



## Tobacco, alcohol and performance enhancing drugs consumption amongst young gym users in València (Spain)

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### BACKGROUND

Numerous studies have shown the benefits of sports at a physical, psychological and social level. However, many athletes who frequent gyms report unhealthy lifestyles in relation to the consumption of tobacco, alcohol or other substances harmful to the body.

### METHODS

A survey of 41 items was administered to 377 young gym users of ages between 18 and 34 years. Fieldwork was conducted in both public and private gymnasiums of the 19 districts of the city of Valencia (Spain). Anonymity and confidentiality were guaranteed. The sample was statistically representative for this age ranges in the city of València and had a confidence level of 95.5% and an assumed margin of error of 5%.

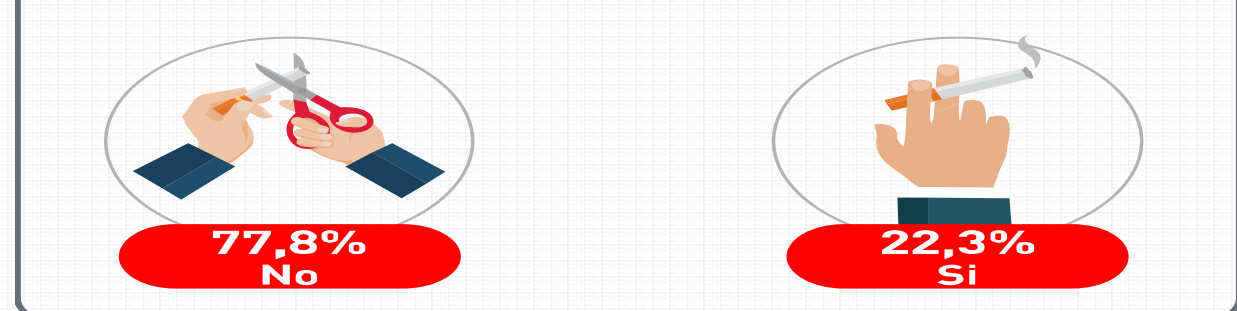
### RESULTS

The frequency of consumption of alcoholic beverages reveals that 6 out of 10 users of the gyms of Valencia consume alcohol in last thirty days. Alike, 4.1% do it more than three times a week. In addition, more than 20% of users would habitually smoke an average of more than 8 cigarettes per day, being more prevalent among women. The consumption of energy drinks, anti-inflammatory drugs or gels to relieve pain is widely normalized. Thus, more than half of the sample believes that the use of these pharmacological products to improve performance among gym users would be high or very high.

#### ¿Con qué frecuencia consumes bebidas alcohólicas?



#### ¿Fumas?



### CONCLUSIONS

Comparing data with general population (Edades 2017) we can conclude the following assumptions: the consumption of alcohol is similar in both groups. Nevertheless, gym users smoke less compare to non-users but whereas the consumption of energy drinks is widely widespread in fitness centers, more than three times in the group 25-34 years (16.9% versus 54.8%).

Table 1: Comparison consumption alcohol, tobacco and energy drinks.

	EDADES 2017		UISYS 2018	
	15-24	25-34	18-24	25-35
Alcohol	59.7	65	56	60.5
Tobacco	25.9	37.2	19	23.2
Energy drinks	29.9	16.9	62.5	54.8

#### ¿Qué tipo de bebidas alcohólicas consumes?



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