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## HealthSaver 2008 Caffeinated Cities Survey

### New York

- **FOURTH MOST CAFFEINATED** — New York ranked as the fourth most caffeinated city, compared to 19 other major American cities, in terms of the amount of caffeine consumed. That's significantly different than its 2007 ranking as the third *least* caffeinated city. 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** – New Yorkers are number one on the list of most likely to drink caffeinated tea daily. That jumped dramatically from 2007 when the Big Apple was 11<sup>th</sup> most likely to do so.
- **CAFFEINE PILLS** – Respondents in New York are the second most likely of all people surveyed to report taking caffeine pills on a daily basis. Chicago ranked No. 1.
- **CAFFEINATED SOFT DRINKS** – New Yorkers are the least likely to drink caffeinated soft drinks on a daily basis, while Houston ranked No. 1.
- **PAIN RELIEVERS CONTAINING CAFFEINE** – Usage of caffeinated pain relievers has increased, with New York respondents making up the group second most likely to take them daily, up from the No. 4 position on the same list in 2007.
- **IS CAFFEINE GOOD FOR YOU?** – Ranking No. 1, 39 percent of New York residents who participated in the survey think that caffeine is good for you.