

Purple Zones:

Blue Zones Red Politics

+

Applying Principles in Challenging Times

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What is Gerontology?

The study of aging from a holistic biopsychosocial and spiritual perspective

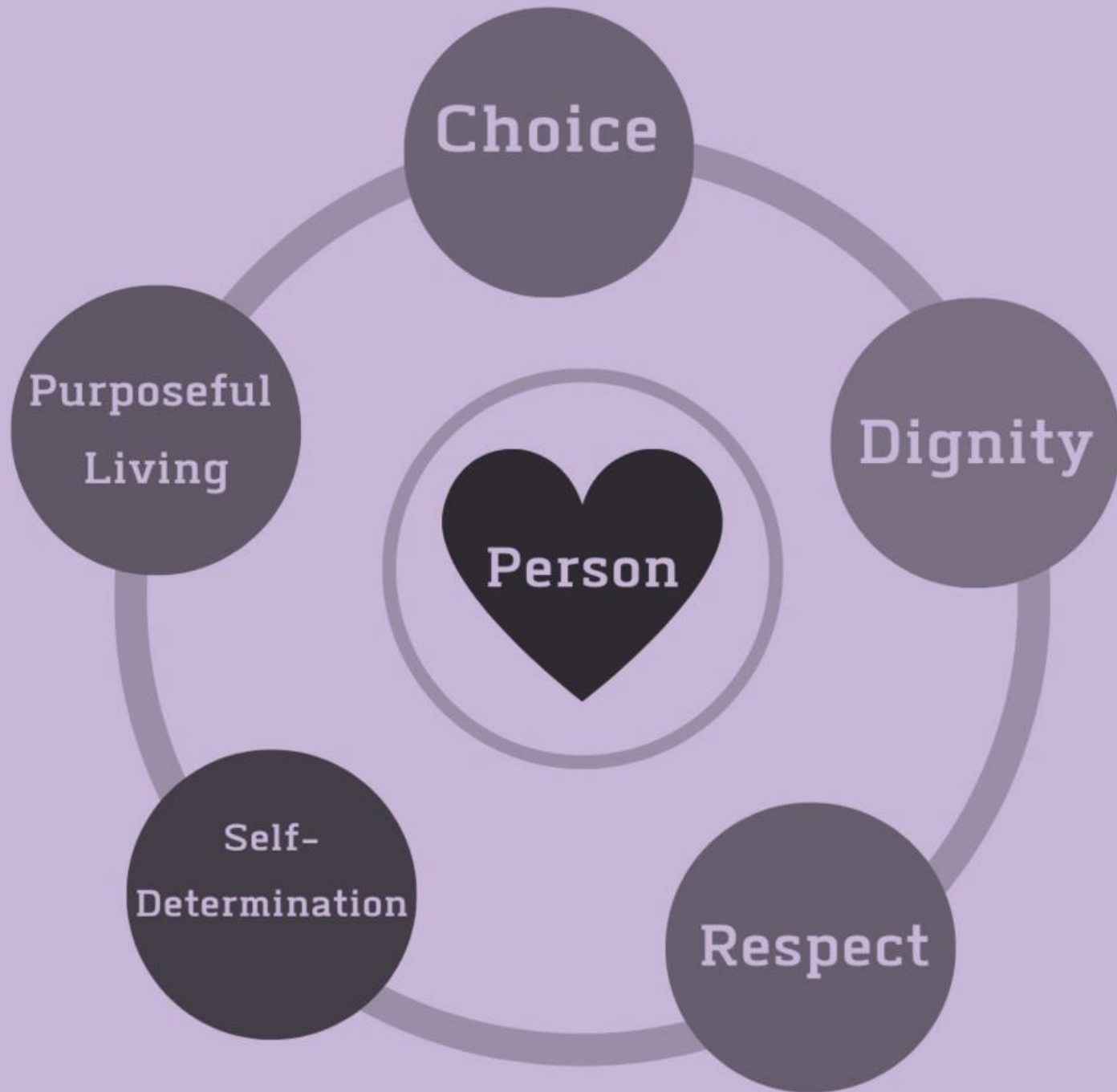
Gerontology

Psychology

Social

Spiritual

Biology



Person-Centered Care



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

POWER 9 Pyramid from Blue Zones



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



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



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



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



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



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



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



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



POWER 9 Pyramid from Blue Zones



Blue Zones

There are five places in the world where people live the longest and are the healthiest (longevity “hotspots”)

Loma Linda, California

Nicoya, Costa Rica

Sardinia, Italy

Ikaria, Greece

Okinawa, Japan

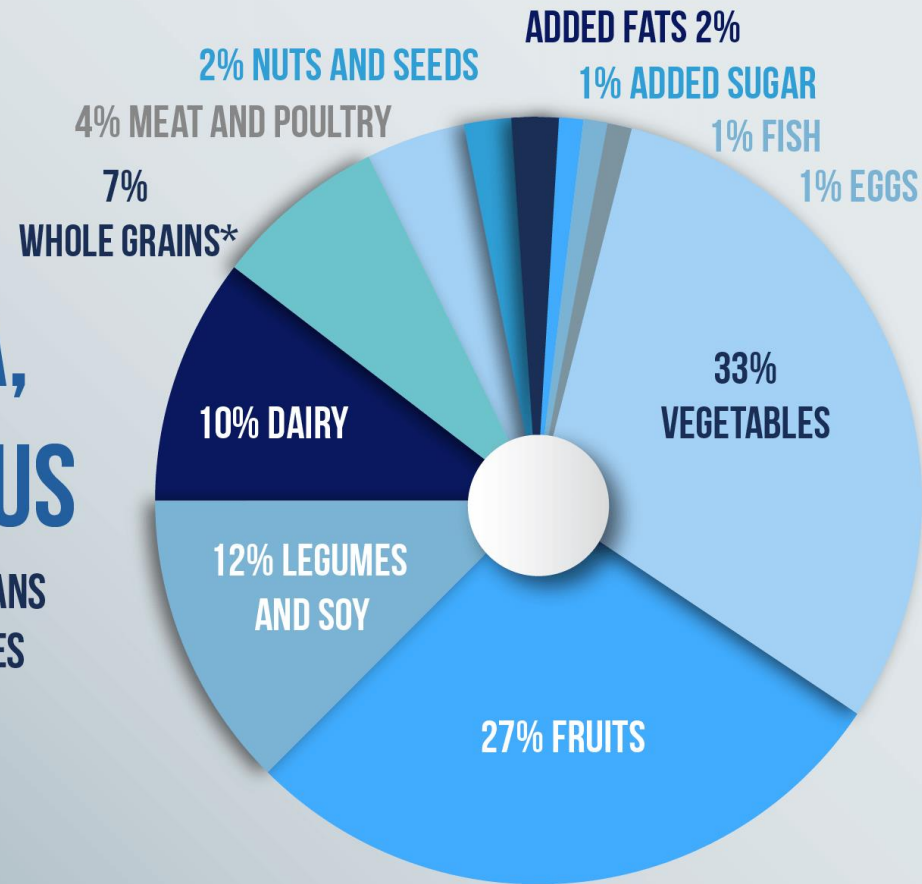


Dan Buettner

-National Geographic Fellow and writer

LOMA LINDA, CALIFORNIA, US

HOW LOMA LINDA CENTENARIANS
ATE FOR MOST OF THEIR LIVES



*MOST COMMON SOURCE OF GRAINS: OATS



The Blue Zones: Loma Linda, California

The Blue Zones: Nicoya, Costa Rica

**YOU ARE NOW ENTERING
A STRESS FREE ZONE**



The Blue Zones: Sardinia, Italy



The Blue Zones: Ikaria, Greece



The Blue Zones: Okinawa, Japan

Seeing
RED



Person-
Centered
Care
Starts
at
Home



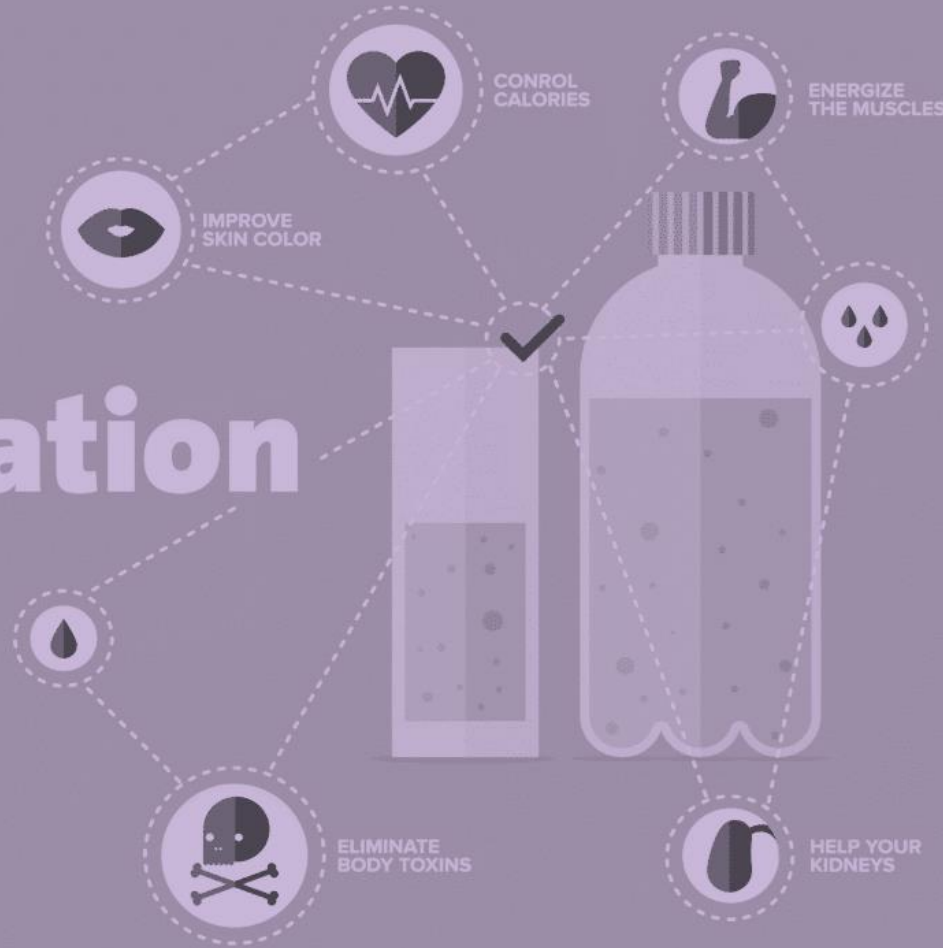


Keep Moving



Starting the Day

Hydration



BeverAGING

Purpose and Belonging



feel that
YOU BELONG



know what is
**MEANINGFUL
TO YOU**



know what
**YOU CARE ABOUT
IN THE WORLD**



learn how to
ACT WITH PURPOSE



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LONGEVITY
PROJECT



for a greater Richmond

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The Resource for Aging Well



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