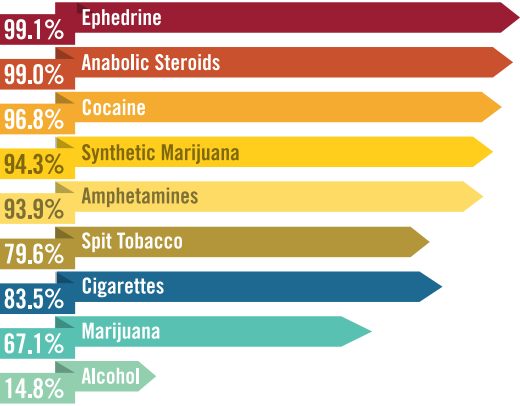


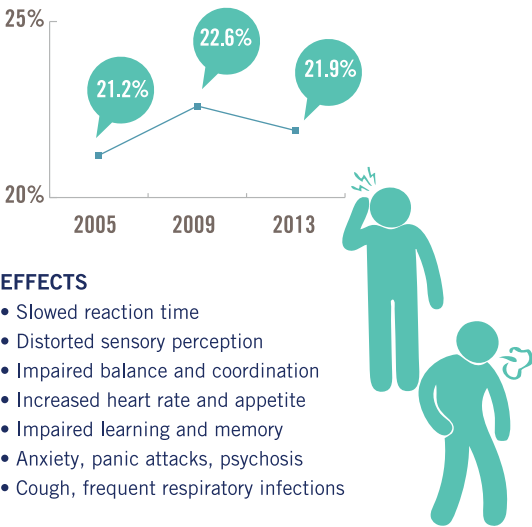
1. Most Student-Athletes Don't Use/Abuse



% of student-athletes reporting "never used"\*

3. Marijuana Use

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



- EFFECTS**
- Slowed 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

6. What motivates alcohol & drug use?

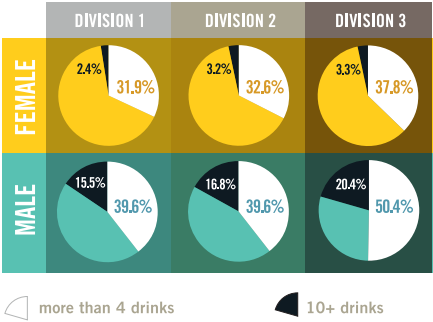


7. Effective Prevention Strategies

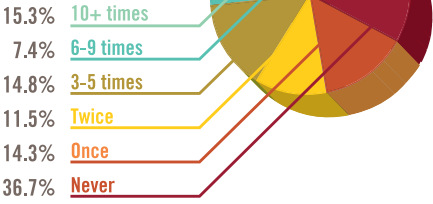


2. Alcohol Use

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



HANGOVER FREQUENCY



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

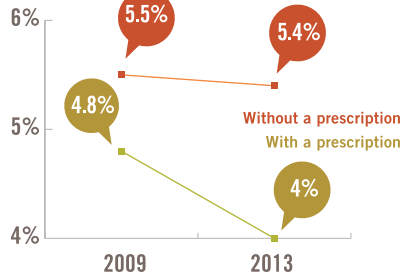
- Increased heart rate
- Decreased left ventricular performance
- Increased blood pressure
- Decreased endurance performance
- Dehydration



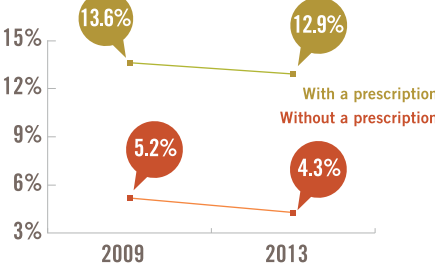
4. Stimulant Use

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)



EFFECTS OF STIMULANT USE

- Anxiety
- Panic
- Paranoia
- Delusions
- Increased body temperature/dehydration (during exercise)



EFFECTS OF NARCOTIC USE

- Blocks pain
- Cause sleepiness
- Affects breathing, heart rate & blood pressure (at higher doses)
- High potential for addiction



8. Effective Prevention Partners



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

> For more information visit us online at [athletewellness.uncg.edu](http://athletewellness.uncg.edu)

\*NCAA 2013 SUBSTANCE USE SURVEY



THE UNIVERSITY of NORTH CAROLINA  
**GREENSBORO**  
Institute to Promote Athlete Health and Wellness