

THE VERMONT HAPPINESS INITIATIVE

Conducted in September, 2013
By The Center for Rural Studies
at the University of Vermont

*Results of the
2013 Statewide
Happiness Study*

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Introduction

The Vermont Well-being Survey is based on four decades of development of well-being, happiness and quality of life surveys and recent efforts to standardize the questions and format of these surveys to increase the ability to compare data around the world.

The Happiness study selected and adapted 250 items from published surveys that measured the same constructs and selected items which appeared to measure the GNH domains of:

- Psychological well-being (Assesses satisfaction and optimism in individual life)
- Physical health (Measures self-rated health, disability, exercise, sleep, and nutrition)
- Time balance (Measures the use of time for recreation and socializing with family and friends.)
- Community vitality (Focuses on relationships and interactions in communities)
- Social connectedness (Examines sense of belonging and vitality of affectionate relationships)
- Education and cultural access (Evaluates participation in educational and cultural events)
- Environmental quality/access to nature (Measures the quality of local water, air, and soil)
- Good governance (Assesses how the population views local government)
- Material well-being (Evaluates individual and family income as well as financial security)
- Work experience (Evaluates satisfaction with working life)

Methodology

The Center for Rural Studies, located at the University of Vermont, contracted with the Vermont Happiness Initiative to field the first state-based, statistically-significant Happiness Study in the U.S. Vermont Happiness data were collected from September 9th through the 22nd, 2013. Specially-trained callers utilized a random sample of Vermont phone numbers and interviewed only respondents that were 18 years of age or more. Calling took place during weekdays and weekends between the hours of 9am and 8pm. A total of 426 completed responses were collected ensuring a confidence level of 95% and a confidence interval (Margin of Error) of +/-4.9%. This means that if this study were conducted 100 times, 95 of those times, the results provided below would fall within +/-4.9% of what was found in this effort. This is a commonly-accepted threshold for social science research of this type.

Results

Results were weighted to ensure that respondent characteristics were representative to actual population characteristics. 2012 American Community Survey data were used to compare respondent demographics when possible. Comparisons for weighted and un-weighted results and for national happiness study results are reported here for the demographics, UK Quality of Life, Ladder, American Time Use and Happiness Domain questions. Calculations may not equal to 100 due to rounding.

Frequency Tables

Demographics

Median Age	VT	VT	VT	U.S.	U.S.
	Un-weighted	Weighted	Census Total Pop	Un-weighted	Census Total Pop
	62	49	41.5	54	37

Gender (Percent)	VT	VT	VT	U.S.	U.S.
	Un-weighted	Weighted	Census 18+	Un-weighted	Census 18+
Female	60.8	57.6	51.2	46.7	51.4
Male	39.2	42.4	48.8	53.3	48.6

Race/Ethnicity (Percent)	VT	VT	VT	U.S.	U.S.
	Un-weighted	Weighted	Census Total Pop	Un-weighted	Census Total Pop
African American	0.5	0.5	1.0 (Black/African American- not Hispanic/Latino)	4.3	12.3 (Black/African American- not Hispanic/Latino)
Hispanic	0.0	0.0	1.6 (Hispanic or Latino)	3.8	16.9 (Hispanic or Latino)

Caucasian	94.6	92.0	94.0 (Not Hispanic/Latino)	86.3	62.8 (Not Hispanic/Latino)
Asian American	0.5	.4	NA	1.1	NA
Native American	2.2	1.4	NA	0.7	NA
South Asian/Indian Subcontinent	0.0	0.0	NA	0.9	NA
Multi-racial	2.0	5.2	2.0	2.5	2.9
Middle Eastern	0.2	.5	NA	0.5	NA

Marital status (Percent)	VT Un-weighted	VT Weighted	VT Census 15+	U.S. Un-weighted	U.S. Census 15+
Currently Single	11.2	20.3	NA	21.3	NA
Married	60.6	56.4	49.8	58.2	50.3
Domestic partnership	2.7	4.7	NA	5.4	NA
Divorced	11.5	9.8	12.1	11.2	11.1
Separated	0.7	.9	1.4	1.6	2.2
Widowed	13.2	7.9	5.9	2.3	5.9

Living Arrangements (Percent)	VT Un-weighted	VT Weighted	VT Census Total Pop	U.S. Un-weighted	U.S. Census Total Pop
Live alone	24.8	17.6	27.9	17.0	27.8
Living with roommates or housemates	7.8	13.7	9.9	8.4	6.2
Married or Coupled with no children	38.3	28.4	30.8	35.7	27.4
Married or Coupled with a child or children in the household	25.5	35.2	18.2	32.0	20.7
Single-parent with a child or children in the household	3.6	5.0	9.1	7.0	11.4

Residence Type (Percent)	VT Un-weighted	VT Weighted
In open country but not on a farm	30.2	32.0
On a farm	5.5	6.6
In a small town	42.7	38.5
In an urban / suburban area	21.6	22.9

Educational Attainment (Percent)	VT Un-weighted	VT Weighted	VT Census 18+	U.S. Un-weighted	U.S. Census 18+
Less than 9th grade	1.4	0.9	2.7	0.0	5.3
Some high school, but no degree	3.4	4.6	5.8	1.4	8.5
High school degree or equivalent	19.5	25.7	30.0	7.2	28.4
Skills training and/or an apprenticeship	5.8	Removed for Calculation*	NA	3.5	NA
Some college	18.8	17.0	21.0	24.5	23.9
Undergraduate degree (e.g. a BA)	24.5	28.2	20.3	32.3	17.0
Graduate degree (e.g. a Master's)	26.7	23.7	12.0	31.1	9.6

*This category was removed from this calculation for Census data comparability.

Have children under 18 (Percent)	VT Un-weighted	VT Weighted	VT Census Total Pop	U.S. Un-weighted	U.S. Census Total Pop
Yes	20.3	30.8	27.2	29.4	32.1

Household Income (Percent)	VT Un-weighted	VT Weighted	VT Census Total Pop	U.S. Un-weighted	U.S. Census Total Pop
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Less than \$30,000	23.9	28.1	26.9	17.0	29.6
\$30,000-\$74,999	38.8	35.8	40.1	38.1	37.2
\$75,000-\$124,999	27.2	26.5	21.7	31.1	19.8
\$125,000 or more	10.1	9.6	11.4	13.8	13.7

County of Residence (Percent)	VT Weighted	VT Census Total Pop
Addison	7.2	5.9
Bennington	7.5	5.9
Caledonia	5.0	5.0
Chittenden	23.1	25.3
Essex	0.9	1.0
Franklin	6.3	7.7
Grand Isle	2.7	1.1
Lamoille	3.1	4.0
Orange	4.8	4.6
Orleans	2.1	4.3
Rutland	7.3	9.7
Washington	13.0	9.5
Windham	9.3	7.0
Windsor	7.8	9.0
Total	100.0	100.0

American Time Use Survey (ATUS) question set

Utilized by the U.S. Bureau of Labor Statistics: The American Time Use Survey (ATUS) provides nationally representative estimates of how, where, and with whom Americans spend their time, and is the only federal survey providing data on the full range of nonmarket activities, from childcare to volunteering.-

<http://www.bls.gov/tus/overview.htm#1>

How frequently in the past 12 months have you participated in the activities of a group or organization such as a neighborhood association, political party, church or religious org, sports group, hobby or leisure club, charitable org or any other group? (Percent)	VT Un-weighted	VT Weighted	VT ATUS*	U.S. Un-weighted	U.S. ATUS*
I have participated in neighborhood associations or groups more than twice in the past year.	61.6	61.0		44.0	
I have participated in neighborhood associations or groups once or twice in the past year.	10.6	11.0		10.3	
I belong to such groups but have not participated in any during the past year.	3.8	2.5		7.7	
I do not belong to any neighborhood associations or groups.	24.0	25.5		38.1	

*Bureau of Labor Statistics ATUS data not available at report time.

Cantril's Ladder of life question

The Cantril Scale, which has been used by a wide variety of researchers since its initial development by Hadley Cantril, is an example of one type of wellbeing assessment. At the same time, scholarly research has revealed that measurement of wellbeing is multifaceted, including a continuum from judgments of life (life evaluation) to feelings (daily affect). Different measures of wellbeing provide different perspectives on the process by which respondents reflect on or experience their lives. The Cantril Scale measures wellbeing closer to the end of the continuum representing judgments of life or life evaluation (Diener, Kahneman, Tov, & Arora, 2009). Research conducted across countries around the world (Deaton, 2008) indicates substantial correlations between the Cantril Scale and income. This contrasts with measures of feelings or affect which appear to be more closely correlated with variables

such as social time (Harter & Arora, 2008).- <http://www.gallup.com/poll/122453/understanding-gallup-uses-cantril-scale.aspx>

Now, please imagine a ladder with the steps numbered from zero at the bottom to ten at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible. If the top step is 10 and the bottom step is 0, on which step of the ladder do you feel you personally stand at the present time? (Mean)	VT Un-weighted	VT Weighted	U.S. Un-weighted
Mean Score	7.4	7.0	6.6

United Kingdom's Quality of Life question set

United Kingdom (UK) Quality of Life Domain (Means)	VT Un-weighted	VT Weighted	UK
On a scale of 0 to 10 where 0 is "not at all satisfied" and 10 is "extremely satisfied", how satisfied are you with your life nowadays?	7.7	7.5	7.4
On a scale of 0 to 10, where 0 is not at all happy and 10 is extremely happy, how happy did you feel yesterday?	7.6	7.5	7.4
On a scale of 0 to 10, where 0 is not at all anxious and 10 is extremely anxious, how anxious did you feel yesterday?	3.3	3.2	3.4
On a 0 to 10 scale, where 0 is not at all worthwhile and 10 is extremely worthwhile: to what extent do you feel the things you do in your life are worthwhile?	8.2	8.1	7.6

Gross National Happiness Domain results

The results from multiple series of questions (detailed below) are collapsed into the GNH domain categories.

Happiness Domains (Mean)	VT Un-weighted	VT Weighted	U.S. Un-weighted
Psychological Wellbeing	4.1	4.1	3.8
Physical Health	3.8	3.9	3.5
Time Balance	3.3	3.1	3.0
Community Vitality	3.6	3.5	3.1
Social Connection	4.4	4.3	3.8
Education & Cultural Access	3.9	3.9	3.7
Environmental Quality	4.2	4.2	3.8
Governance	3.2	3.0	2.9
Material Wellbeing	3.8	3.5	3.4
Work Experience	3.9	3.8	3.5

Results from individual questions comprising composite domain categories (VT weighted results)

I lead a purposeful and meaningful life.	Frequency	Percent
Strongly Disagree	1	.2
Disagree	11	2.7
Neither Agree nor Disagree	24	5.9
Agree	231	57.7
Strongly Agree	134	33.5
Total	400	100.0

I am engaged and interested in my daily activities.	Frequency	Percent
Strongly Disagree	1	.3
Disagree	11	2.7
Neither Agree nor Disagree	19	4.9

Agree	242	60.5
Strongly Agree	127	31.7
Total	400	100.0

I am optimistic about my future.	Frequency	Percent
Strongly Disagree	2	.4
Disagree	17	4.3
Neither Agree nor Disagree	25	6.3
Agree	217	54.3
Strongly Agree	139	34.7
Total	400	100.0

Most days I feel a sense of accomplishment from what I do.	Frequency	Percent
Strongly Disagree	0	.1
Disagree	33	8.3
Neither Agree nor Disagree	45	11.2
Agree	229	57.3
Strongly Agree	92	23.1
Total	399	100.0

In general, I feel very positive about myself.	Frequency	Percent
Strongly Disagree	1	.2
Disagree	31	7.9
Neither Agree nor Disagree	39	9.7
Agree	230	57.8
Strongly Agree	97	24.5
Total	398	100.0

Would you say your overall health is poor, fair, good, very good or excellent?	Frequency	Percent
Poor	18	4.6
Fair	39	9.8
Good	131	32.6
Very Good	141	35.3
Excellent	71	17.7
Total	400	100.0

During the past week, how much of the time did you have a lot of energy?	Frequency	Percent
Very rarely or never	13	3.3
Rarely	24	5.9
Sometimes	89	22.1
Often	141	35.1
Very often or always	135	33.6
Total	401	100.0

During the past week, how much of the time did you feel you could not get going?	Frequency	Percent
Very rarely or never	164	41.0
Rarely	112	28.1
Sometimes	80	19.9
Often	38	9.5
Very often or always	6	1.5
Total	401	100.0

During the past week, how much of the time did you experience physical pain that prevented you from doing what you needed to do?	Frequency	Percent
Very rarely or never	232	58.6
Rarely	55	13.9
Sometimes	59	14.9

Often	28	7.0
Very often or always	23	5.7
Total	397	100.0

How satisfied are you with your ability to perform your daily living activities?	Frequency	Percent
Very Dissatisfied	5	1.3
Dissatisfied	23	5.8
Neither Satisfied or Dissatisfied	15	3.8
Satisfied	191	47.6
Very Satisfied	166	41.5
Total	401	100.0

How satisfied are you with the quality of your exercise?	Frequency	Percent
Very Dissatisfied	26	6.5
Dissatisfied	89	22.4
Neither Satisfied or Dissatisfied	51	12.8
Satisfied	152	38.2
Very Satisfied	80	20.2
Total	398	100.0

In a typical week, would you say that you spend...none of your time, not much of your time, some of your time, most of your time, or all of your time...doing the kinds of things that you enjoy?	Frequency	Percent
None of my time	9	2.1
Not much of my time	25	6.2
Some of my time	168	42.1
Most of my time	182	45.5
All of my time	16	4.0
Total	399	100.0

Do you: strongly disagree, disagree, neither agree nor disagree, agree or strongly agree with the following statements: In my daily life I seldom have time to do the things I really enjoy.	Frequency	Percent
Strongly Disagree	41	10.2
Disagree	199	49.7
Neither Agree nor Disagree	40	9.9
Agree	102	25.5
Strongly Agree	19	4.7
Total	400	100.0

Please tell me your level of agreement for the following statements. Please think specifically about how things were for you over the past week.

My life has been too rushed.	Frequency	Percent
Strongly Disagree	35	8.8
Disagree	153	38.1
Neither Agree nor Disagree	73	18.2
Agree	111	27.6
Strongly Agree	29	7.3
Total	401	100.0

I have been able to take life at a leisurely pace.	Frequency	Percent
Strongly Disagree	43	10.7
Disagree	130	32.5
Neither Agree nor Disagree	51	12.7
Agree	148	36.9
Strongly Agree	29	7.3
Total	400	100.0

I have had enough time to do what I needed to do.	Frequency	Percent
Strongly Disagree	18	4.6
Disagree	113	28.2
Neither Agree nor Disagree	32	8.1
Agree	208	52.0
Strongly Agree	28	7.1
Total	400	100.0

I have had plenty of spare time.	Frequency	Percent
Strongly Disagree	56	14.0
Disagree	178	44.5
Neither Agree nor Disagree	25	6.3
Agree	119	29.7
Strongly Agree	22	5.5
Total	400	100.0

When you think about your neighbors, would you say you:	Frequency	Percent
Trust none of them	11	2.7
Trust a few of them	53	13.6
Trust some of them	57	14.8
Trust most of them	186	48.0
Trust all of them	82	21.0
Total	388	100.0

When you think about strangers that you encounter, would you say you:	Frequency	Percent
Trust none of them	60	15.3
Trust a few of them	56	14.3
Trust some of them	123	31.1
Trust most of them	142	36.0
Trust all of them	13	3.4
Total	394	100.0

When you think about businesses in your community, would you say you:	Frequency	Percent
Trust none of them	9	2.3
Trust a few of them	34	8.4
Trust some of them	74	18.7
Trust most of them	238	59.8
Trust all of them	43	10.8
Total	398	100.0

How likely do you think it would be to have all of your money returned to you if it was found by someone who lives close by?	Frequency	Percent
Not at all likely	36	8.9
Somewhat likely	72	18.2
Fairly likely	82	20.5
Very likely	151	37.8
Extremely likely	59	14.7
Total	399	100.0

How satisfied are you with your personal safety in your city or town?	Frequency	Percent
Very Dissatisfied	5	1.1
Dissatisfied	18	4.6
Neither Dissatisfied nor Satisfied	29	7.2
Satisfied	188	46.9
Very Satisfied	161	40.1
Total	401	100.0

In the past 12 months would you say you donated money to a charity:	Frequency	Percent
Never	48	12.1
Once in the last year	55	13.8
At least once every six months	70	17.5
At least once every three months	84	21.1
At least once a month	141	35.5
Total	398	100.0

In the past 12 months would you say you volunteered your time to an organization:	Frequency	Percent
Never	95	23.8
Once in the last year	46	11.5
At least once every six months	42	10.5
At least once every three months	47	11.8
At least once a month	169	42.3
Total	400	100.0

How satisfied are you with the support you get from your friends?	Frequency	Percent
Very Dissatisfied	8	2.2
Dissatisfied	11	2.8
Neither Satisfied or Dissatisfied	26	6.7
Satisfied	160	41.0
Very Satisfied	185	47.4
Total	391	100.0

How satisfied are you with your personal relationships?	Frequency	Percent
Very Dissatisfied	5	1.4
Dissatisfied	31	8.0
Neither Satisfied or Dissatisfied	28	7.3
Satisfied	120	30.8
Very Satisfied	204	52.4
Total	388	100.0

To what extent do you agree with the following statement: People in my life care about me.	Frequency	Percent
Strongly Disagree	1	.2
Disagree	6	1.5
Neither Agree nor Disagree	10	2.5
Agree	146	36.5
Strongly Agree	237	59.3
Total	399	100.0

Over the past week have you felt lonely:	Frequency	Percent
Very rarely or never	229	57.4
Rarely	47	11.7
Sometimes	72	17.9
Often	42	10.5
Very often or always	10	2.5
Total	400	100.0

Over the past week have you felt loved:	Frequency	Percent
Very rarely or never	13	3.4
Rarely	9	2.1
Sometimes	55	13.7
Often	69	17.4
Very often or always	253	63.4
Total	399	100.0

Would you describe your feeling of belonging to your local community as:	Frequency	Percent
Very weak	25	6.3
Somewhat weak	51	12.7
Neither weak nor strong	113	28.2
Somewhat strong	129	32.4
Very strong	81	20.4
Total	399	100.0

In your neighborhood or community, how important is it for you to have activities to develop skills through informal education?	Frequency	Percent
Not at all important	27	6.8
Not very important	29	7.2
Somewhat important	105	26.5
Moderately important	108	27.1
Very important	129	32.4
Total	397	100.0

In your neighborhood or community, how important is it for you to have artistic and cultural activities?	Frequency	Percent
Not at all important	22	5.5
Not very important	37	9.3
Somewhat important	107	26.9
Moderately important	109	27.4
Very important	122	30.8
Total	398	100.0

In your neighborhood or community, how important is it for you to have sports and recreational activities?	Frequency	Percent
Not at all important	34	8.5
Not very important	33	8.3
Somewhat important	76	19.2
Moderately important	87	21.8
Very important	168	42.1
Total	398	100.0

In your neighborhood or community, how satisfied are you with your access to activities to develop skills through informal education?	Frequency	Percent
Very Dissatisfied	7	1.8
Dissatisfied	58	14.6
Neither Satisfied or Dissatisfied	99	24.8
Satisfied	166	41.7
Very Satisfied	68	17.2
Total	397	100.0

In your neighborhood or community, how satisfied are you with your access to artistic and cultural activities?	Frequency	Percent
Very Dissatisfied	8	2.1
Dissatisfied	43	10.8
Neither Satisfied or Dissatisfied	88	22.3
Satisfied	169	42.6
Very Satisfied	88	22.3
Total	396	100.0

In your neighborhood or community, how satisfied are you with your access to sports and recreational activities?	Frequency	Percent
Very Dissatisfied	9	2.2

Dissatisfied	23	5.7
Neither Satisfied or Dissatisfied	86	21.6
Satisfied	168	42.2
Very Satisfied	112	28.3
Total	397	100.0

How often do you feel uncomfortable or out of place in your neighborhood because of your ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion?	Frequency	Percent
Never	323	80.8
Rarely	34	8.4
Some of The Time	31	7.7
Most of The Time	11	2.7
All of The Time	1	.4
Total	399	100.0

Generally-speaking, would you say your neighborhood is:	Frequency	Percent
Not at all healthy	5	1.2
A little healthy	10	2.4
Somewhat healthy	145	36.2
Very healthy	196	49.1
Extremely healthy	44	11.1
Total	399	100.0

How satisfied are you with efforts to preserve the natural environment in your neighborhood?	Frequency	Percent
Very Dissatisfied	5	1.2
Dissatisfied	25	6.2
Neither Satisfied or Dissatisfied	75	18.9
Satisfied	188	47.0
Very Satisfied	107	26.8
Total	400	100.0

How satisfied are you with the options you have to enjoy nature in your neighborhood?	Frequency	Percent
Very Dissatisfied	5	1.1
Dissatisfied	4	.9
Neither Satisfied or Dissatisfied	10	2.5
Satisfied	128	32.0
Very Satisfied	254	63.5
Total	400	100.0

How satisfied are you with the air quality in your neighborhood?	Frequency	Percent
Very Dissatisfied	2	.6
Dissatisfied	7	1.7
Neither Satisfied or Dissatisfied	6	1.6
Satisfied	151	37.7
Very Satisfied	234	58.4
Total	400	100.0

How satisfied are you with the quality of the natural environment in your neighborhood?	Frequency	Percent
Very Dissatisfied	2	.6
Dissatisfied	15	3.8
Neither Satisfied or Dissatisfied	17	4.3
Satisfied	140	35.1
Very Satisfied	225	56.3

Total	400	100.0
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How satisfied are you with the job being done by local government officials in your city or town?	Frequency	Percent
Very Dissatisfied	39	9.7
Dissatisfied	76	19.1
Neither Satisfied or Dissatisfied	94	23.7
Satisfied	158	39.7
Very Satisfied	31	7.7
Total	398	100.0

Please tell me your level of agreement with the following statements:

Corruption is widespread throughout government in my city or town.	Frequency	Percent
Strongly Disagree	67	16.9
Disagree	143	36.1
Neither agree nor disagree	103	26.0
Agree	69	17.3
Strongly Agree	15	3.7
Total	397	100.0

Public officials in my city or town pay attention to what people think.	Frequency	Percent
Strongly Disagree	17	4.2
Disagree	66	16.6
Neither agree nor disagree	88	22.2
Agree	174	43.7
Strongly Agree	53	13.3
Total	398	100.0

People in my city or town can influence their public officials.	Frequency	Percent
Strongly Disagree	7	1.7
Disagree	36	9.1
Neither agree nor disagree	60	15.0
Agree	244	61.5
Strongly Agree	50	12.6
Total	397	100.0

How much confidence do you have in your Local government?	Frequency	Percent
No confidence	27	6.8
Not very much confidence	106	26.6
A fair amount of confidence	178	44.7
Quite a lot of confidence	71	17.9
A great deal of confidence	16	3.9
Total	398	100.0

How much confidence do you have in your Federal /National government?	Frequency	Percent
No confidence	118	29.7
Not very much confidence	140	35.2
A fair amount of confidence	113	28.3
Quite a lot of confidence	20	4.9
A great deal of confidence	8	1.9
Total	398	100.0

In general, how stressed do you feel about your personal finances?	Frequency	Percent
Overwhelming Stress	39	9.8
High Stress	52	13.0
Moderate Stress	158	39.4
Low Stress	96	23.9

No Stress at all	55	13.8
Total	401	100.0

How frequently do you find yourself just getting by financially and living paycheck to paycheck?	Frequency	Percent
All the time	81	20.3
Most of the time	65	16.1
Sometimes	96	24.0
Rarely	69	17.4
Never	89	22.2
Total	399	100.0

In the past 12 months how frequently could you not pay bills (water or phone bill, credit card, etc.) on time?	Frequency	Percent
At least once a month	45	11.3
At least once every three months	49	12.3
At least once every six months	19	4.7
Once in the last year	30	7.5
Never	256	64.1
Total	399	100.0

In the past 12 months how frequently did you eat less because there wasn't enough food or money for food.	Frequency	Percent
At least once a month	40	10.0
At least once every three months	16	3.9
At least once every six months	21	5.4
Once in the last year	11	2.8
Never	311	77.9
Total	399	100.0

Please tell me your level of agreement with the following: I have enough money to buy the things I want.	Frequency	Percent
Strongly Disagree	43	10.7
Disagree	99	24.9
Neither Agree nor Disagree	71	17.7
Agree	135	33.8
Strongly Agree	52	12.9
Total	399	100.0

I'm now going to read you a series of work-life options. Please tell me which option best describes your current status.	Frequency	Percent
A full time employee	159	39.6
A part time employee	40	10.1
Working independently- self employed	62	15.4
Work two or more jobs	16	4.0
A volunteer at an organization	6	1.6
Unemployed looking for work	16	4.0
Retired	75	18.6
Homemaker	6	1.4
Other	21	5.3
Total	400	100.0

All things considered, how satisfied are you with your current work life?	Frequency	Percent
Very Dissatisfied	6	2.1
Dissatisfied	19	6.6
Neither Satisfied or Dissatisfied	37	12.9

Satisfied	104	37.0
Very Satisfied	117	41.4
Total	283	100.0

How satisfied are you with the balance between the time you spend on your job and the time you spend on other aspects of your life?	Frequency	Percent
Very Dissatisfied	15	5.3
Dissatisfied	65	23.0
Neither Satisfied or Dissatisfied	32	11.3
Satisfied	109	38.6
Very Satisfied	61	21.8
Total	282	100.0

How much of the time do you find your current work life Interesting?	Frequency	Percent
Very rarely or never	7	2.4
Rarely	19	6.9
Sometimes	51	18.0
Often	86	30.8
Very often or always	117	41.9
Total	280	100.0

Please state your level of agreement with each of these statements:

The conditions of my job allow me to be about as productive as I could be.	Frequency	Percent
Strongly Disagree	6	2.2
Disagree	32	11.7
Neither agree nor disagree	16	6.0
Agree	136	49.7
Strongly Agree	83	30.4
Total	274	100.0

Considering all my efforts and achievements in my job I feel I get paid appropriately.	Frequency	Percent
Strongly Disagree	26	9.4
Disagree	61	21.7
Neither agree nor disagree	26	9.1
Agree	134	47.7
Strongly Agree	34	12.0
Total	281	100.0

I am allowed to decide how to go about getting my job done.	Frequency	Percent
Strongly Disagree	7	2.6
Disagree	30	10.8
Neither agree nor disagree	14	5.1
Agree	155	55.2
Strongly Agree	74	26.4
Total	281	100.0

County Comparisons (No guarantee of statistical differences between Counties)

	On a scale of 0 to 10 where 0 is "not at all satisfied" and 10 is "extremely satisfied", how satisfied are you with your life nowadays?	On a scale of 0 to 10, where 0 is not at all happy and 10 is extremely happy, how happy did you feel yesterday?	On a scale of 0 to 10, where 0 is not at all anxious and 10 is extremely anxious, how anxious did you feel yesterday?	On a 0 to 10 scale, where 0 is not at all worthwhile and 10 is extremely worthwhile: to what extent do you feel the things you do in your life are worthwhile?
Addison	7.9	7.3	2.3	8.5
Bennington	7.9	8.0	3.3	6.9

Caledonia	5.7	6.3	1.9	5.7
Chittenden	7.3	7.3	3.6	8.3
Essex	8.0	5.8	5.0	8.7
Franklin	8.3	8.2	3.3	8.9
Grand Isle	7.9	9.7	0.4	9.7
Lamoille	7.5	7.6	2.7	8.3
Orange	7.6	7.8	3.0	8.1
Orleans	7.3	7.1	3.8	8.0
Rutland	7.7	7.7	4.3	8.5
Washington	7.7	7.0	3.2	8.1
Windham	7.0	6.9	2.9	8.0
Windsor	7.7	8.3	4.3	8.8

Now, please imagine a ladder with the steps numbered from zero at the bottom to ten at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible. If the top step is 10 and the bottom step is 0, on which step of the ladder do you feel you personally stand at the present time?	
Addison	7.8
Bennington	6.8
Caledonia	4.2
Chittenden	6.8
Essex	7.3
Franklin	8.1
Grand Isle	7.9
Lamoille	7.7
Orange	7.2
Orleans	6.8
Rutland	7.4
Washington	7.3
Windham	6.4
Windsor	6.7

	Physical Wellbeing	Physical Health	Time Balance	Community Vitality	Social Connection	Education and Cultural Access	Environmental Quality	Governance	Material Wellbeing	Work Experience
Addison	4.2	4.0	3.1	3.7	4.4	4.0	4.2	3.1	3.7	3.9
Bennington	4.0	4.2	3.3	3.9	4.6	4.2	4.4	3.5	3.6	3.7
Caledonia	3.6	3.7	3.5	3.6	3.6	3.6	4.2	2.5	3.5	3.9
Chittenden	4.2	3.9	3.2	3.7	4.3	3.9	4.2	3.1	3.6	3.8
Essex	4.0	3.5	2.4	2.8	3.7	3.7	4.2	2.6	3.6	3.0
Franklin	4.3	4.2	3.5	3.4	4.7	4.2	4.2	3.1	4.1	4.1
Grand Isle	4.7	4.2	3.4	3.4	4.8	3.5	4.8	2.5	3.5	4.5
Lamoille	4.2	3.5	3.3	3.5	4.3	3.7	4.4	3.2	4.0	4.1
Orange	4.1	3.8	2.9	3.6	4.4	3.8	4.3	3.1	3.3	3.7
Orleans	4.0	3.9	3.1	3.8	4.7	3.9	4.5	2.8	3.5	4.1
Rutland	4.2	3.9	3.1	3.5	4.1	3.7	4.0	2.9	3.6	3.8
Washington	4.1	3.6	3.2	3.3	4.1	3.9	4.3	2.9	3.1	3.8
Windham	4.1	3.9	3.0	3.3	4.1	3.8	3.9	2.9	3.2	3.5
Windsor	4.0	3.7	2.8	3.5	4.6	3.6	4.3	2.8	3.7	3.7

Open Response Final Question

Any additional thoughts or comments? (Categorized)	Frequency	Percent
Survey Instrument/Premise Critique	29	54.7
Questions Regarding Survey	11	20.8
Non-Specific Comments	13	24.5

Survey Instrument/Premise Critique
<p>The items that detract from the quality of life are external meaning outside the household; Survey was long.; Survey should target younger people; I noticed that there is no category for "disability" on the "work life option" screen. This is something that should be included. As well, a respondent should be able to choose more than one option on this screen. I am disabled and a volunteer and I could only choose one option; Some of the questions I felt boxed in and the choices did not allow me to elaborate. I question the term "happiness" because happiness is so hard to define. I think that the term "well-being" would be a better term to use for the survey.; Some of the questions are too ambiguous to answer accurately.; Everything you describe is about happiness.; Questions confusing; Never have a committee more than three people and never have a questionnaire with more than three possible answers.; Needs to have a question regarding how the world issues affect one's daily happiness.; I find this survey interesting.; I found the survey interesting.; You need to adjust some of the questions in the survey to reflect local living environment - our "urban areas" are similar to small towns in other states.; It's very interesting.; I design surveys for a living, I am shocked how wordy this survey is. If I did not do this for a living (design surveys), I would have lost my interest in this survey somewhere in the middle. There are way too many choices for responses. Please consider this for future surveys.; It's a little long.; I didn't understand the questions I didn't answer.; You could have asked if respondents were happy with their grandchildren, if respondents have pets and what difference either of those make in a respondents life.; In the future, I would rather not answer income-based questions.; In terms of constructive criticism, the questions are too complex to be briefly reduced from one-five answers.; In response to highest education lever, he was a licensed insurance agent for 35 years and felt he had a lot of education.; They ask the same question 7 different ways and get the same answer.; I'm glad you didn't ask any political questions.; I'm excited that this type of survey is out there, and I was happy to participate.; I was not asked about my husband's condition and because my husband has been diagnosed with cancer it affects my level of happiness and my confidence in my future and general wellbeing.; I think they are great questions and am very curious to see what the research shows.; I think that community should be defined more broadly.; Why did you make it so long?; A lot of the questions were put into the negative instead of the positive and it skewed the answers to negative. The questioner did a very good job.</p>

Questions regarding Survey
<p>I'm wondering the purpose; Just wonder why this type of survey falls under UOV; Is the information given individually kept confidential?; Who is looking at the results and what are they doing with the results?; Who is conducting this survey?; What is this survey for?; What is the purpose of the survey to find out how much happier the people in Vermont are compared to other places?; What is it being used for?; What are you using the for?; What are you going to do with the results?; How will you be using it?</p>

Non-Specific Comments
<p>I have days when I don't care if I live or die since my husband died and I've lost my independence since I can't drive any more. I have no desire to live.; I have bipolar disorder, so I am generally happy, but I isolate myself when I am depressed.; I think people were happier back when I grew up more than now. People don't know what they want now; Living in a small town in Vermont contributes to my sense of happiness; My property taxes are too high. Beautiful place to live. Cost of living is very high; It would be interesting to add questions about the faith dimension of happiness.; I am a Jehovah's Witness.; Respondent states, these answers are based on a mechanic who smokes marijuana regularly. The question that asks whether government officials can be influenced, the respondent states the question is misleading. Does influence mean by bribing or does it mean influence in a positive light?; Happiness is dependent on circumstances and belonging and belonging to but my happiness comes from my joy in the Lord and what I do, At times it can be quite fleeing.; Generally I am not anxious, but yesterday was a higher-than-normal anxiety day; It's obviously the concern is for the people who have bad life. The crucial questions should be do they people have religion or do they go to church. That's the important question; Currently on disability and therefore unemployed; Sometimes it's not a good thing to have too much spare time. Sometimes it can be boring.</p>

