

RESOLUTION NO. _____ (N.C.S.)

A RESOLUTION OF THE SALINAS CITY COUNCIL IN SUPPORT OF THE BLUE ZONES PROJECT MONTEREY COUNTY

WHEREAS, across the globe lie blue zones areas – places where people reach age 100 at an astonishing rate. Blue Zones Project was born out of National Geographic explorer Dan Buettner’s eight-year examination of these communities; and

WHEREAS, leveraging the secrets discovered in blue zones around the world, Blue Zones Project delivers proven tools and resources to transform communities across the U.S. — helping generations of people live longer, healthier, happier lives by making changes to their environment, policy, and social networks so healthy choices become the easiest to make; and

WHEREAS, Salinas was selected as the 47th Blue Zones demonstration community, the only community in Northern California, and will represent Phase 1 of the Blue Zones Project Monterey County. Blue Zones Project Monterey County is sponsored by Salinas Valley Memorial Healthcare System, Taylor Farms, and Montage Health; and

WHEREAS, by engaging individuals, restaurants, schools, faith-based and community organizations, grocery stores, and worksites, we help people transform where they live, work, learn, and play so that the healthy choice is the easy choice; and

WHEREAS, the vision for Salinas and Blue Zones Project is to facilitate public collaboration with businesses and private organizations to make for a healthy, livable community. For people to live longer, to experience fewer medical issues, to live happy, healthy lives with less stress and with stronger connections; and

WHEREAS, the Blue Zones Project Blueprint for Salinas provides the roadmap for implementing well-being strategies focusing on people, places, and policy, and will help achieve Blue Zones Community Certification.

NOW, THEREFORE, BE IT RESOLVED by the City Council of the City of Salinas that Salinas is proud to support the Blue Zones Project Monterey County and to help create a healthy community for our residents and to positively impact the lives of future generations.

PASSED AND ADOPTED this 2nd day of July 2019, by the following vote:

AYES:

NOES:

ABSENT:

Attest:

Joe Gunter, Mayor

Patricia Barajas, City Clerk