



ANTIDOPING
NORGE

DOPING AND PUBLIC HEALTH

Morten Heierdal

Manager

Department of Prevention and Public Health



MORTEN HEIERDAL, MANAGER, 2013 - 2023

- **>900 lectures/lectures - 82,000 listeners**
- Schools and sports teams
- Public health nurses and parents
- The Norwegian Police University College (PHS)
- The Norwegian Correctional Service (KDI)
- The Norwegian Correctional Service's University College and Education Centre (KRUS)
- The Norwegian Armed Forces Conscription Centre (FPVS)
- The Armed Forces' Narcotics Group
- The Norwegian Ministries' Security and Service Organisation (DSS)
- The Norwegian Centre for Substance Abuse and Addiction (AKAN)
- Norwegian School of Sport Sciences (NIH)
- Inland Norway University of Applied Sciences, Lillehammer and Elverum (INN)
- Kristiania University College
- The doping contact
- **Education and competence:**
- "Insider knowledge" (2000-2010)
- Education at Lillehammer University College (2015-2018/2021-2023)
- **Publications:**
- A Mixed-Method Evaluation of a Prison Anti-Doping Intervention: The Hercules Prison Program (2021)



Morten Heierdal

Anti-Doping Norway (ADNO)

MANAGER
PREVENTION AND PUBLIC HEALTH

EMAIL morten.heierdal@antidoping.no

TEL + 47 47 23 34 65 (m)

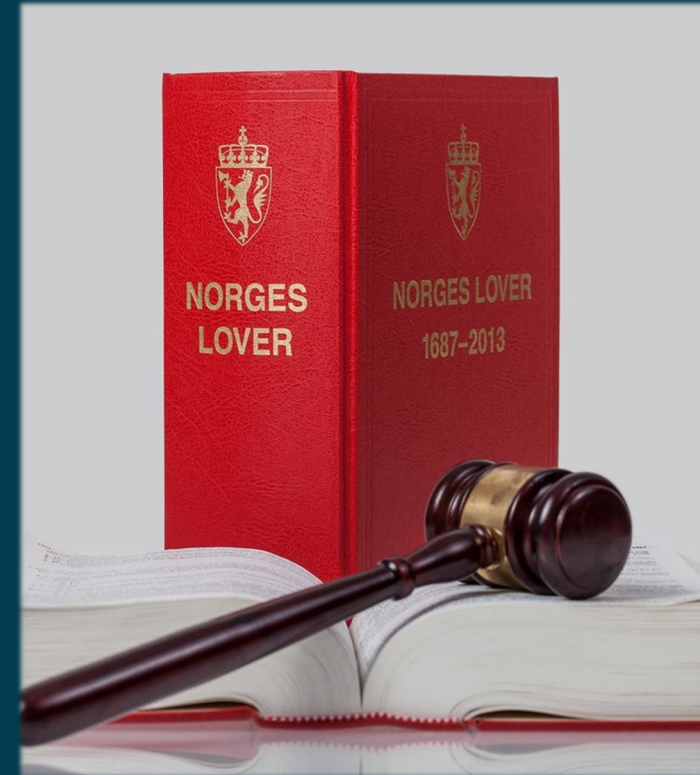


THE NEW LEGISLATION (2013)

The Norwegian legislation on medical devices

Section 24 A

It is prohibited without legal access to acquire, possess or use substances that pursuant to regulations pursuant to Section 234, first paragraph, of the General Civil Penal Code are regarded as doping substances.



THE NEW LEGISLATION (2013)

- AN «EXPANSION» OF THE PENAL CODE FROM 1992

The Norwegian legislation on medical devices

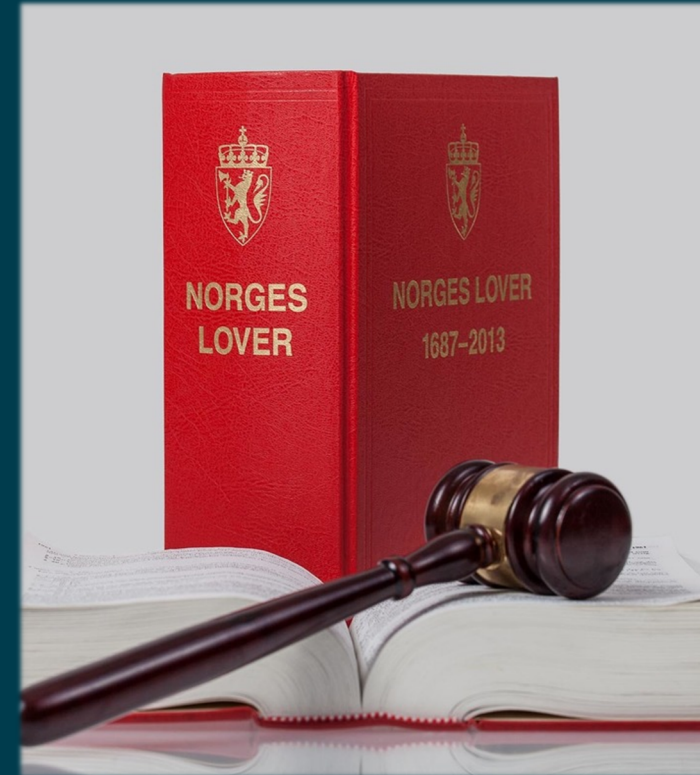
Section 24 A

It is prohibited without legal access to acquire, possess or use substances that pursuant to regulations pursuant to Section 234, first paragraph, of the General Civil Penal Code are regarded as doping substances.

The Penal Code

Section 234. *Doping offence*

A penalty of a fine or imprisonment for a term not exceeding two years shall be applied to any person who unlawfully produces, imports, exports, stores, sends or supplies a substance that is deemed a performance-enhancing substance pursuant to rules laid down by the King.



THE NEW LEGISLATION (2013)

- AN «EXPANSION» OF THE PENAL CODE FROM 1992

The Norwegian legislation on medical devices

Section 24 A

It is prohibited without legal access to acquire, possess or use substances that pursuant to regulations pursuant to Section 234, first paragraph, of the General Civil Penal Code are regarded as doping substances.

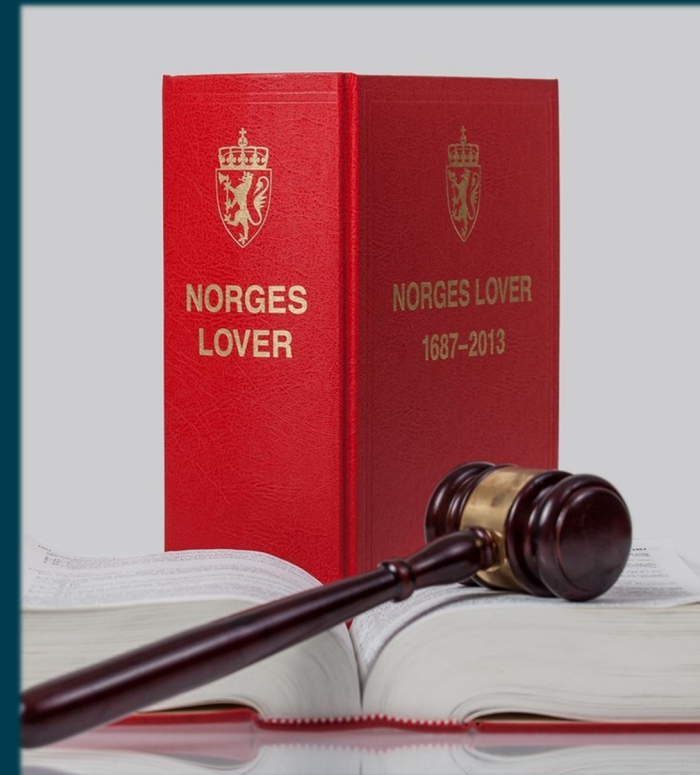
The Penal Code

Section 234. *Doping offence*

A penalty of a fine or imprisonment for a term not exceeding two years shall be applied to any person who unlawfully produces, imports, exports, stores, sends or supplies a substance that is deemed a performance-enhancing substance pursuant to rules laid down by the King.

Section 235. *Aggravated doping offence*

The penalty for an aggravated doping offence is imprisonment for a term not exceeding six years.



PREVENTION AND PUBLIC HEALTH

Organized sport



Public health



1 extra operator at
«Dopingkontakten»

- Budget 1,285 mill Euro
 - Organized sport 359.000
 - Public health 926.000
- Fitness centres
 - self-financed 285.000
- Cooperation with federations, clubs, counties and municipalities, prisons, schools, fitness centres
- Anonymous chat service
- Regional coordinators



«DOPINGKONTAKTEN»

- Anonymous chat service



1 extra operator at
«Dopingkontakten»

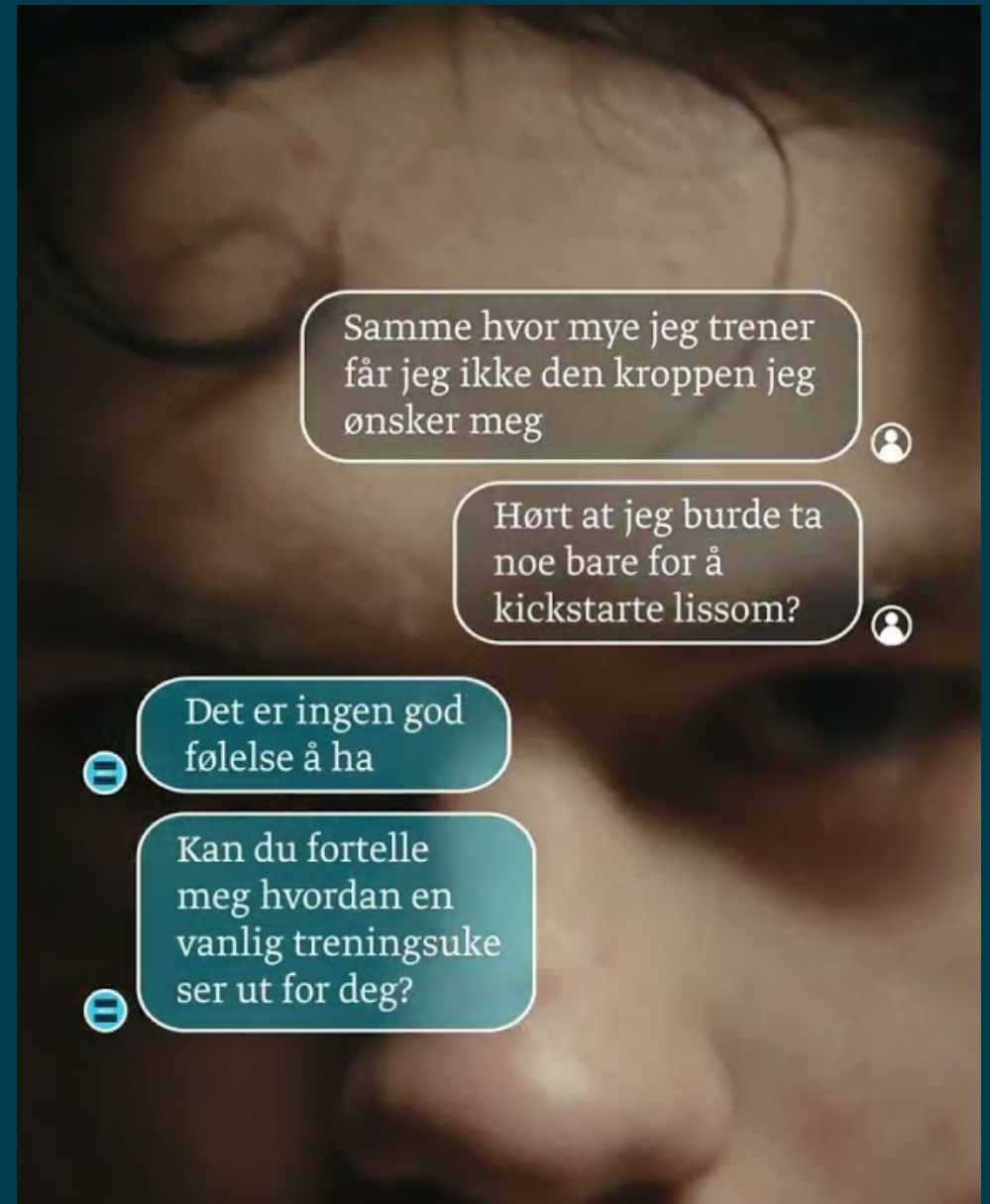
- Budget 1,285 mill Euro
 - Organized sport 359.000
 - Public health 926.000
- Fitness centres
 - self-financed 285.000
- Cooperation with federations, clubs, counties and municipalities, prisons, schools, fitness centres
- Anonymous chat service – “Dopingkontakten”
- Regional coordinators



«DOPINGKONTAKTEN»

- Anonymous chat service

- 600 annual inquiries
 - 2023: 60% increase in number of inquiries
 - Age: 14 – 24
- Body image perception
 - 26% experience «*a whole lot*» or «*a lot*» pressure to enhance their body appearance (Bakken, 2022).
 - The *StatusUng!*-rapport - 4 out of 5 experience negative stress (Skaar, 2022).
 - 70% in the age of 16 – 24 says they are training to «look good» (Statistisk sentralbyrå, 2021).



Jenter og doping



TikTok
@ styrketreneren

F***, jeg lurte på om jenter
også driver med doping
egentlig as

Svar på NicolayBentsens
kommentar
Viktig og ikke minst
kjempebra video! 🙌
veldig informativt og
godt dere også tar opp
de "positive" sidene
også, det gir litt mer
troverdighet 😊

“Dopingkontakten” and Kasper Kvello

- “The strength trainer” on TikTok
- Over 500.000 views
- Increased demand for chat



Hvor mye
tenker du, a?

Ikke så mye

**SPØR OSS OM TRENING,
KROPPSPRESS OG DOPING**

CHAT MED OSS
ANTIDOPING.NO/DOPINGKONTAKTEN

STATISTICS 2023

- Considering use of doping
- Exercising at a gym

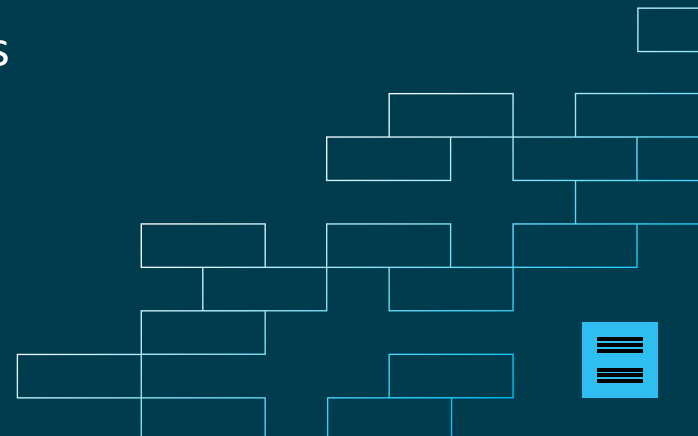
- Anabolic Androgenic Steroids
- SARMs
- MK-677/ibutamoren

- Ecdysteroids
- Ashwagandha
- PWO



WHAT ARE THE CHARACTERISTICS OF YOUNG PEOPLE ON THE DOPING CONTACT?

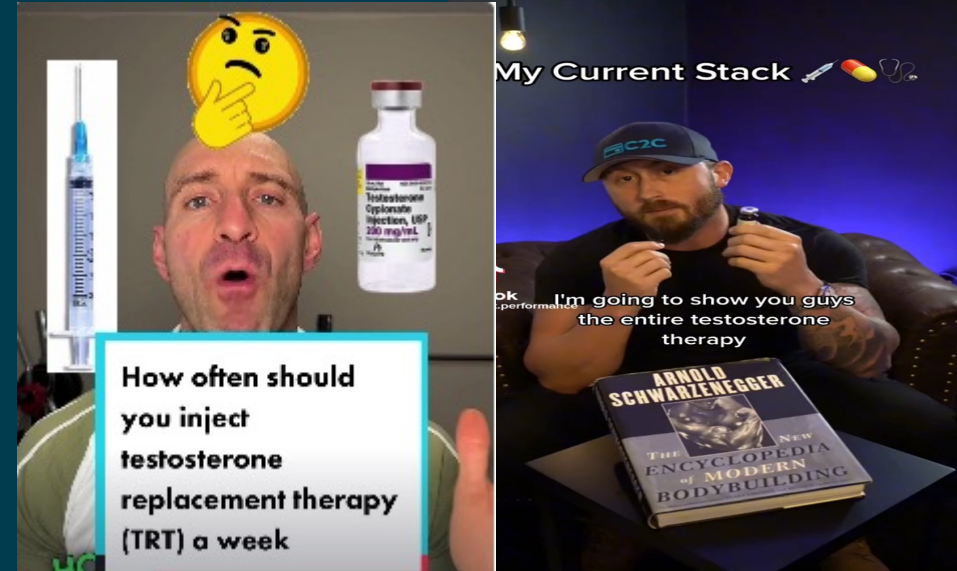
- Ordinary young people, at school, in sports, at the gym
- Chasing perfection
- Trying to fix a problem
- Short on time
- The pressure comes from within, they have strict demands on their own bodies
- But... Where do they get their ideals from?



TRENDS AT «DOPINGKONTAKTEN»

- Testosterone Replacement Therapy (TRT)
- *"I have long considered a "TRT cycle". 16 weeks - 125mg/week. I am wondering about a few things. Can I tell my doctor about the cycle so he can do the "bloodwork" "adapted" to what I do? Do you understand what I mean? And is it necessary to do PCT after only doing testo?"*

Male, 23.



LOW LEVELS, SAFE DOSES = TRT?

- Better safe than sorry

- *"The levels are not satisfactory; I have symptoms of low testosterone. Depression and zero energy, among other things"*

- "Maximum" testosterone levels within the normal range

- *"I'm currently at the top within the normal range. About 1000 nanograms per deciliter. I have deliberately chosen relatively high levels when first taken the step of using TRT"*

- "Safe" doses

- *"Thinking about using TRT with strength training, low doses. I read somewhere that it is safe to use. You can even get it from your doctor."*



- Camouflage

- *"Personally, I would not see this as doping, but self-treatment of a medicine that is safer than antidepressants or suicide"*
- *"Isn't TRT already being used as medicine?"*

- Boys' cosmetic «procedures»

- *"Yes, I'm fully aware that a test result wouldn't be ideal, but that's part of the game;) Many girls undergo surgeries. It is basically safe (and legal) but mistakes happen there too. I think it's a risk assessment, at least I'm willing to take it"*

- Ignorance

- *"Just had some questions regarding TRT i.e. testosterone. I have considered for a long time doing a cycle. What is the better choice among the different types? I do know it has its side effects and stuff, but I want to know what the smarter choice would be"*



UNGDATA 21/22

- *"Doping agents are illegal substances that can be used to perform better in sports, get bigger muscles or lose weight. Examples of such substances are anabolic steroids, testosterone preparations, growth hormone, ephedrine and SARMs."*

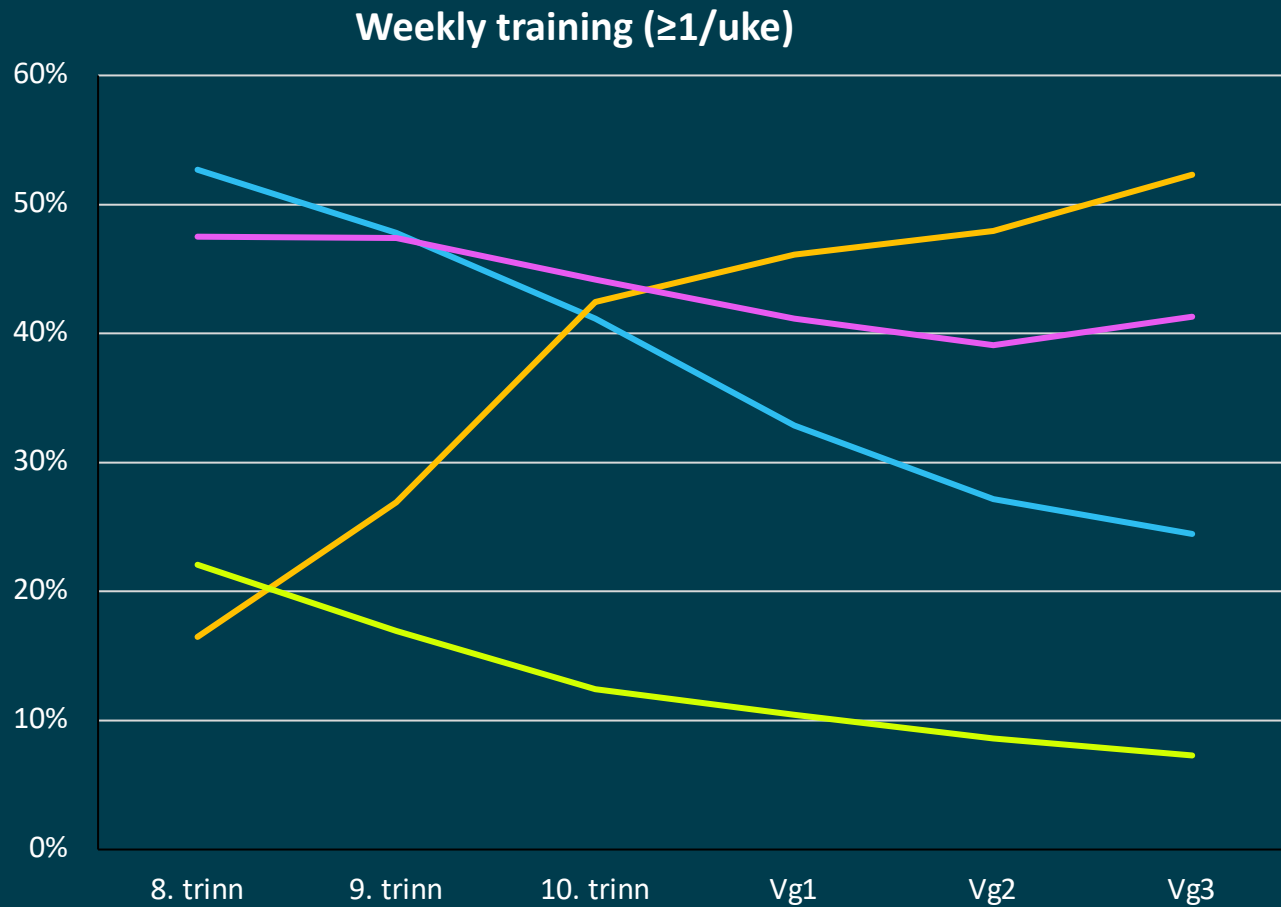
Do you think it's okay for someone to use illegal doping agents to...

	<i>Yes, pretty okay or Yes, perfectly fine</i>	<i>Don't know</i>
... perform better in sports?	5,6 %	9,0%
... Get bigger muscles?	18%	12%
... lose weight?	19%	15%



UNGDATA

- Annual national questionnaire



Organized sport Training on their own Other organized activities Fitness Centre



THANK YOU

- MORTEN.HEIERDAL@ANTIDOPING.NO

