Dietary Supplement Habits of Special Warfare Combatant-Craft Crewman

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INTRODUCTION

Special Warfare Combatant-Craft Crewman (SWCC) face high intensity physical training and demanding tactical missions. Dietary supplements (DS), with their promises to increase strength, muscle size and speed, are very appealing adjuncts to daily training. PURPOSE: Evaluate DS habits of SWCC with reference to purported use, adverse reactions, and perceived benefit. METHODS: 144 SWCC (Age 26.9 ± 5.2 years) completed a detailed DS questionnaire. RESULTS: Seventy-eight percent of SWCC consumed at least one DS, of these 71% consumed whey protein supplements, 43% energy drinks/caffeine, 36% antioxidant/fish oils, and 25% glucosamine/chondroitin. The main reasons SWCC are consuming DS are to improve physical performance, diet quality, and overall health. Future efforts should focus on educating SWCC about the efficacy and safety associated with taking DS and on the importance of consuming a healthy balanced diet to improve performance, diet quality and overall health.

ABSTRACT

The purpose of this study was to evaluate DS habits of SWCC with reference to purported use, adverse reactions, and perceived benefit.

DIETARY SUPPLEMENT SURVEY TOOL:

A dietary supplement survey was used to evaluate dietary supplement use, safety and effectiveness. Subjects completed questions regarding their own dietary supplement usage (frequency, dosage, duration, and administration), reasons for use, adverse reactions, and perceived benefits. This data was collected as part of the Warrior Human Performance Research with SWCC using the University of Pittsburgh Medical Epidemiology Database (UPITT-MED).

CONCLUSION:

The Nutrition and Dietary Supplement Survey tool was developed by investigators to address the pertinent nutrition issues and dietary supplement usage of military personnel data from our ongoing research with the SWCC and recommendations provided by the Committee on Dietary Supplement Use by Military Personnel. The main reasons SWCC are consuming DS are to improve physical performance, to supplement the diet and improve overall health. Future efforts should focus on educating SWCC about the efficacy and safety associated with taking DS and on the importance of consuming a healthy balanced diet to improve performance, diet quality and overall health.

PURPOSE

The purpose of this study was to evaluate DS habits of SWCC with reference to purported use, adverse reactions, and perceived benefit.

SUBJECTS

144 SWCC (Age 26.9 ± 5.2 years; Ht: 179.1 ± 6.8 Wt: 86.0 ± 9.7 kg) completed a detailed DS questionnaire.

RESULTS

Seventy-eight percent of SWCC consumed at least one DS, of these 71% consumed whey protein supplements, 43% energy drinks/caffeine, 36% antioxidant/fish oils, and 25% glucosamine/chondroitin.

SUMMARY AND CONCLUSIONS

The main reasons SWCC are consuming DS are to improve physical performance, to supplement the diet, and improve overall health. Future efforts should focus on educating SWCC about the efficacy and safety associated with taking DS, and on the importance of consuming a healthy balanced diet to improve performance, diet quality and overall health.