



2013 BKK Global SD Dialogue

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Group 5: Measuring and Monitoring

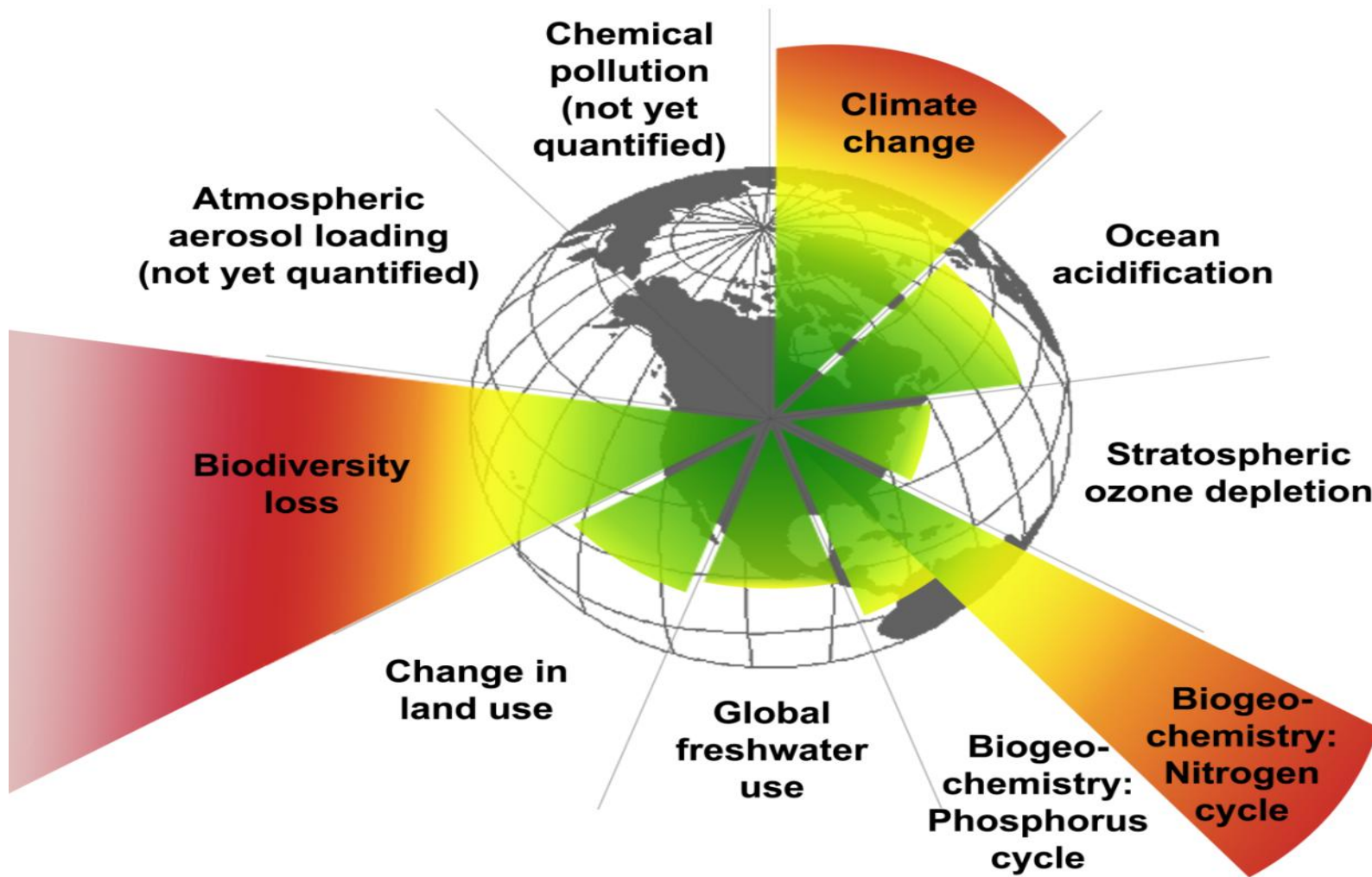
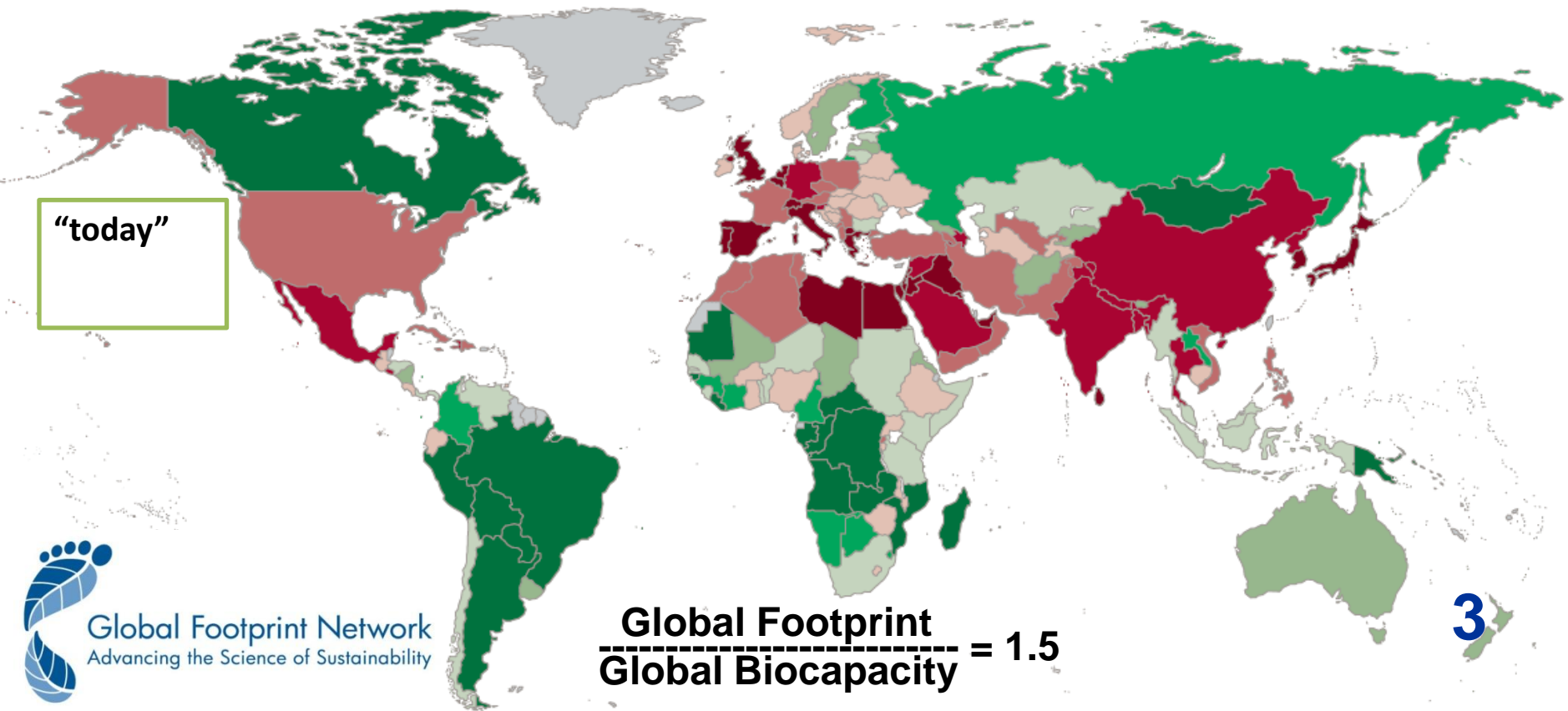


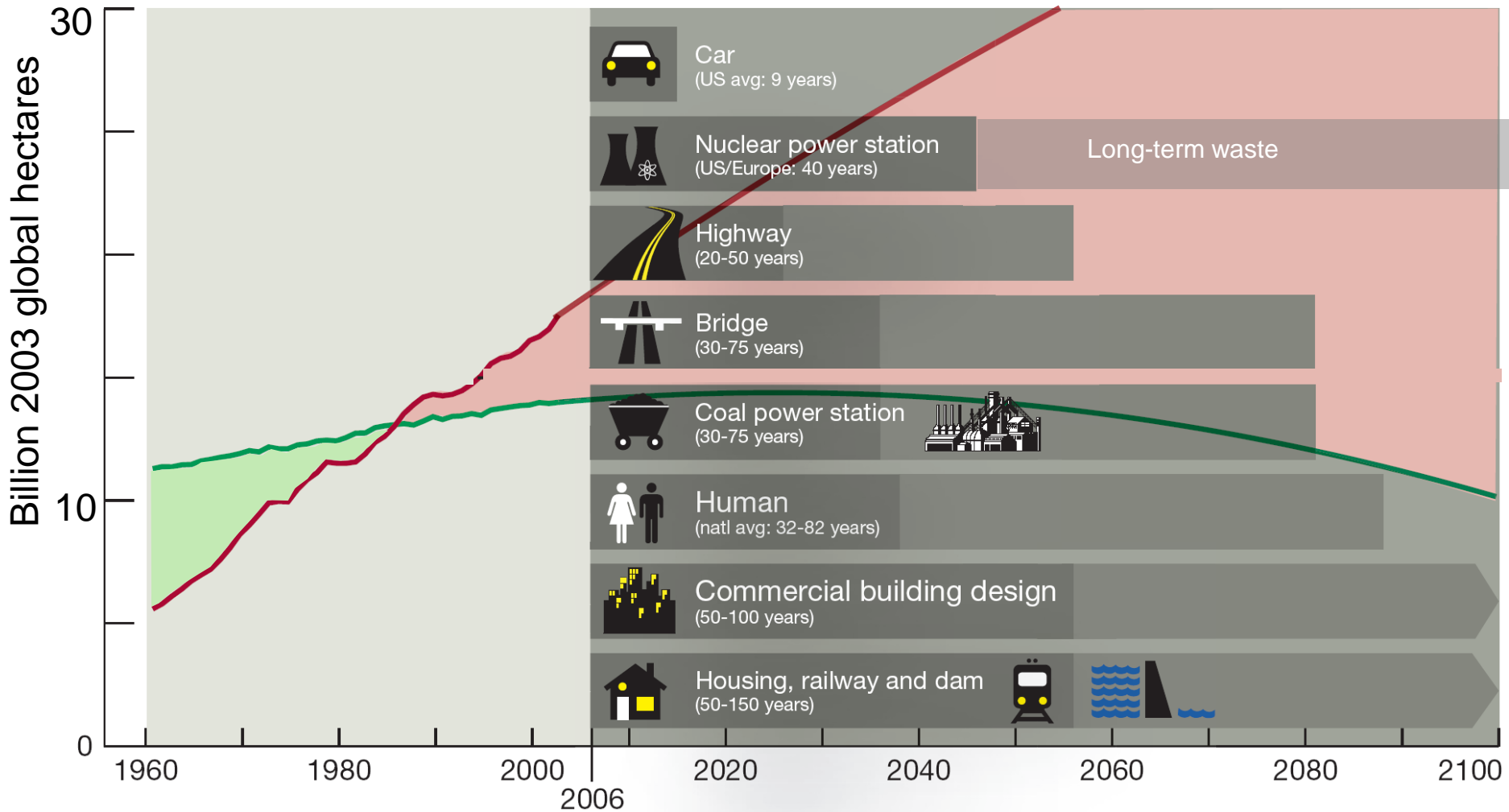
Figure. Planetary Boundaries. From Rockström, J., et al. (2009) “A Safe Operating Space for Humanity.” *Nature* 461: 472-475.

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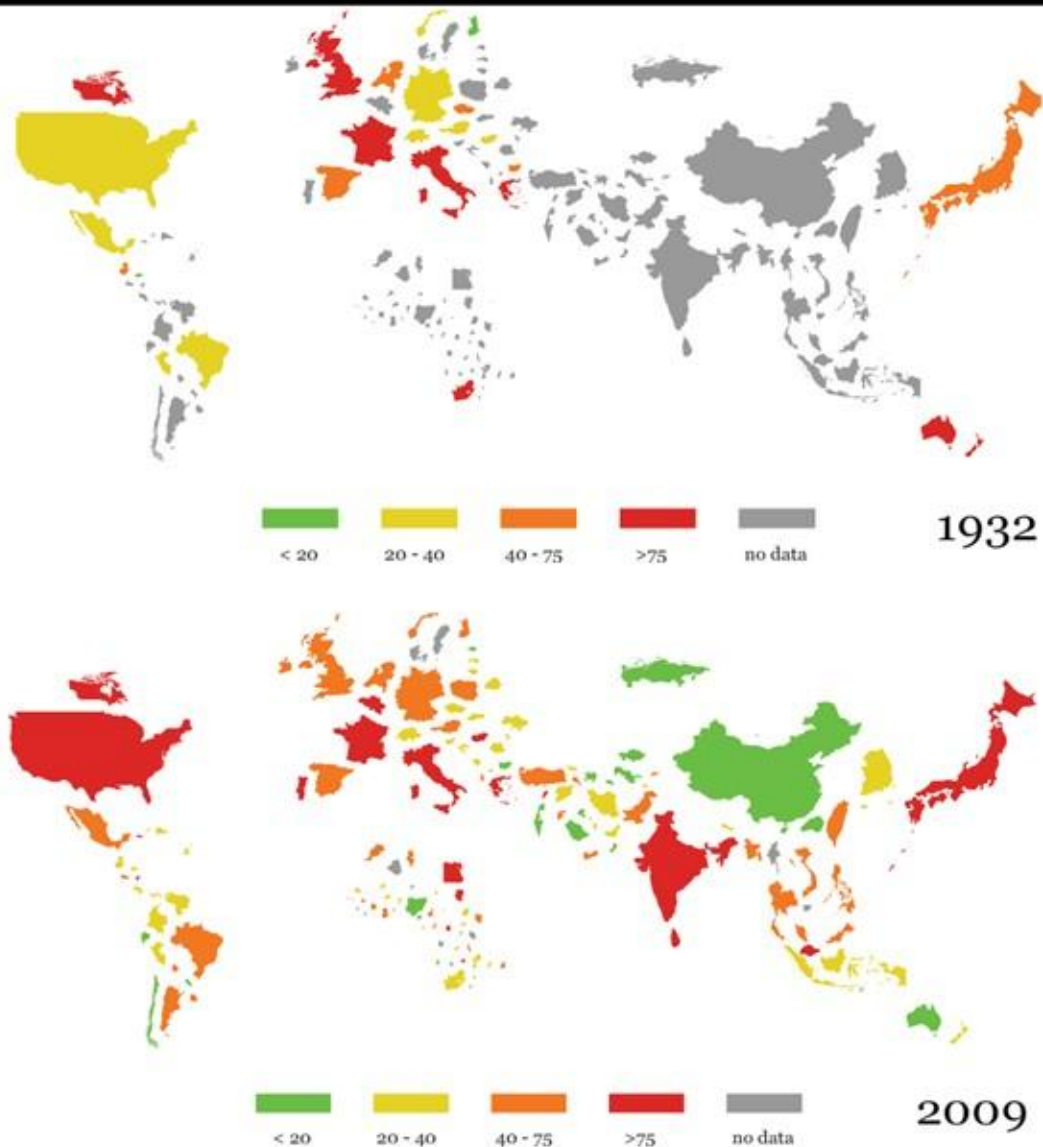
Ecological Creditors and Ecological Debtors



2050 is being built today (as a trap or an opportunity)

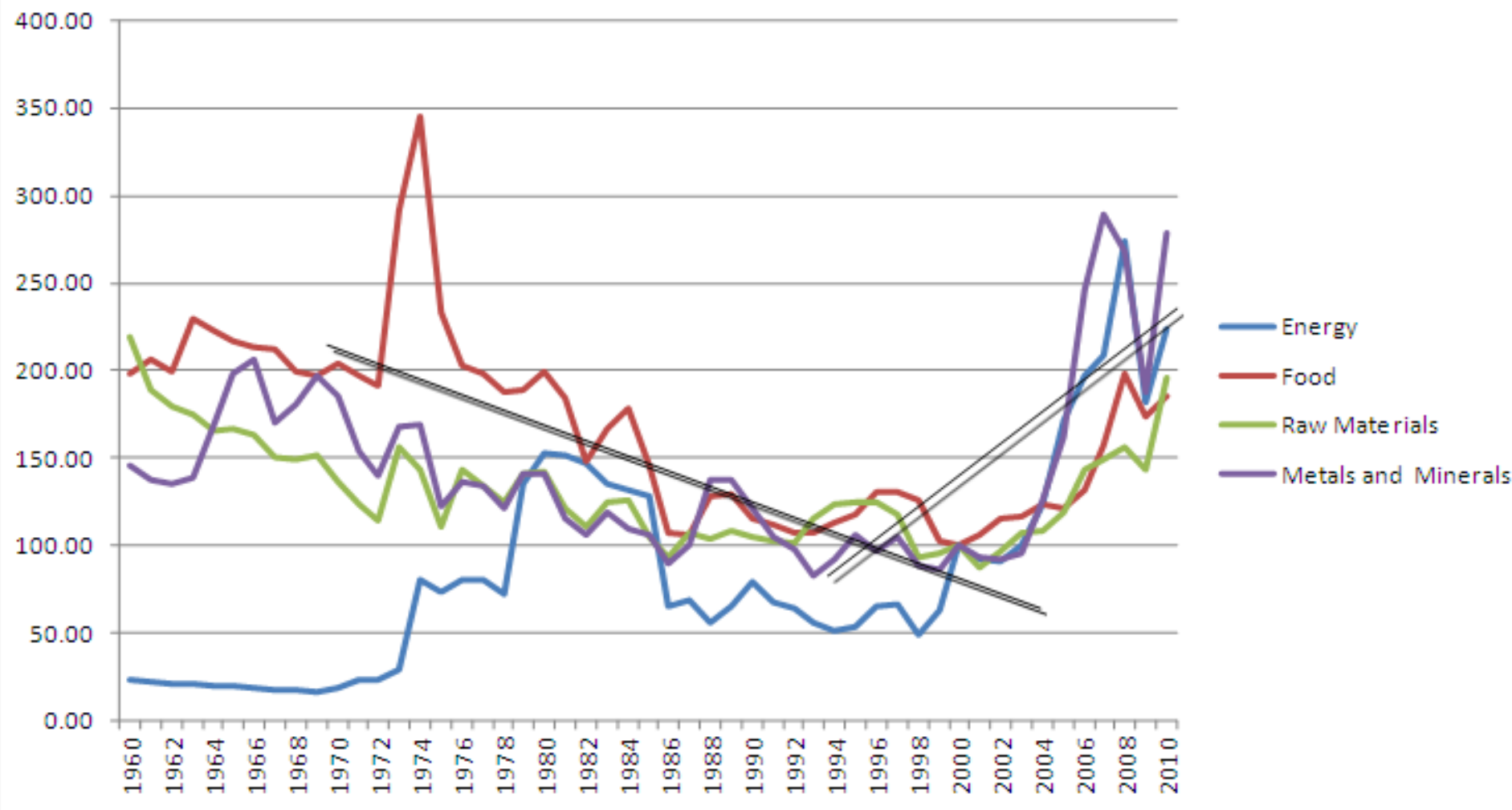


A Tale of Two Crises: *The Great Depression Vs. The Great Recession*



The current situation looks worse because of three factors:

- Weaker starting positions (debt in 2007 20 ppt. higher than in 1928)
- Sharper drop in revenues (due to stronger asset-price/financial sector link)
- Stronger fiscal stimulus and financial sector support



Commodity prices (WB index)

Source: World Bank – pink sheet

LONG-TERM Debt is an Intergenerational Issue

- The burden of growing long-term debt will fall on younger generations as
 - drastically higher taxes
 - cut benefits
 - lower living standards
 - fewer choices for public spending
 - ALL OF THE ABOVE

The diagram consists of three interlocking gears arranged in a triangle. The top gear is purple and labeled 'Benefits of Happiness'. The bottom-left gear is green and labeled 'Causes of Happiness'. The bottom-right gear is red and labeled 'Skills for happiness'. A purple curved arrow points from the 'Benefits' gear to the 'Causes' gear. A green curved arrow points from the 'Causes' gear to the 'Skills' gear. A red curved arrow points from the 'Skills' gear back to the 'Benefits' gear, completing the cycle.

Benefits of
Happiness

Causes
of
Happiness

Skills for
happiness

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Health and Longevity

Social Empathy

Creativity and Innovation

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His Majesty the Fifth King of Bhutan, Jigme Khesar Namgyal Wangchuck with his father the Fourth King of Bhutan, HM Jigme Singye Wangchuck (Original Proponent of GNH)

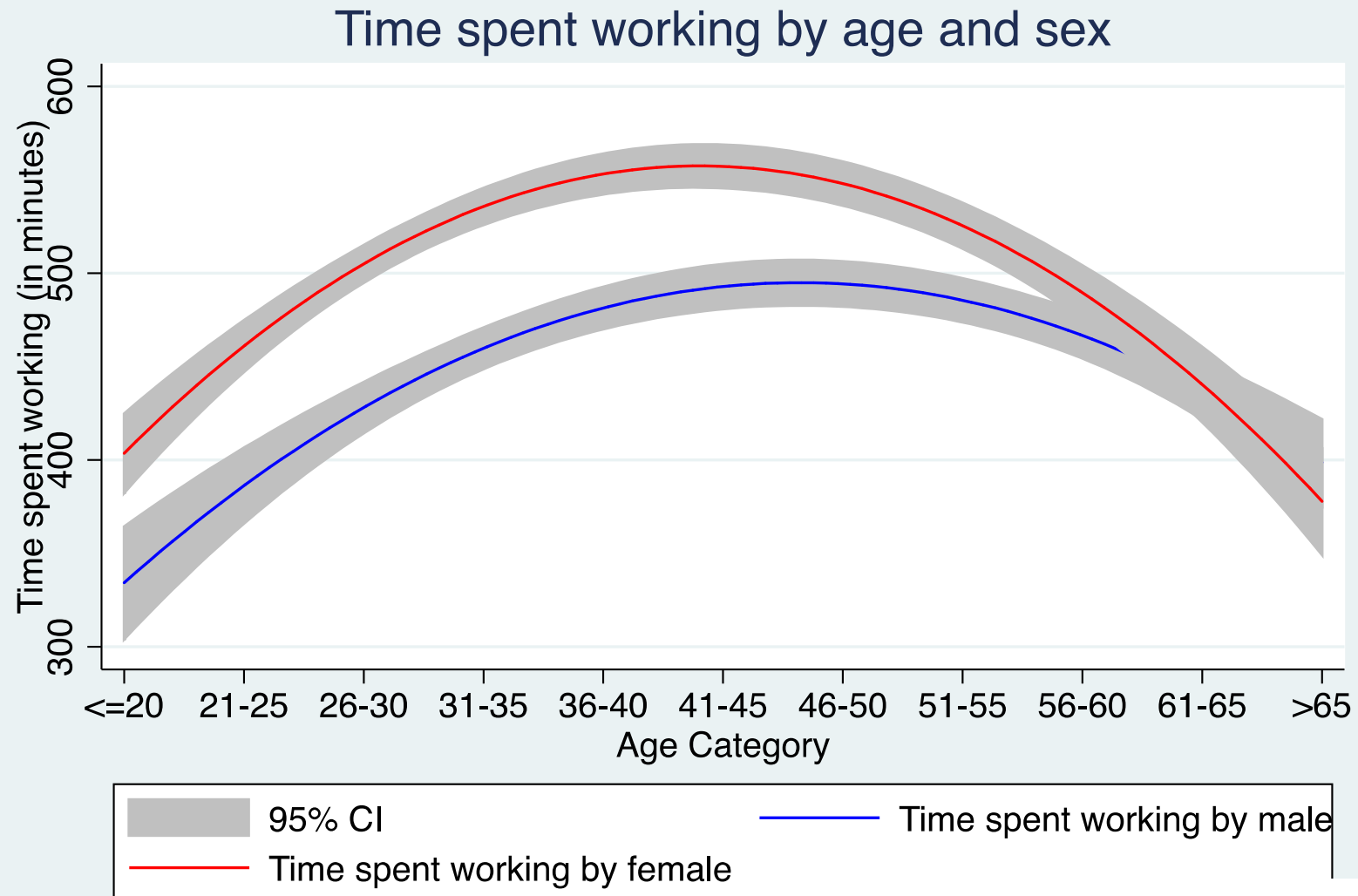


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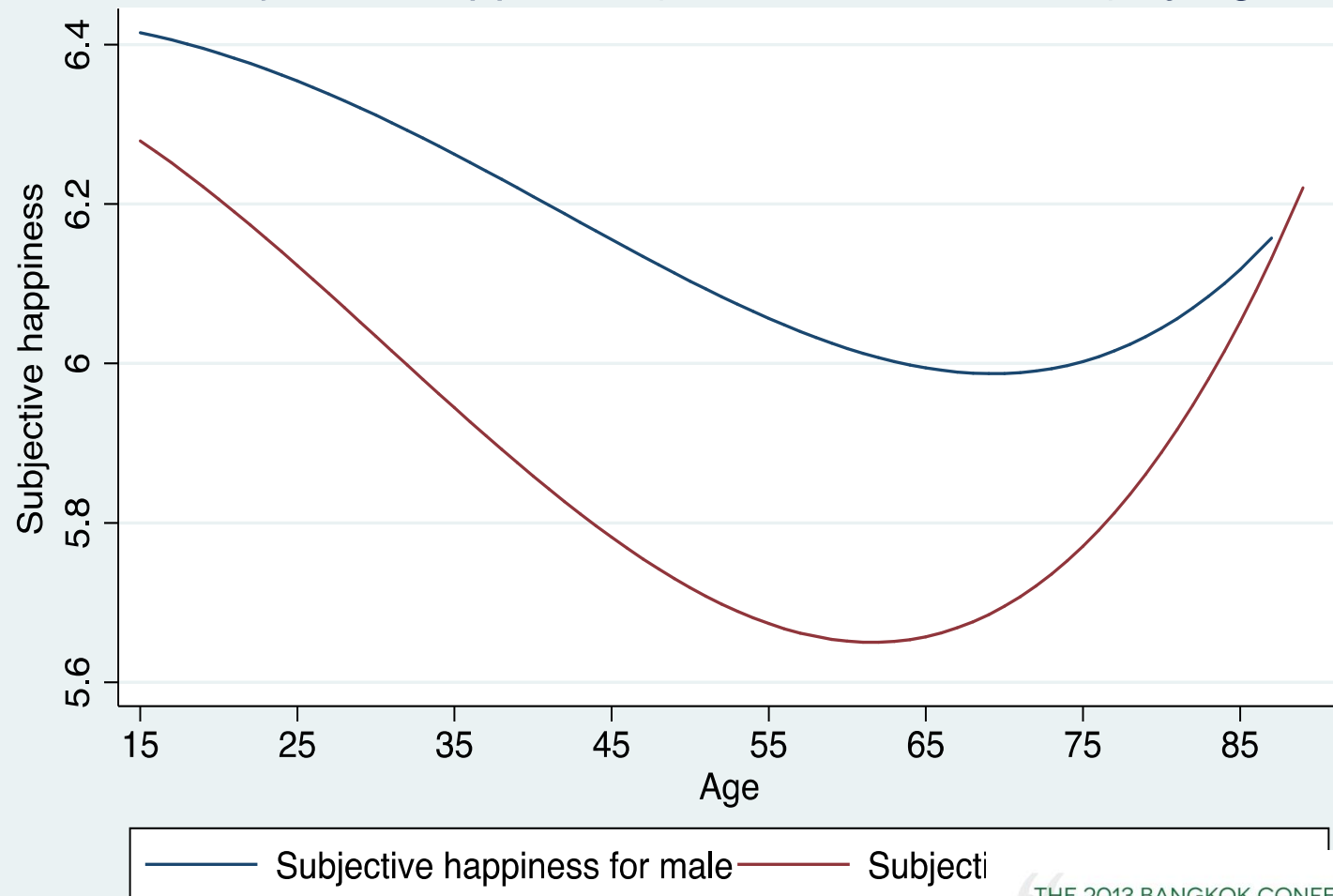
Bhutanese people work longest hours in midlife, between 46 to 50, peaking at 518 minutes a day



Source: GNH Survey 2010

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Subjective happiness (on a scale from 0-10) by age



Source: GNH Survey 2010

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- **Results of GNH index for 2010,**
- 10.4% of people were ‘unhappy’;
- 47.8% are ‘narrowly happy’,
- 32.6% are ‘extensively happy’; and
- 8.3% are ‘deeply happy’.



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WHEEL AS HOLISTIC SYMBOL (HOLISTIC = wellbeing, global, multi-dimensional, timeless)



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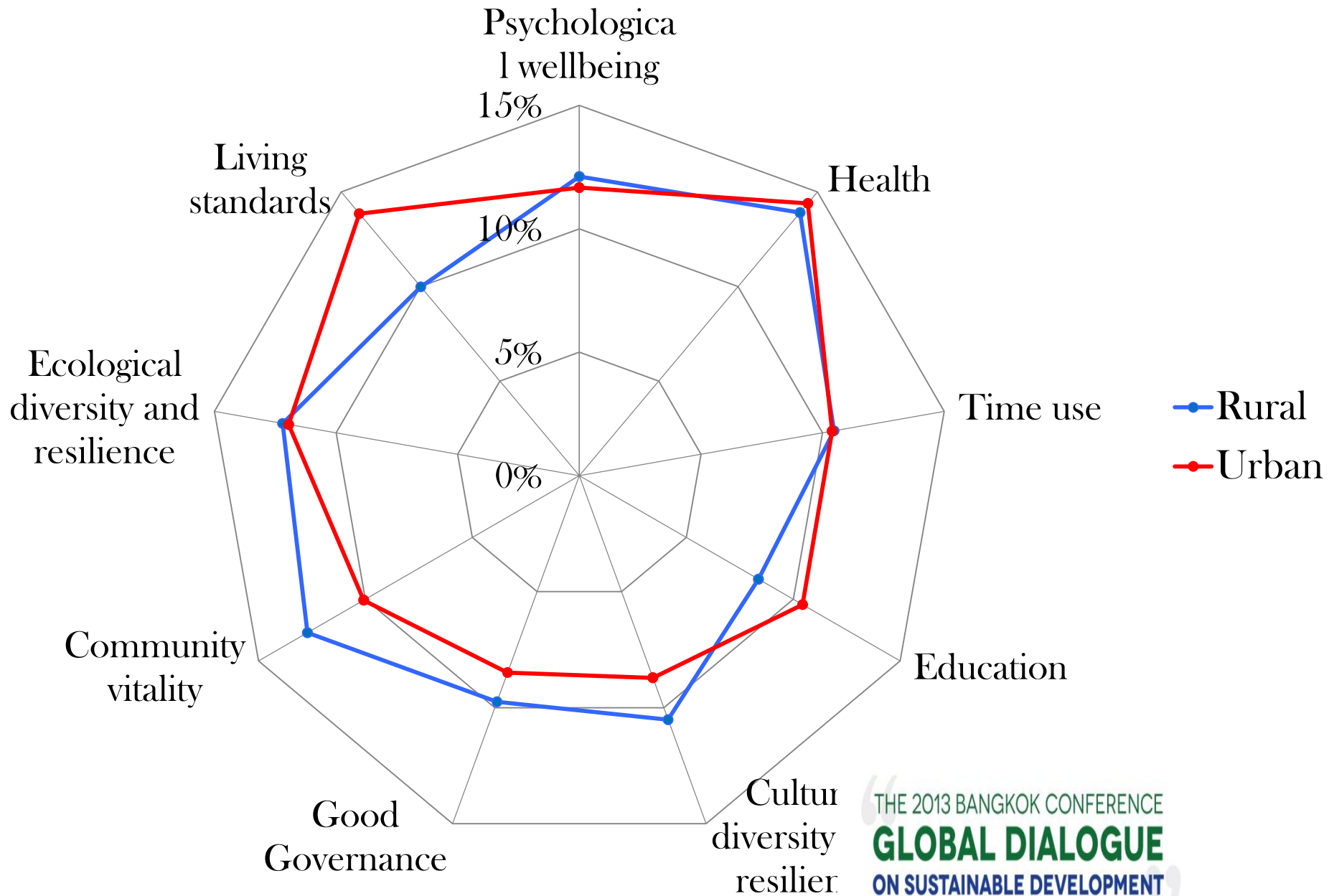
9 Domains of GNH

Measured in the GNH Index & GNH Screening Tools.

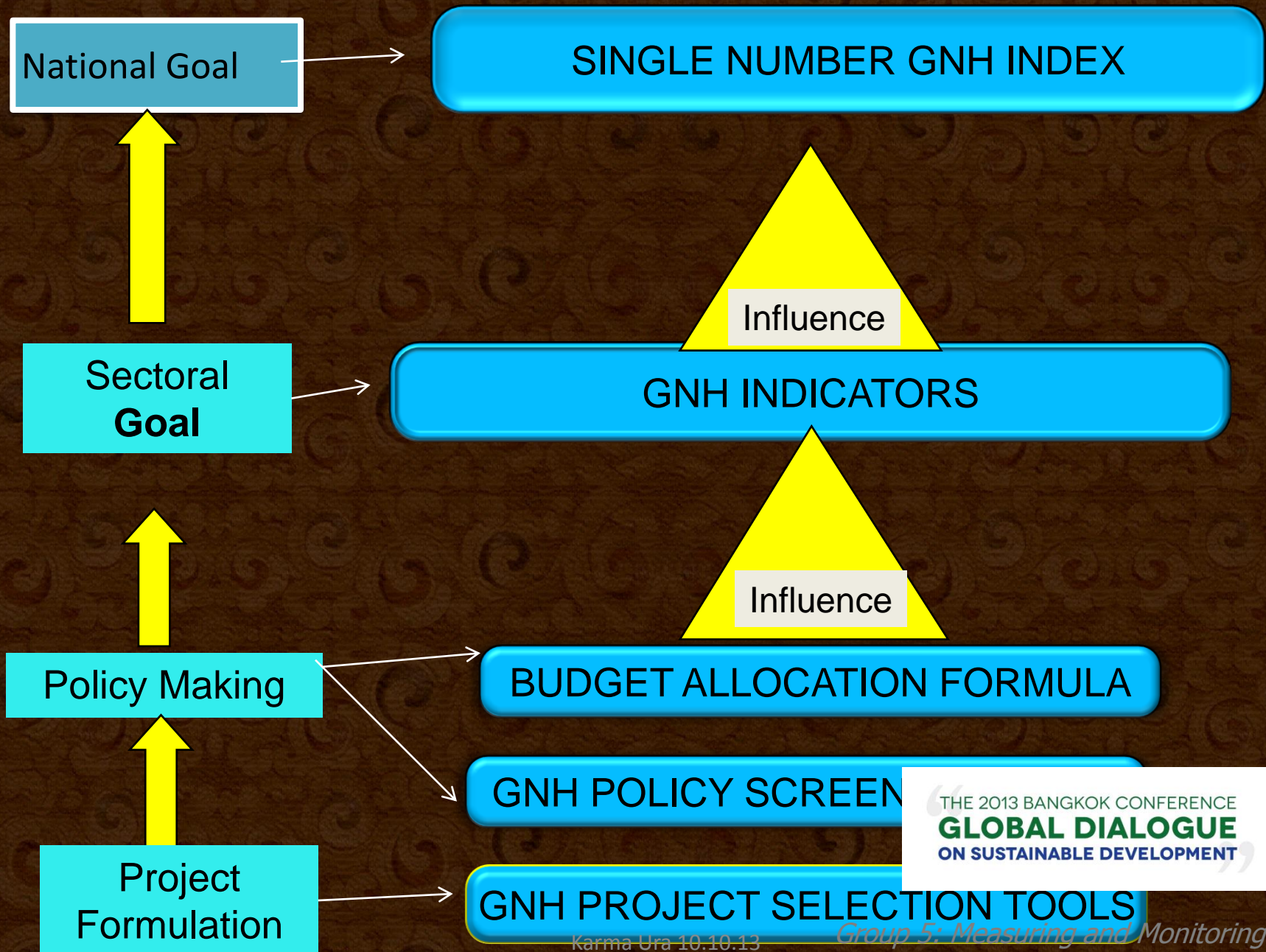
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Contribution of domains to happiness by area of residence



1. Setting an alternative framework of development (but in what new direction?)
2. Providing indicators to sectors to guide development
3. Allocating resources in accordance with GNH targets and GNH screening tools
4. Measuring people's happiness and well being
5. Measuring progress over time



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INDICATORS = Value of society

Most indicators are about market economy

Change in indicators is a first step towards
changing or reflecting new values

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33 GNH Indicators

Education

- Literacy
- Educational Level
- Knowledge
- Values

Living Standards

- Assets
- Housing
- Household per capita income

Health

- Mental health
- Self reported health
- Healthy days
- Disability

Psychological Wellbeing

- Life satisfaction
- Positive emotions
- Negative emotions
- Spirituality

Ecological Diversity and Resilience

- Ecological Issues
- Responsibility towards environment
- Wildlife damage (Rural)
- Urbanization issues

Community Vitality

- Donations (time & money)
- Community relationship
- Family
- Safety

Good Governance

- Gov't performance
- Fundamental rights
- Services
- Political Participation

Cultural Diversity and Resilience

- Native Language
- Cultural Participation
- Conduct

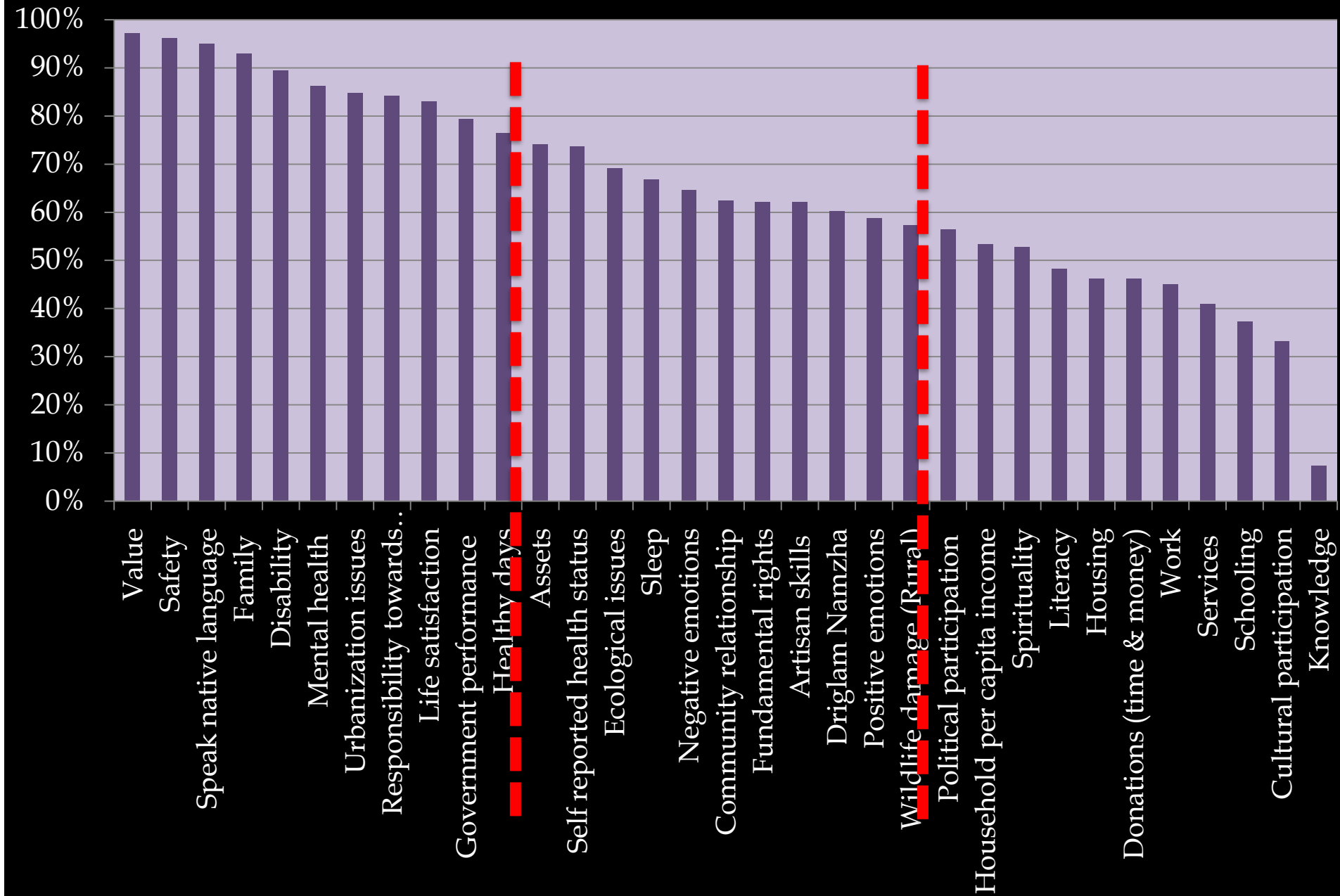
Time Use

- Work
- Sleep

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Domain	Indicators	Weight	Domain	Indicators	Weight
Psychological wellbeing	Life satisfaction	33%	Time use	Work	50%
	Positive emotions	17%		Sleep	50%
	Negative emotions	17%	Good governance	Political participation	40%
	Spirituality	33%		Services	40%
Health	Self-reported health	10%		Governance performance	10%
	Healthy days	30%		Fundamental rights	10%
	Disability	30%	Community vitality	Donation (time & money)	30%
	Mental health	30%		Safety	30%
Education	Literacy	30%		Community relationship	20%
	Schooling	30%	Ecological diversity and resilience	Family	20%
	Knowledge	20%		Wildlife damage	40%
	Value	20%		Urban issues	40%
Cultural diversity and resilience	<i>Zorig chusum</i> skills (artistic skills)	30%		Responsibility towards environment	10%
	Cultural participation	30%		Ecological issues	10%
	Speak native language	20%	Living standards	Per capita income	33%
	<i>Driglam Namzha</i> (the Way of Harmony)	20%		Assets	33%
				Housing	33%

Percentage of people enjoying sufficiency in each indicators

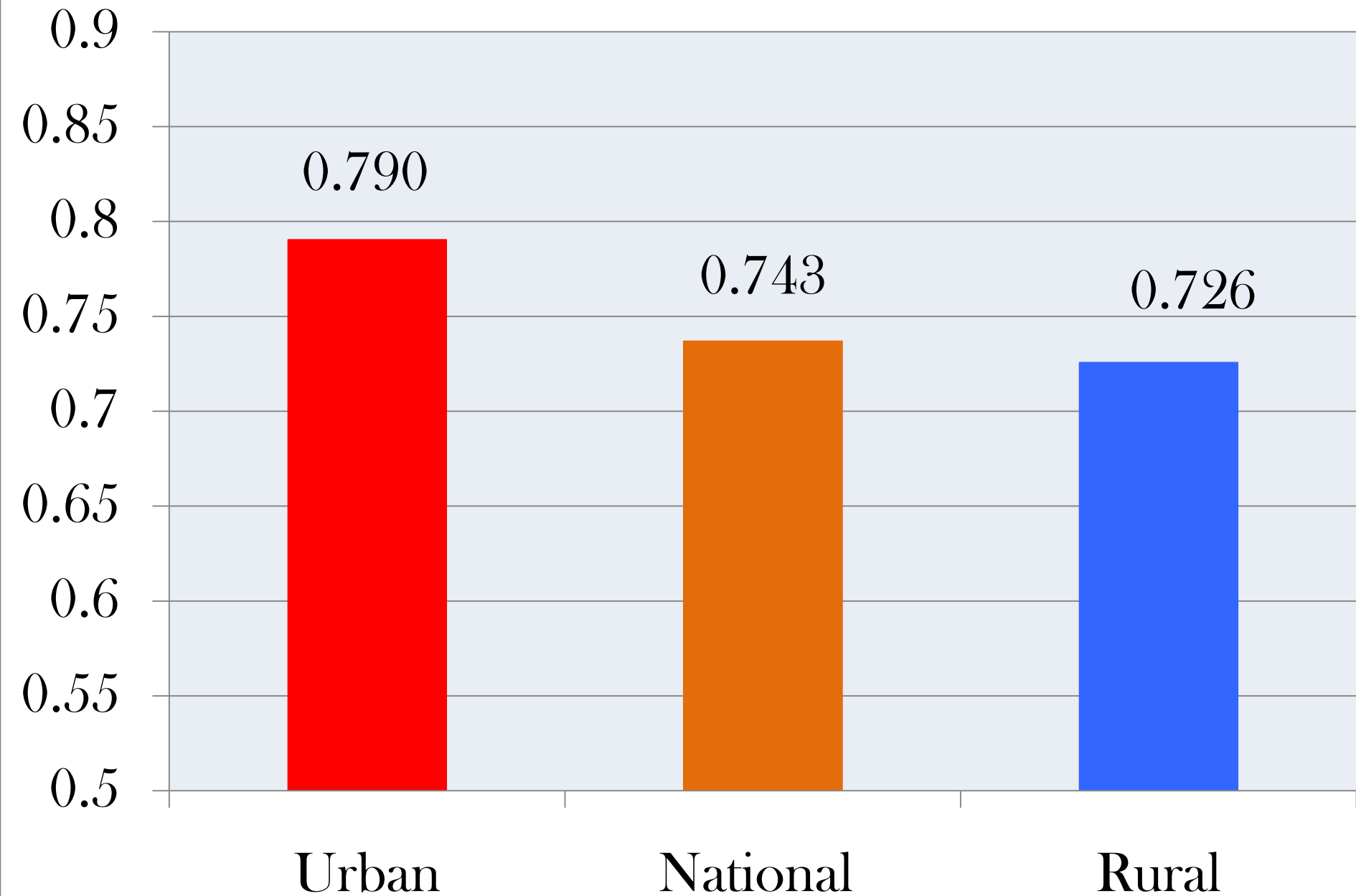


Distribution of people by happiness level

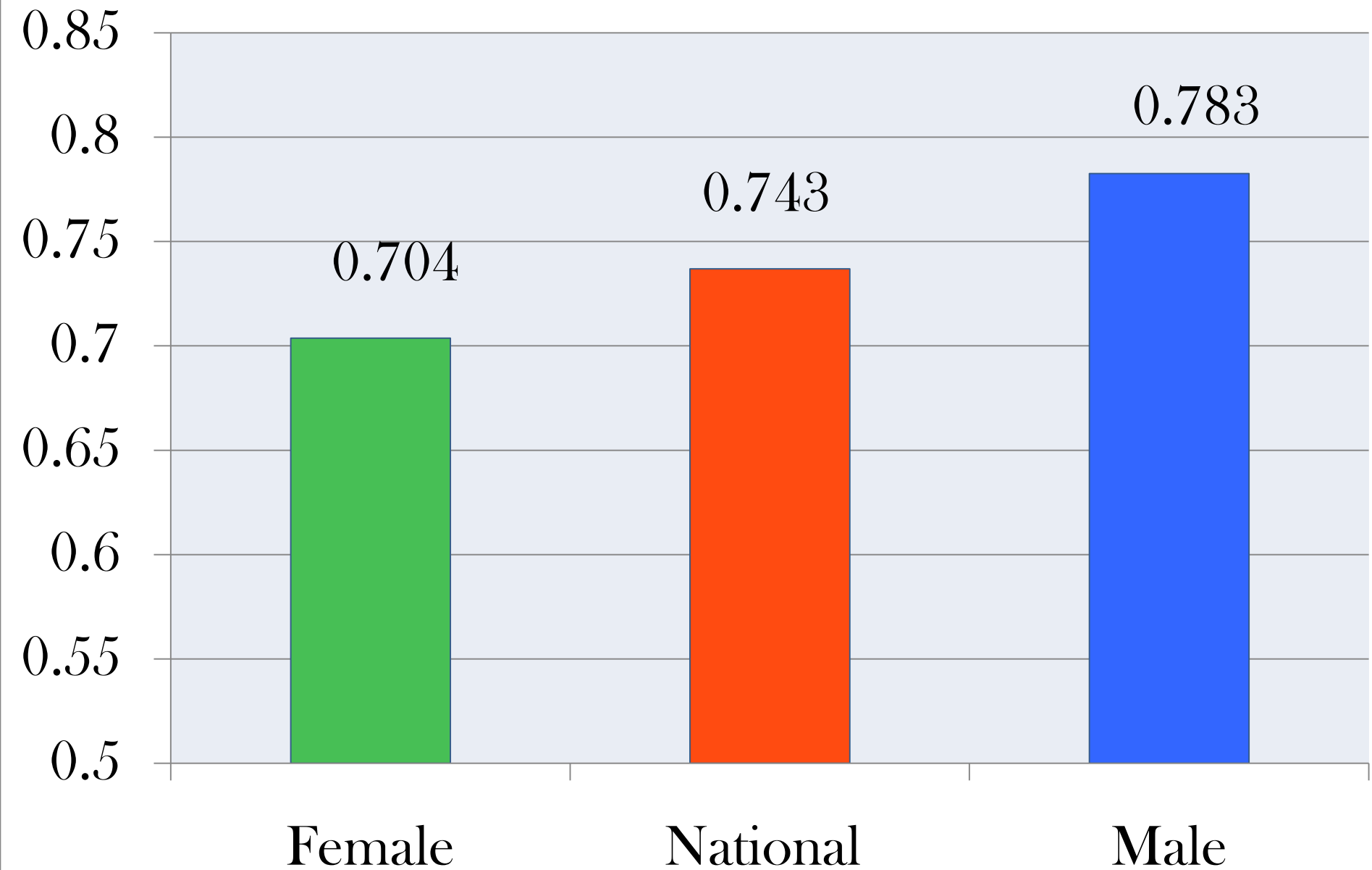
	Definition of groups— Sufficiency in:	Per cent of population who are:	Average sufficiency of each person across domains
Happy	66%-100%	40.90%	72.90%
Deeply Happy	77%-100%	8.30%	81.50%
Extensively Happy	66%-76%	32.60%	70.70%
Not-Yet-Happy	0-65%	59.10%	56.60%
Narrowly Happy	50%-65%	48.70%	59.10%
Unhappy	0-49%	10.40%	44.70%

$$\begin{aligned}
 \text{GNH} &= H_h + (H_n \times A^{\text{suf}}) \\
 &= 0.409 + (0.591 \times 0.566) = \\
 &0.743
 \end{aligned}$$

GNH Index by area of residence



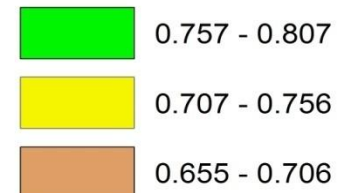
GNH Index by gender



GNH Index



GNH Index

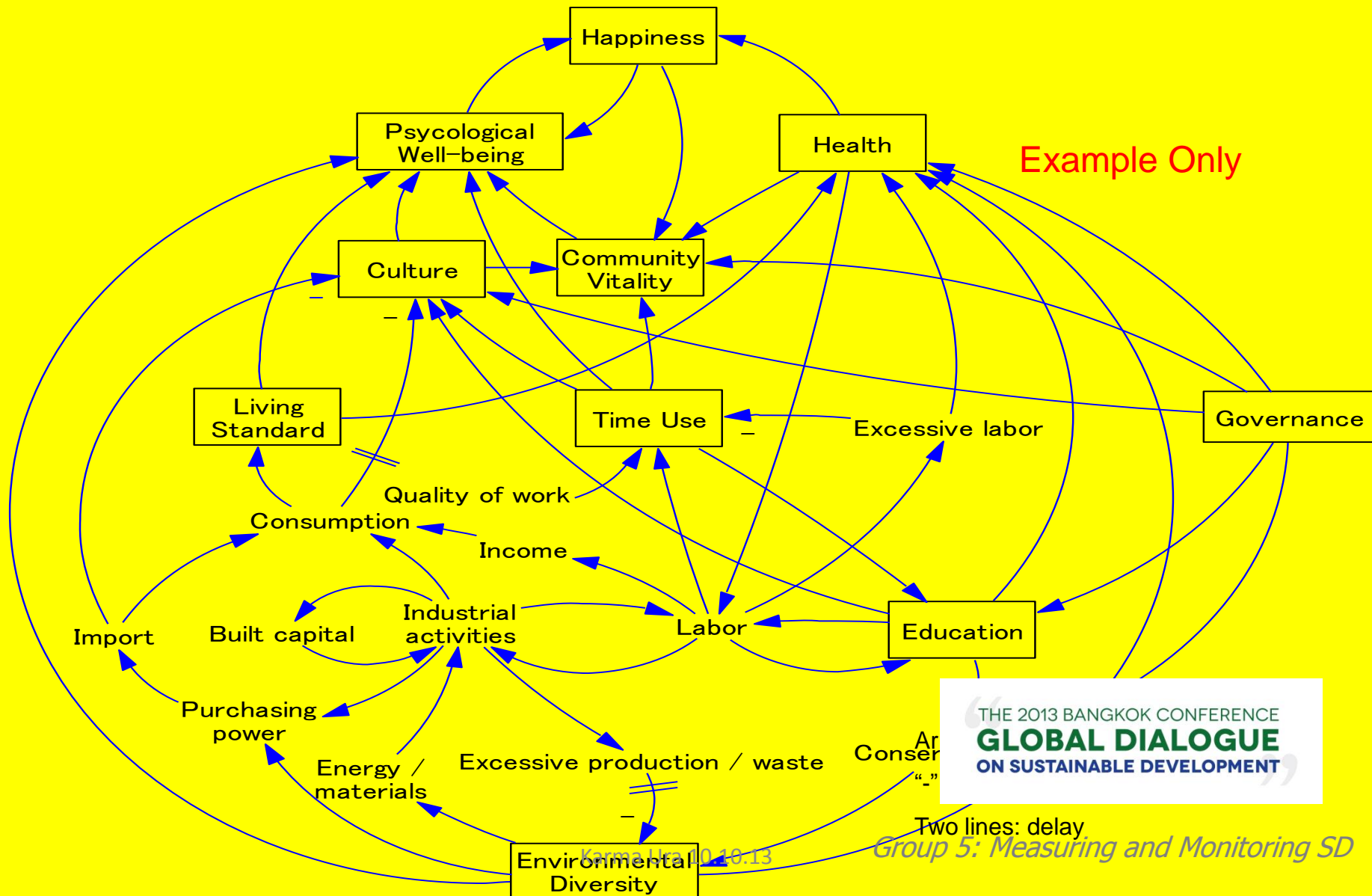


Low GNH Index



High GNH Index

Relationships among Domains/Variables: A Holistic View = Interdependence



Seven factors affect our happiness:

- income
 - health
 - family relationships
 - work
 - community and friends
 - personal freedom, autonomy and choice
 - personal values.
-
- Except for health and income, they are all concerned with the quality of our relationships.

*Happiness : Lessons from a New Science, R.Layard,
p.62, New York, 2005*

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- 1. Have sufficient household income**
- 2. Have sufficient household equipment and own land**
- 3. *Cultivate high positive emotions and low negative emotions,***
- 4. Have good physical and mental health.**
- 5. *Practise meditation.***
- 6. Do not over work yourself,**
- 7. Socialize regularly with your family,**
- 8. Be trustworthy and able to trust fellow citizens,**
- 9. Have an age before or after the “mid-life crisis”.**

Regression results: Some variables that are significant and positively related to SWB in Bhutan

SOCIAL TIME: 34 % of Bhutanese socialize every day, socializing with members of family for an average of 63 minutes and another 89 minutes with friends and neighbors and relatives.



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Sources of Happiness (<=20 years)

% of respondents

Sources of Happiness (>65 years)

% of respondents



Psychological Well-being

4 Life Satisfaction Domains

- Health
- Living standard
- Occupation
- Relationship
- Work-life balance

5 Positive Emotions

- Calmness
- Compassion
- Forgiveness
- Contentment
- Generosity

5 Negative Emotions

- Anger
- Fear
- Worry
- Selfishness
- Jealousy

Spirituality

- Spirituality level
- Meditation

The diagram features three interlocking green gears of different sizes. The top gear is the smallest, the bottom-left gear is medium-sized, and the bottom-right gear is the largest. White curved arrows indicate a clockwise flow from the top gear to the bottom-left gear, and from the bottom-left gear to the bottom-right gear. The background is a dark, out-of-focus image of flying insects, possibly crickets or grasshoppers, with their wings and legs visible in various positions.

Positive emotions, eg, altruism, gratitude

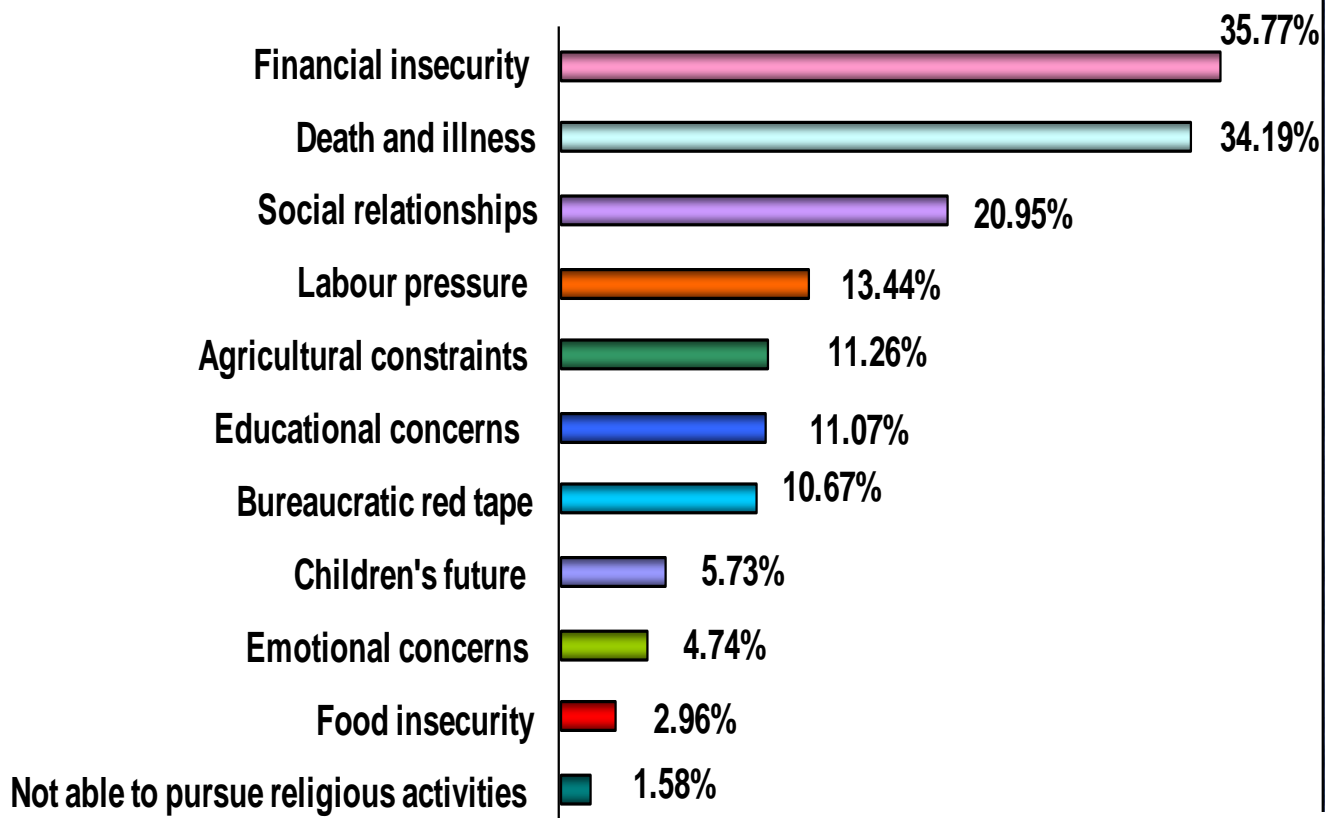
Negative emotions
eg.
Narcissism, selfishness

Satisfactions, eg in relationships, health, jobs etc

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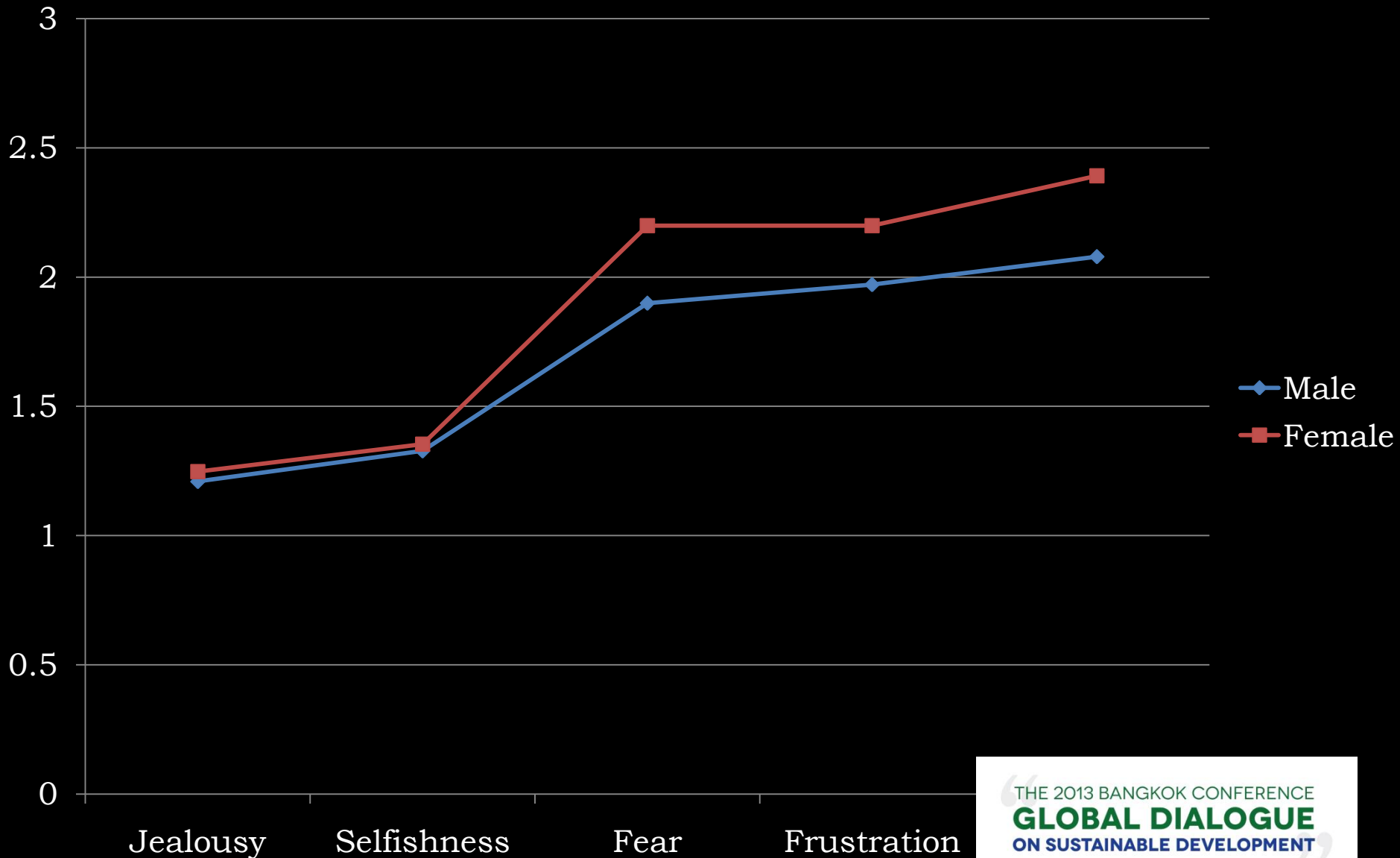
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Causal factors of stress



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Feelings of negative emotions by gender

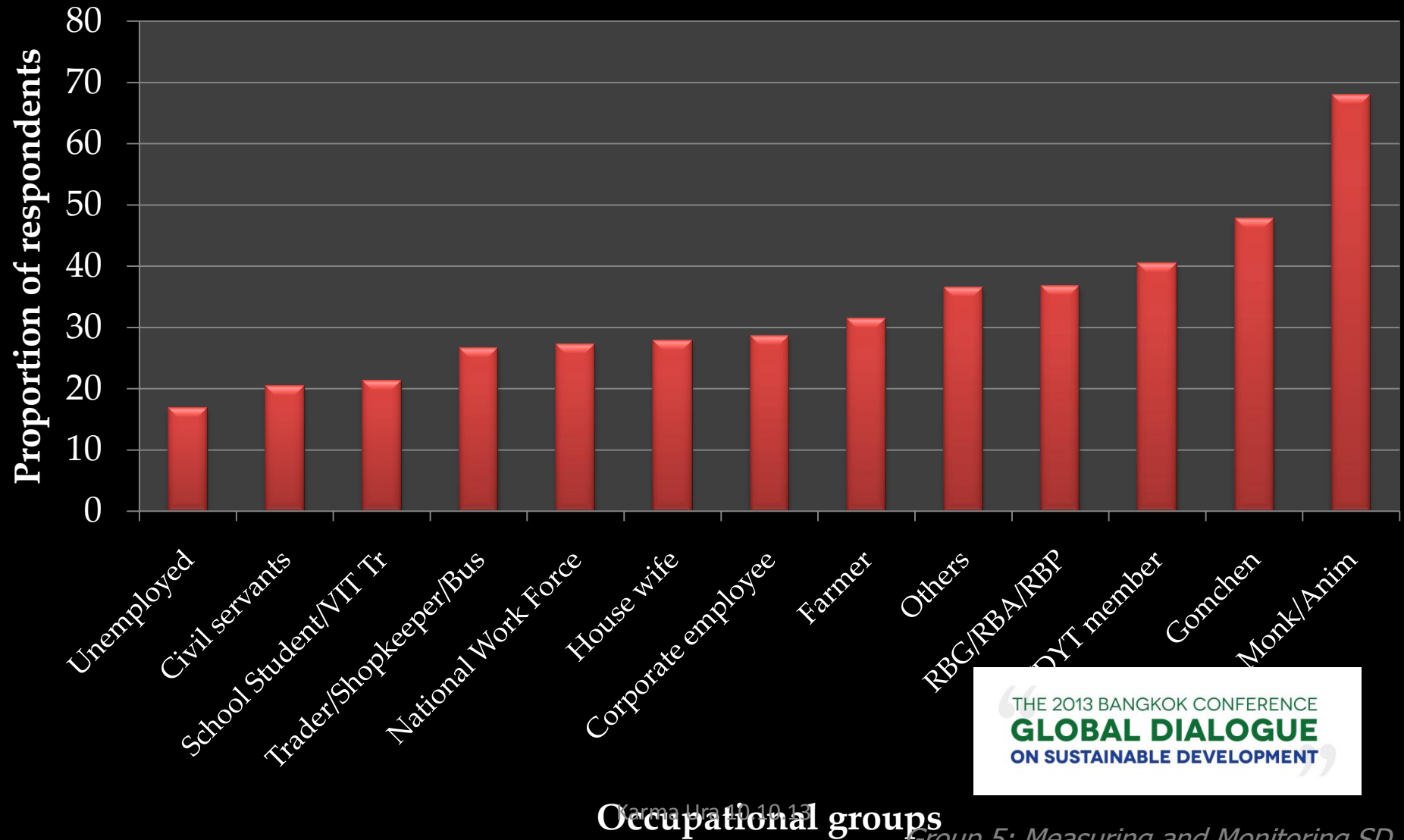




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% "Never" experienced "Anger" in the last few weeks by occupation



Experience of anger. 5% of adult Bhutanese experience anger than once a week



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Health

Number of
Healthy Days

Mental
Health

Disability

Self
reported
health
status

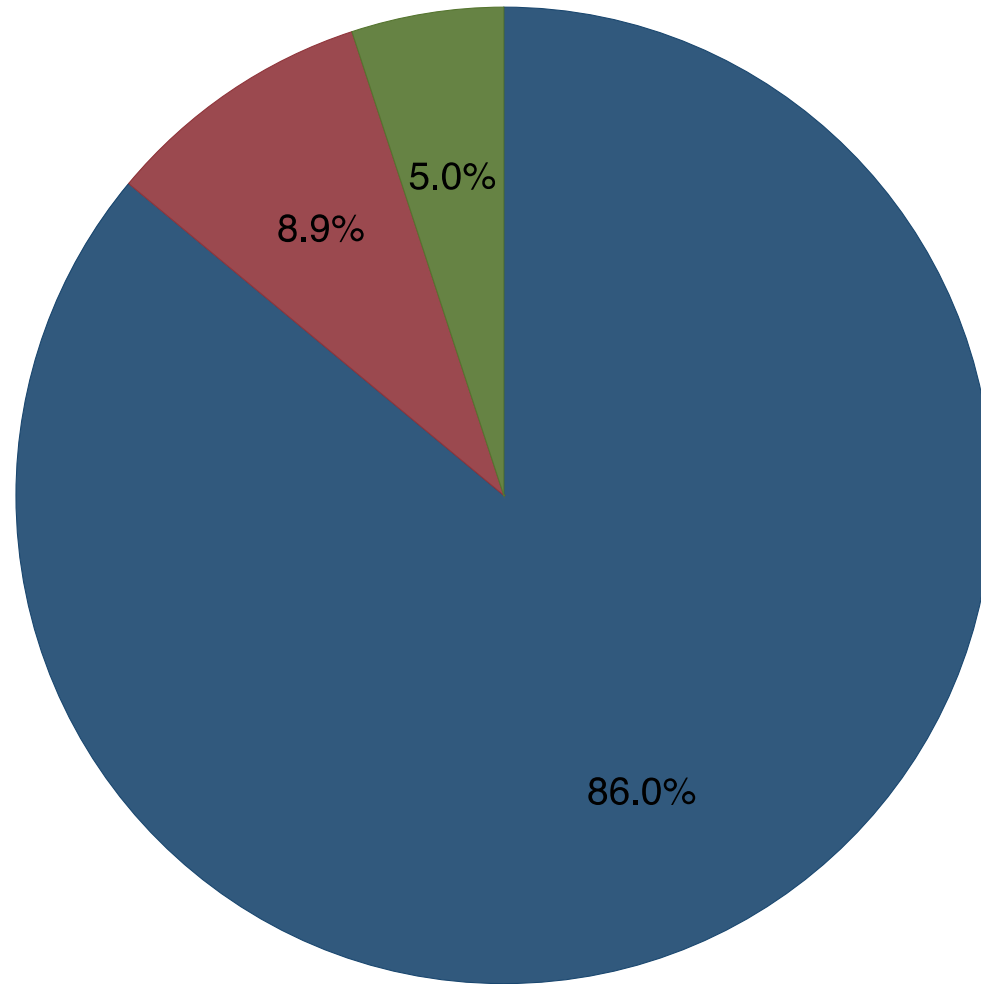
- Able to **concentrate**
- Lost **sleep** over worry
- Playing **useful** part
- Capable of making **decisions**
- Constantly under **strain**
- Difficult to **cope** with difficulties
- Able to **enjoy**
- Able to **face problems**
- Feeling unhappy and **depressed**
- Losing **confidence**
- Thinking of self

Long-term
disability that
restricts
activities

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Mental wellbeing (GHQ-12)



Normal mental wellbeing

Severe mental distress

Some mental distress

Thresholds

Indicator	Response range	Sufficiency	% meeting sufficiency
Self reported health status	1(very poor)-5(excellent)	Good or excellent	73.8
Healthy days	0(worst)-30(best)	26 days and above	76.5
Disability		No disability <u>or</u> it does not limit their ability to perform daily activities	89.5
Mental health (GHQ)	0-15(severe distress)-21-36(normal mental well-being)	Normal mental well-being	86.2



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Link between
Mindfulness and
Health-
Implications for
Public Policy

Good
health at
low cost

Improving
end of life
care

Conducting
Health
Impact
Assessments
(HIA)

Designing urban
environments to
be
safe, accessible, at
tractive, and to
encourage

Working
across
sectors to
tackle
obesity

National
level action
to tackle
work place
stress

Reduce reliance
on cars
, encourage
public transport
& physical
exercise



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Skills formed by actions and practice in Psychological wellbeing Domain

Gratitude, competence, balance, self confidence, courage, mindfulness, delayed gratification, optimism

Skills formed by actions and practice in Health Domain

exercises of three axis of being – speech, mind and body; food as medicine, non-toxic mental and physical state, slow wave sleep,

Skills formed by actions and practice in Ecological Resilience Domain

Reverence, non-dominance, eco-consciousness, aesthetic nature appreciation, utilitarian, sustainability, inter species empathy,

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Social support

- Proportion of household income donated
- Days of volunteering

Safety

- Having been a recent victim of crime

Community Vitality

Community relationship

- Sense of belonging
- Trust neighbours

Family relationship

- Family care
- Wish you were not part of your family
- Argue too much
- Feel like a stranger in family
- Family are understanding
- Family are a real source of comfort

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Environmental responsibility

Urban issues

- Traffic congestion
- Absence/inadequate green spaces
- Lack of pedestrian friendly streets
- Urban sprawl

Ecological Diversity and Resilience

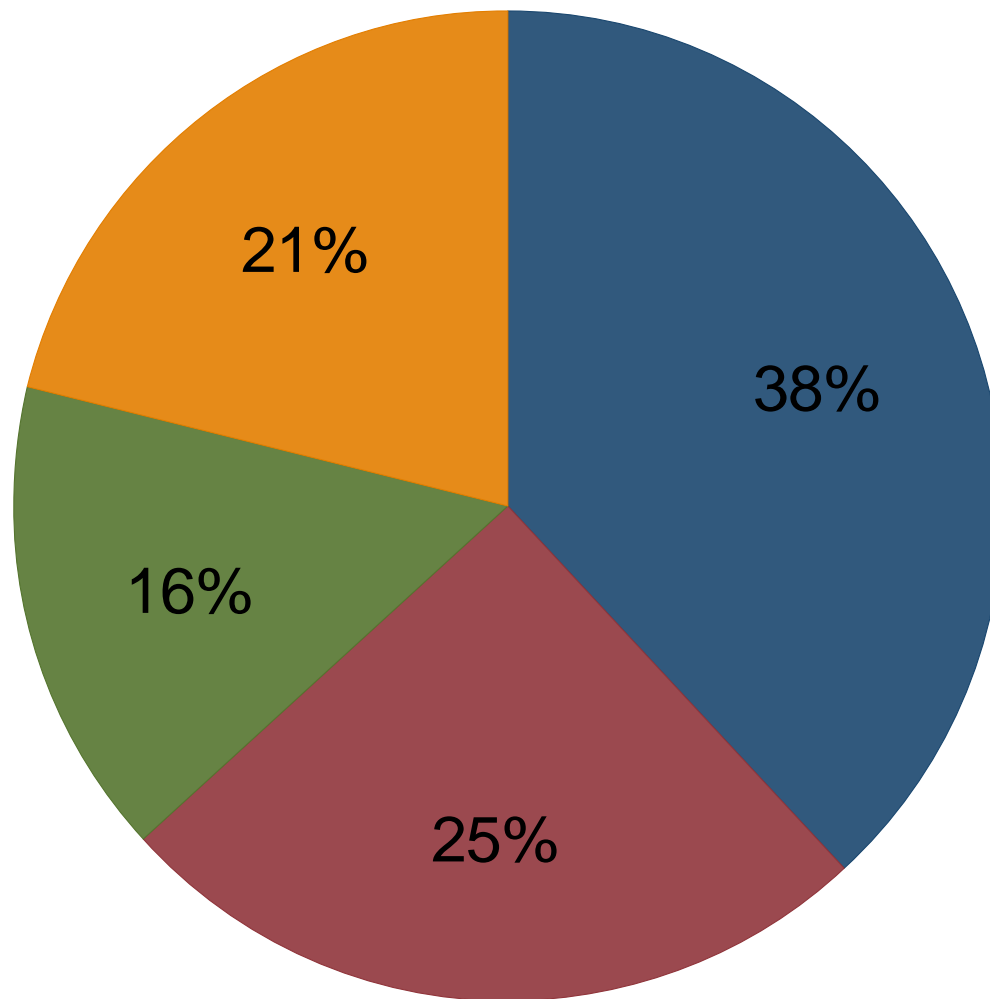
Pollution

- Pollution of rivers and streams
- Air pollution
- Absence of waste disposal sites
- Landslides
- Soil erosion
- Floods
- Littering
- Noise pollution

Wildlife damage

- Wild animals are a constraint to crops.
- Crops have been damaged by wild animals

Extent of damages caused by wild animals to crops



A lot



Some



Little

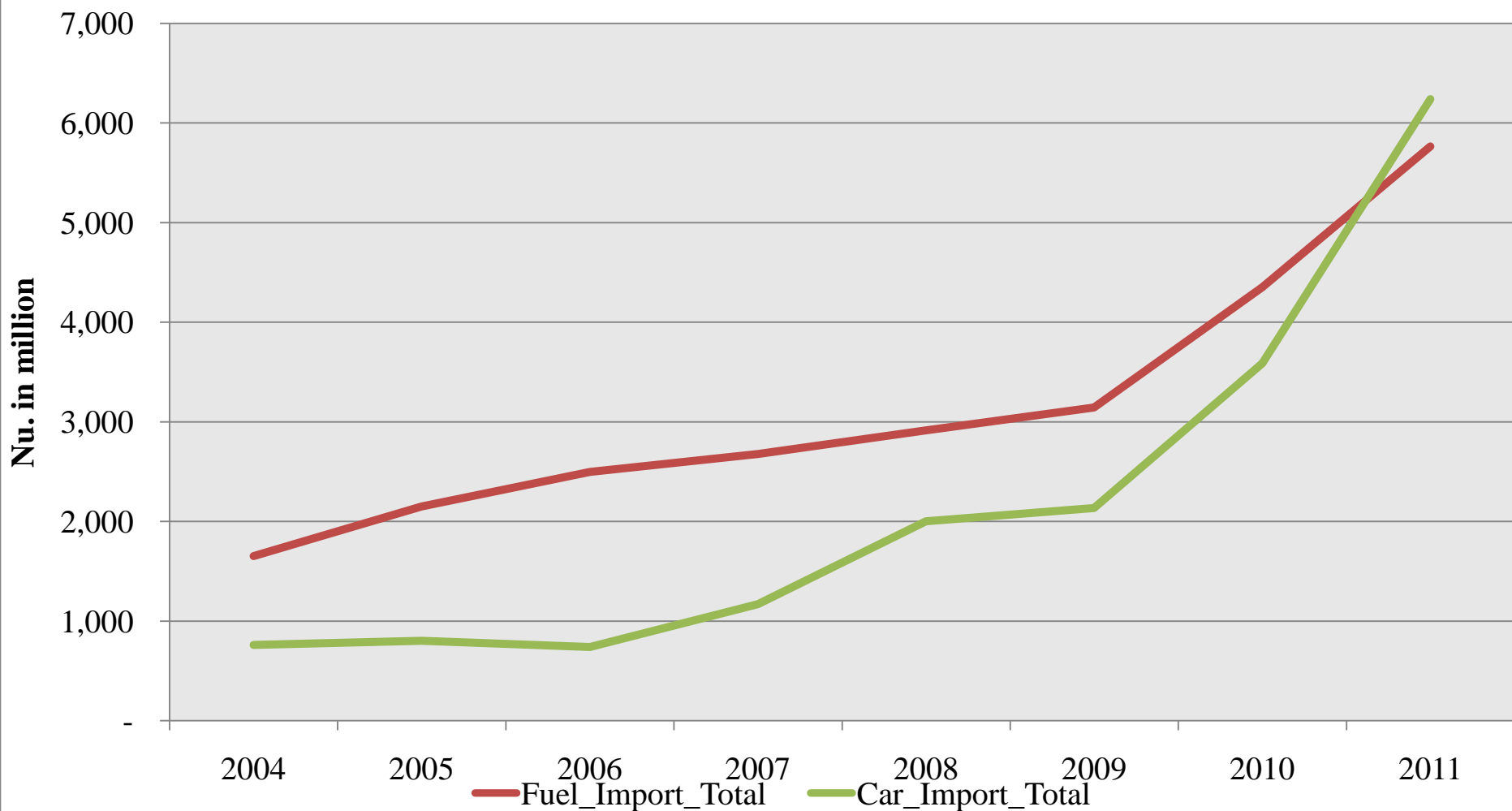


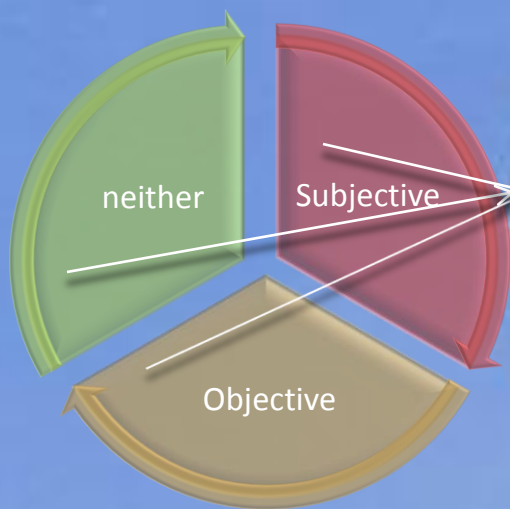
Not at all

Thresholds

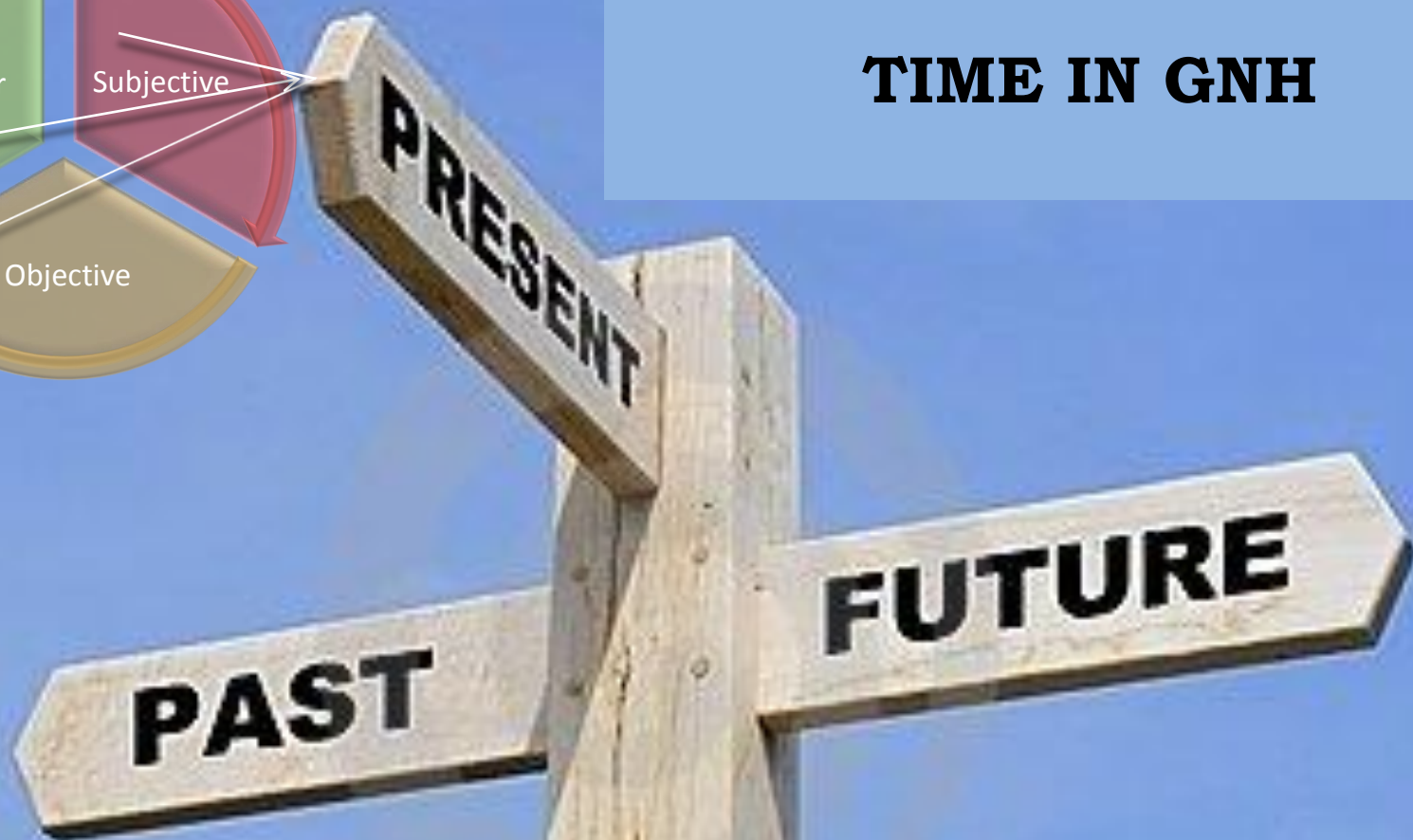
Indicator	Range	Sufficiency	% meeting sufficiency
Pollution	1(major concern)-4(not a concern)	Not a concern, minor concern and some concern in at least 6 out of 8 ecological issues	69.0
Environmental responsibility	1(not at all responsible)-4(highly responsible)	Highly responsible	84.4
Wildlife damage (Rural)	1 (major constraint)-4 (not a constraint)	Major constraint or some constraint plus a lot or some crops have been damaged	57.9
Urban issues	1(major concern)-4 (not a concern)	Not a concern or minor concern or some concern in at least 3 urban issues	84.4

Import of "essential petroleum products" and Vehicles



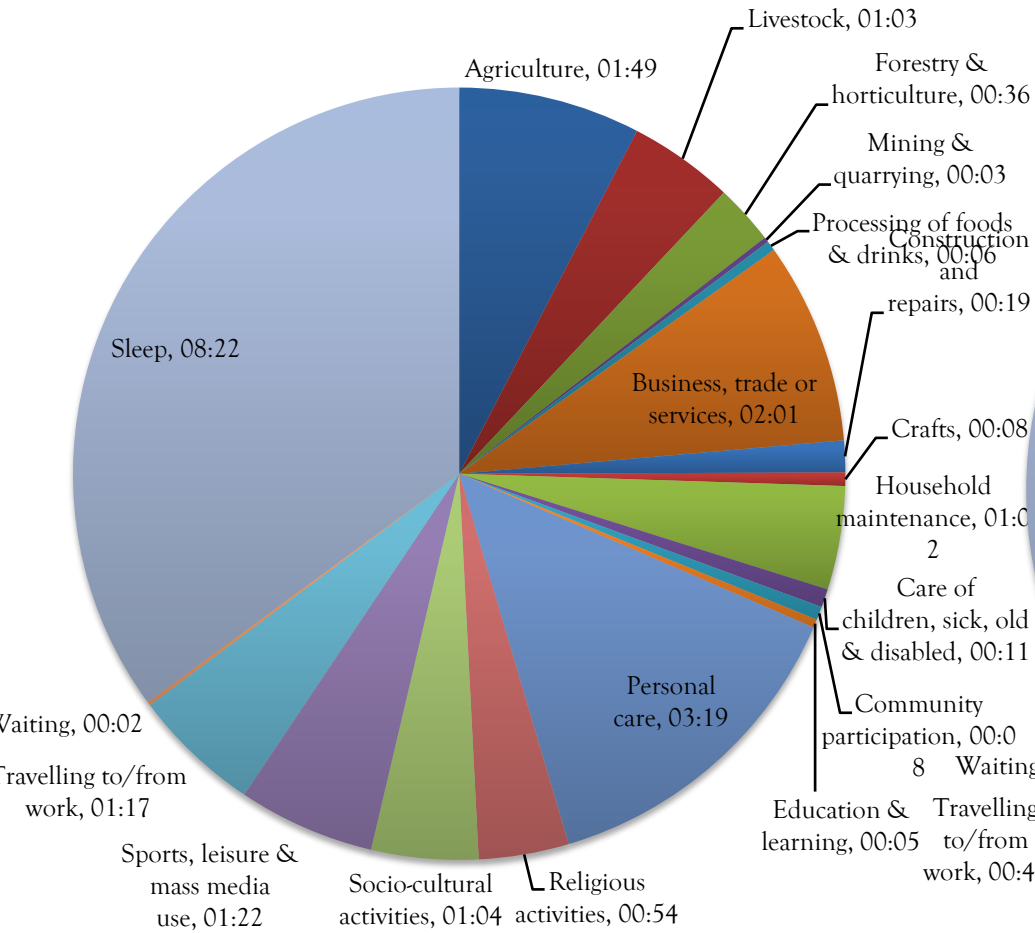


TIME IN GNH

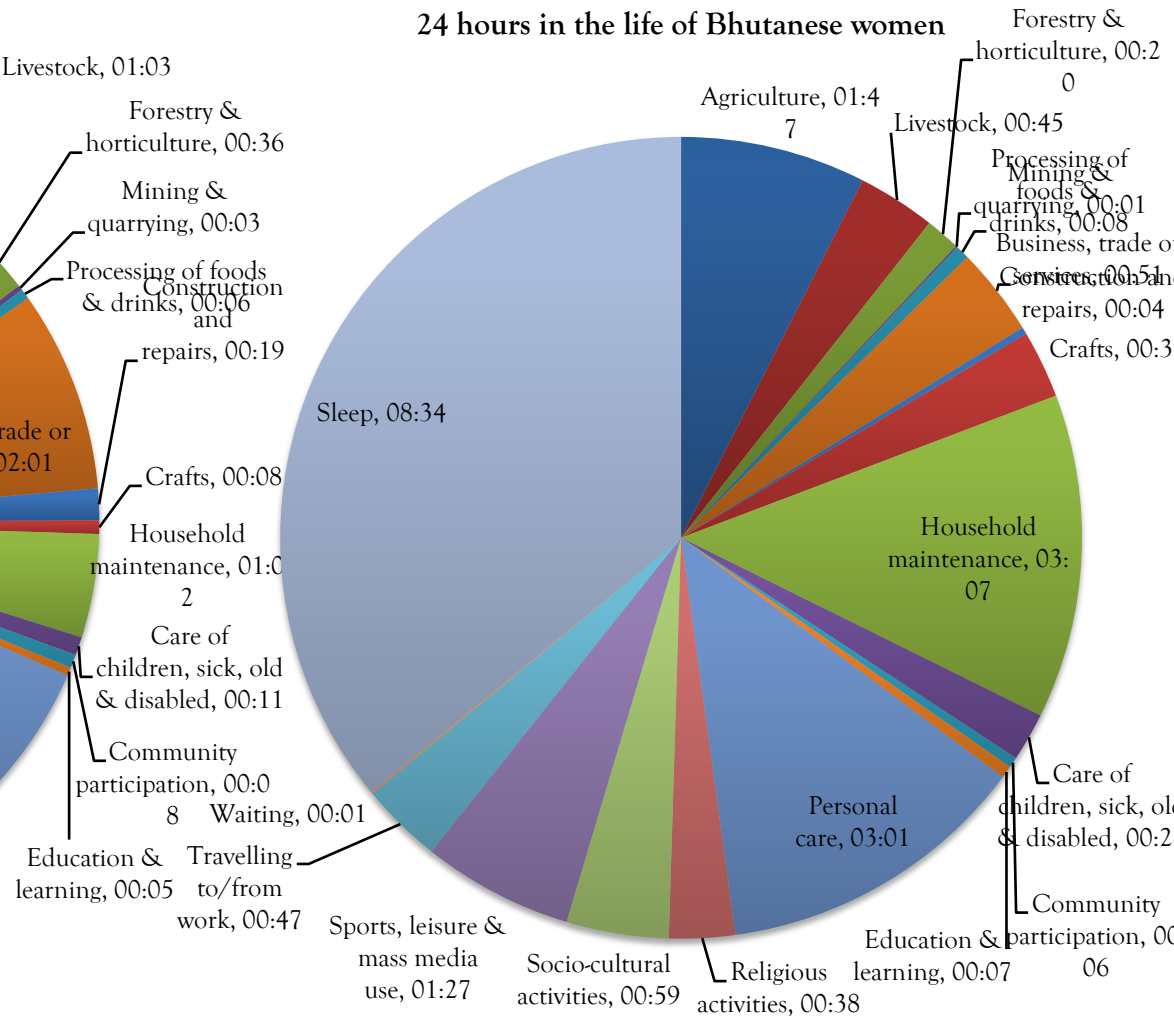


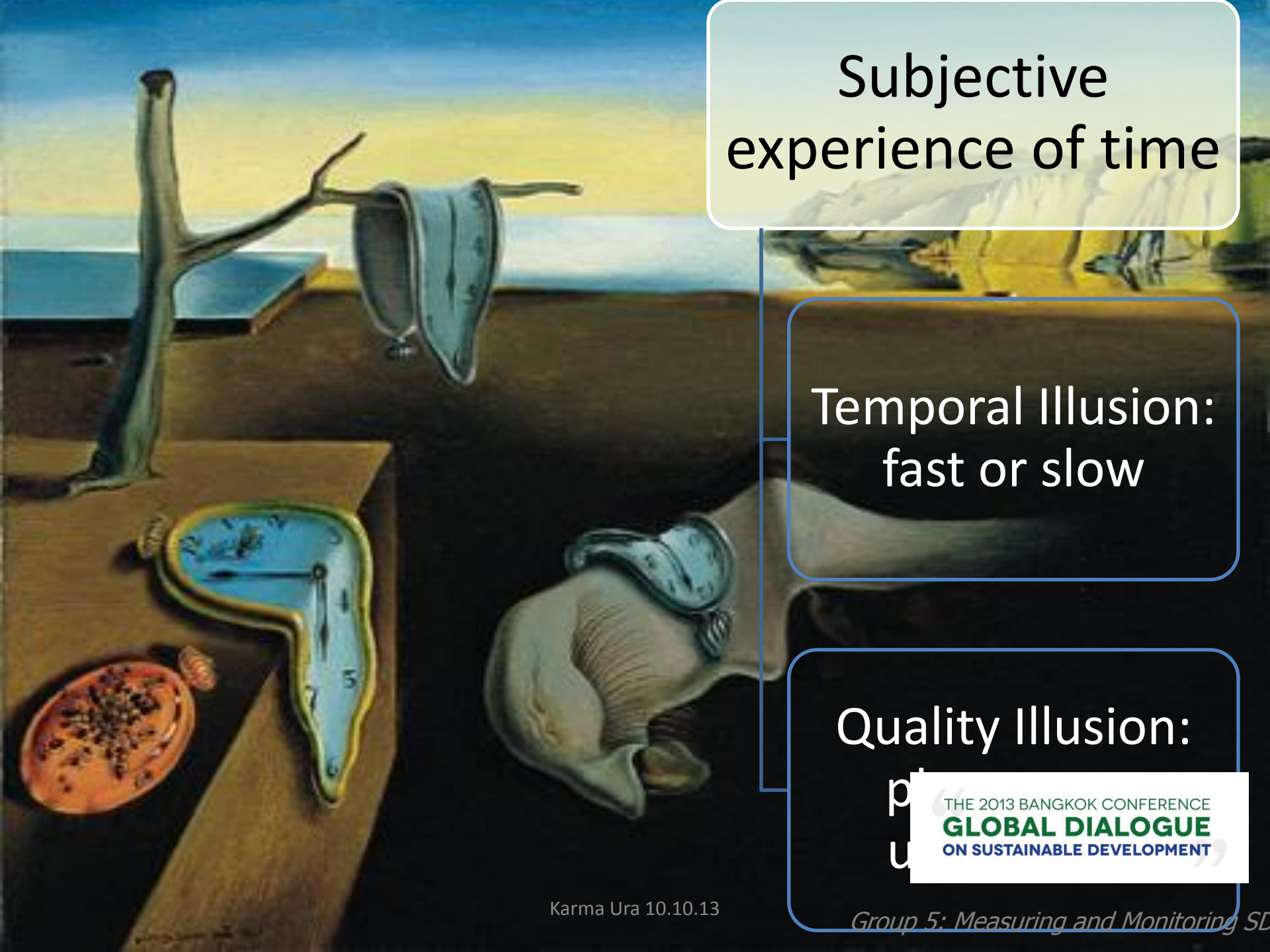
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24 hours in the life of Bhutanese men



24 hours in the life of Bhutanese women



The background of the slide is Salvador Dalí's famous painting 'The Persistence of Memory'. It depicts a desolate, rocky landscape under a pale sky. In the foreground, a rectangular block holds a distorted pocket watch with a melting face and a small plate of ants. To the left, a gnarled tree branch holds another melting pocket watch. In the lower right, a hand emerges from a pocket, holding a third melting pocket watch. The painting is a visual metaphor for the subjective experience of time.

Subjective
experience of time

Temporal Illusion:
fast or slow

Quality Illusion:

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Socioeconomic Construction of Time or Experience

Fast-Slow

GDP-Non GDP

Event time –
Chronological
time

Work-Leisure

Employed-
Unemployed

Productive-
Nonproductive

Free-Unfree

Paid-Unpaid

Transcendental
-conventional

Alone-Together

Conscious and
Unconscious
(dzogchen)

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Providing opportunities for
volunteer work and civic
engagement
- Through volunteer NGOs

Providing opportunities to be
engaged in meaningful
contribution for elderly people

Promotion of physical
exercise at work

meaningful occupations for
unemployed
(caring for grand children)

Time Use

```
graph TD; A[Providing opportunities for volunteer work and civic engagement  
- Through volunteer NGOs] --> E((Time Use)); B[Providing opportunities to be engaged in meaningful contribution for elderly people] --> E; C[Promotion of physical exercise at work] --> E; D[meaningful occupations for unemployed  
(caring for grand children)] --> E;
```

Incentives for employers to encourage their employees undertake work from home

Labour Legislations – flexible work schedule

Creation of small businesses to provide people with more autonomy in the work domain

Reasonable caps on overtime hours or incentives to businesses to reduce overwork

Mandatory shorter maximum working week of 35 hours or compressed working week of 40 hours worked over four days

Incentives for businesses switching from manual labour to automated.

Monotonous works – diversification

Giving workers heading for retirement a five-year window

Time Use

```
graph TD; A[Incentives for employers to encourage their employees undertake work from home  
Labour Legislations – flexible work schedule] --> F((Time Use)); B[Creation of small businesses to provide people with more autonomy in the work domain] --> F; C[Incentives for businesses switching from manual labour to automated.  
Monotonous works – diversification] --> F; D[Giving workers heading for retirement a five-year window] --> F; E[Reasonable caps on overtime hours or incentives to businesses to reduce overwork] --> F; F[Mandatory shorter maximum working week of 35 hours or compressed working week of 40 hours worked over four days] --> F; G[Incentives for employers to encourage their employees undertake work from home  
Labour Legislations – flexible work schedule] --> F;
```

```
graph TD; A[Experiential / consciousness] --- B[Being]; B --- C[Remembered]; B --- D[Moment to]
```

Experiential /
consciousness

Being

Remembered

Moment
to

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Momentariness

Time categories frame or order our experiences
Momentariness which are infinitesimally small moments we cannot know make up life.

Momentariness of an event is shorter than the consciousness of the momentariness of the event (Inada 1974).

“experiential events do not take place or flow in time. Rather,...events flow as time...” (Inada 1974)

The mind compounds momentariness into an experiential event. (Longchen Ramjam)

Increasing GNH

To increase happiness,

We have to identify people who are not yet happy.

And we have to ask, where do they lack sufficiency? What more must be done?

This analysis is of direct relevance for policy.

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Leadership is focusing from ones own benefits to awakening all, through compassion, strength and knowledge of suffering



1. Objectives

- Systematically assess impacts of any policy and project on GNH
- Select GNH enhancing policies and projects
- Reject projects and policies that adversely affect key determinants of GNH
- Key GNH determinants based on a pilot and national GNH surveys

2. Benefits

- Consideration of GNH dimensions
- Promote holistic development
- Acknowledge potential negative affects
- Penalizes sectors
- Scoring by heterogeneous groups

4. Biodiversity

Will probably decrease the health and diversity of wildlife

Do not know the effects on wildlife

Should have little or no effect on the health and diversity of wildlife

Will probably increase the health and diversity of wildlife

1

2

3

4

5. Nature

Will probably provide a net decrease in the number of persons who can access and enjoy nature

Do not know the effects on peoples ability to access and enjoy nature

Should have little or no effect on peoples ability to access and enjoy nature

Will probably provide a net increase in the number of persons who can access and enjoy nature

1

2

3

4

6. Spiritual

Will probably decrease the opportunities that people have to spend time in spiritual pursuits.

Do not know the effect on opportunities that people have to spend time in spiritual pursuits.

Should have little or no effect on opportunities that people have to spend time in spiritual pursuits.

Should increase the opportunities that people have to spend time in spiritual pursuits.

1

2

3

4

13. Stress

Will probably increase the number of people feeling stressed in the population	Do not know the effect on the number of people feeling stressed in the population	Should have little or no effect on the number of people feeling stressed in the population	Should decrease the number of people feeling stressed in the population
1	2	3	4

14. Information

Will probably decrease the amount of information that most people have about government activities	Do not know the effect on the amount of information that most people have about government activities	Should have little or no effect on the amount of information that most people have about government activities	Should increase the amount of information that people have about government activities
1	2	3	4

15. Culture

Should decrease the opportunity for people to learn about or participate in cultural practices and traditions	Do not know the effect on opportunity to learn about or participate in cultural practices and traditions	Should have little or no effect on opportunity to learn about or participate in cultural practices and traditions	Should increase opportunity to learn about or participate in cultural practices and traditions.
1	2	3	4

16. Corruption			
Will probably increase the opportunity for corrupt behaviour within government	Do not know the effect on opportunity for corrupt behaviour in government	Should have little or no effect on opportunity for corrupt behaviour in government	Should decrease the opportunity for corrupt behaviour in government
1	2	3	4

17. Discrimination			
Will increase probability of discrimination based on ethnicity, religion or gender	Do not know the effect on probability of discrimination based on ethnicity, religion or gender	Should have little or no effect on probability of discrimination based on ethnicity, religion or gender	Should decrease the probability of discrimination based on ethnicity, religion or gender
1	2	3	4

18. Rights			
Should decrease protection for individual rights	Do not know the effect on protection for individual rights	Should have little or no effect on protection for individual rights	Should increase protection for individual rights
1	2	3	4

22. Participation

Will probably decrease the opportunity for equitable participation in government decisions	Do not know the effect on opportunity to participate in government decisions	Should have little or no effect on equitable participation in government decisions	Should increase the opportunity for equitable participation in government decisions
1	2	3	4

23. Pollution

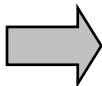
Will probably increase the amount of pollution or degradation of the air, land or water	Do not know the effects on pollution or degradation of the air, land or water	Will probably not have any effect on pollution or degradation of the air, land or water	Will probably decrease the amount of pollution or degradation of the air, land or water
1	2	3	4

Score

1. Security	1	7. Family	1
2. Equity	1	8. Support	1
3. Productivity	4	9. Learning	4
4. Biodiversity	1	10. Recreation	1
5. Nature	1	11. Material	4
6. Spiritual	1	12. Health	2


13. Stress	1	19. Judiciary1	4
14. Information	4	20. Judiciary2	3
15. Culture	1	21. Values	1
16. Corruption	2	22. Participation	2
17. Discrimination	4	23. Pollution	1
18. Rights	4		

Final score = 49/92; neutral score = 69 = 3 x 23





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GLOBAL DIALOGUE
ON SUSTAINABLE DEVELOPMENT



Seeing
World As
It Is



Nirvana



And come to terms --- existentially--
- with that impermanent reality.

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