

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.

Study Abroad: Nursing Students in Sardinia, Italy 2017

- * 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

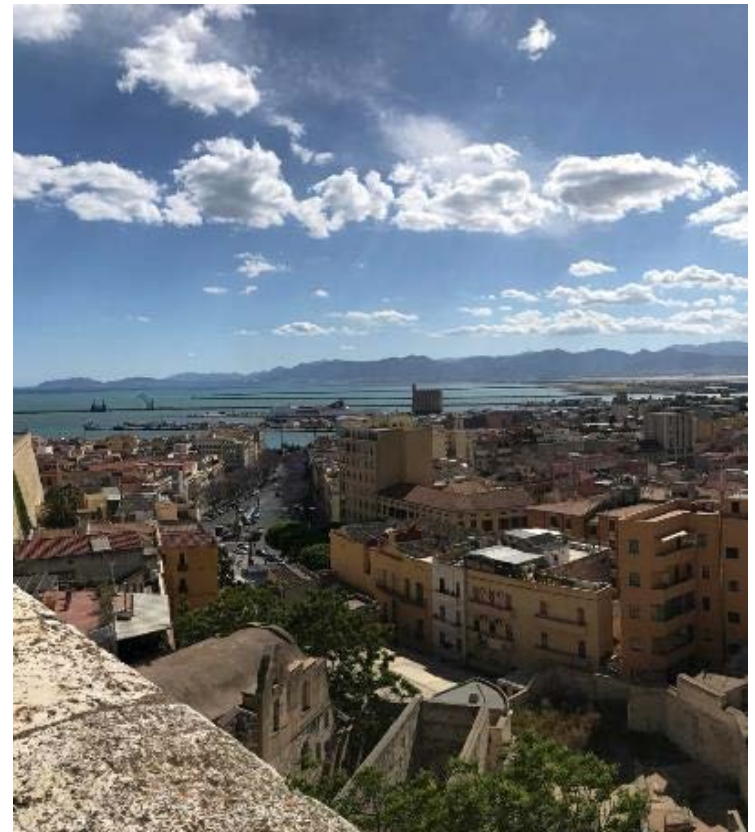
Belong

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



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

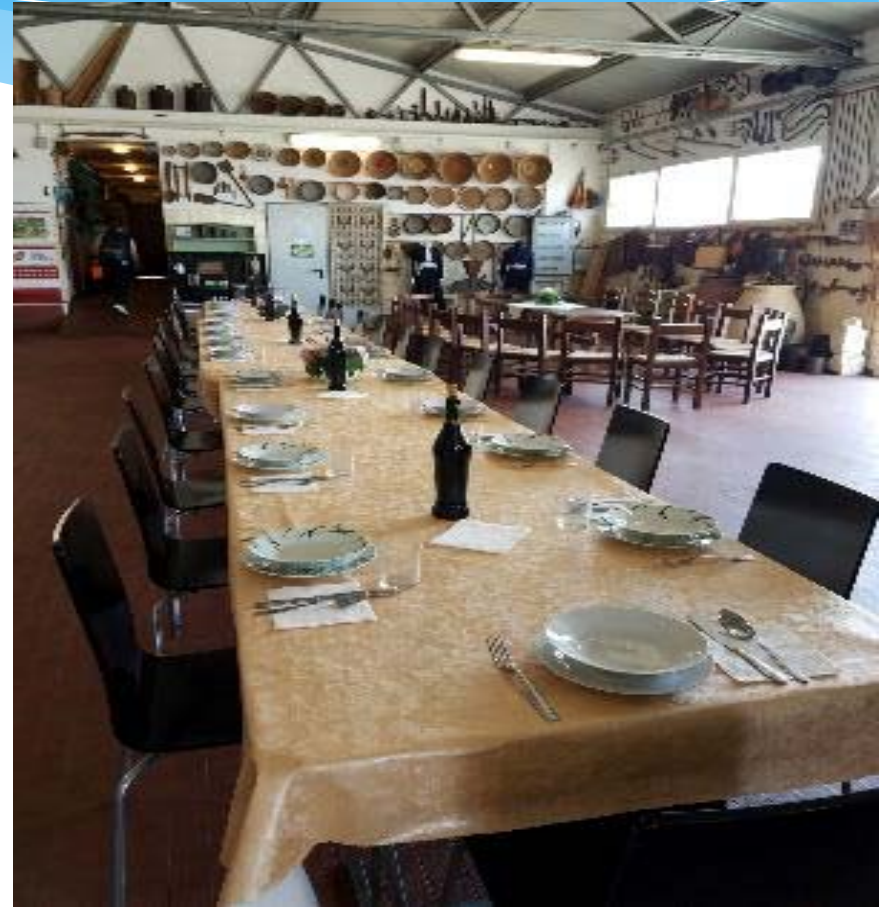


97-year-old who lives by herself and tends to the household



“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 kannanou 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.





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- * Photographs provided by students who attended this trip