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HealthSaver 2007 Caffeinated Cities Survey

San Francisco/Oakland

- **LEAST CAFFEINATED** — San Francisco/Oakland ranked as the least caffeinated metro area, 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

- **CAFFEINATED TEA CONSUMPTION** – Respondents in San Francisco/Oakland reported that they are the third metro area least likely to consume caffeinated tea daily, while Miami is the most likely.
- **ENERGY DRINK CONSUMPTION** – San Francisco/Oakland residents surveyed ranked as the second least likely to report drinking energy drinks daily. Riverside/San Bernardino is most likely.
- **WHICH CAFFEINE SOURCE WOULD BE LEAST/MOST DIFFICULT TO GIVE UP?** Respondents in San Francisco/Oakland ranked No. 4 in reporting that coffee would be the most difficult to give up. They ranked No. 1 in reporting soft drinks would be the easiest to give up.
- **IS CAFFEINE GOOD OR BAD FOR YOU?** – People surveyed in San Francisco/Oakland say caffeine is bad for you, ranking at No. 3. Seattle/Tacoma residents are most likely to believe that caffeine is good for you.
- **CAFFEINE CONSUMPTION** – Ranked at No. 1, respondents in San Francisco/Oakland were the most likely to say they are consuming more caffeine than a year ago.