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HealthSaver 2008 Caffeinated Cities Survey

Houston

- **NINTH MOST CAFFEINATED** — Houston ranked as the ninth most caffeinated city, compared to 19 other major American cities, in terms of the amount of caffeine consumed. In 2007, Houston ranked No. 6. 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/San Bernardino
2. Atlanta
3. San Diego
4. Minneapolis/St. Paul
5. Dallas

- **CAFFEINATED SOFT DRINK CONSUMPTION** – People surveyed in Houston ranked No. 1 for drinking caffeinated soft drinks on a daily basis. In 2007, Houston respondents were the eighth most likely to report this. New York is least likely to admit drinking colas daily.
- **CAFFEINATED COFFEE CONSUMPTION** – Houston respondents are the third least likely to report drinking caffeinated coffee daily, compared to 2007's third *most* likely. It's no surprise that Seattle was the No. 1 city for coffee consumption.
- **IDEAL WEIGHT PERCEPTION** – Tied at No. 1, Houston and San Francisco residents are most likely to say they are at their ideal weight.