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|  | Through our survey we discovered that the majority of people using Creatine supplements are between the ages of 26 and 35, accounting for 35.3% of the people we surveyed. No one was under the age of 15. 19.1% of the people surveyed were between the ages of 16 and 18, while 20.6% were between the ages 19 and 25. A higher amount of people were also over 36 occupying 25%, and thus making the graph skewed to the left. When conducting a Chi-Square Test we discovered that there was a significant difference at the 5% level between the ages. This indicates that older people are more likely to be using creatine that younger people. Even though many more young kids are beginning to use creatine it is evident that it is still a favorite supplement among older bodybuilders. We must also take into consideration that fact that the surveys were voluntary and many younger people may have not taken the time to fill one out.  From the Creatine users that were surveyed, 13.4% exercise 1-3 days a week, 55.2% exercise 4-5 days a week, and 31.3% exercise 6-7 days a week. Thus, the majority of the people surveyed are exercising 4-5 days a week.  Out of all the exercises that people perform, 91.3% are high intensity and only 8.7% are low intensity. This supports the fact that many Creatine users perform exercises that require brief spurts of energy, such as weight lifting, sprinting, and football. Creatine supplements would not be beneficial to athletes performing low intensity exercises because they require long blocks of energy.  The initial length of the Creatine "loading phase" should be 1-4 days and we discovered that 48.5% had followed that target. At the same time, we also learned that 21.2% did not have a "loading phase". 28.8% were between 5-8 days and 1.5% were between 9-12 days. During their "loading phase" 10.9% consumed <14 grams a day, 46.9% consumed between 15-20 grams a day, 15.6% consumed between 21-26 grams a day, 6.3% consumed between 27-32 grams a day, and 3.1% consumed >33 grams a day. The majority again was on the target of somewhere between 15-20 grams a day.  The "maintenance phase" is very important because it lasts longer than the initial "loading phase" and we discovered that 27.7% consumed 2-4 grams a day, 49.2% consumed 5-7 grams a day, 15.4% consumed 8-10 grams a day, and 7.7% consumed >10 grams a day. Creatine should be consumed between 5 to 10 grams a day (depending on the person's weight). By taking a look at the benefits and side effects (acquired from questions 7 & 11 in the survey) experienced in each group, we discovered an interesting fact. For the people who consumed between 2-4 grams, they experienced an average of .889 side effects and 3.14 benefits. For the people who consumed the typical amount between 5-10 grams (or 5-7 and 8-10 grams) they experienced an average of 1.32 side effects and 4.14 benefits. For the people who consumed <10 grams they experienced an average of 3.6 side effects and 1.8 benefits. This shows that when the average person consumes the target amount of Creatine between 5-10 grams they will experience 1.32 side effects and 4.14 benefits. This supports the fact that many people are willing to take the risk to acquire more benefits. At the same time, the people who consumed less experienced less of both the side effects and benefits, and the people who consumed more experienced the highest amount of side effects and the least amount of benefits. We can conclude that the benefits outweigh the side effects by (4.14-1.32=2.82/4.14=.681) 68.1% with the suggested consumption during the "maintenance phase".  Through the survey we found that more than 50% of the people experienced every benefit that we had listed, expect for a rise in their resting metabolic rate (32.4%), and we must keep in mind that not everyone measures their metabolic rate. (see chart on results for exact percents in each category). In performing the Chi-Square Test, we discovered that our X^2 value fell in front of the X^2 critical value which means that there is no evidence to suggest that the distribution of responses are due to anything other than chance at the 5% level. In other words, one benefit was not prominent over another and there was no significant difference between the benefits. Many of the people surveyed had experienced most of the benefits contributing to a symmetric distribution of responses with no favoring of any particular benefit.  The majority of the people, or 35.4%, experienced results within 6-10 days of maintaining Creatine and exercising. 13.8% noticed results within 1-5 days, 26.2% noticed results within 11-15 days, 15.4% noticed results within 16-20 days, and only 7.7% noticed results >21 days. The distribution is roughly symmetric with he majority falling within 6-15 days, helping us conclude that others who take Creatine will notice results within this time frame.  57.6% said their results leveled off and 37.9% said their results have not leveled off and therefore they continue to experience benefits. We can conclude that the majority of people using Creatine will have their results level off and their bodies saturated with Creatine. We must remember that the people who have not had their results level off may not have taken Creatine for long enough yet for them to do so. From the people that said their results leveled off, we discovered that the majority, 23.4%, noticed the leveling off >21 days of maintaining Creatine and exercising. 9.4% noticed the leveling off between 1-5, 6-10, and 16-20 days, and 17.2% between 11-15 days. This makes leveling time difficult to conclude since three of the time frames have the same value of 9.4%. We could conclude that days of exercising, consumption, and even age may effect the leveling off of results.  Through the survey we found that less than 50% of the people experienced each side effect (unlike the benefits), with many little to no response in a certain category. A majority of 30.9% experienced some sort of muscle cramping, tears, or pulls, while no one experienced a seizure or passed out from Creatine (see chart on results for other percents in each category). In performing the Chi-Square Test, we discovered that our X^2 fell ahead of the X^2 critical value at the 5% level, indicating that there is a significant difference between the distribution of responses. We can conclude that the responses with higher percentages, such as muscle cramping, gastrointestinal problems, dehydration, stomach aches, and diarrhea, are more readily seen with people who are taking Creatine supplements. There is still the risk of such things as liver, kidney, or heart problems but they are not as frequent in the population, thus indicating that they are long term effects.  In rating their overall experience 1.5% experienced a great or slight impairment on their workouts. 2.9% felt like they had no improvement. 44.1% said they had a slight improvement and 50% said they had an excellent improvement in their overall exercise performance due to Creatine supplements. Thus, we can conclude that the majority of people are improving their performance with Creatine and are content with their results. |

*This Web Site is Best viewed with 256 or more colors.*

*For More Information about Creekwatch, please contact Eric Thiel at* [*ethiel@pleasanton.k12.ca.us*](mailto:ethiel@pleasanton.k12.ca.us)