

Patterns of Supplement Use among NCAA Student-Athletes

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Have you used nutritional supplements in the past 12 months?

- 58.4% No
- 12.8% Yes, but I've stopped now
- 29.2% Yes

Which supplements have you used?

(mark all that apply)

- 26% Creatine
- 10% Amino Acids
- 5% Thermogenics (weight loss)
- 4% Andro or norandro
- 4% Ephedrine or ma huang
- 4% Chromium
- 3% HMB
- 1% DHEA
- 1% GHB
- 10% Other

What are the reasons you use nutritional supplements?

(mark all that apply)

- 27% To improve athletic performance
- 27% To improve physical appearance
- 20% For weight loss/weight gain
- 20% For health reasons in general
- 9% To prevent injury
- 6% To recover from injury or illness

Where do you usually get your nutritional supplements?

(mark only one)

- 59% Retail store
- 9% Friend or family member
- 5% Strength coach
- 5% Coach
- 5% Athletic trainer
- 4% Website/mail order

Which of the following are your sources of information about supplement?

(mark all that apply and answered by all respondents)

- 14% Friend
- 13% Retail Store
- 12% Nutritionist / dietician
- 12% Teammate or other athlete
- 9% Parent
- 7% Internet
- 8% Strength coach
- 8% Athletic trainer
- 7% Coach
- 5% Other physician
- 1% Team physician

When did you start using nutritional supplements?

- 6% Junior high or before
- 57% High School
- 20% Freshman year of college
- 16% After freshman year of college

If you have never used or have stopped using supplements, what is the main reason?

- 40% No desire to experience the effects
- 16% Concerned about what it might do to my health
- 10% I didn't get the desired effect
- 10% It's against my beliefs

If you have never used or have stopped using supplements, what is the main reason?

- 7% Costs too much
- 1% Coach's rules
- 1% Fear of losing my eligibility
- 0.3% Fear of getting caught

Findings on Ephedrine

- 3.9% had used ephedrine in the past year
- 22% used it as appetite suppressant/weight loss
- 58% begin using in high school
- Higher rates among certain women's teams, e.g. gymnastics
- Usage seems to be increasing since 1997

Summary

- A significant portion of NCAA athletes use supplements
- Use of supplements begins in junior high and high school
- Better sources of information need to be made more available
- Effect of NCAA legislation

2001 NCAA Drug Education/testing survey

- Study conducted every 2 years
- Sent to Directors of Athletics
- 978 surveys mailed
- 66% response rate

Results of 2001 Drug Education/testing survey

Which supplements will result in a positive test?

- Androstenedione 83%
- Ephedrine 82%
- 19-norandrostenedione 72%
- Creatine 11%
- Amino acids 8%
- Glucosamine 8%

NCAA Structure

- 1000 Institutions
- 3 Divisions
- 89 Conferences
- 350,000 Athletes
- 20 Men's sports
- 19 Women's sports