

Healthiest Cities In America (2026 Rankings)

Where you live can have a major impact on your health. Some cities encourage wellness by improving access to fresh, nutritious food and recreational spaces. Others focus on keeping health care affordable or maintaining clean, safe parks for residents. When these essential factors are overlooked, maintaining good health becomes much more challenging.

To identify the cities that place the greatest emphasis on well-being, WalletHub evaluated more than 180 of the largest U.S. cities using 41 key health indicators. The analysis considers everything from the cost of a medical visit to fruit and vegetable consumption and the percentage of adults who are physically active.

“Staying healthy is a personal responsibility, and everyone should strive to eat nutritious food, exercise regularly and look after their mental health. However, where people live can have a big influence on how successful they are at staying in good health, so the best cities are the ones that provide the greatest access to high-quality healthcare, green spaces, recreation centers, and healthy food.”

| City | Score |
|-------------------------------|--------------|
| 1. San Francisco, CA..... | 70.41 |
| 2. San Diego, CA..... | 65.19 |
| 3. Seattle, WA..... | 63.57 |
| 4. Salt Lake City, UT..... | 63.26 |
| 5. Portland, OR..... | 63.21 |
| 6. Washington, DC..... | 61.91 |
| 7. Denver, CO..... | 61.65 |
| 8. Honolulu, HI..... | 61.52 |
| 9. Austin, TX..... | 61.11 |
| 10. Scottsdale, AZ..... | 60.64 |
| 11. Atlanta, GA..... | 60.47 |
| 12. Irvine, CA..... | 60.29 |
| 13. Minneapolis, MN..... | 60.24 |
| 14. Pittsburgh, PA..... | 58.60 |
| 15. Los Angeles, CA..... | 58.47 |
| 16. Oakland, CA..... | 58.42 |
| 17. Boston, MA..... | 58.19 |
| 18. San Jose, CA..... | 58.00 |
| 19. Fremont, CA..... | 57.76 |
| 20. Chicago, IL..... | 57.65 |
| 21. Huntington Beach, CA..... | 57.51 |
| 22. Portland, ME..... | 56.85 |
| 23. New York, NY..... | 56.72 |
| 24. Orlando, FL..... | 56.07 |
| 25. Raleigh, NC..... | 55.97 |
| 79. Aurora, IL..... | 47.09 |

| City | Score |
|-------------------------------|-------|
| 158. Baton Rouge, LA..... | 36.38 |
| 159. Charleston, WV..... | 36.29 |
| 160. Moreno Valley, CA..... | 35.74 |
| 161. Cheyenne, WY..... | 35.65 |
| 162. Amarillo, TX..... | 35.16 |
| 163. Mobile, AL..... | 34.94 |
| 164. Winston-Salem, NC..... | 34.93 |
| 165. Detroit, MI..... | 34.82 |
| 166. Augusta, GA..... | 34.65 |
| 167. Dover, DE..... | 34.50 |
| 168. North Las Vegas, NV..... | 34.39 |
| 169. Fayetteville, NC..... | 34.25 |
| 170. Columbus, GA..... | 33.90 |
| 171. Las Cruces, NM..... | 33.89 |
| 172. Jackson, MS..... | 33.61 |
| 173. Memphis, TN..... | 33.33 |
| 174. Montgomery, AL..... | 32.06 |
| 175. Corpus Christi, TX..... | 31.87 |
| 176. Toledo, OH..... | 31.86 |
| 177. Huntington, WV..... | 30.88 |

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| 178. Fort Smith, AR..... | 30.84 |
| 179. Shreveport, LA..... | 28.34 |
| 180. Laredo, TX..... | 27.68 |
| 181. Gulfport, MS..... | 25.60 |
| 182. Brownsville, TX..... | 24.34 |

Key Stats

- ♦ Overland Park, Kansas, has the lowest share of physically unhealthy adults, which is two times lower than in Huntington, West Virginia, the city with the highest.
- ♦ Augusta, Georgia, has the lowest cost per doctor's visit, which

is 2.9 times less expensive than in Juneau, Alaska, the city with the highest.

- ♦ Portland, Maine, has the lowest share of adults eating fruits less than once daily, which is 1.6 times lower than in Chattanooga, Tennessee, the city with the highest.
- ♦ Columbus, Georgia, has the lowest average monthly cost for a fitness-club membership, which is 15.7 times less expensive than in New York, the city with the highest.

Three Sheets in The Wind . . . by Mary

Please don't get in a tizzy. This is not a political opinion column. It's a "how ridiculous, inconsiderate, misguided, egotistical, ignorant people" column. And, who are these ridiculous, misguided, egotistical, ignorant people? Our Congress. I said it was not political, and it has nothing to do with Democrats or Republicans. As far as I'm concerned, they are equally ridiculous and so forth.

Do you know that the beginning salary for TSA agents at the U.S. airports is under \$35,000. The average salary, after that beginning base, is \$46,000 to \$55,000. (Some are more. Some are less.) Our U.S. Representatives make an annual salary of \$174,000. They get stipends for travel and other expenses, receive a pension when they retire or are thrown out. We all know there are other wonderful compensations available to our elected officials who are supposed to be servants of the people (you and me and the TSA agents.)

So, my reason for being more upset about the government than I usually am is that these Representatives were in a hurry this past week. They were in such a hurry they could not come to any agreement to settle their disputes and see that these TSA agents, as well as all other employees of the government, get paid. You think that hurry they were in was very important like maybe the roof was falling, a hurricane was expected any minute, they were all having babies at the same time, their house was on fire.

No, none of those things were happening. They were in a hurry to

get home for the holiday, for their reprieve from work (which they don't seem to do anyway.) They were running, dashing, packing and preparing for their "recess." None of them worried about their paychecks being delayed. The cost of groceries must not have concerned them. The family dinner would be on the table.

As for the TSA agents who will not find their paycheck in the mail, well maybe after recess they will get paid. And maybe not.

I have a solution to the dilemma of recess and fun time for the members of Congress and the expected to work with no pay TSA and all government, not elected employees. I suggest that we, the employers, the voters, the ones who put these people in office, quit paying Congressmen and women and take away all perks. We should take \$10,000 off their salary for everyday they don't actually work, and charge \$1,000 every time they mention the midterms, campaigning or the polls. Let them walk, take the bus, carpool. Rent a block at Motel 6 and share the rooms, cut coupons, look for the best deals, and pack a lunch. Welcome to the working world.

Wake up people. You were elected to SERVE us not put yourselves on a pedestal looking down over your constituents.

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L-S Fire Department

(From Lacon Front Page)
 The cause of the fire was determined to be accidental. A smoldering brush from earlier in the day ignited the deck and went unnoticed. An estimate of damage was not available. No firefighter or civilian injuries were reported.

Finally, on Friday, March 27 at 5:15 p.m. Fire and Ambulance units were dispatched to a car vs. house incident at the 900 block of Gimlet Creek Road in Sparland with unknown injuries.

When the ambulance arrived on the scene, crews advised that

the patient was out of the vehicle, ambulatory and that the vehicle was secure. Crews cleared debris from the roadway, confirmed that the vehicle was stabilized and assessed the residence. Damage to the home was determined to be cosmetic only with no structural compromise.

All fire units cleared the scene and were back in service at 6:18 p.m. The cause of the accident is unknown but is under investigation by the Marshall County Sheriff's Department. There were no injuries reported.

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