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HealthSaver 2008 Caffeinated Cities Survey

St. Louis

- **SIXTH LEAST CAFFEINATED** — St. Louis ranked as the sixth least caffeinated city, compared to 19 other major American cities, in terms of the amount of caffeine consumed. In 2007, it ranked as the eighth *most* 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 COFFEE CONSUMPTION** – St. Louis respondents are the least likely to drink caffeinated coffee daily, up from No. 3 in 2007. Seattle ranked No. 1 for coffee consumption.
- **CAFFEINATED SOFT DRINK CONSUMPTION** – For the second consecutive year, St. Louis ranked No. 3 in drinking caffeinated soft drinks daily, while Houston was No. 1.
- **WHICH CAFFEINE SOURCE WOULD BE MOST DIFFICULT TO GIVE UP?** – St. Louis was first in ranking the sweets/chocolate category as most difficult to give up.
- **IDEAL WEIGHT PERCEPTION** – St. Louis residents were most likely to think they are way over their ideal weight. Houston and San Francisco residents are tied at No. 1 saying they are at their ideal weight.