

## EUPREVENT SOCIAL NORMS APPROACH PROJECT

### Results Euroregional Health Survey (EHS)

Target Group: Young people (12–26 years)



# Results Euroregional Health Survey (EHS)

## Contact & Colophon

This document contains the results of the Euroregional Health Survey (EHS) performed between September 2019 and January 2020 as part of the euPrevent Social Norms Approach Project

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# 1. Introduction

September 2018 saw the start of a 3-year project, the euPrevent Social Norms Approach (euPrevent SNA), a collaboration between 11 partners from the Euroregion Meuse-Rhine (EMR) and West Eifel (DE). The aim of the euPrevent SNA project is to strengthen the already existing quality prevention initiatives by using a new and growing ideology, "the Social Norms Approach", an ideology that has already proven its worth with some health problems and some target groups.

For many years, prevention workers/health promoters within the Euroregion Meuse-Rhine have been working on ways to delay and/or reduce the (ab)use of substances and unhealthy behaviours. For several years they have been using the most effective principles and methodologies. Many of these methods have demonstrated their value. However, it is essential that we look for different ways to complement our arsenal of possibilities.

Currently, defensive interventions are often used (rules, legislation, controls – such as those on alcohol and traffic) in association with structural measures (pricing policy, advertising regulations, etc.). These powers involving defensive and structural interventions belong mainly to legislators and supervisory bodies under the direction of the government; they are an indispensable element of prevention. Within the framework of these prevention approaches, prevention workers have no more than an advisory function.

However, the main mission and expertise of prevention workers lies in the field of offensive person-centred interventions: working alongside people, to give them more opportunities to live a healthy life! This can be achieved by raising awareness, informing, offering behavioural alternatives, early intervention and possible remediation. All these interventions use a mix of arguments that are all useful and valid, and which contribute to a healthier society or to slowing down negative developments. This takes time, a lot of time (cf. the change in attitude towards smoking from one generation to the next) and requires from prevention professionals that they renew and enrich their interventions. After all, the world does not come to a halt; the (negative) influence of advertising and social media continues, and defensive measures fail because control mechanisms prove unfeasible.

## Social norms approach

According to Boot et al. (2012), the basis of social norm theory is that an individual's behaviour and attitudes are influenced by their perception of the attitudes and behaviour of their peers, i.e. the perception of norms. Helmer et al. (2014) differentiate social norms into two types: descriptive social norms which refer to an individual's perception of the amount and frequency of peers' consumption of a substance; and injunctive social norms, which are based on an individual's perception of peer approval of (use of) this substance.

Those perceptions are frequently erroneous, as individuals tend to overestimate peers' engagement in and approval of unhealthy behaviours and underestimate peers' engagement in and approval of healthy and protective behaviours, compared to their own (Dempsey et al., 2019). For instance, individuals are more likely to overestimate their peers' consumption of alcohol, cannabis and tobacco (Stock et al, 2014; McAlaney et al., 2015; Piske et al., 2015) and to underestimate their peers' consumption of fruits and vegetables (Lally et al., 2011) or use of sun protection (Reid & Aiken, 2013), compared to their own.

Misperception of these social norms may then misguide individuals into thinking those attitudes and behaviours are socially desirable, which in turn may lead them to adopt these behaviours and attitudes in a desire to conform with what is perceived as being the social norm of their group (Dempsey et al., 2019). This wish to conform to their group's social norms is enhanced because individuals strongly identify with other members of the social group to which they belong.

The aim of the Social Norms Approach is thus to correct these misperceptions by giving feedback and information about actual reported norms (Perkins, 1997, 2003; McAlaney et al., 2011). The SNA message emphasises positive and protective behaviours and attitudes that the target group is actually engaging in, with the aim of convincing others to make healthier choices, by following these more positive social norms emanating from the social group to which they belong (Perkins, 2003).

To be effective, the message using SNA must be perceived by members of the target group as relevant and related to the norms of their group. To achieve this, the data must come from the target group (Dempsey et al., 2019). As Dempsey and colleagues clearly state, SNA messages "should be presented as coming from the wider social group associated with the target population, and not be perceived to come from an authority figure, to avoid changes in behaviour and attitude due to obedience pressure or fear" (Dempsey et al., 2019, p. 3).

In short, SNA is based on: (a) behaviours and attitudes are influenced by how norms are perceived and interpreted, (b) people frequently misperceive those norms (either overestimating or underestimating them), (c) these misperceived norms then increase unhealthy and decrease healthy choices and, (d) the need to develop actions promoting more protective and positive behaviours in order to rectify these erroneous perceptions (Perkins et al, 2003, Dempsey et al., 2019).

SNA-based interventions have yielded positive results in reducing drinking behaviour (Neighbors et al., 2009, 2010) and in reducing perceived peers' drinking-related norms (Neighbors et al., 2010; Lewis et al, 2014), and also in reducing cannabis use (Lee et al., 2013). These results come mainly from the US, especially from the American college system. With the exception of one study conducted in England (Bewick, Trusler, Mulhern, Barkham, & Hill, 2008), evidence of effective SNA intervention in Europe is scarce, with studies rarely implementing SNA intervention.

A large European study, the Norms Intervention for the prevention of Polydrug use (SNiPE), conducted in six European countries and Turkey, examined the feasibility of SNA intervention within a European cultural context, which differs from that of the USA. The results of this large study showed evidence of respondents' overestimation of peers' norms, compared to their own, in relation to alcohol (McAlaney et al., 2015), tobacco (Pischke et al., 2015), non-medical stimulants (Helmer et al., 2016) and cannabis (Dempsey et al., 2016). As the overestimation of peers' use has been proven to be present in Europe too, the next step is to implement actual SNA actions. It is in this context that the EMR project, the euPrevent SNA, is taking place.

### The present research: euPrevent SNA – Euroregional Health Survey (EHS)

The problematic consumption of addictive substances acts as a considerable impediment to functioning in society and to social integration, and affects the quality of life of people living in the EMR. Addiction is, however, only a small part of the problem, as the health gains of reduced consumption of alcohol, cannabis and medicine are much broader. The main target group is people living in the EMR, specifically young people aged 12 to 26 years old and people aged 55+, since they make up half of the EMR population. This report focusses on the results for young people aged 12-26 years old; the results for senior citizens (55+) are presented in a separate report.

The euPrevent SNA project is the result of a partnership that has existed for 15 years. In 2014, discussions started about how useful the innovative social norms approach (SNA) could be in the EMR. It was clear at the time that current prevention activities, their existing content and the substance of the message often did not stroke with the perceptions and expectations of the target groups.

The partners involved in the project aim to use their experience and the SNA method to tackle the above-described challenge. The euPrevent SNA project aims to encourage young people in the EMR to make responsible use of alcohol, cannabis and gaming. It does this based on the survey findings that not everyone uses alcohol and cannabis and games excessively. The majority of young people of a similar age make healthy choices and rarely make excessive use of alcohol, cannabis or gaming.

To ensure that one of the essential conditions for the implementation of a quality SNA was indeed met in our population, i.e. the misperception of descriptive and injunctive norms, a large 'Euroregional Health Survey' was carried out in the Euroregion Meuse-Rhine and West-Eifel.



## 2. Method: Euroregional Health Survey

A large part of the 'Social Norms Approach' consists of gathering information on the attitudes and behaviour of the target group. Therefore, we conducted a quantitative cross-sectional study. This was necessary to ensure that the SNA method can be used for the target population. To this end, a standardised and structured questionnaire was developed and disseminated online in order to see whether the target group is indeed guilty of overestimation or underestimation. It aims to quantify attitudes and behaviours. The 'Euroregional Health Survey' (EHS) was carried out in the Euroregion Meuse-Rhine and West-Eifel. The information gleaned from the EHS forms the basis for the prevention campaign and for developing positive messages for the target group.

### Study population

The population of interest is comprised of young people aged 12–26 years living in the Euroregion Meuse-Rhine or West-Eifel. More specifically, those living in: South Limburg (NL), the Province of Limburg (BE), the Province of Liège, the French-speaking part (BE), the Province of Liège, Ostbelgien (BE), Städteregion Aachen (DE), Kreis Heinsberg (DE), Kreis Euskirchen (DE) and Landkreis Bitburg-Prüm (DE). People with visual or cognitive impairments were not included in this study.

### Survey

Themes that were incorporated into the questionnaire were: background information on the respondents (demographics), identification (the more an individual identifies with a given group, the greater the likelihood that he or she will submit to the social norms of that group), alcohol, cannabis and gaming. The questionnaire was drawn up by the various project partners and is based on the questionnaire used by the SNIPE project team for questions relating to social norms, but also on validated questions used in the "euPrevent Young People Euroregional Scan (YES)" project for questions on consumption. The questions were tested and checked with members of the Advisory Board. The full questionnaire can be found in [Appendix 1](#).

The questionnaire was made up of multiple themes and modality questions:

- Questions of Demographics
  - Postal code
  - Year of birth
  - Gender
  - Level of education
  - Working situation
  - Living together with



- Questions about identification
  - Identifying themselves with peers
  - Feeling strongly connected with peers
- Questions on actual behaviour/consumption:
  - Expenditure on alcohol, cannabis and gaming
  - Alcohol use
  - Reasons for not drinking
  - Drinking on weekdays and at weekends
  - Number of drinks on a single occasion
  - Ever having been drunk
  - Experience of drinking alcohol
  - Cannabis use
  - Number of joints
  - Experience of cannabis use
  - Gaming
  - Sort of games
  - Amount of gaming on weekdays and at weekends
  - Experience of gaming
- Questions about personal approval:
  - Opinion about alcohol
  - Opinion about people who are drunk
  - Opinion about cannabis
  - Opinion about people who use cannabis and are under the influence
  - Opinion about gaming
  - Opinion about people who game so much that their daily life is impaired
- Questions about descriptive social norms:
  - How often peers use alcohol
  - How often peers drink per day
  - How often peers have been drunk
  - How often peers use cannabis
  - How many joints do peers smoke
  - How often do peers participate in gaming
  - How long do peers participate in gaming
- Questions about injunctive social norms:
  - What do peers think about alcohol
  - What do peers think about people who are drunk
  - What do peers think about cannabis
  - What do peers think about people who use cannabis and are under the influence
  - What do peers think about gaming
  - What do peers think about people who game so much that their daily life is impaired

The questionnaire was translated into the languages of the regions and is therefore available in Dutch/Flemish, German, French and also in English. The questionnaires were all the same in the different languages, except a distinction was made between the school types and work status options per country. This led to 5 versions of the questionnaire.

## Sampling Method

The sample for this survey was drawn using a non-probability sampling method known as "snowball sampling", which allows a sample to be selected on the basis of a few distribution criteria in such a way that it constitutes a "good picture" of the population studied. A sample size calculation was made based on demographic information about the number of citizens. This is a practical, quick and economical method. With this method, the researcher asks the survey participant to share the survey in some way with others who meet the study criteria. These people then do the same, so that the sample grows naturally. This is inexpensive and sometimes reaches people whose characteristics make them difficult to find.

The target group in the Euroregion Meuse Rhine and West-Eifel was approached by: spreading flyers; sharing posters and links to the questionnaire on social media (groups); sharing the link in professional networks; sharing the link with Advisory Board members; advertising on social media and in local newspapers; approaching schools, high schools and universities to share the questionnaire among their students; approaching organisations specifically working with young people and underprivileged young people and visiting several events where scholars and students could fill in the questionnaire directly on an iPad. Furthermore, when approaching these primary targets, we also asked them to spread the link as much as possible among their own network, and to share it further.

## Data collection

The 'Euroregional Health Survey' was carried out online between September 2019 and January 2020. We developed an online tool for the questionnaire which could be opened on the website [www.healthsurvey.eu](http://www.healthsurvey.eu). Upon accessing the website, people could choose their region. This meant they received the questionnaire in their own language and with the right reply categories for level of education and work status. The questionnaire was fully anonymous and the GDPR rules were respected.

Potential biases of this study are :

- Sampling bias: some young people may not have internet access and would not have been able to complete the questionnaire. However, in order to overcome this first bias,

participants were offered the possibility of completing the questionnaire by using a digital tablet (with or without the help of a project partner).

- Social desirability bias: respondents may wish to give a better image of themselves regarding questions about their personal consumption. Although this may have been the case for participants who completed their questionnaire in the presence of a project partner, the fact that the questionnaire was online and anonymous may have helped overcome this bias.

## Analysis

The quality of the dataset was first checked using Excel software. The dataset was then analysed using the statistical program SPSS. First we cleaned up the dataset by filtering out the target group as living in specific regions of the EMR and West-Eifel, and according to year of birth, retaining only participants aged 12–26 years in the dataset. The data was then analysed using frequencies, custom tables and ONE-WAY ANOVA analysis.

The results are available at the level of the total project population and at a regional level. Regions are divided into: South-Limburg (NL), Province of Limburg (BE), the Province of Liège, including Ostbelgien (BE) and the German regions (Aachen, Heinsberg, Euskirchen, Bitburg-Prüm). Furthermore, analyses were presented per gender, age group, level of identification, working situation, living situation and vulnerable individuals. The age groups were divided into: 12–14, 14–16, 16–18, 18–20 and 20–26 years. UNESCO's International Standard Classification of Education (ISCED 2011) was used for determining the level of education, as low/medium/high, for the various countries.

- Lower secondary education: VMBO, TSO, BSO, BUSO, Hauptschule, Realschule, Technischer Unterricht, Beruflicher Unterricht, Technische Qualifikation, Secondaire technique (de transition ou de qualification).
- Higher secondary education: HAVO, VWO (atheneum/gymnasium), ASO, KSO, Gymnasium, Gesamtschule, Allgemeinbildener Unterricht, Secondaire general, Secondaire professionnel.
- Intermediate Education: MBO, Part-time education/Enseignement à temps partiel/en alternance, Berufsschule, Berufsausbildung, Integrativer Unterricht, Teilzeit.
- Higher Education: HBO, Bachelier, Fachhochschule, Technische Hochschule.
- University: Universiteit, Master (type long), Master universitaire, Universität.

Additionally, we looked into risk groups within the target group. These risk groups were defined by using (standardized) norms for drinking, cannabis use and risk of problematic gaming.

The alcohol risk group is defined as:

- a person younger than 16 year who sometimes drinks alcohol;
- a young person aged between 16 and 18 years old who has been drinking multiple glasses once a week or has drunk multiple days a week in the past month;
- a young person aged 18 years or older who is an excessive drinker (standardized norm of more than 21 (male) or 14 (female) glasses per week);
- a young person aged 18 years or older who is a heavy drinker (standardized norm of at least once a week 6 (male) or 4 (female) glasses or more on one day).

The cannabis risk group is defined as:

- a person younger than 18 years who has used cannabis at least once a week in the past month;
- a young person aged 18 years or older who used cannabis multiple times a week in the past month.

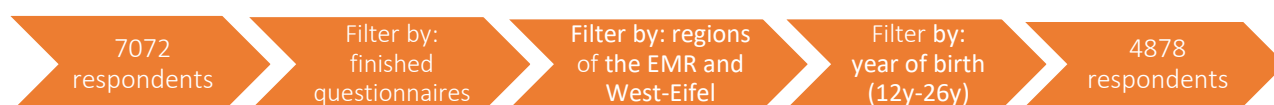
The gaming risk group is defined by a standardized set of questions which calculates a risk score for problematic gaming. These questions are:

- How often do you find it hard to quit gaming?
- How often do others (e.g. parents or friends) tell you that you should spend less time on gaming?
- How often would you rather be gaming than spending time in real life with others (e.g. friends or parents)?
- How often do you feel restless, stressed or irritated when you can't play?
- How often do you rush through your homework in order to start gaming?
- How often do you play because you feel bad?
- How often do you fall asleep due to gaming?

The ANOVA analysis gave insight into what the respondent does on average and what he/she thinks others do on average, i.e. what they feel is the 'social norm'? The answers to questions relating to the descriptive norm were compared with the answers to the questions relating to personal consumption in order to determine whether the descriptive social norm has indeed been overestimated or underestimated. Similarly, the answers to questions relating to the injunctive norm were compared with the answers to questions relating to personal approval, in order to determine whether the injunctive social norm has been overestimated or underestimated. A negative 'mean of difference' indicates overestimation. A positive 'mean of difference' indicates underestimation. The ONE-WAY ANOVA analysis determined which differences were significant (P value of 0.05 or lower). These statistical findings about overestimation or underestimation form the outline for further development of the SNA approach and campaign.

### 3. Results

In total 7072 youth questionnaires were completed on the website. First the dataset was cleaned up to retain only the results of the target group. Unfinished questionnaires were excluded. Furthermore, the dataset was specified further by filtering out the postal codes of the EMR regions South-Limburg (NL), Province of Limburg (BE), Province of Liège (BE), Ostbelgien (BE), Kreis Aachen (DE), Kreis Heinsberg (DE), Kreis Euskirchen (DE) and the West Eifel region: Eifelkreis Bitburg-Prüm (DE). Moreover, the data was specified further by filtering out the target group according to year of birth, retaining only respondents aged 12 to 26 years in the dataset. This led to a total of 4878 respondents.



The first results are about background variables of respondents to the Euroregional Health Survey. Furthermore, the results per theme (alcohol, cannabis and gaming) are shown.

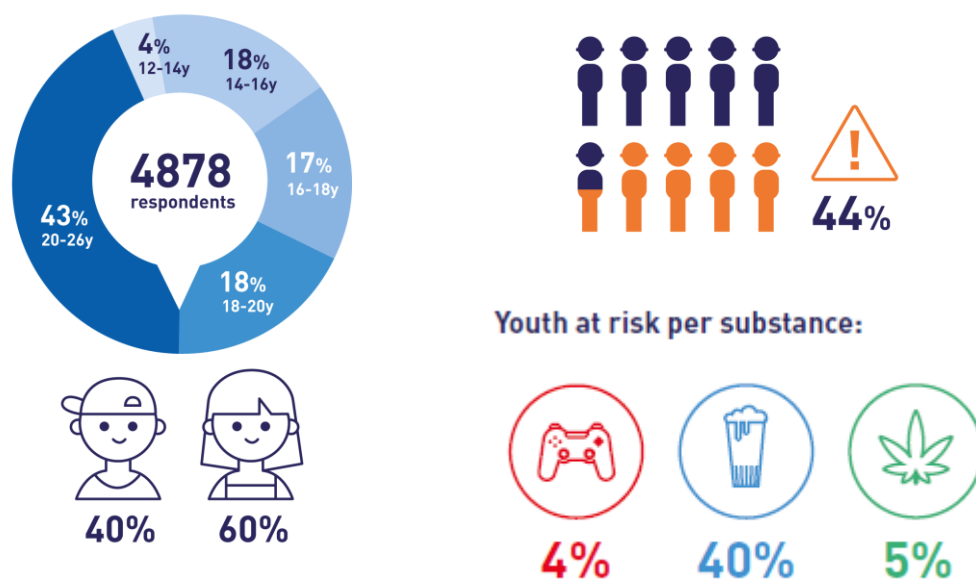
**Table 1: Background of the respondents (N = 4878).**

Region	South-Limburg (NL)	6.2%
	Province of Limburg (BE)	17.0%
	Province of Liège (BE)	37.8%
	Ostbelgien (BE)	8.7%
	Aachen (DE)	1.6%
	Euskirchen (DE)	2.6%
	Heinsberg (DE)	23.3%
	Bitburg-Prüm (DE)	2.7%
Age group	12-14y	3.7%
	14-16y	17.5%
	16-18y	17.4%
	18-20y	18.0%
	20-26y	43.3%
Gender	Male	39.2%
	Female	58.7%
	Other	0.6%
	Don't want to answer	1.5%
Level of education	Lower secondary education	13.3%
	Higher secondary education	33.1%
	Intermediate Education	4.4%
	Higher Education	22.8%
	University	16.6%
Working situation	Part-time	1.0%
	Fulltime	5.4%
	Unemployed/Job-seeking	0.7%
	Incapacitated/Social assistance	0.1%
	Housewife/Househusband	0.1%
Underprivileged	Is underprivileged	0.8% <sup>1</sup>
Identification	Identification score	4.1
Riskgroup	Total riskgroup	44.0%
	Alcohol riskgroup	40.0%
	Cannabis riskgroup	5.0%
	Gaming riskgroup	4.0%

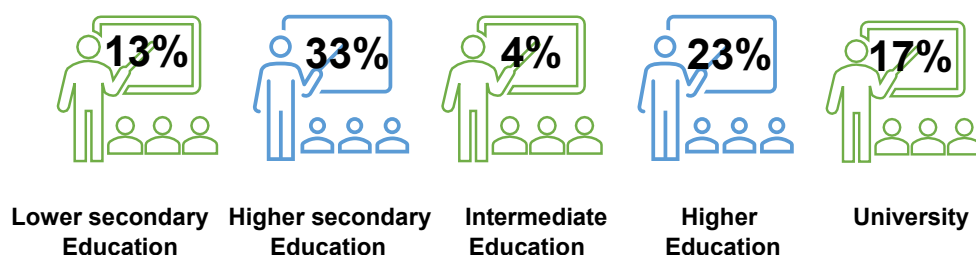
<sup>1</sup> Low percentage due to:

- The fact that the questionnaire was not feasible to measure it correctly
- Possible sample bias (not reached the underprivileged group with the survey)

Figure 1: Background of respondents to the EHS Young People (N=4878)



**92% of young people attend school or is in education**



**6% of young people work; most work fulltime.**

## Living

- Together with their parents: **82%**
- Together with their partner: **10%**
- Together with their peers: **6%**
- Together with their kids: **1%**
- Alone: **5%**

**4 out of 6**  
identification score



### 3.1 Backgrounds of respondents and regional differences

In several regions the number of respondents was higher than in others. Mostly this is due to the fact that these regions are larger. However, because we used not a predetermined sample but a snowball sampling method by spreading the survey randomly among the target group, it was sometimes hard to reach the desired sample size in a region. The partners put a lot of effort into reaching the target group in all regions. Overall there is good coverage for the whole project area.

Most participants live in the Province of Liège, followed by the German regions, the Province of Limburg and South-Limburg (see table 1). Most of the respondents were female, in the age group 20 to 26 years and in higher education/university. Most respondents live with their parents. 6% works and only 1% of participants are underprivileged. In this research, the latter is based on their working situation: unemployed, job-seeking, incapacitated or social assistance. In a separate report we will look further into underprivileged young people and how to reach them with the SNA method. When considering individuals between 12 and 26 years old, these are defined as underprivileged, according to the European Commission (2019a), when they live in precarious families, have disabilities or belong to a minority group (i.e. refugees, migrants, etc.). According to the European Commission, individuals in the last-mentioned categories experience barriers to accessing health care, education, housing and to accessing high-quality, affordable, early education and care, which inevitably impacts the health and well-being of children. Broadly speaking, 3 factors contribute to determining the underprivileged category, namely: life course, system and society (Marmot, Allen, Bell, Bloomer, & Goldblatt, 2012).

The average age of the participants was 19 years. There is a an overall coverage of all age groups, except that the number of respondents in the group of 12-14 years is very low. In Liège, in particular, a large proportion of the participants were aged 20 years or older. In the Province of Liège and South-Limburg, the distribution between male and female was not equally divided. 1/3 were male and 2/3 female. In the Province of Limburg (BE) and the German regions, the spread is more or less fifty-fifty. As for level of education, more participants attend secondary education in the Province of Limburg and in the German regions, while in South-Limburg and the Province of Liège more participants follow higher education or study at a university. This is in accordance with the results we found in the various age groups. Only a small proportion of the participants works. In South-Limburg this share is twice as big as in the other regions.

On the matter of identification with their peers, the average identification score was 4. Two questions were used to measure the level of identification: asking to what extent the respondents identify with their peers and how strongly connected they feel to their peers, on a scale from 1 (not at all) to 6 (totally). The results show that this score is higher in South-Limburg and in the Province of Limburg, but lower in the German regions.

### 3.1.1. Risk groups

Risk groups were determined in order to establish how many young people could develop problematic behaviour in drinking alcohol, using cannabis or playing games.

Of the young people, 44% of the respondents are part of the total risk group (alcohol, cannabis and gaming). 40% of the participants are in the alcohol risk group. 5% of the participants are in the cannabis risk group. And 4% of the participants are in the gaming risk group.

Although SNA focusses on the general public, it is important to bear in mind that 44% of young people may be at risk of developing unhealthy behaviour in respect of alcohol use, cannabis use or problematic gaming.

See [Appendix 2](#) for all background statistics in the tables.

## 3.2 Alcohol

The statistics and tables for the results on alcohol use can be found in [Appendix 3](#).

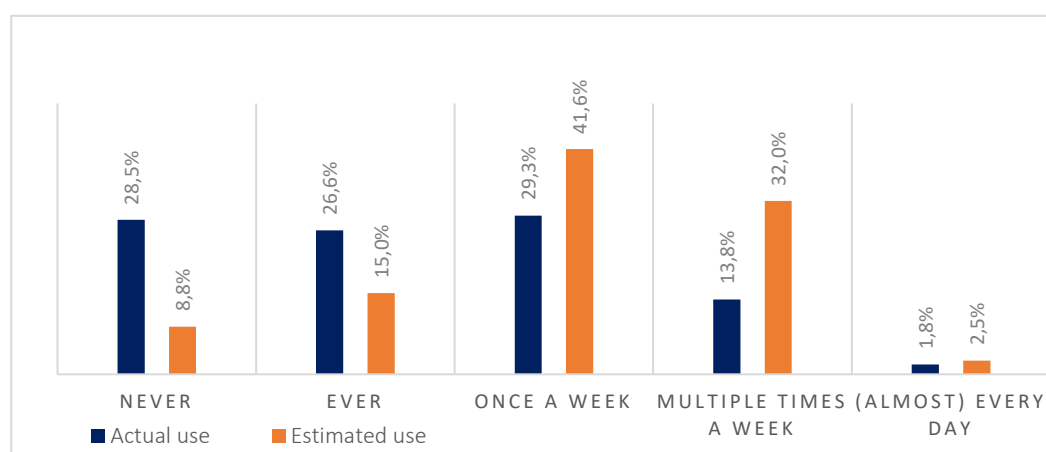
### 3.2.1. Alcohol use

Alcohol use was measured by asking the question: “Do you ever drink alcohol (beer, wine, cocktails, etc.)?”. The reply categories were: I never drink alcohol; Ever, but not in the last month; Once a week in the last month; Multiple times a week in the last month; (Almost) every day in the last month.

As can be seen from figure 2, more than half of the participants have never drunk alcohol in their life or sometimes drink alcohol but not in the last month. 29% drank once a week in the last month. In total about 16% drank multiple times a week (14%) or (almost) every day (2%) in the last month.

Half of the participants have never drunk alcohol or sometimes drink alcohol but not in the last month. This category is smaller in South-Limburg and the Provinces of Liège and Limburg, and in the German regions this category of non-drinkers is larger (see appendix 3 ). 29% drank once a week in the last month. This percentage is lower in the German regions (21%) and higher in South-Limburg (37%) and the Province of Liège (34%). In total about 16% drank multiple times a week (14%) or (almost) every day (2%) in the last month. This is highest in the Province of Liège (21%), followed by the Province of Limburg (12%) and South-Limburg and the German regions (both 10%).

**Figure 2: Frequency of actual and estimated alcohol use by peers (in the last month).**



By asking the question “How often do you think most of your peers drink alcohol?”, we established what they feel is the ‘social norm’. The reply categories were: Never; Ever, but not in the last month; Once a week in the last month; Multiple times a week in the last month; (Almost) every day in the last month.

24% of the participants estimate that their peers have never drunk alcohol in their life or has ever drink alcohol, but not in the last month (see figure 2). They estimated that 42% drank once a week in the last month. Moreover, that 35% drank multiple times a week or (almost) every day in the last month.

In general the use of alcohol by peers is overestimated compared to actual use. The ANOVA analysis showed that these differences between the regions, genders and levels of education are not significant. There are significant differences between the age groups. The youngest age group (12-14) overestimates less than the next age group (14-26). The age group 16-18 overestimates most (see table 2). The risk group overestimates to a greater extent than the non-risk group (see table 3).

**Table 2: Frequency of actual and estimated alcohol use by peers (in the last month), per age group.**

		Never	Ever	Once a week	Multiple times a week	(Almost) every day
Total	Actual use	28.5%	26.6%	29.3%	13.8%	1.8%
	Estimated use	8.8%	15%	41.6%	32%	2.5%
12y-14y	Actual use	93.4%	6.0%	0.5%	0.0%	0.0%
	Estimated use	64.1%	30.4%	3.9%	1.7%	0.0%
14y-16y	Actual use	70.3%	21.9%	4.8%	2.0%	1.1%
	Estimated use	30.1%	42.9%	18.8%	6.3%	1.9%
16y-18y	Actual use	27.9%	35.9%	26.8%	8.2%	1.2%
	Estimated use	4.1%	20.0%	50.4%	21.3%	4.1%
18y-20y	Actual use	16.4%	30.1%	37.9%	13.9%	1.7%
	Estimated use	1.6%	7.0%	52.9%	35.6%	3.0%
20y-26y	Actual use	11.3%	25.1%	39.1%	22.1%	2.5%
	Estimated use	0.3%	3.7%	45.9%	47.8%	2.2%

**Table 3: Frequency of actual and estimated alcohol use by peers (in the last month), per alcohol risk group.**

		Never	Ever	Once a week	Multiple times a week	(Almost) every day
Total	Actual use	28.5%	26.6%	29.3%	13.8%	1.8%
	Estimated use	8.8%	15%	41.6%	32%	2.5%
Risk group Alcohol	Actual use	0.0%	10.1%	54.5%	31.3%	4.1%
	Estimated use	1.3%	8.6%	48.8%	37.6%	3.8%
Non-risk group	Actual use	47.8%	37.8%	12.2%	2.0%	0.2%
	Estimated use	13.9%	19.3%	36.8%	28.3%	1.7%

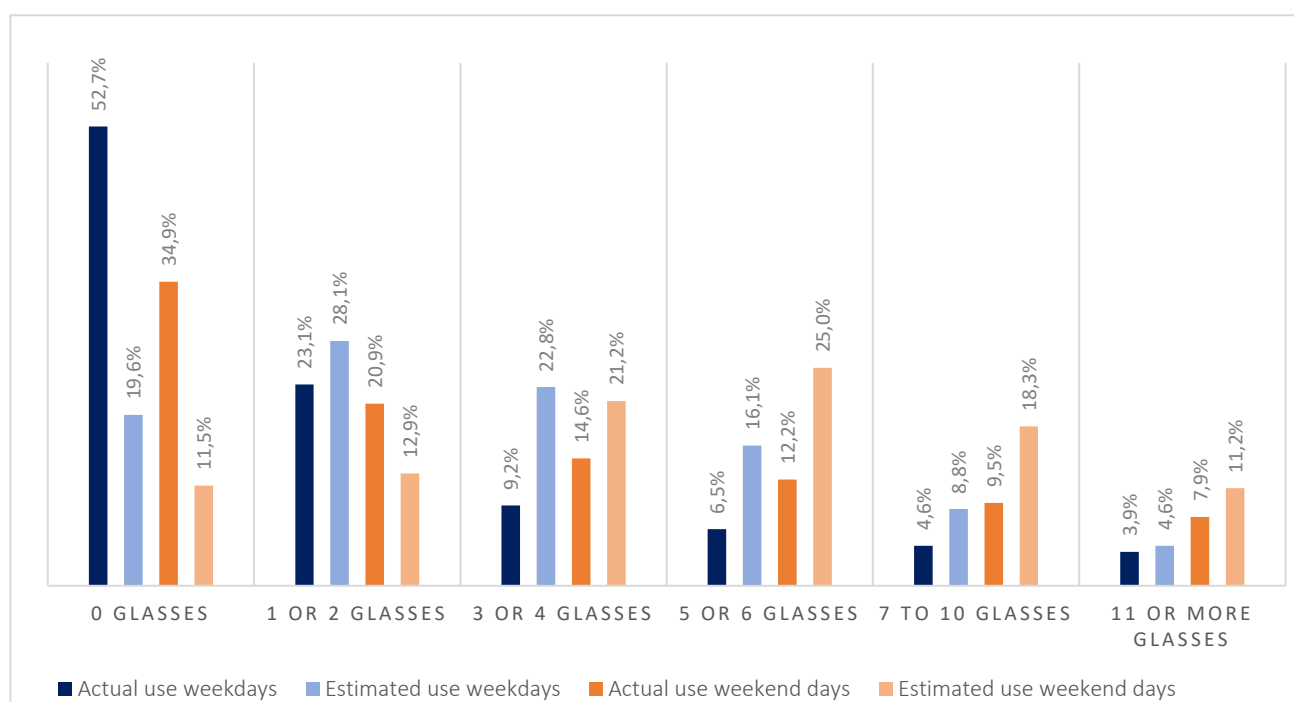
### 3.2.2. Glasses of alcohol on weekdays and weekend days

The number of drinks was measured by a matrix question: “How many drinks/glasses do you drink on average on a day that you drink alcohol?”. The question was divided into: weekdays (Monday–Thursday) and weekend days (Friday–Sunday). The reply categories per weekday and weekend day were: 0 glasses, 1 or 2 glasses, 3 or 4 glasses, 5 or 6 glasses, 7 to 10 glasses, 11 or more glasses.

As can be seen from figure 3, 53% drink zero glasses on weekdays (Monday–Thursday) and 23% drink 1 to 2 glasses on weekdays. 4% drink 11 or more glasses on weekdays. In the weekend (Friday–Sunday) 35% drink zero glasses and 21% drink 1 to 2 glasses (see figure 3 and table 5). A quarter of the young people drink 3 to 6 glasses and 8% drink more than 11 glasses.

This means that, on average, young people drink 5 glasses per week. More than half of the young people in Liège drink during weekdays. In Germany more young people do not drink (38%). However, on average, young people who do drink in Germany, drink more glasses.

**Figure 3: Frequency of actual and estimated glasses of alcohol consumed by peers on weekdays (blue) and weekend days (orange).**



By asking the question “How many drinks do you think most of your peers normally drink on a day that they drink alcohol?”, we established what they feel is the ‘social norm’. This question was divided into: weekdays (Monday–Thursday) and weekend days (Friday–Sunday). The reply categories were: 0 glasses, 1 or 2 glasses, 3 or 4 glasses, 5 or 6 glasses, 7 to 10 glasses, 11 or more glasses.

The participants estimated that 28% drink 1 to 2 glasses during weekdays and 13% during weekend days. They estimated a much higher number of drinks on weekend days.

In general, the number of drinks consumed on weekdays is overestimated. These differences are statistically significant between the regions. South-Limburg overestimates to a greater extent compared to all the other regions. Females overestimate to a greater extent compared to males. The older age groups (16-20) overestimate more compared to the younger age groups (12-16). Medium and higher education differ significantly from the other levels of education and overestimate the number of drinks to a greater extent. The non-risk group significantly overestimates more than the general risk group and the alcohol risk group.

In general, the number of drinks consumed on weekend days is overestimated. The differences are statistically significant between the regions. The Province of Liège and South-Limburg overestimate to a greater extent compared to the other regions. No significant differences between male and female has been found. The older age groups (16-20) overestimate more compared to the younger age groups (12-16). Higher education overestimates to a greater extent. The non-risk group significantly overestimates more than the general risk group and the alcohol risk group.

**Table 4: Frequency of actual and estimated glasses of alcohol consumed by peers on weekdays (in the last month), per age group.**

		0 glasses	1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
Total	Actual use	52.7%	23.1%	9.2%	6.5%	4.6%	3.9%
	Estimated use	19.6%	28.1%	22.8%	16.1%	8.8%	4.6%
12y-14y	Actual use	97.3%	2.7%	0.0%	0.0%	0.0%	0.0%
	Estimated use	82.4%	14.3%	1.6%	1.6%	0.0%	0.0%
14y-16y	Actual use	84.7%	9.0%	1.8%	2.0%	0.7%	1.9%
	Estimated use	51.2%	32.1%	8.7%	3.30%	1.8%	2.9%
16y-18y	Actual use	57.1%	16.0%	8.8%	6.5%	4.7%	6.9%
	Estimated use	22.0%	21.4%	19.4%	18.3%	10.3%	8.6%
18y-20y	Actual use	47.3%	20.8%	11.6%	8.4%	6.2%	5.7%
	Estimated use	10.8%	25.2%	26.2%	19.7%	11.3%	6.7%
20y-26y	Actual use	36.4%	34.4%	12.3%	8.0%	5.9%	3.1%
	Estimated use	4.1%	31.5%	30.2%	20.2%	10.7%	3.3%

**Table 5: Frequency of actual and estimated glasses of alcohol consumed by peers on weekend days (in the last month), per age group.**

		0 glasses	1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
Total	Actual use	34.9%	20.9%	14.6%	12.2%	9.5%	7.9%
	Estimated use	11.5%	12.9%	21.2%	25.0%	18.3%	11.2%
12y-14y	Actual use	97.2%	2.0%	0.0%	0.0%	0.0%	0.0%
	Estimated use	73.6%	20.9%	2.7%	1.6%	0.5%	0.5%
14y-16y	Actual use	80.3%	10.2%	2.8%	2.5%	1.9%	2.3%
	Estimated use	39.1%	32.5%	13.3%	6.8%	3.6%	4.6%
16y-18y	Actual use	34.9%	17.8%	14.0%	12.8%	9.8%	10.7%
	Estimated use	6.8%	14.4%	21.4%	24.6%	17.2%	15.6%
18y-20y	Actual use	22.5%	18.6%	16.0%	16.6%	14.1%	12.9%
	Estimated use	2.5%	6.2%	19.8%	28.5%	25.8%	17.2%
20y-26y	Actual use	16.3%	29.0%	20.4%	15.0%	22.9%	7.7%
	Estimated use	0.6%	6.4%	26.5%	33.0%	23.0%	10.5%

**Table 6: Frequency of actual and estimated glasses of alcohol consumed on weekdays (in the last month), per risk group.**

		0 glasses	1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
Total	Actual use	52.7%	23.1%	9.2%	6.5%	4.6%	3.9%
	Estimated use	19.6%	28.1%	22.8%	16.1%	8.8%	4.6%
Alcohol risk group	Actual use	26.6%	29.7%	13.8%	12.4%	9.1%	8.5%
	Estimated use	10.5%	28.2%	23.2%	18.6%	12.3%	7.1%
Non-risk group	Actual use	70.3%	18.7%	6.2%	2.5%	1.5%	0.8%
	Estimated use	25.7%	28.0%	22.5%	14.5%	6.4%	3.0%

**Table 7: Frequency of actual and estimated glasses of alcohol consumed on weekend days (in the last month), per risk group.**

		0 glasses	1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
Total	Actual use	34.9%	20.9%	14.6%	12.2%	9.5%	7.9%
	Estimated use	11.5%	12.9%	21.2%	25.0%	18.3%	11.2%
Alcohol risk group	Actual use	7.1%	16.5%	18.4%	21.3%	19.3%	17.4%
	Estimated use	3.0%	9.6%	19.4%	27.7%	24.6%	15.7%
Non-Risk group	Actual use	53.7%	23.8%	12.1%	6.0%	2.8%	1.5%
	Estimated use	17.2%	15.1%	22.4%	23.1%	14.0%	8.2%



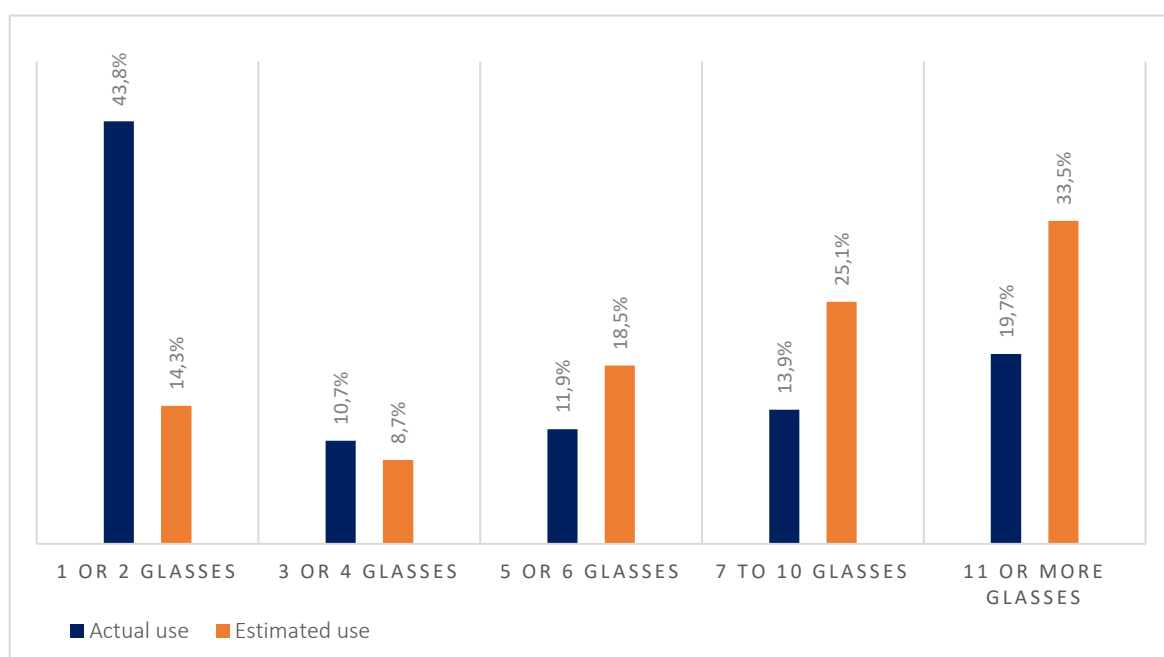
### 3.2.3. Most drinks on a single occasion

The most drinks on a single occasion was measured by asking the question: “What is the largest number of alcoholic drinks you have drunk on a single occasion in the last month?”. The reply categories were: 1 or 2 glasses, 3 or 4 glasses, 5 or 6 glasses, 7 to 10 glasses, 11 or more glasses.

As can be seen in figure 4 and table 8, 44% drank 1 or 2 glasses on a single occasion and 2 out of 5 respondents drank 11 glasses or more on a single occasion. In Liège the largest number of people (23%) drink 11 or more glasses, followed by German regions (19%), Province of Limburg (15%) and South-Limburg (13%).

By asking the question “What is the largest number of alcoholic drinks that most of your peers have drunk on one occasion in the last month?”, we established what they feel is the ‘social norm’. The reply categories were: 1 or 2 glasses, 3 or 4 glasses, 5 or 6 glasses, 7 to 10 glasses, 11 or more glasses.

**Figure 4: Frequency and estimated frequency with which peers consume the largest number of drinks on a single occasion in the last month.**



On average, the respondents overestimate the frequency with which their peers consume most drinks on a single occasion compared to themselves. The differences between the regions and gender are not significant. However, statistical differences were found between the age groups. The older age groups (16-20) overestimate more than the younger ones (12-16). Medium education overestimates to a greater extent, compared to the other levels of education. The general risk group and the alcohol risk group both significantly differ from the non-risk group, with the non-risk group overestimating significantly more.

**Table 8: Frequency and estimated frequency with which peers consume the largest number of drinks on a single occasion in the last month, per age group.**

		1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
Total	Actual use	43.8%	10.7%	11.9%	13.9%	19.7%
	Estimated use	14.3%	8.7%	18.5%	25.1%	33.5%
12y-14y	Actual use	97.8%	0.5%	1.6%	0.0%	0.0%
	Estimated use	82.7%	9.6%	3.2%	1.3%	3.2%
14y-16y	Actual use	86.4%	4.3%	2.8%	1.7%	4.9%
	Estimated use	51.1%	16.7%	12.4%	6.9%	12.8%
16y-18y	Actual use	44.0%	10.8%	11.1%	13.5%	20.7%
	Estimated use	9.8%	9.6%	18.0%	22.8%	39.7%
18y-20y	Actual use	30.3%	11.3%	15.3%	16.9%	26.1%
	Estimated use	2.6%	6.1%	19.5%	28.6%	43.2%
20y-26y	Actual use	27.7%	13.9%	15.2%	18.9%	24.2%
	Estimated use	1.6%	6.2%	21.6%	33.3%	37.2%

**Table 9: Frequency and estimated frequency with which peers consume the largest number of drinks on a single occasion in the last month, by risk group.**

		1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
Total	Actual use	43.8%	10.7%	11.9%	13.9%	19.7%
	Estimated use	14.3%	8.7%	18.5%	25.1%	33.5%
Alcohol risk group	Actual use	7.20%	3.70%	17.90%	28.20%	42.90%
	Estimated use	4.4%	4.7%	15.2%	29.4%	46.3%
Non-risk group	Actual use	68.5%	15.4%	7.8%	4.2%	4.0%
	Estimated use	21.1%	11.4%	20.7%	22.1%	24.7%

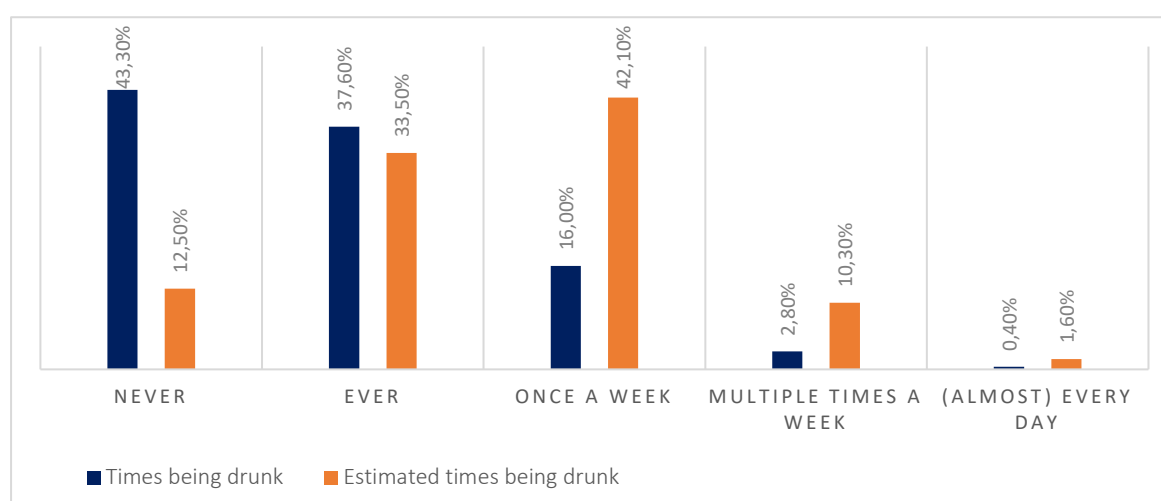
### 3.2.4. Being drunk

Being drunk was measured by asking the question: “Have you ever been drunk?”. The reply categories were: Never; Ever, but not in the last month; Once a week in the last month; Multiple times a week in the last month; (Almost) every day in the last month.

As can be seen from figure 5, 80% of the respondents have never been drunk in their life or have been drunk in the past, but not in the last month. 1 in 6 has been drunk weekly in the last month.

By asking the question “How often do you think most of your peers have been drunk?”, we established what they feel is the ‘social norm’. The reply categories were: Never; Ever, but not in the last month; Once a week in the last month; Multiple times a week in the last month; (Almost) every day in the last month.

**Figure 5: Frequency and estimated frequency of peers being drunk in the last month.**



On average, the respondents overestimate the number of times their peers are drunk. German regions overestimate to a greater extent. Females overestimate to a greater extent compared to males. The age groups 16-20 years overestimate in a greater extent compared to the other age groups (see table 10). Lower and higher secondary education significantly differ from the other levels of education. The general risk group and the alcohol risk group significantly differ from the non-risk group. The non-risk group overestimates more (see table 11).

**Table 10: Frequency and estimated frequency of peers being drunk in the last month, per age group.**

		Never	Ever	Once a week	Multiple times a week	(Almost) every day
Total	Times being drunk	43.3%	37.6%	16.0%	2.8%	0.4%
	Estimated times being drunk	12.5%	33.5%	42.1%	10.3%	1.6%
12y-14y	Times being drunk	98.8%	1.1%	0.0%	0.0%	0.0%
	Estimated times being drunk	79.6%	17.1%	2.8%	0.6%	0.0%
14y-16y	Times being drunk	87.5%	8.7%	2.5%	0.7%	0.7%
	Estimated times being drunk	43.9%	40.6%	9.8%	3.8%	2.0%
16y-18y	Times being drunk	51.1%	34.6%	11.1%	2.5%	0.8%
	Estimated times being drunk	7.9%	43.3%	35.0%	10.1%	3.7%
18y-20y	Times being drunk	35.8%	39.5%	21.3%	3.1%	0.2%
	Estimated times being drunk	1.7%	31.2%	53.0%	12.4%	1.7%
20y-26y	Times being drunk	20.5%	52.8%	22.5%	3.9%	0.2%
	Estimated times being drunk	0.4%	29.2%	56.7%	13.0%	0.7%

**Table 11: Frequency and estimated frequency of peers being drunk in the last month, per risk group.**

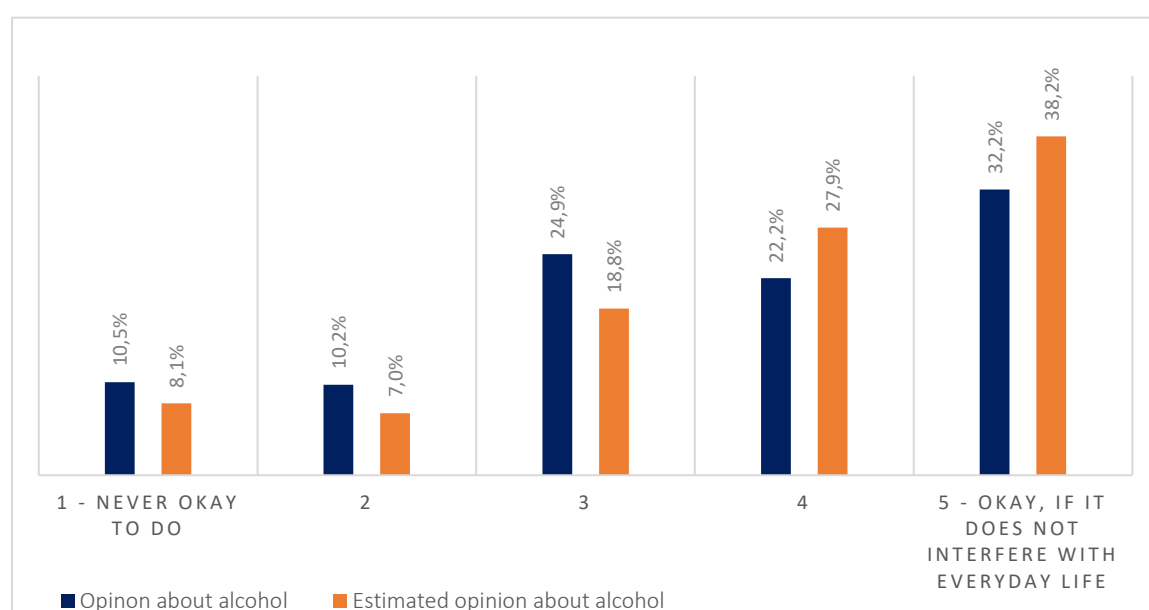
		Never	Ever	Once a week	Multiple times a week	(Almost) every day
Total	Times being drunk	43.3%	37.6%	16.0%	2.8%	0.4%
	Estimated times being drunk	12.5%	33.5%	42.1%	10.3%	1.6%
Alcohol risk group	Times being drunk	12.5%	42.4%	37.5%	6.7%	1.0%
	Estimated times being drunk	4.0%	29.8%	51.1%	12.6%	2.4%
Non-risk group	Times being drunk	64.1%	34.3%	1.4%	0.2%	0.0%
	Estimated times being drunk	18.2%	36.1%	35.9%	8.8%	1.0%

### 3.2.5. Opinion about alcohol use

The respondents' opinion about alcohol use is based on the question "What do you think about drinking alcohol?". On a scale of 1 to 5, people were asked what they think about alcohol. 1 means it is never okay to drink alcohol and 5 means it is okay to do so as long as it does not interfere with everyday life. The average score was 3.6. Only 10% think it is never okay to drink alcohol (see figure 6 and table 12).

To determine what the respondents think their peers think about alcohol, we asked the question: "What do you think most of your peers think about the use of alcohol?". This was also a scale question, using a scale of 1 to 5. 1 means it is never okay to drink alcohol and 5 means it is okay to do so as long as it does not interfere with everyday life. The average score was 3.8. 8% think their peers feel it is never okay to drink alcohol.

**Figure 6: Frequency of opinion and estimated opinion of peers about alcohol use.**



On average, the opinion of peers about alcohol use is overestimated. These differences are significant for the Province of Limburg compared to the Province of Liège and the German regions. The Province of Limburg overestimates less. Females overestimate to a greater extent. The age groups 12-14 and 14-16 differ significantly from the other age groups. Higher secondary education differs statistically from other forms of higher education. Risk groups significantly differ from non-risk groups in that they underestimate.

**Table 12: Frequency of opinion and estimated opinion of peers about alcohol use, per risk group.**

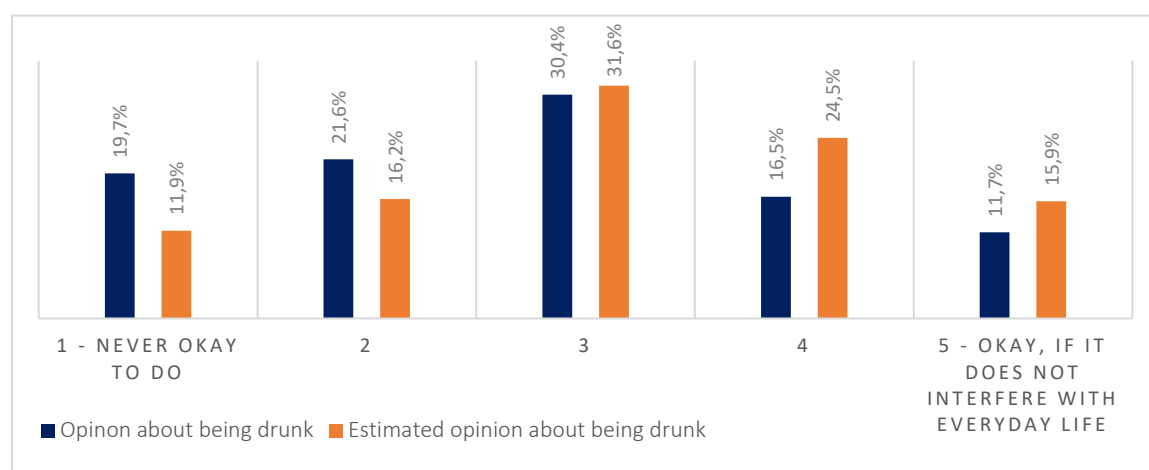
		1	2	3	4	5
Total	Opinion about alcohol	10.5%	10.2%	24.9%	22.2%	32.2%
	Estimated opinion about alcohol	8.1%	7.0%	18.8%	27.9%	38.2%
Alcohol risk group	Opinion about alcohol	1.4%	3.4%	20.1%	27.8%	47.2%
	Estimated opinion about alcohol	2.3%	3.7%	19.0%	33.7%	41.4%
Non-risk group	Opinion about alcohol	16.7%	14.8%	28.1%	18.3%	22.1%
	Estimated opinion about alcohol	12.0%	9.2%	18.7%	24.0%	36.1%

### 3.2.6. Opinion about being drunk

The opinion about being drunk is based on the question “What do you think about people who are drunk?”. On a scale of 1 to 5, people were asked what they think about being drunk. 1 means it is never okay to be drunk and 5 means it is okay to do so as long as it does not interfere with everyday life. The average score was 2.8. 20% think it is never okay to be drunk (see figure 7 and table 13).

To determine what the respondents think their peers think about being drunk, we asked the question: “What do you think most of your peers think about people who are drunk?”. This was also a scale question, using a scale of 1 to 5. 1 means it is never okay to be drunk and 5 means it is okay to do so as long as it does not interfere with everyday life. The average score was 3.2. 12% think their peers feel it is never okay to be drunk.

**Figure 7: Frequency of opinion and estimated opinion of peers about being drunk.**



In general, the respondents overestimate their peers' opinion about being drunk. These differences are not significant between regions and gender. The age groups 12-14 and 14-16 differ significantly from the other age groups. Higher secondary education differs statistically from other forms of higher education. Significant differences were found between the risk groups: the alcohol risk group underestimates.

**Table 13: Frequency of opinion and estimated opinion of peers about alcohol use, per risk group.**

		1	2	3	4	5
Total	Opinion about being drunk	19.7%	21.6%	30.4%	16.5%	11.7%
	Estimated opinion about being drunk	11.9%	16.2%	31.6%	24.5%	15.9%
Alcohol risk group	Opinion about being drunk	5.0%	12.9%	35.6%	26.9%	19.5%
	Estimated opinion about being drunk	4.6%	14.1%	35.4%	27.5%	18.4%
Non-risk group	Opinion about being drunk	29.7%	27.4%	26.9%	9.6%	6.4%
	Estimated opinion about being drunk	16.8%	17.6%	29.0%	22.5%	14.1%



### 3.3 Cannabis

The statistics and tables for the presented results on cannabis use can be found in [Appendix 4](#).

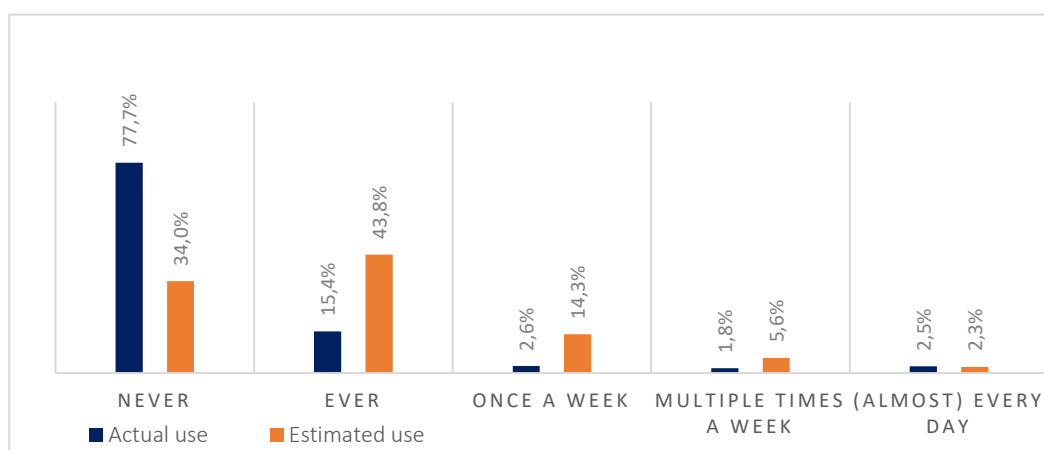
#### 3.3.1. Cannabis use

Cannabis use was measured by asking the question: “Do you ever use cannabis (marijuana, weed, hash, spliff, etc.)?”. The reply categories were: Never; Ever, but not in the last month; Once a week in the last month; Multiple times a week in the last month; (Almost) every day in the last month.

Almost 8 out of 10 have never used cannabis. Only 6.9% have used it in the last month and 2.5% use it on a daily basis. South Limburg smokes the least cannabis and the German regions smoke the most cannabis. The 20–25-year-olds smoke most and nearly 4% smoke on a daily basis. Males smoke more cannabis than females.

By asking the question “How often do you think most of your peers use cannabis?”, we established what they feel the ‘social norm’ is? The reply categories were: Never; Ever, but not in the last month; Once a week in the last month; Multiple times a week in the last month; (Almost) every day in the last month.

**Figure 8: Frequency of actual and estimated use of cannabis by peers in the last month.**



On average, the respondents overestimate the use of cannabis by their peers. In South-Limburg and the Province of Liège, they overestimate to a greater extent compared to the Province of Limburg and the German regions. Females overestimate to a greater extent compared to males. There were significant differences between all age groups, except the 18-20 and 20-26 age groups. Lower secondary education differs significantly from the other levels of education, except for intermediary education. Higher secondary education significantly differs from the other levels of education. The cannabis risk group differs significantly from the non-risk group in that they underestimate use.

**Table 14: Frequency of actual and estimated use of cannabis by peers in the last month, per region.**

		Never	Ever	Once a week	Multiple times a week	(Almost) every day
Total	Actual use	77.7%	15.4%	2.6%	1.8%	2.5%
	Estimated use	34.0%	43.8%	14.3%	5.6%	2.3%
South-Limburg (NL)	Actual use	75.3%	19.1%	2.6%	1.0%	2.0%
	Estimated use	28.3%	47.4%	15.1%	7.6%	1.6%
Province of Limburg (BE)	Actual use	81.3%	12.6%	2.3%	1.9%	1.8%
	Estimated use	44.0%	39.9%	10.0%	4.6%	1.6%
Province of Liège (BE)	Actual use	77.3%	15.7%	2.9%	1.8%	2.3%
	Estimated use	23.2%	52.2%	18.5%	5.0%	1.1%
German regions (DE)	Actual use	76.5%	15.7%	2.4%	1.8%	3.5%
	Estimated use	46.2%	32.4%	10.1%	6.5%	4.8%

**Table 15: Frequency of actual and estimated use of cannabis by peers in the last month, per risk group.**

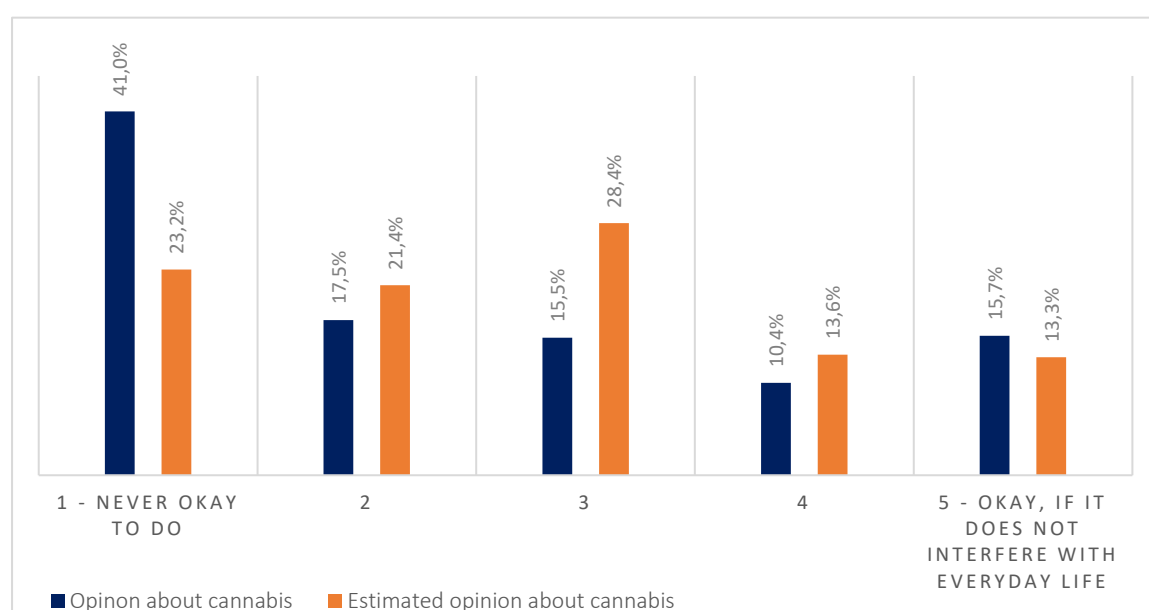
		Never	Ever	Once a week	Multiple times a week	(Almost) every day
Total	Actual use	77.7%	15.4%	2.6%	1.8%	2.5%
	Estimated use	34.0%	43.8%	14.3%	5.6%	2.3%
Cannabis risk group	Actual use	0.0%	0.0%	12.8%	33.7%	53.5%
	Estimated use	5.9%	27.0%	18.1%	21.9%	27.0%
Non-risk group	Actual use	80.7%	16.3%	2.4%	0.1%	0.4%
	Estimated use	34.1%	45.5%	14.3%	4.8%	1.2%

### 3.3.2. Opinion about cannabis use

The opinion about cannabis use is based on the question “What do you think about the use of cannabis?”. On a scale of 1 to 5, people were asked what they think about using cannabis. 1 means it is never okay to do and 5 means it is okay as long as it does not interfere with everyday life. The average score was 2.4. 40% think it is never okay to use cannabis (see figure 9 and table 16).

To determine what the respondents think their peers feel about using cannabis, we asked the question: “What do you think most of your peers think about using cannabis?”. This was also a scale question, with a scale of 1 to 5. 1 means it is never okay to use cannabis and 5 means it is okay as long as it does not interfere with everyday life. The average score was 2.7. 23% think their peers feel it is never okay to use cannabis.

**Figure 9: Frequency of opinion and estimated opinion of peers about cannabis use.**



In general, the use of cannabis is overestimated. These differences are significant for the Province of Limburg compared to the other regions which overestimate less. There was no significant difference between genders. There were significant differences in the 12-14 age group compared to the 18-26 age group, and in the 14-16 age group compared to the 18-20 age group. Higher secondary education differs significantly from other forms of education. There were significant differences within the risk group. The cannabis risk group underestimates.

**Table 16: Frequency of opinion about cannabis use and estimated opinion of peers about cannabis use, by age group.**

		1	2	3	4	5
Total	Opinion about cannabis	41.0%	17.5%	15.5%	10.4%	15.7%
	Estimated opinion about cannabis	23.2%	21.4%	28.4%	13.6%	13.3%
12y-14y	Opinion about cannabis	85.6%	5.0%	4.4%	1.7%	3.3%
	Estimated opinion about cannabis	75.3%	15.4%	4.9%	2.2%	2.2%
14y-16y	Opinion about cannabis	71.8%	11.6%	5.6%	4.0%	6.9%
	Estimated opinion about cannabis	55.0%	21.7%	13.1%	4.6%	5.5%
16y-18y	Opinion about cannabis	47.5%	15.9%	11.4%	8.7%	16.5%
	Estimated opinion about cannabis	27.5%	24.1%	25.4%	10.2%	12.9%
18y-20y	Opinion about cannabis	36.8%	17.7%	18.5%	10.5%	16.6%
	Estimated opinion about cannabis	15.1%	23.5%	32.1%	14.2%	15.1%
20y-26y	Opinion about cannabis	23.9%	21.4%	20.9%	14.3%	19.5%
	Estimated opinion about cannabis	7.7%	20.0%	36.3%	19.3%	16.8%

**Table 17: Frequency of opinion about cannabis use and estimated opinion of peers about cannabis use, by risk group.**

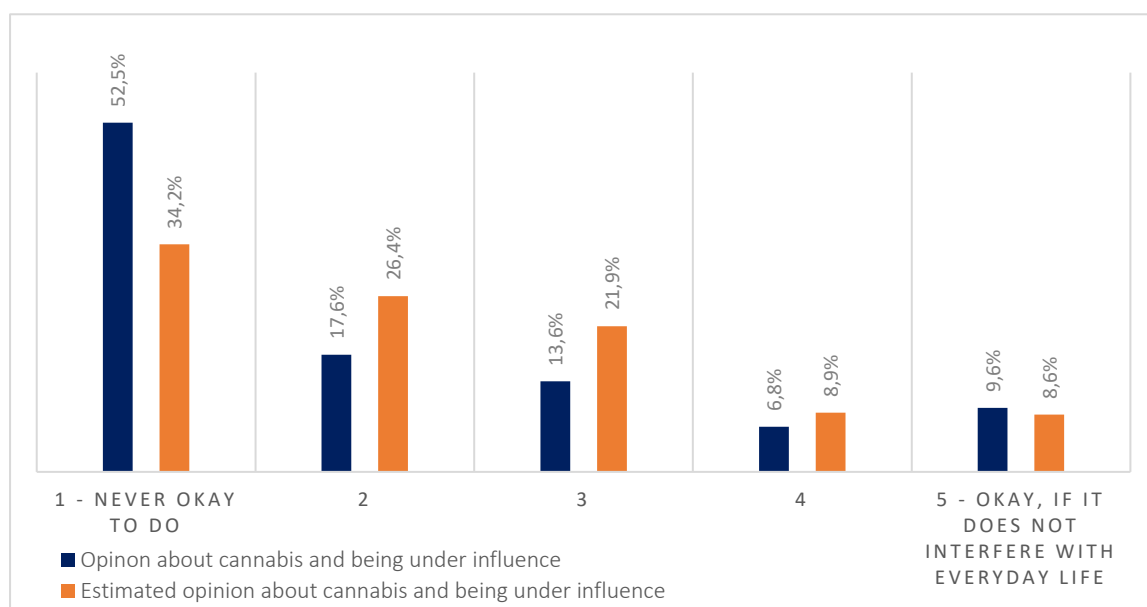
		1	2	3	4	5
Total	Opinion about cannabis	41.0%	17.5%	15.5%	10.4%	15.7%
	Estimated opinion about cannabis	23.2%	21.4%	28.4%	13.6%	13.3%
Cannabis risk group	Opinion about cannabis	0.4%	0.0%	7.2%	18.2%	74.2%
	Estimated opinion about cannabis	6.0%	10.2%	26.8%	17.0%	40.0%
Non-risk group	Opinion about cannabis	43.0%	18.3%	16.0%	10.0%	12.7%
	Estimated opinion about cannabis	24.1%	22.0%	28.5%	13.4%	12.0%

### 3.3.3. Opinion about cannabis use and being under the influence

The opinion about cannabis use and being under the influence is based on the question “What do you think about people who use so much cannabis to be (heavily) under the influence?”. On a scale of 1 to 5, the respondents were asked what they think about cannabis use and being under the influence. 1 means it is never okay, and 5 means it is okay, if that is what they want. The average score was 2. More than half think it is never okay (see figure 10 and table 18).

To determine what the respondents think their peers feel about being under the influence of cannabis, we asked the question: “What do you think most of your peers think of people who use so much cannabis to be (heavily) under the influence?”. This was also a scale question, on a scale of 1 to 5. 1 means it is never okay, and 5 means it is okay, if it does not interfere with everyday life. The average score was 2. 34% think that their peers feel it is never okay.

**Figure 10: Frequency of opinion about cannabis use and being under the influence and estimated opinion of peers about cannabis use and being under the influence.**



In general, the opinion about using cannabis is overestimated. These differences are significant for the Province of Limburg compared to the Province of Liège and the German regions which overestimate less. Females overestimate to a greater extent compared to males. The 12-14 age group differs significantly from the 18-26 age group. The 16-18 age group differs significantly from the 20-26 age group. Higher secondary education differs significantly from other forms of higher education. The cannabis risk group underestimates.

**Table 18: Frequency of opinion about cannabis use and being under the influence and estimated opinion of peers about use and being under the influence, by age group.**

		1	2	3	4	5
Total	Opinion about cannabis	52.5%	17.6%	13.6%	6.8%	9.6%
	Estimated opinion about cannabis	34.2%	26.4%	21.9%	8.9%	8.6%
12y-14y	Opinion about cannabis	88.40%	4.40%	3.30%	2.20%	1.70%
	Estimated opinion about cannabis	59.10%	26.00%	11.60%	2.80%	0.60%
14y-16y	Opinion about cannabis	73.50%	10.70%	7.50%	3.20%	5.20%
	Estimated opinion about cannabis	33.00%	24.60%	22.30%	12.50%	7.70%
16y-18y	Opinion about cannabis	51.10%	15.50%	11.30%	7.90%	14.20%
	Estimated opinion about cannabis	8.00%	16.30%	31.10%	25.60%	18.90%
18y-20y	Opinion about cannabis	50.70%	17.00%	13.90%	6.60%	11.80%
	Estimated opinion about cannabis	5.80%	10.60%	36.60%	27.90%	19.10%
20y-26y	Opinion about cannabis	42.20%	22.50%	17.70%	8.30%	9.30%
	Estimated opinion about cannabis	3.40%	14.30%	35.10%	29.30%	17.90%

**Table 19: Frequency of opinion about cannabis use and being under the influence and estimated opinion of peers about use and being under the influence, by risk group.**

		1	2	3	4	5
Total	Opinion about cannabis	52.5%	17.6%	13.6%	6.8%	9.6%
	Estimated opinion about cannabis	34.2%	26.4%	21.9%	8.9%	8.6%
Cannabis risk group	Opinion about cannabis	0.8%	6.8%	16.1%	21.6%	54.7%
	Estimated opinion about cannabis	11.1%	16.2%	23.1%	17.1%	32.5%
Non- risk group	Opinion about cannabis	55.1%	18.1%	13.4%	6.1%	7.3%
	Estimated opinion about cannabis	35.3%	26.9%	21.9%	8.5%	7.4%

## 3.4 Gaming

The statistics for the presented results on gaming can be found in [Appendix 5](#).

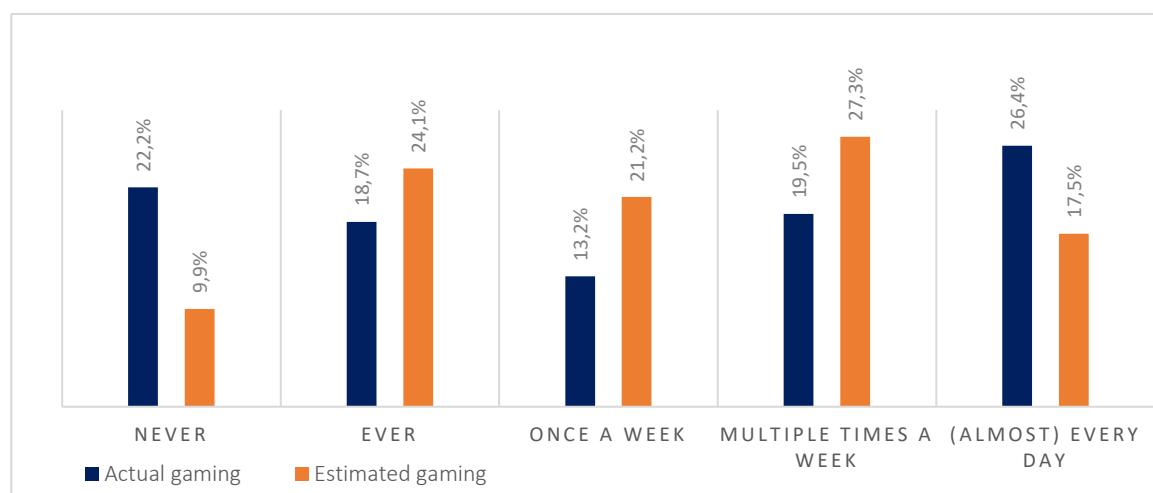
### 3.4.1. Gaming

Gaming was measured by asking the question: “How often do you play games?”. By games, we mean all games that can be played on a smartphone, tablet, laptop, PC, Mac or game computer (such as Playstation, Xbox, Nintendo); both online and offline. The reply categories were: Never; Ever, but not in the last month; Once a week in the last month; Multiple times a week in the last month; (Almost) every day in the last month.

Almost half of the participants played games multiple times a week or (almost) every day in the last month. Only 22.2% have never gamed. The number of young people playing games is highest in the German regions and lowest in Liège. Males and the youngest young people play games more often.

By asking the question “How many times do you think most of your peers play games?”, we established what they feel is the ‘social norm’. The reply categories were: Never; Ever, but not in the last month; Once a week in the last month; Multiple times a week in the last month; (Almost) every day in the last month.

**Figure 11: Frequency of gaming and estimated gaming of peers.**



In general, the respondents overestimate gaming, except for the German regions. These differences were significant for the German regions compared to the Province of Liège and the Province of Limburg. Females overestimate to a greater extent compared to males. The 20-26 age group differs significantly from the 14-18 age group. Higher secondary education statistically differs from other forms of higher education and university. Intermediate education statistically



differs from university. The Gaming risk group differs significantly from the non-risk group who underestimate to a greater extent.

**Table 20: Frequency of gaming and estimated gaming by peers in the last month, by age group.**

		Never	Ever	Once a week	Multiple times a week	(Almost) every day
Total	Actual gaming	22.2%	18.7%	13.2%	19.5%	26.4%
	Estimated gaming	9.9%	24.1%	21.2%	27.3%	17.5%
12y-14y	Actual gaming	9.3%	9.9%	11.5%	23.1%	46.2%
	Estimated gaming	4.9%	9.9%	14.3%	30.8%	40.1%
14y-16y	Actual gaming	6.8%	16.4%	13.5%	26.1%	37.2%
	Estimated gaming	8.1%	14.1%	14.8%	28.0%	35.1%
16y-18y	Actual gaming	16.7%	20.9%	13.9%	19.6%	28.8%
	Estimated gaming	14.2%	20.4%	15.3%	27.5%	22.6%
18y-20y	Actual gaming	23.3%	19.0%	14.5%	18.4%	24.9%
	Estimated gaming	9.8%	27.1%	22.3%	26.7%	14.1%
20y-26y	Actual gaming	31.3%	19.3%	12.5%	16.9%	20.1%
	Estimated gaming	9.3%	29.6%	26.2%	27.0%	7.8%

**Table 21: Frequency of gaming and estimated gaming by peers in the last month, by risk group.**

		Never	Ever	Once a week	Multiple times a week	(Almost) every day
Total	Actual gaming	22.2%	18.7%	13.2%	19.5%	26.4%
	Estimated gaming	9.9%	24.1%	21.2%	27.3%	17.5%
Gaming risk group	Actual gaming	0.0%	4.2%	2.6%	11.6%	81.5%
	Estimated gaming	4.8%	5.8%	12.2%	28.6%	48.7%
Non-risk group	Actual gaming	23.1%	19.3%	13.7%	19.8%	24.2%
	Estimated gaming	10.1%	24.8%	21.5%	27.3%	16.2%

### 3.4.2. Amount of gaming on weekdays and weekend days

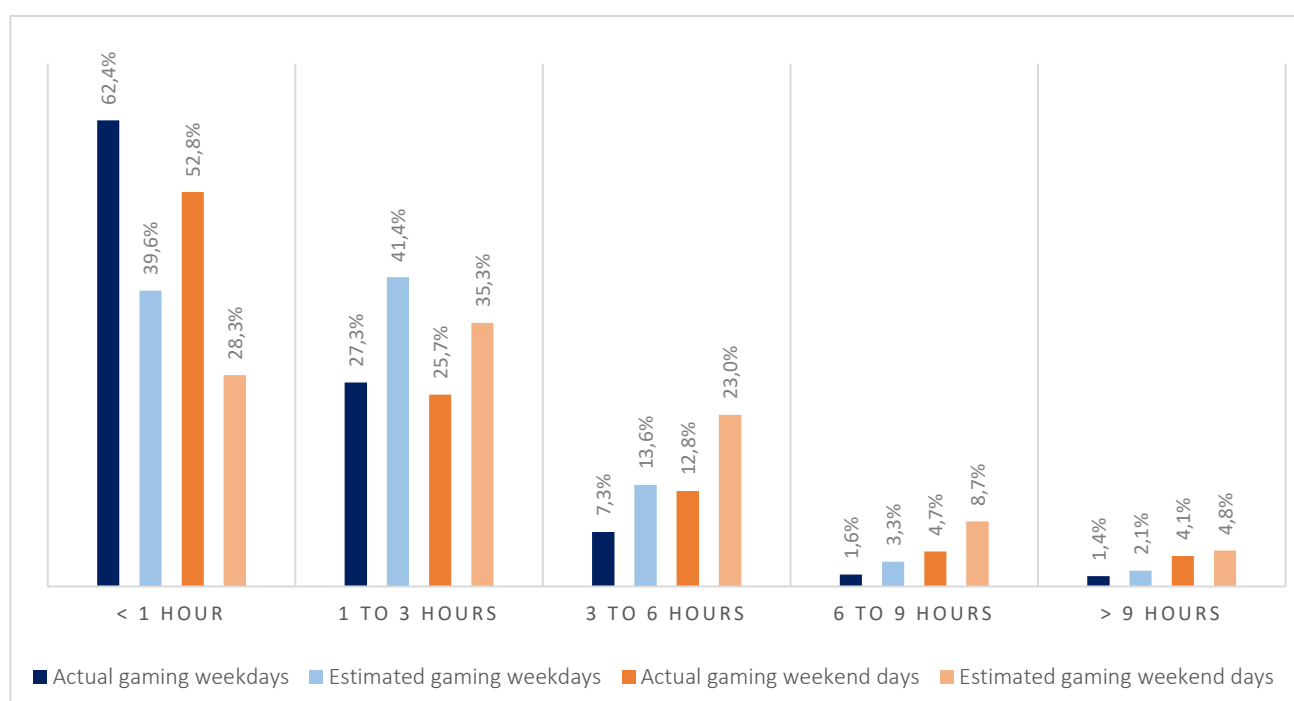
The amount of gaming was measured by means of a matrix question: “How long do you play games, per day?”. The question was divided into: weekdays (Monday–Thursday) and weekend days (Friday–Sunday). The reply categories per weekday and weekend day were: less than 1 hour, 1 to 3 hours a day, 3 to 6 hours a day, 6 to 9 hours a day and more than 9 hours a day.

62% of the young people do not play games or play less than 1 hour. Most young people play games 1 to 3 hours a day. 3% play games more than 6 hours a day during the week. 9% play games more than 6 hours a day during the weekend. In the German regions they play games the longest per day. Males play games for longer than females.

By asking the question “How many hours a day do you think most of your peers play games?”, we established what they feel is the ‘social norm’. This question was also divided into: weekdays (Monday–Thursday) and weekend days (Friday–Sunday). The reply categories were: less than 1 hour, 1 to 3 hours a day, 3 to 6 hours a day, 6 to 9 hours a day and more than 9 hours a day.

The participants estimated that 40% play games less than 1 hour during weekdays and 28% play games less than 1 hour during weekend days. They estimated the amount of gaming much higher on weekend days.

**Figure 12: Frequency of gaming and estimated hours spent gaming by peers on weekdays (blue) and weekend days (orange) in the last month.**



In general, the respondents overestimate the hours spent gaming during the week. The differences between the regions are significant. German regions overestimate to a greater

extent, compared to all the other regions. Males overestimate to a greater extent compared to females. The age groups differ significantly. The youngest age (12-16) group overestimate in a greater extent. Higher education differs significantly from lower and higher secondary education. University differs significantly from lower and higher secondary and intermediate education. The risk group differs significantly from the non-risk group in underestimating the amount of gaming.

In general, the respondents overestimate the hours spent gaming during the weekend. There are significant differences found between the regions. The Province of Limburg overestimates to a greater extent. Males overestimate to a greater extent compared to females. Furthermore, no significant differences were found between the age group, level of education and the general risk group. The risk group gaming significantly differs from the non-risk group in the sense that they underestimate.

**Table 22: Frequency of hours spent gaming and estimated hours spent gaming by peers on weekdays in the last month, by age group.**

		< 1 hour	1 to 3 hours	3 to 6 hours	6 to 9 hours	>9 hours
Total	Actual gaming	62.4%	27.3%	7.3%	1.6%	1.4%
	Estimated gaming	39.6%	41.4%	13.6%	3.3%	2.1%
12y-14y	Actual gaming	45.6%	40.1%	9.9%	2.7%	1.6%
	Estimated gaming	22.5%	48.4%	14.8%	9.9%	4.4%
14y-16y	Actual gaming	45.2%	36.1%	13.7%	2.8%	2.1%
	Estimated gaming	25.1%	39.9%	25.5%	6.1%	3.3%
16y-18y	Actual gaming	55.2%	30.3%	9.1%	2.1%	3.3%
	Estimated gaming	35.6%	37.3%	17.0%	5.4%	4.7%
18y-20y	Actual gaming	65.8%	25.3%	6.3%	1.7%	0.9%
	Estimated gaming	40.0%	44.1%	11.4%	2.8%	1.8%
20y-26y	Actual gaming	72.3%	22.3%	4.2%	0.7%	0.6%
	Estimated gaming	48.4%	41.9%	8.3%	0.9%	0.6%

**Table 23: Frequency of hours spent gaming and estimated hours spent gaming by peers on weekend days in the last month, by age group.**

		< 1 hour	1 to 3 hours	3 to 6 hours	6 to 9 hours	>9 hours
Total	Actual gaming	52,8%	25.7%	12.8%	4.7%	4.1%
	Estimated gaming	28.3%	35.3%	23.0%	8.7%	4.8%
12y-14y	Actual gaming	29.8%	38.7%	19.9%	6.1%	5.5%
	Estimated gaming	14.3%	33.0%	33.0%	9.3%	10.4%
14y-16y	Actual gaming	35.6%	30.4%	20.2%	7.2%	6.6%
	Estimated gaming	19.5%	27.1%	30.5%	14.5%	8.4%
16y-18y	Actual gaming	46.9%	22.7%	16.1%	6.1%	8.3%
	Estimated gaming	29.2%	26.7%	21.8%	13.1%	9.2%
18y-20y	Actual gaming	53.3%	26.5%	11.9%	4.7%	3.7%
	Estimated gaming	27.1%	37.0%	24.4%	7.0%	4.5%
20y-26y	Actual gaming	63.8%	23.5%	8.3%	2.9%	1.4%
	Estimated gaming	33.1%	41.5%	19.0%	5.1%	1.2%

**Table 24: Frequency of hours spent gaming and estimated hours spent gaming by peers on weekdays in the last month, by risk group.**

		< 1 hour	1 to 3 hours	3 to 6 hours	6 to 9 hours	>9 hours
Total	Actual gaming	62.4%	27.3%	7.3%	1.6%	1.4%
	Estimated gaming	39.6%	41.4%	13.6%	3.3%	2.1%
Gaming risk group	Actual gaming	8.5%	33.3%	28.6%	12.7%	16.9%
	Estimated gaming	13.8%	31.2%	29.1%	12.2%	13.8%
Non-risk group	Actual gaming	64.6%	27.1%	6.4%	1.1%	0.8%
	Estimated gaming	40.6%	41.8%	13.0%	2.9%	1.7%

**Table 25: Frequency of hours spent gaming and estimated hours spent gaming by peers on weekend days in the last month, by risk group.**

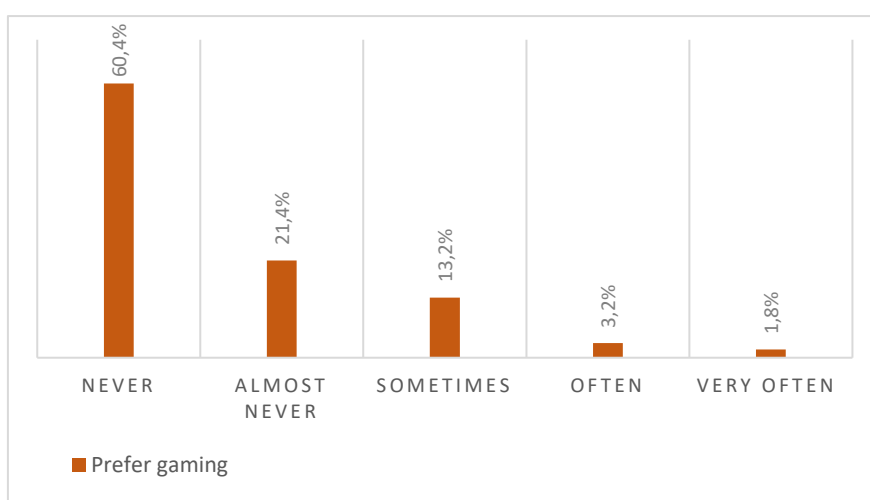
		< 1 hour	1 to 3 hours	3 to 6 hours	6 to 9 hours	>9 hours
Total	Actual gaming	52,8%	25.7%	12.8%	4.7%	4.1%
	Estimated gaming	28.3%	35.3%	23.0%	8.7%	4.8%
Gaming risk group	Actual gaming	3.7%	18.5%	21.2%	18.5%	38.1%
	Estimated gaming	6.3%	22.2%	24.3%	22.8%	13.8%
Non-risk group	Actual gaming	54.8%	26.0%	12.5%	4.1%	2.7%
	Estimated gaming	29.2%	35.8%	22.9%	8.1%	1.7%

### 3.4.3. Prefer gaming to social time

Preference for gaming above social time was measured by asking the question: “How often would you rather play games than spend time in real life with others (e.g. friends or parents)?”. The reply categories were: Never; Almost never; Sometimes; Often; Very often.

The majority of the participants stop gaming and prefer spending social time in real life. Only 5% prefer gaming often or very often to spending time in real life with others.

**Figure 13: Frequency of preferring gaming above time spent in real life with others.**

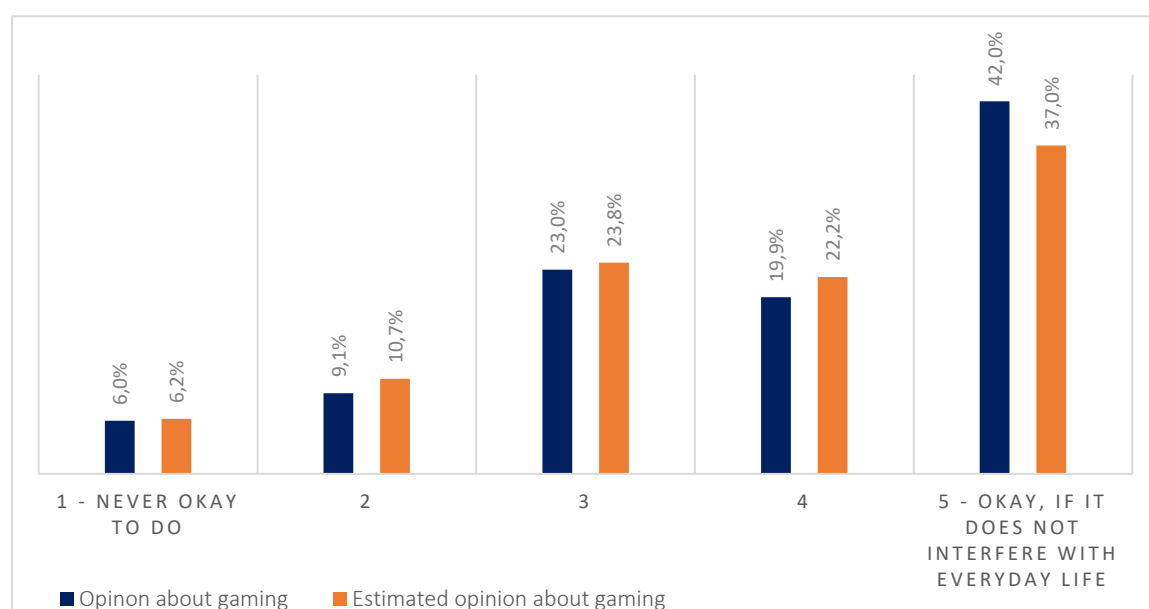


### 3.4.4. Opinion about gaming

The opinion about gaming is based on the question “What do you think of gaming?”. On a scale of 1 to 5, the respondents were asked what they think about gaming. 1 means it is never okay to play games and 5 means it is okay to do so as long as it does not interfere with everyday life. The average score was 3.8. Only 6% think it is never okay to play games (score of 1) and 42% think it is okay, if it does not interfere with everyday life (score of 5).

To determine what the respondents think that others feel about gaming, we asked the question: “What do you think most of your peers think about gaming?”. This was also a scale question, on a scale of 1 to 5. 1 means it is never okay to play games and 5 means it is okay, as long as it does not interfere with everyday life. The average score was 3.7. 37% think peers find it okay to play games if it does not interfere with everyday life.

**Figure 14: Frequency of opinion about gaming use and estimated opinion of peers about gaming.**



On average, peers' opinions on gaming are underestimated. These differences are not significant between the regions and age groups. Females underestimate to a greater extent. Significant differences were found between lower secondary education and higher education. The gaming risk group differs significantly from the non-risk group which underestimates to a greater extent.

**Table 26: Frequency of opinion about gaming and estimated opinion of peers about gaming, by risk group.**

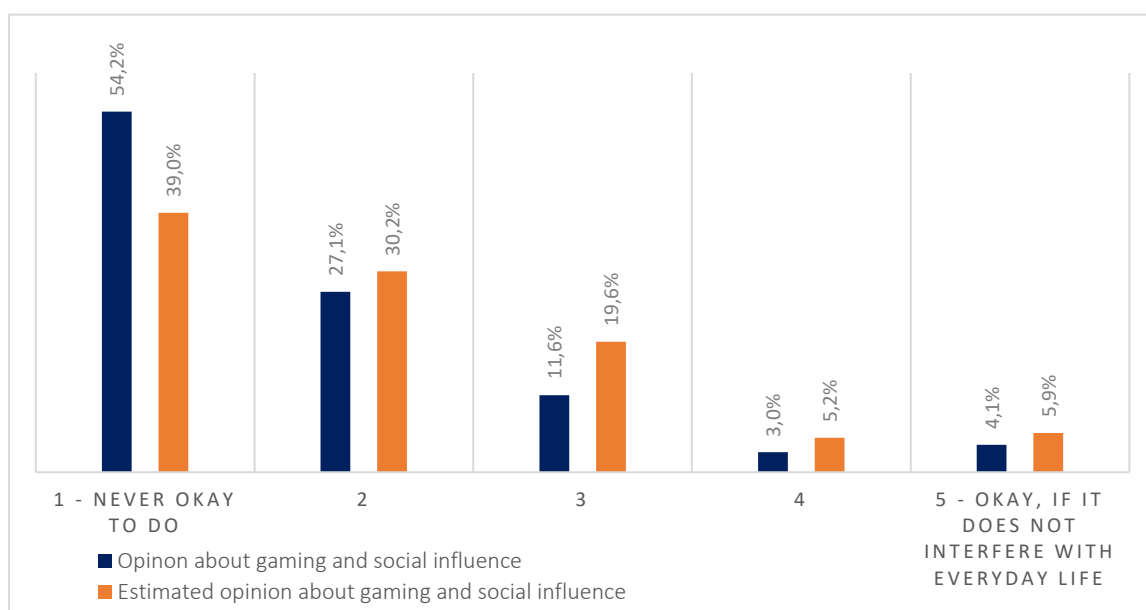
		1	2	3	4	5
Total	Opinion about gaming	6.0%	9.1%	23.0%	19.9%	42.0%
	Estimated opinion about gaming	6.2%	10.7%	23.8%	22.2%	37.0%
Gaming risk group	Opinion about gaming	3.7%	2.1%	7.9%	13.2%	73.0%
	Estimated opinion about gaming	5.8%	4.8%	13.2%	21.7%	54.5%
Non-risk group	Opinion about gaming	6.1%	9.4%	23.6%	20.2%	40.7%
	Estimated opinion about gaming	6.2%	11.0%	24.2%	22.3%	36.3%

### 3.4.5. Opinion about gaming and social influence

The opinion about gaming and its social influence was measured by asking the question: “What do you think of people who play so many games that their daily activities and social contacts suffer as a result?”. On a scale of 1 to 5, people were asked what they think about this. 1 means it is never okay and 5 means it is okay, if that is what they want. The average score was 1.8. Only 4% think it is okay to do (score 5).

To determine what the respondents think that others feel about gaming and its social influence, we asked the question: “What do you think most of your peers think of people who play so many games that their daily activities and social contacts suffer as a result?”. This was also a scale question, on a scale of 1 to 5. 1 means it is never okay and 5 means it is okay, if that is what people want. The average score was 2.1. 39% think peers feel it is never okay.

**Figure 15: Frequency of opinion about gaming and social influence, and estimated opinion of peers about gaming and social influence.**



In general, the respondents overestimate peers’ opinion of gaming and its social influence. However, there are no significant differences between the regions, the age groups or level of education. Females overestimate to a greater extent. There are significant differences in the risk group which underestimates to a greater extent.



**Table 27: Frequency of opinion about gaming and its social influence and estimated opinion of peers about gaming and its social influence, by risk group.**

		1	2	3	4	5
Total	Opinion about gaming	54.2%	27.1%	11.6%	3.0%	4.1%
	Estimated opinion about gaming	39.0%	30.2%	19.6%	5.2%	5.9%
Gaming risk group	Opinion about gaming	12.2%	24.3%	28.0%	12.7%	22.8%
	Estimated opinion about gaming	17.5%	27.0%	25.4%	9.0%	21.2%
Non-risk group	Opinion about gaming	56.0%	27.2%	10.9%	2.6%	3.3%
	Estimated opinion about gaming	39.9%	30.4%	19.4%	5.1%	5.3%

## 4 Social Norms Approach

Based on the results of the Euroregional Health Survey (EHS), we will develop several social norm messages for euPrevent SNA. These general messages for young people will be disseminated by means of an intervention campaign in the EMR. Furthermore, we will conduct training for professionals to help them use the SNA method and the general SNA messages – as well as region-specific messages – in their work.

### 4.1 General SNA Messages

Based on the results on overestimation and/or underestimation, messages that can be used for the population of young people are the following. An overestimation was found for the general consumption of alcohol. We choose to make a distinction between the younger age groups and those older than 18 years. However, policy differs in the three countries involved. Within the Netherlands, for instance, you are not allowed to drink alcohol under the age of 18. An overestimation was found for the use of cannabis and gaming was also overestimated. However, we also feel that a strong message lies in the fact that the majority of respondents prefer spending time with friends or family rather than gaming.

The general SNA messages for the target group young people (12 – 26 years) are:

- **Alcohol 16 – 18 years:**  
Do you know that the majority of people your age (63.8%) have never drunk alcohol or at least not in the last month!
- **Alcohol 18 – 20 years:**  
Do you know the majority of people your age (84.4%) only drink once a week or less.
- **Cannabis:**  
Do you know that the majority of people your age (77.7%) do not smoke cannabis.
- **Gaming:**  
Most people your age stop gaming if they have better/other things to do. Keep track of the time you spend on gaming.

## Appendix 1: Youth Questionnaire, EHS Young people

### Welcome to the Euroregional Health Survey – Young People (12–26 years)

This survey was designed to gain insight into the lifestyle and experience of young people. It is about dealing with alcohol, cannabis and gaming, and the accompanying attitudes.

The aim of this research is to improve the quality of life of the inhabitants of the Meuse-Rhine Euroregion (EMR).

Completion of this questionnaire is voluntary. The survey is confidential and anonymous. This means that no name can be linked to your answers. No one will find out what you have filled in.

Important information when completing the questionnaire:

- There are no right or wrong answers. What matters is your opinion and your experiences.
- We ask you to answer as many questions as possible; read through the questions calmly and answer them as best you can.

We would like to take this opportunity to thank you for your valuable contribution. Good luck!

First of all, we will ask you some questions about your personal background and living conditions.

#### 1. Where do you live?

- ☐ België – Provincie Limburg  
☐ Belgique – Province de Liège  
☐ Belgien – Ostbelgien  
☐ Nederland – Zuid-Limburg  
☐ Deutschland – Nordrhein Westfalen (NRW)  
☐ Deutschland – West-Eifel

#### 2. What are the 4 digits of your postal code?

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#### 3. What is your year of birth?

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#### 4. Are you a ... ?

- ☐ Boy/Man [use the term male peers in follow-up questions]  
☐ Girl/Woman [use the term female peers in follow-up questions]  
☐ Otherwise [use the term peers in follow-up questions].  
☐ I do not want to answer this question [use the term peers in follow-up questions].

#### 5. Please indicate to what extent you agree with the following statements.

Click one box on each line.

	Not at all				Totally agree	
I identify myself with my [male/female] peers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel a strong bond with my [male/female] peers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**6. Do you go to school/follow education?**

- ☐ Yes, I go to school/follow education [go to question 7a]
- ☐ No, I am not in education [go to question 7b].

**7a. What kind of education do you follow?**

- ☐ Lower secondary education
- ☐ Higher secondary education
- ☐ Intermediate Education
- ☐ Higher Education
- ☐ University
- ☐ Otherwise
- ☐ I do not wish to answer this question

**7b. Which situation applies to you?**

- ☐ I work part-time
- ☐ I work full time
- ☐ I am unemployed/looking for work
- ☐ I am incapacitated for work/receive social assistance benefit
- ☐ I am a housewife/househusband
- ☐ Otherwise
- ☐ I do not wish to answer this question

**8. Who do you currently live with?**

*Multiple answer options are possible*

- ☐ I live with my parent(s)
- ☐ I live alone
- ☐ I live together with (several) peers/students
- ☐ I live with my partner
- ☐ I live with my child(ren)
- ☐ Otherwise
- ☐ I do not wish to answer this question

We will now ask you some questions about your use of alcohol and cannabis and about gaming. Also about things that might have happened when you drank alcohol, used cannabis or were gaming. Please remember that all this information is anonymous and will be treated confidentially.

**9. How much money do you spend each month on ... ?**

*Tick one box on each line.*

	€0	€1 – €25.00	€26.00 – €50.00	€51.00 – €75.00	€76.00 – €100	More than € 100	I do not wish to answer this question
<b>Alcohol</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cannabis</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Games</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*By games, we mean all games you play on a smartphone, tablet, laptop, PC, Mac or game computer (such as Playstation, Xbox, Nintendo); both online and offline.*

<b>10. Do you drink alcohol (beer, wine, cocktails, etc.)?</b>	
<input type="checkbox"/>	I do not drink alcohol [continue to question 15].
<input type="checkbox"/>	Ever, but not in the last month
<input type="checkbox"/>	Once a week in the last month
<input type="checkbox"/>	Multiple times a week in the last month
<input type="checkbox"/>	(Almost) every day in the last month

<b>11. How many drinks do you drink on average on a day that you drink alcohol?</b>						
<i>Tick one box on each line.</i>						
	<b>0 glasses</b>	<b>1 or 2 glasses</b>	<b>3 or 4 glasses</b>	<b>5 or 6 glasses</b>	<b>7 to 10 glasses</b>	<b>11 glasses or more</b>
<b>During weekdays (Monday to Thursday)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>During weekend days (Friday to Sunday)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>12. What is the largest number of alcoholic drinks you have drunk on one occasion in the last month?</b>	
<input type="checkbox"/>	1 or 2 glasses
<input type="checkbox"/>	3 or 4 glasses
<input type="checkbox"/>	5 or 6 glasses
<input type="checkbox"/>	7 to 10 glasses
<input type="checkbox"/>	11 glasses or more

<b>13. Have you ever been drunk?</b>	
<input type="checkbox"/>	Never
<input type="checkbox"/>	Ever, but not in the last month
<input type="checkbox"/>	Once a week in the last month
<input type="checkbox"/>	Multiple times a week in the last month
<input type="checkbox"/>	(Almost) every day in the last month

<b>14. Have you ever experienced the following in your life because you drank alcohol?</b>	
<i>Multiple answer options are possible. (Continue to question 16)</i>	
<input type="checkbox"/>	Drank more than I had intended
<input type="checkbox"/>	Regret my behaviour
<input type="checkbox"/>	I had a hangover/felt bad the day after
<input type="checkbox"/>	I hurt myself/had a fall
<input type="checkbox"/>	Missed an appointment/missed a day's work
<input type="checkbox"/>	Drove a car or motorbike when I had drunk too much
<input type="checkbox"/>	Drove with someone who had drunk too much
<input type="checkbox"/>	Memory loss/not being able to remember things
<input type="checkbox"/>	Arguing or using force
<input type="checkbox"/>	Never experienced any of the above

**15. Why don't you drink alcohol?**

- ☐ I don't like it
- ☐ For medical reasons
- ☐ From a religious conviction
- ☐ I am addicted
- ☐ Otherwise

**16. Do you ever use cannabis (marijuana, weed, hash, spliff, etc.) ?**

- ☐ Never [continue to question 20]
- ☐ Ever, but not in the last month
- ☐ Once a week in the last month
- ☐ Multiple times a week in the last month
- ☐ (Almost) every day in the last month

**17. If you smoke weed or hash, how many joints do you smoke on average each time?**

	Joints
<input type="checkbox"/>	Less than 1 joint; I smoke with others

**18. If you smoke weed or hash, on average, how much money do you spend on joints per week?**

- ☐ €0; I smoke with others
- ☐ €0–€9.00
- ☐ €10.00–€20.00
- ☐ More than €20.00

**19. Have you ever experienced the following in your life because you used cannabis?**

*Multiple answer options are possible*

- ☐ Used more than I had intended
- ☐ Regret my behaviour
- ☐ I didn't feel well the day after
- ☐ I hurt myself/had a fall
- ☐ Missed an appointment/missed a day of school or work
- ☐ Drove a car or motorbike when I had used too much
- ☐ Drove with someone who had used too much
- ☐ Memory loss/not being able to remember things
- ☐ Arguing or using force
- ☐ Never experienced any of the above

**20. How often do you play games? By games, we mean all games you play on a smartphone, tablet, laptop, PC, Mac or game computer (such as Playstation, Xbox, Nintendo); both online and offline.**

- ☐ Never [continue to question 24]
- ☐ Ever, but not in the last month
- ☐ Once a week in the last month
- ☐ Multiple times a week in the last month
- ☐ (Almost) every day in the last month

**21. Which games do you play or have you played?**
*Multiple answers possible.*

- ☐ Shooters (e.g. Grand Theft Auto, Call of duty, Counter Strike)
- ☐ Adventure (e.g. Assassin's Creed, Tomb Raider)
- ☐ RPG (Bv. Fallout, The Elder Scrolls, Witcher, Final Fantasy)
- ☐ MMO (e.g. World of Warcraft, Elderscrolls Online)
- ☐ Sandbox (e.g. Minecraft, Terraria)
- ☐ Puzzle (e.g. Portal, Mahjong)
- ☐ Strategy (e.g. Starcraft, Civilization, Age of Empire, Shogun, Total War)
- ☐ Racing (e.g. Forza, Gran Turismo)
- ☐ Sport (e.g. FIFA, Madden NFL)
- ☐ Free to play (e.g. Fortnite, Path of Exile, Warframe)
- ☐ Mobile (e.g. Clash of Clans, Brawlstars, Candy Crush, Angry Birds, Fruit Ninja)
- ☐ Other games

**22. How long do you play games per day?**
*Tick one box on each line.*

	Less than 1 hour per day	1 to 3 hours per day	3 to 6 hours per day	6 to 9 hours per day	More than 9 hours per day
<b>During weekdays (Monday to Thursday)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>During weekend days (Friday to Sunday)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**23. Can you indicate how often you have experienced the following?**
*Tick one box on each line.*

	Never	Hardly ever	Some times	Often	Very often
<b>How often do you find it difficult to quit gaming?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>How often do others (e.g. parents or friends) tell you that you should play less?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>How often would you rather play than spend time in real life with others (e.g. friends or parents)?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>How often do you feel restless, stressed or irritated when you can't play?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>How often do you rush through your homework because you want to play?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>How often do you play because you feel bad?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>How often do you lack sleep because of gaming?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The following questions are about your attitude towards the use of alcohol, cannabis and games. Use the scale to indicate what best suits your attitude.

**24. What do you think about drinking alcohol?** *Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".*

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

**25. What do you think of people who are drunk?** *Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".*

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

**26. What do you think about the use of cannabis?** *Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".*

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

**27. What do you think about people who use so much cannabis to be (heavily) under the influence?** *Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".*

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

**28. What do you think about gaming?** *Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".*

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5



**29. What do you think of people who play so many games that their daily activities and social contacts suffer as a result? Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with social life".**

- ☐ 1  
☐ 2  
☐ 3  
☐ 4  
☐ 5

The following questions are about what you think about your peers' use of alcohol, cannabis and playing games.

**30. How often do you think most of your peers have drunk alcohol?**

- ☐ Never  
☐ Ever, but not in the last month  
☐ Once a week in the last month  
☐ Multiple times a week in the last month  
☐ (Almost) every day in the last month

**31. How many drinks do you think most of your [male/female] peers drink on a day that they drink alcohol? Tick one box on each line.**

	0 glasses	1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 glasses or more
During weekdays (Monday to Thursday)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During weekend days (Friday to Sunday)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**32. What is the largest number of alcoholic drinks that most of your [male/female] peers have drunk on one occasion in the last month?**

- ☐ 1 or 2 glasses  
☐ 3 or 4 glasses  
☐ 5 or 6 glasses  
☐ 7 to 10 glasses  
☐ 11 glasses or more

**33. How often do you think most of your [male/female] peers have been drunk?**

- ☐ Never  
☐ Ever, but not in the last month  
☐ Once a week in the last month  
☐ Multiple times a week in the last month  
☐ (Almost) every day in the last month

**34. How often do you think most of your peers have used cannabis?**

- ☐ Never
- ☐ Ever, but not in the last month
- ☐ Once a week in the last month
- ☐ Multiple times a week in the last month
- ☐ (Almost) every day in the last month

**35. How many joints do you think most of your peers have smoked in the last month?**
 Joints

- ☐ Less than 1 joint; they smoke with others

**36. How much money do most of your peers spend on average on joints per week?**

- ☐ €0; they smoke with others
- ☐ €0–€9.00
- ☐ €10,00–€20.00
- ☐ More than €20.00

**37. How often do you think most of your peers have played games?**

- ☐ Never
- ☐ Ever, but not in the last month
- ☐ Once a week in the last month
- ☐ Multiple times a week in the last month
- ☐ (Almost) every day in the last month

**38. How long a day do you think most of your peers play games ... ?**
*Tick one box on each line.*

	Less than 1 hour per day	1 to 3 hours per day	3 to 6 hours per day	6 to 9 hours per day	More than 9 hours per day
<b>During weekdays (Monday to Thursday)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>During weekend days (Friday to Sunday)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The following questions are about the attitude of your peers towards alcohol, cannabis and playing games. Here you can indicate on a scale what you think best suits the attitude of your peers.

**39. What do you think most of your peers think about the use of alcohol? Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".**

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

**40. What do you think most of your peers think about people who are drunk?** *Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".*

- ☐ 1  
☐ 2  
☐ 3  
☐ 4  
☐ 5

**41. What do you think most of your peers think about the use of cannabis?** *Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".*

- ☐ 1  
☐ 2  
☐ 3  
☐ 4  
☐ 5

**42. What do you think most of your peers think about people who use so much cannabis to be (heavily) under the influence?** *Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".*

- ☐ 1  
☐ 2  
☐ 3  
☐ 4  
☐ 5

**43. What do you think most of your peers think about gaming?** *Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".*

- ☐ 1  
☐ 2  
☐ 3  
☐ 4  
☐ 5

**44. What do you think most of your peers think about people who game so much that their daily activities and social contacts suffer?** *Indicate your rating on this scale from 1 to 5, where 1 stands for "Never okay" and 5 stands for "Okay, if it does not interfere with everyday life".*

- ☐ 1  
☐ 2  
☐ 3  
☐ 4  
☐ 5

## Appendix 2: Background statistics, EHS Young People

**Table 2.1: Participants, per region, EHS**

Region	N	%
<i>Total project area</i>	4878	100%
South-Limburg (NL)	304	6.2%
Province of Limburg (BE)	831	17.0%
Province of Liège (BE)	1842	37.8%
Ostbelgien (BE)	425	8.7%
Aachen (DE)	77	1.6%
Euskirchen (DE)	127	2.6%
Heinsberg (DE)	1138	23.3%
Bitburg-Prüm (DE)	134	2.7%

**Table 2.2: Participants, per region, EHS**

Region	N	%
<i>Total project area</i>	4878	100%
South-Limburg (NL)	304	6.2%
Province of Limburg (BE)	831	17%
Province of Liège (BE)	2267	46.5%
German regions (DE)	1476	30.3%

**Table 2.3: Age groups, per region, EHS**

Region	12y-14y	14y-16y	16y-18y	18y-20y	20y-26y
<i>Total project area</i>	3.7%	17.5%	17.4%	18%	43.3%
South-Limburg (NL)	5.3%	14.5%	18.8%	14.8%	46.7%
Province of Limburg (BE)	6.0%	24.5%	21.4%	18.4%	29.6%
Province of Liège (BE)	1.8%	8.2%	7.9%	19.0%	63.1%
German regions (DE)	5.1%	28.4%	29.6%	16.9%	19.9%

**Table 2.4: Gender, per region, EHS**

Region	Male	Female	Other	Don't want to answer
<i>Total project area</i>	39.2%	58.7%	0.6%	1.5%
South-Limburg (NL)	35.9%	62.2%	1%	1%
Province of Limburg (BE)	45.1%	54.2%	0%	0.7%
Province of Liège (BE)	32.6%	65.6%	0.6%	1.2%
German regions (DE)	46.7%	49.9%	0.9%	2.5%

**Table 2.5: Level of education, per region, EHS**

Region	Lower secondary education	Higher secondary education	Medium Education	Higher Education	University
<i>Total project area</i>	13.3%	33.1%	4.4%	22.8%	16.6%
South-Limburg (NL)	12.8%	32.2%	6.3%	16.8%	10.5%
Province of Limburg (BE)	25.6%	39.6%	0.1%	13.2%	13.8%
Province of Liège (BE)	6.0%	17.3%	0.7%	38.9%	27.8%
German regions (DE)	17.6%	53.8%	12.2%	4.7%	2.2%

**Table 2.6: Working situation, per region, EHS**

Region	Part-time	Fulltime	Unemployed/ Job-seeking	Incapacitated/ Social assistance	Housewife/ Househusband
<i>Total project area</i>	1.0%	5.4%	0.7%	0.1%	0.1%
South-Limburg (NL)	3.9%	10.2%	0.7%	0.7%	0.0%
Province of Limburg (BE)	1.0%	4.0%	0.4%	0.1%	0.0%
Province of Liège (BE)	0.8%	5.6%	0.8%	0.0%	0.1%
German regions (DE)	0.8%	4.7%	0.7%	0.2%	0.1%

**Table 2.7: Is working, per region, EHS**

Region	Working
<i>Total project area</i>	6.4%
South-Limburg (NL)	14.1%
Province of Limburg (BE)	4.9%
Province of Liège (BE)	6.4%
German regions (DE)	5.6%

**Table 2.8: Underprivileged, EHS**

Region	Underprivileged
<i>Total project area</i>	0.8%
South-Limburg (NL)	1.3%
Province of Limburg (BE)	0.5%
Province of Liège (BE)	0.9%
German regions (DE)	0.9%

**Table 2.9: Average identification score, per region, EHS**

Region	Identification score
<i>Total project area</i>	4.05
South-Limburg (NL)	4.59
Province of Limburg (BE)	4.50
Province of Liège (BE)	4.06
German regions (DE)	3.67

**Table 2.10: Risk groups, per region, EHS**

Region	Total risk group	Alcohol risk group	Cannabis risk group	Gaming risk group
<i>Total project area</i>	44.0%	40.3%	4.8%	3.9%
South-Limburg (NL)	38.8%	37.8%	3.0%	2.0%
Province of Limburg (BE)	41.4%	38.3%	4.7%	3.0%
Province of Liège (BE)	48.1%	45.2%	4.2%	2.8%
German regions (DE)	40.3%	34.4%	6.3%	6.4%

**Table 2.11: Risk groups, per age group, EHS**

Age group	Total risk group	Alcohol risk group	Cannabis risk group	Gaming risk group
12y-14y	12.6%	6.6%	0.0%	7.7%
14y-16y	34.0%	29.7%	1.6%	6.8%
16y-18y	40.0%	34.8%	7.1%	5.6%
18y-20y	47.5%	44.3%	4.2%	3.9%
20y-26y	51.0%	48.0%	5.9%	1.7%

## Appendix 3: Alcohol statistics, EHS Young People

**Table 3.1: Alcohol use among young people, EHS**

		Never	Sometimes, but not in the last month	Once a week in the last month	Multiple times a week in the last month	(Almost) every day in the last month
<b>Total</b>		28.5%	26.6%	29.3%	13.8%	1.8%
Regions	South-Limburg (NL)	29.3%	24.0%	36.5%	8.6%	1.6%
	Province of Limburg (BE)	34.9%	23.8%	28.9%	11.4%	1.0%
	Province of Liège (BE)	19.8%	25.2%	33.8%	18.8%	2.4%
	German regions (DE)	38.2%	30.8%	21.0%	8.8%	1.3%
Age groups	12-14 years	93.4%	6.0%	0.5%	0.0%	0.0%
	14-16 years	70.3%	21.9%	4.8%	2.0%	1.1%
	16-18 years	27.9%	35.9%	26.8%	8.2%	1.2%
	18-20 years	16.4%	30.1%	37.9%	13.9%	1.7%
	20-26 years	11.3%	25.1%	39.1%	22.1%	2.5%
Gender	Male	31.6%	22.9%	25.7%	17.0%	2.8%
	Female	26.2%	29.1%	31.9%	11.9%	0.9%
	Other	20.7%	24.1%	27.6%	13.8%	13.8%
	Don't want to answer	43.1%	25.0%	19.4%	8.3%	4.2%
Identifies with peers	No	30.1%	27.6%	27.9%	12.8%	1.7%
	Yes	26.0%	24.9%	31.5%	15.6%	1.9%
Working	No	29.8%	26.8%	28.2%	13.4%	1.8%
	Yes	9.6%	23.1%	45.2%	20.8%	1.3%
Under- privileged	No	28.7%	26.5%	29.1%	13.9%	1.8%
	Yes	12.2%	34.1%	46.3%	4.9%	2.4%
Level of education	Lower secondary education	38.9%	28.4%	21.2%	10.0%	1.4%
	Higher secondary education	49.5%	26.6%	18.2%	4.9%	0.7%
	Intermediate Education	15.2%	37.3%	34.6%	11.1%	1.8%
	Higher Education	12.4%	27.0%	37.7%	20.4%	2.4%
	University	11.5%	22.1%	38.9%	24.8%	2.7%
	Other	35.0%	26.2%	23.3%	10.7%	4.9%
	Not applicable	10.4%	25.7%	43.6%	18.4%	1.9%
Living alone	No	29.4%	26.6%	28.8%	13.6%	1.7%
	Yes	11.9%	27.2%	39.6%	19.1%	2.1%
Alcohol risk group	No	47.8%	37.8%	12.2%	2.0%	0.2%
	Yes	0.0%	10.1%	54.5%	31.3%	4.1%

**Table 3.2: Estimated alcohol use by peers, EHS**

		Never	Sometimes, but not in the last month	Once a week in the last month	Multiple times a week in the last month	(Almost) every day in the last month
	<b>Total</b>	8.8%	15.0%	41.6%	32.0%	2.5%
Regions	South-Limburg (NL)	9.2%	17.8%	41.4%	30.6%	1.0%
	Province of Limburg (BE)	12.0%	17.0%	40.1%	28.9%	2.0%
	Province of Liège (BE)	4.5%	8.1%	44.3%	40.7%	2.3%
	German regions (DE)	13.5%	23.9%	38.4%	20.7%	3.5%
Age groups	12-14 years	64.1%	30.4%	3.9%	1.7%	0.0%
	14-16 years	30.1%	42.9%	18.8%	6.3%	1.9%
	16-18 years	4.1%	20.0%	50.4%	21.3%	4.1%
	18-20 years	1.6%	7.0%	52.9%	35.6%	3.0%
	20-26 years	0.3%	3.7%	45.9%	47.8%	2.2%
Gender	Male	11.5%	14.9%	34.9%	34.9%	3.8%
	Female	7.1%	15.0%	46.1%	30.4%	1.3%
	Other	6.9%	10.3%	34.5%	31.0%	17.2%
	Don't want to answer	8.5%	18.3%	43.7%	16.9%	12.7%
Identifies with peers	No	9.2%	15.4%	41.0%	31.8%	2.6%
	Yes	8.2%	14.4%	42.6%	32.3%	2.5%
Working	No	9.4%	15.7%	41.2%	31.1%	2.7%
	Yes	0.3%	5.4%	48.4%	45.2%	0.6%
Under-privileged	No	8.8%	15.1%	41.6%	31.9%	2.5%
	Yes	7.3%	2.4%	46.3%	41.5%	2.4%
Level of education	Lower secondary education	12.1%	26.2%	33.2%	23.4%	5.1%
	Higher secondary education	19.9%	27.7%	38.1%	13.2%	1.2%
	Intermediate Education	1.4%	17.1%	43.3%	33.2%	5.1%
	Higher Education	0.3%	2.5%	48.3%	45.7%	3.2%
	University	0.4%	1.9%	44.3%	51.9%	1.6%
	Other	17.6%	14.7%	30.4%	31.4%	5.9%
	Not applicable	1.1%	5.6%	47.9%	43.9%	1.6%
Living alone	No	9.2%	15.5%	41.4%	31.4%	2.5%
	Yes	1.3%	5.1%	46.0%	44.7%	3.0%
Alcohol risk group	No	13.9%	19.3%	36.8%	28.3%	1.7%
	Yes	1.3%	8.6%	48.8%	37.6%	3.8%



**Table 3.3: Reasons why young people do not drink alcohol, EHS**

	Do not like alcohol	Medical reasons	Religious beliefs	Addictive	Other reason
<i>Total</i>	10.4%	2.9%	4.0%	0.1%	11.0%

**Table 3.4: Number of glasses of alcohol young people consume during weekdays, EHS**

		0 glasses	1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
	<i>Total</i>	52.7%	23.1%	9.2%	6.5%	4.6%	3.9%
Regions	South-Limburg (NL)	62.2%	19.7%	8.6%	3.3%	3.9%	2.3%
	Province of Limburg (BE)	59.4%	21.8%	6.3%	6.7%	3.5%	2.3%
	Province of Liège (BE)	42.5%	29.9%	12.0%	7.0%	5.4%	3.2%
	German regions (DE)	62.6%	14.1%	6.8%	6.2%	4.1%	6.2%
Age groups	12-14 years	97.3%	2.7%	0.0%	0.0%	0.0%	0.0%
	14-16 years	84.7%	9.0%	1.8%	2.0%	0.7%	1.9%
	16-18 years	57.1%	16.0%	8.8%	6.5%	4.7%	6.9%
	18-20 years	47.3%	20.8%	11.6%	8.4%	6.2%	5.7%
	20-26 years	36.4%	34.4%	12.3%	8.0%	5.9%	3.1%
Gender	Male	51.9%	19.9%	8.8%	6.8%	6.2%	6.3%
	Female	52.9%	25.6%	9.6%	6.3%	3.6%	2.1%
	Other	41.4%	27.6%	6.9%	6.9%	0.0%	17.2%
	Don't want to answer	69.4%	6.9%	8.3%	5.6%	2.8%	6.9%
Identifies with peers	No	54.5%	22.0%	8.8%	6.2%	4.7%	3.8%
	Yes	49.8%	24.9%	9.9%	7.0%	4.5%	4.0%
Working	No	53.8%	22.2%	9.2%	6.3%	4.6%	3.9%
	Yes	36.5%	36.9%	10.3%	9.0%	4.2%	3.2%
Under-privileged	No	52.8%	23.0%	9.3%	6.4%	4.6%	3.9%
	Yes	36.6%	36.6%	4.9%	12.2%	7.3%	2.4%
Level of education	Lower secondary education	60.4%	14.8%	8.3%	5.9%	4.2%	6.3%
	Higher secondary education	73.0%	12.0%	4.7%	4.2%	3.3%	2.7%
	Intermediate Education	47.0%	19.4%	9.2%	8.8%	8.3%	7.4%
	Higher Education	39.1%	29.8%	14.0%	7.9%	5.4%	3.8%
	University	32.7%	37.7%	13.1%	7.8%	5.7%	3.1%
	Other	58.3%	22.3%	4.9%	3.9%	2.9%	7.8%
	Not applicable	36.9%	36.1%	9.1%	9.6%	4.5%	3.7%
Living alone	No	53.6%	22.5%	9.1%	6.4%	4.5%	3.9%
	Yes	34.0%	34.9%	12.8%	7.7%	7.2%	3.4%
Alcohol risk group	No	70.3%	18.7%	6.2%	2.5%	1.5%	0.8%
	Yes	26.6%	29.7%	13.8%	12.4%	9.1%	8.5%

**Table 3.5: Estimated number of glasses of alcohol young people consume during weekdays, EHS**

		0 glasses	1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
	<b>Total</b>	19.6%	28.1%	22.8%	16.1%	8.8%	4.6%
Regions	South-Limburg (NL)	22.7%	30.6%	24.3%	11.5%	7.9%	3.0%
	Province of Limburg (BE)	24.8%	29.0%	20.7%	14.1%	8.1%	3.4%
	Province of Liège (BE)	11.1%	30.3%	26.2%	19.3%	9.6%	3.5%
	German regions (DE)	29.1%	23.6%	18.4%	13.4%	8.1%	7.4%
Age groups	12-14 years	82.4%	14.3%	1.6%	1.6%	0.0%	0.0%
	14-16 years	51.2%	32.1%	8.7%	3.3%	1.8%	2.9%
	16-18 years	22.0%	21.4%	19.4%	18.3%	10.3%	8.6%
	18-20 years	10.8%	25.2%	26.2%	19.7%	11.3%	6.7%
	20-26 years	4.1%	31.5%	30.2%	20.2%	10.7%	3.3%
Gender	Male	20.5%	25.8%	20.6%	15.8%	9.8%	7.5%
	Female	19.0%	29.5%	24.4%	16.6%	8.0%	2.5%
	Other	13.8%	37.9%	10.3%	6.9%	10.3%	20.7%
	Don't want to answer	23.6%	26.4%	20.8%	11.1%	9.7%	8.3%
Identifies with peers	No	19.4%	27.6%	22.4%	16.6%	8.9%	5.0%
	Yes	20.0%	28.8%	23.3%	15.4%	8.5%	4.0%
Working	No	20.6%	27.6%	22.5%	16.0%	8.7%	4.7%
	Yes	5.8%	35.6%	26.6%	18.6%	9.9%	3.5%
Under-privileged	No	19.7%	28.1%	22.7%	16.0%	8.8%	4.6%
	Yes	7.3%	19.5%	31.7%	26.8%	4.9%	9.8%
Level of education	Lower secondary education	25.5%	25.9%	17.0%	11.6%	11.3%	8.7%
	Higher secondary education	39.8%	25.2%	13.3%	11.7%	5.8%	4.1%
	Intermediate Education	11.1%	22.6%	24.9%	17.5%	13.4%	10.6%
	Higher Education	4.4%	29.3%	31.6%	20.6%	10.5%	3.6%
	University	3.3%	32.3%	32.1%	21.9%	8.7%	1.7%
	Other	24.5%	32.4%	20.6%	6.9%	6.9%	8.8%
	Not applicable	6.4%	33.6%	26.4%	18.9%	9.9%	4.8%
Living alone	No	20.2%	27.9%	22.6%	15.8%	8.8%	4.7%
	Yes	7.6%	31.8%	25.8%	22.5%	8.1%	4.2%
Alcohol risk group	No	25.7%	28.0%	22.5%	14.5%	6.4%	3.0%
	Yes	10.5%	28.2%	23.2%	18.6%	12.3%	7.1%

**Table 3.6: Number of glasses of alcohol young people consume during weekend days.**  
**EHS**

		0 glasses	1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
	<b>Total</b>	34.9%	23.1%	9.2%	6.5%	4.6%	3.9%
Regions	South-Limburg (NL)	37.0%	25.4%	13.5%	12.2%	13.5%	5.0%
	Province of Limburg (BE)	43.4%	22.9%	12.4%	8.3%	11.6%	5.3%
	Province of Liège (BE)	26.4%	24.9%	17.6%	13.4%	11.0%	7.2%
	German regions (DE)	42.7%	12.7%	11.7%	12.6%	8.5%	11.1%
Age groups	12-14 years	97.2%	2.8%	0.0%	0.0%	9.2%	0.0%
	14-16 years	80.3%	10.2%	2.8%	2.5%	9.9%	2.3%
	16-18 years	34.9%	17.8%	14.0%	12.8%	9.3%	10.7%
	18-20 years	22.5%	18.6%	16.0%	16.6%	12.2%	12.9%
	20-26 years	16.3%	29.0%	20.4%	15.0%	9.5%	7.7%
Gender	Male	38.2%	16.2%	11.5%	10.4%	12.2%	12.7%
	Female	32.2%	24.2%	17.1%	13.4%	7.6%	4.6%
	Other	34.5%	24.1%	10.3%	13.8%	7.1%	13.8%
	Don't want to answer	52.8%	12.5%	4.2%	9.7%	13.8%	9.7%
Identifies with peers	No	36.4%	20.7%	13.7%	11.9%	11.6%	8.0%
	Yes	32.4%	21.1%	16.2%	12.6%	11.0%	7.7%
Working	No	36.4%	20.5%	14.1%	11.9%	5.9%	7.9%
	Yes	13.1%	26.9%	23.4%	15.7%	11.8%	8.7%
Under-privileged	No	35.1%	20.8%	14.6%	12.1%	9.3%	7.9%
	Yes	12.2%	29.3%	24.4%	17.1%	12.3%	4.9%
Level of education	Lower secondary education	46.2%	17.2%	9.9%	8.2%	6.9%	11.0%
	Higher secondary education	57.2%	12.1%	9.2%	9.1%	7.7%	5.3%
	Intermediate Education	18.4%	16.1%	10.6%	17.5%	10.5%	23.5%
	Higher Education	19.0%	26.4%	19.9%	15.4%	9.4%	7.7%
	University	16.4%	31.6%	20.9%	14.7%	11.9%	5.4%
	Other	43.6%	23.8%	5.9%	7.9%	9.4%	12.9%
	Not applicable	13.6%	27.5%	22.2%	15.5%	0.0%	9.4%
Living alone	No	35.8%	20.4%	14.2%	12.2%	1.9%	8.0%
	Yes	15.7%	29.8%	22.6%	12.8%	9.8%	6.8%
Alcohol risk group	No	53.7%	23.8%	12.1%	6.0%	2.8%	1.5%
	Yes	7.1%	16.5%	18.4%	21.3%	19.3%	17.4%

**Table 3.7: Estimated number of glasses of alcohol young people consume during weekend days, EHS**

		0 glasses	1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
	<b>Total</b>	11.5%	12.9%	21.2%	25.0%	18.3%	11.2%
Regions	South-Limburg (NL)	13.2%	11.8%	24.3%	24.7%	20.7%	5.3%
	Province of Limburg (BE)	16.7%	17.7%	22.5%	21.8%	14.6%	6.7%
	Province of Liège (BE)	6.5%	9.3%	23.6%	29.1%	21.3%	10.2%
	German regions (DE)	15.8%	15.8%	16.2%	20.4%	15.2%	16.5%
Age groups	12-14 years	73.6%	20.9%	2.7%	1.6%	0.5%	0.5%
	14-16 years	39.1%	32.5%	13.3%	6.8%	3.6%	4.6%
	16-18 years	6.8%	14.4%	21.4%	24.6%	17.2%	15.6%
	18-20 years	2.5%	6.2%	19.8%	28.5%	25.8%	17.2%
	20-26 years	0.6%	6.4%	26.5%	33.0%	23.0%	10.5%
Gender	Male	13.3%	13.1%	16.2%	20.3%	20.6%	16.5%
	Female	10.2%	12.6%	24.8%	28.3%	16.8%	7.2%
	Other	10.3%	17.2%	17.2%	13.8%	6.9%	34.5%
	Don't want to answer	13.9%	15.3%	12.5%	20.8%	18.1%	19.4%
Identifies with peers	No	11.6%	12.9%	20.5%	24.7%	18.3%	12.0%
	Yes	11.3%	12.8%	22.3%	25.3%	18.3%	9.9%
Working	No	12.2%	13.3%	21.0%	24.4%	17.9%	11.2%
	Yes	1.0%	6.4%	24.7%	33.3%	24.0%	10.6%
Under-privileged	No	11.6%	12.9%	21.1%	24.9%	18.3%	11.2%
	Yes	2.4%	9.8%	31.7%	29.3%	12.2%	14.6%
Level of education	Lower secondary education	16.1%	19.7%	15.9%	15.3%	16.6%	16.4%
	Higher secondary education	25.6%	20.6%	17.5%	17.0%	11.1%	8.1%
	Intermediate Education	1.4%	7.4%	12.9%	24.9%	26.3%	27.2%
	Higher Education	0.8%	5.9%	24.6%	32.5%	24.7%	11.5%
	University	0.9%	5.9%	28.9%	35.4%	21.4%	7.5%
	Other	17.6%	10.8%	21.6%	18.6%	14.7%	16.7%
	Not applicable	1.6%	7.2%	24.5%	32.5%	22.4%	11.7%
Living alone	No	12.0%	13.1%	21.1%	24.4%	18.1%	11.2%
	Yes	1.3%	7.6%	24.2%	35.2%	21.6%	10.2%
Alcohol risk group	No	17.2%	15.1%	22.4%	23.1%	14.0%	8.2%
	Yes	3.0%	9.6%	19.4%	27.7%	24.6%	15.7%

**Table 3.8: Largest number of drinks young people consume on a single occasion, EHS**

		1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
	<b>Total</b>	52.7%	10.7%	11.9%	13.9%	19.7%
Regions	South-Limburg (NL)	48.2%	13.5%	9.9%	15.2%	13.2%
	Province of Limburg (BE)	51.8%	9.6%	10.4%	13.1%	15.2%
	Province of Liège (BE)	34.5%	12.3%	14.3%	16.1%	22.8%
	German regions (DE)	52.9%	8.3%	9.3%	10.8%	18.7%
Age groups	12-14 years	97.8%	0.5%	1.6%	0.0%	0.0%
	14-16 years	86.4%	4.3%	2.8%	1.7%	4.9%
	16-18 years	44.0%	10.8%	11.1%	13.5%	20.7%
	18-20 years	30.3%	11.3%	15.3%	16.9%	26.1%
	20-26 years	27.7%	13.9%	15.2%	18.9%	24.2%
Gender	Male	44.0%	7.8%	7.5%	12.3%	28.4%
	Female	43.2%	12.9%	15.0%	15.1%	13.8%
	Other	55.2%	6.9%	10.3%	0.0%	27.6%
	Don't want to answer	58.3%	2.8%	6.9%	15.3%	16.7%
Identifies with peers	No	46.0%	11.3%	11.6%	12.4%	18.6%
	Yes	40.3%	9.7%	12.3%	16.3%	21.3%
Working	No	45.3%	10.1%	11.6%	13.3%	19.6%
	Yes	22.8%	19.2%	15.7%	22.1%	20.2%
Under-privileged	No	52.9%	7.5%	8.6%	8.9%	22.2%
	Yes	64.0%	7.8%	8.1%	9.0%	11.1%
Level of education	Lower secondary education	33.3%	12.0%	9.7%	17.6%	27.3%
	Higher secondary education	27.9%	11.6%	16.2%	17.6%	26.7%
	Intermediate Education	28.3%	14.6%	15.6%	18.5%	23.1%
	Higher Education	52.5%	9.9%	5.9%	13.9%	17.8%
	University	26.2%	17.4%	15.8%	20.6%	20.1%
	Other	43.9%	10.7%	11.8%	13.9%	19.7%
	Not applicable	39.0%	9.8%	22.0%	12.2%	17.1%
Living alone	No	44.6%	10.4%	11.6%	13.7%	19.7%
	Yes	28.9%	16.2%	17.4%	17.9%	19.6%
Alcohol risk group	No	68.5%	15.4%	7.8%	4.2%	4.0%
	Yes	7.2%	3.7%	17.9%	28.2%	42.9%

**Table 3.9: Estimated largest number of drinks peers consume on a single occasion, EHS**

		1 or 2 glasses	3 or 4 glasses	5 or 6 glasses	7 to 10 glasses	11 or more glasses
	<b>Total</b>	14.3%	8.7%	18.5%	25.1%	33.5%
Regions	South-Limburg (NL)	19.3%	8.0%	20.3%	25.0%	27.3%
	Province of Limburg (BE)	21.3%	8.6%	18.9%	20.6%	30.6%
	Province of Liège (BE)	7.6%	7.4%	19.1%	31.7%	34.2%
	German regions (DE)	19.6%	10.8%	16.9%	17.4%	35.4%
Age groups	12-14 years	82.7%	9.6%	3.2%	1.3%	3.2%
	14-16 years	51.1%	16.7%	12.4%	6.9%	12.8%
	16-18 years	9.8%	9.6%	18.0%	22.8%	39.7%
	18-20 years	2.6%	6.1%	19.5%	28.6%	43.2%
	20-26 years	1.6%	6.2%	21.6%	33.3%	37.2%
Gender	Male	16.5%	7.5%	11.1%	19.1%	45.8%
	Female	12.6%	9.5%	23.5%	29.3%	25.1%
	Other	17.2%	6.9%	17.2%	13.8%	44.8%
	Don't want to answer	18.6%	7.1%	14.3%	20.0%	40.0%
Identifies with peers	No	14.6%	9.1%	18.4%	25.1%	32.8%
	Yes	13.7%	7.9%	18.6%	25.1%	34.7%
Working	No	15.1%	8.8%	18.1%	24.8%	33.1%
	Yes	1.9%	6.7%	23.7%	28.5%	39.1%
Under-privileged	No	23.5%	12.4%	14.9%	14.8%	34.4%
	Yes	30.1%	11.4%	16.1%	17.0%	25.4%
Level of education	Lower secondary education	3.2%	4.2%	17.1%	20.4%	55.1%
	Higher secondary education	1.4%	5.9%	19.2%	35.3%	38.0%
	Intermediate Education	1.6%	5.6%	23.7%	34.7%	34.4%
	Higher Education	22.5%	12.7%	11.8%	18.6%	34.3%
	University	2.7%	7.2%	23.0%	29.1%	38.0%
	Other	14.3%	8.7%	18.5%	24.9%	33.6%
	Not applicable	5.0%	10.0%	10.0%	50.0%	25.0%
Living alone	No	14.8%	8.7%	18.2%	24.7%	33.6%
	Yes	3.8%	7.7%	24.3%	32.3%	31.9%
Alcohol risk group	No	21.1%	11.4%	20.7%	22.1%	24.7%
	Yes	4.4%	4.7%	15.2%	29.4%	46.3%

**Table 3.10: Times young people were drunk, EHS**

		Never	Ever, but not in the last month	Once a week in the last month	Multiple times a week in the last month	(Almost) every day in the last month
<i>Total</i>		43.3%	37.6%	16.0%	2.8%	0.4%
Regions	South-Limburg (NL)	46.7%	38.2%	13.8%	1.0%	0.3%
	Province of Limburg (BE)	53.5%	29.1%	15.3%	2.0%	0.0%
	Province of Liège (BE)	33.1%	44.0%	19.1%	3.5%	0.3%
	German regions (DE)	52.3%	32.3%	12.0%	2.4%	0.9%
Age groups	12-14 years	98.9%	1.1%	0.0%	0.0%	0.0%
	14-16 years	87.5%	8.7%	2.5%	0.7%	0.7%
	16-18 years	51.1%	34.6%	11.1%	2.5%	0.8%
	18-20 years	35.8%	39.5%	21.3%	3.1%	0.2%
	20-26 years	20.5%	52.8%	22.5%	3.9%	0.2%
Gender	Male	43.5%	32.0%	19.7%	4.1%	0.6%
	Female	42.9%	41.6%	13.6%	1.9%	0.1%
	Other	31.0%	37.9%	13.8%	6.9%	10.3%
	Don't want to answer	56.9%	25.0%	13.9%	1.4%	2.8%
Identifies with peers	No	45.5%	37.0%	14.4%	2.7%	0.4%
	Yes	39.7%	38.5%	18.5%	3.0%	0.4%
Working	No	45.2%	35.8%	15.9%	2.7%	0.4%
	Yes	15.4%	63.1%	17.6%	3.8%	0.0%
Under-privileged	No	57.2%	28.4%	10.7%	2.8%	0.9%
	Yes	68.1%	22.0%	8.4%	1.3%	0.2%
Level of education	Lower secondary education	26.7%	47.0%	24.0%	1.8%	0.5%
	Higher secondary education	26.1%	47.3%	23.0%	3.5%	0.1%
	Intermediate Education	22.2%	49.3%	23.8%	4.4%	0.2%
	Higher Education	47.5%	36.6%	11.9%	3.0%	1.0%
	University	17.1%	61.2%	16.3%	4.0%	1.3%
	Other	43.4%	37.4%	16.0%	2.8%	0.4%
	Not applicable	22.0%	56.1%	12.2%	4.9%	4.9%
Living alone	No	44.4%	36.7%	15.7%	2.8%	0.4%
	Yes	20.0%	54.9%	22.1%	2.1%	0.9%
Alcohol risk group	No	64.1%	34.3%	1.4%	0.2%	0.0%
	Yes	12.5%	42.4%	37.5%	6.7%	1.0%

**Table 3.11: Estimated times peers were drunk, EHS**

		Never	Ever, but not in the last month	Once a week in the last month	Multiple times a week in the last month	(Almost) every day in the last month
<i>Total</i>		12.5%	33.5%	42.1%	10.3%	1.6%
Regions	South-Limburg (NL)	15.5%	33.2%	40.5%	10.2%	0.7%
	Province of Limburg (BE)	20.0%	33.1%	38.8%	7.7%	0.4%
	Province of Liège (BE)	6.9%	31.2%	50.0%	11.0%	1.0%
	German regions (DE)	16.3%	37.5%	31.9%	10.8%	3.4%
Age groups	12-14 years	79.6%	17.1%	2.8%	0.6%	0.0%
	14-16 years	43.9%	40.6%	9.8%	3.8%	2.0%
	16-18 years	7.9%	43.3%	35.0%	10.1%	3.7%
	18-20 years	1.7%	31.2%	53.0%	12.4%	1.7%
	20-26 years	0.4%	29.2%	56.7%	13.0%	0.7%
Gender	Male	14.8%	28.3%	42.0%	12.5%	2.3%
	Female	11.0%	37.1%	42.3%	8.9%	0.7%
	Other	13.8%	34.5%	27.6%	10.3%	13.8%
	Don't want to answer	12.3%	30.1%	38.4%	6.8%	12.3%
Identifies with peers	No	12.5%	34.5%	40.1%	11.2%	1.7%
	Yes	12.5%	32.0%	45.2%	9.0%	1.3%
Working	No	13.3%	33.5%	41.3%	10.2%	1.6%
	Yes	0.3%	34.6%	52.6%	11.5%	1.0%
Under-privileged	No	16.3%	37.2%	30.3%	11.7%	4.5%
	Yes	28.6%	38.5%	25.6%	5.9%	1.4%
Level of education	Lower secondary education	1.4%	31.3%	47.5%	17.5%	2.3%
	Higher secondary education	0.6%	28.4%	57.7%	12.2%	1.1%
	Intermediate Education	0.6%	29.0%	58.7%	11.4%	0.2%
	Higher Education	20.6%	30.4%	30.4%	17.6%	1.0%
	University	1.9%	33.1%	50.7%	13.1%	1.3%
	Other	12.5%	33.6%	42.0%	10.3%	1.6%
	Not applicable	7.3%	22.0%	51.2%	17.1%	2.4%
Living alone	No	13.0%	33.7%	41.6%	10.2%	1.6%
	Yes	2.1%	30.9%	51.7%	13.1%	2.1%
Alcohol risk group	No	18.2%	36.1%	35.9%	8.8%	1.0%
	Yes	4.0%	29.8%	51.1%	12.6%	2.4%



**Table 3.12: Opinion about alcohol use among young people (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<i>Total</i>		10.5%	10.2%	24.9%	22.2%	32.2%
Regions	South-Limburg (NL)	13.2%	9.5%	25.3%	17.8%	34.2%
	Province of Limburg (BE)	11.6%	11.2%	23.2%	23.5%	30.6%
	Province of Liège (BE)	6.6%	8.7%	24.7%	24.9%	35.1%
	German regions (DE)	15.4%	12.1%	25.9%	18.2%	28.4%
Age groups	12-14 years	33.5%	18.1%	24.2%	9.3%	14.8%
	14-16 years	26.8%	19.1%	26.6%	11.5%	15.9%
	16-18 years	10.7%	9.2%	27.0%	21.4%	31.7%
	18-20 years	6.8%	8.8%	21.8%	23.6%	38.9%
	20-26 years	3.4%	6.9%	24.7%	27.3%	37.8%
Gender	Male	14.5%	10.9%	22.5%	20.4%	31.7%
	Female	7.8%	9.8%	26.5%	23.6%	32.4%
	Other	17.2%	6.9%	20.7%	13.8%	41.4%
	Don't want to answer	11.0%	11.0%	26.0%	15.1%	37.0%
Identifies with peers	No	11.6%	10.6%	24.7%	21.9%	31.2%
	Yes	8.8%	9.6%	25.1%	22.6%	33.9%
Working	No	11.1%	10.4%	24.7%	21.5%	32.3%
	Yes	2.2%	7.4%	27.9%	31.7%	30.8%
Under-privileged	No	18.9%	13.9%	24.1%	16.2%	26.9%
	Yes	16.9%	13.8%	26.4%	18.0%	24.9%
Level of education	Lower secondary education	9.7%	9.2%	28.1%	19.4%	33.6%
	Higher secondary education	4.2%	6.4%	24.1%	24.6%	40.7%
	Intermediate Education	2.5%	6.0%	22.7%	30.0%	38.8%
	Higher Education	19.8%	12.9%	15.8%	12.9%	38.6%
	University	2.7%	8.5%	27.2%	30.4%	31.2%
	Other	10.6%	10.2%	24.9%	22.1%	32.2%
	Not applicable	4.9%	14.6%	24.4%	24.4%	31.7%
Living alone	No	10.8%	10.4%	24.8%	21.7%	32.3%
	Yes	5.5%	6.4%	26.3%	30.9%	30.9%
Alcohol risk group	No	16.7%	14.8%	28.1%	18.3%	22.1%
	Yes	1.4%	3.4%	20.1%	27.8%	47.2%

**Table 3.13: Estimated peer opinion about alcohol use (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<i>Total</i>		8.1%	7.0%	18.8%	27.9%	38.2%
Regions	South-Limburg (NL)	8.9%	6.9%	18.2%	28.7%	37.3%
	Province of Limburg (BE)	11.0%	10.4%	17.1%	26.7%	34.8%
	Province of Liège (BE)	4.6%	4.9%	17.9%	30.4%	42.2%
	German regions (DE)	11.7%	8.1%	21.5%	24.5%	34.2%
Age groups	12-14 years	44.5%	24.7%	16.5%	7.1%	7.1%
	14-16 years	24.7%	18.9%	25.1%	15.9%	15.4%
	16-18 years	5.7%	6.1%	19.5%	28.6%	40.1%
	18-20 years	3.0%	3.8%	15.9%	32.2%	45.1%
	20-26 years	1.3%	2.2%	17.5%	32.5%	46.5%
Gender	Male	10.2%	7.2%	16.7%	26.2%	39.6%
	Female	6.5%	6.8%	20.3%	29.2%	37.3%
	Other	13.8%	0.0%	10.3%	20.7%	55.2%
	Don't want to answer	11.0%	8.2%	20.5%	24.7%	35.6%
Identifies with peers	No	8.3%	7.2%	18.5%	27.5%	38.4%
	Yes	7.6%	6.5%	19.3%	28.5%	38.0%
Working	No	8.5%	7.3%	18.6%	27.6%	37.9%
	Yes	1.6%	1.3%	22.1%	32.1%	42.9%
Under-privileged	No	16.4%	11.2%	18.2%	24.3%	29.9%
	Yes	14.4%	12.4%	21.4%	23.2%	28.7%
Level of education	Lower secondary education	2.8%	6.9%	22.6%	28.1%	39.6%
	Higher secondary education	1.5%	2.3%	15.0%	32.5%	48.6%
	Intermediate Education	0.7%	1.9%	16.3%	33.2%	47.9%
	Higher Education	17.6%	6.9%	17.6%	21.6%	36.3%
	University	2.4%	1.1%	24.0%	30.9%	41.6%
	Other	8.1%	7.0%	18.7%	27.9%	38.3%
	Not applicable	4.9%	0.0%	31.7%	34.1%	29.3%
Living alone	No	8.3%	7.1%	18.8%	27.9%	37.9%
	Yes	3.4%	3.8%	20.3%	27.1%	45.3%
Alcohol risk group	No	12.0%	9.2%	18.7%	24.0%	36.1%
	Yes	2.3%	3.7%	19.0%	33.7%	41.4%

**Table 3.14: Opinion about young people being drunk (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<i>Total</i>		19.7%	21.6%	30.4%	16.5%	11.7%
Regions	South-Limburg (NL)	21.4%	23.4%	31.3%	14.1%	9.9%
	Province of Limburg (BE)	21.7%	22.5%	29.9%	16.3%	9.6%
	Province of Liège (BE)	16.4%	20.5%	31.8%	18.3%	12.9%
	German regions (DE)	23.4%	22.3%	28.5%	14.5%	11.3%
Age groups	12-14 years	51.6%	29.7%	12.6%	1.6%	4.4%
	14-16 years	37.3%	25.6%	20.8%	8.1%	8.2%
	16-18 years	18.4%	21.2%	31.5%	15.6%	13.3%
	18-20 years	15.5%	20.2%	31.9%	19.8%	12.5%
	20-26 years	12.2%	20.0%	34.8%	20.2%	12.7%
Gender	Male	21.3%	19.6%	28.1%	16.9%	14.2%
	Female	18.8%	22.9%	32.0%	16.6%	9.7%
	Other	17.2%	17.2%	31.0%	10.3%	24.1%
	Don't want to answer	17.8%	23.3%	30.1%	8.2%	20.5%
Identifies with peers	No	21.1%	22.0%	30.2%	15.4%	11.3%
	Yes	17.6%	20.9%	30.8%	18.4%	12.3%
Working	No	20.4%	21.3%	29.9%	16.4%	12.0%
	Yes	9.6%	26.3%	38.1%	18.3%	7.7%
Under-privileged	No	27.7%	21.8%	26.9%	13.6%	9.9%
	Yes	27.5%	24.3%	25.1%	12.8%	10.2%
Level of education	Lower secondary education	16.2%	20.4%	32.9%	14.4%	16.2%
	Higher secondary education	12.9%	19.0%	34.2%	19.8%	14.1%
	Intermediate Education	11.6%	19.0%	34.7%	22.6%	12.0%
	Higher Education	25.5%	18.6%	29.4%	10.8%	15.7%
	University	10.9%	24.0%	37.6%	17.9%	9.6%
	Other	19.8%	21.6%	30.4%	16.5%	11.7%
	Not applicable	14.6%	17.1%	39.0%	17.1%	12.2%
Living alone	No	20.2%	21.5%	30.1%	16.6%	11.7%
	Yes	11.0%	23.7%	37.3%	16.1%	11.9%
Alcohol risk group	No	29.7%	27.4%	26.9%	9.6%	6.4%
	Yes	5.0%	12.9%	35.6%	26.9%	19.5%

**Table 3.15: Estimated opinion of peers about being drunk (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<i>Total</i>		11.9%	16.2%	31.6%	24.5%	15.9%
Regions	South-Limburg (NL)	13.2%	18.8%	30.4%	21.8%	15.8%
	Province of Limburg (BE)	16.5%	17.6%	30.5%	22.1%	13.3%
	Province of Liège (BE)	8.1%	14.8%	33.5%	27.8%	15.9%
	German regions (DE)	14.9%	17.1%	29.4%	21.3%	17.3%
Age groups	12-14 years	59.1%	26.0%	11.6%	2.8%	0.6%
	14-16 years	33.0%	24.6%	22.3%	12.5%	7.7%
	16-18 years	8.0%	16.3%	31.1%	25.6%	18.9%
	18-20 years	5.8%	10.6%	36.6%	27.9%	19.1%
	20-26 years	3.4%	14.3%	35.1%	29.3%	17.9%
Gender	Male	13.3%	14.3%	28.2%	24.8%	19.3%
	Female	10.9%	17.6%	33.9%	24.5%	13.2%
	Other	13.8%	10.3%	10.3%	31.0%	34.5%
	Don't want to answer	13.7%	16.4%	35.6%	13.7%	20.5%
Identifies with peers	No	11.6%	16.4%	31.1%	24.2%	16.7%
	Yes	12.4%	15.9%	32.3%	24.9%	14.5%
Working	No	12.4%	16.2%	31.2%	24.2%	15.9%
	Yes	3.8%	15.7%	36.9%	28.8%	14.7%
Under-privileged	No	21.8%	16.0%	25.4%	19.8%	17.0%
	Yes	20.5%	20.4%	28.0%	19.3%	11.8%
Level of education	Lower secondary education	5.5%	13.4%	41.0%	17.1%	23.0%
	Higher secondary education	3.4%	13.1%	34.5%	30.2%	18.9%
	Intermediate Education	2.6%	14.5%	35.3%	30.7%	17.0%
	Higher Education	19.8%	12.9%	25.7%	22.8%	18.8%
	University	4.5%	14.1%	36.8%	29.3%	15.2%
	Other	12.0%	16.3%	31.5%	24.4%	15.9%
	Not applicable	4.9%	4.9%	39.0%	36.6%	14.6%
Living alone	No	12.3%	16.3%	31.3%	24.3%	15.9%
	Yes	4.7%	14.8%	36.4%	28.8%	15.3%
Alcohol risk group	No	16.8%	17.6%	29.0%	22.5%	14.1%
	Yes	4.6%	14.1%	35.4%	27.5%	18.4%

## Appendix 4: Cannabis statistics, EHS Young People

**Table 4.1: Cannabis use among young people, EHS**

		Never	Ever, but not in the last month	Once a week in the last month	Multiple times a week in the last month	(Almost) every day in the last month
<b>Total</b>		77.7%	15.4%	2.6%	1.8%	2.5%
Regions	South-Limburg (NL)	75.3%	19.1%	2.6%	1.0%	2.0%
	Province of Limburg (BE)	81.3%	12.6%	2.3%	1.9%	1.8%
	Province of Liège (BE)	77.3%	15.7%	2.9%	1.8%	2.3%
	German regions (DE)	76.5%	15.7%	2.4%	1.8%	3.5%
Age groups	12-14 years	98.9%	1.1%	0.0%	0.0%	0.0%
	14-16 years	95.5%	2.8%	0.4%	0.4%	0.9%
	16-18 years	79.6%	13.3%	2.7%	2.1%	2.2%
	18-20 years	74.8%	18.0%	3.0%	2.3%	1.9%
	20-26 years	69.0%	21.5%	3.6%	2.1%	3.8%
Gender	Male	72.9%	17.5%	3.2%	2.2%	4.2%
	Female	81.2%	14.0%	2.2%	1.5%	1.2%
	Other	69.0%	17.2%	3.4%	3.4%	6.9%
	Don't want to answer	66.7%	16.7%	4.2%	1.4%	11.1%
Identifies with peers	No	77.3%	15.1%	2.8%	2.0%	2.8%
	Yes	78.2%	15.8%	2.4%	1.4%	2.1%
Working	No	77.9%	15.2%	2.7%	1.8%	2.5%
	Yes	74.0%	18.9%	2.2%	1.9%	2.9%
Under-privileged	No	81.1%	10.5%	2.3%	2.8%	3.2%
	Yes	86.0%	9.9%	1.9%	1.0%	1.1%
Level of education	Lower secondary education	59.0%	27.6%	5.1%	1.4%	6.9%
	Higher secondary education	73.7%	18.2%	3.3%	2.2%	2.6%
	Intermediate Education	72.2%	21.0%	2.5%	2.0%	2.3%
	Higher Education	74.5%	15.7%	3.9%	1.0%	4.9%
	University	70.6%	20.1%	2.7%	2.1%	4.5%
	Other	77.8%	15.4%	2.6%	1.8%	2.5%
	Not applicable	58.5%	22.0%	4.9%	2.4%	12.2%
Living alone	No	78.4%	14.8%	2.7%	1.7%	2.3%
	Yes	62.1%	26.8%	1.7%	2.6%	6.8%
Cannabis risk group	No	80.7%	16.3%	2.4%	0.1%	0.4%
	Yes	0.0%	0.0%	12.8%	33.7%	53.5%

**Table 4.2: Estimated cannabis use by peers, EHS**

		Never	Ever, but not in the last month	Once a week in the last month	Multiple times a week in the last month	(Almost) every day in the last month
<b>Total</b>		34.0%	43.8%	14.3%	5.6%	2.3%
Regions	South-Limburg (NL)	28.3%	47.4%	15.1%	7.6%	1.6%
	Province of Limburg (BE)	44.0%	39.9%	10.0%	4.6%	1.6%
	Province of Liège (BE)	23.2%	52.2%	18.5%	5.0%	1.1%
	German regions (DE)	46.2%	32.4%	10.1%	6.5%	4.8%
Age groups	12-14 years	93.4%	4.4%	1.7%	0.6%	0.0%
	14-16 years	76.7%	15.8%	4.6%	1.2%	1.8%
	16-18 years	45.5%	32.9%	10.3%	6.3%	5.1%
	18-20 years	25.1%	49.2%	14.9%	8.4%	2.4%
	20-26 years	10.7%	60.7%	20.7%	6.3%	1.6%
Gender	Male	33.0%	37.5%	16.8%	8.6%	4.1%
	Female	34.7%	48.4%	12.8%	3.4%	0.7%
	Other	20.7%	44.8%	13.8%	10.3%	10.3%
	Don't want to answer	37.5%	30.6%	8.3%	9.7%	13.9%
Identifies with peers	No	34.5%	42.3%	14.7%	6.0%	2.4%
	Yes	33.1%	46.3%	13.7%	4.8%	2.1%
Working	No	35.3%	42.7%	14.1%	5.5%	2.4%
	Yes	14.4%	60.3%	17.3%	6.7%	1.3%
Under-privileged	No	46.7%	28.6%	11.3%	7.0%	6.3%
	Yes	61.6%	25.2%	7.1%	4.3%	1.7%
Level of education	Lower secondary education	18.0%	49.8%	16.6%	10.1%	5.5%
	Higher secondary education	13.3%	59.4%	21.1%	5.6%	0.6%
	Intermediate Education	10.0%	64.3%	21.3%	3.7%	0.7%
	Higher Education	38.0%	39.0%	4.0%	13.0%	6.0%
	University	14.4%	57.3%	17.1%	8.0%	3.2%
	Other	34.2%	43.8%	14.3%	5.5%	2.3%
	Not applicable	12.2%	46.3%	17.1%	17.1%	7.3%
Living alone	No	35.1%	43.5%	13.7%	5.4%	2.2%
	Yes	12.3%	50.4%	25.8%	8.1%	3.4%
Cannabis risk group	No	34.1%	45.5%	14.3%	4.8%	1.2%
	Yes	5.9%	27.0%	18.1%	21.9%	27.0%

**Table 4.3: Opinion about cannabis use among young people (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<b>Total</b>		41.0%	17.5%	15.5%	10.4%	15.7%
Regions	South-Limburg (NL)	41.8%	16.8%	15.1%	12.5%	13.8%
	Province of Limburg (BE)	51.5%	16.6%	12.5%	8.1%	11.3%
	Province of Liège (BE)	32.6%	20.4%	19.6%	11.7%	15.8%
	German regions (DE)	47.8%	13.6%	11.1%	9.3%	18.3%
Age groups	12-14 years	85.6%	5.0%	4.4%	1.7%	3.3%
	14-16 years	71.8%	11.6%	5.6%	4.0%	6.9%
	16-18 years	47.5%	15.9%	11.4%	8.7%	16.5%
	18-20 years	36.8%	17.7%	18.5%	10.5%	16.6%
	20-26 years	23.9%	21.4%	20.9%	14.3%	19.5%
Gender	Male	39.6%	14.2%	14.3%	11.4%	20.6%
	Female	42.1%	19.9%	16.2%	9.7%	12.1%
	Other	27.6%	6.9%	20.7%	24.1%	20.7%
	Don't want to answer	38.4%	11.0%	19.2%	8.2%	23.3%
Identifies with peers	No	41.1%	16.6%	15.4%	10.7%	16.3%
	Yes	40.8%	18.9%	15.7%	9.9%	14.7%
Working	No	41.6%	17.2%	15.1%	10.3%	15.8%
	Yes	32.4%	21.2%	21.5%	11.5%	13.5%
Under-privileged	No	58.8%	11.0%	10.2%	5.9%	14.1%
	Yes	56.6%	14.2%	10.1%	7.3%	11.8%
Level of education	Lower secondary education	33.6%	11.5%	14.3%	11.1%	29.5%
	Higher secondary education	27.5%	21.8%	20.9%	12.3%	17.5%
	Intermediate Education	20.4%	24.6%	21.4%	16.3%	17.4%
	Higher Education	49.5%	10.9%	9.9%	10.9%	18.8%
	University	29.9%	19.7%	21.6%	12.3%	16.5%
	Other	41.2%	17.5%	15.4%	10.4%	15.5%
	Not applicable	19.5%	9.8%	26.8%	14.6%	29.3%
Living alone	No	41.9%	17.1%	15.4%	10.3%	15.4%
	Yes	23.7%	23.7%	18.6%	12.7%	21.2%
Cannabis risk group	No	43.0%	18.3%	16.0%	10.0%	12.7%
	Yes	0.4%	0.0%	7.2%	18.2%	74.2%

**Table 4.4: Estimated opinion of peers about cannabis use (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<b>Total</b>		23.2%	21.4%	28.4%	13.6%	13.3%
Regions	South-Limburg (NL)	24.3%	18.4%	27.0%	16.4%	13.8%
	Province of Limburg (BE)	34.5%	25.5%	24.3%	7.4%	8.3%
	Province of Liège (BE)	15.4%	21.1%	34.0%	16.4%	13.2%
	German regions (DE)	28.8%	20.4%	22.5%	12.2%	16.2%
Age groups	12-14 years	75.3%	15.4%	4.9%	2.2%	2.2%
	14-16 years	55.0%	21.7%	13.1%	4.6%	5.5%
	16-18 years	27.5%	24.1%	25.4%	10.2%	12.9%
	18-20 years	15.1%	23.5%	32.1%	14.2%	15.1%
	20-26 years	7.7%	20.0%	36.3%	19.3%	16.8%
Gender	Male	23.6%	16.2%	25.4%	16.2%	18.6%
	Female	23.2%	25.2%	30.6%	11.7%	9.4%
	Other	13.8%	13.8%	20.7%	13.8%	37.9%
	Don't want to answer	20.5%	16.4%	26.0%	16.4%	20.5%
Identifies with peers	No	23.1%	21.2%	27.9%	13.7%	14.0%
	Yes	23.5%	21.8%	29.1%	13.4%	12.2%
Working	No	24.2%	21.2%	27.9%	13.4%	13.3%
	Yes	9.9%	24.7%	35.3%	16.0%	14.1%
Under-privileged	No	39.2%	20.9%	18.9%	8.1%	12.9%
	Yes	39.3%	22.7%	20.5%	8.3%	9.2%
Level of education	Lower secondary education	16.1%	18.4%	29.0%	13.8%	22.6%
	Higher secondary education	8.6%	22.4%	35.9%	17.9%	15.1%
	Intermediate Education	6.1%	18.9%	40.1%	20.3%	14.6%
	Higher Education	27.5%	12.7%	22.5%	14.7%	22.5%
	University	10.7%	23.5%	32.5%	17.6%	15.7%
	Other	23.3%	21.5%	28.5%	13.5%	13.2%
	Not applicable	12.2%	17.1%	19.5%	26.8%	24.4%
Living alone	No	24.0%	21.6%	27.8%	13.3%	13.3%
	Yes	8.1%	17.8%	39.8%	19.9%	14.4%
Cannabis risk group	No	24.1%	22.0%	28.5%	13.4%	12.0%
	Yes	6.0%	10.2%	26.8%	17.0%	40.0%



**Table 4.5: Opinion about young people using cannabis and being under the influence (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<b>Total</b>		52.5%	17.6%	13.6%	6.8%	9.6%
Regions	South-Limburg (NL)	62.0%	14.5%	13.5%	3.6%	6.3%
	Province of Limburg (BE)	70.2%	12.3%	7.9%	5.1%	4.6%
	Province of Liège (BE)	49.3%	22.2%	15.1%	6.3%	7.2%
	German regions (DE)	45.5%	14.1%	14.5%	9.3%	16.7%
Age groups	12-14 years	88.4%	4.4%	3.3%	2.2%	1.7%
	14-16 years	73.5%	10.7%	7.5%	3.2%	5.2%
	16-18 years	51.1%	15.5%	11.3%	7.9%	14.2%
	18-20 years	50.7%	17.0%	13.9%	6.6%	11.8%
	20-26 years	42.2%	22.5%	17.7%	8.3%	9.3%
Gender	Male	46.8%	15.6%	14.8%	8.3%	14.5%
	Female	56.8%	19.0%	12.6%	6.0%	5.7%
	Other	24.1%	20.7%	27.6%	0.0%	27.6%
	Don't want to answer	43.8%	12.3%	16.4%	1.4%	26.0%
Identifies with peers	No	51.5%	17.0%	13.6%	7.1%	10.6%
	Yes	54.0%	18.4%	13.5%	6.3%	7.8%
Working	No	52.7%	17.7%	13.2%	6.9%	9.5%
	Yes	49.7%	16.0%	18.6%	5.8%	9.9%
Under-privileged	No	63.3%	12.1%	8.4%	6.4%	9.9%
	Yes	61.0%	13.0%	10.3%	6.0%	9.7%
Level of education	Lower secondary education	34.1%	11.5%	19.8%	10.6%	24.0%
	Higher secondary education	48.3%	23.2%	15.0%	6.8%	6.6%
	Intermediate Education	40.5%	25.9%	18.1%	8.9%	6.5%
	Higher Education	49.5%	14.9%	14.9%	1.0%	19.8%
	University	46.9%	15.7%	18.4%	6.1%	12.8%
	Other	52.6%	17.6%	13.5%	6.8%	9.5%
	Not applicable	36.6%	14.6%	19.5%	7.3%	22.0%
Living alone	No	52.9%	17.4%	13.5%	6.8%	9.4%
	Yes	44.5%	20.3%	15.3%	7.6%	12.3%
Cannabis risk group	No	55.1%	18.1%	13.4%	6.1%	7.3%
	Yes	0.8%	6.8%	16.1%	21.6%	54.7%

**Table 4.6: Estimated opinion of peers about using cannabis and being under the influence (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<b>Total</b>		34.2%	26.4%	21.9%	8.9%	8.6%
Regions	South-Limburg (NL)	44.6%	24.1%	18.8%	5.3%	7.3%
	Province of Limburg (BE)	55.5%	23.9%	12.2%	5.4%	2.9%
	Province of Liège (BE)	28.1%	31.9%	25.2%	8.4%	6.4%
	German regions (DE)	29.3%	19.8%	23.0%	12.5%	15.4%
Age groups	12-14 years	81.9%	9.9%	4.9%	2.2%	1.1%
	14-16 years	59.5%	19.3%	11.3%	4.5%	5.4%
	16-18 years	36.4%	23.1%	19.2%	9.1%	12.1%
	18-20 years	27.9%	26.4%	26.9%	8.5%	10.3%
	20-26 years	21.6%	32.0%	26.7%	11.4%	8.4%
Gender	Male	31.8%	21.1%	22.7%	12.0%	12.4%
	Female	36.0%	30.1%	21.4%	6.8%	5.6%
	Other	13.8%	20.7%	27.6%	10.3%	27.6%
	Don't want to answer	29.2%	19.4%	20.8%	12.5%	18.1%
Identifies with peers	No	32.5%	26.8%	21.9%	9.1%	9.7%
	Yes	36.8%	25.7%	22.0%	8.7%	6.9%
Working	No	35.0%	26.2%	21.4%	8.9%	8.5%
	Yes	22.4%	28.8%	29.5%	8.7%	10.6%
Under-privileged	No	46.4%	19.2%	16.6%	6.6%	11.3%
	Yes	46.7%	21.8%	16.0%	7.6%	7.8%
Level of education	Lower secondary education	18.0%	19.8%	28.6%	13.4%	20.3%
	Higher secondary education	26.7%	32.1%	25.9%	9.1%	6.3%
	Intermediate Education	20.2%	35.3%	28.0%	10.9%	5.7%
	Higher Education	32.4%	20.6%	21.6%	10.8%	14.7%
	University	21.6%	27.7%	28.0%	10.7%	12.0%
	Other	34.3%	26.4%	21.9%	8.8%	8.5%
	Not applicable	22.0%	22.0%	22.0%	19.5%	14.6%
Living alone	No	34.8%	26.2%	21.5%	8.7%	8.7%
	Yes	20.8%	29.7%	30.1%	13.1%	6.4%
Cannabis risk group	No	35.3%	26.9%	21.9%	8.5%	7.4%
	Yes	11.1%	16.2%	23.1%	17.1%	32.5%

## Appendix 5: Gaming statistics, EHS Young People

**Table 5.1: Gaming among young people, EHS**

		Never	Ever, but not in the last month	Once a week in the last month	Multiple times a week in the last month	(Almost) every day in the last month
<b>Total</b>		22.2%	18.7%	13.2%	19.5%	26.4%
Regions	South-Limburg (NL)	27.3%	11.5%	13.5%	23.0%	24.7%
	Province of Limburg (BE)	22.3%	14.1%	15.9%	23.6%	24.2%
	Province of Liège (BE)	30.0%	19.5%	12.5%	16.9%	21.1%
	German regions (DE)	9.0%	21.6%	12.8%	20.4%	36.2%
Age groups	12-14 years	9.3%	9.9%	11.5%	23.1%	46.2%
	14-16 years	6.8%	16.4%	13.5%	26.1%	37.2%
	16-18 years	16.7%	20.9%	13.9%	19.6%	28.8%
	18-20 years	23.3%	19.0%	14.5%	18.4%	24.9%
	20-26 years	31.3%	19.3%	12.5%	16.9%	20.1%
Gender	Male	8.5%	10.5%	13.0%	27.3%	40.7%
	Female	31.7%	24.3%	13.2%	14.2%	16.6%
	Other	13.8%	13.8%	13.8%	13.8%	44.8%
	Don't want to answer	12.5%	15.3%	18.1%	22.2%	31.9%
Identifies with peers	No	20.3%	18.7%	13.2%	20.3%	27.5%
	Yes	25.2%	18.7%	13.3%	18.2%	24.7%
Working	No	21.5%	18.4%	13.3%	19.7%	27.0%
	Yes	32.1%	23.4%	11.5%	15.4%	17.6%
Under-privileged	No	15.6%	14.5%	9.9%	23.8%	36.2%
	Yes	11.7%	20.8%	15.1%	21.9%	30.5%
Level of education	Lower secondary education	10.6%	19.4%	10.6%	24.9%	34.6%
	Higher secondary education	31.3%	18.2%	13.2%	15.2%	22.1%
	Intermediate Education	34.1%	17.8%	14.1%	17.0%	17.0%
	Higher Education	34.0%	9.7%	11.7%	21.4%	23.3%
	University	29.1%	22.2%	11.2%	15.8%	21.7%
	Other	22.2%	18.7%	13.3%	19.5%	26.3%
	Not applicable	14.6%	14.6%	9.8%	17.1%	43.9%
Living alone	No	21.7%	18.7%	13.1%	19.7%	26.8%
	Yes	31.5%	18.7%	15.3%	14.5%	20.0%
Gaming risk group	No	23.1%	19.3%	13.7%	19.8%	24.2%
	Yes	0.0%	4.2%	2.6%	11.6%	81.5%

**Table 5.2: Estimated gaming by peers, EHS**

		Never	Ever, but not in the last month	Once a week in the last month	Multiple times a week in the last month	(Almost) every day in the last month
<b>Total</b>		9.9%	24.1%	21.2%	27.3%	17.5%
Regions	South-Limburg (NL)	9.9%	26.3%	18.8%	31.3%	13.8%
	Province of Limburg (BE)	7.8%	19.3%	22.4%	29.4%	21.2%
	Province of Liège (BE)	10.1%	28.6%	24.3%	26.8%	10.2%
	German regions (DE)	10.8%	19.5%	16.1%	26.3%	27.3%
Age groups	12-14 years	4.9%	9.9%	14.3%	30.8%	40.1%
	14-16 years	8.1%	14.1%	14.8%	28.0%	35.1%
	16-18 years	14.2%	20.4%	15.3%	27.5%	22.6%
	18-20 years	9.8%	27.1%	22.3%	26.7%	14.1%
	20-26 years	9.3%	29.6%	26.2%	27.0%	7.8%
Gender	Male	3.2%	4.8%	15.6%	43.7%	32.7%
	Female	14.6%	37.8%	25.0%	16.1%	6.5%
	Other	10.7%	0.0%	3.6%	46.4%	39.3%
	Don't want to answer	1.4%	2.8%	23.9%	32.4%	39.4%
Identifies with peers	No	10.0%	23.6%	20.8%	27.8%	17.9%
	Yes	9.7%	25.0%	21.8%	26.6%	16.8%
Working	No	9.8%	23.4%	20.7%	27.8%	18.4%
	Yes	10.9%	34.3%	28.8%	21.5%	4.5%
Under-privileged	No	7.8%	16.1%	14.9%	30.7%	30.4%
	Yes	11.5%	19.5%	16.2%	26.9%	25.9%
Level of education	Lower secondary education	6.9%	16.6%	22.1%	32.3%	22.1%
	Higher secondary education	9.2%	29.4%	26.6%	26.6%	8.1%
	Intermediate Education	8.9%	31.3%	25.7%	27.2%	6.8%
	Higher Education	15.7%	18.6%	17.6%	30.4%	17.6%
	University	11.0%	32.1%	27.8%	22.2%	7.0%
	Other	9.9%	24.1%	21.2%	27.4%	17.5%
	Not applicable	9.8%	22.0%	22.0%	26.8%	19.5%
Living alone	No	10.1%	23.5%	21.1%	27.4%	17.9%
	Yes	5.6%	35.5%	22.6%	26.9%	9.4%
Gaming risk group	No	10.1%	24.8%	21.5%	27.3%	16.2%
	Yes	4.8%	5.8%	12.2%	28.6%	48.7%

**Table 5.3: Hours young people spend gaming during weekdays, EHS**

		< 1 hour	1 to 3 hours	3 to 6 hours	6 to 9 hours	>9 hours
<b>Total</b>		62.4%	27.3%	7.3%	1.6%	1.4%
Regions	South-Limburg (NL)	60.5%	30.9%	5.3%	1.6%	1.6%
	Province of Limburg (BE)	63.0%	28.7%	6.9%	1.0%	0.5%
	Province of Liège (BE)	70.8%	23.7%	3.9%	0.7%	0.8%
	German regions (DE)	49.6%	31.2%	13.1%	3.2%	2.9%
Age groups	12-14 years	45.6%	40.1%	9.9%	2.7%	1.6%
	14-16 years	45.2%	36.1%	13.7%	2.8%	2.1%
	16-18 years	55.2%	30.3%	9.1%	2.1%	3.3%
	18-20 years	65.8%	25.3%	6.3%	1.7%	0.9%
	20-26 years	72.3%	22.3%	4.2%	0.7%	0.6%
Gender	Male	37.9%	42.8%	13.2%	3.3%	2.8%
	Female	79.2%	16.9%	3.2%	0.5%	0.2%
	Other	48.3%	20.7%	17.2%	0.0%	13.8%
	Don't want to answer	52.8%	31.9%	8.3%	0.0%	6.9%
Identifies with peers	No	60.1%	28.8%	7.6%	1.8%	1.7%
	Yes	66.2%	24.9%	6.8%	1.2%	1.0%
Working	No	61.5%	27.8%	7.6%	1.6%	1.5%
	Yes	76.0%	19.9%	3.2%	0.3%	0.6%
Under-privileged	No	43.0%	35.3%	13.6%	4.2%	3.9%
	Yes	57.5%	30.4%	9.1%	1.9%	1.2%
Level of education	Lower secondary education	42.9%	36.4%	14.3%	2.8%	3.7%
	Higher secondary education	72.4%	22.9%	3.7%	0.5%	0.5%
	Intermediate Education	76.5%	20.5%	2.7%	0.1%	0.1%
	Higher Education	55.3%	33.0%	6.8%	1.9%	2.9%
	University	70.3%	21.1%	5.3%	1.1%	2.1%
	Other	62.6%	27.4%	7.2%	1.5%	1.3%
	Not applicable	43.9%	19.5%	19.5%	7.3%	9.8%
Living alone	No	62.1%	27.4%	7.4%	1.6%	1.4%
	Yes	68.5%	24.7%	4.7%	0.9%	1.3%
Gaming risk group	No	64.6%	27.1%	6.4%	1.1%	0.8%
	Yes	8.5%	33.3%	28.6%	12.7%	16.9%

**Table 5.4: Estimated hours young people spend gaming during weekdays. EHS**

		< 1 hour	1 to 3 hours	3 to 6 hours	6 to 9 hours	>9 hours
<b>Total</b>		39.6%	41.4%	13.6%	3.3%	2.1%
Regions	South-Limburg (NL)	43.8%	37.2%	14.1%	3.6%	1.3%
	Province of Limburg (BE)	39.1%	42.5%	14.3%	3.0%	1.1%
	Province of Liège (BE)	46.1%	43.8%	7.3%	1.5%	1.3%
	German regions (DE)	29.1%	37.9%	22.7%	6.2%	4.2%
Age groups	12-14 years	22.5%	48.4%	14.8%	9.9%	4.4%
	14-16 years	25.1%	39.9%	25.5%	6.1%	3.3%
	16-18 years	35.6%	37.3%	17.0%	5.4%	4.7%
	18-20 years	40.0%	44.1%	11.4%	2.8%	1.8%
	20-26 years	48.4%	41.9%	8.3%	0.9%	0.6%
Gender	Male	13.9%	50.7%	25.0%	6.6%	3.8%
	Female	57.7%	35.0%	5.6%	0.9%	0.7%
	Other	10.7%	46.4%	21.4%	7.1%	14.3%
	Don't want to answer	15.7%	44.3%	24.3%	7.1%	8.6%
Identifies with peers	No	38.7%	40.8%	14.2%	3.9%	2.4%
	Yes	41.0%	42.3%	12.6%	2.4%	1.7%
Working	No	38.6%	41.6%	14.1%	3.5%	2.2%
	Yes	54.7%	37.9%	5.8%	1.0%	0.6%
Under-privileged	No	22.0%	38.5%	25.3%	9.0%	5.1%
	Yes	35.2%	40.8%	17.2%	3.8%	2.9%
Level of education	Lower secondary education	24.5%	35.2%	30.6%	6.5%	3.2%
	Higher secondary education	46.3%	45.9%	6.7%	0.6%	0.5%
	Intermediate Education	52.8%	42.1%	4.7%	0.2%	0.1%
	Higher Education	34.7%	34.7%	12.9%	12.9%	5.0%
	University	50.4%	38.9%	7.8%	1.3%	1.6%
	Other	39.7%	41.3%	13.6%	3.3%	2.1%
	Not applicable	26.8%	46.3%	17.1%	4.9%	4.9%
Living alone	No	39.3%	41.3%	13.9%	3.4%	2.1%
	Yes	45.3%	42.7%	8.1%	1.7%	2.1%
Gaming risk group	No	40.6%	41.8%	13.0%	2.9%	1.7%
	Yes	13.8%	31.2%	29.1%	12.2%	13.8%

**Table 5.5: Hours young people spend gaming during weekend days, EHS**

		< 1 hour	1 to 3 hours	3 to 6 hours	6 to 9 hours	>9 hours
<b>Total</b>		52.8%	25.7%	12.8%	4.7%	4.1%
Regions	South-Limburg (NL)	52.1%	28.7%	12.5%	2.6%	4.0%
	Province of Limburg (BE)	53.1%	26.5%	13.7%	4.6%	2.0%
	Province of Liège (BE)	60.9%	25.1%	9.6%	3.0%	1.5%
	German regions (DE)	40.2%	25.5%	17.4%	7.8%	9.2%
Age groups	12-14 years	29.8%	38.7%	19.9%	6.1%	5.5%
	14-16 years	35.6%	30.4%	20.2%	7.2%	6.6%
	16-18 years	46.9%	22.7%	16.1%	6.1%	8.3%
	18-20 years	53.3%	26.5%	11.9%	4.7%	3.7%
	20-26 years	63.8%	23.5%	8.3%	2.9%	1.4%
Gender	Male	27.5%	32.7%	22.9%	9.0%	8.0%
	Female	70.1%	21.0%	6.1%	1.7%	1.2%
	Other	37.9%	17.2%	20.7%	13.8%	10.3%
	Don't want to answer	40.8%	29.6%	11.3%	5.6%	12.7%
Identifies with peers	No	50.1%	26.4%	13.5%	5.3%	4.7%
	Yes	57.2%	24.5%	11.7%	3.7%	3.0%
Working	No	51.5%	26.2%	13.1%	4.9%	4.2%
	Yes	71.1%	17.4%	9.0%	1.3%	1.3%
Under-privileged	No	37.4%	23.4%	20.5%	7.6%	11.2%
	Yes	44.7%	29.0%	16.0%	6.0%	4.2%
Level of education	Lower secondary education	37.8%	25.8%	17.5%	8.8%	10.1%
	Higher secondary education	62.1%	25.4%	8.1%	2.9%	1.4%
	Intermediate Education	67.2%	24.0%	7.7%	1.0%	0.2%
	Higher Education	48.5%	27.2%	11.7%	5.8%	6.8%
	University	65.1%	19.0%	8.8%	4.3%	2.7%
	Other	52.9%	25.7%	12.8%	4.5%	4.0%
	Not applicable	36.6%	22.0%	12.2%	19.5%	9.8%
Living alone	No	52.3%	25.9%	13.0%	4.6%	4.2%
	Yes	62.6%	20.9%	9.8%	5.5%	1.3%
Gaming risk group	No	54.8%	26.0%	12.5%	4.1%	2.7%
	Yes	3.7%	18.5%	21.2%	18.5%	38.1%

**Table 5.6: Estimated hours young people spend gaming during weekend days, EHS**

		< 1 hour	1 to 3 hours	3 to 6 hours	6 to 9 hours	>9 hours
<b>Total</b>		28.3%	35.3%	23.0%	8.7%	4.8%
Regions	South-Limburg (NL)	34.3%	33.3%	19.5%	9.6%	3.3%
	Province of Limburg (BE)	27.3%	34.8%	24.9%	8.7%	4.3%
	Province of Liège (BE)	31.5%	41.1%	20.5%	4.7%	2.2%
	German regions (DE)	22.6%	27.0%	26.4%	14.5%	9.4%
Age groups	12-14 years	14.3%	33.0%	33.0%	9.3%	10.4%
	14-16 years	19.5%	27.1%	30.5%	14.5%	8.4%
	16-18 years	29.2%	26.7%	21.8%	13.1%	9.2%
	18-20 years	27.1%	37.0%	24.4%	7.0%	4.5%
	20-26 years	33.1%	41.5%	19.0%	5.1%	1.2%
Gender	Male	6.5%	32.5%	35.3%	16.6%	9.1%
	Female	43.6%	37.5%	14.3%	3.1%	1.5%
	Other	7.1%	28.6%	28.6%	10.7%	25.0%
	Don't want to answer	4.2%	25.0%	40.3%	16.7%	13.9%
Identifies with peers	No	27.3%	34.2%	23.6%	9.6%	5.4%
	Yes	29.9%	37.0%	22.0%	7.2%	3.9%
Working	No	27.6%	35.0%	23.4%	9.0%	5.0%
	Yes	37.7%	40.0%	16.8%	3.9%	1.6%
Under-privileged	No	17.1%	24.7%	27.7%	16.0%	14.5%
	Yes	27.0%	30.5%	26.0%	11.0%	5.5%
Level of education	Lower secondary education	18.5%	23.6%	27.3%	22.2%	8.3%
	Higher secondary education	31.6%	43.1%	20.7%	3.7%	0.9%
	Intermediate Education	35.6%	44.1%	17.1%	2.8%	0.4%
	Higher Education	24.5%	28.4%	25.5%	10.8%	10.8%
	University	33.8%	40.2%	18.5%	4.8%	2.7%
	Other	28.4%	35.2%	23.0%	8.6%	4.8%
	Not applicable	17.1%	41.5%	24.4%	12.2%	4.9%
Living alone	No	28.1%	35.1%	23.2%	8.7%	4.9%
	Yes	32.3%	38.3%	19.1%	7.2%	3.0%
Gaming risk group	No	29.2%	35.8%	22.9%	8.1%	1.7%
	Yes	6.3%	22.2%	24.3%	22.8%	13.8%



**Table 5.7: Opinion on gaming among young people (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<b>Total</b>		6.0%	9.1%	23.0%	19.9%	42.0%
Regions	South-Limburg (NL)	3.6%	6.3%	20.7%	25.3%	44.1%
	Province of Limburg (BE)	3.6%	6.1%	23.0%	25.8%	41.5%
	Province of Liège (BE)	5.5%	8.7%	24.5%	19.0%	42.3%
	German regions (DE)	8.7%	12.1%	21.1%	16.8%	41.3%
Age groups	12-14 years	3.8%	9.9%	24.2%	20.9%	41.2%
	14-16 years	6.0%	9.2%	22.7%	21.0%	41.2%
	16-18 years	9.5%	10.9%	20.1%	19.4%	40.0%
	18-20 years	6.7%	9.7%	22.4%	19.3%	41.8%
	20-26 years	4.5%	8.1%	24.4%	19.8%	43.2%
Gender	Male	4.0%	4.0%	14.3%	18.8%	58.8%
	Female	7.3%	12.5%	28.8%	20.6%	30.7%
	Other	13.8%	10.3%	13.8%	10.3%	51.7%
	Don't want to answer	4.2%	9.9%	23.9%	23.9%	38.0%
Identifies with peers	No	6.3%	9.1%	22.6%	19.7%	42.3%
	Yes	5.5%	9.2%	23.6%	20.2%	41.4%
Working	No	6.0%	9.2%	22.7%	19.8%	42.4%
	Yes	6.4%	8.7%	27.7%	21.2%	36.0%
Under-privileged	No	9.1%	10.4%	19.8%	18.9%	41.9%
	Yes	6.8%	10.8%	23.0%	20.6%	38.8%
Level of education	Lower secondary education	8.3%	9.2%	23.5%	12.0%	47.0%
	Higher secondary education	4.5%	6.9%	23.8%	19.8%	45.0%
	Intermediate Education	2.5%	8.4%	24.0%	22.0%	43.2%
	Higher Education	7.8%	5.9%	16.7%	19.6%	50.0%
	University	7.8%	8.8%	25.2%	19.0%	39.1%
	Other	6.0%	9.2%	23.0%	20.0%	41.9%
	Not applicable	9.8%	4.9%	19.5%	9.8%	56.1%
Living alone	No	5.9%	9.1%	23.0%	19.8%	42.2%
	Yes	8.5%	9.4%	23.4%	21.7%	37.0%
Gaming risk group	No	6.1%	9.4%	23.6%	20.2%	40.7%
	Yes	3.7%	2.1%	7.9%	13.2%	73.0%

**Table 5.8: Estimated opinion of peers about gaming (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<b>Total</b>		6.2%	10.7%	23.8%	22.2%	37.0%
Regions	South-Limburg (NL)	5.6%	8.6%	25.1%	21.5%	39.3%
	Province of Limburg (BE)	5.3%	7.6%	21.2%	25.9%	39.9%
	Province of Liège (BE)	5.3%	11.5%	25.6%	22.3%	35.3%
	German regions (DE)	8.3%	11.8%	22.1%	20.2%	37.5%
Age groups	12-14 years	9.4%	6.6%	21.5%	26.5%	35.9%
	14-16 years	9.1%	8.7%	19.0%	23.1%	40.2%
	16-18 years	9.2%	11.1%	21.8%	20.5%	37.3%
	18-20 years	5.8%	12.5%	22.4%	21.6%	37.7%
	20-26 years	3.7%	11.1%	27.2%	22.5%	35.5%
Gender	Male	3.9%	2.9%	14.5%	23.9%	54.8%
	Female	7.7%	16.1%	30.2%	21.2%	24.7%
	Other	3.4%	6.9%	13.8%	6.9%	69.0%
	Don't want to answer	6.9%	9.7%	16.7%	26.4%	40.3%
Identifies with peers	No	6.3%	11.4%	23.2%	22.1%	37.0%
	Yes	6.1%	9.6%	24.7%	22.5%	37.1%
Working	No	6.4%	10.5%	23.1%	22.5%	37.5%
	Yes	3.2%	14.5%	33.8%	18.6%	29.9%
Under-privileged	No	8.6%	10.7%	20.1%	21.3%	39.3%
	Yes	8.7%	10.2%	21.5%	22.7%	36.9%
Level of education	Lower secondary education	5.1%	11.6%	26.4%	17.6%	39.4%
	Higher secondary education	3.7%	10.9%	25.9%	21.2%	38.3%
	Intermediate Education	3.2%	10.4%	24.0%	26.7%	35.6%
	Higher Education	13.9%	5.9%	21.8%	23.8%	34.7%
	University	4.3%	14.2%	31.8%	17.6%	32.1%
	Other	6.2%	10.8%	23.8%	22.3%	37.0%
	Not applicable	9.8%	9.8%	24.4%	14.6%	41.5%
Living alone	No	6.3%	10.6%	23.6%	22.3%	37.2%
	Yes	4.2%	14.0%	27.1%	21.6%	33.1%
Gaming risk group	No	6.2%	11.0%	24.2%	22.3%	36.3%
	Yes	5.8%	4.8%	13.2%	21.7%	54.5%

**Table 5.9: Opinion about young people gaming so much it influences social life (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<b>Total</b>		54.2%	27.1%	11.6%	3.0%	4.1%
Regions	South-Limburg (NL)	61.7%	24.4%	7.9%	2.3%	3.6%
	Province of Limburg (BE)	58.0%	25.5%	11.6%	2.5%	2.4%
	Province of Liège (BE)	51.3%	30.8%	11.6%	2.8%	3.5%
	German regions (DE)	55.1%	22.9%	12.2%	3.7%	6.0%
Age groups	12-14 years	60.4%	21.4%	11.0%	2.7%	4.4%
	14-16 years	52.6%	25.1%	13.8%	3.4%	5.0%
	16-18 years	57.7%	24.0%	9.7%	3.2%	5.4%
	18-20 years	53.9%	28.4%	11.5%	2.7%	3.4%
	20-26 years	53.1%	29.1%	11.5%	2.9%	3.4%
Gender	Male	43.6%	29.8%	16.1%	4.0%	6.4%
	Female	61.6%	25.6%	8.5%	2.1%	2.2%
	Other	37.9%	20.7%	13.8%	20.7%	6.9%
	Don't want to answer	50.0%	18.1%	12.5%	4.2%	15.3%
Identifies with peers	No	53.5%	27.2%	11.6%	3.3%	4.5%
	Yes	55.5%	27.0%	11.5%	2.6%	3.4%
Working	No	54.0%	27.1%	11.7%	3.1%	4.1%
	Yes	57.9%	27.3%	9.3%	1.9%	3.5%
Under-privileged	No	53.0%	22.9%	13.9%	4.8%	5.4%
	Yes	57.8%	25.3%	10.5%	2.7%	3.7%
Level of education	Lower secondary education	52.1%	19.8%	18.0%	1.4%	8.8%
	Higher secondary education	51.4%	30.8%	11.8%	2.8%	3.1%
	Intermediate Education	51.6%	32.2%	10.4%	3.3%	2.5%
	Higher Education	53.9%	23.5%	10.8%	2.9%	8.8%
	University	56.4%	24.9%	10.4%	2.4%	5.9%
	Other	54.3%	27.2%	11.5%	3.0%	4.0%
	Not applicable	51.2%	12.2%	19.5%	2.4%	14.6%
Living alone	No	54.2%	26.9%	11.7%	3.0%	4.1%
	Yes	54.2%	31.8%	8.5%	2.5%	3.0%
Gaming risk group	No	56.0%	27.2%	10.9%	2.6%	3.3%
	Yes	12.2%	24.3%	28.0%	12.7%	22.8%

**Table 5.10: Estimated opinion of peers about gaming so much it influences social life (on a scale of 1 to 5), EHS**

		1	2	3	4	5
<b>Total</b>		39.0%	30.2%	19.6%	5.2%	5.9%
Regions	South-Limburg (NL)	45.0%	27.8%	14.9%	6.0%	6.3%
	Province of Limburg (BE)	41.1%	30.6%	19.5%	4.9%	3.9%
	Province of Liège (BE)	36.8%	33.4%	20.5%	5.0%	4.2%
	German regions (DE)	40.0%	25.6%	19.3%	5.5%	9.5%
Age groups	12-14 years	41.2%	27.5%	16.5%	7.1%	7.7%
	14-16 years	39.1%	27.2%	20.7%	5.4%	7.6%
	16-18 years	42.1%	27.6%	19.0%	4.3%	7.1%
	18-20 years	39.5%	30.3%	20.1%	4.1%	5.9%
	20-26 years	37.3%	32.7%	19.6%	5.8%	4.5%
Gender	Male	29.2%	29.8%	24.3%	7.9%	8.8%
	Female	45.7%	30.8%	16.4%	3.4%	3.6%
	Other	20.7%	24.1%	20.7%	13.8%	20.7%
	Don't want to answer	36.1%	22.2%	25.0%	4.2%	12.5%
Identifies with peers	No	38.2%	29.6%	19.7%	5.8%	6.8%
	Yes	40.3%	31.3%	19.6%	4.3%	4.5%
Working	No	38.9%	30.4%	19.8%	5.1%	5.8%
	Yes	40.7%	28.2%	17.3%	6.7%	7.1%
Under-privileged	No	36.1%	23.8%	24.9%	5.6%	9.6%
	Yes	42.7%	29.0%	17.1%	5.2%	6.0%
Level of education	Lower secondary education	36.9%	21.7%	24.0%	5.5%	12.0%
	Higher secondary education	37.4%	33.2%	20.8%	4.7%	4.0%
	Intermediate Education	36.0%	38.2%	18.2%	4.7%	2.8%
	Higher Education	39.2%	27.5%	21.6%	5.9%	5.9%
	University	40.3%	26.4%	18.4%	7.2%	7.7%
	Other	39.0%	30.4%	19.6%	5.2%	5.9%
	Not applicable	41.5%	14.6%	24.4%	12.2%	7.3%
Living alone	No	39.2%	30.0%	19.8%	5.1%	5.9%
	Yes	35.6%	35.2%	17.4%	6.8%	5.1%
Gaming risk group	No	39.9%	30.4%	19.4%	5.1%	5.3%
	Yes	17.5%	27.0%	25.4%	9.0%	21.2%



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