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## HealthSaver 2008 Caffeinated Cities Survey

### Dallas

- **FIFTH LEAST CAFFEINATED** — Up one spot from 2007, Dallas ranked as the fifth least caffeinated city, compared to 19 other major American cities, in terms of the amount of caffeine consumed. The top 10 most/least caffeinated cities of 2008 are:

#### **Most Caffeinated Cities:**

1. Tampa
2. Seattle
3. Chicago
4. New York
5. Los Angeles

#### **Least Caffeinated Cities:**

1. Riverside
2. Atlanta
3. San Diego
4. Minneapolis/St. Paul
5. Dallas

- **CAFFEINATED SOFT DRINK CONSUMPTION** – Down from No. 2 in 2007, respondents in Dallas ranked No. 12 in consuming caffeinated soft drinks daily.
- **CHOCOLATE/SWEETS CONSUMPTION** – Dallas respondents are the second least likely to report consuming chocolate or sweets containing chocolate daily (increasing their caffeine intake). Seattle is the most likely and Atlanta is the least likely.
- **CAFFEINATED COFFEE CONSUMPTION** – People in Dallas were least likely to report drinking caffeinated coffee daily in 2007. That ranking moved from No. 1 to No. 13 in 2008.
- **PAIN RELIEVERS WITH CAFFEINE** – In 2007, Dallas residents were the least likely to consume pain relievers containing caffeine; in this survey, they are the 10<sup>th</sup> most likely.
- **ENERGY DRINK CONSUMPTION** – Respondents in Dallas, tied with Baltimore, are the least likely to report drinking energy drinks daily. Respondents in Atlanta are most likely.
- **IDEAL WEIGHT PERCEPTION** – Dallas residents are most likely to say that they are over their ideal weight. Tied at No. 1, Houston and San Francisco residents are most likely to say they are at their ideal weight.