



Organización Internacional del Café
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PRESS RELEASE

Coffee and health – A new perspective

For many people coffee is perceived as a health risk and this is one of the major factors limiting its consumption in many countries. “It is common”, said Dr Illy, Chairperson of the Promotion Committee of the International Coffee Organization, “to find misinformation on coffee and health disseminated that is 30 to 40 years old and frequently derived from outdated scientific literature and methods of research no longer acceptable”.

Recent scientific work shows very different results.

The overwhelming bulk of evidence shows that moderate coffee drinking is perfectly safe – and is in no way a health risk. What emerges clearly from recent studies is the fact that coffee is more than caffeine and that the complexity of its chemical composition is responsible for the many new effects discovered.

The International Coffee Organization is addressing these outdated beliefs with the launch of the Positively Coffee Website www.positivelycoffee.org. This site provides interested consumers and others with information on specific topics where independent scientific studies have shown coffee drinking to be beneficial to health.

Since the start of the Positively Coffee Programme in 2001, background information and summaries on a number of important topics concerning coffee and health have been prepared. This fully referenced material was distributed initially to national coffee sectors around the world to support local activities in those markets. It is now being included on the Positively Coffee Website. To see what is available, please visit the site at www.positivelycoffee.org.

For more information, contact Sylvia Robert-Sargeant, Coordinator, Positively Coffee Programme, at positivelycoffee@ico.org.

***About the ICO:** Established as an intergovernmental organization in 1963 to serve the international coffee community, the ICO is the focus for international cooperation on coffee matters, coordinating activities with other international agencies and bringing together producing and consuming Governments and private sector representatives to exchange views and address policy issues. In October 2001, the latest International Coffee Agreement entered into force, with new objectives including promoting quality, promoting coffee consumption and encouraging the development of a sustainable coffee economy. The ICO provides the following services: up-to-date information and statistics; innovative projects to benefit the world coffee economy; economic studies; and promotion of coffee consumption in emerging markets.*