



Substance use and their
negative impact on performance

Overview

- What is a Drug
- Substance Use Young Irish People
- Why being part of the GAA helps
- Risk and Protective Factors
- Smoking and Performance
- Alcohol and Performance





What is a
Drug?



A substance people take, other than food, to change the way they think, feel or behave (UN office on drugs and crime)

A chemical which causes changes in the way the human body functions, either mentally, physically or emotionally. (Corrigan, 1996)

Substance Use Young Irish People

- National Advisory Committee On Drugs & Alcohol (2016). Prevalence of Drug Use and Gambling in Ireland and Northern Ireland. 7,000 people age 15+ household survey, fieldwork conducted 2015.

LINK TO NACADA Full Bulletin PDF
[HERE](#)

15-24 year olds

Have ever tried...



alcohol

78%



e-cigarettes

15%



tobacco

36%



24% cannabis



10% ecstasy (MDMA)



7% cocaine



5% New Psychoactive Substances

4.7% magic mushrooms

4% tranquillisers

3% solvents

2.6% amphetamine (speed)

2% LSD

1.4% anabolic steroids

0.3% heroin



Team run out ahead of the GAA Football All-Ireland Senior Championship Round 2 match between Leitrim and Louth at Páirc Seán Mac Diarmada in Carrick-on-Shannon, Co. Leitrim. Photo by Ramsey Carty/Sportsfile



Why being part of the GAA helps



WHERE WE ALL BELONG



Risk and Protective Factors

Protective Factors	Risk Factors
Positive outlook	Early use of tobacco, alcohol and other substances
Self confidence and positive self belief	Mental health problems
Good communication skills	Aggression/impulsivity
Appropriate boundaries/supervision	Risk taking
Assertiveness	Easily influences by peers
Strong sense of community	No sense of belonging to or pride in community
Opportunities to socialize in a safe environment	Lack of facilities and amenities

Impact of alcohol on performance

- Reduced endurance and increased risk of muscle cramping
- Slower reaction times
- Greater risk of injury
- Increased recovery period from injury
- Dulled performance
- Affects blood sugar production



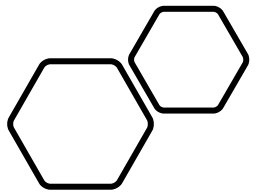
Alcohol and Sports Performance

- Impaired Sleep
- Weight Gain
- Impairs nutrient absorption
- Leads to missed training sessions/reduced performance in training
- Impacts on motivation!





- In 2018 the GAA partnered with the HSE to highlight at a full-house All Ireland semi-final in Croke Park their #DrinkLessGainMore awareness campaign and website www.askaboutalcohol.ie



How smoking affects performance

Endurance

- Smokers need to work harder than non-smokers doing the same activity
- You cannot train as long as you want when smoking. Also, your quality of training may suffer
- Smoking increases airway resistance therefore reducing oxygen absorbed into the blood
- Smokers produce more phlegm and are more likely to develop a chronic cough than non-smokers



Strength

- Smoking reduces oxygen supply to muscles and lungs during exercise - oxygen in the blood is replaced with carbon monoxide.
- Smoking reduces lung function and slows lung growth

Recovery

- Smoking narrows the bronchial tubes in the lungs, reducing oxygen it needs to recover after exercise.



Pat Cannon and Kevin Dunne of Offaly during the Allianz Hurling League Division 1B Round 4 match between Offaly and Galway at Bred Na Mona O'Connor Park in Tallamore, Offaly. Photo by Matt Browne/Sportfile

**Fact: A
smoker's
heart beats
faster, on
average, than
a non-
smoker's**



Useful Resources

HSE Drugs & Alcohol Helpline

- This confidential service has both a freephone Helpline (1800 459 459) and an email support service (helpline@hse.ie). Opening hours are Monday to Friday, 9.30am and 5.30pm.

Websites

- www.askaboutalcohol.ie
- www.drugs.ie
- www.alcoholireland.ie
- www.alcoholforum.org

Useful Resources Cont.d

- **www.spunout.ie** Health topics for young people
- **www.reachout.com** Irish youth mental health online
- **www.jigsaw.ie** Practical information on youth mental health
- <https://nonameclub.ie> Having fun in an alcohol free environment
- <https://www.hse.ie/eng/services/list/4/mentalhealth-services/connecting-for-life/> Connecting for Life is Ireland's national strategy to reduce suicide 2015-2020.

Contact Details for Substance Use in Croke Park

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Go Raibh Maith Agat

