

## Scottish Schools Adolescent Lifestyle and Substance Use Survey – Aberdeenshire

### Key Prevalence Measures (Scotland)

Substance use prevalence has remained largely stable since 2013, but it remains the case that prevalence has declined considerably over the last couple of decades.

Among 13 year olds, prevalence of use across all three substances has remained unchanged since 2013, but there were some differences among 15 year olds.

Drinking in the last week remains more common than smoking regularly or having used drugs in the last month.

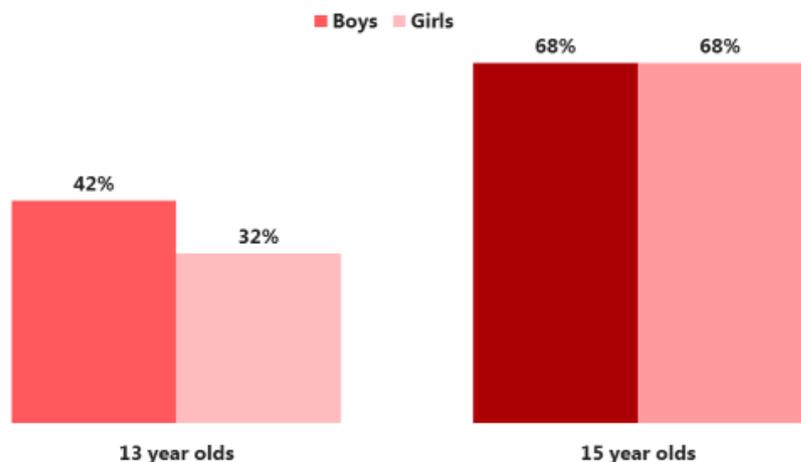
### Summary of Key Changes since 2013, Alcohol (Scotland)

	13 year olds		15 year olds	
	Boys	Girls	Boys	Girls
EVER HAD AN ALCOHOLIC DRINK	↓	↓	↓	↓
DRANK IN THE LAST WEEK	↔	↔	↓	↔
EVER BEEN DRUNK	↔	↔	↓	↔
DRUNK IN THE LAST 7 DAYS	↑	↑	↔	↓

### Ever had an alcoholic drink (Aberdeenshire)

The proportion of 13 year old pupils who had ever had an alcoholic drink was higher in Aberdeenshire than Scotland overall (37% in Aberdeenshire, compared with 28% in Scotland).

Proportion of Aberdeenshire pupils who have ever had an alcoholic drink, by sex and age (2015)



SALSUS measures progress towards Scottish Government targets for smoking and drug use, and is used to inform the Scottish Government priority of addressing harmful drinking among young people.

This biennial survey series also provides local prevalence rates for smoking, drinking and drug use every four years across Alcohol and Drug Partnerships (ADPs), local authorities and NHS Boards. SALSUS data are used in a number of the ADP national core indicators, which allows them to monitor their progress against a common set of outcomes. ADPs and their community planning partners make extensive use of SALSUS data in local needs assessments and in developing their strategic priorities.

This paper is an initial summary of the findings from Aberdeenshire SALSUS report just received from Ipsos Mori Scotland

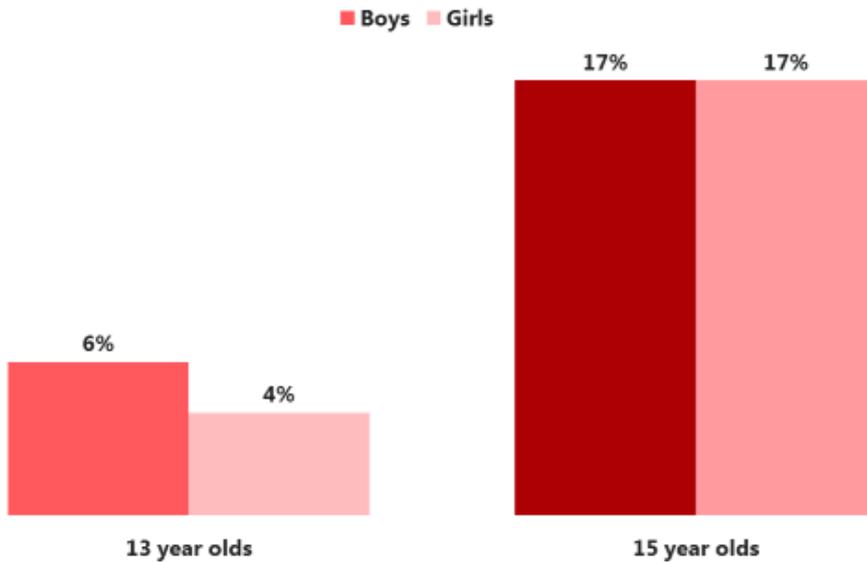
November 2016



**Drank in the last week...**

Only a small proportion of Aberdeenshire pupils had drunk alcohol in the 7 days prior to completing the survey: 5% of 13 year olds and 17% of 15 year olds. This is line with the national average and remains unchanged since 2013

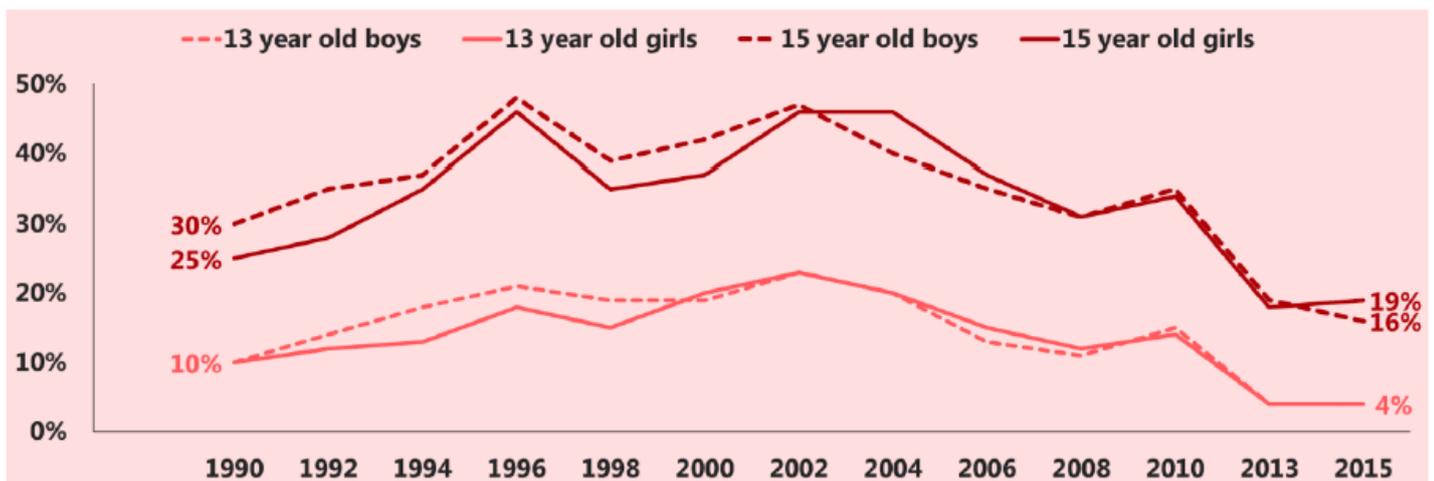
**Proportion of Aberdeenshire pupils who drank in the last week, by sex and age (2015)**



**LONG TERM TRENDS**

Drinking in the last week has fluctuated since 1990 but has been decreasing, for the most part, since 2002. After a large decrease in prevalence between 2010 and 2013, drinking in the last week has remained unchanged between 2013 and 2015, with the exception of a small decrease among 15 year old boys: 19% drank in the last week in 2013, compared with 16% in 2015.

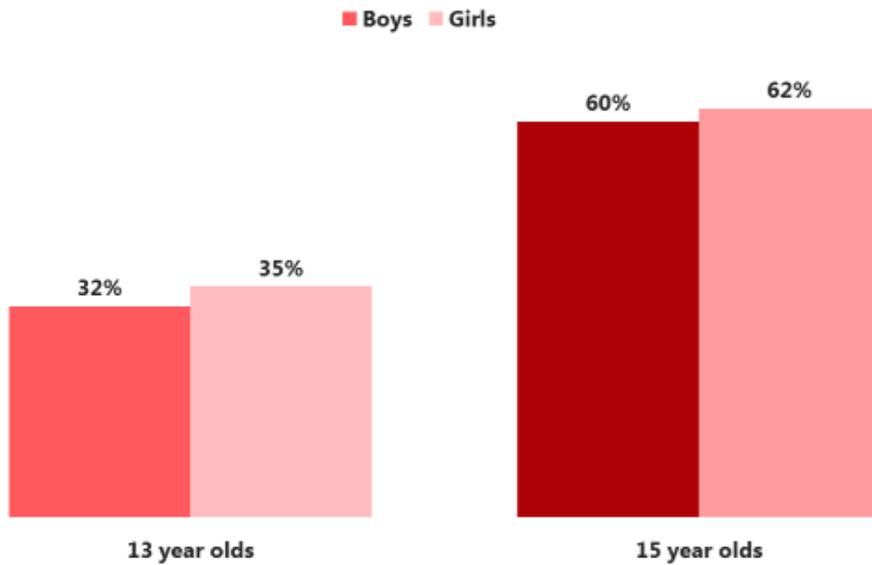
**Trends in drinking in the last week, by age and sex (1990-2015) (Scotland)**



**Ever been drunk...**

A third of 13 year olds (33%) and 60% of 15 year olds who had ever had alcohol, had been drunk at least once.

**Proportion of Aberdeenshire Pupils, who have ever had a drink, who reported ever being drunk (2015)**

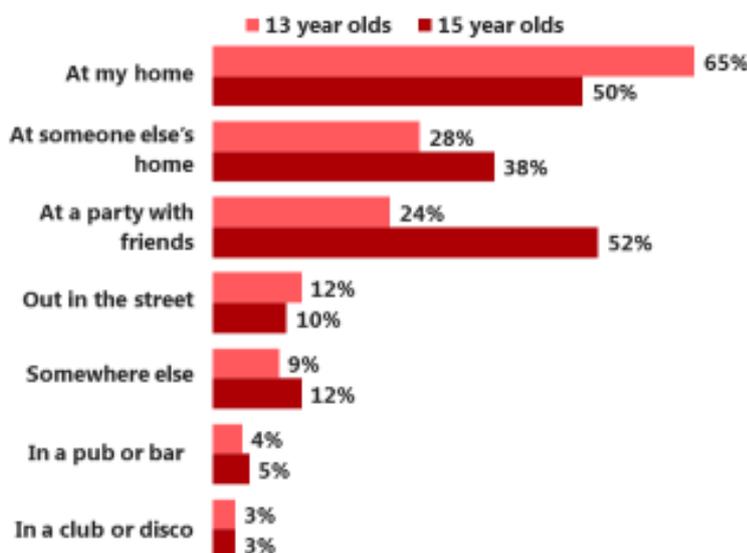


Overall, pupils in Aberdeenshire were less likely than pupils on a national level to report ever being drunk (52% of pupils in Aberdeenshire, compared with 62% of pupils nationally).

**Drinking Locations (Aberdeenshire)...**

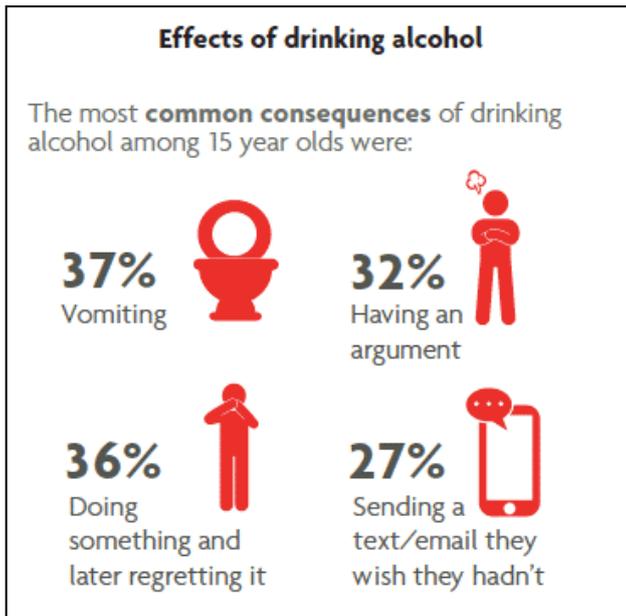
The most common location for 13 year olds to drink alcohol was at their own home (65%). Among 15 year olds, the most common drinking locations were at a party with friends (52%), followed by their own home (50%) and someone else's home (38%)

**Usual drinking locations, among those who have ever had a drink, by age (2015)**



Pupils in Aberdeenshire were more likely than pupils across Scotland to drink in their home (55% of pupils in Aberdeenshire, compared with 46% in Scotland), but were less likely to drink out in the street, in a park or other outdoor area (11% of pupils in Aberdeenshire, compared with 22% of pupils nationally).

Effects of Alcohol...

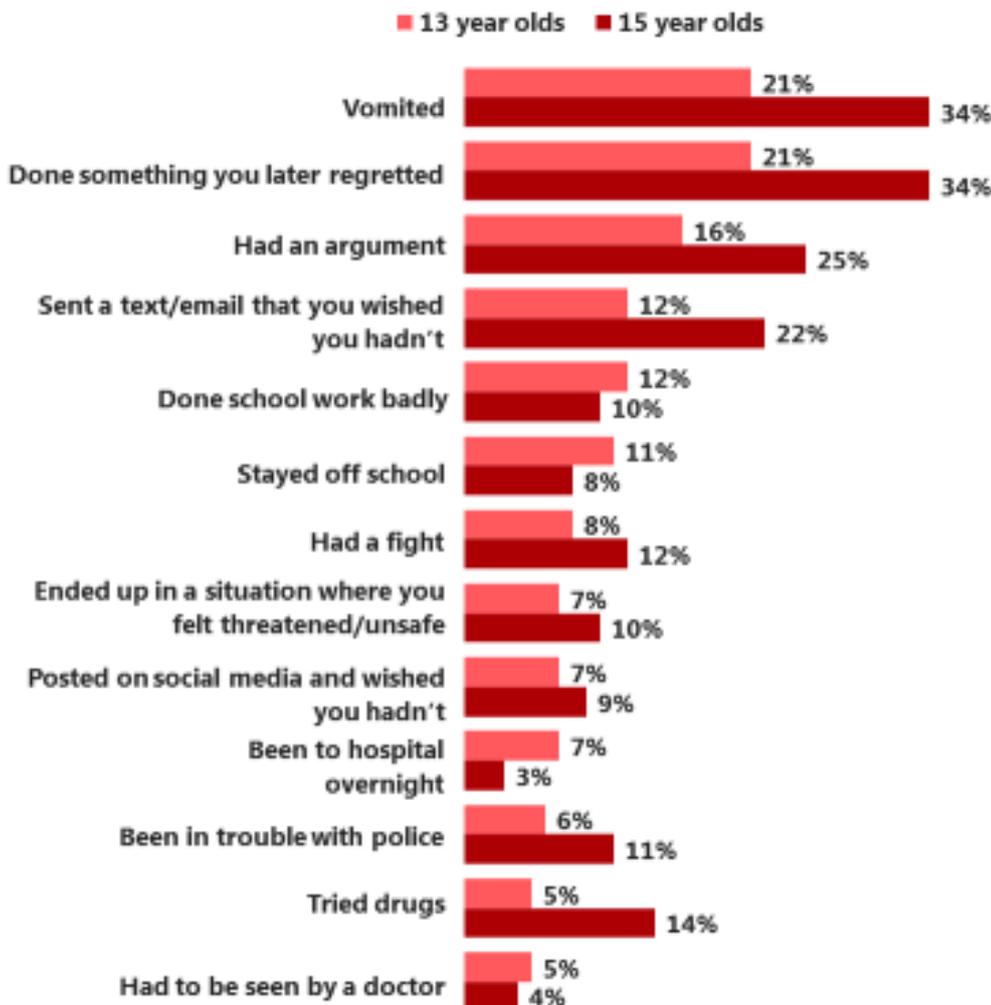


Thirty-nine per cent of 13 year olds and 55% of 15 year olds who had ever had an alcoholic drink had experienced at least one of the negative effects as a result of drinking alcohol, listed in chart box below.

Among both age groups, the most common effects of drinking, were doing something they later regretted and vomiting.

Results from Aberdeenshire were broadly in line with national data. The only exception was that having an argument was less common among Aberdeenshire pupils than Scotland as a whole (22% of pupils in Aberdeenshire, compared with 32% in Scotland).

Proportion of pupils who have ever had a drink who experienced negative effects as a result of drinking alcohol, by age (2015)

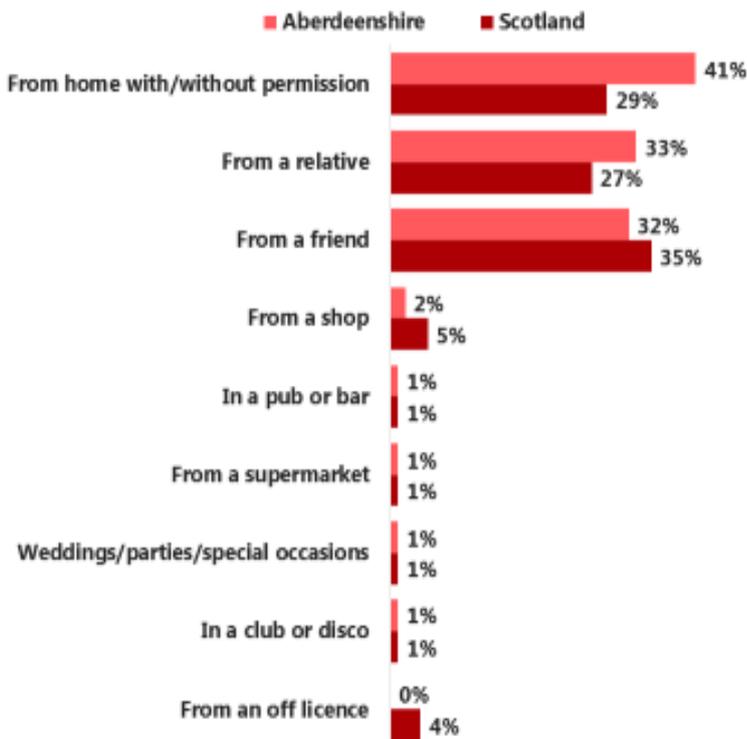


## Sources and availability of alcohol

Among both age groups, Aberdeenshire pupils most commonly sourced alcohol from their home, with/without permission, from a relative or from a friend. Direct purchase of alcohol from business was rare.

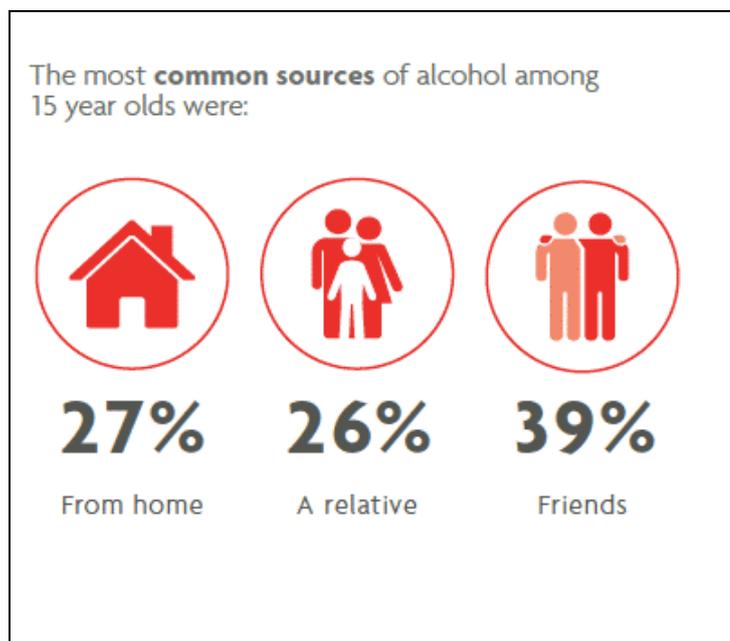
### Sources of alcohol among those who have ever had a drink, by region (2015)

Q. Where do you usually get your alcohol from?



Pupils in Aberdeenshire were less likely than those across Scotland overall to source their alcohol from an off-licence (0% of pupils in Aberdeenshire, compared with 4% in Scotland) and were more likely to get their alcohol from home (with or without permission) (41% in Aberdeenshire, compared with 29% across Scotland).

### Proxy purchasing of alcohol



Findings from Aberdeenshire were largely in line with national figures. However, pupils in Aberdeenshire who had been bought alcohol by someone else in the last 4 weeks were more likely than pupils across Scotland to get their mother, father or carer to purchase alcohol for them (39% in Aberdeenshire, compared with 24% in Scotland) and less likely to get a stranger to buy alcohol for them (0% in Aberdeenshire, compared with 13% nationally).

## Attitudes to alcohol use and alcohol education

### Education, advice and support about alcohol from school

The majority of pupils agree they have enough advice and support about drinking alcohol: 77% of 13 year olds and 80% of 15 year olds.

The proportion of 15 year olds who agree that they get enough support has increased between 2013 and 2015 (83% in 2015, compared with 72% in 2013).

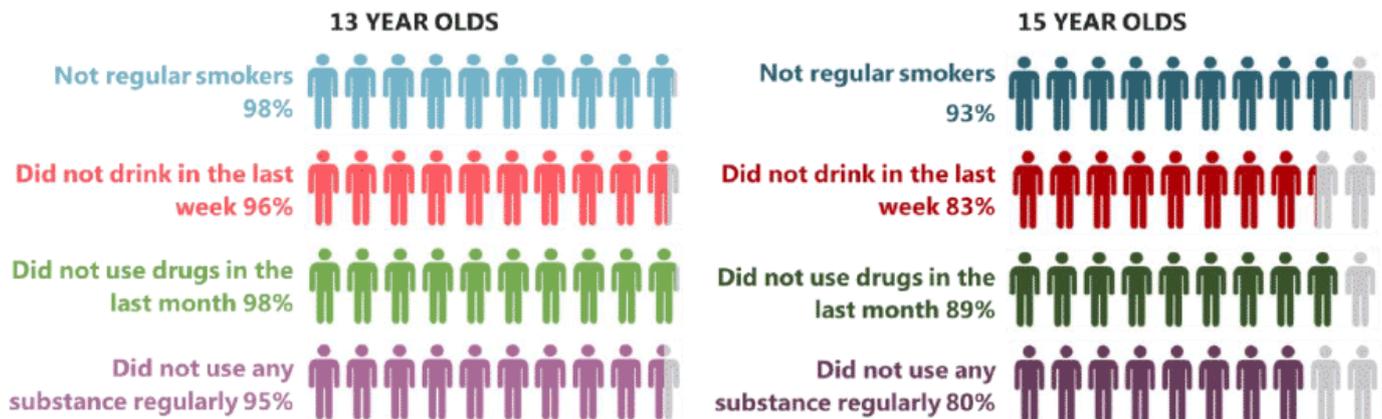
15 year olds in Aberdeenshire were more likely than those across Scotland to agree that they receive enough support (80% in Aberdeenshire, compared with 67% in Scotland)

Pupils in Aberdeenshire were more likely than pupils across Scotland to have had a lesson on alcohol in the last 12 months (for example, 81% of 15 year olds in Aberdeenshire had received lessons on alcohol, compared with 68% of 15 year olds in Scotland).

### THOSE NOT USING SUBSTANCES

While headline indicators focus on substance users, it is important to remember that the vast majority of pupils do not use substances regularly.

#### Proportion of pupils not using individual substances (2015)



#### Summary of Key Changes since 2013, Drugs (Scotland)

While drug use prevalence has remained stable between 2013 and 2015, with the exception of 15 year old boys, there appears to have been an increase in the availability of drugs since the last wave of the survey. There have been increases in the proportion of pupils who have been offered drugs and the proportion who say they would find it easy to obtain drugs if they wanted to.

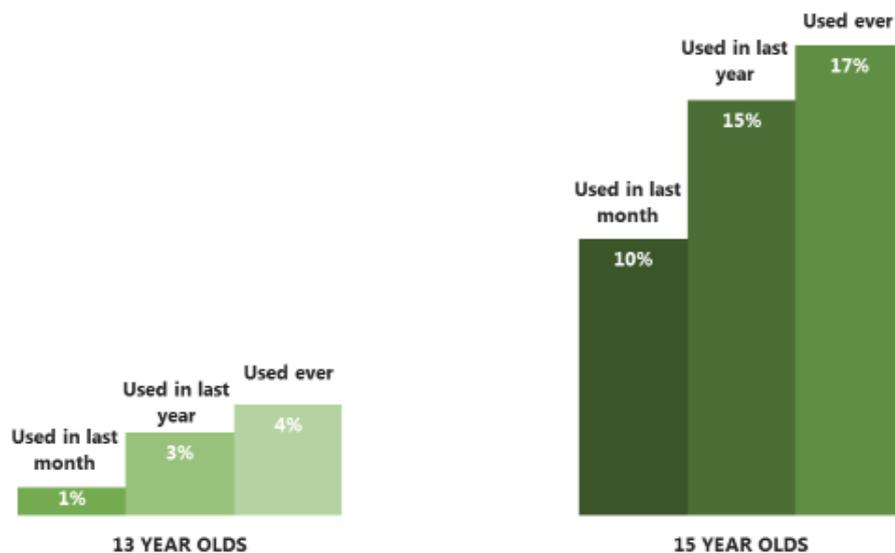
	13 year olds		15 year olds	
	Boys	Girls	Boys	Girls
USED DRUGS IN THE LAST MONTH	↔	↔	↑	↔
EVER BEEN OFFERED DRUGS	↑	↑	↑	↑
EASE OF OBTAINING DRUGS	↑	↑	↑	↑

## Drug use

Pupils were provided with a list of drugs (including their commonly used street names) and asked if they had used each of them 'in the last month', 'in the last year', 'more than a year ago' or 'never'. This information was used to create an overall measure of any drug use 'in the last month', 'in the last year' (including in the last month), 'ever' (including in the last month and last year) and 'never'.

1% of 13 year olds and 10% of 15 year olds reported using drugs in the last month this is an **increase of 6% since 2013**. Most pupils had never used drugs (96% of 13 year olds (same **as 2013**) and 83% of 15 year olds – **2% less than 2013**)

### Use of drugs by Aberdeenshire pupils in the last month, year or ever, by age (2015)



## Types of Drugs used

This section of the report focuses on **15 year olds** as use of any drugs among 13 year olds is too low to allow robust analysis.

In the past decade, New Psychoactive Substances (NPS), sometimes mistakenly known as 'legal highs', have become of increasing concern. These are drugs which are designed to replicate the effects of illegal substances.

Questions on the use of individual NPS have been included in the 2010 and 2013 waves of SALSUS, although the specific substances asked about have changed over time, a number of drugs that were once categorised as NPS have been classified as illicit drugs over the years. It is, therefore, not possible to make comparisons between reported use of NPS in the 2015 survey and the 2013 survey.

Cannabis use in 15 yr olds is +3% in 2015 compared to 2013 and -2% compared to Scotland.

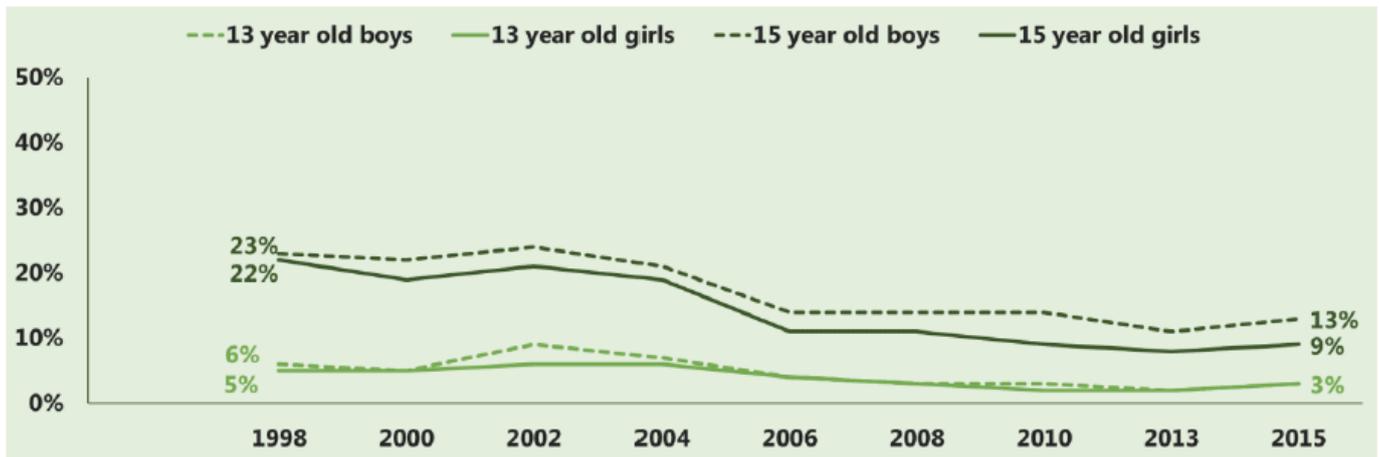
15 year olds most commonly reported having used cannabis. Nine per cent had used this drug in the last month and 15% has *ever* used it.

The use of the next most common drugs (cocaine and ecstasy) was low, as was use of NPS with only 2% having used NPS in the last month, and 5% ever having used NPS.

## LONG TERM TRENDS

Drug use in the last month has been gradually decreasing since 2002. However, between 2013 and 2015, there has been a small increase in the proportion of 15 year old boys who took drugs in the month prior to the survey. Drug use among 13 year olds and 15 year old girls has remained stable.

### Trends in drug use in the last month, by age and sex (1998-2015) (Scotland)



### Multiple substance use (Aberdeenshire)

Over a third (37%) of 15 year olds who had used drugs in the last month had been drinking alcohol the last time they had used drugs. However, it was less common for them to have used more than one drug at the same time (16% of 15 year olds who had used drugs on the last month had used more than one type of drug the last time they used them).

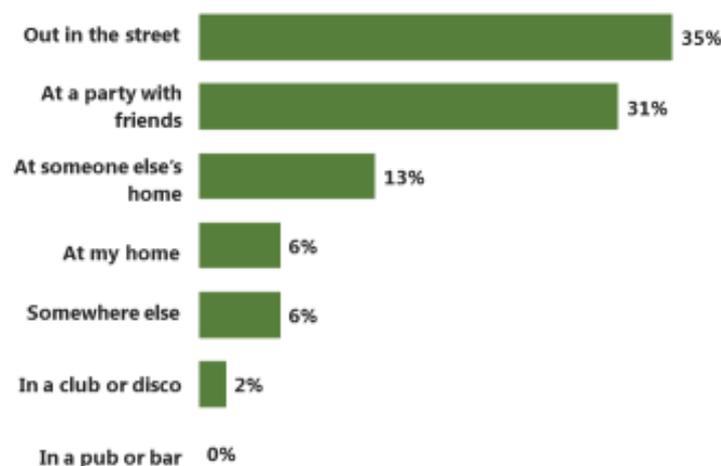
### Effects of drug use

42% of 15 year olds who had used drugs in the last month had experienced at least one negative effect as a result of taking drugs, in the last year. The most common negative effects among 15 year olds were: vomiting (21%), having an argument (20%) and doing something you later regret (19%).

### Location of drug use

Unlike alcohol where most consumption was in pupil's homes, the most common places for 15 year olds who had used drugs in the last month to have taken them were in the street (35%) or at a party (31%).

Q. Where were you the last time you used drugs



## Availability of Drugs

### Ever been offered drugs and types of drugs offered

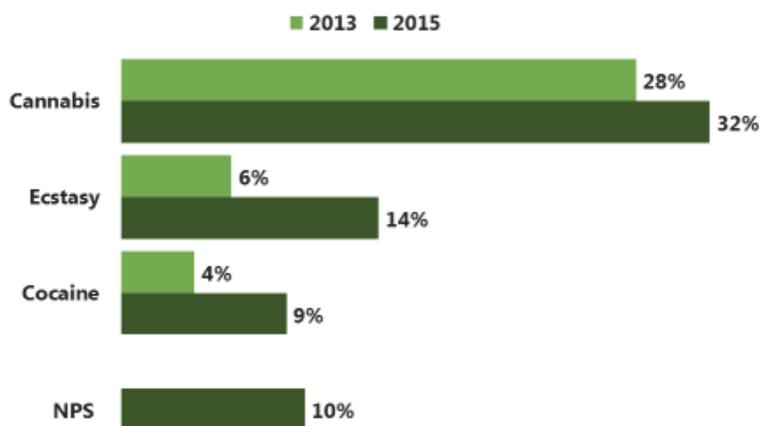
17% of 13 year olds and 36% of 15 year olds have ever been offered drugs. A higher proportion of pupils had been offered drugs in 2015 compared with 2013 (28% in 2015 versus 20% in 2013).

The most common drug offered among both age groups was cannabis (9% of 13 year olds and 32% of 15 year olds) (Figure 4.5).

**There has been a notable increase in the proportion of 15 year old pupil who have been offered ecstasy between 2013 and 2015 (6% of 15 year olds were offered ecstasy in 2013, compared with 14% in 2015).**

### Drugs offered to 15 year olds (2013-2015)

Q. Have you been offered any of the following drugs?



Although Aberdeenshire pupils were below Scotland on being offered Cannabis and Ecstasy there is a 5% increase in Cocaine being offered in Aberdeenshire compared to 3% in Scotland.

### Source of drugs (Aberdeenshire)

Among 15 year olds who had reported ever taking any drugs, the last time they used drugs, they most commonly got them from their friends, either a friend their own age (43%) or a friend older than them (37%).

### Drug education and support (Aberdeenshire)

Fifteen year olds who had ever used drugs would be most likely to approach a friend (45%), parent (38%) or teacher (38%), if they felt they ever needed help with their drug use. There was an increase between 2015 and 2013 in the proportion that would approach a teacher (**35% versus 12%**).

### Drugs education

It was more common for 15 year olds in Aberdeenshire than those nationally, to have received lessons on drugs from their school. (**82% versus 70%**).

### School advice and support

The majority of all pupils agreed that their school was providing them with enough advice and support about taking drugs (76%). However, there was no statistically significant difference based on pupils' drug use status which differs nationally.

**Carol Muir, Health Improvement Officer (Alcohol & Drugs) 1<sup>st</sup> December 2016**