

European Adolescent Cessation Second Conference Report

Cowbridge, 1st – 4th December 2004

Attendees:

Androniki Simillidou	Cátia Carneiro	Jo Holiday	Martine Stead	Renate Spruijt	Tibor Baska
Antonella Cardone	Chris Roberts	Jarmila Klimesová	Melita Sauka	Sarah Francis	Werner de Gruyter
Antigona Trofor	Emma Barton	Kristin Byrkje	Maria Protonotariou	Stephen Burgess	
Carles Ariza	Ingrid Geesink	Laurence Moore	Miika Kekki	Sibylle Fleitmann	
Cathy Weatherup	Janine Hale	Laszlo Bodrogai	Paulo Vitória	Sarah Francis	
Caroline Bollars	Janne Oftedal	Lorna Coombes	Poul Jensen	Sue Bowker	

Agenda:

Conference Plan EU Adolescent Smoking Cessation

<p>All countries to prepare a short presentation (15 mins) (based on pre intervention and progress templates) on progress so far. Each presentation will be followed by time for questions. An overhead projector and power point will be made available.</p> <p>All countries to have an opportunity to discuss and comment on progress so far.</p> <p>The external evaluator to provide feedback from the interviews undertaken to date.</p> <p>Requirements for the end of year report.</p>	<p>Agenda</p> <p>Wednesday Dec 1st countries arrive in Wales (dinner at The Bear Hotel at 20.00)</p> <p>Thursday 2nd December (Old Hall) Meet in reception at 9.20</p> <p>9.30 – 9.40 Welcome and introduction (Cathy)</p> <p>9.40 – 10.00 Spain</p> <p>10.00 – 10.20 Greece</p> <p>10.20 – 10.40 Slovakia</p> <p>10.40 – 11.10 Tea/coffee Break</p> <p>11.10 – 11.30 Wales</p> <p>11.30 – 11.50 Belgium</p> <p>11.50 – 12.10 Denmark</p> <p>12.15 – 13.30 Lunch</p> <p>13.30 – 13.50 Portugal</p> <p>13.50 – 14.10 Netherlands</p> <p>14.10 – 14.40 External evaluator (CISHE) feedback</p> <p>14.40 - 15.10 Tea/ coffee break</p> <p>15.10 – 16.30 General discussion (Cathy)</p> <p>16.30 - 17.00 EU reporting for 2004 (Sue)</p>
--	--

<p>A reminder of what has been agreed for the project in 2005 including the handing out of deadlines and countries proposed budgets</p> <p>All countries to prepare in advance an outline of their plans for the 2005 project. (Delegates should refer back to the original information submitted for the 2005 application and may want to use a blank pre-intervention form to plan the work).</p> <p>Countries will be given an opportunity to break into small groups to discuss plans and any changes they envisage. A completed pre-intervention document for 2005 should then be submitted in writing after the conference.</p>	<p>Dinner – Huddarts*</p> <p>Friday 3rd Dec (The Bear Hotel - Ball Room)</p> <p>09.30 – 10.00 Welcome back. Overview of 2nd year proposal (Cathy)</p> <p>10.00 – 10.30 Italy and Romania 10.30 – 11.00 Coffee Break</p> <p>11.00 – 11.30 What we have asked the external evaluator (CISHE) to do in 2005 (Chris/Janine)</p> <p>11.30 – 12.00 External evaluator (CISHE) – What data required</p> <p>12.00 – 14.00 Lunch</p> <p>14.00 – 15.30 Countries in small group discussions</p> <p>(Coffee – 15.00)</p> <p>15.30 – 16.30 Feedback</p> <p>16.30 – 17.00 Discussion/final questions</p> <p>Dinner – Valentinos*</p> <p>Sat 4th Dec</p> <p>Delegates depart (departure arrangements TBA)</p>
---	---

* Meet in hotel reception at 19.20

Notes of meeting

1st December 2004

Arrival of delegates in Wales

2nd December 2004

Welcome and Introduction

Cathy Weatherup welcomed all delegates and outlined the programme for the conference.

Individual countries presentations – Partners (copy of all presentations are attached on CD)

Spain (Carles Ariza)

Carles commented on the design of the project in Spain, objectives and recruitment procedures and figures. The recruitment process consists of an introductory activity in the classroom, implemented by the teachers in order to offer cessation to young smokers. Intervention is planned for 7 sessions over a period of 6 months.

The original programme 'Quit Right Now' was tailored to young adults over 25 and then adapted for young people between 16 and 18 years old.

Greece (Maria Protonotariou)

The programme in Greece targets young people between 13 and 18 years old. Workshops have a 3 month duration and were due to begin in mid December.

A guide to help smoking cessation has been prepared called Quit Smoking & Friends (material about smoking and sports for secondary schools only).

A Quit line has been established, which only requires young people to dial 4 digits.

Slovakia (Tibor Báška)

Tibor provided an overview of the project in Slovakia. This included information about the partners and achievements for 2004 as well as the proposed plans for 2005.

Four pilot smoking cessation courses were established in selected secondary schools in Bratislava, as well as courses for facilitators.

Tibor also pointed out the difficulties due to economic changes and transformation of health care in his country.

Wales (Lorna Coombes)

Lorna presented information on a project being undertaken in one area of Wales (Caerphilly). There are a higher percentage of young smokers in Caerphilly compared to the Welsh average. The Adolescent Smoking

Cessation Programme in Caerphilly also fills a gap in service provision for this particular target group (11 – 16 year olds) and creates a co-ordinated approach towards smoking prevention.

Belgium (Caroline Bollars)

Caroline gave an overview of the project that had been run in schools in Limberg. These schools had been randomly selected and classify as general schools (GE), technical schools (TE) or vocational schools (VE).

Targeted pupils are aged between 16 and 18 years old. 6 sessions are run in 6 weeks. The course introduction in the first section sets the goals and objectives within the group, pupils learn how to start a diary and try to follow the tasks from sessions 1 to 6.

Denmark (Poul Jensen)

The intervention is taking place in residential schools. The baseline survey sent questionnaires to all students at 41 residential schools (90% of the students have completed and returned it). 38,8% answered that they have the intention to stop smoking.

Portugal (Paulo Vitoria)

The programme in Portugal involves 35 secondary schools and undergraduates in the Pharmacy Department at the University. A survey showed a rate of 10% daily smokers and among them 37,3% would like to stop smoking.

17th November was No Smoking Awareness Day, Conselho de Prevencao do Tabagismo had promoted activities during the day.

The Netherlands (Renate Spruijt & Werner Laurens de Gruyter)

Renate talked about the project in the Netherlands which was Smoking cessation for those age 16 and above. This project included introduction, recruitment and evaluation from May until December 2004. Recruitment

involves both smokers and non-smokers for the training in smoking awareness.

External Evaluator (Professor Laurence Moore, Sarah Francis & Ingrid Geesink) Cardiff Institute of Society, Health and Ethics (CIHSE)

The external evaluation team gave a presentation on the aims, objectives and working programme for the evaluation for Adolescent Smoking Cessation. This included dates for reporting and preliminary findings.

Group Discussion

Delegates were divided into groups to discuss their experiences of the 2004 project. Details of the main points from the discussion are contained within one of CIHSE's presentations.

3rd December 2004

Individual countries presentations - Observers (copy of all presentations are attached on CD)

Italy (Antonella Cardone)

The project in Italy consists of a mobile exhibition that travels around Italy. In 2005 this will be fixed in the Region of Emilia Romagna.

The Exhibition consists of using the element of attraction and glamour that was wrongly associated with tobacco consumption; being that on film production (Do You Smoke? And Why? – 17 minutes) or photographs.

Students are recruited from the exhibition and could be supported for up 1 year. If someone leaves the workshop before the end, for example because they start smoking, there is a follow up as that is viewed as a failure.

Facilitators are psychologists that work for the Cancer Italian League during school time.

Romania (Antigona Trofor)

Antigona provided details about the numbers of young people who smoke in Romania.

The programme includes aggressive advertising campaign, including what money can buy instead of cigarettes (featuring basic items such as milk and protein).

Germany (Sibyllle Fleitmann)

The project in Germany uses the Internet as the main resource for Smoking Cessation. There are several reasons why this is a good method. Some schools advertise the site. It also helps that 80% of the Germany population has access to the Internet and 96% of the people between 16 – 18 years old also have mobiles, so messages can be sent to them, using automatically generated text messages. Further thought would be given to studying how a no branding Internet site became so successful. The site works with a limited database (no address), to help with confidentiality.

External Evaluator (Professor Laurence Moore, Sarah Francis & Ingrid Geesink)

Sarah gave an update to delegates on activities (follow up telephone review) and their dates for delivering reports. A report would be submitted to Health Promotion Division by mid January 2005 with a further report in March 2005.

It is important that countries complete the minimum data set for it to be included in the evaluation team report.

Professor Moore gave a brief explanation CISHE's plans for evaluation in year two.

Group discussion:

Delegates discussed their 2005 project plans in small groups.

ENYPAT (Miika Kekki)

Miika informed delegates that the application submitted in April has been approved and expenditure would have to be justified in the financial report. The Commission now requires more information for the 2005 application and Health Promotion Division will email more information about this. Miika requested the mandate letter (sent directly to countries) to be completed as this was needed to give ENYPAT power to receive the funds from European Commission.

Co-ordination (Sue Bowker)

Sue provided outline of information that would be required for the final records and agreed that this information would be emailed to delegates. Delegates were asked to consider whether they would be interested in continuing the project for a 3rd year. As some would need to consult with colleagues it was agreed that responses would be emailed to Health Promotion Division.

Summary of evaluation of the conference:

ADOLESCENT SMOKING CESSATION

SECOND CONFERENCE DECEMBER 2004

Summary of Evaluations Received

14 Evaluation forms were received

Attendees had to score against each session using a point scale of 1 (poor) to 5 (excellent). The table below which shows the breakdown of total scores for each.

Session	5	4	3	2	1
Thursday am					
Individual country presentations	8	4	2		
Thursday pm					
Individual country presentations	9	4	1		
Evaluation feedback and general discussion	6	6	2		
EU reporting for 2004	4	7	2		
Friday am					
Overview of second year proposal	6	6	2		
Individual country presentations	9	4	1		
Second year evaluation	5	7	2		
Friday pm					
Group discussions	9	3	2		
Feedback	5	7	2		
General					
Handouts provided at conference	10	3	1		
Information received prior to the	11	2	1		

conference					
Overall satisfaction with event	8	4	1		

A question was asked whether attendees would have preferred one evening without an organised event, 12 of those said no.

Other comments included:-

Wales is doing a great job
Organisers of the conference did the great work
You really did a very good job before and during the conference
Thanks for such engaged, dynamic and friendly reception.

Two people suggested that the travelling time and distance be reduced for the next conference.

This report was produced by a contractor for Health & Consumer Protection Directorate General and represents the views of the contractor or author. These views have not been adopted or in any way approved by the Commission and do not necessarily represent the view of the Commission or the Directorate General for Health and Consumer Protection. The European Commission does not guarantee the accuracy of the data included in this study, nor does it accept responsibility for any use made thereof.