



HOW CANNABIS AFFECTS ATHLETIC PERFORMANCE



CONNECTICUT FACTS

1 in 5 high school students report using cannabis in the last month. As students get older, this number rises, with 31% of CT seniors reporting using that they used cannabis in the past month.¹

BRAIN HEALTH

Cannabis use can have a major negative impact on the teen brain! This is because the human brain is not fully formed until the age of 25.

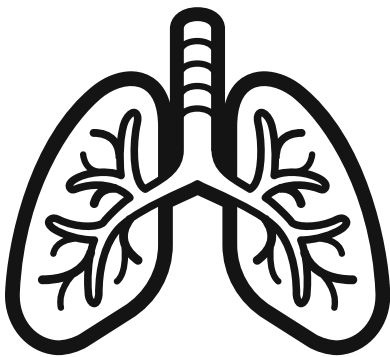


RISK OF EARLY USE

People who begin using marijuana before the age of 18 are 4 to 7 times more likely to develop a cannabis use disorder than adults.⁷

CANNABIS USE DISORDER

Cannabis use causes the brain to release higher levels of dopamine - a naturally occurring chemical responsible for how we experience joy. This is what produces the “high.” The surge of dopamine “teaches” the brain to repeat the rewarding behavior, helping to account for marijuana’s addictive properties.⁸



BREATHING

Inhaling smoke injures lung tissue. For any athlete that runs, swims, or rows, this can impair performance.²⁻⁴

ENDURANCE

Muscles require oxygen to maintain strength over time of use. If breathing is impaired, muscles cannot function at the same level of strength and agility.²⁻⁴



MENTAL HEALTH

Cannabis is strongly associated with depression, Research shows that frequent users of cannabis are more likely to be depressed and even suicidal. 5-6

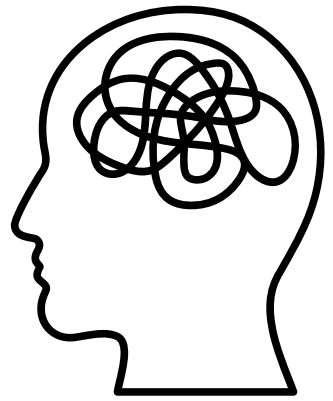


COORDINATION

Cannabis alters perception of reality and affects signals from the brain to the body. This can impact an athlete's ability to perform coordinated tasks. 5

INCREASED ANXIETY

While some users believe cannabis decreases anxiety, frequent use of high potency cannabis can actually lead to higher level



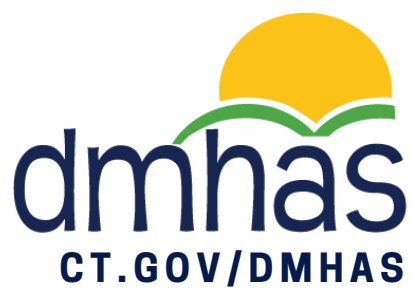
WHERE TO FIND HELP

There are agencies that can help young people with cannabis 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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4. Tetrault, J. M., K. Crothers, B. A. Moore, R. Mehra, J. Concato, and D. A. Fiellin. 2007. Effects of marijuana smoking on pulmonary function and respiratory complications
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7. Winters KC, Lee C-YS. Likelihood of developing an alcohol and cannabis use disorder during youth: Association with recent use and age.
8. How does marijuana produce its effects? (2021) National Institutes of Health. U.S. Department of Health and Human Services.