



Strategy for Stopping Steroids



Agenda



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The Partners



The five participants in the Strategy for Stopping Steroids project are:



Anti Doping Danmark - (Anti Doping Denmark)



Dopingautoriteit - (Anti-Doping Authority, the Netherlands)



STAD - (Stockholm Prevents Alcohol and Drug Problems, Sweden)



Instytut Sportu - (Polish Institute of Sport)



CyADA - (Cyprus Anti-Doping Authority)

The Project



- The report illustrates the current situation and the work performed in relation to all aspects of fitness doping:
 - from production and trafficking
 - to young men's focus on the muscular body
 - to prevention
 - to health risks and treatment of users
- The participants have endeavoured to base the report on the latest statistical data and current information about focus areas, activities and strategies within anti-doping work

In the White Paper on Sport the European Commission (EC) points out that:

- Doping constitutes a threat to sport and a serious threat to the health of the individual using doping
- One must focus upon the fight against doping both in law enforcement initiatives as well as in health and prevention, at a European level.
- Trade in illicit doping substances be treated in the same manner as trade in illicit drugs throughout the EU.

A holistic model



The data collection in this report points to the fact that:

- Many factors and many players, not to mention their reciprocal influence, have to be taken into account in the fight against the abuse of AAS and PIEDs
- Therefore, a holistic model is needed when planning preventive initiatives in the future

Holders community systems approach



- The American researcher Harold D. Holder, PhD, from Berkeley University, USA, is a leader in the field of the system theory approach to the prevention of abuse
- “Alcohol and the Community: A Systems Approach to Prevention”:
 - Describes a broad, holistic approach to preventive work in the field of alcohol abuse
 - The model was later extended to a general model for psycho-active substances
- Having a system theoretical approach entails a premise that:
 - The individual and the system influence each other
 - I.e. the individual (and individual behaviour) is affected by the society in which we live, which in turn is influenced by our behaviour

Holders community systems approach



According to Holder the following views are fundamental:

- Drug problems are the natural result of dynamic, complex and adaptive systems called "communities"
- The most effective prevention strategies are those that seek to alter the system that produces drug problems
- Historically, prevention strategies have been "single solutions" attempting to accomplish a goal by means of one massive programme or strategy, rather than concurrent, mutually reinforcing approaches
- Without an understanding of the community as a dynamic system, it is unlikely that effective long-term prevention of drug problems will occur in practice (Holder, 1998: 8-9).

Recommendations



- The data collection and preparation of this report clarifies some challenges and perspectives for the continuing work in the fight against AAS and PIED's
- Based on the data collection and supported by Holders community approach:

A multi-faceted strategy in this area is a prerequisite for obtaining the best results when it comes to influencing behaviour relating to fitness doping

1. General coordination of national work



- The data collection shows that the preventive work, as well as work in other areas, is either handled by many different organisations without sufficient consistency or coordination, or it is under-prioritised
- The task for the authority would be to coordinate and implement national initiatives in dialogue and collaboration with all relevant organisations
- To be able to carry out the task of coordinating the work, it is necessary that the area are given funding that matches the considerable scope of the task

2. Updating of anti-doping legislation to combat distribution



- There are huge differences in the way legislation in the different countries treats doping substances and in the penalty range for doping-related offenses
- The severity of the maximum penalty among other things determines the powers at hand to the police and other authorities in relation to the process of investigation
- In general, the maximum penalty for violations relating to doping substances is lighter than for narcotics

3. Including the fitness sector in the preventive work



- It is among fitness centre members that the most liberal attitude to the substances can be found
- The fitness centre is also one of the places users can train to achieve the desired outcome of using the substances in the form of muscle mass
- The fitness sector and the individual fitness centres play an important role in the efforts to reduce the use of AAS and other illegal PIEDs among it's members
- The industry must send a very clear signal that it distances itself from doping e.g. via rules, policies, certification schemes etc.

4. Regulation of nutritional supplements



- In several cases, nutritional supplements have turned out to contain prohibited and harmful substances not mentioned in the list of ingredients
- The nature and amount of regulation of the nutritional supplement market differ considerably between the countries
 - both in terms of what can be sold and how it can be marketed
- EU countries should focus more on regulating and controlling the products offered and sold according to the content of active ingredients as well as the purity of the product and its health benefits

5. Knowledge about the effect of preventive work targeting the use of AAS



- Many different forms of preventive work is carried out, which varies in terms of content, communication platforms, methods and target groups
- Surveys in contributing countries show some ambiguity when determining how well the individual methods work in relation to different target groups
- This is a challenge also encountered in preventive work and risk communication relating to other areas such as alcohol, smoking and drugs
- In future work it is relevant to focus more on the evaluation of initiatives and sharing knowledge to ensure the initiatives are based on documented professional knowledge to the greatest extent possible

6. Coordination of international customs and police collaboration



- Customs and police work is essential to combat the distribution of doping substances and thereby also determines the general availability of these substances
- Therefore, a greater focus on detecting doping substances in connection with seizures, as well as surveillance and actions across borders in view of the considerable sale taking place internationally via the Internet is needed
- It is relevant to consider if the established international networks for customs and police work, dealing with international trafficking in narcotics could also be used in the fight against trafficking and sale of steroids and other illegal PIEDs for the purpose of coordinating and sharing knowledge and resources in the field

7. Focus on abuse of AAS in the treatment system



- General education about substances is required for this group of professionals
 - to make it easier to identify steroid abuse as a catalyst for the current condition
 - to assist the individual as effectively as possible
- The health sector must increase the focus on:
 - eating disorders, body dysmorphic disorders and abuse of AAS and other PIEDs
 - ensure that proper treatment is available to these substance abusers
- Cross-disciplinary and specialised treatment encompassing the somatic, psychological and social side-effects is an important prerequisite for:
 - qualified treatment of the individual
 - lasting change in the behaviour relating to the abuse in question

8. Staff education



- It is only in recent years that work with abuse of AAS and other illegal PIEDs have begun to attract attention
- Therefore, there is a need to improve the qualifications of staff employed by all relevant authorities and organisations such as:
 - the police, customs authorities, social workers, treatment centres, etc.
-and other employees who come into contact with steroid-related issues as part of their work

9. Development and implementation of a standardised data collection system



- The availability of reliable data is essential for information and insight into the situation of AAS and other PIEDs, so it is important:
- To prioritise the recording of seized substances and cases relating to doping abuse
- To monitor the impact of doping-related health issues on the established health system
- To develop standards and statistics in the field in order to gain a better understanding of the scope of the problem and to set the right priorities.
- And finally to give priority to research that can contribute information about the situation across different sectors



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Thank you for your attention!

To download the report go to:

www.antidoping.dk

