

AMERICAN MEDICAL ASSOCIATION ORGANIZED MEDICAL STAFF SECTION

Resolution: 6
(A-26)

Introduced by: Matthew Vo, MD

Subject: Protecting Children from Potential Harms of Caffeinated Products

Referred to: OMSS Reference Committee
(, MD, Chair)

- 1 Whereas, there is a positive correlation between age and consumption of caffeinated products
2 in children and youth aged 10-26; and
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4 Whereas, children and young people, especially males, consume energy drinks to fit in or
5 emulate behaviors and they are often targeted by advertisements with themes of extreme sports
6 or gaming; and
7
8 Whereas, over 80 percent of children and youth consume energy drinks, often leading to
9 caffeine overdose, which is linked to adverse health effects including sleep disorders, anxiety,
10 nervousness, irritability, depression, ADHD symptoms, nausea, headaches, high blood
11 pressure, arrhythmia, and, in severe cases, emergency department visits; and
12
13 Whereas, there are links between high energy drink consumption and risky behaviors, such
14 alcohol, tobacco, and non-prescribed drug use; therefore be it
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16 RESOLVED, that our American Medical Association will advocate for more public education and
17 awareness about the potential side-effects of caffeinated product consumption (Directive to
18 Take Action); and be it further
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20 RESOLVED, that our AMA will advocate for more limits on commercial advertising of
21 caffeinated products targeting children and youth (Directive to Take Action); and be it further
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23 RESOLVED, that our AMA will advocate for children under the age of 12 years old to avoid
24 caffeinated products entirely and teenagers to limit intake to <100mg per day (Directive to Take
25 Action).
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Fiscal Note: (Assigned by HOD)

Received: 4/24/2026

REFERENCES

1. Caffeine Use in Children: What we know, what we have left to learn, and why we should worry <https://pmc.ncbi.nlm.nih.gov/articles/PMC2699625/pdf/nihms117089.pdf>

2. Consumption of energy drinks by children and young people: a systematic review examining evidence of physical effects and consumer attitudes <https://www.sciencedirect.com/science/article/pii/S0033350623003189#:~:text=Additional%20health%20effects%20noted%20in,caries%20and%20erosive%20tooth%20wear.>
3. Effects of Caffeine and Caffeinated Beverages in Children, Adolescents and Young Adults: Short Review <https://pmc.ncbi.nlm.nih.gov/articles/PMC8656548/pdf/ijerph-18-12389.pdf>
4. Adolescent caffeine consumption slows brain development <https://www.nature.com/articles/labn.431>
5. For Kids and Teens, Energy Drinks May Have Harmful Side Effects <https://www.uclahealth.org/news/article/teens-energy-drinks-side-effects> (web page only)

RELEVANT AMA POLICY

Caffeine Labeling H-150.988

The AMA (1) supports a continued review of the safety of dietary caffeine intake; (2) supports continued efforts to disseminate information to the public and physicians on the caffeine content of food and beverages; and (3) will work with the FDA to ensure that, when caffeine is added to a product, the label reflects this in prominent letters and the amount of caffeine in the product be written on the label.

Citation: CSA Rep. E, I-83; CLRPD Rep. 1, I-93; Modified: Res. 523, A-97; Reaffirmed: CSAPH Rep. 3, A-07; Reaffirmed: CSAPH Rep. 01, A-17

Hazards of Energy Beverages - Their Abuse and Regulation D-150.976

1. Our American Medical Association will seek necessary regulatory action through the US Food and Drug Administration to regulate potentially hazardous energy beverages (like Red Bull (TM), Rockstar (TM), Monster (TM), Full Throttle (TM)).
2. Our AMA will seek federal regulation to implement warning labels about the side effects of the contents of energy drinks, particularly when combined with alcohol.
3. Our AMA supports a ban on the marketing of "high stimulant/caffeine drinks" to children/adolescents under the age of 18.

Citation: Res. 909, I-11; Appended: Res. 409, A-13; Reaffirmed: BOT Rep. 09, A-23

Prevention of Underage Drinking: A Call to Stop Alcoholic Beverages with Special Appeal to Youths D-60.973

1. Our AMA will advocate for a ban on the marketing of products such as flavored malt liquor beverages, gelatin-based alcohol products, food-based alcohol products, alcohol mists, and beverages that contain alcohol and caffeine and other additives to produce alcohol energy drinks that have special appeal to youths under the age of 21 years of age.
2. Our AMA supports state and federal regulations that would reclassify flavored malt liquor beverages as a distilled spirit so that it can be taxed at a higher rate and cannot be advertised or sold in certain locations.

Citation: Res. 435, A-07; BOT Action in response to referred for decision Res. 411, A-08; Reaffirmed in lieu of Res. 902, I-09; Modified: SCAPH Rep. 01, A-19

