

## **BSA Health and Safety Committee Research and Development Task Force Statement: Use of Energy Drinks in Scouting Activities**

Energy drinks contain water and stimulants, such as caffeine, ginseng, and guarana, as well as varying amounts of other ingredients including carbohydrates, protein, amino acids, vitamins, sodium, and other minerals. The American Academy of Pediatrics (AAP) Committee on Nutrition, and the AAP Council on Sports Medicine and Fitness have rigorously reviewed the available scientific data [1-3] on energy drinks and sports drinks and found that “**stimulant-containing energy drinks have no place in the diet of children and adolescents.**” [2]

Energy drinks should be differentiated from sports drinks in that energy drinks always include stimulants in addition to the water, sugars, and minerals generally contained in sports drinks. Virtually all professional medical societies have found that water intake alone is the best way to remain hydrated during exercise.

Because of the potential for adverse medical consequences as well as the negative professional recommendations regarding use of energy drinks in children, the following recommendation is made by the BSA Health and Safety Committee:

**Energy drinks are to be discouraged at Scouting events and should not be sold at BSA trading posts or other retail venues.**

The BSA should determine various mechanisms for the dissemination of this statement as widely as possible within the Scouting community.

### REFERENCES

1. Wolk, B.J., M. Ganetsky, and K.M. Babu, *Toxicity of energy drinks*. *Curr Opin Pediatr*, 2012. **24**(2): p. 243-51.
2. Seifert, S.M., et al., *Health effects of energy drinks on children, adolescents, and young adults*. *Pediatrics*, 2011. **127**(3): p. 511-28.
3. Committee on, N., M. the Council on Sports, and Fitness, *Sports drinks and energy drinks for children and adolescents: are they appropriate?* *Pediatrics*, 2011. **127**(6): p. 1182-9.