

Understanding Global Well-Being: World Happiness Data Review (2015–2024)

By[Oroko Viola Moraa]
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Project Goal:

- To understand happiness trends across the globe (2015–2024).
- To identify the factors influencing happiness scores.
- To provide insights for improving global well-being.
- This will help us to:
 - Get a clearer picture of how quality of life evolves across countries.
 - Know which factors (e.g., health, income, social support) strongly influence happiness helps policymakers and organizations focus on the right areas.

Key Questions

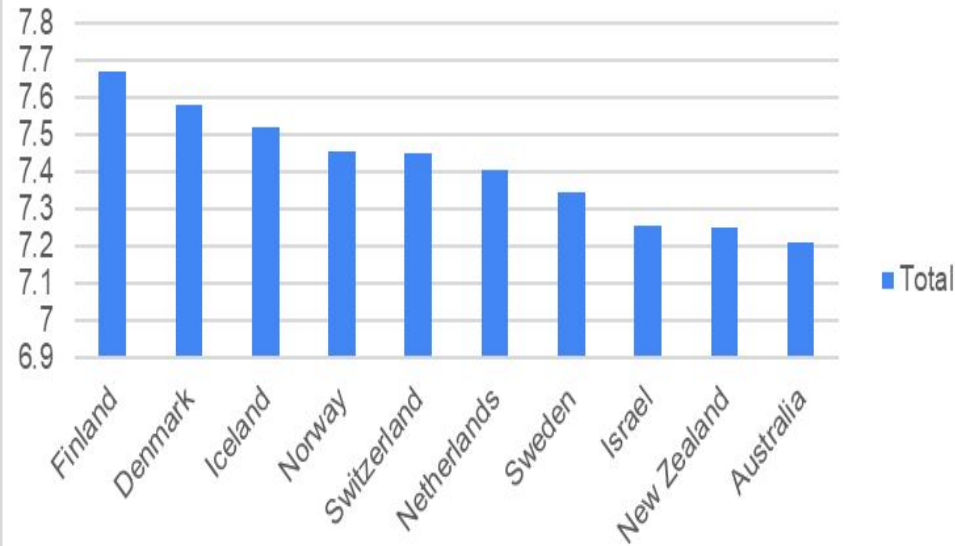
1. Which countries have the highest average happiness score over all years?
2. What is the GDP per Capita and Healthy Life Expectancy of the top 10 countries across years?
3. What is the correlation between the Economy(GDP per Capita), Family, Healthy Life Expectancy, Happiness Score, Freedom, Trust and Generosity?
4. To what extent does a country's wealth (as measured by GDP per capita) predict its happiness score within and between different regions?
5. How is Happiness distributed over the Regions?
6. How has the happiness score changed over time?

FINDINGS AND INSIGHTS

Happiest Countries Across All Years

Average of Happiness score

Top 10 Happiest Countries (2015–2024 Average)

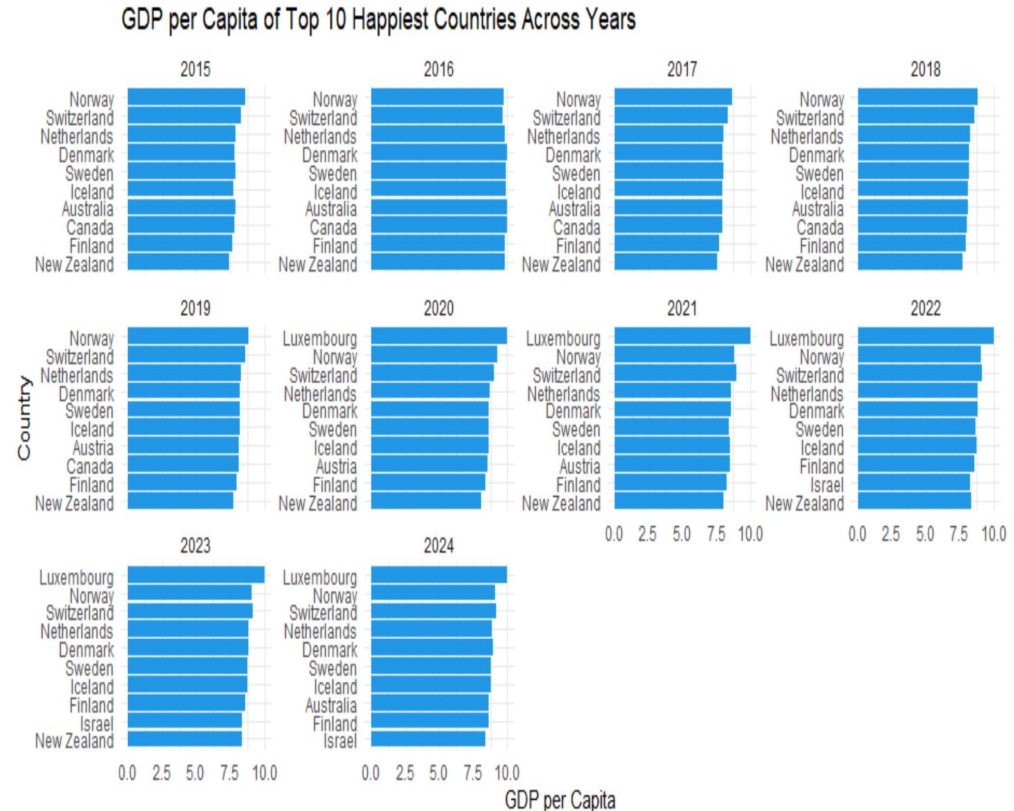


Country

- Finland is ranked as the happiest country in the world for the tenth consecutive year, followed closely by Denmark, Iceland and Norway due to factors like strong social support system, high GDP per Capita, low corruption levels.

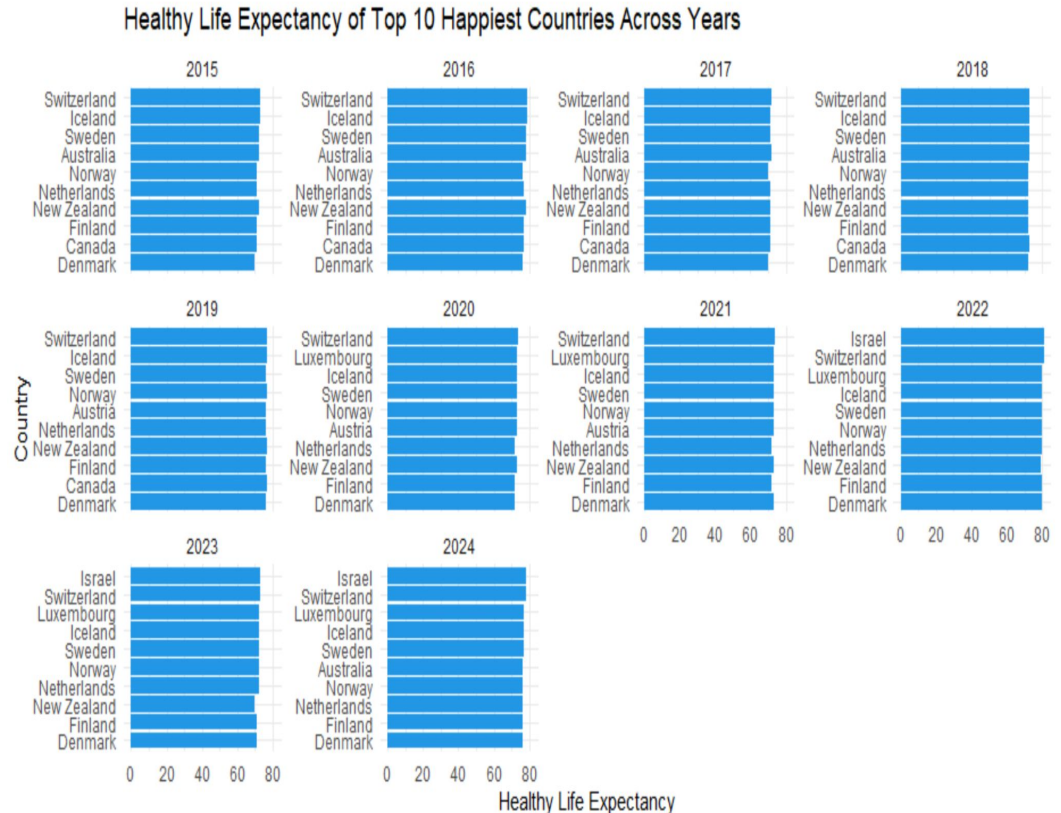
Wealth and Well-being: GDP per Capita of the Top 10 Happiest Countries

- Many of the same countries, such as Norway, Switzerland, Netherlands, Denmark, Sweden, and Finland, repeatedly appear in the top 10 happiest nations throughout the decade, indicating a sustained level of well-being and economic performance.
- Luxembourg consistently appears at the top of the list in later years (from 2020 onwards), often showing the highest GDP per capita among these nations. This highlights its significant economic output per person and its strong position among the happiest countries.

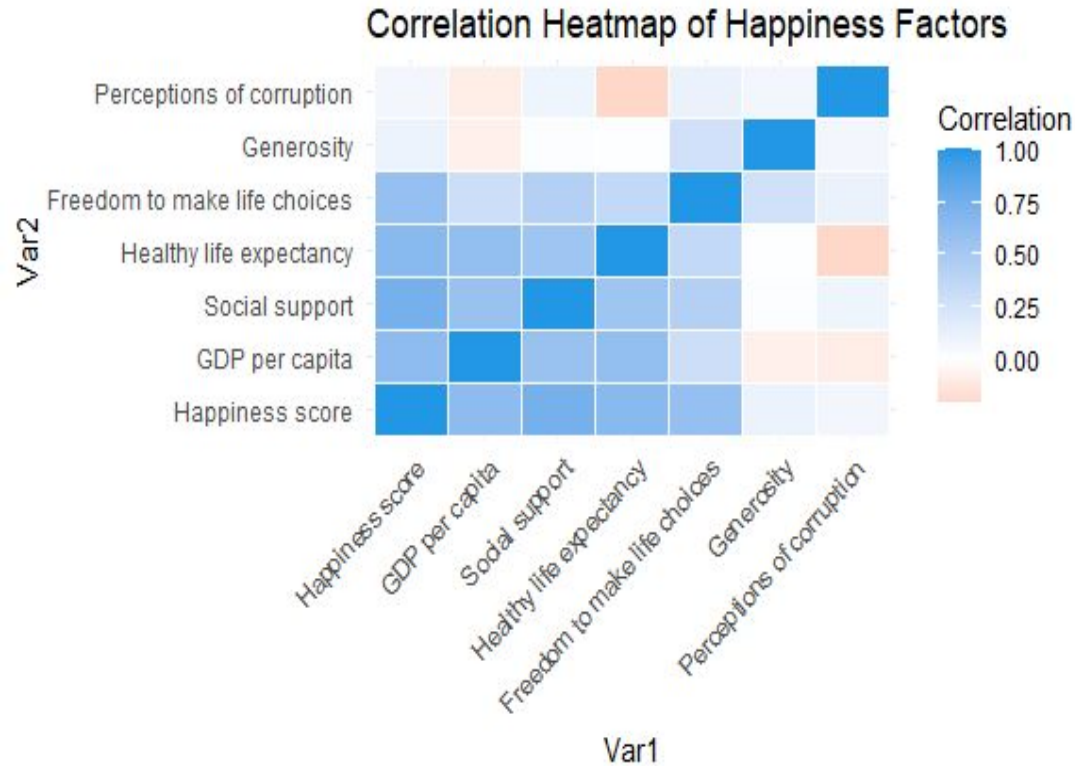


Health is Wealth: Life Expectancy in the Happiest Countries

- Switzerland, Iceland, and Sweden consistently appear among the top countries for healthy life expectancy throughout the entire period (2015-2024), indicating sustained high levels of well-being and health outcomes.
- Israel and Luxembourg enter the list of top 10 happiest countries with high healthy life expectancy in later years, specifically from 2020 onwards. This suggests a shift in the composition of the "happiest countries" with high healthy life expectancy over time.
- Across all years and countries, the healthy life expectancy generally falls within a range, with most countries showing values between approximately 60 and 70 years
- Canada appears in the earlier years (2015-2019) but then disappears.



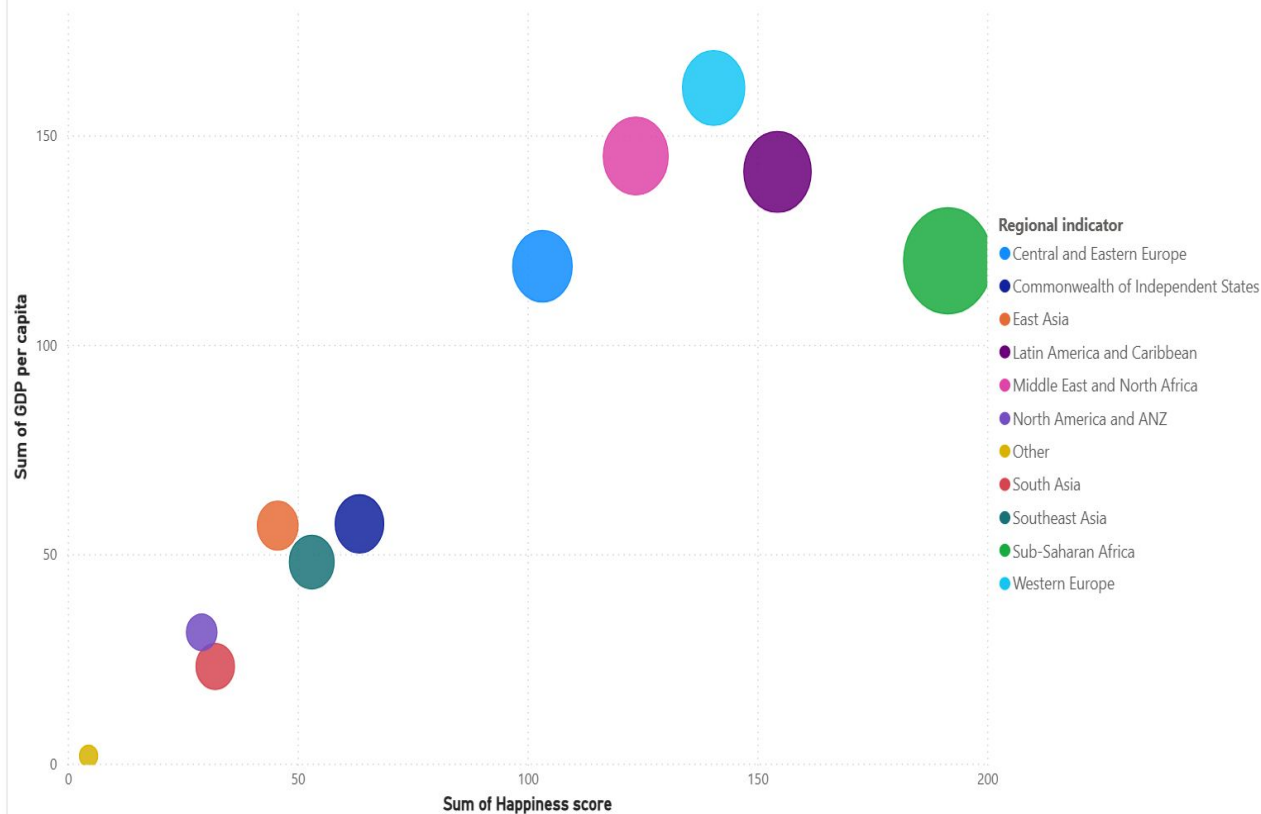
Mapping Happiness: The Core Factors



- Higher levels of economic prosperity (GDP per capita), strong social support networks, longer healthy life expectancy, and greater freedom in life choices are positively associated with higher happiness scores. Conversely, higher perceptions of corruption are generally linked to lower happiness and lower values in several other positive factors. Generosity also appears to contribute positively to happiness and related factors, while being negatively impacted by perceptions of corruption. That is, 'Generosity' and 'Perceptions of corruption' appear to have much weaker or negligible correlations with happiness and other factors.

How Wealth Correlate with Happiness in various Regions

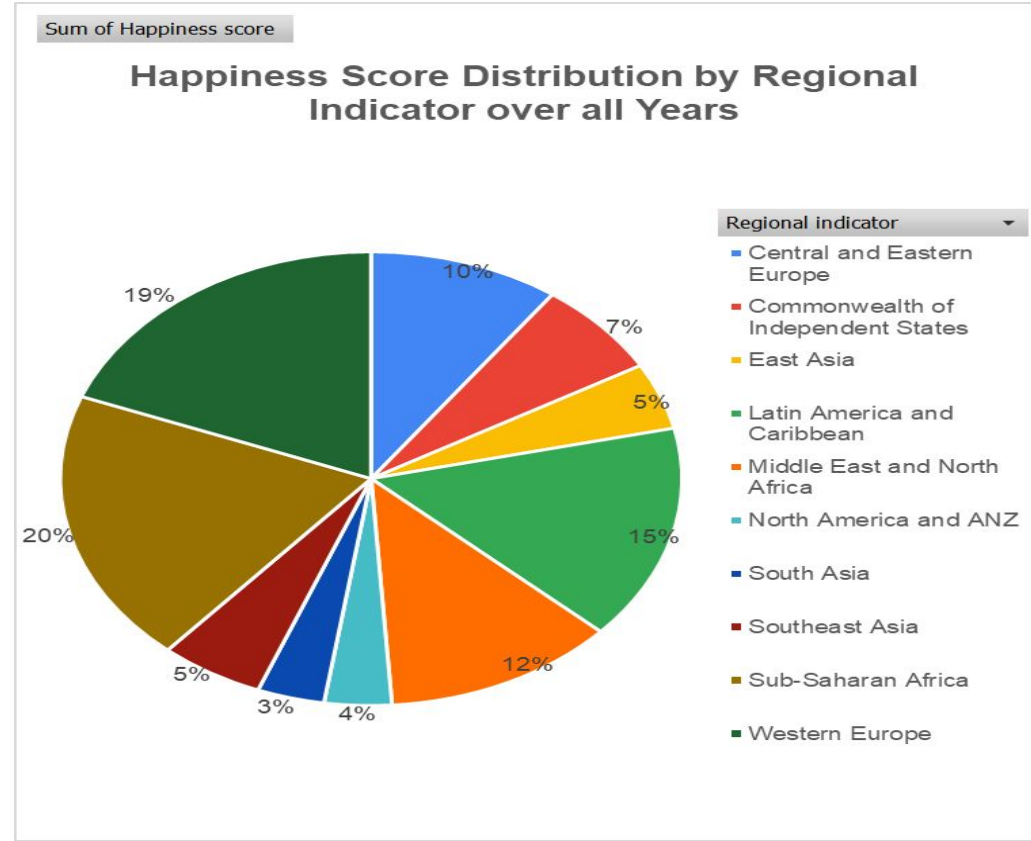
Happiness Score vs. GDP per Capita by Regions



- There is positive correlation between GDP per Capita and Happiness score.
- Economic prosperity contributes to happiness, but regions like **North America and ANZ** and **South Asia** prove that **social and cultural factors** can also drive well-being. The challenge for lower-income regions is to build **health, governance, and social support** alongside economic growth.

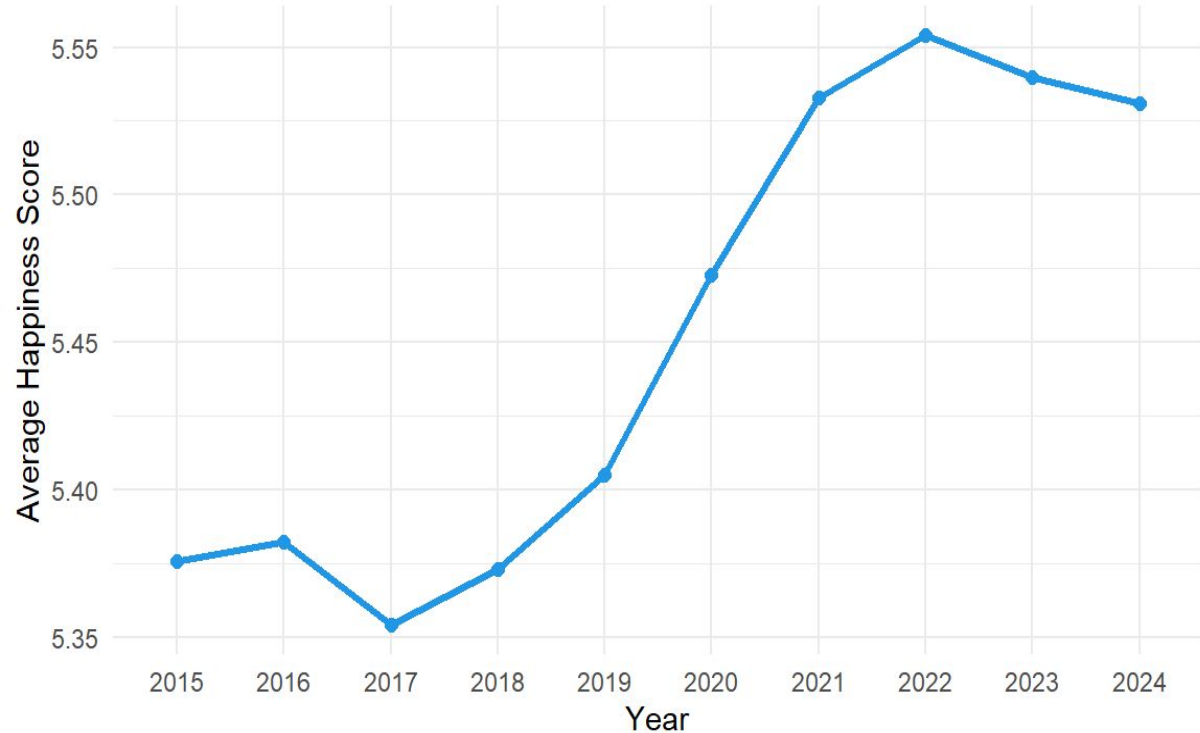
Happiness Distribution Over all Years By Regions

- Sub-Saharan Africa contributes the largest share of high happiness scores (due to many countries) followed by Western Europe.
- South Asia, Southeast Asia, and North America face structural challenges (poverty, governance, instability) that limit happiness levels.



Happiness Over All Years

Average Happiness Score Over Time



- The graph reveals an initial period of relative stability with a slight decrease, followed by a substantial increase in average happiness scores, and a subsequent modest decline in the most recent years shown.
- The notable rise in happiness during and immediately after the pandemic years (2019-2022) suggests the capacity for adaptation and resilience within populations, potentially driven by factors like social support, improved healthcare access, or policy interventions.

Summary of the Findings

- **Global Happiness Trends**
 - The world's average happiness score remained stable between 5.3 – 5.5.
 - There was a small dip in 2017, but scores steadily rose after 2019, peaking in 2022 despite global challenges like COVID-19.
- **Top-Performing Countries**
 - Finland, Denmark, Iceland, Norway, and Switzerland consistently rank among the Top 5 happiest countries.
 - These nations combine high GDP per capita, strong healthcare, social support, trust in institutions, and low corruption.
- **Regional Comparisons**
 - Western Europe and North America & ANZ dominate in both happiness and GDP.
 - Latin America & the Caribbean scores higher than expected given their GDP levels, reflecting the strength of social support and community life.
- **Relationship Between Wealth and Happiness**
 - There is a positive correlation between GDP per capita and happiness.
 - However, regions like East Asia show that economic growth alone does not guarantee higher happiness, while Latin America proves that strong social and cultural factors can raise well-being even with modest incomes.
- **Distribution Insights**
 - Sub-Saharan Africa contributes the largest share of total happiness scores (due to many countries), but their average happiness is low.
 - Western Europe has a smaller share in size but much higher scores, proving quality outweighs quantity.

Recommended Actions:

- Invest in community networks & family policies to strengthen the social support.
- Universal access & mental health programs to improve healthcare (like in East Asia).
- Reduce corruption & build public trust to enhance governance.
- Flexible work, freedom of choice even leisure supports work-life balance.

THANK YOU!