

From Prevention Programmes to Health Literacy Promotion

Dear readers,

In this double issue of the journal, we present the interesting research studies aimed at examination of the impact of the various types of addictions on the health of the population covering the significant economic trajectories as well as the trends in the legal drugs use. A common feature of all the studies is a strong appeal of their outcomes to the creation of the targeted prevention programmes that depends on the perfect data and the selected concepts. An attention is also paid to the importance of health literacy that performs an important platform for the prevention programmes, but the development of its concepts requires the implementation of primary research in the various groups of the population differentiated according to the demographic, socio-economic and health criteria.

The first research study aims at an examination and an evaluation of the changes in the thirty-day prevalence of alcohol consumption among pupils with the aim of assessment of the effectiveness of the Unplugged programme. The authors point out the importance of the gender differentiation in investigating changes in the state of alcohol use as well as the importance of communication between teachers and students in the implementation of the prevention programmes.

Another study examines the relationship between the consumption of the different types of alcoholic beverages and household income inequality in the OECD member countries. The authors pointed out that the preferences for the use of a given type of alcohol are also related to the cultural aspects of the country. They discuss the extent, which the prevention processes and the educational activities can eliminate the consumption of alcohol to. They also highlight the importance of the fiscal interventions and their impact on alcohol consumption may be a subject of further extensive multidisciplinary research. The quality of data and databases plays an important role in the creation of prevention programmes. Their construction is also highly dependent on the possibility of an application of the methodological approaches. Important knowledge can also be obtained from the international research environment that offers the various recommendations, as well as it defines the limitations in the use of the individual approaches.

The mentioned fact is pointed out by the authors in the third study whose aim is to describe the methodological approach of the qualitative arm of the ATTUNE study in the Czech Republic. Good prevention programs have a significant impact on prolonging life expectancy, but they need to be properly targeted in several aspects.

The availability of the perfect data makes it possible to investigate the direct effects of the substance use on longer and better lives. This consistent fact is the motivation for

the authors of another study to examine whether alcohol consumption influences life expectancy in the OECD member countries. The authors use the secondary data for the period from the year 2010 to the year 2017. In the terms of the consumption and the common types of the alcoholic beverages, which beer, wine, and spirits belong among, a significant effect on life expectancy is found. The authors call for greater importance of the prevention programmes and the educational processes, especially in the countries of Central and Eastern Europe.

Another study provides an interesting look at the issue of the gambling-related addiction. The authors examined the potential conditions for the development of the lottery business in the Slovak Republic, including the legal definitions of the lottery types, the legislative restrictions and the country regulation. The study used a questionnaire survey aimed at determining the preferences of the selected types of gambling. It would be interesting to find out which factors have a significant impact on the development of gambling in the individual localities of the country and to examine their causal relation to the macroeconomic characteristics and to the other types of population addictions respectively.

Tobacco use is also the subject of the multidimensional research by the international research teams, and there are the clear trends in examination of the impact of smoking on the health of the population as well as on the economy. There are many reports that show how raising tobacco taxes could save millions of lives. Also many non-price measures, such as a general ban on the advertising and promotion of cigarettes could significantly reduce smoking.

In the recent years, much research has focused on the use of the electronic cigarettes. Another study focuses its attention on an examination of the toxicity of the electronic cigarettes, as its knowledge is very important for assessment of the extent of the risks involved, as well as for determination of the appropriate regulatory measures in the field of public health.

The last two studies are the study protocols on the current topics. In the first study, the author deals with an issue of health literacy, while the target group of their research is represented by people with substance use disorders or addictive behaviour. The author used the 47-item version of the European Health Literacy Survey Questionnaire (HLS-EU-Q47). The aim of the study was to identify the potential risk factors for limited health literacy in a given group of the population. The study points out the importance of the differentiated research of health literacy with an aim of a creation a system of health literacy in the Czech Republic that would be the elementary platform in the construction of the targeted prevention programmes. Another

study protocol is aimed at an identification of the prevalence of the comorbidities involving substance use disorders or pathological gambling and other mental disorders among the patients of the Outpatient Addiction Treatment Service for Children and Adolescents. The authors expect that the results of their research will testify high prevalence in patients in the outpatient service.

We believe that many studies will encourage further follow-up research and support the creation of international research teams whose activities are essential for building prevention and health literacy systems in the individual countries.

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