



# HUMAN PERFORMANCE PROJECT

— Illinois —

CHOOSE OPTIMAL • TAKE THE LEAD • ACHIEVE TOGETHER

## CHEMICAL HEALTH



### BE A STUDENT COMMITTED

Hold yourself and others accountable to making optimal decisions about health and wellness, being role models for positive behaviors and attitudes, and being dedicated to the process of establishing a culture of excellence and living high standards.



SCAN FOR CHEMICAL  
HEALTH WEBPAGE

# THE IMPORTANCE OF CHEMICAL HEALTH

Being a **Student Committed** means being a conscious decision maker. When it comes to making chemical health choices, follow your values, advocate for yourself, and be mindful of the chemicals you put into your body. Chemicals have short-term and long-term effects that can change your ability to live your most optimal life. Your brain is in a critical phase of development during your teenage years and well into your 20s. The misuse of chemicals can increase your risk of substance use disorder (SUD) into adulthood.<sup>1</sup>



## PHYSICAL

Substances can directly affect our body physically by contributing to weight gain and loss, deteriorating oral health, increase for disease and illness such as cancer, impair the immune system, and shorten our lifespan.<sup>2</sup>



## PERFORMANCE

Using substances can impair our ability to perform well in academics, sports, performances, and our day-to-day tasks and activities.<sup>2</sup>



## BIOLOGICAL

Substances can slow down the process of the development of our brain, impair our ability to make decisions, and decrease our levels of cognitive functioning.<sup>2</sup>



## EMOTIONAL

Substances impact our ability to regulate and control emotions. Our emotions and feelings can be altered when substances are used, which may impact our mental health.<sup>2</sup>



## SOCIAL

Using substances can interfere with our ability to interact with others. Hold yourself and your peers accountable to commit to leading a chemically conscious lifestyle.



## MENTALITY

Psychologically, substances can alter our mood, mindset, attitudes, and behaviors towards ourselves and others.

## ALCOHOL FACTS AND IMPACT

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

SHORT-TERM EFFECTS	LONG-TERM 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. <sup>3</sup>	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. <sup>3</sup>	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. <sup>3</sup>



MARIJUANA FACTS AND IMPACT

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

SHORT-TERM EFFECTS	LONG-TERM 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. <sup>4</sup>	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. <sup>4</sup>	Marijuana impacts the regulation of memory, motivation, cognition, sensory perception, emotions, motor control, movement, and coordination. <sup>4</sup>

TOBACCO FACTS AND IMPACT

Tobacco is a leafy plant that contains nicotine, an addictive chemical, as well as other harmful effects.

SHORT-TERM EFFECTS	LONG-TERM EFFECTS	PERFORMANCE EFFECTS
Short term effects include bad breath and yellow teeth, coughing, dulling sense of taste and smell, fatigue and dizziness, shortness of breath, an increased blood pressure and heart rate, decreased blood flow, and headaches. <sup>5</sup>	Long-term effects include substance use disorder (SUD), various cancers, a weakened immune system, asthma, and a risk of a shortened lifespan. <sup>5</sup>	Tobacco reduces blood flow to the muscles, which means your body needs to work harder to perform at its best. <sup>5</sup>

E-CIGARETTES AND IMPACT

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

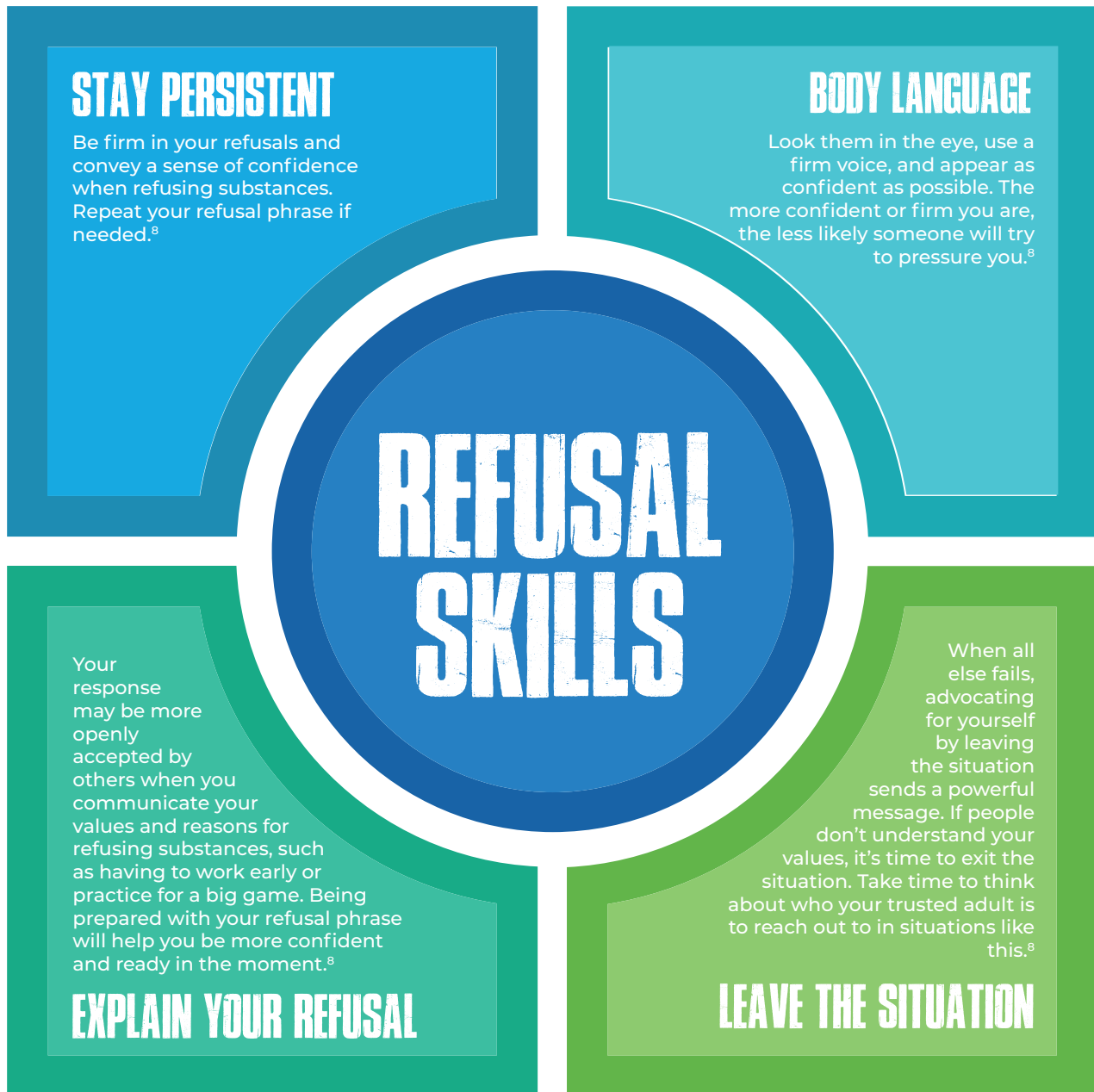
SHORT-TERM EFFECTS	LONG-TERM EFFECTS	PERFORMANCE EFFECTS
Short-term effects are coughing, difficulty breathing, fever, nausea, vomiting, eye irritation, headaches, and dry and irritated mouth and throat. <sup>6</sup>	Long-term effects include lung inflammation that may lead to permanent scarring, worsening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

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.<sup>7</sup>

SHORT-TERM EFFECTS	LONG-TERM 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. <sup>7</sup>	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. <sup>7</sup>	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. <sup>7</sup>

# DRUG AND ALCOHOL REFUSAL SKILLS



When it comes to refusal skills, the most important thing to remember is to be prepared. Practice and prepare your refusal skills so that you are ready and equipped to use it if you are ever being offered drugs or alcohol.

Direct social pressure, such as somebody directly pressuring a friend to drink, is often hard to overcome. People inherently want to fit in with and please their social circle. Indirect social pressure, which is being in a situation where there are people abusing drugs and/or alcohol, can sometimes be more difficult to overcome.<sup>8</sup>

There are different methods available for both direct and indirect social pressure. **Learning not just to say no, but how to say no, can have a great impact on you, your friends, and your peers.**



**SCAN FOR REFUSAL  
SKILLS ACTIVITY**

# RESOURCES

Illinois has various resources available for helping assist in overcoming dependency and substance use disorder (SUD) to substances like alcohol, marijuana, tobacco, e-cigarettes, or opioids. If you have any additional questions about substances, call your doctor or pharmacist. In case of an emergency, call 911 immediately.



The Illinois Helpline refers to hundreds of treatment and recovery providers across Illinois. Helpline services are always confidential and their goal is to guide you to the treatment options that are always best for you.

SCAN FOR ILLINOIS  
HELPLINE



THE  
PRESCRIPTION  
PLAYBOOK

The Illinois Human Performance Project's Prescription Playbook is an education awareness campaign designed to help prevent opioid and stimulant pain reliever diversion, misuse, and abuse by adolescent athletes. The Prescription Playbook aims to prevent the diversion, misuse, and abuse of legal and illegal medication through the education of safe use, safe storage, and safe disposal.

SCAN FOR THE  
PRESCRIPTION PLAYBOOK



**SAMHSA**

Substance Abuse and Mental Health  
Services Administration

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families. Their mission is to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.

SCAN FOR SAMHSA



## CHEMICAL HEALTH AND OTHER MODULES

<b>SLEEP</b>	Frequent drinking and the use of other substances can affect the quality of your sleep, making you feel tired and sluggish. Although some people think substances help them to relax and fall asleep, it actually makes the quality of sleep worse and disrupts your sleep cycle.
<b>MOOD AND MINDSET</b>	Using substances can lead to significant changes in the brain, which can affect mood swings, easily losing your temper, and can contribute to mental health issues including paranoia, depression, anxiety, aggression, hallucinations, and other problems.
<b>NUTRITION</b>	Chronic substance use impacts a person's level of nutritional and body composition, but may also cause a possible decrease in food intake due to appetite, how effectively nutrients are being absorbed, and dysregulation of hormones that alter the mechanisms of satiety and food intake. Substance use can leave you dehydrated and create electrolyte imbalances in the body.



## References

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SCAN FOR CHEMICAL  
HEALTH WEBPAGE



Life of an Athlete  
Human Performance Project