

NCAA National Study on Substance Use Habits of College Student-Athletes

Executive Summary

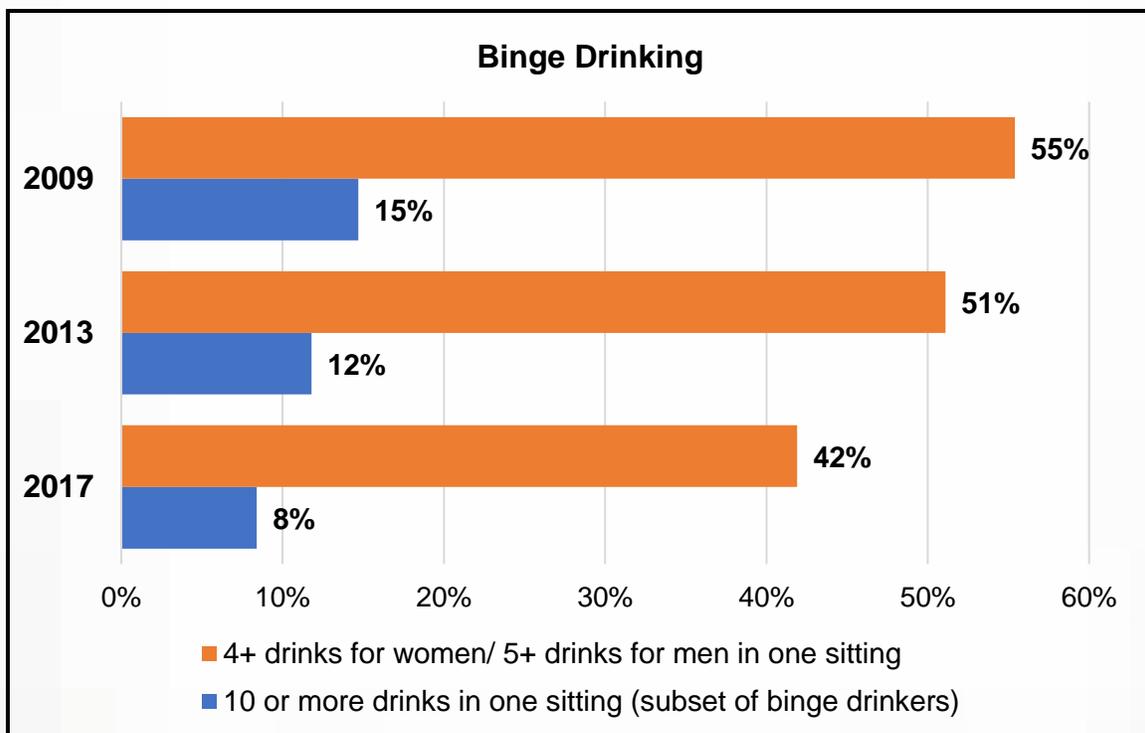
June 2018



FINDINGS

Alcohol Use

- Overall, 77% of student-athletes reported drinking alcohol in the last year. This number is down slightly from previous years and mirrors the percentage of non-athletes that drink (81%, Core study; 79%, MTF study). 36% of student-athletes reported drinking on a weekly basis and nearly 2% reported drinking daily.
- 42% of all student-athletes said they engage in binge drinking (4 or more drinks for women, 5 or more drinks for men in one sitting). However, binge drinking has decreased since 2009.

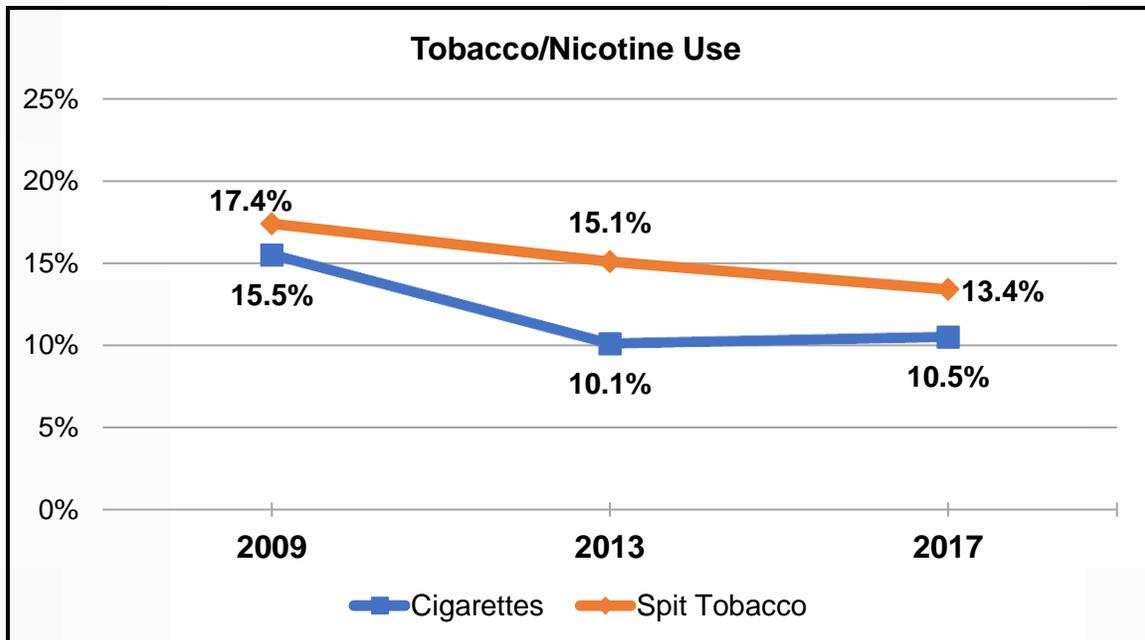


- The highest rates of reported binge drinking by sport were in lacrosse (69% among men, 57% for women), hockey (men 64%, women 56%) and swimming (men 55%, women 49%).

FINDINGS

Tobacco/Nicotine Use

- The most frequently used smoked tobacco products were cigars (17% of student-athletes smoked at least once in the last year), followed by cigarettes (11%) and hookah (10%). Cigarette use is lower among student-athletes than non-athletes (19%, MTF). 8% of student-athletes reported using e-cigarettes.



- In the past year, 13% of student-athletes reported using spit tobacco at least once. 5% of all student-athletes reported using spit tobacco daily.
- Although spit tobacco use has decreased slightly, 46% of players in men's ice hockey and 44% in baseball reported using the product in the last year. Nearly 20% from each sport reported that they use it daily. Among women's sports, ice hockey players used spit tobacco at the highest rate (13%).

FINDINGS

Marijuana Use

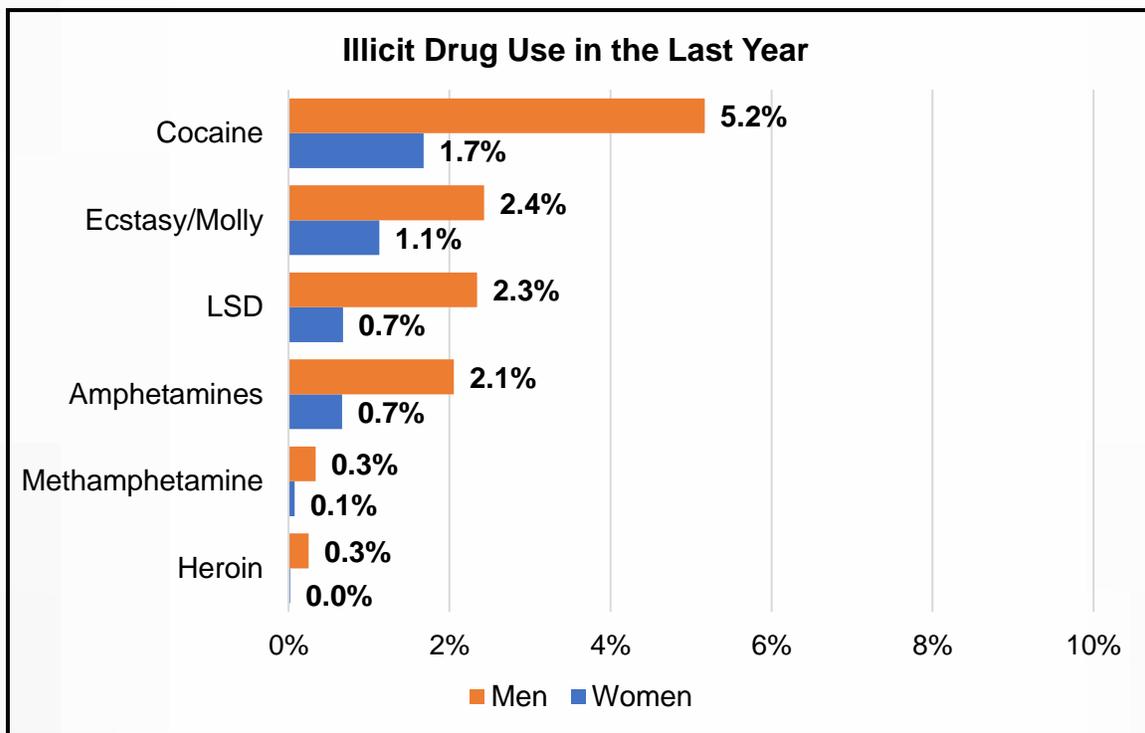
- Self-reported marijuana use is lower among student-athletes (25% use by inhaling or ingesting) than the non-athlete college population (33%, Core; 39%, MTF).
- 24% of student-athletes reported inhaling marijuana in the last year (compared with 22% reporting marijuana use in 2013).
- 11% of student-athletes reported using edible forms of marijuana.
- 77% of marijuana users reported doing so for social reasons. 19% said they use it for pain management.
- Marijuana use was higher among student-athletes who identified living in a state where it is legal for recreational or medical use (39% vs. 26% in states where it is not legal).
- At the sport level, marijuana use was highest among men (50%) and women (34%) lacrosse players.
- Division III student-athletes continue to be the highest reported users of marijuana.

	Division I	Division II	Division III
2017	18%	22%	33%
2013	16%	20%	28%
2009	17%	16%	28%

FINDINGS

Other Illicit Drug Use

- Reported use of amphetamines among student-athletes (2%) is lower than among non-athletes (5%, CORE; 10%, MTF). Student-athlete amphetamine use has dropped since 2013.
- Reported cocaine use among student-athletes is similar to that of non-athletes (4% use in the last year). Lacrosse athletes have the highest rates of cocaine usage in both men's (22% reported using at least once in the last year) and women's sports (6%).



FINDINGS

Prescription Drug Use

- 11% of student-athletes reported using narcotic pain medication with a prescription, down from 18% in 2013. Three percent of student-athletes reported using narcotic pain medication without a prescription, also down from the previous survey (6% in 2013). 2% of student-athletes reported misusing narcotic pain medication.

Narcotic Pain Medication Used in the Last Year			
	2009	2013	2017
WITH a prescription	13.7%	18.0%	10.5%
WITHOUT a prescription	5.1%	5.8%	2.9%
ADHD Stimulants Used in the Last Year			
	2009	2013	2017
WITH a prescription	4.5%	5.7%	6.6%
WITHOUT a prescription	6.7%	8.7%	7.5%

- Women's gymnastics student-athletes (18%) were the highest users of narcotic pain medication.
- Reported ADHD stimulant use without a prescription (8%) was higher than use with a prescription (7%). Use with a prescription has increased slightly and use without a prescription has decreased slightly. 6% of student-athletes reported misusing ADHD stimulants.

STUDY BACKGROUND

- Findings based on a 2017 NCAA-administered survey of approximately 23,000 student-athletes.
- The NCAA has conducted a national substance use survey on a quadrennial basis since 1985. However, due to changes in the survey methodology, comparisons with current results are limited primarily to data from the 2013 and 2009 studies.
- One to three teams were invited to participate at each NCAA school. It is estimated that more than 60% of NCAA schools took part in the study. Surveys were administered at each college with the assistance of the Faculty Athletics Representative. Data were collected anonymously. Results cannot be tied to a particular student-athlete or school.
- The lead investigator for the study was Markie Cook from the NCAA Research staff.
- References for non-athlete comparison data:
 - SIUC/Core Institute. (2013). Core alcohol and drug survey long form: Executive summary. Retrieved from: <https://core.siu.edu/common/documents/2013.pdf>
 - Schulenberg, J.E., Johnston, L.D., O'Malley, P.M., Bachman, J.G., Miech. R. A., Patrick, M.E. (2016). Monitoring the Future national survey results on drug use, 1975-2016: Volume II, college students & adults 19-55. Retrieved from: http://www.monitoringthefuture.org/pubs/monographs/mtf-vol2_2016.pdf