



World Database of Happiness

Correlational Findings

© on data collected: Ruut Veenhoven, Erasmus University Rotterdam

Findings on Happiness & NUTRITION

Correlate Code: N 8

Classification of Findings

Correlate Code Correlate Name

***Number of Studies
on this Subject***

N 8	NUTRITION	0
N 8.1	Nutrition history	10
N 8.2	Current nutrition	3
N 8.2.1	How much one eats	0
N 8.2.2	What one eats	1
N 8.2.3	Where one eats	1
N 8.3	Attitudes to one's nutrition	0
N 8.3.1	Concern about nutrition	2
N 8.3.2	Satisfaction with one's nutrition	1

Appendix 1:	Happiness queries used
Appendix 2:	Statistics used
Appendix 3:	About the World Database of Happiness
Appendix 4:	Further Findings in the World Database of Happiness
Appendix 5:	Related Topics

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World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands

Study	VENTE 1997	<i>Page in Report:</i>	496
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Nutrition history Code: N 8.1		
<i>Measurement:</i>	age when the child begins to eat eggs 1: 2th month 2: 3rd month 3: 4th month 4: 5th month 5: 6th month 6: 7th month 7: 8th - 9th month 8: 10 month		
<i>Measured Values:</i>	N all:2866, %:1:0,3, 2:0,8, 3:5,0, 4:12,0, 5:20,8, 6:37,8, 7:17,9, 8:5,3		
<i>Error Estimates:</i>			
<i>Remarks:</i>			

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=+.01 ns	1: Mt=8.75 2: Mt=8.64 3: Mt=7.40 4: Mt=7.70 5: Mt=7.71 6: Mt=7.84 7: Mt=7.69 8: Mt=7.75
O-HL/c/sq/v/5/h	r=-.02 ns	1: Mt=8.44 2: Mt=7.14 3: Mt=7.10 4: Mt=7.13 5: Mt=6.98 6: Mt=7.08 7: Mt=6.91 8: Mt=7.14

O-SLu/c/sq/v/5/e	r=-.01	ns	1: Mt=8.44
			2: Mt=8.30
			3: Mt=7.41
			4: Mt=7.39
			5: Mt=7.29
			6: Mt=7.51
			7: Mt=7.36
			8: Mt=7.38

Study	VENTE 1997	<i>Page in Report:</i>	434
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Nutrition history Code: N 8.1
<i>Measurement:</i>	the infant's diet, day 5 a: breast fed b: breast fed with water supplement c: breast fed with milk supplement d: wet nurse milk e: wet nurse milk with supplement f: formula g: other nourishment h: tube feeding
<i>Measured Values:</i>	N all:4534, %:a:67,2, b:2,7, c:16,9, d:1,9, e:1,9, f:5,5, g:0,7, h:3,1
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	a: Ms=7.73 b: Ms=7.65 c: Ms=7.75 d: Ms=7.89 e: Ms=7.50 f: Ms=7.68 g: Ms=7.65 h: Ms=7.73	
O-HL/c/sq/v/5/h	a: Ms=7.03 b: Ms=7.09 c: Ms=7.08 d: Ms=7.11 e: Ms=6.86 f: Ms=6.90 g: Ms=7.05 h: Ms=7.06	

O-SLu/c/sq/v/5/e

a: Ms=7.44
b: Ms=7.15
c: Ms=7.39
d: Ms=7.44
e: Ms=7.19
f: Ms=7.16
g: Ms=7.89
h: Ms=7.46

Study	VENTE 1997	<i>Page in Report:</i>	492
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Nutrition history Code: N 8.1		
<i>Measurement:</i>	vitamin supplements in the child's first year a: no vitamins b: no AD vitamins at all or for less than a month c: no C vitamins at all or for less than a month d: AD vitamins irregularly or with a pause of more than 3 months e: vitamins irregularly or with a pause of more than 3 months f: AD vitamins, regularly g: C vitamins, regularly h: D vitamins, supplement i: AD vitamins in increased doses j: extra calcium		
<i>Measured Values:</i>	N: a:9, b:21, c:71, d:388, e:563, f:3132, g:2878, h:19, i:452, j:20		
<i>Error Estimates:</i>			
<i>Remarks:</i>	only absolute frequencies are given.		

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	a: Mt=8.34 b: Mt=7.50 c: Mt=7.85 d: Mt=7.89 e: Mt=7.84 f: Mt=7.73 g: Mt=7.73 h: Mt=8.29 i: Mt=7.79 j: Mt=7.50	only absolute frequencies are given.

O-HL/c/sq/v/5/h

a: Mt=7.78
b: Mt=7.03
c: Mt=7.01
d: Mt=7.34
e: Mt=7.29
f: Mt=6.99
g: Mt=6.98
h: Mt=6.84
i: Mt=7.09
J: Mt=7.38

O-SLu/c/sq/v/5/e

a: Mt=8.05
b: Mt=6.90
c: Mt=7.50
d: Mt=7.60
e: Mt=7.55
f: Mt=7.38
g: Mt=7.38
h: Mt=7.90
i: Mt=7.45
j: Mt=7.64

Study	VENTE 1997	<i>Page in Report:</i>	500
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Nutrition history Code: N 8.1		
<i>Measurement:</i>	age when the child begins to eat solid food 1: 4th month 2: 5th month 3: 6th month 4: 7th month 5: 8th-9th month 6: 10 month 7: 11th-12th month		
<i>Measured Values:</i>	N all:2966, %:1:0,6, 2:1,8, 3:4,9, 4:16,6, 5:32,9, 6:36,9, 7:6,4		
<i>Error Estimates:</i>			
<i>Remarks:</i>			

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>		<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=+.02	ns	1: Mt=6. 61 2: Mt=7. 50 3: Mt=7. 69 4: Mt=7. 78 5: Mt=7. 79 6: Mt=7. 70 7: Mt=7. 85
O-HL/c/sq/v/5/h	r=+.01	ns	1: Mt=5. 89 2: Mt=6. 80 3: Mt=7. 00 4: Mt=7. 11 5: Mt=7. 03 6: Mt=6. 95 7: Mt=7. 09

O-SLu/c/sq/v/5/e	r=+.01	ns	1: Mt=6.48
			2: Mt=7.04
			3: Mt=7.23
			4: Mt=7.50
			5: Mt=7.46
			6: Mt=7.34
			7: Mt=7.49

Study	VENTE 1997	<i>Page in Report:</i>	494
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Nutrition history Code: N 8.1		
<i>Measurement:</i>	age when the child begins to eat mashed vegetables 1: before 3rd month 2: 3rd month 3: 4th month 4: 5th month 5: 6th month 6: 7th month 7: 8th - 9th month 8: 10th month or later		
<i>Measured Values:</i>	N all:3445, %:1:1,0, 2:8,0, 3:37,3, 4:24,0, 5:13,4, 6:11,5, 7:3,2, 8:1,6		
<i>Error Estimates:</i>			
<i>Remarks:</i>			

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=+.01 ns	1: Mt=7. 28 2: Mt=7. 83 3: Mt=7. 76 4: Mt=7. 61 5: Mt=7. 74 6: Mt=7. 81 7: Mt=7. 86 8: Mt=7. 85
O-HL/c/sq/v/5/h	r=+.02 ns	1: Mt=6. 69 2: Mt=7. 09 3: Mt=7. 01 4: Mt=6. 93 5: Mt=7. 00 6: Mt=7. 15 7: Mt=7. 23 8: Mt=7. 10

O-SLu/c/sq/v/5/e	r=+.01	ns	1: Mt=7. 20
			2: Mt=7. 41
			3: Mt=7. 43
			4: Mt=7. 31
			5: Mt=7. 46
			6: Mt=7. 41
			7: Mt=7. 71
			8: Mt=7. 59

Study	VENTE 1997	<i>Page in Report:</i>	502
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Nutrition history Code: N 8.1		
<i>Measurement:</i>	age when the child begins to eat with a spoon 1: second quarter 2: third quarter 3: fourth quarter or later 4: more than 1 year		
<i>Measured Values:</i>	N all:3449, %:1:17,6, 2:68,2 3:13,0, 4:1,1		
<i>Error Estimates:</i>			
<i>Remarks:</i>			

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=+.01 ns	1: Mt=7.73 2: Mt=7.75 3: Mt=7.79 4: Mt=7.83
O-HL/c/sq/v/5/h	r=+.02 ns	1: Mt=6.99 2: Mt=7.01 3: Mt=7.13 4: Mt=7.18
O-SLu/c/sq/v/5/e	r=+.02 ns	1: Mt=7.35 2: Mt=7.40 3: Mt=7.46 4: Mt=7.76

Study	VENTE 1997	<i>Page in Report:</i>	504
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Nutrition history Code: N 8.1		
<i>Measurement:</i>	age when the child gets its first tooth 1: within 6 months 2: 6 months 3: 7-8 months 4: 9-10 months 5: 11-12 months		
<i>Measured Values:</i>	N all:2680, %:1:10,9, 2:13,2, 3:32,1, 4:28,2, 5:15,6		
<i>Error Estimates:</i>			
<i>Remarks:</i>			

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=+.02 ns	1: Mt=7.64 2: Mt=7.58 3: Mt=7.83 4: Mt=7.78 5: Mt=7.79
O-HL/c/sq/v/5/h	r=+.03 ns	1: Mt=6.96 2: Mt=7.00 3: Mt=7.09 4: Mt=7.03 5: Mt=7.00
O-SLu/c/sq/v/5/e	r=+.04 ns	1: Mt=7.31 2: Mt=7.28 3: Mt=7.44 4: Mt=7.43 5: Mt=7.59

Study	VENTE 1997	<i>Page in Report:</i>	506
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Nutrition history Code: N 8.1
<i>Measurement:</i>	iron treatment in the child's first year 1: first year, less than 1 month 2: first year, 1 - 2 months. 3: first half year, over 2 months 4: second half year, under 1 month 5: second half year, 1-2 months 6: second half year, over 2 months
<i>Measured Values:</i>	N all:1124, %:1:9,4, 2:18,1, 3:29,5, 4:7,1, 5:12,2, 6:23,6
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a		1: Mt=7.64 2: Mt=7.93 3: Mt=7.61 4: Mt=7.60 5: Mt=7.99 6: Mt=7.64
O-HL/c/sq/v/5/h		1: Mt=7.08 2: Mt=7.11 3: Mt=6.91 4: Mt=6.79 5: Mt=7.34 6: Mt=6.96
O-SLu/c/sq/v/5/e		1: Mt=7.39 2: Mt=7.60 3: Mt=7.36 4: Mt=7.06 5: Mt=7.70 6: Mt=7.40

Study	VENTE 1997	<i>Page in Report:</i>	536,538
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Nutrition history Code: N 8.1		
<i>Measurement:</i>	(a) age when breastfeeding was partially discontinued (b) age when breastfeeding was completely discontinued 1: 1-2 week 2: 3-4 week 3: 2 month 4: 3 month 5: 4 month 6: 5 month 7: 6-7 month 8: 8 month or later		
<i>Measured Values:</i>	N a all:3769, %:a1:29,1, a2:10,4, a3:17,5, a4:14,6, a5:13,3, a6:6,0, a7:7,1, a8:2,0 N b all:3657, %:b1:22,3, b2:9,0, b3:17,5, b4:15,3, b5:13,6, b6:6,2, b7:8,2, b8:7,8		
<i>Error Estimates:</i>			
<i>Remarks:</i>			

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=+.02 ns	breastfeeding partially discontinued 1: Mt=7.74 2: Mt=7.46 3: Mt=7.76 4: Mt=7.76 5: Mt=7.81 6: Mt=7.70 7: Mt=7.86 8: Mt=7.70

	$r=+.00$	ns	breastfeeding completely discontinued 1: Mt=7.76 2: Mt=7.66 3: Mt=7.59 4: Mt=7.81 5: Mt=7.84 6: Mt=7.70 7: Mt=7.71 8: Mt=7.73
O-HL/c/sq/v/5/h	$r=+.00$	ns	breastfeeding partially discontinued 1: Mt=7.06 2: Mt=7.01 3: Mt=6.91 4: Mt=7.03 5: Mt=7.00 6: Mt=7.09 7: Mt=7.11 8: Mt=7.10
	$r=+.01$	ns	breastfeeding completely discontinued 1: Mt=7.04 2: Mt=7.08 3: Mt=6.88 4: Mt=7.06 5: Mt=7.06 6: Mt=6.93 7: Mt=7.05 8: Mt=7.10
O-SLu/c/sq/v/5/e	$r=+.03$	ns	breastfeeding partially discontinued 1: Mt=7.40 2: Mt=7.18 3: Mt=7.30 4: Mt=7.49 5: Mt=7.48 6: Mt=7.51 7: Mt=7.54 8: Mt=7.56
	$r=+.01$	ns	breastfeeding completely discontinued 1: Mt=7.41 2: Mt=7.38 3: Mt=7.18 4: Mt=7.45 5: Mt=7.50 6: Mt=7.48 7: Mt=7.43 8: Mt=7.43

Study	VENTE 1997	<i>Page in Report:</i>	436
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Nutrition history Code: N 8.1
<i>Measurement:</i>	vitamin supplements to the infant, day 5 a: no vitamins b: E vitamin c: K vitamin d: K vitamin 1 mg e: Etra menadion
<i>Measured Values:</i>	N all:4291, %:a:82,1, b:1,5, c:13,2, d:3,1, e:0,2
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a		a: Ms=7.71 b: Ms=7.78 c: Ms=7.78 d: Ms=7.75 e: Ms=7.86
O-HL/c/sq/v/5/h		a: Ms=7.01 b: Ms=7.28 c: Ms=7.05 d: Ms=7.14 e: Ms=5.71
O-SLu/c/sq/v/5/e		a: Ms=7.39 b: Ms=7.78 c: Ms=7.43 d: Ms=7.61 e: Ms=7.50

Study	VENTE 1995	<i>Page in Report:</i>	178
<i>Reported in:</i>	Ventegodt, S. Livskvalitet i Danmark.(Quality of Life in Denmark) Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017		
<i>Population:</i>	18-88 aged, general public, Denmark, 1993		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	39%		
<i>N:</i>	1494		

Measured Correlate

<i>Class:</i>	Current nutrition Code: N 8.2		
<i>Measurement:</i>	Single question: "How is your diet ?" a: I eat what I like b: I think my diet is healthy c: I don't think my diet is healthy d: I eat so as to keep my weight down e: I eat ready-prepared dishes or fast food at least once a week f: I eat vegetarian g: Information campaigns influence my dietary habits		
<i>Measured Values:</i>	N: a:833, b:831, c:160, d:180, e:188, f:32, g:153		
<i>Error Estimates:</i>			
<i>Remarks:</i>	The same respondents may appear in several groups		

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	DMt=	a: Mt=7.89 b: Mt=7.88 c: Mt=7.14 d: Mt=7.65 e: Mt=7.63 f: Mt=8.05 g: Mt=7.73 All Mt=7.89
		The same respondents may appear in several groups

O-HL/c/sq/v/5/h	DMt=	a:	Mt=7. 00
		b:	Mt=7. 08
		c:	Mt=6. 39
		d:	Mt=7. 10
		e:	Mt=6. 83
		f:	Mt=7. 19
		g:	Mt=6. 95
		All	Mt=6. 98
O-SLu/c/sq/v/5/e	DMt=	a:	Mt=7. 50
		b:	Mt=7. 64
		c:	Mt=6. 55
		d:	Mt=7. 46
		e:	Mt=7. 25
		f:	Mt=7. 83
		g:	Mt=7. 54
		All	Mt=7. 46

Study	VENTE 1996	<i>Page in Report:</i>	454
<i>Reported in:</i>	Ventegodt, S. Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds) Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068		
<i>Population:</i>	Persons born at the University Hospital in Copenhagen 1959-1961		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	39%		
<i>N:</i>	4500		

Measured Correlate

<i>Class:</i>	Current nutrition Code: N 8.2		
<i>Measurement:</i>	diet 1: very bad 2: bad 3: neither good nor bad 4: good 5: very good		
<i>Measured Values:</i>	N: All:4547; %:1:17,7; 2:47,9; 3:24,8; 4:8,2; 5:1,4		
<i>Error Estimates:</i>			
<i>Remarks:</i>	the correlations and M's do give only the relation between diet and health based on the question: "How are your eating habits ?" 1 I eat what I like 2 I think I eat healthy 3 I think I eat unhealthy 4 I eat few calories because of my weight 5 I eat ready-prepared dishes/fast food at least once a week 6 I eat vegetarian food 7 Information campaigns influence my eating habits		

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=+.05 p<.00	1: MS=7.38 2: MS=7.73 3: MS=7.79 4: MS=7.65 5: MS=7.98 the correlations and M's do give only the relation between diet and health based on the question: "How are your eating habits ?"
O-HL/c/sq/v/5/h	r=+.03 ns	1: MS=7.46 2: MS=7.80 3: MS=7.75 4: MS=7.55 5: MS=8.44 1 I eat what I like 2 I think I eat healthy 3 I think I eat unhealthy 4 I eat few calories because of my weight 5 I eat ready-prepared dishes/fast food at least

O-SLu/c/sq/v/5/e	r=+.03	p<.02	1: Ms=7.38	once a week
			2: Ms=7.69	6 I eat vegetarian food
			3: Ms=7.70	7 Information campaigns influence my eating
			4: Ms=7.64	habits
			5: Ms=7.84	

Study	VENTE 1996	<i>Page in Report:</i>	186
<i>Reported in:</i>	Ventegodt, S. Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds) Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068		
<i>Population:</i>	Persons born at the University Hospital in Copenhagen 1959-1961		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	39%		
<i>N:</i>	4500		

Measured Correlate

<i>Class:</i>	Current nutrition Code: N 8.2
<i>Measurement:</i>	Single question: "How is your diet ?" Single question: "How is your diet ?" a: I eat what I like b: I think my diet is healthy c: I don't think my diet is healthy d: I eat so as to keep my weight down e: I eat ready-prepared dishes or fast food at least once a week f: I eat vegetarian g: Information campaigns influence my dietary habits
<i>Measured Values:</i>	N: All; %:a:66,6; b:53,7; c:17,4; d:8,4; e:17,6; f:4,3; g:12,8
<i>Error Estimates:</i>	
<i>Remarks:</i>	catagories are not mutually exclusive

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	a: Mt=7.79 b: Mt=7.96 c: Mt=7.09 d: Mt=7.81 e: Mt=7.58 f: Mt=7.61 g: Mt=7.64	catagories are not mutually exclusive

O-HL/c/sq/v/5/h

a: Mt=7.01
b: Mt=7.26
c: Mt=6.50
d: Mt=7.06
e: Mt=6.70
f: Mt=6.73
g: Mt=6.90

O-SLu/c/sq/v/5/e

a: Mt=7.44
b: Mt=7.65
c: Mt=6.76
d: Mt=7.51
e: Mt=7.24
f: Mt=7.21
g: Mt=7.26

Study	BAKKE 1974	<i>Page in Report:</i>	28
<i>Reported in:</i>	Bakker, P. & Berg, N. van de Determinants and correlates of happiness. Unpublished thesis, 1974, Erasmus University Rotterdam, The Netherlands.		
<i>Population:</i>	20-65 aged, general public, The Netherlands, 1968		
<i>Sample:</i>			
<i>Non-Response:</i>	34% refusal and unattainable.		
<i>N:</i>	1552		

Measured Correlate

<i>Class:</i>	What one eats Code: N 8.2.2
<i>Measurement:</i>	Closed question on amount of consumption per day of: 1. Milk, yogurt, etc. 2. Meat, fish, eggs. 3. Sugar (number of spoons). 4. Fat (bacon and drippings). 5. Fresh fruits.
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HP/g/sq/ol/7/a	G=+.14	
	G=+.21	
	G=+.05 ns	
	G=-.01 ns	
	G=+.04 ns	

Study	AUSTR 1984/2	<i>Page in Report:</i>	237
<i>Reported in:</i>	Austrom, D.R. The consequences of being single Peter Lang Publ., New York, 1984		
<i>Population:</i>	23-59 aged English speaking, Toronto and Ontario, Canada, 198?		
<i>Sample:</i>			
<i>Non-Response:</i>	45%		
<i>N:</i>	1038		

Measured Correlate

<i>Class:</i>	Where one eats Code: N 8.2.3
<i>Measurement:</i>	Single open-ended question: Approximately what percentage of your meals do you eat outside of your place of residence?
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLW/u/sq/n/11/a	r=-.08 p<.05	

Study	SCHUL 1985B	<i>Page in Report:</i>	52
<i>Reported in:</i>	Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H. Lebensqualität in Österreich (Quality-of-life in Austria) Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985		
<i>Population:</i>	Adults, non-institutionalized, Austria, 1984		
<i>Sample:</i>			
<i>Non-Response:</i>	?		
<i>N:</i>	1776		

Measured Correlate

<i>Class:</i>	Concern about nutrition Code: N 8.3.1
<i>Measurement:</i>	Direct question: "Do you pay attention to healthy food habits?" Answer categories: "In general I don't take care/ in general I take care"
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-QL?/c/mq/v/5/a	r=+.02 Beta=+.0 p<.05	β controlled for: gender, age, community size, education, professional status, marital status, income, body weight, weight control, alcohol consumption, physical fitness activity, psychosomatic complaints, illness and satisfaction with health.

Study	VENTE 1995	<i>Page in Report:</i>	178
<i>Reported in:</i>	Ventegodt, S. Livskvalitet i Danmark.(Quality of Life in Denmark) Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017		
<i>Population:</i>	18-88 aged, general public, Denmark, 1993		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	39%		
<i>N:</i>	1494		

Measured Correlate

<i>Class:</i>	Concern about nutrition Code: N 8.3.1
<i>Measurement:</i>	Single question: "How is your diet ?" a: I eat what I like b: I think my diet is healthy c: I don't think my diet is healthy d: I eat so as to keep my weight down e: I eat ready-prepared dishes or fast food at least once a week f: I eat vegetarian g: Information campaigns influence my dietary habits
<i>Measured Values:</i>	N: a:833, b:831, c:160, d:180, e:188, f:32, g:153
<i>Error Estimates:</i>	
<i>Remarks:</i>	The same respondents may appear in several groups

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	DMt=	a: Mt=7.89 b: Mt=7.88 c: Mt=7.14 d: Mt=7.65 e: Mt=7.63 f: Mt=8.05 g: Mt=7.73 All Mt=7.89
		The same respondents may appear in several groups

O-HL/c/sq/v/5/h	DMt=	a: Mt=7. 00
		b: Mt=7. 08
		c: Mt=6. 39
		d: Mt=7. 10
		e: Mt=6. 83
		f: Mt=7. 19
		g: Mt=6. 95
		All Mt=6. 98
O-SLu/c/sq/v/5/e	DMt=	a: Mt=7. 50
		b: Mt=7. 64
		c: Mt=6. 55
		d: Mt=7. 46
		e: Mt=7. 25
		f: Mt=7. 83
		g: Mt=7. 54
		All Mt=7. 46

Study	BHARA 1977	<i>Page in Report:</i>	430
<i>Reported in:</i>	Bharadwaj, L. & Wilkening, E.A. The prediction of perceived well-being Social Indicators Research, 1977, vol 4, 421-439		
<i>Population:</i>	18+ aged, general public, Wisconsin, USA, 197?		
<i>Sample:</i>			
<i>Non-Response:</i>	12%		
<i>N:</i>	1423		

Measured Correlate

<i>Class:</i>	Satisfaction with one's nutrition Code: N 8.3.2
<i>Measurement:</i>	direct closed question rated on a 7-point scale, ranging from "completely satisfied" to "completely dissatisfied".
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLW/u/sqrt/v/7/a	r=+.3? Beta=ns	All B's controlled for satisfaction with family-life, standard of living, work, health, sparetime activities, income, community, housing, spiritual matters, education, organizational involvement, natural environment, national government. AGE under 30 β : ns 30-49 β : +.07 50-64 β : +.ns over 65 β : ns INCOME under \$4000 β : +.06 \$4000- 7999 β : ns \$8000-15999 β : ns over \$16000 β : +.05

Appendix 1 Queries on Happiness used in reported Studies
Happiness Query Code Full Text

A-AOL/m/sq/v/5/a

Single direct question:
 'How are you feeling now....?'
 5 very good
 4 good
 3 neither good nor poor
 2 poor
 1 very poor

Original text in Danish:
 'Hvordan har du det for tiden?'
 5 meget godt
 4 godt
 3 hverken godt eller dårligt
 2 dårligt
 1 meget dårligt

O-HL/c/sq/v/5/h

Selfreport on single question

'How happy are you now?'
 5 very happy
 4 happy
 3 neither happy nor unhappy
 2 unhappy
 1 very unhappy

Original text in Danish:
 'Hvor lykkelig er du for tiden?'
 5 meget lykkelig
 4 lykkelig
 3 hverken eller
 2 ullykkelig
 1 meget ullykkelig

O-HP/g/sq/ol/7/a

Selfreport on single question:

"Generally speaking are you a happy person.....?"

Responses were made on an open line scale, and were later coded in 7 categories:

1 very unhappy
 2
 3
 4
 5
 6
 7 very happy.

Original text in Dutch:
 "Bent u over het algemeen een gelukkig mens?"

O-QL?/c/mq/v/5/a

a zeer ongelukkig

b

c

d

e

f

g zeer gelukkig

Selfreport on 3 questions:

A " When you consider your present life as-a-whole, would you say you are....?"

5 very happy

4 fairly happy

3 rather happy than unhappy

2 rather unhappy than happy

1 very unhappy

- DK/NA

B " When you consider your present life as-a-whole, would you say you are.....?"

5 very satisfied

4 fairly satisfied

3 rather satisfied than dissatisfied

2 rather dissatisfied than satisfied

1 fairly dissatisfied

- DK/NA

C " How do you feel right now? Is your well-being.....?"

5 very high

4 high

3 moderate

2 rather low

1 very low

- DK/NA

Summation: The summed scores were divided in three strata: low, medium and high quality of life

In German:

A "Wenn Sie ihr Leben jetzt alles in allem betrachten, sind Sie.....?"

e sehr glücklich

d ziemlich glücklich

c eher glücklich

b eher unglücklich

a ziemlich unglücklich

- keine Angabe

B "Wenn Sie ihr Leben jetzt in allem betrachten, sind Sie.....?"

e sehr zufrieden

d ziemlich zufrieden

c eher zufrieden

b eher unzufrieden

a ziemlich unzufrieden

- keine Angabe

C "Wie wohl fühlen Sie sich derzeit? Ist Ihr Wohlbefinden....?"

e sehr gross

d gross

c mäßig

b eher gering

a sehr gering

- keine Angabe

O-SLu/c/sq/v/5/e

Selfreport on single question:

'How satisfied are you with your life now?'

5 very satisfied

2 satisfied

3 neither satisfied nor dissatisfied

2 dissatisfied

1 very dissatisfied

Original text in Danish:

'Hvor tilfreds er du med dit liv for tiden?'

5 meget tilfreds

4 tilfreds

3 hverken tilfreds eller utilfreds

2 utilfreds

1 meget utilfreds

O-SLW/u/sq/n/11/a

Selfreport on single question:

"All things considered, how satisfied or dissatisfied are you with your life as a whole?"

10 completely satisfied

9

8

7

6

5

4

3

2

1

0 completely dissatisfied

O-SLW/u/sqt/v/7/a

Selfreport on single question, asked twice in interview:

"Considering everything, how satisfied are you with your life as a whole.....?"

7 completely satisfied

6

5

4

3

2

1 completely dissatisfied

Summation: both scores added
Possible range: 2 to 14

On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm. This is the introductory text to the Catalog of Happiness Queries.

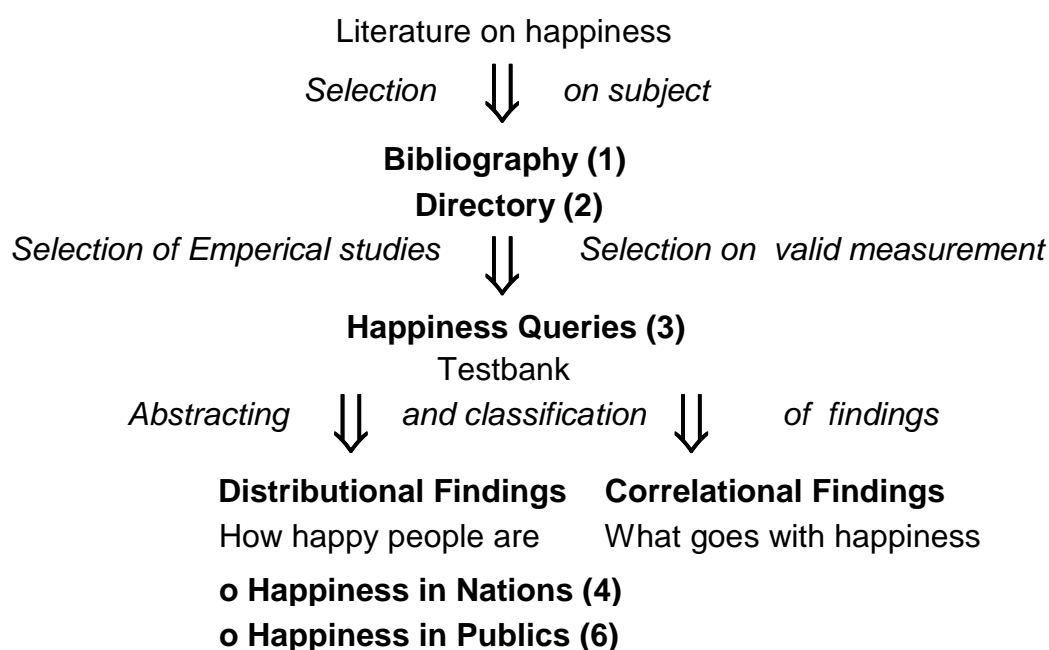
Appendix 2 *Statistics used in reported studies*

<i>Symbol</i>	<i>Explanation</i>
Beta	<p>(β) STANDARDIZED REGRESSION COEFFICIENT Type: test statistic. Measurement level: Correlates: all metric, Happiness: metric. Range: [-1 ; +1]</p> <p>Meaning: $\beta > 0$ « a higher correlate level corresponds with, on an average, higher happiness rating. $\beta < 0$ « a higher correlate level corresponds with, on an average, lower happiness rating. $\beta = 0$ « no correlation. $\beta = +1$ or -1 « perfect correlation.</p>
DMt	<p>DIFFERENCE of MEANS AFTER TRANSFORMATION Type: descriptive statistic only. Measurement level: Correlate: dichotomous, Happiness: metric Theoretical range: [-10; +10]</p> <p>Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels.</p>
G	<p>GOODMAN & Kruskal's GAMMA Type: test statistic Measurement level: Correlate: ordinal, Happiness: ordinal Range: [-1; +1]</p> <p>Meaning: $G = 0$ « no rank correlation $G = +1$ « strongest possible rank correlation, where high correlate values correspond with high happiness ratings. $G = -1$ « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.</p>
r	<p>PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient') Type: test statistic. Measurement level: Correlate: metric, Happiness: metric Range: [-1; +1]</p> <p>Meaning: $r = 0$ « no correlation , $r = 1$ « perfect correlation, where high correlate values correspond with high happiness values, and $r = -1$ « perfect correlation, where high correlate values correspond with low happiness values.</p>

On the web you will find a text explaining the statistics used in more detail. Go to: www.eur.nl/fsw/research/happiness/hap_cor/cor_fp.htm. This is the introductory text to the Catalog of Correlational Findings. An overview of all statistics is in chapter 4.

Appendix 3: About the World Database of Happiness

The World Database of Happiness is an ongoing register of scientific research on subjective appreciation of life. It brings together findings that are scattered throughout many studies and provides a basis for synthetic analysis. The research literature is processed as follows:



- 1 BIBLIOGRAPHY OF HAPPINESS Presents all contemporary scientific publications. Detailed subject-classification. Current contents: 3422 titles, mainly in English.
- 2 DIRECTORY OF INVESTIGATORS Names and addresses of most authors on the subject. Enumerates years of publication. Current contents: 5818 names and 3073 addresses. Part of Bibliography.
- 3 CATALOG OF HAPPINESS QUERIES (testbank) Presents all indicators that tap happiness as defined here. Current content: 522 measures, mostly single questions. Queries are classified by focus, time reference, mode of observation, rating and wording.
- 4 CATALOG OF HAPPINESS IN NATIONS Presents distributional research findings, in particular responses to questions on happiness in national survey studies. Allows comparison across time and nations. Current content: 1889 surveys in 112 nations, 1946-2000.
- 5 CATALOG OF HAPPINESS IN PUBLICS Distributional findings on happiness in special publics within nations, such as aged people. Current contents: 705 studies. Part of Catalog of Correlational Findings.
- 6 CATALOG OF CORRELATIONAL FINDINGS Presents abstracts of correlational research findings. Detailed subject-classification. Allows comparison through time and across nations. Current contents: 7476 findings from 705 studies in 140 nations, 1911-2000.

Appendix 4 Further Findings in the World Database of Happiness

<i>Main Category's</i>	<i>Category Name</i>	<i>Number of Studies in this Category</i>
A 1	ACTIVITY LEVEL (how much one does)	53
A 2	ACTIVITY PATTERN (what one does)	7
A 3	AFFECTIVE LIFE	31
A 4	AGE	279
A 5	AGGRESSION	11
A 6	ANOMY	30
A 7	APPEARANCE (good looks)	8
A 8	ATTITUDES	4
A 9	AUTHORITARIANISM	4
B 3	BODY	66
C 1	CHILDREN 1:	4
C 10	CREATIVENESS	6
C 11	CULTURE (Arts and Sciences)	6
C 2	CHILDREN: WANT FOR (Parental aspirations)	6
C 3	CHILDREN: HAVING (parental status)	145
C 4	CHILDREN's CHARACTERISTICS	19
C 5	CHILDREN: RELATION WITH	8
C 6	CHILDREN: REARING (parental behavior)	11
C 7	COMMUNAL LIVING	1
C 8	CONCERNS	15
C 9	COPING	27
D 1	DAILY JOYS & HASSLES	4
E 1	EDUCATION	243
E 2	EMPLOYMENT	180
E 3	ETHNICITY	63
E 4	EXPRESSIVE BEHAVIOR	10
F 1	FAMILY OF ORIGIN (earlier family for adults, current for young)	195
F 2	FAMILY OF PROCREATION	42
F 3	FAMILY OF RELATIVES	145
F 4	FARMING	30
F 5	FREEDOM	24
F 6	FRIENDSHIP	123
G 1	GENDER	252
G 2	GRIEF	1
H 10	HOPE	3
H 11	HOUSEHOLD: COMPOSITION	90
H 12	HOUSEHOLD: WORK	10
H 13	HOUSING	75
H 2	HANDICAP	13

H 3	HAPPINESS: ATTITUDES	39
H 5	HAPPINESS CAREER	144
H 6	HAPPINESS: CURRENT LEVEL	260
H 8	HEALTH-BEHAVIOR	15
H 9	HELPING	4
I 1	INCOME	415
I 2	INSTITUTIONAL LIVING	28
I 3	INTELLIGENCE	63
I 4	INTERESTS	5
I 5	INTERVIEW	49
I 6	INTIMACY	70
L 1	LANGUAGE	1
L 10	LOCAL ENVIRONMENT	270
L 11	LOTTERY	7
L 12	LOVE-LIFE	26
L 2	LEADERSHIP	8
L 3	LEISURE	128
L 4	LIFE APPRAISALS: OTHER THAN HAPPINESS4	290
L 5	LIFE-CHANGE	26
L 6	LIFE-EVENTS	63
L 7	LIFE-GOALS	52
L 8	LIFE HISTORY	1
L 9	LIFE STYLE	4
M 1	MARRIAGE: MARITAL STATUS CAREER	32
M 10	MIGRATION: MIGRANT WORK	3
M 11	MILITARY LIFE	5
M 12	MODERNITY	5
M 13	MOOD	181
M 2	MARRIAGE: CURRENT MARITAL STATUS	315
M 3	MARRIAGE: RELATIONSHIP	99
M 4	MARRIAGE: PARTNER	34
M 5	MEANING	18
M 6	MEDICAL TREATMENT	49
M 7	MENTAL HEALTH	99
M 8	MIGRATION: OTHER COUNTRY	9
M 9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
N 1	NATIONALITY	5
N 2	NATION: TIME & PLACE	20
N 3	NATIONAL CHARACTER (modal personality)	2
N 4	NATION'S CONDITION	52
N 6	ATTITUDES TO THE NATION	111
N 7	LIVABILITY OF THE NATION	5
N 8	NUTRITION	18
O 1	OCCUPATION	133

O 2	ORGAN TRANSPLANTATION	11
P 1	PERSONALITY: HISTORY	44
P 10	POSSESSIONS	26
P 12	PROBLEMS	20
P 13	PSYCHO-SOMATIC COMPLAINTS	53
P 2	PERSONALITY: CHANGE	7
P 3	PERSONALITY: CURRENT ORGANIZATION	7
P 4	PERSONALITY: CURRENT TRAITS	392
P 5	PERSONALITY: LATER	23
P 6	PHYSICAL HEALTH	286
P 7	PLANNING	7
P 8	POLITICS	197
P 9	POPULARITY	22
R 1	RELIGION	198
R 2	RESOURCES	8
R 3	RETIREMENT	46
R 4	ROLES	13
S 1	SCHOOL	92
S 10	SOCIAL SUPPORT: RECEIVED	26
S 11	SOCIAL SUPPORT: Provided	3
S 12	SPORTS	32
S 13	STIMULANTS	33
S 14	SUICIDE	4
S 15	SUMMED EFFECTS ON HAPPINESS	71
S 2	SELF-IMAGE	193
S 3	SEX-LIFE	54
S 4	SLEEP	10
S 5	SOCIAL MOBILITY	16
S 6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	50
S 7	SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS	111
S 8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	25
S 9	SOCIAL STATUS (Socio-Economic Status)	140
T 1	TIME	27
T 2	THERAPY	9
T 3	TOLERANCE	37
V 1	VALUE CAREER	8
V 2	VALUES: CURRENT PREFERENCES (own)	49
V 3	VALUES: CLIMATE (current values in environment)	4
V 4	VALUES: SIMILARITY (current fit with others)	5
V 5	VICTIM	11
W 1	WAR	5
W 2	WORK CAREER	1
W 3	WORK CONDITIONS	34
W 4	WORK-ATTITUDES	313

W 5	WORK-PERFORMANCE (current)	6
W 6	WORRIES	27
X	UNCLASSIFIED	22

Appendix 5 *Related Topics*

This Topic

Classification Page 1

Related Topics

In Subject List on Appendix 4

N 8	NUTRITION		
N 8.1	Nutrition history		
N 8.2	Current nutrition		
N 8.2.1	How much one eats		
N 8.2.2	What one eats	S 13	STIMULANTS
N 8.2.3	Where one eats	L 3.3.2.2	. eating/drinking out
N 8.3	Attitudes to one's nutrition		
N 8.3.1	Concern about nutrition	H 8.4	Attitudes to health-maintenance
N 8.3.2	Satisfaction with one's nutrition		

End of Report