



European Monitoring Centre  
for Drugs and Drug Addiction

## The Healthy Nightlife Toolbox 2.0

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Dublin, 26 May, 2017

Club Health Conference



## PROBLEMS IN EUROPEAN NIGHTLIFE

Last year prevalence of drug use among regular nightclub goers: between 4 and 25 times higher than in the same age group in the general population.\*

The most common drugs used by regular nightclub goers were:

- cannabis (55%)
- ecstasy (37%)
- cocaine (22%)
- amphetamines (19%)\*

Among nightlife users in nine European cities: over three-quarters of respondents had been drunk at least once in the past four weeks. \*\*

Related problems

- Intoxication
- Traffic accidents
- Violence
- Injuries
- Sexual risks

\*EMCDDA, analysis of  
Global Drugs Survey,  
2015

\*\* Bellis, 2008

## PATTERNS VARY BETWEEN COUNTRIES

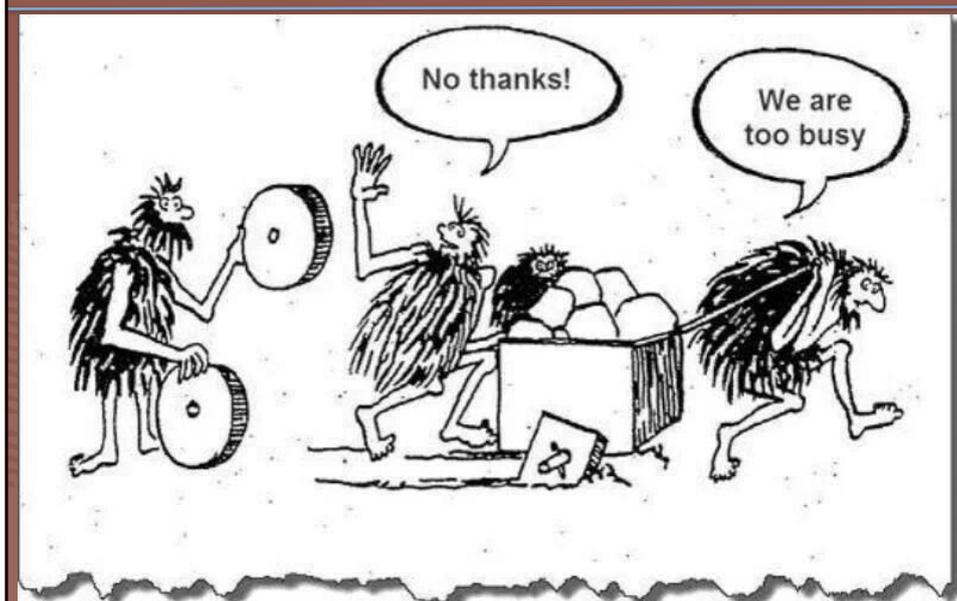
Table 1

Ecstasy and amphetamine consumption among the general population in some member states of the EU-15 and Norway. Age groups 15-64 years and 15-34 years.

Country	Year	15-64 years				15-34 years			
		Ecstasy		Amphetamine		Ecstasy		Amphetamine	
		Ever (%)	Recent (%)						
The Netherlands	2014	7.6	2.5	4.6	1.3	12.5	5.6	7.0	2.9
Ireland	2011	6.9	0.5	4.5	0.4	10.9	0.9	6.4	0.8
Spain	2013	4.3	0.7	3.8	0.6	6.2	1.5	4.9	1.2
France	2014	4.2	0.9	2.2	0.3	6.9	2.3	2.9	0.7
Norway	2013	2.3	0.4	3.7	0.6	4.6	1.0	6.4	1.1
Austria	2008	2.3	0.5	2.5	0.5	3.3	1.0	3.1	0.9
Sweden	2008	2.1	0.1	5.0	0.8	-	-	-	-
Finland	2010	1.8	0.4	2.3	0.8	3.9	1.1	4.3	1.6
Portugal	2012	1.3	0.3	0.5	<0.1	2.3	0.6	0.5	0.1

Differences in year of survey, research design and survey samples hamper an exact comparison between the countries. Percentages: users ever in their life and recently (last year) (van Laar & van Ooyen-Houben, 2016).

## REINVENTING THE WHEEL



## SHORT HISTORY

### 2008-2010

- Trimbos Institute (Netherlands)
- Centre for Public Health Liverpool John Moores University (UK)
- National Institute for Drug Prevention (Hungary)
- VAD (Belgium)
- IREFREA (Spain)

## TARGET

The general objective of the Healthy Nightlife Toolbox is:

*to support the identification of evaluated interventions developed for and implemented in a nightlife setting*

in order to reduce and prevent harm from alcohol and other drugs.

Target group:

professionals involved in creating safer and healthier nightlife settings, esp policy makers and prevention workers.

healthy nightlife toolbox  
tool for creating safer nightlife settings

Interventions Literature Good to know Links About us Search

## Healthy Nightlife Toolbox

# Hntinfo.eu

The Healthy Nightlife Toolbox (HNT) is an international initiative that focuses on the reduction of harm from alcohol and drug use among young people.

Alcohol and drug use are linked to health and safety problems. Commonly this substance use takes place in recreational settings, which makes nightlife to an important setting for prevention measures.

The Healthy Nightlife Toolbox is a website designed for local, regional and national policy makers and prevention workers, to help reduce harm from alcohol and drug use in nightlife settings. The core of the online Toolbox is formed by three databases: evaluated interventions, literature on these interventions, and other literature within the field of nightlife alcohol and drug prevention. The HNT Info sheet summarises the available knowledge on creating a healthy and safe nightlife.

Please note that the content of this website was last updated August 15th, 2016. From January 2017, The EMCDDA will host and maintain a renewed HNT website.

INFO SHEET  
Responding to drug and alcohol use and related problems in nightlife settings

INTERVENTIONS  
Details of evaluated healthy nightlife interventions

LITERATURE  
A searchable database of reviewed academic literature on healthy nightlife interventions

GOOD TO KNOW  
Interesting background information on nightlife issues

## CONTENT OF HNT DATABASE

### Intervention types:

- Training staff and professionals
- Pill-testing
- Education of nightlife users
- Community / multi-component interventions
- Medical and first aid services
- Policing and enforcement
- Legislative measures
- Drink driving interventions
- Other

### Themes:

Drugs, Alcohol, Transport, Sexual Health, Accidents, Violence

### Drugs:

cannabis, ecstasy, cocaine, GHB/GBL, amfetamines, ketamine, NPS  
(new) - (opiates and crack cocaine are left out)

## Interventions

Title	Problem addressed	Country	Year	Quality	Effect
Eclipse Psychedelic Ambulance	 	Germany	1997	★	?
Supporting 'Host Responsibility'	 	New Zealand	2000	★	+
Enforcement against service of alcohol to intoxicated patrons	 	United States	1990	★★★	+
Partywise	   	Belgium	2003	★	+
Road Crew	 	United States	2002	★★★	+
Regional Network of Street Units	   	Italy	2005	★	?
Clubbing without Drugs	 	Lithuania	2005	★	+
Dance Drug Safety Outreach in pubs and clubs in Blackpool (Drugline-Lancashire Ltd)	  	United Kingdom	2000	★★	?

**Filter your search results**

**Intervention type**

- > Education for nightlife users (27)
- > Training staff and professionals (18)
- > Community/multicomponent interventions (13)
- > Policing and enforcement (8)
- > Drink driving interventions (7)
- > Environmental measures (7)
- > Medical and first aid services (7)
- > Pill testing (4)
- > Other interventions (3)
- > Legislative measures (2)

**Problem addressed**

-  Alcohol (42)
-  Drugs (29)
-  Accidents (28)
-  Transport (16)
-  Violence (15)
-  Sexual health (14)

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## THE SELECTION

### New interventions:

- Identified through literature research (in- and outside EU)
- Identified through EU networks: REITOX, EUSPR, HNT-partners

### Quality assessment:

- Interventions: evaluated (process, (cost)-effectiveness) or theory-based)
- Literature: peer-reviewed publication

## RATING INTERVENTIONS (based on GRADE)

Quality rating	Definition	Intervention research
**** High	Further research is very unlikely to change the confidence in the estimate of effect	<ul style="list-style-type: none"> <li>- RCTs with positive evaluation results</li> <li>- Quasi-experimental research and repeated n=1 studies with positive evaluation results (effect, process and cost-efficiency)</li> </ul>
*** Moderate	Further research is likely to have an important impact on the confidence in the estimate of effect and may change the estimate	<ul style="list-style-type: none"> <li>- Quasi-experimental research and repeated n=1 studies with positive effect evaluation results and no or negative process and/ or cost-efficiency evaluation results</li> </ul>
** Low	Further research is very likely to have an important impact on the confidence in the estimate of effect and is likely to change the estimate	<ul style="list-style-type: none"> <li>- Quasi-experimental research and repeated n=1 studies with positive process and/ or cost-efficiency evaluation results but without an effect evaluation being conducted</li> <li>- Observational studies providing useful information for identifying possible associations and with positive process and/ or cost-efficiency evaluation results</li> </ul>
* Very low	Any estimate of effect is uncertain	<ul style="list-style-type: none"> <li>- Observational studies providing useful information for identifying possible associations but no or negative process and/ or cost-efficiency evaluation results</li> </ul>
- Ineffective or negative impact	The intervention is found to have a negative impact or no significant impact at all	<ul style="list-style-type: none"> <li>- All study designs with negative or insignificant effect evaluation results</li> </ul>

### 1. Education for nightlife users

- School programmes, mass media: abstinence, controlled use and delay of onset
- Information for clubbers/peer education: often harm reduction
- Limited evidence and some contraproductive effects (“Know your limit”)
- Brief interventions: growingly inconclusive evidence, some positive effects for alcohol at Emergency Departments.



## 2. Drug testing

- Do users really change behaviour if they are informed about the contents of the drug?
- Opportunity for prevention (BI, MI) and drug monitoring
- Some evidence for protective effects on drug fatalities (Superman pill case 2015)
- → Use user networks, Twitter



### 3. Intoxicated driving interventions

- Campaigns can contribute to maintaining desired behaviour.
- Cueing about results of drunk driving results in lower BAC levels
- Breath testing is important, with better results if ...
  - testing campaigns are presented in the media
  - combined with enforcement strategies
- Interventions aimed at 'self estimating BAC levels': contradictory effects.



#### 4. Environmental strategies

##### Physical environment

- Crowd management
- Cool down/chill-out rooms
- Serving food at venues
- Well displayed house rules
- First aid
- RBS, free water
- Prevent access to minors
- Redesign entertainment area

##### Social environment

- Friendly atmosphere
- No intoxicated patrons
- No intoxicated bartenders
- Parents discussing norms and rules (alcohol and drugs)



## 5. Staff Training

- Widely applied, but inconclusive evidence
- Often backed by industries
- Little effects on its own, but an ingredient in some of the most effective multi component approaches
- Effects increase when:
  - mandatory,
  - management is involved,
  - staff turn over is limited.



## 6. Medical and first aid services

- Can be life saving, if early
- First aid services should be
  - Easily accessible
  - Without security officers present
- Guidelines: e.g. for Emergency departments
- Window of opportunity for follow-up (Brief Intervention)



## 7. Legislative measures

- Main tool: license to sell alcohol
  - Licensing (local, national):
    - No 'drinking all night for one flat fee'
    - No happy hours
    - Minimum drink prices – 'Apple Juice Law'
    - No alcohol to drunks, mandatory staff training,
    - No access for minors
    - Limit licences: reduce density of nightlife venues
  - Non legislative labels: 'Quality Nights'
  - Opening hours: +1 hour: up to +35% violence/injuries

## Options for local regulatory policies

- **England & Wales: interagency cooperation is mandatory**
  - Liverpool: *Citysafe*: policing of pubs, staff training, no street drinking, public awareness campaigns
  - Cardiff: *Tackling Alcohol-related Street Crime (TASC)*: significant drop in cases
- **Scotland: staff serving training mandatory for license**
- **Large effects: decline in violent crimes, sexual crimes, public order offences, hospital admissions** (de Vocht 2016, 2016)
- **Large decision latitude for municipalities in NL**



## 8. Policing and enforcement

- To guarantee compliance:
  - Police visits to high-risk nightlife venues,
  - Age verification checks: no serving to underage drinkers
  - Sanctions (e.g. revoke operating licences) to enforce licensing legislation
- Positive effects diminish if actions are not on a regular basis and/or linked to real deterrents
- Targeted policing (hot spots): more effective

## 9. Community (multi-component) interventions

- Community-based programmes: coordinated interventions through multi-agency partnerships: more effective than single interventions
- Often community mobilisation + staff training + enforcement
- Effective in reducing violence, problem drinking and street accidents
- Critical: leadership, continuity of interventions and funding
- Example: Swedish STAD projects, on alcohol and drugs, show substantial (cost-)effectiveness.

## CONCLUSIONS

- Few research outside the Western world (US, Aus, W-EU)
- Most **research** on alcohol interventions, environmental
- Many **entries** on harm reduction, education, pill testing
- **Most effective**: multi component interventions
- Evidence based interventions do not *seem* to be widely implemented
- Few research to guide policy makers, e.g. balancing harm reduction - preventing normalisation - abstinence

## The search for interventions continues ...

Hosting, updating, promoting: EMCDDA (from Jan. 2017 on)

**How can you help** to keep the HNT up to date?

- By sending the EMCDDA new publications
- Send the short questionnaire on interventions to national partners
- Contact: [hntinfo.eu](mailto:hntinfo.eu) (contribute page)

Promoting the HNT

- Keep an eye on [@HealthyNiteLife](https://twitter.com/HealthyNiteLife) on twitter and retweet
- Use local networks to disseminate the HNT website and the infosheet



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tool for creating safer nightlife settings

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### Keywords

Title	Author(s)	Category	Type	Year
Project ARM: Alcohol Risk Management to prevent sales to underage and intoxicated patrons	Toomey TL, Wagenaar AC, Gehan JP et al.		Journal article	2001
Promoting innovation and excellence to face the rapid diffusion of novel psychoactive substances in the EU: The outcomes of the ReDNet project	Corazza O, Assi S, Simonato P et al.		Journal article	2013
Promotion of responsible drinking in hotels	McLean S, Wood LJ, Montgomery IM et al.		Journal article	1994
Prospective protective effect of parents on peer influences and college alcohol involvement	Fairlie AM, Wood MD, Laird RD		Journal article	2012
Pseudo-drunk-patron evaluation of bar-staff compliance with Western Australian liquor law	Rydon P, Stockwell T, Lang E et al.		Journal article	1996
Raves: A review of the culture, the drugs and the prevention of harm	Weir E.		Journal article	2000
Recent developments in overall alcohol consumption and high risk drinking: a case for effective population level interventions in Canada	Giesbrecht N		Journal article	2008

### Filter your search results

**Problem addressed**

- Alcohol (166)
- Violence (65)
- Drugs (62)
- Accidents (59)
- Transport (34)
- Sexual health (11)

## Literature

1/2

**healthy nightlife**  
tools for creating safer nights

Literature Good to know Links

**HNT**  
@HealthyNiteLife

The Healthy Nightlife Toolbox provides tools and evidence-based interventions for the reduction of harm from alcohol and drug use among young people

Lisbon, Portugal

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**Gregor Burkhart** @GregorBurkhart · 14 Dec 2016  
Don't miss the opportunity to be there

**ClubHealthDublin2017** @ClubHconference  
Submitting an abstract? If so, you have one month to go! [lv/ORB3R06SA0t](#)

**@HealthyNiteLife**



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Ministerie van Volksgezondheid,  
Welzijn en Sport

# Thank you

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