Thriving or Just Surviving?
NCAA Student-Athlete Health and Wellness Post-Pandemic
Findings from the 2023 NCAA Student-Athlete Health and Wellness Study

NCAA Convention - January 2024
Background

• NCAA Research has historically partnered with FARs to gain insight into student-athlete health and well-being through a range of national surveys. The tenth iteration of the NCAA Substance Use Study was planned for 2021, but due to the COVID-19 pandemic, the study was postponed.

• Coming out of the pandemic, the Sport Science Institute and NCAA Research identified the need to conduct a comprehensive student-athlete health and wellness study. To accommodate this survey in the NCAA-FAR rotation, key items from the Substance Use Study were subsumed within this instrument.

• Survey was conducted on campuses by FARs during the 2022-23 academic year. About 23,000 student-athletes provided survey responses.
Student-Athlete Substance Use
Alcohol Use by Sport Gender
(Within the Last Year)

Note: Binge drinking is defined as women having four or more drinks and men having five or more drinks in one sitting.

Comparative Data, Student-Athletes vs. Nonathletes
(Use within the Last Year)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>71.7%</td>
<td>72.2%</td>
<td>80.5%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>25.9%</td>
<td>38.4%</td>
<td>40.9%</td>
</tr>
<tr>
<td>Vaping nicotine/e-cigarettes</td>
<td>22.1%</td>
<td>-</td>
<td>26.4%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>9.6%</td>
<td>-</td>
<td>15.6%</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>0.8%</td>
<td>-</td>
<td>4.8%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>1.6%</td>
<td>-</td>
<td>3.3%</td>
</tr>
<tr>
<td>Ecstasy/Molly</td>
<td>0.7%</td>
<td>-</td>
<td>1.7%</td>
</tr>
<tr>
<td>LSD</td>
<td>0.9%</td>
<td>-</td>
<td>1.4%</td>
</tr>
</tbody>
</table>

¹Representative sample of 23,272 NCAA student-athletes. Source: NCAA Student-Athlete Health and Wellness Study (2023).


Tobacco/Nicotine Use
(Within the Last Year)

Note: Studies prior to 2017 only asked about cigarette and spit tobacco use. In 2023, the survey changed “e-cigarettes” to “vape/e-cigarettes.” Sources: NCAA Student-Athlete Substance Use Studies (2009, 2013, 2017) and NCAA Student-Athlete Health and Wellness Study (2023).
Comprehensive Data, Student-Athletes vs. Nonathletes
(Use within the Last Year)

<table>
<thead>
<tr>
<th></th>
<th>NCAA(^1) [2022-23]</th>
<th>ACHA-NCHA(^2) [2023]</th>
<th>MTF(^3) [2022]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>71.7%</td>
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</tbody>
</table>

\(^1\)Representative sample of 23,272 NCAA student-athletes. Source: NCAA Student-Athlete Health and Wellness Study (2023).


# Patterns of Spit Tobacco Use in the Last Year by Sport

(Men’s Sports)

<table>
<thead>
<tr>
<th>Sport</th>
<th>2009</th>
<th>2013</th>
<th>2017</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ice Hockey</td>
<td>54%</td>
<td>50%</td>
<td>46%</td>
<td>47%</td>
</tr>
<tr>
<td>Baseball</td>
<td>52%</td>
<td>48%</td>
<td>44%</td>
<td>28%</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>41%</td>
<td>40%</td>
<td>35%</td>
<td>25%</td>
</tr>
<tr>
<td>Wrestling</td>
<td>48%</td>
<td>37%</td>
<td>33%</td>
<td>20%</td>
</tr>
<tr>
<td>Golf</td>
<td>31%</td>
<td>30%</td>
<td>23%</td>
<td>19%</td>
</tr>
<tr>
<td>Football</td>
<td>28%</td>
<td>23%</td>
<td>22%</td>
<td>15%</td>
</tr>
<tr>
<td>Swim &amp; Dive</td>
<td>13%</td>
<td>15%</td>
<td>12%</td>
<td>12%</td>
</tr>
<tr>
<td>Soccer</td>
<td>16%</td>
<td>14%</td>
<td>12%</td>
<td>8%</td>
</tr>
<tr>
<td>Tennis</td>
<td>11%</td>
<td>10%</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>Basketball</td>
<td>11%</td>
<td>9%</td>
<td>8%</td>
<td>5%</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>9%</td>
<td>9%</td>
<td>9%</td>
<td>4%</td>
</tr>
</tbody>
</table>

Green indicates a decrease of 5 percentage points or more from 2017.

Note: Examples of spit tobacco include dip, chew or pouch. Sources: NCAA Student-Athlete Substance Use Studies (2009, 2013, 2017) and NCAA Student-Athlete Health and Wellness Study (2023).
Marijuana Use by Sport Gender
(Inhaled or Ingested Within the Last Year)

Note: Marijuana use includes those who reported inhaling (e.g., smoke, vape, dab) or ingesting (e.g., edibles, oils, tinctures) “marijuana or other cannabis products.” The use of cannabis applied to skin (e.g., cannabis-infused lotions) or synthetic marijuana (e.g., Delta 8, K2, Spice) are not included in these rates. Sources: NCAA Student-Athlete Substance Use Studies (2009, 2013, 2017) and NCAA Student-Athlete Health and Wellness Study (2023).
## Comparative Data, Student-Athletes vs. Nonathletes
(Use within the Last Year)

<table>
<thead>
<tr>
<th></th>
<th>NCAA(^1) [2022-23]</th>
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<td>22.1%</td>
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<td>Amphetamines</td>
<td>0.8%</td>
<td>-</td>
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<tr>
<td>Cocaine</td>
<td>1.6%</td>
<td>-</td>
<td>3.3%</td>
</tr>
<tr>
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<td>-</td>
<td>1.7%</td>
</tr>
<tr>
<td>LSD</td>
<td>0.9%</td>
<td>-</td>
<td>1.4%</td>
</tr>
</tbody>
</table>

\(^1\)Representative sample of 23,272 NCAA student-athletes. Source: NCAA Student-Athlete Health and Wellness Study (2023).


Marijuana Use by Division (Inhaled or Ingested Within the Last Year)

Note: Marijuana use includes those who reported inhaling (e.g., smoke, vape, dab) or ingesting (e.g., edibles, oils, tinctures) “marijuana or other cannabis products.” The use of cannabis applied to skin (e.g., cannabis-infused lotions) or synthetic marijuana (e.g., Delta 8, K2, Spice) are not included in these rates. Sources: NCAA Student-Athlete Substance Use Studies (2009, 2013, 2017) and NCAA Student-Athlete Health and Wellness Study (2023).
Marijuana Use by Sport
(Men’s Sports, Inhaled or Ingested Within the Last Year)

<table>
<thead>
<tr>
<th>Sport</th>
<th>Marijuana Use Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lacrosse</td>
<td>38%</td>
</tr>
<tr>
<td>Swimming &amp; Diving</td>
<td>35%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>34%</td>
</tr>
<tr>
<td>Football</td>
<td>28%</td>
</tr>
<tr>
<td>Basketball</td>
<td>27%</td>
</tr>
<tr>
<td>Wrestling</td>
<td>26%</td>
</tr>
<tr>
<td>Soccer</td>
<td>25%</td>
</tr>
<tr>
<td>Golf</td>
<td>24%</td>
</tr>
<tr>
<td>Tennis</td>
<td>23%</td>
</tr>
<tr>
<td>Baseball</td>
<td>23%</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>22%</td>
</tr>
</tbody>
</table>

Note: Marijuana use includes those who reported inhaling (e.g., smoke, vape, dab) or ingesting (e.g., edibles, oils, tinctures) “marijuana or other cannabis products.” The use of cannabis applied to skin (e.g., cannabis-infused lotions) or synthetic “marijuana” (e.g., Delta 8, K2, Spice) are not included in these rates. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Marijuana Use by Sport
(Women’s Sports, Inhaled or Ingested Within the Last Year)

Note: Marijuana use includes those who reported inhaling (e.g., smoke, vape, dab) or ingesting (e.g., edibles, oils, tinctures) “marijuana or other cannabis products.” The use of cannabis applied to skin (e.g., cannabis-infused lotions) or synthetic “marijuana” (e.g., Delta 8, K2, Spice) are not included in these rates. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Marijuana/Cannabis Use by Method
(Within Last Year)

<table>
<thead>
<tr>
<th>Method</th>
<th>2017</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inhale (e.g., smoke, vape, dab)</td>
<td>23.8%</td>
<td>22.9%</td>
</tr>
<tr>
<td>Ingest (e.g., edibles, oils, tinctures)</td>
<td>11.1%</td>
<td></td>
</tr>
<tr>
<td>Skin application (e.g., cannabis-infused lotions)</td>
<td>1.1%</td>
<td>3.8%</td>
</tr>
<tr>
<td>Synthetic &quot;marijuana&quot; (e.g., Delta 8, K2, Spice)</td>
<td>0.7%</td>
<td>7.0%</td>
</tr>
</tbody>
</table>

Sources: NCAA Student-Athlete Substance Use Study (2017) and NCAA Student-Athlete Health and Wellness Study (2023).
## Marijuana Use by College State Legal Status  
(Within Last Year)

<table>
<thead>
<tr>
<th>Method</th>
<th>Legal for personal and medical use</th>
<th>Legal for medical use</th>
<th>Not legal</th>
<th>I don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana use</td>
<td>43%</td>
<td>35%</td>
<td>28%</td>
<td>16%</td>
</tr>
<tr>
<td>(Combined inhale/ingest)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inhale</td>
<td>38%</td>
<td>33%</td>
<td>26%</td>
<td>13%</td>
</tr>
<tr>
<td>(Smoke, vape, dab)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ingest</td>
<td>31%</td>
<td>24%</td>
<td>18%</td>
<td>9%</td>
</tr>
<tr>
<td>(Edibles, oils, tinctures)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: The sample included 4,640 student-athletes (21%) attending a college in a state where marijuana was legal for personal (recreational) and medical use, 2,127 (10%) in a state with legal medical use, 4,934 (22%) in a state where marijuana is not legal and 10,655 (48%) were not aware of their marijuana state laws. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Note: Examples of narcotic pain medication include Vicodin, Oxycontin, Percocet, Dilaudid, Fentanyl, Morphine and Tylenol with Codeine. Sources: NCAA Student-Athlete Substance Use Studies (2009, 2013, 2017) and NCAA Student-Athlete Health and Wellness Study (2023).
<table>
<thead>
<tr>
<th>Sport</th>
<th>2017</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lacrosse</td>
<td>17%</td>
<td>5%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>13%</td>
<td>3%</td>
</tr>
<tr>
<td>Wrestling</td>
<td>12%</td>
<td>5%</td>
</tr>
<tr>
<td>Football</td>
<td>11%</td>
<td>5%</td>
</tr>
<tr>
<td>Golf</td>
<td>9%</td>
<td>3%</td>
</tr>
<tr>
<td>Baseball</td>
<td>9%</td>
<td>4%</td>
</tr>
<tr>
<td>Swimming &amp; Diving</td>
<td>8%</td>
<td>6%</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>8%</td>
<td>3%</td>
</tr>
<tr>
<td>Soccer</td>
<td>8%</td>
<td>4%</td>
</tr>
<tr>
<td>Basketball</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>Tennis</td>
<td>7%</td>
<td>4%</td>
</tr>
</tbody>
</table>

Note: Data includes any reported narcotic pain medication use (with or without prescription). Examples of narcotic pain medication include Vicodin, Oxycontin, Percocet, Dilaudid, Fentanyl, Morphine and Tylenol with Codeine. Source: NCAA Substance Use Study, 2017; NCAA Student-Athlete Health and Wellness Study, 2023.
## Change in Narcotic Pain Medication Use by Sport, 2017 to 2023
(Women’s Sports, Within Last Year)

<table>
<thead>
<tr>
<th>Sport</th>
<th>2017</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnastics</td>
<td>18%</td>
<td>8%</td>
</tr>
<tr>
<td>Softball</td>
<td>13%</td>
<td>8%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>13%</td>
<td>4%</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>12%</td>
<td>6%</td>
</tr>
<tr>
<td>Rowing</td>
<td>11%</td>
<td>4%</td>
</tr>
<tr>
<td>Swimming &amp; Diving</td>
<td>11%</td>
<td>7%</td>
</tr>
<tr>
<td>Volleyball</td>
<td>11%</td>
<td>6%</td>
</tr>
<tr>
<td>Soccer</td>
<td>11%</td>
<td>7%</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>11%</td>
<td>5%</td>
</tr>
<tr>
<td>Golf</td>
<td>10%</td>
<td>5%</td>
</tr>
<tr>
<td>Basketball</td>
<td>10%</td>
<td>6%</td>
</tr>
<tr>
<td>Tennis</td>
<td>10%</td>
<td>5%</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>7%</td>
<td>3%</td>
</tr>
</tbody>
</table>

Note: Data includes any reported narcotic pain medication use (with or without prescription). Examples of narcotic pain medication include Vicodin, Oxycontin, Percocet, Dilaudid, Fentanyl, Morphine and Tylenol with Codeine. Source: NCAA Substance Use Study, 2017; NCAA Student-Athlete Health and Wellness Study, 2023.
ADHD Stimulant Use
(Within Last Year)

Note: Examples of ADHD stimulants include Adderall, Ritalin, Concerta, and Vyvanse. Sources: NCAA Student-Athlete Substance Use Studies (2009, 2013, 2017) and NCAA Student-Athlete Health and Wellness Study (2023).
Mental Health
## Mental Health Concerns

(Percentage of Men’s Sports Participants Who Endorsed “Constantly” or “Most Every Day”)

<table>
<thead>
<tr>
<th>Mental Health Concern</th>
<th>COVID-19 Well-Being Studies</th>
<th>Health and Wellness Study</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Spring 2020</td>
<td>Fall 2020</td>
</tr>
<tr>
<td>Felt overwhelmed by all you had to do</td>
<td>31%</td>
<td>27%</td>
</tr>
<tr>
<td>Experienced sleep difficulties</td>
<td>31%</td>
<td>18%</td>
</tr>
<tr>
<td>Felt mentally exhausted</td>
<td>26%</td>
<td>21%</td>
</tr>
<tr>
<td>Felt overwhelming anxiety</td>
<td>14%</td>
<td>11%</td>
</tr>
<tr>
<td>Felt very lonely</td>
<td>22%</td>
<td>12%</td>
</tr>
<tr>
<td>Felt sad</td>
<td>17%</td>
<td>11%</td>
</tr>
<tr>
<td>Felt overwhelming anger</td>
<td>11%</td>
<td>6%</td>
</tr>
<tr>
<td>Felt a sense of loss</td>
<td>21%</td>
<td>8%</td>
</tr>
<tr>
<td>Felt things were hopeless</td>
<td>11%</td>
<td>10%</td>
</tr>
<tr>
<td>Felt so depressed it was difficult to function</td>
<td>7%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Green indicates a decrease of 5 percentage points or more from Fall 2021.

Note: The spring 2020 survey asked, “As a result of the COVID-19 pandemic, have you...,” and was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and the closure of most campuses. The fall 2020/2021 and 2023 surveys asked, “Within the last month, have you...” Spring 2020 survey N=15,148 men’s sports participants; Fall 2020 survey N=8,799; Fall 2021 survey N = 3,137; 2023 survey N=14,001. Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021) and NCAA Student-Athlete Health and Wellness Study (2023).
# Mental Health Concerns

(Percentage of Women’s Sports Participants Who Endorsed “Constantly” or “Most Every Day”)

<table>
<thead>
<tr>
<th>Concern</th>
<th>Spring 2020</th>
<th>Fall 2020</th>
<th>Fall 2021</th>
<th>Fall 2022-23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt overwhelmed by all you had to do</td>
<td>50%</td>
<td>51%</td>
<td>47%</td>
<td>44%</td>
</tr>
<tr>
<td>Experienced sleep difficulties</td>
<td>42%</td>
<td>28%</td>
<td>28%</td>
<td>28%</td>
</tr>
<tr>
<td>Felt mentally exhausted</td>
<td>39%</td>
<td>39%</td>
<td>38%</td>
<td>35%</td>
</tr>
<tr>
<td>Felt overwhelming anxiety</td>
<td>27%</td>
<td>29%</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>Felt very lonely</td>
<td>33%</td>
<td>21%</td>
<td>16%</td>
<td>13%</td>
</tr>
<tr>
<td>Felt mentally exhausted</td>
<td>31%</td>
<td>22%</td>
<td>19%</td>
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</tr>
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<td>8%</td>
</tr>
<tr>
<td>Felt so depressed it was difficult to function</td>
<td>9%</td>
<td>9%</td>
<td>9%</td>
<td>7%</td>
</tr>
</tbody>
</table>

Note: The spring 2020 survey asked, “As a result of the COVID-19 pandemic, have you...,” and was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and the closure of most campuses. The fall 2020/2021 and 2023 surveys asked, “Within the last month, have you...” Spring 2020 survey N= 22,472 women’s sports participants; Fall 2020 survey N= 16,100; Fall 2021 survey N = 6,663; 2023 survey N=9,271. Sources: [NCAA Student-Athlete Well-Being Studies](https://www.ncaasmart.com) (2020 and 2021) and NCAA Student-Athlete Health and Wellness Study (2023).
Mental Health Concerns During 2022-23 Academic Year
(Percentage of Participants Who Endorsed “Constantly” or “Most Every Day”)

<table>
<thead>
<tr>
<th>Concern</th>
<th>Men's Sports</th>
<th>Women's Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt overwhelmed by all you had to do</td>
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<td>17%</td>
</tr>
<tr>
<td>Experienced sleep difficulties</td>
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<td>28%</td>
</tr>
<tr>
<td>Felt mentally exhausted</td>
<td>16%</td>
<td>35%</td>
</tr>
<tr>
<td>Felt overwhelming anxiety</td>
<td>9%</td>
<td>29%</td>
</tr>
<tr>
<td>Felt very lonely</td>
<td>8%</td>
<td>13%</td>
</tr>
<tr>
<td>Felt sad</td>
<td>7%</td>
<td>17%</td>
</tr>
</tbody>
</table>

Source: NCAA Student-Athlete Health and Wellness Study (2023).
Mental Health Concerns During 2022-23 Academic Year
(Percentage of Participants Who Endorsed “Constantly” or “Most Every Day” by Sexual Orientation)

<table>
<thead>
<tr>
<th>Perception</th>
<th>Queer-Spectrum</th>
<th>Straight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt overwhelmed by all you had to do</td>
<td>55%</td>
<td>26%</td>
</tr>
<tr>
<td>Felt mentally exhausted</td>
<td>47%</td>
<td>22%</td>
</tr>
<tr>
<td>Felt overwhelming anxiety</td>
<td>39%</td>
<td>16%</td>
</tr>
<tr>
<td>Experienced sleep difficulties</td>
<td>38%</td>
<td>20%</td>
</tr>
<tr>
<td>Felt sad</td>
<td>27%</td>
<td>10%</td>
</tr>
<tr>
<td>Felt very lonely</td>
<td>20%</td>
<td>9%</td>
</tr>
</tbody>
</table>

Note: Queer-spectrum includes those self-identifying as gay, lesbian, bisexual, pansexual, queer, questioning/unsure, another sexual identity or multiple sexual identities. Queer-spectrum participants represented 7% of the sample (N=1,495). Source: NCAA Student-Athlete Health and Wellness Study (2023).
<table>
<thead>
<tr>
<th>Mental Health Concern</th>
<th>Men (44%)</th>
<th>Women (35%)</th>
<th>Trans/Nonbinary (28%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt overwhelmed by all you had to do</td>
<td>17%</td>
<td>16%</td>
<td>16%</td>
</tr>
<tr>
<td>Felt mentally exhausted</td>
<td>48%</td>
<td>42%</td>
<td>42%</td>
</tr>
<tr>
<td>Experienced sleep difficulties</td>
<td>28%</td>
<td>29%</td>
<td>34%</td>
</tr>
<tr>
<td>Felt overwhelming anxiety</td>
<td>9%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>Felt sad</td>
<td>17%</td>
<td>17%</td>
<td>30%</td>
</tr>
<tr>
<td>Felt things were hopeless</td>
<td>4%</td>
<td>7%</td>
<td>26%</td>
</tr>
</tbody>
</table>

Note: Nonbinary includes those self-identifying as genderqueer, nonbinary, transgender, another gender identity or multiple gender identities. Nonbinary participants represented <1% of the sample (N=148). Source: NCAA Student-Athlete Health and Wellness Study (2023).
Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey
(Percentage of Participants Who Responded “Agree” or “Strongly Agree”)

Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” Other factors endorsed at rates ranging from 3-4% included COVID-19 health concerns and political disagreements with family/friends. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Sleep
In the past 7 days, how often did you get enough sleep that you felt rested when you woke up in the morning?

(Overall)

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>Men’s Sports</th>
<th>Women’s Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3 Days</td>
<td>47%</td>
<td>42%</td>
<td>54%</td>
</tr>
<tr>
<td>4-5 Days</td>
<td>33%</td>
<td>33%</td>
<td>32%</td>
</tr>
<tr>
<td>6-7 Days</td>
<td>20%</td>
<td>25%</td>
<td>14%</td>
</tr>
</tbody>
</table>

Green indicates a decrease of 5 percentage points or more from GOALS 2019.
Yellow indicates an increase of 5 percentage points or more from GOALS 2019.

Source: NCAA Student-Athlete Health and Wellness Study (2023).
Student-Athlete Physical/Mental Functioning vs. Days of Restful Sleep in the Past Week

Tired from the physical demands of sport
- 0-3 Days: 32%, 17%, 15%
- 4-5 Days: 40%, 15%, 13%
- 6-7 Days: 57%

Performing up to my ability
- 0-3 Days: 47%
- 4-5 Days: 40%
- 6-7 Days: 15%

Tired from the mental demands of sport
- 0-3 Days: 29%, 15%, 13%
- 4-5 Days: 29%, 15%, 13%
- 6-7 Days: 57%

Note: Endorsement of top two scale points (Strongly Agree, Agree) on a 6-point scale. Source: NCAA Student-Athlete Health and Wellness Study (2023).
### Percent Reporting 4+ Days of Poor Sleep Behavior in Last Week (Overall)

<table>
<thead>
<tr>
<th></th>
<th>Men’s Sports</th>
<th>Women’s Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt tired, dragged out or sleepy during day</td>
<td>41%</td>
<td>61%</td>
</tr>
<tr>
<td>Had to go to bed due to exhaustion</td>
<td>23%</td>
<td>32%</td>
</tr>
<tr>
<td>Hard time falling asleep</td>
<td>19%</td>
<td>25%</td>
</tr>
<tr>
<td>Awakened too early</td>
<td>17%</td>
<td>20%</td>
</tr>
<tr>
<td>Fell asleep at an inappropriate time/place</td>
<td>10%</td>
<td>8%</td>
</tr>
</tbody>
</table>

Note: Participants were asked, “In the past 7 days, how often have you…” Source: NCAA Student-Athlete Health and Wellness Study (2023).
Age of Specialization and Injury
Age At WhichBegan Playing Sport
(Men's Sports Athletes, Overall)

Note: Percentages below 5% not displayed.
Source: NCAA Student-Athlete Health and Wellness Study (2023).
### Age At Which Began Playing Sport
(Women's Sports Athletes, Overall)

<table>
<thead>
<tr>
<th>Sport</th>
<th>6 years old or younger</th>
<th>7-9 years old</th>
<th>10-12 years old</th>
<th>13-15 years old</th>
<th>16 years old+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>83%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gymnastics</td>
<td>75%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Softball</td>
<td>66%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>65%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td>53%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swim &amp; Dive</td>
<td>35%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lacrosse</td>
<td>34%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>27%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td>19%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Field Hockey</td>
<td>18%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>14%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>10%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rowing</td>
<td>7%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: Percentages below 5% not displayed.
Source: NCAA Student-Athlete Health and Wellness Study (2023).
Percent of Men’s Sports Athletes Who Specialized in their Sport by Age 12
(Overall)

<table>
<thead>
<tr>
<th>Sport</th>
<th>Specialization Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>66%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>50%</td>
</tr>
<tr>
<td>Tennis</td>
<td>47%</td>
</tr>
<tr>
<td>Swim &amp; Dive</td>
<td>40%</td>
</tr>
<tr>
<td>Basketball</td>
<td>39%</td>
</tr>
<tr>
<td>Baseball</td>
<td>31%</td>
</tr>
<tr>
<td>Wrestling</td>
<td>27%</td>
</tr>
<tr>
<td>Golf</td>
<td>26%</td>
</tr>
<tr>
<td>Football</td>
<td>25%</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>20%</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>9%</td>
</tr>
</tbody>
</table>

Source: NCAA Student-Athlete Health and Wellness Study (2023).
Percent of Women’s Sports Athletes Who Specialized in their Sport by Age 12 (Overall)

Source: NCAA Student-Athlete Health and Wellness Study (2023).
Percentage Who Sustained One or More Major Sport-Related Injuries Pre-College
(Men’s Sports, All Divisions)

Note: Major injury defined as “sport-related injury requiring surgery, hospitalization or more than a month away from training or competition” during college. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Percentage Who Sustained One or More Major Sport-Related Injuries During College
(Juniors and Above, Men’s Sports, All Divisions)

<table>
<thead>
<tr>
<th>Sport</th>
<th>1</th>
<th>2</th>
<th>3+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wrestling</td>
<td>26%</td>
<td>18%</td>
<td>15%</td>
</tr>
<tr>
<td>Basketball</td>
<td>29%</td>
<td>18%</td>
<td>9%</td>
</tr>
<tr>
<td>Football</td>
<td>30%</td>
<td>14%</td>
<td>9%</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>26%</td>
<td>12%</td>
<td>12%</td>
</tr>
<tr>
<td>Soccer</td>
<td>30%</td>
<td>12%</td>
<td>8%</td>
</tr>
<tr>
<td>Baseball</td>
<td>31%</td>
<td>16%</td>
<td>13%</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>26%</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>26%</td>
<td>10%</td>
<td>12%</td>
</tr>
<tr>
<td>Tennis</td>
<td>23%</td>
<td>18%</td>
<td>2%</td>
</tr>
<tr>
<td>Golf</td>
<td>18%</td>
<td>5%</td>
<td>2%</td>
</tr>
<tr>
<td>Swim &amp; Dive</td>
<td>4%</td>
<td>8%</td>
<td>4%</td>
</tr>
</tbody>
</table>

Note: Major injury defined as “sport-related injury requiring surgery, hospitalization or more than a month away from training or competition” during college. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Percentage Who Sustained One or More Major Sport-Related Injuries Pre-College
(Women’s Sports, All Divisions)

Note: Major injury defined as “sport-related injury requiring surgery, hospitalization or more than a month away from training or competition” during college. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Percentage Who Sustained One or More Major Sport-Related Injuries During College (Juniors and Above, Women’s Sports, All Divisions)

Note: Major injury defined as “sport-related injury requiring surgery, hospitalization or more than a month away from training or competition” during college. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Percentage of NCAA Athletes with a Major Sport-Related Injury In College as a Function of Pre-College Injury History
(Soccer, All Divisions, Juniors and Above)

<table>
<thead>
<tr>
<th></th>
<th>Men’s Soccer</th>
<th>Women’s Soccer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1+ Pre-College Major Injury</td>
<td>63%</td>
<td>54%</td>
</tr>
<tr>
<td>No Pre-College Injury</td>
<td>34%</td>
<td>38%</td>
</tr>
</tbody>
</table>

Note: Major injury defined as “sport-related injury requiring surgery, hospitalization or more than a month away from training or competition.” Source: NCAA Student-Athlete Health and Wellness Study (2023).
Percentage of NCAA Athletes with a Major Sport-Related Injury In College as a Function of Pre-College Injury History  
(Basketball, All Divisions, Juniors and Above)

Note: Major injury defined as “sport-related injury requiring surgery, hospitalization or more than a month away from training or competition.” Source: NCAA Student-Athlete Health and Wellness Study (2023).
Weight, Body Image and Nutrition
How do you describe your weight?

- Slightly/Very Underweight for My Sport:
  - Men's Sports: 22%
  - Women's Sports: 10%
- About The Right Weight for My Sport:
  - Men's Sports: 65%
  - Women's Sports: 67%
- Slightly/Very Overweight for My Sport:
  - Men's Sports: 13%
  - Women's Sports: 23%

Source: NCAA Student-Athlete Health and Wellness Study (2023).
Which of the following are you trying to do about your weight?

<table>
<thead>
<tr>
<th>Action</th>
<th>Men's Sports</th>
<th>Women's Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gain weight</td>
<td>43%</td>
<td>10%</td>
</tr>
<tr>
<td>Lose weight</td>
<td>19%</td>
<td>45%</td>
</tr>
<tr>
<td>Stay the same weight</td>
<td>27%</td>
<td>24%</td>
</tr>
<tr>
<td>I am not trying to do anything about my weight</td>
<td>10%</td>
<td>22%</td>
</tr>
</tbody>
</table>

Source: NCAA Student-Athlete Health and Wellness Study (2023).
Which of the following are you trying to do about your weight?
(Men’s Sports)

- Gain weight
- Lose weight

<table>
<thead>
<tr>
<th>Sport</th>
<th>Gain weight</th>
<th>Lose weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>54%</td>
<td>15%</td>
</tr>
<tr>
<td>Football</td>
<td>50%</td>
<td>18%</td>
</tr>
<tr>
<td>Baseball</td>
<td>48%</td>
<td>16%</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>46%</td>
<td>20%</td>
</tr>
<tr>
<td>Golf</td>
<td>43%</td>
<td>21%</td>
</tr>
<tr>
<td>Soccer</td>
<td>41%</td>
<td>20%</td>
</tr>
<tr>
<td>Swimming &amp; Diving</td>
<td>40%</td>
<td>21%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>39%</td>
<td>18%</td>
</tr>
<tr>
<td>Tennis</td>
<td>33%</td>
<td>25%</td>
</tr>
<tr>
<td>Wrestling</td>
<td>38%</td>
<td>26%</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>24%</td>
<td>20%</td>
</tr>
</tbody>
</table>

Source: NCAA Student-Athlete Health and Wellness Study (2023).
Which of the following are you trying to do about your weight?  
(Women’s Sports)

<table>
<thead>
<tr>
<th>Sport</th>
<th>Lose weight</th>
<th>Gain weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softball</td>
<td>53%</td>
<td>9%</td>
</tr>
<tr>
<td>Tennis</td>
<td>53%</td>
<td>6%</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>51%</td>
<td>10%</td>
</tr>
<tr>
<td>Golf</td>
<td>50%</td>
<td>9%</td>
</tr>
<tr>
<td>Volleyball</td>
<td>47%</td>
<td>11%</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>47%</td>
<td>5%</td>
</tr>
<tr>
<td>Swimming &amp; Diving</td>
<td>46%</td>
<td>7%</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>44%</td>
<td>2%</td>
</tr>
<tr>
<td>Basketball</td>
<td>43%</td>
<td>17%</td>
</tr>
<tr>
<td>Rowing</td>
<td>41%</td>
<td>4%</td>
</tr>
<tr>
<td>Soccer</td>
<td>41%</td>
<td>12%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>39%</td>
<td>11%</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>36%</td>
<td>10%</td>
</tr>
</tbody>
</table>

Source: NCAA Student-Athlete Health and Wellness Study (2023).
Body Image
(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

I think I have a good body

- Men's Sports: 68%
- Women's Sports: 45%

I am happy with my current weight

- Men's Sports: 53%
- Women's Sports: 35%

I like what I look like in pictures

- Men's Sports: 59%
- Women's Sports: 31%

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Nutritional Habits
(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

<table>
<thead>
<tr>
<th>Statement</th>
<th>Men's Sports</th>
<th>Women's Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>I generally try to have a healthy diet</td>
<td>55%</td>
<td>60%</td>
</tr>
<tr>
<td>I make an effort to eat at least three meals a day</td>
<td>67%</td>
<td>51%</td>
</tr>
<tr>
<td>I make an effort to eat fruits and vegetables each day</td>
<td>58%</td>
<td>65%</td>
</tr>
<tr>
<td>I usually avoid eating fried foods</td>
<td>23%</td>
<td>24%</td>
</tr>
</tbody>
</table>

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Access to Healthy Food
(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

Healthy food options are readily available to me after practice and competition

I can afford to eat healthy meals each day

I have time to eat healthy meals each day

<table>
<thead>
<tr>
<th></th>
<th>Men's Sports</th>
<th>Women's Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy food options are readily available</td>
<td>43%</td>
<td>30%</td>
</tr>
<tr>
<td>I can afford to eat healthy meals each day</td>
<td>49%</td>
<td>45%</td>
</tr>
<tr>
<td>I have time to eat healthy meals each day</td>
<td>50%</td>
<td>32%</td>
</tr>
</tbody>
</table>

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Wellness Support
Well-Being Support from Coaches
(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

My coaches care about my mental well-being.

My coaches care about my physical well-being.

I would feel comfortable talking with my coaches about mental health issues.

I would feel comfortable talking with my coaches about physical health issues.

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Health and Wellness Study (2023).
“My coaches care about my mental well-being”
(Percentage of Participations Who Endorsed “Agree” or “Strongly Agree”)

Note: Top 2 points on a 6-point scale. Sources: NCAA GOALS Studies (2015, 2019) and NCAA Student-Athlete Health and Wellness Study (2023).
“I would feel comfortable talking to my coaches about mental health issues”
(Percentage of Participations Who Endorsed “Agree” or “Strongly Agree”)

Note: Top 2 points on a 6-point scale. Sources: NCAA GOALS Studies (2015, 2019) and NCAA Student-Athlete Health and Wellness Study (2023).
Campus Mental Health Support
(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

<table>
<thead>
<tr>
<th>Statement</th>
<th>Men's Sports</th>
<th>Women's Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>I know where to go on campus if I have mental health concerns.</td>
<td>67%</td>
<td>72%</td>
</tr>
<tr>
<td>I would feel comfortable seeking support from a mental health provider on this campus.</td>
<td>51%</td>
<td>49%</td>
</tr>
<tr>
<td>There are people on campus I can trust to give me support when I need it.</td>
<td>68%</td>
<td>69%</td>
</tr>
</tbody>
</table>

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Health and Wellness Study (2023).
Mental Health Support in Athletics
(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

I know how to help a teammate that is experiencing a mental health issue.

<table>
<thead>
<tr>
<th></th>
<th>Men's Sports</th>
<th>Women's Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>59%</td>
<td>57%</td>
</tr>
</tbody>
</table>

I feel that student-athletes’ mental health is a priority to our athletics department.

<table>
<thead>
<tr>
<th></th>
<th>Men's Sports</th>
<th>Women's Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>59%</td>
<td>47%</td>
</tr>
</tbody>
</table>

Student-athletes on this campus take the mental health concerns of their teammates seriously.

<table>
<thead>
<tr>
<th></th>
<th>Men's Sports</th>
<th>Women's Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>55%</td>
<td>54%</td>
</tr>
</tbody>
</table>

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Health and Wellness Study (2023).
## Willingness to Intervene
(Percents responding “Likely” or “Extremely Likely”)

<table>
<thead>
<tr>
<th></th>
<th>Men’s Sports</th>
<th></th>
<th>Women’s Sports</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2012</td>
<td>2016</td>
<td>2023</td>
<td>2012</td>
</tr>
<tr>
<td>Accompany a teammate home if they’ve had a lot to drink.</td>
<td>87%</td>
<td>88%</td>
<td>91%</td>
<td>93%</td>
</tr>
<tr>
<td>Stop a teammate from driving if drinking.</td>
<td>81%</td>
<td>84%</td>
<td>87%</td>
<td>93%</td>
</tr>
<tr>
<td>Intervene in a situation if it could lead to unwanted* sexual behavior.</td>
<td>63%</td>
<td>78%</td>
<td>85%</td>
<td>71%</td>
</tr>
<tr>
<td>Confront a teammate if they are treating partner inappropriately.</td>
<td>59%</td>
<td>70%</td>
<td>74%</td>
<td>47%</td>
</tr>
<tr>
<td>Walk away from a confrontation.</td>
<td>58%</td>
<td>61%</td>
<td>62%</td>
<td>74%</td>
</tr>
</tbody>
</table>

**Note:** Endorsement of top two points on a 5-point scale. *In 2012, the question referred to “inappropriate sexual behavior;” this was updated to “unwanted” in 2016 and repeated in 2023. Sources: NCAA Social Environments Study (2012, 2016); NCAA Student-Athlete Health and Wellness Study (2023).

Green indicates a decrease of 5 percentage points or more from 2016.

Yellow indicates an increase of 5 percentage points or more from 2016.
“I wish the coaches and administrators at my school talked more with my team about the following wellness topics”

<table>
<thead>
<tr>
<th>Wellness Topic</th>
<th>Men's Sports</th>
<th>Women's Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proper nutrition</td>
<td>52%</td>
<td>60%</td>
</tr>
<tr>
<td>Mental wellness</td>
<td>42%</td>
<td>67%</td>
</tr>
<tr>
<td>Getting good sleep</td>
<td>40%</td>
<td>46%</td>
</tr>
<tr>
<td>Weight management</td>
<td>29%</td>
<td>36%</td>
</tr>
<tr>
<td>Body image</td>
<td>16%</td>
<td>50%</td>
</tr>
<tr>
<td>Drug testing/NCAA banned substances</td>
<td>15%</td>
<td>14%</td>
</tr>
<tr>
<td>Drinking/substance misuse</td>
<td>11%</td>
<td>13%</td>
</tr>
<tr>
<td>Concussion awareness</td>
<td>10%</td>
<td>12%</td>
</tr>
<tr>
<td>Sexual violence prevention</td>
<td>8%</td>
<td>18%</td>
</tr>
</tbody>
</table>

Source: NCAA Student-Athlete Health and Wellness Study (2023).