**Facts about Energy Drinks**

**What are Energy Drinks?**

An energy drink is a type of beverage containing stimulant drugs, chiefly caffeine, which is marketed as providing mental and physical stimulation. Energy drinks contain on average 160mg of caffeine and 400mg of taurine (an amino acid). Examples of energy drinks: Monster, Red Bull, 5-Hour Energy, Rockstar

**Effects of Energy Drinks on the body:**

* Insomnia
* Rapid heartbeat
* High blood pressure
* Anxiety
* Obesity
* Dehydration

**Statistics:**

* ER visits related to energy drinks from 2007-2011 nearly doubled rising from 10,000 to 21,000
* Most ER cases involve young adults aged 18-25
* According to self-report surveys, energy drinks are consumed by 30% to 50% of adolescents and young adults.
* 36,155 students in 7th-12th grades were surveyed: 20% said they mixed energy drinks and alcohol
* Several countries have ordered complete or partial bans of energy drinks or required warning labels on cans after several deaths that appeared to be related to energy drinks in the past few years. Denmark, Turkey and Uruguay have banned all energy drinks, Germany has banned 11 of 16 brands and Australia has banned 5 energy drink makers.

**What Can We Do?**

* Educate students and parents concerning the possible health risks involved with energy drinks.
* Model and encourage good health habits by choosing to drink water and getting enough sleep.