1. Most Student-Athletes Don’t Use/Abuse

- Ephedrine: 99.1%
- Anabolic Steroids: 99.0%
- Cocaine: 96.8%
- Synthetic Marijuana: 94.3%
- Amphetamines: 93.3%
- Spit Tobacco: 78.8%
- Cigarettes: 83.5%
- Marijuana: 67.1%
- Alcohol: 14.8%

% of student-athletes reporting “never used”

2. Alcohol Use

Most don’t abuse Alcohol. See percentages of higher risk drinking within the last 12 months.*

<table>
<thead>
<tr>
<th>DIVISION 1</th>
<th>DIVISION 2</th>
<th>DIVISION 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEMALE</td>
<td>MALE</td>
<td></td>
</tr>
<tr>
<td>31.9%</td>
<td>57%</td>
<td>60.5%</td>
</tr>
</tbody>
</table>

More than 4 drinks

10+ drinks

EFFECTS ON ATHLETIC PERFORMANCE
- Constricts aerobic metabolism and endurance
- Requires increased work to maintain weight
- Inhibits absorption of nutrients which leads to:
  - Reduced endurance
  - Decreased protein synthesis for muscle fiber repair
  - Decreased immune response
  - Increased risk of injury
- Alcohol use 24 hours before athletic activity significantly reduces aerobic performance
- Weekly alcohol consumption doubles the rate of injury

EFFECTS OF A HANGOVER
- Increased heart rate
- Decreased left ventricular performance
- Increased blood pressure
- Decreased endurance performance
- Dehydration

3. Marijuana Use

Most don’t use Marijuana. Here is the % reporting use within the last 12 months*

- 2005: 31.3%
- 2009: 22.6%
- 2013: 21.9%

EFFECTS
- 5 second reaction time
- Distorted sensory perception
- Impaired balance and coordination
- Increased heart rate and appetite
- Impaired learning and memory
- Anxiety, panic attacks, psychosis
- Cough, frequent respiratory infections

4. Stimulant Use

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

- Adderall or Ritalin (ADHD medications)
- Vicodin, OxyContin or Percocet (pain medications)

5. Narcotic Use

6. What motivates alcohol & drug use?

- Enhancement
- Social
- Conformity
- Coping

7. Effective Prevention Strategies

- Attitudes
- Skills
- Knowledge
- Communication
- Lower Risk Behaviors
- Risk Management Skills
- Alcohol & Drug Accessibility
- Alcohol-Free Events
- Policies
- Campus, Athletics, Teams

8. Effective Prevention Partners

- Teammates
- Coaches
- Trainers
- Parents

This resource was developed in partnership with The Institute to Promote Athletic Health and Wellness at The University of North Carolina at Greensboro.

> For more information visit us online at athleteswellness.uncc.edu

NCAA 2013 SUBSTANCE USE SURVEY