

The DAWN Report

Data Spotlight

March 13, 2014



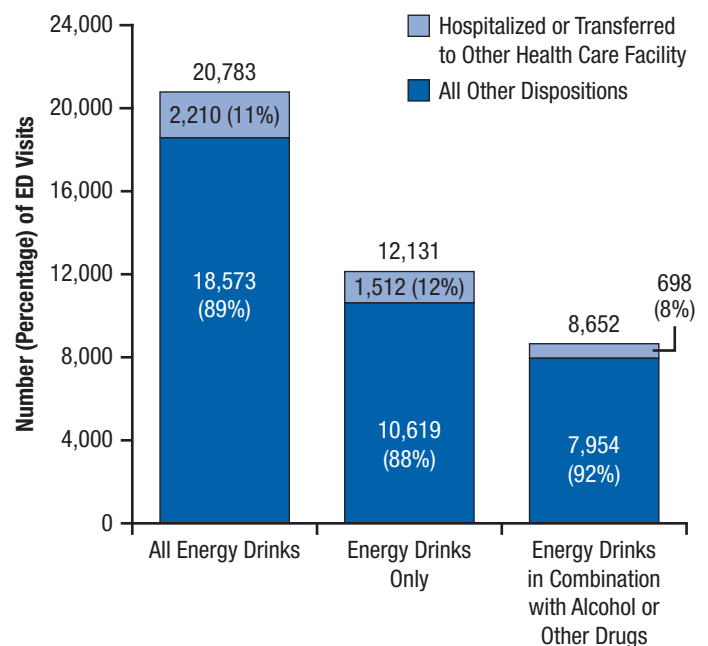
1 in 10 Energy Drink-Related Emergency Department Visits Results in Hospitalization

Energy drinks are more popular than ever.¹ In addition to containing vitamins and other additives, these flavored beverages may contain up to 5 times more caffeine than a typical cup of coffee.¹ High amounts of caffeine can cause health problems such as insomnia, irregular or racing heartbeat, and increased blood pressure and blood sugar.² Some of the resulting health problems can be serious enough to require emergency care. In fact, the number of emergency department (ED) visits involving energy drinks among patients 12 years of age or older doubled between 2007 and 2011 (from 10,068 to 20,783).³ The number of energy drink-related ED visits that result in hospitalization can show how these drinks can be linked to serious health problems.

According to the Drug Abuse Warning Network (DAWN), in 2011, about 1 in 10 energy drink-related ED visits among patients 12 years of age or older (11 percent) resulted in hospitalization. Hospitalization was either in the same hospital or in another health care facility.⁴ In 2011, 8,652 visits involved energy drinks in combination with alcohol or other drugs. Of these, 8 percent resulted in patients being hospitalized. Similarly, 12,131 visits involved energy drinks only. Patients were hospitalized in 12 percent of these visits.

DAWN data show that people can experience health problems that need emergency care after using energy drinks. Although most people can go home after treatment, a small percentage of patients require hospitalization. For more information about ED visits involving energy drinks, see <http://www.samhsa.gov/data/2k13/DAWN126/sr126-energy-drinks-use.pdf>.

Disposition of Emergency Department (ED) Visits Involving Energy Drinks among Patients Aged 12 or Older: 2011



Note: The category "All Other Dispositions" includes: treated and released, left against medical advice, died, other, and undocumented. No ED visits involving energy drinks resulted in death.

1. Reissig, C. J., Strain, E. C., & Griffiths, R. R. (2009). Caffeinated energy drinks—A growing problem. *Drug and Alcohol Dependence*, 99(1–3), 1–10. doi:10.1016/j.drugalcdep.2008.08.001
2. Torpy, J. M., & Livingston, E. H. (2013). Energy drinks. *JAMA*, 309(3), 297. doi:10.1001/jama.2012.170614
3. Center for Behavioral Health Statistics and Quality. (2013, January 10). *The DAWN Report: Update on emergency department visits involving energy drinks: A continuing public health concern*. Rockville, MD: Substance Abuse and Mental Health Services Administration.
4. The data on ED visits involving energy drinks presented in this report do not include energy drinks that contain alcohol.

Source: 2011 Drug Abuse Warning Network (DAWN). DAWN is a public health surveillance system that monitors drug-related hospital emergency department (ED) visits and drug-related deaths to track the impact of drug use, misuse, and abuse in the United States.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The **Data Spotlight** may be copied without permission. Citation of the source is appreciated. Find this report and those on similar topics online at <http://www.samhsa.gov/data/>.

