



HAPPINESS

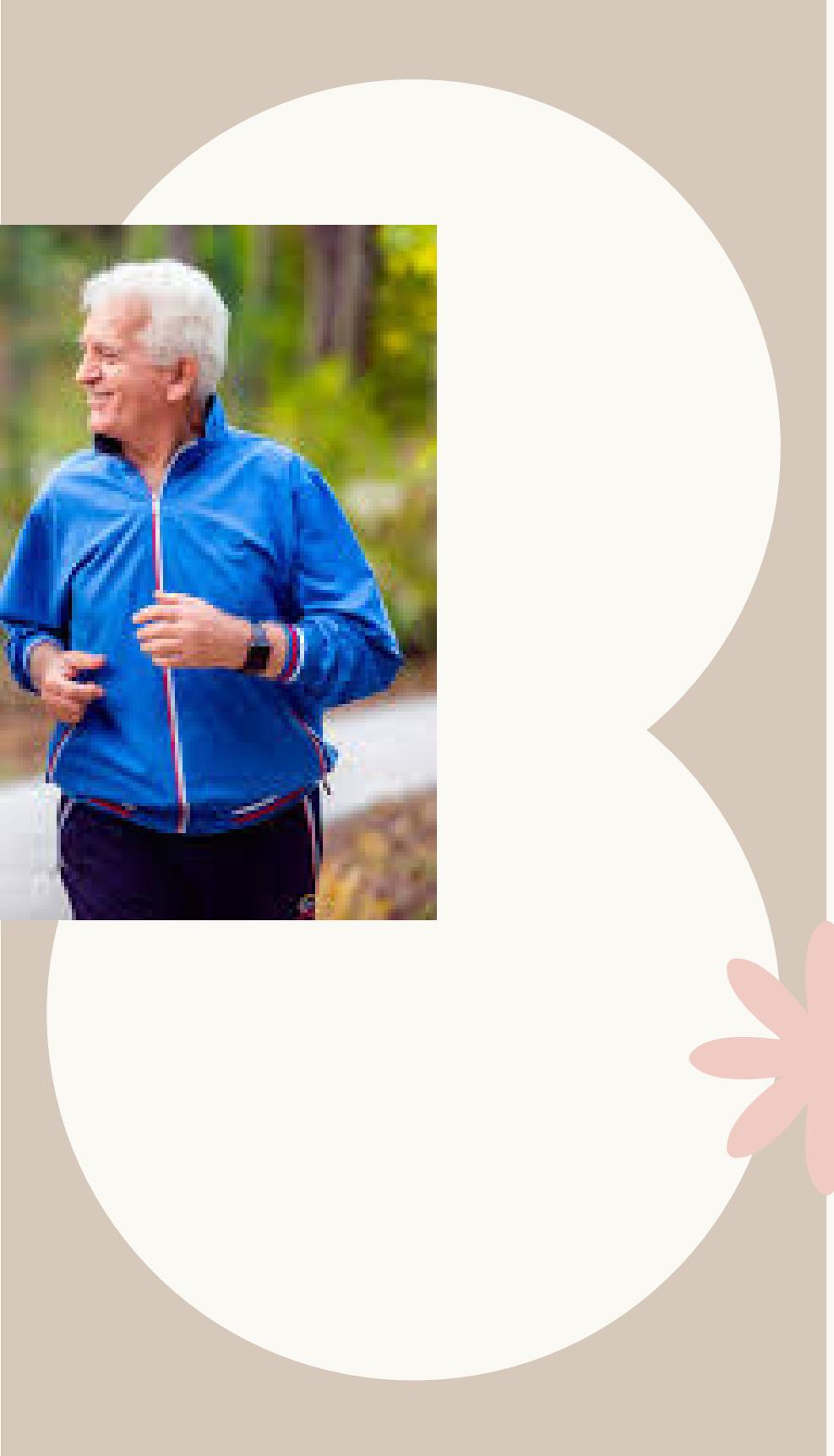
&

LONGEVITY

Presented by

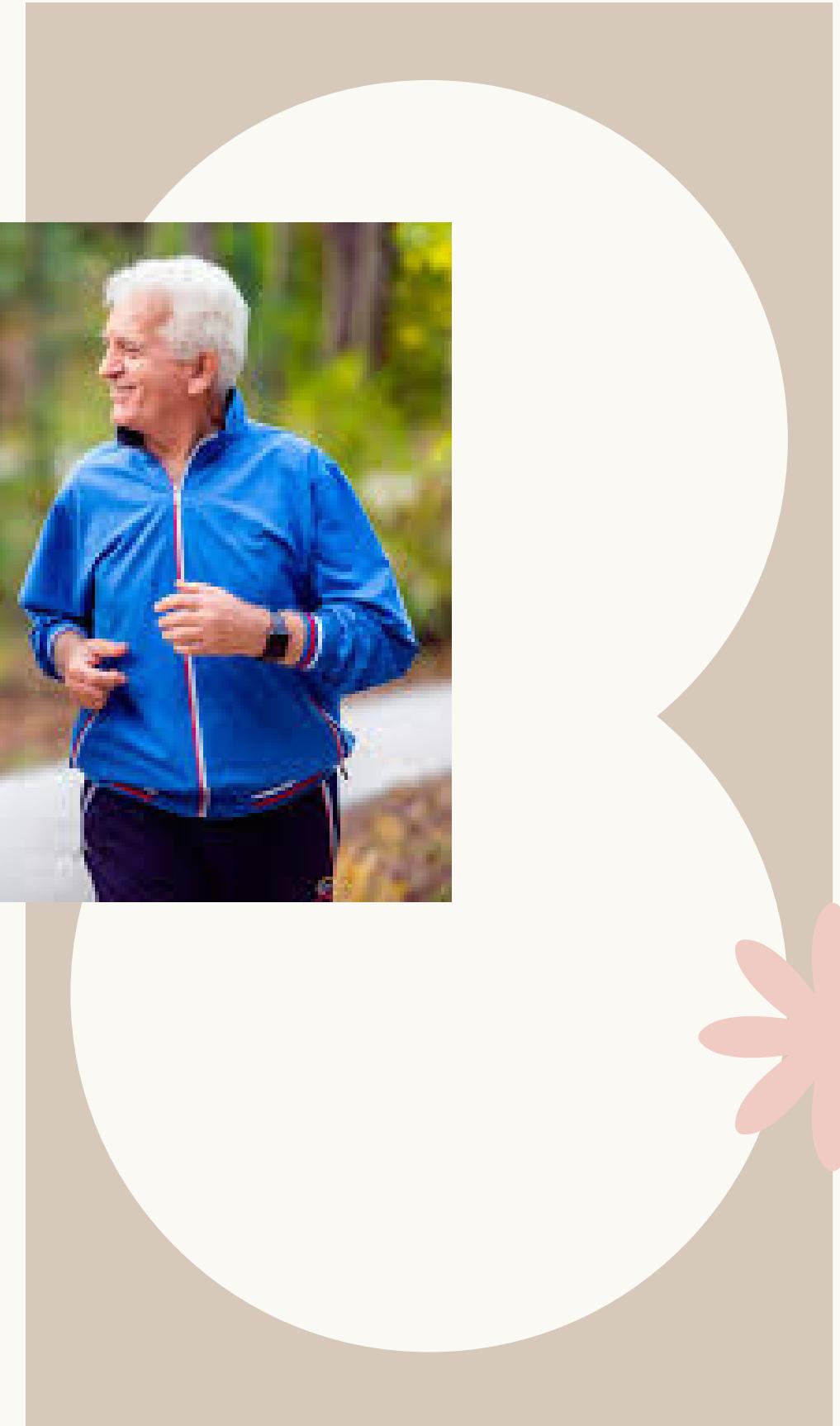
Theresa Rodriguez

WHAT IS LONGEVITY?



WHAT IS LONGEVITY?

- Defined by living a longer and healthier life.
- Explores different factors across various countries, and years to uncover patterns and disparities.
- Dataset from 2000 to 2015 with key features such as life expectancy, adult mortality, BMI, GDP, schooling etc.



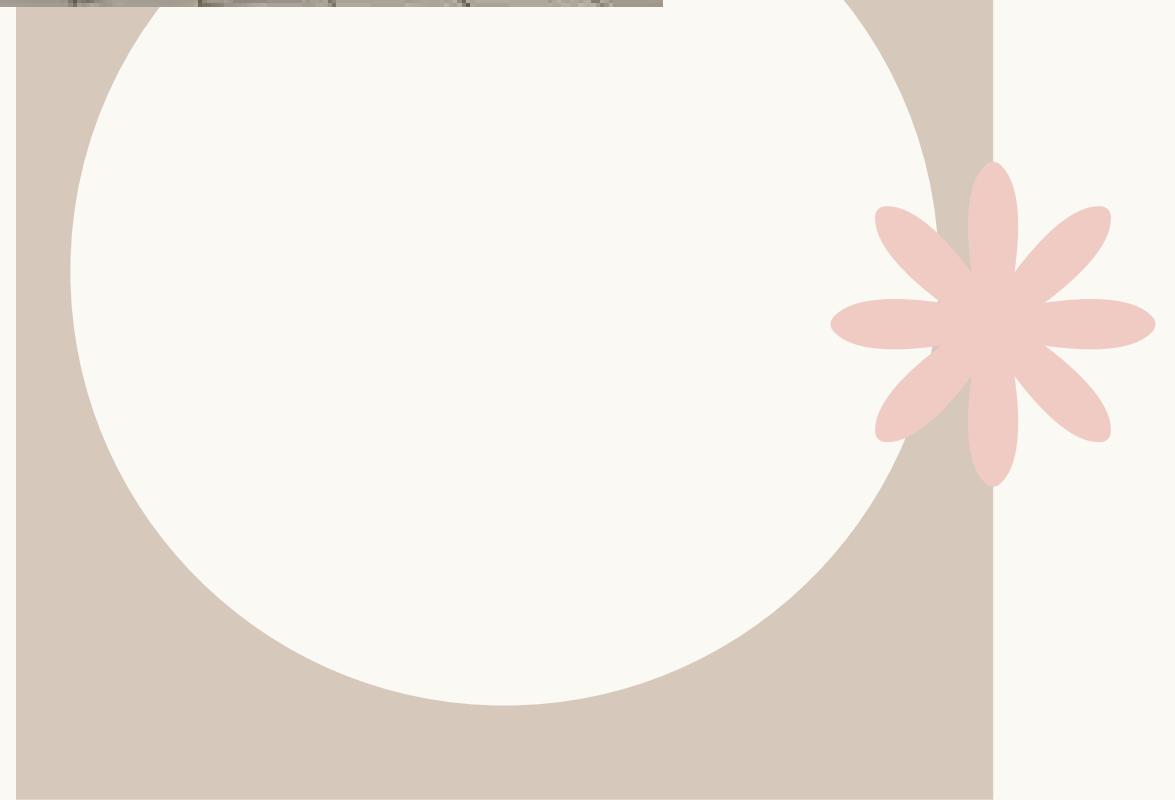
WHAT IS HAPPINESS?

- The World Happiness Report surveys thousands of individuals across 150+ countries using a Cantril Ladder.
- Dataset included six key features: economic production (GDP), family, freedom, trust, generosity, social support, and health.



WHAT IS HAPPINESS?

MENTIMETER LINK



DATA

Number of Countries: 135

Average Life Expectancy: 72 years old

Average Happiness Score: 5.4

Minimum: 51 years old (Sierra Leone)

Maximum: 88 years old (Slovenia)

1

Combining Data Frame

When comparing longevity, and happiness it was important to look at the same countries and year

2

Normalization

Sorting data based on country, year, key features

3

Making Sense

Identifying which key features were most important to analyze the relationship between longevity and happiness

Key Features of Longevity & Happiness

Socioeconomic

- Economy (GDP):** Economic production and income levels.
- Schooling:** Education levels
- Family:** Importance and value of family

Governance & Freedom

- Freedom:** People's ability to make decisions about their lives
- Trust:** How corrupt people believe their government and businesses are

Well-being & Community

- Health:** Average lifespan in good health
- Generosity:** Charitable donations and acts of kindness within the society

Socioeconomic Factors:

	Economy (GDP)	Schooling	Family
1	Qatar	Australia	Iceland
2	Luxembourg	New Zealand	Ireland
3	Kuwait	Denmark	Denmark
4	Singapore	Iceland	Switzerland
5	Norway	Ireland	Uzbekistan

% of Countries on
Longevity List



Happiness List



Governance and Freedom

	Freedom	Trust (Government)
1	Norway	Rwanda
2	Switzerland	Qatar
3	Cambodia	Singapore
4	Sweden	Denmark
5	Uzbekistan	Sweden

% of Countries on
Longevity List



Happiness List



Well-being and Community

	Health	Generosity
1	Singapore	Myanmar
2	Japan	Thailand
3	Spain	Malta
4	Italy	Indonesia
5	Iceland	Bhutan

% of Countries on

Longevity List



Happiness List

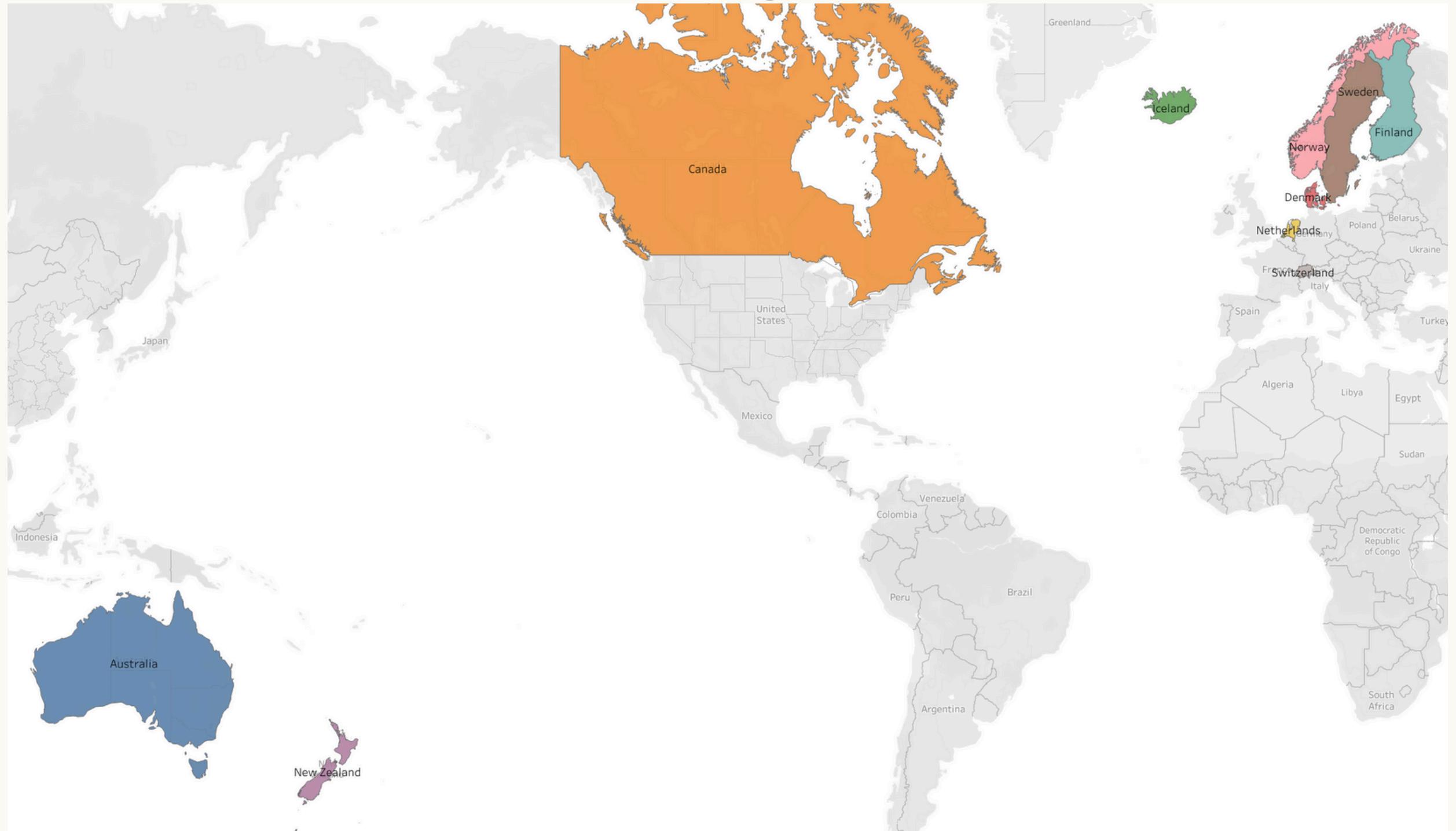


Longevity Ranking



1	Slovenia
2	Denmark
3	Chile
4	Cyprus
5	Japan
6	Switzerland
7	Singapore
8	Australia
9	Spain
10	Italy

Happiness Ranking



1	Switzerland
2	Iceland
3	Denmark
4	Norway
5	Canada
6	Finland
7	Netherlands
8	Sweden
9	New Zealand
10	Australia

Longevity, Happiness, and Key Features

Country and Key Feature Frequency

Iceland 

Denmark 

Switzerland 

Norway 

Japan 

Canada 

Slovenia 

- **Multifactorial Construct:** Happiness stems from a balance of economic, social, and health-related factors.
- **Compensatory Effects:** High scores in areas like social support and freedom can offset lower scores in GDP or longevity.
- **Distinctive Contributions:** High happiness countries may not lead in longevity but excel through a unique mix of supportive factors.

Longevity and Happiness

- **Yes**, there is a relationship between longevity (life expectancy) and happiness
- Correlation 0.74
- R² 56%



The quality, not the longevity, of one's life is what is important

- Martin Luther King

Thank you!

