



# More are happy despite tough times

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West Australians have emerged from the global financial crisis happier and healthier, the WA Wellness Survey shows.

It found 33 per cent of West Australians thought they had a "great life", compared with 28 per cent in 2009.

The number who said they were "happy all the time" had increased from 7 per cent to 12 per cent.

The survey of 800 people by Painted Dog Research for health insurer HBF and *The West Australian* also found 23 per cent of people said



their health was "excellent", up from 17 per cent last year.

According to the findings, West Australians had re-evaluated what was important to them since the financial downturn. More people said family and relationships were important and that they had less interest in money and possessions.

Since 2009, the percentage of people who said family and

relationships were the most important influence on their health and wellbeing had doubled, while the importance of diet and exercise had declined considerably.

Mother-of-two Heather Anderson, 39, said she had little to complain about in life.

"I get to watch my kids grow up and I know if anything were to happen, that I have a great support network of family and friends who will help me out," she said.

"Rising interest rates do make things difficult with the mortgage but other than that I would say I have a great life."



Family is important: Heather Anderson with her children Daniel Antunes, 9, and Ashlee Antunes, 12.

Picture: Mogens Johansen