

**THURSDAY, AUGUST 25, 2016**  
**8:30 A.M. TO 9:45 A.M.**

**PRESENTATION: “BLUE ZONES PROJECT”**  
**PRESENTER: Nick Buettner**

Website: <https://communities.bluezonesproject.com/>

NOTES:

Blue Zone Project looks at areas where people live the longest and assesses the factors that contribute to longevity.

There are nine:

- Move naturally
- Have a purpose – reason for being
- Plant Slant - eat a mostly plant-based diet (vegetables 3X per day)
- 80% rule – eat until 80% full; don't over eat
- Drink wine in evening
- Quiet time and sleep
- Put family first
- “Right Tribe” – 3 good friends
- Belong – spiritual/church support

80% lifestyle factors determine how long a person will live.  
20% are genetics.

The more of the nine keys to longevity we do, the longer our life expectancy.  
Also, the “compression time” - time between falling ill and death is shorter for people who do these things. 1 year versus 4 years.

Blue Zones looked at areas in the world:

Sardina, Italy

- Highest rate of male centenarians
- Eat fruits/vegetables grown in garden
- Portion size of meat – deck of cards
- Exercise throughout the day
- Attitude towards aging – revered as get older

## Okinawa

- Plant-based diet
- Eat “bitter-melon” – high portion of anti-inflammatory agents
- Only eat until 80% full – don’t over eat and consciously do this
- Have close friends.
- Study – if have less than 3 good friends that can count on, feel “lonely”. Effect on body is same impact of smoking 21 cigarettes a day.

## Loma Linda, California

- Seventh Day Adventist Community
- Nature walks on Saturday. Reduces stress/let go.
- Vegetarian diet
- Breakfast – oatmeal, nuts and raisins
- Exercise bike – 20 minutes per day

## Nioya, Costa Rica

## Ikaria, Greece

- Mediterranean diet
- Works like a diuretic due to herbs
- Low levels of dementia
- Contribute into old age
- Ride bikes, walk, watch kids

## Blue Zones – The Power of Nine

- 1) Move naturally. Walk to see friends, walk to school, mow the lawn, garden. Don’t need gyms and health clubs.
- 2) Purpose. Have the right outlook. Everyone worries, about health, kids, money. Key is to use simple techniques to reduce chronic swelling from stress. Ex. Spend time with friends, take a nap, take a walk. Have a strong sense of purpose in life. (Most dangerous years in life are the year that you are born and the year when you retire. Why? Can lose purpose when you retire. Have a sense of purpose and be able to articulate it.
- 4) Wine@Five. Eat wisely. Drink two glasses of wine per day. Helps process food with meals. Caveat – must have a healthy relationship with alcohol to do this.
- 5) Plant Slant. Eat a plant-based diet. Grow on your own. Eat sweet potatoes, beans and legumes. Eat meat less than four times per month. Fish less than three times per week.)
- 6) 80% Rule. Don’t eat until full. Overeating and overweight is hard on your body.

- 7) Family First. Spend time with family and put family first. (People who live long tend to stay married. Put kids first.)
- 8) Faith/Belong. Whatever kind or denomination, research shows that belonging helps longevity if participate in at least three times per month.
- 9) Three Best Friends/Right Tribe – ask yourself about your friends. Are you healthier with your friends? Do they drink too much? Smoke? Or, do you go for walks with them? Eat well? If you call them, will they answer?

Why does all of this matter? Americans spend \$110B per year on health clubs, supplements and diets. But, diets don't work. Longevity is related to the Blue Zones lifestyle traits.

For many Americans, need to ask – “How many hours are you spending in the workplace and what is the impact on your health?”

“Do you have access to healthy foods?”

“Are the roads in your community build to walk around?”

To reduce stress at work, create social networks so you want to be there.

The capacity of the body is about 91 years old, but most people die 14 years earlier.

The life expectancy of our kids is less than our own.

84% of medical crisis is due to inactivity.

Blue Zones partners with HMSA in Hawaii. Want to develop healthy alternatives before people get sick. Work to reduce the compression of mortality (time between when get sick and when die.)

Stress creates chronic inflammation in the body which affects the telomeres in our cells which leads to premature aging and disease.

Stress at work – how can re-design organizations to reduce stress and increase productivity?

What in life that are personally doing to reduce stress?