



Transitioning out of sport:

COLLEGIATE ATHLETE WELLNESS PROGRAM PROPOSAL

Cody Lockling
Ryan Cotter
Allen Tran

Outline

- Needs Assessment / Current Evidence
- What's out there now
 - NCAA CHAMPS / Life Skills Program
 - University of Utah Life Skills Implementation
 - NFL model
- Evaluation of Current Evidence
- Recommendations / Future Directions



Is there a need?

NEEDS ASSESSMENT

The College Student-Athlete Population is Large & Growing

- 444,000 NCAA student-athletes in 2012
– 15,000 more than in 09-10
- Number of student-athletes has doubled in last decade



Probability of Going from NCAA to Professional

	Basketball (M)	Basketball (W)	Football	Baseball	Hockey (M)	Soccer (M)
% NCAA to Pro	1.2%	.9%	1.7%	11.6%	1.3%	.04%

Health Risks for Former Athletes

- “Among former football players, greater intake of total and saturated fat and cholesterol and lower overall diet quality significantly correlated with more cognitive difficulties.”
 - Found in football players only (versus non-collision athletes)
 - Suggests need for educational interventions to encourage healthy dietary habits to promote the long-term cognitive health of collision-sport athletes.

Hinton et al. "Effects of current exercise and diet on late-life cognitive health of former college football players"

Health Risks for Former Athletes

- Former female collegiate athletes just as at risk for all-cause mortality as non-former collegiate athletes (Wyshak, 2010)
- Other populations not as affected
 - Former collegiate rowers were less obese than the current population
- **Take-home: Interventions should be focused toward at-risk populations**

Available research on former athletes

- Weir et al, Study of Retired NFL Players, NFL Player Care Foundation, 2009

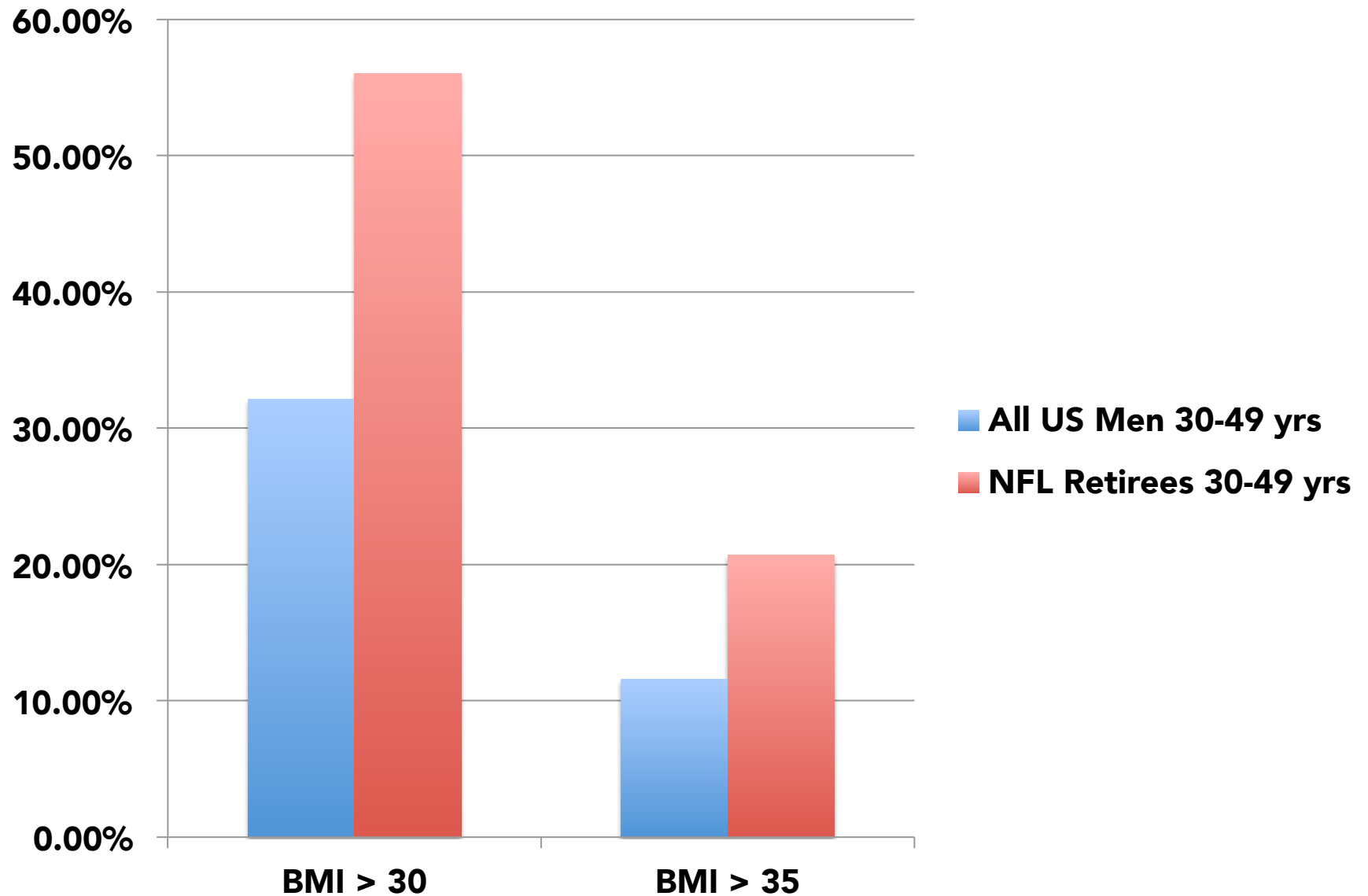


Former NFL Players and Increased Health Risk

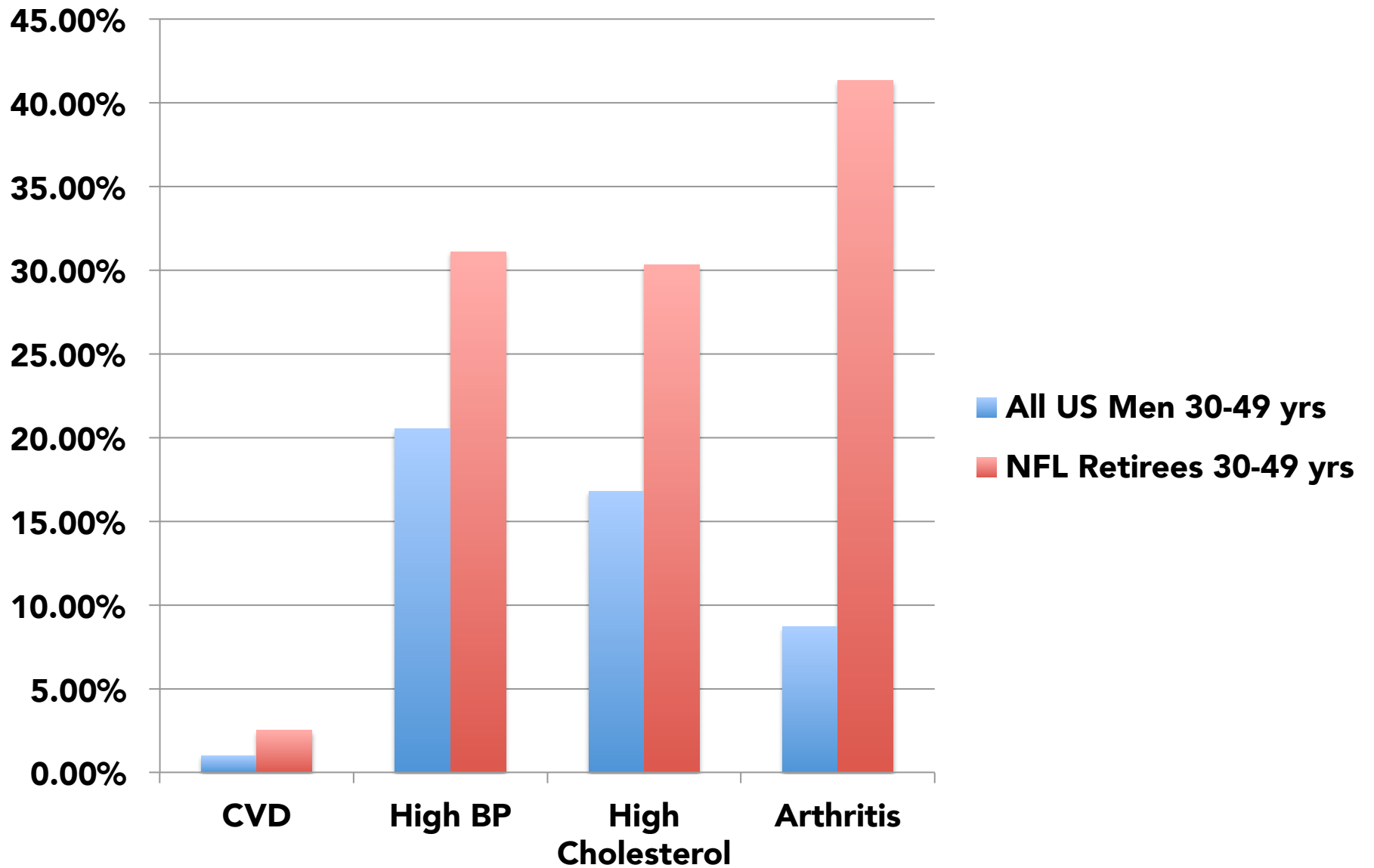
	All US Men 30-49 yrs	NFL Retirees 30-49 yrs	Difference
BMI	28.5	31.5	+3%
BMI > 30	32.1%	56.0%	+23.9%
BMI > 35	11.6%	20.7%	+9.1%
CHD	1.0%	2.5%	+1.5%
High BP	20.5%	31.1%	+10.6%
High Cholesterol	16.8%	30.3%	+13.5%
Arthritis	8.7%	41.3%	+32.6%

Weir et al, Study of Retired NFL Players,
NFL Player Care Foundation, 2009

NFL Retirees vs. General Population



NFL Retirees vs. General Population





WHAT IS AVAILABLE AT U OF
UTAH?

CHAMPS/ Life Skills

(Challenging Athletes Minds for Personal Success)



- NCAA Program created in 1991
- Now in place in 472 NCAA schools
 - Division I schools are required to provide “life-skills programming” for incoming freshman
 - Five areas:
 - Academic Excellence
 - Athletic Excellence
 - Personal Development
 - Career Development
 - Service
- Each university can tailor program to specific needs

Exit Interview

Student-Athlete Exit Interview Questionnaire

Name: _____

Sport: _____

Semester & Year Entered _____

Major: _____

Instructions: Please complete all questions listed. Your thoughts and comments are very important to the athletic administration. Thank you!

1. What factors influenced your decision to attend _____ University:

- a.
- b.
- c.
- d.

2. How many years did you attend _____ University:

3. Reasons for leaving: _____ Graduation _____ Exhausted Eligibility _____ Other

Directions: Please check a response you feel appropriate to you.

Question	Often	Sometimes	Rarely	Never
4. Were you subject to coaching techniques involving <u>physical</u> abuse?				
5. Were you subject to coaching techniques involving <u>Verbal</u> abuse?				
6. Were you subject to coaching techniques involving <u>mental</u> abuse?				
7. Do you feel athletics helped your personal academic growth?				
8. Do you believe athletics helped your <u>social</u> growth?				
9. Do you believe athletics helped your <u>physical</u> growth?				
10. Do you believe athletics helped your <u>emotional</u> growth?				
11. Did you utilize the academic athletic support program?				
12. Did you receive tutoring help through the academic athletic				

At the University of Utah

- Life Skills course for all incoming freshman student-athletes (ESS 2490)
 - Handling Media
 - Substance Abuse
 - Sexual Responsibility
 - NCAA Compliance (Performance Supplements)
 - Personal Finance
 - Sports Nutrition (Beth Wolfgram, RD)

At the University of Utah

- New for this year, a **Career/Life Planning course** for senior/5th year student-athletes
 - Resume/Cover Letters
 - Mock Interviews
 - Finance after college
 - Career Services/Career Exploration
 - **Sports Psychology (Change in identity post-college)**
 - **Healthy Eating After Sports**

Preliminary Research on NCAA Life Skills Program

- Research is lacking on evaluating effectiveness of the Life Skills Program
- Unpublished dissertation:
 - An Assessment Of The Effectiveness Of The Champs/Life Skills Program At The University Of North Texas: A Pilot Study
 - This study looked to determine the effectiveness of the CHAMPS/Life Skills program over the period of 1998-2003 at the University of North Texas.
 - Survey administered to former athletes that evaluated “value” of program
 - Program at North Texas (Standard curriculum):
 - Nutrition Eating Disorders
 - Prevention Education
 - Establishing Relationships and Developing Sexual Responsibility
 - Developing Self-Esteem
 - Stress Management
 - Alcohol Choices and Addictive Behavior
 - Dealing with Depression and Grief
 - Interpersonal Communications

An Assessment Of The Effectiveness Of The Champs/Life Skills Program At The University Of North Texas: A Pilot Study

- All aspects of the CHAMPS/Life Skills program at UNT were found to be positive for all athlete populations
- Student athletes found value in the CHAMPS/Life Skills program at UNT
- If a student athlete was involved in the program for more than two years, the CHAMPS/Life Skills program at UNT was more valuable for them than those enrolled for a shorter period of time.



Transition out of sport:

THE NFL MODEL

NFL Career Transition Program (CTP)

- Conference held once a year at universities (GT, Rice, Stanford).
- Helps retired players transition from NFL career into “real world”
- Holistic Approach
 - Business and networking skills
 - Branding
 - Health and wellness





EXAMPLE EDUCATIONAL
MATERIALS

Practical Tips

In no way is this information designed to substitute a physical examination from a physician. Use this information as a guide to assist you as you prepare to employ lifestyle habits that will benefit you and your family and improve your overall quality of life

Tip #1 Stop Self-Diagnosing!

- Just because you saw it on the internet does not mean it's accurate.
- Physicians are the only professionals who can make a diagnosis.
- Health Insurance is ESSENTIAL! Don't assume you have coverage; know that you are covered!

Sample Health Screens

- Cardiovascular
- Cholesterol/Blood Pressure/Diabetes
- Obesity
- STDs/HIV

Tip #2 Get an Annual Physical

Not all pain is good pain; listen to your body

Tip #3 Establish an Exercise Routine & Stick with It

- Consult your physician before onset
- Keep your routine simple and progress as tolerated

According to The American College of Sports Medicine and the American Heart Association, for healthy adults under the age of 65:

Basic recommendations from ACSM and AHA:

Do moderately intense cardio 30 minutes a day, five days a week

Or

Do vigorously intense cardio 20 minutes a day, 3 days a week

And

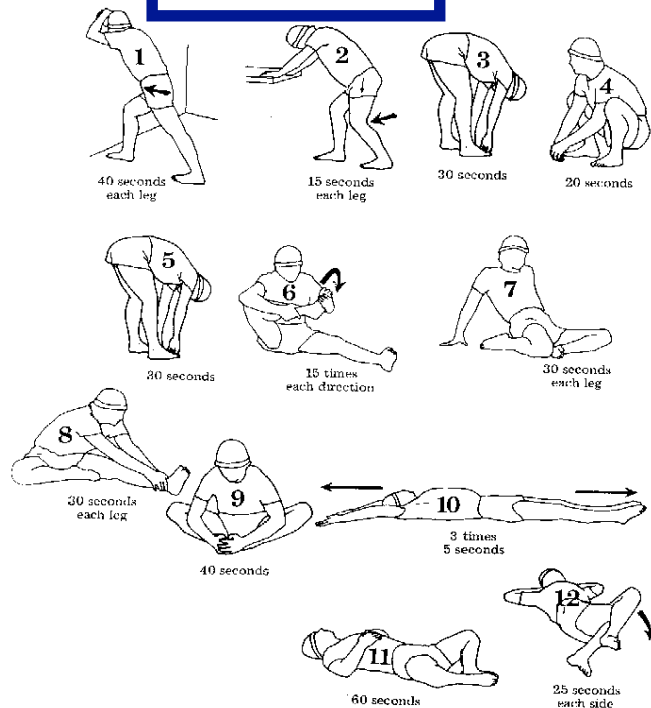
Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary.

The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Sample Stretching Routine

Sample Stretching Routine



Tip #4 Persistent Pain May Require Medical Attention. Seek It!

HOW TO TREAT PAIN

ALWAYS START WITH YOUR PHYSICIAN!

Medical Techniques and Therapies

- Medications NSAIDs (Non-steroidal anti-inflammatory drugs, Motrin or Aleve), Acetaminophen (Tylenol), Narcotics or Localized anesthetic
- Modalities/Therapy
- Acupuncture, Massage, Reflexology
- Relaxation/Pilates/ Yoga

Understanding Pain Acute vs. Chronic

Acute

Begins suddenly & is usually sharp; often caused by trauma or events

Examples: fractures, surgery

Chronic

Persists and can linger

Examples: Headache, low back pain, arthritis

Additional Reading Source: Articles from USNEWS*

- The Woes of the Pros
http://health.usnews.com/usnews/health/articles/070617/25boomer_b_print.htm
- Better Late Than Never
http://health.usnews.com/usnews/health/articles/070617/25start_print.htm

* Articles are included

Tip #5 Make the Necessary Lifestyle Adjustments

- Consume alcohol in moderation (too much alcohol can raise blood pressure)
- Healthy diet rich in vegetables, fruits, whole grains, fiber and fish
- If overweight, drop the pounds
- Maintain healthy weight
- Physical activity
- Use sunscreen if you have increased exposure to the sun

Recommended Don'ts

- Smoking & avoid 2nd hand smoke
- Eat foods high in saturated fat & sodium

Tip #6 Help and Support Are Closer Than You Think

- Emotional and Social Concerns ARE REAL!!!
- You were not designed or expected to go thru this journey alone.
- Depression/Identity Concerns are common
 - Data collected by The Center for the Study of Retired Athletes showed that of 2800 retired athletes, 1 in 10 were diagnosed with clinical depression and many were treated with anti-depressants
- There typically is a coping mechanism for many athletes which includes alcohol or substance abuse.
- It's not about sucking it up and moving on. Help and Support are only as close as you will allow.

If you need assistance or have any questions, feel free to contact me.

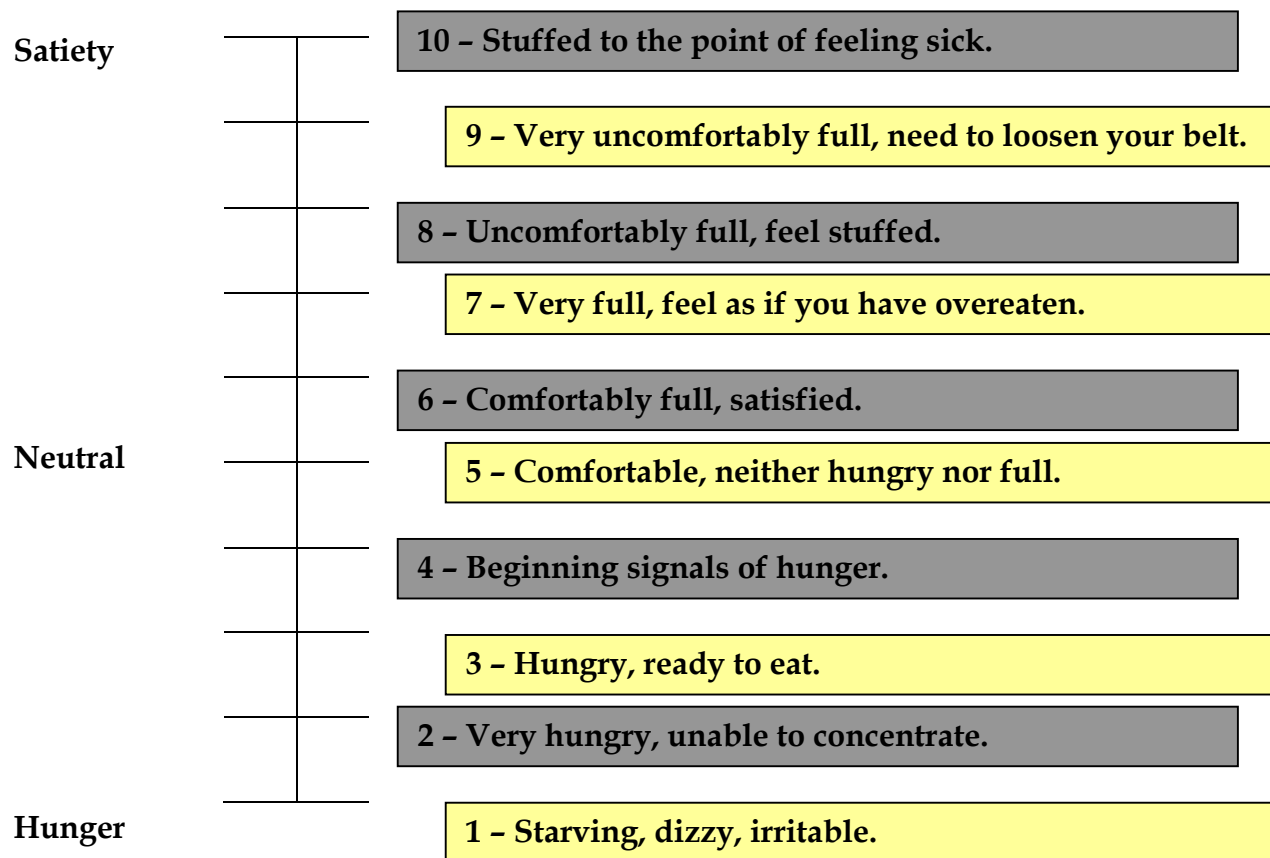
Carla R. Gilson
Assistant Athletic Trainer, Georgia Tech Athletics
150 Bobby Dodd Way NW
Atlanta, GA 30332
cgilson@athletics.gatech.edu
404-894-1251-office
404-894-0695-fax

Healthy Meal Ideas

<p><u>Chicken Stir-Fry</u></p> <ul style="list-style-type: none"> ▪ ~1 cup steamed rice (follow directions on package to make 1 cup cooked rice) ▪ ~8 oz. grilled chicken (sliced – thaw in microwave, then cook in skillet using non-stick spray) ▪ 1 cup steamed stir-fry vegetables (using a frozen bag of mixed vegetables, fill a bowl w/ frozen vgs., cover, and microwave until steaming) ▪ Pile chicken & vegetables on rice, add pineapple chunks, and drizzle with teriyaki sauce. ▪ 2 glass of fluid (skim milk, powerade, 100% fruit juice, or water are best) 	<p><u>Baked Potato Meal</u></p> <ul style="list-style-type: none"> ▪ Baked potato (either wrap it in aluminum foil and bake @ 450° for 1 hour, or poke holes it in w/ a fork and microwave for several minutes – until soft to the touch) ▪ 1 cup steamed broccoli (using frozen bag of broccoli, fill bowl, cover, and microwave until steaming. Add a small amount of butter, & salt and pepper for flavoring) ▪ ¼ - ½ cup of salsa ▪ 1 ounce shredded cheese (just a sprinkle) ▪ Top baked potato w/ broccoli, salsa, & cheese. You can add a small amount of sour cream if you want – try the reduced fat kind (not fat-free). ▪ Large chicken breast (thaw in microwave, cook in skillet using non-stick spray – try adding Dale’s meat seasoning (it’s a powder) to it as it cooks for flavoring). ▪ 1 piece of fruit ▪ 2 glasses of fluid
<p><u>Grilled Chicken Sandwich</u></p> <ul style="list-style-type: none"> ▪ Large frozen chicken breast (or you could use 3-4 chicken tenderloins) – thaw in microwave and then cook in skillet w/ seasoning or grill. ▪ Whole wheat hamburger bun ▪ 1 bowl of mixed salad greens w/ light oil-based dressing. Add a sprinkle of shredded cheese. ▪ Individual size bag of chips (try to buy the individual packs instead of a large bag, that way you have easier control over how many you are eating). ▪ 1 piece of fruit ▪ 2 glasses of fluid 	<p><u>Pasta w/ Meat Sauce</u></p> <ul style="list-style-type: none"> ▪ ~1 cup of cooked whole wheat pasta ▪ ~ ½ lb. lean red meat (try to stick w/ 93/7 – where 7 means 7% fat. Put straight into skillet to brown it) ▪ Pour marinara sauce over browned meat, add diced tomatoes, green peppers & onions (you can buy a frozen bag of diced peppers and onions to use). Add salt & pepper. ▪ 1 bowl of mixed salad greens w/ light oil-based dressing (I would just buy the bags of salad – try to stick to darker green lettuce than iceberg). Add a sprinkle of shredded cheese. ▪ 1 piece of fruit ▪ 2 glasses of fluid
<p><u>Grilled Chicken Salad</u></p> <ul style="list-style-type: none"> ▪ 1 large bowl of richly colored salad greens ▪ Large chicken breast (follow other instructions on cooking) ▪ Sprinkle chopped walnuts, shredded cheese, and raisins. ▪ Add any other vegetables you like and even 1 boiled egg if you want (put egg in pan of water on stove, bring to boil, let boil for 7-10 minutes, peel and serve). ▪ Use small amount of oil based dressing. ▪ 1 piece of fruit ▪ 2 glasses of fluid 	<p><u>Chili</u></p> <ul style="list-style-type: none"> ▪ Use a chili seasoning envelope (McCormick’s is one brand I can think of) ▪ Follow instructions on back of envelope to make chili – usually calls for ~1 lb. of lean ground beef, 1 can of kidney beans, 2 small cans of diced tomatoes. I usually add 1 can of tomato soup to it, and sometimes 1 small can of sweet corn. All just depends on how you like your chili! ▪ This will be enough for a couple of dinners. You could also use this to top a baked potato. ▪ 1 piece of fruit ▪ 2 glasses of fluid

The Bottom Line – Learning When to Eat

Do you eat in response to “psychological hunger” or “physical hunger”? Do you stop eating when you are “psychologically satisfied” or “physically satisfied”? Use this hunger-satiety rating scale to learn when to eat and when to stop. Ultimately the goal is to start eating at the beginning signals of hunger (4), and stop when you are comfortably full (6).



NFL Player Care Foundation

- “PCF is an independent organization dedicated to helping retired players improve their quality of life. PCF addresses all aspects of life – medical, emotional, financial, social and community, providing programs and assistance in each area.”
- Services available to all NFL retirees
- 10 centers nationwide



Free Screenings from PCF



1. Blood Profiling (including PSA test)
2. Digital Rectal Screening
3. Coronary Calcium Scoring with CT Heartscan
4. Carotid Plaque Assessment
5. Carotid Intima Media Thickness and Arterial Age
6. ECG
7. EKG
8. BP
9. Body Composition
10. Anthropometric Measurements
11. **incentaHEALTH Nutrition, Education, and Lifestyle Motivation**
12. Sleep Assessment

Case study: incentaHealth

- Online Health Coaching
 - Work with online coach
 - Daily, custom nutrition and exercise plans via text or email. (“Push not Pull” concept)
 - Progress reports
 - Health points tracker
 - Health risk assessments
 - 60 second journals



Effectiveness of IncentaHealth

- “Of the 1607 participants who were retained at 6 months 1088 were successful in losing weight and lost, on average 9.4 pounds, a clinically significant 4.4% of initial body weight.”

Mita Shah Bhagat, Relationships Between Barriers, Motives, Retention and Effectiveness in a Commercial Weight Loss Program (Unpublished dissertation)



EVALUATION OF CURRENT RESEARCH

Evaluation of Current Research

TABLE 3. Classification and Levels of Evidence

Level of Evidence	Strength of Recommendation
A	Sufficient evidence from multiple randomized trials
B	Limited evidence from single randomized trial or other nonrandomized studies
C	Based on expert opinion, case studies, or standard of care

1	Very likely that results generalize to women
2	Somewhat likely that results generalize to women
3	Unlikely that results generalize to women
0	Unable to project whether results generalize to women

Summary of Current Research/Programs

- Significant research showing increased health risk within certain populations after leaving sports (example: NFL lineman)
 - Some certain athlete population may benefit more than others
- Little research evaluating effectiveness of current “life-skills” education within the NCAA
- Future Directions: Psychological issues concerning identity and mental health following transition out of sport

Possible Recommendations for Collegiate Athlete Wellness Program

- Blending best practices from NCAA & NFL
- Identifying at-risk athletes
 - Exit interview as possible screening tool
 - Give biometric, body composition and anthropometric testing
 - Already do this for incoming med students
- Give all outgoing athletes access to health coaching on campus
 - Required for at-risk athletes (football in particular?)

Possible Recommendations for Collegiate Athlete Wellness Program

