

The Swedish cohesive strategy for Alcohol, Narcotic drugs, Doping and Tobacco (ANDT-policy)

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The common overall objective of Sweden's ANDT-policy



A society free from illegal drugs and doping, with reduced alcohol-related medical and social harm, and reduced tobacco use.

- where all may grow up, live and work without risking harm through their own or others use/misuse of ANDT

First ever overall objective of ANDT- policy

Formerly separate alcohol-, drugs- and tobacco policy goals are now combined into common ANDT-policy

First time Doping outside sports given its own place

Doping is included in all the seven long-term objectives

A political agreement – gives the priority!

- Government (all policy areas) adopted the bill in 2010.
- The new overall ANDT-objective adopted by the Swedish Parliament in 2011 (agreed by all political parties).
- Long consultation process – involving all sectors and levels – gives acceptance and engagement!

Aims and guiding principles

- Establishes the goals, priorities, direction, funding (30 millions Euro/year) and follow-up of public measures 2011 – 2015.
- Sets the principle of shared responsibility - all sectors, all spheres are crucial to tackle the totality of problems.
- Underlines the long-term perspective and integrated approach focused on the individual and the family

- Focus on coordinated prevention/early interventions/ treatment/ rehabilitation to individuals/families
- ANDT-policy is about preventing/reducing risk factors and promoting/increasing protective factors
- Often poly-drug use, but also linked to mental health, violence, social problems.

BUT!

- Still acknowledge the differences between legal and illegal drugs.
- The need to have drug specific competence and actions.
 - For example: Doping agents are used to improve athletic performance and obtain a more muscular and powerful body.... this purpose is different from the use of alcohol.

Common overall objective – A society free from illegal drugs and doping, with reduced alcohol-related medical and social harm, and reduced tobacco use

**Seven long-term objectives of lasting relevance
(with follow-up key indicators)**

1

Curtailing the supply of illegal drugs, **doping substance alcohol and tobacco**

2

Protecting children against the harmful effects of alcohol, narcotic drugs, **doping and tobacco**

3

Reducing the number of children and young people who initiate the use of tobacco, narcotic drugs or **doping substances or begin drinking alcohol to early**

4

Reducing the number of people involved in harmful use, abuse or dependence on alcohol, narcotic drugs, **doping substances or tobacco**

5

Improving access by people with abuse or addiction problems to good quality care and support

6

Reducing the number of people who die or suffer injuries or damage to their health as a result of their own or other's use of alcohol, narcotic drugs, **doping substances or tobacco**

7

Promoting a public health based, restrictive approach to ANDT in the EU and internationally

Doping specific interventions

- Increased cooperation to combat illegal sales of doping substances (together with other illegal drugs) via internet
- 750 000 EURO to an anti-doping network (PRODIS) to develop a working model to prevent the use of doping substances
- Improved testing of drugged drivers
- Collect and disseminate more data on the use of doping substances

The "STAD model"

- Training/education gym owners and trainers
- "Graduation" of fitness centers
- Cooperation with the local police authorities
- Network PRODIS – involving all actors

Outcome of anti-doping intervention at Gym

- **Anti- doping policy - increased at the intervention Gym**
 - from 20 % 2007 to 35 % 2010. In the control group – no changes (16 % 2007 and 2010).
- **People offered AAS at intervention Gym – decreased from 25,6 to 18,4**
 - Among the control gym - **increased** from 21,1% to 26,4%

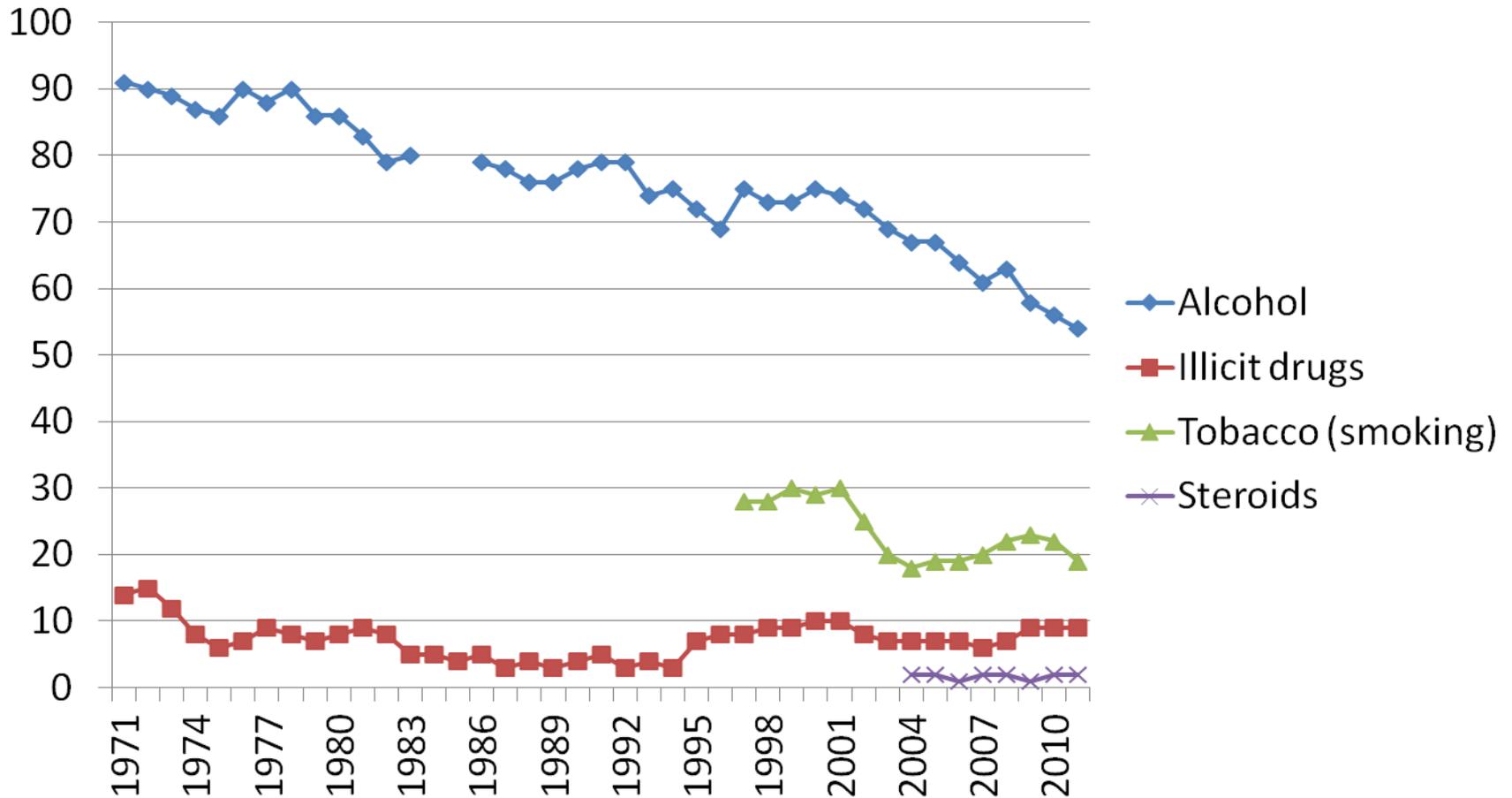
Some data

- In Sweden approximately 10 000 estimated to use doping agents during the last 12 months.

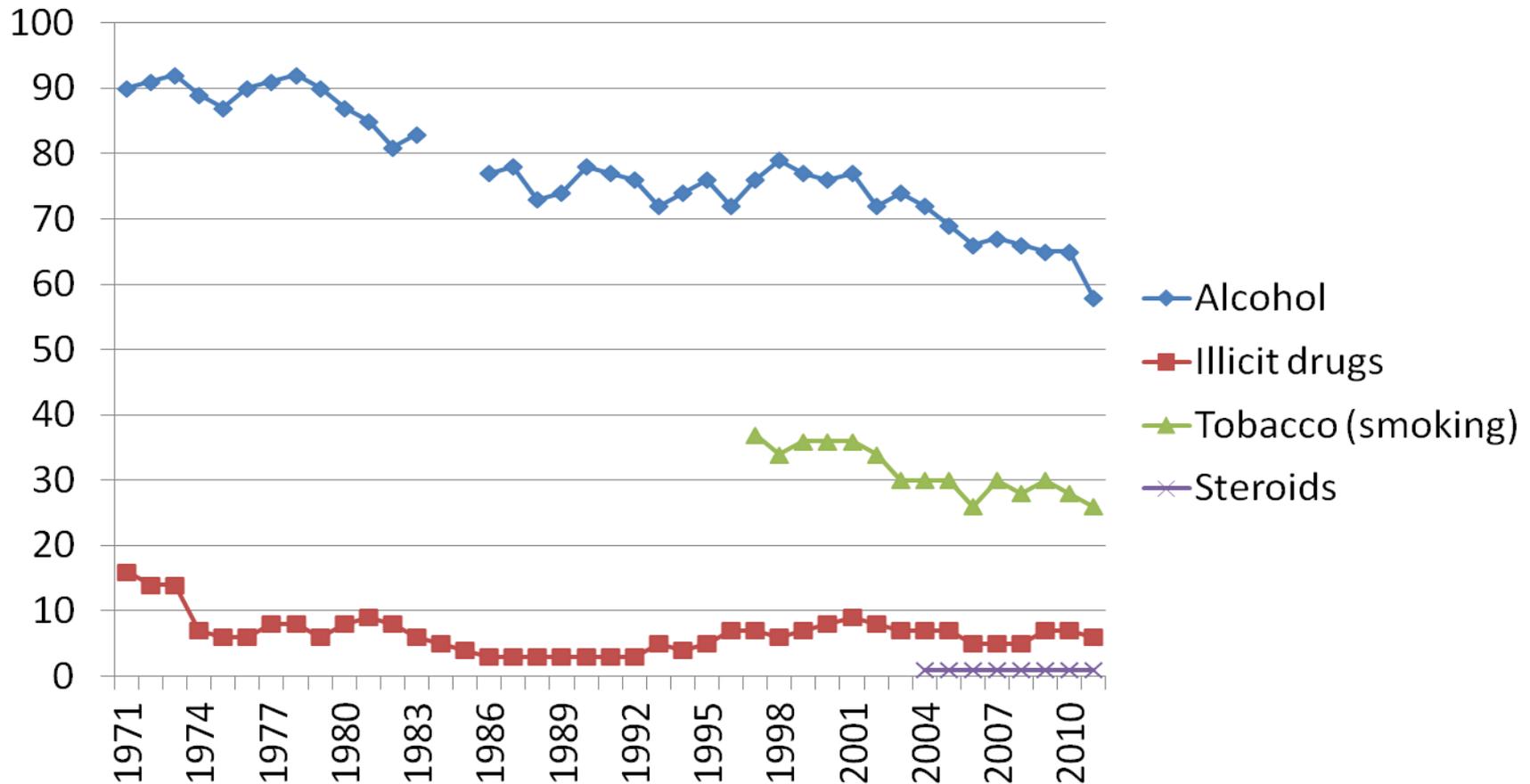
(Swedish National Institute of Public Health)

- Typical user, man 18 – 34 years who regularly strength trains at a gym

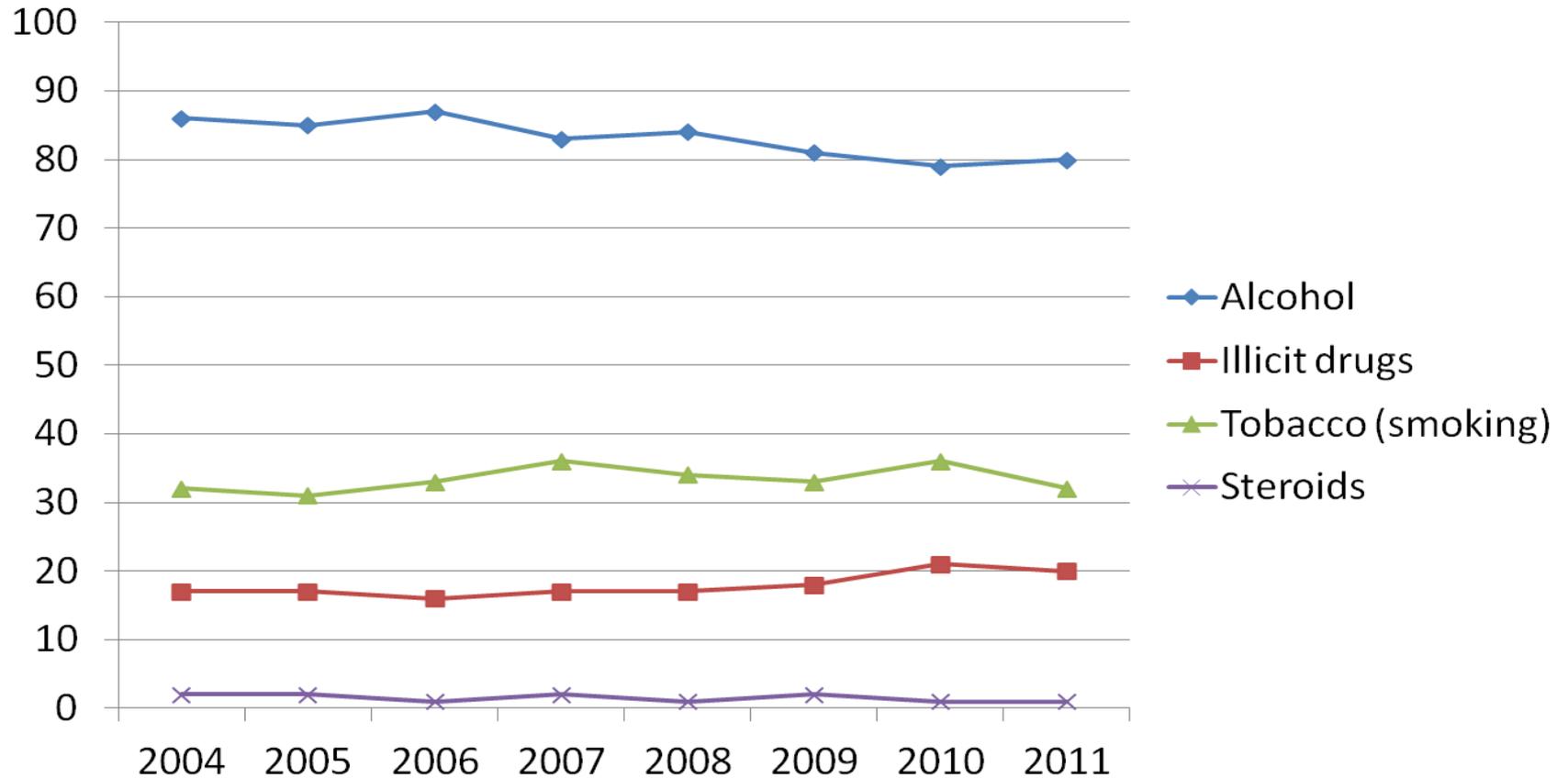
Lifetime use, boys 15



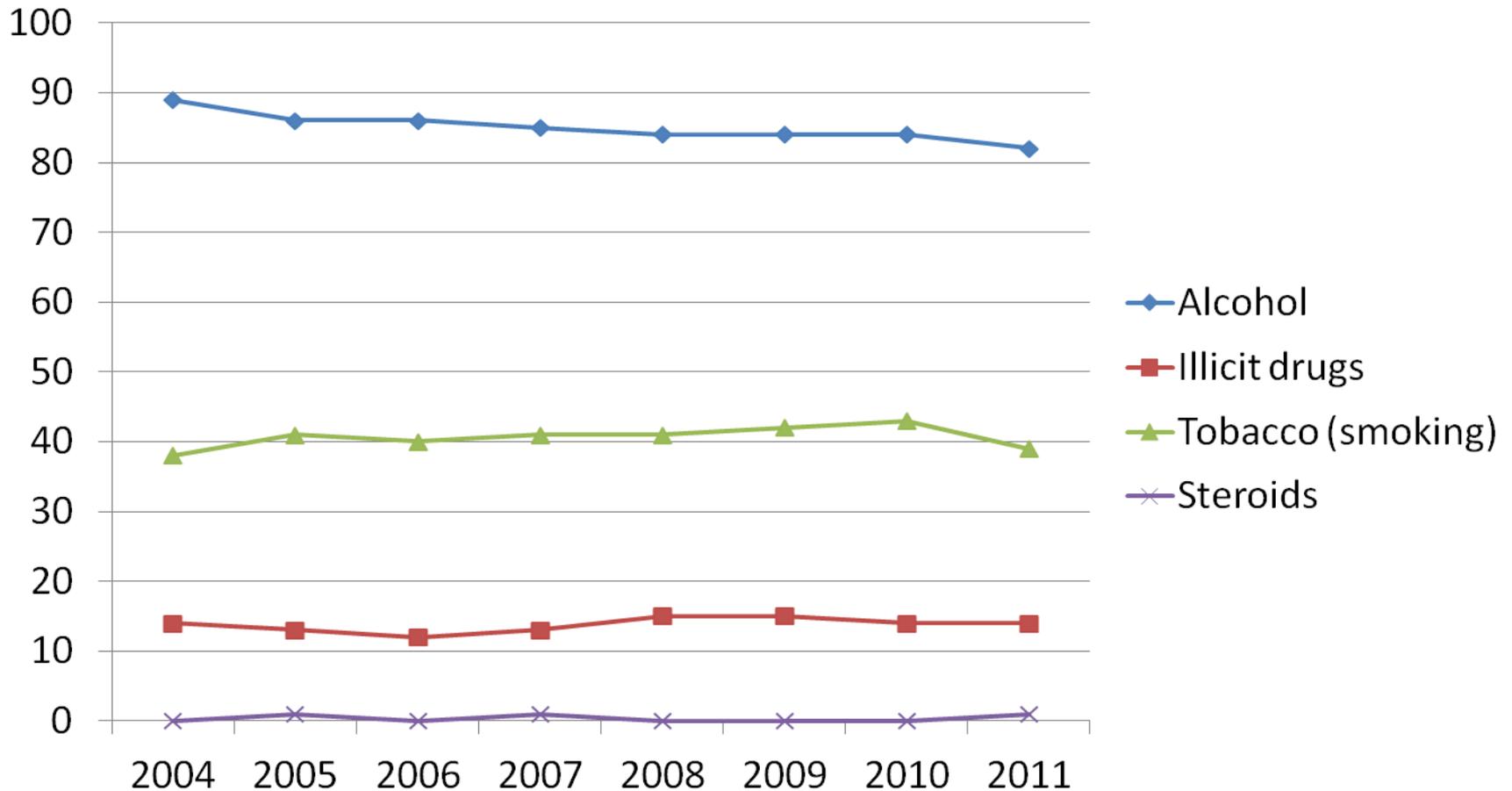
Lifetime use, girls 15



Lifetime use, boys 17



Lifetime use, girls 17



Our hope for the future!

- To keep the low prevalence of doping!
- To avoid increased problems due to doping outside sports!
- To increase the number of local strategies – including all substances – e.g. including doping
- To increase knowledge on the magnitude of the problem, on effective measures/methods to prevent and treat doping misuse.

Thank you!

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