

Common Lifestyle and Nutritional habits used by Collegiate Athletes for Recovery and Performance

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INTRODUCTION

- Athletes use supplements and specific diets to promote recovery and performance
- 97.2% use supplements at some point during athletic career¹
- Purpose – determine which supplements and diets are being used most often in collegiate athletes

METHODS

- Conducted research to find what research says about athletes use supplements and following specific diets
- Created a survey asking about diet supplements, sports nutrition supplements, diet, and level of beneficially
- Sent survey to University of Dayton students

RESULTS

- Demographics (N=88):
 - 39.8% males, 60.2% females
 - 8% freshman, 27.3% sophomore, 18.2% junior, 45.5% senior, 1.1% fifth year
 - 31.8% division 1 sports, 8.2% club sports, 15.9% intramural sports, 26.1% workout 3+ days a week, 8% inactive individuals
 - 51.1% utilize recovery strategies, 48.9% do not

| Sports Nutrition Supplement | Use | Not Use |
|-----------------------------|-------|---------|
| Protein | 63.6% | 36.4% |
| Creatine | 5.7% | 94.3% |
| BCAAs | 6.8% | 93.2% |
| Preworkout | 13.6% | 86.4% |
| Postworkout | 4.5% | 95.5% |
| Energy Drink | 19.3% | 80.7% |
| Electrolytes | 2.3% | 97.7% |

| Diet Supplement | Not Use | Use |
|-----------------|---------|-------|
| Vitamin E | 90.9% | 9.1% |
| Vitamin C | 59.1% | 40.9% |
| B-Carotene | 98.9% | 1.1% |
| B-Alanine | 98.9% | 1.1% |
| Vitamin D | 95.5% | 4.5% |
| Magnesium | 96.6% | 3.4% |
| Fish Oil | 97.7% | 2.3% |
| Iron | 98.9% | 1.1% |
| Multivitamin | 96.6% | 3.4% |
| Zinc | 97.7% | 2.3% |

- Level of Beneficially
 - 6.3% not very beneficial
 - 13.8% a little beneficial
 - 38.8% neutral
 - 38.8% beneficial
 - 2.5% very beneficial

CONCLUSIONS

- Overall, the more active an individual is, the more likely they are to use supplements
- Research suggests that the supplements being used the most are vitamin C and protein, with most participants following an omnivorous diet
- Most participants found their supplement and diet use to be neutral – beneficial
- Important to note that the results also suggests that majority of collegiate athletes and active individuals get supplement and diet information from online and social media more than from doctors and dietitians

REFERENCES

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