

Energy drinks combined with alcohol in adolescence

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Statement of the problem: The high caffeine, high sugar, and high caloric content of energy drinks have drawn professionals' concern. Energy drinks have been linked to unhealthy dietary behaviors, obesity, and mental health problems in adolescents. The psychoactive and stimulant effects of energy drinks are particularly worrisome combined with alcohol which should be further examined. **Methodology & Theoretical Orientation:** Data from the Croatian representative sample of Health Behavior in School-aged Children were analyzed. Anonymous and voluntary survey of 2579 boys and 2758 girls, age 11, 13 and 15 was conducted in 2022. Pearson's Chi-square test, and binary logistic regression. **Findings:** 12,5% boys and 6,6% girls age 11 ($p < 0,001$), 15,5% boys and 18,4% girls age 13 ($p = 0,108$) and 36,8% boys and 34,1% girls age 15 ($p = 0,289$) drank energy drinks combined with alcohol at least once in life. Family socio-economic status was not associated to alcohol use combined with energy drinks. However, lower odds to drink alcohol combined with energy drinks had students who didn't have to tell parents when going out (boys age: 11 OR 1,64, CI 1,16-2,33, $p = 0,005$; girls age 11: OR 1,71, CI 1,01-2,93, $p = 0,049$; boys age 15: OR 1,33, CI 1,03-1,73, $p = 0,029$), and students who didn't have to be back home by certain time (girls age 11: OR 1,95, CI 1,29-2,96, $p = 0,002$; boys age 13: OR 1,38, CI 1,05-1,83, $p = 0,022$; girls age 13: OR 1,58, CI 1,21-2,07, $p = 0,001$), compared to students who never drank alcohol combined with energy drinks. **Conclusion & Significance:** Combining alcohol with energy drinks is a frequent behavior, especially at the age of 15 when every third boy and girl tried it. Socioeconomic status of the family has no influence but only the strictness of parental supervision, which can be a good basis for preventive programs.

Biography

Filip Simetin is a fifth-grade student of the University of Zagreb Medical School. He is interested in various aspects of health and illness in children and adults

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