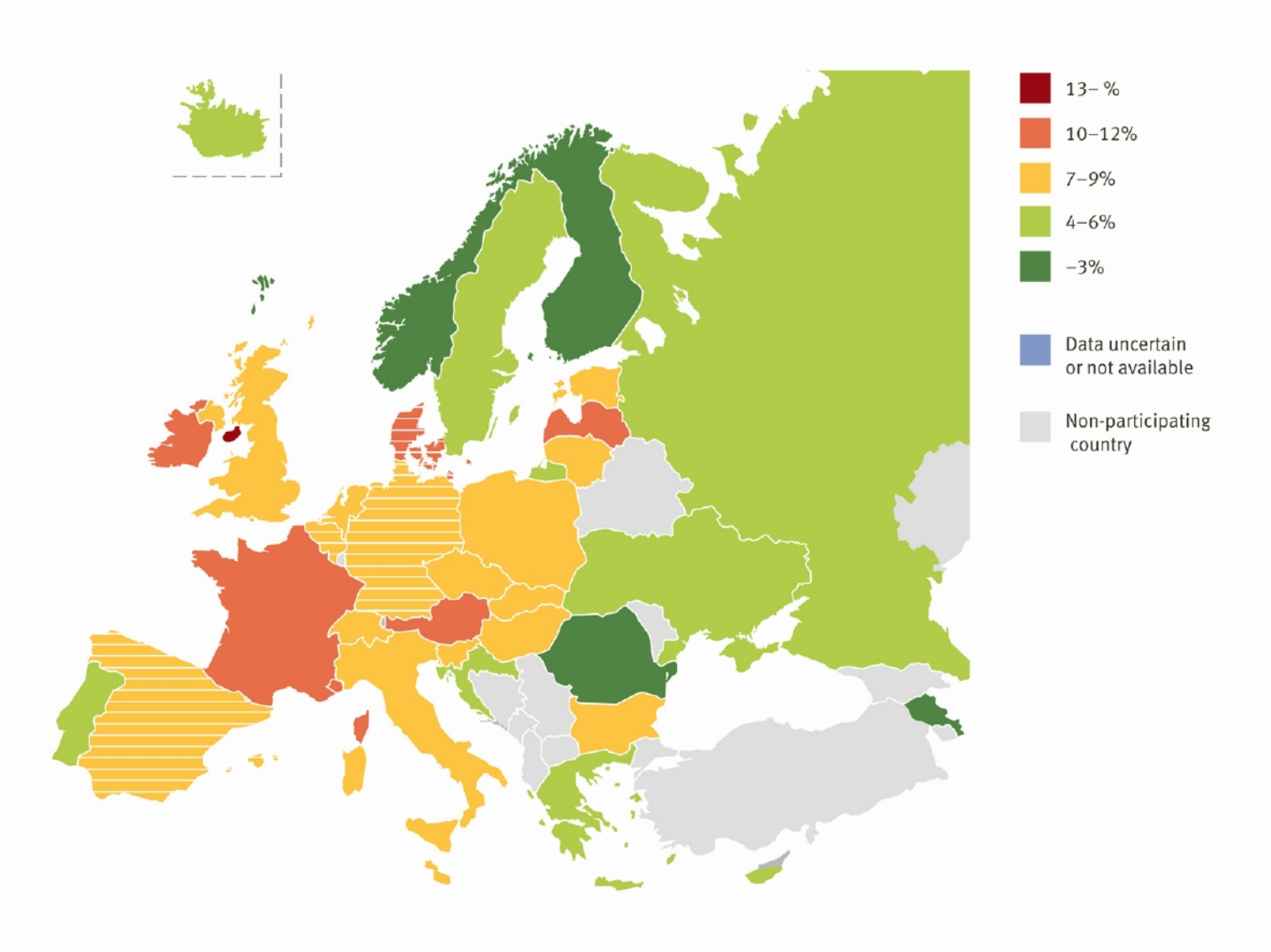
Changes in lifetime use of illicit drugs



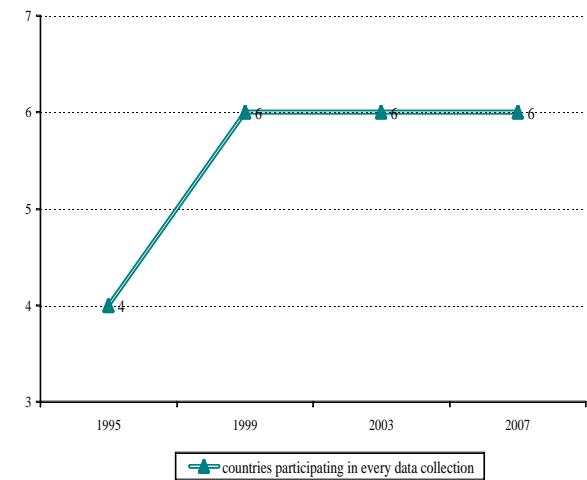
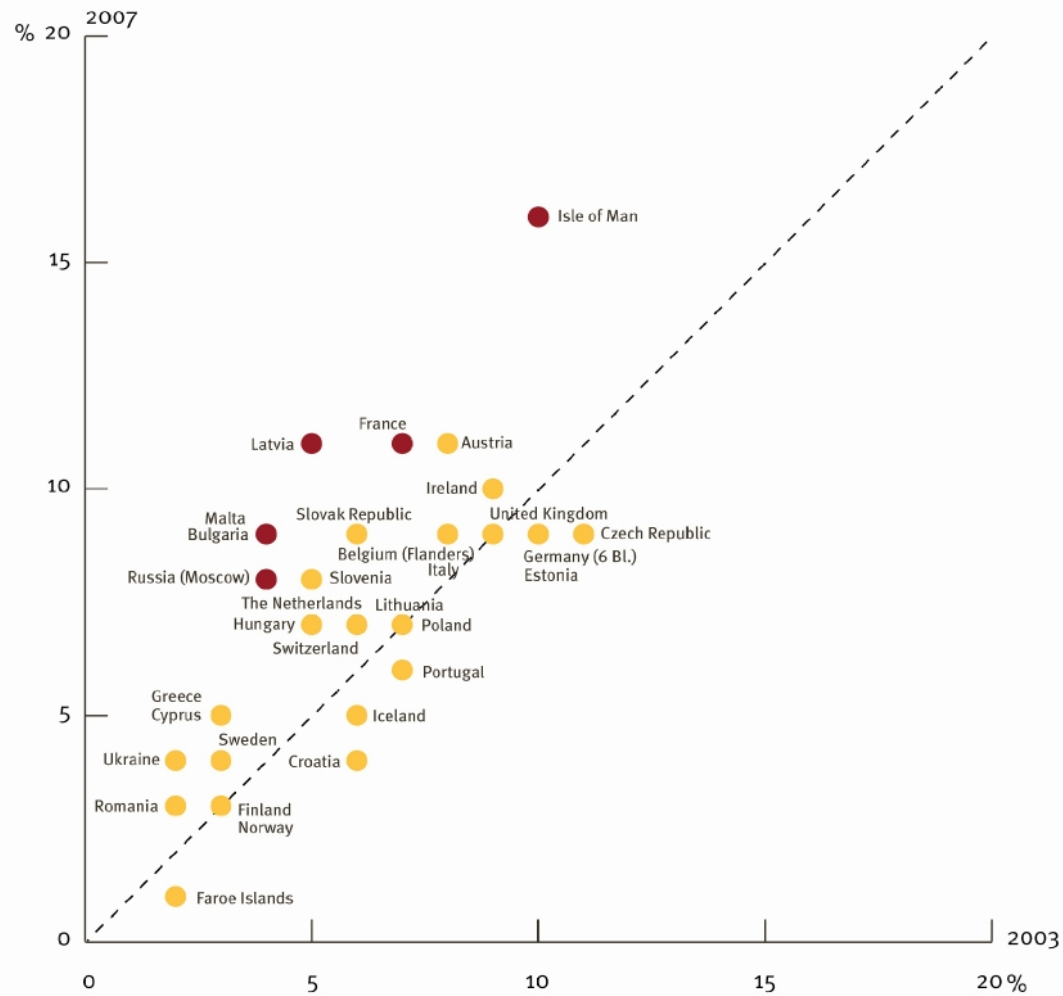
Changes in lifetime use of cannabis



Lifetime use of illicit drugs other than marijuana

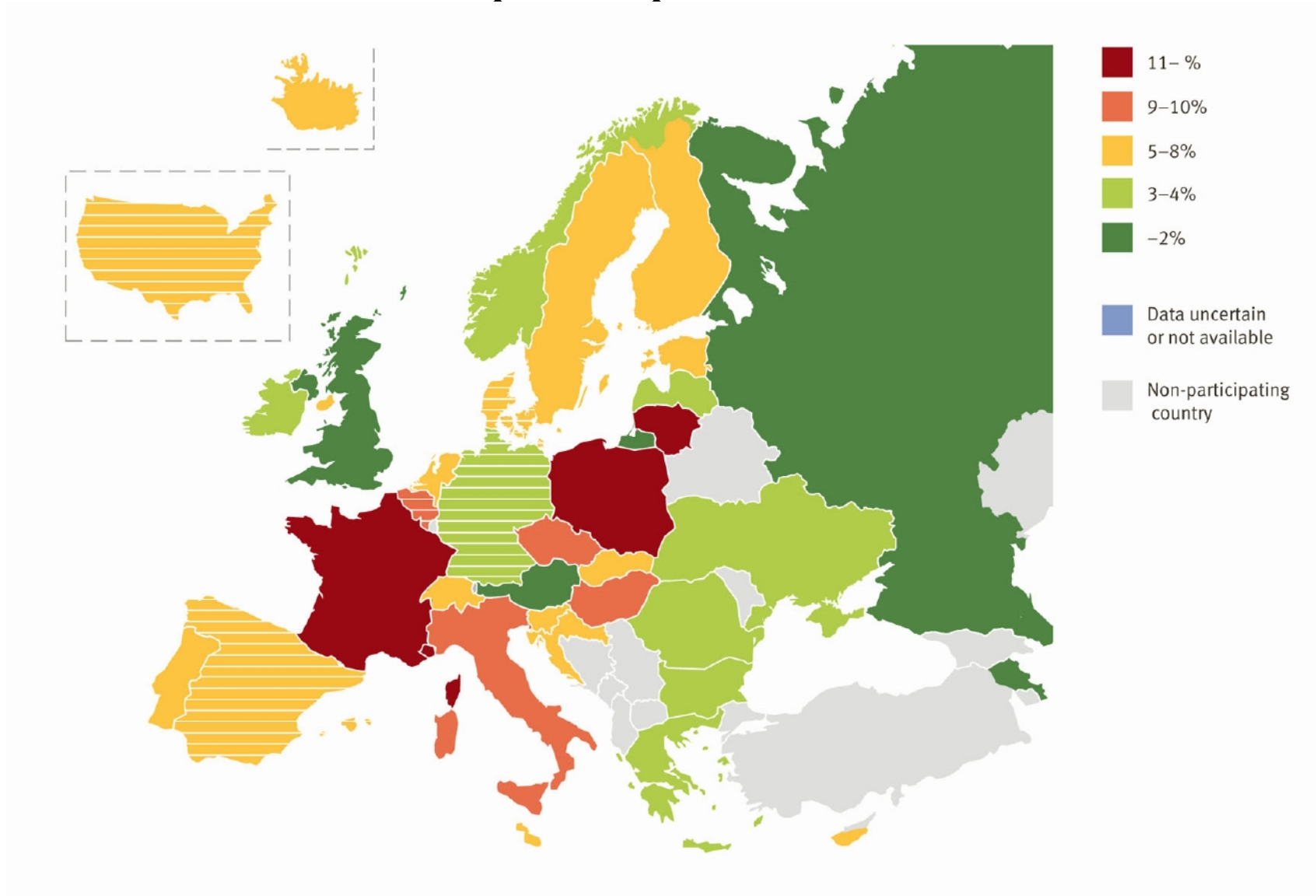


Changes in lifetime use of illicit drugs other than marijuana

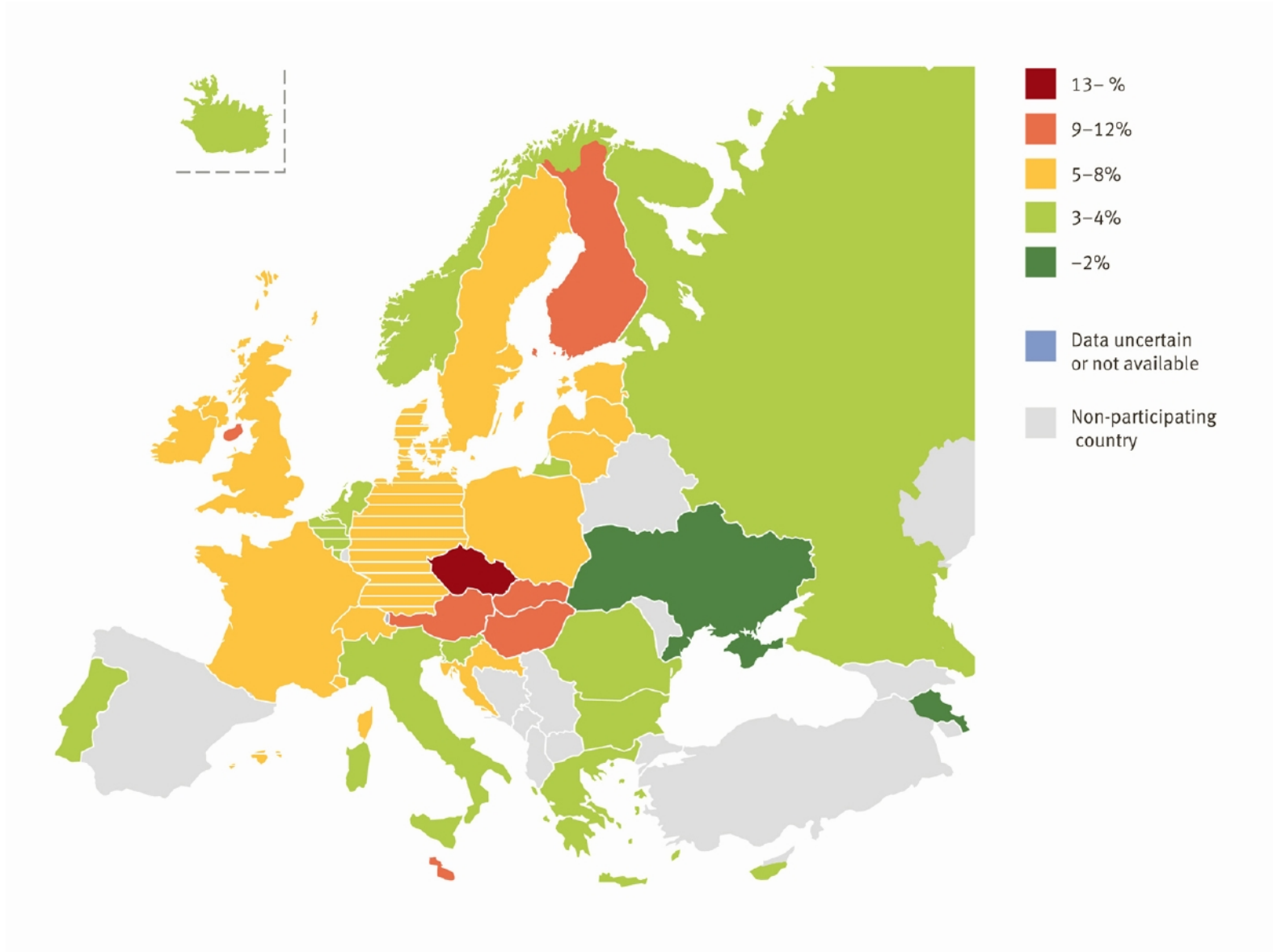


Other substances

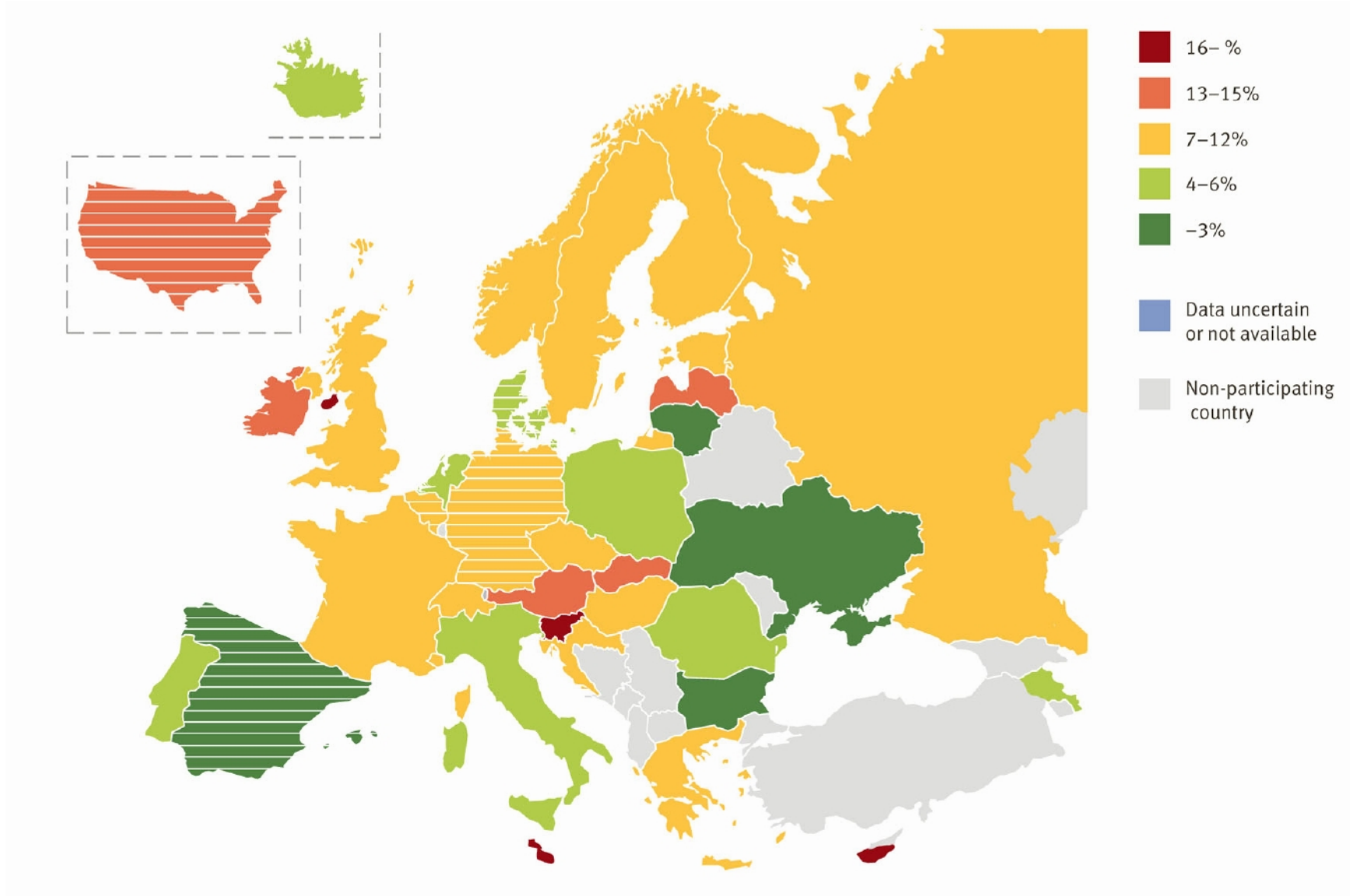
Lifetime use of tranquillisers or sedatives without prescription



Lifetime us of alcohol together with pills



Lifetime use of inhalants



Summary

- Cigarette use has decreased since 1999
 - Gender difference has completely vanished
- After an increase in lifetime use of illicit drugs between 1995 and 2003, the 2007 figure is three percentage points below that for 2003
- The decrease in illicit drug use is due to the decrease in marijuana lifetime use

- Alcohol use in the past 12 months, lifetime use of non-prescribed tranquillisers/sedatives, alcohol with pills, inhalants display hardly any changes at all over four waves
- There is an upward trend for heavy episodic drinking throughout 1995-2007
 - It is mostly due to the increasing prevalence rates among girls
- Overall impression is one of an improved situation apart from the heavy episodic drinking measure

- In countries where many students report recent alcohol use and intoxication, more students are likely to report experience of illicit drugs, inhalants and other substances and vice versa
- Countries where most indicators are above the average: Austria, Czech Republic, Denmark, Germany, Isle of Man, Slovak Republic and United Kingdom
- Countries where most indicators are below the average: Armenia, Cyprus, Greece, Iceland, Portugal and Romania

- Countries showing long-term decreases in substance use are often located in western Europe
- Countries displaying increases are often found in eastern Europe

more information:

www.espad.org