


# Purple Zones: Blue Zones Red Politics

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## Applying Principles in Challenging Times

Jay White, EdD, E. Ayn Welleford, PhD  
June 2020



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### What is Gerontology?

The study of aging from a holistic biopsychosocial and spiritual perspective

Gerontology			
Psychology	Social	Spiritual	Biology

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### Person-Centered Care

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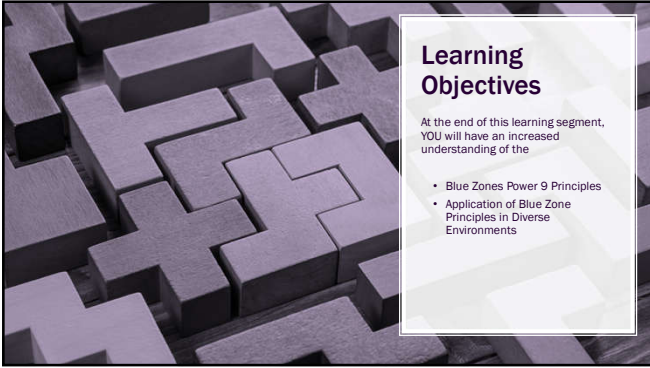
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**Learning Objectives**

At the end of this learning segment, YOU will have an increased understanding of the

- Blue Zones Power 9 Principles
- Application of Blue Zone Principles in Diverse Environments

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**POWER 9 Pyramid from Blue Zones**



**1. MOVE NATURALLY**

**RIGHT OUTLOOK**  
2. Know Your Purpose 3. Downshift

**EAT WISELY**  
4. 80% Rule 5. Plant Slant 6. Wine@5

**BELONG**  
7. Family First 8. Belong 9. Right Tribe

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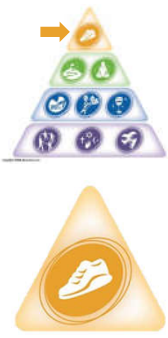
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**Move Naturally**

*"The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don't have mechanical conveniences for house and yard work."*

<https://bluezones.com/2016/11/power-9/>




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### Right Outlook

"The Okinawans call it "Ikigai" and the Nicoyans call it "plan de vida;" for both it translates to "why I wake up in the morning." Knowing your sense of purpose is worth up to seven years of extra life expectancy."

<https://bluezones.com/2016/11/power-9>



2. Know Your Purpose



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### Right Outlook

"Even people in the Blue Zones experience stress. Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that we don't are routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour."

<https://bluezones.com/2016/11/power-9>



3. Downshift



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### Eat Wisely

"Hara hachi bu' - the Okinawan, 2500-year old Confucian mantra said before meals reminds them to stop eating when their stomachs are 80 percent full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the Blue Zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day."

<https://bluezones.com/2016/11/power-9/>



4. 80% Rule



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### Eat Wisely

*"Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat—mostly pork—is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of deck or cards."*

<https://bluezones.com/2016/11/power-9>



**5. Plant Slant**



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### Eat Wisely

*"People in all Blue Zones (except Adventists) drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink 1-2 glasses per day (preferably Sardinian Cannonau wine) with friends and/or with food. And no, you can't save up all week and have 14 drinks on Saturday."*

<https://bluezones.com/2016/11/power-9>



**6. Wine@5**



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### Belong

*"Successful centenarians in the Blue Zones put their families first. This means keeping aging parents and grandparents nearby or in the home (It lowers disease and mortality rates of children in the home too.). They commit to a life partner (which can add up to 3 years of life expectancy) and invest in their children with time and love (They'll be more likely to care for you when the time comes)."*

<https://bluezones.com/2016/11/power-9>



**7. Family First**



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**Belong**

*"The world's longest-lived people chose—or were born into—social circles that supported healthy behaviors. Okinawans created "moais"—groups of five friends that committed to each other for life. Research from the Framingham Studies shows that smoking, obesity, happiness, and even loneliness are contagious. So the social networks of long-lived people have favorably shaped their health behaviors."*

<https://bluezones.com/2016/11/power-9>

9. Right Tribe

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**Belong**

*"All but five of the 263 centenarians we interviewed belonged to some faith-based community. Denomination doesn't seem to matter. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy."*

<https://bluezones.com/2016/11/power-9>

8. Belong

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7. Family First 8. Belong 9. Right Tribe

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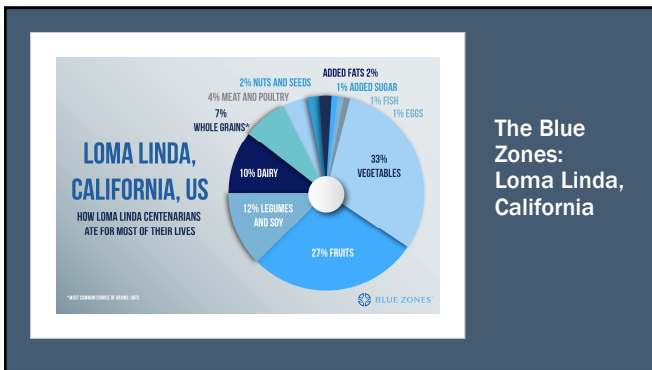
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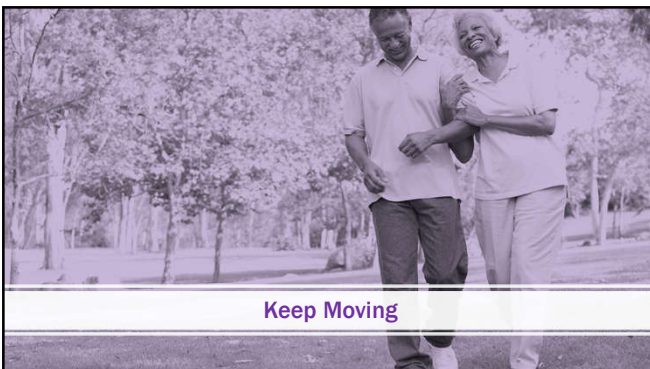
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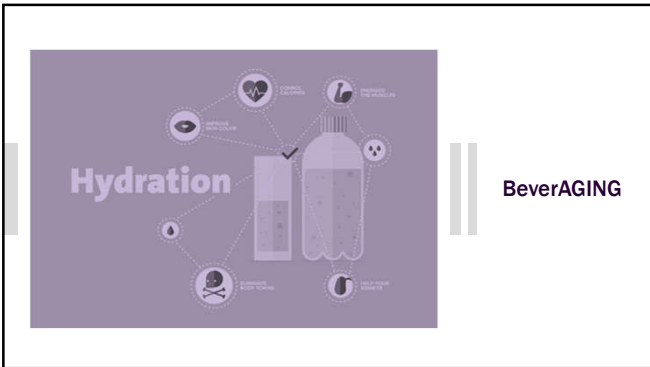
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