

# PREVENTION OF ALCOHOL DRINKING IN ADOLESCENTS THROUGH HELP IN ORGANIZATION OF LEISURE IN VIROVITICA-PODRAVINA COUNTY (REPUBLIC OF CROATIA)

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## Introduction:

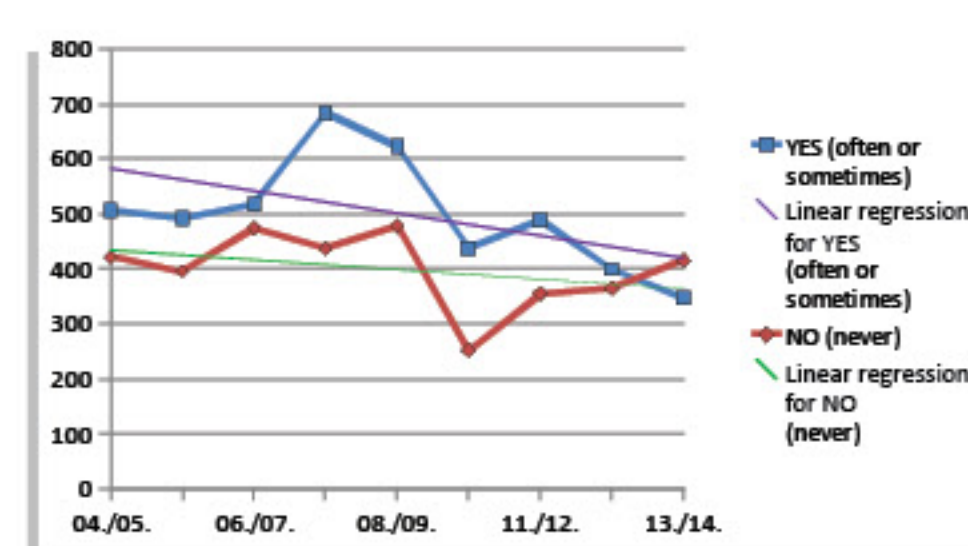
This poster will show you student attitudes towards drinking and implementation of leisure, and our attempts to help them in that issue. The goal is to prevent alcohol consumption in adolescents in the Virovitica-podravina County with purposeful organization of leisure.

## Methods, the survey instrument and sample:

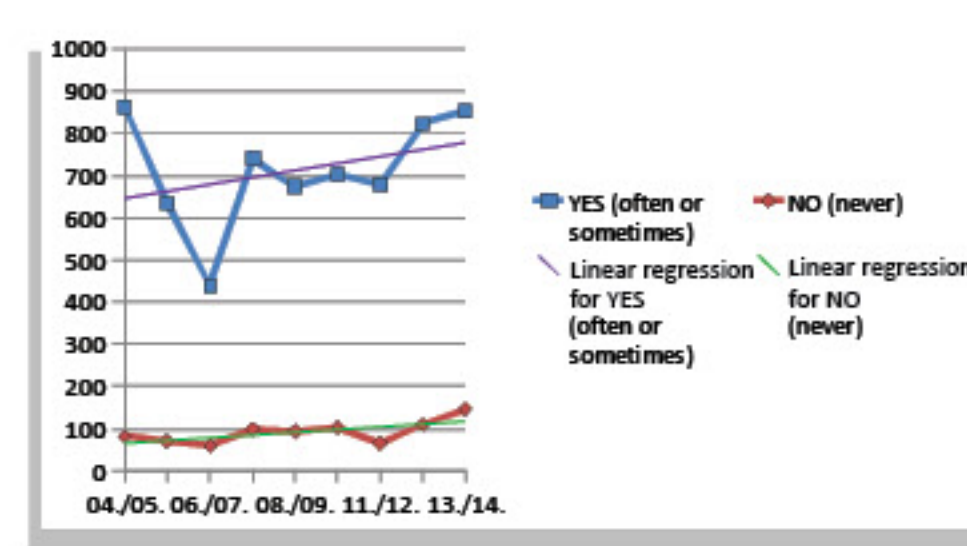
An anonymous questionnaire of students from primary and secondary school in a period of ten years covered 15.381 students with questions about attitudes and behaviours towards alcohol consumption and implementation of leisure.

## The results:

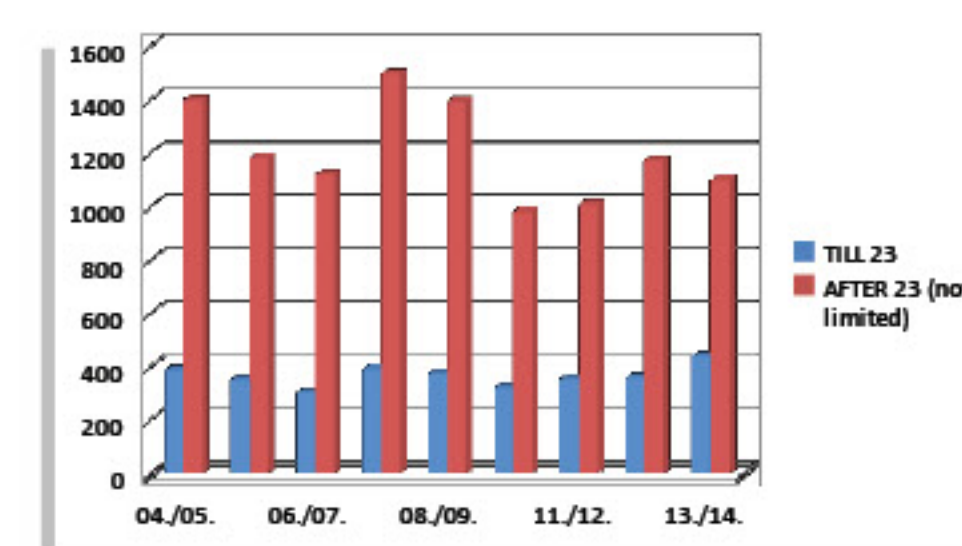
In total, 71,1% of tested students periodically or often consume alcohol. Comparison of student cohorts during their transition from primary to secondary school shows a higher number of answers for often or periodically drinking.



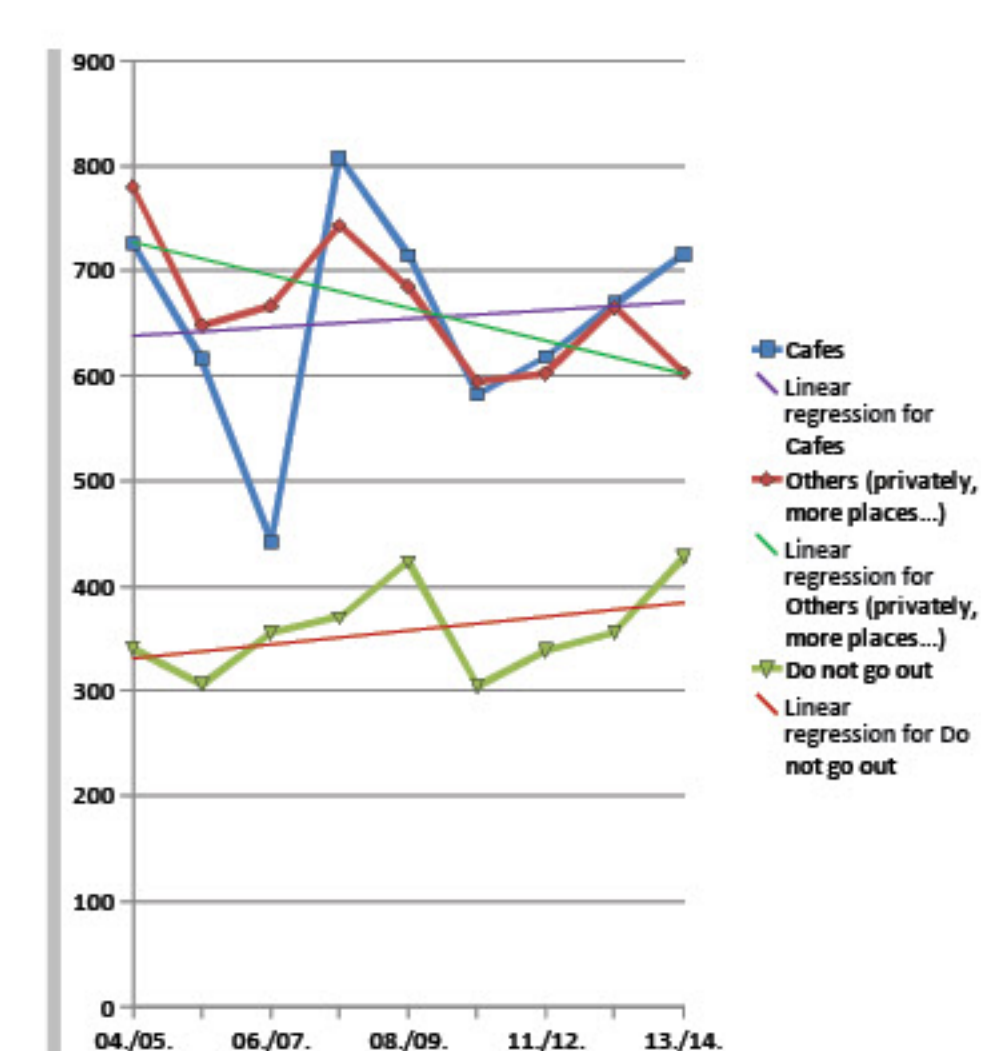
Picture 1. The flow of answers to the question „Do you sometimes drink alcohol?“ for primary schools



Picture 2. The flow of answers to the question „Do you sometimes drink alcohol?“ for secondary schools



Picture 3. The flow of answers to the question „My curfew is limited till...“ for both primary and secondary school



Picture 4. The flow of answers to the question „I usually go out to...“ for both primary and secondary school

Students indicate a lack of places for gathering and organized youth activity as the biggest issue.

IN MY LOCAL COMMUNITY THE THING I WOULD LIKE THE MOST IS/ARE (JUST ONE ANSWER):				
		School		Total
		Primary	Secondary	
a) Places for gathering and organized youth activities	N	2.820	2.548	5.368
	%	35,59	35,72	35,65
b) Pop and rock concerts	N	1.787	1.710	3.497
	%	22,55	23,97	23,23
c) There are enough possibilities	N	1.085	1.139	2.224
	%	13,69	15,97	14,77
d) Others	N	638	637	1.275
	%	8,05	8,93	8,47
e) Places where young people can search for help	N	683	318	1.001
	%	8,62	4,46	6,65
f) Classical music concerts	N	413	217	630
	%	5,21	3,04	4,18
g) More than one of the above	N	234	335	569
	%	2,95	4,70	3,78
h) SOS phone	N	160	135	295
	%	2,02	1,89	1,96
i) Literary evenings	N	103	94	197
	%	1,30	1,32	1,31
Total	N	7.923	7.133	15.056
	%	100	100	100

Table 1. Number and percentage per each answer for a lack of contents in the local community for primary and secondary school

On the other hand, emergency medical assistance during nine years records 295 persons ages 0-19 who were provided medical help under the diagnosis F10.0 according to ICD-10.

NUMBER OF URGENT INTERVENTIONS PER CHILDREN/YOUTH FOR DG/F10.0												
		Year										Total
		2005.	2006.	2007.	2008.	2009.	2010.	2011.	2012.	2013.		
a) 0 – 6 years	N	0	5	2	4	0	3	0	3	3	20	
b) 7 – 19 years	N	34	16	28	38	40	34	25	40	20	275	
Total	N	34	21	30	42	40	37	25	43	23	295	
	%	11,52	7,11	10,16	14,23	13,55	11,52	8,47	14,57	7,79	100,00	

Table 2. Number of urgent interventions for drinking for children/youth in the 2005 – 2013 period at Virovitica-podravina County



Picture 5. Picture book „My leisure time“ (For children before they start school.) Edition 2011.

Picture 6. Guide „Seize the Day in the Virovitica-podravina County“ (For pupils in elementary and secondary school and for students in high school.) First edition in 2009, the sixth edition in 2014.



## Conclusion:

The largest number of students drink periodically, and the rise in drinking frequency increases with age. Adolescents mostly spend their free time in cafes, where they are exposed to the risk of developing drinking habits. The Prevention project „Seize the Day

in the Virovitica-podravina County“ brought to light the capacity of the local community with effective programs for adolescents through leisure activities, which led to desired changes in attitudes and behaviours towards alcohol consumption.