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

Subjects:
• SOT Students (N = 291), Age (years) 24.2 ± 2.7 Height (cm) 179.4 ± 6.6, Mass (kg) 84.7 ± 8.3, BMI 26.4 ± 1.9, Body fat % 14.2 ± 4.1
• CQT 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

RESULTS

Dietary supplement & health-related behaviors questionnaire:

Students completed a detailed DS and health-related behaviors questionnaire. DS prevalence examined any DS use over the past year. DS use identified in this study was different from other published and self-reported data.

<table>
<thead>
<tr>
<th>Health-Related Behaviors</th>
<th>All</th>
<th>SQT</th>
<th>CQT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caffeinated beverages/day</td>
<td>2.60 (1.53 – 4.41)</td>
<td>2.42 (1.16 – 5.08)</td>
<td>2.54 (1.77 – 5.51)</td>
</tr>
<tr>
<td>Smokeless tobacco use</td>
<td>3.07 (1.55 – 6.05)</td>
<td>5.03 (1.94 – 15.05)</td>
<td>2.76 (1.16 – 6.58)</td>
</tr>
</tbody>
</table>

SUMMARY AND CONCLUSIONS

Self-reported DS use in SOT and CQT students was higher than DS use previously reported in Special Forces, Navy SEALs and Army Rangers.

DS use in SOT and CQT students was associated with high MET hours/week strength training, caffeinated beverage intake and smokeless tobacco use.

Future research should continue to examine the relationship between DS use and risky lifestyle habits that may compromise the health and military preparedness of SOF students.