

Energy Drink Consumption among New Brunswick Youth

October 1, 2013

Energy Drinks

- Contain caffeine and other ingredients such as taurine and guarana.
- Caffeinated energy drinks first became available in North America in 1997.
- The consumption and availability of products has risen steadily in North America in the last decade
- Health Canada states that energy drinks are not recommended for children and teens because of their high levels of caffeine, and other ingredients.

Energy Drinks – A Public Health Concern

- Can cause health problems
- The problems with energy drinks arise when:
 - too many are consumed
 - when consumed by children and teens
 - used during or after intense exercise.
- Combination of energy drinks and alcohol increases potential risks for health and unintentional injuries.
- Children and youth are at increased risk of experiencing adverse effects.

Use of Energy Drinks among Adolescent Students in New Brunswick

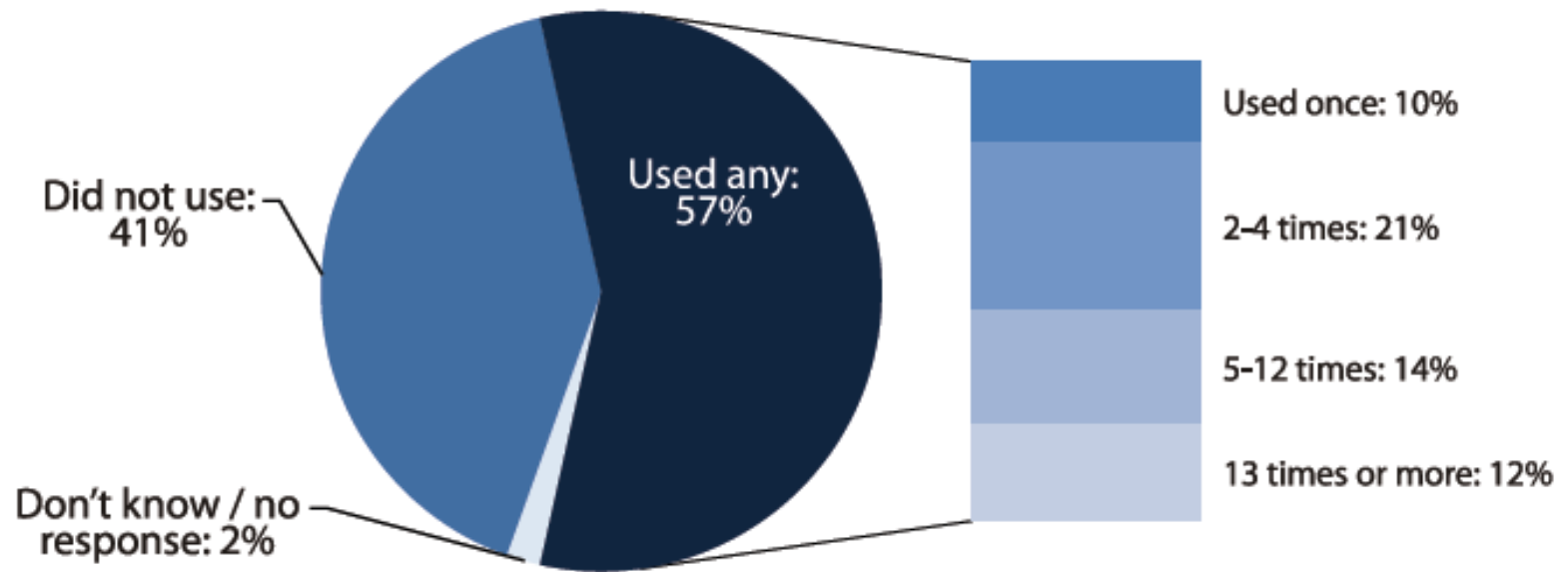
- The 2012 New Brunswick Student Drug Use Survey helps to improve our understanding of consumption patterns of energy drinks among adolescents.



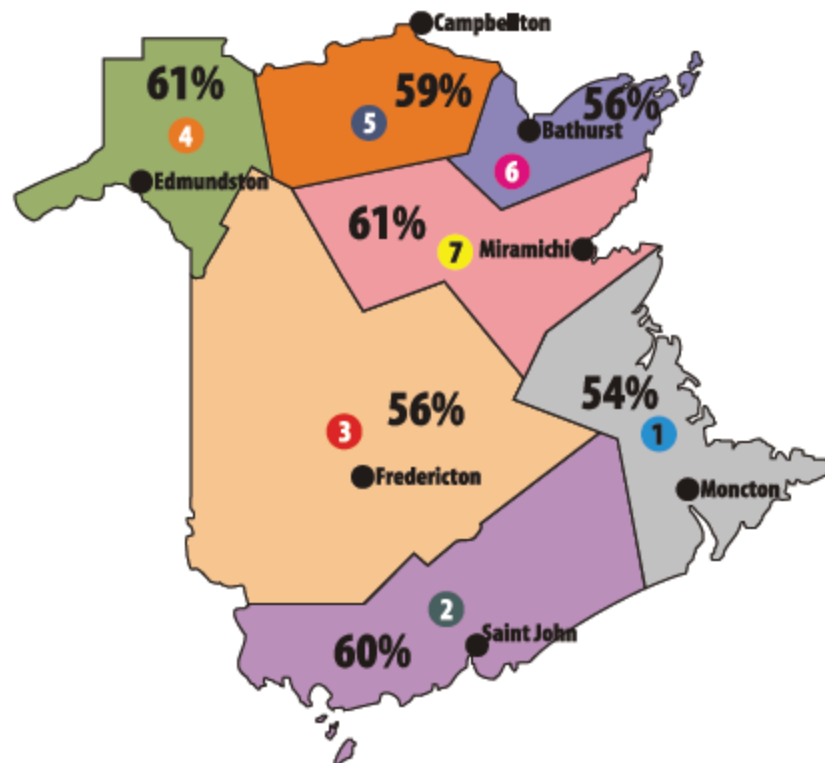
Student Drug Use Survey

- Gathered information on use of alcohol, tobacco and other substances as well as associated risks and harms among adolescent students.
- Representative sample of the student population enrolled in public middle and high schools (grades 7, 9, 10, and 12).
- Sample size: 3,507.
- Participation was voluntary, anonymous, and confidential.

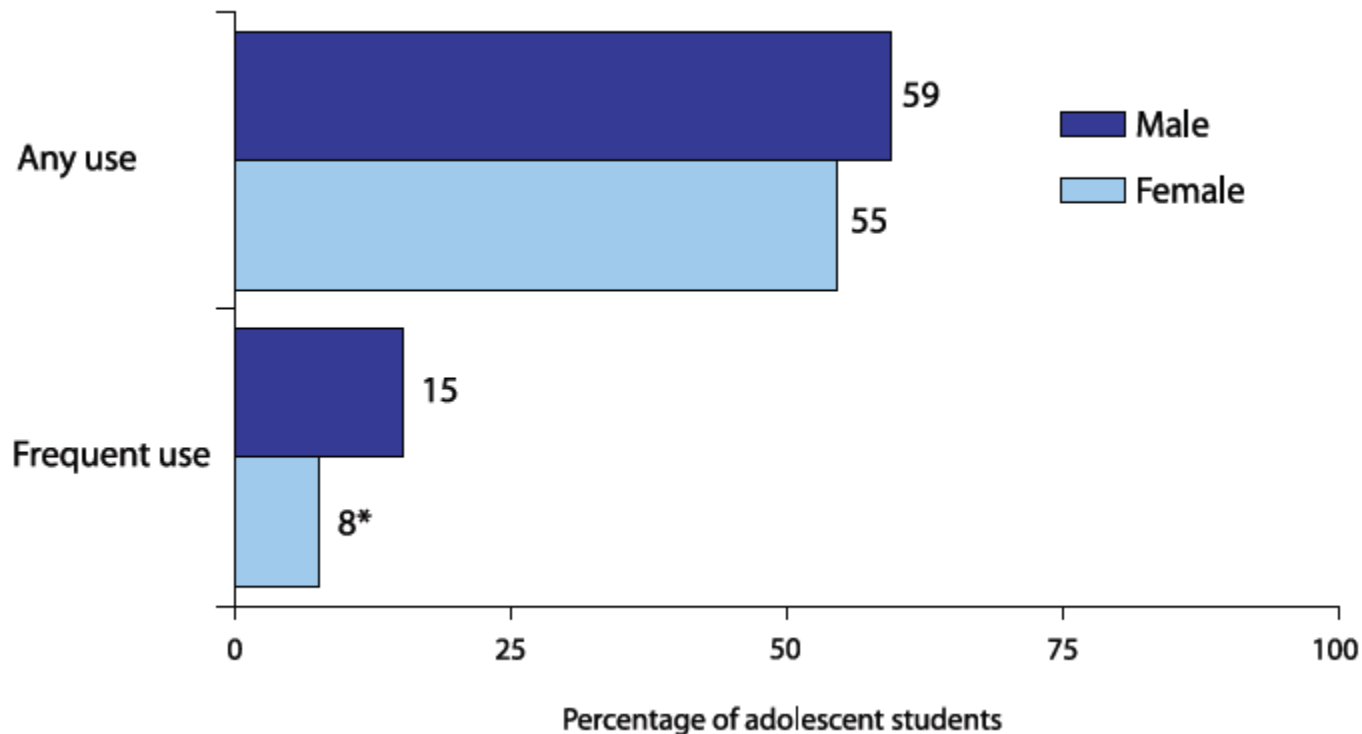
Percentage of adolescent students reporting use of caffeinated energy drinks in the past 12 months, by frequency of use, in New Brunswick



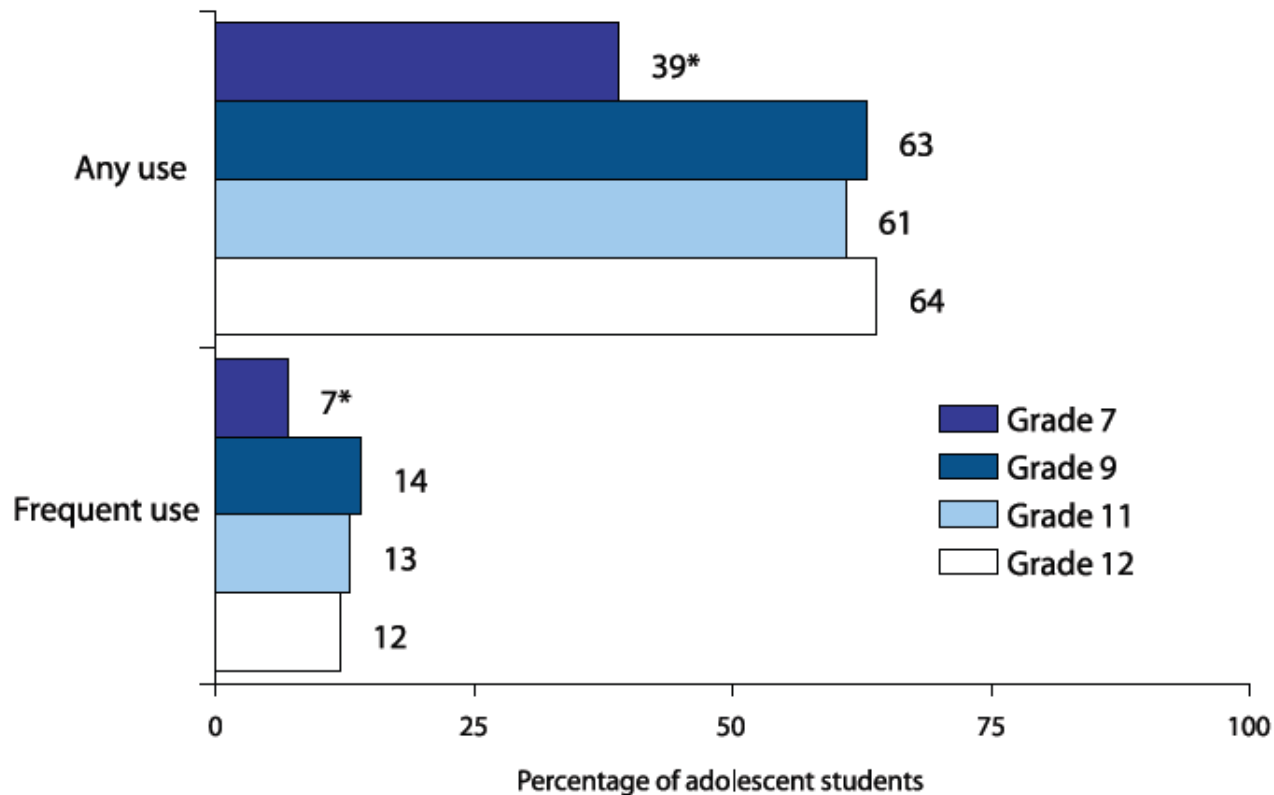
Percentage of adolescent students using caffeinated energy drinks in the past 12 months, by health region, New Brunswick, 2012



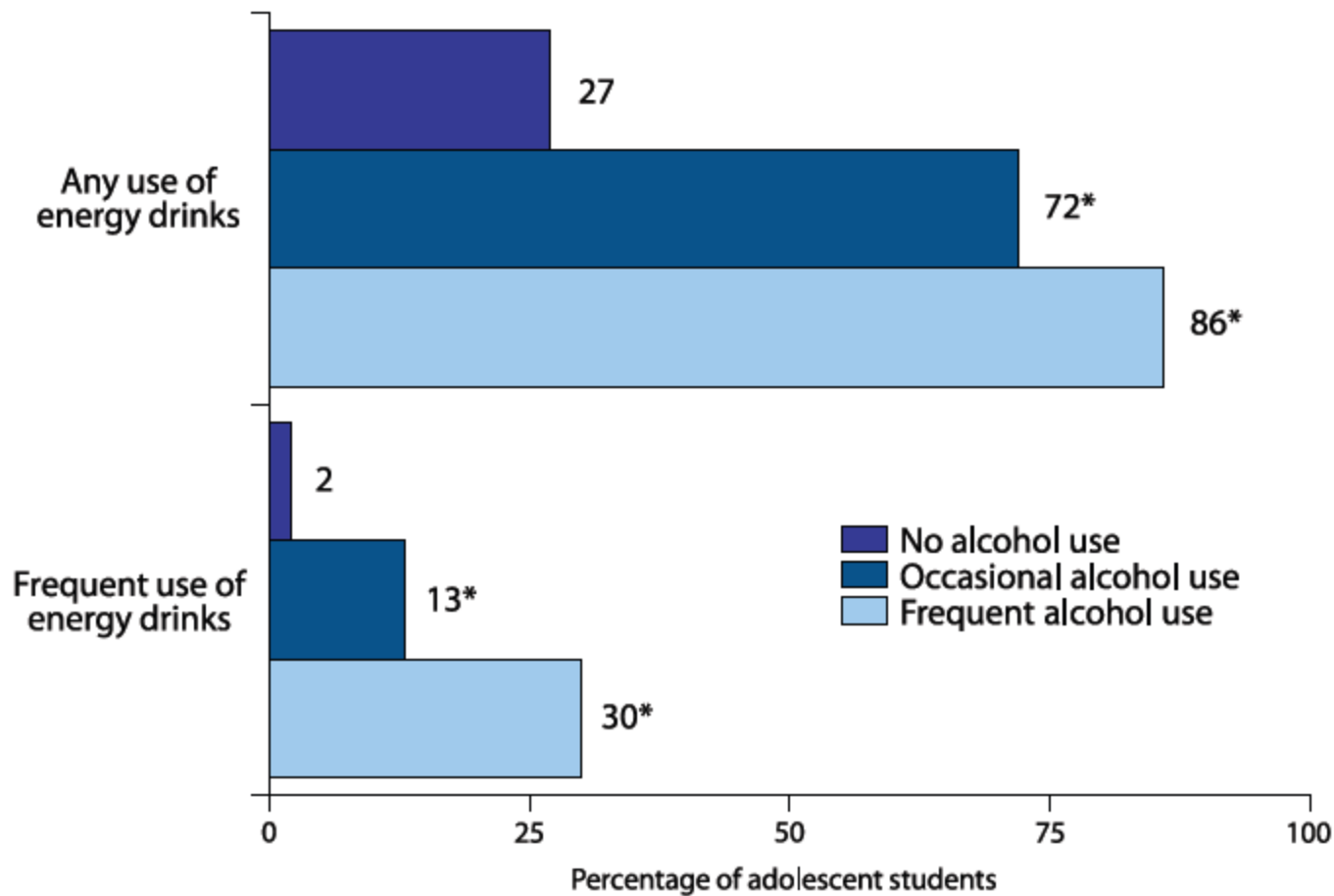
Percentage of adolescent students using caffeinated energy drinks in the past 12 months, by sex, New Brunswick, 2012



Percentage of adolescent students using caffeinated energy drinks in the past 12 months, by grade, New Brunswick, 2012



Rates of energy drink consumption by level of alcohol use, New Brunswick, 2012



Public Health Concerns

- The increasing popularity among middle and high school students might lead to an increased number who suffer from sleep problems, emotional fatigue and other side effects of caffeine consumption.
- The increased risk of health and behavioural problems among young people when consuming caffeine is of concern.
- There is limited information available on the potential effects of other ingredients found in caffeinated energy drinks on children.

Public Health Concerns

- Rates of childhood obesity have increased over the past decades in New Brunswick.
- Energy drinks often contain sugar.
- Energy drink consumption contributes to increased caloric intake.

Key points:

- More than half of students aged 11-19 in New Brunswick have used energy drinks in the past year.
- Males are more likely than females to use energy drinks frequently.
- Teens who use energy drinks frequently are significantly more likely to use alcohol frequently.
- Given the lack of data on the effects of energy drinks in children and teens they should not consume these products.