

*Disclaimer: We kindly ask to acknowledge that due to the diverse and heterogeneous nature of the questions and dynamic situations they pertain to, some of the information might be incomplete or only correct for the time being. Thus, please consider the date and date of last update with the below information. All available information was provided by a country representative from the PHIRI network during or in connection to the respective meeting.*

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Table 1: Country responses: Regulations for energy drinks among children

| Country | <b>Topic: Regulations for energy drinks among children</b><br>Does your country have any policies/legislations/campaigns in place to reduce/regulate the use of energy drinks, particularly among children? Would you able to share documentation about this? Also any research that you may be aware of on the effectiveness of such measures (even if maybe such measures did not get implemented by policymakers) would also be very welcome.   |
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| Austria | Austria currently does not have specific regulations in place regarding the sale or advertising of energy drinks to minors. According to the Austrian Food Codex, energy drinks are categorised as non-alcoholic drinks that must be labelled as not recommended for children and pregnant women. However, there are recommendations from the National Nutrition Commission that the promotion of energy drinks to children should not be allowed ( <a href="file:///C:/Users/johannes.weiss/Downloads/Empfehlung_der_Nationalen_Ern%C3%A4hrungs_kommission_%C3%96sterreichisches_N%C3%A4hrwertprofil_zur_Lenkung_von_Lebensmittelwerbung_an_Kinder_in_Audiovisuellen_Medien%20(2).pdf">file:///C:/Users/johannes.weiss/Downloads/Empfehlung_der_Nationalen_Ern%C3%A4hrungs_kommission_%C3%96sterreichisches_N%C3%A4hrwertprofil_zur_Lenkung_von_Lebensmittelwerbung_an_Kinder_in_Audiovisuellen_Medien%20(2).pdf</a> ). Also educational materials for schools are freely available for download from the Service Centre for health promotion in Austrian schools ( <a href="https://www.give.or.at/material/energydrinks/">https://www.give.or.at/material/energydrinks/</a> ).  |
| Belgium | The energy drink Prime was also prohibited in Belgium due to its high caffeine content. There are no specific regulations or binding laws for the sale or labelling of energy drinks, but there are recommendations from the Higher Health Council that people should be careful with the consumption of energy drinks, especially pregnant women.   |
| Croatia | In Croatia, there are no specific prohibitions or warnings on the sale of energy drinks to minors, so they are potentially available to children. However, there are concerns about their availability to children and there is a public debate about government plans to protect minors. In contrast, there is a regulation prohibiting the sale of fireworks, alcohol and cigarettes to children and young people under the age of 18, although it has not yet come into force. According to a recent survey, 80% of respondents would be in favour of banning the sale of energy drinks to minors, although 86% of 16-year-olds consume energy drinks and 47% combine them with alcohol. 60% of children under the age of 12 already consume energy drinks.   |
| Hungary | In Hungary, there is a new Act on prohibition of selling / purchasing energy drinks under 18 years old people. The bill under the title "on the preservation of children's health": <a href="https://www.parlament.hu/irom42/07992/07992.pdf">https://www.parlament.hu/irom42/07992/07992.pdf</a><br>Act CLV of 1997 on consumer protection. Article 16/A. § is supplemented by the following paragraph: "(1a) It is prohibited to sell or serve energy drinks (hereinafter: energy drinks) defined in the Public Health Product Tax Act to persons under the age of eighteen."<br>Reasoning of the Bill: "From a nutritional and health point of view, it is an unfavorable trend that nowadays the majority of young people consider the consumption of energy drinks to be fashionable, they regard energy drinks with an attractive taste almost as soft drinks, which they consume without limit, ignoring their caffeine content, which depending on individual sensitivity can even trigger more serious symptoms. As a result, the proportion of energy drink consumers in the age group under 18 is constantly increasing, according to recent surveys, 10 percent of high school and high school students consume energy drinks on a daily basis. In recent years, there have been hundreds of cases where young people have needed medical attention due to overconsumption of energy drinks. Since November 1, 2011, the National Center for Public Health and Pharmaceuticals has received nearly five hundred reports of incidents, illnesses, and unpleasant symptoms related to the consumption of energy drinks. 26 percent of reported incidents involved girls and 74 percent involved boys. Based on the data it was established that 74 percent of those affected by symptoms and illnesses were young people under the age of 18, and most of them were in the 15-16 age group. The amount of energy drink consumed varied between 1 deciliter and 2.5 liters per person. 22 percent of energy drinks were consumed together with alcohol."<br>The Bill was proposed in April 2024, it will be accepted foreseeably before the summer legislation break. Entry into force: within 30 days after the announcement |
| Malta   | Information will follow  |
| Serbia  | According to the regulation on food declaration: Beverages with a high caffeine content or food with added caffeine in an amount greater than 150 mg/l must contain the following text on their packaging: "High caffeine content. Not recommended for children, pregnant or lactating women" should be in the same field of vision  |



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|                 | <p>as the name of the drink, after which, in accordance with Article 10, paragraph 4 of this regulation, the caffeine content expressed in mg per 100 ml.<br/> <a href="https://www.paragraf.rs/propisi/pravilnik-o-deklarisanju-oznacavanju-i-reklamiranju-hrane.html">https://www.paragraf.rs/propisi/pravilnik-o-deklarisanju-oznacavanju-i-reklamiranju-hrane.html</a><br/> According to the rulebook on the quality of food and non-alcoholic beverages:<br/> An energy drink can contain a maximum of 400 mg/l of caffeine.<br/> The declaration for an energy drink, in addition to additional data - statements, regulated by the regulation governing the declaration, labeling and advertising of food, should also contain the statement of the following contents: "Not recommended for people with heart problems and people hypersensitive to caffeine" and "It is not recommended to consume with alcohol", as well as information on the permitted daily intake. The statements should be in the same field of view as the name of the product and should be written in letters whose size is regulated by the regulation governing the declaration, labeling and advertising of food.<br/> <a href="https://www.paragraf.rs/propisi/pravilnik-kvalitetu-osvezavajucih-bezalkoholnih-pica.html">https://www.paragraf.rs/propisi/pravilnik-kvalitetu-osvezavajucih-bezalkoholnih-pica.html</a></p> <p>But, in general Serbian public, there is a debate about banning the sale of energy drinks to persons under the age of 18.</p> |
| <b>Slovenia</b> | <p>In Slovenia, all energy drinks must be labelled with warnings that they are not suitable for children and younger people due to their high caffeine content. Otherwise there are no other specific regulations. As far as the pricing of energy drinks is concerned, one of the planned tax reform measures is an increase in VAT. It remains to be seen whether this measure will change consumer behaviour. In 2023, the Administration for Food Safety banned a version of an energy drink called Prime</p>  |

