

2023's Best & Worst Cities for Keeping Your New Year's Resolutions

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January 3, 2023



It's easy to make New Year's resolutions. The hard part is keeping them. But before you blame yourself entirely for your previous lack of success, consider this: Your location may be setting you up for failure.

If you live in a neighborhood with no sidewalks or fitness centers nearby, for example, you may not feel as encouraged to exercise. The same goes if most of your restaurant options are limited to fast food - you may be less likely to eat healthy. These might sound like excuses to the boldest resolvers, but they genuinely can get in the way of self-improvement. That's especially true if your motivation is low to begin with.

Keeping New Year's resolutions is always tough, but more than 4 in 10 people think they will be even harder to stick to in 2023 than in 2022, according to a recent WalletHub survey. One part of successfully keeping your resolutions is to pick a good one, and 1 in 3 Americans plan to make finance-themed resolutions this year. As we set our goals for 2023, some of the biggest financial resolutions you might want to consider include paying off some of your credit card debt, adding to your emergency fund and paying bills immediately after getting a paycheck.

To determine where Americans are most likely to stick to their goals for 2023, WalletHub considered some of the most popular (and most commonly broken) resolutions to rank more than 180 U.S. cities based on their conduciveness to self-improvement. In each city, we looked at a total of 57 key metrics, ranging from exercise opportunities to income growth to employment outlook.

Best Cities for Keeping Your New Year's Resolutions

Overall Rank	City	Total Score	Health Resolutions	Financial Resolutions	School & Work Resolutions	Bad-Habit Resolutions	Relationship Resolutions
1	Seattle, WA	67.37	8	4	61	20	3
2	San Francisco, CA	67.15	7	12	38	90	2
3	Scottsdale, AZ	65.22	4	11	10	31	29
4	Salt Lake City, UT	64.92	24	43	16	8	16
5	Overland Park, KS	64.82	22	1	7	9	75
6	Irvine, CA	64.63	3	53	1	6	54
7	Fremont, CA	64.49	2	2	50	2	84
8	San Diego, CA	64.36	5	95	39	40	6
9	Austin, TX	63.45	58	30	15	44	8
10	Orlando, FL	63.43	39	79	2	49	13
11	Plano, TX	63.34	10	9	13	7	62
12	San Jose, CA	63.19	36	10	55	5	34
13	Madison, WI	62.59	35	8	103	11	28
14	Columbia, MD	62.49	34	3	89	1	116
15	Atlanta, GA	62.27	64	28	21	54	10
16	Raleigh, NC	62.02	29	20	72	10	33
17	Portland, OR	61.90	27	37	115	94	5
18	Huntington Beach, CA	61.57	1	91	12	27	77
19	Tampa, FL	61.10	37	102	14	56	21
20	Honolulu, HI	60.76	11	160	123	23	7
21	Charlotte, NC	60.61	57	34	65	33	26
22	Minneapolis, MN	60.57	78	5	95	65	17
23	Virginia Beach, VA	60.57	53	50	28	28	35

Overall Rank	City	Total Score	Health Resolutions	Financial Resolutions	School & Work Resolutions	Bad-Habit Resolutions	Relationship Resolutions
24	Boise, ID	60.28	52	51	17	24	50
25	Las Vegas, NV	60.14	20	119	93	168	1
26	Chandler, AZ	60.12	19	13	48	42	67
27	Tempe, AZ	60.02	14	65	75	50	37
28	Miami, FL	59.30	32	180	5	30	23
29	Denver, CO	59.28	31	39	139	138	9
30	St. Petersburg, FL	59.27	16	59	11	134	47
31	Chicago, IL	59.22	93	17	163	64	4
32	Charleston, SC	59.18	67	61	18	105	22
33	South Burlington, VT	59.08	23	44	8	18	146
34	Portland, ME	58.96	60	18	112	47	38
35	Gilbert, AZ	58.54	15	16	31	43	111
36	Sioux Falls, SD	58.40	81	56	53	4	83
37	Omaha, NE	58.37	83	6	86	70	42
38	Fort Lauderdale, FL	58.22	12	153	36	62	45
39	Pittsburgh, PA	58.11	76	21	77	155	14
40	Boston, MA	57.86	33	100	136	116	18
41	Fargo, ND	57.28	101	62	90	14	48
42	Los Angeles, CA	57.27	43	151	126	80	19
43	Lincoln, NE	57.24	98	14	76	46	52
44	Sacramento, CA	57.21	69	71	64	78	39
45	Colorado Springs, CO	57.18	47	83	83	79	44

Overall Rank	City	Total Score	Health Resolutions	Financial Resolutions	School & Work Resolutions	Bad-Habit Resolutions	Relationship Resolutions
46	Durham, NC	57.15	71	52	41	13	92
47	Washington, DC	57.10	48	45	174	130	12
48	Burlington, VT	56.83	18	82	129	38	95
49	Phoenix, AZ	56.65	55	38	119	73	53
50	Cedar Rapids, IA	56.59	127	7	109	12	88
51	Grand Rapids, MI	56.58	82	46	67	45	79
52	Albuquerque, NM	56.31	44	68	140	91	43
53	West Valley City, UT	56.22	89	23	33	21	122
54	Pembroke Pines, FL	55.88	17	155	23	36	119
55	Chesapeake, VA	55.64	112	58	45	29	63
56	Pearl City, HI	55.58	25	114	42	25	148
57	Houston, TX	55.22	107	69	134	97	24
58	Peoria, AZ	55.09	66	48	46	53	131
59	Oakland, CA	55.05	42	110	138	22	91
60	Jacksonville, FL	55.05	99	101	19	149	31
61	Nashua, NH	54.95	68	36	91	77	99
62	Santa Clarita, CA	54.91	21	132	78	63	108
63	Garden Grove, CA	54.88	50	141	37	32	110
64	Rapid City, SD	54.87	118	97	59	15	87
65	Bismarck, ND	54.77	120	25	68	17	124
66	Reno, NV	54.70	38	140	20	167	46
67	Dallas, TX	54.69	105	112	63	92	40

Overall Rank	City	Total Score	Health Resolutions	Financial Resolutions	School & Work Resolutions	Bad-Habit Resolutions	Relationship Resolutions
68	Oceanside, CA	54.62	6	145	97	51	132
69	Santa Rosa, CA	54.45	9	106	81	72	161
70	St. Paul, MN	54.44	86	33	157	84	55
71	New York, NY	54.24	75	172	180	26	20
72	Cheyenne, WY	53.94	137	19	44	34	134
73	Louisville, KY	53.82	94	47	124	142	41
74	Spokane, WA	53.81	70	93	62	110	86
75	Mesa, AZ	53.80	45	60	84	76	133
76	Cape Coral, FL	53.74	73	88	26	57	149
77	Glendale, AZ	53.71	63	104	107	88	85
78	Vancouver, WA	53.61	40	78	153	60	115
79	Lexington-Fayette, KY	53.58	97	40	94	133	59
80	Fort Worth, TX	53.46	116	98	52	61	73
81	San Antonio, TX	53.38	113	136	73	114	36
82	Chula Vista, CA	53.37	30	139	98	41	128
83	Missoula, MT	53.32	41	152	99	124	56
84	Kansas City, MO	53.27	147	32	127	129	32
85	Des Moines, IA	53.21	151	22	101	52	66
86	Anaheim, CA	53.12	28	159	113	39	118
87	Henderson, NV	52.91	51	73	30	160	98
88	Aurora, IL	52.90	129	27	133	19	130

Overall Rank	City	Total Score	Health Resolutions	Financial Resolutions	School & Work Resolutions	Bad-Habit Resolutions	Relationship Resolutions
89	Rancho Cucamonga, CA	52.87	92	99	6	101	136
90	Juneau, AK	52.85	54	77	100	86	147
91	Oklahoma City, OK	52.75	136	26	104	93	72
92	Yonkers, NY	52.71	49	123	170	3	163
93	Huntsville, AL	52.70	143	30	25	119	93
94	Columbus, OH	52.55	140	35	150	137	30
95	Billings, MT	52.55	110	29	80	121	104
96	Glendale, CA	52.44	13	162	106	69	150
97	Jersey City, NJ	52.41	59	64	152	81	114
98	St. Louis, MO	52.34	79	70	145	178	27
99	Aurora, CO	52.32	56	92	120	87	123
100	Cincinnati, OH	52.25	119	76	168	170	15
101	Nashville, TN	52.17	141	74	88	171	25
102	El Paso, TX	52.14	121	134	114	66	57
103	Warwick, RI	52.06	87	24	110	118	135
104	Tulsa, OK	52.02	146	72	56	117	64
105	Tucson, AZ	52.00	62	137	143	122	70
106	Arlington, TX	52.00	117	85	47	67	106
107	Greensboro, NC	51.91	90	120	108	71	97
108	Anchorage, AK	51.89	111	55	128	115	78
109	Irving, TX	51.72	104	81	27	106	117
110	Port St. Lucie, FL	51.69	131	113	4	68	156
111	Manchester, NH	51.66	88	86	122	95	121

Overall Rank	City	Total Score	Health Resolutions	Financial Resolutions	School & Work Resolutions	Bad-Habit Resolutions	Relationship Resolutions
112	Providence, RI	51.60	100	121	105	123	71
113	Buffalo, NY	51.60	91	94	167	82	82
114	Riverside, CA	51.33	85	117	22	120	142
115	Long Beach, CA	51.31	26	177	130	83	107
116	Modesto, CA	51.16	46	75	74	146	164
117	Tallahassee, FL	50.76	142	174	53	58	60
118	Tacoma, WA	50.69	133	63	162	100	81
119	Fresno, CA	50.60	80	128	32	132	144
120	Worcester, MA	50.49	103	115	161	75	103
121	Rochester, NY	50.46	125	124	164	89	61
122	Knoxville, TN	50.17	108	154	34	176	51
123	Bakersfield, CA	50.16	77	90	102	144	126
124	Salem, OR	50.12	102	105	121	98	141
125	Chattanooga, TN	49.74	126	111	79	156	89
126	Nampa, ID	49.72	155	127	58	37	153
127	Fort Wayne, IN	49.63	164	49	51	99	138
128	Santa Ana, CA	49.48	65	167	85	48	168
129	Philadelphia, PA	49.21	84	54	179	181	49
130	Springfield, MO	49.02	130	143	82	136	94
131	Las Cruces, NM	48.97	144	150	144	55	105
132	Milwaukee, WI	48.67	148	84	171	135	58

Overall Rank	City	Total Score	Health Resolutions	Financial Resolutions	School & Work Resolutions	Bad-Habit Resolutions	Relationship Resolutions
133	Fort Smith, AR	48.66	145	41	9	166	165
134	Grand Prairie, TX	48.65	166	87	57	103	143
135	Indianapolis, IN	48.62	161	42	165	162	65
136	Oxnard, CA	48.55	74	148	158	59	179
137	New Orleans, LA	48.54	128	179	146	177	11
138	Richmond, VA	48.51	95	129	159	153	90
139	Columbia, SC	48.48	158	158	137	96	69
140	Stockton, CA	48.41	72	125	118	107	172
141	Amarillo, TX	48.35	138	107	66	152	127
142	Garland, TX	48.26	139	67	71	102	166
143	Casper, WY	48.14	123	66	155	108	162
144	Lubbock, TX	47.96	135	138	70	150	109
145	Wichita, KS	47.88	159	15	149	157	113
146	Winston-Salem, NC	47.78	149	116	92	109	139
147	Wilmington, DE	47.72	114	131	166	126	120
148	New Haven, CT	47.57	124	146	147	85	155
149	Laredo, TX	47.49	179	89	3	104	170
150	Norfolk, VA	47.11	162	163	131	140	68
151	Cleveland, OH	47.06	122	96	172	174	80
152	Baltimore, MD	46.79	106	80	173	180	74
153	Fontana, CA	46.73	165	157	49	125	137
154	Newport News, VA	46.59	134	142	132	111	154

Overall Rank	City	Total Score	Health Resolutions	Financial Resolutions	School & Work Resolutions	Bad-Habit Resolutions	Relationship Resolutions
155	Mobile, AL	46.36	150	126	111	158	125
156	Corpus Christi, TX	46.07	153	135	135	159	101
157	Moreno Valley, CA	45.96	154	149	40	127	171
158	Bridgeport, CT	45.89	61	173	182	16	182
159	Hialeah, FL	45.89	96	182	24	35	181
160	Little Rock, AR	45.85	160	103	125	154	152
161	Birmingham, AL	45.78	169	168	116	163	76
162	Ontario, CA	45.68	167	164	29	128	158
163	Lewiston, ME	45.42	132	118	142	151	169
164	Charleston, WV	45.42	174	57	43	173	160
165	Akron, OH	45.33	156	109	169	139	140
166	Brownsville, TX	44.87	182	130	35	74	174
167	Columbus, GA	44.08	163	144	117	147	175
168	Baton Rouge, LA	43.86	157	169	175	143	100
169	North Las Vegas, NV	43.62	115	165	154	172	145
170	Montgomery, AL	43.33	181	122	87	131	159
171	Memphis, TN	43.17	170	161	178	145	96
172	Toledo, OH	42.81	152	108	176	179	112
173	Jackson, MS	42.68	180	147	141	112	151
174	Detroit, MI	42.68	171	133	177	175	101
175	San Bernardino, CA	42.58	172	166	69	148	176

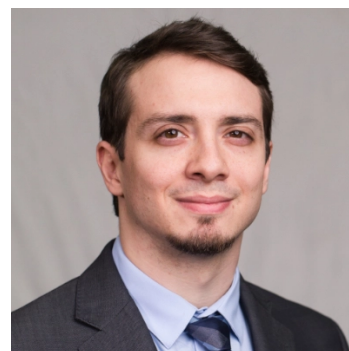
Overall Rank	City	Total Score	Health Resolutions	Financial Resolutions	School & Work Resolutions	Bad-Habit Resolutions	Relationship Resolutions
176	Fayetteville, NC	42.49	168	176	148	141	157
177	Dover, DE	41.94	173	171	156	113	180
178	Huntington, WV	40.29	175	170	96	182	129
179	Augusta, GA	40.02	178	156	160	165	167
180	Gulfport, MS	39.72	176	178	60	169	178
181	Shreveport, LA	39.24	177	175	151	164	177
182	Newark, NJ	39.23	109	181	181	161	173

Note: With the exception of “Total Score,” all of the columns in the table above depict the relative rank of that city, where a rank of 1 represents the best conditions for that metric category.

Ask The Experts

For insight on the challenges in keeping resolutions and tips on overcoming them, we asked a panel of experts to share their thoughts on the following key questions:

- What tips do you have for people to improve their financial habits in the new year?
- Why do so many people fail to keep their New Year’s resolutions? What can they do to increase their odds of success?
- What age-appropriate resolutions can help kids build skills and habits that will serve them well into adulthood?
- Without a doubt, inflation has affected Americans’ financial plans. Given that paying off debt or saving a lot of money might not be feasible plans for the time being, what should people keep in mind in order to make – and keep – realistic financial resolutions?
- Does using phrasing of “New Year’s **Resolutions**” deter people from making them? How else can we refer to them?



Alexander Browman

What tips do you have for people looking to improve their financial habits in the new year?

People tend to think that every action that we do in a day is a conscious and intentional choice. But almost half of our actions are actually habitual: we do them almost every day, under similar circumstances each time, and often without even noticing that we are doing them. Financially, this can be a double-edged sword. If the behaviors that have become habitual in our lives are detrimental to our financial goals, we will likely keep doing the same financially detrimental things every day, often without even noticing that we are doing them. But if we can make financially helpful behaviors habitual, then we will automatically do those helpful things day after day. So, breaking bad financial habits and creating good financial habits is key. The best way to do that? Identify what your bad financial habits are, figure out what factors in your daily life are making it so easy for you to do them so automatically, and make changes to those situations to make it harder for you to engage in those behaviors so automatically. If you are doing too much online shopping, maybe you are subscribed to get personalized promotional updates from certain companies, and you have your credit card information saved in your web browsers. Together, this makes it really easy for you to see products that appeal to you and to buy them without fully realizing what you are doing. So, try not to save your credit card information in your web browser, and unsubscribe from promotional update emails from the companies you buy from most often. Having to take the extra steps of going to look for products and putting your credit card info in manually each time will make purchasing less automatic, and will make you have to think more about each purchase before you make it. Want to stop buying that expensive coffee each morning? Change your route to work so that you do not pass that coffee shop. Chances are you are just habitually going to the drive-thru every time you pass by that location, so changing your route will make it so that you cannot engage in that behavior so automatically.

Why do so many people fail to keep their new year’s resolutions? What can they do to increase their odds of success?

There are a lot of reasons why people fail to keep their resolutions, but some big ones are setting too many resolutions, setting overly ambitious resolutions, and setting resolutions that conflict with each other. Resolutions typically mean making changes to our lives and routines, and that can be difficult. As a result, setting too many resolutions (“I want to lose 30 lbs., and get together with my closest friends every week, and save 20% of my salary every month, and only order takeout once per week”) makes it less likely that you will be successful at any of them. This is especially true if you choose resolutions that are overly ambitious given your current situation (“I currently live paycheck-to-paycheck and can’t save any of my monthly salaries”, “I currently order takeout every night”), or resolutions that conflict with each other (“I want to lose 30 lbs. and get together with my closest friends every week, but when I get together with my friends, it's always for food and drinks”). You are much better to choose just 1 or 2 resolutions that are most important to you, to make sure that they are realistic, and that they do not conflict with each other.

What age-appropriate resolutions can help kids build skills and habits that will serve them well into adulthood?

There is a series of studies from the 1950s and 1960s where they asked kids what resolutions they set for themselves. I always find their responses really funny because they seem so unlikely to have been selected by the kids themselves—things like “obey my parents and teachers,” “be nice, kind, helpful, and friendly to everyone,” and “help in the war effort.” But these studies tell us something important about goal setting for both children and adults: the importance of choosing resolutions that are personally important to us, versus

those other people want us to do. So, parents should work with their kids to figure out what realistic goals are personally important to them, and then help them come up with a realistic plan to make progress towards them.

Without a doubt, the rising inflation is affecting the majority of Americans' financial plans. Given that paying off debts or saving a lot of money might not be feasible plans for a few years, what should people keep in mind in order to make - and keep - realistic financial resolutions?

One of the biggest things that influences the kinds of behaviors people to engage in is whether they feel that they can actually be successful at that behavior. Not surprisingly, when we feel we cannot be successful at a certain goal, like saving money or paying off debt, we tend to lose our motivation to keep trying to make progress toward that goal. This is one of the likely psychological consequences of the current economic situation: people may stop trying to be financially responsible because they feel, “What is the point? I can save any money or pay off any debt given the economic situation right now.” This goes back to my last point: If it is currently not possible to make big amounts of progress towards your long-term financial goals—like saving 20% of your monthly income, or paying off all of your debts in the next few years—you should set smaller, more realistic goals—like saving just a few percent of your monthly income. If your financial goals are realistic given the current circumstances, then you will be able to make progress towards them. Making progress will help you feel capable of accomplishing your financial goals, which will help you maintain strong motivation to keep working towards those goals.

Does the phrasing of “New Year’s Resolutions” deter people from making them? How else can we refer to them?

One issue with this phrasing is that it can make people perceive the beginning of the new year as the only time during the year that they can make big changes in their lives, and that if they set a resolution and fail at it, there is nothing they can do until next New Year. But New Year's Day is actually just one of many days during the year that people feel a surge of motivation to make big changes in their lives. Any day that feels to you like it creates a strong separation between the period before it and after it—the beginning of the new year, your birthday, the beginning of a new week or month, the beginning of a new quarter at work or semester at school—can give you an extra boost of motivation to improve your life, and we should take advantage of all of these “fresh start” moments, and not just fixate all of our life improvements efforts on the New Year.

Methodology

In order to determine the best cities for keeping your New Year’s resolutions, WalletHub compared 182 cities — including the 150 most populated U.S. cities, plus at least two of the most populated cities in each state — across five key dimensions: 1) Health Resolutions, 2) Financial Resolutions, 3) School & Work Resolutions, 4) Bad-Habit Resolutions and 5) Relationship Resolutions.

We evaluated those dimensions using 57 relevant metrics, which are listed below with their corresponding weights. Each metric was graded on a 100-point scale, with a score of 100 representing the most favorable conditions for achieving one’s New Year’s goals. Data for metrics marked with an asterisk (*) were available only at the state level. For metrics marked with two asterisks (**), we used the square root of the population to calculate the population size in order to avoid overcompensating for minor differences across cities.

Finally, we determined each city’s weighted average across all metrics to calculate its overall score and used the resulting scores to rank-order our sample. In determining our sample, we considered only the city proper in each case, excluding cities in the surrounding metro area.

Health Resolutions – Total Points: 20

- Share of Obese Adults: Double Weight (~4.00 Points)
- Share of Adults Not Exercising: Full Weight (~2.00 Points)
- Access to Exercise Opportunities: Full Weight (~2.00 Points)
- Access to Healthy-Food Stores: Full Weight (~2.00 Points)
- Inadequate Fruit & Vegetable Consumption: Full* Weight (~2.00 Points)
Note: This metric measures the share of adults who eat fewer than one serving of fruit or vegetables per day.
- Share of Residents Who Say They Eat Healthy: Full Weight (~2.00 Points)
Note: This metric is based on Gallup and Sharecare’s 2016 Community Rankings for Healthy Eating report which examines healthy eating across the nation.
- Fitness Centers per Capita: Full** Weight (~2.00 Points)
- Weight-Loss Centers per Capita: Full** Weight (~2.00 Points)
- Average Monthly Fitness-Club Fee: Full Weight (~2.00 Points)

Financial Resolutions – Total Points: 20

- Median Annual Income: Full Weight (~1.43 Points)
Note: This metric was adjusted for the cost of living.
- Income Growth (2016–2020): Full Weight (~1.43 Points)
- Median Credit Score: Full Weight (~1.43 Points)
- Median Credit-Card Debt: Full Weight (~1.43 Points)
Note: “Debt” was calculated per person as share of median earnings.
- Share of Delinquent Debtors: Full Weight (~1.43 Points)
- Mortgage Debt: Full Weight (~1.43 Points)
Note: “Debt” was calculated per person as share of median earnings.
- Non-Mortgage Debt: Full Weight (~1.43 Points)
Note: “Debt” was calculated per person as share of median earnings.
- Debt-to-Income Ratio: Full Weight (~1.43 Points)
- Share of Households with Emergency Savings: Full Weight (~1.43 Points)
Note: This metric measures the share of households that saved for unexpected expenses or emergencies in the past 12 months.
- Homeownership Rate: Full Weight (~1.43 Points)
- Rental Affordability: Full Weight (~1.43 Points)
Note: This metric was calculated as follows: Annual Price for Two-Bedroom Apartment Rental / Median Annual Household Income.
- Housing Affordability: Full Weight (~1.43 Points)
Note: This metric was calculated as follows: Median House Price / Median Annual Household Income.
- Poverty Rate: Full Weight (~1.43 Points)
- Financial-Products Comparison: Full Weight (~1.43 Points)
Note: This metric measures the real intent of the population to compare “credit cards”, “mortgage rates”, “car insurance” and “car loans”. “Real intent” is measured using the average monthly search volumes for those specific terms.

School & Work Resolutions – Total Points: 20

- Share of Public Schools Rated by GreatSchools.org with Above Average Score: Double Weight (~2.50 Points)
- Average Quality of Universities: Full Weight (~1.25 Points)
Note: This metric measures the average WalletHub “[College & University Score](#)”.
- High School Dropout Rate: Full Weight (~1.25 Points)
- Job Opportunities: Full Weight (~1.25 Points)
Note: This metric was calculated as follows: Number of Job Openings per Number of Population in Labor Force – Unemployment Rate.
- Median Annual Income: Full Weight (~1.25 Points)
Note: This metric was adjusted for the cost of living.
- Income Growth (2016–2020): Full Weight (~1.25 Points)
- Unemployment Rate: Double Weight (~2.50 Points)
- Underemployment Rate: Double Weight (~2.50 Points)
- Job Security: Full Weight (~1.25 Points)
Note: This metric was calculated as follows: (Number of Employees in 2022 August – Number of Employees in 2021 August) / Number of Employees in 2021 August.
- Job Satisfaction: Full Weight (~1.25 Points)
- Sharecare’s Community Well-Being “Purpose” Index Score: Full Weight (~1.25 Points)
Note: The “Purpose” Rank is defined as “Liking what you do each day and being motivated to achieve your goals.”
- Employment Outlook: Full Weight (~1.25 Points)
Note: This metric is based on the Manpower Employment Outlook Survey.
- Business Startup-Friendliness: Full Weight (~1.25 Points)
Note: This metric is based on WalletHub’s “[Best Large Cities to Start a Business](#)” ranking.

Bad-Habit Resolutions – Total Points: 20

- Binge Drinking: Full Weight (~2.22 Points)
Note: This metric measures the age-adjusted prevalence of binge drinking among adults aged 18 and older.
- Share of Adult Smokers: Full Weight (~2.22 Points)
- Share of Marijuana Users: Full Weight (~2.22 Points)
Note: This metric measures the percentage of the population aged 12 and older who used marijuana in the past month.
- Access to Opioids: Full Weight (~2.22 Points)
Note: This metric measures the number of opioid pain-reliever prescriptions per 100 residents.
- Drug Overdose-Related Deaths: Full Weight (~2.22 Points)
- Share of Adults with Gambling Disorders: Full* Weight (~2.22 Points)
- Share of Adults with Inadequate Sleep: Full Weight (~2.22 Points)
Note: This metric measures the share of adults sleeping fewer than seven hours per night.
- Share of Adults in Fair or Poor Health: Full Weight (~2.22 Points)
- Share of Adults Who Visited a Doctor and/or Dentist in the Past Year: Full Weight (~2.22 Points)

Relationships Resolutions – Total Points: 20

- Nightlife Establishments per Capita: Full** Weight (~1.67 Points)
- Restaurants per Capita: Full** Weight (~1.67 Points)

- Attractions: Full Weight (~1.67 Points)
Note: “Attractions” include, for instance, zoos, museums and theaters.
- Park Playgrounds per Capita: Full Weight (~1.67 Points)
- Parkland Acres per Capita: Full Weight (~1.67 Points)
- Average Wedding Cost: Full Weight (~1.67 Points)
Note: “Cost” was calculated as share of median earnings.
- Family-Friendliness: Full Weight (~1.67 Points)
Note: This metric is based on WalletHub’s “[Best & Worst Places to Raise a Family](#)” ranking.
- Fun Opportunities: Full Weight (~1.67 Points)
Note: This metric is based on WalletHub’s “[Most Fun Cities in America](#)” ranking.
- Singles-Friendliness: Full Weight (~1.67 Points)
Note: This metric is based on WalletHub’s “[Best & Worst Cities for Singles](#)” ranking.
- Sports Fan-Friendliness: Full Weight (~1.67 Points)
Note: This metric is based on WalletHub’s “[Best Sports Cities](#)” ranking.
- Sharecare’s Community Well-Being “Social” Index Score: Full Weight (~1.67 Points)
Note: The “Social” Rank is defined as “Having supportive relationships and love in your life.”
- Share of Residents Who Regularly Talk or Spend Time with Friends and Family: Full Weight (~1.67 Points)

Sources: Data used to create this ranking were collected from the U.S. Census Bureau, Bureau of Labor Statistics, Substance Abuse and Mental Health Services Administration, National Center for Education Statistics, U.S Department of Housing and Urban Development, Council for Community and Economic Research, Centers for Disease Control and Prevention, The Wedding Report, County Health Rankings, Yelp, Numbeo, TransUnion, Federal Deposit Insurance Corporation, GreatSchools, Corporation for National and Community Service, National Council on Problem Gambling, Indeed, Chmura Economics & Analytics, ManpowerGroup, Google Ads, Sharecare Community Well-Being Index, TripAdvisor, The Trust for Public Land, Gallup – Sharecare and WalletHub research.