



BLUE ZONES PRESENTATION

Commission on Aging
September 15, 2025

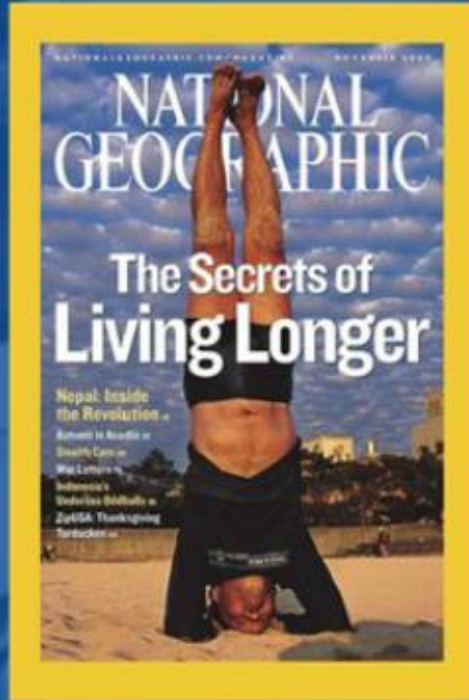


BLUE ZONES®

live better, longer™



The original Blue Zones are



communities built for
optimal well-being



The World's Longest Living People



Okinawa, Japan



Loma Linda, California



Ikaria, Greece



Nicoya, Costa Rica



Sardinia, Italy



Our Purpose:
Everyone, everywhere
living better, longer.



What is Blue Zones Project Riverside?





People



Places



Policy

RIVERSIDE
BLUEPRINT
May 2025



The background image shows a park scene with palm trees and a paved path. A large blue semi-transparent rectangle covers the left and center portions of the image, serving as a backdrop for the title. Another blue semi-transparent rectangle covers the right portion of the image, serving as a backdrop for the list of proposals. The text is white and clearly legible against the blue background.

Tobacco-free Outdoor Spaces

Smoking is already banned in public parks!

Blue Zones Proposes:
updating park signage to
include vaping

Limit smoke retail outlets in
proximity to youth oriented
spaces - including parks



Festival-like Streets

Riverside Cyclovia

Events Toolkit

Establish flexible,
shared public spaces
such as schools,
parking lots, streets





Get Involved!



Volunteer with us!

Watch Live to 100:
Secrets of the Blue
Zones on Netflix!



Take the Personal Pledge!



Contact Us



Erin Edwards

Executive Director
815-793-4957
erinedwards@bluezones.com



Paloma Montes

Public Policy Lead
951-858-7337
paloma@bluezones.com