

HOW ALCOHOL AFFECTS ATHLETIC PERFORMANCE



CONNECTICUT FACTS

1 in 4 high school students reports using alcohol in the last month. As students get older, this number rises, with 38% of CT seniors reporting that they have had a drink in the past month. 1

BRAIN HEALTH

Because the human brain is not fully formed until the age of 25, alcohol can have a major negative impact on the teen brain!

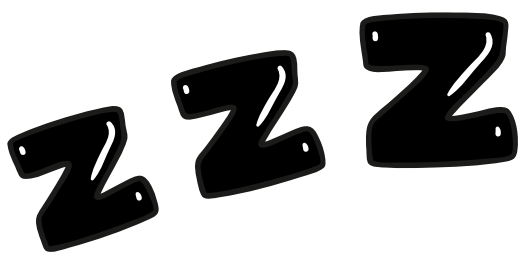
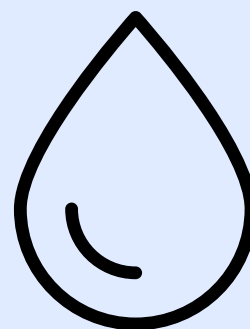


ALCOHOL USE DISORDER

The earlier a person starts using alcohol, the greater the chance that they will become addicted. On the other hand, delaying the age of first use makes a person less likely to develop an alcohol use disorder. 2

DEHYDRATION

Alcohol use leads to dehydration. When an athlete is dehydrated, the blood is thicker, flows more slowly, and muscles cannot function optimally. The body cannot regulate its temperature when dehydrated, causing high blood pressure. 3



SLEEP

Alcohol disrupts sleep which is an essential factor in athletic success. Muscle recovery depends on adequate sleep, as does mental health. 4

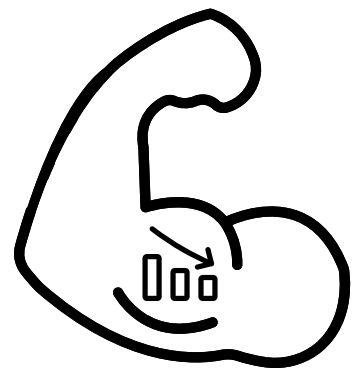
INCREASED RISK OF INJURY

Alcohol increases cortisol in the blood. More cortisol makes it easier to be injured because it leads to weight gain, high blood pressure, and muscular tissue damage. One study found that 55% of athletes using alcohol had an incidence of injury.



DECREASED TESTOSTERONE

Testosterone is essential to muscle growth and repair, and for keeping body fat low in both males and females. Less testosterone in the body due to alcohol use makes muscles weaker, bones more brittle, and body fat higher. 6



PROBLEMS ABSORBING NUTRIENTS

If the liver has to filter alcohol from the body it cannot perform its role in vitamin absorption. This limits the body's overall potential to perform and can negatively impact mental health. 6

FREQUENT ILLNESS

Alcohol use decreases the body's immune system, making it hard to fight off sickness. 6



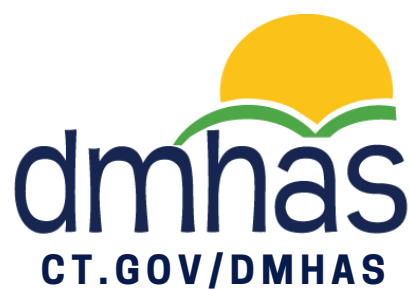
WHERE TO FIND HELP

There are agencies that can help young people with alcohol use.

Call 211

You can also reach out to your school's guidance department or town's youth services agency.

drugfreeCT.org



CITATIONS

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