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## Executive summary

Health Council of the Netherlands. Doping in unorganised sports. The Hague: Health Council of the Netherlands, 2010; publication no. 2010/03

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### Request for Advice

In recent years, reports from the former Netherlands Centre for Doping Issues (NeCeDo) and the subsequently founded Doping Authority showed that doping in sports is likely a growing problem in our country. Use of doping in sports is largely associated with professional sports. However, in addition to organised sports (at both professional and amateur levels), doping is supposed to be widespread in unorganised sports.

The minister of Health, Welfare and Sport has asked the Health Council of the Netherlands to investigate the nature and severity of doping use in unorganised sports, particularly with regard to the harmful effects on health, both short- and long-term, the implications of high-risk drugs in terms of health risk, disease burden and care consumption, and to make recommendations regarding these topics. Additionally, the Council is asked to provide a vision statement on improving prevention of health damage based on current scientific insights.

The request for advice defines doping in unorganised sports as improper use of authorised or unauthorised medicinal products with the objective of obtaining a muscular or slim physique. It indicates that the use of anabolic steroids and stimulants by gyms and fitness centre attendees in particular is worrying.

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