Making Places for Thriving People

Frederick Law Olmsted Symposium Georgia Institute of Technology June 2, 2014



Howard Frumkin, M.D., Dr.P.H. Dean, School of Public Health University of Washington

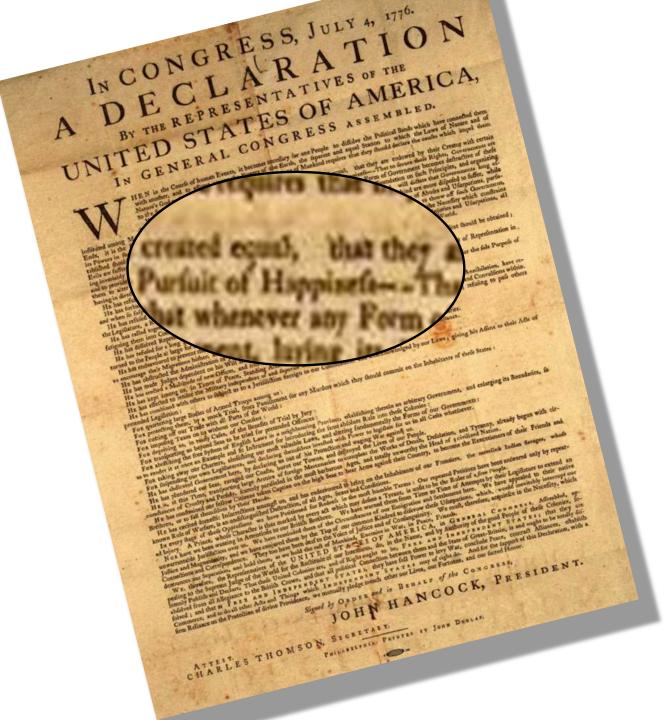


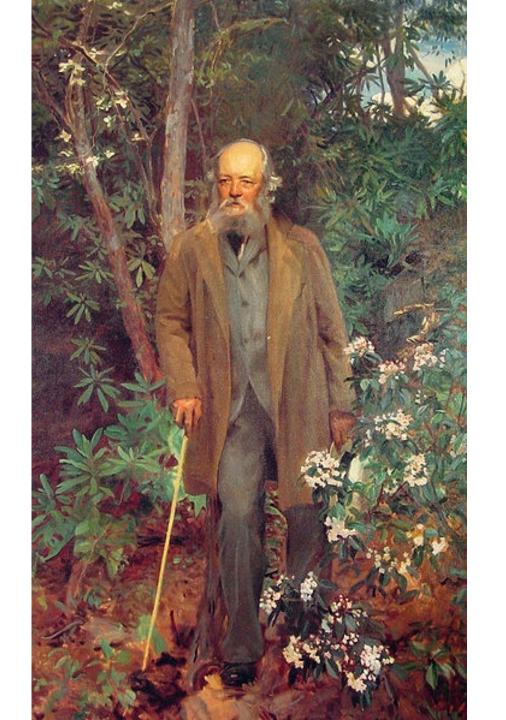
Grey beards...
receding hairlines...
unfashionable wardrobes...
used to live in Brookline...

more than coincidence?



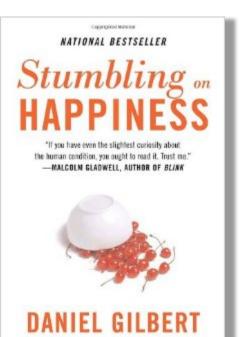


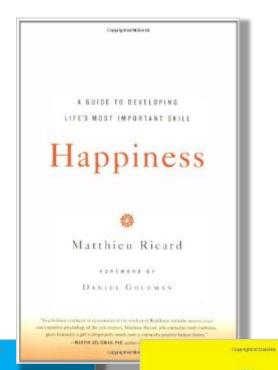












"Inpressive... An excellent job of revenuing the collective findings of ... this new science."

HAPPINESS

LESSONS FROM A NEW SCIENCE

RICHARD LAYARD

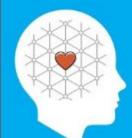
Journal of Happiness Studies

An Interdisciplinary Forum on Subjective Well-Being

Editor-in-Chief: Robert Cummins

Editors: Ed Diener Alex Michalos Ruut Veenhoven

Hardwiring Happiness



THE
NEW BRAIN
SCIENCE OF
CONTENTMENT,
CALM, AND
CONFIDENCE

RICK HANSON, Ph.D.

International Bestrelling Author of Battha's Bush

MYTHS

HAPPINESS

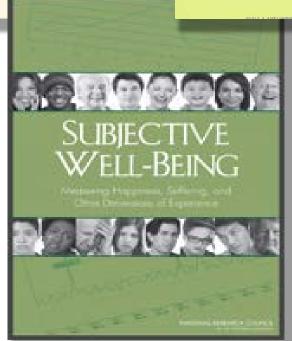
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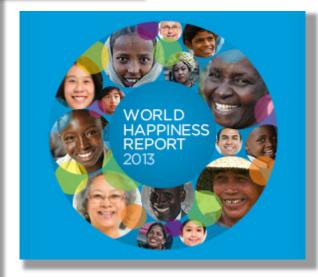
What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does

New York Times Bestselling Author of The How of Happiness

SONJA LYUBOM IRSKY

Disposophere: Cheresian





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

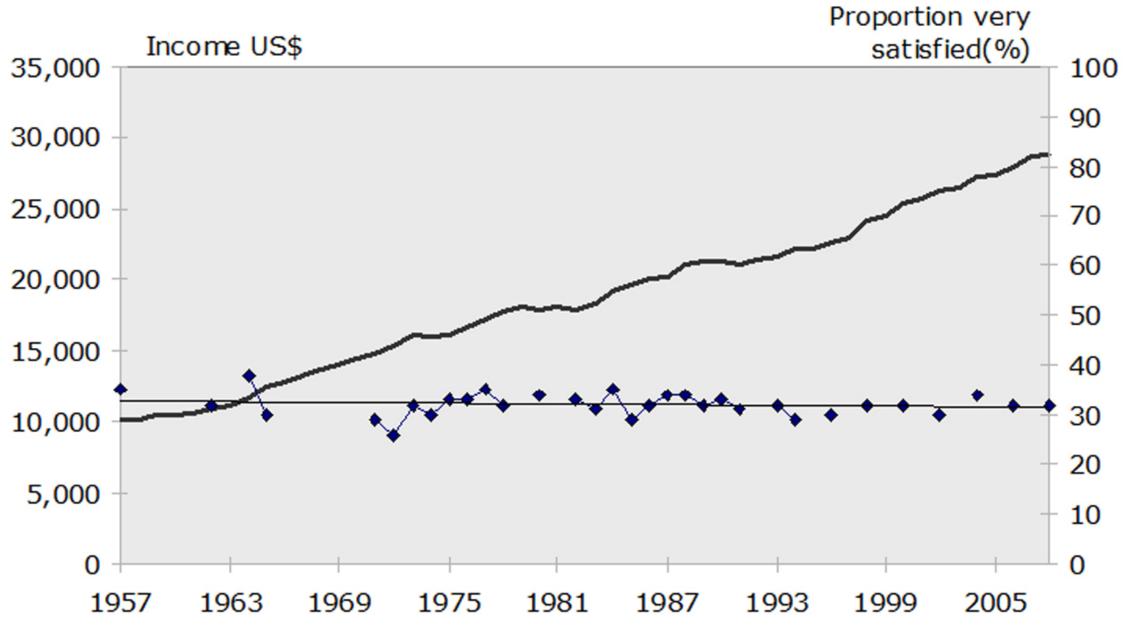
General Social Survey:

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)

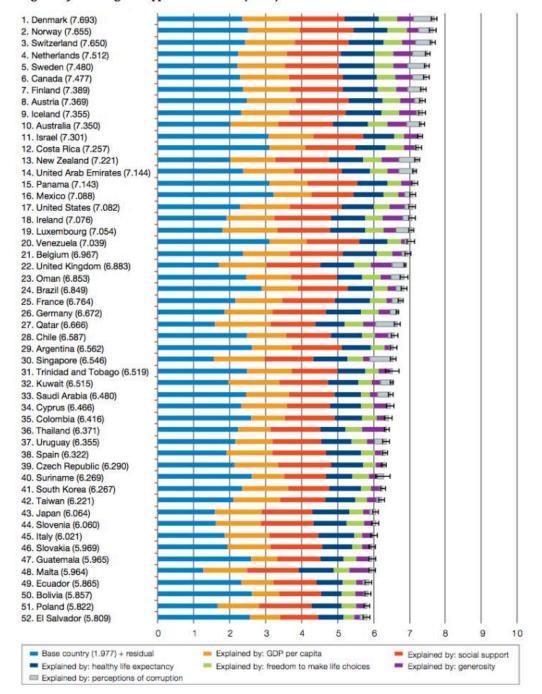
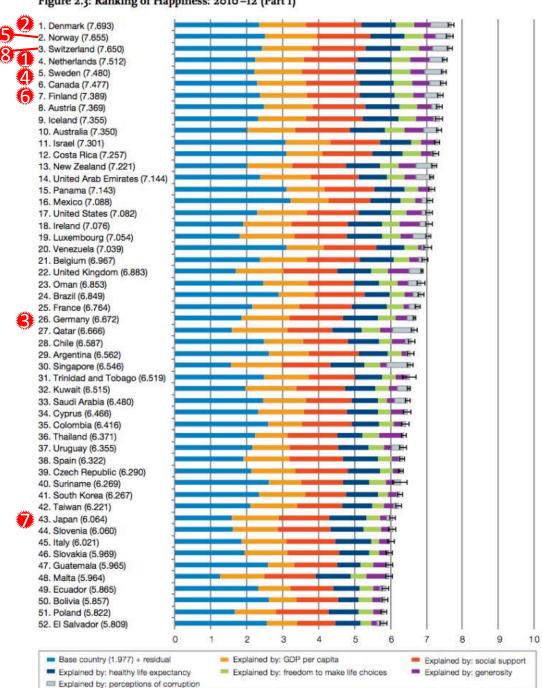


Figure 2.3: Ranking of Happiness: 2010-12 (Part 1)











APPLIED PSYCHOLOGY: Health and Well-Being



APPLIED PSYCHOLOGY: HEALTH AND WELL-BEING, 2011, 3 (1), 1-43

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

University of Illinois and the Gallup Organization, USA

Micaela Y. Chan University of Texas at Dallas, USA

Seven types of evidence are reviewed that indicate that high subjective optimics.

Seven types of evidence are reviewed that indicate that high subjective optimics. Optimics of the satisfaction absence of negative emotions. Seven types or evidence are reviewed that indicate that night subjective emotions, optimis being (such as life satisfaction, absence of negative emotions, causes better health and longevity. For example, positive emotions) causes better health and longevity. peing (such as the satisfaction, absence of negative emotions, optimis) positive emotions) causes better health and longevity. For example, propositive emotions) causes better health and longevity and that warion longitudinal studies of normal populations provide avidence that warion positive emotions) causes ocuer nearm and tongevity. 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Combine experimental human and animal research, as well as naturalistic students of subjective well being and physical processes over time. experimental numan and animal research, as well as naturalistic stuckards of subjective well-being and physiological processes over time, that subjective well-being and physiological processes over time, that subjective well-being and physiological processes over time, the subjective well-being and physiological processes over the subjective well-being and physiological processes over the subjective well-being and the cnanges of subjective well-being and physiological processes over time, that subjective well-being influences health and longevity in healthy populis competing. However, the claim that subjective well-being influences health and longevity in healthy populations. inat subjective well-being influences nearin and longevity in neariny popular is compelling. However, the claim that subjective well-being lengthens in a compelling. However, the claim that subjective well-being lengthens in the claim that subjec is compening. However, the claim that subjective well-being lengthens I. I. of those with certain diseases such as cancer remains controversial. I. of those with certain diseases such as cancer remains controversial. He feelings with certain diseases such as cancer remains controversial. He feelings predict longevity and health beyond negative feelings predict longevity and health beyond negative feelings predict longevity and health beyond negative feelings aroused or manic positive affect may be detrimental to health intensely aroused or manic positive affect may be detrimental to health. feelings predict longevity and nealth beyond negative reelings. Ho health and nealth beyond negative reelings. Ho health longevity and nealth beyond negative health health and state intensely aroused or manic positive affect may be detrimental to health intensely aroused or manic positive of subjective well-being and state intensely aroused or manic positive of subjective well-being. intensely aroused or manic positive affect may be detrimental to health and state aroused or manic positive affect may be detrimental to health and state aroused or manic positive affect may be detrimental to health and state aroused aroused aroused or manic positive affect may be detrimental to health and state aroused or manic positive affect may be detrimental to health and state aroused or manic positive affect may be detrimental to health and state aroused or manic positive affect may be detrimental to health and state aroused or manic positive affect may be detrimental to health and state aroused or manic positive affect may be detrimental to health and state aroused or manic positive affect may be detrimental to health and state aroused or manic positive affect size, types of subjective well-being, and state aroused aro 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 cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the association between positive psychological well-being (PPWB) and cardiothe review investigates the psychological well-being (PPWB) and cardiothe review investigates the association between psychological well-being (PPWB) and cardiothe review investigates the association between psychological well-being (PPWB) and cardiothe review investigates the review investigates the psychological well-being (PPWB) and cardiothe review investigates the review investigates t This review investigates the association between positive psychological well-being (PPWB) and cardio-vascular disease (CVD). We also consider the mechanisms by which ppWB may be linked with CVD, also mality and psychological well-being (PPWB) and cardio-vascular disease (CVD). We also consider the mechanisms by which physical activity also mality and focusing on the health behaviors (e.g. smoking alcohol consumption physical activity also mality and focusing on the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity also make the health behaviors (e.g. smoking alcohol consumption physical activity all the health physical activi vascular disease (CVD). We also consider the mechanisms by which PPWB may be linked with CVD, and focusing on the health behaviors (e.g., smoking, alcohol consumption, physical activity, sleep quality and focusing on the health behaviors (e.g., smoking, alcohol consumption) and hiological functions (e.g., smoking, alcohol consumption) and focus for consumption and hiological functions (e.g., smoking, alcohol consumption) and focus for consumption and focus focus for consumption and focus for consumption and focus for consumption and focus focus focus focus for consumption and focus focus focus focus for consumption and focus focusing on the health behaviors (e.g., smoking, alcohol consumption, physical activity, sleep quality and metabolic processes) that are most relevant for cardiovascular health. Because PPWB is a broad concept, metabolic processes)

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, and biological functions (e.g., cardiovascular, inflammatory, and inflammatory, and inflammatory, and biological functions (e.g., cardiovascular, inflammatory, and inflammatory, and biological functions (e.g., cardiovascular, inflammatory, and inflammatory, and inflammatory, and biological functions (e.g., cardiovascular, inflammatory, and inflamma metabolic processes) that are most relevant for cardiovascular health. Because PPWB is a broad concept, we distinguish between a substitution of the processes 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 independently of traditional trade of the literature. Findings suggests that PPWR protects consistently against CVD independently of traditional trade of the literature. 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 the literature. 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 restorative health behaviors are found risk factors and ill-being. Specifically, optimism is most robustly associated with restorative health behaviors cardiovascular events. In general, PPWB is also positively associated with restorative health behaviors. tional 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 helaviors and hinlarical function and inversely associated with deteriorative health helaviors and hinlarical function. cardiovascular events. In general, PPWB is also positively associated with restorative health behaviors and biological function and inversely associated with deteriorative health behaviors and hedonic well-heins function. Cardiovascular health is more consistently associated with ontimiem and hedonic well-heins function. Cardiovascular health is more consistently associated with ontimiem and health is more consistently associated with ontimiem and health is more consistently associated with ontimiem and health is more consistently associated with restorative health behaviors. and biological function and inversely associated with deteriorative health behaviors and biological being function. Cardiovascular health is more consistently associated with optimism and hedonic deteriorative health is more consistently associated with optimism and hedonic being function. Cardiovascular health is more consistently associated with optimism and hedonic deteriorative health being although this could be due in part to more limited evidence being than with endamonic well being although this could be due in part to more limited. 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 different than with eudaimonic well-being. Some similarities were also evident across different available concerning endaimonic well-being. than with eudaimonic well-being, although this could be due in part to more limited evidence being different across different were also evident across different were also evident across different were also evident across different available concerning eudaimonic well-being. Some similarities were also evident across different available concerning eudaimonic well-being. A theoretical context for this research which is likely due to measurement overlan. available concerning endaimonic 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 measures of PPWB, which is likely due to measurement overlap. A theoretical context for diditional prospective measures of PPWB, which is likely due to measurement overlap. A theoretical context for diditional prospective measures of PPWB, which is likely due to measurement overlap. 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 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 investigations and research that includes multiple constructs. 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 investigations and research that includes multiple constructs. Keywords: cardiovascular disease, health behaviors, biological function, eudaimonic well-being, hedonic

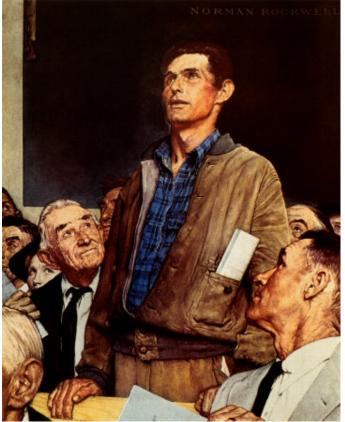
well-being

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

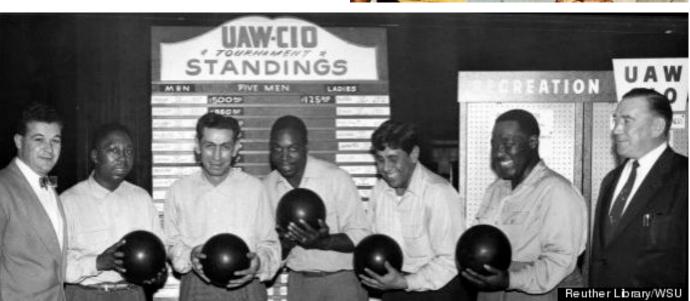




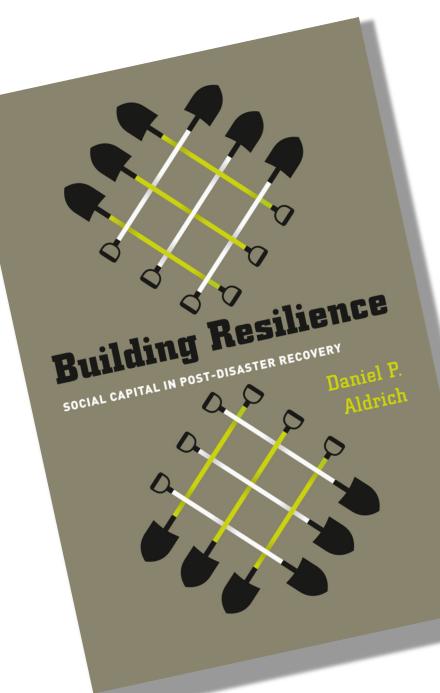


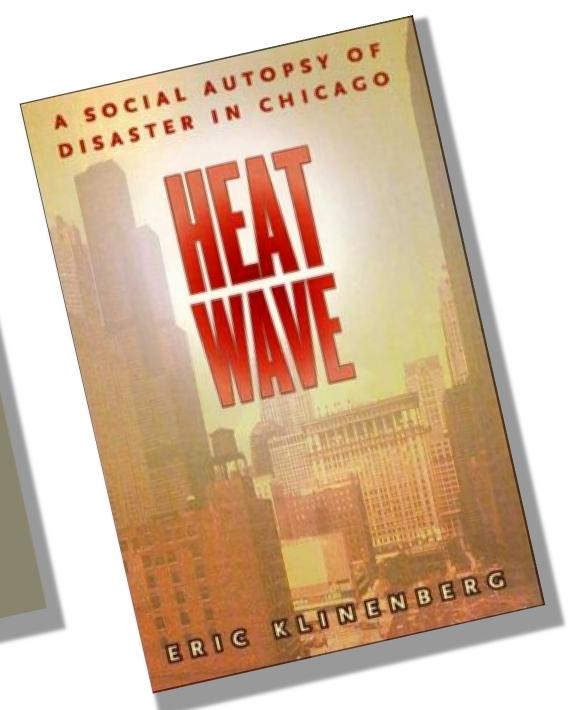


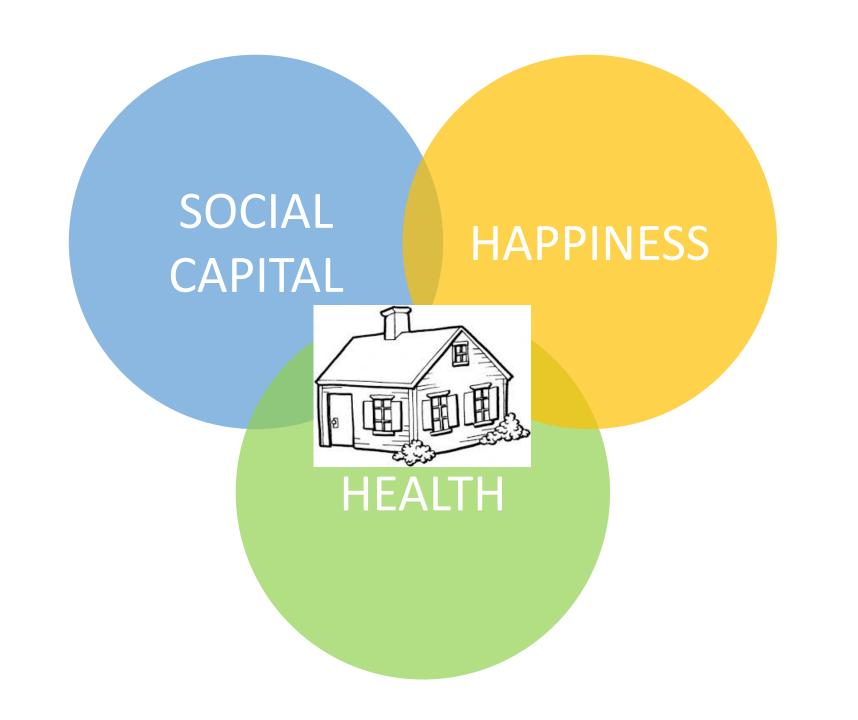


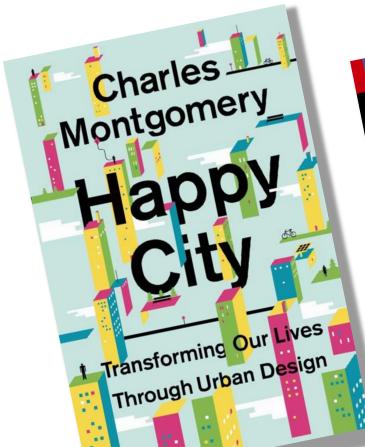


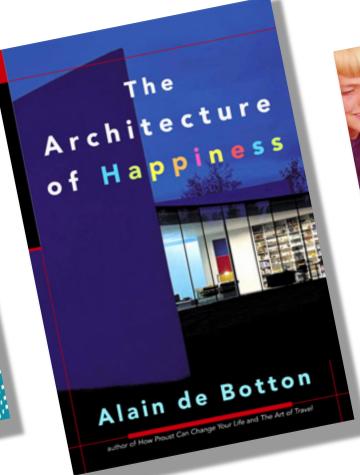


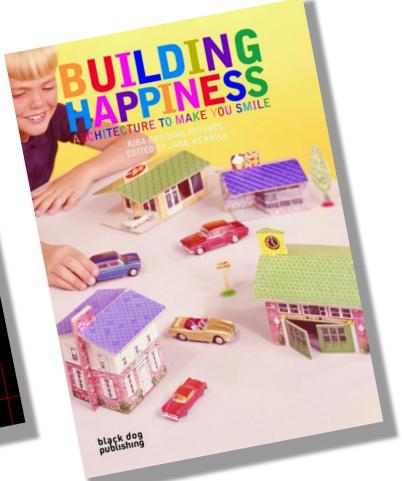














Quiet



Short commutes



Nature contact

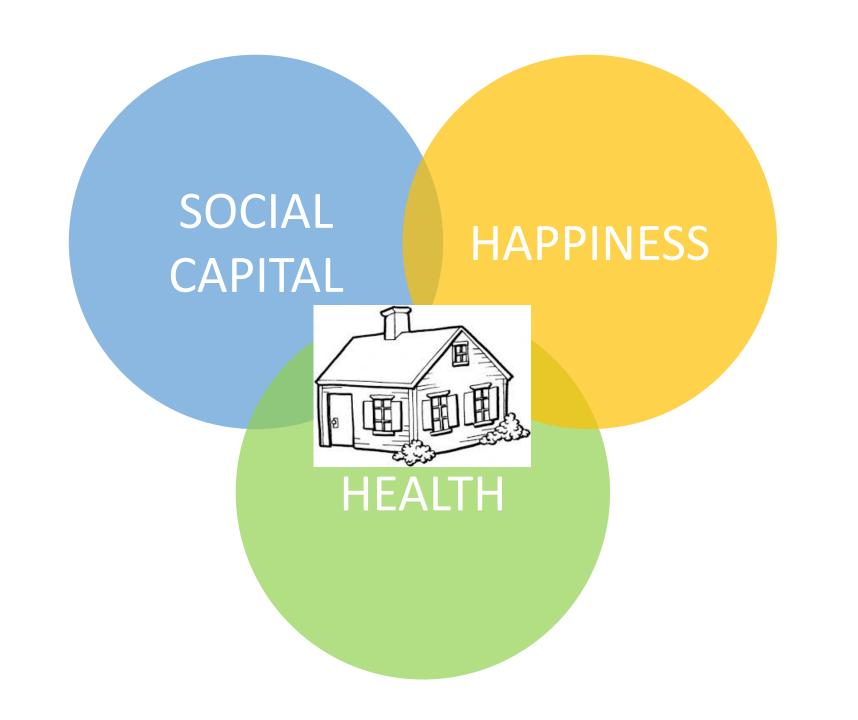


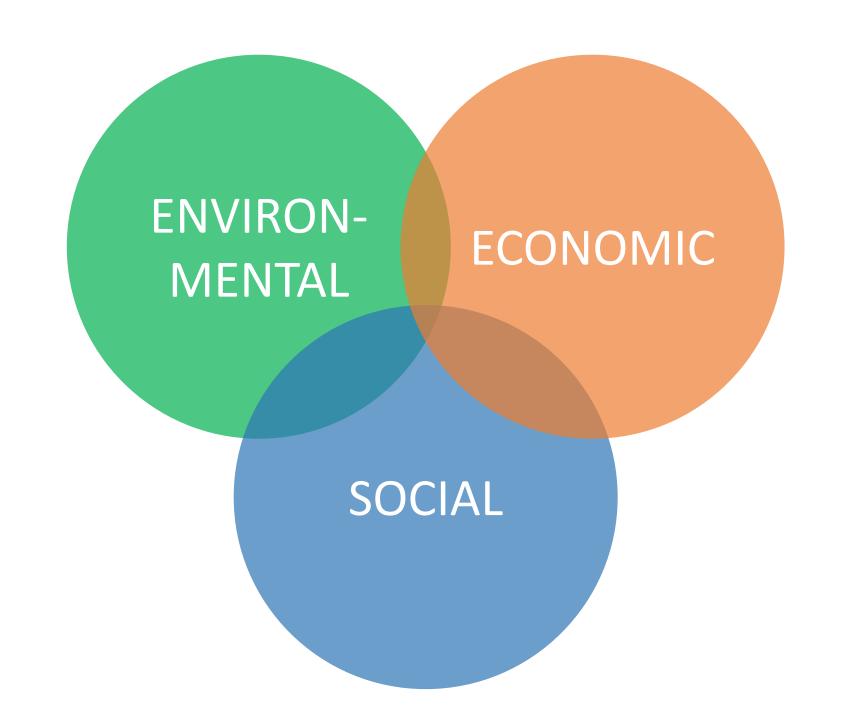
"Third places"

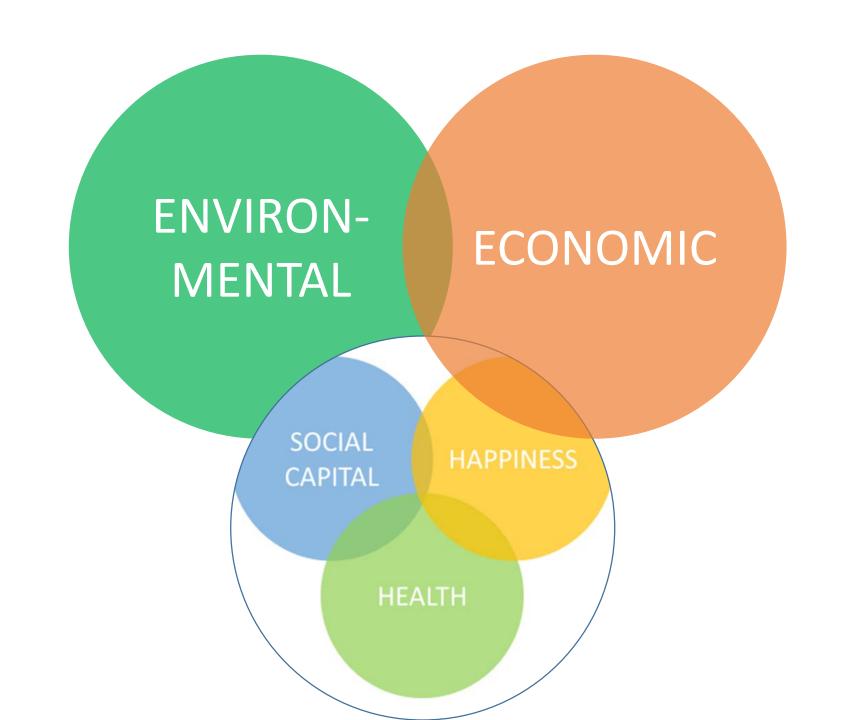


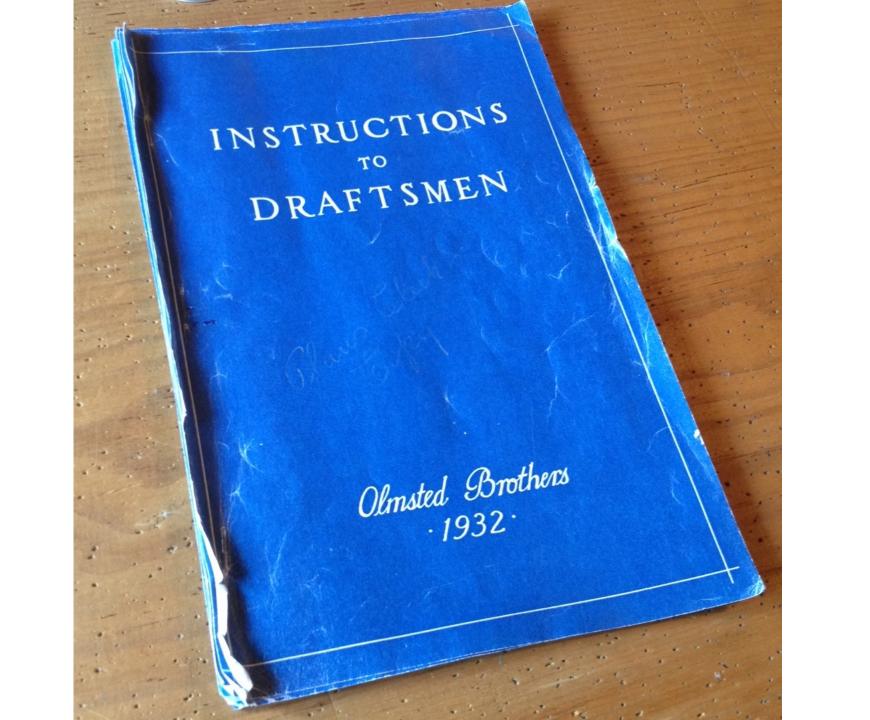
Beauty



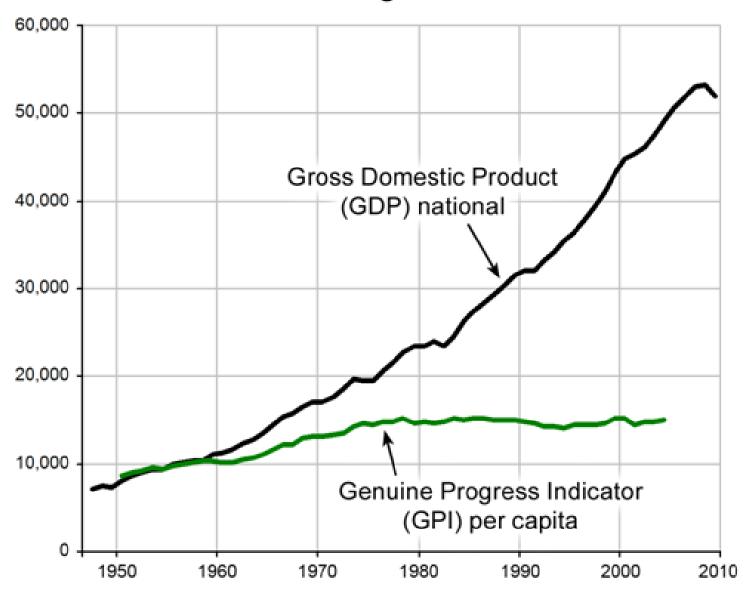








GDP and Genuine Progress Indicator Growth





Happiness and local quality of life, by state

0.02 Life satisfaction: Answer to question 0 "In general, how satisfied are you -0.02 with your life?" 1 Very satisfied -0.04 2 Satisfied 3 Dissatisfied -0.06 4 Very dissatisfied -0.08 -0.1 20 50 0 10 30 40 60

Quality of life ranking

(1 is highest, 50 lowest)

0.04

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

Components include:

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