

## Resolutions: Now We Take Action!

Dear Advocates for Children:

We're counting on you to take action on our Resolution on Energy Drinks! It's easy to bring attention to this health issue!

- 1) Just copy and paste this article into your next newsletter:

### **Energy Drinks – *Not for Our Children!***

A single Energy Drink can contain as much as 500 mg of caffeine – as much caffeine as 14 cans of a caffeinated soft drink – enough to result in caffeine toxicity!

Heavy caffeine consumption, such as drinking energy drinks, has been associated with serious health problems including seizures, mania, stroke and sudden death. Children with certain health issues (including mood disorders, cardiovascular problems, kidney or liver disease) may be at higher risk. Of the caffeine overdoses reported in 2007, 46% occurred in those younger than 19 years old.

Yet, even with these known issues, and - *even though the American Academy of Pediatrics believes that energy drinks are not appropriate for youths* - these drinks are sold in Illinois without age restrictions! In fact, an estimated 30%-50% of adolescents and young adults consume these beverages.

We are asking all of our parents, teachers, and school administrators to resolve to keep Energy Drinks out of the hands of youths! As part of this promise, we will not serve, sell, or have available any Energy Drinks at any school or PTA function or event.

Do you have questions on how you can help?

Please contact: \_\_\_\_\_

(Insert name and contact information of your PTA President,  
Health Issues Chairperson, or other designated PTA representative)

- 2) Place this issue on your agenda for your next PTA meeting as part of your awareness efforts. Related research and articles may be found in the footnotes/references for the article, "[Energy Drinks: A Legal but Dangerous Beverage](#)".
- 3) Stay up to date on related legislation with the Illinois PTA legislation network! Not signed up yet? Just go to [www.illinoispta.org/legislation.html](http://www.illinoispta.org/legislation.html) and provide your contact information!

Questions? Please contact me. I would love to hear from you.

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