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ISRAEL



אוניברסיטת בר-אילן
Bar-Ilan University

The long-term impact
of the Israeli national program
to reduce alcohol problem drinking
among children and youth:
A nine-year follow-up 2010-2019

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Some findings from the WHO-HBSC

*World Health Organization – Health Behavior in
School-Aged Children cross-national survey*

USING HBSC-ESPAD

*Develop evidence-
based policy*

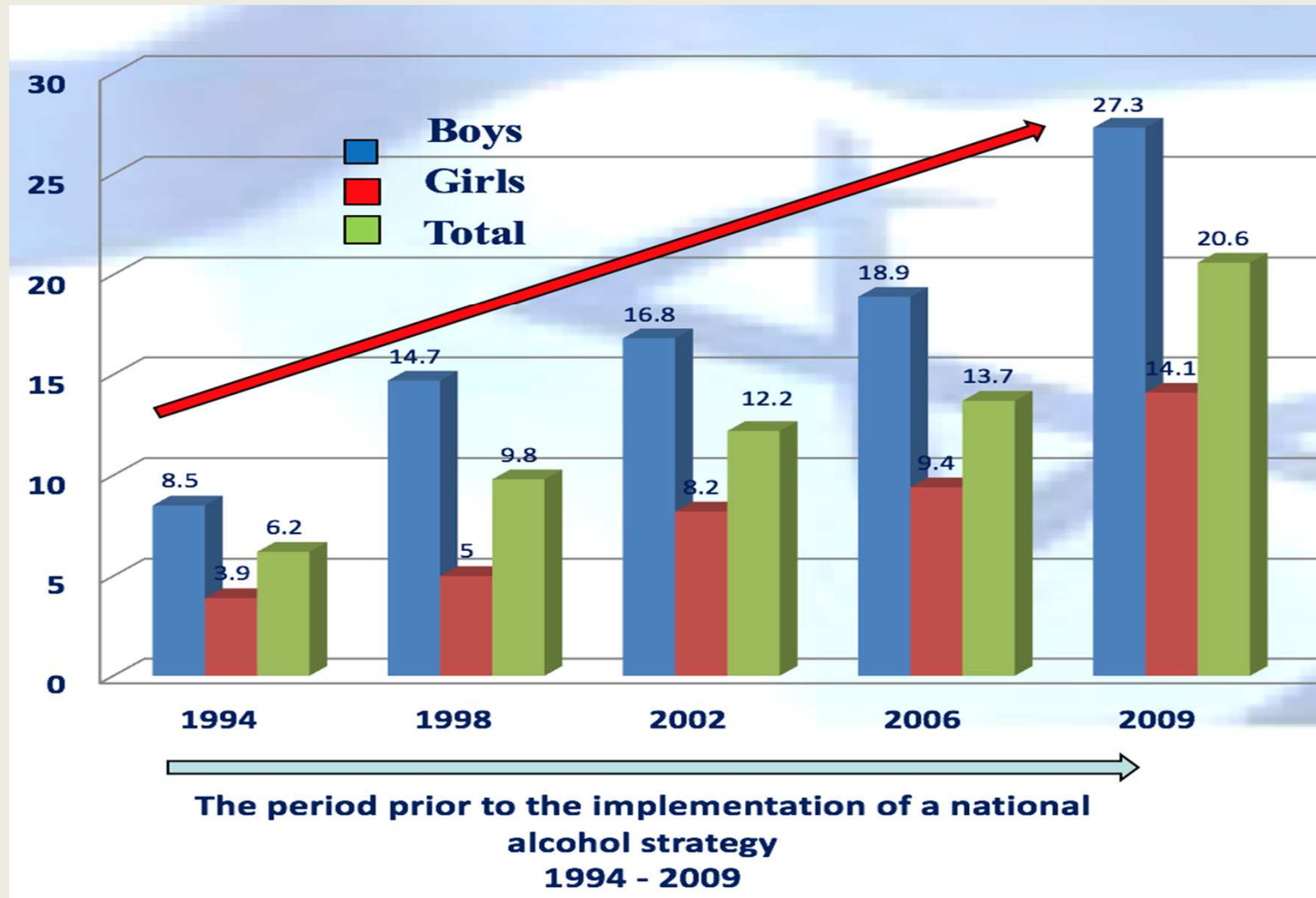
*Learn from
success*

*ADOLESCENT
ALCOHOL
“BINGE DRINKING”
1994-2019*

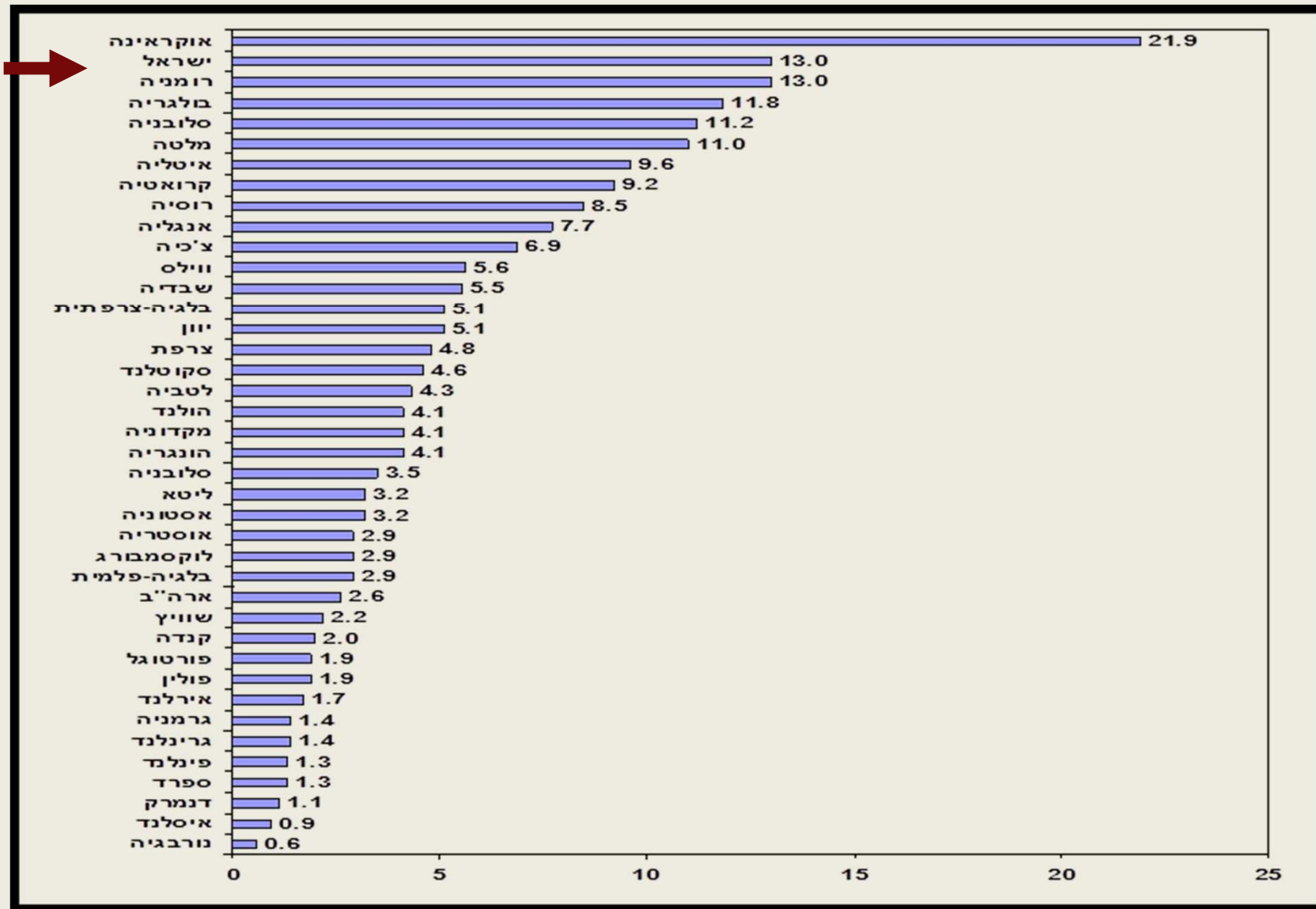


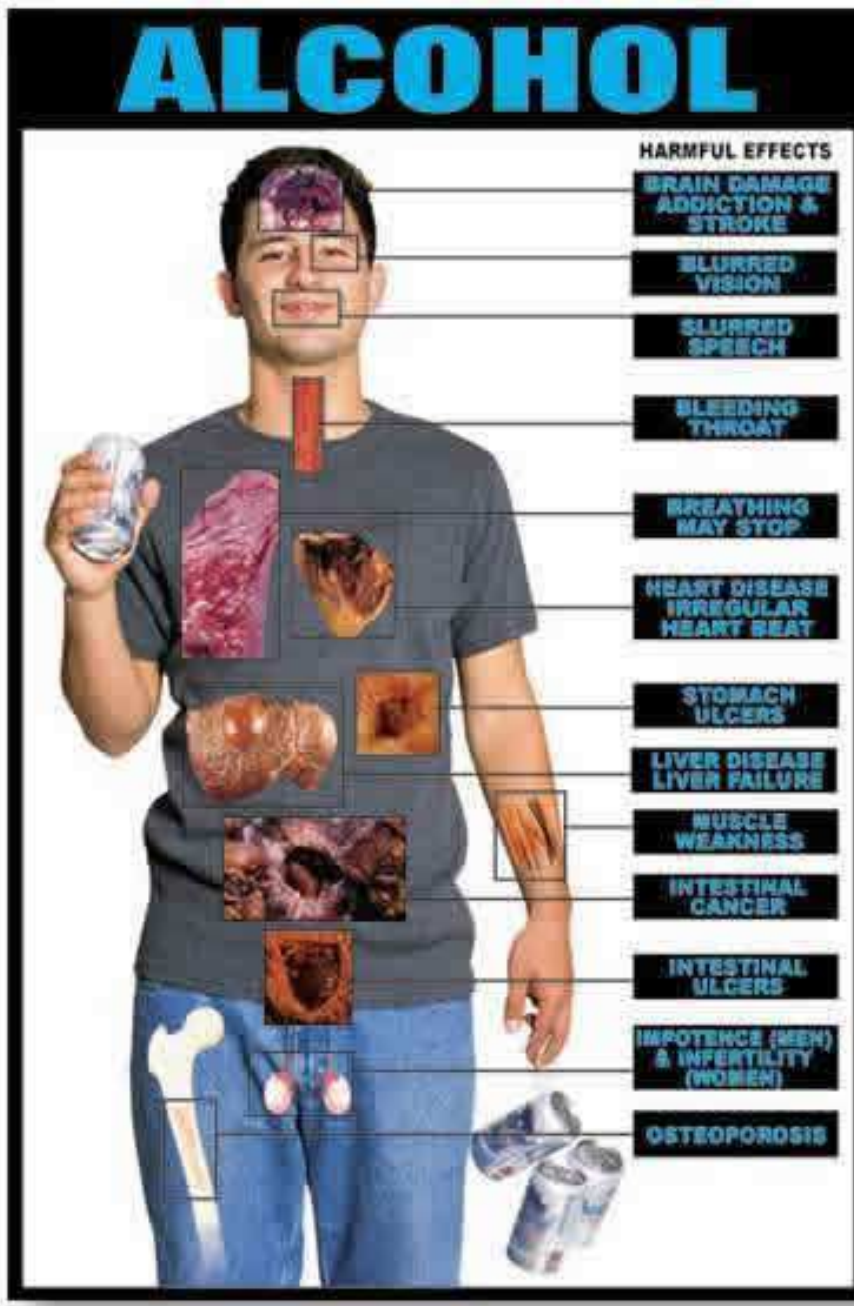
Binge Drinking:

Percent of 6th, 8th and 10th grade Israeli students, who at least once during the past 30 days, drank five or more alcoholic drinks in a few hours, by gender and survey year



CHILDREN 11 YEARS OLD - WEEKLY DRINKING





Drinking too much alcohol **impairs** two vital body systems:

1. Motoric system

2. Judgmental system

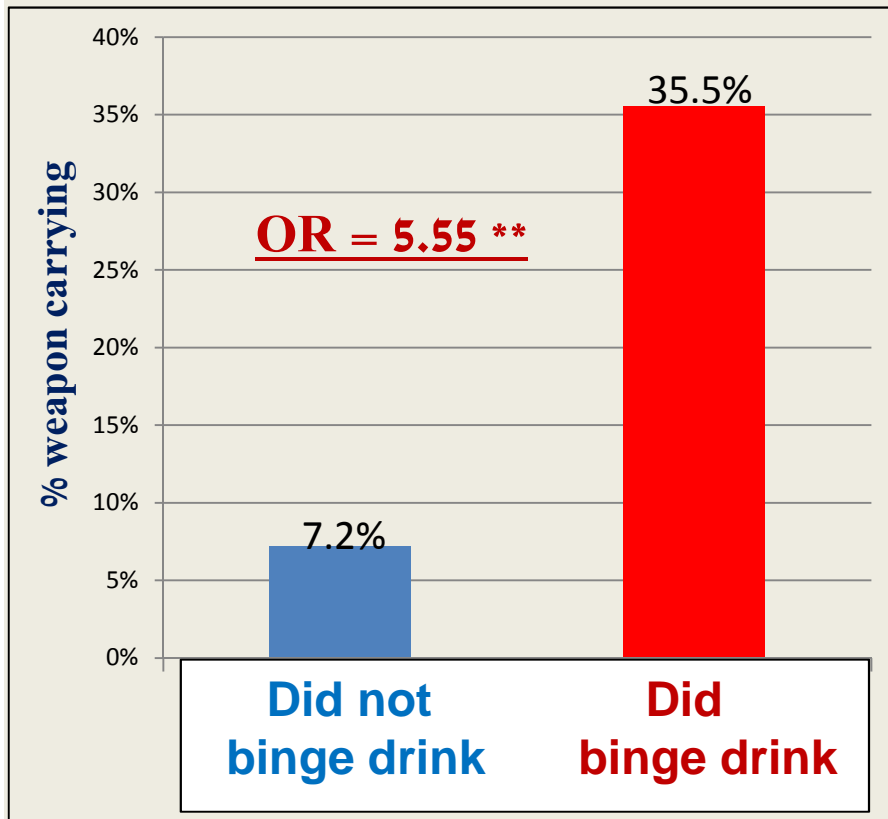
***THE RELATIONSHIP
BETWEEN ALCOHOL
AND
VIOLENCE***

**The relationship between
alcohol and involvement in violence
is influenced by 2 factors:**

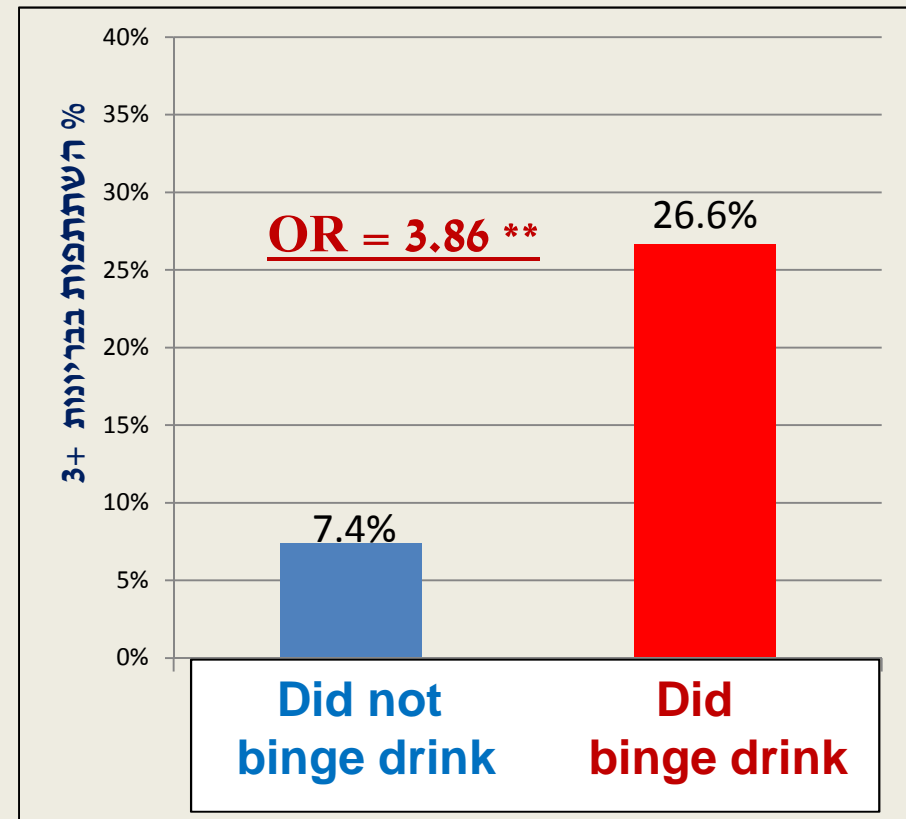
- 1. The amount of alcohol in the blood**
- 2. The effects of a lifestyle that involves night-life in social settings that are alcohol-saturated**
 - **Exposure to drunkenness and violence**
 - **Socializing with high-risk peers**
 - **Decreased exposure to positive alternative settings and constructive activities**

The relationship between alcohol and violence

% Weapon carrying



Bullying 3 times or more

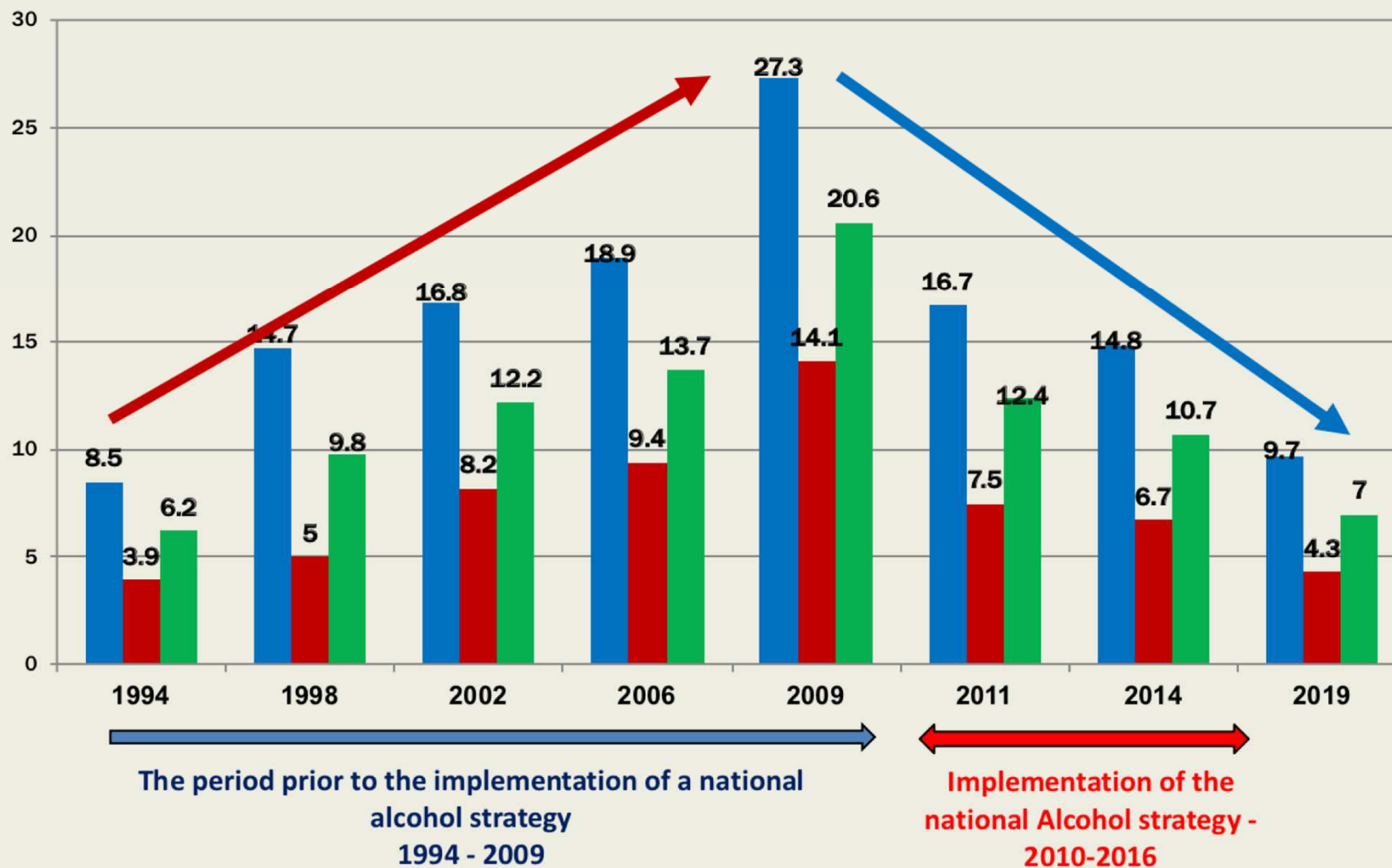


Implementing a National Strategy to Reduce Alcohol Problem Drinking 2010-2016

- Developing a **comprehensive** program
- Building **partnerships** with relevant agencies
- Developing **consistent and coherent** messages
- Implementing national **media campaign**
- Developing, passing and enforcing **new legislation**
- Implementing a variety of **school-based** programs
- Implementing comprehensive **community-based intervention strategies** at the local settings

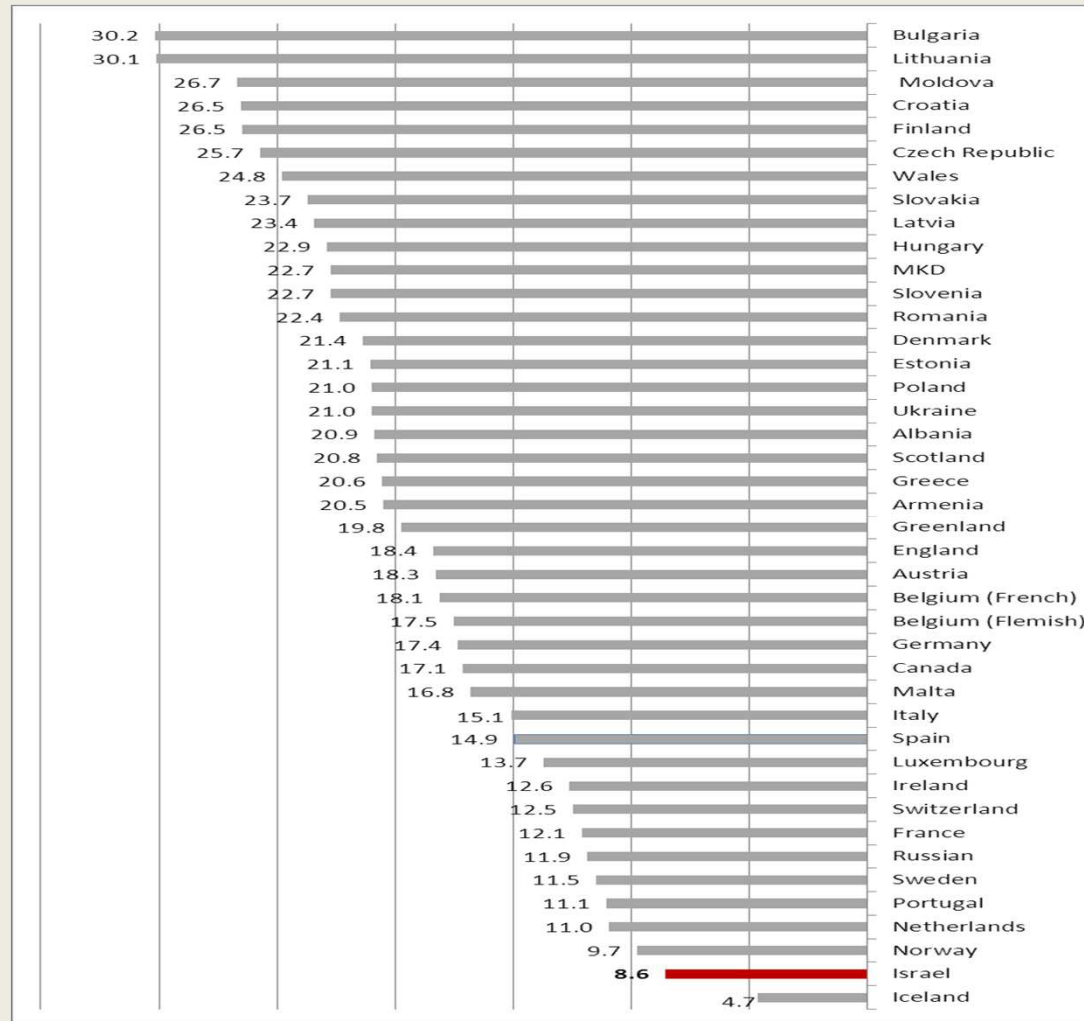
Binge Drinking:

Percent of 6th, 8th and 10th Grade Israeli Students Who Drank Five or More Alcohol Drinks During One Occasion, at Least Once During the Past 30 Days - By Gender and Survey Year



Data source: HBSC-Israel, 1994-2019

Percent of 11, 13 and 15 years old adolescents
who got drunk at least once during the past 12 months, by country



Learning from success

THE CHALLENGES

- Israeli youth are exposed to the **high-rates of binge drinking among teens** in other European countries
- In order to keep the rates declining, we need to continue to:
 - Invest efforts **in prevention, education and enforcement of legislation.**
 - Build **parental responsibility** to be significant adults and develop supportive **family culture**
 - **Structure free time** and alternative settings and activities
 - Help young people **develop a responsible night-life culture** where binge drinking and drunkenness are **“out”**.

Youth and young adults need to take responsibility

To learn how to
influence fun
instead of seeking
fun under the influence

A SHIFT

FROM FOCUSING ON

WHAT NOT TO DO

TO FOCUSING ON

WHAT TO DO INSTEAD



THANK YOU!!!

Prof. Yossi Harel-Fisch, LISBON ADDICTION 23-25 October 2019