

**PP 2**

**Awareness of caffeine consumption on hypertension and heart rate among youth in Gampaha District, Sri Lanka**

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**Background:** Caffeine is the most commonly and widely used physiologically stimulating drug worldwide. Previous studies conducted have demonstrated that intake of caffeine is one of the prevalent issues in the increase of heart rate and blood pressure at present.

**Objective:** The main aim of this study was to evaluate the level of awareness on the effects of caffeine consumption among youth.

**Method:** This was a descriptive cross-sectional study, conducted among both males and females, within the age group of 19-40 years in Gampaha District, Sri Lanka. A self-administered questionnaire developed by the researchers, which was valid and reliable after a pilot test, presented only in the English language, was distributed among conveniently selected 384 individuals at the International Institute of Health Science, who had no medical history of hypertension and tachycardia. Ethical approval and verbal consent of participants were taken before the study was conducted. Responses were statistically analyzed using Microsoft Excel.

**Results:** The analyzed data showed that 90.6% of the respondents were aware of the term caffeine, which was sufficient. However, 51.6% of the respondents were unaware of the caffeine content in beverages, that are available on the containers readily. Also 29.4% of the respondents were frequent caffeine consumers, while 75% of the respondents have continued caffeine consumption for about three or more years. Even though 51.6% were aware of the health effects of caffeine consumption, only 50.5% were aware of the effects of caffeine consumption on hypertension and heart rate, which is largely inadequate.

**Conclusion:** The available evidence from this study shows that there is an inadequate awareness level on the effects of caffeine consumption on hypertension and heart rate. It is recommended to organize more community-level awareness programs, especially during the “National caffeine awareness month-March”.