

## Anabolic Steroids

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Anabolic steroids are synthetic substances related to the male sex hormones, androgens. The drug is used to improve sports performance, increase muscular size, and/or reduce body fat. Anabolic steroids can be injected intramuscularly, taken orally, or applied to the skin through gels or creams.

The health consequences of steroid abuse include, but are not limited to, infertility, shrinking of the testicles, excessive growth of body hair, male-pattern baldness, tendon rupture, short stature, heart attacks, liver cancer, acne, cysts, homicidal rage, and delusions. Some consequences of steroid abuse, such as reduced sperm production and testicular atrophy, are reversible once the drug is stopped. Other consequences, such as male-pattern baldness and breast development, however, are irreversible.

For additional information on anabolic steroids go to: <http://www.steroidabuse.org/>.

### Hawaii Prevalence Rates

In 2003, 2% of Hawaii students in grades 6, 8, 10, and 12 reported they had tried steroids for body-building or improved athletic performance at least once in their lifetime. Hawaii lifetime prevalence reports for steroid use are approximately 1 percentage point lower than nationwide reports. Nationwide, 3% of 8th- and 10th-grade students, and 4% of 12th-grade students reported they had tried steroids at least once in their lifetimes.

Monthly prevalence reports among Hawaii students, as well as students nationwide, are approximately 1% in grades 8, 10, and 12. Thus, Hawaii students are fairly similar to nationwide students in regards to reports of more regular use of steroids.

### Trends in Use

Nationwide, anabolic steroid abuse was on the rise from 1992 to 2001, particularly among 10th and 12th graders, and then leveled off in 2002 and remained unchanged in 2003. Steroid use in Hawaii has been basically declining over the years and has remained lower than nationwide reports. In 2002, Hawaii lifetime prevalence reports of steroid use increased by 1 percentage point in several of the grades, but dropped back down in 2003.

Hawaii monthly prevalence reports for steroid use have remained at 2% or less across all survey years and are currently at or near record-low levels of 1% across all grades surveyed.

### Hawaii Subgroup Differences

Over the years, reports of steroid use have been consistently higher among males than females. In 2003, reports of having ever tried steroids for body-building or improved athletic performance are higher among males than females in grades 6, 10, and 12; no sex differences are noted in grade 8. In 2003, Hawaii lifetime prevalence rates for anabolic steroid use among males in grades 6, 8, 10, and 12 are 2%, 2%, 4%, and 4%, respectively; Hawaii lifetime prevalence rates for anabolic steroid use among females are 2% in grade 8 and 1% in all other grades.

Ethnic differences in reports of steroid use vary by grade level reporting. Native Hawaiian students have among the highest reports of having tried steroids across all grades. Filipino students are equal to Native Hawaiian students in grade 6 at 2% each, which is twice as high as reports by Japanese and White students (1% each). In grades 8 and 10, 3% of Native Hawaiian students reported using steroids, compared to 2% or

fewer of Filipino, White, Chinese, and Japanese students. In grade 12, Chinese, Filipino, and Native Hawaiian students' prevalence rates are 3% each, which are lower than prevalence rates by Japanese and White students (2% each).

County differences in reports of steroid use are non-existent in grade 6. In grade 8, twice as many students from Kauai County (4%) reported having tried steroids, compared to reports from the City & County of Honolulu (2%), Hawaii County (2%), and Maui County (1%). However, in grade 10, Kauai County had the lowest percentage of students reporting steroid use (1%); all other counties had 2% of their 10th-grade students reporting steroid use. In grade 12, Kauai and Hawaii Counties each had 3% of their students reporting steroid use, compared to 2% in the City & County of Honolulu and Maui County.

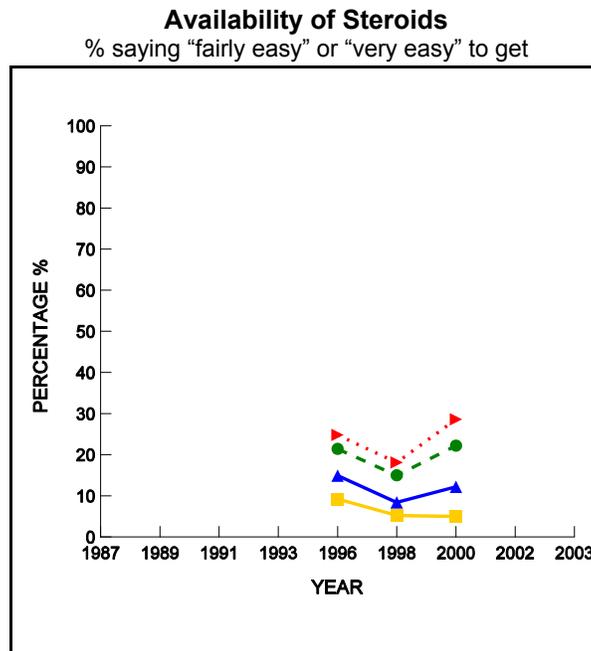
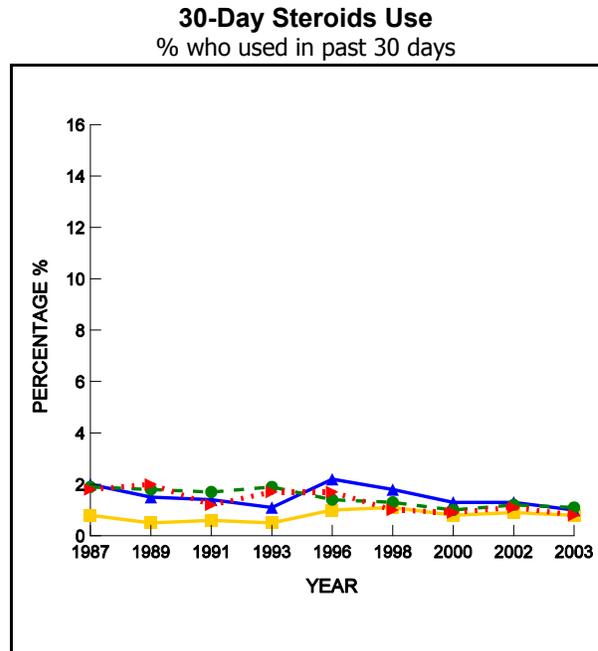
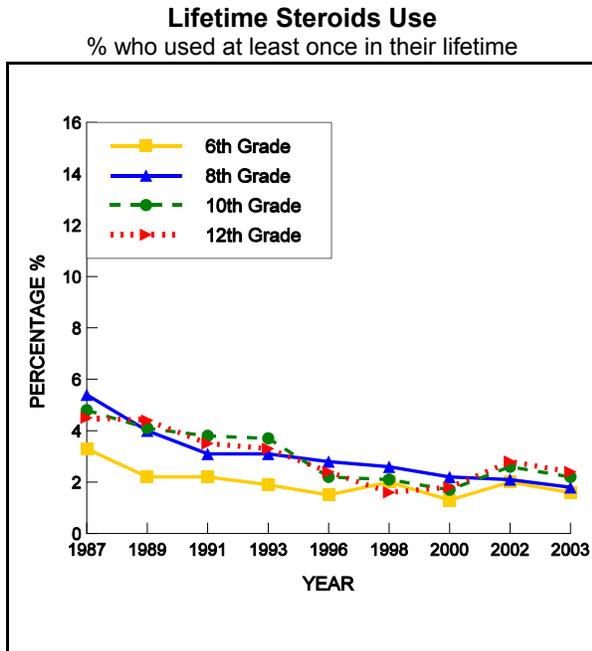
### **Attitudes and Beliefs**

Because of the low prevalence rates for steroid use among Hawaii students, the *2003 Hawaii Student Alcohol, Tobacco, and Other Drug Use Study* did not assess perceptions of harm, disapproval, or availability of steroids.

Perceived availability of steroids was assessed in Hawaii from 1996 to 2000. In 2000, 5% of 6th graders, 12% of 8th graders, 22% of 10th graders, and 29% of 12th graders reported that obtaining steroids would be "fairly easy" or "very easy". Fewer Hawaii students perceived steroids as easily accessible, in comparison to obtaining marijuana, ecstasy, sedatives, and hallucinogens. Availability perceptions for steroids in Hawaii decreased from 1996 to 1998, but then went back up again in 2000 in grades 8, 10, and 12.

## Steroids

### Hawaii Trends in Prevalence and Availability Sixth, Eighth, Tenth, and Twelfth Graders, 1987-2003



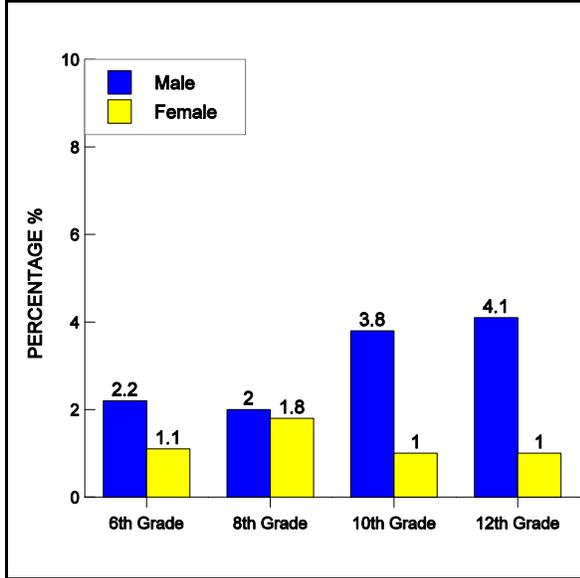
## Steroids

### Hawaii Subgroup Differences in Lifetime Prevalence Reports, by Grade, 2003

(Entries are percentages %)

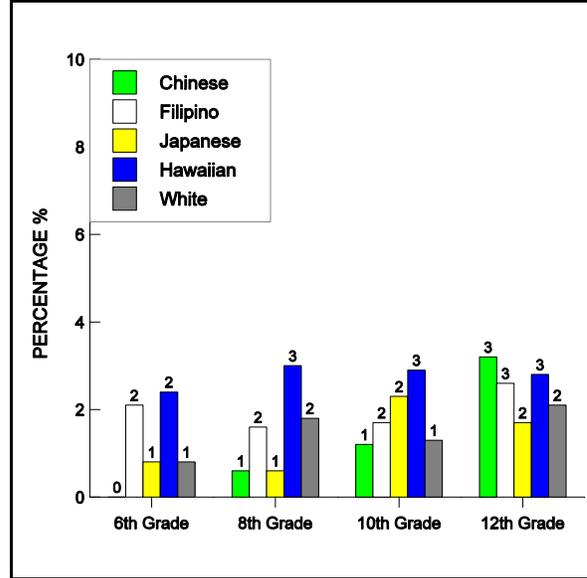
#### Sex Differences

% who used Steroids at least once in their lifetime



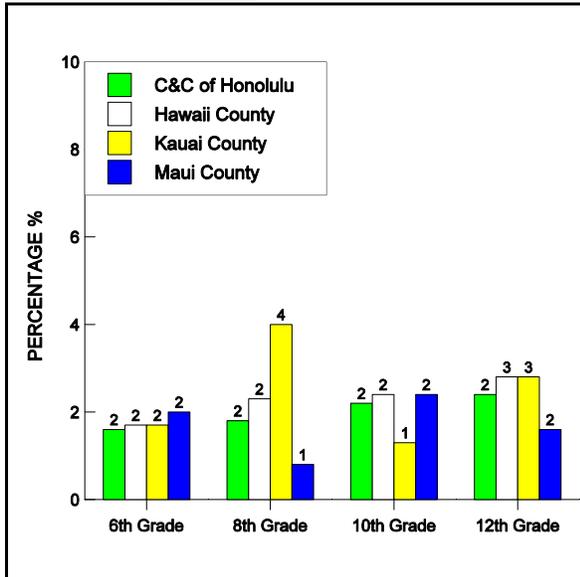
#### Ethnic Differences

% who used Steroids at least once in their lifetime



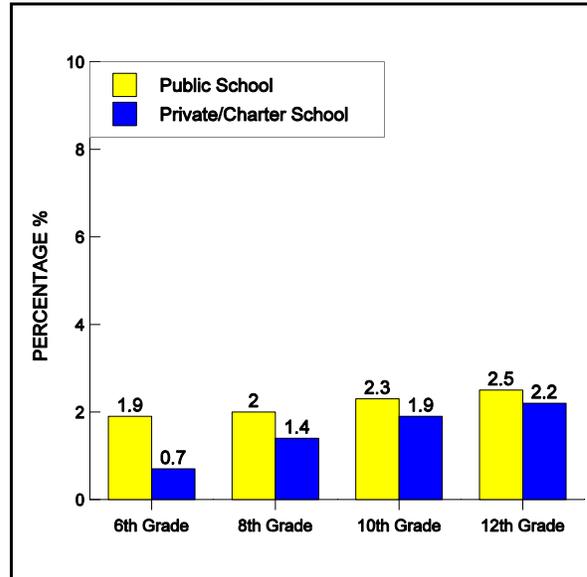
#### County Differences (Place of Residence)

% who used Steroids at least once in their lifetime



#### School Type Differences

% who used Steroids at least once in their lifetime



Notes: County includes public, private, and charter school students who reside in that particular county.

**Steroids Table**  
**Hawaii Trends in Prevalence and Availability**  
**Grades 6 through 12, 1987-2003**

(Entries are percentages %)

	Hawaii Results									Nationwide Results
	1987	1989	1991	1993	1996	1998	2000	2002	2003	2003
<b>Lifetime Prevalence <sup>a</sup></b>										
6th Grade	3.3	2.2	2.2	1.9	1.5	2.0	1.3	2.0	1.6	–
7th Grade	–	–	–	–	–	–	–	–	2.4	–
8th Grade	5.4	4.0	3.1	3.1	2.8	2.6	2.2	2.1	1.8	2.5
9th Grade	–	–	–	–	–	–	–	–	2.1	–
10th Grade	4.8	4.1	3.8	3.7	2.2	2.1	1.7	2.6	2.2	3.0
11th Grade	–	–	–	–	–	–	–	–	2.0	–
12th Grade	4.5	4.4	3.5	3.3	2.4	1.6	1.8	2.8	2.4	3.5
<b>30-Day Prevalence <sup>b</sup></b>										
6th Grade	0.8	0.5	0.6	0.5	1.0	1.1	0.8	0.9	0.8	–
7th Grade	–	–	–	–	–	–	–	–	1.1	–
8th Grade	2.0	1.5	1.4	1.1	2.2	1.8	1.3	1.3	1.0	0.7
9th Grade	–	–	–	–	–	–	–	–	0.8	–
10th Grade	1.9	1.8	1.7	1.9	1.4	1.3	1.0	1.2	1.1	0.8
11th Grade	–	–	–	–	–	–	–	–	1.0	–
12th Grade	1.8	2.0	1.2	1.7	1.7	1.0	0.9	1.1	0.8	1.3
<b>Perceived Availability <sup>c</sup></b>										
6th Grade	–	–	–	–	9.2	5.2	5.0	–	–	–
7th Grade	–	–	–	–	–	–	–	–	–	–
8th Grade	–	–	–	–	14.9	8.4	12.2	–	–	21.7
9th Grade	–	–	–	–	–	–	–	–	–	–
10th Grade	–	–	–	–	21.4	15.0	22.2	–	–	30.6
11th Grade	–	–	–	–	–	–	–	–	–	–
12th Grade	–	–	–	–	24.8	18.1	28.6	–	–	40.7

- (a) Lifetime Prevalence is the % using steroids at least once in their lifetime.  
(b) 30-Day Prevalence is the % using steroids at least once in the past 30 day.  
(c) Perceived Availability is the % reporting “fairly easy” or “very easy” to get steroids.