

CHEMICAL HEALTH EFFECTS AND IMPACTS

MARIJUANA FACTS AND IMPACT

Marijuana comes from the hemp plant and contains THC, which is a mind-altering chemical.⁴

SHORTTERM EFFECTS	LONGTERM EFFECTS	PERFORMANCE EFFECTS
Short-term effects include memory problems, severe anxiety, panic, heightened senses, altered behavior, red eyes, hallucinations, slowed reaction time, increased heart rate, fluctuating mood, attention issues, and impaired ability to drive. ⁴	Long-term effects include brain development issues, attention reduction, memory loss, substance use disorder (SUD), reduction in cognitive function such as problem solving, and an impact on mental health including increased risk of psychiatric disorders. ⁴	Marijuana impacts the regulation of memory, motivation, cognition, sensory perception, emotions, motor control, movement, and coordination. ⁴

ALCOHOL FACTS AND IMPACT

Alcohol is a colorless, flammable liquid containing ethanol. It can have intoxicating effects on the body.

SHORTTERM EFFECTS	LONGTERM EFFECTS	PERFORMANCE EFFECTS
Short-term effects include slurred speech, drowsiness, vomiting, headaches, breathing difficulties, distorted vision and hearing, impaired judgment, decreased perception and coordination, unconsciousness, blackouts (lapses in memory while under the influence), and impaired ability to drive. ³	Long-term effects include cardiovascular disease, cancer, substance use disorder, learning and memory problems, injuries, mental health problems, social problems that affect relationships, liver disease, and potential damage to the brain. ³	Alcohol decreases the body's ability to convert food to energy, causing dehydration. It reduces effective sleep patterns, which impact the development of your long-term memory, muscle repair, and body recovery. ³

E-CIGARETTES AND IMPACT

Electronic cigarettes, often called vapes, are electronic devices used to inhale aerosol, which contains nicotine, flavorings, and other chemicals.⁵

SHORT-TERM EFFECTS	LONGTERM EFFECTS	PERFORMANCE EFFECTS
Short-term effects are coughing, difficulty breathing, fever, nausea, vomiting, eye irritation, headaches, and dry and irritated mouth and throat. ⁶	Long-term effects include lung inflammation that may lead to permanent scarring, worsening asthma, increased infection, slowed brain development, substance use disorder (SUD), potential organ damage, and various cancers. ⁶	E-cigarettes reduce blood flow to the muscles, which means your body needs to work harder to perform at its best. ⁶

OPIOIDS AND IMPACT

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription.⁷

SHORT-TERM EFFECTS	LONGTERM EFFECTS	PERFORMANCE EFFECTS
Opioids temporarily reduce the intensity of pain and can cause nausea, vomiting, drowsiness, constipation, slowed or labored breathing, difficulty concentrating, and overdose which can result in death. ⁷	Long-term effects include substance use disorder (SUD), a slowed down nervous system which affects the ability to send messages, an increase in blood pressure, irregular heart rhythms, opioid use disorder (OUD), and overdose which can result in death. ⁷	Opioids can make individuals physically and mentally dependent on an opioid or cause opioid use disorder (OUD) which can lead to the inability to stay focused, loss of interests in activities, and the inability to function during day-to-day activities. ⁷