



# Asking you about Energy Drinks

Healthy Food Environment



# Hello

Being healthy is about making the right choices:

- eating healthy food
- drinking enough water
- being active.

All three are important for your physical, emotional, and mental well-being.

## The problem:

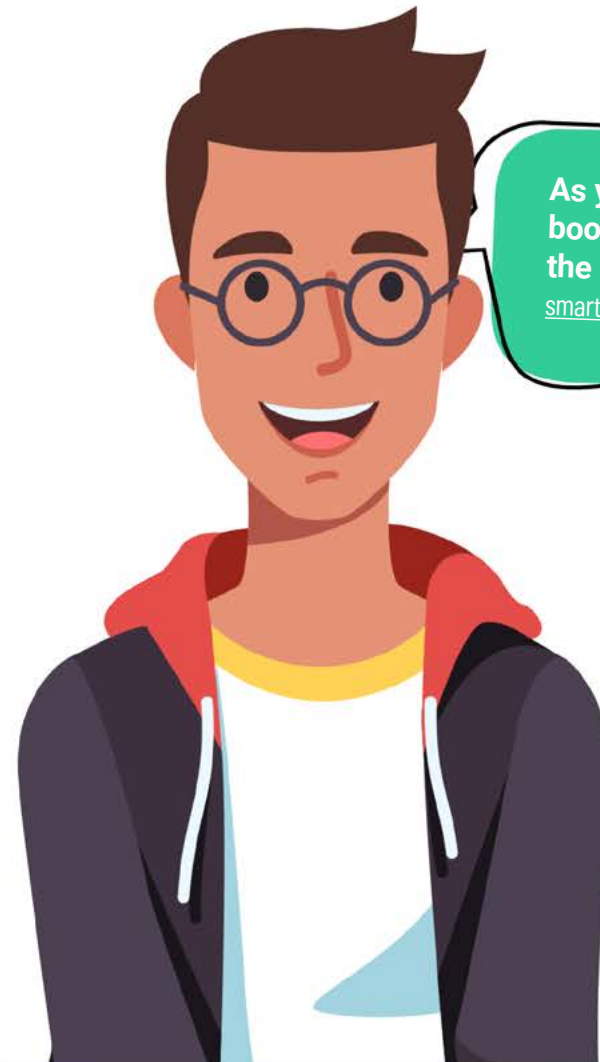
**Sometimes it's hard to make the right choices.** What you see around you, what's available, the advertising, and promotions you see can all make a difference to what you end up eating and drinking.

The Welsh Government wants to help people make healthy choices and be active. So, we have a 10-year plan called **Healthy Weight: Healthy Wales**.



We want to make changes to the law to improve children's health. We want to make the healthy choice the easy choice.

**We want to know what you think about these changes.**



As you go through this booklet, you can answer the questions online: [smartsurvey.co.uk](https://smartsurvey.co.uk) or as you go!

# What are energy drinks?

Energy drinks have lots of sugar and caffeine.

21

## Sugar

Some have more sugar than the total recommended daily amount for an adult.

Some can have **21** teaspoons of sugar



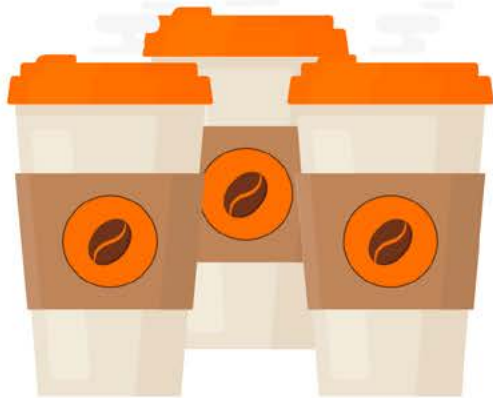
Up to **1/3** of children in the UK drink energy drinks each week.



## Caffeine

Some have more caffeine than **3** cups of coffee. Too much caffeine can cause problems like:

- nervousness
- upset stomach
- headaches
- trouble concentrating
- trouble sleeping.



## Laws

There are laws that mean these drinks must be labelled as:

- 'High caffeine content'
- not for children.

Some larger supermarkets don't sell these drinks to under-16s. But many shops and smaller supermarkets do. That includes shops close to schools.

The UK Government is planning to ban energy drinks being sold to children under 16 in England soon.

## Marketing

Drinks companies connect themselves to outdoor activities and other things that are attractive, so people buy their drinks.

## Proposal:

**We want to ban the sales of energy drinks to under 16s in Wales.**



Do you think it's a good idea to ban the sale of energy drinks to children under 16?

- Yes
- No – the age limit should be 18
- No – there should be no age restrictions
- Don't know

Why?

## What drinks would this affect?

Any soft drinks that have the label "High caffeine content" would be part of the ban. This would not affect tea or coffee.



Should the ban be widened to consider other drinks high in caffeine like tea and coffee?

Yes      No      Don't know

Why?



## Which Shops and businesses would this affect?

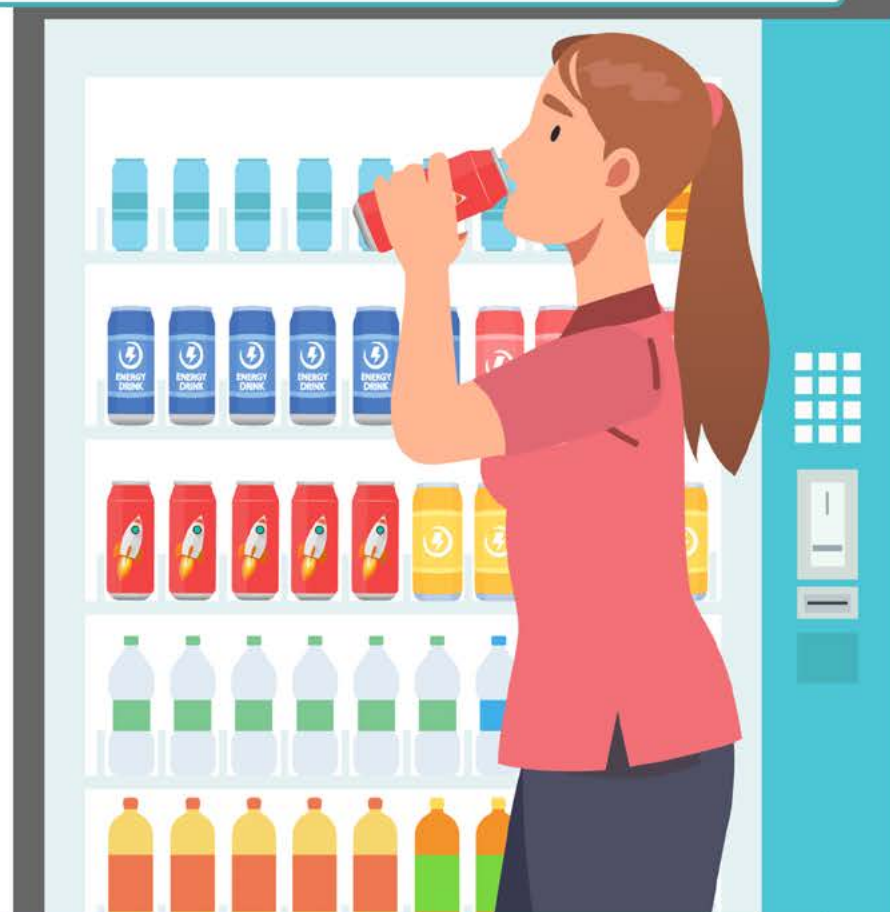
It would affect all shops and businesses, no matter how small they are. It would also affect online shopping and vending machines.



Do you agree that the ban should include all shops, including online shops and vending machines?

Yes      No      Don't know

Why?

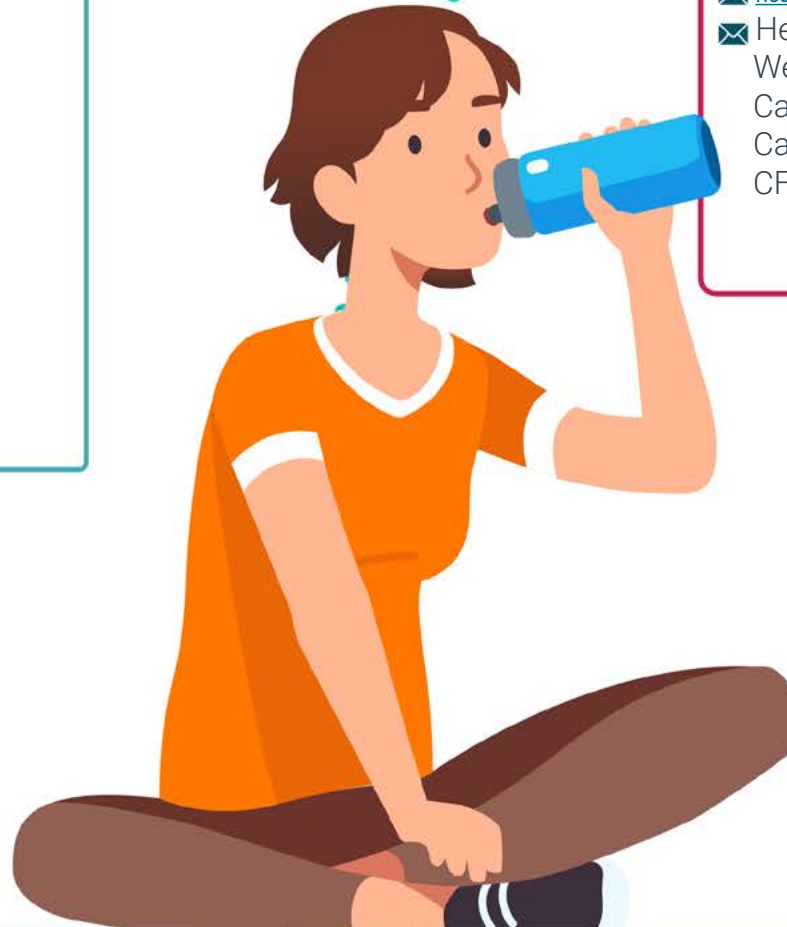




## One last thing



Do you have any other ideas or comments about energy drinks?



Thanks for reading this and for your comments.

Please tell us what you think by:


 1<sup>st</sup> September 2022.

You can respond to this consultation here:

 [smartsurvey.co.uk](https://smartsurvey.co.uk)

Or please send it to:

 [HealthyWeightHealthyWales@gov.wales](mailto:HealthyWeightHealthyWales@gov.wales)

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