LIFEWATCH
A QUARTERLY PUBLICATION OF ALLIANCE FOR LIFE INTERNATIONAL
AUGUST 2024

HUSBANDS AND WIFES ARE THE HAPPIEST PEOPLE

In our March 2024 LifeWatch Newsletter, we briefly mentioned a recent study which we shared with our Ugandan radio audience on *Life Matters.*

The study is titled: *The Socio-Political Demography of Happiness* and originates from the University of Chicago, Booth School of Business, authored by Sam Peltzman, Professor Emeritus of Economics [1].

He conducted a 49-year economic and social study which found that happiness can be found in marriage primarily. The gap between marital happiness and satisfaction from other sources such as education, income, race, and gender, among others, is greater. It is at its highest - 30 percentage points, when the married are compared to the unmarried [2]. It is a fascinating report which is counter-intuitive in a world where marriage rates have been steadily declining.
From 1972 to 2021, the school used the General Social Survey (GSS) and asked a representative sample (1,500-3,000 people) of US adults: “Taken all together, how would you say things are these days--would you say that you are very happy, pretty happy, or not too happy [3]?”

Happiness remained steady until the new millennium, then deceased by 4 points, all statistically significant. The author discarded the 2020-2021 data set. It reflected a large decrease in happiness and coincided with the covid years, an exceptional event [4].

So how are we faring today in terms of happiness? Interestingly, the Unhappy share today is similar to what it was in 1972, the Happy share has decreased. and the Neither share has increased [5]. (Cont. p.2)



ARTICLES IN THIS ISSUE ARE FROM OUR PRESIDENT, LOUISE ALLARD

AN UPDATE FROM UGANDA

We have been home for the last three months and we continue to monitor our progress from afar. The Pregnancy Resource Center (PRC) is thriving. In collaboration with another NGO, we helped a young lady who had just delivered her baby and had nowhere to go, having been chased away by her family and abandoned by her boyfriend. The other NGO provided the referral and the counseling and some family reconciliation while we provided emergency funds for food and supplies. Her aunt welcomed the new mother and baby into her home. Ugandans have large families. It allows help in time of crisis.

Emily continues to teach the Billings Ovulation Method to couples or women. This time, through Mutundwe Christian Fellowship, she connected to a social media network called Marriage Builders.

Through this medium, she was able to teach the BOM to 350 attendees. She developed an audio message to introduce them to the BOM. Individual training is still required to clarify the teaching

(Cont. p.2)

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HUSBANDS AND WIVES ARE THE HAPPIEST… (CONT. FROM P. 1)

Let's look at determining factors of happiness:

- **Race** is a factor promoting happiness. At this time, whites are 15 points happier than black. The gap was 25 points in 1972 but has steadily declined. Post-2000, the whites experienced more unhappiness than the blacks [6].
- **Marital status**: the married couples fared the best by a huge 30 points margin from the unmarried. The 3-4 points decline in happiness post-2000 is attributed to marriage formation decline. Even though this trend was in the making, its magnitude is being felt now.
- Other categories did not contribute significantly to that decline in happiness.
- Being widowed, divorced, separated, or never-married yield the same low happiness score except that the separated fare worse than the other unmarried.
- The educated continue to get married at a higher rate than the less educated [7}.

Education matters. Currently, those without a high school diploma rate their happiness 25 points lower than a college graduate. In the early 70s, there was a 15 points differential. Their situation has worsened**.**

- **College grads are the only ones who have not suffered decreased happiness over any time period** [8].

Income makes a difference, but up to a point. Those in the middle richest class score 20 extra points (Cont. p.3)

Report from Uganda

and set-up follow-up. Way to go Emily!

On *Life Matters* radio program, Emily addressed the following during June: adverse side effects of hormonal contraceptives and knowledge of the BOM, a natural method; poverty causes and alleviation; financial independence, and parenting. Emily often uses the same teaching for our Single Mothers' Ministry. She continues to reach out to schools to promote Abstinence Education.

Celebration Bakery and Vocational Training Center bustles with activity under Manager Emily, our senior baker Samuel and our very own apprentice, Adelu; Akim the driver and bakery assistant, Naomi, Grace, and Bernadette in sales. We have more than doubled our production over the last 4 months. We have resolved the issue of our big bread expiring too soon; it is back in the stores competing with the best! We're focusing on obtaining bigger contracts through schools.

Our student, Christine, a mother of 3, is taking all three courses: baking bread and pastries, cake-making, and cookery. This is such a rewarding endeavor. She received a 50% scholarship for one course.

Emily submits daily sales and expense data so we remain on top of the inevitable challenges, one of them being electric outages. They're back! Since we produce more, our losses have doubled; $400 in July. Instead of replacing our electric oven, we decided to add a 3-deck gas oven to rescue. production and assist with our growth. We're adding a generator for the other equipment. Those two items will cost us $3600. We have the best equipment, the best workers, (Cont. p.3)

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HUSBANDS AND WIVES ARE THE HAPPIEST… (CONT. FROM P. 2)

In conclusion, the Peltzman's study over the last 48 years, indicate that marital status and income are major factors in happiness. The recent decline in happiness can be attributed statistically to a decline in family formation.

A REPORT FROM UGANDA (cont. from p.2)
and God at the helm. We can't go wrong!

And we saved the best for last…The ST RAPHAEL HOSPITAL PROJECT. The architectural designs for the pediatric facilities need revision and added studies. We are getting ready to assign the contract after evaluating two bids. The work will take 3 months. The Ministry of Health will need to approve the designs prior to begin construction in the first quarter of 2025. The Environmental and Social Impact Assessment is almost complete. We shall hear the auditor this week as he reports on the surrounding health facilities and their impact and opportunities in relationship with St Raphael.

Louise and ALI Board Member, Dr Stephen Meyer, plan to attend the Catholic Medical Association Conference from Sept 5-7 in Orlando, FL. where we will exhibit the hospital project. Join us as we pray for funding opportunities.

It is exciting to serve God with you as partners. We are so thankful for your faithfulness and generosity. A long-time supporter moved from CA to Utah. He asked how much was remaining on his pledge to the project and met it on the spot. God has joined our hearts and will see us through the finish line. God bless you and keep you.

However, the post 2000 decrease in happiness affected even the affluent, regardless of the growth in their income share [9].

Gender affects happiness, but less than other factors. Women's happiness has been declining since the 1970s. Overall, their happiness is 7 points lower than with men [10].

- Men's happiness increased from 1972 up to 2000, then decreased markedly. Since 2000, males and females share similar level of happiness. But why the erosion of female' happiness since the 1970s and its persistence even today [11]?

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Peltzman looked at other factors promoting happiness such as geography, living in large cities, being conservative vs liberal, etc. but although there are differences, they are not as important as marriage and income, or even education and race [12].

In conclusion, the Peltzman's study over the last 48 years indicate that marital status and income are major factors in happiness. The recent decline in happiness can be attributed statistically to a decline in family formation. Even though it has been present since the 1970s, its effects are becoming more evident [13].

The married state offers the most conducive environment to pursue happiness. Paradoxically, we find that marriage and family are failing. It is evident when we notice a serious decline in dating practices, marriage formation, and birth rates. We endeavor to continue assessing these trends in the near future.

Alliance for Life International

Trusting God with Life

August 2024

Alliance for Life International is a Catholic Christian, non-profit educational and charitable organization committed to assist and encourage States in building cultures of life in which preborn children are welcome and the lives of those who are vulnerable are protected. The lack of essential medical care in Uganda is a reflection of health disparities found in socially disadvantaged countries. We are leading and cooperating with church partners to bring modern medical care in Uganda.

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