

# Black Lives Matter



Happiness  
Report Card for  
Summer 2020



**This is an invitation.**

**Data for people who responded they are Black or African is compared to all others.**

**Where do you think  
the happiness levels  
for Black and  
African's will be  
lower?**

**Where do you think  
they will be higher?**

**and**

**Why?**

**We invite you to spend time exploring your thoughts, allowing for what arises. We feel this is an important step towards change to a future where race no longer matters.**

## Happiness Data for 2018 & 2019: Black, African and Others



■ Black & African ■ Others

**At first glance...**

**Black and African's  
scored lower on all  
domains except  
Satisfaction with Life  
Psychological Well-being  
Health, Social Support &  
Time Balance.**

The domains where scores higher for Black & African measure what is mostly under one's control. Meaning you can change your mind and control your behaviors and change these scores.



The domains scores where scores are lower measures life circumstances. Meaning you have little or no control or influence.



## **An important fact:**

**The data is from a convenience sampling (meaning people choose to take the Happiness Index).**

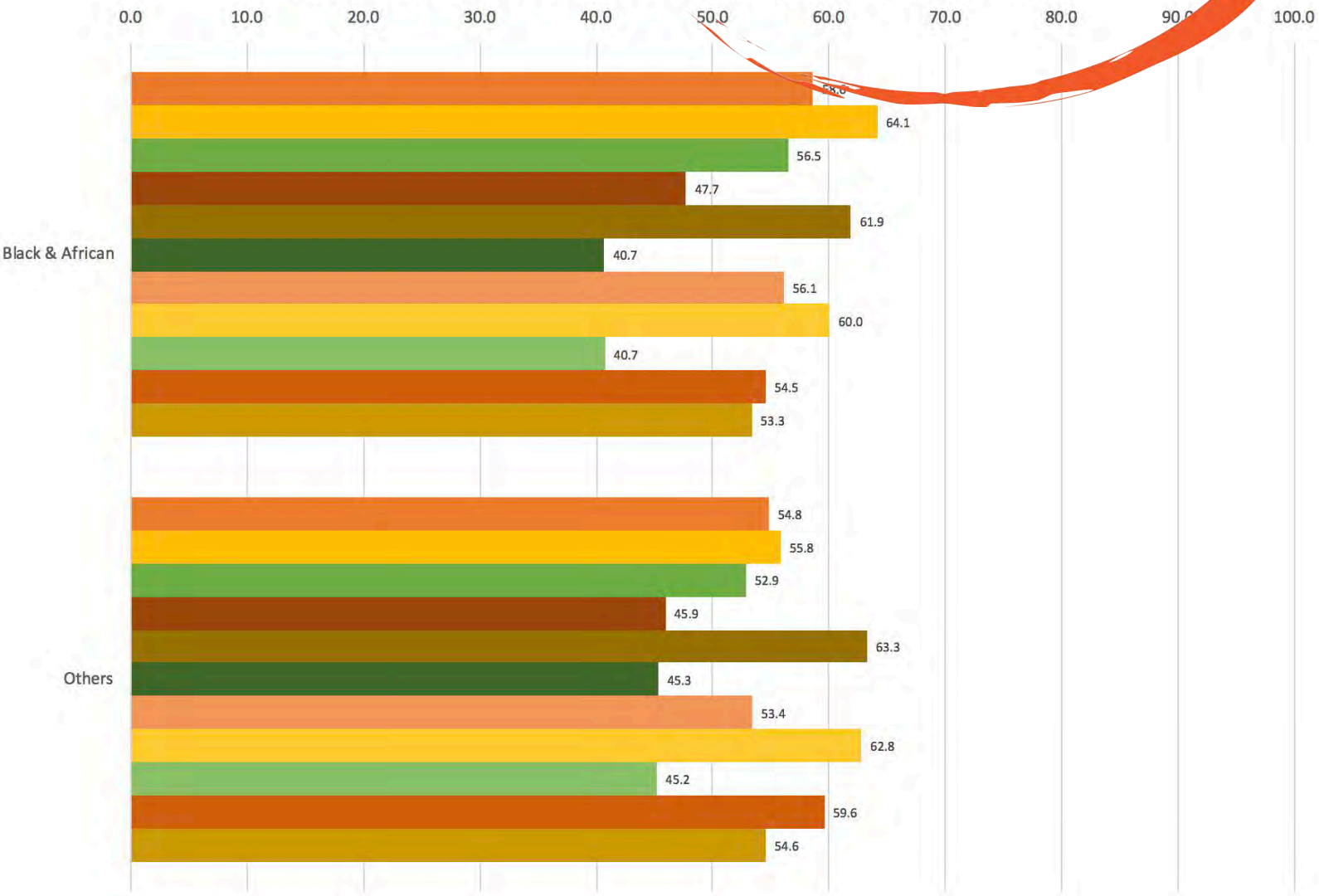
**It is the averages of only 562 people who took the Happiness Index and choose Black or African for the question of race in 2018 and 2019.**

**The averages for others is for 14,814 people who took the Happiness Index in 2018 and 2019.**

**That is about 3.6%.**

**It does represent the people who took the survey, and it is a starting place for discussion and exploration, but the data is not representative of Black and African people.**

## Happiness Data for 2018 & 2019: Black, African and Others



- Satisfaction with Life & Affect
- Psychological Well-being
- Health
- Time Balance
- Education and Culture
- Community
- Social Support
- Environment
- Government
- Economy
- Work





**The overall average of the domains shows only a small difference between the two groups, with all others scoring about 1 point higher.**

**But the difference increases when the domains that measure life circumstances are averaged.**

**Life circumstances are important to  
Happiness & Well-being.**

**And life circumstances are often  
where collective action is needed for  
change.**

**Trustworthy Government**



**Fair Economies**



**Good Work**



**Safe Community**



**Sustainable & Healthy Nature**

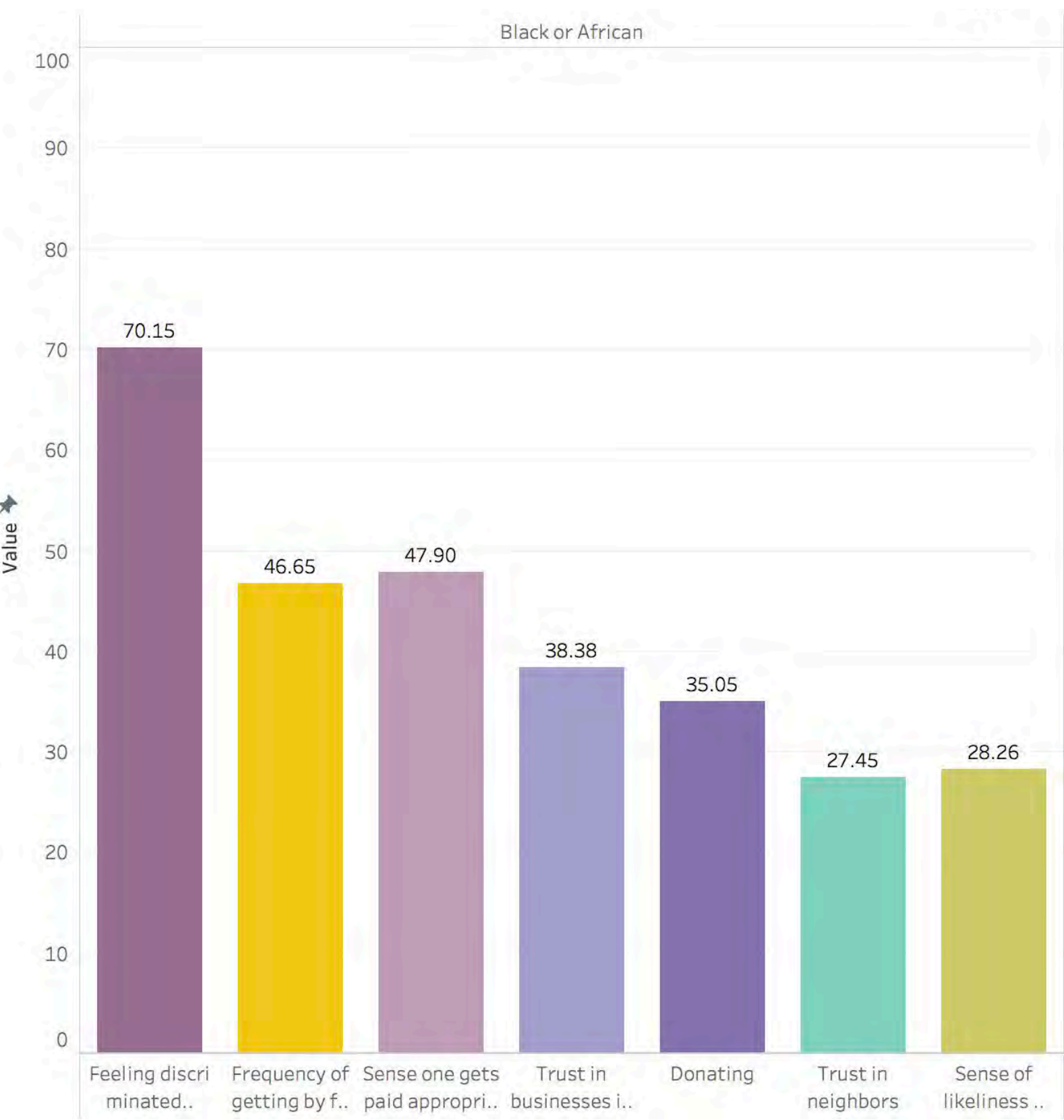


The background features several concentric, overlapping curved bands in shades of purple, pink, orange, and yellow. A single brown leaf is positioned in the center, partially overlapping the text.

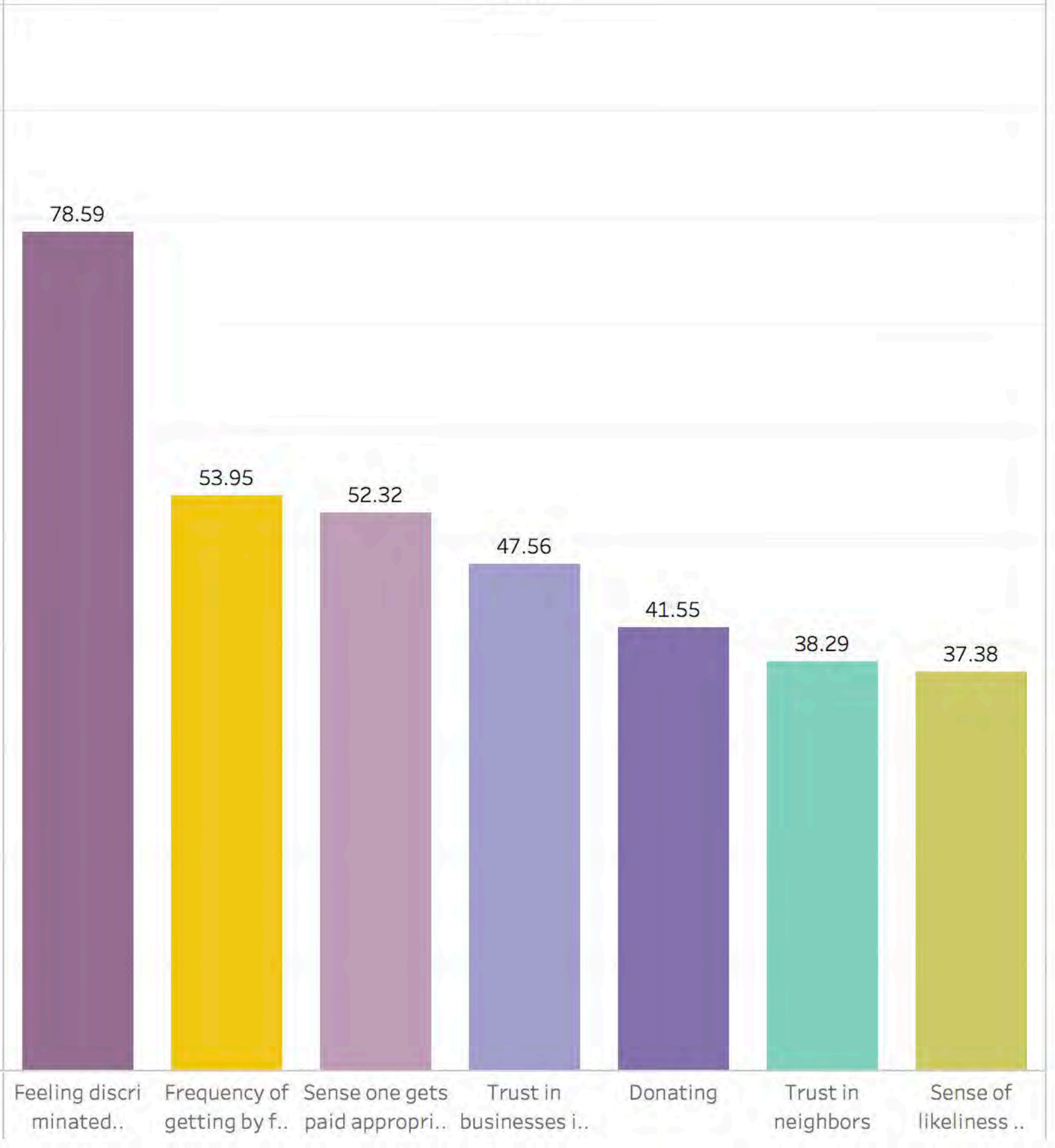
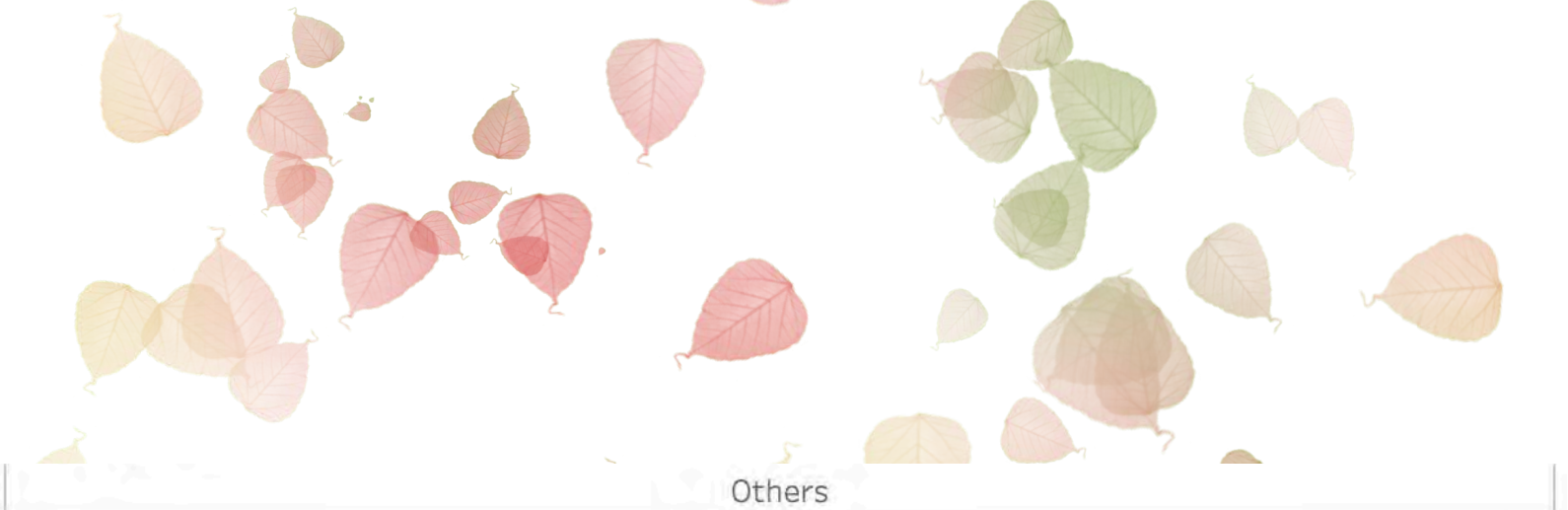
**Where are the scores for  
Black and African lower?**



- Feeling discriminated against
- Living paycheck to paycheck
- Paid appropriately
- Donating
- Trust in Neighborhoods
- Likelihood a lost wallet would be returned







**Low scores are mostly from the domains of economy and community.**



**Connecting the dots...**

**indicates economic equality  
is  
key.**



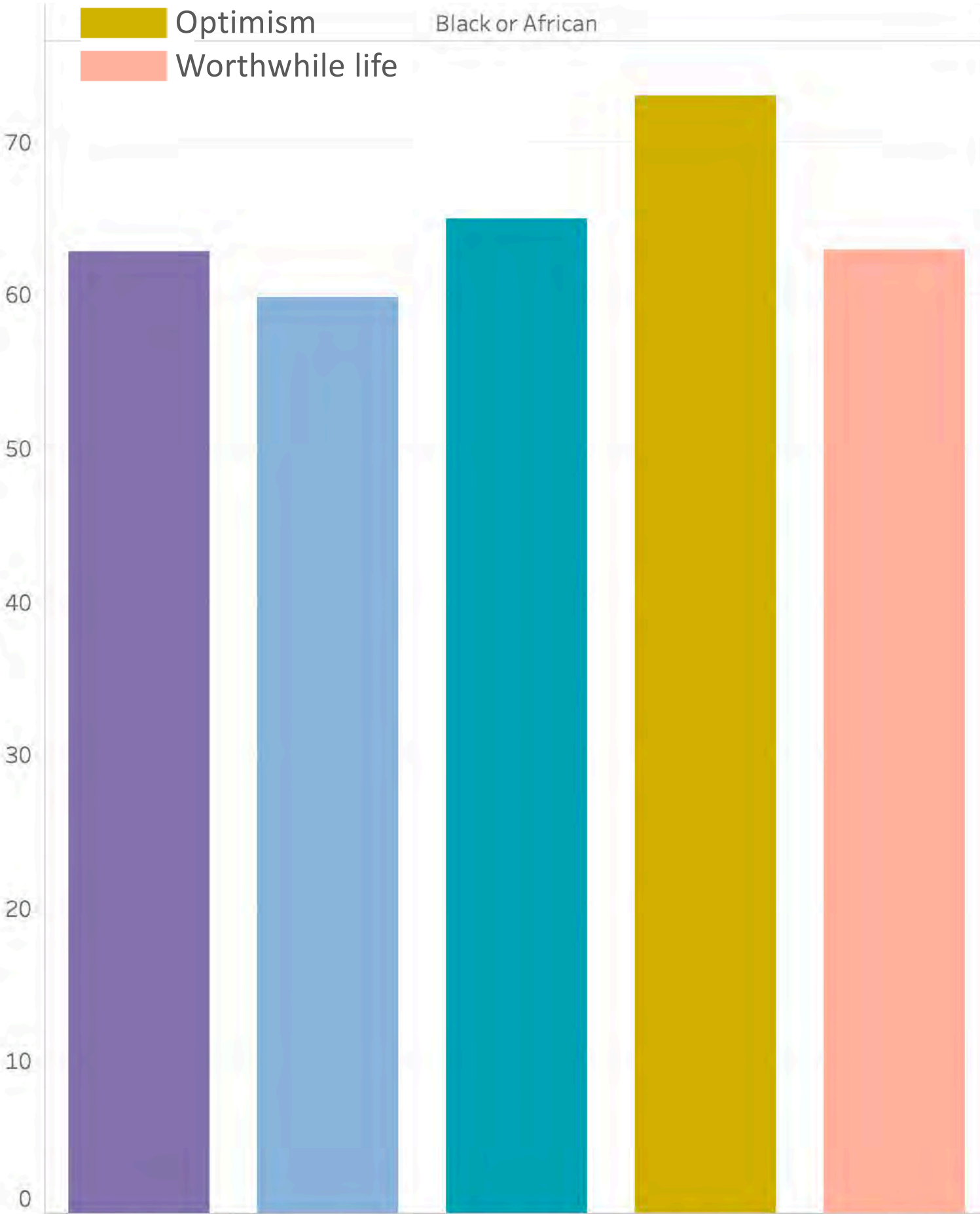
**Where are the scores for  
Black and African higher?**





- Feel positive about oneself
- Happy
- Purposeful life
- Optimism
- Worthwhile life

Black or African



Feeling positive about self

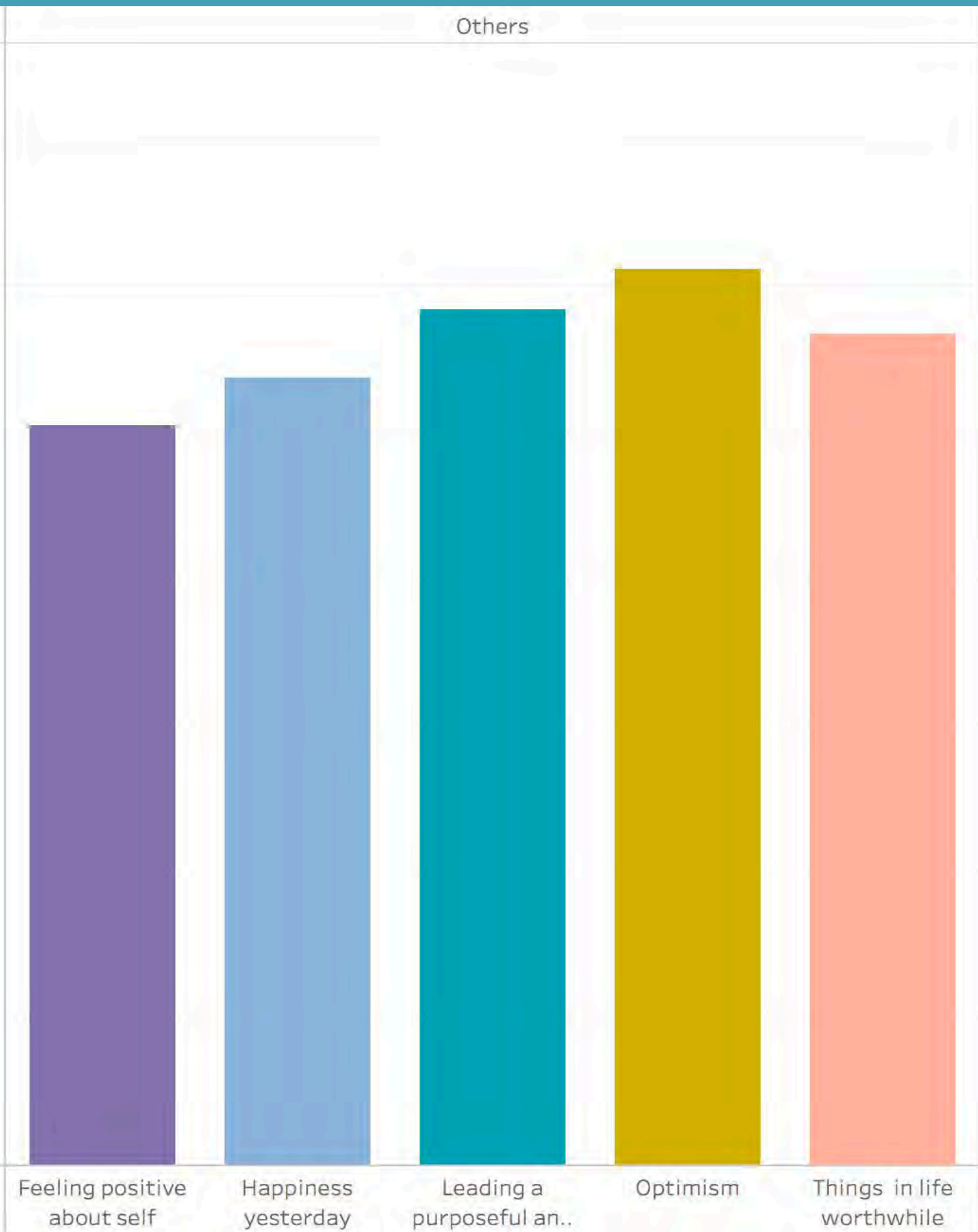
Happiness yesterday

Leading a purposeful an..

Optimism

Things in life worthwhile

# What does the data mean?

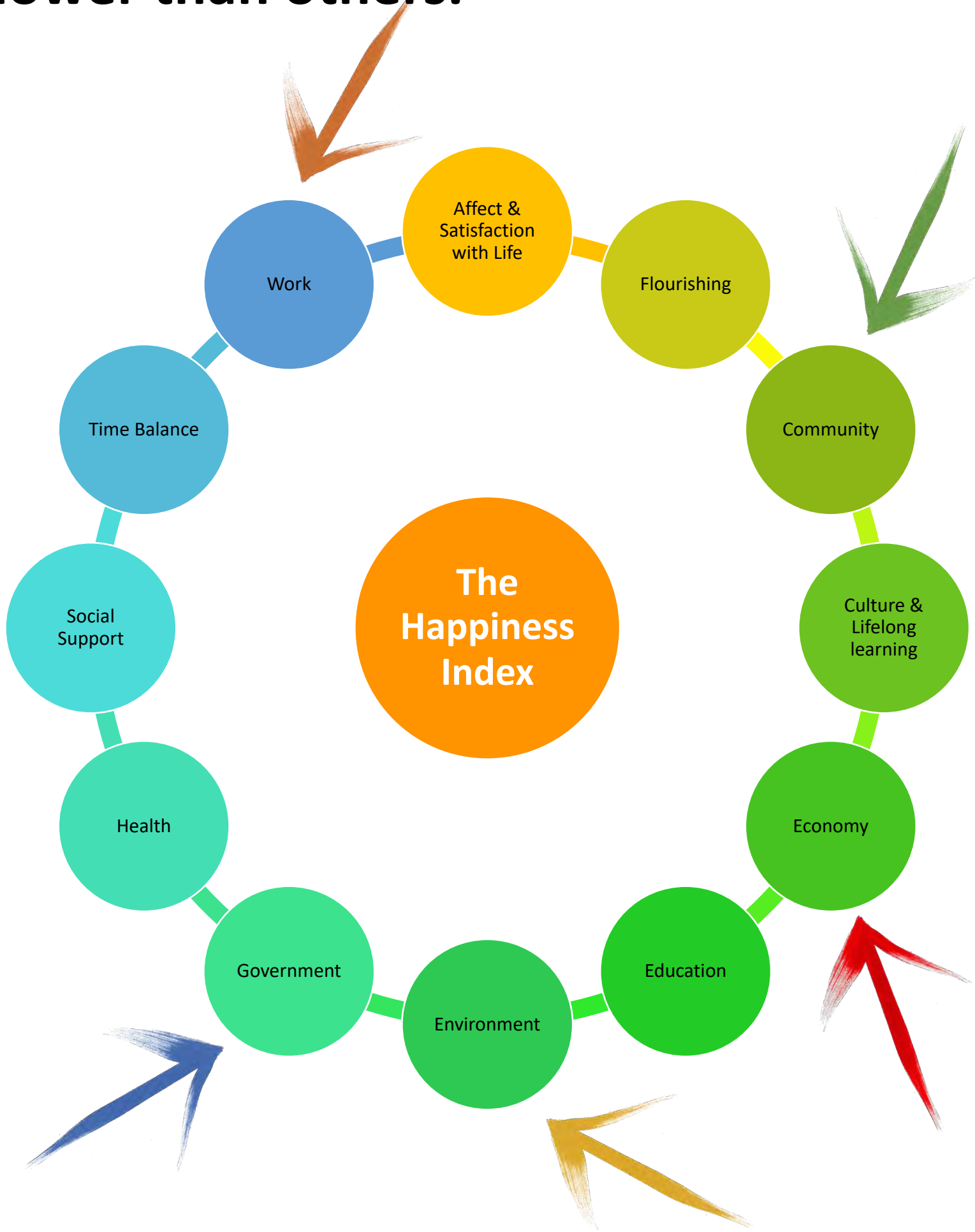


**The 3% of Black or African people who took the Happiness Index in 2018 & 2019 were pretty happy compared to others when it comes to how they feel about their lives (internal circumstances)...**

**...and still scores for the domains that measure external circumstances were lower than others.**



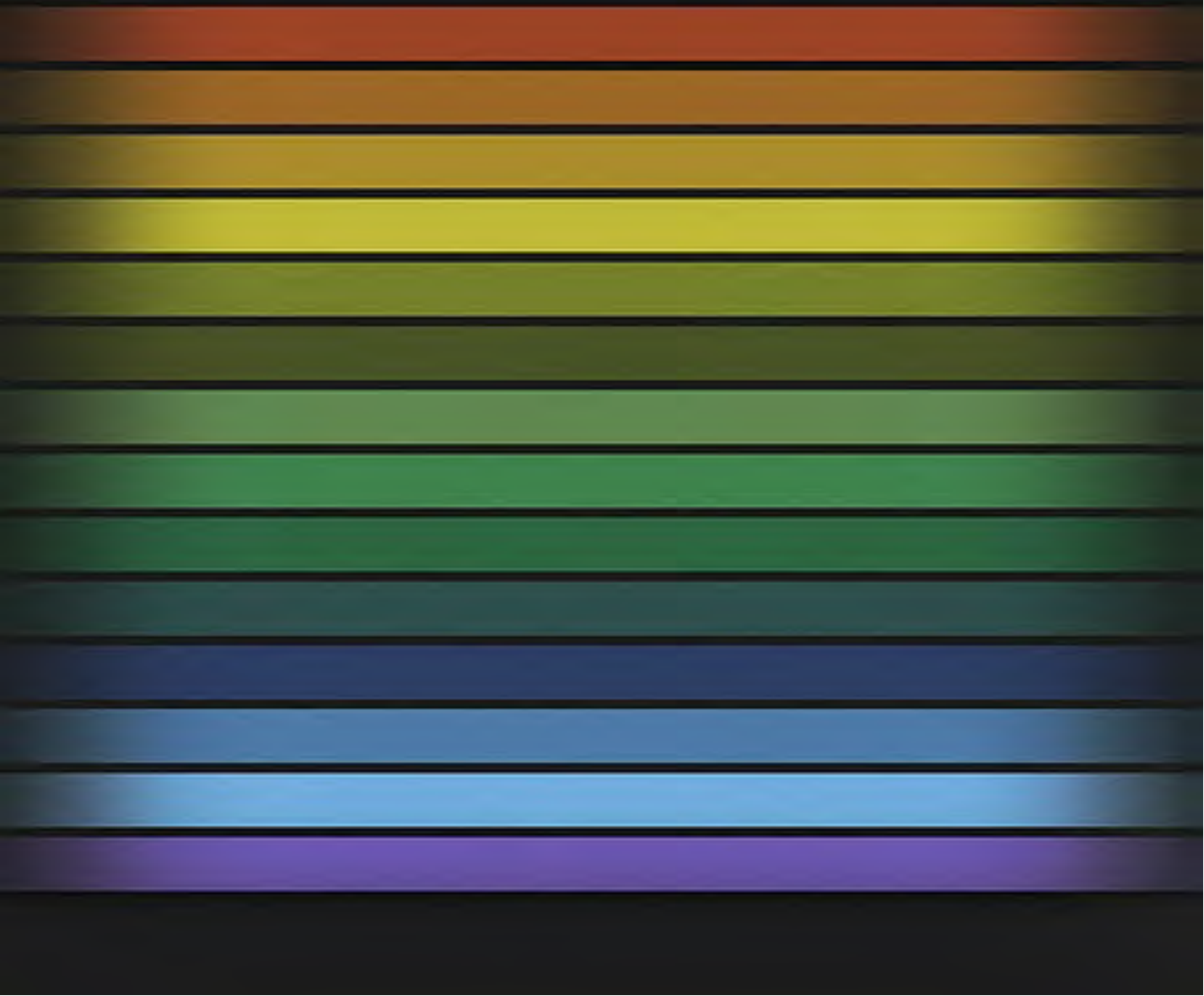
**...and still scores for the domains that measure external circumstances were lower than others.**



**In two domains scores in all indicators were lower, meaning there was no upside.**

**Economy and Government**

**We call these leverage points  
for change to a future where  
race does not matter.**



**More data**

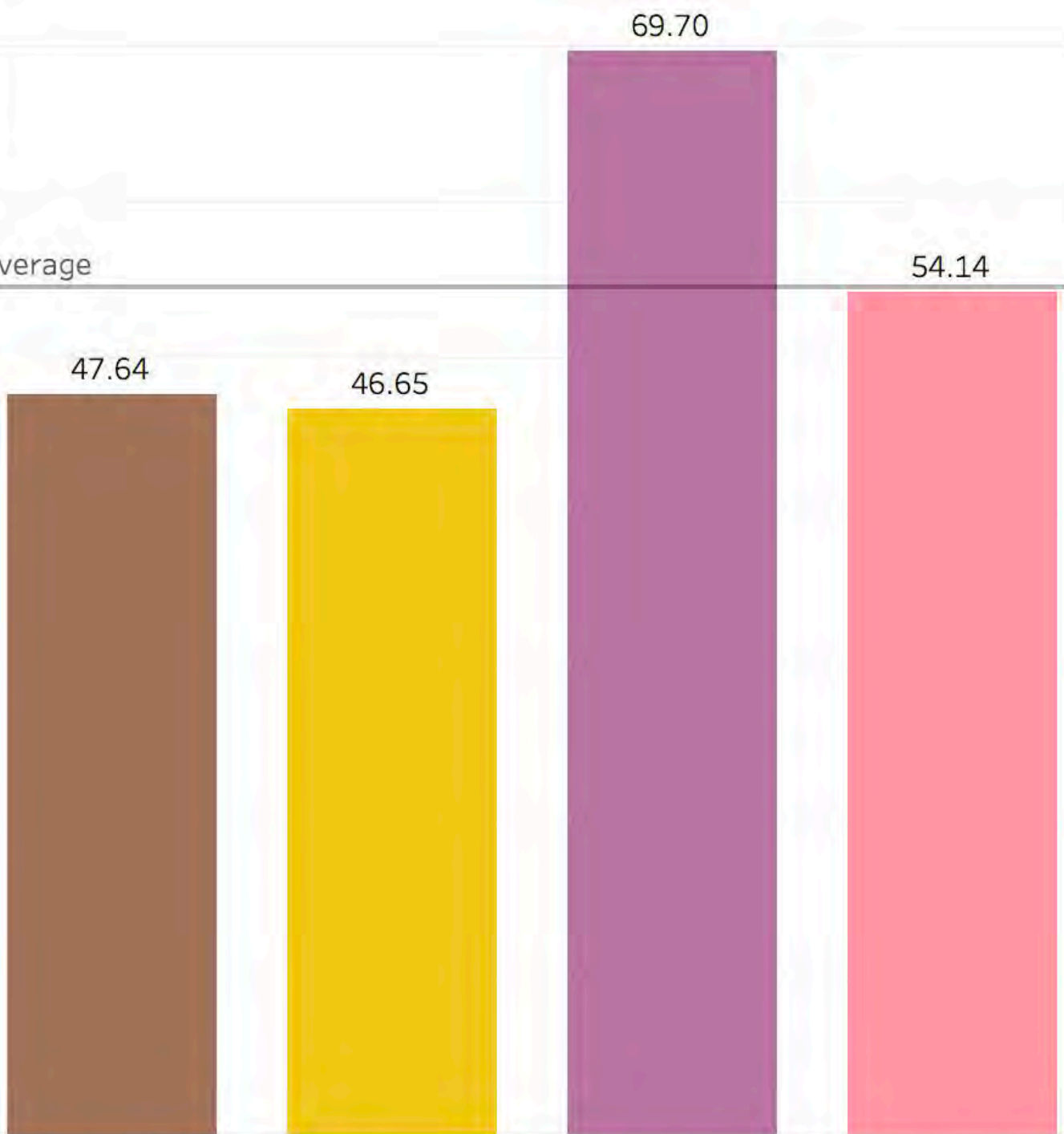
**More information**

Black or African

- Stressed about personal finances
- Living paycheck to paycheck
- Eating less because there was not enough money
- Having enough money to buy the things one wants

Average

Value



Senes of stress about one's p..

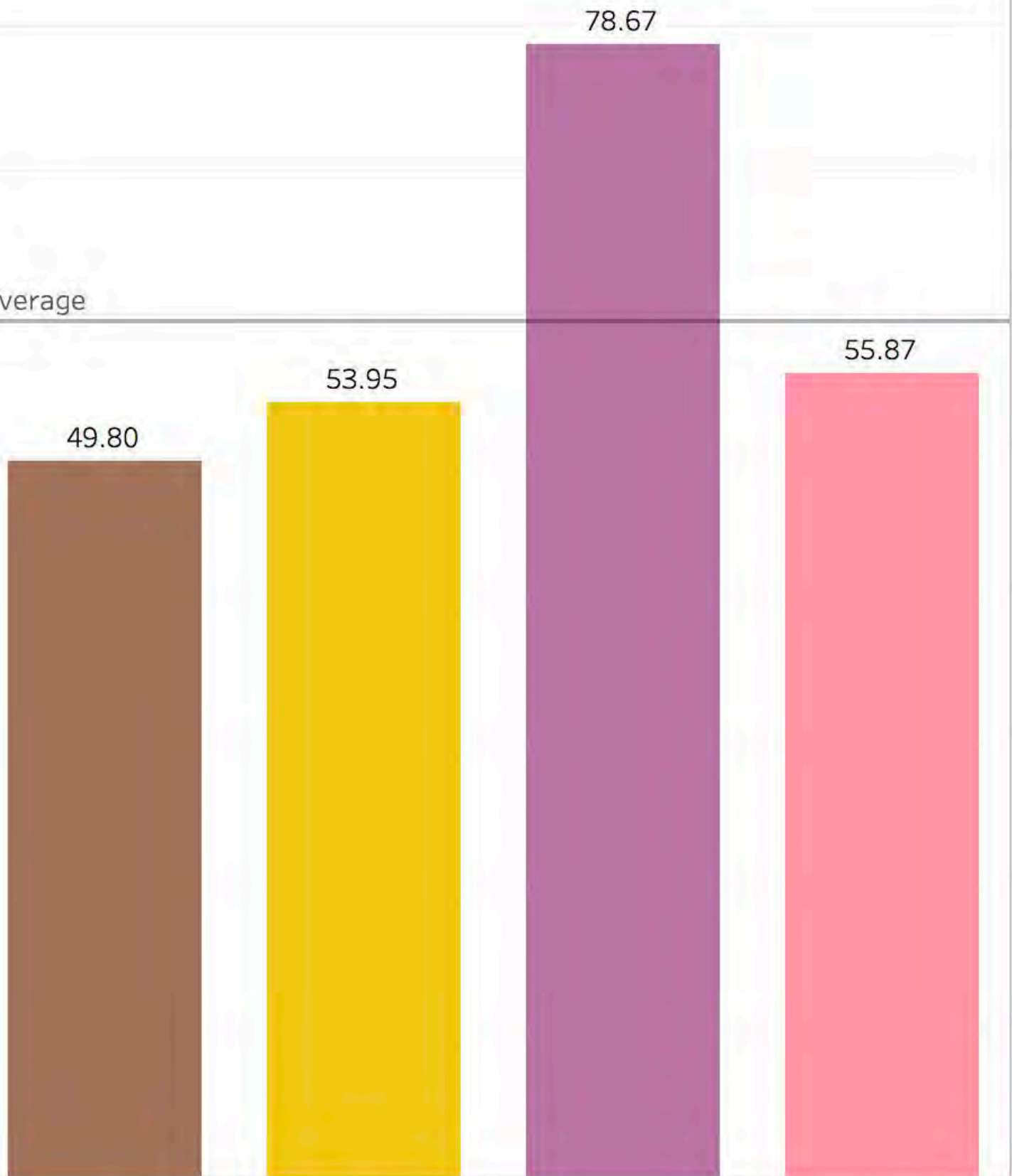
Frequency of getting by f..

Frequency one ate less because ther..

Sense one has have enough money to ..

# What does the data mean?

Average



Senes of stress about one's p..

Frequency of getting by f..

Frequency one ate less because ther..

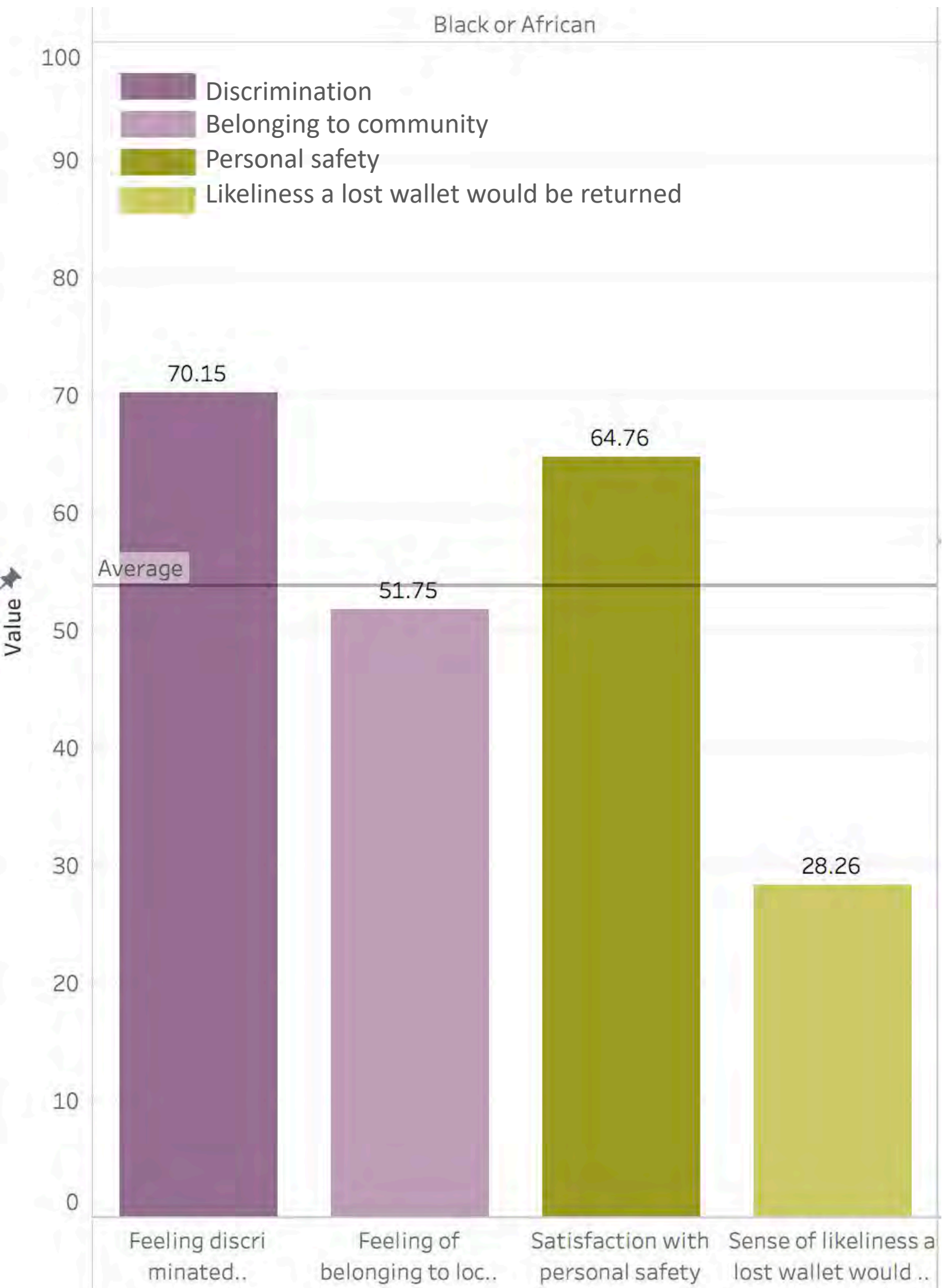
Sense one has have enough money to ..

**The data indicates Black and Africans are more stressed about money, more frequently get by paycheck to paycheck, more frequently eat less because there is not enough money and do not feel they have enough money to buy what they want.**

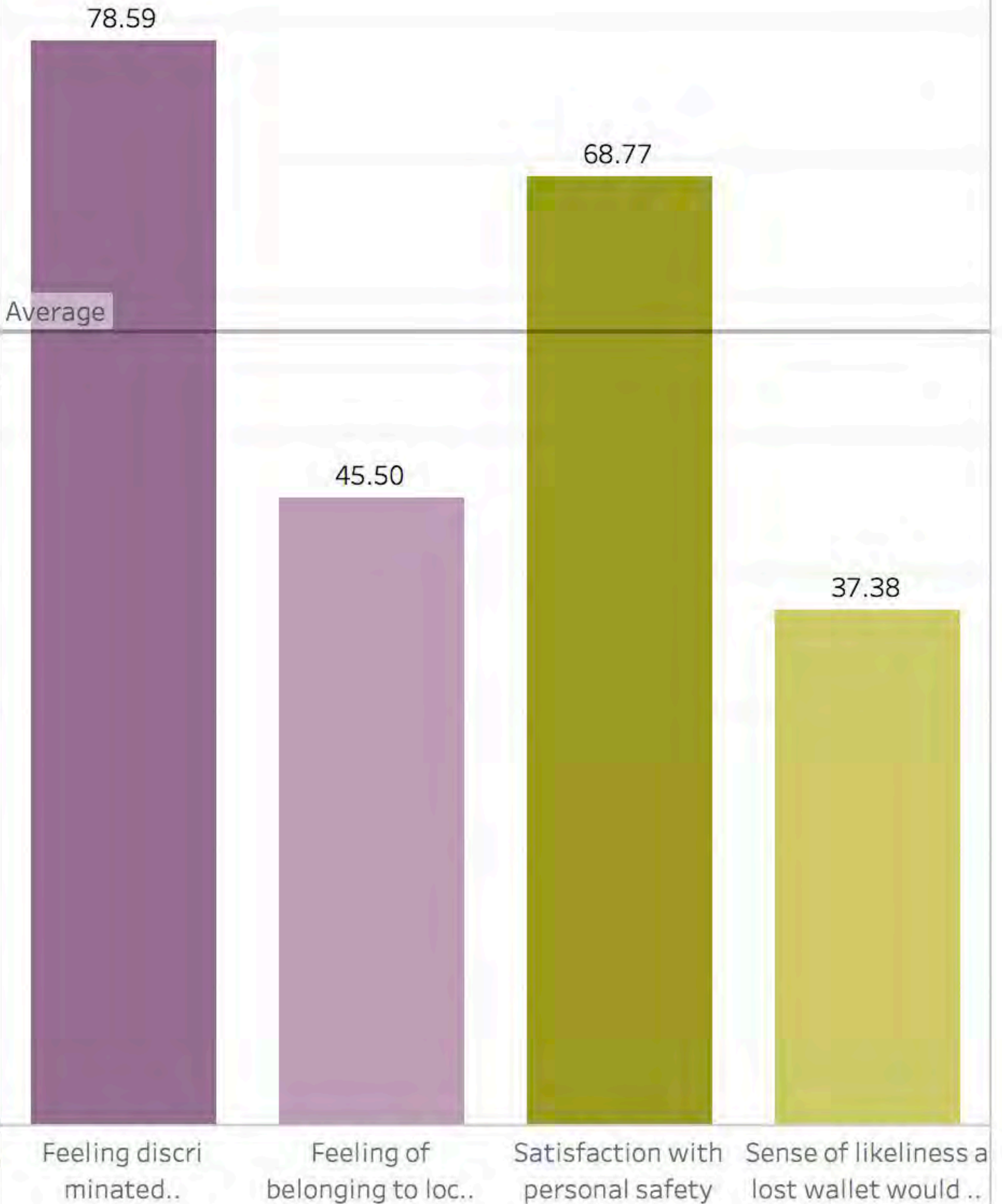


**Researchers\*  
find that  
economic  
inequality  
brings  
about  
suffering  
much beyond  
finances, from  
safety to  
health, self-  
esteem to  
family  
systems.**

Black or African



# What does the data mean?



**The data indicates Black and Africans feel more discriminated against, less safe and less trust in neighbors, but a higher sense of belonging to community than others, however scores for sense of belonging to community are just a little above neutral.**



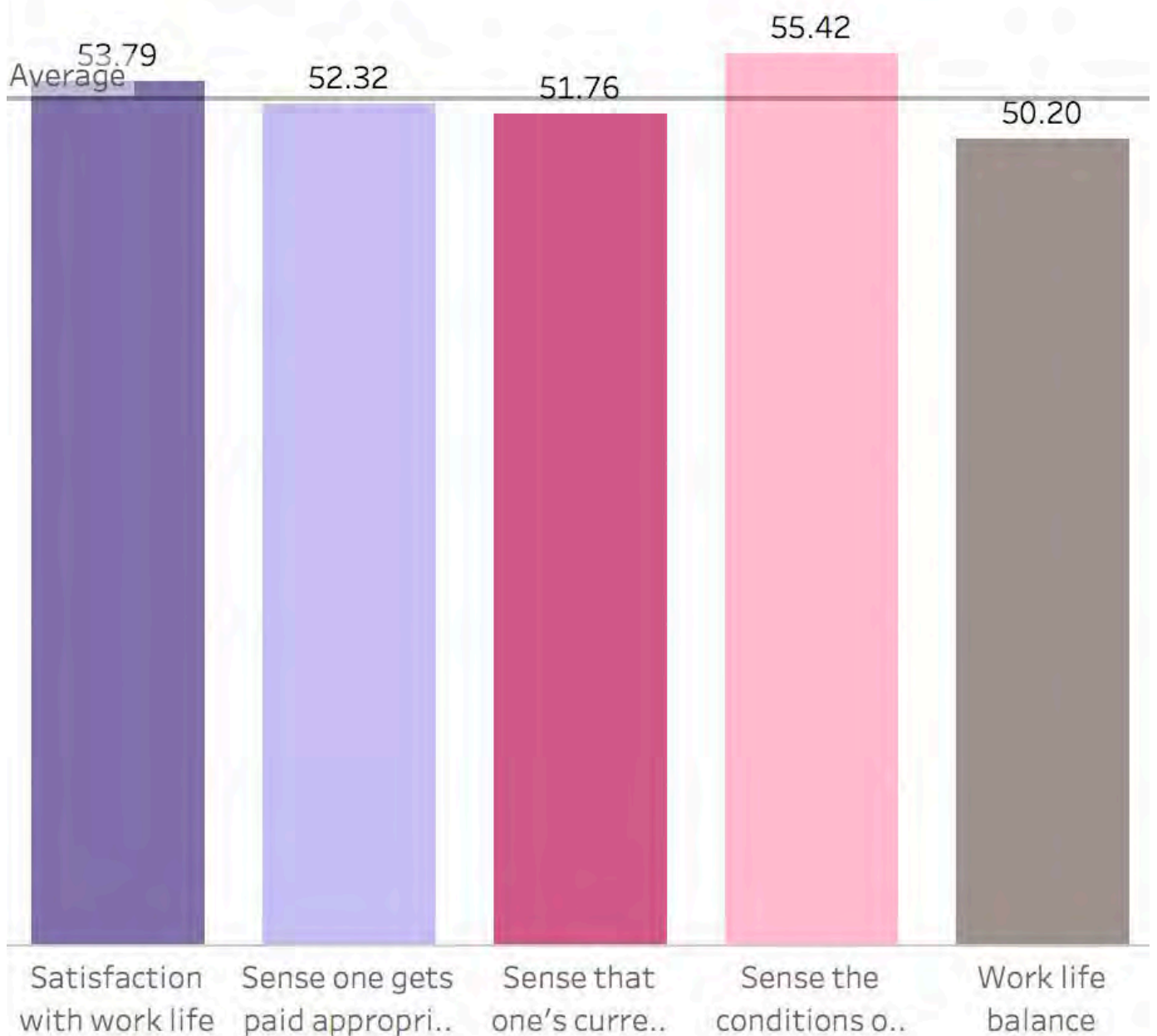
**Findings\*  
affirm  
common sense that  
belonging to community  
is core to our  
well-being.**

Black or African



Others

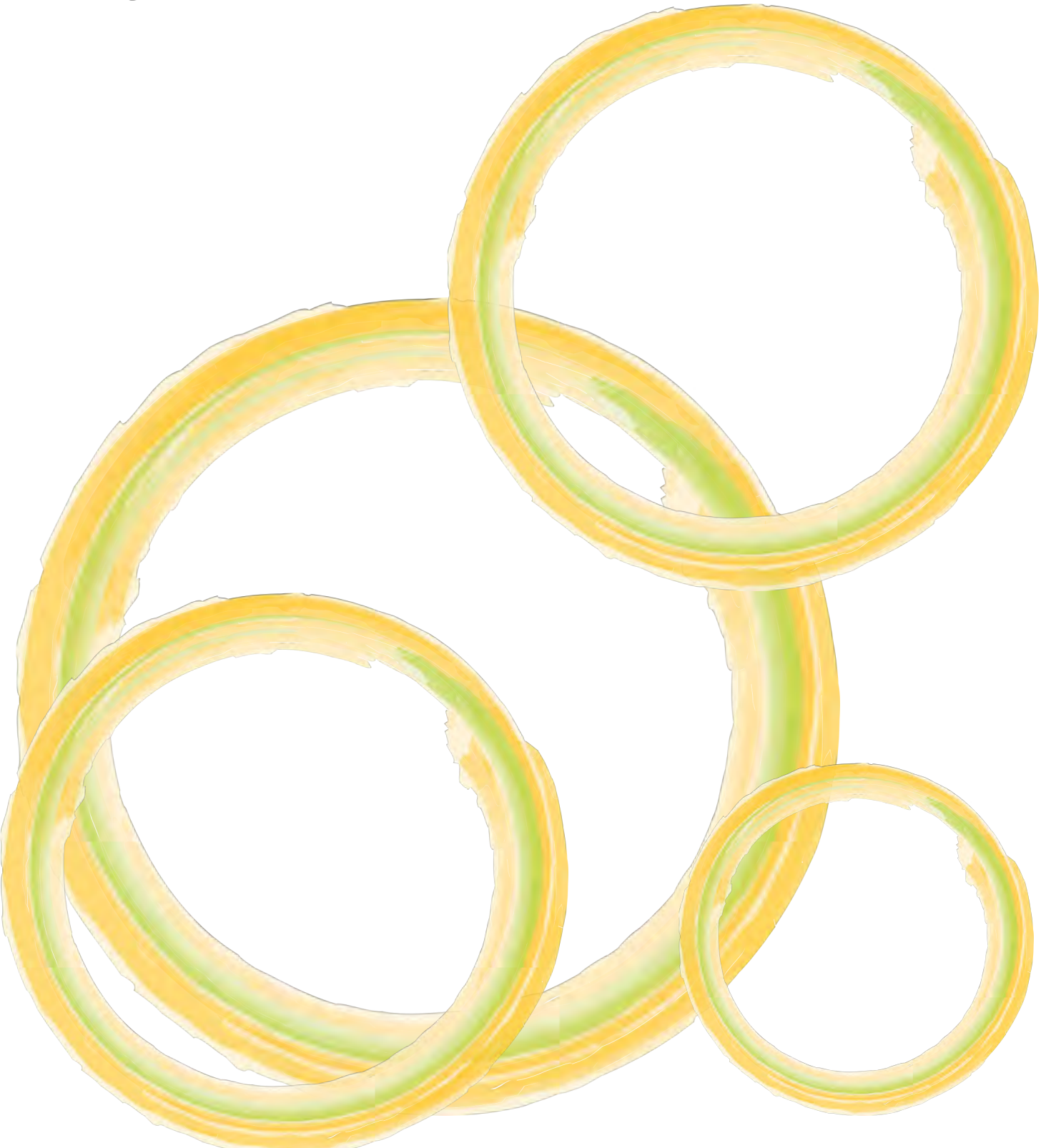
# What does the data mean?



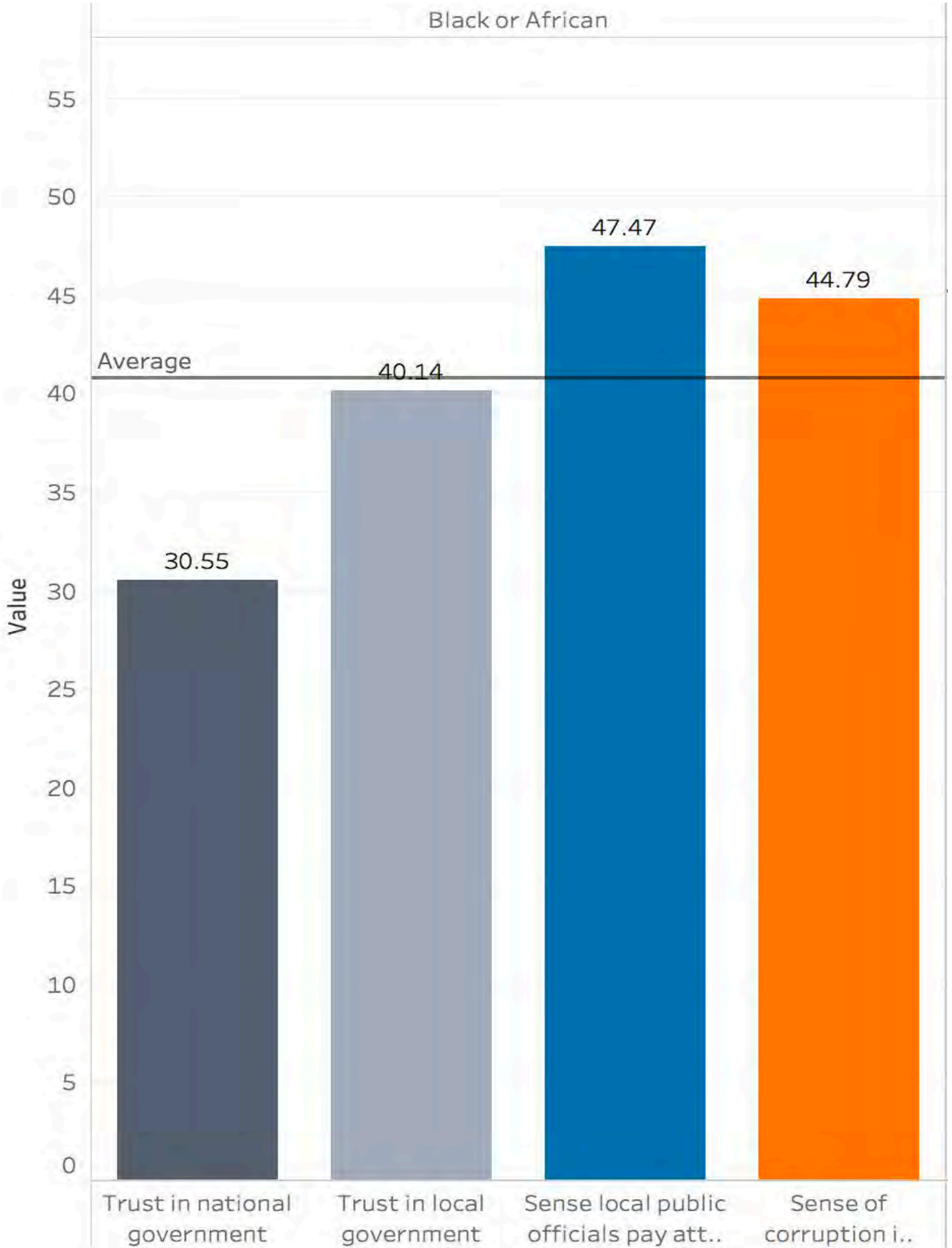
The data indicates Black and Africans a less satisfied with work, feel that they are not paid appropriately, have worse work life balance, but are a bit better off when it comes to having the conditions for being productive.



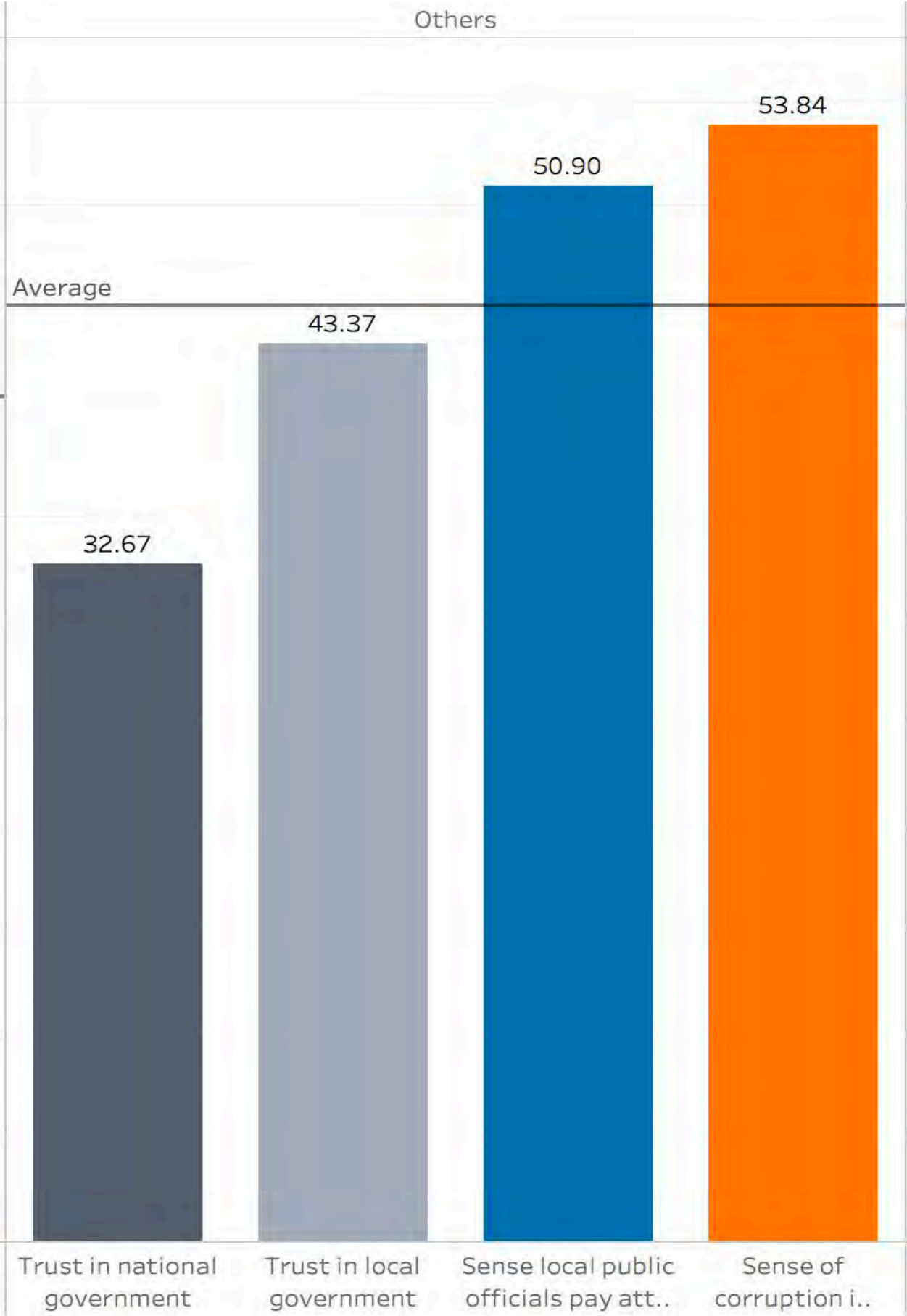
**Common sense and research\*  
say that a job that you are  
satisfied with is connected to  
your satisfaction with life.**



- Trust in National Government
- Trust in Local Government
- Sense Local Officials Pay Attention to What People Want
- Sense of Corruption in Local Government

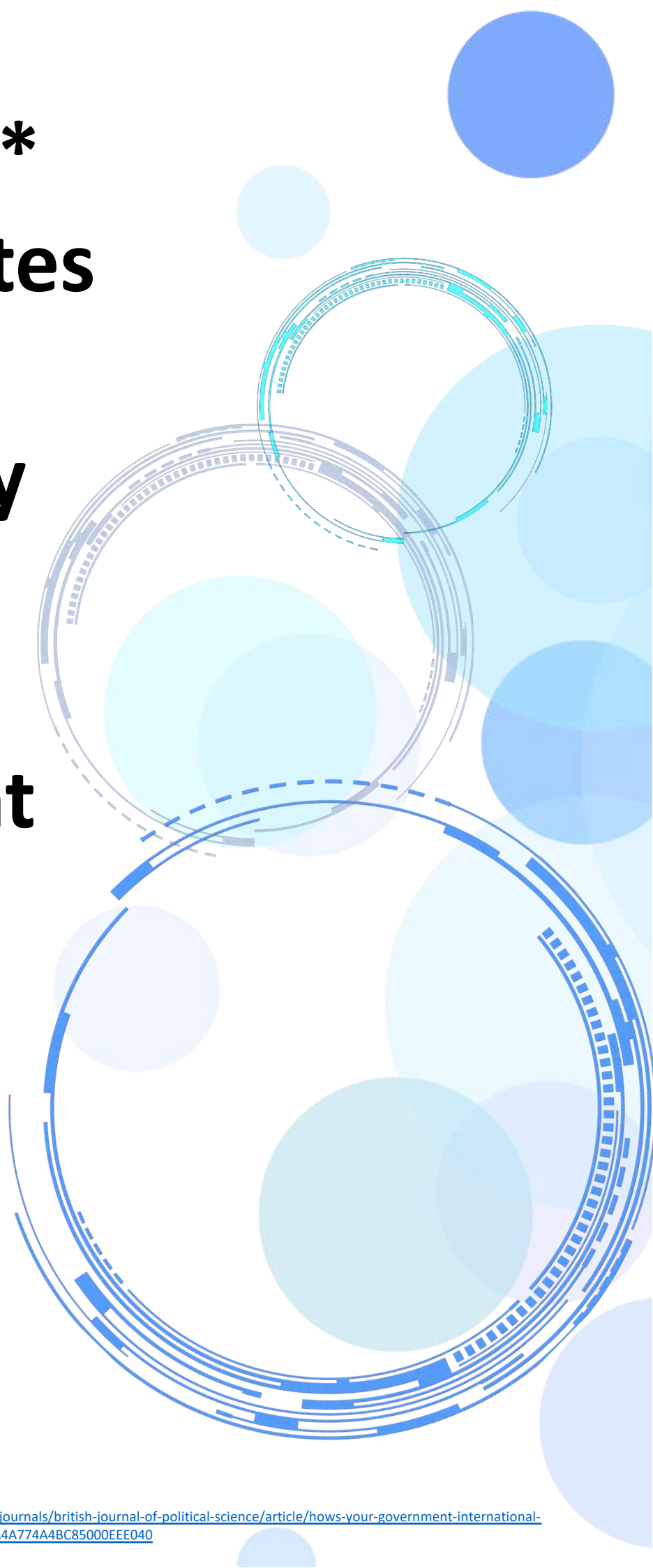


# What does the data mean?

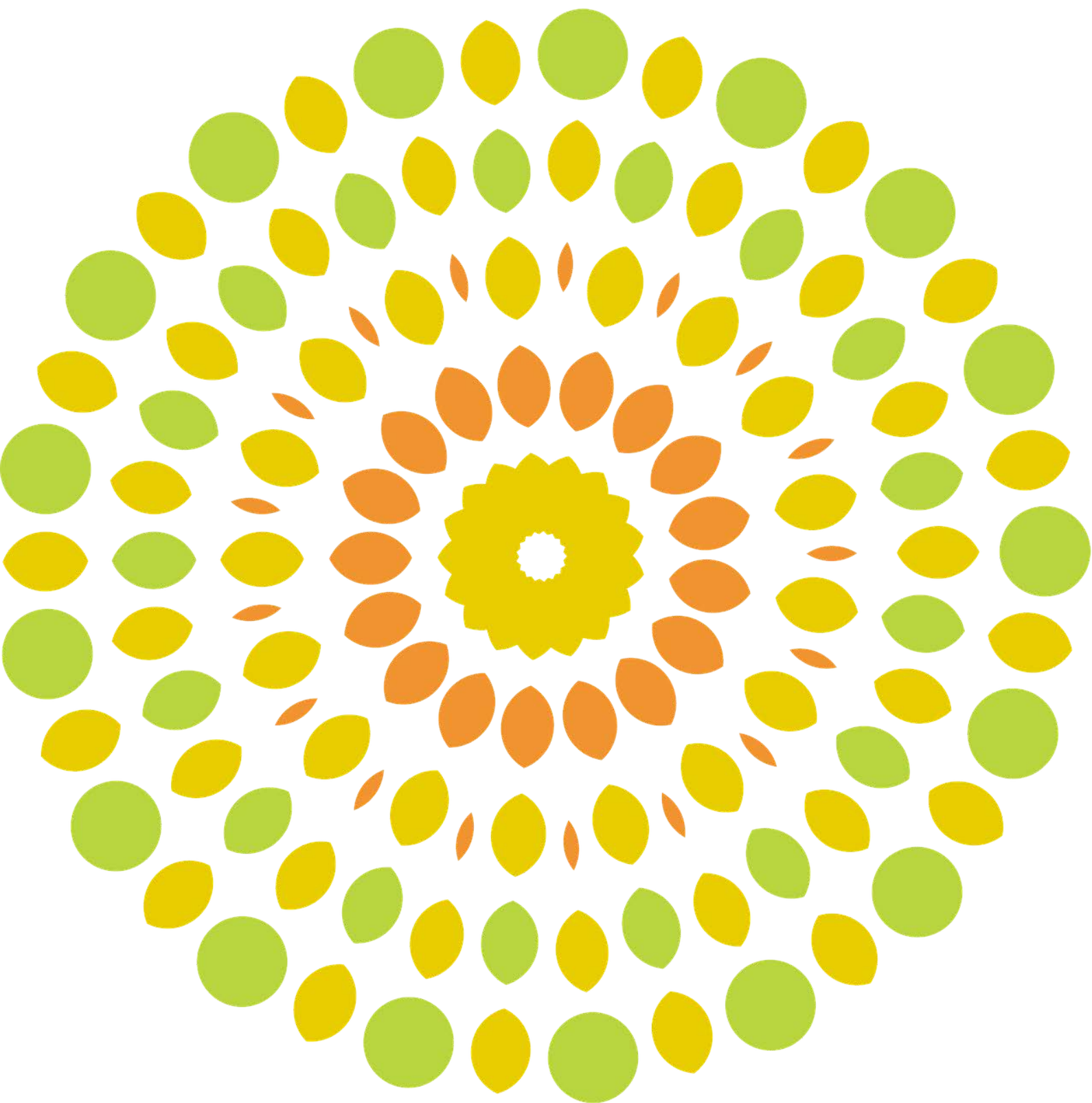



**The data shows that Black and Africans are less satisfied with government on every level measured, where scores for everyone are already low.**

**Researcher\*  
demonstrates  
that  
trustworthy  
and  
honest  
government  
is  
important  
to  
well-being**


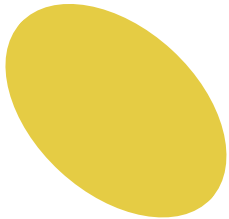


# The foundation and inspiration of the Happiness Movement:





**The ills of inequality in our economic systems.**



**The human right to equality.**



**The human right to life.**



**The human right to liberty.**



**The human right to happiness.**



**The Happiness Alliance provides tools, resources and knowledge for a new economic paradigm and personal happiness.**

**Our mission is to the awaken happiness in all beings.**



For attribution, please cite:  
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