

Oregon Department of Education Anabolic Steroids and Performance-Enhancing Substances Training

General Information,
Resources,
and
Prevention Strategies



Senate Bill 517 and Senate Bill 1066

- In 2007 Session, the Legislature passed Senate Bill (SB) 517 in an attempt to respond to the very serious issue of use and abuse of anabolic steroids and performance-enhancing substances among school-age children.
- During the 2008 Session, SB 1066 updated SB 517 with technical changes.

The Key Components

School districts shall:

- Include information on anabolic steroids and performance-enhancing substances in health and PE curricula for K-12 students.
- Require all school district employees who are coaches and athletic directors to receive training once every four years.
- Utilize evidence-based programs.



Definition of “School district employee”

- An administrator, teacher or other person employed by a school district;
- A person who volunteers for a school district; and
- A person who is performing services on behalf of a school district pursuant to a contract.

Definition of Anabolic Steroid

“Anabolic steroid” includes any drug or hormonal substance chemically or pharmacologically related to testosterone, all prohormones, including dehydroepiandrosterone and all substances listed in the Anabolic Steroid Control Act of 2004. “Anabolic steroid” does **not** include estrogens, progestins, corticosteroids, or mineralocorticoids.

Definition of Performance-Enhancing Substance

“Performance-enhancing substance” means a manufactured product for oral ingestion, intranasal application or inhalation containing compounds that:

- Contain a stimulant, amino acid, hormone precursor herb or other botanical or any other substance other than an essential vitamin or mineral
- Are intended to increase athletic performance, promote muscle growth, induce weight loss or increase an individual’s endurance or capacity for exercise.

Performance-Enhancing Supplements

- The Dietary Supplement and Health Education Act of 1994 – Limits the Food and Drug Administration from regulating products
- 18.6% of U.S. supplements contain anabolic steroids – International Olympic Committee (IOC) study of 240 supplements
- Many products contaminated: lead, pesticides, arsenic, mercury
- Strengths of the products available can vary
- Effectiveness studies have not been performed among high school age athletes

Variations of Steroids and Performance-Enhancing Substances

Tablets



Gels, Creams & Patches



Buccal



Injectables



Implants



Steroid Use Among Oregon Youth

- According to the CDC, during the 2007-2008 school year, about one of every 25 high school students reported using anabolic steroids in their lifetime without a doctor's prescription. ²
- In 2008, 1.3% of 8th graders and 1.2% of 11th graders reported using steroids in the past 12 months ¹
- Use of steroids by Oregon 8th and 11th graders is consistent with national use data ²
- However, significant disparities do exist within those youth who report steroid use
- Males are 1.7 times more likely to report steroid use than females
- Hispanic youth are twice as likely and black youth three times as likely to report use than White/non-Hispanic youth

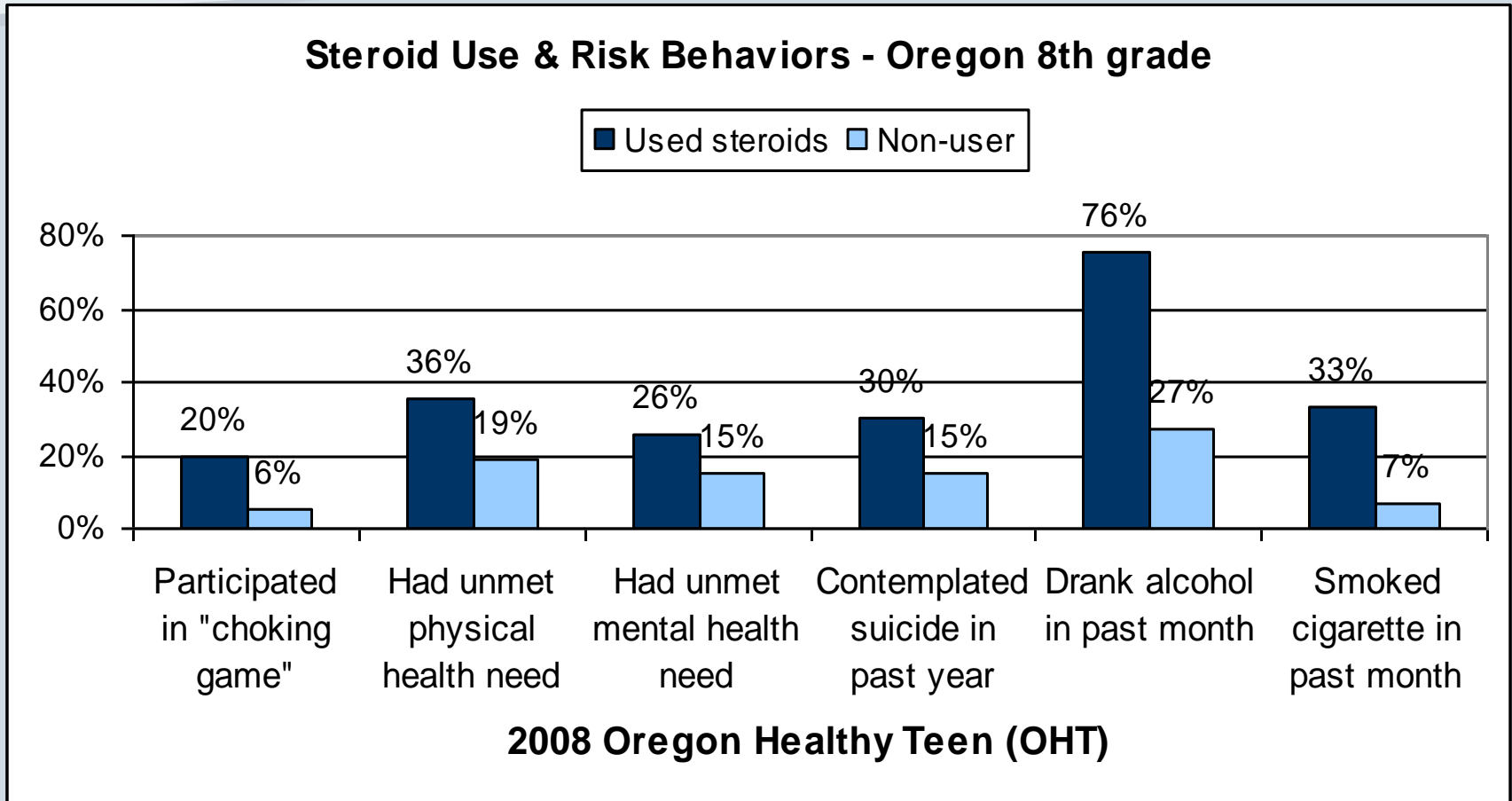
¹ All data comes from the 2008 Oregon Healthy Teens survey

² National data comes from the CDC's Youth Risk Behavior Survey. In 2007, about 4% of high school students reported lifetime use of steroids.

Steroid Use Among Oregon Youth

- Youth who report steroid use also bear a disproportionate burden of other health risks. Compared to non-users, 8th graders who reported steroid use are:
 - Almost twice as likely to have an unmet mental health need
 - 2-3 times as likely to have used alcohol in the past month
 - 4-5 times as likely to have smoked cigarettes in the past month
 - 3 times as likely to have ever participated in the “choking game” (briefly strangle oneself or another with hands or a device to feel euphoria)

Steroid Use Among Oregon Youth



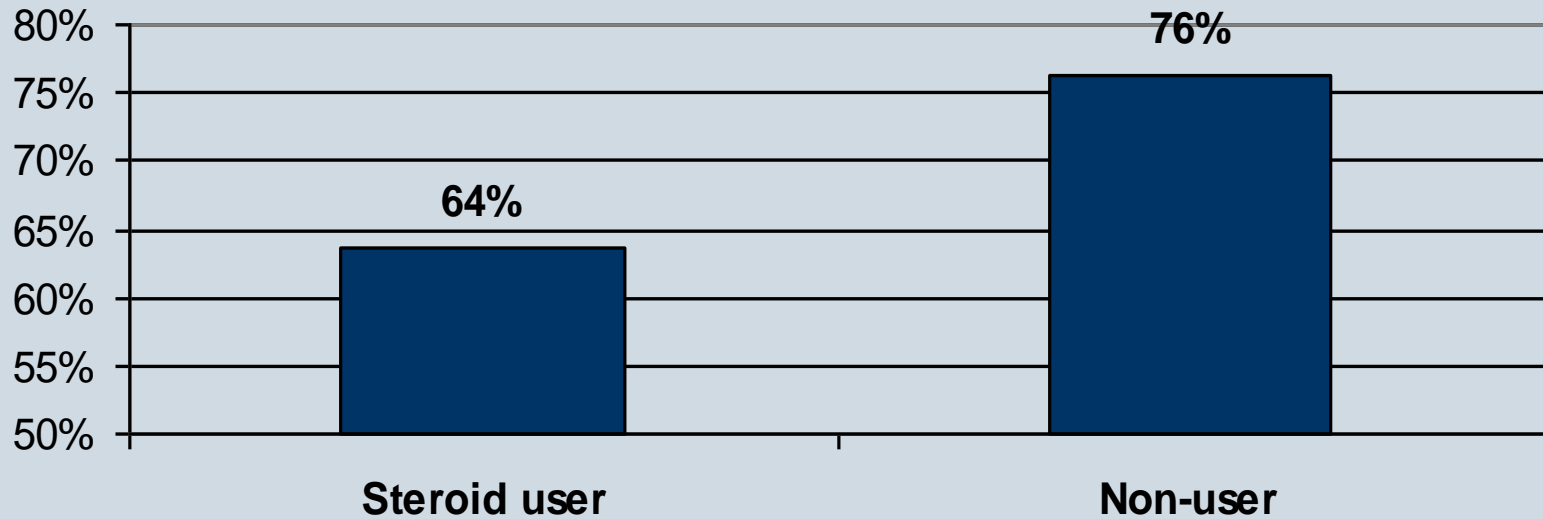
Steroid Use Among Oregon Youth

Steroid use by youth is related to lower academic achievement.

- 76% of students who reported that they do not use steroids also reported that they mostly get A's or B's. This compares to 64% of steroid users who reported receiving As or Bs.
- Steroid users were about one-fifth less likely to report As or Bs over the past year.

Steroid Use Among Oregon Youth

Steroid Use & Grades: Oregon 8th graders reporting Mostly As or Bs

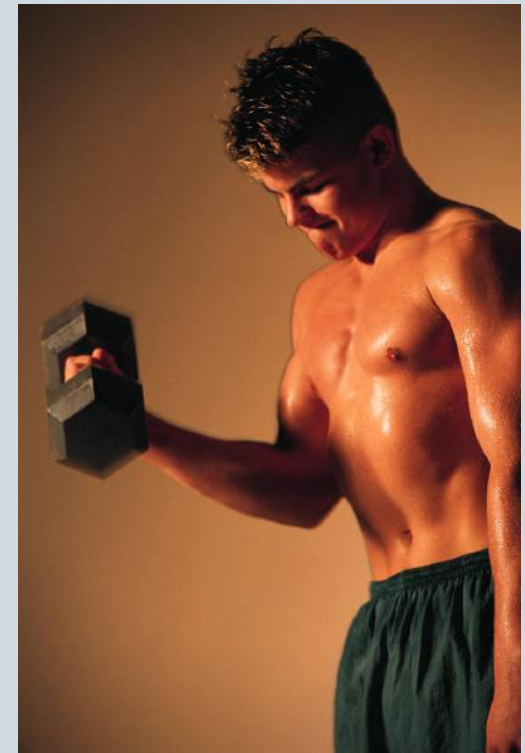


2008 OHT (Oregon Healthy Teen)

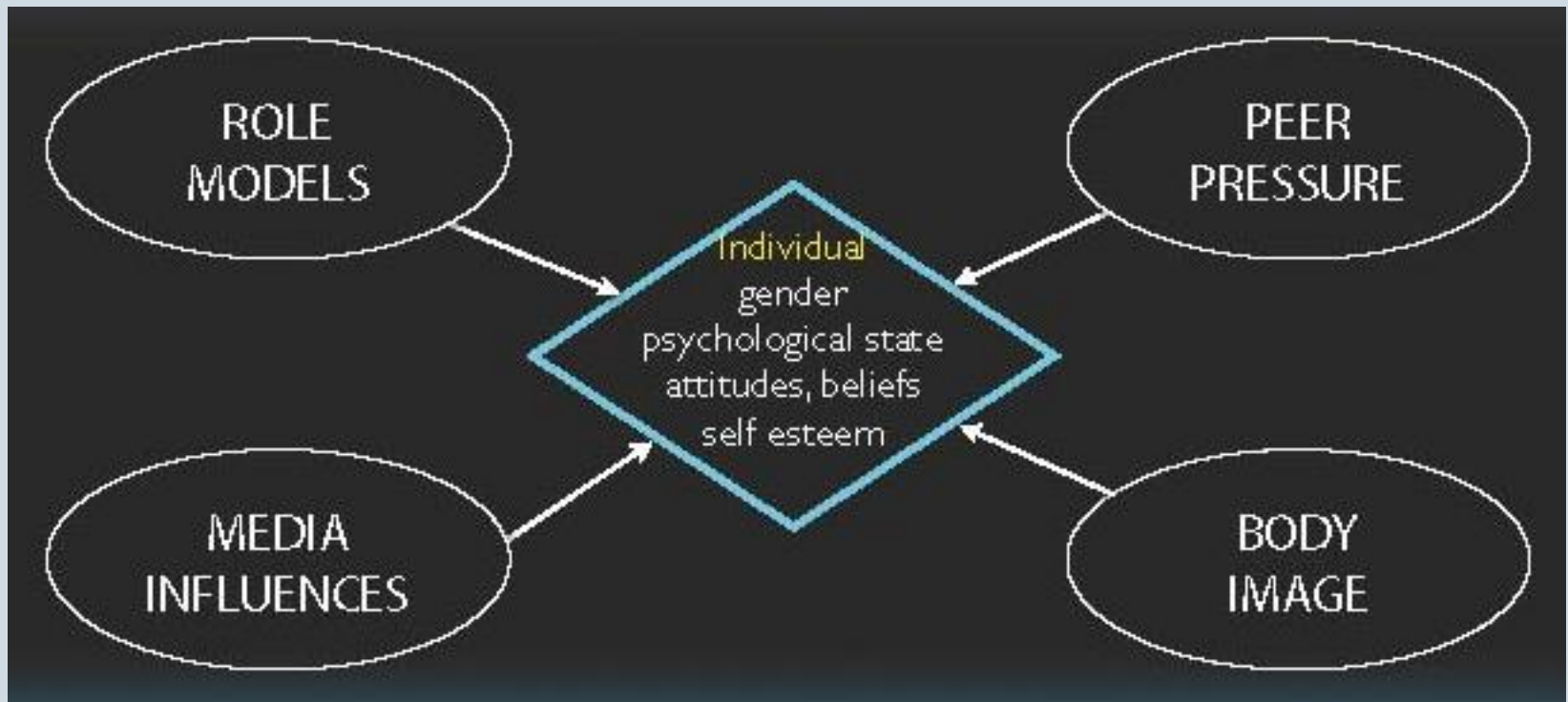
Why do students take anabolic steroids or performance-enhancing substances?

To:

- Boost athletic performance
- Build muscle
- Increase body mass
- Lose body fat



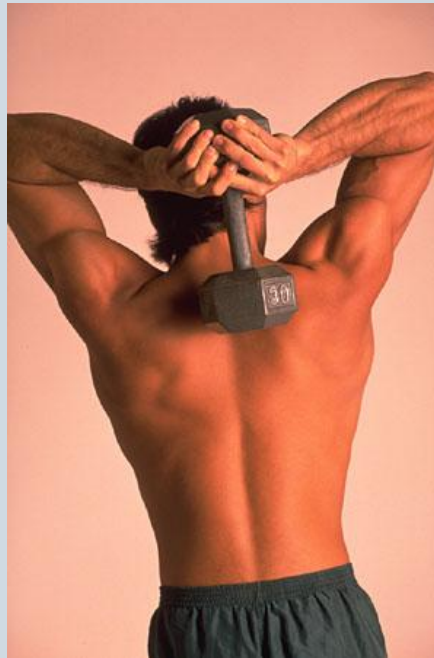
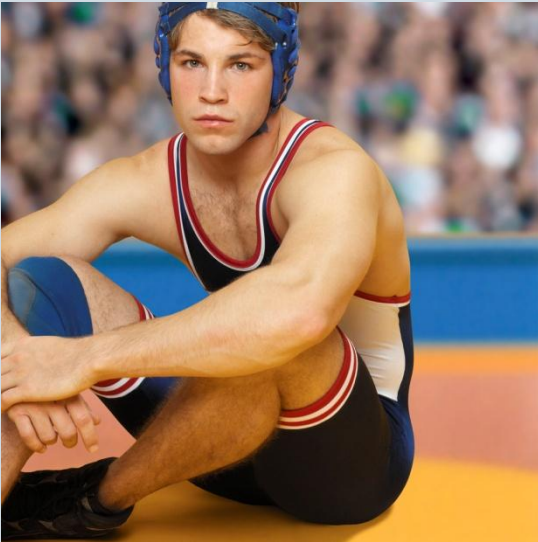
What influences a student to take anabolic steroids or performance-enhancing substances?



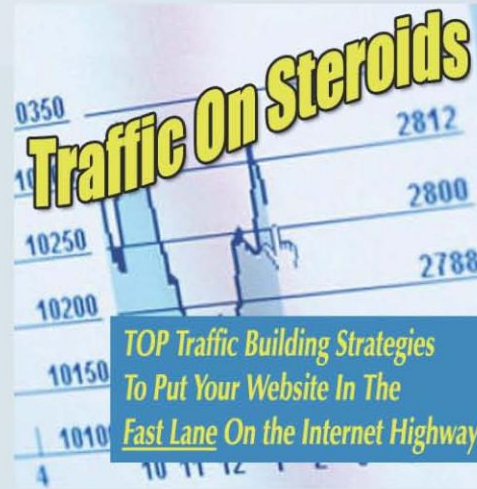
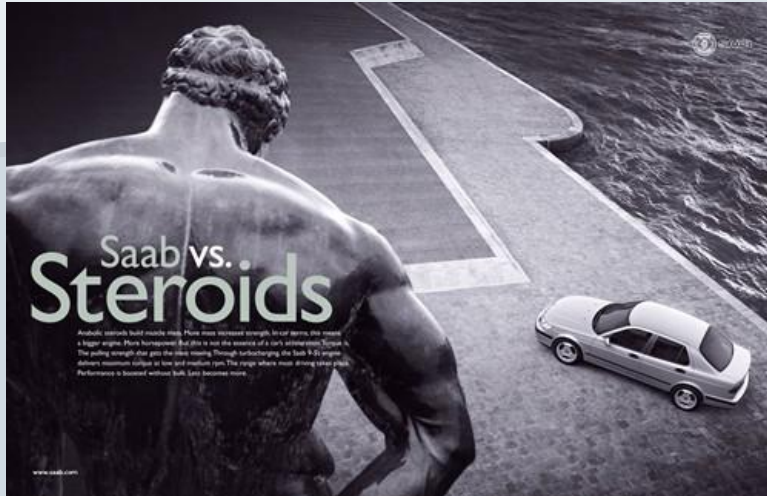
Desire to Emulate Role Models



Peer Pressure to Succeed



Media Influences



**WiMax:
Wi-Fi on
Steroids**

- A new wireless technology, WiMax sends data at a blistering 70 megabits per second over distances up to 50 km (30 miles).
- Early versions are designed for fixed broadband, rivaling cable and DSL. Later versions will let users roam around.
- WiMax will be used first to connect Wi-Fi hotspots to the Internet, later for broadband service to rural households.
- It could narrow the Digital Divide in developing countries but will pose competition for mobile systems like 3G.

Source: BusinessWeek

ARTICLE
MARKETING...

ON STEROIDS

WATCH THIS VIDEO

**Facebook Profits
on Steroids**

Making Money and
Running a Business from Facebook

Patch Perfect
Spread It 'n Forget It!

**BUY 1 GET 1
FREE**

AS SEEN ON TV

It's Like
Grass Seed
On Steroids

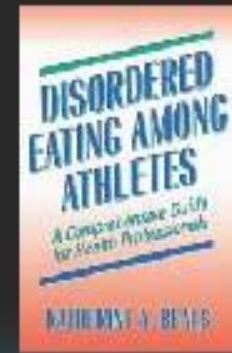
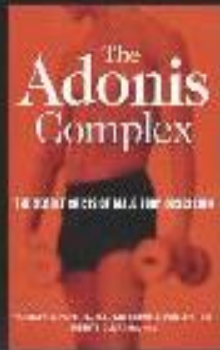
ORDER NOW

Images that portray steroids in a positive light 18

Cover Stories About Steroids



Desired Body Image Based on Gender



Dangers of Anabolic Steroids and Performance-Enhancing Substances

Steroids are dangerous for two reasons:

- They are ILLEGAL.
- They can damage a person's mental and physical health.
 - If used by adolescents, can have permanent negative consequences



Some Health Risks for Both Males and Females:



- Acne, really bad acne, especially on face and back
- Stunted growth in teens (by causing bones to mature too fast and stop growing at an early age)
- High blood pressure, unhealthy cholesterol changes, and heart disease
- Blood clots and stroke
- Liver damage, jaundice, or liver cancer
- Headaches, aching joints, and muscle cramps
- Increased risk of ligament and tendon injuries, which can end an athlete's career for good
- Needle sharing results in higher risk for serious infections like Hepatitis B and C or HIV, which causes AIDS
- Baldness

Gender Differences and Risks of Drug Use

Young Females

- Self-esteem
- Depression/mood
- Body image*
- Media*



Young Males

- Risky behavior
- Impulsivity
- Body image*
- Media*



*Specific, based on gender

Health Risks for Males:

- Shrinking of the testicles
- Low sperm count
- Impotence (inability to get an erection)
- Increased breast growth in males, especially teens
- Enlarged prostate



Health Risks for Females:

- Breast shrinkage
- Male-type facial and body hair growth
- Deepening of the voice
- Problems with menstrual periods
- Enlarged clitoris



Psychological Health Risks:

- “Roid rage”- severe, aggressive behavior that may result in violence, such as fighting or destroying property
- Severe mood swings
- Paranoia- extreme feelings of mistrust and fear
- Anxiety and panic attacks
- Depression and thoughts of suicide

Definition of “Cycling”

- Anabolic steroids are taken orally or injected, typically in cycles of weeks or months, rather than continuously.
- Cycling involves taking multiple doses of steroids over a specific period of time, stopping for a period, and starting again.



Definition of “Stacking”

- Users often combine several different types of steroids to maximize their effectiveness while trying to minimize negative effects.



Slang for anabolic steroids or performance-enhancing substances

- You may have heard steroids called:
 - Roids
 - Juice
 - Hype
 - Pumpers
 - Gym Candy
 - Arnolds
 - Gear
 - Weight Trainers
 - Stackers
 - 420 (pronounced “four-twenty”)



What should you look for if you are concerned that a student/child may be taking anabolic steroids or performance-enhancing substances?

Unfortunately, many of the symptoms of steroid abuse look very similar to typical appearances and attitudes that occur during adolescence. Here are some signs to look for:

- Increased aggression
- Rapid weight gain (10 lb/month or 40lb/year)
- Pustular acne
- An obsession with and bragging about increased performance (i.e. increased bench press)
- Virilization in females (lowering of voice; facial hair, male pattern of hair growth on body)

Common Myths

- **Steroids are safe**
- **Taking any kind of steroid will result in death**
- **Injectable steroids are safer than oral steroids**
- **Steroids won't really stunt your growth**
- **All steroids are pretty much the same**
- **Steroid abuse isn't really a big problem in the U.S.**
- **All steroids are pills**
- **Only a certain kind of person uses steroids**
- **Steroids aren't addictive**
- **Steroids aren't as illegal as other drugs**
- **Steroids build muscle without working out**
- **Women don't use steroids**
- **Roid rage isn't real**

- A list (not inclusive) gathered from the following sites:
 - Association Against Steroid Abuse - Steroid Myths
<http://www.steroidabuse.com/steroid-myths.html>
 - Bodybuilding – The Myths and Dangers of Anabolic Steroid Usage
<http://bodybuilding.about.com/od/supplementationbasics/a/steroiddangers.htm>
 - Roid Report <http://www.roidreport.com/steroids/steroid-myths/>



What coaches can do...

Does your student plan to compete for athletic scholarships? If so, he or she is under considerable pressure to succeed. And besides the pressure from parents and peers, teens place a lot of pressure on themselves. Not surprisingly, the pressure may contribute to the lure of performance-enhancing drugs and supplements.

Reassure the student of your support — even when they do not perform well in competitive sports.

If you're worried that they may be using performance-enhancing drugs or supplements, here's what you can do:

- ▶ **Be clear** about your expectations.
- ▶ **Talk to student athletes** that unless the long-term effects of performance-enhancing drugs on young athletes are known to be safe, you expect him or her to avoid them.
- ▶ **Discuss alternatives** to performance enhancers, include sports nutrition and strength training techniques.
- ▶ **Set rules.** For example, if a student uses performance-enhancing drugs, he or she will be removed from the team.
- ▶ **Teach students** that short-term gains can lead to long-term problems.



What coaches can do...continued

- ▶ **Discuss ethics** and proper training. Athletes should compete fairly.
- ▶ **Remind them** that using a performance-enhancing drug is similar to cheating, but even more importantly, could lead to serious health problems or even death. Another key message is that a balanced diet and rigorous training are the true keys to athletic performance.
- ▶ **Encourage the student athlete** to feel good about his or her sports performance.
- ▶ **Monitor for signs** of drug use. Signs the student may be taking anabolic steroids include increased acne and male-pattern baldness. If a female takes anabolic steroids, she may develop male characteristics, such as a deep voice or dark facial hair. Teens who take anabolic steroids may seem unusually moody and have angry outbursts known as 'roid rage'.
- ▶ **Discuss the school district's** policy concerning anabolic steroids and other performance enhancing drugs with all student athletes.

Talking to Students About Steroids

You've probably taken the time to talk to a teen about not using illegal drugs like marijuana or cocaine, and it's just as important for you to talk with him or her about not using Steroids and Performance Enhancing Substances (SPES).

Talking about using SPESs and other drugs isn't easy, but it is important. Letting a teen know how you feel about SPES use and the potential, dangerous side effects can help him or her make the smart decision to compete drug-free.

- **Educate yourself about Steroids and Performance Enhancing Substances (SPES).** Be prepared to answer hard questions about **SPESs** and their side effects. Focus on short-term effects, like severe acne and increased body hair, rather than long-term health risks like heart disease or cancer. Teens tend to live in the here-and-now. They're really not concerned with what could happen years from now.
- **Speak out against the use of SPESs on a regular basis.** Use recent news coverage of SPESs-related scandals to start a conversation. Discuss ethics of cheating and using SPESs as well as the importance of proper training. As a coach, let your athletes know how you feel about using SPESs and cheating.
- **Talk about the pressures to use SPESs.** Help teens establish realistic and healthy expectations.

Talking to Students About Steroids - Continued

- **Stress positive alternatives to SPESs.** Encourage hard work, good nutrition, proper training regimens, hydration and rest as the right tools to improve athletic performance. Above all, remind teens that sports are supposed to be fun.
- **Communicate that shortcuts don't work.** Gimmicks and quick-fix approaches are not the ways to enhance athletic performance or appearance. The human body responds well to nutrition and different types of training to improve strength, muscle tone and ability – safe and healthy options are out there.
- **If a teen you know is using SPESs, intervene and help him or her get support.** The most important part of intervention is reminding the teen that you care and that help is available. It's a good idea to have a medical or mental health care professional involved with a teen who wants to quit using SPESs. Many teens that stop using steroids experience severe depression and suicidal thoughts. A medical or mental health care professional can help teens work through these feelings safely and win back their sense of well-being.

Resources for Talking to Students



- National Institute for Drug Abuse (NIDA)
<http://teens.drugabuse.gov/parents/index.php>
- Substance Abuse and Mental Health Services Administration (SAMHSA) <http://family.samhsa.gov/be/athblocked.aspx>
- Office of Juvenile Justice and Delinquency Prevention (OJJDP) – Coaches Playbook Against Drugs
<http://www.ojjdp.ncjrs.org/pubs/coachesplaybook/>
- Healthy Competition – Blue Cross/Blue Shield of TN
<http://www.healthycompetitiontn.org/coaches/classroom.shtm>
- Additional resources can be found on the Oregon Department of Education web page at
<http://www.ode.state.or.us/search/page/?id=2569>

Anabolic Steroids and Performance-Enhancing Substances Prevention

■ Least Effective Method:

- Simply teaching students about steroids' harmful effects does not convince adolescents that they personally will be adversely affected.

■ More Effective Method:

- Presenting both the risks and benefits of steroid use is more effective in convincing adolescents about steroids' negative effects, because they find a balanced approach more credible and less biased.

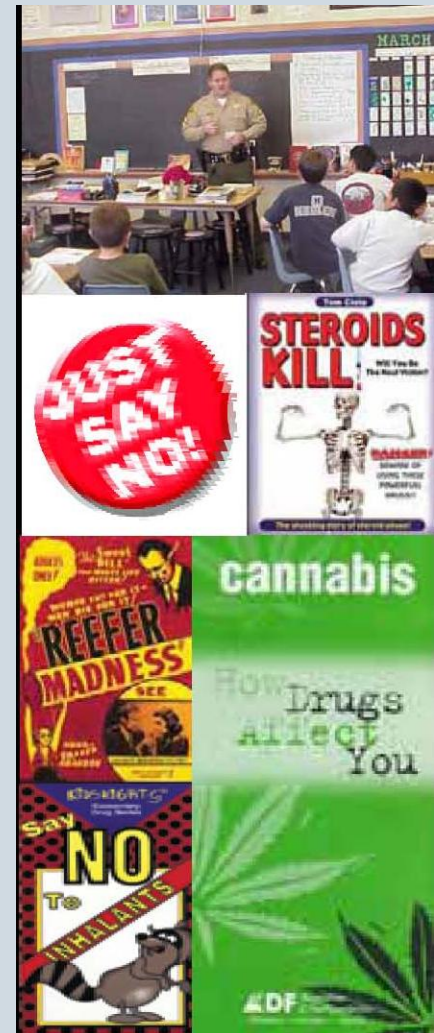
Anabolic Steroids and Performance-Enhancing Substances Prevention

■ MOST EFFECTIVE Method:

- Science-based, research-based curriculum with predictable outcomes, combined with credible, unbiased facts.

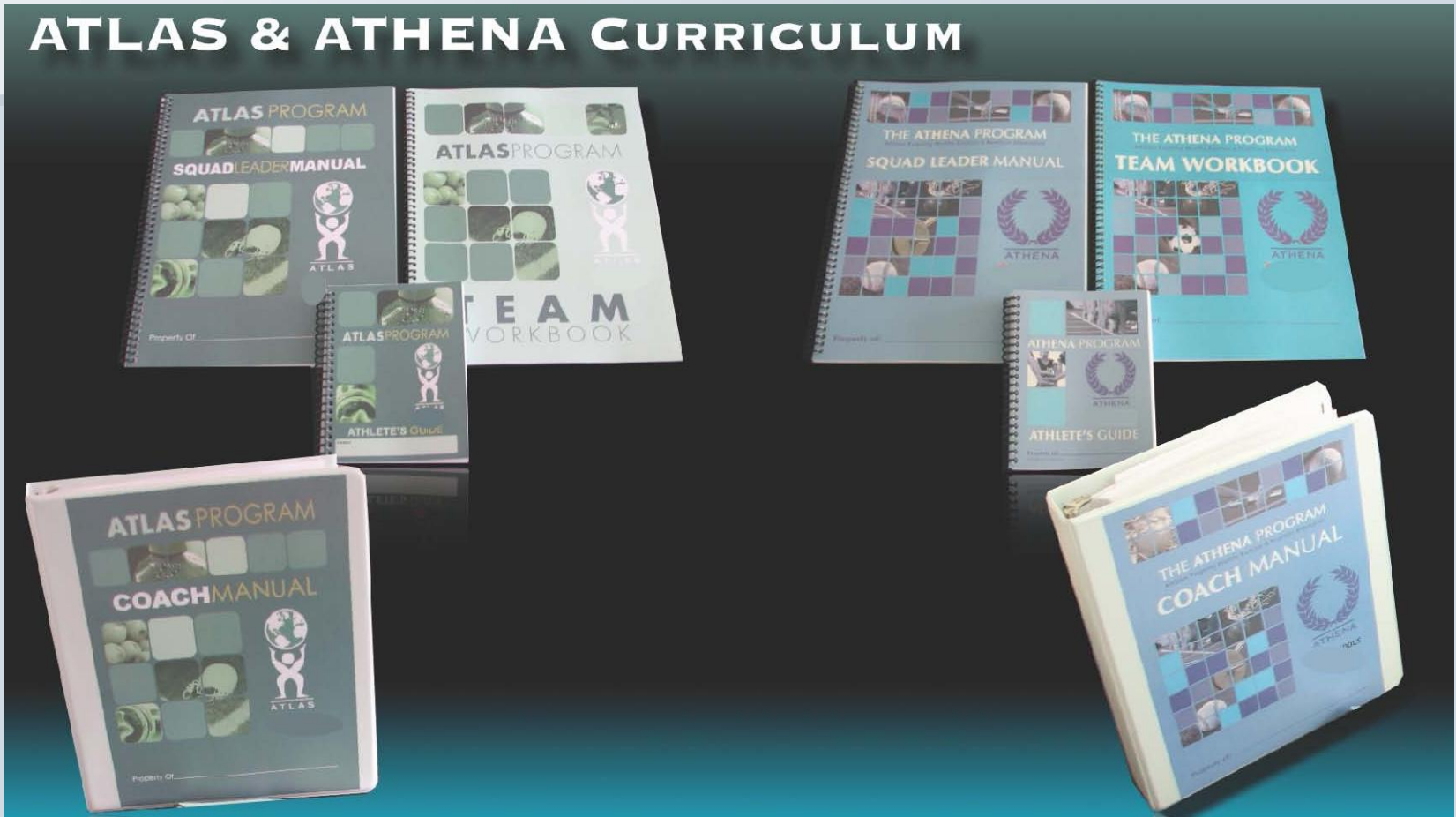
Prevention Programs That Typically Fail

- “Just Say No” campaigns
- Scare tactics
- Knowledge-only programs and pamphlets
- “One size” fits all not specifically focused on an age or gender
- Primarily adult lecturers



Evidence-Based Programs

ATLAS & ATHENA CURRICULUM



Team programs for boys and girls proven to work

Evidence-Based Programs

ATLAS (Athletes Training & Learning to Avoid Steroids)

- Male athlete program, taught by peer (squad) leaders
- Reduces anabolic steroids, alcohol, illicit drugs
- Lowers drinking and driving
- Reduces supplement use
- Improves exercise and nutrition behaviors

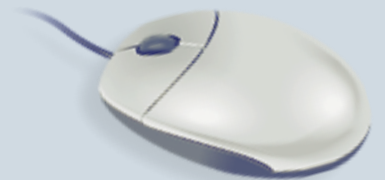
ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives)

- Female athlete program, taught by peer (squad) leaders
- Reduces steroids, alcohol and other drug use
- Lowers supplement and diet pill use
- Improves nutrition and exercise behaviors

(Endorsed by the National Football League, Sports Illustrated, U.S. Department of Education, and The U.S. Department of Health & Human Services)

Additional Resources

- Parent informational letter – The Mayo Clinic
<http://www.mayoclinic.com/health/performance-enhancing-drugs/SM00045>
- Teen Health – Are Steroids Worth the Risk
http://kidshealth.org/teen/food_fitness/sports/steroids.html
- US Drug Enforcement Administration
<http://www.usdoj.gov/dea/concern/steroids.html>
- National Institute on Drug Abuse (NIDA)
<http://www.nida.nih.gov/Infofacts/steroids.html>
- Additional resources may be found on the Oregon Department of Education web site at
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Acknowledgements

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<http://bodybuilding.about.com/od/supplementationbasics/a/steroiddangers.htm>
- Roid Report <http://www.roidreport.com/steroids/steroid-myths/>

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Information from the following articles has been included in this presentation:

- NIDA InfoFacts – Steroids (Anabolic-Androgenic) March 2007
<http://www.nida.nih.gov/Infofacts/steroids.html>
- Addiction Intervention web site – Steroid Prevention
<http://www.addictionintervention.com/addiction/steroidprevention.asp>
- Kids Health web site – Steroids
<http://kidshealth.org/kid/exercise/safety/steroids.html>
- American Academy of Pediatrics web site – Teen Q&A Steroids
http://www.aap.org/publiced/BR_Teen_Steroids.htm
- Healthy Kids Learn Better/ODHS – Steroid use among Oregon Youth
<http://www.oregon.gov/DHS/ph/ah/cshp/cshp.shtml>



Please note the inclusion of external web links in this document does not imply endorsement of either the reliability of the information presented or its suitability for a particular age group or grade level.

Updated 8/25/2009

Online Assessment

After completing this training please access the Anabolic Steroids and Performance-Enhancing Substances Assessment [here](http://www.surveymonkey.com/s.aspx?sm=r1HRuNFwRnTcXsLVyaF5Yg_3d_3d) (http://www.surveymonkey.com/s.aspx?sm=r1HRuNFwRnTcXsLVyaF5Yg_3d_3d).

After your assessment has been completed a completion certificate will be sent to you.