

**REVENUE:** No revenue impact

**FISCAL:** Minimal fiscal impact, no statement issued

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**Action:** Do Pass as Amended and Be Printed Engrossed

**Vote:** 4 - 0 - 1

**Yeas:** Kruse, Metsger, Morse, Walker

**Nays:** 0

**Exc.:** Westlund

**Prepared By:** Dana Richardson, Administrator

**Meeting Dates:** 3/1, 3/13

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**WHAT THE MEASURE DOES:** Prohibits school district employees from knowingly selling, marketing, distributing, endorsing, or suggesting ingestion of steroids or performance-enhancing supplements to students. Directs Department of Education to work with voluntary organizations approved to administer interscholastic activities to develop steroid and performance-enhancing supplement education program and include such information in health and physical education curriculum. Requires coaches or athletic directors to attend workshops on steroid abuse and prevention strategies for use of performance-enhancing supplements once every four years. Defines performance-enhancing supplement, anabolic steroid, and school district employee. Declares an emergency; effective upon passage.

**ISSUES DISCUSSED:**

- Training in nutrition and sports medicine for coaches
- Definition of performance-enhancing supplements
- Provisions relating to weight loss and application to sport like wrestling
- Lack of penalties for non-compliance in the bill
- Legitimate stimulants that students could take
- Definition of essential vitamins and minerals

**EFFECT OF COMMITTEE AMENDMENT:** Requires coaches or athletic directors to receive training on steroid abuse and prevention strategies once every four years. Replaced use of “steroid” with “anabolic steroid”.

**BACKGROUND:** Anabolic androgenic steroids are synthetic chemicals based on the structure and pharmacology of testosterone originally developed in the 1930's to help rebuild body tissue and prevent breakdown of tissue in individuals suffering from debilitating diseases. They promote the growth of skeletal muscle and the development of male sexual characteristics, in addition to other effects. Their popularity with athletes exists due to the muscle development and physical performance enhancements they provide. Abuse of anabolic steroids can result in increased risk of heart disease, liver cancer, hypertension, elevated cholesterol, depression, stunted growth, and eating disorders as well as episodes of hostility and aggression. Anabolic steroids are typically available only by prescription.

The 2003 Monitoring the Future Study conducted by the University of Michigan indicated that approximately 3.5% of American high school students have used illegal anabolic steroids at least once by grade 12. The same study found that 45% of all 12th graders did not believe taking steroids posed a great risk.