

World Database of Happiness, Happiness in Nations, Rank Report 2004/2b

**Happy Life Years in 90 nations 1990-2000**

How long and happy people live

<a href="#">Top/bottom</a>	<a href="#">Full list</a>	<a href="#">Technical details</a>	<a href="#">Cite as</a>
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## Top/bottom 5

<i>Top</i> > 60 years		<i>Middle range</i> ± 40 years		<i>Bottom</i> <25 years	
Switzerland	62,9	Philippines	43,7	Uganda	23,6
Malta	61,8	Iran	41,5	Mali	22,2
Iceland	61,6	Turkey	38,6	Angola	15,8
Denmark	60,6	Hungary	39,0	Tanzania	15,3
Canada	60,0	Bolivia	35,6	Zimbabwe	12,5

## Full list, alphabetic

<i><b>nation</b></i>	<i><b>Enjoyment of life<sup>1</sup> (scale 0-10)</b></i>	<i><b>Length of life<sup>2</sup> (in years)</b></i>	<i><b>Happy life years<sup>3</sup></b></i>
Albania	4,6	72,8	<b>33,5</b>
Algeria	5,2	68,9	<b>35,8</b>
Angola	4,3	36,8	<b>15,8</b>
Argentina	6,8	72,9	<b>49,6</b>
Armenia	3,7	70,5	<b>26,1</b>
Australia	7,3	78,2	<b>57,1</b>
Austria	7,0	77,0	<b>53,9</b>
Azerbaijan	4,9	69,9	<b>34,3</b>
Bangladesh	5,7	58,1	<b>33,1</b>
Belarus	4,3	68,0	<b>29,2</b>
Belgium	7,3	77,2	<b>56,4</b>
Bolivia	5,8	61,4	<b>35,6</b>
Bosnia	5,1	72,6	<b>37,0</b>
Brazil	7,0	66,8	<b>46,8</b>
Britain	7,2	77,2	<b>55,6</b>
Bulgaria	4,5	71,1	<b>32,0</b>
Canada	7,6	79,0	<b>60,0</b>
Chile	6,9	74,9	<b>51,7</b>
China <sup>4</sup>	6,5	69,8	<b>45,4</b>
Colombia <sup>4</sup>	8,1	70,4	<b>57,2</b>
Croatia	5,9	72,6	<b>42,8</b>
Czechia	6,7	73,9	<b>49,5</b>
Denmark	8,0	75,7	<b>60,6</b>
Dominican Republic	6,8	70,6	<b>48,0</b>
Egypt	4,8	66,3	<b>31,8</b>
El Salvador	7,2	69,1	<b>49,8</b>
Estonia	5,2	68,7	<b>35,7</b>
Finland	7,5	76,8	<b>57,6</b>
France	6,6	78,1	<b>51,5</b>
Georgia	4,1	72,7	<b>29,8</b>
Germany	7,1	77,2	<b>54,8</b>

Ghana <sup>4</sup>	7,7	60,0	<b>46,2</b>
Greece	6,3	78,1	<b>49,2</b>
Guatemala	7,6	64,0	<b>48,6</b>
Honduras	7,2	69,4	<b>50,0</b>
Hungary	5,5	70,9	<b>39,0</b>
Iceland	7,8	79,0	<b>61,6</b>
India	5,7	62,6	<b>35,7</b>
Indonesia	6,6	65,1	<b>43,0</b>
Iran	6,0	69,2	<b>41,5</b>
Ireland	7,8	76,3	<b>59,5</b>
Israel	6,7	77,8	<b>52,1</b>
Italy	6,9	78,2	<b>54,0</b>
Ivory Coast	5,7	42,5	<b>24,2</b>
Japan	6,2	80,0	<b>49,6</b>
Jordan	5,1	70,1	<b>35,8</b>
Kenya	5,2	52,0	<b>27,0</b>
Latvia	4,8	68,9	<b>32,8</b>
Lebanon	5,3	72,4	<b>38,4</b>
Lithuania	4,9	69,9	<b>34,3</b>
Luxembourg	7,6	76,7	<b>58,3</b>
Macedonia	4,9	73,1	<b>35,8</b>
Mali	4,9	45,3	<b>22,2</b>
Malta	8,0	77,2	<b>61,8</b>
Mexico	7,5	72,2	<b>54,2</b>
Moldova	3,5	67,5	<b>23,6</b>
Montenegro	5,5	74,4	<b>40,9</b>
Morocco	5,6	66,6	<b>37,3</b>
Netherlands	7,6	77,9	<b>59,2</b>
New Zealand	7,4	76,9	<b>56,9</b>
Nigeria <sup>4</sup>	6,5	50,1	<b>32,6</b>
Norway	7,4	78,1	<b>57,8</b>
Pakistan	4,3	64,0	<b>27,5</b>
Peru	6,0	68,3	<b>41,0</b>
Philippines	6,4	68,3	<b>43,7</b>
Poland	5,9	72,5	<b>42,8</b>
Portugal	6,7	75,3	<b>50,5</b>
Romania	4,7	69,9	<b>32,9</b>

Russia	4,4	66,6	<b>29,3</b>
Senegal	5,7	56,6	<b>32,3</b>
Serbia	5,1	74,4	<b>37,9</b>
Singapore	6,9	77,1	<b>53,2</b>
Slovakia	5,6	73,0	<b>40,9</b>
Slovenia	6,3	74,4	<b>46,9</b>
South-Africa	5,6	54,7	<b>30,6</b>
South-Korea	5,8	72,4	<b>42,0</b>
Spain	6,6	78,0	<b>51,5</b>
Sweden	7,5	78,5	<b>58,9</b>
Switzerland	8,0	78,6	<b>62,9</b>
Taiwan	6,6	77,1	<b>50,9</b>
Tanzania	3,2	47,9	<b>15,3</b>
Turkey	5,6	69,0	<b>38,6</b>
Uganda	5,2	45,3	<b>23,6</b>
Ukraine	3,6	68,8	<b>24,8</b>
Uruguay	6,7	73,9	<b>49,5</b>
Uzbekistan	6,2	64,1	<b>39,7</b>
USA	7,4	76,7	<b>56,8</b>
Venezuela	6,8	72,4	<b>49,2</b>
Vietman	6,1	70,4	<b>42,9</b>
Zimbabwe	3,3	37,8	<b>12,5</b>

## Technical details

1. Average enjoyment of life assessed by means of surveys in general public samples. See RankReport 2004/1b.
  - Note that some of the scores are not beyond doubt, in particular not the score in Columbia.
2. Life expectancy is estimated on the basis of civil registrations of birth and death. Source: Human Development Reports 1995 to 2002, table 1.
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, that can be downloaded from: <http://www.eur.nl/fsw/research/veenhoven/Pub1990s/96b-full.pdf>. 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 (<http://www.eur.nl/fsw/research/veenhoven/Pub2000s/2000c-full.pdf>).
- 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.

4. Some of the data used here are not beyond doubt.

Life-satisfaction scores may be inflated in some countries, due to under sampling of rural population (China, Ghana and Nigeria).

The score on life-satisfaction in Columbia is dubious since it does not correspond with the responses on a question about happiness in the same sample and does not fit either with two later surveys that used another question on lifesatisfaction (and are for that reason not included in this list).

Our policy is to report doubtful data unless we are fairly sure that they are wrong. This is to avoid that we delete data that do not fit our expectations.

5. This list is included in the SPSS datafile [States of Nations](#) as variable hly\_90s

**Cite as:**

Veenhoven, R., *Happy Life Years in 90 nations 1990-2000*, World Database of Happiness, Rank Report 2004/2b, Internet: [www.eur.nl/fsw/research/happiness](http://www.eur.nl/fsw/research/happiness)