

GAA HEALTHY CLUB PROJECT



Irish Life | in the community



Making the GAA a healthier place for everyone to enjoy



By turning every GAA club in Ireland into a hub for health and wellbeing



With almost the same number of GAA clubs as GPs across Ireland, the project offers huge opportunity to host life-changing health programmes nationwide ⁽¹⁾



Fitness



Community



Healthy Eating



Mental Health



Healthy Habits



58 GAA clubs recognised as official Healthy Clubs with 39,000 members



350 Healthy Club initiatives delivered



50%

Of Healthy Clubs now smoke-free zones



400

Young people engaged in healthy eating programmes



600+

Older people engaged through social initiatives



1,000

People in mental health and emotional wellbeing programmes



12,000

People in Physical Activity programmes

facebook.com/officialgaa/

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www.gaa.ie/community

#gaahealth

¹ Health Service Executive - <http://www.hse.ie/eng/services/list/2/gp/> - Last Accessed January 2017