

Employee Assistance Program

The Employee Assistance Program (EAP) is a service offered to employees and family members to help address and cope with stressors and/or personal problems. The EAP Coordinator assists with clarifying problems, exploring solutions, and selecting the best course of action. All services are confidential and time with the EAP Coordinator is of no cost to the employee. When necessary, individuals may be referred to an appropriate resource for additional assistance. Follow-up is provided to ensure needs are met.

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**CITY OF
MILWAUKEE**

Energy Drinks



Scan Me!

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Energy Drinks

Energy drinks are flavored beverages containing high amounts of caffeine and typically other additives, such as vitamins, taurine, herbal supplements, creatine, sugars, and guarana, a plant product containing concentrated caffeine.



These drinks are sold in cans, bottles, and concentrated “shots.”

They are readily available in grocery stores, vending machines, convenience store, and bars. They provide high doses of caffeine that stimulate the central nervous system and cardiovascular system.

The total amount of caffeine in a can or bottle of an energy drink varies from about 80 to more than 500 milligrams (mg.) compared with about 100 mg in a 5-ounce cup of coffee or 50 mg in a 12-ounce cola. Some drinks add compounds that boost the stimulant effects of the caffeine in them.

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Who is drinking them?

Although consumed by a range of age groups, energy drinks were originally marketed to appeal to youths and were reported to have been consumed by 30 to 50 percent of children, adolescents, and young adults.

Why drink them?

Producers of these drinks suggests benefits such as increased energy and stamina, weight loss, and enhanced physical, and mental performance. However, the perceived health benefits are largely marketing techniques rather than scientific evidence.

What are the risks?

The consumption of energy drinks and the excessive caffeine contained in them is a rising public health problem. There are both behavioral and medical dangers in excessive caffeine.

High levels of caffeine can mask the symptoms associated with other substances or negatively interact with other medications. For example, someone who has been drinking alcohol

may not think they are not as intoxicated as they really are because they don't feel lethargic and subsequently drive drunk. Among college students, there are associations between energy drink consumption and problematic behaviors such as marijuana use, sexual risk taking, fighting, smoking, drinking, and prescription drug misuse.

Large amounts of caffeine can cause adverse medical effects like insomnia, nervousness, headache, fast heartbeat, and seizures that are at times severe enough to require emergency care. The trend is growing and the risks are very real. The number of emergency department visits involving energy drinks doubled from 10,068 in 2007 to 20,783 visits in 2011.

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