

# Health Advisory Meeting

October 19, 2017 5:30p

## Agenda

---

- **Business**
  - Germanna Student presentation
  - 2017 Awareness Activities updates
  - Concussion Team Subcommittee
- **Discussion**
  - Informational Items & Round Table Discussion
  - Report of local health concerns from committee members
  - Report on PD 16 activities

# Health & Safety Meeting Minutes

October 19, 2017 5:30p

## Attendees

---

Belinda Cameron, Lisa Tate, Kristi Brouillette, Dollie Johnson, Ryan Osborne, Dr. Donna Gamache, Jackie Kunstmann, Amy Carey, Michelle Cantrell, Chris Sparks, Chief Moody

## Scribe

---

Belinda Cameron

## Agenda

---

- **Business**
  - Germanna student presentation
  - 2017 Awareness Activities
  - Concussion Team SubCommittee Formation
- **Informational Items & Round Table Discussion**
  - Report of local health concerns from committee members
  - Report on PD 16 activities

## Business

---

- **Germanna Presentation:** A group of senior nursing students from Germanna Community College presented a presentation on energy drinks. This presentation will be tailored to students and they have requested permission to present the material in health classes at KGHS. The presentation was very informative. The committee gave the students good feedback. The committee recommends this material be presented at KGHS and possibly KGMS.
  - **2017 Awareness Activities**
    - National Night Out:** School Counselor and School Nurses participated in the King George Sheriff's Office National Night out provided Substance Abuse Awareness Materials.
    - Opiate Town Hall Meeting:** Chief Moody provided information about this event that took place at KGMS earlier in the Fall. It was poorly attended, but had very good information.
  - **Concussion Team SubCommittee:** Alex Fisher was unable to attend so this will be discussed at the December meeting. Currently the subcommittee meets as students present with concussions.
-

## Information Items & Round table Discussion

---

- Dr. Gamache stated she is seeing the flu starting in the area, also lots of viral illness.
- Chief Moody announced that King George has received the distinction of being a Heartsafe Community. As part of this they are seeking to provide "Hands Only CPR" at any events. Belinda Cameron will work with Chief Moody to facilitate this program for school staff. He also requested that if any schools have issues with citizens burning and affecting students being able to play outside during school hours to please inform his department.
- Michelle Cantrell provided the committee with information on the Family Planning services that the Health Department provides. She also gave us information on an upcoming ad campaign that the department plans to use to encourage more teenagers to take advantage of the all the Health Department services. She also reported that Chlamydia is on the rise in King George.
- Elementary school nurses expressed concerns about "monkeybar" injuries.
- Kristi Brouillette organized a "Stop the Bleed" education seminar that was held on Oct. 12th at KGHS and was very well attended. This is a national campaign that King George County Schools would like to participate in. Chief Moody suggested some grant possibilities to fund the program.

## Next Meeting

---

December 14, 2017 @ 5:30p

## Adjournment

---

Meeting adjourned at 7:00p



**Think Before You Drink**

**The Harmful Effects of Caffeine and Energy Drinks**

**On Young Adults and Teens**

Data and Information Summary

Germannanna Community College

Associate of Applied Science

in Nursing Program

Presented By:

Lacie Culbertson, Kelly Doyle, Meagan Fletcher,

---

Carla Fuentes, Sabrina Munoz, Sydney Wiles

# Think Before You Drink

## Cumulative Research

❖ According to studies conducted by the FDA approximately 73% of young adults consume caffeine daily.

---

❖ The American Academy of Pediatrics recommends that children under the age of 18 abstain from caffeine consumption with a maximum approved intake of about 100 mg of caffeine per day. This is equivalent to approximately one regular sized soda.

❖ Emergency Department Visits and Hospital Admissions are increasing with over 8,000 visits reported in 2011 alone.

---

❖ Energy drinks and caffeine are known to have many negative effects on the body including the cardiovascular system, nervous system, and interrupting the sleep cycle.

## **Cumulative Research Cont.**

- ❖ Teens are particularly vulnerable to these effects as their bodies are still maturing, they may have undiagnosed disease processes, and fall heavily to peer pressure surrounding this trend.
  - ❖ Teens who already consume these drinks may be more likely to try them with alcohol later in life which research show is even more harmful.
  - ❖ Regular consumption of energy drinks can increase your risk Diabetes Miletus type II and obesity.
-

## **Contents of a Typical Energy Drink**

### **❖ Caffeine**

- 80 mg per 8 oz (double the caffeine content in 8oz soda can)

### **❖ Sodium**

- 123mg per 8 oz (three times the amount of 8oz soda can)

### **❖ Sugar**

- 27g per 8 oz
  - **Guarana**
  - **Taurine**
  - **Panax Ginseng**
-

## **Negative Effects on the Body**

### **❖ The Brain and Nervous System**

- 
- Anxiety
  - Insomnia
  - Jitters / Twitching
  - Hemorrhagic Stroke

### **❖ Heart and Cardiovascular System**

- Hypertension
  - Tachycardia
  - Trigger Atrial Fibrillation
- 
- Acute Myocardial Infarction



## **Clinical Recommendations**

### **❖ Energy Boosting Foods and Drinks**

- Fruits – Apples, bananas
- 
- Veggies – Beets, leafy greens, avocados
  - Eggs, nuts, quinoa
  - Salmon
  - Green Tea, water

### **❖ Other Recommended Activities to Boost Energy**

- Exercise- daily (one hour daily for teens)
- Sleep Schedule- right time and right length (9.25 hours nightly for teens)
- Healthy Diet- balanced nutrition
- Reduce Stress- Stress can make you sleepy

## Resources

Alsunni, A. A. (2015). Energy drink consumption: Beneficial and adverse health Effects.

International Journal of Health Sciences, 9(4), 468-474.

Drake, C., Roehrs, T., Shambroom, J., & Roth, T. (2013). Caffeine effects on sleep taken 0, 3, or 6 hours before going to bed.

Gharacholu S.M., Ijioma, N., Banwart, E., & Munoz, F. C (2017). ST-Segment Elevation Myocardial Infarction and Normal Coronary Arteries after Consuming Energy Drinks. *Case Reports in Cardiology*, 1-5. doi: 10.1155/2017/4061205

Harris, J. L., Munsell, C. R., & Pomeranz, J. L. (2013). Energy drinks: An emerging public health hazard for youth . *Journal of Public Health Policy*.

Harvard Women's Health Watch. (2009). Getting your vitamins and minerals through diet. Retrieved from <https://www.health.harvard.edu/womens-health/getting-your-vitamins-and-minerals-through-diet>

Mayo Clinic. (2017). 7 dietary sources of energy. Retrieved from [http://diet.mayoclinic.org/diet/eat/dietary-sources-of-energy?xid=nl\\_MayoClinicDiet\\_20170330](http://diet.mayoclinic.org/diet/eat/dietary-sources-of-energy?xid=nl_MayoClinicDiet_20170330)

Mayo Clinic. (2017). Nutrition and healthy eating. Caffeine: how much is too much? Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678>

Nordt, S.P & Vilke, G.M. (2012, October). Energy Drink Use and Adverse Effects Among Emergency Department Patients. Retrieved

---

from <http://www.ncbi.nlm.nih.gov/pubmed/22367607>

Pomeranz, J.L., Munsell, C.R., & Harris, J.L. (2013). Energy drinks: An emerging public health hazard for youth. *Journal of Public Health Policy*, 34(2), 254-271. Doi: 10.1057/jphp.2013.6 *Journal of Clinical Sleep Medicine: JCSM: Official Publication of the American Academy of Sleep Medicine*, 9(11), 1195-1200. doi:10.5664/jcsm.3170

Pomeranz, J. L., Munsell, C. R., & Harris, J. L. (2013). Energy drinks: An emerging public health hazard for youth. *Journal of Public Health Policy*, 34(2), 254-71. doi:<http://dx.doi.org.ezproxy.vccs.edu:2048/10.1057/jphp.2013.6>

Winona State University. (2017). Retrieved from Evidence Based Practice Toolkit.