

# Muskegon Chronicle



## IN IT TO WIN IT

THE WOLVERINES HAVE BEEN PLOWING THROUGH THE NCAA TOURNAMENT, BEATING OPPONENTS BY AN AVERAGE OF MORE THAN 23 POINTS, FUELED BY EARLY LEADS AND RELENTLESS SECOND-HALF ACTION. **B1**

### STUDY

## What holds the key to happiness? It's not scrolling.



Advance Local staff, Shutterstock illustration

Social media makes young people less satisfied, an annual report finds.

**Kostya Manenkov and Kirsten Grieshaber** Associated Press

Heavy social media use contributes to a stark decline in well-being among young people, with the effects particularly worrying in teenage girls in English-speaking countries and Western Europe, according to the World Happiness Report 2026 published this month.

The annual report, published by the Wellbeing Research Centre at the University of Oxford, also found that Finland is the happiest land in the world for the ninth year in a row, with other Nordic countries such as Iceland, Denmark, Sweden and Norway ranking among the top 10 countries.

It highlighted how life evaluations among under 25-year-olds in the United States, Canada, Australia and New Zealand have dropped significantly over the past decade, and suggested that long hours spent scrolling through social media is a key factor in that trend.

A new entry to the top five on the list is Costa Rica, which climbed to fourth place this year after rising through the ranks from 23rd place in 2023.

### SO, WHO'S THE HAPPIEST?

The happiest countries for 2026, according to the World Happiness Report, published by the Wellbeing Research Centre at the University of Oxford:

1. Finland
2. Iceland
3. Denmark
4. Costa Rica
5. Sweden
6. Norway
7. Netherlands
8. Israel
9. Luxembourg
10. Switzerland
23. United States

The report attributes that to well-being boosts from family bonds and other social connections.

"We think it's because of the quality of their social lives and the stability that they currently enjoy," said Jan-Emmanuel De Neve, an Oxford economics professor who directs the Wellbeing Research Centre and co-edits the World Happiness Report.

"Latin America more generally has strong family ties, strong social ties, a great level of social capital, as a sociologist would call it, more so than in other places," he added.

The report said Finland and the other

Northern European countries' steady ranking on top is related to a combination of wealth, its equal distribution, having a welfare state that protects people from the risks of recessions, and a healthy life expectancy.

Finnish President Alexander Stubb reacted Thursday to his country being in first place again, saying: "I do not think there is a magic potion, but it helps to have a society which strives towards freedom, equality and justice."

Semi Salmi, a pensioner who was out for a swim at a pool with cold sea water in Helsinki, echoed that sentiment. "Finns are very content, confident, have faith in their system, their country, their government," he said. He also stressed the advantage of having access to good health care. "My father is now in a long-term care and he's extremely well taken care of by the system," he said.

As in previous years, nations in or near zones of major conflict remain at the foot of the rankings. Afghanistan is ranked as the unhappiest country again, followed by Sierra Leone and Malawi in Africa.

Country rankings were based on answers given by around 100,000 people in 140 countries and territories who were asked to rate their own lives. The study was done in partnership with the analytics firm Gallup and the U.N. Sustainable Development Solutions Network.

**SEE STUDY, A3**

### MICHIGAN HEALTH

## MDHHS urges early measles vaccines after outbreak

Early vaccine recommendations have been extended to seven counties after a Monroe County case was confirmed.

Advance Local Express Desk

LANSING — Michigan health officials are recommending accelerated measles vaccinations for infants in seven counties following concerns that the virus may be spreading through community transmission.

The Michigan Department of Health and Human Services confirmed eight measles cases across two counties, with seven identified in Washtenaw County and one in neighboring Monroe County. The Monroe County case has not been definitively linked to the Washtenaw cases or travel, raising concerns about possible community spread.

"Measles is incredibly transmissible, and we are now seeing possible spread outside the initial outbreak in Washtenaw County," said Dr. Natasha Bagdasarian, chief medical executive. "Because people with measles can transmit the virus before they experience symptoms, we want to make sure we are protecting the most vulnerable members of our communities by recommending early vaccination for infants ages 6 through 11 months."

The state health department is now recommending that infants of that age receive an accelerated first dose of the measles vaccine if they live in or travel to Washtenaw, Monroe, Wayne, Oakland, Jackson, Livingston or Lenawee counties. The recommendation will remain in place until May 16.

Infants who receive the early dose will still need two additional doses after their first birthday to complete the vaccination series. The MMR vaccine is typically given at 12 to 15 months of age, with a second dose administered at least 28 days later.

**SEE MICHIGAN HEALTH, A3**



In addition to recommending accelerated measles vaccinations (part of the MMR vaccine shown here), state health officials are urging some adults to get a measles shot as well. *MLive.com files*

## Union warns members after researcher's death

They are urged to remain silent if they face questioning.

**William Diep** [wdiep@mlive.com](mailto:wdiep@mlive.com)

ANN ARBOR — A University of Michigan workers' union is advising its membership not to speak with federal authorities following a researcher's possible suicide last month after federal officers questioned him.

The assistant research scientist jumped from the third floor and fell to the second floor March 19 inside the atrium of the George G. Brown Building, Deputy Police Chief and Public Information Officer Melissa Overton said Wednesday.

He was later pronounced dead and police — first called about 11 p.m. March

19 — are investigating his death as a "possible act of self-harm," Overton said.

U-M College of Engineering Dean Karen Thole identified the researcher as Danhao Wang and acknowledged his March 20 death in a collegewide email April 1. Thole described Wang as a "promising and brilliant young mind" whose research was monumental.

Overton said the investigation is active pending toxicology results.

The U-M Postdoctoral Researchers Organization, the union that represents postdoctoral students, reported the staff member was a former postdoctoral researcher in electrical engineering and

computer science.

According to an X account linked to the China Ministry of Foreign Affairs, Wang died by suicide after "hostile questioning" by U.S. law enforcement authorities. The X post does not specify the subject of or reason for the questioning.

"China has repeatedly protested to such so-called law enforcement actions," the post reads. "They seriously violate Chinese citizens' lawful rights, poison the atmosphere for people-to-people exchanges between the two countries and continue to create a serious chilling effect."

**SEE DEATH ON CAMPUS, A3**

