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HealthSaver 2008 Caffeinated Cities Survey

San Diego

- **THIRD LEAST CAFFEINATED** — San Diego ranked as the third least caffeinated city, compared to 19 other major American cities, in terms of the amount of caffeine consumed. That compares to 2007 when it was the eighth 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

- **PAIN RELIEVERS WITH CAFFEINE** – For the second consecutive year, San Diego respondents are the second least likely city to consume pain relievers with caffeine. Residents in Washington, D.C., are the least likely while Tampa residents surveyed are most likely.
- **CAFFEINE PILLS** – Respondents in San Diego are the third most likely to report that they consume caffeine pills daily, up from 2007's No. 4 ranking. Chicagoans are most likely to report this.
- **CHOCOLATE/SWEETS CONSUMPTION** – San Diego respondents are the fourth least likely to report consuming chocolate or sweets containing chocolate everyday (increasing their caffeine intake). Seattle is the most likely and Atlanta is the least likely.
- **ENERGY DRINK CONSUMPTION** – San Diego respondents are the fifth most likely to report drinking energy drinks daily. Respondents in Atlanta are most likely to report this.