



# TOWN OF TRENTON OFFICE OF THE MAYOR

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## Re: Support for a Ban on Energy Drink Sales to Minors

To Whom it May Concern.

We are writing to you today to voice our support for a ban on energy drinks to those ages 18 and under in Nova Scotia. Based on Health Canada recommendations for child and youth caffeine intake, it takes as little as two of these drinks to exceed the suggested limit. This can lead to negative outcomes for both the mental and physical health of our young people. Recently, we have seen such effects in our own community, causing great concern among our residents.

Energy drinks contain the stimulant drug caffeine, and although they are not recommended for children, almost half of Nova Scotian students from grades 7-12 had consumed them in the last year (CSTADS, 2016). Excessive caffeine intake can result in mental health issues such as anxiety, irritability, and insomnia, and physical symptoms such as changes in blood pressure and heart rate. At high doses, severe symptoms such as tremors, convulsions, and vomiting can occur. In the same survey, 25% of students reported using alcohol and energy drinks together, further increasing the likelihood of negative health outcomes.

A ban of sales of energy drinks to children and youth would be a strong move towards slowing the rate of caffeine consumption for young people and reinforce the province's commitment to mental and physical health for all Nova Scotians.

The Town of Trenton has acted by removing such drinks in our local sports facility and our public park food canteen as to curb the availability of such drinks to youth 18 and under.

Respectfully,

*Mayor Donald Hussher & Town Council*