



UNIVERSITY OF PITTSBURGH
CENTER FOR
Behavioral Health +
Smart Technology

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What can we learn from the world's
happiest people?



While our Center focuses on addressing behavioral health with technology, *National Geographic* journalist and *New York Times* best-selling author Dan Buettner has been investigating how behavioral health, happiness, and longevity are influenced by where we live. His findings, summarized below, were recently published in his book [*Blue Zones of Happiness*](#).

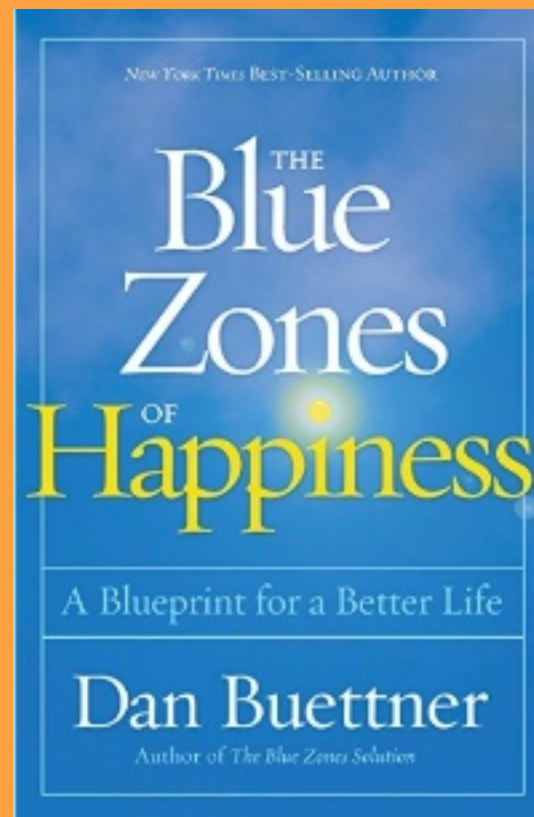
The happiest countries are characterized by:

- Educated mothers and children.
- Prevention-focused healthcare.
- Strong social safety-net.
- Healthy food and walkable cities.

Blue Zones' advice for a less stressful, more fulfilling life:

- Find a sense of purpose.
- Focus on positive social interactions.
- Bring supportive people into your network.
- Move to a "happier" place.

Read more about Buettner's findings and listen to his *Knowledge@Wharton* podcast [here!](#)



Blue Zones identified Singapore, Costa Rica, and Denmark as the 3 happiest countries.



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