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NFL FUNDS ANTI-STEROID AND EXERCISE EDUCATION PROGRAM FOR SCHOOLS NATIONWIDE

NFL and Oregon Health & Science University Announce ATLAS & ATHENA Grant Recipients

Canton, OH: As part of the NFL Youth Football Summit, the NFL and the Center for Health Promotion Research at Oregon Health & Science University (OHSU) announced today that forty high schools nationwide will be a part of the pilot NFL ATLAS & ATHENA Schools Program, an initiative designed to promote healthy living and reduce the use of steroids and other drugs among high school athletes

Funded by a \$1.2 million grant from the NFL's Youth Football Fund, ATLAS & ATHENA focuses on nutrition and exercise as alternatives to drug use. The ATLAS program targets adolescent male athletes' use of anabolic steroids, alcohol and other drugs and use of sport supplements, while improving healthy nutrition and exercise practices. ATHENA is designed to reduce disordered eating and use of body shaping and other drugs among young women, while promoting healthy nutrition and exercise.

Coaches and administrators at all NFL ATLAS & ATHENA schools will receive curriculum training and materials, and athletic teams at each selected school will participate in the program. Schools were chosen based on their enthusiasm and commitment to bring coaches, administrators and students together to implement the program.

The NFL grant is one of a series of improvements to the NFL and NFL Players Association's policy and program on anabolic steroids and related substances. It will be used to disseminate ATLAS and ATHENA to 20,000 high school athletes and 800 coaches in 40 high schools during the 2007-2008 school year. Participating teams include the Kansas City Chiefs, Miami Dolphins, San Diego Chargers, San Francisco 49ers, Seattle Seahawks, St. Louis Rams, Tennessee Titans, and Washington Redskins.

About the NFL Youth Football Fund

Established in 1998 by the NFL and the NFLPA, the NFL Youth Football Fund seeks to use football as a catalyst to promote positive youth development, support youth and high school football needs nationwide and also ensure the health of grassroots football in

future generations. Through the YFF, many youth football initiatives and support programs have been developed, providing youngsters with opportunities to learn the game of football, get physically fit and stay involved in productive after-school activities with adult mentors.

About ATLAS and ATHENA

The ATLAS (Adolescents Training and Learning to Avoid Steroids) and ATHENA (Athletes Targeting Healthy Exercise and Nutrition Alternatives) programs are directed by Linn Goldberg, M.D. and Diane Elliot, M.D., of the OHSU School of Medicine. The nationally-recognized programs have undergone randomized controlled evaluations involving more than 4,000 student-athletes in over 50 high schools and have been disseminated for use in more than 60 schools in 31 states. The results of the programs are published in leading medical journals, including the Journal of the American Medical Association and the Archives of Pediatrics and Adolescent Medicine. ATLAS and ATHENA are the only programs recommended by the Anabolic Steroid Control Act of 2004, recognized as model curricula.