Burlington, VT
Models of Prevention
From Concept to Public Policy

The Chilean Story

H.E. Soriano M.D.
H. E. Soriano, M. D.

No conflict of interest
Pediatric Society Goals: 2013

- Decrease substance abuse
- Decrease obesity (healthy eating and exercise)
- Maintain high rates of Vaccination

Vision: Healthier, happier children
Board of Directors, Pediatric Society with Surgeon General

Synergy on Vaccination, prevention of substance abuse and healthy lifestyles.
Marihuana: Risk perception vs. Consumption

Estudio SENDA 2016
Publicidad del tabaco
Alcohol & Drugs: Hurt Children!

Children’s Brain is more vulnerable:

- Neuron pruning
- Axons not covered by myelin

Volkow, 2014, N Eng. J. Medicine
Immature Frontal Cortex Leads to less impulse control
64% of Children who drink...get drunk!

Aproximadamente uno de cada 5 de estudiantes de 7mo a 4to medio (219.796) declararon en 2015 haber tenido a lo menos un episodio de embriaguez en los últimos 30 días.
% Deaths Attributable to Alcohol Chile, 2009.

Cortesía Dr. Carlos Ibáñez

Children who find it easy to buy alcohol
8th to 12th grade
2013 - 2015
Marihuana: Today a different drug!

- 7 X more potent.
- 1 in 6 become addicts.
Marihuana: Hurts children's health

Regular use:
  • Learning disabilities
  • Lowers school performance
  • Increases dropout rate


Consistent use:
  • Lowers IQ 8 points
  • Irreversible if started under age 18

Marihuana: Drives them mad...

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

- Lowers achievements.

- Chronic bronchitis.
Marihuana: A liberal’s concern: Affects the poor more

Servicio Nacional para la Prevención y Rehabilitación del Consumo de Drogas y Alcohol (SENDA). Ministerio del Interior y Seguridad Pública, Gobierno de Chile.
Marihuana: Risks of use and legalization

- Increased vehicle accidents
  

- Increased fatal accidents 2.5 times.
  
  Laumon B. et al., *BMJ* 2005; 331(7529): 1371.

- In Washington MVA deaths doubled since legalization
Marihuana:
Chilean youth are continental record holders!

• Report on youth use by OAS 2015

First cause of addiction treatment in Chile

SENDA, 2015
Marihuana:
Legalization Increases consumption

Aumenta el consumo:
Chile 2017 Survey
What do voting parents want

What would you do with an extra hour per day?

1st Share with Friends and Family  56%
2nd Physical activity              49%

N = 1000
Chile 2017 Survey

Main concern of voting parents?

1st - Possible use of drugs and alcohol at school 60%
So...
¿What can we do?
¿How can we protect our kids?

Drug on wars fails...
Scare tactics don’t work

¿What does work?
The Icelandic Model

Evidence based primary prevention: The Icelandic Model
SEMINARIO
NIÑOS Y ADOLESCENTES LIBRES
DE ALCOHOL Y DROGAS
Un método comprobado para nuestros barrios

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

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

Inga Dóra Sigfusdóttir
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Ólafur Ragnar Grimsson
Ex Presidente de Islandia

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ENCUENTROS
EL MERCURIO

ÓLAFUR RAGNAR GRIMSSON,
INGA DÓRA SIGFUSDÓTTIR Y JÓN SIGLÚSSON:
DROGAS Y ALCOHOL EN JÓVENES:
EL EXITOSO MODELO ISLANDÉS
MIÉRCOLES 23 DE AGOSTO / 19-30 HRS. / EN EL MERCURIO

Cuando 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— abordan sobre el programa “Juventud en Europa” y sus posibilidades de implementación.

Ólafur Ragnar Grimsson: Ex presidente de Islandia por cinco periodos. Нада ие.

Inga Dóra Sigfusdóttir: Doctora en Sociología, coordinadora del Centro de Investigaciones y Análisis Social de Islandia.

Jón Siglússon: Experto en Salud Pública, coordinador del Centro de Investigaciones y Análisis Social de Islandia.

Moderado: Daniel Johnson, director ejecutivo Fundación Paz Ciudadana.

Volumen: Socios Club de Lectura S/ 6.000 / Públicos general S/ 4.000
Venta de entradas: +56 2 2073 3337 y en Cajero Club Alto Las Condes, Barrio 237 y Santa María

Compra online y más información en www.encuentroselmercurio.cl
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)

Iceland

- Cigarette use past 30 days: 6
- Drunk past 30 days: 3
- Lifetime use of cannabis: 7

Malta

- Cigarette use past 30 days: 14
- Drunk past 30 days: 14
- Lifetime use of cannabis: 13
Support of our first lady
Support of the minister of education
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
8% Smoke daily

Porcentaje

Daily smoking - Yes

Average
17 % Drunk last month
27% First alcohol < 13 y.o.
29% Marihuana Use

Percent

Chile 2018
Consumption is higher if parents don’t know where youth is on the evening.

<table>
<thead>
<tr>
<th>Substance</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily smoking</td>
<td>7.1</td>
</tr>
<tr>
<td>Current drunkenness</td>
<td>15.8</td>
</tr>
<tr>
<td>Substance use: Ever Cannabis</td>
<td>26.5</td>
</tr>
</tbody>
</table>

**Percent**
24% Bored with school
Those who skip classes, consume more

Cross-tabulations

<table>
<thead>
<tr>
<th>Substance</th>
<th>None - Average</th>
<th>1+ - Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarro</td>
<td>6.7</td>
<td>26.3</td>
</tr>
<tr>
<td>Et-OH</td>
<td>15.6</td>
<td>34.6</td>
</tr>
<tr>
<td>Marihuana</td>
<td>25.9</td>
<td>59.4</td>
</tr>
</tbody>
</table>

Chile 2018
Leisure time

Out after midnight

Percent

Outside hours in last 7 days: After midnight 1+

- Average
  - Chile 2018
More consumption if out after midnight

Cross-tabulations

<table>
<thead>
<tr>
<th>Cigarro</th>
<th>Et-OH</th>
<th>Marihuana</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.4</td>
<td>9.5</td>
<td>24.2</td>
</tr>
<tr>
<td>13.3</td>
<td>29.2</td>
<td>36.6</td>
</tr>
</tbody>
</table>

Chile 2018
Summary of conclusions

1. Substance use numbers high in comparison to Iceland and Europe
2. Thriving alcohol culture (early initiation high, adult acceptance of youth drinking appears common)
3. Individual parental monitoring high, but parental collaboration low
4. Unsupervised late outside hours very common
5. School well-being low
6. Access to and participate in organized recreational and extracurricular activities very low
Conclusions put together

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 pilot study to most of the municipalities in the next two years. Calls for continued work with scientific societies.
Thanks for your interest in working to have children free from alcohol & drugs
Making waves of their own

Ever since the height of the V.Y. era in '01, the Madison Marlins have struggled to sustain success. But this season is proving to be different.

By JENNY DIAL  Copyright 2008 Houston Chronicle
Nov. 28, 2008, 4:01 AM

When Madison players loaded the bus last Nov 42-8 to Katy in the area playoffs, the mood was:

Although the players and coaches were upset by performances that night, the soon-to-be seniors then and there:

"Right after the Katy game, these kids started:
Madison coach Ray Seals said. "One of the big
playoff games."

Madison is no stranger to success in the post:
his 21st year with the Marlins, has had some p
teams. But since 2001, when a senior named a
 garnering attention for the Marlins, Madison has

"I know a lot of people look back to when Vince
and think that Madison will never be that good:
Jeffery Lewis said. "But this is a good team. W
players, and coach Seals deserves for everyone
a coach he is."

So far this year, the Marlins have won two play:
face La Porte in the Class 5A Division II Region
p.m. Saturday at Galena Park ISD Stadium.

Seals the deal
Houston   Texas Children’s Hospital   1989-1998
Chicago 1998 - 2002
Children’s Memorial Hospital