



---

## News Alert

# Northeast Community Challenge Coalition

---

### Energy drinks a predictor of riskier teen behavior

Adolescents who consume energy drinks become vulnerable to numerous high-risk behaviors, suggests recent research reported in the *New York Times*.

Teens who regularly down these drinks will more likely engage in behavior that risks both their safety and their health, such as violence, substance abuse and sexual activities.

Energy drinks, such as Amp, Full Throttle, Monster and Red Bull, are loaded with caffeine. Among 12-24-year-olds, about one-third say they regularly consume these beverages.

Health researchers and school officials expressed growing concern by increasing reports of nausea, abnormal heart rhythms and emergency room visits among users.

Perhaps because the drinks are consumed cold, instead of hot, they can be drunk much more quickly and in larger amounts than one would sip a hot cup of coffee.

A second concern involves those who mix energy drinks with alcohol. The combination makes the user feel more sober, but the visual response time and muscle coordination are just as impaired as if they had only drunk the alcohol by itself, according to an April 2006 study in the medical journal *Alcoholism: Clinical and Experimental Research*.

**Sources:** [www.msnbc.msn.com/id/24831859/](http://www.msnbc.msn.com/id/24831859/)  
[www.jointogether.org/news/research/summaries/2008/energy-drink-consumption.html](http://www.jointogether.org/news/research/summaries/2008/energy-drink-consumption.html)

---

Northeast Community Challenge Coalition  
P.O. Box 42387  
Cincinnati, OH 45242  
[www.necchealthycommunity.org](http://www.necchealthycommunity.org)  
513-489-2587