

STRESS LEVELS IN AMERICA'S 50 LARGEST METROS

Rank (from most stress to least)	Metropolitan area	Stress index	Metro unemployment rate (June 2010)
1	Detroit	9.026	14.3%
2	Los Angeles	5.899	11.6%
3	Cleveland	5.146	9.3%
4	Riverside, Calif.	5.105	14.4%
5	St. Louis	4.737	9.9%
6	New York City	4.734	8.8%
7	New Orleans	4.621	8.2%
8	Chicago	4.366	10.6%
9	Birmingham	3.916	10.0%
10	Miami-Fort Lauderdale	3.527	11.7%
11	Memphis	3.493	10.4%
12	Philadelphia	3.016	9.5%
13	Atlanta	2.809	10.3%
14	Cincinnati	2.592	10.0%
15	Washington	2.181	6.4%
16	Houston	2.066	8.8%
17	Sacramento	1.162	12.4%
18	Charlotte	0.807	11.1%
19	Baltimore	0.730	7.9%
20	Pittsburgh	0.640	8.5%
21	Las Vegas	0.465	14.5%
22	San Francisco-Oakland	0.163	10.5%
23	Buffalo	0.060	7.7%
24	Dallas-Fort Worth	-0.125	8.5%
25	Hartford	-0.459	9.1%
26	San Diego	-0.510	10.5%
27	Indianapolis	-0.851	9.3%
28	Nashville	-0.880	9.0%
29	Providence	-0.974	11.5%
30	Orlando	-1.096	11.4%
31	Tampa-St. Petersburg	-1.115	12.0%
32	Seattle	-1.369	8.6%
33	Milwaukee	-1.449	8.7%
34	Columbus	-1.585	9.2%
35	Richmond	-1.737	7.9%
36	Jacksonville	-1.783	11.2%
37	Louisville	-2.165	9.8%
38	San Jose	-2.185	11.4%
39	Boston	-2.297	8.2%
40	Portland, Ore.	-2.398	10.2%
41	Phoenix	-2.762	9.0%
42	Kansas City	-2.878	8.5%
43	San Antonio	-3.533	7.7%
44	Denver	-4.369	8.4%
45	Oklahoma City	-5.042	6.7%
46	Austin	-5.183	7.4%
47	Raleigh	-5.249	8.4%
48	Minneapolis-St. Paul	-6.875	6.8%
49	Virginia Beach-Norfolk	-7.859	7.6%
50	Salt Lake City	-7.949	7.1%

STRESS LEVELS IN AMERICA'S 50 LARGEST METROS

Rank (from most stress to least)	Metropolitan area	Change in metro per capita income (2008-09)	Families living below poverty level (2008)
1	Detroit	-3.81%	9.9%
2	Los Angeles	-3.82%	10.8%
3	Cleveland	-1.92%	9.6%
4	Riverside, Calif.	-2.30%	10.0%
5	St. Louis	-3.54%	8.1%
6	New York City	-4.62%	9.5%
7	New Orleans	-4.53%	10.4%
8	Chicago	-3.64%	8.7%
9	Birmingham	-3.56%	9.4%
10	Miami-Fort Lauderdale	-3.86%	9.9%
11	Memphis	-2.80%	13.9%
12	Philadelphia	-0.79%	7.9%
13	Atlanta	-4.84%	8.4%
14	Cincinnati	-2.30%	8.1%
15	Washington	-0.67%	4.7%
16	Houston	-4.95%	11.3%
17	Sacramento	-2.15%	7.8%
18	Charlotte	-5.68%	8.3%
19	Baltimore	0.17%	6.2%
20	Pittsburgh	0.27%	8.1%
21	Las Vegas	-6.17%	7.6%
22	San Francisco-Oakland	-4.64%	6.3%
23	Buffalo	-0.36%	9.7%
24	Dallas-Fort Worth	-5.17%	9.9%
25	Hartford	-2.14%	6.3%
26	San Diego	-2.18%	8.0%
27	Indianapolis	-2.44%	8.1%
28	Nashville	-3.78%	8.7%
29	Providence	-0.24%	8.1%
30	Orlando	-3.93%	8.0%
31	Tampa-St. Petersburg	-1.95%	8.7%
32	Seattle	-3.18%	6.3%
33	Milwaukee	-2.63%	8.6%
34	Columbus	-1.29%	9.0%
35	Richmond	-2.52%	6.8%
36	Jacksonville	-3.07%	7.7%
37	Louisville	-1.28%	9.9%
38	San Jose	-5.34%	5.6%
39	Boston	-2.67%	6.3%
40	Portland, Ore.	-3.04%	7.9%
41	Phoenix	-5.18%	9.2%
42	Kansas City	-1.92%	7.6%
43	San Antonio	-1.25%	12.1%
44	Denver	-4.22%	8.3%
45	Oklahoma City	-2.50%	10.1%
46	Austin	-4.92%	8.4%
47	Raleigh	-4.43%	6.4%
48	Minneapolis-St. Paul	-3.99%	5.6%
49	Virginia Beach-Norfolk	0.95%	7.7%
50	Salt Lake City	-3.27%	6.4%

STRESS LEVELS IN AMERICA'S 50 LARGEST METROS

Rank (from most stress to least)	Metropolitan area	Deaths from circulatory-system diseases per 100,000 residents in central county (2006)	Percentage of possible sunshine (long-term annual average)
1	Detroit	354.6	53%
2	Los Angeles	236.6	73%
3	Cleveland	406.6	49%
4	Riverside, Calif.	264.2	73%
5	St. Louis	351.1	57%
6	New York City	301.6	58%
7	New Orleans	414.4	57%
8	Chicago	275.1	54%
9	Birmingham	344.7	58%
10	Miami-Fort Lauderdale	283.6	70%
11	Memphis	284.8	64%
12	Philadelphia	343.8	56%
13	Atlanta	192.7	60%
14	Cincinnati	315.8	50%
15	Washington	328.1	56%
16	Houston	168.1	59%
17	Sacramento	256.5	78%
18	Charlotte	163.4	62%
19	Baltimore	344.9	57%
20	Pittsburgh	413.1	45%
21	Las Vegas	237.9	85%
22	San Francisco-Oakland	272.9	66%
23	Buffalo	366.0	48%
24	Dallas-Fort Worth	191.0	61%
25	Hartford	302.5	56%
26	San Diego	222.6	68%
27	Indianapolis	293.4	55%
28	Nashville	265.5	56%
29	Providence	309.9	58%
30	Orlando	189.4	66%
31	Tampa-St. Petersburg	260.5	66%
32	Seattle	192.7	47%
33	Milwaukee	277.1	54%
34	Columbus	229.4	50%
35	Richmond	282.1	63%
36	Jacksonville	252.6	63%
37	Louisville	307.3	56%
38	San Jose	177.7	66%
39	Boston	202.4	58%
40	Portland, Ore.	238.6	48%
41	Phoenix	202.2	85%
42	Kansas City	307.2	60%
43	San Antonio	223.2	60%
44	Denver	198.7	69%
45	Oklahoma City	302.6	68%
46	Austin	134.0	60%
47	Raleigh	139.9	58%
48	Minneapolis-St. Paul	162.7	58%
49	Virginia Beach-Norfolk	220.7	60%
50	Salt Lake City	144.5	66%

STRESS LEVELS IN AMERICA'S 50 LARGEST METROS

Rank (from most stress to least)	Metropolitan area	Ozone level in central county (fourth-highest reading in parts per million, 2008)	Robberies per 100,000 residents in central city (2009)
1	Detroit	0.076	632.8
2	Los Angeles	0.112	289.3
3	Cleveland	0.083	827.5
4	Riverside, Calif.	0.111	222.4
5	St. Louis	0.069	766.0
6	New York City	0.082	221.4
7	New Orleans	0.071	277.0
8	Chicago	0.071	557.4
9	Birmingham	0.079	505.8
10	Miami-Fort Lauderdale	0.073	499.5
11	Memphis	0.084	619.8
12	Philadelphia	0.087	583.9
13	Atlanta	0.084	492.9
14	Cincinnati	0.086	681.1
15	Washington	0.084	666.7
16	Houston	0.083	499.9
17	Sacramento	0.114	341.5
18	Charlotte	0.093	393.3
19	Baltimore	0.062	580.3
20	Pittsburgh	0.085	437.8
21	Las Vegas	0.080	326.4
22	San Francisco-Oakland	0.049	422.7
23	Buffalo	0.076	609.0
24	Dallas-Fort Worth	0.077	426.3
25	Hartford	0.080	483.7
26	San Diego	0.098	144.9
27	Indianapolis	0.075	497.7
28	Nashville	0.071	319.6
29	Providence	0.077	230.1
30	Orlando	0.070	326.2
31	Tampa-St. Petersburg	0.082	263.3
32	Seattle	0.075	297.4
33	Milwaukee	0.069	516.3
34	Columbus	0.083	442.7
35	Richmond	0.086	418.2
36	Jacksonville	0.071	291.2
37	Louisville	0.075	248.7
38	San Jose	0.074	107.4
39	Boston	0.072	364.8
40	Portland, Ore.	0.060	184.9
41	Phoenix	0.081	235.2
42	Kansas City	0.070	406.5
43	San Antonio	0.078	195.3
44	Denver	0.072	151.5
45	Oklahoma City	0.076	224.3
46	Austin	0.074	184.0
47	Raleigh	0.078	204.9
48	Minneapolis-St. Paul	0.058	434.6
49	Virginia Beach-Norfolk	0.078	103.6
50	Salt Lake City	0.080	227.4

STRESS LEVELS IN AMERICA'S 50 LARGEST METROS

Rank (from most stress to least)	Metropolitan area	Murders per 100,000 residents in central city (2009)	Average commuting time to work (minutes, 2008)
1	Detroit	39.7	26.06
2	Los Angeles	8.1	28.39
3	Cleveland	18.4	23.82
4	Riverside, Calif.	5.0	30.43
5	St. Louis	40.3	25.00
6	New York City	5.6	34.55
7	New Orleans	51.7	25.60
8	Chicago	16.1	31.08
9	Birmingham	28.6	25.99
10	Miami-Fort Lauderdale	14.1	27.94
11	Memphis	19.8	23.68
12	Philadelphia	19.5	28.21
13	Atlanta	14.5	30.80
14	Cincinnati	16.5	23.75
15	Washington	23.8	33.23
16	Houston	12.6	28.48
17	Sacramento	6.4	25.79
18	Charlotte	10.9	25.11
19	Baltimore	37.3	29.15
20	Pittsburgh	12.5	25.18
21	Las Vegas	8.1	24.66
22	San Francisco-Oakland	5.6	28.66
23	Buffalo	22.3	20.78
24	Dallas-Fort Worth	12.9	26.77
25	Hartford	26.6	22.59
26	San Diego	3.1	24.91
27	Indianapolis	14.1	23.93
28	Nashville	12.6	25.89
29	Providence	14.0	23.83
30	Orlando	11.9	26.86
31	Tampa-St. Petersburg	5.8	25.72
32	Seattle	3.7	27.88
33	Milwaukee	11.9	22.16
34	Columbus	9.6	22.88
35	Richmond	18.2	24.39
36	Jacksonville	12.2	25.35
37	Louisville	9.8	22.92
38	San Jose	2.9	24.61
39	Boston	8.0	28.50
40	Portland, Ore.	3.4	24.90
41	Phoenix	7.6	26.51
42	Kansas City	20.6	22.83
43	San Antonio	7.2	24.92
44	Denver	5.1	26.66
45	Oklahoma City	11.7	21.35
46	Austin	2.9	25.41
47	Raleigh	3.4	25.18
48	Minneapolis-St. Paul	4.7	24.13
49	Virginia Beach-Norfolk	4.1	23.43
50	Salt Lake City	2.2	22.14

STRESS LEVELS IN AMERICA'S 50 LARGEST METROS

Rank (from most stress to least)	Metropolitan area	Mortgage affordability (house value per \$1,000 of household income, 2008)	Population (2009)
1	Detroit	\$3,122	4,403,437
2	Los Angeles	\$9,874	12,874,797
3	Cleveland	\$3,070	2,091,286
4	Riverside, Calif.	\$6,509	4,143,113
5	St. Louis	\$2,966	2,828,990
6	New York City	\$7,247	19,069,796
7	New Orleans	\$3,663	1,189,981
8	Chicago	\$4,274	9,580,567
9	Birmingham	\$2,861	1,131,070
10	Miami-Fort Lauderdale	\$5,956	5,547,051
11	Memphis	\$2,874	1,304,926
12	Philadelphia	\$4,008	5,968,252
13	Atlanta	\$3,230	5,475,213
14	Cincinnati	\$2,909	2,171,896
15	Washington	\$5,244	5,476,241
16	Houston	\$2,478	5,867,489
17	Sacramento	\$6,393	2,127,355
18	Charlotte	\$3,078	1,745,524
19	Baltimore	\$4,702	2,690,886
20	Pittsburgh	\$2,451	2,354,957
21	Las Vegas	\$5,253	1,902,834
22	San Francisco-Oakland	\$9,134	4,317,853
23	Buffalo	\$2,355	1,123,804
24	Dallas-Fort Worth	\$2,578	6,447,615
25	Hartford	\$3,848	1,195,998
26	San Diego	\$8,469	3,053,793
27	Indianapolis	\$2,631	1,743,658
28	Nashville	\$3,195	1,582,264
29	Providence	\$5,441	1,600,642
30	Orlando	\$4,642	2,082,421
31	Tampa-St. Petersburg	\$4,237	2,747,272
32	Seattle	\$5,630	3,407,848
33	Milwaukee	\$3,774	1,559,667
34	Columbus	\$3,060	1,801,848
35	Richmond	\$3,804	1,238,187
36	Jacksonville	\$3,719	1,328,144
37	Louisville	\$2,955	1,258,577
38	San Jose	\$8,521	1,839,700
39	Boston	\$5,620	4,588,680
40	Portland, Ore.	\$5,119	2,241,841
41	Phoenix	\$4,578	4,364,094
42	Kansas City	\$2,836	2,067,585
43	San Antonio	\$2,451	2,072,128
44	Denver	\$4,103	2,552,195
45	Oklahoma City	\$2,533	1,227,278
46	Austin	\$3,031	1,705,075
47	Raleigh	\$3,185	1,125,827
48	Minneapolis-St. Paul	\$3,693	3,269,814
49	Virginia Beach-Norfolk	\$4,219	1,674,498
50	Salt Lake City	\$3,986	1,130,293