

Doping as a public health issue and preventive measures in Europe

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Would you take a pill that

- Help control your weight
 - Increase muscle strength
 - Combat diseases
 - Improves mood
 - Increases energy
 - Promotes better sleep
 - Boosts self-esteem
 - Makes you feel better and have fun
 - Is free or at low cost
- ?
- With virtually no negative side effects



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CITIUS - ALTIUS - FORTIUS



Left: Olympic medal 1948. Right: Hans-Gunnar Liljenwall (wikipedia.org).

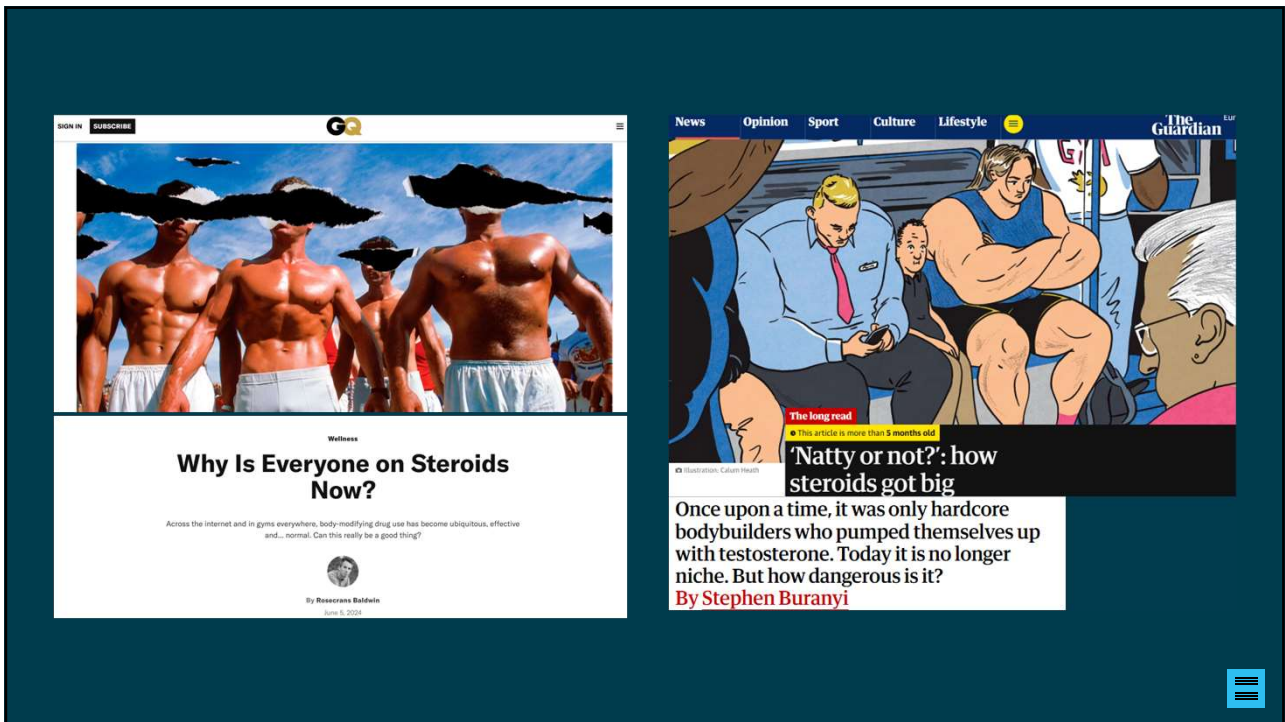


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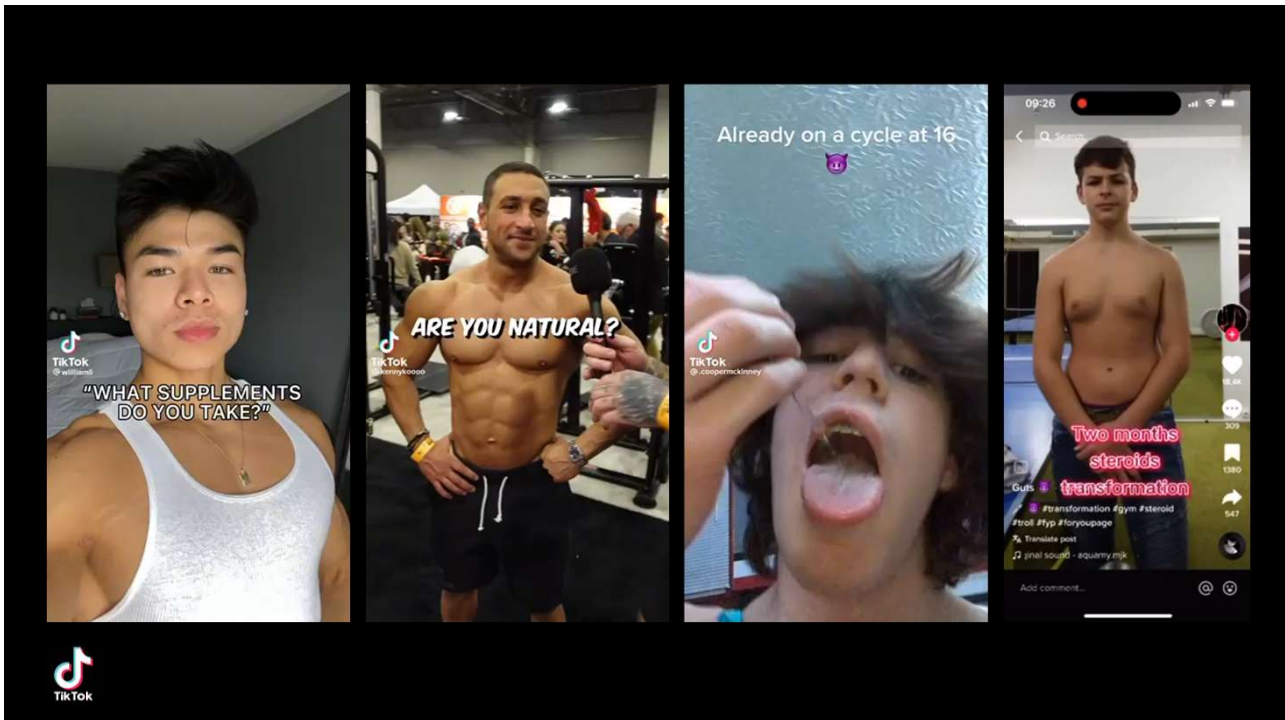


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Why is it a concern?

- Multiple health risks associated with IPED use, AAS in particular
- More hospital visits (Horwitz et al. 2018)
- Higher mortality (3-fold) (Windfeld-Mathiasen et al. 2024)
- Risk of being convicted of a crime (9-fold) (Christoffersen et al, 2019)
- Higher mortality (3-fold) (Windfeld-Mathiasen et al. 2024)
- Long term mental health impairments?

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State Parties to the Anti-Doping Convention

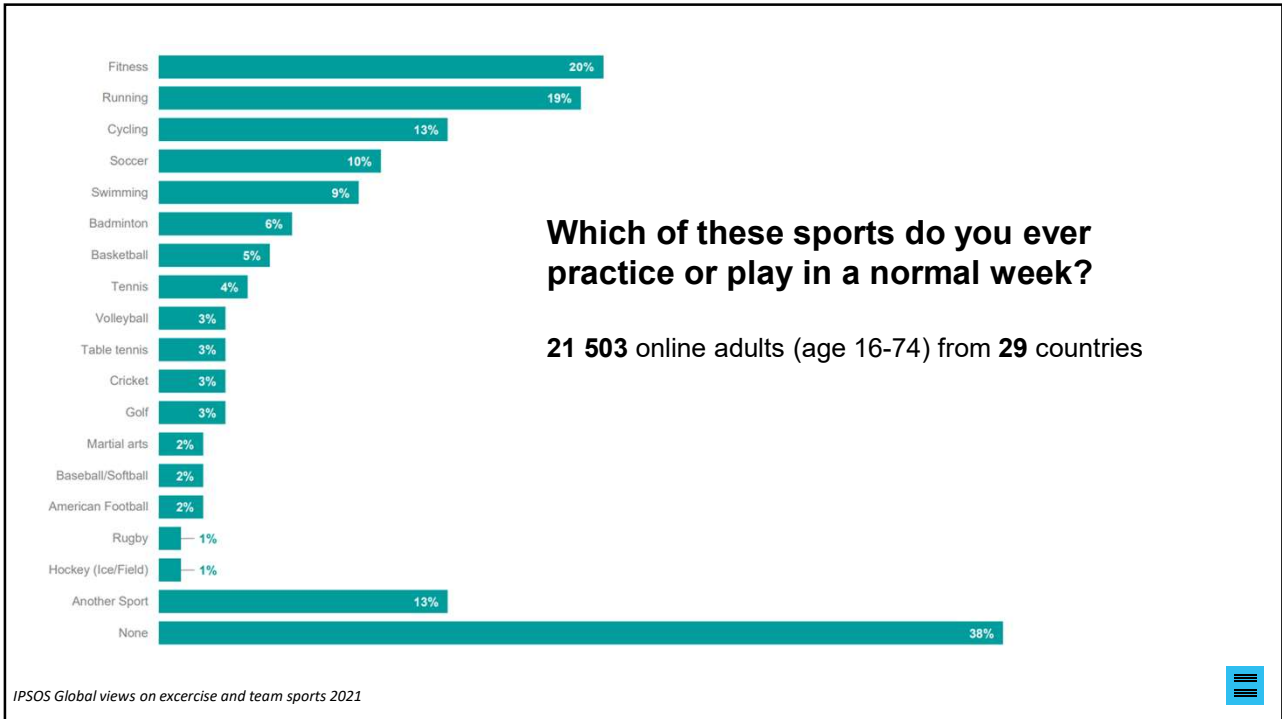
52 STATE PARTIES

Ad hoc group ADRS (2023-2024)

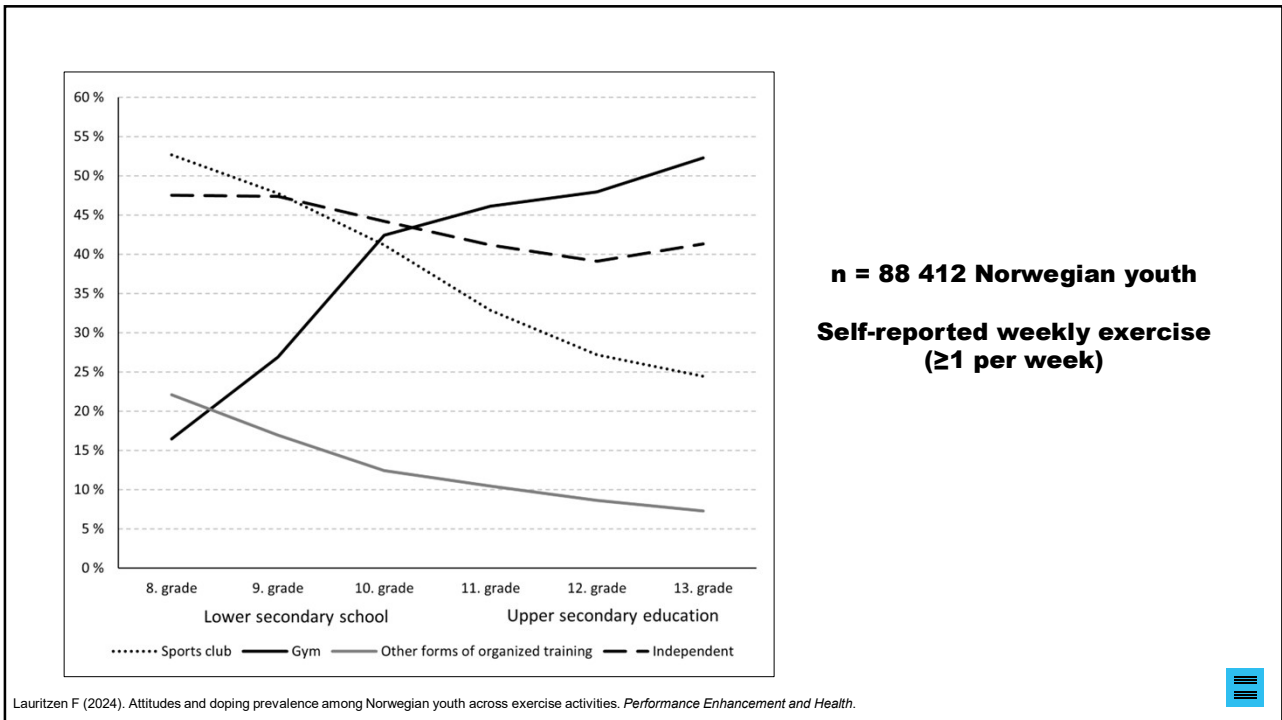
- Doping more than an elite sport problem
- Recreational sport → Fitness/gym

1. Map anti-doping practices and measures
2. Examine good practices
3. Report and provide guidelines

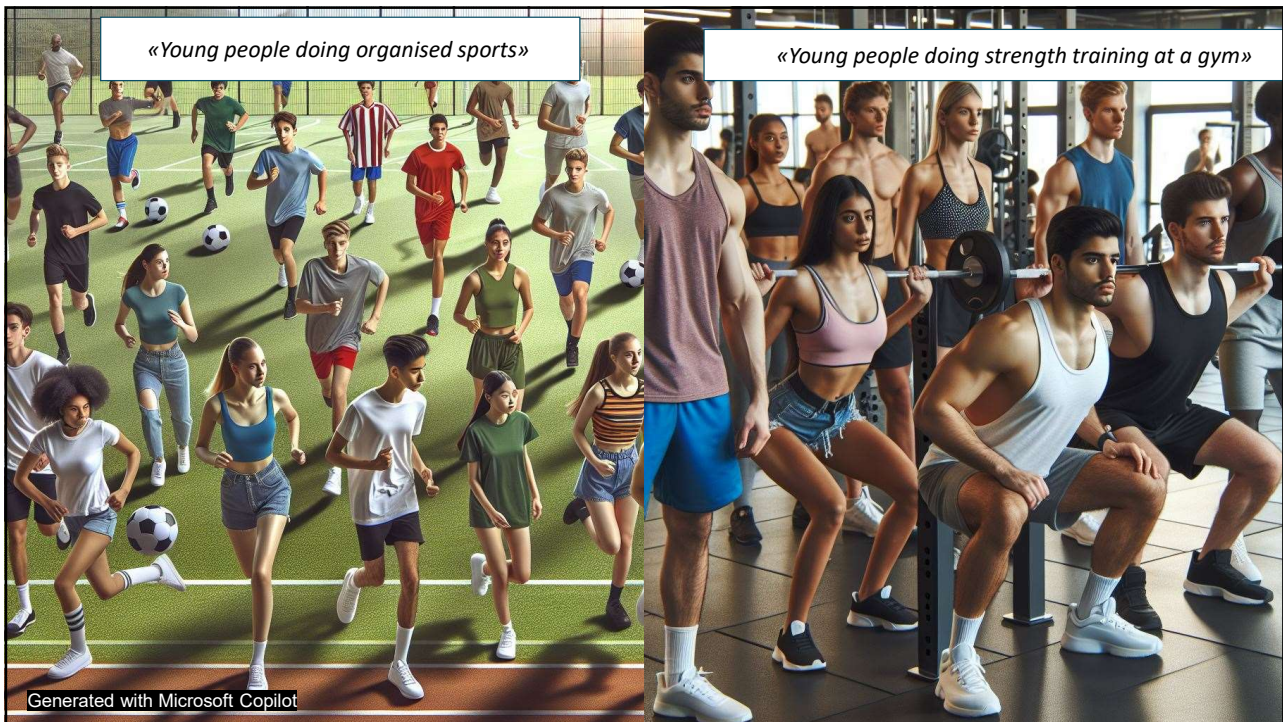
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Do you think it is okay for someone to use illegal doping substances to increase muscle mass?						
	Valid responses (n)	No	I do not know	Yes, it is pretty all right	Yes, it is totally fine	Yes combined
Only gym	4276	57.3%	12.6%	17.0%	13.0%	30.0%
Gym	27 038	65.3%	10.5%	14.9%	9.3%	24.2%
Sports club	28 843	71.6%	9.9%	12.4%	6.1%	18.5%
Independent	32 401	73.2%	10.5%	10.8%	5.4%	16.2%
Only Sports club	2086	73.5%	10.6%	11.6%	4.2%	15.8%
Never exercise	6398	69.8%	14.8%	9.6%	5.8%	15.4%
Other organized	9804	73.9%	11.7%	9.4%	4.9%	14.3%
Only independent	6515	75.1%	12.4%	8.6%	3.9%	12.5%
Only other organized	631	75.9%	14.1%	7.0%	3.0%	10.0%

n = 88 412 Norwegian youth, age 13-19

Lauritzen F (2024). Attitudes and doping prevalence among Norwegian youth across exercise activities. *Performance Enhancement and Health*.

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Main findings

A mapping of practices in the State Parties of the anti-doping convention

**49 of 52
countries
responded**

35% (n=17) ≥1 measure to tackle doping in gyms

39% (n=19) ≥1 measure to address the adverse health consequences of doping

The NADO was the main organization involved in planning and implementing the measures



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Common (and not so common) activities to...

...tackle doping in gym and fitness centers and
...address adverse health consequences of doping

- Information/awareness raising
 - Education for staff and customers
- «Low hanging fruits»
- Certification programs (n=8)
 - Legislation (n=8)
 - Doping testing (n=4)
 - Help line/counselling for reducing or ceasing use of doping substances (n=4)
 - Health care targeting users of doping substances (n=2)



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Anti-doping education of staff

“Anti-Doping Denmark (ADD) conducts face-to-face teaching to personal trainer and fitness trainer education and to leaders of fitness centres. ADD has developed an e-learning course for fitness staff in the centres that collaborate with ADD. The staff are key elements in the preventive efforts and in promoting a healthy training environment. Increased knowledge among the staff in the fitness centres further support the dialogue between the fitness centres and ADD.”

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Doping controls

In Norway: “Units certified as a Clean Fitness Centre may request doping controls of their members. The doping controls are conducted using the Dried Blood Spot method and virtual supervision of a doping control officer together with fitness centre staff on site. Samples are analysed for a limited number of substances on the WADA Prohibited list (mostly anabolic agents) at a WADA-accredited laboratory.”

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Clean Sport Certification

In Finland: *“The anti-doping certification/quality assurance program aims to ensure that all gyms/fitness centres maintain a commitment to clean and fair exercise by preventing the use of performance and image enhancing drugs. The program provides guidelines and practical instructions to be followed by gyms/fitness centres, so that they can create a safe environment for all participants, fostering a culture of honesty, integrity, and clean exercise.”*

In Türkiye: *“The individuals who want to work at fitness centres as trainers must obtain a “trainer certificate”. These certification programs provided by the national federations also include an anti-doping section that they should successfully complete.”*

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A promising approach: Clean sport certification for gyms

- Multiple actions (policy, awareness, education, deterrence etc.)
- Gym must meet a list of requirements to be certified
- Sign posting of «clean gym»
- Facilitate collaboration between NADOs and the fitness industry
- Could be self-financed through an annual membership fee

- Win-win: The gyms attract more paying members, the NADOs reach out to a high risk group

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Conclusions and the way forward

Emerging topic WITH potentially significant individual and societal negative aspects
BUT only 1/3 of State Parties had implemented preventive measures in 2022...

- Multifaceted approach needed
- Public authorities should take proactive steps to develop or reinforce national policies
- Adequate resources should be allocated
- NADOs should play a pivotal role and coordinate the efforts
- Collaboration is key for a robust and effective system!

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MONITORING GROUP (T-DO)
ANTI-DOPING CONVENTION
Ad Hoc Group of experts on anti-doping in recreational sport (T-DO ADRS)

Strasbourg, 28 February 2024

COUNCIL OF EUROPE

CONSEIL DE L'EUROPE

T-DO(2024)09

ANTI-DOPING MEASURES TARGETING FITNESS AND GYM CENTRES: A MAPPING OF PRACTICES IN THE STATE PARTIES OF THE ANTI-DOPING CONVENTION

Final Report

T-DO Ad Hoc Group of Experts in Anti-Doping in Recreational Sport (T-DO ADRS)

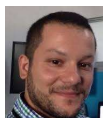


<https://www.coe.int/en/web/sport/adopted-texts-on-anti-doping>

 @CoE_Sports

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Ad-hoc group of experts anti-doping in recreational sport



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Thank you!

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