



Health, Wealth and Wellbeing

Introduction to health and well-being

Male 1: I measure happiness spending time with my mother and my daughter and my grandson; that's happiness. Family.

Female 1: If you smile in the morning.

Male 2: Yes, if you smile in the morning, yes.

Male 3: Music, drinking, dancing, laughing with my friends.

Male 4: Nice cars, money in the pocket, holidays, girls.

Emily Williams: Happiness; it means something different to different people. Apparently simple, everyday things that give us positive emotions, ranging from contentment to absolute joy.

TV Clip: I don't believe it. David Beckham scores the goal to take England all the way to the World Cup Finals.

Emily Williams: But the experience of life going well isn't just about feeling good, which can be fleeting. It's also about years of healthy life and that varies.

Male 5: In the Scottish city of Glasgow, men in the poorest part of Glasgow have a life expectancy of 54. 54! In the richest part of Glasgow, 82. Isn't it incredible?

Emily Williams: Well-being is a function of the complex relationship between a person's individual resources and wider opportunities or challenges. The dynamic model of well-being uses the idea of flourishing. A flourishing life involves good relationships, autonomy and a sense of purpose. As well as feelings of happiness and satisfaction.

Male 6: Been married to my lovely wife for 32 years. Best thing I ever did.

Female 2: Very happy. (Laughs) Because I'm going to learn how to make some cupcakes today and eat them all.

Emily Williams: Recently, the Prime Minister, David Cameron, told an audience of European business leaders that the biggest, political challenge of our time is to improve society's sense of well-being. In this current economic climate, where employees worry about job security and everybody is being expected to deliver more with less. Cameron said he wanted to make happiness the new GDP in the UK.

David Cameron: So from April next year, we'll start measuring our progress as a country, not just by how our economy is growing. But by how our lives are improving. Not just by our standard of living but by our quality of life.

Emily Williams: But what do these measurements mean? What are the key factors that determine well-being?

Male 7: I didn't think I'd be able to ride 220 miles to London ever again, having been through what I've been through. I was able to. For me it was another tick in the box.

Emily Williams: My name is Emily Williams. In this series, I'll be hearing from people living in a wide variety of circumstances to find out how they maintain their health and well-being.

Female 3: So the postcards are there to prompt effective, helpful actions that you may not otherwise think of. You might do by chance. But you do go out of your way to do it. We're saying, these are worth doing because they help your psychological health.

Emily Williams: I'll be looking at how guidelines to promote our well-being; the equivalent of the health promoting dictum, five fruits and vegetables a day, work in practice.

Female 3: Connect, be active, take notice, keep learning, give.