



## **Banning the sale of energy drinks in public buildings**

### **A tool to achieve it.**

**L**ife habits are influenced by many factors on which various agents can have a bearing in order to foster health and well-being. In this regard, municipalities play a strategic role in the prevention of obesity and many diseases, as their interventions have an immediate impact on the environment and on citizens' lifestyles. Be it to improve the food supply and access to healthy foods, to encourage active and collective transportation, or to increase access to sports and recreational facilities, the

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possibilities for action are numerous and varied for municipalities that wish to make a difference.



## Energy drinks: the health risks

Due to the potential health hazards, the *American Academy of Pediatrics* recommends to children and teenagers not to consume energy drinks. These ones contain high concentrations of stimulating substances such as caffeine, in addition to being highly sweetened. Consumption of one sugar-sweetened beverage is associated with an increased risk of obesity by 60 % in children. It is also associated with type 2 diabetes, cardiovascular disease and tooth decay.

In 2011, the Government of Canada announced in October that it would require cans to carry a warning indicating that the product is not recommended for children. Despite this, many young people still consume these drinks as they are easily available to them.

It is inadvisable, if not dangerous, to consume energy drinks when practising a sport. Consequently, a ban on selling such drinks on sports and recreation premises under municipal jurisdiction, including ice rinks, soccer and baseball fields, curling arenas and so on, should be strongly encouraged for the sake of rationality and in order to protect the more vulnerable members of the community.



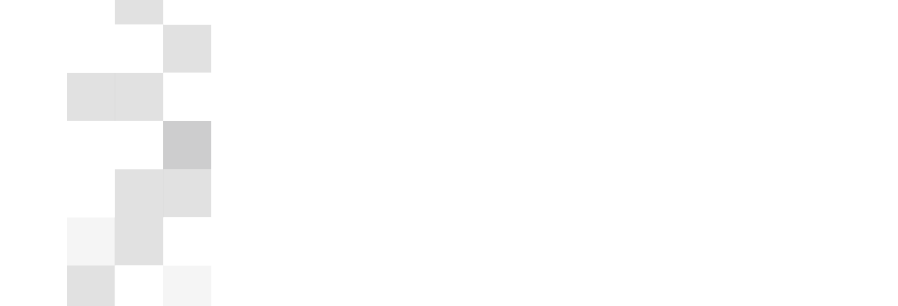
## Cities are mobilizing to reduce access to energy drinks

On October 17, 2011, during a regular meeting, members of the City Council of the City of Amqui adopted a resolution to outlaw the sale of energy drinks in buildings under its jurisdiction. This ban is the result of representations conducted by the Comité d'Action Matapédia en Forme.

Faced with pressure from energy drinks manufacturers, the mayor of Amqui appealed to his elected counterparts to prompt them to adopt a resolution banning the sale of energy drinks in their public buildings. Since then, several Quebec municipalities followed closed behind. ■

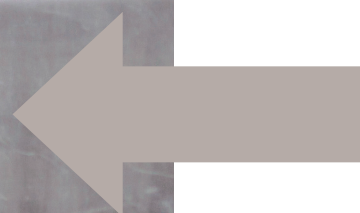






## A CALL TO ACTION!

In light of the above, the Quebec Coalition on Weight-Related Problems (Weight Coalition), the Quebec network of healthy cities and towns (Réseau québécois de Villes et Villages en Santé or RQVVS) and the Quebec Public Health Association (Association pour la santé publique du Québec or ASPQ) support and commend the initiatives taken by municipalities that have retrieved the sale of energy drinks from their buildings and encourage all of Quebec's municipalities to follow in the tracks of these trail-blazers.



## Model resolution

RESOLUTION # \_\_\_\_\_

### **ENERGY DRINKS AND PUBLIC BUILDINGS**

WHEREAS health habits are heavily influenced by the supply of food in different settings and municipalities have a predominant role to play in the development of healthy food environments;

WHEREAS the rate of obesity is of serious concern and this condition affects the health, quality of life, and well-being of the population, in addition to generating significant social costs;

WHEREAS the Government of Quebec alone cannot stop the obesity epidemic and must count on the contribution of municipalities;

WHEREAS the municipality wishes to take an active role in promoting health and well-being by helping citizens adopt a healthy lifestyle;

WHEREAS numerous municipal buildings, including sports and recreation facilities, are heavily frequented by children and adolescents;

WHEREAS the consumption of energy drinks can carry health risks for some groups in the population, including children and adolescents;

WHEREAS, like many public health organizations, the municipality is concerned with the growing consumption of energy drinks by young people;

WHEREAS the consumption of energy drinks when practising a sport can carry health risks and, consequently, the sale of such beverages is irrational in places for physical activity;

It is moved by \_\_\_\_\_,  
seconded by \_\_\_\_\_, and  
(unanimously resolved OR resolved by majority vote) that:

The sale of energy drinks be banned in the public buildings of the municipality of (name of municipality).



For more information, contact :  
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