

BLUE ZONES PROJECT - LAKE COUNTY

TOGETHER, we're transforming our surroundings to make healthy choices easier, improve well-being, and lift up our community. Learn more at lakecounty.bluezonesproject.com



16 WORKSITES

committed to making healthy choices easier for their employees



6 RESTAURANTS

committed to serving up healthy options for patrons



1 GROCERY STORE

committed to making healthy shopping easier for customers



16 SCHOOLS

committed to making healthy choices easier for our students



17 ORGANIZATIONS

committed to making healthy choices easier for their members



INDIVIDUALS

1,879 engaged with one or more Blue Zone Project activities

1,465 completed the Real Age Test

292 strengthened their sense of purpose

210 learned new cooking skills to support economical, healthy nutrition

6,456 interacted with Blue Zones Project at community events



POLICY

Policy change is a driving force behind Blue Zones Project transformation. While much of a healthy lifestyle is a result of personal choice, healthy changes on a policy level have a broad impact across the community. The following policy arenas we're concentrating on involve high-impact, cost-effective strategies to reduce chronic disease and improve well-being in Lake County.

Commercial Tobacco Prevention


Create an environment that ends commercial tobacco-use and exposure - the number one cause of preventable disease and death.


Food

Create an environment where healthy foods are embraced and accessible for all.

Built Environment

Enhance the built environment within Lake County to promote moving naturally, social connectedness, and overall well-being.

 @bzplakecounty | **1,497 followers**

 @bzp_lakecounty | **882 followers**

 BZPlakecounty@sharecare.com

**Blue Zones Project - Lake County is a community-wide effort.
Thank you to our participating organizations!**

WORKSITES

- eCenter WIC Lake County
- Lake County Office of Education
- North Coast Opportunities
- Strong Financial
- Adventist Health Clear Lake
- Konocti Unified School District
- California Exterminators
- City of Clearlake
- Community First Credit Union
- Kelseyville Unified School District
- Lakeport Unified School District
- Lake County Probation Department
- Lake County Public Services
- Upper Lake Unified School District
- Woodland Community College
- Jonas Energy Solutions

RESTAURANTS

- Blue Wing Saloon
- Mountain View Café - Adventist Health Clear Lake
- Saw Shop Public House
- Greenview Restaurant
- On the Waterfront
- Santana's Cottage

GROCERY STORES

- Foods Etc.

SCHOOLS

Kelseyville Unified School District

- Riviera Elementary School
- Kelseyville Elementary School
- Mountain Vista Middle School
- Kelseyville High School

Konocti Unified School District

- Burns Valley Elementary School
- East Lake Elementary School
- Lower Lake Elementary
- Pomo Elementary School
- Obsidian Middle School
- Lower Lake High School
- W.C. Carle' High School

Lucerne Unified School District

- Lucerne Elementary School

Upper Lake Unified School District

- Upper Lake Elementary School
- Upper Lake Middle School
- Upper Lake High School

- Konocti Christian Academy

COMMUNITY ORGANIZATIONS

- Boatique Winery
- Clearlake Senior Center
- Kelseyville Sunrise Rotary
- Lake County Chamber of Commerce
- Lakeport Rotary
- Muscle Matrix Gym
- Six Sigma Winery & Ranch
- The Ripe Choice Farm & Catering
- Catholic Charities
- Clearlake Rotary
- Jitter Bean Coffee
- Kelseyville Presbyterian Church
- Konocti Functional Fitness
- Lake County Public Services
- Lakeshore Lioness Club
- People Services
- Redwood Empire Food Bank

- Blue Zones Project Approved
- Working toward Blue Zones National Certification
- Working toward Blue Zones Project Approval

*"Blue Zones Project helped us bring wellness to the forefront.
We have been able to implement a plan together as a group, in a systematic and sustainable way."
Kim Schott, Program Director, eCenter WIC*

*"Sometimes we get so used to our surroundings, we forget we can change them. We will continue to collaborate with local officials and Blue Zones Project to advocate for funding for sidewalks and other local health initiatives."
Becky Salato, Superintendent, Konocti Unified School District*

*"Blue Zones Project is a game changer! As our community came out of COVID, BZP launched summits around the youth vaping epidemic, creating renewed energy, community awareness, and conversation. Having a partner like BZP initiate these conversations amplified all tobacco prevention partner work."
Amber Wier, Project Director, NorCal 4 Health, CA Health Collaborative*

*I was going through some health challenges and decided to take the Real Age Test. I took control of my diet, started exercising, walking, hiking, and swimming and the results within a six month time period were incredible. I will be turning 60 this year and I do not feel it."
Michael Mos, Prevention Specialist, Lake County Behavioral Health*



Scan to register your organization or visit
lakecounty.bluezonesproject.com



POWERED BY:

