

The development of doping in Sweden 2024

CAN Report 227

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CAN – The Swedish Council for
Information on Alcohol and other Drugs



CAN – National Competence Centre



- We monitor drug trends in Sweden,
 - consumption,
 - harm,
 - harm to others

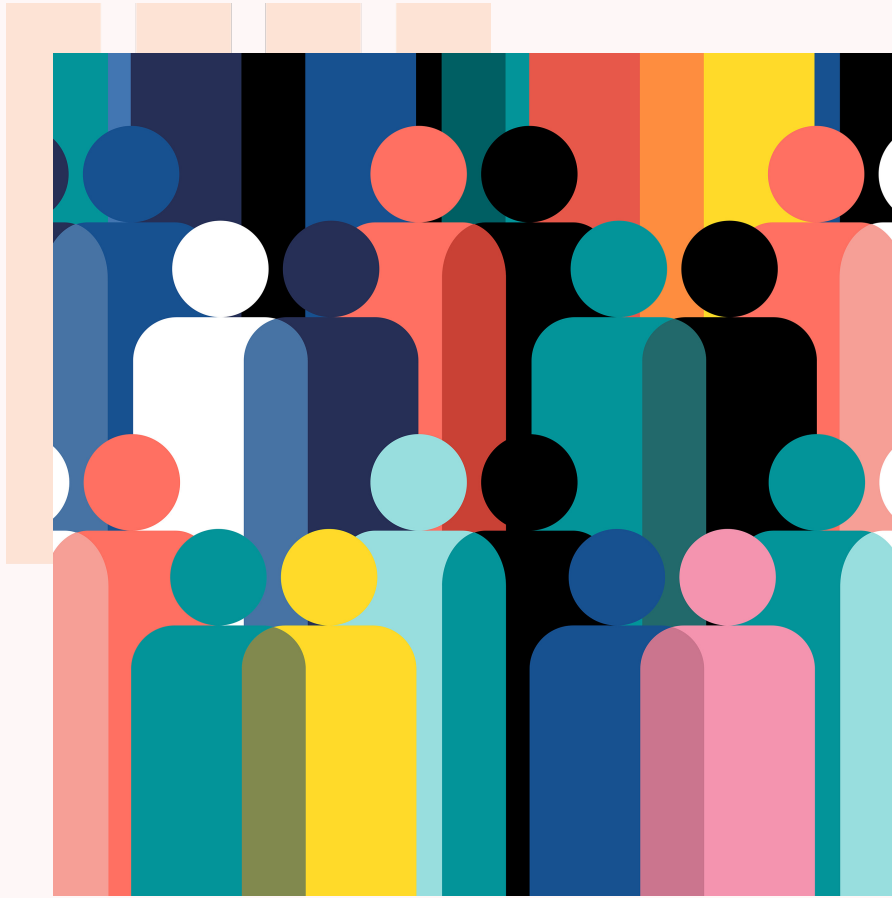
throughout surveys and our research in cooperation with universities.

CAN – National Competence Centre



- We provide and communicate information and knowledge about alcohol, narcotics, doping, tobacco and gambling (ANDTS)
- We also have preventive work: e.g local prevention project in cooperation with municipalities in Sweden

A part of the civil society



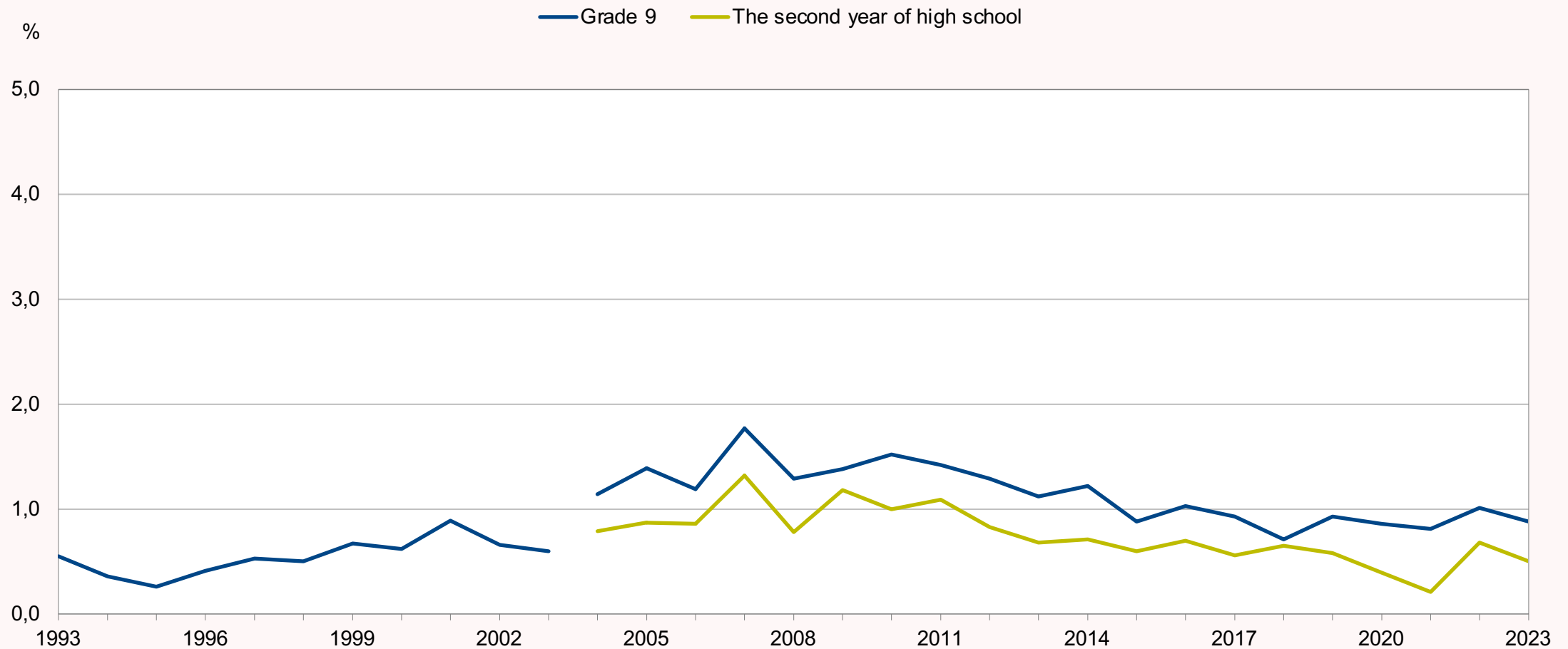
- CAN is part of the civil society, but we also have an agreement with the Ministry of Social Affairs
- We reach all of Sweden through county representatives and our 53 member organizations from the civil society
- Authorities and organizations use knowledge from CAN as a basis for decisions and actions

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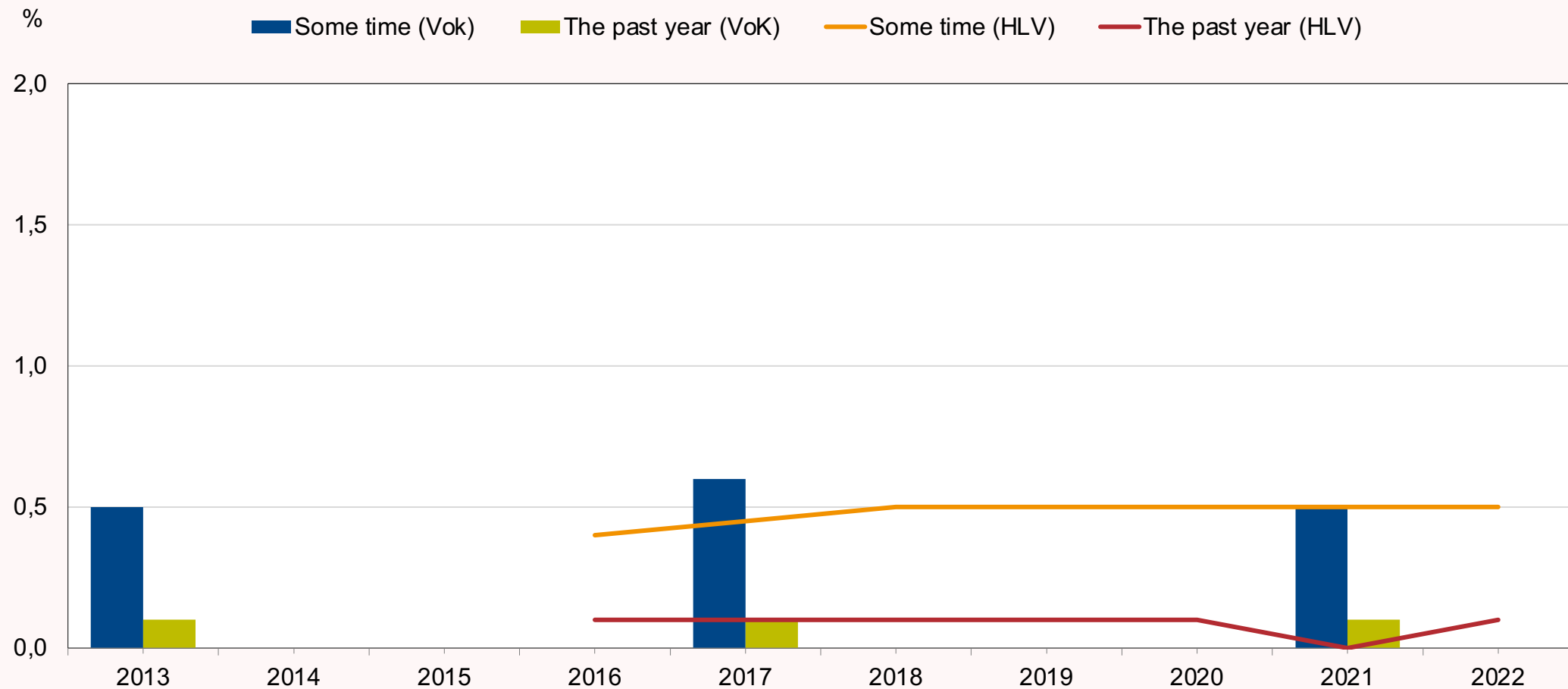
The proportion of students in grade 9 (Åk 9) and the second year of high school (Gy 2) who ever used anabolic androgenic steroids (AAS).



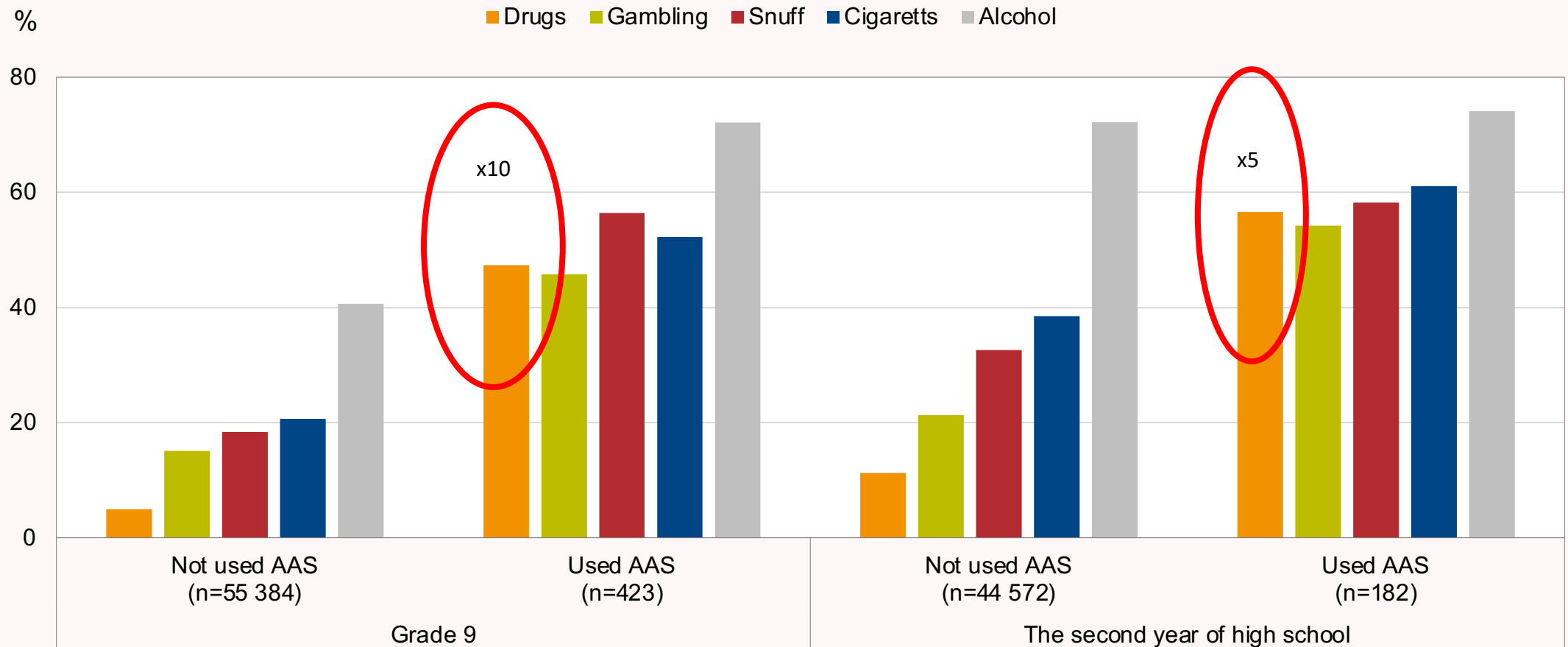
The proportion of students in 10th and 12th grade in USA who have ever used anabolic androgenic steroids (AAS). 1991–2023.



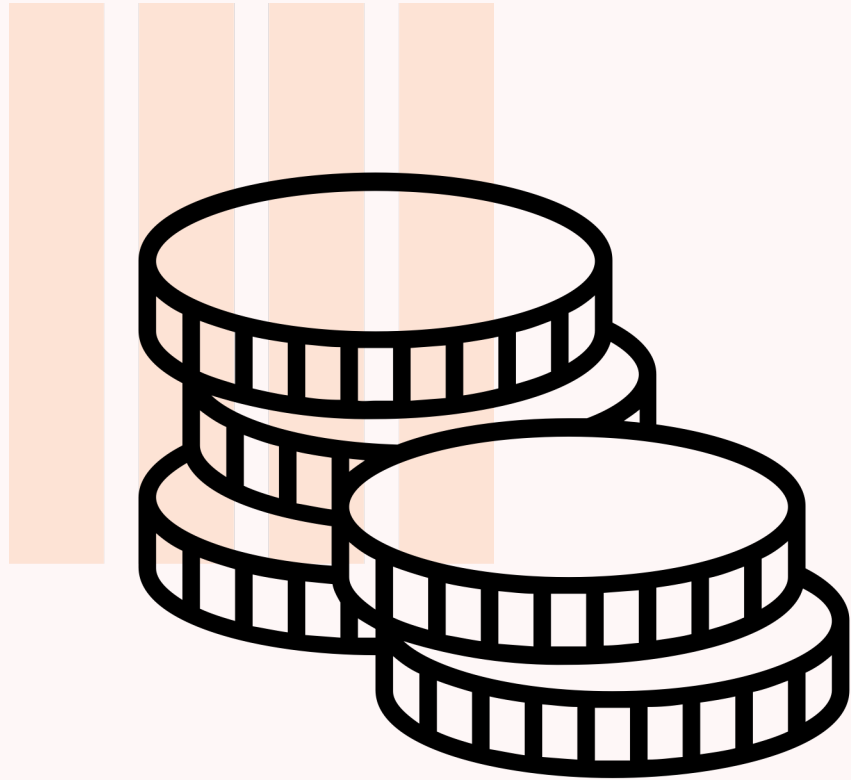
The proportion of the adult population who have ever used AAS and/or growth hormone without prescription, both overall and in the last 12 months. 2013–2022.



Annual experience of narcotics, gambling, snuff and alcohol among students in relation to annual experience of AAS. Grade nine and second year of high school. Combined period 2013-2023.

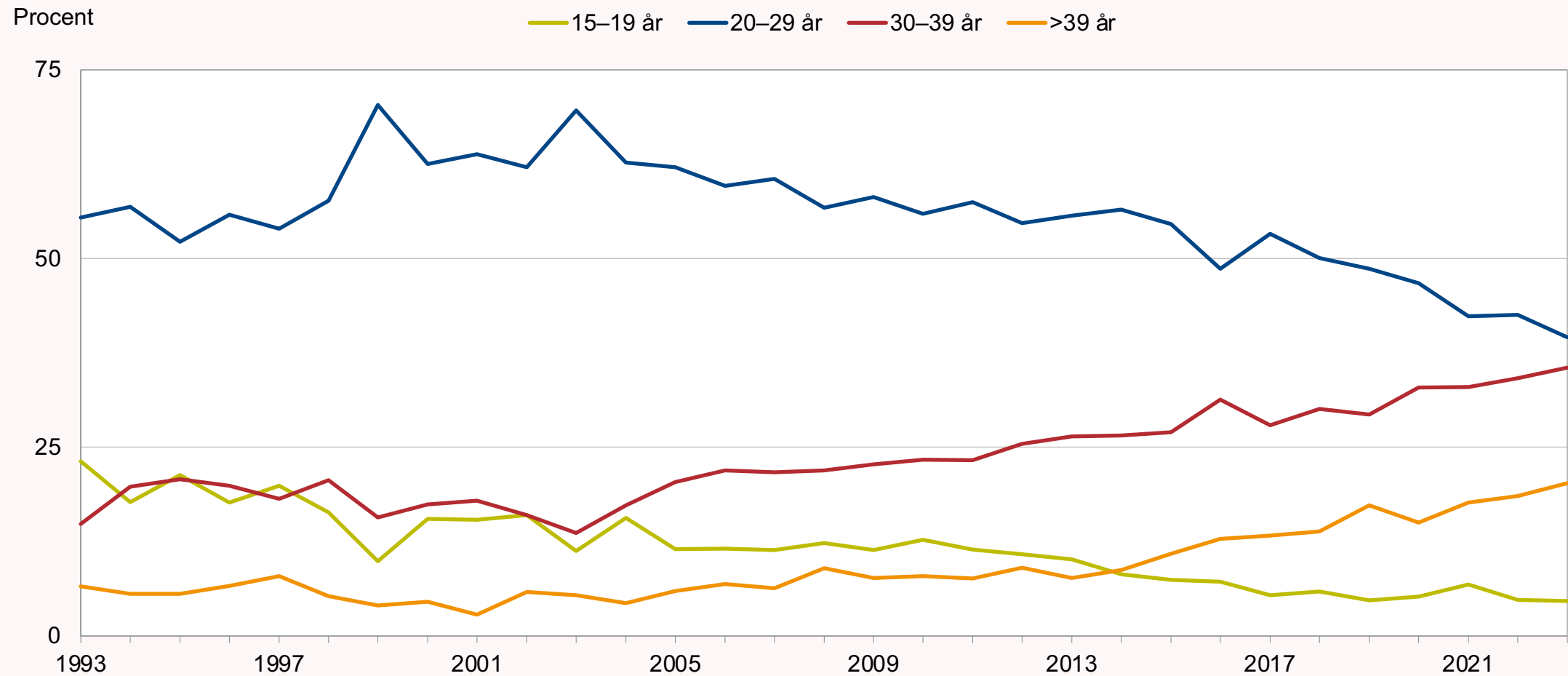


Socioeconomic characteristics



- Significantly higher likelihood that respondents who were neither studying nor had ties to the labour market had used AAS compared to those who were studying or had labour market connections (controlled for age).
- In the former group, 3.2 percent had used hormone doping, compared to 1.3 percent among those with work/study affiliations.

The proportion of individuals suspected of crimes against the law on the prohibition of certain doping substances, by age | 1993–2023.



Limitations of our studies



- The knowledge regarding hormone doping has progressed over the past 30 years, although there are still gaps
- The long-term effects, psychological and social effects are less well mapped than the physical and medical effects
- Wastewater measurements could be an important complement

To summarize



- Approximately half a percent of the adult population, according to various surveys, report having used AAS.
- The use AAS among adults appears to have remained at roughly the same levels over the past 30 years. However, usage among younger individuals seems to have decreased.
- Those who use hormone doping are primarily men, often in the 20–40 age range.

To summarize



- Compared to the general population, it is significantly more common for AAS users to also use narcotics, as well as consume alcohol and tobacco.
- A lower socioeconomic status is more prevalent among those who use doping substances.
- In the 1990s, doping substance use was more common in large cities. In recent times, usage has been relatively evenly distributed across the country.

Improve prevention and treatment



- Identify users and the group that is at risk of starting to use hormone doping
- Identify risk environments
- Start care programs for those who need treatment
- Develop indicators for monitoring doping treatment