

# Substance Use

**National Study of  
Substance Use Trends  
Among NCAA College  
Student-Athletes**





THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

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January 2012

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# INTRODUCTION

## National Study of Substance Use Trends among NCAA College Student-Athletes

This report provides summary information concerning substance use behaviors of men's and women's intercollegiate athletics programs at NCAA member institutions for the years 2005 and 2009. The data for this report are collected in a quadrennial NCAA student-athlete survey conducted within each of those academic years. The name of that quadrennial study is the NCAA National Study of Substance Use Habits of College Student-Athletes.

### BACKGROUND, CHANGES AND REVISIONS

The initial NCAA National Study of Substance Use Habits of College Student-Athletes occurred in 1985. That study and the two subsequent replications were completed for the NCAA by researchers at Michigan State University. The 1997 and 2001 studies were facilitated by the NCAA research staff with the assistance of Dr. Percy Bates from the University of Michigan. The 2005 and 2009 study were conducted solely by the NCAA research staff on behalf of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sport.

Over this period, the survey and the methods have been altered to improve feedback. For example, the 1985, 1989 and 1993 studies only sampled student-athletes on ten specific sports teams at 11 NCAA member institutions. The same ten sports were sampled at each institution. The 1997, 2001, 2005 and 2009 studies requested data on one or more sport teams from every NCAA member institution. The sampling structure for the 1997 and 2001 studies was designed so at least 12 percent of the institutions sponsoring a given sport in each NCAA division would be asked to provide data for that particular team. For the 2005 and 2009 studies, the sampling structure was increased so that at least 15 percent of the institutions sponsoring a given sport in each NCAA division would be asked to provide data for that particular team. Thus, teams in all NCAA championship sports from a large group of member institutions were sampled. The other major difference between the 1985, 1989, and 1993 studies and the four most recent replications was the way in which the surveys were administered. In the first three iterations of the survey, the researchers traveled to the 11 institutions in the sample and administered the survey in

person. In the last four studies, the surveys were sent to the faculty athletics representative (FAR) on campus and those individuals were given explicit instructions regarding administration of the instrument. (Note: The FAR is a faculty member appointed on each campus per NCAA rules to oversee certain aspects of the athletics program and represent the faculty's interest to the athletics department). There were significant changes made to the actual survey instrument for the 2005 and 2009 iterations of this study, and because of those changes the data collected in those years are not generally comparable to studies previous to 2005.

### OBJECTIVES

The primary objective of this trends report is to update NCAA policy makers with both current and historical information concerning levels of drug and alcohol use by student-athletes within college athletics. A second objective is to provide an analysis of information regarding why student-athletes do or do not use specific substances, where they obtain illegal drugs, when they started to use drugs and attitudes regarding drug use and drug testing.

### METHODS

#### Current Survey Instrument

The 2009 survey instrument represented a major substantive revision in comparison to the instruments used in previous iterations of this study. In particular, NCAA research staff worked in conjunction with the NCAA's Competitive Safeguards and Medical Aspects of Sport (CSMAS) committee to update the list of drugs studied, to modify the manner in which drug use was reported, to shorten the survey and eliminate excessive skip patterns. The specific substances included in the 2009 study were alcohol, amphetamines, anabolic steroids, cigarettes, cocaine, ephedrine, marijuana, narcotics and spit tobacco.

In all, there were five sections to this survey. The first section was an overview of substance use. The second section asked about attitudes toward drug testing. The following section asked for detailed information on where student-athletes obtain substances and receive information on how to use the substances. The fourth section inquired about prescription drug use and the use of dietary supplements. The final section included a few broad demographic questions. In order to guarantee the respondents anonymity, no information that could be used to identify a particular student-athlete or institution was collected in this survey.

### **Sampling**

In the 2009 study, all 1,076 active member institutions of the NCAA were asked to participate in the study and to survey one to three pre-specified teams (determined by a stratified random sampling procedure) on their campus. The sampling plan was devised to achieve an appropriate representation of all NCAA student-athletes and to produce sufficient within-sport sample sizes for analysis, while minimizing the burden on individual schools. On a few rare occasions, schools were allowed to replace sampled teams with the assistance of NCAA research staff. Roughly 15 percent of teams within each NCAA championship sport were asked to participate under this plan, although this varied as a function of several factors (for example, fall sports were oversampled due to the timing of the survey administration in winter/spring 2009). In total, as described below, completed surveys were received from 20,474 student-athletes across the 23 championship sports surveyed. Due to anonymity protocols, it is unknown exactly how many schools/teams participated.

### **Survey Administration**

Once teams were selected for participation, a letter was sent to the FAR at each member institution. The letter asked for the FAR's cooperation in conducting the survey, and identified the athletics teams to be surveyed on that campus if the FAR and teams chose to participate. Detailed instructions for administration of the survey were provided to the FAR, including sample materials to assist with submission to the campus institutional review board. These instructions, and the instructions that were printed on the survey form, made it clear to the student-athletes that cooperation in the study was completely voluntary and that all responses

would be totally anonymous. The FAR was instructed to give the survey to all members of a particular team on the same occasion in a classroom setting. The FAR was provided with a pre-addressed, pre-paid envelope in which student-athletes were to deposit surveys upon completion. Then, the last student-athlete to complete the survey was asked to seal the envelope and see that it was ready to send to a third-party vendor. No identifying information about the student-athletes or the institutions was collected. It was intended that these procedures would reassure student-athletes that the process would be anonymous. Even with these measures to ensure anonymity, self-report data of this kind can be problematic due to the sensitive nature of the issues. Therefore, absolute levels of use might be underestimated in a study such as this. However, broad trends in use patterns across years and among types of drugs have shown to be a valid use of these data.

### **Data Compilation / Cleaning**

Completed packets of surveys were mailed directly to the outside vendor, who was responsible for scanning the surveys into an electronic database. All paper survey materials were destroyed once the integrity of the resulting database was confirmed. The data were then checked by NCAA research staff for miscodings, inconsistencies, and questionable data. Advanced statistical techniques (for example, a form of item response theory methods) were developed and applied to highlight cases in which conflicting information occurred within a survey (e.g., a student-athlete claiming no substance use in one part of the survey but heavy substance use in another). Such cases were examined closely and removed if it was clear that they represented insincere responses. This process was duplicated for the 2005 data in order to ensure validity of comparisons between the two years.

### **Analysis**

The SPSS library of statistical packages was used to compile the descriptive statistics to be reported in this study. Both the 2005 and 2009 data used in this report were statistically weighted relative to 2009 participation numbers to provide better estimates of aggregate national usage rates. The purpose of weighting data is to ensure that any aggregate rates produced from the study reflect an accurate representation of the population rather

than an anomalous value resulting from oversampling or differential group response rate. Prior research on similar NCAA national studies indicated that the simplest accurate way to weight our samples to be representative of the population is to weight data as a function of sport and NCAA division. Historically, this yields a set of sample weights that mirrors the population in terms of gender, race/ethnicity or any other variable we can readily identify that might impact sample statistics of interest. Different weighting functions were developed for aggregating across sport within division, across division within sport, and across sport and division.

Note: The reported usage rates are based only on those individuals who actually responded to questions regarding use of specific drugs.

## ORGANIZATION OF THE REPORT

The current report is set up in the following manner:

**Demographic Information and Methodology** - This section provides a background for the study and its stated objectives. A description of the survey instrument is given, as well as an analysis of the number and relative proportion of respondents based on various demographic characteristics.

**Historical Comparisons** - Summary tables are presented in this section showing the percentage of student-athletes use of substances in both the ergogenic and social drug use category by year. In addition to the yearly comparison, the tables in this section make it possible to see overall results and to make comparisons across divisions, sex and sport. Data are also exhibited by racial/ethnic background where applicable.

**Substance Use Experiences and Opinions** - Summary tables are presented in these sections showing data for all respondents for the questions posed in the survey. Tables show percentages of behavior pertaining to age of first time use, the frequency of use, the parameters of use, the main reasons for use or non-use, drug testing experiences and beliefs, among other issues addressed in the survey instrument.

Note: Prior years' data, although not comparative, may be found online at <http://www.ncaa.org/research> and are entitled NCAA Study of Substance Use Habits of College Student-Athletes.

## SUBSTANCE CATEGORY DEFINITIONS

### **Alcohol:**

a nervous system depressant. Examples: beer, wine, distilled spirits

### **Amphetamines:**

any of a group of drugs that stimulate the central nervous system. Examples: Adderall, Benzedrine, Dexedrine, Ecstasy, Methamphetamine, Preludin, Ritalin. Also called: Speed, Dexies, Uppers, Black Beauties, Bennies, Stackers, Yellow Jackets, Mini-Thins

### **Anabolic steroids:**

any of a group of testosterone or its synthetic derivatives. Examples: Anavar, Andro or Norandro products, Boldenone, DHEA, Dianabol (D-bol), Nandrolone, Stanozolol, Testosterone

### **Cigarettes:**

a slender roll of cut tobacco enclosed in paper and meant to be smoked and does not include cigars, pipes, or flavored tobacco

### **Cocaine:**

a stimulant obtained from coca leaves that is used illicitly for its euphoric effects

### **Ephedrine:**

a stimulant usually used as a bronchodilator and decongestant. Examples: ephedra, ma huang

### **Marijuana:**

the dried leaves and flowering tops of the pistillate hemp plant that yield tetrahydrocannabinol (THC). Examples: hashish, cannabis

### **Narcotics:**

a drug that in moderate doses dulls the senses, relieves pain and induces profound sleep, but in excessive doses causes stupor, coma



or convulsions. Examples: codeine, heroin, morphine, opium, oxycodone, percocet, vicodin

### **Nutritional/dietary supplements:**

herbs, botanicals or any ingredient or product OTHER than ephedrine intended to supplement the diet Examples: amino acids, creatine products, thermogenics, chromium, protein products, nitric oxide products, energy drinks, multivitamin and mineral products

### **Spit tobacco:**

products derived from tobacco plants that are absorbed through mucous membranes which contain the stimulant nicotine. Examples: Copenhagen, Skoal, Red Man

## **EXECUTIVE SUMMARY OF FINDINGS**

### **Ergogenic Findings**

#### **General Findings about Amphetamines**

- Less than four percent (3.7 percent) of the respondents indicated use of amphetamines within the last 12 months. This was a 0.5 percentage point decrease since 2005.
- Just over half of those who indicated amphetamine use reported that their age of first use was under 18.
- The majority of those reporting amphetamine usage report using less than once per week.
- Over half of the respondents using amphetamines indicated use during both their competitive season and their off season.
- The majority of the respondents using amphetamines indicated use AFTER practice and/or competition.

#### **General Findings about Anabolic Steroids**

- Less than half of one percent (0.4 percent) of the respondents indicated use of anabolic steroids within the last 12 months. This indicates a 0.7 percentage point decrease since 2005.

- For about half of those reporting anabolic steroid use, the reported age of the first experience with anabolic steroid was after age 18.
- Of those reporting anabolic steroid usage, all report using less than once per week.
- The majority of the respondents using anabolic steroids indicated use during their off season.
- When asked about use of specific ergogenic aids, less than one percent indicated usage of andro or norandro, HMB, clenbuterol, DHEA, epitestosterone, EPO, GHB, HCG, HGH, and testosterone.

#### **General Findings about Ephedrine**

- Less than one percent of the respondents indicated use of ephedrine within the last 12 months. No comparisons can be made with 2005, as this substance was not included in that instrument in a way that is comparable with the current year.
- For the majority of those reporting ephedrine use, the reported age of the first experience with ephedrine was under 18.
- The majority of those reporting ephedrine usage report using less than once per month.
- About half of the respondents using ephedrine indicated use during both their competitive season and their off season.
- The majority of the respondents using ephedrine indicated obtaining the substance from a friend, family member or teammate.

### **Social Drug Findings**

#### **General Findings about Alcohol**

- Overall, 83.1 percent of the respondents indicated drinking alcohol within the last 12 months. This was a 5.6 percentage point increase since 2005.
- Over half of student-athletes who indicated that they used alcohol in the past year, said they began using alcohol before the age of 18.
- The majority of those reporting alcohol usage report drinking alcohol less than two days per week.
- Approximately 49 percent of those reporting alcohol usage report drinking five or more drinks in one sitting.

- Slightly over 54 percent of the respondents indicated drinking during both their competitive and off seasons.
- The majority of the respondents indicated obtaining alcohol from a friend, family member or teammate.

#### **General Findings about Cigarettes**

- Respondents indicating use of cigarettes within the last 12 months has increased since 2005. In 2005, 14.6 percent of the respondents indicated use of cigarettes within the past year, while the 2009 study revealed use at 15.5 percent.
- For the majority of those reporting cigarette use, the reported age of the first experience with cigarettes was between the ages of 14-17.
- The majority of those reporting cigarette usage report using less than once per week. Less than one percent of student-athletes report using cigarettes on a daily basis.
- Over half of the respondents using cigarettes indicated use only during their off season.

#### **General Findings about Cocaine**

- The rate of cocaine use has not changed significantly from 2005 to 2009.
- For the majority of those reporting cocaine use, the reported age of the first experience with cocaine was between the ages of 16 – 20.
- The majority of those reporting cocaine usage report using less than once per month.
- Over half of the respondents using cocaine indicated use only during their off season.
- The majority of the respondents using cocaine indicated obtaining the substance from a friend, family member or teammate.

#### **General Findings about Marijuana**

- Overall, 22.6 percent of the respondents indicated use of marijuana within the last 12 months. This is a 1.4 percentage point increase since 2005.
- For the majority of those reporting marijuana use, the reported age of the first experience with marijuana was under the age of 18.

- Over half of those reporting marijuana usage report using less than once per month.
- The majority of the respondents using marijuana indicated use only during their off season.
- The majority of the respondents using marijuana indicated obtaining the substance from a friend, family member or teammate.

#### **General Findings about Narcotics**

- Overall, 3.3 percent of the respondents indicated use of narcotics within the last 12 months. No comparisons can be made with 2005, as this substance was not included in that instrument in a way that is comparable with the current year.
- For the majority of those reporting narcotics use, the reported age of the first experience with narcotics was under the age of 18.
- Approximately three quarters of those reporting narcotic usage report using less than once per month.
- Slightly over half of the respondents using narcotics indicated use during both their competitive season and their off season.
- The majority of the respondents using narcotics indicated obtaining the substance from a friend, family member or teammate.

#### **General Findings about Spit Tobacco**

- In 2009 17.4 percent of the respondents indicated use of spit tobacco within the last 12 months, while only 15.7 percent indicated use in 2005.
- For the majority of those reporting spit tobacco use, the reported age of the first experience with spit tobacco was under the age of 18.
- The majority of those reporting spit tobacco usage report frequency of use as less than two days per week. This type of tobacco usage appears to be much more prevalent than cigarette usage among student-athletes.
- The majority of the respondents using spit tobacco indicated use during both their competitive season and their off season.
- The majority of the respondents using spit tobacco indicated use AFTER practice and/or competition.



## **Other Findings**

### **General Findings about Drug Testing**

- When asked about being drug tested, 23.0 percent reported that they were personally drug tested by their college's drug testing program. Additionally, 44.2 percent indicated drug testing of their teammates by their college drug testing program.
- While less than 19 percent of the student-athletes report being drug testing by the NCAA, 48.3 percent report drug testing of their teammates by the NCAA.
- Slightly over five percent of the student-athletes reported personal drug testing by a national or international sports governing body, and 14.5 percent report that their teammates have been drug tested in this environment.

### **General Findings about Drug Testing Beliefs**

- Over 82 percent of the respondents indicated they strongly agree or agree that all professional athletes should be drug tested.
- Approximately 89 percent of the respondents indicated they strongly agree or agree that all Olympic athletes should be drug tested.
- Almost 60 percent of the respondents indicated they strongly agree or agree that all college athletes should be drug tested by their school and/or the NCAA.
- Approximately 51 percent indicated they strongly agree or agree that drug testing by individual colleges has deterred college athletes from using drugs, while slightly over 55 percent indicated they strongly agree or agree that drug testing by the NCAA has deterred college athletes from using drugs.
- Approximately 61 percent of the respondents indicated they strongly agree or agree with the statement "imposing team penalties for positive drug tests would be fair and appropriate."

### **General Findings about Prescription Medication Use**

- Within the last 12 months, 4.3 percent of the respondents indicated use of adderall or ritalin with a prescription, while 6.4 percent have indicated usage without a prescription.

- Approximately 13.2 percent of the respondents indicated use of Vicodin, Oxycontin or Percocet with a prescription in the last 12 months, while 4.9 percent reported using these drugs without a prescription.
- Approximately 12 percent of the respondents indicated use of asthma medications with a prescription, while one percent indicated usage of these drugs without a prescription in the last 12 months.

### **General Findings about Nutritional/Dietary Supplement Use**

- Less than five percent of the respondents indicated using the following nutritional/dietary supplements while in college: chromium, multivitamin with caffeine and diuretics.
- Between six and 15 percent of the respondents indicated using the following nutritional/dietary supplements while in college: amino acids, creatine, glucosamine, multivitamin and mineral with other additives, energy boosters, weight loss products, weight gain products and sleep aids.
- About 20 percent of the respondents report taking a general multivitamin during college.
- Approximately 40 percent of the respondents report drinking energy drinks and consuming protein products.

# CURRENT TABLES: DEMOGRAPHIC CHARACTERISTICS OF THE SAMPLE

## DIVISION

	2005	2009
Division I	8,543	7,241
Division II	4,341	4,637
Division III	6,493	7,820

## SEX

	2005	2009
Female	7,474	7,858
Male	11,814	12,119

## ETHNICITY

	2005	2009
American Indian/Alaska Native	163	186
Asian	394	253
Black	2,765	2,692
Hispanic	776	850
Native Hawaiian or Pacific Islander	N/A	135
White	14,629	14,416
Other	621	1,108

## ACADEMIC STANDING

	2005	2009
Freshman	7,211	6,562
Sophomore	4,971	5,242
Junior	4,162	4,844
Senior	3,208	2,867
Graduate Student	N/A	124

## LIVING ARRANGEMENTS

	2005	2009
Residence hall or other campus housing (not a fraternity/sorority)	11,138	12,805
Fraternity/sorority house	227	248
Apartment/house	7,076	5,753
With parents or family	842	728
Other	217	100

## GRADE POINT AVERAGE

	2005	2009
A /A-	N/A	5,065
B+/B-	N/A	12,020
C+/C-	N/A	2,443
D or below	N/A	64
No grades to date	N/A	75

## TOTAL USABLE SURVEYS

2005	2009
19,676	20,474

Note: Data were weighted for analysis based on 2009 population demographics to account for sampling differences in the two studies.

# HISTORICAL USAGE TABLES: ERGOGENIC DRUG USE

**TABLE 1:  
PATTERNS OF ERGOGENIC DRUG USE  
OVERALL AND BY DIVISION**

OVERALL PERCENTAGE OF USE WITHIN THE LAST 12 MONTHS								
Division	Division I		Division II		Division III		Overall	
Year	2005	2009	2005	2009	2005	2009	2005	2009
Amphetamines	4.0%	3.7%	3.7%	3.2%	4.6%	4.1%	4.2%	3.7%*
Anabolic Steroids	1.1%	0.4%	1.3%	0.4%	1.0%	0.5%	1.1%	0.4%
Ephedrine	--	1.1%	--	0.9%	--	0.9%	--	0.9%

Note: \* Denotes statistically significant at  $p < .01$

**TABLE 2:  
PATTERNS OF ERGOGENIC DRUG USE  
BY SEX**

OVERALL PERCENTAGE OF USE WITHIN THE LAST 12 MONTHS					
Sex	Female		Male		
Year	2005	2009	2005	2009	
Amphetamines	3.7%	3.3%	4.5%	4.0%	
Anabolic Steroids	0.3%	0.2%	1.7%	0.5%	
Ephedrine	--	0.9%	--	0.9%	

**TABLE 3:  
CURRENT PERCENTAGE OF ERGOGENIC DRUG USE  
BY RACE/ETHNICITY**

OVERALL PERCENTAGE OF USE WITHIN THE LAST 12 MONTHS							
2009	American Indian or Alaskan Native	Asian	Black	Hispanic	Native Hawaiian or Pacific Islander	White	Other
Amphetamines	3.1%	2.4%	1.4%	2.6%	8.2%	4.2%	3.6%
Anabolic Steroids	0.6%	1.0%	0.4%	0.5%	0.5%	0.4%	0.5%
Ephedrine	2.2%	0.4%	0.5%	0.7%	2.3%	1.0%	1.1%

Note: Changes in the gathering of racial/ethnic information from 2005 to 2009 result in incomparable results. Therefore only 2009 data are presented in this table.

**TABLE 4:  
PATTERNS OF ERGOGENIC DRUG USE  
BY MEN'S SPORTS**

OVERALL PERCENTAGE OF USE WITHIN THE LAST 12 MONTHS												
Substance	Year	Baseball	Basketball	Football	Golf	Ice Hockey	Lacrosse	Soccer	Swimming	Tennis	Track	Wrestling
Amphetamines	2005	4.0%	1.9%	4.0%	4.5%	6.5%	14.4%	5.3%	3.6%	3.8%	2.6%	7.3%
	2009	4.2%	1.8%	3.9%	3.2%	6.9%	12.2%	4.3%	3.9%	3.5%	1.4%	7.6%
Anabolic Steroids	2005	2.1%	1.6%	2.4%	1.1%	1.6%	1.5%	0.9%	0.8%	0.0%	0.8%	2.1%
	2009	0.6%	0.2%	0.8%	0.9%	0.3%	1.1%	0.2%	0.0%	0.6%	0.4%	0.0%
Ephedrine	2005	--	--	--	--	--	--	--	--	--	--	--
	2009	1.0%	0.6%	1.2%	0.6%	2.4%	2.3%	0.2%	0.9%	0.2%	0.8%	0.8%

**TABLE 5:  
PATTERNS OF ERGOGENIC DRUG USE  
BY WOMEN'S SPORTS**

OVERALL PERCENTAGE OF USE WITHIN THE LAST 12 MONTHS											
Substance	Year	Basketball	Field Hockey	Golf	Lacrosse	Soccer	Softball	Swimming	Tennis	Track	Volleyball
Amphetamines	2005	2.7%	4.6%	2.5%	7.1%	4.5%	5.4%	3.7%	2.6%	1.9%	3.3%
	2009	2.0%	5.9%	2.6%	9.7%	2.3%	5.2%	2.7%	2.8%	1.2%	2.2%
Anabolic Steroids	2005	0.4%	0.0%	0.0%	0.0%	0.2%	0.3%	0.3%	0.2%	0.1%	.6%
	2009	0.3%	0.0%	0.0%	0.2%	0.1%	0.2%	0.4%	0.2%	0.2%	0.3%
Ephedrine	2005	--	--	--	--	--	--	--	--	--	--
	2009	0.7%	1.1%	0.4%	1.9%	0.8%	0.7%	0.9%	0.8%	0.7%	1.7%

## HISTORICAL USAGE TABLES: SOCIAL DRUG USE

**TABLE 6:  
PATTERNS OF SOCIAL DRUG USE  
OVERALL AND BY DIVISION**

OVERALL PERCENTAGE OF USE WITHIN THE LAST 12 MONTHS								
Division	Division I		Division II		Division III		Overall	
Year	2005	2009	2005	2009	2005	2009	2005	2009
Alcohol	74.3%	81.7%	74.9%	81.5%	81.6%	85.3%	77.5%	83.1%*
Cigarettes	12.0%	12.2%	14.2%	16.0%	16.9%	18.1%	14.6%	15.5%*
Cocaine	1.9%	1.5%	1.8%	1.5%	2.3%	2.1%	2.0%	1.8%
Marijuana	17.1%	16.9%	18.5%	21.4%	26.1%	28.3%	21.2%	22.6%*
Narcotics	--	3.2%	--	3.6%	--	3.2%	--	3.3%
Spit Tobacco	14.7%	16.1%	16.9%	17.7%	15.9%	18.2%	15.7%	17.4%*

Note: \* Denotes statistically significant at  $p < .01$

**TABLE 7:  
PATTERNS OF SOCIAL DRUG USE  
BY SEX**

OVERALL PERCENTAGE OF USE WITHIN THE LAST 12 MONTHS					
Sex	Female		Male		Year
	2005	2009	2005	2009	
Alcohol	77.3%	83.1%	77.6%	83.1%	
Cigarettes	16.3%	13.5%	13.4%	16.8%	
Cocaine	1.3%	1.0%	2.5%	2.3%	
Marijuana	17.9%	18.4%	23.5%	25.3%	
Narcotics	--	3.1%	--	3.5%	
Spit Tobacco	1.7%	2.4%	25.2%	27.2%	

**TABLE 8:  
CURRENT PERCENTAGE OF SOCIAL DRUG USE  
BY RACE/ETHNICITY**

OVERALL PERCENTAGE OF USE WITHIN THE LAST 12 MONTHS							
2009	American Indian or Alaskan Native	Asian	Black	Hispanic	Native Hawaiian or Pacific Islander	White	Other
Alcohol	76.3%	80.6%	67.0%	81.2%	76.4%	86.7%	79.0%
Cigarettes	17.4%	21.4%	5.4%	15.4%	15.6%	17.2%	14.8%
Cocaine	1.7%	2.6%	0.5%	1.2%	6.9%	2.0%	1.8%
Marijuana	21.9%	20.4%	19.0%	18.1%	27.3%	23.2%	24.0%
Narcotics	2.9%	2.6%	1.7%	2.2%	5.8%	3.6%	3.1%
Spit Tobacco	24.5%	12.9%	4.7%	13.4%	15.5%	20.0%	14.6%

Note: Changes in the gathering of racial/ethnic information from 2005 to 2009 result in incomparable results. Therefore 2009 only data are presented in this table.



**TABLE 9:  
PATTERNS OF SOCIAL DRUG USE  
BY MEN'S SPORTS**

OVERALL PERCENTAGE OF USE WITHIN THE LAST 12 MONTHS												
Substance	Year	Baseball	Basketball	Football	Golf	Ice Hockey	Lacrosse	Soccer	Swimming	Tennis	Track	Wrestling
Alcohol	2005	82.8%	64.3%	76.7%	84.4%	94.7%	95.9%	78.9%	80.5%	73.1%	68.6%	81.1%
	2009	88.0%	74.5%	82.6%	90.9%	95.5%	95.0%	86.8%	85.9%	86.3%	69.8%	84.2%
Cigarettes	2005	14.0%	9.0%	13.0%	25.1%	8.9%	21.3%	13.2%	17.2%	16.8%	8.8%	10.9%
	2009	19.2%	8.9%	15.3%	33.3%	24.7%	32.2%	16.6%	17.3%	22.6%	8.3%	16.6%
Cocaine	2005	2.3%	1.7%	2.4%	2.6%	3.8%	8.0%	2.0%	2.3%	1.9%	1.5%	4.7%
	2009	1.4%	1.2%	2.3%	2.6%	3.8%	9.7%	2.5%	1.7%	1.8%	0.6%	3.7%
Marijuana	2005	21.0%	18.6%	21.7%	25.2%	22.8%	49.4%	29.0%	29.8%	22.1%	15.6%	25.5%
	2009	21.5%	22.0%	26.7%	22.5%	27.4%	48.5%	29.4%	27.2%	23.2%	16.0%	27.7%
Narcotics	2005	--	--	--	--	--	--	--	--	--	--	--
	2009	3.3%	1.6%	4.0%	1.9%	2.7%	10.8%	3.9%	2.6%	1.9%	1.5%	6.0%
Spit Tobacco	2005	42.5%	10.6%	30.9%	24.9%	37.7%	27.3%	16.2%	9.1%	9.3%	12.1%	36.3%
	2009	52.3%	11.4%	27.9%	31.1%	54.2%	41.0%	15.7%	13.1%	11.1%	8.9%	47.6%

**TABLE 10:  
PATTERNS OF SOCIAL DRUG USE  
BY WOMEN'S SPORTS**

OVERALL PERCENTAGE OF USE WITHIN THE LAST 12 MONTHS											
Substance	Year	Basketball	Field Hockey	Golf	Lacrosse	Soccer	Softball	Swimming	Tennis	Track	Volleyball
Alcohol	2005	67.2%	86.6%	72.3%	92.8%	83.6%	80.8%	83.9%	73.3%	64.4%	80.5%
	2009	78.7%	94.2%	89.9%	84.7%	85.7%	88.2%	85.9%	82.1%	68.8%	86.5%
Cigarettes	2005	11.0%	18.5%	23.7%	27.1%	17.7%	23.1%	16.7%	16.0%	5.6%	19.1%
	2009	11.3%	16.4%	25.8%	18.4%	14.8%	16.8%	13.8%	14.9%	4.4%	16.2%
Cocaine	2005	0.6%	0.6%	1.9%	3.0%	2.2%	1.6%	0.9%	1.3%	0.4%	1.6%
	2009	1.2%	1.7%	0.4%	3.6%	1.3%	0.6%	1.2%	1.1%	0.2%	0.8%
Marijuana	2005	12.0%	23.0%	12.3%	37.4%	24.7%	18.1%	18.4%	13.5%	10.1%	17.0%
	2009	14.9%	35.7%	18.5%	30.0%	22.8%	18.0%	19.6%	15.9%	8.7%	19.2%
Narcotics	2005	--	--	--	--	--	--	--	--	--	--
	2009	2.6%	3.1%	3.3%	5.4%	3.5%	4.4%	1.8%	2.9%	1.4%	3.8%
Spit Tobacco	2005	1.8%	0.7%	1.9%	3.0%	2.5%	2.8%	0.7%	1.0%	0.6%	1.8%
	2009	1.6%	3.1%	3.0%	2.8%	2.0%	5.7%	2.1%	1.0%	0.7%	2.9%

# CURRENT TABLES: SUBSTANCE USE EXPERIENCES

**TABLE 11:**  
**CURRENT PERCENTAGE AGE OF FIRST TIME USE**  
**ALL DIVISIONS**

AGE OF FIRST TIME USE								
	Never used	Under 10	10-11	12-13	14-15	16-17	18-20	21+
Alcohol	11.6%	1.4%	0.9%	6.0%	19.9%	30.8%	26.3%	3.0%
Amphetamines	93.9%	0.4%	0.2%	0.3%	0.7%	1.6%	2.7%	0.3%
Anabolic Steroids	98.9%	0.1%	0.0%	0.1%	0.1%	0.3%	0.5%	0.1%
Cigarettes	73.0%	0.6%	0.8%	2.6%	5.0%	8.6%	8.9%	0.5%
Cocaine	96.1%	0.1%	0.0%	0.1%	0.3%	1.0%	2.2%	0.3%
Ephedrine	97.9%	0.2%	0.1%	0.1%	0.4%	0.7%	0.5%	0.1%
Marijuana	61.8%	0.3%	0.4%	2.6%	7.9%	14.3%	11.9%	0.8%
Narcotics	94.2%	0.1%	0.1%	0.4%	1.0%	2.1%	1.9%	0.2%
Spit Tobacco	74.9%	0.3%	0.3%	1.3%	4.7%	8.8%	9.0%	0.7%

Note: Due to different Ns in each question, percentages of “never used” will fluctuate from table to table.

**TABLE 12:**  
**SUBSTANCE USE EXPERIENCE**  
**ALL DIVISIONS**

SUBSTANCE USE EXPERIENCE				
	Never used	Used in last 30 days	Used in last 12 months	Used, but not in last 12 months
Alcohol	12.2%	64.8%	18.4%	4.7%
Amphetamines	94.2%	2.0%	1.7%	2.1%
Anabolic Steroids	98.8%	0.2%	0.2%	0.8%
Cigarettes	74.6%	7.9%	7.6%	10.0%
Cocaine	96.2%	0.5%	1.3%	2.0%
Ephedrine	97.9%	0.4%	0.5%	1.2%
Marijuana	63.8%	9.6%	13.0%	13.7%
Narcotics	94.6%	1.4%	1.9%	2.1%
Spit Tobacco	76.6%	12.3%	5.1%	6.0%

Note: Due to different Ns in each question, percentages of “never used” will fluctuate from table to table.

**TABLE 13:  
FREQUENCY OF SUBSTANCE USE  
ALL DIVISIONS**

FREQUENCY OF USE								
	Have never used	Have not used in last 12 months	Less than once a month	Less than once a week	1-2 days per week	3-4 days per week	5-6 days per week	Every day of the week
Alcohol	13.3%	4.5%	22.7%	24.2%	28.0%	6.0%	0.9%	0.3%
Amphetamines	94.4%	2.2%	1.9%	0.6%	0.2%	0.1%	0.2%	0.4%
Anabolic Steroids	98.7%	1.0%	0.2%	0.1%	0.0%	0.0%	0.0%	0.0%
Cigarettes	75.9%	10.5%	8.3%	2.5%	1.3%	0.6%	0.3%	0.7%
Cocaine	96.2%	2.3%	1.2%	0.2%	0.1%	0.0%	0.0%	0.0%
Ephedrine	97.7%	1.5%	0.4%	0.2%	0.1%	0.1%	0.0%	0.1%
Marijuana	65.4%	15.7%	11.9%	2.8%	1.5%	1.0%	0.7%	1.0%
Narcotics	94.7%	2.4%	1.9%	0.5%	0.2%	0.1%	0.1%	0.1%
Spit Tobacco	77.2%	6.6%	5.4%	1.9%	1.4%	1.4%	1.4%	4.7%

Note: Due to different Ns in each question, percentages of “never used” will fluctuate from table to table.

**TABLE 14:  
USE DURING SEASON  
ALL DIVISIONS**

SEASONAL USE				
	Never used	Only during the competitive season	Only during the off season	During BOTH the off season and competitive season
Alcohol	13.2%	0.6%	31.9%	54.3%
Amphetamines	95.0%	0.2%	1.9%	2.9%
Anabolic Steroids	99.0%	0.2%	0.6%	0.2%
Cigarettes	78.4%	0.3%	13.3%	8.0%
Cocaine	96.8%	0.1%	2.1%	1.0%
Ephedrine	98.2%	0.3%	0.7%	0.9%
Marijuana	66.8%	0.5%	23.2%	9.4%
Narcotics	95.2%	0.4%	2.0%	2.5%
Spit Tobacco	79.0%	1.2%	5.5%	14.4%

Note: Due to different Ns in each question, percentages of “never used” will fluctuate from table to table.

**TABLE 15:  
MAIN REASON FOR USE  
ALL DIVISIONS**

MAIN REASON FOR USE				
	Never used	To improve athletics perfor- mance	For sports re- lated injuries	Reasons not related to sports
Alcohol	13.0%	0.6%	0.3%	86.1%
Amphetamines	94.3%	0.3%	0.3%	5.0%
Anabolic Steroids	98.6%	0.7%	0.2%	0.6%
Cigarettes	75.4%	0.1%	0.1%	24.4%
Cocaine	96.0%	0.2%	0.0%	3.8%
Ephedrine	97.6%	0.5%	0.1%	1.7%
Marijuana	64.1%	0.5%	0.7%	34.6%
Narcotics	94.3%	0.1%	2.0%	3.6%
Spit Tobacco	77.4%	0.7%	0.1%	21.8%

Note: Due to different Ns in each question, percentages of “never used” will fluctuate from table to table.

**TABLE 16:  
MAIN REASON FOR NON-USE  
ALL DIVISIONS**

MAIN REASON FOR NON-USE							
	Still uses substance	Concerned about what it might do to health	Against beliefs/ values	No desire to experience effects	Hurt athletic performance	Afraid of consequences of being caught	Fear of getting drug tested
Alcohol	70.4%	6.4%	7.3%	9.1%	4.1%	2.0%	0.6%
Amphetamines	3.9%	23.5%	20.6%	45.1%	2.8%	1.3%	2.8%
Anabolic Steroids	1.6%	23.7%	22.8%	43.2%	2.8%	2.0%	4.0%
Cigarettes	7.7%	31.1%	17.3%	36.0%	5.5%	0.9%	1.6%
Cocaine	2.2%	24.1%	22.4%	44.5%	2.7%	1.4%	2.6%
Ephedrine	2.2%	23.7%	21.3%	46.3%	2.7%	1.2%	2.6%
Marijuana	12.1%	17.9%	18.6%	32.7%	4.9%	4.0%	10.0%
Narcotics	3.3%	23.2%	21.6%	45.1%	2.8%	1.2%	2.7%
Spit Tobacco	13.2%	24.2%	16.6%	41.1%	2.6%	0.7%	1.5%

Note: Due to different Ns in each question, percentages of “never used” will fluctuate from table to table.

**TABLE 17:  
EXPERIENCES DUE TO DRINKING OR SUBSTANCE USE  
ALL DIVISIONS**

**EXPERIENCES DUE TO DRINKING OR SUBSTANCE USE WITHIN THE LAST 12 MONTHS**

	Never	Once	Twice	3-5 times	6-9 times	10+ times
How often you have had a hangover	33.6%	14.1%	11.6%	16.1%	7.5%	17.1%
How often you performed poorly on a test or important project	76.1%	9.6%	6.0%	5.4%	1.2%	1.6%
How often you have been in trouble with police or other college authorities	84.1%	11.1%	3.1%	1.3%	0.2%	0.2%
How often you have damaged property, pulled fire alarm, etc.	91.9%	3.7%	1.9%	1.5%	0.3%	0.6%
How often you have gotten into an argument/fight	63.7%	13.3%	9.7%	8.1%	2.1%	3.0%
How often you have gotten nauseated or vomited	45.5%	19.6%	14.0%	13.3%	3.7%	3.9%
How often you have driven a car while under the influence	76.9%	8.0%	5.0%	4.8%	1.8%	3.5%
How often you have missed a class	66.0%	9.1%	8.7%	9.0%	2.9%	4.4%
How often you have performed poorly in practice or game	79.3%	8.2%	5.8%	4.4%	1.1%	1.1%
How often you have showed up late or missed practice or game	93.8%	3.2%	1.7%	0.9%	0.1%	0.3%
How often you have been criticized by someone you know	71.7%	10.1%	7.9%	5.8%	1.3%	3.1%
How often you have thought you might have a drinking or other drug problem	92.9%	3.2%	1.6%	1.2%	0.3%	0.7%
How often you have had a memory loss	70.0%	9.3%	8.0%	6.8%	2.5%	3.5%
How often you have done something you later regretted	62.4%	13.6%	10.0%	8.2%	2.2%	3.8%
How often you have been arrested for DWI/DUI	98.8%	1.0%	0.1%	0.1%	0.0%	0.0%
How often you have tried unsuccessfully to stop using	96.1%	1.5%	1.3%	0.5%	0.1%	0.5%
How often you have had feelings of depression, feeling sad for two weeks or longer	92.5%	3.3%	2.0%	1.0%	0.4%	0.8%
How often you have been hurt or injured	84.5%	7.4%	4.5%	2.3%	0.4%	0.7%

Note: This table reflects all respondents. The column “never” combines both respondents that have never used AND those who have never had the indicated experience.

**TABLE 18:  
NUMBER OF DRINKS PER SITTING  
ALL DIVISIONS**

TYPICAL NUMBER OF DRINKS PER SITTING										
No drinks	1 drink	2 drinks	3 drinks	4 drinks	5 drinks	6 drinks	7 drinks	8 drinks	9 drinks	10+ drinks
15.1%	5.5%	8.5%	10.2%	9.9%	10.2%	9.5%	6.1%	6.9%	1.9%	14.4%



# CURRENT TABLES: DRUG TESTING

**TABLE 19:  
DRUG TESTING EXPERIENCES - PERSONAL  
BY DIVISION AND OVERALL**

PERSONAL EXPERIENCE WITH DRUG TESTING					
		Division I	Division II	Division III	Overall
Have YOU ever been drug tested by your college's drug testing program	Yes	41.3%	22.5%	7.0%	23.0%
	No	58.7%	77.5%	93.0%	77.0%
Have YOU ever been drug tested by the NCAA	Yes	32.7%	20.3%	6.0%	18.9%
	No	67.3%	79.7%	94.0%	81.1%
Have YOU ever been drug tested by a national or international sports governing body	Yes	8.2%	5.7%	2.7%	5.4%
	No	91.8%	94.3%	97.3%	94.6%

**TABLE 20:  
DRUG TESTING EXPERIENCES - PERSONAL  
BY MEN'S SPORT**

MALES REPORTING THAT THEY HAVE BEEN DRUG TESTED											
	Baseball	Basketball	Football	Golf	Ice Hockey	Lacrosse	Soccer	Swimming	Tennis	Track	Wrestling
Have YOU ever been drug tested by your college's drug testing program	24.6%	24.9%	30.6%	20.1%	7.7%	23.9%	16.9%	23.0%	24.4%	23.1%	26.7%
Have YOU ever been drug tested by the NCAA	25.0%	22.4%	31.7%	14.3%	9.3%	12.1%	11.1%	15.7%	12.8%	16.3%	20.9%
Have YOU ever been drug tested by a national or international sports governing body	6.1%	7.1%	8.3%	5.4%	7.0%	3.4%	4.9%	6.6%	8.0%	6.7%	4.5%

**TABLE 21:  
DRUG TESTING EXPERIENCES - PERSONAL  
BY WOMEN'S SPORT**

FEMALES REPORTING THAT THEY HAVE BEEN DRUG TESTED										
	Basketball	Field Hockey	Golf	Lacrosse	Soccer	Softball	Swimming	Tennis	Track	Volleyball
Have YOU ever been drug tested by your college's drug testing program	21.2%	25.5%	15.1%	23.5%	16.3%	15.6%	25.9%	19.5%	17.3%	27.1%
Have YOU ever been drug tested by the NCAA	18.1%	23.9%	12.8%	13.5%	11.9%	10.1%	15.3%	13.2%	12.0%	19.1%
Have YOU ever been drug tested by a national or international sports governing body	4.4%	3.7%	3.8%	1.2%	1.9%	2.1%	5.2%	3.6%	4.2%	2.9%

**TABLE 22:  
DRUG TESTING EXPERIENCES – TEAMMATES  
BY DIVISION AND OVERALL**

TEAM EXPERIENCE WITH DRUG TESTING					
		Division I	Division II	Division III	Overall
To your knowledge, have other members of YOUR TEAM been drug tested by your college's drug testing program	Yes	70.5%	50.5%	17.4%	44.2%
	No	29.5%	49.5%	82.6%	55.8%
To your knowledge, have other members of YOUR TEAM been drug tested by the NCAA	Yes	71.8%	57.7%	22.1%	48.3%
	No	28.2%	42.3%	77.9%	51.7%
To your knowledge, have other members of YOUR TEAM been drug tested by a national or international sports governing body	Yes	23.0%	16.5%	6.1%	14.5%
	No	77.0%	83.5%	93.9%	85.5%

**TABLE 23:  
DRUG TESTING EXPERIENCES - TEAMMATES  
BY MEN'S SPORT**

MALES REPORTING THAT THEIR TEAMMATES HAVE BEEN DRUG TESTED											
	Baseball	Basketball	Football	Golf	Ice Hockey	Lacrosse	Soccer	Swimming	Tennis	Track	Wrestling
To your knowledge, have other members of YOUR TEAM been drug tested by your college's drug testing program	56.7%	41.8%	58.8%	37.8%	27.6%	45.2%	35.2%	49.5%	36.8%	39.9%	55.4%
To your knowledge, have other members of YOUR TEAM been drug tested by the NCAA	68.7%	45.6%	65.6%	34.4%	43.2%	43.1%	34.0%	54.7%	30.2%	48.9%	70.1%
To your knowledge, have other members of YOUR TEAM been drug tested by a national or international sports governing body	20.6%	14.3%	22.3%	11.2%	11.9%	17.1%	9.9%	22.2%	14.7%	18.9%	19.7%

**TABLE 24:  
DRUG TESTING EXPERIENCES - TEAMMATES  
BY WOMEN'S SPORT**

FEMALES REPORTING THAT THEIR TEAMMATES HAVE BEEN DRUG TESTED										
	Basketball	Field Hockey	Golf	Lacrosse	Soccer	Softball	Swimming	Tennis	Track	Volleyball
To your knowledge, have other members of YOUR TEAM been drug tested by your college's drug testing program	34.9%	41.3%	33.7%	40.3%	35.9%	35.9%	47.3%	34.1%	32.0%	43.9%
To your knowledge, have other members of YOUR TEAM been drug tested by the NCAA	40.7%	45.3%	26.8%	44.9%	34.4%	35.2%	47.1%	28.5%	39.4%	43.6%
To your knowledge, have other members of YOUR TEAM been drug tested by a national or international sports governing body	6.7%	9.0%	7.5%	10.9%	5.4%	6.3%	18.1%	7.7%	11.2%	7.5%

**TABLE 25:  
DRUG TESTING OPINIONS  
ALL DIVISIONS**

<b>DRUG TESTING OPINIONS</b>					
	Strongly Agree	Agree	No opinion	Disagree	Strongly Disagree
All professional athletes should be tested	50.7%	31.7%	10.9%	4.1%	2.6%
All Olympic athletes should be tested	64.0%	24.5%	7.5%	2.1%	1.8%
All college athletes should be tested by their school	28.2%	29.6%	23.5%	12.8%	5.9%
All college athletes should be tested by the NCAA	29.6%	29.2%	23.9%	11.8%	5.4%
Drug testing by individual colleges has deterred college athletes from using drugs	19.8%	31.6%	29.3%	14.1%	5.2%
Drug testing by the NCAA has deterred college athletes from using drugs	21.7%	33.5%	26.5%	13.4%	4.9%
Imposing team penalties would be fair and appropriate	30.3%	30.4%	19.7%	10.7%	8.9%

# CURRENT TABLES: SUBSTANCE USE SOURCES

**TABLE 26:  
SOURCES OF INFORMATION  
ALL DIVISIONS**

SOURCES OF INFORMATION ABOUT SUBSTANCES						
	Athletics staff	Teammate or other athlete	Internet or magazine	Nutritionist or dietician	Local gym or retail store	Resource Exchange Center (The R.E.C.)
Amphetamines	17.4%	5.6%	20.1%	4.4%	1.0%	0.7%
Anabolic Steroids	20.9%	7.3%	23.2%	5.7%	2.3%	0.9%
Cocaine	13.5%	6.3%	22.0%	3.5%	0.8%	0.7%
Ephedrine	14.5%	4.4%	19.1%	4.0%	0.9%	0.7%
Marijuana	14.8%	14.5%	20.9%	4.0%	1.0%	0.9%
Narcotics	14.6%	5.4%	20.0%	3.7%	0.8%	0.8%

Note: This question indicated mark all that apply, therefore the table lines will not add up to 100%. The majority of the respondents indicated “none of the sources above” which is excluded in the table above.

**TABLE 27:  
SOURCES TO OBTAIN SUBSTANCES  
ALL DIVISIONS**

SOURCES TO OBTAIN SUBSTANCES						
	Athletic trainer or team physician	Coach or strength coach	Teammate, friend or family	Internet or magazine	Nutritionist or dietician	Local gym or retail store
Alcohol	0.4%	0.5%	44.9%	0.3%	0.1%	8.3%
Amphetamines	0.5%	0.2%	1.9%	0.1%	0.3%	0.1%
Anabolic Steroids	0.2%	0.2%	0.5%	0.2%	0.1%	0.1%
Cocaine	0.2%	0.2%	1.8%	0.1%	0.0%	0.0%
Ephedrine	0.3%	0.2%	0.8%	0.2%	0.1%	0.3%
Marijuana	0.3%	0.4%	19.9%	0.3%	0.1%	0.2%
Narcotics	0.8%	0.2%	1.7%	0.1%	0.2%	0.2%

Note: This question indicated mark all that apply, therefore the table lines will not add up to 100%. The majority of the respondents indicated “never used” or “none of the sources above” which is excluded in the table above.

# CURRENT TABLES: PRESCRIPTION DRUGS AND OTHER SUPPLEMENTS

**TABLE 28:  
ATTENTION DEFICIT MEDICATION  
ALL DIVISIONS**

ATTENTION DEFICIT MEDICATION USE	
Within the last 12 months, I have not taken attention deficit-hyperactivity disorder (ADHD) medications with or without a prescription	85.3%
Within the last 12 months, I have taken Adderall OR Ritalin with a prescription	4.3%
Within the last 12 months, I have taken Adderall OR Ritalin without a prescription	6.4%
Within the last 12 months, I have taken OTHER attention deficit-hyperactivity disorder (ADHD) medications with or without a prescription.	1.7%

Note: This question indicated mark all that apply, therefore the table lines will not add up to 100%.

**TABLE 29:  
PAIN MANAGEMENT MEDICATION  
ALL DIVISIONS**

PAIN MANAGEMENT MEDICATION USE	
Within the last 12 months, I have not taken pain management medications with or without a prescription	75.2%
Within the last 12 months, I have taken Vicodin, Oxycontin OR Percocet with a prescription	13.2%
Within the last 12 months, I have taken Vicodin, Oxycontin OR Percocet without a prescription	4.9%
Within the last 12 months, I have taken OTHER prescription pain management medications with or without a prescription	6.3%

Note: This question indicated mark all that apply, therefore the table lines will not add up to 100%.



**TABLE 30:  
ASTHMA MEDICATION  
ALL DIVISIONS**

<b>ASTHMA MEDICATION USE</b>	
Within the last 12 months, I have not taken asthma medications with or without a prescription	81.9%
Within the last 12 months, I have taken Albuterol (e.g., Proair, Proventil) with a prescription	12.1%
Within the last 12 months, I have taken Albuterol (e.g., Proair, Proventil) without a prescription	1.0%
Within the last 12 months, I have taken OTHER asthma medications with or without a prescription	2.8%

Note: This question indicated mark all that apply, therefore the table lines will not add up to 100%.

**TABLE 31:  
OTHER ERGOGENIC AIDS  
ALL DIVISIONS**

<b>ERGOGENIC AID USE</b>	
I have not taken any of the ergogenic aids listed below while in college	94.0%
I have taken andro or norandro product while in college	0.3%
I have taken Beta-methyl butyrate (HMB) while in college	0.3%
I have taken clenbuterol while in college	0.2%
I have taken dehydroepiandrosterone (DHEA) while in college	0.2%
I have taken epitestosterone while in college	0.1%
I have taken erythropoietin (EPO) while in college	0.1%
I have taken gamma hydroxybutyrate (GHB) while in college	0.1%
I have taken human chorionic gonadotrophin (HCG) while in college	0.1%
I have taken human growth hormone (HGH) while in college	0.3%
I have taken testosterone while in college	0.4%
I have taken testosterone boosters while in college	1.0%

Note: This question indicated mark all that apply, therefore the table lines will not add up to 100%.

**TABLE 32:  
ERGOGENIC AID USE  
BY MEN'S SPORT**

MALES REPORTING ERGOGENIC AID USE											
	Baseball	Basketball	Football	Golf	Ice Hockey	Lacrosse	Soccer	Swimming	Tennis	Track	Wrestling
I have not taken any of the ergogenic aids listed below while in college	90.9%	91.5%	87.4%	93.1%	91.2%	87.8%	93.1%	95.5%	96.1%	94.9%	95.3%
I have taken andro or norandro product while in college	0.5%	0.5%	0.6%	0.0%	0.3%	0.1%	0.4%	0.0%	0.0%	0.3%	0.4%
I have taken Beta-methyl butyrate (HMB) while in college	0.5%	0.0%	0.5%	0.2%	0.0%	0.3%	0.6%	0.0%	0.0%	0.4%	0.4%
I have taken clenbuterol while in college	0.2%	0.3%	0.3%	0.4%	0.0%	0.3%	0.1%	0.3%	0.0%	0.2%	0.4%
I have taken dehydroepiandrosterone (DHEA) while in college	0.4%	0.1%	0.5%	0.2%	0.0%	0.6%	0.1%	0.0%	0.0%	0.1%	0.2%
I have taken epitestosterone while in college	0.2%	0.1%	0.2%	0.0%	0.0%	0.1%	0.2%	0.0%	0.0%	0.3%	0.2%
I have taken erythropoietin (EPO) while in college	0.1%	0.1%	0.2%	0.2%	0.0%	0.6%	0.0%	0.0%	0.0%	0.1%	0.2%
I have taken gamma hydroxybutyrate (GHB) while in college	0.1%	0.0%	0.3%	0.4%	0.0%	0.1%	0.2%	0.0%	0.0%	0.1%	0.2%
I have taken human chorionic gonadotrophin (HCG) while in college	0.0%	0.1%	0.1%	0.0%	0.0%	0.1%	0.2%	0.0%	0.0%	0.1%	0.2%
I have taken human growth hormone (HGH) while in college	0.7%	0.1%	0.7%	0.4%	0.0%	0.2%	0.2%	0.2%	0.3%	0.3%	0.2%
I have taken testosterone while in college	1.2%	0.4%	1.0%	0.2%	0.6%	0.8%	0.3%	0.0%	0.0%	0.2%	0.8%
I have taken testosterone boosters while in college	2.0%	0.4%	2.7%	0.8%	0.6%	2.1%	0.7%	0.2%	0.3%	0.8%	1.3%

**TABLE 33:  
ERGOGENIC AID USE  
BY WOMEN'S SPORT**

FEMALES REPORTING ERGOGENIC AID USE										
	Basketball	Field Hockey	Golf	Lacrosse	Soccer	Softball	Swimming	Tennis	Track	Volleyball
I have not taken any of the ergogenic aids listed below while in college	97.8%	98.9%	98.2%	97.7%	98.9%	98.8%	99.2%	98.4%	97.8%	98.6%
I have taken andro or norandro product while in college	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%
I have taken Beta-methyl butyrate (HMB) while in college	0.1%	0.3%	0.0%	0.2%	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%
I have taken clenbuterol while in college	0.3%	0.0%	0.0%	0.0%	0.1%	0.1%	0.0%	0.0%	0.1%	0.0%
I have taken dehydroepiandrosterone (DHEA) while in college	0.0%	0.0%	0.0%	0.3%	0.0%	0.0%	0.0%	0.2%	0.1%	0.0%
I have taken epitestosterone while in college	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%
I have taken erythropoietin (EPO) while in college	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
I have taken gamma hydroxybutyrate (GHB) while in college	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.1%	0.2%
I have taken human chorionic gonadotrophin (HCG) while in college	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%
I have taken human growth hormone (HGH) while in college	0.1%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.1%	0.0%
I have taken testosterone while in college	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.1%	0.2%
I have taken testosterone boosters while in college	0.1%	0.0%	0.6%	0.3%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

**TABLE 34:  
DIETARY SUPPLEMENTS  
ALL DIVISIONS**

DIETARY SUPPLEMENT USE	
I have not taken any of the dietary supplements listed below while in college	61.0%
I have taken amino acids while in college	9.6%
I have taken chromium while in college	0.8%
I have taken creatine while in college	13.8%
I have taken glucosamine while in college	6.4%
I have taken general multivitamin while in college	20.3%
I have taken multivitamin with caffeine while in college	4.3%
I have taken multivitamin and mineral with other additives	11.3%

Note: This question indicated mark all that apply, therefore the table lines will not add up to 100%.

**TABLE 35:  
DIETARY SUPPLEMENT USE  
BY MEN'S SPORT**

**MALES REPORTING DIETARY SUPPLEMENT USE**

	Baseball	Basketball	Football	Golf	Ice Hockey	Lacrosse	Soccer	Swimming	Tennis	Track	Wrestling
I have not taken any of the dietary supplements listed below while in college	50.6%	66.5%	49.1%	67.0%	45.8%	55.5%	67.4%	47.8%	65.7%	55.2%	50.4%
I have taken amino acids while in college	18.2%	6.6%	19.7%	8.2%	16.1%	14.5%	9.0%	11.7%	8.5%	11.3%	20.2%
I have taken chromium while in college	1.1%	0.2%	1.4%	0.6%	0.8%	1.1%	1.0%	0.7%	0.6%	1.8%	1.5%
I have taken creatine while in college	28.5%	14.4%	30.8%	11.0%	28.4%	22.6%	12.3%	14.3%	12.1%	13.4%	24.7%
I have taken glucosamine while in college	12.0%	4.8%	10.4%	3.9%	11.9%	6.2%	4.4%	4.6%	4.0%	7.9%	13.6%
I have taken general multivitamin while in college	23.3%	12.4%	20.4%	13.6%	29.7%	21.8%	15.0%	29.8%	20.5%	26.7%	24.8%
I have taken multivitamin with caffeine while in college	7.0%	2.4%	5.5%	5.2%	6.1%	6.8%	2.5%	3.7%	4.4%	5.4%	6.9%
I have taken multivitamin and mineral with other additives	14.3%	7.4%	12.8%	10.1%	15.2%	13.3%	8.0%	18.0%	11.7%	14.5%	19.4%

**TABLE 36:  
DIETARY SUPPLEMENT USE  
BY WOMEN'S SPORT**

FEMALES REPORTING DIETARY SUPPLEMENT USE										
	Basketball	Field Hockey	Golf	Lacrosse	Soccer	Softball	Swimming	Tennis	Track	Volleyball
I have not taken any of the dietary supplements listed below while in college	75.3%	74.5%	71.9%	71.3%	78.5%	75.6%	61.0%	71.4%	56.8%	71.2%
I have taken amino acids while in college	1.3%	1.4%	2.6%	1.5%	2.0%	1.9%	1.2%	1.4%	3.2%	1.4%
I have taken chromium while in college	0.2%	0.3%	0.4%	0.9%	0.3%	0.3%	0.2%	0.0%	1.0%	0.0%
I have taken creatine while in college	1.1%	0.5%	2.1%	0.9%	1.4%	0.6%	0.8%	1.0%	1.5%	0.5%
I have taken glucosamine while in college	2.9%	2.7%	3.6%	2.1%	3.7%	2.1%	3.8%	2.0%	5.4%	3.5%
I have taken general multivitamin while in college	14.0%	17.7%	17.1%	16.2%	13.2%	16.6%	25.9%	18.1%	30.4%	17.5%
I have taken multivitamin with caffeine while in college	2.7%	2.5%	4.0%	4.8%	2.6%	2.4%	4.3%	2.5%	2.7%	3.7%
I have taken multivitamin and mineral with other additives	8.5%	7.2%	9.9%	10.9%	7.0%	5.7%	12.3%	8.9%	13.1%	9.1%

**TABLE 37:  
MISCELLANEOUS SUBSTANCES  
ALL DIVISIONS**

USE OF OTHER MISCELLANEOUS SUBSTANCES	
I have not taken any of the items listed below while in college	36.5%
I have taken diuretics while in college	1.6%
I have taken energy boosters while in college	13.9%
I have taken energy drinks while in college	44.5%
I have taken weight loss products while in college	6.4%
I have taken protein products while in college	38.4%
I have taken weight gain products while in college	11.3%
I have taken sleep aid (e.g., Ambien) while in college	8.6%

Note: This question indicated mark all that apply, therefore the table lines will not add up to 100%.

**TABLE 38:  
MISCELLANEOUS USE  
BY MEN'S SPORT**

MALES REPORTING MISCELLANEOUS USE											
	Baseball	Basketball	Football	Golf	Ice Hockey	Lacrosse	Soccer	Swimming	Tennis	Track	Wrestling
I have not taken any of the items listed below while in college	22.9%	41.5%	26.8%	28.2%	19.5%	23.4%	32.2%	26.5%	33.9%	39.3%	22.3%
I have taken diuretics while in college	1.9%	0.6%	1.7%	0.6%	1.6%	1.2%	0.8%	1.1%	1.2%	2.4%	6.5%
I have taken energy boosters while in college	19.9%	10.7%	18.5%	14.5%	22.9%	22.3%	12.7%	12.9%	14.9%	12.1%	19.3%
I have taken energy drinks while in college	52.9%	36.6%	44.3%	52.6%	53.7%	55.2%	48.0%	51.7%	52.5%	38.2%	61.3%
I have taken weight loss products while in college	8.2%	2.4%	6.7%	5.0%	9.0%	5.5%	3.8%	3.1%	4.0%	3.9%	10.8%
I have taken protein products while in college	59.8%	40.8%	56.3%	43.4%	65.6%	53.9%	43.9%	51.7%	44.9%	41.1%	59.0%
I have taken weight gain products while in college	25.5%	17.6%	24.5%	13.6%	21.9%	17.8%	10.2%	11.2%	8.7%	7.9%	12.6%
I have taken sleep aid (e.g., Ambien) while in college	8.4%	5.2%	7.8%	7.3%	10.4%	11.3%	5.6%	10.8%	5.9%	6.4%	12.5%



**TABLE 39:  
MISCELLANEOUS USE  
BY WOMEN'S SPORT**

FEMALES REPORTING MISCELLANEOUS USE										
	Basketball	Field Hockey	Golf	Lacrosse	Soccer	Softball	Swimming	Tennis	Track	Volleyball
I have not taken any of the items listed below while in college	51.4%	50.3%	42.4%	44.3%	46.4%	45.2%	45.7%	52.3%	52.2%	40.3%
I have taken diuretics while in college	0.9%	0.8%	3.0%	1.2%	1.8%	1.4%	2.0%	1.7%	1.1%	2.9%
I have taken energy boosters while in college	8.9%	11.4%	11.8%	13.7%	8.8%	10.2%	11.1%	7.9%	8.0%	12.9%
I have taken energy drinks while in college	35.3%	40.5%	49.4%	46.2%	43.3%	46.1%	41.2%	38.5%	30.5%	48.9%
I have taken weight loss products while in college	4.5%	5.8%	9.4%	9.6%	9.9%	7.4%	4.9%	6.2%	6.5%	11.1%
I have taken protein products while in college	19.6%	14.5%	21.6%	13.9%	14.9%	15.6%	21.9%	14.3%	23.3%	20.2%
I have taken weight gain products while in college	1.7%	0.6%	0.0%	0.4%	0.8%	0.6%	0.2%	1.2%	0.8%	1.2%
I have taken sleep aid (e.g., Ambien) while in college	8.2%	10.8%	10.5%	12.5%	10.4%	9.5%	12.0%	7.8%	7.6%	13.8%

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student-athletes

participating in

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**1,200** member institutions

