Preventing Alcohol and Other Drug Use in Student-Athletes

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

<table>
<thead>
<tr>
<th>Division</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>More than 4 drinks</td>
<td>10+ drinks</td>
</tr>
<tr>
<td>Division I</td>
<td>1.0%</td>
<td>38.9%</td>
</tr>
<tr>
<td>Division II</td>
<td>1.6%</td>
<td>33.1%</td>
</tr>
<tr>
<td>Division III</td>
<td>1.8%</td>
<td>41.2%</td>
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18.2% say they did not drink within the last year

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?

Yes: 52%
No: 29.8%

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.*

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.*

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