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CYPRUS ANTI-DRUGS COUNCIL

Cyprus Alcohol Policy and Action Planning

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- Part I – alcohol data and related actions (AP 2013-2016)
- Part II – new proposed actions (AP 2017-2020)



Part I – Selected alcohol data and related actions

OUTLINE

- Selected Data
- Pilot “Mystery Shopping” Study
- Action Plan 2013-2016



Main results:

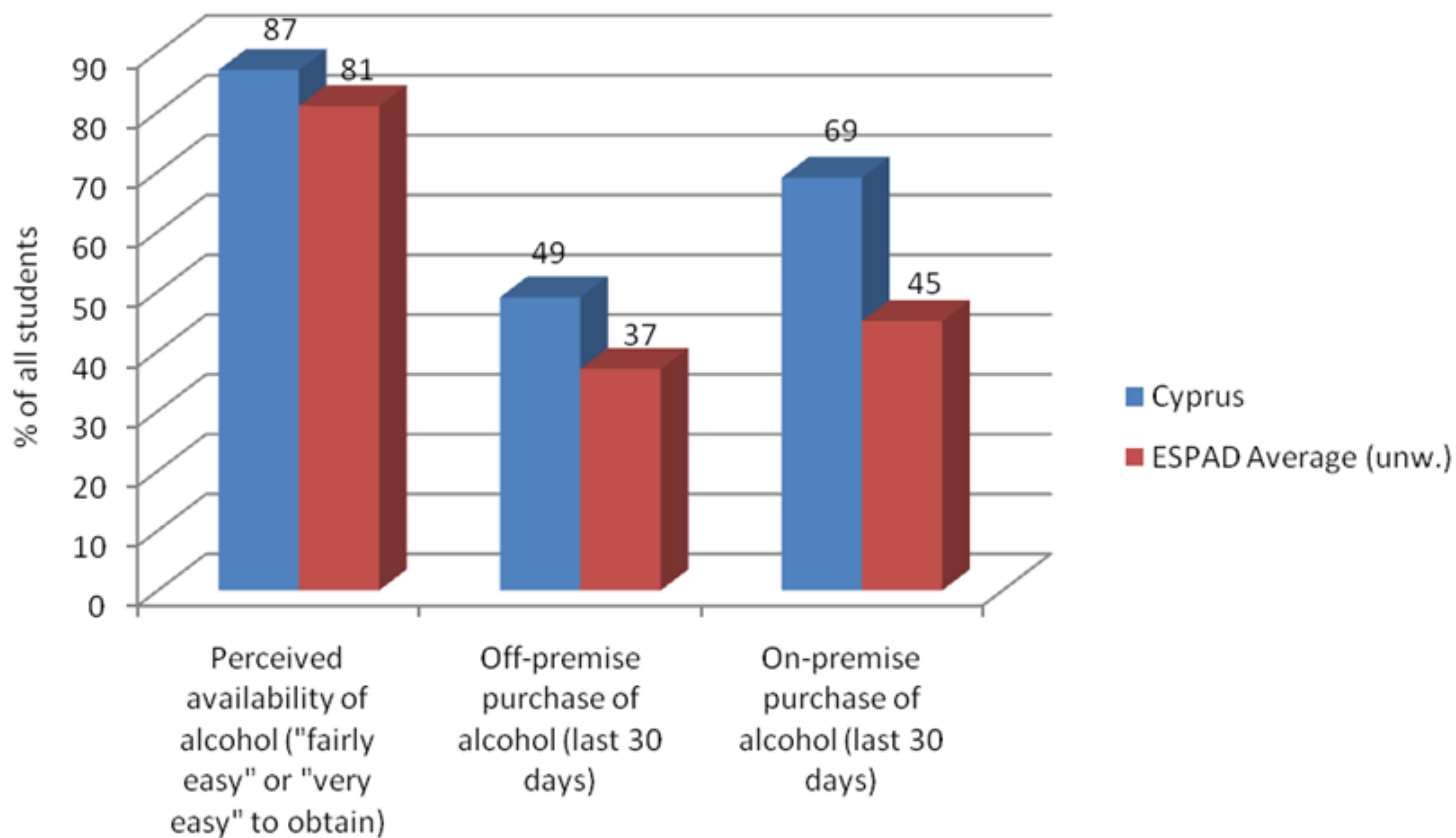
- In Cyprus, alcohol is the most popular substance used among 16 year olds
- Almost half of the students that participated in the survey reported using alcohol at the age of 13 or earlier. The highest rates were found in Georgia (72%), the Czech Republic (68 %) and **Cyprus (68 %)**. The countries with the lowest rates were Iceland (14%) and Norway (19%).
- Using alcohol during the last 30 days was reported by 72% of boys and 63% of girls. These percentages are much higher than the European average of 49% and 46% among boys and girls respectively.



- Almost 4 in 5 students (88%) reported easy access to alcohol, which is higher than the European average (78%).
- Binge drinking” was common in Austria, **Cyprus** and Denmark, were **1 in 2 students** reported using 5+ drinks on one occasion during the last 30 days. In Cyprus, binge drinking was reported among 57% of boys and 45% of girls.
- These percentages are very alarming, especially when compared with the ESPAD 2011 results. Specifically, there is an increase of binge drinking by 1% among the boys (56%) and **11%** among the girls (34%).



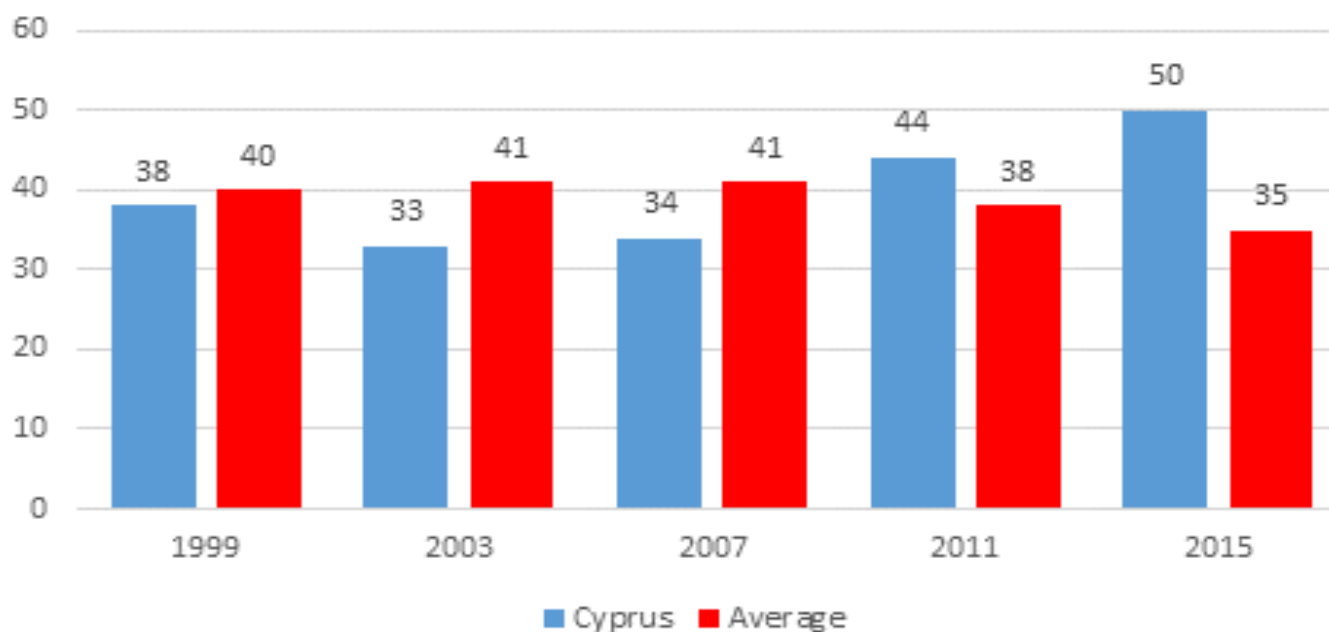
Availability of alcohol (CY-ESPAD average)





Cyprus Data (ESPAD, 2015)

Proportion of students reporting having had five or more drinks on one occasion during the last 30 days





Drink and Driving (last 6 months): General Population (15-64)





- Phase I: **Mystery shopping attempts**: Pseudo-under-age (younger looking) mystery shoppers in the field
- Phase II: **Training** personnel for responsible alcohol selling/serving





Phase I – Shopping visits

- From 7-25 April 2015 in 12 municipalities in Nicosia and Limassol

Types of settings:

- Mini markets • Supermarkets
- Restaurants • Bars • Clubs • Cafés

Sample selection:

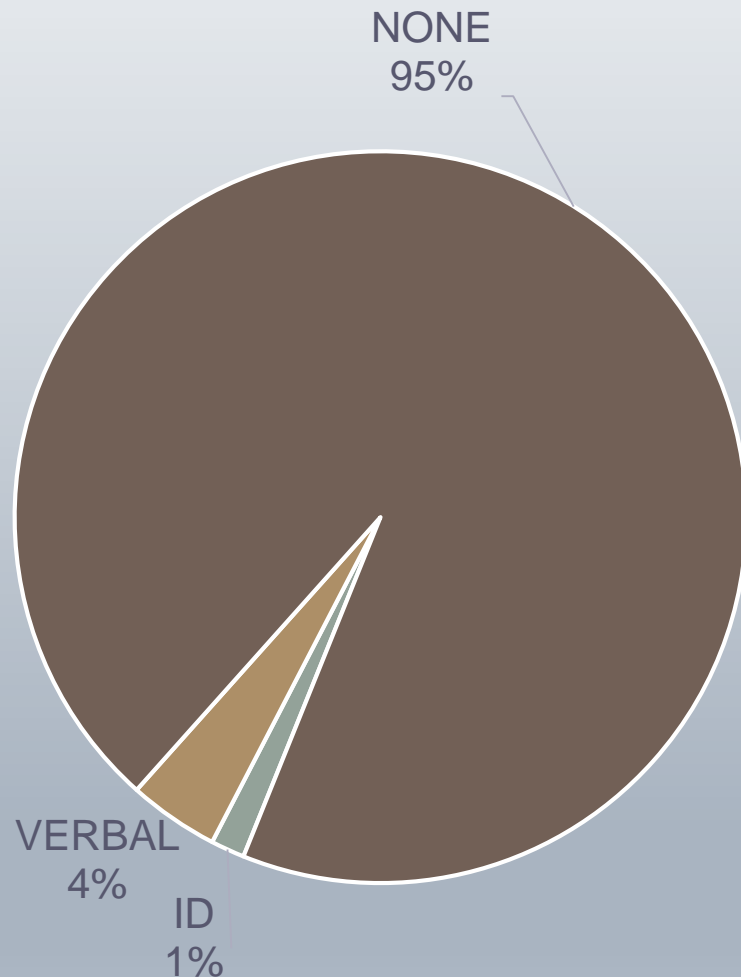
- Random & based on popularity
- Total visits: 200 (100 per city)
- Repeated visits: 40 (20 per city)
- Different days and hours depending on type of setting





Responses:

- ID age verification (f = 3)
- Verbal verification (f = 8)
- No verification (f = 189)
- **Nicosia:** only 1 (ID, male shopper, cafeteria, morning hours)
- **Limassol:** 10 responses
 - ID in 2 settings: 1 male, club, late night & 1 female, restaurant, evening
 - Verbal in 8 settings (including 1 club repeated visit):
 - 5 male, 3 female
 - 4 at a bar, 4 at a club
 - 2 in the evening, 6 late at night





Phase II – Dissemination of Results & Training

- **Presentation** of results to stakeholders (premise owners, Police, municipalities, health care professionals, alcohol industry, etc)
- **Booklet** with information on alcohol related harm and practices for responsible sales/serving (Cyprus Anti-Drugs Council, 2015)
- **Training** Program for Responsible Sales and Serving (University of Cyprus & Cyprus Anti-Drugs Council, in five regions, 2016)



Goal: Reduction of **drink driving** incidents

Actions:

- *Reduction of BAC limit to 0.09 mg/ml for novice drivers, professional drivers, motorists and cyclists*
- *Systematic breath testing by Road Traffic Police*
- *Campaigns on public holidays*
- *Stricter penalties and fines for repeat offenders*



Goal: Reduction of **accessibility and availability** of alcohol for vulnerable groups

Actions:

- *Monitoring the licensing system to regulate alcohol production*
- *Stricter enforcement of current legislation*
- *Revision of legislation*
 - *Provisions for personnel training on responsible selling and serving*
 - *Clear age verification system*
 - *Stricter sanctions*
 - *Annual publication of non-compliant cases*
 - *Change legal age limit from 17 to 18*



Goal: Reduction of alcohol **consumption** among young people and prevention of heavy drinking

Actions

- *Enforcement of **taxation** system for alcoholic beverages based on alcohol type and volume*
- *Systematic enforcement of tax legislation and controls at **borders** to minimize illegal trade*

- Alcohol Awareness Week (every third week of October, implemented since 2013)
- Formal commitment by the State & related stakeholders in the private and voluntary sector
- Parliamentary discussions
- Friendly Alco test nights
- Seminars with Bartenders Association on responsible sale/serving
- Production of TV spots to raise awareness

Part II – New AP 2017-2020 and related actions

OUTLINE

- Action Plan 2017-2020 – Prevention Pillar Priorities
Goals & Actions

Priority 1: To reduce heavy episodic drinking among children and young people

Current Actions:

- *Training in Responsible sale and serve of alcohol & good practices in harm reduction for hospitality professionals and event/festival organisers*
- *Endorsement of revised Legislation on the Sales of Alcoholic Beverages by the Parliament*
- *Promote and develop actions among young people in the school environment and in the community (including involvement of organized youth groups in the International Day against drugs and National Alcohol Awareness Week)*
- *Develop and integrate information on alcohol related harm in academic curricula for professionals working with young people*
- *Establish a percentage of excise duties from alcoholic beverages used for the enforcements of control measures for the reduction of accessibility and availability of alcohol among minors*



Priority 2: to **prevent** Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Spectrum Disorders (FASD) and **provide** appropriate **care** for affected children and families

Current Actions:

- *Conduct a national survey on pregnant women's attitudes and beliefs and levels of alcohol consumption during pregnancy*
- *Conduct a national survey on health care professionals' attitudes and beliefs and practices as regards alcohol consumption during pregnancy*
- *Development and dissemination of a Guide on alcohol harms for all women of reproductive years and pregnant women*
- *Support the development of clinical guidelines for the prevention, diagnosis and treatment of (FAS/FASD)*
- *Promote the inclusion or relevant modules in the curriculum of medical degrees, social work and education degrees.*



- **Priority 3:** Promote healthier lifestyles among children and young people that belong to vulnerable groups

(*early school leavers, students/soldiers that use legal and illegal substances, children whose parents are in prison, children whose parents have mental health problems, children whose parents are unemployed, children whose parents are dependent on legal or illegal substances, families that need support, as well as children living in high risk areas)

- **Priority 4:** Create a dissuasive environment in regards to the use of addictive substances
- **Priority 5:** Implementation of early intervention programmes

Current Actions:

- *Implementation of a prevention program for school drop outs that returned to school and belong to vulnerable groups*
- *Development of a national family training programme in association with the parents associations*
- *Implementation of a prevention programme for students in schools situated in the areas non controlled by the Republic of Cyprus*
- *Enhancement of the memorandum of cooperation with the National Guard*
- *Strengthening the community social services and street work offered*

Thank you for your attention...