

TABLE 2.

Prevalence of energy drink consumption by age, gender, family affluence, and adherence to age-specific sleep duration recommendation in 2014, 2018, and 2022 (% and 95% confidence intervals), HBSC Study

	No consumption			Less than weekly			Weekly									Total % (n)	
							Once a week			More than once a week							
	2014	2018	2022	2014	2018	2022	2014	2018	2022	2014	2018	2022	2014	2018	2022		
All	64,3 (62,2–66,3)	59,8 (57,0–62,5)	51,4 (47,1–55,7)	21,9 (20,5–23,3)	21,5 (19,7–23,4)	19,4 (17,5–21,4)	5,9 (5,9–6,6)	6,6 (5,8–7,6)	8,8 (7,5–10,4)	7,9 (7,0–8,9)	12,7 (10,7–13,7)	20,4 (17,4–23,8)	100 (7 887)	100 (3 371)	100 (3 675)		
11-year-olds	82,0 (79,7–84,0)	80,5 (77,0–83,6)	73,5 (69,6–77,1)	12,5 (11,0–14,3)	12,4 (10,2–15,1)	15,8 (13,6–18,4)	2,3 (1,8–3,0)	3,3 (2,4–4,5)	4,0 (2,9–5,4)	3,2 (2,4–4,2)	3,8 (2,7–5,4)	6,7 (5,2–8,7)	100 (2 824)	100 (986)	100 (1 376)		
13-year-olds	58,2 (55,4–61,0)	56,2 (51,7–60,7)	46,5 (41,9–51,2)	24,8 (22,6–27,1)	23,2 (20,4–26,2)	24,2 (20,9–27,8)	7,1 (6,1–8,4)	7,4 (5,6–9,7)	9,6 (7,4–12,4)	9,9 (8,3–11,8)	13,1 (10,8–16,0)	19,7 (16,2–23,7)	100 (2 487)	100 (1 239)	100 (1 249)		
15-year-olds	51,7 (48,7–54,6)	43,0 (39,8–46,2)	34,9 (31,0–38,9)	29,0 (26,8–31,3)	28,7 (26,0–31,6)	18,7 (15,4–22,4)	8,5 (7,3–9,9)	9,2 (7,6–11,0)	12,8 (10,2–15,8)	10,8 (9,1–12,8)	19,1 (16,3–22,3)	33,7 (30,0–37,7)	100 (2 576)	100 (1 146)	100 (1 050)		
Boys	52,2 (49,5–54,9)	52,1 (48,4–55,8)	48,0 (43,7–52,3)	27,2 (25,4–29,1)	22,8 (20,6–25,1)	20,0 (17,6–22,7)	8,8 (7,7–9,9)	8,6 (7,3–10,2)	9,5 (7,7–11,7)	11,9 (10,5–13,4)	16,5 (14,1–19,3)	22,5 (18,8–26,7)	100 (3 901)	100 (1 689)	100 (1 776)		
Girls	76,1 (73,9–78,0)	67,4 (63,8–70,8)	54,7 (49,4–59,9)	16,8 (15,2–18,5)	20,2 (17,8–22,9)	18,7 (16,4–21,2)	3,2 (2,6–3,9)	4,7 (3,6–6,1)	8,2 (6,7–9,9)	4,0 (3,3–4,9)	7,7 (6,1–9,6)	18,5 (14,9–22,7)	100 (3 986)	100 (1 682)	100 (1 864)		
Boys 11 yrs	74,1 (70,9–77,1)	76,1 (70,9–80,6)	67,7 (63,3–71,8)	17,7 (15,4–20,3)	13,1 (10,3–16,4)	19,1 (15,9–22,7)	3,3 (2,5–4,5)	5,0 (3,5–7,1)	4,1 (2,7–6,2)	4,8 (3,6–6,4)	5,9 (3,9–8,9)	9,1 (6,9–12,0)	100 (1 384)	100 (494)	100 (678)		
Boys 13 yrs	46,0 (42,3–49,8)	44,6 (39,3–50,1)	43,9 (38,7–49,1)	29,9 (26,8–33,2)	28,1 (24,5–31,9)	25,3 (20,7–30,5)	9,7 (7,9–11,9)	9,6 (7,1–12,8)	10,5 (7,6–14,4)	14,4 (11,8–17,3)	17,7 (14,1–22,1)	20,4 (16,2–25,3)	100 (1 250)	100 (616)	100 (612)		
Boys 15 yrs	35,4 (31,6–39,5)	35,9 (31,2–40,9)	31,9 (26,6–37,7)	34,4 (31,2–37,7)	27,1 (23,1–31,4)	16,5 (12,8–20,9)	13,5 (11,3–16,0)	11,2 (8,6–14,5)	14,7 (10,2–19,1)	16,7 (14,1–19,7)	25,8 (21,3–30,8)	37,6 (31,4–44,2)	100 (1 267)	100 (579)	100 (486)		
Girls 11 yrs	89,4 (87,0–91,4)	84,9 (80,9–88,2)	79,3 (74,5–83,4)	7,5 (6,0–9,5)	11,8 (9,1–15,2)	12,7 (10,1–15,8)	1,4 (0,8–2,2)	1,5 (0,6–3,7)	3,9 (2,5–6,1)	1,7 (1,0–2,8)	1,7 (0,9–3,5)	4,2 (2,6–6,5)	100 (1 440)	100 (492)	100 (686)		
Girls 13 yrs	70,7 (67,1–74,0)	67,9 (61,2–73,9)	49,2 (42,6–55,9)	19,5 (16,9–22,5)	18,3 (14,5–22,9)	22,9 (19,4–26,9)	4,5 (3,3–6,0)	5,3 (3,4–8,2)	8,7 (6,4–11,6)	5,3 (4,1–6,9)	8,6 (6,0–12,0)	19,2 (14,4–25,0)	100 (1 237)	100 (623)	100 (624)		
Girls 15 yrs	67,1 (63,4–70,6)	49,9 (45,2–54,6)	37,3 (32,2–42,7)	23,8 (20,9–27,0)	30,4 (26,5–34,5)	20,7 (16,2–26,0)	3,8 (2,8–5,2)	7,1 (5,3–9,6)	11,5 (8,9–14,7)	5,3 (3,8–7,2)	12,6 (9,6–16,3)	30,6 (24,5–37,3)	100 (1 309)	100 (567)	100 (554)		
Family affluence																	
Lowest 20%	62,8 (59,9–65,7)	56,9 (53,0–60,7)	54,5 (48,9–60,1)	21,7 (19,5–23,9)	23,0 (20,0–26,0)	18,8 (14,4–23,2)	6,6 (5,4–7,8)	6,1 (4,3–7,8)	8,7 (6,2–11,2)	8,9 (7,3–10,5)	14,0 (11,3–16,8)	18,0 (13,9–22,0)	100 (2 017)	100 (724)	100 (583)		
Middle 60%	65,2 (62,9–67,5)	61,8 (58,8–64,9)	51,8 (46,7–56,9)	22,4 (20,6–24,1)	21,2 (18,9–23,5)	20,2 (17,7–22,6)	5,4 (4,6–6,2)	6,7 (5,3–8,0)	8,5 (6,7–10,4)	7,0 (6,0–8,1)	10,3 (8,5–12,0)	19,5 (15,8–23,2)	100 (4 355)	100 (1 894)	100 (1 998)		
Highest 20%	64,8 (61,3–68,3)	59,2 (54,4–64,0)	48,1 (42,6–53,5)	20,9 (18,2–23,7)	21,6 (17,6–25,5)	17,2 (13,4–20,9)	6,0 (4,4–7,6)	6,1 (4,4–7,8)	9,7 (6,6–12,8)	8,2 (6,3–10,2)	13,1 (10,2–16,1)	25,0 (19,9–30,2)	100 (1 204)	100 (597)	100 (987)		
Adherence to age-specific sleep duration recommendation																	
Meets recommendation	71,5 (69,1–73,8)	58,1 ¹ (54,3–61,8)	63,9 (58,7–68,9)	18,7 (17,0–20,4)	25,6 ¹ (22,9–28,6)	16,6 (14,0–19,5)	4,9 (4,2–5,7)	7,3 ¹ (5,7–9,3)	7,5 (5,9–9,6)	5,0 (4,1–6,0)	9,0 ¹ (7,3–11,1)	11,9 (9,3–15,2)	100 (4 402)	100 ¹ (975)	100 (1 740)		
Does not meet recommendation	55,6 (53,2–58,0)	43,9 ¹ (39,7–48,1)	40,2 (36,0–44,6)	25,9 (24,0–27,9)	26,1 ¹ (23,2–29,2)	22,0 (19,9–24,3)	7,2 (6,3–8,2)	9,0 ¹ (7,2–11,1)	10,1 (8,2–12,4)	11,3 (9,9–12,9)	21,1 ¹ (18,1–24,4)	27,7 (23,9–31,9)	100 (3 402)	100 ¹ (1 379)	100 (1 898)		

¹13- and 15-year-olds.