



Longevity Blue Zones

What are Longevity Blue Zones?

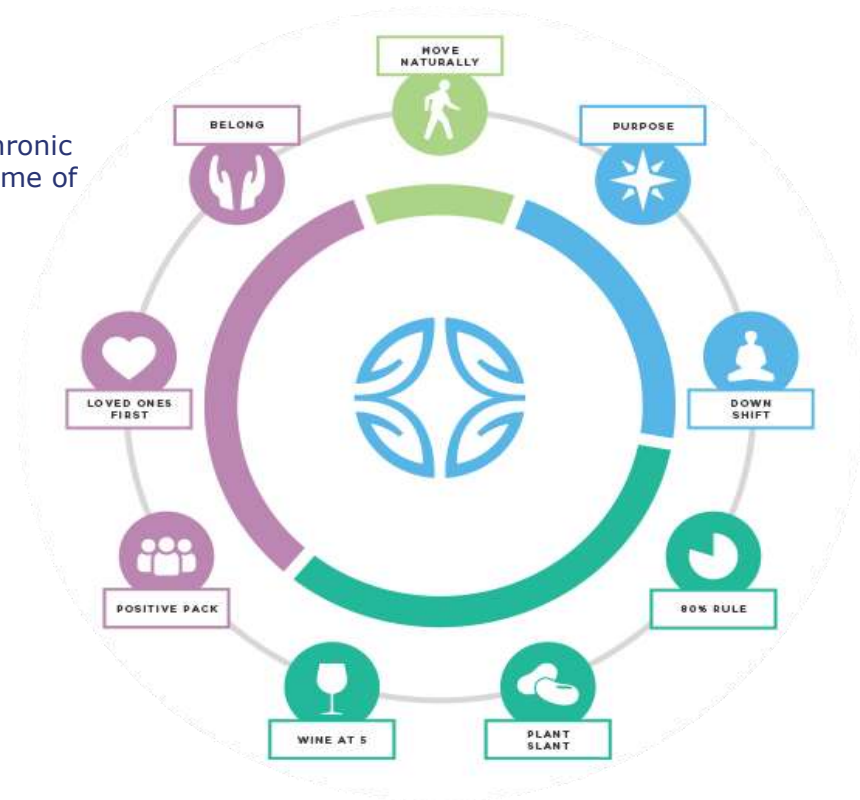
The term refers to geographical areas where people have low rates of chronic disease and live longer than anywhere else. These areas are home to some of the world's oldest people.

What diseases have lower rates in the Blue Zones?

In these areas, interaction of environmental, behavioral, clinical, but most importantly, dietary characteristics contribute to lower stress levels, incidents of heart disease, dementia, obesity, Type II Diabetes, cancer and depression.

Which regions of the world are "blue"?

- Ikaria, Greece
- Loma Linda, California
- Sardinia, Italy
- Okinawa, Japan
- Nicoya, Costa Rica





What is Blue Zones' lifestyle?

People living in these areas seem to follow nine simple steps, which are the secrets of their longevity.

1. Move naturally. They engage in more social, natural movement, such as playing with the kids, doing yoga, walking, gardening.
2. Purpose. They have a purpose to get up in the morning, which can add up to 7 years of life. The Okinawans call it "Ikigai" and the Nicoyans call it "plan de vida".
3. Downshift. People in Blue Zones take time to slow down and reduce stress in different ways (for example, Ikarians take a nap).
4. 80% Rule. They stop eating when they feel that they are 80% full. Also, the largest meals are consumed before afternoon.
5. Plant Slant. In the plant slant method, beans, whole grains, and a variety of garden vegetables are strongly featured. Few foods are processed and the diet emphasizes on food with few to no additional substances. Additionally, meat is not consumed on a regular basis.
6. Wine at 5. Most healthy centenarians drink one alcoholic beverage daily. A daily drink not only has heart-health benefits, but also gives people a chance to unwind and rekindle their relationships with friends and family after a long day.
7. Belong. Life expectancy increases by four to fourteen years when one belongs to a community group.
8. Loved Ones First. Blue Zones centenarians frequently have strong and close relationships with their spouses, parents, grandparents, and grandchildren.
9. Right Tribe. The longest-living individuals in the world either chose or were born into social groups that encouraged healthy behaviors.

In conclusion

Some of the oldest and healthiest individuals on earth reside in the Blue Zone zones. Although their lifestyles differ slightly, they generally follow a plant-based diet, engage in regular exercise, use alcohol in moderation, get enough sleep and maintain strong social ties. It has been established that each of these lifestyle choices is linked to a longer lifespan. You might be able to extend your life by a few years if you adopt them into your way of life.

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Sources: <https://www.bluezones.com/>, <https://pubmed.ncbi.nlm.nih.gov/33924100/>, <https://www.everydayhealth.com/diet-nutrition/scientific-benefits-of-the-blue-zones-diet/>, <https://www.bluezones.com/2016/11/power-9/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125071/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125071/?report=reader>, https://www.medicinenet.com/why_people_in_blue_zones_live_longer/article.htm

