Sustainability Spotlight

Quality of Life

When you tell someone that "life is good," have you thought about why that is? Is it because you have your dream job, a safe place to live, and are healthy? Do your family and friends have anything to do with how good your life is? Maybe it's a combination of many reasons that contribute to the quality of life you live or are striving to achieve. Each individual person will have their own definition of what makes his or her life valuable and enjoyable. However, let's take a deeper look at how experts define contributing factors related to quality of life.

The United Nations (UN) analyzes the quality of life within a country by a measure called the Human Development Index (HDI). According to the UN, "The Human Development Index (HDI) is a summary measure of average achievement in key dimensions of human development: a long and healthy life, being knowledgeable and having a decent standard of living."
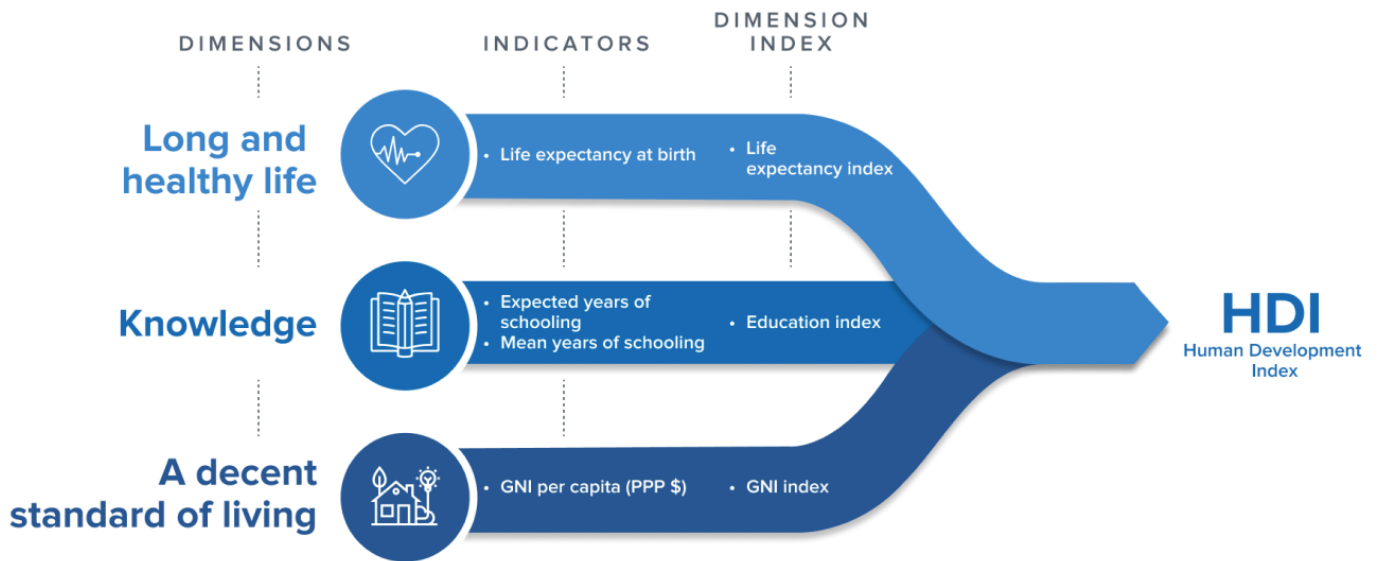
HDI Dimensions and Indicators

Image Source: https://hdr.undp.org

The countries that rank highest according to 2022 HDI measures are #1 Switzerland, #2 Norway, and #3 Iceland. The United States holds the rank of #20 on the list of countries. The UN also launched "A Better Life" initiative that analyzes housing, income, jobs, community, education, environment, governance, health, life satisfaction, safety, and work-life balance as measures to determine additional quality of life factors that impacts individuals and their life satisfaction. While there is much to be learned about how to elevate the quality of life on a global level, sustainability plays a key role in the highest-ranking countries.

For more information, please visit the United Nation's Human Development Reports website.

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