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HealthSaver 2008 Caffeinated Cities Survey

Minneapolis/St. Paul

- **FOURTH LEAST CAFFEINATED** — Minneapolis/St. Paul ranked as the fourth least caffeinated city, compared to 19 other major American cities, in terms of the amount of caffeine consumed. That's compared to its 2007 ranking of seventh least caffeinated. 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 TEA CONSUMPTION** – Fewer people in Minneapolis/St. Paul admit drinking caffeinated tea than respondents in any other city. The twin cities ranked No. 1 in 2007, as well.
- **CAFFEINATED COLA CONSUMPTION** – Minneapolis/St. Paul residents surveyed ranked as the second most likely to consume caffeinated cola daily, only behind Houston which ranked No. 1.
- **WHICH CAFFEINE SOURCE WOULD BE MOST DIFFICULT TO GIVE UP? –** Minneapolis/St. Paul residents think cola would be the most difficult source of caffeine to sacrifice.
- **CHOCOLATE/SWEETS CONSUMPTION** – Daily consumption of chocolate or sweets containing chocolate decreased from 2007, when Minneapolis/St. Paul respondents reported being the third most likely to eat these foods every day; in 2008, the city ranked No. 9 on the same list.
- **PAIN RELIEVERS WITH CAFFEINE** – In 2007, Minneapolis/St. Paul respondents were the third least likely to consume pain relievers containing caffeine; in this survey, they're the third *most* likely.