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## HealthSaver 2008 Caffeinated Cities Survey

### Riverside/San Bernardino

- **LEAST CAFFEINATED** — Riverside/San Bernardino ranked as the least caffeinated metro area, jumping up from the No. 10 spot, compared to 19 other major American cities, in terms of the amount of caffeine consumed. 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

- **COFFEE CONSUMPTION** – Respondents in Riverside/San Bernardino ranked No. 2 as least likely to report consuming coffee daily increasing their caffeine intake. St. Louis is the least likely to report this, while Seattle is most likely.
- **ENERGY DRINK CONSUMPTION** – Riverside/San Bernardino respondents are the second most likely to report drinking energy drinks daily, down from the No. 1 position in 2007. Respondents in Atlanta are most likely to report this.
- **CAFFEINATED SOFT DRINK CONSUMPTION** – People surveyed in Riverside/San Bernardino are the third least likely to report drinking caffeinated soft drinks on a daily basis. In 2007, Riverside/San Bernardino respondents were the sixth *most* likely to report this.
- **CAFFEINE CONSUMPTION** – Respondents in Riverside/San Bernardino are the most likely to say they are consuming less caffeine than a year ago.