

Iron and Calcium Intakes of Female Gaelic Football Players: A Cross-sectional Study



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Ollscoil
Teicneolaíochta
an Atlantaigh

Atlantic
Technological
University

OVERVIEW



Introduction

Methods

Data
Analysis

Key Findings

Discussion
and
Recommendations

Awesome Final
Year Project



INTRODUCTION

Why Female Gaelic Football?

- One of the fastest growing sports in Ireland



- It is a physically strenuous sport



Why iron and calcium?

- WHO: iron deficiency affects 30% of the global population



- Poor calcium intakes observed



PROBLEM AND AIMS

Current Research is limited



Only one other similar existing study (Gibbons and McMonagle, 2018)

- Small sample size
- Underreporting




Aims: to determine if female Gaelic football players meet the Dietary Recommended Values (DRVs) of iron and calcium as recommended by the European Food Safety Authority (EFSA, 2019).



METHODOLOGY

- Dietary Assessment:
Epic Norfolk FFQ
- Participants:
18-40 year olds
- Recruitment
- Timeline:
January - April



**DO YOU
PLAY
GAELIC
FOOTBALL?**

Be part of a study to investigate the Iron and Calcium needs of Female Gaelic Football players to help promote performance and health in our female Gaelic athletes .

**TAKE PART
IN OUR
STUDY!**

WHO CAN PARTICIPATE

- ARE YOU FEMALE?
- ARE YOU AGED BETWEEN 18-40?
- DO YOU CURRENTLY PLAY CLUB LEVEL GAELIC FOOTBALL?

To enroll Please Contact:
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The poster features a red background with a white Gaelic football icon in the top left and bottom right. A silhouette of a female player running is on the right. A yellow megaphone is in the bottom left. The text is arranged in a central layout with a white box for the study description and a white box for the call to action.

DATA ANALYSIS

Section 1 of 4

Nutrition Status FFQ

This questionnaire asks for some background information about you, especially about what you eat. Your answers will be treated as strictly confidential and will be used only for research. Please answer every question. If you are uncertain about how to answer a question then do the best you can, but please do not leave a question blank.

MEAT AND FISH - Please estimate your average food intake as best you can for the last year, * and please answer every question

	Never o...	1-3 tim...	Once a ...	2-4 tim...	5-6 tim...	Once a ...	2-3 tim...	4-5 tim...	6+ per d...
Beef: ro...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef bu...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pork: ro...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lamb: r...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- Google Forms Survey
- Pilot Study
- Excel
- FETA Software
- SPSS version 28
- Variables were stratified

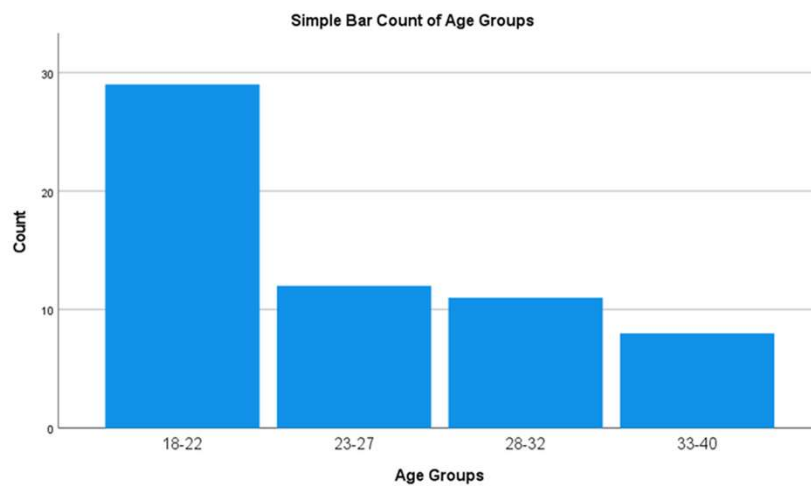


DEMOGRAPHIC RESULTS

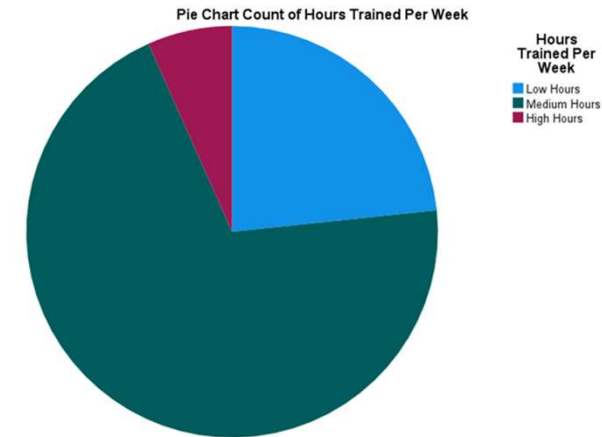
60 Valid Responses

Average BMI: $23.7 \pm 2.75\text{kg/m}^2$

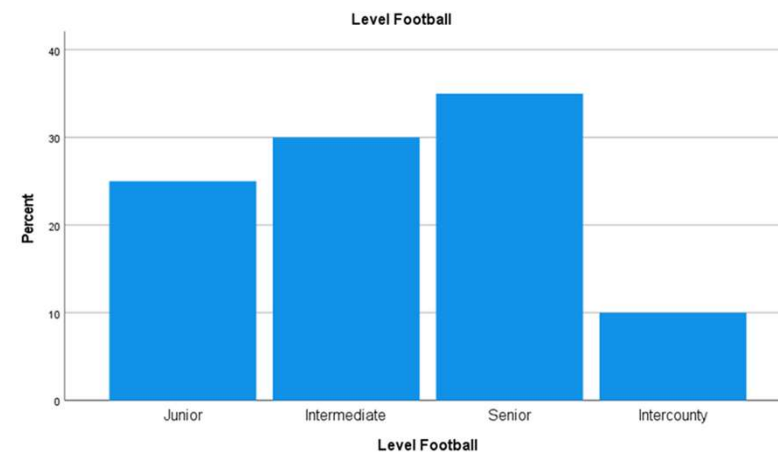
Average age: 24.7 ± 5.81



Average Hours of Training: 4.98 ± 2.24 hours



Senior club was the most participated level (35%)



RESULTS

Micronutrient Intakes:

85% of 1000mg Calcium

62% of 16mg of iron

Mineral	DRV (Mg)	Mean (Mg)	DRV %
Calcium	1000	854.30	85.43
Iron	16	9.90	61.19

No significant differences across categories of level of football, hours of training, age or BMI.



RESULTS



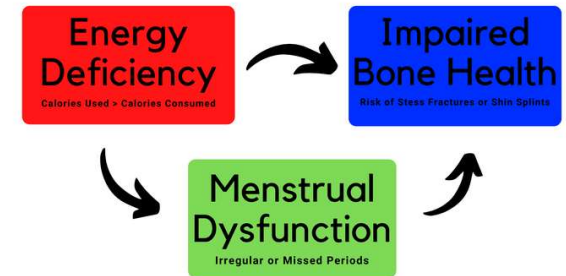
**Significant positive correlation:
Minerals intakes with energy intakes.**



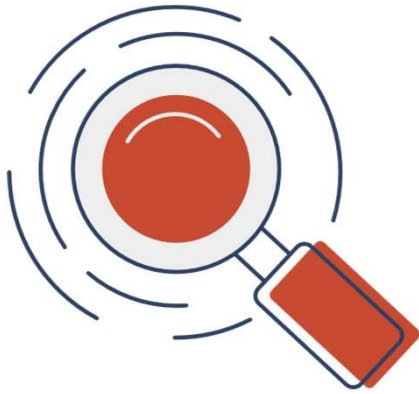
**Significant negative correlation:
BMI with iron intakes.**



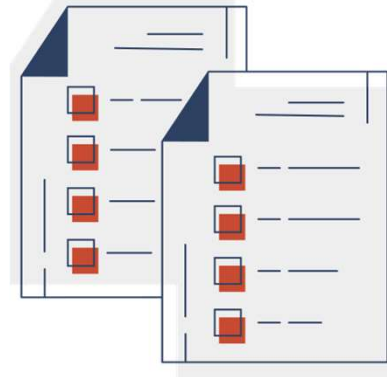
**Significant positive correlation:
Level of Gaelic football with hours a
participant trained.**



CONCLUSION & RECOMMENDATIONS



Female Gaelic footballers do not meet their dietary requirements of iron or calcium.



Research regarding iron and calcium intakes of female Gaelic athletes is still extremely limited.



Further research obtaining a larger sample size is needed

HOW TO CREATE AN AWESOME FINAL YEAR PROJECT

Choose a topic you
have interest in



Set yourself deadlines



Research



Carry out a pilot study

DO
YOUR
BEST



Any Questions?

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