AGENDA

DAY 1 — Thursday, August 15

8:30 A.M.  Welcome and Introduction: Goals and Objectives  
Paul M. Coates and Barbara C. Sorkin — Office of Dietary Supplements (ODS), National Institutes of Health (NIH)

BACKGROUND

8:50 A.M.  Summary of the 2009 National Institute on Drug Abuse (NIDA)-ODS Workshop on Caffeine  
Jag Khalsa — NIDA, NIH

9:10 A.M.  How Developmental Changes in Sleep Biology May Affect Adolescent Behavior  
Mary Carskadon — Brown University

9:30 A.M.  BREAK

SESSIONS 1 AND 2  
Co-chairs: Mary Carskadon — Brown University and Patty Deuster — Uniformed Services University of the Health Sciences (USUHS)

9:45 A.M.  Session 1: Patterns of Use—Who, What, When, Why?  

The Use of Caffeine-Containing Dietary Supplements and Beverages in the U.S.  
Regan Bailey — ODS, NIH

Caffeine Intakes from Beverages in the U.S.  
Alison Kretser — International Life Sciences Institute

Caffeine Use in Children and Adolescents: Impact on Sleep and Alertness  
Judith Owens — Children’s National Medical Center

Energy Drink Use and High-Risk Behaviors: Research Evidence and Knowledge Gaps  
Amelia Arria — University of Maryland

10:50 A.M.  Session 2: Food and Drug Administration (FDA) Activities  

Regulatory Status of Caffeine  
Antonia Mattia — Center for Food Safety and Applied Nutrition (CFSAN), FDA

Report from the Institute of Medicine (IOM) Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements  
Lynn R. Goldman — George Washington University
11:20 A.M. **Keynote: Energy Products in a 24/7 World: Illustrations from the Research and Possible Research Gaps**
*Introduction: Michael Twery — National Heart, Lung, and Blood Institute (NHLBI), NIH
David Dinges — University of Pennsylvania*

12:00 NOON **LUNCH BREAK (ON YOUR OWN)**

1:15 P.M. **Circadian Rhythm and Metabolism**
*Heekyung Hong — Northwestern University*

**SESSION 3**
*Co-Chairs: David Dinges — University of Pennsylvania and Barbara C. Sorkin — ODS, NIH*

1:35 P.M. **Session 3: Energy Drinks, Cognition, Mental Health, and Behavior**

**Energy Product Use for Alertness in the Military**
*Nancy J. Wesensten — Center for Military Psychiatry and Neurosciences Research*

**Energy Drink Components: Effects on Mood and Behavior**
*Emma L. Childs — University of Chicago*

**Energy Drinks Mixed with Alcohol: What Are the Risks?**
*Cecile Marczinski — Northern Kentucky University*

2:40 P.M. **BREAK**

3:00 P.M. **Panel Discussion: Sessions 1—3**
- What are the five most critical research gaps?
- Are other next steps needed to support that research?

4:00 P.M. **ADJOURN DAY 1**
DAY 2 — FRIDAY, AUGUST 16

SESSIONS 4 AND 5
Co-Chairs: Terry Graham — University of Guelph and Padma Maruvada — National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), NIH

9:00 A.M.  Session 4: Health Disparities and Energy Drinks

Disparities in Energy Product Use, Sleep, and Health Outcomes
Michael Grandner — University of Pennsylvania

9:30 A.M.  Session 5: Energy Drinks and Metabolism

Lessons Learned from Military Populations
Mark Stephens — USUHS

Energy Drinks: Unwanted Side Effects and Performance Outcomes
Ricardo Mora-Rodríguez — University of Castilla-La Mancha

The Effects of Caffeine and Energy Drinks on Skeletal Muscle Metabolism
Terry Graham — University of Guelph

Whole Body and Tissue-Specific Effects of Energy Drinks on Metabolism: Beyond Skeletal Muscle
Jane Shearer — University of Calgary

10:50 A.M.  BREAK

11:00 A.M.  Panel Discussion: Sessions 4 and 5
  • What are the five most critical research gaps?
  • Are other next steps needed to support that research?

11:50 A.M.  Summary/Wrap-up

12:00 P.M.  ADJOURN