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I'm happy to send a written proposal for a recommendation the Colorado Commission for Affordable Health Care could send to the Legislators of Colorado.

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Recommendation from the Colorado Commission for Affordable Health Care (CCAHC) to the Legislators of Colorado

In consideration of the importance of well-being over and above merely improving the health of Colorado residents, the CCAHC recommends that the Colorado Department of Public Health and Environment (CDPHE), in conjunction with the Colorado Department of Education (CDE), be directed to undertake the introduction of PERMA to Colorado communities and stakeholders by way of annual surveys and training facilitation.

The Commission determined that this action is practical and able to be accomplished expeditiously with a moderate expenditure of resources, yet containing a high return on investment.

PERMA is an acronym used by Dr Martin Seligman in his book, [Flourish](#), to explain five important aspects of happiness and well-being:

P = Positive Emotions

E = Engagement

R = Relationships

M = Meaning and Purpose

A = Accomplishment

Dr Seligman was a psychiatrist for 30 years before he discovered and developed the PERMA program. He notes in his lectures that healthcare can provide remedies to eliminate disease, but the tools of PERMA are completely different. He is known as the '[Father of Positive Psychology](#)', for good reason.

A 30-minute [YouTube lecture](#) by Dr Seligman is informative. PERMA is not simply a new theory for promoting happiness and well-being. This 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.

The benefits of actively facilitating 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 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.