

Texas ranked worst state to live in the US, see where other states stand — *but see below for BEST state* [text added]

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How does life in your state compare to the rest of America?

CNBC released its rankings of the best and worst states to live in the United States last week.

Its rankings come from the network's yearly research on the best states for business in 2023. One of the 10 criteria for the list is Life, Health & Inclusion, from which CNBC determines the best and worst states to live.

CNBC allots 350 possible points to each state, measuring categories such as per capita crime rates, environmental quality, health care and worker protections.

The research also examines anti-discrimination laws, voting rights and access to childcare. Surveys indicate a large percentage of women consider reproductive rights in deciding where they are willing to live and work, so CNBC includes abortion laws in this category.

Texas ranked the worst state to live in the US

Texas has received the number one spot on a not-so-pleasant list: The top 10 worst places in America to live and work in 2023.

While Texas landed at number six on CNBC's yearly America's Top States for Business study, the state scored significantly low in one category: Life, Health & Inclusion. Factors in this category include:

- crime rates
- environmental quality
- health care
- quality and availability of childcare
- inclusiveness in state laws such as reproductive rights, protections against discrimination and voting rights.

Texas received 53 out of 350 points for its 2023 Life, Health & Inclusion score, giving it an F in its Top States grade and the lowest nationwide, securing its number one spot on the list.

CNBC did mention the boom in economic opportunity across the state. In the overall Top States for Business study, Texas received sixth place, with North Carolina taking the number one spot.

Top 10 worst states to live and work

The rest of the states that landed on the top 10 worst states to live and work for 2023 were:

- Texas
- Oklahoma
- Louisiana

- South Carolina and Alabama (tie)
- —
- Missouri
- Indiana
- Tennessee
- Arkansas
- Florida

Vermont ranked the best state to live in the US

By contrast, Vermont won the acclaimed spot of the best place to live. Residents are statistically more stress-free and healthy. With the beautiful Green Mountains, Vermont offers the best air quality in the United States. The state provides the most accessible childcare, broad anti-discrimination protections and easy access to voting.

CNBC gave Vermont an A+ in Life, Health and Inclusion. **The state's largest weakness is worker protections**, which are less stringent compared to some other states. [bold added]

Top 10 best states to live and work

- Vermont
- Maine
- New Jersey
- Minnesota
- Hawaii
- Oregon
- Washington
- Massachusetts and Colorado (tie)
- —
- Connecticut

America's top states for Business

CNBC examines on 86 metrics in 10 broad categories of business competitiveness when assigning its rankings. The research examines the workforce, infrastructure, cost of doing business, state laws and education, among other criteria.

Here is CNBC's ranking for 2023.

- North Carolina
- Virginia
- Tennessee
- Georgia
- Minnesota
- Texas
- Washington
- Florida
- Utah
- Michigan

[Vermont ranks 29. See [full rankings](#).]