

STUDENT-ATHLETE NUTRITIONAL SUPPLEMENT SURVEY RESULTS, 2004-05

Grade 9 - 820 (25%) 10 - 780 (24%) 11 - 939 - (29%) 12 - 704 (22%)

Gender Male - 1734 - (54%) Female - 1498 - (46%)

*Which of the following nutritional supplements have you used in the past year?
(Check all that apply)*

None	Male - 45 - (3%)	Female - 70 - (5%)
Sports drinks (Gatorade, Powerade, etc.)	Male - 1639 -(95%)	Female - 1385 (93%)
Vitamin supplements	Male - 674 - (39%)	Female - 544 - (36%)
Meal-replacement bars/drinks	Male - 295 - (17%)	Female - 188 - (13%)
Weight loss products	Male - 113 (7%)	Female - 101 (7%)
Weight gain products	Male - 205 - (12%)	Female - 2 - (<1%)
Protein products (powders, bars, etc.)	Male - 648 - (37%)	Female - 157 - (11%)
Amino Acid products <i>(glutamine, arginine, ornithine, GABA, etc.)</i>	Male - 129 - (7%)	Female - 16 (1%)
Energy enhancing products <i>(ginseng, energy gels, co-enzyme Q-10, Red Bull, etc.)</i>	Male - 526 - (30%)	Female - 261 - (17%)
Androstenedione	Male - 21 - (1%)	Female - 1 (<1%)
Creatine	Male - 302 - (17%)	Female - 8 - (1%)
DHEA	Male - 9 - (<1%)	Female - 0 - (0%)
HMB	Male - 14 - (1%)	Female - 2 - (<1%)

*Who is your major source of information regarding the use of these products?
(Check all that apply)*

Athletic Director	Male - 98 - (6%)	Female - 69 - (5%)
Coach	Male - 649 - (37%)	Female - 529 - (35%)
Doctor	Male - 102 - (6%)	Female - 195 - (13%)
Friends	Male - 759 - (44%)	Female - 749 - (50%)
Parents	Male - 648 - (37%)	Female - 529 - (37%)
School Athletic Trainer	Male - 105 - (6%)	Female - 44 - (3%)
School Nurse	Male - 29 - (2%)	Female - 29 - (2%)
Other (Magazines, Television, Internet, etc.)	Male - 584 - (34%)	Female - 374 - (25%)

If you said "Other" to the above question, please explain:

Advertisements	273
Brother	21
Clerk at store	28
Friends	2
GNC	68
Internet	71
Personal knowledge	137
Teacher	7