HAPPINESS IN PUBLIC POLICY

OECD 6th World Forum on Statistics, Knowledge & Policy:
The Future of Well-being

Student posters connecting happiness,
sustainability, quality of life, and policy

Happiness Alliance

PURDUE
UNIVERSITY

GEORGE
MASON
UNIVERSITY

Happiness and...

Human rights are

Happiness rights

Article 1

All human beings are born free and

equal in dignity and rights.

The standard of happiness actually depends on what one thinks. However, that does not mean one should discriminate in terms of securing equal and fundamental conditions that foster happiness. Because the right to equal opportunity to pursue happiness is a

Affect. Satisfaction with Life & Eudaimonia	• Right to Life, Liberty & the Pursuit of Happiness
Community	• Duties to the community & Freedom of expression and an option
Culture	• Right to a nationality & Freedom of religion & Right to participate in cultural life
Economy	• Right to a standard of living & Freedom of movement
Education	• Right to an education
Environment	• *Right to healthy air, clean water, and access to nature
Government	• All are equal before the law & Right to take part in the government
Health	• *Right to access to healthcare
Social Support	• Right to security in the event of unemployment & Right of equal access to public service
Time Balance	• Right to rest and leisure
Work	• Freedom from slavery and servitude & Right to work

fundamental right. Policymakers around the world should focus on practical policies aligned with the UN's Universal Declaration of Human Rights to secure people's inalienable right the pursuit of happiness, especially in the areas of health, education, government, time balance, and infrastructure.

"Not Giving Happiness, But Giving Fundamental and Equal Conditions of Happiness for All"
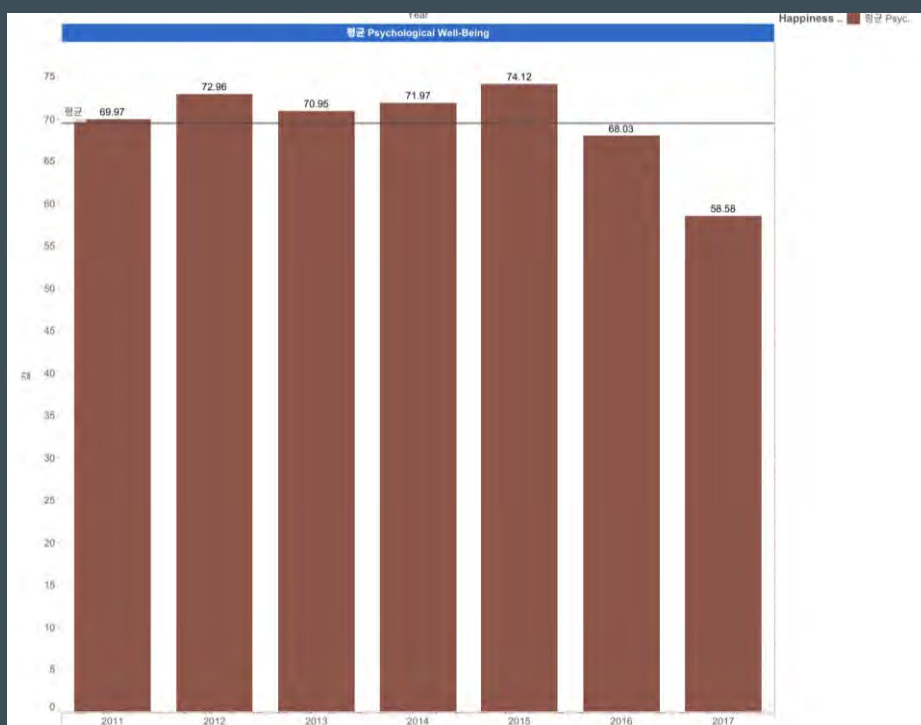
Ha Eun Choi

How Media Affects Human Happiness

Focus: public awareness campaigns about psychological well-being conducted by governments in partnership with media

<Media> - <Government>
Education + Communication

Media and government play roles in broadcasting social issues and emerging events throughout the world. The relationship between governments and social media is creating new means of communication. As there are many types of social network services as well as numerous ways to that the media delivers the news by which people encounter the news. Via social networks and social media, people communicate with each other. Multiple communications channels are contribute raising awareness, educating people and enhancing knowledge about specific issues and global matters. Governments use multiple media channels and play a role in the media system to enhance psychological wellbeing by giving people a sense of belonging into their society.

Gross National Happiness Domain Average in Psychological Well-Being 2011-2017

Example Policy 1:
UN Sustainable Development Goal (SDG) 3 includes policy regarding psychological well being. SDG Goal 3.4 is to reduce by one-third premature mortality from non-communicable diseases (which include mental health) through prevention and treatment, and promote the importance of mental health and well being by 2030.

Example Policy 2:
The non-profit Mental Health Association of New York City launched a citywide mental health program on October 2016 in partnership with the city that allows New Yorkers to call counselors 24 hours a day for free. By covering costs and providing resources, people have a chance to address mental health problems and learn to manage and enhance their mental health, reducing overall health costs in the long run.

George Mason University Korea
Heasu Lee, Jihyo Cha, Youjin Cho

How Proper Work-Life Balance Impact Korean Society's Happiness

George Mason University Korea
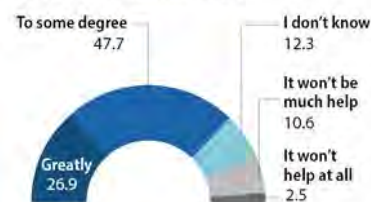Youjin Cho, Heasu Lee, Jihyo Cha

1) Korean Society Job Market Status Quo

What factors define a quality job? Unit: %

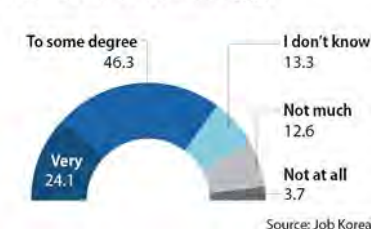|	
Good work-life balance	58.9
Generous wages and bonuses	51
Good benefits	38.4
Horizontal organizational structure	17.7
Possibility of development for the individual and the company	10.9

*Multiple answers allowed

What is the most important task in creating quality jobs? Unit: %

Improvement in corporate culture and perception change among top management	24.1
Reducing gaps between major and small companies through government support	22.1
Upgrading temporary jobs to permanent positions	14.4
Improving maternity leave policy	10.4
Expanding jobs in the public sector	10.2

How much would reducing working hours improve one's work-life balance? Unit: %

To some degree 47.7
Greatly 26.9
I don't know 12.3
It won't be much help 10.6
It won't help at all 2.5

Are you concerned that the policy to reduce working hours would hurt incomes? Unit: %

To some degree 46.3
Very 24.1
I don't know 13.3
Not much 12.6
Not at all 3.7

Source: Job Korea

http://koreajoongangdaily.joins.com/news/article/article.aspx?aid=3049547

According to the Korean job search website, Work-Life Balance was voted as the number one factor defining quality job. Starting from 2017, the new phenomenon called "워라밸" (Wo-Ra Bel), the abbreviation form of English "Work-Life Balance", was raised in the Korean job market. Jobs with decent work-life balance have features such as flextime (workers have options for when to start and end work) and vacation time with no pressure to forgo it or to stay and work late.
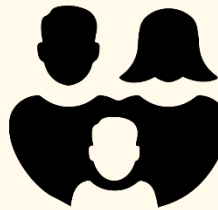
2) Prediction: Impact of Proper Work-life Balance in Korean Society

With the proper amount of work-life balance in Korean society:

For individuals:
Individuals can focus more on personal growth and self-actualizing, which will improve self-esteem and individual capacity as well as reducing anxiety and depression. People will experience more restfulness, happiness and joy in life.

For families:
Work-life balance can also lead to an alternative form of domestic division of time used in caring for children and doing household work, which is currently carried out predominantly by women in Korean society.

For society:
Community events such as local markets and fairs will flourish as people have more leisure time. Workers will have more time to develop their skills, which positively affects productivity and innovation. This phenomenon can enhance the efficiency and effectiveness of companies in Korean society.

3) Suggestion: Work-life Balance Policy Possible in Korean Society

Extra Work Policy
At the national level, extra working hours as well as weekend working hours should be limited. Currently, Korea is ranked in third place in terms of the number of working hours among OECD countries.

Parental Leave Policy
At the societal level, in Korea only one year is allowed for parental leave for each baby. However, most families, particularly mothers, experience anxiety about the impact of parental leave on work and on families on return to work.

Vacation Policy
At the governmental level, vacation time is encouraged, but there are no means to ensure that it is actually taken or applied without pressure or negative repercussions.

A Historical View of Economic and Political Str in the Wo

Angus J. Pinkerton | Purdue Universi

Abstract

In a general sense, throughout the course of human history, developments in knowledge and technology have helped to gradually raise the standard of living of the global population. At the same time, it has been noticed that there is a disparity in average standard of living between citizens of various nation-states; trends have arisen between the average standard of living and the economic and political institutions of an individual's nation-state, indicating that these societal institutions help to contribute to the average standard of living within their respective nation. In this context, average standard of living refers to a degree of wealth and material comfort on a community level.

C. 10000-2000 BCE: Development of new farming practices and technology allow more crops to be produced, increasing the sustainable population

C. 1604: The First English Enclosure Act passed, allowing private property rights and increasing crop yield, allowing a higher population

C. 1870-1914: The Second Industrial Revolution takes place on a global scale, creating new technology and improving lives of the people

C. 1970-Present: The Information Age causes an exponential growth in globalization and becomes part of standard by which quality of life is measured

C. 800 CE: The metal plough and three field system are used for the first time in Western Europe, allowing more crops to be produced

C. 1760-1830: The First Industrial starts in Great Britain, leading to a rise in mechanization, production, and urbanization of the general population

C. 1914-1945: Large scale global wars help to jumpstart an age of globalization and an end to colonization in the modern world

Country Ranking by Index

United Nations HDI (2017)

High	Low
1. Norway	185. Burundi
2. Switz.	186. Chad
3. Ireland	187. S. Sudan
4. Australia	188. C. Af. Re
5. Germany	189. Niger

World Bank GNIPPP (2017)

High	Low
1. Qatar	219. Niger
2. Singapore.	220. DRC
3. Brun. Dar.	221. Burundi
4. Kuwait	222. C. Af. Re
5. UAE	223. Liberia

CIA GDP per capita (2017)

High	Low
1. Lichten.	225. Mozamb.
2. Qatar	226. Tokelau
3. Monaco	227. DRC
4. Macau	228. C. Af. Re
5. Lux.	229. Burundi

Refere

[1] 2018 Index of Economic Freedom. (2018). Retrieved from https://www.heritage.org/index/

[2] COUNTRY COMPARISON :: GDP - PER CAPITA (PPP). (2018). Retrieved from https://www.cia.gov/library/publications/the-world-factbook/

[3] GNI per capita, PPP (current international $). (2018). Retrieved from https://data.worldbank.org/indicator/
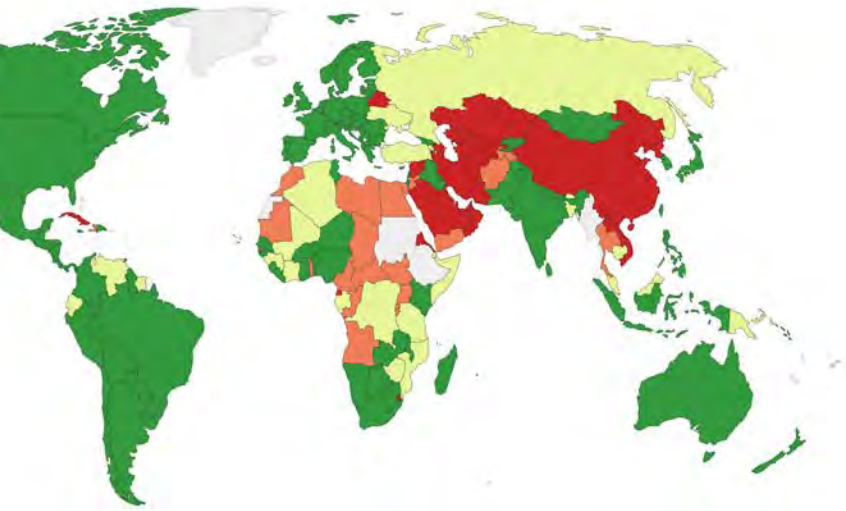
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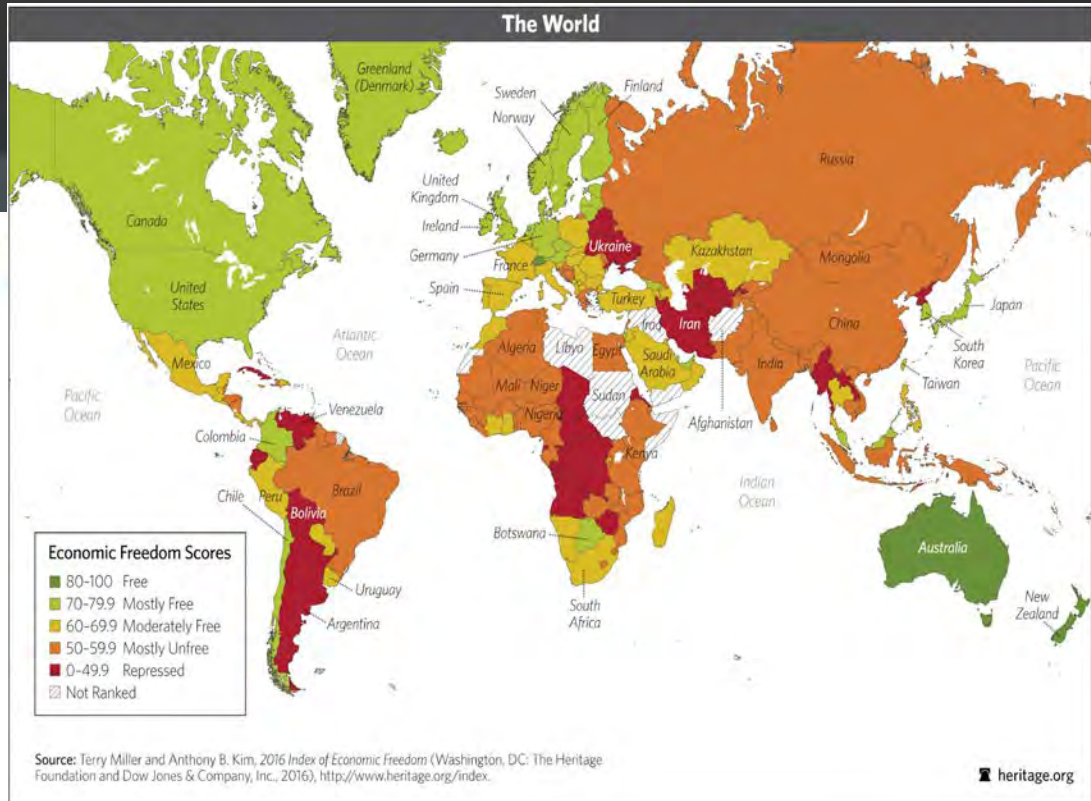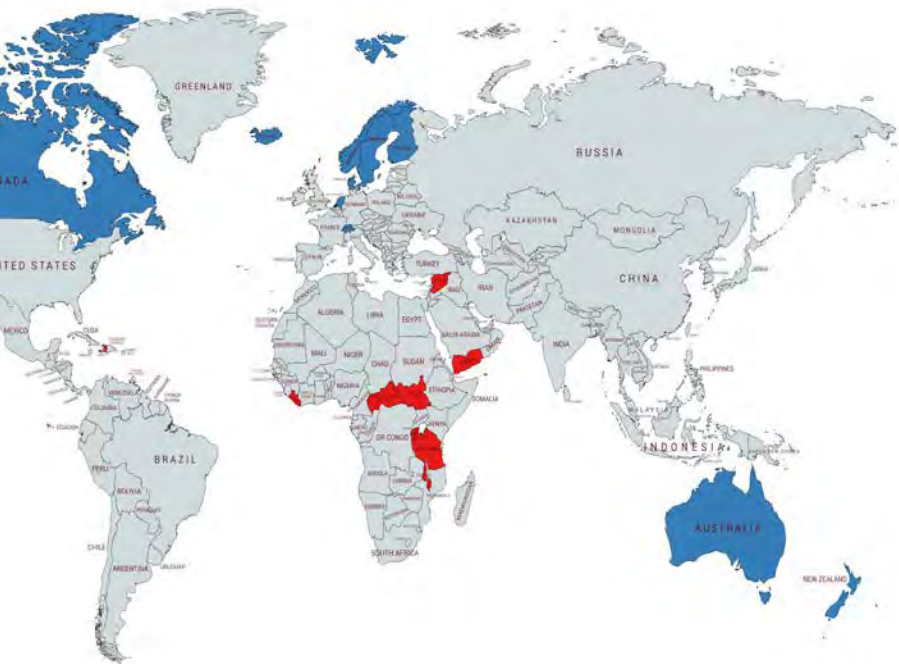# uctures and their Effects on Standard of Living
rld Today
ty | BS Civil Engineering | BA History

Regime, 2015

re classifies the type of political regime for each country on a range from -10 (full autocracy) to +10
Regimes that fall into the middle of this spectrum are called anocracies.

Our World in Data

No data	Colony	Open Anocracy (1 to 5)
	Autocracy (-10 to -6)	

egime (OWID based on Polity IV and Wimmer & Min)

OurWorldInData.org/democracy/ • CC BY-SA

d democracy entry for some discussion of the complexity in defining democracy and the limitations of this data.

Created with mapchart.net ©

The World

Economic Freedom Scores

- 80-100 Free
- 70-79.9 Mostly Free
- 60-69.9 Moderately Free
- 50-59.9 Mostly Unfree
- 0-49.9 Repressed
- Not Ranked

Source: Terry Miller and Anthony B. Kim, *2016 Index of Economic Freedom* (Washington, DC: The Heritage Foundation and Dow Jones & Company, Inc., 2016), http://www.heritage.org/index.

heritage.org

Conclusion

While different rankings use varying methods to measure standard of living, similarities can be seen as shown through the overall consistency in both the highest and lowest ranking countries. It is proposed that this is because happiness and standard of living are interconnected ideologies. Throughout history, the average standard of living has risen consistently as a result of advances in knowledge, technique, and technology; in the modern world, countries that tend to score higher on quality of life indices tend to have highly intellectual populations and access to a variety of government programs, such as universal healthcare. Countries that score lower on these indices tend to either have a troubled history, political instability, lack of access to modern technology, or a generally uneducated population, all of which impede potential economic progress within these countries. Given this, some best practice approaches for improving the standard of living within these lower ranking countries is to assist them with modernization by fostering greater access to modern technology, aiding in establishing governance and policies for well-being, and getting them involved in the process of globalization, all of which should contribute to their economic growth. This in turn should help to raise their standard of living and thus, their quality of life and happiness.
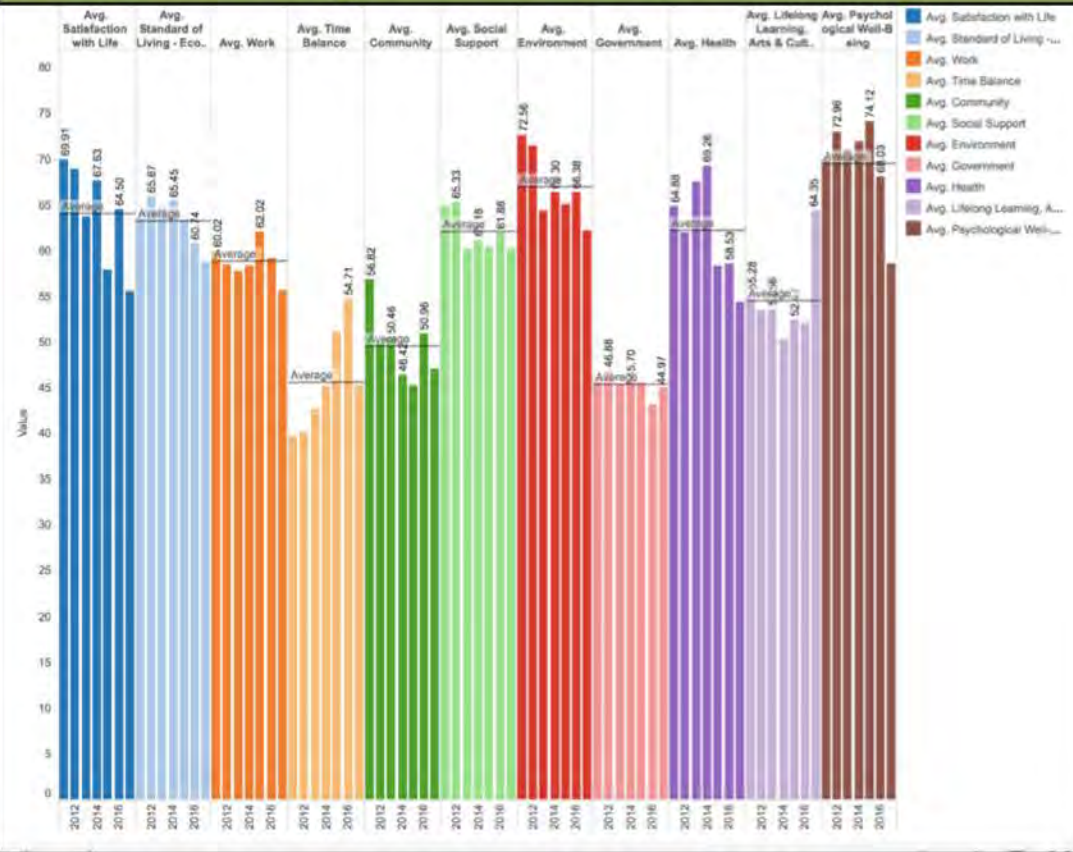
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fe? (2018). Retrieved from http://www.oecdbetterlifeindex.org/
Development Reports. (2018). Retrieved from http://hdr.undp.org/en/composite/HDI
M. (2018). The short history of global living conditions and why it matters that we know it. Retrieved from https://ourworldindata.org/
appiness Report. (2018, March 14). World Happiness Report 2018. Retrieved from http://worldhappiness.report/ed/2018/

"Come to the Table": Cultivating Food

Marly

"The happiness movemen
systems are structu

A Ne

Figure 1 – Gross National Happiness Index Domain Averages for 2011-2017

AVAILABILITY: Food co-
stabilizer

- **Policy + Programs: Incent
  in areas with higher popu
  foods, inclusive dietary re**

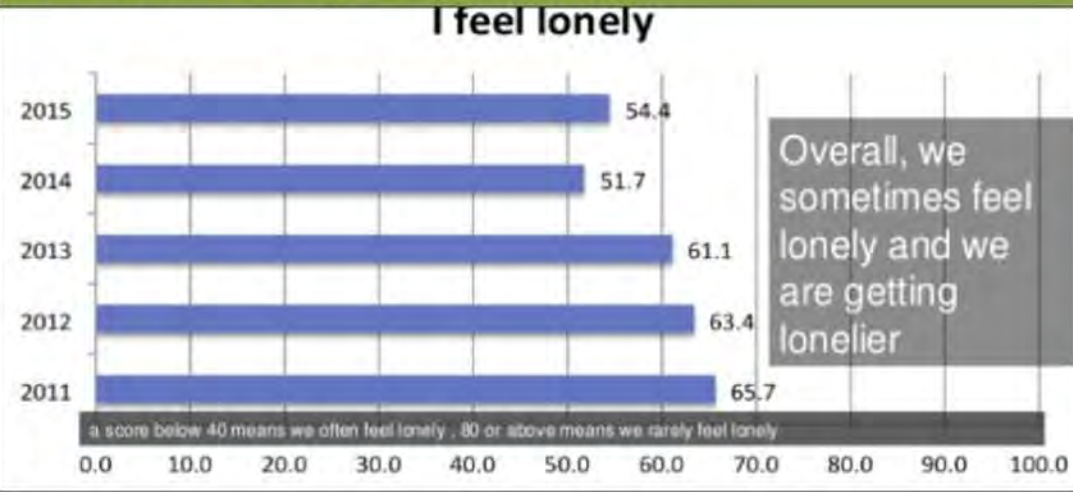**PRODUCTION:** Urb
grow culturally sign

- **Policy + Programs: 7
  Ordinance with ince**

COOKING: S
culture tran

- **Policy+ Prog
  can come to**

Figure 2 – Gross National Happiness Scores: Response to how often Participants relate to the statement, "I feel lonely"

I feel lonely

2015	54.4
2014	51.7
2013	61.1
2012	63.4
2011	65.7

Overall, we sometimes feel lonely and we are getting lonelier

a score below 40 means we often feel lonely , 80 or above means we rarely feel lonely

0.0   10.0   20.0   30.0   40.0   50.0   60.0   70.0   80.0   90.0   100.0

**CONS
stay
stron**

- **Poli
  spac**

Food is linked to both physical and emotional well-being.

Therefore, food can be used as a medium to cultivate community – especially in for im
concepts take inspiration from lessons from traditional food systems of indigenous gro
building initiatives.

d Moments that Enhance Community
 Beck

t represents a new paradigm where social, economic, and environmental
red to encourage human well-being in a sustainable environment."

w Approach with Food:

creates identity and is a cultural

ives to international grocery stores
ulation of immigrants; Celebrate local
ecommendations

an gardens provide opportunity to
nificant crops, share cultural practices

Zoning for urban gardens, Local Agricultural
ntives for minority groups

hared cooking is method for generational
sfer and builds relationship

rams: Cooking prep spaces where communities
gether

SUMPTION: Those who eat socially feel happier,
engaged with their community and form
nger relationships

cy + Programs: Multi-use zoning, community meal
ces, Meals on Wheels

migrants and displaced persons. These
ups, food sovereignty, and successful peace-

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Hadjiyanni, Tasoulla, and Kristin Helle. "Kitchens as Cultural Mediums: The Food Experiences of Mexican Immigrants in Minnesota ." *Housing and Soicety*, vol. 35, no. 2, 2008, doi:10.1080/08882746.2008.11430640.
Musikanski, Laura. "Happiness in Public Policy." *Journal of Social Change*, vol. 6, no. 1, 2014, pp. 55–85., doi: 10.5590/JOSC.2014.06.1.06.

Introduction

It is generally accepted that food is a human right[1]. Hunger and obesity are challenges we face in almost every country. Many factors play into the obesity or hunger in an individual. The World Health Organization reports that there are approximately 1.9 adults who are overweight and 462 million underweight[2]. When looking at the well being of a community and it's happiness it is important to understand the role of food and good nutrition. Without proper nutrition health issues can develop that precipitate other burdens on general well being and negatively impact individual and familial happiness.

Figure 7.3: Rate of Adult Obesity in the United States, Various Periods, 1960–2015

Source: OECD Health Statistics

Accessing Healthy and Fresh Food

Having the ability to get to where the food is purchased or having enough funds to pay for the at market price impact obesity and hunger of the community. Accessibility to a food center is an important consideration because around 5% of the population of rich countries is a farmer, meaning they do not have means to rely on growing their own food. Additionally in poorer countries up to 2/3rds of the population is agrarian but are unable to rely on the crop they go for a full nutritious diet.
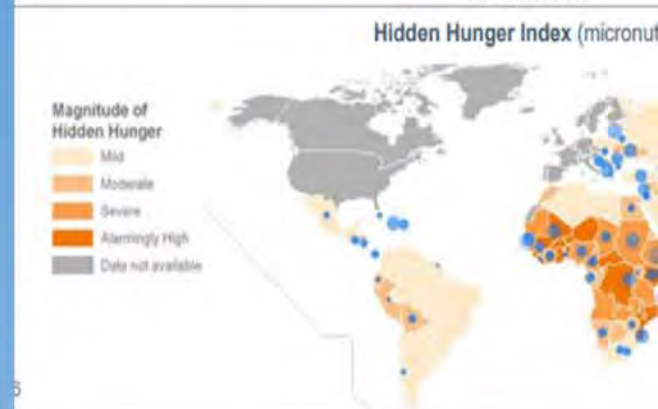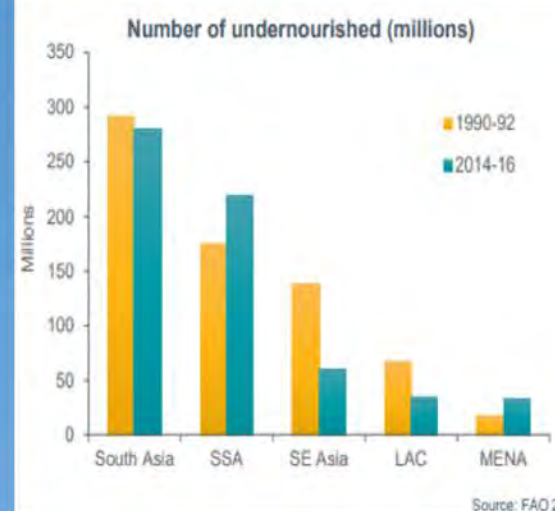
Number of undernourished (millions)

1990-92
2014-16

South Asia   SSA   SE Asia   LAC   MENA

Source: FAO 2015

Food Banks

In the United States we heavily rely on food banks to feed those who are food insecure[3]. However this is not a long-term solution and are ill fitting models for many rural agrarian communities. Food Banks typically rely on a mix of both government money and charity. Depending on the available funds and food being donated the foods provide can be high in sodium or calories which can only antagonize the problem of micronutrient deficiencies or obesity.

Hidden Hunger Index (micronu...

Magnitude of
Hidden Hunger
Mild
Moderate
Severe
Alarmingly High
Data not available

Community Supported Agriculture (CSA)

Found typically in the form of a subscription that is paid for in advance, it is a good way to support the food grown more locally [4]. Different models can be used to fit the needs of the local community. This generally increases access and is a positive impact to well being.
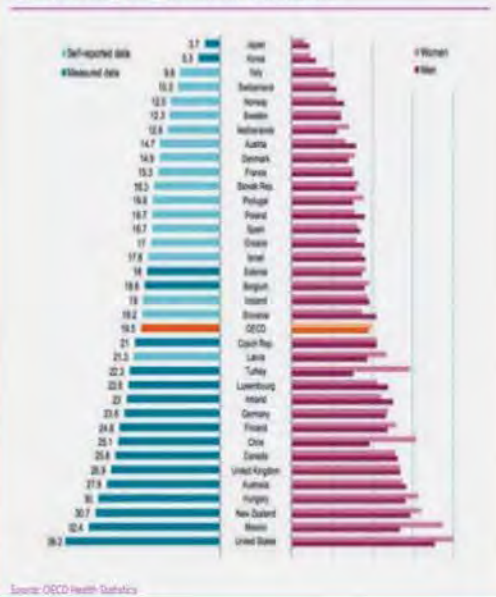
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Published Feb. 2018 (3.) Hunger's New Staple – Feeding Am...
FERRIER, MARK BAILEY, IAIN J. GORDON, SHUAI SONG, JIKU...
LIU, ZHAOZHONG FENG, ZHIBIN ZHANG SCIENCE ADVANCES
6.. Jaime S. Foster, Kari Adamsons, Rachel L. Vollmer & Amy
mothers, Journal of Hunger & Environmental Nutrition (7)
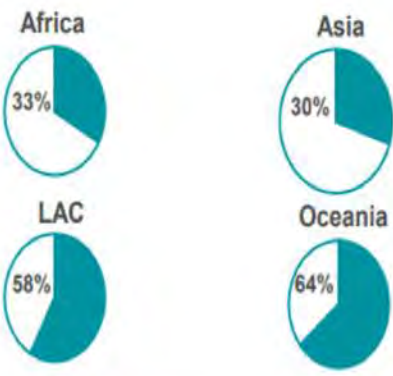
ood: How Access To Food Impacts

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Figure 7.2: Obesity Among Adults, 2015 or Nearest Year

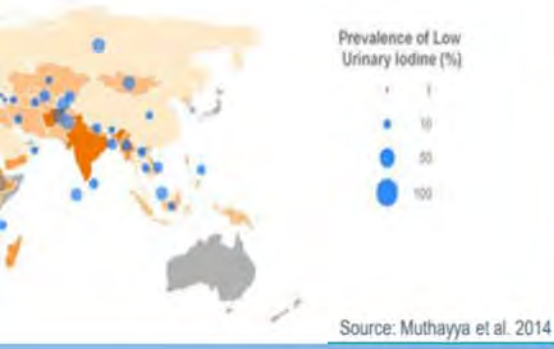Prevalence of adult overweight, 2014

Source: WHO 2015

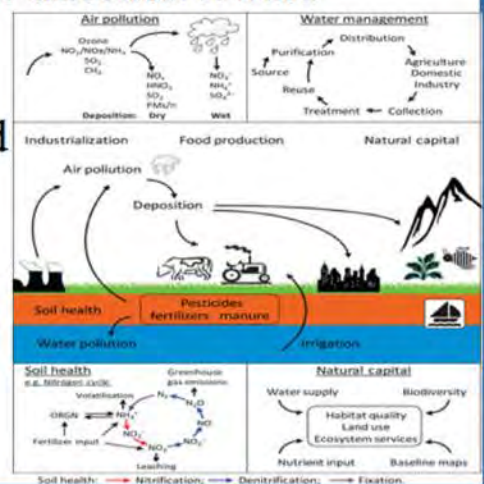rient deficiencies)

Prevalence of Low Urinary Iodine (%)

Source: Muthayya et al. 2014

(2.) World Health Organization fact sheet.
ericas(4.) YLONG LU, ALAN JENKINS, ROBERT C.
N HUANG, SHAOFENG JIA, FUSUO ZHANG, XUEJUN
20 FEB 2015 (5). Roger Thurow, The First 1000 days
R. Mobley (2018) A pilot study of low-income

Sustainability

Many studies have been conducted to determine how to create the most sustainable food system. China is currently making efforts to develop a sustainable food system for their very large population [5]. They are using environmental and economic policy to shape the direction toward resource management. As the globe becomes more conscious of the importance the health and what the next generation will be challenged by us have made important strides to correct the current damage. Communities can be negatively impacted when unstainable agriculture practices are used over an extended period. The system also includes the food getting to the table with no contaminates.

Stunting

Stunting is when children do not receive the proper nutrition in the first few years of their life which leads to mental and physical stunting. This is typically manifested in shorter people or lowered mental capacity. The most crucial time is in the first 1000 days, starting at conception. This means that if the mother is not getting proper nutrition the child is at increased risk. The detriment to well being and happiness is significant on multiple levels. Stunted children are more susceptible to illness which leads to medical costs and exposing community members [7]. Stunted children are less likely to be able to contribute to the skilled workforce, negatively impacting the economy, creating a perpetual cycle.

Climate Change Impacts

One of many challenges that farmers across the world are facing: how will more severe weather impact the long term growing of food.
Although sustainable practices in food systems can improve yields in the long term, we need better practices to fight climate change itself [8]. Food shortages could become more common on the global level leading to steep declines in well being and happiness as more and more people require food assistance.

How do Corporate Policies Affect Happiness?

By: Jeremy Dewell

Current State of Business:
- The average person will work approximately 90,000 hours spanning 43 years throughout their life time
- 92% of managers report working more than their contracted hours. Even just one additional hour per day equates to approximately 29 days extra each year
- Nearly 70% of all employees are disengaged with their jobs
- According to a Career Builder survey 2 in 5 employees report gaining weight in their current job
- Stress from work is estimated to be the fifth leading cause of death in the U.S. and in Japan hundreds of employees die each year from karoshi, or death by overwork
- American workers forfeited nearly 50% of their paid vacation time in 2017

Happiness Index Questions to Explore:
- All things considered, how satisfied are you with your current work life?
  - 47% are satisfied or very satisfied
- How satisfied are you with the balance between the time you spend on your job and the time you spend on other aspects of your life?
  - 40% are satisfied or very satisfied
- Considering all my efforts and achievements in my job I feel I get paid appropriately?
  - 42.7% agree or strongly agree

Key Factors in Workplace Satisfaction:
- Quality of compensation
- Work-life balance
- Job variety and ability to learn new things
- Job security and social capital
- Amount of safety and health risks

Policy Suggestions:
- Implement a cost of living based minimum wage
- Set work week allowance to help employees obtain a work/life balance
- Create and enforce a law mandating overtime pay
- Continue to strengthen workplace safety

Happy Workers are 20% more productive

Citations:
"HAPPINESS ALLIANCE." *HAPPINESS ALLIANCE*
Premack, Rachel. "17 Seriously Disturbing Facts about Your Job." *Business Insider*, Business Insider, 2 Aug. 2018
"New Study Shows We Work Harder When We Are Happy." *Warwick*
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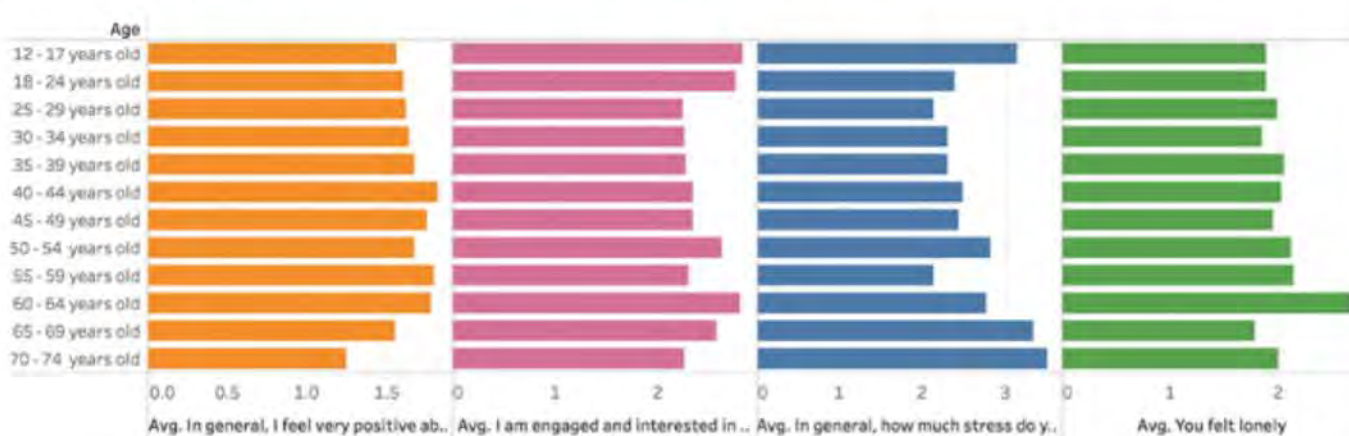
ARE YOU HAPPY NOW?

Mental Health Care

Your happiness depends on your mental health

1. What are the determinates of happiness?

Money can't buy happiness after a certain point (Easterlin, 2001)Happiness depends on mental heath (Layard et.al., 2018)

On a scale of 1-5, people who score low on feeling positive about themselves also feel disengaged, stressed and lonely. Data gathered from the Happiness Alliance's Happiness Index convenience sample.

2. How can we be happy?

Prioritize mental health equally with physical health (Layard et.al., 2018)

3. Happiness Policies for Mental Health from the Global Happiness Policy Report 2018:

Positive management of employees with managers trained to recognize mental illness and help employees get mental health care.

All governments provide people a mental health plan. Gross cost would be 0.1% of GDP and net cost would be negative.

Governments worldwide raise awareness and destigmatize mental health care.

Early treatment of mental illness, provided in schools and other places where young people are.

Our mission is to awaken happiness in all beings.

tools
resources
knowledge sharing

Happiness Alliance

happycounts.org