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## HealthSaver 2008 Caffeinated Cities Survey

### Phoenix

- **TENTH MOST CAFFEINATED** — Phoenix ranked as the tenth most caffeinated city, compared to 19 other major American cities, in terms of the amount of caffeine consumed. That's down from its No. 4 ranking in 2007. 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

- **CHOCOLATE/SWEETS CONSUMPTION** – Respondents in Phoenix ranked No. 2 as most likely to consume chocolate or sweets containing chocolate, increasing their caffeine intake daily. Seattle ranked No. 1.
- **PAIN RELIEVERS CONTAINING CAFFEINE** – In 2007, Phoenix ranked No. 1 in the pain reliever category as most likely to use them every day; in this survey, the city ranks No. 8 on the same list.
- **IS CAFFEINE BAD FOR YOU?** – Phoenix respondents ranked No. 2 as most likely to say that caffeine is bad for you. Detroit is in the No. 1 position on that list.