



BLUE ZONES PROJECT
by sharecare

PEOPLE ENGAGED IN BLUE ZONES PROJECT...

...HAVE NOTICEABLY
HIGHER WELL-BEING



OVERALL
WELL-BEING FOR
SOUTHWEST
FLORIDA IS

72.2
A 5.2% INCREASE



9%

PHYSICAL
WELL-BEING
SCORE INCREASE



7.6%

PURPOSE
WELL-BEING
SCORE INCREASE



5.1%

FINANCIAL
WELL-BEING
SCORE INCREASE

BY COMMUNITY ↘

↙ ACROSS CATEGORIES



5.1%

OVERALL
WELL-BEING



NAPLES



10.2%

OVERALL
WELL-BEING



EAST NAPLES



8.3%

OVERALL
WELL-BEING



GOLDEN GATE



6.7%

PHYSICAL
WELL-BEING



BONITA SPRINGS
& ESTERO



10%

PURPOSE
WELL-BEING



MARCO ISLAND

FROM 2015 TO 2020/2021, SOUTHWEST FLORIDA RESIDENTS...

76% ↑
LIKE WHAT THEY
DO EVERY DAY
A 5.3% increase

↑ **78.9%**
ARE THRIVING
(LIFE EVALUATION)
A 16.7% increase



60.6%

LEARN SOMETHING NEW OR DO SOMETHING
INTERESTING EVERY DAY

A 5.8% increase



76.9% ⌚
ARE 'YOUNGER' THAN
THEIR CHRONOLOGICAL AGE



5.2%
FEWER ARE
USING TOBACCO



11.7%

MORE ARE EXERCISING AT LEAST 30
MINUTES A DAY, 3 DAYS A WEEK