

HAPPY LIFE YEARS IN 149 NATIONS 2000-2009

How long and happy people live

Findings report extracted from World Database of Happiness
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Copied from <http://worlddatabaseofhappiness.eur.nl> October 2015

[Technical details](#) [Map](#) [Cite as](#) Note: sort the table by mouse clicking a column heading.

	Code	Nation	Satisfaction with life (scale 0 - 10)	Life expectancy in years	Happy Life Years (HLY)
1	AF	Afghanistan	4.1	45.9	19.0
2	AL	Albania	4.6	76.2	35.2
3	DZ	Algeria	5.4	71.7	38.6
4	AD	Andorra	6.8	83.5	56.9
5	AO	Angola	4.3	41.7	17.8
6	AR	Argentina	7.3	74.8	54.9
7	AM	Armenia	5.0	71.7	36.1
8	AU	Australia	7.7	80.9	62.5
9	AT	Austria	7.4	79.4	58.9
10	AZ	Azerbaijan	5.3	67.1	35.4
11	BD	Bangladesh	5.3	63.1	33.3
12	BY	Belarus	5.2	68.7	35.5
13	BE	Belgium	7.3	78.8	57.7
14	BZ	Belize	6.6	75.9	50.2
15	BJ	Benin	3.0	55.4	16.7
16	BO	Bolivia	6.3	64.7	40.5
17	BA	Bosnia Herzegovina	5.8	74.5	43.2
18	BW	Botswana	4.7	48.1	22.6
19	BR	Brazil	7.5	71.7	53.5
20	BG	Bulgaria	4.4	72.7	32.0
21	BF	Burkina Faso	4.4	51.4	22.4
22	BI	Burundi	2.9	48.5	14.3
23	KH	Cambodia	4.9	58.0	28.4
24	CM	Cameroon	3.9	49.8	19.6
25	CA	Canada	7.8	80.3	62.5
26	CF	Central African Rep	4.6	43.7	20.1
27	TD	Chad	5.4	50.4	27.0
28	CL	Chile	6.7	78.3	52.4
29	CN	China	6.3	72.5	45.8
30	CO	Colombia	7.7	72.3	55.8
31	CG	Congo (Brazzaville)	3.7	52.3	19.1

	Code	Nation	Satisfaction with life (scale 0 - 10)	Life expectancy in years	Happy Life Years (HLY)
32	CD	Congo (Kinshasa),	4.4	45.8	20.2
33	CR	Costa Rica	8.5	78.5	66.7
34	CI	Côte d'Ivoire	4.4	47.5	21.1
35	HR	Croatia	6.0	75.3	45.3
36	CY	Cyprus	7.1	79.0	55.9
37	CZ	Czech Republic	6.5	75.9	49.3
38	DK	Denmark	8.3	77.9	65.0
39	DJ	Djibouti	5.7	53.9	30.5
40	DO	Dominican Republic	7.5	71.5	53.7
41	EC	Ecuador	6.4	74.7	47.6
42	EG	Egypt	5.7	70.7	40.0
43	SV	El Salvador	6.7	71.3	47.6
44	EE	Estonia	6.0	71.2	42.5
45	ET	Ethiopia	4.2	51.8	21.8
46	FI	Finland	7.9	78.9	62.2
47	FR	France	6.6	80.2	53.0
48	GE	Georgia	4.3	70.7	30.1
49	DE	Germany	7.1	79.1	56.3
50	GH	Ghana	5.2	59.1	30.8
51	GR	Greece	6.4	78.9	50.8
52	GT	Guatemala	7.2	69.7	50.2
53	GN	Guinea	4.5	54.8	24.7
54	GY	Guyana	6.5	65.2	42.6
55	HT	Haiti	3.9	59.5	23.2
56	HN	Honduras	7.0	69.4	48.8
57	HK	Hong Kong	6.6	81.9	54.3
58	HU	Hungary	5.5	72.9	39.8
59	IS	Iceland	8.2	81.5	66.4
60	IN	India	5.5	63.7	35.1
61	ID	Indonesia	6.3	69.7	43.8
62	IR	Iran	5.9	70.2	41.3
63	IQ	Iraq	4.7	66.5	31.1
64	IE	Ireland	7.6	78.4	59.6
65	IL	Israel	7.0	80.3	55.9
66	IT	Italy	6.7	80.3	53.8
67	JM	Jamaica	6.7	72.2	48.4
68	JP	Japan	6.5	82.3	53.5
69	JO	Jordan	5.9	71.9	42.5
70	KZ	Kazakhstan	6.1	65.9	40.4
71	KE	Kenya	3.7	52.1	19.1
72	KR	Korea (South)	6.0	77.9	46.9

	Code	Nation	Satisfaction with life (scale 0 - 10)	Life expectancy in years	Happy Life Years (HLY)
73	KO	Kosovo	5.4	72.1	41.5
74	KW	Kuwait	6.6	77.3	51.0
75	KG	Kyrgyzstan	5.5	65.6	36.3
76	LA	Laos	6.2	63.2	39.4
77	LV	Latvia	5.4	72.0	38.6
78	LB	Lebanon	4.7	71.5	33.7
79	LR	Liberia	4.3	51.0	23.7
80	LT	Lithuania	5.5	72.5	40.0
81	LU	Luxembourg	7.7	78.4	60.1
82	MK	Macedonia	4.7	73.8	34.4
83	MG	Madagascar	3.7	58.4	21.8
84	MW	Malawi	6.2	46.3	28.7
85	MY	Malaysia	6.5	73.7	48.2
86	ML	Mali	4.7	53.1	25.0
87	MT	Malta	7.1	79.1	56.2
88	MR	Mauritania	4.9	63.2	31.3
89	MX	Mexico	7.9	75.6	59.7
90	MD	Moldova	4.9	68.4	33.2
91	MN	Mongolia	5.7	65.9	37.3
92	ME	Montenegro	5.2	77.0	39.9
93	MA	Morocco	5.4	70.4	37.9
94	MZ	Mozambique	3.8	42.8	16.4
95	NA	Namibia	5.2	51.6	26.8
96	NP	Nepal	5.3	62.6	33.3
97	NL	Netherlands	7.6	79.2	59.9
98	NZ	New Zealand	7.5	79.8	59.5
99	NI	Nicaragua	7.1	71.2	50.3
100	NE	Niger	3.8	55.8	20.9
101	NG	Nigeria	5.7	46.5	26.3
102	NO	Norway	7.9	79.8	62.8
103	PK	Pakistan	5.0	64.6	32.5
104	PS	Palestina	4.9	72.9	36.1
105	PA	Panama	7.8	75.1	58.3
106	PY	Paraguay	6.8	71.3	48.3
107	PE	Peru	6.2	70.7	44.1
108	PH	Philippines	5.9	71.0	41.8
109	PL	Poland	6.4	75.2	48.0
110	PT	Portugal	5.7	77.7	44.4
111	QA	Qatar	6.8	76.0	51.3
112	RO	Romania	5.7	71.9	41.0
113	RU	Russia	5.5	65.0	36.1

	Code	Nation	Satisfaction with life (scale 0 - 10)	Life expectancy in years	Happy Life Years (HLY)
114	RW	Rwanda	4.3	45.2	19.5
115	SA	Saudi Arabia	6.5	72.2	47.0
116	SN	Senegal	4.5	62.3	27.9
117	RS	Serbia	5.4	74.8	40.6
118	SL	Sierra Leone	3.5	41.8	14.8
119	SG	Singapore	6.9	79.4	54.6
120	SK	Slovakia	5.9	74.2	43.9
121	SI	Slovenia	6.9	77.4	53.2
122	ZA	South Africa	5.8	50.8	29.6
123	ES	Spain	7.2	80.5	58.4
124	LK	Sri Lanka	5.1	71.6	36.2
125	SD	Sudan	5.0	57.4	28.7
126	SE	Sweden	7.8	80.5	62.9
127	CH	Switzerland	8.0	81.3	65.2
128	SY	Syria	5.9	70.0	41.3
129	TW	Taiwan	6.2	76.4	47.4
130	TJ	Tajikistan	5.1	66.3	33.8
131	TZ	Tanzania	2.8	51.0	14.4
132	TH	Thailand	6.6	69.6	45.8
133	TG	Togo	2.6	57.8	15.1
134	TT	Trinidad and Tobago	7.0	69.2	48.5
135	TN	Tunisia	5.9	73.5	43.3
136	TR	Turkey	5.6	71.4	39.7
137	TM	Turkmenistan	7.2	69.2	49.8
138	UG	Uganda	4.8	49.7	23.9
139	UA	Ukraine	5.0	67.7	33.7
140	AE	United Arab Emirate	7.3	78.3	57.2
141	GB	United Kingdom	7.2	79.0	56.5
142	US	United States	7.4	77.9	57.9
143	UY	Uruguay	6.7	75.9	51.0
144	UZ	Uzbekistan	6.0	66.8	40.3
145	VE	Venezuela	7.5	73.2	55.1
146	VN	Viet Nam	6.1	73.7	45.0
147	YE	Yemen	4.8	61.5	29.5
148	ZM	Zambia	5.0	40.5	20.1
149	ZW	Zimbabwe	3.0	40.9	12.5

Technical details

1. Average enjoyment of life assessed by means of surveys in general public samples. Data are taken from [Rank Report Average Happiness](#).
2. Life expectancy is estimated on the basis of civil registrations of birth and death around 2005. Source: Human Development Reports, table 1. Missing cases taken from [World Life-expectancy Chart](#) .
3. 'Happy Life Years' is an estimate of how long and happy the average citizen will live in that nation in this era. Computation: 0-1 enjoyment of life multiplied by expected length of life.
 - Also referred to as: "Happy Life-Expectancy" (HLE) or "Happiness Adjusted Life-Years", shortened as "HALY's (Analogous to Disability Adjusted Life Years. or "DALY's).
 - This variable is described in more detail in Veenhoven. R. [Happy Life Expectancy. A comprehensive indicator of quality of life in nations](#). in: Social Indicators Research. 1996. vol.39. pp. 1-58.
 - Further argumentation of theoretical significance of this measure can be found in Veenhoven. R. [The four qualities of life: Ordering concepts and measures of the good life](#), in Journal of Happiness Studies. 2000. vol. 1. pp. 1-39.
 - This measure scored highest in a scholarly review of indicators. See: Hagerty. M.. et. al. 'Quality of Life indexes for national policy: Review and agenda for research'. Social Indicators Research. 2001. vol. 55. pp. 1-96.

This list is included in the SPSS datafile [States of Nations](#) as variable HLY_LSBW10.11_2000.09

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