



Promoting Student-Athlete Wellness
and Substance Abuse Prevention

A training institute to learn how to apply the APPLE model within athletics departments to prevent student-athlete substance abuse and promote health and wellness.

Greetings!

Spring is here and the academic year is winding down. In this issue, we share the NCAA Sports Science Institute's brand new update on dietary supplements, data on positive drug tests and emerging trends. This information is not yet published on the NCAA website! Just after this year's APPLE Training Institutes, The Gordie Center released an updated version of our feature documentary HAZE. Be sure to check out the trailer and consider adding the movie to your prevention efforts. We hope that your team is making strides in your action plan and making a difference in your athletics department.

Susie Bruce, Director

Holly Deering, Program Manager

Updated! *HAZE* Documentary Film

On February 22nd, what would have been Gordie's Bailey's 32nd birthday, the Gordie Center released an updated version of our nationally recognized documentary film, [HAZE](#). The documentary tells the story of Gordie's hazing-related death as a framework for examining the larger issues of alcohol and hazing on college campuses. The 37-minute film includes new expert interviews and archival footage to provide a renewed emphasis on the national crisis of hazing. Since its debut 10 years ago, *HAZE* has been seen by over 1 million high school and college students nationwide.



2018 *HAZE* Film Trailer

To learn more about the updated version of *HAZE*, and find new support materials such as an easy-to-use facilitator guide, marketing tools, and facilitation aids, please visit our new [HAZE](#) page. **If you already own the previous version of *HAZE* and would like to purchase the 2018 version for \$50, please [contact the Gordie Center](#).**



University of California, Riverside

For two weekends in January, over 400 student-athletes and administrators came to Charlottesville, VA, and San Diego, CA to participate in the APPLE Training Institutes. They represented 74 schools from all NCAA divisions across the country. Participants valued the weekends, especially the Sunday morning keynotes from [Don McPherson](#) and [Aaron Taylor](#).

Sixty-four percent of schools decided to focus their action plan on the Education slice of the APPLE model. Many of these schools plan to

implement student-athlete mentor programs at their campus. Other action plans included creating interactive educational programs, developing social norms poster campaigns, and increasing student-athlete involvement in orientation.

One student-athlete commented, "I appreciate the 'action' part of this conference. Making a plan and implementing it is going to be the best part of this overall experience." Another administrator stated "the best part of APPLE was hearing other schools present what they had implemented on their campus. I love hearing the good, the bad, what worked, what didn't, etc. It's nice to know that most schools have the same set-backs and hearing how they overcame them."

Buyer Beware! Dietary Supplements, Student-athlete Eligibility and Health

With the end of this school year fast approaching, student-athletes should be armed with information about making healthy choices and avoiding risky behaviors over the summer. One potential risky behavior is the use of dietary supplements, which are very poorly regulated in this country. Dietary supplements are not considered food; they are products taken orally that contain one or more ingredients that are intended to supplement one's diet. There are numerous types of dietary supplements, ranging from vitamins to fish oil to weight loss products to protein powder and body-building products. None are regulated by the Food and Drug Administration.



A growing number of student-athletes are testing positive for banned substances because they have unknowingly ingested a banned substance when taking a dietary supplement product, and they therefore lose their eligibility. Many student-athletes (and some staff) erroneously believe that if a dietary supplement product is legal, or obtained from a "health food store" or other retailer, that the product must be okay to consume. Research tells us otherwise: Olympic testing and other quality control testing of over-the-counter supplement products identified that between 15-25 percent of products contained a banned substance that was not on the label. Supplement products sold for weight loss, weight gain and sexual and sports performance present an increased risk of contamination with unlabeled stimulants and anabolic agents, which when consumed can result in the loss

of a student-athlete's eligibility.

Dietary supplement products do not have to prove efficacy, safety or purity before going to market. This came about in 1994 with the enactment of the Dietary Supplement Health and Education Act (DSHEA). Indeed, because under DSHEA there is no requirement for a pre-market review of dietary supplement products (as opposed to what is required for over-the-counter drugs), anyone can "package" substances and sell them as dietary supplements, as long as they do not make a medical claim.

In addition to concerns about eligibility, tainted dietary supplement products can have negative health effects on consumers. ConsumerLab.com tested more than 4,500 over-the-counter supplement products between 1999-2015, and found that 20 percent of vitamins and minerals, 43 percent of herbals, 24 percent of nutrition powders and drinks and 21 percent of other products failed their evaluations.



The products tested had too much, or too little, of the ingredients as listed on the label; or the wrong ingredient; or potentially dangerous or illegal ingredients; or were contaminated with heavy metals; or spiked with unexpected ingredients. Dietary supplement products are removed from production only after a number of serious "adverse events," i.e. negative health outcomes, including death, are reported and documented to the FDA. This happened with the dietary supplement ephedra when it was implicated in 155 deaths and subsequently removed from dietary supplement products.

Emerging Concerns

Of recent note, **an increasing number of student-athletes have tested positive for an investigational drug, ostarine, which is not legal but has shown up in contaminated supplements and in body building circles.** Ostarine falls into the category of Selective Androgen Receptor Modulators (SARMs), which means that they have effects similar to anabolic steroids; ostarine is banned by the NCAA as an anabolic agent. In NCAA drug testing during the 2013-14 season, two student-athletes tested positive for SARMs; in 2016-17, 28 student-athletes tested positive and were sanctioned. Already this year 30 student-athletes have tested positive for these SARMs.

Another anabolic agent showing up as a contaminant in dietary supplements is turinabol, which is an anabolic steroid that first came on the scene as part of a doping program run by the East German Government from about 1968 until 1989 – when the Berlin Wall was destroyed. Sixteen NCAA student-athletes have tested positive for turinabol just this year, and apparently most result from tainted dietary supplement use.

Although student-athletes may not realize they are taking a dietary supplement that contains banned drugs, **ignorance is no excuse**, as every student-athlete signs a drug testing consent form that warns of the risk of supplements and notes that student-athletes are responsible for anything they ingest. All NCAA member schools are required to educate student-athletes about NCAA banned drugs and the products that may contain them. A positive drug test resulting from ingesting a dietary supplement that contains an unlisted, banned ingredient still results in the loss of eligibility and withholding from a season of competition.

Per NCAA legislation, all member institutions are required to educate student-athletes about banned drugs and the products that may contain them.

The NCAA subscribes to Drug Free Sport AXIS, the only authoritative resource to provide the

membership with a review of ingredients on a dietary supplement product label or a medication to determine if the listed ingredients are banned. Member schools can contact AXIS at www.drugfreesport.com/axis (use password ncaa1, ncaa2 or ncaa3). Review of a product will indicate whether an ingredient on the label is banned, and conducting such a review can reduce the risk; **however, no review of the label can guarantee 100 percent that a supplement product is safe.**



For reasons of safety, excellence and wellness, the NCAA advocates a food-first approach to fueling performance and recovery. Healthy diets have a proven efficacy and reduced risk of harm compared to consumption of poorly regulated dietary supplements. Further, nutrients are more readily and naturally available from food; micronutrients packaged in capsules, pills and powders are not as compatible with digestive systems, and in many instances, become added waste, as the body either does not need the amounts provided or cannot use it in the manner provided. Options for approaching a food-first fueling plan can also be found on AXIS in the "Sports Nutrition" and "Athlete Recipes" resource tabs.

Don't risk your health and eligibility with dietary supplements. They do not provide a safe alternative or short-cut to safety, excellence and wellness.

Note: This article is an update of one that was first published in the NCAA Sport Science Institute Newsletter in the fall 2017

Upcoming Training Institutes

January 18-20, 2019 in Charlottesville, VA

January 25-27, 2019 in Orlando, FL

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