BLUE ZONES PROJECT®

To empower everyone, everywhere to live better, longer.

Danica Premirelli | Executive Director
Blue Zones Project Galveston, in partnership with UTMB

Galveston Economic Development Summit | October 29, 2026

Life Radius®

Almost all Americans spend **90% of their lives within 20 miles of home**

That's **where we focus** on implementing permanent and semi-permanent change to where people frequent and spend the majority of their waking lives

At homes, schools, worksites, grocery stores, restaurants, and faith-based organizations

We make **healthy choices easier** – even unavoidable

Where you spend your time and who you spend it with is **the intervention**



Blue Zones Project Pillars

People



1. Engagement Speech
2. Moai Participation
3. Purpose
4. Volunteering
5. Public Awareness/Media

Places



6. Schools & Walking School Bus
7. Restaurants
8. Grocery & Corner Stores
9. Worksites
10. Faith-Based & Community Organizations

Policy

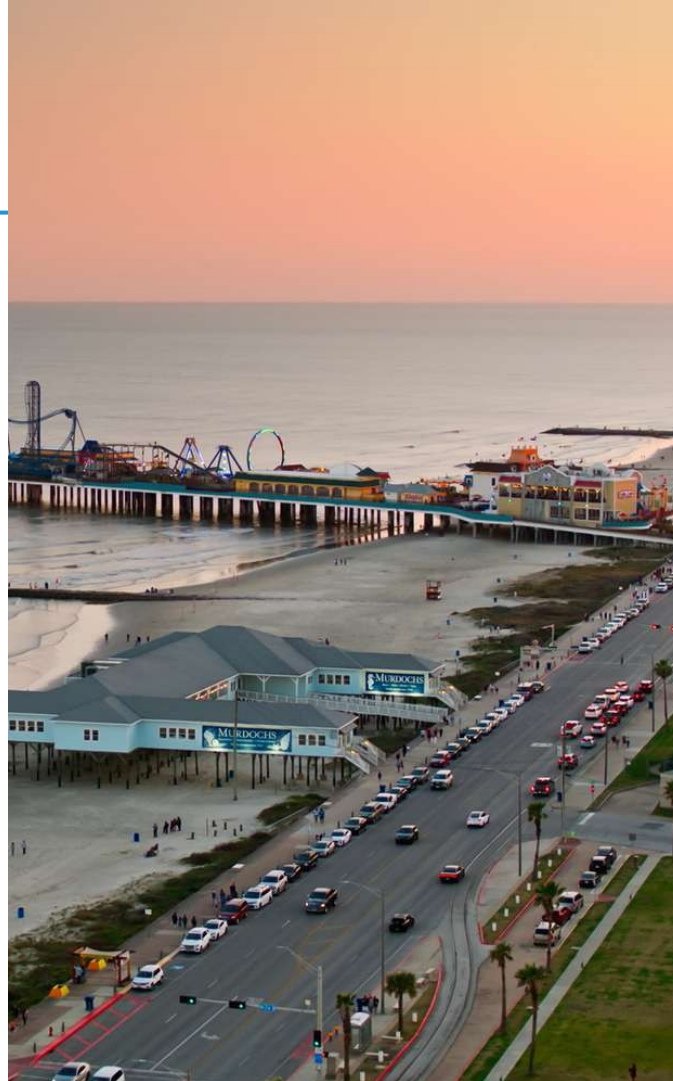


11. Built Environment & Active Living
12. Food Systems
13. Tobacco
14. Alcohol

Discovery Process

OBJECTIVES:

- Gather information that will help accelerate the transformation work in Policy, People and Places
- Identify key leaders in each sector that could be committee members/leaders and support the work in the community
- Identify key organizations that could be early adopters of Blue Zones Project
- Identify the denominators to be used in the certification criteria
- Identify opportunities for partnership in the community
- Identify key strengths, challenges and opportunities that the team needs to be aware of before beginning the work



Next Steps

Identify opportunities for partnership in the community

Engage people and places

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Questions