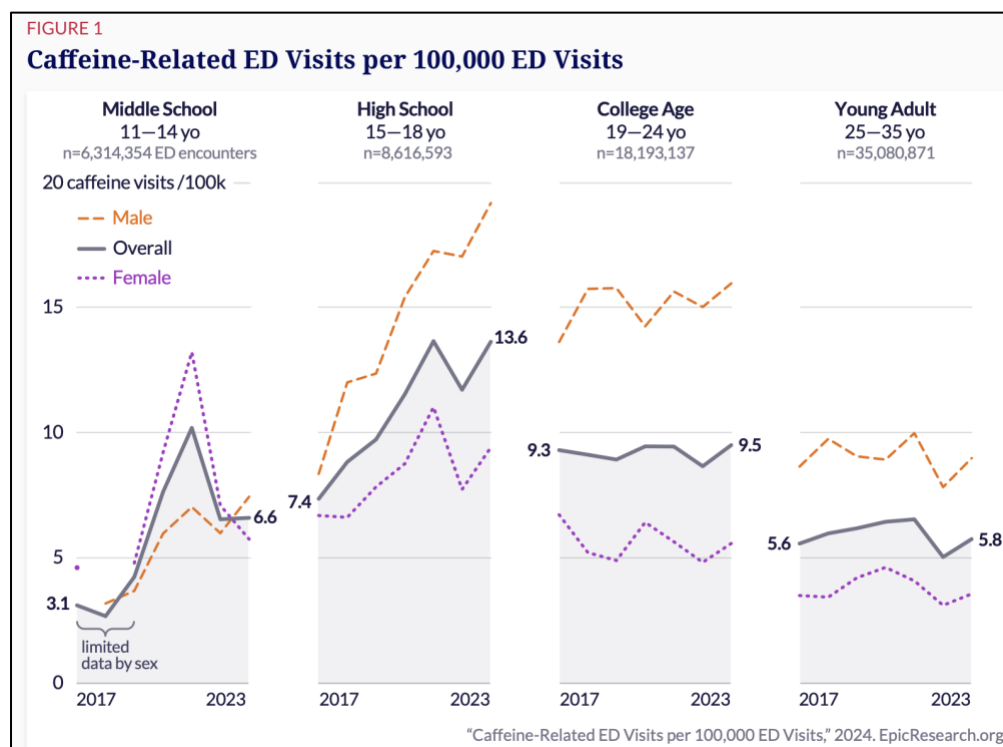


Dear Committee on Children,

I am a pediatrician who works in New Haven and Advocacy Chair for the CT-American Academy of Pediatrics Chapter. These are my personal views and do not reflect those of my employer.

**I am writing to support HB 6185 AN ACT CONCERNING THE CONSUMPTION OF ENERGY DRINKS BY CHILDREN.**

[The American Academy of Pediatrics](#) recommends against the consumption of energy drinks by children and adolescents which contain high levels of caffeine and sugar. Energy drinks can be [detrimental to a child's health](#). Consuming high levels of caffeine can lead to anxiety, hyperactivity, elevated blood pressure, and sleep difficulties. Consuming high levels of sugar can lead to obesity, diabetes, hypertension and heart disease. [Three out of four children](#) consume caffeine on any given day, and [the number of children seen in emergency departments](#) due to the effects of caffeine intake has doubled since 2017 (image)



Given the detrimental health impacts of energy drinks on child health, it is critical that CT elected officials take action to limit youth consumption of energy drinks. HB 6185 would be an important step forward towards protecting CT's children from the harms of energy drinks.

Thank you for considering my testimony. Please reach out with questions.

Sincerely,

**Molly Markowitz, MD FAAP**

Chair, Advocacy Committee

CT American Academy of Pediatrics Chapter

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