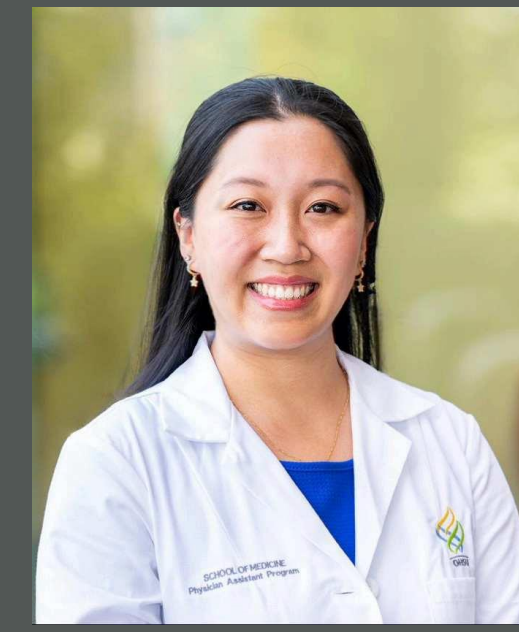




Adopting the Blue Zones Lifestyle The New Solution to Diabetes & Prolonging Life Longevity



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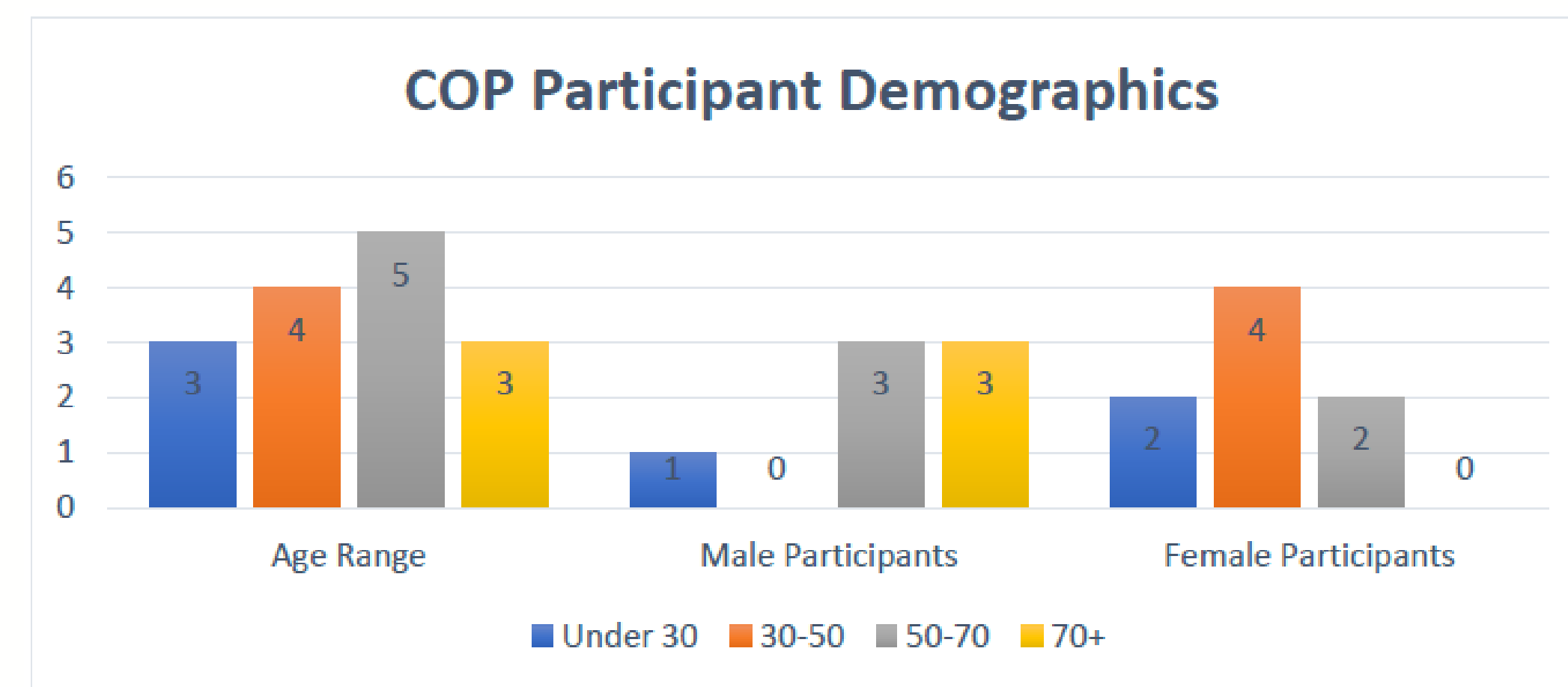
Presentation / Audience

DATE/TIME: March 27, 2024 at 12:00PM

- **Presentation 1:** Roseburg Rotary Noon Club
 - Contact: Sue Van Volkenberg, Roseburg Rotary President
- **Presentation 2:** Rose Haven Nursing Home
 - Contact: Juliette Palenhus, Thrive Umpqua

TARGET AUDIENCE: Middle-aged Adults living with T2DM

- Total attendees: 27 (Age range: 21-88 years old)



Primary Objectives

In the United States alone, more than 37 million Americans have diabetes (about 1 in 10), and nearly 90% of them have type II diabetes.¹

LEARNING OBJECTIVES

- Remembering the impact of Blue Zones on improving life longevity
- Understand the purpose and mission of the Blue Zones Project
- Applying Blue Zone diet and movement recommendations
- Evaluating one's lifestyle and the feasibility to adopt Blue Zones habits
- Creating community interest in adopting Blue Zones in their own cities

CLINICAL GOALS

- Introduce a non-pharmacological approach to treating T2DM
- Utilizing BZP to improve patient education and health outcomes
- Promoting health and wellbeing through community

Teaching Points

The **Blue Zones Project** is a community-focused health initiative based on the premise of emulating healthy habits from the world's longevity hot spots.² People living in these zones were found to live over 100 years old – with lower rates of chronic disease.

The **Power 9** are nine healthy habits and ways of thinking that are commonly found between all the Blue Zone hot-spots.

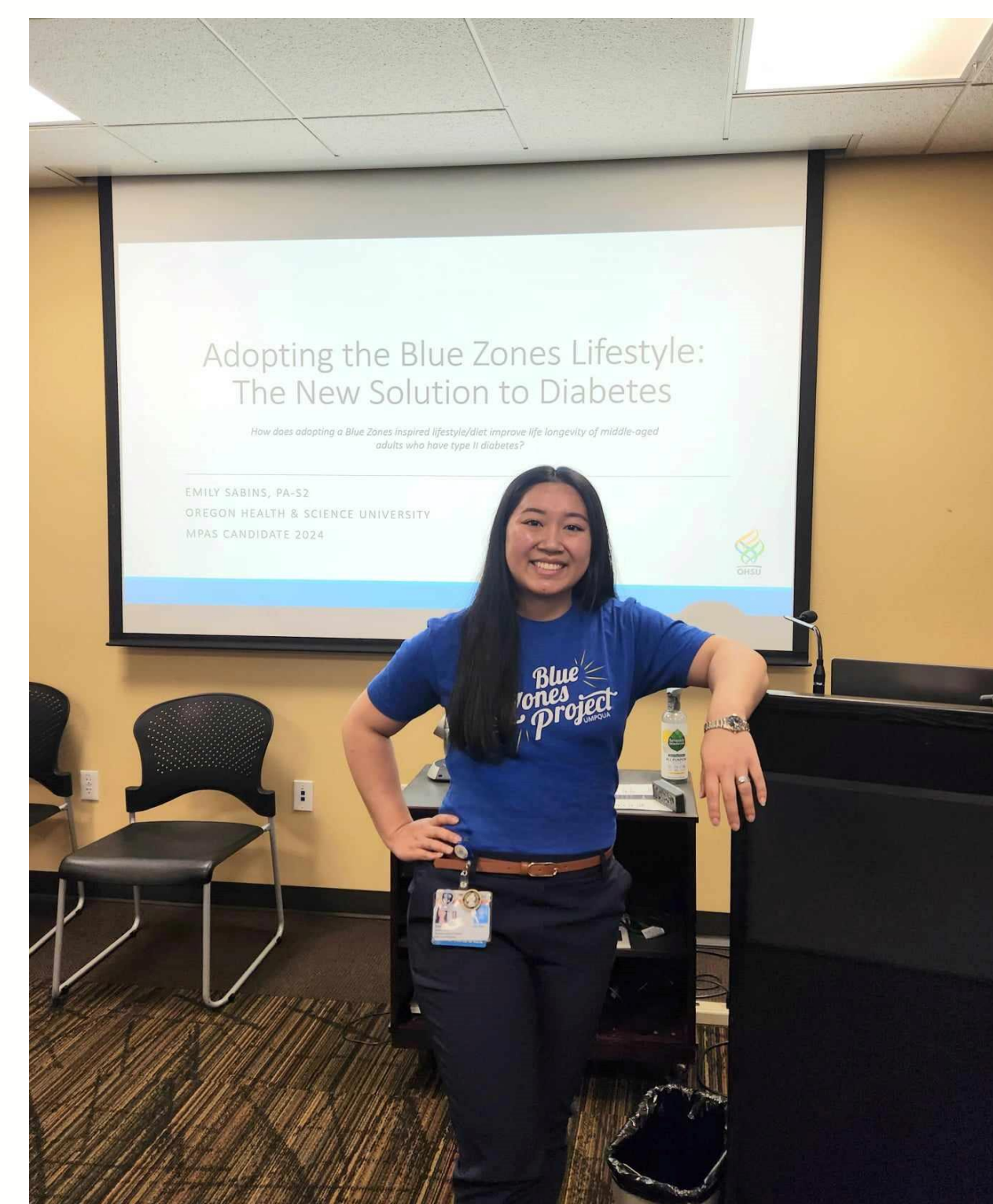
Mediterranean diet has a protective effect on glycemic control, leading to reduced HbA1c levels (up to 0.5%), lower fasting glucose levels, decreased insulin resistance, and improved survival rates.

Discussion

CHALLENGES: Variation in medical literacy & interest

OPPORTUNITIES: Speaking to a diverse population

SUMMARY OF EVALUATIONS & IMPACT



90% agreed the topic was presented clearly & thoroughly.

70% are likely to adopt Blue Zone habits into their daily life.

“Adapted well to her target audience”, “very confident and knowledgeable in her topic”, “well-spoken and extremely professional”, “excellent crowd engagement and discussion questions”.

Conclusion

SELF ASSESSMENT:

Overall, the presentation went very smoothly. I had more than enough time to present, have audience participation, and time for questions at the end. I loved working with my own community!

STRENGTHS/LIMITATIONS OF THE PROJECT:

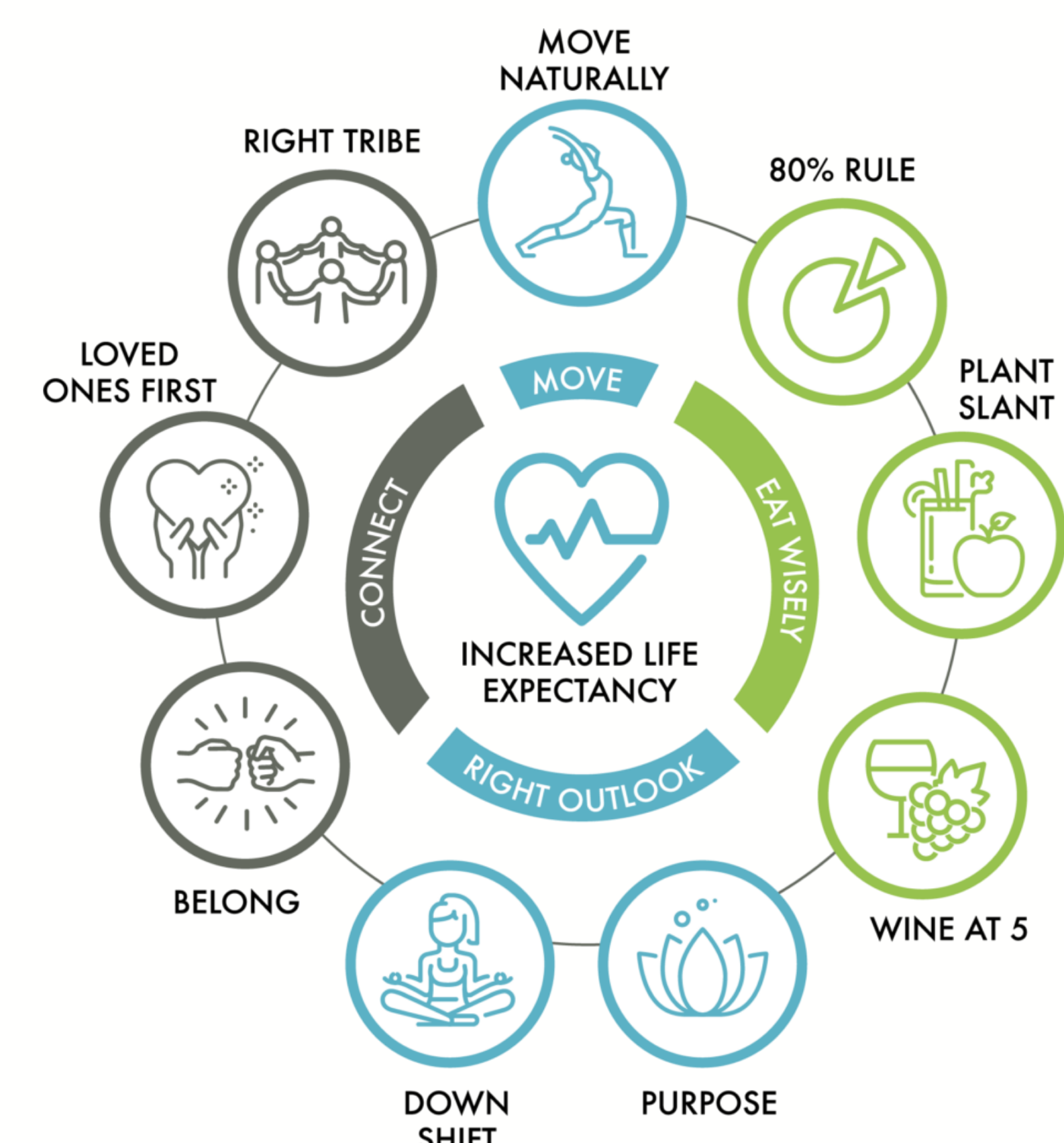
I was intentional about limiting medical jargon and using lay-man terms to describe complex topics like diabetes and glucose management.

The difference in my audience's demographics of age, medical comorbidities, and medical literacy were drastic – and I found myself needing to cater the information of my talk to the audience.

MAIN TAKEAWAY:

THE POWER 9

- 1) Eat more "plant"-based
 - Eat till you're 80% full; maintain an 80/20 split of healthy vs junk foods
- 2) Move more
 - Incorporate daily physical activity
- 3) Engage in community!
- 4) Maintain a positive outlook & find your purpose



References/Acknowledgements

- [1] ADA. Statistics About Diabetes | ADA. diabetes.org. Accessed 07/06/2023, <https://diabetes.org/about-diabetes/statistics/about-diabetes>
- [2] Our Origins - blue zones - Blue Zones Project. info.bluezonesproject.com. Accessed 07/06/2023, <https://info.bluezonesproject.com/origins>
- [3] Martín-Peláez S, Fito M, Castaner O. Mediterranean Diet Effects on Type 2 Diabetes Prevention, Disease Progression, and Related Mechanisms. A Review. Nutrients. 2020;12(8):2236. Accessed 07/06/2023, <https://pubmed.ncbi.nlm.nih.gov/32726990/>

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