

GLOBAL Health, Happiness, and Quality of Life

A Comparative Cross-Cultural Research Project

If the research on globalization over the past ten years has shown us anything, it is that **health, happiness and overall quality life** are a fundamental set of challenges which are achieved or pursued in a variety of ways in different countries around the world. And because of this, we're left with both some incredibly perplexing facts and questions as to how might we live our own lives *better or more fully*. For instance,

- ▶ The largest percentage of centenarians (100 years+) in the world = **Japanese women**
- ▶ The healthiest hearts in the world = **either Ugandans (East Africa) or Amazonians (Bolivia)** depending upon how you interpret the data.
- ▶ The happiest internal voices in the world = **Latin cultures, specifically Colombia**
- ▶ The overall happiest nation on earth? **The Finns** who live far north of you and right next to Russia. (Keep in mind that Santa Claus might have originally been a Finn depending upon who you talk to.)

Alas, **your objective for this research assignment is to examine how health, happiness, and quality of life are pursued by comparing TWO DIFFERENT countries of like size** (SEE BOTTOM OF SHEET | based on population size) to assess what types of realizations they contribute to this global conversation and pursuit.

In doing so, you will need to put on your **global researcher's hat(s)** to examine and **compare** findings from each country in the **following areas** which correlate strongly with health, happiness, and quality of life around the world:

1. The **quality of media and information** consumption and access
2. The **quality and access to education for all ages**
3. The **quality and access to health care** (in various forms)
4. The **quality of food and food security** systems
5. The **quality of socio-economic stability/equality**
6. **Trust in government, lack of corruption, and the quality of a stable political/judicial process**
7. An optimism and control in **self-determination** and the **"future"** for **both** the individual and the society

As you might imagine, these are complex network of connected variables. You'll need to read between the lines in any data or research that you find. Note that you are not limited by these variables and may include additional ones as you see fit.

But FIRST AND FOREMOST, this RESEARCH and ANALYSIS project. CITATIONS and reliable research is an absolute MUST! **Do NOT USE AI TOOLS to do the collection and analysis for you.** This is paramount and will result in a failing grade for the assignment. The same goes for work which was completed for other courses. Do not re-submit any such work for this project.

ADDITIONALLY, your final submission should be **MEDIA RICH** in form and style. It should include multiple forms of media (i.e. text, images, illustrations, infographics, pull quotes, audio, etc.) **all PROFESSIONALLY PRESENTED**

Due Dates and Important Notes:

Phase #1 Research: DUE THURS. April 2nd Complete Questions 1-4. For this initial phase, you will need to research and analyze data/findings on questions 1-4 AND provide a series of illustrative maps, images, and other illustrative/supportive media/social media. **For this first phase, this information will be submitted in a PDF format.** This includes the CITATIONS/ENDNOTES!

✂ **Phase #2: DUE TUES. April 21st COMPLETE RESEARCH PROJECT** PHASE 2 IS WHERE YOU PUT ALL OF THE PIECES TOGETHER INTO ONE COMPREHENSIVE PROJECT. This project should be conceived of and presented as a polished and cohesive **DIGITAL PROJECT.** **CREATIVITY COUNTS!** You should include BOTH a Citations/END NOTES page and a **BIBLIOGRAPHY** (overall source list) in your project.