

# Top 5 States To Be Transgender In 2023

Transgender people are migrating across the country, and many are trying to decide which state they want to move to. This list shows the best states for being trans in 2023.



ERIN REED

JUL 5, 2023

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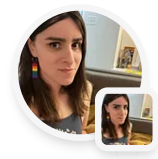
Transgender individuals **are migrating** throughout the United States in search of safe places to live. According to **a recent survey**, as many as 8% of transgender individuals have already moved, and a remaining 40% are considering moving in the coming months - that's over a million transgender people looking to decide which place might be the best for them to live. Despite recent attacks on transgender rights in some areas of the country, many states have forged ahead and made their states welcoming for transgender individuals.

Starting in 2022, this newsletter published a Top 5 and Bottom 5 list of states for transgender individuals. That list has since become outdated due to the large number of laws passed since then. This update will assist people who are looking to move specifically to the most trans-friendly areas in making an informed decision.

With that said, there are some important caveats when int

- Every state has rural areas where being trans will be... states can have areas of the state which are dangerous
- The top 5 states to be trans in are often expensive to cost to live in those states by living in more rural areas while still maintaining legal protections. This list does of affordability.
- Even the worst states have good cities where transge acceptance. That said, state-level policies can make i

With no further adieu, here are the top 5 states to be trans



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## 5. Minnesota

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Photo by [Tom Conway](#) on [Unsplash](#)

Minnesota is a recent addition to this list, but it undoubtedly deserves a spot after making significant strides to protect its transgender residents. On March 8, Gov. Tim Walz issued an **impactful executive order** that protected transgender individuals from extradition to states that criminalize them, ensured trans access to healthcare, and implemented a refusal to approve insurance companies that deny coverage for gender-affirming care in the state. The legislature swiftly approved similar measures, largely owing to the efforts led by transgender **lawmaker Leigh Finke**.

The state boasts numerous other factors that make it attractive to transgender individuals relocating from other states. Minnesota ranks in the upper half for **cost of living affordability**, making resettling there relatively easier. The state has streamlined the process for name and gender changes, sparing transgender individuals the time and hassle

associated with cumbersome regulations in other states. Moreover, Minnesota's largest city, Minneapolis, is home to the first openly transgender Black woman to be elected to office in the United States - [Andrea Jenkins](#), who serves as the city council president!

## 4. California

green trees on mountain beside blue sea under blue sky during daytime

Photo by [Carl Newton](#) on [Unsplash](#)

California continues to be a top tier state for transgender people. It has consistently earned high scores from organizations such as the [Movement Advancement Project](#) for its comprehensive protections. The state notably became the first “trans sanctuary state” when [SB 107](#) was passed in 2022, shielding transgender refugees and providers from out-of-state investigations and extraditions. Additionally, California boasts an exceptional healthcare system for transgender individuals, with [over 100 clinics](#) offering informed consent for gender-affirming care without lengthy waiting lists. Many health insurance plans in the

gender-affirming care without lengthy waiting lists. Many health insurance plans in the state also cover updated gender-affirming procedures, such as facial surgery and voice therapy.

Furthermore, California has taken several unique measures to improve the quality of life for transgender individuals. The state mandates an LGBTQ+ inclusive curriculum in schools, a step that even many progressive states have not taken. It also **prohibits the use of the gay and trans panic defense** in cases where a transgender individual is a victim of violence due to a cisgender person's reaction to their transgender status - it was the first state to pass such a law.

However, California is widely known for its high cost of living, making it unsuitable for some. Additionally, rural areas in California have seen a rise in extremism, with groups like the **Proud Boys gaining momentum** in Sacramento and the Northern California region. Despite these challenges, when it comes to legal protections, California surpasses most other states, and the experience of living as a transgender individual in the state is likely to be significantly better than in many other areas.

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### 3. Washington, D.C.

[News4 Article, World Pride](#)

“Washington, D.C.” is not a state, some might say - tell that to residents of D.C., who have campaigned for statehood for years. The city is a uniquely welcoming place for transgender people. For starters, it is one of the most trans places in the United States - nearly **1 in 30 people** in the city identify as transgender. Transgender people are part of everyday life in the city and virtual inclusiveness is the expectation everywhere.

The city has amazing legal and healthcare protections as well. The city was among the first to pass a **Human Rights Sanctuary Act** making the city a sanctuary city for transgender refugees from other places. This act actually goes further than California SB107, stating that police and city resources cannot be expended to enforce out of state laws targeting transgender people. The city’s healthcare system for transgender people is similarly good, with many informed consent clinics and the **Whitman Walker** healthcare system, a famous medical organization that caters to LGBTQ+ people.

The cost of living is extremely high in the city, however, making it hard to live there for many people. If cost is an issue, seeking residence in the more suburban areas in Maryland may provide similar levels of protection for those who wish to live here. Avoid moving to the Virginia side, however - the state has targeted transgender people and could further do so depending on future elections.

## 2. Colorado

person holding blue white and red striped flag



Photo by [Brielle French](#) on [Unsplash](#)

Colorado ranks among the best states for transgender individuals, owing to its legal protections. Similar to other states on this list, Colorado **has refugee protections** that

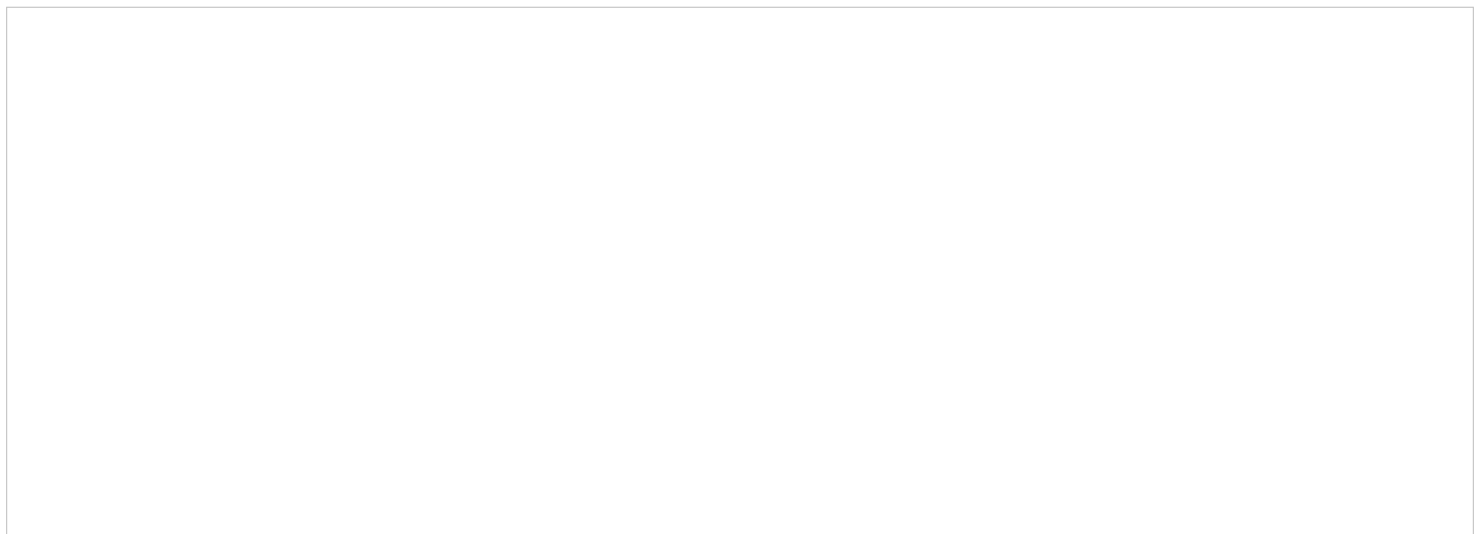
establish it as a sanctuary state. This is incredibly important given the state's proximity to criminalizing states such as Utah, Kansas, Oklahoma, and Texas. The state also boasts transgender elected leaders, such as [Representative Brianna Titone](#), a notable force for protecting transgender people in the state. Additionally, Colorado prohibits the use of the gay and trans panic defense and mandates an inclusive curriculum in schools to ensure that students learn about LGBTQ+ topics.

Colorado is one of only four states that offer [comprehensive healthcare benefits](#) in line with modern standards of care. The state requires coverage for gender-affirming facial surgery, hair removal, voice therapy, and more, including from private insurance providers. Colorado remains steadfast in protecting its transgender citizens.

Moreover, several cities within the state have received perfect scores on the HRC Municipal Equality Index. Denver, Boulder, and Fort Collins [all earned perfect scores](#) for their protections for LGBTQ+ individuals.

However, Colorado does have a high cost of living, though it drops significantly outside of major cities and mountain resort towns. It is important to note that the lower cost of living in more rural areas is accompanied by a notable increase in transphobia. Prospective residents should carefully weigh these factors when deciding on a place to live in Colorado.

## 1. Washington State





Left: [Seattle \(Wikipedia\)](#). Right ([Seattle Sounders Pride Game](#))

It would be difficult to justify placing any other state at the top of this list. Washington state was already a top-tier state for transgender individuals entering 2023, but laws passed this year firmly establish the state as the pinnacle for protecting transgender citizens. The state offers features that make it exceptional: healthcare protections, sanctuary state laws and an LGBTQ-inclusive school curriculum. It has a [law that protects trans youth runaways](#) from parents seeking to detransition them. It also has exceptional healthcare resources. The Seattle area alone boasts [34 separate informed consent gender-affirming care clinics](#), placing it among the regions with the highest number of clinics per capita.

Its culture is also inclusive for transgender individuals - this is particularly true in Seattle, where renowned LGBTQ+ neighborhoods such as Capitol Hill seem to have a higher concentration of queer residents compared to cisgender or heterosexual individuals. The state's professional soccer team, the Seattle Sounders, enjoys the support of a fervently queer fanbase that often can be found [displaying LGBTQ+ banners](#) during games. However, it's worth noting that the cost of living in Washington can be high, and caution is advised in parts of [Eastern Washington](#) where extremism can be more prevalent.

*Honorable Mentions: Hawaii, Vermont, Maryland, Connecticut, Illinois, New Mexico, New York, Massachusetts, Oregon.*

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## 46 Comments



Write a comment...



**Mainer** 11 hr ago Liked by Erin Reed

Thanks for this and for this newsletter.

I'll keep working to help Maine make this list, but we have a ways to go.

LIKE (12) REPLY ...

1 reply by Erin Reed



**Julie, Dr. Tilsen if ur nasty** 11 hr ago

Hi! Minneapolis resident and constituent of Andrea Jenkins (she is my council person) here. Andrea Jenkins is indeed a Black trans woman. She is also a sycophantic rubber stamp for all things our neoliberal, renter-hating, cop-loving mayor and other old guard centrist dems love. She is no progressive and she lost the party endorsement (on the first ballot) to a progressive candidate. I knocked doors for Andrea when she ran for her first term. It didn't take but a few weeks to see her performance in office to know I would never do that again.

LIKE (6) REPLY ...

1 reply

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