

# Q18: Are countries with lower monthly nutrient variation happier?

*Dimention #1*

## Nature of Relationship

Do they have direct or inverse relationships?

**$\Rightarrow$  Slope Ascending or Descending?**

*Dimention #2*

## Extent of Relationship

How much does happiness score increase every 1 unit increase in nutrient variation?

**$\Rightarrow$  Coefficient of Slope ( $Y$ )**

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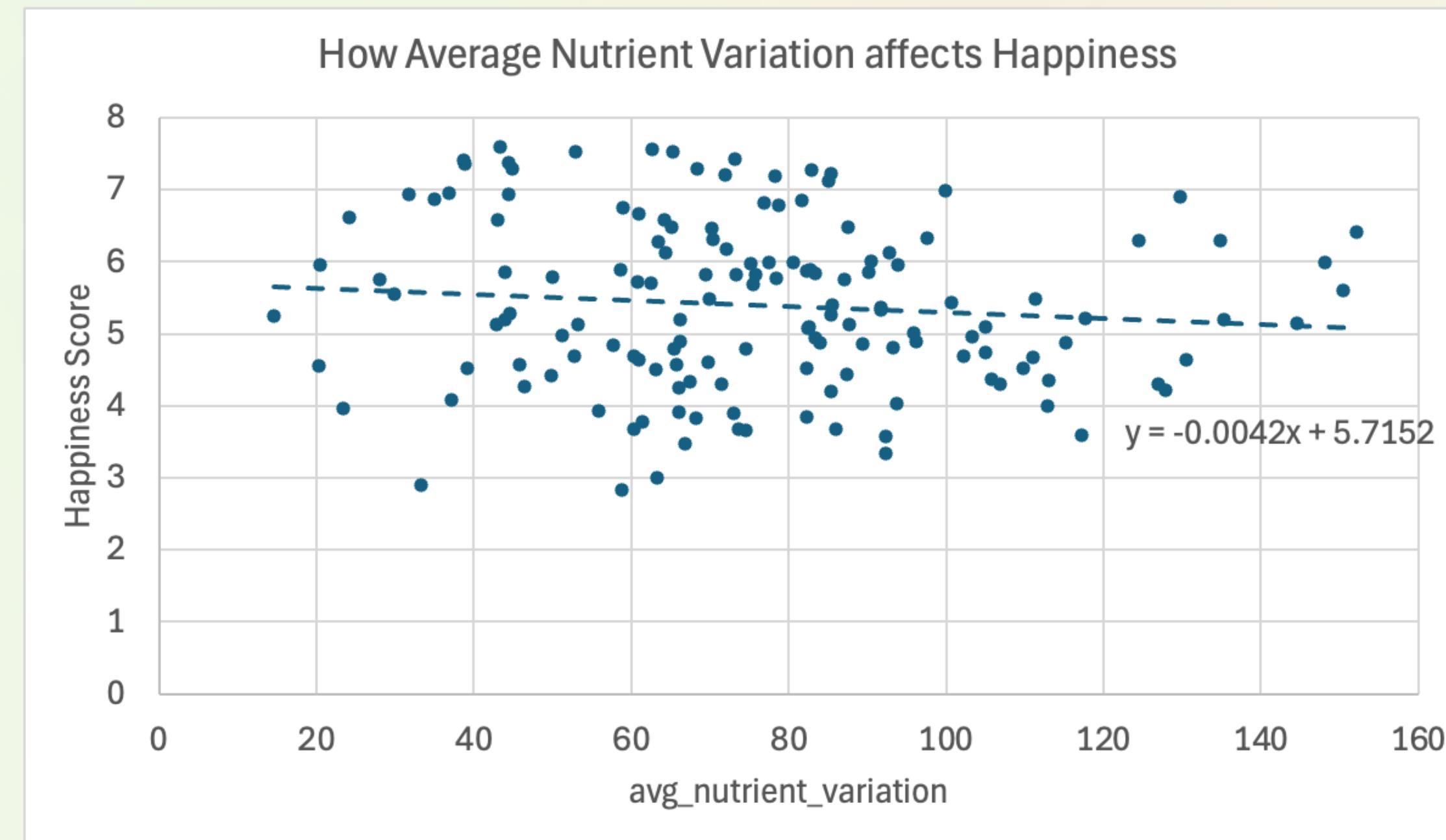
Direct Relationship

Animal Protein:  
0.0266  
Fat: 0.0046

Indirect  
Relationship

Vegetal Nutrient:  
-0.0351  
Carb: -0.0059

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Indirect Relationship

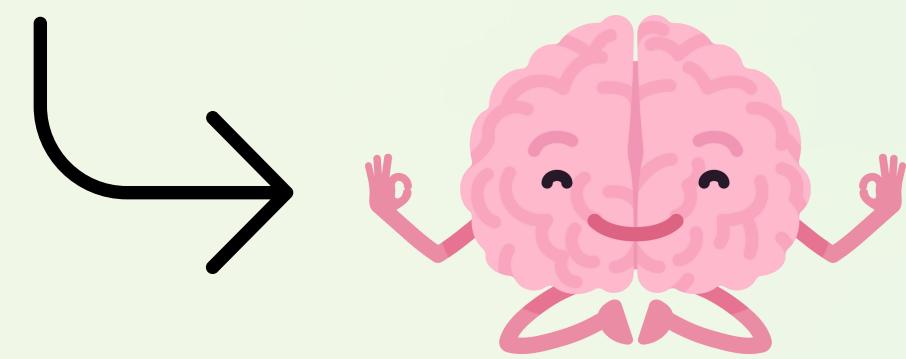
Slope: -0.0042

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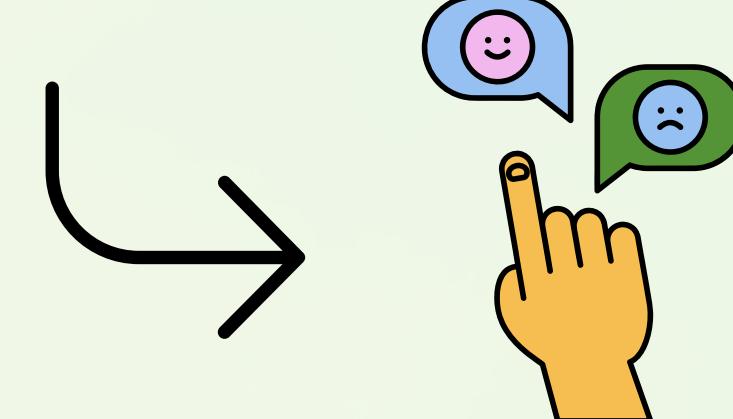
### Insight #1:

Protein variations generally affect happiness score more than other nutrients like Fat and Carbohydrates.

### Reasons?



Inverse relationships with depressive symptoms in adults.



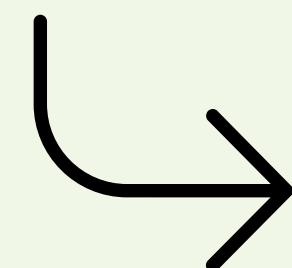
Supports mood regulation hence fostering better mental being.

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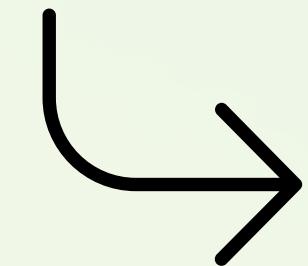
**Insight  
#2:**

Higher Average Nutrient Variation decreases  
Happiness (but only by a small extent)

### Reasons?



Lower variation reflects accessibility  
and affordability of food



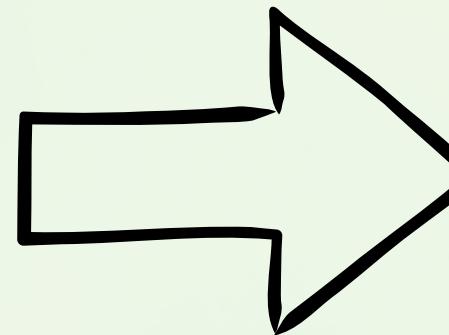
Countries with predictable diets  
= stronger economies = happier

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## Conclusion

Countries with lower monthly nutrient variation do appear to be happier, but effect is very small

Relationship exists, but not strong enough to suggest major intervention.



Simply highlights that stable access to food can support happier and more secure populations.