

Making Places for Thriving People

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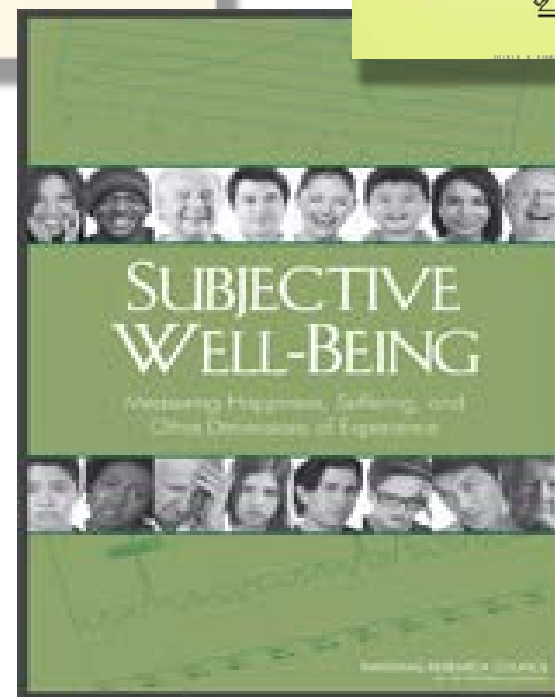
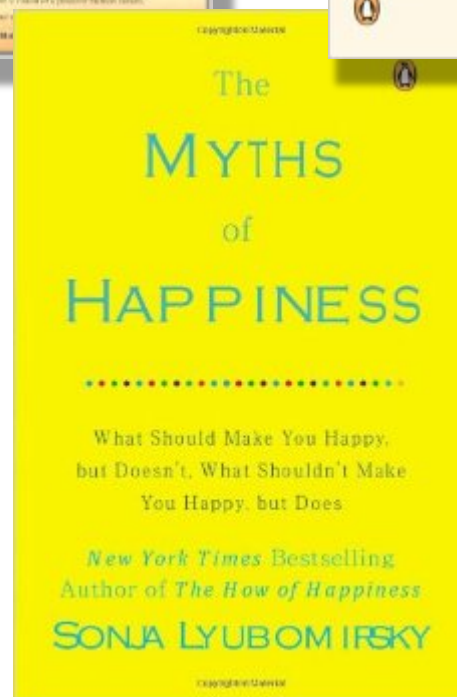
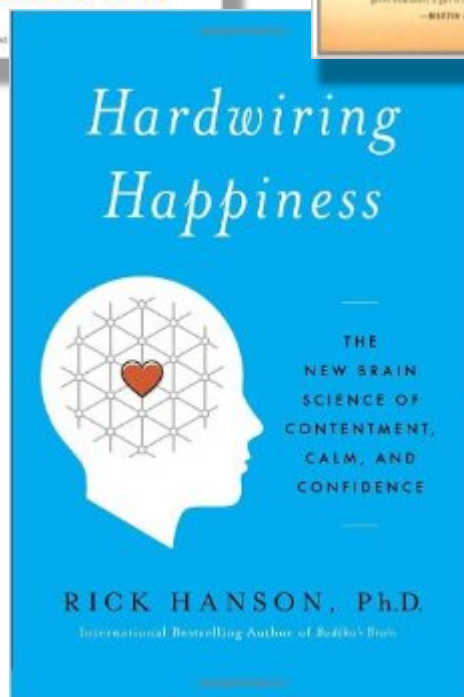
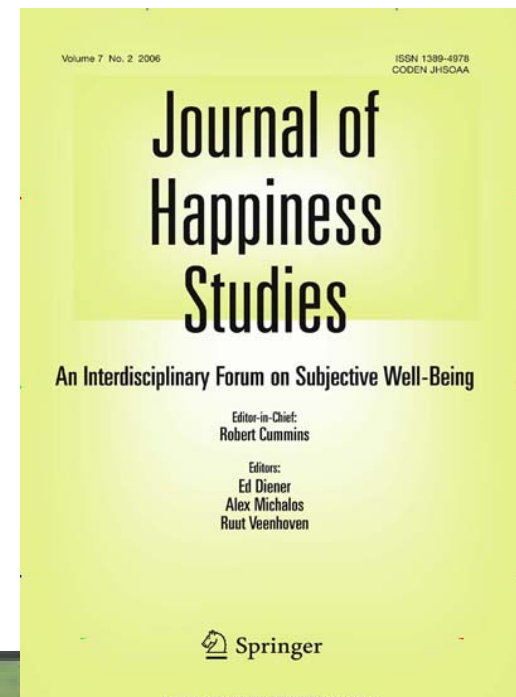
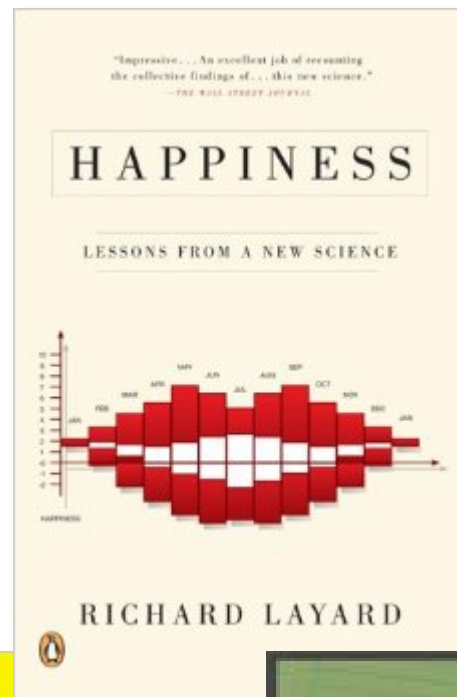
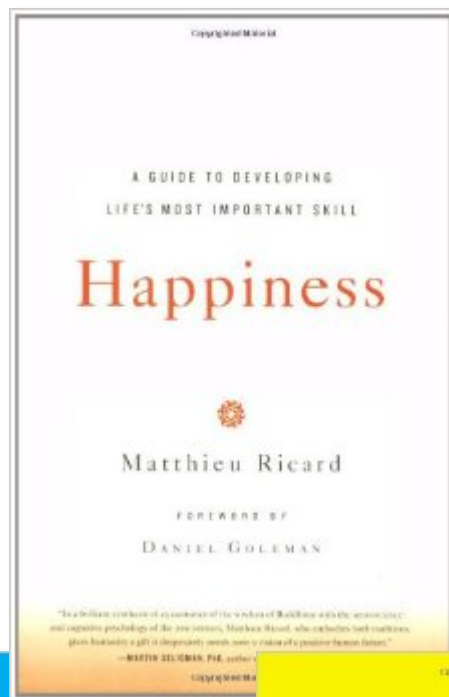
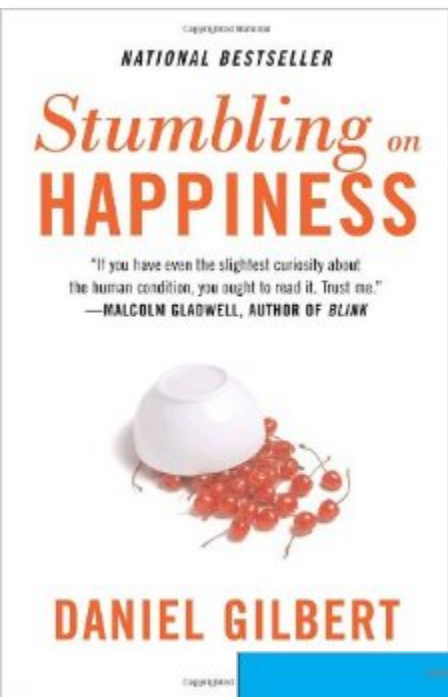


Grey beards...
receding hairlines...
unfashionable wardrobes...
used to live in Brookline...
more than coincidence?









World Values Survey:

Happiness: Taking all things together, would you say you are:

1. Very happy 2. Quite happy 3. Not very happy 4. Not at all happy

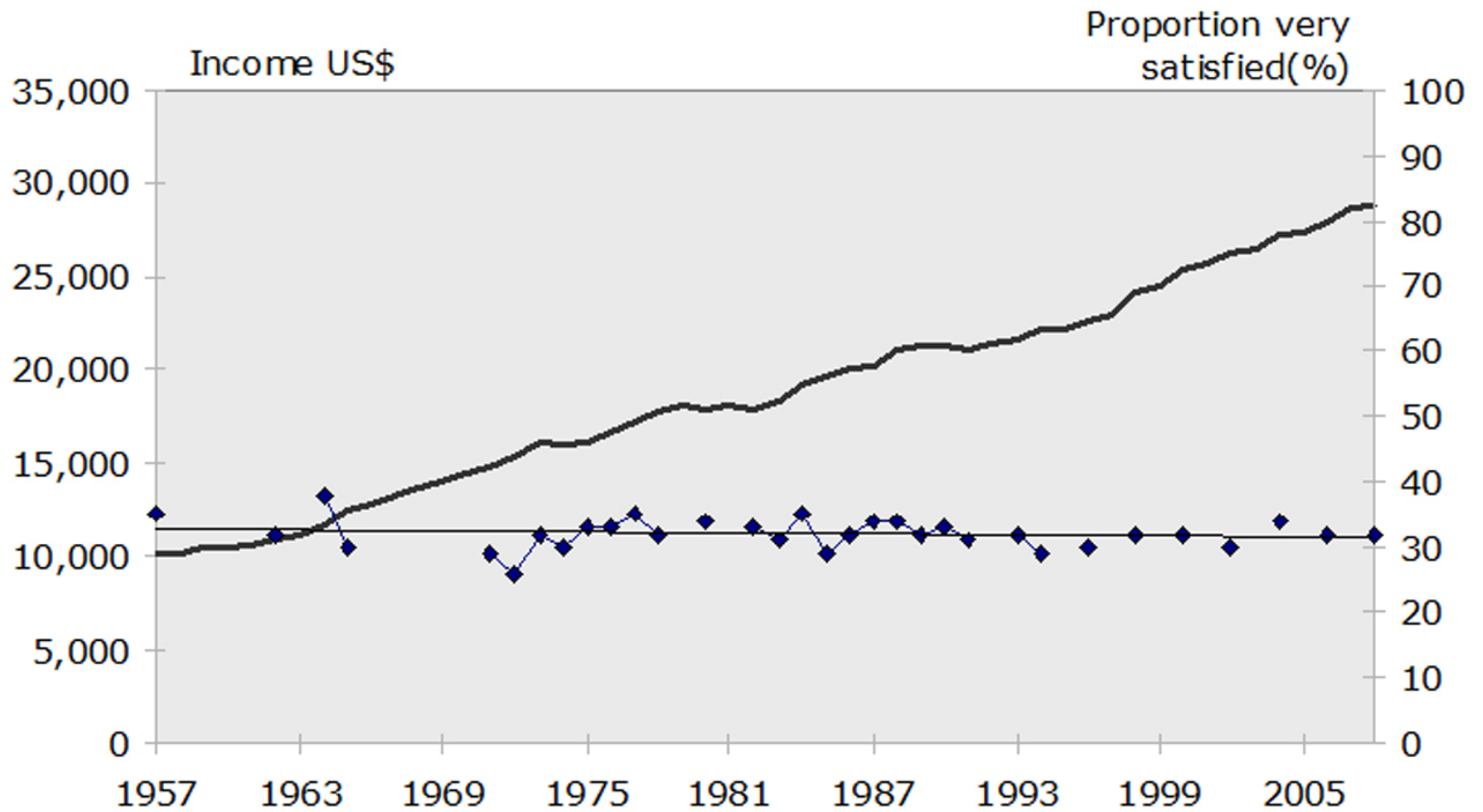
General Social Survey:

Taken all together, how would you say things are these days--would you say that you are very happy, or not too happy?

Gallup Poll:

Overall, how satisfied or dissatisfied are you with the way things are going in your life today?

Would you say you are very satisfied, somewhat satisfied, somewhat dissatisfied, or very dissatisfied?



Average income and happiness, United States, 1957-2007



"I've got the bowl, the bone, the big yard. I know I should be happy."

Figure 2.3: Ranking of Happiness: 2010–12 (Part 1)

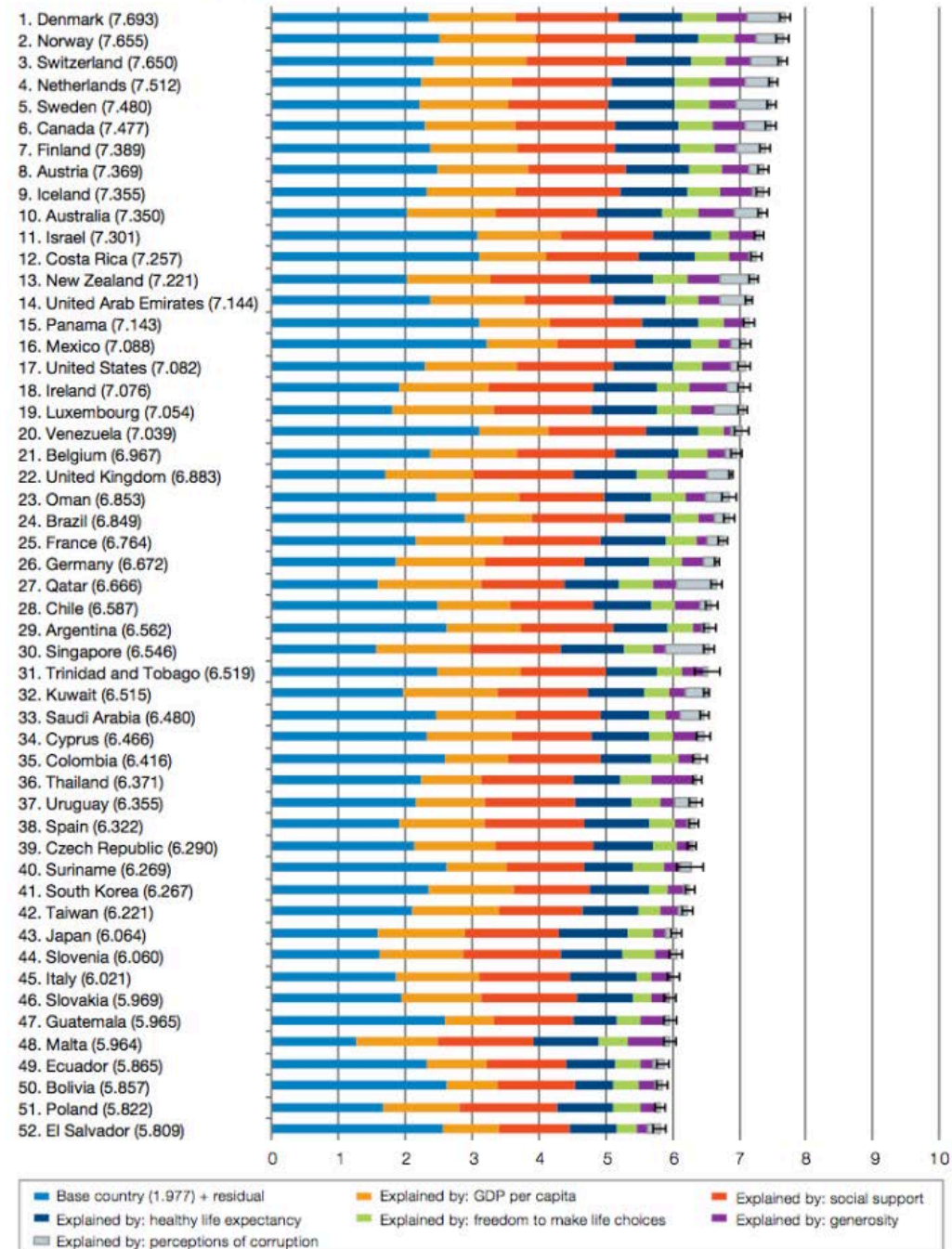
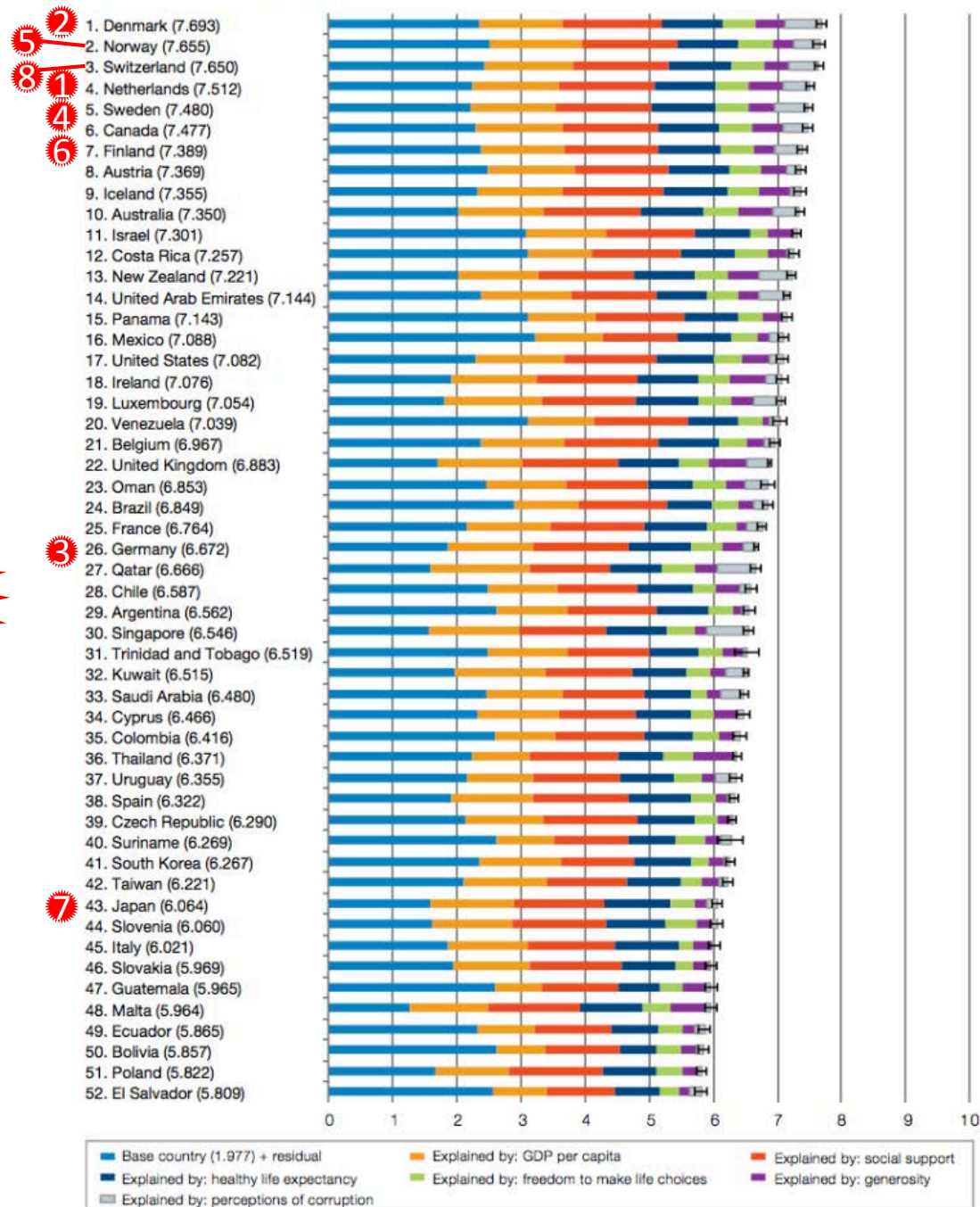


Figure 2.3: Ranking of Happiness: 2010–12 (Part 1)





Domains of Gross National Happiness



Happy People Live Longer: Subjective Well-Being Contributes to Health and Longevity

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University of Texas at Dallas, USA

Seven types of evidence are reviewed that indicate that high subjective well-being (such as life satisfaction, absence of negative emotions, optimism, positive emotions) causes better health and longevity. For example, prospective longitudinal studies of normal populations provide evidence that various aspects of subjective well-being such as positive affect predict health and longevity, controlling for health and socioeconomic status at baseline. Combined experimental human and animal research, as well as naturalistic studies, changes of subjective well-being and physiological processes over time, that subjective well-being influences health and longevity in healthy populations is compelling. However, the claim that subjective well-being lengthens the life of those with certain diseases such as cancer remains controversial. Hedonic feelings predict longevity and health beyond negative feelings. Hedonic feelings intensely aroused or manic positive affect may be detrimental to health, such as causality, effect size, types of subjective well-being, and statistical controls are discussed.

Psychological Bulletin
2012, Vol. 138, No. 4, 655-691

The Heart's Content: The Association Between Positive Psychological Well-Being and Cardiovascular Health

Julia K. Boehm and Laura D. Kubzansky
Harvard School of Public Health

This review investigates the association between positive psychological well-being (PPWB) and cardiovascular disease (CVD). We also consider the mechanisms by which PPWB may be linked with CVD, focusing on the health behaviors (e.g., smoking, alcohol consumption, physical activity, sleep quality and quantity, and food consumption) and biological functions (e.g., cardiovascular, inflammatory, and metabolic processes) that are most relevant for cardiovascular health. Because PPWB is a broad concept, not all aspects of PPWB may be associated with cardiovascular health. Thus, we distinguish between eudaimonic well-being, hedonic well-being, optimism, and other measures of well-being when reviewing the literature. Findings suggest that PPWB protects consistently against CVD, independently of traditional risk factors and ill-being. Specifically, optimism is most robustly associated with a reduced risk of cardiovascular events. In general, PPWB is also positively associated with restorative health behaviors and biological function and inversely associated with deteriorative health behaviors and biological function. Cardiovascular health is more consistently associated with optimism and hedonic well-being than with eudaimonic well-being, although this could be due in part to more limited evidence being available concerning eudaimonic well-being. Some similarities were also evident across different measures of PPWB, which is likely due to measurement overlap. A theoretical context for this research is provided, and suggestions for future research are given, including the need for additional prospective investigations and research that includes multiple constructs of psychological well-being and ill-being.

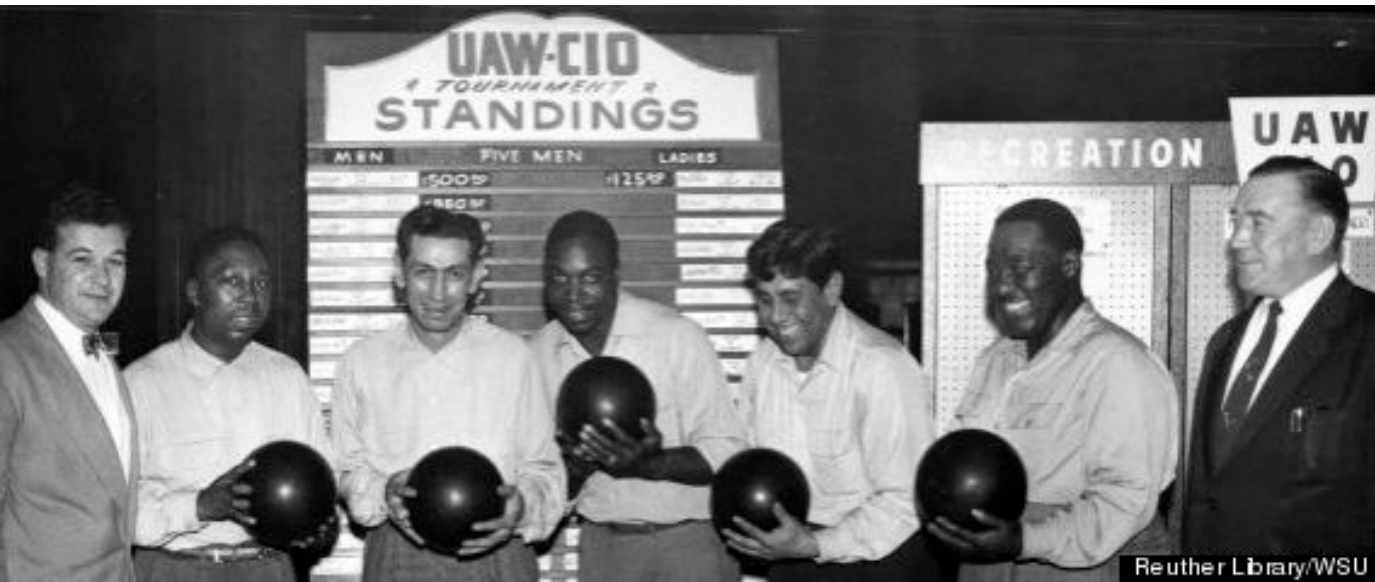
Keywords: cardiovascular disease, health behaviors, biological function, eudaimonic well-being, hedonic well-being

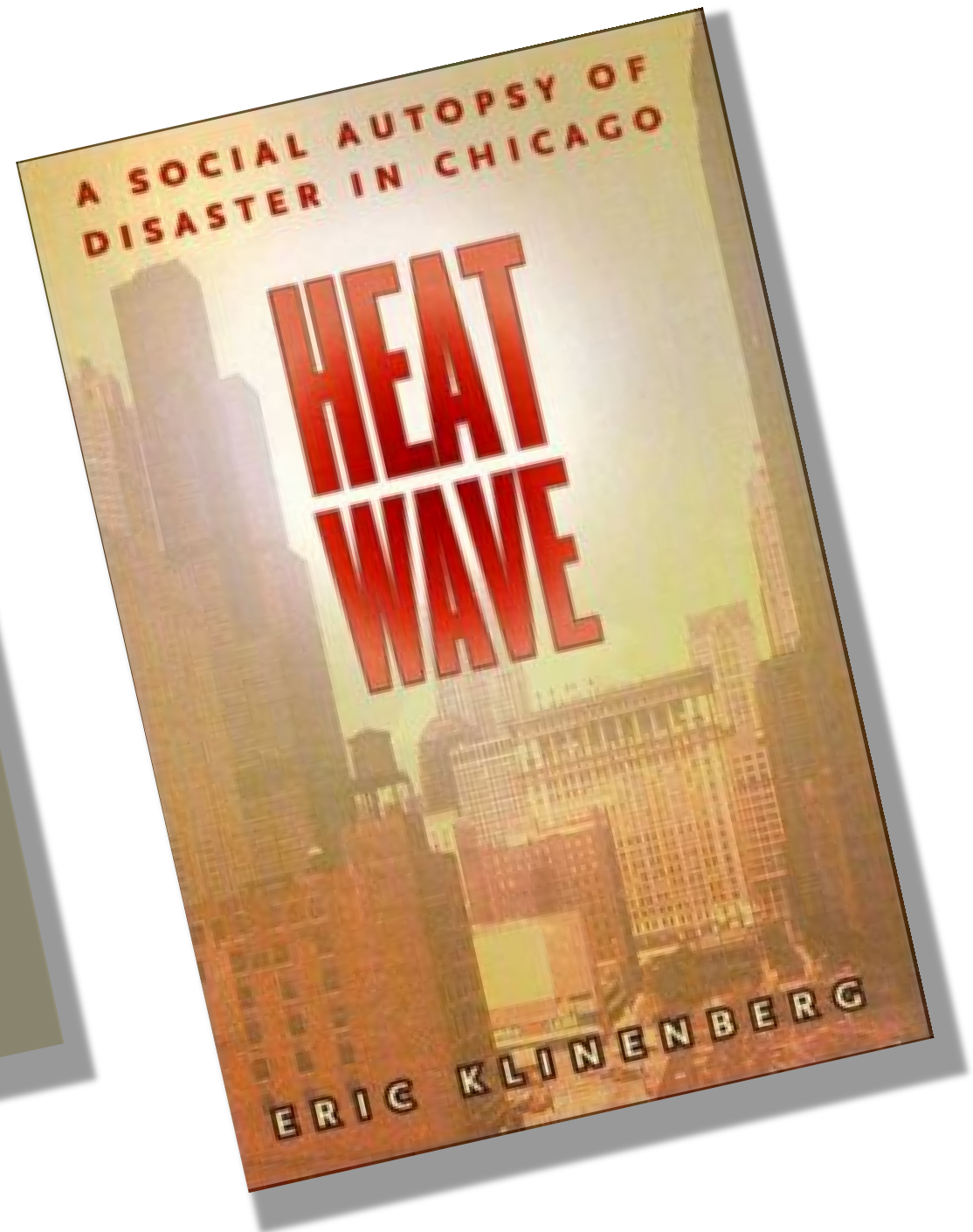
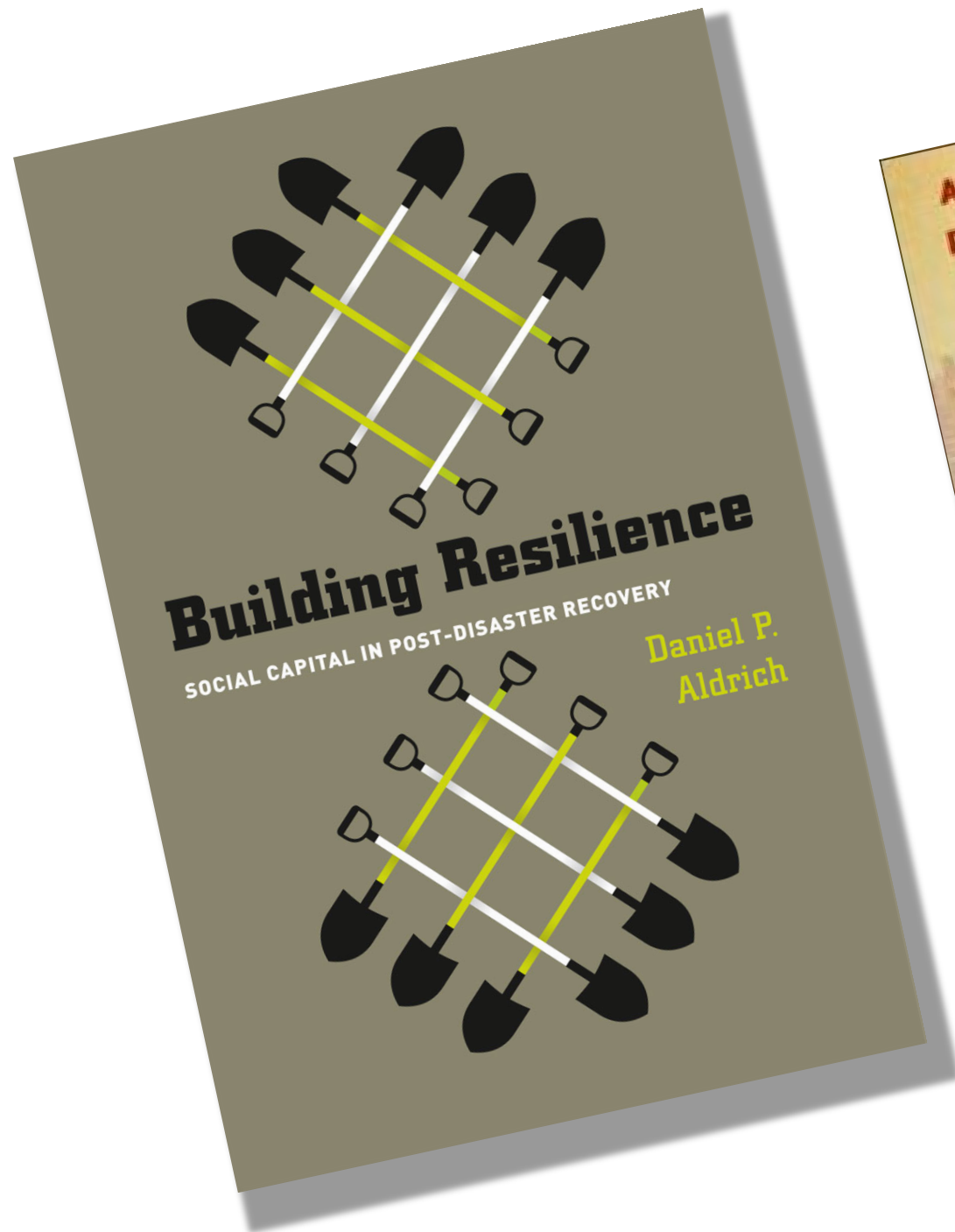
Activity	Positive affect rating
Intimate relations	5.10
Socializing	4.59
Relaxing	4.42
Pray/worship/meditate	4.35
Eating	4.34
Exercising	4.31
Watching TV	4.19
Shopping	3.95
Preparing food	3.93
On the phone	3.92
Napping	3.87
Taking care of my children	3.86
Computer/e-mail/Internet	3.81
Housework	3.73
Working	3.62
Commuting	3.45









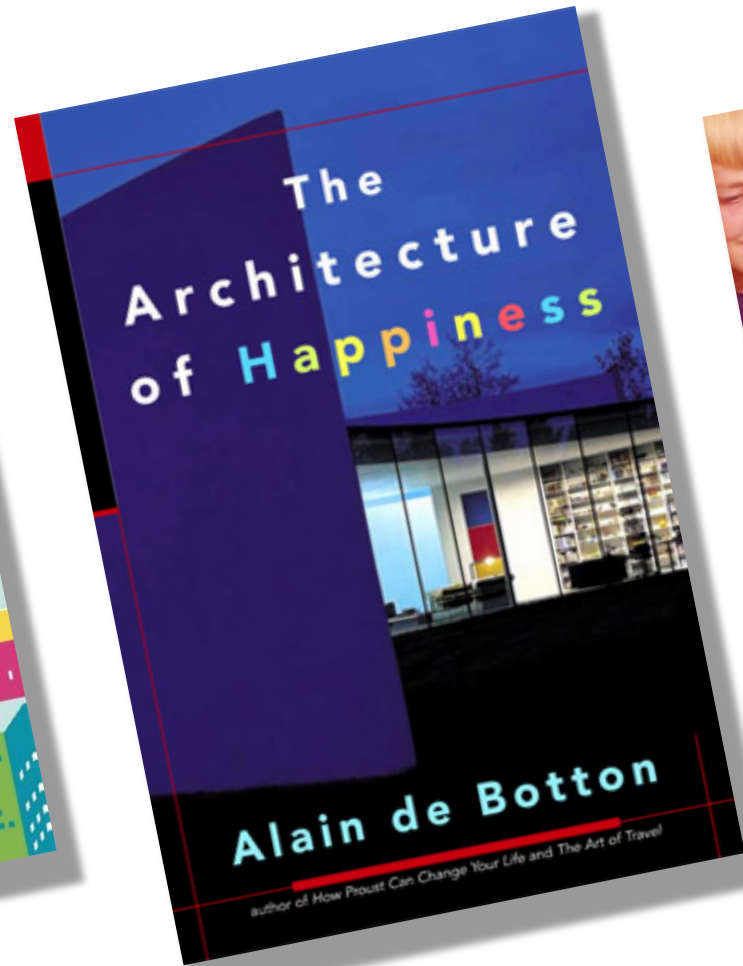
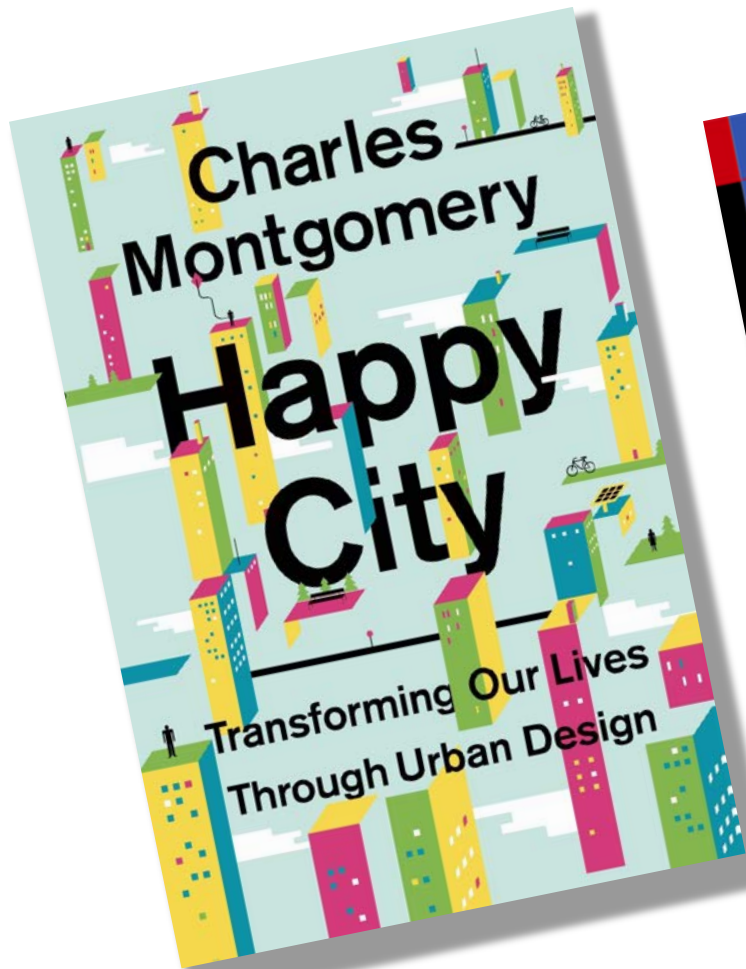


SOCIAL
CAPITAL

HAPPINESS



HEALTH



- Clean air



- Quiet



- Short commutes



- Nature contact



- “Third places”



- Beauty

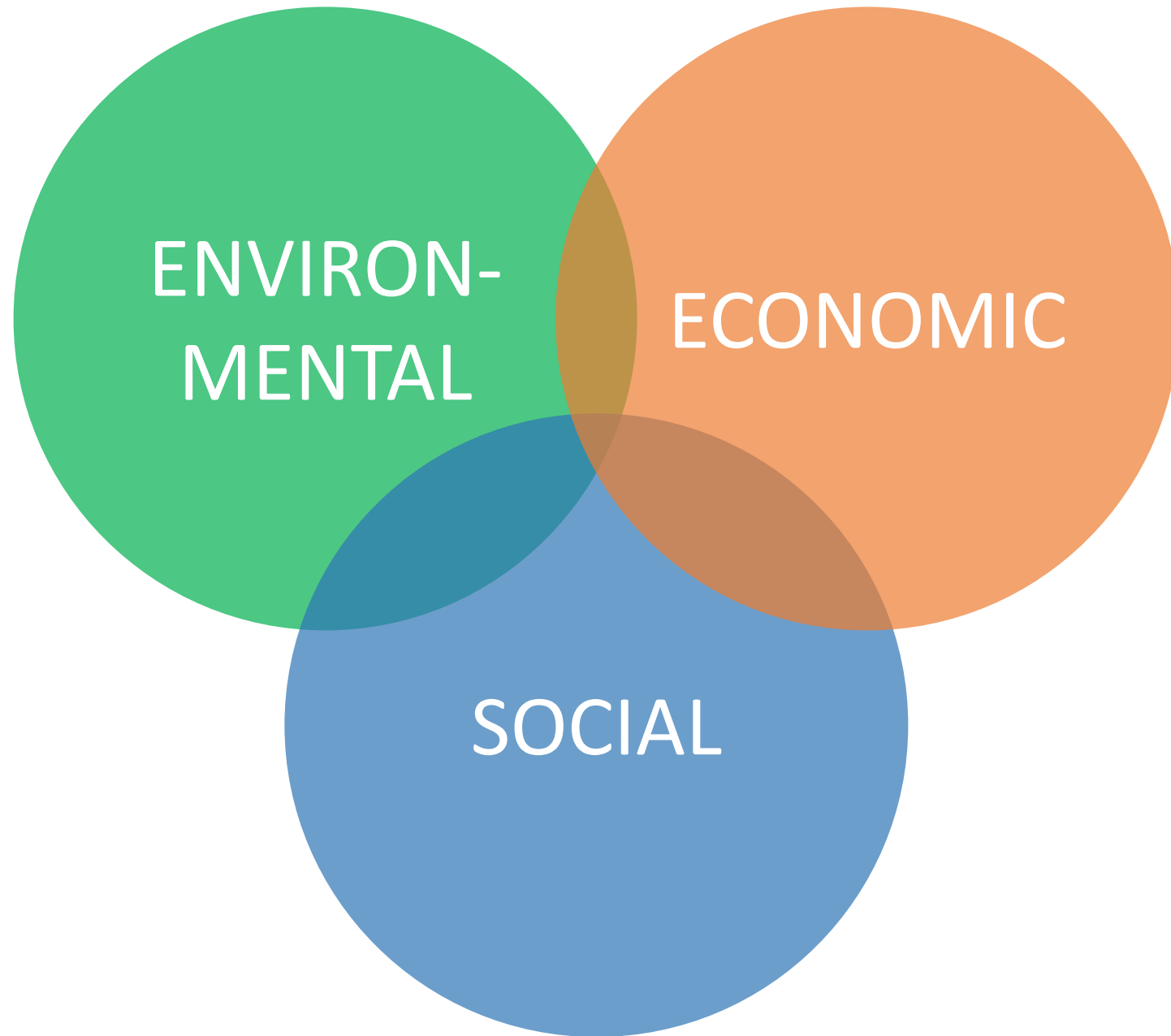


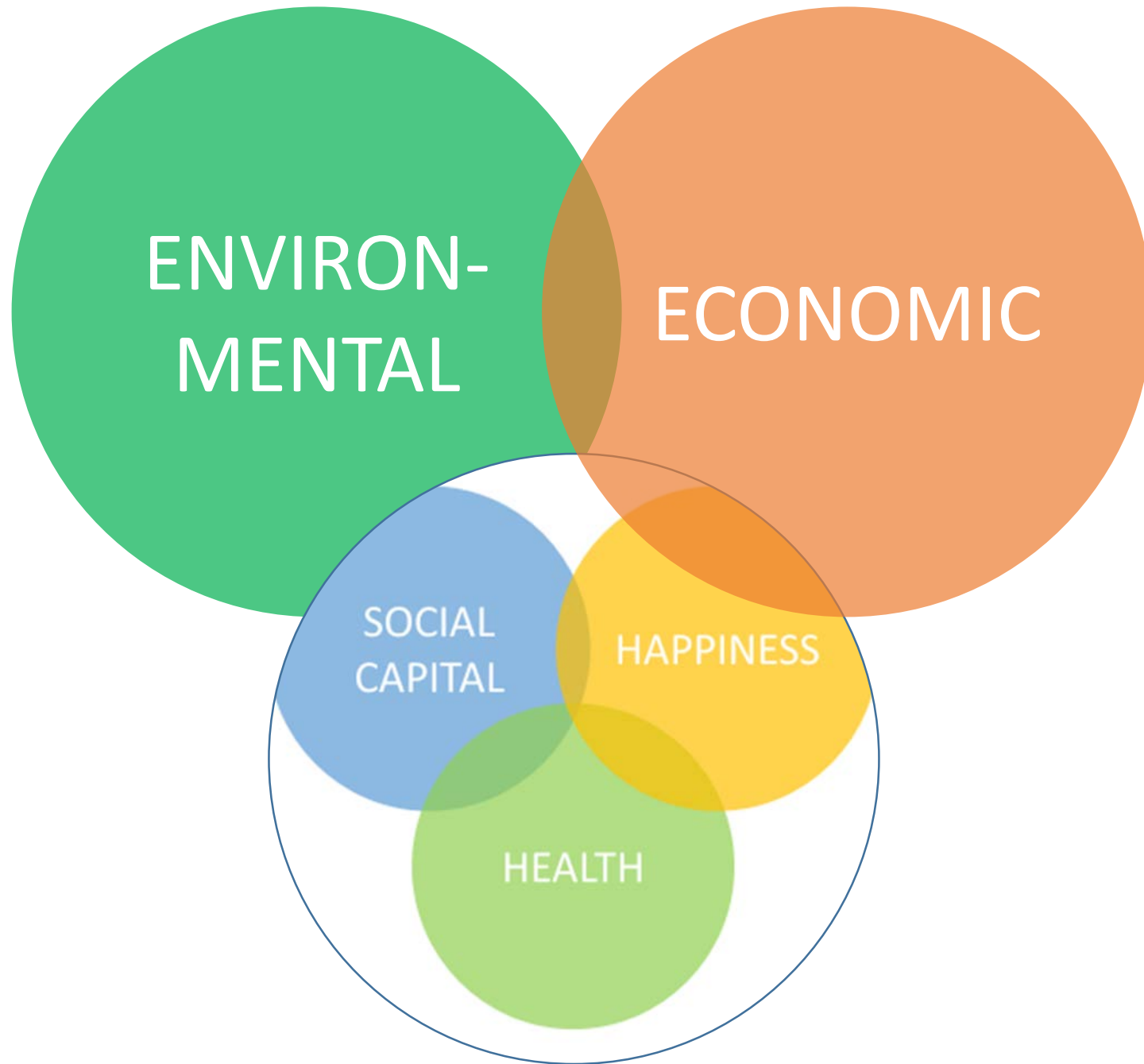
SOCIAL
CAPITAL

HAPPINESS



HEALTH

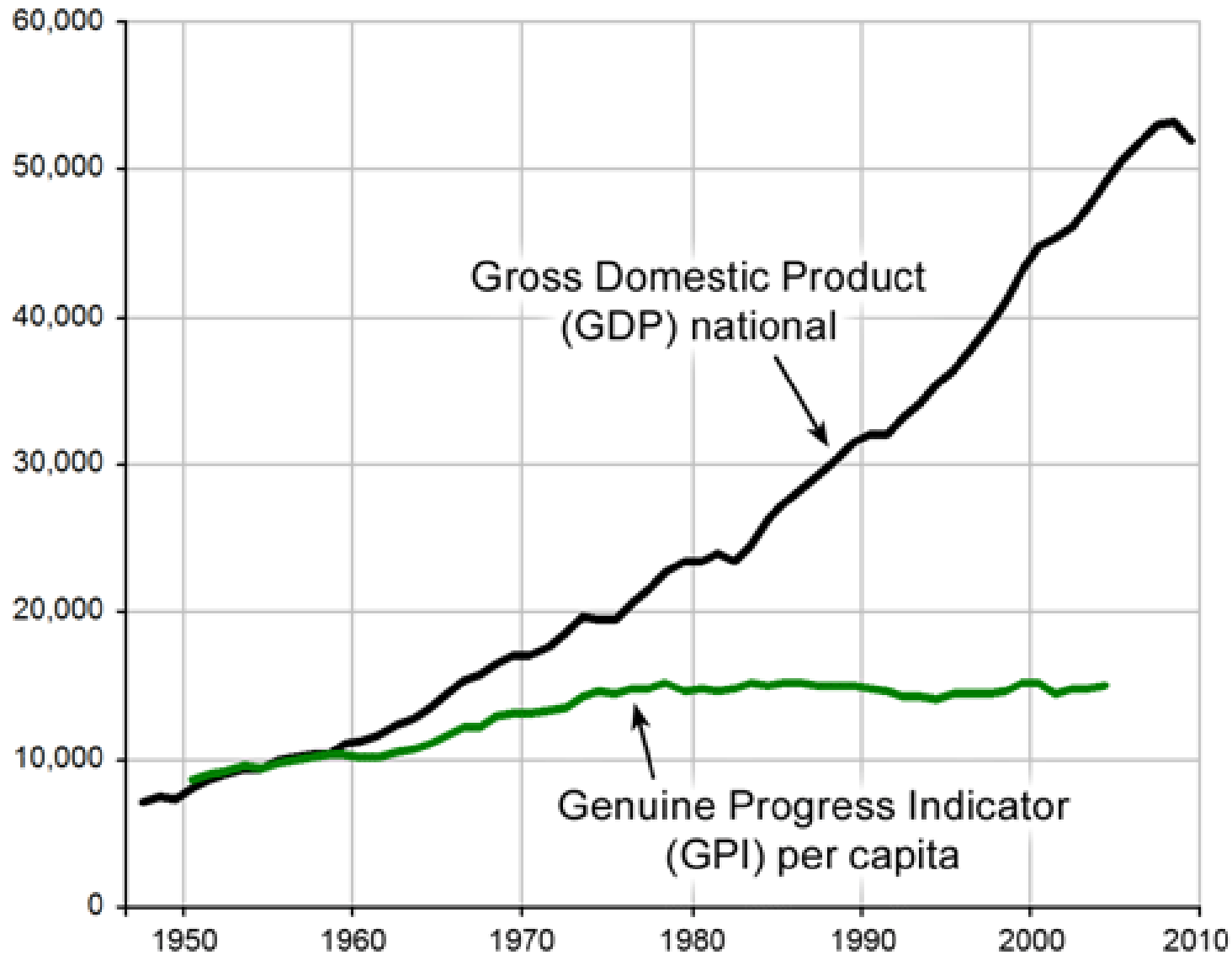




INSTRUCTIONS
TO
DRAFTSMEN

Olmsted Brothers
· 1932 ·

GDP and Genuine Progress Indicator Growth

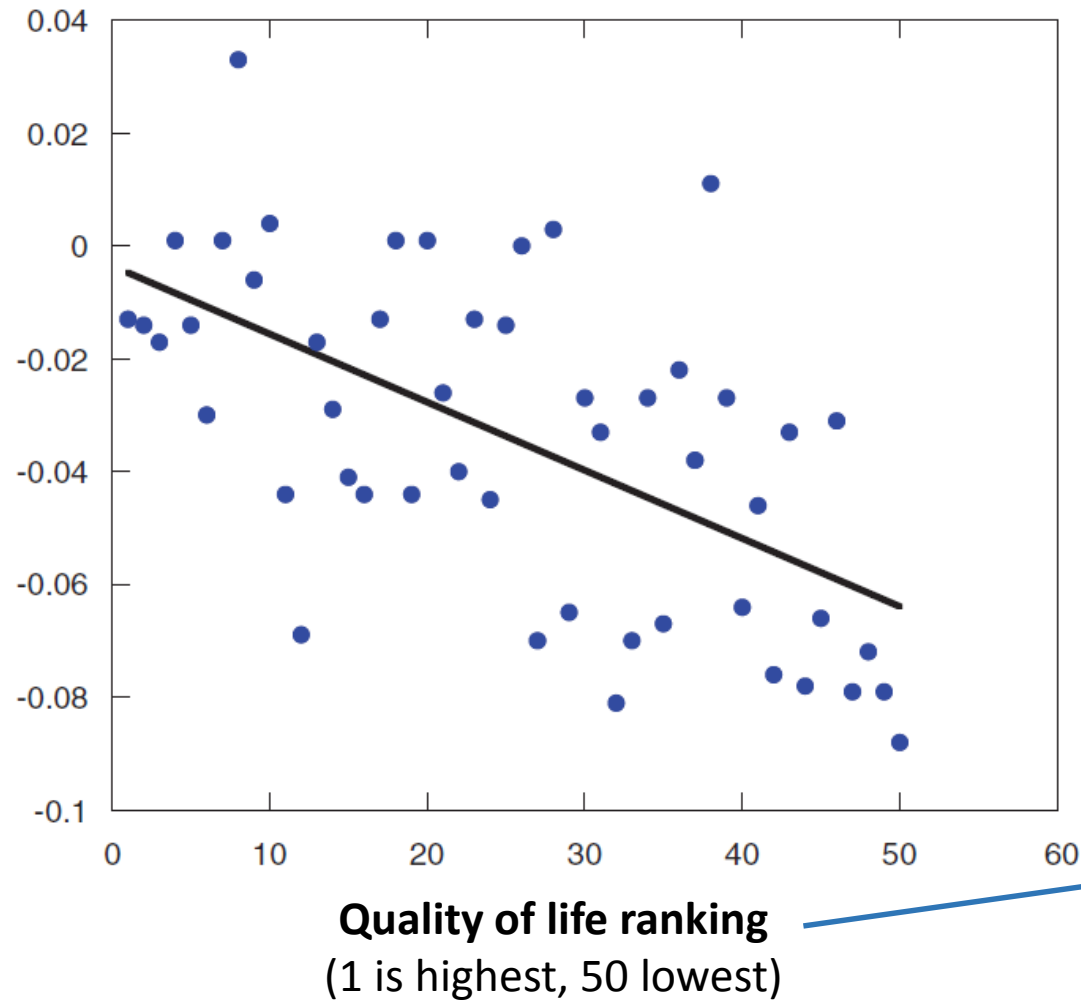




Happiness and local quality of life, by state

Source: Oswald and Wu. Objective confirmation of subjective measures of human well-being: Evidence from the U.S.A. *Science* 2010;327:576-79.

Life satisfaction:
Answer to question
“In general, how
satisfied are you
with your life?”
1 Very satisfied
2 Satisfied
3 Dissatisfied
4 Very dissatisfied



Components include:

- weather
- access to waterways
- parks
- hazardous waste sites
- air quality
- commute time
- schools
- taxes