

Supplement Position Paper-November 2016

The PIAA SMAC strongly opposes the use of dietary supplements by high school athletes for performance enhancement due to supplement safety concerns and the lack of published, reproducible scientific research documenting the benefits with use among the teen and adolescent population. It is the position of PIAA SMAC that teen and adolescent athletes obtain the nutrients and fluids needed to enhance health and sport performance from food.

Significance

Research shows that there continues to be widespread use of dietary supplements by high school and adolescent athletes despite considerable safety concerns. Dietary supplements are marketed as an way to enhance body mass, energy levels, weight loss and athletic performance. Adolescents and teens are susceptible to peer pressure and advertising, which may increase the incidence of supplement usage in this population for sport performance and recovery. Increased supplement usage tends to create a culture concerned about short term performance rather than long term athletic environment and life long good health.

Background

The Dietary Supplement Health and Education Act (DSHEA) of 1994 removes dietary supplements from pre-market regulation by the Food and Drug Administration. Under the DSHEA Act, a manufacturing firm is responsible for determining that the dietary supplements it manufactures or distributes are pure, safe and effective for use. Dietary supplements are essentially classified as a food and not a drug and **therefore are not subject to the same FDA regulations as prescription or over the counter medications.**

The PIAA SMAC recommends that:

1. Dietary supplements should not be used by high school athletes for performance enhancement due safety and purity concerns and the lack of published scientific research documenting their effectiveness and confirmation of the absence of long term health concerns with use.
2. Dietary supplements should only be used upon the advice of one's health care provider for health related reasons.
3. School personnel and coaches should never recommend, endorse or encourage the use of dietary supplements or medication for performance enhancement.
4. Coaches, athletic directors and school personnel should allow for open discussion about dietary supplement use and strongly encourage obtaining optimal nutrition for sport performance through a well - balanced diet. Athletes should be reminded that no supplement is harmless or free from consequences and that there are no short cuts to improve athletic performance.
5. Strategies that address the prevalence and concern of dietary supplement usage may include conversations with athletes and parents about the potential dangers and long term health consequences of supplement use. Athletes and parents should be educated on that fact that dietary supplements are not required to obtain pre-market approval from the Federal Drug Administration (FDA) ; therefore there is no assurance of a product's purity, safety or effectiveness. Manufacturers are required to list all ingredients on the label, a dietary supplement may contain a banned substance due to contamination and poor manufacturing practices.
6. Athletes with nutritional concerns or medical condition should be referred to a Registered Dietitian Nutritionist for nutritional guidance and personal meal plans. www.eatright.org/find-an-expert

References/Resources:

The National Center for Drug-Free Sport, Inc. [Http://www.drugfreesport.com](http://www.drugfreesport.com)

The Academy of Nutrition and Dietetics, Dietitians of Canada, American College of Sports Medicine Position statement on Nutrition and Athletic Performance. Journal of the American Dietetic Association. Issue 3. Pages 501-528 (March 2016)

National Federation of State High School Associations. <http://nfhs.org>

United States Anti-Doping Agency <http://usaantidoping.org/>

Dietary Supplement Health and Education Act of 1994 (DSHEA)

<http://www.fda.gov/opacom/laws/DSHEA.html>

Gomez J. Use of Performance-Enhancing Substances. Pediatrics, 2005. Apr. 5(4): 1103-6

Laos c, Metz, JD. Performance Enhancing Drug Use in Young Athletes. Adolescent Med. Clin. 006 Oct. 17(3):79-31.

Academy of Nutrition and Dietetics www.eatright.org/find-an-expert