

Figure e tabella da “Improving health and well-being independently of GDP: dividends of greener and prosocial economies”

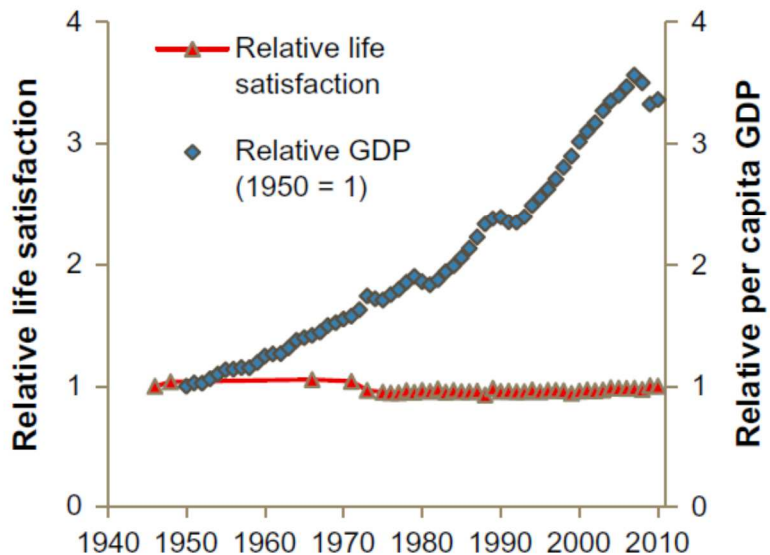


Figure 1. Changes in per capita GDP & life satisfaction, UK (1946–2011) (Pretty 2013).

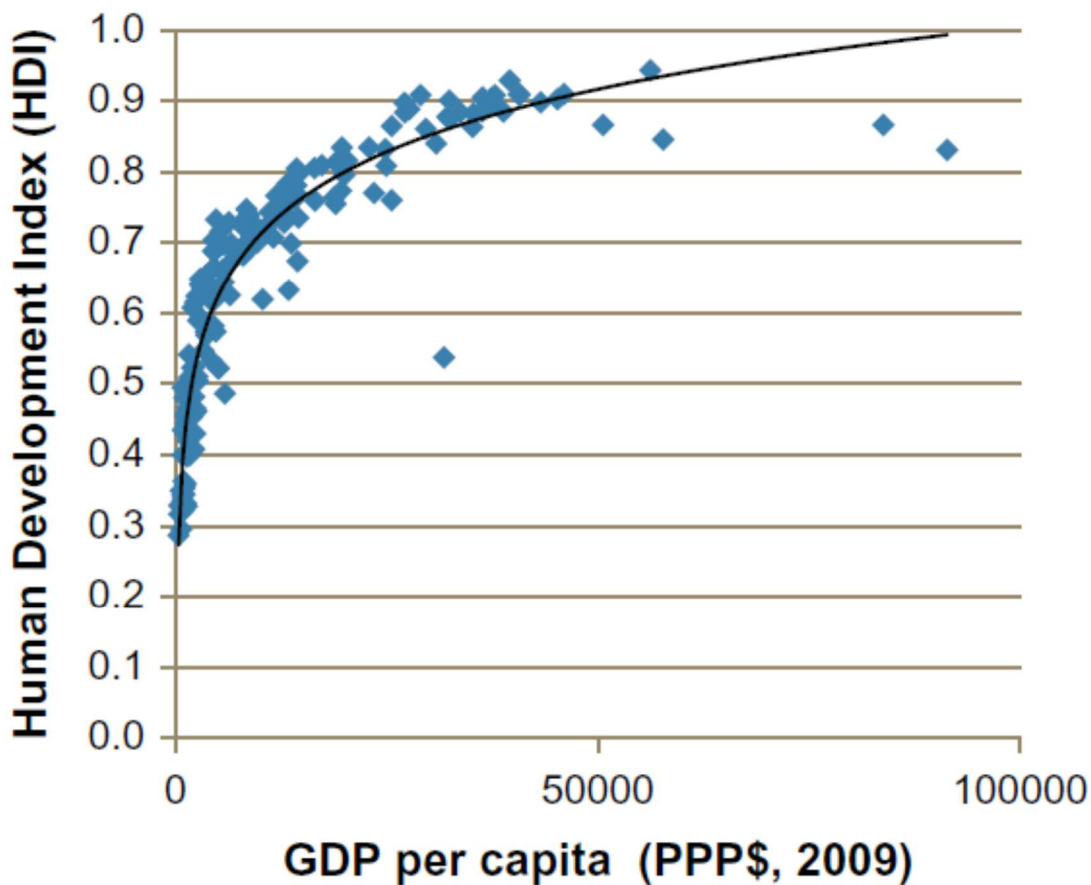


Table 1. Indicators for the negative externalities of material consumption of goods and services and counter trends.

Factors critical to health and well-being	Principal indicators of negative externalities	Examples of countertrends
1. Healthy Food	<ul style="list-style-type: none"> (i) Overweight and obesity rates in adults and children (ii) Junk food and drink availability and consumption (iii) Calories consumed per day in food and drink (iv). Comorbidities of obesity (e.g. diabetes, hypertension and high cholesterol) 	<ul style="list-style-type: none"> (i) Increasing interest in food and status of TV chefs (ii) Greater understanding of food sources and sustainability of agriculture (iii) Increasing demand for allotments
2. Active Body	<ul style="list-style-type: none"> (i) Proportion of people meeting national guidance for physical activity (ii) Activity in workplace or place of education (e.g. km travelled per day by car; km walked; trip length; and declining physical activity in schools) (iii) Activity during non-work leisure (iv) Travel to/from work and education (e.g. car use and children driven to school) 	<ul style="list-style-type: none"> (i) Continued participation in sports and active leisure (ii) Increased walking for health groups (iii) Increased individual and community gardening
3. Healthy Mind	<ul style="list-style-type: none"> (i) Proportion of population with mental ill-health (ii) Hours worked and impact on well-being (iii) Engagement with religious and spiritual groups (iv) SSRI drug prescriptions per year 	<ul style="list-style-type: none"> (i) Increasing availability of talking and walking therapies (ii) Increased popularity of new religious and spiritual movements (iii) Increased awareness of importance of mindfulness
4. Links with Family and Community	<ul style="list-style-type: none"> (i) Family structures fractured (e.g. divorce rates; rise in single parent families and children in single parent families; rise in adults living alone; and rise in elderly living alone and lonely) (ii) Incidence of loneliness (iii) Loss of local shops, pubs and other services (iv) Rates of volunteering and sense of belonging in communities 	<ul style="list-style-type: none"> (i) Increase in use of social media (ii) Rise in cooperative groups (iii) Continued voluntary contributions for blood and organ donations, and financial contributions to charities (iv) Continuation of local ceremonies and rituals that build social capital
5. Contact with Green Space and Nature	<ul style="list-style-type: none"> (i) Engagement with nature and green space (e.g. day visit to countryside and seaside; time spent outdoors) (ii) Changes to biodiversity in green spaces (iii) Continued threat of air pollutants (iv) Proportion of population within accessible distance of green space 	<ul style="list-style-type: none"> (i) Number of gardens and allotments (ii) Number of protected areas, nature reserves and parks (iii) Increasing memberships of wildlife, green and heritage organisations (iv) Paths and access routes
6. Attachments to Meaningful Possessions	<ul style="list-style-type: none"> (i) Possessions turnover, measured by waste disposed per year 	<ul style="list-style-type: none"> (i) Recycling rates (ii) Investments in homes, gardens and vehicles to prolong life (iii) Households with solar PV panels (iv) Rise in swapping and freecycling through internet