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## **2013 Resolution on Energy Drinks**

WHEREAS, the Illinois PTA Legislation Platform Section 7, Protection of Children and Youth, Item a., maintains that we support adequate legislative and/or financial support for the protection, health, and welfare of children and youth; and

WHEREAS, Energy Drinks, which contain substances that act as nonnutritive stimulants (including, but not limited to, caffeine, guarana, and taurine) and ingredients that are not regulated and/or not properly studied, are being marketed to youths for a number of inappropriate uses; and

WHEREAS, researchers at the American Academy of Pediatrics have determined that Energy Drinks are not appropriate for consumption by either children or adolescents; and

WHEREAS, Energy Drinks are consumed by between 30-50% of adolescents and young adults; and

WHEREAS, Energy Drinks, which frequently contain high and unregulated amounts of caffeine, have been reported in association with serious adverse health effects, including seizures, mania, stroke and sudden death; and

WHEREAS, of the 5,448 caffeine overdoses reported in 2007 in the USA, 46% of those occurred in those younger than 19 years old; now therefore be it

RESOLVED, that the Illinois PTA and its constituent bodies disseminate information with respect to health concerns related to energy drinks to its constituent bodies; and be it further

RESOLVED, that the Illinois PTA will work with other like-minded organizations to raise awareness of the dangers inherent in the ingestion of energy drinks; and be it further

RESOLVED, that the Illinois PTA encourage local school districts to prohibit the sale and distribution of Energy Drinks at school and during school functions; and be it further

RESOLVED, that the Illinois PTA and its constituent bodies support legislation which addresses the negative effects of energy drinks on children and youth, by: requiring accurate labeling, including the stimulants they contain; and limiting the availability of these drinks to children and youth.