



An environmental alcohol intervention in the Netherlands

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Gemeente
EDAM
VOLENDAM



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#durfneetezeggen



INSPIRED BY THE ICELAND MODEL



European Society for
Prevention Research

<http://euspr.org/>

The Icelandic model; is the hype justified?

Disclaimer

EUSPR position papers are intentionally not scientific papers. For an easy and accessible reading of this paper, references to scientific articles have been avoided and some complex issues omitted or simplified. All literature, references, analyses and information about alternative models for making local assessment of life challenges for young people, are available from the EUSPR research community and in particular from the contributors to this position paper.

For the readers interested in the science behind this position paper, we are about to publish a scientific paper, which can be found on the EUSPR's website once it is published.

Act ethically: use resources wisely, apply science critically, and communicate finding cautiously.

Prevention workers and policy makers are eager to get started with and purchase the Icelandic model, a purportedly new way to prevent alcohol and drug use among young people. Considerable

Icelandic prevention model (Planet Youth)

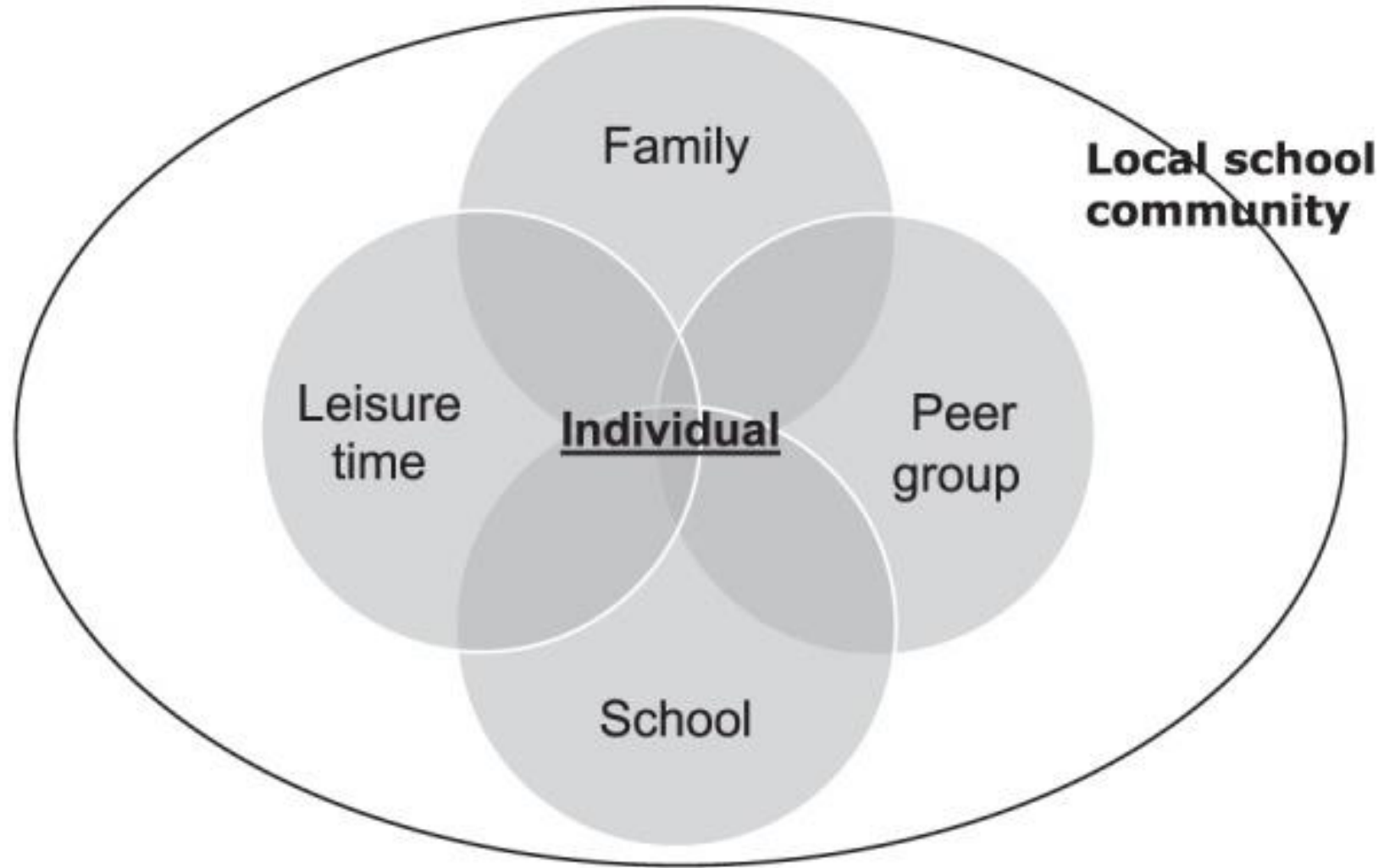


Figure 1. Domains of Community Risk and Protective Factors in the Icelandic Prevention Model (copied from Kristjansson et al., 2020a).



Study design

- Evidence-based study
- Longitudinal local monitoring (≥ 4 waves)
- Collaboration with stakeholders (co-creation)
- Quasi-experimental
- Mixed-method
- Youth and parents

- Semi-structured interviews
- Self-report questionnaires

- Data needs assessment (step 1)
- (inter)national data

- Co-creation (local taskforce)
- Existing local intervention strategies
- Scientific knowledge

Inventarisation of stakeholders

**NEEDS
ASSESSMENT**

DESIRED
OUTCOME

**DETERMINANTS
OF BEHAVIOR**

EXPLANATORY
MODEL

**INTERVENTION
STRATEGIES**

Needs assessment: problem definition

Semi-structured interviews

16 interviews, 40 stakeholders

Varying from 60-190 min

Topiclist (alcohol use, determinants, stakeholders, activities)

Self-report questionnaire

N=1146 youth between 12-18 years (mean=14.8)

46.3% boys

Two high schools



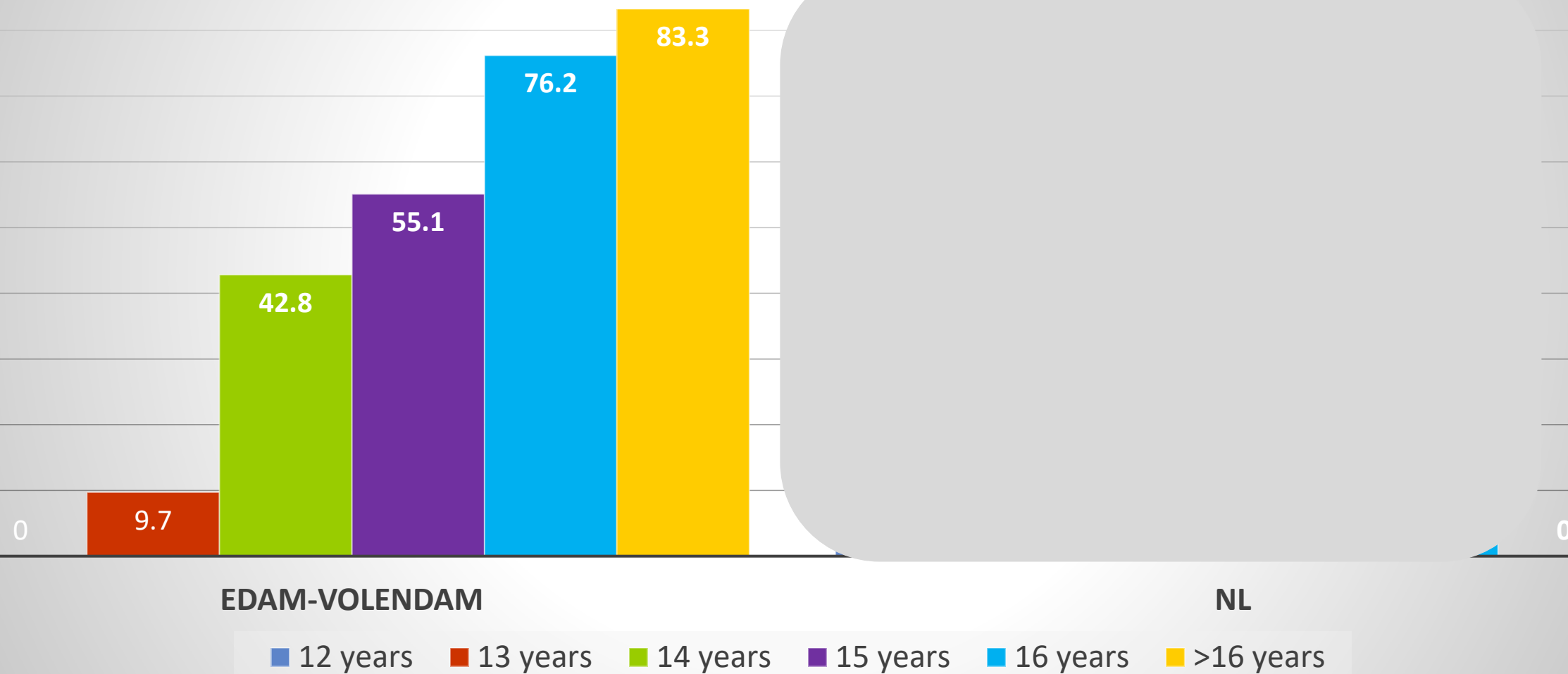
■ 12 jaar ■ 13 jaar ■ 14 jaar ■ 15 jaar ■ 16 jaar ■ >16 jaar



Other Dutch youth?

Stevens et al., 2018

% monthly drinkers



FUTURE?

CAREER?

FAMILY?

HEALTH?

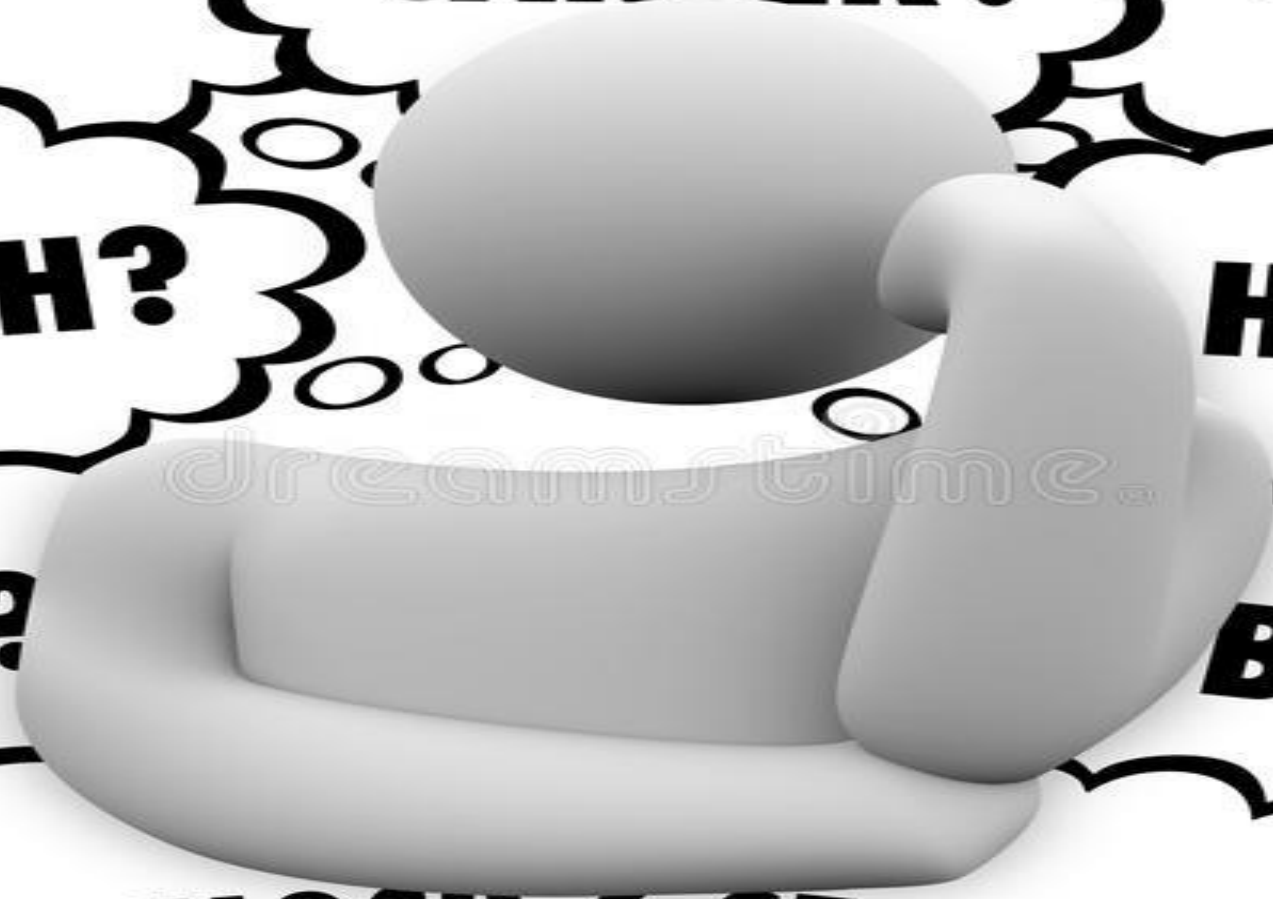
HOME?

LOVE?

BILLS?

SAVINGS?

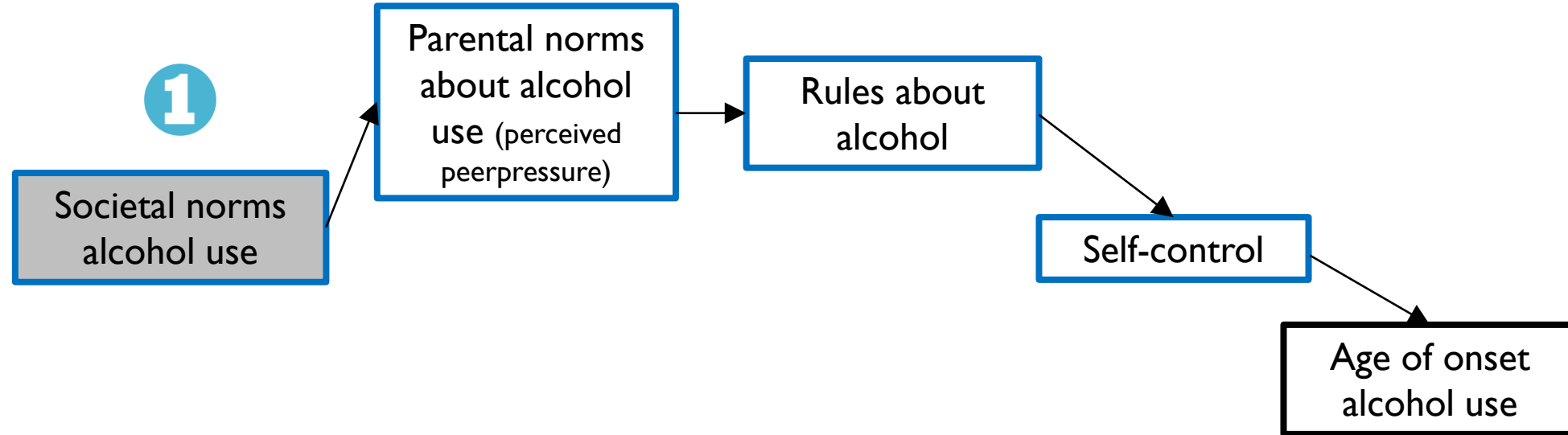
SECURITY?



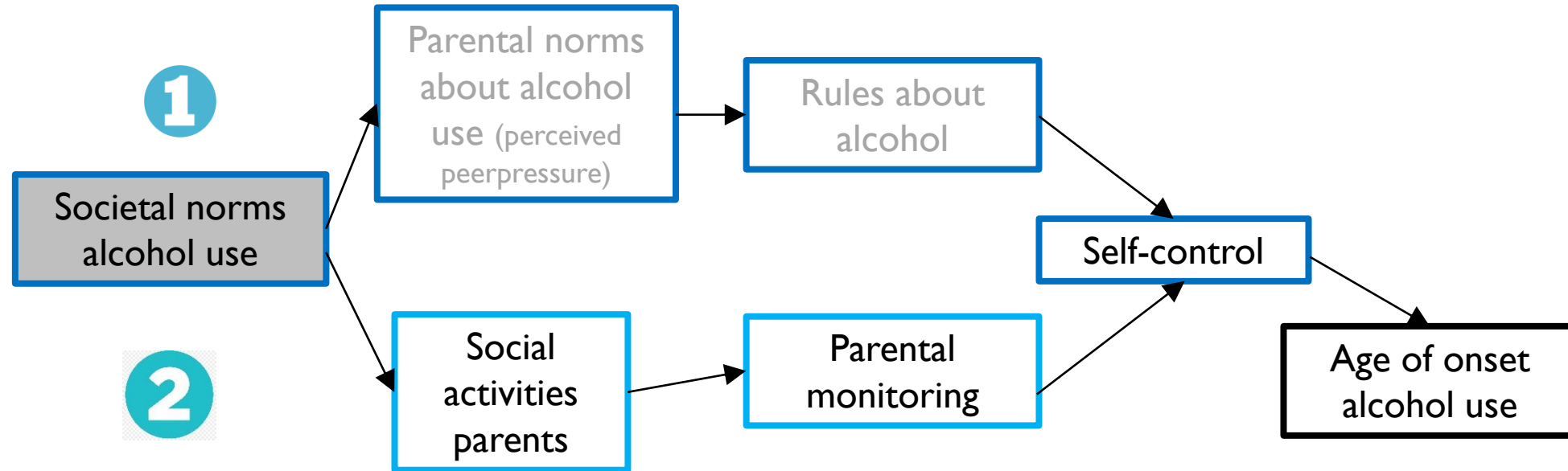
Explanatory model

Age of onset
alcohol use

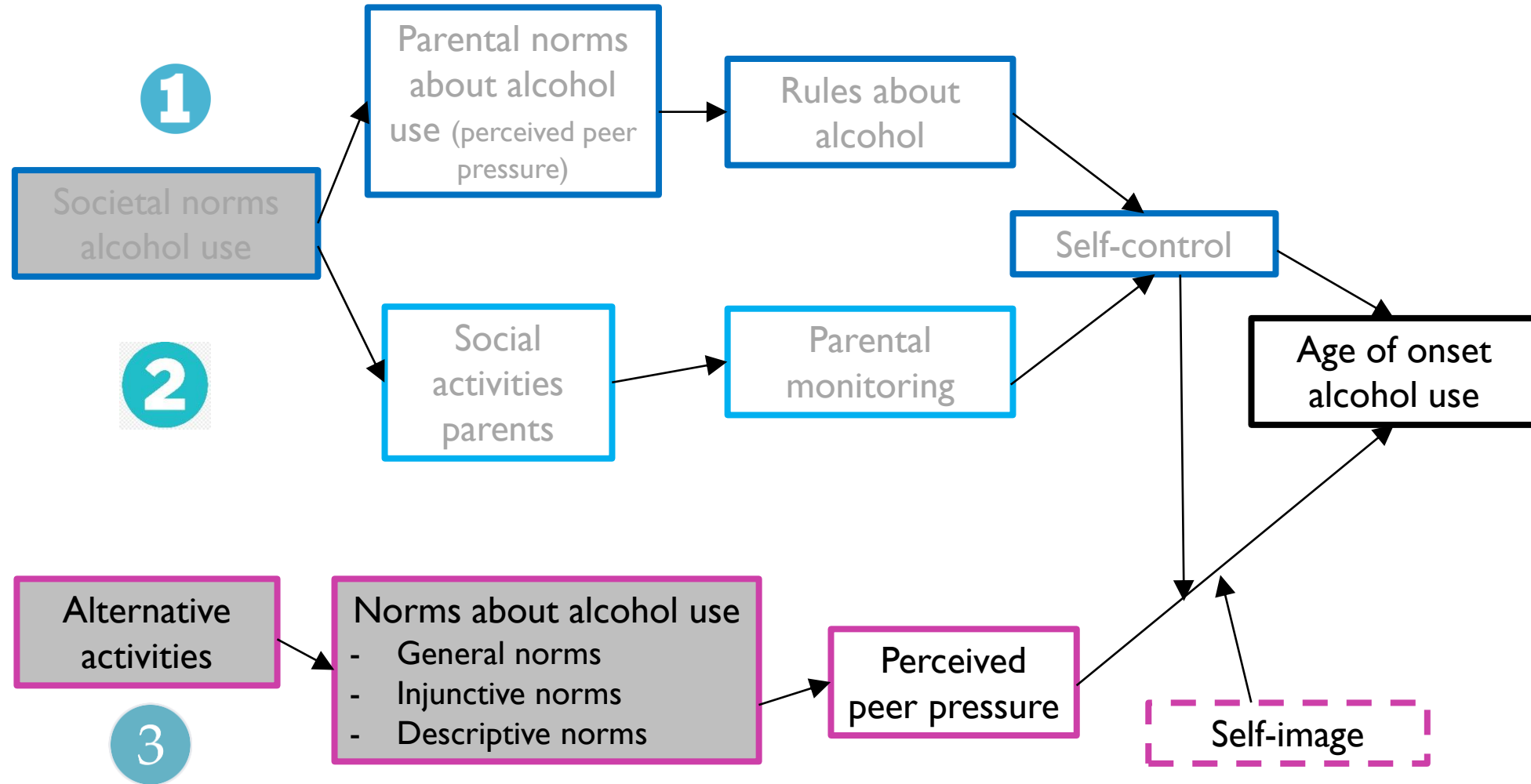
Explanatory model



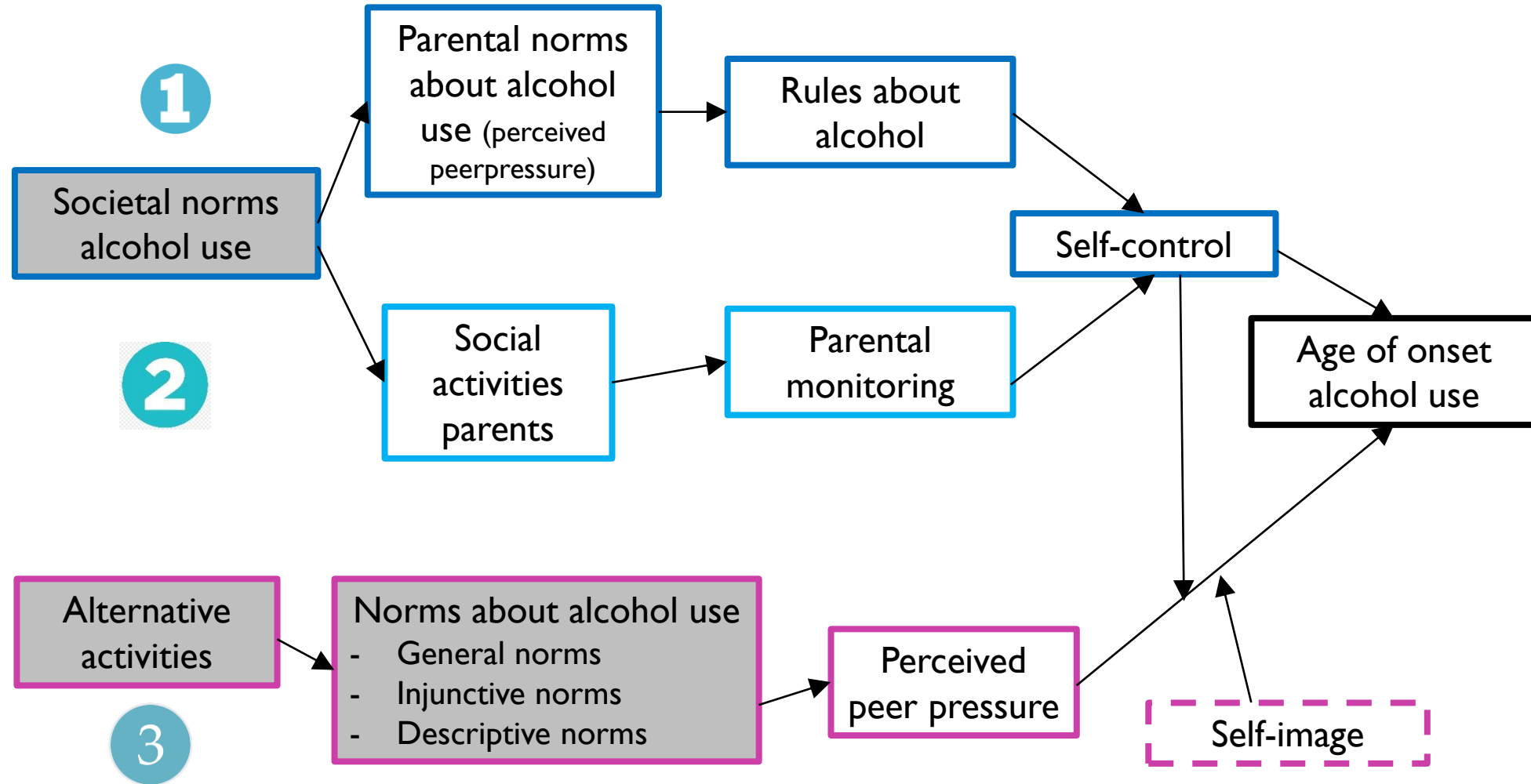
Explanatory model



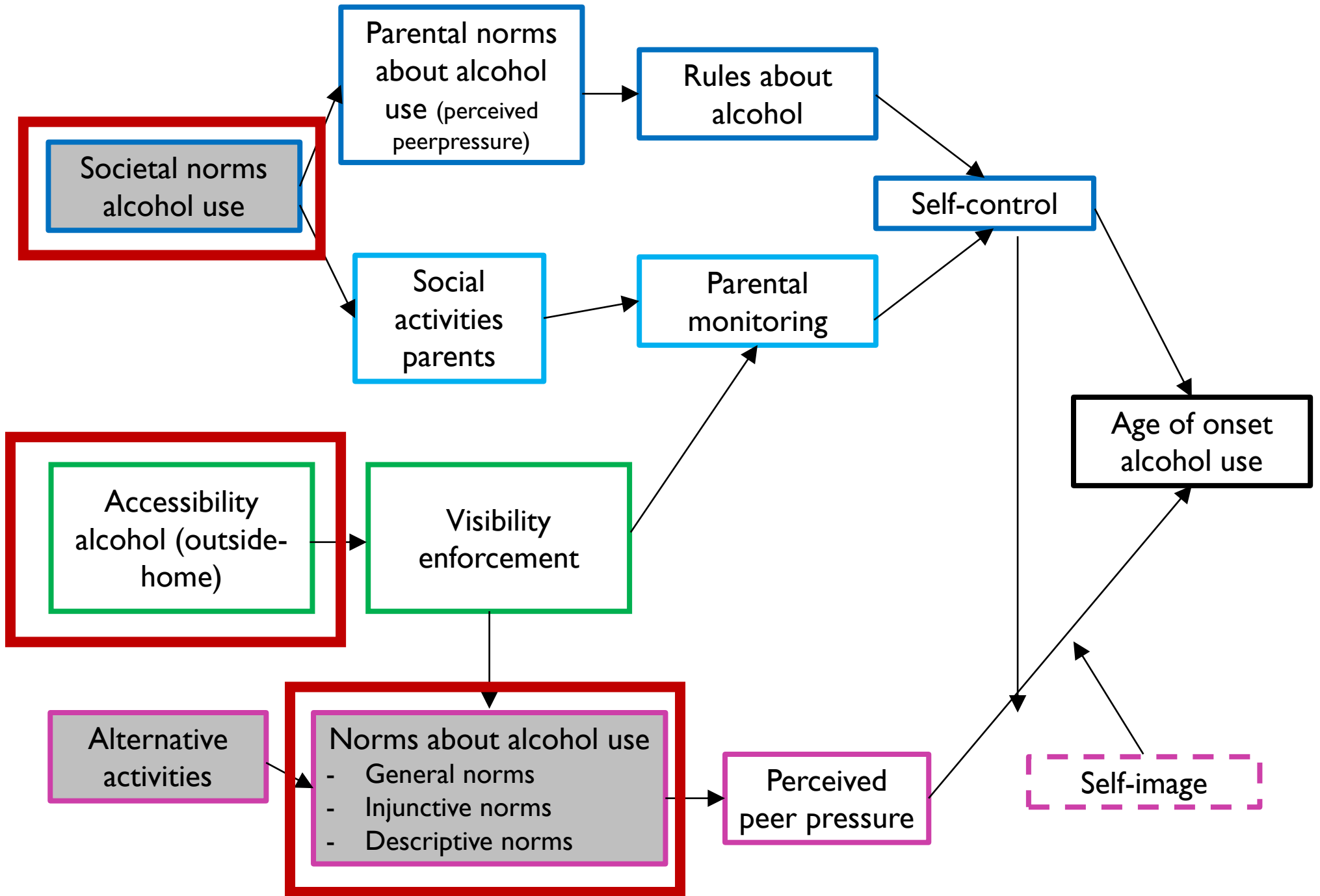
Explanatory model



Explanatory model



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Where to start?





Edam-Volendam als eerste van Nederland aan de slag met delen van IJslands model

06 februari 2018 | categorie: Edam-Volendam, Zeevang | bron: NIVO



Is het beeldvorming of realiteit? Wordt er echt veel alcohol en drugs gebruikt door jongeren. Verhalen genoeg, van ouders van verscheurde gezinnen. Jongeren beamen het. Het is gemeengoed. Hier, maar ook elders. In IJsland ging de overheid de problematiek vooruitstrevend te lijf. Met aansprekende resultaten. Edam-Volendam gaat als eerste gemeente in Nederland de vertaalslag maken, om (delen van) het Scandinavische model lokaal te implementeren. Gedurfd, want er zal straks een cultuuromslag voor nodig zijn,

Create public support

- Among inhabitants of the municipality



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Create public support

Among inhabitants of the municipality

- Several 'think thanks' meetings
- Information letters
- Core working group

Balance evidence-based and enthusiastic, activity oriented members

Create public support

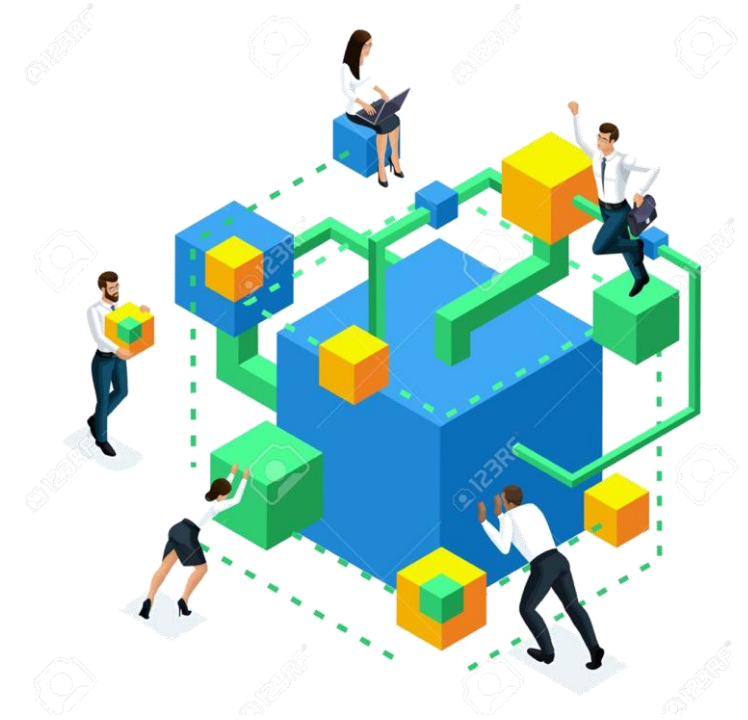
- **Among local politicians**
 - Use of Icelandic prevention model
 - Every three months presentation in council meeting
 - Politicians are also member of the think thanks
- **Inclusion of research**

**Balance between planning ahead
(politicians' needs) and meeting local needs**



Co-creation: intervention development

- Multi-component
- Consult and activate local organizations
- Collect feedback on each intervention component
- Supported by alcohol law enforcement
- Continuous monitoring:
 - Bi-annual interviews with parents
 - Annual monitoring among youth




Balance between shared interests (LEF) and personal / organizational interests



Article

Pre-Intervention Effects of a Community-Based Intervention Targeting Alcohol Use (LEF); The Role of Participatory Research and Publicity

Ina M. Koning ^{1,*} , Vincent G. Van der Rijst ¹, John B. E. De Wit ² and Charlotte De Kock ³

Environmental prevention

LEF-program:
What do we know?

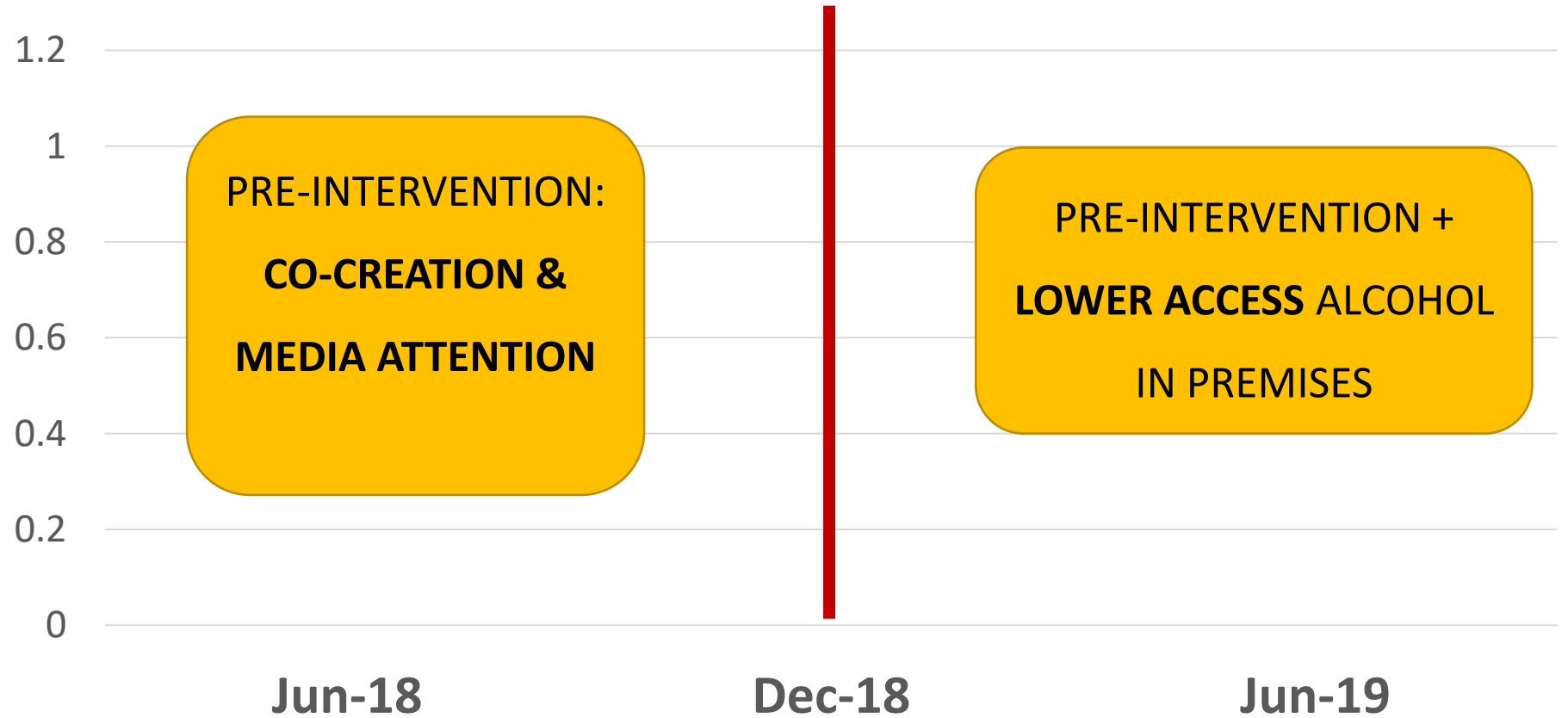
METHOD

N_{tot} = 2146

N_{EC} = 1137

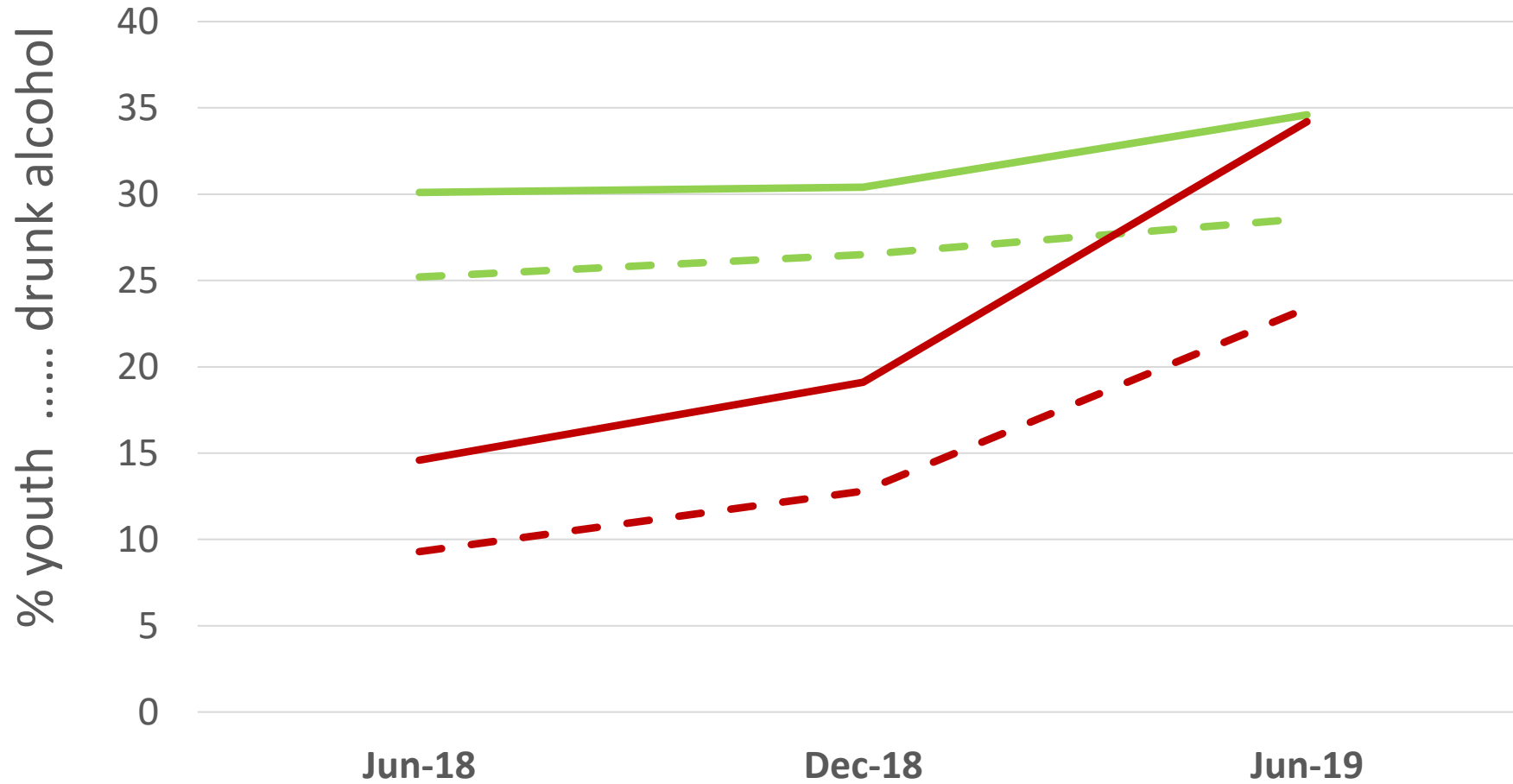
N_{CC} = 1027

M_{age} = 14.7(1.3)



Self-report questionnaires at two high schools; experimental condition (EC) and control condition (CC)

NUMBER OF DRINKERS



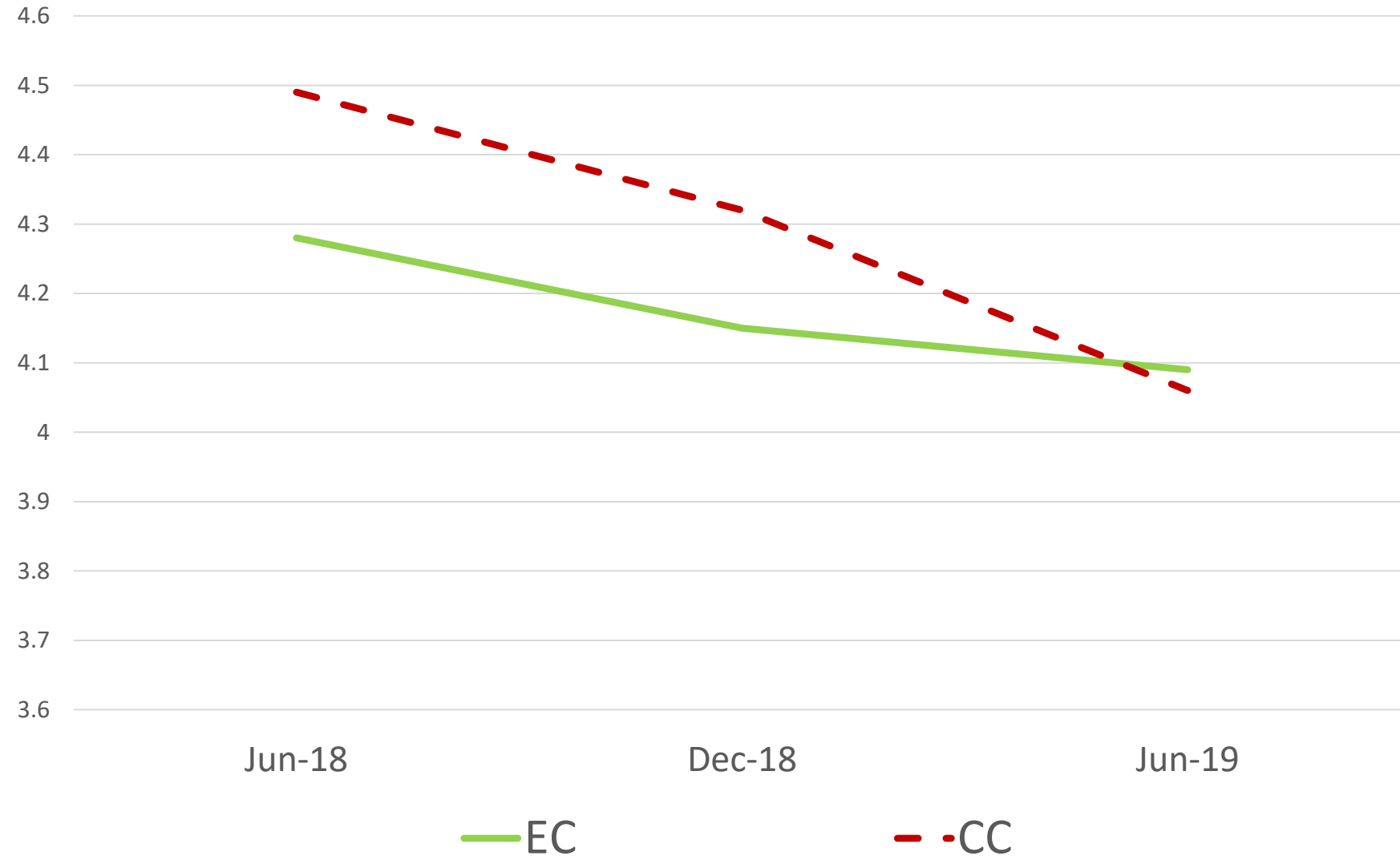
LESS STEEP INCREASE
OF THE PREVALENCE
OF DRINKERS IN THE
EC

— Monthly - EC - Weekly - EC — Monthly - CC - Weekly - CC

The image features a dark blue background with several large, light blue arrows pointing to the right. In the center, a group of business professionals in teal and dark blue attire are running towards the right, carrying briefcases. At the bottom, a row of white gears is shown, each containing a silhouette of a person in motion. The text 'RELEVANT MECHANISMS?' is overlaid in the center in a white, sans-serif font.

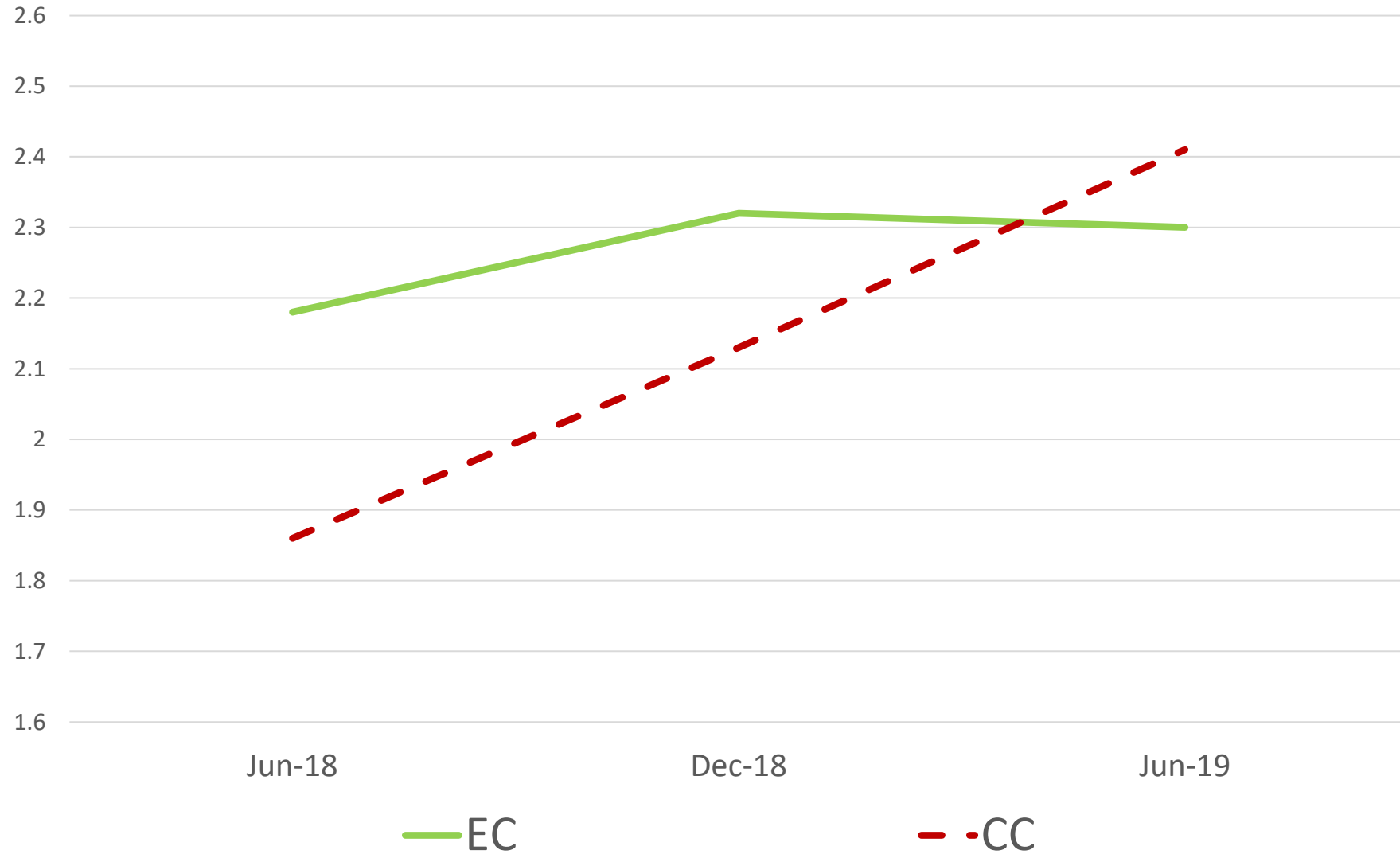
RELEVANT MECHANISMS?

RULES ABOUT ALCOHOL USE



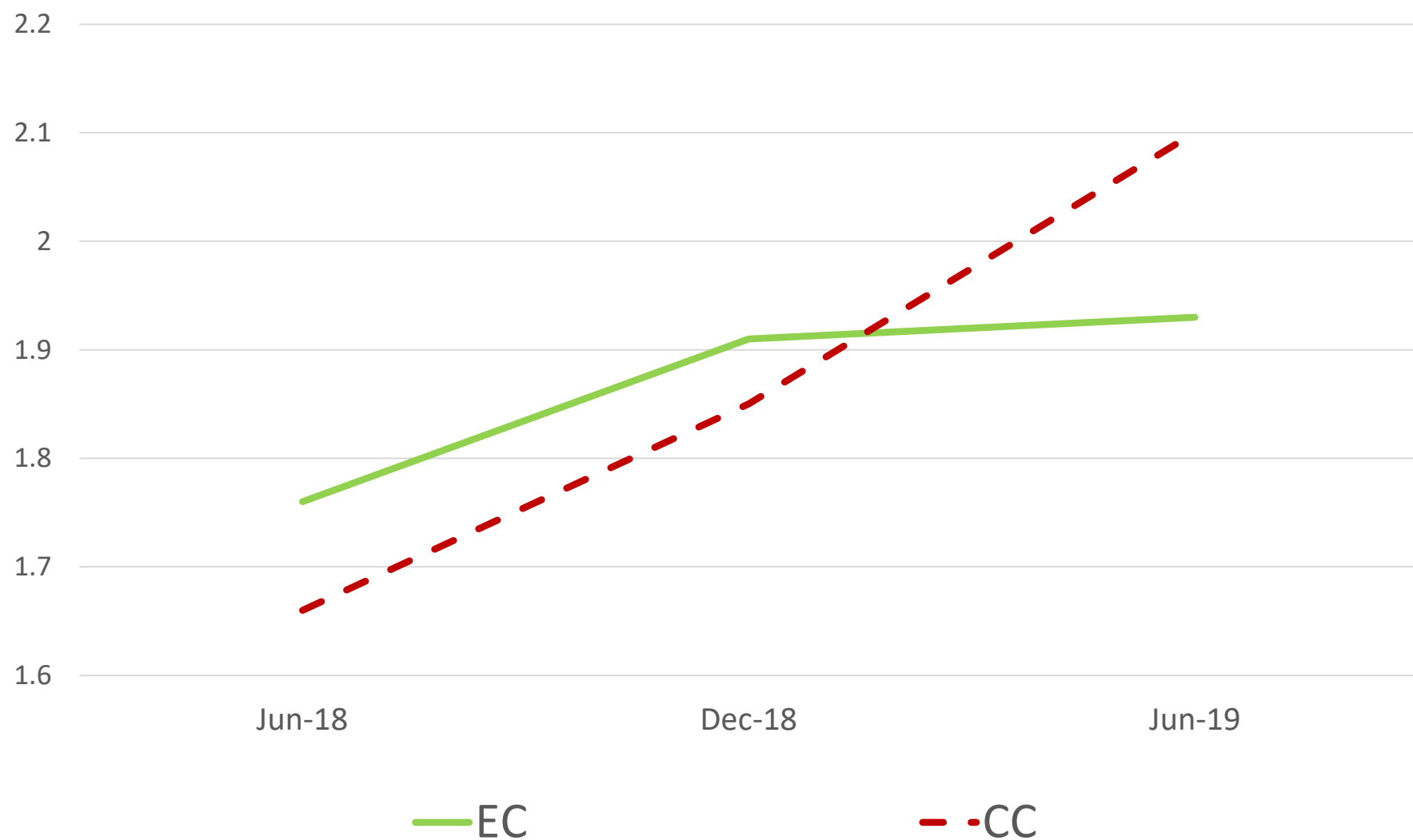
LESS STEEP DECREASE
OF RULES ABOUT
ALCOHOL IN THE EC
COMPARED TO CC

NORMS ABOUT ALCOHOL



LESS POSITIVE
NORMS ABOUT
ALCOHOL AMONG
YOUTH IN EC
COMPARED TO CC

PERCEIVED ACCESSIBILITY ALCOHOL OUTSIDE HOME



LOWER PERCEPTION
OF ACCESSIBILITY
ALCOHOL OUTSIDE
HOME IN EC
COMPARED TO CC

CONCLUSIONS

It seems that the environmental program LEF has a **positive influence** on relevant **mechanisms** relevant for the onset of drinking and possibly contribute to the **lower prevalence** of alcohol use among youth in Edam-Volendam.

→ These changes are probably due to the **societal debate** and **lowered accessibility of alcohol**

→ **Preventive measures** (e.g. parent involvement) are crucial to remain and strengthen this trend



THANK YOU!

H.m.koning@vu.nl

- ENVIRONMENTAL PREVENTION
 - HIGHLY PROMISING
 - APPLICABLE TO DIVERSITY OF BEHAVIORS
 - EVIDENCE-BASED



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