string tags = "9,3,12,43,2";

List<int> TagIds = tags.Split(',').Select(int.Parse).ToList();

= = = = = = =

string lista = "-1,Select One, 2, NY, 3, LA, 4 Houston, 5, Chicago";

ArrayList arr = new ArrayList();

arr.AddRange(lista.Split(','));

ddlSites.Items.Clear();

int conteo = arr.Count;

for (int i = 0; i < conteo; i=i+2)

{

string valor = arr[i].ToString();

string texto = arr[i+1].ToString();

ddlSites.Items.Add(new ListItem(texto, valor));

}