

Preventing Alcohol and Other Drug Use in Student-Athletes



SPORT SCIENCE INSTITUTE™

Most Student-Athletes Don't Use/Misuse

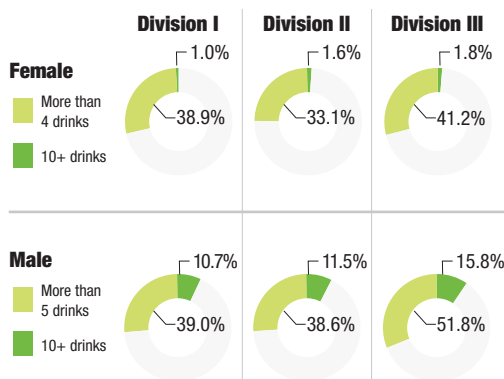
% of student-athletes reporting "never used"

99.6%	Heroin
99.5%	Methamphetamine
99.1%	Anabolic steroids
98.2%	Ultracet, Ultram or Tramadol
98.0%	Amphetamines
97.4%	Human growth hormone (HGH)
97.3%	Injectable Toradol
97.1%	LSD
96.1%	Ecstasy/Molly
94.5%	Cocaine
84.5%	ADHD stimulants
83.3%	Narcotic pain medication
75.3%	Marijuana
49.0%	Tylenol or acetaminophen
44.6%	NSAIDs
19.8%	Alcohol

Alcohol Use

Most don't misuse alcohol. See percentages of higher risk drinking within the last 12 months.*

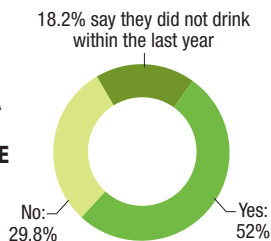
PERCENTAGES OF ALCOHOL USE BASED ON AMOUNT



EFFECTS ON ATHLETIC PERFORMANCE

- Constricts aerobic metabolism and endurance
- Requires increased work to maintain weight
- Inhibits absorption of nutrients, which then:
 - Reduces endurance
 - Decreases protein synthesis for muscle fiber repair
 - Decreases immune response
 - Increases risk of injury
- Alcohol use 24 hours before athletic activity significantly reduces aerobic performance
- Weekly alcohol consumption doubles the rate of injury

WITHIN THE LAST YEAR, HAVE YOU EXPERIENCED A HANGOVER AS A CONSEQUENCE OF DRINKING ALCOHOL?



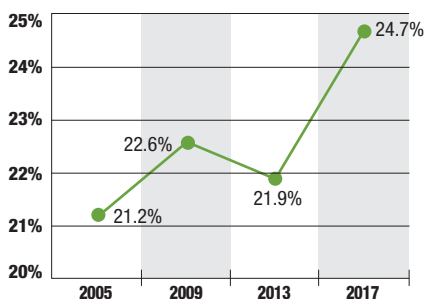
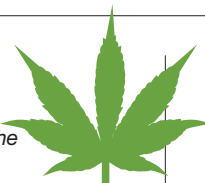
EFFECTS OF A HANGOVER

- Increases heart rate
- Decreases left ventricular performance
- Increases blood pressure
- Decreases endurance performance
- Dehydration



Marijuana Use

Most don't use marijuana. Here is the percent reporting use within the last 12 months.*



POSSIBLE EFFECTS OF MARIJUANA USE

- Slows reaction time
- Distorts sensory perception
- Impairs balance and coordination
- Increases heart rate and appetite
- Impairs learning and memory
- Anxiety, panic attacks, psychosis
- Cough and respiratory infections/compromise when smoked or vaped

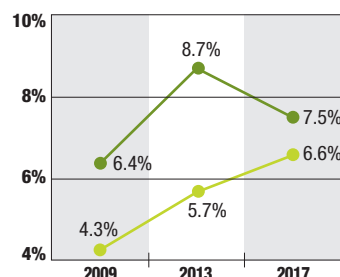
Stimulant Use

Most student-athletes do not use. Here is the percent reporting use of the following within the last 12 months.*



ADHD STIMULANTS

● With a prescription ● Without a prescription



POSSIBLE EFFECTS OF STIMULANT USE

- Anxiety
- Panic attacks
- Paranoia
- Delusions
- Dehydration and increase in body temperature

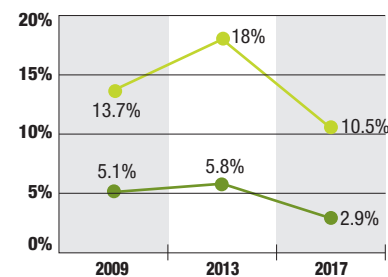
Narcotic Use

Most student-athletes do not use. Here is the percent reporting use of the following within the last 12 months.*



NARCOTIC PAIN MEDICATION

● With a prescription ● Without a prescription



POSSIBLE EFFECTS OF NARCOTIC USE

- Lack of awareness of important pain signals
- Sleepiness
- May compromise breathing, heart rate and blood pressure
- Risk of dependency and addiction

For prevention strategies, go to ncaa.org/sport-science-institute/substance-abuse-prevention-tool-kit

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*Source: NCAA 2017 Substance Use Survey and The University of North Carolina at Greensboro Institute to Promote Athlete Health and Wellness