

Human Freedom Index

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The Human Freedom Index presents the state of human freedom in the world based on a broad measure that encompasses personal, civil, and economic freedom. Human freedom is a social concept that recognizes the dignity of individuals and is defined here as negative liberty or the absence of coercive constraint. Because freedom is inherently valuable and plays a role in human progress, it is worth measuring carefully. The Human Freedom Index is a resource that can help to more objectively observe relationships between freedom and other social and economic phenomena, as well as the ways in which the various dimensions of freedom interact with one another.

The report is co-published by the Cato Institute, the Fraser Institute, and the Liberales Institut at the Friedrich Naumann Foundation for Freedom.

The Human Freedom Index - 2019



The index published here presents a broad measure of human freedom, understood as the absence of coercive constraint. This fifth annual index uses 76 distinct indicators of personal and economic freedom in the following areas:

- Rule of Law
- Security and Safety
- Movement
- Religion
- Association, Assembly, and Civil Society
- Expression and Information
- Identity and Relationships
- Size of Government
- Legal System and Property Rights
- Access to Sound Money
- Freedom to Trade Internationally
- Regulation of Credit, Labor, and Business

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The Human Freedom Index - 2019

By **Ian Vásquez** and **Tanja Porčnik**

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By **Ian Vásquez** and **Tanja Porčnik**

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