Making Places for Thriving People

Frederick Law Olmsted Symposium
Georgia Institute of Technology
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Dean, School of Public Health
University of Washington
Grey beards...
receding hairlines...
unfashionable wardrobes...
used to live in Brookline...

more than coincidence?
In Congress, July 4, 1776.

A DECLARATION

By the Representatives of the
UNITED STATES OF AMERICA,
IN GENERAL CONGRESS ASSEMBLED.

We appeal to the

created equal, that they are
Pursuit of Happiness—The
inherent rights of life,

living in...
World Values Survey:
Happiness: Taking all things together, would you say you are:

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."
Per capita bicycle ownership ranks
Domains of Gross National Happiness

- Emotional Balance
- Spirituality
- General psychological distress

Time Use
- Sleeping hours
- Walking hours

Psychological Well being

Health
- Health status
- Health knowledge
- Barrier to health

Community Vitality
- Family vitality
- Safety
- Reciprocity trust
- Social support
- Socialization
- Kinship density

Living Standard
- Income
- Housing
- Food security
- Hardship

Governance
- Government performance
- Freedom
- Institutional trust

Education
- Education attainment
- Dzongkha language
- Folk & historical literacy

Culture
- Dialect use
- Traditional sports
- Community festival
- Artisan skill
- Value transmission
- Basic precept

Environment Diversity
- Ecological degradation
- Ecological knowledge
- Afforestation

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

Ed Diener*
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 well-being (such as life satisfaction, absence of negative emotions, optimal positive emotions) causes better health and longevity. For example, prospective studies of normal populations provide evidence that subjective well-being is a positive affect predicts health and longevity controlling for health and socioeconomic status at baseline. Concurrent and experimental studies and physiological processes over time that subjective well-being influences health and longevity in healthy people is compelling. However, the claim that subjective well-being long-term of those with certain diseases such as cancer remains controversial. Feelings of grief predict longevity and health beyond negative feelings. In intensely aroused or name positive affect may be detrimental to health such as anxiety, irritability, anger, types of subjective well-being, and risk factors are discussed.

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

Julia K. Brodney and Lazers D. Kupchiksky
Harvard School of Public Health

This review investigates the association between positive psychological well-being (PWB) and cardiovascular disease (CVD). We also consider the mechanism by which PWB may be linked with CVD, focusing on the health behaviors (e.g., smoking, alchohol consumption, physical activity, sleep quality, and food consumption) and biological factors (e.g., inflammation, adrenergic, and autonomic nervous system). Cardiovascular disease is the leading cause of death in the United States. The prevalence of CVD is increasing worldwide, and CVD is responsible for a major portion of global mortality. The relationship between PWB and CVD is complex, and the mechanisms by which PWB may reduce the risk of CVD are not fully understood. The mechanisms by which PWB may reduce the risk of CVD are thought to be mediated by changes in biological factors. Positive psychological well-being is associated with positive health behaviors and psychological factors, which are cardioprotective. Positive psychological well-being is associated with lower levels of inflammation, lower levels of adrenergic activity, and lower levels of autonomic nervous system activity. The results of the current review suggest that interventions designed to increase PWB may have the potential to reduce the risk of CVD. Further research is needed to better understand the mechanisms by which PWB may reduce the risk of CVD.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Positive affect rating</th>
</tr>
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<tbody>
<tr>
<td>Intimate relations</td>
<td>5.10</td>
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<tr>
<td>Socializing</td>
<td>4.59</td>
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<tr>
<td>Relaxing</td>
<td>4.42</td>
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<tr>
<td>Pray/worship/meditate</td>
<td>4.35</td>
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<tr>
<td>Eating</td>
<td>4.34</td>
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<tr>
<td>Exercising</td>
<td>4.31</td>
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<tr>
<td>Watching TV</td>
<td>4.19</td>
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<td>Shopping</td>
<td>3.95</td>
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<tr>
<td>Preparing food</td>
<td>3.93</td>
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<td>On the phone</td>
<td>3.92</td>
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<tr>
<td>Napping</td>
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<tr>
<td>Taking care of my children</td>
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<td>Computer/e-mail/Internet</td>
<td>3.81</td>
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<td>Housework</td>
<td>3.73</td>
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<tr>
<td>Working</td>
<td>3.62</td>
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<tr>
<td>Commuting</td>
<td>3.45</td>
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</tbody>
</table>
• Clean air
• Quiet
• Short commutes
• Nature contact
• “Third places”
• Beauty
ENVIRONMENTAL

SOCIAL

ECONOMIC
INSTRUCTIONS TO DRAFTSMEN

Olmsted Brothers 1932
Happiness and local quality of life, by state

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

Quality of life ranking:
(1 is highest, 50 lowest)

Components include:
• weather
• access to waterways
• parks
• hazardous waste sites
• air quality
• commute time
• schools
• taxes