

## Survey Takers

Between March 29 and May 11 in 2022, 778 surveys were taken in Khumbu Pasang Lhamu Rural Municipality (KPLRM). 652 surveys were completely finished. Surveys were considered completely finished if all questions were answered or the survey was finished to 90%, or all demographics questions answered and some questions answered. 126 surveys were partially completed. The finish rate is 84%, meaning 16% of surveys were not completed to at least 90% or demographic questions were not answered. This is an excellent finish rate. For more information about the data see APPENDIX A: About the Data; APPENDIX B: Demographics; and APPENDIX C: Accessing data reliability through Comparisons.

Data Collected in KPLRM between March 29 - May 11, 2022	
Total surveys taken	778
Completed surveys	652
Partially completed surveys	126
Finish rate	84%

## Wards

647 survey takers responded to the ward question.

Ward 2 had 223 survey takers, 17 of whom indicated they lived in two or more wards. Ward 3 had 178 survey takers, 11 of whom indicated they lived in two or more wards. Ward 4 had 106 survey takers, 12 of whom indicated they lived in two or more wards. Ward 5 had 140 survey takes, 13 of whom indicated they lived in two or more wards. 15 survey respondents indicated they lived in two or more wards (multiple). Scores for those who lived in more than one ward were included, based on the assumption that some people have more than one abode.

For villages not listed, no respondents chose that village. This does not necessarily mean no one from the village responded, as respondents could choose whether or not to answer questions.

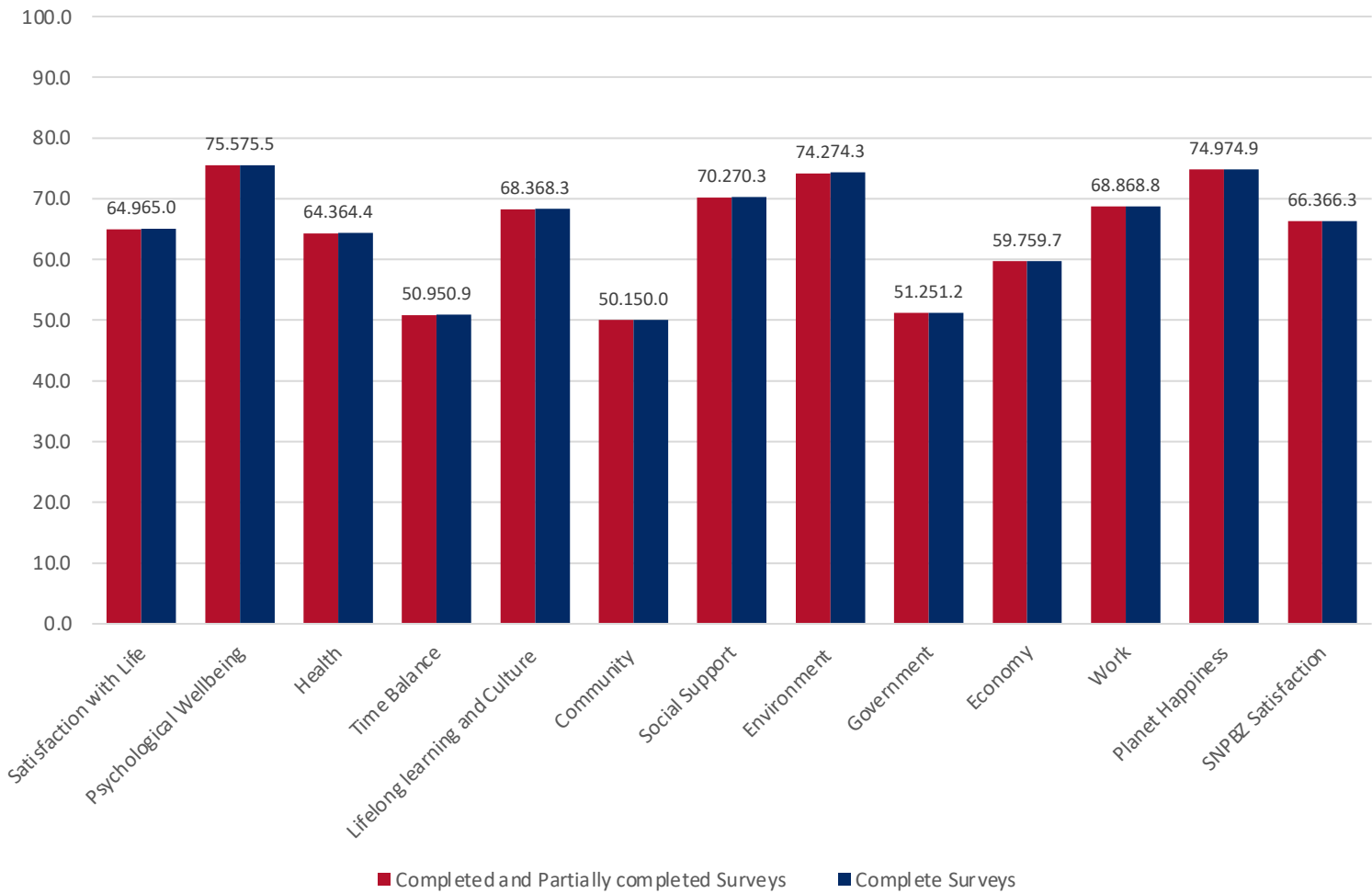
Ward 2	Count	Multiple		Ward 3	Count	Multiple
Lukla	203	15		Charikharka	88	5
Surke	19	2		Benkar	42	
Namche	1			Monjo	29	
				Jorsale	9	
Ward 4	Count	Multiple		Thulo	7	5
Khumjung	48	7		Sano Gumilla	2	1
Phortse	41			Ghat	1	
Khunde	9	2				
Tengboche	2	2		Ward 5	Count	Multiple
Pangboche	2			Namche	125	11
Dingboche	2			Thamo	10	
Dole	1	1		Thami	4	2
Periche	1			Phurtse	1	

**NOTE:** This report includes some policy implications. All such are provided as food for thought and are in **no way** offered as expert advice. This data report is provided in the spirit of encouraging and inspiring ideas for policy and action implications from people in KPLRM.

## KPLRM Samples

The difference in domain scores between completed surveys and all surveys (completed surveys and partially completed surveys) is an average of 0.03 points. Because the responses for those who partially finished a survey reflect those respondents' wellbeing, this report includes data for both completed surveys and partially completed surveys. All scores are on a scale of 0-100, with 100 being the best "happiest" possible score and zero the worst possible score.

KPLRM sample differences



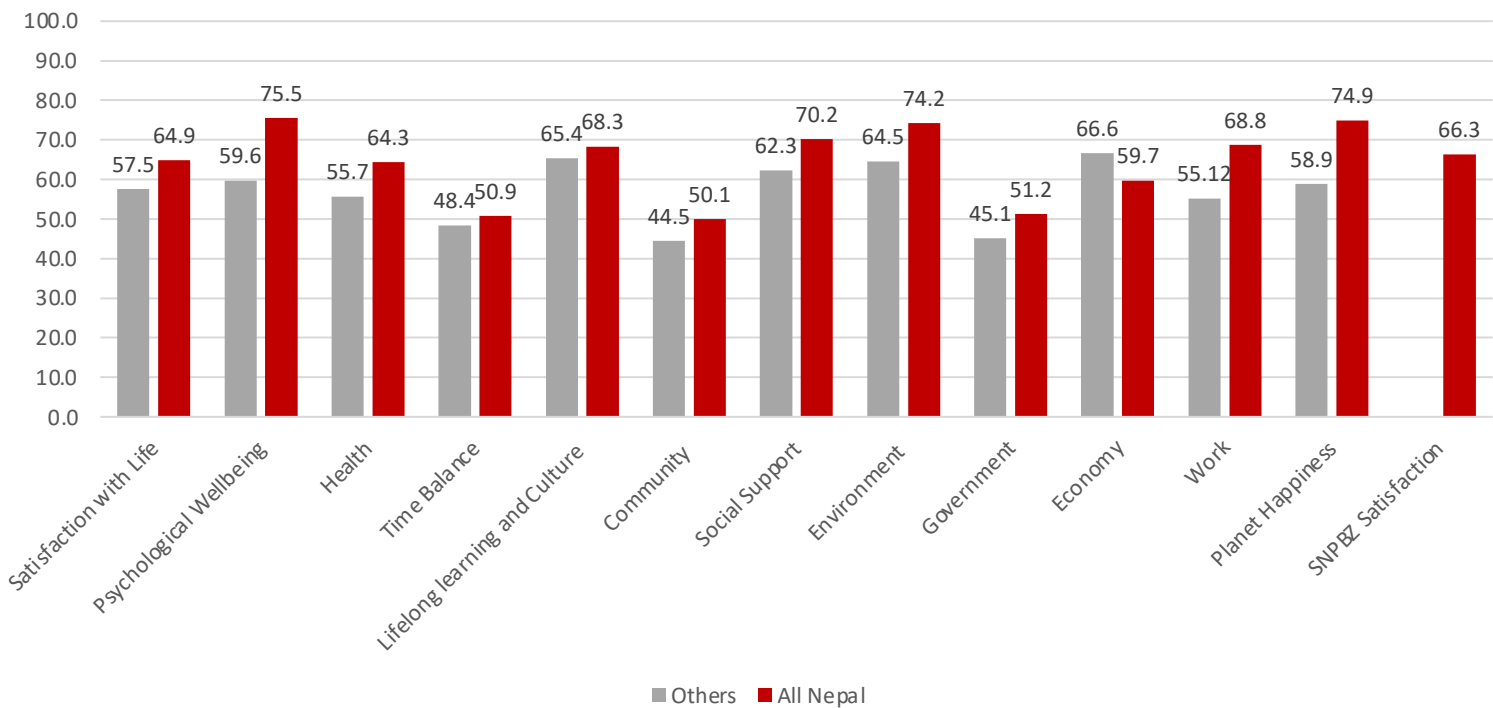
Domains	Completed and Partially Completed Surveys	Complete Surveys	Difference
Satisfaction with Life	64.9	65.0	-0.099
Psychological Wellbeing	75.5	75.5	-0.048
Health	64.3	64.4	-0.053
Time Balance	50.9	50.9	-0.062
Lifelong learning and Culture	68.3	68.3	-0.013
Community	50.1	50.0	0.069
Social Support	70.2	70.3	-0.066
Environment	74.2	74.3	-0.122
Government	51.2	51.2	-0.013
Economy	59.7	59.7	-0.032
Work	68.8	68.8	0.013
Planet Happiness	74.9	74.9	-0.009
SNPZ Satisfaction	66.3	66.3	0.001

## Domain Scores for KPLRM Compared to Others and Some Implications

Between March 29 – May 11, 2022 between 1673 and 1084 respondents took the Happiness Index. Of those, 719 answered the Planet Happiness questions (“others”). Of the others, 1092 answered the question for nation where they lived. Others came from 53 different countries; 59% were from the United States, 10% from the United Kingdom, 6% from Australia, and 4% from the United Arab Emirates and India respectively, and all others came from 48 other nations.

Overall average domain scores for 778 survey takers in KPLRM are 7.9% higher scores for others who took the Happiness Index on between March 29 – May 11, 2022. Average of all domains for KPLRM was 64.4, not including SNPBZ satisfaction, Average for others was 57.9. Average is computed by averaging the scores for every domain, except SNPBZ satisfaction.

Domain Scores for KPLRM and Others March 29 - May 11, 2022



Survey takers from KPLRM scored higher than others in every domain except Economy.

Score for KPLRM were 15.9 points higher than others in both domains of Psychological Well-being and Planet Happiness Tourism questions. Scores for KPLRM were 13.6 points higher in the domain of Work; 9.7 points higher in the domain of Environment; and 8.6 higher in the domain of Health. Survey takers from KPLRM scored 6.9 points lower than others in the domain of Economy.

The differences between KPLRM’s scores and those of others imply that tourism creates value for people in KPLRM in many ways but that if it created greater economic value to the people, their wellbeing may increase.

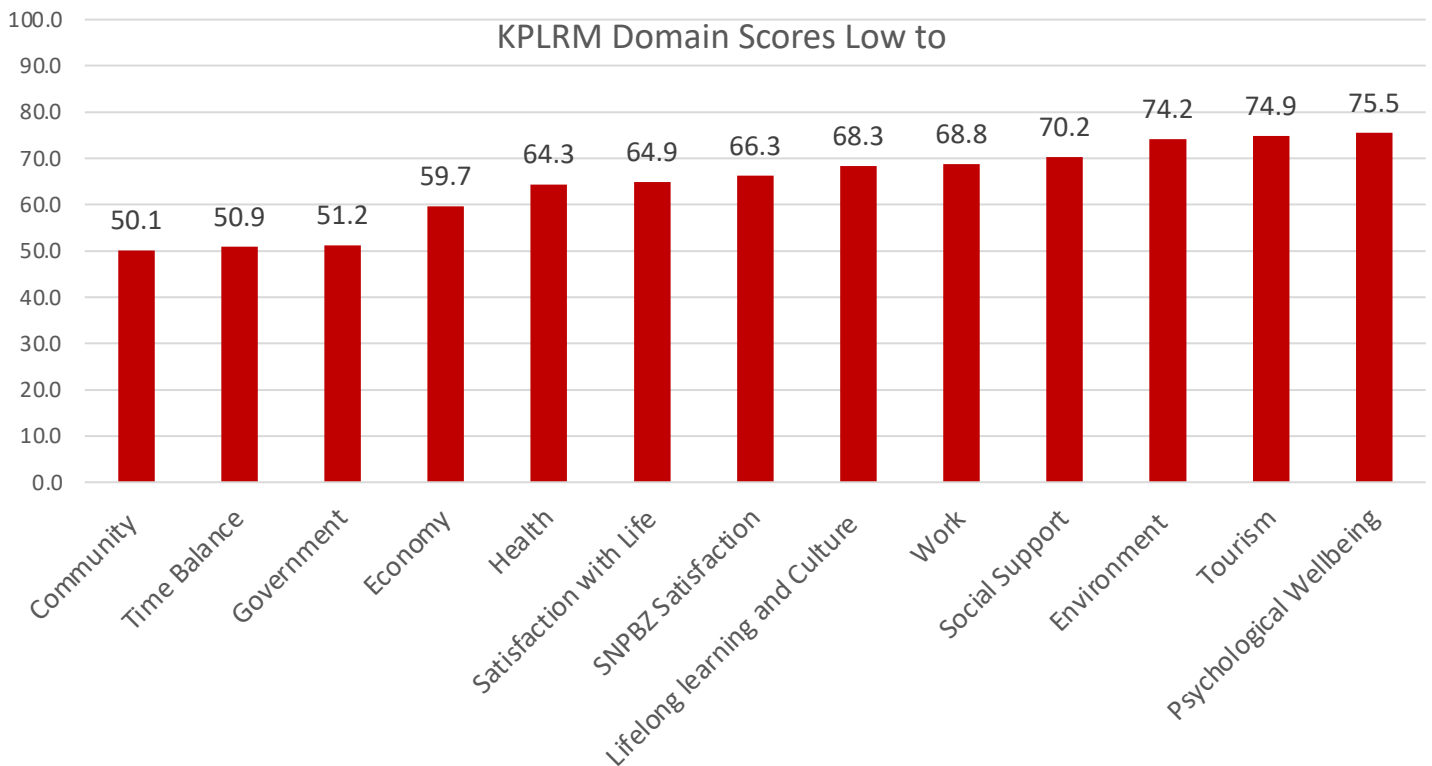
Domains	Others	KPLRM
Satisfaction with Life	57.5	64.9
Psychological Wellbeing	59.6	75.5
Health	55.7	64.3
Time Balance	48.4	50.9
Lifelong learning and Culture	65.4	68.3
Community	44.5	50.1
Social Support	62.3	70.2
Environment	64.5	74.2
Government	45.1	51.2
Economy	66.6	59.7
Work	55.12	68.8
Planet Happiness	58.9	74.9
SNPBZ Satisfaction		66.3

## All KPLRM Domain Scores Low to High and Some Implications

Domain scores for all respondents who took the survey arranged from low to high scores depict areas for improvement and strengths to build upon. KPLRM’s scores are low in the domains of Community, Time Balance and Government, and high in the domains of Psychological Wellbeing, Tourism, and Environment. Domain scores are the average of the questions in a domain. For more information about the scores see APPENDIX D: All Question Scores in the Happiness Index adapted for KPLRM to access scores for every question.

The data suggests that one means of building upon strengths could be government or agency coordinated efforts to bring community members together with the aim of furthering ecotourism, whereby tourism contributes to the conservation, preservation or restoration of natural settings, or efforts towards “tourism with a purpose,” whereby community members engage with tourists in efforts that give both tourists and community members a sense of purpose and meaning in life, such as by helping to build a community center or other public structure; tutoring youth; helping support animal husbandry, and other activities that foster long term and enriching relationships.

Time Balance is a domain in which low scores tend to be epidemic across geographies and demographics. Interventions that can provide people with an opportunity to relax and enjoy themselves as well as foster community and trust in government are government or agency supported hyper-local fun festivals, such as a music, food or traditional ways festival, which may include quirky and engaging activities such as an ugliest dog competition, a wife carrying race, (broken) cell phone throwing completion or similarly funny competitions.\* At a policy level, scores in the domain of Time Balance may also be improved with policies that ensure workers have vacation time, sick leave, maximum hours worked a week, and adequate breaks each day. Such policies are often only effective when enforced for employers and incentivized for independent workers.

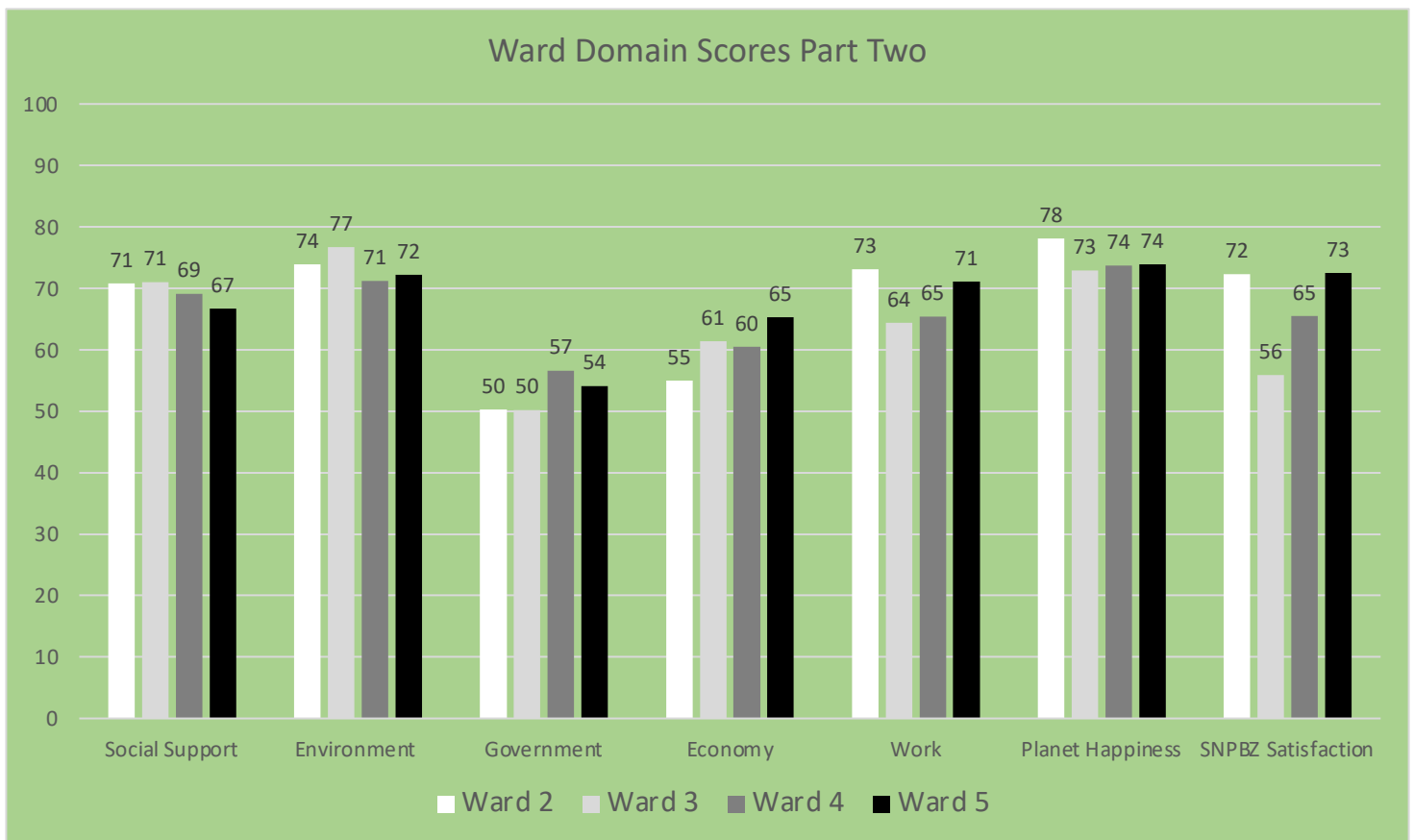
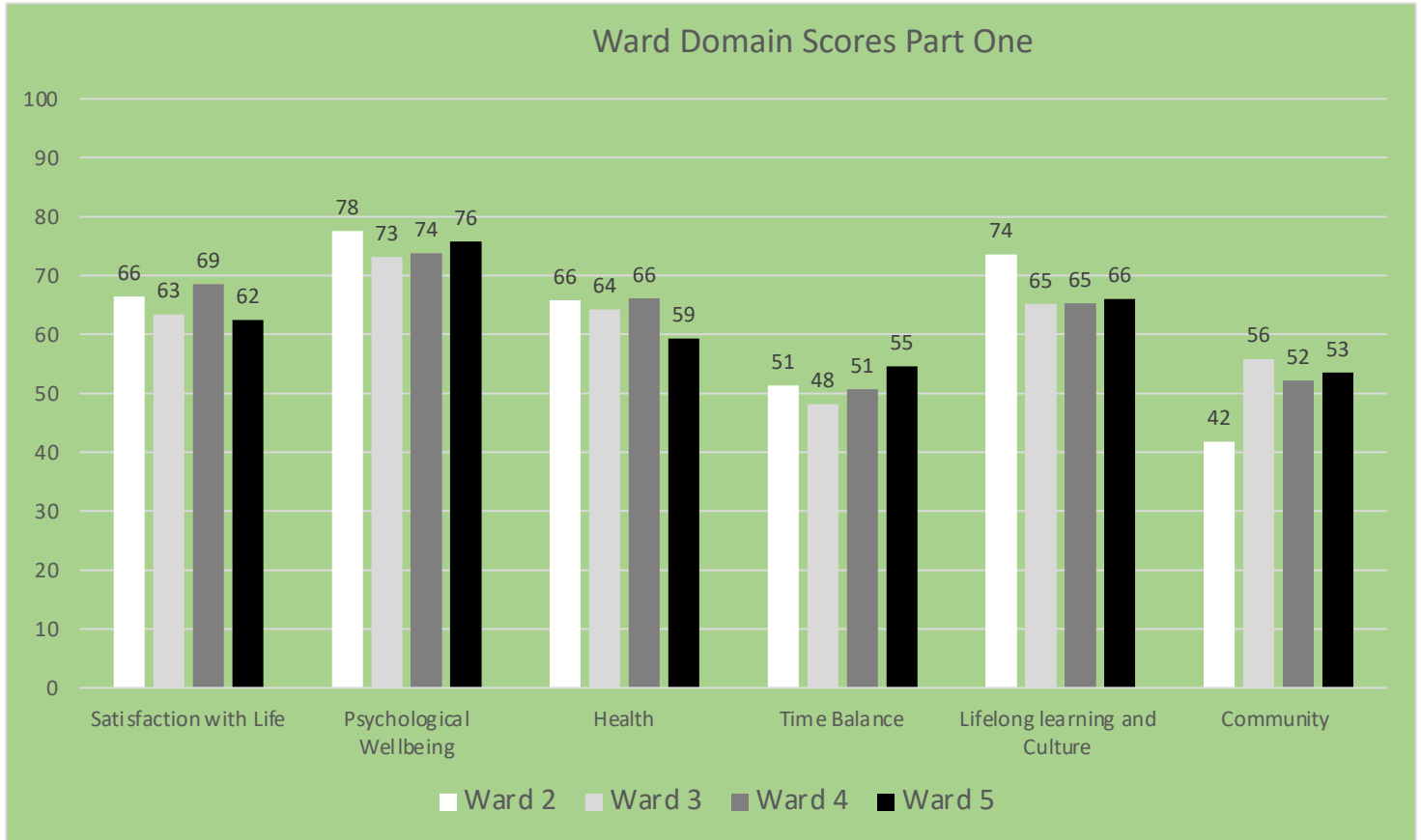


Scores for the domain of Community to all of KPLRM surveys										
Sense of belonging in community	Trust in neighbors	Trust in business	Sense that people are trustworthy (will return your lost wallet)	Satisfaction with safety	How often you volunteer	How often you donate	Satisfaction with personal relationships	Sense people care about you	Feeling loved	Feeling lonely
66.7	52.1	43.6	34.8	72.5	37.1	43.7	72.6	75.7	71.4	61.1

\* Weird Competitions Around the World. [stacker.com/stories/3529/25-weird-competitions-around-world](http://stacker.com/stories/3529/25-weird-competitions-around-world)

## Ward Overall Domain Scores

The ward with the fewest survey takers was Ward 4 with 106 surveys taken, while the ward with the most surveys taken was Ward 2 with 223. Overall domain (average of all domains) scores for Ward 2 was 65.4; Ward 3 was 63.3, Ward 4 was 64.5; and Ward 5 was 65.2. The greatest difference in overall average between wards was between Ward 2 with the highest score and Ward 3 with the lowest, with a difference of 2.1 points. This is a small difference might be explained by the sample size. The difference between domains within wards provides more information.



## Differences between Ward Domain Scores and Implications

Between wards, the domain with the largest difference is SNPZ satisfaction, with Ward 5 scoring 16.6 points higher than Ward 3 (scores are on a scale of 0-100). The domain with the second largest difference is Community, with Ward 3 scoring 14 points higher than Ward 2. Ward 5 scored higher in Economy by 10.2 points than Ward 2.

<i>Domains</i>	<i>Ward 2</i>	<i>Ward 3</i>	<i>Ward 4</i>	<i>Ward 5</i>	<i>Greatest Differences</i>
<b>Satisfaction with Life</b>	66.5	63.3	68.5	62.4	6.1
<b>Psychological Wellbeing</b>	<b>77.5</b>	73.2	73.8	75.8	4.4
<b>Health</b>	65.8	64.2	66.1	59.3	6.5
<b>Time Balance</b>	51.4	<b>48.2</b>	50.7	54.6	6.4
<b>Lifelong and Culture</b>	73.6	65.1	65.3	66.0	8.5
<b>Community</b>	<b>41.8</b>	55.8	52.2	53.5	14.0
<b>Social Support</b>	70.8	71.0	69.1	66.7	4.3
<b>Environment</b>	73.9	76.7	71.2	72.2	5.5
<b>Government</b>	50.3	50.2	56.6	54.1	6.4
<b>Economy</b>	55.0	61.3	60.5	65.3	10.2
<b>Work</b>	73.1	64.4	65.4	71.1	8.7
<b>Planet Happiness</b>	<b>78.1</b>	72.9	73.8	73.9	5.2
<b>SNPBZ Satisfaction</b>	72.3	55.9	65.5	72.5	16.6
<b>Overall average</b>	65.4	63.3	64.5	65.2	

The ward with the lowest score in any domain is Ward 2 with a score of 41.8 in the domain of Community. For the other wards, scores in the domain of Community hover no more than 5.8 points above neutral (50 out of 100). Neutral means people are neither satisfied nor dissatisfied.

The second lowest score in any domain is 48.2 in the domain of Time Balance for Ward 3. For the other wards, the scores hover no more than 4.6 above neutral, which means people are neither satisfied nor dissatisfied with the time balance in their lives.

The ward with the highest score in any domain is Ward 2 with a score of 78.1 for the tourism. Other wards also score in the seventies for this domain, which indicates an overall satisfaction with tourism. However, it should be noted that Ward 2 scores lower than the other wards in the domain of Economy, with a score of 55.0 compared to scores of the other wards being in the sixties, indicating close to neutral satisfaction in the domain of Economy for Ward 2

The second highest score in any domain is Psychological Wellbeing for Ward 2 with a score of 77.5, with the other wards scoring in the lower to mid seventies, indicating all wards are satisfied in the domain of Psychological Wellbeing.

The domains in which wards are not thriving include Community, Time Balance, and Government, with scores in the 50s or a bit below. The domain of Economy also has a score that warrants attention, with scores ranging from 55 in Ward 2 to 65.3 in Ward 5. Improving scores in these domains could make life better for the people in these wards. Policies that ensure revenues and profits from tourism business are kept in the community and equitably distributed could help to improve scores in both domains of Economy and Government for these wards. The domains in which wards are thriving are Psychological Wellbeing, Environment and Tourism. Improving scores in the domains of Community, Time Balance, Government and Economy via policies and interventions related to the domains of Psychological Wellbeing, Environment and Tourism could improve multiple aspects of people's wellbeing. The use of a wellbeing screening tool to determine if the benefits outweigh the costs is an example of a policy that could be beneficial in the short and long term and across domains. An example of such a screening tool is included in the APPENDIX E: Example Wellbeing Screening Tool. Another policy that may aid in improving people's wellbeing would be to regularly gather wellbeing data, and to measure the impacts of policies and other actions with this data. Although such data does not perfectly measure impacts, it is better than no data. For further discussion of this issue, see the last paragraph in APPENDIX C: Accessing Data Reliability Through Comparisons.

Analyzing data for scores for the questions for all of KPLRM as well as for differences between wards can also provide more direction for policies and interventions.



## Question Scores - High Scores and Some implications.

High scores are determined as those 75 or above. A score of 75 indicates “satisfied” and a score of 100 indicates “very satisfied.” Scores of 75 and above can be understood to reflect flourishing and wellbeing. Optimally, all people would have scores in the range of 75 in all questions, or close thereto. Realistically, circumstances whereby all people have scores over 50 (above neutral) are a worthy and honorable goal.

For KPLRM, there are high scores for eleven questions. On average, more questions have scores over 50 than under, with 85% of scores 50 and above and with 9 out of 60, or 16% of scores below about 50. High scores do not mean that is nothing is needed, as there are challenges to wellbeing facing KPLRM and all of humanity, from climate change to corruption, greed and tyranny. High scores can serve as directions for positive change to preserve humanity, care for nature, and safeguard the future of ecosystems that support human and other life.

Scores for KPLRM indicate that working to promote responsible and sustainable tourism gives people a sense of purpose, empowers them to meets their needs and ensures they are treated as an important part of their community, and thus presents great opportunities for wellbeing among people in KPLRM.

High Scores for All of KPLRM Survey Takers on a scale of 0-100 with 100 being most satisfied and "happy."										
Purpose and meaning in live	Engagement	Feeling optimistic	Feeling positive about yourself	Feelings of discrimination	Sense people care about you	Satisfaction with opportunities to enjoy nature	Satisfaction with air quality	Going hungry	Number of Tourists	Local jobs created by tourism
76.02	74.96	77.03	76.32	76.88	75.72	78.43	78.08	82.37	90.99	80.26

Ward 2 has more high scores than the other wards, with 18 questions having high scores. (Ward 2 also has more low scores than the other wards, with 10 questions having low scores, among these only three with scores below 40). High scores in Ward 2 provide insights into another dimension of what contributes to people’s wellbeing. Specifically, having a sense of accomplishment, feeling that people are cared for, being productive and having autonomy at work, all point the way for policy and interventions to maintaining and improving the wellbeing of KPLRM residents.

Ward 5 has the highest scores among all wards, with a score of 95.5 for the number of tourists and 90.48 for going hungry (meaning few people go hungry). The question for number of tourists departs from the other questions in that it is on a three point scale, with 100 indicating a desire for the

WARD 4					
Feeling positive about yourself	Sense people care about you	Satisfaction with opportunities to enjoy nature	Going hungry	Number of Tourists	Local jobs created by tourism
78.00	74.75	74.75	90.48	95.50	79.37

number of tourists to increase, 50 indicating a desire for the number of tourists to stay the same, and zero indicates a desire for the number of tourists to decline.

WARD 3								
Feeling optimistic	Feelings of discrimination	Sense people care about you	Satisfaction with opportunities to enjoy nature	Satisfaction with air quality	Going hungry	Satisfaction with tourism	Number of Tourists	Local jobs created by tourism
75.78	82.14	75.00	81.59	81.34	86.82	76.10	89.23	83.38

Ward 5’s high scores indicate that when people have positive associations with the number of tourists, they enjoy greater wellbeing. Thus, ensuring that tourism positively impacts local people's wellbeing is important.

WARD 5											
Purpose and meaning in live	Engagement	Feeling optimistic	Feeling positive about yourself	Satisfaction with safety	Sense people care about you	Satisfaction with opportunities to enjoy nature	Satisfaction with air quality	Going hungry	Autonomy at work	Number of Tourists	Local jobs created by tourism
78.47	75.74	76.14	76.12	78.89	76.28	75.90	77.72	80.36	76.44	86.82	79.60

WARD 2																	
Purpose and meaning in live	Engagement	Feeling optimistic	Sense of accomplishment	Feeling positive about yourself	Having energy	Feelings of discrimination	Sense people care about you	Satisfaction with opportunities to enjoy nature	Satisfaction with air quality	Going hungry	Productive conditions at work	Autonomy at work	Satisfaction with tourism	Number of Tourists	Local jobs created by tourism	Tourism promotes local culture	Tourism promotes local product production
77.17	77.28	79.47	75.91	77.73	75.00	85.80	76.92	78.62	76.01	76.35	77.60	77.58	76.45	92.53	78.17	75.00	76.16



## Question Scores - Low Scores and Some Implications.

In this report low scores are below 50. A score of 50 is neutral, a scores of 25 indicates "unsatisfied" and a scores of zero indicates "very unsatisfied." For all KPLRM respondents, lowest scores were in response to the question that gauges trust in people in their community, which is measured by "the wallet question." The score of 34.82 implies people by and large do not think it likely that their wallet would be returned. The wallet question is "Imagine that you lost a wallet or purse that contained two hundred dollars. Please indicate how likely you think it would be to have all of your money returned to you if it was found by someone who lives close by." Research has shown that the rate of wallet- return is greater than people expect and that the relationship between trust and wellbeing warrant further attention.\* Other questions where scores are low were in volunteerism, at 37.1; and sense of feeling rushed, at 38.65. Less than satisfactory but bridging close to neutral are scores for the questions of trust in national government at 42.64; how often a person donates money at 43.68; sense of corruption in local government, at 44.03; sense of having enough money at 47.84 and just getting by financially at 48.92.

The data indicate policies and interventions that encourage neighbors and community members to help each other to meet needs (from sustenance, safety and belonging to esteem, self-actualization and transcendence) may improve wellbeing. Transcendence needs are often met by helping someone. An intervention could be a government or agency supported mentoring program to promote more sustainable forms of tourism, such as experienced people mentoring the inexperienced to start or expand careers in tourism. See APPENDIX D: All Question Scores in the Happiness Index Adapted for KPLRM for scores for every question.

Low Scores for All of KPLRM Survey Takers on a scale of 0-100 with 100 being most satisfied and "happy."							
Wallet question	How often you volunteer	Feeling rushed	Trust in national government	How often you donate	Seen of corruption in local government	Sense of having enough money	Just getting by financially
34.82	37.10	38.65	42.64	43.68	44.03	47.85	48.92

Among the Wards, Ward 2 had the most low scores and the lowest score of all domains, with a score of 19.68 for the lost wallet question. Other low scores in Ward 2 are frequency volunteering at 27.05; trust in business at 30.57 and trust in neighbors at 34.16. Scores for Ward 2 may indicate threats to good relations within the community among people of the ward. Further investigation into these issues and efforts to build trusting relationships may be fruitful.

WARD 3		
Feeling rushed	Seen of corruption in local government	Trust in national government
39.38	42.54	42.66

Wards 3, 4 and 5, like Ward 2, score low in the questions for which there are low scores for all of KPLRM.

WARD 4		
How often you donate	Just getting by financially	Feeling rushed
36.75	40.57	40.93

Ward 5 scores for anxiety are relatively low, at 39.70, warranting investigation into causes for anxiety, and means to address these.

WARD 5		
Feeling rushed	How often you donate	Anxiety
36.87	39.15	39.70

Ward 4 scores for getting by financially are relatively low, at 40.57, warranting investigation into factors that contribute to financial distress. Many of these factors are measurable with objective indicators, such as cost of housing, healthcare, transportation, education, and other means of meeting needs.

WARD 2									
Sense that people are trustworthy (will return your lost wallet)	How often you volunteer	Trust in business	Trust in neighbors	Feeling rushed	Sense of having enough money	Trust in national government	Feeling healthy	How often you donate	Seen of corruption in local government
19.68	27.05	30.57	34.16	38.46	40.58	40.61	41.06	41.82	44.71

## Tourism Domain Scores and Some Implications

Scores in the Tourism domain are relatively high, indicating people feel, for the most part, positively about tourism. Among these, the questions with the lowest scores are for agreement with the statement “*There are policies, strategies and programs that promote sustainable use of natural resources for tourism at my site*” at 68.1 and the statement “*Tourism promotes production of local products at my site*” at 69.6. While these scores are not low, they do imply room for improvement to people’s wellbeing with policies and programs that encourage the production, promotion and sale of local eco-friendly products and services, as well as policies that require and enforce sustainable practices and financial return to local residents.

PLANET HAPPINESS TOURISM QUESTIONS						
Satisfaction with tourism	Number of Tourists	Local jobs created by tourism	Tourism promotes local entrepreneurship	Tourism promotes local culture	Tourism promotes local product production	Policies for sustainable use of resource for tourism
72.0	91.0	80.3	71.3	69.6	71.8	68.1

The question with the highest score is “*Compared to pre COVID-19, the number of tourists to the SNPBZ should: increase, stay the same, decrease*” with a score of 91.0. This question was answered by 616 people, of whom 85.4% (526) want the number of tourists to increase, 11% (68) want the numbers to stay the same, and 7.6% (47) want the number of tourists to decrease.

Among the 47 who wanted the number of tourists to decrease, six live in Ward 2, 13 in Ward 3, two in Ward 4, and 4 in Ward 5, with two survey takers choosing more than one ward in which they lived, making for a total of 22 from the wards. A little less than half (47%) chose zero for this question. One survey taker has a higher salary than the equivalent of \$10,000 USD a year, and 44 have salaries below the equivalent of \$10,000 USD a year. Respondents who chose zero for this question scored higher than other people from KPLRM in most questions except for the questions of interest in work, where they scored 7 points lower, spending time doing things they enjoy, where they scored 7.8 points lower, feelings of happiness where they scored 8.2 points lower, and sense of having plenty of spare time where they scored 15.6 points lower. When answering the question for what the greatest threat to SNPBZ, three chose “*Too many tourists,*” seven chose “*Climate Change*” and 11 chose issues related to Sherpas.

Thus, the scores may imply that people who do not have rewarding work have negative attitudes towards the number of tourists in their area. Options to address this may include improved access to skill development and learning opportunities; mentoring programs; and greater availability of rewarding jobs. Harvard Online Courses, FutureLearn, Coursera, Learn That, Free Code Camp, and the SBA Learning Center are just a few free or lowcost options for learning and skill development.\*\*\* Also, an agency could create a KPLRM channel on YouTube that produces videos to help community members develop skills in such topics as animal husbandry, Sherpa skill building, etc. Programs to ensure communities have internet access and community members have adequate devices for online learning would facilitate this intervention.

Population	Interest in work	Spending time doing things you enjoy	Happiness	Sense of having plenty of spare time
Survey takers who want the number of tourists to decrease	55.6	52.4	58.5	38.1
KPLRM	62.7	60.2	66.7	53.7

## SNPBZ Scores and Responses and Some Implications – Animal Husbandry

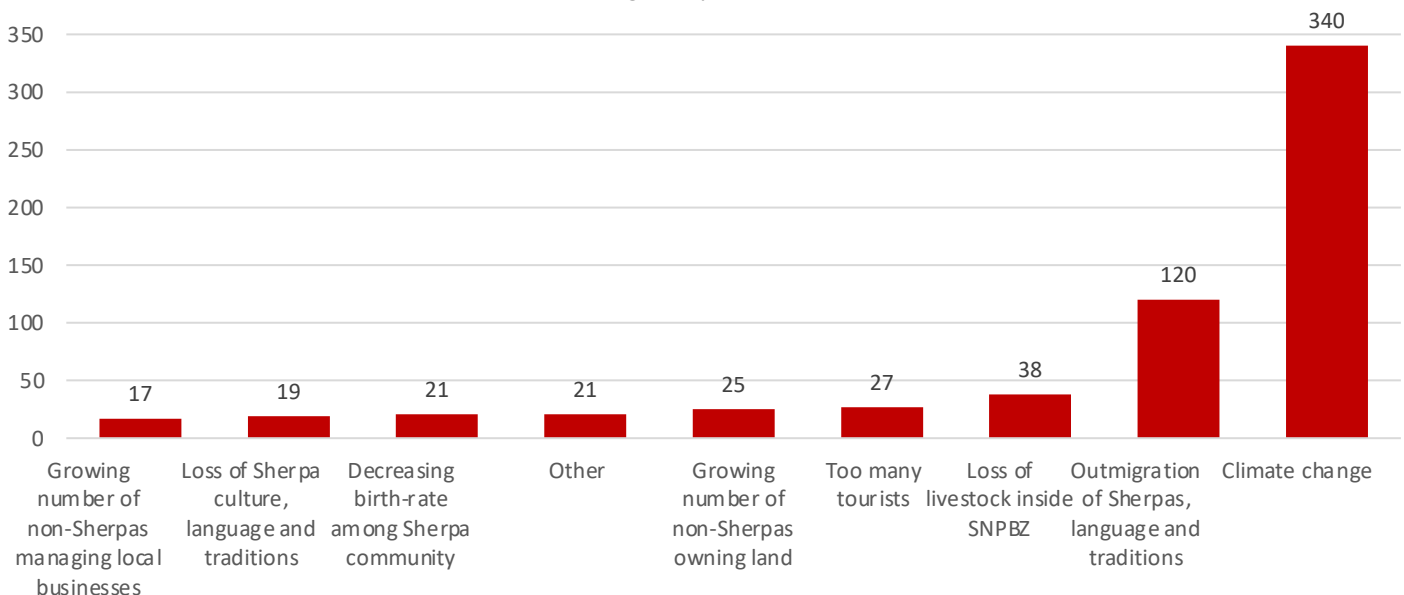
The SNPBZ domain included three questions about satisfaction with quality of school education, basic health services and management of SNPBZ.

Scores for the three questions fall in the mid to upper 60s, indicating a degree of satisfaction. A score of 75 indicates satisfaction and a score of 50 indicates neither satisfied nor dissatisfied. Scores for Wards 2 and 5 are in the seventies, whereas scores for Wards 3 are in the fifties and for Ward 4 in the sixties. Scores for trust in local government are lower than those for satisfaction with management of SNPBZ, for the KPLRM survey takers (44), and in Ward 2 (50.2) and Ward 5 (61.3), whereas Ward 3's scores are slightly higher at 57.3 and Ward 4's are close to the same at 67.4. One thing the data implies is partnerships between local government, SNPBZ management, and community members may be well received by the community. Such partnerships may extend from joint applications for funding to improve people's well-being, joint business ventures and fostering people's capacity for meaningful work in tourism.

	Quality of school education	Basic health services	Management of SNPBZ
KPLRM	66.6	65.3	67.0
Number of responses (includes Wards 2, 3, 4 and 5) for KPLRM	637	623	630
Ward 2	70.7	72.3	73.9
Number of responses for Ward 2	222	213	218
Ward 3	58.3	54.1	55.3
Number of responses for Ward 3	201	199	199
Ward 4	66.3	64.1	66.0
Number of responses for Ward 4	103	103	103
Ward 5	73.4	71.5	72.6
Number of responses for Ward 5	139	135	138

The SNPBZ domain includes a questions asking "What do you feel is the greatest threat to community wellbeing in the SNPBZ" with eight answer choices (see chart below). There are 628 responses to this question. "Climate Change" was chosen 340 times for 54% of responses, Sherpa related issues were chosen 202 times for 32% of responses, "Loss of livestock..." was chosen 38 times for 6% of responses, "Too many tourists" was chosen 27 times for 4% of responses and "Other" 21 times for 3%.

Responses to the question "What do you feel is the greatest threat to community wellbeing in the SNPBZ? "



The data indicates that where animal husbandry and loss of livestock are priorities for entities or individuals, efforts to restore livestock should be tied to Climate Change action as well as preservation and restoration of Sherpa culture. Researchers indicate programs such as agroforestry, rainwater harvesting, and community capacity building can help to address climate change and restore livestock.\* When Sherpas and other community members involved in tourism are engaged in such programs, they develop skills that expand their efficacy which also contributes to feelings of cultural worth, pride and retention.

\*Poudel et al. (2013) Adapting Livestock Production Systems to Climate Change in KPLRM: Challenges and Opportunities. Proceedings of the 22nd International Grassland Congress. [tinyurl.com/ycypudan](http://tinyurl.com/ycypudan)

## SNPBZ Scores and Responses and Some Implications – Climate Change and Helicopters

The SNPBZ domain included open-ended questions for respondents to identify their greatest concerns related to Climate Change. Some respondents provided more than one concern. Concerns were synthesized and grouped to reveal a total of 27 issues.

63% of concerns are related to the environment.

Some of concerns, such as Lack of Time to Reverse Climate Change, Weather Change, Glacier and Snow Melt, Overpopulation, Unsustainable Growth of Capitalism and Diseases require global-scale action for which, extremely unfortunately and shamefully is trending in a destructive direction due to some nation's decisions and actions.

Other concerns, such as flood control, garbage and plastic use management, forest and environmental preservation and restoration, and wild animal protection are within the influence and control of communities, local and national governments and other entities, and may represent opportunities for growth in the market for responsible tourism.

Another implications is that Climate Change related disaster preparedness would be a wise and beneficial activity to engage in at the individual, village community, province and national level. Such preparations could range from bio-mimicry based flood control efforts on rivers, training for health care workers to prepare for diseases, agricultural climate change adaption programs, as well as information and resources for individuals to be ready to cope with natural disasters.

Greatest Climate Change concern	# Responses
Access to Water	5
Agriculture	5
Air pollution	8
Beauty destruction	1
Climate Change	74
Conflict	1
Deforestation	3
Diseases	3
Earthquakes	12
Environmental destruction	18
Floods	24
Forest fires	2
Garbage Management	7
Glacier and snow melt	21
Growth of capitalism - unsustainably	3
Lack of time to reverse Climate Change	7
Landslides	6
Loss of tourism	1
Loss of wild animals	20
Natural disasters	2
Overpopulation	7
Plastic use	3
Pollution	29
Poverty and displacement	9
Water access	8
Weather change	44
Total Responses	332

The frequency at which respondents identified concerns may indicate community member's willingness to participate in climate change related activities, and so point the way for communicating and engaging community members.

The Tourism domain also included an open field question for comments. Two comments directly mentioned helicopters:

- Most of the tourists nowadays travel by helicopter that creates unemployment in local community.
- Use helicopters for emergency services only.

A dominant theme that the data reveals is how important it is that tourism positively impact the wellbeing of local people in villages and province. One comment captures this in a succinct way:

*“While the increase in tourism is beneficial to the community and the economy as a whole, everyone is not equally benefitting. The government and private sector benefit the most while local people - even with employment opportunities - are not benefitting as much. Moreover, only villages that are a tourist spots are benefitting, leaving entire villages at a disadvantage” (slightly edited).*

Policies and actions related to tourism that protect and strengthen individual and community wellbeing could include support and incentives for local entrepreneurship, as well as regulation and incentives, and potential disincentives, to ensure all tourism business equitably benefit communities. Other comments are included below to provide further inspiration and insights into policies and actions that may be beneficial to community wellbeing.

## Planet Happiness Tourism Comments - Ideas for Community Wellbeing from the Community

There is much to learn from community wisdom. One way to harvest that wisdom is to ask questions. The opened-ended question asked in the Tourism domain was: “*Would you like to make any comments about tourism in your site?*” Responses provided by KPLRM’s community members are arranged below to inspire ideas, policies and actions that aim to maintain or improve community well-being. The comments have been edited for consistency and readability.

*Tourism is one of our most important sectors and it should be promoted, and there should be policies, programs and regulations that ensure steady and secure growth in this sector. Tourism development contributes to our economic and social livelihood. Tourism makes life happier and easier for our people. There are opportunities for growth in domestic tourism as well as international tourism.*

*Villages that have not benefited from tourism should be developed for tourism and promoted to attract tourists. When amenities are built, such as airports, they should be built in areas and ways that ensure no village is at a disadvantage.*

*All villages in the province have the potential to benefit from tourism and should equally and equitably enjoy the benefits of tourism. Tourism provides employment opportunities for everyone in our region and many other benefits. Policies and programs should be developed and implemented to extract every possible value that tourism offers to benefit of the wellbeing of our people. Another way tourism provides wellbeing benefits occurs when tourists develop relationships with families and become long term sponsors to children.*

*Some of the features that help a village to attract tourists, in addition to the wonderful views and quiet nature of a village include well equipped and quality hotels lodges and homestay choices; restaurants with organic and local food; trekking agencies; cultural events such as dances, good internet and access to electricity and a close-by hospital. Some of these features present opportunities to villagers for entrepreneurship so that they directly benefit from tourism. Villages that create impressive visiting areas also attract tourists. To make things easier for tourists, a policy should be adopted for making the prices for hotels, lodges, homestays, and restaurants public so tourists can estimate cost of their trip. Another factor that helps villages attract tourists is when villagers learn how to welcome guests. We can promote our culture by painting stone manes, which makes our villages more attractive and enables tourists to experience our local culture. Within villages and between them, as well as into the mountains, it should be a priority to maintain and develop roads to make it convenient for tourists to walk, as walking – and trekking – is an important part of the value we have to offer tourists. Use of helicopters and other automated ways to access the mountains should be discouraged or limited to emergency use only. There should be more construction of viewpoints and the protection of cultural structures should be a high priority for governmental agencies and communities. Other aspects of our heritage should also be preserved, from traditions to buildings and sites of special significance. . At a governmental, community and individual level, we should make every effort for sustainable tourism today. Governmental laws and regulations that support, sustainable tourism and tourism that benefits communities, and the protection our culture and heritage should be enforced*

*Some features that are detrimental to the wellbeing of communities and shared benefits from tourism include unhealthy competition among locals, particularly where collaboration for local business development would yield positive results for all, such as through the formation of local village chambers of commerce. When bad-actor tourists visit a village and the lands, the community suffers, but when good tourist visit, the community is better off. Thus, there should be clear criteria and expectations for tourists to know how to be a good tourist, and good tourists should be rewarded, such as through acknowledgement and expanded opportunities to engage in the community.*

## APPENDIX A: About the Data

Data for this report was gathered between 29<sup>th</sup> March and 11<sup>th</sup> May, 2022 in KPLRM Wards 2,3, 4 and 5. Data was gathered by enumerators sharing survey links (while connected to the internet) to the Happiness Index adapted for KPLRM to include questions about tourism and satisfaction with the SNPZB. Data was entered into a proprietary MySQL database on AWS, owned and protected by the Happiness Alliance.

There were 60 scored questions in the KPLRM survey. 53 questions are on a 1-5 Likert scale. Six questions are scaled on an eleven-point scale from zero to ten scale. One question is on a three-point scale. Data for this report was re-scaled onto a 0-100 scale, with 0 being the worst score and 100 the highest (“happiest”) score. For the Likert scale one is rescaled to zero, two to 25, three to 50, four to 75 and five to 100. For the eleven-point scale, zero is scaled to zero, one to 10, two to 20 and so on. For the three-point scale, the highest, middle, and lowest scores were 100, 50 and 0 respectively.

All data for the report is scaled so that a higher scores is “happier.’ For example, a high score for the question of happiness indicates happiness and a high-score for the question of anxiety indicates not feeling anxious. Similarly, a high score for trust in business indicates having trust and a high score for the question about perception of corruption in government indicates perceiving the government to not be corrupt.

All data in this report is anonymized to protect the personal and private information of respondents and ensure no respondents can be individually identified. Access to the data sheet for analysis was carried out under the European Union’s General Data Protection Regulation, the strongest code the Happiness Alliance is aware of for protecting private and personal data.\*

The data in this report was gathered through a convenience sampling. Convenience sampling is a sampling of people who choose to take the survey, as opposed to a random sampling in which people are chosen by random to participate. Convenience sampling has been found to be a reliable means of gathering data, meaning one can trust that people gave honest answers.\*\*

Random samplings may be considered a reliable method for gathering data that can be trusted to represent a population. However, often random samplings have significant bias. The only true way to assess the state of a population is to gather data from everybody in a population, similar to what a census does. Optimally, national and local governments would regularly gather the data in this report or similar data from everybody in their population and use the data for public policy and action. A convenience sampling represents the state of the people who took the survey. It may or may not represent the state of the entire population in which the people who took the survey belong.

One way to assess data from a convenience sampling is to compare it to data gathered through a random sampling. Large differences can indicate that data from a convenience sampling is representative only of those who took the survey, whereas smaller differences can indicate data may represent those who took the survey as well as the population to which they belong. See APPENDIX C : Accessing Data Reliability Through Comparisons

\*Complete guide to GDPR compliance at [gdpr.eu](https://gdpr.eu)

\* Kim, S., Weaver, D., & Willnat, L. (2000). Media Reporting and Perceived Credibility of Online Polls, *Journalism & Mass Communication*, 77 (4) 846-864, doi [10.1177/107769900007700408](https://doi.org/10.1177/107769900007700408)

## APPENDIX B: Demographics – Age and Gender

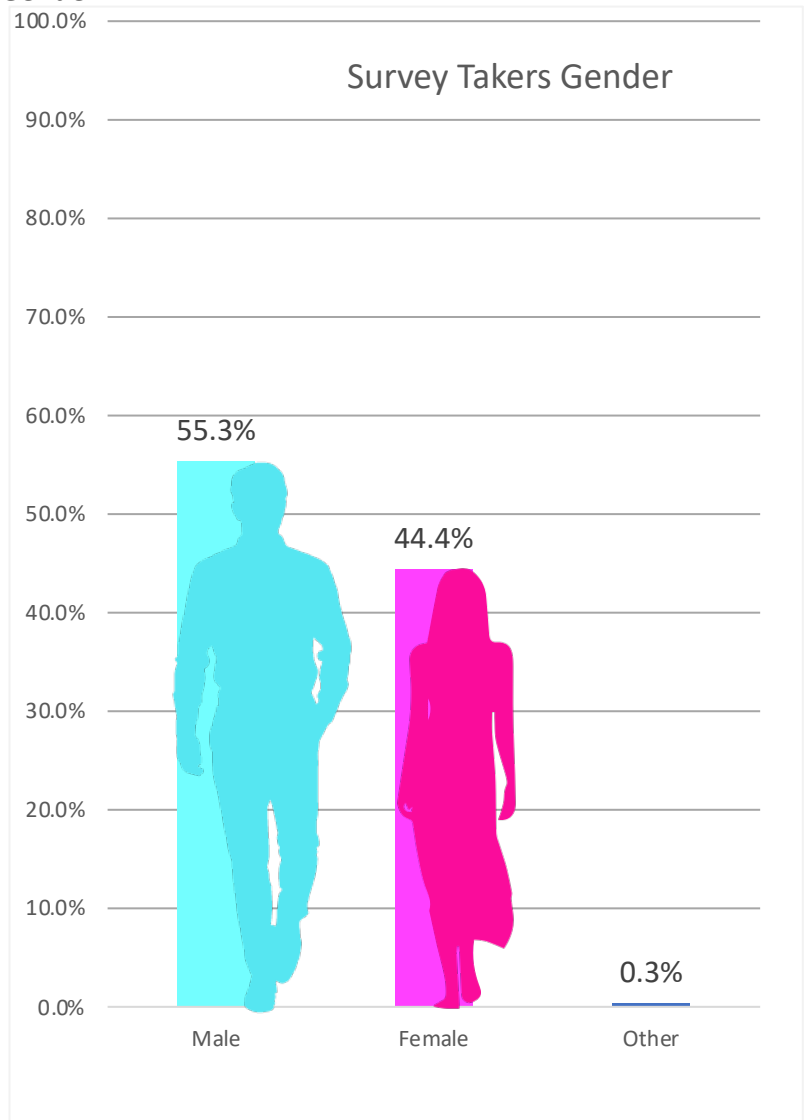
### Gender

640 survey takers responded to the question for gender. 354 responded that they were male, and 284 responded that they were female. Only 2, responded "other" meaning they do not identify as male or female. Thus, 55.3 percent of survey takers were male and 44.4 percent were female.

The United Nations Department of Economic and Social Affairs Population Division found that in 2022, for population in KPLRM, 49.6% is male, and 50.4% is female. The percent who do not identify as male or female was not identified.

Thus, the survey results for gender are slightly disproportionate to the actual population in KPLRM in favor of males.

Gender	Percent	Count
Male	55.3%	354
Female	44.4%	284
Other	0.3%	2



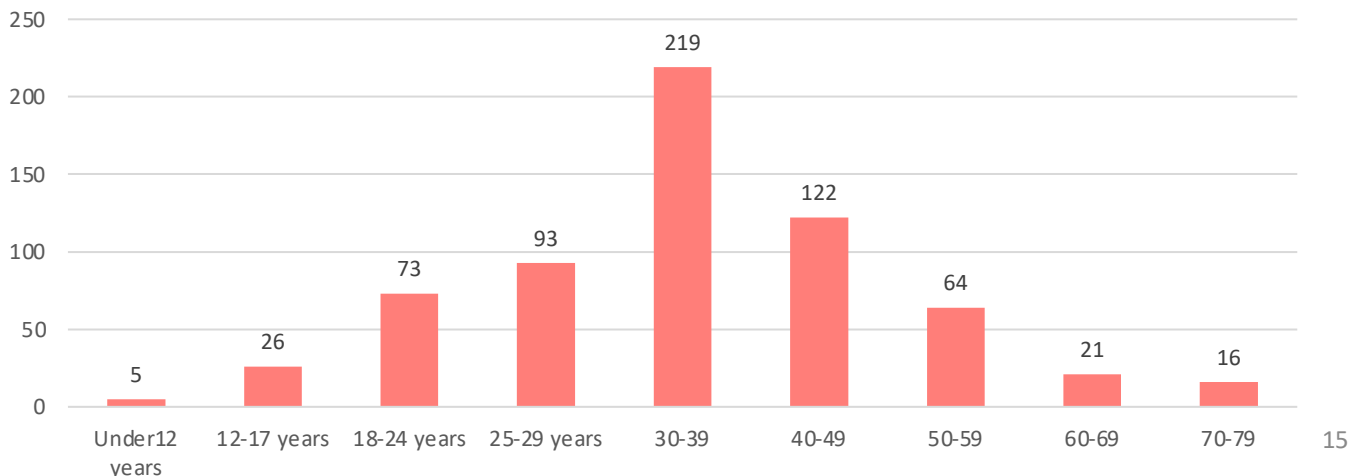
### Age

639 survey takers responded to the question for gender.

The majority of survey takers fell in the range between 25-40, with 434 survey takers, at 67.9%.

Age	Survey Takers	Percent
Under12 years	5	0.8%
12-17 years	26	4.1%
18-24 years	73	11.4%
25-29 years	93	14.6%
30-39	219	34.3%
40-49	122	19.1%
50-59	64	10.0%
60-69	21	3.3%
70-79	16	2.5%

Survey Takers Age



## APPENDIX C: Demographics – Income and Some Implications.

Annual income for all survey takers was measured in USD equivalents. 611 respondents answered the question for annual income. The majority, at 88.1%, earn less than 10,000 USD a year. Those who earn 100,000 USD a year compose 1.5%. According to the World Bank, Gross Domestic Product (GDP) per capita in 2021 was 1,230 USD.\*

The answers for annual income were refined mid-way through the data gathering process. Income distributions among respondents who answered the question for annual income in

Wards 2, 3, 4 and 5 indicate are portrayed in the charts below. For Ward 2, 8 respondents answered the question for annual income; for Ward 3, 157 responded, for Ward 4, 79 responded; and for Ward 5, 24 responded.

Income in USD	Number of Respondents	Percent
Less than 10,000	538	88.1%
10,000-19,999	25	4.1%
20,000-29,999	12	2.0%
30,000-39,999	4	0.7%
40,000-49,999	9	1.5%
50,000-59,999	7	1.1%
60,000-69,999	3	0.5%
90,000-99,999	4	0.7%
100,000-109,999	2	0.3%
120,000-129,999	1	0.2%
150,000 and above	6	1.0%

WARD 2	
Annual Income in USD	Percent of Respondents
Less than 999	13%
1,000-1,999	38%
2,000-2,999	13%
4,000-4,999	13%
6,000-6,999	13%
15,000-19,999	13%

WARD 3	
Annual Income in USD	Percent of Respondents
Less than 999	15%
1,000-1,999	41%
2,000-2,999	31%
3,000-3,999	5%
4,000-4,999	6%
5,000-5,999	1%
6,000-6,999	1%

WARD 4	
Annual Income in USD	Percent of Respondents
Less than 999	20%
1,000-1,999	27%
2,000-2,999	19%
3,000-3,999	15%
4,000-4,999	6%
5,000-5,999	5%
6,000-6,999	1%
7,000-9,999	5%
15,000-19,999	1%

WARD 5	
Annual Income in USD	Percent of Respondents
Less than 999	21%
1,000-1,999	63%
2,000-2,999	13%
15,000-19,999	4%

Income is an important factor that contributes to people's wellbeing up to a certain point.\*\*

Wellbeing data indicates that while for the majority or respondents, income levels are low, most people do not go hungry. Of the 651 who answered the question 36 respondents (5.5%) ate less because there was not enough food at least once a month, and 26 (4%) ate less at least once every three months. Scores for just getting by financially or sense of having enough money fall below 50 in each ward for at least one of these factors except Ward 5.

	Just getting by financially	Going hungry	Sense of having enough money	# Respondents
WARD 2	44.1	76.4	40.6	223.0
WARD 3	56.3	86.8	46.4	201.0
WARD 4	40.6	90.5	50.5	106.0
WARD 5	52.5	80.4	61.3	139.0

Cognizant that we live in a resource constrained world, implications include examining how needs can be met in sustainable bounds and, were possible, through the development of community as well as economy.

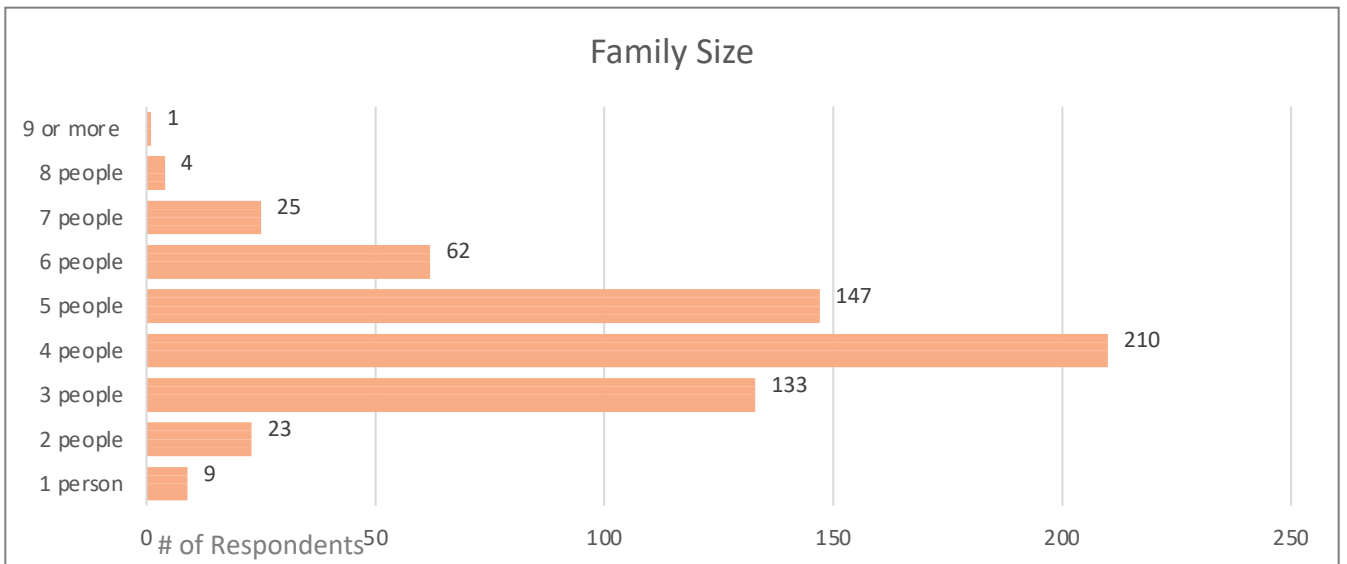
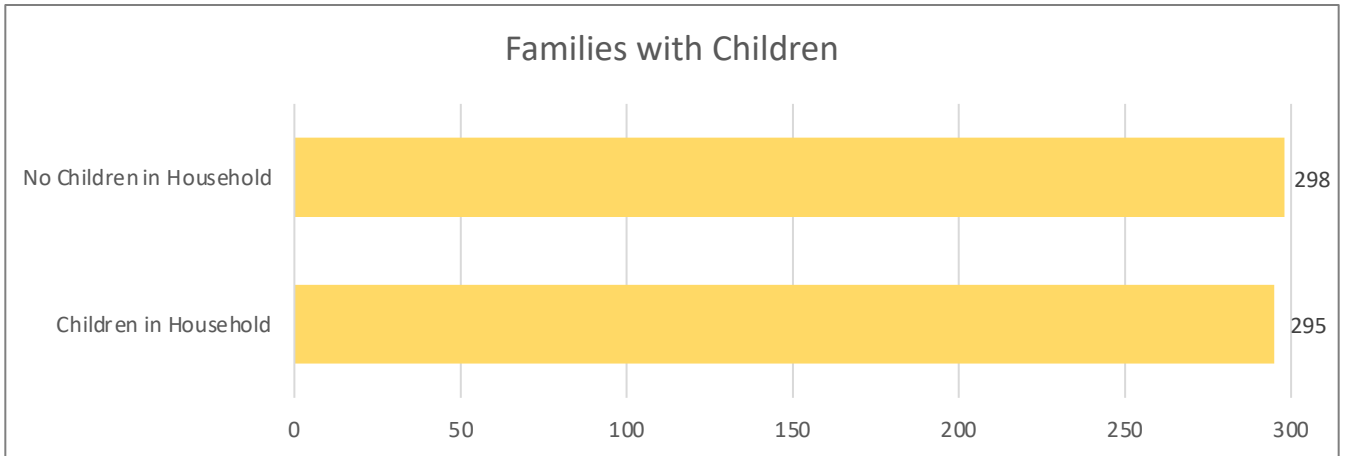
\*The World Bank, KPLRM: data.worldbank.org/country/NP

\*\*Easterlin, Richard A. & O'Connor, Kelsey J., 2020. "[The Easterlin Paradox](#)," [IZA Discussion Papers](#) 13923, Institute of Labor Economics (IZA)

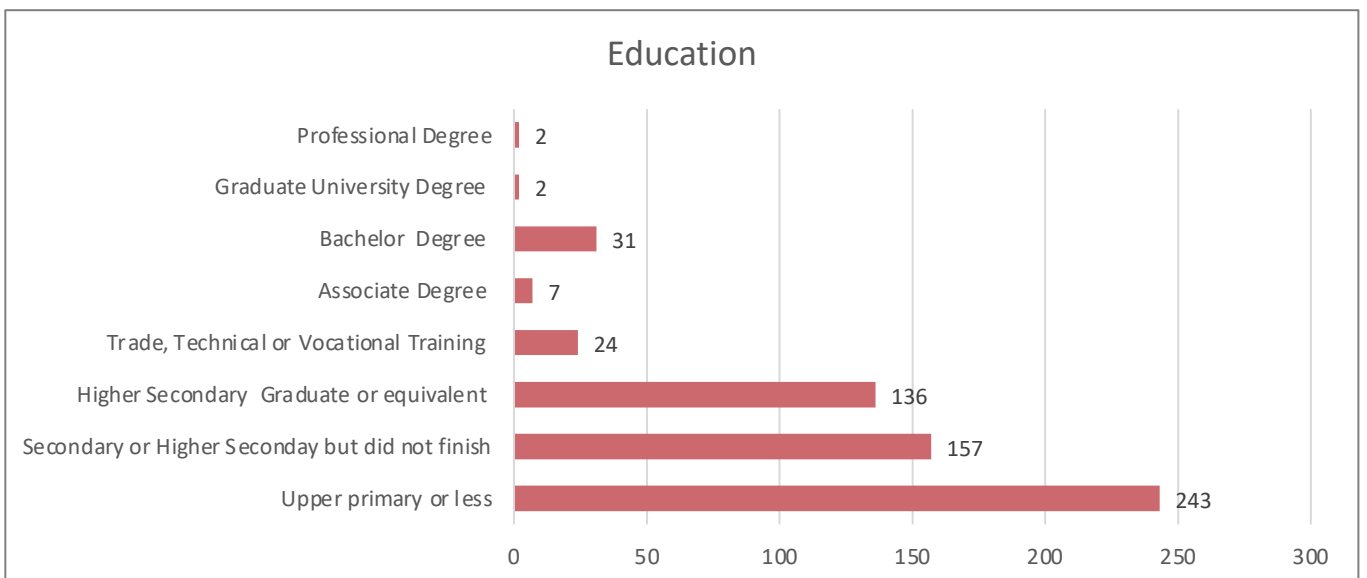


## APPENDIX C: Demographics – Marital Status, Family and Education Level

593 respondents answered the question for whether or not their family had children. Just under half had children in the family. 614 respondents answered the question for family size. 90% of families have between three and six people in them.



602 respondents answered the question for education level. 66% did not complete higher secondary school, and 34% completed high school or above.



## APPENDIX C : Accessing Data Reliability Through Comparisons

Data gathered for KPLRM is comparable to data gathered through a random sampling and thus, can be considered trustworthy to represent the general population from which it was gathered, based on the following comparison analysis:

In 2020, Our World In Data\* found that scores for life satisfaction, as measured by the Cantril Ladder, were 5.38 out of 10. Scores for KPLRM using the same question were 6.17 out of 10. Scores gathered for KPLRM were 0.79 higher. This difference may be explained by people's state of mind at the onset of the pandemic (in 2020) versus adjustments two years after its onset, when data for KPLRM was gathered.

The 2022 World Happiness Report (WHR) provides data gathered in 2021.\*\* There are four opportunities for comparison (unfortunately only changes in the Cantril Ladder are reported in the WHR):

Generosity is measured in the WHR with the question *"Have you donated money to a charity in the past month"* with yes or no responses. Scores were 0.369 on a scale of 0-1, with 0 being no and 1 being yes. Scores for KPLRM using the question *"Using the scale below, please indicate how frequently you have done these activities in the past 12 months: Donated money to a charity"* with answers on a five point, with the lowest being never and the highest being once a month or more, Score for KPLRM were 0.437. Scores for KPLRM were 0.068 higher, which can be explained by the longer time frame for the question and greater sensitivity in response choices as in the Happiness Index there are 5 possible answers opposed to "no" or "yes".

Perceptions in corruption are measured in the WHR with the questions *"Is corruption widespread throughout the government or not"* and *"Is corruption widespread within businesses or not?"* The overall score is the average of the "yes or no" responses, with no being a 0 and yes a 1. Scores were 0.757 on a scale of 0-1, with 1 being widespread corruption. KPLRM scores for *"State your level of agreement with the following statement: Corruption is widespread throughout the government in my city or town."* with 1 being widespread corruption and 5 being no corruption at all, were 0.44, which converted to a negative scale are 0.56 (1-0.44); and KPLRM scores for *"Tell us how many of the following you trust: Businesses in your community"* with 1 being trust none and 5 being trust all, rescaled, were 0.43 which converts to 0.56 for a negative scale, with the average between the two coming to 0.56. Scores for KPLRM were 0.195 higher, about 20% higher, which may be explained by the greater sensitivity in response choices, the nature of the question in that scores for KPLRM reflect local government and business, for which it is expected there is greater confidence and trust than in national government and large or multinational and similar business.

Positive affect is measured in the WHR with several questions including *"Did you smile or laugh a lot yesterday?; Did you experience the following feelings during A LOT OF THE DAY yesterday? How about Enjoyment?; Did you learn or do something interesting yesterday?"* with yes – no responses, and 1 being "happy" and 0 being not happy. Scores were 0.453. KPLRM scores for the single question *"Overall how happy did you feel yesterday"* were, on a scale of 0-1, 0.667, with 1 being very happy and 0 not at all happy. Scores for KPLRM were 0.214 higher, which may be explained by the greater sensitivity in the response choices, and the wide variety of questions used for the WHR. Because the WHR report uses a wide variety of questions, this comparison is likely not as useful as others.

Negative affect is measured in the WHR with several questions including *"Did you experience the following feelings during A LOT OF THE DAY yesterday? How about Worry?; Did you experience the following feelings during A LOT OF THE DAY yesterday? How about Sadness?; Did you experience the following feelings during A LOT OF THE DAY yesterday? How about Anger?"* with yes – no responses, and 1 being "sad" and 0 being not sad. KPLRM's scores for the single question *"Overall, how anxious did you feel yesterday?"* were, on a scale of 0-1, 0.57.3, with 1 being not at all anxious and 0 being very anxious, so on a positive scale. Converted to a negative scale, KPLRM scores were 0.42. KPLRM's scores were 0.07 higher, which may be by the greater sensitivity in the response choices, and the number of questions used for the WHR.

In sum, analysis of comparisons above indicate that data gathered for KPLRM for this report may represent the general population of KPLRM, although optimally, the data in this report or similar data would be gathered from everybody in the population on a regular bases, and used by policy makers and others (NGOs, businesses, communities, researchers and others). Regular data gathering by governments is starting to happen in some countries, such as the United Kingdom, where the Office for National Statistics has been gathering data on an annual basis.\*\*\*

\* Our World in Data Happiness and Life Satisfaction [ourworldindata.org/happiness-and-life-satisfaction](https://ourworldindata.org/happiness-and-life-satisfaction)

\*\*Statistical Appendix for "Happiness, benevolence, and trust during COVID-19 and beyond," Chapter 2 of World Happiness Report 2022 at [https://happiness-report.s3.amazonaws.com/2022/Appendix\\_1\\_StatiscalAppendix\\_Ch2.pdf](https://happiness-report.s3.amazonaws.com/2022/Appendix_1_StatiscalAppendix_Ch2.pdf)

\*\*\*United Kingdom Office of National Statistics, Wellbeing [ons.gov.uk/peoplepopulationandcommunity/wellbeing](https://ons.gov.uk/peoplepopulationandcommunity/wellbeing)

# APPENDIX D: All Question Scores in the Happiness Index Adapted for KPLRM

PLANET HAPPINESS TOURISM DOMAIN								SNPBZ SATISFACTION DOMAIN		
	Satisfaction with tourism	Number of Tourists	Local jobs created by tourism	Tourism promotes local entrepreneurship	Tourism promotes local culture	Tourism promotes local product production	Policies for sustainable resource use for tourism	Quality of school education	Basic health services	Management of SNPBZ
All KPLRM	71.95	90.99	80.26	71.30	69.57	71.75	68.12	66.60	65.29	67.02
Ward 2	76.45	92.53	78.17	74.20	75.00	76.16	74.43	70.72	72.30	73.85
Ward 3	76.10	89.23	83.38	69.04	64.38	67.75	60.35	58.33	54.15	55.28
Ward 4	62.25	95.50	79.37	71.78	69.36	69.80	68.20	66.26	64.08	66.02
Ward 5	70.07	86.82	79.60	68.35	70.96	70.74	70.65	73.38	71.48	72.64

SATISFACTION WITH LIFE DOMAIN					PSYCHOLOGICAL WELLBEING DOMAIN					
	Cantril Ladder	Satisfaction with life	Life is worthwhile	Happiness	Anxiety	Purpose and meaning in life	Engagement	Feeling optimistic	Sense of accomplishment	Feeling positive about yourself
All KPLRM	61.74	67.19	71.57	66.69	57.34	76.02	74.96	77.03	73.17	76.32
Ward 2	63.32	65.95	70.56	62.84	69.59	77.17	77.28	79.47	75.91	77.73
Ward 3	61.82	65.43	69.19	65.89	54.41	73.72	72.08	75.78	69.95	74.24
Ward 4	62.14	68.40	74.65	71.11	66.36	74.23	73.21	73.44	70.20	78.00
Ward 5	59.56	68.39	71.68	72.85	39.70	78.47	75.74	76.14	72.45	76.12

HEALTH DOMAIN				TIME BALANCE DOMAIN			
	Feeling healthy	Having energy	Satisfaction with ability to perform daily activities	Satisfaction with exercise	Spending time doing things you enjoy	Feeling rushed	Sense of having plenty of spare time
All KPLRM	47.56	67.38	73.19	69.14	60.23	38.65	53.69
Ward 2	41.06	75.00	74.32	72.82	65.05	38.46	50.56
Ward 3	50.38	67.13	72.46	66.88	56.31	39.38	48.88
Ward 4	57.00	69.25	73.74	64.39	61.39	40.93	49.75
Ward 5	43.57	55.97	69.85	67.96	59.14	36.87	67.65

LEARNING AND CULTURE DOMAIN				COMMUNITY DOMAIN							
	Satisfaction with access to recreation	Satisfaction with access to cultural activities	Satisfaction with access to informal education	Feelings of discrimination	Sense of belonging in community	Trust in neighbors	Trust in business	Lost Wallet question	Satisfaction with safety	How often you volunteer	How often you donate
All KPLRM	63.97	67.15	65.14	76.88	66.73	52.05	43.57	34.82	72.51	37.10	43.68
Ward 2	66.40	70.23	72.05	85.80	66.02	34.16	30.57	19.68	73.36	27.05	41.82
Ward 3	62.69	59.55	56.16	82.14	71.11	60.43	42.55	47.63	70.08	43.88	55.05
Ward 4	58.75	65.40	63.27	73.74	62.50	56.13	50.98	47.52	67.57	43.87	36.75
Ward 5	66.12	68.84	67.75	61.30	60.95	63.85	57.30	31.93	78.89	42.39	39.15

SOCIAL SUPPORT DOMAIN					ENVIRONMENT DOMAIN				
	Satisfaction with personal relationships	Sense people care about you	Feeling loved	Feeling lonely	Sense of a healthy environment	Satisfaction with preservation of nature	Satisfaction with opportunities to enjoy nature	Satisfaction with air quality	
All KPLRM	72.64	75.72	71.37	61.14	68.84	71.38	78.43	78.08	
Ward 2	71.38	76.92	73.87	61.19	66.89	73.99	78.62	76.01	
Ward 3	70.63	75.00	71.75	66.58	74.38	69.63	81.59	81.34	
Ward 4	68.07	74.75	69.80	63.64	68.32	70.54	74.75	71.29	
Ward 5	73.18	76.28	65.63	51.65	62.41	72.64	75.90	77.72	

GOVERNMENT DOMAIN					ECONOMY DOMAIN			
	Seen of corruption in local government	Sense local government pays attention to what people think	Trust in national government	Trust in local government	Stress about finances	Just getting by financially	Going hungry	Sense of having enough money
All KPLRM	44.03	62.64	42.64	55.60	59.62	48.92	82.37	47.85
Ward 2	44.71	65.61	40.61	50.23	59.08	44.09	76.35	40.58
Ward 3	42.54	58.17	42.66	57.30	55.82	56.34	86.82	46.41
Ward 4	47.77	62.75	48.53	67.40	60.48	40.57	90.48	50.48
Ward 5	46.38	61.67	46.92	61.33	66.96	52.52	80.36	61.25

WORK DOMAIN						
	Satisfaction with work	Work-life balance	Interest in work	Satisfaction with pay	Productive conditions at work	Autonomy at work
All KPLRM	71.05	68.99	62.66	66.16	70.89	72.85
Ward 2	72.64	72.31	65.80	72.52	77.60	77.58
Ward 3	69.32	66.67	62.24	57.07	63.96	66.96
Ward 4	67.14	60.71	61.56	65.14	67.48	70.48
Ward 5	73.39	71.04	59.31	72.66	73.71	76.44

All scores are on a scale of 0 - 100 with 100 the highest "happiest" possible scores and 0 the lowest possible score.

## APPENDIX E: Hypothetical Wellbeing Screening Tool

This appendix presents the use of a wellbeing screening tool, modeled after Bhutan's GNH Policy Screening tool.\* This hypothetical examines the decision of building or increasing tourist accommodations at high altitude. In this hypothetical a governmental or quasi-governmental agency manages this process and is held accountable for ensuring it is well managed. Part of this accountability is transparency, which can be ensured through timely, open, and honest reporting about the process and outcomes in a way that is accessible to communities as well as allows communities to give input and feedback before it is too late.

**Step One:** Convene a committee of neutral experts including respected villagers who are knowledgeable about the policy or action in question, in this case building or increasing tourist accommodations at high altitude. All members of the committee should be neutral, meaning they are neither positively nor negatively impacted by the outcome of the decision. A person whose family members may gain or lose employment to whose business interests would be affected is an example of a person who is not neutral. The committee decides how votes will be organized and processed, including the extent to which any majority decision prevails (such as 2/3 or 3/4 majority).

**Step Two:** The committee identifies which stakeholders to focus on. Stakeholders are anyone who is, or could be, materially impacted by a decision. The determination of stakeholders along with the policy under examination is made easily accessible to the public and a means for public comment is provided. The committee uses community feedback to determine the final stakeholders. The final list is made public in an easily accessible format.

**Step Three:** The committee determine which wellbeing factors to use to measure the wellbeing impact. In this example, wellbeing factors are based on the Happiness Index adapted for the KPLRM. The following factors are considered:

- Policies for sustainable use of natural resources by tourism
- Feeling optimistic
- Feelings of anxiety
- Local jobs created by tourism
- Satisfaction with access to recreation
- Satisfaction with preservation of nature
- Satisfaction with opportunities to enjoy nature
- Stress about finances

The committee may, at their discretion, add other factors. The list of wellbeing factors is made easily accessible to the public and a means for public comment is provided. The committee uses community feedback to determine the factors, using their judgement which to include or not include. The final list is made public in an easily accessible format.

**Step Four:** The committee rates the impact of the decision at hand on the stakeholder for each factor, using a four-point scale. Negative impacts receive one-point, unknown impacts receive two points, neutral impacts receive 3 points and positive impacts receive 4 points. The committee may come to agreement through discussions about each factor in which every person at the table gets an equal amount of time to give an explanation for their rating, and discussions continue in rounds to address each issue until the committee comes to agreement or a vote is held. Alternatively, each committee member rates the policy and the average of the committee member ratings for each factor is used. The scores for each factor are added for the final score

Next the highest possible score, lowest possible score and threshold score are determined by multiplying the number of factors by 4, 1 and 3 respectively. If the final score is at or below the threshold, then the decision is to either not implement the policy, or take time to better understand its wellbeing impacts. See next page for a more detailed explanation of this hypothetical.

## APPENDIX E: Hypothetical Wellbeing Screening Tool

### **Policy or action under examination: Growth in visitor accommodations at high altitudes.**

**Step One:** Committee members might include, for example, representatives from: the SNP administration, KPLRM, SNPBZ Committee, UNESCO Kathmandu office, an international sustainable tourism body, the local community, a local tour guide, a small hotel owner from a village outside the SNP, and a community member, tour-guide and local hotel owner from a village in another part of Nepal with high altitude visitor accommodation. Whatever the chosen mix of representatives, the list is made public, and feedback is considered with any additions or changes to the final list made public.

**Step Two:** The committee determines whether to focus the study and examination on all or some of the KPLRM Ward (1-5) residents (for example, are Wards 1-5 included, or only Wards 4 and 5).

**Step Three:** The committee discusses and determines which wellbeing factors to include in the assessment, ensuring their decision will not influence the final outcome of the assessment.

- Policies for sustainable use of natural resources by tourism
- Feeling optimistic
- Feelings of anxiety
- Local jobs created by tourism
- Satisfaction with access to recreation
- Satisfaction with preservation of nature
- Satisfaction with opportunities to enjoy nature
- Stress about finances

NOTE 1: Among other issues, it is assumed the committee would consider a range of wellbeing factors such as the extent to which:

- High altitude visitor accommodation is owned and operated by local people
- High altitude accommodation employs local people.

NOTE 2: The proposed approach does not allude to objective wellbeing factors considering, for example, revenues, wages, pollution and other factors. In practice, the committee would need consider these and other objective factors.

**Step Four:** The committee arranges the factors for evaluation, and then rates them. In this hypothetical the decision is to implement the policy, based on the assumptions listed above. See the next page for the ratings

Factors considered for decision of building or increasing high altitude tourist accommodation		Scores for decision of building or increasing high altitude tourist accommodation	
Policies for sustainable use of natural resources by tourism	2	Highest possible score	32
Local jobs created by tourism	4	Lowest possible score	8
Feeling optimistic	4	Threshold score	24
Satisfaction with preservation of nature	1	Actual score	25
Feelings of anxiety	2	Policy decision	<b>Yes</b>
Satisfaction with opportunities to enjoy nature	4		
Satisfaction with access to recreation	4		
Stress about finances	4		
SUM	25		

## APPENDIX E: Hypothetical Wellbeing Screening Tool

Policies for sustainable use of natural resources by tourism				Local jobs created by tourism			
	X						X
1	2	3	4	1	2	3	4
Negative Impact	Unknown Impact	Neutral	Positive Impact	Negative Impact	Unknown Impact	Neutral	Positive Impact
Policy allowing growth of high-altitude visitor accommodation is an unsustainable use of natural resources	Policy allowing growth of high-altitude visitor accommodation has unknown impact on sustainable use of natural resources	Policy allowing growth of high-altitude visitor accommodation has no impact on sustainable use of natural resources	Policy allowing growth of high-altitude visitor accommodation ensures sustainable use of natural resources	High-altitude visitor accommodation takes local tourism jobs away from the community	High-altitude visitor accommodation has unknown impact on local tourism jobs creation in the community	High-altitude visitor accommodation has no impact on local tourism job creation in community	High-altitude visitor accommodation creates local tourism jobs for the community
Feeling optimistic				Satisfaction with preservation of nature			
			X	X			
1	2	3	4	1	2	3	4
Negative Impact	Unknown Impact	Neutral	Positive Impact	Negative Impact	Unknown Impact	Neutral	Positive Impact
Further growth in high-altitude visitor accommodation leaves community members feeling pessimistic	Further growth in high altitude visitor accommodation has unknown impact on community members sense of optimism	Further growth in high altitude visitor accommodation has no impact on community members sense of pessimism	Further growth in high altitude visitor accommodation leaves community members feeling optimistic	Further growth in high altitude visitor accommodation decreases community members satisfaction with preservation of nature.	Further growth in high altitude visitor accommodation has unknown impact on community members satisfaction with preservation of nature.	Further growth in high altitude visitor accommodation has no impact on community members satisfaction with preservation of nature.	Further growth in high altitude visitor accommodation increases community members satisfaction with preservation of nature.
Feelings of anxiety				Satisfaction with opportunities to enjoy nature			
	X						X
1	2	3	4	1	2	3	4
Negative Impact	Unknown Impact	Neutral	Positive Impact	Negative Impact	Unknown Impact	Neutral	Positive Impact
Further growth in high altitude visitor accommodation causes community members anxiety	Further growth in high altitude visitor accommodation has unknown impact on community members anxiety level	Further growth in high altitude visitor accommodation has no impact on community members anxiety level.	Further growth in high altitude visitor accommodation decreases community members anxiety level.	Further growth in high altitude visitor accommodation decreases community members satisfaction with opportunities to enjoy nature	Further growth in high altitude visitor accommodation has unknown impact on community members satisfaction opportunities to enjoy nature	Further growth in high altitude visitor accommodation does not change community members satisfaction with opportunities to enjoy nature	Further growth in high altitude visitor accommodation increases community members satisfaction with opportunities to enjoy nature
Satisfaction with access to recreation				Stress about finances			
			X				X
1	2	3	4	1	2	3	4
Negative Impact	Unknown Impact	Neutral	Positive Impact	Negative Impact	Unknown Impact	Neutral	Positive Impact
Further growth in high altitude visitor accommodation decreases community members satisfaction with access to recreation	Further growth in high altitude visitor accommodation has unknown impact on community members satisfaction with access to recreation	Further growth in high altitude visitor accommodation does not change community members satisfaction with access to recreation	Further growth in high altitude visitor accommodation increases community members satisfaction with access to recreation	Further growth in high altitude visitor accommodation increases community members stress about finances	Further growth in high altitude visitor accommodation impact on community members stress about finances is unknown	Further growth in high altitude visitor accommodation has no impact on community members stress about finances	Further growth in high altitude visitor accommodation decreases community members stress about finances