

Section/Number: Healthy Eating – 06	Approval Date: (DD/MM/YY)
Subject: The Sale of Energy Drinks not to be authorized in Community Government Buildings Policy	Amendment Dates:
<p><u>Policy</u> The sale of energy drinks not be authorized in the buildings of <u>Community Government Name</u>.</p> <p>The main component of energy drinks is sugar and caffeine. Caffeine is a powerful stimulant of the cardiovascular system, central nervous system, respiratory system and the skeletal muscles. Many Energy Drinks on the market are advertised with caffeine content ranging from 50 to over 500mg per can/bottle.</p> <p>Energy drinks contain enough stimulating ingredients to cause anxiety, insomnia, dehydration, stomach upset, nervousness, flushed face, and accelerated heart rate. The consumption of energy drinks has been linked to headaches, seizures, psychiatric events, strokes, withdrawal symptoms, tooth erosion, and even death.</p> <p><u>The Community Government Name</u> is taking an active approach to maintain the health, safety, and welfare of our community members by not authorizing the sale of energy drinks in the buildings of <u>Community Government Name</u>.</p>	
<p><u>Definitions</u></p> <p>N/A</p>	

Guidelines:

1. Health habits are heavily influenced by the supply of food in different settings and community governments have a predominant role to play in the development of healthy food environments.
2. The rate of obesity and Type 2 Diabetes is of serious concern and this condition affects the health, quality of life, and well-being of the population, in addition to generating significant social costs.
3. The Government of the NWT alone cannot stop the obesity and diabetes epidemic and must count on the contribution of Community Governments.
4. Community Government Name wishes to take an active role in promoting health and well-being by helping community members adopt a healthy lifestyle.
5. Numerous community buildings, including sports and recreation facilities, are frequented by children and adolescents.
6. The consumption of energy drinks can carry health risks for some groups in the population, including children and adolescents.
7. Like many public health organizations, the Community Government Name is concerned with the growing consumption of energy drinks by young people.
8. The consumption of energy drinks when practising a sport can carry health risks and consequently, the sale and consumption of such beverages is irrational in places of physical activity.

Attachments

Drop the Pop & Energy Drink SMP

References

Association pour la santé publique du Québec http://www.aspq.org/documents/file/resolution-energy-drinks_en.pdf