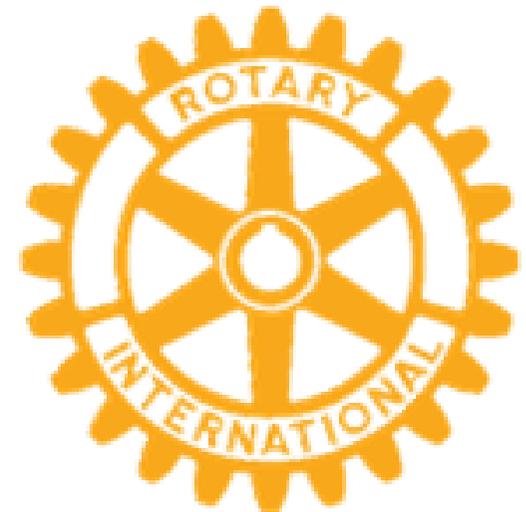




CENTRA VOOR ALCOHOL-EN
ANDERE DRUGPROBLEMEN
LIMBURG vzw

Rotary





CENTRA VOOR ALCOHOL-EN
ANDERE DRUGPROBLEMEN
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Prevention involves the deliberate and systematic initiatives, in terms of promoting and maintaining the health and welfare of children and youngsters. Those initiatives always try to anticipate risk factors, are offensive, develop a comprehensive approach in a participatory way and have a democratic character.

Rotary and youth

We have youth exchange programs (HEP, LTEP, STEP, RYLA...)
privileged young people acquire extra skills on their way to
a sunny future

but



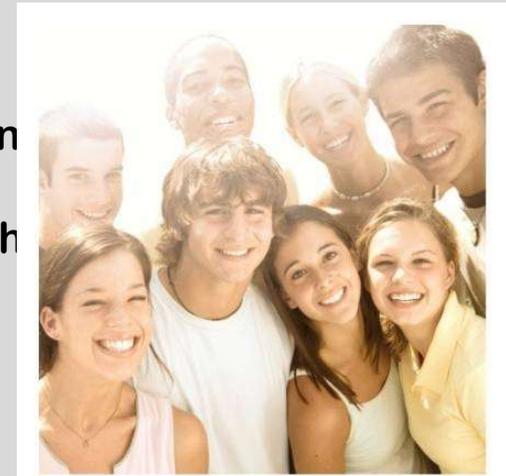
We should always remember those youngsters who were not born with a silver spoon in their mouth.





Why focus on youth?

- Young people now use more (different) drugs than 20 years ago
- Young people are using significantly more than older people
- Drug use by young people has a profound impact on their lives and that of their environment:
 - Mental health problems
 - Suicide
 - Risky sexual behavior
 - Accidents
 - Contact with the justice system
 - School dropouts
 - Violence
 - Criminal behavior
 - Homelessness
 - Murder
 - High cost health care



Some figures: students 12 – 18 y

PREVALENTIE EN FREQUENTIE VAN TABAK

| | |
|-------------------------------------------|-------|
| Nooit Jamais | 71,4% |
| Ooit | 28,6% |
| Laatste jaar | 21,9% |
| Laatste maand | 12,0% |
| Gestopt tijdens laatste 12 maanden | 13,8% |
| Occasioneel | 5,1% |
| Regelmatig | 7,8% |
| Dagelijks | 5,5% |

PREVALENTIE VAN ALCOHOLGEBRUIK

| | |
|----------------------|-------|
| Nooit Jamais | 34,7% |
| Ooit | 65,3% |
| Laatste jaar | 59,2% |
| Laatste maand | 42,3% |
| Occasioneel | 44,4% |
| Regelmatig | 14,4% |



PREVALENTIE VAN CANNABISGEBRUIK

| | |
|----------------------|-------|
| Nooit Jamais | 84,7% |
| Ooit | 15,3% |
| Laatste jaar | 11,3% |
| Laatste maand | 4,6% |
| Occasioneel | 9,2% |
| Regelmatig | 2,0% |

Some figures: students 12 – 18 y

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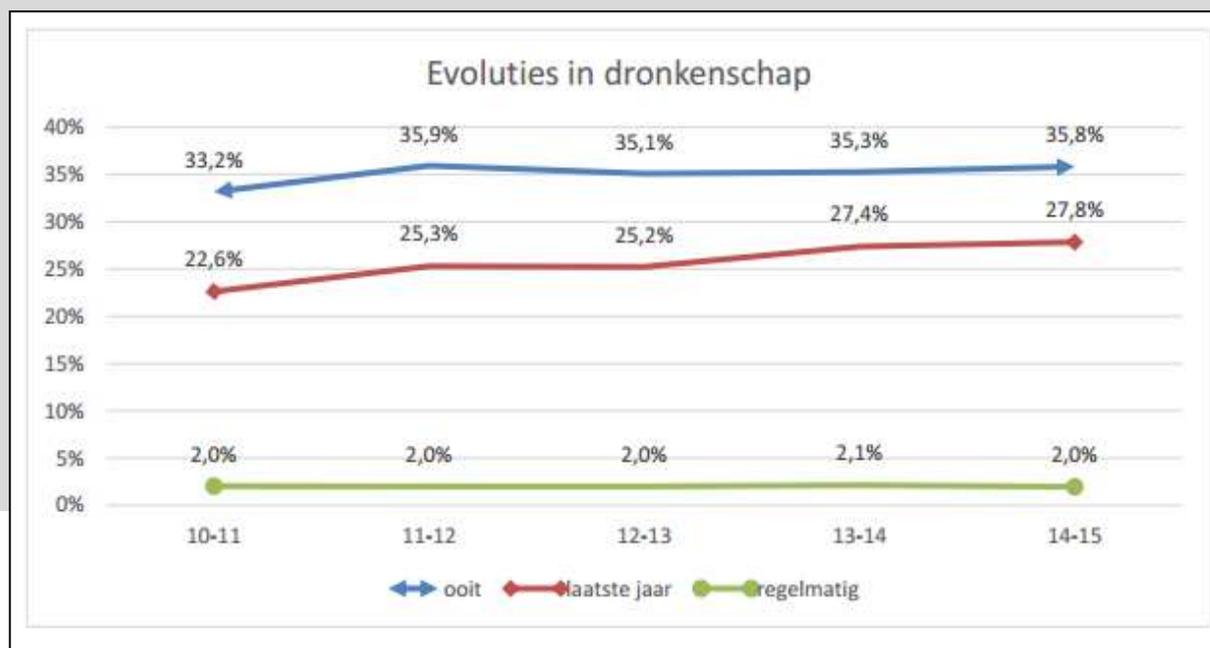
!

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Some figures: students 12 – 18 y

| PREVALENTIE VAN DRONKENSCHAP | | PREVALENTIE VAN BINGEDRINKING | |
|------------------------------|-------|-----------------------------------------|-------|
| Nooit | 64,2% | Nooit | 65,2% |
| Ooit | 35,8% | Ooit maar minder dan maandelijks | 18,7% |
| Laatste jaar | 27,8% | Maandelijks tot dagelijks | 16,1% |
| Regelmatig | 2,0% | | |



Some figures

Druggebruik in België

Percentage van de belgische bevolking van 15 tot 64 jaar dat in de afgelopen 12 maanden drugs heeft gebruikt, 2013

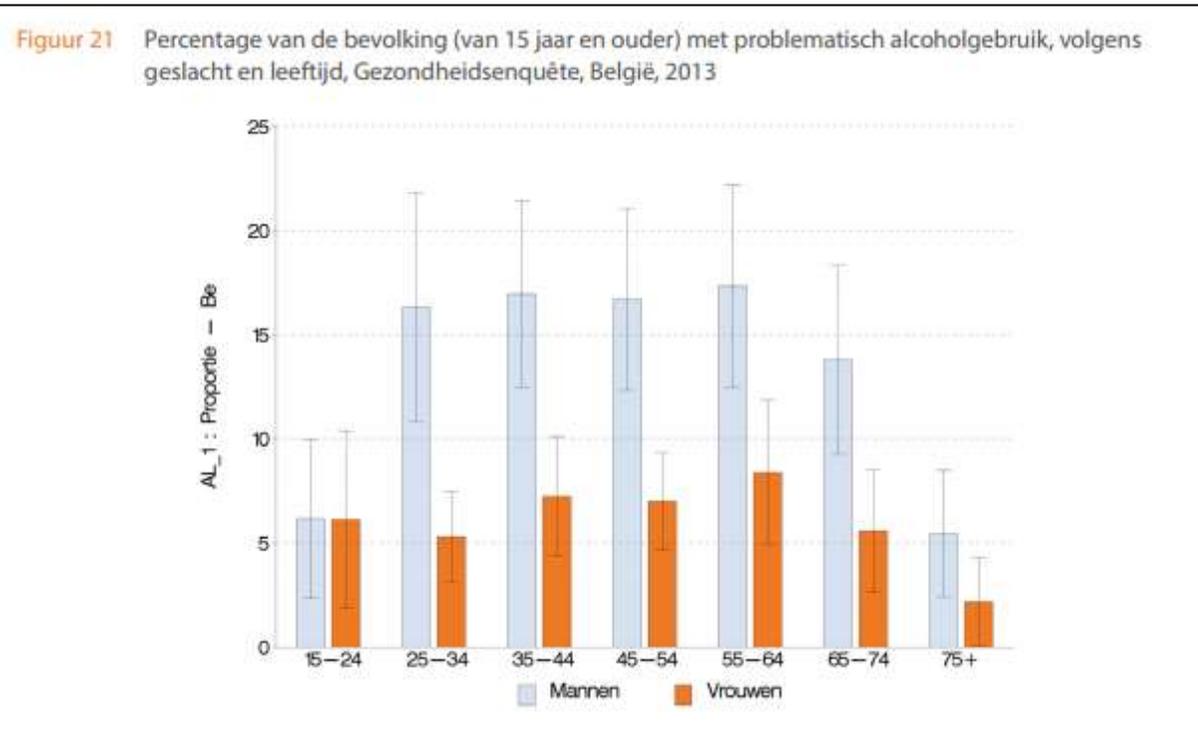
| | Cannabis | Cocaïne | Amfetamines | Opiaten | Legal highs | Anderen | Elke illegale drug |
|----------------------------|----------|---------|-------------|---------|-------------|---------|--------------------|
| Mannen | 6.3 | 0.7 | 0.3 | 0.3 | 0.1 | 0.1 | 6.9 |
| Vrouwen | 2.9 | 0.3 | 0.1 | 0.1 | 0.1 | 0.1 | 3.2 |
| 15-24 jaar | 12.2 | 0.9 | 1.3 | 0.0 | 0.1 | 0.1 | 12.7 |
| 25-34 jaar | 8.4 | 1.0 | 0.9 | 0.5 | 0.3 | 0.0 | 9.5 |
| 35-44 jaar | 3.3 | 0.4 | 0.3 | 0.3 | 0.1 | 0.0 | 3.6 |
| 45-54 jaar | 1.2 | 0.2 | 0.1 | 0.0 | 0.0 | 0.2 | 1.4 |
| 55-64 jaar | 0.4 | 0.1 | 0.0 | 0.0 | 0.0 | 0.05 | 0.5 |
| Totaal (15-64 jaar) | 4.6 | 0.5 | 0.2 | 0.2 | 0.1 | 0.1 | 5.1 |

Bron: Gisle, 2015

Illegal drug use in Belgium

This concerns **365.000** persons

Some figures



10% of Belgian population is faced with **problematic alcohol use**, which means that they have a high risk for alcohol dependence. Here we should also mention a very poor and relatively new habit: 'binge drinking'- this is a modern epithet for drinking alcoholic beverages with an intention of becoming intoxicated by heavy consumption of alcohol over a short period of time. Defined as drinking six glasses in one night, once a week, 7% of de Belgian people is binge drinking.

This concerns **922.000** persons



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Logout

is the hardest
button to click.

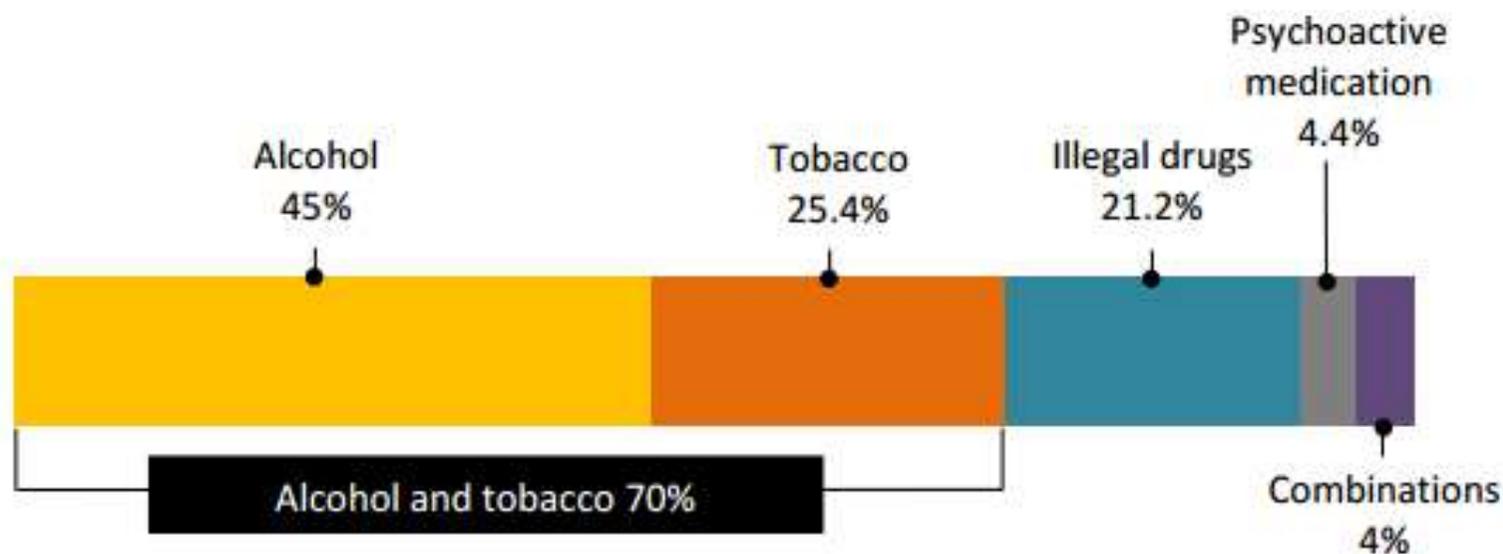


A growing problem...

Some figures: direct costs

In 2012, the direct costs of substance (mis)use comprised **2.86 billion euros**. Figure 1 illustrates that alcohol (mis)use generates the largest costs (45%, 1290 million euros), followed by tobacco (25.4%, 727 million euros) and illegal drugs (21.2%, 606 million euros). Psychoactive medication accounts for 4.4% (125 million euros) of the costs.

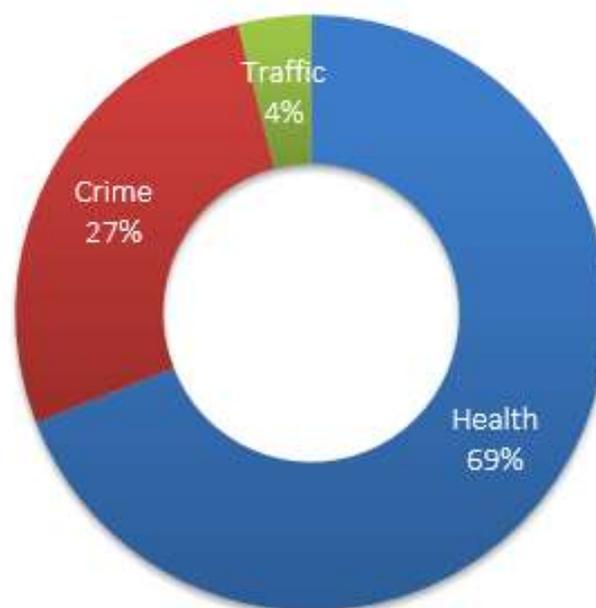
Figure 1: Direct costs by type of substance, 2012



Some figures: direct costs

Figure 2 shows that the majority of the direct costs is linked to health care (69%, 1976 million euros), 27% (783 million euros) is linked to law enforcement³ and 4% (104 million euros) is used to deal with traffic accidents.

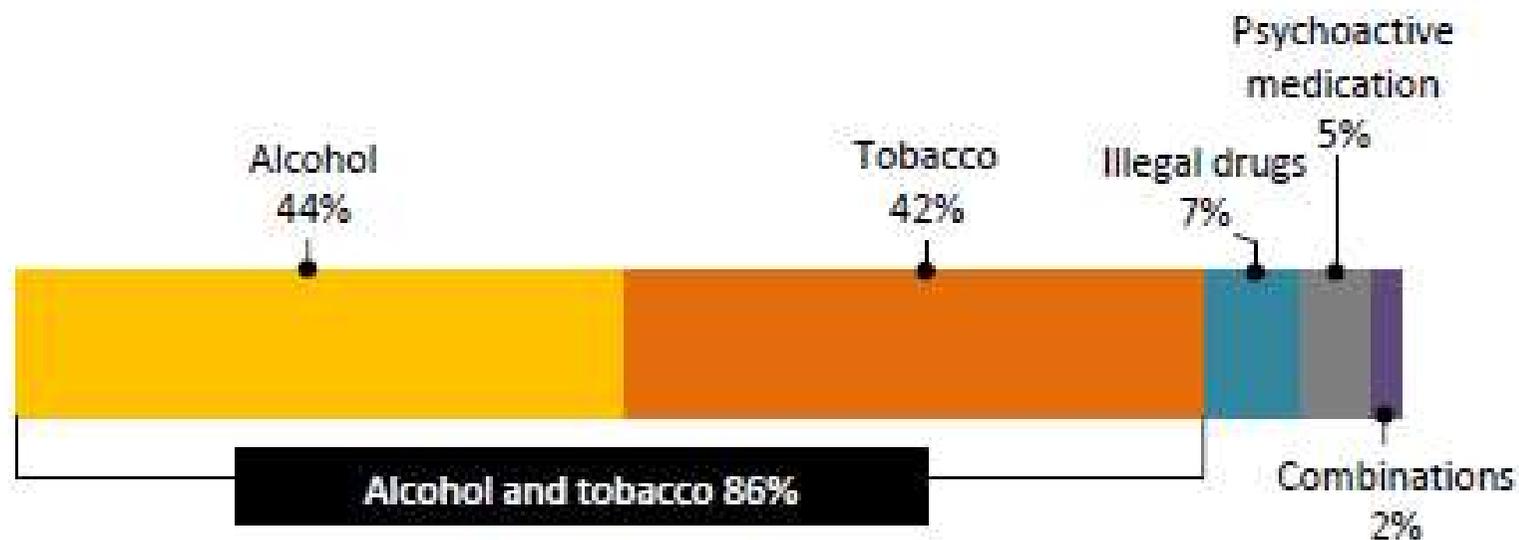
Figure 2: Direct costs by cost category, 2012



Some figures: indirect costs

Substance (mis)use causes an indirect cost of 1.8 billion euros in the year 2012⁸. Figure 3 demonstrates that alcohol and tobacco are responsible for 86% of these indirect costs (tobacco: 42% or 746 million euros; alcohol: 44% or 778 million euros). Illegal drugs and psychoactive medication are also an important cost category, with respectively 7% (120 million euros) and 5% (90 million euros).

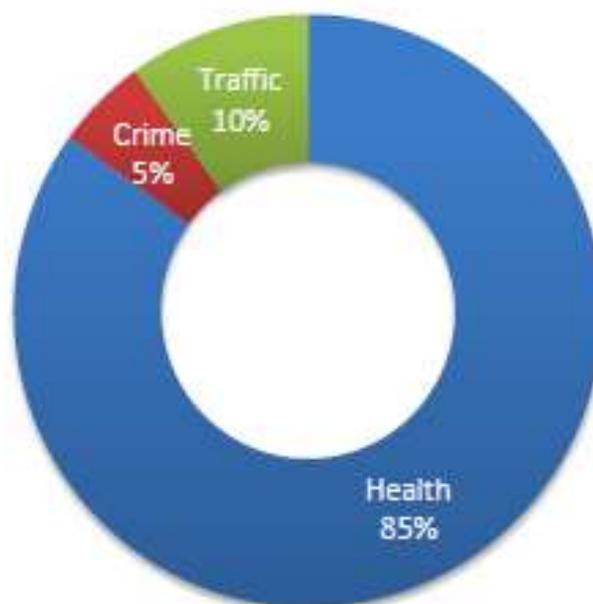
Figure 3: Indirect costs by type of substance, 2012



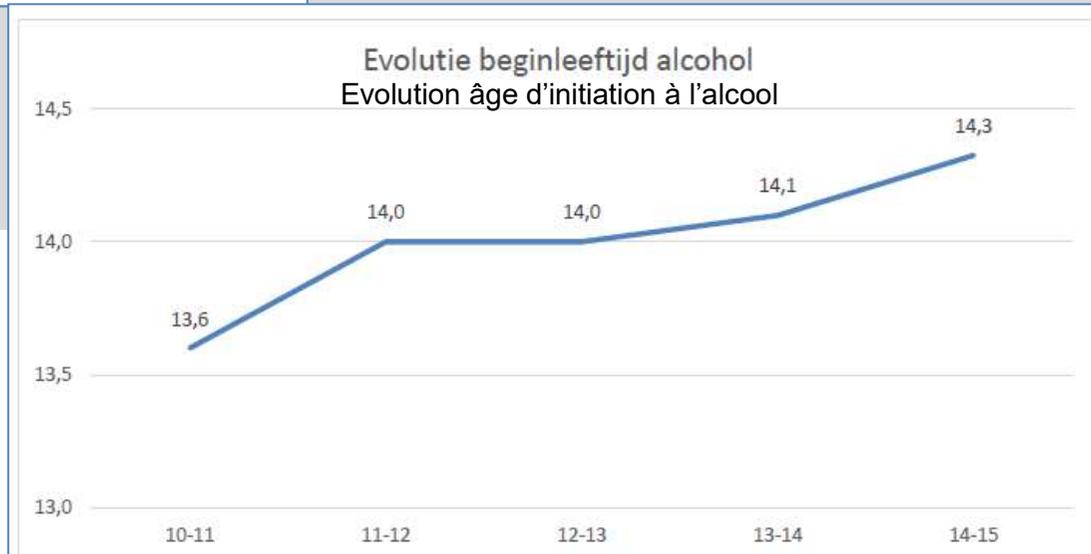
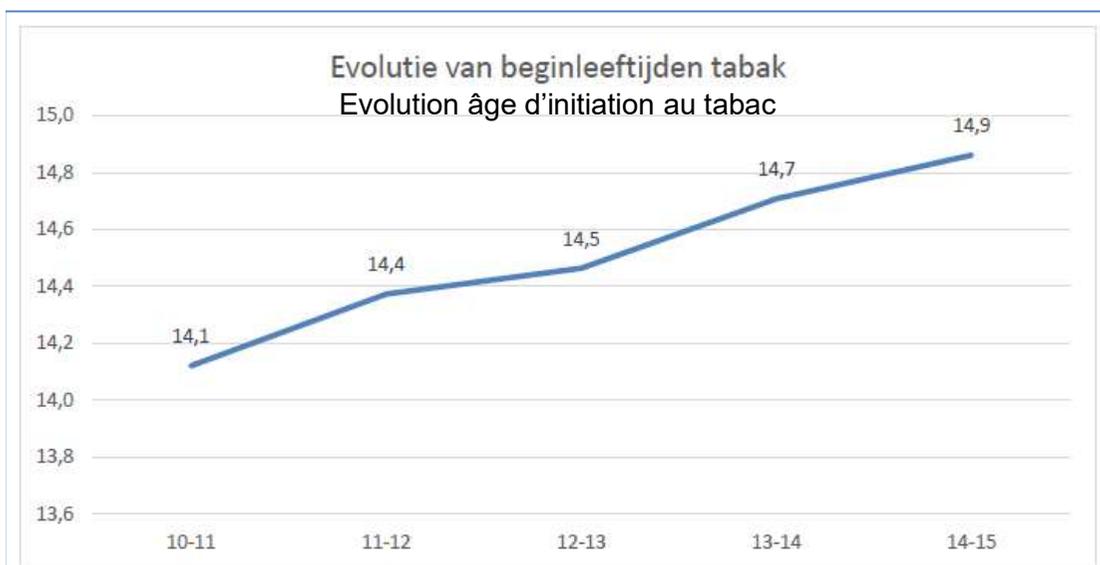
Some figures: indirect costs

Figure 4 shows that 85% of these indirect costs are related to health (i.e. productivity losses due to disability and premature mortality due to diseases), 5% to crime (i.e. productivity losses due to incarceration of drug related crimes and premature mortality due to homicide⁹), and 10% to traffic accidents (i.e. productivity losses due to premature mortality).

Figure 4: Indirect costs by cost category, 2012



Drug Prevention works!



Drug Prevention works!



Best practice portal

Discover what works (and what doesn't work) in the areas of drug prevention, treatment, harm reduction and social reintegration.

👍 What works for...?

Prevention:

- Families
- School students
- Communities
- Partygoers
- General population

Keywords

Use the keywords below to help you find best practice information for a specific topic. Clicking on a keyword will modify the available selection on the left. To remove a keyword filter, just click on it again.

Substance: alcohol amphetamines cannabis cocaine
new psychoactive substances (NPS)
prescription medicines opioids tobacco

Best practice portal

← Back

Prevention for school students

Prevention targeting schools offers a systematic and efficient way of reaching large numbers of young people.

👍 What works?

- ✓ Multicomponent interventions delivered at school and based on social influence and/or on learning social skills are helpful for reducing alcohol and drug use, especially cannabis
- ✓ Moreover, interactive interventions targeted at problem students help reduce substance use and 'drink-driving' behaviour
- ✓ In addition, peer-led interventions reduce illicit substance use

🔍
Examine
the
evidence
for yourself,
including
references
to studies
and reviews
»

<http://www.emcdda.europa.eu/best-practice>

Rotary and Drug Prevention

- **Traditional school drug prevention programs focus on average school population and aim at absolute prevention of use or delay the onset of use**
 - **What with young people who are not going to school or don't feel connected to the school programs?**
 - **We don't reach the most vulnerable young people:**
 - **Young people in youth care**
 - **Young people outside mainstream education**
 - **Young people with disabilities**
 - **Young people who are already using drugs**
- ...victims of an unequal world with impoverishment, inequality and social exclusion**

Maybe Rotary can invest in research for and development of selective and indicated preventive interventions for/with this group...

Rotary and Drug Prevention

District 1630 Conference 2016

- Representatives of 4 Rotary clubs + participants from Rotaract + prevention workers from CAD = think thank
- A prevention instrument easy accessible for young sporters, specifically football players, their parents and the sports clubs



Rotary and Drug Prevention: prevention is a daily activity

- Rotarians are leaders. Their behavior is seen as an example...
- So, their drinking behavior should be exemplary for the young people in their environment

!At the Conference 2016, District 1630, the 'glass of friendship' was a non-alcoholic cocktail!



Apple Cooler: delicious!

Rotary and Drug Prevention: prevention is a daily activity

- The influence of important people in the surroundings of children, adolescents and young adults is not to be underestimated.
- Imitation, modeling and exemplarity have always been and will remain important concepts in education and learning.

We should just keep that in mind!



Thank you for your attention

