

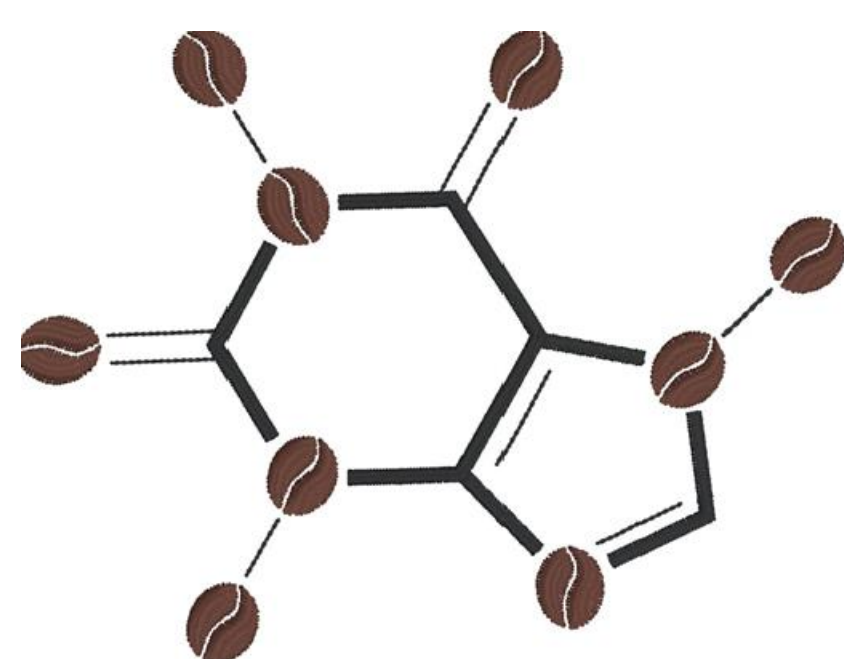
CAFFEINE CONSUMPTION HABITS AMONG UNIVERSITY STUDENTS IN SERBIA

Andela Bakić¹, Milica Bonderović¹, Tijana Ilić¹, Matija Šefer², Marijana Ćurčić³, Bojana Vidović^{1*}

¹University of Belgrade – Faculty of Pharmacy, Department of Bromatology, Belgrade, Serbia ; ²Institute of Meat Hygiene and Technology, Belgrade, Serbia; ³University of Belgrade – Faculty of Pharmacy, Department of Toxicology "Akademik Danilo Soldatović", Belgrade, Serbia

BACKGROUND

Caffeine is the most common purine alkaloid naturally present in the fruit, leaves, and beans of coffee, cacao, and guarana plants. It added to beverages and food supplements too.



While a moderate daily intake of caffeine could exert beneficial effects, including increased alertness and combating fatigue, excessive caffeine consumption (> 400 mg/day; 5.7 mg/kg bw) is associated with the risk of adverse health effects.

AIM

Estimate the caffeine intake among Serbian university students based on a caffeine consumption habits survey.

Table 1. Characteristics of study sample (N = 867)

	N	%
Gender		
Male	157	18.3
Female	708	81.7
BMI status		
Underweight	79	9.1
Normal weight	658	75.9
Overweight	101	11.7
Obese	29	3.3
Smoking status		
Never	613	70.7
Former	23	2.7
Current	142	16.4
Occasionally	89	10.3
Regular meals		
Yes	557	64.2
Occasionally	187	21.6
No	123	14.2
Faculty		
Medical sciences students	443	51.1
Non-medical sciences students	424	48.9
Academic year		
First	165	19.0
Second	156	18.0
Third	127	14.6
Fourth	155	17.9
Fifth	223	25.7
Sixth	41	4.7

RESULTS

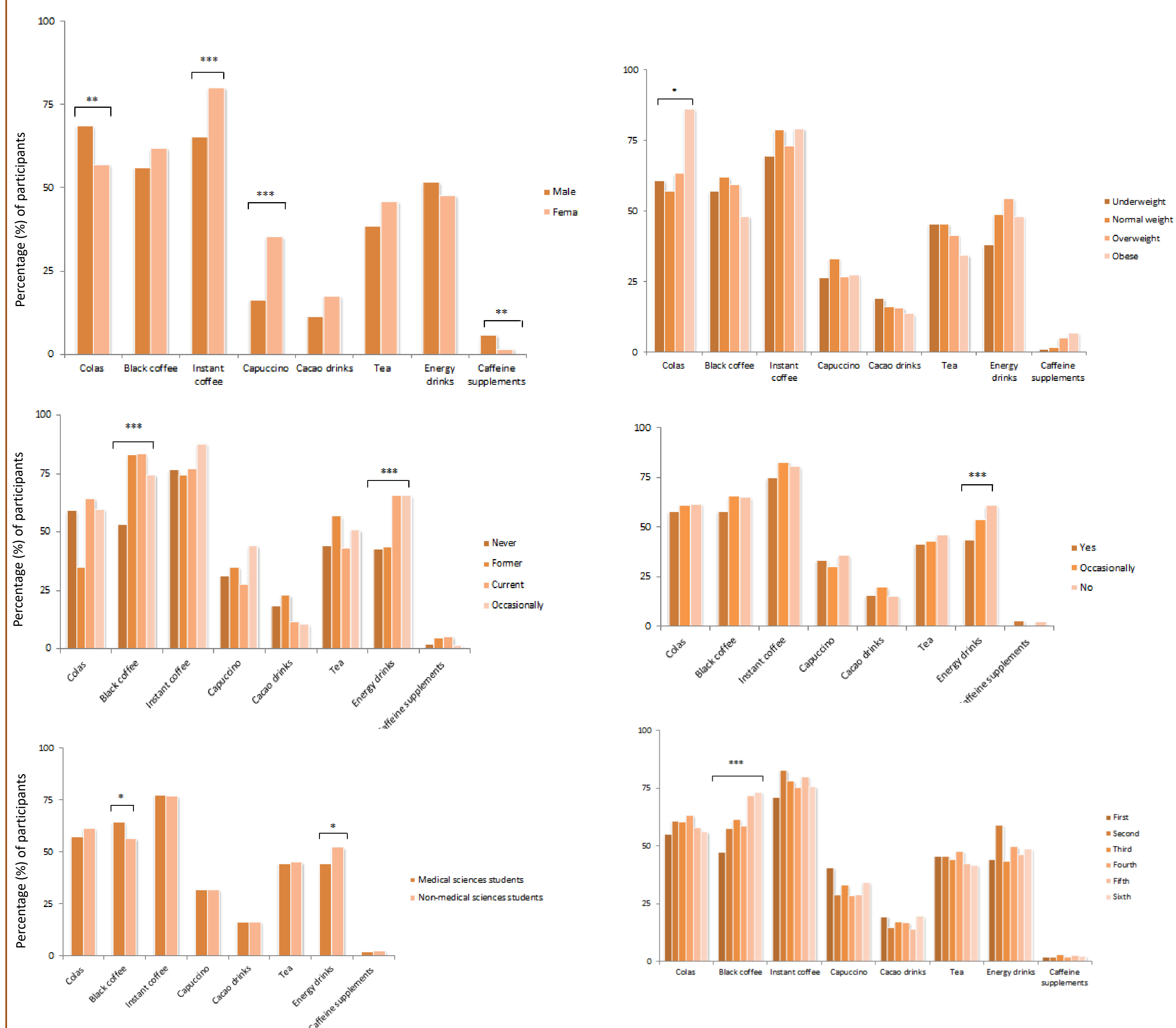


Figure 1. Frequency of caffeine-containing products consumption related to sociodemographic and lifestyle characteristics

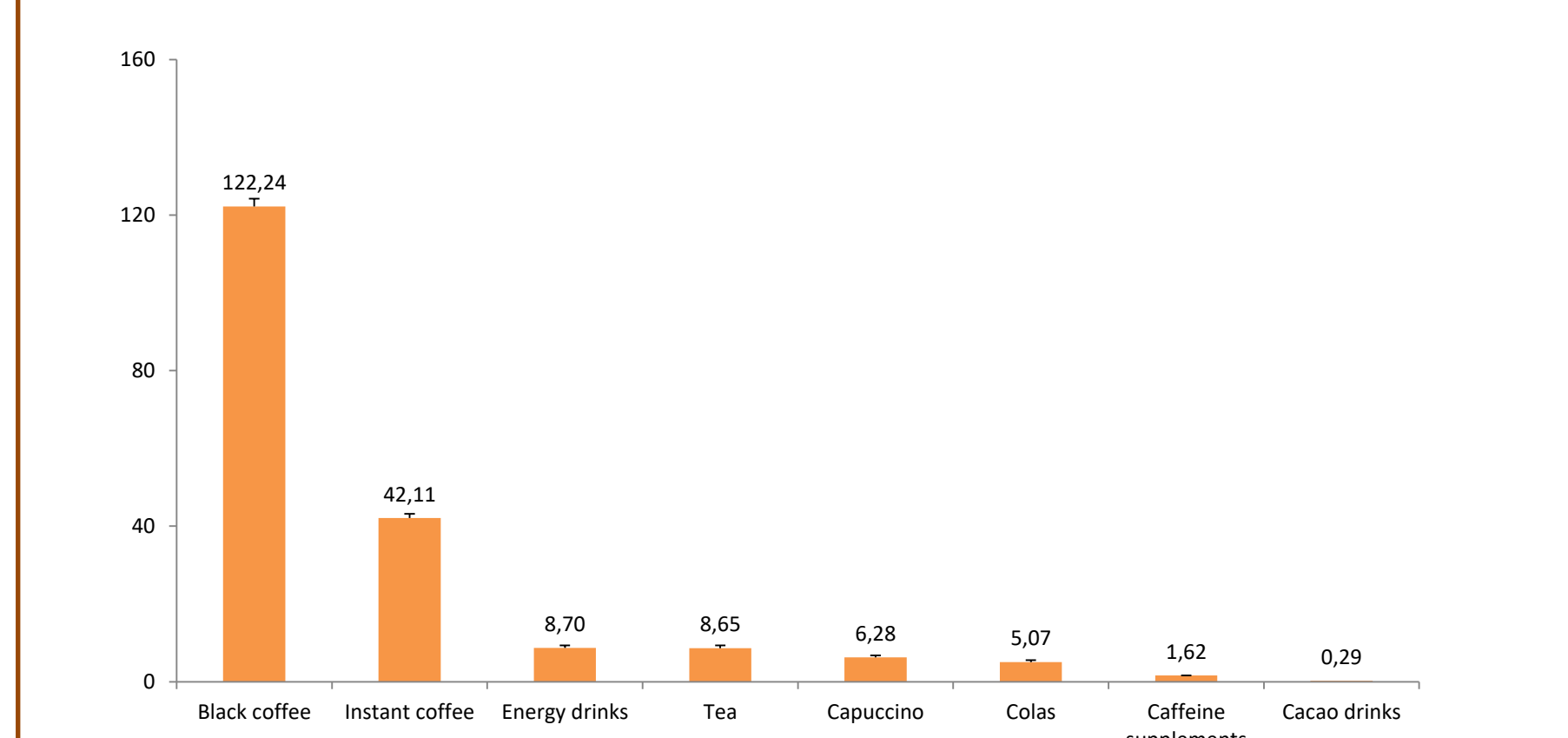


Figure 2. Average daily intake of caffeine from various sources

Caffeine intake	Mean	Median (IQR)
Caffeine (mg/day)	195	147.5 (49-296)
Caffeine/bw (mg/kg)		3,1
> 400 mg/day; N (%)		111 (12.8)

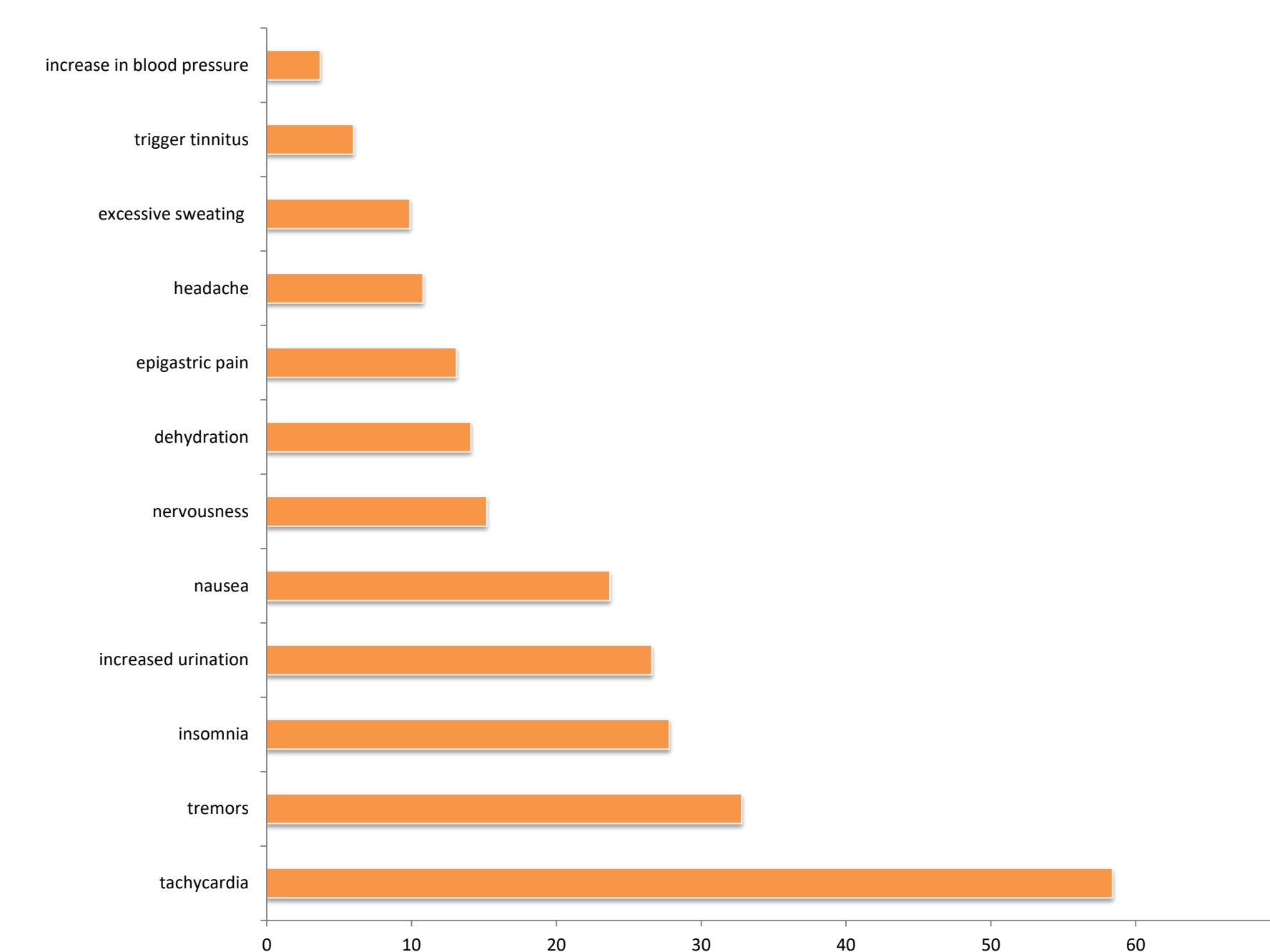


Figure 3. Perceived adverse effects post consumption of caffeine (n= 481)

RESULTS

CONCLUSION

The high prevalence of caffeine-containing product consumption requires further research to estimate the total caffeine intake among university students and appropriate interventions on awareness of caffeine-containing food and drinks impact on health.

ACKNOWLEDGEMENTS: This research was funded by the Ministry of Education, Science and Technological Development, Republic of Serbia through Grant Agreement with University of Belgrade-Faculty of Pharmacy No: 451-03-9/2021-14/200161