



# Offering healthy habits through sport to teenagers

Drug and alcohol prevention programme for teenagers

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# Introduction



- Having fun without tripping(ASPB): *is a healthy leisure programme aimed at the prevention of drug consumption among adolescents and youths.*

**2002-2007:** included, besides the training of professionals, different activities, such as workshops, theater performances, interactive PC games, free non-alcoholic cocktails. Most of them, were short-time interventions.

- **2008:** New initiative to promote a long-standing healthy leisure: A comprehensive sporting activity '***A lot going on with sport***'



# *'A lot going on with sport'*

- **Specific aim**: Promoting sportive activities and the adoption of a new lifestyle by the participants.
- **Main general aim**: Preventing the abuse of alcohol & other drugs by adolescents and youths.
- **Rationale**: Sportive leisure activities are a protection factor against drug use, scientific literature says.
- **Target group**: 13/14 and 15/16 secondary school students (special interest in recruiting adolescents at risk).
- **Target territory**: a socially depressed borough of Barcelona: '9 Barris'

*The programme was started as a pilot experience*

# Methodology: programme steps

- Agreement with the urban network of sporting associations (UBAE)
- Selection of a sports facility (Can Dragó)
- Training of sports coaches
- Promotion of the programme in Secondary Schools and sensitization of the Phys. Ed. teachers
- 1st phase: talk & 'taste' sports
- 2nd phase: protracted leisure activity
- Evaluation



# Programme components



## ● 2 Phases

### I. School visit (13-14/ 15-16 years):

11 groups of pupils

**1 single session:** talk (1h) +

a sample of non-competitive sportive activities (3h)

### II. Outschool activity 3 months.

Two groups of 20 adolescents

**2h hours twice a week +**

1 monthly Sunday session of urban sport



*All the activities are free!*

# Results - Phase I

## Participation figures

- 4 high schools
- 11 groups
- 250 pupils (124 boys and 126 girls)
- Mean age 15.4 years (SD: 0.9)
- 8 sports monitors trained



# Results - Phase I

## (Evaluation by school's sports teachers)

<b>Sporting activities</b> (3h)	<b>Very suitable</b> (100%)
	According to <b>expectancies</b> (100%)
	<b>Very useful</b> (72.2%) or <b>fairly useful</b> (27.3%) for the pupils
	<b>Very motivating</b> (63.6%) o <b>fairly motivating</b> (36.4%) for the pupils
<b>Prevention talk</b> (1h)	<b>Very interesting</b> (90.9%) Interesting (9.1%)

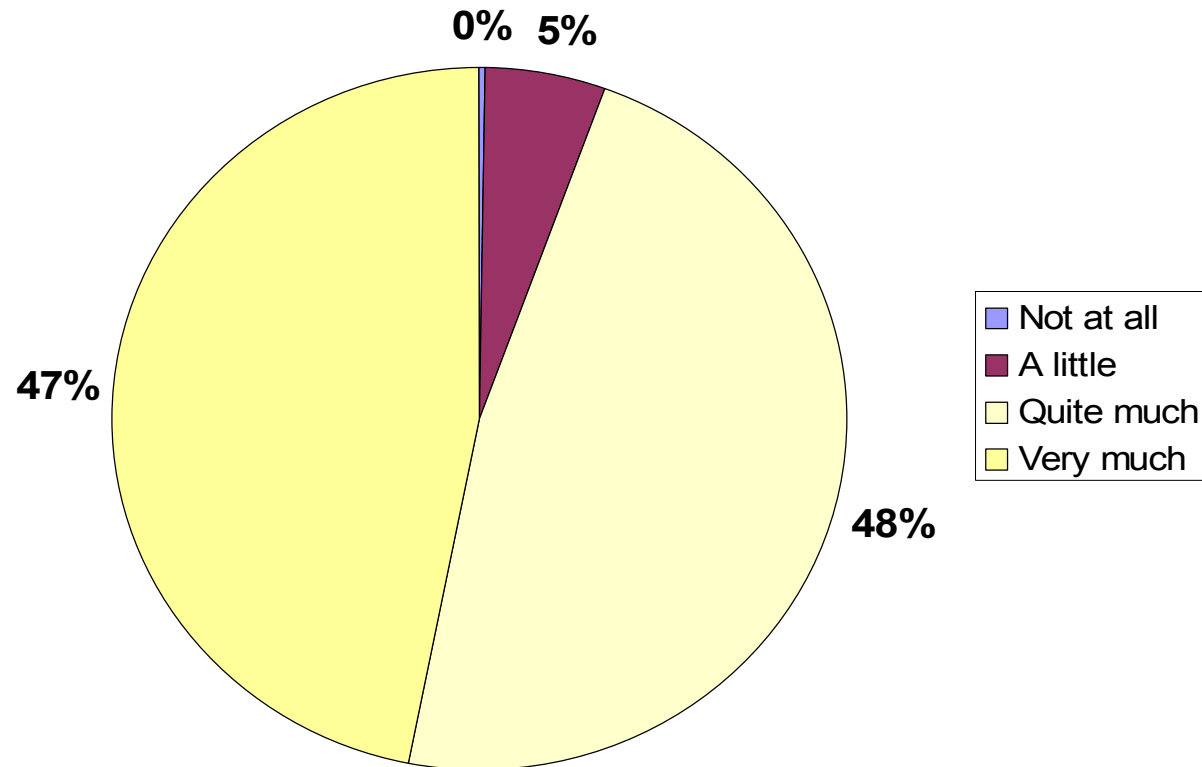
# Results - Phase I

(Evaluation by the participating adolescents)

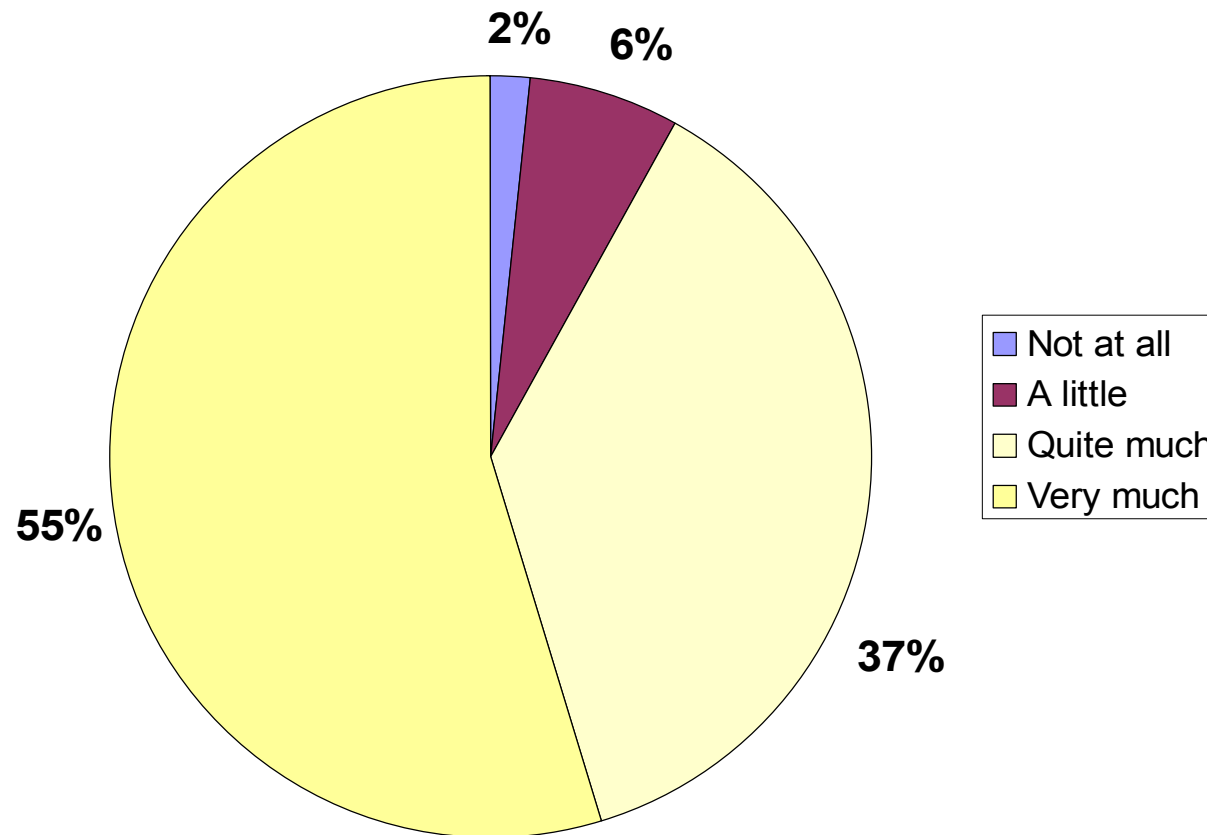
- Evaluation of **the activity** itself
- **Usefulness of the activity** for other domains in their life, beyond sports



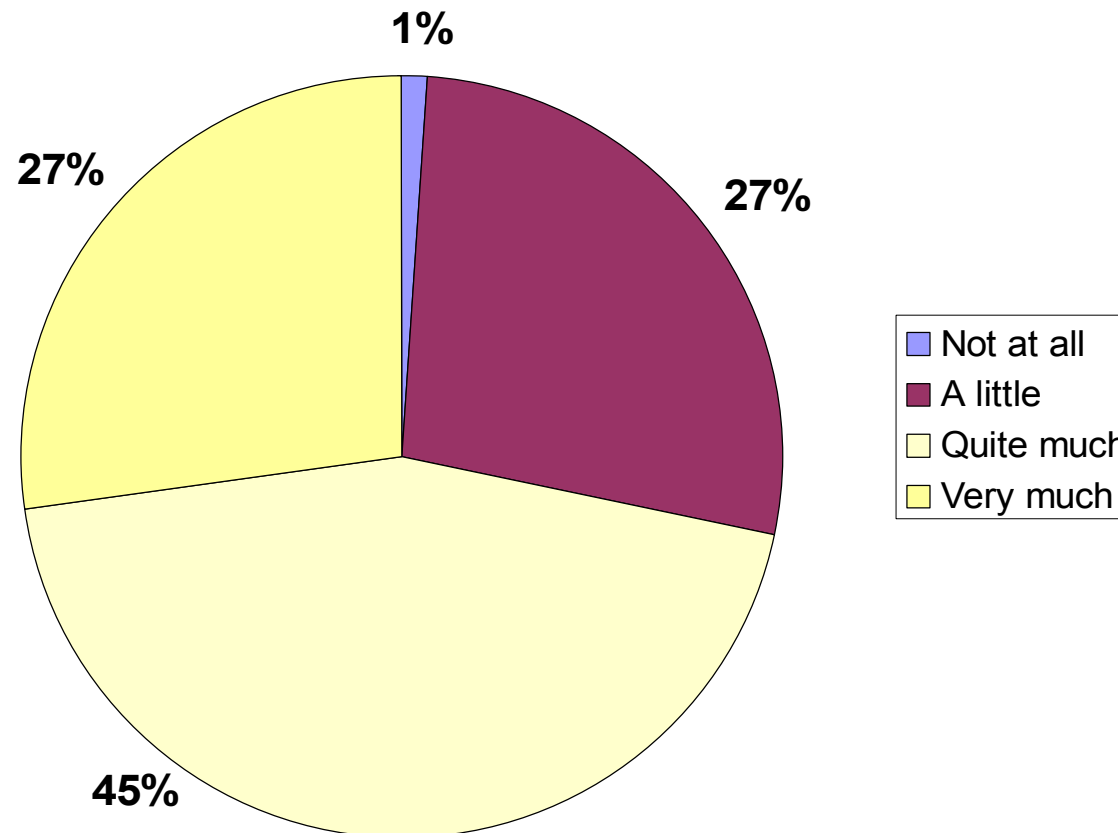
# Have you found the activity interesting?



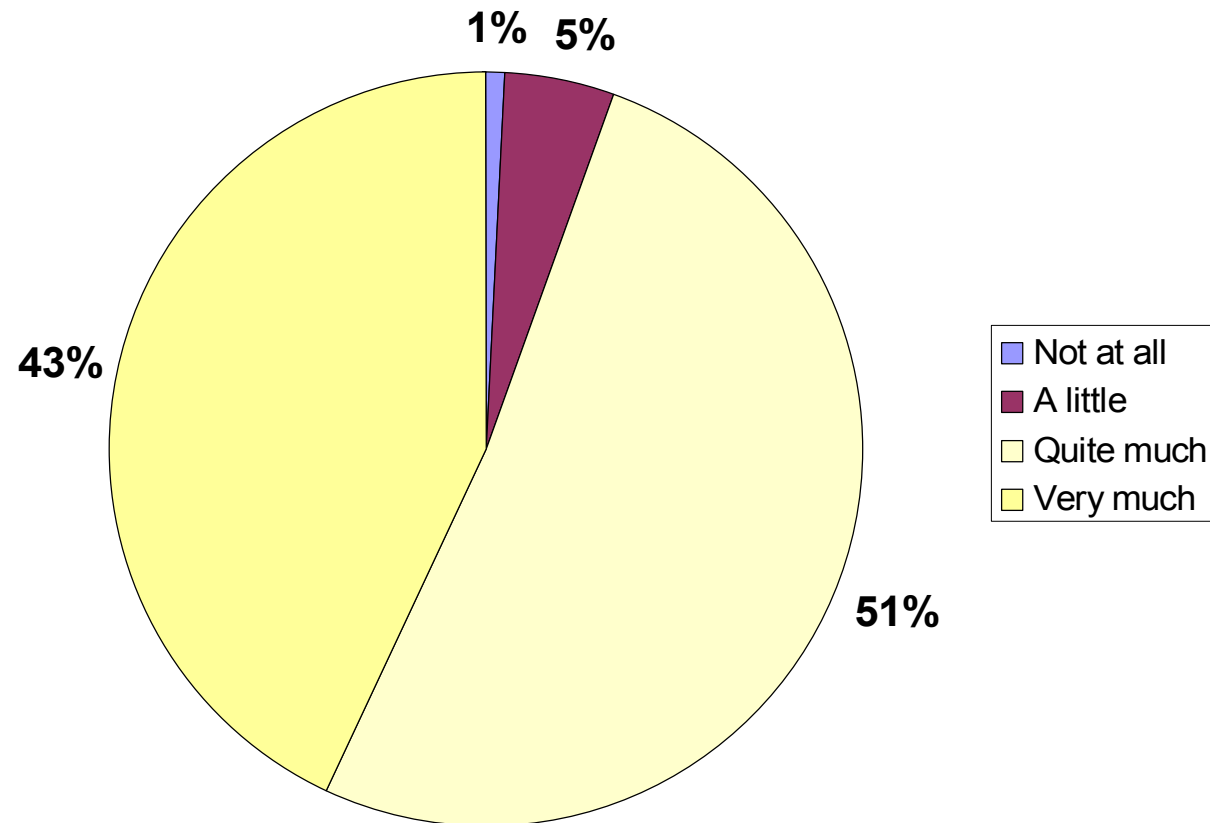
# Have you found the activity amusing?



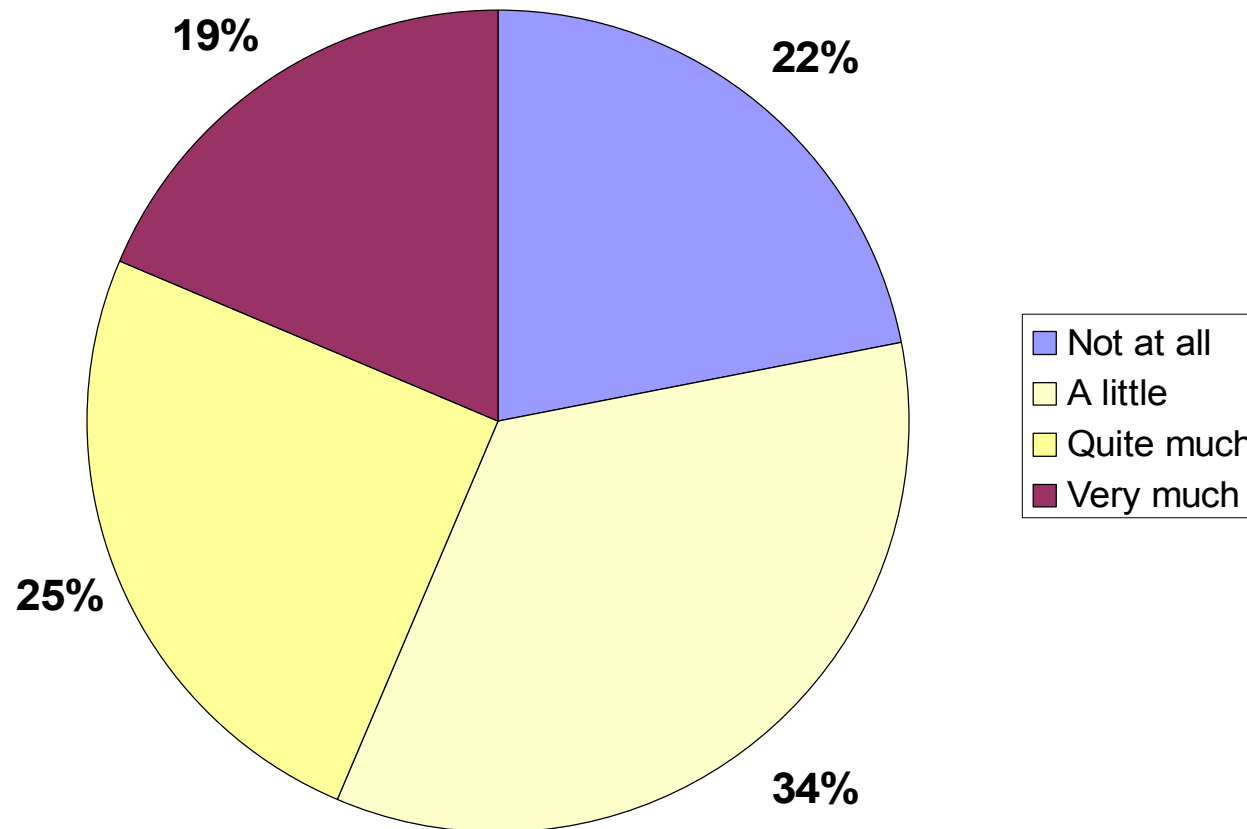
# Have you learned new things in the activity?



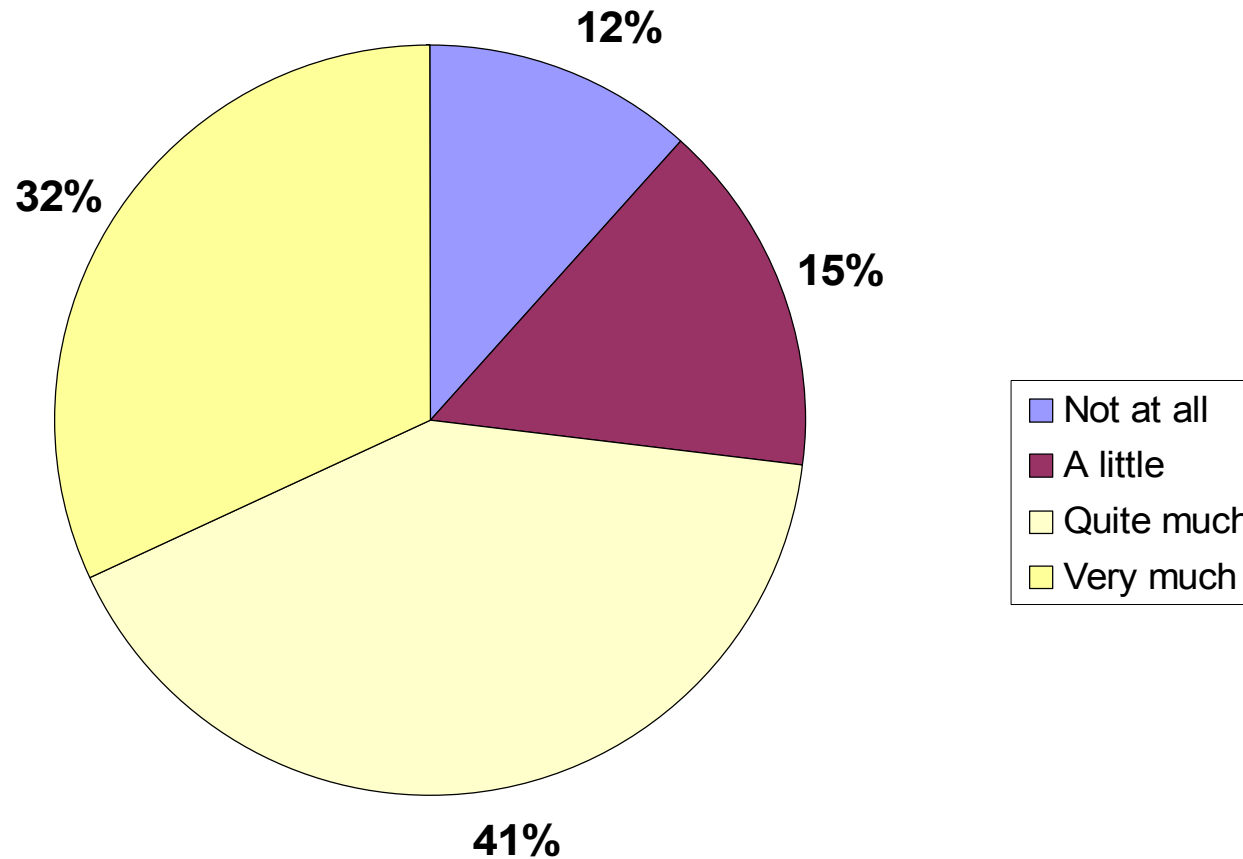
# Have you actively participated?



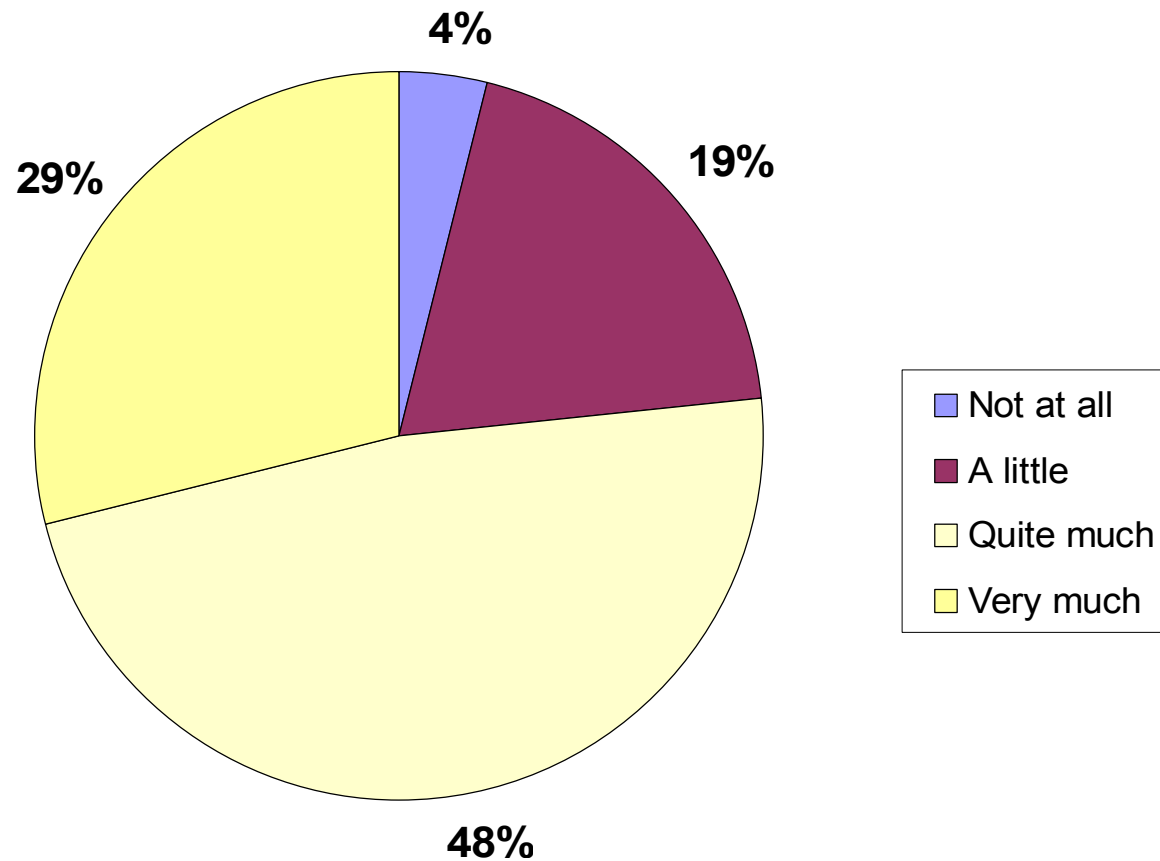
# Have you clarified the doubts you had about alcohol & other drugs?



# Have you become aware of the risks associated with the use of drugs?

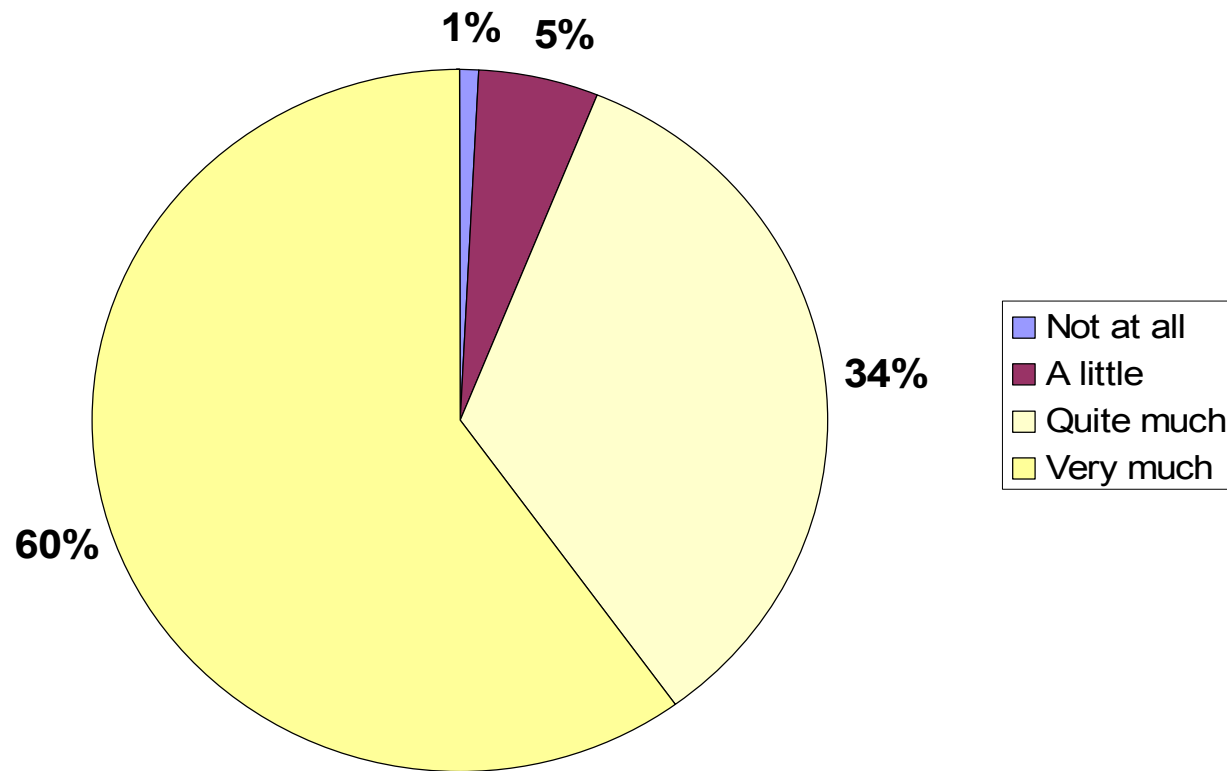


# Are you more interested in taking care of your health and lifestyles?

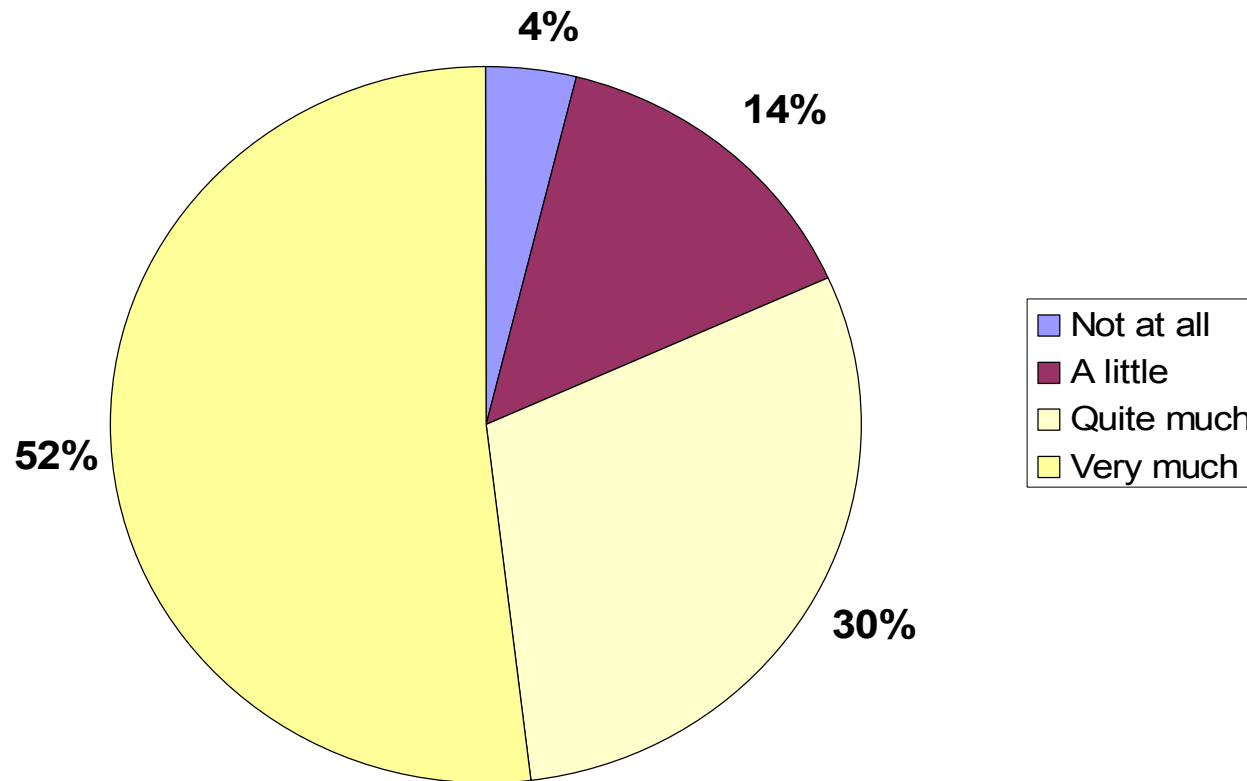




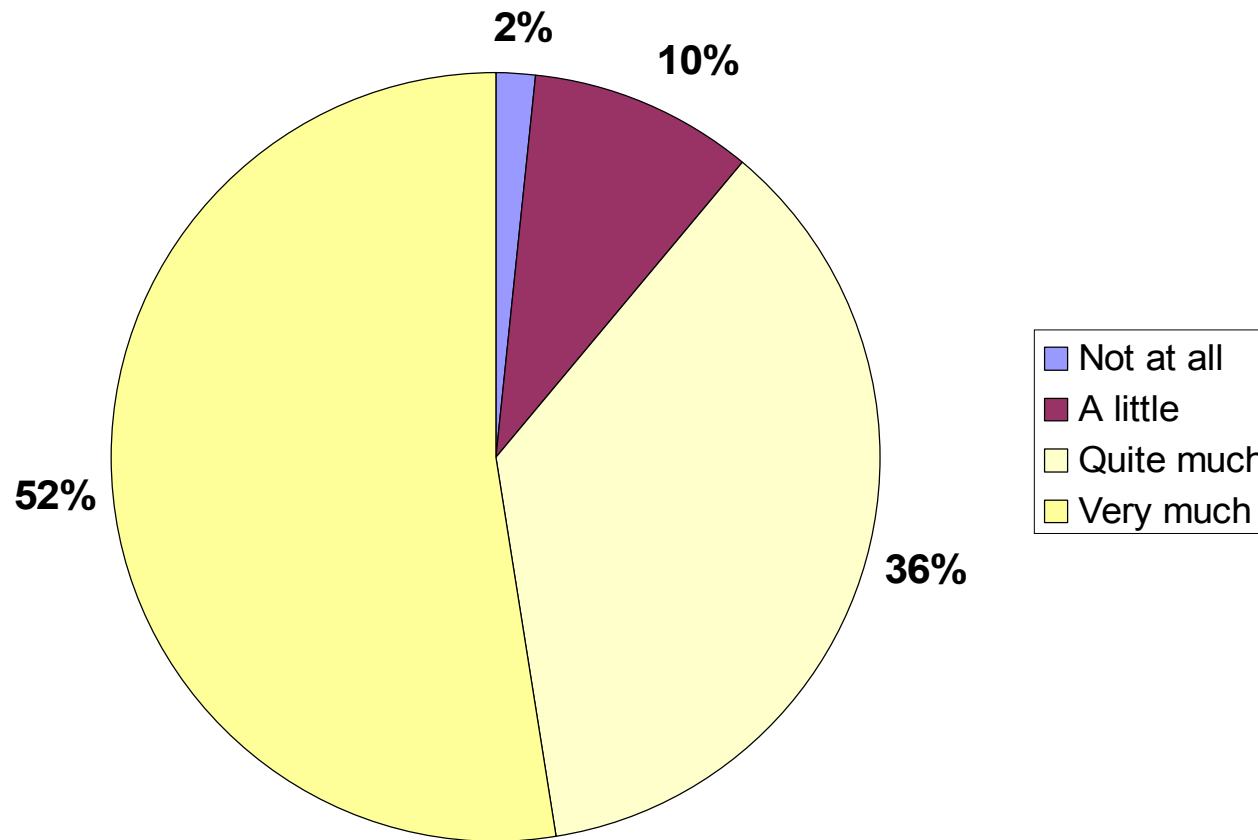
# Do you think that the coaches have done a good job?



# Would you like to participate again?



# Would you recommend the programme to a friend?



# Results - Phase II

- **46** pupils(78% girls - 22%boys) in **2** groups.
- **60%** immigrants - 40% Spaniards
- **Participation:**
  - ✓ **78%** attended  
60 - 100% of the **sessions**
  - ✓ **30%** joined the voluntary  
Sunday session of **urban sport**



# Results – Phase II

(Evaluation by the participating adolescents)

- 100% of youths are **satisfied** with the programme, which has fulfilled (52%) and even **exceeded expectations** (48%)
- 100% consider the **intervention of monitors to be good** (39%) or **very good** (61%)
- 100% consider the **timetable suitable**
- 100% are **interested in continuing** the sporting activities

# Impact of the programme on its participants



- Diversification of leisure:

Increased sportive activities (65%) & the practise of sports with friends (47%)



- Health habits: Increased care of nutrition (12%) and sleep (20%)



- Mood: Reduction of stress (13%)



- Social relationships: Improved relationships with mates (27%)



- Decreased desire to consume drugs (83%)

# Global conclusions

- **The initiative has been very well received .**
- **The strategy (recruiting adolescents via high-school) has been successful, although it might improve.**
- **More youths than expected have registered for the leisure-time activity (Wednesday & Friday afternoon, and 1 weekend /month)**
- **All of those would like to continue and most have lost interest in drugs.**





# What should come next?

- A **summer campus** (14 days) should be offered to adolescents participating in the 2nd phase of the programme
- A free registration and **reduced membership** fees would be highly desirable in order to engage adolescents in the regular practice of sports
- A **Manual on the Role of Sports in Prevention** should be drafted and widely distributed among physical education teachers and monitors



**THANKS!**



The logo for Ubae Esport Escolar features the word "Ubae" in a large, dark blue, sans-serif font. Below it, the words "Esport Escolar" are written in a smaller, lighter blue, sans-serif font. The text is set against a light blue background that has a wavy, water-like texture.

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