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Public Input to [Colorado Commission for Affordable Health Care](#) (CCAHC)

CCAHC should recommend promotion of Laughter Wellness in Colorado

*In light of the evidence showing how laughter contributes to health and well-being, CCAHC should recommend that Laughter Wellness be adopted across the state.*

This action is practical and able to be accomplished expeditiously with a moderate expenditure of resources, yet containing a high return on investment.

A “Laughter Break” can easily be adopted in schools and businesses using some of the simple practices shown on [YouTube](#). Benefits of Laughter can be explored on the [LaughterWellness.org](#) website, which will include stress reduction, improved job and school performance as well as more harmonious and engaging relationships. Many communities have Laughter Clubs open to the public and able to support training of Laughter Coaching in schools and businesses. See this [article in AARP](#) news.

Easy-to-learn [Techniques in Laughter Wellness](#) will compliment another solid methodology for promoting health and wellness, called [PERMA](#). PERMA is an acronym used by Dr Martin Seligman in his book, [Flourish](#), to explain five key aspects of happiness and well-being:

P = Positive Emotions

E = Engagement

R = Relationships

M = Meaning and Purpose

A = Accomplishment

A 30-minute [YouTube lecture](#) by Dr Seligman is informative. PERMA is not simply a new theory for promoting happiness and well-being. This evidence-based methodology has been introduced and adopted by the province of [Adelaide in Australia](#) for all of their schools and communities, for example. Countries in Europe have adopted PERMA in a survey and surveillance process. The [US Army has adopted PERMA](#) widely, for their soldiers as well as for the families of soldiers. Practitioners of PERMA have a boatload of evidence demonstrating its long-term efficacy, specifically as an antidote for depression.

The benefits of actively facilitating Laughter Wellness and PERMA throughout Colorado are expected to be as follows:

- a) Enhanced outcomes in measures of [health equity](#) in Colorado.
- b) Enhanced outcomes of measures of [performance in K-12 education](#).
- c) Improvement in outcomes of healthcare measures of [Triple Aim](#) in Colorado.
- d) Enhanced effectiveness for [CHAPS \(Community Health Assessment and Planning Systems\)](#).
- e) Enhanced status of Colorado as a leader in transformation of health and well-being.

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