

### Aim

To develop an effective dissemination task with a group of teenagers about the consumption of energy drinks and their risks.

### Background

**Energy drinks** are soft drinks that include ingredients for their stimulating effect [1]. These beverages are of concern because:

- Stimulating ingredients, especially caffeine, can have a **detrimental effect on health** [2].
- **Caffeine content** is **higher** than in other dietary sources [1]:



- A **new context of consumption** of the stimulating substances in these drinks (e.g. higher doses, not studied interactions between them) could create **unknown risks** related to them [3].
- **Teenagers** represent the **major group** of energy drink consumers [4]:



- **Teenagers' pattern of consumption** of these drinks (e.g. high intakes, mixtures with alcohol) is **alarming** [4].
- **Teenagers** have a **low-risk perception** about their consumption [2].

### About the service

I performed an **Education for Health** workshop in a high school in Sant Vicenç dels Horts for teenagers from 14 to 15 years old.

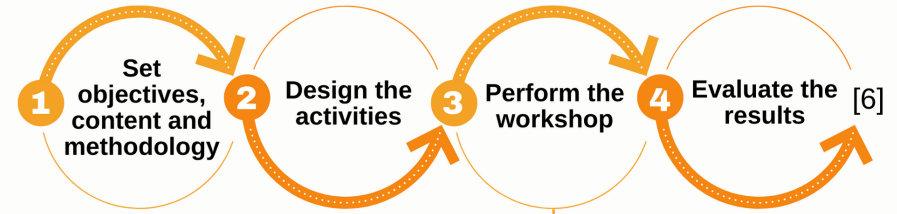


Figure 1. Performance of different activities of the service. Source: Marina Vidal and Eva Castells.

### Personal reflection

While a Service-Learning project requires more commitment and involvement than other types of projects, I value performing a project to address social needs. Also, it has made me learn a lot and grow on an academic, professional and personal dimension because of its multidisciplinary nature.

### References

- [1] ASPC. 2013. La seguretat de la cafeïna en l'alimentació: Informe aprovat pel Comitè Científic Assessor de Seguretat Alimentària en la reunió de 12 de novembre de 2013: 1-43. [2] AESAN. 2021. Informe del Comité Científico de la Agencia Española de Seguridad Alimentaria y Nutrición (AESAN) sobre los riesgos asociados al consumo de bebidas energéticas. Revista del Comité Científico, 33: 151-210. [3] EFSA-NDA. 2015. Scientific Opinion: Scientific Opinion on the safety of caffeine. EFSA Journal, 13(5): 4102: 1-120. [4] Zucconi S, et al. 2013. External Scientific Report: Gathering consumption data on specific consumer groups of energy drinks. EFSA Supporting Publications, 10(3):EN-394: 1-190. [5] OEDA & DGPNSD. 2020. Informe 2020: Alcohol, tabaco y drogas ilegales en España. Madrid: Ministerio de Sanidad: 5-114. [6] Fierro A., Alfaro M. 2013. Educación para la salud grupal. Form Act Pediatr Aten Prim. 6(1): 75-86.