

Don't Worry. Be Happy – Especially if You Live in Douglas County

If you live in Douglas County, you should be happy.

According to a recent study by SmartAsset, Douglas County, Colorado, was ranked the ninth happiest county in the country – and the only county in the West to place in the study's top 25.

The study, which was recently conducted by the financial advising firm, included 978 counties across the nation with populations of at least 50,000 people. It considered such factors as family stability, physical health, personal financial health and economic security.

When looking at family stability, Colorado's Douglas County was at the top of the list with a marriage rate of 66.3%, according to the study, which noted that "interpersonal relationships are perhaps the single most important driver of happiness, and family relationships are most important of all."

It also ranked No. 4 for life expectancy (82.8 years) and the percent of the population receiving the recommended amount of weekly physical activity. A total of 68.75% of Douglas County residents perform at least 150 minutes of moderate physical activity or 75 minutes of rigorous physical activity each week.

The county also was recognized for his physical activity earlier this year, when it was ranked No. 1 in the state for overall health behavior by the Robert Wood Johnson Foundation.

When looking at finances and the economy, Douglas County

ranked No. 5 with a median household income of \$102,961. The county's unemployment and poverty rates were both low – at 3.2% and 3.6%, respectively.

“In a happy county, most families should be able to lead a comfortable lifestyle while working toward their long-term financial goals,” the study stated.

So if you live in Douglas County – or one of its many wonderful communities like Parker, Lone Tree, Highlands Ranch and Castle Rock – give yourself and your neighbors a big smile! We're #9!

If you'd like to read more about the study, please visit <https://smartasset.com/mortgage/happiest-places-in-america>.