

## MEASURING WELL BEING

The New Economics Foundation have collaborated with others to pioneer a measure of well-being to use in National Accounts. This can be used by individuals and communities to measure changes over time. It's here

<http://www.nationalaccountsofwellbeing.org/engage/survey.html>

A local survey would be interesting as well as a national one.

Well-being should be recognised as a goal in valuing actions (and policies).

The social part of the wellbeing index measures supportive relationships and a feeling of trust and belonging. UK young people have the lowest feeling of trust and belonging in Europe.

The personal part measures satisfaction, vitality, resilience, self-esteem, and sense of purpose or meaning.

Bhutan measures and chooses policies to improve National Happiness. They limit tourists to prevent imbalance in their economy.

If enough interest, perhaps a survey of wellbeing in Falmouth and Exeter. Could ask Geography Department at Exeter Uni (which has a campus in Falmouth).

If interested please contact Deborah Mitchell, Falmouth Meeting, [debjmitch@gmail.com](mailto:debjmitch@gmail.com)