Black Lives Matter

Happiness

Report Card for Summer 2020
This in an invitation.

Data for people who responded they are Black or African is compared to all others.
Where do you think the happiness levels for Black and African’s will be lower?

Where do you think they will be higher?
and

Why?
We invite you to spend time exploring your thoughts, allowing for what arises. We feel this is an important step towards change to a future where race no longer matters.
At first glance...

Black and African’s scored lower on all domains except Satisfaction with Life Psychological Well-being Health, Social Support & Time Balance.
The domains where scores higher for Black & African measure what is mostly under one’s control. Meaning you can change your mind and control your behaviors and change these scores.

The domains scores where scores are lower measures life circumstances. Meaning you have little or no control or influence.
An important fact:

The data is from a convenience sampling (meaning people choose to take the Happiness Index).

It is the averages of only 562 people who took the Happiness Index and choose Black or African for the question of race in 2018 and 2019.

The averages for others is for 14,814 people who took the Happiness Index in 2018 and 2019.

That is about 3.6%.

It does represent the people who took the survey, and it is a starting place for discussion and exploration, but the data is not representative of Black and African people.
The overall average of the domains shows only a small difference between the two groups, with all others scoring about 1 point higher.

But the difference increases when the domains that measure life circumstances are averaged.
Life circumstances are important to Happiness & Well-being.

And life circumstances are often where collective action is needed for change.
Trustworthy Government

Fair Economies

Good Work

Safe Community

Sustainable & Healthy Nature
Where are the scores for Black and African lower?
Feeling discriminated against
Living paycheck to paycheck
Paid appropriately
Donating
Trust in Neighborhoods
Likeliness a lost wallet would be returned

<table>
<thead>
<tr>
<th>Perception</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling discriminated against</td>
<td>70.15</td>
</tr>
<tr>
<td>Frequency of getting by f.</td>
<td>46.65</td>
</tr>
<tr>
<td>Sense one gets paid appropriately</td>
<td>47.90</td>
</tr>
<tr>
<td>Trust in businesses i.e.</td>
<td>38.38</td>
</tr>
<tr>
<td>Donating</td>
<td>35.05</td>
</tr>
<tr>
<td>Trust in neighbors</td>
<td>27.45</td>
</tr>
<tr>
<td>Sense of likeliness</td>
<td>28.26</td>
</tr>
</tbody>
</table>
Low scores are mostly from the domains of economy and community.

Discrimination
Financial Status
Job Compensation
Safety and Trust
Giving
Connecting the dots...

indicates economic equality is key.
Where are the scores for Black and African higher?
Feel positive about oneself
Happy
Purposeful life
Optimism
Worthwhile life
What does the data mean?

- Feeling positive about self
- Happiness yesterday
- Leading a purposeful an.
- Optimism
- Things in life worthwhile
The 3% of Black or African people who took the Happiness Index in 2018 & 2019 were pretty happy compared to others when it comes to how they feel about their lives (internal circumstances)...

...and still scores for the domains that measure external circumstances were lower than others.
...and still scores for the domains that measure external circumstances were lower than others.
In two domains scores in all indicators were lower, meaning there was no upside.
We call these leverage points for change to a future where race does not matter.
More data
Stressed about personal finances
Living paycheck to paycheck
Eating less because there was not enough money
Having enough money to buy the things one wants

- Sense of stress about one’s personal finances: 47.64
- Frequency of getting by financially: 46.65
- Frequency one ate less because there was not enough money: 69.70
- Sense one has enough money to buy the things one wants: 54.14
What does the data mean?

<table>
<thead>
<tr>
<th>Average</th>
<th>Senes of stress about one’s p..</th>
<th>Frequency of getting by f..</th>
<th>Frequency one ate less because ther..</th>
<th>Sense one has have enough money to ..</th>
</tr>
</thead>
<tbody>
<tr>
<td>49.80</td>
<td>53.95</td>
<td>78.67</td>
<td>55.87</td>
<td></td>
</tr>
</tbody>
</table>
The data indicates Black and Africans are more stressed about money, more frequently get by paycheck to paycheck, more frequently eat less because there is not enough money and do not feel they have enough money to buy what they want.
Researchers* find that economic inequality brings about suffering much beyond finances, from safety to health, self-esteem to family systems.

Discrimination
Belonging to community
Personal safety
Likelihood a lost wallet would be returned

<table>
<thead>
<tr>
<th>Feeling discriminated</th>
<th>Feeling of belonging to loc.</th>
<th>Satisfaction with personal safety</th>
<th>Sense of likeliness a lost wallet would be returned</th>
</tr>
</thead>
<tbody>
<tr>
<td>70.15</td>
<td>51.75</td>
<td>64.76</td>
<td>28.26</td>
</tr>
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</table>
### What does the data mean?

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<td>45.50</td>
<td>68.77</td>
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<td>37.38</td>
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</table>
The data indicates Black and Africans feel more discriminated against, less safe and less trust in neighbors, but a higher sense of belonging to community than others, however scores for sense of belonging to community are just a little above neutral.
Findings* affirm common sense that belonging to community is core to our well-being.

What does the data mean?

<table>
<thead>
<tr>
<th>Category</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Satisfaction with work life</td>
<td>53.79</td>
</tr>
<tr>
<td>Sense one gets paid appropriately</td>
<td>52.32</td>
</tr>
<tr>
<td>Sense that one's career is good</td>
<td>51.76</td>
</tr>
<tr>
<td>Sense the conditions of work</td>
<td>55.42</td>
</tr>
<tr>
<td>Work life balance</td>
<td>50.20</td>
</tr>
</tbody>
</table>
The data indicates Black and Africans a less satisfied with work, feel that they are not paid appropriately, have worse work life balance, but are a bit better off when it comes to having the conditions for being productive.
Common sense and research* say that a job that you are satisfied with is connected to your satisfaction with life.

Trust in National Government

Trust in Local Government

Sense Local Officials Pay Attention to What People Want

Sense of Corruption in Local Government

Black or African

Average

Value

Trust in national government

Trust in local government

Sense local public officials pay att..

Sense of corruption i..
What does the data mean?

- Trust in national government: 32.67
- Trust in local government: 43.37
- Sense local public officials pay att.: 50.90
- Sense of corruption: 53.84

Average: 46.40
Others: 53.84
The data shows that Black and Africans are less satisfied with government on every level measured, where scores for everyone are already low.
Researcher* demonstrates that trustworthy and honest government is important to well-being
The foundation and inspiration of the Happiness Movement:
The ills of inequality in our economic systems.

The human right to equality.

The human right to life.

The human right to liberty.

The human right to happiness.
The Happiness Alliance provides tools, resources and knowledge for a new economic paradigm and personal happiness.

Our mission is to awaken happiness in all beings.

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