PERFORMANCE ENHANCERS

Steroids, SARMs and pre-workout: shortcuts with real costs.

Know the Basics

What they are

Products used to build muscle or boost performance, including anabolic steroids, SARMs (sold as "research chemicals") and high-stimulant pre-workout powders.

Steroids

Can disrupt hormones and growth and cause acne, mood swings, aggression and heart problems.

SARMs

Aren't approved for any use. FDA has warned they're linked to liver damage and higher risk of heart attack and stroke.

Pre-workout

Some powders pack very high caffeine and stimulant doses, and supplements aren't tested by FDA before they're sold.

BY THE NUMBERS

0.67%

of U.S. 8th, 10th and 12th graders used steroids in the past year (2023–24), down from about 2% in 2001–02.
Monitoring the Future

16.6%

of U.S. teen boys used creatine, a legal supplement, in the past year (2023–24), nearly double the 2019–20 rate.
Monitoring the Future

No data yet

for Indiana. The Indiana Youth Survey doesn't ask about performance enhancers.

Data Check: Using These Numbers Right

- **Don't lump legal and illegal products together.** Creatine is a legal supplement. Steroids are controlled substances. Combining them into one "performance enhancer" number would mislead.
- **Combined grades.** The steroid figure covers 8th, 10th and 12th graders together, so it isn't a rate for any one grade.
- **No Indiana data means no local norms claims.** Label national data clearly, and focus campaigns on facts and healthy training.

Laws & Safety in Indiana

- **Anabolic steroids are federally controlled.** Using or sharing them without a prescription is illegal.
- **SARMs aren't legal supplements,** even when sold online as "research only."
- **Check before you take it.** Athletes can face eligibility consequences for banned substances.

Campaign Angles

- **Partner with coaches and athletic trainers.**
- **Promote what works:** training, food, sleep and recovery.
- **Lead with the majority:** nearly all teens don't use steroids.

Sources: Monitoring the Future, University of Michigan/NIDA; Veliz et al., *Annals of Epidemiology* (2026); U.S. Food and Drug Administration (FDA); DEA.