Abstract
The objective of this work is to analyze the quality of life of the households in the cities of Chihuahua and Tijuana according to the sex of the head of the household, by means of the construction of an index. A sociodemographic overview of the cities is presented, based on the ii Conteo de Población y Vivienda 2005, as well as an analysis of the quality of life in the households base on the Encuesta sobre Calidad de Vida, Competitividad y Violencia Social en Hogares de 26 Ciudades Mexicanas, applied in December of 2005. An indicator of quality of life is included, and logistic regression is applied to explain the difference in the quality levels of life in both cities and for each sex of head of the household. The regression model shows that variable sex represents a small increase in the risk of having a bad quality of life for the households directed by women in the city of Tijuana, whereas for the city of Chihuahua this increase does not appear, that is, the sex of the head of the household does not influence in the quality of life of the homes; the variables age, marital status and education are those that have a significant determination in both cities.

Keywords
Quality of life, households, female head of household, Tijuana, Chihuahua.