

NCAA Drug Statistics

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Most Student-Athletes Don't Use/Abuse

NCAA 2013 Substance Use Survey

Percent of Student-Athletes Reporting “Never Used”

Ephedrine – **99.1%**

Anabolic Steroids – **99.0%**

Cocaine – **96.8%**

Synthetic Marijuana – **94.3%**

Amphetamines – **93.9%**

Spit Tobacco – **79.6%**

Cigarettes – **83.5%**

Marijuana – **67.1%**

Alcohol – **14.8%**

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Emerging and Re-emerging Drug Issues

- Alcohol
- Marijuana and synthetic cannabis
- Prescription drugs
 - Narcotics
 - Stimulants

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Alcohol

Use Within the Last 12 Months

2005	2009	2013
77.5%	83.2%	80.4%

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Alcohol

When you drink alcohol, typically how many drinks do you have in one sitting?

	Female		
	Division I	Division II	Division III
More than 4 drinks	31.9%	32.6%	37.8%
10+ drinks	2.4%	3.2%	3.3%
	Males		
	Division I	Division II	Division III
More than 5 drinks	39.6%	39.6%	50.4%
10+ drinks	15.5%	16.8%	20.4%

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Alcohol and GPA

	Female		Male	
	More than 4 drinks	10+ Drinks	More than 5 drinks	10+ Drinks
A (3.84 - 4.00)	24.5%	1.6%	34.3%	12.5%
A- (3.50 - 3.83)	33.4%	2.0%	40.6%	13.6%
B+ (3.17 - 3.49)	34.6%	2.6%	44.1%	16.9%
B (2.84 - 3.16)	35.8%	3.8%	46.7%	18.9%
B- (2.50 - 2.83)	38.5%	4.1%	43.9%	18.7%
C+ (2.17 - 2.49)	39.9%	3.7%	43.7%	20.6%
C (1.84 - 2.16)	38.6%	7.6%	44.2%	19.6%
C- (1.50 - 1.83)	35.4%	16.0%	51.9%	30.3%
D or below (< 1.50)	46.3%	26.3%	54.6%	29.1%

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Alcohol 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

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Lingering Effects of Alcohol

- Alcohol use **24 hours before athletic activity** significantly reduces aerobic performance
- Weekly alcohol consumption **doubles** the rate of injury

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O'Brien & Lyons (2000) *Sports Medicine*

Yusko, et al. (2008) *Addictive Behaviors*

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The Hangover Effect

The day after, effects can include...

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

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Marijuana and Synthetic Cannabidiol

Substance	Year	Never Used	Used in the last 12 months	Used, but not in the last 12 months
Cocaine	2009	96.2%	1.8%	2.0%
	2013	96.8%	1.9%	1.4%
Marijuana	2009	63.8%	22.6%	13.7%
	2013	67.1%	21.9%	11.0%
Synthetic Marijuana	2009	--	--	--
	2013	94.3%	1.6%	4.1%

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Marijuana

Use Within the Last 12 Months

2005	2009	2013
21.2%	22.6%	21.9%

Synthetic cannabis was a new substance surveyed in 2013. When we combined marijuana and synthetic cannabis use, “overall” marijuana use it was only a fraction off from marijuana use, because a very small number of people had used synthetic cannabis without also using marijuana. For this reason, we include marijuana only here so we can more appropriate compare trends.

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Marijuana Effects/NIDA

- euphoria and relaxation
- 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
- possible mental health decline
- addiction

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Marijuana

GPA (4.0 point scale)	Never used	Used in last 30 days	Used in last 12 months	Used, but not in last 12 months
A (3.84 - 4.00)	78.3%	5.8%	7.6%	8.3%
A- (3.50 - 3.83)	71.6%	8.0%	10.3%	10.1%
B+ (3.17 - 3.49)	67.3%	9.0%	12.7%	10.9%
B (2.84 - 3.16)	64.3%	10.8%	12.4%	12.5%
B- (2.50 - 2.83)	63.7%	12.0%	12.8%	11.5%
C+ (2.17 - 2.49)	60.4%	13.9%	14.0%	11.7%
C (1.84 - 2.16)	61.8%	14.0%	13.3%	10.9%
C- (1.50 - 1.83)	55.9%	19.7%	11.7%	12.7%
D or below (< 1.50)	52.4%	29.6%	8.6%	9.4%

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U MD College Life Study 2013

- The study followed 1,200 college freshmen over a 10-year period.
- Found that substance use, "especially marijuana use," contributed to "college students skipping more classes, spending less time studying, earning lower grades, dropping out of college, and being unemployed after college."
- Early chronic use can lower IQ as many as eight points.

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Stimulants

- This group of drugs includes a wide variety of chemicals, ranging from caffeine and ephedrine to Ritalin and Adderall (amphetamine).
- Stimulant abuse can cause anxiety, panic, paranoia and delusions.
- Stimulant use during exercise can contribute to increased body temperature and dehydration.
- Stimulants are **BANNED** by the NCAA – a medical exception procedure is available for demonstrated medical need.

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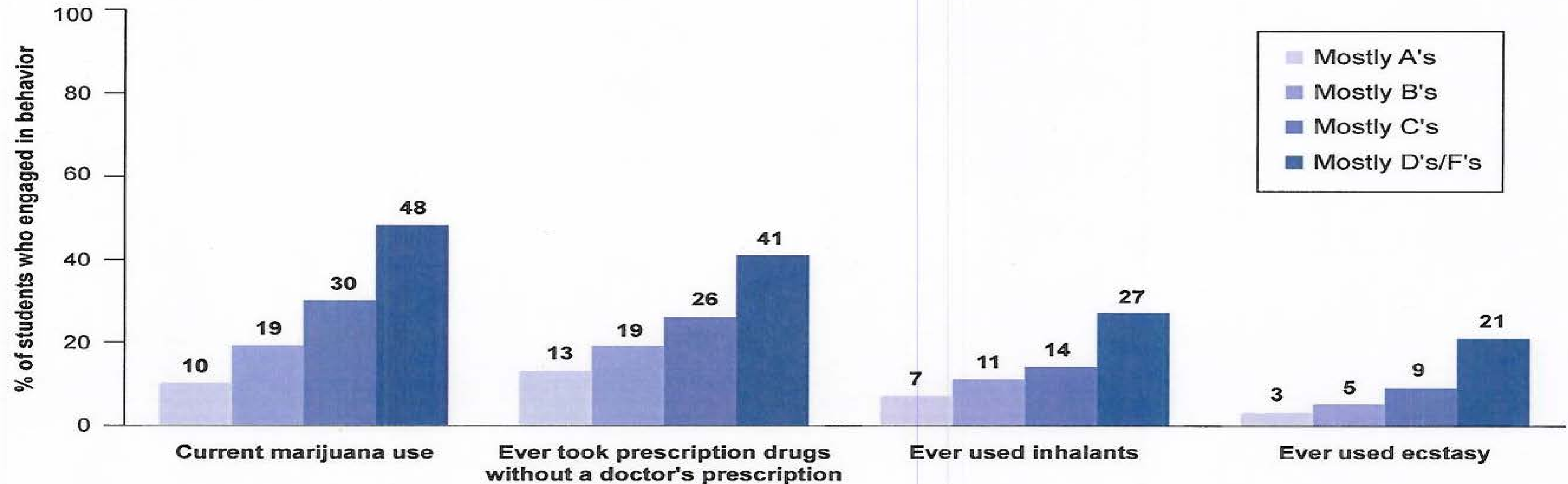


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Drug Use and Grades

Figure 2. Percentage of high school students who currently use marijuana, and used prescription drugs, inhalants, and ecstasy during their lifetime, by type of grades earned (mostly A's, B's, C's, or D's/F's)—United States, Youth Risk Behavior Survey, 2009



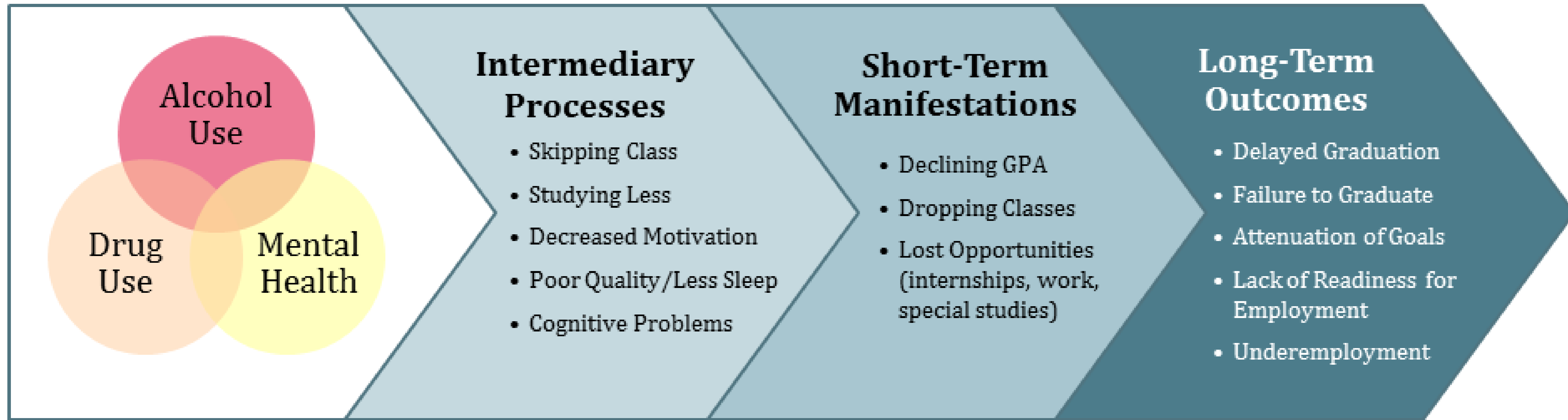
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Cascade of effects on Academic Outcomes



Center on Young Adult Health and Development, University of Maryland 2013

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