

PATHWAYS TO HAPPINESS: A NEW APPROACH TO POSITIVE HEALTH AND LONGEVITY

LUNCHEON DIALOGUE
WEDNESDAY, DECEMBER 12, 2018



REGISTRATION 12:15 | LUNCH 12:30 | CLOSE 14:15

ASIA SOCIETY HONG KONG CENTER, 9 JUSTICE DRIVE, ADMIRALTY, HONG KONG

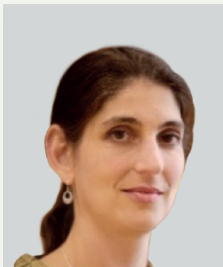
ASIA SOCIETY/HARVARD CLUB MEMBERS \$500 ; NON-MEMBERS \$650

Could a sunny disposition mean fewer colds and less heart disease? Do hope and curiosity somehow protect against developing hypertension and diabetes? Do happier people live longer and healthier - if so, why? What about social conditions such as poverty and inequalities? And, how do they affect health? How about social media? Do they lead to greater happiness or cause more distress? How does the use of the ubiquitous information and communication technologies (ICTs) affect the sense of family well-being?

Researchers are exploring a new, and sometimes controversial, avenue of public health - documenting and understanding the link between positive emotions or other psychological and sociological factors and good health. While it's easy to believe good health may contribute to happiness, the converse is less well accepted - whether happiness may contribute to the likelihood of having good health. Scientists are increasingly probing whether happiness has a real effect on physical health, using more rigorous methodology than previously available. Various studies have been conducted to test whether "subjective well-being" - how people evaluate their own lives - may contribute to a range of physical and mental health outcomes. Findings are beginning to paint a consistent picture, suggesting that happiness or other aspects of psychological and social well-being, really can influence physical and mental health. Or that use of social media

is associated with mental health both positively and negatively. Or that use of ICTs such as video calls to share information is associated with family well-being.

If these findings are real, we would want to understand how, why, and when happiness or other positive psychological factors might influence physical health outcomes. Equally important, how does our social life - relationships with others, use of social media and other information and communication technologies affect our sense of subjective, family and social well-being. When thinking about how happiness might influence health, scientists have offered various explanations. One looks at behaviors - happy people often take better care of themselves and choose healthier behaviors such as exercising, eating well and getting adequate sleep - over unhealthy ones. Another draws on findings that happiness has been linked with beneficial effects on the cardiovascular and immune systems, and speed wound healing. What is the linkage between happiness and health? Do good family relationships lead to happier, healthier individuals? How is the sense of well-being affected by our income, education and other social conditions and how that affect health? What does this all mean for public policy? Join the co-directors of the Lee Kum Sheung Center for Health and Happiness at the Harvard T.H. Chan School of Public Health for a new approach to positive health and longevity.



Laura Kubzansky, Co-Director, Lee Kum Sheung Center for Health and Happiness, Harvard T. H. Chan School of Public Health

Laura Kubzansky is Lee Kum Kee Professor of Social and Behavioral Sciences, Co-Director of the Lee Kum Sheung Center for Health and Happiness and Director of the Society and Health Laboratory at the Harvard T.H. Chan School of Public Health. Dr. Kubzansky has published extensively on the role of psychological and social factors in health, with a focus on the effects of stress and emotion on heart disease. She also researches on whether stress, emotion and other factors help to explain social disparities in health. Dr. Kubzansky is a fellow in the American Psychological Association and several other professional associations. She received her Master of Public Health from Harvard and her PhD from the University of Michigan.



K. "Vish" Viswanath, Co-Director, Lee Kum Sheung Center for Health and Happiness, Harvard T. H. Chan School of Public Health

K. "Vish" Viswanath is Lee Kum Kee Professor of Health Communication at the Harvard T. H. Chan School of Public Health and in the McGraw-Patterson Center for Population Sciences at the Dana-Farber Cancer Institute (DFCI). He is also Co-Director of the Lee Kum Sheung Center for Health and Happiness. Dr. Viswanath's primary research is in documenting the relationship between communication inequalities, poverty and health disparities, and knowledge translation through community-based research to address health disparities. He has written more than 225 journal articles and book chapters, and is the recipient of several awards. Dr. Vishwanath obtained his PhD from the University of Minnesota.



Ronnie C. Chan, Chairman, Asia Society Hong Kong Center

Ronnie C. Chan is Chairman of Hang Lung Properties, which develops, owns and manages commercial complexes in Hong Kong and key tier one and tier two Chinese cities. He is Chairman of the Asia Society Hong Kong Center and Chairman Emeritus of the Asia Society. Mr. Chan established and chairs the China Heritage Fund and is Founding Chairman of the Centre for Asian Philanthropy and Society. He serves or has served on the governing or advisory bodies of the Peterson Institute for International Economics, World Economic Forum, University of Southern California, Yale University and Tsinghua University. Mr. Chan is a Fellow of the American Academy of Arts and Sciences. (Moderator)

Asia Society / Harvard Club members (one seat)	@HK\$500 =	<input type="checkbox"/> Vegetarian
Non-members (one seat)	@HK\$650 =	<input type="checkbox"/> Vegetarian
Table(s) of 10	@HK\$5,000 =	

Last Name _____ First Name _____ Company _____

Address _____

Tel _____ Fax _____ Email _____

Payment by: American Express MasterCard Visa Total: HK\$ _____

Cardholder Name _____ Expiry Date _____

Credit Card # _____ Signature _____

(MasterCard/Visa: Last 3 digits on signature panel / AmEx: 4 digit code on front panel above logo _____)

Please check if you would like to receive an official receipt, to be sent within two weeks after the program.

Please return registration form by fax (+852)2567 7916 or email programhk@asiasociety.org.

RESERVATIONS: Reservations can be made online at ticketing.asiasociety.org.hk or by completing and returning this form by fax (+852)2567 7916 or email programhk@asiasociety.org. No seat(s) will be guaranteed without advance payment.
CONFIRMATIONS: Please consider your reservation confirmed unless notified otherwise. Your name will be held on a list at the door.
CANCELLATIONS: Please note that no-shows will be charged. Cancellations must be made in writing. Members; Full refund for members who cancel more than three working days prior to the program, no refund for cancellations three working days or less before program. Non-Members; 50% refund for cancellations more than three working days prior to the program; no refund for cancellations three working days or less before program. Table cancellations will not be accepted less than four working days before program.