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HealthSaver 2008 Caffeinated Cities Survey

Seattle

- **SECOND MOST CAFFEINATED** — Seattle, touted as the coffee capitol, ranked second as the most caffeinated city, compared to 19 other major American cities, in terms of the amount of caffeine consumed. For the second year, it took the No. 1 position for caffeinated coffee consumption. 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 COFFEE CONSUMPTION** – For the second consecutive year, Seattle respondents ranked No. 1 for consuming the most coffee daily. Also, for the second year, when asked which caffeine source would be most difficult to give up, people in Seattle were the most likely to say they cannot give up coffee.
- **COFFEE CONSUMPTION** – Respondents in Seattle are the most likely to say they are consuming more coffee than a year ago.
- **CAFFEINE ADDICTED** – Ranked at No. 1, more people in Seattle say they feel they are addicted to caffeine than in any of the cities surveyed.
- **CHOCOLATE/SWEETS CONSUMPTION** – Up from No. 11 in 2007, Seattle respondents are the most likely to report consuming chocolate or sweets containing chocolate daily (increasing their caffeine intake). Atlanta is the least likely.