

# Happiness and Sustainability

the interconnections

A person is silhouetted against a vibrant, colorful night sky filled with stars and the Milky Way galaxy. The sky transitions from a deep purple and blue at the top to a bright yellow and orange near the horizon. The person is standing on a dark, rocky ridge, looking up at the stars. The overall scene is a beautiful representation of the connection between nature, human experience, and the universe.

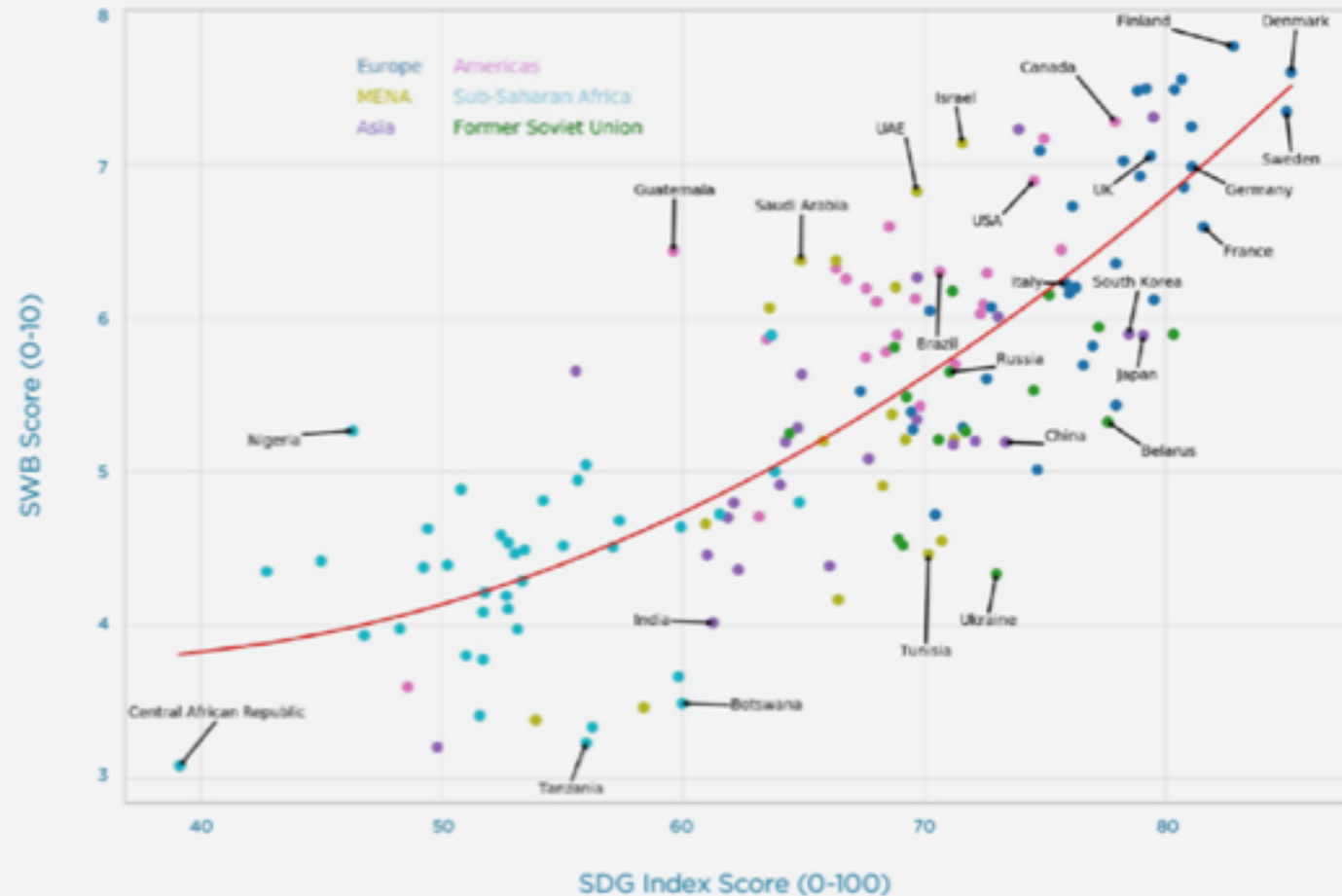
A top-down photograph of a woman lying on her back in a lush field of green grass and yellow wildflowers. She is wearing a blue denim jacket and has her eyes closed, holding a stem of grass to her lips. The scene is peaceful and natural.

# Happiness is Connected to Sustainability

Human flourishing is dependent upon our planet's natural, social, economic, and personal systems flourishing

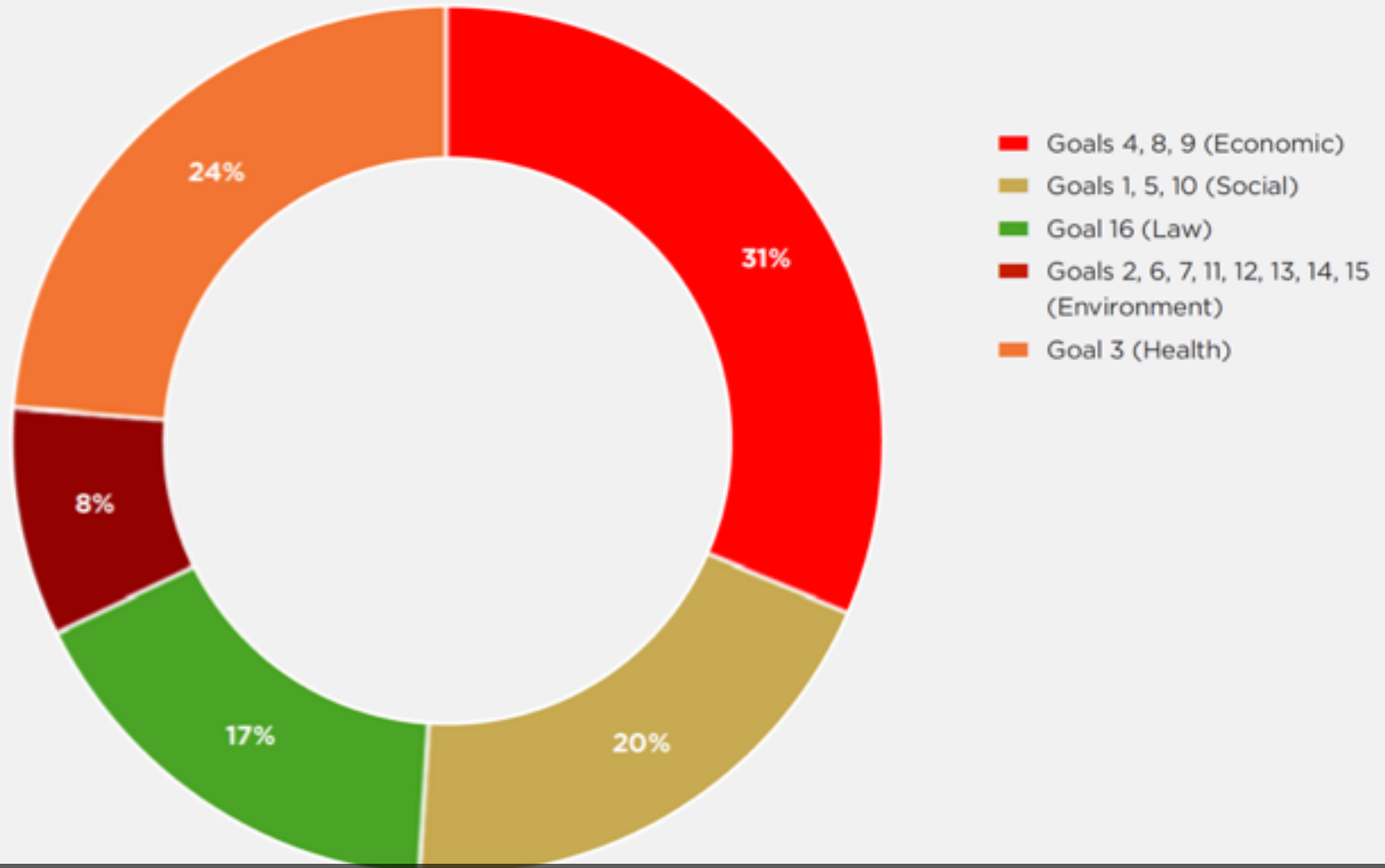
# Sustainability is Connected to Happiness

Figure 6.1: Sustainable development and subjective well-being



2020 World Happiness Report

Figure 6.3: Relative importance of SDG groups in explaining the variance in well-being between countries



Sustainability makes a difference in human happiness.

# Happiness as a means to Sustainable Development

## SDG PYRAMID



The SDG Pyramid is framing the 17 UN Sustainable Development Goals (SDGs) according to the three pathways to happiness rooted in Indonesian traditional culture

## 3 DIMENSIONS OF INDONESIA HAPPINESS INDEX:



### 1. Life Satisfaction Dimension:

- Personal relationship satisfaction
- Social relationship satisfaction



### 2. Feeling Dimension:

- Unworried feeling
- Happy feeling
- Undepressed feeling



### 3. Meaning of Life Dimension:

- Independency
- Self-acceptance
- Self-development
- Positive relation with other people

Indonesian Planning Department: the pathway to meeting the Sustainable Development Goals is Happiness

# Sustainable Development Goals and Indicators

1 NO POVERTY	2 ZERO HUNGER	3 GOOD HEALTH AND WELL-BEING	4 QUALITY EDUCATION	5 GENDER EQUALITY	6 CLEAN WATER AND SANITATION	7 AFFORDABLE AND CLEAN ENERGY	8 DECENT WORK AND ECONOMIC GROWTH	9 INDUSTRY, INNOVATION AND INFRASTRUCTURE	10 REDUCED INEQUALITIES	11 SUSTAINABLE CITIES AND COMMUNITIES	12 RESPONSIBLE CONSUMPTION AND PRODUCTION	13 CLIMATE ACTION	14 LIFE BELOW WATER	15 LIFE ON LAND	16 PEACE, JUSTICE AND STRONG INSTITUTIONS	17 PARTNERSHIPS FOR THE GOALS	
Extreme poverty	Undernourishment	Maternal mortality	Reading proficiency	Parity in gender	Safe drinking water	Electricity access	GDP per capita growth	Road road access	Income growth equality	Urban slum population	Fast consumer plans	Disaster death/missing	Marine pollution	Forest area	Homicide rate	Contribution to GDP	
National poverty lines	Food security	Health staff at birth	Children on-track	Violence by partner	Sanitation & handwashing	Access to clean fuels	GDP growth per employed	Passenger freight volumes	Pop. 10th modern income	Public transport access	Material footprint	Disaster risk reduction	Marine ecosystems	Protected biodiversity	Conflict-related deaths	Durable goods	
National poverty	Child stunting	Child mortality	Recovery perception	Violence by non-partner	Treated wastewater	Renewable energy	Informal employment	Manufacturing value	Dissemination practices	Sustainable urbanization	Domestic consumption	Local disaster risk	Ocean acidification	Forest management	Violence prevalence	CO2 (B) from OECD	
Social protection	Child wasting/obesity	Neonatal mortality	Screening behavior	Forced marriage	Ambient water quality	Energy intensity	Material transport	Manufacturing employment	Labour share of GDP	Urban planning Mgmt	Global food loss	Inequality consequences	Fish stock levels	Degraded land	Public safety	Foreign Direct Investment	
Basic services	Prevalence of malnutrition	New HIV infections	ICT skills	Denial of violence	Water use efficiency	Green energy investment	Domestic consumption	Small scale industry value	Financial sector indices	Cultural heritage	Waste-to-energy conversion	Climate change indicators	Wetland protected areas	Mountain biodiversity	Violence against children	Personal remittances	
Secure land rights	Small-scale farmer debt	Tuberculosis incidence	Deposits in micro-finance	Time on domestic work	Freeze/thaw stress	Energy service readiness	Hourly earnings	Small scale industry cost	Equal pay participation	Disaster death/missing	Hazardous waste	Climate capacity building	Regulated fishing	Red List Index	Human trafficking	Debt service	
Disaster deaths	Sustainable production	Malaria incidence	Literacy & numeracy	Women in parliament	Integrated water mgmt		Unemployment rate	FDI, emissions trading	Algebra requirement use	Disaster losses (B)	Recycling rates	Green Climate Fund (B)	Terrestrial biodiversity	Genetic resource sharing	Sexual violence	Investment by LDCs	
Disaster costs (B)	Genetic resources	Hepatitis B incidence	SDG for local development	Women in management	Wastewater cooperation		Work situation survey	R&D spending	Personal regulation policy	Solid waste management	Corporate social reports	Support for tiger plans	Protected marine life	Stable peatland	Water reports of states	Domestic cooperation	
Disaster risk reduction	Local bread extinction	Respiratory lower disease	Inclusive & safe schools	Good health decisions	Water ecosystems		Child labor	R&D researchers	Differential tariffs	Urban air pollution	National audit plans	Small-scale forest support	Invasive alien species	Unconformal deposits	Resilient infrastructure		
Local disaster risk	Age orientation index	Non-communicable NCDs	SDG (B) for wilderness	Small health systems	CO2 (B) for water		Occupational injuries	CO2 (B) for innovation	Development assistance	Open city spaces	Sustainable facilities	Interimting (B) for	Biodiversity planning	Stock financial flows	Sustainable technologies		
Poverty reduction only	ODA (B) to age	Suicide mortality	Qualified teachers	Female land ownership	Local sanitation mgmt		Disproportionate rights	High-tech industry value	Performance costs	Safe city spaces	Support seed production		CO2 (B) for forestry	Food & agricultural waste	Internal law		
Dev't spending	Agri export subsidies	Substance use treatment		Female land rights			Source GDP contribution	Trade network coverage		Urban planning	Sustainable business		CO2 (B) for transport	W & B in public	SDG support		
Refugee to poverty red	Food price anomaly	Alcohol intake		Mobile phone ownership			Sustainable tourism			Integrated risk Mgmt	Forest land restoration		Wildlife poaching	Orphan in business	Tariff rates		
		Road traffic injuries		Working youth youth			Financial services access			Local risk mgmt							
		Family planning					Financial account access			Sustainable buildings							
		Abandonment deaths					Aid for Trade										
		Healthcare coverage					Health expenditure										
		Health expenditure					Air pollution deaths										
		Water sanitation health					Water sanitation health										
		Development planning					Development planning										
		Tobacco use					Tobacco use										
		Vaccine coverage					Vaccine coverage										
		CO2 (B) to health					CO2 (B) to health										
		Medicine availability					Medicine availability										
		Health workers					Health workers										
		Emergency preparedness					Emergency preparedness										





# A Conceptual Visualization of the fit between SDGs and Happiness Domains



**THE HAPPINESS INDEX**





# Bridging the Gap between Sustainable Development Goals and Happiness Metrics

A silhouette of a person in mid-air, jumping across a gap between two large, dark rocks. The background consists of a range of blue, hazy mountains under a clear sky. The overall color palette is cool, dominated by blues and greys.

The happiness indicators missing from the sustainable development indicators

# The Missing Happiness Indicators

## **Community & Social Support:**

- Volunteering
- Community relationships and feeling of belonging
- Satisfaction with personal relationships
- Support network

## **Culture:**

- Socio-cultural engagement and participation

## **Economic Standard of living:**

- Satisfaction with finances

## **Governance:**

- Civic Engagement (vote turn-out and other aspects of civic engagement)

## **Health:**

- Life expectancy
- Mental health
- Self-reported health

## **Housing conditions:**

- Satisfaction with housing

## **Subjective well-being:**

- Generosity (donations)
- Life satisfaction
- Negative affect or emotions
- Positive affect or emotions

## **Time Balance:**

- Working hours
- Work-life balance (including leisure time)

## **Work:**

- Job satisfaction

# The Happiness Index Helps Measure Movement Towards Sustainability & the SDGs

## The Happiness Index:

- introduces and explains what is meant by individual and community well-being;
- measures and illustrates where individuals & communities are vulnerable (i.e. poverty, hunger, a lack of education, a poor environment, etc.);
- compares and contrasts the results of target groups;
- provides a base-line to evaluate the success of interventions & the quality of life over time;
- sparks conversations about happiness and the well-being agenda, and their role in helping communities, nations and the world attain the SDGs.

**“Higher GDP is not the goal, well-being is”**

Ms. Pinelopi Goldberg, Chief Economist, The World Bank

# Join Planet Happiness



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