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Civil Air Patrol Drug Demand Reduction Vision: *To be a leading force in America's drug demand reduction strategy through the Development of tomorrow's leaders in volunteer community*

Dear CAP Colleagues:

Last month I asked our Wing Staff and Squadron Commanders what topics might be of interest for this issue of SOAR. There was a good deal of interest and concern about energy drinks. Many of our Cadets and Senior Members are beginning to use these drinks.

What are energy Drinks?

beverages which contain large doses of caffeine and other legal stimulants like

- ◆ ephedrine,
- ◆ guarana
- ◆ ginseng.

Energy Drinks may contain ... 80 mg of caffeine ... four times as much as *Coca-Cola Classic*®

Energy drinks may contain as much as **80 mg of caffeine**, the same as cup of coffee. About twice the caffeine in a *Mountain Dew*®, or roughly four times as much as *Coca-Cola Classic*®

Energy drinks are being aggressively marketed to people under 30.

I hope the information will be a useful prevention tool for all of you in your units. As always, please feel free to contact me with questions, comments or concerns

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Source: http://www.brown.edu/Student_Services/Health_Services/Health_Education/atod/energydrinks.htm



Marta Bohn-Meyer

- ◆ First female SR-71 Crew-member
- ◆ First Female Pilot to break Mach 3

The Exploding Popularity of Energy Drinks

- In 2006, 500 new energy drink products were introduced worldwide
- Annual energy drink sales total \$3.2 billion
- Thirty-one percent of 12- to 17-year-olds are regular consumers v. 22 percent of 25- to 34-year-olds



Alcohol and Energy Drinks...

Know the Risks!!

ScienceDaily (Nov. 6, 2007) — College students who drink alcohol mixed with so-called “energy” drinks are at dramatically higher risk for injury and other alcohol-related consequences, according to new research from Wake Forest University School of Medicine.

- The researchers found that students who consumed alcohol mixed with energy drinks were **twice as likely**
 - ◆ **to be hurt or injured**, twice as likely to require medical attention,
 - ◆ **to ride with an intoxicated driver**, as were students who did not consume alcohol mixed with energy drinks.
 - ◆ **to take advantage of someone else sexually**, and **almost twice as likely to be taken advantage of sexually**.

“We knew ...from speaking with students, and from researching internet blogs and websites...that college students mix energy drinks and alcohol in order to drink more, and to drink longer,” said Mary Claire O’Brien, M.D., associate professor of emergency medicine and public health sciences and lead researcher on the study.

Compared to current drinkers who did not consume alcohol mixed with energy drinks, students who did drink significantly more during a typical drinking session (5.8 drinks versus 4.5 drinks/typical session). They reported twice as many episodes of weekly drunkenness

O’Brien and colleagues conducted a web-based survey of 4,271 college students from 10 universities. 24 percent of students who reported drinking alcohol in the past 30 days said they consumed alcohol mixed with energy drinks. The Food and Drug Administration (FDA) limits caffeine to 65 milligrams per serving of a food or beverage. Since energy drinks are currently not regulated by the FDA, they can contain as much as 300 milligrams of caffeine in a single serving.

Wake Forest University Baptist Medical Center (2007, November 6). Energy Drink ‘Cocktails’ Lead To Increased Injury Risk, Study Shows. *ScienceDaily*. Retrieved August 22, 2008, from <http://www.sciencedaily.com/releases/2007/11/071104191538.htm>

ENERGY AND COLLEGE STUDENTS: WHAT ARE THE FACTS?

Two studies led by Research Scientist Kathleen E. Miller, Ph.D. investigated the link between energy drinks and public health concerns like substance abuse and risky behaviors.

- ◆ The principal target demographic for energy drinks is young adults ages 18-25,
- ◆ but they are nearly as common among younger teens
- ◆ energy drinks typically contain **three times** the caffeine of a soft drink, and in some cases, up to **10 times** as much.

In a study involving 795 Western New York male and female undergraduate students, researchers found that:

- ◆ frequent energy drink consumers (six or more days a month), were about three times as likely than less-frequent energy drink consumers or non-consumers to have
 - ◆ smoked cigarettes,
 - ◆ abused prescription drugs
 - ◆ been in a serious physical fight.
 - ◆ reported drinking alcohol, having alcohol-related problems and using marijuana about twice as often as non-consumers.
 - ◆ more likely to engage in other forms of risk-taking, including
 - ◆ unsafe sex,
 - ◆ not using a seatbelt,
 - ◆ participating in an extreme sport and
 - ◆ doing something dangerous on a dare.

University at Buffalo (2008, July 25). Energy Drinks Linked To Risk-taking Behaviors Among College Students. *ScienceDaily*. Retrieved July 29, 2008, from <http://www.sciencedaily.com/>