

RETHINK ENERGY DRINKS

ADVERSE EFFECTS

Research has indicated the following adverse effects from energy drinks:

- 1 250ml can: Upset stomach, anxiety, insomnia, headaches, agitation
- 2 x 500ml cans: Tremors, seizures, fast heartbeat
- 3 x 500ml cans: Vomiting, psychosis, hallucinations and stroke and even sudden death (toxicity >15mg/kg).

LOADED WITH SUGAR

- High sugar and calories have been associated with overweight and obesity, Type II diabetes and tooth decay.
- A 500ml energy drink contains approximately 14 teaspoons of sugar, exceeding the World Health Organisation's daily recommended sugar intake many times over.

MOOD KILLER

- A study on NZ teens found energy drinks were significantly associated with greater depressive symptoms, greater emotional difficulties and lower general subjective well-being.
- Frequent consumption was also associated with various health-risk behaviours e.g. binge drinking, smoking

NOT FOR CHILDREN

- In Australia, energy drinks must display a warning on the label indicating that they are not recommended for children. These drinks still remain popular with young people. In fact it has been reported that the average age of first consumption is 10.



BANNED

- The following Countries have either banned sales of energy drinks outright or restricted sales to minors: United Kingdom, France, Denmark, Sweden, Turkey, Norway, Uruguay, UAE, Iceland, Latvia and Lithuania.
- Countdown (Woolworths) in New Zealand have also restricted the sale of energy drinks to young people under 16 years.

CAFFIENE IS A DRUG

- Caffeine can be addictive as it manipulates the pleasure centre of the brain similar to the way alcohol, tobacco and illicit drugs do.
- People who drink caffeine on a daily basis may experience withdrawal symptoms when consumption is stopped.

SCHOOL GRADES

- Although many young people drink energy drinks for school-related reasons, a US study suggests that greater energy drink consumption was associated with increased perceived stress and lower grades.
- Negatively affects sleep and ability to focus at school.

TOXIC

- Between 2004 and 2010, there were 300 calls made to the NSW Poisons Information Centre. 128 required hospitalisation.
- In 2018 it was reported that the US Food and Drug Administration were investigating 18 deaths linked to energy drinks.



NORTHERN SYDNEY
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