

High School Anabolic Steroid Use

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High School Anabolic Steroid Use

CDC Youth Risk Behavior Survey

- 6.8% male use
- 5.3% female use

More than 850,000 H.S. students admit using or having used anabolic steroids.

Increasing Steroid Use

- In 1993 one in 45 high school students used anabolic steroids
- By 1999 one in 27 high school students used anabolic steroids
- Today one in 16 high school students admit using anabolic steroids

Anabolic Steroid Use

Health Risks

heart disease

cancer (liver, prostate, kidney)

fluid retention

blood clotting disorders

HIV disease (needle sharing)

abnormal cholesterol

female breast development (males)

shrunken testicles (males)

depression/aggression

male pattern baldness

acne

liver disease

stunted height

high blood pressure

facial hair (females)

deepened voice (females)

Anabolic Steroid Use

Associated with many unhealthy behaviors

- More fasting, vomiting, diet pill and laxative use (young women)
- Alcohol, tobacco and other drug use
- Less frequent seatbelt use
- More sexual activity
- Antisocial behavior
- Declining academic performance

Why Do Young Athletes Use Drugs?

There are major **risk factors**, which increase unhealthy behaviors, including

- Role models
- Media/Advertisements
- Body image
- Peers

But there are differences between young men & women

Gender Differences and Risks of Drug Use

Young Females

Self-esteem

Depression/Mood

Body image*

Media*

Young Males

Risky behavior

Impulsivity

Body image*

Media*

Why young men and women require different programs

*Specific, based on gender

ATLAS & ATHENA: An Effective Response



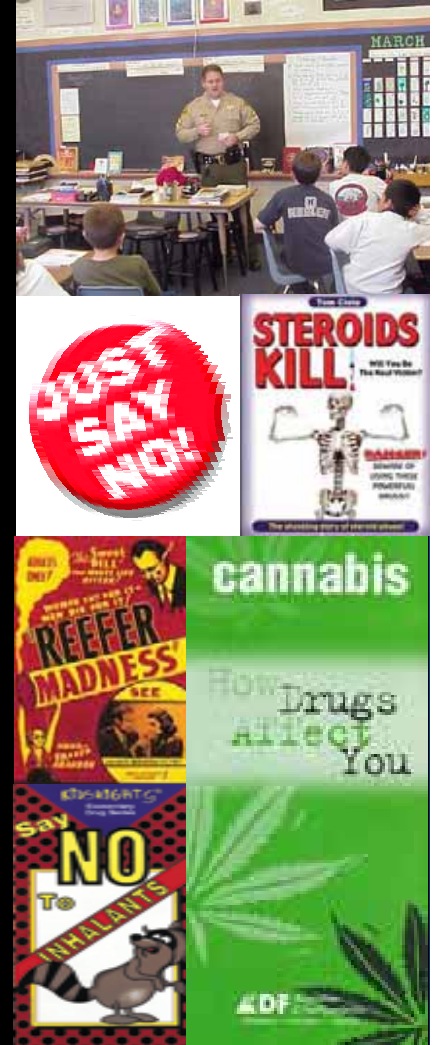
ATLAS Curriculum
Instructor Materials
Squad Leader Materials
Student-Athlete Materials

ATHENA Curriculum
Instructor Materials
Squad Leader Materials
Student-Athlete Materials



Why Other Programs Fail

- Rely on adult lectures
- “Just Say No” campaigns
- Scare tactics
- Knowledge-only programs & pamphlets
- “One size” fits all



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- Occur during the sport season
- Integrated into team activities
- Scripted and interactive
- Student taught in small groups of 5
- Coach facilitated
- 45 minute sessions



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Topics

- Use & consequences of substance use
- Body image
- Drug refusal skills
- Media awareness
- Nutrition and strength training are alternatives to performance enhancing drugs



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Unique differences

ATLAS

Protein & calories
Impulsivity
Decision making
Media & “muscle” mags
10-sessions

ATHENA

Protein & calcium
Depression
Self-esteem
Media & women
8-sessions

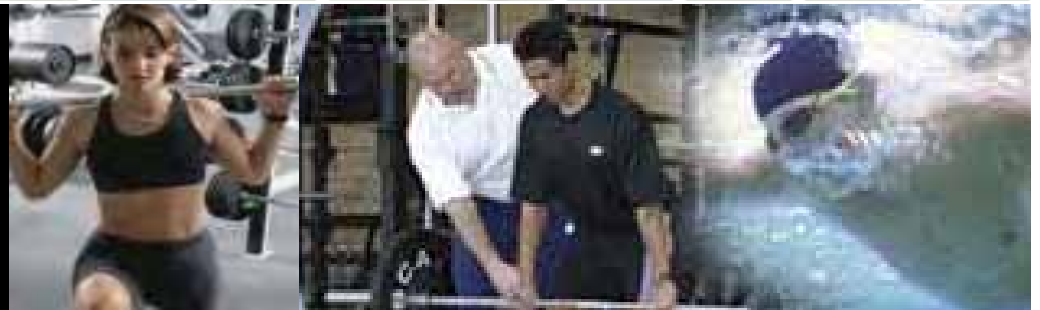


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Performance
Enhancement

Athletes learn
how to use
different strength
training
techniques



ATLAS & ATHENA



Performance
Enhancement

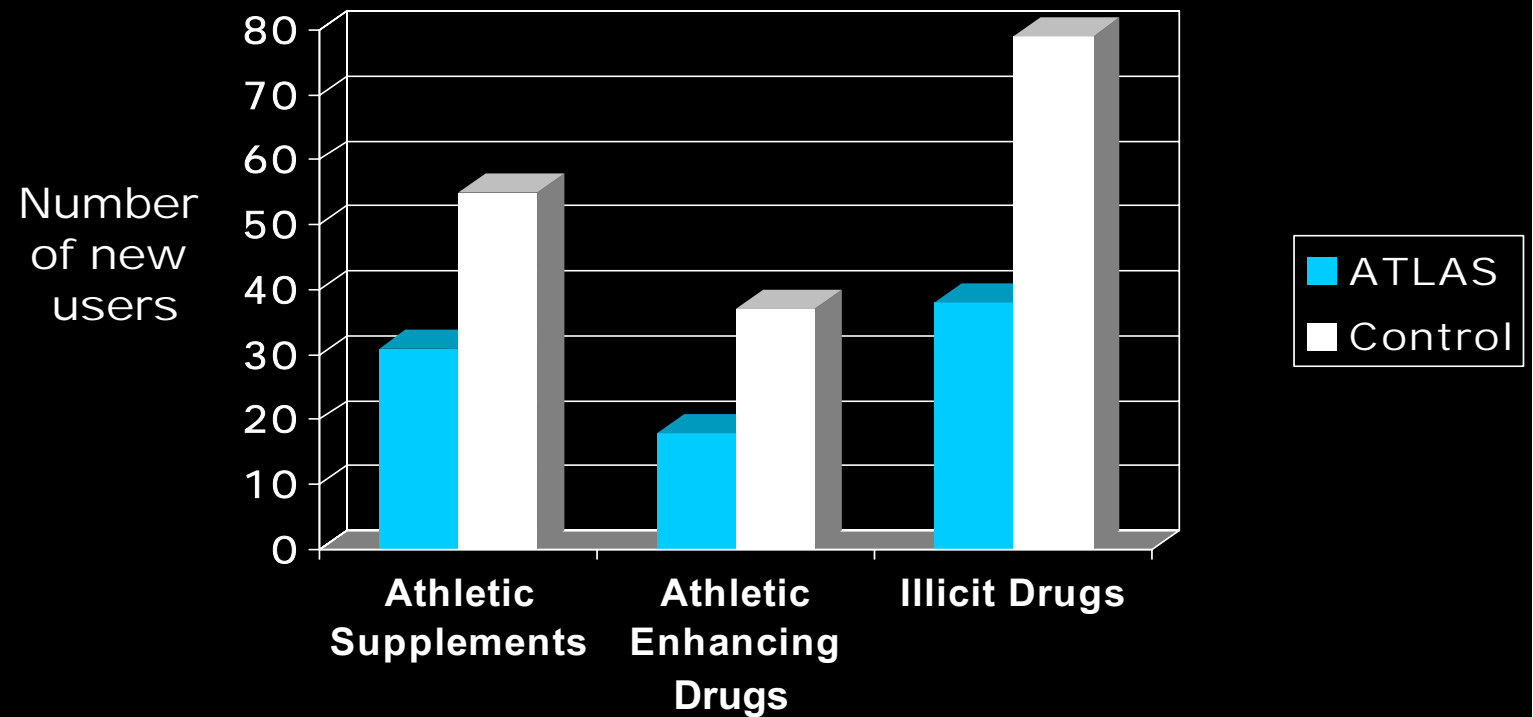
Athletes learn
sports nutrition
and practice
specific goals



ATLAS

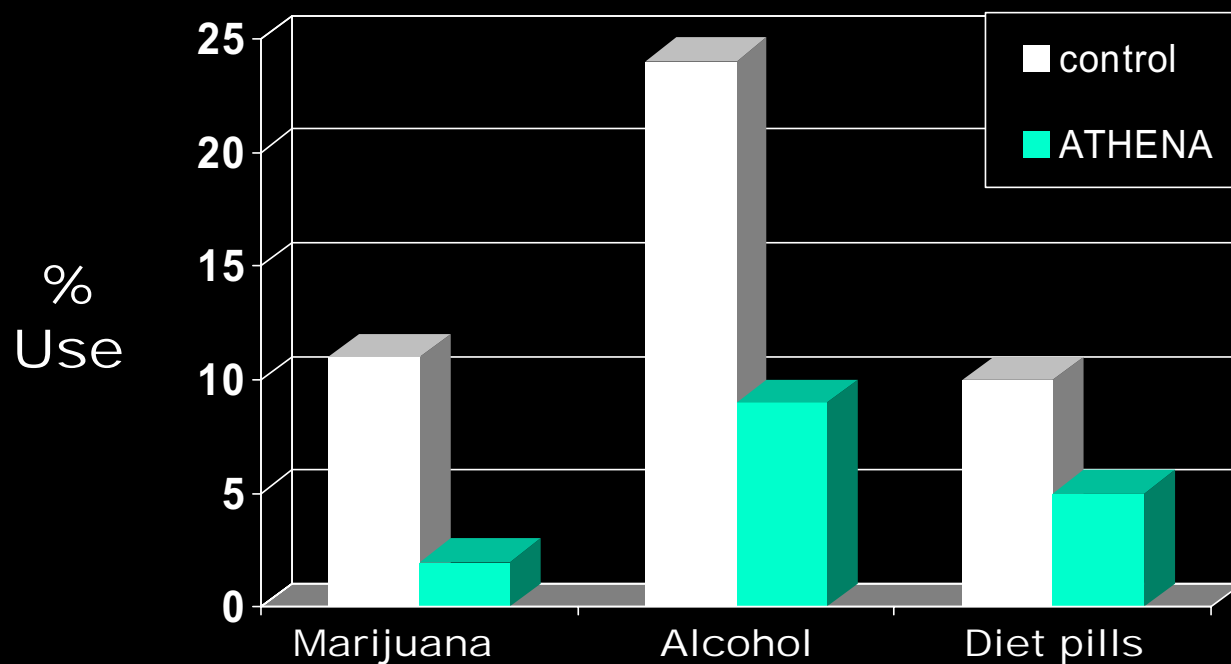


ATLAS RESULTS:



ATHENA

Substance Use: One year after graduation



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Recaptures the healthy mission of sport



Anabolic Steroid Use By High School Students

THANK YOU

High School Athlete Drug & Alcohol Use at Epidemic Levels

<u>Substance</u>	<u>Male</u>	<u>Female</u>	<u>Total Users</u>
Alcohol	53.7%	48.0%	3,600,000
Binge drinking	39.1%	29.4%	2,460,000
Marijuana	27.4%	18.2%	1,730,000
Inhalants	16.0%	13.4%	1,040,000
Other drugs	16.3%	11.9%	1,010,000

Alcohol & drug use is a leading cause of teen injury & death

(Centers for Disease Control: past year use)

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Uses the
positive
influence of
coaches



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ATLAS & ATHENA

Encourages
athletes to work
together toward
healthy goals



ATLAS



ATLAS RESULTS:

- ↓ Alcohol & drug use (marijuana, amphetamines, narcotics)
- ↓ Drinking & driving
- ↓ Athletic supplement use
- ↑ Nutrition practices
- ↑ Belief in athletic competence
- ↑ Belief in the risk of substance use

ATHENA

ATHENA RESULTS:

- ↓ Diet pill use
- ↓ Anabolic steroid use
- ↓ Performance enhancing substance use
- ↓ Injuries
- ↓ Riding with a drinking driver
- ↓ Sexual activity
- ↑ Healthy eating habits
- ↑ Strength training abilities

