

# **ESPAD: does it influence policymaking?**

Experiences in the Netherlands

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# ESPAD (1)

- **Unique** dataset
- **35** countries
- **Same** methodology
- **Cross-national** comparison
- **6** waves (1995-2016)
- **100.000** respondents per wave
- **20** years trend data

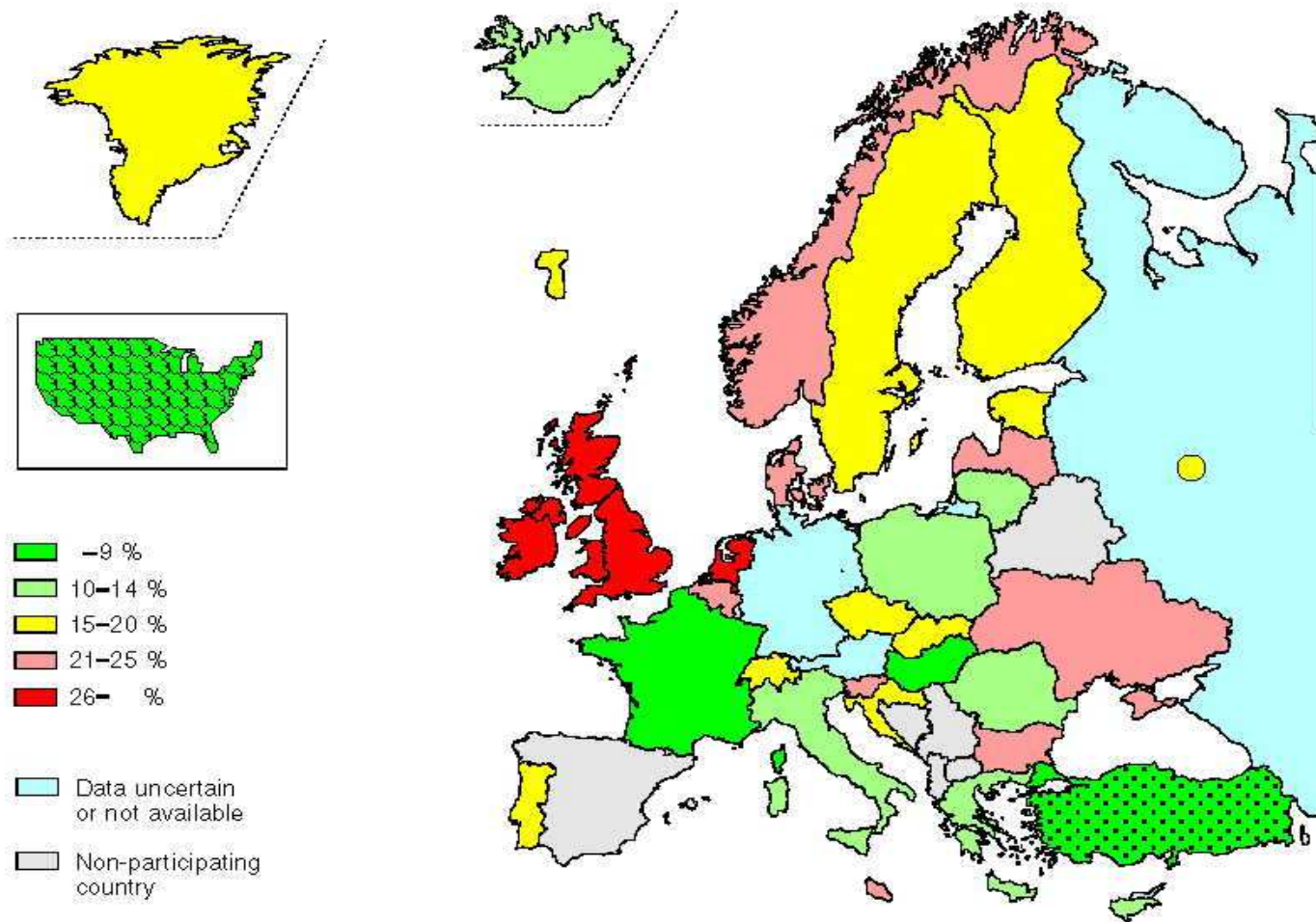
# The influence of ESPAD

- ESPAD is important for policymaking
- But it depends on the substance
- 2 examples from the Netherlands
  - Alcohol
  - Ecstasy and NPS

# The case of alcohol: 2003







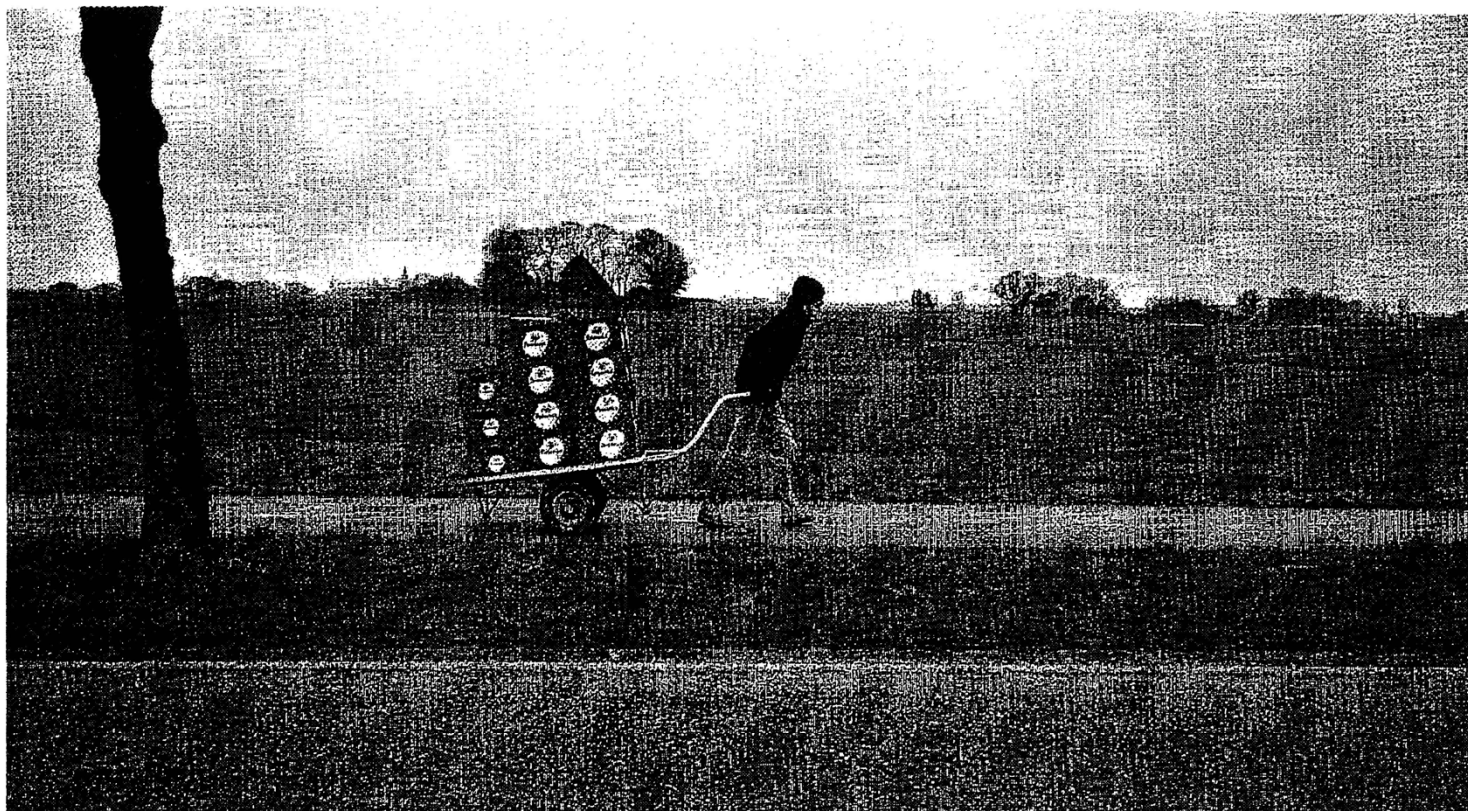
**Figure 45a.** Proportion of all students who reported “binge drinking” 3 times or more during the last 30 days, 2003. Turkey: Limited geographical coverage. USA: Limited comparability.

# **‘Dutch youth are the boozers of Europe’**

(Minister of health)





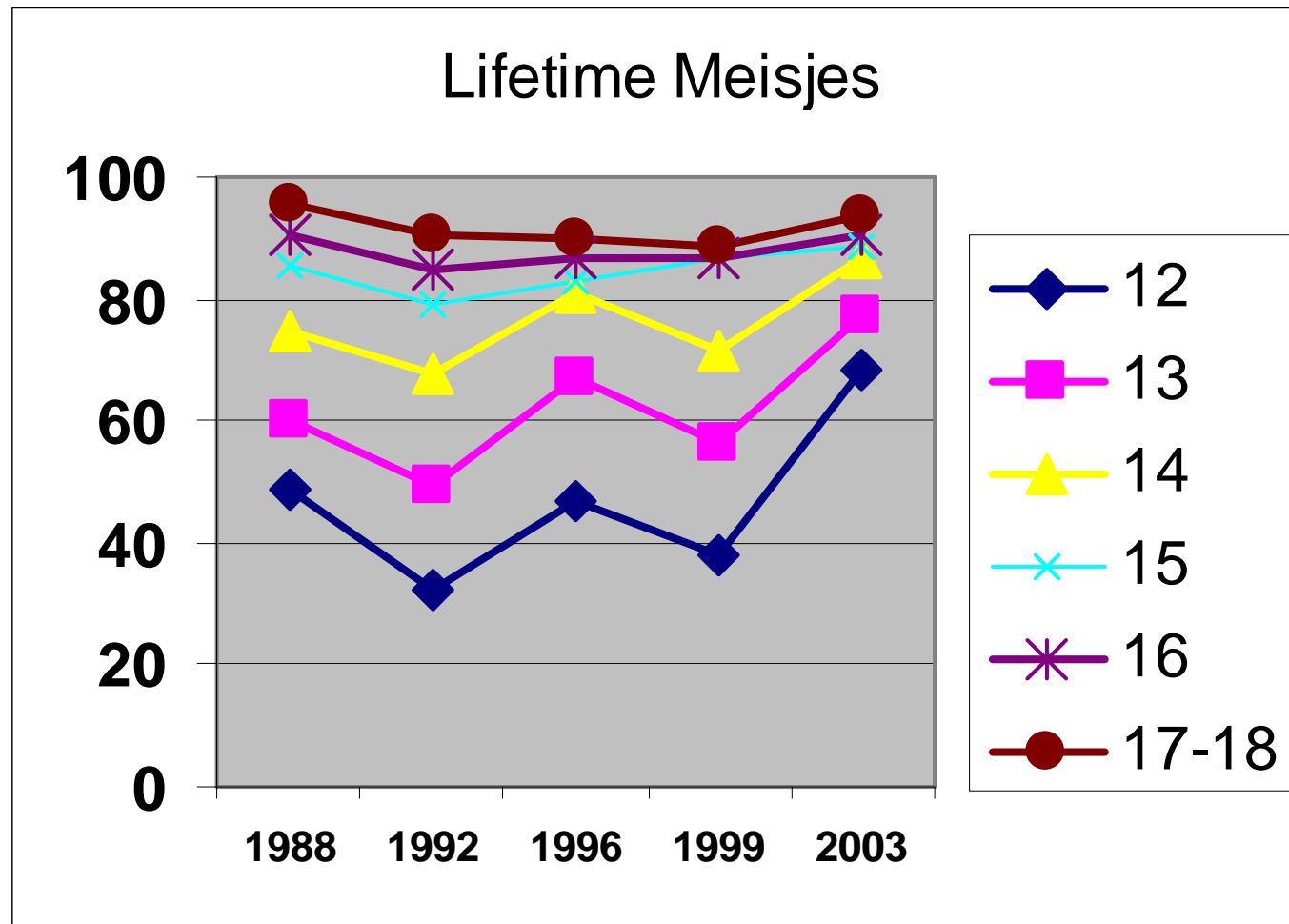


Bezoeker van het jeugdhonk in Boksum (Fr.) op weg naar de winkel om lege bierkragen terug te brengen en volle op te halen (Foto Sake Elzinga)

# Zo'n Breezertje kan toch geen kwaad?

*Meisjes drinken steeds meer alcohol en op steeds jongere leeftijd*

# Strong increase among 12-13 years old





# Studies on alcohol and the young brain



# New insights in the role of parents



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## 2 miljoen voor alcohol-opvoedondersteuning van ouders

Persbericht, 30-5-2006

Minister Hoogervorst van Volksgezondheid, Welzijn en Sport (VWS) stelt 2 miljoen euro beschikbaar voor alcohol-opvoedondersteuning van ouders. Ouders spelen een sleutelrol bij de hoge alcoholconsumptie onder jongeren. Uit de vandaag verschenen onderzoeken "Alcoholgebruik en jongeren onder de 16 jaar. Schadelijke effecten en effectiviteit van alcoholinterventies" en "Trends in adolescent alcohol user. Findings from 1992 to 2003 from the Dutch National School Survey", van het Trimbos-instituut blijkt dat ouders de afgelopen jaren steeds toleranter zijn geworden ten opzichte van het alcoholgebruik van hun kinderen. Hoe toleranter de ouders, hoe meer jongeren drinken. Fors alcoholgebruik op jonge leeftijd kan leiden tot schade aan de hersenen. De 2 miljoen euro worden ingezet voor een campagne, (folder)materialen, ouderavonden (op school via het bestaande programma Gezonde School en Genotmiddelen), raad op maat via website en infolijn en via lokale projecten. Minister Hoogervorst stuurt de onderzoeken vandaag naar de Tweede Kamer.

TOON MIJ DE LAATSTE

Nieuwsberichten

Persberichten

Kamerstukken

Toespraken

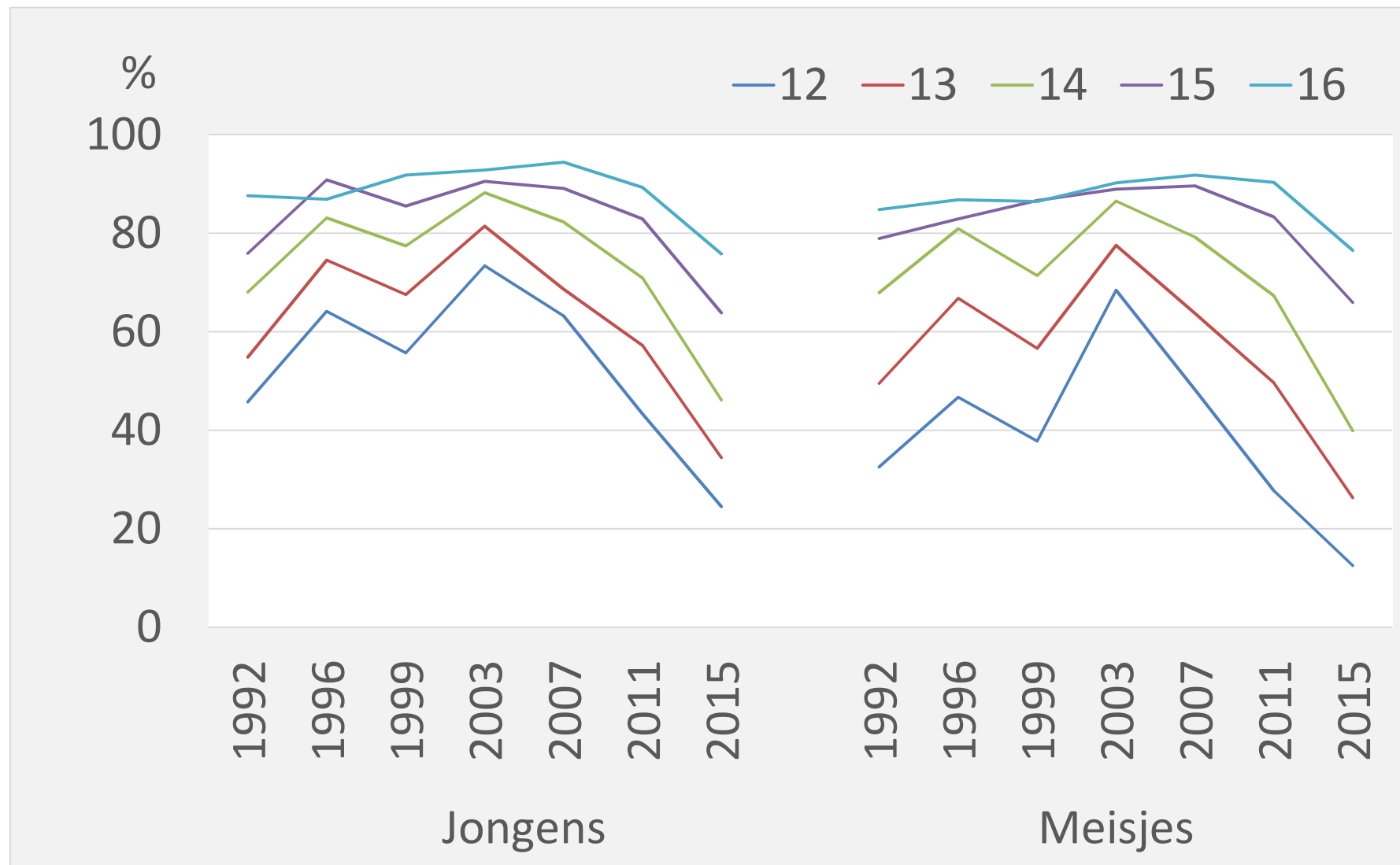
**Alle documenten**



# Many campaigns....



# Decreasing trend since 2003



# Concluding

- ESPAD was a strong trigger for policy measures on alcohol use
- But other information helped:
  - National school survey showing increase among 12-13 year olds
  - New studies on the impact of alcohol use on the brain
  - New insights in the role of the parents (set clear rules: 'no alcohol use' <16)



# The case of ecstasy and NPS



# Ecstasy and NPS in ESPAD

- Lifetime prevalence 4% (2011)
- Highest in ESPAD, but also 4% in 7 other countries and only slightly above European average of 3%
- NPS (2015)
- Prevalence is very low and Netherlands is almost at the bottom of the list



Lay back and relax?

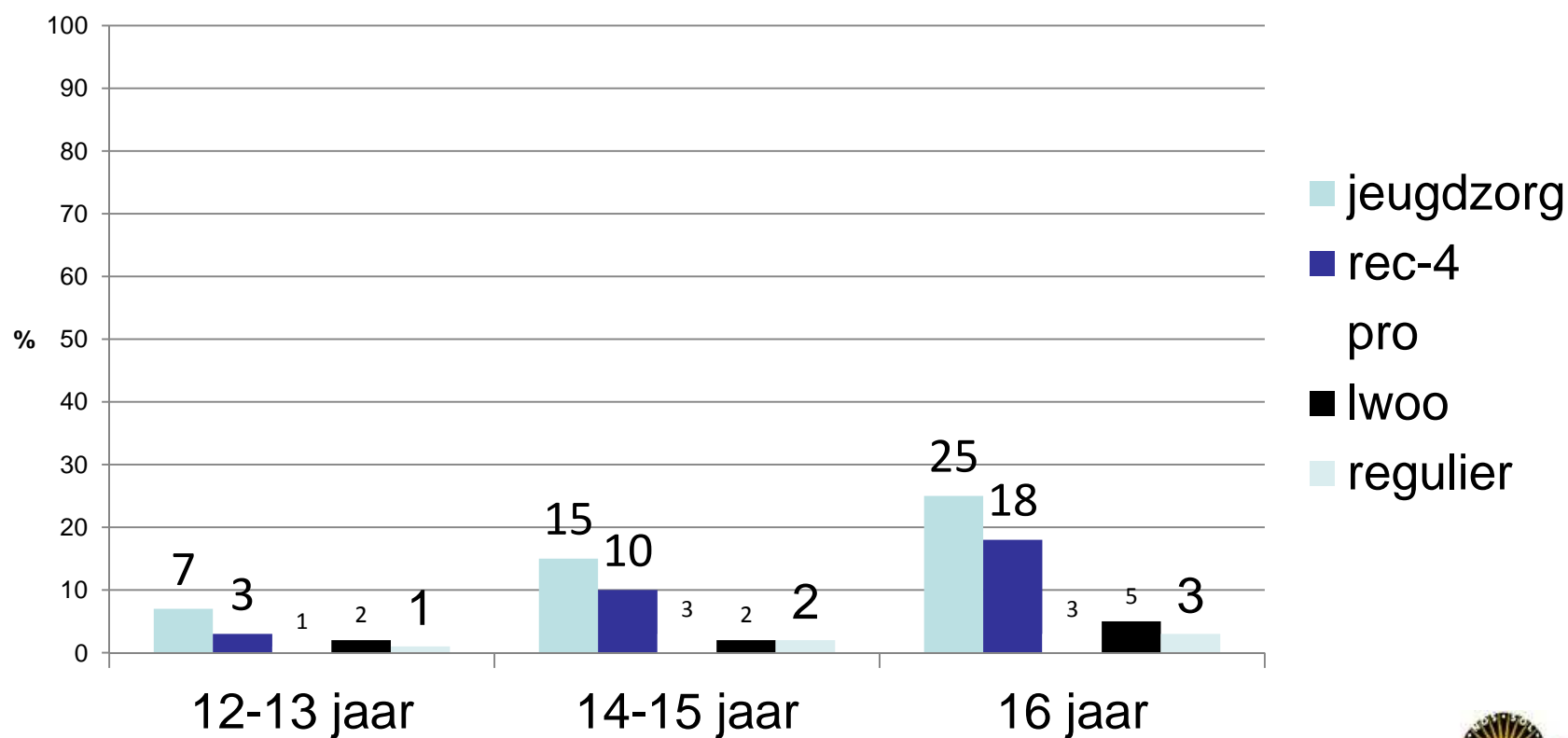


## Drug use among frequent visitors of dance parties (15-35 years) 2013

|                        | Lifetime (%) | Last year (%) | Last month (%) |
|------------------------|--------------|---------------|----------------|
| Cannabis               | 76,7         | 52,0          | 32,8           |
| Ecstasy                | 69,6         | 60,6          | 34,8           |
| Amphetamine            | 45,2         | 33,4          | 19,0           |
| Cocaine                | 40,5         | 27,1          | 12,7           |
| Nitrous oxide          | 39,9         | 25,5          | 7,2            |
|                        |              |               |                |
| 2C-B                   | 15,8         | 9,4           | 2,4            |
| 4-<br>Fluoramphetamine | 9,9          | 8,5           | 3,8            |
| Mephedron              | 5,2          | 2,5           | 0,7            |
| Methylone              | 4,2          | 2,2           | 0,5            |
| Methoxetamine          | 3,0          | 2,3           | 0,3            |
| 6-APB                  | 2,9          | 2,1           | 0,6            |
| Spice                  | 2,3          | 1,3           | 0,6            |

# High risk groups (youth care and special education)

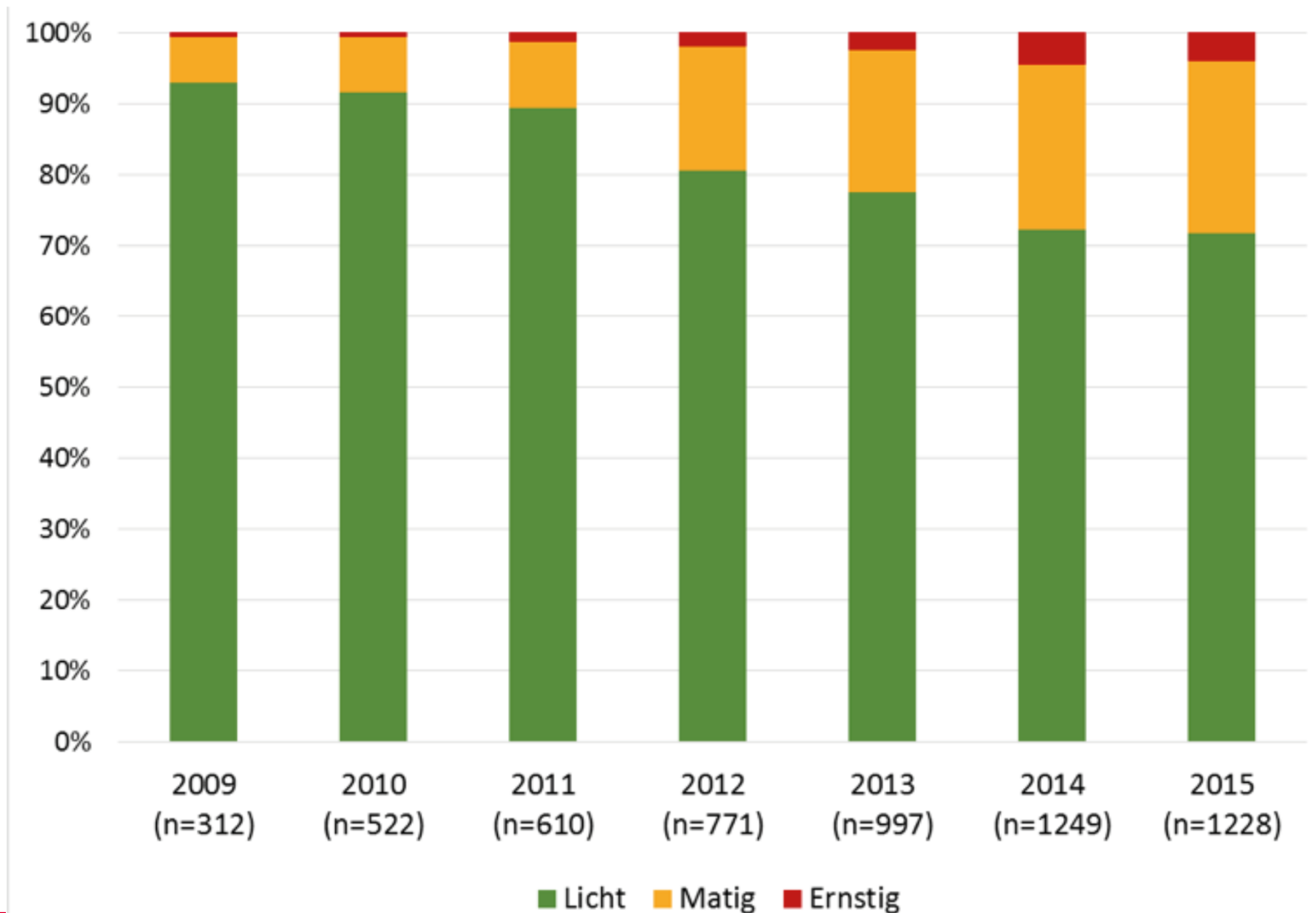
Lifetime prevalence ecstasy



Universiteit Utrecht

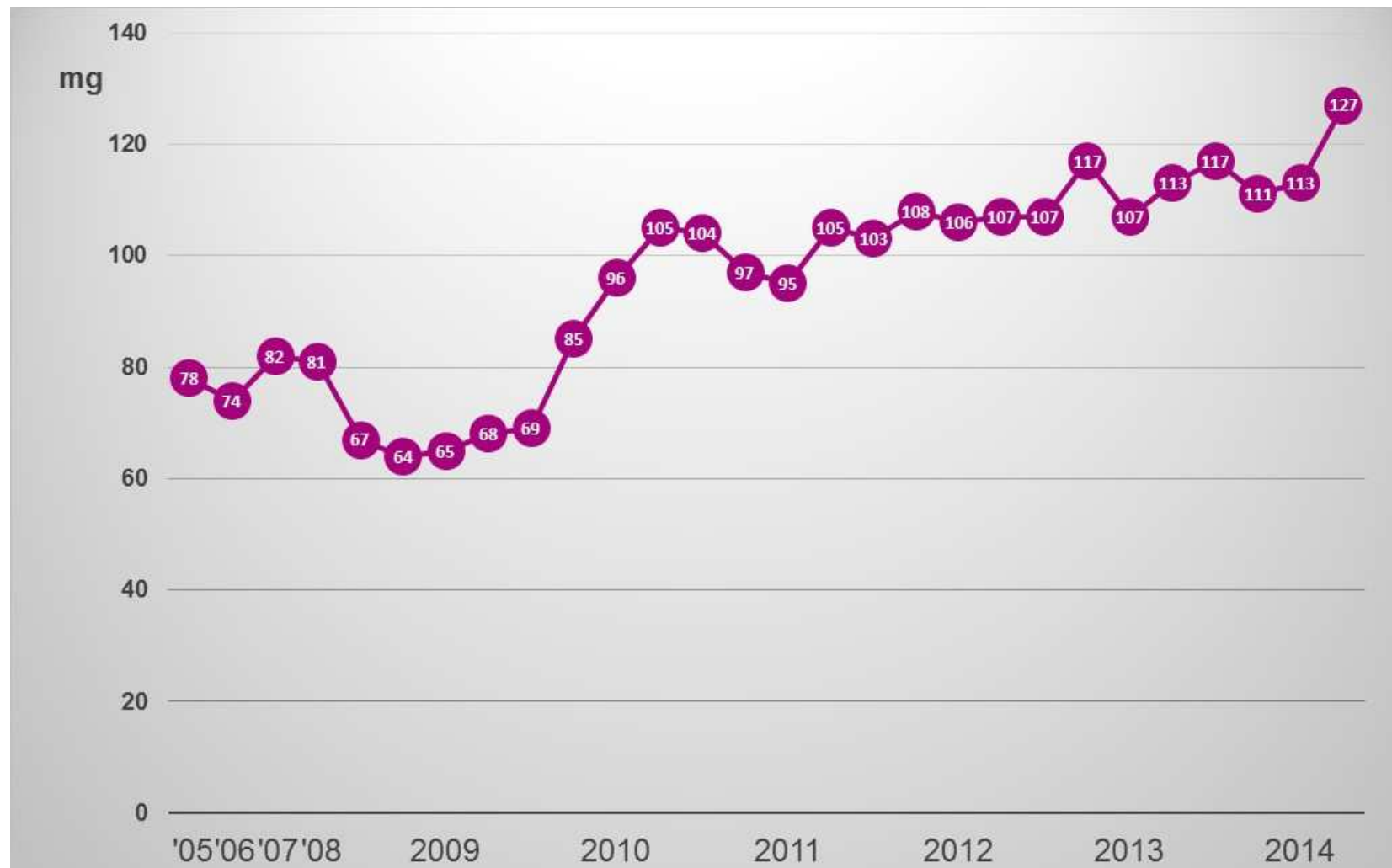


# Severity of XTC incidences



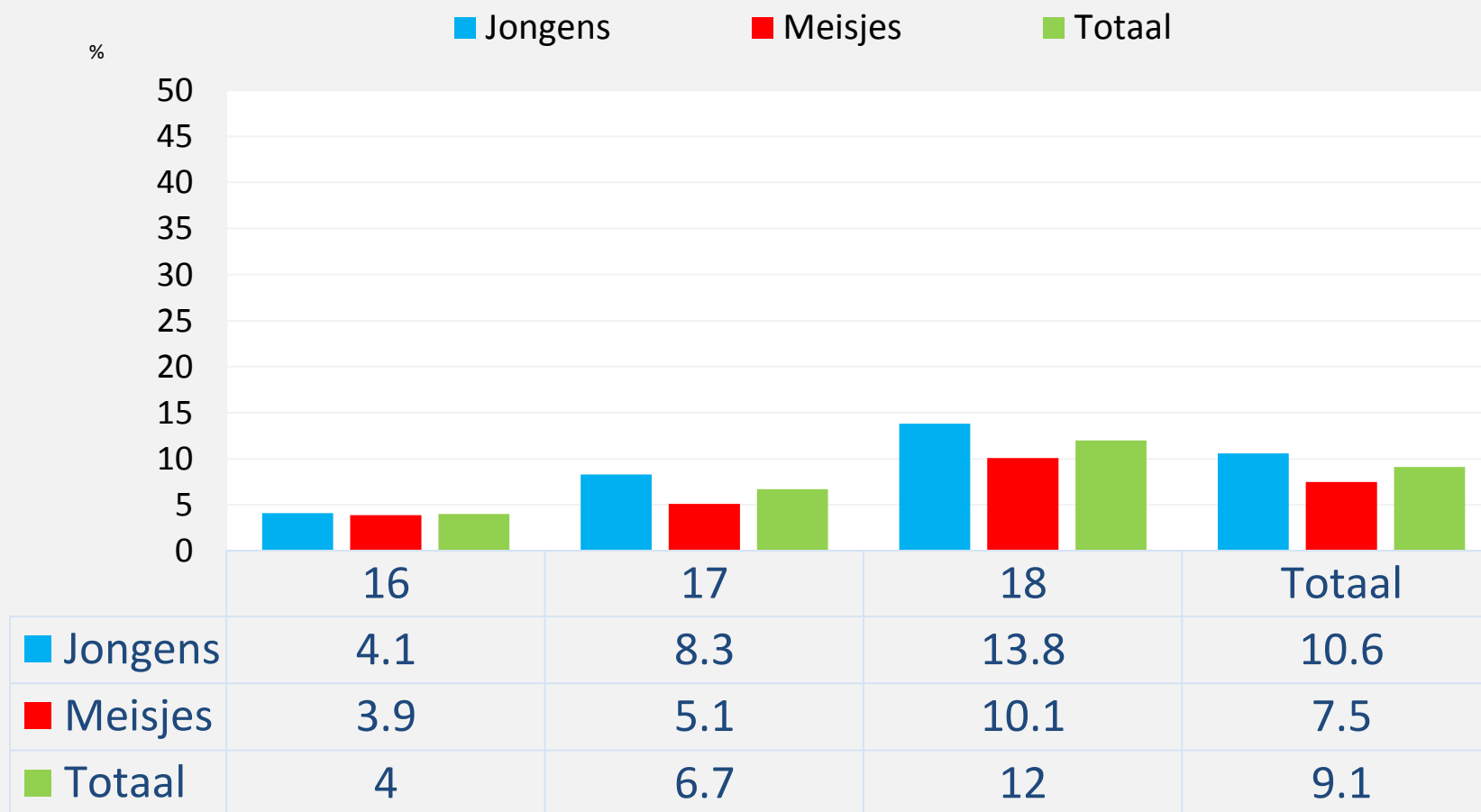


# Increase in average concentration of MDMA in ecstasy tablets

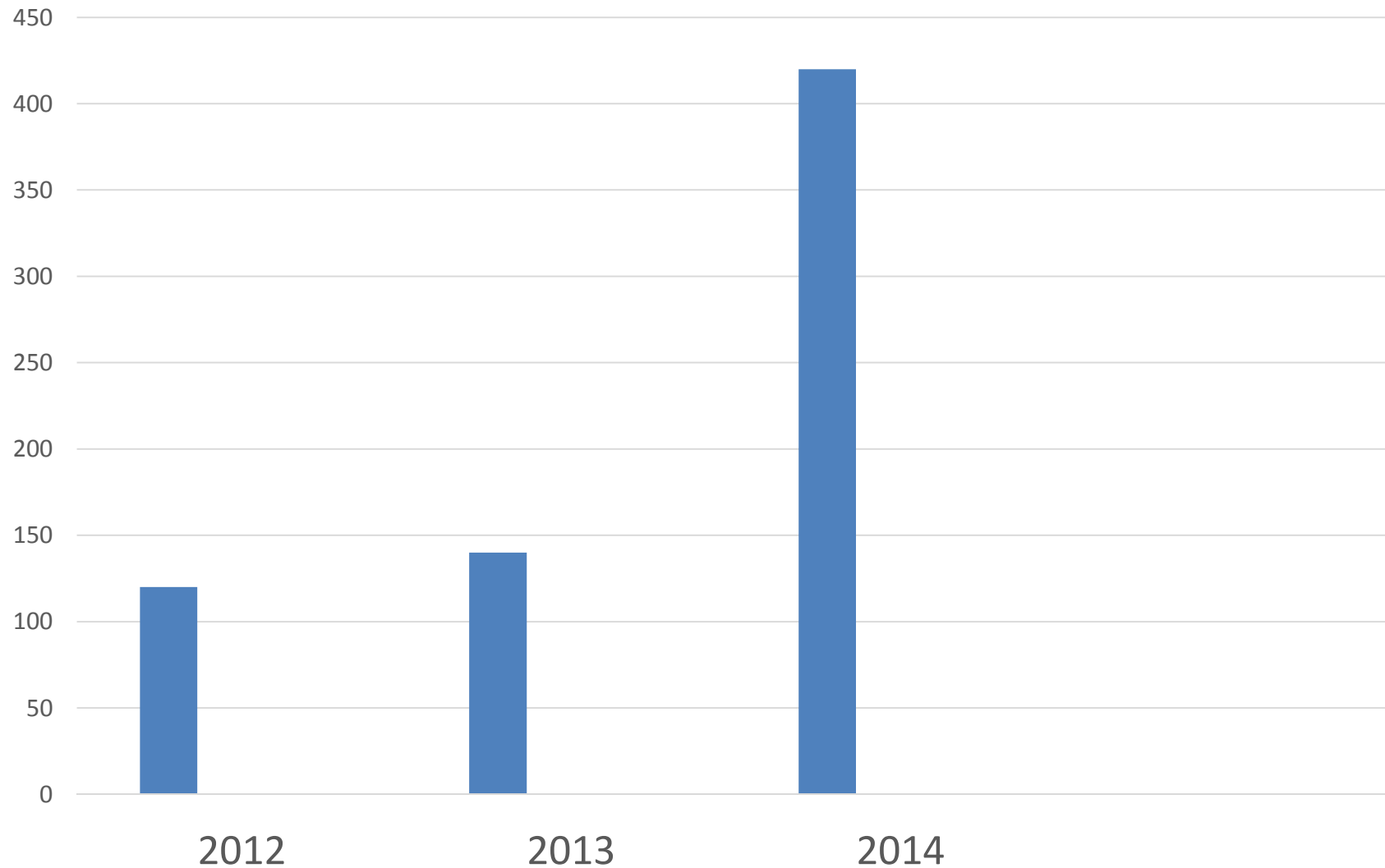


# Strong increase 16 to 18 years

## Ecstasy (lifetime prevalence)



# Number of NPS samples offered to test-service



# Concluding

- ESPAD has a clear value for policy making
- Other data sources are needed, especially for drugs



# Lifestyle Monitor since 2014

- Harmonize different data-sources
- An integrated system, collecting key data every year
- Modules for different topics, including drugs, at a lower frequency
- Covering the Dutch population from 12 years and older
- 'Preferred' statistics for the government.

# Lifestyle Monitor

|   | Frequency | Population |                 |
|---|-----------|------------|-----------------|
| <b>General population survey (key indicators)</b>           | Yearly    | 12 plus    | 2014, 2015      |
| - <b>Module on drugs (in depth information)</b>             | 4-yearly  | 12 plus    | 2016, 2020, etc |
| <b>Youth</b>  |           |            |                 |
| - <b>National school Survey on substance use (in depth)</b> | 4-yearly  | 12-16      | 2015, 2019 etc  |
| - <b>HBSC (key indicators)</b>                              | 4-yearly  | 12-16      | 2017, 2021 etc  |
|   |           |            |                 |

# Examples of other sources to inform drug policy

|  | Frequency      | Population  |                 |
|--|----------------|-------------|-----------------|
| ESPAD  | 4-yearly       | 15-16 years | 1999, 2003, ..  |
| Substance use monitor among students (vocation/higher education) | 2 yearly       | 16-18       | 2015, 2017      |
| Monitor among frequent visitor of parties                        | Not structural | 15-35       | 2013, 2016      |
| Survey in youth care, special education                          | Not structural | 12-18       | 1997, 2011      |
| Monitor drug incidences  | continuously   |             | 2009-           |
| THC monitor  | yearly         |             | 1999, 2000, etc |
| Drugs Information and monitoring system                          | continuously   |             | 1992-           |

# Thank you

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- [www.trimbos.nl](http://www.trimbos.nl)



# Drugs Information and Monitoring System (DIMS)



- Chemical/toxicological monitor of 'recreational' drug samples from drug users delivered to test services of addiction care centres throughout the country
- Continuous data collection and feedback
- About 10,000 samples annually, increasing due to market situation

