

Report To: Community Health & Care Partnership Sub Committee **Date:** 31 May 2012

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Subject: Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS 2010)

1.0 PURPOSE

- 1.1 To update Committee on the most recently published SALSUS study which provides information on the smoking, drinking and drug use, habits and attitudes among 13 and 15 year olds in Inverclyde, and draws comparisons with an earlier study conducted in 2006.

2.0 SUMMARY

- 2.1 The SALSUS report is a national survey conducted every 4 years at a local level and is administered on behalf of the Scottish Government by Ipsos Mori Scotland with a robust methodology , the results having a high degree of statistical reliability.
- 2.2 The study focuses upon the habits of 13 year olds (Secondary 2) and 15 year olds (Secondary 4). Seven Inverclyde secondary schools agreed to participate with 576 pupils participating with the questionnaires being completed during Personal and Social Education (PSE) class time. Questionnaires were completed individually and all information was confidential.
- 2.3 Results from the survey are extremely encouraging with declines being noted since 2006 in areas of tobacco, alcohol and drug use particularly in the 13 year olds. Positive progress can be seen towards attitudes across a range of indicators for all three areas of tobacco, alcohol and drugs.

3.0 RECOMMENDATIONS

- 3.1 To note the content of the 2010 SALSUS report for Inverclyde
- 3.2 To note the positive improvements in behaviours and attitudes amongst young people in relation to tobacco, alcohol and drug use.

4.0 BACKGROUND

- 4.1 The SALSUS report is conducted every 4 years at a local level and is administered on behalf of the Scottish Government by Ipsos Mori Scotland with a robust methodology, the results having a high degree of statistical reliability.
- 4.2 The study focuses upon the habits of 13 year olds (Secondary 2) and 15 year olds (Secondary 4). Seven Inverclyde secondary schools agreed to participate with 576 pupils participating, with the questionnaires being completed during Personal and Social Education (PSE) class time. Questionnaires were completed individually and all information was confidential.
- 4.3 **SURVEY RESULTS-ALCOHOL**

Prevalence of Alcohol Use

Compared with previous results (2006) there has been a decrease in the proportion of pupils who have ever had an alcoholic drink (a reduction from 53% of 13 year olds to 37% in 2010 and from 84% of 15 year olds in 2006 to 74% in 2010).

The number of 13 year olds in Inverclyde who have ever had a proper alcohol drink is now lower than the national average (37% of 13 year olds in Inverclyde compared with 44% of 13 year olds nationally) while the proportion of 15 year olds in Inverclyde is similar to the national average (74% Inverclyde, 77% nationally).

Frequency of Drinking

Compared with 2006 there has been a marked decrease in the proportion of pupils reporting that they usually drink at least once a week (from 12% of 13 year olds in 2006 to 3% in 2010 and from 27% of 15 year olds in 2006 to 10% in 2010).

Of those pupils who reported drinking at all (13% of 13 year olds and 33% of 15 year olds) the greatest proportion of 15 year olds reported spending £5 or more but less than £10 per week on alcohol.

The commonest alcohol drinks consumed were beer, lager or cider. There was a marked reduction in consumption of spirits, wine and fortified wine.

Availability of Alcohol

Among pupils who had ever had an alcohol drink the proportion reporting purchasing alcohol from shops has decreased since 2006 (from 22% in 2006 to 7% in 2010 amongst 13 year olds and from 25% in 2006 to 16% in 2010 amongst 15 year olds). The proportion of 15 year olds who reported purchasing alcohol from off-licences has also decreased (from 28% in 2006 to 17% in 2010).

Of those pupils who had ever had an alcohol drink 6% of 13 year olds and 8% of 15 year olds had managed to purchase from a shop, supermarket or off-licence in the 4 weeks prior to the survey. The proportion of 15 year olds who bought alcohol from a shop, supermarket or off-licence has decreased from 20% in 2006 to 8% in 2010. Among 15 year olds the proportion who had bought alcohol from a pub, club or bar has decreased from 9% in 2006 to 4% 2010. The most frequently reported source of alcohol was, "friend older than me". Of concern is the fact that 40% of the small number of 13 year olds who have consumed alcoholic drink report the supply as coming from "a stranger".

Where Young People Drink Alcohol

Among 13 year olds the most frequently reported location for drinking alcohol was their own home (62%) and at someone else's home (23%).

Among 15 year olds the most frequently reported location was at a party with friends (54%); at someone else's home (47%); at their own home (39%) and outside (27%). There is a marked reduction in drinking in the street, in a park or other outdoor area from 2006 (47%) to 23% in 2010.

Intoxication

Those pupils who had ever had an alcoholic drink indicated that 44% of 13 year olds and 26% of 15 year olds had never been drunk. However 4% of 13 year olds who had ever had an alcoholic drink and 25% of 15 year olds had been drunk more than 10 times.

Of the pupils who had ever had an alcoholic drink, 29% of 13 year olds and 49% of 15 year olds reported that they had consumed five or more drinks on the same occasion in the past 30 days. 8% of 13 year olds who had ever had an alcoholic drink, and 10% of 15 year olds who had ever had an alcoholic drink had consumed five or more drinks on the same occasion four or more times in the last 30 days.

Consequences of Drinking Alcohol

For both age groups the most commonly reported effects of drinking were having an argument and being sick. There is a significant reduction since 2006 in terms of truancy, fighting, trying drugs or having 'trouble with the police'. (see table below)

Inverclyde 2010 <small>compared with 2006</small>	13 yrs	15 yrs	boys	girls	total
Been sick (vomited)	18% 35%	35% 44%	29% 36%	30% 45%	30% 41%
Had an argument	21% 28%	35% 41%	31% 31%	29% 41%	30% 36%
Been in trouble with the police	8% 24%	19% 32%	17% 31%	13% 28%	15% 30%
Had a fight	12% 23%	15% 21%	15% 27%	12% 16%	14% 22%
Tried any drugs	3% 11%	10% 17%	10% 16%	6% 14%	8% 15%
Stayed off school	5% 15%	7% 9%	5% 11%	8% 11%	6% 11%
Been admitted to hospital overnight	2% 4%	3% 3%	4% 5%	1% 1%	3% 3%
Had to be seen by a Doctor	3% n/a	2% n/a	4% n/a	1% n/a	2% n/a
base: pupils who had ever had an alcoholic drink	107 220	214 397	158 315	162 299	321 617

Family Attitudes to Drinking

21% of pupils who drank alcohol said that their family did not like it and a further 25% reported that their family did not know that they drank. However, 43% of pupils who drank alcohol said that their family did not mind. 42% of 13 year olds and 65% of 15 year olds said that they would be allowed to drink alcohol at home either always or sometimes.

Advice and Support

In Inverclyde 84% of 13 year olds and 76% of 15 year olds felt that they received advice and support required to make important decisions about drinking alcohol

4.4 SURVEY RESULTS –DRUGS

Prevalence of drug use

There has been a notable decrease in the proportion of both age groups who have ever taken drugs from 26% (2006) to 19% (2010) among 15 year olds and from 13% to 4% among 13 year olds. The findings for Inverclyde are similar to the national average.

Compared with 2006 this represented a decrease in the proportion of pupils who had used drugs from 20% (2006) to 14% among 15 year olds and from 10% to 3% among 13 year olds.

Compared with 2006 there has been a notable decrease in the proportion of both ages who have been offered drugs from 53% in 2006 to 40% in 2010 among 15 year olds and from 30% to 13% among 13 year olds.

Frequency of Drug Use

In Inverclyde 5% of 15 year olds and 1% of 13 year olds reported taking drugs at least once a week. This most often took place “outside” (54%); in someone else’s home (27%) and at a party (20%).

Of significance is the fact that 41% of those who had used drugs reported that they were drinking alcohol at the time.

Availability of Drugs

Compared with 2006 there has been a decrease in the proportion of both age groups who say they would find it very or fairly easy to get illegal drugs. A higher proportion report that it would be impossible. Pupils who had used drugs reported the source of drugs most commonly as an “older friend”.

Attitudes Towards Illegal Drugs

Most pupils (83%) felt that people who take drugs of their age need help and advice. Similar proportions agreed that people who take drugs are “stupid” and those who sell drugs should be “punished”. Only a small minority (12%) agreed that “taking drugs is exciting”.

The report indicates a good level of understanding of the danger attached to drug taking and experimentation and a negative image of those who are involved.

Advice and Assistance

While most pupils who had taken drugs did not feel that they required help or support in this respect, three quarters reported knowing “where to go” in order to get this assistance. 80% of pupils in general felt that they receive advice and support about drugs within school.

4.5 SURVEY RESULTS-TOBACCO

Prevalence of Smoking

Compared with 2006, there has been a notable decline in the proportion of 13 year olds who are regular smokers (from 8% in 2006 to 2% in 2010), but no statistically significant change to the proportion of 15 year olds who smoke regularly.

Frequency of smoking

Regular smokers reported smoking an average of 58 cigarettes in the previous 7 days with 12% reporting they spent £30 or more a week on cigarettes.

Availability of tobacco

83% of 15year olds reported they obtained cigarettes from a shop with over half stating that they were given cigarettes by friends and family.

Smoking Dependence

63% of 15year old regular smokers had smoked for more than one year and 59% reported they would like to give up 80% stated they had tried to quit at some time.

Attitudes to smoking

Nearly half (43%) of the pupils smoking said their families didn't know that they smoked and regular smokers were more likely than non smokers to report at least one parent being a daily smoker. Half of regular smokers said that "all or almost all" of their friends smoked, highlighting the relationship with peer and family smoking.

Pupil attitudes to smoking showed that they understood the impact smoking has on health with 99% agreeing that smoking can cause lung cancer and 96% acknowledging that passive smoking is harmful. Of concern is 46% of regular smokers stated that "smoking helps people cope better with life"

Advice and support

Nearly 80% of pupils strongly agreed or agreed that their school provides them with the advice and support they need to make important decisions about smoking.

5.0 PROPOSALS

- 5.1 To acknowledge the positive progress being made towards young people's attitudes and behaviours in relation to tobacco, alcohol and drug use.
- 5.2 To acknowledge and continue to support the partnership activity which takes place across Inverclyde from a range of partners; on a range of initiatives including information, advice and limiting availability; which is clearly impacting on young people's choices and resultant behaviours in relation to tobacco, alcohol and drugs.

6.0 IMPLICATIONS

- 6.1 Legal: Nil
- 6.2 Finance:
Nil

Cost Centre	Budget Heading	Budget Year	Proposed Spend this Report	Virement From	Other Comments

- 6.3 Personnel: Nil
- 6.4 Equalities: Nil

7.0 CONSULTATION

- 7.1 Nil

8.0 LIST OF BACKGROUND PAPERS

- 8.1 http://www.drugmisuse.isdscotland.org/publications/abstracts/salsus/Inverclyde_2010.pdf

