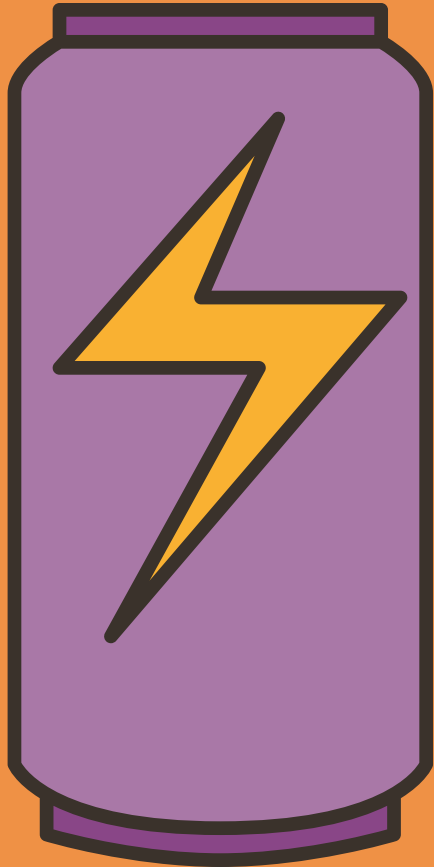


SHRN (School Health and Research Network)

Students' Health and Wellbeing results 2021/22

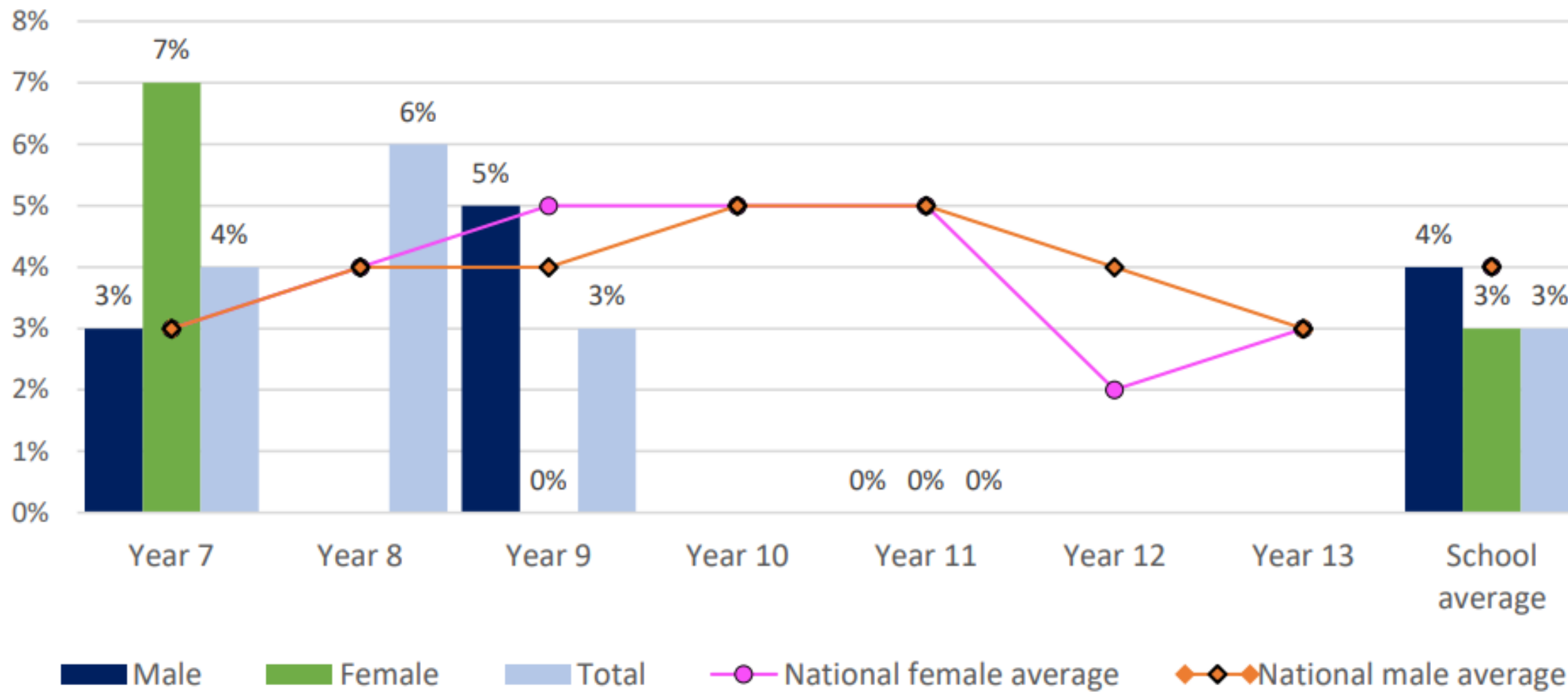
FOOD AND FITNESS RESULTS **Energy drinks LC**





Energy drinks

Fig. 4 Ysgol Calon Cymru, Llandrindod Campus: Students who usually drink one or more energy drinks a day



Discussion points - Study the graph:

1. What does the graph show?
2. Does anything surprise you about the data?
3. How do we compare to the National Average?
4. What are the effects of drinking energy drinks?

Why are energy drinks bad for you?

Energy drinks typically contain high levels of caffeine and sugar, along with other ingredients with stimulant properties. A recent review of research on energy drink consumption among young people found that consumption was linked to a number of adverse outcomes and health-damaging behaviours, including headaches, sleep problems, junk food consumption, alcohol use, binge drinking and smoking

Did you know?



Research with young people in County Durham found high levels of energy drink brand awareness but limited understanding of how they affect health²⁶. A key factor in young people's decision to buy energy drinks was their low price compared to other drinks.

The young people recognised a strong gender element to energy drinks, feeling much of the advertising was aimed at boys and that boys tended to drink them more as they associated them with sports and computer gaming.

Some of the dangers of energy drinks include¹:

- Dehydration (not enough water in your body).
- Heart complications (such as irregular heartbeat and heart failure).
- Anxiety (feeling nervous and jittery).
- Insomnia (unable to sleep).

