

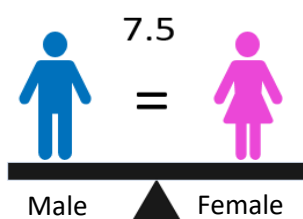
# How satisfied are Mauritians with their lives? 2018/19

Life satisfaction is a key indicator of Subjective Wellbeing, complementing many objective indicators (per capita income, life expectancy, crime rate, etc.), for Quality of Life measurement. It measures how people evaluate their life as a whole.

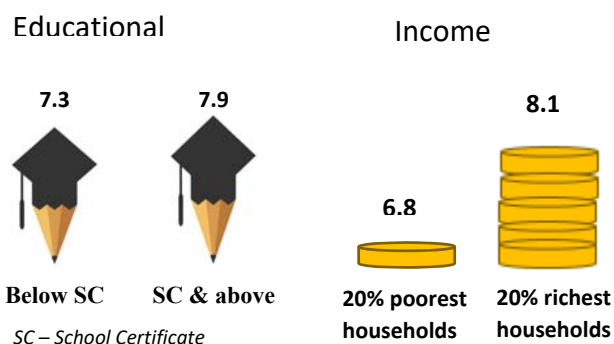
**In 2018/19, Mauritians aged 16 years and above rated their life satisfaction as 7.5\***  
scale: 0 (very dissatisfied) to 10 (very satisfied)



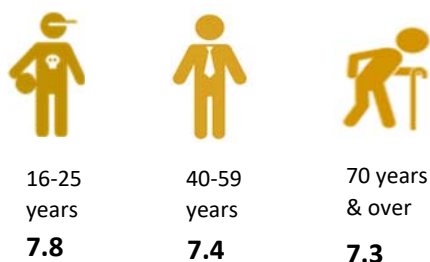
### Men and women were equally satisfied and ...



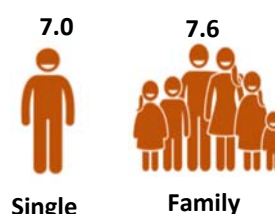
### Persons with higher educational level and income reported higher rating ...



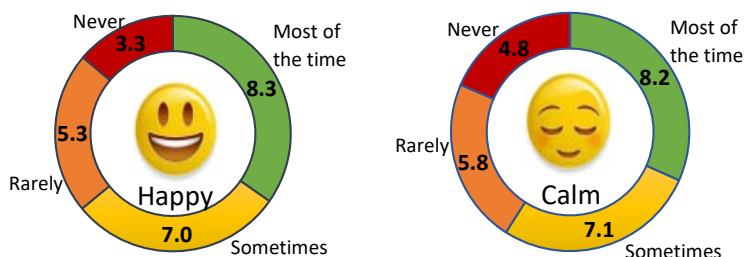
### ... the youth were most satisfied



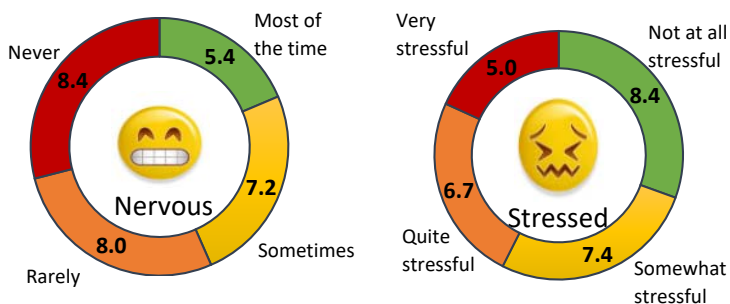
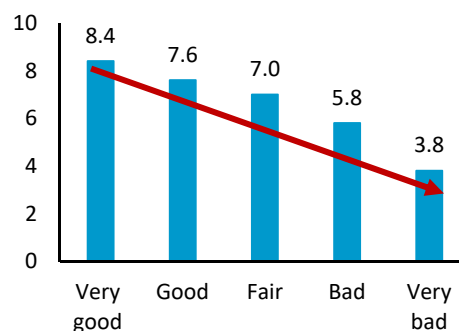
### ... also those living in a family.



### Persons who reported to be happy most of the time rated higher level of life satisfaction



### Persons who reported good health were more satisfied with their lives



\*- All figures refer to average life satisfaction on a scale 0 (very dissatisfied) to 10 (very satisfied)

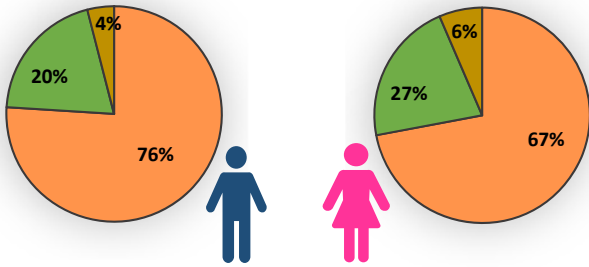
# Self-perceived Health Statistics, 2018/19

Self-perceived health is a subjective measure of overall health status encompassing several aspects such as overall physical, mental and social well-being.

In 2018/19, **7 out of 10** Mauritians aged 16 years and over rated their health status as **good or very good**



Men rated themselves healthier than women



Individuals' lifestyle, physical and mental state also impact on health

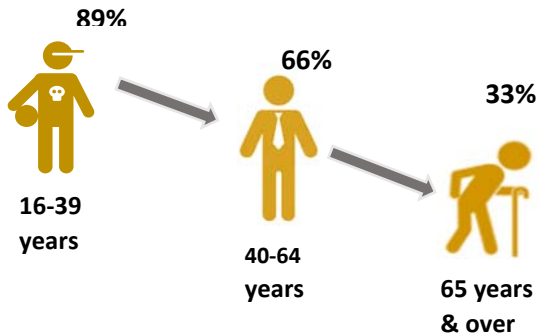
**82%** of persons who reported practicing sport or any physical activity rated very good or good health.



**9%** of Mauritians reported having difficulties to perform their day-to-day activities – Most of them (**96%**) rated their health as 'bad or very bad'.

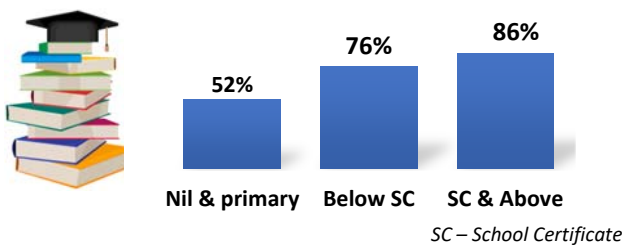


Health declines with age. The young reported the highest level of health status\* (**89%**)

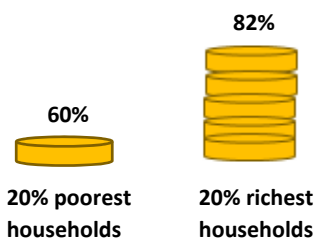


The higher the educational level and income, the higher the ratings on health status

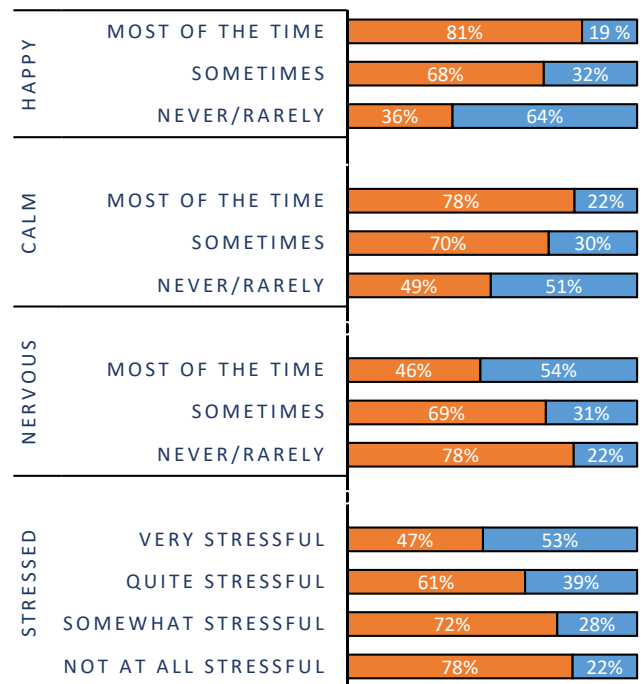
Educational level



Income



Self-perceived health status by positive/negative feelings of Mauritians



Very good/good health (orange), Fair/bad/very bad health (blue)

NB: \*-Share of persons who reported good or very good health  
Source: Living Conditions Survey 2018/19, Statistics Mauritius