



www.healthsaver.com

Contact:

Todd Smith, 615.764.2598 (O), 615.202.7944 (M)

Andrea Lindsley, 615.780.3315 (O), 615.415.8886 (M)

HealthSaver 2008 Caffeinated Cities Survey

Los Angeles

- **FIFTH MOST CAFFEINATED** — Los Angeles ranked as the fifth most caffeinated city, compared to 19 other major American cities, in terms of the amount of caffeine consumed. In 2007, L.A. ranked No. 10. 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

- **ENERGY DRINK CONSUMPTION** – Los Angelenos' intake of energy drinks has decreased over the past year, with respondents ranked as the second most likely to report consuming energy drinks daily in the 2007 survey, and as the 11th most likely (tied with Boston) in the 2008 survey.
- **CAFFEINE PILLS** – In 2007, respondents in Los Angeles were second most likely to report taking caffeine pills; in 2008, that ranking dropped significantly, with respondents tying for first place with three other cities on the list of those least likely to report taking caffeine pills.
- **CHOCOLATE/SWEETS CONSUMPTION** – In 2007, Los Angeles residents surveyed were the least likely to report consuming chocolate or sweets containing chocolate. In 2008, the ranking moved up slightly, placing the city as the sixth least likely to report consuming those types of foods.