

CALIFORNIA CITY

Fremont No. 1 for life quality, with LA in 87th

By BROOKE STENBERG

Where you live can determine how happy — or unhappy — you feel.

Fremont, Calif., has been named the happiest city in the United States, according to a new study from WalletHub. The city also topped the list in 2025.

The company ranked cities based on the quality of life, including the highest share of households — nearly 80% — with an income above \$75,000. California cities made the Top 25 happiest: Irvine (No. 8), San Jose (No. 10), San Francisco (No. 17), San Diego (No. 21) and Huntington Beach (No. 22).

Los Angeles, meanwhile, ranked at the 87th happiest city overall, coming in 75th for emotional and physical well-being, 96th for financial well-being and 87th for community and environment.

Back East, New York City was ranked a relatively dismal 99th with a total NYC metro area ranking at 100th for emotional and physical well-being, 100th for financial well-being and 100th for community and environment.

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Back in New Jersey, Newark came in low on the happiest ranking at No. 147, and had the fourth-highest divorce rate among the second-lowest sports-participation rate. Despite that, it was also the city with the lowest suicide rate.

California's city fell just slightly behind in other categories, including in 75th for community and environment and 154th for income and employment.

In the Garden State, Jersey City beat out New York City for the 31st happiest overall. Jersey City also ranked much higher than NYC in emotional and physical well-being, at No. 149 and No. 147, respectively.

According to the study, Jersey City was the city with the lowest rate of depression and had the highest rate of life satisfaction, the seventh-lowest depression rate and the fifth-highest average life expectancy in the country.

Fremont has the lowest separation and divorce rate in the country, having 14 or more mentally unhealthy days per month.

Back in California, residents of Oakland, Calif., which came in 100th, had the highest rate of life satisfaction, the seventh-lowest depression rate and the fifth-highest average life expectancy in the country.

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HAPPY TOWN: Fremont Mayor Raj Salwan (top) has done right by (from new right) satisfied residents and Councilmember Leticia Kuo, who share in the joy of the "Happiest City in America."

Caring folks make this place the best

By NINA LOUDEH

The people of Fremont, Calif., are celebrating their ranking as the top city to live in the US, with the Mayor calling the recognition an honor.

Fremont has the highest share of households — nearly 80% — with an income above \$75,000, the nation's highest life satisfaction rate, and the fifth-highest average life expectancy, according to the personal finance app.

Step inside Country Way Park, a 100-acre park with 48 years, and the spirit of community is palpable. Staff members share that regulars often span generations, with grandparents and grandchildren gathering at the same tables year after year.

These traditions offer a glimpse into why so many are happy to call Fremont home. It's not just the parks and schools, but the caring and deeply ingrained sense of community that makes this place special.

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GOOD MORNING SUNSHINE: A picture-postcard view of Fremont, Calif., is the backdrop for the study from WalletHub. Among its attributes, Fremont is high in the "most caring" category.



Happiest cities in America

Reasons Fremont is ranked No. 1

- Highest life satisfaction
- Seventh-lowest depression rate
- Fifth-longest average life expectancy
- Strong neighborhoods
- Great schools
- Beautiful parks

