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

- Ephedrine: 99.1%
- Anabolic Steroids: 99.0%
- Cocaine: 96.6%
- Marijuana: 94.1%
- Synthetic Marijuana: 93.3%
- Amphetamines: 92.6%
- Spinal Tobacco: 78.5%
- Cigarettes: 81.5%
- Marijuana: 67.1%
- Alcohol: 14.5%

% of student-athletes reporting “never used”

2. Alcohol Use

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

- **Divisions**
  - Division 1
  - Division 2
  - Division 3

**FEMALE**
- 1-2 times: 21.1%
- 3-5 times: 22.6%
- 6+ times: 21.9%

**MALE**
- 1-2 times: 15.9%
- 3-5 times: 31.9%
- 6+ times: 28.6%

**HANGOVER FREQUENCY**
- More than 4 drinks
- 10+ drinks

3. Marijuana Use

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

- 15.1%
- 7.4%
- 14.8%
- 11.5%
- 14.3%
- 36.7%

4. Stimulant Use

**ADDERAL OR RITALIN (ADHD medications)**
- 2009: 5.5%
- 2013: 5.4%

**VICODIN, OXYCONTIN OR PEROCEET (pain medications)**
- 2009: 11.6%
- 2013: 12.5%

5. Narcotic Use

**EFFECTS OF STIMULANT USE**
- Anxiety
- Panic
- Paranoia
- Delusions
- Increased body temperature/dehydration (during exercise)

**EFFECTS OF NARCOTIC USE**
- Blocks pain
- Causes sleeplessness
- Affects breathing, heart rate & blood pressure (at higher doses)
- High potential for addiction

6. What motivates alcohol & drug use?

- Enhancement
- Social
- Conformity
- Coping

7. Effective Prevention Strategies

8. Effective Prevention Partners

> For more information visit us online at athletewellness.unCG.edu