

# RE-THINK YOUR DRINK!

You don't need to get your kicks from an **energy drink** fix

## Energy drinks – A Growing Problem?

### Consultation with young people

Are you?

Male  Female  How old are you?

Where are you from? Please tick

Blackburn	Blackpool	Burnley	Chorley	
Fylde	Hyndburn	Lancaster	Pendle	
Preston	Ribble Valley	Rossendale	South Ribble	
West Lancashire	Wyre	Other		

Do you drink energy drinks?

Yes  No  – go to question 8

1. Which brands do you usually drink? Please tick all that apply

<input checked="" type="checkbox"/> Monster	Rockstar	Red Rooster	
Red Bull	Powerade	Blue Charge (Asda)	
Relentless	No Fear	KX (Tesco)	
Lucozade	Mountain Dew	Blue Bolt (Sainsbury's)	
Source (Morrisons)	Boost	Other	

If you chose 'other' please specify which brand:

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2. Why did you choose these brands? Please tick all that apply

Price	Saw advert	Friend recommended
In store promotion	Multi-buy offer	Other

3. Are you influenced by the marketing or advertising of certain drinks?

Yes  No

4. Why do you drink energy drinks? Please tick all that apply

Give me energy	Helps my concentration (studying, exams)
For sports activity	Tastes good
My mates do	It's trendy
As a food replacement	Other

5. Have you noticed any negative effects after drinking energy drinks? Please tick all that apply

Lack of concentration	Feeling hyperactive
Feeling anxious / worried / stressed	Headaches
Can't sleep	Shakes
Allergic reactions	Weight gain
Feeling addicted to them	Other

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6. Do you mix energy drinks with alcohol?

Yes

No – go to question 8

7. If you answered YES to question 6 tell us why you mix energy drinks with alcohol?

Gets me drunk quicker		Helps me drink for longer	
Tastes good		Trendy to drink	
Because my friends do		Other:	

8. Do you think that it is right that young people are encouraged to buy and consume unhealthy products (similar to the marketing and promotion of cigarettes to young people)?

Yes  No  No opinion

9. Do you think there should be an age restriction for young people on these drinks?

Yes  No  No opinion