

# Preventing Alcohol and Other Drug Use in Student-Athletes



## Most Student-Athletes Don't Use/Misuse

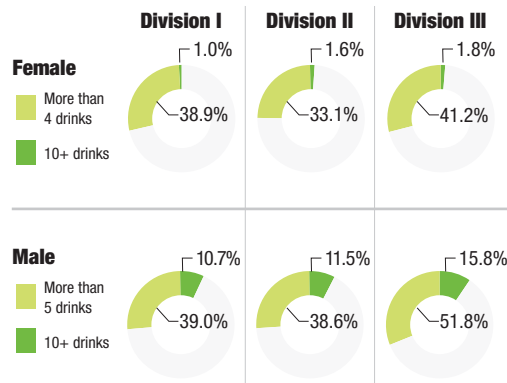
% of student-athletes reporting "never used"

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.\*

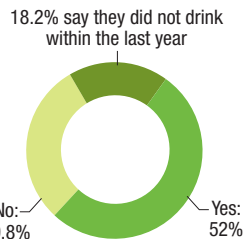
### PERCENTAGES OF ALCOHOL USE BASED ON AMOUNT



### 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?



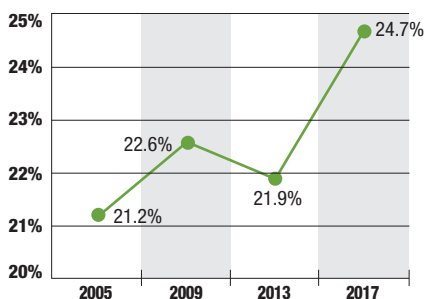
### EFFECTS OF A HANGOVER

- 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

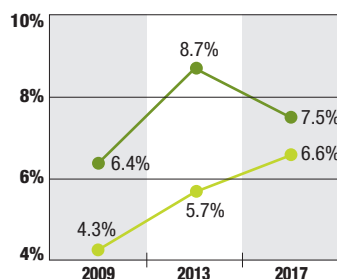
- Slows reaction time
- Distorts sensory perception
- Impairs balance and coordination
- Increases heart rate and appetite
- Impairs learning and memory
- Anxiety, panic attacks, psychosis
- Cough and respiratory infections/compromise when smoked or vaped

## Stimulant Use

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

### ADHD STIMULANTS

● With a prescription ● Without a prescription



### POSSIBLE EFFECTS OF STIMULANT USE

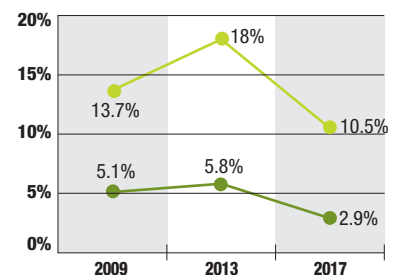
- Anxiety
- Panic attacks
- Paranoia
- Delusions
- Dehydration and increase in body temperature

## Narcotic Use

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

### NARCOTIC PAIN MEDICATION

● With a prescription ● Without a prescription



### 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