

1 **RESOLUTION #18-04**
2 **ENTITLED:** Caffeinated Drinks
3 **SUBMITTED BY:** Richard Huber, MD
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5 WHEREAS, caffeine is the world's most widely consumed psychotropic drug, mostly legal and
6 unregulated, with some drinks containing up to 800 mg of caffeine per serving, the equivalent of eight
7 cups of coffee, and
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9 WHEREAS, caffeine is found in a wide variety of drinks (coffee, soft drinks, energy drinks, etc.), very
10 popular with our youth and sold in many schools, and
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12 WHEREAS, the long-term results of caffeine on the developing neurological system is mostly unknown
13 but of great concern, and
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15 WHEREAS, caffeine is known to be associated with hyperactivity, lack of concentration, poor nutrition,
16 dental problems, aggravating heart conditions, headaches, sleeplessness, rapid and abnormal heart
17 rhythms, and
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19 WHEREAS, the AAFP opposes the sale and marketing of stimulant drinks and related products to
20 individuals under the age of 18, and
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22 WHEREAS, the American Academy of Pediatrics (AAP) recommends that children and adolescents
23 not consume caffeine and that energy drinks never be consumed by children or adolescents; therefore
24 be it
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26 RESOLVED, that the IAFP oppose the marketing, sale and use of caffeinated drinks to children and
27 adolescents, and be it further
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29 RESOLVED, the IAFP Board of Directors study the issue of caffeinated drinks and our youth, and
30 report to the 2019 IAFP Congress of Delegates with findings and recommendations to eliminate the
31 marketing, sale and use of caffeinated drinks by our children and adolescents.