



A Coordinated School Health Approach

Steroid Use among Oregon Youth

Illegal steroid use can have significant short-term and long-term health consequences. Despite relatively low rates of use among Oregon youth, educators, athletic coaches and parents should be aware of health-compromising behaviors that are often associated with steroid use.

- In 2008, 1.3% of 8th graders and 1.2% of 11th graders reported using steroids in the past 12 months¹
- Use of steroids by Oregon 8th and 11th graders is consistent with national use data²
- However, significant disparities do exist within those youth who report steroid use
- Males are 1.7 times more likely to report steroid use than females
- Hispanic youth are twice as likely and black youth three times as likely to report use than White/non-Hispanic youth

Youth who report steroid use also bear a disproportionate burden of other health risks. Compared to non-users, 8th graders who reported steroid use are:

- Almost twice as likely to have an unmet mental health need
- 2-3 times as likely to have used alcohol in the past month
- 4-5 times as likely to have smoked cigarettes in the past month
- 3 times as likely to have ever participated in the “choking game”

Steroid use by youth is related to lower academic achievement

- 76% of students who reported that they do not use steroids also reported that they mostly get A's or B's. This compares to 64% of steroid users who reported receiving As or Bs.
- Steroid users were about one-fifth less likely to report As or Bs over the past year.

¹ All data comes from the 2008 Oregon Healthy Teens survey

² National data comes from the CDC's Youth Risk Behavior Survey. In 2007, about 3% of high school students reported lifetime use of steroids.

