

Item 3b

Schools Adolescent Lifestyle and Substance Use Survey 2013 – Key findings

1. Introduction

This paper summarises the key findings from the 2013 Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) Survey. The full results are available at <http://www.isdscotland.org/Health-Topics/Public-Health/SALSUS/Latest-Report/>

The 2013 SALSUS is the latest in a national series of surveys of smoking, drinking and drug use among secondary school children. The first survey in this series was conducted in 1982.

2. Recommendations

It is recommended that the Exec:

- acknowledges that the results are positive in terms of both drug/alcohol use; but that the participation rates are low.
- requests that the Children and Young People's Subgroup reviews the results in the context of its prevention work with children and young people.
- asks that any plans developed to improve participation are shared with the Children and Young People's Subgroup

3. Key findings

School Participation rates

Participation in the SALSUS Survey is not mandatory for Secondary Schools. In Edinburgh take up rates amongst schools was 44% compared to a national picture of 71%. Clearly the higher the take up rate the greater the likelihood of having reliable data.

Children's Services have taken on the task of improving school participation in SALSUS 2015.

Alcohol Use

The results are summarised on page 3. Overall alcohol use appears to be decreasing and is lower than amongst 13 and 15 year olds in the rest of Scotland. However a higher proportion of 13 year olds and 15 year olds reported that it was ok for people their age to try alcohol. Also a higher proportion of 15 year olds reported that they had managed to buy alcohol.

Drug Use

The results are summarised on page 5. Overall drug use also appears to be decreasing and is lower amongst 13 and 15 year olds than the rest of Scotland. However a higher number of 13 year olds report that it would easy / fairly easy to obtain illegal drugs if they wanted to.

A note on NPS

Questions on NPS were asked for the first time in the 2013 Survey.

- 1% of 13 year olds had ever used an NPS reflecting the national picture
- 3% of 15 years olds had ever used an NPS compared to 4% nationally

4 Alcohol use

4.1 Prevalence of alcohol use

		Base	Change from 2010	Difference from Scotland 2013	For more information see:
32%	of 13 year olds reported they had had an alcoholic drink (a 'proper alcoholic drink – a whole drink, not just a sip')	772	-9%	0%	Alcohol table A1
67%	of 15 year olds reported they had had an alcoholic drink (a 'proper alcoholic drink – a whole drink, not just a sip')	820	-10%	-2%	Alcohol table A1
51%	of 13 year olds thought it was 'ok' for someone their age to 'try drinking alcohol to see what it's like'	740	-8%	+8%	Alcohol table A23
83%	of 15 year olds thought it was 'ok' for someone their age to 'try drinking alcohol to see what it's like'	805	-4%	+6%	Alcohol table A23
4%	of 13 year olds said they had drunk alcohol in the week prior to the survey	769	-8%	0%	Alcohol table A2
19%	of 15 year olds said they had drunk alcohol in the week prior to the survey	819	-13%	+1%	Alcohol table A2
1%	of 13 year olds reported that they had managed to buy alcohol	185	-8%	-2%	Alcohol table A14
10%	of 15 year olds reported that they had managed to buy alcohol	534	-5%	+3%	Alcohol table A14

5 Drug use

5.1 Prevalence of drug use

		Base	Change from 2010	Difference from Scotland 2013	For more information see:
16%	of 15 year olds reported having used or taken one or more of the drugs named in a list provided, even if only once	806	-5%	-2%	Drug use table D1
3%	of 13 year olds reported having used or taken one or more of the drugs named in a list provided, even if only once	740	-3%	-1%	Drug use table D1
9%	of 15 year olds reported using drugs in the last month	806	-2%	0%	Drug use table D1
1%	of 13 year olds reported using drugs in the last month	740	-1%	-1%	Drug use table D1
14%	of 15 year olds reported that they had used drugs in the year prior to the survey	806	-4%	-1%	Drug use table D1
2%	of 13 year olds reported that they had used drugs in the year prior to the survey	740	-2%	-1%	Drug use table D1
39%	of 15 year olds reported that it would be 'very' or 'fairly' easy to get illegal drugs if they wanted to	804	-9%	-1%	Drug use table D23
21%	of 13 year olds reported that it would be 'very' or 'fairly' easy to get illegal drugs if they wanted to	736	+6%	+7%	Drug use table D23