



# Use of Dietary Supplements and Banned Substances by Young Adults in Iceland in Connection with Sports Training

Results from Youth in Iceland Survey 2013

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Chairman  
Icelandic Anti-Doping Committee  
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# Survey

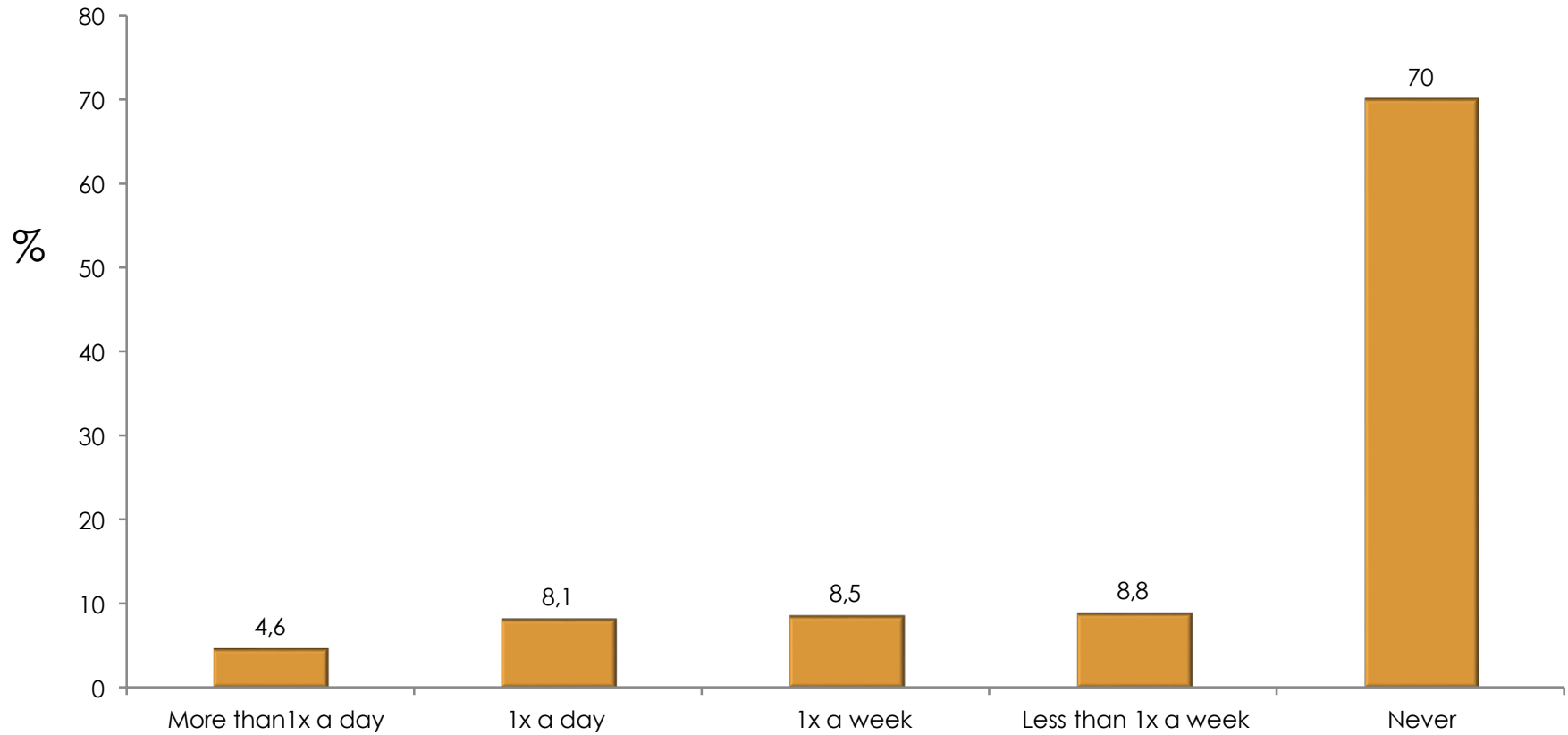
- Youth in Iceland
- Students from all High Schools in Iceland
- November 2013
- Responses from 11.116 students
- 75.5% response ratio



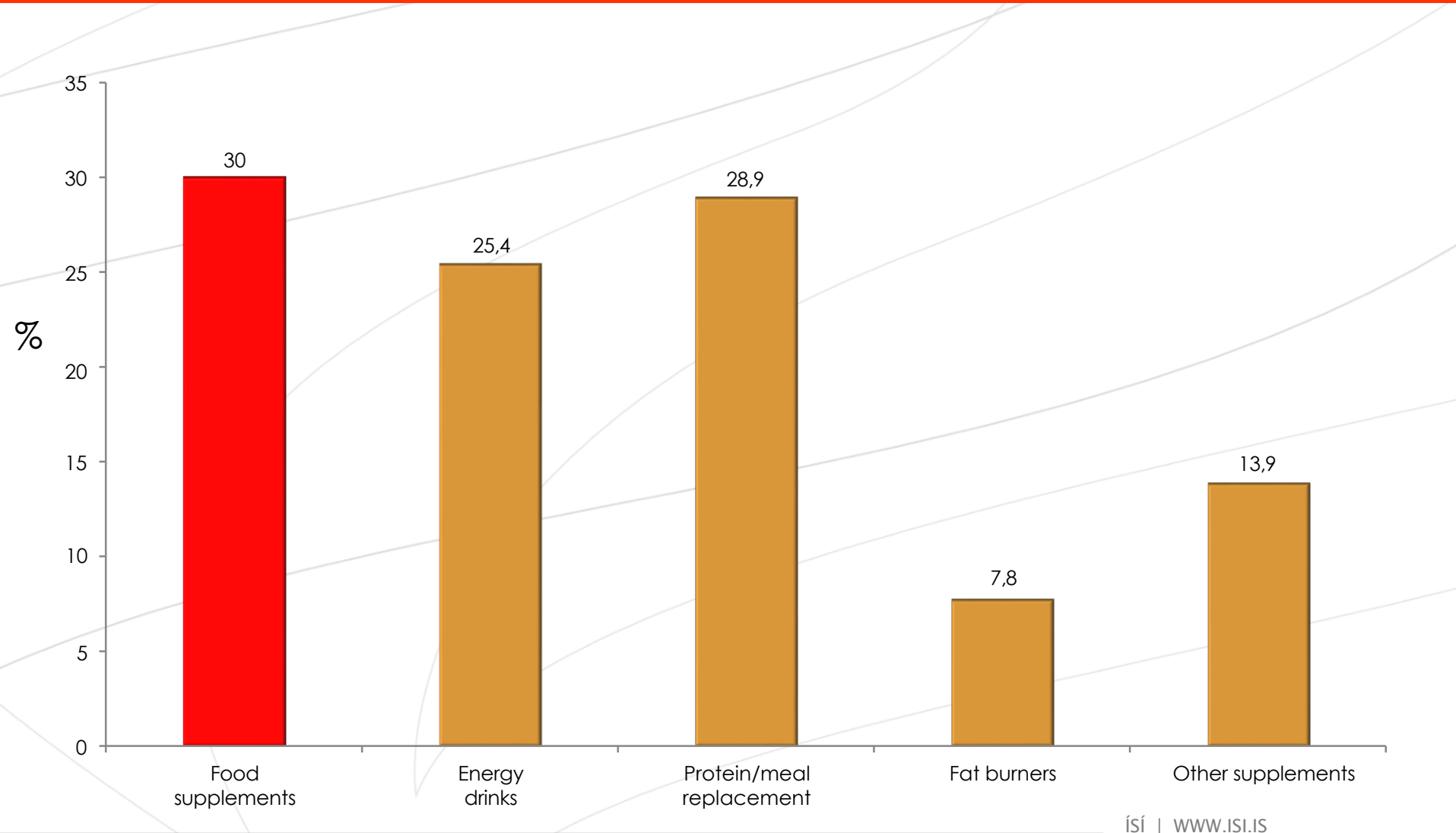
# Why research the use of food supplements and banned substances by young adults

- Social influences
  - Competition
  - Appearance/look
  - Supplements and banned substances used as short cuts to reach socially acceptable images
- Often linked strongly to sports
- Can use of food supplements lead to use of banned substances?

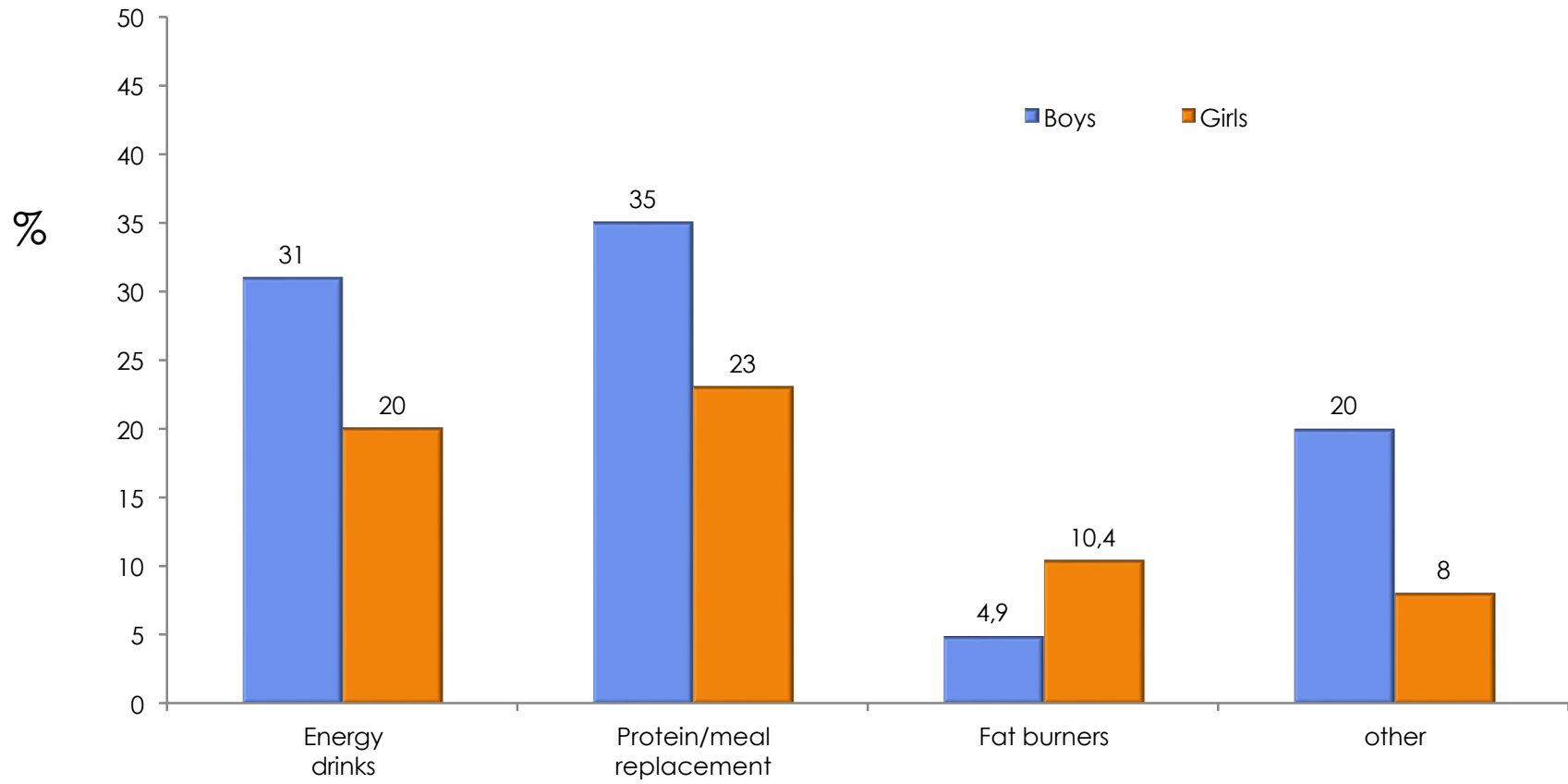
# Q: How frequently do you use supplements



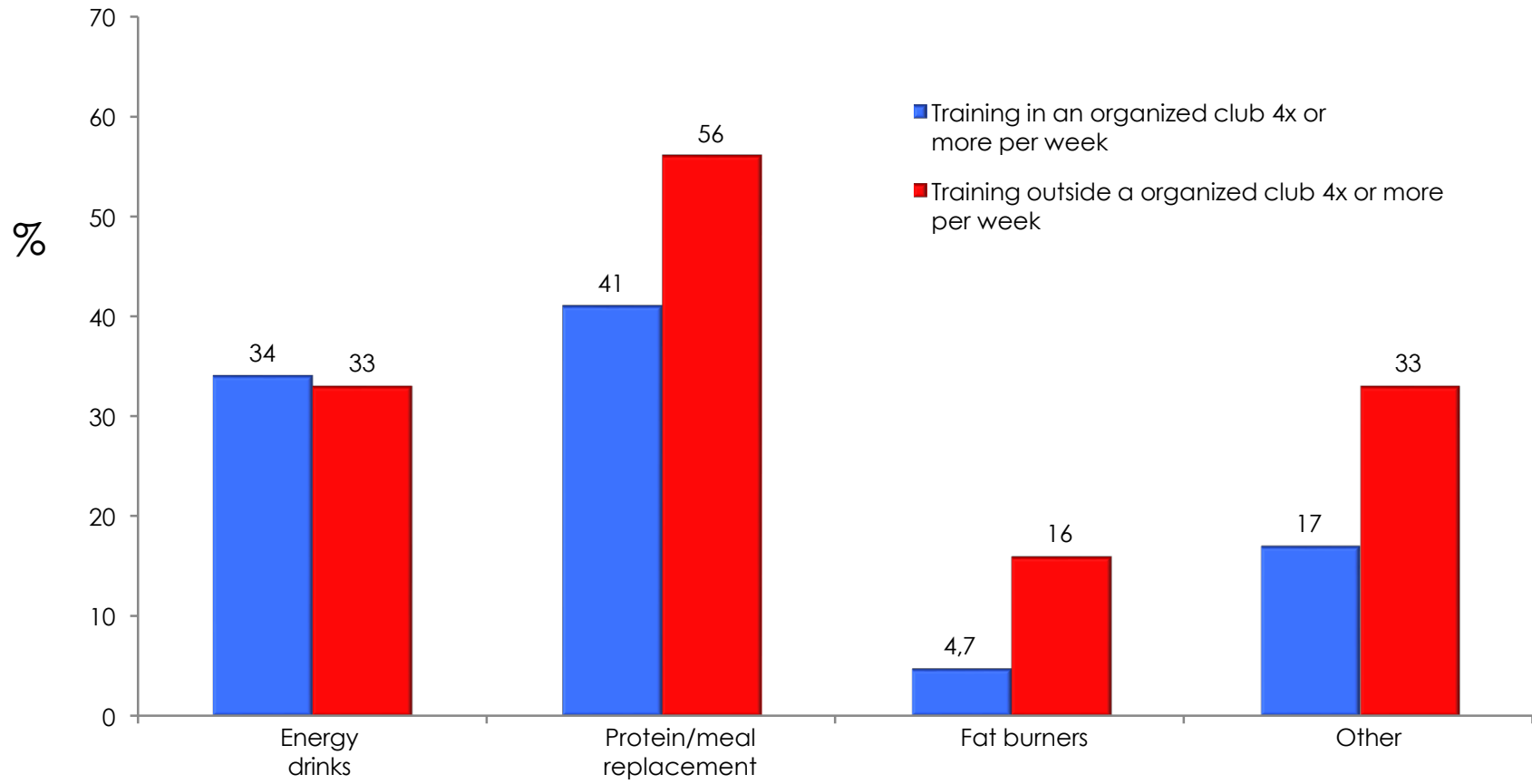
# Percentage who have tried the following:



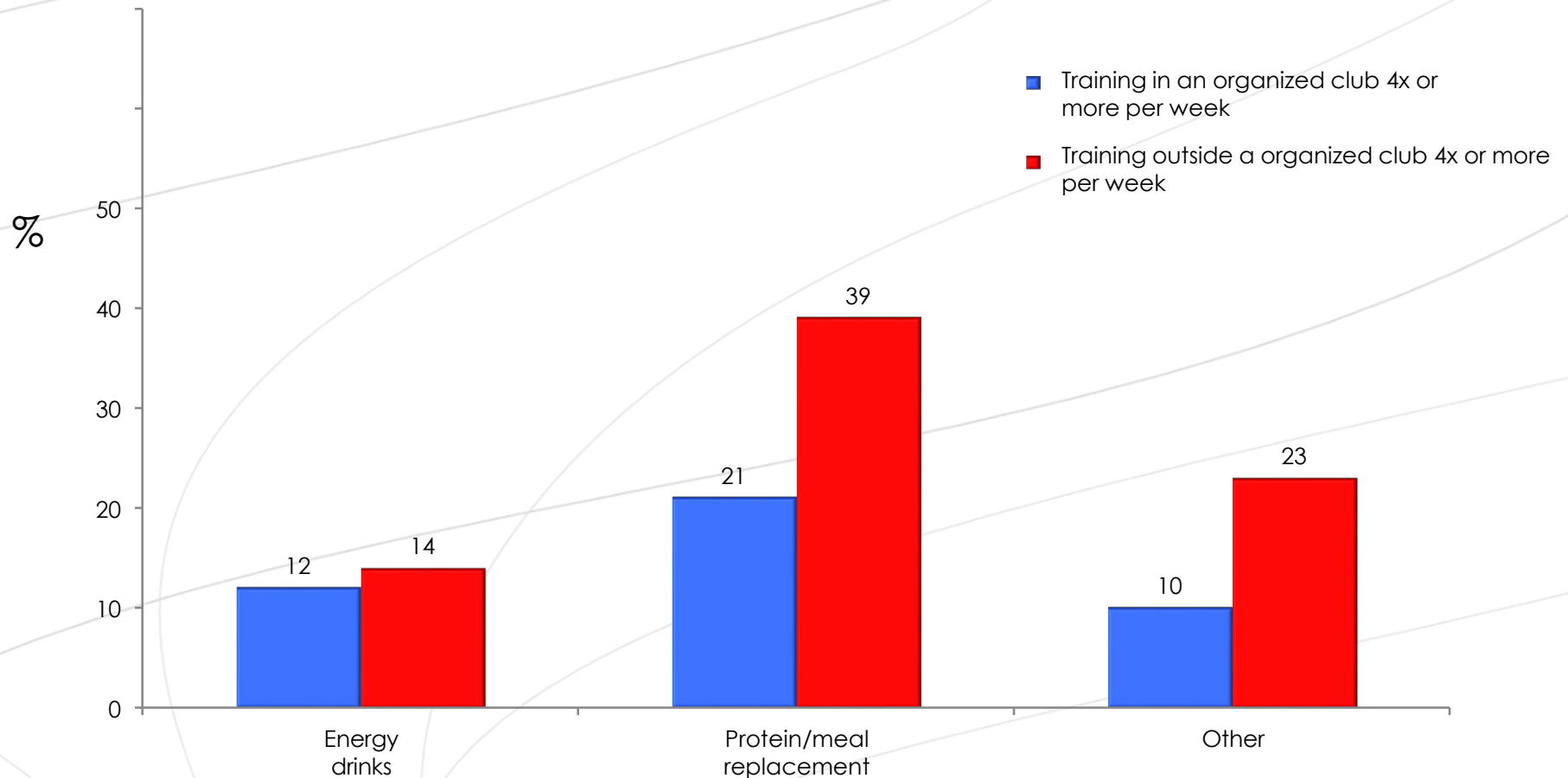
# Food supplement use – by gender



# Food supplement use – by sports training

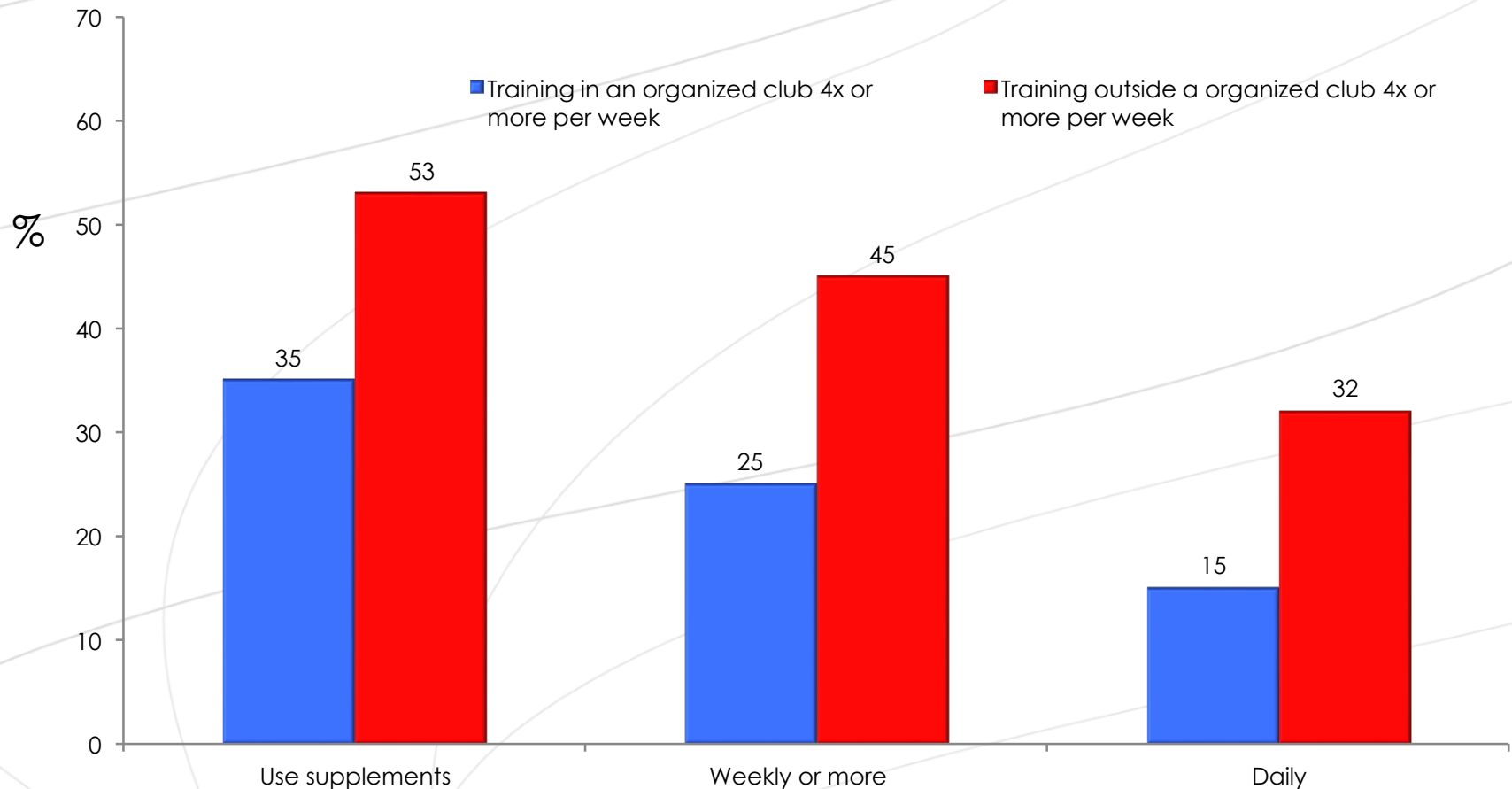


# Percentage that have used food supplements 10x or more

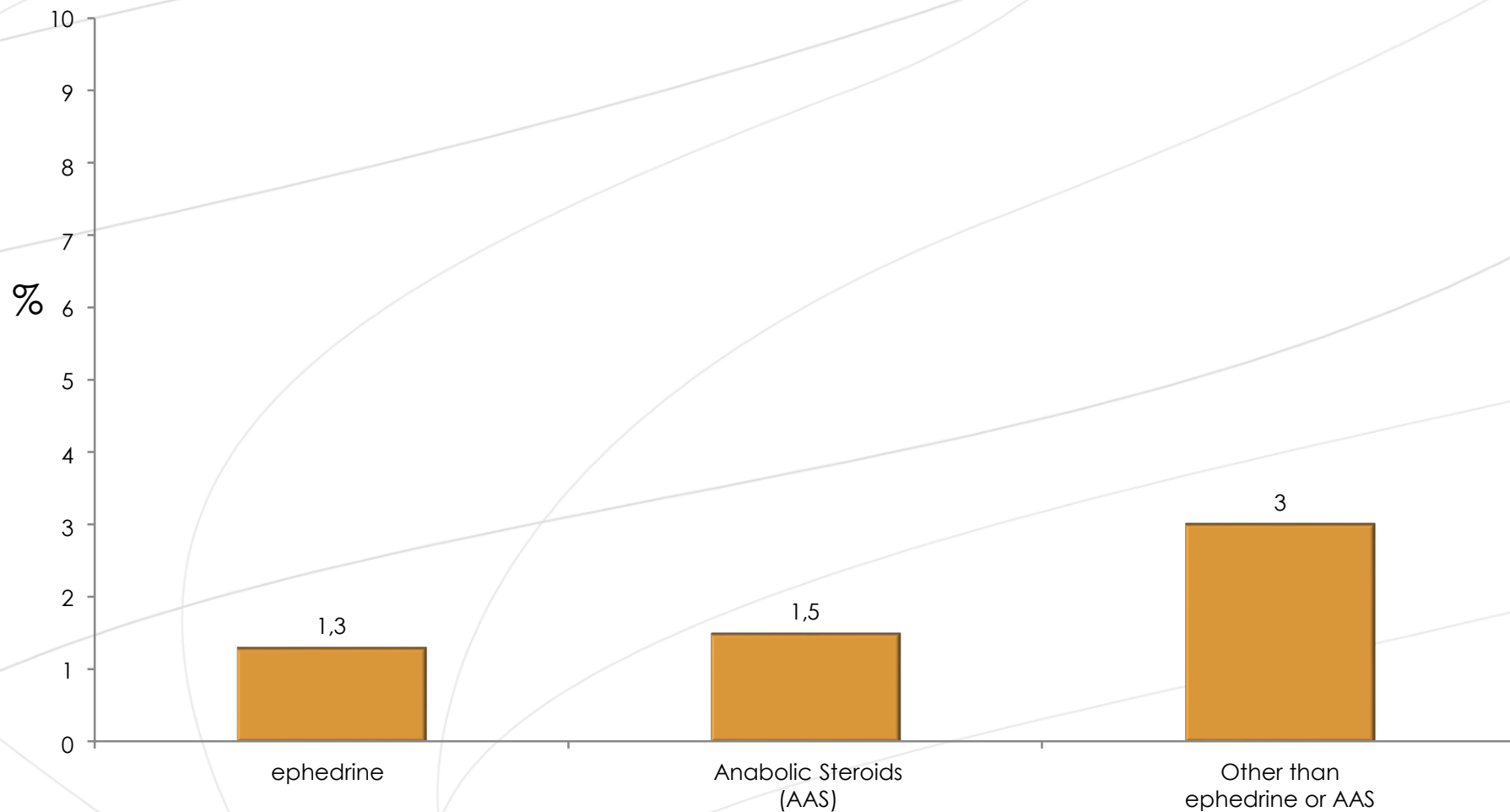




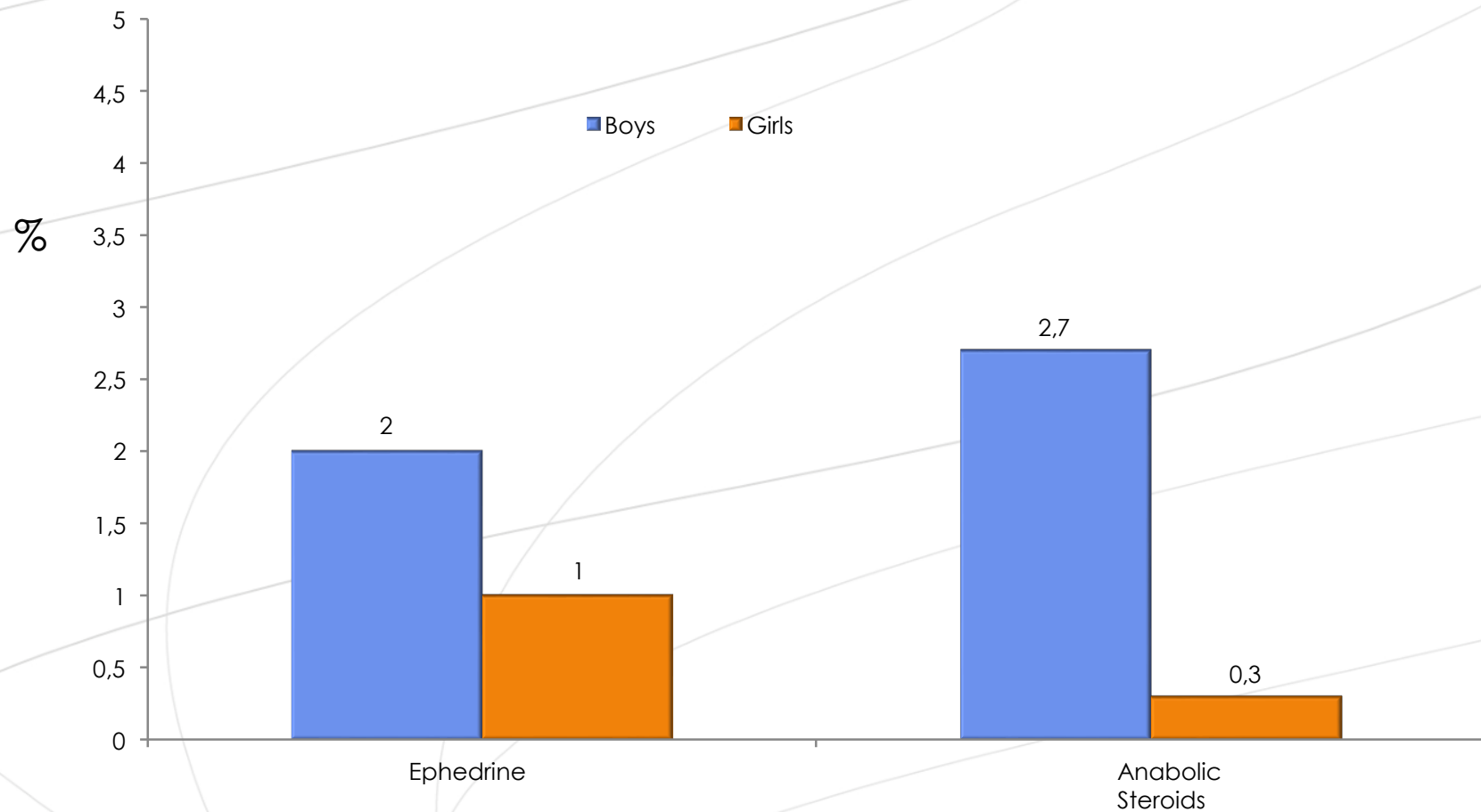
# Regular use of food supplements those training 4x or more per week



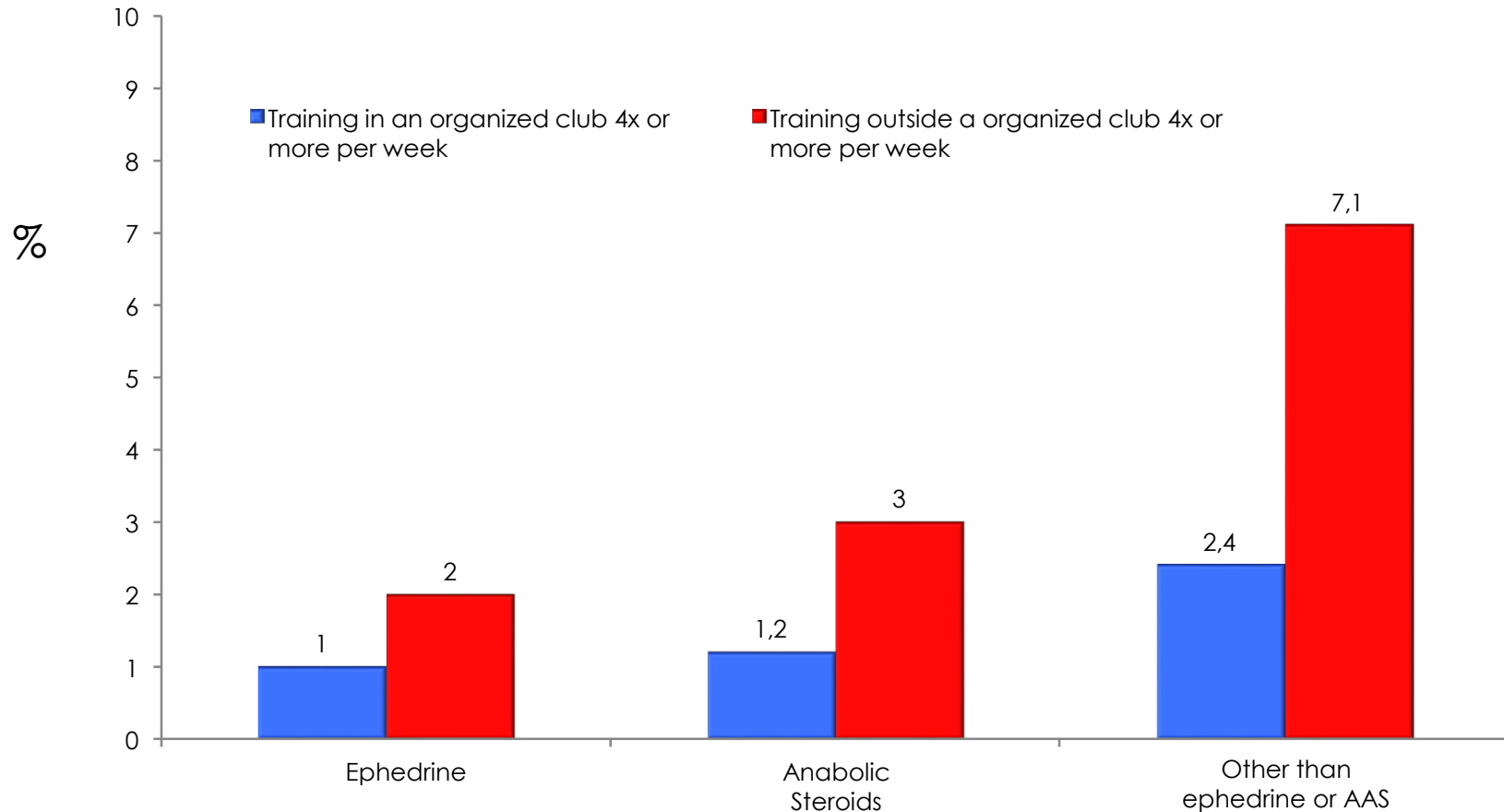
# Percentage used banned substances in relation with training



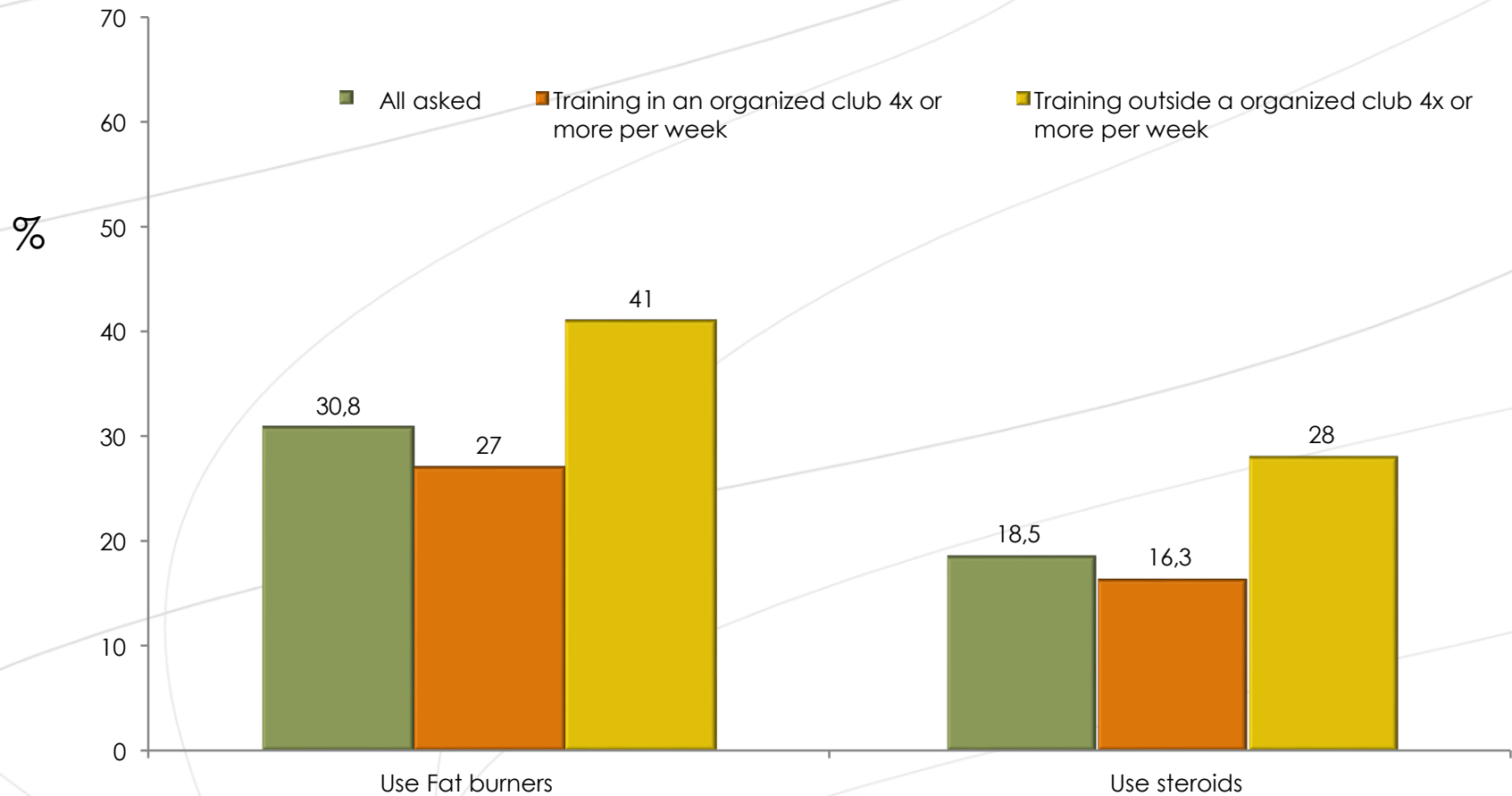
# Use of banned substances by gender



# Use of banned substances – in or outside organized club



# How many of your friends do you think use fat burners or steroids





## Main results

- Clear link between use and sport training
- Boys > girls – girls > boys
- Old > young
- Use of supplements and banned substances is greater by those training outside of organized clubs
- Perception of use by others



## Social structure of sports clubs – potential reasons for the preventive influence:

Social structure of sport clubs:

- Rules of the sport
- History, tradition & values
- félagslega normaliseringu
- Active participation of adults



# Thanks

- Report produced for the Icelandic Anti-Doping Committee
- Performed by:
  - Rannsóknir og greining ehf.
  - Margrét Lilja Guðmundsdóttir, Jón Sigfússon og Inga Dóra Sigfúsdóttir, Viðar Halldórsson





# Thank you

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