

Abstract: The relationship between happiness and health has been a topic studied in prior research, however not in relation to behavioural risk factors. This paper presents evidence that behavioural risk factors specifically drinking, smoking, and dietary intake participate in the determination of happiness levels. Two global surveys, the World Value Survey (WVS) and Study on global AGEing and adult health (SAGE) were compared using three variables: happiness level, satisfaction with life, and health assessment. The question and responses across the four countries of China, India, Russian Federation, and South Africa were analyzed and it was found that the two surveys had similar responses and that there is indeed a correlation between good health and increase in happiness levels. Pearson correlation coefficients were done with each of the risk factors in relation to the three variables in the SAGE and positive or weak negative correlations were found suggesting that behavioural risk factors of increased drinking and smoking habits decreased happiness levels and decreased fruit and vegetable intake similarly decreased happiness levels.