

NCAA Athlete Student Health Center Utilization

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Purpose

- NCAA affiliated student-athletes are a unique group in the university setting, and as such have unique health needs
- Student-athletes experience depressive disorders, eating disorders, and addictive disorders at rates similar to their non-athlete peers
- Student-athletes experience greater health risks related to motor-vehicle safety, substance abuse, sexually transmitted diseases (STI), nutrition, mental health, and general preventative health
- Gender of a student-athlete also matters; female student-athletes experience eating disorders at a higher prevalence than male student-athletes
- Student-athletes face unique pressure to underreport, as team success and individual health can sometimes be at odds
- This work aims to describe student-athlete health service utilization outside of their dedicated athletic medical team

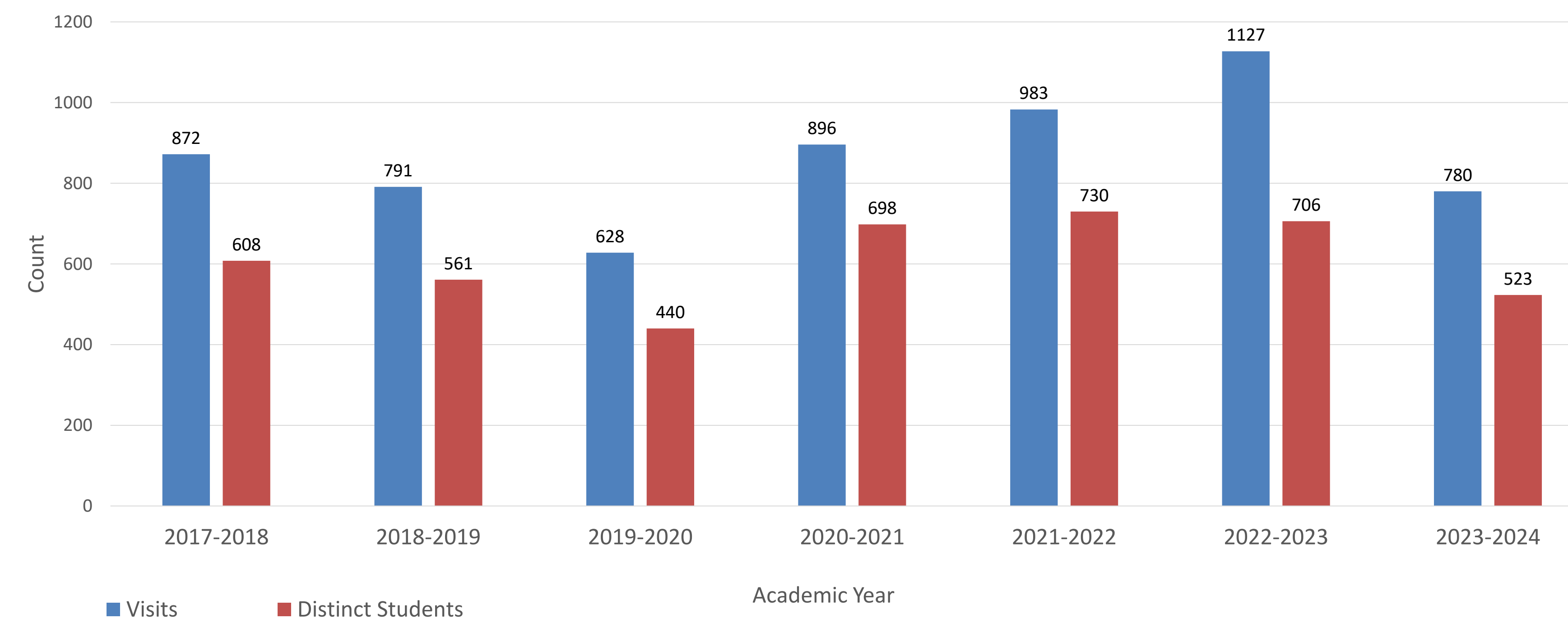
Methodology

- The study population was extracted from the Student Health Research Database (SHRD)
- Two distinct datasets were linked: the central Student Health and Wellness (SHW) dataset, which contains medical information, and the Student Information Systems (SIS) dataset, which contains demographic information
- Student health data was pulled for the period of August 2017 to June 2024
- The two distinct datasets were linked using an identifier unique to the student and associated semester
- This dataset was then filtered to include only NCAA-affiliated athletes, who were flagged as such in the SIS database
- A descriptive analysis was performed

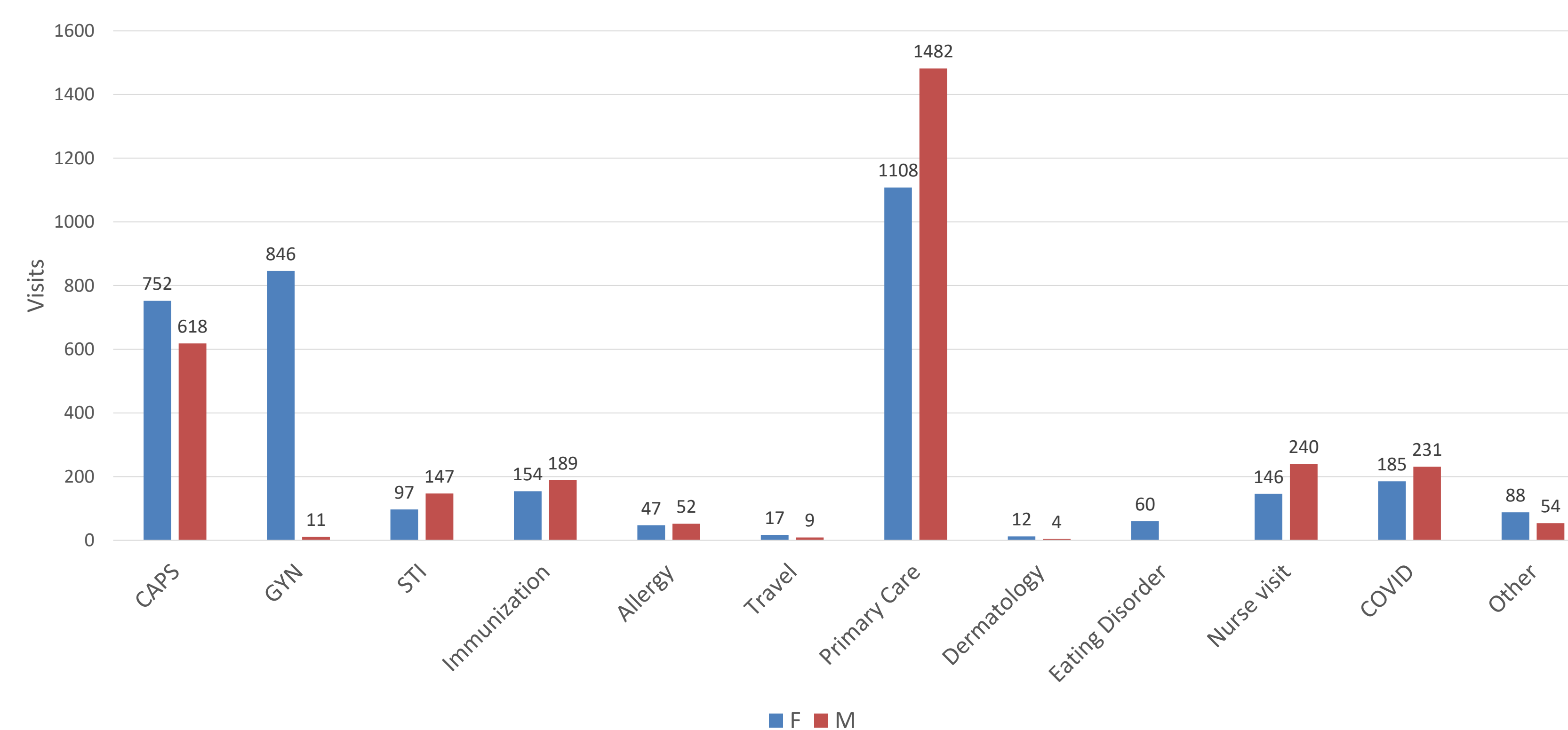
Results

- Total of 1,183 unique NCAA athletes used SHW for healthcare services
 - 56% (660) of unique visitors were males
- Total of 6,650 visits occurred during study period
 - 53% (3,512) were female visitors
- Males utilized primary care and CAPS most; females used Primary Care, CAPS and Gynecology most
- Men's Basketball and Squash had highest ratio of visits by roster; Women's Basketball, Volleyball, and Squash had highest ratio by roster

NCAA Athletes by Academic Year

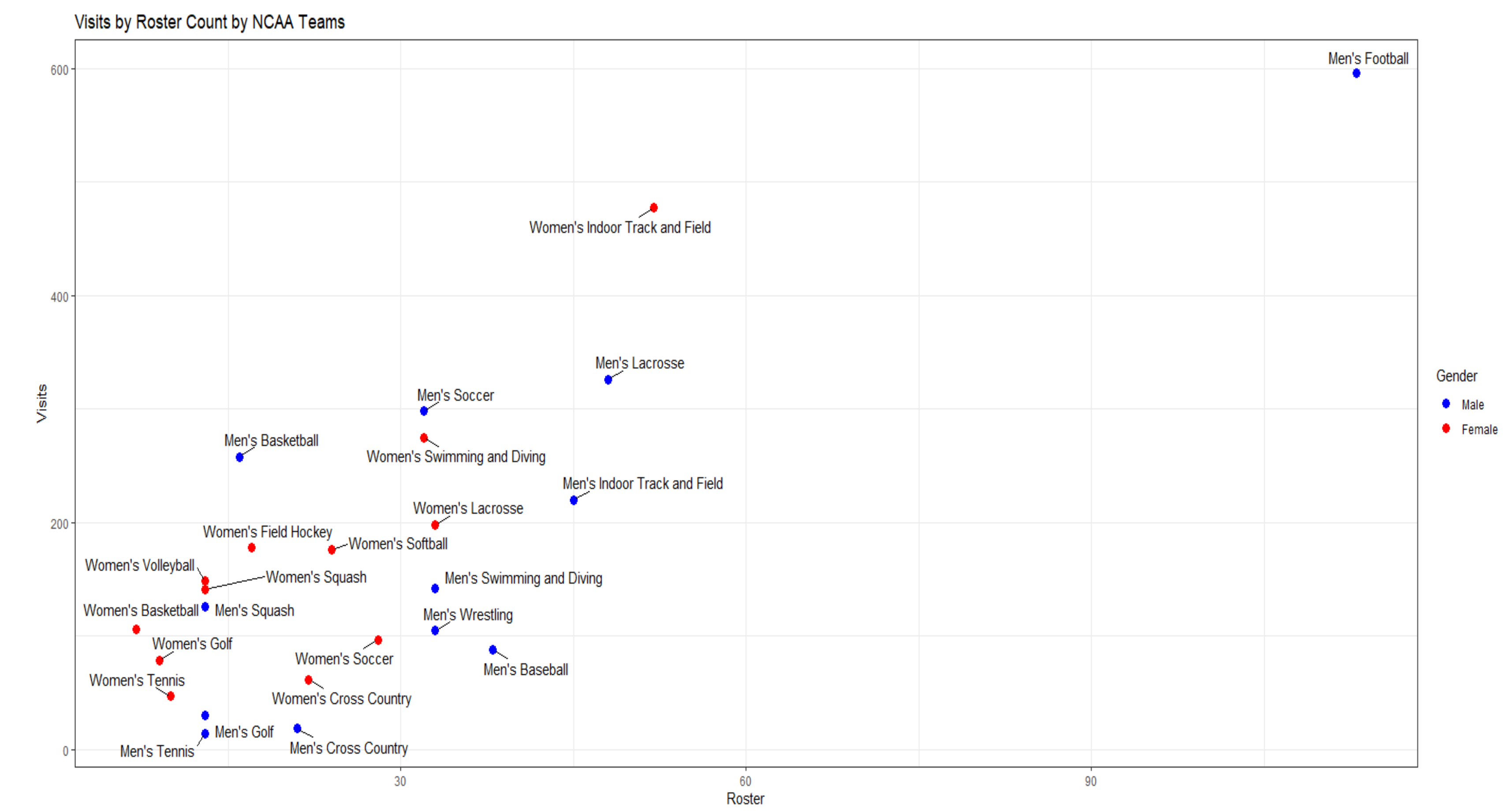


Service Type Utilization of Student Athletes



Conclusion and Future Directions

- Study related to the health of student-athletes is primarily done via surveys
- Pre-existing clinical data along with university enrollment data can be linked and used to analyze the health of student-athletes in a robust and longitudinal manner



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