

Alcohol and Youth in Portugal: An Intervention Through the Triangle Project

O Álcool e os Jovens em Portugal: Uma Intervenção Através do Projeto Triangle

Keywords: Adolescent; Alcohol Drinking; Portugal.

Palavras-chave: Adolescente; Consumo de Bebidas Alcoólicas; Portugal.

Dear Editor,

Alcohol consumption is a problem in Europe. According to data from 2012, about 73% of the Portuguese population aged 15 to 74 years old had consumed alcohol at least once in their lives, and 60% had consumed alcohol in the previous 12 months.¹ Although the Decree-Law No. 50/2013 increased the legal drinking age for spirits, it preserved the minimum legal age of 16 years old for consuming beer and wine,² fostering the need of cross-sectorial action to address alcohol related harm, especially on youth.

In light of that, in March 2014, the Portuguese National Youth Council and the European Medical Students' Association, in partnership with the General-Directorate for Intervention on Addictive Behaviours and Dependencies (Serviço de Intervenção nos Comportamentos Aditivos e Dependências - SICAD), the Portuguese Institute of Sports and Youth (Instituto Português do Desporto e Juventude - IPDJ) and the National University Sport Federation (Federação Académica do Desporto Universitário - FADU Portugal) launched a campaign to raise awareness among youth, especially minors, on harmful use of alcohol. The campaign 100% Zero targeted youth aged 15 to 18 years old, media, government and the general public. Its main aims were to raise awareness on short and long term effects of alcohol consumption among youth, especially among the under aged; and to inform and stimulate discussion about recent law changes regarding the legal drinking age in Portugal. We opted for a positive approach, avoiding shame and other negative feelings towards drinking. A video targeted for young people was produced and widely distributed in partnership with other national stakeholders.

This campaign was a part of the Triangle Project, a pilot initiated in 2013 by the Alcohol Policy Youth Network and the Youth Non-Governmental Organization No Excuse Slovenia.³ The 'Triangle' idea consists of a connection between three main stakeholders: a youth non-governmental organization (NGO), an experienced NGO and a public institution, all of which already have worked in alcohol policy. This project was financed by the European Commission through the Youth in Action grant, and joined three European countries striving for better alcohol policies: Portugal, Slovenia and Lithuania.

The recent formed coalition has continued to work on alcohol policy after the end of the project in May 2014. A contest targeted to young people in schools will be launched, and students will be invited to get an active role in reducing the alcohol related harm. Much remains to be done

in Portugal regarding alcohol policy and youth, but we are confident that our coalition will be able to give its contribute. In June 2015, progress was made in this field: a new Decree-Law (No. 106/2015) interdicted the consumption of all kinds of alcohol for minors.

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O Tabagismo em Terceira Mão: Um Conceito a (Re) Lembrar!

Thirdhand Smoke: A Concept to Remember!

Palavras-chave: Poluição por Fumo de Tabaco; Tabagismo.

Keywords: Tobacco Smoke Pollution; Smoking.

Caro Editor,

O tabaco é responsável por cerca de 20% das mortes por cancro no mundo. Em Portugal, o tabagismo é causa ou fator de agravamento das doenças não transmissíveis mais prevalentes (cancro, diabetes, doenças respiratórias, cerebrais e cardiovasculares), estendendo-se o seu efeito nocivo à saúde sexual e reprodutiva.¹ O tabagismo em segunda mão (TSM), é uma causa reconhecida de doença, nomeadamente cancro em não fumadores.² No entanto, o efeito nocivo do tabaco, nos não fumadores, não se limita ao TSM. Existe um conceito emergente, descrito pela primeira vez na literatura em 2009, mas ainda pouco reconhecido e divulgado que é o tabagismo em terceira mão (TTM). O TTM consiste na exposição ao conjunto de substâncias poluentes residuais do fumo do tabaco, que permanece nas superfícies e no pó depois do tabaco ser fumado. Estas substâncias podem ser reemitidas na forma gasosa ou reagir com oxidantes ou outros componentes do meio ambiente, formando assim poluentes secundários.²⁻⁴ Em vários estudos publicados sobre a temática do TTM, verificou-se que a nicotina adsorvida nas superfícies reage com outras substâncias como por exemplo o ácido nítrico (um poluente ambiental). Da reação da nicotina com o ácido

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