

New Hampshire ranks as #1 free state—Which states intervene in your life the most?

Megan Wood

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The Cato Institute's "2016 Freedom in the 50 States project" analyzes the 50 states' policies impact on fiscal, regulatory and personal freedom, according to *Physician's Money Digest*.

William Ruger, PhD, and Jason Sorens, PhD, established the state ranking based on state and local government intervention among 230 policy variables. These variables ranged from debt to education to health insurance requirements.

Drs. Ruger and Sorens found conservative states tended to elevate economic freedom. Progressive states ranked ahead on personal freedom measures such as marriage, cannabis laws and incarceration, however, conservative states surged ahead in personal freedom measures such as gun rights, education and private property smoking.

Overall, less economically thriving states experienced less freedom and more corruption. The authors concluded states espousing more freedom attract more residents.

The following represent the five freest states:

1. New Hampshire
2. Alaska
3. Oklahoma
4. Indiana
5. South Dakota

The following represent the five least free states:

46. Maryland
47. New Jersey
48. Hawaii

49. California

50. New York