

# The Tasmania Project and the Good Life Initiative

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Presentation to Wellbeing Summit  
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# The Tasmania Project Overview



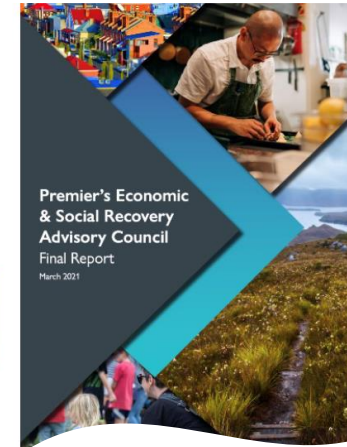
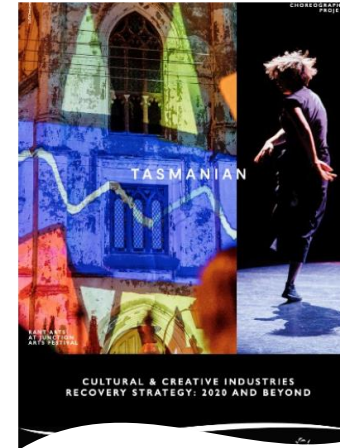
**4000+**

Participants from all over Tasmania

**142**



Long interviews with Tasmanian residents

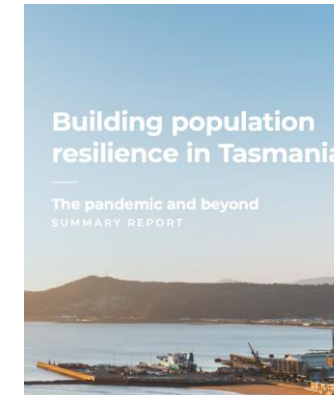
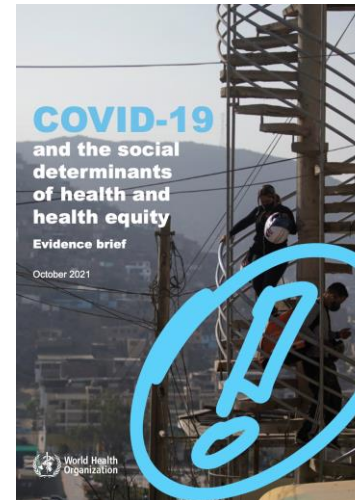


**15 SURVEYS**

On topics important to Tasmanians, including housing, environment, creative industries, food, borders and restrictions, and wellbeing

**60+**

Reports



**15,000+**  
Survey responses



**IMPACT**

Informed PESRAC and a range of State Government agencies and community organisations



**Institute for Social Change**












# From The Tasmania Project to the Good Life

The **Good Life Index** is a unique place-based dataset that combines available data with the voices and experiences of the community captured by The Tasmania Project.



## Adapting a global index

The **OECD's Better Life Index** domains are shown below. These have been adapted for a Tasmanian context for the Good Life Index.

	<b>Housing</b>	Your housing conditions and costs
	<b>Income</b>	Your household income and savings
	<b>Jobs</b>	Your job security and conditions
	<b>Community</b>	Your network of friends and neighbours
	<b>Education</b>	Your education and what you get out of it
	<b>Environment</b>	Quality of and access to the natural environment
	<b>Civic Engagement</b>	Your involvement in activities to strengthen community
	<b>Health</b>	How healthy you are
	<b>Life Satisfaction</b>	How happy you are
	<b>Safety</b>	How safe you feel
	<b>Work-Life Balance</b>	How much you work, how much you play

These domains formed the basis of ISC's report for the Premier's Economic and Social Recovery Advisory Council. The full report is available at [utas.edu.au/socialchange](https://utas.edu.au/socialchange).

# Wellbeing

Rank	Important for wellbeing	Concerns for the future
1	Health (64%)	Health (56%)
2	Life satisfaction (42%)	Income (37%)
3	Environment (38%)	Environment (36%)
4	Community (31%)	Jobs (35%)
5	Income (28%)	Life satisfaction (32%)
6	Work-life balance (27%)	Safety (26%)
7	Safety (24%)	Housing (22%)
8	Housing (21%)	Community (20%)
9	Jobs (21%)	Work-life balance (19%)
10	Civic engagement (10%)	Civic engagement (12%)
11	Education (8%)	Education (8%)

- In our wellbeing survey (Oct/Nov 2020) we asked respondents tell us what was most important for their wellbeing and what was most concerning for the future as Tasmania emerges from the pandemic.
- Health and environment both important and of concern, income and jobs also of concern.
- Interestingly, education ranked last for both importance and concern.

# What is wellbeing? Regional variations

Greater Hobart SA4



West and North West SA4



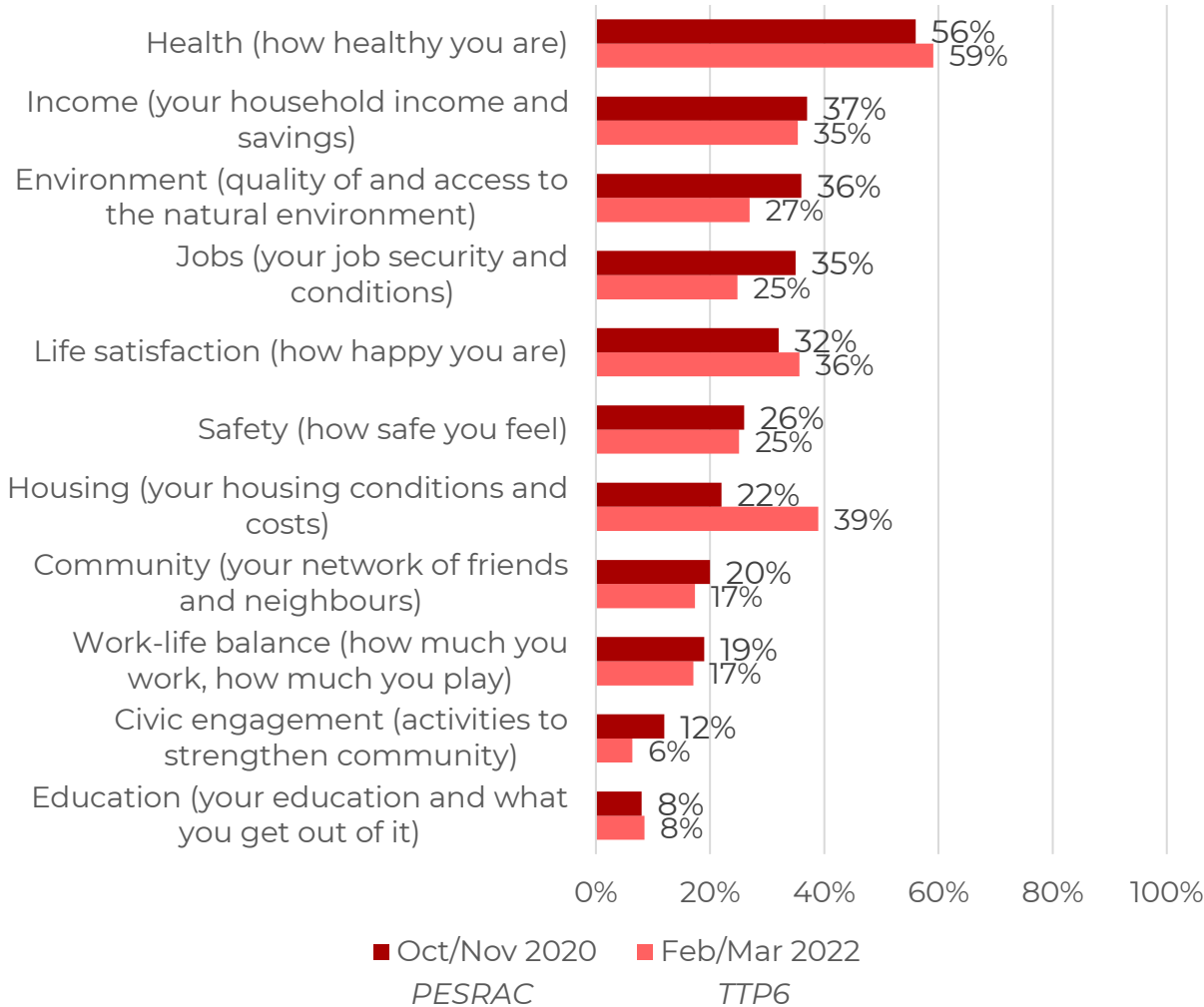
# Conceptualisation of wellbeing in a place-based context

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- Community involvement (asking people what is important)
- Expert assessment (asking experts what is important)
- Politically legitimate process (to define wellbeing, develop metrics, and decide on wellbeing policy priorities)
- Review of best existing practices (reviewing what is important in other contexts)
- Approaches:
  - Capabilities approaches
  - Psychological approaches
  - The theory of universal human needs
  - Data-based approaches

# From The Tasmania Project to The Good Life Initiative: an evidence-based approach

## Top wellbeing areas of concern for the future:



## Importance of housing/home subdimensions

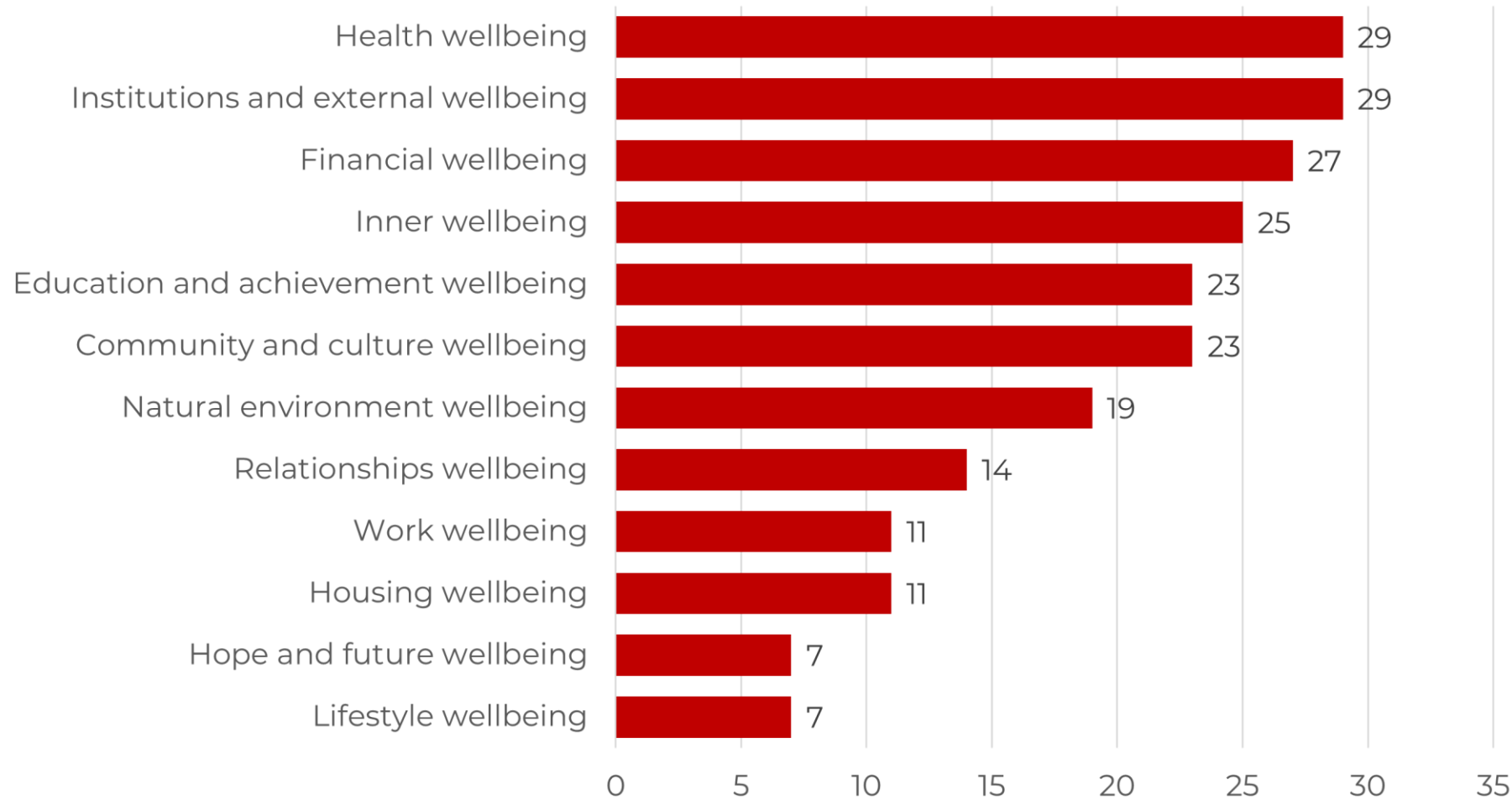
	Less important	Moderately important	More important
More selected as one of the main reasons	Privacy	Safety of neighbourhood Local amenities Affordability	Being able to adequately heat home Having a garden Light and/or sunshine Quiet and peaceful neighbourhood Proximity to nature
Moderate proportion selected as one of the main reasons	Nice views Proximity to work Living in a detached dwelling	Internal state of repair Tenure type Space/size External state of repair	Security of tenure Proximity to family Insulation
Less selected as one of the main reasons	Accessibility Ventilation External appearance of home Aesthetic appearance of neighbourhood Other Reputation of neighbourhood	Proximity to friends Quality locks on windows and doors Having a pool	Internal appearance of home

\*From the September 2022 TTP8 survey

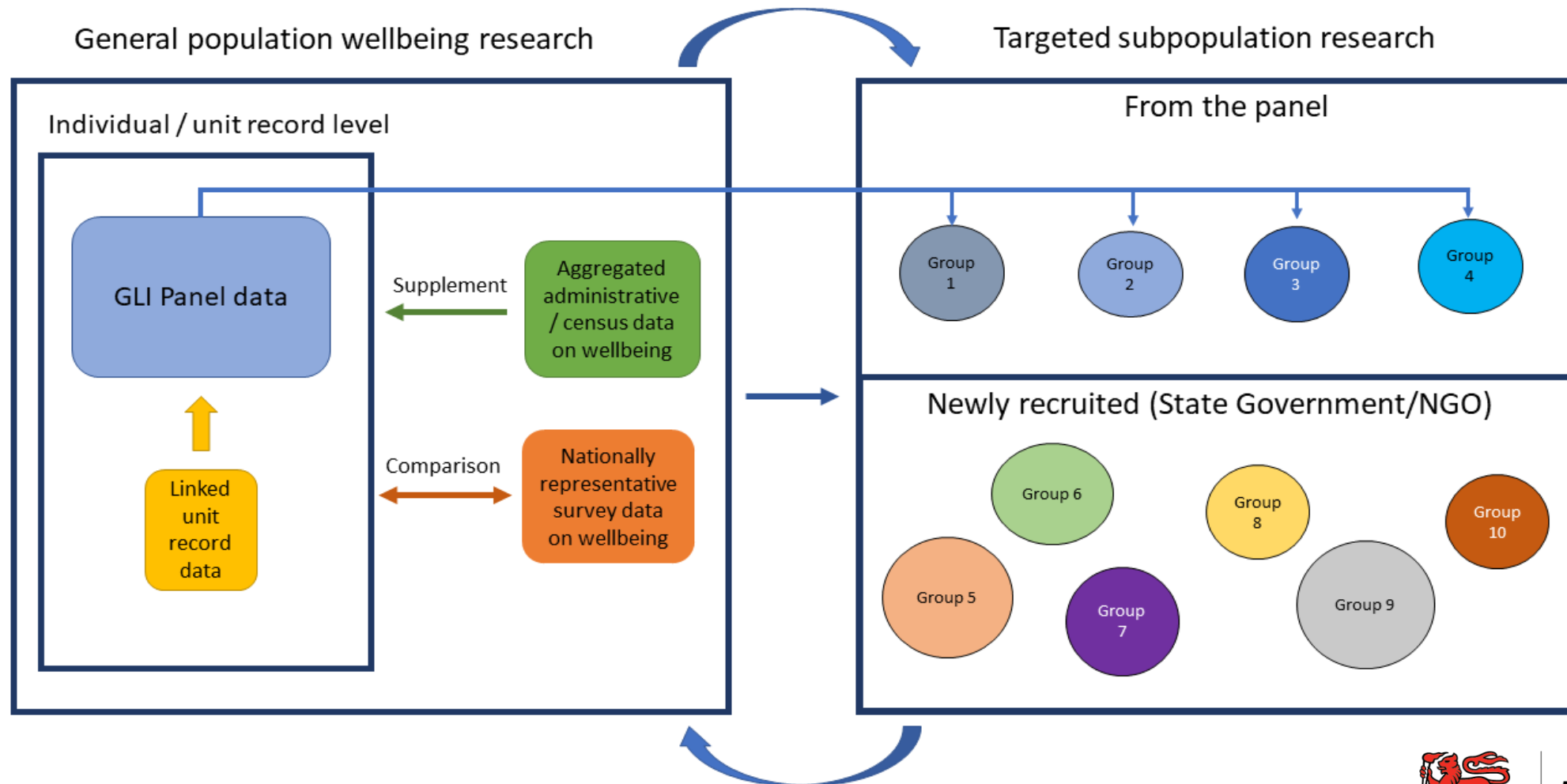


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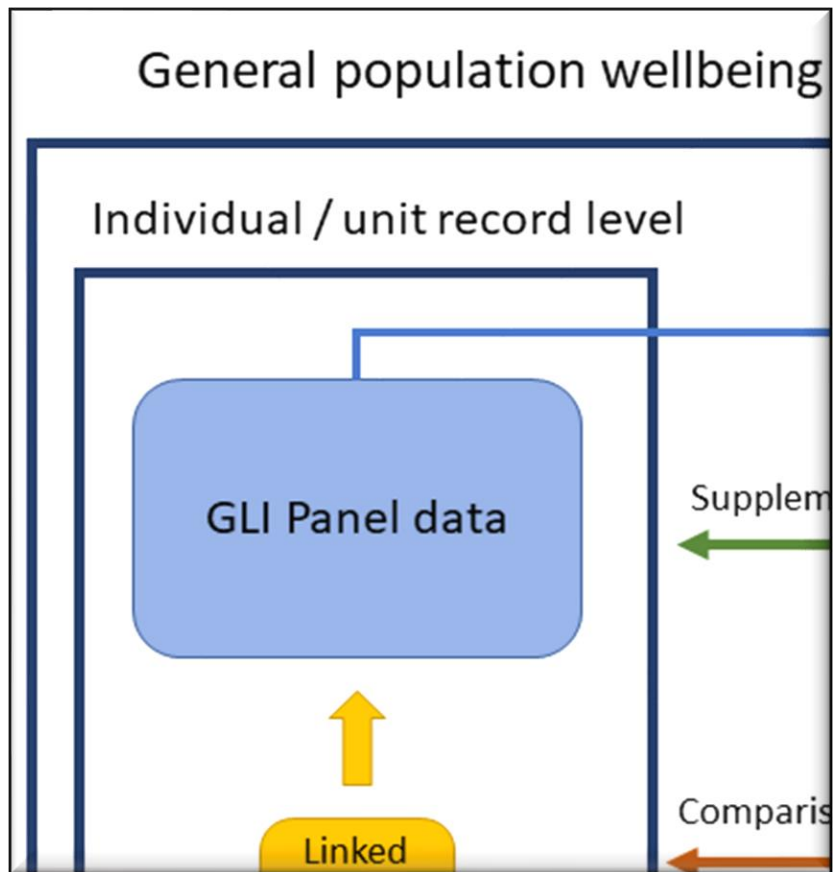
# From worldwide wellbeing frameworks to The Good Life Initiative: a 'good-practice'-based approach



# The Good Life Initiative: data sources



# The Good Life Initiative: longitudinal panel



- Sampling unit: *individual Tasmanian adult residents (aged 18+)*
- Size of the panel: *3,000 individuals*
- Types of probability samples (50%):
  - *RDD text-to-web recruited*
  - *address-based sampling (A-BS) recruited*
- Types of nonprobability samples (50%):
  - *TTP “balanced” piggybacking sample*
  - *newly recruited social media sample*
  - *purposive sample of disadvantaged groups*

# The Good Life Initiative: Longitudinal study of the wellbeing of Tasmanians

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- Survey: *biannual*
- Questionnaire length: *15 minutes*
- Questionnaire sections: *Satisfaction, Health, Housing, Income and finances, Education, Employment, occupation and work-life balance, Relationships and community, Environment, Inner wellbeing, Importance of capabilities, Demographics*
- Questionnaire items:
  - Capabilities approach items: *basic freedoms/capabilities, functionings, resources*
  - Psychological approach: *The Well-Being Profile, Cantril Self-Anchoring Striving Scale, Anamnestic Comparative Self-Assessment, Global Quality of Life Scale*
  - Life satisfaction items: *largely matching satisfaction items from HILDA*
  - Survey items for aggregation/weighting of wellbeing dimensions

# Final thoughts and thank you

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[www.utas.edu.au/social-change](http://www.utas.edu.au/social-change)