

Scottish Schools Adolescent Lifestyle and Substance Use
Survey (SALSUS)

WHY ADOLESCENT HEALTH IS IMPORTANT

Emma Hogg
NHS Health Scotland
Programme Manager – Youth Health



Adolescent health is important because:

1. It has a wide ranging influence
2. It can be influenced by experiences during adolescence
3. For some, it is compromised
4. There is significant room for improvement

1. Because it has a wide ranging influence:

- Educational achievement, employability, relationships and contribution to society
- Success as a future adult, parent, employer/employee, leader and individual
- Health outcomes in adulthood and later life
- The health of the next generation

2. Because it can be influenced by experiences during adolescence:

- Biological and physical changes
- Cognitive developments - advanced reasoning skills, abstract thinking skills, meta cognition
- Developments in the ability to perceive, assess and manage emotions
- Social skills development



Influence health positively or negatively, during and/or after adolescence.

2. Because it can be influenced by experiences during adolescence:

It provides second chances:

- Consolidate healthy development
- Compensate for unhealthy development

3. Because, for some, it is compromised:

- Wellbeing, obesity, sexual health, physical activity, mental health problems and violence
- Clear evidence of inequalities in health

4. Because there is significant room for improvement:

- ❖ The profile of youth health
- ❖ The availability of national and local data
- ❖ Understanding and reducing health inequalities
- ❖ Paying attention to mental well-being
- ❖ Putting young people at the centre
- ❖ Ensuring relevant engagement

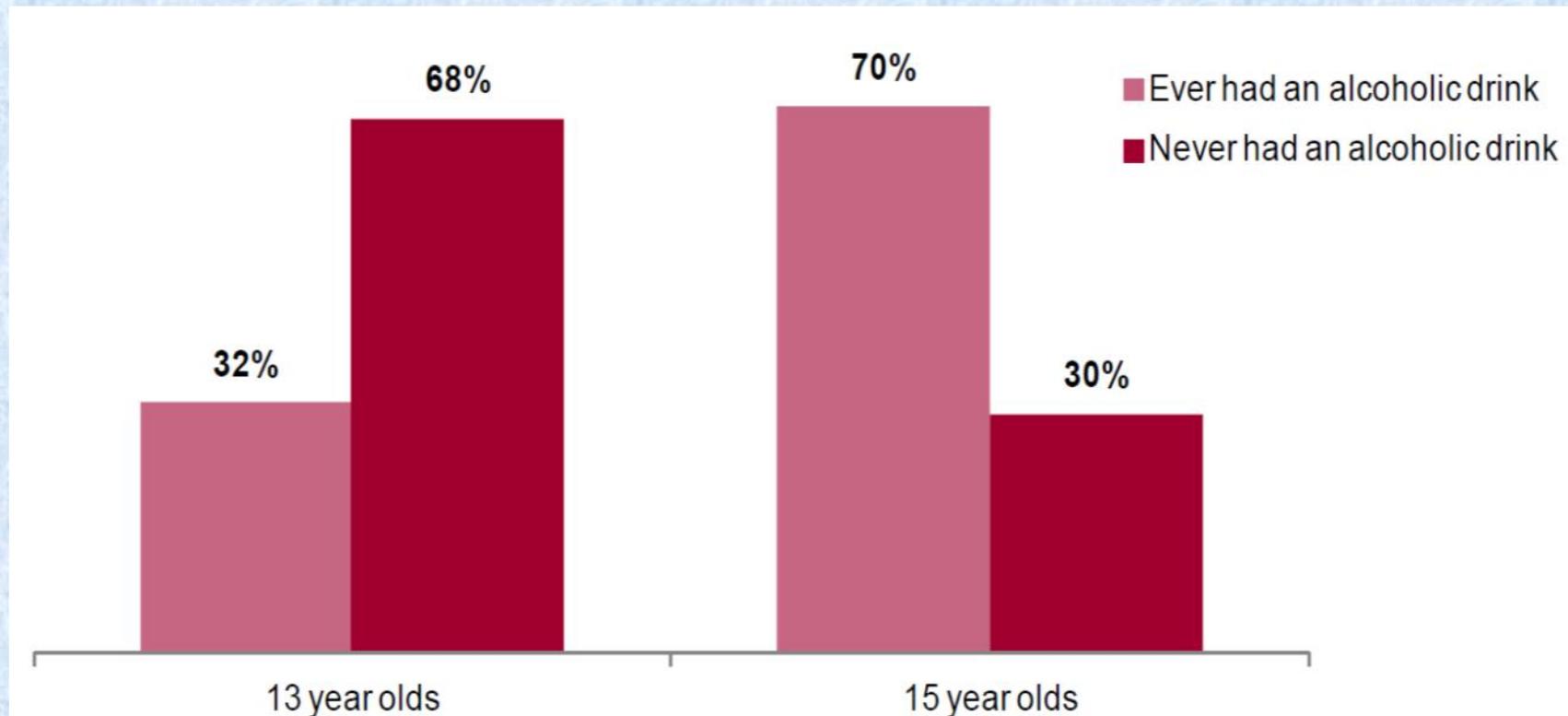
Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2013

Alcohol



Iain MacAllister and Alison Ferguson

Ever drunk alcohol, 2013



The proportion of 13 and 15 year olds reporting never having had an alcoholic drink was the highest since 1996

Drinking in the past week, 2013

15 year olds

19%

drank alcohol
in the last week

down from
34%
in 2010

13 year olds

4%

drank alcohol
in the last week

down from
14%
in 2010

15 year olds

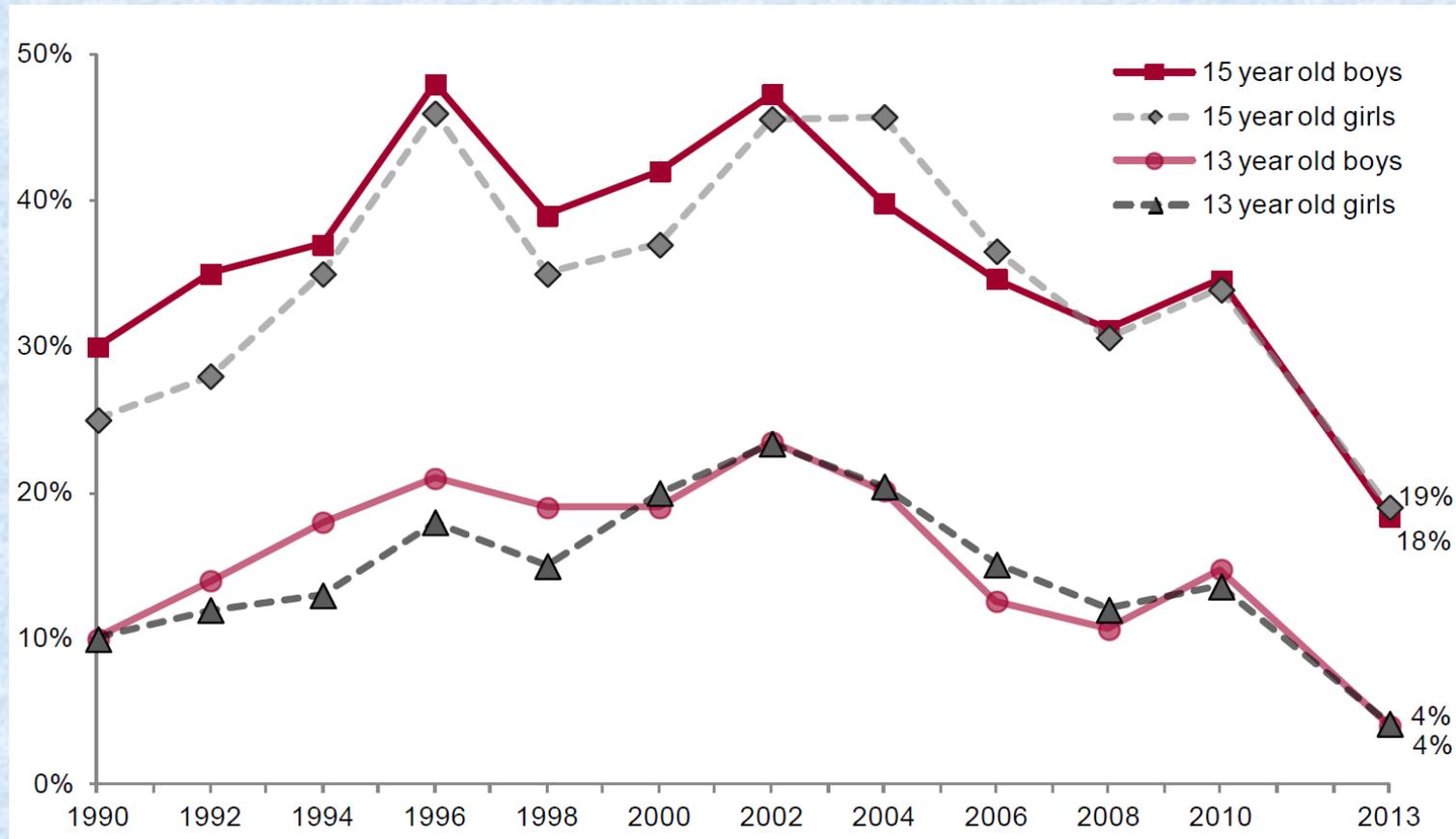
81%

Did not drink alcohol
in the last week

13 year olds

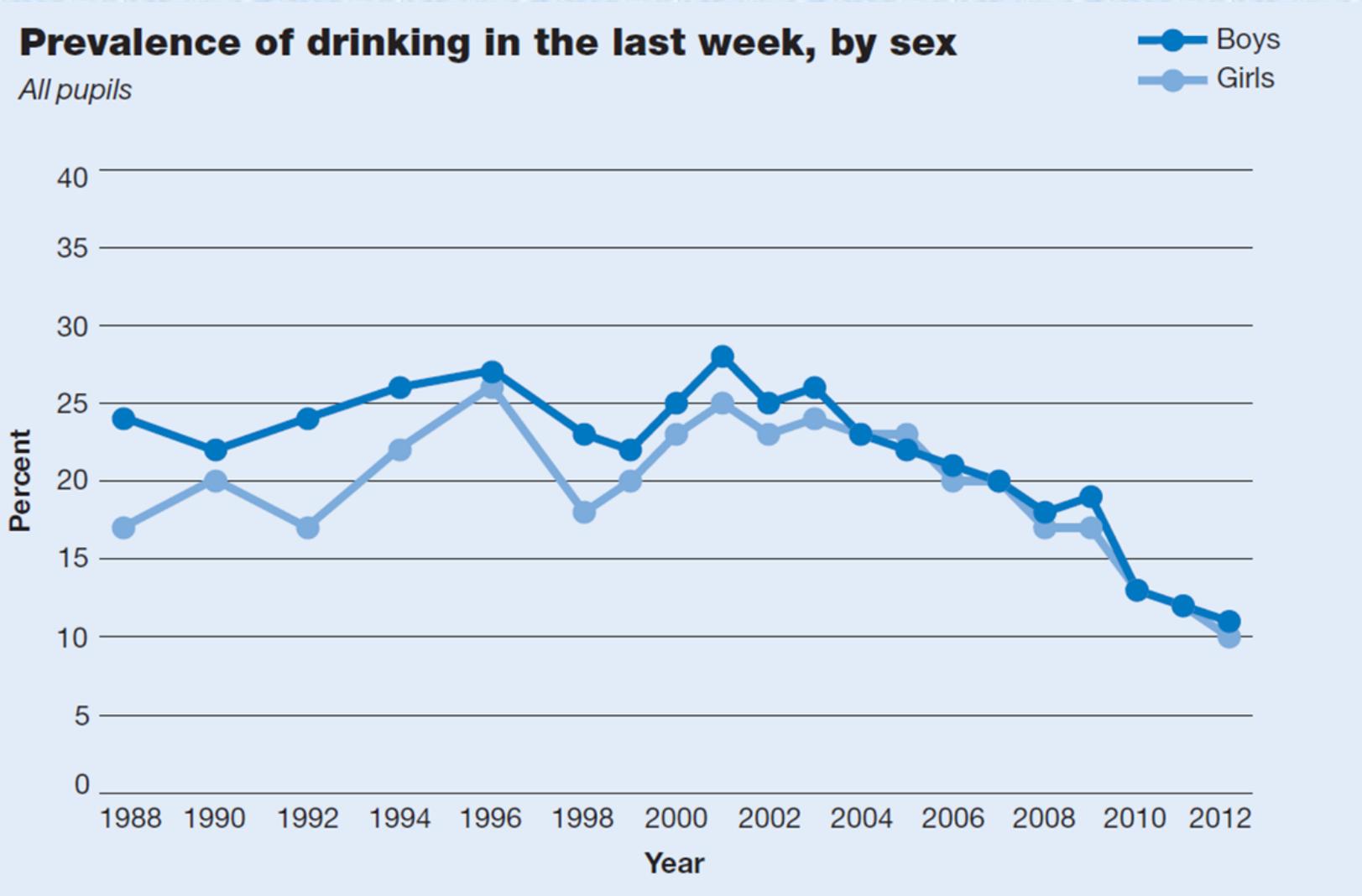
96%

Trends in weekly drinking, 1990-2013



In 2013, drinking in the last week was the lowest recorded since the time series began in 1990

Drinking by young people (11-15 years) in England, 1988-2012



Average weekly consumption, 2013

The median number
of **units of alcohol** consumed by
15-year-olds who drank
in the last week
decreased

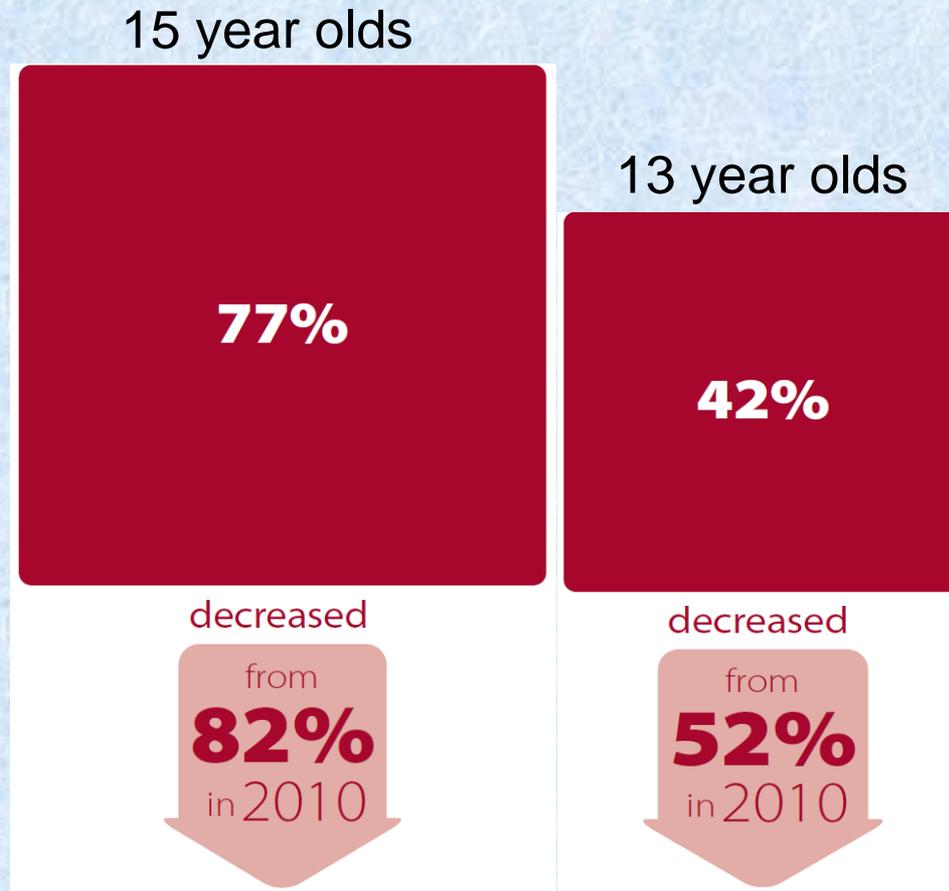
from

11 units
in 2010

to

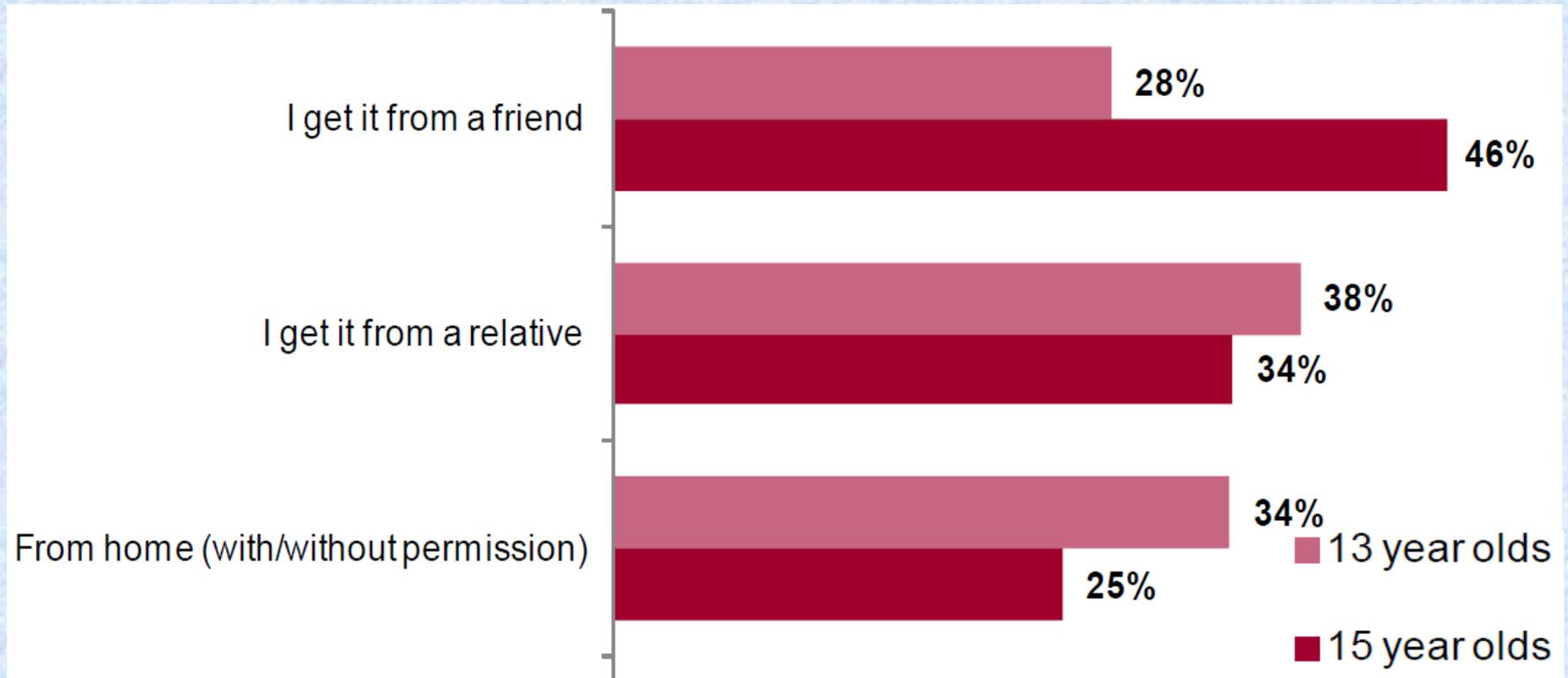
9 units
in 2013

Attitudes: OK to try drinking?



Also fall in % that thinks it's ago to get drunk: 46% → 39% for 15 year olds; 13% → 8% 13 year olds

Sources of alcohol (top 3)



The vast majority of alcohol is obtained not directly purchased

Purchasing from licensed premises

The proportion of **15 year olds**
(who had ever drunk alcohol)
reporting **successfully purchasing**
alcohol from a shop, supermarket
or off-licence
in the last four weeks
reduced

from **11%**
in **2010**

to **7%**
in **2013**

The proportion of **13 year olds**
(who had ever drunk alcohol)
reporting **successfully purchasing**
alcohol from a shop, supermarket
or off-licence
in the last four weeks
reduced

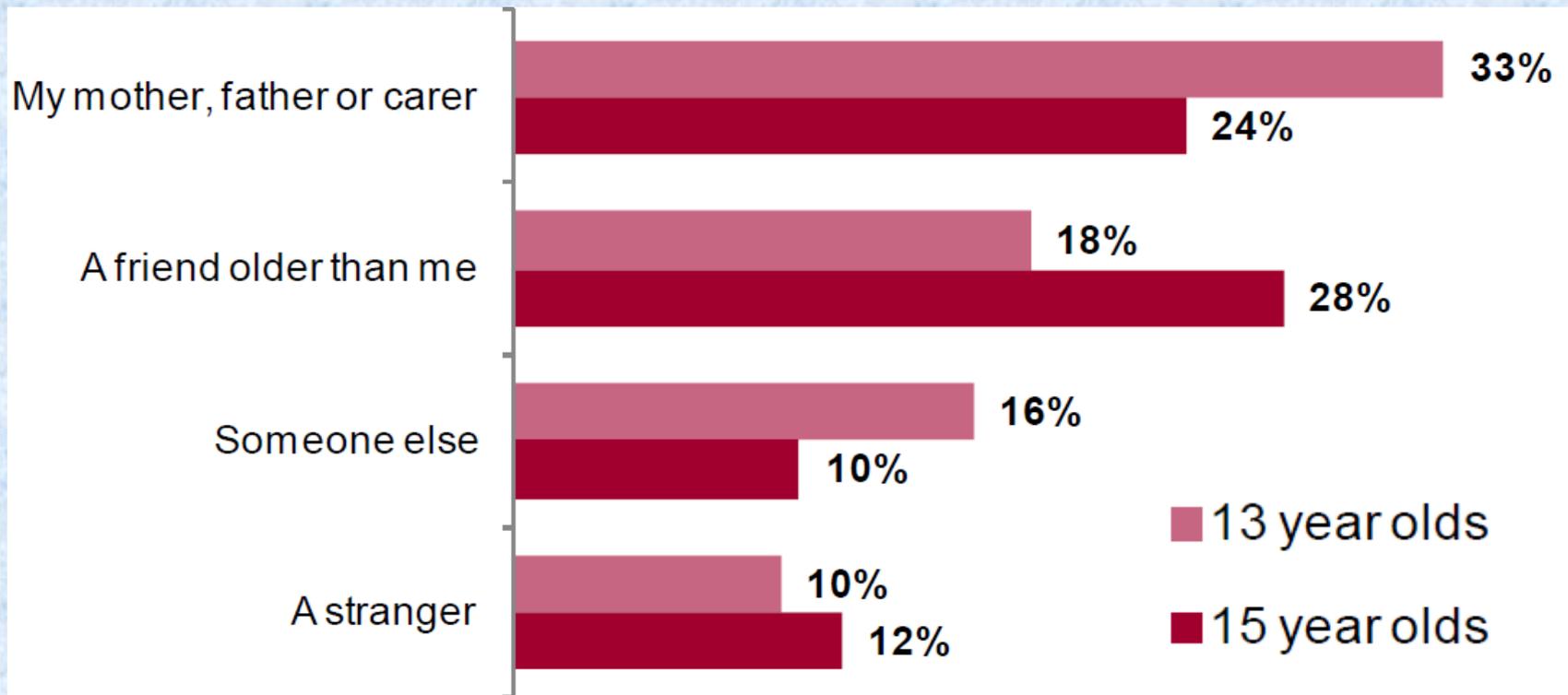
from **6%**
in **2010**

to **3%**
in **2013**

Purchasing from pubs less common – 2% of 13 and 15 year olds said they bought alcohol from a pub.

'Proxy purchasing' – sources

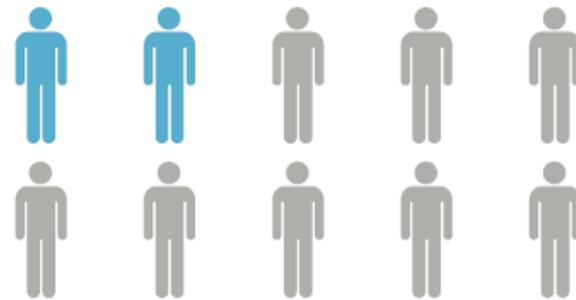
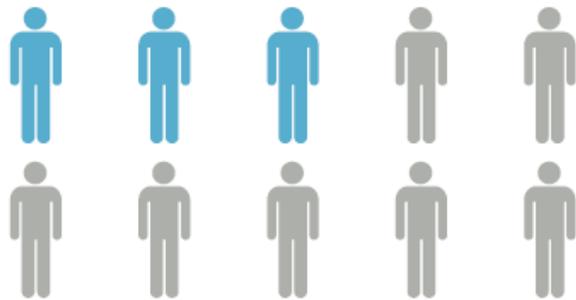
39% of 13 year olds and 58% of 15 year olds who had ever drunk alcohol said they had got someone else to buy it for them in the last four weeks



Effects of drinking – drunkenness

Of those who have ever drunk alcohol, 44% of 13 year olds and 70% of 15 years report having been drunk

% of 15 year olds, who have ever had a drink, who have...



Consequences, 15 year olds (top 3)

As those who have ever drunk, 44% of 13 year olds and 60% of 15 year olds reported at least one negative consequences

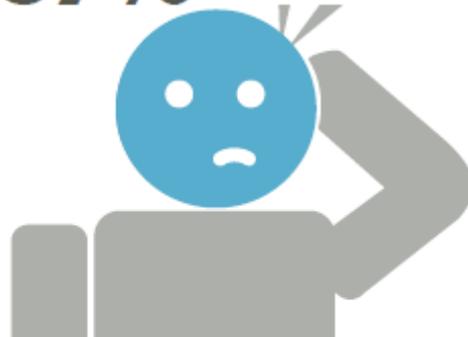
VOMITED

37%



DONE SOMETHING YOU
LATER REGRETTED

37%



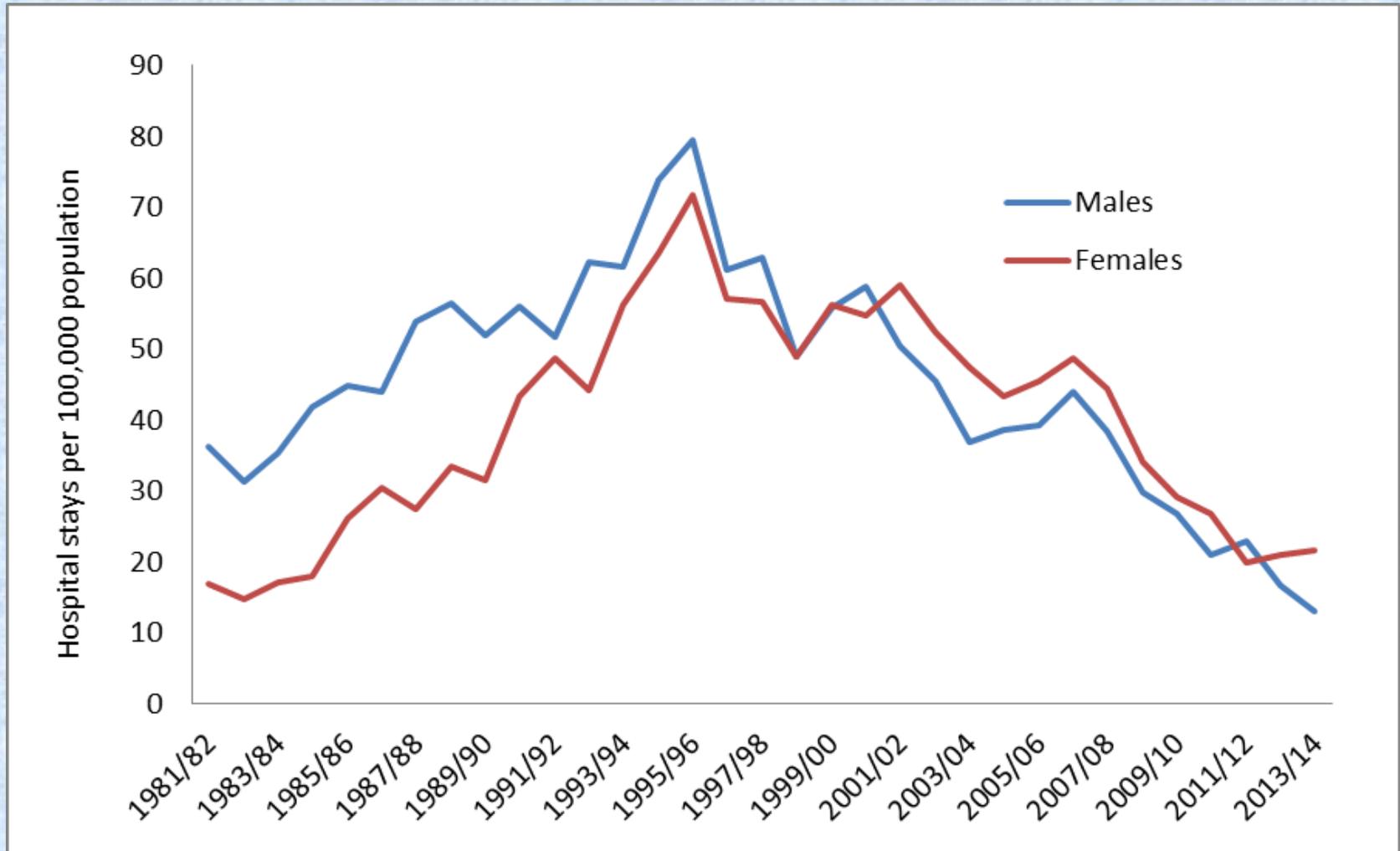
HAD AN ARGUMENT

33%



Girls more likely than boys to report one or more negative effects due to drinking alcohol

Alcohol-related hospital admissions, aged under 15, 1981/2 – 2013/4



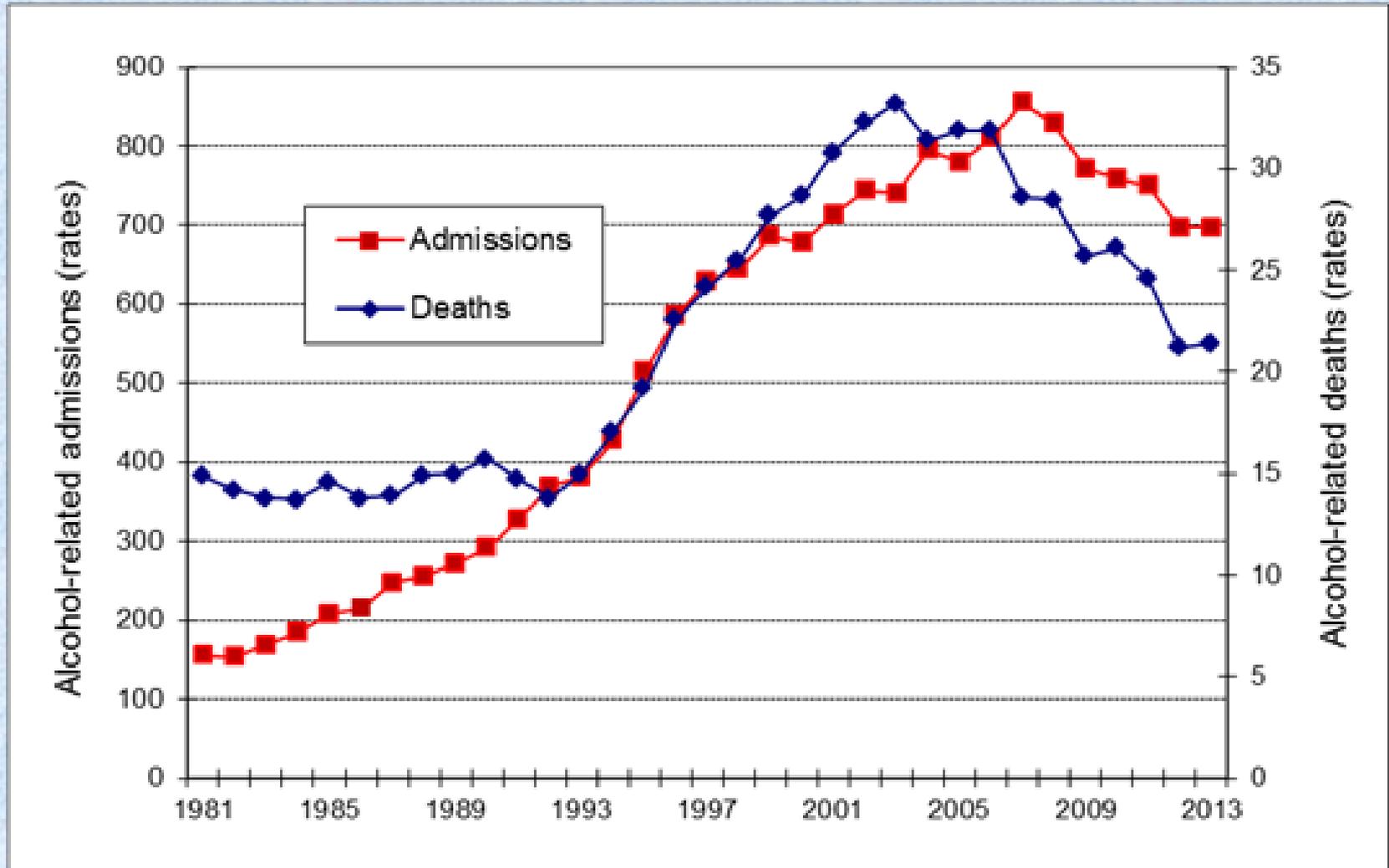
Why this matters

- Reduction in immediate exposure to risky and harmful behaviour – injuries, admissions, unintended behaviour, etc.
- International studies have shown that delaying the age of onset of drinking may be important in reducing the risk of alcohol problems and dependence in later life.
- Changing (real and perceived) social and cultural norms around alcohol.
- BUT difficulty in disentangling cause and effect. However, clear potential to reduce alcohol-related harm over the long term.

The Burden of Alcohol Misuse

- Total cost of alcohol misuse is £3.6 billion (£900 per adult per year)
- Alcohol-related hospital admissions have quadrupled since the 1980s – almost 700 people per week admitted
- Alcohol-related deaths have almost doubled since the early 1980s with over 20 deaths per week
- Drink almost 20% more alcohol than England

Alcohol-related hospital admissions and deaths, 1981-2013



Scotland's Alcohol Strategy – Changing Scotland's Relationship with Alcohol

- Whole population approach, not just targeted interventions
- Over 40 actions covering prevention / treatment / education / licensing etc.
- Covers reducing consumption; supporting families and communities; positive attitudes, positive choices; and improved support and treatment
- Based on WHO's Global Strategy to reduce harmful use of alcohol
- Invested £278 million since 2008 to tackle alcohol misuse

Alcohol Framework - Progress

- Challenge 25
- Offence for someone to buy alcohol for a young person
- Support for diversionary activities through Cashback for Communities
- Improved substance use education
- Improved support for those children affected by parental substance misuse
- Issued guidance for parents and carers about young people and alcohol

Alcohol Framework - Progress

- Established Alcohol and Drugs Partnerships
- 470,000 Alcohol Brief Interventions
- Multi-buy ban in the off-trade and restricted promotions
- Increasing availability of smaller wine measures in the on-trade

Alcohol Framework – More to do

- Minimum unit pricing
- Strengthening legislation relating to giving young people alcohol
- Advertising / marketing / social media

Drug misuse among 13 and 15 year olds in Scotland 2013

Malcolm Cowie – Drugs Policy Unit

Fran Warren – Justice Analytical Services



Policy Background

- Road to Recovery National Drugs Strategy
- Phase 1: Strategy embedded
- Phase 2: Focus on the delivery of the strategy – getting the basics put in place
- Phase 3: Making sure quality is embedded across all services in Scotland.

Importance of SALSUS

- SALSUS provides the most authoritative data on trends in substance use and lifestyle issues among Scotland's young people.
- The survey which began in 1982 was extended in 1998 to include information on drug taking.
- The survey series provides invaluable information on drug use by Health Board; ADP; and Local Authority, as well as national data.

SALSUS 2013

Drugs Findings

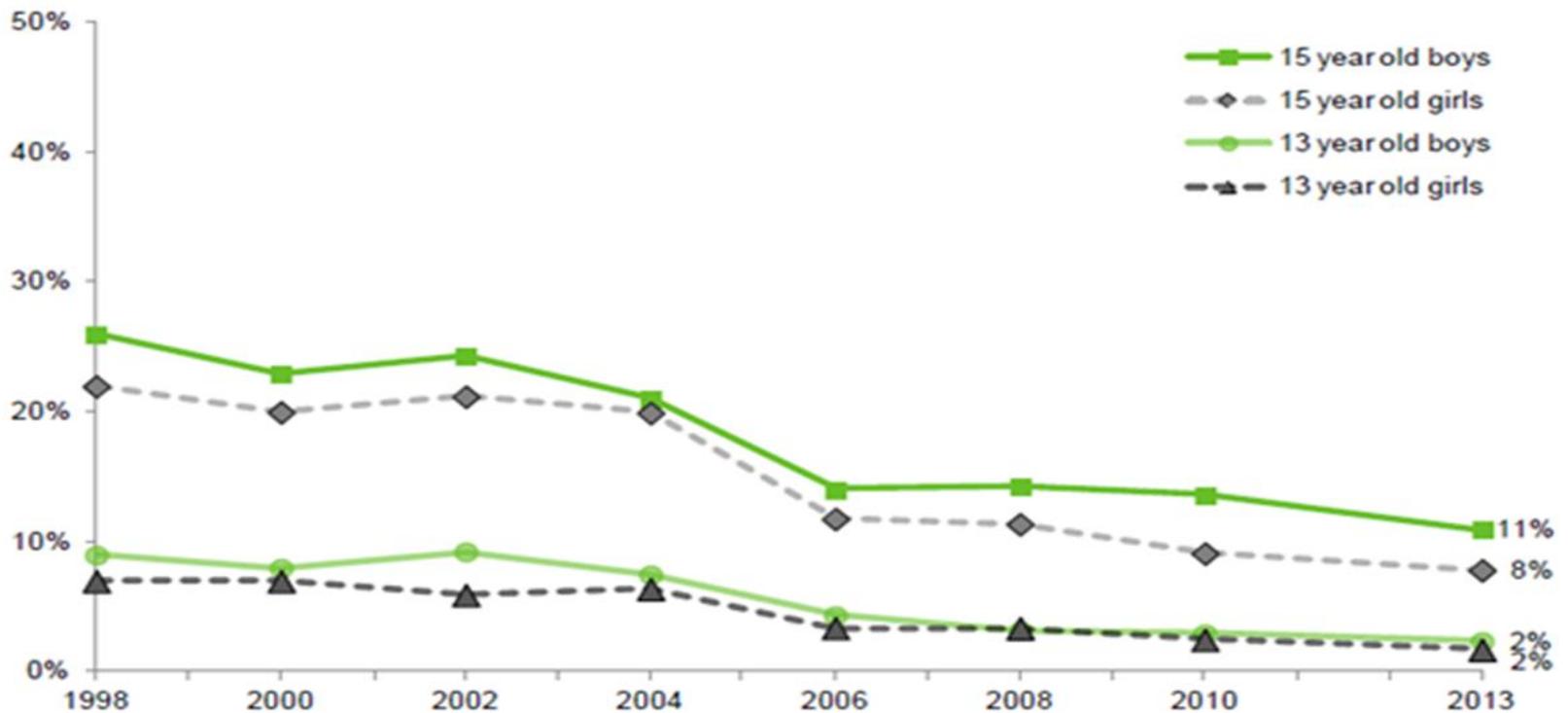
- Prevalence
- Types of Drugs Used
- New Psychoactive Substances (NPS)
- Frequency of Drug Use
- Being Offered Drugs
- Ease of Obtaining Drugs

Prevalence

- *Ever used drugs* - 18% of 15 year olds and 4% of 13 year olds.
- *In the last year* - 16% of 15 year olds and 3% of 13 year olds.
- *In the last month* - 9% of 15 year olds and 2% of 13 year olds - the lowest since the survey series began in 1998.

Prevalence

Figure D4: Percentage of pupils using drugs in the month prior to the survey; by age group and gender, Scotland, 1998-2013



Source: ONS 1998; NCSR 2000; SALSUS 2002-2013

Base: All pupils

Types of Drugs Used

- Cannabis - the most commonly used drug in all three time periods.
- 15 year olds – other drugs *ever used*: stimulants (5%), psychedelics (4%).
- 13 year olds – other drugs *ever used*: stimulants (1%), psychedelics (1%), opiates (1%) and gas, glue/other solvents (1%).

New Drugs/NPS

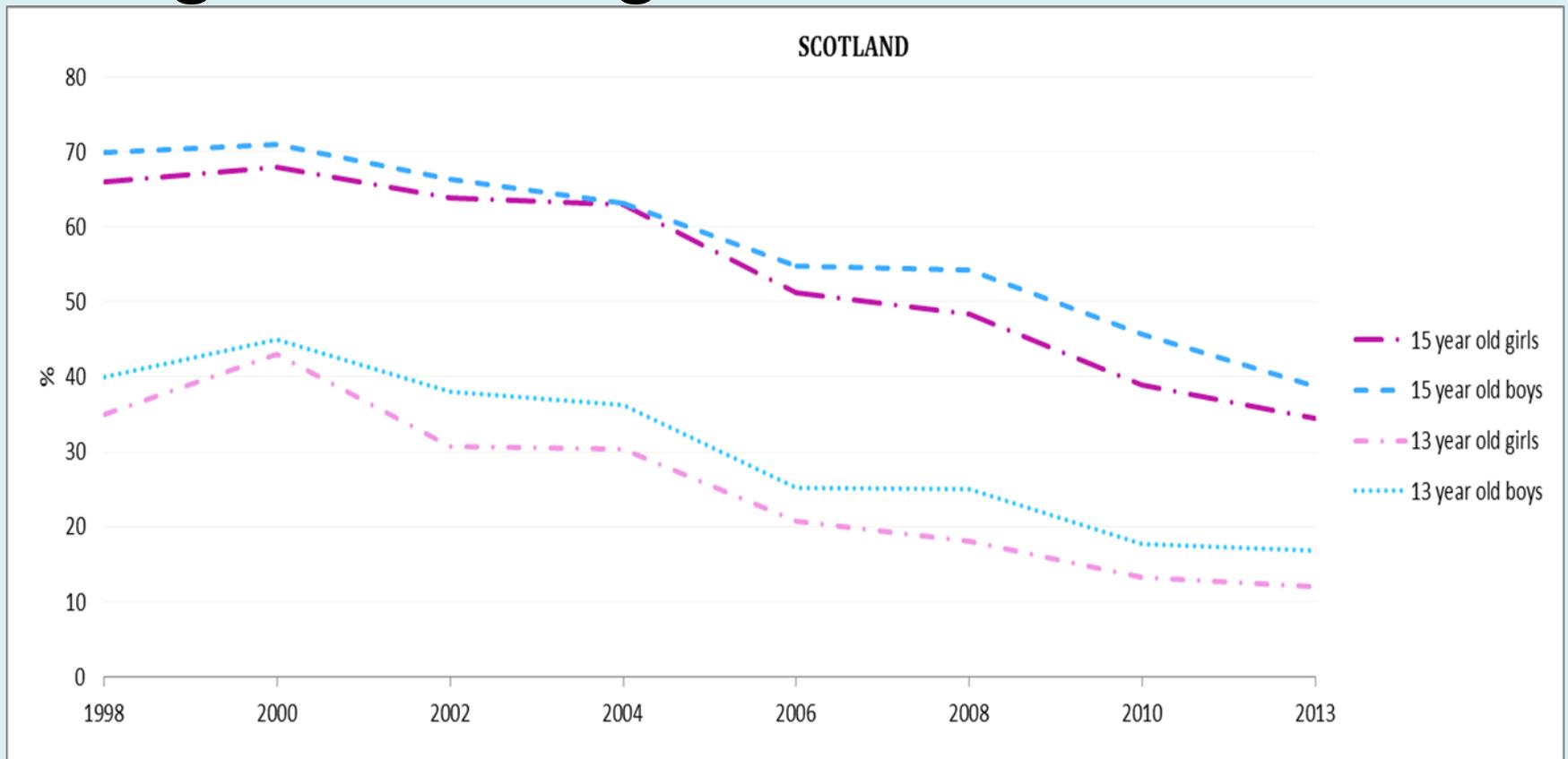
- Very small proportions of 15 and 13 year olds reported having used NPS.
- 4% of 15 year olds and less than 1% of 13 year olds reported *ever* using one or more NPS.
- Most commonly used NPS for 15 year olds - mephedrone, synthetic cannabis and salvia. 13 year olds - synthetic cannabis.

Frequency of Drug Use

- The vast majority of 15 and 13 year olds reported *never* using drugs.
- There has been an increase in the proportion of pupils who said they have *never* used drugs since 2010.

Being Offered Drugs

The proportion of pupils who reported being offered drugs has fallen since 2010.



Proportion of pupils that had been offered any drug, by age group and gender: 1998-2013

Being Offered Drugs

- More pupils reported having been offered drugs than reported using them.
- 15 year olds more likely to have been offered drugs than 13 year olds.
- Boys in both age groups more likely to have been offered drugs than girls.

Types of Drugs Offered

- Cannabis - the drug most *commonly offered* to pupils.
- Drugs *ever offered* to 15 year olds and 13 year olds respectively:
 - Cannabis (34% and 9%)
 - Ecstasy (9% and 2%)
 - Cocaine (8% and 2%)
 - NPSs (8% and 3%)
 - Opiates (3.6% and 1.6%)

Ease of Obtaining Drugs

- Older pupils - 'fairly/very easy' to get illegal drugs if they wanted to.
- Pupils' reports of 'easy' access to drugs rose in line with frequency of drug use.
- Pupils who had used drugs were most likely to have got them from a friend.

Summary

- Findings from SALSUS have allowed us to map trends in drug use for the 13 and 15 year old age group from 1998 to 2013.
- The adaptability of SALSUS helps us keep up with changes to these trends, such as the use of New Psychoactive Substances.
- This helps inform our responses to the challenges they pose.

Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS)

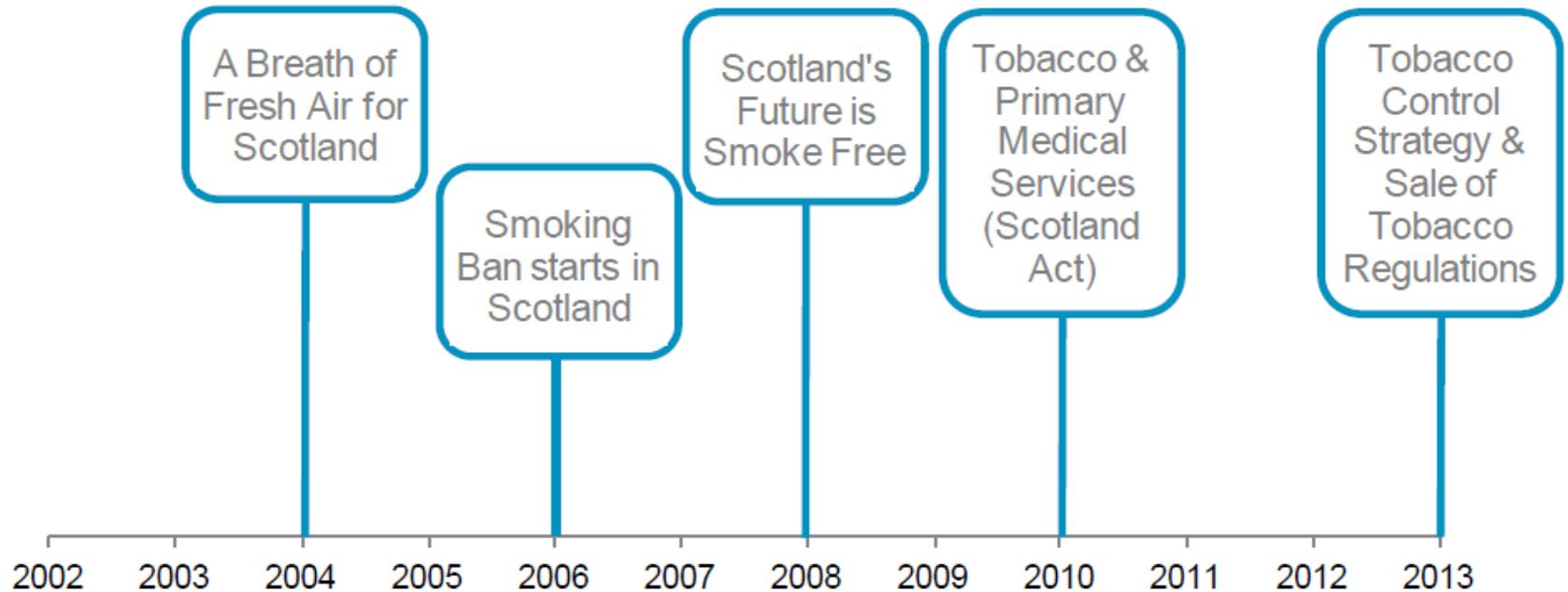
Smoking



Siobhan Mackay

Tobacco Control Policy

Figure S1: Scottish Tobacco Policy Timeline; 2002 – present

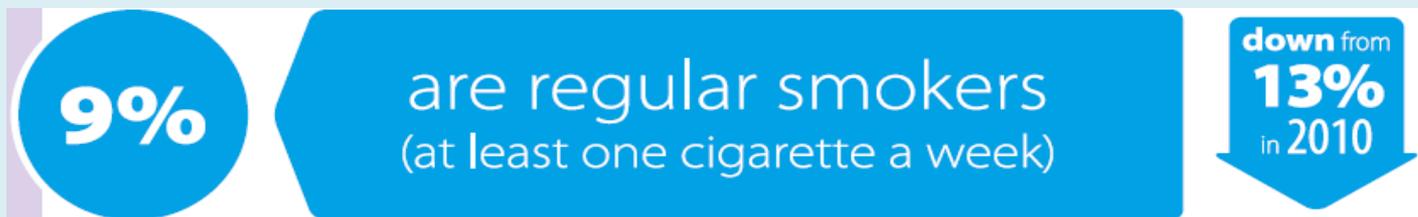


Creating a Tobacco-Free Generation



Smoking Rates - 2013

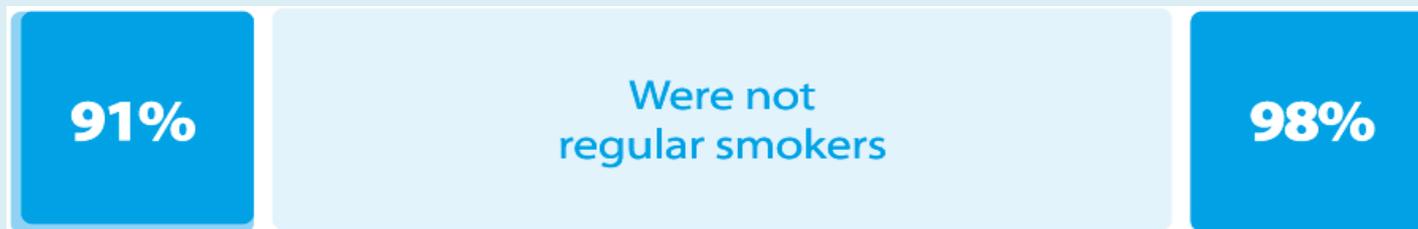
15 year olds



13 year olds



15 year olds

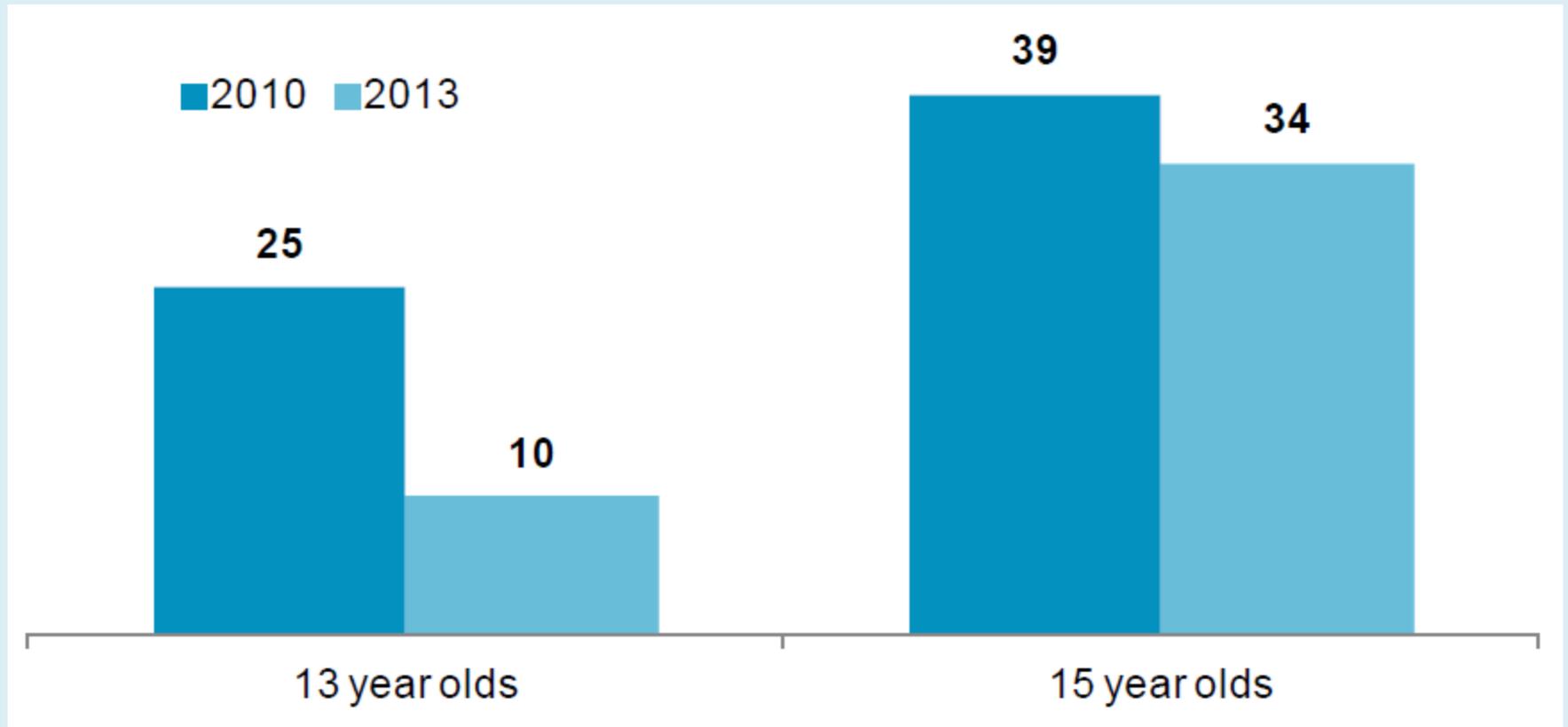


13 year olds

Were not
regular smokers

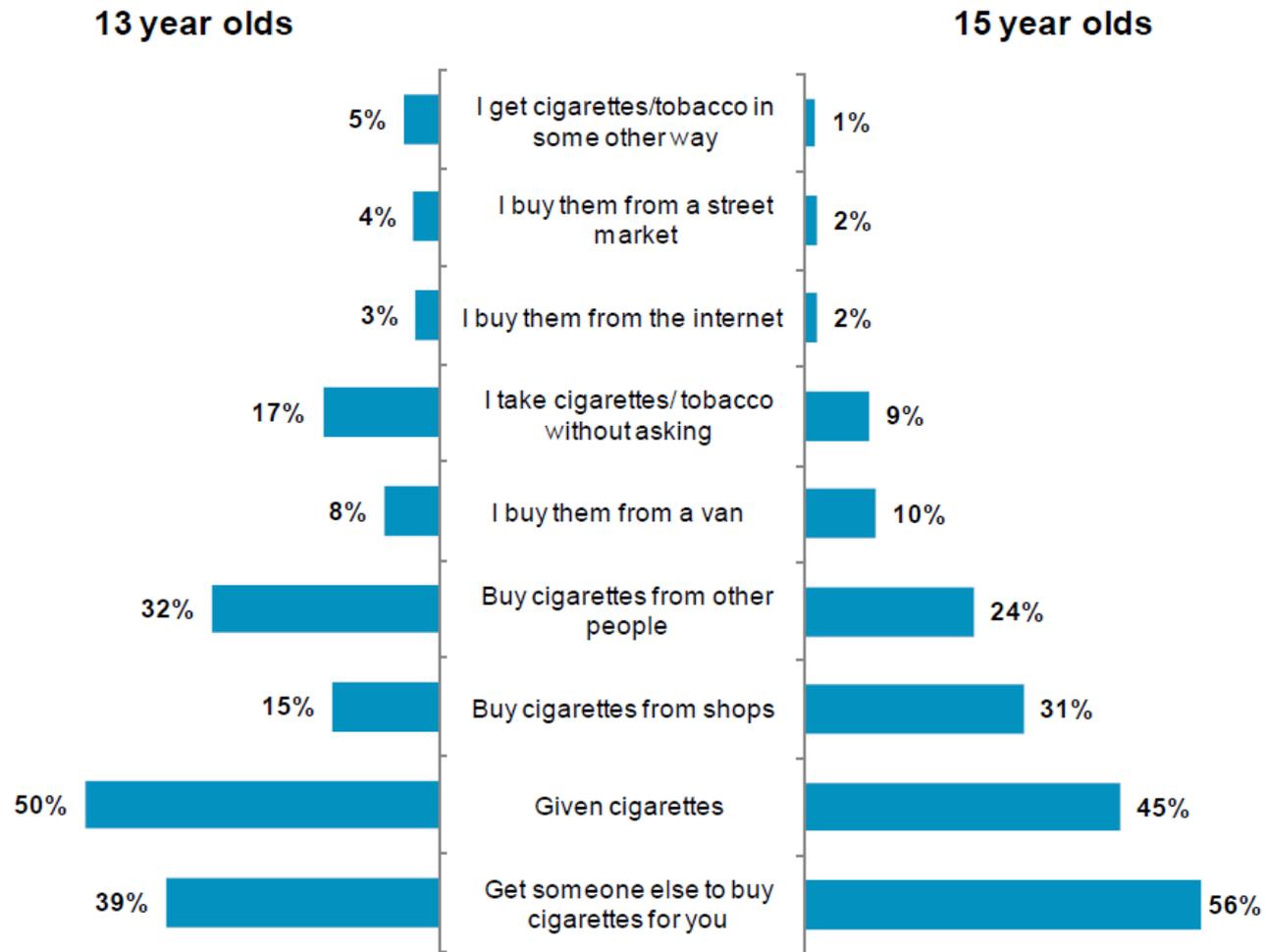
98%

Number of cigarettes smoked



Sources of Tobacco

Figure S5: Source of cigarettes; regular smokers, by age group, Scotland, 2013



Source: SALSUS 2013
Base: Regular smokers

Buying from Shops

The proportion of **15 year old regular smokers** who reported that they **successfully purchased cigarettes from a shop, supermarket or van** in the last four weeks

reduced

from **55%**
in **2010**

to **42%**
in **2013**

The proportion of **13 year old regular smokers** who reported that they **successfully purchased cigarettes from a shop, supermarket or van** in the last four weeks

reduced

from **52%**
in **2010**

to **23%**
in **2013**

Attitudes: OK to smoke / want to quit

15 year olds

49%

decreased

from

63%

in 2010

13 year olds

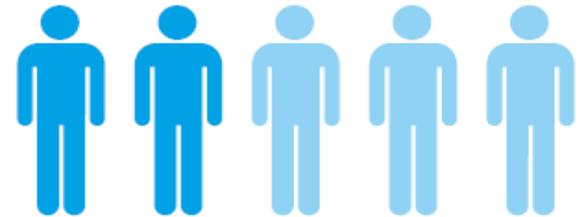
18%

decreased

from

29%

in 2010



2 out of 5 regular smokers said they wanted to give up (41%).

Friends & Family

64%

of **regular smokers** reported that at least one parent smoked daily.

28%

of **non-smokers** reported that at least one parent smoked daily.

60%

of **regular smokers** reported that more than half of their friends smoked.

4%

of **non-smokers** reported that more than half of their friends smoked.

Exposure to second-hand smoke



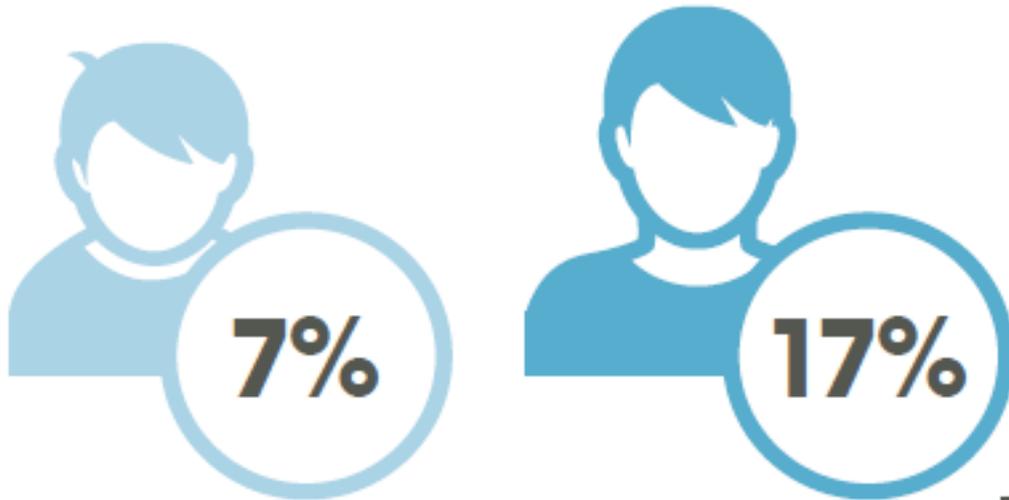
24% of all pupils surveyed said that someone smoked in their home **every day or most days**.



7% of all pupils reported that when travelling by car someone smoked inside the vehicle **during all or most journeys**, a further 15% reported someone smoking sometimes.

E-Cigarettes

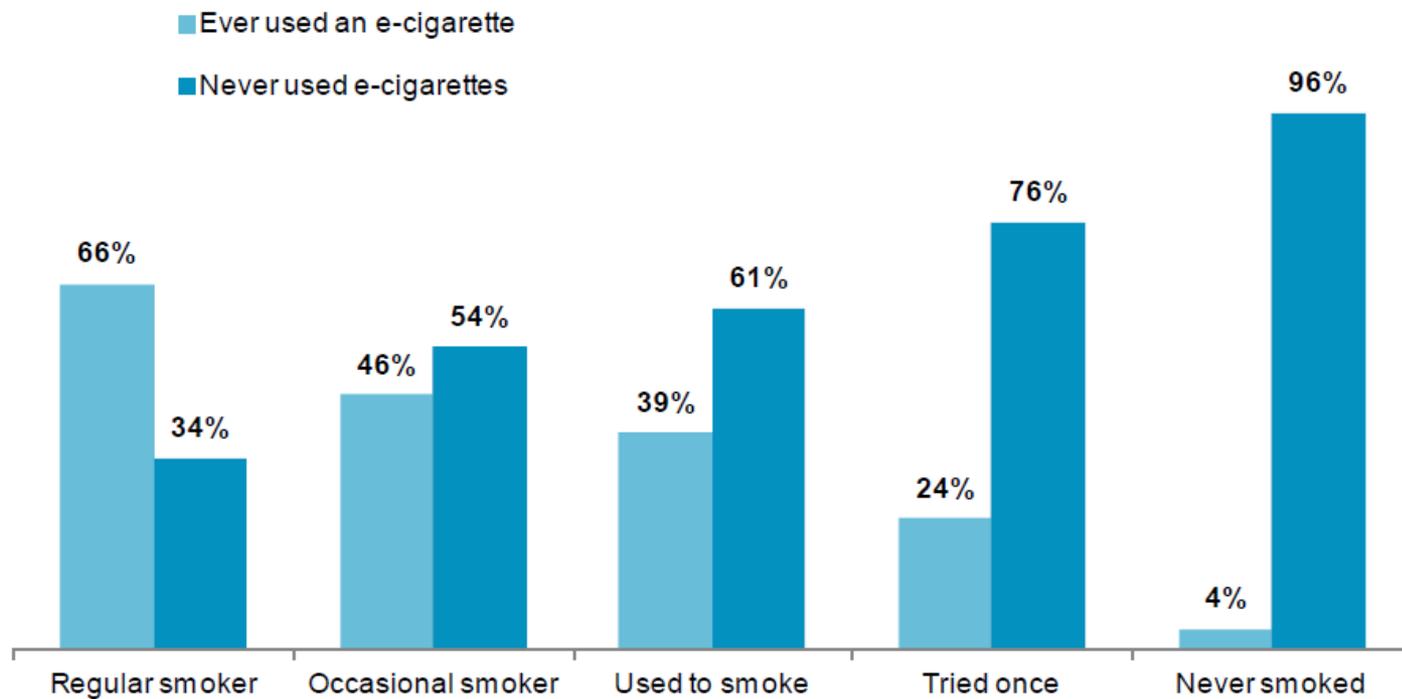
% who have ever tried an e-cigarette, even once



■ 13 YEAR OLDS
■ 15 YEAR OLDS

Who is using E-Cigs

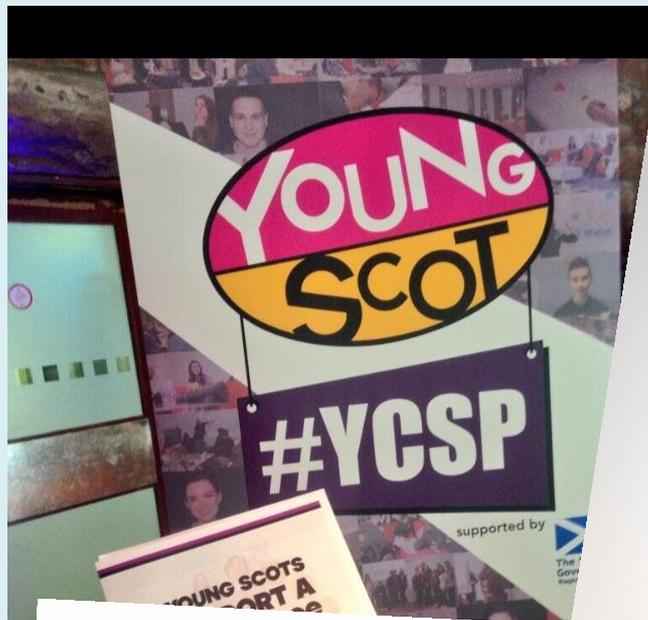
Figure S13: Use of e-cigarettes; both age groups, by smoking status, Scotland, 2013



Source: SALSUS 2013

Base: All pupils

What are we doing



A Consultation on Electronic Cigarettes and Strengthening Tobacco Control

For your kids' sake, don't smoke indoors. Take it right outside.



Find out more at rightoutside.org



Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS)

Overview



Emma McCallum

ADVICE AND SUPPORT PROVIDED BY SCHOOL

The majority of pupils agreed, or strongly agreed, that their school provided them with the advice and support that they need to make important decisions about drinking alcohol, smoking and drugs



Percentage of pupils that agreed their school provided them with the advice and support to make important decisions about drinking alcohol, smoking and taking drugs.

	13 Yr Old	15 Yr Old
Drinking	70%	68%
Smoking	72%	68%
Drugs	72%	70%





Pupils who were regular smokers, drank alcohol in the last week or took drugs in the last month were more likely to receive a lower WEMWBS** score.

LIFESTYLE AND SUBSTANCE USE

Compared to pupils who had never used substances, regular smokers, those who drank in the last week and those who used drugs in the last month were:



More likely to say that their parents didn't know about their friends and activities.



More likely to have friends of mixed ages and to spend more evenings in the week with their friends.



More likely to say that they spent time 'hanging around the street.'

Compared to pupils who had used substances, those who had never smoked, never drunk alcohol and never taken drugs were:



More likely to say that they like school and less likely to report feeling strained or pressured by schoolwork 'a lot of the time.'



More likely to rate their health as 'good or very good' and to report better 'mental well-being.'



More likely to read books, do a hobby, do art or play a musical instrument.

Resilience and protective effects

- Weekly sports participation, weekly book reading and being involved in a weekly hobby are associated with those least likely to be involved in drugs, smoking or alcohol.
- Those with 'normal' scores on all of the 'Strengths and Difficulties' scales in terms of the emotion, conduct, hyperactivity/inattention and pro-social scales were more likely to refrain from risky behaviours.
- Protective effects also shown by having same age friends and a good parental knowledge what the young person is up to.
- University aspirations also act as a protective effect (although young people with higher aspirations come from better-off backgrounds, and we suspect that deprivation plays a role in risky behaviour...)

Contact

Emma McCallum
Health Analytical Services, Scottish Government

0131 244 2813

salsus@scotland.gsi.gov.uk

Website:

<http://www.isdscotland.org/Health-Topics/Public-Health/SALSUS/>

