



## Survey Fact Sheet:

### Outcomes of the NCAA Deregulation of food on fueling student-athletes

A survey conducted by the Collegiate and Professional Sports Dietitians Association during the week of August 10, 2015 assessed budget changes, staffing changes and overall athlete perception after the NCAA deregulation of feeding.

- Of 48 NCAA Division I programs invited to participate in the survey, 31 qualified to participate as the head of their sports nutrition department who worked at the same institution before and after the deregulation of food.
- Since the NCAA announced on April 15, 2014 that meal restrictions would be lifted at all 345 Division I schools effective August 1, 2014, 15 schools hired their first full-time sports dietitian and four other schools promoted their part-time sports dietitian to full-time employment.
- On average, Division I schools were feeding 368 athletes before deregulation; afterward, they fed an average of 569 athletes, which essentially constitutes all athletes in the typical NCAA Division I athletic program within the Power 5 conferences.
- 81percent of the 31 sports dietitians surveyed said they're working more hours per week in the 2014-15 school year (the year since meal restrictions were lifted); 36 percent are working at least 15 or more hours per week.
- When asked to rate on a scale of 1 to 10 how athletes seemed to be receiving the newly expanded meal offerings (10 being highest), sports dietitians said athletes would rate improvement by an average score of 8.0.
- All but one of 23 schools that provided year-to-year food budget comparisons (2013-14 school year compared to 2014-15) saw their overall food budgets increase by an average of 145%. The average athletic program food budget prior to deregulation was \$534,130 per school; since meal restrictions were lifted August 1, 2014, the average food budget has increased to \$1.308 million, based on 23 of the surveyed schools that provided data:

Division I Schools	Food Budget 2013-14 school year	Food Budget INCREASE 2014-15 school year	Food Budget TOTAL 2014-15 school year	% Increase year-over-year
1	\$500,000.00	\$1,000,000.00	\$1,500,000.00	200.00%
2	\$700,000.00	\$300,000.00	\$1,000,000.00	42.86%
3	\$700,000.00	\$300,000.00	\$1,000,000.00	42.86%
4	\$500,000.00	\$700,000.00	\$1,200,000.00	140.00%
5	\$500,000.00	\$1,000,000.00	\$1,500,000.00	200.00%
6	\$700,000.00	\$1,000,000.00	\$1,700,000.00	142.86%
7	\$75,000.00	\$300,000.00	\$375,000.00	400.00%
8	\$700,000.00	\$800,000.00	\$1,500,000.00	114.29%
9	\$1,000,000.00	\$500,000.00	\$1,500,000.00	50.00%
10	\$50,000.00	\$75,000.00	\$125,000.00	150.00%
11	\$100,000.00	\$600,000.00	\$700,000.00	600.00%
12	\$1,000,000.00	\$1,000,000.00	\$2,000,000.00	100.00%
13	\$80,000.00	\$1,420,000.00	\$1,500,000.00	1775.00%
14	\$1,300,000.00	\$1,500,000.00	\$2,800,000.00	115.38%
15	\$50,000.00	\$1,150,000.00	\$1,200,000.00	2300.00%
16	\$200,000.00	\$0.00	\$200,000.00	0.00%
17	\$400,000.00	\$1,100,000.00	\$1,500,000.00	275.00%
18	\$500,000.00	\$500,000.00	\$1,000,000.00	100.00%
19	\$550,000.00	\$750,000.00	\$1,300,000.00	136.36%
20	\$200,000.00	\$800,000.00	\$1,000,000.00	400.00%
21	\$1,000,000.00	\$1,000,000.00	\$2,000,000.00	100.00%
22	\$380,000.00	\$1,720,000.00	\$2,100,000.00	452.63%
23	\$1,100,000.00	\$300,000.00	\$1,400,000.00	27.27%
<b>Totals</b>	\$12,285,000.00	\$17,815,000.00	\$30,100,000.00	<b>145.01%</b>
<b>Averages</b>	<b>\$534,130.43</b> on avg. per school before deregulation	<b>\$774,565.22</b> on avg. more spending per school since deregulation	<b>\$1,308,695.65</b> avg spending per school since deregulation	<b>145% yoy budget increase on avg. since deregulation</b>