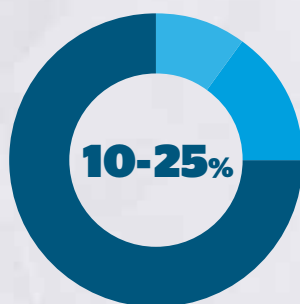


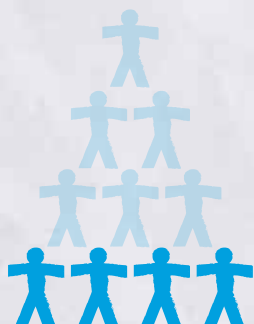
Healthy Clubs, Healthy Bodies, Healthy Minds.

Measuring the Impact of the Irish Life
GAA Healthy Clubs Programme.

Physical health



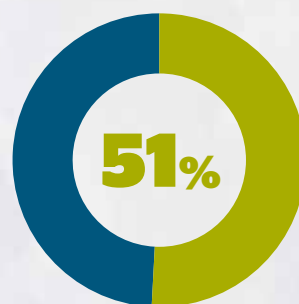
Between 10 and 25%
were doing **MORE PHYSICAL
ACTIVITY** since they took part.



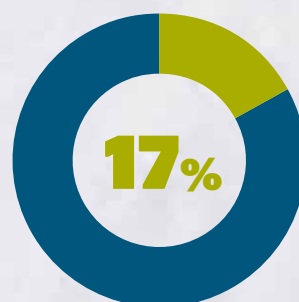
40% of respondents reported that
they had adopted **HEALTHIER
BEHAVIOURS** for themselves
and/or their families.



Social wellbeing



51% of retrospective respondents
told us that they had **MADE NEW
FRIENDS** in their community.



17% had taken up a **NEW HOBBY
or ACTIVITY** since taking part.



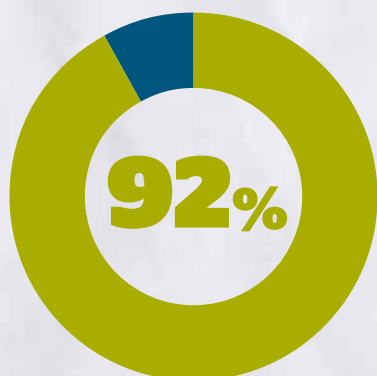
Volunteers

Contribute **102,292 hours** to the programme
(equivalent of **€1.1 million**) ...

... but gain **€3.7 million**
in health and wellbeing benefits.



GAA & Clubs



92% believe their club has an INCLUSIVE AND WELCOMING ATMOSPHERE since getting involved up from 72%.

General



Total value of the programme:

€50 million

or a social return of 19:1

We estimate

10,152

Participants had NO PREVIOUS INVOLVEMENT with the GAA and

38,227

participants were NOT CLOSELY CONNECTED to the GAA.

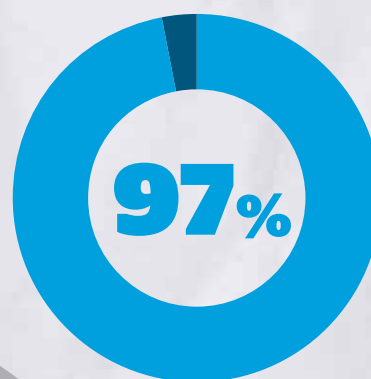
For the HSE, we estimate

€620,000

of benefit from reduced healthcare cost or a return of 4.4:1

“
I love the fact that the Healthy Club is inclusive for all. And serious issues... are addressed in a safe and secure environment.
”

“
More and more [our club] is becoming the hub of the entire community... it's been a wonderful boost to our small rural club and community.
”



97% would recommend activities to others

