



Project funded in 2003 - Strand 3: Health Determinants

ENYPAT Framework Project 2003

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Description

Action

Promoting health and prevent disease through addressing health determinants across all policies and activities

Area of activity

Smoking prevention and cessation in youth

Summary

Implementation of coherent European-wide smoking prevention and cessation programmes; increased collaboration between Member States, EEA countries and ascending countries; more cohesion and consensus in efforts to reduce youth smoking in the area of EU. Increased international networking between different actors in the field of smoking prevention. Increased visibility of European Commission smoking prevention policies and actions. Capacity building in tobacco use prevention issues for professionals.

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Financing

Leader organisation

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Associated beneficiaries

- Österreichische Krebshilfe established in Austria
- Vlaams Instituut voor Gezondheidspromotie established in Belgium
- Ulster Cancer Foundation established in North Ireland
- National Board of Health established in Denmark
- Danish Cancer Society established in Denmark
- Finnish Health Association established in Finland
- Classes non fumeurs established in France
- IFT-Nord Institut für Therapie- und Gesundheitsforschung established in Germany
- Hellenic Cancer Society established in Greece
- Public Health Institute/Tobacco Control Task Force of Iceland established in Iceland
- Centro Studi e Formazione E. Zancan established in Italy
- Fondation Luxembourgoise Contre le Cancer established in Luxembourg
- Conselho de Prevencao do Tabagismo established in Portugal
- Stop Smoking NGO established in Slovak Republic
- Agencia de Salut Pública de Barcelona established in Spain
- Escuela Andaluza de Salud Pública established in Spain
- County Council of Västerbotten established in Sweden
- STIVORO voor een Rookvrije Toekomst established in The Netherlands

Starting date and duration of project

- 01/01/2004
- 12 months

Total cost

2.395.256,00 €

Subsidy from the Commission

1.387.021,00 €

Outcomes

- Contribution to the reduction of tobacco use by young.
- Wider, more coherent and more visible European-wide smoking prevention and cessation programmes: five programmes including 30 countries.
- Implementation of smoking prevention and cessation programmes to ascending countries.
- Increased networking and collaboration in the area of public health between different Member States and ascending countries and international organisations.
- Increased collaboration between different EU Commission's actions.
- A real European youth smoking prevention portal at ENYPAT website.
- Increased visibility and knowledge of European Commission tobacco control policies and programmes.

Dissemination will be done through ENYPAT network that includes 1,500 professionals in the field of public health and that will be enlarged to ascending countries (newsletter Interaction, Internet, ENYPAT Spring School, e-mail lists, reports and conferences).

ENYPAT SECRETARIAT:

- [Final report](#)  (30 KB)

ENYPAT SUB PROJECTS:

Smokefree Class Competition

- [Final report](#)  (30 KB)

Spring School

- [Final report](#)  (30 KB)

Quit and Win

- [Final report](#)  (30 KB)

Smoking Cessation

- [Final report](#)  (30 KB)

- Annexes:

Annex 1: [Conference report](#)  (30 KB)

Annex 2: [List of documents](#)  (30 KB)

Annex 3: [List of partners and observers](#)  (30 KB)

Annex 4: [Evaluation of EU Adolescent Smoking Cessation Pilot Projects Report for the EU, January, 2005.](#)  (30 KB)

Annex 5: [Second conference report](#)  (30 KB)

More info

Statement of project aim(s) and objectives

SPRING SCHOOL

Aims

This project aims at capacity building for European health professionals in the area of smoking prevention and cessation among youth through the organisation of a 5-day training workshop. It will provide up-to-date information on health consequences of smoking, epidemiology of tobacco use, factors determining smoking onset, smoking prevention and cessation, health promotion, behavioural, process and effect evaluation, tobacco control policies, use of mass media to prevent smoking and tobacco industry activities in promoting tobacco to youth.

One of the main aims is also to give information about implementation of European-wide prevention programmes and encourage networking among health professionals across national borders.

In 2004, 50% of places will be reserved to participants from the ascending countries. However, it is very important that all states participating in the Public Health Programme will be represented in order to create real community added value and valuable networking. The Spring School will consist of lecturers, group work and interactions. Furthermore, participants will be stimulated to write their own project plans to encourage the building of European wide prevention and cessation programmes. Lecturers from Europe and the US will be invited to give the most recent scientific and experience based information.

Objectives

The main objective is to provide further education to health professionals in the area of smoking prevention

and cessation as the experience has shown that surprisingly little up-to-date knowledge is available in the various organisations within Europe, and this course is the only occasion for that purpose at the European level.

The Spring School will be a valuable tool in construction effective and concrete networking in the enlarged EU in the area of public health. A total number of 50 participants will take part in the programme every year and participation is encouraged from all the 30 countries participating in the EU Public Health Programme. New European-wide initiatives are awaited as a result of information flow and networking.

QUIT AND WIN

The Quit and Win – Don't Start and Win (Quit and Win) Competition is a school, youth and community based smoking cessation and prevention programme that has been carried out annually in different European countries since 1999-2000

The target group is young people aged 14-24 years old.

There have been numerous smoking prevention initiatives aimed at children. However there is a great need for cessation work with these young people who have already started to smoke.

All other cessation efforts have targeted adults. In recent years there has been a growing conviction and increasing evidence that there is a need for such practical interventions.

Many young smokers:

- Become addicted in a very short time.
- Report that they would like to stop but find it difficult.
- Feel there is a need for specialised support for their efforts.

Many adults have smoked for such a long period that cessation is very difficult. Adolescent cessation could overcome this as well as limiting the number of years to which the smoker is exposed to excess health risks. The initial programme has identified a number of professionals who wish to support adolescent cessation but they identify a need for ideas and resources. This proposal represents a development of 'Quit and Win – Don't Start and Win' - A Europe-wide Smoking Cessation initiative targeting Young People. That programme was built on Finland's Quit and Win Competition and cessation programmes and support resources developed for young people in Northern Ireland and Sweden. It is proposed that the adult Quit and Win competition will be linked to the competition for young people to increase the overall impact of both competitions.

Aim

To reduce smoking prevalence and consumption in young people.

Objectives

- To highlight the benefits of smoking cessation,
- To help young smokers to quit smoking and encourage non-smokers to stay non-smokers.
- To build on the foundations provided by previous Quit and Win campaigns and demonstrate the universal application of the programme
- To keep young people's cessation on the agenda of adults and professionals.
- To facilitate the development of individual and group cessation programmes.
- To implement an innovative multi-annual and multidisciplinary European smoking prevention and cessation programme involving 7 EU-Member States, 2 EEA-States and 8 applicant countries.
- To scientifically monitor the programme to refine it and develop new elements.
- To increase the visibility of European Commission smoking prevention actions.
- To establish and strengthen networks among the participating European organisations to foster solidarity and cohesion within the Community.
- To link the programme to activities undertaken within the framework of the Community Tobacco Fund, in order to create synergies in the field of smoking prevention.
- To disseminate the project's findings.

The programme is part of the ENYPAT Framework project ('European Network on Young People and Tobacco').

SMOKEFREE CLASS COMPETITION

"Smokefree Class Competition" is a school-based primary smoking prevention programme for pupils aged 11 – 14 years. The programme focuses on the promotion of strategies focusing on health education. In particular, the programme aims to:

1. prevent or delay the onset of smoking in adolescents,
2. motivate already smoking pupils to quit,
3. de-normalise smoking and establish non-smoking as the normal behaviour in pupils.

The programme is carried out as a competition, in which smokefree classes can win attractive prizes.

"Smokefree Class Competition" started on a European level within the programme "Europe against Cancer" in seven countries and has been implemented in a continuously growing number of countries and with great success. Process and outcome evaluation studies indicate that the approach is attractive for teachers and pupils and effective in preventing/delaying the onset of smoking (Wiborg & Hanewinkel, 2002). The study authors have been awarded with a German scientific award (Wilhelm-Feuerlein-Forschungspreis 2003) for the evaluation studies. It is important to disseminate the programme to more countries and to increase its visibility as an international programme.

The objectives are to:

- implement an innovative multi-annual and multidisciplinary European smoking prevention programme involving 12 EU-Member States, 1 EFTA-State and 4 applicant countries, aiming to
- focus on health education, particularly on primary prevention of smoking, including information on environmental tobacco smoking and cessation, and

- positively influence smoking-related school policy.
- scientifically monitor the programme,
- refine and develop new elements (on passive smoking and cessation),
- increase the visibility of European Commission smoking prevention actions,
- establish and strengthen networks among the participating European organisations to foster solidarity and cohesion within the Community,
- link the programme to activities undertaken within the framework of the Community Tobacco Fund, in order to create synergies in the field of smoking prevention,

The programme is part of the ENYPAT Framework project ("European Network on Young People and Tobacco").

SMOKING CESSATION

Aims

- Review and disseminate findings from Literature Reviews in Holland and Wales. (Welsh review available at www.healthwales.org.uk)
- Review and disseminate good practice from evaluated projects in Denmark, Holland and Wales in relation to adolescent smoking cessation in a range of settings across the EU
- Identify the needs of each participating country and agree their objectives, methodology and evaluation processes (with the assistance of the external evaluator) for adolescent smoking cessation
- Implement a pilot adolescent cessation programme in 12 countries
- Evaluate and report on key findings and make recommendations for future adolescent cessation activity

The project has the following objectives:

To:

- Ensure that the most up to date findings from the literature reviews in Wales and Holland and experiences from Denmark, Holland and Wales and other EU countries are reflected in the planning and delivery of the projects in each country.
- Identify mechanisms for the dissemination of results across the participating countries.
- Review and agree the definition of cessation for all participating projects.
- Review and agree the methods to be used by all projects with the external evaluator.
- Review and agree the evaluation processes to be used by all projects with the external evaluator.
- Provide on-going evaluation advice and support for all projects during the EU pilot.
- Review and disseminate pilot project findings through the appropriate mechanisms for each EU country.
- Collate findings from the 12 projects and produce recommendations for the future of adolescent smoking cessation activity.

Methods

- Coordination of coherent European-wide smoking prevention and cessation programmes:
This project includes five different projects:
 - A) ENYPAT Secretariat which is a coordination centre for the activities;
 - B) Smokefree Class Competition;
 - C) Quit and Win-Don't Start and Win for young people;
 - D) Smokefree Youth Conference;
 - E) Smoking Cessation among Adolescents and Young People.
- Networking and active collaboration between various actors at European level involved in smoking prevention and cessation among young people.
- Exchange of information and best practices.
- Policy building among European actors involved in smoking prevention in youth to build consensus and cohesion among actions and policies.
- Working with special taskforces with multidisciplinary character.
- Dissemination of information through ENYPAT newsletter Interaction, Internet, ENYPAT Spring School, e-mail lists, reports and conferences.
- Integration of scientific evidence into concrete smoking prevention and cessation programmes.
- Involvement of ascending countries in all programmes. Organisation of further education to health professionals.