**ABSTRACT EXAMPLES:**

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**Energy Epidemic: Teen Perceptions and Consumption of Energy Drinks**

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**Abstract**

Teenagers are attracted to the boosts of energy and social popularity energy drinks provide, but are not aware of the risks of consuming them. This multi-variable study examined youth consumption of energy drinks, reasons for use, awareness of ingredients, side effects, and warnings. The results indicate teenagers are using energy drinks for a variety of self-reported purposes, most frequently studying and social functions. Energy drink usage was dependent on age and gender. Older students were the most likely to consume energy drinks. Females drink fewer energy drinks than males (both per month consumption and trial incidence). The study showed that 45.5% of students consume energy drinks at least once a month; 36.5% consume two or more energy drinks in a single day. Several findings are of particular concern: 1) This study documented high incidence of energy drink consumption by children, on both a trial and regular basis. By age 12, one in three surveyed students had tried energy drinks. By age 14, 80% had tried an energy drink. Over half of 16-year-olds surveyed consume one or more energy drinks per month. 2) Males have a higher incidence of trial (70.7% of males vs. 50.8% of females) and routine consumption than females. 3) The sample studied showed a lack of awareness of levels of stimulants in, and risk pertaining to consumption of energy drinks. This naiveté makes youth vulnerable to marketers' emphasis on positive effects of energy drinks, while unaware of negative side effects and associated risks.

**Epidemiology of Migraine in Teenage Girls, A Student Population Based Study**

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**Abstract**

The purpose of this study is to determine the prevalence of migraine among teenage girls, and also to assess their fund of knowledge regarding this common neurological disorder. A survey was designed and conducted based on the diagnostic criteria offered by the International Classification of Headache Disorders, 2nd edition (ICHD-II). The survey also allowed the estimation of the impact of headaches upon the students' daily function by means of a standardized scale known as the Headache Impact Test 6 (HIT-6). Additionally, information was obtained about treatments the students have received for headaches, as well as about their family history of headaches. The prevalence of Definite Migraine (DM) and Probable Migraine (PM) in our cohort was 18.5% and 19% respectively, which are close to the figures reported within the adult women population. This study represents the first time that the prevalence of PM among teenagers has been studied. Overall, the majority of the students were poorly informed about migraine symptomology and treatment. Less than 20% of the girls with PM and about half of the girls with DM had ever received medical care for their migraines. Almost 80% of the subjects with DM and 70% of those with PM self medicated using over the counter (OTC) medication. Their HIT-6 scores correlated with school absences, illustrating that the HIT-6 can be used as an objective measure for headache disability. HIT-6 scores also correlated with the diagnosis of migraine, and can therefore be a simple, effective tool in headache evaluation for physicians. Conclusions from this study show that having parents with episodic headaches increases the chance of developing migraine by 4 times, which illustrates the importance of genetic predisposition in migraine. The findings suggest the necessity of further studies to better understand the PM category.