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10 least stressful metros

4 Oklahoma City



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Quick facts

Population: 1,172,339

Stress index: -5.17 points

A positive score indicates the local stress level is higher than normal; a negative score, lower than normal.

Stress profile

(Ranks range from low stress to high, as do bar charts)

Days of unhealthy air per year: 0.0 (1st of 50)



Percentage of possible sunshine: 68% (8th of 50)



Robberies per 100,000 residents: 220.0 (8th of 50)



Murders per 100,000 residents: 10.3 (15th of 50)



Unemployment rate: 4.1% (24th of 50)



Rate of per capita income growth: 32.9% (2nd of 50)



Commuters traveling 45+ minutes: 7.5% (3rd of 50)



Families below poverty level: 10.6% (46th of 50)



Monthly home payments of \$3,000+: 1.7% (2nd of 50)



Circulatory deaths per 100,000: 352.5 (41st of 50)



Note: See [methodology](#) for details about each stress factor.

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