

## Measuring health and happiness

The small country of Bhutan in the Himalayan mountains is over one thousand years old. In the past it was a poor country and not many people visited it. But nowadays, it is becoming more and more popular with tourists. Medicine and health is improving and its economy is growing. King Jigme Singye Wangchuck, the king of Bhutan until 2006, talked about his country's 'Gross National Happiness'. In other words, he thought happiness is the way to measure the country's development.

But how do you measure happiness? Perhaps health is the best way because a famous doctor once said, 'Happy people generally don't get sick.' It's also easy to measure how many people feel ill or unhealthy in a country. For example, one survey says Iceland is the 'healthiest country in the world' because men and women live a long time there, the air is very clean and there are more doctors available per person than anywhere else in the world.

However, there was another survey of the happiest countries in the world and Iceland was not near the top. The questions on this survey included: How much do you earn? How healthy are you? How safe do you feel? After visiting 155 different countries, the researchers decided that Denmark feels happier than other countries.

So does happiness equal money and good health? Not according to the artist Erik Krikortz. He feels that there are other ways of measuring happiness. Krikortz has a website and visitors click on different happy or sad faces to comment on how well they sleep, their family and friends, their level of stress, their inspiration and their physical activity. When you finish, his website adds the results for each area and it gives you a final result for your happiness.

In his home city of Stockholm, Krikortz also shows the results of his survey as different coloured lights on the side of a large building in the city. For example, red means the people of Stockholm are very happy, green is OK and purple means many people are sad. 'A lot of people look at the building every day and see how "we" are,' Krikortz says. The coloured lights are also useful if you feel like visiting the city. For example, if the lights are red, you know the locals are feeling happy!

inspiration /,ɪnspɪ'reɪʃn/ a feeling that makes you want to do something or gives you exciting new ideas