

HAPPY LIFE YEARS IN 162 NATIONS 2010-2018

How long and happy people live

[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	4.0	60.9	26.8
2	AL	Albania	5.3	77.4	44.4
3	DZ	Algeria	5.9	71.0	41.8
4	AO	Angola	4.6	51.9	26.0
5	AR	Argentina	7.2	76.3	55.0
6	AM	Armenia	4.7	74.6	35.1
7	AU	Australia	6.9	82.5	56.9
8	AT	Austria	7.7	81.1	62.3
9	AZ	Azerbaijan	6.3	70.8	44.6
10	BH	Bahrein	6.3	76.6	51.1
11	BD	Bangladesh	5.0	70.7	38.1
12	BY	Belarus	5.3	69.9	37.1
13	BE	Belgium	7.5	80.5	60.4
14	BZ	Belize	6.1	73.9	48.0
15	BJ	Benin	3.7	59.3	24.1
16	BT	Bhutan	5.6	68.3	40.6
17	BO	Bolivia	6.3	67.3	45.0
18	BA	Bosnia Herzegovina	5.2	76.4	43.1
19	BW	Botswana	4.0	64.4	28.4
20	BR	Brazil	7.4	73.9	57.9
21	BG	Bulgaria	4.7	73.5	34.5
22	BF	Burkina Faso	4.2	56.3	25.7
23	BI	Burundi	3.8	54.1	22.7
24	KH	Cambodia	4.2	71.9	33.3
25	CM	Cameroon	4.8	55.1	28.3
26	CA	Canada	7.9	81.5	64.0
27	CF	Central African Rep	3.4	50.2	18.8
28	TD	Chad	4.1	51.2	22.7
29	CL	Chile	7.0	80.0	55.7
30	CN	China	6.5	75.3	49.0
31	CO	Colombia	8.2	74.0	60.7
32	KM	Comoros	4.0	60.9	27.0
33	CG	Congo (Brazzaville)	4.5	58.5	28.4
34	CD	Congo (Kinshasa),	4.6	50.0	25.0
35	CR	Costa Rica	7.8	79.9	65.7

	Code	Nation	Satisfaction with life (scale 0 - 10)	Life expectancy in years	Happy Life Years (HLY)
36	CI	Cote d Ivoire	4.1	50.7	22.4
37	HR	Croatia	6.3	77.0	48.5
38	CY	Cyprus	6.6	79.8	53.0
39	CZ	Czech Republic	6.7	77.7	52.1
40	DK	Denmark	8.3	79.4	66.1
41	DJ	Djibouti	4.6	61.8	30.7
42	DO	Dominican Republic	5.5	73.4	43.0
43	EC	Ecuador	7.7	76.5	58.8
44	EG	Egypt	4.3	71.2	30.5
45	SV	El Salvador	6.4	72.6	49.6
46	EE	Estonia	6.4	74.4	47.4
47	ET	Ethiopia	4.7	63.6	32.3
48	FI	Finland	8.0	80.5	64.4
49	FR	France	6.7	81.8	54.5
50	GA	Gabon	4.5	63.5	30.7
51	GE	Georgia	4.5	74.3	36.1
52	DE	Germany	7.3	80.7	59.1
53	GH	Ghana	5.7	61.1	34.9
54	GR	Greece	6.0	80.8	48.1
55	GT	Guatemala	6.7	72.1	50.9
56	GN	Guinea	4.1	56.1	25.3
57	GY	Guyana	6.4	66.3	45.1
58	HT	Haiti	4.3	63.1	29.5
59	HN	Honduras	5.5	73.8	43.6
60	HK	Hong Kong	6.9	83.4	57.8
61	HU	Hungary	6.1	74.6	45.2
62	IS	Iceland	8.0	82.1	65.4
63	IN	India	4.8	66.4	34.1
64	ID	Indonesia	5.6	70.8	42.8
65	IR	Iran	5.1	74.0	40.4
66	IQ	Iraq	5.5	69.4	37.9
67	IE	Ireland	7.0	80.7	56.7
68	IL	Israel	7.6	81.8	61.9
69	IT	Italy	7.1	82.4	58.3
70	JM	Jamaica	5.7	73.5	44.7
71	JP	Japan	6.1	83.6	51.3
72	JO	Jordan	6.2	73.5	45.8
73	KZ	Kazakhstan	6.9	66.5	46.1
74	KE	Kenya	4.6	61.7	30.8
75	KR	Korea (South)	5.9	81.5	48.2
76	KO	Kosovo	6.2	72.1	44.5

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77	KW	Kuwait	6.9	74.3	51.3
78	KG	Kyrgyzstan	6.6	67.5	44.7
79	LA	Laos	5.1	68.3	37.3
80	LV	Latvia	6.5	72.2	46.9
81	LB	Lebanon	6.1	80.0	48.9
82	LS	Lesotho	4.6	49.4	24.4
83	LR	Liberia	4.5	60.6	29.8
84	LY	Libya	5.8	75.3	46.8
85	LT	Lithuania	6.0	72.1	43.2
86	LU	Luxembourg	7.5	80.5	60.4
87	MK	Macedonia	5.2	73.8	41.0
88	MG	Madagascar	3.9	64.7	27.9
89	MW	Malawi	4.2	55.3	25.3
90	MY	Malaysia	6.8	75.0	51.1
91	ML	Mali	4.3	55.0	25.9
92	MT	Malta	7.1	79.8	56.7
93	MR	Mauritania	4.7	61.6	31.4
94	MU	Mauritius	5.9	73.6	46.6
95	MX	Mexico	8.3	77.5	64.6
96	MD	Moldova	6.3	68.9	45.8
97	MN	Mongolia	5.2	67.5	37.6
98	ME	Montenegro	5.6	74.8	44.8
99	MA	Morocco	5.5	70.9	38.9
100	MZ	Mozambique	5.3	50.3	28.4
101	MM	Myanmar	4.8	65.2	34.1
102	NA	Namibia	5.2	64.5	36.1
103	NP	Nepal	5.0	68.4	36.6
104	NL	Netherlands	7.6	81.0	61.7
105	NZ	New Zealand	7.4	81.1	59.8
106	NI	Nicaragua	6.2	74.8	49.5
107	NE	Niger	4.2	58.4	26.8
108	NG	Nigeria	5.8	52.5	30.6
109	NO	Norway	8.0	81.5	65.0
110	OM	Oman	7.5	76.6	60.2
111	PK	Pakistan	7.3	66.6	48.4
112	PS	Palestina	5.1	73.2	37.6
113	PA	Panama	7.4	77.6	60.5
114	PY	Paraguay	6.1	72.3	47.1
115	PE	Peru	6.8	74.8	51.0
116	PH	Philippines	7.0	68.7	48.3
117	PL	Poland	7.0	76.4	53.8
118	PT	Portugal	6.0	79.9	47.7

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119	PR	Puerto Rico	7.4	0.0	-0.5
120	QA	Qatar	7.8	78.4	61.0
121	RO	Romania	6.8	73.8	49.9
122	RU	Russia	5.7	68.0	39.1
123	RW	Rwanda	6.1	64.1	38.9
124	SA	Saudi Arabia	7.0	75.5	55.6
125	SN	Senegal	4.3	63.5	30.0
126	RS	Serbia	4.9	74.1	36.3
127	SL	Sierra Leone	4.8	45.6	23.5
128	SG	Singapore	6.6	82.3	54.5
129	SK	Slovakia	6.9	75.4	51.9
130	SI	Slovenia	6.9	79.6	55.2
131	SO	Somalia	5.4	55.1	31.6
132	ZA	South Africa	6.0	56.9	34.1
133	SS	South Sudan	3.4	55.3	21.0
134	ES	Spain	7.0	82.1	57.2
135	LK	Sri Lanka	4.5	74.3	36.2
136	SD	Sudan	4.6	62.1	30.9
137	SR	Surinam	6.7	71.0	50.4
138	SZ	Swaziland	5.2	49.0	27.1
139	SE	Sweden	7.8	81.8	63.9
140	CH	Switzerland	8.1	82.6	66.8
141	SY	Syria	3.7	74.6	30.3
142	TW	Taiwan	6.6	76.4	50.0
143	TJ	Tajikistan	5.1	67.2	36.7
144	TZ	Tanzania	3.7	61.5	25.0
145	TH	Thailand	7.3	74.4	54.3
146	TG	Togo	3.4	56.5	21.5
147	TT	Trinidad and Tobago	7.2	69.9	50.2
148	TN	Tunisia	5.2	75.9	42.4
149	TR	Turkey	6.2	75.3	46.4
150	TM	Turkmenistan	6.1	65.5	42.6
151	UG	Uganda	4.3	59.2	27.8
152	UA	Ukraine	5.1	68.5	35.2
153	AE	United Arab Emirate	7.5	76.8	60.3
154	GB	United Kingdom	7.3	80.5	58.8
155	US	United States of Am	7.1	78.9	55.9
156	UY	Uruguay	7.3	77.2	56.6
157	UZ	Uzbekistan	6.2	68.2	45.1

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158	VE	Venezuela	6.8	74.6	53.5
159	VN	Viet Nam	5.6	75.9	45.6
160	YE	Yemen	4.0	63.1	27.8
161	ZM	Zambia	5.2	58.1	32.4
162	ZW	Zimbabwe	5.3	59.9	32.0

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.
 - o 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).
 - o 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.
 - o 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.
 - o 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_2005.14

Cite as:

Veenhoven. R.. *Happy Life Years in 162 nations 2010-2018*. World Database of Happiness. Rankreport Happy Life Years. Internet: worlddatabaseofhappiness-archive.eur.nl/hap_nat/findingreports/RankReport_HappyLifeYears.php