

How We Live

## Full List: America's Most Stressful Cities

Sarah Lynch, 08.20.09

[Click Here for full methodology](#)

RANK	MSA	MEDIA N HOME PRICE DROP	UNEMPLOYME NT RATE	COST OF LIVIN G	AIR QUALIT Y	SUNN Y DAYS PER YEAR	POPULATI ON DENSITY
1	<a href="#">Chicago-Naperville-Joliet, IL-IN-WI</a>	14	10	16	2	9	4
2	<a href="#">Los Angeles-Long Beach-Santa Ana, CA</a>	8	11	4	7	37	2
3	<a href="#">New York-Northern New Jersey-Long Island, NY-NJ-PA</a>	21	25	1	5	24	1
4	<a href="#">Cleveland-Elyria-Mentor, OH</a>	10	17	28	18	4	9
4	<a href="#">Providence-New Bedford-Fall River, RI-MA</a>	16	5	10	30	12	13
6	<a href="#">San Francisco-Oakland-Fremont, CA</a>	1	16	2	34	33	3
7	<a href="#">Detroit-Warren-Livonia, MI</a>	29	1	24	22	7	7
8	<a href="#">Boston-Cambridge-Quincy, MA-NH</a>	17	30	7	20	12	5
9	<a href="#">Washington-Arlington-Alexandria, DC-VA-MD-WV</a>	12	40	5	7	14	14
10	<a href="#">San Jose-Sunnyvale-Santa Clara, CA</a>	2	6	3	33	33	16
11	<a href="#">Seattle-Tacoma-Bellevue, WA</a>	22	23	9	16	3	21
12	<a href="#">Riverside-San Bernardino-Ontario, CA</a>	4	2	12	3	37	40
13	<a href="#">Philadelphia-Camden-Wilmington, PA-NJ-DE-MD</a>	35	26	8	11	17	6
14	<a href="#">Portland-Vancouver-Beaverton, OR-WA</a>	24	7	15	26	1	32
15	<a href="#">Sacramento--Arden-Arcade--Roseville, CA</a>	7	8	13	14	36	30
16	<a href="#">San Diego-Carlsbad-San Marcos, CA</a>	11	17	6	27	35	15
17	<a href="#">Minneapolis-St. Paul-Bloomington, MN-WI</a>	25	29	17	6	11	24
17	<a href="#">Tampa-St. Petersburg-Clearwater, FL</a>	13	9	29	23	30	8
19	<a href="#">Cincinnati-Middletown, OH-KY-IN</a>	18	17	35	13	5	25
20	<a href="#">Miami-Fort Lauderdale-Pompano Beach, FL</a>	6	13	14	40	32	10
20	<a href="#">Las Vegas-Paradise, NV</a>	5	4	19	11	37	39
22	<a href="#">Atlanta-Sandy Springs-Marietta, GA</a>	15	13	25	28	23	18
23	<a href="#">St. Louis, MO-IL</a>	20	21	38	4	14	33
23	<a href="#">Milwaukee-Waukesha-West Allis, WI</a>	37	22	21	29	10	11
25	<a href="#">Phoenix-Mesa-Scottsdale, AZ</a>	3	31	21	1	40	35

25	<a href="#">Baltimore-Towson, MD</a>	32	33	11	24	19	12
25	<a href="#">Charlotte-Gastonia-Concord, NC-SC</a>	27	3	33	25	21	22
28	<a href="#">Orlando-Kissimmee, FL</a>	9	11	23	38	29	23
29	<a href="#">Pittsburgh, PA</a>	34	36	34	9	2	26
30	<a href="#">Indianapolis-Carmel, IN</a>	26	26	37	17	8	27
31	<a href="#">Columbus, OH</a>	28	24	29	34	5	28
32	<a href="#">Houston-Sugar Land-Baytown, TX</a>	35	33	38	10	16	19
32	<a href="#">Jacksonville, FL</a>	19	15	26	37	25	29
34	<a href="#">Virginia Beach-Norfolk-Newport News, VA-NC</a>	33	37	18	32	19	20
35	<a href="#">Denver-Aurora, CO /1</a>	23	35	20	18	31	34
36	<a href="#">Dallas-Fort Worth-Arlington, TX</a>	38	31	36	15	28	17
36	<a href="#">Kansas City, MO-KS</a>	31	26	27	21	22	38
38	<a href="#">Nashville-Davidson--Murfreesboro--Franklin, TN</a>	29	20	40	31	18	37
39	<a href="#">San Antonio, TX</a>	39	39	29	36	26	36
40	<a href="#">Austin-Round Rock, TX</a>	40	38	32	39	27	31

## METHODOLOGY

To find the most stressful cities we examined quality of life factors in the country's 40 largest metropolitan statistical areas, or metros -- geographic entities defined by the (OMB) for use by federal agencies in collecting, tabulating and publishing federal statistics. We looked at June 2009 unemployment figures provided by the Bureau of Labor and Statistics and cost of living figures from the Council for Community and Economic Research (C2ER). We examined median home price drops from Q1 2008 to Q1 2009 that were provided by the National Association of Realtors. Population density based on 2008 data from the U.S. Census Bureau and [ESRI](#) also factored. Last, we examined the number of sunny and partly sunny days per year, based on 2007 data from the National Environmental Satellite, Data and Information Service, as well as air quality figures, based on 2007 data from the US Environmental Protection Agency.

**Courtesy of JB Goodwin**