

★★★★★ 5-Star Quality of Life Metros ★★★★★

Rankings below are from 1 (best) to 362 (worst)

Metro Area	Crime	Affordable Housing	Public Schools	Adult Education Level	Standard of Living	Spouse Employment	Traffic & Commute	Continuing Education	Air Access
Abilene, Texas	198	29	165	218	154	91	13	115	180
Akron, Ohio	113	145	52	127	221	177	276	68	101
Albany-Schenectady-Troy, N.Y.	79	254	72	29	83	318	288	24	40
Ames, Iowa	130	135	11	15	161	8	54	180	252
Appleton, Wis.	2	180	9	214	118	235	165	221	101
Austin-Round Rock, Texas	215	244	51	18	6	220	285	89	40
Bangor, Maine	27	177	81	77	260	78	32	122	101
Billings, Mont.	137	22	46	154	113	141	7	221	101
Binghamton, N.Y.	17	19	95	119	273	200	106	153	101
Bismarck, N.D.	1	20	82	197	112	75	78	234	101
Blacksburg-Christianburg-Radford, Va.	58	127	4	30	167	82	315	180	252
Bloomington, Ind.	22	189	105	45	226	27	43	180	252
Bloomington-Normal, Ill.	250	161	23	91	27	176	20	133	101
Boise City-Nampa, Idaho	106	183	57	103	169	116	84	106	40
Burlington-South Burlington, Vt.	38	304	76	58	71	238	75	97	73
Casper, Wyo.	181	46	137	237	10	154	3	313	180
Cedar Rapids, Iowa	63	123	41	230	66	192	28	202	73
Champaign-Urbana, Ill.	250	168	83	26	66	76	8	153	101
Charlottesville, Va.	35	252	7	24	2	226	315	153	101
Cheyenne, Wyo.	87	84	84	168	43	66	6	313	210
College Station-Bryan, Texas	263	168	18	66	127	16	15	153	101
Colorado Springs, Colo.	160	185	225	59	126	126	88	83	40
Columbia, Mo.	119	109	25	27	29	24	31	115	210
Corvallis, Ore.	197	270	19	21	42	163	85	180	252
Dayton, Ohio	174	71	104	144	249	188	194	29	40
Des Moines, Iowa	127	226	102	132	21	248	79	72	40
Dubuque, Iowa	55	33	14	249	138	200	4	106	180
Duluth, Minn.-Wis.	87	149	63	219	173	283	72	83	101
Eau Claire, Wis.	29	12	12	191	214	64	122	249	210
Erie, Pa.	27	41	172	203	238	73	16	115	101
Fargo, N.D.-Minn.	12	58	30	95	106	46	86	106	101
Fayetteville-Springdale-Rogers, Ark.-Mo.	46	118	136	174	195	238	82	122	101
Fond du Lac, Wis.	4	144	17	339	203	188	98	221	252
Fort Collins-Loveland, Colo.	101	291	113	16	57	100	128	133	252
Grand Forks, N.D.-Minn.	45	15	91	170	209	15	45	133	180
Green Bay, Wis.	31	213	26	240	125	247	25	211	101
Harrisburg-Carlisle, Pa.	46	203	37	159	20	347	246	47	73
Harrisonburg, Va.	3	194	13	43	168	68	315	106	210
Huntsville, Ala.	167	71	111	74	32	288	111	68	73
Iowa City, Iowa	109	184	6	42	55	40	52	180	252
Jefferson City, Mo.	48	115	77	138	179	33	189	288	252
Kansas City, Mo.-Kan.	169	207	129	89	72	174	302	23	30
Knoxville, Tenn.	229	30	187	97	33	284	240	89	73
La Crosse, Wis.-Minn.	8	136	22	146	157	70	57	211	101
Lafayette, Ind.	60	188	139	94	230	55	41	144	210
Lancaster, Pa.	25	216	116	217	45	348	106	122	210
Lawrence, Kan.	243	212	5	47	158	2	138	122	252
Lexington-Fayette, Ky.	42	46	143	35	31	183	201	54	73
Lincoln, Neb.	267	96	45	22	22	81	17	106	101
Lubbock, Texas	357	62	53	148	110	64	2	103	73
Madison, Wis.	48	274	3	5	47	204	41	106	73
Midland, Texas	215	26	96	294	77	216	60	313	73
Missoula, Mont.	117	74	33	51	123	11	9	180	101
Morgantown, W.Va.	36	6	185	7	330	28	268	180	210
Omaha-Council Bluffs, Neb.-Iowa	247	122	209	105	18	170	151	41	40
Pittsburgh, Pa.	80	218	78	93	63	340	255	12	18
Raleigh-Cary, N.C.	138	249	60	8	12	249	312	45	30
Rapid City, S.D.	151	88	67	163	76	21	11	180	101
Roanoke, Va.	111	127	27	172	25	354	244	202	101
Rochester, Minn.	20	221	28	71	45	336	4	313	101
Rochester, N.Y.	105	255	147	57	161	233	126	46	40
San Jose-Sunnyvale-Santa Clara, Calif.	67	359	126	10	47	210	340	31	30
Santa Barbara-Santa Maria-Goleta, Calif.	62	356	213	28	38	215	35	72	73
Sioux Falls, S.D.	32	74	90	210	7	123	47	180	101
Spokane, Wash.	262	157	40	114	219	172	59	97	40
Springfield, Mo.	224	17	56	196	151	58	150	97	101
State College, Pa.	5	270	1	32	159	18	49	180	101
Syracuse, N.Y.	75	163	71	85	201	175	121	39	40
Washington-Arlington-Alexandria, D.C.-Md.-Va.-W.Va.	174	351	43	3	5	306	362	7	4
Waterloo-Cedar Falls, Iowa	93	107	94	135	148	80	9	153	180
Wausau, Wis.	8	94	20	282	144	337	56	313	252
Wichita, Kan.	242	70	234	157	164	49	51	83	73