



Suchtmonitoring Schweiz
Monitorage suisse des addictions
Monitoraggio svizzero delle dipendenze
Addiction Monitoring in Switzerland

PREVALENCE OF RISKS DURING WEEK-END NIGHTS OUT AMONG YOUTH IN SWITZERLAND

Continuous Rolling survey on Addictive behaviours and
related Risks 2011 (CoRoIAR 2011)

MANDATE BY THE FEDERAL OFFICE OF PUBLIC HEALTH (FOPH)

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Methods

(CoRoIAR 2011, 15-29 years old)

- Methods: telephone survey in 2011. Will be repeated in 2013. 1'078 youths between 15-29 years old
 - Among those, 137 did not go out during the last 30 days (12.7%), 5 did not answer (0.5%)
 - 936 went out during the last 30 days (86.8%)
- Identify risky alcohol consumption, and other risks or problems encountered during the last week-end night out (related to transportation and incivilities committed)

**PSYCHOACTIVE SUBSTANCE
CONSUMPTION LAST NIGHT OUT DURING
THE LAST 30 DAYS**

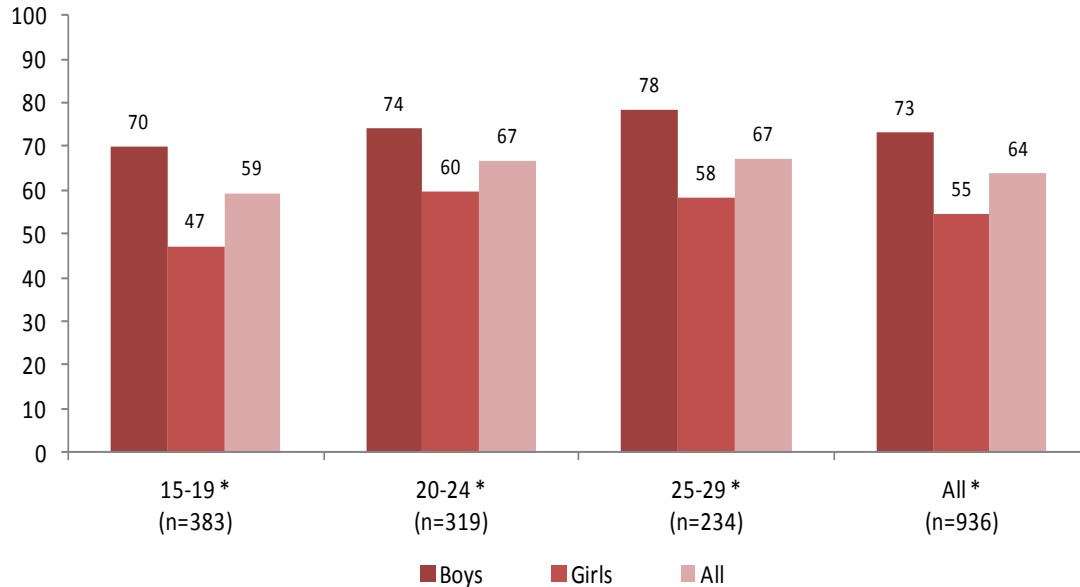
Consumption last night out

(CoRoIAR 2011, 15-29 years old; unweighted data)

- Psychoactive substance most consumed: alcohol (63.7%) and tobacco (23.6%)
- Cannabis (3.7%), narghile/shisha (3.0%), unprescribed drugs such as sedative, sleeping pills, Ritaline® (1.1%)
- Other psychoactive substance (cocaine, heroin, ecstasy, speed, LSD, GHB and research chemicals) < 1%
- 23% reported being strongly under the influence of any psychoactive substance
- About 32% of the youth did not consumed any psychoactive substance !
 - The most represented are :
 - the youngest one (15 -19 years old)
 - girls

Consumption of alcohol (last night out)

(CoRoIAR 2011, 15-29 years old; unweighted %)

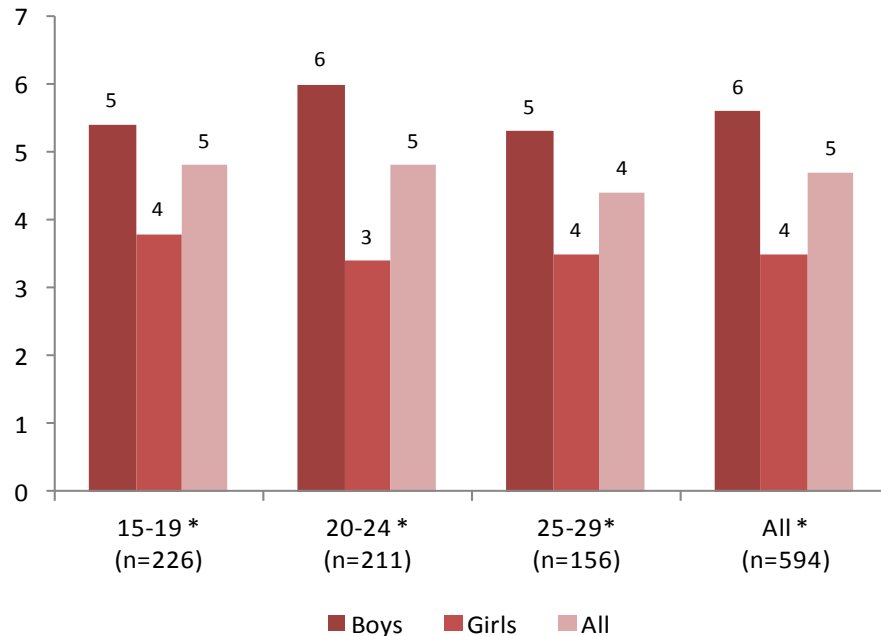


- Between 47 and 78%
- Increase with age
- High prevalence already among the 15 -19 years old
- Boys > girls

* p<0.05 (significant threshold)

Number of glasses among the youths having drunk alcohol (last night out)

(CoRoIAR 2011, 15-29 years old; mean, unweighted data)



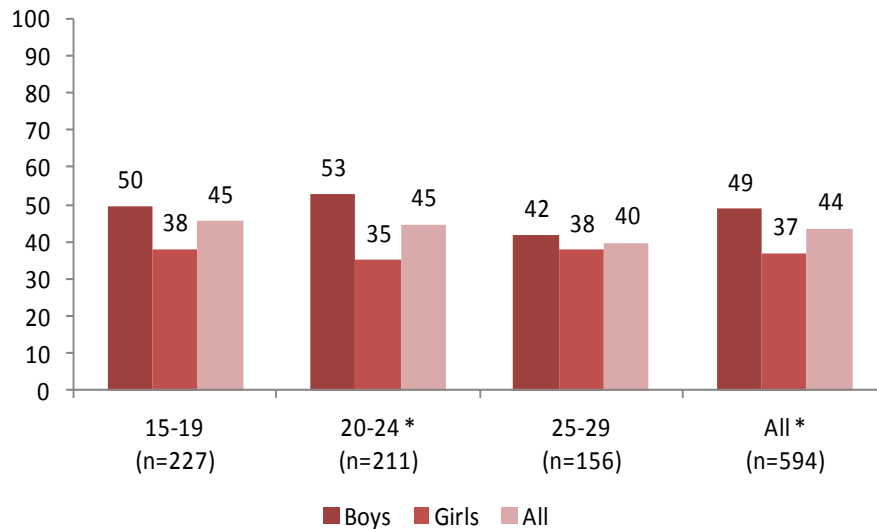
- About 5 glasses (1 glass= alcohol unit)
Girls: 3.4 - 3.8 glasses
Boys: 5.3 - 6.0 glasses
- Drinks mostly drunk:
Beer, strong alcohol, wine, mixtures of bought cocktails
- Less drunk:
Alcopop, beerpop, mixtures of home made cocktails and aperitif

* $p < 0.05$ (significant threshold)

EXCESSIVE ALCOHOL CONSUMPTION

Excessive alcohol consumption among the youths having drunk alcohol (last night out)

(CoRoIAR 2011, 15-29 years old; unweighted %)

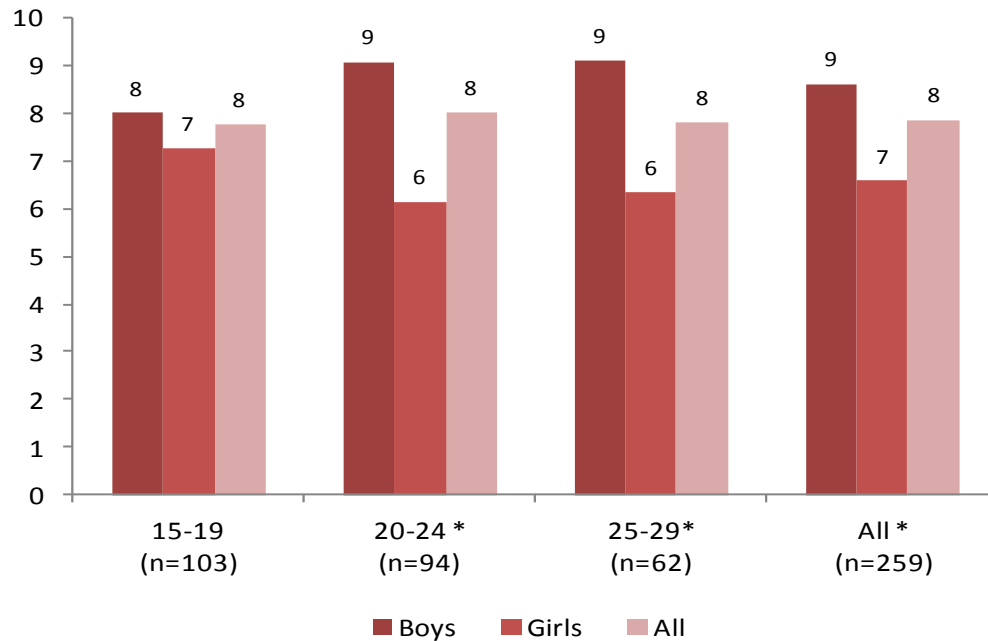


- Definition: 5 glasses or more for boys and 4 glasses or more for girls
- Boys > girls
- However, the difference of sex is only significant among the youths aged 20-24

* $p < 0.05$ (significant threshold)

Number of glasses drunk among the excessive drinkers (last night out)

(CoRoIAR 2011, 15-29 years old; mean, unweighted data)



- About 8 glasses (6 to 8)
Girls: 6.1 – 7.3 glasses
Boys: 8.0 - 9.1 glasses
- Boys drink about 2 glasses more than girls

* $p < 0.05$ (significant threshold)

HEALTH RISK FACTORS

Number of glasses among the youths having drunk alcohol, according to transport used to return home

(CoRoIAR 2011, 15-29 years old; unweighted data)

- Drivers admitted drinking less than the others
- However, this number is about 3 glasses
→ the alcohol level is probably above the authorized Swiss limit of 0.5 milligrams per millilitre

	%	Nb of glasses	% excessive drinkers
By foot	34.5	5.1	36.5
Public transport	30.3	4.8	30.4
Passenger of a vehicle	26.3	4.9	31.3
Driver of a vehicle	21.7	2.8	5.9

- Among the youth who returned home as passenger of a private vehicle, 20.4 % said that the driver was under the influence of a psychoactive substance

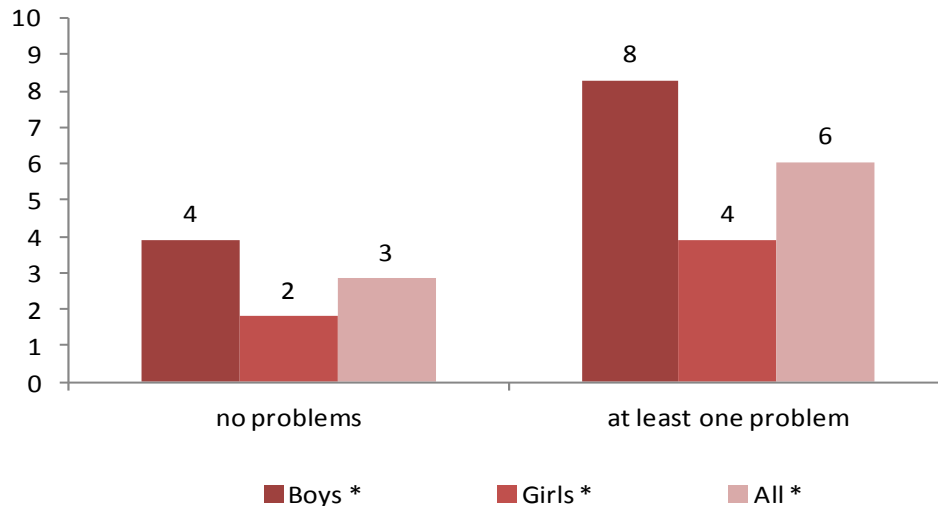
Problems encountered and incivilities committed

(CoRoIAR 2011, 15-29 years old ; unweighted data)

- 4.6% reported at least one of the following problems/incivilities **during the last night out**
 - Fight (2.5%)
 - Vandalism (1.5%)
 - Problems with the police (1.5%)
 - Traffic accident (1.5%)
 - Going to the hospital (1.2%)
- 24.1% reported at least one of these problems/incivilities **during the last 12 months**
 - Fight also in the first place
 - Boys > girls
 - Decrease with the age for boys
 - Peak at 20-24 years old for girls

Number of glasses drunk among all youths according to the problems/incivilities encountered (last night out)

(CoRoIAR 2011, 15-29 years old; mean, unweighted data)



- Those who were confronted to problems or incivilities drank two times more than the others
- Same patterns for boys and girls

* $p < 0.05$ (significant threshold)

OVERVIEW

Overview

(CoRoIAR 2011, 15-29 years old; unweighted data)

- 64% drank alcohol the last night out during the last 30 days
- Among those, 44% drank alcohol excessively (5 glasses or more for boys or 4 glasses or more for girls)
- Drivers drank about 3 glasses and 20.4% of the passenger went back home with a driver who was under the influence of a psychoactive substance
- 5% admitted having encountered problems or committed incivilities during the last night out and 24 % during the last 12 months
- Number of glasses (mean)

	All	Boys	Girls
Among the youths having drunk alcohol (n=594)	5	6	4
Among excessive drinkers (n=259)	8	9	7
Among the youths having encountered a problem (n=43)	6	8	4

Overview

(CoRoIAR 2011, 15-29 years old; unweighted data)

- Concern for the 15-19 years old (last night out)
 - 59% drank alcohol
 - Among those who drank alcohol , 45% did it in an excessive manner
 - This group has the highest prevalence of reporting problems/incivilities
 - 6% during the last night out and 28 % during the last 12 months

Thank you for your attention