It’s Good to Be Blue: A Nursing Study Abroad Blue Zone Experience in Sardinia, Italy

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Objectives

* Discuss the concept of Blue Zones.
* Explain the purpose of the Power 9 and its relationship to health.
* Describe the Study Abroad experience to Sardinia, Italy.
* Identify the connections between the Study Abroad experience and the Power 9.
Purpose: to study the Sardinian Blue Zone and return with information related to the use of the Power 9 to share with community and patients
  * Observing people
  * Meeting with experts
  * Immersion into culture

Goal: to implement elements learned and to develop projects related to and/or enlisting assistance of Blue Zones Project
Blue Zones – What Are They?

- Studied, 2004 to present, by Dan Buettner and National Geographic

- Citizens of these 5 regions live to be 100 years of age 10 times more often than those living in the United States

- Researchers were interested in identifying factors to explain longevity in the specified "Blue Zone" areas

- Power 9 – Areas of well-being that were noted as important in each of the 5 Blue Zones
Blue Zones – Where Are They?

*Sardinia, Italy:* Greater number of male centenarians versus the rest of the world

*Okinawa, Japan:* Oldest living females in the world

*Nicoya Peninsula, Costa Rica:* Twice as likely as Americans to live to 90 years of age

*Ikaria, Greece:* Live 8 years longer, 20% less cancer diagnoses, 50% less heart disease, and no dementia when compared to Americans

*Loma Linda, California:* Residents live on average 10 years longer than other Americans
Blue Zones Power 9®

Move Naturally
1. Make daily physical activity an unavoidable part of your environment

Right Outlook
2. Know your purpose
3. Downshift: Work less, slow down, take vacations

Eat Wisely
4. Eat until 80% full
5. More veggies, less meat & processed food
6. Drink a glass of red wine each day

Belong
7. Create a healthy social network
8. Connect/reconnect with religion
9. Prioritize family

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Sardinia, Italy: Blue Zone

- Capital City: Cagliari
- Total population: 1,658,138 (2015)
- Area: 9,301 square miles
- Second largest Italian island behind Sicily
- Climate: subtropical
- Geography: mountainous, grasslands, salt-marshes, cliffs and beaches on the shore line
Cagliari
Italian Cuisine: Cooking Class

- **Antipasti**: Salami, pecorino cheese, flatbread, wine

- **Main Dish**: Ravioli with ricotta and lemon zest covered with tomato sauce

- **Dessert**: Bontade Pardule – Baked ricotta cheese, lemon zest, and orange zest with pastry shell covered with powdered sugar
Escolca/Gergei Region: Visit with Centenarians

* 616 inhabitants
* Toured the city and a community garden and met with Blue Zone expert
* Visited with locals
* Visited olive oil mill

* Learned about diet, spiritual beliefs, and lifestyle
  * Plant-based diet: locally grown
  * Meat is a rarity; about 5x a month
  * Each centenarian had a purpose in life
    * Family and religion the most important aspects in life
  * Walking is the main mode of transportation – move naturally!
* Garden vegetables are preserved with vinegar to last throughout the winter
* Small portions of red wine daily around 5 o’clock
Centenarians

99-year-old near-centenarian who lives with family and uses the spiral staircase daily
Centenarians

97-year-old who lives by herself and tends to the household
“Sa Mola” Olio Extra Vergine di Oliva

- Established in 1913 by Cadoni family
- “Sa Mola” means granite millstone
- Presentation about the Sardinian Blue Zone
- Served traditional meal consisting of tea/cookies, starter (salami, cheese, bread, olives), a salsa type dish, fava beans, garbanzo beans, wild boar, small desserts, and local cannanou wine
Argiolas: Sardinian Winery

- Learned about the process of winemaking
- Local centenarian pictures adorned the walls of the winery
- Blue Zone Fact:
  - Polyphenols in the skins of red grapes cause the “artery scrubbing” effect
San Benedetto Market

- 238 vendors
- Main source of fresh produce and local meats for residents of Cagliari
- Lower level: Fresh seafood, crustaceans, shellfish, etc.
- Upper level: Cheese, meat, fruits, vegetables, wine, dried goods, honey, pastries, traditional flatbread, etc.
References

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* Photographs provided by students who attended this trip