



Evaluation of local alcohol and drug prevention in Sweden, and Stockholm – impact on use?

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EU membership 1995

Some changes

- 100-fold increase in individual import quota when travelling from another EU country
- Abolishment of import, export and production monopoly
- Reduction in high prices
- Increase in alcohol use from 8 to 10% liters from 1995 to 2003 (+25%), then decrease especially among youth



National alcohol and drug plans

- National alcohol and drug plans in 2001 and 2005 stressed local prevention to reduce alcohol and drug use and related problems. Over 100 million euros have been used to let municipalities hire local co-ordinators, generally on a 50%/50% payment principle since about 2002



Monitoring

- Questionnaire surveys to all co-ordinators in; 2003 (Anders Häregård, Prevention Centre Stockholm);
- 2005 (National alcohol committee);
- 2007 (This survey on behalf of the National alcohol committee)



Survey in March 2007

- Target group was all 239 municipal alcohol- and drug co-ordinators in Sweden
- 162 (68%) responded; 61% were women and 39% men
- The response rate was 73% in 2003 and 68% in 2005.



Target areas (%)

Activity	2003	2005	2007
Youth alcohol	92	89	88
Youth drug	87	88	89
Adults alcohol	31	36	27
Adult drugs	30	33	31
Alcohol availability	66	71	50
Drug availability	55	66	58



Some work areas and activities 2007

- Limitation of alcohol/drug availability for youth 83%
- Supervision of sales of beer in stores 65%
- Restaurant policy 39% 2003 67%
- Initiatives to reduce illegal alcohol sales 56%
- Collaboration with other agents, forces 83%
- Parental program 78%
- Increase knowledge 78%
- Strengthen the psychosocial school environment 67%
- Traffic sobriety control 47%
- Alcohol and drug policy at work sites 36%
- Early detection of risk drinking & drug use 47%



Collaboration partners 2007

■ School	94%
■ Social services' units for children and youth	80%
■ Police	80%
■ Leisure time agency	75%
■ Alcohol sales and supervision unit	68%
■ Parental organisations	37%
■ Social services' units for adults	36%
■ Church	35%
■ Temperance organisations	30%



Some working conditions 2007

- Work is very meaningful 66%
- Work is rather meaningful 29%
- Three or more years of alcohol & drug prevention 89%
- Has increased knowledge about prevention a lot 70%

- Steady employment 34% 2003 and 58% 2007
- Salary increase between 2005 and 2007 22%
- Level for adoption of Action plan: Municipality board (highest): 30% in 2003, 2005 and 80% in 2007
- Budget:20 000 euros+ for prevention:15% 2003 and 27% in 2007



Hindering conditions 2007

- Economic interests 20%
- Colleagues have little time for prevention 30%
- Too little time for prevention 24%
- Education in prevention is poor 18%
- People's inability to change life style 18%



Evidence-basis and other facts (%)

	2003	2005	2007
<i>Almost all work is evidence-based</i>	5	8	22
<i>Evaluated methods are often used</i>	22	40	43
<i>Evaluated methods are hardly ever used</i>	18	8	2
<i>Co-ordinators work is well integrated in the action plan</i>	38	49	58



Stockholm

- 700 000 inhabitants
- 18 districts
- Prevention co-ordinators since 2002



STAN-program

Stockholm's Tobacco-, Alcohol- and Narcotic policy program

Adpoted in 2004

Goals

- Children's upbringing should be free from tobacco, alcohol and narcotics
- A narcotic-free society
- The citizen's of Stockholm should have sensible drinking habits



Evaluation - aims

- To analyse whether there was a correlation between the quality of local prevention and a decrease in alcohol and drug use among youth in the 18 districts of Stockholm
- To assess how well integrated the preventive work was in the districts.

The project was supported by Prevention centre Stockholm (Precens) and the Stockholm County Government Board



Material and methods

- Stockholm questionnaire

Survey to all youth in grade 9 (15/16 years old) and in grade 11 in 2002 (n=4,691 & 3,742) and 2006 (n=5,498 & 4,427). Over 80% participation

The change (%) between year 2002 and year 2006 is measured for the following items:

Intoxication, smoking, heavy alcohol consumption, use of narcotics, use of inhalants, and no alcohol use (increase)



Material och metod

- The annual reports from the alcohol- and drug coordinators 2002-2005 to the County Governmental Board. For construction of prevention indices as measures of the quality of prevention care.
- Questionnaire to the 18 district heads (directors) about their views about the co-ordinators, the Prevention Centre Stockholm, and the local alcohol and drug prevention.



Integration and other differences compared with 2003

- More program activities
- More concrete goal formulations
- The role of the alcohol and drug prevention coordinators is stronger in the districts
- Less resources to the co-ordinators in a few districts



Prevention Activity index

- **Decreased availability to alcohol**
2 points per activity
- **Evidence based school activities directed to parents**
1 point per activity
- **Drugfree activity for youth**
1 point per activity



Structure index

Organisation, structure and integration

1 point per item

- Action plan
- Education of co-ordinators
- Education of other personnel in alcohol- and drug prevention

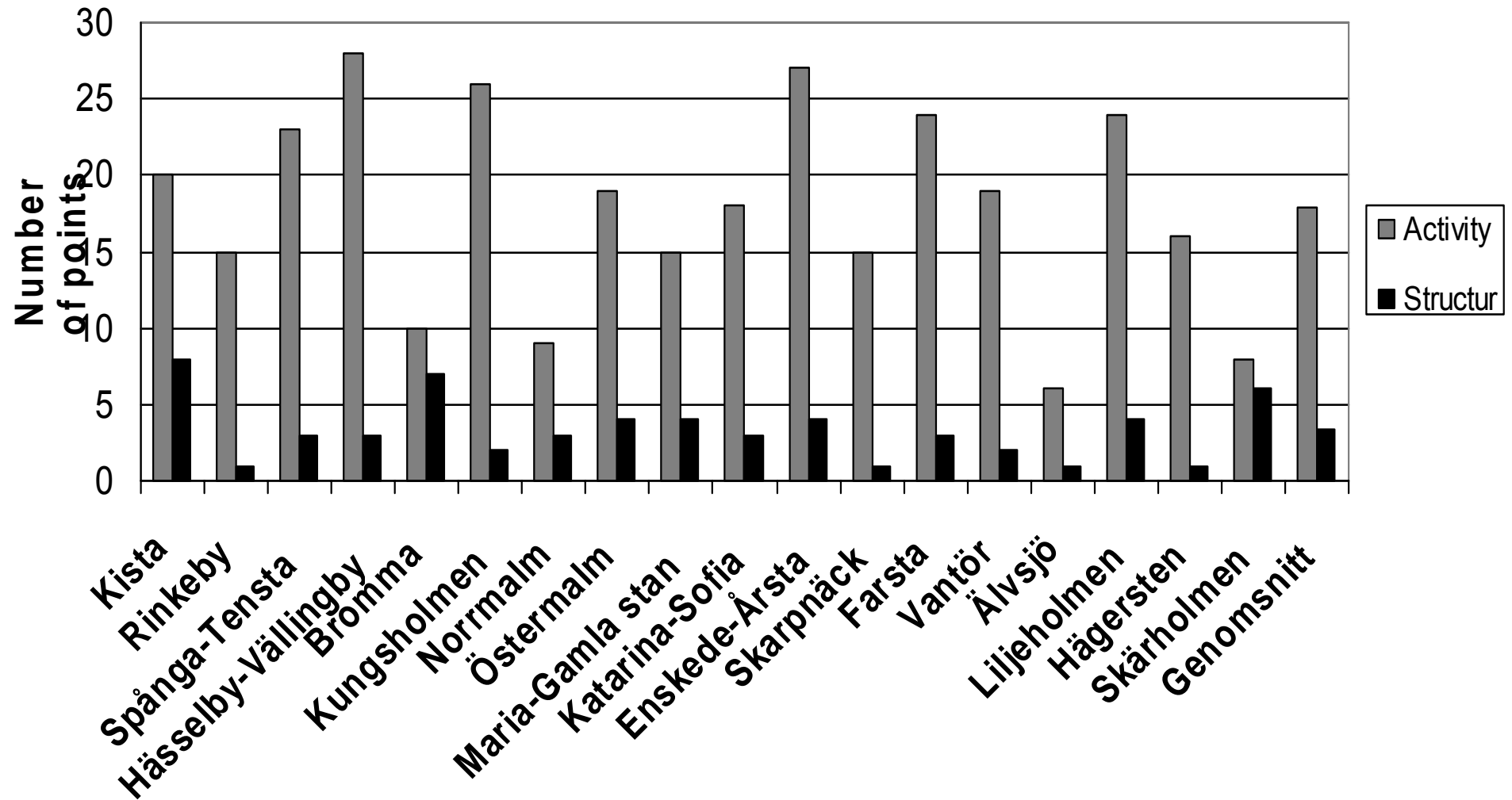


Analysis method

Outcome: The change (%) between year 2002 and year 2006 of alcohol- and drug habits

The correlation between the activity and structure indices and outcomes, and between the components of the activity index and the outcomes.

Preventionsindex

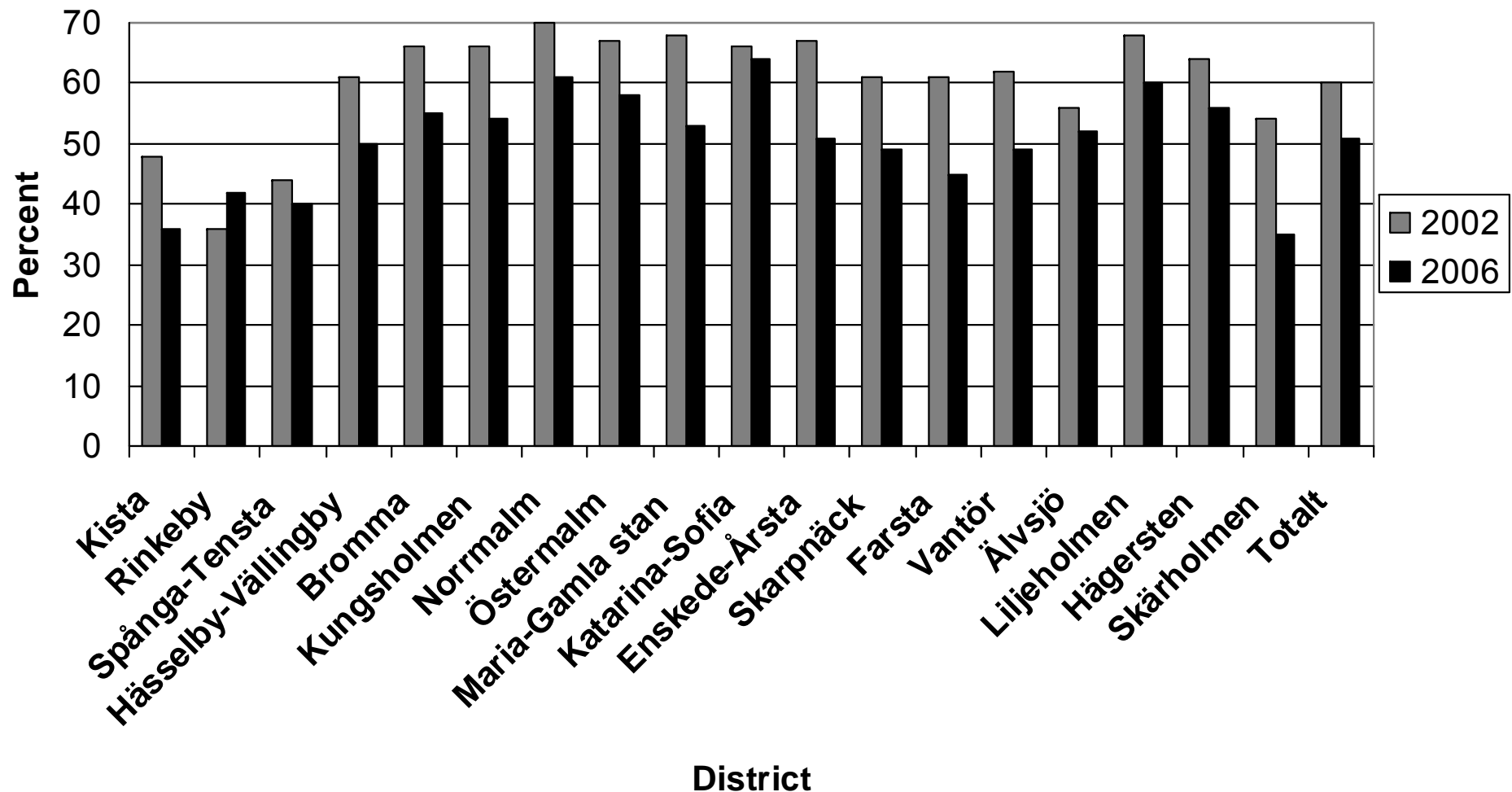





Level (%) and change in alcohol and drug use among boys and girls 15/16 years of age in Stockholm

	2002	2006	Change, range
Intoxicated ever	48	36	-12 (-2,-19)
Binge drinking once a month	30	12	-18 (-2,-26)
Non-consumers of alcohol	32	39	7 (-18,+19)
Smoking often	33	17	-16 (9,-22)
Narcotics tasted	13	7	-6 (3,-8)
Use of inhalants	6	8	2 (9,-7)
Age at first intox	13.9	13.7	-0.2 (-1.0,+0.6)

Proportion (%) in grade 9, who have been intoxicated year 2002 and year 2006





Correlation for pupils (boys and girls) in grade 9

Activity index ↑

Tested narcotics ↓

Components

Incentives to reduce

Availability to till alcohol ↑

Tested narcotics ↓

Pearson's correlation r

$p < 0,05$



Correlation for boys in grade 9

Activity index ↑

Tested narcotics ↓

Components

Activity for parents ↑

Tested narcotics ↓

Pearson's correlation r

$p < 0,05$



Correlation for boys in grade 9

Activity index ↑ Smoking daily/sometimes ↓

Components

Activity for parents ↑ Smoking daily/sometimes ↓

Pearson's correlation r

$p < 0,05$



Comments

- ❖ Few correlations were statistically significant.
- ❖ 39 of 50 (78%) of the correlations between a higher activity index and a positive change in alcohol or drug habits.
- ❖ No correlations were statistically significant for the structure index.
- ❖ The annual report is an uncertain information about the activities, but all were written for the same purpose
- ❖ Structured continuous reports (web-based) of all major activities would constitute more valid and reliable information.



Comments

- ❖ Sociodemo. characteristics of districts is not included
- ❖ Lag time is not considered
- ❖ The general trend is a decrease in spite of increase in availability.
- ❖ 10.2 liters 100% alcohol 2003 and 9.7 in 2006.
- ❖ Mean alc. consumption in grade 9 in Sweden was 3.8/2.9 in 2003, 3.6/2.8 in 2006 and 3.0/2.2 in 2007.
- ❖ Which is the role of the biggest national local prevention incentives in the world? Increase in treatment?