

# What's All The Buzz About??

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# Why are energy drinks becoming such a problem?

- ✓ Most popular staple in an adolescent's life
- ✓ Begin their school day
- ✓ Flavor appealing
- ✓ Increased amounts of consumption/day
- ✓ Limited studies on side effects
- ✓ The interactions
- ✓ Student athletes



# Side Effects of Energy Drinks

- ✓ Long term effects
- ✓ Gastrointestinal
- ✓ Migraine headaches
- ✓ Psychosocial



# Side Effects of Energy Drinks

✓ Addiction

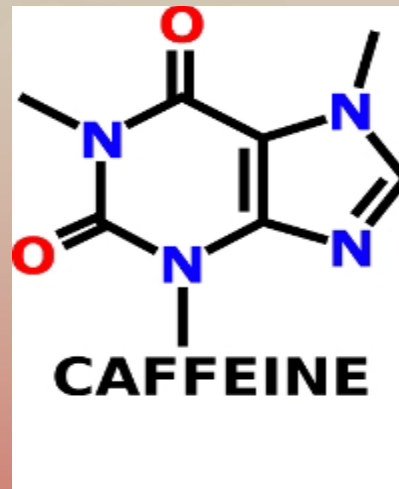
✓ Insomnia

✓ Death



# Side effects of the Major Ingredients of Energy Drinks

- ✓ Caffeine
- ✓ Carnitine
- ✓ Ginseng
- ✓ Guarana
- ✓ Taurine
- ✓ Bitter Orange
- ✓ Sugar



# Regulations

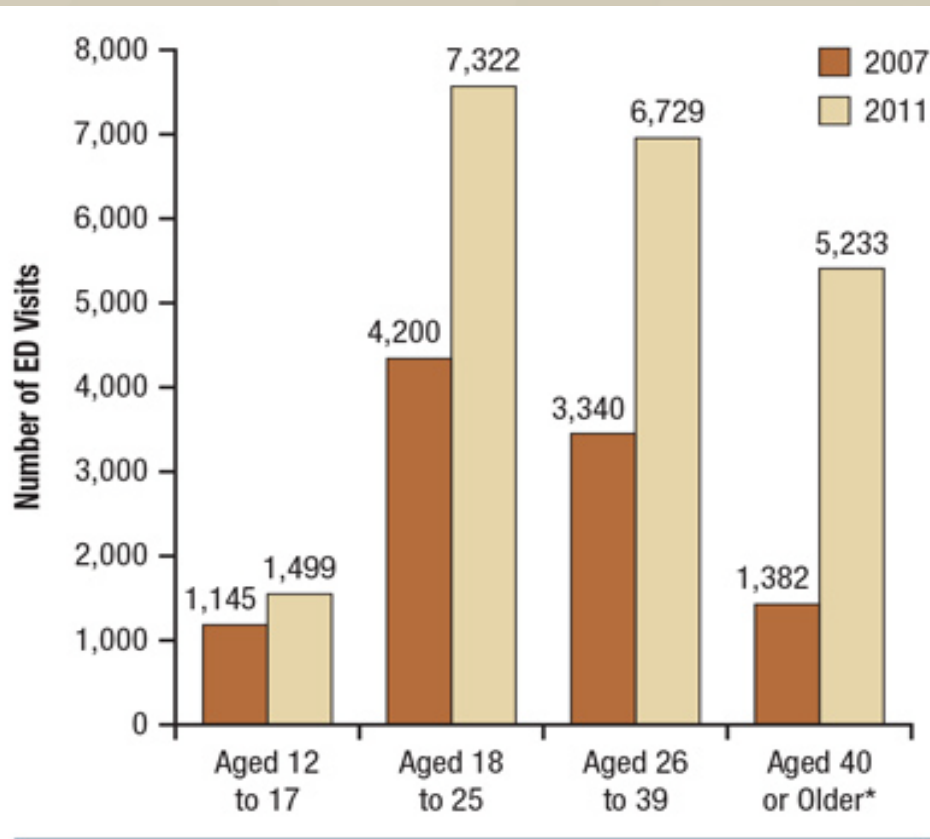
- ✓ Countries banning energy drinks
- ✓ States begin the process
- ✓ US Military



# Statistics

- ✓ **United States is the world's largest consumer of energy drinks**
- ✓ **Between 35 – 45% of adolescents report using at least one energy drink per day**
- ✓ **According to the FDA, 5 deaths have been linked to Monster Energy drinks since 2009. This includes a 14 year old female.**
- ✓ **Thirteen deaths have been linked to 5 Hour Energy.**

# Reason for ER Visits



\* The difference between the number of visits in 2007 and 2011 was statistically significant at the .05 level among patients aged 40 or older.

Source: 2011 SAMHSA Drug Abuse Warning Network (DAWN).

- ✓ More than 2/3 of ER visits for energy drinks involved adverse reactions
- ✓ Approximately 1/4 of ER visits for energy drinks involved combining alcohol or other pharmaceuticals with an energy drink



# Parent Education...

- ✓ Often unaware children are using energy drinks
- ✓ Contents of energy drinks
- ✓ Reasons why children use energy drinks
- ✓ Signs and symptoms of caffeine overdose
- ✓ Dangers of mixing energy drinks with other beverages, foods, medications, or alcohol

