**Title: Energy drinks consumption among young sport player in Al Ain sport club, UAE**

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**Introduction**: Energy Drinks (EDs) have become one of the most popular beverages worldwide. Marketing of EDs has increased especially among young adults and adolescents which caused concerns regarding the caffeine intake and its related adverse health effects. This study aims to investigate the pattern of EDs consumption, the possible factors that influenced EDs consumption, and to explore the knowledge and attitude towards EDs consumption among young sport players in Al Ain city, UAE

**Methods**: This is a cross sectional study involving 688 young male sport players from Al Ain sport club (UAE) aged between 7 to 18 years. Data were collected face-to-face questionnaire interview using a modified version of a validated questionnaire from the European Food Safety Authority. Data were entered and analyzed by SPSS program version 23.

**Results**: Among 688 male players, Overall EDs consumption was around 24% as 7 % reported that they consumed EDs in the past 3 days and 22% in the past year. 44% reported EDs consumption 1 to 2 times per month. Overall EDs consumption was significantly higher in players aged 13 to 18 years compared to those aged 7 to 12 years (p<0.001). A significant difference was shown to those practicing PA (5-7 days/week) and consuming ED compared to those practicing less PA (3-4 days/week) and consuming ED (81% to 15 %, p=<0.001). Multiple linear regressions showed that age groups and average sleeping hours (weekdays) were significant predictors for overall EDs consumption. Players living with both parents were less likely to consume EDs compared to those living with single parent during the past year (89 %, 11%, respectively, p=0.01). Knowledge towards EDs consumption was significantly lower for non ED consumers (6.6 ± 0.96) compared to ED consumers (6.04 ± 0.88).

**Conclusions**: Energy drinks consumption seems to be relatively a common habit among young sport players in Al Ain city. Educational programs are needed to increase the awareness in our community regarding EDs consumption and its potential adverse effects. A regulation policy for the EDs consumption should be addressed and a consideration of warning labels, contents, age identification and advertisements of EDs are highly recommended.

**Keywords**: Adolescent, Energy drinks, knowledge, Sport players, United Arab Emirates

**Biography**:

Aisha Almulla has completed her bachelor and master degree from the University of Gothenburg, Sweden in the clinical nutrition and dietetic field in 2014. She is a registered dietitian in the Community Nutrition Department at Tawam hospital- in affiliation with Johns Hopkins Medicine, dealing with patients and conducting researches in the nutrition field. She is a member in the American Society for Nutrition and the Swedish Association of Clinical Dieticians and the United Arab Emirates nutrition group.