

## CHARACTERISTICS OF ENERGY DRINK CONSUMPTION AMONG ADOLESCENTS FROM SOUTHERN POLAND

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### Abstract

Energy drinks are intended to raise the psycho-physical ability of the body. Their impact on the health of young people has not been well researched.

The study was carried out in a group 514 secondary school students aged 16 - 18 years from Southern Poland. Adolescents were from two environmental - rural and urban. The research tool was authors, anonymous questionnaire with questions about consumption of energy drinks. The current assessment of the nutritional status of students included body height and mass measurements. U Mann-Whitney's test was used to differentiate between groups due to gender and places of residence. The study involved 214 students from rural areas and 277 from the city. Most of the study population was girls (265 vs 253 boys).

Nearly 73% of the subjects had a normal body mass index according to BMI. The vast majority of the surveyed adolescents reported energy drinks consumption (89.2%), most often less than once in a week (21.2%). More often, energy drinks drank students from the urban area ( $p = 0.0120$ ) and in gender group boys ( $p = 0.0037$ ). The main reason consumption of energy drinks was reduction in sleepiness (44.2%). Most of the students (55.5%) chose the drink of quantity 250 - 330 mL (55.5%), less than 5% of one liters and more. The most common symptoms after consuming were: improve energy (42.0%), sleepiness (22.0%) and palpitations (8.5%). Energy drinks in combination with alcohol and cigarettes of 21% and 20% of respondents, were tried. According to 29.3% of young people who drank energy drinks, they can be hazardous to health. In the opinion of 7.7% of the respondents security determines the amount of consumption.

The prevalence of energy drinks among young people is high despite the knowledge of the danger of their consumption. There is a need to monitoring and education to build healthy nutritional behaviors.

**Key words:** Energy drinks, Adolescents, Nutritional behaviors, Rural region, Urban region.