

Consumption of sugary and energy drinks by children and its association with physical activity

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INTRODUCTION & AIM

In recent years, changes in children's **lifestyle habits** have negatively impacted their **health**, notably reflected in higher obesity rates and greater intake of **sugar-sweetened and energy drinks**. These eating patterns are often linked to **sedentary behavior** and **lower levels of physical activity**.

To examine the association between the consumption of sugary and energy drinks and sports participation among children.

METHOD

A **cross-sectional** study was conducted among **primary school** children from **educational centers** in Pontevedra (Spain), during March and April 2025.



Ad hoc **sociodemographic** questionnaire.

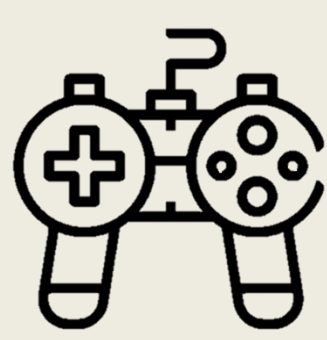


Questionnaire on key variables related to the **consumption of energy** and **sugar-sweetened beverages**.

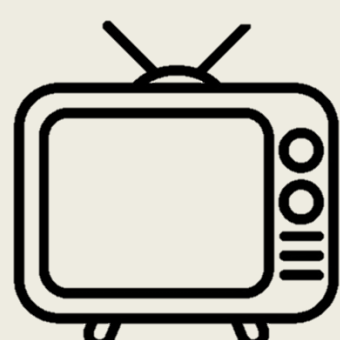
RESULTS & DISCUSSION



N= 94
Age: 8 – 12 years
Boys: 52.1%; Girls: 47.9%



Time on video games:
> 1 hour: 41.5%



Time on TV:
> 1 hour: 39.4%

When do they consume each drink?

SOFT DRINKS

Never: 47.9%
With meals: 12.8%
Leisure time: 31.9%
During sports: 2.1%



SPORTS DRINKS

Never: 61.7%
With meals: 3.2%
Leisure time: 16.0%
During sports: 11.7%

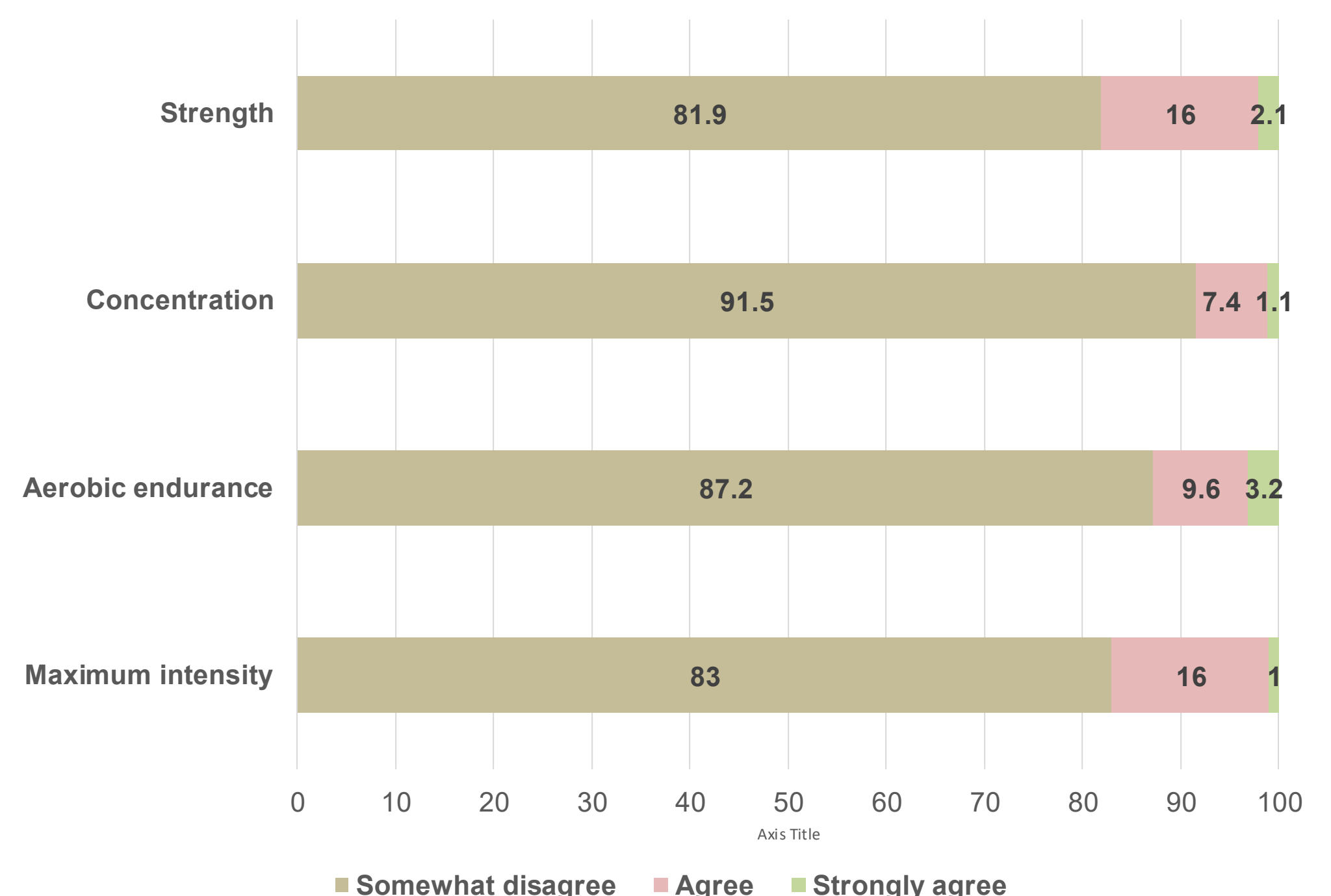


ENERGY DRINKS

Never: 92.6%
With meals: 0%
Leisure time: 3.2%
During sports: 3.2%



Reasons for consuming during sports



CONCLUSION

Children tend to **consume sugary and energy drinks** more frequently during **leisure time** than during sports practice. Although intake during physical activity was relatively low, some children **believe** these drinks **enhance performance**. These results highlight the need for **early educational interventions** to correct these misconceptions and **promote healthier hydration habits**.