

Appendix

Inventory of Policy Ideas from Theme Chapters

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ABOUT THIS TABLE

This table presents a comprehensive list of the policy ideas presented in the Global Happiness Policy Report 2018. The most commonly recurring principles are highlighted and labeled Cross-cutting principles.

Basic descriptions of the various policy ideas are given, along with key information on specific instances where the ideas have been implemented. Among the other types of ideas catalogued here are general principles, interventions, and public/private initiatives.

CHAPTER 3. HEALTH

Type	Title—Specific example	Description
Principle	Cascade principle • Incredible Years	Train existing therapists in new treatment programs; recruit the most talented for further training as peer coaches and coach mentors.
Intervention	National mental health plan development • Improving Access to Psychological Therapies, UK • National Depression Detection and Treatment Program, Chile • EMERALD Consortium	Design a national mental health action plan. Plans should not only set targets, but be specific about treatments and delivery strategies. The chapter recommends aiming to treat an additional quarter of people with mental illnesses by 2030, incorporating psychosocial treatments for mild to severe cases, and potential for medication for moderate/severe cases. Digital treatment can facilitate meeting these goals.
Intervention	Provide treatment for those exhibiting mental illness at or before age 20 • Eight programs listed in Table 11	Schools and colleges are a natural place to provide early treatment. Programs are needed to train healthcare workers to provide early treatment.
Intervention	Positive life skills training in schools and colleges	Evidence-based programs should be used if they can be shown to prevent the development of mental illness. Resilience training interventions named in the chapter on Positive Education should be considered.
Intervention	Parent-targeted programs • Incredible Years • Thinking Healthy, Pakistan	Provide training to parents based on evidence of mental health benefits to children. This echoes the value of parent education discussed in the chapter on Personal Happiness, Families subsection, and the parent training included in whole-school positive education frameworks discussed in the chapter on Education.
Intervention	Anti-stigma campaigns • Time to Change, UK	Anti-stigma campaigns have been effective at reducing delay or avoidance of treatment of mental illness.

CHAPTER 4. POSITIVE EDUCATION (PE)

Type	Title—Specific example	Description
Cross-cutting principle	<p>Regular measurement of student, faculty, staff well-being</p> <ul style="list-style-type: none"> Dubai Student Well-being Census, UAE The Wellbeing Profiler, Victoria, Australia The Shipley School, Pennsylvania, USA 	<p>Collecting information on the well-being of everyone involved in education is foundational to improving outcomes.</p> <ul style="list-style-type: none"> Dubai conducts a census of grade 6 through 9 student well-being at private schools, with follow-up reporting to help individual schools identify specific needs. Victoria created a 30-minute online well-being survey. The Shipley School conducts ongoing measurement of its whole-school PE teaching training and curriculum.
Cross-cutting principle	<p>Rigorous evaluation of interventions</p> <ul style="list-style-type: none"> Youth Social Action Trial, Secondary Youth United Foundation Educación para el Bienestar, Jalisco, Mexico Paso a Paso Curriculum/Escuelas Amigas, Peru Healthy Minds Project, UK 	<p>Evidence of effectiveness, academic improvements, cost-benefit data, and validation are needed for PE interventions.</p> <ul style="list-style-type: none"> Secondary Youth United Foundation is conducting a secondary-school project testing the impact of extracurricular activities on engagement, attainment, motivation, confidence, and teamwork. Jalisco and Peru have conducted rigorous RCTs of PE curriculum, with subsequent statewide adoption in Jalisco. The Healthy Minds Project, aimed at evidencing the linking between emotional stability, behavior, and attainment, is in a four-year pilot stage in 33 UK schools.
Principle	<p>Integration of PE curriculum in existing school settings and courses</p> <ul style="list-style-type: none"> GNH Curriculum, Bhutan Ministry of Education "Happy education," 19th Middle School, Beijing, China Tsinghua University Primary School, Beijing Maytiv program, Israel 	<p>PE curriculum should be embedded into existing curriculum, as well as being taught in stand-alone courses.</p> <ul style="list-style-type: none"> Bhutan embeds positive life skills curriculum in grades 7 through 12, and also provides a 15-month stand-alone course. The 19th Middle School of Beijing integrates positive psychology at a middle grade level. Tsinghua University Primary School embeds PE at the primary level. Israel's Maytiv program is an eight-part PE curriculum for the middle grades.
Principle	<p>Provide teacher/administrator training</p> <ul style="list-style-type: none"> Zengcheng, China "Happy Gardener" program, Tsinghua University PE training, UAE 	<p>Training existing school staff in PE, rather than bringing in new, specially-trained staff, should be a focus of PE efforts.</p> <ul style="list-style-type: none"> The city of Zengcheng, in Guangdong Province, has provided PE training for 10,000 school principals and head teachers, spurring take-up at all age levels. Tsinghua University provides a free five-day PE training for school principals. The UAE is conducting a pilot training of teachers and leaders from 10 public schools, with an 18-month follow-up study.
Principle	<p>Whole-school approach</p> <ul style="list-style-type: none"> Floreat School, UK The Shipley School, USA Wellington College, UK St. Peter's College, Australia Universidad Tecmilenio, Mexico Buckingham University, UK Visible Wellbeing, various countries 	<p>Several models exist for whole-school PE integration, measurement, and evaluation.</p> <ul style="list-style-type: none"> Primary and secondary schools modeling a whole-school approach include Floreat Primary, UK; The Shipley School, USA; Wellington College, UK; and St. Peter's College, Australia. Universidad Tecmilenio (Uto, in Mexico, and Buckingham University, in the UK, are pioneers of the Positive University concept. <p>Visible Wellbeing is a whole-school framework for building well-being among students and faculty and for enhancing learning that is used in Australia, New Zealand, Hong Kong, and Canada.</p>

Type	Title—Specific example	Description
Intervention	Resilience training <ul style="list-style-type: none"> • CorStone Children's Resilience Program for Girls, Gujarat, India, and Girls First, Bihar, India • How to Thrive, UK • Penn Resilience Program 	Students learn to skills to manage anxiety, trauma, and other negative emotions. <ul style="list-style-type: none"> • CorStone provides RCT-tested resilience training to low-income adolescent girls in India. • How to Thrive operates programs in multiple UK schools based on the Penn Resiliency Program at the University of Pennsylvania. <p>Such interventions may contribute to preventing the development of mental illness, as recommended in the chapter on Health.</p>
Intervention	Teaching growth mindset <ul style="list-style-type: none"> • Changing Mindsets, Portsmouth University 	Students are taught that personal ability is a product of continuous work and growth, rather than inborn talent. <ul style="list-style-type: none"> • <i>Changing Mindsets</i> is a test of two models of teaching growth mindset to primary school students.
Intervention	Active, constructive responding <ul style="list-style-type: none"> • Engage in Education, Catch22 • Improving Talk and Listening, School21 & Cambridge University • Penn Resilience Program 	Students learn to respond constructively to another person's victories.
Intervention	Meditation and mindfulness <ul style="list-style-type: none"> • Mindfulness Collective, Dubai 	Students practice one or more meditation and mindfulness techniques. The Mindfulness Collective brings together private school administrators to discuss school-based mindfulness efforts.
Intervention	Decision-making, problem solving, and critical thinking <ul style="list-style-type: none"> • Building Resilience, Victoria 	Students learn to choose the best action plans from available options; to use heuristics to solve theoretical and practical problems; and to conceptualize, synthesize, apply, and evaluate information as a guide to beliefs and actions. <ul style="list-style-type: none"> • <i>Building Resilience</i> is an online decision-making curriculum resource.
Intervention	Empathy training and coping with emotions <ul style="list-style-type: none"> • KidsMatter and MindMatters, Australia • Promoting Alternative Thinking Strategies, Manchester University • Good Behaviour Game, Mentor Foundation UK 	Students learn about and use empathy techniques; and learn to identify, understand, and manage their emotions, particularly positive ones. <ul style="list-style-type: none"> • KidsMatter and MindMatters are primary and secondary level whole-school mental health frameworks teaching engagement and connectedness. • Promoting Alternative Thinking Strategies is a primary school project that covers topics such as identifying and labelling feelings, controlling impulses, reducing stress, and understanding other people's perspectives. • The Good Behaviour Game is a project derived from a US trial that aims to improve behavior in primary school, particularly by encouraging good group behavior, and self-control. <p>Whole-school frameworks often involve parent training, echoing the value of parenting training discussed in the chapter on Personal Happiness, subsection Families.</p>
Intervention	What went well	Students record three events that went well today and why.
Intervention	Gratitude visit	Students write a letter of gratitude and read it to the source.
Intervention	Character strengths	Students identify and use good character and their signature strengths in a new way.
Intervention	Best self	Students write about their best selves and proudest moments.
Public/private initiative	On-campus PE research institute <ul style="list-style-type: none"> • Institute of Positive Education, Geelong Grammar School, Australia 	Geelong Grammar School goes beyond the whole-school approach by housing a PE research institute on campus, which provides school-wide training for parents and staff

Type	Title—Specific example	Description
<p>Public/private initiative</p>	<p>Independent PE research organizations</p> <ul style="list-style-type: none"> • CASEL, USA • Character Lab, USA 	<p>Independent research organizations with sufficient funding advance scientific knowledge about PE and can position themselves to undertake well-designed, rigorously evaluated PE efforts in tandem with schools.</p> <ul style="list-style-type: none"> • CASEL (the Collaborative for Academic, Social, and Emotional Learning) evaluates interventions targeted at five specific PE skill domains. • The Character Lab at the University of Pennsylvania develops empirically validated "playbooks" that help teachers and their students develop their strengths.
<p>Public/private initiative</p>	<p>Formal relationships between governments, education departments, and PE research programs</p> <ul style="list-style-type: none"> • Education department 'memorandum of friendship' with International Positive Education Network, Dubai • PE programs under development in the Kingdoms of Saudi Arabia and Jordan 	<p>Formal relationships can encourage long-term PE take-up.</p> <ul style="list-style-type: none"> • Outcomes of Dubai's partnership include workshops for parents and staff, inter-school collaboration on mindfulness programs, and full-time staff allocated to teacher and student well-being issues. • Jordan and Saudi Arabia have established partnerships with the Positive Psychology Center of the University of Pennsylvania to plan nationwide PE efforts
<p>Public/private initiative</p>	<p>Positive education conferences</p> <ul style="list-style-type: none"> • Australian Positive Psychology and Wellbeing Conference • China International Positive Psychology Conference • World Positive Education Accelerator 	<p>National and international conferences allow empirical data on PE effectiveness to be shared.</p>

CHAPTER 5. WORKPLACE

Type	Title—Specific example	Description
Cross-cutting principle	Expand evidence base on work and wellbeing	Government should work with academia, civil society, and business to evaluate public- and private-sector workplace interventions for wellbeing via RCT. Effectiveness, associated productivity effects, and intervention costs should be measured.
Principle	Prioritize job creation policy	Specifically, adopt cyclical labor demand smoothing policies to make jobs available in downturns and improve feelings of security among the employed. <ul style="list-style-type: none"> • Apprenticeships can ease transition out of joblessness. • Temporary employment subsidies can improve security and prevent layoffs during downturns.
Public/private initiative	Job crafting opportunities for employees	Create opportunities for employees to design their jobs around their personal needs, e.g. giving employees control of physical design of office space.
Public/private initiative	Firm-level policies to improve work-life balance	Experiment with flexible work hours and location policies. Devise flexibility programs that improve employee productivity. <ul style="list-style-type: none"> • The STAR program found strong improvements for employee well-being in a trial among IT workers at a Fortune 500 company. See Box 3 in the chapter.
Public/private initiative	Essential skills training <ul style="list-style-type: none"> • UPSKILL, Canada 	The UPSKILL project tested the impact of a 40-hour essential skills and literacy training program delivered to employees on site during work hours. The project showed a significant increase not only in job performance, but in mental health and trust in the firm. The improvements were particularly concentrated among those at the low end of the skill distribution. See Box 2 in the chapter.
Public/private initiative	Implement best practices for people management	Multiple studies suggest that transparent and consistent policies for training, performance review, and teamwork can significantly increase employee well-being by improving trust in the firm and interpersonal relationships between employees and managers. See Box 4 in the chapter.
Public/private initiative	Encourage pro-social attitudes at the workplace	Multiple studies indicate that mechanisms encouraging charitable giving by employees increase employee wellbeing and firm trust.

CHAPTER 6. PERSONAL HAPPINESS

Type	Title—Specific example	Description
Cross-cutting principle	Ex post and ex ante subjective well-being (SWB) monitoring of policies	SWB monitoring should be conducted before and after urban-level policy interventions aimed at SWB goals.
Urban development: housing, neighborhoods, and urban design		
Principle	Housing, neighborhood quality under purview of government	Due to housing's impact on SWB, policymakers should consider housing, development, and zoning to be within their responsibility.
Principle	Green space • Robert Taylor Homes, Chicago, USA	Availability of parks and natural settings should be prioritized to promote personal and social happiness.
Principle	Shorter commutes	Commuter time is deleterious to SWB. Urban policy can be used to lower commute times. The types of urban policy that promote short and active commutes are akin to the active transport recommendations of the chapter on Cities.
Intervention	Zone and redevelop to mitigate consequences of single-use zoning • Omaha 20-minute-city framework, USA	Local governments can take steps to reduce the social isolation created by residential-only zoning. One approach is to increase mixed-use zoning. Ex post and ex ante measurement of SWB is recommended. • Omaha, Nebraska involved stakeholders in a planning process to redesign the urban environment to place work, parks, shopping, and entertainment within a 20-minute walk of residences. The city has undertaken zoning changes and the redevelopment of one neighborhood.
Intervention	Structure taxes to avoid incentivizing single-use zoning	Regional and higher-level government can take care to structure property and sales taxes so that municipalities do not face unduly strong incentives in favor of single-use commercial zoning.
Intervention	Public space redesign with community input and SWB monitoring • Manchester Northern Quarter, UK	Using solicited community input, redesign a public space while performing comprehensive SWB monitoring with a quasi-experimental design.
Public/private initiative	Co-housing	Non-related families live in private dwellings organized around public spaces and community resources. Echoes ideas and examples found in the chapter on Cities.
Public/private initiative	Homeshare • Wesley Homeshare Project, Australia	Caregivers live on site with elderly people in need of companionship in exchange for rent
Public/private initiative	Resident-driven community programs and activities	Events and activity groups of all types organized at the most local level. Examples include neighborhood watch programs and walking groups. Governments can support such activities by providing meeting space, information, funding online community networks and media campaigns, and offering small grants for community groups.
Public/private initiative	Provision of basic prefabricated housing • TECHO, Chile	Directly providing rudimentary but well-constructed prefabricated housing to residents of impoverished areas has been shown to increase life satisfaction and feelings of security. • TECHO, a Chilean NGO, has provided nearly 100,000 homes to slum residents in Latin America. Field experiments with TECHO projects in El Salvador, Mexico, and Uruguay have verified the program's SWB benefits.
Trust and corruption		
Principle	Establish democratic policy-making practices	Heighten freedom of the press. Strengthen mechanisms for citizen input.
Principle	Establish transparency policies	Report public expenditures. Make information accessible. Make government meetings public.

Type	Title—Specific example	Description
Intervention	Establish anti-corruption policies • Estonia	Pass an enforce laws against public and private corruption. Investigate via independent government commissions. Promote ethics training and codes. • Among former Soviet states, Estonia's anti-corruption efforts are particularly successful. In addition to comprehensive laws and investment in capacity for investigation and prosecution, the country's investments in data collection and e-government foster an environment of transparency and trust.
Families		
Intervention	Avoid "marriage penalties"	Tax policies that move two individuals into a higher tax bracket if they marry may have a negative impact on the likelihood of children being raised in two-parent households. Welfare rules that decrease the likelihood of qualifying for social support when parents are married may have a similar negative effect.
Intervention	Establish/improve parental leave policies	Policies that allow one or both parents some leave time after children are born significantly reduce stress on new parents and on marriages.
Intervention	Life course developmental activities	Policies that improve multi-generational family activity benefits children, parents, and grandparents alike. Schools can take efforts to involve grandparents through classroom volunteering, special grandparent groups, or encouraging grandparent involvement in Parent-Teacher Associations. Policies empowering grandparents who serve as primary caretakers, including financial support programs, are also suggested.
Intervention	Domestic violence reduction policies	Encompasses a wide range of options: domestic abuse hotlines, law enforcement training, partner abuse intervention teams, consistent penalties for spousal abuse, Violence Against Women Acts, public service campaigns for nonviolence and against abuse, positive conflict resolution role models in the media, social skills programs in schools, cross-agency social services models such as the Hub model described in the chapter on Cities, alcohol and drug treatment programs. Policies that empower women are especially important. These include policies supporting financial equality for women, including fair distribution of assets in divorce. Laws that allow women to initiate divorce also serve this purpose.
Intervention	Mandatory arrest of abusers • Violence Against Women Act, USA • Minneapolis, USA	An anti-domestic violence intervention worthy of particular consideration is to require arrest during police responses to domestic violence calls. • US-based studies conclude that mandatory arrest of domestic abusers significantly reduce subsequent criminal behavior.
Intervention	Support programs for abuse victims • Helping to Overcome PTSD	Domestic violence shelters, resources for children, and CBT for victims.
Public/private initiative	Family-friendly workplace programs	This group of programs includes flexible hours and work-from-home policies, on-site daycare, and breastfeeding accommodations.
Public/private initiative	Marriage education	Marriage education programs train couples in communication, conflict management, emotional regulation, and supportiveness. Some such programs have been found to increase marital satisfaction and lower divorce rates.
Public/private initiative	Parenting education • Better Parenting Program, Jordan	Research on parent training suggests that programs that expose parents to up-to-date empirical findings on parenting technique, such as the value of reading and the negative impact of corporal punishment, can improve both children's outcomes and parents' marital satisfaction. • Jordan's Better Parenting Program is a locally controlled 16-hour parenting workshop with quasi-experimental survey data demonstrating its effectiveness. The documented value of parenting training echoes the parent training that is sometimes a part of whole-school positive education frameworks discussed in the chapter on Positive Education.
Public/private initiative	Co-parenting classes for couples seeking divorce	Co-parenting classes help separating adults manage their relationship and children after the separation to lessen the stress or harm to children that sometimes arises from conflict between parents. Governments may decide to support the operations of such programs, or even to mandate them as a matter of policy.

CHAPTER 7. CITIES

Type	Title—Specific example	Description
City Governance as Feedback Loop		
Cross-cutting principle	Collect citywide happiness measure	Collect data on happiness within the city on an ongoing basis
Cross-cutting principle	Make happiness an explicit aim of city government <ul style="list-style-type: none"> • Happiness Agenda, Dubai 	Making well-being an explicit aim provides a unifying context for governmental decision-making. This point echoes the central theme of the <i>Global Happiness Policy Report 2018</i> as a whole. <ul style="list-style-type: none"> • Dubai's ruler explicitly aims to make the city the <i>Happiest City on Earth</i>.
Cross-cutting principle	Crowdsource city service quality data <ul style="list-style-type: none"> • BOS:311 smartphone app, Boston, USA • Transparent Chennai 	Use internet-based reporting platforms to increase government-citizen communication on service quality issues. <ul style="list-style-type: none"> • Boston's program (initially named <i>Citizen Connect</i>) uses a smartphone app that debuted in 2009. • When city officials fail to initiate such programs, citizens can also create them independently, as occurred in the case of Chennai.
Cross-cutting principle	Guide and evaluate policy using standardized data-processing approaches <ul style="list-style-type: none"> • SHAPE Tool, Dubai • CityScore, Boston 	Develop algorithmic approaches to transforming happiness measures and other data into actionable urban policy priorities. <ul style="list-style-type: none"> • The SHAPE Tool supports Dubai's decision-making process by weighting performance indicators according to their impacts on happiness, permitting happiness-based cost-effectiveness analysis of city proposals. • Boston uses its CityScore as a detection system for unnoticed but ongoing service deficiencies.
Cross-cutting principle	Consider trust in the city as a desirable policy outcome	Since trust is a strong enabler of happiness, local policies that enhance residents' trust in government may increase well-being. Citizen input, transparency, and clear evaluation standards as described above are useful mechanisms to consider as means of increasing trust.
Cross-cutting principle	Balance the need for evidence with the imperative of innovation <ul style="list-style-type: none"> • Nesta Standards of Evidence 	At the local level, insisting on the highest level of evidence can stifle innovation. Cities may benefit from a framework that evaluates the potential benefits of actions based on a balance of evidence and need. <ul style="list-style-type: none"> • The Nesta framework defines five successively more persuasive levels of evidence that can rationalize adoption of policies.
Economic Development		
Public/private initiative	Online service platforms <ul style="list-style-type: none"> • Citizen Services & Agrupar, Quito, Ecuador • Rashid & e-Trader, Dubai 	Reduce burden of city regulations with well-designed city service websites. <ul style="list-style-type: none"> • Quito's Citizen Services and Dubai's Rashid use artificial intelligence to help new businesses with common compliance issues. • Quito's Agrupar uses open data to identify urban malnutrition, and facilitates the commercialization of urban agriculture. • Dubai's e-Trader website specifically aims to reduce barriers for businesses with high potential for positive social impact.
Public/private initiative	Investment funds for affordable and transit-oriented development <ul style="list-style-type: none"> • Local Initiatives Support Corporation (LISC), USA 	Affordable housing development in walkable neighborhoods near transit may be a key ingredient for economic development in expensive or auto-dependent cities. <ul style="list-style-type: none"> • LISC aims to match grants, loans, and investments in this type of development to in-need urban areas in the United States. <p>This approach echoes emphases on walkability and transport in other sections of this chapter and the chapter on Personal Happiness.</p>

Type	Title—Specific example	Description
People & Society		
Principle	<p>Design urban spaces for walkability and active transport</p> <ul style="list-style-type: none"> • My Street, Moscow, Russia • Metrominuto, Pontevedra, Spain 	<p>Promotion of walking and bicycling is likely to improve health, and therefore happiness.</p> <ul style="list-style-type: none"> • My Street is the largest pedestrian-oriented improvement program in Moscow's modern history. Its emphasis is façade and lighting improvements. • Pontevedra reduced traffic in the historical city center, and now promotes city walking by distributing "Metrominuto" walking maps. <p>Promoting these activities is related to shorter commutes, echoing the emphasis on that topic in the chapter on Personal Happiness, Urban Design section.</p>
Principle	Mental health-oriented urban design	<p>Urban planners and designers should be aware of the importance of designing for mental health. See recommendations from McCay et al., 2017, in the reference list of the chapter on Cities.</p> <p>Interventions with rigorous evaluation standards, like the Manchester Northern Quarter public space redesign case study (in the chapter on Personal Happiness, Urban Design section), make good candidates for the implementation of this principle.</p>
Principle	<p>Emphasize education of city residents</p> <ul style="list-style-type: none"> • Bachillerato Virtual Inclusivo, Quito 	<p>Human capital development may contribute to significant gains in the happiness of cities. Quito offers an online continuation program that allows adults to complete their secondary education. Other cities may find it advantageous to promote online secondary or higher educational tools such as Massive Open Online Courses (MOOCs).</p>
Intervention	<p>Develop national or city-level mental health policies</p> <ul style="list-style-type: none"> • Improved Access to Psychological Therapies, UK • Surrey Fire Services, Canada • NYC Opportunity, New York, USA 	<p>Echoes the call of the chapter on Health for aggressive national mental health planning.</p> <ul style="list-style-type: none"> • Some city agencies have successfully integrated mental health data to prioritize outreach and take preventive action on the issues under their purview. Examples of this type of agency-level success include the Fire Services branch of the City of Surrey in Canada, and New York's Health and Human Services Agency.
Intervention	<p>Citywide exercise events and campaigns</p> <ul style="list-style-type: none"> • Dubai Fitness Challenge • Amsterdam Healthy Weight Programme, Netherlands 	<p>Promote social physical activity. Create exercise facilities with easy access and changing/storage facilities.</p> <ul style="list-style-type: none"> • Dubai challenged residents to thirty minutes of activity per day for thirty days, with free classes, a linked app, and heavy promotion. • Amsterdam designed a health program with the idea of engaging youth citywide, while especially serving the needs of those communities where health inequalities were most acutely experienced.
Intervention	<p>Community hub model for emergency services</p> <ul style="list-style-type: none"> • Prince Albert Hub, Canada 	<p>Use technology and physical proximity to promote interdepartmental human services coordination.</p> <ul style="list-style-type: none"> • Prince Albert, Canada has documented improved outcomes to residents with complex needs in a rural area by embracing this model. <p>This recommendation is echoed in the chapter on Personal Happiness, in the section regarding domestic violence prevention.</p>
Governance		
Principle	<p>Transparent, equitable decision-making and accountability mechanisms</p> <ul style="list-style-type: none"> • Smart Majlis, Dubai • Gobierno Abierto, Quito • Sharing Cities, EU 	<p>Embrace technological mechanisms to keep urban policy-making transparent and accountable. Policymakers should consider, though, that crowdsourcing tools can lead to the overrepresentation of certain types of opinions due to social biases.</p> <p>Echoes transparency principle from chapter on Personal Happiness, Trust and Corruption section.</p>
Principle	<p>Consider whether shifting the style of local governance will increase focus on happiness policies</p> <ul style="list-style-type: none"> • Hackney, London, UK 	<p>In some cases, a shift from an administrator style of local management toward governance in the "activist," "legislator," or "political entrepreneur" molds may increase residents' expectations, promote the exchange of ideas between cities, and build social capital. Councilors in the London Borough of Hackney are cited as an example. See Hochadel, 2017, in the references list of the chapter on Cities.</p>

Type	Title—Specific example	Description
Mobility		
Principle	Optimize traffic management for minimal commutes and active travel	<p>Mechanisms that support this principle include nudges via congestion pricing, sophisticated demand management technologies, and applications of autonomous vehicles such as Japan's Robot Shuttle. Equitability considerations are also vital in traffic management.</p> <p>Echoes earlier interventions aimed at promoting physical activity and reducing commute times in the chapter on Personal Happiness.</p>
Principle	Proactively regulate autonomous vehicles and ride-sharing services with well-being as a goal	<p>The regulatory environment that greets autonomous vehicles as they proliferate may determine whether their upsides or downsides are more widely felt. Cities should encourage their potential to increase vehicle sharing and active last-mile transport. They should also look for ways to prevent these vehicles from worsening sprawl and congestion.</p> <p>This principle also applies to the growing number of private, dynamically routed bus services operating in many cities. Los Angeles's <i>Metro MicroTransit</i> and San Francisco's Ford-owned <i>Chariot</i> are two examples where happiness impacts appear to vary significantly.</p>
Principle	Prioritize pedestrian safety	Many North American and European cities have recently launched Vision Zero programs aimed at the elimination of pedestrian fatalities. The direct happiness impacts of these programs appear so far unmeasured.
Environment		
Principle	<p>Increase citizen awareness of impact of sustainability interventions on quality of life</p> <ul style="list-style-type: none"> • Vancouver rain gardens, Canada • Maribor water clearing facility, Slovenia 	<p>Sustainability-oriented interventions may be classified by their direct impact on the environment, but also by their well-being impacts. Particularly, environmental interventions may have positive economic impacts and may draw attention to the quality of the city's natural environment.</p> <ul style="list-style-type: none"> • In Vancouver, rain gardens reduce load on the city's storm water runoff system, while also creating appealing local green spaces that remind residents of the value of environmental protection. • In Slovenia, a wastewater cleanup project reduced pollution in the river Drava to the point that residents were able to use the river for sports and leisure activities without the health risks of the past.
Principle	<p>Increase citizen engagement in environmental programs</p> <ul style="list-style-type: none"> • Goodwill Waste, Seoul, South Korea 	<p>It may be possible to alter models of environmental program delivery in ways that affirm residents' sense of civic engagement, which is a contributor to well-being.</p> <ul style="list-style-type: none"> • In Seoul, redesigning the fee structure for garbage collection increased recycling rates and residents' sense of engagement simultaneously.
Living Enablers		
Principle	<p>Design public spaces for multiple uses, including walking</p> <ul style="list-style-type: none"> • West Palm Beach waterfront, USA • Places for People, Melbourne, Australia 	<p>Such redesigns should be planned with significant input from city residents.</p> <p>Echoes recommendations in Personal Happiness chapter.</p>
Principle	Provide access to parks and natural spaces	Echoes recommendations previously in Cities and Personal Happiness chapters.
Intervention	<p>Integrated anti-harassment programs for public spaces</p> <ul style="list-style-type: none"> • Bájale al Acoso (No to Harassment), Quito 	<p>Provide specified safety areas and SMS and app-based reporting systems to combat sexual harassment in public spaces known to harbor the behavior.</p> <p>Echoes call for reducing violence against women in chapter on Personal Happiness, Families section.</p>
Intervention	<p>WiFi provision in public places</p> <ul style="list-style-type: none"> • London, Seoul, Quito, New York, and Dubai 	Generally delivered via public-private partnership, echoing a principle suggested in the chapter on Positive Education.
Public/private initiative	<p>Co-living spaces and other initiatives to increase social connection in multi-family buildings</p> <ul style="list-style-type: none"> • roam.co and Old Oak Common, London • Happy City Toolkit, Vancouver 	<p>Co-living spaces are living facilities specifically designed and built for community-oriented living styles.</p> <p>In Vancouver, a public-private partnership has created an evidence-based toolkit on maximizing social relationships in existing multi-family housing.</p> <p>Echoes co-housing recommendation in chapter on Personal Happiness.</p>

CHAPTER 8. METRICS

Type	Title—Specific example	Description
Cross-cutting principle	<p>National statistical offices should develop and collect data on subjective well-being</p> <ul style="list-style-type: none"> • OECD Guidelines on Measuring Subjective Well-Being, 2013 	<p>A growing body of research demonstrates that directly asking people to evaluate their own well-being—rather than an exclusive focus on objective data—is a valid and critical input for policy analysis. Large-scale high-quality data collections are important for building the evidence base for policy, and in particular for population-representative data that can be disaggregated across population groups and at different spatial scales. National statistical offices are uniquely placed to meet this need.</p> <ul style="list-style-type: none"> • In particular, for life evaluation, a 0-10 personal life satisfaction scale is recommended as a primary measure. • Where survey space allows, information about affect and eudaimonia should also be collected. • Socio-economic, demographic, and other policy-relevant covariates must also be included to facilitate data analysis.
Cross-cutting principle	Aim for international comparability	<p>National metrics are more useful when they facilitate cross-national comparisons of outcomes. Hence, data-collection authorities should aim to follow established international practice for well-being data.</p> <ul style="list-style-type: none"> • The <i>OECD Guidelines on Measuring Subjective Well-Being</i> summarize what is known about good practice. • As previously indicated, a 0-10 personal life satisfaction scale is recommended as a primary measure. • Canada, New Zealand, Australia, Mexico, Korea, and most European countries currently have some data collections that are broadly consistent with the Guidelines. • Through the EU Statistics on Income and Living Conditions, strides are being made toward routine collection of OECD-consistent data in all EU countries, plus Iceland, Norway, Switzerland, and Turkey.
Principle	Collect well-being data using a multidimensional approach	<p>In addition to subjective measures, it is important to collect a much fuller range of data that describe and support the quality of people's lives.</p> <ul style="list-style-type: none"> • Every case-study country discussed in the chapter adopts a multidimensional approach to well-being measurement.
Principle	<p>Include measures of the resources that sustain well-being over time</p> <ul style="list-style-type: none"> • Living Standards Framework, New Zealand • Environmental Quality Objectives and New Measures for Well-Being, Sweden • New Wealth Indicators, France • Equitable and Sustainable Well-Being, Italy 	<p>Some nations incorporate forward-looking measures of capital stocks—financial/physical, human, social, and natural—with the goal that gains in present well-being are not made at the expense of the future.</p> <ul style="list-style-type: none"> • New Zealand's Living Standards Framework explicitly addresses the four capital stocks and their relationships with the five "key focus areas" of higher living standards. • Sweden's New Measures for Well-Being program explicitly focuses on the long-term sustainability of economic growth as well as the quality of life and well-being of citizens, and features economic, environmental, and social headline indicators. • France's New Wealth Indicators and Italy's Equitable and Sustainable Well-Being frameworks address several aspects of human, economic, and natural capital.

Type	Title—Specific example	Description
Principle	Engage the public in the design of well-being measurement frameworks • See Box 2.2	A meaningful consultation process during the initial program design can raise awareness and help ensure that the approach is meaningful to the public. Further, such consultation demonstrates that the program is indeed committed to improving citizens' well-being as they evaluate it themselves; and consequently, it can help the program attain public and political legitimacy. • Box 2.2 provides examples of the consultation processes in Italy, New Zealand, Germany, the UK, Israel, and France.
Principle	Consider where in the government to house the well-being initiative	The chapter surveys a variety of choices that countries have made in this regard. It is not clear that there is a single best practice. • In Israel, Sweden, the UK, Italy, Ecuador, the Netherlands, and Germany, the call to develop a well-being framework was initiated by the centre of government (either the head of state, the cabinet, or a central ministry). • In some of these cases, responsibilities were then delegated to other agencies. For example, in the UK, the Office of National Statistics is responsible for the development of the measurement framework and data collection; the What Works Centre for Wellbeing is a social enterprise that works to integrate well-being considerations in the policy process. • In Ecuador, the President issued an executive decree to create a "State Secretariat for Good Living," to research and promote good living practices, making proposals to other government ministries, as well as reaching out to the public directly. • In France, the New Wealth Indicators initiative was triggered by a member of parliament, then delegated to two policy agencies (France Stratégie, attached to the Prime Minister's Office, and the Economic, Social and Environmental Council, a consultative assembly).
Principle	Routinize reporting of and on well-being as part of parliamentary deliberations and debates	Making the reporting of well-being statistics a regular and expected occurrence can help raise their profile and influence policy priorities—for example, if presented to and debated in parliament. Several nations have gone beyond regular report of statistics by scheduling regular reports and high-level discussions on national well-being. • In France and Italy, legislation reform has provided the framework for a high-level debate on national well-being in Parliament as part of the budgetary process. However, de facto, a Parliamentary plenary debate has yet to have taken place in either Italy or France, although there have been some debates in Parliamentary committee. • In 2017, the Dutch Cabinet commissioned Statistics Netherlands to compile an annual Monitor of well-being. This will form the basis of Cabinet considerations and subsequently be part of the accountability debate in the House of Representatives.
Principle	Frameworks for measuring well-being can be integrated in all levels of the policy cycle using various mechanisms	A variety of mechanisms to integrate such measures into policy-making is covered in the chapter. • New Zealand and the UK use conceptual frameworks that bring a wide range of indicators to bear in policy evaluation—ex post, in the case of the UK What Works Centre, and ex ante, as with New Zealand's Living Standards Framework. • The <i>Scotland Performs</i> program places these indicators in a supporting role for monitoring the country's success at meeting a defined National Performance Framework. • Ecuador's National Development Plan plays a similar role to Scotland's National Performance Framework, and Ecuador has further formalized well-being as a national aim by integrating the concept into its national constitution. • France, Italy, and Sweden have integrated the reporting on well-being into the budget process, in various forms. This is mostly based on a report to parliament preceding the detailed budget debates, providing a reference point to subsequent allocation decisions.