Dietary Supplement Use According to Health-Related Behavior Covariates in SQT and CQT Students

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ABSTRACT

Dietary Supplement (DS) use is prevalent in Special Forces (77.1%), Navy SEALs (78%) and Army Rangers (81.5%). Examination of DS use in SEALs Qualification Training (SQT) and Crewman Qualification Training (CQT) students is imperative given the Institute of Medicine’s change to track military DS use, potential disparate DS use patterns and identification of potential risks.

INTRODUCTION

• Dietary supplement (DS) use is prevalent in Special Forces (77.1%), Navy SEALs (78%) and Army Rangers (81.5%).
• Examination of DS use in SEALs Qualification Training (SQT) and Crewman Qualification Training (CQT) students is imperative given the Institute of Medicine’s change to track military DS use, potential disparate DS use patterns and identification of potential risks.

PURPOSE

To determine the health-related behavior covariates of DS use in SQT and CQT students.

EXPERIMENTAL DESIGN AND METHODS

Subjects:
• SOT Students (N = 291), Age (years) 24.2 ± 2.7, Height (cm) 179.4 ± 6.8, Mass (kg) 84.7 ± 8.3, BMI 26.4 ± 1.9, Body fat % 14.2 ± 4.1
• COT students (N = 167), Age (years) 24.2 ± 2.6, Height (cm) 179.1 ± 5.8, Mass (kg) 81.9 ± 8.6, BMI 25.9 ± 2.0, Body fat % 15.5 ± 3.7

Statistical Analysis:
Odd ratios and Fisher’s exact tests were used to examine associations between SOT and COT DS students’ DS use and their health-related behaviors.

RESULTS

DS prevalence was 85.6% in the students combined, 88.7% in SQT students and 80.2% in COT students. Statistically significant (p < 0.05) associations between DS use and health-related behaviors are below.

SUMMARY AND CONCLUSIONS

• Self-reported DS use in SOT and COT students was higher than DS use previously reported in Special Forces, Navy SEALs and Army Rangers.
• DS use in SOT and COT students was associated with high MET hours/week strength training, caffeinated beverage intake and smokeless tobacco use.
• DS use combined with caffeine and smokeless tobacco increase the potential for adverse reactions to DS, particularly in DS with proprietary blends.

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