



Alcohol & Tobacco Use Among Monteverde Youth

**“Globalization and Community
Health Field School 2011”**

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Purpose of Project

- The Santa Elena Clinic requested that the Monteverde Institute collect data about adolescent alcohol and tobacco consumption in the Monteverde zone.
- Previous research from the Monteverde Institute recommended more research about alcohol and tobacco use among adolescents.

Research Questions



- Who engages in alcohol and tobacco use? (ex. age, and gender)
- What are the motivations to consume or not consume alcohol and tobacco?
- What are the protective and risk factors acting on Monteverde youth?
- What are activities desired by Monteverde youth?

Risk and Protective Factors

Risk Factor

- “Characteristics, variables, or hazards that, if present for a given individual, make it more likely that this individual, rather than someone selected at random from the general population, will develop a disorder”

-Mrazek and Haggerty
1994

Protective Factor

- “Factors that reduce the likelihood of problem behavior either directly or by mediating or moderating the effect of exposure to risk factors”

-Arthur et al 2002

Risk Factors

Community Domain:

- Low neighborhood attachment
- Community disorganization
- Transitions and mobility
- Laws and forms favorable to drug use
- Extreme economic deprivation

School Domain:

- Academic failure
- Little commitment to school

Family Domain:

- Poor family management
- High family conflict
- Family history of antisocial behavior
- Parental attitudes favorable to drug use
- Parental attitudes favorable to antisocial behavior

Peer/Individual Domain:

- Early initiation of antisocial behavior
- Peer drug use
- Peer antisocial behavior
- Peer rewards for antisocial behavior
- Rebelliousness
- Attitudes favorable to drug use
- Sensation seeking

Protective Factors

Community Domain:

- Opportunities for prosocial community involvement
- Rewards for prosocial community involvement

School Domain:

- Opportunities for prosocial school involvement
- Rewards for prosocial school involvement

Family Domain:

- Opportunities for prosocial family involvement
- Family attachment
- Rewards for prosocial family involvement

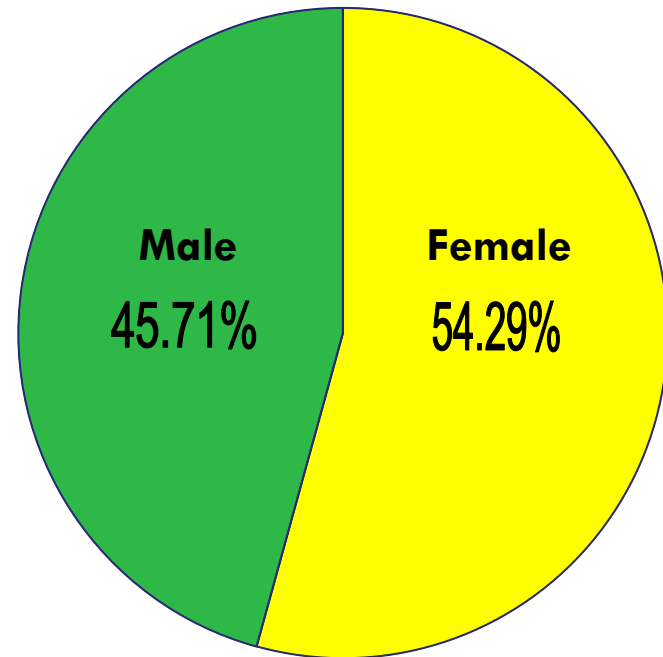
Peer/Individual Domain:

- Religiosity
- Belief in moral order
- Social skills

Behavior
Outcome

Population Description (N=73)

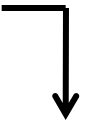
- 73 participants
- From the Monteverde zone
- Ages 12-25 years old
- Mean age: 16.4 years old
- Majority attend Santa Elena High School (69.8%)



Methods



- PHASE I:
 - ▣ Participant observation
 - ▣ Informal conversation
- PHASE II:
 - ▣ Interviews (n=11)
 - ▣ Focus group
- PHASE III:
 - ▣ Surveys (n=62)



PHASE I: Community Assessment

- Participant observation/informal conversation:
 - Bars, home stay family, community advisors and community members
- Results:
 - Noticed many under aged people in bars
 - No identification asked for upon entering bar or purchasing alcohol
 - Community continually expressed a lack of activities in the zone for youth and attributed this to increasing alcohol and tobacco consumption

PHASE II: Determining Key Issues

□ Interviews

- Interviewed participant for 30-40 minutes
- Topics included:
 - Family relationships,
 - Daily and weekly activities
 - Alcohol and tobacco use
 - Peer relationships
 - Religion
 - Student-teacher relationships.

□ Focus Group

- Hour long discussion held with 15-20 youth from a local theater group



Interviewing a participant

PHASE II: Results

- Issues raised by youth from interviews and focus group:
 - Lack of activities for youth
 - “The only thing to do is go to the bar, nothing else”- Female, 25 years old
 - Requirements to pay to use recreational spaces
 - “We shouldn’t have to pay to use public spaces”-Male, unknown age
 - Lack of youth voice
 - “No one listens to kids our age”-Male, unknown age

PHASE II: Results

- Presence of drugs

“I was mistaken for a drug dealer”-Male, 17 years old

- Lack of enforcement of anti-drinking and anti-smoking laws

“There are no regulations [against under aged people] to enter the bar”-Female, 25 years old

- Lack of continuity in youth organizations

**“Groups have been organized, but there is no follow through”-
Male, 19 years old**

PHASE III: Surveys (n=62)

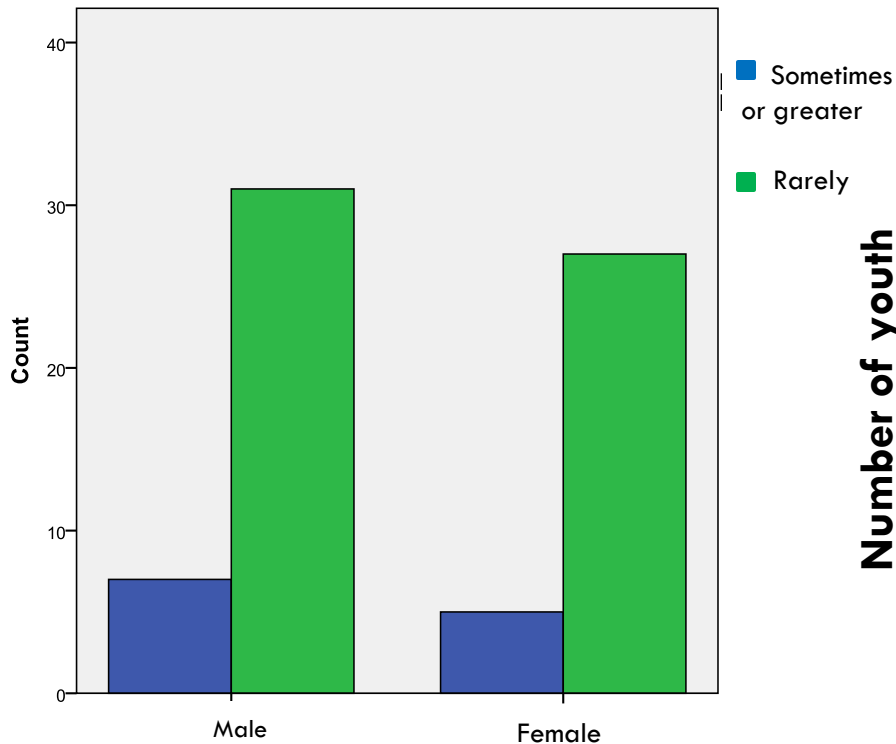
- Administered at:
 - San Luis Health Fair
 - Santa Elena
 - Santa Elena High School
- Questions related to:
 - Family interactions
 - Drinking/smoking activity
 - Drinking/smoking habits of friends
 - Motivations for drinking/smoking
 - School and community involvement
 - Desired activities for MVZ



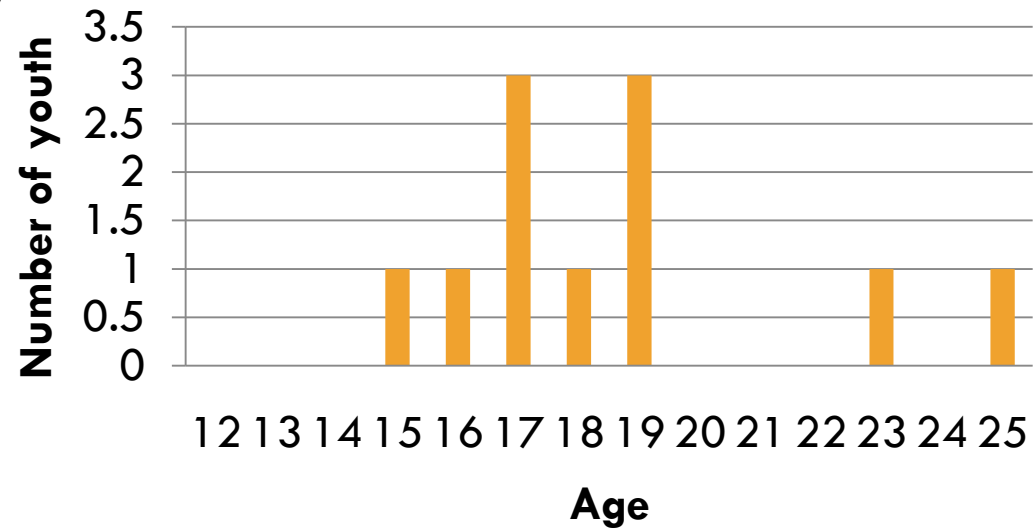
Surveying students at Santa Elena High School

Results: Who Engages in Alcohol Use?

Frequency of alcohol consumption
by gender



Number of MV youth who drink
frequently by ages



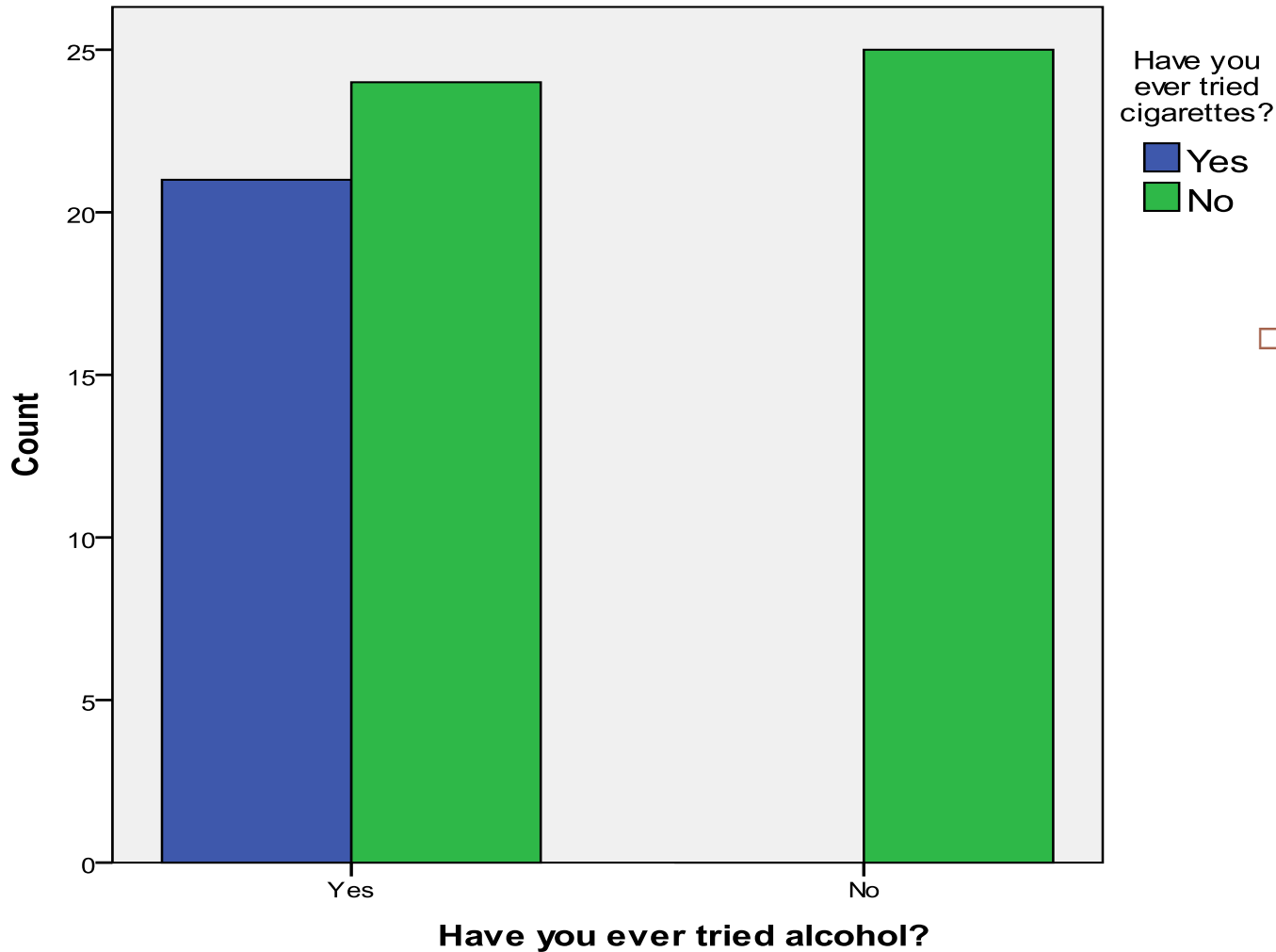
Results

Age	
Comfortable talking to mother about problems	$\chi^2(1, N = 64) = 0.395, p = 0.376$
Comfortable talking to father about problems	$\chi^2(1, N = 60) = 0.067, p = 0.524$
Frequency of alcohol use	$\chi^2(1, N = 40) = 1.695, p = .35.$
Gender	
Friends drink	$\chi^2(1, N = 70) = 0.576, p = 0.307$
Friends smoke	$\chi^2(1, N = 70) = 0.02, p = 0.575$
Comfortable talking to father about problems	$\chi^2(1, N = 68) = 0.070, p = 0.456$
Comfortable talking to mother about problems	$\chi^2(1, N = 64) = 0.049, p = 0.512$
Household Members Drink Alcohol	
Ever tried alcohol	$\chi^2(1, N = 68) = 6.094, p = 0.012$
Frequency of alcohol use	$\chi^2(1, N = 67) = 0.012, p = 0.596$
Ever tried tobacco	$\chi^2(1, N = 40) = 4.22, p = 0.074$

Results

Peer Use of Alcohol	
Ever tried alcohol	$\chi^2(1, N = 71) = 18.285, p = 0.000$
Frequency of drinking	$\chi^2(1, N = 70) = 0.711, p = 0.140$
Ever smoked	$\chi^2(1, N = 42) = 10.734, p = 0.001$
Ever Tried Alcohol	
Ever tried tobacco	$\chi^2(1, N = 70) = 16.667, p = 0.000$
Frequency of Alcohol Use	
Comfortable talking to mother	$\chi^2(1, N = 41) = 7.979, p = 0.007$
Comfortable talking to father	$\chi^2(1, N = 38) = 2.788, p = 0.096$

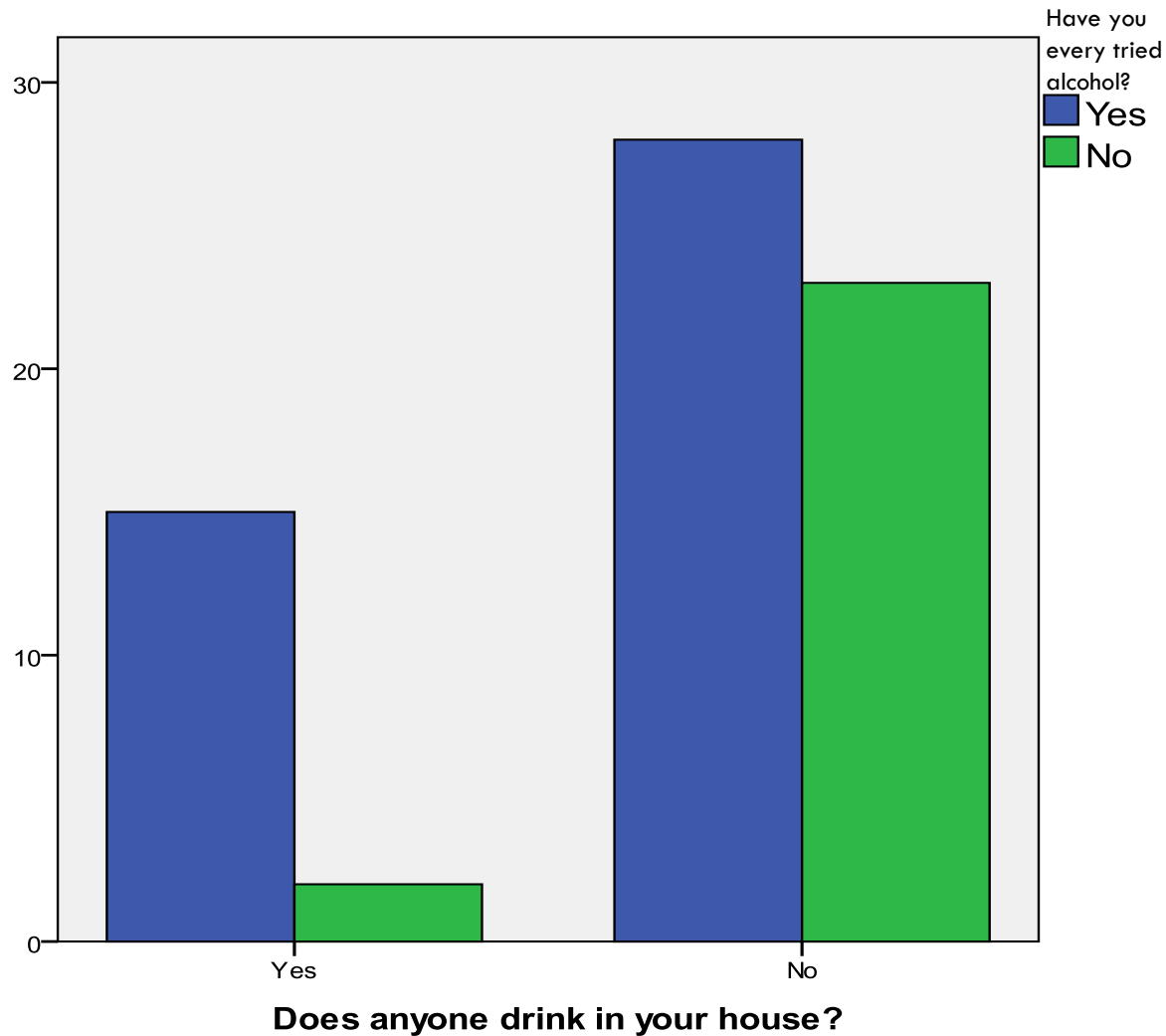
Results



Of the 73 youth surveyed, all of those answering no to trying alcohol also answered no to trying cigarettes.

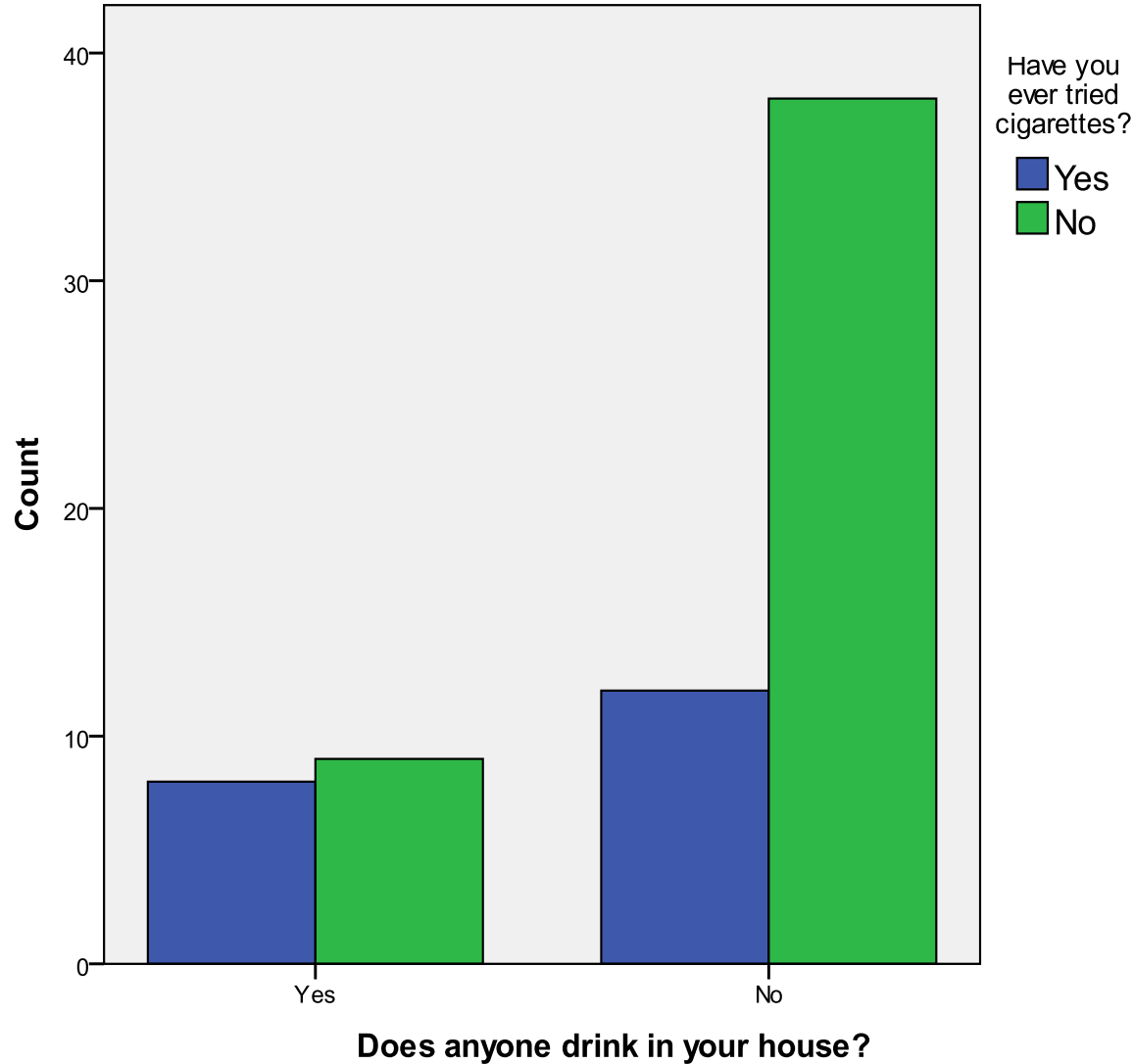
- Of the youth surveyed that had tried alcohol, approximately 46% had also tried cigarettes

Results



- Living in a household in which other members do not drink reduced the percentage of youth whom have tried alcohol

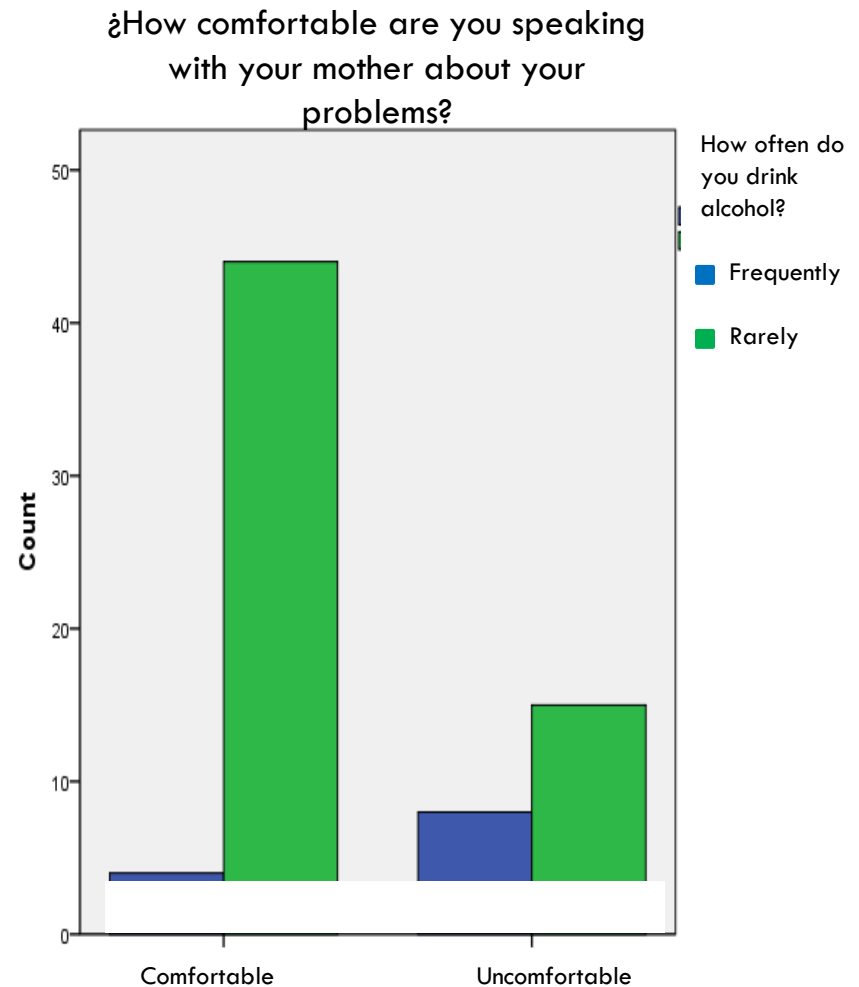
Results



- Living in a household in which other members do not drink reduced the percentage of youth whom have tried cigarettes

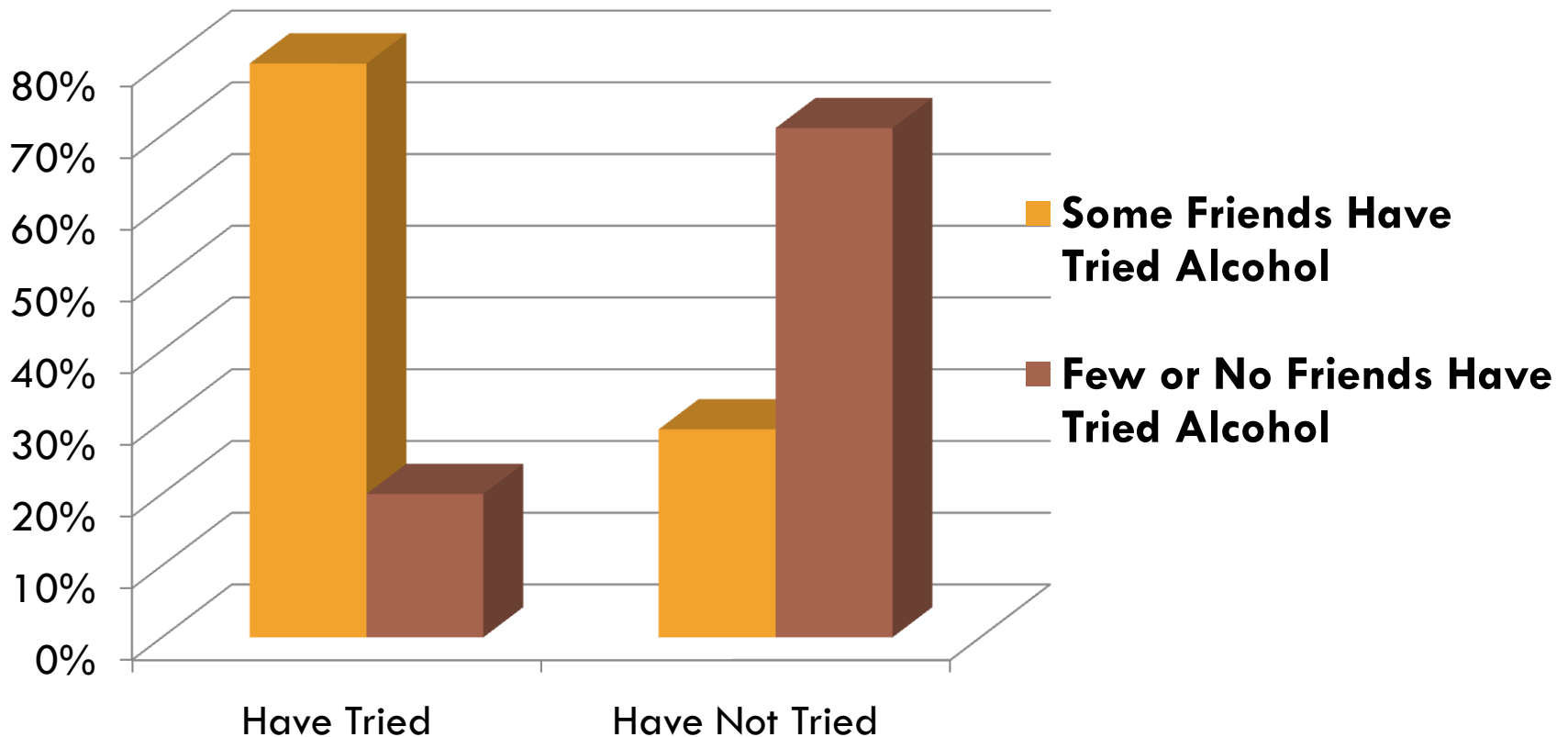
Results

- Adolescents who report a moderate to high level of comfort speaking with their mother about their problems are significantly less likely to report frequent alcohol consumption.
- In regard to fathers, the same trend can be seen as approaching statistical significance.



Results

Participants with some or more friends that have tried alcohol are more likely to try alcohol than youth with few or no friends that have tried alcohol.



Results: Reasons to drink or not to drink

Yo bebo porque...

Yo no bebo porque...

No gano nada con eso

Es tonto/Haría ridículo

Por diversión

Es una pérdida de tiempo

Mi Familia y Mis Amigos

No me llama la atención No me gustaría beberlo

Es dañino/peligroso

Ocasiones especiales

No me gusta emborracharme

Me gusta el sabor

Para ver que se siente

Mi future

En fiestas

Puedo hacerme viciosa

Es malo para la salud

No me gusta el sabor

Presión de grupo

Por diversión con mis amigos

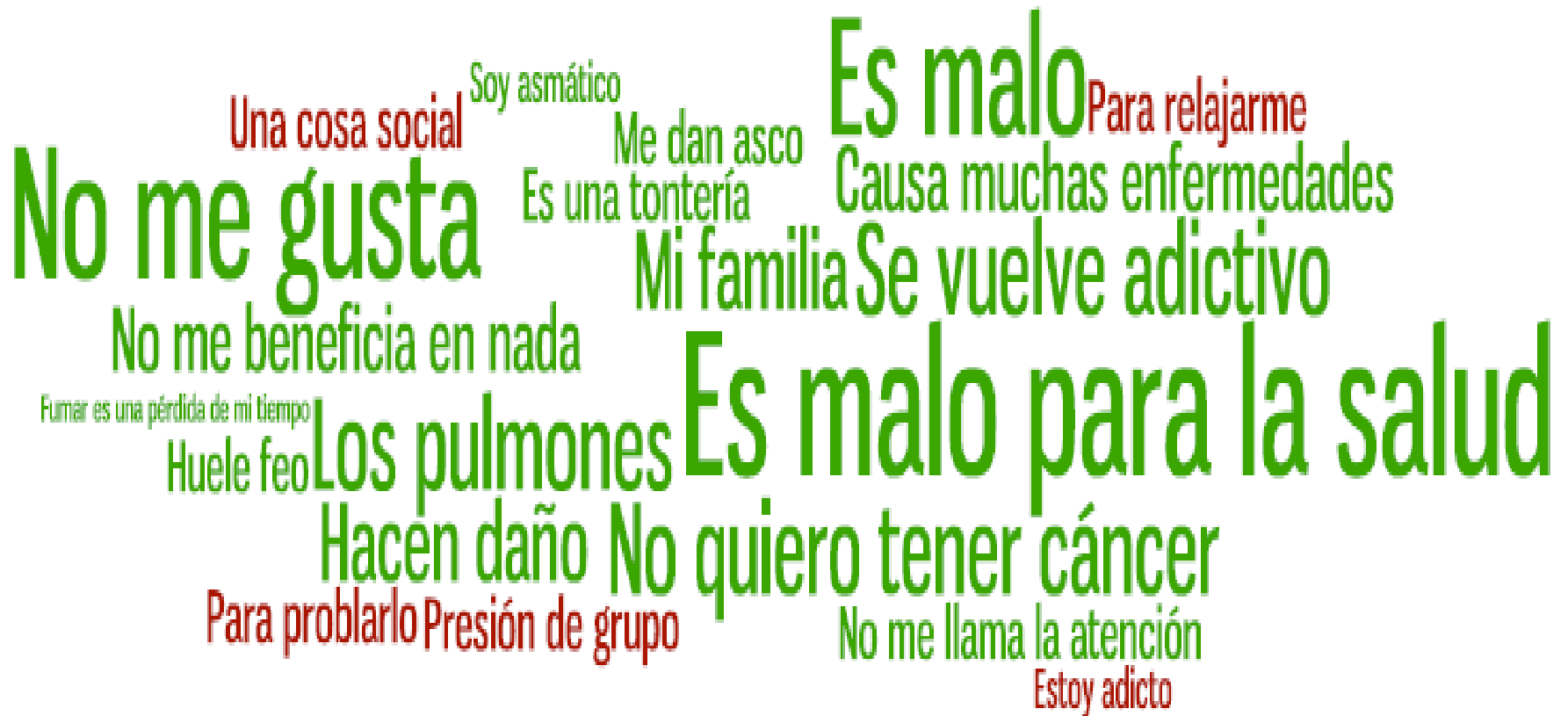
Para quitar el estrés

Es muy malo

Results: Reasons to smoke or not smoke

Yo fumo porque...

Yo no fumo porque...



Resultados: Encuestas y Entrevistas

What activities would you like to have in the area for youth?

10

Actividades Recreativos Equipo de Fútbol

Equipos Deportes Cine

10

Plaza de Fútbol Gratis

10

Centro Deportes/Recreativo

SkatePark

Actividades Culturales
Piscina Publica

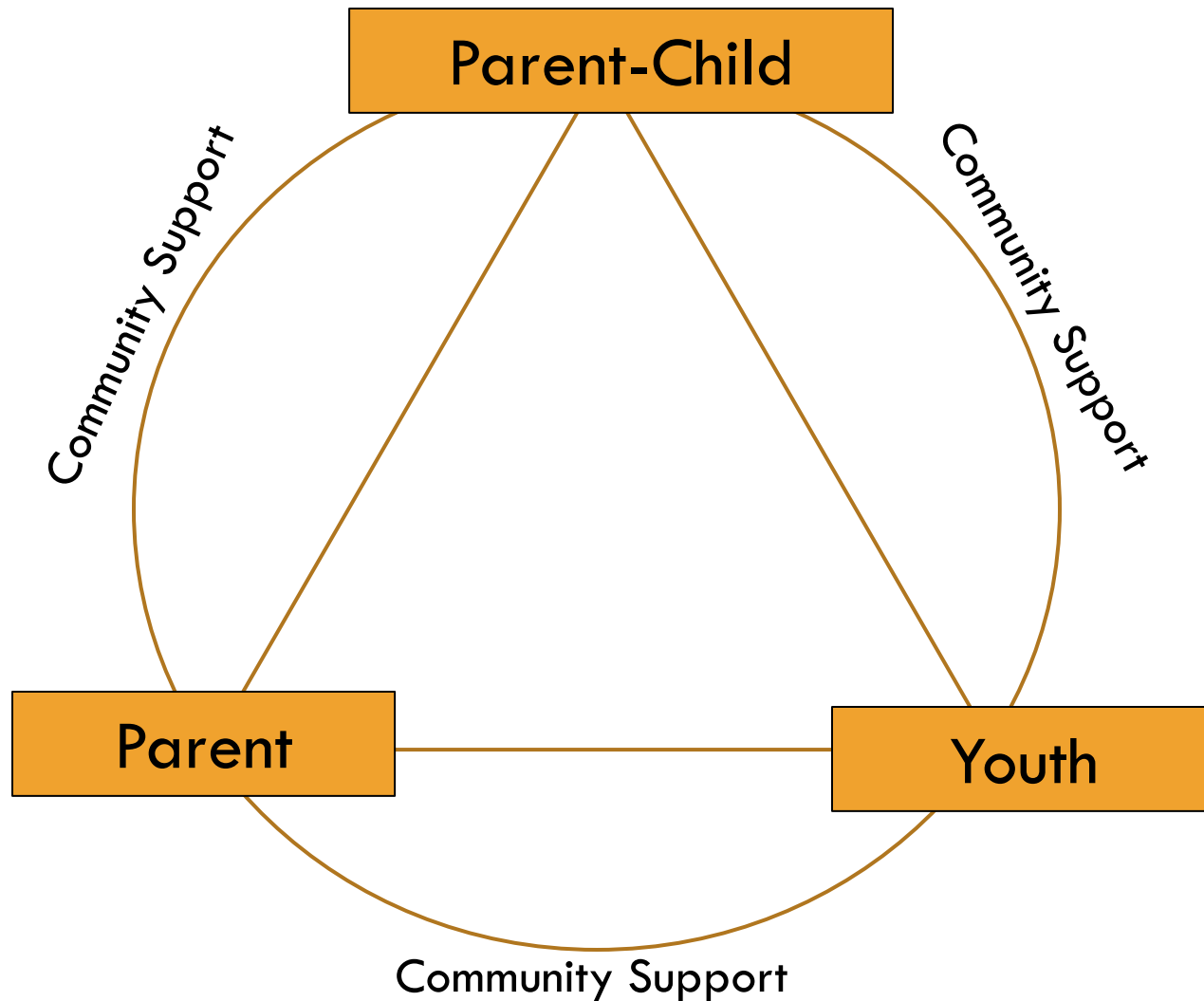
Centro de Compras Clases de Baile Sala de Patinera

Actividades Religiosas

Parque

27

Recommendations: A Community Based Approach



Recommendations: A Community Based Approach

- Parent-Child
 - Strengthen parent-child relationships and open avenues of communication regarding taboo subjects, such as alcohol and tobacco consumption via:
 - Interactive parent-child workshops offered through the Santa Elena Clinic, MVZ high schools and/or MVI
 - Family oriented community activities
 - Support from a community psychologist/social worker
 - Parental involvement in the daily life and activities of child
 - Going for walks
 - Watching TV
 - Listening to music
 - Playing sports

Recommendations

□ Parent

- Inform and empower parents to address sensitive issues, such as tobacco and alcohol use, with their children via:
 - Parental support groups
 - Counseling services

□ Youth

- Provide support and healthy alternative activities for Monteverde youth
 - Sports teams/groups
 - Art, music and theater
 - Religious
 - Educational
- Support groups for at risk youth

Limitations

- Limited time
- Small population size
 - Not sufficient data about smokers
- Not a representative sample
 - Only surveyed one high school
- Self reporting bias
 - Data depended on honesty of participants

Acknowledgments

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