

Models of Prevention

From Concept to Public Policy

The Icelandic Model

H.E. Soriano, M.D.

M.J. Mann, Ph.D.

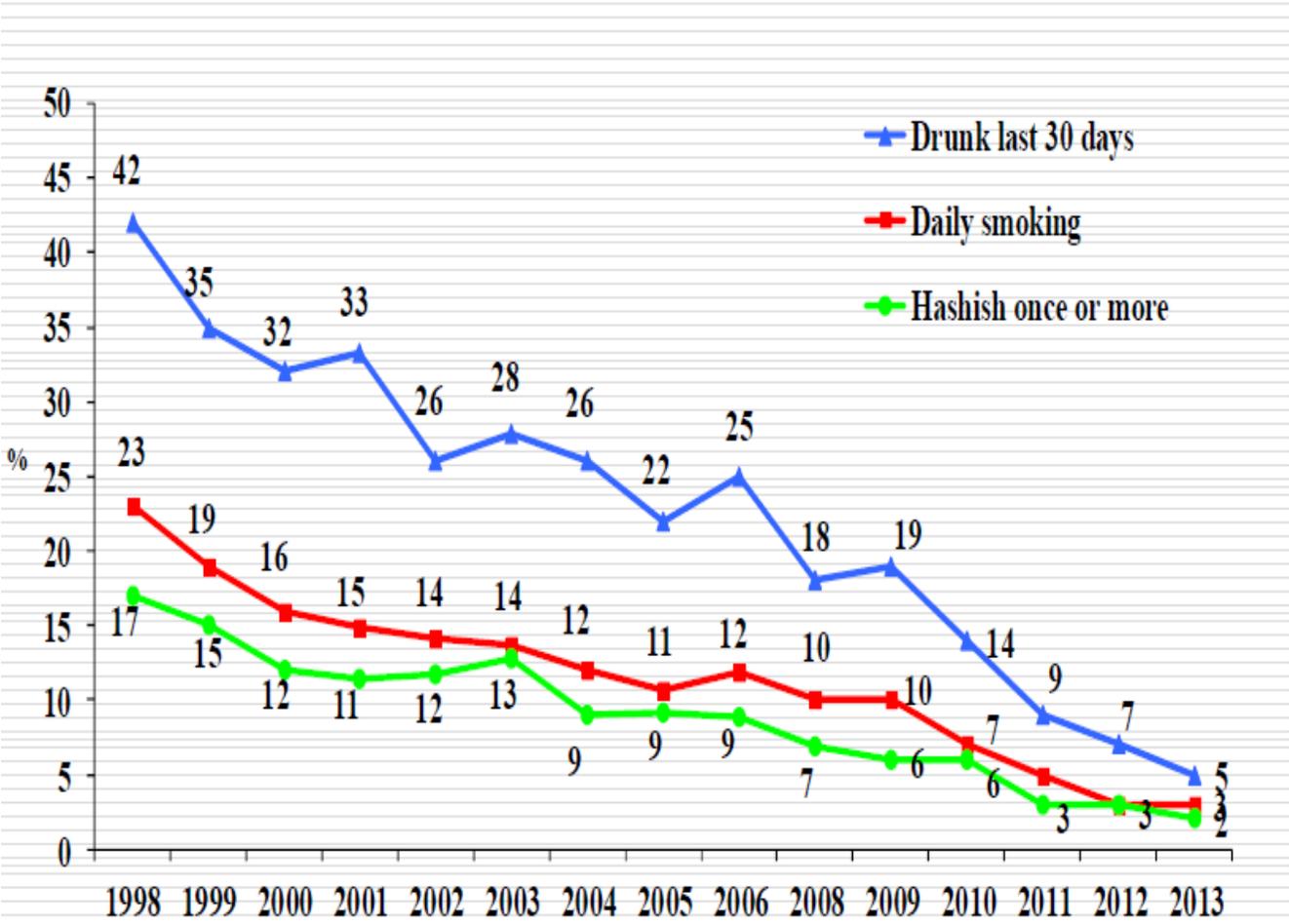
H.M. Morehouse, Ph.D.

The Icelandic Model

Alcohol

Cigarette

Marijuana



Sigfúsdóttir ID.

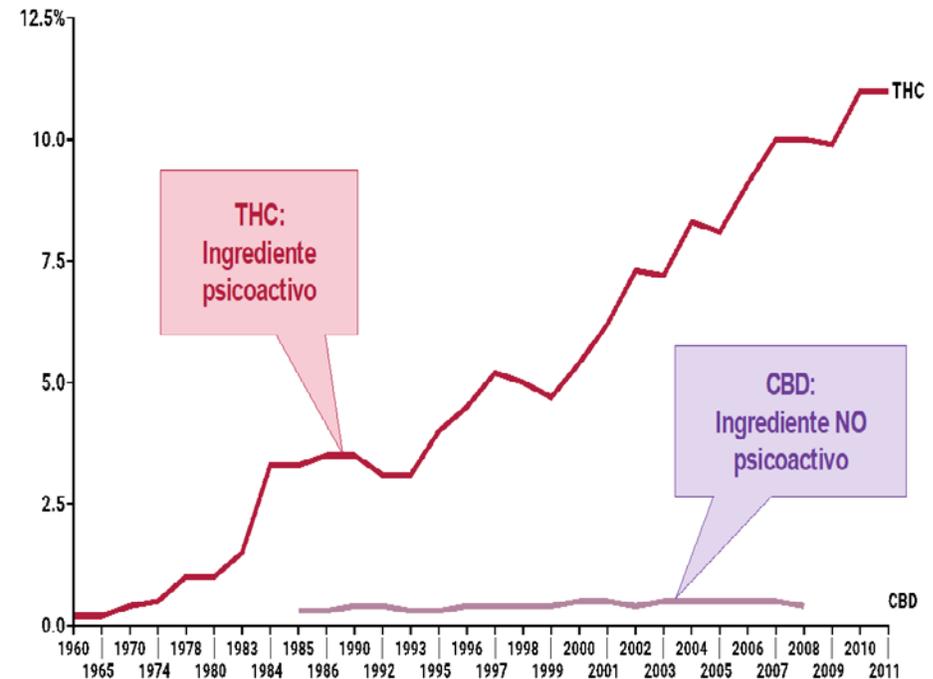


No conflict of interest

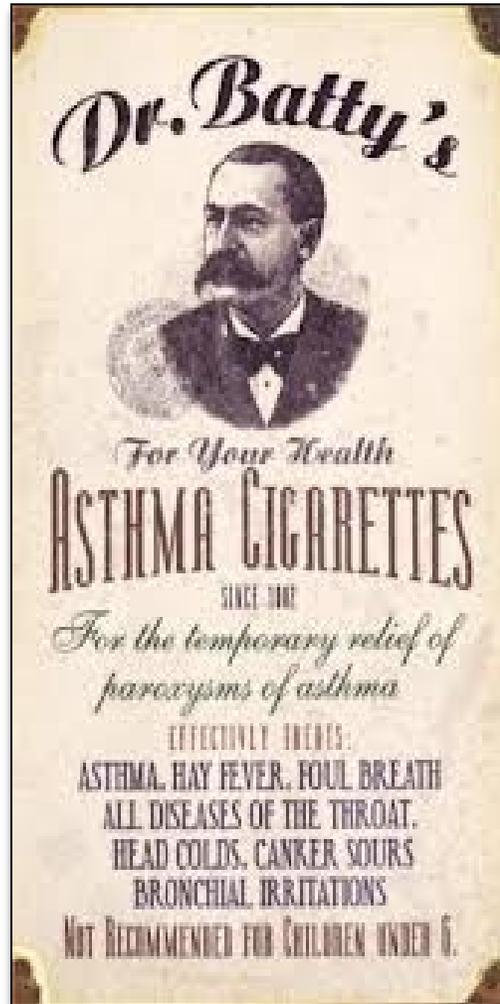
Marijuana: Today a different drug!

- 7 X more potent.
- 1 in 6 become addicts.
- **Not medicinal**

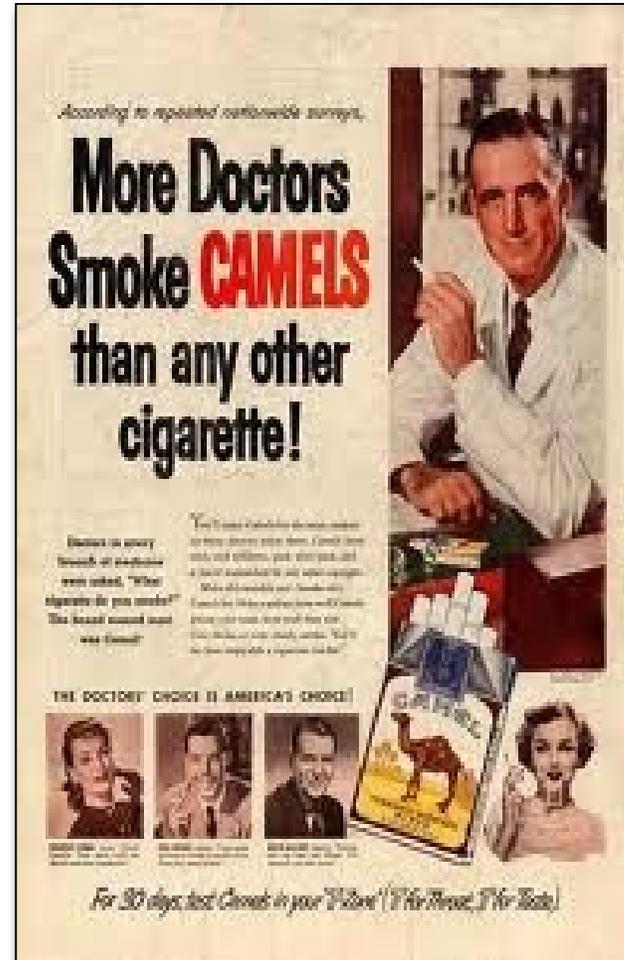
Niveles promedio de THC y CBD
en los EUA



'Big Tobacco' Advertising in the 50's



Dr. Batty's
For Your Health
ASTHMA CIGARETTES
SINCE 1907
For the temporary relief of paroxysms of asthma
EFFECTIVELY TREATS:
ASTHMA, HAY FEVER, FOUL BREATH,
ALL DISEASES OF THE THROAT,
HEAD COLDS, CANCER SOURS,
BRONCHIAL IRRITATIONS
NOT RECOMMENDED FOR CHILDREN UNDER 6.



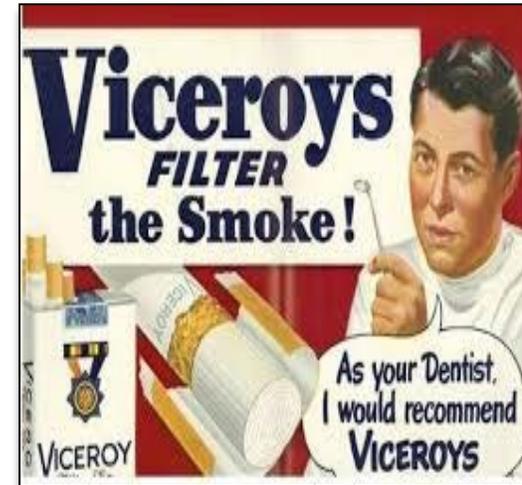
According to repeated nationwide surveys,
More Doctors Smoke CAMELS than any other cigarette!

Doctors in every branch of medicine were asked, "What cigarette do you smoke?" The brand named most was Camel!

"You'll find Camel cigarettes in every branch of medicine. I can't see why you wouldn't get along with a brand everybody else uses." — *John H. Johnson, Editor-in-Chief, The New York Times*

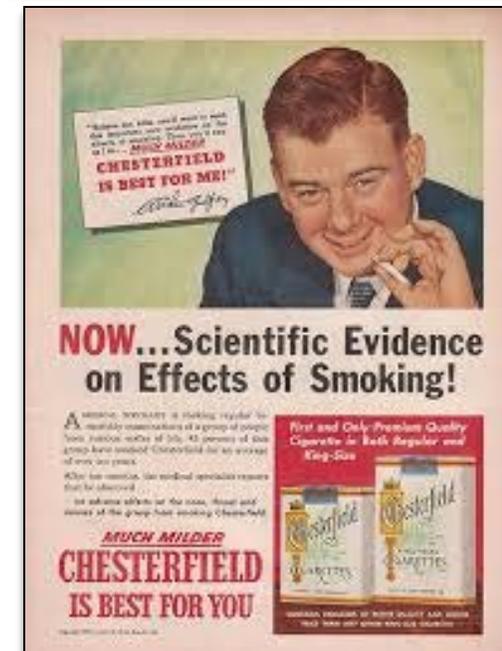
THE DOCTORS' CHOICE IS AMERICA'S CHOICE!

For 30 days, test Camels in your "Pilot" (17 for Three, 17 for Two.)



Viceroy
FILTER
the Smoke!

As your Dentist, I would recommend **VICEROYS**



NOW...Scientific Evidence on Effects of Smoking!

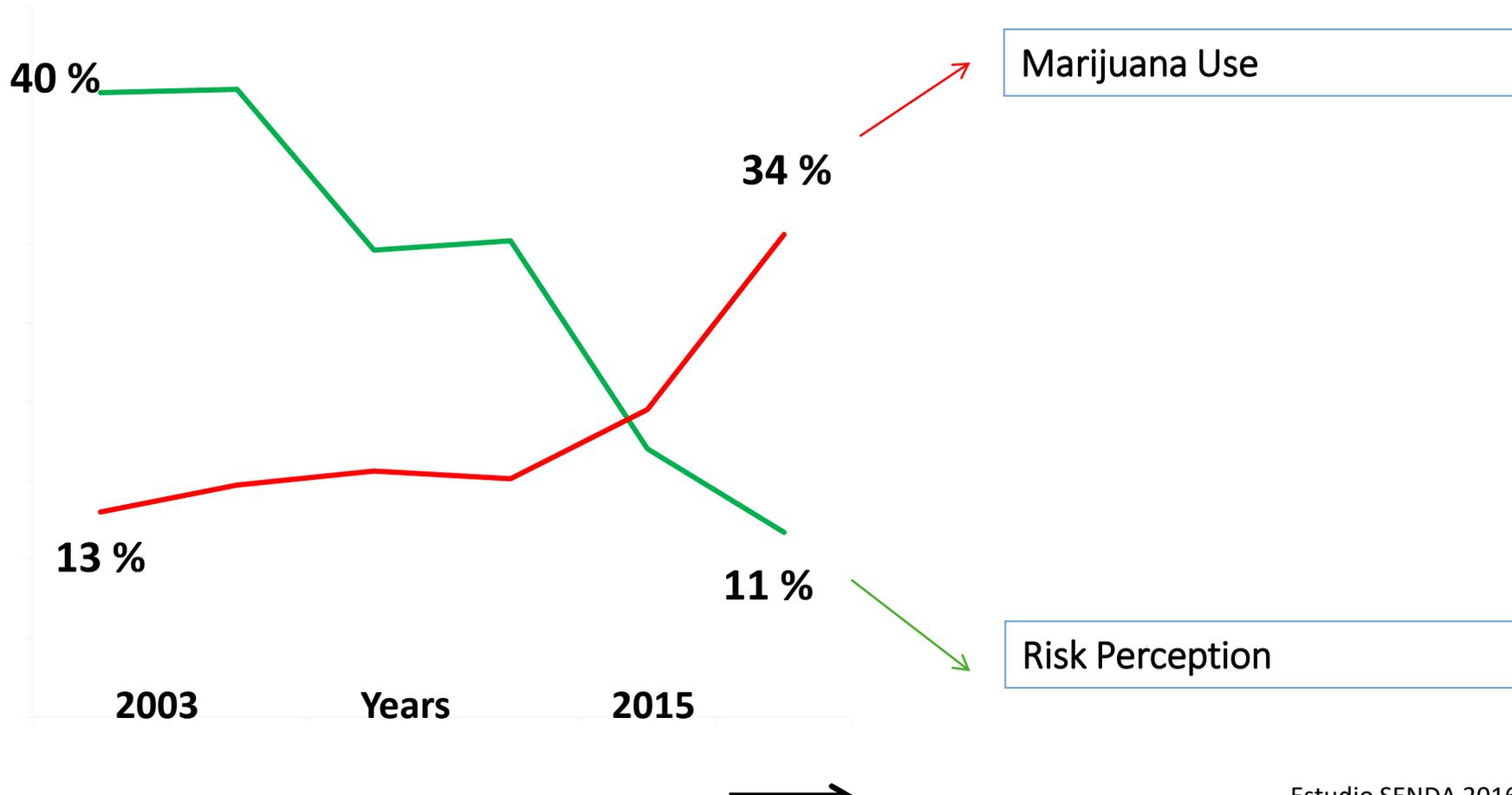
A scientific survey is making regular bi-monthly examinations of a group of people from various walks of life. 42 percent of this group have smoked Chesterfield for an average of over 20 years.

After ten months, the medical specialists reported that the following effects on the nose, throat and lungs of the group had smoking Chesterfield:

MUCH Milder
CHESTERFIELD IS BEST FOR YOU

First and Only Premium Quality Cigarette in Both Regular and King-Size

Marijuana: Risk perception vs. Consumption

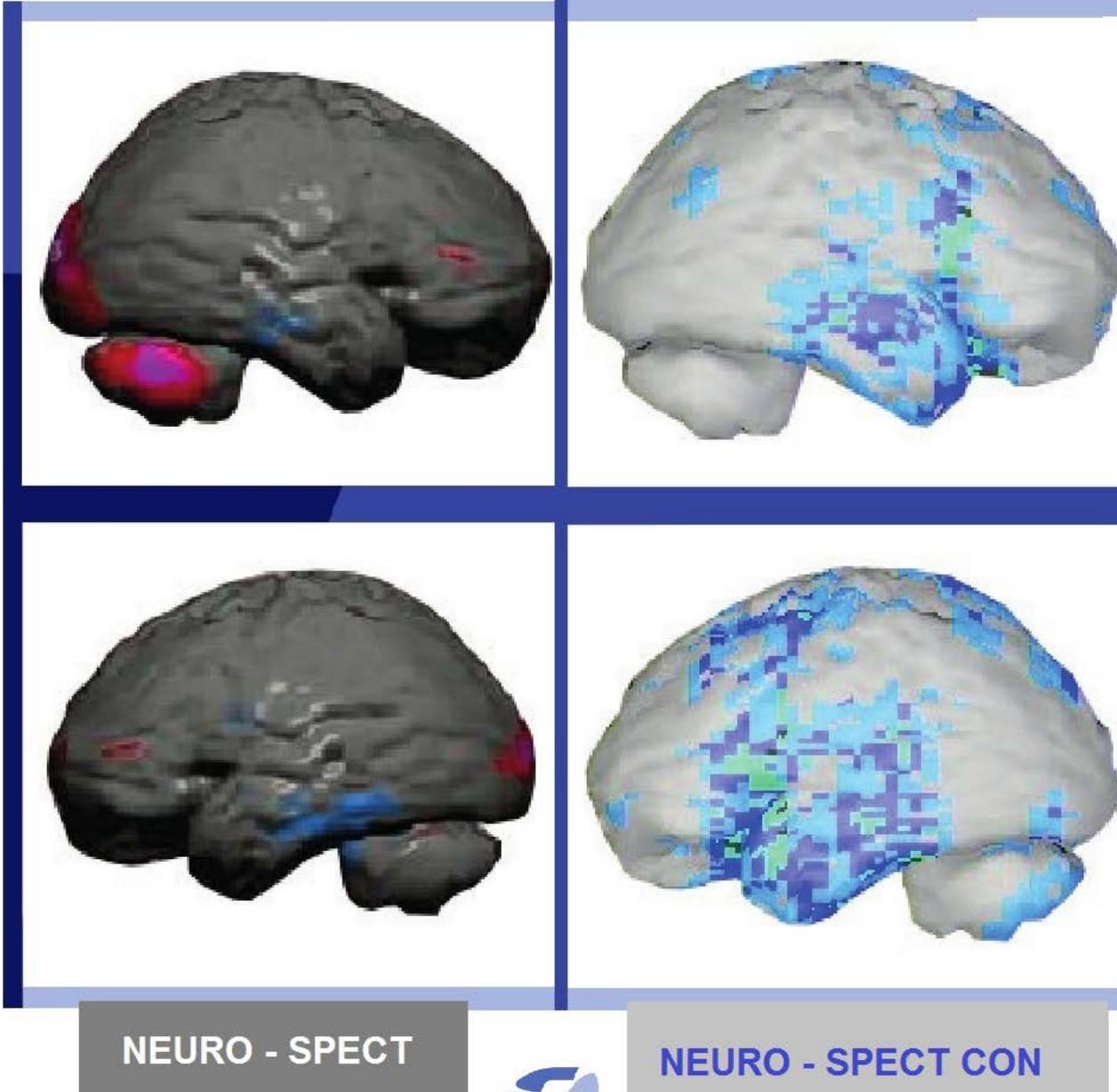


Alcohol & Drugs: Hurt Children!

Children's Brain is more vulnerable:

- Neuron pruning
- Axons not covered by myelin

T.E Robinson, B. Kolb. Neuropharmacology 2004, 47:33-46.
*Volkow, 2014, **N Eng. J. Medicine***



Courtesy of Dr. Dohr

Marijuana: Hurts children's health

Regular use:

- Learning disabilities
- Lowers school performance
- Increases dropout rate

Silins E et al., The Lancet Psychiatry 2014; 1(4): 286-293.

Consistent use:

- Lowers IQ 8 points
- Irreversible if started under age 18

Meier MH et al., Proc Natl Acad Sci USA 2012; 109(40): E2657-E2564.

Marijuana: Drives them mad...

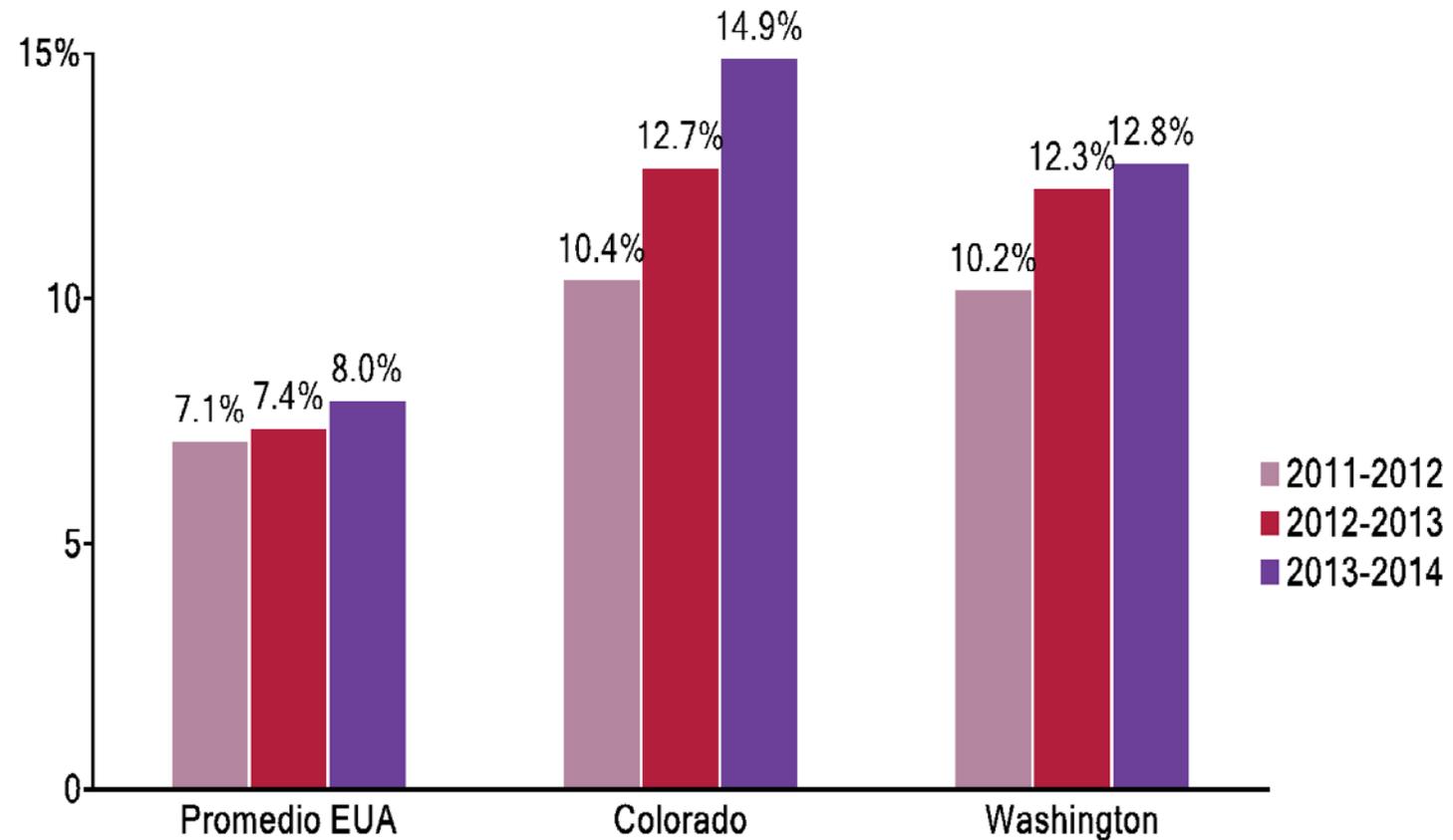
- Increases risk of psychosis, schizophrenia and other mental illnesses.

Volkow N et al., *N Engl J Med* 2014; 370: 2219-27;

The health y and social effects of nonmedical cannabis use. **WHO** , 2016.

- Lowers achievements.
- Chronic bronchitis.

Marijuana: Legalization Increases consumption



Models of Prevention

From Concept to Public Policy

How the Model Works

Dr. Michael Mann, Ph.D.



Icelandic Model Assumption 1:

Adolescent substance use is not randomly distributed throughout the population...

Adolescent behavior a reflection of their social environment.

Sample profile – social risks

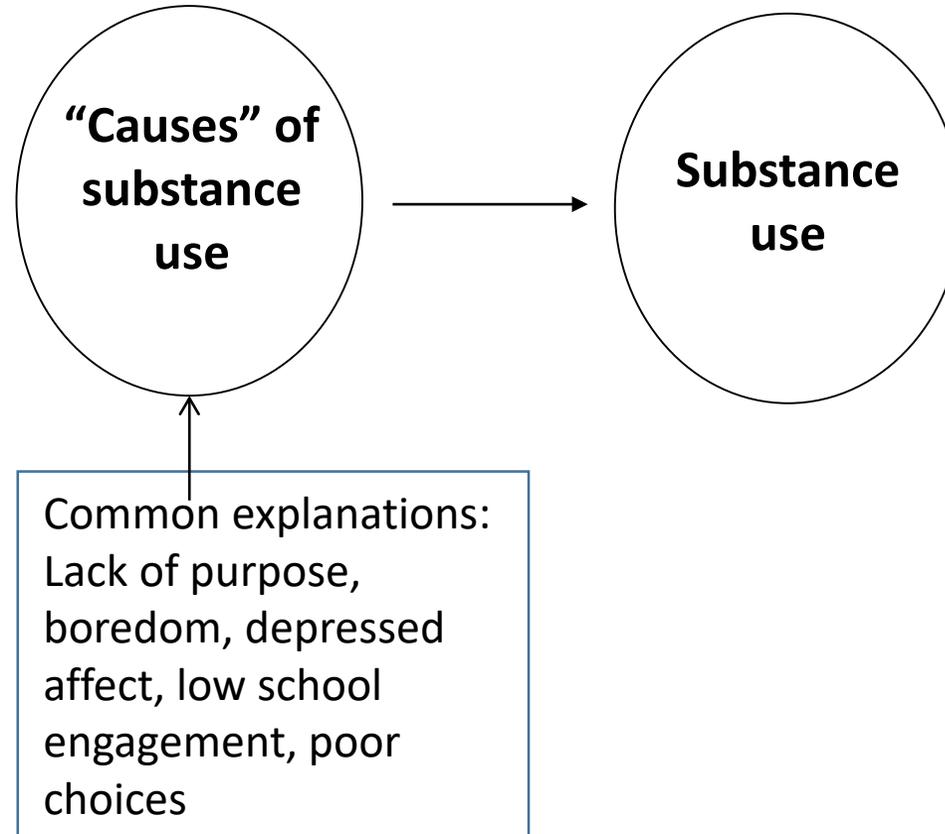
- Youth 1

- Lives in a deprived area with relatively high crime rates
- Parents separated, mother works two minimum wage jobs
- Attends a chronically under-performing and underfunded public school
- Peers commonly subject to substance abuse at home
- Has limited opportunities for participation in organized recreational and extracurricular activities at school and in the community

- Youth 2

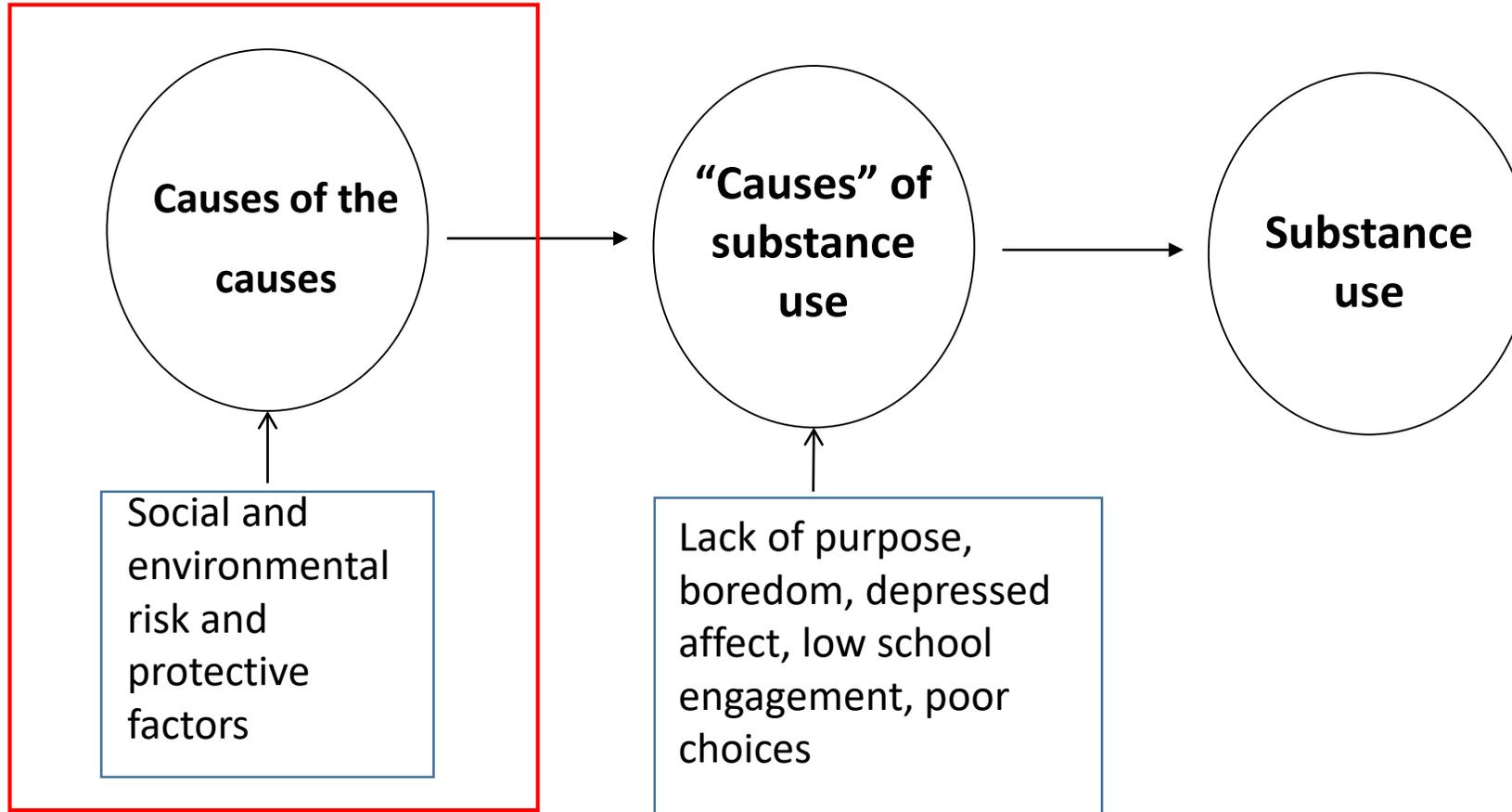
- Lives in a middle-class area with low crime rates
- Parents cohabitating, both full time working professionals
- Attends an average performing and average funded public school
- Peers unlikely to be subject to substance abuse at home
- Has opportunities for participation in a variety of organized recreational and extracurricular activities in the school and community

Viewpoint 1. Individual responsibility: the causes of substance use



Viewpoint 2: Community responsibility.

the “causes of the causes” of substance use



Icelandic Model Assumption 2:

Individual behavior change is notoriously difficult to accomplish

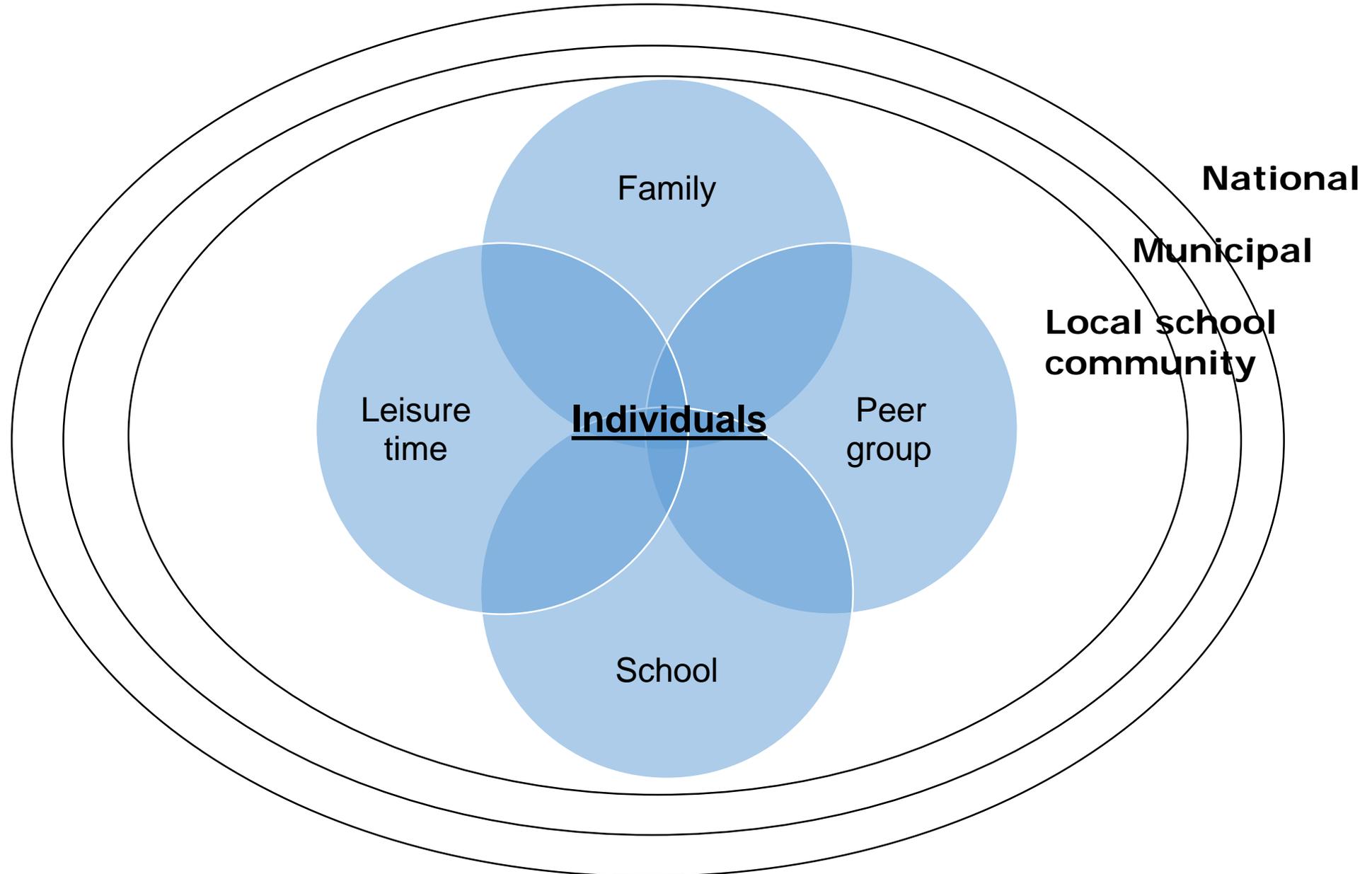
Icelandic Model Assumption 3:

Substance use prevention:

There are no quick fixes or simple solutions...

aka. The scope of the solution must match the scope of the problem.

Icelandic Model: Ecological domains of intervention focus



Overview: Core Steps

1. Community Capacity Building
2. Data Collection, Diagnostics, and Dissemination
3. Structured Community Response
4. Repetition

Aims: What unfortunately often tends to happen:

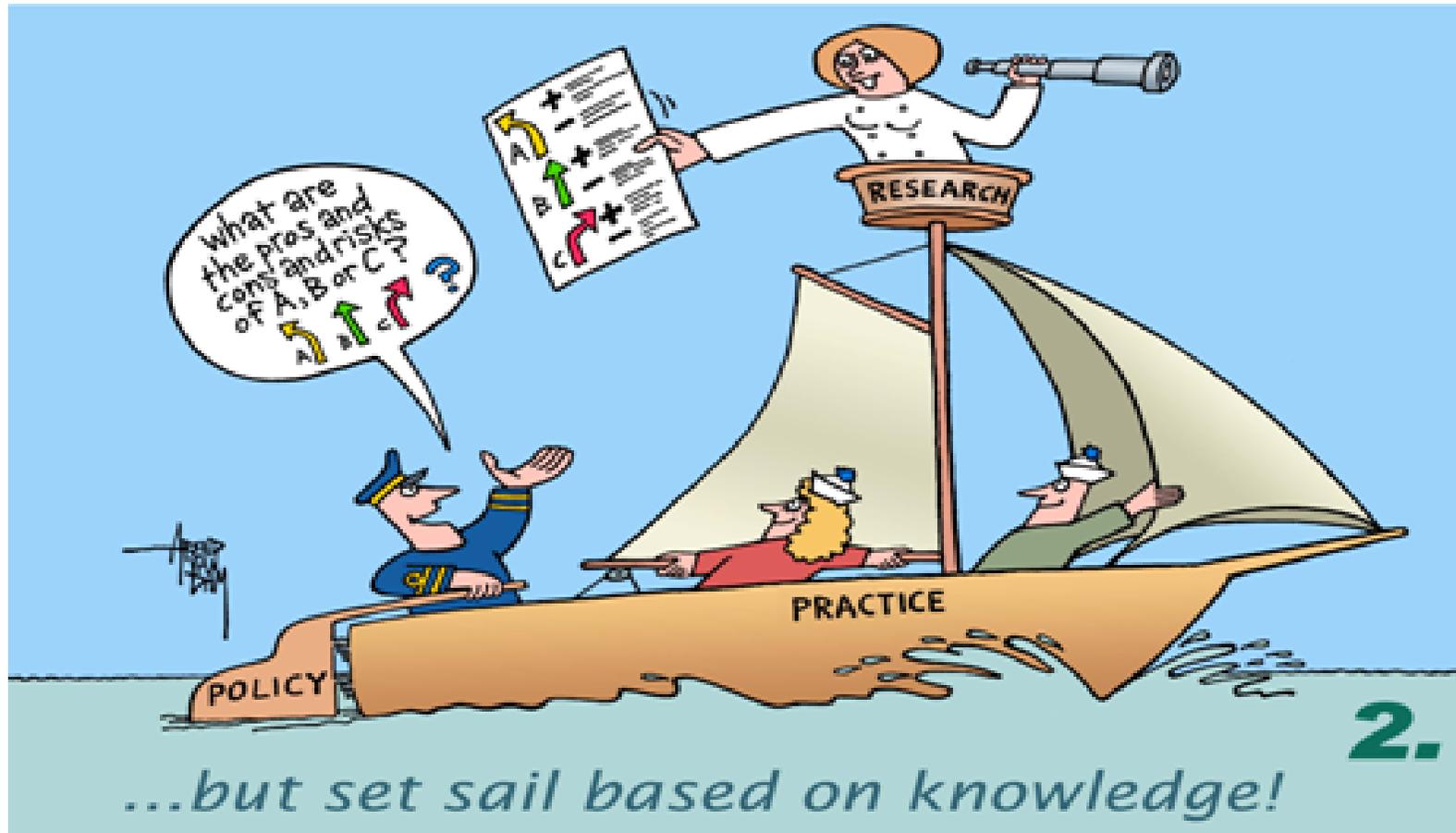
Research \nrightarrow Policy \nrightarrow Practice



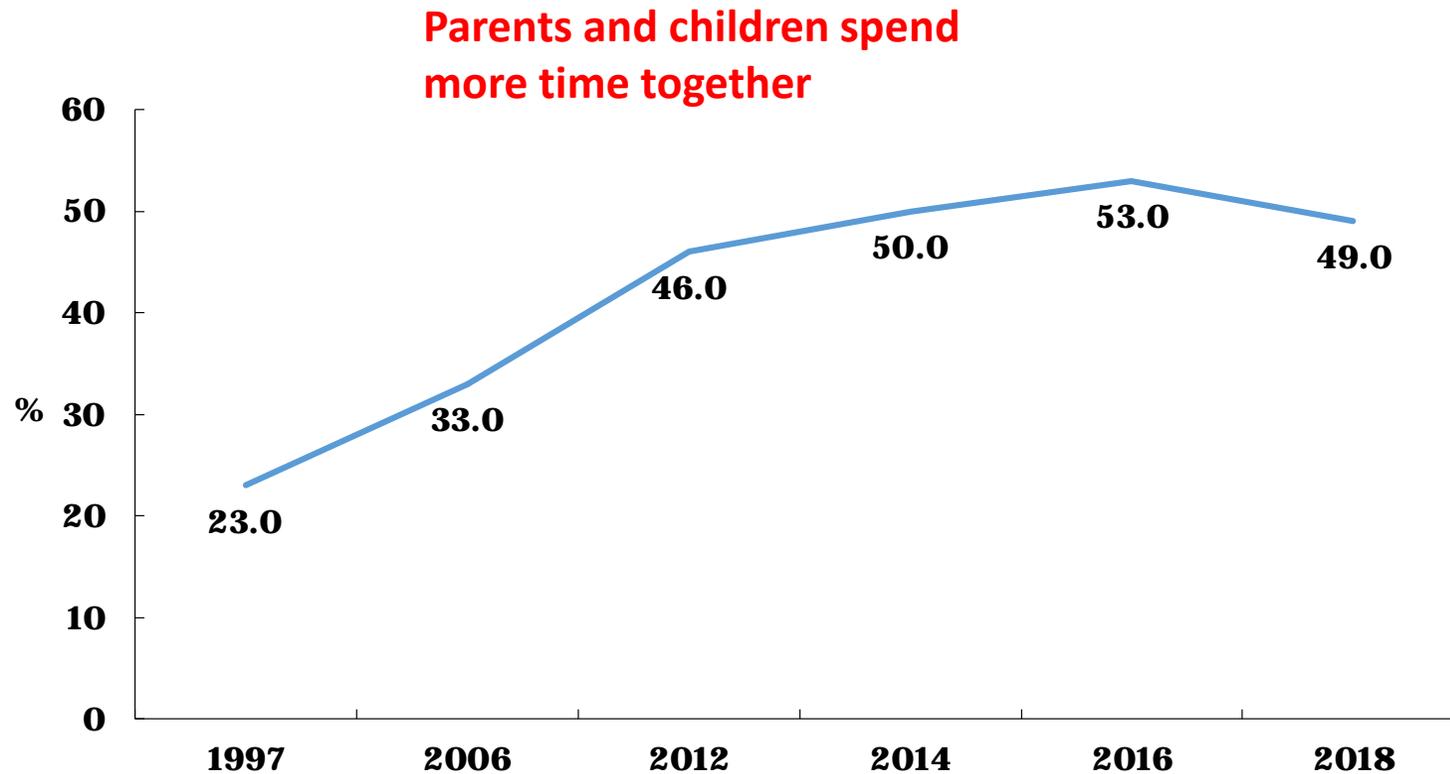
1.

Aims: What we would like to see happen:

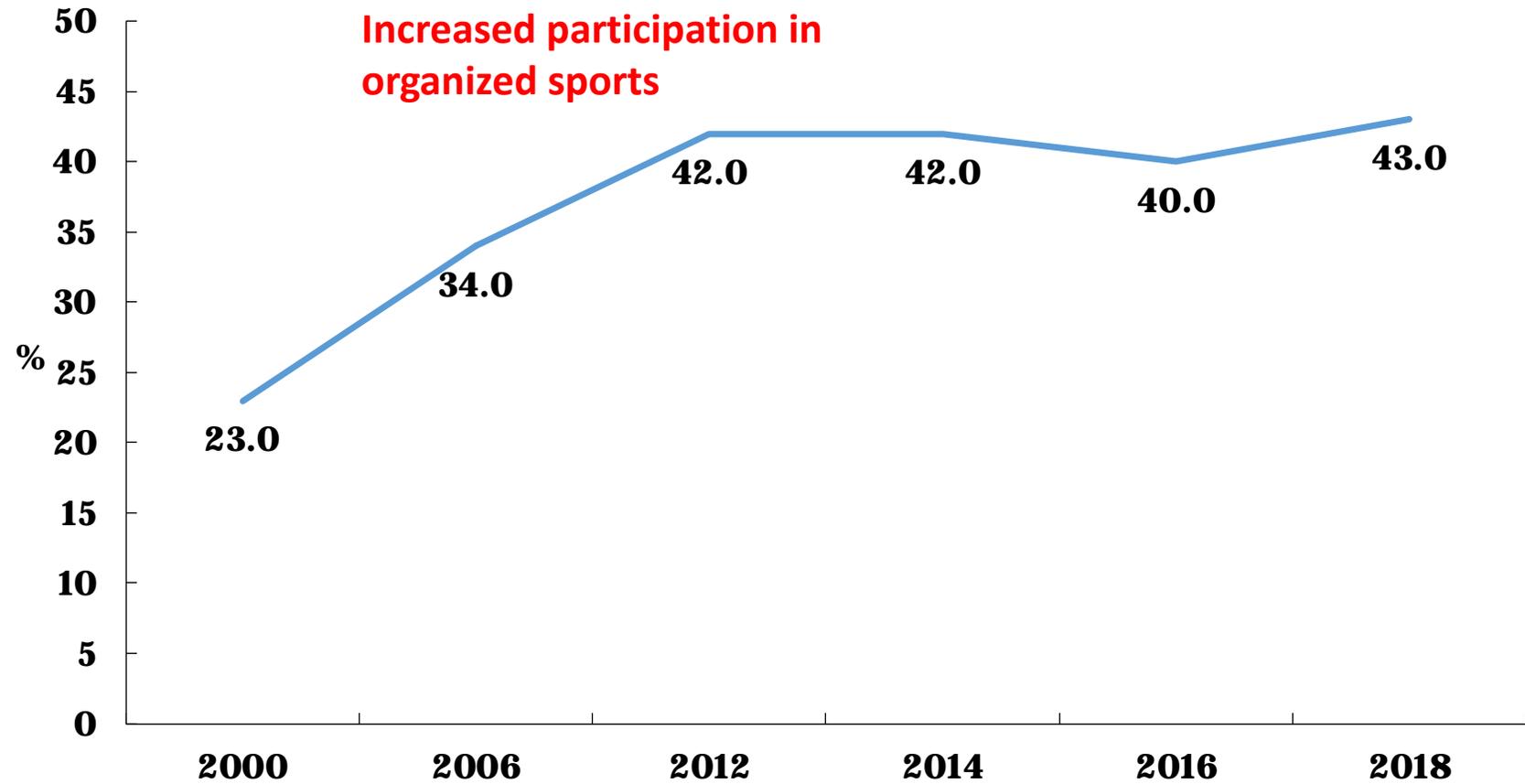
Research ↔ Policy ↔ Practice



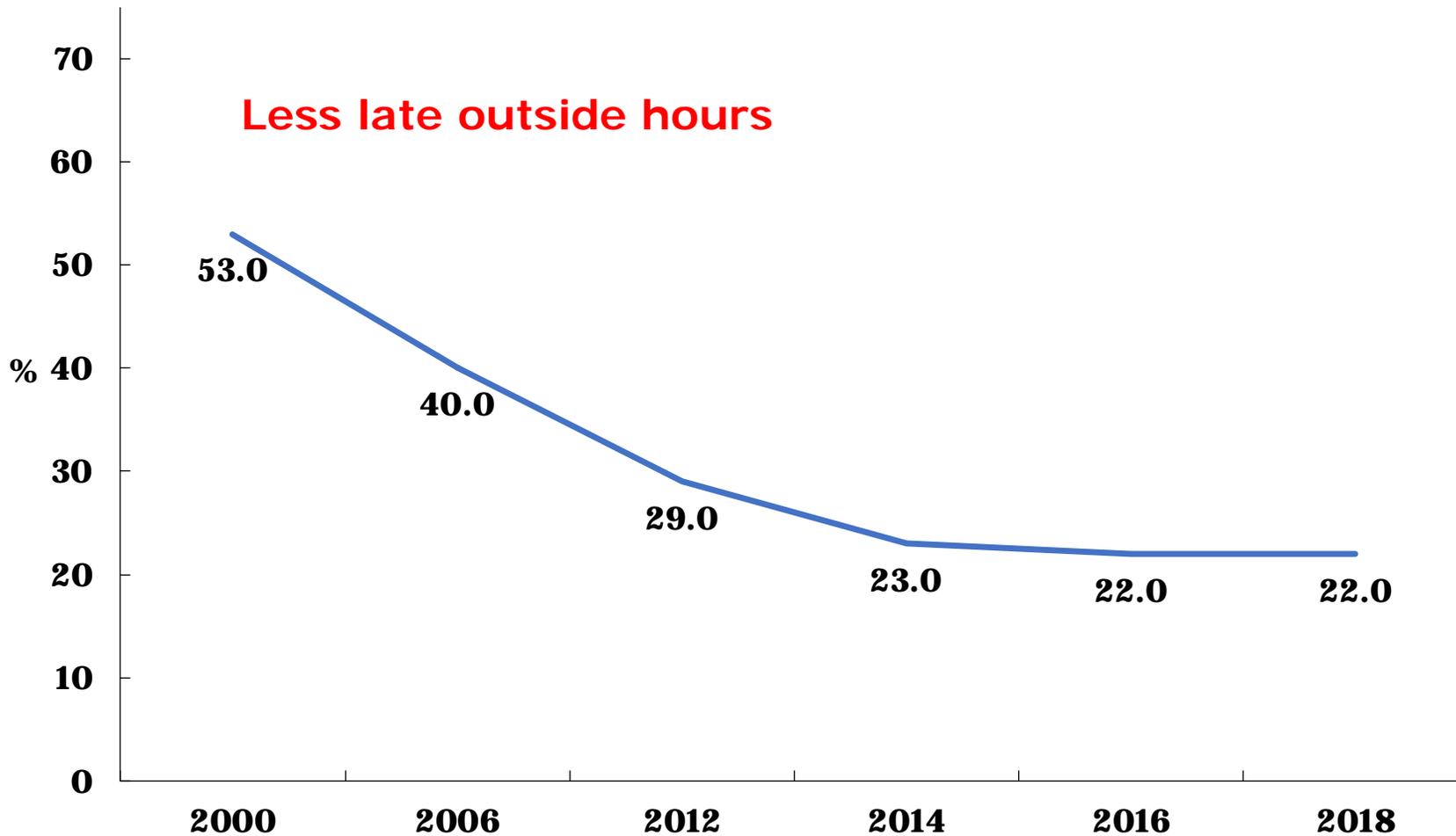
....repeatedly and consistently over time



Rates of students in 9th and 10th grade who spend time (often/almost always) with their parents during weekdays

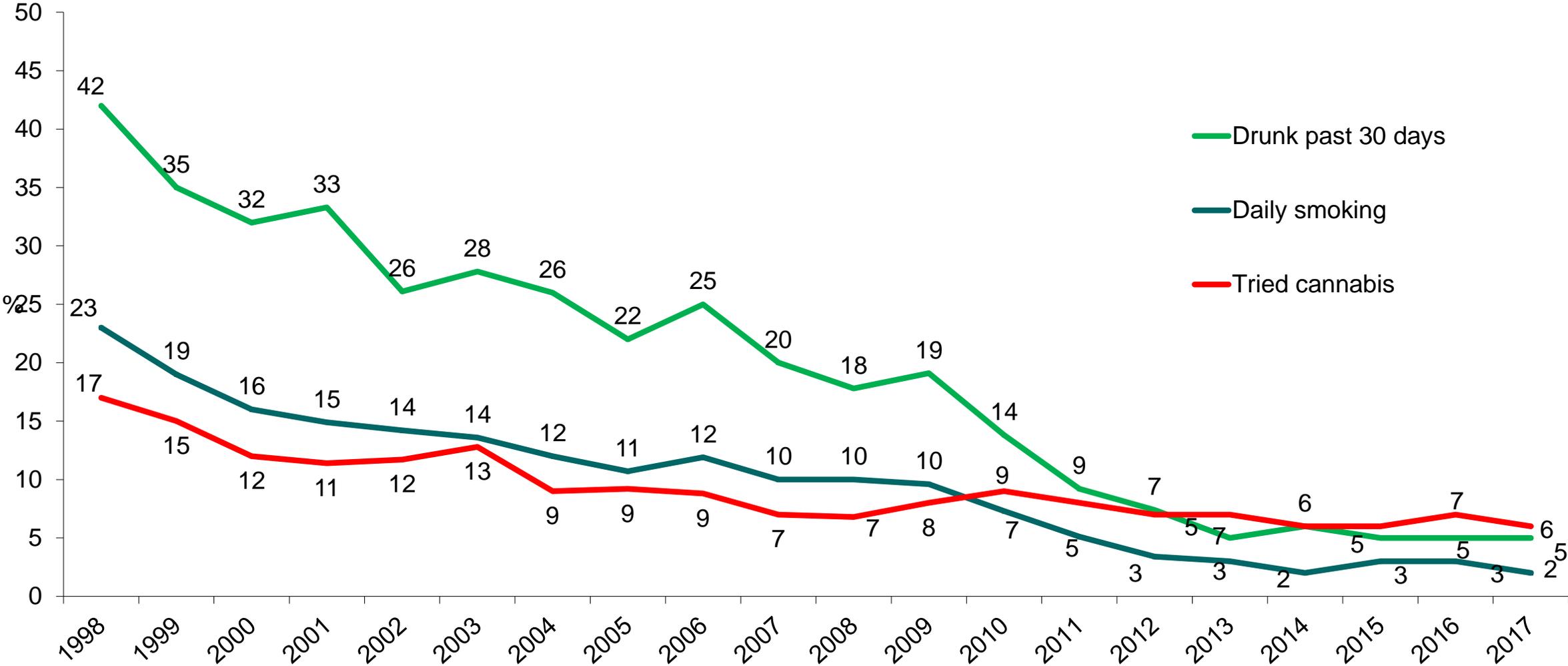


Rates of students in 9th and 10th grade that participate in sports with a team or club four times per week or more often



Rates of students in 9th and 10th grade who have been outside after 10 pm, 3 times+ in the past week

Iceland: Positive development over 20 years (10th grade students)



Models of Prevention

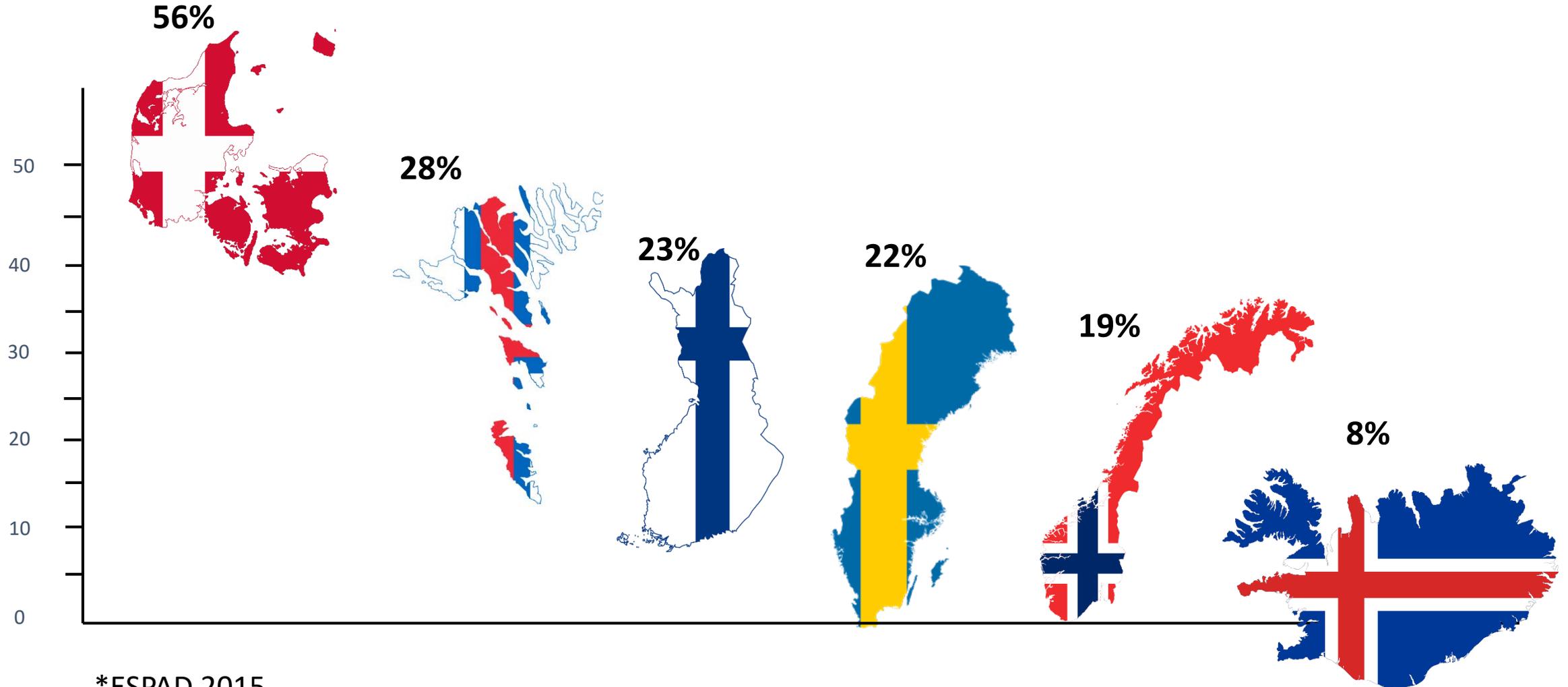
From Concept to Public Policy

The Chilean Story

Why Iceland?

- **Children's biology is the same**
- **Other nordic countries do worse**
- **Other small islands do worse**
- **It focuses on the here and now**
- **Custom made suit**
- **Only evidence based method that works**

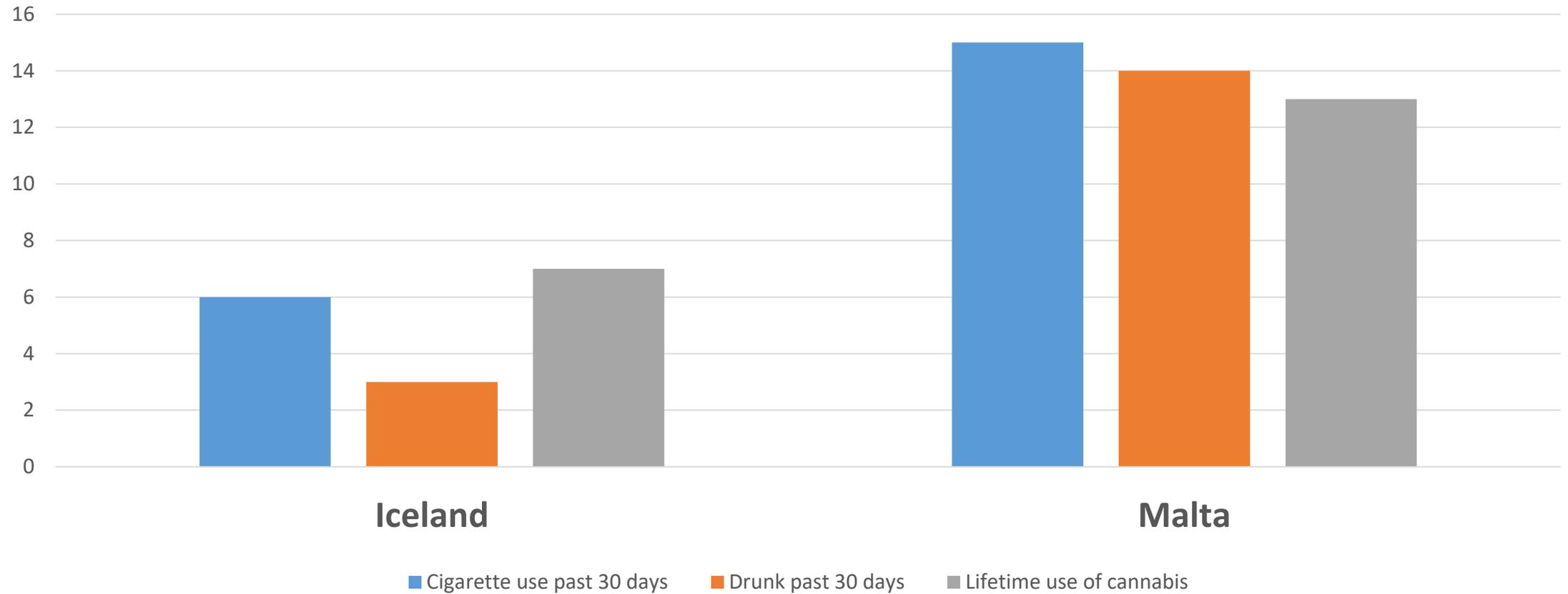
Heavy episodic drinking in the last 30 days*



*ESPAD 2015

Substance Use Amongst European Youth

(ESPAD, 2015)



SEMINAR 2017

24 AGOSTO
Desde las 8:15 a las 18:30 hrs.

SEMINARIO
NIÑOS Y ADOLESCENTES LIBRES DE ALCOHOL Y DROGAS
Un método comprobado para nuestros barrios

Centro de Extension de la Pontificia Universidad Católica, Salón Fresno.
Av. Libertador Bernardo O'Higgins 390, Santiago.


Inga Dóra Sigfúsdóttir
Directora Científica del Centro de Investigación y Análisis Social de Islandia


Jón Sigfússon M.Ed.
Director del Centro de Investigación y Análisis Social de Islandia


Ólafur Ragnar Grímsson
Ex Presidente de Islandia

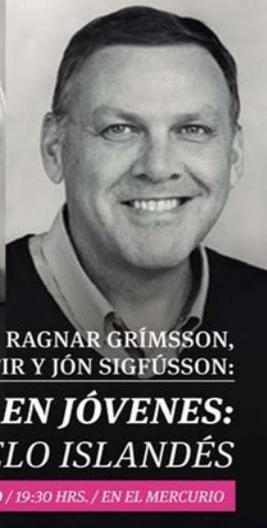
INSCRIPCIONES: WWW.SOCHIPE.CL

ORGANIZAN



ENCUENTROS EL MERCURIO





ÓLAFUR RAGNAR GRÍMSSON, INGA DÓRA SIGFÚSDÓTTIR Y JÓN SIGFÚSSON:
DROGAS Y ALCOHOL EN JÓVENES: EL EXITOSO MODELO ISLANDÉS

MIÉRCOLES 23 DE AGOSTO / 19:30 HRS. / EN EL MERCURIO

Quando los índices de consumo adolescente de drogas y alcohol han batido todos los récords en Chile, los gestores del programa islandés -que logró bajar las cifras en forma considerable- ahondarán sobre el programa "Juventud en Europa" y sus posibilidades de implementación.

Ólafur Ragnar Grímsson: Ex presidente de Islandia por cinco periodos, hasta 2016.
Inga Dóra Sigfúsdóttir: Doctora en Sociología, cofundadora del Centro de Investigación y Análisis Social de Islandia.
Jón Sigfússon: Experto en Salud Pública y cofundador del Centro de Investigación y Análisis Social de Islandia.

Moderador: Daniel Johnson, director ejecutivo Fundación Paz Ciudadana.

Valores: Socios Club de Lectores \$5.000 / Público general \$7.000
Venta de entradas: +56 2 2753 6363 y en Casas Club Alto Las Condes, Bandera 331 y Santa María

Compra online y más información en www.encuentroselmercurio.cl

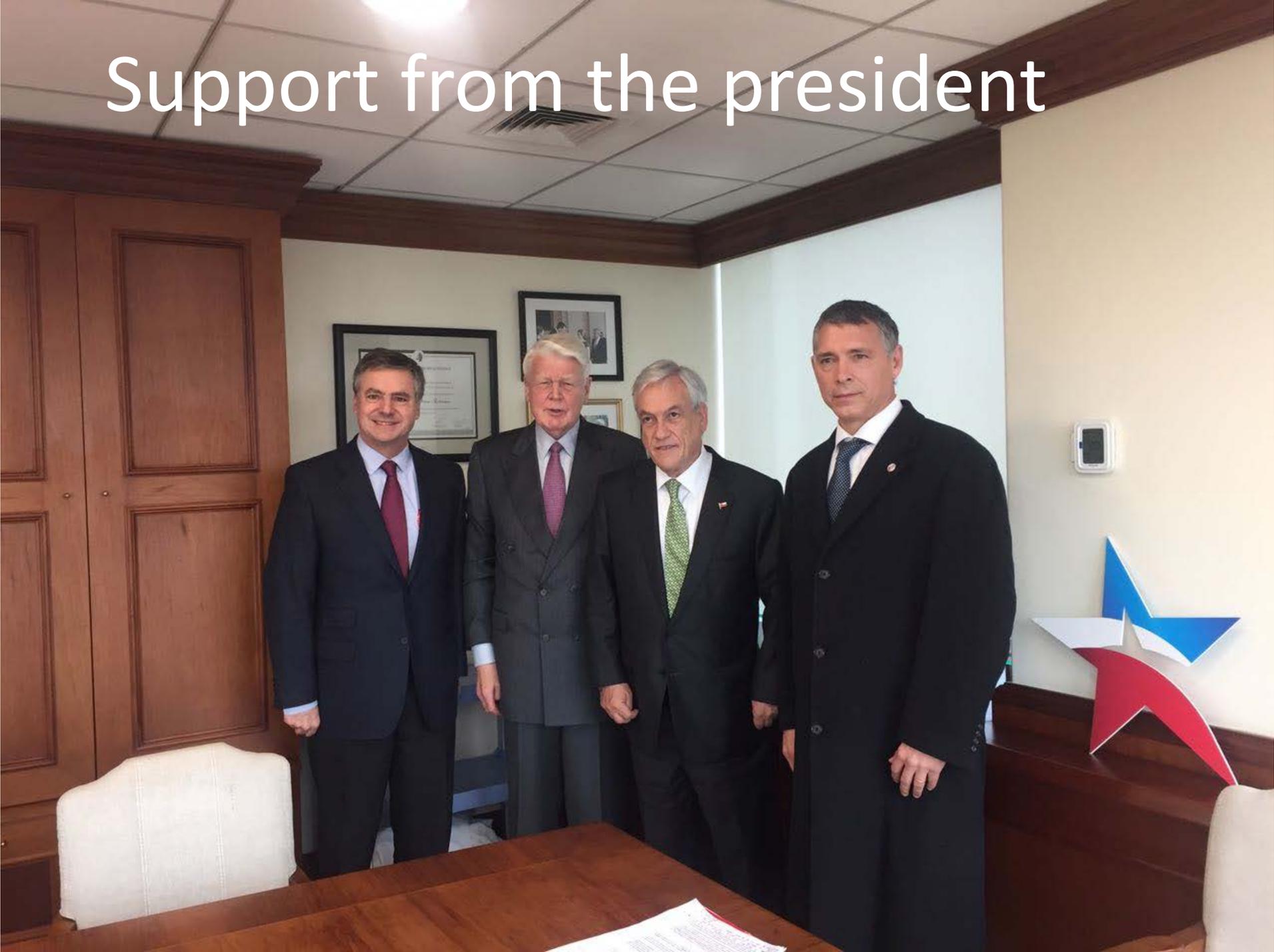
NINOS Y ADOLESCENTES LIBRES DE ALCOHOL Y DROGAS

Un método comprobado para nuestros barrios

ORGANIZAN



Support from the president



Scientific societies participate on signing with municipalities for pilot study last year



Municipalities Pilot 2018:

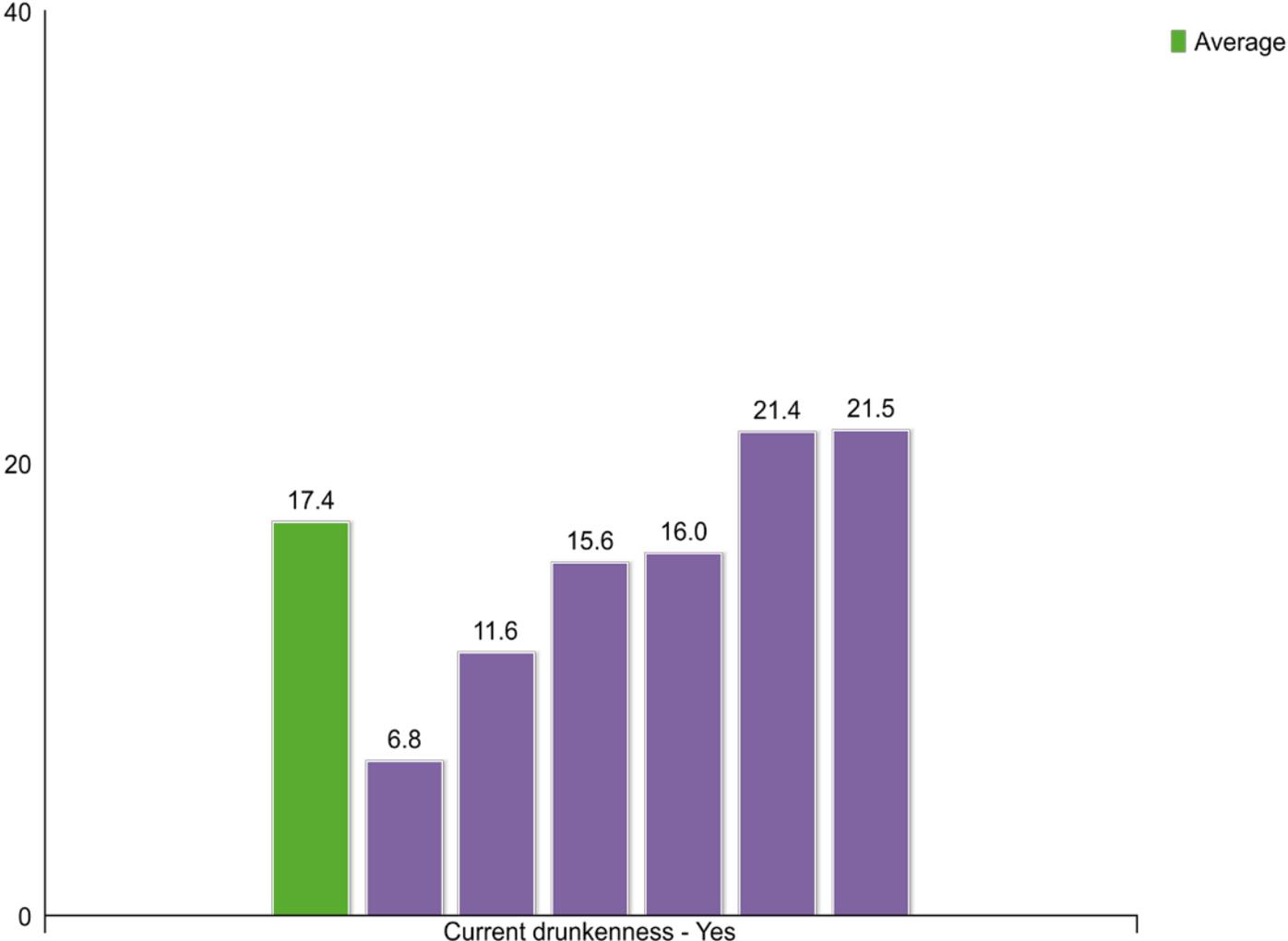
- Colina
- Las Condes
- Lo Barnechea
- Melipilla
- Peñalolén
- Renca

Chilean Model of Prevention

- Questionnaire
- 300 variables
- 10th Grade
- 8.422 youth
- 112 schools

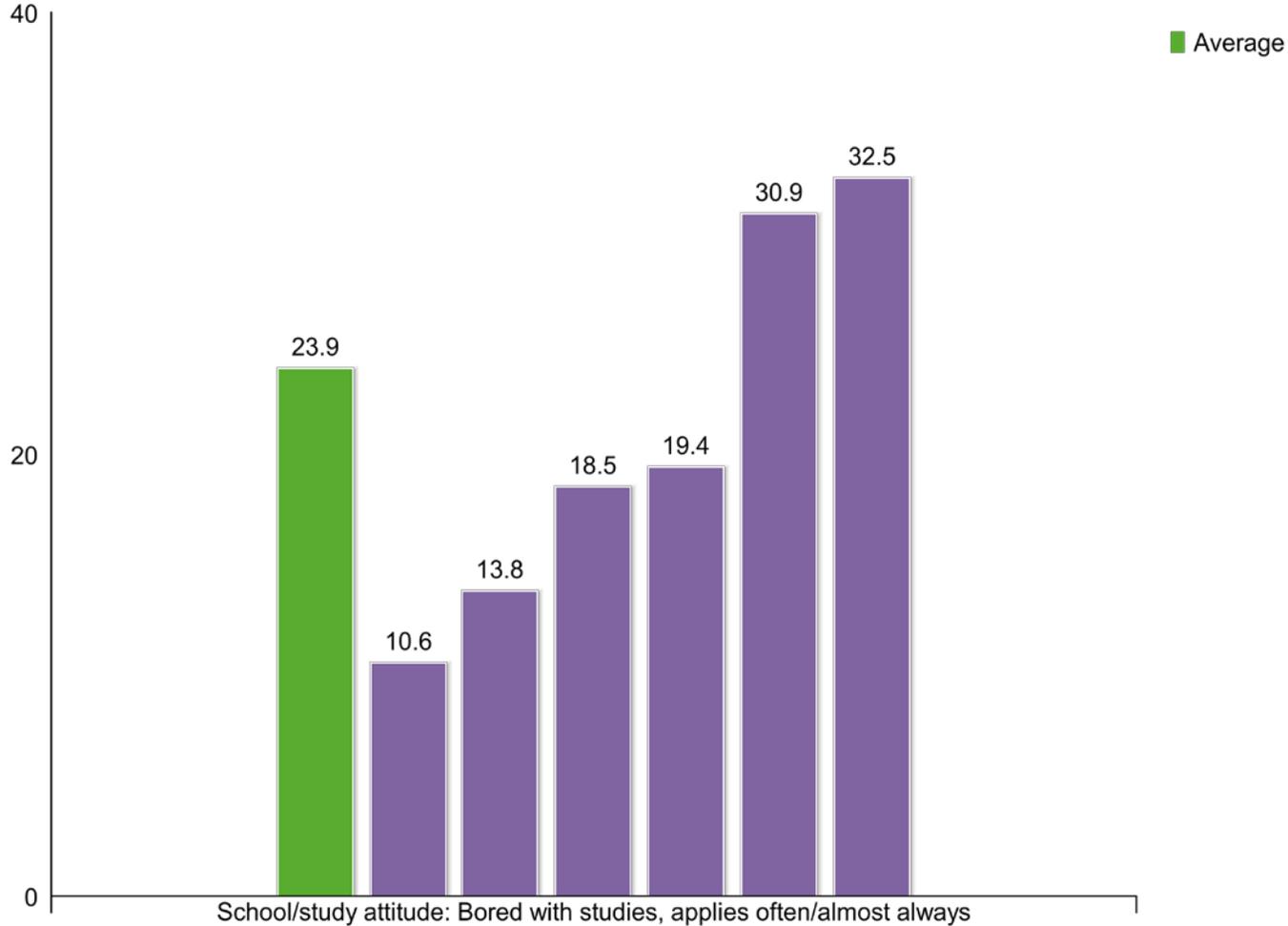
17 % Drunk last month

Percent

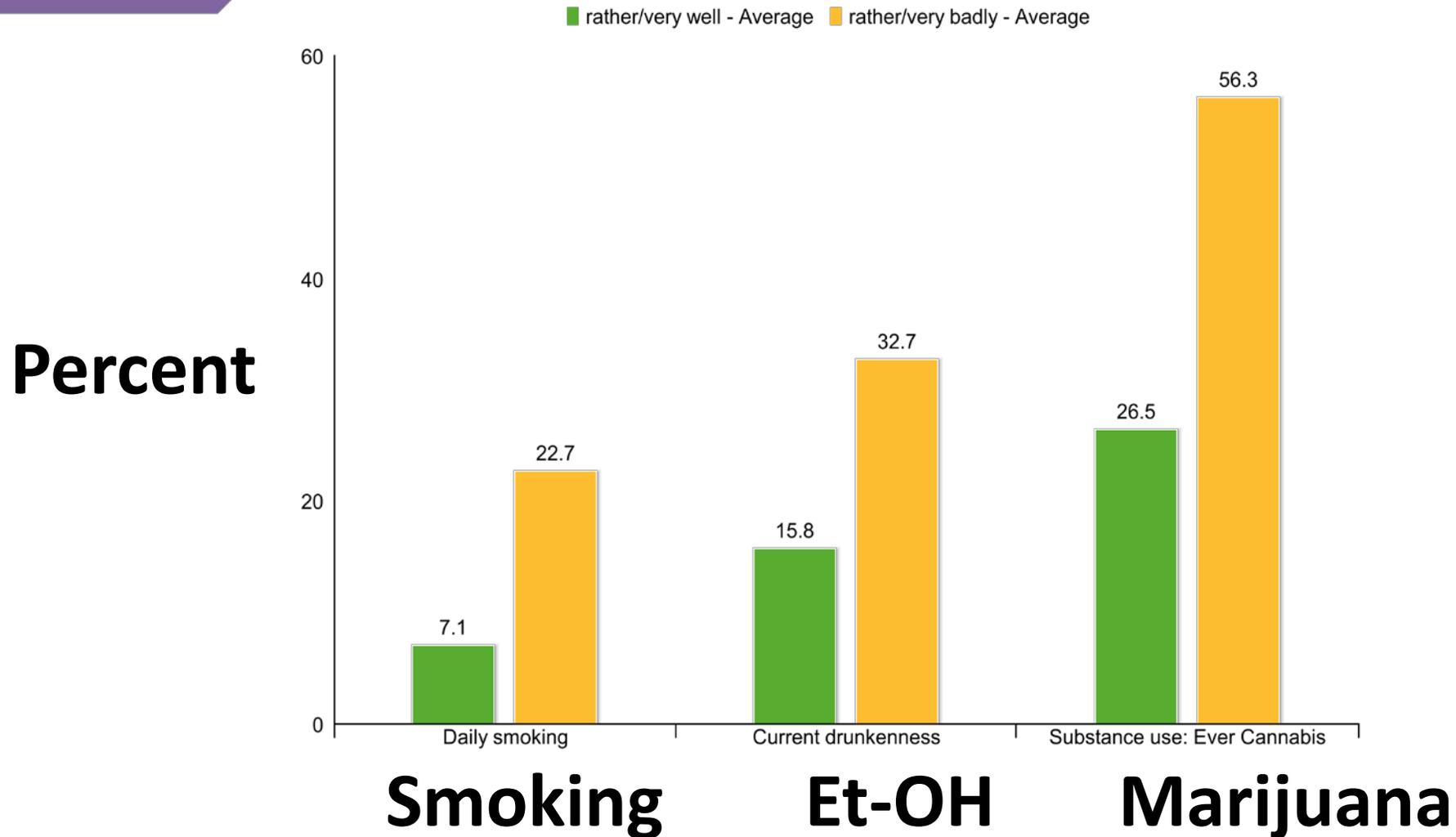


24% Bored with school

Percent

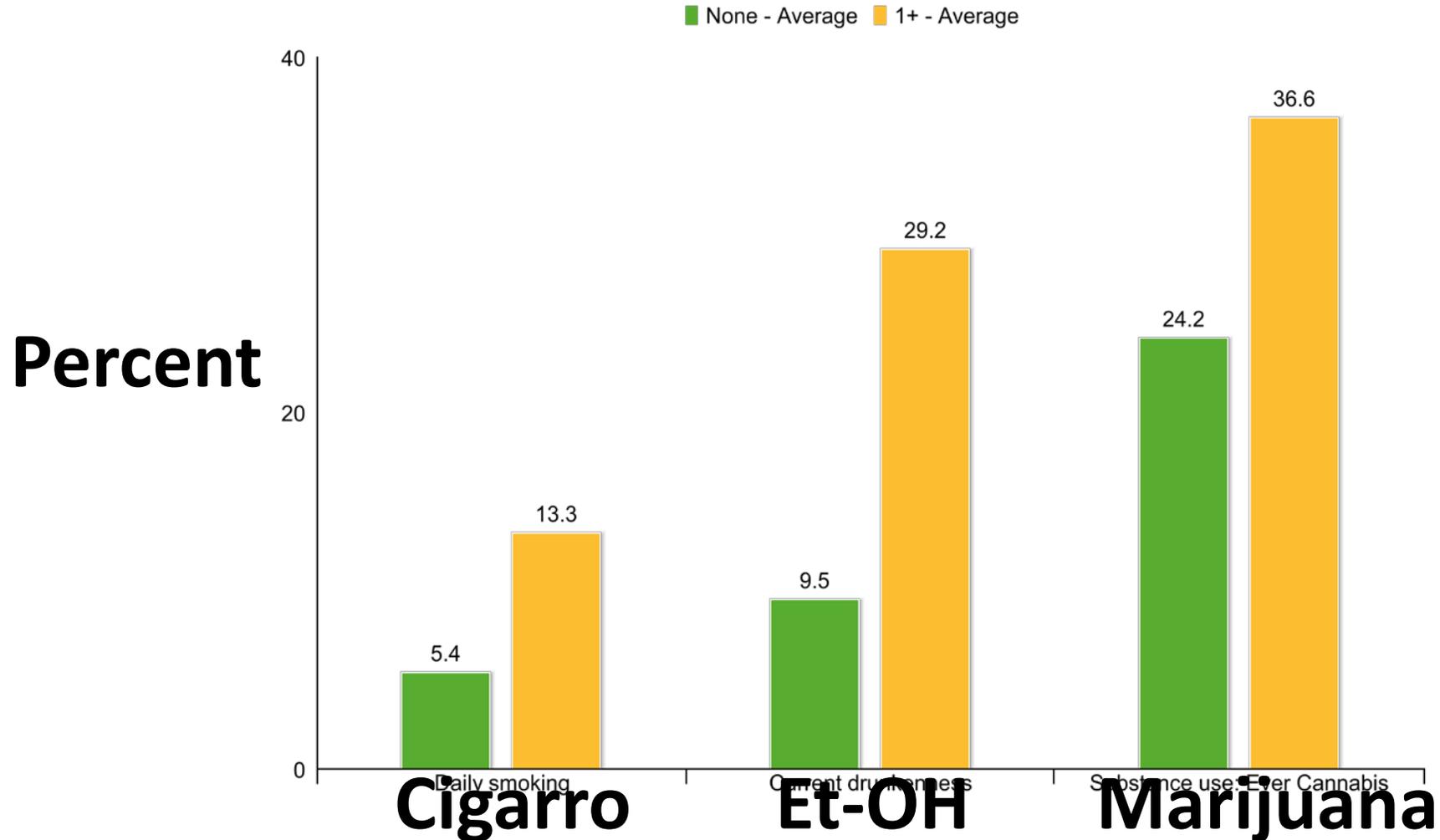


Consumption is higher if parents don't know where youth is on the evening



More consumption if out after midnight

Cross-tabulations



Conclusions:

Chilean adolescents appear to be commonly bored and poorly supervised. Together with a high degree of societal acceptance of adolescent alcohol use, high rates of other substance use thrives



Prime Minister
commits to
expanding
prevention model to
all of Chile.
Calls for continued
work with scientific
societies.

Thanks for your interest in working to have children free from alcohol & drugs

