



www.healthsaver.com

Contact:

Todd Smith, 615.764.2598 (O), 615.202.7944 (M)

Andrea Lindsley, 615.780.3315 (O), 615.415.8886 (M)

HealthSaver 2007 Caffeinated Cities Survey

Phoenix

- **FOURTH MOST CAFFEINATED** — Phoenix ranked as the fourth most caffeinated city, compared to 19 other major American cities, in terms of the amount of caffeine consumed. The top 10 most/least caffeinated cities of 2007 are:

-

Most Caffeinated Cities:

1. Chicago
2. Tampa
3. Miami
4. Phoenix
5. Atlanta

Least Caffeinated Cities:

1. San Francisco
2. Philadelphia
3. New York
4. Detroit
5. Baltimore

- **CHOCOLATE/SWEETS CONSUMPTION** – Respondents in Phoenix ranked No. 4 most likely to report consuming chocolate or sweets containing chocolate, increasing their caffeine intake daily. Chicago is most likely to report chocolate consumption and Los Angeles is least likely at No. 20.
- **PAIN RELIEVERS WITH CAFFEINE** – Phoenix residents surveyed are most likely to consume pain relievers with caffeine, while Dallas/Ft. Worth residents are least likely to do this.
- **WHICH CAFFEINE SOURCE WOULD BE LEAST/MOST DIFFICULT TO GIVE UP?** Phoenix ranked second in the chocolate/sweets category as least difficult to give up, while residents think sodas would be harder to give up, ranking at No. 5.
- **CAFFEINE CONSUMPTION** – Respondents in Phoenix were the second most likely to say they are consuming more caffeine than a year ago.
- **IDEAL WEIGHT PERCEPTION** – Ranked at No. 4, Phoenix residents surveyed believe they are fit and at their ideal weight. St. Louis residents are the least likely to say this at No. 20.