

Happy Planet Index

Index šťastné planety

<http://www.happyplanetindex.org>



<http://www.happyplanetindex.org/index.htm>




**HAPPY
PLANET
INDEX**

 **nef**
economics as if people
and the planet mattered

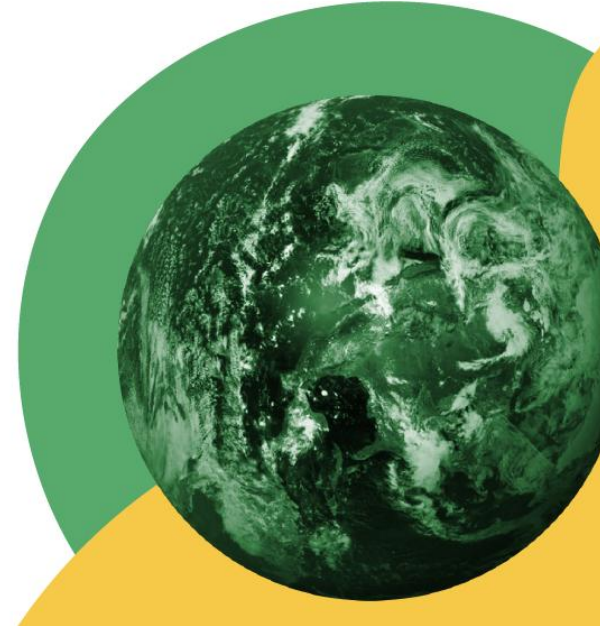
The Happy Planet Index 2016
A global index of sustainable wellbeing

The Happy Planet Index (HPI) measures what matters: sustainable

The 2024 Happy Planet Index


**HAPPY
PLANET
INDEX**

 **HotorCool**



HPI

- Index kombinuje kvalitu lidského života a environmentální efektivitu
- neodhaluje "nejšťastnější zemi", ale státy umístěné na špičce seznamu pro zajištění spokojeného života svých obyvatel nejméně zatěžují životní prostředí
- Index vyvinula britská nadace *New Economic Foundation* (nef) – nezávislá organizace (zasadila se například o to, že se na pořadí jednání summitů G7, později G8 dostalo téma mezinárodního zadlužení)
- HPI byl poprvé publikován v roce 2006 s cílem poskytnout měřítko „produkce lidského blahobytu (ne nutně materiálních statků) na jednotku získávání zdrojů z přírody nebo zatížení ŽP“.
- Výsledky ukazují, že vysoká spotřeba přírodních zdrojů neznamena automaticky šťastný život obyvatel a naopak.

- [The Happy Planet Index](#)
- [About the HPI](#)
- [Global HPI](#)
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About the Happy Planet Index

The Happy Planet Index (HPI) is an innovative new measure that shows the ecological efficiency with which human well-being is delivered around the world. It is the first ever index to combine environmental impact with well-being to measure the environmental efficiency with which country by country, people live long and happy lives.

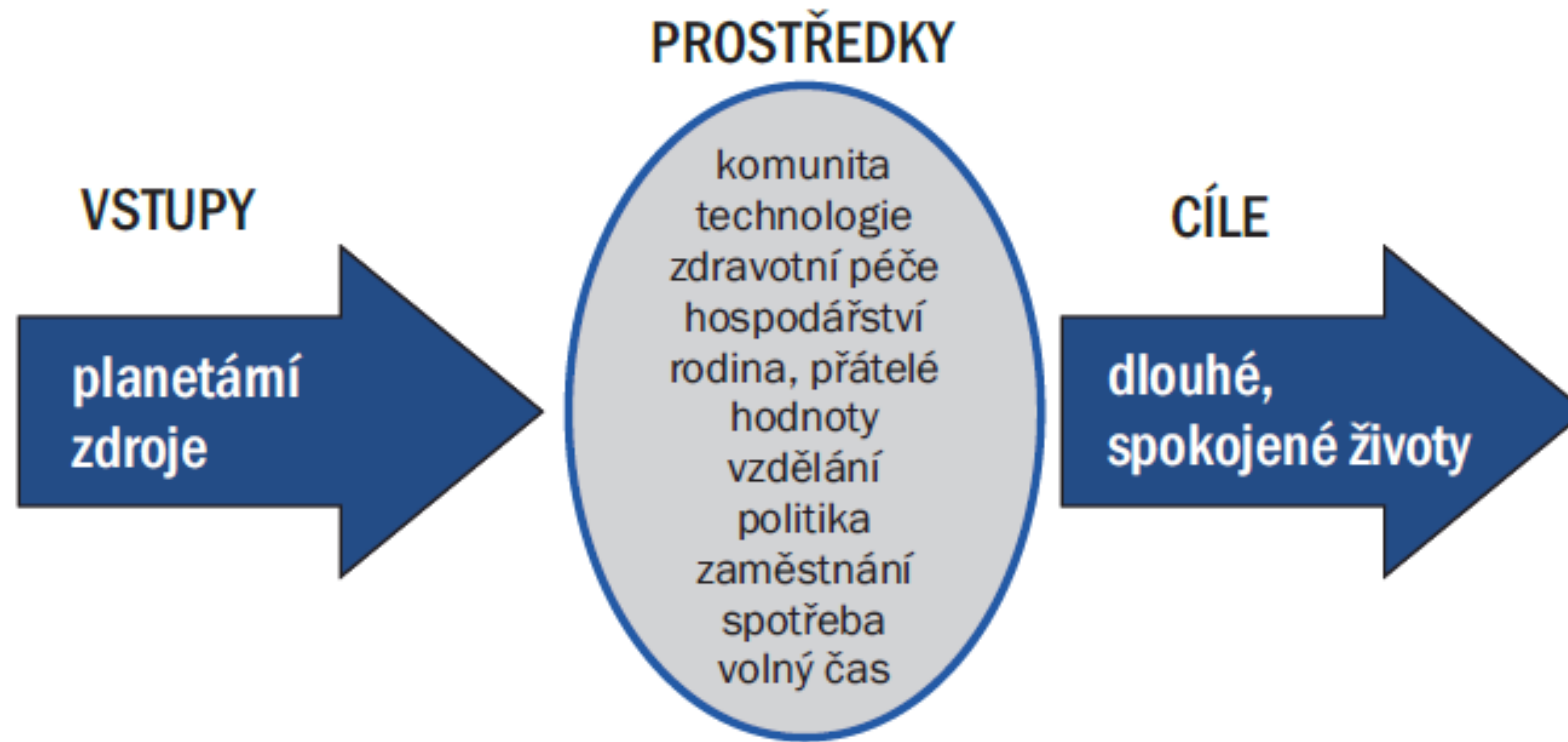
The Index doesn't reveal the 'happiest' country in the world. It shows the relative efficiency with which nations convert the planet's natural resources into long and happy lives for their citizens. The nations that top the Index aren't the happiest places in the world, but the nations that score well show that achieving, long, happy lives without over-stretching the planet's resources is possible. The HPI shows that around the world, high levels of resource consumption do not reliably produce high levels of well-being (life-satisfaction), and that it is possible to produce high levels of well-being without excessive consumption of the Earth's resources. It also reveals that there are different routes to achieving comparable levels of well-being. The model followed by the West can provide widespread longevity and variable life satisfaction, but it does so only at a vast and ultimately counter-productive cost in terms of resource consumption.

The Happy Planet Index (HPI) strips the view of the economy back to its absolute basics: what we put in (resources), and what comes out (human lives of different length and happiness). The resulting Index of the 178 nations for which data is available, reveals that the world as a whole has a long way to go. In terms of delivering long and meaningful lives within the Earth's environmental limits - all nations could do better. No country achieves an overall 'high' score on the Index, and no country does well on all three indicators.

No single country listed in the Happy Planet Index has everything right. We have to acknowledge from the start that while some countries are more efficient than others at delivering long, happy lives for their people, every country has its problems and no country performs as well as it could. Yet, fascinatingly, it is possible to see patterns emerging that point to how we might better achieve long and happy lives for all, whilst living within our environmental means.

The challenge will be whether we can learn the lessons of the HPI and apply them.

Koncept HPI



Jak se HPI počítá

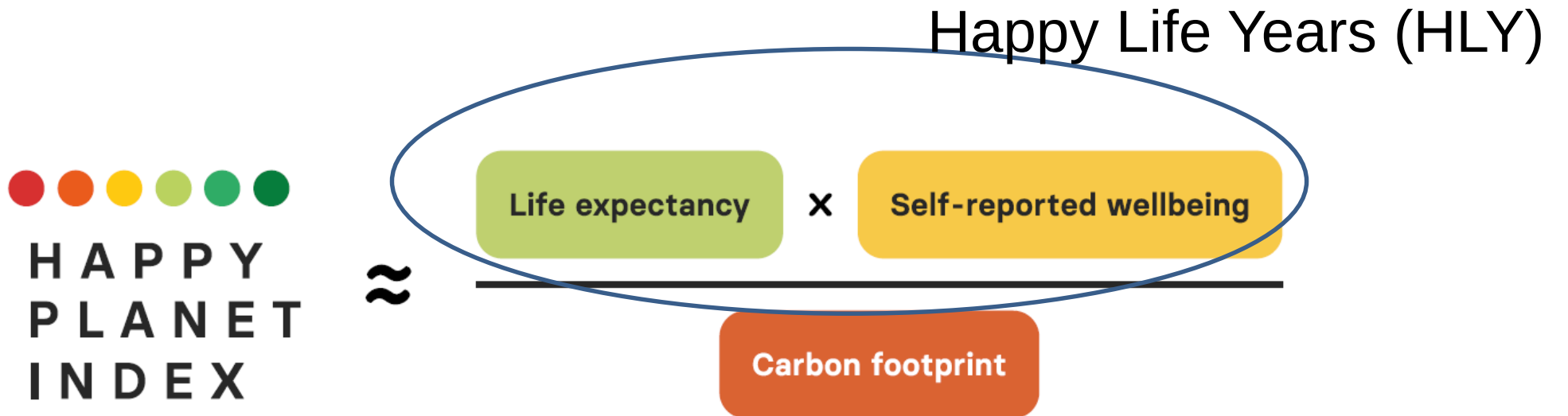
Metoda stanovení indexu je přímočará – délku šťastného života vydělíme uhlíkovou stopou

The diagram illustrates the formula for the Happy Planet Index (HPI). On the left, the text "HAPPY PLANET INDEX" is displayed in a bold, sans-serif font, preceded by a horizontal row of six colored dots: red, orange, yellow, light green, medium green, and dark green. To the right of the text is a large tilde symbol ($\approx$). Further right is a mathematical expression: a light green rounded rectangle containing "Life expectancy" is multiplied (indicated by a black "x") by a yellow rounded rectangle containing "Self-reported wellbeing". This product is divided by an orange rounded rectangle containing "Carbon footprint", which is positioned below a horizontal line that spans the width of the numerator.

$$\text{HAPPY PLANET INDEX} \approx \frac{\text{Life expectancy} \times \text{Self-reported wellbeing}}{\text{Carbon footprint}}$$

Jak se HPI počítá

Metoda stanovení indexu je přímočará – délku šťastného života vydělíme uhlíkovou stopou



Happy Life Years (HLY)

- Autoři vycházejí z konceptu blahobytu (*wellbeing*), který staví na dvou determinantách: spokojenosti (šťěstí) a zdraví. S konceptem šťastného života (*happy life years* – HLY) přišel holand. sociolog R. Veenhoven (1973). Problém je s měřením komponenty druhé.
- Zdravotní komponent se již dlouho měří souhrnným ukazatelem **očekávaná délka života (naděje dožití)**.
- Spokojenost: autoři používají koncept **subjektivního blahobytu** (*subjective wellbeing*). Jedná se velmi komplexní přístup zahrnující např. pocit individuální životní síly, příležitostí pro smysluplné aktivity, které přinášejí pocit způsobilosti a soběstačnosti, a také vnitřní zdroje, které člověku pomáhají, když se věci nedaří. Patří sem také pocit sounáležitosti s jinými lidmi v rodině i v širší komunitě.

Umíme měřit wellbeing/happiness ?

- Pro takto koncipovaný subjektivní blahobyt ale chybí mezinárodní srovnatelná data
- Již přes 40 let se ale v průzkumech (Gallop Survey) zkoumá jeden ze základních aspektů blahobytu – životní spokojenost (*life satisfaction*). Respondenti odpovídají na škále 0-10 na otázku: Celkově vzato, jak jste nyní spokojen se svým životem ?
- Podobně zkoumá subjektivní blahobyt i britská DEFRA, která výsledky v nedávné době začala zařazovat i do národní sady ukazatelů udržitelného rozvoje

'Ladder of Life' from the Gallup World Poll

The Cantril Self-Anchoring Scale, developed by pioneering social researcher Dr. Hadley Cantril, consists of the following:

The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.



lobal Wellbeing Surveys Find Nations World...

+

www.gallup.com/poll/126977/global-wellbeing-surveys-find-nations-worlds-apart.aspx

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March 25, 2010

Global Wellbeing Surveys Find Nations Worlds Apart

Ten percent or lower are "thriving" in 41 of 155 countries or areas

by Cynthia English

WASHINGTON, D.C. -- Gallup's global snapshot of wellbeing reveals a vast divide that underscores the diversity of economic development challenges around the world. The percentage who are "thriving" ranges from a high of 82% in Denmark to a low of 1% in Togo.

Global Wellbeing: Who's Thriving Worldwide

GALLUP

+

+

+

1%Thriving72%

Using data collected in 155 countries or areas since 2005, Gallup classifies respondents as "thriving," "struggling," or "suffering," according to how they rate their current and future lives on a ladder scale based on the [Cantril Self-Anchoring Striving Scale](#).

Adults within each of the four major regions are often worlds apart in how they evaluate their lives. Africa has the lowest wellbeing; no country in this region has a thriving percentage higher than 25%. In fact, of the 41 countries where the thriving percentage is 10% or lower, more than half are in Africa. Conversely, in the Americas, where "thriving" is highest, the only countries with less than a quarter thriving are Cuba (24%) and Haiti (4%). "Thriving" in the Americas is highest in Costa Rica (63%) and Canada (62%), followed closely by Panama (58%), Brazil (58%), and the United States (57%).

Percentage Thriving by Region

	Median Thriving
Americas	42%
Europe	29%
Asia	17%
Africa	9%

There is a clear wellbeing divide between the wealthier countries of northern, western, and central Europe and some poorer countries within eastern and southern Europe. Self-reported wellbeing is lowest in Bulgaria (6%) and highest in Denmark (82%) and Finland (75%). In several of the largest European economies, like France,

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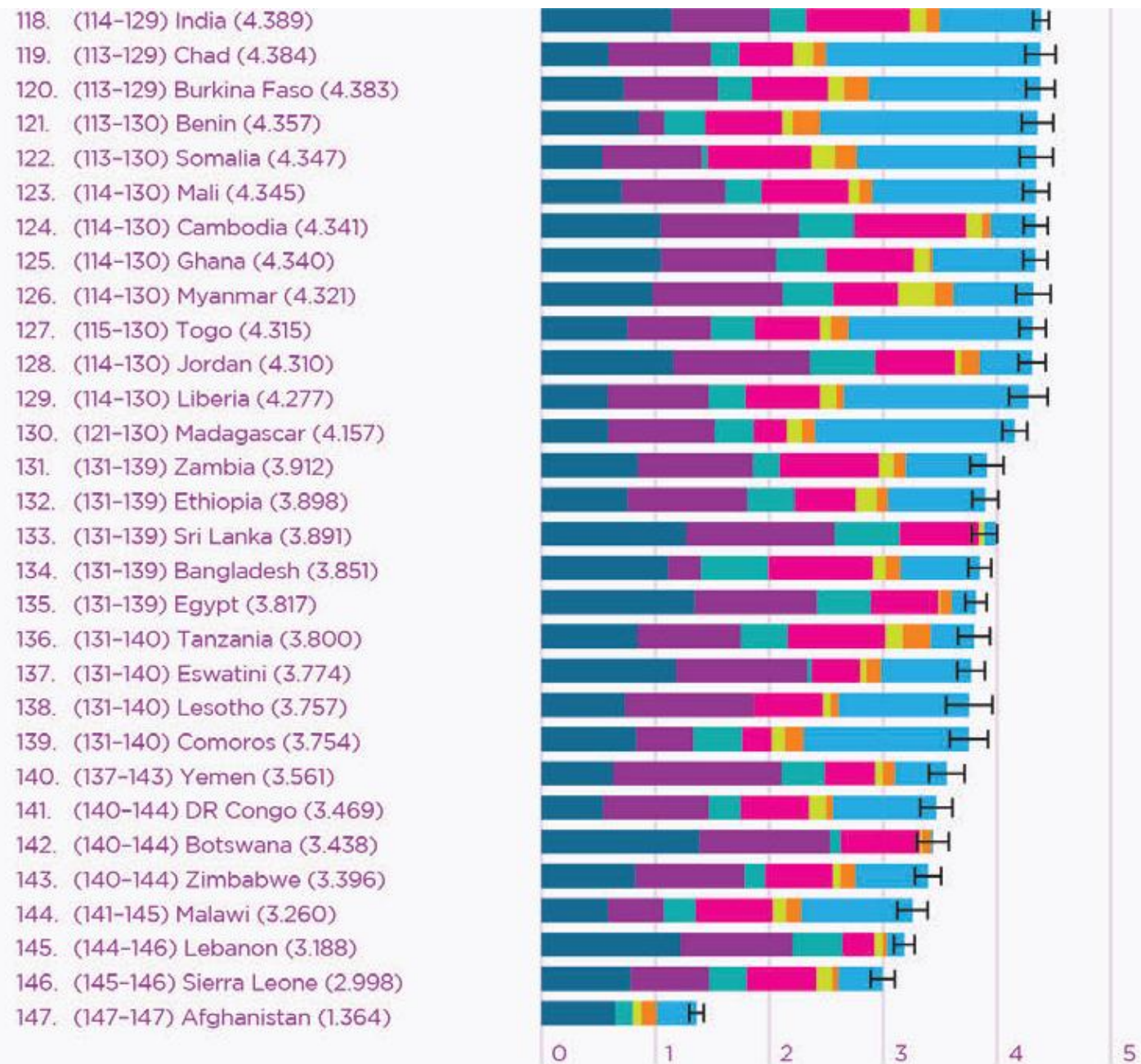
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Figure 2.1: Country rankings by life evaluations (part 1)
Gallup World Poll (2022–2024)

World Happiness Report 2025

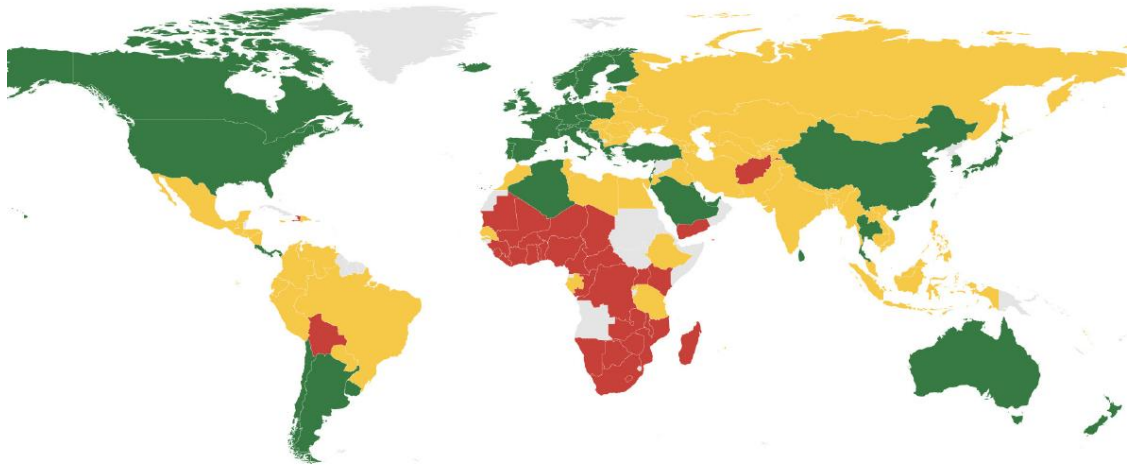




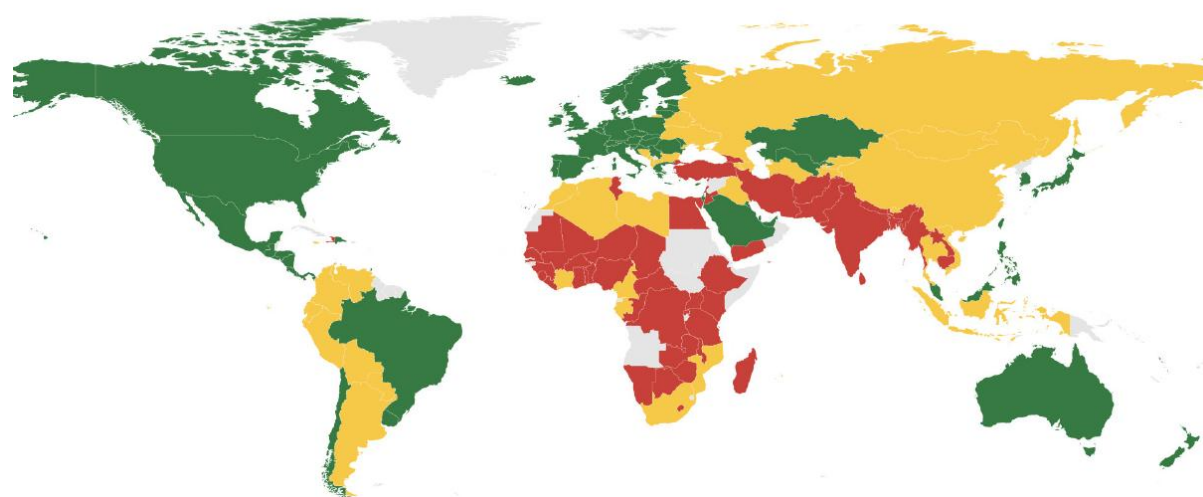
Výsledky

Life expectancy

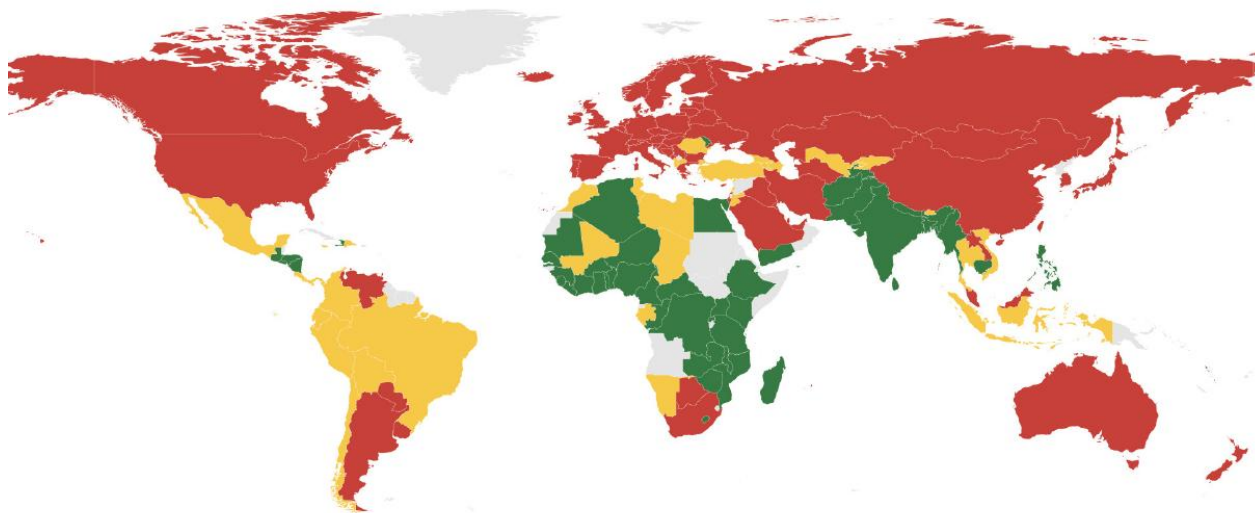
Life expectancy (at birth) is the number of years a person born in a country in a given year can be expected to live given prevailing mortality rates.



Self-reported wellbeing



Carbon footprint



Výsledky 2021

RANK	COUNTRY	Life expectancy [?]	Wellbeing [?]	Carbon footprint [?]	HPI SCORE and change since 2019	
1st	Vanuatu	● 70.4 years	○ 7.10/10	○ 2.62 tCO2e	57.9	(+2.6)
2nd	Sweden	○ 83.0 years	○ 7.40/10	● 8.70 tCO2e	55.9	(+1.9)
3rd	El Salvador	● 70.7 years	○ 6.40/10	○ 2.03 tCO2e	54.7	(-2.5)
4th	Costa Rica	○ 77.0 years	○ 6.40/10	● 4.37 tCO2e	54.1	(-7.6)
5th	Nicaragua	● 73.8 years	○ 6.10/10	○ 2.61 tCO2e	53.6	(-0.3)
30th	Dominican Republic	● 72.6 years	○ 6.00/10	● 4.13 tCO2e	47.3	(-0.9)
31st	Peru	● 72.4 years	● 5.70/10	● 3.19 tCO2e	47.0	(-6.5)
32nd	Czech Republic	○ 77.7 years	○ 6.90/10	● 9.23 tCO2e	46.8	—
33rd	Albania	○ 76.5 years	● 5.30/10	● 3.67 tCO2e	46.3	(-0.3)
34th	Brazil	● 72.8 years	○ 6.00/10	● 4.59 tCO2e	46.2	(-6)
35th	Germany	○ 80.6 years	○ 6.80/10	● 10.44 tCO2e	45.7	(-1.1)

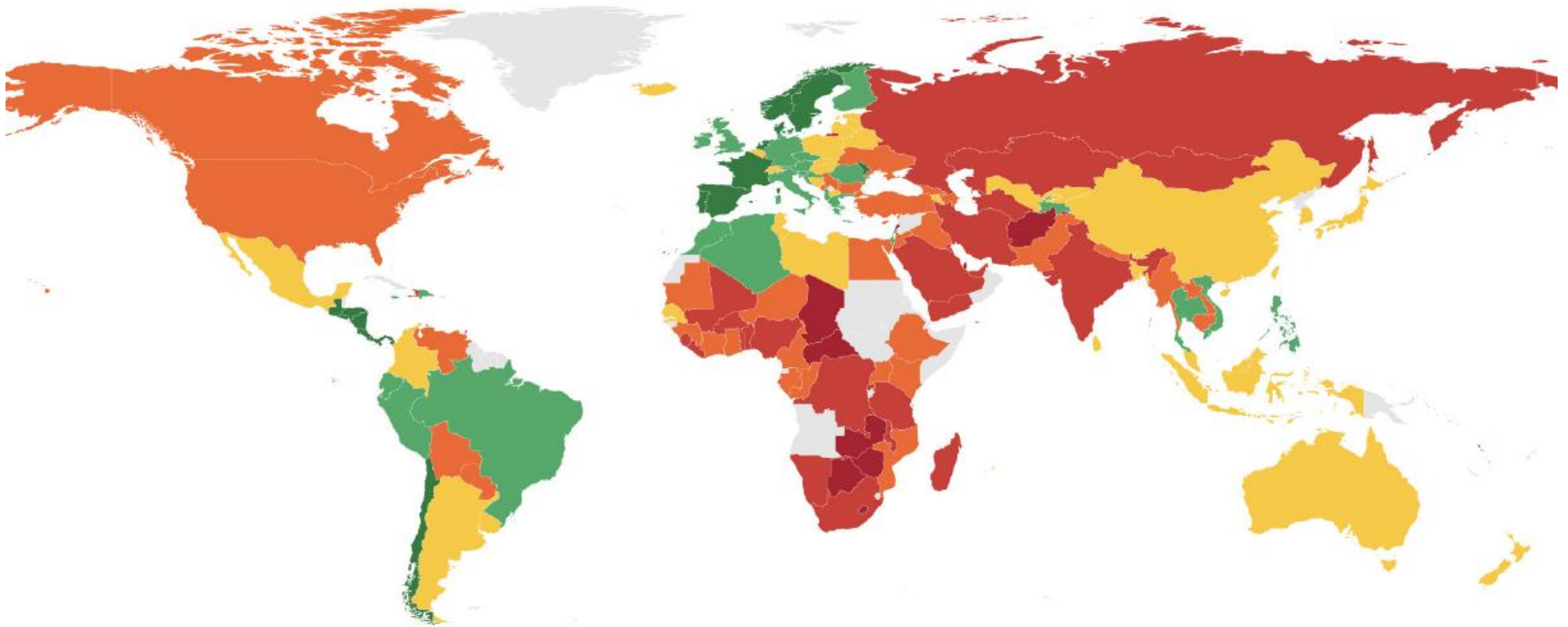
Výsledky 2021

129th	Turkmenistan	● 69.3 years	● 5.50/10	○ 14.23 tCO2e	25.6	(+0.7)
130th	Congo (Kinshasa)	○ 59.2 years	○ 3.80/10	● 0.57 tCO2e	24.9	—
131st	Trinidad and Tobago	● 73.0 years	● 6.20/10	○ 21.81 tCO2e	24.9	—
132nd	Luxembourg	● 82.6 years	● 7.10/10	○ 34.91 tCO2e	24.6	(+0.7)
133rd	Sierra Leone	○ 60.1 years	○ 3.70/10	● 0.89 tCO2e	24.6	(+1.8)
134th	Kuwait	● 78.7 years	● 6.20/10	○ 28.84 tCO2e	23.2	—
135th	Mali	○ 58.9 years	○ 4.10/10	● 3.76 tCO2e	22.2	(-6.4)

The overall HPI

This balancing act between health, happiness, and sustainability is exactly what the overall HPI score seeks to capture.

HPI 2021

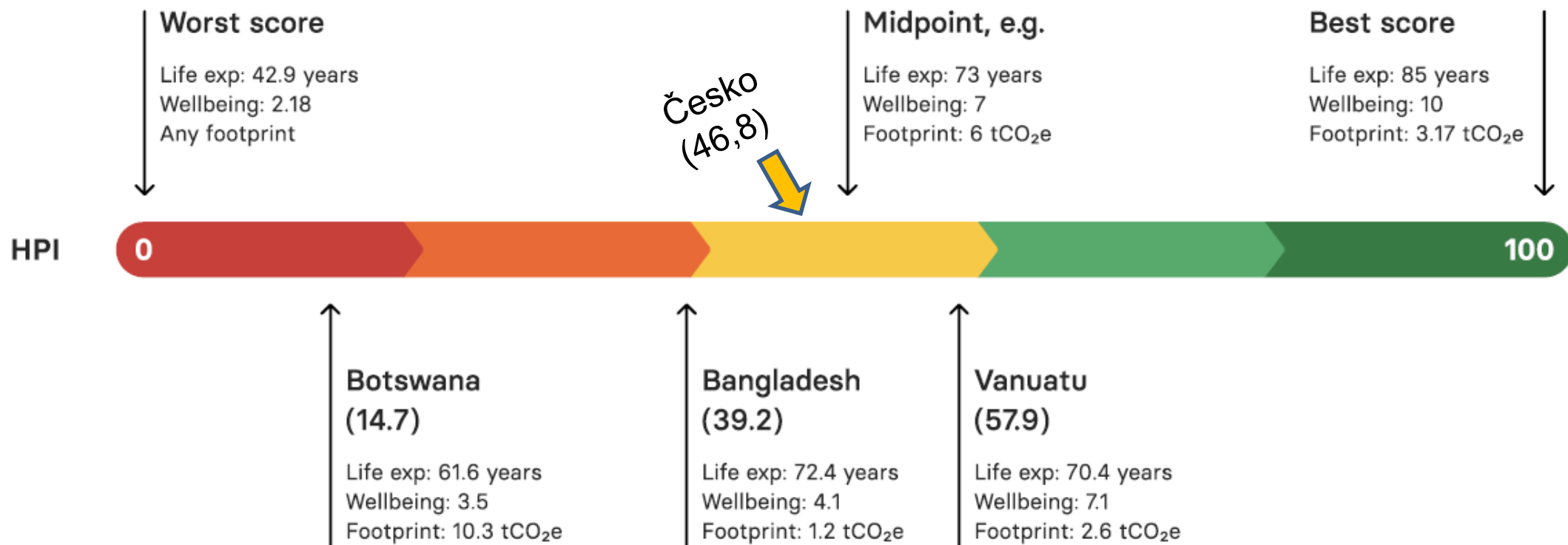


38

< 20

> 50

Výsledky 2021 – nic moc



It is important not to get carried away in celebrating the countries that score the best on the HPI. The Index has been calculated such that a score of 50 is halfway between a country with dismal wellbeing and life expectancy and one achieving maximum wellbeing within environmental limits. But even highest-ranking Vanuatu only scores just above

this midway point (57.9), and only 15 other countries have scores above 50. Importantly, in 2021, no country achieves a good score on all three components (although there have been a few moments over the last 15 years where a couple of countries have achieved this honour, the most recent being Algeria in 2014).

Výsledky – hodnocení

Colour-coding the results

We colour-coded world maps using a traffic light system – red, amber, and green – to give a visual representation of how each country scores on average life expectancy, average self-reported wellbeing, Carbon Footprint, and for the overall HPI scores (see Table 2 for thresholds).

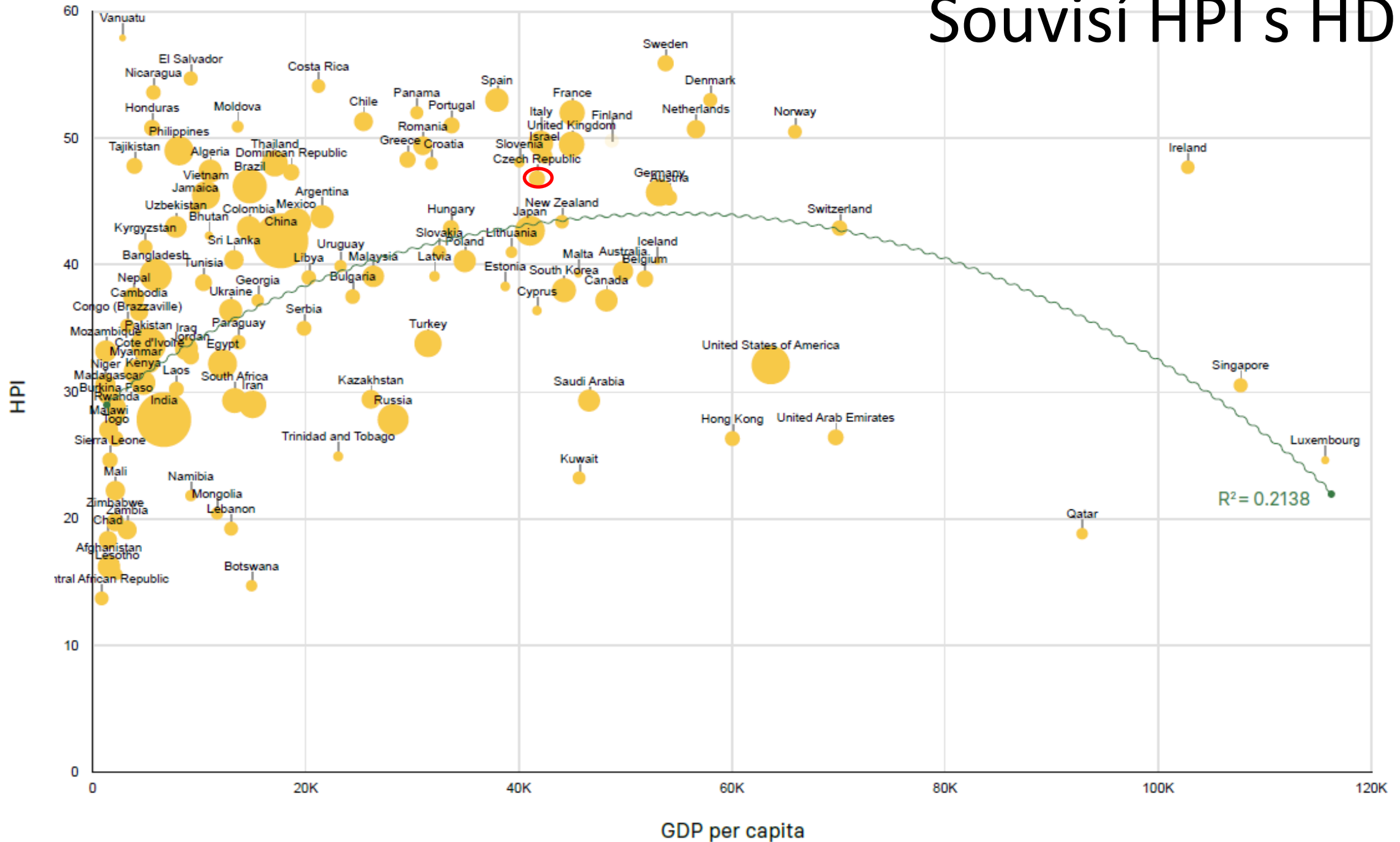
Life Expectancy	Ladder of Life (Wellbeing)	Carbon Footprint
Less than 65 years	Less than 5/10	Within fair consumption space (less than 3.17 tCO ₂ e per year)
65 – 75 years	5/10 – 6/10	Between 3.17 and 6.34 tCO ₂ e per year
75 years or more	6/10 or more	Over 6.34 tCO ₂ e per year

Výsledky - interpretace

Lépe žít v Lucembursku nebo Siera Leone ? (133. vs 132.)

- žádná země nemá zelenou hodnotu ve všech kategoriích
- pouze 19 zemí má celkovou hodnotu zelenou (světle)
- zajímavé dvojice zemí:
 - UK a Laos (země extrémů)
 - Peru ad. (zlatý průměr)
 - ad.

Souvisí HPI s HDP ?



Ekonomie a sociologie štěstí

Štěstí a peníze
[Pavel Kohout](#)

jak to vidí

František Koukolík, neuropatolog

Easterlinův paradox

V roce 1974 uveřejnil Richard A. Easterlin, profesor ekonomie, první z prací, z nichž se narodil pojem Easterlinův paradox. Jádrem je zjištění, že lidé s vyšším příjmem žijící uvnitř nějaké země častěji říkají, že jsou šťastni, než to říkají lidé s příjmem nižším, žijící ve stejné zemi. Jakmile však dosáhne příjem na hlavu takové výše, že nasytí základní potřeby, poskytne mezinárodní srovnání odlišný obraz. Průměrné hladiny „agregovaného“ štěstí mezinárodním rozdíům v příjmech neodpovídají. Stručně řečeno: bohatší společnosti nejsou šťastnější než společnosti chudší, nicméně uvnitř každé společnosti, bohaté i chudé, jde štěstí s bohatstvím ruku v ruce.



<https://blog.aktualne.cz/blogy/pavel-kohout.php?itemid=6539>

a další...

Vanuatu is the happiest country in the world

<https://blogs.griffith.edu.au/asiainsights/vanuatu-the-view-from-the-top-of-the-happy-planet-index/>

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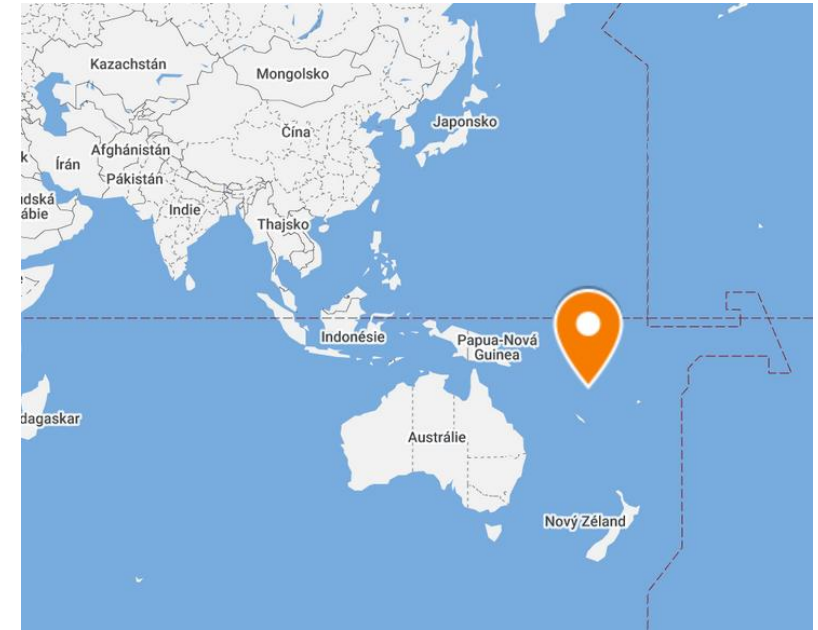
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Posted by Griffith Asia Institute | Published 11 November 2021

Vanuatu: The view from the top of the Happy Planet Index



Rozloha: 12 200 km²

Obyvatelstvo: 200 000 obyvatel

Hlavní město: Vila

Jazyk: bislamština, francouzština, angličtina

Měna: 1 vatu (VUV)

Náboženství: protestanti (62 %), řím. katolíci (14 %), animisté (7 %)

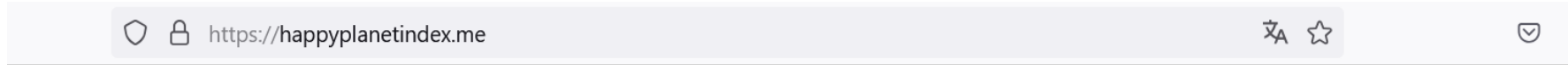
Národnostní složení: Melanésané (98 %)

HPI neměří všechno

What the HPI doesn't measure

The HPI measures a lot, but it does not measure everything. Countries that do well on the HPI suffer many problems. Many high-ranking countries are tainted by important human rights issues. Though one would expect the infringement of rights to negatively impact on the well-being of some people in the country, the HPI does not set out to directly measure those rights. Furthermore, because it is likely that people directly affected by extreme human rights abuses represent a minority, the population average well-being score may not fully reflect this harm (even when inequality is accounted for). In the same vein, the HPI does not directly measure the degradation of ecosystems associated with soil erosion and deforestation, or impacts on biodiversity, or local pollution issues.

Kalkulačka HPI



Welcome!

The core insight behind the Happy Planet Index is that “good lives don't have to cost the earth.”

We have created this personal HPI check-up to give you insights into how you can live happily, healthily, and sustainably.

Start



Estimated life expectancy

We estimate life expectancy based on your responses to the questions on the following:

- Whether you live alone
- Your diet
- Alcohol consumption and smoking
- Physical activity
- Social life and volunteering
- How much you travel by car, walk or cycle
- Where you live
- How old you are now

Self-reported wellbeing

This is based on your answer to the question “Overall, how satisfied are you with your life nowadays?” This question is widely seen as the best overall measure of subjective wellbeing, [recommended by the OECD](#) and [used in many national surveys](#).

HPI kalkulačka

Carbon footprint

We estimate your carbon footprint based on your responses to questions on the following:

- Where you live
- Living space in your home (i.e. metres squared per person)
- The kind of electricity and heating you use
- How much you travel and how
- Shopping habits
- Diet

Thank you for taking the personal Happy Planet Index test

HPI scores range from 0 to 100, where 100 represents excellent wellbeing and health with a fair consumption space, and 0 represents either very low wellbeing and health, very high consumption, or both. The country with the highest HPI score is Vanuatu (57.9)

Your HPI score is

61.6



<https://www.youtube.com/watch?v=M1o3FS0awtk>